

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.



The State funeral for late Pro Tem President U Myint Swe is underway yesterday, attended by Senior General Min Aung Hlaing, State Security and Peace Commission Chairman, the Republic of the Union of Myanmar, in Nay Pyi Taw.

State funeral for late Pro Tem President U Myint Swe held in Nay Pyi Taw

CHAIRMAN of the State Security and Peace Commission of the Republic of the Union of Myanmar, Commander-in-Chief of Defence Services, Senior General Min Aung Hlaing and his wife Daw Kyu Kyu Hla attended the State funeral service of the late Pro Tem President of the Republic of the Union of Myanmar U Myint Swe at Nyein Aye resthouse of the Defence Services General Hospital in Nay Pyi Taw and the Tatmadaw Military Cemetery (Nay Pyi

Taw) yesterday afternoon. The ceremony was attended by venerable members of the Sangha led by the Secretary of the State Sangha Maha Nayaka Committee, Presiding Patron of Ma-soeyein Taikthit Monastery of Mandalay, Abbot of Dhamma Thameikdi Monastery, Aggamaha Pandita Aggamaha Saddhammajotikadhaja, Maha Dhammakathika, Bahujanahitadhara Bhaddanta Vasettha Bhivamsa. Likewise, the State funeral service

was attended by Chairman of the State Security and Peace Commission of the Republic of the Union of Myanmar, Commander-in-Chief of Defence Services, Senior General Min Aung Hlaing and his wife Daw Kyu Kyu Hla, President (Retired) U Thein Sein, Vice-Presidents (Retired) Thiha Thura Tin Aung Myint Oo and U Nyan Tun, Vice-Chairman of the Commission, Deputy Commander-in-Chief of Defence Services, Commander-in-Chief (Army), Vice-Senior General Soe Win and his wife

Daw Than Than Nwe, retired senior Tatmadaw officers, Commission member, Prime Minister and Union Minister for National Planning U Nyo Saw and his wife, Commission members and their wives, the Secretary of the Commission and his wife, Union-level dignitaries, Union ministers and their wives, retired Union-level dignitaries and retired Union ministers, the Nay Pyi Taw Council Chairman, senior Tatmadaw officers from the

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NATIONAL

Excessive dependence on a single market must be reduced by strengthening trade relations regionally

- ❖ We must reduce excessive dependence on a single market.
- ❖ Trade relations must be expanded and strengthened regionally and across various areas.

(An excerpt from the speech delivered by Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, at the opening of the Forum on Myanmar Beyond 2025: Challenges and Opportunities in a Multipolar World held on 21 March 2025)

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

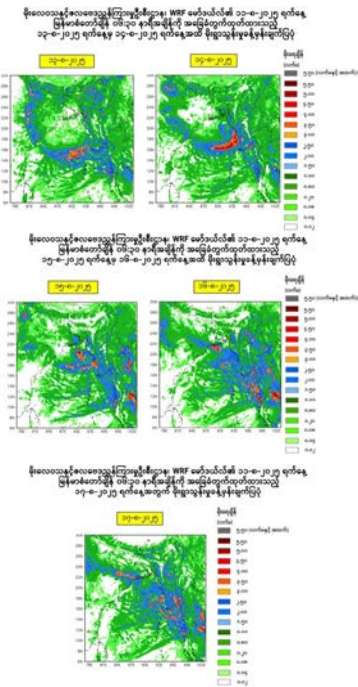
Special Weather News

Issued at 7 pm MST on 11 August

ACCORDING to the observations at 5:30 pm MST today, monsoon will be strong over the Andaman Sae and Bay of Bengal, due to the unstable air condition over the Bay of Bengal, rain or thundershowers will be scattered in Mandalay, Magway and Lower Sagaing Regions and Kayah and, Chin States and fairly widespread to widespread in Nay Pyi Taw, Yangon, Bago, Upper Sagaing, Ayeyawady and Taninthayi Regions and Kachin, Kay-in, Mon, Rakhine and Shan States with regionally and isolated heavy falls from 13 August 2025 to 17 August 2025. Squalls with rough seas are likely at times off and along the Myanmar Coasts. Surface wind speed in squalls may reach 30-35 miles per hour. Wave height will be about 9-11 feet off and along Myanmar Coasts.

Advisory

People should be aware of natural disasters, such as the heavy rainfall with strong wind, thunder, lightning strikes, lightning, hail, flash floods and landslides in hilly areas and near small rivers and to make necessary preparations for inland water transport, domestic flights and irrigation dams. — DMH



Bay of Bengal Condition

Issued at 2 pm MST on 11 August 2025

ACCORDING to the observations at 1:30 pm MST today, a low pressure area may form over Northwest Bay and adjoining Westcentral Bay of Bengal on 13 August 2025. — DMH

National Defence and Security Council amends Union Seal Law

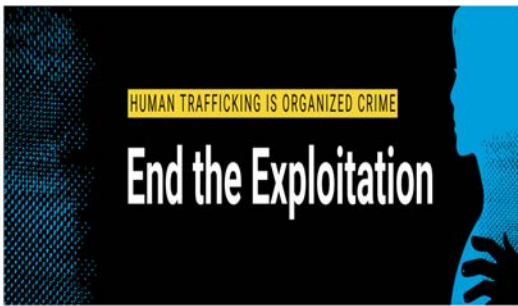


THE National Defence and Security Council of the Republic of the Union

of Myanmar enacted the Amendment to the Union Seal Law as Law No 2/2025 of the National Defence and Security Council under Section 427 of the Constitution of the Republic of the Union of Myanmar on 11 August.

The law conveyed the substitution of Section

3 with new expressions. Moreover, it mentioned that according to Section 6 (b) of the Union Seal Law, the phrase “destruction or causing destruction” shall be replaced with the phrase “modification for alteration, destruction or causing destruction”. — GNLM/TTA



2025 Anti-Trafficking in Persons Days' Objectives

- ❖ To mobilize the participation of all citizens in combating trafficking in persons as a national duty;
- ❖ To have the public instilled with awareness about and knowledge of trafficking in persons;
- ❖ To protect and care trafficked victims with empathy; and
- ❖ To strengthen cooperation and coordination among all counter trafficking stakeholders; government agencies, civil society organizations, UN agencies, international organizations and general public.

China-made EVs officially cleared at Yangon Port

WITH the approval of the Steering Committee on the National-Level Development of Electric Vehicles and Related Industries, GAC Toyota bZ3X electric vehicles imported by T&Z Finance Co Ltd, Neta X electric vehicles imported by Grand Sirius Co Ltd, and BYD Song and BYD Sealion 07 electric vehicles, both manufactured in China and imported by Shwe Thway Co Ltd, have arrived at the Port of Yangon. Vehicles were authorized for release yesterday as per Customs procedures. — MNA/MKKS



GAC Toyota bZ3X electric vehicles imported by T&Z Finance Co Ltd seen at a warehouse of Yangon port.

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)

State funeral for late Pro Tem President ...

FROM PAGE 1

Office of the Commander-in-Chief, representatives from social organizations, Daw Khin Thet Htay who is wife of the late Pro Tem President U Myint Swe and family members, relatives, guests and religious associations.

First, the remains of late Pro Tem President U Myint Swe were conveyed to the hearse platform, with the military parade. President (Retired) U Thein Sein, Vice-Presidents (Retired) Thiha Thura Tin Aung Myint Oo and U Nyan Tun, retired senior Tatmadaw officers, the Vice-Chairman of the Commission, Deputy Commander-in-Chief of Defence Services, Commander-in-Chief (Army) and his wife, Union-level dignitaries, commission members and their wives, senior Tatmadaw officers from the Office of the Commander-in-Chief and family members of late Pro Tem President U Myint Swe paid tribute to the remains.

The Senior General and his wife arrived at Nyein Aye resthouse, where the State funeral service will take place, and paid tribute to the remains of the late Pro Tem President.

The Senior General and his wife cordially comforted Daw Khin Thet Htay, wife of late Pro Tem President U Myint Swe and family members.

The Senior General and his wife, and the congregation attending the State funeral service, took the Five Precepts from Secretary of SSMNC Masoeyein Taikthit Sayadaw while members of the Sangha recited three verses of Sabbe Sankhara Aniccati.

Daw Khin Thet Htay and family members of late Pro Tem President U Myint Swe donated



Senior General Min Aung Hlaing pays tribute to the late Pro Tem President at the State funeral.

robes and alms to members of the Sangha.

Daw Khin Thet Htay and family members, the Senior General and his wife and attendees listened to Samvega Katha delivered by the Secretary Masoeyein Taikthit Sayadaw and shared merits gained.

Daw Khin Thet Htay and family members paid tribute again to the remains of late Pro Tem President U Myint Swe.

Eight Union Ministers conveyed the remains onto the artillery carrier to send it to the Tatmadaw Military Cemetery (Nay Pyi Taw). Meanwhile, the Guard of Honour saluted the remains and conducted other funeral conveyance procedures.

The artillery carrier conveying the remains of late Pro Tem President U Myint Swe and the convoy of the State funeral service left Nyein Aye resthouse of the Defence Services General Hospital of Nay Pyi Taw to the Tatmadaw Military Cemetery (Nay Pyi Taw), followed by the

Senior General and his wife, the Vice-Senior General and his wife, Commission members and their wives, Daw Khin Thet Htay who is wife of late Pro Tem President U Myint Swe and family

members, relatives, Union-level dignitaries, Union ministers and their wives, senior Tatmadaw officers from the Office of the Commander-in-Chief and their wives, departmental officials, guests

and religious associations.

