

# The Global **NEW LIGHT** of MYANMAR

## Green Upgrades Smooth Journeys

President of the Republic of the Union of Myanmar, U Min Aung Hlaing, conducted an inspection tour of several key sites in PyinOoLwin, including the Pwekawk Waterfall recreation resort (BE Falls), Thumingala Market, the National Kandawgyi Gardens, and the Anisakhan Airfield.



President of the Republic of the Union of Myanmar U Min Aung Hlaing hears the report on the National Kandawgyi Gardens upgrade works from an official in PyinOoLwin yesterday.

**Key points in the guidance offered by the President during his PyinOoLwin tour**

1. It is necessary to maintain the Kandawgyi Gardens to be green and lush at all times and to ensure proper water inflow and outflow in the lakes.
2. The upgrade of Anisakhan Airfield was carried out for domestic flights with the aim of further developing the tourism industry, enabling fruits and flowers produced in the PyinOoLwin region to be transported easily and quickly to other areas.
3. Arrangements have been made to accommodate the arrival and departure of around 1,000 passengers per day.

**P**resident of the Republic of the Union of Myanmar U Min Aung Hlaing, accompanied by his wife Daw Kyu Kyu Hla, inspection tour members and Mandalay Region Chief Minister U Myo Aung, inspected the activities on the development of the tourism industry, greening works and urban improvement measures in PyinOoLwin.

On arrival at Pwekawk Waterfall recreation resort (BE Falls), the President, his wife and party visited the glass bridge, enjoyed skill demonstration of elephants, oversaw the exhibits

of Dinosaur Kingdom and took the Sky Cable Car. Officials reported on a plan to install a 5D cinema in the recreation resort. The President gave necessary guidance and visited the resort.

While inspecting the centre, the President gave guidance to manage the BE Falls with cleanliness, beautification and greening activities for the convenience of travellers, grow flowery plants and trees systematically, maintain the pavements and bridges, conserve the creek with clean water and a good environment, and prioritize safety.

The BE Falls recreation re-

sort was upgraded and reopened for the public in 2021 in accordance with the guidance of the Head of State, with the aims of preserving and enhancing the quality of the naturally existing large trees, rock formations, and flowing stream water; developing the area into a place where forest ecosystems can be studied; establishing it as an international-standard nature resort; and contributing to national development as well as the socioeconomic improvement of residents. The resort has been upgraded with facilities including a 5D LED

**SEE PAGE 3**



**NATIONAL PAGE 2**



Two RBE train services expanded: Nay Pyi Taw-Toungoo and Toungoo-Bago sections

**NATIONAL PAGE 5**



Frozen seafood demand rises as monsoon fishing ban reduces fresh fish supply

**NATIONAL PAGE 6**



Specialist medical team delivers healthcare in Htantabin, Yangon

# NATIONAL

## Two RBE train services expanded: Nay Pyi Taw-Toungoo and Toungoo-Bago sections

MYANMA Railways is expanding its train services to facilitate travel for the public and to provide convenience for freight operators. Starting from 15 May, two RBE train services will be operated daily on the Nay Pyi Taw-Toungoo and Toungoo-Nay Pyi Taw sections, as well as on the Toungoo-Bago and Bago-Toungoo sections.

As a result of this expansion, train services are being operated daily on the Nay Pyi Taw-Toungoo and Toungoo-Nay Pyi Taw sections. The RBE Down train departs from Nay Pyi Taw Station at 6 am and arrives at Toungoo Station at 8:25 am. The RBE Up train departs from Toungoo Station at 2 pm and arrives at Nay Pyi Taw Station at 4:25 pm.



This photo shows a RBE train of Myanmar Railways. **PHOTO: ZAW KO KO (TOUNGOO)**

Similar train services are being operated daily on the Toungoo-Bago and Bago-Toungoo sections. Two RBE Down trains depart from Toungoo Station at 6 am and arrive at Bago Station at 10:15 am. The two RBE Up trains depart from Bago Station at 2:15 pm and arrive at Toungoo Station at 6:30 pm.

The train fare for the Toungoo-Nay Pyi Taw journey is K2,500 from Toungoo Station to Myohla Station, and K5,000 beyond Myohla Station. For the Toungoo-Bago journey, the fare is K4,000 from Toungoo Station to Kyaukdaga Station, and K8,000 beyond Kyaukdaga Station. — Zaw Ko Ko(Toungoo)/TH

## FDA declares 3 cosmetics unfit for use

THE Department of Food and Drug Administration (FDA) has announced that three cosmetic products are unfit for use, as they are not registered with the department and contain banned chemicals that can pose health risks.

Under the directive of the Ministry of Health, the FDA systematically regulates cosmetics to ensure the public has access to authentic, quality, and safe products. According to the Post-Marketing Alert System (PMAS) Report programme of ASEAN countries, three unsafe cosmetic products were identified across various ASEAN nations. The FDA has thus issued this notice for the public.

The three cosmetic products are: Glowing/Night Treat-



Some of the cosmetic products declared unfit for public use.

ment (NA); Glowing Herbal Treatment (NA); and ROSE/White & Natural Cream Moisturizer (NA).

These banned chemicals can cause skin irritation, inflammation, white or red rashes, and can be absorbed through the skin — leading to numbness, muscle tremors, fatigue, headaches, and depression. Long-term use can also result in kidney failure

and other illnesses.

Consequently, cosmetic market players are strictly urged to completely refrain from importing, distributing, or selling these unregistered cosmetics on an ethical basis. The FDA has announced that failure to comply will result in legal action by relevant authorities under Section 3 (d) of the Public Health Law. — MT/ZN

## ME Seoul announces PE passport extension requirements for students

THE Myanmar Embassy to the Republic of Korea issued an announcement, stipulating required documents for the passport for education (PE) extension, along with the enrolment letter.

The Myanmar Embassy in Seoul has worked for the passport extension service including PE for Myanmar nationals in

the Republic of Korea, through verification under existing laws, rules and regulations and procedures, it said.

Requirements for PE extension include originals and copies of acceptance letter, score report of the latest test, evidence for school fee payment and the enrolment letter, it stated. — MT/ZS



The Myanmar Embassy in Seoul, the Republic of Korea.

## Low-Pressure Area Condition

Issued at 7 am MST on 17 May 2026

ACCORDING to the observations at 5:30 am MST today, the Low-Pressure Area over the Southwest Bay of Bengal and adjoining Westcentral Bay of Bengal become less marked. — DMH

## Green Upgrades Smooth Journeys

### FROM PAGE 1

glass bridge, a 554-metre Sky Cable Car, a Roller Coaster, a Bumper Car, Tea Cups, Merry-Go-Round, the Dinosaur Kingdom, forest walking trails, recreation areas, and children's playgrounds. Visitors can enjoy the beauty of the natural environment, and the site has become one of the landmark attractions of PyinOoLwin, drawing large numbers of local and international tourists and holidaymakers.

The President, his wife and party viewed the trading at Thumingala Market (Nyantaw Market) and asked sellers about the market conditions and the selling process.

At the National Kandawgyi Gardens in PyinOoLwin, the President and party observed the activities on cleanliness and beautification and efforts for greening the gardens, and systematic breeding of birds and animals. They fed fish and ducks in the lake.

At the briefing hall, the President heard reports on the conservation of water sources in the gardens, efforts to beautify the gardens with the strength of gardeners, holding the flowery festival yearly and organizing public activities.

In response, the President said that as the PyinOoLwin region is home to a wide variety of fragrant flowers that can bloom throughout all twelve months of the year, arrangements must be made to ensure that flowers are always blooming beautifully so



President of the Republic of the Union of Myanmar U Min Aung Hlaing and his wife Daw Kyu Kyu Hla feed birds at the National Kandawgyi Gardens in PyinOoLwin yesterday.

that tourists and visitors coming to the region at any time can enjoy a pleasant and refreshing experience.

Officials need to work together to maintain the Kandawgyi Gardens so that they remain green and lush at all times and to ensure proper water inflow and outflow in the lakes.

It is necessary to carry out seed production to further expand the cultivation of native flowers such as Maymyo flowers and chrysanthemums, and

to conduct research-based cultivation to improve the colours and fragrances of the flowers.

