

Quake-damaged Thonpanhla Monastery to rise again in faithful restoration

Pyay’s centuries-old Thonpanhla Monastery - famed residence of Inwa-era poet-monk Shin Maha Ratthasara - begins post-earthquake restoration to preserve its sacred legacy.

THE Bago Region government has announced plans to renovate the ancient and historic Thonpanhla Monastery, which was classified as “red” due to damage from the Mandalay earthquake, ensuring that its original appearance is preserved.

The renovation of the ancient two-storey monastery will be undertaken with great care to preserve its original architecture, including the installation of iron pillars to reinforce the doors and windows.

The Thonpanhla Monastery in Pyay Township, Bago Region, is believed to be centuries old and is renowned as the residence of the great poet Shin Maha Ratthasara, a monk during the Inwa era, according to historians.



This photo features the ancient and historic Thonpanhla Monastery of poet-monk Shin Maha Ratthasara.

The monastery is also known for Latheesaekkan, a lake within its grounds, which oral history suggests is the site of the tomb of the renowned Princess Thonpanhla from the Pyu era. — ASH/TH

Flood alert: Fish farmers urged to take precautions



Fish farms in Pantanaw Township engaged in both fish rearing and hatchery operations.

THE Fisheries Department under the Ministry of Agriculture, Livestock and Irrigation issued a notice to farmers to take preventive measures to mitigate the impacts of floods on fish farms.

The warning states that fish farming across the country contributes to generating foreign revenue and domestic food security.

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Relief and rehab efforts in full swing in quake-stricken regions

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ZTE, CFRD unite to donate to Mandalay flood survivors

NATIONAL

Peace and stability can contribute to economic and trade cooperation

PEACE and stability of border regions and their development play a key role in the development undertakings of the regions and the State. Only when the country forges peace and stability will it enhance economic and trade cooperation.

(An excerpt from the discussions between Chairman of the State Administration Council Prime Minister Senior General Min Aung Hlaing and Premier of the People’s Republic of China Mr Li Qiang on 6 November 2024)

Myanmar Gazette

Appointment of Heads of Service Organizations

THE State Administration Council has appointed the following persons as Heads of Service Organizations, shown against each of their names on probation from the date they assume charge of their duties.

Name	Appointment
(1) Dr Theingi Myint Pro Rector Yezin Agricultural University Ministry of Agriculture, Live-stock and Irrigation	Rector Yezin Agricultural University Ministry of Agriculture, Livestock and Irrigation
(2) U Hla Aung Deputy Director-General Civil Service Selection and Training Department Union Civil Service Board	Director-General Civil Service Affairs Department Union Civil Service Board

Health Alert: Guard Against Flu & COVID-19

DURING the rainy season, respiratory infectious diseases such as seasonal influenza and COVID-19 are more likely to spread.

Although COVID-19 is no longer considered a global pandemic, it is now recognized as a locally circulating disease similar to seasonal influenza. At present, there is no cause for public concern regarding outbreaks or deaths due to these diseases in Myanmar. However, to prevent potential spread, the public is strongly urged to observe the necessary preventive measures.

- To prevent the spread of the virus to others, people with current respiratory symptoms such as fever, runny nose, sneezing, cough, and sore throat should
 - Avoid going to crowded places, and if necessary, wear a mask properly.
 - Cover the mouth and nose with a tissue or elbow when sneezing or coughing, while not wearing a face mask.
 - Promptly seek medical treatment at the nearest hospital or health centre if symptoms are severe.
- Practice good personal hygiene like frequent and thorough handwashing with soap and water, or using alcohol-based hand sanitizer regularly.
- As COVID-19 vaccines are effective in reducing the risk of infection, severe illness, and death caused by emerging variants of the virus, the high-risk groups comprising of elderly, people with chronic illnesses such as diabetes, chronic respiratory diseases, or cancer and pregnant women are urged to receive booster doses.

Ministry of Health
4 June 2025

Weather

Myanmar Daily Weather Report

(Issued at 7 pm Wednesday 4 June 2025)

BAY INFERENCE: Monsoon is moderate to strong over the Andaman Sea and Bay of Bengal. **FORECAST VALID UNTIL NOON OF 5 June 2025:** Rain or thundershowers will be scattered in Nay Pyi Taw, Mandalay, Magway, and Sagaing Regions and Kayah, and northern Shan States, fairly widespread in Yangon, Ayeyawady Regions and Kachin, Rakhine, (southern and eastern) Shan States and widespread in the remaining Regions and States with likelihood of isolated heavy falls in Nay Pyi Taw, Bago, Kayin, Chin, and Mon States. Degree of certainty is 100 per cent. **THE CONDITION OF CUMULONIMBUS CLOUD:** The cumulonimbus clouds are developing in Yangon, Magway, Upper Sagaing, Ayeyawady, Taninthayi Regions and Chin, Rakhine, Kayin, Mon States. The area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied with rain, thunder, lightning and hail may occur and therefore it is recommended to be aware in advance of these phenomena. **STATE OF THE SEA:** Squalls with moderate to rough seas are likely at times off and along Myanmar Coasts. Surface wind speed in squalls may reach 30 miles per hour. Wave height will be about 8-10 feet off and along Myanmar Coasts. **OUTLOOK FOR SUBSEQUENT TWO DAYS:** Moderate to strong over the Andaman Sea and Southeast Bay of Bengal. **FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 5 June 2025:** Isolated rain or thundershowers. Degree of certainty is 100 per cent. **FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 5 June 2025:** Isolated rain or thundershowers. Degree of certainty is 100 per cent. **FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 5 June 2025:** Isolated rain or thundershowers. Degree of certainty is 80 per cent. — DMH

Gold Market Rate as of 4 June 2025

THE price of one tical (16.329325 grammes) of gold with density of 19.25 grammes per cubic centimetre and above is K5,800,000, as established by the Mineral (Gold) Reference Price Determination Committee.

Top websites and web portals to access Military Service Rules

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

NATIONAL

Residents Urged to Prioritize Public Safety Amid Armed Terrorist Threats

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

(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)

Myanmar delegation tours Haikou Free Trade Zone in China

MYANMAR delegation led by Union Minister for Investment and Foreign Economic Relations Dr Kan Zaw paid a visit to the Haikou Integrated Free Trade Zone in Hainan Province of China from 1 to 3 June at the invitation of the Haikou Integrated Free Trade Zone Committee.

On 1 June, the Myanmar delegates arrived at Haikou and visited the Haikou Integrated Free Trade Zone on 2 June morning, and the officials of the zone clarified the work processes.

The Union minister and party visited and observed the Electronic Trading Industry Park, modern agricultural and food production factories, jewellery manufacturing factories, factories producing standard-certified diamonds and gemstones, and logistics and business operation centres in the zone



Union Minister Dr Kan Zaw delivers the speech at the Haikou-Myanmar Economic and Trade Cooperation Exchange Meeting at Grand Hotel Haikou in Hainan Province, China.

compound.

At noon, the Union minister and party met with Haikou Integrated Zone Committee members and discussed enhancing quality processing and technological advancement in the gemstone and jewellery industries and promoting cooperation in

trade, investment, and economic activities. They visited duty-free shops (China Duty-Free Shop), the Haikou International Convention Centre, and the Hainan Museum.

On 3 June morning, the Union minister and party received Mr Fan Shaojun, a permanent

committee member of the Hainan Province Party and the secretary of the Hainan Region Committee at Grand Hotel Haikou. During the meeting, they cordially exchanged views on bilateral relations, economic cooperation and progress in the trading sector, matters related

to the Hainan Free Trade Port, the gems and jewellery sector and further cooperation in the cultural and tourism sectors.

