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Thursday, 4 May 2023

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.

Buddha Image conveyed to Mucalinda Nagayon Buddha Image chamber, Maha Bodhi banyan tree planted on Kason full moon day



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing sprinkles Paritta scented water on the Mucalinda Nagayon Buddha Image in the Maravijaya Buddha Park on 3 May 2023.

CHAIRMAN of the State Administration Council Prime Minister Senior General Min Aung Hlaing attended the ceremonies to convey the Buddha Image to Mucalinda Nagayon Buddha Image chamber and grow a Maha Bodhi banyan tree in the precinct of Maravijaya Buddha Park in Dekkhinathiri Township of Nay Pyi Taw Union

Territory yesterday morning as part of performing meritorious deeds on Kason full moon day.

At the auspicious time, the Senior General pressed the button to convey the Buddha image to the chamber.

The Senior General and party sprinkled Paritta scented water on the Mucalinda Buddha Image.

Afterwards, the Senior General and party fed fish in Mucalinda Lake. When the Lord Buddha stayed under the Mucalinda tree, a territorial rain hit there. But, the Mucalinda dragon rounded its body to give a seat and shelter to the Lord Buddha against the rain. Mucalinda Nagayon Buddha Image in Maravijaya Buddha Park was built in accord with the

Buddhism treatises and advice of venerable Buddhist monks.

Then, the ceremony to grow a Maha Bodhi banyan tree took place at Maravijaya Buddha Park in commemoration of the Kason full moon day of Buddha Day.

The Senior General, his wife and party recited Yadanattaya Puja and Sabbasangaha Gatha.

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Republic of the Union of Myanmar
State Administration Council
Order No 31/2023
Full Moon of Kason 1385 ME
3 May 2023
Pardon Order

IN commemoration of the full moon of Kason (Buddha Day), 1385 ME, the State Administration Council Chairman has pardoned 2,153 male and female prisoners who are doing time under Section 505 (a) of the Penal Code from their respective prisons, jails and camps in accordance with the Code of Criminal Procedure Article 401 (1) “to serve the new punishment together with the remaining punishment to which he was sentenced this time if more offence is committed”, on humanitarian and compassionate grounds as well as on the goodwill of the government.

By Order,
Aung Lin Dwe
Lieutenant-General
Secretary

Republic of the Union of Myanmar
State Administration Council
Order No 32/2023
Full Moon of Kason 1385 ME
3 May 2023
Pardon Order

THE Chairman of the State Administration Council has commuted the death sentence of 38 prisoners to life prisonment marking the full moon of Kason (Buddha Day), 1385 ME, under Sub-Section (a) of Section 204 of the Constitution of the Republic of the Union of Myanmar.

By Order,
Aung Lin Dwe
Lieutenant-General
Secretary

Inmates pardoned from prisons in states, regions

A total of 2,153 prisoners were pardoned in the respective states and regions yesterday.

According to section 401, sub-section (1) of the Criminal Code, 2153 of these inmates were released on condition that “If they commit the crime again, they will have to serve the remaining sentences in addition to a new sentence”.

The cost of travel per prisoner is K35 per mile and the food allowance is K1,000 per day.

When releasing the prisoners, the officials gave them a word of advice and a release certificate.

Of the 2,153 who were acquitted, 14 inmates were from Kachin State, 101 from Kayah

State, nine from Kayin State, 47 from Sagaing Region, 49 from Taninthayi Region, 450 from Bago Region, 94 from Magway Region, 911 from Mandalay Region, 26 from Mon State, 339 from Yangon Region, 65 from Shan State, and 48 from Ayeyawady Region were pardoned.

The parolees and their family members who came to the front of the prison greeted each other with joy and happiness.

The relevant state and regional governments escorted those who have been released from punishment to stations, ports, and bus terminals by vehicles for their long-distance travel. — MNA/KZL



Released people are seen in front of the Mandalay Prison.



Family members meet the pardoned person at the Dawei Prison.



At the Myeik Prison.



Pardonees are seen in Shan State.

Public Notice for Elimination of Violence

- 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.
- 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.
- 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.

Tatmadaw's key responsibility to safeguard Our Three Main National Causes and Constitution

TATMADAW is mainly responsible for safeguarding Our Three Main National Causes and the Constitution. Tatmadaw will serve those duties as a Guardian for the betterment of the country and the ethnic people within.

(Excerpts from the speech delivered by State Administration Council Chairman Commander-in-Chief of Defence Services Senior General Maha Thray Sithu Min Aung Hlaing at the Passing Out Parade of the 64th Intake of Defence Services Academy on 2 December 2022)

Buddha Image conveyed to Mucalinda Nagayon Buddha Image chamber, Maha Bodhi banyan ...

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The Senior General placed pieces of jewellery in the place where a Maha Bodhi banyan tree will be planted.

The Senior General planted a Maha Bodhi banyan tree at the designated place and fed fertilizer to it. The Maravijaya Buddha Image is being built with the aim of showing flourishing Theravada Buddhism in Myanmar to the world, to be a focal point of Theravada Buddhism in Myanmar; to ensure the peace and prosperity of the nation and to be a peaceful and prosperous world. Carving of the Buddha image has been completed by 95 per cent and the Buddha park, 83.3 per cent. — MNA/TTA



The Senior General and congregation pay homage to the Mucalinda Nagayon Buddha Image.



The Maha Bodhi Bo Tree.



The Senior General pours water onto the Maha Bodhi banyan tree.



The successful cultivation of the Maha Bodhi banyan tree in progress.



The Vice-Senior General pours water onto the Maha Bodhi banyan tree.

SAC Chairman Prime Minister Senior General Min Aung Hlaing, wife Daw Kyu Kyu Hla attend ceremony to donate offerings, day meals to members of the Sangha to mark Full Moon Day of Kason Buddha Day



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing, wife Daw Kyu Kyu Hla and congregation observe the Five Precepts on Kason Buddha Day yesterday.

CHAIRMAN of the State Administration Council Prime Minister Senior General Min Aung Hlaing and wife Daw Kyu Kyu Hla attended the ceremony to donate offering and day meals to members of the Sangha at Sasana Maha Beikman in the precinct of Nay Pyi Taw Uppatasanti Pagoda yesterday morning to mark the Buddha Day on full moon day of Kason 1385 ME.

The congregation led by the Senior General and wife took the Five Precepts from Secretary of the State Sangha Maha Nayaka Committee Thanlyin Minkyaung Sayadaw. Members of the Sangha recited Paritta.

The Senior General and wife donated offerings to Secretary of SSMNC Thanlyin Minkyaung Sayadaw.

Vice-Chairman of SAC Deputy Prime Minister Vice-Senior General Soe Win and wife offered alms to Vice-Chairman of SSMNC Myingyan Thirimala Koehsaung Monastery Sayadaw.

The SAC Secretary, the Council Joint Secretary and council members, Union level officials, Union ministers, the chairman of Nay Pyi Taw Council and officials offered alms to members of the Sangha.

The Vice-Chairman Myingyan Sayadaw delivered a sermon, followed by sharing of merits.

After the ceremony, the Senior General and wife offered day meals to members of the Sangha.

The ceremony was also attended by State Ovadacari-



The Senior General and his wife offer day meals to the Sayadaws.

ya 16th Shwegyin Sangharaja International Buddhist Academies Dr Bhaddanta Nyanisara and members of the Sangha. — MNA/TTA



The Senior General and his wife present offerings to Thanlyin Minkyaung Sayadaw.



The Vice-Senior General and his wife offer alms to Myingyan Thirimala Koehsaung Monastery Sayadaw.

SAC Chairman Prime Minister Senior General Min Aung Hlaing, wife Daw Kyu Kyu Hla and party pour water on Maha Bodhi banyan trees

STATE Administration Council Chairman Prime Minister Senior General Min Aung Hlaing and wife Daw Kyu Kyu Hla yesterday afternoon poured water on Maha Bodhi banyan trees to mark the 15th Kason water pouring ceremony in the northern corner of Nay Pyi Taw Uppatasanti Pagoda on the Buddha Day on the full moon of Kason 1385 ME.

The Senior General, his wife and party poured water on Maha Bodhi banyan trees at designated places and sprinkled scented water on them.

