

The Global **NEW LIGHT** of MYANMAR

Four Objectives of the National Defence and Security Council

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

Tatmadaw columns hold full-dress rehearsal ahead of 81st Armed Forces Day parade



State Security and Peace Commission Vice-Chairman and Defence Services Deputy Commander-in-Chief Vice-Senior General Soe Win is pictured during his inspection tour of the full-dress rehearsal of the 81st Armed Forces Day parade columns yesterday.

State Security and Peace Commission Vice-Chairman and Defence Services Deputy Commander-in-Chief Vice-Senior General Soe Win inspected the full-dress rehearsal of the parade columns, which will participate in the parade of the 81st Anniversary of Armed Forces Day on 27 March 2026, at the Nay Pyi Taw Parade Ground yesterday evening.

Tatmadaw members, including female personnel from seven parade columns, marched from Thittat Ground to

the parade ground, singing military songs to the accompaniment of the Tatmadaw (Army, Navy, and Air) band and the Myanmar Police Force band.

The Vice-Senior General was accompanied Commission Secretary and Commander-in-Chief (Army) General Ye Win Oo, Commission Member and Chief of the General Staff (Army, Navy and Air) General Kyaw Swa Lin, Commission Member and Union Minister for Defence General Maung Maung Aye, Commission Member and Union Minister for Home Affairs Lt-

Gen Phone Myat, Commander-in-Chief (Navy) Admiral Htein Win, Commander-in-Chief (Air) General Tun Aung, Chairman of the Leading Committee for Organizing the Armed Forces Day Chief of Armed Forces Training Maj-Gen Pyae Sone Lin, senior Tatmadaw officers from the Office of the Commander-in-Chief, Chairman of the Armed Forces Day Celebration Management Committee Commander of Nay Pyi Taw Command Maj-Gen Kyi Thaik and other officials.

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NATIONAL

Rising Exports to Boost National Economy

- * The state economy must develop to increase the country's currency value.
- * For economic development, it is essential to produce more goods and export them abroad.
- * Only when the financial circulation of the State improves will the national economy prosper.

(An excerpt from the speech delivered by Acting President of the Republic of the Union of Myanmar and Chairman of the State Security and Peace Commission Senior General Min Aung Hlaing at the meeting with Kayah State-level departmental officials and town elders in Hpa-an on 15 November 2025 to talk about regional development)

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

Objectives of 81st Armed Forces Day

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

Awards ceremony held for 59th All-Myanmar Photography Contest



The first prize winners in the Black and White category.

THE Myanmar Photography Association hosted the 59th All-Myanmar Photography Contest Awards Ceremony yesterday afternoon at the Promotion Area of Junction City Shopping Mall in Yangon.

The Myanmar Photography Association (MPA) Patrons and Chairman U Than Htun Oo (Tet Nay Win) first delivered a speech.

The MPA Patrons, Chairman and executives then pre-

sented medals and cash prizes to the winner photographs, the quarterly competition, and the trainee competition, as well as the first, second, third, special prizes, and consolation prizes.

The Myanmar Photography Association organized the 59th All-Myanmar Photography Contest, which has seven categories such as photo essay, custom digital, colour photography, portraiture, nature study, mobile photography, and custom digital.

The competition invited photographers and photography experts from all over Myanmar, and 45 participants Submitted more than 600 photos. — Bala/MKKS

Traditional Shan Thingyan Festival 2026 set for 9th Mile Monastery

THE Shan Literature and Culture Association plans to hold the Traditional Shan Thingyan Festival 2026, jointly organized with Cherry FM, on 4 April at the 9th Mile Shan Monastery in Mayangon Township, Yangon Region.

An official from the Shan Ethnic Literature and Cultural Association said, "To preserve and promote the traditional culture of the Shan ethnic people living in Yangon, and to celebrate the traditional Shan Thingyan festival together, a pre-Thingyan festival will be held from 2 pm to

7 pm on 4 April. Participants are requested to wear their local traditional costumes, particularly the Shan red attire."

The festival is being organized to enable Shan people living in Yangon to experience the spirit of Thingyan as celebrated in Shan State, and to promote friendship among different ethnic communities.

The Traditional Shan Thingyan Festival was also held during the 2025 Maha Thingyan at Kandawgyi Hmyawzin Kyun in Bahan Township, Yangon Region. — ASH/MKKS



Shan ethnicities enjoy the traditional Shan Thingyan Festival in the previous year.

NATIONAL

Residents Urged to Prioritize Public Safety Amid Armed Terrorist Threats

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

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

Nationwide Walking Thingyan festivals set to begin

THE Walking Thingyan festivals will be prioritized across the country in the 2026 Thingyan Festival (1387 ME). Arrangements are being made not to allow decorative vehicles and open trucks, but the festival will feature traditional activities such as group dances, food donation events, washing elders' hair, trimming their nails, donating medicines, and releasing fish to preserve the essence of Myanmar culture.

The Walking Thingyan festivals will be at Nay Pyi Taw Square, Shankan of Pyinmana, Tatkon and Lewe in Nay Pyi Taw, whereas at People's Square, from U Wizara roundabout to Ahlon Street, in front of City Hall, districts and townships in Yangon, and around the moat of Mandalay, Meiktila Lake, in districts and townships of Mandalay.

In Kayin State, Walking Thingyan and beach-style Thingyan festivals will be held

in Hpa-an along the Strand Road, near Kanthaya Lake at Lover's Lane, and in front of Zweekabin Park. In Sagaing Region, events will take place along the Bogyoke Road in Monywa, in Magway Region, along the riverbank, in Mon State, along the Strand Road in Mawlamyine, and in Ayeyawady Region, along the riverside in Patheingyi. The Walking Thingyan pavilions will also be set up in different districts and townships

nationwide.

There will be Walking Thingyan festivals in Myitkyina in Kachin State, Loikaw in Kayah State, Haka in Chin State, Myeik in Tanintharyi Region, Bago in Bago Region, Sittway in Rakhine State, Taunggyi in Shan State, and in different districts and townships.

This year's festival is not only a joyful celebration but also a meaningful event where the government, Hluttaw rep-

resentatives, civil servants, and the public will come together to participate with a new spirit, unity, and a new political landscape.

The Walking Thingyan pandals will be set up in different districts, townships, wards and villages in addition to big cities for all the people to be able to participate in, and the festival will also include entertainment programmes of famous artistes, vocalists and local singers. — MNA/KTZH

Tatmadaw columns hold full-dress rehearsal ...

FROM PAGE 1

The Vice-Senior General and his team inspected the marching of parade columns into the parade ground, seating plans for distinguished guests to the parade, the cavalry company and the rehearsal for taking position of the VIP convoy.

The Vice-Senior General also viewed the flying of aircraft from Tatmadaw (Air) in formations, uniforms of the flag bearer and companies, parade flags, parade small arms and equipment, and parade rehearsal of relevant companies, honorary artillery units and attended to the needs of officials.

The parade will consist of Tatmadaw members from the Tatmadaw (Army, Navy, and Air) and the Myanmar Police Force, female Tatmadaw personnel, special squad members, military vehicles, and aircraft from Tatmadaw (Air). — MNA/TH

Drafting of 2026-2030 malaria strategy begins to meet 2030 elimination target

THE Ministry of Health has announced the drafting of the new National Malaria Strategic Plan 2026-2030, aimed at achieving the complete elimination of malaria in Myanmar by 2030 and enhancing the country's outbreak response capabilities.

A high-level meeting on the formulation of this strategic plan was recently convened in Nay Pyi Taw. During the session, officials reviewed the past year's progress in the prevention and control of mosquito-borne diseases, including malaria, dengue haemorrhagic fever, lymphatic filariasis, Japanese encephalitis, and chikungunya.

