

SAC Chairman PM Senior General Min Aung Hlaing visits Pwekawk Waterfall Resort (BE Falls)



State Administration Council Chair PM Senior General Min Aung Hlaing and his wife Daw Kyu Kyu Hla seen during his inspection tours of the conservation of the Pwekawk Waterfall Resort (BE Falls) in PyinOoLwin yesterday.

CHAIRMAN of the State Administration Council Prime Minister Senior General Min Aung Hlaing and his wife Daw Kyu Kyu Hla, accompanied by SAC Joint Secretary Lt-Gen Ye Win Oo and wife and his entourage, inspected the conservation of the Pwekawk Waterfall Resort (BE

Falls) in PyinOoLwin yesterday.

On arrival at the resort, the Senior General and party strolled along the glass bridge, viewed the skill demonstration of elephants and fed them. They also took a Sky Cable Car to enjoy the aerial views of the resort.

During the tour, the Senior Gen-

eral heard the reports of officials and stressed the need to conduct greening activities for the public to relax, grow flowers and trees, facilitate passable sidewalks and bridges, conserve clean water and carry out other appropriate measures.

The Pwekawk Waterfall Resort is

upgraded for public relaxation with a log house, coffee shop, jungle trekking paths, recreational sites, playgrounds and 554 metres long Sky Cable Way to enjoy the natural scenes and the glass bridge and suspension bridge. — MNA/KTZH

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Union Information Minister greets National Literary Award winners for 2022

NATIONAL

Preservation, renovation efforts for Inwa Ancient Cultural Zone in Mandalay Region



The ancient pagodas and edifices at the Inwa Ancient Cultural Zone.

THE Department of Archaeology and National Museum (Mandalay branch) is undertaking a swift renovation project to preserve the ancient pagodas and structures within the Inwa Ancient Cultural Zone in Mandalay Region.

The department is working on maintaining 11 stupas and temples, including prominent sites such as Myatheintan Pagoda, Shwezigon Pagoda, and Hteehlaingshin Pagoda, among others, situated within the zone.

The renovation initiatives encompass clearing overgrown shrubs and bushes surrounding these architectural marvels

and implementing cleaning measures. Urgent repairs are essential for some of these pagodas, and dedicated efforts are ongoing to address these needs promptly.

Additionally, the department is actively repurposing the Vijjacarana Monastery, once the residence of the esteemed Bhamo Sayadaw, into a commemorative museum. To enrich this endeavour, the department is helping gather Buddha images, the monk's statue, relics, titles, honours, notable works, and daily-use materials contributed by his followers from abroad. — ASH/NT

Myanmar showcases traditional lacquerware at International Festival Charity Bazaar 2023 in Austria

THE Ministry of Foreign Affairs reported that the family of the Myanmar Embassy in Vienna, Austria, participated in displaying traditional lacquerware, foods, and other traditional items at the International Festival Charity Bazaar 2023 held in Vienna, Austria, on 8 and 9 December.

It was a fund-raising plan to aid children all over the globe and was organized by the United Nations Women's Guild Vienna (UNWG).

The United Nations and other international organizations based in Austria and embassies of 48 countries, including Myanmar and Austria, took part in the exhibition by displaying their traditional products and foods. The report states that earnings from the fund-raising event were



Myanmar traditional lacquerware, jades, and gemstones decorated paintings seen being displayed at the event in Austria.

donated to the UNWG.

The opening ceremony of the International Festival Charity Bazaar 2023 was attended by Ambassador U Min Thein, the Permanent Representative of Myanmar to

the United Nations and other international organizations, and other diplomats and permanent representatives from different countries in Vienna were present at the event. — ASH/TMT

Miss Grand Toungoo crowned winner of Miss Grand Myanmar 2024

MISS Grand Toungoo Thae Su Nyein clinched the title in the Miss Grand Myanmar 2024 competition held at the Shwe Htut Tin Hexagon Complex in Yangon on 10 December.

The event saw participation from twenty contestants representing various towns and cities. The first runner-up was Miss Grand Mudon Myint Myat Moe,

while the second runner-up was Miss Grand Bago Angel Kyi Phyu. Miss Grand Myawady Nant Khine Shwe Wah Win also won the Miss Grand Popular Vote Award.

Thae Su Nyein, the crowned winner, is set to represent Myanmar in the Miss Grand International 2024, which Myanmar will host. — ASH/TRKM



Miss Grand Myanmar 2024 Thae Su Nyein with Mawat Itsaragrisil.

COVID-19 report, 3 December to 10 December 2023

NEW TESTS	NEW CASES	CASUALTIES
16,622	Three	Nil

NATIONAL

Graduate cadets urged to continuously learn international military science and technology as well as AI role in modern warfare



State Administration Council Chairman Commander-in-Chief of Defence Services Senior General Thadoe Maha Thray Sithu Thadoe Thiri Thudhamma Min Aung Hlaing returns the salute of the graduation companies at the DSTA parade ground yesterday in PyinOoLwin.

I WOULD like to say that in order to catch up with these changing technologies, we must continuously study international military science and technology and make the best use of it for our country, said Senior General Min Aung Hlaing.

Chairman of the State Administration Council Commander-in-Chief of Defence Services Senior General Thadoe Maha Thray Sithu Thadoe

Thiri Thudhamma Min Aung Hlaing delivered an address at the passing-out parade of the 25th Intake of Defence Services Technological Academy at its parade ground in PyinOoLwin yesterday morning.

On the occasion, the Senior General delivered a graduation speech. He said: Due to the rapid development of military science and technology in modern warfare, we will see a change

from the level of technology led by living humans to the level of command and control using artificial intelligence technology called AI. Therefore, comrades, I would like to say that it is necessary to continuously learn about the revolutionary technologies of military affairs and the role of AI in modern warfare.

Today, if the conflicts happening between the countries are explored, it will be seen that

powerful nations are acting by depicting multidimensional warfare form in various ways, such as political, military, economic, social, and propaganda from behind the scenes. Therefore, a phenomenon is needed to carry out the ability to reveal and think about the causes behind the scene rather than just knowing and appreciating the outer surface scene.

You all need to try to fight into the battle like infantry members by applying your qualified engineering knowledge and the military tactics taught.

I would like to urge you to attempt to be courageous military engineers through continuous training and learning following the motto "Learn, Practise, Obey," which is based on technical engineering skills, military science skills, determination, and good discipline.

We can see that military engineer technicians played a key role when the Maravijaya Buddha statue, the world's largest and highest marble statue, was built in Nay Pyi Taw.

I would like to appreciate and congratulate the efficient military engineers since the international engineering or-

ganization acknowledged this performance.

The Senior General presented the Best Cadet Award to Cadet Kaung Khant Zaw, Excellent Award in Training to Cadet Phone Myint Kyaw and Excellent Award in Studies to Cadet Sai Min Thant respectively.

Also present at the ceremony were Daw Kyu Kyu Hla, wife of the Senior General, Commander-in-Chief (Navy) Admiral Zeya Kyaw Htin Sithu Moe Aung and his wife, Commander-in-Chief (Air) General Zeya Kyaw Htin Sithu Tun Aung and his wife, senior military officers from the Office of the Commander-in-Chief and their wives, the Chief Minister of Mandalay Region and his wife, the commander of Central Command, the commandant of DSTA and officials.

After the parade, the Senior General met three outstanding cadets at the headquarters of the DSTA and spoke words of honour.

In the evening, the graduation dinner for 25th Intake of DSTA was hosted at the cadet mess hall at the academy in PyinOoLwin, attended by the Senior General. — MNA/TTA



The Senior General warmly greets graduate cadets at the dinner yesterday.

NATIONAL

Systematic training turns out qualified military leaders

SENIOR General Min Aung Hlaing said those who undergo training at Tatmadaw training depots can dutifully serve military duties and other duties for the State.

In a meeting with senior officer instructors and faculty members from PyinOoLwin Station at the convocation hall of the Defence Services Academy in PyinOoLwin yesterday afternoon, Chairman of the State Administration Council Commander-in-Chief of Defence Services Senior General Min Aung Hlaing highlighted training and turning out qualified military leaders.

The Senior General spotlighted that military leaders are to serve the State duties with the mental capability to contribute to the State to some extent.

He continued that efforts were made to develop military technology and equipment in conformity with the current era to improve combat power and combat capability in modern wars.

The Senior General unveiled that preparations were made to become a capable Tat-



SAC Chairman Commander-in-Chief of Defence Services Senior General Min Aung Hlaing meets senior officer instructors and faculty members from PyinOoLwin Station yesterday.



madaw, and efforts are being made to nurture necessary human resources for building a modern Tatmadaw.

