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Live broadcast of flag raising ceremony for 71st Anniversary Union Day

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Senior General Min Aung Hlaing arrives home from Singapore



## GEOBAL NEW LIGHTOF MYANMAR

Vol. IV, No. 300, 11th Waning of Tabodwe 1379 ME

www.globalnewlightofmyanmar.com

Sunday, 11 February 2018

#### Republic of the Union of Myanmar Ministry of Home Affairs Order 1/2018

11<sup>th</sup> Waning of Tabodwe, 1379 ME 11 February, 2018

#### NMSP, LDU declared as not terrorists

According to the Anti-terrorism Law, the President has announced that the following organizations are not terrorists.

- (1) New Mon State Party-NMSP
- (2) Lahu Democratic Union-LDU

By order,

Lt. Gen Kyaw Swe Union Minister

#### Republic of the Union of Myanmar Ministry of Home Affairs Order 2/2018

11th Waning of Tabodwe, 1379 ME 11 February, 2018

#### NMSP, LDU removed from list of unlawful organizations

According to the Unlawful Associations Act, the following organizations have been removed from the list of unlawful associations.

- (1) New Mon State Party-NMSP
- (2) Lahu Democratic Union-LDU

By order,

Lt. Gen Kyaw Swe Union Minister



## U Kyaw Tint Swe and wife attend Chinese New Year ceremony

Union Minister U Kyaw Tint Swe delivers the address at the Chinese New Year celebration at the Residence of the Chinese Ambassador in Yangon. Union Minister U Kyaw Tint Swe thanked the government of China for its constructive assistance in the national reconciliation and peace process of Myanmar. **PHOTO: MNA (ARTICLE ON PAGE-3)** 



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## Senior General Min Aung Hlaing arrives home from Singapore

COMMANDER-IN-CHIEF of Defence Services Senior General Min Aung Hlaing and party, who attended Singapore Airshow 2018 at the invitation of Lt. Gen. Perry Lim, Chief of Defence Force of the Singaporean Armed Forces, returned to Yangon yesterday evening.

The Senior General and party were seen off at Changi International Airport by Myanmar Ambassador to Singapore U Htay Aung, Myanmar Military Attaché (Army, Navy and Air) Col. Hsan Nyunt Oo and officers from the Singapore Armed Forces.

Yangon Command Commander Maj-Gen Thet Pone and Tatmadaw officers, deputy head of Singapore Embassy in Myanmar Mr. Koh Chee Chain and officials welcomed the Senior General and party at Yangon International Airport.—Myanmar News Agency



Yangon Command Commander and Tatmadaw officers welcome Senior General Min Aung Hlaing at Yangon International Airport. **PHOTO: MNA** 

### Regional Chair of Asia-Pacific Scout Committee meets scouts, instructors



Chair of Asia-Pacific Scout Committee Paul Parkinson is welcomed bygreeting Rector Dr. Daw Theingi at Thanlyin Technological University. **PHOTO: MNA** 

REGIONAL Chair of the Asia-Pacific Scout Committee Paul Parkinson, along with members of the committee, met Myanmar's youth scouts and their instructors in the meeting hall of Thanlyin Technological University at 10 a.m. yesterday.

At the meeting, Rector of the Thanlyin Technological University Dr. Daw Theingi spoke about the formation and activities of the scouts. Acknowledging that he was in the country to cooperate with local scouts, Parkinson expressed his pleasure at the progress made by the scouts.

Director of Asia-Pacific Scout committee J. Rizal C. Pangilinan and Chairman of sub-committee Rajalingam Ramasamy discussed the duties and responsibilities of the scouts.

Also, Myanmar Chief Scouts Commissioner Dr. Tin Nyo said it was important to meet the chairman and members of the Committee, and hailed the meeting as being the driving force for young scouts to nurture the spirit of the scouts' association and to serve the interests of their communities upon the completion of their studies.

Following the discussion,
Parkinson and members of the
Asia-Pacific Regional Scout
Committee answered questions
from Myanmar's youth scouts.

—Myanmar News Agency

### Forest and environmental conservation NGOs to submit suggestions for revision of MSS

By May Thet Hnin THE Myanmar Selection System (MSS), which has been used for more than 150 years, is being revised and international non-governmental organizations (NGOs) will submit their suggestions to the government in June.

Myanmar has begun to participate in phase 3 of the Responsible Asia Forestry and Trade (RAFT) programme. As part of the programme, the Nature Conservancy (TNC) and the Center for People and Forest (RECOFTC) are conducting surveys to determine the merits and problems of the Myanmar Selection System.

"It is over 150 years that we have been using this system. This review is to develop sustainable benefits for forest management due to the changing political, economic and social climate. We will primarily emphasise social and economic dimensions", said U Ohn Lwin, the program manager of TNC.

"According to the Myanmar Selection System, the power for forestry management and production are vested only in the government, with a lack of public participation. Cooperation between the state, private and the public is considered essential to bring about sustainable and proper forestry management. To embody this fact, we will highlight social aspects. Additionally, from the economic dimension, we will submit that production should be based on market demands, in line with reviews from local and foreign experts, said Dr Maung Maung Than, country program coordinator of RECOFTC.

"We will try to determine whether the MSS, which has been used since 1856, is really effective for the public or whether the wood production system is adaptable to the market's demands", he added.

"Reasonable harmony is required in the social, economic and environmental aspects to implement sustainable forest management. While the country took advantage of economic aspects over a decade or two decades, it has resulted in having an adverse impact on environmental conditions. However, local residents did not reap any benefits from this", he noted.

The Forest Department is willing to amend this MSS, and bring it up to date with the current age, said U Hla Myo Aung, assistant director of the Forest Department under the Natural Resources and Environmental Conservation.

"MSS was the proper method in 1986 to compete against other countries' rules and regulations, depending on the population, economic and timber demands. However, this system has shown many weak points with current population growth and economic dimensions. We totally understand this and it is important to tackle this. However, it is hard to immediately amend the system. We welcome the suggestions submitted by INGO, NGO and CSO. We will discuss with a think-tank to determine which facts should be changed. Only after holding inclusive discussions with the stake holders, experts, the public and organizations concerned in this industry, will the amendment process become easier", said U Hla Myo Aung.

Indonesia, Laos, Papua New Guinea, and Viet Nam participate in the Responsible Asia Forestry and Trade (RAFT)'s phase 3 project. TNC and RECOFTC are being carried out in Myanmar, in cooperation with the Forest Department, Myanma Timber Enterprise and other related organizations and people.

In addition to suggestions for MSS, the RAFT 3 programme

includes providing technical aid for establishing community forests, building networks with domestic and foreign markets, suggestions to legislative bodies to formulate laws, by-laws and regulations which encourage public participation in forest product trading, providing capacity building courses to the Forest Department, Myanma Timber Enterprise and private companies' staffs to carry out forestry management and timber evaluating activities, and helping legal timber identification and certification processes.

RAFT aims to reduce in half the current rate of deforestation in Asia Pacific by 2020.

A second Multi-Stakeholders Dialogue for RAFT 3 projects was held on 9th February at the Inya Lake Hotel in Yangon, with officials attending from the Forest Department, Myanma Timber Enterprise, RAFT 3 project organizaers and CSOs. ■

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## U Kyaw Tint Swe and wife attend Chinese New Year ceremony

AT the Chinese New Year ceremony held yesterday at the residence of the Ambassador of the People's Republic of China in Myanmar, the Chinese Ambassador praised the progress at Myanmar has made in the past year toward peace, development and stability.

Union Minister for the State Counsellor's Office U Kyaw Tint Swe and his wife Daw May Yin Tun attended the event in Dagon Township, Yangon.

The ceremony was also attended by Yangon Region Chief Minister U Phyo Min Thein, Yangon Region Ministers, Hluttaw representatives, departmental officials, ambassadors and diplomats from foreign embassies in Yangon, and other invited guests.

In his message of greeting, Chinese Ambassador H.E Hong Liang said Myanmar has made steady progress in national transition and new strides in promoting peace and development.

"Myanmar has maintained political tability and economic growth. National reconciliation is also proceeding despite twists and turns", the Ambassador said.

The Chinese Ambassador



The cultural troupe performs dance at the reception to mark the Chinese New Year of Dog. **PHOTO: MNA** 

added that the second 21st Century Panglong Peace Conference was held successfully and the Rakhine issue is on the right track to proper solutions.

"Although there will be some difficulties and challenges ahead, we firmly believe that with confidence, patience and perseverance from the Myanmar people, Myanmar's national transition will succeed in the end.

"China has played a con-

structive role in Myanmar's peace progress and in resolving Rakhine issue. China has launched a series of welfare projects on education, public health, technology, ecology, poverty alleviation and disaster relief in Myanmar," he said, "We are also working hand in hand to promote exchanges in media, religious and sports, so as strengthen people-to-people hands.

In his message, Union Min-

ister U Kyaw Tint Swe said it was an honour to receive bilateral cooperation in all sectors based on the Pauk-Phaw relationship, using the term to describe the friendly and close partnership between China and Burma.

"As a friendly neighbor and Pauk-Phaw brother of Myanmar, China will continue to support Myanmar's peace, stability, development and prosperity. We hope Myanmar will succeed in finding a development path that suits itself."

On behalf of the Myanmar government, the Union Minister took the opportunity to thank the government of China for its constructive assistance in the national reconciliation and peace process that the Myanmar government was conducting, and for cooperating and standing with Myanmar in the regional and international arenas.

It was noted with much happiness by the Union Minister that there was development in the economic and investment sectors between the two countries.

A total of US\$75.19 billion in foreign investment was received in Myanmar as of December 2017, of which 26.42 per cent was from China. China continues to stand as the top investing country in Myanmar, and it is hoped that this mutually beneficial relationship will continue, the Union Minister said

At last night's reception, Myanmar and Chinese traditional cultural dances were performed to commemorate the Chinese New Year.

— Myanmar News Agency

## Nearly 1 million acres of forest to be reestablished within a decade

By May Thet Hnin

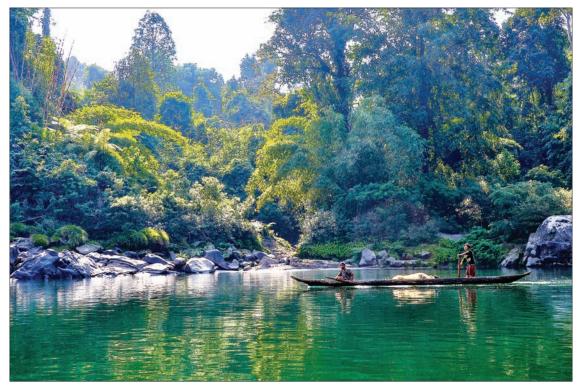
THE ten-year Myanmar Reforestation and Rehabilitation program plans to carry out reforestation across nearly 1 million acres, said U Hla Myo Aung, assistant Director of the Forest Department under the Ministry of Natural Resources and Environmental Conservation.

"This project is planned to cover some 80,000-100,000 acres a year, including establishing forests, nurseries and restoration of trees", he added.

This trees will be planted in forest reserve areas. In addition to the Forest Department, local residents will develop forests on 700,000 acres, including community and private plantations.

State Counsellor Daw Aung San Suu Kyi has ordered the reforestation program begin, noting that Myanmar has the thirdworst record for deforestation in the world.

"The elected government



Unspoiled nature in Putao. PHOTO: TIN WIN

has contributed to establish the forest", said U Hla Myo Aung

Apart from reforestation, this project will also include

courses for forest staffs and local residents, he continued. This tenyear programme will be revised after five years. If it does not appear successful, officials will act to change growing methods.

Myanmar's forest is reported to cover only 42.92 per cent of the the country. This programme aims not to fall below this current per cent, said U Hla Myo Aung.

At present, upper Sagaing Region suffers the worst from illegal forest exploitation, which is also found in Kachin State, Bago Region and Shan State.

Beyond the ten-year-project, the forest department has a plan to carry out community forest projects in over 2.73 million acres. They also will conduct an inventory of the nation's forests and enforce existing forest laws to combat illegal wood production.

In a bid to export Myanmar's timber, the Forest Department is preparing to grant Timber Certifications to ensure the quality of exports.

The Forest Department has a labour force of only 9,000 staff. With a view to sustainable development in forest production and maintaining forest conservation, there is a plan for significant expansion of the labour force.

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Printed and published at the Global New Light of Myanmar Printing Factory at No.150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon, by the Global New Light of Myanmar Daily under Printing Permit No. 00510 and Publishing Permit No. 00629.

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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

## Yangon sees the highest drugresistant TB patients

THE Yangon Region is seen as have the highest population of drug-resistant TB patients, according to the press conference that kicked off the Multi Stakeholder Advocacy on Population Level MDR-TB Campaign that was held yesterday.

According to the latest statement of the WHO, 361 of 100,000 people were identified as TB patients in 2017. In addition 47 of 100,000 died from the disease, and 25 of 100,000 people were multi drug resistant TB patients.

In Myanmar, the WHO detected about 140,000 TB patients every year, and majority of them are in Yangon, it said.

