

SAC Chairman, Defence Services C-in-C Senior General Min Aung Hlaing pays tribute to General Aung San and martyrs



CHAIRMAN of the State Administration Council, Commander-in-Chief of Defence Services, Senior General Min Aung Hlaing, paid tribute to martyrs at the Martyrs' Mausoleum at the ceremony in memory of the 78th Anniversary of Martyrs' Day 2025 in Bahan Township yesterday morning.

The Senior General and the party cordially greeted family members of martyrs and guests.

Senior General Min Aung Hlaing, together with Council Joint Secretary General Ye Win Oo, SAC members General Nyo Saw and Mahn Nyein Maung, Chief of the General Staff (Army, Navy and Air) General Kyaw Swa Lin, and Chairman of the Central Committee for Organizing the 78th Anniversary of Martyrs' Day Union Minister for Religious Affairs and Culture U Tin Oo Lwin, laid a wreath of the Republic of the Union of Myanmar to pay tribute to General Aung San and martyrs of the mausoleum. **SEE PAGE 4**

State Administration Council Chairman, Commander-in-Chief of Defence Services, Senior General Min Aung Hlaing and attendees pay tribute to the martyrs at the Martyrs' Mausoleum in Yangon on 19 July 2025.



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NATIONAL

Special emphasis required on improving the public healthcare sector

- ❖ Only with good health can one pursue education; only with good health can one work. Therefore, it is necessary to place special emphasis on improving the public healthcare sector.
- ❖ If individuals and families reduce unhealthy food, dietary habits, and consumption behaviours, not only they but also the country’s economic development can benefit.

(An excerpt from the speech delivered by Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, at the Union government meeting on 17 January 2025)

Public Notice

THE Wazira Cinema, located at 327, Bogyoke Aung San Road in Kyauktada Township, Yangon, is an old cinema built in 1923. It is also a grand building that should be preserved for the history of a Myanmar cinema as it combines the architectural features of the 16th to 18th centuries with Beaux Arts architectural styles and sculptures. The Wazira Cinema is a movie theatre where artistes from the film, theatrical and music fields perform for public recreation, and a site where the artistic spirits meet.

Currently, the government is arranging to upgrade the cinema to Red Carpet Theatre. Once upgraded, it will be used not only as a cinema but also as a venue for plays, opera, puppet shows, dance, music, seminars, meetings, training courses, studios and artistic creation.

Therefore, people are kindly requested to donate any original or copied documents, pictures and record photos of performance and enjoyable moments to the Information and Public Relations Department and Myanmar Motion Pictures Organization.

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Myanmar Daily Weather Report

(Issued at 7 pm Saturday 19 July 2025)

BAY INFERENCE: Monsoon is strong over the Andaman Sea and South Bay and moderate elsewhere over the Bay of Bengal.

SPECIAL Features: According to the observations at 5:30 pm MST today, the Severe Tropical Storm “WIPHA” over the South China Sea. It is likely to move westwards and move to the southern Coasts of China on 20 July 2025. Thereafter, it is likely to continue to cross northern Vietnam on 22 July 2025.

FORECAST VALID UNTIL Afternoon of 20 July 2025: Rain or thundershowers will be scattered in Magway Region and Kayah and Rakhine states, fairly widespread in Mandalay and lower Sagaing regions and northern Shan State and widespread in the remaining regions and states with likelihood of isolated heavy falls in Taninthayi Region and Kachin and Mon states. Degree of certainty is 100 per cent.

THE CONDITION OF CUMULONIMBUS CLOUD: The cumulonimbus clouds are developing in upper Sagaing, Ayeyawady and Taninthayi regions and Kachin and northern Shan states. The area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied with rain, thunder, lightning and hail may occur and therefore it is recommended to be aware in advance of these phenomena.

STATE OF THE SEA: Occasional squalls with rough seas will be experienced in the Deltaic, the Gulf of Mottama, off and along the Mon-Taninthayi Coasts. Surface wind speed in squalls may reach 35 miles per hour. Wave height will be about 9-12 feet in the Deltaic, the Gulf of Mottama, off and along the Mon-Taninthayi Coasts. Seas will be moderate off and along the Myanmar Coasts. Wave height will be about 6-8 feet off and along the Myanmar Coasts.

OUTLOOK FOR SUBSEQUENT TWO DAYS: Likelihood of increase of rain in Taninthayi Region and Kayin, Mon and eastern Shan states.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 20 July 2025: One or two times of rain or thundershowers. Degree of certainty is 100 per cent.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 20 July 2025: One or two times of rain or thundershowers. Degree of certainty is 100 per cent.

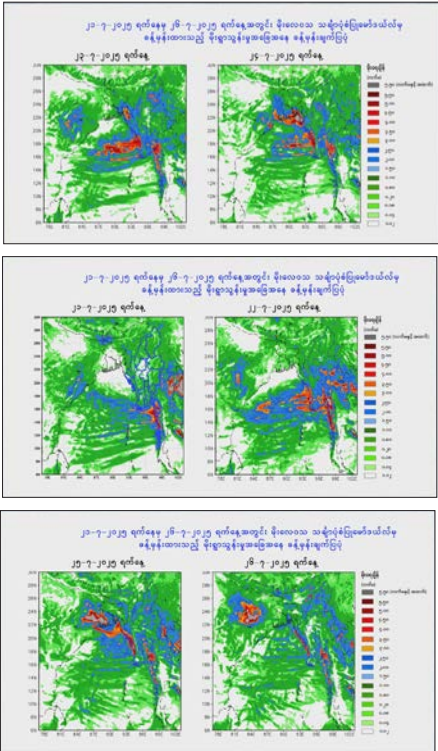
FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 20 July 2025: Isolated rain or thundershowers. Degree of certainty is 100 per cent. — DMH

Special Weather News

Issued at 7 pm MST on 19 July 2025

ACCORDING to the observations at 5:30 pm MST today, the Severe Tropical storm “WIPHA” likely to move to westwards and move to the Southern Coasts of China and thereafter, it is likely to continue to cross northern Vietnam with the remnants of the Severe Tropical storm “WIPHA” may reach to Myanmar and a low pressure area may form over the North Bay of Bengal on 24 July 2025 and monsoon will be continuously strong over the Andaman Sea and Bay of Bengal, rain or thundershowers will be scattered to fairly widespread in upper Sagaing Region and Kachin and Chin states and widespread in Nay Pyi Taw, Yangon, Mandalay, Bago, Magway, lower Sagaing, Ayeyawady and Taninthayi regions and Kayah, Kayin, Mon, Rakhine and Shan states with regionally and isolated heavy falls during from 21 July 2025 to 26 July 2025. Occasional squall with rough seas will be experienced in the Deltaic, the Gulf of Mottama, off and along the Mon-Taninthayi Coasts. Surface wind speed in squalls may reach 35 miles per hour. Wave height will be about 9-12 feet in the Deltaic, the Gulf of Mottama, off and along the Mon-Taninthayi Coasts.

Advisory
People should be aware of natural disasters such as the heavy rainfall with strong wind, thunder, lightning strikes, lightning, hail, flash floods and landslides in hilly areas and near small rivers and to make necessary preparations for inland water transport, domestic flights and irrigation dams. — DMH



Top websites and web portals to access Military Service Rules

1. Office of the State Administration Council https://sacoffice.gov.mm	
2. Ministry of Defence https://www.mod.gov.mm	3. Ministry of Legal Affairs https://www.mlis.gov.mm
4. Ministry of Information https://www.moi.gov.mm	5. Myawady Webportal https://myawady.net.mm
6. Myanmar National Portal https://myanmar.gov.mm	

NATIONAL

Residents Urged to Prioritize Public Safety Amid Armed Terrorist Threats

ARMED terrorists have been launching attacks by using residential homes and administrative buildings in towns and villages as cover, where they have forcibly settled. They aim to shield themselves from Tatmadaw counterattacks while also persuading temporarily displaced persons to return to their native areas and recruiting new members. That enables terrorists to use civilians as human shields. Tatmadaw is committed to safeguarding the sovereignty of the State and will respond to these threats based on intelligence and prevailing conditions. Therefore, residents in areas where terrorists have taken control must prioritize their safety and protect themselves from being exploited by these groups.

(An excerpt from guidance given by Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing to Shan State cabinet members and state-level departmental officials on 3 September 2024)



Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing hears the report by Union Minister U Maung Maung Ohn on a plan to upgrade the Wazira Cinema to the Red Carpet Theatre in Yangon yesterday.

Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, inspected a plan to upgrade Wazira Cinema as a Red Carpet Theatre and the progress of constructing Sarso Beikman (Literati House) in Yangon yesterday morning.

Accompanied by the Council Joint Secretary, SAC members, Union ministers, the Yangon Region Chief Minister, the commander of Yangon Command, and Chairman of Myanmar Motion Pictures Organization Director Kyi Soe Tun, the Senior General arrived at Wazira Cinema under the Department of Information and Public Relations on Bogyoke Aung San Street in Kyauktada Township of Yangon Region. Union Minister for Information U Maung Maung Ohn reported to the Senior General on a plan to upgrade Wazira Cinema to the Red Carpet Theatre, the

Wazira Cinema to become Red Carpet Theatre

Sarso Beikman building is under construction as a three-storey structure to display photos and historical documents, and life-sized statues of prominent literary figures and poets.

Salient points from the guidance given by the Senior General on his inspection tour of project sites

- 1. The upgrading process of Wazira Cinema must be systematic, without losing the original state, aligned with documentary photos.
- 2. Photos and historical documents must be put on display at Sarso Beikman (Literati House).
- 3. Arrangements must be made to manage the space in a way at the Sarpay Beikman Public Library that allows for quiet and peaceful reading and studying of people to encourage reading habits of the people.

brief history of the cinema, architectural works, the process to upgrade the cinema and results upon completion of the project. MMPO Chairman Director Kyi Soe Tun also clarified the screening of movies at Wazira Cinema in successive eras and its history, and the maintenance process. After hearing the reports, the Senior General stressed the need to upgrade the cinema to meet international standards. He un-

derlined that the upgrading process must be systematic, without losing the original state, aligned with documentary photos. The Senior General gave guidance that emphasis must be placed on setting systematic car parks around the cinema and constructing the pedestrian ways.

After viewing round the cinema, the Senior General gave necessary guidance to officials.

Wazira Cinema was built in 1923, and it is an ancient building decorated with Beaux Arts mixed with French architectural works used between the 16th and 18th centuries. According to the information, Wazira Cinema will be upgraded to a Red Carpet Theatre.

The Senior General inspected the project site of constructing Sarso Beikman (Literati Building) in honour of prominent literati and writers of Myanmar on Bo Min Khaung Road in Uyin Ward of Mingala Taungnyunt Township.

The Union Minister for Information reported to the Senior General on the construction of a three-storey Sarso Beikman building, formation of relevant committees to systematically construct the building, the process of a quality control team, plans to display booths on relevant flats, and preparations to transform the previous three-storey to the Sarpay Beikman Public Library.

In his response to the reports, the Senior General gave guidance to systematically construct buildings meeting standards within the set period. Upon completion, he added that photos and historical documents must be put on display there. He noted that arrangements must be made to manage the space in a way that allows for quiet and peaceful reading and studies of people in

NATIONAL

SAC Chairman, Defence Services C-in-C Senior General Min Aung Hlaing pays tribute ...

FROM PAGE 1

In a moment, the flag of the Republic of the Union of Myanmar was lowered to half-mast as a mark of mourning. Members of the Guard of Honour paid tribute by presenting arms, and the military bugle corps sounded the Last Post in honour of the fallen heroes. Afterwards, they all observed a two-minute moment of silence as a gesture of respect and sharing merit gained.

Family members of martyrs and representatives laid wreaths at the mau-

soleum and shared the merit gained.

Also, present at the ceremony were SAC Member Dr Hmuh Thang, Chief Justice of the Union U Tha Htay, Union Ministers U Maung Maung Ohn, U Chit Swe and Dr Thet Khaing Win, Chief Minister of Yangon Region U Soe Thein, senior Tatmadaw officers from the Office of the Commander-in-Chief, the commander of Yangon Command, deputy ministers and officials.

Representatives from the Yangon Region government and political parties, heads of missions from foreign

embassies to Myanmar, and chargés d'affaires ad interim also laid wreaths at the mausoleum.

Likewise, representatives from the Myanmar National Women's Committee, Myanmar Women's Affairs Federation, Myanmar War Veterans Organization, Young Men's Buddhist Association (YMBA) and other associations and organizations laid wreaths to pay tribute to General Aung San and martyrs.

Similarly, members of the Sangha, students and people also paid tribute to the martyrs in a systematic queue.

On the 78th Anniversary of Martyrs' Day in 2025, the flag of the Republic of the Union of Myanmar was flown at half-mast across the entire country as a mark of mourning. At 10:37 am — the time when the martyrs were assassinated — Myanma Radio and Television (MRTV) and Myawady TV signalled the moment with a siren broadcast announcement.

Yesterday, people visited the Martyrs' Mausoleum, the Bogoyoke Aung San Museum, and the Ministers' Office (the Secretariat). — MNA/TTA



U Ye Aung Than, a grandson of U Aung Than who was an elder brother of Bogoyoke Aung San, lays wreaths at the Bogoyoke's tomb.



Family members lay wreaths to pay tribute to Thakin Mya.



A family member pays tribute to Deedok U Ba Cho.



Family member lay wreaths to pay tribute to U Ba Win.

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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.

NATIONAL



Family members pay tribute to Mahn Ba Khaing.



Family members pay tribute to Mahn Ba Khaing.



Family members lay wreaths to pay tribute to Mongpon Saopha Sao San Tun.



Family members lay wreaths to pay tribute to U Razak.



Family members pay tribute to U Ohn Maung.



Family members lay wreaths to pay tribute to Yebaw Ko Htwe.



Diplomatic corps from foreign embassies to Myanmar pay tribute to the martyrs at the mausoleum.



NATIONAL

Wazira Cinema to become Red Carpet Theatre

FROM PAGE 3

order to encourage reading habits of the people. He stressed the need to carry out greening and beautification around the building.

The Senior General inspected the progress of construction works and gave necessary guidance to officials.

The Sarpay Beikman building is being constructed as a three-storey structure. Upon completion, it will include exhibition halls featuring historical records and photographs related to literary development activities, reading rooms and a library, exhibitions of historic musical and artistic works, displays of palm-

leaves and folded papers, showcases of historically significant poems, exhibits of award-winning literary works, and sections dedicated to renowned writers from three generations in Myanmar, as well statues of prominent literary figures and poets who received lifetime literary achievement awards.

The former Sarpay Beikman Library was located on the first floor of the original three-storey Sarpay Beikman building. In light of the current population growth and urban development, under the guidance of the Chairman of the State Administration Council and Prime Minister, the building will be renovated and

reopened as the Sarpay Beikman Public Library. This initiative, in line with the motto “From Darkness to Light,” aims to enhance the intellectual development of citizens, support the advancement of Myanmar literature, promote public knowledge, and encourage reading habits. — MNA/TTA

Alms meals donated at Yangon City Hall to commemorate 78th Martyrs’ Day

ALMS meals were donated to the venerable monks as a commemorative service to the martyrs of national independence at the meeting room of the City Hall of the Yangon City Development Committee yesterday.

Chairman of the Central Committee on the 78th Martyrs’ Day Ceremony and Union Minister for Religion Affairs and Culture U Tin Oo Lwin, Vice-Chairman of the Central Committee

and Yangon Region Chief Minister U Soe Thein, the deputy minister for Religious Affairs and Culture and the chief justice of the Yangon Region High Court and relevant officials and invitees attended the ceremony.

Dr Bhaddanta Candima Bhivamsa, Presiding Naya-ka Sayadaw of Thanlyin Min Kyaung Pahtamapyan Monastery, administered the Five Precepts. Members of the Sangha



Union Minister U Tin Oo Lwin and the congregation observe the Five Precepts at the merit-sharing event in Yangon yesterday.

recited Metta Sutta, and the congregation presented offerings and shared merits gained

in dedication to General Aung San and martyrs.

After the event, the Union

minister and the congregation offered alms meals. — MNA/KTZH

Alms meals donated at Nay Pyi Taw Council office to commemorate 78th Martyrs’ Day



THE ceremony of offering alms meals to members of the Sangha, dedicating to the fallen Martyrs and sharing merits was held at Zabuthiri Hall of Nay Pyi Taw Council yesterday.

It was attended by Nay Pyi Taw Council Chairman U Than Tun Oo, deputy ministers, council members and relevant officials.