Only when trainees are qualified in training will the academy turn out highly skilled leaders. If so, he added that those officers can dutifully serve their assignments on the battlefields.

The Senior General pointed out that it is necessary to give

training to trainees to have the same attitudes and good practices of typical thinking.

He underscored that those who would be leaders must have physical and mental capabilities, adding that they have to avoid indulgence and extreme drinking can harm health and may cause unnecessary events and social measures.

He noted that cadets can only dutifully serve their assign-

ments on the battlefields only when they are given systematic training.

The Senior General underlined that the DSA is turning out military leaders to improve the rationality and braveness of trainees. He added that an emphasis must be placed on turning out the leaders with physical and mental capabilities in making decisions.

Also present at the ceremo-

ny were Commander-in-Chief (Navy) Admiral Moe Aung, Commander-in-Chief (Air) General Tun Aung, senior military officers from the Office of the Commander-in-Chief, the commander of Central Command, commandants of DSA, Defence Services Technological Academy and Tatmadaw training depots, senior officer instructors and faculty members. — MNA/TTA

25th commissioned officer appointment ceremony held at Defence Services Technological Academy



The 25th Commissioned Officer Appointment event underway yesterday.

THE 25th Commissioned Officer Appointment Ceremony for the Defence Services Technological Academy was held at the DSTA Convocation Hall.

Military Appointment-General Lt-Gen Lin Aung, senior military officers, DSTA Commandant Brig-Gen Aye Min Oo, and gradu-

ate cadets attended the ceremony.

According to the agenda, Lt-Gen Lin Aung handed the commissioning letter to each graduate cadet. After presenting the commissioning letters, Lt-Gen Lin Aung delivered a speech, and the ceremony ended. — MNA/TRKM

25th Convocation of Defence Services Technological Academy held

THE 25th Convocation of the Defence Services Technological Academy was held on the morning of 11 December at the DSTA convocation hall. Commandant of DSTA Brig-Gen Aye Min Oo, Rector of DSTA Brig-Gen Thaung Naing, and faculty members attended it.

The commandant, the rector, and faculty members took their seats in the convocation hall, and then the national anthem was played, marking the opening of the graduation ceremony.

The rector conferred bachelor's degree certificates on 118 graduates of the 25th intake, master's degree certificates on 36 officer trainees, certificates

in teaching engineering on 14 officer trainees, and post-graduate diploma certificates on 69 officer trainees.

Afterwards, the rector allowed the graduates to wear the uniforms appropriate to their degrees and signed the graduation re-

cord book.

Following these proceedings, the rector delivered the graduation speech and then announced the closure of the ceremony. The commandant, the rector, and the faculty members then left the convocation hall. — MNA/TKO



The 25th Convocation of Defence Services Technological Academy in progress yesterday.

NATIONAL

Central Committee on Ensuring Smooth Flow of Trade and Goods discusses fuel distribution, measures to increase export of farm produce

THE people are panic buying the fuel at present with the fear of scarcity even though the fuel is distributed to the stations in Nay Pyi Taw, Yangon and Mandalay regions and other regions and states.

State Administration Council Member Union Minister General Mya Tun Oo, also Chairman of the Central Committee on Ensuring Smooth Flow of Trade and Goods, delivered an address at the 2/2023 committee meeting in Nay Pyi Taw yesterday.

The Union minister noted that systematic arrangements are being made to ensure adequate fuel at the fuel stations and supply fuel stocks. On the other hand, it also supervises to combat illegal fuel trade.



SAC Member Union Minister General Mya Tun Oo chairs the meeting 2/2023 of the Central Committee on Ensuring Smooth Flow of Trade and Goods yesterday.

Moreover, the committee focused on practical measures for fuel import, storage, and

distribution sectors and scrutinized whether the imported fuel met the quality standards.

Similarly, adequate cooking oil was distributed to the regions and states, including

Nay Pyi Taw, to ensure a stable market and prices. The plans are underway to receive the export earnings from the remaining companies fully.

He continued that effective measures were being taken in those days to promote the export volumes of farm products such as rice, beans, maize, sesame, and rubber.

It also needs to supervise the repatriation of export earnings in line with fixed procedures, and it will prioritize the import of raw materials for the industrial zones that produce export products.

He then highlighted the cooperation work with the UMFC-CI, its brother associations, and relevant organizations. — MNA/KTZH



The UNRC and UNHC ad interim calls on Union Minister U Myint Kyaing yesterday.

MoIP UM receives Interim UNRC, UNHC

UNION Minister for Immigration and Population U Myint Kyaing received Interim UN Resident Coordinator and Interim Humanitarian Coordinator to Myanmar Mr Ramanathan Balakrishnan and party in Nay Pyi Taw yesterday.

Both sides frankly exchanged views on the cooperation between the Ministry and UNFPA in the previous work on population and household census and the ability to carry out

the last dialogue and negotiations, plan to support the ministry's census activities while serving as a UNFPA resident representative after the UN Interim Resident Coordinator's duties are over, the plan of the UNFPA Asia-Pacific Regional Director based in Thailand to visit Myanmar in the near future and the conditions for continued cooperation between the ministry and UNFPA in census activities. — MNA/TS

MIFER Union Minister receives UNRC, UNHC ad interim in Myanmar

DR Kan Zaw, Union Minister for Investment and Foreign Economic Relations, received Mr Ramanathan Balakrishnan, United Nations Resident Coordinator and Humanitarian

Coordinator ad interim (a.i.) to Myanmar, who has completed his assignment in Myanmar, at the Ministry of Investment and Foreign Economic Relations, Nay Pyi Taw, yesterday.

They cordially discussed matters relating to the ongoing cooperation programmes and exchanged views on the future cooperation between Myanmar and UNRCO. — MNA

Counter-argument to false information

Khit Thit media spread fake news regarding cash donations, entrance fees of Shwedagon, Botahtaung pagodas

THE Khit Thit media has spread fake news on social media that the pagoda boards of trustees said the cash donation and entrance fees (dollars deposited at banks) received from Shwedagon pagoda and Botahtaung pagoda are seized and exchanged into Myanmar Kyats at K2,100 per dollar.

An official of the Ministry of Religious Affairs and Culture claimed that the malicious media, Khit Thit Media, spread false information regarding the pagodas.

The malicious media intentionally spread fake news and misinformation to destroy the State's stability and cause misconception. — MNA/KTZH



Screenshot validates misinformation.

NATIONAL

250 Sanghas participate in 105th Cetiyanana Pariyatti Dhammanuggaha Exam at Shwedagon



The 105th Cetiyanana Pariyatti Dhammanuggaha exam held at Shwedagon Pagoda.

ACCORDING to reports, a total of 250 Sanghas sat for the 105th Cetiyanana Pariyatti Dhammanuggaha examination, organized by the Pagoda Trustees at Shwedagon.

During the examination, thirty-eight Sayadaws at-

tended the specific lecturer class, and two hundred and twelve Sayadaws participated in the particular training class, bringing the total to two hundred and fifty Sanghas.

The examination is scheduled from 9 to 15 December, with

the results expected to be announced on 17 December.

The examination is being conducted at the northern part of Shwedagon Pagoda's square on the Chanthagyi prayer hall. — TWA/TKO

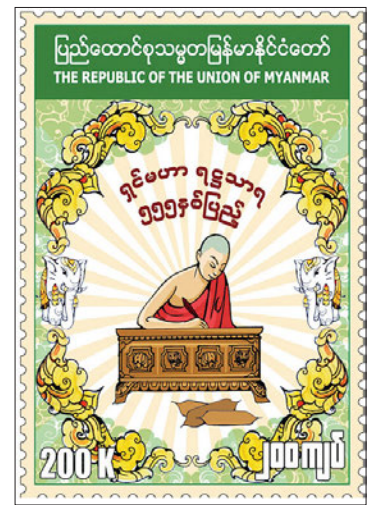
K200 special postage stamp marking 55th birthday of Shin Maha Ratthasara

UNDER the Ministry of Transport and Communications, Myanma Post has announced the release of special K200 postage stamps to commemorate the 55th birthday anniversary of Shin Maha Ratthasara on 13 December.

Born in 830 ME (1468 AD), the renowned poet, known as Maung Mauk during his childhood, will be honoured through the issuance of these special postage stamps. The stamps will be available for purchase at various post offices, including Nay Pyi Taw Central Post Office, Yangon Post Office, Mandalay Post Office, and others across states and regions.

Additionally, a unique date stamp will be sealed on stamps acquired on 13 December at

select post offices as part of the commemorative programme. — TWA/TRKM



The photo of K200 special postage stamp in commemoration of the 55th birthday anniversary of Shin Maha Ratthasara.