A systematic master plan should be formulated to ensure that flowers within the garden bloom abundantly and beautifully, and cultivation should be carried out using greenhouses. The forest walkway should also be rebuilt, while bamboo plantations should be established along with bamboo-lined walkways among the bamboo groves in order to attract more visitors

and help create a climate that is balanced with a green and lush environment. In addition, cherry trees should be further expanded in cultivation.

A ceremony to donate cash to the fund of Cherry Yeik Foundation followed. On the occasion, the President said that faculty members from the foundation had turned out all graduate officers from the academy to become good leaders. Hence, he said that everyone will always remem-

ber and remain grateful to all the teachers, instructors, and administrators who taught and trained them to be disciplined in managing themselves and to become good leaders.

President U Min Aung Hlaing (Retired Senior General) and well-wishers donated cash to the foundation's fund.

The President and party proceeded to the Anisakhan airfield, where they inspected the progress of the upgrade of the airfield. An official reported on data about the airfield, progress of upgrading tasks, control of quality for all measures, construction of the airfield lounge and the apron, upgrading of the road leading to the airfield and its environment, and construction of a new control tower.

After hearing the reports, the President gave guidance, saying that the airport upgrade was carried out for domestic flights with the aim of further developing the tourism industry, enabling fruits and flowers produced in the PyinOoLwin region to be transported easily and quickly to other areas.

Under the current conditions of the newly constructed airport, arrangements have been made to accommodate the arrival and departure of around 1,000 passengers per day. He stressed that the runway upgrade must be systematically calculated and carried out in accordance with the prescribed standards and specifications. — MNA/TTA

## Union Minister for Border Affairs inspects regional development projects in Mandalay Region

UNION Minister for Border Affairs Lt-Gen Phone Myat inspected the sinking of tube-wells, solar-powered water pumping systems, and the excavation of earthen ponds for water storage during the summer season in Kantaung, Htamonkan, and Thapyaywa villages in Meiktila Township yesterday morning.

He observed the quality of the drinking water in the reservoir at Theintaung Tawya Monastery in Wundwin Township for contami-

nation and instructed officials to ensure that no soil layers would compromise the strength of the reservoir or allow water infiltration.

Subsequently, the Union minister inspected the tube-well sinking project and earth-pond renovation work in Ywashe Village, Wundwin Township, as well as the completed concrete road along the ascent route to Pyetkhayway Mountain in Kume Town. — MNA/TH



Union Minister for Border Affairs Lt-Gen Phone Myat observes the sinking of tube-wells in Kantaung village in Meiktila Township yesterday.

# NATIONAL

## Mon State CM inspects development undertakings in Thaton Township

MON State Chief Minister U Aung Win Than inspected regional development works in Thaton yesterday morning.

He first visited a model rubber-based multi-crop plantation owned by U Nyi Soe Wai in Kyaikkaw Ward, Thuwunnawati Town, where rubber is successfully cultivated alongside six cash crops including cocoa, mango, jackfruit, coconut and durian, which are reported to be thriving as commercial plantations.

He also inspected the issuance of citizenship scrutiny cards and UID registration under the Laminn project implemented by the Immigration and Population Ministry at the Pa-O National Hall in Naungkala Village, Thaton Township.

Later, the Chief Minister



Mon State Chief Minister U Aung Win Than visits U Nyi Soe Wai's model rubber-based multi-crop plantation farm in Kyaikkaw Ward, Thuwunnawati Town, Thaton, on 17 May. **PHOTO: STATE IPRD**

visited Basic Education High School No 2 in Thaton to review preparations for school enrolment activities, and travelled by RBE-2524 from Tha-

ton Station to Yinnyein Station to inspect ongoing upgrading works along the Thaton-Mawlamyine railway section. — State IPRD/KZL

## Ayeyawady Region Chief Minister calls for further development of agriculture, livestock, and factories



Ayeyawady Region Chief Minister U Aye Kyaw observes the experimental fish farm of Global Earth Agro & Aqua Industry Public Co Ltd in Phayachaung Village-tract, Pantanaw Township, Maubin District, yesterday. **PHOTO: REGION IPRD**

AYEYAWADY Region Chief Minister U Aye Kyaw inspected the operations of Global Earth Agro & Aqua Industry Public Co Ltd in Phayachaung Village-tract, Pantanaw Township, Maubin District, yesterday morning.

First, he inspected the experimental fish farming operations, the paddy husk-fired gasifier and use of paddy husk

in the gas-engine power generation system, and the installation work. Instructions were given to further develop agriculture, livestock breeding, and factories in the region. The Speaker of the Ayeyawady Region Hluttaw delivered supplementary remarks and they viewed the fish-based food products on display. — Region IPRD/TH

## Taninthayi Region CM inspects Kawthoung airport, power projects



Taninthayi Region Chief Minister U Zaw Naing Oo inspects the workplace of electricity distribution in Kawthoung. **PHOTO: DISTRICT IPRD**

TANINTHAYI Region Chief Minister U Zaw Naing Oo inspected ongoing development works at Kawthoung Airport yesterday morning and instructed officials to ensure timely completion of the project in line with set standards and specifications.

He also inspected electricity distribution works in Kawthoung Township and observed power generation operations at the 10-megawatt solar power plant operated by Southern Coastline

Group Company Limited in Pasaiparnyan Village, 10<sup>th</sup>-Mile Village-tract, Kawthoung Township.

The Chief Minister later visited the Shwe Pyi Thar power plant and inspected electricity distribution in Kawthoung using combined power generated from diesel generators operated by PTC Company and the SCG solar power plant. — District IPRD/KZL

### Advertise

with us /  
Hotline



09 454237515

09 255597511

Global NEW LIGHT of MYANMAR

www.gnlm.com.mm



#### CIRCULATION & DISTRIBUTION

(+95) (01) 8604532,  
Hotline - 09 255597511

#### ADVERTISING & MARKETING

(+95) (01) 8604530,  
Hotline - 09 251022355  
marketing@gnlm.com.mm  
subscription@gnlm.com.mm

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.  
[gnlmnews@gmail.com](mailto:gnlmnews@gmail.com),  
[newsroom@gnlm.com.mm](mailto:newsroom@gnlm.com.mm)  
[www.gnlm.com.mm](http://www.gnlm.com.mm)

#### Write for us

We appreciate your feedback and contributions. If you have any comments or would like to submit editorials, analyses or reports please email [aungthuya@gnlm.com.mm](mailto:aungthuya@gnlm.com.mm) with your name and title.

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.

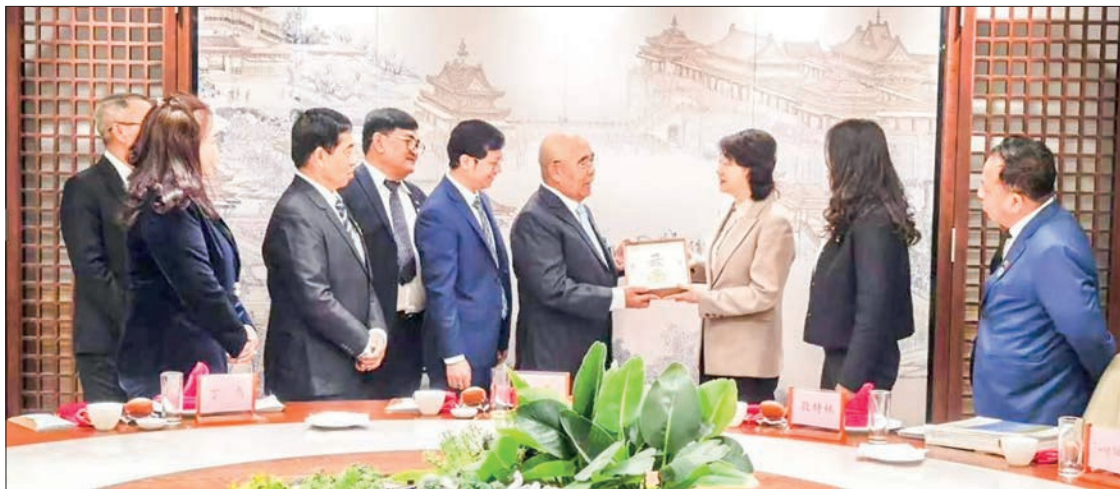
# NATIONAL

## MCFA, YPPAFFC discuss holding Myanmar-China friendship event in 2026

THE Myanmar-China Friendship Association-MCFA (Central) and the Kunming City branch of the Yunnan Provincial People's Association for Friendship with Foreign Countries (YPPAFFC) discussed holding a Myanmar-China friendship event in 2026, according to the MCFA (Central).

