

SEZ management committees tasked with enhancing manufacturing firms’ operations

Myanmar needs to prepare the implementation of multimodal transport for SEZs similar to developed countries.

VICE-SENIOR General Soe Win instructed relevant ministries to cooperate with each other in smoothly operating businesses of companies in the Thilawa Special Economic Zone to increase the number of new companies for foreign investors to systematically put their investments and raise the investment volume. The Myanmar SEZ Central Committee held the meeting 1/2023 at the Ministry of Commerce in Nay Pyi Taw yesterday afternoon, with an address by Chairman of the Central Committee Vice-Chairman of the State Administration Council Deputy Prime Minister Vice-Senior General Soe Win. He recounted that during the four months from April to July of the 2023-24 **SEE PAGE-3**



Adventurous travellers conquer the 14,000-foot high Mount Phonkanrazi in PutaO. **PHOTO: NORTHERN BROTHERS**

Russian tourists to explore 14 destinations on Fam tour in Oct

THE FAM trip for Russian tourists will start in October. A key goal of the tour is to promote the tourism market in Myanmar, and they will visit 14 destinations. These 14 destinations are released by the Ministry of Hotels and Tourism for travellers to pay a visit to ancient cultural heritage zones and ecotourism sites on a priority. Moreover, these areas include historic temples, stupas and ancient buildings, the culture and traditions of ethnic people, famous for their cultural heritage as well as natural landscapes in Myanmar. The preparations are made to welcome the travellers in these destinations — Nay Pyi Taw, Yangon, Mandalay, Bagan, Ngwehsaung, Chaungtha, Ngapali, PyinOoLwin, Inlay, Kalaw-Taunggyi, Kawthoung, Kyaukpyu, Manaung and PutaO. The Ministry of Hotels and Tourism highlights the unique destinations of each of these 14 destinations at its websites www.tourism.gov.mm and www.tourismmyanmar.com. **SEE PAGE- 4**

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Yangon-Mawlamyine trains temporarily halted for repairs in water-eroded areas

NATIONAL

85th intake of pilot course of Tatmadaw (Air) concludes



On behalf of the SAC Chair C-in-C of Defence Services, Commander-in-Chief (Air) General Tun Aung addresses the graduation event yesterday.

ON behalf of the Chairman of the State Administration Council Commander-in-Chief of Defence Services, Commander-in-Chief (Air) General Tun Aung delivered an address at the graduation ceremony of the 85th intake of pilot course of the Tatmadaw (Air) in Meiktila yesterday morning.

The General presented wings to the graduated pilots individually and awards to relevant outstanding graduated pilots.

Speaking on the occasion, the General stressed that whatever they serve duties, they have to discharge duties as a

good soldier or a good officer with the least supervision to accomplish the assignments with the highest capacity.

Aimed at shaping the Tatmadaw (Air) as a modern air force, he continued that modern aeroplanes and helicopters, arms and operation aid systems are being provided annually. Moreover, he noted that military strategies and tactics are being given to trainees to gain experience and knowledge in practical fields.

The General urged those graduates to have health and fitness in addition to strong morale for successfully serving the

duties of operation and training day and night.

The General met outstanding graduated pilots and their parents at the Aviation Operation Training School of the Flying Training Base.

Today's graduated pilots have to continue attending advanced training courses to operate aeroplanes and helicopters.

In the evening, the General and wife attended the graduation dinner in honour of the 85th intake of the pilot course of the Tatmadaw (Air) together with senior military officers. — MNA/TTA



(From L to R) : The Chief of the Air Force presents the best pilot cadet award and outstanding awards to recipients in Meiktila yesterday.

Myanmar beauty queen to compete in Miss International 2023 in Japan

MYANMAR beauty queen Ei Ei Myint Aung Thein will compete in Miss International 2023 to be held in Japan, according to the Miss International Myanmar organization.

The 61st edition of Miss International is scheduled to be held from 12 to 26 October in Tokyo, Japan and the contestants from 64 countries such as Viet Nam, Malaysia, Brazil, Australia, Korea, Mongolia, New Zealand, South Africa, Zimbabwe, Paraguay, Panama and French will participate in this year's edition of Miss International.

“The first queen to be sent is cancelled as she has a contract with another. Currently, we select Ei Ei Myint Aung Thein as she doesn't have any contracts with local or foreign organizations or any official agreements with them. She is a young talent and the new Miss International Myanmar organization decided to send her,” said an official of the organization.

Now, Ei Ei Myint Aung Thein has arrived in Japan and she will live with Mongolia representative Javkhlan within 20 days of the competition.

She competed in Miss Supermodel World-



wide 2022 in India representing Myanmar and won the Miss Supermodel Worldwide Asia award and Face of the Year award. Myanmar beauty queens competed in Miss International from 2012 and 2019 and did not win any placement but Miss Nan Khin Zeyar had won Miss Internet Award in 2012. — ASH/KTZH

EV chargers arrive at Yangon Port

CHINA-MADE AIQAR QQ Ice-Cream EVs imported by the Myanmar Great Motor Co Ltd and China-made EV chargers imported by the Aung Gaba Motor Services Co Ltd and the Super Seven Stars Motors Industry Co Ltd arrived at Yangon Port

yesterday with the permission of the Steering Committee on National-Level Development of Electric Vehicles and Related Industries.

The import of these EVs and EV chargers is exempted from Customs duties. — MNA/MKKS



Fresh arrivals of battery electric vehicles dock at Yangon Port.

SEZ management committees tasked with enhancing manufacturing firms' operations

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financial year, Thilawa SEZ managed export volume worth US\$54.945 million and import volume valued at \$162.653 million, totalling \$217.598 million with K22 billion as revenues.

The Vice-Senior General noted that the management committees need to manage the continuous use of US dollar investment of new companies and current companies in addition to other existing foreign currencies of investment allowed by the Myanmar Foreign Trade Bank and the Central Bank of Myanmar.

He explained that the Kyaukpau SEZ framework agreement was signed by Myanmar and China on 8 November 2018, the shareholders' agreement in January 2020 and the concession agreement in November. Led by the Chairman of the Central Work Committee, both sides need to hold bilateral coordination to have a win-win situation for the project, he added.

The Vice-Senior General stressed that thanks to the Kyaukpau Deep Sea Port project, the Myanmar-China economic corridor cooperation project can be implemented to enhance cooperation between the two countries. Ar-



State Administration Council Vice-Chair Deputy Premier Vice-Senior General Soe Win presides over the work coordination meeting 1/2023 of the Myanmar SEZ Central Committee in Nay Pyi Taw yesterday.

rangements are being made to implement the Kyaukpau-Mandalay-Muse railway project to contribute to Kyaukpau SEZ project, and upon completion, it will help improve better commodity flow between Myanmar and China, he added.

Likewise, he added that Dawei SEZ selected the investors in 2008 but Italian-Thai

Company halted its implementation due to various reasons. He underscored that a takeover process must be undertaken systematically and new investors must be invited under the international procedures. He stressed that the Myanmar SEZ Central Committee and work committee have to strive to receive new foreign invest-

ments.

Thilawa SEZ is located on 667.275 hectares comprising a free zone and a promotion zone to manage export and import-substitute manufacturing processes. A total of 114 companies from 21 countries are operating businesses with US\$2,190.79 million of foreign investment. The zone occupied

3.6 per cent of GDP in the 2022-23 financial year, one per cent of the nationwide export volume in 2022 and three per cent of private export volume.

Currently, three SEZs have been implemented since 2013, and the year-wise implementation is being carried out in Kyaukpau and Dawei zones. — MNA/TTA

Mandalay men's team clinches title in ISR Chinlone Championship

MEMBER of the State Administration Council Porel Aung Thein awarded a championship trophy to the Mandalay Region team in the Inter-State/Region Traditional Chinlone Championship 2023 yesterday.

In the final match, Mandalay Region beat Yangon Region in the men's event.

Union Minister for Hotels and Tourism Dr Thet Thet Khine and SAC Members U Shwe Kyein and Khun San Lwin pre-

sented the third prize to Ayeyawady Region in the women's event, the second prize to Yangon Region and the first prize to Mandalay Region respectively.

SAC Member Daw Dwe Bu and Myanmar Chinlone Federation President U Thet Lwin gave individual medals and cash awards to the best women's player award and the best men's player award to Ma Khaing Thazin Phyho of Yangon Region and Maung Zaw

Lin Maung of Yangon Region respectively.