SAC Chairman Commander-in-Chief of Defence Services Senior General Min Aung Hlaing and wife Daw Kyu Kyu Hla led the Kason water pouring ceremony at Maha Bodhi banyan trees in Lawka Chantha Sutaungpyae Pagoda in Zeyathiri Township together with SAC Vice-Chairman Deputy Commander-in-Chief of Defence Services Commander-in-Chief (Army) Vice-Senior General Soe Win and wife Daw Than Than Nwe and party. — MNA/TTA



The 15th Kason water pouring ceremony in the northern corner of Nay Pyi Taw Uppatasanti Pagoda in progress yesterday.



The Senior General and his wife pour water on the Maha Bodhi banyan tree.



The Vice-Senior General pour water on the Maha Bodhi banyan tree.

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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.

SAC Chairman Prime Minister Senior General Min Aung Hlaing, wife Daw Kyu Kyu Hla attend Dhamma Thabin ceremony to mark Buddha Day on full moon day of Kason



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing, his wife and congregation take the Five Precepts on the occasion of the Dhamma Thabin yesterday.

CHAIRMAN of the State Administration Council Prime Minister Senior General Min Aung Hlaing and wife Daw Kyu Kyu Hla attended the Dhamma preaching ceremony to mark Buddha Day on the full moon day of Kason at Sasana Maha Beikman in the precinct of Nay Pyi Taw Uppatasanti Pagoda yesterday evening.

The Senior General and wife who led the congregation took the Five Precepts from Vice-Chairman of the State Sangha Maha Nayaka Committee Myingyan Koehsaung Building of Thirimala Monastery Presiding Patron Sayadaw Agga Maha Pandita Bhaddanta Jotipala. They also respectfully listened to Dhamma Katha Desana preached by State Ovadacariya 17th Sangharaja of Shwegyin Sect Chancellor of Sitagu International Buddhist Academies Abhidhaja Maha Rattha Guru Abhidhaja Agga Maha Saddhamma Jotika Dr Bhaddanta Nyanissara.

The Senior General and wife donated more than K111.1 million as nine prerequisites for the Sayadaw to Union Minister for Religious Affairs and Culture U Ko Ko.

Later, Sitagu Sayadaw delivered a sermon, followed by sharing of merits gained. — MNA/TTA

MoHA staff families hold Kason water pouring event



Deputy Prime Minister MoHA Union Minister Lt-Gen Soe Htut pours water to the Maha Bodhi Bo Tree at the event yesterday.

FAMILY members of the MoHA staff held a ceremony of pouring water to the Maha Bodhi (banyan tree) on the premises of the Taungsuya “Wa” Pagoda in Zabuthiri Township in Nay Pyi Taw yesterday.

The ceremony was attended by SAC Member Deputy Prime Minister Union Minister for Home Affairs Lt-Gen Soe Htut and wife, Deputy Minister Maj-Gen Toe Yi and wife, Deputy Minister MPF Chief Maj-Gen Zin Min Htet and wife, Permanent Secretary U Khaing Tun Oo and wife, the directors-general and senior officials and wives, responsible personnel and family members.

Deputy Prime Minister Lt-Gen Soe Htut and his wife offered flowers, water and candles to the Buddha statue in the cave of the Taungsuya “Wa” Pagoda.

Deputy Prime Minister Lt-Gen Soe Htut and his wife then led the devotees from MoHA to pour and sprinkle scented water on the Maha Bodhi tree. — MNA/TS

Myanmar Government contributes humanitarian assistance to Syrian Arab Republic

THE Government of the Republic of the Union of Myanmar donated Indian Rupees 8,127,204/- equivalent to USD100,000/- to the Syrian Arab Republic as humanitarian assistance for the victims of the earthquake that struck Syria on 6 February 2023. The donation was handed over by U Moe Kyaw Aung, Ambassador Extraordinary and Plenipotentiary of the Republic of the Union of Myanmar to the Republic of India, to Dr Bassam Seifeddin Alkhatib, Ambassador Extraordinary and Plenipotentiary of the Syrian Arab Republic to the Republic of India on 28 April 2023. — MNA



Paper reading session marking full moon day of Kason (Buddha Day) held in Nay Pyi Taw

THE paper reading session marking the full moon day of Kason (Buddha Day) organized by the State Administration Council was held at Sasana Beikman of Nay Pyi Taw Uppatasanti Pagoda yesterday.

After the procedures of the opening ceremony, Professor of State Pariyatti Sasana University (Yangon) Agga Maha Pandita Dr Bhaddanta Kumara delivered Ovada Gatha.

Then, Professor of Sitagu International Vipassana Academy (Sagaing) Dr Bhaddanta Kuthala read out “ Hermit Sumedha sought prophesy in the term of Dipankara Buddha that he would be reborn as the Buddha” while the paper “ study on unusual around the universe during the birth of Prince Siddhartha” by Department Head of State Pariyatti



The paper reading session to mark Kason Buddha Day in progress yesterday in Nay Pyi Taw.

Sasana University (Mandalay) Maha Gandhavasaka Pandita Dr Bhaddanta Sandavara. Rector of State Pariyatti

Sasana University (Mandalay) Sayadaw Agga Maha Pandita Dr Bhaddanta Kesara gave words of advice to the Sayad-

aws regarding the papers. Associate Professor of International Theravada Buddhist Missionary University Dr

Bhaddanta Sandamukha read out “Attainment of Enlightenment by Samma Sambuhha” and “the death of Buddha (Parinirvana)” by Prof/Head of State Pariyatti Sasana University (Yangon) Agga Maha Pandita Agga Maha Gandhavasaka Pandita Dr Bhaddanta Hterainda.

After the paper reading session, Union Minister for Religious Affairs and Culture U Ko Ko presented certificates of honour and cash to the Chairman Sayadaws and resource-person sayadaws.

Rector of International Theravada Buddhist Missionary University Sayadaw Agga Maha Pandita Maha Dhamma Kahtika Bahujana Hitadhara Dr Bhaddanta Sekaina made Ovada Gatha and concluded the event. — MNA/KTZH

MoSYA Union Minister, Myanmar Sports Team leave for XXXII SEA Games



Union Minister U Min Thein Zan and Myanmar sports contingent are seen before leaving for Cambodia.

UNION Minister for Sports and Youth Affairs U Min Thein Zan accompanied by the Myanmar Sports Team led by team leader Director-General U Tun Myint Oo of the Sports and Physical Education Department left Yangon for Cambodia by Myanmar National Airlines (chartered plane) yesterday afternoon.

Myanmar representatives have been invited to join the Thirty-second South East Asian (SEA) Games which will be held from 5 to 17 May 2023, and they were seen off at the Yangon International Airport by Yangon Region Chief Minis-

ter U Soe Thein and ministers, officials from the Sports and Physical Education Department, and the public.

Before the departure, the Union minister and the Yangon Region chief minister encouraged the Myanmar Sports Team to take special care of their health, try their best to achieve success and enhance the prestige of the country.

One invited person, a 13-member administration team, six coaches, 15 male athletes, and 11 female athletes from Vovinam Sports, two coaches, two male athletes, and seven female athletes

from Pétanque Sports, four coaches, six male athletes, and three female athletes from Boxing Sports, two coaches, four male athletes, and three female athletes from Tennis Sports, four coaches, two male athletes, and four female athletes from Athletics (marathon), six coaches, nine male athletes, and three female athletes from Lethwei (Traditional Boxing), six coaches, 14 male athletes, and 14 female athletes from Chinlone (Cane Ball) Sports, and eight international referees participated in the sports team.— MNA/KZL

2023 basic, advanced maritime and air youth trainees pay homage to famous pagodas

FOR new generation youth to develop knowledge, make the most of holidays, and follow their hobbies during the summer vacation, and to turn out the future generation of maritime and aviation experts for the state, basic and advanced maritime youth courses, basic air youth courses (senior level), and basic air youth courses (junior level) were opened at training camps in respective townships at the same time by Tatmadaw (Navy) and Tatmadaw (Air) on 24 April.

The coaches from Tatmadaw (Navy) are training 30 trainees at the Kengtung maritime youth training camp in eastern

Shan State, 50 trainees at the Mandalay maritime youth training camp in Mandalay Region, and 50 trainees in Kyaukpuyu and 61 trainees in Sittway in Rakhine State. A total of 712 trainees are also being trained at 11 maritime youth training camps in respective townships.