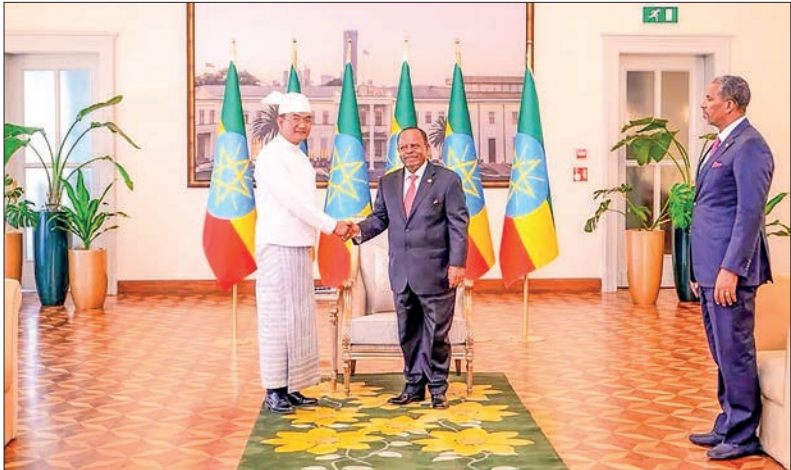
At noon, the Union minister attended the Haikou-Myanmar Economics and Trade Cooperation Exchange Meeting held at Grand Hotel Haikou and discussed Myanmar-China bilateral cooperation, investment, conditions of special economic zones of Myanmar, potential opportunities for cooperation with Hainan, the jade and jewellery sector and further cooperation with Hainan Free Trade Port.

The Myanmar delegates arrived back in Yangon on the evening of 3 June.

The deputy minister for the Ministry of Natural Resources and Environmental Conservation and officials of the ministries concerned attended the meeting. — MNA/KTZH

U Aung Min Oo presents Credentials to President of Federal Democratic Republic of Ethiopia

U Aung Min Oo, Ambassador Extraordinary and Plenipotentiary of the Republic of the Union of Myanmar to the Federal Democratic Republic of Ethiopia, presented his Credentials to Mr Taye Atske Selassie, President of the Federal Democratic Republic of Ethiopia, on 3 June 2025, at the Grand National Palace in Addis Ababa. — MNA



Ethiopian President Mr Taye Atske Selassie and Ambassador of Myanmar U Aung Min Oo shake hands at the Credentials presentation event.

19th Japan International MANGA Award now accepting entries

FOR the 19th Japan International MANGA Award, which aims to honour international manga artists, applications are open now, said the Japan Foundation.

Interested applicants can search for detailed information at https://www.manga.award.mofa.go.jp/index_e.html. The Japan Foundation said applications will be closed by 30 June 2025.

Applicants will have to submit their artwork to https://www.manga-award.mofa.go.jp/index_e.html, and winners will be invited to the awarding event in Tokyo, Japan, in 2026. — MT/ZS



An artwork by gold medalist Hiro Kawahara at the 18th Japan International MANGA Award held in 2024.

NATIONAL

2,400+ tonnes of quake relief delivered since March



Officials pose for the documentary photo at the handover event of humanitarian aid from Sri Lanka.



This photo shows donation items being distributed in the Nay Pyi Taw Council Area.

THE powerful earthquake that struck Mandalay on 28 March 2025 caused significant damage in the Nay Pyi Taw Council Area, Sagaing Region, Manda-

lay Region, Magway Region, Shan State, and Bago Region. In response, both local and international donors have provided humanitarian aid, including

medical supplies and other relief items, for those affected. The ongoing distribution and support efforts are documented in weekly updates.

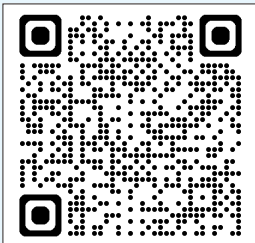
An update released on 27 May 2025 covered the situation from 20 to 27 May. For the latest week, from 28 May to 3 June, additional relief materials donated

by Sri Lanka — food items, personal and household goods, electrical appliances, and medical supplies – have been received. The medical items were handed over to the Healthcare Work Committee under the Ministry of Health, while the remaining goods were distributed proportionally based on the number of affected individuals in Nay Pyi Taw, Sagaing Region, Mandalay Region, and Shan State.

From 28 March to the present, the total volume of distributed donations has reached approximately 2,427 tonnes, delivered by 64 trucks to Mandalay Region, 32 trucks to Sagaing Region, and 12 trucks to Shan State (South). — MNA/MKKS

Public Notice for Filing Complaints

1. If a citizen's fundamental rights and legal rights enshrined in the Constitution, or the human rights provided under international and regional human rights treaties to which the State is a party, are violated, he or she may file a complaint with the Myanmar National Human Rights Commission (MNHRC) under Section 30 of the MNHRC Law whether on their behalf, on behalf of another person, or behalf of a group of persons.
2. Complaints can be submitted by addressing the Chairperson, Myanmar National Human Rights Commission, 27, 6½ Mile, Pyay Road, Hlaing Township, Yangon, or to any of the Commission's branch offices located in Nay Pyi Taw, Mandalay, Sittway, and Patheingyi either by post, in person, via fax at 01 8654678 or through the Commission's email info@mnhr.org.mm.
3. The following particulars must be included in the complaint:
 - (a) Full name of the complainant; permanent address, and full contact details (telephone number, fax, and email if available);
 - (b) A detailed description of how the complainant's human rights were violated and what harm or loss was suffered, including supporting documents or photographic evidence, if available;
 - (c) A copy of the complainant's Citizenship Scrutiny Card must be attached;
 - (d) The complaint must be signed by the complainant to certify the correctness of the particulars of the complaint.
4. The Commission will review complaints and conduct investigations under the Commission's law and its procedures and will coordinate with the relevant departments and organizations accordingly.



Myanmar National
Human Rights Commission



Public Notice on Illegal Production and Distribution of Counterfeit Food Products



THE Department of Food and Drug Administration under the Ministry of Health continues conducting inspections to ensure that the public has access to food that is of genuine quality, safe, and free from hazards.

The green-coloured Sprite brand soft drink bottles labelled in the Thai language are illegally produced, distributed, and sold in the market without the approval of the Food and Drug Administration (FDA). Therefore, the public is informed so as not to purchase or consume these products, as they may pose health risks and are not guaranteed in terms of quality, safety, or accountability.

Distributors and sellers are hereby notified not to distribute or sell this product in the market, and those who fail to comply will face legal action under Section 28 (a) of the National Food Law.

Department of Food and Drug Administration
Ministry of Health

A sample of a white Sprite brand soft drink bottle approved by the Food and Drug Administration



A sample of a green Sprite brand Thai-labelled soft drink bottle that is being illegally manufactured and sold



NATIONAL

Relief and rehab efforts in full swing in quake-stricken regions

CIVIL teams are working together with local people to carry out rescue, recovery and rebuilding efforts after the strong Mandalay earthquake.

On 3 June, Lt-Gen Thet Pon from the Office of the Commander-in-Chief (Army) and senior officials inspected the Rajamuni Sula Kaungmutaw Pagoda in the Si Thee Ward of Sagaing, which sustained structural damage. Religious leaders, including Sitagu Sayadaw Dr Bhaddanta Ṇissara, briefed the delegation using a PowerPoint presentation at Sasana Beikman in the compound of the pagoda and provided religious guidance. Coordination meetings followed to address necessary repairs and restoration.

The team also visited Thak-yadita Buddhist Nunnery and Swan Oo Punya Shin Pagoda near the Sagaing Hills to observe renovations. Machinery was used to remove debris before the upcoming rains. At the No 1 Basic Education High School in Poetan Ward, a damaged three-storey building was dismantled. Police forces joined

in the cleanup work. Restoration work was also observed at Htupayon Pagoda and Mahiyinga Pagoda in NanU Myothit.

At a temporary shelter in Tagaung Ward, officials ensured proper discipline and monitored the Tatmadaw mobile medical unit's care for monks, nuns and residents.

In Mandalay, Lt-Gen Myo Moe Aung from the Office of the Commander-in-Chief (Army) and team inspected the construction of modular container houses for Mandalay City Development Committee department staff who lost homes in the quake. They inspected the assessment of water and power supply and provided food supplies to affected families.