Union Minister for Sports and Youth Affairs U Min Thein Zan and SAC Members Dr Ba Shwe and Dr Hmu Thang presented individual medals and cash awards to third, second and first prize winning teams in the men's event respectively.

The championship was participated by 186 athletes from 12 men's and six women's teams. — MNA/TTA



SAC Member Porel Aung Thein presents the championship trophy to the Mandalay Region team yesterday.

NATIONAL

Russia ready to cooperate with Myanmar in petrochemical sector

UNION Minister for Energy U Ko Ko Lwin and Russian Minister of Energy Mr Nikolay Shulginov in Moscow on 11 October discussed energy affairs.

The Russian Minister said that Russia plans to assist the energy sector of Myanmar if Myanmar wishes to cooperate with INTER RAO Export Company. Russia is ready to cooperate with Myanmar in the petrochemical sector: Myanmar and Russia will negotiate in the bilateral energy sector, oil and natural gas technology. Russia will provide aid to geological and geophysical measures and draw the digital

geological map for Myanmar. Further cooperation will be discussed for the development of oil, natural gas and coal production.

The Union Energy Minister in his turn said that Myanmar is striving to ensure energy sufficiency for long-term economic development. So, Myanmar hopes for investment and technological assistance through the cooperation of friendly countries. Myanmar manages the use of solar energy and wind power energy as renewable energy to fulfil the energy requirements in conventional ways. He ex-



The Sixth Russian Energy Week International Forum 2023 (REW 2023) in progress in Moscow on 11 October 2023.



The discussion between Union Minister U Ko Ko Lwin and Russian Minister of Energy Mr Nikolay Shulginov in progress on 11 October in Moscow.

pressed his hope for cooperation with Russia in nurturing human resources for the improvement of the energy sector.

The same day, the Sixth Russian Energy Week International Forum 2023 (REW 2023) took place in Moscow of the Russian Federation.

At the plenary session of the forum, Union Minister for Electric Power U Nyan Tun, Union Minister for Energy U Ko Ko Lwin and Union Minister for Science and Technology Dr Myo Thein Kyaw participated in

the discussions under the title of the “Technological Sovereignty and Low-Carbon Energy: Looking to Tomorrow”, focusing on emission of carbon dioxide in the atmosphere due to generating energy, global warming, use of green energy to reduce carbon dioxide, and solving the energy crisis through nuclear technology.

The forum has been held since 2017 and it is implementing the solving of the energy problems, international programme, climate, science and

technological development, and sustainable development of fuel and energy, Participants in the forum discussed energy assistance, world prices for raw materials, prospects for oil and climate programmes.

The Myanmar delegation held talks with Chairman of Rosatom Alexey Likhachev to discuss the electric power sector and training of human resources. The Ministry of Energy signed the memorandum of understanding on nuclear infrastructure. — MNA/TTA

MIFER Union Minister receives Universal Global delegation

UNION Minister for Investment and Foreign Economic Relations Dr Kan Zaw received the delegation led by Mr Alexander Borodich, Founder and Managing Partner of Universal Global, Moscow, the Russian Federation, yesterday in Nay Pyi Taw.

Both sides exchanged views on potential economic and investment and cooperation.

The meeting was also attended by senior officials from the Ministry of Investment and Foreign Economic Relations. — MIFER



Union Minister Dr Kan Zaw holds talks with Mr Alexander Borodich, Founder and Managing Partner of Universal Global yesterday in Nay Pyi Taw.

Russian tourists to explore 14 destinations on ...

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Although the open season is the best time to visit Myanmar, the country boasts unique places to welcome travellers the whole year round like the snow-capped Kachin mountains in the north, Bagan ancient cultural zone and Mount Popa in the central part, beautiful beaches such as Myeik Archipelago, Ngapali, Ngwesaung and Gwa in the south.

Moreover, the government eased the visa system and health restrictions for foreign travellers in the coming tourism season. — TWA/KTZH

NATIONAL

MoI facilitates MMPO to revitalize film industry, plan for 2023 Academy Awards

IN an effort to rejuvenate the film industry and prepare for the upcoming 2023 Myanmar Motion Picture Academy Awards, a coordination meeting was convened yesterday at the Department of Information and Public Relations' Film Promotion Branch in Bahan Township, Yangon.

Union Minister U Maung Maung Ohn noted the significant progress in restoring the film industry to normalcy following the disruptions caused by the COVID-19 pandemic. He emphasized the need for discussions on overcoming current challenges in releasing completed films and how to facilitate their distribution.



A coordination meeting to rejuvenate the film industry in progress yesterday in Yangon, attended by Union Information Minister U Maung Maung Ohn.

The Myanmar Motion Picture Academy Award Ceremony, organized by the State in 2019, 2020, and 2022, received positive feedbacks from the public, reflecting its success.

The Union minister further encouraged discussions on how MMPO will manage the

2023 Myanmar Motion Picture Academy Award Ceremony. He stressed the importance of collaboration with relevant organizations to promote Myanmar films at international film festivals and ensure the production of high-quality films.

During the meeting, MMPO Chair U Kyi Soe Tun and participants elaborated on the plans to organize the Myanmar Motion Picture Academy Award Ceremony and various ways and means across relevant sectors. Union Minister U Maung Maung Ohn facilitated the discussions and concluded the meeting with his closing remarks. — MNA/TS

Myanmar delegation attends AMMDM and related meetings



Union Minister Dr Soe Win participates in the 11th ASEAN Ministerial Meeting on Disaster Management in Viet Nam.

A Myanmar delegation led by Union Minister for Social Welfare, Relief and Resettlement Dr Soe Win is attending the 11th ASEAN Ministerial Meeting on Disaster Management (AMMDM) and related meetings in Ha Long, Viet Nam from 9 to 13 October.

The Union minister emphasized the implementation of Anticipatory Action in line with the country's geographical conditions and procedures the country practises, lesser casualties of Cyclone Mocha than that of 2008 Cyclone Nargis due

to an improved disaster management system before Mocha's landfall on 14 May 2023, the dissemination of storm information and preparedness, release of real-time warnings, provision of necessary foods, fuels, construction materials to disaster high-risk areas, evacuation of the people in advance and ensuring the relevant work committees strictly follow the procedures for any possible disaster through participation of relevant organizations and people.

Union Minister Dr Soe Win

expressed words of thanks to ASEAN and other nations for their assistance in the country's efforts to resettle and restore the Mocha-affected areas.

The senior officials of the Ministry of Social Welfare, Relief and Resettlement also attended the 43rd Meeting of the ASEAN Committee on Disaster Management (ACDM) and related meetings to discuss opportunities to collaborate with ASEAN countries in responding to natural disasters.

— MNA/TH

Most renowned Anyeint dancer Shwe Leikpyar Ma Aye Kyi passes away

FAMOUS Anyeint performer (female lead dancer) Shwe Leikpyar (golden butterfly) Ma Aye Kyi died at Yangon General Hospital on the evening of 11 October, according to U Nay Win, secretary of Myanmar Theatrical Association (Central).

The 97-year-old female lead Ma Aye Kyi is a Patron of the association and is an eligible theatrical artiste for the respect-paying ceremony.

"She has been suffering from age-related diseases for years and she died yesterday. She is getting older. She can live up to this age due to the care of her family members. She is a patron of our association. She was the second oldest person when Ba Ba U Shwe Nan Tin passed away. She is very well-known among the people of her time. She made videos to hand over her theatrical performance skills in the programmes of Chairman Ko Phoe Chit. The death of our patron is a great loss and she is irreplaceable," he said.

The funeral occasion will be held at Hteinbin Cemetery at 2 pm on 13 October in Yangon. — ASH/KTZH



Shwe Leikpyar Ma Aye Kyi.

NATIONAL

62 building permits allowed in October 1st week

A total of 62 construction permits were issued in the first week of October within the boundary of the Yangon City Development Committee-YCDC.

Similarly, 31 building completion certificates (BCC) were granted.

To allow the building construction, 14 endorsements were sent to the Fire Services Department, 41 to the Engineering Department (Water and Sanitation), 11 to the Urban Land Management Department and one to the Urban Planning Department, while another one has been sent to the Urban and Housing Development Department.

When building construction permits were issued, landlords and licensed contractors needed to implement the SOP to be communicated with the power corporation to get electricity access. Licensed contractors will install electricity meters in BCC buildings following a meeting this week, according to the Yangon Electricity Supply Corporation. — TWA/KZL

106 projects successfully executed via Mekong-Lancang Cooperation Fund

A total of 106 projects at the value of US\$31.6 million have been implemented from the Mekong-Lancang Cooperation Fund, according to the Ministry of Planning and Finance.