A total of 680 trainees from basic air youth courses (senior and junior level) are being trained at 17 air youth training camps in respective townships. Under the supervision of administrators and coaches, the trainees visited the famous pagodas in their respective regions. — MNA/KZW



Trainees are seen pouring water on the Maha Bodhi Bo Tree yesterday in Toungoo.

Operate agro-forest cultivation to benefit rural people

AS GLOBAL countries currently face environmental problems and challenges as well as food security issues, they use nature-based ways and means to solve these problems with agro-forest activity, conservation of watershed forests, efficient and correct use of land utilization, and agricultural techniques to reduce climate change as well as applying good agriculture practices.

Among them, the agro-forest measure is a proper land utilization process aimed at obtaining long-term benefits from the utilized lands and manufacturing more than one product from forest products, agriculture and livestock farms. Basically, the agro-forest activity comprises the cultivation of trees mixed with herbal plants and vines,

seasonal crops, vegetables and fast-growth plants in order to increase per-acre yield from a single area.

Practically, growers plant trees of forests mixed with perennial or annual crops as well as feedstuff plants and pulses and beans which can be harvested in a short time. If so, those growers can obtain benefits from mixed crops which can be harvested two or three times a year while conserving trees.

There will be different systems for agro-forest measures depending on the use of species for the plants, geographical conditions, ecosystems, different geological conditions, cultivation techniques and cultivation methods whether may be conventional or modern.

As such, families can operate agro-forest cultivation as traditional jobs on a manageable scale. So also, groups of growers can engage in agro-forest measures on a commercial scale. Moreover, these activities can contribute much to the improvement of the socioeconomic life of the rural people depending on locations, climatic conditions, markets and interests of local people.

Up to now, the community-owned forests comprise 569,673 acres of agro-forest plantations. Likewise, a total of 8,761 acres of agro-forest plantations have been set up in the implementation of the Myanmar reforestation project. As such, a total of 578,434 acres of land have been placed under agro-forest plantations across the nation.

In fact, agro-forest cultivation is a chance created by the government for rural people and local farmers to earn income from agricultural tasks. Reciprocally, farmers from the plantations can be reliable for the conservation of valuable trees such as teak, ironwood, gam-kino and other hardwood not to lose.

Moreover, those rural people can enjoy the chance to possess agricultural produce from their plantations in agro-forest cultivation in addition to forest products. If so, their endeavours will help ensure food security not only for themselves as well as relevant regions and contribute to the improvement of their socioeconomic life.

Popular Folk Remedies Across The World

By Yin Nwe Ko

WE HAVE been getting used to consuming folk remedies anyway in our lives for ages. In fact, A folk remedy is a traditional medicine not prescribed by a doctor. Many educated people often look down upon it because they think it is not scientifically produced and its purity is not flawless. However, there have been many pieces of evidence that folk remedies saved many people's lives and cured many ailments or wounds. The following article is a collection of well-known remedies around the world recommended by the members of the editorial team of Reader's Digest Magazine around the world.

Many of us use home treatments — some passed down through generations — for small ailments, whether the treatment has officially been proven to be effective or not. Editors at Reader's Digest editions around the world are no different — except we have investigated our favourites to make sure they are backed by solid research. Here are several folk remedies that work for us.

Wild Blueberries (Improve Heart Health)

Blueberries—both cultivated and wild—are Canada's top fruit export. Wild blueberries can be found in several Canadian provinces but are especially abundant in Quebec and Atlantic Canada. Widely known as a super-fruit, wild blueberries in particular are loaded with healthful antioxidants — containing nearly twice the amount that the same serving size of cultivated blueberries does. And while slightly smaller in size than cultivated ones, wild blueberries are generally sweeter and more flavorful.

Blueberries get their colour from anthocyanins, a group of antioxidant compounds that are responsible for many health benefits. Most of the colour, and therefore the fruit's benefits, are found in its skin. Whether cultivated or wild, all blueberries have anti-inflammatory and anti-cancer properties, but it's their cardiovascular benefits that really stand out. Multiple studies have found eating at

least a cup of blueberries a day offers significant improvements in vascular function and arterial stiffness, with one 2019 study from researchers in the United Kingdom and the United States showing that blueberries could cut the risk of cardiovascular disease by as much as 15 per cent.

If fresh wild blueberries are not readily available where you live, frozen wild blueberries are a great alternative. One small study suggests freezing actually improves blueberries' antioxidant availability.

Vinegar (Fights Infection)

French folklore has it that during the bubonic plague in the 17th century, a gang of four thieves robbed corpses but never caught the disease themselves. Supposedly, anointing their bodies with a concoction of vinegar and herbs protected them.

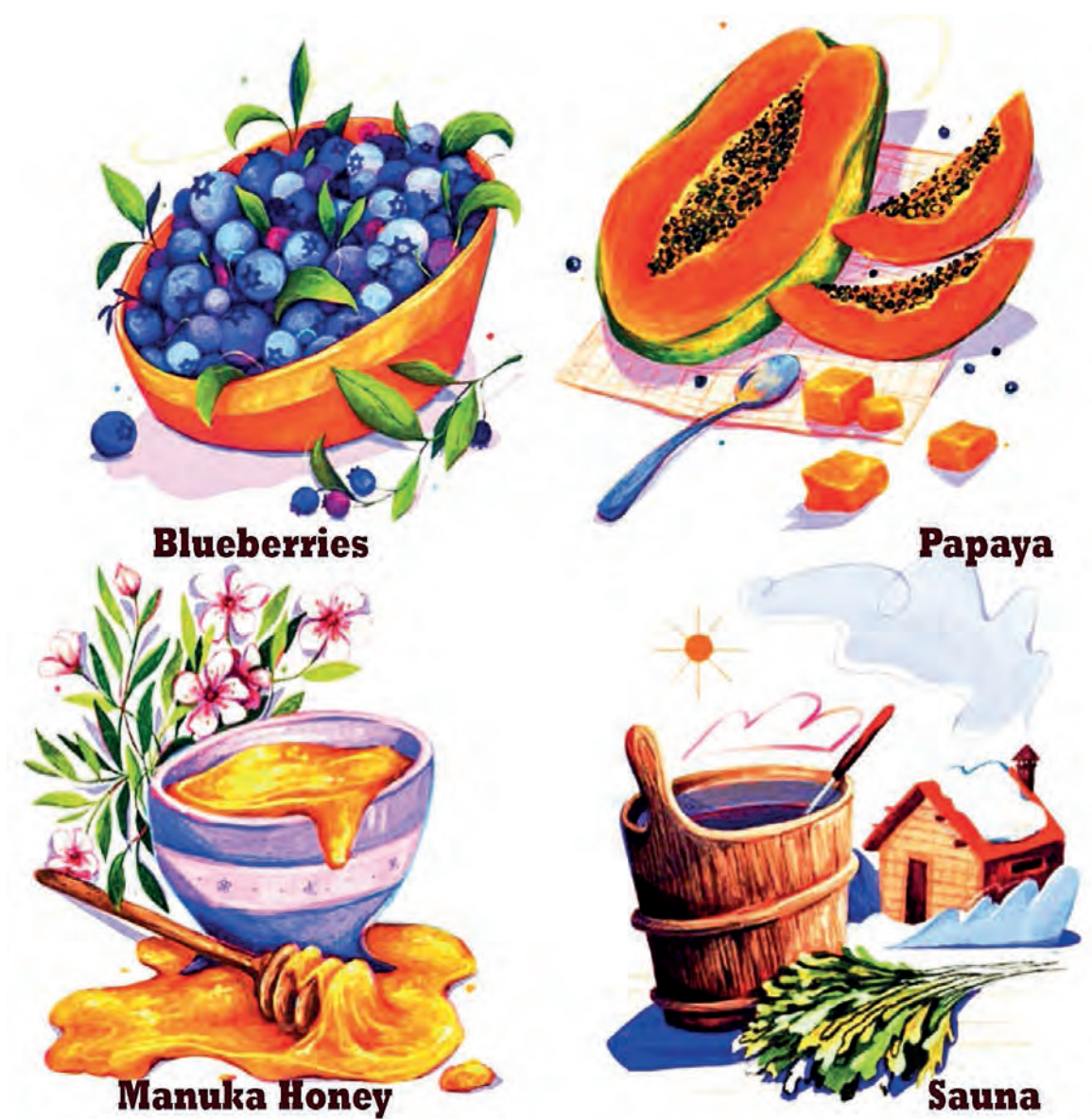
The so-called *vinaigre des quatre voleurs* (four thieves' vinegar) is used today in France in the belief that it fights infection. Many of the ingredients steeped in vinegar — garlic, rosemary, sage, lavender, thyme, juniper berry, black pepper, and more—have proven antibacterial properties.