The artillery carrier carrying the remains of late Pro Tem President U Myint Swe and the convoy of the State funeral service rolled along the Pobbathiri circular road from Nyein Aye resthouse of the Nay Pyi Taw DSGH to the Tatmadaw Military Cemetery (Nay Pyi Taw). Along the route, Tatmadaw members from Tatmadaw (Army, Navy and Air) and families, departmental personnel and people paid tribute and bowed in farewell as a mark of mourning.

When the convoy arrived at the Tatmadaw Military Cemetery (Nay Pyi Taw), the remains was conveyed to the ceremonial area with the military parade, followed by the wife of the late Pro Tem President and family members, the Senior General and his wife, the Vice-Senior General and his wife, Union-level dignitaries and their wives,

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The State funeral procession is underway.

NATIONAL

State funeral for late Pro Tem President ...

FROM PAGE 3

senior Tatmadaw officers from the Office of the Commander-in-Chief and their wives, officials from relevant organizations and guests.

Eight Union Ministers conveyed the remains of Pro Tem President U Myint Swe onto the hearse platform.

The Senior General, the Vice-Senior General, Union-level dignitaries and senior Tatmadaw officers from the Office of the Commander-in-Chief took their positions, and the Tatmadaw Guard of Honour carried out the ceremonial procedures as per

the military parade protocol, presenting arms with lowered rifles in tribute and raised rifles in tribute.

The Chairman of the State Security and Peace Commission read out the gazette order of the National Defence and Security Council, after which the order was placed inside the coffin containing the remains of Pro Tem President U Myint Swe.

After that, the Tatmadaw Guard of Honour fired three rounds in salute, then, for the final time, presented arms with raised rifles and sounded the bugle in tribute.



The State funeral is underway yesterday.



President (Retired) U Thein Sein, the Vice-Presidents (Retired), and retired senior Tatmadaw officers pay their respects to the late Pro Tem President.



Ambassadors and heads of mission pay their final respects to the late Pro Tem President. (Photos above and beneath the top-right photo)



Ambassadors from the Democratic People's Republic of Korea, Nepal, Thailand, Bangladesh, the Russian Federation, India, the United Arab Emirates, Sri Lanka, the People's Republic of China, and Laos, Chargés d'Affaires ad interim from Indonesia, the Philippines and Brunei, the First Secretary on behalf of the Vietnamese Ambassador and 16 military attachés from foreign military attaché offices to Myanmar paid tribute to the remains of late Pro Tem President individually.

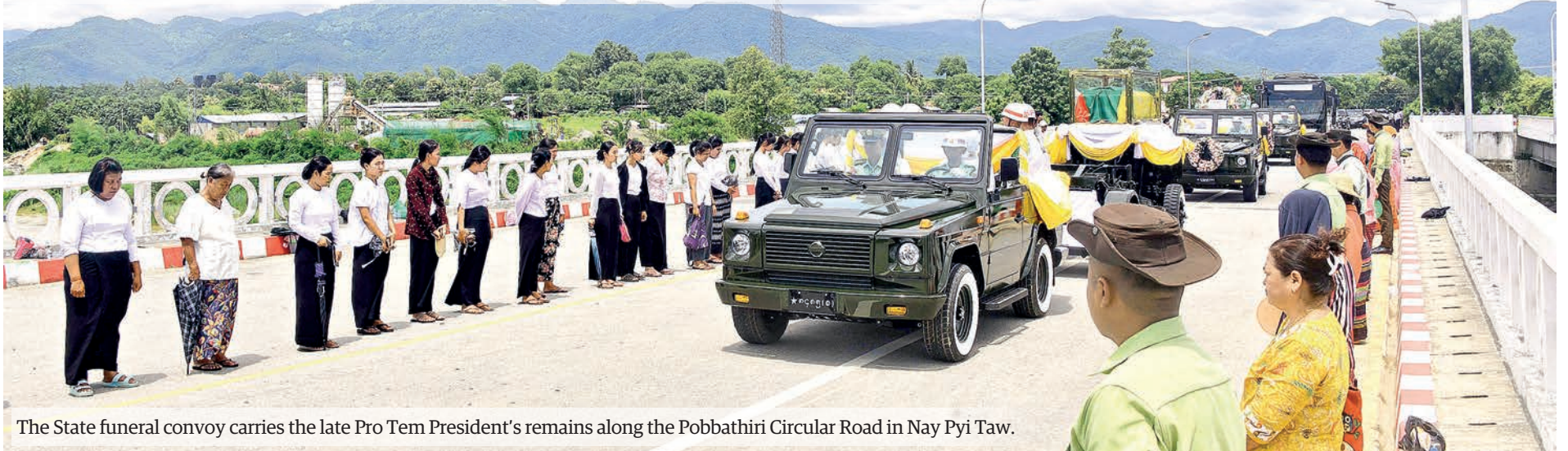
After that, late Pro Tem President U Myint Swe's wife and family members paid their final respects, and the remains of late Pro Tem President U Myint Swe were placed into the cremation chamber

for cremation.

Captain Kyaw Phone Myint (Retd), son of late Pro Tem President U Myint Swe, together with family members, conveyed the urn of late Pro Tem President U Myint Swe to the venue where the tomb will be built.

The Chairman of the Leading Organizing Committee for the State Funeral Service, the Vice-Chairman and members, senior Tatmadaw officers from the Office of the Commander-in-Chief and attendees observed the processes of keeping the urn in the tomb and closing the tomb.

Family members then paid tribute to the tomb of late Pro Tem President U Myint Swe. — MNA/TTA



The State funeral convoy carries the late Pro Tem President's remains along the Pobbathiri Circular Road in Nay Pyi Taw.

NATIONAL

Signing of Condolence Book by Ambassadors and Heads of Mission



Second Secretary of the Embassy of Egypt Dr Ahmed Abdallah Mahmoud Atiya Eltahlawy pays tribute to late Pro Tem President U Myint Swe.



First Secretary of the Embassy of Vietnam Mr Nguyen Cong Son pays tribute to late Pro Tem President U Myint Swe.



Honorary Consul of South Africa U Myint Htay signs the condolence book for late Pro Tem President U Myint Swe.

THE Ambassadors and Heads of Mission to Myanmar signed the Book of Condolence opened at the Ministry of Foreign Affairs, Sagawah Street, Yangon, to honour the memory of Pro

Tem President U Myint Swe, who passed away on 7 August 2025. On 11 August 2025, Mr Nguyen Cong Son, First Secretary of the Embassy of the Socialist Republic of Vietnam; Dr

Ahmed Abdallah Mahmoud Atiya Eltahlawy, Second Secretary of the Embassy of the Arab Republic of Egypt, and U Myint Htay, Honorary Consul of South Africa, signed the Book of Condolence.

Senior officials of the Ministry of Foreign Affairs warmly received the diplomats and the Honorary Consul upon their arrival. The diplomats and the Honorary Consul conveyed their pro-

found condolences and heartfelt sympathies to the bereaved family of the Pro Tem President as well as to the Government and people of Myanmar. — MNA



The IOM's Asia-Pacific Regional Director calls on Union Minister U Than Swe.

MoFA Union Minister receives IOM's AP Regional Director

U Than Swe, Union Minister for Foreign Affairs, received Mr Iori Kato, Regional Director for the International Organization for Migration (IOM) Regional Office for Asia and the Pacific, at the Ministry of Foreign Affairs in Nay Pyi Taw yesterday. They discussed and exchanged views on matters

relating to the IOM's support to migrant workers from Myanmar, the IOM's current work programmes in Myanmar, the cooperation between the Government of Myanmar and the IOM and the provision of relief items to people affected by the earthquake in Myanmar. Also, present at the meet-

ing were the senior officials from the Ministry of Foreign Affairs, Mr Daihei Mochizuki, Chief of Mission of IOM in Myanmar and Mr Christos Dorian, Senior Programme Manager, Labour Migration and Migrants protection from the IOM office in Myanmar. — MNA

U Zaw Oo presents Credentials to President of Islamic Republic of Iran

U Zaw Oo, Ambassador Extraordinary and Plenipotentiary of the Republic of the Union of Myanmar to the Islamic Republic of Iran, presented his Credentials to Mr Masoud Pezeshkian, President of the Islamic Republic of Iran, on 10 August 2025, at the Presidential Palace in Tehran. — MNA



Ambassador U Zaw Oo presents Credentials to President Mr Masoud Pezeshkian of the Islamic Republic of Iran.

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NATIONAL

Yangon Region stages water-surface firefighting, rescue drill at Kandawgyi Lake

THE Yangon Region Fire Services Department yesterday morning held a water-surface firefighting and search-and-rescue demonstration at Kandawgyi Natural Lake, organized under the supervision of the Yangon Region Fire Services Department.

Attending the ceremony were Yangon Region Chief Minister U Soe Thein and regional ministers, the Deputy Director-General and senior officers of the Fire Services Department, Yangon Region Fire Services Department Director U Min San Aye and departmental officers, heads of regional-level departments, chairpersons and members of district and township administration committees, district and township departmental



Rescue team members are seen at the training session on a water-surface firefighting and search-and-rescue demonstration at Kandawgyi Natural Lake yesterday. **PHOTO: ARKAR LIN**

officials, members of auxiliary fire brigades, members of philanthropic and social assistance organizations from across Yangon Region, and invitees.