The MCFA (Central) officials met those from the Kunming branch of the YPPAFFC in Kunming.

During the meeting, the delegation led by Ms Wang Yu,



This photo features a meeting between the MCFA (Central) and the YPPAFFC, Kunming, China.

Chairman of the YPPAFFC, and U Tin Oo, Chairman of the MCFA (Central), discussed the future plans, people-to-people friendship, cooperation, and the holding of a unique bilateral friendship event this year.

After the meeting, the Chairman of the YPPAFFC presented the Chairman of the MCFA (Central), with an honorary membership certificate in recognition of his efforts to promote friendship between the two countries. — ASH/TH

## India Cargo Vessel MV Taw Win Thiri arrives at Sittway Port under Kaladan Project

ACCORDING to the Embassy of India to Myanmar, the MV Taw Win Thiri, carrying 400 tonnes of general cargo from India, arrived at the Sittway Port in Rakhine State as the 330<sup>th</sup> vessel to dock at the port.

The Sittway Port is an important port under the Kaladan Multi-Modal Transit Transport Project (KMMTTP), which was implemented with assistance from the Govern-

ment of India. The project is intended to enhance regional integration and facilitate the movement of humanitarian and commercial goods.

The project was implemented to transport essential goods to the landlocked regions of India, where transport links are difficult, by connecting Sittway to Paletwa through inland waterways and road networks. The project in-

cludes Sittway Port, the Paletwa Inland Water Terminal, the Kaladan River Bridge, and the Paletwa-Mizoram Road.

The Kaladan River Basin Development Project is a joint cooperation project with India and is expected not only to improve connectivity between Myanmar and India, but also to further promote bilateral trade between the two countries.— ASH/KNN



MV Taw Win Thiri is seen arriving at Sittway Port in Rakhine State as the 330<sup>th</sup> vessel to dock at the port.

## Frozen seafood demand rises as monsoon fishing ban reduces fresh fish supply



Seafood products seen in the market.

ACCORDING to the domestic seafood market, demand for frozen seafood has risen significantly due to the decline in the supply of fresh marine fish in the local market.

The reduction in the supply of fresh marine fish is due to the current three-month monsoon-season fishing ban imposed to conserve Myanmar's marine fish resources. As a result, fewer fresh marine fish are entering the market.

Each year during the monsoon season, restrictions are placed on marine fishing activities in order to prevent the depletion of fish resources during the breeding season. During this period, consumers in the domestic market mainly

rely on farmed freshwater fish and frozen marine fish stored in cold storage facilities.

At present, farmed freshwater fish such as rohu, river catfish and climbing perch, along with frozen marine fish, prawns and squid, are selling well in the market. In particular, fish fillets and frozen prawns are proving especially popular among consumers.

Currently, cold storage factories in Yangon are distributing frozen fish, prawns, crabs and squid to the market on a daily basis. In addition, some seafood products caught by small-scale inshore fishing boats are also continuing to enter the market. — ASH/KZL

Advertise  
with us/ Hotline:

☎ 09 454237515,  
09 255597511

# NATIONAL

## Early monsoon rains prompt farmers in Kyaukpadaung to begin cultivation of oil crops and pulses



Farmers are seen in cultivation of crops in villages of Kyaukpadaung Township thanks to rain in late April and early May.

FARMERS in Kyaukpadaung Township have begun cultivating groundnuts, sesame, pigeon peas and green gram following the squalls that occurred on 28 April and the early monsoon rains that continued into early May.

In Kyaukpadaung Township, heavy rain accompanied by strong winds fell on 28 April, bringing 1.34 inches of rainfall. However, the rain was not widespread across the region. Further rainfall measuring 1.54 inches was recorded on 10 May and 0.55 inch on 11 May, resulting in more widespread rainfall throughout the area.

According to the Township Agriculture Department, the main crops planned for cultiva-

tion in the township during the season include 64,000 acres of groundnuts, 122,651 acres of sesame, 10,314 acres of sunflower, 12,002 acres of green gram and 75,970 acres of pigeon peas.

Relevant departments, under the supervision of the Township Management and Administrative Committee, are providing the necessary assistance to ensure that cultivation targets are met and exceeded and that target yields are achieved. Support measures include the timely supply of quality seeds, the systematic use of fertilisers, the application of proper agricultural techniques and the provision of agricultural loans in a timely manner. — Nay Aung (IPRD)/MKKS

## Specialist medical team delivers healthcare in Htantabin, Yangon

HEALTHCARE staff led by the Medical Superintendent of the Hlinethaya People's Hospital in Yangon, together with specialist doctors, provided field healthcare services to monks, novices and residents at People's Hospital in Htantabin Township on the morning of 16 May.

During the healthcare programme in Htantabin Township, specialist doctors in general medicine, surgery, paediatrics,

ophthalmology, ear, nose and throat diseases, orthopaedics, dermatology, and dental and oral health provided medical examinations and treatment to more than 430 patients.

Officials from township, head of the township Medical Services Department and members from civil social organizations arranged the necessary support measures. — Zin Min Htaik (Htantabin)/KZL



The specialist medical team from Hlinethaya People's Hospital is seen at Htantabin Township People's Hospital on 16 May. PHOTO: ZIN MIN HTAIK (HTANTABIN)

## Environmental awareness talk held at Mongkhun Model Village in Tanai Township

THE Tanai Township Rural Development Department, under the Ministry of Cooperative and Rural Development, collaborated with the Township Agriculture Department to conduct an environmental awareness talk at Mongkhun Model Village in Tanai Township, Kachin State, on 17 May.

The event aimed to educate rural residents on waste management systems, haze mitigation, and environmental conservation.

During the talk, U Zaw Myo, Head of the Tanai Township Rural Development Department, discussed environmental conservation, haze reduction, and proper waste disposal. He also highlighted the health risks of air pollution and indoor pollution, including various infectious diseases, and explained preventive measures.

Subsequently, U Nyi Nyi Htwe, Head of the Township Ag-



Environmental awareness talk on waste management systems, haze mitigation, and environmental conservation is underway Mongkhun Model Village in Tanai, Kachin State, on 17 May.

riculture Department and staff gave lectures on the benefits of reducing plastic bag usage, different types of waste, and environmental care. Following the presentations, they replied to questions raised by attendees.

The talk was attended by township-level departmental officials, village elders, and residents. Informative pamphlets were also distributed to the attendees during the talk. — Cho Than Nyunt (Rural)

Advertise

with us/ Hotline:



09 454237515, 09 255597511

# NATIONAL

## Crackdown on online scam and gambling operations in Shan State intensified



The seized buildings where online scam and gambling activities were committed in Muse, Shan State (North) yesterday.



Suspects were arrested along with mobile phones, computers and other accessories.

THE Myanmar Government is giving serious priority, as a matter of national responsibility, to combatting online scams and gambling activities that pose threats worldwide. In order to prevent such operations from taking root within Myanmar, the authorities are actively cooperating not only with domestic organizations but also with neighbouring governments through coordinated efforts.

Combined security teams have been carrying out area security operations, searches and inspections in relevant areas to ensure that individuals involved in online scam and gambling activities are

not based there and that such activities are not being conducted. During operations conducted yesterday evening, security forces searched a house in Swansaw Word, Muse, Shan State (North), where they arrested 38 suspects involved in online scam and gambling activities — four Chinese nationals, 25 Myanmar men and nine Myanmar women — together with 155 assorted mobile phones, 30 all-in-one computers, Chinese Yuan 10,000, Myanmar currency K1 million and two Crown vehicles.

Security teams continued their security operations and later arrested an additional four Myanmar male suspects

involved in online scam and gambling activities at a house from the same ward together with 95 mobile phones and two wifi routers.

After the necessary investigations are completed, those arrested for involvement in online scams and gambling activities will face effective and severe action in accordance with existing laws. The seized operational equipment will also be dealt with in line with established procedures.

The report added that the State will continue actively cooperating with neighbouring countries, regional nations and international organizations in efforts to eradicate online

scam and gambling activities from being established within and prevent such operations Myanmar. — MNA/KZL



Officials from the Labour Attaché Office in Thailand held a mediation session at the MOEAA.