Nay Pyi Taw Council Chairman U Than Tun Oo and the congregation observe the Five Precepts at the merit-sharing event in Nay Pyi Taw yesterday.

The congregation observed the Five Precepts from Bhaddanta Vimala Buddhi, Presiding Sayadaw of Mingala Zayyon Pali Tekkatho Monastery and listened to the sermons delivered by the monks.

The Nay Pyi Taw Council Chair and officials donated offerings to the Sayadaw and monks.

Aungsitha Pariyatti Monastery Presiding Sayadaw Bhaddanta Vicakkhana delivered sermons, and they shared merits gained in dedication to General Aung San and martyrs, and offered alms food for day-meal to the members of Sangha. — MNA/KTZH

Weekly Roundup

13 July
Tatmadaw families release fingerlings to Yezin Dam

State Administration Council Chairman Commander-in-Chief of Defence Services Senior General Min Aung Hlaing led the monsoon fingerling releasing activities of families of the Office of Commander-in-Chief (Army, Navy and Air) at Yezin Dam in Nay Pyi Taw Council Area.

16 July
Dam and building repairs inspected in Nay Pyi Taw

Chairman of the National Disaster Management Committee, Vice-Chairman of the State Administration Council, Deputy Prime Minister, Vice-Senior General Soe Win inspected repairs of Ottarathiri Dam, the office circular road of the Ministry of Labour, and retaining walls damaged by the Mandalay earthquake in Nay Pyi Taw.

17 July
Myanmar, Indian armed forces boost friendship and co-operation

Vice-Chairman of the State Administration Council, Deputy Commander-in-Chief of Defence Services, Commander-in-Chief (Army) Vice-Senior General Soe Win received a delegation led by Director General of the Defence Intelligence Agency of the Indian Armed Forces and Deputy Chief of Integrated Defence Staff Lieutenant General Shrinjay Pratap Singh, AVSM, YSM, at Bayintnaung Villa in Nay Pyi Taw.

Tatmadaw reoccupies Nawnghkio

Tatmadaw occupied the whole Nawnghkio area and fulfilled the desire of local ethnic people who wanted to return to their houses peacefully and operate their business safely without any threats from the terrorists.

18 July
Loikaw-Moebye-Pekhon-Pinlaung road reopens

Tatmadaw convoys launched counterattacks, sacrificing their lives along the Loikaw-Moebye-Pekhon-Pinlaung road, which had been controlled by KNPP, KNDF and PDF terrorists, and successfully regained control of the road on 11 July 2025. The locals can travel as usual now.

19 July

Building maintenance must preserve original condition

Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, inspected a display of objects at the Bogyoke Aung San Museum in Bahan Township and the Ministers' Office (the Secretariat) in Botahtaung Township of Yangon Region.

SAC welcomes fresh medical doctors and dentists

Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, delivered a speech at the ceremony to present certificates of State gazette officer appointment to fresher medical doctors and dentists from the Ministry of Health at the Myanmar Convention Centre (Yangon) in Yangon.

Gyoungwaing Shipyard in functional activities

Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, inspected the functioning of the Gyoungwaing Shipyard in Gyoungwaing Village of Kyimyindine Township, Yangon Region.

Nawnghkio residents back Tatmadaw

A team of 118 departmental personnel, led by District Administrator U Kyaw Swe Win, arrived in Nawnghkio to provide necessary assistance and support to the local people, bringing along essential supplies, food items, and household items donated by the Shan State Government, Mandalay Region Government, the Ministry of Social Welfare, Relief and Resettlement, and charitable citizens for displaced persons in the Taungkham area and Nawnghkio Township. — GNLM/TTA

National Flag flown at half-mast on 78th Martyrs' Day



The ceremony of lowering the State Flag to half-mast in progress at the Ministers' Office (Former Secretariat) in Yangon yesterday in commemoration of the 78th Martyrs' Day.

THE Myanmar national flag was hoisted at half-mast in commemoration of the 78th Martyrs' Day during a ceremony held at the Ministers' Office (Farmer Secretariat) on Theinbyu Road, Botahtaung Township, Yangon, at 7:30 am yesterday.

The ceremony was attended by the Secretary of the 78th Martyrs' Day Celebration Committee, Yangon Region Minister for Development Affairs and Yangon Mayor U Bo Htay, committee members, departmental heads, officials from various departments, chairmen and members of district and township administration bodies, officials from the fire services department, Red Cross members, and the honour guard. Attendees paid tribute to the martyrs with the national flag flown at half-mast and observed a two-minute silence.

The meeting hall where General Aung San and other leaders were assassinated, along with the parliament building at the Ministers' Office, was specially opened to the public for one day, from 9:00 am to 5:00 pm.

On display were 28 personal items left behind by the martyrs at the exact location of their assassination, along with exhibits on the history of the building, the more-than-a-century-old parliament hall, and a collection of historical photographs. These exhibits attracted large crowds, including students. Many visitors also participated in a special programme featuring quiz questions and received mementoes. — MNA/MKKS

MPC Chair attends World Association of Press Councils general assembly

CHAIRMAN of the Myanmar Press Council Dr Tin Tun Oo attended the World Association of Press Councils (WAPC) General Assembly and the 2nd Pan-African Media Councils' Summit 2025, held in Arusha, Tanzania, from 14 to 16 July.

The conference discussed issues such as the establishment of media ethics and regulations for journalists worldwide and in Africa, the protection of press freedom for ethical and responsible journalists, the reduction of fake news and disinformation, and the systematic use of AI (Artificial Intelligence) technology in the media sector. Alongside members of the World Press Media Council, Chairman Dr Tin Tun Oo of the Myanmar Press Council, also spoke about the media landscape in Myanmar and the role of the council.

International participants of the meeting were taken on a study tour to Arusha National Park. The conference was attended by Tanzanian Vice-President Dr Philip Isidor Mpango, ministers, chairpersons and officials of media councils from about 30 countries across Africa, Asia, and Europe, and journalists from the host country. The Secretary of the Myanmar Press Council, U Aye Chan, also attended the conference. — ASH/TH



This photo showcases the Chairman of the Myanmar Press Council at the World Press Council meeting held in Arusha, Tanzania, from 14 to 16 July.

Take lessons from chess sports to address troublesome issues

CHESS is a valuable sport that strengthens education, promotes gender equality, and empowers women and girls. It also fosters inclusion, tolerance, mutual understanding, and respect between players. Although it is not a physically demanding sport, it emphasizes intellectual competition by engaging the players' intelligence and cognitive abilities.

In fact, the sport of chess is one of the most ancient, intellectual, and culturally significant games, combining elements of sport, scientific thinking, and art. As an affordable and inclusive activity, it can be played anywhere

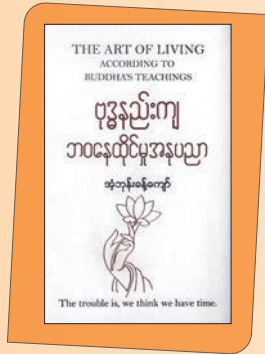
and by anyone, transcending barriers of language, age, gender, physical ability, and social status.

The United Nations recognizes that sports, the arts, and physical activity have the power to change perceptions, challenge prejudices, and influence behaviours. They can inspire people, break down racial and political barriers, combat discrimination, and help defuse conflict. As such, they contribute to promoting education, sustainable development, peace, cooperation, solidarity, social inclusion, and health at the local, regional, and international levels.

With regard to chess as a sport, the Indian folktale titled "Sissa and the Troublesome Trifles" illustrates ways to address the root causes of societal problems. It highlights the efforts of Sissa, a wise adviser to the king, who tackled seemingly minor issues for the good of the country while overcoming challenges posed by rival ministers. The tale portrays a king — possibly influenced by jealous ministers — who, out of respect for Sissa, tasks him with finding a way to wage war without causing death. But Sissa successfully created a great game to be played as a demonstration of armed conflict.

The story serves as a cautionary tale about underestimating the impact of small increments and highlights the importance of understanding mathematical principles. The tale associated with chess also emphasizes that individuals or nations may face various problems and challenges, but these can be overcome – just as chess players do – through tolerance, mutual understanding, and respect between both sides.

In the modern era, chess is a popular sport in which players compete using their intellect. The efforts of these players are valuable not only within the game but also in society, as they offer insights into overcoming challenges, something that should not be underestimated. Therefore, whether one is interested in chess or not, everyone can learn valuable lessons from its techniques to navigate life's journey with resilience, without giving up in the face of difficulties, reflecting this year's theme for the significant day: "Every Move Counts".



