

The Global **NEW LIGHT** of MYANMAR

Proactive planning minimizes disaster damage



The coordination meeting of the National Disaster Management Committee is underway yesterday, chaired by Vice-President U Nyo Saw.

THE National Disaster Management Committee held its coordination meeting at the Ministry of Social Welfare, Relief and Resettlement in Nay Pyi Taw yesterday afternoon, attended by Committee Chairman and Vice-President of the Republic of the Union of Myanmar U Nyo Saw.

In his speech, the Vice-President said that it is necessary to emphasize preparedness measures by remaining alert to region-specific hazards and related disasters that commonly occur during the monsoon season, including storms and river flooding. Everyone needs to constantly observe weather forecasts and early warnings. During the current period, temperatures have been rising in some areas of central Myanmar, and there is also the possibility of El Niño conditions occurring.

Moreover, he added that special attention must be paid to the danger of earthquakes. By systematically carrying out disaster preparedness and preventive measures against natural disasters, it will not only be possible to reduce losses and

damage caused by such disasters to a certain extent, but also enable more funds that would otherwise be spent on response and rehabilitation efforts to be utilized for national development processes.

Relevant ministries, as well as regions and states, including Nay Pyi Taw, have to undertake sector-wise preparedness measures for various natural disasters. Preparations should be made in all sectors for possible disasters, including plans for the evacuation and relocation of people and animals, temporary shelter arrangements, emergency rescue and relief assistance, security, agriculture and livestock sectors, as well as rehabilitation measures for livelihoods that may be affected.

He underscored that preparations are needed to ensure the structural integrity and maintenance of dams and embankments in respective regions, and to prevent disruptions in the operation of education and healthcare services.

Vice-Chairs of the Management Committee, Lt-Gen Nyunt Win Swe and Dr Soe Win clarified

grouping the social search and rescue squads to immediately respond to natural disasters, making arrangements for disaster shelters and relief camps, setting the fund for operation of relief and post-disaster rehabilitation efforts, raising public awareness for knowledge about natural disasters on a wider scale, and storing relief supplies.

The meeting participants discussed the preparatory process to mitigate loss and damage in disasters and respond to disasters time to time, and efforts for the rehabilitation process in the post-disaster period.

The Vice-President coordinated the necessary measures of reports and discussions and gave concluding remarks.

Also, present at the meeting were Union ministers who take responsibilities of vice-chairs and committee members, the Nay Pyi Taw Council chairman, senior Tatmadaw officers from the Office of the Commander-in-Chief, deputy ministers, departmental heads and officials together with chief ministers of regions and states through videoconferencing. — MNA/TTA

Myanmar pulses export bags US\$1.8B in 2025-2026FY

MYANMAR generated income of US\$1.8 billion from exports of various pulses, maize and sesame seeds in the 2025-2026 financial year (April-March), according to the Myanmar Pulses, Beans, Maize and Sesame Seeds Merchants Association (MPBMSMA).

Myanmar exported 1.77 million tonnes of various pulses, 1.23 million tonnes of maize and over 117,000 tonnes of sesame seeds last FY.

Myanmar exports various pulses, maize and sesame seeds to over 40 countries, primarily to India, Thailand, the Philippines, China and Vietnam.

If the country is stepping up to increase yield per acre to maximize output and benefits.

Myanmar is one of the world's largest bean producers. Myanmar's agriculture sector is the backbone of the country's economy, and it contributes to over 30 per cent of the Gross Domestic Product. There are over 17 million acres of paddy and 10 million acres of pulses and beans in the country. The country's second-largest production is pulses and beans, accounting for 33 per cent of agricultural produce and covering over 20 per cent of growing acres. — ASH/KK



Sample of various pulses displayed at the domestic depot.

ARTICLE

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By Laura Htet (UDE)

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Ayeyawady Region boosts direct grain exports via Patheingyi port

NATIONAL

Bank Holiday

ALL Banks will be closed on 28 (Thursday) May 2026, "Eid al-Adha (Qurbani Eid) Day", being a public holiday under the Negotiable Instruments Act.

Central Bank of Myanmar

Public Invitation: Submit Recommendations on Anti-Online Scam Bill

THE Anti-Online Scam Bill was published in State-run newspapers on 14 May 2026 for public review and feedback. The Bill is scheduled for deliberation during the Second Regular Sessions of the Third Hluttaws.

Members of the public are warmly invited to submit their recommendations and suggestions to the addresses listed below. All submissions must be received by 2 June 2026.

- (1) Director-General, Pyidaungsu Hluttaw Office
- (2) Director-General, Pyithu Hluttaw Office
- (3) Director-General, Amyotha Hluttaw Office — MNA/MKKS

Weather

Myanmar Daily Weather Report

Issued at 7 pm Monday 25 May 2026

BAY INFERENCE: Monsoon is moderate to strong over the Andaman Sea, South Bay and Eastcentral Bay of Bengal and weather has a few clouds to partly cloudy elsewhere over the Bay of Bengal.

FORECAST VALID UNTIL NOON OF 26 May 2026: Rain or thundershowers will be widespread in Yangon, Ayeyawady, Taninthayi Regions and Kayin, Mon States, fairly widespread in Bago, Upper Sagaing Regions and Kachin, Shan States and scattered in the remaining Regions and States with likelihood isolated of heavy falls in Yangon, Bago, Upper Sagaing, Ayeyawady, Taninthayi Regions and Mon State. The degree of certainty is 100 per cent.

THE CONDITION OF CUMULONIMBUS CLOUD: The cumulonimbus clouds are developing in Yangon, Bago, Magway, Upper Sagaing, Ayeyawady, Taninthayi Regions and Kayah, Kayin, Chin, Mon, Rakhine, southern Shan States. In the area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied by rain, thunder, lightning and hail may occur and therefore it is recommended to be aware in advance of these phenomena.

STATE OF THE SEA: The sea will be moderate in Myanmar waters. Wave height will be about 6-8 feet off and along Myanmar Coasts.

OUTLOOK FOR THE SUBSEQUENT TWO DAYS: Increase of rain in Taninthayi Region and Kayin, Mon States.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 26 May 2026: Isolated rain or thundershowers. The degree of certainty is 100 per cent.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 26 May 2026: One or two rain or thundershowers. Degree of certainty is 100 per cent.

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 26 May 2026: Likelihood of isolated rain or thundershowers. The degree of certainty is 60 per cent. — DMH

EARTHQUAKE

A slight earthquake of magnitude 3.9 (M) with its epicentre inside Myanmar (about 21 miles southwest of Pinlebu), latitude 23.88 °N, longitude 95.11 °E, with a depth of 65 kilometres, about 54 miles north-northwest of the Kanbalu Seismological Observatory was recorded at 4 hours, 7 minutes and 50 seconds MST on 25 May 2026. — DMH

Shan State's Green Gold coffee heads to France for 2026-2027 FY

ACCORDING to U Soe Htut Win, Staff Officer of the Co-operative Department in Hopong Township, 34.08 tonnes of Green Gold coffee beans produced in Shan State (South) were exported to France in May of the 2026-2027 financial year.

"We are carrying out these activities to earn foreign currency and contribute to the State. At the same time, coffee is being cultivated as a substitute crop, and cooperative member farmers are benefiting from coffee cultivation

as an alternative source of income. At present, Green Gold coffee is being cultivated on 16,000 acres," said U Soe Htut Win.

Green Gold coffee is being cultivated as a substitute crop for opium in Loilem Township and Hopong Township. Since 2019, Green Gold coffee has been exported annually to foreign countries, including France and Belgium.

Efforts are being made to continue exporting Green Gold green coffee beans to the United States as well. — ASH/KNN



This photo captures green gold coffee cherries and green coffee beans.

Taungpula Durian Charity Feast draws historic crowds

ON 24 May, a durian charity feast held at Taungpula Hill in PyinOoLwin Township, Mandalay Region, attracted tens of thousands of pilgrims, making it a record-breaking day for visitor turnout in five years, according to the Sayadaw.

The Sayadaw shared on his social media page that approximately 4,500 durians were donated and served during the charity feast on that day.

The influx of visitors was so large that the parking lots across the area were full, with vehicles parking along the approach roads. To facilitate the distribution, tokens were handed out in advance, and each pilgrim received a pre-packaged box of durian.

The charity event also featured musical performances by artists as well as the distribution of fried potatoes. Taungpula Hill is located near Wetwun Village and Peik Chin Myaung Cave in PyinOoLwin, Mandalay Region. It is a prominent landmark that attracts tourists and pilgrims from all over Myanmar.



Pilgrims gather at the Taungpula Durian Charity Feast in PyinOoLwin.

Visitor numbers usually surge on weekends, full moon days, and new moon days compared to weekdays.