Old onion price rallies in domestic market

OLD onion prices fluctuated upward to K4,800-K5,000 per viss at Bayintnaung Wholesale Market on 11 December.

The prices rose from K4,000 per viss on 9 December. With an entry of 108,000 visses of new onions on 11 December, the fresh onions are priced at K2,700-K3,300 per viss.

The onion market saw a rapid rise on 11 December, showing a significant increase of K800-1,000 per viss, U San Lwin, who sends onions to the regions outside Yangon, told The Global New Light of Myanmar (GNLM).

Yangon market has witnessed an influx of old summer

onions since 11 December. About 120,000 visses of old onions were supplied to the Yangon market on 9 December.

High prices prompted monsoon onion growers to send their goods to the Yangon market.

The favourable weather conditions benefit the monsoon onion growers at present.

Monsoon onions are only for domestic consumption. However, depending on supply and demand, the prevailing prices still cannot meet the record price recorded in the corresponding period last year, Daw Maw Gyi, a trader, told the GNLM. — TWA/KK

Sugar price rebounds sugar season despite full operation of mills



Sugar production seen at a sugar mill.

ALTHOUGH the operations of the sugar mills are in full swing, the sugar prices bounced back to K3,830-K3,850 per viss on 11 December after a drop to K3,760-K3,780 per viss at the end of November. The new sugar has yet to enter the Yangon market, Ko Kyaw Min, who sends sugar to the delta regions from Yangon, told The Global New

Light of Myanmar (GNLM).

A market observer pointed out that high production costs amid long power breakouts amid the fuel oil market chaos are expected.

In the previous months, traders offered K3,500 per viss in advance purchase order.

The sugar prices were K2,425-K2,550 per viss only

on 12 December 2022. The prevailing price of sugar is up by K1,300 per viss compared to last year's corresponding period. This year, the millers raised the sugarcane price to approximately K20,000 per viss.

The prices of sugar, jaggery and sugarcane candy are climbing in the Yangon market. The prices stood at K4,500-K4,700 per viss of jaggery from NyaungU, K5,000-K5,600 for jaggery from Yesagy area and K4,100-K4,200 per viss of sugarcane candy.

With the prices of sugar and jaggery jumping, the utilization of artificial sweeteners and sugar substitutes is likely to happen. Yet, a sugar seller said those ingredients are not good for health.

Sugarcane growers and sugar traders keeping the stocks in hand are making a handsome profit at the beginning of the sugar mill season. However, consumers face high food costs. — TWA/EM



Summer onions seen being in the Myingyan market displayed.

Garment exports top US\$2.9 bln in past eight months

THE export value of garments processed on a Cutting-Making-and-Packaging basis amounted to over US\$2.966 billion as of 1 December in the financial year 2023-2024 beginning 1 April, which is the highest among ten major export items, the Ministry of Commerce's statistics showed.

The export values stood at \$2.22 billion from natural gas export, \$474.126 million from black gram, \$378.64 million from rice and broken rice, \$271.312 million from corn, \$220.418 million from fish, \$185.983 million from green gram, \$123.691 million from natural rubber, \$101.952 million from pigeon pea and \$79.404 million from metal and ores.



Diligent workers on the manufacturing lines at a garment factory showcase dedication and skill.

Of top ten export countries of Myanmar, Thailand ranked first with \$2.472 billion, followed by \$1.93 billion

by China, \$784.703 million by Japan, \$572.107 million by India, \$412.675 million by the US, \$356.301 million by Germa-

ny, \$321.412 million by Spain, \$316.806 million, \$261.457 million by the Republic of Korea and \$222.89 million by the UK.

Myanmar exports black gram, rice and broken rice, corn, green gram, rubber, pigeon pea, sesame, onion, turmeric, tamarind, dried ginger, konjac, castor oil seed, coffee bean, cashew nuts, cassava, watermelon, muskmelon, mango, tissue-culture banana, agricultural products, various fish, shrimp, crab and dried fish to external markets.

Additionally, Myanmar has been exerting efforts to enhance manufacturing exports, and veneer and plywood, finished wood products, clothes, sugar and industrial products are also sent to foreign markets. In addition to the border, Myanmar exports goods by sea and air. — NN/EM

YGEA reduces gold reference price to K3.5 mln per tical following spot gold price dip

FOLLOWING a decline in spot gold price, the Yangon Gold Entrepreneurs Association (YGEA) set the pure gold price lower to K3.5076 million per tical (0.578 ounce or 0.016 kilogramme).

The spot gold price on 11 December dipped to US\$1,993 from \$2,086 per ounce on 4 December.

Yet, the market value of the pure gold hit K3.7 million per tical. There is a price difference of over K190,000 per tical between the YGEA's set price and the unofficial market price.

A US dollar is currently exchanged at K3,550 at the over-the-counter market.

When the Kyat weakened to K4,000 against the greenback in the forex market, the gold price peaked at K4 million per tical in late August 2023. — NN/EM

YGN palm oil wholesale reference price set lower this week ending 17 December

THE wholesale reference rate of palm oil for the Yangon market shrank to K4,815 per viss for the week from 11 to 17 December 2023, according to the Supervisory Committee on edible oil import and distribution.

The wholesale price was registered at K4,920 per viss last week, ending 3 December. This week's rate is down by K105 per viss compared to the previous week's.

The Supervisory Committee on Edible Oil Import and Distribution under the Ministry of Commerce has closely observed the FOB prices in Malaysia and Indonesia, adding transport costs, tariffs and banking ser-

vices to decide the weekly wholesale market reference rate for edible oil.

Nevertheless, the market price is still higher than the reference price.

To tackle overcharging, the Consumer Affairs Department under the Ministry of Commerce informed the consumers of lodging the complaints for overcharging through the call centre's hotline in late August. The Department urged consumers not to buy palm oil at high prices.

The Department is making concerted efforts to steer the high volatility in palm oil prices in the retail market and offer fairer prices to consumers in co-

ordination with the Myanmar Edible Oil Dealers Association and oil importing companies.

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 palm oil consumption 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 imported yearly through Malaysia and Indonesia to meet domestic demands. — NN/EM

MRF releases reasonable market price of rice for December

MYANMAR Rice Federation (MRF) announced on 10 December the fair market price of rice for December.

The reasonable market prices set for December are K60,000-K62,000 per 108-pound sack of Aemahta rice (25 per cent broken), K62,000-K64,000 for Aemahta rice (15 per cent broken), K64,000-K68,000 for Aemahta (10-5 per cent bro-

ken), K68,000-K72,000 for 90-day short mature rice, Pakan, Anyatha and special Aemahta rice varieties (10-5 per cent broken), K90,000-K95,000 for Ayeyamin, Ayeya Padaytha and special Aemahta rice varieties (15 per cent broken) and K75,000-K80,000 for Ayamin and Ayeya Padaytha, K80,000-K90,000 for Ayeyawady Pawsan rice and K90,000-95,000 for non-premium

Shwebo Pawsan.

The federation determined reasonable market prices by considering the following factors: fair profit for the farmers, millers and distributors, affordable prices for consumers, last year's market price, global market prices and other commodities prices.

Consequently, MRF encouraged the affiliated associations, members of commodity depots,

exporters and rice companies to follow the price.

Nonetheless, according to the MRF, the price difference is five to ten per cent between the retail and wholesale market and 10-20 per cent for modern trade with consumer packaging at mini-marts. MRF stated that those reasonable market prices only influence the new monsoon paddy produced this year.

MRF urged the buyers to contact the MRF and the relevant wholesale centres to have a smooth trade.

The federation notified on 21 September paddy reference price for 2023 monsoon paddy and called for its affiliated companies, millers and traders to buy it reasonably during the monsoon paddy harvest season. — NN/EM

OPINION

Respond to misinformation: A menace to society

IN every society and community, a pervasive wave of misinformation, comprising fabricated news, fake narratives, and distorted information, takes root. The elusive nature of truth is obscured by the prevalence of misinformation as societies grapple with the challenge of discerning fact from fiction.

A critical issue arises from the inability of these societies to accord a rightful place to the truth. Consequently, they find themselves vulnerable to the insidious influence of misinformation, lacking the skills to navigate the labyrinth of falsehoods and discover the genuine truth. Inevitably, individuals within these societies become unwitting victims ensnared by the web of misinformation.

Human perception tends to be subjective, often viewing events from a singular perspective, reinforcing a sense of righteousness. However, the failure to consider multiple viewpoints limits the ability to discern universal and immutable truths. Comprehensive understanding requires an exploration of all sides, delving into the nuances and complexities of each situation.

Combatting misinformation requires a collective effort to dismantle preconceived notions, discard falsehoods, and actively seek genuine information. Embracing the truth becomes imperative for the well-being and progress of society as a whole.

