

The Global **NEW LIGHT** of MYANMAR

Four Objectives of the National Defence and Security Council

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



Acting President and State Security and Peace Commission Chairman Senior General Min Aung Hlaing speaks on the inauguration occasion of the Forum on The Dawn of A New State (Trust, Stability & Development) in Nay Pyi Taw yesterday.

Public Urged to Practise Thrift to Reduce National Expenditure

People need to understand spending and avoid waste while practising individual thrift to help reduce national expenditure and support the country's economic growth.

The Forum on The Dawn of A New State (Trust, Stability & Development) was launched at the Myanmar International Convention Centre I (MICC I) in Nay Pyi Taw yesterday morning, attended by Acting President of the Republic of the Union of Myanmar and State Security and Peace Commission Chairman Senior General Min Aung Hlaing.

The Senior General and distinguished guests watched the video clip on the fo-

rum (Trust, Stability & Development).

The Senior General delivered a speech at the forum. (The speech of the Senior General is reported on page 4.)

After the speech, the Senior General gave additional discussions. He said that Myanmar is practising a multiparty democratic system desired by the people and is implementing a Union system based on democracy and a federal system. The federal system is not based on individuals or ethnic groups, but rather on territorial

or regional considerations.

He continued that Hluttaw representatives have to base actions on the 2024 population and household census data in shaping the country's future. They must place particular emphasis on advancing the nation's education sector. Special attention is being given to the development of rural areas, and to achieve this, agricultural and livestock skills are required. The current government is supporting the progress of the nation's education

sector, also working to develop human resources proficient in agricultural and livestock knowledge by teaching industrial, agricultural, and livestock skills to students currently attending high school education, with a plan to extend such instruction at the middle school level in the upcoming academic year.

He noted that, in general, education is weak in remote areas and in regions where peace and stability have been disrupted.

SEE PAGE 3

NATIONAL

Nation-Building Through Collective Strength of Ethnic People Urged for Peace and Stability

❖ Without diminishing the spirit of unity embodied in the historic National Victory Day, and by preserving and upholding it, we must build a peaceful, stable, and comprehensively developed nation through the collective strength of all national ethnic people.

(An excerpt from the message sent by Acting President of the Republic of the Union of Myanmar and State Security and Peace Commission chairman Senior General Thadoe Maha Thray Sithu Thadoe Thiri Thudhamma Min Aung Hlaing to the ceremony to mark the 105th Anniversary of National Victory Day, which fell on 14 November 2025)

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

Objectives of 81st Armed Forces Day

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

Kaba Aye Hill to mark 70th anniversary of Sixth Buddhist Council completion

THE 70th anniversary of the completion of the Chatha Saṅgayana (the Sixth Buddhist Council – 1954-1956) will be celebrated at the Maha Pasana Cave, Siri Mingala Kaba Aye Hill, Mayangon Township, Yangon, according to the Ministry of Religious Affairs and Culture.

At the Maha Pasana Cave on Siri Mingala Kaba Aye Hill, the 70th anniversary of the completion of the Chatha Saṅgayana (the Sixth Buddhist Council) will be commemorated. Historical data and records will be preserved, and books, photographs, and historical documents will be exhibited in accordance with

religious customs.

In addition, the Sixth Buddhist Council complex, including the Maha Pasana Cave, will be continuously maintained to preserve its historical significance. The opening ceremony of the Sixth Buddhist Council was held from 17 to 19 May 1954, and it concluded on 24 May 1956, on the full moon day of Kason, 1316 ME. — ASH/MKKS

This image shows monks discussing the possibility of holding the Maha Mingala ceremony to commemorate the 70th anniversary of the completion of the Sixth Buddhist Council.



MR constructing battery-electric train sets for Yangon Circular Railway

BATTERY electric multiple units (BEMUs) are being built at the Myanma Railways Locomotive Assembly and Manufacturing Factory in Nay Pyi Taw, according to the Ministry of Transport and Communications.

The ministry said the BEMU trains currently under construction will be used on the Yangon Circular Railway and

other short-distance routes.

Efforts are also being made to ensure that the battery electric train sets, new battery electric locomotives and battery coaches under construction meet quality standards and are completed within the designated time frame.

Myanma Railways is building BEMU train sets at the Nay Pyi Taw factory for use on the

Yangon Circular Railway and other short routes. It is also constructing battery electric locomotives (BELs) and battery coaches for routes currently operated by diesel-electric locomotives. The project aims to save energy, protect the environment and provide better services for passengers, the ministry said. — ASH/KZL



Officials inspect a newly assembled locomotive at the Nay Pyi Taw Locomotive Assembly and Manufacturing Factory.

NATIONAL

Residents Urged to Prioritize Public Safety Amid Armed Terrorist Threats

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

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

Public Urged to Practise Thrift to Reduce National ...

FROM PAGE 1

When examining education in areas affected by instability, individual educational deficiencies have limited critical thinking, leading to the emergence of conflicts.

The Senior General recounted that because the government carried out preparatory work to ensure the accuracy of the voter lists and to conduct a free and fair election, a credible, free, and fair election could be held.

He underscored that, as the country's economy is primarily based on agriculture, it is essential to fully develop agro-based industries. At the same time, the government is promoting technological development in line with the progress of the current era. To support the growth of agro-based industries, it is necessary to increase the production of industrial raw crops. Cultivating cotton enables the production of yarn, thread, and textiles, which can significantly support industrial manufacturing. Similarly, using the country's abundant bamboo resources, bamboo pulp and other value-added goods can also be produced through industrial manufacturing.

Similarly, he emphasized that it is necessary not only to produce food products but



Acting President and State Security and Peace Commission Chairman Senior General Min Aung Hlaing views the forum's exhibits yesterday.

also to manufacture other import-substitute goods and export products in developing MSME businesses in the country. Everyone must work together to enhance the production of agricultural-based goods with higher quality and greater quantity.

He urged everyone to work diligently for the country's economic development. They have to understand spending and waste and practise individual thriftiness in order to reduce national expenditures, so as to greatly support the country's

economic growth. He expressed his recognition of the role of youth and women in promoting the country's future development.

The Senior General presented commemorative gifts to the foreign experts who will participate in discussions at the forum. Those international experts extended greetings.

Also, present at the forum were Commission Vice-Chairman Vice-Senior General Soe Win, Commission Member Prime Minister U Nyo Saw, Commission Executive Chief U Aung Lin Dwe, Commission Secretary General Ye Win Oo, commission members, Union-level

dignitaries, Union ministers, senior Tatmadaw officers from the Office of the Commander-in-Chief, deputy ministers, Hluttaw representatives, ambassadors and representatives of foreign embassies to Myanmar, representatives of political parties, local and foreign experts and scholars, chairs and members from organizations, artistes and officials.

After the ceremony, the Senior General and dignitaries visited the booths to mark the forum.

The Forum on The Dawn of A New State (Trust, Stability & Development) will be held till 14 March (today). — MNA/TTA

Salient points from the speech delivered by the Senior General at the Forum on The Dawn of A New State

1. Everyone must work together to enhance the production of agricultural-based goods with higher quality and greater quantity.
2. As the country's economy is primarily based on agriculture, it is essential to fully develop agro-based industries.
3. People have to understand spending and waste and practise individual thriftiness in order to reduce national expenditures, so as to greatly support the country's economic growth.

NATIONAL

The speech delivered by Acting President of the Republic of the Union of Myanmar and Chairman of the State Security and Peace Commission Senior General Min Aung Hlaing at the opening ceremony of “Forum on the Dawn of a New State”

13 March 2026

Everybody, Mingalaba!

I would like to extend my warmest greetings and best wishes to all attendees of today’s “Forum on the Dawn of a New State”, including members of the National Security and Peace Commission, Union Ministers, Union-level dignitaries, Hluttaw representatives from various Hluttaws, local and foreign scholars and experts, and all the distinguished guests with auspiciousness.

Today’s forum was held with four main objectives: to enable elected Hluttaw representatives to gain a broad perspective on the country’s political, economic, and social sectors and to anticipate the tasks they should participate in for national development; to provide guidance on approaches and effective legislation when drafting laws for the export/import and trade sectors contributing to the country’s economic growth; to inform those representatives about key considerations and international code of measures necessary for the development of a nation’s economic sector; and to facilitate cooperation among Hluttaw representatives to ensure smooth and effective implementation of the new government’s Plans.

In fact, although this forum has been named “The Dawn of a New State”, it does not refer solely to a new physical “face” of the country. Rather, I would like to first clarify that it is intended to signify a new mindset, new people, new ideas, new landscapes and initiatives, new methods and approaches, new vision, and new mission.

As everyone knows, when we look back at our country’s Declaration of Independence, we can see that our national leaders were people who respected, valued, and safeguarded Independence, valued peace, and were committed to protecting and promoting world peace.

It can be seen that the Declaration states: “We will uphold the Independence and integrity of our great nation to the very end. In accordance with being an independent country, we will observe and adhere to the principles rightly upheld by all independent nations of the world. Just as we cherish our own independence, we will respect and safeguard the independence of others. Because we desire peace, we will join hands with peace-loving nations to protect and maintain world peace. Let it be

known that this declaration of ours will be heard by the entire world.”