At pump factory No 6, they checked the condition of water reservoirs, solar-powered systems and modular units. They also reviewed quake damage to government apartments and police residences on 106th Street, as well as the ongoing setup of container housing.

Likewise, Lt-Gen Soe Tint Naing from the Office of the



Lt-Gen Thet Pon and officials are pictured during their inspection tour at SunU Ponnyashin Pagoda in Sagaing.

Commander-in-Chief (Army) and his delegation inspected the University of Traditional Medicine in Aungmyaythazan Township, where Tatmadaw personnel were helping clear debris from the main building and damaged classrooms. Further inspections continued in Amarapura Township.

Also, Lt-Gen Myo Thant Naing from the Office of the Commander-in-Chief (Army) and responsible officials visited Kyaukse General Hospital, where teams were carrying out cleaning work inside and out-

side the hospital. They were also conducting mosquito control spraying to prevent dengue and flu, which are common in the rainy season. The team observed these activities and encouraged the staff, local administrators and residents involved. They also provided food and refreshments.

Next, they visited students at Kyaukse Technological University who were retaking their exams after being postponed due to the earthquake. They observed the exam process, met with the rector and department

heads and discussed necessary support based on their presentations.

Afterwards, they inspected and repaired buildings at Kyaukse Government Technical High School that were damaged by the earthquake. They checked how students were attending classes and doing practical training. They also visited the new temporary Modular Container House offices of the Township Development Committee and reviewed the current working conditions. They coordinated with officials to address any needs. — MNA/KZL



Deputy Commander of the Northern Command presents foodstuffs to flood-affected people in Myitkyina, Kachin State.

Tatmadaw provides food aid to flood victims in Myitkyina shelters

DUE to heavy rainfall in Myitkyina, Kachin State, the water level of the Ayeyawady River has been rising since 1 June, resulting in flooding in riverside neighbourhoods. People affected by the floods are currently taking temporary shelter in monasteries and schools that remain unaffected by the water.

Yesterday afternoon, food

items donated by families of Tatmadaw (Army, Navy, and Air) were delivered by military aircraft to the headquarters of the local air base, to be distributed promptly to flood-stricken residents.

Kachin State Chief Minister U Khet Htein Nan, Deputy Commander of Northern Command Brig-Gen Yaza Htun,

and other officials inspected the arrival and transport of the relief items.

Subsequently, the deputy commander and officials personally delivered the food items to flood-impacted people who are sheltering at monasteries and schools that are free from flooding, according to reports. — MNA/MKKS

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Due to limitation of space we are only able to publish "Letter to the Editor" that do not exceed 500 words. Should you submit a text longer than 500 words please be aware that your letter will be edited.

NATIONAL

ZTE, CFRD unite to donate to Mandalay flood survivors

ZTE Telecom joined hands with the China Foundation for Rural Development to contribute to relief supplies to the Mandalay earthquake survivors.

They distributed donation items to the earthquake survivors at Shwebo Monastery in Mandalay Region, according to the CFRD.

They constructed 50 temporary shelters, 200 rice sacks and 200 cartons of purified water bottles for about 250 quake-hit households. ZTE is assessing the adversities of the earthquake survivors, trying to fulfil the needs and joining in reconstruction activities. — ASH/KK

ZTE and the China Foundation for Rural Development are seen handing over donation items to earthquake survivors.



Rom-com ‘Shal Awlan’ premieres in June on CANAL+ Zat Lenn



This image depicts a poster for the film ‘Shal Awlan’.

THE Myanmar film titled ‘Shal Awlan’ will be broadcast as a televised drama on the subscription-based CANAL+ Zat Lenn channel during June, according to Academy Chue Lay, who stars in the film.

The story was written by Thet Oo Maung, with the screenplay adapted by Min Ko Soe (Natthankwin), and directed by Academy Award-winning Ko Zaw (Aryon Oo). ‘Shal Awlan’ is a romantic comedy, produced as a single feature-length film, and will be aired as a Myanmar television drama.

Academy Award winner Chue Lay explained: “In the film, I play the elder daughter of Ma Gyi Soe (Soe Myat Thuzar). She’s a female taxi driver. I play an ordinary girl from the neighbourhood. I don’t want to be a queen consort. I want to be a queen. I just want to be with the man I love. I play the role of Nu Nu Shwe, a character who prioritizes love and decides that she only wants to be with the one she loves”.

The film stars Academy Award winners Nay Win, Soe Myat Thuzar, and Moe Di, alongside Tyron, Khin Hlaing, Hngat Pyaw Kyaw, and many others.

Produced by The Ray Film, ‘Shal Awlan’ was also screened in cinemas across the country in June 2024. — ASH/MKKS

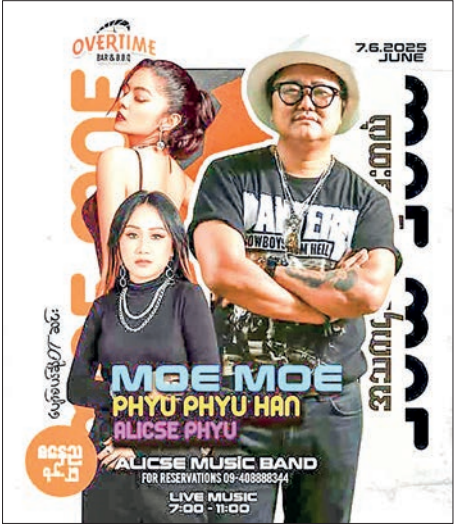
A-list act set to rock Yangon stage

SINGER Moe Moe is set to hold his Commercial Show music performance at the Overtime Bar & BBQ located in Mingaladon Township, Yangon Region, on 7 June.

During the show, fans can expect to hear some of her most popular and well-loved songs including Atet Layzal (Age 40), Achit Nint (With Love), Nga Mar Lar Min Man Lar (Am I Wrong or Are You Right), Pyan Thway Kyeet (Think Back Again), and Myor Lay Taing Monyi (Wishes That Drift with the Wind).

“I have never performed in bars due to various reasons, but this time I am making an exception with a Commercial Show at Overtime Bar. I will give my best for all the fans,” Moe Moe stated. He added that the performance will be supported by the Alicse Music Band, with singers Phyu Phyu Han and Alicse Phyu also joining him on stage.

The event will begin at 7 pm, with Alicse Music Band providing full instrumental support. — ASH/KZL



A scene showing the promotional poster for vocalist Moe Moe’s commercial show performance.

New Minimum Temperature Record of June

Issued at 4 June 2025

Sr No	Station	Date of New Record	New Tmin Record		Date of old Record	Old Tmin Record		Past Years of opening station
			(°C)	(°F)		(°C)	(°F)	
1	Myitkyina	4-6-2025	17.0	62.6	3-6-1966	17.8	64.0	59

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

Public Notice

THE Anti-Corruption Commission has established corruption prevention units within ministries to curb corruption effectively.

The ACC used SMS on mobile phones to ask the public who sought services at an office of the department of the relevant ministries via short code No “1111” for feedback, including the public feedback programme (PFP).

According to the PFP, the proper replies of the citizens via short code No “1111” will provide the quality of services of each department and the requirements for corruption prevention to be fixed.

Therefore, the public should reply to the questions of the ACC and corruption prevention units of the ministries via SMS at short code “1111”. Such doing is a supportive measure for PFP, and the people are urged to cooperate in the operations.

Anti-Corruption Commission

NATIONAL

2025 admissions open at Taunggyi Weaving School



Trainees begin their hands-on practical session.

THE Weaving and Vocational Training School (Taunggyi) is inviting enrollment in six-month weaving courses for the 2025 Academic Year.

The weaving course will be conducted between 1 July and 31 December 2025 at the Weaving and Vocational Training School (Taunggyi), SME Department under the Ministry of Cooperatives and Rural Development.

The number of maximum trainees is only ten for the course. The trainees of 16-25 years old must be unmarried and must have completed ele-

mentary school.

