

Four Objectives of the National Defence and Security Council

- 1. To steadfastly strive for emergence of political forces and the people’s representatives who can implement a genuine, disciplined multi-party democratic system while constantly emphasizing on the national interests of the State.
- 2. To persistently strive for promoting the socio-economic life of the people through the development of agro-based industries in improving the agricultural sector, the vital foundation of the economic growth of the State.
- 3. To put emphasis on enhancing the national education and health sectors for sustainable development of the State.
- 4. To implement multi-party democratic system, with the participation of the people, to ensure the success of multi-party democratic general election process and successfully moving towards with the multi-party democratic system aspired by the entire people.

Sarso Beikman (Literati Building)
Commissioned in Yangon

Sarso Beikman was inaugurated to honour distinguished literati and serve as a centre for preserving and passing down literature and the arts to future generations

Only when the literary sector develops will the hearts and intellects of the country’s citizens flourish. Therefore, young people must be guided and trained in literature to enrich their knowledge and foster a strong love for their region and nation, said Prime Minister U Nyo Saw at the ceremony to commission the Sarso Beikman (Literati Building) of the Department of Printing and Publishing under the Ministry of Information yesterday.

The Prime Minister and his wife at-



Union Ministers and the Indian Ambassador cut the ceremonial ribbon to unveil the Sarso Beikman (Literati Building) yesterday.

tended the inauguration ceremony of Sarso Beikman, located on Bo Min Khaung Road in Mingala Taungnyunt Township of Yangon Region.

He recounted that from the earliest times, beginning with primitive culture and continuing through successive eras, literature and culture have flourished and

spread, serving as a strong foundation, and literature is the face of a nation’s culture.

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Initiate the implementation of digital technology

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Union Minister U Maung Maung Ohn signs condolence book for passing of Indonesian former Vice-President

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Rare 11th-century enlightenment relief on display at Bagan Museum

NATIONAL

Invitation to Peace Talks Reiterated to Restore Lasting Peace

- ❖ We have been consistently extending invitations for peace talks to restore durable peace within the country.
- ❖ It is necessary for all to collectively oppose and act against terrorist groups that are disrupting regional peace and stability.
- ❖ As the country’s development requires an abundance of educated human resources, we are striving to enhance the national education sector.

(An excerpt from the speech delivered by Acting President of the Republic of the Union of Myanmar and State Security and Peace Commission Chairman Senior General Min Aung Hlaing at the meeting on regional development measures with district and township level departmental officials and town elders in Homalin on 15 February 2026)

- **Let us encourage production for prosperity of the Nation.**
- **Let us ensure education sector for the development of the Nation.**
- **Let us protect our environment for the prosperity of the Nation.**

Objectives of 81st Armed Forces Day

- (a) To participate in national politics in a leadership role of the country, not to deviate from the path of democracy in accordance with the fundamental principles of the Constitution, safeguarding the national policy, the Three Main National Causes
- (b) To cooperate with the government and people in performing measures for State stability, ethnic unity and the nation’s development
- (c) To act with utmost care based on the agreements of NCA without deviating from the Three Main National Causes while serving duties for durable peace, as the resolution of armed conflicts play key role in moving towards a genuine and disciplined multiparty democratic pathway
- (d) To continuously improve three main tasks of Tatmadaw – Study, Practise, Comply – and the ability to apply modern technologies in structuring Tatmadaw into a Standard Army

Republic of the Union of Myanmar National Defence and Security Council Amendment to Nay Pyi Taw Council Law National Defence and Security Council Law 10/2026

2nd Waning of Taboung 1387 ME
4 March 2026

THE National Defence and Security Council hereby enacts this Law in accordance with Section 427 of the Constitution of the Republic of the Union of Myanmar:

1. This law shall be called the Amendment to the Nay Pyi Taw Council Law.
2. Subsection (c) shall be added behind Subsection (b) of Section 3 of the Nay Pyi Taw Council Law as follows: -
“(c). A Council member may be appointed as the Vice-Chairman and Vice-Mayor of the Nay Pyi Taw Development Committee.”
3. Subsection (c) of Section 3 of the Nay Pyi Taw Council Law shall be renumbered as Subsection (d).

I hereby sign this law under Section 427 of the Constitution of the Republic of the Union of Myanmar:

Sd/ Min Aung Hlaing
Senior General
Acting President

Republic of the Union of Myanmar National Defence and Security Council Amendment to Region or State Government Law National Defence and Security Council Law 11/2026

2nd Waning of Taboung 1387 ME
4 March 2026

THE National Defence and Security Council hereby enacts this law under Section 427 of the Constitution of the Republic of the Union of Myanmar:

1. This law shall be called the Amendment to the Region or State Government Law.
2. Subsection (b) of Section 4 of the Region or State Government Law shall be replaced as follows: -
“(b) Number of ministers for region or state shall be appointed with a minimum of five and a maximum of ten. The number of appointed ministers can be increased or reduced. When assigning ministers, one minister each for Yangon Region and Mandalay Region shall be appointed as the mayor. A member of the region or state government responsible for Development Affairs may also be assigned the role of the mayor in the region or state capital.

I hereby sign this Law under Section 427 of the Constitution of the Republic of the Union of Myanmar:

Sd/ Min Aung Hlaing
Senior General
Acting President

Myanmar Gazette

Head of Service Organization transferred and appointed

THE National Defence and Security Council has transferred and appointed U Aung Khaing Tun, Director-General of the Project Appraisal and Progress Reporting Department under the Ministry of National Planning, as Director-General of the Union Minister’s Office of the same ministry from the date he assumes charge of his duties.

MRTV to broadcast live Myanmar-India U17 friendly match

THE Myanmar U17 men’s football team, which has qualified for the 2026 Asian Cup, will play the second preliminary friendly match against the Indian U17 men’s football team at 6 pm on 5 March at Thuwunna Stadium in Yangon.

The match will be broadcast live on the MRTV Entertainment Channel starting at 5:45 pm. — MRTV/TH

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)

Public Notice

1. Reference is made to the Public Notice on fuel conservation issued on 3 March 2026. To facilitate public transport and ensure the smooth operation of businesses, the following vehicles are hereby added to the list of daily-use vehicles specified in paragraph 2, subparagraph (b), of the said notice:

 - (a) Vehicles transporting staff of factories, industries and government departments;
 - (b) Vehicles engaged in goods distribution;
 - (c) Vehicles used for operational purposes of factories, industries and government departments; and
 - (d) School buses and vans.
2. The use of daily-operating vehicles shall be strictly limited to essential trips, and the total number of vehicles in operation shall be kept to a minimum. Passengers and drivers must carry valid supporting documents or recommendations issued by the relevant departments to confirm that such vehicles are being used solely for the purposes stated above.

Information Team
National Defence and Security Council

Sarso Beikman (Literati Building) ...

FROM PAGE 1

He noted that only when the literary sector develops will the hearts and intellects of the country's citizens flourish. Therefore, young people must be guided and trained in literature to enrich their knowledge and foster a strong love for their region and nation.

He highlighted that all Myanmar people should overlook the contributions of monks, scholars, and intellectuals who have recorded the nation's customs, traditions, heritage, and ideas in writing. Therefore, the Sarso Beikman has been opened not only to honour and recognize the invaluable contributions of literati but also to serve as a place where literature and the arts are preserved and passed on to future generations. In addition, it is inaugurated to pay tribute to artistes from various fields of Myanmar culture, including literature, film, music, and theatrical performance.

Moreover, the Prime Minister expressed thanks to the Indian government, which contributed to the construction of the building, as the Head of State himself drove stakes for the building.

He underscored that as part of honouring the great literary



The Prime Minister and dignitaries look around the exhibits at yesterday's event.

scholars and esteemed writers, literary awards and honaria have been consistently and appropriately granted and increased over time to duly recognize their contributions.

He explained that the Sarso Beikman inaugurated today includes exhibits documenting the development of literature through the ages, the various types of literary awards granted by the government, award-winning books, records of eminent literary scholars, exhibition halls

and displays organized by different fields of the arts, as well as a small room (Mini Theatre) where literary talks and interactive exchange events can be held.

He urged monks, scholars, and artistes continue their efforts to develop cultural and artistic works, expressing his hope that in their respective fields they will continue to contribute to the interests of the nation and the public through these cultural and artistic achievements.