## Labour Attaché Office resolves dispute for Myanmar migrant workers

A labour issue settled in response to a request for help from Myanmar migrant workers, said the Labour Attaché Office in Thailand.

The Labour Attaché Office in Thailand stated it had helped 15 Myanmar migrant workers as they haven't got jobs despite paying a service fee to the employment agency to work at a factory.

According to workers, they have waited long and were asked to pay unnecessary charges for getting jobs at an electronic factory in Thailand's Pathum Thani, so they contacted the labour attaché office to settle this issue.

Concerning this problem, the labour attaché office went to the Myanmar Overseas Employment Agencies Association

(MOEAA)'s call centre on 14 May to mediate between the agency and workers. As a result of the mediation, workers got their money back with the job security at the factory.

Myanmar migrant workers are advised to contact the phone numbers of the Labour Attaché Office if their labour rights are violated, it said. — MT/ZS

# OPINION

## Make well preparations against natural disasters

MYANMAR experiences climate change impacts every year. Due to climate change, natural disasters frequently occur. Heavy rainfalls, strong winds, lightning, thunderstorms, landslides, and flooding trigger difficulties for the public. As these are no longer isolated incidents but recurring annual occurrences, the public must make preparations in advance to prevent and reduce the impact of natural disasters.

Within the next few days, the southwest monsoon is expected to begin entering the southern parts of Myanmar. The early monsoon period is a time when natural disasters are likely to

occur. Due to the impacts of global climate change, natural disasters may occur more frequently and with greater intensity. Due to the geographical conditions of Myanmar, people have to take care of the likelihood of damage and losses when natural disasters occur.

Weather conditions and unusual meteorological events occurring from day to day are being announced by the relevant authorities in a timely manner. At the same time, public awareness campaigns on disaster prevention and preparedness are being carried out through the media. As such, all members of the public are urged to anticipate the possibility of natural disasters and protect themselves through advance preparation and preventive measures.

In Myanmar, the peak periods for cyclones are the pre-monsoon season from mid-April to May and the post-monsoon season during October and November. When cyclones occur, they can bring three types of destructive forces: strong winds, heavy rainfall, and storm surges caused by the cyclone. Storm surges can become particularly high and may travel inland through coastal rivers. Moreover, heavy rainfall can cause river flooding, runoff from mountain areas, and flash floods.

Flash flooding occurs when heavy rainfall in upper river regions or highland areas causes a sudden and massive flow of water, which then erodes and destroys areas along its path. In the upper central regions of Myanmar, some streams have remained dry for many years, leading people to build houses and live around those stream areas. When sudden flooding occurs, those living in such places can suffer loss of life and property.

Among severe weather changes, lightning strikes have also been occurring more frequently. It is reported that in some countries around the world, lightning strikes have caused deaths among both humans and animals. In Myanmar as well, more than 100 people die annually due to lightning strikes, with injuries and deaths of cattle and other animals also occurring. During the pre-monsoon and post-monsoon periods, special caution should be taken against lightning from the afternoon until around 6 pm.

Weather conditions and unusual meteorological events occurring from day to day are being announced by the relevant authorities in a timely manner. At the same time, public awareness campaigns on disaster prevention and preparedness are being carried out through the media. As such, all members of the public are urged to anticipate the possibility of natural disasters and protect themselves through advance preparation and preventive measures.

(CONTINUED FROM 16 MAY 2016)

### Kidneys

- Chronic kidney disease (CKD): damaged kidney arteries reduce filtering ability
- End-stage renal disease (ESRD): requiring dialysis or kidney transplantation

### Eyes

- Hypertensive retinopathy: damage to the retinal blood vessels, leading to blurred vision or blindness

### Blood Vessels

- Aortic aneurysm: a bulge in the main artery that can rupture, causing life-threatening internal bleeding
- Peripheral artery disease: narrowed arteries in the legs, causing pain and mobility issues

The damage is cumulative and progressive. The longer blood pressure stays high and uncontrolled, the greater the organ damage. Early detection and treatment are the most effective ways to prevent these devastating complications.

### 7. Treatment: Effective Options Are Available

The good news is that hypertension is very treatable. In many cases, a combination of lifestyle changes and medication can bring blood pressure to a safe level and significantly reduce the risk of complications. Treatment is tailored to the individual based on age, blood pressure level, other health conditions, and risk factors.

### Lifestyle Modifications (First-Line Treatment)

For elevated and Stage 1 hypertension, lifestyle changes alone may be sufficient to control blood pressure. These include:

- Reducing sodium (salt) intake to less than 5 grammes per day (about one teaspoon)
- Eating a heart-healthy diet rich in fruits, vegetables, whole grains, and low-fat dairy (the DASH diet)
- Regular aerobic exercise: at least 150 minutes per week of moderate activity such as brisk walking, cycling, or swimming
- Maintaining a healthy body weight, even a five-kilogramme weight loss, can meaningfully lower blood pressure
- Limiting alcohol to no more than one standard drink per day for women and two for men
- Quitting tobacco in all forms
- Managing stress through relaxation, adequate sleep, and social support

### Medications

For Stage 2 hypertension or when lifestyle changes are insufficient, antihypertensive medications are prescribed. These are safe, effective, and generally affordable. Common drug classes include:

- ACE inhibitors (e.g., enalapril, lisinopril): relax blood vessels and reduce strain on the heart
- Angiotensin receptor blockers (ARBs) (e.g., losartan, valsartan): similar mechanism to ACE inhibitors
- Calcium channel blockers (e.g., amlodipine, nifedipine): relax and widen blood vessels
- Diuretics (“water pills”) (e.g., hydrochlorothiazide): help the kidneys remove excess salt and fluid
- Beta-blockers (e.g., atenolol, metoprolol): slow the heart rate and reduce blood pressure

Many patients require two or more medications. Patients mustn't stop their medication without consulting their doctor, even if they feel fine. Blood pressure medications do not “cure” hypertension — they manage it. Stopping abruptly can lead to a dangerous rebound

# The Silent Killer Among Us: Understanding, Preventing, and Controlling High Blood Pressure

*On the Occasion of World Hypertension Day 2026 – 17 May 2026*

By Dr Aung Tun

in blood pressure.

Regular follow-up with a healthcare provider is essential for all people being treated for hypertension.

### 8. Prevention: What Every Person Can Do

Prevention is always better than treatment. The majority of hypertension cases are preventable through sustained healthy lifestyle choices. You do not have to wait until you are sick to start protecting your blood pressure.

#### ✓ DO These Things

- Know your numbers: check your blood pressure at least once a year, even if you feel healthy. People over 40 should check more frequently.
- Eat more plants: fruits, vegetables, legumes, and whole grains lower blood pressure naturally.
- Move your body: aim for at least 30 minutes of moderate exercise on most days.
- Sleep well: Poor sleep is a significant and under-recognized risk factor for hypertension.
- Manage your weight: obesity is one of the strongest risk factors for developing hypertension.
- Drink water: staying well hydrated supports healthy blood pressure.
- Reduce stress: chronic stress drives up blood pressure; mindfulness, yoga, and social connection help.
- Attend regular health check-ups: blood pressure screening saves lives.

#### ✗ AVOID These Things

- Excessive salt: Myanmar's traditional diet, including fermented fish paste (ngapi), salty soups, and pickled dishes, is often very high in sodium. Reduce salt in cooking and avoid adding salt at the table.
- Tobacco: smoking and chewing betel nut (Kyetthoot) raise blood pressure and dramatically increase cardiovascular risk.
- Alcohol: Heavy drinking is a direct cause of hypertension. Limit or avoid.
- Processed and fried foods: high in salt, saturated fat, and calories.
- Sedentary lifestyle: hours of sitting without movement raise blood pressure over time.
- Ignoring symptoms: if you experience severe headache, vision changes, or chest pain — seek medical attention immediately.

Prevention is not about perfection. Small, consistent changes — taken one step at a time — add up to a lifetime of better cardiovascular health. Start today: check your blood pressure, reduce the salt, take a walk, and tell your family to do the same.

### 9. World Hypertension Day 2026: Theme and WHO Call to Action

Every year on 17 May, the world unites to raise awareness about

high blood pressure. World Hypertension Day was first established by the World Hypertension League (WHL) in 2005 and is now observed globally with health screenings, education campaigns, and policy advocacy.