"The disease is caused by a germ that spreads from person to person through the air. The population density in Yangon is high and there are a lot of cinemas, buses and supermarkets where large crowds congregate. Also, residential buildings are so close together that people have to put up with poor ventilation. These factors lead to the con-

ditions that cause the TB germ to spread quickly and effectively. So, we will have to protect ourselves from being infected by the disease," said Dr Sithu Aung, project manager of the National TB Programme under the Ministry of Health and

The campaign now provides public awareness about the disease through television and radio programmes that commenced on 9 February, and it will be conducted until 24 March, the World Tubercu-

"The campaign is conducted with the aim of changing each person's knowledge and attitudes about health and proper hygienic habits. After the campaign, we will select some people at random to ask questions about TB," Dr Sithu Aung said. U Naing Ngan Linn, Social Affairs Minister in Yangon Regional Government, heads of hospitals, partnership organizations and relevant officials attended the event.-Zar Ni Maung ■

### Tourist arrivals via Tachilek border exceed 840,000 this year

MORE than 840,000 international visitors crossed into the country through the Tachilek border gate in the current fiscal year, the Ministry of Hotels and Tourism reported.

The majority of foreign travellers came from Thailand, China and third world countries. They entered Tachilek, a land border in Shan State in eastern Myanmar through the Mae Sai border, crossing Thailand, to visit the town's well-known destinations on a one-day return visit or overnight trip.

Popular destinations among tourists are Talaw Market, Mahamyatmuni Pagoda, Shwedagon Pagoda, the ethnic village and Chinese temples.

Between 2 and 8 February this year, some 670 foreign visitors, including 128 day-trippers, entered the country through Tachilek. Most of them were from Thailand.

International tourist arrivals through the borders are increasing each year. Foreign travellers visit the country to enjoy its natural scenery, including highlands, mountains, rivers and forests. The diverse range of culture, traditions and lifestyles of the rural communities in Myanmar are also major attractions.

The country is now focusing on implementing culture-based tourism, as well as eco-tourism, including coastal, marine and community-based



Tourists are seen in Tachileik. PHOTO: MOHT

According to the ministry, international tourist arrivals from all points of entry in the

first eight months of this FY have increased by 20 per cent, compared with the same period last year. —GNLM ■

## Fire breaks out in Nantphalon Market, Myanmar-India border

A fire raged through the tions and the police, fire-Nantphalon Market in Myoma Ward, Tamu, a border town between Myanmar and India, on Wednesday night, according to a police report.

The blaze started in the home of a man identified as U Nyo at around 9.30 p.m. The flames quickly spread, destroying 63 shops and six homes. However, people and animals were unharmed in the fire.

With the assistance of residents, social organisa-

fighters battled the blaze, which had already engulfed the market and threatened a nearby building, by using 12 fire engines, including two from the fire department in India. The fire was controlled successfully at around 2 a.m. on Thursday.

The source of the fire is yet to be determined. The regional fire department is conducting an inquiry into the incident. — District PRD ■

## Train and car collide, none hurt

No persons were injured in a collision between a train and a luxury car on Thursday morning, according to the railway police.

While crossing a railroad near Taikkyi Railway Station in front of a court in Mingala Ward, a car driven by Maung Nay Thway, 28, with one more passenger onboard, was hit by a Bagan-Yangon train between mile posts No. 39-23/24 at around 8.53 a.m.

Following the impact, the back of the car and the left side of the locomotive were badly damaged, but no person was injured.

Action is being taken against the car driver, for his unlawful attempt to cross the railroad, according to Section 85 of the Myanmar Railway Transport Law.

Residents have suggested that level crossing gates should be installed at the railroad, as it is located near the court and government offices, and is teeming with commuters and vendors. —Tun Hlaing (Myaing) ■

## BUSINESS

## Myanmar-Germany trade tops \$385 million this FY

TRADE between Myanmar and Germany reached \$385 million in the current fiscal year (FY). according to the official monthly figures released by the Ministry of Commerce.

Between April and November this FY, bilateral exports of the two countries amounted to \$248 million, while imports were worth \$137 million.

Despite the small volume of trade, Germany, a member of the European Union (EU), is Myanmar's principal trading partner in the EU.

Germany usually imports garments, coffee, tea leaves and agricultural products from Myanmar and exports machinery, transport equipment, chemicals, food and beverages, aquaculture products and cosmetics, among other things.

In the 2016-2017 FY, German imports from Myanmar were worth \$219 million, compared with \$85 million in the 2015-2016 FY; \$68.094 million in the 2014-2015 FY; \$40.361 million in the 2013-2014 FY; \$42.979 million in the 2012-2013 FY; and \$42.329 million in the 2011-2012 FY.

According to the commerce ministry, Myanmar's trade with European communities in the first eight months of this FY reached more than \$1.35 billion, including \$1.010 billion in exports and \$524 million in

Since April, Germany was ranked first among the EU countries, followed by Britain with more than \$224 million and France with \$178 million. Investments from EU member states mostly go into petroleum and natural gas enterprises, hotels and tourism firms, manufacturing and transport sectors, and livestock businesses. —Shwe Khine ■



Metric tons of prawns exported to foreign countries, of which more than 4,000 tons of prawns are sent to the Japanese market. **PHOTO: SUPPLIED** 

## One third of Myanmar's prawn exports go to Japanese market

THE Japanese market accounts for one third of Myanmar's prawn exports, according to the Fisheries Department.

Some 13,000 metric tons of prawns have been shipped to foreign countries, of which more than 4,000 tons of prawns are sent to the Japanese market.

Prawn exports to Japan were registered at over 5,160 tons, worth US\$31.9 million in the fiscal year (FY) 2012-2013; over 5,260 tons with an estimated value of \$21million in FY 2013value of \$15.6 million in FY 2014-2015; 3,870 tons valued at \$13.6 million in FY 2015-2016; and 4,390 tons fetching nearly \$19 million in FY 2016-2017.

Local saltwater and freshwater prawn farming businesses are facing difficulties, caused by natural disasters, financial hardships of breeders and scarcity of prawn resources in lakes and rivers. Domestic businesses cannot achieve much output through the hatching process due to the

2014; more than 4,770 tons with a lack of advanced technology. As a result of this, Myanmar cannot compete against neighbouring countries in the fishery export industry.

> To satisfy local consumption, shrimps and prawns are imported from Thailand, along with larvae for farming businesses.

> Between 1 April and 2 February of the current FY, Myanmar's fishery export earnings reached more than US\$560 million, having harvested over 438,000 tons. —Mon Mon ■

## Diesel imports decline by over 50,000 tonnes

MYANMAR imported more than 40,000 tonnes of diesel worth more than US\$23 million from its trade partners, via sea, during the week ending 27 January, registering a decrease of more than 55,230 tonnes compared to the previous week.

The country had imported some 96,890 tonnes of diesel in the week ending 20 January. According to the ministry of commerce, diesel fuel worth more than \$1 million and weighing 1,678 tonnes entered the country through the Myanmar-Thailand border gate at Myeik from 20 through 27 January.

The country also re-exported more than 5,666 tonnes of diesel to China via the Muse (105-mile) trade zone. The demand in the Yangon market has

been steady, but prices of fuel have increased slightly, sources said. According to private fuel stations in the commercial capital, the retail price of diesel on 29 January was Ks168,000 per barrel. The price increased to Ks175,000 on 2 February.

According to the Ministry of Electricity and Energy, diesel consumption in the country was 464.866 million gallons in the 2010-11 FY. It decreased to 416.395 million gallons in the 2011-12 FY, 316.749 million gallons in the 2012-13 FY and 372.493 million gallons in the 2013-14 FY. However, diesel consumption went up to more than 600 million gallons in the 2014-15 FY and 807.619 million gallons in the 2015-16 FY. —Swe Nyein ■

#### Investors invited to submit EOI for new resort project in Mandalay

THE Mandalay region government is seeking an expression of interest (EOI) to choose a competent real estate developer for the construction, marketing and management of the New Mandalay Resort City project.

The new scheme will be carried out in the Mandalay region near Pyin Oo Lwin City on the Mandalay-Lashio Road stage. With an estimated 10,000 acres of land, the project is divided into three parts. Part I and part III, which will cover approximately 7,000 acres, will be developed by the Union Government, while the remaining part II will be carried out by the regional government. The con-

ceptual development plan consists of industrial, commercial, residential, logistics, recreation and resort areas.

The Ministry of Construction will be the joint partner in the project. Interested firms are requested to apply. Details, including the prescribed format, are available at the headquarters of the Urban and Housing Development Department and the office of the Mandalay region government in Nay Pyi Taw. Those interested may apply for EOI at the respective departments, no later than 31 March. The short-listed firms will be selected after review by the board. —Aung Thant Khine ■



INTERVIEW

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# People plan vacations, pilgrimages during three-day weekend

UNION Day, celebrated on 12 February every year, falls on a Monday this year, giving the people of Myanmar an extended weekend. Public and civil servants are taking advantage of this and vacationing at a variety of locations in Nay Pyi Taw.

The following is an interview with a cross-section of people on how they plan to spend this three-day weekend.

## U **Myint Wai** (In Charge of Shwe Taung Yoe Express)

Express tickets for Friday were completely sold out, through ordinary sales and via pre-orders. Most of the staff in Nay Pyi Taw either return to their homes in Yangon or Mandalay, or stay here during holidays. Different express services have mostly sold out their tickets, which is usually the case during holidays, such as the current three-day weekend. My family is also spending the long weekend in Taunggyi, Shan State.

#### **Ko Aung Ye Tun** (In Charge of Htet Oo Express Gate in Nay Pyi Taw)

Our express (bus) runs along the Yangon-Pathein-Myaungmya-Labutta route. Sales were busy because of the three-day weekend. I noticed that most ticket-buyers were civil servants, who will probably be going home or taking a vacation to refresh their minds. My family members are also civil servants. They are going on a pilgrimage.

## **Ko Win Naing** (Forestry Department)

I am going to my native town, Aunglan Town, Magway Region. I was trying to buy a ticket to go home since Friday, but I only got one for Saturday. I will be going on a pilgrimage, along with my family.

However, I will be back here in time to resume work after the weekend. The family members of most civil servants are also probably taking a vacation like us. However, tickets can only be bought in advance, so I hope they get tickets easily so that everyone who wants to go home can do so.

#### Ma Sandar Win

I am from Phyu, Bago Region and I am paying a visit to Buddha Gaya in Nay Pyi Taw. We will then visit Lashio. I'm taking a break from my farm work to go on a pilgrimage.

### Ma Than Than Sint (From Pyinmana Town)

I am a shopkeeper from Pyinmana, Nay Pyi Taw, but my siblings are public servants. As they have a three-day holiday, I decided to take a break from work for a while and visit the Nay Pyi Taw Water Fountain Garden with them. We took the Shwe Myo Taw line bus to reach the garden.

#### Ma Pan Nwe Soe (Taikkyi Town)

We are members of an Elephantiasis medical team from Taikkyi Township. We came to Nay Pyi Taw after completing the distribution of medicines. We are vacationing here.

Departmental officials from Nay Pyi Taw brought us to the Nay Pyi Taw Water Fountain Garden. We will also visit other interesting places in Nay Pyi Taw, to enjoy ourselves and gain some knowledge.—Min Min Zaw and Mi Mi Phyo



U Myint Wai, In Charge of Shwe Taung Yoe Express. **PHOTO: AYE THAN** 



Ma Sandar Win. **PHOTO: AYE THAN** 



Ko Aung Ye Tun, In Charge of Htet Oo Express Gate in Nay Pyi Taw. **PHOTO: AYE THAN** 



Ma Than Than Sint from Pyinmana Town. **PHOTO: AYE** 



Ko Win Naing, Forestry Department. **PHOTO: AYE THAN** 



Ma Pan Nwe Soe from Taikkyi Town. **PHOTO: AYE THAN** 



People enjoy their vacation at the garden in Nay Pyi Taw.  $\,$  PHOTO: AYE THAN



Myoma market bus terminal with lots of commuters in Nay Pyi Taw. **PHOTO: AYE THAN** 

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## FDA meets with related ministries and groups

THE authority on food, drugs, cosmetics and medical devices held a coordination meeting for representatives of all groups concerned at the Ministry of Health and Sports on Friday.

In his speech, Myanmar Food and Drug Administration (FDA) chairman Union Minister Dr. Myint Htwe said it is difficult for the FDA alone to ensure that food, drugs, cosmetics and consumer product matters are safe and up to international standards.

For these consumer products to be safe for the people, it is important for organisations such as the Ministry of Education, development committee (municipal), the Ministry of Agriculture, Livestock and Irrigation, General Administration Department, Myanmar

Police Force, Customs Department and consumer affairs department to participate and cooperate. Similarly, the leadership, support and guidance of representatives from Pyithu Hlutaw, Amyotha Hlutaw, states/regions Hluttaw and social affairs ministers are very important.

"While everything is done to the utmost to know the inclusion of substances that shouldn't be included in food, drugs, cosmetics and consumer products, informing the public to avoid consuming such products, avoid consuming products that are not labeled and do not have an expiry date and are not recommended by FDA, more needs to be done to provide recommendations according to regulation, sampling from the market and

investigating in the market", the FDA chairman said.

The FDA started an international standard food chemical reference lab on 18 January 2018 and is conducting international standard testing. Furthermore lab networks in each ministry needs to be linked and more testing needs to be conducted, Dr. Myint Htwe said.

The DDA chairman gave thanks to Hluttaw representatives Dr. A Zin Latt, Dr. Than Aung Soe and U Aung Kyi Nyunt for raising questions on food and drug safety in the Pyithu Hluttaw and Amyotha Hluttaw.

"All who attend the meeting are urged to openly discuss together while the outcome of the meeting will be collected and combined by FDA and policy framework and work processes are to be established soon", said the Union Minister.