The sectors under the Ministry of Agriculture, Livestock and Irrigation are the most approved projects as the ministry is implementing the projects by proposing to the Mekong-Lancang Cooperation Fund in 2017.

As long as the development of the agriculture sector is the main factor to focus on with a total of nearly 700,000 people in Myanmar living in rural areas and depending on agricultural work, the Ministry of Agriculture, Livestock and Irrigation implements a total of 35 projects including 18 projects in the crop sector; three in the livestock sector; two in the fisheries sector; eight in agricultural education capacity-building and research, two in improving the



The photo shows rice seedlings being planted by female farmers.

socioeconomic sector and two in the development of agricultural statistics. The high-quality products have to be exported to the international market with improving production capacity. — TWA/MKKS

Weekly updated prices of Bayintnaung Commodity Market

THE prices of onions and potatoes dropped in the Yangon Market after the price surge from 4 to 11 October. The prices of rice and garlic are low, and the black gram price went up again. The price of pigeon peas (red gram) remains unchanged for 11 days, and the reference price of palm oil fell.

Onion

Due to flooding and less traffic from cargo trucks in Bago Township on 9 October, onion prices rose on 9 and 10 October in Bayintnaung Market. On 11 October, the price of onions went down after the arrival of 198,000 visses of onions in the market when the transportation route was restored.

Although the opening prices of Seikphyu and Pyawbwe brokerage houses for onions were K2,300–K3,400 per viss and K2,400–K3,400 per viss, respectively, on 10 October, the prices of Seikphyu and Myingyan onions decreased to K2,200–K3,300 per viss and K1,800–K3,000 per viss on 11 October.



An undated picture shows a kitchen grocery outlet in Yangon.

A total of 44,000 visses of onions entered the Pakokku market at the highest price of K2,750 per viss.

Rice

On 11 October, the price per bag of old monsoon low-grade rice was K60,000, the old low-grade rice grown under multiple cropping was K66,000, the 90-day rice variety was K72,000, and the Pawkywe rice variety was K88,000.

Pawsan rice varieties ranged from K98,000 to K125,000 per bag, depending on the rice-producing regions.

Beans and pulses

On 11 October, the price of black gram was K2,650,000 per tonne for RC and K2,940,000 per tonne for SQ/RC. Meanwhile, a tonne of pigeon peas (red gram) was valued at K4,075,000.

Additionally, the price of

green gram (Kayan Shwewah variety) and Pakokku variety fetched K3,630 and K3,080–K3,250 per viss, respectively, while that of the chickpeas was K5,850–K6,100 per viss.

Garlic

On 11 October in the Yangon market, a viss of Shan garlic was valued at K7,300 for S2, K8,100 for S3, K8,300 for S4, and K8,500 for S5, while that of Kyukok garlic was valued

at K7,100.

Potato

The Yangon potato market only published the price of Chinese potatoes on 10 October. The wholesale price of Chinese potatoes increased to K2,300 per viss and was K2,250 per viss on 11 October.

Chilli Pepper

On 11 October, in the Yangon chilli pepper market, the prices of Einme and Panye long chilli peppers were approximately K6,000–K9,000 per viss, while new Pyawbwe Moehtaung chilli peppers were priced at K10,000 per viss. Sinbyukyun and delta region bell peppers were valued at K14,000–K16,000 per viss.

Palm oil

The wholesale reference price of palm oil from 9 to 15 October is K4,340 per viss, decreasing by K50 per viss compared to the previous week. A tonne of palm oil on the foreign market was only US\$812.5. — TWA/CT

Sugar mills to set offering price of sugarcane higher at K120,000 per tonne in upcoming 2023-2024 season

THE sugar mills notified the sugarcane growers that they will raise the offering price of sugarcane to K120,000 per tonne in the upcoming 2023-2024 sugarcane season.

The sugar mills' notification released last early August stated that the buying price would be K110,000 per tonne of sugarcane for the 2023-2024 sugarcane season. The mills set higher prices to K120,000 per tonne in early October.

Therefore, the company encouraged the growers to ramp up production and expand the cultivation acres.

The company set the sugarcane floor price at K90,000-100,000 per tonne last season. This year, in addition to the price rise of sugar, the company offers higher prices to deal with high cultivation input costs of the growers and entice them to increase production, sugarcane and sugar businesspersons shared information.

However, the sugarcane

growers called for the sugar mills to maximize the offering prices as much as they can amid the rocketing fuel prices and fertilizer prices this year.

This year, sugar prices hit the highest owing to the low stocks and lack of import from foreign countries. The prevailing price surged to K3,800 per viss in mid-October from below K1,000 per viss in the 2019-2020 FY.

Following the soaring sugar price, with a view to facilitating sugarcane growers, Ngwe Yi Pale Sugar Company has informed the growers to contribute K200,000 per acre in advance for the 2023-2024 season if they add new acres of sugarcane plantation.

Myanmar's annual sugar production is estimated at 450,000 tonnes. Myanmar earlier sent sugar to China and Viet Nam beyond self-sufficiency. At present, it is delivered to Viet Nam only, said U Win Htay, vice-chair of the association.

Sugarcane is commonly found in the upper Sagaing Re-



The sugarcane is grown in December-January. It can be harvested from November to February of the following years. The picture captures workers unloading sugarcane at the mill.

gion, followed by northern Shan State. It is also found in the western and eastern Bago Region, Yangon Region and Mandalay

Region.

The sugarcane is grown in December-January. It can be harvested from November to

February of the following years. The sugarcane growing rotation cycle lasts four years in Myanmar. — NN/EM

Broken rice price declines following rice price dips

THE prices of broken rice slightly fell tracking the decrease in rice prices, showing a two-week decline of K5,000 per sack of broken rice (108 pounds).

The price decreased to K46,000 per sack on 12 October from K51,000 recorded in late September, according to Myanmar Rice Traders Association (Wahdan Rice Wholesale Centre).

In addition to export demand for broken rice, local feedstuff processing factories and distilleries are buying them.

Myanmar exports 460,000 tonnes of rice and broken rice to foreign countries in the H1 of the current financial year 2023-2024 beginning 1 April, with an estimated value of US\$208 million, as per the Myanmar Rice Federation.

Of them, broken rice

accounts for over 260,000 tonnes. The federation aims to achieve a rice export target of 2.5 million tonnes worth \$1 billion for the current FY.

Myanmar has been ex-

erting concerted efforts to attain 10 per cent growth in rice exports. To raise foreign income, it has been prioritizing the exportation of high-grade rice and boosting export volume, MRF stated. — NN/EM



Farmers harvesting rice in the paddy field.

Myanmar-Bangladesh border trade totals US\$2 mln in September

MYANMAR conducted border trade worth US\$2 million with the neighbouring country Bangladesh via two checkpoints in September, according to the Rakhine State Chambers of Commerce and Industry (RSCCI).

Those border posts are Sittway (Shwemingan) and Maungtau (Kanyinchaung) linking to Bangladesh. The Maungtau border saw exports worth \$1.425 million and imports valued at \$0.004 million in September. Sittway border performed exports worth \$0.518 million and no imports.

The export items are freshwater fish (rohu, Catla), dried Indian anchovy, areca nut, fresh ginger, plum jam, seedless plum, turmeric and tamarind.

Myanmar's export to Bangladesh was estimated at \$8.77 million in the H1 (April-Sep-

tember) of the current financial year 2023-2024.

Starting from September, fisheries products are conveyed to Bangladesh via the Sittway border.

Only agricultural produce and fisheries will be allowed for export via the Sittway border, as per the Trade Department under the Ministry of Commerce. This action is to ensure systematic border trade with Bangladesh and promote trade, according to the news bulletin (15/2023) released on 1 September.

The agro products and fisheries include rice and broken rice, various pulses, sesame, peanuts, onions, freshwater and saltwater fish.

It came into effect starting from 4 September, the Trade Department notified. — NN/EM

OPINION

Address disaster problems: A call to preparedness

THE Bago River, currently resembling a male elephant in musth, has unleashed its fury upon the low-lying areas that surround it. The overflow has extended into the southern regions, reaching even parts of the Yangon Region. This surge of water poses a significant threat to the urban areas of Bago. However, in the face of this daunting challenge, it is crucial to recognize that humans possess the knowledge and techniques necessary to control and address such emergencies.