A video clip on the congratulatory speech delivered by the External Affairs Minister of India for the construction of the Sarso Beikman was screened. The Indian ambassador also made a speech on his participation in building the Sarso Beikman.

On the occasion, Union Ministers Lt-Gen Phone Myat, Lt-Gen Yar Pyae and U Maung Maung Ohn, the Indian Ambassador and Yangon Region Chief Minister U Soe Thein cut the ceremonial ribbon to open the

three-storey RC Sarso Beikman building.

The Prime Minister and the Indian Ambassador unveiled the stone post of the building, planted a Gangaw (Mesua ferrea) and sprayed the bronze plaque.

The Prime Minister and guests viewed around the artistic works and documentary photos in the building. At the theatre on the second floor, a video clip on the construction process of the building was screened.

Union Minister for Information U Maung Maung Ohn presented a gift to mark the opening of the building to the Prime Minister and the Indian Ambassador, who returned a gift to the Prime Minister.

Also, present at the ceremony were the commander of Yangon Command, deputy ministers, regional ministers, intellectuals and intelligentsia from various artistic arenas and departmental officials.

The Prime Minister and party enjoyed dances of the cultural troupe from India and the troupe of the Fine Arts Department under the Ministry of Religious Affairs and Culture. They also observed the People's Library of Sarpay Beikman. — MNA/TTA

NATIONAL

Public Notice

1. Due to the current global political situation, armed conflicts in the Middle East have caused obstructions and blockades along maritime traffic used for importing fuel by oil tankers.
2. To save fuel and ensure the sufficiency amid such a situation, starting from 7 March 2026, the private vehicles, commercial vehicles and buses have to abide by the following regulations: -
 - (a) On even-numbered dates of each month, only private vehicles bearing even-numbered licence plates (for example, 2A/---, 4A/---, etc.) and on odd-numbered dates, only private vehicles bearing odd-numbered licence plates (for example, 1A/---, 3A/---, etc.) may be driven. (EVs and EV motorcycles can be operated daily.)
 - (b) The public transport buses, taxis, fuel trucks, construction vehicles, cargo trucks, ambulances, hearses and municipal garbage trucks can be operated daily.
 - (c) Business owners and people are strictly prohibited from buying fuel to keep and reselling it at high prices.
3. Therefore, the above regulations shall remain in effect until further notice is issued. Anyone who violates these regulations will be taken action against under the existing laws.

Information Team
National Defence and Security Council

Gandakuti Chamber Shwekyawngtaw crowned with diamond orb, vane and golden umbrella in consecration ceremony

A ceremony to hoist a bejewelled diamond orb, a pennant-shaped vane and a golden umbrella atop the Gandakuti Chamber Shwekyawngtaw of the Maha Muni Buddha Image, which was renovated due to damage caused by the Mandalay earthquake, took place with the consecration in Kyunlone Oakshaung Ward, Chanmyathazi Township in Mandalay Region yesterday.

State Sangha Maha Nayaka Committee Chairman Abhidhaja Maha Rattha Guru Agga Maha Pandita Agga Maha Saddhamma Jotikadhaja Thanlyin Minkyaung Sayadaw Dr Bhaddanta Candima Bhivamsa, State Ovadacariya 16th Shwegyin Sangharaja Chancellor of Sitagu International Buddhist Academies and Sitagu Hospitals Abhidhaja Maha Rattha Guru Abhidhaja Aggamaha Saddhammajotika Dr Bhaddanta Nyanissara and members of the Sangha attended the ceremony.

National Defence and Security Council Executive Chief U Aung Lin Dwe paid homage to Maha Muni Buddha Image and offered an emerald bowl of alms, golden lotus robe, fruits, water and oil lights.

The Executive Chief and his



National Defence and Security Council Executive Chief U Aung Lin Dwe sprinkles scented water on the bejewelled diamond orb of the Gandakuti Chamber Shwekyawngtaw of the Maha Muni Buddha Image in Mandalay yesterday.

wife and congregation took the Nine Precepts from Thanlyin Minkyaung Sayadaw.

The Executive Chief and his wife offered the bejewelled diamond orb and offerings dedicated to the Lord Buddha to

Sitagu Sayadaw.

The Union ministers offered the pennant-shaped vane and other offerings to Thanlyin Minkyaung Sayadaw.

The regional chief minister, senior Tatmadaw officers from

the Office of the Commander-in-Chief and deputy ministers also donated offerings to members of the Sangha.

Sitagu Sayadaw and Masoeyein Taikthit Sayadaw delivered sermons, and the congregation

shared merits gained.

The Executive Chief and his wife, and party, conveyed the bejewelled diamond orb and the pennant-shaped vane to the venue in front of the pavilion. They also sprinkled scented water on these items.

Disciples conveyed the bejewelled diamond orb and the pennant-shaped vane atop the pagoda. The Executive Chief and party fixed the bejewelled diamond orb and the pennant-shaped vane atop the pagoda.

The Executive Chief and his wife, and the party, offered the day's meals to members of the Sangha.

The Executive Chief and party inspected the construction site of a 1,000-foot-long reinforced concrete Dohtawadi bridge located between mileposts 358-one furlong and three furlongs on the Yangon-Mandalay Expressway. The relevant officials reported on the construction processes, completed works, and the installation of bored piles.

The Executive Chief instructed the need to meet the standards, complete on time and ensure safety in the workplace. — MNA/KTZH

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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.

Union Minister U Maung Maung Ohn signs condolence book for passing of Indonesian former Vice-President

ON behalf of the Government of the Republic of the Union of Myanmar, Union Minister for Information U Maung Maung Ohn, signed the condolence book at the Embassy of the Republic of Indonesia in Yangon yesterday for the passing of Mr Try Sutrisno, the Sixth Vice-President of the Republic of Indonesia, who served from 1993 to 1998, on 2 March 2026.

Upon arrival, the Union minister met the Charge d’Affaires ad interim and officials of the Embassy of Indonesia at the Embassy Guest Hall, expressed his condolences, on behalf of the Government of the Republic of the Union of Myanmar, on the passing of Mr Try Sutrisno, for-

mer Vice-President of the Republic of Indonesia, and signed the condolence book. Mr Try Sutrisno, former Vice-President of the Republic of Indonesia, served as the Chief of Staff of the Indonesian Army from 1986 to 1988, and as the Commander of the Armed Forces of the Republic of Indonesia from 1988 to 1993. He passed away at the age of 90. — MNA

Union Minister U Maung Maung Ohn signs the condolence book on the passing of Mr Try Sutrisno, the Sixth Vice-President of the Republic of Indonesia, at the Indonesian Embassy in Yangon yesterday.



The Iftar ceremony organized by the Royal Embassy of Saudi Arabia to Myanmar in progress at the Lotte Hotel in Yangon yesterday.
PHOTO: ZWE HTET KO (IPRD)

Royal Embassy of Saudi Arabia in Yangon hosts Iftar ceremony

THE Iftar ceremony organized by the Royal Embassy of Saudi Arabia to Myanmar was held at the Lotte Hotel in Yangon last night. Yangon Region Chief Minister U Soe Thein, Yangon Region Development Minister U Bo Htay, officials from the Ministry of Foreign Affairs, diplomats from embassies to Myanmar based in Yangon, and other invitees and officials attended. Ceremony attendees were first welcomed by Mr Maziad Mohammed M Al Howishan, Ambassador-Designate of Saudi Arabia to Myanmar, followed by a display of traditional Saudi Arabian date palm dishes. Afterwards, Yangon Region Chief Minister U Soe Thein and Mr Maziad Mohammed M Al Howishan exchanged congratulations and best wishes for the development and prosperity of the two countries, posed for a documentary photo, and Mr Maziad Mohammed M Al Howishan hosted a dinner. — Zwe Htet Ko (IPRD)/TH

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MoE assures adequate fuel supply, urges calm over shortage concerns