Despite the potential societal harm, those perpetuating misinformation continue to champion their distorted narratives. They manipulate their actions based on misinformation, either succumbing to external pressures or acting in alignment with their own biased perceptions. Recognizing the destructive potential of misinformation does not deter them from spreading falsehoods.

Society collectively bears the responsibility of sifting through the information clutter to uncover the truth while discarding the unnecessary. Each individual, irrespective of their stance, must strive to contribute positively to society. Some may inadvertently harm the social fabric with misguided actions, while others work to rectify malpractices. The dichotomy between builders and destroyers becomes evident, and although the path to truth may seem distant initially, the enduring power of truth ultimately prevails.

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OUR minds are like muscles that need regular exercise to stay fit and healthy. Just as we engage in physical activities to keep our bodies in shape, giving our brains a good workout is equally important. This mental exercise is crucial for maintaining cognitive functions, enhancing memory, and promoting overall well-being.

One way to give our brains a workout is through reading. Reading not only provides us with information but also stimulates our imagination. Whether it's a captivating story or an informative article, reading challenges our brains to comprehend new ideas and perspectives. It is like taking our minds to the gym, where each word is a lift that strengthens our mental muscles.

Solving puzzles and playing brain games are also excellent mental exercises. Activities like Sudoku, crosswords, and chess require strategic thinking and problem-solving skills. These games challenge our brains to think critically and analytically, promoting the growth of neural connections. Just as physical exercise builds muscle strength, engaging in these mental activities enhances our cognitive abilities.

Learning a new skill or language is another effective mental workout. Acquiring new knowledge stimulates the brain and keeps it active. Whether it's picking up a musical instrument, trying a new hobby, or learning a foreign language, the process of acquiring new skills creates new neural pathways in the brain, contributing to mental flexibility and adaptability.

Socializing and engaging in meaningful conversations also play a crucial role in keeping our minds sharp. Communication involves the exchange of ideas, which stimulates cognitive processes such as comprehension, memory, and problem-solving. Sharing thoughts with others and actively participating in discussions exercise our mental faculties, keeping them agile and responsive.

In addition to these activi-

ties, regular physical exercise has been linked to cognitive benefits. Physical activity increases blood flow to the brain, delivering oxygen and nutrients that support optimal brain function. Exercise has been shown to improve memory, attention, and overall cognitive performance. It is a holistic approach to mental well-being that complements other mental workouts.

Furthermore, just as we prioritize physical exercise for a healthy body, incorporating mental workouts into our daily routines is essential for a healthy mind. Reading, solving puzzles, learning new skills, socializing, and staying physically active are all effective ways to keep our brains fit and agile. By making these activities a regular part of our lives, we can enjoy the cognitive benefits that lead to a more fulfilling and mentally vibrant existence. So, let's embrace the idea of a mental workout and give our brains the attention and exercise they deserve.

Here, there is an interesting article I have recently read in Reader's Digest, a worldwide magazine, and I would like to share it in order to understand more about the mental workout for my esteemed readers. It is as follows: -

I've jogged through postpartum depression (twice), relied on Pilates classes to help me stretch during stressful times in life, and I often go for a walk after a particularly bad day. So, it's no surprise to me that there's a link between exercise and mental health. But scientists have now made it official: research has found a direct connection between movement and mood.

Each time you work up a sweat, your body releases feel-good neurotransmitters, or "happy hormones," including endorphins, dopamine, and endocannabinoids, the latter being responsible for the so-called runner's high. Now, researchers are also pointing to myokines — dubbed "hope molecules" — as an important contributor to the mental health

benefits of exercise. When our muscles contract, chains of amino acids called myokines are released into the bloodstream; they help your muscles and organs communicate. Researchers are looking into the effect of myokines on the brain. They think this communication increases resilience to stress, reduces symptoms of trauma and anxiety, and has a direct effect on depression. A 2021 review published in *Neuropharmacology* showed evidence that myokines boost brain function (Eg., improving memory and mood).

A Mental Workout

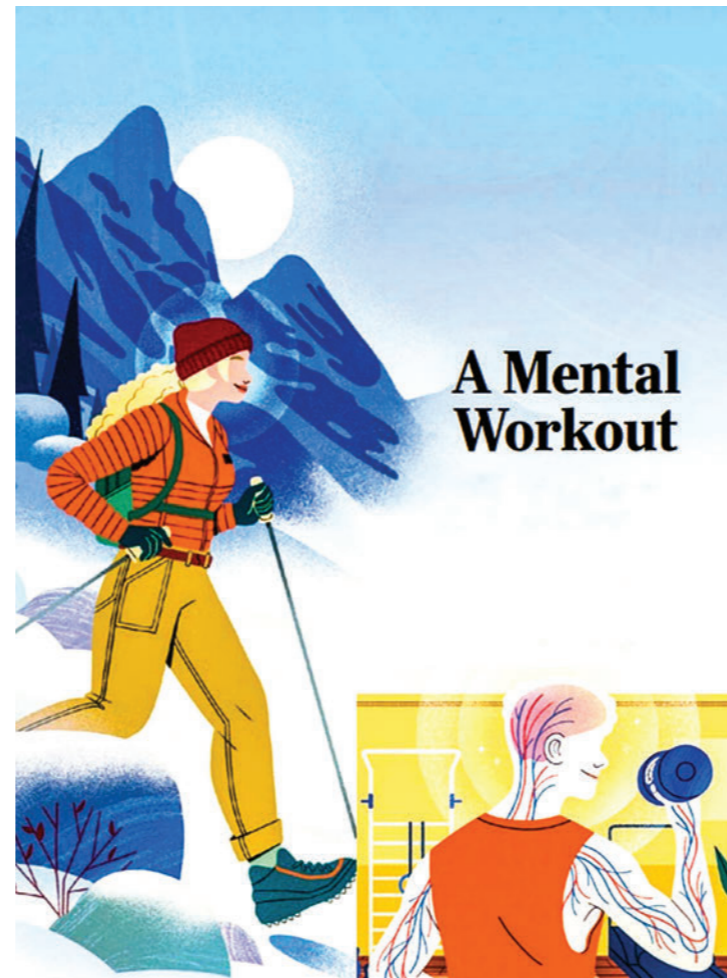


PHOTO CREDIT: READER'S DIGEST

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"Myokines reduce systemic inflammation, which is especially beneficial for people with drug-resistant depression whose low mood is linked to high inflammation," explains Dr Jennifer Heisz, an expert in brain health and associate professor in the Department of Kinesiology at McMaster University in Canada.

There's also a growing body of research proving that exercise helps build key connections between the networks within

the brain, too, improving overall cognitive performance. Studies have shown that physical activity stimulates creativity, sharpens judgment skills, and improves mental energy.

It can also help to slow age-related cognitive decline, possibly even stalling the onset of Alzheimer's disease. A new study published in the *Journal for Alzheimer's Disease Reports* found that walking regularly (30 minutes a day, four times a week) was enough to improve memory measurable, even in people who have already been diagnosed with mild cognitive impairment.

A recent study published in the *British Journal of Sports Medicine* showed that treatment for depression can be much more effective when physical activity is added to the usual care. Participants found benefits after 12 weeks of exercising for 30 to 60 minutes a day.

"While exercise is not a substitute for professional mental health treatment, physical activity can complement and enhance the effects of the treat-

ment," says lead researcher Ben Singh, a research fellow at the University of South Australia. He says regular exercise in a group setting can boost self-esteem and decrease feelings of isolation and loneliness.

Whether you're cycling, swimming, walking around your neighbourhood, or doing yoga, getting sweaty is good for your body and mind. But how much activity is enough to maintain brain health? Experts suggest that you aim for a minimum of ten to 30 minutes, three to five days each week.

"For reducing depression, research suggests that aerobic exercise is less about intensity and more about duration," says Heisz.

Just ten minutes of light movement, like gentle laps in the pool or walking your dog, are enough to boost your mood, and the effects increase for every ten extra minutes that you move, for up to an hour. Exercising beyond 60 minutes didn't provide extra mental health benefits, according to Singh's study.

Strength training, such as Pilates and lifting weights, does count toward your daily exercise goals (and is essential for strong bones). Research shows that increasing the intensity of resistance workouts by just ten per cent will yield a greater antidepressant effect. "It is amazing to consider how moving our bodies can heal our minds," says Heisz. To get the biggest overall health boost, the key is to zero in on sports and activities you enjoy so you'll keep going back to them.

In brief, the link between physical exercise and mental health is now more apparent than ever. As we explore the profound effects of exercise on our mood and cognitive functions, it becomes clear that keeping our bodies active is not just beneficial for our physical well-being but is also a crucial aspect of maintaining a healthy mind.

