

Pro Tem Presidential duties transferred to State Administration Council Chairman

It has already been announced that Pro Tem President U Myint Swe is on medical leave and receiving medical treatments. In such a situation, in order to carry out the affairs of the National Defence and Security Council (NDSC), the Pro Tem President's Office delivered a letter to the State Administration Council Office expressing that the responsibilities of the Pro Tem President would be handed over to the State Administration Council Chairman since Pro Tem President U Myint Swe is unable to serve the NDSC's duties while he is on medical leave. Then, the responsibilities of the Pro Tem President for the National Defence and Security Council were transferred to the State Administration Council Chairman through a signing occasion at 11:30 am on 22 July 2024. – MNA/KTZH

507 students with flying colours in matric exam to win 0.5-tical gold coin each

A plan is underway to make arrangements for 30 top-marked students in relevant subject combinations in the matriculation examination to join an excursion tour abroad this year.



State Administration Council Chairman Prime Minister Senior General Min Aung Hlaing and attendees pose for the group documentary photo at yesterday's event in Nay Pyi Taw.

SENIOR General Min Aung Hlaing underscored that students need to harmonize knowledge and technology in implementing their missions and visions.

Chairman of the State Administration Council Prime Minister Senior General Min Aung Hlaing presented prizes to outstanding students who passed the matriculation examination 2024 with distinctions in all subjects at Myanmar International Convention Centre II in Nay Pyi Taw yesterday morning.

Speaking on the occasion, the Senior General noted that in building the Union based on a genuinely disciplined democratic and federal system, emphasis must be placed on turning the human resources blessed with knowledge, technology, personal qualification and capacity.

He recognized all persons who participated in the measures to develop the nation through education as a national duty.

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Salient points from the speech made by the Senior General at honouring outstanding students

- This year's ceremony will deservedly honour 507 students winning all distinctions nationwide in the matriculation examination 2024 with a 0.5-tical gold coin each.
- A plan is underway to make arrangements for 30 top-marked students in relevant subject combinations in the matriculation examination to join an excursion tour abroad this year.
- Undertaking the development tasks of the country requires intellectuals and intelligentsia in the arts and science world.
- Students need to harmonize knowledge and technology in implementing their missions and visions.

NATIONAL

507 students with flying colours in matric exam to win 0.5-tical gold coin each

FROM PAGE 1

The Senior General unveiled that this year's ceremony will deservedly honour 507 students winning all distinctions in the matriculation examination 2024 nationwide with a 0.5-tical gold coin each.

A plan is underway to make arrangements for 30 top-marked students in relevant subject combinations in the matriculation examination to join an excursion tour abroad this year.

The Senior General urged all outstanding students to continue learning without satisfaction with just knowledge from the classroom and to become highly qualified human resources.

In line with the motto "The strength of the nation lies within", he highlighted that undertaking the development tasks of the country requires intellectuals and intelligentsia in the arts and science world. Hence, youths

have to emphasize studying both arts and science subjects, he added.

The Senior General continued that students need to harmonize knowledge and technology in implementing their missions and visions, and they must review all incidents and events in their environment with correct attitudes and avoid wrongdoings.

He urged the students to constantly study digital technology so that the country can keep abreast of other global countries.

He underlined that only when they abide by disciplines and laws adopted by the government will they become valuable citizens without sins for serving the nation.

The Senior General presented individual prizes to 11 students who scored the highest marks in science combination with flying colours.

SAC Vice-Chairman Deputy Prime Minister Vice-Senior General Soe Win gave prizes to 10 all-distinction winning students.

The Joint Secretary presented individual prizes to 10 all-distinction winners, while Union ministers, the Nay Pyi Taw Council Chairman, Union-level dignitaries and senior Tatmadaw officers from the Office of the Commander-in-Chief handed prizes to all-distinction winner students, respectively.

A female student, on behalf of the outstanding students with all distinctions in the 2024 matriculation examination, spoke words of thanks.

The Senior General and attendees enjoyed the students' song and dance entertainment.

The Senior General and party had lunch in honour of the outstanding students who passed the matriculation exam 2024 with flying colours. — MNA/TTA



The Senior General awards the prize to the student who obtained the highest scores with distinctions.

Myanmar participates in 45th Asia-Europe Foundation Board of Governors' Meeting



Participants of the 45th Asia-Europe Foundation Board of Governors' Meeting are seen posing for a commemorative photo.

AMBASSADOR U Aung Myo Myint, Myanmar's Permanent Representative to ASEAN, attended the 45th Asia-Europe Foundation Board of Governors' Meeting (ASEFBoG45) held on 11-12 July 2024, in Bali, Indonesia, as reported by the Ministry of Foreign Affairs.

The meeting was held at the Laguna Resort and Spa in Bali and was chaired by the alternate Chairman of the

Board of Governors, Bangladesh's Governor Mr Md Rais Hasan Sarwer. The meeting confirmed the Executive Director and Deputy Executive Director of ASEF, who will serve for the next four-year term starting in October this year.

During the meeting, participants exchanged views on topics such as the latest developments in ASEF's three-year

strategy, reports on ASEF's communications, human resources, and financial status, as well as project proposals to be implemented in 2025 and ASEF's work programmes related to its legal framework.

Governors and representatives from member countries, ASEF Executive Director Ambassador Mr Morikawa Toru, and other relevant officials attended the meeting. — ASH/TH

Yuntianhua Group awards scholarships to 401 YAU students

ACCORDING to the Chinese Embassy in Myanmar, Yuntianhua Group Co Ltd, based in Yunnan, China, has awarded scholarships to 401 students from Yezin Agricultural University in Myanmar.

Since 2017, the company has initiated a scholarship programme at the University aimed at assisting students facing financial difficulties in completing

their studies at the university and providing opportunities for them to study in China.

The Yuntianhua Group Co Ltd has awarded scholarships to 401 students from the University from 2017 to 2024. According to the Chinese Embassy to Myanmar, a total of 107 students from Yezin Agricultural University won the fifth round of scholarships this year. — ASH/MKKS



The image shows the Yezin Agricultural University.

NATIONAL

Roundtable on upcoming election benefits held in Yangon with Q&A



This photo shows the talks on the advantages of the upcoming election in progress.

A roundtable discussion on the benefits of the upcoming election in Myanmar, current political situations and economic conditions was held on 21 July in Yangon and attended by personnel from politics and economics.

The talk titled “Current Domestic Instability due to

Political, Economic and Social Situations, and Benefits of Election” took place from 2 to 4 pm at the Orchid Hotel, Botahtaung Township, Yangon Region.

The moderator was U Win Maw (Shwe Thansin). At the same time, participants in the discussion included U Kyaw

Thu Aung, general secretary of the National Political Alliances Party, economist U Than Soe (Economics), U Thein Tun Oo, executive director of the ThayNinGa Institute for Strategic Studies and ex-88 student leader U Nyo Tun.

They discussed the merits of the upcoming election, recent developments in the economic sector, suggestions, the security situation and the need for public cooperation.

In addition, the participants talked about the role of public engagement in the election, the advantages of the Proportional Representation (PR) System, and proper/improper ways regarding external attempts to influence.

Some personalities from politics, including U Zozam, a veteran politician and ex-MP Daw Khin Waing Kyi, and members of the media attended the discussion. — Thuta Kyaw/ZN

China purchases groundnuts from Central Myanmar

GROUNDNUTS produced in central Myanmar have received orders from China, and the Yangon Region is the primary buyer in the domestic market, according to traders.

At present, farmers have sold groundnuts they’ve stockpiled, and the majority of orders are for making into cooking oil. Groundnut produced from Kyaukpadaung Township is the most marketable.

“Kyaukpadaung also produces peanuts for making cooking oil, which is traded well and

is highly consumed. I transport them to all parts of the country, including Yangon. China also buys for making cooking oil,” said a trader.

The price is still steady without any noticeable change in 2024 compared to 2023.

“Last year’s peanut price and that of this year is the same. The price seems stable. Peanuts are one of the items that are excellent for trade. Most orders are from Yangon,” said an official from Thukha Aung wholesale trading centre

from Kyaukpadaung.

The Department of Agriculture has provided support for extending edible oil crop plantations such as groundnut, sesame and sunflower in an effort to reduce palm oil import and ensure edible oil security for domestic consumption. According to previous statistics, total groundnut plantation acres is more than 2.82 million on average, of which rain-fed crop is 1.61 million acres and cold season crop is 1.21 million acres. — Thit Taw/ZS

14-year-old dies after falling at Hsinywa Waterfall; Body recovered later

A 14-year-old girl slipped and died between the rocks at Hsinywa waterfall, an attractive tourist destination in Mon State, and her body was recovered several hours later, according to the Parahita associations that participated in the body retrieval.