2026 Theme — Official Messages
World Hypertension Day 2026 Theme:
“Controlling Hypertension Together: Check Your Blood Pressure Regularly, Defeat the Silent Killer”
World Hypertension League (WHL) Theme:
“Controlling Hypertension Together!”
WHO Key Messages for 2026:
• Check your blood pressure — everyone should know their numbers
• Hypertension can be prevented and controlled through a healthy lifestyle
• Early detection saves lives — most people are unaware they have it
• Treatment works — affordable medications prevent serious complications
• Controlling hypertension is a shared responsibility — individuals, families, communities, health professionals, and health systems must all act

The 2026 theme emphasizes a profound truth: no single person, institution, or government can tackle hypertension alone. It requires a collective effort at every level of society. Patients must be empowered to monitor and manage their blood pressure. Families must support healthy behaviours. Communities must create environments where physical activity, nutritious food, and healthcare access are available to all. Health systems must prioritize screening, treatment continuity, and patient education. Governments must implement policies that reduce salt in processed foods, restrict tobacco and alcohol, and make antihypertensive medicines widely available and affordable.

The WHO further calls on all countries to achieve the global target: 80 per cent of people with hypertension should be diagnosed, and 80 per cent of those diagnosed should have their blood pressure under control — the ‘80-80’ target. Achieving this would prevent millions of premature deaths from heart attack and stroke each year.

### 10. Working Together: The Path Forward

The theme “Controlling Hypertension Together” is not merely a slogan — it is a roadmap. Tackling hypertension effectively demands coordinated, multi-sectoral action.

### For Individuals and Families

Make blood pressure monitoring a household habit. Buy an affordable, validated blood pressure monitor for home use. Know your numbers. Ensure that elderly family members attend regular

health check-ups. Encourage loved ones to follow their treatment plans consistently. Reduce the salt in family meals. Create a culture of health within the home.

### For Communities and Healthcare Workers

Community health workers and nurses are on the frontlines of hypertension detection in Myanmar. Expanding community-based screening, especially in rural areas and among older adults, is essential. Faith-based organizations, schools, workplaces, and local leaders all have roles to play in normalizing blood pressure checks and promoting healthy lifestyles.

### For Health Systems and Government

Myanmar's health sector has taken important steps through the NCD National Strategic Plan and the WHO PEN (Package of Essential NCD Interventions) protocol at primary healthcare centres. Sustaining and scaling up these efforts — even in challenging circumstances — is critical. Ensuring a reliable supply of affordable antihypertensive medicines at all levels of the health system is non-negotiable. Strengthening data collection, including regular national STEPS surveys, supports evidence-based policy.

### A Message to Readers

You are reading this article because someone, somewhere, cares about your health — and so does the World Health Organization, the World Hypertension League, and every public health professional working to raise awareness on this day. But ultimately, the first and most important step is yours.

Check your blood pressure. Share this article with a friend or family member. Make one small healthy change this week. Together, we can defeat the silent killer.

*“The best time to measure your blood pressure was yesterday. The second-best time is today.”*

### References

1. World Health Organization. World Hypertension Day 2026. WHO Events. Available at: <https://www.who.int/news-room/events/detail/2026/05/17/default-calendar/world-hypertension-day-2026> [Accessed May 2026].
2. World Hypertension League (WHL). World Hypertension Day 2026: “Controlling Hypertension Together!” WHL Campaign Toolkit. Available at: <https://www.whleague.org> [Accessed May 2026].
3. Ministry of Health, Myanmar. Myanmar National STEPS Survey 2014: Risk Factors for Non-Communicable Diseases. Naypyitaw: Ministry of Health; 2015.
4. Bjertness MB, Htet AS, Meyer HE, et al. Prevalence and determinants of hypertension in Myanmar — a nationwide cross-sectional study. BMC Public Health. 2016; 16:590. doi:10.1186/s12889-016-3275-7.
5. Ministry of Health, Myanmar. Abstract: Improvements in NCD Risk Factor Management in Myanmar — STEPS Survey 2024. Population-based survey across 52 townships; 8,252 adults aged 18–69 years. Nay Pyi Taw: Ministry of Health; 2024.

# DELICACY

## Coconut Milk Noodles (Ohn No Khao Swe)

AMONG Myanmar's traditional dishes often served at donation ceremonies or festive gatherings, one beloved speciality is Coconut Milk Noodles. This dish stands out for its sweet, rich flavour and comforting taste. It is prepared with coconut milk, chicken, and chickpea flour, cooked into a savoury broth that is paired with wheat noodles.

To enhance the flavour, thinly sliced onions, chilli powder, and lime juice are added, and it is commonly enjoyed as a hearty breakfast. Because of its popularity, many households prepare Coconut Milk Noodles at home, following a traditional recipe.

### Ingredients

Noodles – 1 Viss & 25 Kyattha (approximately 1.6 kilogrammes)

Chicken – 25 Kyattha (local measure)

Fish cake – 10 Kyattha

Duck eggs – 7 pieces

Chickpea flour – 10 Kyattha

Chilli powder – a small amount

Oil – 5 Kyattha

Coconut (or fresh milk) – 1 coconut or 1 bottle

Sugar – 2 tablespoons (heaped)

Salt – 1½ tablespoons (heaped)

Seasoning powder – 1 tablespoon (heaped)

Small onions – 25 Kyattha (for broth)

Turmeric powder – a little

Fried crispy fritters – 10 Kyattha

Large onions – 10 Kyattha (thinly sliced, for garnish)

Lime – 1 piece (juicy)

Ground chilli – 5 Kyattha

Soy sauce – a little (for balance)

Garlic – 2 bulbs

Fried beans – 10 pieces

Water – about 5 milk bottles (adjust as needed)

### Method

1. Boil the duck eggs and set aside.
2. Mix chickpea flour with water until smooth.
3. Wash and prepare chicken pieces.
4. Boil water, add peeled garlic cloves, and cook chicken with salt until tender. Slice into large pieces.
5. Add fish cake slices to the chicken broth, seasoned with ginger, garlic juice, salt, and seasoning powder. Cook until tender, then slice.



## Traditional Myanmar Cuisine

6. Fry crispy fritters in hot oil and store airtight.
7. In the remaining oil, sauté crushed garlic with turmeric powder. Add chilli powder, chicken slices, salt, and sugar.
8. Add water as needed, then stir in chickpea mixture. Cook gently until thickened.
9. Pour in coconut milk, add chicken, fish cake, boiled eggs, and onions. Adjust seasoning with salt, sugar, and seasoning powder.
10. Once bubbling, remove from the heat.

### Serving

Place noodles in a bowl.  
Garnish with thinly sliced onions, lime juice, chilli powder, and crispy fritters.  
Add fried beans if desired.  
Serve hot with balanced portions of broth, toppings, and noodles for a delicious, traditional Coconut Milk Noodle dish. — MOON



## 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](http://www.moi.gov.mm/mal), [www.moi.gov.mm/km](http://www.moi.gov.mm/km), [www.moi.gov.mm/nlm](http://www.moi.gov.mm/nlm) and [www.gnlm.com.mm/e-paper](http://www.gnlm.com.mm/e-paper).

News and Periodicals Enterprise

## 'Geek' hangout to tourist draw: Japan's maid cafes

*The industry has expanded sharply, with leading chain At-Home Cafe now employing 650 maids across 13 outlets.*



This picture taken on 6 March 2026 shows maid Hitomi making a video in her office in Akihabara district of Tokyo. **PHOTO: PHILIP FONG / AFP**

JAPAN'S maid cafes, once a niche Akihabara subculture, have grown into a mainstream attraction drawing men, women, foreigners and children with their playful food, costumes and scripted interactions.

Staff say the experience is family-friendly and not sexual-

ized, even as they face lingering prejudice and a "grey zone" of concept-cafe culture.

Hitomi, a maid in Tokyo, said she has spent 22 years pushing back against misunderstandings about the cafés, where workers serve themed dishes, chant "magic spells"

and play games with customers.

The industry has expanded sharply, with leading chain At-Home Cafe now employing 650 maids across 13 outlets and reporting that women account for 57 per cent of app-registered customers. — AFP

## Political cracks mar Eurovision song contest's 70<sup>th</sup> anniversary

EUROVISION Song Contest 2026 concluded with its grand final in Vienna on Saturday, but the event's 70<sup>th</sup> anniversary was overshadowed by its deepest-ever crisis, as five countries boycotted the competition over Israel's participation, exposing widening cracks across Europe.