As mentioned above, the

By Yin Nwe Ko

scientific connection between movement and mood, the release of "happy hormones," and the intriguing role of myokines, also known as "hope molecules", highlight the intricate relationship between our bodies and minds. It is fascinating to discover that simple activities like walking or engaging in a favourite sport can have such positive impacts on our mental health.

The benefits of exercise extend beyond just the immediate mood boost. Research suggests that regular physical activity can contribute to reducing symptoms of trauma, anxiety, and depression. Furthermore, the positive effects on cognitive performance and the potential to slow age-related cognitive decline offer additional incentives to incorporate exercise into our daily routines.

The idea that exercise can complement and enhance professional mental health treatment emphasizes the importance of a holistic approach to well-being. Whether it's a leisurely walk, a swim, or strength training, the key is to find activities that we enjoy, ensuring that we are more likely to stick with them. As we strive to maintain brain health, the recommendation of at least ten to 30 minutes, three to five days a week, serves as a practical guide for integrating exercise into our lives.

In the end, the profound connection between physical activity and mental well-being encourages us to prioritize a comprehensive approach to health — one that not only focuses on our bodies but also on nurturing our minds. So, let's lace up our sneakers, find activities that bring us joy, and embark on the journey of a healthier and happier life — one step, or perhaps a brisk walk, at a time.

Reference: Reader's Digest December 2023



Myanmar Daily Weather Report

(Issued at 7:00 pm Monday 11 December 2023)

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

FORECAST VALID UNTIL NOON OF THE 12 December 2023: Rain or thundershowers are likely to be isolated in Bago, Yangon and Taninthayi regions and (Southern and Eastern) Shan, Kayah, Kayin and Mon states. Degree of certainty is (60%). Weather will be partly cloudy in the remaining regions and states.

STATE OF THE SEA: Sea will be slight to moderate in Myanmar waters. Wave height will be about (3-6) feet off and along Myanmar Coasts.

OUTLOOK FOR SUBSEQUENT TWO DAYS: Likelihood of isolated rain or thundershowers in Mandalay Region and Kachin and Shan states.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 12 December 2023: Partly cloudy.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 12 December 2023: Likelihood of isolated light rain or thundershowers. Degree of certainty is (60%)

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 12 December 2023: Partly cloudy.

The Global New Light of Myanmar

www.gnlm.com.mm

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NATIONAL

Union Information Minister greets National Literary Award winners for 2022

UNION Minister for Information U Maung Maung Ohn met the National Lifetime Awards for Literary Achievement recipients and the National Literary Awards winners for 2022 yesterday.

The Union minister inspected the annual National Literary Awards arrangements, overseeing everything from venue preparations to installing LED boards at the Plenary Hall of the Myanmar International Convention Centre II (MICC-II) in Nay Pyi Taw.

Later in the evening, he convened with the 2022 award laureates, alongside Deputy Minister for Information U Ye Tint, dignitaries, literary luminaries, and members of



Union Minister U Maung Maung Ohn warmly greets the recipients and awardees yesterday.

the award committee at the Hsinbyushin Guesthouse.

He informed them that this year's ceremony would be elevated nationally, boasting enhanced programmes com-

pared to the previous year. The event will feature dedicated literary segments for both fiction and non-fiction. Recipients of the Lifetime Awards will be entitled to complimentary treatment at the Military Hospital. The guesthouse is equipped with an onsite clinic to facilitate medical checkups and address urgent health concerns. Additionally, a visit to pay homage at the Maravijaya Buddha Image stands prepared for the literary luminaries, should they wish to partake.

The award recipients presented their award-winning books and other literary works to the Union minister during the gathering. — MNA/NT

Rehabilitation supplies despatched to Rakhine State

UNDER the guidance of the National Disaster Management Committee, the Transport and Communications Work Committee plans and supervises the transport of rehabilitation materials to Rakhine State via cars, vessels, and planes. The MV Charity vessel, commissioned by the Ministry of Defence, Ministry of Electric Power, and Ministry of Social Welfare, Relief, and Resettlement, is carrying a cargo of 657 tonnes of Lip Chanel, including 85 tonnes of iron, 24,000 pieces of brick, eight transformers, six vehicles, and seven tonnes of furniture. The total

tonnage is 2,093.035, which contains 20,290 bags of rice and 310 barrels of palm oil. It was reported that the vessel departed from The Myanmar Terminal (TMT) wharf for Sittway yesterday afternoon.

Starting from 16 May till today, 41 vessels, including Tatmadaw naval ships, transported construction materials, electrical equipment, medicine, health devices, consumer goods, and food, totalling 57,729.516 tonnes of relief goods. Additionally, 249,762 gallons of diesel, including 199,886 gallons of Octane 92 were delivered. — MNA/KZW



The picture depicts parts of despatched rehabilitation goods to Rakhine State.

DMH weather forecast: Anticipated rainfall across Myanmar regions

THE Department of Meteorology and Hydrology (DMH) has issued a weather forecast on 11 December predicting a low-pressure area over the Andaman Sea and south Bay of Bengal, resulting in expected rainfall in certain states and regions.

The South Andaman Sea and South Bay of Bengal are forecast to be partly cloudy, while the North Andaman Sea and other parts are expected to be a few cloudy.

Shan State is anticipated to experience more rain, with lesser rainfall expected in Sagaing Region, Magway Region, Chin State, and Rakhine State. Nay Pyi Taw, Mandalay Region, Bago Region, Yangon Region, Ayeyawady Region, Taninthayi Region, Kachin State, Kayah State, Kayin State, and Mon State are forecast to have scattered

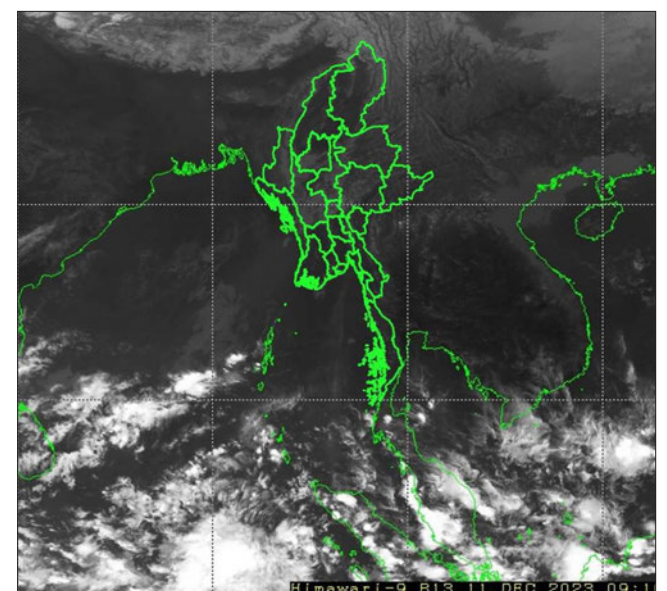


Image of the weather forecast by the Department of Meteorology and Hydrology.

showers.

The forecast also predicts continued rain for two to three days in Nay Pyi Taw, Mandalay Region, east Bago Region, Taninthayi Region, Shan State, Kayah State, Kayin State, and Mon State. Meanwhile, one

day of scattered showers is expected in Sagaing Region, Magway Region, west Bago Region, Yangon Region, Ayeyawady Region, Kachin State, Chin State, and Rakhine State, according to the DMH. — TWA/TMT



Tourists visit the Temple of Preah Vihear in Preah Vihear province, Cambodia, 4 April 2022. PHOTO: XINHUA

Experts discuss conservation, development of Cambodia's UNESCO-listed Preah Vihear

THE International Coordinating Committee for the Safeguarding and Development of the Preah Vihear (ICC-Preah Vihear) held its eighth plenary and technical session in northwest Cambodia on Monday.

Cambodian Minister of Culture and Fine Arts Phoeurng Sackona presided over the session.

Moreover, the representatives of China and India co-chaired the one-day event, which saw experts reporting on the progress and results of the 11th-century temple's con-

servation, restoration and development.

Kong Puthikar, director-general of the National Authority for Preah Vihear (NAPV), said the NAPV is preparing a new management plan for the temple and also a tourism management plan to facilitate visitor access and provide them with better visiting experience.

He said the NAPV has been actively working with international archaeological teams to preserve and restore ruined parts of the ancient temple.

"I'd like to express my

sincere thanks to honourable co-chairs, distinguished representative of member states, ad hoc experts, national and international teams for actively supporting and contributing to the conservation, restoration and management of the site," he said in his opening remarks.