The incident of two people falling off the waterfall happened at 2:15 pm on 21 July at the Hsinywa waterfall near Hsinywa village in Paung township while the victim, who was having her photo taken, tried to pull up her friend who slipped halfway down the waterfall.

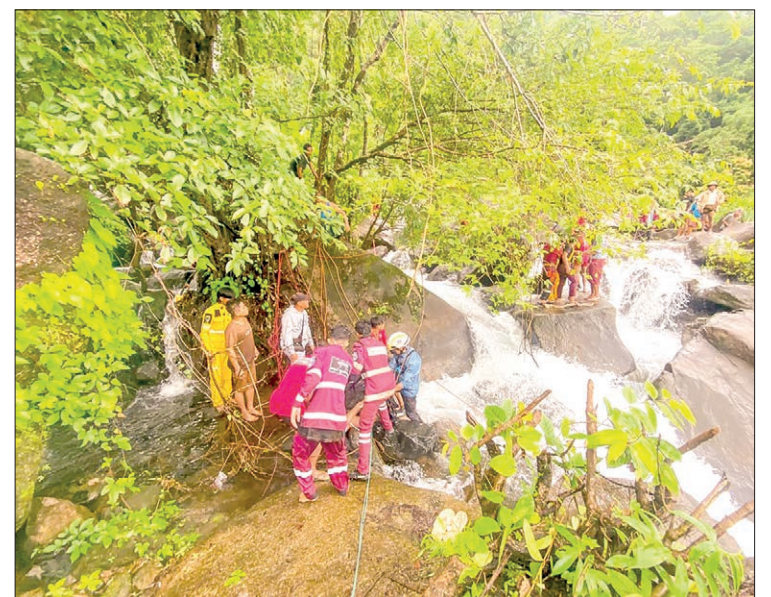
“The one who slipped reached the bottom, but the deceased died after getting stuck between the rocks. She died because she couldn’t get out. They tried to rescue her but

couldn’t pull her out. Then the aid organizations and officials came,” a local explained to the Global New Light of Myanmar.

The search and rescue team headed by U Myat Ko, staff officer of the Paung Township Fire Services Department, went to the scene of the incident.

They found the dead body stuck between the rocks and tied her hands to prevent it from being washed away, as they couldn’t pull her out. Finally, the body was retrieved on the morning of 22 July and taken to the Paung Township General Hospital.

The victim was a 14-year-old Grade IX student from Nyaunggon village in Mudon township, and her friend who fell together with the victim got only minor bruises. — Htet Oo Maung/ZN



Officials and members of the Parahita group are trying to pull out the body of the victim stuck between rocks.

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gnlmnews@gmail.com
newsroom@gnlm.com.mm
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NATIONAL

Japanese white sesame commands high prices in Mandalay

THE Japanese white sesame fetches high prices in the Mandalay market, and the transactions are also good, according to Mandalay sesame merchants.

The Japanese white sesame is mainly supplied from Thedaw, Wundwin, Myittha and Kyaukse, and it reached a record price at K450,000 per bag (three baskets per bag) yesterday, said U Soe Win Myint, owner of the Soe Win Myint Commodity Depot in Mandalay.

“The Japanese white sesame from Kyaukse enters Mandalay market. It is called

Japanese white sesame, and we started growing the Japanese sesame here over ten years ago. The unusual fact of Japanese white sesame is that it is whiter than normal white sesame, and the sesame seeds are thicker and bigger. It is more marketable. Among white sesame, yellow sesame, brown sesame, black sesame and normal sesame, the Japanese white sesame and Samone black sesame were the most popular in the sesame market. The Japanese white sesame possesses a strong market in China. The Chinese use sesa-

me in manufacturing processes for cosmetics, snacks and medicines in addition to their local consumption. The demand is also high,” he said.

The sesame can be grown as double-crop in every season. It can be harvested within 100 days and sold quickly. It is mainly grown in Mandalay, Magway and Sagaing regions. The Japanese white sesame from Kyaukse district of Mandalay Region holds the highest preference among people. — Min Htet Aung (Mandalay Sub-Printing House)/KTZH



This photo shows the thriving sesame plantation.

Monywa University hosts basic Myanmar traditional dance training course

A basic course in Myanmar traditional dance (Kabyalut dance training course) is being conducted at Monywa University, with 107 teachers and students from various majors participating, according to Prof Dr Aye Win, chairman of the Monywa University Fine Arts Association.

“The basic dance course will run from 18 to 31 July, and following this course, there will

be courses in Bagan dance and ethnic traditional dance,” said U Aye Win.

The Myanmar traditional dance courses at the university aim to help students appreciate Myanmar cultural dance, enable participation in Myanmar Traditional Cultural Performing Arts Competitions, and prepare a dance troupe for university ceremonies. — ASH/MKKS



The image shows the Monywa University Fine Arts Association organizing the opening ceremony of the dance course.

Public Notice

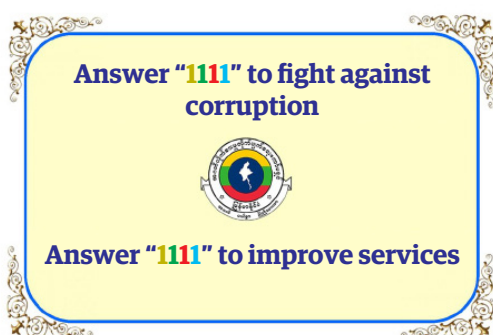
THE Anti-Corruption Commission has established corruption prevention units within ministries to curb corruption effectively.

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

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

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

Anti-Corruption Commission



Crackdown on illegal trade yields arrests, seizures worth K84.307M

UNDER the supervision of the Illegal Trade Eradication Steering Committee, efforts to prevent and combat the illicit trade are continuing effectively in accordance with the law.

On 21 and 22 July, a combined team led by the Sagaing Region Illegal Trade Eradication Special Task Force conducted inspections. It seized one unregistered Mitsubishi Triton vehicle and two unregistered Daihatsu Hijet worth approximately K38 million near the Yadanabon Bridge checkpoint. Additionally, 150 cartons of Tiger beer and three other undocumented commodities valued at approximately K10.44 million were seized near Ywahtaung Ward in Sagaing Township. The action was carried out under the Import/Export Law and Excise Law.

On the exact dates, a combined team managed by the Bago Region Illegal Trade

Eradication Special Task Force seized 1,200 kilogrammes of apples from China and other commodities worth K3.942 million, along with a Mitsubishi Fuso Bus valued at K30 million, near the Shwe Thanlwin Toll Gate in Phayagyi. They also confiscated 2.135 tonnes of illegal hardwood and 3.480 tonnes of other woods valued at K1.925 million in the Toungoo District. The action was taken under the Import/Export Law

and Customs Procedures.

The Illegal Trade Eradication Steering Committee reported that on 21 and 22 July, seven arrests were made, leading to the seizure of illegal goods worth approximately K84.307 million. — MNA/TMT



Photos captures confiscated illegal items and a vehicle.

NATIONAL

Khant Sithu donates K5M to Dhamma Vihara Academy in memory of father

ACADEMY Award-winning actor Khant Sithu and his Dhamma friends donated K5 million to the Dhamma Vihara Education Academy in Thingangyun Township, Yangon, on 21 July. Additionally, Khant Sithu

and his friends provided day meals and Waso robes to 100 monks and novices in memory of his late father. The Dhamma Vihara Education Academy cares for young students from conflict areas by

providing them with novitiation and education. Actor Academy Khant Sithu donated K30 million to Mandalay, Bago, and Yangon Regions on his birthday, 11 June. — ASH/TRKM



Academy actor Khant Sithu and his family offering cash to the academy.

Vocational training offered on 22 July-30 August in multiple regions



This photo depicts a domestic vocational school in Pathein, Ayeyawady Region.