DUE to the ongoing military conflicts in the Middle East, disruptions to fuel import routes are affecting countries around the world. In particular, Southeast Asian nations that rely heavily on crude oil and petroleum products from that region are likely to face impacts. In order to overcome these difficulties and challenges, countries worldwide are seeking ways to cooperate and address the situation collectively. Myanmar does not import fuel from Thailand. Instead, it primarily imports fuel by sea from Singapore and Malaysia. Arrangements have already been made to ensure that no

disruptions occur along the fuel supply chain. The Ministry of Energy has implemented measures to maintain fuel sufficiency in Myanmar, with reserves equivalent to approximately 40 days of supply already imported and stored. Fuel is being distributed nationwide by bowzers from Thilawa. Furthermore, in accordance with prior plans, additional supplies will be delivered by two vessels currently at Thilawa Port, six vessels en route, and eight vessels waiting to be loaded. Coordination has been carried out with relevant organizations to ensure the continuous arrival of fuel tankers from abroad. Preparations and contingency plans have also been put in place to respond effectively in the event of an emergency. The Ministry of Energy is closely monitoring developments concerning oil and natural gas. Therefore, the Ministry of Energy has urged the public not to be concerned about potential fuel shortages and to rely only on official announcements issued by the relevant authorities. The public is also advised not to believe unverified rumours and not to engage in unnecessary hoarding of fuel out of excessive concern. — Ministry of Energy / MKKS

from abroad. Preparations and contingency plans have also been put in place to respond effectively in the event of an emergency. The Ministry of Energy is closely monitoring developments concerning oil and natural gas. Therefore, the Ministry of Energy has urged the public not to be concerned about potential fuel shortages and to rely only on official announcements issued by the relevant authorities. The public is also advised not to believe unverified rumours and not to engage in unnecessary hoarding of fuel out of excessive concern. — Ministry of Energy / MKKS



Fuel tankers entering the Thilawa terminals.

NATIONAL

Union Info Minister observes filming of Myanmar-Korea joint drama series

UNION Minister for Information U Maung Maung Ohn visited the University of Foreign Languages, Yangon, to observe the filming of the Myanmar-Korea joint drama series yesterday. The production is being carried out as part of the Myanmar-Korea friendship and cultural exchange programme.

The Union minister enjoyed the filming of the discussion scene between the teacher and students, cordially greeted the artistes and presented the fruit basket to them.

The youth drama series All Pass is directed by Korean director Mr Shim Ki Won with a cast of 13 Koreans and nine Myanmar artistes. The filming will be made in the famous sites of Yangon from 26 February



Union Minister U Maung Maung Ohn warmly greets artistes of the filming of the Myanmar-Korea joint drama series at the University of Foreign Languages, Yangon, yesterday.

to the end of March, and also in Korea. The drama will be

broadcast on MRTV Channel and IHQ Channel.

The Union minister also inspected the upgrading of the

Wazira Cinema on the same evening, and the relevant officials reported on the upgrading work processes.

The Union minister noted that the electricity and water supply systems were completed, and the remaining work should be finalized as quickly as possible. He emphasized that while preserving the original architectural heritage of the theatre, the renovation should incorporate modern aesthetic elements and highlight the essence of the venue. The theatre should be capable of hosting international exhibitions, traditional ethnic events, and art exhibitions at a high standard.

He observed the renovation work of the Wazira Cinema. — MNA/KTZH

Naypyitaw State Academy English major students visit MRTV

ACCOMPANIED by 23 supervising teachers, a total of 157 students majoring in English at the Naypyitaw State Academy, from first year to master's level, visited Myanmar Radio and Television in Nay Pyi Taw-Tatkon yesterday morning.

The students were divided into two groups and observed

recording processes at the Audio Mastering Studio, the News Channel Studio and the Radio Recording Studio located in the main building of Myanmar Radio and Television.

They also toured the MRTV Diamond Jubilee Museum, where they viewed the exhibits on display. — MNA/MKKS



Students are pictured during their observation tours of MRTV.

31st Myanmar Military Medical Conference opens in Aungban with international participation



The 31st Myanmar Military Medical Conference in progress yesterday at the No 2 Defence Services General Hospital (700-bed) in Aungban.

THE 31st Myanmar Military Medical Conference opened yesterday morning at the No 2 Defence Services General Hospital (700-bed) in Aungban.

Chair of the Defence Services Medical Research and Development Committee and Director of Medical Services, Maj-Gen Ko Ko Lwin, delivered the opening address. Senior officers, professors, medical officers, nurses, medical specialists, officials from the Ministry of Health, retired senior officers, guests, and medical experts from Russia, Thailand, Vietnam, Laos, Bhutan, and India attended the event.

The conference is being held under the theme: "Strategic Management in Providing Battlefield Medical Protection During Challenging Periods."

It will run until 6 March.

Following the opening ceremony, the director of the Medical Services and guests toured the research poster displays.

On the first day, symposium sessions discussed topics including methods of cooperation to ensure combat readiness in battlefield injury management; the role of the Tatmadaw medical corps in natural disaster relief; training for medics in caring for battlefield casualties; sharing experiences in treating battlefield injuries in southern Shan State; handling forensic medical cases in mili-

tary hospitals; improving treatment quality for women's cancers through evolving clinical therapies; challenges in kidney transplantation; the historical record of the Defence Services Medical Research Unit; and conditions and challenges related to antimicrobial resistance. One special lecture was also presented.

Furthermore, 32 research papers covering medical science, obstetrics and gynaecology, microbiology, and nursing were presented.

A total of 488 participants from Tatmadaw hospitals and medical battalions attended in person, while 151 participants joined online. — MNA/KZL

Daily newspapers available online

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

News and Periodicals Enterprise

NATIONAL

31st Myanmar Military Medical Conference commences

THE opening ceremony of the 31st Myanmar Military Medical Conference took place at the stadium of the No 2 Tatmadaw Hospital (700-bed) in Aungban, Shan State (South), yesterday.

Shan State Chief Minister U Aung Aung, Adjutant-General from the Office of the Commander-in-Chief (Army) Lt-Gen Zaw Hein, Eastern Command Commander Brig-Gen Kyaw Naing Oo, Director of the Medical Services Maj-Gen Ko Ko Lwin, medical corps, officials of the Ministry of Health, Tatmadaw and civilian international medical experts and invitees attended the conference.

The Shan State chief minister, the adjutant-general and relevant officials cut the ceremonial ribbon to inaugurate the event



and had a documentary photo taken together with attendees.

At the event, the adjutant-general made the speech. The director of the Medical Services presented gifts to the Shan State chief minister and the adjutant-general, marking the 31st Myanmar Military Medical Conference.

They cordially greeted the attendees and observed the research posters and medical supplies. — MNA/KTZH

Shan State Chief Minister U Aung Aung and officials cut the ceremonial ribbon to inaugurate the 31st Myanmar Military Medical Conference in Aungban, Shan State (South), yesterday.

Mobile healthcare provided to quake victims, IDPs in Sagaing



The Myanmar Red Cross Society opens mobile clinics to provide primary healthcare to earthquake victims and temporarily displaced residents in Sagaing.

THE Myanmar Red Cross Society has announced that it is providing primary healthcare services through mobile clinics to those affected by the earthquake and to people temporarily displaced within the Sagaing Region.

In Sagaing, where many people were affected by the powerful earthquake, the Myanmar Red Cross Society has opened mobile clinics to deliver

primary healthcare services to victims and internally displaced persons. On 5 February, primary healthcare services were provided to 290 people at the IDP camp in the Moemeik Kone Myay of the Mingun area.

Similarly, from 23 to 27 February, mobile clinics were opened at ShwetaungU Monastery, Maha Thamudi Monastery, Thettawshay Monastery and in Magyigon Ward in Sagaing. During

this period, primary healthcare services were provided to 1,584 people. Three patients who required hospitalization were each given financial assistance of K300,000.

The Myanmar Red Cross Society, with the support of partner Red Cross organizations, operated these mobile clinics with the assistance of its staff and local Red Cross volunteers. — ASH/MKKS



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“Rights. Justice. Action. For ALL Women and Girls.”