"I know people who consume this regularly as an antibacterial," says Stéphane Calmeyn, Paris-based editor of Reader's Digest. He adds that a friend of his with type 2 diabetes credits the vinegar with helping regulate his blood sugar.

Though more research is needed, there is evidence that vinegar, particularly the kind made from apple cider, can affect blood sugar levels by delaying the rate at which the stomach empties and starch is digested, which reduces blood sugar spikes after a meal. But check with your doctor before adding it to your diet, particularly if you are taking medications to lower your blood sugar.

Apple cider vinegar may also prevent overeating. A small Swedish study found that people who consumed vinegar with a meal reported feeling more satiated than those who did not, which could prevent unhealthy snacking later in the day.

Keep in mind that it is best



Source: Reader's Digest jan. 2023

not to drink vinegar undiluted, as its acidity could damage tooth enamel. Instead, add one or two teaspoons of water or tea.

Liquorice (Relieves Sore Throat)

Liquorice-based candies, called *dropjes*, are as Dutch as wooden shoes — but while few farmers still wear wooden shoes, everybody eats *dropjes*. "It's a sort of national pride," says Amsterdam-based Reader's Digest editor Paul Robert.

Besides being somewhat of an addiction for the Dutch, it is widely known in northern European countries that liquorice serves a medicinal purpose: sore-throat relief. Indeed, a 2013 randomized, double-blind study of 236 people by the Medical University of Vienna found that patients who gargled a liquorice solution before going into surgery requiring throat intubation had a lower likelihood

of sore throat after the operation.

There is also evidence that glycyrrhizin, a liquorice-derived compound, has anti-inflammatory and anticancer properties. According to a 2022 review published in Pharmacological Research, it is a promising area of cancer research.

Still, experts caution against consuming more than 100 milligrams of glycyrrhizin per day, as it can dangerously reduce blood potassium levels. (A cup of liquorice tea contains roughly 30 milligrams, according to The British Medical Journal.)

"When I was a child, the best thing about having a cold was that I'd get lots of dropjes," says Robert. "Sucking on them soothed my throat back then, and still does now." *Dropjes* range from very sweet to very salty, and the salty ones are an acquired taste.

Calendula (Calms Inflammation)

tissue formation. In patients with venous leg ulcers treated with either calendula ointment or saline-solution dressings, calendula helped ulcers heal much faster.

With these benefits in mind, it's no wonder cosmetic companies are also turning to calendula — specifically, calendula flower extract — to formulate soothing products geared to sensitive skin. According to a 2021 study from the University of Porto in Portugal, the plant's anti-inflammatory properties are helpful in treating irritated skin as well as allergic contact dermatitis, rosacea, and psoriasis.

Papaya (Aids Digestive Health)

A study from Obafemi Awolowo University in Nigeria published in the Journal of Medicinal Food found that papaya fights intestinal parasites. When researchers gave a papaya seed preparation to children who tested positive for intestinal parasites, it was shown to be anthelmintic (capable of eliminating parasitic worms) and anti-amoebic (capable of destroying or suppressing amoebas). It treated their parasites without harmful side effects.

Results of a double-blind, placebo-controlled trial that was published in the journal Neuroendocrinology Letters in 2013 showed that volunteers with digestive complaints like bloating and constipation had significant improvements after ingesting a papaya pulp supplement. Papaya is also rich in vitamin C, and high in water and fibre content, all of which regulate bowel activity. It is consumed abundantly in Costa Rica.

St. John's Wort (Soothes Skin)

Many people around the world use a balm containing St. John's wort to promote wound healing and soothe skin — for example, in cases of sunburn and insect bites. St. John's wort is a plant with yellow flowers that's native to Europe, northern Africa, and southwestern Asia.

Animal studies conducted in Turkey in the past few years have shown that St. John's wort

helps to promote wound healing and relieves burns; rats treated topically with St. John's wort four times a day experienced more rapid healing than those in the other groups.

And 2010 Iranian randomized, double-blind clinical trial of 144 women published in the Journal of Alternative and Complementary Medicine showed that women who had undergone Caesarean sections and applied a St. John's wort ointment three times a day for 16 days had improved wound healing and less pain and scarring than those in the placebo and control groups.

Ingesting St. John's wort may also treat mild to moderate depression, and menopause symptoms such as hot flashes. But speak to your doctor before taking it, because it can cause serious side effects and drug interactions. It is also used in Africa, Asia, and Europe.

Garlic (Gets Rid of Warts, Corns, and Calluses)

Corns and calluses both involve a buildup of skin at pressure points on the foot, while warts are small growths that can occur anywhere on the body and are caused by the human papillomavirus, or HPV. Research from 2005 published in the International Journal of Dermatology showed that warts treated daily with a garlic extract disappeared for study subjects within two weeks, and corns vanished for 80 per cent of subjects after three weeks.

Garlic has antibacterial properties (thanks to its main component, allicin), and its antiviral effect may attack the virus that causes warts. Just be careful not to allow raw garlic to touch healthy skin, as it can cause irritation and damage similar to a burn.

It worked for a Reader's Digest reader named Georgina, of central Portugal. "A few years ago, when my friend's aunt noticed me limping because of a callus, she told me about this home remedy. I baked a few garlic cloves, crushed them, and applied the pulp to the callus, avoiding healthy skin. I covered it with gauze and changed this compress daily. Although the

smell was a little intense, my callus disappeared after five days."

Eucalyptus Oil (Clears Sinuses)

Eucalyptus oil can help alleviate cold symptoms like nasal congestion by clearing the airways. In a randomized, double-blind trial of 152 people, published in The Laryngoscope in 2009, German researchers found that the main component of eucalyptus oil — 1,8-cineole, or eucalyptol — was effective and safe for treating sinusitis, because it helped to clear nasal blockages and mucus.

The eucalyptus tree is native to Australia, and the oil from its leaves is similarly beneficial if you have perennial allergic rhinitis — a chronically stuffy or runny nose due to pet dander, mould, or dust.

A South Korean study, published in 2016 in Evidence-Based Complementary and Alternative Medicine, found that essential oils including eucalyptol alleviated those symptoms. Out of 54 people aged 20 to 60, those who inhaled the aromas for five minutes twice daily over seven days also had better sleep compared with those who inhaled a placebo.

Add a few drops to a bowl of steaming water; hover your face over the bowl and cover your head with a towel. Breathe in. Note: don't ingest eucalyptus oil, and avoid applying it directly to your skin; if it's undiluted it could cause irritation.

Manuka Honey (Helps Many Ailments)

For centuries the Maori people of New Zealand have relied on the bark and leaves of the manuka bush — native to the island nation and sometimes called a tea tree — for its health-giving properties. More recently, the honey made from its white or pink flowers has become the star: research, including a 2018 study from the UK, shows this type of honey has much higher levels of anti-bacterial and wound-healing compounds than others. It has anti-mutagenic (decreasing or preventing genetic mutation), antioxidant and anti-inflammatory qualities.

Research from Cardiff University showed that components of manuka honey can stimulate immune cells, therefore increasing our ability to fight bacteria. (It's especially effective against a strain of streptococcus.)

SEE PAGE-10

Popular Folk Remedies Across The World...

FROM PAGE-9

Recently, scientists at Aston University in Birmingham, England, combined manuka honey with the antibiotic amikacin to develop a potential new treatment for a lung infection caused by the bacteria *Mycobacterium abscessus*. By combining manuka honey with an existing therapy, researchers believe they have found a way to kill off the bacteria with less of the drug and, as a result, fewer side effects.