First, Yangon Region Chief Minister U Soe Thein delivered opening remarks. This was followed by an honour guard parade in which 116 members from

the Region-level Search and Rescue Company, members of the Region Special Search and Rescue (Light Team), and members of philanthropic organizations

within Yangon Region marched past the Chief Minister and party aboard high-speed rescue boats. The programme continued with demonstrations including full-power engine manoeuvring, water-surface firefighting using a fire boat, rescue of drowning victims with an Intelligent Life-buoy, and underwater rescue demonstrations using a dive suit.

Subsequently, a firefighting demonstration was conducted using three LUF NANO unmanned remote-controlled firefighting machines, procured in 2025 by the Yangon Region Government. The Chief Minister and party observed the display of search-and-rescue equipment provided annually by the Yangon Region government. — Arkar Lin/MKKS



The new plane, named "PyinOoLwin", is seen arriving at Yangon International Airport on 10 August.

MAI's eighth Airbus, "PyinOoLwin", arrives

MYANMAR International Airlines (MAI) has announced the arrival of its eighth Airbus, named "PyinOoLwin".

Registered with XY-ALZ, the new aircraft arrived at Yangon International Airport on 10 August and was welcomed with a traditional water sprinkling ceremony.

MAI's fleet has now reached 15 aircraft, including the new Airbus A319. MAI, the flag carrier of Myanmar, is based at Yangon and Mandalay International Airports and operates flights to 41 cities.

On 23 June, the seventh Airbus A319, named "Bagan" with

the registration number XY-ALY, arrived in Yangon as part of the expansion of MAI's flight network. The aircraft will not only improve passenger capacity in anticipation of the upcoming tourist season, but also allow for faster expansion of key regional routes.

MAI is planning to increase the number of flights for Yangon-Hanoi, Yangon/Mandalay-Chiang Mai, Yangon-Da Nang, Yangon-Kolkata, Yangon-Chennai and Yangon-Guangzhou routes starting at the end of October, pending approval from the relevant authorities. — MT/ZN

Strong demand drives up freshwater, saltwater prawn prices

ALTHOUGH freshwater prawns from natural water sources, including seawater prawns and farm-raised prawns, have entered the two markets of Yangon, the strong demand has kept prawn prices high in the market, according to the two markets.

Although both seawater and freshwater prawns enter the market, the prawn price remains high during this monsoon season due to strong demand exceeding supply. This is because, over the past month of the fishing season, full-scale catches could not be achieved as a result of storm at sea caused by climate changes, and many freshwater prawn farms in Twantay, Nyaungdon, Bawle Island, Khatiya, and ponds in the Bago Region experienced flooding last year, and suspended operations or reduced production this year.

"The fishing vessels enter the Yangon jetties. The sea prawn like tiger, flower, white and gold prawn exported to China are included. The arrivals of boats to the jetty depend on the weather conditions, and the more arrivals there are, the more distribution we can make. The sea prawn price is on the rise as it is an export product. If we want cheap prices, we need to catch and breed the freshwater and saltwater prawns more and more. Currently, the prawn prices are on the rise," said Daw Tin Nwe from the Kyimyindine Sanpya fish market.

The tiger prawn is priced at K45,000 to K55,000 per viss, while K35,000 and K45,000 per viss of flower and white prawns and K23,000 per viss of gold prawn. The saltwater prawn:



A vendor shows prawns at the Kyimyindine Sanpya fish market.

Vannamei fetches K35,000 per viss, whereas K60,000 per viss of Caridea.

The saltwater prawns entering Yangon are transported to the cold storage facilities for export, and the non-marketable prawns are distributed in local markets. The Caridea is exported, and the Vannamei is sold in local markets.

"It is the prawn season, and the Shwepadauk fish market receives freshwater prawns. The Cardia is priced at K30,000 and K35,000 per viss. However, the supply is low and the consumption rate is high, and the price is still on the rise. Depending on the supply, the price changes," said U Maung Naing from the Shwepadauk fish market.

In the last week of June, the Cardia was K19,000-K20,000 per viss, and it was K35,000 per viss yesterday. — Thitsa (MNA)/KTZH

422 container ships to call at Yangon Port in 7 months: MPA

A total of 422 container vessels are scheduled to call at the Yangon Port in the past seven months of 2025, the Myanmar Port Authority announced.

A total of 62 container vessels in January 2025, 53 in February, 58 in March, 62 in April, 65 in May, 62 in June and 60 in July arrived at Yangon Port. Sixty containers are slated to enter in August.

Myanmar Port Authority has arranged maritime trade channels to handle increasing imports to meet domestic demand, to bolster exports, and to improve port capacity for significant arrivals in ships. Myanmar Port Authority notified that it will inform exporters and importers of ship arrival schedules promptly upon the extended schedule.

Yangon Port handled 633

container vessels in 2024 and 629 in 2023. Thanks to the draft extension, the international ocean liners can access the inner port for now, according to the Myanmar Port Authority's statement on 22 June 2022.

After the new navigation channel (Kings Bank Channel) accessing the inner Yangon River had been found, the draft extension work was accelerated. After that, the port can now handle larger ships. The container vessel MV SITC Zhaoming (185.99 metres LOA, 35.25 metres Beam, 29,232 GRT and 2,698 TEUs) of Hong Kong-based SITC Shipping Line docked at Asia World Port Terminal for the first time on 22 June, which is the largest ship that AWPT Port has handled.

From May 2021, the arrival of the ships at terminals in



A container vessel is seen cruising along the Yangon River.

Yangon has increased again. Three new container vessels by Maersk Line Myanmar (SeaLand Maersk) started to

run to fulfil the seaborne trade requirements in 2021. Earlier, the larger ships had draft problems, preventing sailing on the

Yangon River. With the draft being extended up to 10 meters, the larger ocean liners can enter the Thilawa Port. — NN/KK

Yangon palm oil reference price shows slight rise

THE wholesale reference rate of palm oil set for the Yangon market rose a bit to K6,285 per viss for the week ending 17 August, up from K6,240 recorded in the previous week ending 10 August, according to the Supervisory Committee on Edible Oil Import and Distribution. The Supervisory Committee on Edible Oil Import and Distribution under the Ministry of Commerce has been closely observing the FOB prices in Malaysia and Indonesia, adding transport costs, tariffs and banking services to decide the wholesale market reference rate for edible oil weekly. Despite the reference price, the market price is way too high. To control overcharging, the Consumer Affairs Department under the Ministry of Commerce informed consumers of lodging complaints for overcharging through the call centre hotline in late August. The department urges consumers not to buy palm oil at high prices. The Committee notified that



Workers seen organizing jerrycans of cooking oil for distribution and sale.

any person who is involved in price gouging and oil storage to attempt market manipulation will face legal action under the Essential Goods and Services Law. The department is working together with the Myanmar Oil Dealers' Association and the cooking oil importing companies to offer affordable rates of imported palm oil for consumers. The complaints for overcharging can be lodged over

hotline 1535 of the call centre of the Consumers Affairs Department, or sent to the Facebook page of the department and the region and state departments concerned. The domestic palm oil consumption is estimated at one million tonnes per year. The local palm oil production is just about 400,000 tonnes. About 700,000 tonnes of palm oil are yearly imported through Malaysia and Indonesia to meet domestic demands. — NN/KK

YSX stock trading hits K608M in July

THE grand trading value of the eight listed companies on the Yangon Stock Exchange (YSX) totalled K608.68 million from 218,869 shares traded in July 2025, according to YSX's statistics.

At present, shares of eight listed companies: First Myanmar Investment (FMI), Myanmar Thilawa SEZ Holdings (MTSH), Myanmar Citizens Bank (MCB), First Private Bank (FPB), TMH Telecom Public Co Ltd (TMH), the Ever Flow River Group Public Co Ltd (EFR), Amata Holding Public Co Ltd (AMATA) and Myanmar Agro Exchange Public Co Ltd (MAEX) are traded in the securities market.

FPB topped the trading on

equity with over K160 million from 86,811 shares, followed by MTSH with stocks worth K150 million from 47,063 shares, MCB with K73.96 million from 10,304 shares, FMI with K68.885 million from 9,733 shares, EFR with K48.94 million from 29,721 shares, TMH with K44.59 million from 16,989 shares, AMATA with K31 million from 8,544 shares and MAEX with K30 million from 9,704 shares.

The stock trading values were estimated at K522 million, with 187,634 shares traded in June.

The stock trading in July is up by over K86 million (31,235 shares) compared to that of June. — NN/KK

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Enhance the physical and mental capabilities of youths

ACCORDING to Myanmar’s Youth Policy, individuals aged between 15 and 35 are classified as youth. Globally, the United Nations estimates that there are approximately 1.2 billion young people, with 85 per cent residing in developing countries. However, only a small portion of youth worldwide are fully integrated into their communities and have access to essential education and services. Most face significant challenges, including poverty, limited educational and healthcare opportunities, risks of drug abuse and violence, armed conflicts, and scarce employment prospects.