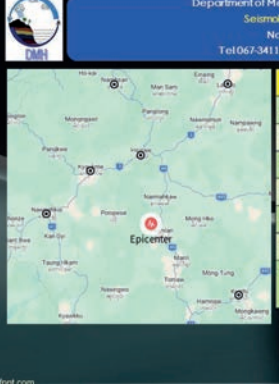
“တရားမျှတမှုနှင့် အခွင့်အရေးများရရှိရေး အမျိုးသမီးများအားလုံးအတွက် ဆောင်ရွက်ပေး”

၂၀၂၆ ခုနှစ်၊ မတ်လ (၈)ရက်

EARTHQUAKE

(Issued at 6:30 pm MST)

A slight earthquake of magnitude (4.2) Richter Scale with its epicentre inside Myanmar (about (27) miles southeast of Kyaukme), latitude 22.28°N, longitude 97.35°E, depth (14) kilometres, about (24) miles south-southeast of the Hsipaw Seismological Observatory was recorded at 18 hours six minutes five seconds MST on 4 March 2026. — DMH



Earthquake Information	
Date	4.3.2026
Time (MST)	18:06:05
Magnitude	4.2 (Slight)
Latitude	22.28°N
Longitude	97.35°E
Depth	14km
Region	About (27) miles SE of Kyaukme.

For More detail information
<https://www.moezala.gov.mm/>

Initiate the implementation of digital technology

THE Digital Myanmar Forum and Exhibition was held at the Yadanabon Teleport building within the Yadanabon New City project in PyinOoLwin on 27 and 28 February, with the aims of accelerating digital transformation in public service sectors, including government administration, enhancing cybersecurity knowledge, boosting the digital competitiveness of businesses, fostering connections between technologists and the workforce, and building a technological ecosystem.

To meet the goals of the ASEAN Digital Master Plan, it is necessary to strive to implement an Inclusive Digital Community, a Trusted Digital Ecosystem, an Innovative Digital Economy, a Future-Ready Workforce, and Sustainable Digital Transformation.

At present, artificial intelligence (AI) technology is rapidly advancing, prompting many ASEAN countries to prioritize the responsible use of AI. ASEAN nations are aligning their AI ethical

standards with one another to ensure safe AI applications. As digital systems expand, on-line fraud is also increasing. To combat this, ASEAN countries are strengthening information-sharing networks more than ever. In Yadanabon New City, young people have the opportunity to exchange ideas and showcase innovations, while local and international technology companies present new digital technologies, providing valuable support for national development.

This technology exchange event provides new opportunities for technology entrepreneurs, experts, and enthusiastic students to connect. It allows domestic technological innovations to be recognized and showcased, and opens up opportunities to manufacture locally based electronic devices and ICT equipment.

The youth of Myanmar already possess the capabilities to compete internationally. The government is supporting and providing opportunities to nurture the creative potential of young people, which bodes well for the country’s future development. Through technology exchange and exhibition events like the one in Yadanabon New City, young participants can create software, hardware, and innovative solutions capable of standing on the global stage. Student projects from such events are expected to serve as foundational building blocks for the development of Myanmar’s future digital economy.

The aim is to implement innovative technologies to facilitate smooth cross-border trade among ASEAN countries through digital systems, enable the effective use of AI and establish AI safety and security networks, enhance the digital knowledge and skills of the regional workforce, cultivate high-level technology experts and promote the use of technology within workplaces, and apply digital technologies to address environmental conservation and climate change challenges.

This technology exchange event provides new opportunities for technology entrepreneurs, experts, and enthusiastic students to connect. It allows domestic technological innovations to be recognized and showcased, and opens up opportunities to manufacture locally based electronic devices and ICT equipment. Technology is crucial for national development, and in line with the saying “Technology shapes the future,” the knowledge and experience gained from this event are believed to become a driving force for the country’s development.

CONTINUED FROM YESTERDAY

f. Psychological Factors

- Emotional eating, stress eating, and binge eating disorder contribute significantly.
- Depression, anxiety, and chronic stress elevate cortisol levels, promoting central adiposity.
- Weight stigma and discrimination paradoxically worsen outcomes by triggering avoidance of healthcare and increasing psychological distress.

g. Medications and Medical Conditions

- Certain medications (corticosteroids, antidepressants, antipsychotics, insulin, beta-blockers) promote weight gain.
- Medical conditions such as hypothyroidism, polycystic ovary syndrome (PCOS), Cushing’s syndrome, and sleep apnoea are associated with obesity.

6. Health Consequences

Obesity is not merely a cosmetic concern. It is a disease that significantly increases the risk of a wide range of serious, often life-threatening conditions. The health consequences of obesity span multiple organ systems and substantially reduce quality of life and life expectancy.

a. Metabolic Diseases

- Type 2 Diabetes Mellitus (T2DM): excess adiposity — especially visceral fat — drives insulin resistance. Obese individuals have a seven-fold higher risk of developing T2DM compared to those with normal weight. Myanmar faces a growing T2DM burden, with an estimated prevalence of 10-12 per cent in urban adults.
- Metabolic Syndrome: a cluster of conditions including abdominal obesity, dyslipidaemia, hypertension, and hyperglycaemia that dramatically elevates cardiovascular risk.
- Non-Alcoholic Fatty Liver Disease (NAFLD)/Steatohepatitis (NASH): affecting up to 25-30 per cent of obese individuals and capable of progressing to cirrhosis and liver cancer.

b. Cardiovascular Disease

- Obesity is an independent risk factor for hypertension, coronary artery disease, heart failure, atrial fibrillation, and stroke.
- Each 5 kg/m² increase in BMI above normal raises the risk of coronary heart disease by approximately 27 per cent.
- Cardiovascular diseases are the leading cause of death in Myanmar, and obesity contributes significantly to this burden.

c. Cancers

Obesity is a recognized risk factor for at least 13 types of cancer, including cancers of the breast (postmenopausal), endometrium, colorectum, kidney, oesophagus, pancreas, liver, gallbladder, stomach (cardia), thyroid, and meningioma. Worldwide, obesity-related cancers account for approximately 4– 8 per cent of all cancer diagnoses.

d. Respiratory and Sleep Disorders

- Obstructive Sleep Apnoea (OSA): affects up to 40-70 per cent of individuals with severe obesity; characterized by repeated nocturnal oxygen desaturation leading to daytime somnolence, hypertension, and cardiovascular risk.
- Obesity Hypoventilation Syndrome: reduced respiratory drive and hypercapnia in severely obese individuals.
- Worsening of asthma and reduced exercise tolerance.

e. Musculoskeletal Complications

- Osteoarthritis of weight-bearing joints (knees, hips, ankles) is a major cause of disability and impaired mobility.
- Chronic low back pain.
- Increased risk of fractures and impaired wound healing.

f. Mental Health Impact

- Depression: obesity and depression share bidirectional links;

WORLD OBESITY DAY 2026
Breaking Barriers to Healthier Lives

4 March 2026

By Dr Aung Tun

each condition increases the risk of the other.

- Anxiety disorders, low self-esteem, body image disturbance, and social withdrawal.
- Childhood and adolescent obesity are associated with bullying, social exclusion, and lower academic performance.

g. Reproductive Health

- In women: irregular menstrual cycles, PCOS, infertility, gestational diabetes, pre-eclampsia, and complications during labour and delivery.
- In men: hypogonadism, reduced testosterone levels, and erectile dysfunction.
- Intergenerational effects: maternal obesity programmes offspring for higher adiposity and metabolic disease risk.

h. Economic and Social Burden

Beyond individual health, obesity creates profound social and economic costs, including reduced workforce productivity, higher absenteeism, increased healthcare expenditure, and strain on national health systems. Myanmar’s health system – still recovering from the COVID-19 pandemic and other disruptions – has limited capacity to absorb a large-scale obesity-driven NCD epidemic.

7. Management of Obesity

Effective obesity management requires a comprehensive, person-centred, multidisciplinary approach. It is important to understand that obesity is a chronic, relapsing disease — not a personal failing — and that sustained, long-term support is essential for successful outcomes.

a. Lifestyle Interventions

Dietary therapy: No single diet is superior for all individuals, but effective dietary approaches generally emphasize a moderate caloric deficit (500–750 kcal/day below estimated needs), reduced consumption of ultra-processed foods and sugary beverages, increased dietary fibre (vegetables, fruits, whole grains, legumes), and a culturally appropriate, sustainable eating pattern. In Myanmar, practical strategies include reducing fried foods and sweetened tea intake, increasing vegetable portions in traditional meals, and choosing boiled or steamed preparations over deep-fried options.

Physical activity: The WHO recommends at least 150–300 minutes of moderate-intensity aerobic activity per week for adults, plus muscle-strengthening activities on two or more days per week. For weight loss, higher volumes (≥ 250 min/week) are often required. Walking, cycling, dancing, household chores, and traditional Myanmar physical activities (e.g., Chinlone) are all effective and accessible options.