Bulgaria took the crown, but the most dramatic moment came when Israel's entry — ranked low by juries — shot to first place after the public vote, triggering a massive chorus of boos. Founded in 1956 as a post-war initiative aimed at uniting Europe through entertainment, the

world's largest live music event now finds itself at the center of one of the continent's most divisive geopolitical disputes. Spain, Ireland,

the Netherlands, Slovenia and Iceland withdrew from this year's competition, marking an unprecedented rupture. — Xinhua



Austrian-Hungarian singer Benjamin Gedeon, aka Cosmo, represents Austria at the 2026 Eurovision Song Contest. **PHOTO: APA/AFP**

### NEWS IN BRIEF

#### Drake breaks streaming records with 3 surprise album releases

CANADIAN rapper and singer Drake has broken multiple streaming records on Spotify after unexpectedly releasing three albums on Friday, setting new platform highs for 2026.

Spotify confirmed that Drake became the platform's most-streamed artist in a single day this year, while his album 'Iceman' and its opening track 'Make Them Cry' also secured the records for the most-streamed album and most-streamed song in a single day this year.

"On 15 May, Drake became Spotify's most-streamed artist of 2026 in a single day, ICEMAN became the most-streamed album of 2026 in a single day, and 'Make Them Cry' became the most-streamed song in a single day in 2026 so far," Spotify said in a post shared across its social media platforms on Friday. — ANI

## Kristen Stewart says she is "so sick" of the Hollywood studio system



Stewart discussed her admiration for French filmmaker Quentin Dupieux, her long-awaited collaboration with Woody Harrelson and her growing frustration with the way films are financed and produced in the United States. **PHOTO: ANI**

ACTOR Kristen Stewart has delivered a sharp critique of Hollywood's studio system while promoting her new Cannes Film Festival title 'Full Phil', calling for more artistic freedom and "less making billionaires more fucking billionaires".

Speaking ahead of the film's Midnight Screenings premiere at Cannes, Stewart discussed her admiration for French filmmaker Quentin Dupieux, her long-awaited collaboration with Woody Harrelson and her grow-

ing frustration with the way films are financed and produced in the United States.

Stewart said she agreed to star in 'Full Phil' even before reading the screenplay because of her respect for Dupieux's filmmaking style.

"I love his movies. They just don't look or feel like anyone else's, and those are the types of directors that actors are so lucky to be able to follow," Stewart said in an interview with Variety. — ANI

# ECONOMY WORLD



An aerial photo taken on 17 December 2020, shows the headquarters building of the BRICS New Development Bank (NDB) in East China's Shanghai.  
PHOTO: XINHUA/FILE

## Zimbabwe begins formal talks to join BRICS New Development Bank

*Zimbabwe has officially entered formal negotiations to join the New Development Bank following a welcoming confirmation from the bank's president, Dilma Rousseff.*

THE Zimbabwean government has begun formal negotiations for membership to the BRICS New Development Bank, Minister of Finance, Economic Development and Investment Promotion Mthuli Ncube said in a statement on Saturday.

The minister said that Zimbabwe had received official communication from New Development Bank President

Dilma Rousseff, confirming the start of the accession process and outlining the next steps toward full membership.

"The government of the Republic of Zimbabwe welcomes the decision by the Board of Directors of the New Development Bank authorizing the commencement of formal negotiations regarding Zimbabwe's membership of the

Bank," Ncube said.

He noted that the landmark development represents a major milestone in Zimbabwe's engagement and re-engagement agenda, reflecting growing international confidence in the country's economic reform program, macroeconomic stability, and private sector-driven investment growth strategy. — Xinhua

## Australia homelessness could quadruple by 2035 under climate pressure: study

AUSTRALIA could see homelessness quadruple within a decade under a high-emissions climate scenario, a new study finds, highlighting the growing intersection between climate change and housing affordability.

The study finds that even well-intentioned housing policies could significantly worsen housing affordability and

homelessness under the impacts of climate change, according to a statement from Australia's University of Sydney released Friday.

Researchers found that climate-driven pressures — rising insurance costs, disrupted construction supply chains, and shifting investment behaviours — are likely to intensify housing stress

nationwide.

The study projects that homeownership could become twice as expensive, while rents may rise by as much as 45 per cent under a high-emissions trajectory. Even in a low-emissions scenario, homelessness could double and rental affordability decline by 23 per cent compared to 2020 levels. — Xinhua

## India's trade deficit pressures could persist through 2026

INDIA'S trade deficit is likely to remain under pressure in the coming months as elevated crude prices, supply-side disruptions and a potential global demand slowdown weighed on exports, according to a research report by Nuvama Institutional Equities.

It added that while Rupee depreciation could offer some competitiveness support, the recent hike in bullion import duty might provide the only near-term relief to the overall deficit. India's goods trade deficit widened to US\$28 billion in April 2026 from US\$21 billion in March, with both oil and gold deficits rising by roughly US\$2 billion each, the brokerage said.

The core deficit, excluding oil and gold, deteriorated to US\$13 billion from US\$9 billion, driven by higher shortfalls across chemicals, electronics, ores and agriculture. "The electronics deficit rose by US\$0.7 billion to an all-time high of US\$7.6 billion," Nuvama said, highlighting it as the key driver of the broader widening. Exports showed a rebound on a weak base, with goods exports expanding 14 per cent YoY in April after contracting 7.4 per cent in March. On a trend basis, export growth improved to 1.6 per cent from -2.8 per cent, though Nuvama described the underlying momentum as still subdued. — ANI



The gold deficit represents the financial gap caused by India importing far more gold than it exports, which surged by US\$2 billion in April 2026 due to skyrocketing global prices and heavily pressured the country's overall trade balance. PHOTO: REPRESENTATIVE IMAGE/UNSPLASH

## S Korean banks' household lending rises faster in April

SOUTH Korean banks' household lending rose faster last month due to solid demand for mortgage loan, central bank data showed Sunday.

Debt owed by households to deposit-taking banks totalled 1,174.9 trillion won (US\$783.3 billion) at the end of April, up 2.1 trillion won (\$1.4 billion) from a month earlier, according to the Bank of Korea (BOK).

The April growth was faster than the 0.5 trillion won (\$333.3 million) increase in

the previous month, keeping an upward trend for a second straight month.

Banks' mortgage loan expanded 2.7 trillion won (\$1.8 billion) in April amid higher home transactions.

The domestic real estate market fluctuated in recent months, with the number of apartment transactions across the country reaching 48,000 in January, 41,000 in February and 49,000 in March. — Xinhua

## China's market regulator outlines measures to support private economy

CHINA'S State Administration for Market Regulation has released a 2026 work plan to support the development of the private economy, outlining 34 key tasks aimed at creating a fairer market environment and improving regulatory services.

The plan calls for equal emphasis on standardized regulation and development promotion, pledging efforts to foster fair competition, innovate regulatory approaches and strengthen services to support the high-quality development of the private sector.

To reinforce legal and policy safeguards, market

regulators will improve the legal framework for fair competition and the system for supervising enterprise-related charges. Efforts will be made to expand credit-based incentives, strengthen technical trade support and enhance policy measures for individual businesses, according to the plan.

The regulator also highlights measures to maintain fair market order, including removing barriers, advancing the building of a unified national market, strengthening antitrust compliance guidance and addressing rat race competition. — Xinhua

## Qantas flight diverted after man bites flight attendant

AUSTRALIA'S Qantas was forced to divert a flight bound for the United States over a disruptive passenger, with local media reporting the man bit a flight attendant.

The flight from Melbourne was headed to Dallas on Friday when it was forced to make a stop-off in Papeete, the capital of French Polynesia, due to the disruptive passenger. The man was restrained by fellow passengers, with local media including national broadcaster ABC reporting he bit a member of Qantas staff. The man was met by local authorities on arrival and has been slapped with a no fly ban on all Qantas planes. — AFP

## German 'chemical town' fears impact of industrial decline

GERMANY'S industrial decline is taking a painful toll on communities that have long relied on local manufacturing titans for jobs, prosperity and a sense of a secure future.

Among the places affected by the downturn is Ludwigshafen, a company town of chemical giant BASF, which has shed thousands of jobs while shifting its



Germany's traditional heavy industries are battling high energy costs, and fierce foreign competition. **PHOTO: AFP**

focus to China.