TRAINEES are invited to participate in domestic vocational training courses from 22 July to 30 August at vocational training schools in Yangon, Mandalay, Mawlamyine, Pathein, Toungoo, Myitkyina, Pyapon, Sittway, Ywangan, and Dawei. The Department of Social Welfare organizes courses under the Ministry of Social Welfare, Relief and Resettlement. Schools offer courses in tailoring (women's clothing, children's clothing, men's shirts, Myanmar jackets for men, and

coats), handicrafts, snack-making, cuisine, and flower arrangement. Schools conduct eight six-week courses each financial year, and those in Yangon, Mandalay, Mawlamyine, and Pathein offer special weekend courses. Those wishing to attend the courses to be conducted from 22 July to 30 August can contact the schools in their respective regions and states during office hours, according to the Department of Social Welfare. — TWA/TKO

DMH forecasts water level fluctuations in rivers nationwide

THE Department of Meteorology and Hydrology (DMH) has announced that water levels in Myitkyina, Bhamo, Shwegu, and Katha are expected to rise by one to five feet in the coming days. According to the DMH's ten-day weather forecast for the Ayeyawady River, water levels in Myitkyina, Bhamo, Shwegu, and Katha are predicted to increase by one to five feet. However, water levels are forecasted to decrease by three to six feet in Thabeikkyin, Mandalay, Sagaing, Myinmu, NyaungU, Pakokku, Chauk, Minbu, Magway, Aunglan, Pyay, Seiktha, Hinthada, and Zalun.

Additionally, the Chindwin River is forecasted to drop by six to eight feet in Khamti, Homalin, and Phaungpyin and by ten to twelve feet in Mawlaik, Kalewa, Mingin, Kani, and Monywa. The Dokhtawady River is expected to rise by 1.5 to 2 feet in Hsipaw and Shwesayan. The Sittoung River is forecasted to rise by three to four feet in Toungoo and Madauk. The Shwegyin River is expected to rise by three feet in Shwegyin. The Bago River is forecasted to rise by two to three feet in Zaungtu and Bago. The Thanlwin River is expected to rise by two feet in Hpa-an.

The Thaungyin River is forecasted to rise by three feet in Myawaddy. The Ngawun River is expected to rise by six inches in Pathein. The Bilin River is predicted to rise by four feet in Bilin. Conversely, the Myittha River is expected to ebb by 2.5 feet in Kalay. The Dokhtawady River is forecasted to decrease by four feet in Myitnge. The Ngawun River is expected to fall by two to four feet in Ngathaingyoung and Thaboung. The Toe River is forecasted to drop by six inches in Maubin, according to the DMH. — TWA/TMT



The water level of the Ayeyawady River getting high above the alert level in Bhamo Township on 3 July.

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Kolkata to buy honey from Myanmar

KOLKATA of India proposed to buy Myanmar's honey through the Consulate-General of the Republic of the Union of Myanmar; according to the Myanmar Trade Promotion Organization in Magway Region.

They want honey with a moisture level below 18-19 per cent and packaging in a 50-kilogramme jerrycan. Myanmar has received an order for one container loaded with honey.

Kolkata asked to connect with suppliers. Therefore, those interested suppliers can contact the Myanmar Trade Promotion Organization through 067 408618 or email myantrade.domestic@gmail.com.

Myanmar's honey production is estimated at over 4,000 metric tons annually. Sixty per cent goes to foreign markets, while the remaining is designated for domestic consumption. Honey is utilized as a traditional medicine in the country.

Myanmar primarily exports honey to China, Japan, South Korea, Thailand, the US and Singapore. Myanmar shipped over 488.21 metric tons of honey to foreign trade partners in the last FY 2024-2025 (April 2024-March 2025), comprising 461.21 metric tons through maritime trade and 27 tonnes via land borders, bagging US\$0.732 million, the

Apiculture Division's data showed.

Myanmar exported honey to Japan with 279.21 tonnes worth \$418,815 and also sent to South Korea with 0.5 tonne worth \$750, Thailand with 181.5 tonnes worth \$272,250 and China with 27 tonnes worth \$40,500.

Myanmar exported over 2,200 metric tons of honey to foreign trade partners in the last FY 2023-2024.

Sagaing and Mandalay regions are the leading producers of Myanmar's honey. Myanmar's beekeeping businesses are also found in Yangon, Bago, and Magway Regions, as well

as Kachin, Kayah, Kayin, and Shan States. Myanmar produces sesame honey, jujube honey, Niger honey, sunflower honey, lychee honey and flower honey.

There are some State-owned beekeeping stations with 6,200 beehives in 31 townships and over 950 private beekeeping businesses operating with nearly 200,000 beehives.

Moreover, two million acres of crops yearly contribute to bee pollination every year. Beekeeping businesses near the crop fields contribute to the successful yield of the crop as well as quality bee production. — NN/KK

70th BGJF 2024 invites Myanmar business delegates

THE 70th Bangkok Gems & Jewellery Fair (BGJF) 2024, which will take place from 9 to 13 September 2024 at Queen Sirikit National Convention Centre (QSNCC) in Bangkok, Thailand, welcomes the participation of Myanmar businesspeople, according to the Myanmar Trade Promotion Organization.

The Department of International Trade Promotion, the Ministry of Commerce of Thailand, will provide two nine-square-metre booths for Myanmar businesspersons free of charge.

Business delegates can submit the list of participants to attend the fair through the contact number of the Myanmar Trade Promotion Organization at 067 408622 or email event.td.myantrade@gmail.com. — NN/KK



Hive boxes are arranged in sequence at a beekeeping farm in Myanmar.

YGN palm oil wholesale rate rises to K5,460 per viss

THE wholesale reference rate of palm oil for the Yangon market edged up slightly to K5,460 per viss this week ending 28 July from K5,415 recorded last week ending 21 July, 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 on a weekly basis.

Despite the reference price, the market price is way too high.

To control overcharging, the Consumer Affairs Department under the Min-

istry of Commerce informed the consumers of lodging the complaints for overcharging through the call centre's hotline in late August. The department urged consumers not to buy palm oil at high prices. The Committee notified that 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.

Complaints for overcharging can be lodged over hotline 1535 of the call centre of the Consumers Affairs Department or



Consumers line up for the purchase of cooking oil at reference prices in Yangon.

sent to the Facebook page of the department and the region and state departments concerned.

The domestic consumption

of palm oil 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

OPINION

Strictly control mosquito-borne diseases

MOSQUITO-BORNE diseases have a significant impact on human health and the environment. Millions suffer from infectious diseases transmitted by mosquitoes, leading to a high annual death toll. Countries worldwide prioritize mosquito control to ensure public safety.

There are over 3,000 mosquito species globally, and Myanmar is home to three varieties that spread various diseases. The Aedes mosquito transmits dengue haemorrhagic fever to both children and adults. The Anopheles mosquito spreads malaria, while the Culex mosquito causes elephantiasis (lymphatic filariasis) and Japanese encephalitis.

Additionally, chikungunya, also known as elephant flu, affects more than 60 countries across Asia, Africa, Europe, and the Americas through Aedes mosquito bites. Among these diseases, dengue haemorrhagic fever is particularly dangerous. Approximately 96 million people in 129 countries suffer from DHF annually, with around 40,000 fatalities each year. The Anopheles mosquito holds the Guinness World Record for the highest fatality rate due to its role in spreading malaria. According to a 2022 Nature journal publication, malaria has historically killed half of the world's population.

The World Health Organization (WHO) has issued warnings about the potential for malaria outbreaks affecting half of the world's population. In 2021, 247 million people suffered from malaria, resulting in 619,000 deaths. Africa is notably prone to malaria, and WHO predicts that global warming and climate change may expand malaria-prone areas, potentially increasing the disease's fatality rate between 2030 and 2050.

Global efforts to control mosquito populations are crucial in reducing the incidence of these diseases. Public health initiatives focus on eliminating mosquito breeding grounds,

promoting the use of mosquito nets and repellents, and implementing vaccination programmes where available. Collaborative efforts between governments, health organizations, and communities are essential to combat the spread of mosquito-borne diseases effectively.

In fact, mosquito-borne diseases pose a severe threat to global health, with significant mortality rates attributed to dengue hemorrhagic fever and malaria. Preventative measures and control strategies are vital in mitigating the impact of these diseases and protecting populations worldwide.

Currently, malaria resurges as a critical health problem all over the world, including Southeast Asian countries as well as Myanmar. Climate change, the increasing number of travellers, counterfeit medicines, low-quality medicines, and habitual change of Anopheles mosquito play a crucial role in the resurgence of malaria disease. Whatever it may be, everybody needs to strictly follow health guidelines issued by relevant health organizations and authorities so as to control infection of diseases through mosquito bites as well as outbreaks of other diseases and carefully clean the vicinities of public residential places.