Behavioural therapy: Cognitive-Behavioural Therapy (CBT), motivational interviewing, goal setting, self-monitoring (food diaries, step counting), stimulus control, and social support networks form the backbone of behavioural intervention for obesity.

b. Medical Management

Pharmacotherapy: Anti-obesity medications (AOMs) are indicated as adjuncts to lifestyle modification for individuals with BMI ≥ 30, or ≥ 27.5 (Asian cut-offs) with obesity-related comorbidities.

Currently approved agents include orlistat, GLP-1 receptor agonists (semaglutide, liraglutide), and combinations such as naltrexone/bupropion and phentermine/topiramate. GLP-1 receptor agonists have demonstrated remarkable efficacy, with semaglutide (2.4 mg/week) achieving a mean weight loss of 15-17 per cent in clinical trials. Access to these medications in Myanmar remains limited, and cost is a significant barrier.

c. Surgical Management

Bariatric surgery (e.g., Roux-en-Y gastric bypass, sleeve gastrectomy) is indicated for carefully selected patients with BMI ≥ 40, or ≥ 37.5 (Asian) with severe comorbidities, who have failed sustained non-surgical management. Bariatric surgery produces significant, durable weight loss and remission of T2DM in the majority of patients. Bariatric services are limited in Myanmar and remain largely inaccessible to the general population.



d. Psychological and Social Support

Given the significant mental health burden associated with obesity and weight stigma, psychological support, including counselling, peer support groups, and community-based mental health services, is an essential component of comprehensive obesity care. Healthcare providers in Myanmar are encouraged to adopt weight-neutral, non-stigmatizing language and practice compassionate, patient-centred care.

8. Prevention: What to Do and What to Avoid

Prevention is the most powerful and cost-effective strategy against obesity. The following evidence-based guidance is tailored

for Myanmar communities, drawing on both global recommendations and local context.

a. What to DO

- Eat a balanced, diverse diet rich in vegetables, fruits, whole grains, legumes, and lean proteins at every meal.
- Choose traditional Myanmar foods that are naturally nutritious: soups (Hin), steamed fish, tofu, lentils (Pepyoke), and a wide variety of local vegetables.
- Drink water as your primary beverage – aim for 6-8 glasses per day. Replace sugary drinks (soft drinks, sweetened tea, energy drinks) with plain water or unsweetened herbal teas.
- Be physically active every day: aim for at least 30 minutes of brisk walking or equivalent moderate exercise. Incorporate activity into daily routines — walk or cycle to school/work, take stairs, engage in household tasks actively.
- Ensure children and adolescents get at least 60 minutes of moderate-to-vigorous physical activity daily, as recommended by WHO.
- Practise mindful eating: eat slowly, savour meals, avoid distractions (screens) while eating, and stop when comfortably full.
- Maintain regular meal times and avoid skipping breakfast – irregular eating patterns are associated with higher obesity risk.
- Monitor weight and waist circumference regularly. Know your BMI and waist circumference. Seek healthcare advice if values exceed healthy thresholds.
- Prioritize seven-nine hours of quality sleep each night – sleep deprivation disrupts appetite-regulating hormones (leptin and ghrelin) and promotes weight gain.
- Manage stress through healthy coping strategies: exercise, social connection, hobbies, mindfulness, or prayer – not food.
- Breastfeed infants exclusively for the first 6 months of life – breastfeeding is protective against childhood obesity.
- Attend regular health check-ups and screenings for blood pressure, blood glucose, and cholesterol — especially if overweight.
- Support children’s healthy habits at home: limit screen time (≤ two hours/day for school-age children), encourage outdoor play, and provide nutritious family meals.

b. What to AVOID

- Avoid consuming large quantities of ultra-processed foods: instant noodles, fried snacks, fast food, packaged biscuits, and high-sugar pastries.
- Avoid sugar-sweetened beverages: carbonated soft drinks, sweetened condensed milk tea, energy drinks, and commercial fruit juices with added sugars.
- Avoid prolonged sedentary behaviour: sitting or lying down for more than two-three hours without breaks. Stand up and move every 30-60 minutes, particularly during work or study.
- Avoid excessive screen time – especially for children and adolescents. Smartphone and social media use displaces physical activity and is associated with poorer dietary choices.
- Avoid late-night eating, large late meals, and snacking after dinner – timing of food intake affects metabolic health.
- Avoid relying on crash diets, extreme caloric restriction, or unproven weight-loss products and supplements – these are ineffective long-term and may be harmful.
- Avoid weight stigma and body-shaming – these worsen mental health and reduce engagement with healthy behaviours. Foster a supportive, compassionate home and school environment.
- Avoid alcohol – alcohol is calorie-dense (7 kcal/gram), stimulates appetite, and impairs metabolic function.
- Avoid purchasing food primarily based on price and convenience without considering nutritional value — read labels where available.
- Avoid assuming that being thin means being healthy — metabolically obese normal-weight (MONW) individuals may have unhealthy fat distribution and lifestyle risks.

SEE PAGE 12

NATIONAL



The 11th-century Enlightenment relief displayed at the Bagan Archaeological Museum.

Rare 11th-century enlightenment relief on display at Bagan Museum

BAGAN Archaeological Museum is showcasing a remarkable 11th-century sandstone relief depicting the Buddha’s Enlightenment underneath the Bodhi tree. Housed in the museum’s main gallery among the Eight Great Scenes of the Buddha’s life, the single-block carving portrays Prince Siddhartha’s renunciation, his victory over Mara, and the moment of Enlightenment. The artwork, recovered from the Myinkaba Nagayon Temple area, reflects distinctive 11th-century features including the Bhumi Sparsha mudra (earth-touching gesture), finely detailed robe lines, beaded hair curls and elongated fingers. Experts say the sculpture stands out for its intricate craftsmanship and strong iconographic elements typical of early Bagan artistry. Visitors to Bagan can study the relief up close as part of the museum’s permanent collection. — Dipalin/KZL

BE Falls Resort hosts Thingyan Yein dance competition

IN honour of the Myanmar Thingyan Festival, the BE Falls Resort will host a Thingyan Yein dance competition to promote Myanmar cultural heritage, featuring Yein dance (traditional Myanmar troupe dance). A dance troupe will have to comprise three dancers, and dance moves will have to follow the video presented by BE Falls. Video quality will be high resolution, and costumes will have to follow Myanmar culture. The competition period is until 11 April, and anyone who loves the Myanmar Yein dance can participate. Registration can be made directly to BE Falls as well as through the Facebook page chat box, TikTok chat box or Viber. Videos will have to be submitted via Telegram and will be uploaded on Facebook, TikTok and YouTube channels with the BE Falls Thingyan frame. The marking system is 10 points for costume, 10 points for video quality, 10 points for hand movement, 10 points for artistry of Yein dance and 10 points for background scenery, totalling 50. First prize is K300,000, second prize is K200,000, and third prize is K100,000, respectively. Each K100,000 will be presented for the popular award and the best Myanmar costume award. — MT/ZS



BE.FALLS TIKTOK

ပြန်ဟယ်မ်းအကပြိုင်ပွဲ

ပထမဆု - ၃၀၀၀၀၀ ကျပ်

ဒုတိယဆု - ၂၀၀၀၀၀ ကျပ်

တတိယဆု - ၁၀၀၀၀၀ ကျပ်

လူကြိုက်အများဆုံးဆု - ၁၀၀၀၀၀ ကျပ်

မြန်မာဝတ်စုံဆု - ၁၀၀၀၀၀ ကျပ်

အသေးစိတ်ဆွဲစဉ်းရန်

09 670375762



This image shows the BE Falls Thingyan Yein dance (traditional Myanmar group dance) competition.

Second batch of OJT for traditional stilt house maintenance opens in Inlay



Instructors conduct the second batch of the OJT for traditional stilt house conservation in Inlay on 3 March.