Arnica (Reduces Bruising)

Arnica is popular in Mexico, says Reader’s Digest editor Luis Eduardo Pineda in Mexico City. “I played basketball when I was a kid, and sometimes my fingers would get painfully bruised. My mother would rub them with arnica balm, and in a few days the bruising would be gone.” These days, he uses it for sore muscles. “I keep arnica balm in my first aid kit.”

Anti-inflammatory arnica, a herb from the same family as asters and daisies, is said to reduce swelling and bruising. A

2013 review of 174 people with hand arthritis found that arnica gel reduced pain and improved function in the hand as effectively ibuprofen gel. Since arnica can be poisonous, it should not be taken orally.

Aloe Vera (Relieves Burns)

Pineda has another go-to remedy: aloe vera or sábila. A review of four studies from Asia, published in the journal *Burns*, concluded that aloe mucilage (the gelatinous substance inside its leaves) and some aloe products can accelerate the healing of minor burns several days faster than conventional medication. “Recently, I grabbed the handle of a hot pan,” recalls Pineda. “But I have an aloe vera plant, so I got relief quickly.”

Cranberries (Prevent urinary tract infections)

Originally consumed by Indigenous peoples to treat bladder and kidney diseases, cranberries were later used by early settlers to North America for a variety of conditions, including appetite loss, stomach

problems, blood disorders, and scurvy. Their most popular use, however, has been for the prevention and treatment of urinary tract infections (UTIs), although research has been mixed on the effectiveness of cranberry for this purpose.

Initially thought to work by making urine acidic enough to kill *E. coli*, which is the type of bacteria that commonly causes UTIs, cranberry is now more widely accepted as a way to prevent UTIs rather than to treat them. That’s because researchers believe a compound found in cranberries helps prevent *E. coli*-causing bacteria from adhering to the cells that line the urinary tract.

In a 2019 study published in the *Journal of Natural Products*, researchers identified cranberry oligosaccharide, a complex carbohydrate, in the urine of female pigs who were fed dried cranberry powder. Further research is needed, but scientists are closer to understanding how cranberry consumption prevents bacterial adherence to the urinary tract, and these oligosaccharides are

thought to play a significant role. It is being still used in The United States at the moment.

Sauna (Boosts Circulation)

“The steam sauna has been a Finnish tradition for hundreds of years and most Finns go regularly,” says Ilkka Virtanen, the Helsinki-based editor of *Reader’s Digest*. “It’s good for heart health.”

A sauna is typically a room heated up to 90 C. When a person sits sweating in one, their heart rate increases, as does blood flow in the skin, boosting circulation as much as low to moderate exercise does. According to a 2015 study of Finnish men published in the journal *JAMA Internal Medicine*, the risk of heart attack and stroke is reduced. (That research also showed that sitting in a sauna two to three times a week lowers the risk of dying from any cause by 24 per cent.)

Regular sauna sessions not only lower cardiovascular disease risk, but they may also benefit adults with existing heart disease. A 2021 study published in the *Canadian Journal of Cardi-*

ology found that a typical Finnish sauna session — about 10 minutes — acutely improved blood vessel health and reduced blood pressure in adults with stable coronary artery disease.

Another study showed that 15 minutes a day in a sauna, five days a week, may help ease mild depression. If you’re new to the sauna, start with five or 10 minutes, gradually increasing, if you wish, to 20 minutes. Drink plenty of water and avoid alcohol; it causes further dehydration. And if you have heart disease or blood pressure issues speak to your doctor first about whether a sauna is safe for you.

In sum, although folk remedies are not prescribed by doctors, most of us actually know that they are effective in curing some particular ailments. Moreover, they are abundantly found in nature, and we are given them as a present by nature. Therefore, we should thank nature, shouldn’t we?

Reference: *Reader’s Digest* Jan 2023

Illegal consumer goods, industrial materials, auto parts and vehicles seized

ON 2 May, the Customs on-duty teams under the management of the Customs Department captured 24,700 kilogrammes of motorbike spare parts worth K62,244,000 that exceeded 61 days of VPA from a container at the Asia World Port Terminal container checkpoint, 230 KKSKY power banks worth K5.75 million that were not declared in the Import Declaration (ID) from a Mitsubishi Fuso car (approximately K25 million) heading to Yangon from Myawady at the Mayanchaung permanent checkpoint and three kinds of goods (including a total of 3,250 packings of tissue paper) worth K6,330,952 without official documents from Toyota Toyoace light truck (approximately K20 million) heading to Mandalay from Muse at the Yepu permanent checkpoint. The action was taken under Customs procedures.

In addition, the Customs on-duty teams seized 35 Mawari multifunction emer-

gency fans worth K2.45 million that were not declared in the ID from a vehicle heading to Yangon from Myawady at the Kawkareik (Tadakyoe) combined checkpoint, five iPhone handsets (used), including seven iPhone X (used), worth K70.3 million without official documents from a Mitsubishi Fuso vehicle (estimated value of K16 million) heading to Yangon from Myawady at the Thanlwin Bridge combined checkpoint and three kinds of goods, including 690 kilogrammes of ultra-compact cotton pads, worth K15,121,254 without Import Licence from a Nissan Diesel truck (estimated value of K30 million) heading to Yangon on Myawady-Hpa-an-Yangon route in Phayagyi township. The action was taken under Customs procedures.

Therefore, 10 arrests (estimated value of K253,196,206) were made on 2 May, according to the Illegal Trade Eradication Steering Committee. — MNA/MKKS

155 new cases of COVID-19 reported on 3 May, total figure registers 635,257

MYANMAR’S COVID-19-positive cases rose to 635,257 after 155 new cases were reported on 3 May 2023 according to the Ministry of Health.

Therefore, a total of 10,396,970 laboratory samples were examined and the confirmed COVID-19 cases reached 635,257. The total number of patients who have recovered from COVID-19 in the country reached 614,954 including 36 new recoveries. The death toll from COVID-19 in the country remained unchanged at 19,492 on 3-5-2023 with no new death reported from the pandemic.

The country has vaccinated 31,656,180 people aged 18 and above for COVID-19 vaccines and 6,849,575 people aged under 18 till 2 May 2023.

Status of COVID-19 vaccination (as of 2 May 2023)

People aged 18 and above who received vaccines	31,656,180
People under 18 years old who received vaccines	6,849,575

According to the research, it is found that people who have been vaccinated do not suffer severely from the disease, need not be hospitalized and are unlikely to die. If they have received booster shots, the death rates can be reduced more.

As such, people need to follow the new normal way of living with COVID. Hence, all people above five have to fully receive COVID-19 vaccination inoculated by the Ministry of Health free of charge. Six months after the vaccination, they have to take booster jabs at relevant health centres and ward/village administration offices without fail.

Moreover, they have to wear masks while in closed chambers and public places, and when more than one person is in closed chambers, windows should be opened for good ventilation. They need to often wash their hands with soap and water or the hand gel containing alcohol (at least 60 per cent) for 20 seconds. People need to follow the social distancing rule and avoid crowds as much as possible.

While not wearing masks, if they cough and sneeze, they need to cover their mouth and noses with elbows in line with the personal hygienic ways. COVID-19 information can be browsed on the internet page moh.gov.mm of the Ministry of Health. — GNLMM

Circumambulation of pagoda ceremony held on full moon day of Kason

THE festival to perform the circumambulatory walking round the Uppatasanti Pagoda while holding lit candles in hand to pay obeisance to the full moon day of Kason (Buddha Day) was organized yesterday.

First, they gathered at the Tabaung compound and the students in the Byadate vehicle that depicts (seeking to prophesy of Buddha) holding Sasana flags and lit candles took positions in front of the eastern way of the pagoda while the ministries' staff in the Phwa vehicle (birth of Buddha) at the northern way of the pagoda, the students in the Pwint vehicle (attained Enlightenment) at the western way of

the pagoda and the ministries' staff in San vehicle (Parinirvana of Buddha) at the southern way of the pagoda holding flags and lit candles in their hands.

The students and staff went to the pagoda platform at the same time and erected the flags and candles at the designated locations.

A total of 1,080 students and ministerial staff participated in the ceremony. — MNA/KTZH

The circumambulation of the Uppatasanti Pagoda in progress on Kason Buddha Day yesterday in Nay Pyi Taw.