Next, implementation of safety programmes on food, drugs and cosmetics products and future work processes were explained by the FDA director general and representatives from each department in attendance openly discussed matters in which cooperation could be made.

The meeting was also attended by Pyithu Hluttaw health and sports development committee chairman Dr. San Shwe Win, Nay Pyi Taw Council member U Tin Tun, Pyithu Hluttaw representative Dr. A Zin Latt of Sagaing Region Shwebo constituency, Amyotha Hluttaw representative U Aung Kyi Nyunt of Magwe Region constituency 4,

directors general and officials from Ministry of Health and Sports, directors general from related departments and heads of departments, representatives from Myanmar Maternal and Child Welfare Association, Myanmar Women's Affairs Federation, Myanmar Red Cross Society consumer protection group, Myanmar Consumers Union, the World Health Organization, European Union Myanmar Trade Development Programme, USAID, states/regions public health department heads, Union of Myanmar Federation of Chambers of Commerce and Industry, Myanmar Oil Millers Association, Myanmar Edible Oil Dealers Association and Myanmar Food Processors and Exporters Association.—Myanmar News Agency ■

## Stone Village in Momauk to be a new resort

STONE Village Resort is about one mile away from Kyauk Camp in Momauk Township in Kachin State. The Stone Village Resort is located in an area that beech-wood, heart-wood and crown-wood are cultivated by the Hukaung Co Ltd., above the Nantkyayi Stream.

Different kinds of plants such as teak, jack-fruit, jengkol and shady trees will be cultivated in 100 acres of vacant, fallow and virgin land according to a management official of the Stone Village Resort.

"This camp is full of stone so it was called stone village and it is crowded with visitors during public holidays such as Thadingyut holidays, Christmas and Thingyan holidays. During the holidays in the past, students mostly visited

the resort and the entrance fee is free. However 500 kyats will be paid for parking motorvehicles" he added.

"Most of the visitors go to the resort to view the natural scenery and landscapes along the Bamaw-Lweje road. In this region, rice is cultivated during the rainy season and watermelon is cultivated in the peak season. Furthermore, the visitors can listen to the lovely accent of Shan and Kachin ethnic people.

At the resort people can examine stone and crag samples in addition to exploring the jungle, walking on a suspension bridge and taking a bath in the stream. These are relaxing activities for all the people who visit Stone Village Resort.—Myanmar Digital News

## Ks78 million for mothers, children in Maungtaw Township



Maungtaw Township Health Department's officials providing cash assistance to villagers in Maungtaw under the Maternal and Child Cash Transfer programme. **PHOTO: YAMANYA** 

#### Hein Htet Zaw

UNDER the Maternal and Child Cash Transfer (MCCT) programme to help expecting mothers and children under 2 years of age, over Ks78 million was given to qualified people between 5 and 9 February in Maungtaw, Rakhine State, it is learnt.

The provision of cash assistance was jointly conducted by

the Maungtaw Township Health Department and the General Administration Department, with a total of 2,180 expecting mothers from 67 wards and village tracts each provided with Ks45,000, for a total cash outlay of more than Ks78 million, according to Maungtaw Township Social Affairs Department township case manager U Kyaw Aung Sein.

"The MCCT program was implemented with an aim to increase the nutrition and health of

expecting mothers and children under two years of age. In doing this, it was provided to all in the township who were entitled, regardless of their social status, race or religion" said U Kyaw Aung Sein.

This is the first time the MCCT programme has been implemented in a ward or village in Maungtaw Township, and there are plans for another disbursement of cash at the end February, it is learnt.

## Live broadcast of flag raising ceremony for 71st Anniversary Union Day

A ceremony for the raising of the national flag marking the 71<sup>st</sup> Anniversary Union Day of Myanmar on 12 February, 2018 will be held at the City Hall Compound in Nay Pyi Taw. A live broadcast of the event by Myanmar Radio and Television (MRTV), National Races Channel(NRC), Myawady Channel (MWD), MWD (Variety) Channel, MITV, MNTV, Sky Net Up to Date Channel, Sky Net(Ethnic Minorities) Channel, MIR (Radio), Myanmar Radio and MRTV Facebook will begin at 6:40 a.m.—Myanmar News Agency ■

LL indigenous people residing in Myanmar should have Union Spirit and nationalistic fervor and are obliged to defend the union. Our Union was established with the sacrifice of many lives, so we have the responsibility to protect this union to last forever. Since time immemorial, our ancestors have passed down the Union Spirit from generation to generation and guarded the Union. Without the Union Spirit, we cannot protect our country.

We must value our union. The main strength to protect our union should be our sense of duty. The reason to believe in Union Day, which falls on 12 February, when the Panglong Agreement was signed 71 years ago, is to achieve peace for

The first

Panglong

Agreement

turned a page

in the history

of our union,

remember it

to this day. We

deeply request

citizens to open

our history, and

not be satisfied

with just turning

a new book in

all Union

a page.

and our people

all. Peace is the cause we

This was a truly significant day in our history when national unification was achieved only through the negotiations by the nation's leader General Aung San and ethnic leaders with their vision of ethnic expectations, interests and challenges. With hopes of independence, equality and fairness, they signed the Panglong agreement with patience and harmony.

The Panglong spirit can come alive again by democratic discussion and can result in a true Democratic Federal Republic. As the 20th Century Panglong spirit leads to national reconciliation, the 21st century Panglong spirit can lead to internal peace, democracy and a federal union.

Therefore, as a way to keep the Panglong spirit alive, let's create a new place that is safe both physically and mentally for the people standing with

dignity in the world, based on national reconciliation. The people of the country will observe Union Day and pay respects at the Panglong Monument not only to the 20th Century Panglong, but also to the 21st Century Panglong. The Panglong Monument is the symbol of the Union and symbol of the national efforts of those who sacrificed their lives for the benefit of the people.

It is very important for all the nationalities to equally participate in promoting national unity and keep the Union in perpetuity.

The first Panglong Agreement turned a page in the history of our union, and our people remember it to this day. We deeply request all Union citizens to open a new book in our history, and not be satisfied with just turning a page. ■

# Unity is as valuable as life

**Takkatho Pwint Thu Aung** 

YANMAR is a a unified country when all of its people rallied together to secure independence back in 4 January 1948. Kachin, Kayin, Kayah, Chin, Burma, Mon, Rakhine, Shan and a hundred others lived together in harmony. With independence then secured, the people of Myanmar worked on establishing a peaceful country. And so after numerous meetings between the Shan sawbwas, Kachin representatives and other Hill Tribe people, the Panglong Agreement was signed on 12 February 1947.

#### **Aung San-Atlee Agreement**

Prior to signing the Panglong agreement, Bogyoke Aung San was in London to sign an agreement with then-British Prime Minister Clement Attlee guaranteeing Myanmar's independence within a year. But before the agreement could be signed, a telegram arrived from some Shan sawbwas back in Myanmar stating that Aung San was not the representative of the Shan people. Thankfully a couple of youth leaders from Shan State, namely U Tin Aye, U Pe Khin and U Tun Myint, sent another telegram to England saying that Aung San was the right representative for the Shan People and all of Myanmar. The timely arrival of the telegram allowed the Aung San-Atlee agreement to be successfully signed.

Bogyoke Aung San's historical speech

Shortly after returning from England, Bogyoke Aung San travelled throughout Shan,

Chin, Kachin and other places to rally the cause for unification of the country. It was this that led to the signing of the Panglong Agreement. On 6 February 1947, the facilitator of the meeting, the Northern Shan Sawbwa Sao Khun Pan Sein, sent a telegram to the radio station to announce the first meeting for the Panglong

The party led by Bogyoke Aung San arrived in Panglong village on 8 February and he was

accompanied by U Aung Zan Wai, Bo Khin Maung Lay, U Pe Khin and Bo Tun Hla. The next day, Mr. Arthur Bottomley, the British Minister for Overseas Development, U Tin Htut, Burnet Ledwich and John Slayden arrived in Panglong.

Bogyoke Aung San and all the leaders held discussions until midday on 11 February. They finally reached a consensus to attain independence collectively. The Panglong dinner was held

'Myanmar observes Union Day every year to show the value of the ethnic peoples' unity which helped regain independence and to pass the good legacy of unity to the next generations'.

The observance of Union Day is aimed at raising awareness that the unity of all ethnic people should be valued as life.

> that night to commemorate the auspicious day.

we must unite all our human resources, treasury and strength for the entire country's development. If the Burmese want one thing, the Kavin want another and Kachin and Chin are also divided, then there will be no gain for anyone.

From Panglong Agreement to **Union Day** 

It was on 12 February, 1947,

that Bogyoke Aung San and representatives of Kachin, Chin and Bogyoke Aung San made at a Shan peoples signed the Panglong be for the next generation to speech at the dinner saying that Agreement, with the determination of living in unity and with equal rights. There were 23 signatories including Bogyoke Aung San to the agreement.

> The Panglong Agreement is the result of the struggle made by Bogyoke Aung San and ethnic leaders with farsightedness. With the Panglong Agreement, Myanmar with more than 100 ethnic tribes showed their unity since yore to gain independence, while

Therefore, the day when the Panglong Agreement was

the colonialists were planning

to give independence dividing

plain and hills

signed was designated as Union Day. That day turns into the 71st anniversary on 12 February 2018. Within one year after the Panglong Agreement, Myanmar regained her independence and sovereignty.

Thanks to the unity of all ethnic peoples, Myanmar has become a sovereign independent country since 4th January 1948 after more than 100 years under colonial rule.

Article 348 in the Chapter 8 of the 2008 Constitution stated that "The Union shall not discriminate any citizen of the Republic of the Union of Myanmar based on race, birth, religion, official position, status, culture, sex and wealth."

Article 347 also stated that "The Union shall guarantee any person to enjoy equal rights before the law and shall equally provide legal protection."

Myanmar observes Union Day every year to show the value of the ethnic peoples' unity which helped regain independence and to pass the good legacy of unity to the next generations. The observance of Union Day is aimed at raising awareness that the unity of all ethnic people should be valued as life

Regarding the unity of all national races, State Counsellor Daw Aung San Suu Kyi stated in her address at the 2nd Anniversary of the 2nd Hluttaw in Nay Pyi Taw on 2 February, that "an election is something that will support our endeavour for our next generation. It is not the

The ultimate aim should live in a stable, peaceful and developed nation. Our country is a union formed with ethnic nationals. It is very important to set up as a democratic union and a Democratic Federation Republic that is acceptable to

Hence, all indigenous people residing in the union are urged to participate in building a democratic federal union while valuing our unity as life. ■

## Four Objectives of the 71st **Anniversary Union Day**

- To develop the Union Spirit
- To make the internal peace process a success with unity
- To build a Federal Democratic Union through the Union Peace Conference-21st Century Panglong
- To boost the economy of the Union by encouraging small and medium enterprises

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- (6.5 Mile)
- Market Place by City Mart
- Market Place by City Mart (Junction City) • City Mart (Aung San Stadium)
- City Mart (47th street)

City Mart (FMI)

- City Mart (Yankin)
- City Mart (China Town)
- City Mart (Junction 8) City Mart (St. John) City Mart (Myay Ni Gone)
  - Ocean North Point (9 mile) • Ocean Shwegonedine

• City Mart (Junction Maw Tin)

City Mart (Star City - Thanlyin)

• City Mart (Sule Square)

City Mart (Waizayandar)

• City Mart (Myanmar Plaza)

City Mart (Hledan)



## WORLD

## Second White House aide resigns over domestic abuse claims

WASHINGTON — A second White House staffer in a week resigned on Friday over domestic abuse claims, in a widening scandal that called into question the president's judgment and tainted his chief of staff John Kelly and longtime aide Hope Hicks.

White House speechwriter David Sorensen denied his wife's claims of abuse, but resigned — hours after President Donald Trump was criticized for wishing staff secretary Rob Porter a "wonderful career" after he too resigned amid similar accusations.

Porter — who denies abuse alleged by two ex-wives, one of whom released a photo of herself with a black eye — worked at the heart of the White House throughout the first year of Trump's administration, despite being denied full security clearance.

He only stepped down from his post Wednesday after the accusations became public.

Trump, who has himself been accused of sexual harassment or assault by two dozen women, fueled the scandal by praising Porter and suggesting he had a bright future.

He made no mention of the ex-wives or the alleged domestic abuse. "We certainly wish him well, and it's a tough time for him," Trump said in the Oval Office. "He did a very good job when he was in the White House. And we hope he has a wonderful career and he will have a great career ahead of him."

"As you probably know, he says he's innocent, and I think you have to remember that."

That prompted a sharp rebuke from Democrats like Congresswoman Nydia Velazquez, who slammed the White House's "culture of misogyny."

Chief of Staff John Kelly was aware of the allegations and also praised Porter's conduct in the White House, maintaining that "every individual deserves the right to defend their reputation."

Hicks, perhaps Trump's most trusted aide, had helped craft the response to the scandal as White House communications director, despite being romantically involved with Porter.

Deputy White House spokesman Raj Shah said the White



White House staff secretary Rob Porter (L) — seen here with White House Chief of Staff John Kelly — has stepped down over allegations of domestic abuse made by his ex-wives. **PHOTO: AFP** 

House only learned late Thursday about allegations against Sorensen, the speechwriter.

"We immediately confronted the staffer, he denied the allegations and he resigned today," Shah said.

Sorensen's ex-wife Jessica Corbett told The Washington Post that while they were married, he ran a car over her foot, extinguished a cigarette on her hand, threw her into a wall and grabbed her by her hair, but that she did not report the incidents due to her then-husband's connections to law enforcement.