"The mood is obviously not good," Sinischa Horvat, chairman of BASF's works council, which represents staff interests, told AFP during a visit to the city of about 175,000 people.

"The entire market is currently so weak. When you watch the news, you hardly hear any positive messages." — AFP

## Tata Electronics, Netherland's ASML sign agreement to support semiconductor Fab

PRIME Minister Narendra Modi, accompanied by his Dutch counterpart Rob Jetten on Saturday witnessed the signing of an agreement between Tata Electronics and ASML to support the semiconductor Fab in Dholera, Gujarat.

The two Prime Ministers welcomed the decision of Tata Electronics and ASML to partner together for India's first front-end semiconductor Fab in Gujarat, a release said.

PM Modi highlighted the partnership as an important step in India's journey for developing a semiconductor ecosystem in the country. In a post on X, he said that India's strides in the world of semiconductors offers immense



ASML is a Dutch multinational corporation and one of the leading suppliers for high-precision lithography equipment, a critical requirement in manufacturing of semiconductor chips. **PHOTO: ASML**

opportunities for the youth of our nation.

ASML is a Dutch multinational corporation and one of the leading suppliers for high-precision lithogra-

phy equipment, a critical requirement in manufacturing of semiconductor chips. Tata Electronics, a subsidiary of the Tata Group, is an Indian elec-

tronics and semiconductor manufacturing company which is establishing a semiconductor manufacturing facility in Gujarat. — ANI

## Construction begins on major poultry production complex in N Afghanistan

CONSTRUCTION has begun on a major poultry production complex in northern Afghanistan's Balkh province, a project aimed at expanding domestic output and reducing reliance on imports, local media

outlet TOLONews reported on Wednesday.

The large-scale facility, developed in partnership with Uzbek investors, will produce eggs, day-old chicks, poultry meat and animal feed, said the re-

port, adding that the US\$60 million project will be built in three phases on more than 400 acres of plot in Mazar-i-Sharif city, the provincial capital, and will be completed within the next three years.

Once fully operational, the complex is expected to yield up to 30 million chickens, 330 million eggs, 45,000 tonnes of poultry meat and 33,000 tonnes of poultry feed annually, said the report. — Xinhua

### CLAIMS DAY NOTICE

M.V BAL XIAMEN VOY.NO. (102W)

Consignees of cargo carried on **M.V BAL XIAMEN VOY.NO. (102W)** are hereby notified that the vessel will be arriving on **18-5-2026** 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 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department  
Myanma Port Authority

Agent For:

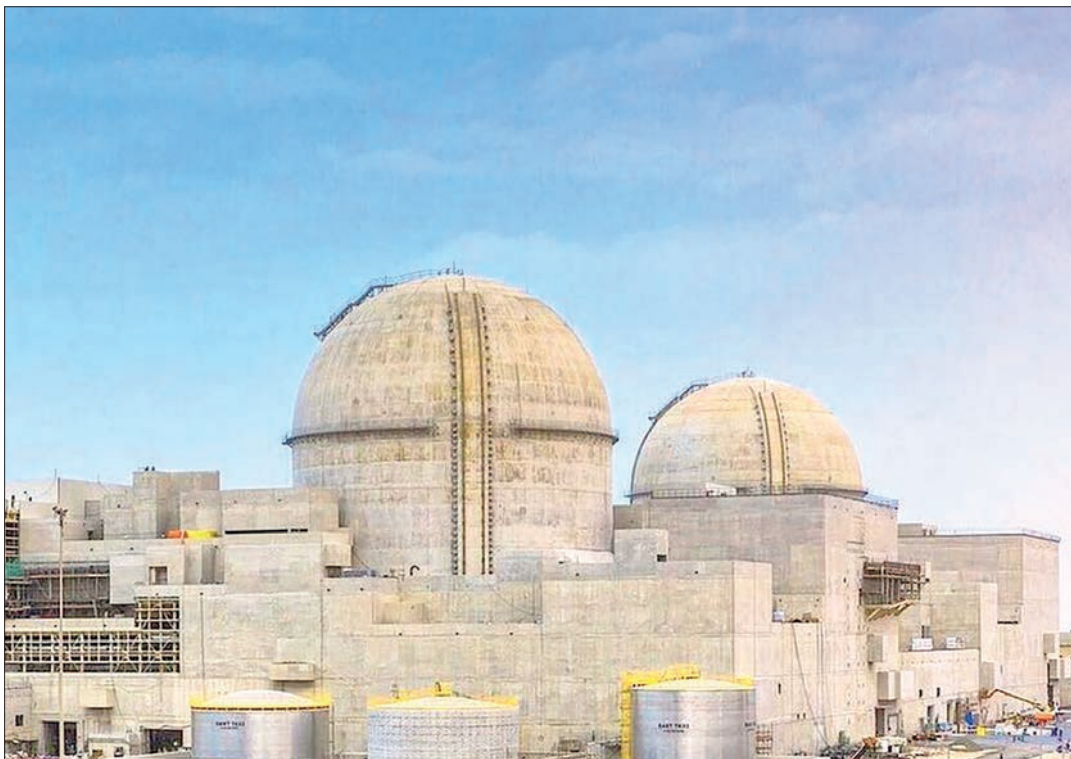
**M/S NEW GOLDEN SEA LINES**

# ROLLING UPDATES

## WORLD

## Drone strike sparks fire near UAE's Barakah nuclear power plant

*The fire broke out in an electrical generator outside the plant's inner perimeter.*



A view of the Barakah Nuclear Power Plant in Al Dhafra region in Abu Dhabi.

**PHOTO: REPRESENTATIVE IMAGE/ WIKIPEDIA**

UNITED Arab Emirates (UAE) Abu Dhabi media office said Sunday that a drone strike caused a fire near the Barakah nuclear power plant in the Al Dhafra region, with no injuries or impact on radi-

ological safety levels reported.

According to the authorities, the fire broke out in an electrical generator outside the plant's inner perimeter. All precautionary measures have been taken, with further

updates to follow.

The Federal Authority for Nuclear Regulation confirmed that the fire did not affect the safety of the power plant or the readiness of its essential systems. — Xinhua

### NEWS IN BRIEF

#### PM Narendra Modi lands in Gothenburg

TOUCHING down for the high-stakes third leg of his five-nation European tour, PM Narendra Modi has landed in Gothenburg, where he was accorded a warm welcome by Swedish PM Ulf Kristersson at the airport.

PM Modi is visiting Gothenburg, Sweden, on 17-18 May at the invitation of Swedish Prime Minister Ulf Kristersson. The landmark two-day visit is poised to chart a transformative trajectory for bilateral dynamics, injecting fresh momentum into cross-border trade, technological innovation, green technologies, and emerging sectors.

The engagement represents a crucial diplomatic milestone, marking the Indian leader's return to the Nordic country after a multi-year hiatus. — ANI

#### European countries in talks with Tehran for Hormuz transit

IRANIAN state television said on Saturday (16 May 2026) that European countries were in talks with Tehran over transit for ships through the Strait of Hormuz. "Following the passage of ships from East Asian countries, notably China, Japan and Pakistan, we received information today indicating that Europeans have also begun negotiations with the Revolutionary Guards navy" to get permission to pass, state television reported, without specifying which countries.

Iran has largely blocked shipping through the vital strait since the outbreak of war with the United States and Israel on 28 February. A fragile ceasefire has been in place since 8 April. — AFP

#### New York's Long Island Rail Road strike halts busiest US commute line

THOUSANDS of workers for the Long Island Rail Road (LIRR) went on strike early Saturday, potentially disrupting travel for hundreds of thousands of commuters in the New York metropolitan area.

"A Long Island Rail Road strike is in effect and service is suspended," said a notice by the Metropolitan Transportation Authority, the operator of LIRR on Saturday. Five unions representing more than 3,500 workers, including ticket clerks, locomotive engineers, signalmen, electricians and machinists, walked off the job, according to local media reports. The unions failed to reach a deal with railroad management on wages and work rules on Friday. No further negotiations have been scheduled. — Xinhua

## Nepali duo break own records on Everest

A Nepali climber dubbed the "Everest Man", Kami Rita Sherpa, scaled Mount Everest for a record 32<sup>nd</sup> time Sunday, while Lhakpa Sherpa broke her own women's record with an 11<sup>th</sup> summit.