An education certificate and ward administrator recommendation must be provided. The location of the training school is in Yayayekwin Ward, East Ring Road of Taunggyi City. Interested individuals can enquire about details through the contact number of the school 081 2121614 and 09 425888782 and enrol by 29 June 2025.

Trainees can live in the dormitories provided by the school. They will receive a monthly stipend of K30,000 and daily food cost of K1,500. — NN/KK

MOH warns: Avoid toxic mushrooms in rainy season

DURING the rainy season, various types of mushrooms often grow in forests and areas around trees, so the Ministry of Health has issued an advisory to consumers to avoid mushroom poisoning.

Among naturally grown mushrooms, some are safe, but some are so poisonous that they can cause severe poisoning and even death, the Department of Public Health has warned.

The appearances of poisonous mushrooms include a sack-like base, a ring on the stem, sparse scales, white gills, bright colours on the cap, and the release of green spores.

Ingestion of toxic mushrooms can cause nausea, vomiting, abdominal pain, diarrhoea within 20 minutes to four hours of eating, and even death in severe cases. Moreover, it can cause brain and nervous system damage, resulting in confusion, hyperactivity, and depression.

With symptoms and severity depending on the type of mushroom, the amount of toxins (for instance: Cyclopeptides, Gyromitrin, Orellanine, and Muscarine among others), age, and personal immune system, the elderly and those with underlying medical conditions are more likely to experience severe poisoning.

If consumers experience poisonous symptoms, they should seek medical attention immediately and be taken to the nearest hospital for treatment. The best prevention is to avoid eating unfamiliar, suspicious, poisonous and never-eaten mushrooms, it said.

— Htun Htun/ZN



Images disclose species of poisonous mushrooms.

CBM sells CNY600K, THB2.6M on 3 June



Thai baht banknotes displayed at the exchange counter.

THE Central Bank of Myanmar (CBM) sold over 600,000 yuan and 2.6 million baht on 3 June after sales of 579,900 yuan and 4.7 million baht on 2 June.

CBM injected over 610,000 yuan and 2.4 million baht on 30 May after sales of 4.3 million baht on 28 May into the finan-

cial market.

CBM announced on 27 May that it would sell \$30 million to fuel oil importers.

CBM aims to curb the instability in the foreign exchange market and currency devaluation. According to CBM's notification on 15 March, 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

Flood alert: Fish farmers...

FROM PAGE 1

The Fisheries Department issued preventive measures to mitigate the loss from flooding. Farmers should upgrade their farm bunds with sandbags in low areas of fish ponds to increase height and capacity and prevent the banks of ponds from being washed away during floods, reinforce them with nets to prevent fish from escaping when the water level rises, fill sandbags and putting bamboo railing in fish farms that lie

next to water currents, prepare fishing nets, motor boats and equipment to relocate fish if necessary and prioritize large fish in relocation.

Moreover, fish feed and equipment must be relocated to safe places. Fish farmers must keep the fish from escaping with regular feeding, and monitor inundated places that are vulnerable to flooding and the condition of fish ponds. They must be ready to inform the Fisheries Department of any unusual cases promptly.

Afterwards, fish farmers need to stay alert by listening to emergency weather warnings from state-owned radio and broadcasting agencies and reading daily newspapers for weather warnings. They are encouraged to disseminate information among themselves. They can ask for help from the nearest Fisheries Department in emergency cases, the Fisheries Department under the Ministry of Agriculture, Livestock and Irrigation warned.

— NN/KK

Save the environment from the danger of plastic waste

THE growing global population and the undisciplined disposal of waste, especially plastic, have been gradually destroying the natural environment. Now, the world’s population is suffering the consequences of this irresponsible behaviour.

Plastic products have been useful to human society since their introduction in the world’s history of science. Most objects in the world decompose easily without causing long-term harm. However, plastic products can last for over 100 years before breaking down. Therefore, people around the world must adopt systematic practices for using, reusing, and recycling plastics to benefit society without causing harm. Everyone, indeed, needs to consider the genuine purpose of introducing plastic products, which was set a plan to be comfortable for people.

The World Environment Day 2025 theme is “Ending Plastic Pollution”. This year’s event will be hosted by the Republic of Korea. The theme focuses on addressing the issue of plastic pollution and driving action to refuse, reduce, reuse, recycle, and rethink the use of plastics. Everyone, regardless of country or nationality, is responsible for minimizing the problems caused by plastic waste, not only in the oceans but also on land and in the atmosphere, to avoid endangering people worldwide. If people around the world want to protect themselves, they must take disciplined and systematic action to dispose of plastic waste properly.

the ocean floor. With available science and solutions to tackle the problem, governments, companies and other stakeholders must scale up and speed up actions to solve this crisis.

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The press release issued by the United Nations stated that more than 400 million tonnes of plastic are produced every year worldwide, half of which is designed to be used only once. Of that, less than 10 per cent is recycled. An estimated 11 million tonnes end up in lakes, rivers and seas annually. That is approximately the weight of 2,200 Eiffel Towers altogether.

Microplastics – tiny plastic particles up to 5mm in diameter – find their way into food, water and air. It is estimated that each person on the planet consumes more than 50,000 plastic particles per year, and many more if inhalation is considered. Microplastics are very dangerous for aquatic animals, especially fish. People who eat the meals of fish which unexpectedly eaten microplastics may face dangers gradually due to the circulation of these particles in the veins and other inner body organs.

Moreover, discarded or burnt single-use plastic harms human health and biodiversity and pollutes every ecosystem from mountain tops to

Winning Hearts and Minds: Communicating for Democracy in Myanmar

AS MYANMAR struggles with the weight of its political past and the yearning for a democratic future, how we communicate change matters just as much as the change itself. Successful political messaging is not merely about broadcasting facts or ideals — it’s about shaping how people feel, think, and connect with those ideas.

To build a democratic culture, political dialogue must resonate with the psychological and emotional fabric of society.

Understanding How People Think

The human mind naturally leans towards certain mental shortcuts. Recognizing and working with these biases is key:

- Confirmation Bias: People accept messages that affirm their existing beliefs. To win support, democratic ideals must be framed within familiar cultural and moral con-

texts – such as community harmony, respect for elders, or the Buddhist principle of compassion.

- Framing Effect: The same reality can look very different depending on how it’s presented. For example, describing democracy as “freedom from fear and corruption” may be more persuasive than simply calling it a “system of elected government”.
- Anchoring Bias: First impressions matter. Leading with relatable concerns – education, economic stability, or justice – can anchor democracy in everyday struggles.

Appealing to Emotions, Not Just Logic

- People are rarely persuaded by facts alone. Emotion – especially empathy – plays a powerful role.
- Personal Stories: The lived

experiences of farmers, workers, monks, or students can bring abstract ideas to life. These stories humanize the call for change and make it harder to ignore.

- Balancing Fear and Hope: Fear of military repression may spur urgency, but too much fear can paralyze. Hope – of a better future, a voice in governance, or dignity in daily life – must be part of the message.
- Moral Foundations: Different groups prioritize different values. To the devout, democracy can be framed as a path to moral leadership. To the youth, it can be a promise of freedom and opportunity. Messages must reflect the audience’s core beliefs.

Using Communication Strategically

- Simplicity Wins: In a nation where education levels vary,

By Khin Maung Myint

clear and simple language ensures no one is left behind.

- Repetition Builds Recognition: Repeating key ideas – freedom, fairness, unity – reinforces their importance.
- Clarity of Action: Citizens need to know what to do next. Whether it’s joining peaceful movements, voting, or simply spreading awareness, each step should be clear and attainable.

Navigating Myanmar’s Social Landscape

Myanmar is not a blank slate. It’s a patchwork of ethnicities, histories, and worldviews.

- Group Identity Matters: People often support causes aligned with their community. Democratic movements should reflect the voices of all major groups – Bamar, Shan, Kachin, Kayin, and others.
- Avoiding Echo Chambers: Social media allows people

to hear only what they already agree with. Dialogue must move beyond like-minded circles and speak respectfully to those who disagree or fear change.