In Myanmar, the Youth Policy was formulated and adopted in November 2017 to provide a strategic framework that supports the positive development of youth across various sectors such as politics, economy, education, society, culture, and development. The

Within Myanmar, efforts are ongoing to train and nurture youth for holistic development, offering opportunities to strengthen their physical, intellectual, and moral capacities. The government provides various training courses aimed at building self-confidence and skills among young people. For those who complete basic education, pathways are open to higher education through diverse courses in arts, science, and technology, enabling further learning and growth.

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As Myanmar focuses on building a strong and stable society, programs to raise youth awareness through knowledge-sharing and mutual support are emphasized. These initiatives encourage youth to build themselves constructively and understand the correct path toward national development. Youth who are honest and sincere are regarded as a vital and dependable force for the country. To ensure their active participation in creating a prosperous and stable society, an important government objective, relevant authorities continue to support and empower young people within their respective fields and roles.

policy recognizes that youth and education are inseparable. Through education, young people are nurtured to become capable, well-rounded, and outstanding individuals. To this end, Myanmar implements an annual Human Resource Development Plan to enhance and maximize youth potential.

The theme for International Youth Day (IYD) 2025 is “Local Youth Actions for the SDGs and Beyond.” This theme highlights the crucial role young people play in turning global development goals into concrete actions at the community level. It stresses the importance of youth-led initiatives in achieving the Sustainable Development Goals (SDGs) and advancing beyond them. This year’s IYD also marks the lead-up to the 30th anniversary of the World Programme of Action for Youth, a guiding framework that recognizes youth as key drivers in sustainable development and participatory governance. Discussions on this theme will contribute to preparations for the Second World Summit for Social Development scheduled in Doha in November.

Discussions on this theme will contribute to preparations for the Second World Summit for Social Development scheduled in Doha in November.

The Maverick of Medicine on Pillow Revolution

IN the gleaming, sterile halls of the Tokyo Spine Institute, where the hum of cutting-edge technology intertwines with the quiet intensity of scientific discovery, Dr Hiroshi Tanaka stands as a renegade in the world of pain management. With a glint of defiance in his eyes and a mind that refuses to bow to conventional wisdom, this renowned Japanese pain specialist has uncovered a truth so startling it’s sent shockwaves through the medical community. The culprit? That seemingly innocent pillow on your bed, silently orchestrating a cascade of physical and neurological devastation while you sleep.

Dr Tanaka isn’t your typical doctor. There’s a spark of rebellion in his approach, a refusal to let the status quo go unchallenged. Using advanced muscle monitoring technology, he peered into the hidden world of sleep and discovered something chilling: your trapezius muscle — the crucial connector between your neck and shoulders — never gets a chance to rest. “It’s like torture for your body,” he declares, his voice a potent mix of urgency and exasperation. “Think about it; you’d never stand with your neck twisted for eight hours during the day. But that’s exactly what your regular pillow does to you every night.”

This alarming revelation explains why so many wake up to

a litany of woes: neck pain that worsens with each passing day, headaches that cling like unwelcome guests, and sleep that feels less refreshing no matter how many hours you clock. Expensive treatments, from chiropractic sessions to painkillers, offer only fleeting relief, leaving patients trapped in a cycle of discomfort. According to Dr Tanaka’s research, this is merely the tip of the iceberg, a prelude to a far more sinister chain reaction.

The Pain Cascade Effect

Dr Tanaka’s research unveiled what he calls the “Pain Cascade Effect”, a term that carries the weight of a medical thriller. “What starts in your neck is just the beginning,” he warns, his tone laced with the gravity of someone who’s seen the evidence firsthand. The process is as insidious as it is relentless. While you sleep, your neck muscles lock up, taut as a rubber band stretched to its limit. This tension doesn’t stay confined; it spreads like wildfire into your shoulders, then creeps down into your upper back, weaving a web of pain that’s nearly impossible to untangle.

Using specialized blood flow imaging, Tanaka’s team uncovered something even more frightening: this constant muscle tension chokes off vital blood supply to these areas. “It’s like your



body is slowly suffocating these muscles every single night,” he explains, painting a vivid picture of a body under siege. The result is a vicious cycle that compounds over time:

- Chronic pain deepens, becoming a constant companion.
 - Muscles grow increasingly fatigued, robbed of the oxygen and nutrients they need.
 - Daily discomfort becomes the new normal, an accepted part of life.
 - The upper body ages prematurely, as if time itself is conspiring against you.
- “Most disturbing,” Tanaka adds, his voice tinged with frustration, “is that traditional treatments

can’t stop this cascade. As long as you’re using a regular pillow, you’re resetting this damage cycle every single night.” It’s a sobering thought — one that transforms the humble pillow from a symbol of rest into a silent saboteur.

A Neurological Nightmare Unfolds

But the stakes of Tanaka’s discovery climb even higher: His 25-year study at the Tokyo Spine Institute revealed a pattern that chilled even his seasoned colleagues: those unassuming pillows aren’t just causing physical pain; they’re triggering what he calls a “neurological nightmare.” The wrong pillow, it turns out,

doesn’t merely strain muscles; it can spark severe neurological events, with migraines at the forefront.

“What we discovered about migraines was the most frightening part of our research,” Tanaka says, his voice growing sombre. These aren’t just ordinary headaches but debilitating migraines that bring dizziness, blurred vision, and nausea that can knock you off your feet. His findings point to a grim checklist of warning signs:

- Headaches that strike without warning, like lightning from a clear sky.
- Random bouts of dizziness that throw you off balance.

By Junior Thin

- Strange spots or flashes in your vision, as if reality itself is glitching.
- Nausea that leaves you reeling for no apparent reason.
- Sudden sensitivity to light, forcing you to squint at sources that never bothered you before.

These symptoms, Tanaka argues, are the body’s desperate cry for help, a signal that the constant strain from improper pillow support is pushing the nervous system to its breaking point. The implications are staggering: something as simple as a pillow could be the hidden trigger behind debilitating neurological issues.

A Rebel with a Cause

What makes Dr Tanaka’s work so compelling isn’t just the science; it’s the man himself. There’s a fire in his words, a sense that he’s not merely uncovering facts but waging a war against a silent epidemic. His colleagues at the Tokyo Spine Institute describe him as a maverick, a doctor who combines rigorous methodology with an almost poetic passion for his patients’ well-being. “But here’s what makes my blood boil,” he says, his voice crackling with righteous anger, “the medical industry is making a fortune from

your suffering.”

Tanaka’s accusation is bold, delivered with the conviction of a man who’s seen too many patients trapped in a cycle of temporary fixes — painkillers, physical therapy, and invasive procedures that fail to address the root cause. He points to a multi-billion-dollar industry that thrives on treating symptoms while ignoring the everyday culprits, like poorly designed pillows, that perpetuate the problem. It’s a system, he argues, that profits from keeping patients in pain rather than empowering them to break free.

His research paints a vivid picture of the stakes. Beyond the immediate discomfort, sleeping on the wrong pillow accelerates the ageing of your upper body, leaving muscles and joints worn out before their time. The chronic tension and restricted blood flow create a feedback loop that’s hard to escape, turning restless sleep into a nightly battle. And the neurological risks — those migraines and dizzy spells — add a layer of urgency that’s impossible to ignore.

The Pillow Revolution Begins

Dr Tanaka’s work is more than a scientific breakthrough; it’s a call to arms. In his lab, surrounded by the soft glow of mon-

itors and the hum of progress, he’s peeling back the curtain on a health crisis hiding in plain sight. There’s something almost cinematic about his mission — a lone doctor taking on the Goliath of conventional medicine with nothing but data, determination, and a vision for change.

The implications of his findings are as practical as they are profound. That ordinary pillow, the one you’ve trusted for years, might be the key to unlocking a healthier, pain-free life — or the anchor dragging you deeper into discomfort. Tanaka’s research suggests that the solution lies in rethinking how we support our bodies during sleep, prioritizing pillows that alleviate tension rather than create it. It’s a simple fix with the potential to rewrite the health outcomes of millions.

As he stands at the forefront of this pillow revolution, Dr Tanaka embodies the spirit of a true innovator. His work challenges us to question the everyday objects we take for granted and to demand better for our bodies. There’s a quiet heroism in his persistence, a sense that he’s not just fighting for better sleep but for a world where pain doesn’t dictate our days. And as you lay your head down tonight, his warning lingers: the key to your health might just lie in the pillow you choose.

Sayagyi Minthuwn’s ‘Ogre from the Past’ Poem: A partly intercultural commentary

By Myint Zan

SAYAGYI (‘revered teacher’) Minthuwn (10 February 1909-15 August 2004) was one of the greatest Myanmar poets of the 20th century. In February 2025, to commemorate Minthuwn’s 116th birthday, the key collection press in Yangon published in Burmese The Complete Poems of Minthuwn. A significant plurality of the poems are those composed by Minthuwn in the Myanmar language. In this collection of 715 literary items, there are also translations by Minthuwn into Burmese of several poems and belle lettres by Rabindranath Tagore (7 May 1861-7 August 1941). In addition, four translated poems from Burmese into English

by Minthuwn himself and translations of Haiku poems are also included.

To commemorate the 21st anniversary of Sayagyi Minthuwn’s passing, which falls on 15 August 2025, I will translate a poem composed by him on 27 November 1935 and comment on it.