Nay Pyi Taw pagodas packed with donors on Kason Full Moon Day

ON the Full Moon Day of Kason (Buddha Day), the pagodas in the Nay Pyi Taw Union Territory were alive with devotees who did merit, watered the Maha Bodhi banyan trees, donated rice to monks and gave a feast in charity to all comers.

The 15th Kason Water Pouring Ceremony, donation ceremonies to monks, a paper-reading ceremony to commemorate the Buddha, and a light-offering ceremony at night were held in the precinct of the Uppatasanti Pagoda.

In addition, Buddha Gaya (Nay Pyi Taw), Maha Thetkayaramsi Pagoda, Yanaungmyay

Shwelathla Pagoda, Dardusara Pagoda, , Yanaung Chantha Pagoda, Hlaykhwin Hill Pagoda, Koe Nawinn Pagoda, Sutaungpyae Lawka Marazein Pagoda, Koe Khan Gyi Pagoda, Lawkayannein Pagoda, Phaungtaw Chatma Pagoda, and Letlode Hill Pagoda were also crowded with religious associations, locals, and devotees offering food, water and flowers to pagodas, keeping the Sabbath, watering the Maha Bodhi Bo Tree and donating refreshments. Pagodas and Maha Bodhi Bo Tree in villages, wards, and townships were also packed with merit-doers in the evening.



The 13th Kason water pouring event in progress at Dardusara Pagoda yesterday.

Traffic police assisted the pilgrims on the day of Kason Full Moon, and the Myanmar Police Force undertook security duty for the pilgrims. — Aung Ye Thwin/CT

Religious places in Yangon packed with people on full moon day of Kason

FAMOUS pagodas, temples and stupas across the country were densely crowded on the full moon day of Kason (Buddha day) with people who pour water into Maha Bodhi (banyan) trees and do good deeds such as food donations and charity.

The 40th Kason Water Pouring Festival was organized at the designated places of Shwedagon Pagoda starting 5 am.

First, Yangon Region Chief Minister U Soe Thein, Yangon Command Commander and other relevant officials offered early alms food, flower, water, candle and fruits to the pagoda.

They then donated alms food to Sayadaws at the pagoda. After that, they took positions at the Maha Bodhi (banyan) tree and listened to the sermons and nine precepts delivered by Ovadacariya Sayadaw Tipitakadhara Tipitaka Bhandagarika Agga Maha Pandita Bhaddanta Siri Anda of Maha Visuddhayon Monastery and Ovadacariya Sayadaw Agga Maha Gandhavasaka

Pandita Agga Maha Saddhamma Jotikadhaja Tipitakadhara Pali Paragu Bhaddanta Nagita and shared merits.

Then, the Sayadaws, the region's chief minister and party poured water to the Bodhi tree.

The region chief minister and party then went to Sule and Botahtaung pagodas to pour water into the Bodhi trees together with the pilgrims and observed the charity food donation ceremonies.



The Kason water pouring ceremony in progress at the Shwedagon Pagoda yesterday.



Well-wishers and devotees are seen at the Shwedagon Pagoda on Kason Buddha Day yesterday. **PHOTO: ZAW MIN LAT**

Moreover, the State Sangha Maha Nayaka Committee member Sayadaws organized the consecration ceremony and water pouring festival at Thiri Mingala Kaba Aye Pagoda yesterday.

Then, members of the pagoda board of trustees and devotees took nine precepts from the Vice-Chair of State Sangha Maha Nayaka Committee Agga Maha Saddhamma Jotikadhaja Bhaddanta Kesara Bhivamsa and donated offertories to the Sayadaws.

Members of the pagoda board of trustees and members of 23 religious groups poured water on the Bodhi tree.

Similarly, the respective pagoda board of trustees, service groups and pilgrims poured water on Maha Bodhi trees at Kyauktawgyi Pagoda, Kyaikwyne Pagoda, Shwephonewint Pagoda, Swetawmyat Pagoda, Maha Wizara Pagoda, Ngahtetgyi Pagoda, Chaukhetkyee Pagoda and Koethtetkyee Pagoda. — Ko Ko Zaw/KTZH

Religious places thronged with devotees on Kason full moon day



THE full moon day of Kason (the Buddha day) is an auspicious day for Theravada Buddhists: Buddha consecration ceremonies were held, Maha Bodhi trees were poured with water, donors from all over Mandalay offered rice to the monks and gave a feast in charity to all pagoda-goers at Mandalay's famous pagodas.

The face of the Mahamuni Buddha Statue was washed under the direction of the Yay Taw Sayadaw. Then, the worshippers offered golden robes, food, water and flowers to the image and poured water on the Bayan tree,

which is situated at the precinct of the pagoda.

Under the supervision of the Mandalay Region government, the ceremonies of donating food and curry, cash for sundry needs of monks and medicines to 10,628 monks residing to the east, west, south and north of the Moat of Mandalay were held at the same time.

Shwekyee Pagoda, Phayani Pagoda, Sutaungpyae Sutaungya Pagoda, Kyauk Taw Gyi, Kutodaw, Thakyathiha Pagoda, Jade Pagoda and Aungtaumu Pagoda were crowded with devotees. — Maung Aye Chan/KZW

Alms donation to 10,268 monks in progress in Mandalay yesterday. **PHOTO: MAUNG AYE CHAN**

Daily newspapers available online

FOR those who would like to read the Myanma Alinn, the Kyemon and the Global New Light of Myanmar, published daily by the Ministry of Information, please visit www.moi.gov.mm/mal, www.moi.gov.mm/km, www.moi.gov.mm/nlm and www.gnlm.com.mm/e-paper.

News and Periodicals Enterprise

Indian budget airline Go First files for bankruptcy



Go First was India's fifth-biggest domestic carrier as of March, with 6.9 per cent of the market share, according to government figures. **PHOTO: AFP**

DEBT-LADEN Indian budget airline Go First has filed for bankruptcy protection, blaming "faulty" engines from US aerospace company Pratt & Whitney for the grounding of about half its fleet. Go First was India's fifth-biggest domestic carrier as of March, with 6.9 per cent of the market share, according to government figures.

The carrier has been locked in a dispute with its exclusive supplier of engines for its Airbus A320neo fleet over issues it said had cost it \$1.32 billion in lost revenues and additional expenses. Its bankruptcy was a necessary step due to the "ever-increasing number of failing engines supplied by Pratt & Whitney's International Aero

Engines", which had led to the grounding of 25 aircraft, Go First said in a statement on Tuesday. It went on to accuse Pratt & Whitney of failing to comply with an arbitration order directing it to release spare leased engines that would have allowed a return to full operations. The engine-maker said in a statement that it was complying with the arbitration ruling and was continuing "to prioritise delivery schedules for all customers". Go First, owned by Indian conglomerate Wadia Group, said on its website that it had cancelled flights scheduled from 3 May to 5 May for "operational reasons". Local media reports said Go First check-in counters were deserted at airports in New Delhi and other cities.—AFP

IBM eyes hiring pause because AI does the job

THE CEO of IBM said he was eyeing to downsize the tech giant's back office workforce by nearly a third because those jobs are being made redundant by advances in artificial intelligence. In an interview with Bloomberg on Monday, Arvind Krishna said that his company would enact a pause in hiring in those roles, and potentially reduce the payroll by 7,800 jobs over several years. "These non-customer-facing roles amount to roughly 26,000 workers," Krishna said. "I could easily see 30 per cent of that getting replaced by AI and automation over a five-year period." Back office employees are only a fraction of IBM's roughly 260,000 workers, and the company has continued to hire in certain roles, even



The development of generative AI, as demonstrated by viral applications like ChatGPT, is making it possible to more easily execute less complex work such as certain human resource tasks, data management and other repetitive operations. **PHOTO: AFP** after recently letting go about 5,000 workers in other areas, the Bloomberg report said. In a statement to AFP on Tuesday, an IBM spokesman cautioned that "there is no blanket hiring 'pause' in place" at the company, based in Armonk, New York. "We're being very selective when filling jobs that don't directly touch our clients

or technology," the IBM spokesman added. The development of generative AI, as demonstrated by viral applications like ChatGPT, is making it possible to more easily execute less complex work such as certain human resource tasks, data management and other repetitive operations.—AFP

Changing Trade Name For Registered Pesticide

The pesticide manufactured by **Anhui Byter Agriculture Technology Co.,Ltd** and distributed by **Myanmar Golden Byter Co.,Ltd** is changing trade Name as follow,

No	Previous Name	New Name	Registration No
1	Crop-Kboard 25 SL	Byter-Kboard 25 SL	F2022-4006
2	Crop-Sterile 50 WP	Byter-Sterile 50 WP	F2022-4008

Any Objection regarding to this changing can notify at Myanmar Pesticide Registration Board within (14) days.