The surge in water levels of the Bago River can be traced back to heavy rains, partially exacerbated by Tropical Storm Koinu, which took up a position over the South China Sea in recent days. This storm has unleashed torrents of heavy rain and elevated water levels, jeopardizing both lives and property across various parts of Myanmar.

As such, it is imperative that individuals stockpile sufficient food and water to last at least a week in preparation for natural disasters. Many countries worldwide are grappling with various forms of natural calamities, resulting in loss of life, property damage, and harm to livelihoods. Myanmar should draw valuable lessons from these global experiences, applying them practically to overcome the challenges posed by natural disasters, be it earthquakes, floods, storms, forest fires, volcano eruptions, water shortages, squalls, or landslides.

at least a week in preparation for natural disasters. Many countries worldwide are grappling with various forms of natural calamities, resulting in loss of life, property damage, and harm to livelihoods. Myanmar should draw valuable lessons from these global experiences, applying them practically to overcome the challenges posed by natural disasters, be it earthquakes, floods, storms, forest fires, volcano eruptions, water shortages, squalls, or landslides.

Preparation should not be postponed. The time to make necessary preparations to mitigate the impact of natural disasters is now. Currently, numerous people in Bago Region and Yangon Region are grappling with the devastating effects of flooding, while other parts of the nation face imminent threats. It is thus the responsibility of all citizens to unite and seek the best solutions for confronting these natural disasters. Preparedness is the key to safeguarding lives, property, and the well-being of the communities.



Everyone has low days. Everyone. But we all differ in how frequent the low days are and how severe the low mood.

Something that I have come to realize over the years of working as a psychologist is how much people struggle with low mood and never tell a soul. Their friends and family would never know. They mask it, push it away, and focus on meeting expectations. Sometimes people arrive at therapy after years of doing that.

They feel like they're getting something wrong. They compare themselves to the people who appear to have it all together all of the time. The ones who are always smiling and apparently full of energy.

They buy into the idea that some people are just like that and that happiness is some sort of personality type. You either have it or you don't.

If we see low mood as purely a fault in the brain, we don't believe we can change it, so instead, we get to work on hiding it. We go about the day, doing all the right things, smiling at all the right people, yet all the time feeling a bit empty and dragged down by that low mood, not enjoying things in the way we are told we should.

Take a moment to notice your body temperature. You might feel perfectly comfortable, or you may be too hot or too cold. While changes in how hot or cold you feel could be a sign of infection and illness, it could just as easily be a signal of things around you. Maybe you forgot your jacket, which is normally enough to protect you from the cold. Perhaps the sky has clouded over and it has started to rain. Maybe you are hungry or dehydrated. When you run for the bus you notice you warm up. Our body temperature is affected by our environment, both internal and external, and we also have the power to influence it ourselves. The mood is much the same. When we experience low mood, it may have been influenced by several factors from our internal and external world, but when we understand what those influence are, we can use that knowledge to shift it in the direction we want it to go. Sometimes the answer is to grab an extra layer and run for the bus. Sometimes it's something else.

Something that science has been confirming to us, and something people often learn in therapy, is that we have more power to

Opening the Hidden Struggles That Navigate Low Mood and Emotions for a Fulfilling Life

influence our emotions than we thought.

This means we get to start working on our own well-being and taking our emotional health into our own hands. It reminds us that our mood is not fixed and it does not define who we are; it is a sensation we experience.

This doesn't mean we can eradicate low mood or depression. Life still presents us with hardship, pain, and loss and that will always be reflected in our mental and physical health. Instead, it means we can build up a toolbox with things that help. The more we practice using those tools, the more skilled we get at using them. So when life throws us problems that hammer our mood into the ground we have something to turn to.

The concepts and skills covered are for us all. Research shows them to be helpful for those with depression, but they are not controlled drugs that you need a prescription for. They are life skills. These tools that we can all use as we go through life facing fluctuations in mood, big and small. For anyone who experiences severe and enduring mental illness, it is always optimal to learn new skills with the support of a professional.

How feelings get created

Sleep is bliss. Then my alarm offends my ears. It's too loud and I hate that tune. It sends a shock-wave through my body that I am not ready for: I press snooze and lie back down. My head is aching and I feel irritated. I press snooze again. If we don't get up soon the kids will be late for school. I need to get ready for my meeting. I close my eyes and see the to-do list lying on my desk in the office. Dread. Irritation. Exhaustion. I don't want to do it today.

Is this a low mood? Did it come from my brain? How did I wake up like this? Let's trace back. Last night I stayed up late working. By the time I got into bed, I was too tired to go back downstairs to grab a glass of water. Then my

baby woke up twice in the night. I haven't slept enough and I'm dehydrated. The loud alarm woke me from a deep sleep, sending stress hormones shooting through

number of clues to work from. It takes information from your body (e.g. heart rate, breathing, blood pressure, hormones). It takes information from each of your

ways. The way you feel also influence the types of thoughts that can pop into your head, making you more vulnerable to experiencing thoughts that are negative and



Our mental processes and cognitive patterns play a significant role in shaping our emotions. ILLUSTRATION: PIX FOR VISUAL PURPOSE/PIXABAY

my body as I woke up. My heart started pounding and that felt something like stress.

Each of these signals sends information to my brain. We are not OK. So my brain goes on a hunt for reasons why. It searches, it finds. So my physical discomfort, brought about by lack of sleep and dehydration, helped to create the low mood.

Not all low mood is unidentified dehydration, but when dealing with the mood it is essential to remember that it's not all in your head. It's also in your body state, your relationships, your past, and present, your living conditions, and your lifestyle. It's in everything you do and don't do, in your diet and your thoughts, your movements and memories. How you feel is not simply a product of your brain.

Your brain is constantly working to make sense of what is going on. But it only has a certain

senses — what you can see, hear, touch, taste, and smell. It takes information from your actions and thoughts. It pieces all these clues together with memories of when you have felt similar in the past and makes a suggestion, a best guess about what is happening and what you do about it. That guess can sometimes be felt as an emotion or a mood. The meaning we make of that emotion and how we respond to it, in turn, sends information back to the body and the mind about what to do next. So when it comes to changing your mood, the ingredients that go in will determine what comes out.

The two-way road

Lots of self-help books tell us to get our mindset right. They tell us, 'What you think will change how you feel.' But they often miss something crucial. It doesn't end there. The relationship works both

self-critical. Even when we know our thought patterns aren't helping, it is incredibly hard to think differently when we feel down and even harder to follow the rule of 'only positive thoughts' that is often suggested on social media. The mere presence of those negative thoughts does not mean that they came first and caused the low mood. So thinking differently may not be the only answer:

How we think is not the whole picture. Everything we do and don't do influences our mood too. When you feel down, all you want to do is hide away. You don't feel like doing any of the things you normally enjoy, and so you don't. But disengaging from those things for too long makes you feel even worse. The loop also occurs with our physical state. Let's say you have been too busy to exercise for a few weeks. You feel tired and low in mood, so exercising is

the last thing you want to do. The longer you avoid the exercise, the more you feel lethargic and low on energy. When you are low on energy, the chance of exercising goes down, along with your mood. A low mood gives you the urge to do the things that make your mood worse.

So, we get into these vicious cycles easily because all the different aspects of our experience are impacting each other. But while this shows us how we can get stuck in a rut, it also shows us the way out.

All these things are interacting to create our experience. But we don't experience our thoughts, bodily sensations, emotions, and actions all separately. We experience them together as one. Like wicker strands woven together; it's hard to notice each one individually. We just experience the basket as a whole. That is why we need to get practised at breaking it down. When we do that we can more easily see what changes we could make. Figure shows a simple way to break down your experience.

By Yin Nwe Ko

press a button and produce our desired set of emotions for the day. But we do know that how we feel is closely entwined with the state of our body, the thoughts we spend time with, and our actions. Those other parts of our experience are the ones that we can influence and change. The constant feedback between the brain, the body, and our environment means that we can use those to interpret how we feel.

Where to start

The first step to begin grasping low mood is to build awareness of each aspect of the experience. This simply means noticing each one. This awareness starts off with hindsight. We look back on the day and choose moments to look at in detail. Then, with time and practice, we can notice them in the moment. This is where we get the opportunity to change things.

In therapy, I might ask someone with a low mood to notice where they feel it in their body. They might notice that they feel tired and lethargic or lose their appetite. They might also notice

“Once you get familiar with what is going on inside your own body and mind, you can then expand that awareness to looking at what is going on in your environment and your relationships and the impact that is having on your internal experience and behaviour.”