- Trust is Crucial: In a climate where betrayal and propaganda are fresh memories, the credibility of the messenger is as important as the message. Elders, teachers, monks, and community leaders can be powerful allies in shaping public opinion.

Conclusion

Myanmar’s road to democracy is not just about laws and elections – it is about hearts and minds. Political messages must be crafted with emotional intelligence, strategic clarity, and cultural respect. Only then can democracy take root, not as a foreign idea, but as a homegrown aspiration that belongs to every citizen.



To build a democratic culture, political dialogue must resonate with the psychological and emotional fabric of society. **ILLUSTRATION: REPRESENTATIONAL PURPOSE IMAGE/ FREEPIK**



In a world filled with distractions, cultivating mindfulness helps us break free from the cycle of overthinking, allowing us to find peace and clarity in the present moment. **ILLUSTRATION: CONCEPT ART**

The Soft Power of Slow Living

By Laura Htet (UDE)

IN A world that celebrates speed, productivity, and never-ending hustle, the idea of “slow living” might sound outdated or even lazy. But slow living doesn’t mean doing things lazily or dragging your feet. Indeed, it requires a surprising amount of presence, awareness, and strength, not to chase time, but to live inside it.

I used to be one of those people who measured my worth by how much I accomplished in a day. I’d read articles and watch motivational videos that glorified waking up at 5 am, planning every second of your schedule, and squeezing productivity out of every activity. I’d try to mimic that — get up early, hit the

gym, read a book, journal, meditate, work on a side hustle — all before 8 am.

And if I failed? I’d criticize myself for being lazy, weak, or undisciplined. I couldn’t rest without guilt. My inner voice sounded more like a coach yelling instructions than a kind friend offering support. But slowly, something shifted.

It began with small things. One morning, I didn’t set an alarm. I simply woke up around 6 am — not because I had to, but because my body was ready. I walked downstairs, bought flowers for the shrine, took a warm shower, made an offering, and meditated. No rush, no pressure. Just presence. That’s when I first tasted what slow living could feel like. Since then, my days have taken on a new rhythm.

Now, after my morning routine, I sit and read for about 20 minutes. I write in my journal. Around noon, I clean the

rooms, wash the dishes and sink, do the laundry, and fold clothes. These chores, once annoying and mindless, have become something else — grounding, almost therapeutic. Living alone has helped me turn even tasks I didn’t want to do into habits I now appreciate. In the evening, I walk in the yard, water the plants, and then shower again. At night, I usually work on clients’ projects. If there’s no work, I watch a movie or call my relatives who live in other regions. By around 10:30 pm or 11 pm, I go to sleep. These days, the way I’m living could be described as “slow living”. In times like this, when distractions are everywhere, it helps calm my mind.

But let’s clear up a common misunderstanding: Slow living isn’t a lifestyle that only people with lots of money can afford. It’s not about buying organic soaps, handmade furniture, or taking

retreats in the countryside. It’s about a mindset. A way of approaching life.

Slow living is about living with awareness — it’s not about drifting through life aimlessly. It’s about feeling the tiny droplets of water falling while we’re hanging washed clothes for just four or five minutes. It’s about feeling the warmth of the sun-dried clothes through our fingertips as we fold them. It’s about inhaling the fresh scent of soap. It’s about feeling our hands touch the water running from the faucet while washing the dishes. It’s about noticing the little suds and the texture of the plates.

While cooking, while eating, while showering, while sleeping, even while working – It’s all about mindfulness, being fully in the moment, feeling through all five senses — touch, smell, taste, sound, sight – and completing each task

with that awareness. Even if something takes just five minutes, we need to fully enjoy and feel what we’re doing. People tend to focus only on what’s bothering them. But we should shift our focus more towards the present moment in our process.

Next, overthinking is one of the biggest barriers to mindfulness and slow living. It pulls us away from the now. Instead of living, we start analysing everything. Instead of enjoying our meal, we’re thinking about yesterday’s argument or tomorrow’s deadline. Our body may be in the moment, but our mind is sprinting in circles.

Overthinking is exhausting. It creates problems that don’t even exist. It turns simple situations into complicated ones. It robs us of sleep, peace, and presence. And sadly, it’s become a normal part of modern life. We scroll endlessly through advice posts: “10 ways to stop overthinking”, “5 habits to become your best self”, and “Do this every morning to change your life.”

SEE PAGE 10

NATIONAL/ARTICLE

Second speedboat rescue training course to launch



This image displays practical training for trainees on search and rescue in water.

THE Myanmar Social Rescue Organization-Mandalay Region Committee announced that the rescue speedboat operation and driving course 2/2025 will be opened again for five days this month, aiming to produce water rescuers.

The course is intended for coordinating search and rescue operations in water with speedboats in floods, and for producing systematic and highly capable water rescuers. The course will be opened from 11 to 15 June, covering topics such as types of rescue

speed boats, inflatable boats, inflatable + fibre boats, fibre boats, aluminium boats (single/group driving) and lectures, rescue engines (18 horsepower/30 horsepower/40 horsepower/50 horsepower engines), repair and maintenance of rescue engines, and troubleshooting oil, water, fire faults with practical lessons.

Moreover, it will also teach effective solutions to difficulties encountered during water rescue operations, the nature of currents, still water, embarking, water res-

cue techniques, high-performance Intelligent Life Buoy driving and rescue principles, Life Line Shooter methods, and Sonar & GPS methods. This course will be attended by 50 participants, and it is mainly supported by KBZ Bank.

The course, which was opened from 25 to 30 May (Batch 1), was attended by some teams from Mandalay, Yangon, Taungoo, Ywangan, Monywa, Meiktila, Wandwin and Myitkyina with great interest. — MT/ZN

The Soft Power of Slow Living

FROM PAGE 9

But in this age of information overload, it's so important not to become a slave to that information. At the end of the day, we're responsible for our own lives. And only by living in alignment with our values and being satisfied with the way we live.

Mindfulness is the medicine for overthinking. When you truly notice the moment, your breath, the smell of rain, the warmth of tea in your hands, your mind has no choice but to slow down. And when the mind slows, peace enters.

A person who's always tired and constantly rushing through everything can never live the same quality of life as someone calm, mindful, and present in each task. It's not the same level of happiness, not the same sense of meaning.

When I first began this journey, I didn't realize how loud my thoughts had become. Even while doing simple tasks, my brain was racing – checking notifications, replaying conversations, worrying about things I couldn't control. It took effort to bring myself back to the now, again and again. But over time, it became easier. Like building a muscle. The more I practised mindfulness, the less I overthought. The more I paid attention, the less anxious I felt. That's the hidden gift of slow living — it trains our

minds to stop running and start listening.

I don't want to give people advice like "Do this to improve your life". Because honestly, I'm not doing anything extraordinary myself. I've simply chosen to live slower. Not to perform, but to experience. To notice how the floor feels under my feet when I walk. To hear the birds outside my window. To eat meals without checking my phone. To breathe deeply and fully before starting a new task.

In the past, I used to be hard on myself and criticize myself unnecessarily. For example, I'd push myself to get up at 5 am and go to the gym by 6 am. If I couldn't stick to that, I'd beat myself up and feel useless. Now? I don't even set an alarm. By 5 am, I naturally wake up. This isn't just about routine. It's about rhythm – living in a way that feels gentle, authentic, and balanced. There's no perfect formula. No schedule we need to copy. Just a series of choices. In the end, everything comes down to the choices we make.

We can choose to rush through life, always chasing the next thing, never feeling enough. Or we can choose to slow down, breathe, and trust that the present moment is already rich with meaning. Slow living is a quiet rebellion in a noisy world. It's not a trend. It's a return to ourselves, our senses, our humanity.