Transferring Registered Pesticides

Registered pesticides distributing by **Myanmar Kete Co.,Ltd** in the territory of Myanmar for the product as following are transferring from **Weifang Heyi Agrochemical Co.,Ltd.** former producer to **Anhui Byter Agriculture Technology Co.,Ltd** as per mutual consent from both parties. Any objection regarding to this transfer can notify at Myanmar Pesticide Registration Board within (14) days.

No	Trade Name	Active Ingredient	Registration No.
1	ASSASSIN	Thiamethoxam 30% SC	P2018-4384

Myanmar Kete Co.,Ltd.
No.125-127, Kha 11st, Myoe Thit (A+B) Quarter, Inn Sein Township, Yangon.

Transferring Registered Pesticides

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No	Trade Name	Active Ingredient	Registration No.
1	FOCAL POINT	Propiconazole 25% EC	P2018-4218
2	VIGOROUS	Difenoconazole 25% EC	P2018-4222

Myanmar Golden Byter Co.,Ltd.
No.125-127, Kha 11st, Myoe Thit (A+B) Quarter, Inn Sein Township, Yangon.

Changing Trade Name For Registered Pesticide

The Pesticide manufactured by **Anhui Byter Agriculture Technology Co.,Ltd.** and distributed by **Myanmar Byter Agro Tech Co.,Ltd.** is changing trade Name as follow,

No	Previous Name	New Name	Registration No.
1	Crop-Gcancer 72 SL	Byter-Gcancer 72 SL	F2022-3999
2	Crop-Marsur	Byter-Marsur	F2022-4000
3	Crop-Finice	Byter-Finice	F2022-4004
4	Crop-Cohey	Byter-Cohey	F2022-4003
5	Crop-Farnator 3 GR	Byter-Farnator 3 GR	F2022-4005
6	Crop-Karyard 24 EC	Byter-Karyard 24 EC	F2022-4009
7	Crop-Gextin 27.6 SL	Byter-Gextin 27.6 SL	F2022-4010
8	Crop-Skilor 25 WG	Byter-Skilor 25 WG	F2022-4011
9	Crop-Swenstor 40 EC	Byter-Swenstor 40 EC	F2022-4012
10	Crop-Growing 80 WP	Byter-Growing 80 WP	F2022-3283
11	Crop-Harvest 41 SL	Byter-Harvest 41 SL	F2022-3284

Any Objection regarding to this changing can notify at Myanmar Pesticide Registration Board within (14) days.

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ECONOMY

WORLD/AD

Thailand's tourism industry blossoms anew with influx of Chinese visitors

THE Grand Palace, high-end shopping malls, and the Pattaya Pier in and around Bangkok are once again bustling with activity as Chinese tourists flock to Thailand during the five-day Labour Day holiday.

For nearly a decade, Suchart has been a familiar sight on Pattaya Beach, setting up beach chairs and preparing for visitors who come to relax, drink coconut water, and ride speedboats out to sea. Chinese tourists were once a staple of Suchart's daily routine, with the business receiving almost a hundred of them on peak days. However, the COVID-19 pandemic dealt a severe blow to the tourism industry, resulting in a significant decline in vis-



Visitors take pictures of the gold-plated stupa at Wat Phra That Doi Suthep Buddhist temple in Chiang Mai, Thailand in November 2020. PHOTO: AFP /FILE

itors. Thankfully, Suchart is happy to see the beach come alive again this year. "With more Chinese tourists after the pandemic, our economic situation

has also improved. If they continue to return, it would benefit workers in all industries," he said. According to data from the Kasikorn Research Centre in Thailand, as of April 30, the country has received more than 737,000 Chinese tourists this year, a 30-fold jump from the same period last year.—Xinhua

At 75, Israel's economy offers success or inequality

NOW 75 years old, Israel models itself as an economic success story, a leader in business, agriculture and advanced technologies — despite glaring inequalities that have left many Israelis behind.

The country readily describes itself as a "start-up nation", and its per capita GDP is higher than that of Germany, France or Britain.

But "there is the start-up nation and the soup kitchen nation," says Gilles Darmon, the head of Latet, an Israeli non-profit group working to fight poverty and deliver food aid.

side more than 312,000 families are in a situation of severe food insecurity".

To highlight its commercial successes, Israel, a nation born on 14 May 1948, can point to enviable economic performances.

Growth was 6.5 per cent in 2022, down from 8.6 per cent in 2021 but well above the OECD average of 2.8 per cent, and the budget deficit largely contained.

Israel's cybersecurity work has made the sector one of the economy's driving forces, with companies such as Check Point establishing themselves as global leaders in IT security.—AFP



Green wall at Check Point HQ new wing, Tel Aviv. PHOTO: WIKIPEDIA. ORG

Ministry of Immigration and Population
Department of Population
Invitation of proposals for
an International Consultant

1. The Ministry of Immigration and Population (MOIP) plans to conduct the 2024 Population and Housing Census using the Computer-Assisted Personal Interviewing (CAPI) method for data collection, capture, and processing. This is one of the major activities of Population and Housing Census, and as such, MOIP is looking to hire an international consultant to develop comprehensive work plans, design the data collection system, offer technical guidance, and provide training to enhance capacity.

2. An international consultant with experience in conducting censuses will be recruited through a competitive selection and evaluation process. Interested candidates are invited to refer to the following information to submit their proposals:

(a) The date and time the interested candidates can obtain TOR for the international consultant position

- From 5-5-2023 to 31-5-2023 (during office hours). TOR can also be available from www.dop.gov.mm

(b) The location designated for proposal submission

- Department of Population, Ministry of Immigration and Population, Office No. 48, Nay Pyi Taw

(c) The way of submitting the proposal

- In person or by email: pop.dept.mm@gmail.com

(d) The proposal submission deadline

- On 31-5-2023 at 16:30 PM MMST. (During office hours)

(e) The date and time for the interview

- The shortlisted candidates will be contacted.

3. Proposals submitted after the deadline will not be accepted.

4. For additional information regarding the proposal form and terms and conditions, you may contact phone numbers (during office hours) and email address provided below:

Department of Population, Nay Pyi Taw
Phone No. +95 67-431066, +95 67-431339
email address. pop.dept.mm@gmail.com

Tender Acceptance and Evaluation Committee

World Bank predicts 'bleak' Palestinian economy

THE World Bank warned Tuesday the Palestinian economy faces a "bleak" outlook as Israel continues its blockade of the Gaza Strip and has increased restrictions on the occupied West Bank.

In a new report, the global lender commended efforts by the Palestinian Authority (PA) to slim its public wage bill but said the economies of the Gaza Strip and West Bank remain heavily dependent on foreign donor support and hindered by Israeli restrictions.

Israeli-imposed "restrictions on movement and access in the West Bank and the restrictions resulting in near-blockade in Gaza remain among the most important obstacles to growth and private sector development in the Palestinian territories," the report said.—AFP

CLAIMS DAY NOTICE

M.V SITC HAIPHONG VOY.NO. (2308S)

Consignees of cargo carried on M.V SITC HAIPHONG VOY.NO. (2308S) are hereby notified that the vessel will be arriving on 4-5-2023 and cargo will be discharged into the premises of HPT 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 SITC CONTAINER LINE CO., LTD

CLAIMS DAY NOTICE

M.V TI2 APPLE VOY.NO. (019E)

Consignees of cargo carried on M.V TI2 APPLE VOY.NO. (019E) are hereby notified that the vessel will be arriving on 4-5-2023 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 TI2 LOGISTICS PTE LTD

သတင်းစာ ဂျာနယ် စာစာရင်းများကို နှိုင်းစာကစစ်ချိန်နီ ပုံနှိပ်လိုပါက ဆက်သွယ်နိုင်ပါသည်

01 860 4530

New York exhibit reinterprets Latin America’s colonial history

A new exhibition at New York’s Museum of Modern Art (MoMA) offers a retelling of the European colonization of Latin America through the eyes of contemporary artists.