Pilgrims can enjoy complimentary rice and curry meals at any time from morning until night. Additionally, several recreation spots have been developed for visitors to appreciate the natural scenery and the beautiful sea of clouds. — MT/ZN

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NATIONAL

Youth's strength best for sustainability and modernity of the State

COMMANDER-IN-CHIEF of Defence Services General Ye Win Oo met trainees from the basic and advanced maritime youth course 1/2026 and the basic aviation youth course 10 and the advanced course 9, supervisors and instructors at Zeyathiri Beikman in Nay Pyi Taw yesterday morning.

On the occasion, the General delivered a speech, saying that the younger generation must understand the vital importance of the nation's land, territorial waters, and airspace to become youths capable of safeguarding the State.

He noted that through naval and aviation youth training courses, they are expected to contribute to national defence tasks, develop strong morale, discipline, and physical fitness, cultivate the habit of working collectively in unity, nurture and enhance the interests and talents of young people, and foster greater conviction and patriotic spirit among the new generation of youths, thereby helping to produce human resources for the future of the State and Tatmadaw.

He underscored that all youth have to know that their strength is the best for sustainability of the State and efforts to



Defence Services Commander-in-Chief General Ye Win Oo warmly greets trainees, supervisors and instructors of the basic and advanced maritime and aviation youth courses in Nay Pyi Taw yesterday.

modernize the nation.

The General highlighted that education is the best companion for a person to live and stand as an individual who is both intellectually accomplished and morally upright. It is education that shapes and cultivates the intellect capable of discerning and judging right from wrong.

He explained that countries rich in educated people are standing at the forefront of the world today. In order to achieve

such leadership, humanity has continued its efforts and innovations under the guidance of education, resulting in progress advancing step by step and enabling people to live with a high standard of living.

The General urged youths to firmly build their moral foundation to be strong. They have to always forge patriotic spirit and love for the country to remain constantly alive and awakened in their hearts.

Moreover, he deeply urged

the youth to begin striving and preparing themselves from now on so that, as a new generation filled with patriotism and love for the country, they will be able to shoulder and carry out the responsibilities of the State in the future.

The General and the youth exchanged commemorative gifts. Two trainees from the maritime and aviation courses recounted their experiences from the courses and spoke words of thanks.

The General gave a tea party to those youths, supervisors and instructors. The Myawady Entertainment Troupe performed song entertainment. The General cordially greeted the trainees, supervisors and instructors.

Before the ceremony, the youth trainees viewed round arms and weapons produced by the Myanmar Tatmadaw, Tatmadaw uniforms, communication devices produced by the Myanmar Tatmadaw, scale models of vessels, naval equipment, aircraft and helicopter scale models, pilot suits and equipment, and simulators of flying aircraft.

Also, present at the ceremony were Daw Nilar, the wife of the Commander-in-Chief of Defence Services, Deputy Commander-in-Chief of Defence Services Commander-in-Chief (Army) General Kyaw Swa Lin and his wife Daw Nang Kue Ku, Commander-in-Chief (Navy) Admiral Htein Win and his wife, Commander-in-Chief (Air) Lt-Gen Tun Win and his wife, the Chief of the General Staff (Army, Navy and Air) and his wife, senior Tatmadaw officers from the Office of the Commander-in-Chief and their wives, and guests. — MNA/TTA

MNPIFER Union Minister discusses investment opportunities using yuan

THE discussion on facilitating opportunities for investment using the yuan was held at the office of the Directorate of Investment and Company Administration (DICA) in Yangon yesterday.

It was attended by Union Minister for National Planning, Investment and Foreign Economic Relations U Aung Kyaw Hoe, the Yangon Region Planning, Economics and Finance Minister, the Chinese Economic Counsellor to Myanmar and other business persons.

Speaking at the event, the Union minister stated that Myanmar, as a member of the

Regional Comprehensive Economic Partnership (RCEP), is cooperating in the implementation of the China-Myanmar Economic Corridor (CMEC), and added that allowing investment to be conducted in the Chinese yuan would help facilitate and speed up trade and investment processes.

The attendees discussed investment opportunities, investment conditions in Yangon, policy and procedures for investment using the yuan.

The Union minister also inspected the operations of the One-Stop Service (OSS) of the DICA after the meeting. — MNA/KTZH



Union Minister U Aung Kyaw Hoe leads the discussions on investment opportunities using the yuan in Yangon yesterday.

NATIONAL

Union Health Minister reviews dengue prevention activities in Yangon Region



UNION Minister for Health Dr Thet Khaing Win inspected community-based dengue prevention and control activities being carried out across townships in Yangon Region during the rainy season.

Under the directive of the Ministry of Health, local authori-

Union Minister Dr Thet Khaing Win is pictured during his inspection of dengue prevention efforts in Yangon Region.

ties and communities are jointly implementing preventive measures against seasonal diseases through public participation campaigns.

During his visit to Mayangon Township, the Union minister observed mosquito larvae control activities, including “cover, pour out, change, and filter” practices, larvicide application, environmental sanitation works, and health education sessions aimed at preventing dengue fever and severe diarrhoea.

He also visited a community health service programme held at Mogaung Dhammayon in Ward 1, Mayangon Township, where specialists from Thanlyin General Hospital provided medical care under the supervision of senior doctors.

Next, he observed eye screening services using artificial intelligence (AI) technology conducted by the Eye Hospital (Yangon), led by its medical superintendent and ophthalmology experts. — MNA/KZL

Completed VDP concrete road project in northern Shan State inspected

OFFICIALS from the Department of Rural Development in Shan State (North), Tangyan District, conducted a field inspection yesterday in Namsan Village, Nangkhan Village-Tract, Tangyan Township, to review the completion of a village concrete road constructed under the Village Development Project (VDP) for the 2026-2027 financial year.

The project was implemented to improve rural transport and ensure better accessibility for residents. During the inspection, District Management and Administration Committee Chairperson and District Administrator U Ko Ko Oo, Pyithu Hluttaw Representative U Sai Seng Sein, and District Head of the Department of Rural Development U Tin Aung Lwin inspected the completed concrete road, which measures 270 feet in length, 12 feet in width, and



Officials review the completed village development project in Shan State (North).

six inches in thickness.

Following the inspection, officials met with members of the village development committee and local elders, urging residents to collectively maintain the road to prevent damage and ensure long-term sustainability.

The project was implemented under the Village Development Project (VDP) using K15 million in govern-

ment support funds and K1.407 million in community contributions, with a total project value of K16.407 million. It was carried out by local villagers with technical assistance and close supervision from township and district rural development departments, and has now been fully completed, providing improved year-round transport access for rural communities. — Maung Khaing (Rural)

Embassy Urges Myanmar Citizens in Garden Grove to Stay Alert After Chemical Leak

MYANMAR nationals living around Orange County in California, which is under the declaration of the state of emergency, will need to pay close attention to official emergency declarations by respective authorities and follow their advice, said the Myanmar Consulate-General in Los Angeles.

The chemical facility in Garden Grove has experienced a leak of a highly inflammable and toxic chemical called methyl methacrylate, and the situation remains critical, said the embassy.

The Orange County Fire Authority (OCFA) has issued a warning for the evacuation of about 50,000 residents, and California Governor Gavin Newsom declared a state of emergency on 23 May.

Therefore, Myanmar nationals in Orange County living around the chemical facility will need to closely watch the authorities' official emergency declarations.

In the event of emergency evacuation, they can contact evacuation centres and the Myanmar Consulate-General hotline 214 4106143 and office phone number at 213 3870043, the Myanmar Consulate-General in Los Angeles urged.

Evacuation Centres are the Garden Grove Sports and Recreation Centre, Address: 13641 Deodara Dr Garden Grove, CA 92844, the Cypress Recreation and Community Centre, Address: 5700 Orange Avenue, Cypress, CA 90630, Public Information Hotline: 714 6287085, and 24-Hour Call Centre: 714 7415444. — MT/ZS



The chemical facility in Orange City, Garden Grove. PHOTO: YAHOO NEWS

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NATIONAL

Students enrol at schools in Yangon

SCHOOL enrolments for the 2026-2027 Academic Year were made at 2,717 basic education schools, 231 monastic schools and 378 private schools in Yangon Region.

The school enrolment week was designated from 25 to 31 May, and the schools will be opened on 1 June. The Ministry of Education announced that no enrolment fees will be charged and that school uniforms, textbooks, exercise books, pencils, and pens will be provided free of charge at schools during enrolment. Free educational materials are being distributed to students from Grade-1 to Grade-12. The ministry also urged parents not to give money or gifts to headmasters, headmistresses, teachers, or staff. Placement Tests will also be conducted to help primary and high school level dropouts return to formal education.

“The free education system is being implemented to ensure that every school-age child can attend school, in line with the educational objective. During school enrolment, students are



Students flock to No 1 Dagon BEHS for school enrolment. PHOTO: KANU

being admitted while receiving educational materials such as textbooks, notebooks, pens, pencils, and school uniforms free of charge. KG students are provided with age-appropriate learning aids, primary school students receive school uniforms and school supplies, while middle and high

school students are provided with textbooks, exercise books, pens, and pencils. Even after the school enrolment week ends, enrolment will continue throughout June. In pursuant of the guidance of the government, all are working together to ensure that more students are enrolled this

year compared to last year,” said U Min Oo, deputy director (Education) of the Yangon Region Education Office.