Book Title - 'The Art of Living: According to Buddha's Teachings

Author - Ahn Phone Khant Kyaw

Publishing House - Zati Myay

Publication Date - April 2025 (1st Edition)

Price - K18,500

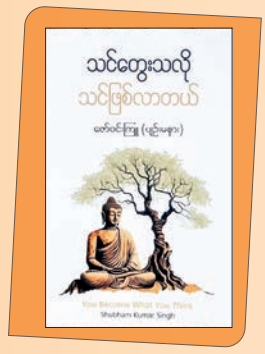
The Art of Living: According to Buddha's Teachings

WHEN one sees the suffix “-ism”, a distinctive practice, system, theory, ideology, or belief comes to one's thoughts. Despite the suffix “-ism”, Buddhism is not just idealism or belief. Buddhism teaches us how to live a good life. Buddhism offers ethical guidelines on how to do and why you don't through its disciples. Buddhism's core teaching emphasizes Dos (things to do) and Don'ts (things to avoid). This week's pick is a book titled “The Art Of Living: According to Buddha's Teachings” to introduce readers to ethical living by Ahn Phone Khant Kyaw. The author, who experienced ups and downs in life, emphasizes inspirational quotes: “Persistence and sus-

tained efforts pave the way for remarkable achievement”, “Living life with no regret”. If one does things that one should not have done in life, one will be stuck in a whirlpool of pain, grief, guilt, misery and a long road through the shadows. One will live and die in sorrow. Some might capture the essence of the book's content as Buddhist philosophy or religious scripture after seeing the book's title. I would not deny that thought. Nevertheless, the specific aspect that the writer wants to convey is “A manual for life”. Buddhist principles help people understand how to live a good life. No one wants to be poor. Everyone strives to elevate liv-

ing standards. The right mindset and attitude are essential in building personal growth. Without ethics and the right attitude, one will turn a blind eye to know the difference between what you have a right to do and what is right to do, following Hitler's ruthless pursuit of power or Mussolini's tyranny. Buddha enlightened us to understand ethical principles, cultivate virtues and apply them in the decisions and actions of our lives. The book presented Buddhist ethics and ethical teaching. This book offers practical guidance: Buddha's Path to Personal Growth, Buddha's Framework for Personality and Buddha's Blueprint for Spiritual Growth.

The book's conclusion starts with “Reminder: this is the final chapter”. Not because life is meaningless, but because one forgets to soar. Being trapped by past experiences and thoughts and hindering oneself from moving forward and living in the present, it is a rigid mindset that prevents personal growth. If you set your phone's home screen setting as a reminder of the conclusion, this phrase will help one to beat complacency and escape the cycle of negative thought patterns, reminding one of moving forward. One must see meaning in life and strive to fly high. The author's references are from 24 Myanmar and English Buddhist chronicles archives.



Book Title - You Become What You Think By Shubham Kumar Singh

Translator - Zaw Win Kyu (Pynmana)

Publishing House - Thar Nge

Publication Date - June 2025 (1st Edition)

Price - K9,000

Thin Tway Thalo Phytit Latal You Become What You Think By Shubham Kumar Singh

HUMAN beings need to have a designated time to sleep. Sleep is a natural pause that gives both the body and mind a break after a full day of activity. Every individual needs to set aside time to quietly reflect to ask, “What am I doing? What have I done? Am I becoming who I want to be?” Only through such self-reflection can we adjust our actions by doing more or less, and it also helps us move closer to our goals. The book “You Become What You Think”, originally written by Shubham Kumar Singh, has been translated into Myanmar by Saya Zaw Win Kyu. For readers interested in self-awareness and personal growth, this book can serve as a practical guide, offering new perspectives from various angles. In this book, the

author clearly explains, along with examples such as how human thoughts, beliefs, and actions have a huge impact on one's life. The book conveys six main chapters: Happiness and Mindfulness, Habits and Personal Growth, Stoic Philosophy, Mental Health, Relationships and Human Psychology. The author compiles the strategies of successful individuals, scientifically proven findings, and his personal experiences to share practical advice that readers can apply in their daily lives. Translator Saya Zaw Win Kyu expresses that the great German poet Heinrich Heine once said, “Thought precedes action as lightning precedes thunder”. This means that before we do anything, a thought

must arise first, and it leads the way, and our actions follow. Without thought guiding us, no meaningful action can truly take place. US President Woodrow Wilson also once said, “A man who cannot govern his thoughts will soon lose control over his actions as well.” If we do not control our thoughts, they will control us. Therefore, we need to control our thoughts systematically with strong mindfulness. The author exemplified by the teachings of Buddha, “All that we are is the result of what we have thought.” Our thoughts turn into our actions, and we receive the results of those actions. That means whatever we think, we will eventually become. If a person thinks negatively, speaks harshly, and behaves badly, the

bad results of those actions will always follow them, just like the wheel of a cart follows the footsteps of the cows pulling it. On the other hand, if someone thinks positively, speaks kindly, and acts softly, the good results of those actions will always follow, just like a shadow that follows a person wherever they go. According to the Buddha's teachings, in the end, we all reap what we sow. The book “You Become What You Think” is a valuable one for those who are seeking personal growth and for anyone who wants to enrich their life with fresh perspectives. Moreover, its clear and simple writing style, along with practical advice, can truly support and inspire readers on their journey of self-improvement.



By Chit Ko Pe

The dark is where it hides, with the inception of the night.

The dawn brings daylight, with a heartfelt return aside.

ညဦးချက် မှောင်အုပ်ကွယ် ရှောင်ဖယ်ပုန်း၊ အရှက်တက် လင်းလက်သာ ပြန်လာမယ် ဘယ် မပုန်း။

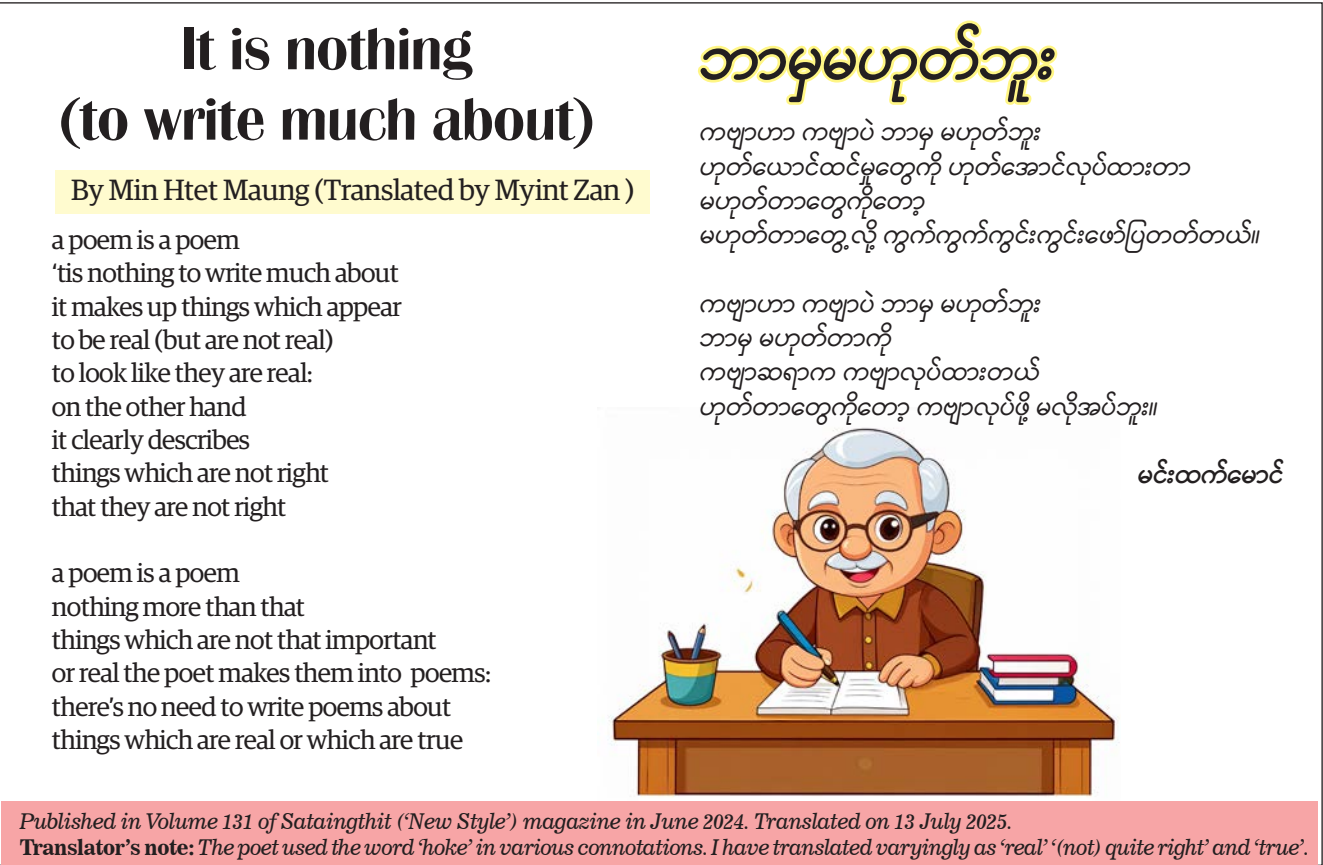
ချစ်ကိုဖေ



My beautiful garden

By Mya Thae (Research)