When we break things down in this way, we can start to recognize what we do that keeps us stuck and what we do that helps.

Most people come to therapy knowing that they want to feel different. They have some unpleasant (sometimes excruciating) feelings they don't want to have anymore and are missing some of the more enriching emotions (such as joy and excitement) that they would like to feel more of. We can't just

that when they feel low they have thoughts like, 'I don't feel like doing anything today. I am so lazy. I'll never be successful. What a loser.' They might have the urge to go back to hide in the bathroom at work for a while and scroll through social media.

Once you get familiar with what is going on inside your own body and mind, you can then expand that awareness to looking at what is going on in your environ-

ment and your relationships and the impact that is having on your internal experience and behaviour. Take your time getting to know the details. When I am feeling this, what am I thinking about? When I am feeling this, what state is my body in? How was I looking after myself in the days or hours leading up to this feeling? Is this an emotion or just physical discomfort from an unmet need? There are lots of questions. Sometimes the answers will be clear. Other times it will all feel too complex. That is OK. Continuing to explore and write down experiences will help to build up self-awareness about what makes things better and what makes things worse.

In addition, understanding and addressing low mood is an essential aspect of our overall well-being. We all have moments of low mood, varying in frequency and intensity. It's crucial to acknowledge that concealing our struggles with low mood is a common response, often fueled by societal expectations and misconceptions about happiness. Viewing low mood as a mere fault in the brain can lead us to believe it's unchangeable, prompting us to hide it rather than address it. However, research and therapeutic insights emphasize that we possess more power than we think to influence our emotions and navigate our emotional health. Our mood is not fixed; it's a dynamic experience shaped by a multitude of factors, both internal and external. By gaining awareness of these influences and developing effective tools and strategies, we can actively contribute to our emotional well-being.

In sum, his empowerment allows us to construct a toolkit of life skills, enabling us to navigate life's ups and downs, irrespective of the challenges we face. While severe and enduring mental health issues may require professional support, the concepts and skills discussed are valuable for everyone, providing a path toward a more balanced and fulfilling emotional life. Ultimately, our emotions are a result of a complex interplay between our thoughts, bodily sensations, actions, and environment, highlighting the importance of understanding and managing this interconnectedness to promote our overall emotional health and resilience.

Reference: Health is Wealth - December 2022



ARTICLE

NATIONAL



MR staff members engage in repairs on flood-affected rail tracks.

Yangon-Mawlamyine trains temporarily halted for repairs in water-eroded areas

THE Mawlamyine-Yangon 82 Down train departing from Mawlamyine and Yangon- Mawlamyine 81 Up train departing from Yangon on 12 October will be temporarily suspended for the repairing works of some water erosion areas although the water receded in the Bago rail section, said U Thaung Htike, superintendent of Yangon Railway Station.

At present, the trains will be operated normally again after the repair and inspection of damaged parts of the railway sections between Naungpataya and Kali railway stations although water has receded. In addition, the trains' reoperation date will be presented on time. On 10 October, the Mawlamyine- Yangon 82 Down train departing from Myawlamyine

and the Yangon- Mawlamyine 81 Up train departing from Yangon were temporarily cancelled due to the flooding of the railway route. Those who have purchased these train tickets have been informed that the ticket fares will be refunded at the ticket booths of the Yangon and Mawlamyine Railway Stations. — ASH/MKKS

Academy Khant Sithu, friends donate food, household items to Hlegu flood victims

ACADEMY Khant Sithu and his friends donated foodstuffs and household items to flood victims in the Hlegu Township of Yangon Region on 12 October. About 200 vulnerable flood victims were relocated at Lepaw Monastery in Kyunkalay village of Hlegu township and the actor and party donated food and household items worth K10 million at the medical camp of the Public Health Department in the monastery compound. "We donated 20 bags of rice

(24-pyi per bag), water bottles, Electrolyte Beverage, instant noodles, lighters and candles, medicines and medical supplies, detergent powder, snacks, dried fish and fish sauce, Royal D, insecticide and basic foodstuffs and comforted the victims," said Academy Khant Sithu. Academy Khant Sithu and his friends donated K1.5 million for drinking water at Kham Dhamma Yeiktha of IBP in Taunggyi of Shan State on 7 October. — ASH/KTZH



Donations of relief goods are presented to the flood victims in Hlegu yesterday.

Weather report

Flood Bulletin

(Issued at 14:00 hrs MST on 12-10-2023)

FLOOD Condition of Bago River According to the (13:30) hrs MST observation today, the water level of Bago River at Bago has exceeded by about (2) feet (56 cm) above its danger level. It may fall below its danger level during the next (2) days.

Flood Warning

(Issued at 14:00 hrs MST on 12-10-2023)

ACCORDING to the (12:30) hrs MST observation today, the water level of Sittoung River at Toungoo is observed by more than (2) feet (62 cm) below its danger level. It may reach its danger level during the next (2) day. It is especially advised to the people who settle near the river banks and low lying areas at Toungoo Township to take precaution measure.

Confiscation of illegal items: Timbers, auto parts, consumer goods, industrial materials and vehicles



Confiscation of illegal goods in Kayin State.

A total of 2.275 tonnes of illegal timbers worth K1,137,900 was seized by the side of the road in Phayagyi Hill near the railway station in Pathein township on 9 October and action was taken under the Forest Law. The Customs on-duty teams under the Customs Department conducted inspections on 10 and 11 October and confiscated 93 kinds of goods

worth K73,411,800 including 21.94 tonnes of auto parts and 7,800 square metres of ceramic floor tiles that were not declared in the Import Declaration (ID) from nine containers at the Asia World Port Terminal container checkpoint and an Isuzu Giga truck (approximately K30 million), headed to Yangon from Myawady, carrying three kinds of goods worth K2,481,970 including 50 Panasonic bicycles (used) that exceeded the ID at the Mayanchaung permanent checkpoint. The action was taken under Customs procedures. On 11 October, the combined teams seized two kinds of goods worth K4.26 million including 42 Honnanbo electric rice cookers without official documents from a vehicle travelling from Myawady to

Taunggyi at the Kawkareik (Tadakyoe) combined checkpoint and a total of 0.419 tonne of illegal teaks worth K326,532 in Toungoo districts. The action was taken under Customs procedures and the Forest Law. The on-duty team captured an unregistered Honda CR-V (estimated value of K4.5 million) at the Kanlel Bridge checkpoint on Pathein-Monywa road in Mindon township on 11 October. The action was taken under the Export and Import Law. A total of nine arrests were made on three consecutive days from 9 to 11 October, with an estimated value of K116,118,202, as reported by the Illegal Trade Eradication Steering Committee. — MNA/MKKS

Shogi prodigy Fujii wins Oza, becomes 1st to hold all 8 titles

Shogi, also known as Japanese chess, is a strategy board game for two players.

SHOGI prodigy Sota Fujii won the last of the traditional board game's eight titles Wednesday, making him the first player ever to hold eight.

The 21-year-old Fujii took Game 4 in a Kyoto hotel to wrap up the best-of-five Oza series against Takuya Nagase, 31, completing the eight-title sweep without losing one series in 18 appearances since he made his championship debut as a challenger in June 2020 at age 17.

In today's world of shogi, where almost everyone uses artificial intelligence software to improve thinking skills, Fujii has a hard-to-believe .834 winning percentage, compared with .696 for Nagase, according to data provided by the Japan Shogi Association. Fujii's every move has

been followed by various media since his pro debut at age 14, including what he eats for lunch on a match day.

Nagase, who was bidding to win Oza for a fifth consecutive year to earn "honorary" status, took the series opener on Aug. 31 in Hadano, Kanagawa Prefecture. But Fujii came roaring back to win Game 2 in Kobe on Sept. 12, Game 3 in Nagoya on Sept. 27 and then Game 4. In the Oza series, each player is given a total of five hours of thinking time.

Before the era of eight titles began in 2017 with the addition of Eio, only three players swept all available titles — three were held by Kozo Masuda, three, four and five by Yasuharu Oyama and seven by Yoshiharu Habu. — Kyodo



Shogi players Takuya Nagase (front R) and Sota Fujii meet in Game 4 of the Oza championship series on 11 October 2023, in Kyoto. PHOTO: THE JAPAN SHOGI ASSOCIATION / KYODO



Artisans carve stone sculptures at the Nepal Vocational Academy in Bhaktapur on the outskirts of Kathmandu. PHOTO: PRAKASH MATHEMA/AFP

Nepal quake sparks revival of traditional craft skills

Public demand for rebuilding in Nepal led to a need for workers skilled in traditional architectural methods, such as stone masonry and detailed wood and metal craftsmanship.