Daw Aye Mya Thida, teacher of No 1 BEHS Dagon, said, “In accordance with the instructions of the President and the Ministry of Education, teachers, depart-

mental organizations, and associations are working together to ensure that all school-age children are enrolled. We invite all school-age children to come and enrol. Enrolment is now open from KG to Grade 12. Educational materials are also being provided free of charge during enrolment. Even if enrolment is delayed, applications will be reviewed and accepted continuously throughout June.”

In line with the motto of the 2026-2027 academic year, “Let’s Enrol All School-Age Children for Sustainable Development of the Country”, the regional administrative organizations, educational staff, social organizations, school welfare teams, volunteers and parents are cooperating to increase the number of enrolled students beyond last year’s figures. Last year, 1,173,347 students studied in schools across Yangon Region, and efforts are now being made from the beginning of this year’s enrolment period to increase school attendance compared to the previous year. — Nyein Thu (MNA)/KTZH

School Enrolment Day Ceremony held for 2026-2027 Academic Year

THE School Enrolment Day Ceremony was held for the 2026-2027 Academic Year yesterday at the Zabu Shwekyia hall of Zabuthiri Township No 14 Basic Education High School, Nay Pyi Taw.

The ceremony was attended by Union Minister Dr Chaw Chaw Sein, Nay Pyi Taw Council Chairman U Kan Myint Than, Deputy Minister U Nay Myo Hlaing, Nay Pyi Taw Council members and officials, township education officers, school principals, parents and students.

Students from Zabuthiri Township No 11 Basic Education High School opened the ceremony by singing the song “Let’s Enrol”.

The Union minister spoke on the occasion that education in the 21st century is the most important need for the future of children, so special atten-



The School Enrolment Day Ceremony is underway yesterday in Nay Pyi Taw.

tion must be paid to ensuring that children do not lose out on education, all education workers, parents and the public to work together to implement the School Enrolment Week theme of “Let’s Enrol All School-Age Children for Sustainable Development of the Country.”

Afterwards, Nay Pyi Taw

Council Chairman U Kan Myint Than delivered a speech, and the Union minister and team presented free textbooks, stationery, school uniforms and school assistance.

They also observed the enrolment of students in each classroom and provided them with textbooks and stationery.

— MNA/MKKS

Completed VDP sandy road project in Hsihseng inspected

OFFICIALS from Hsihseng Township Rural Development Department, Shan State (South), conducted a field inspection yesterday to review the completion of an inner-village sandy road construction project implemented under the Village Development Project (VDP) in Tikalaing Village.

The project was carried out with the aim of improving rural transport and ensuring better connectivity for residents. During the inspection, Township Head of the Department of Rural Development, Daw Thein Nwet Oo, together with departmental staff and members of the Village Project Committee, inspected the completed sandy road, measuring 2,500 feet in length, 12 feet in width, and five inches in thickness.

The township head also met village elders and residents, encouraging them to cooperate in

maintaining the upgraded road to ensure its long-term sustainability and addressing their concerns and suggestions.

The infrastructure project was implemented by local villagers with technical assistance and close supervision from township department officials. Funded with K15 million under the VDP programme, along with public contributions, the project has now been fully completed at 100 per cent. — Sein Lwin (Rural)



This image show a section of the completed inner-village sandy road project in Hsihseng, Shan State (South).

NATIONAL

Nationwide School Enrolment Week Kicks Off



Nay Pyi Taw.



Pathein, Ayeyawady Region.



Bokpyin, Taninthayi Region.



Gyobingauk, Bago Region.



Karathuri, Taninthayi Region.



Kamaing, Phakant, Kachin State.



Kawthoung, Taninthayi Region.



Lashio, Shan State (North).



Loikaw, Kayah State.



The Magway Region Chief Minister unveils the school enrolment drive.



Minbu (Sagu), Magway Region.



Mohnyin, Kachin State.



Myeik, Taninthayi Region.



Pakokku, Magway Region.



Hpa-an Township, Kayin State.



Pyigyimandaing, Taninthayi Region.



Yangon Region.

NATIONAL

Heho locals cheer return of frontline Tatmadaw troops

A ceremony to honour and welcome back Tatmadaw members returning from the frontline after carrying out duties related to local security and stability in and around Kyondoe-Kawka-reik-Thingannyinaung was held

yesterday evening at a local battalion in Heho of Shan State (South). The event was attended by officials from the Eastern Command, along with relevant officials, departmental personnel, and local ethnic residents.

The returning troops had carried out military operations on the front lines day and night to help ensure that ethnic communities across various regions and states could live and work in peace, with

the security of their lives and property safeguarded, and to maintain national stability and peace.

The commander and party welcomed back the returning Tatmadaw members with

sprigs of Eugenia. The event also featured traditional dance and music performances. — MNA/MKKS



Images show triumphant Tatmadaw troops receiving warm welcome at the Eastern Command Headquarters yesterday.

Transfer ceremony of K30M RBF held in Lewe

THE Department of Rural Development under the Ministry of Cooperatives and Rural Development held a ceremony yesterday to transfer K30 million of the Rural Business Fund (RBF) to Yonetaw Village, Lewe Township, the Nay Pyi Taw Union Territory.

The fund transfer ceremony was held in Yonetaw Village, which is implementing the Rural Business Fund (RBF) project to improve rural livelihoods and promote income-generating activities.

At the event, Lewe Township Head of the Department of Rural Development, U San Yu Hlaing, explained the objectives of the fund transfer, details of the project, and the future implementation tasks to be carried out by the beneficiary community.

Following this, township officials formally transferred



The disbursement ceremony for rural business funds is in progress yesterday in the Nay Pyi Taw Union Territory.

K30 million to four livelihood groups in Ronetaw Village. Each group received K7.5 million, with the total fund aimed at supporting agricultural and livestock production as well as small and micro-enterprises through a cooperative-based system.

The project is intended to provide necessary financial capital for farmers and small business operators, and to strengthen community-based livelihood development through organized group activities, according to officials. — Cho Than Nyunt (Rural)

People's Military Service Training 25 opens across regions/states

TO serve national defence and security duties, eligible and capable citizens selected to attend People's Military Service Training Batch 25 have arrived at their respective training depots located within various command areas and have carried out the necessary preparatory arrangements.

Yesterday morning, the opening ceremonies for People's Military Service Training 25 were held at the various training depots. At the ceremonies, the commandants of the training depots delivered opening remarks.

The Nay Pyi Taw Council chairman, the chief ministers of regions and states, commanders and officials attended the ceremonies. They met the trainees of Batch 25, presented them with honorary cash awards,

food items and essential supplies, and offered words of encouragement.

As every citizen has a responsibility to safeguard the three national causes – non-disintegration of the Union, non-disintegration of national solidarity, and perpetuation of sovereignty – the People's Military Service Law was enacted on 10 February 2024 to enable citizens to receive military training and to undertake national defence duties. Accordingly, People's Military Service training programmes have been conducted.

Graduates of these People's Military Service training courses are now serving diligently in their assigned battalions and units, fulfilling their duties in national defence and security. — MNA/MKKS

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OPINION

Prioritize appropriate disaster risk reduction

MYANMAR has already gained valuable lessons and unforgettable experiences from the major Mandalay earthquake. The earthquake revealed weaknesses in the construction of earthquake-resistant buildings, particularly in terms of their ability to withstand seismic impacts. Due to limited basic knowledge about earthquakes, public awareness and compliance with necessary safety measures were inadequate. As a result, significant damage, losses, and casualties occurred, providing important lessons to be learned.

At present, Myanmar has entered the transition period from the hot summer season to the wet early monsoon season. During this period, the remaining heat of summer continues to be felt. At the same time, heat-induced air turbulence and cumulonimbus cloud formation can lead to rainfall along the areas where these clouds move, along with strong winds, thunder, lightning, and hailstorms.

Myanmar is a country that may experience various types of natural disasters. Given the current weather conditions, it is necessary to remain vigilant and not overlook hazards such as floods, storms, and earthquakes that may occur. Accordingly, appropriate disaster risk reduction, resilience-building, and preventive measures should be implemented in advance.

The major earthquake fault line known as the Sagaing Fault runs from north to south through Myanmar, passing through Sagaing, Mandalay, Pyay, Bago, Yangon, and extending to the Gulf of Mottama. Yangon is home to more than seven million people, and most of its residential buildings are high-rise structures. While some buildings are newly constructed, others are old and have exceeded their service life. This makes structurally weak or substandard buildings a matter of concern.

Regarding the earthquake that occurred in Yangon, seismological experts have analyzed that it was not caused by the Sagaing Fault itself, but rather by a minor subsidiary fault near it, and therefore, it is not considered a major cause for concern. Nevertheless, it is essential to make preparations in order to withstand earthquakes and minimize potential losses as much as possible.