THE second batch of the On-the-Job Training (OJT) for carpenters specializing in the conservation of traditional stilt houses in the Inlay region began a one-month course on 3 March, according to the Myanmar Construction Entrepreneurs Federation (MCEF). The programme aims to

preserve regional architectural heritage. The opening ceremony was held on that day in Nan Pan Village, Nyaungshwe Township. The training will be conducted across Nanpan, Inpawkhon, and Hatpone villages from 3 March to 3 April. A total of 20 trainees are currently enrolled in this batch, with a plan to train up to 60 participants. During the introductory session, trainees and instructors exchanged greetings. Lead instructors – U Yan Naing Maung, U Than Naing Aye, Daw Phyu Phyu Aye, and Daw Pan Hanni Aung – briefed the students on essential conduct, technical foundations, Personal Protective Equipment (PPE), and calculating timber measurements. – MT/ZN

Myanmar Daily Weather Report

(Issued at 7 pm Wednesday 4 March 2026)

BAY INFERENCE: Weather:is a few clouds to partly cloudy over the South Andaman Sea and South Bay of Bengal, and generally fair over the North Andaman Sea and elsewhere over the Bay of Bengal.

FORECAST VALID UNTIL NOON OF 5 March 2026: Isolated light rain or thundershowers are likely in Mandalay, Magway, Sagaing Regions and Kachin, Chin, Shan States. The degree of certainty is 60 per cent. Weather will be partly cloudy in Taninthayi Region and Kayah, Kayin, Mon States and generally fair in the remaining Regions and States.

STATE OF THE SEA: The sea will be slight to moderate in Myanmar waters. Wave height will be about 4-6 feet off and along the Myanmar Coasts.

OUTLOOK FOR THE SUBSEQUENT TWO DAYS: Likelihood of slight increase of day temperatures in Nay Pyi Taw, Yangon, Mandalay, Bago, Magway, Sagaing, Ayeyawady, Taninthayi Regions and Rakhine, Kayin, Mon States.

FORECAST FOR NAYPYITAW AND NEIGHBOURING AREA FOR 5 March 2026: Generally fair weather.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 5 March 2026: Generally fair weather.

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 5 March 2026: Partly cloudy. — DMH

MPT and CMHL collaborate for digital ecosystem



This image illustrates an MPT advert to enhance customer experience in the digital ecosystem.

MYANMAR’S leading telecom operator, MPT and retail and grocery market leader City Mart Holding Co, Ltd (CMHL) have launched a strategic collaboration in their service offers and other business cooperation, according to MPT. This collaboration will reflect the goal of the two institutions to offer new opportunities that enable connection between digital services and the retail trading sector, and aims to help subscribers use digital services more conveniently for long-term use, make their inclusion stronger and offer a valuable service.

Through this collaboration, millions of subscribers across Myanmar can enjoy exchanging rewards for products at the CMHL retail trading network and the nationwide coverage of MPT’s digital platform. “MPT, a firmly established brand in Myanmar, is committed to developing the digital lifestyle of more than 20 million subscribers, rather than communication. Through this strategic cooperation with CMHL, we can promote our services stretching to external retail shops, beyond your mobile phone screen. This is a collaboration between services that we have offered; we can provide better services and more rewards to our subscribers easily. We’re very proud that we had a chance to work together with a retail market leader, CMHL, to offer innovative services to our subscribers,” said MPTJO chief executive officer U Myo Than. CMHL CEO U Phyo Min Kyaw said, “CMHL has been looking for innovative approaches to provide city rewards that are closer to the daily life of our customers. Our collaboration with MPT will connect retail trading and digital lifestyle through a more efficient point exchanging experience. We made this collaboration to help our subscribers more conveniently, to give more rewards and bridge the connection between subscribers of the two brands.” — MT/ZS

MRPDA to open AML/CFT, realtor safety awareness training for free

MYANMAR Real Property Development Association (MRPDA) (Yangon branch) will conduct Anti-money laundering and Counter-Financing Terrorism (AML/CFT) awareness and realtors safety awareness training on 30 March 2026 for free at the Royal Ballroom of Sky Star Hotel in East Horse Race Course Road in Tamway Township from 9 am to 5 pm. Those interested realtors and members of MRPDA are invited to attend the training on AML/CFT awareness by the officials of the Department of General Administration, municipal land act by YCDC’s officials, property tax by officials of the Internal Revenue Department, digital marketing to boost real estate sales by Saya Lynn Thaik Nyunt and Financial Action Task Force’s recommendations (internationally endorsed global standards) by MRPDA Vice-Chair U Wunna Soe.

Upon the completion of the training, MRPDA will help attendees seek a realtor licence in the respective townships. Those interested realtors can also join the association by presenting five licensed photos and copies of their citizenship scrutiny card and household registration to attend the training. Members who want to attend the training need to provide a membership card or membership fee receipt and a licensed photo. Interested individuals need to register by 29 March during office hours at the MRPDA’s office at 248 B on the fourth floor on East Horse Race Course Road in Tamway Township at 09 780486747, 09 5037488 (Daw Lwin Lwin May), 09 769067606 (U Bo Ni Win), 09 265261300 (Daw Khin Thidar Tun), 09 5080315 (Daw Aye Aye Nwe aka Ohnmar), 09 897935569 (Daw Myat Kay Khine Soe). — NN/KK

Applications invited for 2026-2027FY Veterinary and Slaughterhouse licences

THE Veterinary and Production Department under the Yangon City Development Committee (YCDC) announced that seeking Veterinary and Slaughterhouse licences for the 2026-2027 financial year is open at present. The Department will grant meat production licences for cattle, sheep, goat and pigs at the designated slaughterhouses in the respective townships. Applications for the Veterinary and Slaughterhouse Licence for cattle, goat, sheep and

pig in the Ywathagyi area and Hlinethaya Livestock Farming Zone, licence for cattle, goat and sheep in Shwepyitha Township, licence for cattle and pig in Dala and licence for cattle in Seikkyi Kanaungto Township can be submitted by 10 March by filling in personal and business information of the licensee through www.ycdc.gov.mm. Individuals can enquire about details through the deputy head of the Department (director) at 09 5125303 and the assistant director at 09 250179941. — NN/KK

CBM pumps US\$2M to edible oil, fuel oil import sectors

THE Central Bank of Myanmar (CBM) injected US\$1 million each to edible oil and fuel oil import sectors on 3 March, along with selling over 470,990 yuan and over 631,800 baht in the foreign exchange market. CBM sold over \$35 million, 34 million baht and over three million yuan in February. CBM sold over \$43 million, 65 million baht and over four million yuan in January 2026. 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



Greenbacks are seen at the currency exchange counter. 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

Daily newspapers available online

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

News and Periodicals Enterprise



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WORLD

WORLD OBESITY DAY 2026

FROM PAGE 9

9. Call to Action – World Obesity Day 2026

The World Obesity Federation's call to action for 2026 addresses five key stakeholder groups:

For Individuals and Families

- Take charge of your health today – make one positive dietary or physical activity change this week.
- Talk openly about weight and health with family members, without blame or shame.
- Share evidence-based information about obesity within your community and on social media.
- Advocate for your right to compassionate, non-stigmatizing healthcare.

For Healthcare Professionals

- Adopt a compassionate, patient-centred approach to discussing weight – use people-first language ("person living with obesity" rather than "obese person").
- Screen proactively for overweight, obesity, and related comorbidities at every clinical encounter.
- Provide evidence-based, multidisciplinary treatment and refer appropriately.

- Engage in continuing medical education (CME) on obesity as a chronic disease.

For Schools and Educational Institutions

- Implement comprehensive, age-appropriate nutrition and physical activity education in the curriculum.
- Create healthy food environments in school canteens – limit sugary drinks and ultra-processed snacks.
- Provide daily structured physical education and safe spaces for unstructured play.
- Foster anti-bullying environments and address weight-based stigma among students.

For Communities and Local Leaders

- Advocate for urban planning that supports active transport: safe footpaths, cycling infrastructure, and accessible parks.
- Support local farmers' markets and community gardens to improve access to fresh, affordable produce.
- Organize community health fairs, wellness walks, and public fitness events.
- Engage religious leaders, community elders, and

women's groups as champions for healthy lifestyle promotion.

For Policymakers and Government

- Develop and implement a National Obesity Prevention and Control Strategy for Myanmar, aligned with the WHO Global Action Plan for NCDs.
- Introduce fiscal policies: taxes on sugar-sweetened beverages; subsidies on fruit, vegetables, and whole grains.
- Implement mandatory front-of-pack nutritional labelling on processed foods.
- Regulate the marketing of unhealthy foods and beverages to children.
- Integrate obesity screening and management into primary healthcare and national NCD programmes.
- Fund research on the epidemiology, determinants, and cost-effective interventions for obesity in Myanmar.