NEPAL'S deadly earthquake eight years ago reduced swathes of centuries-old monuments to rubble, but the vast task of restoration has sparked a revival of once-fading architectural craft skills.

Carpenter Dinesh Tamang is one of hundreds of craftspeople who learned a new trade in the quake's aftermath.

"I got a chance to work in reconstruction projects, to rebuild damaged temples and

houses," said Tamang, who was unemployed before the 7.8 magnitude earthquake that killed nearly 9,000 people.

"It is very rewarding work," he said while carefully carving an intricate pattern on a wooden panel with a chisel and mallet.

The 2015 quake also destroyed hundreds of monuments and royal palaces — including the Kathmandu Valley's UNESCO World Her-

itage sites — that had drawn visitors from around the world.

In deeply religious Nepal, temples and heritage sites are not just tourist attractions, but an integral part of cultural and spiritual life.

The public demand for their rebuilding fueled a need for workers adept at traditional architectural techniques including stone masonry and intricate wood and metal work. — AFP

65+ age group to outnumber under-15s in Europe by 2024

PEOPLE aged 65 and older will outnumber under-15s in Europe by 2024, the World Health Organization said Wednesday, warning of new social, economic and health challenges.

Europe is decades ahead of the global shift, which is expected to take place 60 years later, around 2064, according to

projections by the Our World in Data institute.

"By 2024, it is estimated that the population of individuals aged over 65 years will outnumber those under the age of 15 in the WHO European Region," the WHO said in a statement. "This trend means new social, economic and health challeng-

es, which demand a focus on healthy ageing to mitigate the impact of an ageing population," it added.

The WHO's European region covers 53 countries, including several in Central Asia.

Across Europe, longer life expectancy is often synonymous with declining health. — AFP



Across Europe, longer life expectancy is often synonymous with declining health. PHOTO: AFP/FILE

ECONOMY
WORLD

German economy to shrink in 2023, govt says



Facing high energy prices, the German economy will shrink in 2023, the government predicts. PHOTO: KIRILL KUDRYAVTSEV / AFP

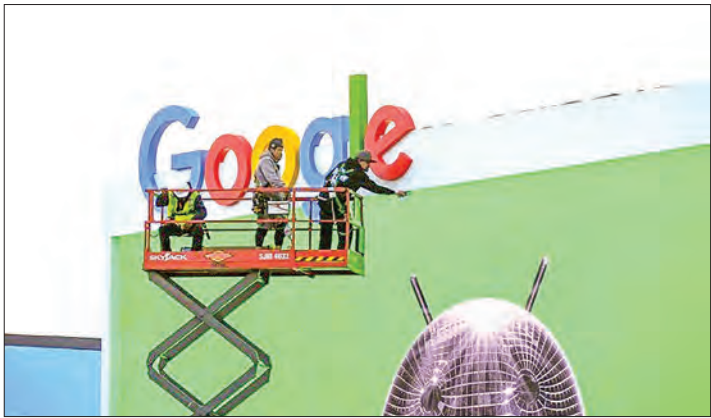
THE German government slashed its growth forecast Wednesday, predicting Europe's top economy will shrink this year as it battles high inflation, elevated energy prices and a manufacturing slump. Output will shrink 0.4 per cent, the economy ministry said

The contraction is attributed to several factors, including high inflation, elevated energy costs, and a decline in manufacturing activity.

in its latest projections. This is a marked downgrade from its last estimate in April, when Berlin forecast growth of 0.4 per cent in 2023. The economy has faced severe headwinds since Russia's invasion of Ukraine last year sent inflation, particularly the cost of energy, soaring. The crisis has been compounded by a slowdown in the energy-hungry manufacturing sector, weakness in key trading partner China, and aggressive eurozone rate hikes aimed at taming runaway consumer prices. "In a difficult geopolitical environment, we are emerging from the crisis more slowly than expected," Economy Minister Robert Habeck acknowledged in a statement. The German economy fell into recession around the turn of the year and has since been struggling to get back on its feet, registering zero growth in the second quarter. The government's prediction is in line with other recent gloomy estimates. The International Monetary Fund on Tuesday forecast Germany will be the worst performing major economy in 2023, shrinking 0.5 per cent. — AFP

'Broad consensus' on sharing tax revenue on multinationals: OECD

Large multinationals, particularly tech companies, currently have the ability to easily shift their profits to countries with lower tax rates, even if they conduct only a small portion of their business activities in those countries.



Multinationals, especially tech firms, are currently able to shift profits easily to countries with low tax rates even though they carry out only a small part of their activities there. PHOTO: AFP

THE OECD on Wednesday published a draft agreement aimed at the fairer distribution of tax revenues on profits made by large multinationals. Multinationals, especially

tech firms, are currently able to shift profits easily to countries with low tax rates even though they carry out only a small part of their activities there. The OECD said in July that nearly 140 countries had taken the first step towards reaching agreement on the first draft of a multilateral convention on how to tax these companies. That draft convention was published on Wednesday, although the OECD said it is not yet open for signature due to final concerns from countries including India, Brazil and Colombia. — AFP

IMF lifts Japan's 2023 growth forecast to 2% on brisk inbound tourism

THE International Monetary Fund on Tuesday lifted its 2023 growth forecast for Japan to two per cent, up from its 1.4 per cent prediction in July, citing "a surge in inbound tourism" as one of the major factors. As more foreign travellers choose Japan as a holiday destination, drawn by their much-increased spending power due to the yen's recent weakness, the notable revision to the IMF's World Economic Outlook report is also attributed to pent-up demand, a pickup in auto exports and the impact of long-standing accommodative monetary policies. After being hit hard by supply chain disruptions during the COVID-19 pandemic, Japan's auto and other export-oriented manufacturing industries have been recovering. The number of foreign visitors, which this summer returned to about 85 per cent of the level in 2019 before the outbreak of the coronavirus, is expected to increase further, given that there are some favorable developments such as China's removal of restrictions on Japan-bound group travel for its citizens in August. — Kyodo



Tourists walk near Osaka Castle in the western Japan city of Osaka on 10 June 2023. PHOTO: KYODO/FILE

World Bank needs to get 'better', 'bigger': president

THE World Bank's new president, Ajay Banga, said Wednesday that the global lender must become "better" and "bigger" to boost its capacity to help developing countries battle climate change, poverty and pandemics. Banga, who was appointed in June, made his plea at the annual meetings of the IMF and World Bank in the southern Moroccan city of Marrakesh where reform of the Washington-based institutions is a major agenda item. — AFP

Tokyo stocks rise on buying of tech, exporter issues

TOKYO stocks rose sharply Thursday, with the Nikkei extending gains for a third straight day, boosted by buying of technology and other export-oriented issues as lower US long-term yields spurred optimism in the world's largest economy.

The 225-issue Nikkei Stock Average ended up 558.15 points, or 1.75 per cent, from Wednesday at 32,494.66. The broader Topix index finished 34.65 points, or 1.5 per cent, higher at 2,342.49.

On the top-tier Prime Market, gainers were led by electric appliance, machinery and transportation equipment issues.

The US dollar stayed firm mostly in the lower 149 yen range as gains on Wall Street overnight led to selling of the yen, seen as a safe-haven currency, dealers said. — Kyodo

EasyJet announces major Airbus deal as sector recovers

BRITISH no-frills carrier EasyJet on Thursday said it had reached a deal worth close to \$20 billion for 157 Airbus planes and alterations to a previous order with the European planemaker as the sector recovers from the pandemic.

It will allow “fleet modernization and growth to continue beyond 2028 while providing substantial benefits including cost efficiencies and sustainability improvements”, EasyJet chief executive



The order comes as the aviation sector is in recovery mode after suffering huge losses during Covid pandemic lockdowns, with the airline saying it was also reinstating shareholder dividends. **PHOTO: AFP/FILE**

Johan Lundgren said in a statement, adding there

was an option for 100 more jets. Delivery for the 157 firm orders is due between 2029 and 2034.

The announcement comes as the aviation sector is in full recovery mode after suffering huge losses during Covid pandemic lockdowns.

EasyJet on Thursday said it would reinstate shareholder dividends after signalling record pre-tax profits in the final quarter of its financial year, or three months to the end of September. — AFP

Microsoft fights \$29 bln US back tax claim

THE US Internal Revenue Service is asking that Microsoft pay a whopping \$29 billion in unpaid taxes from 2004 to 2013, the company said in an official filing on Wednesday.