I have my little beautiful garden. It has many sweet-smelling flowers, and jasmine. Colourful butterflies come and suck pollen. One day, an old woman told me to remove all the plants. She is our enemy, and I protect my garden at first. Likewise, our country has enormous enemies. All of us must save and protect our country.



It is nothing (to write much about)

By Min Htet Maung (Translated by Myint Zan)

a poem is a poem 'tis nothing to write much about it makes up things which appear to be real (but are not real) to look like they are real: on the other hand it clearly describes things which are not right that they are not right

a poem is a poem nothing more than that things which are not that important or real the poet makes them into poems: there's no need to write poems about things which are real or which are true

ဘာမှမဟုတ်ဘူး

ကဗျာဟာ ကဗျာပဲ ဘာမှ မဟုတ်ဘူး ဟုတ်ယောင်ထင်မှုတွေကို ဟုတ်အောင်လုပ်ထားတာ မဟုတ်တာတွေကိုတော့ မဟုတ်တာတွေလို့ ကွက်ကွက်ကွင်းကွင်းဖော်ပြတတ်တယ်။

ကဗျာဟာ ကဗျာပဲ ဘာမှ မဟုတ်ဘူး ဘာမှ မဟုတ်တာကို ကဗျာဆရာက ကဗျာလုပ်ထားတယ် ဟုတ်တာတွေကိုတော့ ကဗျာလုပ်ဖို့ မလိုအပ်ဘူး။

မင်းထက်မောင်

Published in Volume 131 of Sataingthit ('New Style') magazine in June 2024. Translated on 13 July 2025. Translator's note: The poet used the word 'hoke' in various connotations. I have translated varyingly as 'real' '(not) quite right' and 'true'.

NATIONAL

Entertainment

Moe Hay Ko

ACTRESS Moe Hay Ko posted an unusual photo shoot for her fans. She uploaded her photos featuring 'Sanyitwine' (wearing a traditional hair knot on top), with a caption: An enchanting and charming traditional hairstyle that is cherished to be valued."



Nan Su Yati Soe

ACTRESS and vocalist Nan Su Yati Soe uploaded her new photos with heartfelt captions related to the rainy season. Her fans anticipated that she would release her new MV song.



Aye Thida

SUPPORTING actress Aye Thida currently carries out Parahita's work. She donated cash assistance provided by actors and actresses for the funeral of Ko England Sein at his house on behalf of the artistes.



Shwe Mann Chan Thar

MYANMAR'S theatrical performer Chan Thar, head of the Shwe Mann Thabin, announced his retirement from the theatrical world. He said, "Chan Thar retires from the theatrical arena. Still, there will be the Shwe Mann Thabin. Min Shwe Yaung Tin has a valuable mindset for his grandfather, preserving the entity of the 'Alinka Kyawswa' from generation to generation. It's a great duty for us".

Daw Than Nwe Aye (Ma Mee Mee)

DAW THAN NWE AYE (aka) Ma Mee Mee, wife of late actor U Kyaw Hein (aka) U Kittisara, and son Nay Win donated K9.9 million at the Yangon General Hospital, marking the fifth anniversary memorial of the deceased actor on 11 July.



Phoe Chit

DANCER PHOE CHIT, chairman of the Myanmar Theatrical Association, held an auction for the Alinka Kyawswa medal (five vissees of gold) of the late Bago U Sein Mya Aung at K45 million for the construction of a theatrical office (temporary). A buyer offered K55 million, but Phoe Chit returned the medal to the family member of Alinka Kyawswa Bago Sein Mya Aung in pursuit of the Provision of Honorary Titles and Medals Paragraph 73, although they donated.



New drama series to air this July



THE new drama series 'Shwe Aethe' will be broadcast on the Bebee TV application starting from the third week of July.

The story was created by Arkar Soe Oo and Si Si, the script by Arkar Soe Oo, Si Si and Ngwe Toe. Director Arkar Soe Oo filmed it for A Twenty-Three Film Production.

"A young rich man who left home after challenging his father that he would become successful within six months will soon face a series of challenges ahead. The audience can find out what happens in the Shwe Aethe film, which will be streamed soon on the Bebee TV application. Stay tuned and support us," said director Arkar Soe Oo. Cast members are Arkar Soe Oo, Li Li Kyaw Khine, Min Thu, Tain Nyunt, Pan Thee, Si Si, Shwe Oh and other artistes. — ASH/KTZH

Celebrity

BRIEF

Visitors flock to Bogyoke Aung San Museum on Martyrs' Day

THE Bogyoke Aung San Museum in Bahan Township, Yangon, was crowded with monks, students and visitors on 19 July 2025, the 78th Martyrs' Day. The museum, once the residence of Myanmar's independence leader Bogyoke Aung San, hosted special exhibitions from 7 am to 5 pm on the day, on top of its regular displays. Normally, the museum is open from 9:30 am to 4:30 pm except on Mondays and public holidays.

This year, the museum featured three main display sections. The first section included a series of 30 historical boards titled "All in One," highlighting key events in Bogyoke Aung San's life, such as his student days, political career, military leadership, statesmanship, family life, funeral, the Secretariat where he was assassinated, as well as exhibits of his personal belongings, banknotes, coins, stamps, and other memorabilia.

The second section, arranged along the museum's exit path, presented permanent UV-sticker vinyl boards with maps of Myanmar, photos of the Nine Martyrs, archival photos of the Mayu Naval Ship, and im-



Students observe the statue of the Bogyoke Aung San reading English literature about the Air Force-related book in the library.

ages depicting the loyalty oath of the Thirty Comrades, as well as Bogyoke Aung San's dining room items, bedroom furniture, and the clothing of his children.

The third section utilised IT technology, including holographic exhibits of historical scenes, such as the Mayu naval vessel, Bogyoke's funeral, and the conference room where he

held his final meeting. It also featured a 360-degree display of his iconic coat and an interactive offline web page showing the items in his wardrobe. Besides, a touchscreen quiz with puzzles for young visitors added an engaging experience.

Daw Mi Mi Lay, Assistant Director of the National Museum (Yangon), said, "For the 78th

Martyrs' Day, we have arranged museum exhibits intending to create lasting memories for the public and enrich their knowledge. On top of our usual temporary exhibitions and modern interactive displays, this year we have introduced permanent boards with UV sticker vinyls that will remain on display throughout the year.

This will provide visitors with extensive historical insight and knowledge."

The ground floor of the museum displays Bogyoke Aung San's dining and living rooms, while the upper floor showcased the bedroom furniture, wardrobes, and personal items of Bogyoke and his family. The tower, accessed by a spiral staircase, housed the family prayer room, featuring a Dakkhina Sakha Buddha image and a model monastery.

Visitors could also explore exhibits of his clothing and travel bags, view portraits of Bogyoke and his family, and see the children's bedroom with three beds and wardrobes. Near the special meeting room, excerpts from Bogyoke's speeches were displayed in both Myanmar and English. Outside, near the pond, a life-size statue of Bogyoke in a garden setting was exhibited.

At the digital exhibition zone, students and visitors actively participated in answering 20 questions about Bogyoke Aung San, with six types of commemorative gifts awarded to those who completed the quiz. — MNA/KZL

Htoo Auto refurbishes Bogyoke Aung San's Museum display car

THE car used by Bogyoke Aung San, on display at the Bogyoke Museum, is said to be an original restoration by Htoo Auto Service.