While Sorensen's post as a Council on Environmental Quality speechwriter did not require security clearance, Corbett said she had described his behavior to the FBI as it conducted an ongoing background check of Sorensen in the fall.

"It's alarming Rob Porter remained in an influential role," said Democratic Representative Ann McLane Kuster, "even as revelations about his domestic abuse were apparently known among senior Trump staffers."

Trump confidant and former campaign manager Corey Lewandowski — who was formerly

romantically involved with Hicks
— pointed a finger of blame at
former Marine corps general
Kelly. "The general is there to
put in policies and processes
and procedures. And in this case,
those didn't work and we need to
find out why," he told Fox News.

The White House was forced to quell rumours that Kelly was ready to resign.

Trump and "many" White House staffers were irritated by Kelly's support for Porter's character and for falsely insisting he that he aggressively sought to have him fired once the abuse allegations surfaced, according to The New York Times.

Vice President Mike Pence, who is attending the Olympics in South Korea, tried to distance himself from the issue, but also stressed in an NBC interview that "there is no tolerance in this White House, no place in America for domestic abuse."

Trump was elected promising to bring "the best people" with him to "drain the swamp" in Washington.

In reality, he has struggled to hire high-caliber staff, with many experienced Washington operatives keeping their distance. "A lot of us could have done better," Shah told reporters in a rare show of contrition from the Trump White House.

Shah refused to confirm in detail when and how Kelly in particular became aware of the claims, or Hicks's role in shaping the White House response.

Until hours before the Harvard graduate left his post, the White House was praising him as an upstanding and integral member of staff.

"Rob Porter has been effective in his role as staff secretary. The president and chief of staff have full confidence in his abilities and his performance," said spokeswoman Sarah Sanders.

In an interview with CNN, Porter's ex-wife Jennifer Willoughby detailed allegations of abuse, saying that during her marriage she lived under a "low-grade constant terror of not knowing what I might do to set something off."

Trump's administration has been beset by scandal and staff departures. Porter had been a rare staffer inside the White House who knew Washington, was widely respected and was seen as good at his job.—AFP

## **WORLD** BRIEFS

#### China's dinosaur county restores 813 fossils

HARBIN — China's dinosaur county, Jiayin, in northeast China's Heilongjiang Province has restored a total of 813 dinosaur fossils since 1902.

A 15 metre long, 6 metre tall dinosaur skeleton will be pieced this year, according to Shen Fengbin, director of the research department of Jiayin Shenzhou Dinosaur Museum.

So far, more than 10 species of dinosaur fossils have been found in Jiayin and places nearby, said Shen. Jiayin is in the north of Heilongjiang Province. Hundreds of dinosaur skeletons are believed to be buried underground—Xinhua

#### Attack on army camp in India-controlled Kashmir, two injured

NEW DELHI — At least two Indian Army personnel were injured, one of them critical, in an attack on an army camp in India-controlled Kashmir early Saturday morning, TV reports said.

According to the reports, gun shorts and blasts were heard from the army camp in Sanjwan and quick reaction teams (QRTs) rushed to the spot, and the army camp was cordoned off by security forces. Militants barged into the army camp in the wee hours of Saturday morning, added the reports. Further details are awaited.—Xinhua

#### At least 13 dead, over 40 injured in bus crash in Hong Kong

HONG KONG — At least 13 people were killed and over 40 injured on Saturday after a double-decker bus crashed in New Territories in China's Hong Kong Special Administrative Region. A No 872 bus lost control and toppled on Tai Po Road Saturday evening, local radio RTHK reported. The police said 11 men and two women were confirmed dead at the scene.

—Xinhua ■

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## 'Large-scale' Israeli raids hit Iranian targets in Syria

JERUSALEM — Israel struck a dozen Syrian and Iranian targets inside Syria on Saturday in "large-scale" raids after an Israeli fighter jet crashed under fire from Syrian air defences in a severe increase in tensions, the military said.

The confrontation was the most serious between arch foes Israel and Iran since the start of the civil war in Syria in 2011.

Israel's raids came after it intercepted what it said was an Iranian drone entering its airspace from Syria, which it labelled an "attack."

It marked the first time Israel publicly acknowledged attacking what it identified as Iranian targets in Syria since the war began.

Israeli military spokesman Jonathan Conricus warned that Syria and Iran were "playing with fire," but stressed that his country was not seeking an escalation.

"This is the most blatant and severe Iranian violation of Israeli sovereignty in the last years," Conricus told journalists in a phone conference.

"That's why our response is as severe as it is."

Israel said its reprisals after the exchange were "large-scale" raids that attacked Syrian air defence systems and Iranian targets.

"Twelve targets, including three aerial defence batteries and four Iranian targets that are part of Iran's military establishment in Syria were attacked," a military statement said.

Israel has repeatedly warned in recent weeks against the presence of Iranian forces in neighbouring Syria.

'Iran is responsible'

The Israeli pilots of the crashed F16 were reported



An Israeli fighter jet crashes in northern Israel on 10 February, 2018 after coming fire from Syrian air defences in one of the biggest confrontations between Israel and arch foe Iran in years. **PHOTO: AFP** 

alive, although one was severely wounded.

According to the Israeli military, the confrontation began with the drone entering its airspace.

Israeli forces identified an "Iranian UAV (unmanned aerial vehicle)" launched from Syria and intercepted it in Israeli airspace with a combat helicopter, a statement said.

Conricus said it was intercepted well inside Israeli territory over the city of Beit Shean, near the Jordanian border.

He did not say whether the drone was armed or strictly for reconnaissance, but said: "We know it was on a military mission sent by Iranian military forces."

Israeli aircraft then "targeted the Iranian control systems in Syria that sent the UAV into Israeli airspace," according to Conricus

The aircraft met "massive Syrian anti-air fire," Conricus

said, and the F16 crashed afterwards in the Jezreel valley in northern Israel.

It was not clear if the jet crashed as a direct result of the Syrian fire.

According to a separate military statement, "multiple anti-aircraft missiles were fired at IAF (Israel Air Force) aircraft."

"The pilots of one of the aircraft abandoned as per procedure. The pilots landed in Israeli territory and were taken to the hospital for medical treatment."

Conricus said the army had confirmed "accurate hits of (the) Iranian UAV control facility" in Syria.

"Iran is responsible for this severe violation of Israeli sovereignty," Conricus said on Twitter.

Syria said its air defences repelled two Israeli raids on its military bases in the centre of the country, hitting more than one warplane during the first.

"At dawn, the Zionist enemy carried out a new aggression

against one of our military bases in the centre of the country," state news agency SANA reported. "Our air defences repelled it and hit more than one plane."

'Nobody tries us'

The Syrian Observatory for Human Rights, a Britain-based monitor of the seven-year civil war, said the earlier Israeli raids had targeted several military bases in the east of the central province of Homs.

It said the bases are used by both Iranian and Russian military personnel deployed in support of the regime.

Syrian state media said the later raids targeted military positions in the south of the country.

Air raid sirens had gone off in Israel in the early hours of the morning following the UAV interception and raids.

The army said it was "monitoring events and is fully prepared for further action,

depending on assessments and necessity."

Israeli Prime Minister Benjamin Netanyahu has held a series of meetings in recent months with Russian President Vladimir Putin on Iran's influence in war-torn Syria and Lebanon.

Netanyahu has been seeking to persuade Russia to limit Iran's presence near Israeli territory and to stop it from entrenching itself militarily in Syria.

Russia, Iran and Lebanon's Shiite Muslim militant group Hezbollah — which is backed by Tehran — all support Syrian President Bashar al-Assad in the civil war. In a meeting in Moscow last month, Netanyahu reiterated Israel's concerns of what he described as the attempts of Iran to establish a military presence in Syria and produce accurate weapons against Israel there.

"We won't accept either of those, and will act according to our needs," Netanyahu said following the meeting with Putin.

Israel remains technically at war with Syria and occupies a swathe of the strategic Golan Heights that it seized in the Six-Day War of 1967 and later annexed in a move never recognised by the international community.

On Tuesday, Netanyahu took members of his security cabinet for a tour of the Israe-li-occupied side, where they were briefed by the military on the situation. "We want peace, but are prepared for any scenario, and suggest that nobody tries us," he said. Israel has sought to avoid direct involvement in the Syrian war, but acknowledges carrying out dozens of air strikes there to stop what it says are advanced arms deliveries to Hezbollah.—AFP

## S Africa political deadlock as Zuma clings to power

CAPE TOWN — South Africa's political impasse deepened on Saturday with no resolution to extended talks over President Jacob Zuma's expected departure from office after his own party called for him to resign.

Cyril Ramaphosa, the president-in-waiting, and the ruling ANC party have said negotiations should be concluded within

days, but have given no details about how Zuma will be eased out of power.

The stalemate has left South Africa's political scene in limbo, with a series of public events cancelled this week including the flagship State of the Nation address to parliament in Cape Town on Thursday.

Zuma cleared his diary of

weekend engagements, but deputy president Ramaphosa is due to speak at a rally in the city on Sunday to start a year of celebrations marking 100 years since Nelson Mandela's birth.

11 February also marks the day that Mandela was released from jail in 1990 -- a key date in modern South Africa's re-birth as apartheid white-minority rule crumbled.

Zuma and Ramaphosa will "conclude" discussions on Zuma's exit within 48 hours and the outcome will then be announced to the nation, the News24 website said Saturday without naming its sources.

But Susan Booysen, a politics professor from Wits University in Johannesburg, said Zuma may fight on for several more days.

"A stalemate is the best description for the situation," she told AFP.

"Zuma is a fighter to the end and is refusing to resign, while Ramaphosa doesn't want to be divisive. "Zuma pretended to open the doors of negotiations, but he is digging in."—AFP WORLD

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## Key facts about Russia's Topol intercontinental ballistic missile

MOSCOW — Thirty-five years ago, the RT-2PM (15Zh58) intercontinental ballistic missile of the RS-12M Topol road mobile complex was successfully launched for the first time at the 53rd research and testing range of the USSR Defence Ministry in Plesetsk on 8 February 1983.

#### **Project's history**

A new-generation solid-propellant missile had been under development at the Moscow Institute of Thermal Technology since 1975. This research institute specialized in mobile solid-propellant missiles: it was this firm that had earlier developed RT-2S Temp-2S and RSD-10 Pioneer (SS-20) missile systems.

The Soviet military believed that it would be difficult to spot a mobile missile system, which would, therefore, significantly reduce its vulnerability compared to silo-based missiles. The United States and its allies had no mobile ICBMs as they limited their effort only to developing MGM-31C Pershing II medium-range missile complexes.

#### **Trials**

The first test launch of the Topol intercontinental ballistic missile was conducted on 27 October, 1982 from the Kapustin Yar



The first test launch of the Topol intercontinental ballistic missile was conducted in 1982. **PHOTO: TASS** 

practice range and it proved to be a failure.

After that, the development tests were transferred to the 53<sup>rd</sup> research and test range of the USSR Defence Ministry (Plesetsk) where the second and successful launch was conducted on 8 February, 1983.

The first three launches were conducted from a silo. The fourth trial was held on 10 August, 1983 when the Topol ICBM was test-launched from a self-propelled launcher.

Overall, 17 test launches of Topol ICBMs were held and only four of them failed.

## Topol ICBMs enter service with Strategic Missile Force

On 1 December, 1988, the Soviet government issued a resolution on accepting the Topol ICMB for service. In 1991, the Soviet Army operated 288 Topol missile systems. After the disintegration of the USSR, three divisions armed with these ICBMs stayed on territory of Belarus and were withdrawn into Russia. In 1993, RT-2PM missile complexes that were in operation reached their maximum number of 369 units. Since 2006, Russia has been replacing Topols with new Topol-M mobile missile systems.

Over 120 test and combat training launches of the RT-2PM Topol missiles were held from 1982 and an overwhelming majority of them were successful.

In the West, the RT-2PM Topol ICBM was dubbed the SS-25 Sickle.

#### **Modifications**

The Topol-M is a solid-propellant missile of universal (silo and mobile) basing with a new control system, enhanced accuracy, larger payload, a new ABM-piercing system and other innovations.

The Topol-E is an experimental missile for conducting the trials of new types of ICBM armament.

#### Design

The RT-2PM is a three-stage solid-propellant ICBM with the sequential arrangement of its stages.

Each of the three stages uses a solid-propellant engine with a fixed nozzle. The first stage is furnished with gas jet and aerodynamic vanes. The ICBM is also equipped with a separate stage for the warhead delivery.

The launcher is mounted on a MAZ-7912/7917 auto chassis.—Tass ■

## Adams stepping down as Sinn Fein leader after 34 years

LONDON — Mary Lou McDonald will on Saturday replace Gerry Adams as the president of Sinn Fein following his decision to step down after 34 years as the figurehead of the Irish republican movement.

McDonald, 48, the left-wing party's deputy leader, was confirmed last month as successor to Adams, 69, who has dominated the left-wing party since November 1983.

"I know I have big shoes to fill taking on the role from Gerry Adams, and I know that is impossible," McDonald said.

"But I have brought my own shoes and together, with all of the party membership, we will walk on a journey that will lead to Irish unity.

"We are entering a new era and we can look forward with confidence."

Adams played a major role in convincing the IRA to disarm

as part of the Northern Ireland peace process and masterminded Sinn Fein's rise to become the second-biggest political force north of the border and the third in the south.

But many consider his past links to the IRA a millstone, although Adams denies ever being a member of the paramilitary organisation that fought for a unified Ireland.