The 65 works by 40 artists of different styles take a “critical” look at the colonial history of the region as told by cartographers, missionaries, scientists and adventurers.

The exhibition, which is entitled “Chosen Memories”, includes paintings, photographs and sculptures, and offers a “revitalization” of Latin America’s cultural heritage, according to MoMA.

The artists delved into the past “as a means to repair histories of dispossession, reconnect with undervalued cultural legacies, and strengthen threads of kinship and belonging”, curator Ines Katzenstein said in a state-

ment. “Works in the exhibition take a critical look at the impact of colonialism on the landscape,” she added to AFP.

With “Looting,” Guatemalan Regina Jose Galindo uses gold inlays taken from her teeth as a metaphor for the violence over raw material extraction that plagues some communities.

Dominican Firelei Baez juxtaposes a European map from the 1540s with a mythical female creature to embody “the fears and desires of European conquerors” to unknown cultures.

Argentine artist Leandro Katz used the first lithographs made in the 1830s by explorers John Lloyd Stephens and Frederick Catherwood to reconstruct their expeditions.

Elsewhere, Chileans Pedro Mardones Lemebel and Francisco Casas present their pho-



The exhibition, which is entitled “Chosen Memories”, includes paintings, photographs and sculptures, and offers a “revitalization” of Latin America’s cultural heritage, according to MoMA. PHOTO: AFP

tographic version of Mexican painter Frida Kahlo’s 1939 oil painting “The Two Fridas”.

Many of the works on display come from the collection of

Venezuelan art collector Patricia Phelps de Cisneros, who has donated some 250 works to MoMA over the past quarter century.

The exhibition runs until

September 9. MoMA has more than 5,000 works of modern and contemporary art from Latin America.— AFP

Sudan warring parties agree ‘in principle’ to 7-day truce: S Sudan govt



Diplomatic efforts have intensified to end more than two weeks of war in Africa’s third-largest country as warnings multiply about a “catastrophic” humanitarian crisis. PHOTO: AFP

WARRING generals in Sudan have agreed “in principle” to a seven-day ceasefire, the government of neighbouring South Su-

dan said Tuesday, after regional envoys denounced repeated violations of previous truces.

Diplomatic efforts have in-

tensified to end more than two weeks of war in Africa’s third-largest country as warnings multiply about a “catastrophic” humanitarian crisis. More than 430,000 people have already been forced to flee their homes, the United Nations said. Hundreds of others have been killed and thousands wounded. Sudan’s army chief Abdel Fattah al-Burhan and his deputy turned rival, Mohamed Hamdan Daglo, who commands the paramilitary Rapid Support Forces (RSF), “have agreed in principle for a seven-day truce from 4 to 11 May,” the South Sudanese foreign ministry in Juba said in a statement.—AFP

NEWS IN
BRIEF

Trump groped me on flight, woman tells
US civil trial

A woman told a New York civil trial on Tuesday that Donald Trump sexually assaulted her on a flight in the United States in the late 1970s.

Jessica Leeds recounted the alleged attack while testifying in the writer E. Jean Carroll’s rape and defamation lawsuit against the ex-president.

Trump denies all allegations of sexual assault and has never been criminally prosecuted over any such claims.

Leeds told Manhattan’s federal court that Trump put his hand up her skirt in the business class section of a flight to New York in 1978 or 1979. “There was no conversation. It was like out of the blue,” said Leeds, now 81.

“He was trying to kiss me, grabbing my breasts,” she added.

Leeds first made the allegation in an interview with the New York Times weeks before the 2016 election that sent Trump to the White House.—AFP

‘Dame Edna’ comedian to get state funeral
in Australia

LATE comedian Barry Humphries — best known to audiences as “Dame Edna Everage” — will receive a state funeral in his native Australia, the country’s prime minister has said.

Speaking during a visit to Britain, where Humphries enjoyed huge success, Anthony Albanese said a state funer-

al would recognize the late 89-year-old’s contributions to stage, screen and country.

“Barry Humphries was the quintessential Australian character,” Albanese told Talk TV, in an interview broadcast on Tuesday.

“We’ll be paying tribute to him at a state funeral. He’s

someone who has given an enormous amount of pleasure to generations of Australians.”

Albanese dismissed suggestions that Humphries’ comments about transgender people, which stirred controversy in some quarters, should disqualify him from state recognition.—AFP



Barry Humphries, left, and his alter ego Dame Edna Everage, right. PHOTO: AFP



SPORT

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.

SEA Games Women's Football: Myanmar wins Philippines 1-0 with late penalty



Myanmar's Win Theingi Tun (red) looks into space to send the ball forward during the Group A match of the SEA Game Women's Football event held at Army Stadium in Phnom Penh, Cambodia on 3 May 2023. **PHOTO: MFF**

MYANMAR women's football team thrashed the ASEAN powerhouse Philippines 1-0 with a late penalty score of Win Theingi Tun at the opener of the Cambodian SEA Games Women's Football tourney held at Army Stadium in Phnom Penh yesterday.

The starting line-up of team Myanmar includes goalkeeper Myo Ma Ma Nyein, Mo Ma Ma Soe, Zune Yu Ya Oo, Phyu Phyu Win, Naw Htet Htet Wai, Win

Theingi Tun, San Thaw Thaw, Khin Mo Mo Tun, Captain Khin Marlar Tun, July Kyaw, and May Thet Mon Myint.

Since the kick-off, the Myanmar team has been able to pressurize the opponent's players, who have a stronger body structure.

With tactical play, Myanmar strikers frequently penetrated the Filipinos' defence line via the middle lane.

However, due to the skilful

clearing of the ball by the Filipino back players, team Myanmar had only a few possession kicks in the goal line of the rivals.

In the later minutes, team Philippines pressured Myanmar with a counter-attacking style.

Both teams played a penetrating attack and the first half ended 0-0.

In the second half, both teams became more offensive, and the Myanmar fans saw a breathtaking game.

At the 88-minute mark, the Myanmar team had a chance to score a goal, but the defender of the Philippines cleared the ball vigorously in the goal line, and the referee awarded a penalty kick to team Myanmar.

Myanmar's veteran player Win Theingi Tun took that penalty kick and scored the winning goal by sending the ball into the upper right corner of the opponent's goalie.

In the final minutes, the Filipino players played more aggressively for the equalizer, but the whole Myanmar team played smartly and managed to win 1-0.

Myanmar bagged three points in the SEA Games opener after beating the Philippines.

Team Myanmar will play a second Group A match against Viet Nam on 6 May (3:30 pm Myanmar Standard Time). — KZL

Kudermetova beats Pegula to reach Madrid Open semis

RUSSIAN Veronika Kudermetova ousted world number three Jessica Pegula 6-4, 0-6, 6-4 in a topsy-turvy clash on Wednesday to reach the Madrid Open semi-finals.

The 26-year-old beat the American five-time Grand Slam quarter-finalist in three sets to reach a WTA 1000 event semi-final for the first time, recovering after a collapse in the second.

"To beat Jessica it feels very nice, I'm so proud of myself because every match I played almost three hours," said Kudermetova.

"And today in the second set I start to play so badly.

"But before the third set, I said 'Veronika, you need to try to play your best, because the fans are here. I want to show you some energy'." The Russian battled well to take the first set in the Madrid sun, but crumbled in the second.

Kudermetova won three three-set matches to reach the quarter-finals and appeared to tire, making several unforced errors as last year's Madrid Open finalist triumphed easily in just 22 minutes, winning 83 per cent of points. — AFP

Messi's PSG future in doubt after suspension over Saudi trip

LIONEL Messi's future at PSG was plunged into doubt on Wednesday after he was suspended by Paris Saint-Germain after travelling to Saudi Arabia without the club's permission.

A source with knowledge of the disciplinary procedure told AFP that Argentina's 35-year-old World-Cup winning captain, who is out of contract at the end of the season, would be sidelined for "several days", while various media in France reported that he would be suspended for two weeks.

"He cannot train, cannot

play, and will not be paid while disciplinary measures are in

place," the source added. — AFP



Lionel Messi could be moving closer to leaving PSG. **PHOTO: AFP**