The Ministry of Health emphasized that its primary focus will remain on robust outbreak response and effective supply chain management



An ongoing meeting in Nay Pyi Taw regarding the drafting of the new National Malaria Strategic Plan 2026-2030.

to ensure there are no shortages of essential medicines and medical equipment. It was further noted that the national budget has already funded the procurement and distribution of medicine and supplies for dengue control to all regions

and states. Similarly, the Ministry is working towards the elimination of lymphatic filariasis by 2030, while maintaining continuous surveillance and prevention efforts for Japanese encephalitis.

Malaria remains a

life-threatening disease caused by parasites and transmitted to humans through the bites of infected mosquitoes. The World Health Organization (WHO) has highlighted that while anyone can be infected, those at higher risk include migrant workers, individuals employed in construction, agriculture, or forestry within endemic areas, and residents of regions bordering malaria-prone zones. Pregnant women and children under the age of five are particularly vulnerable to severe complications. To achieve the goal of a malaria-free Myanmar by 2030, the WHO maintains that prevention, continuous surveillance, and rapid response are critical components of effective case investigation and treatment. — ASH/KNN

NATIONAL

Ngamoeyeik, Lagunpyin irrigate summer paddy, supply Yangon drinking water



These photos show the Ngamoeyeik Dam in Hlegu Township (L) and its main canal which contribute water to summer paddy fields. **PHOTO: KO LWIN**

THE Ngamoeyeik and Lagunpyin dams in Hlegu Township of Yangon Region supply water to summer paddy fields and drink-

ing water in Yangon.

Starting December 2025, the two dams distributed water to summer paddy fields and other

crops through their two main canals passing the distributors, and the Irrigation and Water Utilization Management Depart-

ment and Water User Group collaborated to prevent water waste.

The two dams also supply

water to 41,461 acres of summer paddy, and the irrigation water is being distributed from the river water pumping projects in addition to the dam water.

The Ngamoeyeik Dam distributes irrigation water to summer paddy fields and 130 million gallons of drinking water for Yangon daily through the water treatment plant of YCDC. Such a distribution can be made due to the water storage by constructing Paunglin and Mahuya dams in the upper part of the Ngamoeyeik Dam. The Lagunpyin Dam supplies 40 million gallons of drinking water through the Lagunpyin water treatment plant of YCDC daily, in addition to irrigation water. — Oktha/KTZH

Rice sector's digital payment scheme set for launch



Images illustrate the Rice Industry Cashless Ecosystem programme.

THE Myanmar Rice Federation will soon introduce a new programme to facilitate digital payments across the nation's rice industry.

The initiative, titled the "Rice Industry Cashless Ecosystem", aims to involve all stakeholders in the sector, including farmers, millers, traders, and exporters. Under this programme, the federation will assist in transitioning existing cash-based transactions into a secure and modern digital financial system. Electronic

payment platforms, such as MMQR-Myanmar Pay and on-line banking services, will be promoted for wider practical application.

The federation expects the project to strengthen financial connectivity among industry stakeholders, reduce dependence on physical cash, and improve overall productivity. Furthermore, it will collaborate with banks and financial institutions to support the long-term development of the sector.

This programme aligns with the Myanmar Digital Economy Roadmap 2030 and the guidelines issued by the Central Bank of Myanmar. It seeks to bring farmers, rice mill owners, traders, exporters, and brokers across the rice value chain further into the formal banking system. — ASH/KZL

Dawbon hosts mobile phone tax awareness talk

AN awareness talk on the Central Equipment Identity Register (CEIR) system was held at the Township Internal Revenue Department office in Dawbon Township yesterday morning.

At the event, Head of township IRD U Kyaw Myo Htwe explained the benefits

of the CEIR system, its functions, and operational procedures, as well as the meaning of IMEI numbers.

He also clarified how to check whether taxes have been paid, the types of taxes collected, the classification of imported mobile phone values by category, and the proce-

dures and methods for paying taxes through the CEIR system.

During the discussion session, mobile phone shop owners raised questions, which were addressed by the township officer with further explanations. — Chit Su Wai (IPRD)/KZL



This image captures an awareness talk on the CEIR system held in Dawbon Township.

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Printed and published at the Global New Light of Myanmar Printing Factory at No.150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon, by the Global New Light of Myanmar Daily under Printing Permit No. 00510 and Publishing Permit No. 00629.
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First-time climbers urged to tackle Mt Phonkanrazi before other snow-capped peaks



From top to bottom, the photos show the snow-capped mountain ranges and trekkers exploring the peaks in PutaO, Kachin State.

PHOTO: ZWE MARN

AS the mountaineering season starts in PutaO in the northernmost part of Myanmar, the service companies recommend that travellers with no prior climbing experience should try Phonkanrazi, a snow-capped mountain first, and then others, according to PutaO Travel Agency.

For those without experience, the travel companies designate Phonkanrazi mountain as a Level-1 to climb and only after successfully climbing it are the climbers encouraged to attempt more difficult mountains.

The Phonkanrazi mountain is 11,928 feet high, and a package tour for six nights and seven days from PutaO is arranged.

For the first day of the trip, there will be a motorcycle ride for over three hours from PutaO passing Upper Sangong Village, Kyaukseih Hill, Sheinlainhlat to the Kyakhon Bridge near the Mula Creek, Wanglaingdan, Lonnadan, Khalan and Ziyadang villages (at the foot of the mountain), and there the travellers will have to stay a night.

On the second day, the travellers begin a seven-mile hike from Ziyadang village to the Thitpingyi Camp, crossing creeks and suspension bridges, resting at the Phonkan Chaungzon, and arriving at the Thitpingyi campsite by evening.

On the third day, they trek another seven miles to the Khamtauk River Camp. After about four miles, the mountain becomes visible. After a short rest stop, they continue about one more mile to reach the camp and stay overnight.

On the fourth day, after about six hours of hiking from the Khamtauk River Camp, trekkers reach the snowline camp at the base of Phonkanrazi, where snowfields begin to appear. From there, the summit, just over two miles away, can be seen. They stay overnight at this camp.

On the fifth day, climbers ascend the steep snow-covered slopes to the summit of Phonkanrazi, where they can fully enjoy the beauty of northern Myanmar's ice-capped mountains. They return to the snowline camp

the same day and stay overnight.

On the sixth day, trekkers descend for about eight hours back to Ziyadang village and stay overnight. On the seventh day, they return to PutaO by motorcycle.

"We offer mountaineering services in March. We accepted the tours in advance last year and made preparations. By the end of the second week of March, some trips will have been temporarily suspended due to weather conditions, but we will resume when conditions improve. As we are responsible for the safety and

overall experience of travellers, we take special care to ensure smooth and secure journeys. With our experience in ice mountain tours, we strive to provide safe and satisfying trips so that travellers can personally experience the beauty of our country's mountains, not just see them in movies or online. As snowfall increases toward the end of this month, we are taking extra precautions," said U Dam Rein from ELSS Snow Mountain Travels and Tours.

A seven-day trip to Mount

Phonkanrazi and a 17-day trip to Mount Khakaborazi cost between K3-K4 million per person.

Travellers planning to join such mountain climbing tours must be in good health and are advised to undergo physical training and prepare with basic mountaineering knowledge in advance.

Tour packages are available until around the second week of July, as there is no rainfall in the ice mountain regions even during the rainy season. — Thitsa (MNA)/KTZH

Ngwetaung Beach records 54,522 domestic visitors in Feb



This photo captures travellers enjoying their time at the Ngwetaung Beach in February 2026.