He told the Press Association on Friday that he regretted blood spilled during Northern Ireland's three-decade long Troubles. "It took almost from 1976/77 to 1994 before there was the first cessation," he said of the peace process. "That's an awful long time and a lot of people were killed or injured and traumatised in between." Seen by some as a peacemaker, and by others as a terrorist, Adams said he did not mind what people think of him.—AFP

## Brexit transition 'not a given', EU's Barnier warns

LONDON— EU negotiator Michel Barnier warned on Friday that plans for a post-Brexit transition period to ease the pain of the split were at risk because of "substantial" disagreements with Britain.

Barnier also rejected claims by his British counterpart David Davis that Brussels had been "discourteous" by including a punishment clause in a draft transition deal in case Britain breached the bloc's rules.

"If these disagreements persist, the transition is not a given," Barnier told a news conference in Brussels after a round of Brexit talks with British negotiators. "To be frank I am surprised by these disagreements."

Davis hit back at Barnier, adding it was "surprising"

the Frenchman was "unclear" about London's position after a week of what he called intense

Britain hopes to agree by an EU summit next month on a transition period of around two years after it leaves the European Union in 2019.

During this period, Britain will still follow EU laws in exchange for access to the single market, but lose all decision-making power.

Barnier said deep divisions remained on citizens' rights for EU migrants moving to Britain during the transition, as well as the UK's ability to object to new EU laws passed during the phase.

There was also a row over whether Britain could have a say in new justice and home affairs policies during the transition, which the EU says should last from Brexit Day on March 29, 2019 to December 31, 2020.

### - 'Fundamental contradiction' -

The Brexit transition is aimed at giving citizens, businesses and public services time to get used to the impact of Britain leaving, and to allow more space for talks on an eventual EU-UK trade deal.

Barnier added that he "wasn't talking about a threat" but "if this disagreement were to persist there would undoubtedly be a problem, I hope we would be able to resolve those disagreements in the next round" of talks. The former French minister also hit back at comments made by Davis, who was not in Brussels, that the EU was acting in bad faith and had been "discourteous".—AFP

## S Korea's Moon invited to N Korea by delegation: gov't



(From L) International Olympic Committee President Thomas Bach, South Korean President Moon Jae In and Kim Yong Nam, president of the Presidium of the Supreme People's Assembly of North Korea, attend a reception in Pyeongchang, South Korea, on 9 February, 2018, ahead of the opening ceremony of the Winter Olympics. **PHOTO: KYODO NEWS** 

SEOUL — The South Korean government said on Saturday that President Moon Jae In has been invited to Pyongyang by North Korea's high-ranking delegation to the Pyeongchang Winter Olympics, including its leader Kim Jong Un's sister and special envoy Kim Yo Jong.

Moon replied during their formal talks in Seoul that he will make efforts to realize the request by creating the necessary conditions, according to the presidential office.

While Kim Jong Un expressed his willingness to improve inter-Korean ties in a personal letter to Moon, the South Korean president stressed the need for North Korea to resume dialogue with the United States, the office also said.

The North sent the delegation to attend the opening ceremony of Pyeongchang Olympics on Friday, during which the two nations' athletes marched under a unified flag.

Separately, the presidential office said Moon and Kim Yong Nam, the North's ceremonial leader who is leading the delega-

tion, will together cheer their countries' unified female ice hockey team in a match later Saturday.

Some observers believe a summit between Moon and Kim Jong Un, if realized, could not only accelerate a thaw in inter-Korea ties but also ease pressure on Pyongyang without its denuclearization.

Moon and the delegates agreed to maintain the conciliatory mood inspired by the Olympics and promote inter-Korea dialogue and cooperation, the presidential office said.

It is the first time in around a decade for a South Korean president to hold formal talks with high-ranking North Korean officials. The two nations remain technically at war after the 1950-53 Korean War ended in a cease-fire. Two previous inter-Korean summits were held in 2000 and 2007, between the late North Korean leader Kim Jong II, father of Kim Jong Un, and then South Korean presidents Kim Dae Jung and Roh Moo Hyun. As part of the delegation to the Pyeongchang Olympics, the current leader's

younger sister, Kim Yo Jong, regarded as one of her brother's closest aides, arrived in South Korea by plane on Friday with other senior officials such as the North's ceremonial leader Kim Yong Nam.

She is the first immediate family member of North Korea's founder Kim Il Sung to ever set foot in the South.

In his New Year's address, Kim Jong Un extended an olive branch, vowing to prepare for his nation's participation in the Pyeongchang Winter Olympics.

Kim Jong Un's decision to dispatch his sister to the games indicated he is keen to mend ties with Seoul, while testing the unity among South Korea, the United States and Japan over sanctions imposed on the North over its missile and nuclear programs. At the opening ceremony of the Olympics on Friday night, Moon and Kim Yo Jong shook hands in what appeared to be a friendly manner.

But the United States and Japan have warned against North Korea's "smile diplomacy," through which Pyongyang is apparently trying to weaken international economic sanctions against it by getting close to South Korea.

Washington and Tokyo are concerned that Seoul's conciliatory stance toward Pyongyang could endanger trilateral cooperation on bolstering pressure against North Korea, and could give the country more time to develop nuclear weapons.

The United States and Japan have agreed to continue to put maximum pressure on North Korea in cooperation with the South until Pyongyang takes concrete steps toward denuclearization.

North Korea, meanwhile, has shown no signs of abandoning its nuclear and missile programmes, maintaining its hostile posture toward Washington.

On Thursday, Pyongyang staged a military parade, where it displayed what appeared to be intercontinental ballistic missiles capable of delivering a nuclear warhead anywhere in the United States, in a thinly veiled threat to Washington.— Kyodo News

#### THE REPUBLIC OF THE UNION OF MYANMAR MINISTRY OF ELECTRICITY AND ENERGY MYANMA OIL AND GAS ENTERPRISE (INVITATION FOR OPEN TENDER)

(3/2018)

Open tenders are invited for supply of the following respective items in Myanmar Kyats.

Sr.No	<u>Tender No</u>	<u>Description</u>	<u>Remark</u>
(1) DN	MP/L-094(17-18)	Chrome Lignite (200) MT	Ks
(2) DN	MP/L-095(17-18)	Spares for K 700 A Rig Pump Ex	Ks
		National 55 Series Drilling Rigs (15)	Items
(3) DN	MP/L-096(17-18)	M.S Plate and Angle Iron (2) Groups	Ks
(4)DN	MP/L-097(17-18)	Assorted Sizes of Tyres (1) Lot	Ks
(5)DN	MP/L-098(17-18)	Assorted Sizes of Batteries (1) Lot	Ks
(6)DN	MP/L-099(17-18)	3" ERW Steel line Pipe API 5L Grade	e A Ks
		(PSL1) (10000) Meter	

Tender Closing Date & Time- 8-3-2018, 16:30 pm

Tender Document shall be available during office hours commencing from 8 February 2018 at the Finance Department, Myanma Oil and Gas Enterprise, No (44) Complex, Nay Pyi Taw, Myanmar.

Myanma Oil and Gas Enterprise Ph . +95 67 - 411206

#### **INVITATION TO OPEN TENDER**

Sealed tenders are invited by Department of Medical Services, Ministry of Health and Sports for the supply of 29 seater Bus and Forensic DNA Laboratory Equipment.

Tender documents are available during office hours at the Procurement and Supply Division, Department of Medical Services, office No (4), Ministry of Health and Sports Commencing from (13.2.2018).

Sealed bids are to be submitted to the office, not later than (28.2. 2018)15:00 hour, after which no bid will be accepted. No telegraph/telex proposal will be accepted.

For detail information please contact the Phone No.067-3411510, 067-3411544, Procurement and Supply Division Office, Department of Medical Services, Ministry of Health and Sports.

Procurement and Supply Division Ministry of Health and Sports

#### **CLAIM'S DAY NOTICE**

M.V YANTRA BHUM VOY. NO. ( )

Consignees of cargo carried on M.V YANTRA BHUM VOY. NO. ( ) are hereby notified that the vessel will be arriving on 11-2-2018 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.

SHIPPING AGENCY DEPARTMENT MYANMA PORT AUTHORITY AGENT FOR: M/S REGIONAL CONTAINER LINES

Phone No: 2301185



## Bottega Veneta at home on New York runway

NEW YORK — Bottega Veneta immersed New York on Friday in the art of Italian living, transforming the American Stock Exchange Building into a chic home with a roaring fire, as models sashayed down the runway in pajamas and sipped wine.

The Italian luxury label's Big Apple show, to celebrate the opening of its largest boutique in the world on Madison Avenue, was one of the most coveted tickets in an otherwise flailing Fashion Week as top US talent decamps to Europe.

It was the first runway show in the historic Renaissance Revival building, the ex-headquarters of the American Stock Exchange, reimagined as a cozy chic luxury apartment that advertised understated Italian elegance precisely the wares now on sale on Madison. "The Italian art of living begins and ends in the home," advised the programme notes. Guests were given a fake newspaper feting the new store, referred to as "Maison," just to make sure they got the point.



The show sent out 65 models in different looks, headlined by Kaia Gerber and Gigi Hadid, pictured. PHOTO: AFP



Designer Tory Burch says her hot pink pussy bow blouse and skirt were inspired by socialite Lee Radziwill's pink couch. PHOTO: AFP

The set was complete with fireplace, easy chairs and elegant dining room, where at the end of the show, models poured into the living area, chatting and sipping wine.

**SOCIAL** 

The show itself pulled out all the stops, sending out 65 models in different looks, headlined by Kaia Gerber and Gigi Hadid.

Actresses Priyanka Chopra and Julianne Moore sat front row, Moore making it a fashion hat trick after attending Tom Ford and Tory Burch.

The fall/winter 2018 collection was very sleek, sophisticated and luxurious — a masterclass in understated European elegance at the expense of headline-grabbing bling with not a puffer coat in sight.

Herrera farewell

There were silk pajamas in

sumptuous jewel colors worn under exquisitely tailored winter coats. There was animal print and patchworks of color blocks, yet it was never gaudy, never kitsch.

It was an explosion of colour — warm tones for winter, yellow, red and orange, with pointy ankle boots and a copious amount of bags to highlight a mainstay of their global business empire.

CEO Claus-Dietrich Lahrs played down talk of any crisis at Fashion Week, although the relocation to New York was onetime only.

"New York has its place, Milan has its place and Paris has its place," he told AFP.

With 270 shops around the world and another due to open later this year in Tokyo, Lahrs was also confident that bricks-and-mortar shops would

survive the e-commerce revolution.

"In the luxury market, the client wants to be known personally," he explained.

Earlier in the day, first lady favorite Carolina Herrera signaled the end of an era, announcing that she would step down from her four-decade-old label and after her own runway show on Monday.

The Venezuelan-born 79-year-old said she had appointed US designer Wes Gordon to take over as creative director after she takes the bow at her fall/ winter 2018 fashion show at the Museum of Modern Art.

The London-trained Gordon, who from 2010 to 2016 presented his eponymous womenswear collection in New York, has been creative consultant at Carolina Herrera for a year. 'Optimism'

Tory Burch, the doyenne of preppy chic meets boho insouciance, showcased breezy optimism in a field of pink carnations for a post-#MeToo world.

The stunning set transformed a space under a flyover into a field of 14,000 flowers sprouting from springy moss, light streaming through the windows and the Chamber Orchestra of New York playing Vivaldi.

Her fall/winter 2018 collection was romantic, whimsical and partly inspired by Lee Radziwill, the 84-year-old indomitable American socialite and younger sister of Jacqueline Kennedy

And if there was a hot pink pussy bow blouse and matching skirt, any allusion to the pink pussy hats worn by women marching against the Trump administration was pure coincidence: turns out Radziwill has a hot pink couch in her Paris living room.

"I promise that wasn't in my mind. It really wasn't," laughed 51-year-old Burch, worth an estimated \$600 million according to Forbes. "I'm a big supporter of women and women's issues but that is probably not how I would demonstrate that," she added. "I love the colour and pink, we were referencing Lee Radziwill... she had a pink couch."

But Burch is only too happy to see positivity blowing in the winds as the United States navigates the sexual harassment watershed. "You can read optimism into the whole mood of the collection," she told AFP. "That is a definite direction," she said. —AFP■

## Britain's Kate facing BAFTA black dress 'dilemma'

decision at Britain's BAFTA film awards, a newspaper reported on Friday, if female attendees decide to wear black in protest at sexual harassment. If the red carpet "blackout" at last month's Golden Globes is copied at the 18 February ceremony in London, Prince William's wife Kate may have to decide whether to be seen to be joining in or standing apart.