Myanmar is a country that may experience various types of natural disasters. Given the current weather conditions, it is necessary to remain vigilant and not overlook hazards such as floods, storms, and earthquakes that may occur. Accordingly, appropriate disaster risk reduction, resilience-building, and preventive measures should be implemented in advance.

At approximately 8:45 am on 18 May, a moderately strong earthquake with a magnitude of 5.2 struck about nine miles south of Kyauktan Township in Yangon Region. Shortly afterwards, a weaker earthquake with a magnitude of 3.2 occurred a few minutes later near the same area. On the same day at around 12:30 pm, another weak earthquake with a magnitude of 3.5 struck about 10 miles southeast of Gangaw. A small earthquake was also reported west of Yinmabin in Sagaing Region. As earthquakes have been occurring frequently during this period, it is necessary to remain alert and take preventive precautions in advance.

At approximately 8:45 am on 18 May, a moderately strong earthquake with a magnitude of 5.2 struck about nine miles south of Kyauktan Township in Yangon Region. Shortly afterwards, a weaker earthquake with a magnitude of 3.2 occurred a few minutes later near the same area. On the same day at around 12:30 pm, another weak earthquake with a magnitude of 3.5 struck about 10 miles southeast of Gangaw. A small earthquake was also reported west of Yinmabin in Sagaing Region. As earthquakes have been occurring frequently during this period, it is necessary to remain alert and take preventive precautions in advance.

A Peaceful Mind, A Meaningful Life

THERE are times in life when we suddenly notice how busy and crowded our minds have become. However, they are not full of our own dreams, plans, or happiness. Instead, they are filled with thoughts about other people. We remember someone's words again and again. We think about how someone treated us. We replay old conversations in our minds before going to sleep. Sometimes we think about others because we admire them. Other times, we think about them because we feel disappointed, upset, or even jealous. Without noticing it, we slowly allow other people to take up too much space in our hearts and minds.

The human mind is powerful, but it is also delicate. It can bring us peace, but it can also bring us stress if we are not careful with our thoughts. Many of us spend too much time worrying about other people's actions, opinions, or success. We

“*The human mind is powerful, but it is also delicate. It can bring us peace, but it can also bring us stress if we are not careful with our thoughts. Many of us spend too much time worrying about other people's actions, opinions, or success. We wonder why someone spoke to us in a certain way. We feel hurt by someone's behaviour. Sometimes, we compare ourselves to others and feel unhappy. The more we think about these things, the heavier our minds become.*”

wonder why someone spoke to us in a certain way. We feel hurt by someone's behaviour. Sometimes, we compare ourselves to others and feel unhappy. The more we think about these things, the heavier our minds become.

The sad truth is that while we are busy thinking about others, we often forget about ourselves. We forget our own growth, dreams, and peace of mind. The first thing we lose is

our inner peace. A peaceful mind cannot stay calm when it is full of anger, jealousy, or disappointment. Negative thoughts slowly grow inside us. Even when we smile in front of others, our hearts may feel tired and heavy.

Another thing we lose is time. Time is one of the most valuable things in life because once it passes, we can never get it back. Yet many people spend hours, days, or even years thinking too much about people who

may not even think about them in return. We lose sleep over misunderstandings. We waste energy on anger. We let sadness stay in our hearts for too long. At the end of the day, we feel emotionally tired without fully understanding why.

In today's fast-moving world, many people feel mentally exhausted. Even when they have not done difficult physical work, they still feel drained. One reason is that the mind itself be-

comes tired. Thinking too much can be exhausting. Carrying disappointment, anger, or jealousy in our hearts every day slowly takes away our happiness. Instead of focusing on our own lives, we become too interested in what others are doing, saying, or achieving.

At some point, we need to stop and ask ourselves an important question: "Am I spending too much time thinking about other people?" This question may seem simple, but it can help us understand ourselves better. When we become aware of our thoughts, we can slowly begin to change them.

Bringing our attention back to ourselves does not mean becoming selfish. It simply means caring for our own mental and emotional well-being. Instead of filling our minds with negative

By Laura Htet (UDE)

thoughts about others, we can fill them with thoughts that help us grow. We can think about our goals, our families, our studies, or ways to become better people. We can spend more time helping others, learning new skills, reading books, or doing things that bring peace to our minds.

One beautiful thing about the human mind is that it can learn new habits. At first, it may be difficult to stop negative thinking. Sometimes anger comes naturally. Jealousy may quietly enter the heart. Disappointment can be hard to forget. However, we do not have to let these feelings control us forever. The first step is simply becoming aware of them.

The moment we notice ourselves thinking too much about someone, we can gently stop and say, "I am thinking about this too

much." This small awareness is powerful. It helps us step back from our emotions instead of becoming trapped inside them. Little by little, we learn to control our thoughts instead of allowing our thoughts to control us.

For many people, peace comes through prayer, meditation, or spiritual reflection. In Buddhist practice, many find comfort by remembering the noble qualities of the Buddha. When the mind focuses on something positive and meaningful, negative thoughts slowly become weaker. Anger, jealousy, and disappointment begin to lose their power.

Of course, changing our thinking habits does not happen overnight. It takes patience and practice. A habit formed over many years cannot disappear in a single day. However, every small effort matters. Just as a tree grows little by little, peace also grows slowly inside us. The more we practise letting go of unnecessary thoughts, the easier it becomes.

Over time, we begin to feel lighter. We stop reacting too strongly to small problems. We

stop carrying other people's actions in our hearts all day long. Instead, we begin noticing the simple joys of life — the quiet beauty of the morning, kind words from a loved one, peaceful evenings, or moments of laughter with friends and family. Life becomes calmer when the mind becomes calmer.

Every person has limited time in this world. Our time is precious because it is closely connected to our life itself. Once time passes, we can never bring it back. That is why we should be careful about what we allow to stay in our minds. Not every problem deserves our attention. Not every person deserves our endless thoughts.

If we must spend our valuable time on something, let it be on thoughts that bring goodness into our lives. Let us think about kindness, peace, wisdom, and personal growth. Let us spend more time improving ourselves rather than worrying about others. A peaceful mind brings strength, happiness, and clarity. And when the mind becomes peaceful, life itself becomes more meaningful.

The Elephant We Pretend Not to See

There is an old Myanmar saying: "If you see the elephant in the room, do you still need to see its footprints to prove it exists?" The proverb points to a simple but uncomfortable truth: sometimes reality stands before us plainly, yet we deny it.

In psychology, denial is one of the most powerful defence mechanisms of the human mind. We often avoid painful truths about relationships, illness, ageing, betrayal, loss, failure, or political realities because acknowledging them threatens our emotional equilibrium. Rather than facing the "elephant", we search for excuses, distractions, or endless evidence to avoid acceptance.

Yet truth remains truth whether we recognise it or not. Refusing to acknowledge an elephant does not make it disappear.

Psychologically, avoidance may temporarily reduce anxiety, but prolonged denial often intensifies suffering. Emotional pain that is ignored rarely dissolves; instead, it becomes internalized, often emerging later as resent-

The Elephant in the Room and Reformatting the Mind: Learning to Face Truth and Transform Bitterness

ment, depression, anxiety, bitterness, or psychosomatic distress.

Bitterness: The Heavy Baggage of Unprocessed Pain

One of the most difficult emotional states to endure is bitterness. Being bottled up with resentment can feel psychologically corrosive — a slow poison that colours perception and narrows emotional freedom.

Bitterness often develops when expectations are shattered, trust is broken, injustice feels unresolved, or sacrifices appear unrecognized. The human brain, particularly the amygdala and limbic system, tends to replay emotionally painful experiences repeatedly. Neuroscientists sometimes describe this as negative emotional looping — the mind revisiting old injuries as though reopening the same wound.

The danger is that bitterness, while understandable, gradually

becomes part of one's identity. A painful experience transforms into a permanent lens through which the world is viewed.

Yet bitterness itself is not the enemy. The real challenge lies in how we metabolize it.

Reformatting the Mind: A Computer Analogy

In computer terms, imagine a hard drive overwhelmed by corrupted files, viruses, and outdated programmes. Sometimes, minor repairs are insufficient. One may need to format the hard drive and install a fresh operating system.

The human mind works somewhat similarly.

This does not mean erasing memory or pretending painful experiences never happened. Human beings are not machines. Rather, it means learning to stop reinstalling the same destructive psychological programmes: resentment, rumination, victim-

hood, and chronic mistrust.

Reformatting the mind means updating one's internal software.

Instead of asking repeatedly, "Why did this happen to me?", the healthier psychological question may become: "What can this experience teach me?"