It took almost a year to restore the car, and in April 2019, Ko Zaw Htoo from the service returned it to the Bogyoke Museum of the Ministry of Religious Affairs and Culture in Natmawk Street.

"I remember Bogyoke's car, which was with me for one year on 19 July," he posted on his social media page on 19 July. The post was accompanied by comments from people who

congratulated his efforts to fully recondition.

"It took us about a year to complete the reconditioning. Bogyoke's driver was Ko Kyaw Sein and was always accompanied by Bo Tun Hla or Bo Thein Swe. Bogyoke took the back seat, sometimes with his wife, Daw Khin Kyi. He went for the Panglong Agreement with this car. It was very old. With Austin A14 pistons, it may even be drivable," said a car researcher, U Moe Myint Win.

Bogyoke's car is a Wolseley made in England between 1938 and 1948, with registration

number RC 2874, received on 26 September 1946 for the post of Deputy Chairman of the Governor's Executive Council, replacing old Jeep No 66, and the driver was late U Kyaw Sein. Established by Vickers and Herbert Austin in early 1901, the Wolseley Company was sold to William Morris in 1927, so it was famous as Morris cars.

The car's engine is a 2,322-cubic-centimetre and six-stroke inline-six cylinder, with a four-door saloon, with a wheelbase of 2,654 millimetres, length 4,369 millimetres, width 1,702 millimetres, height 1,676



Reconditioned Bogyoke's car together with Ko Zaw Htoo from the Htoo Auto Service, who restored it.

millimetres and weight 1,422 kilograms. Wolseley World Journal also listed the car Bogyoke had used as RG (Rangoon)

registration number 2874. The car has been restored and is now on display at the Bogyoke Museum. — Htun Htun/ZN

NATIONAL
BUSINESS



This photo showcases rice being sold at a reduced price at the Wahdan Rice Commodity Depot.

Wahdan Centre’s fairer rice sales
extended to four days weekly

THE Myanmar Rice and Paddy Traders’ Association (MRPTA) notified that consumers can buy rice at fairer prices at the Wahdan Rice Wholesale Centre in Lanmadaw Township from 11 am to 1 pm on Tuesdays, Wednesdays, Thursdays and Fridays.

The sales started in the second week of June last year. Earlier, the Wahdan depot offered fairer rice schemes only every Tuesday, Wednesday and Thursday. At present, one more day is added to the weekly affordable rice scheme. Moreover, mobile market trucks also offer rice at a fair price in the wards.

The Consumer Affairs Department under the Ministry of Commerce stated that reasonable market prices of rice were issued monthly, and non-compliance with the set prices is subject to legal action.

The Ministry of Commerce issued reasonable prices for all varieties; K59,000-K71,000 per 108-pound bag of non-premium rice varieties (Aemahta, Ngasein, Sinthukha, Ngasein Yak-yaw, Kayinma, Yadanatoe, Tunpu, GW-11, 747, Theepu, and Shweman, Hnankauk among others), K68,000-K78,000 per bag of rice varieties (Zeeya, Ngwetoe, Minaya, Hnankauk, Shweman) that are consumed locally and exported, K75,000 to K99,000 to Shwethwe, Anyatha, Pakan, Hmawby -2,3, 90-day short matured rice, Manaw Thukha, Sinthuka, Byawtun, Ayeyapadetha, Ayeyamin produced from Ayeyawady, Yangon and Bago regions, K90,000-K155,000 to moderate quality rice including Magyantaw, Ayeyamin and Ayeyapadetha produced from Mandalay, Magway, Sagaing, Nay Pyi Taw and upper Myanmar regions,

and premium Pawsan rice (Ayeyawady Pawsan, Shwebo Pawsan).

The retailers are not entitled to make a profit of more than eight per cent of the set reasonable market prices, the ministry announced.

If individuals have difficulty buying rice, they are urged to contact the Myanmar Rice Federation. Buyers can complain about overpricing to the Consumer Affairs Department and MRF.

MRF warned that overpricing, sales with inaccurate measurement and quality and non-compliance with directives are subject to fines and taxation and prosecution under Section 5 of the Essential Supplies and Services Law. Thus, rice millers, rice shops, traders and merchants are encouraged to follow the rules. — NN/KK

CBM pumps US\$3M, CNY700K
in financial market

THE Central Bank of Myanmar (CBM) injected over US\$3 million and 700,000 yuan into the financial market on 18 July and sold \$1.1 million into the edible oil-importing companies.

CBM sold over \$1.5 million to edible oil-importing companies on 17 July, in addition to an injection of over 756,260 yuan and 2,000 baht into the financial market.

CBM sold \$1.2 million, which were purchased from companies working on a Cut-Make and Pack basis to edible oil companies on 16 July.

CBM announced on 15 July that it would pump \$33 million into the fuel oil industry. In addition to injection of over 324,360 yuan into the financial market, CBM sold over \$771,290 million to the edible oil-importing companies on that day.

CBM sold over \$757,230 and 1.426 million yuan on 14 July. Furthermore, CBM sold over \$1.58 million to edible oil-importing companies and over \$359,230 to commodities-importing companies as well.

CBM sold over \$1.7 million to edible oil-importing companies on 11 July 2025.

CBM sold over \$1.5 million purchased from CMP companies to edible oil-importing companies on 10 July, in addition to the injection of \$621,000 and 600,000 yuan into the financial market.

CBM announced on 8 July that it would sell \$30 million to fuel oil importers. CBM also sold \$885,100, which was purchased from the CMP companies, to edible oil-importing companies.

CBM sold \$1.8 million and 1.3 million yuan on 7 July. Furthermore, CBM sold over \$1.87 million

to edible oil companies and over \$912,150 to commodities-importing companies on the same day.

CBM sold \$1.75 million to edible oil-importing companies and over \$481,540 to commodities-importing companies on 4 July, in addition to an injection of \$578,542 and 900,000 yuan into the financial market.

CBM sold \$678,000, 1.24 million yuan and 2.94 million baht on 3 July. CBM sold \$3.346 million to edible oil-importing companies, over \$578,400 to commodities-importing countries on that day.

CBM announced on 2 July that it would sell 10 million yuan to importers. CBM sold over \$1.593 million to edible oil-importing companies on that day.

CBM announced on 1 July that it would pump \$33 million into the fuel oil sector. CBM sold over \$1.15 million that purchased from CMP companies to edible oil-importing companies.

CBM sold \$8.4 million, 13.9 million baht and 5.2 million yuan in June 2025, in addition to an injection of \$14.9 million that was purchased from the CMP enterprises into the financial market.

CBM aims to curb the instability in the foreign exchange market and currency devaluation. According to CBM’s notification on 15 March 2024, it has been collaborating with law enforcement agencies to combat and prosecute those who attempt to manipulate the currency market under the existing laws. CBM allowed authorized dealers (private banks) to operate online foreign exchange trading freely as per the market rate, depending on supply and demand, starting from 5 December 2023. — NN/KK

Myanmar strives for bilateral trade with Russia, Belarus

THE Myanmar Trade Promotion Organization (MyanTrade) under the Ministry of Commerce held a hybrid meeting on 17 July regarding the importation of fertilizers from Russia and Belarus and the exportation of fishery products to those countries.

The MyanTrade director-general organized a work coordination meeting in order to

boost bilateral trade between Myanmar and Russia and Myanmar and Belarus, with officials from Myantrade and the ministries concerned, the economic attache in Russia, and representatives of the related institutions attending. They discussed import and export procedures, registration, rules and regulations, and standard norms, according to the Strategic

Trade Promotion Division.

Authorities concerned have recommended importing licences of over 670,000 tonnes of fertilizers and 11,000 tonnes of pesticide in the first quarter of the current financial year 2025-2026, beginning 1 April, according to the Urea Fertilizer Purchasing and Distribution Steering Committee. The Ministry of Commerce

also endorsed imports of fertilizers and pesticide. The committee will screen applications and will continue to recommend them.

The prices were set at K102,000 per 50-kilogramme bag of Urea fertilizers (large granular), K124,000 per 50-kilogramme bag of Rock Phosphate and K145,000 per 50-kilogramme bag of Di Ammonium Phosphate

in July.