Proper hygiene, balanced diet, and regular physical activity strengthen the immune system, making it more effective in fighting infections. **ILLUSTRATION: IMAGE USED FOR ILLUSTRATIVE PURPOSE / MAGIC STUDIO**

Advices For Daily Healthcare

By Dr Than Lwin Tun

HEALTH is the wealth, so daily healthcare is essential for maintaining overall well-being and preventing illness. The followings are the reasons why it's important:

Physical Health

- **Prevention of Diseases:** Regular healthcare routines, such as vaccinations, screenings, and check-ups, help in early detection and prevention of diseases.
- **Healthy Lifestyle Maintenance:** Daily habits like balanced nutrition, regular exercise, and adequate sleep contribute to maintaining a healthy body weight, reducing the risk of chronic diseases such as diabetes, heart disease, and hypertension.

Mental Health

- **Stress Management:** Regular exercise, mindfulness practices, and adequate sleep can significantly reduce stress and anxiety, improving overall mental health.
- **Cognitive Function:** Engaging in mental exercises, social interactions, and getting sufficient sleep contribute to better cognitive function and can help prevent cognitive decline with age.

Emotional Well-Being

- **Positive Outlook:** A consistent healthcare routine can lead to a more positive outlook on life. Physical well-being often translates to emotional stability.
- **Self-Esteem:** Taking care of one's body through exercise, nutrition, and grooming can boost self-esteem and confidence.

Social Health

- **Enhanced Relationships:** Good health allows for active participation in social activities, strengthening relationships with family and friends.
- **Community Engagement:** Being healthy enables one to engage more actively in community and volunteer activities, fostering a sense of belonging and purpose.

Advices for Daily Healthcare

- **Balanced Diet:** Consume a variety of nutrients by eating fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Regular Exercise:** Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, along with muscle-strengthening activities.
- **Adequate Sleep:** Ensure 7-9 hours of sleep per night for optimal health.
- **Hydration:** Drink plenty of water throughout the day to stay hydrated.
- **Hygiene:** Maintain good personal hygiene, including regular handwashing and dental care.
- **Mental Wellness:** Practice mindfulness, engage in hobbies,

and seek social support when needed.

Long-Term Benefits

- **Longevity:** Consistent daily health care can lead to a longer, healthier life by preventing or delaying the onset of chronic diseases.
- **Quality of Life:** Maintaining good health allows for greater independence and quality of life, especially in older age. In addition, the daily healthcare is a holistic approach that includes physical, mental, emotional, and social well-being. By integrating healthy habits into your daily routine, you can enhance your quality of life and reduce the risk of various health issues, leading to a happier and more fulfilling life.

The More the Merrier or What?

By U AC

CAN anyone tell me why an economy the 20 times the size of Myanmar, i.e., Singapore, can do alright with just three big local banks while Myanmar has to have nearly 50? I also would like to know the rationale behind why we need to accommodate almost 100 political parties and why the countries next door, such as Thailand, Malaysia, etc., can do with just a couple of large ones. This concept of the more the merrier is doing the country no good, neither politically nor economically. Let me tell you why ...

First, it shows our own inability to work together to grow bigger and better and implies a lack of national unity. Why cannot we trust just a few big banks and the ability of CBM to manage four or five of them effectively? When the whole world banking system tries to favour the concept of the bigger, the better, we might just be heading in the opposite direction. Ask every rich person in Myanmar what they want to do after they start having a bit of spare money. Opening a bank

would be one of the top choices. Motivation to get money from the public as deposits to be used for his ventures elsewhere may be a simplistic point of view, but it is not hard to fathom if one considers that every single association of most trades wants to open a bank, too. Livestock and fisheries got a bank, minerals got a bank, tourism got a bank, farmers got a bank, housing and construction got a bank, and even microfinance got a bank. What is next then, Education Bank, CMP Bank, Transport Bank, Edible Oil Bank, Rice Bank, Corn Bank? Where does it end? The smaller banks exist in Myanmar just to sustain the coffers of the owners and do not serve the interests of the depositors. CBM may claim all the banks are back to normal; try to withdraw more than K5 million from your own account from smaller banks such as GTB or SMEDB. You would be pleasantly surprised!

Secondly, the regulator has to lower the standards of qualifications for registration or licensing criteria for continued existence to ensure that the



The smaller banks exist in Myanmar just to sustain the coffers of the owners and do not serve the interests of the depositors. **ILLUSTRATION: IMAGE USED FOR ILLUSTRATIVE PURPOSE / PIXABAY**

mini-mouses continue to stay relevant in the game. In the banking regulations, LAW requires banks to produce annual reports (financial statements) for the public. One wonders how many are making these yearlies for the general public and potential depositors and investors.

What action has CBM taken other than excusing them for total non-compliance? The smaller banks either lack resources or expect the government to treat them leniently for being small. How can we ever become a country of law and order if financial regulations can be op-

tional? The same is true with political parties' registration. To join any elections as a potential MP (Member of Parliament), a person must put up a deposit of S\$15,000 to the government to prevent village idiots from wasting everyone's time.

Furthermore, if that person

fails to gather at least 10 per cent of the vote in the constituency that he is contesting, he would lose all of the deposits. In Myanmar, the bar set for political party registration and MP qualifications is so low that any Tom Dick and Harry can join the elections. Citizens may also

wrongly be voted on popularity and how well the person can BS instead of merits and real qualifications. With much anecdotal evidence in the elections of 2015 and 2020, where the mass crowd equated being poor to being honest and correlated, is able to criticize and talk crap with the competence needed to run a government department or ministry.

Third, the more the merrier concept adds extra administrative burdens to the government and increases the incidences of non-compliance. While the bigger banks or political parties have sufficient resources to set up compliance departments or managers, the smaller counterparts do not have the deep pockets to do likewise. As such, it became customary to expect more incidences of non-compliance from them, further tying the government down with matters of triviality that do not contribute to economic growth.

Fourth, why are we not comparing ourselves with the countries we need to catch up and emulate their success stories? Singapore became the first world a long time ago. Bangkok is becoming a first-

wrongly be voted on popularity and how well the person can BS instead of merits and real qualifications. With much anecdotal evidence in the elections of 2015 and 2020, where the mass crowd equated being poor to being honest and correlated, is able to criticize and talk crap with the competence needed to run a government department or ministry.

Last, for certain industries and certain associations, the opposite of the more the merrier is true, i.e., the bigger the better. For utilities, banks, property developers and political parties, the country and the economy are best served by bigger corporations with stronger reserves rather than SMEs. SME development is better served in specific industries that promote their growth, such as health and wellness, services, construction, etc.

Just like having children, it is not necessarily the merrier, but the fewer, the better fare here. Let's try not to please every business person and politician who asks for favours and, for once, favour the country to provide a platform to compete and give vital impetus to the much-needed economic growth. ■

SCI/ENVIRON WORLD

Research offers insights into birds' response to global environmental changes

The research, which analyzed 97 bird species and over 800 plant species across six continents, suggests that these adaptations could shed light on how birds might cope with global environmental changes.

BIRDS living in stressful environments will push their fruit-eating abilities to the limit and up their calorie intake by eating the largest possible fruits that can easily fit in their beaks, new international research said on Friday.

The study, led by New Zealanders, found birds will often eat fruits that match their beak size when they are near the limits of where they live, where conditions tend to be more chal-

lenging.

The international team said their findings provide insights into how these birds might respond to global environmental changes, which are forcing many to live near or outside where they have historically inhabited.

The research, published in *Science*, looked at 97 bird species and the more than 800 plants they eat from across six continents worldwide.

The findings may help explain geographic variation in species' fitness and are important for accurately predicting species' responses to continued environmental change.

The study shows environmental stress can force species to alter their diet in ways that are not optimal.

The team led by Lucas Martins, post-doctoral fellow of the School of Biological Sciences of the University of



This undated file photo shows a small alpine rock wren in New Zealand. **PHOTO: DAVID HALLETT/XINHUA**

Canterbury, investigated how fruit-eating birds vary their use of different resources across their ranges.

"This suggests that birds

may be more strongly forced to select the 'ideal' fruit size where stress and energetic demands are higher," Martins said. — Xinhua



A sculpture titled "Giant Plastic Tap" by Canadian artist Benjamin Von Wong is displayed outside the fourth session of the UN Intergovernmental Negotiating Committee on Plastic Pollution in Ottawa, Canada, on 23 April 2022. **PHOTO: AFP/FILE**

US to phase out federal purchase of single-use plastics

PRESIDENT Joe Biden's administration on Friday announced plans to phase out single-use plastics in all federal operations by 2035, as part of a broader effort to combat what it deemed a rising global crisis.

Since the US federal government is the single largest buyer of goods and services in the world, the decision could have a significant impact on global markets, spurring industries to develop new products and reducing the planet-warming emissions associated with plastic manu-

facturing.

"Plastic production and waste have doubled over the past two decades, littering our ocean, poisoning the air of communities near production facilities, and threatening public health," the administration said in a statement.