THE Ngwetaung Beach, near Tinchauung Village in Hainggyikyun, Ngaputaw Township, Ayeyawady Region, received 54,522 domestic visitors in February 2026, and the number of tourists is increasing, according to Daw Ni Ni Mar, an executive of the Myanmar Tourism Entrepreneurs Association (Ngwetaung Beach).

Located near the Myat Mawtinsun Pagoda, Ngwetaung Beach is a popular year-round destination for local travellers, most of whom reportedly come from the Yangon Region and the Nay Pyi Taw Council Area.

"In January 2026, only 29,755 domestic tourists visited the Ngwetaung Beach, but in February, the number rose to 54,522. The Ngwetaung Beach is seeing an increase in domestic tourism, with visitors coming year-round and numbers continuing to grow each month," said Daw Ni Ni Mar.

To ensure a safe and peaceful experience for visitors, arrangements have been made for leisure activities and services such as bicycle rentals, motorboat rides, and horse riding, while stalls offer local food, consumer goods, and souvenirs. — ASH/TH

NATIONAL

MAI restarts domestic flights, restores international baggage from 26 Mar



This image reveals an announcement from MAI regarding the resumption of regular domestic flight operations.

MYANMAR Airways International (MAI) has announced that it will reinstate original baggage allowances for international flights starting 26 March 2026 (today) and resume all domestic flight operations as per the regular schedule.

According to an announcement on 25 March, passengers on international flights can once again enjoy baggage allowances of up to 30 kilogrammes for Economy Class and 40 kilogrammes for Business Class, effective 26 March. Furthermore, Sky Smile (Ruby & Diamond) members will have their additional baggage privileges restored to their original levels.

Additionally, MAI informed that all domestic flights, which were previously suspended due to operational conditions, will return to their regular

flight schedules.

For passengers who experienced a loss in baggage weight capacity between 22 and 25 March, MAI will issue a Travel Voucher equivalent to the value of 10kilogrammes of baggage allowance. These Travel Vouchers will be valid until 30 June 2026, and are non-transferable and non-refundable.

To claim the Travel Voucher, passengers are required to fill out the Google Form: [https://docs.google.com/forms/d/e/1FAIpQLSe2qqdFwhFLmiHDof_7fxiD9cV5gOFFwtotexIPfIEgWMUyysg/view-form?usp=header]. MAI sincerely apologizes to its passengers for any inconvenience caused by these recent circumstances and reaffirms its commitment to ensuring smooth and convenient travel for all passengers under any situation. — MT/ZN

MSF launches survey on seafarers, families for social development needs



MSF president Captain Soe Min Aung talks on the seafarers' social development survey.

AIMING to discover their experiences, feelings and needs of their social development, Myanmar Seafarers Federation (MSF) will conduct a survey and hold a talk on knowledge sharing about the collective bargaining agreement (CBA) and seafarers' employment agreement (SEA).

MSF called a press con-

ference about this plan on 25 March at its office on 37th Street in Yangon. Talk and survey collection have been scheduled to be held on 31 March at its office, it said.

“Our objective is to listen to their voice and based on their voice, we will implement better services, training courses and protection of their

rights,” said MSF president Captain Soe Min Aung.

As international maritime norms have changed, Myanmar seafarers also needed to understand their rights protected by the law, which is why MSF has planned to emphasize the terms and conditions of CBA and SEA at the talk.

The collection of surveys aims to unveil what seafarers and their families really feel and what they think about the Myanmar Department of Maritime Administration (DMA) and Seafarer Recruitment and Placement Service (SRPS) companies, maritime training schools and seafarer unions, it said. Data from the survey will be crucial for demanding better employment contracts, quality training courses and rights protection, and MFS will use these data for the enhancement of the whole maritime industry, it said. — MT/ZS

K3B worth of drugs seized in Yamethin

SECURITY forces seized narcotic drugs worth approximately K3 billion between Nanlon and Kyisu villages in Yamethin Township at about 2:30 am on 24 March.

A combined security team stopped and searched three motorcycles carrying sacks along the Tatkon-Kyaukse inter-district road. When the motorcycles failed to stop, the team pursued and arrested 40-year-old Khun Linmar, from Hsihpaikham Village in Pinlaung Township,

together with the three motorcycles.

Upon inspection of the six sacks loaded onto the motorcycles, authorities seized two million stimulant tablets with an estimated street value of K3 billion.

The suspect and the seized items were handed over to the relevant police station for legal action, and investigations are underway to identify and arrest other individuals involved. — MNA/KZL



An arrestee is seen alongside confiscated drugs and motorcycles.

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CBM sells over US\$4M to edible oil and fuel importers

THE Central Bank of Myanmar (CBM) sold over one million baht to edible oil importing companies and three million baht to fuel oil importing companies on 24 March, in addition to sales of 5.678 million baht in the foreign exchange market.

CBM made a US \$45 million injection into the fuel import sector on 23 March to increase oil imports.

CBM's report showed transactions of 50 million baht on the foreign exchange trading Platform to importers to meet the market's needs, along with selling 2.424 million baht in the market. CBM also sold \$1.339 million to edible oil-importing companies on that day.



Greenbacks are seen at the foreign exchange counter.

CBM sold \$1.5 million to edible oil importing companies and \$1.16 million to fuel oil-importing companies on 20 March,

along with an injection of 3.37 million baht into the market.

In addition to the injection of large amounts of foreign cur-

rencies (yuan, dollar, baht) into the foreign exchange market, CBM has been injecting US dollars to stabilize the foreign exchange market and calm the edible oil prices, with over \$1.38 million to edible oil importing companies on 19 March, \$1.84 million on 18 March, \$1.55 on 17 March, \$2.38 million on 16 March, \$1.98 million on 13 March, \$1.85 million on 12 March, over one million dollars on 11 March, \$2.1 million on 10 March, \$1.97 million on 9 March, \$1.96 million on 6 March, \$2.65 million on 5 March, over \$1.24 million on 4 March and one million dollars on 3 March to the edible oil sector respectively. Additionally, CBM injected one

million dollars into the fuel oil import sector on 3 March.

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

Registration Board announces restricted-use pesticides

THE Pesticide Registration Board, operated under the Ministry of Agriculture, Livestock and Irrigation, declared nine Restricted Use Pesticides (RUPs) at its meeting held on 10 March 2026, according to its notification 8/2026.

In exercise of the power conferred by Section 12 of the Pesticide Law, methyl bromide, aluminium phosphide, magnesium phosphide, bro-

madiolone, zinc phosphide, brodifacoum, fenthion, imidacloprid, and ethylene oxide are classified as RUPs due to their having high acute toxicity and causing adverse effects to the environment or injury to applicators. Consequently, they are not available for purchase or use by the public. They must be applied by a certified applicator or under their direct supervision.

They must be clearly and prominently labelled on their containers, and the label must feature specific, vivid and highly visible warnings in detail.

The board will revise and issue the list of prohibited pesticides as necessary. The previous notification 9/2022 issued by the board was hereby cancelled, and this notification will be effective from 1 April 2026. — NN/KK

ARIC endorses 35 enterprises in 2021-2026

THE Ayeyawady Region Investment Committee (YRIC) endorsed 11 foreign enterprises and 24 domestic businesses to make investments in the region between February 2021 and February 2026, creating 10,000 jobs for locals.

Agriculture is the backbone of Ayeyawady Region's economy. Investors mostly invest in rice and related businesses and garment manufacturing. The regional investment committee has been implementing meas-

ures to facilitate exports and investment.