Royal women traditionally

Cambridge could face a tricky mourning, and the monarchy Hollywood Reporter magazine sexual harassment and abuse." actress nominees are Annette avoids public protest. The Daily Telegraph newspaper said Kate "will be left in a diplomatic minefield... a trickier dilemma than ever" when she accompanies William, the president of the British Academy of Film and Television Arts, to the BAFTA bash, Kate, 36, who is expecting her third child in April, wore a black dress with white flowers at last year's ceremony. Her Kensington Palace

said it had seen a letter addressed to BAFTA guests inviting them to wear black like "our sisters" at the Golden Globes in Los Angeles. "We feel it is important to make a statement to show global solidarity and that the issue is not being forgotten," it said. "Wearing black is a strong, unifying and simple statement — a physical and visual representation of our solidarity with people across all

LONDON — The Duchess of do not wear all-black unless in office declined to comment. The industries who have experienced signalling, the sequel". The best At the Globes, Hollywood's A-listers turned out en masse wearing black outfits, with only the slightest hints of colour. It was a sartorial show of force to draw attention to the issue in show business and beyond, a culture of abuse revealed in the downfall of movie mogul Harvey Weinstein and others. Britain's Daily Mail newspaper described the reported BAFTA plan as "virtue

Bening, Sally Hawkins, Frances McDormand, Margot Robbie and Saoirse Ronan. Allison Janney, Lesley Manville, Laurie Metcalf, Kristin Scott Thomas and Octavia Spencer have been shortlisted for the best supporting actress gong. "The Shape of Water" leads the BAFTA nominations with 12 nods, ahead of "Darkest Hour" and "Three Billboards Outside Ebbing, Missouri" with nine.—AFP■

# 2018 Asian Road and Para Cycling Championship routes announced

THE routes for the 2018 Asian Road and Para Cycling Championship, to be held from 8 to 12 February in Nay Pyi Taw, have been announced.

On 11 February, the 156km men's cycling race will begin at 8 am The route will start from Wunna Theikdi Stadium, along the Pyinmana-Taungnyo road through Myoma Market traffic light, Thabyaygon roundabout. Junction, Capital, Gantgawpan roundabout, Lewe junction traffic light, T junction, Hninsi Thone and the Khaing roundabout. Racers will continue again through Gantgawpan roundabout, Thabyaygon roundabout, Kumudra Kyarpan roundabout, Ingyinpan roundabout, station traffic light, Khwarnyo roundabout, and Bodh Gaya.

They will then turn back at the 15 miles 6 furlong, return toward the finish line at the No. 1 gate of Wunna Theikdi Stadium through Khwarnyo roundabout, Ingyinpan roundabout, junction with the road to Mandalay, Win Thuzar junction, Union Civil Service diversion road, Coop junction and Hluttaw.

The 106km women's cycling event will start at 12 p.m. The route will start from Wunna Theikdi Stadium, continue along the Pyinmana-Taungnyo road through Myoma Market traffic light, Thabyaygon roundabout, Gantgawpan roundabout, Lewe junction traffic light, T junction, Hninsi Thone Khaing roundabout, Lewe junction, Gantgawpan roundabout, Thabyaygon roundabout, beside the water fountain garden towards Kumudra Kyarpan roundabout, Ingyinpan roundabout, and Khwarnyo roundabout. Racers will then return from there to Ingyinpan roundabout, junction with the road to Mandalay, Win Thuzar junction, Coop junction, Hluttaw, Wunna Theikdi roundabout and finish at the No. 1 gate of Wunna Theikdi Stadium.

The 70km women's cycling event will begin at 4 p.m. The route will start from Wunna Theikdi Stadium, continue along the Pyinmana-Taungnyo road through Myoma Market traffic light, Thabyaygon roundabout, beside the water fountain garden toward Kumudra Kyarpan roundabout, Ingyinpan roundabout, and Khwarnyo roundabout. Racers will continue to Bodh Gaya, and then return towards Ingyinpan roundabout, junction with the road to Mandalay, Win Thuzar junction, Coop junction, Hluttaw, Wunna Theikdi roundabout and finish at the No. 1 gate of Wunna Theikdi Stadium.

On 12 February, the 176km men's cycling event will begin at 8 a.m. The route will begin from Wunna Theikdi Stadium, along the Pyinmana-Taungnyo road through Myoma Market traffic light, Thabyaygon roundabout, Gantgawpan roundabout, Lewe junction traffic light, Tjunction, Hninsi Thone Khaing roundabout, and Tjunction.

The race continues to Lewe junction, Gantgawpan roundabout, Thabyaygon roundabout, beside the water fountain garden and towards Kumudra Kyarpan roundabout, Ingyinpan roundabout, station traffic light, Khwarnyo roundabout, and Bodh Gaya. Racers will return from Tatkon rail crossing, Bodh Gaya, Khwarnyo roundabout, station traffic light, Ingyinpan roundabout, junction with the road to Mandalay, Win Thuzar junction, Coop junction, Hluttaw, Wunna Theikdi roundabout; and finish at the No. 1 gate of Wunna Theikdi Stadium.

Drivers travelling along those roads have been cautioned to give way to the competing cyclists. — Myanmar News Agency

### Cuba's int'l book fair a truly inclusive cultural event

HAVANA — Each year, the Havana International Book Fair underscores one of Cuban society's basic beliefs, that education is not a privilege but a right.

It does that by providing books in braille or audio format for the visually impaired and free of charge. "I come to look for CDs of books on all topics, because I prefer digital books," Bonifacio Sanchez, one of the beneficiaries of the program, told Xinhua. "My wife asked me to find her three printed books in braille that she wants on various topics, including Chinese history and traditional Cuban cuisine," said Sanchez. A piano tuner at Cuba's National School of Art, Sanchez said he doesn't miss a fair because both he and his wife love to read. They aren't alone.

A long line of people with canes waiting to get into Havana's historic San Carlos de la Cabana Fort, where the event is held, providing one of the most arresting images of the fair—Xinhua ■

## Soviet intelligence officer who saved Krakow from destruction marks 101<sup>st</sup> birthday

MOSCOW — The Soviet intelligence operative Alexei Botian, whose reconnaissance group saved the Polish city of Krakow from destruction by the retreating Nazi units in spring 1945, marks the 101th birthday on Saturday.

Botian, who holds the title of a Hero of Russia, served as a prototype for the protagonist in the short novel 'Major Vikhr' by the Soviet spy-fiction writer Yulian Semyonov.

"For many Russians, you are a legendary intelligence officer who scored quite a number of combat achievements, including salvation of the refined City of Krakow from destruction by the Nazis," the press bureau of Russia's Foreign Intelligence Service quoted its Director, Sergei Naryshkin. "It is not a yet another birthday but, rather, the start of a second century of your life and

we congratulate you on it today, on the 10th of February," he said in a congratulatory message.

"I am glad you are full of energy today and surrounded by the caring family and colleagues," Naryshkin said. "And I remember you continue holding the title of First-Class Junior Sportsman in chess." Alexei Nikolayevich Botian was born on 10 February, 1917, in the village of Chertovichi, Oshmyany county of Wilna Governorate of the Russian Empire, which is currently located in the Volozhin district of Minsk region in Belarus. His parents were farmers.

In March 1921, the Oshmyany area became the territory of newly independent Poland

Upon finishing school, Alexei Botian was drafted to the Polish Army where he rose to the rank of an antiaircraft crew leader.



Alexei Botian, who holds the title of a Hero of Russia, served as a prototype for the protagonist in the short novel 'Major Vikhr' by the Soviet spy-fiction writer Yulian Semyonov. **PHOTO: TASS** 

He took part in combat operations against the invading Wehrmacht in September 1939 and downed three Junkers planes near Warsaw.

Botian received Soviet citizenship in October 1939 and briefly taught at school. He proceeded to the frontline right from the legendary military parade on Moscow's Red Square on 7 November, 1941. In 1942, he took a course of specialized training and was engaged in what is known as 'rail-track war' — the operations

of Soviet partisans [guerilla units] to blow up Nazi echelons on railways in the occupied parts of the USSR and thus to disorganize the Wehrmacht's vital deliveries to the Soviet front. These operations in the enemy rear also included disruption of telecommunication lines. The culminating point of his wartime service fell on the winter of 1945 when Soviet troops were liberating Poland.

The recon crew led by Botian managed to find and eliminate a stock of explosives in an olden

castle in Nowy Sacz, Lesser Polan Voivoship. This happened on 18 January, 1945. The explosives were meant for blowing up the cultural monuments in Krakow, the Roznow dam and a bridge across the river Dunajec. The operation of the Soviet intelligence operatives that disrupted the Wehrmacht's plans was featured in a documentary titled 'Alexei Botian: How We Liberated Poland'.

President Putin awarded him with the title of Hero of Russia on 9 May, 2007.—Tass ■







The 3rd day of 2018 Asian Cycling and Para Cycling competition held on 10 February in Nay Pyi Taw. PHOTO: MYANMAR NEWS AGENCY

## Third day of 2018 Asia Road and Para Cycling Championship

THE 2018 Asian Cycling and Para Cycling Championship, jointly organized by the Asian Cycling Confederation and Myanmar Cycling Federation under the supervision of the Ministry of Health and Sports, began in Nay Pyi Taw on 8 February.

The third day of the event, on 10 February, was attended by Sports and Physical Education Department Director-General U Myo Hlaing and officials from the Asian Cycling Confederation and Myanmar Cycling Federation.

Fifteen cyclists took part in the Individual Men's Elite (42) kilometers competition yesterday, in which cyclist from Hong Kong won first prize with a record of 49 minutes and 53 seconds, followed by a cyclist from Korea in second place at 49 minutes 56 seconds, while a cyclist from Iran took third prize with a time of 50 minutes and 52 seconds.

In the Individual Men's Junior (106) km competition, 46 cyclists participated, with a cyclist from Japan winning first prize with a time of 2 hour 32.38 seconds. A cyclist from the Philippines took the second prize with a 2 hours 32.49 seconds finish, while a cyclist from Thailand came in third place with a time of 2 hours 33.01 seconds.

In the afternoon, 27 athletes took part in the Individual Women's Junior (70) kilometer competition, where a cyclist from Hong Kong won first prize, followed by a cyclist from Japan in second place, and a cyclist from Kazakhstan came in third.

After the races, officials from the Sports and Physical Education Department, general secretary of Asian Cycling Confederation Onkar Singh, Myanmar Cycling Federation Chairman U Khin Maung Win, Jordan Cycling Federation Deputy Chair



Cyclists from foreign countries including Myanmar participating in the Cycling Championship. **PHOTO: MNA** 

Dr. Kalar, Technical Delegate Mr. Haryari, and deputy chairs from the Myanmar Cycling Federation, presented prizes to the

winning cyclists.

A total of 415 cyclists from 23 nations, including Myanmar, took part in the Cycling Championship, which continues until 12 February. The public is invited to attend the competition for free.

— Myanmar News Agency ■

## At mid-season, Myawady tops Myanmar Women's League standings

By Kyaw Zin Lin

With the completion of all first-round matches, Myanmar Women's League defending champion Myawady FC is continuing its winning ways as it remains in first place in the standings.

Myawady has garnered 19 points from six wins and one draw in seven matches played so far in the 2017-2018 season of the KBZ Bank Women's League.

In second place behind

Myawady is Thitsar Arman, with the same number of points but with a lower goal differential.

Myawady scored 45 goals in all their matches, and Thitsar Arman earned 33 goals in the first half of the season.

Myawady star player Win Theingi Tun is currently the leading scorer with scoring 27 goals.

Following Win Theingi Tun, Khin Moe Wai from Thitsar Arman has scored 15 goals and Yi Yi Oo from Sports and Education has scored 14 goals. ■

## Magwe wins, first loss for Yadanabon

By Kyaw Zin Lin

Yadanabon FC, the pride of Mandalay Region, was defeated yesterday on their home field by Magwe, suffering their first loss of the season.

The close match was not decided until late in the game when Magwe star Maung Mang Soe scored the only goal of the evening at Mandalathiri Stadium in Mandalay.

Both teams are battling for first place in the Myanmar National League and are developing a fierce rivalry in their quest for the 2018 championship.

The two teams played well and showed a reliable defence line and fixed middle line, resulting in the ball being passed to and fro mostly around the midfield area of the pitch.

Both teams displayed good tactics and choice of strategies and demonstrated good communication among the players.

There were some goal opportunities in the late minutes of the first half, but neither team could convert them into goals.

Yadanabon used speedy

and skillful play in the second half. Similarly, Magwe used clever ball blocking in their defence and middle line.

The only goal of the match occurred late in the contest in extra time (90+3 minutes) when Magwe hero Maung Maung Soe scored the winning goal with a speedy pass in front of surprised Yadanabon defenders.

With yesterday's loss, Yadanabon falls to third place, while Magwe stands in the fourth place. Both teams have garnered three wins, one draw and one loss in five matches.

# SUNDAY SPECIAL

#### The Global New Light of Myanmar

NEXT GENERATION PLATFORM

11 FEBRUARY 2018

THE GLOBAL NEW LIGHT OF MYANMAR

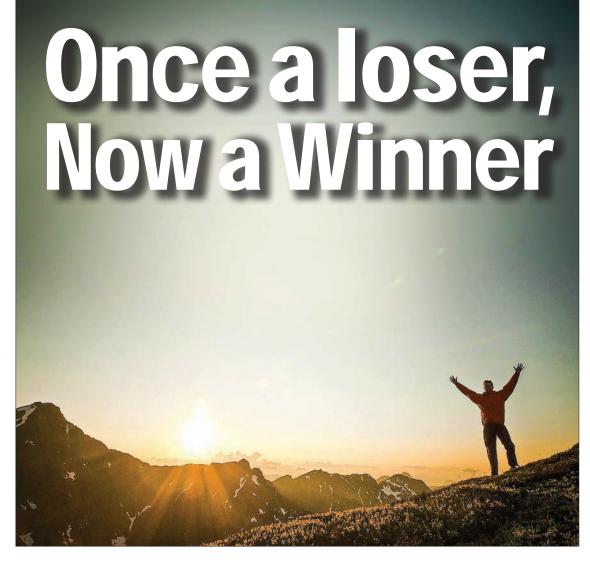


Honey Soe (B.M.T.M) University of Traditional Medicine,Mandalay

IFE is not always a bed of roses, people say. Many a time they would face ups and downs of their lives however much they want the best. When something unexpected happens to you and pushes you into a tight corner, in which way do you ever response to that? Some people may react to the situation in a flexible way by comforting themselves saying "Let it be" or "Let bygones be bygones ". But some may refuse to accept the idea that they are on the verge of failure or at doom reminiscing about their gilded days and feel sad and unhappy with their current situations. Some can get it over within a short time while some can not. Then there comes to a word "depression".