Established in 2014, the ICC-Preah Vihear is the international mechanism for coordinating all assistance extended by different countries and organizations for preserving and developing the Preah Vihear. — Xinhua

Chinese schools boost fitness through diverse sporting activities

AS the morning school bell signals the end of class, students quickly shift into skaters, donning skating shoes and putting on protective gear to revel in the joy of skating on the ice-covered grounds at a school in northeast China.

For years, students of the Mudanjiang Korean ethnic minority primary school in the city of Mudanjiang, located in northeast China's Heilongjiang Province, have honoured this tradition. The school, committed to fostering physical well-being and resilience in children through winter sports, has continued to maintain an ice rink for 40 years.

"Our goal is to enhance children's physical fitness and cultivate their resilience through participation in ice and snow sports," said Xuan Songyan, principal of the school.

The school's skating rink, covering around one-third of the playground, can host dozens of children simultaneously, with experienced skaters navigating the outer ring with speed, while beginners play in the central area. Physical education (PE) teachers would supervise and instruct children on essential actions and safety measures.

Beyond PE classes, the school extends the pleasure of ice and snow sports by opening the ice rink after school hours and on weekends. Teachers are

also arranged to provide guidance, ensuring the safety of the children as they fully immerse themselves in the fun of these activities.

"The children are actively involved in skating. Even those with no prior experience progress from 'unable to stand on ice' to slow skating within three to four classes," said Yin Jiyong, a PE teacher at the school, adding that now, almost all students in the school have participated in skating classes.

In Beijing, recess has become the "golden time" for students to actively participate in sports activities. Students at the Taipingqiao campus of the Beijing No 12 high schools league would come to the playground and pick the sports equipment such as skipping rope, hoop and sandbags, which have been arranged by the school according to their preferences.

"The school places significant emphasis on the campus activities of the students, setting a 30-minute break each morning and afternoon," said Song Zhenzhong, Party secretary of the school.

Song added that in addition to traditional activities like running and sandbag throwing, the school constantly introduces innovative after-class activities like live-action Snake Game. — Xinhua

Swiss village set to vote to keep cowbells ringing

COWS grazing on lush pastures with ornate metal bells gently tinkling around their necks may be one of the ultimate symbols of Switzerland, but not everyone is enchanted by such traditional scenes.

In the village of Aarwangen in central Switzerland, a complaint was filed earlier this year over the noise levels from a herd of around 15 cows grazing overnight on a field next to a residential area.

Two couples in rental apartments overlooking the field



Farmer Rolf Rohrbach poses with cow bells used during transhumance in the village of Aarwangen, central Switzerland, on 29 November 2023. PHOTO: AFP

asked authorities to intervene and ensure the farmer removed the bells at night.

The reaction was swift and fierce, with overwhelming demands for a local vote to protect the traditional use of bells.

"My first reaction when I heard about the complaint was one of surprise," Aarwangen mayor Niklaus Lunds-gaard-Hansen, who lives near the field in question, told AFP.

"I wasn't aware that cows made a lot of noise, but I have learned that they can disturb

some people."

He was even more surprised at the massive response.

Petitioners only needed to gather backing from 10 per cent of those eligible to vote in the village of 4,800 people — about 380 signatures — to push the issue to a vote under Switzerland's famous direct democracy system.

Instead, they showed up with 1,099 signatures for their "Bell Initiative", aimed at maintaining the right of farmers to use cowbells at all hours. — AFP

ECONOMY WORLD

Robust durian imports boost China-Viet Nam trade

AS China's largest durian-import port in south China's Guangxi Zhuang Autonomous Region, Youyiguan used to handle durians imported mainly from Thailand. However, since gaining market access to China last year, fresh durians from Viet Nam are now quickly catching up.

Nong Liqing, the general manager of an import and export company based in Pingxiang City of Guangxi, where the vibrant land port is located, swiftly coordinated the transportation of the durians to her clients in the neighbouring Guangdong Province and east China's Zhejiang Province.

"We had imported over 1,600 containers of durians this year by December. Besides Thailand, we have started to import durians from Viet Nam this year," said Nong, adding that over a dozen containers of durians are currently imported daily.

China's appetite for the pricy tropical fruit is enormous. Last



A staff member picks durians for mail order at a market in Pingxiang, south China's Guangxi Zhuang Autonomous Region, on 12 September 2023. PHOTO: XINHUA

year, China imported 825,000 tonnes of durians. The durian import value ranked first among China's imported fruits, reaching 4.03 billion US dollars, according

to customs data.

Last year, Vietnamese durians, known for their longer harvest season and lower prices, gained market access to China

under the Regional Comprehensive Economic Partnership (RCEP) framework. China is currently Viet Nam's main durian export market.

"A decade ago, fruits from the Association of Southeast Asian Nations (ASEAN) countries like durian, mangosteen, and golden coconut were rare in China, but now they can be seen in fruit stalls in almost every big Chinese city at increasingly affordable prices," said Wang Zhengbo, president of a Guangxi-based fruit company. Jumping onto the bandwagon of Vietnamese durian imports, Wang's company last year signed contracts with Vietnamese durian farms covering nearly 3,000 hectares.

"We plan to import more than 3,000 containers, or 60,000 tonnes, of Vietnamese durians this year to cater to the demand of the Chinese market," Wang said.

"Durian is one of the most popular fruits in China, with strong consumer demand and huge market potential," said Đồng Quang Hải, a Vietnamese businessman who has planted durians in Viet Nam for a dozen years. — Xinhua

Falling inflation shifts focus to when ECB could cut rates

WITH inflation dropping faster than expected and the economic outlook darkening, markets will be looking for clues about when eurozone borrowing costs might start to come down as rate-setters meet this week.

The European Central Bank is expected to leave interest rates unchanged Thursday for its second meeting in a row, as policymakers take a breath-

er following a historic run of hikes to tame runaway prices.

But all eyes will be on whether the ECB gives any indications of when borrowing costs — the key deposit rate is currently sitting at a record high — will start to be reduced.

Speculation has intensified since eurozone inflation slowed faster than expected to 2.4 per cent in November,

a more than two-year low and not far off the ECB's two-per cent target.

Inflation in the 20 countries that use the euro peaked at about 10 per cent last year after prices were pushed up first by post-pandemic supply chain woes, and then an energy crisis triggered by Russia's invasion of Ukraine.

Thursday's meeting "looks likely to provide some idea of how soon and how fast policymakers are willing to start cutting interest rates", said Andrew Kenningham from Capital Economics.

He added that ECB president Christine Lagarde was likely to "concede that rate cuts may not be as distant as previously thought".

Markets and analysts have been bringing forward their predictions for when the ECB will start slashing rates — some now expect a first reduction in April, months earlier than previous forecasts. — AFP

Yen falls 1% versus dollar as Bank of Japan tightening bets fade

THE yen fell one per cent against the dollar on Monday on waning expectations that the Bank of Japan will tighten its ultra-loose monetary policy next week.

The Japanese currency firmed sharply last week after comments from officials including governor Kazuo Ueda were taken as hints that it could end its long-running negative interest rates policy after its 19 December gathering.

Bloomberg News on Monday cited unnamed sources as saying that BoJ officials see little need to rush into tightening policy without more evidence of wage growth that would support sustainable inflation.

That was taken as an indication the bank will stand pat next week, Bloomberg reported.

The yen weakened to 146.46 per dollar at one point, against 144.97 late Friday, before paring the losses. It struck a four-and-a-half month high of 141.71 at one

point last week.

Most other major central banks have pressed ahead with a campaign of interest rate hikes in a bid to tame rising prices but the BoJ has refused to shift from its long-term programme of sub-zero rates in order to kickstart the world's number three economy.

Japanese policymakers have for several months merely made minor tweaks to its yield curve control scheme, which sees the BoJ control the band within which government bonds are allowed to move.

Analysts have said the BoJ's outlier policy is harming the economy by skewing the bond market and weakening the yen, in turn making imports more expensive.