10. Conclusion

Obesity is one of the defining public health challenges of the 21st century – a multifactorial, chronic disease with devastating consequences for individuals, families, communities, and

nations. It is no longer a distant problem of wealthy societies; it is here, it is growing, and it is preventable.

Myanmar stands at a critical juncture. The country's adolescents – as documented in GSHS 2016 – are already exhibiting the behavioural risk factors that predict rising obesity rates in the coming decades: physical inactivity, poor dietary patterns, and excessive sedentary time. The window for effective preventive action is now.

World Obesity Day 2026 reminds us that breaking the barriers to healthier lives requires action at every level – from the individual choices we make at the dinner table to the policies that shape our food and physical environments. Obesity is not an individual failure; it is a societal challenge that demands a societal response.

Every person, family, school, healthcare facility, community organization, and government body has a role to play. Let us use this World Obesity Day to commit to meaningful, sustained action – for ourselves, for our children, and for the health of our nation.

"Your health is your most valuable asset. Protect it – today, together."

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AI not hitting European jobs for now: ECB

Firms that use AI particularly frequently were in fact four per cent likelier to hire new staff than average.

ARTIFICIAL intelligence has only had minor effects on employment in Europe so far, European Central Bank economists said Wednesday, but they warned the technology's future impact was uncertain.

Comparing 3,500 firms, some of which reported using AI and some of which did not, the economists overall found no difference in terms of creating or cutting jobs.

Firms that use AI particularly frequently were in fact four percent likelier to hire new staff than average, the economists said in a blog post.

"As things stand, based on

firms' overall hiring plans, investment in and the intensive use of AI are not yet replacing jobs," they said.

"In fact, some firms are hiring additional employees – perhaps because they are looking to develop and implement AI technologies while maintaining their existing production processes, or because AI is a way to help them scale up more quickly," they added. The economists warned that firms that invested in AI with the aim of cutting jobs did indeed end up doing so, suggesting there could be profound effects on jobs as the technology matures. — AFP



A BMW worker on a production line at Dingolfing, southern Germany. PHOTO: AFP/FILE



File photo taken on 15 February 2012 shows cows on a field of New Zealand dairy giant Fonterra in western North Island's Taranaki area in New Zealand. **PHOTO: HUANG XINGWEI/XINHUA/FILE**

New Zealand exports up US\$1.3 bln in Q4 on dairy, meat, tourism gains

NEW Zealand's exports rose by 2.2 billion NZ dollars (US\$1.3 billion) in the December 2025 quarter, driven by strong performances in dairy, meat and tourism sectors, its top trade official said Wednesday.

Total exports reached 29.2 billion NZ dollars

(US\$17.23 billion) for the December quarter, and two-way trade climbed to 61.2 billion NZ dollars (US\$36.12 billion) during the period, Stats NZ reported.

Trade and Investment Minister Todd McClay underscored the importance of trade to the economy,

on which one in four jobs depends.

Among top export earners, dairy rose 10 per cent, tourism 9.4 per cent and meat 21.4 per cent for the December quarter, compared with the same period last year, according to the statistics department. — Xinhua

It is a same person

The son of (father) Thein Win Tun (12/La Tha Na (Naing) 001797) residing at No. (146), Shwe War Street, Man Aung Ward, Tamwe Township although the name in the census is **Bhone Thuta Myat** and the school name is **ROL GALILEO YANG**, they are the same person.

It is a same person

The daughter of (father) Thein Win Tun (12/La Tha Na (Naing) 001797) residing at No. (146), Shwe War Street, Man Aung Ward, Tamwe Township although the name in the census is **Ei Myat Noe Oo** and the school name is **ROMECA**, they are the same person.

CLAIMS DAY NOTICE

M.V UNI ACCORD VOY.NO. (842N)

Consignees of cargo carried on **M.V UNI ACCORD VOY.NO. (842N)** are hereby notified that the vessel will be arriving on **5-3-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M 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 EVERGREEN MARINE (ASIA) PTE LTD.

CLAIMS DAY NOTICE

M.V SINAR BINTAN VOY.NO. (919N)

Consignees of cargo carried on **M.V SINAR BINTAN VOY.NO. (919N)** are hereby notified that the vessel will be arriving on **5-3-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

No claims against this vessel will be admitted after the Claims Day.
Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S SAMUDERA SHIPPING LINE

Adidas shares slump on outlook, Mideast war impact uncertain

ADIDAS'S shares slumped Wednesday after its 2026 outlook disappointed investors, while the German sportswear giant said any potential impact on its business from the Middle East war was still unclear.

The maker of Gazelle and Samba trainers forecast operating profit would

rise to 2.3 billion euros (\$2.7 billion) in 2026, despite a 400-million-euro hit from US tariffs and negative exchange rate effects.

The group's shares fell about eight percent on the Frankfurt Stock Exchange to around 137 euros, adding to a steady slide in the stock in recent months. — AFP



Adidas's shares slumped Wednesday after its 2026 outlook disappointed investors, while the German sportswear giant said any potential impact on its business from the Middle East war was still unclear. **PHOTO: AFP/FILE**

CLAIMS DAY NOTICE

M.V MCL 9 VOY.NO. (21N)

Consignees of cargo carried on **M.V MCL 9 VOY.NO. (21N)** are hereby notified that the vessel will be arriving on **5-3-2026** and cargo will be discharged into the premises of **YIGTL** 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 A.M to 11:20 A.M and 12 NOON to 4 P.M 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 MAWLAMYINE CENTURY LOGISTICS COMPANY LIMITED

CLAIMS DAY NOTICE

M.V BLPL FAITH VOY.NO. (3603S)

Consignees of cargo carried on **M.V BLPL FAITH VOY.NO. (3603S)** are hereby notified that the vessel will be arriving on **5-3-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M 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 BLPL SHIPPING LINE

CLAIMS DAY NOTICE

M.V TAY SON 1 VOY.NO. (AR1920)

Consignees of cargo carried on **M.V TAY SON 1 VOY.NO. (AR1920)** are hereby notified that the vessel will be arriving on **6-3-2026** and cargo will be discharged into the premises of **MIPL** 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 A.M to 11:20 A.M and 12 NOON to 4 P.M 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 GLOBAL MARS SHIPPING PTE LTD

ROLLING UPDATES
WORLD

S Korea’s Lee hopes to improve ties with Japan for “friendly new world”



South Korean President Lee Jae Myung makes a speech in Seoul on 1 March 2026, to commemorate the 1919 independence movement against Japan’s colonial rule. PHOTO: YONHAP/KYODO

SOUTH Korean President Lee Jae Myung on Sunday called on Japan to maintain the recent thaw in ties to help usher in a “friendly new world” based on mutual understanding and reciprocal visits by each other’s leaders.

In his first speech to commemorate the 1919 independence movement against Japan’s colonial rule since becoming president, Lee reiterated the importance of co-operation between South Korea and Japan in the face of a rapidly shifting international landscape.

“Now, as we face the harsh international situation, is the very time for South Korea and Japan to respond to reality and

open up the future together,” Lee said, expressing willingness to pursue a pragmatic foreign policy approach.

He said the two countries, in the six decades since establishing diplomatic relations in December 1965, have already advanced ties as “close neighbors with a common front yard” across all areas, including the diplomatic, economic, social and cultural fields.

Lee said the two countries should continue to create a “friendly new world based on genuine mutual understanding and empathy,” though some of the victims of the history between the two nations or the victims’ family members are still living. — Kyodo

Latest developments in Middle East war

IRAN claimed total control of the key energy transit Strait of Hormuz on Wednesday, the war’s fifth day, as Israel hit Iran with fresh strikes and advanced into Lebanon against Tehran-backed Hezbollah militants.

Here are the latest developments:

- The funeral for Ayatollah Ali Khamenei that was due to take place on Wednesday evening has been postponed, state television announced, “in anticipation of unprecedented turnout”. A new date will be announced later, it said.
- Iran is “trying” to quickly appoint a successor to Khamenei as supreme leader, despite the ongoing US-Israeli bombardment, state TV reported.
- The Revolutionary Guards said Iranian forces had “complete control” of the Strait of Hormuz, a vital route for world oil and gas supplies, and any vessels seeking to pass risked damage from missiles or stray drones.