During the February 2021-February 2026 period, the committee also allowed some existing enterprises to make capital expansion and an increase in the labour force. The regional investment committee has been endorsing investment projects in accordance with rules and regulations under the Myanmar Investment Law to spur investments and create more job opportunities. — ASH/KK

MGMA to offer 269th Basic Sewing Machine Operator Training



Machine Operator Training (Batch 269) from 30 March to 24 April 2026 at the Myanmar Garment Human Resources Development Training Centre (MGHRDC) in Insein Township, Yangon Region.

This three-week course will provide practical and technical approaches to sewing machines, different sewing methods, labour laws and practices. The training will be closed during the Thingyan long holidays.

This training will also help those hunting for jobs connect with the garment factories, with a view to creating job opportunities. Upon completion of the training, the trainees will receive a stipend of K15,000.

Those interested in attending the training can enrol through the contact numbers of MGHRDC at 09 940858350, 09 450723262, 09 784085794, and 09 777367771. — NN/KK

THE Myanmar Garment Manufacturers Association (MGMA) will conduct Basic Sewing



This image depicts a workplace running in Ayeyawady Region.

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OPINION

Choose the best way for the future

Human beings are the most intellectually advanced of all living creatures in this world. Even so, among humanity itself, there remain many different levels of intellectual capacity. Among them are those who possess awareness but lack wisdom; those who are wise yet have a narrow scope of understanding; those who are highly intelligent but ill-intentioned; and those who have good intentions but limited intellect. In this way, various levels and types continue to exist within human society.

Be that as it may, human beings tend to regard themselves as fully endowed with wisdom and therefore assume that whatever they do is entirely right. Except for those for the Arahatta who have attained enlightenment through the teachings of the Buddha, all human beings simply proceed through life believing in and following their own views and convictions.

In general, human beings are forgiven for making mistakes out of ignorance of what is important. However, a person is truly deemed wicked only if they continue to err knowingly, or if, knowing they are wrong, they fail to correct themselves. Those who persist in wrongdoing, harming themselves, their own interests, others, and the welfare of society, become genuinely immoral and are considered evil-doers. As such, everyone has to choose the best way for their future.

truths that correspond appropriately to the times. It is only because of evils rooted in ego, hatred, and attachment that right and wrong are being defined in such a way. When the heart misjudges what is right and wrong, that is what leads one astray from the correct path.

In general, human beings are forgiven for making mistakes out of ignorance of what is important. However, a person is truly deemed wicked only if they continue to err knowingly, or if, knowing they are wrong, they fail to correct themselves. Those who persist in wrongdoing, harming themselves, their own interests, others, and the welfare of society, become genuinely immoral and are considered evil-doers. As such, everyone has to choose the best way for their future.

However, human beings should reflect upon themselves. Just because one believes oneself to be right, is it truly certain to be correct? And just because one thinks another is wrong, can it really be said that they are indeed wrong? Such questions should be carefully and thoughtfully considered. Although everyone may judge everything by intellect and reason, there are certain truths that can only be understood through lived experience.

In this world, apart from the Four Noble Truths taught by the Buddha, there is no truth that is eternally and unconditionally valid. What is regarded as right or wrong tends to change depending on beliefs, the passage of time, self-interest, and power. And the excessive use of power can never bring about genuine justice. Even if something appears to be right at present, it may cease to be right within a certain period of time.

Therefore, people must examine why such distortions between right and wrong occur, and learn to choose

Why Homemade Food Still Matters

By Lynn Lynn Myat Oo

Food is often chosen for convenience rather than care. Busy schedules, long working hours, and the easy availability of restaurants and delivery services have made eating outside or ordering food more common than ever. However, despite these modern changes, homemade food continues to hold a special and important place in our lives.

One of the main reasons homemade food matters is its health benefits. When people

cook at home, they have full control over the ingredients they use. They can choose fresh vegetables, good-quality meat, and balanced portions of nutrients. Homemade meals usually contain less oil, sugar, and salt compared to many restaurant or processed foods. As a result, people who regularly eat homemade food often maintain better health and develop healthier eating habits.

Another important aspect of homemade food is the emotion-

al connection it creates. Food prepared at home is often made with care, patience, and love. Many people associate homemade dishes with childhood memories, family traditions, and special occasions. The smell of a familiar dish cooking in the kitchen can remind someone of their parents, grandparents, or cultural heritage. In this way, homemade food becomes more than just nourishment; it becomes a symbol of comfort and belonging.

Homemade food also strengthens family relationships. Cooking and eating to-

gether provide opportunities for families to spend quality time with one another. In many households, preparing meals is a shared activity where family members talk, laugh, and help each other. Sitting together at the dining table encourages conversation and helps family members stay connected in a world where technology often distracts people from personal interactions.

In addition, cooking at home can be economical. Preparing meals from basic ingredients is usually less expensive than regularly buying food from restau-

rants or ordering delivery. With careful planning, families can prepare nutritious meals while managing their budget effectively. This is especially important for households trying to balance their financial responsibilities.

Finally, homemade food allows people to preserve cultural identity. Every culture has its own traditional recipes and cooking methods that are passed down through generations. By cooking these dishes at home, people keep their cultural traditions alive and introduce younger generations to the flavours and values of their heritage.



In conclusion, while modern lifestyles may encourage convenience and speed, homemade food continues to play a vital role in maintaining health, strength-

ening relationships, saving money, and preserving culture. It reminds us that food is not only about satisfying hunger but also about nurturing both the body

and the soul. Even in a world full of fast food and quick meals, the value of homemade food remains timeless."

IN daily life, many of us carry more than we need – not in our hands, but in our minds. We hold on to old conversations, unfinished arguments, past disappointments, and small regrets that quietly grow heavier over time. We often tell ourselves that we need more time to think, more chances to understand, or more reasons to feel justified. Yet, in many situations, what we truly need is much simpler: the ability to let go.

Don't drag things out unnecessarily. This gentle reminder may sound simple, but in practice, it requires awareness, discipline, and emotional maturity. Life constantly presents us with moments where we must decide whether to move forward or remain stuck. The choice we make shapes not only our mood, but also the quality of our lives.

When we no longer feel comfortable in a relationship and have decided to step away, it is often difficult to truly accept that decision. We may find ourselves wondering what the other person is doing, checking their social media, or asking mutual friends about them. However, once we have made the decision to cut ties, it is important to respect that boundary. Continuing to look back only delays our healing. It is over, and we must allow it to be over.

In professional life, we may face moments where our ideas are not accepted. Perhaps we shared something in a meeting, and it was rejected or ignored. It is natural to feel disappointed. However, instead of sitting with frustration or anger, we can choose a more constructive path. We can ask for feedback, understand the reasons behind the decision, and improve our ideas. Growth comes from reflection, not from

The Power of Knowing When to Stop

By Laura Htet (UDE)

holding on to hurt feelings.

Similarly, when we leave a job that did not make us happy, it is easy to carry the past with us. We may talk repeatedly about

our former workplace, complaining about our boss or colleagues. While sharing experiences can sometimes help us process emotions, constantly repeating negative

stories keeps us tied to a place we have already left. A healthier approach is to focus on what lies ahead – to search for new opportunities and create a better environment for ourselves.

In today's digital age, many of us experience another common struggle. At night, when our bodies are tired, our minds often refuse to rest. We pick up our phones and begin scrolling, telling ourselves that we will stop after just one more post. However, "just one more" often becomes many more. As a result, we lose valuable rest and wake up feeling exhausted. In such moments, discipline becomes an act of self-care. Putting the phone away and closing our eyes is not a small decision – it is a meaningful step towards protecting our well-being.