It is clear that this Declaration of Independence is not only a guide and responsibility for the citizens of the present generation but also a legacy that future generations of citizens should respect, uphold, and follow. Even though more than 80 years have passed since Independence was achieved, we all continue to value, respect, and safeguard Myanmar’s independence and sovereignty. It is well known that we are also actively participating in efforts to maintain internal peace and contribute to world peace.

Esteemed distinguished guests,

When looking back at the history of a nation, we must avoid extreme optimism and pessimism and instead analyze and interpret events with an objective outlook based on the true situation. Since gaining Independence, some have described Myanmar’s political journey as turbulent waves, while others have considered it a long and difficult path. Indeed, the political history of Myanmar after 1948 has been a mixture of both positive and negative developments. At one point, it was even noted as having one of the longest-lasting internal armed conflicts in South-East Asia.

It can be observed that internal armed conflicts, which began just two months after Independence, have still not been fully resolved till today. The persistence of these conflicts can be attributed in part to some armed groups with self-interest-driven agendas, as well as to weaknesses in the implementation of national politics, which led to misunderstandings and misaligned beliefs and positions.

It is necessary for all citizens to recognize that national policy and national politics are more important than strata, ethnic, or ideological considerations. Looking at the national policies of any country, one can see that they are closely connected to the historical paths they have traversed and cannot be separated from them. I would like to emphasize that our country’s national policy and national politics are simply what we have always described as Our Three Main National Causes.

In reality, every war or armed conflict is never separate from politics, so solutions must be sought and negotiated through political means. Today, political

freedoms already exist in our country. Matters that could not be spoken of before can now be openly discussed. Hopes that were once unimaginable can now be pursued, and even dreams that could not be dreamed before are now attainable. In other words, we have been able to systematically change towards the democratic system that countries around the world aspire to, bringing in new politics and a new culture. In any case, I would like to say Tatmadaw has been able to initiate this democratic system desired by all citizens and has successfully carried out an important political transition.

We must all strive to integrate the political and economic progress we have achieved so far with the ongoing efforts to build peace. Although successive governments have strived to achieve internal peace, comprehensive and lasting success has not yet been possible due to internal and external disruptions and delays, as is widely known. In reality, achieving internal peace requires not only a ceasefire but also efforts to resolve the root causes of armed conflicts. Therefore, solutions must be pursued through political means. It is important to continue fostering mutual respect, understanding, and compassion among ethnic groups, and to walk together on the path of “national solidarity” for the future of our nation and the next generation. So, we have already invited them and continue to extend the invitation to them.

Esteemed distinguished guests,

The foundation of a nation’s development lies in peace and stability, the rule of law, the development of human resources, and the existence of infrastructure. To maintain peace and stability, the Tatmadaw has, since 2012, conducted nationwide peace talks aimed at achieving the Nationwide Ceasefire Agreement (NCA). Our country is a union where ethnic brethren live together in unity. Therefore, we are committed to building a Union based on democracy and a federal system. Although we have been able to move towards a democratic system, weaknesses in maintaining democratic practices, lingering dissatisfaction over past events within various groups, agitation fuelled by political party attachment and personal cult, and actions that neglected national interests

have weakened peace and stability. I would like to urge all that it is important to learn lessons from these weaknesses and to build a peaceful and stable social environment.

Only through the restoration of the rule of law, justice and social stability can it be ensured. Because the rule of law is essential for the foundation of development, we must all work together to uphold it. Furthermore, we must ensure the enforcement of the rule of law and at the same time, we must carry out necessary reforms to establish good governance must be carried out. Only by taking these steps can the quality of public services be improved.

Esteemed distinguished guests,

In addition to peace and stability and the rule of law, it is also essential to develop human resources and to improve infrastructure for national development.

One of the main reasons for weak economic development is the lack of skilled professionals capable of leading the economy. As skills and techniques could be developed based on formal education, we must prioritize and actively support education. During our tenure, we studied and identified the needs related to the number of schools and education personnel, and we established polytechnic universities to increase the number of skilled youths for the future. Similarly, we also opened industrial, agricultural and livestock basic education high schools for the development of the agriculture and livestock sector. I would like to encourage future Hluttaws and governments to continue supporting education for the next generation.

Various types of infrastructure, such as electricity, transport facilities and inter-regional network links, and a strong digital communication system, are essential for national economic development, production of goods and trading. Improving these cannot be achieved by a government alone; it requires the collective cooperation of local communities, organizations, and Hluttaw representatives. While the government is responsible for constructing infrastructure, it is also necessary for all local people to work together to ensure that they are not damaged, destroyed, or sabotaged by malicious actors.

SEE PAGE 5

NATIONAL

The speech delivered by Acting President of the Republic of the Union of Myanmar and Chairman of the State Security and Peace Commission Senior General Min Aung Hlaing at the opening ceremony of "Forum on the Dawn of a New State"

FROM PAGE 4 Esteemed distinguished guests,

When drawing our country's sustainable development plans, we should consider economic, security and technological aspects in a balanced manner across different sectors. In particular, we need to make reforms to align with the changing global order (New World Order) in the economic sector. We must reduce excessive dependence on a single market, expand trade relations across regions, and promote regional economic integration to minimize potential losses caused by global disruptions. We must also cooperate to strengthen regional supply chains. If necessary, priority should be given to putting investments in the sectors critical to national interests and economic security, such as food security, energy, and technology.

In addition, technology and digital ownership are also key sectors that require significant investment. Everyone must recognize that technology serves

as a fundamental battlefield in the competitive landscape of the multipolar world. In particular, artificial intelligence (AI), semiconductors, and cybersecurity are the technological fields that will play decisive roles in the future.

Because of these characteristics, everyone knows every country is actively working to not only develop but also enhance its domestic technological capabilities. In addition, dependence on foreign technologies can be reduced by supporting research, innovation, and investment in infrastructure, while cybersecurity and data protection can also be strengthened. We, too, must strive to keep pace with international technological standards and advancements.

Similarly, energy and resource security are additional issues that require careful consideration. The ability to access and utilize energy, water, and rare minerals is crucial for long-term stability. We must invest in renewable energy, nuclear power, and other diverse energy sources. As a precaution

against potential disruptions caused by geopolitics, it is also necessary to ensure the security of rare minerals and food supplies.

Amid changing international conditions, Myanmar also faces numerous challenges as well as opportunities. I would like to emphasize that our government has been systematically carrying out efforts to maintain internal peace, sustain the flourishing of democracy, and implement transformative reforms. While ensuring political stability, we are working for economic development. At the same time, we are linking economic progress with social development, promoting greater unity and social cohesion within Myanmar society.

We also believe and hope that Myanmar will receive even greater understanding, support, and assistance from the international community for its stability, the flourishing of democracy, and economic development.

Esteemed distinguished guests,

Since economic scholars and ex-

perts from China, India, Thailand, and Belgium are participating in today's forum, we believe they can provide significant support in shaping and building the "Dawn of a New State" of Myanmar for 2026.

I would like to express that we highly respect and value the sincere suggestions and the well-intentioned recommendations shared in this important forum.

In conclusion, we hope that the outcomes of this important forum will help support the beautiful shaping of Myanmar's "Dawn of a New State". In the near future, together with the new government, Myanmar will reach a new horizon – a new morning, a new State. In other words, the darkness will fade, giving way to the bright, golden light of a new era. At this auspicious moment, may all Myanmar citizens experience unity, harmony, development, prosperity, and freedom, and let us together build the Democratic Federal Union.

Thank you all.

Forum on the Dawn of a New State commences

THE Forum on the Dawn of a New State (Trust, Stability & Development) commenced the first-day session at the Myanmar International Convention Centre I (MICC I) in Nay Pyi Taw yesterday.

Speaking on the occasion, Union Minister for Information U Maung Maung Ohn said that participants will gain new perspectives from today's forum on how to promote investment opportunities, ensure food security and long-term cooperation, develop small and medium-sized industries, and strengthen international economic collaboration. In addition, discussions will also cover the transition from an agricultural economy to an industrial economy, infrastructure and energy sectors, the digital economy and innovation, as well as human resource reforms.

He stressed that it is necessary to carefully assess strengths and weaknesses in the current global situation of numerous challenges and formulate sus-



The Forum on the Dawn of a New State (Trust, Stability & Development) is underway yesterday, attended by Union Minister U Maung Maung Ohn.

tainable long-term roadmaps.

He noted that it is essential to apply technology and innovation in transitioning from the agricultural sector to the industrial sector. In today's era, the digital economy has become a global standard and will also enable Myanmar's production value chains to become faster

and more dynamic. As such, it is necessary to understand the development of energy and infrastructure as the lifeline of the industrial sector.

The Union minister presented 300 sets of MRTV DTHs, 286 sets of MRTV DVB T2 set-top boxes, 300 sets of Canal+ DTHs and 286 sets of Canal+ T2 set-

top boxes to 157 Amyotha Hluttaw representatives, 263 Pyithu Hluttaw representatives and 166 Defence Services Personnel Representatives.