Higher interest rates outside Japan have also prompted investors to invest money elsewhere and any tightening in BoJ policy could see cash flowing back, hitting assets elsewhere such as US Treasuries and stocks. — AFP



A man walks past an pre-election banner reading "Make Inflation Small Again" next to the European Central Bank (ECB) building in Frankfurt am Main, western Germany, on 25 September 2023. PHOTO: AFP

More than 40% of consumers fall prey to “dark pattern” sites: survey

MORE than 40 per cent of consumers in Japan have fallen prey to deceptive web or app designs known as “dark patterns” that trick them into making choices they would not have otherwise made, according to a recent survey by a Japanese web design company. The online survey, taken in August with 799 respondents between the ages of 18 and 69, found

46.1 per cent of respondents had been swindled by dark patterns, while 68.8 per cent said they had seen such designs, Concent Inc said in late November. Examples include unintentionally signing up to subscription-based purchases or feeling inclined to purchase an item due to misleading “limited stock” notices. Among seven exam-

ples of dark patterns, the most commonly experienced was site visitors being asked to register for membership when they only wanted to browse products, at 46.3 per cent, followed by 43.9 per cent who said important information was presented in small fonts. A total of 40.3 per cent said it had been arduous or time consuming to cancel memberships or

subscriptions, while 29.2 per cent said subscriptions were displayed as if they were one-time purchases. In a multiple-choice question regarding countermeasures, 76.3 per cent said consumers needed to be vigilant, 71.8 per cent said legislation was required and 71.0 per cent answered that companies should endeavour not to use dark patterns. — Kyodo

Auto supplier Bosch to cut 1,500 jobs in Germany

BOSCH said Monday it plans to cut up to 1,500 jobs at two German sites making vehicle transmissions, as the country’s auto suppliers struggle with the electric transition. The cuts at Feuerbach and Schwieberdingen in southwest Germany, to be completed by the end of 2025, will affect roles in development, administration and sales, a

spokeswoman told AFP. Talks are ongoing with employee representatives to avoid compulsory redundancies. The spokeswoman said Bosch was looking at “redeployment of employees to other areas, offering qualification programmes in areas that are growing”, as well as early retirement and voluntary redundancy. — AFP

CLAIMS DAY NOTICE
M.V BLPL FAITH VOY.NO. (3323S)

Consignees of cargo carried on **M.V BLPL FAITH VOY.NO. (3323S)** are hereby notified that the vessel will be arriving on **12-12-2023** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee’s risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Shipping Agency Department
Myanma Port Authority

Agent For:
M/S BLPL SHIPPING LINE

CLAIMS DAY NOTICE
M.V ZHE HAI 363 VOY.NO. (104448)

Consignees of cargo carried on **M.V ZHE HAI 363 VOY.NO. (104448)** are hereby notified that the vessel will be arriving on **13-12-2023** 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 am to 11:20 am and 12 noon to 4 pm to Claim’s Day now declared as the third day after final discharge of cargo from the Vessel.

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

Shipping Agency Department
Myanma Port Authority

Agent For:
M/S CHUN AN INTERNATIONAL LOGISTICS CO LTD

CLAIMS DAY NOTICE
M.V ITALIDA VOY.NO. (2)

Consignees of cargo carried on **M.V ITALIDA VOY.NO. (2)** are hereby notified that the vessel will be arriving on **13-12-2023** and cargo will be discharged into the premises of **IBTT** where it will lie at the consignee’s risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Shipping Agency Department
Myanma Port Authority

Agent For:
M/S BEN LINE AGENCIES (S’PORE) PTE LTD

Notice of Meeting
ALPHA SOLAR POWER MYINGYAN LTD.

Regarding the share capital reduction of the ALPHA SOLAR POWER MYINGYAN LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
ALPHA SOLAR POWER MYINGYAN LTD.

Notice of Meeting
BUDDHAKONE SLP LTD.

Regarding the share capital reduction of the BUDDHAKONE SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
BUDDHAKONE SLP LTD.

Notice of Meeting
CHAUK SLP LTD.

Regarding the share capital reduction of the CHAUK SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
CHAUK SLP LTD.

Notice of Meeting
CHAUNGKU SLP LTD.

Regarding the share capital reduction of the CHAUNGKU SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
CHAUNGKU SLP LTD.

Notice of Meeting
KYUNGCHAUNG SLP LTD.

Regarding the share capital reduction of the KYUNGCHAUNG SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
KYUNGCHAUNG SLP LTD.

Notice of Meeting
MYANMAR SLP INVESTMENT LTD.

Regarding the share capital reduction of the MYANMAR SLP INVESTMENT LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
MYANMAR SLP INVESTMENT LTD.

ROLLING UPDATES: WORLD/AD

KDDI mobile phone network hit by 3-hr outage across Japan

KDDI Corp said Monday its “au” mobile phone services experienced technical difficulties across Japan, causing disruptions to calls and internet connections for about three hours.

The service disruption, which began at 7:18 am, initially affected 31 prefectures in western Japan, including Osaka, Kyoto and Fukuoka, before extending across the country.

The services returned to normal around 10:11 am,

according to KDDI, one of Japan’s three major telecommunications carriers.

The company said some services, particularly data communication, were impacted nationwide. The cause of the outage remains under investigation.

The trouble affected emergency calls as well as services offered under the company’s budget brands. Some mobile service operators that rent KDDI’s networks experienced a similar problem, the company said. — Kyodo

UK PM Sunak ‘deeply sorry’ for pandemic deaths as he faces enquiry

BRITISH Prime Minister Rishi Sunak on Monday said he was “deeply sorry” for those who lost family during the Covid pandemic as he was quizzed about his actions as finance minister during the global health emergency.

Sunak is expected to face questions at the public enquiry into the UK’s handling of the crisis over whether his “Eat Out to Help Out” scheme to boost the struggling hospitality sector during the pandemic spurred the spread of Covid-19.

But he started the session by saying “how deeply sorry I am to all of those who lost loved ones,

family members through the pandemic”.

He also explained that he had lost WhatsApp messages sent during the crisis as they had not transferred over to his new phones.

Boris Johnson, who was prime minister at the time, told the hearing last week that the app had “somehow” automatically erased its chat history on his phone for the first six months of 2020.

Sunak told the inquiry’s lead counsel Hugo Keith that one of his roles during the pandemic was “making sure” Johnson was aware of the economic impact of his decision to



Britain’s Prime Minister Rishi Sunak arrives at the UK Covid-19 Enquiry, in west London, on 11 December 2023 to give evidence. **PHOTO: AFP**

lockdown the country as the virus spread.

He also played down suggestions he had been frustrated by Johnson changing his mind over policy, saying that he had

only reacted to shifting scientific advice.

Sunak’s policy of subsidising the wages of workers hit by the pandemic, meanwhile, cost billions. — AFP

Notice of Meeting MINHLA SLP LTD.

Regarding the share capital reduction of the MINHLA SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
MINHLA SLP LTD.

Notice of Meeting SHWEDAUNG SLP LTD.

Regarding the share capital reduction of the SHWEDAUNG SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
SHWEDAUNG SLP LTD.

Notice of Meeting THEPHYU SLP LTD.

Regarding the share capital reduction of the THEPHYU SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
THEPHYU SLP LTD.

Notice of Meeting NGAPYAWDINE SLP LTD.

Regarding the share capital reduction of the NGAPYAWDINE SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
NGAPYAWDINE SLP LTD.

Notice of Meeting SHWEMYO SLP LTD.

Regarding the share capital reduction of the SHWEMYO SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
SHWEMYO SLP LTD.

Notice of Meeting OAKSHITPIN SLP LTD.

Regarding the share capital reduction of the OAKSHITPIN SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
OAKSHITPIN SLP LTD.

Notice of Meeting THARZI SLP LTD.

Regarding the share capital reduction of the THARZI SLP LTD., the members/shareholders of the company are hereby notified to attend the meeting.

The meeting is scheduled to hold on [2] January 2024 at 10:00 a.m. through online virtual meeting.

Mrs. SHU QIANLAN
Director, (Authorized Person)
THARZI SLP LTD.

Notice for Change of Pesticides Trade Name

The foreign manufacture **Agrinova Cropcare Pte., Ltd** will import and distribute the following insecticides registered in Myanmar Pesticide Registration Board Changing trading name.

No.	Old Trade Name	New Trade Name	A.I	Reg: Type	Reg: No.
1	Meteor 500EC	Do-Lay 500EC	Metolachlor 30% + Oxyfluorfen 5% + Pendimethalin 15%EC	Provisional	P2021-4309

It is therefore announced to come and reject within 14 days to joint Secretary, Myanmar Pesticide Registration Board, Plant Protection Division, West Gyogone, Insein in wishing to make any objection in respect of the said changing trading name of herbicide.

Address-**Wi Sar Ra International Co., Ltd.**, No. (33), Shwe Padauk Yeik Mon, Bayint Naung Road, Kamayut Township, Yangon Region, The Republic of Union of Myanmar.