The prices may vary a bit depending on transport charges in other regions and states, as the aforementioned prices are set for Yangon Region, MFSPEA stated. Additionally, consumers can complain about overcharging to the committee through contact numbers at 067 410032 and 09 988539360. — NN/KK

Japan’s Kansai Electric eyes construction of new nuclear plant

KANSAI Electric Power Co plans to launch a geological study in preparation for the construction of a nuclear power plant, sources familiar with the matter said Friday.

If realized, it would be the country’s first nuclear plant since the 2011 Fukushima disaster. The power company serving the greater Osaka region is looking to carry out the survey on the premises of the Mihama nuclear power station in Fukui Prefecture, the sources said.

The utility will brief the town of Mihama on the plan possibly next week, according to the sources.

As demand for electricity in Japan is expected to increase in the future, the government, as well as the power industry, has been discussing the need for a new or expanded facility to ensure a stable power supply.

For the construction of a nuclear plant, numerous steps would be required following a geological survey, with Kansai

Electric needing to draw up a basic design and submit it to the Nuclear Regulation Authority for approval before it could begin construction work. Whether the local community accepts the project will also be an essential part of the whole procedure.

Currently, the only nuclear reactor in operation at the Mihama station is the No 3 unit, while the other two units are set to be decommissioned. — Kyodo



File photo taken in March 2025 shows Kansai Electric Power Co’s Mihama nuclear power plant in Mihama, Fukui Prefecture. **PHOTO: KYODO**

Germany’s car exports to US plunge amid tariff hikes



Finished cars are seen in the car tower after coming off the assembly line for the Volkswagen (VW) ID3 electric car of German carmaker Volkswagen, at the ‘Transparent Factory’ (Glaeserne Manufaktur) production site of German carmaker Volkswagen (VW) in Dresden, eastern Germany, on 14 May 2025. **PHOTO: JENS SCHLUETER / AFP**

GERMANY’S car exports to the United States fell sharply in April and May after new tariffs from Washington took effect, despite only a modest overall decline of 1.9 per cent in the first five months of 2025, official data showed Friday.

According to the Federal Statistical Office (Destatis), vehicle shipments to the United States rose by 14.7 per cent year-on-year in the

first quarter. However, in April and May, exports plunged by 23.5 per cent after Washington imposed a 25 per cent tariff on vehicle imports from the European Union (EU).

The first-quarter surge was largely driven by front-loaded orders, as American customers rushed to buy ahead of the planned tariff hike initiated by US President Donald Trump. — Xinhua

Reliance Industries reports strong revenue growth in India

RELIANCE Industries Limited on Friday reported its April-June quarter gross Revenue increased by 6.0 per cent year on year to Rs 273,252 crore.

Coming to Jio Platforms, a subsidiary, the revenue increased by 18.8 per cent due to strong subscriber growth across mobility and homes, increased consumption and sustained positive momentum in digital services. Reliance Re-

tail Ventures reported its revenue has increased by 11.3 per cent. “All segments performed well, with market leading performance in grocery and fashion,” a statement from Reliance Industries said.

In the statement, it said Oil to Chemicals (O2C) revenue decreased by 1.5 per cent, due to a fall in crude oil prices and lower volumes on account of the planned shutdown. — ANI

CLAIMS DAY NOTICE

M.V SITC CHANGMING VOY.NO. (2508S)

Consignees of cargo carried on **M.V SITC CHANGMING VOY.NO. (2508S)** are hereby notified that the vessel will be arriving on **20-7-2025** and cargo will be discharged into the premises of **MITT** 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 OTANA BHUM VOY.NO. (231N)

Consignees of cargo carried on **M.V OTANA BHUM VOY.NO. (231N)** are hereby notified that the vessel will be arriving on **20-7-2025** and cargo will be discharged into the premises of **MITT/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 REGIONAL CONTAINER LINES

CLAIMS DAY NOTICE

M.V XO LUCKY VOY.NO. (X2515E)

Consignees of cargo carried on **M.V XO LUCKY VOY.NO. (X2515E)** are hereby notified that the vessel will be arriving on **20-7-2025** and cargo will be discharged into the premises of **MIP** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S TI2 LOGISTICS PTE LTD

WEEKLY WORLD NEWS DIGEST

JULY 19

China firmly opposes Canada's steel import restrictions

CHINA'S Ministry of Commerce said Friday that the country is strongly dissatisfied with and firmly opposes the Canadian government's recent restrictive measures on steel imports. The remarks were made by a ministry spokesperson in response to a media query on the issue.

Canada's Department of Finance recently announced that in response to US tariffs on steel and global steel overproduction, it will implement tariff rate quotas on a larger scale of imports while tightening the existing quotas starting 1 August, with surtaxes levied on imports beyond the quota limit. Additionally, a 25 per cent surtax will be imposed on imports from all countries other than the United States that contain steel melted and poured in China.

China hopes that Canada will immediately rectify its wrong practices. — Xinhua



Workers inspect seamless steel tubes at a plant of Ansteel Group Co, Ltd in Anshan, northeast China's Liaoning Province, 5 July 2019. **PHOTO: PAN YULONG/XINHUA**

JULY 18

Brazil police raid home of Bolsonaro

BRAZILIAN police raided Jair Bolsonaro's home Friday, as a judge imposed further restrictions on the far-right former leader while he stands trial on coup charges that have vexed US president and ally Donald Trump.

His son Eduardo Bolsonaro, a congressman who recently moved to the United States to lobby for his father, wrote on X that federal police carried out a "raid on my father's home this morning".

He lashed out at Supreme Court judge Alexandre de Moraes, a Bolsonaro adversary who on Friday ordered the ex-president to wear an electronic ankle bracelet, not leave his home at night, or use social media.

Moraes said the measures were necessary given the "hostile acts" against Brazil by the accused and his son. — AFP

JULY 17

Pope Leo says hopes to visit Türkiye

POPE Leo XIV confirmed Thursday he hoped to visit Türkiye in the coming months for a Christian religious commemoration, in what could be his first overseas trip as pontiff.

"I hope to be able to meet you again in a few months to take part in the ecumenical commemoration of the anniversary of the Council of Nicaea," Leo said at a meeting with members of an Orthodox and Catholic pilgrimage from the United States.

This year marks the 1,700th anniversary of the Council of Nicaea, a milestone in Church history, held in what is now the Turkish city of Iznik.

Convened by the emperor Constantine in 325 AD, the council was the first to bring together Christian bishops from across the Roman Empire. — AFP

JULY 16

Tibet sees steady tourism growth in H1

SOUTHWEST China's Tibet Autonomous Region saw 31.28 million tourist visits in the first half of 2025, up 11.67 per cent year on year, local authorities said Monday.

The figure represents 41.71 per cent of the region's annual target, according to the regional culture and tourism department.

Of the total, domestic tourist visits reached 31.09 million, up 11.57 per cent, while inbound tourist arrivals surged 31.2 per cent to 196,400.

Tourism revenue in the region totaled 31.55 billion yuan (about US\$4.4 billion) in the period, marking a 10.18 per cent year-on-year increase.

The region's cultural industry also posted robust growth in the first six months of the year, with total output exceeding 7.72 billion yuan, up 21.2 per cent year on year. More than 53,000 cultural events were held in the region during the period, the department said.

Tibet is enhancing infrastructure, public service facilities, and cultural protection projects, while promoting tourism in border and rural areas. — Xinhua

JULY 15

Tesla marks India entry with first showroom

TESLA unveiled its first showroom in India on Tuesday, marking its entry into the world's most populous country, as Elon Musk's electric vehicle company seeks new customers amid sagging sales in the United States and Europe.

The store opened its doors to select visitors after its inauguration by Maharashtra state chief minister Devendra Fadnavis in India's financial capital Mumbai.

Tesla has for years signalled its interest in India but held back due to the country's steep tariffs on electric vehicles.

Musk, who once described India as having "more promise than any large country", has also criticised its import duties, calling them among the "highest in the world".

New Delhi has offered to cut import taxes on electric vehicles for global auto-makers only if they commit to investing hundreds of millions of dollars and make cars locally.

Tesla has yet to announce plans to set up a plant in India. — AFP

JULY 14

UNESCO adds Maputo National Park to World Heritage list

THE United Nations Educational, Scientific and Cultural Organization (UNESCO) has officially added Maputo National Park to its World Heritage List during its 47th meeting in Paris.

The park, which encompasses terrestrial, coastal, and marine ecosystems, is home to nearly 5,000 species, enhancing biodiversity protection in the Maputo region.