Neuropsychology offers hope here. Through the principle of neuroplasticity — the brain's re-

“*Life's injuries cannot always be prevented, but they can be transformed. The healthiest mind is not the one untouched by pain, but the one able to reformat itself - learning from hardship without becoming imprisoned by it.*”

By Khin Maung Myint

markable ability to reorganize and form new neural pathways — individuals can gradually reshape emotional responses. New habits of reflection, forgiveness, perspective-taking, gratitude, and purposeful activity help weaken pathways of bitterness and strengthen

resilience.

The brain learns what it repeatedly practises.

Accepting Truth Without Becoming Its Prisoner

Acceptance is often misunderstood as surrender. It is not.

Acceptance means recognizing reality clearly, even when painful, without allowing it to dominate one's future. One may acknowledge betrayal without becoming permanently cynical. One may accept failure without abandoning ambition. One may face injustice without losing compassion.

The "elephant in the room" must first be recognized before healing begins.

Psychological maturity lies in saying, "Yes, this happened. It hurt. But I refuse to let pain become my permanent residence."

The Wisdom of Turning Bitterness into Experience

Many older adults quietly carry emotional scars accumulated over decades — disappointments, broken dreams, family conflicts, losses, and regrets. Yet some emerge wiser rather than harder. What distinguishes them?

Often, it is their ability to interpret suffering as experience rather than punishment.

In both psychology and philosophy, suffering can become a teacher. Pain may deepen empathy, sharpen judgement, increase

humility, and strengthen emotional endurance. The wound does not disappear, but it no longer governs life.

As the saying goes, "The same boiling water that softens the potato hardens the egg." Circumstances matter less than how one responds.

Conclusion: See the Elephant, Then Walk Forward

General education about mental well-being should include one uncomfortable but essential lesson: healing begins not with denial, but with honesty.

First, see the elephant in the room.

Second, accept that bitterness is part of being human.

Third, do not camp permanently in resentment.

Life's injuries cannot always be prevented, but they can be transformed. The healthiest mind is not the one untouched by pain, but the one able to reformat itself — learning from hardship without becoming imprisoned by it.

Truth may sting, but denial wounds for longer.

NATIONAL

Myawady continues demolishing online scam hubs

THE government continues to conduct joint operations in the Shwe Kokko and the KK Park areas, where suspects commit telecom fraud and online gambling activities. The combined teams comprising security personnel and administrative bodies are involved in these operations, which include entering the areas, dismantling and removing illegal buildings, and taking further action in accordance with the law.

During these operations, authorities identified 635 illegal buildings in the KK Park area that had been used for online scams and gambling operations. In order to ensure that online scam activities cannot re-establish themselves in the area and to prevent further criminal activities, complete demolition

operations were carried out in three phases. It was announced on 9 January 2026 that all illegal buildings in the KK Park area had been completely and systematically demolished.

Similarly, in the Shwe Kokko area, inspections and

searches were conducted on 322 illegal buildings to prevent online scams and gambling operations. Among them, 77 buildings were identified as being used for such criminal activities. These buildings were sealed off and classified into two

stages for demolition according to building type: 57 buildings to be demolished using heavy machinery in the first stage, and 20 buildings to be destroyed by controlled explosions in the second stage.

Yesterday, out of 57 build-

ings, two four-storey buildings used for online scams were systematically demolished using machinery, and as one 13-storey building had already been demolished previously, a total of three buildings have now been destroyed. Therefore, out of the 77 illegal buildings, 74 buildings still remain to be demolished, and authorities stated that systematic demolition operations will continue.

The government considers the eradication of telecom fraud and online gambling crimes as a national responsibility and, to ensure that such activities can no longer operate within Myanmar, will continue its efforts in coordination not only with domestic forces but also with the governments of neighbouring countries. — MNA/KTZH



Aerial views reveal 21 four-storey buildings slated for demolition in Shwe Kokko, Myawady.

Mongyan's successful income-generating activities under Green Village Project inspected



Officials oversee the successful implementation of the green village project in Shan State (East).

OFFICIALS from the Department of Rural Development under the Ministry of Cooperatives and Rural Development, Shan State (East), Mongyan District, conducted a field inspection yesterday in Wanawei Village and Mongloi (Lower) Village, Mongyan Township, to assess the successful implementation of income-generating activities supported

by the Green Village Project revolving fund.

During the inspection, Township Head of the Department of Rural Development U Thet Lin Htun, together with officials, reviewed the progress of agricultural, livestock, small-scale business, and trading activities being implement-

ed with project revolving funds in the two villages.

Officials also met members of the Green Village Project committees and checked the completeness and accuracy of monthly financial reporting forms. The Township Head encouraged villagers to further expand small-scale household enterprises in order to increase family income and improve livelihoods.

According to officials, the Green Village Project has been implemented in Wanawei and Mongloi (Lower) villages since the 2014-2015 financial year. A total revolving fund of K25 million has been provided as soft loans to 10 members, and the project continues to operate successfully, supporting sustainable community-based livelihood development. — Karan (Rural)

Nay Pyi Taw Hospital Launches Weekly Cervical Cancer Screenings



ORGANIZED by the Public Health and Medical Services Department in Nay Pyi Taw, a cervical cancer screening programme is being conducted by

specialists (obstetricians and gynaecologists) and health staff at the Nay Pyi Taw General Hospital (300-bed) every Friday for women aged 25 to 49. — MNA

Trade Training Institute to host Export Business Startup Course in Jun

THE Trade Training Institute (TTI) under the Ministry of Commerce's Department of Trade will conduct Batch 22 of its intensive export business startup training course from 8 to 12 June 2026.

The five-day programme will run from 9 am to 4 pm daily at the institute, located at 228/240, at the corner of Strand Road and Shwebontha Street in Yangon. Enrolment is limited to a maximum of 50 trainees.

Interested applicants must

register in person at the institute. Registration requires a completed application form, three passport-sized photos, a bachelor's degree certificate, a matriculation pass certificate, a Citizenship Scrutiny Card (CSC), and other relevant supporting documents.

For further details and enquiries, individuals can contact the institute directly at 01 8250871, 09 421948846, or 09 442134380. — NN/KK

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Urea fertilizer reference price changes announced

THE reference price for Urea fertilizer (large granular) was earlier set at K157,000 per 50-kilogramme bag for May, and then, the price decrease to K151,600 was announced. The rate will remain until the end of June, according to the Myanmar Fertilizer, Seed and Pesticide Entrepreneurs Association (MFSPEA).

Under the supervision of the Urea Fertilizer Purchase, Distribution and Sales Steering Committee, MFSPEA earlier set the fertilizer reference prices for Yangon in May at K157,000 per bag of urea fertilizer and K115,000 per bag of Di Ammonium Phosphate. The MFSPEA has not confirmed the reference price for Complex 15 fertilizer.

The prices may vary a bit depending on transport charges in other regions and states, as the aforementioned prices are set for the Yangon Region, MFSPEA stated.

Additionally, reference prices will be further announced as per rules and regulations. For overcharging, consumers can complain to the committee through contact numbers 067 410032 and 09 988539360. MFSPEA has already asked the member companies to stick to the reference prices.

At present, the Fertilizer Committee holds a quarterly meeting to ensure quality fertilizer for growers without facing shortages. Under the approval of the Fertilizer Technology Group, 12,297 fertilizer registrations have been granted after the 43rd meeting of the Fertilizer Committee. With individuals' consent, 2,088 registrations were voluntarily cancelled. The department revoked 2,867 registrations for expiration of validity, and 7,342 registrations are still under processing. — NN/KK

Ayeyawady Region boosts direct grain exports via Pathein port



The Pathein Industrial Port in Ayeyawady Region is seen handling export cargo operations.

THE Ayeyawady Region government has announced that maize produced within Ayeyawady Region will be directly exported to Ranong Port in Thailand via the Pathein Industrial Port.

Strategy Win Trading Com-

pany and AEG Company will jointly export 1,800 tonnes of maize in June under a direct shipment arrangement.

In the coming financial year, maize produced in Ayeyawady Region will continue to be directly exported to Thai-

land and other foreign countries via the Pathein Industrial Port.

Imported goods from abroad will likewise be directly brought into the country through the same port, according to the Ayeyawady Region government. — ASH/MKKS

Over 1,880 companies and factories seek GACC certification

A total of 1,889 Myanmar food processing companies and factories have submitted 3,909 applications to the General Administration of Customs of the People's Republic of China (GACC) until 22 May 2026, according to the Domestic Trade Division (GACC team) of the Myanmar Trade Promotion Organization under the Ministry of Commerce.

According to GACC Decrees 248 and 249, GACC registration is mandatory for food exporters starting from 1 January 2022.

Those individuals executing edible oil, oilseeds, stuffed pastry products, edible bird's nest and related products, edible grains, grains milling industrial products and malt, fresh and dehydrated vegetables, dried beans, plant species, nuts and seeds, dried fruits, unroasted coffee and cocoa bean, special dietary food excluding milk-based formula, functional foods, bee products, aquatic products including farm products, animal products and animal feed and livestock animal businesses need to apply for GACC licence to place their goods

in China's market.