Dr Zaw Oo of Myanmar Narrative Think Tank presided over the first portion of the forum. He talked about the opportunities for economic linkage for a country,

handling the unusual economic conditions, formulating policies to bring illegally operating businesses onto a legal and formal pathway, managing migrant workers to be able to contribute to the country as a brain gain, facilitating the inflow of migrant workers' wages through formal remittance channels, ensuring the management of secure energy resources, and promoting the use of digital technology in the economic sector.

Professor Mr Lei Zhuning of Yunnan Academy of Social Sciences discussed enabling conditions and advantages for economic cooperation between Myanmar and China, agricultural cooperation and market expansion, and infrastructure connectivity.

Senior Professor Mr Mahendra P Lama of Jawaharlal Nehru University emphasized food security, production of value-added products, more production of organic crops, and energy projects for Myanmar. **SEE PAGE 7**

NATIONAL

Efforts to build a modern Tatmadaw recalled

The need was stressed to preserve the Tatmadaw's noble legacy and further uphold and enhance the prestige of both the Tatmadaw and the nation.



State Security and Peace Commission Chairman and Defence Services Commander-in-Chief Senior General Min Aung Hlaing reviews efforts to modernize the Tatmadaw 2011 to 2025.

Although political governments are elected and appointed and will change according to their designated terms, Tatmadaw, in contrast, does not change in this way but continues to carry out its entrusted responsibilities consistently.

Chairman of the State Security and Peace Commission and Commander-in-Chief of Defence Services Senior General Min Aung Hlaing said so in expressing his reviews on endeavours to shape Tatmadaw to be a modern one from 2011 to 2025 and gave guidance at the Thabin Hall of Zeyathiri Beikman in Nay Pyi Taw yesterday afternoon.

In his address, the Senior General said that in serving the duties of the Commander-in-Chief of Defence Services, he has continuously focused on the development and modernization of Tatmadaw, enhancing its capabilities, and fostering strong relations with foreign militaries to ensure Tatmadaw's excellence.

He recounted that in building Tatmadaw to be a modern one, it is necessary not only to uplift the capabilities and capacities of infantry regiments and units but also those of Tatmadaw (Navy) and Tatmadaw (Air) and servicemen from the various corps.

The Senior General retold that during his tenure, he has allowed female military servants since 2014. So far, more than 5,000 female officers and other ranks at various corps are serving State

defence duties diligently, keeping abreast of male Tatmadaw members.

To ensure the nation has adequate defence and security capabilities, the People's Military Service Law, which was originally established in 1959 and revised in November 2010, was enacted on 10 February 2024, giving it full legal authority and practical effect. Currently, the People's Military Servants are actively fulfilling the nation's defence responsibilities with dedication and effort. Their service to the country is officially recognized, and it is necessary to continue providing them with the support and entitlements they require.

He continued that efforts were made to enhance the education of Tatmadaw members by establishing Tatmadaw education schools and providing instruction to those with limited educational backgrounds, enabling them to attain higher levels of learning.

Arrangements have also been made to ensure that Tatmadaw members who have become incapacitated, families of those who have died or fallen in service, and retired Tatmadaw members can live well. War veterans' housing has been provided according to regional areas. Across various regional military headquarters, there are 21 advanced and affordable housing sites, with over 6,800 completed units, more than 4,000 units under construction, and 870 units still being prepared for allocation

as of 31 December 2025.

He added that he has also awarded honorary titles, medals, and certificates to Tatmadaw members and their family members who have selflessly served the nation and Tatmadaw, providing them with recognition commensurate with their contributions. Between 2011 and 2025, a total of over 110,000 Tatmadaw members received these honorary titles, medals, and certificates.

To ensure smooth transport of Tatmadaw supplies and convenient travel for Tatmadaw members and their families, Tatmadaw-owned locomotives and train carriages were provided, establishing an operational Tatmadaw railway system. In addition, upgrades were carried out at Tatmadaw tarpaulin plant, Tatmadaw leather plant, and Tatmadaw textile factory, enabling the production of necessary supplies for Tatmadaw members, including high-quality shoes and other essential items.

Regarding Tatmadaw (Navy), during his tenure as Commander-in-Chief of Defence Services, the required naval vessels were constructed domestically, while additional ships were procured from foreign countries as needed. In this process, the submarine fleet was also expanded, and the submarines Min Ye Thinkhathu and Min Ye Kyaw Htin were successfully commissioned for Tatmadaw use. Recently, the frigate King Thalun, constructed domestically based

on its own design, became the largest of the ships built in the country. The ability to build such naval vessels domestically strengthens our nation's control and defence over its territorial waters.

Regarding Tatmadaw (Air), during his tenure, the necessary aircraft and helicopters for the Tatmadaw (Air) were procured and supplied. This included both transport and combat aircraft and helicopters, which were provided and replenished annually as needed.

Joint military exercises involving Tatmadaw (Army, Navy and Air) were successfully conducted. Training programmes for the whole Tatmadaw were expanded and implemented at various levels. Moreover, Tatmadaw's literary departments were upgraded to enable the conferring of advanced academic doctoral degrees.

Leaders have to exercise good governance with a sense of responsibility and a fatherly mindset. To make the living conditions of Tatmadaw members more comfortable, the monthly allowance of K30,000 was increased three times between 2023 and 2025. Regarding morale, all Tatmadaw members must cultivate love for the country and uphold strong beliefs, upholding Our Three Main National Causes.

Although political governments are elected and appointed and will change according to their designated terms, Tatmadaw, in contrast, does not change

in this way but continues to carry out its entrusted responsibilities consistently. Therefore, all Tatmadaw members are urged to uphold and advance the "noble legacy handed down, preserving the prestige of Tatmadaw and the nation", as established by successive national leaders, with full dedication and commitment.

The Senior General, in his speech, expressed gratitude to and praised Commission Vice-Chairman Deputy Commander-in-Chief of Defence Services Vice-Senior General Soe Win for his efforts serving the interests of the State and Tatmadaw while harmoniously joining hands with the Senior General during the 15 years.

Also present at the meeting were Commission Vice-Chairman and Defence Services Deputy Commander-in-Chief Vice-Senior General Soe Win, Commission Secretary and Commander-in-Chief (Army) General Ye Win Oo, Commission Member Chief of the General Staff (Army, Navy and Air) General Kyaw Swa Lin, Commander-in-Chief (Navy) Admiral Htein Win, Commander-in-Chief (Air) General Tun Aung, senior military officers from the Office of the Commander-in-Chief, and Tatmadaw members together with commanders of relevant military commands, commanders of relevant military headquarters of Tatmadaw (Army, Navy and Air) and commander of operation commands through the video conferencing. — MNA/TTA

MoFA Union Minister receives China's Special Envoy for Asian Affairs

UNION Minister for Foreign Affairs U Than Swe received Mr Deng Xijun, Special Envoy for Asian Affairs of the Ministry of Foreign Affairs of China, at the Ministry of Foreign Affairs in Nay Pyi Taw yesterday.

The discussion focused on the acceleration of the existing friendly relations, mutually beneficial cooperation between

Myanmar and China, and cooperation in maintaining peace and stability along the border of the two countries. In addition, they cordially exchanged views on matters including current developments in a peace process, the continued constructive support of China for Myanmar's efforts to achieve lasting peace and socioeconom-



Union Minister U Than Swe holds talks with Mr Deng Xijun, Special Envoy for Asian Affairs of the Ministry of Foreign Affairs of China yesterday.

ic development, cooperation in combatting online scamming and other illegal activities in

border areas. Both sides reaffirmed their mutual support at the regional and multilateral

levels, and cordially exchanged views on matters of mutual interest. — MNA

Forum on the Dawn of a New State commences

FROM PAGE 5

Distinguished Economist and Academic Leader Dr Nisit Panthamit of Chiang Mai University talked about foreign exchange, import regulations, energy supply, financial flows, cybersecurity, and the Myanmar-Thai trade process.

Representative of Dale Carnegie & Associates Mr Luc De Waegh focused on the inflow of foreign investment to Myanmar, the role of Myanmar's Telecommunications sector, and economic opportunities for Myanmar.

International experts made clarifications in detail in response to the questions raised

by those from political parties, Hluttaw representatives, political researchers at home and attendees.

Dr Khin Maung Lwin from the Myanmar Narrative Think Tank presided over the second portion of the forum. He discussed ensuring inclusive development that encompasses the participation of all in promoting economic development.

Dr Zaw Oo from the Myanmar Narrative Think Tank highlighted macroeconomic conditions, recommendations for advancing Myanmar's economic development, measures to stabilize commodity prices,

the exchange rate, interest rates, and fuel prices, fuel-saving initiatives, causes of rising commodity prices and inflation, the relationship between exchange rates and the trade sector, Myanmar's GDP growth rate, the growing shortage of basic labour, the establishment of a secure digital payment system; attracting foreign investment inflows; the economic impacts that may arise from illegal trade and conflict; and the implementation of Myanmar-style economic strategies.