Low-pressure system likely over Bay of Bengal

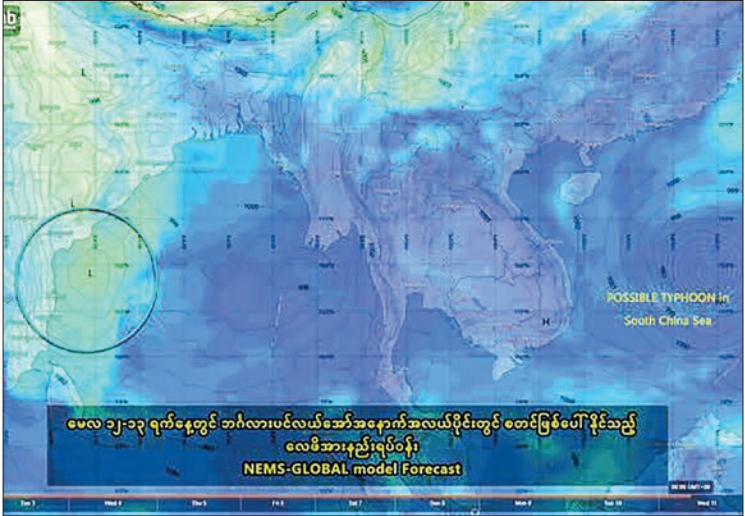
FROM 10 to 15 June, there is the likelihood of forming a low-pressure area in the southwest and the west-central Bay of Bengal, said meteorologist U Win Naing.

The Meteoblue's NEMS-GLOBAL Model Forecast for the next five days has shown that it may rain moderately, about 5 inches in Chin State, southern Shan State, Taninthayi Region

and Mon State, while a slight rain below one inch is expected in Nay Pyi Taw and Yangon Region, and above one inch in Ayeyawady Region, eastern Bago Region, Kayin State, Magway Region, Sagaing Region, Mandalay Region, Kachin State, Kayah State, Rakhine State and northern and eastern Shan State.

Under the forecast for the

sea, a low-pressure area is predicted to develop from the upper air cyclonic circulation (UACC) in the southwest and the west-central Bay of Bengal from 10 to 15 June, and the likelihood of a cyclone is 40 per cent. Over the next five days (120 hours), the rainfall is expected to drop 5 times per day. — MT/ZS



A possible low-pressure area is predicted to form over the Bay of Bengal on 12-13 June.

‘The sea rejuvenates you’: Cuban seniors defy aging by diving in

The club operates from a leisure centre that was originally built for the Cuban elite but is now a social circle for workers.

ORESTES Quintana, an 87-year-old member of the Juventud Acumulada swimming club in Havana, exemplifies the idea that it’s never too late to embrace new challenges.

A former revolutionary who fought alongside Fidel Castro, Quintana took up swimming in

his sixties, transforming from a casual floater to a dedicated swimmer who now trains for two hours daily. He has earned several amateur swimming titles, noting that few in his age category compete.

Similarly, 75-year-old Lazaro Diaz began swimming to combat



A group of elderly Cubans, including an 87-year-old former revolutionary, have taken up swimming as a way to stay active and fight the effects of aging. **PHOTO: AFP**

health issues, finding relief from pain during his daily 400-metre swims. Juventud Acumulada, founded by local champion Ra-

mon Cordoves, operates from a leisure center that has seen better days, yet the spirit of its elderly members remains strong.

The club, originally built for the Cuban elite, was nationalized and now serves as a social circle for workers. — AFP

Jackie Chan understood “nothing” his costar Chris Tucker said during ‘Rush Hour’



Chan said he ultimately learned English by listening to country music, as the songs are slower, reported People. **PHOTO: ANI**

ACTOR and filmmaker Jackie Chan has an interesting revelation about the first ‘Rush Hour’ movie. During his recent appearance on The Kelly Clarkson Show, he shared his working experience in the film and the challenges he faced while shooting it. ‘Rush Hour’ is a 1998 cop action comedy film directed by Brett Ratner and written by Jim Kouf and Ross LaManna from a story by LaManna. It stars Jackie Chan and Chris Tucker as mismatched police officers who are assigned to rescue a Chinese

diplomat’s abducted daughter. Its box office commercial success led to two sequels: Rush Hour 2 (2001) and Rush Hour 3 (2007). On talking about the film, Chan said, “The whole movie, I don’t know what Chris Tucker’s saying,” he added, “Not a clue”, reported People.

Chan later shared that in “every shot” his dialogue was “different” because of how much he struggled to understand. “My dialogue coach sits right behind the camera,” he continued. “Every scene, every shot, different dialogue.”

When asked if he ever shared about the challenges he faced, Chan replied, “Yes”.

“I asked my dialect coach, ‘What did he say?’ He speaks so fast!” said Chan.

Chan said he ultimately learned English by listening to country music, as the songs are slower, reported People.

This revelation about ‘Rush Hour’ film came after Chan opened up about his favourite films in the trilogy. — ANI

Aiming a blow at narcos, Colombia pays farmers to uproot coca

COLOMBIA is adopting a new strategy to combat its escalating cocaine production by financially incentivizing farmers to replace coca crops with alternative crops like cocoa and coffee. Among the participants are Alirio Caicedo and his son Nicolas, who previously relied on coca cultivation

for their livelihood.

They, along with approximately 4,000 families, have entered a \$14.4 million government programme aimed at eradicating coca production across 45,000 hectares in conflict-prone regions, including the Micay Canyon.

While the initiative offers

hope, it also poses significant risks for farmers. The Caicedos, who previously earned around \$800 monthly from coca, have received an initial payment of \$300 for transitioning to coffee.

However, doubts linger about the programme’s viability, especially in areas dominated by armed groups that profit from coca cultivation. Critics, including Gloria Miranda, head of the illegal crop substitution programme, caution that the initiative may not effectively curb drug trafficking as long as there is a robust market for cocaine.

President Gustavo Petro’s administration aims for “total peace” through negotiations with armed groups, but previous attempts to shift farmers away from coca have often failed due to violence and lack of support. Observers express concern that without proper monitoring, the programme could be exploited, undermining its goals. — AFP



Colombia is the world’s top producer of cocaine, a drug derived from the coca leaf. **PHOTO: AFP**

US labour unions fight to contain AI disruption

AS artificial intelligence (AI) threatens to disrupt various sectors, American labour unions are striving to protect workers and demand corporate transparency. Aaron Novik from Amazon's ALU union highlights the existential threat posed by AI, which could eliminate jobs and diminish workers' bargaining power. The rise of advanced "physical AI" may displace more blue-collar workers than previous automation waves, with the CEO of Anthropic warning that generative AI could eliminate half of low-skilled white-collar jobs.

Unions like the International Brotherhood of Teamsters are pushing for legislation to limit

automation but face political challenges, as seen with recent vetoes in California and Colorado. The political landscape shifted under President Biden, who supported worker protections, but these were quickly rescinded by President Trump.

In response to the rapid implementation of AI technologies, unions are proactively negotiating AI provisions in collective bargaining agreements. Some unions have successfully secured protections, such as the International Longshoremen's Association's moratorium on full automation at ports and SAG-AFTRA's guarantees for actors regarding AI likenesses. — AFP



As artificial intelligence threatens to upend entire sectors of the economy, American labour unions have been scrambling to protect workers. **PHOTO: AFP/FILE**

Cambodia makes over US\$252 mln from milled rice export during Jan-May period

CAMBODIA had exported 344,199 tonnes of milled rice in the first five months of 2025, earning a gross revenue of US\$252.3 million, the Cambodia Rice Federation (CRF) said in a news release on Wednesday.

Forty-eight companies had shipped the kingdom's milled rice to 63 countries and regions during the January-May period this year, the news release said, adding that China remained one of the key

importers of the commodity.

The Southeast Asian country exported 90,665 tonnes of milled rice to China in the first five months of this year, making 53.2 million dollars in revenue, the news release said. About 75.56 per cent of the exported rice was fragrant rice, 19.33 per cent was white rice, 2.43 per cent was par-boiled rice, 2.03 per cent was organic rice, and 0.65 per cent was other types of rice, CRF secretary

general Lun Yeng said.