The relevant authorities for the registration with GACC are the Agriculture Department, the Livestock Breeding and Veterinary Department, the Fisheries Department and the Food and Drug Administration Department.

Exporters can directly access the China International Trade Single Window through <https://cifer.singlewindow.cn> by creating accounts for those food groups which are not listed in the aforementioned 18 groups.

Between 1 December 2021 and 22 May 2026, 3,909 applications by 1,889 factories have been forwarded to the GACC through the Agriculture Department (1,710 applications), the Fisheries Department (156), the Livestock Breeding and Veterinary Department (14) and the Food and Drug Administration Department (nine).

Regarding the registration of the importing companies, the Department of Animal and Plant Quarantine under the GACC will check quarantine access for the

imported grains (unroasted coffee bean, cocoa beans, fresh and dehydrated vegetables, plant seasonings (plant spices), edible grain, dried beans, oil seeds (oil plant) and herbal animal products and plant for their origins. The companies cannot directly proceed with registration, and they need to carry out this step through competent authorities and departments concerned by sending an email via dapq@customs.gov.cn or submitting a letter to the Chinese Embassy to Myanmar or the Myanmar Embassy to China. As of 22 May 2026, a total of 1,231 applications have been successful in registering with the GACC with the approval of the competent authority. Additionally, a manual registration list of overseas manufacturers of imported foods with the GACC has been uploaded on <http://dzs.customs.gov.cn/>. Individuals can enquire further information through the contact numbers of the Myanmar Trade Promotion Organization at 067 3408605 and 067 3408617, and email myantrade.domestic@gmail.com. — NN/KK

Trading Amount and Forex Rate in the Market on 25 May 2026

	US\$	Chinese yuan	Thai baht	India rupee
Exchange rates	3,648~3,669	557~558.70	124.90~125.70	43.60
Trading amount in the market	14,258,325.27	22,427,900.10	69,218,409.84	
The amount sold by CBM to the market				

The foreign currency amount traded in the foreign exchange market was for the import of edible oil, fuel oil, car/motorcycle spare parts, pharmaceutical and pharmaceutical raw materials, industrial raw materials, packaging materials, paper, barley, wheat and consumer goods. The CMP sector revenue contributed US\$3.03 million to the edible oil sector; US\$2.5 million to the LNG sector; US\$0.03 million to the CMP sector; and US\$4,930 to the non-trade sector. — MNA

The people are urged to receive vaccination of COVID-19 without fail as full-time vaccination of COVID-19 and receiving booster shots can effectively mitigate infection of the virus, severe suffering from the disease and increase of death rate due to the disease.

ECONOMY WORLD

Oil plunges below \$100 on hopes of US-Iran Hormuz deal

OIL prices dropped back below \$100 a barrel on Monday and stock markets rallied as investors raised expectations of a reopening of the Strait of Hormuz following signs that Washington and Iran were edging closer to a deal.

Both North Sea Brent, the international benchmark, and West Texas Intermediate crude futures contracts were down more than five per cent in midday trading in Europe as headlines over the weekend suggested progress on talks to end the Middle East war.

A deal could be announced "today", US Secretary of State Marco Rubio said Monday during a visit to New Delhi.

His comment came after US President Donald Trump said negotiations were being conducted in an "orderly and constructive manner", even while cautioning that US negotiators had been advised "not to rush into a deal".

But many investors are betting Trump is eager to declare an accord that would see Gulf tanker traffic resume through the



This photo taken from a Kyodo News helicopter shows the Idemitsu Maru in the sea off Chita, Aichi Prefecture, central Japan, on 25 May 2026. **PHOTO: KYODO**

Strait of Hormuz — and help ease fuel prices ahead of the summer tourism season.

"According to reports from Donald Trump, a memorandum of understanding has been 'largely negotiated', with details to be

announced at some stage soon," said Chris Weston, head of research at Pepperstone.

The prospect sent stock markets higher across the board in Asia, with Tokyo jumping 2.9 per cent and topping 65,000 points for

the first time.

In Europe, Paris and Frankfurt saw strong buying though trading volumes were light during the Whit Monday holiday in several countries on the continent, while the London stock exchange

was closed for the Spring Bank holiday.

Wall Street is also closed Monday for Memorial Day.

Later this week, investors will also be keeping an eye on how the US Federal Reserve and its new chief Kevin Warsh react to key consumer inflation data and its potential effect on interest rates. Many economists have warned that sustained price increases from the US and Israeli war against Iran will limit the likelihood of interest rate cuts by the Fed to boost US growth — something Trump has repeatedly called for in recent months.

"The inflation story remains central to the entire setup," said Stephen Innes at SPI Asset Management. "After several hotter-than-expected consumer and producer inflation reports earlier this month, markets are increasingly concerned that elevated oil prices and supply disruptions tied to the Middle East conflict are beginning to seep into the broader inflation pipeline," he said. — AFP

Japan gov't leans towards cutting sales tax to 1%, not 0%, for speedy start



File photo shows a customer visiting a supermarket in Tokyo on 19 January 2026. **PHOTO: KYODO**

THE Japanese government is leaning towards the idea of cutting the current eight per cent consumption tax on food to one per cent, rather than zero as pledged earlier, for faster introduction to tackle the rising cost of living, sources close to the matter said Monday.

Under the one per cent tax scenario, retailers would be able to finish modifying their cash register systems as early as next spring, whereas the zero-rate

could require as much as a year. Prime Minister Sanae Takaichi will make a final decision possibly late June, the sources said.

Takaichi has pledged to seek a two-year suspension of the eight per cent consumption tax on food and beverages and said prior to the February general election she aimed to realize the move during the current fiscal year through March.

While lowering the consumption tax rate to one per

cent may be realized within fiscal 2026, exactly when it could be implemented still remains unclear as the government needs to present ways to secure funds to cover losses in tax revenues, estimated at around 4.3 trillion yen (\$27 billion) a year.

Failing to come up with alternative financing sources could fuel concerns about the highly indebted country's fiscal health, the worst among the Group of Seven advanced economies.

Takaichi has said the government intends to secure funds by reviewing subsidies and special tax measures or by tapping non-tax revenues, dismissing the need to issue special government bonds.

She has also stressed the zero-rate will only be for two years before replacing it with a refundable tax credit system, viewed as an effective mechanism to ease inflation burdens on low- and middle-income households. — Kyodo

Thailand's labour market expands 4.6% in Q1

THAILAND'S labour market grew 4.6 per cent year-on-year in the opening quarter of 2026, driven by a recovery in agricultural jobs, while non-farm employment continued to expand, official data showed on Monday.

The South-East Asian country's labour force increased to 41.2 million individuals in the January-March period, rebounding from a 0.9 per cent drop in the previous quarter, according

to the National Economic and Social Development Council (NESDC).

Employment in the farm sector rose 6.2 per cent in line with higher labour demand during the harvest season. Meanwhile, the non-agricultural sectors gained four per cent, led by the wholesale and retail trade and the transport and storage sectors, the NESDC said in a statement. — Xinhua

Vietnam's fruit, vegetable exports rise 16% in 1st 5 months

VIETNAM'S fruit and vegetable export turnover exceeded US\$2.67 billion in the first five months of this year, up 16 per cent year-on-year, the Vietnam News Agency reported on Monday.

China, the United States and South Korea remained Vietnam's top importers of fruits

and vegetables between January and May, according to the report.

Meanwhile, exports to markets including the Netherlands, Germany and Malaysia maintained robust growth, helping the country reduce reliance on a small number of major export destinations, the report added. — Xinhua

EAC moves to develop harmonized mobile roaming framework

THE East African Community (EAC) on Monday launched a week-long regional meeting in Tanzania to develop a harmonized mobile roaming framework to support affordable cross-border communication and accelerate the implementation of its Single Digital Market agenda.

The engagement, taking place in Dar es Salaam from Monday to Friday, brings together telecommunications experts, policymakers, communications regulators, and regional institutions under the Meeting of the Technical Committee on Telecommunications, the

EAC said in a statement. Ariik Malueth, EAC deputy secretary-general for infrastructure, productive, social, and political sectors, said that affordable and seamless cross-border communication was essential for strengthening regional integration, trade, and participation in the digital economy.

He noted that although the existing EAC roaming framework adopted in 2014 helped reduce communication costs within the region, challenges such as high roaming charges, inconsistent implementation, and differ-

ing regulatory approaches continue to affect seamless connectivity.

The proposed framework seeks to establish harmonized regulations, cost-based tariffs, improved consumer protection, and better quality of service across EAC member states, according to the statement.

The EAC is a regional intergovernmental organization, comprising Burundi, the Democratic Republic of the Congo, Kenya, Rwanda, Somalia, South Sudan, Tanzania, and Uganda, to promote economic, political, and social integration. — Xinhua

Sri Lanka begins offering free tourist ETA to nationals of 40 countries



Tourists walk past a stone lion at the Independence Memorial Hall, built to commemorate Sri Lanka's independence from British rule, in Colombo on 1 July 2025. PHOTO: AFP

SRI Lanka began offering a free Electronic Travel Authorization (ETA) for tourist purposes to nationals of 40 countries on Monday.