Union Minister (Retd) U Tin Naing Thein talked about Nation Building and State Building, political ideologies and their role in

nation-building, contemporary ideologies of nation-building, the will, desires, and aspirations of the people, the expectations of the government formed by the National Defence and Security Council, the expectations of the party winning the majority of seats in Hluttaw, the fundamental principles of the State, and maintaining checks and balances among the three branches of power to fulfill national economic interests and the socioeconomic aspirations of the people.

Executive Director U Tin Win Aung from Green Economy Green Group underscored the main components of a green

economy, how the green economy can transform the agricultural sector, applying innovative ideas to develop the agricultural sector, plans for food security and rural development, Myanmar's socioeconomic development and the green economy, and the inclusive, multi-sectoral, and cross-sectoral participation including the private sector in implementing government-formulated strategies.

Those speakers replied to queries raised by those from political parties, Hluttaw representatives, local political researchers and attendees. — MNA/TTA

Seminar on preservation, promotion, and management of traditional textile design for ASEAN held

DEPUTY Minister for Religious Affairs and Culture Daw Nu Mra Zan attended a seminar on preservation and promotion management of traditional tex-

tile design for ASEAN at the Novotel Yangon Max Hotel in Yangon yesterday.

During the event, the deputy minister said that the

management of preserving and promoting traditional textile designs is a particularly important issue today, whereas traditional skills such as designing

patterns and hand weaving are facing the risk of disappearing with the rapid advancement of technology and the rise of industrial production.

The meeting would provide an opportunity for participating countries to present and share papers representing the respective nations, exchange best practices, and jointly discuss solutions to challenges encountered in preservation efforts. She also added that the weaving industry not only represents a source of pride for communities but also contributes to creating livelihood opportunities for the people.

Participants from ASEAN countries read out their papers regarding textile designs, preservation and promotion management. — MNA/KTZH



Deputy Minister Daw Nu Mra Zan speaks at the seminar on ASEAN's traditional textile design preservation, promotion, and management.

OPINION

Be aware of kidney health at all ages

Kidney disease is a major global health issue that affects millions of people. Many individuals living with the disease experience serious physical and mental health challenges. Patients may face social isolation, stigma, financial difficulties and reduced employment opportunities as a result of their condition.

The increasing prevalence of non-communicable diseases such as diabetes, high blood sugar, hypertension and obesity has significantly contributed to the rise in chronic kidney disease (CKD). These conditions are among the leading causes of kidney damage worldwide. As kidney disease can weaken a nation's workforce and reduce productivity, healthcare specialists, doctors and public health professionals have strengthened efforts to raise public awareness.

Kidney disease currently ranks eighth among the leading causes of death worldwide.

In response, health experts are expanding preventive programmes and public education initiatives. Awareness activities held during World Kidney Day take place in more than 60 countries, including Myanmar, encouraging people to recognize risk factors, adopt preventive behaviours and maintain healthy lifestyles to protect kidney health.

Educational campaigns now emphasize prevention, early detection and proper management of risk factors to reduce the risk of disease.

World Kidney Day is observed each year as an international health awareness campaign aimed at highlighting the importance of kidney health and reducing the global burden of kidney disease. Through this campaign, healthcare professionals, patient organizations, policymakers and communities collaborate to promote a better understanding of kidney disease and encourage preventive action.

A key objective of World Kidney Day is to improve public knowledge of risk factors and the importance of early screening. Chronic kidney disease often develops gradually and may not show clear symptoms in its early stages. As a result, many people remain unaware that they have the condition until it becomes severe. Public health campaigns, therefore, encourage regular medical check-ups, particularly for those at higher risk.

The theme for World Kidney Day 2026, "Kidney Health for All: Caring for People, Protecting the Planet," highlights the close connection between human health and environmental sustainability.

Environmental factors such as climate change, rising temperatures, pollution and exposure to toxins can increase the risk of kidney injury and long-term kidney disease. Extreme heat, air and water pollution may affect the kidneys of patients to suffer from kidney damage over time.

Healthcare systems are also encouraged to adopt more sustainable practices. Treatments such as dialysis require large amounts of water, electricity and medical resources. By promoting innovation and environmentally responsible healthcare practices, it is possible to reduce environmental impact while continuing to provide effective care for patients.

Kidney disease currently ranks eighth among the leading causes of death worldwide. In response, health experts are expanding preventive programmes and public education initiatives. Awareness activities held during World Kidney Day take place in more than 60 countries, including Myanmar, encouraging people to recognize risk factors, adopt preventive behaviours and maintain healthy lifestyles to protect kidney health.

Introductory Note

Poet Ngwe Tar Yi (Daw Khin Yi) (16 February 1925-19 March 1958) passed away at Dufferin Women's Hospital (as it was then called) a day after giving birth to her and her husband, poet Min Yu Wai's (26 October 1929-29 July 2021) only child - a girl. Their only child, Dr Khin Yi Win (born 18 March 1958), became a Professor of Myanmar. In September 2025, Dr Khin Yi Win (*Thamee Ngwe Tar Yi*, daughter of Ngwe Tar Yi) arranged to publish a commemorative volume on the occasion of her mother's 100th birthday. About 30 articles, *belles lettres*, poems to commemorate Ngwe Tar Yi's literary works written by various scholars, poets and writers between 1946 and 2024 were reproduced in the commemorative volume. On page 25 of the commemorative volume, Min Yu Wai reproduced the *belles lettres* written by his wife Ngwe Tar Yi on the hospital bed a few days before she passed away. The last literary product of the esteemed poet and writer may or may not have been translated by others. I am not aware of any. This is my own translation, and I do so to commemorate the 68th anniversary of Ngwe Tar Yi's passing.

Start of translation

The majestic moon shines inside my body. But my blinded eyes cannot see that moon.

Just as the moon resides in my body, the majestic sun likewise does so.

The drum that automatically makes sound without being struck reverberates inside my body. But, Oh, my deafened ears cannot hear them.

Until humans let go of all the 'I', 'this is mine' clinging, all the tasks they have done will come to nought.

Only when the clinging, the craving 'me' 'mine' ceases, the noble person's task will be completed.

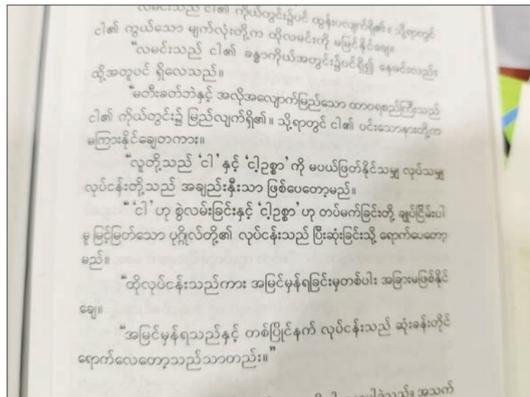
Only that task, that effort, can bring forth the correct outlook.

As soon as the correct outlook is adopted, the task indeed comes to completion

End of translation

The True Outlook

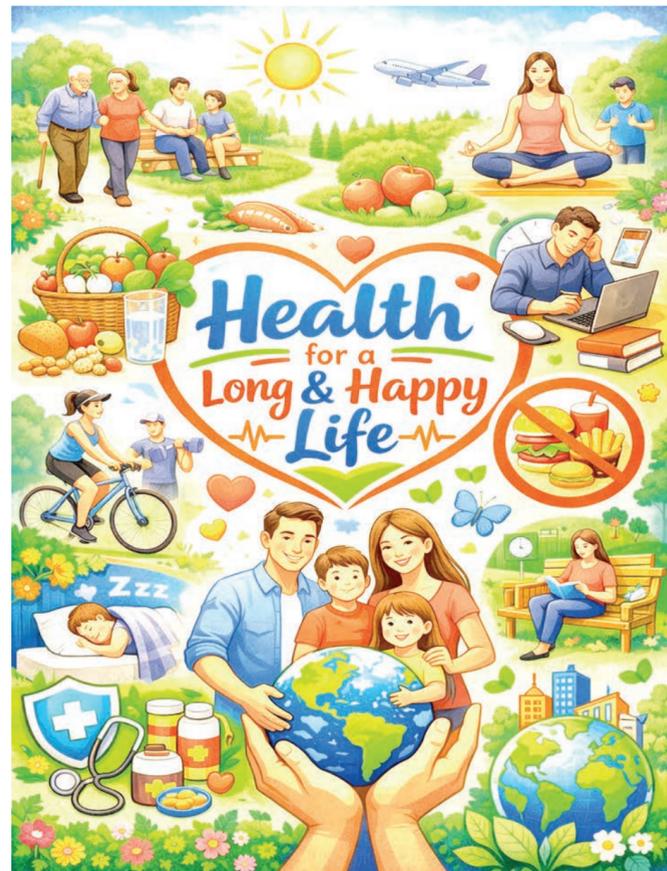
By Ngwe Tar Yi
Translated by Myint Zan



Poet Ngwe Tar Yi and poet Min Yu Wai. PHOTO: WIKIPEDIA

Health for a Long and Happy Life

By Min Min Zan



“Health is wealth” is a saying that people all over the world widely accept and believe. This proverb clearly explains the importance of good health in human life. A person may work hard to earn a great deal of money, gain a high social position, and enjoy luxury and comfort. However, if that person does not have good health, all the wealth and status in the world cannot bring true happiness. Without health, a person cannot fully enjoy life, no matter how rich or successful he or she may be. Therefore, good health is considered one of the greatest blessings in life.