Under the new goal, the federal government will "phase out federal procurement of single-use plastics from food service operations, events, and packaging by 2027, and from all federal operations by 2035." — AFP

Oil-tainted lake a symptom, and symbol, of Venezuela's collapse



A fisherman prepares to go fishing in Lake Maracaibo in Maracaibo, Zulia State, Venezuela, on 11 July 2024. **PHOTO: AFP**

A putrid smell hangs over the black-stained shores of Lake Maracaibo in Venezuela, where an oil slick is emblematic of the steep decline in the country's once-enviable petroleum industry.

Here, much like elsewhere in what was once Latin America's richest country, economic hardship drives much of the discussion ahead of 28 July elections, in which President Nicolas Maduro will seek a third six-year term.

"We suffer. Fishing from

the shore is no longer possible because of the oil," fisherman Yordi Vicuna, 34, told AFP, adding that catches have fallen tenfold.

He said nets must constantly be washed or replaced after being soiled by oil that leaks from decayed pipes which the government cannot afford to fix.

Much of Venezuela's economic collapse — fuelled partly by a sharp international drop in oil prices after 2014 — has happened under the watch of

Maduro, who has been in office since 2013.

Many Venezuelans — including Vicuna — blame US sanctions for the dire situation.

"The pipeline is damaged because of the (economic) blockade," the fisherman said, echoing the government's official line, as he and others shovelled oil-soaked sand from the lake shore.

"We ask the competent agencies, people from outside, to support the government in any way... to fix the pipelines," Vicuna added.

Boom to bust

More than a century ago, the hydrocarbon-rich Maracaibo Basin was the birthplace of a business that transformed Venezuela into one of the world's top 10 oil producers — fuelling a decades-long period of incredible prosperity.

The country, which has the world's largest proven oil reserves, was producing 3.5 million barrels of oil a day by 2008, with the United States as its main client. — AFP

British music star Mahalia hopes to perform in China to build

AT the just concluded iconic Montreux Jazz Festival in Switzerland, British R&B and neo-soul singer Mahalia said she dreams of performing in China one day and building more cultural bridges with her music.

“Absolutely! My whole life I just wanted to travel and be able to do something that could take me to places, this was my goal. I would love to go to China,” Mahalia, who has never been to China, told Xinhua during the festival’s 58th edition held on 5-20 July.

Mahalia stressed that building cultural bridges with music is a top priority for her.

“It’s really important. The more I tour and when I go to Australia and America and parts of Asia or Europe, I can see that people enjoy the music,” she said.

“I’m immensely proud of how far I have come but I’m also excited about how far I can still go. For me, the sky has always been the limit,” she added.



A concert given by Chinese musicians is staged in Vienna, Austria, on 10 August 2023. PHOTO: XINHUA

Mahalia, a Leicester native, is one of the leading lights of the British music scene. At the crossroads of neo-soul, R&B and hip-hop, she has already collaborated

with music superstars such as Burna Boy, Stormzy, Raye and Jacob Collier.

Mahalia was just 13 years old when she signed to a record la-

bel. She performed in Montreux for the first time at age of 20 in 2018. Recalling her debut in the festival as “incredible,” she said she is “very excited to come back

at the age of 26.”

Mahalia, who has released studio albums including “Love and Compromise” in 2019 and “IRL” in 2023, has received many Grammy, BRIT, Soul Train and MTV Push nominations over the years, as well as two MOBO-wins for Best Female Act, and Best R&B/Soul Act.

“I’m currently working on new music. I’ve got plans to release (it) this year, which is really exciting. But I’m just having fun,” Mahalia said.

The Montreux Jazz Festival, founded in 1967, traditionally lasts two weeks every summer on the Lake Geneva shoreline. Nearly 250,000 spectators attend the festival every year.

This year, the festival will travel to China for the third time and take place in Suzhou, east China’s Jiangsu province, from 25 to 27 October under the Montreux Jazz Festival China’s theme “When West Meets East.” — Xinhua

Türkiye recovers over 12,000 historical artefacts since 2002

THE Turkish Ministry of Culture and Tourism said Sunday that 12,139 historical artefacts have been repatriated since 2002 as the country has intensified efforts to recover cultural artifacts.

Since 2018 alone, a total of 7,823 artefacts have been recovered, local newspaper Daily Sabah quoted the ministry as saying.

Many of the recovered artefacts were retrieved from Western countries, including Britain, Italy, and the United States.

Some artefacts were intercepted during commercial transactions. For instance, a bronze emperor statue slated for auction in New York in 2011 was deemed illegal and subsequently returned to Türkiye. — Xinhua

Sino-Italian heritage cooperation boosts civilizational learning: Italian experts

THE continued cooperation between Italy and China to protect and promote world cultural heritages enhances mutual understanding and fosters learning between civilizations, several Italian professionals told Xinhua in recent interviews.

Italy and China currently hold the largest number of UNESCO World Heritage Sites.

Heleni Porfyriou, a former senior researcher at the Institute for Heritage Science of the Italian National Research Council, said that the significant number of heritage sites in both countries lays the foundation for collaboration, with many sites sharing similar historical significance, architectural styles, or cultural landscapes. — Xinhua

Indonesians flock to festival to cast mythical effigies out to sea

THOUSANDS flocked to a coastal town in western Indonesia Sunday to watch a clash between ornate mythical effigies before they are cast into the sea, in a centuries-old ritual born from a Shiite holy day of mourning.

Dozens of men paraded the two winged, horse-shaped effigies across the town of Pariaman on Sumatra island, bringing traffic to a halt in the city centre as the festival known as Tabuik got under way.

The 12-metre-high effigies were shaken and deliberately knocked into one another as they were brought to a nearby beach before being toppled into the surf to the backing track of a traditional band.

Though the festival has its roots in the Muslim holy day of Ashura — when Shiites mourn the death of Imam Hussein, a grandson of the Prophet Muhammad — visitor Riko Putra, 38, found the Tabuik festivities

“exciting”.

“From what I saw on the beach... it was more like a euphoria, like welcoming a victory,” Riko told AFP.

The origins of the festival were imported to western Indonesia by Shiite Muslim soldiers from India under British rule in the 19th century.

The ritual dramatizes in the abstract the battle of

Karbala in modern-day Iraq, where Imam Hussein and his retinue were killed by a larger army.

The effigies are shaped like Buraq, a winged horse-like creature often depicted with a human head believed to have picked up Hussein’s remains after the 7th-century battle and carried them to heaven. — AFP



People move an effigy during the Tabuik festival in Pariaman, West Sumatra, on 21 July 2024. PHOTO: AFP

ECONOMY

Asian markets drop as Biden drops out of White House race

ASIAN markets fell Monday as Joe Biden's decision to drop out of the US presidential race fuelled fresh uncertainty, while traders appeared unmoved by China's decision to cut interest rates in a bid to boost its stuttering economy.

After last weekend's assassination attempt on Donald Trump — and the following Republican convention — boosted bets he would win November's election, investors were trying to work out the ramifications of the latest news out of the White House.

Biden on Sunday gave in to weeks of calls for him to step aside in the wake of a poor debate performance that amplified questions about his health, and endorsed Vice President

Kamala Harris to succeed him.

The news has left traders wondering who will go head to head with Trump, whose expected victory had lifted equities and the dollar on expectations of tax cuts and deregulation.

Analysts said markets would likely be volatile in the near term.

"While market instinct will be to say that the news adds a degree of uncertainty to the outcome of the 5 November election that wasn't present last week, it will be many weeks... before anyone can reasonably determine if the race for the White House is significantly narrower than looked to be case previously," said National Australia Bank's Ray Attrill.

"In short, there'll be more



A woman walks in front of an electronic board displaying the exchange rate for the Japanese yen against the US dollar in Tokyo on 22 July 2024. PHOTO: AFP

noise than signal on US politics for markets to contend with in the coming few weeks at least."

Stocks in Asia fell Monday following losses on Wall Street

and in Europe, where trade was dominated by a crash in global computer systems — the result of a faulty update to an anti-virus programme — that hit

airports, airlines, trains, banks, shops and even doctors' appointments.

Tokyo, Shanghai, Sydney, Seoul, Singapore, Chinese Taipei, Mumbai, Wellington and Manila all fell, though Hong Kong rallied thanks to healthy gains in Chinese tech firms.

London, Frankfurt and Paris all rose at the open.

Stephen Innes said in his Dark Side Of The Boom commentary: "It's as if the political game of chess has flipped its board, and investors are left picking up the pieces."