Our daily choices also extend to how we manage our finances. When we want to buy something, we may spend a long-time comparing prices, revisiting the same item again and again, and feeling uncertain. If the purchase fits within our budget, we can make the decision with confidence. If it does not, we can choose to walk away without regret. Overthinking and constant comparison do not bring peace; they only prolong dissatisfaction.

At times, we may hear that others are speaking about us behind our backs. This can be painful and difficult to accept. Our first instinct may be to defend ourselves,

to explain our side of the story, or even to confront those involved. However, not every situation requires a reaction. Some relationships are not worth preserving. In such cases, quietly stepping away is often the most dignified choice. By doing so, we protect our peace instead of losing it in unnecessary conflict.

There are also moments when our abilities are questioned or underestimated. Words can be sharp, and criticism can feel personal. Yet, responding to every comment with arguments only drains our energy. Instead, we can allow our actions and results to speak for us. Over time, consistent effort and meaningful achievements communicate more clearly than any explanation.

Friendships, too, can change. There may come a time when we choose to let go of someone who was once close to us. When this happens, we may feel the need to explain the situation to others, to clarify who was right and who was wrong. However, not every story needs to be told. Moving forward quietly often brings more peace than trying to gain understanding from everyone around us.

It is important to understand that choosing not to drag things out does not mean ignoring every issue. There are moments when problems need to be addressed with care and wisdom. Honest communication, thoughtful reflection, and respectful

solutions are necessary in many situations. However, once we have done what is needed, we must also know when to stop. Remaining in a cycle of repeated thoughts and emotional reactions only creates unnecessary stress.

When we fail to let go, we may begin to feel that the world around us is filled with negativity. We may think that people are difficult, unfair, or even harmful. While this can sometimes be true, there are also times when our own inability to move on contributes to our discomfort. Holding on too tightly can make small problems feel much larger than they truly are.

Developing a healthier mindset can help us navigate these challenges. One helpful perspective is to remember that the world does not revolve around any one individual. Each person has their own life, their own concerns, and their own journey. Likewise, no one's life stops because someone else is no longer part of it. This understanding can be freeing. It allows us to release the pressure of being at the centre of everything and to accept change more naturally.

Letting go is not a sign of weakness. It is a quiet form of strength. It requires us to trust that moving forward is better than staying where we no longer belong. It asks us to value our peace more than our need to be right, to be understood, or to hold on to the past.

As we continue our daily lives – at home, at work, and within our communities – we can practise this mindset in small ways. We can choose clarity over confusion, action over hesitation, and peace over prolonged tension. Step by step, these choices shape a calmer and more balanced life.



SCI/TECH: WORLD

Geneva particle physics lab becomes world-first in transporting antimatter

It takes at least eight hours to reach their first destination, Heinrich Heine University Dusseldorf in Germany.



CERN's antimatter-transporting truck. **PHOTO: CERN**

A European particle physics laboratory on Tuesday successfully transported a trap filled with antiprotons by truck across its main site, marking a world-first in delivering antimatter.

Antimatter is a class of particles with opposite charge and parity to ordinary matter and is difficult to preserve because the two annihilate on contact.

So scientists at CERN, one of the world's largest nuclear research centres, were extremely careful when they transported 92 antiprotons in a specially designed bottle that uses magnetic fields to trap the particles, loading it onto a truck for a short ride and continuing experiments after transport.

According to CERN, the experiment aims to deliver antiprotons to laboratories where they can be studied with greater precision than at its "antimatter factory", the only place in the world where antiprotons are produced and stored.

The machines in the antimatter factory "generate magnetic field fluctuations that limit how far we can push our precision measurements," said Stefan Ulmer, the spokesperson for Tuesday's test run.

Christian Smorra, the project's leader, said it takes at least eight hours to reach their first destination, Heinrich Heine University Dusseldorf in Germany. "What we achieved today with antiprotons is a huge leap forward towards our objective," he said. — Xinhua

Robot "teachers" preparing China's humanoids for real-world jobs

WEARING a VR headset and a motion capture suit, 23-year-old Chen Wenhai raises his arm while a humanoid robot of similar height beside him mirrors the movement in sync.

Chen gently closes his hand, and the robot's five fingers curl inward. Moments later, the robot grinds coffee beans, lifts a

cup and pours hot water, replicating Chen's every movement with precision.

Soon, a steaming cup of Americano is ready. Scenes like this play out daily at the Hubei Humanoid Robot Innovation Centre, where Chen works as a robot trainer; a new profession born from efforts to integrate

humanoid robots into everyday life and work.

The innovation centre, one of China's largest humanoid robot training platforms, hosts more than 20 simulated settings, including hospitals, supermarkets, kitchens and offices. There, human trainers work one-on-one with robots, repeatedly practising tasks such as grasping, walking and delivery. Of his eight-hour workday, only about three and half hours yield usable training data, with the rest spent correcting movements and repeating trials.

Even simple motions often require hundreds or thousands of repetitions. Zhou Mengkun, an engineer at Hubei Optics Valley Dongzhi Embodied Intelligence Technology, the company where Chen works, said robot trainers play a key role in bridging technology and real-world applications. — Xinhua



People watch a humanoid robot train in multiple training scenarios at the Suzhou Embodied Artificial Intelligence Robotics Innovation Centre in Suzhou, east China's Jiangsu Province, on 10 March 2026. **PHOTO: LI BO/XINHUA**

OpenAI to shut down Sora video app



This striking video image was created by OpenAI's Sora AI video generator. **PHOTO: OPENAI**

OPENAI announced Tuesday that it is shutting down its generative-AI video creation app Sora.

"We're saying goodbye to the Sora app," the Sora team said in a statement posted on the social platform X.

The team thanked users who had created and shared content on the platform, saying "what you made with Sora mattered" and acknowledging that the decision would be disappointing to many in its user community.

Sora, launched as a standalone app in September 2025, has been positioned as one of OpenAI's major products in generative video.

OpenAI's help-centre materials as recently as March showed ongoing updates to Sora's features, including editing tools and support for the newer Sora experience, suggesting that the shutdown represents a sharp shift in the company's product direction. — Xinhua

NEWS IN BRIEF

US social media addiction trial jury struggles for consensus

JURORS resume deliberations on Tuesday in a landmark social media trial after signalling that they were having trouble agreeing when it comes to one of the two defendants, Meta and YouTube.

"The jury has difficulty coming to a consensus regarding one defendant, do you have any advice on how to move forward?" the jurors told Judge Carolyn Kuhl, according to a note she read out loud.

Kuhl responded by asking the jurors to continue their deliberations.

"If you are unable to reach a verdict, the case will have to be applied before another jury selected in the same manner and from the same community from which you were chosen, and add additional cost to everyone," she told the jurors.

The afternoon ended with no verdict, meaning the panel will return on Tuesday to continue its quest for consensus.

The jury's first full week of deliberations ended Friday with the panel sending the judge a query related to calculating damages in the case, which is expected to set a precedent for thousands of similar suits in the United States. — Xinhua

Vietnam greenlights programme to protect children online

VIETNAMESE Prime Minister Pham Minh Chinh has approved a programme to strengthen the protection of children online while improving their digital skills during the 2026-2030 period, the Vietnam News Agency reported Tuesday.

Authorities plan to build a comprehensive protection framework based on five pillars, including a stronger legal system, nationwide awareness campaigns, accessible cybersecurity and digital education solutions, enhanced inter-agency coordination and improved self-immunity among children through safety education, said the report.