Health is the foundation of a happy and meaningful life. When people are healthy, they feel energetic, confident, and ready to face the challenges of daily life. A healthy person can work productively, learn effectively, and contribute positively to society. In contrast, when people suffer from illness or poor health, their ability to perform daily tasks becomes limited. They may feel weak, tired, and discouraged. This is why maintaining good health is extremely important for every individual.

In order to live a long and

happy life with family members and loved ones, everyone must pay attention to their health. A healthy body and mind allow people to enjoy their lives more fully. They can spend quality time with their families, pursue their dreams, and participate actively in social and community activities. Good health also helps people remain independent and self-reliant as they grow older.

Unfortunately, many people today do not give enough attention to their health. In modern society, people often lead very busy lives. They spend most of their time working, studying, or dealing with various responsibilities. Because of these busy schedules, they sometimes forget to take proper care of their bodies. Some people skip meals, sleep too little, or rely too much on fast food and unhealthy snacks. Others spend long hours sitting in front of computers or using their mobile phones without engaging in physical activity.

Another problem is that many people only begin to think about their health after they become sick. When they are young and strong, they may believe that health problems will never happen to them. As a result, they develop unhealthy habits that may later cause serious health issues. Howev-

er, prevention is always better than a cure. It is much easier to maintain good health than to recover from illness. Therefore, people should develop good health habits before their health begins to decline.

Healthy living includes several important aspects such as balanced nutrition, regular exercise, sufficient rest, and a positive lifestyle. First, proper nutrition plays a vital role in maintaining good health. People should eat a balanced diet that includes fruits, vegetables, grains, protein, and other essential nutrients. Eating too much oily, salty, or sugary food can lead to various health problems such as obesity, heart disease, and diabetes. Drinking enough clean water is also essential for keeping the body hydrated and functioning properly.

Second, regular physical activity is necessary for maintaining a strong and healthy body. Exercise helps improve blood circulation, strengthen muscles, and maintain a healthy weight. Activities such as walking, jogging, cycling, swimming, or playing sports can help people stay physically fit. Even simple daily activities such as climbing stairs, doing household chores, or stretching can contribute to better health. Regular movement also reduces the risk of

many diseases and improves overall well-being.

Third, adequate sleep and rest are important for both physical and mental health. The human body needs enough sleep to recover from daily activities and restore energy. Lack of sleep can cause fatigue, stress, and reduced concentration. Therefore, people should maintain a regular sleep schedule and ensure they get enough rest each night.

In addition to physical health, mental health is also very important. Stress, anxiety, and negative emotions can affect a person's overall well-being. People should try to maintain a positive attitude and manage stress in healthy ways. Spending time with family and friends, practising relaxation techniques, and engaging in hobbies can help improve mental health.

In today's world, technological devices such as smartphones, computers, and televisions have become an important part of everyday life. While these technologies offer many benefits, excessive use can also lead to health problems. Spending too much time on screens can cause eye strain, poor posture, and a lack of physical activity. Therefore, people should try to balance their use of technology with healthy outdoor activities and social interactions.

Good health is not only important for individuals but also for the development of a nation. When citizens are healthy and strong, they can work more efficiently and contribute to the economic growth and stability of their country. Healthy people can participate actively in education, in-

dustry, agriculture, and other sectors that support national development. Moreover, a healthy population helps ensure a brighter future for the next generation.

Governments and national organizations also recognize the importance of public health. Many countries implement policies and programmes to improve healthcare services, promote healthy lifestyles, and prevent diseases. These efforts aim to ensure that people can live longer, healthier, and more productive lives.

Education also plays a key role in promoting health awareness. Schools and communities should encourage people to learn about healthy living and develop good habits from an early age. Children who grow up with proper knowledge about nutrition, exercise, and hygiene are more likely to maintain healthy lifestyles throughout their lives.

In addition, health is one of the most valuable treasures a person can have. Without good health, wealth, success, and comfort lose their true meaning. Therefore, everyone should take responsibility for maintaining their own health. By eating nutritious food, exercising regularly, getting enough rest, and maintaining a positive lifestyle, people can protect their health and enjoy a longer and happier life.

For these reasons, it is important to encourage all people to be aware of the value of health and to practice healthy habits in their daily lives. By doing so, individuals, families, and society as a whole can achieve a healthier, stronger, and more prosperous future.

NATIONAL

Measures for preventing trafficking in persons discussed

CHIEF of the Myanmar Police Force Police Lt-Gen Win Zaw Moe, who is also chairman of the Working Committee on Implementation of Myanmar's Five-Year Plan for Combatting Human Trafficking, presided over the first coordination meeting of the committee in Nay Pyi Taw yesterday.

Speaking at the meeting, Police Lt-Gen Win Zaw Moe said that based on Myanmar's Fourth Five-Year National Plan to Combat Human Trafficking (2022-2026), the 2026 action plan has been formulated covering four key sectors- policy and cooperation, prevention, prosecution, and protection. The plan was developed in accordance with recommendations and supplementary inputs from relevant ministries, departments, security forces, and non-governmental organizations. It also incorporates ongoing activities, processes related to human trafficking cases, newly proposed initiatives, and measures aimed at preventing and suppressing



The first coordination meeting of the Working Committee on Implementation of Myanmar's Five-Year Plan for Combatting Human Trafficking is underway in Nay Pyi Taw.

the changing patterns of human trafficking.

With the rapid advancement of technology around the world, transnational online fraud has become increasingly widespread. These scams generally involve various methods such as financial fraud, online gambling scams, investment fraud, employment scams, lottery scams, and romance scams.

Such schemes target victims through different approaches, and employment-related scams in particular have increasingly led to forced labour and human trafficking.

He also talked about the educational programmes for public awareness regarding the prevention of human trafficking.

He added that Myanmar citizens who have encountered

various difficulties while working abroad are being assisted through coordination with Myanmar embassies and ministries concerned in the respective countries to bring them back to Myanmar and reunite them with their families.

During 2025, individuals from various countries who arrived in Myanmar and later encountered difficulties sought

assistance through diplomatic channels, the National Central Bureau (NCB), and police-to-police cooperation mechanisms, and they were transferred to their respective countries.

Currently, due to labour demands in domestic factories and workshops in neighbouring countries and in some ASEAN countries, human smugglers have increasingly organized group-based criminal activities to illegally transport people from Myanmar seeking employment abroad. Therefore, the anti-human smuggling law (draft) is being drafted as quickly as possible in accordance with the recommendations of the ministries concerned to eliminate the human smuggling gangs effectively.

He called for strong cooperation in rehabilitation processes and humanitarian assistance for the victims of human trafficking.

Participants coordinated the discussion, and Police Lt-Gen Win Zaw Moe concluded the meeting. — MNA/KTZH

QR code training for land registration Forms 105, 106 wraps up

A two-day training for the use of QR Codes in the making of land registration Forms 105 and 106 was conducted for the staff of the Land Records Department of Yangon Region and Rakhine State at the meeting hall of the Yangon's Department. The training concluded yesterday.

During the closing ceremony, Director U Kyaw Nyein of the Land Records Department of Yangon Region made an opening speech highlighting the need to make preparations at the offices of respective townships to apply the QR sys-



Trainees are seen in the training session of QR code for land registration Forms 105 and 106. PHOTO: KO LWIN

tem in land registration forms 105 and 106. the two-day training that operated on 12 and 13 March. —

A total of 55 trainees joined Oktha/KTZH

UMTA boosts tourism promotion at MITT 2026



UMTA patron U Naung Naung Han and officials are pictured at the 32nd Moscow International Travel and Hospitality Show 2026.

THE Union of Myanmar Travel Association (UMTA), which engages in international exhibitions, also joined the 32nd Moscow International Travel and Hospitality Show (MITT 2026), held in Moscow, Russia, from 11 to 13 March.

MITT is a significant international tourism expo comprising international tourism businesses, services and destination marketing organizations, as well as providing an important platform for introducing Myanmar's tourism opportunities to the in-

ternational market. At the event, the UMTA participated with a booth representing Myanmar.

Through its ongoing involvement in international events, UMTA has helped facilitate the country's tourism development and global networking for the industry, it said.

UMTA patron U Naung Naung Han, joint secretary 1 Daw Khin May May Aye and a lifetime member U Ko Ko Gyi from Princess Cinderella Travels and Tours attended MITT 2026. — MT/ZS

Daily newspapers available online

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

News and Periodicals Enterprise



NATIONAL

2025-2026AY matric exam continues for Maths subject

THE 2025-2026 academic year matriculation examination and the industrial, agricultural and livestock matriculation examinations were held nationwide yesterday from 9 am to 12 pm.