The free ETA will be

valid for 30 days and will apply to nationals holding diplomatic, official, service, or ordinary passports.

Tourists receiving the free ETA will be allowed a double-entry facility from

the date of first arrival within the 30-day validity period. Visitors seeking to stay beyond 30 days may apply for an extension by paying the applicable visa fees. — Xinhua

Indonesia opens forestry carbon market wider under new regulation

INDONESIA is opening wider opportunities for international investment in its forestry carbon market under a new regulation aimed at simplifying carbon trading procedures and increasing the supply of high-integrity carbon credits, a senior official from the Ministry of Forestry said on Monday.

Edo Mahendra, senior advisor to the minister of forestry, said Indonesia has entered "a new chapter in the carbon market era" as

the government translated its political commitment into concrete regulations through Forestry Ministerial Regulation No 6 of 2026.

According to Edo, the regulation is designed to accelerate forestry-sector carbon trading by creating clearer and simpler business processes while responding to rising global demand for high-quality carbon credits with strong environmental integrity.

He said the government is opening broader

access to carbon investment schemes, including through a nesting mechanism aimed at preventing double-counting and strengthening market confidence.

"We are ensuring Indonesia is at the forefront of the global carbon market, not merely becoming a follower," Edo said, adding that the government will continue strengthening Indonesia's credibility by meeting international market standards. — Xinhua

Changing Trade Name For Registered Pesticide

The Pesticide manufactured by Ruili Cheng Shan Import and Export Trade Co.,Ltd and distributed by Northern Aung Power Agro Chemical Co.,Ltd is changing trade Name as follow.

No.	Previous Name	New Name	Registration No.
1	Cyer Htet	Paung Shin Thu 24 OD	P2025-6823

Any Objection regarding to this changing can notify at Myanmar Pesticide Registration Board within (14) days

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MYANMA PORT AUTHORITY HOLIDAY NOTICE

AS the wharves, warehouses and chellan Offices of Yangon Port will be closed on the 28th MAY 2026 (Qurbani Eid), Loading, Unloading and delivery for Goods will be received on Payment as Holiday Fees.

CLAIMS DAY NOTICE

M.V PELICAN VOY.NO. (0094N)

Consignees of cargo carried on **M.V PELICAN VOY.NO. (0094N)** are hereby notified that the vessel will be arriving on **26-5-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

(ONE) OCEAN NETWORK EXPRESS LINE

CLAIMS DAY NOTICE

M.V CAPE FORBY VOY.NO. (162W)

Consignees of cargo carried on **M.V CAPE FORBY VOY.NO. (162W)** are hereby notified that the vessel will be arriving on **26-5-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S NEW GOLDEN SEA LINES

ROLLING UPDATES

WORLD

Shenzhou-23 astronauts enter Tiangong space station



This image captured at Beijing Aerospace Control Centre on 25 May 2026 shows a group picture of the crew of Shenzhou-21 and Shenzhou-23 spaceships. **PHOTO: XINHUA**

THE three astronauts aboard China's Shenzhou-23 spaceship have entered the Tiangong space station and met with another astronaut trio on Monday, starting a new round of in-orbit crew handover.

The Shenzhou-21 crew aboard Tiangong opened the hatch at 5:13 am (Beijing Time) and welcomed the new arrivals, according to the China Manned Space Agency (CMSA).

The two crews then took group pictures for the eighth space get-together in China's aerospace history.

They will conduct handover work aboard the space station, the CMSA said. — Xinhua

Thais join efforts to rescue seven trapped in Laos cave

CAVE rescue experts from Thailand who aided the dramatic 2018 retrieval of a youth football team joined efforts Monday to extract seven people trapped in a flooded cave for five days in neighbouring Laos, Laotian state media said.

Seven Laotian villagers entered the cave in central Xaysomboun province, about 125 kilometres (78 miles) northeast of the capital Vientiane, on 20 May, state-run Laophattana News said.

They were searching for gold but were trapped inside the cave after heavy rain triggered flash flooding, blocking their exit, it added.

Authorities and villagers have been working to pump water out of the cave, but rescue teams have not been able to reach the group.

"We still do not know whether there are any signs of life or if they are still alive," Bounkham Luanglat, president of a Laotian volunteer rescue association, told AFP.

About 100 people from Laos and Thailand have gone to the site in Long Chanh district to help in the rescue operations, the association said.

Two Thai rescue specialists and another expert from Finland who participated in the rescue of the "Wild Boars" team — who spent nearly three weeks trapped by flash floods in northern Thailand's Tham Luang cave complex in 2018 — arrived at the Laos cave on Monday, Laophattana News said.

The Laotian rescue group said in a letter dated Saturday that it was appealing to charities in Thailand for specialist personnel and equipment, including water pumps, generators and thermal imaging devices, to help locate and extract the seven trapped people. — AFP

Locals at epicentre of DR Congo Ebola outbreak storm hospital

LOCALS at the epicentre of the Ebola outbreak in the DR Congo attacked the town hospital overnight, demanding the body of a religious leader who died from the virus, officials said on Monday.

Mongbwalu, a large town in the unstable northeastern province of Ituri, is where the current outbreak of the viral haemorrhagic fever was first detected on 15 May, since when it has killed more than 200 people in the Democratic Republic of the Congo.

"A group of young people attacked the hospital four times," a hospital official told AFP of the incident on Sunday night.

"They wanted to retrieve the body of a Catholic shepherd who had died of Ebola," the official said on condition of anonymity.

He said the victim had been "a well-known local figure, a religious leader from Mongbwalu", which is home to 130,000 people.

Soldiers intervened to disperse the crowd with warning shots, he said.

Ebola is a deadly viral disease that spreads through direct contact with bodily fluids. It can cause severe bleeding and organ failure.

There is no vaccine or treatment for the Bundibugyo strain responsible for the current Ebola outbreak, the 17th to plague the vast central African country of more than 100 million people.



A young girl washes her hands before entering the church following local authorities' instructions to limit the spread of the Ebola outbreak in eastern Democratic Republic of the Congo ahead of a mass at Bunia Cathedral in Bunia on 24 May 2026. **PHOTO: AFP**

Attempts to tackle the spread are forced to rely mainly on precautions and rapid contact tracing.

But in rural parts of the DRC, "loved ones are throwing themselves at the bodies, touching the corpses and the clothes of the deceased, while organizing mourning rituals bringing together loads of people", Jean M arie Ezadri, a civil society leader in Ituri, told AFP last week. — AFP

Skymark jet makes emergency landing at Haneda airport, tyre ruptured

A Skymark Airlines passenger jet made an emergency landing at Tokyo's Haneda airport Monday after detecting a tyre problem, with one of its tyres later found ruptured, the transport ministry said.

No injuries were reported among the 169 passengers and crew on board the Boeing 737 that was bound for Fukuoka in southwestern Japan from Tokyo, according to the Japanese carrier.

The plane, which took off from

Haneda shortly after 3 pm, declared emergency about two hours later and returned to the airport. One of the tyres was confirmed ruptured, according to the airport office of the Ministry of Land, Infrastructure, Transportation and Tourism.

Haneda's Runway C was temporarily closed for checks following the emergency landing, reopening at around 7:40 pm. — Kyodo



This photo taken on 25 May 2026 shows a Skymark Airlines passenger jet on a runway of Tokyo's Haneda airport after it made an emergency landing. **PHOTO: KYODO**

SPORTS

Yangon United, Yangon City and Yadanabon sign new players

YANGON United, Yangon City and Yadanabon signed new players to prepare for the 2026-2027 season.

Yangon United signed former Rakhine United striker Mustapha, following Cameroonian midfielder Guy Mitchell, who played for Dagon Port, Myanmar national team full-back Hein Phy Win and striker Pyi Moe.

Yangon United have signed Mitchell, who is only 20 years old, on a one-year contract after playing for the defunct Dagon Port for two years and is a player with MNL experience.

They have also signed Hein Phy Win, who played for Thai club Nakhon Ratchasima, on a one-year contract. Hein Phy Win is a young player from the Myanmar National League club Shan United and has played for Shan United twice. Pyi Moe has played for most MNL clubs and was last seen making a comeback for Yadanabon, which led to Yangon United signing him.

Yadanabon, signing with several new players in the pre-season, have also signed winger Zar Neya Thu from Dagon Star United and striker Zaw Htet Aung from Ayeyawady United.

Yadanabon have signed 11 local players for the new season, including Som Laman, Thet Paing Htwe, Pyay Phy Aung (goal), Thiha Htet Aung, Moe Swe, Khant Min Thant (goal), Aung Kyaw Aye, Than Toe Aung and Hein Thet Phy.

Yangon City have signed Myanmar U23 striker Than Toe Aung, who left Hanthawady United, on a two-year contract. Than Toe Aung, who had performed well for Hanthawady United, was brought in to strengthen the attack.