The case puts further focus on the international tax practices of major multinationals that have been accused in recent years of shifting revenue to lower tax jurisdictions in an effort to avoid higher taxes in their major markets.

“We disagree with the proposed adjustments and will vigorously contest the (demand) through the IRS’s administrative appeals office and, if necessary, judicial proceedings,” the company said in its filing to the US markets authority.

In a blog post, Microsoft said the issue with the IRS was with its transferring of revenue across international jurisdictions during the period. The practice, called cost-sharing, is used by “many large multinationals... because it reflects the global nature of their business,” the company said. — AFP

Goldman Sachs sues Malaysia over push to redo 1MDB settlement

GOLDMAN Sachs has sued Malaysia after the country pushed to redo a settlement over the US investment bank’s role in the 1MDB multi-billion dollar scandal, the bank said Thursday.

The 1MDB scandal led to investigations around

the world, including in the United States, Switzerland and Singapore, into the use of their financial systems to launder money.

Under a 2020 settlement, Goldman paid Malaysia \$2.5 billion for its role in the financial scandal, while Kuala Lumpur

agreed to end all criminal proceedings against the bank.

Malaysian Prime Minister Anwar Ibrahim vowed in September to redo the settlement, saying “we are a small nation, but you can’t take us for a ride”.

Goldman has always denied any wrongdoing in the case.

The bank said in a statement on Thursday that it had “filed for arbitration against the Government of Malaysia for violating its obligations to appropriately credit assets against the guarantee provided by Goldman Sachs in our settlement agreement and to recover other assets”. — AFP



Goldman Sachs has sued Malaysia in a British court. **PHOTO: AFP**

DECLARING OBJECTION TO CHANGE OF TRADE NAME

The distributor of the following one agricultural chemicals registered by **Hanzhou Xinlong Industrial Co.,Ltd** has been changed from **Myanmar AT Nagar Co.,Ltd** to **Anawrahta Production Co.,Ltd** in Myanmar Market.

If you would like to object to the change in trade name for the following one modified drugs, you can come to the Myanmar Pesticides Registration Board within two weeks.

No	Old Trade Name	New Trade Name	Active Ingredient	Registration Type	Registration No
1.	Futra “AD” One	K4-AD	Azoxystrobin 20 % + Difenconazole 12.5 % SC	Provisional	P2020 - 5316

Anawrahta Production Co.,Ltd

Ministry of Commerce

Department of Consumer Affairs

Calling for Expression of Interest (EOI) for improving capability and development of Laboratories of Commodity testing and quality management CTQM

Commodity Testing and Quality Management CTQM Division of Department of Consumer Affairs under Ministry of Commerce is located next to Yangon-Bago road, Kyunggalay Village, Hlegu Township, Yangon Region, Myanmar.

Conducting laboratory tests of agricultural produces, the laboratories in CTQM has been rendering technical assistance to exporters as well as importers by issuing test reports needed for trade facilitation.

By collaboration with domestic and/ or foreign testing business entrepreneurs, the intention of calling for EOI is to obtain international certification (ISO/IEC 17025) and ensure all round development especially for economic viability by commercialization.

Interested companies shall download the Expression of Interest (EOI) form via www.doca.gov.mm and submit it to the (52) Office, Department of Consumer Affairs, Ministry of Commerce during office hours or via email address itqmconsumer@gmail.com between 20th October, 2023 to 15th November, 2023.

Company credentials to be submitted along with Expression of Interest (EOI) are as follows:

- (a) Clear Notice expressing interest for doing business (in the form of Joint Operation - JO)
- (b) Valid Company Registration Certificate
- (c) Information of foreign company if the prospective investor is local company and there is a foreign company that cooperate technically with it.(attach details)
- (d) Business experience carried out by the prospective investor (attach the evidence if there is experience on working with the local government or foreign organizations)
- (e) Financial evidences of the prospective investor (attach the report audited by certified auditor within the previous 3 years)
- (f) Name of Company; Contact person and his / her Business Occupation, National Identification Card (N.R.C)/ Passport, Address, Phone number and email address
(For more information, please contact to office line-phones: 067-3430459, 067-3430510)

Department of Consumer Affairs

ROLLING UPDATES

WORLD

US House Republicans pick speaker nominee amid deep divisions, dysfunctional Congress



This combo photo created on 10 October 2023 shows US Representative Jim Jordan (left), Republican of Ohio, speaking during a session on Capitol Hill in Washington, DC, on 28 September 2023 and US Representative Steve Scalise, Republican of Louisiana, speaking after House Republicans met to choose their leaders at the US Capitol in Washington, DC, on 15 November 2022. **PHOTO: AFP**

US House Republicans on Wednesday nominated House Majority Leader Steve Scalise for speaker after Kevin McCarthy's historical ouster last week, but deep intraparty divisions could prevent the nominee from gaining enough support needed to win a vote of the full chamber.

Since the start of this year, the country has witnessed the historic 15-ballot floor fight in the election of a House speaker, former President Donald Trump facing multiple criminal charges, the criminal charges against President Joe Biden's second son Hunter Biden, and the ouster of a sitting House speaker, all of which are unprecedented.

With the House paralyzed and Congress in limbo, observers are increasingly concerned about the flaws of the U.S. political system, and Americans are losing confidence in the government, dissatisfied and even disgusted with the so-called "American-style democracy". — Xinhua

Ecuador journalists under fire as drug war escalates

In August, Fernando Villavicencio, a former journalist and presidential candidate known for opposing cartels, was killed in a public daytime attack while campaigning.

TO do their work of reporting the news — a crucial job ahead of Sunday's looming presidential election — many journalists in Ecuador now don bulletproof vests and helmets.

Theirs is not a country at war in the traditional sense, but one caught up in a bloody battle nonetheless — between rival drug gangs.

Long a peaceful haven between major cocaine exporters Colombia and Peru, the South American nation has exploded in violence in recent years as enemy gangs massacre hundreds in prisons, hang headless bodies

from city bridges and detonate car bombs in the streets.

As the conflict between groups with links to Mexican and Colombian cartels has escalated — with the country's murder rate quadrupling in four years — three reporters were among the fatalities in 2022, according to NGOs.

Fifteen have received death threats so far this year.

In August, Fernando Villavicencio — a journalist-turned-presidential candidate with a history of speaking out against the cartels — was assassinated in broad daylight while on the campaign trail. — AFP



Ecuador's presidential candidate for the Revolucion Ciudadana party, Luisa Gonzalez, delivers a speech during a campaign rally in Quito, on 11 October 2023. **PHOTO: AFP**

TITANIC SUBMERSIBLE DISASTER

Titanic submersible debris, human remains recovered

MORE debris and suspected human remains have been recovered from a privately owned submersible which failed catastrophically in June while on a mission to the Titanic, the US Coast Guard said.

All five people on board the recreational sub, named Titan and operated by US-based

company OceanGate, were killed when the vessel imploded, which is believed to have occurred during its 18 June descent.

The sub's failure was confirmed on 22 June, ending a days-long rescue mission which captivated the world.

"Marine safety engineers

with the Coast Guard's Marine Board of Investigation (MBI) recovered and transferred remaining Titan submersible debris and evidence from the North Atlantic Ocean seafloor" on 4 October, the US Coast Guard said in a statement Monday. "Additional presumed human remains were carefully recovered from within Titan's debris and transported for analysis by US medical professionals," it added.

Some wreckage and presumed human remains were also recovered in late June.

The five men aboard the Titan were British explorer Hamish Harding, French submarine expert Paul-Henri Nargeolet, Pakistani-British tycoon Shahzada Dawood and his son Suleman, and Stockton Rush, CEO of the sub's operator OceanGate Expeditions. — AFP



This undated image courtesy of OceanGate Expeditions, shows their Titan submersible being towed to a dive location in Everett, Washington. **PHOTO: AFP/FILE**

Indonesia former minister named in corruption probe

AN Indonesian former government minister has been named as a suspect in a corruption probe and accused of pocketing more than \$800,000 of public money, a week after resigning his post.

Syahrul Yasin Limpo, who until recently led the agriculture ministry, is the sixth minister investigated over corruption since President Joko Widodo took office in 2014.

Graft remains rampant in the massive archipelago nation, where politicians are widely seen as among the most corrupt.

Limpo regularly took "illegal levies from civil servants at the agricultural ministry to pay for his and his core family's personal needs", Johanis Tanak, deputy chief of the Corruption Eradication Commission (KPK), told a press conference late Wednesday.