Cambodian Ministry of Commerce's Secretary of State and Spokesperson Penn Sovicheat said the Regional Comprehensive Economic Partnership (RCEP) Agreement and the Cambodia-China Free Trade Agreement (CCFTA) have laid a solid foundation for Cambodia to export its agricultural items to China and other RCEP countries with tariff concessions. — Xinhua



Visitors buy rice from Cambodia during an expo in Nanning, Guangxi Zhuang autonomous region. **PHOTO: WANG ZHUANGFEI/CHINA DAILY/FILE**



China is the third-largest goods export market for Los Angeles. **PHOTO: AFP**

California businesses committed to China as trade partner despite tariffs

The Bay Area Council has been actively promoting economic relations with China for nearly a generation.

"TRADE relations between California and China are really important for us," noted Jim Wunderman, president and CEO of the Bay Area Council, during the 2025 China-California Business Forum on Monday.

The forum drew nearly 500 entrepreneurs and officials from China and the US

state of California to promote deeper economic, trade and cultural exchanges.

"China is a big trading partner," said Wunderman, adding that the council has been heavily involved in promoting Bay Area and California economic relations with China for almost a generation.

Business leaders from

Southern California echoed Wunderman during the forum.

Maria S Salinas, president and CEO of the Los Angeles Area Chamber of Commerce, pointed out that the forum "comes at a pivotal moment in the US-China relationship, as we navigate trade, uncertainty and complexity." — Xinhua

ITC Hotels sets new benchmarks in sustainability with LEED Zero water certification



ITC Hotels continues to redefine the hospitality industry’s approach to sustainability. **PHOTO: ITC HOTELS**

ITC Hotels continues to redefine the hospitality industry’s approach to sustainability. With a strong commitment to ‘Responsible Luxury,’ ITC Hotels has implemented numerous initiatives across its properties to minimize its environmental footprint.

Notably, ITC Mughal in Agra and ITC Rajputana in Jaipur have achieved the prestigious LEED Zero Water certification, showcasing the brand’s dedication to water conservation and sustainable practices, said Mr Amaan R Kidwai, Area Manager Luxury Hotels (North) and General Manager.

LEED Zero Water certification, offered by the US Green Building Council (USGBC), recognises buildings that achieve a net zero potable water use balance over 12 months. This means the building’s total water consumption is balanced by water recycling and reuse, effectively offsetting potable water usage.

ITC Hotels’ innovative approach to sustainability includes rainwater harvesting, wastewater treatment, and the use of eco-friendly alternatives to Single-Use Plastic (SUP) items. — ANI

US private sector hiring sharply slows, drawing Trump ire

US private sector hiring hit its slowest pace since 2023 in May, according to data Wednesday from payroll firm ADP, significantly missing expectations in a month where all eyes are on the effects of President Donald Trump’s trade war.

Private sector employment rose by 37,000 jobs last month, slowing from the 60,000 figure in April.

Trump immediately reacted by pressuring independent Federal Reserve Chair Jerome Powell to cut interest rates.

“‘Too Late’ Powell must now LOWER THE RATE,” Trump said on his Truth Social platform.

While the US central bank has started bringing down rates from the high levels of recent years, officials have proceeded cautiously as they monitor progress in cooling stubborn inflation. — AFP

CLAIMS DAY NOTICE

M.V UNI-ACTIVE VOY.NO. (0348-797N)

Consignees of cargo carried on **M.V UNI-ACTIVE VOY.NO. (0348-797N)** are hereby notified that the vessel will be arriving on **5-6-2025** 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 EVERGREEN MARINE (ASIA) PTE., LTD

MINISTRY OF ENERGY MYANMA OIL AND GAS ENTERPRISE (7/2025-2026)

Open tenders are invited for service of the following operations in Myanmar Kyats.

Sr. No	Tender No	Description	Remark
(1)	OS-001 (25-26)CAP	24" MOGE Offshore Domestic Gas Pipeline Freespan Survey and Rectification	Kyats

Tender Document will be available at the Finance Department, Myanma Oil and Gas Enterprise, Office No.(44), Nay Pyi Taw, during office hours commencing from 16th June, 2025.

Tender Proposals must be submitted (in person) to the Offshore Oil and Gas Department, Myanma Oil and Gas Enterprise, Office No.(44), Nay Pyi Taw not later than the Tender Closing Date and Time on 28th July, 2025 (13:30 Hr).

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CLAIMS DAY NOTICE

M.V MSC KANU F VOY.NO. (SB521A)

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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 MEDITERRANEAN SHIPPING COMPANY S.A

CLAIMS DAY NOTICE

M.V GAT FEELING VOY.NO. (106)

Consignees of cargo carried on **M.V GAT FEELING VOY.NO. (106)** are hereby notified that the vessel will be arriving on **6-6-2025** 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

CLAIMS DAY NOTICE

M.V MCL 7 VOY.NO. (03)

Consignees of cargo carried on **M.V MCL 7 VOY. NO. (03)** are hereby notified that the vessel will be arriving on **6-6-2025** 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 UNIVERSE LOGISTICS INTERNATIONAL CO LTD

ROLLING UPDATES

WORLD

Lee Jae-myung sworn in as S Korea's new president

LEE Jae-myung was sworn in as South Korea's new president on Wednesday after formally beginning his single five-year term earlier in the day.

The country's 21st president took the oath of office in the National Assembly building, saying in a televised inaugural address that he will serve all people whomever they supported in the presidential election.

Lee of the majority liberal Democratic Party won 49.42 per cent of support, defeating his archrival Kim Moon-soo of the conservative People Power Party by a wide margin of 8.27 percentage points.

He stressed that the Asian country was standing at a turning point of great transformation in the face of challenges such as competition for artificial intelligence, climate

Lee, representing the majority liberal Democratic Party, won the election with 49.42 per cent of the vote, defeating Kim Moon-soo of the conservative People Power Party by 8.27 percentage points.



Lee Jae-myung takes the oath of office in the National Assembly building in Seoul, South Korea, 4 June 2025.

PHOTO: XINHUA

change, and expanded protectionist moves.

Lee vowed to start with efforts to boost people's livelihoods and revive the faltering economy, saying his government will create new growth engines and share growth outcomes in a fair manner.

The liberal leader noted that his administration will pursue balanced regional development across the country for sustainable growth while actively supporting its cultural industry.

He pledged to build peace on the Korean Peninsula through dialogue and cooperation with the Democratic People's Republic of Korea (DPRK) while protecting people from various accidents such as crowd crushes and airplane crashes. — Xinhua

Shoigu in North Korea: High-stakes talks with Kim Jong-un

SECRETARY of the Russian Security Council, Sergei Shoigu, arrived in Pyongyang on the orders of Russian President Vladimir Putin. It is planned that Shoigu will meet the leader of the DPRK, Kim Jong-un. According to the press service of the Russian Security Council, the talks are expected to cover "the implementation of some points of the Comprehensive Strategic Partnership Agreement between Russia and the



Shoigu is scheduled to meet with North Korean leader Kim Jong-un. PHOTO: SPUTNIK/FILE

DPRK, as well as the perpetuation of the memory of Korean fighters who helped liberate the Kursk region." Additionally, discussions will likely include current international issues, including the situation around Ukraine.

This visit to Pyongyang is the latest for the Secretary of the Russian Security Council in recent months. Shoigu last visited Pyongyang in March of this year. — SPUTNIK

Hajj pilgrims gather in Mecca under scorching desert sun

OVER a million Muslim pilgrims have arrived in Mecca ahead of this week's hajj, with Saudi authorities ramping up safety and heat protection measures to prevent a repeat of last year's deadly heatwave.

More than a million Muslim pilgrims poured into the holy

city of Mecca ahead of the annual hajj, with authorities vowing to hold a safer pilgrimage amid searing desert heat and a massive crackdown on illegal visitors. Officials have beefed up heat mitigation measures hoping to avoid a repeat of last year's hajj, which saw 1,301

pilgrims die as temperatures reached 51.8 degrees Celsius (125.2 Fahrenheit).