Some people think depression as a sign of weakness and kind of embarrassment. In fact, it is a common illness worldwide, not a sign of weakness or a character defect. It is said that depression can affect any age group but no one exactly knows what causes depression.

It is normal that someone is more or less likely to be in a great despair or sadness and feel depressed when he or she experiences life changing problems such as unemployment, work overload, money problems, loss of beloved ones, failure or adverse effects of their expectations. As many a human may go through such experiences in some stages of their life, depression can be said common among people. So what's wrong with



that depression since it is common? It begins to go wrong when it continues for a long time more than two weeks and it could probably lead to a suicide at worst.

Globally more than 300 million people suffer from depression and the figure is at a rise. Among them, some people recover from this by taking medicine or treatment by the physicians while the others end up with suicide. Nearly 800,000 people die due to suicide every year. Recently I heard some celebrities have added to this list after their long-term de-

pression. Most of them were so young when they died. So a question came to me how many young men are suffering from depression and end like this. It is dreadful to learn that suicide is the second leading causes of death in 15-29-year-olds. There would be many young men out there suffering from depression and I want all of them know they are not the only people who are in such torment. Yes I have been one of them for over three years but my way back to normal is just around the corner. I want to help people who are in depression as much as I can so I decided to recall my memory of this illness, how I struggled and managed to get up. It is awful to think it over again but without it I would not be able to share my battle against this illness.

Five years of studying at a University left me a degree and no job. I already understand that there are a lot of people out there who are jobless after their degree and striving to get one. But you would feel like your hands and legs were chopped off when you were not in power of getting things better despite all your ef-

forts to do the best. At that time I began to feel so small and blamed myself all the time. I felt regret and guilt about who I have been as I thought I was so stupid and useless. How I have lived my life like this, after all with no job and no respect! The emotions were mixing, one minute depressed and the next anxious for no reason. Here negative thoughts such as "I'm such a loser" "People look down on me" "I'm useless" "I'm a burden on my family" were creeping into my head.

I felt so small and embarrassed that I even wished I would disappear like a mist in the air when people asked me whether I was joining a certain job and me answering "no". Although they were just making a conversation, I was unable to stand as if they were casting on me with stones or swords instead of words. Not getting on with the people around me, I was no longer interested in people's perfunctory thing of conversation and began to withdraw myself from all those people. My eyes dismissed all the eyes laid on me in lest I would hook up any chance to talk. As for me, putting on a smile then was like heaving the heavy stones that hung on each side of my mouth. To laugh heartily was just pie in the sky.

It was quite uncomfortable for me to go into the crowd that I always earned a place for seclusion. Those were the darkest days of my life feeling insecure, helpless and hopeless as if I was stranded on a plank in the middle of nowhere out in the sea with no sign of any soul or any shore or any footing to keep standstill. Nights left me sleep deprivation that I sometimes found myself crying in the middle of the night.

**SEE PAGE-S-8** 

### Invitation to young writers for Sunday section

The Global New Light of Myanmar is accepting submissions of poetry, opinion, articles, essays and short stories from young people for its weekly Sunday Next Generation Platform. Interested candidates can send their works to the Global New Light of Myanmar at No. 150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon or by email to dee@ globalnewlightofmyanmar.com with the following information: (1) Sector you wish to be included in (poetry, opinion, etc.), (2) Real name and (if different) your penname, (3) Your level of education, (4) Name of your School/College/University, (5) A written note of declaration that the submitted piece is your original work and has not been submitted to any other news or magazine publishing houses, (6) A color photo of the submitter, (7) Copy of your NRC card, (8) Contact information (email address, mobile number, etc.).— Editorial Department, The Global New Light of Myanmar news office

#### **GET YOUR CITY HERO KIT NOW!**



City Hero Kit provided by City Mart Holding Co,. Ltd is available free of charge at The Global New Light of Myanmar for those who contributed their works to our Next Generation Platform of the Sunday Special Pull-out of The Global New Light of Myanmar.

#### 7

## Basic English Grammar for Basic Students

#### **Lesson 39: Tag Questions**

Hello Class!

We have studied about Questions or Interrogative Sentences.

Today, we are going to study how to add "Tag Questions" at the end of the Questions.

The word "tag" as you all know very well today, is to put or add something to somewhere.

Here, "Tag Questions" are the Questions in short form to put at the end of a sentence, and to ask question about a statement.

- e.g. (1) He is a good guy, isn't he?
  - (2) She was very beautiful these days, wasn't she?
  - (3) You have a valuable ring, haven't you?
  - (4) He writes this letter very well, doesn't he?
  - (5) She sang sweetly that night, didn't she?
  - (6) I try my best, don't I?

Here, we need to study two parts.

The first one is, how to make the short form of the Verbs in Question form, such as ..... is not = isn't, was not = wasn't, are not = aren't, were not = weren't, has not = hasn't, have not = haven't, had not = hadn't

And for the Action Verbs, such as ... do not = don't, does not = doesn't, did not = didn't.

So just put these short form of tag words for the Tag Questions at the end of the sentence and then put the Subject at the end before the Question Mark.

These Tag Questions are add to confirm the sentence and just to emphasize the confirmation of the sentence.

e.g. In the sentence "He is a good guy, isn't he?", the speaker wants to confirm that what he said is correct. He wants to emphasize the "correctness" or "confirmation" of what he is speaking about.

So, to put "Tag Questions" to the Statements, we first need to know the short forms of the Verbs, and then the second part is where to put which Tag Questions.

For the Verbs to be and Verbs to have, we just need

to put "n't" at the end of the Verbs and then comes the Subject before the Question Mark.

So also with the helping Verbs as:.. can..can't, could.. couldn't, shall..shn't, should..shouldn't, will..won't, would.. wouldn't, might.. mightn't

(Note that we usually use tag questions for the words, am and may)

But, for the Verbs to do or Action Verbs, please do not forget the two portions of the Verbs as: ...

Write = do + write

Writes = does + write

Wrote = did + write

Sing = do + sing

Sings = does + sing

Sang = did + sang

So also with the other Action Verbs.

Then we just need to put don't, doesn't and didn't before the Subject to make tag Questions.

Here comes some Exercises.

#### Exercise 39.

#### I. Put "Tag Questions" to the following Statements.

- (a) Maung Maung is a nice student.
- (b) Our children are clever.
- (c) We are intelligent.
- (d) They were in the class.
- (e) My brother was very weak those days.
- (f) All my friends are very funny.
- (g) They are good girls.
- (h) He was handsome indeed.
- (i) They were very young in the last twenty years.
- (j) He is feeling bad.

#### II. Put "Tag Questions" to the following Statements.

- (a) I have a lovely sister.
- (b) You have a nice brother.

- (c) She has some nice books.
- (d) He had different flowers in his garden.
- (e) She has very nice parents.
- (f) I had one Aunt at that time.
- (g) They have good neighbours.
- (h) They had only wet clothes.
- (i) You had a little puppy.
- (j) The girl has a lovely puppy.

#### III. Put "Tag Questions" to the following Statements.

- (a) You can solve this problem.
- (b) I could answer that difficult question.
- (c) He will come up soon.
- (d) They would find the lost child.
- (e) I shall fetch the water.
- (f) They should speak politely.
- (g) He might sell that car.
- (h) You can organize them easily.
- (i) He could read very well.
- (j) They should take rest.

#### IV. Put "Tag Questions" to the following Statements.

- (a) He writes this good books.
- (b) She wrote that lovely poem.
- (c) I said it to you.
- (d) You warn me about him.
- (e) She likes cooking.
- (f) He tried a lot in this case.
- (g) They run away at the end.
- (h) He painted that beautiful picture.
- (i) They laughed out loud.
- (j) We liked the stories so much.

Hope that you can do all these easily!

Please so not forget to put a "Question Mark" at the end of the Sentence.

That's all for today Class.

Bye Bye! See you next week. Your English Teacher (GNLM).

Email: <dr.nunuwintin.rose.dawn@gmail.com>

Here comes the answers to the last week's exercises.

Exercise 38

- I. Question Words are,: Which, What, Who, Whom, Whose, When, Where, Why, How and How much / How
- II. "Which, What, and Who" are used for persons and things in Subjective forms,
  - "Whom" for persons and things in Objective forms,
- "Whose" shows the possessions, "Which" for the specific Nouns,
- "Where" shows the place, "When" shows the time, "Why" shows the reason, "How" shows the manner and

"How much" and "How many" show the Quantity, "How much" for Uncountable Nouns and "How many" for Countable Nouns.

#### III. Change into Questions with Question Words.

- (a) What do children love?
- (b) What is he today?
- (c) When will he come back?
- (d) Why is he absent from school?(e) Whom is the teacher scolding?
- (f) How much does she like this musical movies?
- OR
  Which movies does she like so much?

- (g) Where would you love to visit?
- (h) How can she run?
- (i) Where is the industry.
- (j) How much milk do you like in your coffee?
- (k) How many books are there in a dozen?
- (l) How many flowers have you?

(m) For whom the bell tolls?

Hope that you all have done very well!

That's all for today Class.

Bye Bye! See you next week!

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# Educational Change

By Dr. Khin Zaw

Retired Rector, Yangon University of Education

(Continued from the last week)

YSTEMS concepts have a number of implications for Educational

D.E. Griffiths formulated the following propositions for Educational Organizational Change :...

- (i) The major impetus for change in organization is from the outside;
- (ii) The degree and duration of change on organizations is directly proportional to the intensity of the stimulus from the suprasystem;
- (iii) Change in an organization is more probable if the successor to the chief administrator is from the outside of the organization than if he is from inside the organization;
- (iv) When change in the organization does occur, it will tend to occur from the top down, not the bottom up;
- (v) Living systems respond to the continuously increasing stress first by a lag in response, then by an over-compensatory response, and finally by catastrophic collapse of the system;
- (vi) The number of innovations expected is inversely proportional to the tenure of the chief administrator;
- (vii) The more hierarchical the structure of an organization, the less the possibility of change.

#### **Change in Educational Staffing**

It seems imperative, from these systems theorizing, that the administrative or managerial functions required in instructional systems development and operation be given to a technical staff rather than to the teaching members or pedagogues of the syetems.

What is more, it is important to realize that the majority of the instructional system staff should be nonteaching members. The nonteaching instructional system staff will assist the teaching members in specialized functions: graph art, film and television production, photography, secretarial, engineering, programming, etc. Other personnel who may not be directly attached to the instructional system staff but who may render a number of valuable services to various instructional systems might include counselors, psychologists, curriculum assistants, research workers, librarians, audiovisual or communications specialists, and instructional technologists.

This suggestion obviously implies a teacher-team concept in instructional systems operation. According to team teaching expert J.Shaplin, team teaching is a type of instructional organization involving teaching personnel and the students assigned to them, in which two or more teachers, working together, are given responsibility for all, or a significant part, of the instruction of one group of students.

The team teaching concept in instructional or pedagogic systems development may necessitate the introduction of a personal hierarchy into Education. Although such a reorganization would change Education in a revolutionary way, there is some evidence from pilot hierarchical team teaching arrangements to suggest certain generalizations.

On the whole, the evidence indicates ...

(1) The existing corps of teachers finds it difficult to accept hierarchy before having direct experience with it;

- (2) Veteran teachers or expert pedagogues who join hierarchical teams usually develop positive attitudes toward hierarchy, though some do not;
- (3) Young teachers who begin their teaching careers in hierarchical teams find hierarchy to be both helpful and de-
- (4) There is a strong relationship between the competence of the leader and the team members' feelings about the hierarchy;
- (5) Learners, especially at the elementary level, tend to value and approve

of all the members of the team regardless of their roles:

(6) Competition for leadership roles does become evident to some teams, but the effect of this seems to be generally constructive rather then destructive.

(to be continued)

#### References

- 1. Dr. Khin Zaw, "Systems Thinking", 1982.
- 2. Seattler, op.cit.
- 3. Judson Shaplin and Henry F.Olds, Junior, "Team Teaching", 1964.



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# Putao, the small town with grand, natural beauty

By Nat Ye Hla

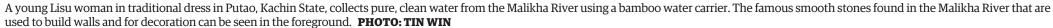


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A couple of Lisu in traditional dress walk at Mulashidi Bridge, Kachin State. **PHOTO: TIN WIN** 



A vendor sells local food at a morning market in Putao, Kachin State. PHOTO: GREEN XINGRA ECO-TOUR & TRAVEL



PHOTO: GREEN XINGRA ECO-TOUR & TRAVEL

JTAO, in Kachin ate, northern Myanmar, possesses a natural and unspoiled environment that includes the stunning, snow-capped Hkhakaborazi mountain.

But in the forests of Putao, rare trees and certain species of wildlife that cannot be found anywhere else in the world are in danger of extinction.

A survey team of local and foreign experts discovered a new bird species in Putao district in mid-April 2016 while they were studying biodiversity of special significance in the Khakaborazi National Park and Hponkanrazi Wildlife Sanctuary.