The politician was accused of forcing ministry officials to send him money from the state coffers monthly, to a total of 13.9 billion rupiah (\$885,000), and used the cash to pay credit card bills and instalments on a luxury car. — AFP

SPORTS



Myanmar's player Than Paing (No 9) vies for the ball with an opponent during their 2026 World Cup Qualifiers at Thuwunna Stadium in Yangon. **PHOTO: MFF**

World Cup Qualifiers: Myanmar trounce MSAR 5-1

MYANMAR edged Macau 5-1 in the Asian Zone Qualifiers for FIFA World Cup 2026 played at Thuwunna Stadium in Yangon yesterday.

Winning goals for Myanmar were scored by Lwin Moe Aung at 43 minutes and 90+4 minutes, Soe Moe Aung at 62 minutes, Aung Kaung Marn at 81 minutes and Nay Moe Naing at 90+1 minutes.

During the game, head coach Michael chose the correct technique and substitutes, so players scored the winning goals in the second half.

In particular, substitute player Aung Kaung Marn's aggressive moves made the weak Macau team more unstable.

In the 79 minutes, Zaw Win Thein was substituted for Aung Thu. With speedy turbo, team Myanmar dominated the opponent's defence line. The Myanmar team shaped the big victory in front of the home crowd.

The Myanmar national team is made up of players from domestic clubs, players who are playing in foreign clubs, and U-24 national team players. The current Myanmar team has many well-rounded players.

Team Myanmar will play an away match against Macau on 17 October. — Ko Nyi Lay/KZL

PGA Tour gives three-month doping ban to South Korean An



An Byeong-hun of South Korea was issued a three-month ban by the PGA Tour on Wednesday for an anti-doping violation involving a banned substance found in an over-the-counter cough medicine available in his homeland. **PHOTO: AFP**

SOUTH Korea's An Byeong-hun was suspended for three months by the PGA Tour on Wednesday for violating its anti-doping policy with a cough medicine available over the counter in his homeland. The 32-year-old from Seoul was issued a ban retroactive to 31 August so An will be able to return to competition on 1 December. An tested positive, the tour said, for a substance banned

by the World Anti-Doping Agency (WADA) that was contained in the cough medication.

"He has cooperated fully with the tour throughout the process and accepted his suspension," the tour said in a statement. An will miss autumn events that are mainly targeted at players trying to earn their tour status for next season, something An has already done. — AFP

Messi doubtful for Argentina qualifier with Paraguay

LIONEL Messi is doubtful for Argentina's South American World Cup qualifier against Paraguay on Thursday despite "looking good" in training, according to coach Lionel Scaloni.

Messi teamed up with the World Cup winners after returning from injury as a second-half substitute for Inter Miami in Major League Soccer on Saturday.

Messi had played just 37 minutes for his club since 3 September, having returned with an injury from international duty last month.

"We still have one more training session and one more is important for him... I have to talk it over with him and make sure we are convinced he can start. He looked good. Based on that, we will see the rest of the team," said Scaloni. The Argentina coach said he also had to take into account that his team would face Peru in Lima five days later.

"What leaves us

calm is that, if he is not fit to play, whoever goes out will do just as well, that's the most important thing," he said.

Argentina have won both their qualifiers so far and are level on six points at the top of the table with Brazil. One option for Scaloni, should Messi not be fit to play, would be to start with Manchester City striker Julian Alvarez and Inter Milan's Lautaro Martinez as a pair. — AFP



Lionel Messi is doubtful for Argentina's South American World Cup qualifier against Paraguay on Thursday despite "looking good" in training, according to coach Lionel Scaloni. **PHOTO: AFP**

Ex-PSG boss Galtier takes job in Qatar

FORMER Paris Saint-Germain coach Christopher Galtier has returned to management three months after leaving the French champions, taking over at Qatari side Al Duhail.

Galtier, 57, won the Ligue 1 title with PSG but lasted just one season at the club after a poor second half of the campaign. The final weeks of his reign were marred by accusations of racism during his previous job at Nice. He has vehemently denied the accusations but will stand trial in December. At Al Duhail he will inherit a squad including former Liverpool and Barcelona playmaker Philippe Coutinho. — AFP



Christopher Galtier was replaced by Luis Enrique as PSG coach in July. **PHOTO: FRANCK FIFE / AFP/FILE**

UEFA postpones Kosovo-Israel qualifier due to conflict

UEFA on Thursday announced the Euro 2024 qualifier between Kosovo and Israel, scheduled for Sunday, had been postponed because of the conflict in Israel and Gaza.

"Israeli authorities currently do not allow their national team to travel abroad," UEFA, European football's governing body, said in a statement.

"A new date for the fixture will be announced in due course." UEFA had already postponed on Sunday, the day after the surprise offensive launched by Hamas, "all matches scheduled" in Israel "in the next couple of weeks". — AFP

US House Republicans pick speaker nominee amid deep divisions, dysfunctional Congress
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WORLD



Crude oil storage tanks stand at the plant of Colombian petroleum company Ecopetrol in Acacias, Meta Department, south of Bogota on 10 February 2023. PHOTO: PIX FOR VISUAL PURPOSE/ JUAN BARRETO/AFP/FILE

IEA says risk of oil supply disruptions is limited

THE International Energy Agency said on Thursday the risk of oil supply disruptions due to the conflict between Israel and Hamas is limited but that it stands ready to intervene in markets if necessary.

The Paris-based agency, in addition to its analysis and advisory roles, coordinates the release of emergency stocks held by its 31 mostly advanced-economy member nations.

A surprise weekend attack by Ha-

mas on Israel has left thousands dead and rattled oil markets amid fears that other nations might intervene and possibly disrupt shipments in the Middle East.

The region accounts for more than one-third of the world's seaborne oil

The Israel-Hamas conflict has caused concerns in oil markets, as the Middle East accounts for a significant portion of global oil shipments.

shipments.

"While the prospect that oil supply flows will be impacted currently remains limited, the deadly strikes prompted traders to price in a higher geopolitical risk premium," the IEA said in its regular monthly report.

"There has been no direct impact on physical supply," it added.

But with supply and demand on the oil market currently tightly balanced, the IEA said it "stands ready to act if necessary to ensure markets remain adequately supplied".

Oil prices jumped at the start of the conflict but have since eased as there was no immediate disruption to supply flows and other nations have not intervened.

Yet prices remain relatively high thanks to supply cuts by Saudi Arabia and Russia, with the IEA also warning it was beginning to see signs of demand destruction. — AFP

CALL FOR IMMEDIATE CEASEFIRE

Arab FMs call for immediate halt of Palestinian-Israeli conflict, revival of peace process

ARAB foreign ministers on Wednesday called for an immediate halt of the ongoing Israel-Gaza conflict and the revival of the stalled Palestinian-Israeli peace process.

In the final communique of an Arab League (AL) extraordinary meeting at the level of foreign ministers held in Cairo, the top Arab diplomats urged all parties to exercise self-restraint and warned of "the catastrophic humanitarian and security repercussions" of further escalation.

They emphasized the necessity of lifting the Is-

raeli siege on the Gaza Strip and immediately providing humanitarian aid, food, and fuel to Gazans.

The meeting was held on the fifth day of the deadly conflict that erupted between the Hamas militant group, which controls Gaza, and Israel.

The conflict has left more than 2,000 people killed and thousands more injured on both sides.

The Arab foreign ministers condemned the killing of civilians on both sides, whether they were Palestinians or Israelis. — Xinhua

Report on bursting of huge Berlin aquarium inconclusive

The massive AquaDom aquarium, 14 metres tall and the largest of its kind, burst on 16 December last year, releasing a million liters of water and its fish into the hotel complex.

A final report on what led a giant Berlin aquarium to burst last December, sending 1,400 tropical fish gushing into a hotel lobby, came back inconclusive Wednesday.

The head of the investigation, Christian Bonten, said he had narrowed the likely cause down to three possible theories but admitted the true trigger of the disaster may never be known. "It's frustrating," he told reporters as he presented his 66-page appraisal. The 14-metre (46-foot) high, cylindrical AquaDom aquarium — the largest of its kind — exploded in the early morning on December 16 last



In this file photo taken on 10 May 2011 divers clean the "AquaDom" a lobby aquarium in the Radisson Blu hotel in central Berlin. PHOTO: KAY NIETFELD / AFP/FILE

year, sending one million litres of water and all the fish inside spilling out into the hotel complex housing it. — AFP