"This unexpected twist has injected a hefty dose of political uncertainty into the market, leaving everyone scrambling to determine their next move." — AFP

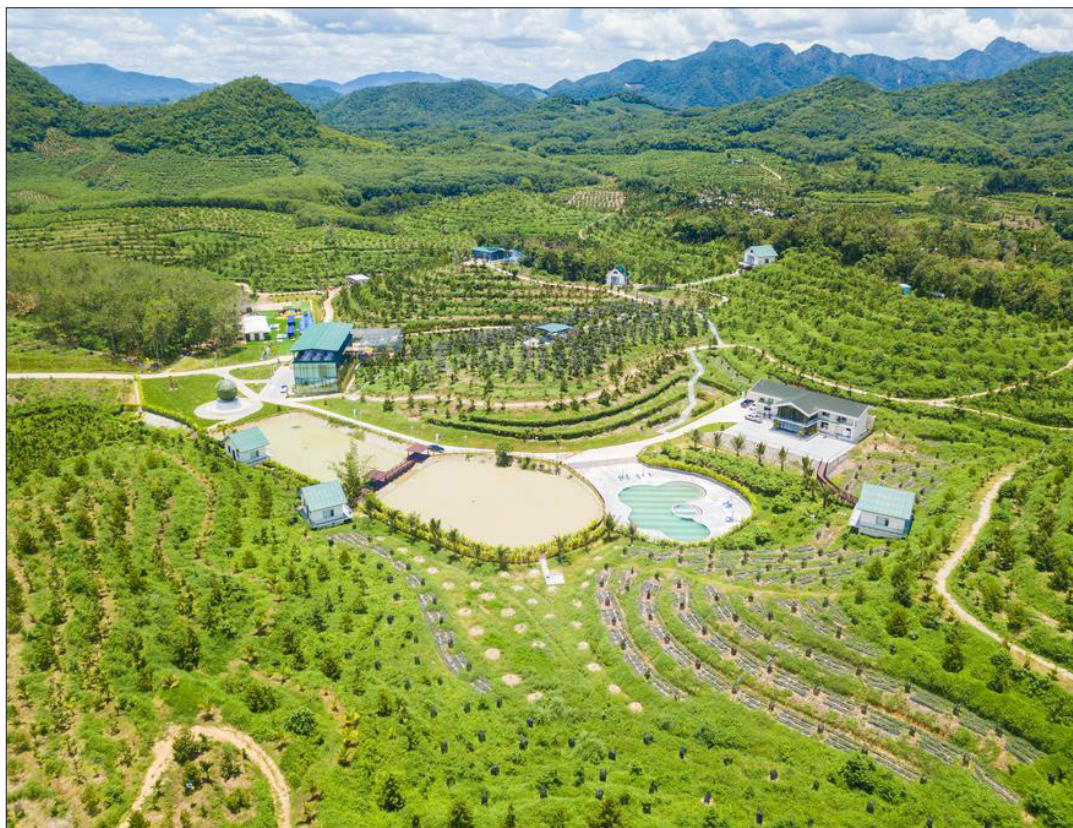
Domestically grown durians in S China's Hainan help to boost rural revitalization

RECENTLY, the domestically grown durians in Sanya City, south China's Hainan Province, have entered the market season.

As the world's largest importer and consumer of durians, China has long relied on

imports to meet its demand for durians. In recent years, with breakthroughs in cultivation technology, Sanya City, as the main production area of domestic durians, has been continuously developing the durian industry. By expand-

ing the durian planting scale, promoting durian planting techniques, opening stores for selling domestic durians, and establishing durian brands, Sanya has walked on a path to promote rural revitalization. — Xinhua



An aerial drone photo taken on 20 July 2024 shows a durian base in Sanya City, south China's Hainan Province. PHOTO: XINHUA

NEWS IN BRIEF

Vietnam's rice exports enjoy various opportunities this year

VIETNAM has many opportunities to promote rice exports in the remaining months of 2024 as the demand for rice around the world is still high, local media Cong Ly reported Monday, citing the Ministry of Industry and Trade.

According to the ministry's Import-Export Department, after a long period of rising export prices, the fall in Vietnamese rice price was simply following the trend of the global rice price.

Deputy Minister of Agriculture and Rural Development Phung Duc Tien said the ministry now placed top priorities on high-quality seed production, major export products and the formation of quality varieties with high yields, which are disease-resistant and can adapt to different climates.

According to the ministry, Vietnam's rice exports in the first six months of 2024 were a bright spot, with a volume of 4.68 million tonnes and turnover of US\$2.98 billion, up 10.4 per cent in volume and 32 per cent in value over the same period last year. — Xinhua

Sri Lanka's inflation increases to 2.4% in June

SRI Lanka's inflation increased to 2.4 per cent in June from 1.6 per cent reported in May, according to the national consumer price index, the department of census and statistics said on Monday.

The inflation in the food category which was reported at 0.5 per cent in May rose to 1.9 per cent in June, according to the department.

In the non-food category, inflation rose from 2.4 per cent to 2.7 per cent.

Recently, the Asian Development Bank revised the inflation forecast in Sri Lanka for 2024 as supply-side conditions improved alongside better external buffers and the availability of foreign currency.

Sri Lanka's inflation has been easing steadily since September 2022 when the inflation was at 69.8 per cent. — Xinhua

Policy support fuels recovery of China's cruise economy

CHINA'S cruise economy is witnessing a steady recovery, bolstered by the visa-free policy for international tourists and the resurgence of the global cruise market.

In the first half of 2024, cruise ports in Shanghai handled over 90 international cruise voyages, recording more than 180 entries and exits, with over 840,000 passengers traveling through these ports. China's first domestically built large cruise ship, Adora Magic City, has welcomed over 150,000 tourists as of early June since its maiden commercial voyage at the beginning of the year, according to its operators.

The cruise economy, with its long industrial chain, is often referred to as the "golden industry that floats". Market analysts said the cruise economy plays a crucial role in expanding domestic demand, unlocking consumption potential and cultivating new economic drivers.

With a coastline stretching 18,000 km, China has seen steady improvements in its port infrastructure. The country boasts abundant tourism resources and is experiencing rapid growth in the service industry, making it a major destination for international cruise liners. — Xinhua



This photo taken on 26 May 2024 shows the cruise ship Adora Magic City in east China's Shanghai. PHOTO: XINHUA

Milk powder, butter, cheese lead New Zealand's exports fall

NEW Zealand exports of milk powder, butter, and cheese fell 10 per cent to 1.5 billion NZ dollars (US\$900 million) in June, compared with the same month last year, which led the fall of the goods exports, the statistics department Stats NZ said on Monday.

New Zealand goods exports fell by 0.1 per cent in June 2024 to 6.2 billion NZ dollars (US\$3.73 billion), compared with June 2023, while goods imports fell by 13 per cent to 5.5 billion NZ dollars (US\$3.31 billion), with the monthly trade balance a surplus of 699 million NZ dollars (US\$420.79 million), Stats NZ said. Other dairy-based products, including infant formula and casein and caseinates, rose in this period, it said.

Offsetting the fall in exports was an increase in fruit, up 18 per cent in this period, which was led by kiwifruit, up 21 per cent to 423 million NZ dollars (US\$254.64 million), Stats NZ said. Petroleum and products led the fall in imports, with petroleum and products' imports dropping by 55 per cent, statistics show. — Xinhua

Jakarta-Bandung High-Speed Railway saves fuel, boosts economy: Indonesian minister

THE Jakarta-Bandung High-Speed Railway (HSR) is delivering significant benefits to Indonesia, according to the country's Minister of State-Owned Enterprises Erick Thohir.

Since its commercial operation in October 2023, the HSR has not only reduced travel time between Jakarta and Bandung, but also saved 3.2 trillion rupiah (around US\$197.56 million) in fuel costs annually by utilizing electrical energy, Thohir stated on his social media account on Saturday. He highlighted the success of the HSR, noting that it has transported four million passengers as of early July, reflecting strong public



Passengers wait to check in by scanning their tickets at Halim Station in Jakarta, Indonesia, 17 July 2024. PHOTO: XINHUA

trust and enthusiasm for the Southeast Asia's first high-speed train.

"The Jakarta-Bandung High-Speed Railway has contributed 86.5 trillion rupiah (around US\$5.34

billion) to the regional gross domestic product of Jakarta and West Java from 2019 to 2023," he said.