Temperatures were forecast to exceed 40 degrees Celsius this week as one of the world's largest annual religious gatherings starts on Wednesday. — AFP

NEWS IN BRIEF

Cambodia, Thailand to hold talks over border issues next week: spokesperson

A Cambodia-Thailand Joint Boundary Commission (JBC) meeting will be convened in Phnom Penh on 14 June to talk over border issues, Cambodian foreign ministry's spokesperson Chum Sounry said on Wednesday.

"Cambodia is committed to resolving border issues peacefully, through technical mechanisms and in accordance with international law," he said in a text message sent to the media by telegram.

He said the meeting will focus on the area where a recent incident occurred.

The spokesperson said that with a firm commitment to defending its sovereignty and territorial integrity, Cambodia stands resolute on transforming its borders with neighbouring countries into zones of peace, friendship, cooperation, and development for the benefit of the respective countries and peoples. — Xinhua

Russia plans to deploy over 100 satellites for drone control

ROSCOSMOS has plans to deploy more than 100 satellites to control drones as part of the national space project, agency director-general Dmitry Bakanov has announced.

"Deployment of a satellite network in the interests of controlling UAS [unmanned aerial systems], 102 + 1 spacecraft," Bakanov said, presenting the national space project at the Digital Industry of Industrial Russia conference in Nizhny Novgorod on Tuesday. — SPUTNIK

SPORTS

Myanmar claims gold & bronze at China-ASEAN Sepak Takraw



Myanmar athletes are seen celebrating victory while proudly holding the national flag. Photo: MSTAF

MYANMAR Sepak Takraw Team secured further gold and bronze medals on the final day of the China-ASEAN Sepak Takraw Tournament, held on 4 June in China. The tournament concluded with Myanmar’s strong performance in both the men’s and women’s quadrant events.

In the men’s quadrant events, the Myanmar team won the gold medal. During the group stage, they defeated Malaysia in straight matches and

beat Vietnam 2-1, advancing to the semi-finals. In the semi-final match, Myanmar convincingly overcame the host team China with scores of 15-11 and 15-5. This win led them to the final, where they faced Vietnam again. Although they lost the first set 13-15, they bounced back to win the next two sets 15-12 and 15-10, securing the gold.

In the women’s quadrant event, the Myanmar team faced Vietnam in the semi-finals. They

lost 2-1 and had to settle for a joint bronze medal. Despite the defeat, the team demonstrated solid performance throughout the tournament.

Altogether, the Myanmar Sepak Takraw Team participated in four events and won four medals: gold in the men’s regu event, extra gold in the men’s quadrant event, bronze in the women’s regu event and another bronze in the women’s quadrant event. — Tun Thway Eain/KZL

Myanmar U22 team play second friendly against China U22 team

THE Myanmar U22 team, currently training in China played their second friendly match against the China U22 team on 4 June and lost 2-1.

As part of their training tour, Myanmar played two friendlies against the Chinese side. They suffered a 2-0 defeat in the first match held on 1 June, followed by another loss in the second game. Myanmar’s only goal in the latest match came in the first half from Shine Wunna Aung.

The Myanmar U22 team trained in China from 31 May to 4 June, bringing a 24-man squad for the tour. — Ko Nyi Lay/KZL

Spain target ‘enormously important’ Nations League defence

SPAIN are aiming to become the first side to defend the Nations League trophy, with Luis de la Fuente’s side going from strength to strength on the international stage ahead of next year’s World Cup.

The coach enjoys recalling La Roja’s triumph at the 2023 tournament, which was an early sign that a young Spain side were heading back to the top.

It proved the springboard to Euro 2024 glory and De la Fuente wants to continue Spain’s resurgence by retain-

ing it this summer in Germany.

It would bode well ahead of the 2026 World Cup in the United States, Mexico and Canada next summer where Spain will be among the favourites.

They face France in the Nations League semifinals in Stuttgart before a potential final against Germany or Portugal. After European Championship wins in 2008 and 2012, sandwiching their World Cup 2010 triumph in South Africa, the Spanish national team slumped. — AFP

Myanmar Women’s Team ready for ASEAN Championship



THE Myanmar U19 women’s national football team is finalizing its preparation for the 2025 ASEAN U19 Women’s Championship, which will take place in Vietnam from 9 to 18 June.

The team has been training with a pool of over 30 players since 8 May. Head coach Daw Thet Thet Win is leading the squad. Although the team has not played any international friendlies before the tournament, they have held several test matches against the senior Myanmar women’s national team as part of their preparation.

A total of eight teams will participate in the tournament. Group A includes hosts Vietnam, Myanmar, Laos and Timor-Leste. Group B consists of Thailand, Indonesia, Cambodia and Malaysia. Myanmar’s group stage fixtures will see them face Thailand on 9 June, Laos on 11 June and Timor-Leste on 13 June. — Chit Ko Ko/KZL

Players of the Myanmar U19 women’s team are seen during a training session. PHOTO: MFF



Iran ready to consider proposal to create enrichment consortium

A senior Iranian official stated that Iran would only consider the consortium if it is located on Iranian territory.

IRAN is ready to consider a proposal to create a regional uranium enrichment consortium within the framework of the nuclear deal with the United States, but only if it is located on Iranian territory, the Axios reported, citing a senior Iranian official.

Oman proposed the creation of a regional consortium to enrich uranium for civilian purposes under the auspices of the United States and the International Atomic Energy Agency (IAEA), Axios reported earlier. The location of the consortium's facilities remains in question, but the US reportedly wants them to be located outside of Iran.

"If the consortium operates within the territory of Iran, it may warrant consideration. However, should it be based outside the borders of the country, it is certainly doomed to fail," the official told the news portal.

The regional enrichment consortium aims to reconcile President Trump's stance against Iranian uranium enrichment with Tehran's demand for domestic enrichment. It could involve the US, Iran, and countries like Saudi Arabia, the UAE, Qatar, and Türkiye, supplying nuclear fuel for civilian programmes under IAEA oversight. — SPUTNIK



The consortium would supply nuclear fuel to countries pursuing civilian nuclear programmes and would be monitored by IAEA inspectors. In this 23 December 2019, file photo, technicians work at the Arak heavy water reactor's secondary circuit, as officials and media visit the site, near Arak, 150 miles southwest of the capital Tehran. **PHOTO: ATOMIC ENERGY ORGANIZATION OF IRAN/FILE PHOTO: MOHAMMAD BERNO/AFP/FILE**

Global investors should reduce US dollar holdings amid new market conditions: UBS

THE global investors holding too much cash in US dollars may face increasing risks, and it might be the right time to consider shifting some of that money into other currencies or assets, according to a report by UBS.

The report stated that the US dollar had been a popular choice in the past few years due to strong US economic growth, high interest rates, and strong performance of US stock markets. However, things are changing now.

The report believed the US dollar may lose some of its strength because of new market conditions, such as slowing growth in the US, changes in interest rate expectations, and global shifts in capital flows.

It said "Given recent market developments, we believe it is timely to assess whether current US dollar allocations are above long-term targets, and to consider the potential benefits and risks of increasing exposure to home or alternative currencies".

The report also added if the dollar weakens, holding too much cash in it could reduce the value of investments, especially for people who have expenses in other currencies. — ANI



AI UTILIZATION

Japan aims to enhance intellectual property competitiveness via AI use

THE Japanese government plans to promote the use of artificial intelligence to enhance the country's competitiveness in the area of intellectual property.

The government's Intellectual Property Strategy Headquarters on Tuesday adopted the intellectual property strategy for 2025, in which the country aims to take advantage of the international popularity of Japanese anime and the content of such movies that highlights local culture to help promote regional economies and expects a total economic impact of around 1 trillion yen (about US\$7.0 billion).

"Intellectual property is an important revenue source for Japan and plays a critical role in bolstering Japanese companies' competitiveness," Prime Minister Shigeru Ishiba, who heads the headquarters, said at a meeting at his office.

"To create competitive intellectual properties, we will thoroughly reinforce AI utilization," Ishiba said. — Xinhua