The Ogre from the Past

By Minthuwn
Translated by Myint Zan

one night
thoughtful and pensive

I sat on the ground
in my compound
while thinking, while pondering
breaking thru the huge darkness
piercing the darkness
holding a heavy club
with bulging eyes, showing its anger
showing its witch-like fangs
body covered with lots of hairs
the Preta
(hungry ghosts in the lower realms of Buddhism)
comes forth to me
threatening to hurt,
injure and kill me

feeling extremely fearful
I became immobile
my eyes became wide (baffled)
as to what dangers lurk in this:
(then) my mum, my mother
came hither and said
my son you are suffering
due to this preta
which emerged from the darkness
which is none other than
what had happened to you
son, in the past,
in the past of yore
with complicated meanings
the past (unpleasant) memories

appeared as the ogre
do not be alarmed
do not fear
this eye-bulging demon
use this sharp sword of equanimity
and resist the ogre from your own past
my mum gave me this sword
of equanimity
using the dah (sword) of equanimity
like a brave man
I raised the dah
and smote the contemptuous,
unrespecting ogre
beating it
to smithereens
only then
the gentle, sweet breeze
emerged:
the resplendent moon
appears on the horizon
Composed on 27 November 1935, published in January 1936 in Ganda Lawka

(‘World of Books’) magazine.

Translated on 5 August 2025

Explanation, exploration and commentary

Brief expositions on ‘Preta’ and ‘ogre’

As a metaphor, Minthuwn used both Bilu, roughly translated as ogre and Preta, which is among the four ‘defiled’ nether realms where beings who committed sins or wrongdoings in previous lives were reborn as ‘wandering spirits of a dead person who is not at rest’. Another online source indicates that Preta(s) are

QUOTE

often associated with the souls of the deceased who are in a state of suffering or hunger due to unfulfilled desires

See page 12

NATIONAL



Schoolchildren, with parents and guardians, enrol for the new school year in Nawnghkio.

Schools operate peacefully; healthcare services continue in Nawnghkio

BASIC education schools in Nawnghkio were closed for nearly a year due to terrorist attacks. The schools were reopened on 25 July, and students can learn peacefully, with the school enrolment process being provided.

A total of 26 basic education schools have reopened in

the township, while 11 schools reopened yesterday, totalling 53 schools and 6,861 students are attending the schools at present.

The Nawnghkio Township Hospital was reopened on 2 August to provide healthcare services to locals.

Medical treatment was

provided to 79 outpatients, 99 locals were tested for blood type, and five patients were tested for dengue fever.

Moreover, 28 inpatients are receiving medical treatment, and the medics offer proper healthcare services.

— MNA/KTZH

15th Akha swing festival to be held in eastern Shan State



This photo captures a swinging performance during the previous traditional Akha festival.

THE 15th traditional Akha swinging festival, a cultural celebration of the Akha ethnic people, will be held with great pomp from 12 to 14 August in Monghsat Township, Shan State (East), according to U Min Nyo, leader of the Akha Literature and Culture Committee.

“This festival is organized to preserve the traditional culture of the Akha people and promote the tourism industry

in Shan State,” said U Min Nyo.

Among the Akha people, there are seasonal traditional ceremonies rooted in their religious beliefs, cultural customs, and social practices. These traditions welcome participation from all, regardless of ethnicity or religion. Notably, the New Year and swinging festivals are well-known events in which Akha people and others alike participate joyfully.

Every year, August is the festive season for the Akha swinging festival. The auspicious date for the celebration is chosen by the village’s traditional religious leader, after which the festival is held.

The Akha people primarily reside in the mountainous areas, east of the Thanlwin River in Shan State (East), with an estimated population of around 200,000. — ASH/KNN



Yangon hosts launch of Letters of Remembrance to Maung Paw Tun

THE Rakhine Thahaya (Yangon) Association held the launch event for the book Letters of Remembrance to Maung Paw Tun at the Ministers’ Office in Botahtaung Township, Yangon Region, on 10 August.

Organized by the Rakhine Thahaya (Yangon) Association, the event featured not only the formal introduction of the book Letters of Remembrance to Maung Paw Tun but also the display and sale of books and paintings.

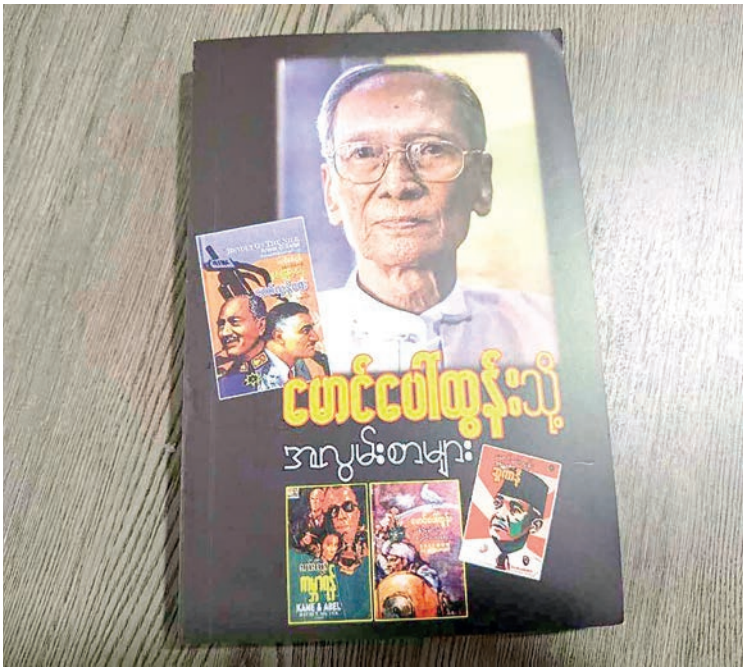
“This is simply the launch of Letters of Remembrance to Maung Paw Tun. In addition, we are also selling Saya Paw’s books published by the Bawa Tekkatho Printing House,” said one of the event organizers.

The book was made possible

through the dedicated efforts of the organizing committee, led by writer Htun Myint (Manaung), who also served as both chairman of the committee and editor-in-chief. The volume contains exactly 70 pieces, including articles, poems, and short stories.

It is learnt that the late translator and writer Maung Paw Tun authored many complete translated works, including The Revolution in the Nile Valley, My Beloved Sukarno, Mountbatten, The Midnight’s Freedom (Indian Independence Struggle), and The Pentagon. Maung Paw Tun passed away from a gastrointestinal illness on 13 August 2022 at the No 2 Military Hospital (500-bed) on Myoma Kyaung Road, Yangon, at the age of 88.

— ASH/KNN



This photo displays the book Letters of Remembrance to Maung Paw Tun.

NATIONAL

MMPO to honour outstanding matric students at 20th awards ceremony

UNLIKE previous years, students who passed the matriculation exam without distinction in the 2024-2025 academic year will be honoured at the 20th time of the awarding ceremony, said Myanmar Motion Pictures Organization (MMPO).

It has been 20 years since MMPO honours students who passed the matriculation exam with high scores, and this year,

the awarding will cover all who passed the exam with or without high scores, said MMPO second joint secretary U Chan Thar Kyi Soe.

"Traditionally, the award is given to outstanding students. This year, we've planned that we will honour all who passed the exam with or without high scores," he said.

In addition, children of

MMPO members who passed away will be included if they are outstanding, he added.

If the submission of all score reports is complete before September, the awarding ceremony is expected to be held soon, and prizes will depend on the number of students and the amount of funding.

MMPO also provides fi-



MMPO honours outstanding students at the awarding ceremony for the 2024-2025 academic year.

nancial support for its members for their children's education from primary to high school. — MT/ZS

Power restored for swift distribution in Nawnghkio



Repair work is underway in Nawnghkio to quickly restore the electricity supply.

ACCORDING to the Northern Shan State Electricity Supply Enterprise, power has been restored in Nawnghkio and is being distributed as quickly as possible.

The main damaged 11 kV power line has been repaired, and power has been restored from PyinOoLwin to Nawnghkio since the evening of 28 July.

Recently, only parts of the city have power, and the government plans to restore power to the entire city by the end of August 2025.

"To ensure Nawnghkio's power distribution, we have taken steps to supply the city

with electricity as soon as possible. We are supplying 11 kV lines to the villages bordering Nawnghkio and from the national grid to the city areas- six wards and 69 villages. There are 15,025 electricity end-users", said an electricity official.

The power system in Nawnghkio still needs 33 kV lines, 11 kV lines and 400 V lines repaired. Once the 33 kV Shwenyaungpin and Nawnghkio sub-stations are restored, they will be ready to supply regular power to Nawnghkio.

In recent days, the power has been restored to the people's hospital, Myoma market, No 1 high school, two monasteries, seven military units, 12 governmental offices and 200 public houses.

The department has advised the public that returning residents will need to ask certified electricians to reinstall electricity in their houses. — Htun Htun/ZN

Rock singer returns with comeback concert

ROCK singer Lay Phyu will host a comeback concert at the Strand Hotel in Kyauktada Township, Yangon Region, on 23 August at 7 pm, according to The Radio Entertainment Group, the concert organizer.

The solo concert, titled Comeback Strand Rock Night, will be supported by the Radio Entertainment Music Group.

"I will be at the Strand Hotel on Saturday, 23 August. I have prepared everything. I want you to come. That's all," said singer Lay Phyu.