With a top speed of 350 kilometres per hour, the HSR connects Halim Sta-

tion in Jakarta with Tegalluar Station in Bandung, West Java, saving travel time between the two cities from over three hours to approximately 40 minutes. — Xinhua

CLAIMS DAY NOTICE

M.V TORRES STRAIT VOY.NO. (427W)

Consignees of cargo carried on **M.V TORRES STRAIT VOY.NO. (427W)** are hereby notified that the vessel will be arriving on **22-7-2024** and cargo will be discharged into the premises of **MITT/MIP** 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 MAERSK A/S

CLAIMS DAY NOTICE

M.V SITC HUIMING VOY.NO. (2410S)

Consignees of cargo carried on **M.V SITC HUIMING VOY.NO. (2410S)** are hereby notified that the vessel will be arriving on **22-7-2024** 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 SITC CONTAINER LINE CO., LTD

CLAIMS DAY NOTICE

M.V BANGKOK VOY.NO. (182N)

Consignees of cargo carried on **M.V BANGKOK VOY.NO. (182N)** are hereby notified that the vessel will be arriving on **23-7-2024** 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 PADIAN 3 VOY.NO. (0UV8QS1NC)

Consignees of cargo carried on **M.V PADIAN 3 VOY.NO. (0UV8QS1NC)** are hereby notified that the vessel will be arriving on **23-7-2024** and cargo will be discharged into the premises of **MITT/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 CMA-CGM SHIPPING LINE PTE LTD

ROLLING UPDATES: WORLD

Japan's PM, Iran's president-elect agree to deepen friendly relations

JAPANESE Prime Minister Fumio Kishida and Iran's President-elect Masoud Pezeshkian agreed Monday to work together to further develop bilateral ties "based on the traditional friendly relationship".

During their phone talks, Kishida and Pezeshkian exchanged views on the situation surrounding the Middle East, focusing on the Gaza Strip, where conflict between Israel and the Palestinian militant group Hamas continues.

Kishida "expressed his high hope for Iran to play a more constructive role towards the peace and stability of the Middle East and to advance cooperation with the international community", the Japanese Foreign Ministry said.

Moderate reformer Pezeshkian was elected as Iran's new president in a runoff election earlier this month, succeeding Ebrahim Raisi, who died in a helicopter crash in May. — Kyodo

Democrats race to name new 2024 candidate after Biden's exit

DEMOCRATS were in uncharted territory Monday as they raced against the clock to find a new standard-bearer after President Joe Biden's stunning late exit from the 2024 race for the White House.

Vice-President Kamala Harris was in pole position as the party promised a "transparent and orderly process" to replace the 81-year-old Biden, who bowed Sunday to Democratic concerns over his age and capacity to beat Republican Donald Trump in November.

The announcement set off a scramble to confirm a new candidate at the Democratic convention in Chicago on 19 August — and perhaps weeks sooner.

Democratic lawmakers and party elders, including at least a third of US senators, some key governors, and Bill and Hillary Clinton, have rallied behind Harris, who crucially also received Biden's swift endorsement.

But many big names —



US President Joe Biden and US Vice-President Kamala Harris watching the Independence Day fireworks display at the White House in Washington, DC, the United States, on 4 July 2024. US President Joe Biden announced on Sunday his intention to drop out of the presidential race. PHOTO: XINHUA

from House Minority Leader Hakeem Jeffries and his influential predecessor Nancy Pelosi to Senate Majority Leader Chuck Schumer and former president Barack Obama —

were initially holding back.

"We will be navigating uncharted waters in the days ahead," Obama said in a statement in the wake of Biden's announcement.

"But I have extraordinary confidence that the leaders of our party will be able to create a process from which an outstanding nominee emerges." — AFP

Israeli delegation to attend new round of ceasefire talks in Qatar: PM's office



People take part in a protest calling for an immediate ceasefire and the release of Israeli hostages held in Gaza amid the ongoing conflict between Israel and Hamas in the Gaza Strip, in Jerusalem, on 6 July 2024. PHOTO: XINHUA

THE office of Israeli Prime Minister Benjamin Netanyahu announced on Sunday that an Israeli delegation will visit Qatar later this week to resume negotiations for a

ceasefire and hostage-prisoner exchange deal.

Netanyahu held a lengthy discussion on Sunday with members of the negotiation team and senior security

officials regarding the Israeli hostages held in the Gaza Strip, according to his office.

The delegation, headed by Mossad chief David Barnea, will arrive in Doha on Thursday and engage in indirect negotiations brokered by Qatar and Egypt and supported by the United States.

The new round of negotiations had been delayed for about a week after Hamas halted the talks in protest over an Israeli attack on Khan Younis on 13 July, which killed at least 90 Palestinians.

Previous rounds of talks in Qatar have so far failed to produce an agreement to end the more than nine months of conflict in Gaza, with both sides blaming each other for the deadlock. — Xinhua

NEWS IN BRIEF

Singapore delivers new humanitarian aid for Gaza

SINGAPORE held a ceremony on Monday to hand over about 300 tonnes of canned sardines and 1,000 tonnes of rice to Gaza, according to a statement released by the Ministry of Foreign Affairs.

Singapore will work with the United Arab Emirates and Cyprus to transport the supplies to Gaza. "We reiterate our call for an immediate humanitarian ceasefire, as well as the unconditional, immediate, and safe release of all hostages. We also urge all parties to allow for the urgent, safe, and unhindered provision of humanitarian aid to affected civilians in Gaza," the Foreign Ministry said. — Xinhua

Malnutrition remains significant issue in Pacific: UNICEF

THE United Nations Children's Fund (UNICEF) Pacific Representative Jonathan Veitch said while under-5 mortality rates in the Pacific are generally stable, there are concerning trends as malnutrition remains a significant issue among countries.

Veitch made the remarks while addressing the critical issues of malnutrition and health among children in Fiji and the broader Pacific region, reported Fiji Broadcasting Corporation on Monday. — Xinhua

SPORTS

AFF to hold second leg of ASEAN Club Championship qualifiers on 24 July

MYANMAR club Shan United will play the home match in the second leg of the play-off at the 2024-25 ASEAN Club Championship qualifiers on 24 July.

With regard to the second leg of play-off qualifiers, Shan United has to play against Brunei club Kasuka at 6 pm on 24 July at Thuwunna Youth Training Centre in Yangon, whereas Cambodian club Svay Rieng will take on Lao club Young Elephant at 6:30 pm Myanmar Standard Time in Phnom Penh of Cambodia.

In the first leg, Shan United played a 1-1 draw with the Brunei club away, while Cambodian club Svay Rieng thrashed a 3-2 win over the Lao club. Hence, Cambodian

club Svay Rieng has a great chance of qualifying for the home match.

Both Shan United and Brunei Kasuka have an equal chance due to a draw match in the first leg, but Shan United has a greater chance of winning the home match. In the first leg, Shan State was satisfied with a draw result due to a lack of applying its chances in the game. Only when Shan United totally wins the opponent at home will it be qualified.

The ASEAN Football Federation resumed the championship this year, and two qualified teams will fall in Group A of the final stage. — Ko Nyi Lay/TTA



Players of Shan United and Kasuka of Brunei are trying to control the ball in the first leg of the qualifier. PHOTO: SUFC



Tony Estanguet (C), President of Paris 2024, speaks during a press conference at Paris 2024 Main Press Centre in Paris, France, 21 July 2024. PHOTO: XINHUA

Paris "ready" for Olympics, say organizers

WITH just five days to go until the opening ceremony of the 2024 Paris Olympic Games, organizers have said they are "ready" for the Games and have promised a clean Seine River.

"We are ready as we head into the final phase," Tony Estanguet, president of the Paris 2024 organizing committee told a press conference on Sunday. "Today we are exactly where we would have dreamed

of being a few years ago."

Final adjustments are being made across various venues in Paris, with thousands of athletes and officials arriving in the city, and the weather improving significantly.

Notably, the water quality of the Seine, which will be used for the opening ceremony, marathon swimming and triathlons, has seen a significant improvement since early July, according to Estanguet.

"All the indicators for the Seine are positive at this stage," Estanguet said.

The Paris 2024 head also highlighted the lasting legacy of environmental improvements through the water quality upgrades. "We have spent a lot of energy on this over the last few months, and recent tests show that everything is in the green. We are monitoring everything several times daily," he said. — Xinhua

Pogacar hails 'golden age' after securing third Tour de France title

TADEJ Pogacar hailed a new "golden age" for cycling after securing a third Tour de France title on Sunday to add to his 2020 and 2021 triumphs. The 25-year-old won the final day's time-trial with defending champion Jonas Vingegaard coming second at 1 minute 03 seconds on the day to seal second overall ahead of Remco Evenepoel, third on the day and also third overall. Victory

gave Pogacar the first Giro d'Italia-Tour de France double since Marco Pantani in 1998. "It was an amazing journey. What a battle with Jonas and Remco. So much happened," said the champion who finished 6 mins 17 secs ahead of Vingegaard in the final standings. Evenepoel was 9 mins 18 secs off the pace.