On the third day of the matriculation examination, students sat for the mathematics subject at 111 examination centres across Yangon Region, while students in the agricultural and livestock matriculation exam-

inations took the Agricultural Production (2) and Breeding Pig subjects peacefully.

For the 2026 matriculation examination, a total of 111 examination centres were opened in Yangon Region. On the day of the Mathematics, Agricultural Production (2) and Breeding Pig examinations, 46,766 candidates, including 20,735 male students and 26,031 female students, sat the examinations, with an at-

tendance rate of 94.94 per cent, according to the Yangon Region Education Office.

At examination centres throughout Yangon Region, teachers on duty reminded students entering the centres to bring their examination admission cards and necessary writing materials. Officials at the respective centres also provided timely assistance to those who had forgotten their admission cards and

to those who required medical attention.

Among the 111 examination centres in 45 townships across 14 districts in Yangon Region, the third day of the matriculation examination was conducted at 107 centres, while the industrial, agricultural and livestock matriculation examinations were held at four centres for 402 candidates, including 244 males and 158 females.

At the examination centre in Insein Central Prison, 36 candidates, including 33 males and three females, sat the examination. Meanwhile, seven candidates took the examination at hospitals: two candidates (one male and one female) at Yangon General Hospital and five candidates (two males and three females) at North Okkalapa General Hospital. — Nyein Thu (MNA)/MKKS

MOH to appoint 1,453 new nursing graduates this May



This image depicts the appointment letter presentation ceremony.

THE Ministry of Health has announced plans to appoint 1,453 trainees who will graduate from the three-year Nursing Diploma course in May.

On the morning of 11 March, an appointment ceremony for those who earned a Bachelor of Nursing Science (BNSc) degree was held at the Midwifery Training School in Nay Pyi Taw, and appointment letters were presented to two representative nurses from the University of Nursing (Yangon) and the University of Nursing (Mandalay).

According to the ministry, 451 new graduates with BNSc degrees have recently been appointed. From 2021 to the present, the ministry has successfully recruited 898 new nurses (BNSc degree holders), 5,893 new

nurses (diploma holders), and 1,554 new midwives.

To ensure the public receives quality healthcare, the state is increasing the annual production of healthcare human resources in line with national needs. Union Minister for Health, Dr Thet Khaing Win, spoke at the ceremony, urging the newly appointed nurses to travel to their assigned regions, strictly adhere to professional ethics, and strive to earn the trust and reliance of the public.

The government is currently working on increasing the salary scales of the nurses and providing monthly supplemental allowances while upgrading Nursing Training Schools into Institutes of Nursing Science. — MT/ZN

2026 matriculation and vocational exams enter Day 3

THE 2026 matriculation examination and the 2026 industrial, agricultural and livestock matriculation examinations continued yesterday morning nationwide, including at overseas examination centres.

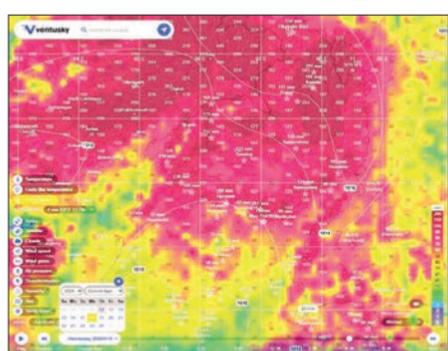
For the 2026 matriculation examination, a total of 887 examination centres were opened this year, comprising 16 overseas centres and 871 domestic centres. Altogether 268,753 candidates registered for the examination. On the third day, 254,812 candidates sat the mathe-

tics subject, while 13,941 candidates were absent, resulting in an attendance rate of 94.81 per cent.

For the 2026 industrial, agricultural and livestock matriculation examinations, a total of 53 domestic examination centres were opened. A total of 3,386 candidates registered for the examinations. A total of 3,364 candidates sat the examinations, while 22 candidates were absent, giving an attendance rate of 99.35 per cent, according to the Ministry of Education. — MNA/KZL



Students appear for the 2026 matriculation and vocational examinations.



Weather forecast from 12 to 19 March.

Rain likely across Myanmar until 16 Mar

RAIN from slight to heavy is forecast in Myanmar until 16 March due to clouds moving from Thailand and southern Myanmar, along with the flow of the North-East monsoon in the South China Sea, said meteorologist U Win Naing.

It will lead to heavy rain in the upper Sagaing Region, Kachin State and southern, northern and eastern Shan State, he said. Due to the heat from inland, there is a possibility of cloudy, scattered rain in the rest of the regions and states. Despite no possibility of heavy rainfall, downbursts and hailstorms are possible, but there

is no possibility of flooding, he said.

Over four days from 13 to 16 March, it will rain heavily with maximum rainfall of 40 millimetres to 80 millimetres in 24 hours in Kachin State and upper Sagaing Region, and flash flood needs to be cautious due to mountain stream flooding.

Rain from moderate to heavy will continue until 18 March in Kachin State's Injyangyang, Tanai, Sumprabum, Machanbaw, PutaO, Pannandin and Kumlin, with high rainfall of 150 millimetres to 300 millimetres (above six inches) in six days, he said. — MT/ZS

NATIONAL BUSINESS

Yangon palm oil reference price edges up

THE wholesale reference rate of palm oil for the Yangon market increased a bit to K6,575 per viss during the week ending 19 March, indicating a small gap of K145 compared to that of last week, according to the Supervisory Committee on Edible Oil Import and Distribution.

The rise in palm oil price was attributed to a sharp drop in the palm oil output in major producing countries starting from January 2026, a large stockpile and a surge in demand during the Chinese New Year Festival and Ramadan. According to Reuters and industry reports, palm oil output in major producing nations is experiencing stagnant production levels in the first quarter of 2026, keeping the price supported. The Department of Consumer Affairs speculated palm oil market constraints that other factors include strengthening Malaysia Ringgits, Indonesia's tax hike in palm oil export from 10 per cent



Cooking oil bottles are arranged for sales inside the supermarket.

to 12.5 per cent starting from 1 March, low global stock levels in palm oil reserve situation with tight supplies dropping to 19 per cent in 2025-2026 Financial Year from 20 per cent, increase in palm oil demand ahead of Eid al-Fitr, pushing the FOB price to US\$1,078 per tonne in February from \$1,047 in January.

The Supervisory Committee on Edible Oil Import and Distribution under the Ministry of Commerce has been closely observing the FOB prices in Malaysia and Indonesia, adding transport costs, tariffs and banking services to decide the wholesale market reference rate for edible oil weekly.

Despite the reference price, the market price is still high. To control overcharging, the Consumer Affairs Department under the Ministry of Commerce informed consumers of lodging complaints for overcharging through the call centre hotline in late August. The department urges consumers not to buy palm oil at high

prices.

The Committee notified that any person who is involved in price gouging and oil storage to attempt market manipulation will face legal action under the Essential Goods and Services Law. The department is working together with the Myanmar Oil Dealers' Association and the cooking oil importing companies to offer affordable rates of imported palm oil for consumers. The complaints for overcharging can be lodged over hotline 1535 of the call centre of the Consumers Affairs Department, or sent to the Facebook page of the department and the region and state departments concerned.

The domestic consumption of palm oil is estimated at one million tonnes per year. The local palm oil production is just about 400,000 tonnes. About 700,000 tonnes of palm oil are annually imported through Malaysia and Indonesia to meet domestic demands. — NN/KK

Myanmar, India explore cooperation in value-added avocado production

MYANMAR and India negotiated to export Myanmar's frozen avocado to India and addressed mandatory import documents to meet food safety regulations and ensure quality.

Directors of the Myanmar Trade Promotion Organization under the Ministry of Commerce,

Myanmar Economic Counsellors in Kolkata and New Delhi, representatives of the Myanmar Avocado Producer and Exporter Association, and the International Federation of Business Intellectuals and Changemakers (IFBIC) in India held a hybrid meeting on 12 March 2026 regarding collaboration in the

value-added production of avocado.

Myanmar's avocado is harvested in September. There are over 20,000 acres of avocado plantations across the country. Myanmar's premium avocado varieties, such as Hass, Buccaneer, and Amara, are conveyed to international markets. — NN/KK

MPT partners with GTS to enhance secure messaging service

MYANMA Posts and Telecommunications and Singapore-based Globe Teleservices Pte Ltd (GTS) worked together to strengthen secure messaging systems and customer experiences locally and globally.

Through this collaboration, MPT will upgrade the A2P (Application to Person) messaging system, ensuring communications with reliable service, great transparency and trust in line with rules and regulations.

Globe Teleservices' CEO Ashutosh Agrawal gave a remark that "we believe enterprise messaging must be built on trust. This



Singapore-based Globe Teleservices.

partnership will bring about greater transparency and better management by integrating communication plans. By partnering with MPT, we expect to strengthen secure A2P messaging while enabling long-term growth".

By leveraging MPT's strong national network reach and Globe Teleservices' expertise in A2P messaging, the partnership will provide a more seamless experience and secure messaging services.