Lay Phyu's Comeback Strand Rock Night concert is also the first outdoor music concert held by The Radio Entertainment Group's radio outlets. — ASH/MKKS

Weather

Myanmar Daily Weather Report

(Issued at 7 pm Monday 11 August 2025)

BAY INFERENCE: Monsoon is strong over the Andaman Sea and South Bay and moderate elsewhere over the Bay of Bengal.

FORECAST VALID UNTIL NOON OF THE 12 AUGUST 2025: Rain or thundershowers will be isolated in Mandalay, Magway and Lower Sagaing Regions and Chin and Rakhine States, scattered in Nay Pyi Taw, Kayah and northern Shan States, fairly widespread in Upper Sagaing Region and widespread in the remaining Regions and States with likelihood of isolated heavy falls in Yangon, Bago, Ayeyawady and Taninthayi Regions and Mon, Southern Shan States. Degree of certainty is 100 per cent.

THE CONDITION OF CUMULONIMBUS CLOUD: The cumulonimbus clouds are developing in Bago and Taninthayi Regions and Kachin, Kayin, Mon and (Southern and eastern) Shan States. The area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied with rain, thunder, lightning and hail may occur and therefore it is recommended to be aware in advance of these phenomena.

STATE OF THE SEA: Squalls with moderate to rough seas are likely at times off and along the Deltaic, Gulf of Mottama, Mon-Taninthayi Coasts. Surface wind speed in squalls may reach 25-30 mile per hour. Wave height will be about 7-9 feet in off and along Deltaic, Gulf of Mottama and Mon-Taninthayi Coasts. Sea will be moderate elsewhere in Myanmar waters. Wave height will be about 5-8 feet in off and along the Rakhine Coasts.

OUTLOOK FOR SUBSEQUENT TWO DAYS: Likelihood of increase of rain in Bago, Upper Sagaing and Taninthayi Regions and Kachin, Kayin, Mon and Shan States.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 12 AUGUST 2025: Isolated rain or thundershowers. Degree of certainty is 100 per cent.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 12 AUGUST 2025: One or two rain or thundershowers. Degree of certainty is 100 per cent.

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 12 AUGUST 2025: Isolated rain or thundershowers. Degree of certainty is 100 per cent. — DMH

ARTICLE/ECON:
WORLD

Sayagyi Minthuwun’s ‘Ogre from the Past’...

From page 9
UNQUOTE

In contrast, bilu or ogre is, in this writer’s view, not included in the four nether realms of Buddhism/Hinduism. To inappropriately juxtapose with modern biological concepts, ‘ogre’ (a Burmese word bilu) can be described as belonging to the animal kingdom. One could promptly, non-mischievously add that no animal species of ‘ogres’ have been identified in the animal kingdom in modern biology.

Minthuwun used the words bilu (ogre) and preta, which have linguistic roots in both Pali and the Sanskrit languages. In the poem, Minthuwun used the word preta twice and bilu (ogre) twice. The poet did not mean to philologically equate or juxtapose these two (shall we say) mythic genres. To paraphrase the original English translation of the book Remembrance of Things Past by Marcel Proust (10 July 1871-18 November 1922), remembrance of things past which were (and while remembering it ‘are’) unpleasant, traumatic, and unhealthful. These traumas, these complexes can seize (at least at times) one like an ogre. In Burmese, there is a phrase bilu see (seized by the bilu), which can be translated as ‘being (mentally) seized by an ogre’, causing one to be distressed and also perhaps causing psychological damage.

Antidote not to be affected too much by unpleasant memories

The poet points out, though, that there is an ‘antidote’ to ‘slay’ or, in the not-too-technical, non-witchcraft-related sense of the word, ‘exorcise’ the ogre, the preta, the ghosts of the unpleasant past.

It is using the sword (dah in Burmese) of equanimity. Minthuwun used the word lit-lhu dah (‘the sword of equanimity’) to slay the ogre from and of the past. Poetically, the ‘ogre of past events’ and ‘the sword of equanimity’ are used as both metaphors and similes.

The poet did not use the part-Pali language derived word uppekha (‘equanimity’), which is one of the four cardinal virtues of Buddhist ethics. The first is metta (loving-kindness), garuna (compassion), uppekha (equanimity) and mudita (‘rejoicing in other people’s success’).

A late Western scientist’s misconception of Uppekha as ‘passive resignation’ in Buddhism

The concept of Uppekha is neither passivity nor defeatist ‘resignation’. An American scientist, Lynn Margulis (5 March 1938-22 November 2011), made this sweeping statement: ‘the passivity of Buddhism reminds me of stagnant resignation’ (as stated in *Lynn Margulis and Symbiosis Theory* in John Simmons, *The Scientific 100 A Ranking of the Most Influential Scientists Past and Present*, p.376). Dr Margulis was an eminent scientist, but she was not a specialist or expert in Theravada Buddhism as say, as many of her fellow countrymen, like the American anthropologist and Burma scholar Melford Spiro (26 April 1920-14 October 2014). Dr Margulis misconceived and misstated the concept of equanimity in canonical Buddhism.

Using Minthuwun’s poem not as a ‘sword’ but as a ‘shield’

Coming back to Minthuwun’s poem, the Burmese phrase ‘လျစ်လျူ’ ‘the

sword of equanimity’, is used to ‘slay’ the ghosts of the past into ‘smithereens’, wrote the poet. This exhortation, preventing the unpleasant memories from seizing oneself (so to speak) is primarily an exhortation by the poet to himself. Still, at least some readers of the poem can relate to and perhaps try to internalize the theme of the poem, with perhaps varying degrees of success.

I am also affected by ‘grim, unpleasant’ memories from the past. I know they were; they are in the past, but frankly, I have not been able to use the ‘sword of equanimity’ to slay off those unpleasant memories into ‘smithereens’. At best and only occasionally, my attempts to be equanimous are not tantamount to slaying with a ‘sword’ those ‘ogre-like’ bad memories. At most, my attempts to be equanimous can only be described as a ‘shield’. Unlike the ‘sword’, the ‘shield’ cannot undertake to slay the grim, unpleasant memories of the past. It can only prevent, to a certain extent, the past ogres from a complete takeover of my mental life.

A Brief Juxtaposition with Freudian and ‘recovered memory’ syndrome

In the 1930s, when Minthuwun’s poem appeared, the works of Sigmund Freud (6 May 1856-23 September 1939) had already made a significant impact in intellectual and medical circles in parts of Europe. Freud’s influence was not only in his native Vienna and parts of Europe but also in America. Minthuwun’s poem espouses the necessity to practice uppekha when the ogre or preta memories of the past come to engulf one’s mind. Freud, on the other hand, in aspects of his psychoanalytic practice,

tried to ‘recover’ repressed memories of his patients or clientele. But I understand that even in aspects of Freud’s practice during his life-time at least a few of his patients were making-up stories. What they said happened to them in reality had not happened in the past. Some recovered memories include imaginary childhood memories of sexual abuse by some family members or other persons. They were proven to be false. Especially in the 1980s and 1990s, there have been cases of false accusations in the ‘recovered memory syndrome’ where some, at least a few persons, were falsely accused of being sexually abusive. Some of those accused had been wrongly criminally penalised and punished. This had occurred mainly in America. By stating this, I do not mean that all such accusations developed through the suggestion by (mainly) Freudian psychoanalysis are false. It is also not the case that reports of abuse that occurred years, indeed decades after the alleged events were mostly false.

I am stating my ‘spill-over thoughts’ in reading Minthuwun’s ‘Past as ogre’ poem. Many of us had not gone through psychoanalytic treatments to uncover what was (or is) in the unconscious and subconscious minds in the past or, indeed, in present times. Most of us may also have conscious unpleasant memories: ‘the ogres from the past’. Minthuwun’s poem, composed nearly ninety years ago in 1935, points out the need to adopt and practise equanimity when unpleasant memories consciously began to grip and befuddle our minds. That contribution using poetic imageries by the esteemed poet is notable as well as laudable.

Chinese investment fuels Thailand’s ambition as global export gateway, says Thai official

CHINESE investment is driving a wave of high-value projects in Thailand’s Eastern Economic Corridor (EEC), focusing on advanced technology sectors and fuelling the country’s ambition to become a crucial global export hub, a top EEC official has said.

Initiated in 2017, the EEC is Thailand’s flagship area-based development project, designed to transform three eastern provinces into a leading economic zone for high-tech industries through massive infrastructure upgrades and attractive invest-

ment incentives.

As a key foreign investor, Chinese firms have brought higher-value, more complex, and novel technologies to Thailand, marking a significant strategic shift away from traditional manufacturing, said Chula Sukmanop, secretary-general of the EEC Office.

The emergence of “advanced Chinese technologies made in Thailand” has strengthened the kingdom’s goal to be a gateway for exporting high-tech products globally, Chula told Xinhua in a recent interview.

This trend is most evident in the automotive industry, where leading Chinese brands, including BYD, Changan, GAC Aion, Great Wall Motor, and MG, have established production facilities within the EEC to serve both domestic Thai markets and export destinations.

Beyond car manufacturing, Chinese investment has developed the entire supply chain and infrastructure for electric vehicles (EVs), encompassing batteries, charging stations, energy storage, and related components, Chula noted. — Xinhua



A woman is pictured while viewing locally made BYD SEAL 5 cars in Rayong province, Thailand, on 7 July 2025. PHOTO: XINHUA

Fresh flowers from inland China hit Central Asian market

IN just 48 hours, fresh roses in the Linxia Hui Autonomous Prefecture in northwest China’s Gansu Province can be cut and placed in vases in Almaty, Kazakhstan.