"This is another milestone in Nepal's mountaineering history," Himal Gautam, spokesperson for Nepal's Tourism Department, told AFP.

Kami Rita Sherpa, 56, first

stood on the top of Mount Everest in 1994 while working for a commercial expedition.

Since then, he has climbed Everest almost every year, guiding clients.

Lhakpa Sherpa, 52, known as the "Mountain Queen", first stood on the top of Everest in 2000, becoming the first Nepali woman to successfully summit and descend the world's highest peak. — AFP



A Nepali climber dubbed the "Everest Man", Kami Rita Sherpa, scaled Mount Everest for a record 32<sup>nd</sup> time Sunday.

**PHOTO: AFP**

# SPORTS

## Myanmar tops SEA bodybuilding meet

**M**yanmar finished first in the overall standings at the 20<sup>th</sup> Southeast Asian Bodybuilding and Physique Sports Championships after winning 10 gold, six silver and nine bronze medals at the Myanmar Convention Centre in Yangon.

Myanmar athletes dominated several events on the final day of competition. Maung Maung Myint won gold in the Men's Bodybuilding 75 kilogramme event, while Chan Myae Tun secured gold in the 80 kilogramme category and later captured the Overall Championship "Mr South

East Asia 2026" title. Myanmar also claimed gold medals in the Men's Athletic Physique Up to 160 centimetre, Men's Athletic Physique Up to 167 centimetre and Women's Model Physique Up to 160 centimetre events.

In the team competitions, Myanmar won the Men's Team Championship title ahead of Vietnam and Thailand, while Vietnam won the Women's Team Championship with Myanmar finishing runner-up.

The championship was held from 14 to 17 May with athletes from eight countries competing in bodybuilding, physique and fitness events. — MNA/KZL



President of World Bodybuilding and Physique Sports Federation (WBPF) Datuk Paul Chua presents Chan Myae Tun with the award of Men's Bodybuilding 80kg event during the 20<sup>th</sup> Southeast Asian Bodybuilding and Physique Sports Championships in Yangon.

## Fernandes equals assist record as Man Utd edge Forest thriller

BRUNO Fernandes equalled the Premier League record of 20 assists in a season as Manchester United secured third place with a 3-2 win over Nottingham Forest.

Fernandes, who was recently crowned the football writers' player of the season, moved alongside Thierry Henry and Kevin De Bruyne when his cross was turned in by Bryan Mbeumo for United's third goal.

Mbeumo was also involved for the game's most controversial moment when his handball in the build up to Matheus Cunha's strike went unpunished despite a VAR review.

"I want collective awards more than anything," said Fernandes. "But knowing that



Bruno Fernandes equalled the Premier League record of 20 assists in a season. PHOTO: AFP

your job is being recognized by many people, a lot of players came out and said I was player of the season, for that I am very grateful.

"I got to 20 today. We have one more game. The manager decides who will play the next

game. I will be very happy to do it. But if I don't, I am already happy because it is the most assists I have got in the Premier League." Another victory added to United's impressive run since Michael Carrick took charge in January. — AFP

## McGregor to make UFC return with Holloway rematch

CONOR McGregor will return to the Ultimate Fighting Championship Octagon for the first time in five years when he takes on Max Holloway in a non-title rematch on 11 July in Las Vegas, UFC said Saturday.

Ireland's McGregor, a former two-weight champion

and still one of UFC's most famous and bankable fighters, hasn't fought since suffering a broken leg in a loss to Dustin Poirier on 10 July, 2021. July's return at UFC 329 will be a rematch of his second UFC fight, in August of 2013, when McGregor beat Holloway in

Boston despite suffering a torn knee ligament during the bout.

The 37-year-old Dubliner had withdrawn from a planned comeback fight in June of 2024 with a toe injury. McGregor has dealt with multiple issues outside the Octagon. — AFP



Players of North Korea's Naegohyang Women's FC board a bus after arriving at Incheon International Airport in South Korea on 17 May 2026. PHOTO: KYODO

## N Korea women's football team in S Korea, 1<sup>st</sup> athlete visit in over 7 yrs

A North Korea women's football team arrived in South Korea on Sunday to compete in a continental club tournament, marking the first visit by athletes from the North in more than seven years.

The 39-member squad of Pyongyang-based Naegohyang Women's FC landed at Incheon International Airport ahead of their Asian Football Confederation Women's Champions League semifinal against Suwon FC Women, slated for Wednesday in Suwon, south of Seoul. South Korea's Unification

Ministry approved the delegation's entry, permitting a stay through 24 May, according to a Yonhap report. The South Korean government has set aside 300 million won (\$200,000) from its Inter-Korean Cooperation Fund to back a cheering squad organized by some 200 civic groups, Yonhap reported.

The cheering squad said it will support both teams and refrain from chanting national affiliations, referring to each club by name in line with AFC rules barring political expressions at matches. — Kyodo



## “Ambitious roadmap for future”: PM Narendra Modi hails historic breakthrough as he concludes Netherlands visit

**I**NFUSING fresh vitality into the diplomatic and economic alignment between the two nations, Prime Minister Narendra Modi's high-profile official visit to the Netherlands has culminated in the historic elevation of bilateral ties to a Strategic Partnership.

Setting an ambitious template for future engagement, the transition marks a transformative shift in strategic dynamics, backed by a shared roadmap targeting next-generation industries, climate resilience, and maritime security.

In a post on X, PM Narendra Modi shared, “My Netherlands visit has added new momentum to India-Netherlands ties. From elevating our relationship to a Strategic Partnership to expanding cooperation in water resources, semiconductors, innovation, defence, sustainability and mobility, we have charted an ambitious roadmap for the future.”

This renewed momentum was vividly demonstrated on the ground when PM Narendra Modi visited the historic Afsluitdijk dam, bringing international attention to long-term water management and climate resilience, drawing critical parallels to major infrastructural blueprints back home.

Accompanied by Dutch Prime Minister Rob Jetten, PM Narendra Modi inspected the expansive barrier dam, which has shielded the low-lying European country from catastrophic flooding for decades while simultaneously facilitating inland navigation, freshwater storage, and clean energy generation. — ANI

*Accompanied by Dutch Prime Minister Rob Jetten, PM Narendra Modi inspected the expansive barrier dam, which has shielded the low-lying European country from catastrophic flooding for decades.*



Prime Minister Narendra Modi along with Prime Minister of the Netherlands, Rob Jetten, visits Afsluitdijk dam, on 17 May. **PHOTO: DPR PMO/ANI**

## Russia expands Africa trade push with new direct container corridor to Tanzania

ONE of Russia's largest transportation and logistics companies, FESCO (Far-Eastern Shipping Company), has completed its first shipment to Dar es Salaam, East Africa's fastest-growing logistics

hub.

The cargo traveled from Novorossiysk via India's Nhava Sheva port in around 45 days — opening a new route linking Russian exporters to markets across the continent.

- Shipment included industrial spare parts and plastic products
- FESCO plans two-way trade flows, including Tanzanian tea, coffee and agricultural exports to Russia
- Dar es Salaam connects Tanzania with Zambia, Rwanda, Burundi, Uganda and the DRC
- Tanzania has invested heavily in port expansion as East African consumer markets surge
- As Western-controlled logistics chains fragment, Russia is rapidly building alternative trade corridors across Africa and the Global South. — SPUTNIK



FESCO plans two-way trade flows, including Tanzanian tea, coffee and agricultural exports to Russia. **PHOTO: SPUTNIK**

## Maldives digitizes foreign traveller tracking system

THE Maldives will introduce a tracking system for foreigners traveling within the country after completing its Maldives 2.0 digitization programme, a minister said on Saturday. Minister of Homeland Security, Labour and Technology Ali Ihusaan told Maldivian state media PSM News that the system would allow authorities to identify and register foreigners boarding and leaving vessels at each point in the transport network.

He said the system would help authorities respond faster during maritime emergencies, including cases where passengers go missing during boat

trips.

The minister said the plan also forms part of a wider government effort to manage foreign workers and address illegal immigration in the island nation. He said authorities were working to deport undocumented immigrants while improving legal channels for bringing foreign workers into the country. The government is also developing a “white list” of foreign employers with clean regulatory records and a history of paying required fees. Companies on the list will receive faster approvals through the digitized system, Ihusaan said. — Xinhua