Singapore-based GTS has a global presence with offices in the US, UAE, Malaysia, Tanzania, Ghana, India and Hong Kong SAR. GTS has been providing innovative technology solutions such as A2P monetization, Omnichannel messaging, anti-fraud and cloud services. GTS is also a member of prestigious forums like MEF, GSMA and GLF. — ASH/KK

CBM sustains forex support for edible oil imports

THE Central Bank of Myanmar (CBM) sold US\$1.85 million to edible oil-importing companies on 12 March, in addition to \$1.56 million and a 1.4-million-baht injection into the market.

CBM announced on 11 March that it would sell \$30 million to those engaged in fuel oil businesses. Furthermore, CBM sold over \$1 million to edible oil-importing companies on that day, along with an injection of \$120,000 and two million baht in the foreign exchange market.

CBM also sold over \$2.1 million to edible oil-importing companies on 10 March, along with an injection of over \$450,000 and 6.7 million baht into the market.

CBM has constantly injected large amounts of US dollars into the edible oil sector on 3 to 9 March, with \$1.97 million on 9 March, \$1.96 million on 6 March, \$2.65 million on 5 March, over \$1.24 million on 4 March and \$1 million on 3 March. Additionally, CBM injected \$1 million into the fuel oil import sector on 3 March.

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

TEPCO's recently restarted nuclear reactor to halt power generation



TEPCO said an alarm went off indicating an electricity leak at a power generator of the Kashiwazaki-Kariwa nuclear power plant's No 6 reactor in Niigata Prefecture.

PHOTO: KYODO

TOKYO Electric Power Company Holdings Inc. said Friday it will halt power generation at a reactor at a nuclear power plant that resumed operations in January for

the first time in 14 years. TEPCO said an alarm went off indicating an electricity leak at a power generator of the Kashiwazaki-Kariwa nuclear power plant's No. 6 reactor in

Niigata Prefecture.

Since no abnormalities have been found in the reactor itself, TEPCO will continue operating it while probing the cause of the incident, the utility said.

At around 4 pm. Thursday, an alarm warning of a small-scale electricity leak to the ground was triggered, the company said. The No 6 unit in late January became TEPCO's first reactor to be brought back online since the meltdowns at the Fukushima Daiichi nuclear complex following the 11 March 2011, earthquake and tsunami. — Kyodo

Oil surges, stocks retreat on fears of prolonged Iran war

OIL prices jumped Thursday with Brent crude settling above \$100 a barrel for the first time since August 2022, as Iran vowed to make the United States regret launching its war against the country.

The price of Brent crude surged 9.2 per cent to \$100.46 a barrel, while its US equivalent, West Texas Intermediate, climbed 9.7 per cent to \$95.73 a barrel.

Stocks retreated as fears of a prolonged conflict in the Middle East took hold, with US and Israeli strikes on Iran continuing and Tehran's retaliation bringing trade through the Strait of Hormuz to a virtual standstill.

Markets were not assuaged by US President

Donald Trump's proclamation that stopping Iran from getting a nuclear weapon was more important to him than controlling oil prices.

"Markets are certainly moving with oil prices and the ongoing concerns about energy disruptions," said Angelo Kourkafas, a senior analyst at Edward Jones.

"There is less belief compared to the last couple of days now, at least from an investor's perspective, that there's going to be a quick off-ramp and a quick resolution to this conflict," he said.

Energy Secretary Chris Wright acknowledged that the US military was currently "not ready" to escort tankers through the critical Strait of Hormuz. — AFP

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Italian prosecutors seek trial for Amazon over tax evasion

MILAN prosecutors have requested a criminal trial for Amazon and four of its executives over alleged tax fraud worth more than

one billion euros, Italian media reported Thursday. The e-commerce giant in December said it had reached an agree-

ment with Italy's tax agency over VAT it should have paid on behalf of third-party sellers. — AFP

EMBASSY OF PAKISTAN, YANGON INVITATION FOR BIDS (TENDER NOTICE)

Sealed bids are invited from eligible contractors/firms for the execution of miscellaneous civil works at the Embassy Residence and the Chancery Building. Detail of the work is given in the technical specification which can be obtained from the Embassy during office hours (from 9:00 am to 5:00 pm).

1. Eligibility Criteria:

- Contractors must be registered with the relevant authorities as per local law.
- Contractors must have five years' experience of execution of similar nature of works.
- Contractors must have capacity to complete the project within specified timeframe.

2. Bid Submission Requirements:

- Bidding documents, including detailed technical specifications and terms of the contract can be obtained from the Embassy's administration office during office hours.
- Bidders must submit a complete bid, including the following documents:
 - o Company profile and registration certificate.
 - o Detailed cost breakdown for each category of work.
- Bidders must submit separate quotations for Residential Building and Chancery Building.
- Sealed bids should be submitted to the Embassy of Pakistan, Yangon, not later than 30th March, 2026 by 1100 hours.
- Bidders must ensure that bids are complete and meet all requirements to avoid disqualification.

3. Bid Opening and Evaluation:

- Bids will be opened in the presence of the bidders or their authorized representatives at the Embassy of Pakistan, Yangon, on 30th March, 2026 at 1400 hours in presence of the bidder.
- Evaluation will be based on compliance with technical specifications, proposed timelines, and cost.

4. Contract Award:

- The contract will be awarded to the lowest compliant bidder following a thorough evaluation of all submissions.
- The successful contractor must complete the works within the agreed timeframe and specifications.
- Payment will be made upon the successful completion of the works, as certified by the Procurement Committee, who will ensure timely payment.

5. Contact Information:

Head of Chancery:
Embassy of Pakistan, 4A, Pyay Road, Dagon Township, Yangon.
Phone: +95 1222881
Email: acctspakembygn@gmail.com
Note: The Embassy reserves the right to reject any or all bids without any reason.

CLAIMS DAY NOTICE

M.V SITC CHANGMING VOY.NO. (2605N)

Consignees of cargo carried on **M.V SITC CHANGMING VOY.NO. (2605N)** are hereby notified that the vessel will be arriving on **14-3-2026** and cargo will be discharged into the premises of **MITT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

**Shipping Agency Department
Myanma Port Authority**

Agent For:

M/S SITC CONTAINER LINE CO., LTD

CLAIMS DAY NOTICE

M.V MANA OCEAN VOY.NO. (2602)

Consignees of cargo carried on **M.V MANA OCEAN VOY.NO. (2602)** are hereby notified that the vessel will be arriving on **15-3-2026** and cargo will be discharged into the premises of **MIPL** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

No claims against this vessel will be admitted after the Claims Day.
Phone No: **2301928**

**Shipping Agency Department
Myanma Port Authority**

Agent For:

M/S ELDER TRIUMPHANT SHIPPING LINES PTE LTD

ROLLING UPDATES WORLD

War in the Middle East: latest developments

Here are the latest events in the Middle East war on Friday:

- # UN chief Antonio Guterres said he arrived in Beirut on a “solidarity” visit to Lebanon, where the war has claimed at least 687 lives since March 2 as Israel pounds targets of Iran-backed Hezbollah.
- # Top Iranian leaders appeared in public at a Tehran rally, in defiance of US-Israeli strikes. They included national security chief Ali Larijani, President Masoud Pezeshkian and Foreign Minister Abbas Araghchi.
- # NATO defences have shot down a third ballistic missile from Iran in Turkish airspace, Türkiye’s defence ministry said.
- # Four US crew members died when a KC-135 aerial refuelling aircraft crashed in western Iraq, the US military said. “Four of six crew members on board the aircraft have been confirmed deceased as rescue efforts continue,” US Central Command (CENTCOM), responsible for American forces in the Middle East, said in a statement on X, adding “the loss of the aircraft was not due to hostile



Iranians take part in an Al-Quds (Jerusalem) Day rally on the last Friday of Ramadan, in Tehran on 13 March 2026. **PHOTO: AFP**

- fire or friendly fire.”
- # The US embassy in Baghdad has warned of a “risk of kidnapping” of its citizens in Iraq. “Iran and Iran-aligned terrorist militia groups pose a significant threat,” the embassy said in a statement, adding that US citizens, interests and infrastructure has been attacked and that “Americans also face risk of kidnapping.”
- # Massive explosions shook Tehran, according to Iranian television, which said they hit not far from the site of a pro-government demonstration.
- # Sri Lanka said it would repatriate the remains of 84 Iranian sailors killed when a US submarine torpedoed their frigate off its coast on March 4. The 32 sailors who were rescued after the sinking will remain in Sri Lanka, a spokesman for the foreign ministry said.
- # Two people died after security forces intercepted a drone near an industrial area in northern Oman, state media said.
- # The Israeli military said it had struck more than 200 targets in western and central Iran over the past day, including missile launchers and defence systems.
- # Saudi forces intercepted a drone targeting Riyadh’s diplomatic quarter housing foreign embassies, the defence ministry said.
- # An Israeli strike hit a member of Iran-backed group Hezbollah in Lebanon’s capital, the military said. Israel continued striking Beirut early Friday as it threatened to expand operations and seize territory in Lebanon if the militant group Hezbollah did not stop its attacks.
- # A building in central Dubai was hit by debris from an intercepted attack, the government media office said, after blasts shook the Middle East financial hub. Explosions rattled buildings in Dubai and a large cloud of smoke hung over a central area of the city, AFP correspondents said.
- # An Iranian drone was responsible for the death of a French soldier in Iraq’s autonomous Kurdistan region, the first French casualty of the war, his commanding officer said.
- # The Israeli military said that Iran fired a new barrage of missiles towards Israel, with emergency services reporting that two people were injured in the country’s north. — AFP

Canada unveils ambitious plan to strengthen arctic defence, development

CANADIAN Prime Minister Mark Carney on Thursday announced a plan worth over 40 billion Canadian dollars (\$29.3 billion) to enhance the country’s defence and economic development in the Arctic.