- The Israeli army entered the southern Lebanon town of Khiam, Lebanese state media reported on Wednesday, as part of a ground incursion against Iran-backed Hezbollah militants.
- Hezbollah said it had targeted the headquarters of Israel Aerospace Industries, in central Israel, overnight with a drone attack and had also launched a missile at a drone control base.
- Saudi Arabia intercepted a drone attack targeting its massive Ras Tanura refinery, the defence ministry said, following an earlier hit on the complex this week.
- The UAE’s ministry of defence said its air defences “successfully engaged today (4 March 2025) with three ballistic missiles and detected 129 drones, of which 121 drones were intercepted while eight fell on state territory”.
- Qatar’s military said it was targeted “at dawn today, by 10 drones and two

- cruise missiles coming from the Islamic Republic of Iran,” with all of the projectiles intercepted by its forces.
- Iran has no intention of negotiating with the United States and can continue the war for “as long as we want”, Mohammad Mokhber, a senior aide to the late Ayatollah Khamenei, told state TV.
- Prime Minister Keir Starmer on Wednesday defended his handling of the US-Israeli war against Iran after President Donald Trump launched a scathing attack over the British leader’s initial refusal to allow the Americans to use UK air bases.
- Bahrain said on Wednesday that residents could register as volunteers to aid war efforts in sectors including health, engineering, logistics and administration, as Iran pressed on with its Gulf retaliation campaign. — AFP

Nuclear deterrence remains cornerstone of global security: Kremlin

THE negotiations on strategic stability should include the participation of Europe’s nuclear powers, the Kremlin spokesman Dmitry Peskov said.

“Indeed, nuclear deterrence remains the cornerstone of global security. This is very important,” Peskov told reporters, commenting on the issue of nuclear deterrence.

His other statements:

European countries have not asked Russia to resume or increase energy supplies in light of Iran escalation

Hungary and Slovakia, which buy Russian oil, are facing blackmail from Ukraine

Putin is meeting with the Hungarian Foreign Minister Peter Szijjarto at the Kremlin later on Wednesday — SPUTNIK



Kremlin spokesman Dmitry Peskov. PHOTO: SPUTNIK/FILE

SPORTS

MSL 2026 to feature 16 men’s and women’s clubs at Thuwunna Stadium

THE Myanmar Sepak Takraw League will see a total of 16 men’s and women’s clubs competing, according to the Myanmar Sepak Takraw Federation.

A total of 10 men’s teams will take part: San Nyunt Club (Mandalay), USL (Taungoo, Bago Region), Mon State, Youth Camp (Nay Pyi Taw), Ayeyawady, Dway Mae Naw (Yangon), CK Club (Hlegu), Bayintnaung Club (Dala), Shwe Kyun Thar Club (Thakayta) and YRG Club.

In the women’s competition, six teams will compete: Mon State, YRG (Yangon), Ayeyawady, Youth Camp (Nay Pyi Taw), Gusto (Yangon) and A Dark Horse.



Men’s and women’s teams compete in domestic Sepak Takraw tournaments.

The competition will feature men’s Quadrant events, men’s Regu events and women’s Regu events.

The inaugural Myanmar Sepak Takraw League (MSL 2026) will be held from 14 March to 5 April at the Thuwunna Sepak Takraw Indoor Stadium in Yangon. Spectators will be admitted free of charge, and selected matches will be broadcast live on the SkyNet YouTube channel.

The tournament aims to promote the development of club teams in Myanmar’s sepak takraw scene and to encourage greater interest and participation among the younger generation of players. — ASH/KZL

Speed skating: Japanese 10-time Olympic medallist Takagi to retire



Miho Takagi of Japan competes in the women’s speed skating 1,500 meters at the Milan Cortina Olympics on 20 February 2026, in Milan, Italy. **PHOTO: KYODO/FILE**

JAPAN’S 10-time Olympic speed skating medallist Miho Takagi, the most decorated female Olympian in the country’s history, said Wednesday she will retire after the upcoming world championships in the Netherlands.

Takagi will end her career as Japan’s most successful Olympic speed skater, ranking second worldwide behind the Netherlands’s Ireen Wust in total Olympic speed skating medals won by a woman.

"I will draw a line" under my

skating career, Takagi, 31, wrote on Instagram in Japanese. The world speed skating championships in Heerenveen will take place from Thursday to Sunday.

She said she will explain her future plans and other details after returning home. In a post in English, Takagi said of her decision to announce her retirement at this time, "I will miss you all. But also it’s amazing to skate the last race in this situation. I’d like to say 'thank you' and 'goodbye' to everyone." — Kyodo

Atletico hammered but hold off Barca to reach Copa del Rey final

ATLETICO Madrid struggled through a 3-0 Copa del Rey semifinal second leg defeat at Barcelona on Tuesday but scraped into the final 4-3 on aggregate.

The Spanish champions almost produced a comeback for the ages after their 4-0 first leg defeat in early February, but fell just short at Camp Nou.

Youngster Marc Bernal netted twice for the record 32-time winners and Raphinha scored a penalty as Barcelona tried in vain to claw back Diego Simeone’s side’s lead.

Atletico, who clung on desperately in the final stages, returned to the final for the first time since 2013.

They will face Real Sociedad or Athletic Bilbao, who meet on Wednesday in the second semi-final second leg.

"We are disappointed but we can be very proud about the performance we showed today," Barca coach Hansi Flick told reporters.

"It was an amazing game from us and we created a lot of chances to score even more goals. In the end it didn’t happen and we have to accept it." — AFP



Marc Bernal netted twice for Barcelona as they beat Atletico Madrid but were ousted in the semifinals of the Copa del Rey on aggregate. **PHOTO: AFP**



China, US should respect each other, pursue peaceful coexistence: spokesperson

Faithful implementation of presidents' common understandings, with equality, respect, and mutual benefit, will enable steady progress by expanding cooperation and minimizing issues.

AS two major countries, China and the United States should respect each other, and pursue peaceful coexistence and win-win cooperation, a Chinese spokesperson said on Wednesday.

Lou Qinjian, spokesperson for the fourth session of the 14th National People's Congress (NPC), made the remarks at a press conference held one day ahead of the opening of the session.

Noting that head-of-state diplomacy plays an irreplaceable role of providing strategic guidance for China-US ties, Lou said as long as the two sides faithfully implement the important common understandings between the two presidents, uphold equality, respect and mutual benefit, and work to lengthen the list of cooperation and shorten the list of problems, the bilateral relationship will be able to move forward steadily.

China is willing to work with the United States to strengthen communication at all levels and through various channels, so as to create broader space for bilateral cooperation, Lou said. — Xinhua



Lou Qinjian, spokesperson for the fourth session of the 14th National People's Congress (NPC), attends a press conference at the Great Hall of the People in Beijing, capital of China, 4 March 2026. PHOTO: XING GUANGLI/XINHUA

Unilateral tariff measures, Middle East conflict challenging ASEAN's growth



The Ras Tanura oil production plant is near Dammam in Saudi Arabia's eastern province. Operations at the Ras Tanura refinery were temporarily shut down as a "precautionary measure" following a drone strike on 2 March 2026. PHOTO: AFP

UNILATERAL tariff measures imposed by the United States and the Middle East conflict have been challenging the growth of the Association of Southeast Asian Nations (ASEAN), Cambodian officials told business executives from ASEAN countries on Wednesday.

Cambodian Prime Minister Hun Manet said the world is facing mounting global challenges, including economic uncertainty, climate change, supply chain disruptions, and rising political tensions, particularly conflict in the Middle East, that threaten regional and global stability.

"For ASEAN, this development highlights the need to strengthen regional resilience through diversifying energy sources, promoting deeper economic integration and enhancing the crisis coordination mechanism," he said at the opening ceremony of the Cambodia-ASEAN Business Summit 2026 in Phnom Penh. — Xinhua

BRICS Melody elevates India's traditional musicians globally

THE BRICS Melody International Music Project has announced an open competition inviting professional Indian musicians and ensembles specializing in traditional musical instruments to participate in a prestigious international cultural initiative.

The selected artistes will represent India at the international music festival to be held on 25 April 2026, in Moscow, Russia, and will contribute to the creation of a collaborative global music album titled "Melody of the BRICS". Applications will be accepted until 15 March 2026.

International travel and accommodation expenses for selected participants will be fully covered by the organizers. — ANI