During the period, all schools are expected to deploy cybersecurity solutions, while internet service providers must integrate filters to block harmful content, and localities nationwide adopt technologies to deliver digital skills education, counselling and smart support services.

The program also guarantees timely support and intervention for any child who is a victim of online abuse, upon request from the child, their family or the community. — Xinhua



Over 200,000 devotees visit Vaishno Devi shrine in six days during Navratri. PHOTO: ANI

Over 200K pilgrims visit Maa Vaishno Devi shrine during Navratri, authorities ensure smooth yatra

The large turnout highlights the unwavering faith and enthusiasm of the devotees during this auspicious Navratri period.

MAA Vaishno Devi shrine is experiencing a significant surge in pilgrim footfall during the ongoing Navratri festival, with over 200,000 devotees having already paid obeisance in the first six days.

The base camp at Katra and the track leading to the Bhawan remain crowded at all hours, with both day and night witnessing a steady stream of

devotees. As a precautionary measure, registration for the pilgrimage was temporarily suspended on the evening of 21 March due to the overwhelming rush of pilgrims. However, the registration process resumed promptly at 4 am on 22 March after the situation was assessed and better crowd management was implemented.

Authorities had suspended

registration to ensure the safe and orderly movement of the large crowd. With the situation now under control, the registration has been restored.

The large turnout highlights the unwavering faith and enthusiasm of the devotees during this auspicious Navratri period, and the influx is expected to continue growing in the coming days. — ANI



Members of the public walk along Main Street in the village centre of Haworth, northern England, where Emily Bronte and her sisters used to live. PHOTO: AFP/FILE

What lies behind lukewarm response to latest "Wuthering Heights" film in China

A new adaptation of Emily Brontë's 1847 classic Wuthering Heights, directed by Emerald Fennell (Promising Young Woman Oscar winner) and starring Margot Robbie and Jacob Elordi, roams global screens with Catherine and Heathcliff. Yet in China, the tragic lovers face a chillier reception than anticipated.

Globally, the film has thrived, grossing over \$227

million. But China's box office tells a bleaker tale: just 17.19 million yuan (~\$2.49 million) by Thursday, including a modest 2.03 million yuan opening day, per Maoyan data. This stark disparity puzzles fans of the novel, a staple in Chinese schools.

Timing plays a role—released post-Spring Festival lull, it competes with holdover hits like Pegasus 3, which

earned eight times more on Sunday. Critics on Douban praise visuals but decry diluted tragedy, stripped characters, and sensational romance over depth. "Rational" Chinese audiences now prioritize reviews and resonance, as seen in Zootopia 2's 4.5 billion yuan success. Insiders see a shift: imports must deliver authentic emotion to win. — Xinhua

ECONOMY WORLD

Japan PM backs IEA's additional joint oil release as Iran war drags on

The IEA is currently evaluating the feasibility of this additional measure to ensure energy security.

JAPANESE Prime Minister Sanae Takaichi on Wednesday expressed her support for the International Energy Agency's additional joint release of oil reserves to address disruptions in energy markets stemming from the US-Israeli conflict with Iran.

During their meeting in Tokyo, Takaichi asked IEA Executive Director Fatih Birol to "prepare, if possible, for an additional coordinated release"

of oil stockpiles by the 32 member nations of the Paris-based body "in case the situation is prolonged".

A stable energy supply is vital for Japan, which sources nearly all crude oil from overseas and relies on the Middle East for over 90 per cent of its crude oil imports.

Since war broke out with the United States and Israel late last month, Iran has effectively

blocked the Strait of Hormuz, a critical global maritime artery through which about 20 per cent of the global oil supply is transported, fuelling supply concerns and triggering a surge in crude oil prices.

Earlier this month, IEA member countries began releasing strategic oil reserves totalling over 400 million barrels, the first such coordinated move since 2022. — Kyodo



Japanese Prime Minister Sanae Takaichi (R) holds talks with International Energy Agency Executive Director Fatih Birol at the prime minister's office in Tokyo on 25 March 2026. **PHOTO: KYODO**

US-Iran conflict damaged oil markets globally more than Russia-Ukraine war: Chevron CEO

THE ongoing conflict between the United States and Iran has caused more damage to global oil and gas markets than the prolonged Russia-Ukraine war, said Mike Wirth, highlighting the severity of disruptions in energy supply chains.

According to a report by Politico, Wirth cautioned that Iran's attacks on oil tankers and the broader escalation in the Middle East have significantly impacted global energy markets.

The report stated, "Wirth cautioned that Iran's attacks on oil tankers and the broader damage of the Middle East war did greater damage to oil and gas markets than the Russia-Ukraine war. Asian nations are running low on diesel and jet fuel. The war has held up deliveries of LNG, fertilizer and other products."

Wirth noted that assessing the extent of the damage remains a challenge, as it is still unclear how much produc-

tion has been shut and how severely key facilities have been affected.

He added that rebuilding global petroleum supply chains will be a major task even after the situation improves.

Speaking at the CER-AWeek by S&P Global conference in Houston, Wirth said that the disruption has significantly impacted the flow of oil and gas into the market. — ANI

Sri Lanka approves fee waiver for low-value QR payments

SRI Lanka's Cabinet of Ministers has approved a proposal to remove transaction fees for both senders and recipients on QR-based payments below 5,000 rupees (US\$16), a senior minister said Tuesday.

According to cabinet spokesman and health and mass media minister Nalinda Jayatissa, the decision aligns with the 2026 budget proposals aimed at modernizing the country's financial landscape and reducing its heavy reliance on physical cash.

The minister said the high volume of cash used in daily retail transactions remains a major bottleneck, limiting the growth of a transparent digital ecosystem.

Jayatissa said around 274,000 LankaQR transactions were recorded in the third quarter of 2025, with a total value of 1.18 billion rupees, averaging around 90,000 transactions per month. He said the average transaction value typically remains below 5,000 rupees. — Xinhua



The sign of a Chevron filling station displays current prices as drivers pump petrol in Rosemead, near Los Angeles, California, in March 2026. **PHOTO: AFP**

Portugal sees record number of patent applications in 2025

PATENT applications from Portugal reached a record high of 368 in 2025, according to the European Patent Office (EPO) Technology Dashboard 2025 released on Tuesday. This represents a 6.1 per cent year-on-year increase, and more than doubles the amount of patent applications since 2016. According to EPO, the figures reflect an increasingly dynamic

innovation ecosystem in Portugal. Computer technology and health-related sectors are the primary areas of innovation in the country, with medical technology posting particularly strong growth of 32 per cent compared to 2024. Meanwhile, biotechnology grew by five per cent, bucking a general downward trend at the EPO level. — Xinhua

NEWS IN BRIEF

S Korea's consumer sentiment worsens in March

SOUTH Korea's consumer sentiment worsened this month amid escalating Middle East tensions, central bank data showed Wednesday.

The composite consumer sentiment index (CCSI), which gauges the sentiment of consumers over the economic situation, declined 5.1 points from a month earlier to 107.0 in March, marking the first downturn in three months, according to the Bank of Korea.

Concerns over inflation and economic slowdown, driven by the Middle East conflict, along with heightened financial market volatility, fuelled pessimistic economic sentiment. — Xinhua

Fruit prices in Malaysia set to rise on Middle East shipping disruptions

FRUIT prices in Malaysia are set to rise as transport disruptions linked to the Middle East conflict ripple through global supply chains.