It features diverse habitats, including lakes, lagoons, mangroves, and coral reefs, and has a long history of conservation dating back to 1932. The park was officially created in December 2021, merging the Maputo Special Reserve and the Ponta do Ouro Partial Marine Reserve, covering a total area of 1,718 square kilometres. — AFP

JULY 13

US pressures Africa to accept Venezuelan deportees

NIGERIAN Foreign Minister Yusuf Tuggar has stated that the US is applying significant pressure on African nations, including Nigeria, to accept Venezuelan nationals being deported from the United States, some of whom are former prisoners.

In a recent interview, Tuggar emphasized Nigeria's refusal to comply, citing the country's existing socioeconomic challenges. He argued that accepting such deportees could set a troubling precedent and complicate Nigeria's diplomatic relations with Washington.

Tuggar also linked this pressure to recent US policy changes affecting Nigeria, including tariffs and visa restrictions, while reaffirming Nigeria's commitment to diplomatic engagement and economic partnerships with the US. — Xinhua

SPORTS

Team Myanmar departs for friendly matches in China

THE Myanmar women's national football team departed on 19 July to play friendly matches in China as part of their preparations for the 2025 ASEAN Women's Championship.

The squad is led by head coach Yuki Tatsuro (Japan) and includes players such as goalkeeper Myo Mya Mya Nye-in (Thitsar Arman), defenders Hnin Pwint Aye and May Thet Mon Myint (Thitsar Arman), midfielder Khin Marlar Tun, and forwards San Thaw Thaw (Ayeyawady), Myat Noe Khin (Thitsar Arman), and May Htet Lu (LA Pierce College, USA).

Head Coach Yuki is taking 24 players on the China tour. Win Theingi Tun, who is currently playing for Sabah FC in Malaysia, will only join for the ASEAN Championship, while team captain Khin Marlar Tun has returned after recovering from injury.

The Myanmar women's team will train in China from 21 to 30 July and will play three friendlies, including one against the Chinese U20 women's national team. After completing the training camp, the team will travel directly to Vietnam, the host country of the 2025 ASEAN Women's



The Myanmar women's national football team is seen before departing for China.

Championship, which will take place from 6 to 19 August. Myanmar has been drawn into the same group as the Philippines, Australia, and Timor-Leste. — Maung San Gyi/KZL

Spain see off spirited Swiss to reach Euro 2025 semifinals

SPAIN reached the semifinals of Women's Euro 2025 on Friday after battling past Switzerland 2-0 as the world champions continued their bid for a first-ever European crown.

Athenea del Castillo and Claudia Pina scored the goals in the second half in Bern to give La Roja deserved passage to the last four where they will face either France or Germany on Wednesday.

But Montse Tome's team didn't have it all their own way as hosts Switzerland put up a brave fight in front of a passionate crowd at the Wankdorf Stadium.

The Swiss survived an early scare when Mariona Caldentey shot wide a ninth-minute penalty and from there did a great job in gumming up Spain's usually free-flowing football.

Pia Sundhage's players

acquitted themselves brilliantly in their home tournament and were given a loud round of applause from the majority of the nearly 30,000 supporters.

The Swiss, who finished the match with 10 women after Noelle Maritz was sent off in the final minute, had never progressed past the group stage of a Euros before and in the end Spain proved to be too much for the team ranked 23rd in the world. — AFP



Spanish forward Athenea del Castillo celebrates after opening the scoring against hosts Switzerland in Bern. PHOTO: AFP

Scheffler takes one-shot lead into British Open third round



Scottie Scheffler fired his lowest-ever round at a major on Friday. PHOTO: AFP

SCOTTIE Scheffler will take a one-shot lead into Saturday's third round of the British Open at Royal Portrush under the expectation to "dominate", according to his playing partner Matthew Fitzpatrick. The world number one eased to a magnificent seven-under par 64 in the second round to edge ahead of Fitzpatrick as he bids for a first Claret Jug, which would complete the third leg of a possible career Grand Slam.

Scheffler, who sits at 10-under for the tournament, will tee off at 3:35 pm local time (1435 GMT) alongside England's Fitzpatrick.

"He's going to have the expectation to go out and dominate. He's an exceptional player. He's

world number one, and we're seeing Tiger-like stuff," said Fitzpatrick. "I think the pressure is for him to win the golf tournament".

Fitzpatrick, on nine-under overall, is a shot ahead of 2023 champion Brian Harman and China's Li Haotong, who make up the penultimate group. With no other player within four strokes of the lead, the pressure is on the chasing pack to make the most of excellent scoring conditions in Northern Ireland and cut the gap.

Home favourite Rory McIlroy will need something spectacular to get back into contention for a second British Open title, getting his third round under way seven shots back. — AFP

Active lifestyle at any point in adulthood may extend lifespan

A recent analysis of 85 studies published in the British Journal of Sports Medicine reveals that adopting a physically active lifestyle significantly reduces mortality risk in adults.

Engaging in regular physical activity lowers the risk of dying from any cause by 30-40 per cent for those who are consistently active.

Even individuals who become active later in life experience a 20-25 per cent reduction in mortality risk. The study emphasizes that it is never too late to start an active lifestyle, as switching to a more active routine can extend lifespan.



Hikers ascend a trail to Mount Baldy Ski Resort, which is permitted to remain open amid nearby wildfire recovery closures, on 23 December 2024 near Mount Baldy, California. **PHOTO: MARIO TAMA/AFP**

Current recommendations suggest adults aim for 150-300 minutes of moderate-intensity

or 75-150 minutes of vigorous-intensity physical activity weekly. The researchers found that

higher levels of physical activity correlate with lower risks of death, particularly from cardio-

Adopting an active lifestyle at any age significantly reduces mortality risk, especially from cardiovascular disease.

vascular disease. Those who transitioned from inactivity to activity were 22 per cent less likely to die from any cause. However, the evidence regarding the impact of physical activity on cancer-related deaths remains inconclusive.

The study highlights that maintaining or increasing physical activity, even below recommended levels, offers significant health benefits, reinforcing the idea that any amount of physical activity is better than none. — ANI



Sunrise on Gili Trawangan with a view of Mount Rinjani, an active volcano on Lombok Island, Indonesia. **PHOTO: WIKIMEDIA COMMONS**

Indonesia temporarily closes Mt Rinjani hiking trail via Sembalun

The park authority emphasizes that visitor safety is a top priority.

INDONESIA'S Mount Rinjani National Park authority has temporarily closed the hiking trail via Pelawangan Sembalun leading to Segara Anak Lake on Lombok Island, West Nusa Tenggara.

Through its official social media account, the authority said that the temporary closure was due to repairs on the trail at coordinates -8.389789, 116.440320, the site of recent accidents involving foreign hikers.

“Visitor safety is our priority,” the

park authority said on Friday.

The closure also aims to improve eco-tourism facilities and strengthen sustainable management of the conservation area in Mount Rinjani National Park, it added. Alternative routes currently available to hikers include Senaru - Pelawangan Senaru - Lake - Torean, and Sembalun - Pelawangan Sembalun - Summit. The closure has been in effect since Wednesday, until further notice. — Xinhua

Aloha, Bavaria! Munich surfers riding wild river wave again

The Eisbach wave is a unique urban surfing destination, attracting thousands and enhancing Munich's vibrant surfing culture.

SURFING enthusiasts in Munich are celebrating the reopening of the Eisbach standing wave, a popular whitewater site in the Englischer Garten park.

The wave had been closed following a tragic incident in April, where a 33-year-old woman drowned during a nighttime surf session. After a thorough safety review and public petitions, authorities reopened the site, which is conveniently located near art museums and shopping areas.

Local surfers, like Moritz, express their excitement about the wave's return, highlighting its uniqueness as an urban surfing destination. The

Eisbach wave offers a different surfing experience compared to the ocean, as the water flows toward surfers rather than from behind. Irina, another reg-

wave as a “surfer's paradise”, with many surfers performing impressive tricks on the powerful wave. While the tragic incident raised safety concerns,



Picture taken with long time exposure shows a surfer riding on an artificial wave in the canal of the Eisbach river at the English Garden park in Munich, southern Germany. **PHOTO: CHRISTOF STACHE / AFP/FILE**

ular, visits the site three times a week, appreciating the energy it provides despite the need for caution due to rocks at the bottom.

The community has embraced the Eisbach

the local surfing community remains committed to enjoying this unique urban surfing experience, which has become an integral part of Munich's vibrant culture. — AFP