This year, roses from the inland region have not only thrived in domestic markets, but have also made significant inroads into the Central Asian market, thanks to novel agricultural technologies, streamlined customs services and cold-chain transport.

Linxia City, located in the Linxia Hui Autonomous Prefecture, is not traditionally a flower-growing area, but lately, it has leveraged its unique climate conditions — ample sunshine, significant diurnal

temperature variation and cool summers — to create an optimal environment for flower cultivation.

In recent years, the city has been building itself into a “charming flower capital” and “park city”. It has actively promoted agri-tech innovation and vigorously developed its fresh-cut flower industry.

Roses at the standardized planting base of Yinnong Flower Port in Linxia City bloom continuously throughout the year. The base’s smart greenhouses are equipped with advanced technological facilities such as automated environmental control systems and integrated water and fertilizer systems.

The greenhouse control system links every



This photo taken on 15 August 2023 shows workers packing roses at a flower factory of a Flower Port project of Linxia Yinnong Agriculture and Animal Husbandry Investment Co Ltd in Linxia Hui Autonomous Prefecture, northwest China’s Gansu Province. PHOTO: XINHUA

aspect of rose cultivation, the automated, standardized and scientific management of soilless rose cultivation.

The greenhouses are also equipped with ventilation and temperature control systems, as well as wa-

ter and fertilizer recycling and disinfection irrigation systems, ensuring a stable supply of fresh flowers all year round.

Currently, the base cultivates 10 varieties and eight colours of roses. Its daily output is 180,000 stems, with an annual production exceeding 60 million. These fresh-cut roses are sold in major domestic cities and overseas markets, according to the planting base.

Li Zetian, deputy general manager of Gansu Huazhizhou Trading Co Ltd, which is responsible for the base’s rose sales, said that the roses have rich colours and thick petals, with a vase life three to five days longer than that of other flowers. — Xinhua



Photo taken on 14 May 2022 shows the site of Xanadu in Zhenglan Banner of Xilingol League, north China’s Inner Mongolia Autonomous Region. PHOTO: XINHUA

Modern twist boosts traditional Mongolian dairy products

THE scent of warm milk drifted through the Haan Idee Dairy Food Factory as Tao Gao dipped a wooden ladle into a copper vat.

Each slow swirl echoed a gesture her ancestors repeated some eight centuries ago on this same grassland, and yet the products about to roll off the production line were anything but ancient, comprising cheese crisps in snack-size pouches, fruit-studded milk skins and instant coffee-like milk tea powder.

The foundation of the factory’s new creation is Tsagaan Idee, which translates literally as white

food, the umbrella term for Mongolia’s dairy canon. In the 13th century, herders in Zhenglan Banner, home to Xanadu, one of the two major capitals of the Yuan Dynasty (1271-1368), sent wagons of hand-churned butter and air-dried cheese to the imperial kitchens.

Today, the descendants of those ancient herding families in Zhenglan Banner, Xilingol League, north China’s Inner Mongolia Autonomous Region, are live-streaming their dairy products to millions of viewers on social media platforms like Douyin, enticing orders from far and wide. — Xinhua

Philippines’ FDI net inflows rise by 21.3% in May

NET foreign direct investment (FDI) into the Philippines rose by 21.3 per cent year-on-year in May to US\$586 million, the Philippine central bank said on Monday.

The Bangko Sentral ng Pilipinas (BSP) said the increase resulted from the significant expansion in nonresidents’ net investments in debt instruments, which rose by 88.3 per cent year-on-year, from \$227 million to \$427 million.

Meanwhile, reinvestment of earnings remained relatively stable at \$97 million.

However, the BSP said that these gains were partly offset by the 61.4 per cent decline in nonresidents’ net investments in equity capital, excluding reinvestment of earnings, which fell from \$161 million to \$62 million.

The central bank said FDI net inflows declined by 26.9 per cent from the \$4 billion posted in January-May 2024 to \$3 billion in January-May 2025. — Xinhua

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CLAIMS DAY NOTICE
M.V SINAR BINTAN VOY.NO. (905N)

Consignees of cargo carried on **M.V SINAR BINTAN VOY.NO. (905N)** are hereby notified that the vessel will be arriving on **12-8-2025** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Shipping Agency Department
Myanma Port Authority

Agent For:
M/S SAMUDERA SHIPPING LINE

CLAIMS DAY NOTICE
M.V MCL 16 VOY.NO. (02N)

Consignees of cargo carried on **M.V MCL 16 VOY. NO. (02N)** are hereby notified that the vessel will be arriving on **12-8-2025** and cargo will be discharged into the premises of **AIPT-1** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Shipping Agency Department
Myanma Port Authority

Agent For:
M/S MAWLAMYINE CENTURY LOGISTICS CO LTD

ROLLING UPDATES

WORLD

Indonesia's Mt Rinjani reopens hiking trails with stricter safety measures

ALL hiking trails on Mount Rinjani in Lombok Island, Indonesia's West Nusa Tenggara province, have reopened on Monday with upgraded safety measures and management systems, following a 10-day closure prompted by a fatal climbing accident and another incident that injured a foreign climber, according to the Mount Rinjani National Park (TNGR) Office.

The reopening decision came after intensive evaluation and improvements to all climbing routes and management procedures to enhance visitor safety and comfort, head of TNGR Yarman was quoted by local media as saying on Monday.

Six climbing destinations were reopened, including a previously damaged trail that has now been repaired, Yarman explained. — Xinhua

Vietnam to grant visa-free entry to citizens of 12 countries

THE Vietnamese government will grant visa-free entry for citizens from 12 countries for tourism purposes, regardless of their passport types, Vietnam News Agency reported Monday.

The initiative is part of the country's ongoing efforts to promote tourism.

The visa exemptions will apply to citizens of Belgium, Bulgaria, Croatia, the Czech Republic, Hungary, Luxembourg, the Netherlands, Poland, Romania, Slovakia, Slovenia and Switzerland.

The policy will be in effect from 15 August 2025 to 14 August 2028.

According to the National Statistics Office, Vietnam welcomed 12.23 million international visitors in the first seven months of this year, marking a 22.5 per cent increase year-on-year. — Xinhua

Indian top court orders roundup of stray dogs in Delhi



A dog is pictured near the India gate amid smoggy conditions after Diwali, the Hindu festival of lights, in New Delhi on 1 November 2024. **PHOTO: AFP**

INDIA'S Supreme Court on Monday ordered the removal of tens of thousands of stray dogs from the capital, citing public safety concerns after a surge in dog bites.

India is home to millions of stray dogs and deadly attacks, particularly on children

and the elderly, are regularly reported by the city's media.

At least 60,000 stray dogs live on the streets of Delhi, according to India's Livestock Census of 2012, the most recent data available.

Some suggest that number to be now far higher, with

large rival dog packs patrolling parks and residential neighbourhoods across the city.

The country accounts for more than a third of global rabies deaths, according to the World Health Organization, a crisis exacerbated by a lack of sterilization programmes

and legal restrictions on canine culling.

The court asked city authorities to set up dog shelters within eight weeks, and maintain daily records of the canines captured.

"What is important, and without which the entire exercise would go futile, not a single stray dog should be released," it said, which applies to Delhi and its satellite suburbs, a megacity home to some 30 million people.

The court warned of action against animal activists who obstruct the removal of dogs.

It also ordered a 24-hour helpline to be set up to report dog bites and officials must publicize locations where anti-rabies vaccines are available.

Data tabled in the Indian parliament showed more than 3.7 million cases of dog bites and 54 suspected human deaths from rabies in 2024.

Other estimates peg the number to be nearly twice as high, with Delhi alone accounting for roughly 2,000 cases of dog bites every day. — AFP

2 feared dead, others missing as heavy rain hits southwestern Japan

AT least two people are feared dead and others remain missing in southwestern Japan on Monday as torrential rains batter the region, triggering floods and landslides, according to local authorities and rescuers.

The Japan Meteorological Agency issued a special heavy rain warning for parts of Kumamoto Prefecture but downgraded it to a heavy rain warning in the afternoon, while still urging residents in the affected areas to remain alert.

A man, who was evacuating with his family, went missing after their car was swept away by a landslide in Kosa in the prefecture. The mother and two children were rescued, while local police said they are confirming

the identity of a man who was later found nearby with no vital signs. In Yatsushiro, a woman with no vital signs was found inside a car that had fallen into an irrigation canal.

There were also reports of people being swept away and landslides washing away houses and cars in the prefecture and neighbouring Fukuoka Prefecture. A man in his 60s was rescued from a collapsed house in Misato, Kumamoto, and taken to the hospital, according to local firefighters. At a campsite in Kamiamakusa, 15 visitors and staff members were temporarily stranded after a road leading to the area was blocked by a landslide. They were later rescued by local firefighters. — Kyodo



People cycle and walk in heavy rain in the city of Kumamoto, Kumamoto prefecture, southwestern Japan, on 11 August 2025. Japanese authorities on 11 August urged millions to evacuate their homes after heavy rains unleashed floods and landslides in the country's southwest, leaving several residents missing.