Shipping disruptions in the Middle East have driven fruit farmers to purchase more expensive chemical fertilizers, local media Sin Chew Daily quoted Koh Lai Ann, president of the Federation of Malaysia Fruit Farmers Association, as saying recently. "In just two weeks, the price of fertilizer raw materials has surged by 100 per cent to 150 per cent. If the conflict continues and suppliers are unable to deliver their goods, Malaysian fruit farmers could face a situation where they have the money but cannot buy fertilizer," he said. — Xinhua

US California diesel prices hit record high

DIESEL prices in the US state of California have risen to a record high, according to the latest data from the American Automobile Association (AAA). The average price of diesel in California reached US\$7.018 per gallon on Tuesday, the highest level recorded in AAA's database. By comparison, the current US national average price for diesel is about \$5.345 per gallon.

US media reports attributed the rising diesel prices to reduced oil-refining capacity and disruptions in global energy shipments amid the war in Iran. California has lost two refineries since October 2025, eliminating roughly 20 per cent of its refining capacity. — Xinhua

India warns of misuse risk from cheap weight-loss jabs



Ozempic is a prescription semaglutide medication primarily used to manage blood sugar levels in adults with type 2 diabetes. Ozempic aids weight loss through two main biological mechanisms. **PHOTO: WIKIMEDIA COMMONS**

INDIA'S health ministry warned Tuesday of the risks of unregulated use of weight-loss drugs, as low cost generic versions hit the market, stepping up inspections and enforcement across the pharmaceutical supply chain.

The warning comes after patents on semaglutide — the active ingredient in drugs such as Ozempic and Wegovy

— expired on 20 March in India, the world's largest supplier of generic medicines.

Generic versions of the GLP-1 drugs — referring to the hormone that regulates blood glucose levels and appetite — will slash costs and transform the global fight against obesity.

But the Ministry of Health stressed that the drugs can

only be used with a doctor's prescription.

"With the recent introduction of multiple generic variants of GLP-1... concerns have emerged regarding their on-demand availability through retail pharmacies, online platforms, wholesalers, and wellness clinics," the Ministry of Health said in a statement. — AFP



Oman's oil and gas industry remains the cornerstone of its economy. **PHOTO: AFP/FILE**

Oman crude oil plunges by \$30.9 to \$109.55 per barrel

THE official price of Oman crude oil for May delivery plunged by \$30.09 and stood at \$109.55 per barrel on Monday. The price of Oman crude was \$139.64 per barrel on Tuesday.

It is noteworthy that the monthly average price of Oman crude oil for March delivery reached \$62.17 per barrel, marking an increase of eight cents compared to the February delivery price. Meanwhile, global oil prices fell by more than five per

cent on Wednesday amid expectations of a possible ceasefire that would ease supply disruptions from the main producing region in the Middle East, following reports that the United States had sent Iran a 15-point plan to end the war between them.

Brent crude futures fell \$6.21, or 5.9 per cent, to \$98.28 a barrel, while US West Texas Intermediate (WTI) crude futures dropped \$4.67, or 5.1 per cent, to \$87.68 a barrel. — ANI

ROLLING UPDATES

WORLD

Kim Jong-Un thanks Putin for congratulatory message on reelection as DPRK Chairman

Kim expresses full confidence that his strong bond with Putin ensures lasting bilateral cooperation.

NORTH Korean leader Kim Jong Un thanked Russian President Vladimir Putin for being the first to send warm and sincere congratulations on his reelection as President of State Affairs, North Korean state-run news agency KCNA reported.

Kim Jong Un also expressed confidence that the strong relationship and trust he has established with Putin guarantee the longevity and continued focus of relations between the two countries.

North Korea and Russia are closely cooperating to protect the sovereignty of their countries and promote the well-being of their peoples through firm mutual support and assistance in an allied manner, the report added. — SPUTNIK



Russian President Vladimir Putin and North Korean leader Kim Jong Un pose for photos after a welcoming ceremony at Kumsusan state residence in Pyongyang, North Korea on 19 June 2024. PHOTO: SPUTNIK/FILE

Iran war: US to deploy thousands more soldiers

THE US Defense Department is expected to send some 3,000 more soldiers to the Middle East to support operations in Iran, according to two officials cited by the Wall Street Journal.

Reuters news agency also reported that thousands of soldiers were expected to be deployed, citing two people familiar with the matter.

The forces would come from the army's 82nd Airborne Division, a brigade known for its ability to deploy quickly anywhere in the world.

The officials did not specify where in the Middle East the troops would go or when they would arrive.

The 82nd Airborne Division is stationed at Fort Bragg, North Carolina, and specializes in parachuting into hostile or contested territory to secure land.

The officials told the WSJ and Reuters that a decision to put boots on the ground in Iran had not been made. — ANI

US, Russia, China could jointly police global nuclear arsenal in future: State Department



Titan II was the longest-serving ICBM (Intercontinental Ballistic Missile) in the US Air Force strategic arsenal. An LGM-25C Titan II missile is launched at Vandenberg Air Force Base, California (USA), in 1975. PHOTO: WIKIMEDIA COMMONS

IT is possible that the United States, Russia and China could jointly police the global arsenal of nuclear weapons in the future, US Under Secretary of State for Arms Control and International Security Thomas DiNanno said on Tuesday.

"I think it is certainly a possibility. I think it is important today to point out that we do participate in the P5, which is with all the nuclear weapon states: UK, France, as well as China, Russia and the United States," DiNanno said during a Senate Foreign Relations Committee hearing, when asked about such a possibility. — SPUTNIK

Middle East news summary on 25 Mar

New Security Council Chief Appointed

Iran's President Masoud Pezeshkian has appointed Mohammad Bagher Zolghadr as the new secretary of the Supreme National Security Council. The announcement was made on Tuesday by Seyyed Mehdi Tabatabaei, deputy for communications at the Iranian president's office, in a post on social media platform X.

Hormuz Transit Requires Iranian Permit

The Navy Commander of Iran's Islamic Revolutionary Guard Corps (IRGC), Alireza Tangsiri, said on Tuesday that any vessel transiting the Strait of Hormuz must fully coordinate with Iranian maritime authorities. Writing on X, Tangsiri said

IRGC naval forces had blocked a foreign container ship, identified as the "SELEN", after it failed to comply with required protocols and obtain a transit permit.

Qatar Declares Force Majeure LNG

QatarEnergy on Tuesday declared force majeure on several long-term liquefied natural gas (LNG) supply contracts following recent attacks on gas facilities in Ras Laffan Industrial City, Al Jazeera reported.

The report said the declaration affects customers in Italy, Belgium and South Korea.

The move comes after recent attacks on Qatar's main LNG production hub disrupted about 17 per cent of the country's

LNG export capacity, according to Qatar's Minister of State for Energy Affairs and QatarEnergy CEO Saad bin Sherida Al Kaabi, who announced the damage on 19 March.

Egypt Leads Regional De-escalation Talks

Egyptian Foreign Minister Badr Abdelatty on Tuesday discussed efforts to de-escalate regional tensions during separate phone calls with his Kuwaiti and Jordanian counterparts, as conflict continues across the Middle East.

Abdelatty and Kuwaiti Foreign Minister Sheikh Jaber Al-Ahmad Al-Sabah emphasized the need to prioritize diplomacy and intensify efforts to contain current tensions, according to a statement from the Egyptian Foreign Ministry. — Xinhua

SPORTS

Myanmar take on Afghanistan in today's Asian Cup Qualifier

THE Myanmar national football team will take on the Afghanistan national football team in the 2027 AFC Asian Cup qualification group match at the Thuwunna Youth Training Centre at 5 pm today.

Myanmar will play its remaining two group matches of the third-round qualifiers this month away from home. However, Afghanistan cannot host matches in their home country. Although the match was initially planned to be held in Qatar, it was later decided to stage the game in Myanmar due to the situation in some Middle Eastern countries.