"We are living in the golden age of cycling. The rivalry with Remco (Evenepoel), Jonas (Vingegaard), Primoz (Roglic) is just incredible. We have to take advantage of this moment." — AFP



UAE Team Emirates team's Slovenian rider Tadej Pogacar wearing the overall leader's yellow jersey celebrates as he crosses the finish line to win the 21st and final stage and the overall victory in the 111th edition of the Tour de France cycling race, a 33.7-kilometre individual time-trial between Monaco and Nice, on 21 July 2024. PHOTO: AFP

Democrats race to name
new 2024 candidate after
Biden's exit

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WORLD

UN says 2024 decisive to ending AIDS as health threat

POLITICAL decisions taken this year will determine whether a target to end AIDS as a public health threat by 2030 can be reached, the United Nations said Monday.

Figures from 2023 show a drop in new infections and fatalities and improvement in access to treatment for HIV-positive patient. But while those figures look positive, the UNAIDS agency warned that the progress remained fragile. "Decisions leaders make this year will determine whether (or not) countries can achieve the 2030 target of ending AIDS as a public health threat and ensure progress beyond 2030," the report said.

In the over four decades since the AIDS epidemic burst onto the global scene, it has killed more than 42 million people.

While AIDS-related deaths have been steadily declining, falling from 670,000 in 2022 to 630,000 last year, the number still remains dizzyingly high. "A

person dies from AIDS-related causes every minute," UNAIDS chief Winnie Byanyima pointed out in the report, warning the world remains off track to reach ambitious 2030 objectives.

"The inequalities that drive the HIV pandemic are not being addressed sufficiently."

Nearly 40 million people live with HIV, the virus that can cause AIDS, the report said.

Around 1.3 million new infections were recorded last year, a decline of 100,000 compared to 2022 and a dramatic 60-per-cent fall since a peak of 3.3 million in 1995.

But the long-term trend is still way off track to hit the UNAIDS target of just 330,000 new infections in 2025.

Access to anti-retroviral medication has also greatly improved, but remains a major issue. Last year, a full 30.7 million people received such treatment compared to just 7.7 million in 2010. — AFP



A medical staff makes a rangoli designs, an art form that originates from in the Indian subcontinent, at an anti-retroviral Therapy Centre which provides care and support to people with HIV/AIDS at the government-run Gandhi Hospital in Hyderabad on 1 December 2023, on the occasion of World AIDS Day. PHOTO: AFP

DISRUPTIONS linked to the CrowdStrike global IT outage will continue for several weeks, Australia's Home Affairs Minister has said.

Clare O'Neil on Sunday warned that it could take up to two weeks for sectors affected by the outage to get back to normal.

The Microsoft Windows outage, which was triggered by a software update deployed by cybersecurity firm CrowdStrike on Friday,

caused major disruptions to banks, airlines and businesses around the world.

O'Neil on Sunday convened a National Coordination Mechanism meeting, bringing together government agencies and representatives from affected industries to discuss the outage.

In a statement posted on social media after the meeting, she said it would be some time before all systems were fully operational.

"There has been a huge amount of work over this weekend to get the economy back up and running. However, it will take time until all affected sectors are completely back online," she said.

"In some cases we may see teething issues for one or two weeks. There is no impact to critical infrastructure or government services."

Representatives from CrowdStrike told the meeting that they were close to rolling out an automatic fix for the issue, which O'Neil said would increase the speed at which systems are brought back online. She urged Australians to be extremely cautious of scams and phishing attempts trying to capitalize on the outage. — Xinhua

Turkiye needs to apply for BRICS membership promptly — Patriotic Party Vatan

TURKIYE needs to apply for the membership in BRICS as soon as possible to free itself from the "hegemony of the Atlantic", the deputy leader of Turkiye's Patriotic Party (Vatan), Hakan Topkurulu, told Sputnik.

"Turkiye should, as soon as possible, file an application to join BRICS. The world's foreign trade system should free itself from the hegemony of the Atlantic through BRICS," Topkurulu said.

In June, Foreign Minister Hakan Fidan also said that Turkiye intended to join BRICS.

Russia assumed the bloc's rotating presidency on 1 January. Egypt, Ethiopia, Iran, and the United Arab Emirates joined the organization this year. Saudi Arabia has not formalized its participation but has been taking part in BRICS meetings. — SPUTNIK

Lingering effects of CrowdStrike IT outage to last weeks: Australian minister

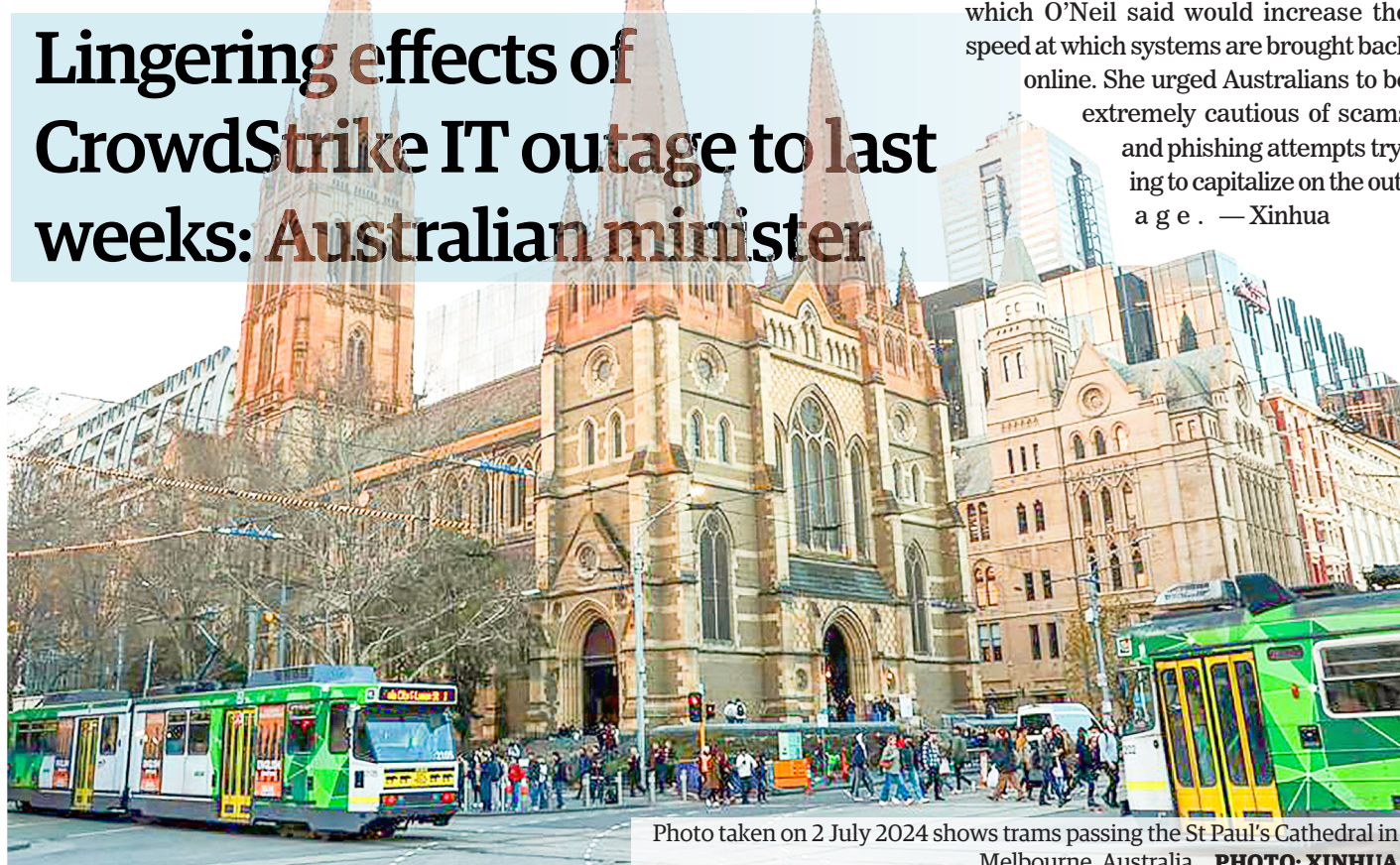


Photo taken on 2 July 2024 shows trams passing the St Paul's Cathedral in Melbourne, Australia. PHOTO: XINHUA