Carney said that after decades of limited investment, Canada is now securing its northern territory and unlocking its vast resources. “In this new era, we cannot rely on other nations for our security and prosperity. We are defending and building together, the true North, strong and free,” he said. The plan includes over 35 billion Canadian dollars (\$25.6 billion) for military infrastructure upgrades, such as airfields, hangars, fuel facilities, and multipurpose buildings. It also focuses on improving operational support across northern regions to enhance the armed forces’ presence and responsiveness. — Xinhua



People raise the Canadian flag during the opening ceremony of Canada’s new consulate in Nuuk, the capital of Greenland, Denmark, 6 February 2026. **PHOTO: XINHUA**

Nepal sells half-filled gas canisters due to ME war

NEPAL has started selling half-filled cooking gas cylinders to curb hoarding and panic buying, officials said Friday, following import disruptions caused by the Middle East conflict.

The landlocked Himalayan nation of 30 million relies almost entirely on India for its fossil fuel needs.

About 90 percent of India’s liquefied petroleum gas (LPG) passes through the Strait of Hormuz, a strategic chokepoint where maritime traffic has largely stalled. As supplies tighten, New Delhi has prioritised households, transport, and other essential sectors such as hospitals. Nepal, however, said it still has sufficient gas but has reduced cylinder volumes to stretch the available supply. — AFP

SPORTS

'Perfect day' as Odermatt wins fifth straight World Cup ski title

SWISS skier Marco Odermatt bounced back from his disappointment at the Milan-Cortina Olympics to seal his fifth successive overall World Cup title with a third-placed finish in the downhill won by Austria's Vincent Kriechmayr on Friday.

Odermatt picked up 60 points for his podium finish to take an unassailable 632-point lead over Brazilian Lucas Pinheiro Braathen with only six races left in the season.

Odermatt becomes just the third person in alpine ski history to win five overall titles in a row, after Austrians Marcel

Hirscher (eight times between 2012 and 2019) and Annemarie Moser-Proll (five times between 1971 and 1975).

The 28-year-old, who won two Olympic silvers and bronze in Bormio last month, also claimed the World Cup downhill title with his third-placed finish in the French resort.

Italy's Giovanni Franzoni came in 0.09sec behind Kriechmayr.

"It was a very difficult, very tough race. I don't think I've ever been that tired at the finish. Tough conditions," said Odermatt. — AFP



Switzerland's Marco Odermatt. PHOTO: AFP

MWF, DSPE hold level-1 wrestling coaching course graduation ceremony



The presentation of completion certificates to trainees is underway yesterday in Yangon.

THE graduation ceremony and certificate presentation for the Wrestling Coaching Course (Level 1), jointly organized by the Department of Sports and Physical Education (Myanmar) and the Myanmar Wrestling Federation (MWF), was held at 4 pm yesterday at the Old Office Hall of the Sports and Physical Education Institute (Yangon) in Tamway Township.

MWF President U Ye Tun first delivered a closing address. ISPE (Yangon) Deputy Principal U Aung Myo Win, Daw Khin Mar Htwe the vice-chairperson of the Yangon Region Wrestling Subcommittee, coach Mr Mahabir Parsad, as well as the secretary and the treasurer, presented completion certificates to the trainees.

A total of 30 trainees at-

tended the course. Participants included former regional and state-level wrestling and judo athletes, Myanmar national wrestling team members, individuals aged between 20 and 45, trainees from basic education high schools in various regions and states, students from sports and physical education institutes, and trainees from the Myanmar Wrestling Federation. — Bala/KZL

'World's best' James signs new six-year Chelsea deal

CHELSEA boss Liam Rosenior hailed Reece James as the "best player in world football in his position" after the captain signed a new six-year deal at Stamford Bridge.

The England defender, 26, who first trained with the club 20 years ago, said he wanted to remain at the club for his "peak years".

James has won five major trophies with Chelsea, including the Champions League and Club World Cup twice. He has made more than 200 appearances for the Blues, over 50 of which have been as captain.

"I can't stop smiling because we've secured the best player in world football in his position," manager Rosenior said Friday.

"He had many, many opportunities to leave this magnificent club and the good thing is not just the size and the stature of the club that he's come through from a very, very young age, but it's his belief and confidence in what we're doing here, where we want to go.

"We've had many conversations about it. For him to sign a deal and put his faith in us is a massive step."

Rosenior, who took over as Chelsea manager in January, said James, mainly a right-back, had the ability to play in many positions. — AFP

Carrick shrugs off Scholes dig as Man Utd gear up for Villa test

MICHAEL Carrick on Friday brushed off criticism from former Manchester United teammate Paul Scholes as he prepares his side for a crunch Premier League game against Aston Villa.

The third-placed Red Devils return to action on Sunday after losing 2-1 at Newcastle earlier this month.

Unai Emery's Villa, fourth in the table, are behind United on goal difference in a tight race to secure Champions League football next season.

The top five teams in the Premier League are almost certain to qualify for Europe's top club competition.

The Newcastle defeat was Carrick's first since taking over for the rest of the season in January and Scholes made a sarcastic jibe on Instagram about the man he played alongside in midfield at

Old Trafford.

"Michael has definitely got something special about him... cos Utd have been crap last four

games," read the post from Scholes, who later insisted he meant no offence and contacted his former teammate. — AFP



Michael Carrick's Manchester United are third in the Premier League table. PHOTO: AFP/FILE



China's two sessions highlight innovation, promote shared growth

With embodied artificial intelligence (AI), brain-computer interfaces and 6G mobile communications featuring prominently in documents released during the “two sessions,” innovation is set to drive China’s high-quality development in the new stage.

Experts around the world highlighted that, driven by quality improvement, technological upgrading and structural optimization, the country’s 15th Five-Year Plan (2026-2030) is expected to continue boosting domestic development and channel its innovations into global cooperation.

The outline of the 15th Five-Year Plan (2026-2030) for national economic and social development signals a clear shift towards higher-quality, innovation-led growth, while placing the improvement of people’s social well-being at the forefront, said Gerald Mbanda, a Rwandan publisher and researcher. “It is an important indicator that the government leadership puts first the interest of the people,” he said.

China’s 15th Five-Year Plan highlighted “new quality productive forces,” with a focus on scientific advancement, industrial upgrading, and long-term development, said Richard A. Black, a senior scholar with the Schiller Institute.

Black said the plan reflects a view that long-term prosperity depends on a commitment to “the real economy” — manufacturing, infrastructure and energy systems. — Xinhua

The outline of the 15th Five-Year Plan (2026-2030) for national economic and social development signals a clear shift towards higher-quality, innovation-led growth.



People visit the 34th Harbin International Economic and Trade Fair in Harbin, capital of northeast China’s Heilongjiang Province, 19 May 2025. PHOTO: ZHANG TAO/XINHUA/FILE

US moves to ease sanctions on Russian oil in bid to stabilize global energy markets: kremlin



Gas wells of Gazprom on the Kovykta gas field. PHOTO: SPUTNIK

THE Kremlin has taken note of Washington statements about the United States having no further plans to lift oil sanctions from Russia, spokesman Dmitry Peskov said on Friday.

“We have heard the statement from US officials that an exception has been made for oil already loaded until 12 March. However, there was also a statement that the US does not plan to lift any further oil sanctions on Russia,” Peskov told reporters.

The decision to make an exception demonstrates the US wish to stabilize the global energy market, in which the positions of Moscow and Washington coincide, Peskov said.

“We do believe that the current situation threatens to escalate the crisis in the global energy sector. And, of course, such actions will, to some extent, contribute to the stabilization of this market,” the Kremlin spokesman said.

It would be impossible to stabilize the market without significant volumes of Russian oil pumped into it, Peskov added. — SPUTNIK

Vietnam launches national space centre

VIETNAM on Friday inaugurated the Vietnam National Space Centre at Hoa Lac Hi-Tech Park in the capital Hanoi, local daily Tien Phong reported.

The newly opened center comprises several components, including an operations center, a satellite data exploitation and application center, a satellite research and development center, a manufacturing center, and a ground system equipped with a 9.3-metre-diameter antenna.

Built on an area of 9 hectares, the center is considered one of the most advanced facilities in Southeast Asia in terms of scale and technological level, local media VnExpress reported. — Xinhua