According to foreign expert Dr. Swen C. Renner, its variety is yet to be identified and will require further zoological analysis. The team has collected 86 species of birds, 32 species of bats, 21 species of rodents and seven species of reptile amphibians, with plans to bring them to UNESCO for assessment of their habits and genetic makeup.

The area around Putao is famous for the variety of native

birds and rare orchids. Many orchid lovers are especially attracted by the so-called "Black Orchid" that can be found in the mountains east and west of Putao. Hkakaborazi, believed to be the highest peak in Myanmar, and other snow-capped mountains are visible from Putao. Putao attracts hiking and climbing enthusiasts, who begin their ascent at Hkakaborazi base camp, located close to

Another attraction for visitors are the clean, blue waters of the Malikha River and the smooth river stones found along the waterway.

"It is very interesting for me to see the fence laid up with river stones," said U Tin Win, a prominent artist, who visited the local Lisu ethnic people's New Year festival recently to take pictures of locals in traditional costumes.

The stone wall fence has a height of just over three feet.

"This kind of fence is not just for decoration," said Seng Hkum, a local resident, "because no thieves nor robbers

are here."

Lisu nationals belong to the Kachin national ethnic group, one of over 100 national ethnic races. They live mostly in Kachin and Shan states, whereas some are spreading into the Mandalay and Sagaing regions as well.

Their original location was the high land called "Mu Ku Di," in Mongolia, where their existence can be traced back for centuries, it was learnt. Due to the increasing amount of dwellers in the region, they moved toward other locales.

From Mu Ku Di they moved to greener pastures— Shiparr, Lachaw, Larkyi region [now Lanchaung in China], and then Kyidu, Koedu and Likyan regions. From there, they moved to the upper part of the Mekong Basin and Naw Mi in the upper part of the Than Lwin River. There is a saying, "Lisu originates in Lanchaung," which means that they were not yet named Lisu while they were living in Mu Ku Di. On arrival at Lanchaung, they started to be called Lisu.

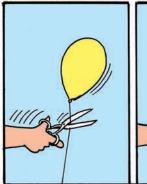


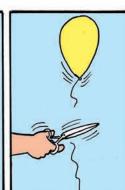
A young Lisu couple in traditional dress row along the Malikha River in Putao, Kachin State using a bamboo raft. **PHOTO: TIN WIN** 















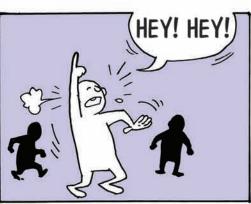


















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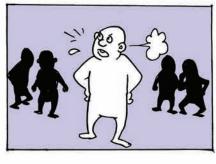




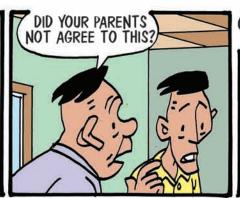












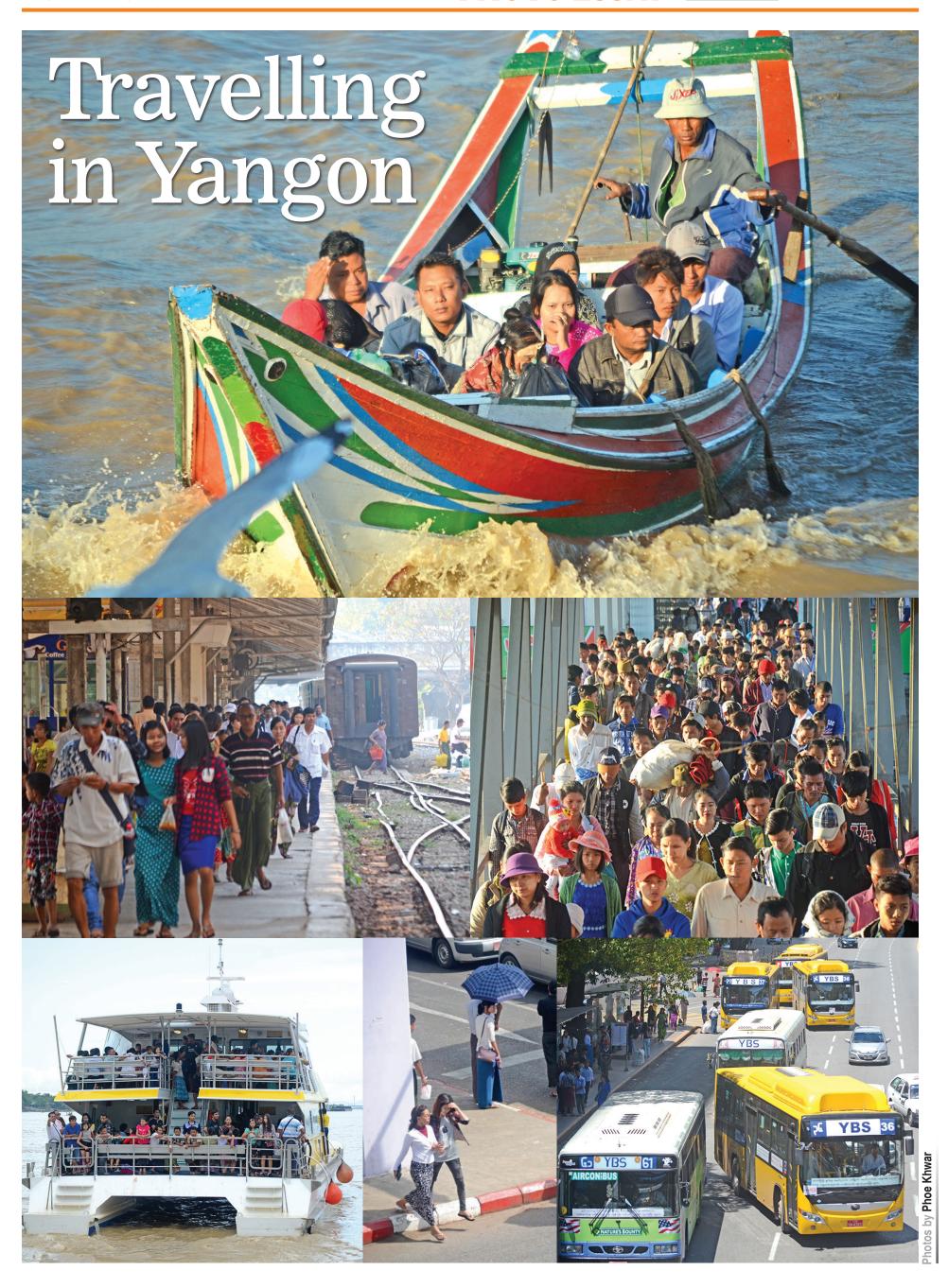












## Do you have the change for success!

**Kyaw Orwell** 

e must change ourselves daily, to cease the rapidly changing world.

To discover the secret of your life, learn how to deal with change. All are changing except the change. Everybody wants to change the world and others except themselves.

As long as I can remember, when I was young I dreamed to change the world. When I was 17 year old my friend gave me a book as a gift including the story that can change to my life. The name of the story is "start with yourself" and this is as below,

When I was young, I was free and my imagination had no limits, I dreamed to change the world. As I grew older and wiser, I discovered that the world is very hard change, so decided to change only my country. But it seemed immovable. Then, I settled for changing only my family, those very near to me, but they were not same with me. And now as I close to my end, I come to realize that if I had only changed myself first, then by example I would have changed my family, my country and the world. Everything is start with me. Only I can change my life. No one can do it for me.

Before I read this story, I wanted to change the world except me. And now on I wanted to possess the strength of

changing myself.

When the world change, so do our mind. Everybody is taking the vehicles, we cannot stay taking a walk for long times. Modern people are using the mobile phone, computers and internet, we should also learn at least how to use them.

Whenever I think about the circumstances of the change, a story is always appear in my mind. I suppose you also may like the stories. Let me share the story to you.

Many centuries ago, there was a small village near the Rome. In this village, there was a blind girl who hated herself because she was blind. The only person she didn't hate was her loving boyfriend as he was always there for her. She said that if she could see the world, she would marry him.

One day, someone donated a pair of eyes to her. She could see everything now, including her boyfriend. Her boyfriend asked her, "now, you can see the world, will you marry me?"

The girl was shocked when she saw that her boyfriend was blind too, and refused to marry him. Her boyfriend walked away in tears. When the girl's circumstances change, so does her mind.

When our circumstances change, so does our mind. Therefore, before the circumstances change, we should have the change attitude first. Do you have the change for success?

## Once a loser, Now a Winner

#### **FROM PAGE-S-1**

There were also times I lost my mind and plunged into a whirlpool of delusion. A thousand negative thoughts were swarming inside my mind as my emotions went deeper and deeper. "What am I supposed to do right now?" "Why am I here feeling like this?" "What is my destiny? " "Where is my future?" When I thought about my future, it was all blank. I found myself trapped under the fog of pessimistic thoughts and saw no escape. It was when thinking about death came over me. "What of its use even if I stay alive?" "No difference for me between living and dead since I am living dead" "Nothing would do good even when I live" "If so, I'd rather die" Long-term depression instils the idea of death into your head when you get trapped and find no escape from the negative views you create upon your world. When you see a knife, you are inclined to cut your wrist. When you see water, you are inclined to get yourself drowned. When you see a rope, you are inclined to get yourself hanged. Things were getting worse and sometimes I did not even know who I am. Putting all the blames on myself, it was so difficult to get myself free from this situation. Worst of all, every thread I pulled out of the reel of my imagination was entwined with death. If I did not want to end up with death, I desperately needed to find an answer.

It is as though you were taking Anatomy lessons in the practical room where you dared not take deep breath in case you might inhale the pungent smell of formalin stinking out from the dead bodies but as the time went by, it was getting harder to breathe behind your mask nevertheless you tried to confine the gas under your nostrils. At length, you felt suffocated and desperate for fresh air. There are many options you can make under this

situation. Go outside and breathe in the fresh air but you will miss the lecture or remain inside managing the suffocation with one way or another like the others who are thirsting for the fresh air just like you. The point is you can try one way or another to go on. After all, life is not about waiting for the storm to pass, it is about learning to dance in the rain.

Lucky for me, my curiosity helped me in making sense of what I was feeling. I began to find out all the details of depression on Internet and also books and tried to get my bearings. First tip: when you come to know you are in depression, you need to learn more about your illness.

I also discovered that I went downhill especially when I was doing nothing. I began to find something to do to occupy my free time and decided to learn English and read books. Second tip: dealing with depression needs action

Coincidentally at that time, a girl of about my age was killed by a car accident and a comment made by her bereaved father made my attitudes change. He said that his daughter had a very bright future and she had prepared to engage a better future in every possible aspect. But now she died and everything had ruined. Then an idea struck my head. "How lucky I am as I am still alive" "I still have a chance to create a better life if I don't give up" They were the very first positive thoughts that came into my mind since I decided to fight back against depression. I began to change my views on things and appreciate all I have ever since. Third tip: when you are feeling low, just look around and you will see many people's situations far worse than yours. Change your way of thinking like you are second to none in bad luck.

To push all the pessimistic thoughts away from me, I read books voraciously.

Books played a great role to fight back my depression. A book named "You can heal your life" by Louise L. Hay took a new turn to my life. I have read this book again and again and followed the instructions she shared in her book. I have learned how to forgive and let myself free, to appreciate as the way I am and think positives.

The path to get myself back to normal was not always an easy one but where there is a will, there is a way. There are some self-help steps I took on the way to normal and I am still working on it. They are as follows:

- 1. When you are feeling low, do not stay alone. It would be tough to join someone else when you are in depression but please, try not to stay alone. Call a friend or a family member to who you can confide.
- 2. Negative thoughts fuel your depression and have power to take your life. Dealing with depression needs to change not only your way of thinking but also your lifestyle. Set a routine which may lift your negative spin on everything.
- 3. Learn something new or a language
  - 4. Read books
- 5. Set goals and make sure you accomplish your goals or if you fail to do, it could rekindle your painful memories of failure or something before.
- $\mbox{6. Exercise Studies say it can reduce stress.}$
- 7. Get enough sleep but try not to nap or you will face difficulty in falling asleep at night.

If the situation seems not improve with these self-help steps, go to the doctor and get the treatment. Needing the help of the physicians is not to be ashamed of. I understand that feeling because I have suffered a lot. I also discovered my own therapy to recover from this illness.

It is reading and writing. When I read, I am a new one tasting the colourful lives and arts that the book presents. When I write, it is really exciting to compose a sentence in this or that way with the words I gleaned on books while reading by tracking down my memory.

If somebody asks me whether my new therapy does work, I will say "Yes". One day I will get it over, I hope. Of course I hope. Finally I could manage to have a hope at least. Is it an improvement to living with a hope from without? Well I now have a hope to go forward and to keep a tight grip on my opportunity to create a better future.

Common signs and symptoms of depression

- Depressed mood during most of the day, especially in the morning
  - -Feel tired or have a lack of energy
  - Feel worthless or guilty
- Hard to focus or remember details and make decisions
- no interest or pleasure in everyday activity
  - Think often about death or suicide
  - Feel restless or slowed down
  - Lose or gain weight
- Irritable or restless a great deal of time
  - Have sad, anxious or empty feelings
- Aches or pain, headaches, cramps or digestive problems
- $\hbox{- Suffer above symptoms more than} \\$  two weeks

#### Reference:

Louise L. Hay, You can heal your life, translated by Dr. Khin San Maw

www.wikihow.com www.webmd.com thiswayup.org.au www.healthline.com www.int/mediacentre/factsheets