PHOTO: JIJI PRESS / AFP

SPORTS

Myanmar U17 to compete in 2026 AFC Championship qualifiers

THE Myanmar U17 football team will participate in the 2026 AFC U17 Championship qualifiers and is placed in Group G.

A total of 38 teams will participate in the qualifiers, which will be held in six groups of three teams and five groups of four teams.

The Asian Football Confederation has granted direct entry to the final stage for nine teams, including host Saudi Arabia, defending champion Uzbekistan, South Korea, North Korea, Japan, Tajikistan, the UAE, Indonesia, and Qatar, without the need to play in the qualifiers. Hence, only

seven teams will advance from the qualifiers.

The qualifiers will be held across seven groups, and only the top team from each group will qualify for the final stage. The qualifiers will take place from 22 to 30 November, and Myanmar will host group matches of Group G, including itself.

According to the group allocations, Group A is formed with host China, Bangladesh, Bahrain, Brunei, Timor-Leste, and Sri Lanka; Group B with Yemen, Laos, host Kyrgyzstan, Cambodia, Guam, and Pakistan; Group C with host Vietnam, Malay-

sia, Singapore, Hong Kong, Northern Mariana Islands, and Macau; Group D with Iran, host India, Palestine, Chinese Taipei, and Lebanon; Group E with Australia, Iraq, the Philippines, host Jordan, and Bhutan; Group F with host Thailand, Kuwait, Turkmenistan, Mongolia, and Maldives; and Group G with Oman, Afghanistan, host Myanmar, Syria, and Nepal.

Head Coach U Kyaw Zeya handles the Myanmar U17 football team. At present, the team under the title of Falcon is taking part in the MNL U21 Youth League to gain experience. — Shine Htet Zaw/TTA



Players of the Myanmar U17 team celebrate their victory in a match. PHOTO: MNL

Crystal Palace win Community Shield after beating Liverpool on penalties

CRYSTAL Palace won their first Community Shield on Sunday, defeating Liverpool 3-2 in a penalty shootout after twice coming from behind in regulation time.

Last season's FA Cup winners forced the match to spot-kicks, where goalkeeper Dean Henderson saved from Alexis Mac Allister and Harvey Elliott, while Mohamed Salah sent his effort over the bar.

Liverpool's Alisson Becker denied Eberechi Eze and Borna Sosa hit the crossbar, but Oliver Glasner's side held on to claim the trophy.

Hugo Ekitike put Liverpool ahead in the fourth minute with a powerful strike, before Jean-Philippe Mateta equalized from the penalty spot in the 17th. Jeremie Frimpong restored Liverpool's lead four minutes later with a lob over Henderson.

In the 77th minute, Ismaila Sarr's solo effort brought Palace level again to send the game to



Crystal Palace's players celebrate with the trophy after Palace win the English FA Community Shield football match between Crystal Palace and Liverpool at Wembley Stadium, in London on 10 August 2025. Palace won the penalty shoot-out 3-2 after the game finished 2-2 in 90 minutes. PHOTO: GLYN KIRK/AFP

penalties.

Liverpool manager Arne Slot admitted his side must improve defensively ahead of the Premier League season. — Xinhua



Head coaches and team captains from both Yangon United and EZRA of Laos are seen at the press conference. PHOTO: MFF

Yangon United face Laos' EZRA in AFC Challenge League qualifier today

THE 2025-2026 AFC Challenge League qualifier will be held as a one-day event on 12 August, with the Myanmar club Yangon United competing against the Lao club EZRA.

Two Myanmar clubs have qualified to participate in the current season's AFC Challenge League. The 2024-2025 MNL points competition champion, Shan United, has earned direct entry to the final stage, while Yangon United, the runner-up, must start from the qualifying round. The AFC Challenge League qualifiers will be held across two zones, with four matches in the East Asia zone and five matches in the West Asia zone.

The Myanmar club, Yangon United, will compete in the East Asia zone qualifiers. Although they were originally scheduled to play away matches, because the Laos club cannot host matches at home, the qualifiers will be held as a single event with Yangon United hosting the matches, giving them a home advantage.

Yangon United and the Lao club EZRA will play the qualifier match at the Thuwunna Youth Training Centre in Yangon at 4 pm on 12 August. The Lao club EZRA has previously faced Myanmar clubs in two international club competitions. On 9 August, they played against Shan United and lost narrowly with a score of 2-1 in the ASEAN Club Championship qualifier. They will play the second leg again on 15 August at the Thuwunna Youth Training Centre.

A press conference before the qualifier match took place in the press conference hall of the YTC in Thuwunna on 11 August, attended by head coaches and captains of both teams.

Yangon United head coach U Kyaw Dun said, "This match is the closest one to us after the League Cup ended. It is very important. We have to play at our home ground, and it is a single-leg match. Both the team management officials and players understand how important this match is, so we will prepare thoroughly and play hard."

Team captain David Htan stated, "All the players have studied and prepared well according to the coach's instructions. We are ready to compete unitedly in tomorrow's match, and we will compete for the best possible result."

EZRA team head coach Byung Soo Na said, "It's very challenging to face strong Myanmar clubs like Yangon United and Shan United within a short period. Our team mostly consists of Lao national players, but we have also recruited players from South Korea and Japan. This helps reduce injury problems when playing in different competitions and enables us to face our opponents at our best. The main difference between the teams is the ability to recruit good foreign players. For us, tomorrow's match is our first at the AFC level, and we have prepared to perform at our best." — Ko Nyi Lay/TTA



WORLD

Four days left to square the circle on global plastic pollution treaty

COUNTRIES remained at loggerheads Monday over how to tackle plastic pollution, with only four days left to craft a landmark global treaty on reining in the ever-growing scourge.

While plastic has transformed modern life, plastic pollution poses an increasing threat to the environment and the human body — and every day the garbage accumulates on land and in the oceans.

The 184 countries meeting at the United Nations to sculpt a first international accord setting out the way forward return to the negotiating table after a day off Sunday to reflect on their differences.

The first week of talks in Geneva fell behind schedule and failed to produce a clear text, with states still deeply divided at square one: the purpose and scope of the treaty they started negotiating two and a half years ago.

Last week, working groups

met on technical topics ranging from the design of plastic to waste management, production, financing for recycling, plastic reuse, and funding waste collection

in developing countries.

They also discussed molecules and chemical additives that pose environmental and health risks.

Rival camps

A nebulous cluster of mostly oil-producing states calling themselves the Like-Minded Group — including Saudi Arabia, Kuwait,

Russia, Iran, and Malaysia — want the treaty to focus primarily on waste management.

The United States and India are also close to this club.

At the other end of the spectrum, a growing faction calling themselves the “ambitious” group want radical action written into the treaty, including measures to curb the damage caused by plastic garbage, such as phasing out the most dangerous chemicals.

Plastic pollution is so ubiquitous that microplastics have been found on the highest mountain peaks, in the deepest ocean trench and scattered throughout almost every part of the human body.

The ambitious group wants a clause reining in plastic production, which is set to triple by 2060.

The club brings together the European Union, many African and Latin American countries, Australia, Britain, Switzerland and Canada. — AFP



A general view of the assembly hall at the start of plastics treaty negotiations at the United Nations Offices in Geneva on 5 August 2025. **PHOTO: AFP**

Head of Iran top security body heads to Iraq, Lebanon

THE head of Iran’s top security body, Ali Larijani, will visit Iraq on Monday before heading to Lebanon, where the government has approved a plan to disarm Tehran’s ally Hezbollah, state media said.

“Ali Larijani departs today (Monday) for Iraq and then Lebanon on a three-day visit, his first foreign trip since taking office last week,” state television reported

Larijani will sign a bilateral security agreement in Iraq before heading to Lebanon, where he will meet senior Lebanese officials and figures.

His trip to Lebanon comes after Tehran expressed strong opposition

to a Lebanese government plan to disarm Tehran’s ally Hezbollah, a stance condemned by Beirut as a “flagrant and unacceptable interference”.

“Our cooperation with the Lebanese government is long and deep. We consult on various regional issues. In this particular context, we are talking to Lebanese officials and influential figures in Lebanon,” Larijani told state TV before departing.

“In Lebanon, our positions are already clear. Lebanese national unity is important and must be preserved in all circumstances. Lebanon’s independence is still important to us and we will contribute to it.” — AFP

US president pushes for new census amid partisan fight for redistricting

US President Donald Trump is pushing for a new census that excludes people living illegally in the United States, amid a partisan fight for redistricting ahead of the 2026 midterm elections.

The move is part of an overall drive to prioritize Americans first over those living illegally in the United States, a key point of Trump’s “America First” campaign.

Indeed, the census, taken once a decade, includes everyone living within the United States, regardless of their immigration status. The next one is scheduled for 2030.

Trump has taken issue with this practice, believing that including illegal migrants in the population count can distort the political process, a belief shared by his supporters.

That’s because the larger the population of a state, the more representatives in the House that state gets.

Theoretically, states with populations padded with people living illegally in the United States could result in more representatives, which could shift the balance of power in Washington, critics said.

However, the issue is complicated, and such a dynamic could negatively impact Republicans just as much as Democrats, experts said. — Xinhua



US President Donald Trump walks to the South Lawn of the White House in Washington, DC, the United States, on 1 August 2025. **PHOTO: XINHUA**