The Myanmar team is coached by Myo Hlaing Win, who has been preparing the squad with 28 preliminary players, while Afghanistan changed its head coach before the



Myanmar's striker Kyaw Ko Ko is seen at the training session.

match.

In their previous meeting, Myanmar de-

feated Afghanistan by two goals to one. After four matches, Myanmar

has six points, while Afghanistan has two points. — Ko Nyi Lay/KZL

Injury threatens ex-Arsenal ace Tomiyasu's World Cup dream

FORMER Arsenal defender Takehiro Tomiyasu on Tuesday pulled out of Japan's squad for friendlies against Scotland and England because of injury, putting his World Cup hopes at further risk.

The 27-year-old was last week called up for the first time in almost two years, but he will now have no chance to play for his country before coach Hajime Moriyasu names his World Cup squad.

Tomiyasu started for his club Ajax against Feyenoord on Sunday, but he signalled to the bench in discomfort after going down and was substituted in the 73rd minute.

He said in an Instagram post that it was

“part of a process”.

“Haste makes waste. Do what you need to do,” he wrote.

Japan play Scotland in Glasgow on Saturday before taking on England at Wembley three days later. — AFP

Construction on Brisbane's 2032 Olympic stadium to start in Jun



The proposed Brisbane Olympic Stadium at Victoria Park. PHOTO: QUEENSLAND GOVERNMENT.

CONSTRUCTION of Brisbane's 63,000-seat stadium for the 2032 Olympic and Paralympic Games will begin in June, the government of Queensland announced on Wednesday.

Jarrod Bleijie, Queensland's deputy premier, said the state government has finalized a site for the 3.8 billion Australian dollar (US\$2.7 billion) stadium in a central location in Victoria Park, two kilometres north of Brisbane's central business

district.

Bleijie said preparatory works would begin once the land is transferred to the Games Independent Infrastructure and Coordination Authority (GIICA) on 1 June. Early design images released to local media on Tuesday night showed the three-tiered stadium featuring openings at either end to allow breezes through. Addressing the Queensland Media Club, Bleijie said the Olympic and Paralympic venues

would deliver "city-shaping infrastructure and economic benefits".

"History shows that the true value of the Games is not measured in the weeks of competition. It's in the decades of prosperity that follow," he said.

"Cities around the world have used the Games as a catalyst to unlock urban renewal, accelerate infrastructure investment and reshape entire precincts." — Xinhua

OBITUARY

Dr. Hla Nyun (Henry Nyun)
Age 81

It is with deep sadness that we announce the passing of Dr. Hla Nyun (Henry Nyun), former Director of the Myanmar Scientific and Technological Research Department (MSTRD). Dr. Hla Nyun, residing at No. 1 Ngadatkyi Avenue Road, Yangon, passed away peacefully on Tuesday, March 24, 2026, at 4:30 AM.

He was the beloved son of the late Sithu U Nyun and Daw Than Tin, and the son-in-law of the late Dr. Thein Aung and Daw Mya Mya Than.

He is survived by:

- His loving wife: Dr. Myint Myint Thein (Polly)
- His children: U Soe Moe Nyun, U Phyo Hla Nyun & Daw Thitsar Ni Mar Nyun, and U Yar Zar Nyun & Daw Yu Mon Thein.
- His cherished grandchildren: Kay Zin Nyun, Kyal Sin Nyun, and Htoo Htet Nyun.

Funeral Arrangements

The funeral service and cremation will take place on Friday, March 27, 2026, at 10:00 AM at the Yay Way Cemetery.

Relatives and friends from near and far are respectfully invited to attend and pay their final respects.

The Bereaved Family

Yamanya United Club folded, owner confirms

ONE of the Myanmar National League teams, Yamanya United, officially ceased to exist, said the football club owner, U Thin Maung Soe, on

his Facebook page on 25 March.

He said all wages for the team's coaches and players had already been paid.



The football club owner, U Thin Maung Soe, announces the abolition of the club.

Yamanya United was relegated from League 1 to League 2 after finishing with 1 win, 3 draws, and 18 losses in the 2025-26 season.

Yamanya United was founded in 2024 and played in the Myanmar National League 2 at rank 3. It was levelled up to the League 1, as rank 1 and rank 2 – Chinland FC and University FC – never participated in the upper level. — Htun Htun/ZS

Kim Jong-Un thanks Putin for congratulatory message on reelection as DPRK Chairman

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Almost all South-East Asian countries turn to Russia for energy supplies: Energy Ministry

Sri Lanka is interested in oil and other energy supplies from Russia, but the volumes are still unknown.

Almost all South-East Asian countries are turning to Russia for energy supplies due to the crisis in the Middle East, Russian Deputy Energy Minister Roman Marshavin said on Wednesday.

“Almost all the countries of South-East Asia are turning [to Russia],” Marshavin told reporters when asked which countries are turning to Russia for energy supplies.

Sri Lanka is interested in oil and other energy supplies from Russia, but the volumes are still unknown, Marshavin added.

On 28 February, the United States and Israel launched strikes on targets in Iran, including in Tehran, causing damage and civilian casualties. Iran responded by striking Israeli territory and US military facilities in the Middle East.

The escalation around Iran has led to the de facto halt of traffic in the Strait of Hormuz, a key route for oil and liquefied natural gas deliveries from Persian Gulf countries to global markets, disrupting exports and affecting regional production. — SPUTNIK



An oil pump jack operated by the Yamashneft Oil and Gas Production Division of Tatneft, are seen in Almetyevsk District of Russia's Republic of Tatarstan. PHOTO: SPUTNIK

US sends 15-point peace plan to Iran via Pakistan: NYT



Jared Kushner and Steve Witkoff are leading ceasefire negotiations for President Donald Trump in the Middle East. US special envoy Steve Witkoff (L) and US President's son-in-law and businessman Jared Kushner arrive at the Elysee Palace in Paris, on 6 January 2026.

PHOTO: LUDOVIC MARIN/AFP/FILE

THE United States has sent Iran a 15-point peace plan, via Pakistan, in an attempt to end the war with Iran, now in its fourth week, The New York Times reported on Tuesday, citing two unidentified officials.

The Trump administration is eager to “find an off-ramp from the conflict as it grapples with its economic fallout”, said the report.

The plan addresses Iran's ballistic missile and nuclear programmes and discusses maritime routes, referring to the Strait of Hormuz, it said.

However, it was unclear how widely the plan, delivered by way of Pakistan, had been shared among Iranian officials and whether Iran was likely to accept it as a basis for negotiations, said the report.

It was also unclear whether Israel was on board with the proposal, the report added.

Israel's Channel 12 also reported on Tuesday that Washington has delivered Tehran a 15-point plan for a month-long ceasefire deal. — Xinhua

Vietnam rice exports face delays amid ME tensions

VIETNAM'S rice exports are facing disruptions as tensions in the Middle East drive up shipping costs and insurance premiums, the Vietnam News Agency reported Wednesday. Delivery times have lengthened by 10 to 15 days, while domestic transport costs have risen by 20,000 Vietnamese dong (about US\$0.8) to 30,000 Vietnamese dong (about \$1.2), the report said, citing Nguyen Anh Son, director-general of the Agency of Foreign Trade under the Ministry of Industry and Trade. Exporters are grappling with container shortages and rerouted shipping services, forcing traders to renegotiate contracts, delay shipments, or hold back on new orders, the report added.

According to the Ministry of Agriculture and Environment, Vietnam's paddy output in 2026 is projected to reach about 45.6 million tonnes, with 7.73 million tonnes available for export. — Xinhua