SPORTS

Myanmar judo team clinches impressive victory in 2023 Penang Invitational Judo Championship

IN the Penang Invitational Judo Championship 2023, held in Penang, Malaysia, on 9 and 10 December 2023, Maung Aung Zay Htet secured a gold medal. Maung Htet Aung also claimed a gold medal in the 66-kilogramme category, while Maung Kyaw Khant Soe achieved victory with a gold medal in the 73-kg category. In the women's 32-kg competition, Ma Hnin Oo Wuttyi won another gold medal. In the men's 24-kg competition, Maung Bhone Pyae Chantha Tun secured a silver medal. Maung Aung Wai Phyto earned a silver medal in the 90-kg competition. For the

men's 50-kg category, Maung Khaing Khant claimed a bronze medal. In the women's 57-kg competition, Ma Ngwe Pon Chit also earned a bronze medal. As for the Myanmar Judo Sports Team, nine athletes participated in the competition, securing eight medals. They won four gold medals, two silver medals, and two bronze medals by the end of the competition. — MNA/KZW

Judo players including Myanmar pose with their medals in a group photo.



Ten Hag under scrutiny as Man Utd fight for Champions League survival



Manchester United's Dutch manager Erik ten Hag attends a press conference at the Carrington Training Complex in Manchester, north-west England on 11 December 2023 on the eve of their UEFA Champions League Group A football match against Bayern Munich. **PHOTO: AFP**

MANCHESTER United's future in this season's Champions League hangs by a thread ahead of Bayern Munich's visit to Old Trafford, with an early exit in Europe sure to put more scrutiny on manager Erik ten Hag.

The Dutchman tried to argue after victory over Chelsea last week that United's season has not reached crisis-mode.

But Ten Hag's hopes that a turning point had been reached

were short-lived as a 3-0 defeat at home to Bournemouth on Saturday saw a troubled campaign reach a new low.

The Red Devils sit sixth in the Premier League after seven defeats in their opening 16 games.

Yet, while there may be time to recover a place in the top four domestically, their need in the Champions League is urgent.

Only victory against the

German champions on Tuesday will give United any chance of progress to the last 16 and even then, they need FC Copenhagen and Galatasaray to draw in their final Group A match.

United are fortunate to even have a shot at the knockout stages after a return of just four points from their opening five matches.

No English side has ever conceded as many as the 14 goals that Ten Hag's men have in five Champions League group games.

A series of high-scoring shootouts in Europe contrasts sharply with United's troubles to score goals in the Premier League.

"We are really inconsistent. We have the abilities to do it, but you have to do it every game and every third day," said Ten Hag after Bournemouth celebrated their first ever win at Old Trafford in style.

"I think as a squad we are not good enough to be consistent and we have to work as a squad to improve that." — AFP

Zlatan Ibrahimovic returns to AC Milan as advisor

ZLATAN Ibrahimovic has returned to AC Milan as an advisor to the Serie A club's management, owners RedBird Capital Partners confirmed on Monday.

In a statement, American investment firm RedBird said that the former Sweden striker, who won a host of trophies as a player in Italy, will "serve as a senior advisor to AC Milan ownership and senior management".

The 42-year-old has also been hired as "Operating Partner" for RedBird's "sports and media and entertainment investment portfolio".

RedBird said that Ibrahimovic's mandate at Milan "will include player development and

high-performance training, advancing AC Milan's global brand and commercial interests, and supporting special projects of strategic importance, including the club's new stadium."

Within RedBird, Ibrahimovic "will help source and evaluate new investment opportunities for the firm, and will advise RedBird portfolio companies on commercial projects, digital content strategies and strategic brand building initiatives".

Ibrahimovic brought the curtain down on his eventful playing career at the end of last season, in which he was dogged by injury and netted just once for Milan. — AFP



AC Milan's Swedish forward Zlatan Ibrahimovic acknowledges the public during a farewell ceremony following the Italian Serie A football match between AC Milan and Hellas Verona on 4 June 2023 at the San Siro stadium in Milan. **PHOTO: AFP**

UK PM Sunak 'deeply sorry' for pandemic deaths as he faces enquiry

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WORLD



Trucks carrying humanitarian aid are seen near the Rafah border crossing with Egypt in the southern Gaza Strip on 10 December 2023 amid ongoing battles between Israel and the Palestinian movement Hamas. **PHOTO: AFP**

UN council envoys to visit Gaza crossing as crisis spirals

UN Security Council ambassadors arrived Monday in Egypt to visit the Rafah border crossing with the besieged Gaza Strip, days after the United States vetoed a council resolution for a ceasefire.

The informal one-day trip organized by the United Arab Emirates and Egypt comes amid a spiralling humanitarian crisis in war-torn Gaza, described as a "graveyard" by United Nations Secretary-General Antonio Guterres.

Around a dozen ambassadors are taking part in the visit from countries including Russia and the United Kingdom.

But the United States, which vetoed

Friday the Security Council resolution did not send a representative as did France.

"There is no justification to turning a blind eye to the pain and suffering inflicted on the Palestinian people in Gaza," an Egyptian foreign ministry official told the envoys during a briefing following their arrival.

Lana Nusseibeh, the UAE's envoy to the Security Council, said member states were taking part in the trip in their "national and personal capacities".

She said the visit aims to help them "understand not only the suffering and destruction experienced by the people

of Gaza but also their hope and their strength".

Philippe Lazzarini, the head of the UN's Palestinian refugee agency UNRWA briefed the envoys on the harrowing humanitarian situation in Gaza before he headed to the embattled territory for his third visit since the start of the war in October between Israel and Hamas militants.

There is "deep frustration disappointment, and some outrage also that... we can't even reach a consensus for a ceasefire", Lazzarini said after the meeting. — AFP

West mulls toppling Zelensky, has list of successors - Russian Foreign Intelligence

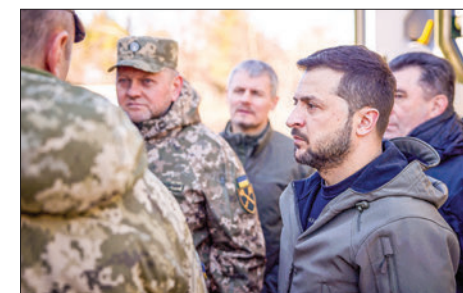
AMID Ukraine's high-profile failures both on the battlefield and on the home front, Kyiv's Western bosses are growing ever more eager to seek an appropriate replacement for President Volodymyr Zelensky, the Russian Foreign Intelligence Service reports.

The Russian Foreign Intelligence Service (SVR) has received information that the West is actively engaged in discussions regarding the need to replace President Zelensky, said Sergey Naryshkin, Director of the Foreign Intelligence Service of Russia.

Among the numerous possible reasons for the current situation are Zelensky's military failures, widespread corruption, and his inability to effectively navigate the ongoing conflict in a way that aligns with Washington's interests.

The West believes that Zelensky has gone too far in creating an image of someone who supports the conflict to the bitter end, excluding any possible negotiations with Russia, and subsequently "freezing" the conflict, if necessary, the statement also read.

The West is considering a number of candidates as potential successors to Zelensky, including Valery Zaluzhny (Commander-in-Chief of the Ukrainian Armed Forces), Kyrylo Budanov (head of Ukraine's military intelligence), Andrii Yermak (head of the Office of the President of Ukraine), Alexey Arestovich (former advisor to the Office of the President of Ukraine) or Vitali Klitschko (mayor of Kyiv), the SVR reported. — SPUTNIK



This handout photograph taken and released by Ukrainian Presidential Press Service on 3 November 2023 shows Ukraine's President Volodymyr Zelensky and Commander-in-Chief of the Ukrainian Armed Forces Valery Zaluzhny (2nd L) visiting a training centre to mark the "Missile Forces and Artillery and the Engineering Troops" Day at an undisclosed location in Ukraine, amid the Russian invasion. **PHOTO: HANDOUT / UKRAINIAN PRESIDENTIAL PRESS SERVICE / AFP**

BRI improves livelihood in partner countries, says Iraqi scholar

THE Belt and Road Initiative (BRI) helps to promote and protect human rights by providing better lives for people of participant countries, said an Iraqi scholar.

By improving living conditions, providing job opportunities, and ending peoples' suffering through developing and promoting the infrastructure, the initiative creates better lives for local people, said Mohammed al-Jubouri, professor of media at the Baghdad-based al-Iraqia University.

Referring to a recent report about the BRI released by Xinhua, al-Jubouri said that the report, based on objectivity and professionalism, is very important for giving clear, realistic examples and numbers about what the BRI has achieved.

It has helped solve many problems that poor and underdeveloped countries suffer from, thus becoming an international platform for exchanging cultures, opinions, expertise, and experience, which contributes to the development of

people's lives by raising economic growth rates in the world, he said.

In Iraq, the BRI contributes to bettering local lives in the fields of energy and education, the professor said, adding that Chinese companies play a vital role in raising Iraq's electricity and oil production, alleviating the suffering of its people, and increasing its income, while their construction of hundreds of schools ends the lack of schools for Iraqi students. — Xinhua