Yangon City have signed national team midfielder Myat Kaung Khant for the new season, and have already signed two players. — Shine Htet Zaw/MKKS



Yangon City signs the contract with striker Than Toe Aung. PHOTO: YCFC

Yamal leads Spain World Cup squad, Merino recalled

LAMINE Yamal leads Spain's squad for the 2026 World Cup named by coach Luis de la Fuente on Monday, which also included Arsenal midfielder Mikel Merino after his recent return from injury.

For the first time at a World Cup, the Spain squad will not feature a Real Madrid player with Dean Huijsen dropped and veteran Dani Carvajal also excluded after struggling through an injury-hit campaign.

Merino, a favourite of coach De la Fuente, appeared as a substitute for the Gunners against Crystal Palace on Sunday in their final Premier League match, for his first appearance since January after a foot fracture.

De La Fuente also called up defenders Eric Garcia and Marc Pubill after impressive seasons with Barcelona and Atletico Madrid respectively, deciding to leave out Huijsen and Atletico's Robin Le Normand. — AFP

U18 Inter-State & Region Football Tourney heats up



Players clash in the goal area during a high-stakes group match.

GROUP-STAGE matches of the 2026 Inter-State and Region Under-18 Men's Football Tournament continued on 23 May at four venues across Myanmar, with strong support from football fans and departmental officials.

Matches were held at Zwegabin Stadium in Hpa-an,

the State Stadium in Taunggyi, the Sports Garden Stadium in Bago, and Koethein Stadium in Patheingyi under a four-zone format.

In the day's fixtures, Sagaing Region drew 1-1 with Rakhine State at Zwegabin Stadium, while the Chin State team defeated Magway Region

3-0 in Bago.

At Taunggyi State Stadium, Mon State secured a 2-1 victory over Tanintharyi Region.

In addition, the Ayeyawady Region team defeated the Mandalay Region team 2-1 at Koethein Stadium in Patheingyi. — MNA/MKKS

Wawrinka bids adieu to Roland Garros with first-round loss

FORMER French Open champion Stan Wawrinka bowed out of his 21st and final Roland Garros on Monday with a four-set defeat to Jesper de Jong.

The 41-year-old Swiss will hang up his racquet at the end of the current season and had hoped for one last swansong at the major he won in 2015 but his goodbye was cut short in the first round.

Wawrinka went down in just over three hours on court under a blazing sun 6-3, 3-6, 6-3, 6-4 to Dutch lucky loser De Jong.

After the match, Wawrinka was presented with a glass case containing a section of a clay court and two video tributes to his career were displayed on big screens around the stadium — the latter featuring messages directed to Wawrinka from former champions Roger Federer, Rafael Nadal and Novak Djokovic, among other luminaries



Switzerland's Stan Wawrinka poses with a trophy during a ceremony honouring his career on day 2 of the French Open tennis tournament on Court Simonne-Mathieu at the Roland-Garros Complex in Paris on 25 May 2026. PHOTO: AFP

of the sport.

"It's hard, I don't want to say goodbye to you here," Wawrinka said, before also thanking the people who work behind the scenes at the tournament.

"Unfortunately, it's my last match at Roland Garros, but

thank you." "Me too, I love you," he added in response to cries from the spectators of 'we love you, Stan'. "Thanks to all your support, I wanted to go on as long as possible, to 41 years of age, to continue living moments like this." — AFP



Xi urges faster building of closer China-Pakistan community with shared future in new era

CHINA and Pakistan should accelerate the building of a closer China-Pakistan community with a shared future in the new era, and achieve more results in all-weather cooperation between the two countries, Chinese President Xi Jinping said on Monday.

Xi made the remarks when meeting with Pakistani Prime Minister Shehbaz Sharif in Beijing. He also urged the two sides to bring more benefits to the people of both countries, contribute to promoting regional peace and stability, and set an example for building a community with a shared future with neighbouring countries.

Since the establishment of diplomatic relations 75 years ago, China and Pakistan have forged an unbreakable traditional friendship, Xi said, noting that the strategic mutual trust and practical cooperation between the two sides have effectively promoted the development of each country.

China has always prioritized the development of China-Pakistan relations in its neighbourhood diplomacy no matter how the international situation changes, Xi said.



Chinese President Xi Jinping meets with Pakistani Prime Minister Shehbaz Sharif, who is on an official visit to China, at the Great Hall of the People in Beijing, capital of China, 25 May 2026. PHOTO: XINHUA

es, Xi said.

Xi told Sharif about receiving a letter from Pakistani students at Tianjin University in north China, who pledged to serve as builders

of China-Pakistan cooperation, promoters of exchange, and guardians of friendship.

“I feel gratified to see that the cause of bilateral friendship

has successors,” Xi said.

Stressing that China firmly supports Pakistan in safeguarding its independence, sovereignty and territorial integrity, Xi

said China is ready to maintain high-level exchanges with Pakistan, enhance strategic communication and grasp the correct direction of the development of bilateral ties.

Xi called on both sides to solidly advance the action plan for building a China-Pakistan community with a shared future, coordinate the construction of major landmark projects and “small but beautiful” livelihood initiatives, and deepen all-round cooperation in agriculture, industry, artificial intelligence, talent cultivation and other fields.

Both sides should carry out security cooperation at a higher level and in broader fields to jointly maintain regional peace and stability, Xi said, adding that China commends Pakistan for taking the initiative to play a mediating role in restoring peace in the Middle East. Both sides should continue to maintain close communication and coordination, jointly oppose unilateralism and Cold War mentality, and work together to promote an equal and orderly multipolar world and an inclusive economic globalization, Xi added. — Xinhua

Pan-African Parliament calls for more investment in water, sanitation on Africa Day

THE Pan-African Parliament on Monday called on African countries to strengthen cooperation and increase investment in water and sanitation infrastructure as the continent marked Africa Day.

In a statement, President of the Pan-African Parliament Fateh Boutbig urged governments, legislatures, civil society and development partners to work together to improve access to clean water and safe sanitation systems across the continent.

Boutbig said access to safe water and sanitation is essential for public health, food security, economic development and environmental sustainability, noting that millions of Africans, particularly women, children and vulnerable communities, still lack adequate services. — Xinhua

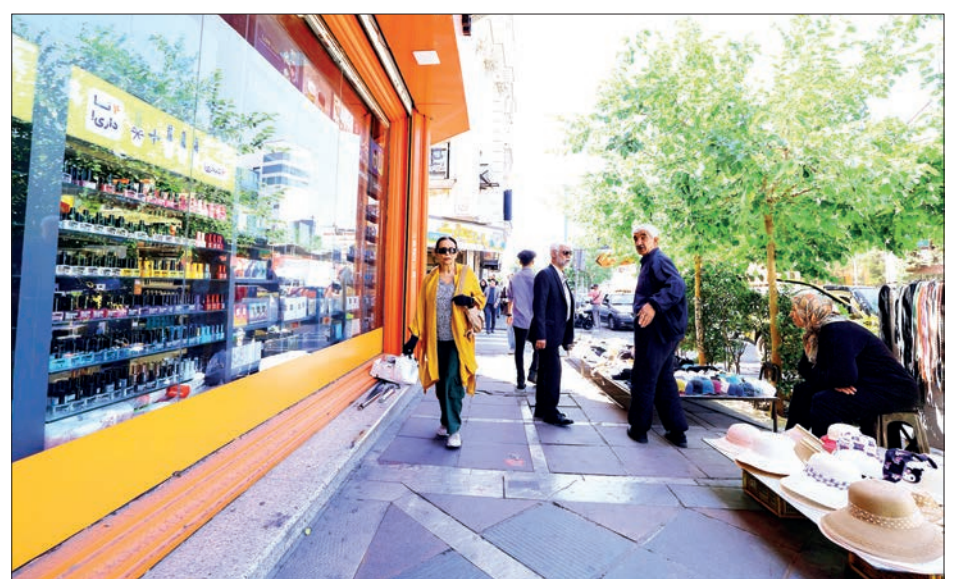
Iran and Trump talk down hopes of imminent peace deal

IRAN warned Monday that, while some progress had been made, it was not yet close to striking a deal with the United States to end the Middle East war, as US President Donald Trump also said he was in no hurry to sign.

World oil prices tumbled on renewed optimism about an agreement, after top US diplomat Marco Rubio suggested a deal could be reached within the day — but Iran’s foreign ministry spokesman responded: “No one can make such a claim.”

Trump, meanwhile, took to his social media platform Truth Social to declare: “The deal with Iran will either be a great and meaningful one, or there will be no deal.”

Pakistan’s Prime Minister Shehbaz Sharif — whose government is spearheading efforts to mediate a negotiated agreement between the United States and Iran — met China’s President Xi



An Iranian woman walks past shops along a street in Tehran on 25 May 2026. PHOTO: AFP

Jinping in Beijing.

US and Iranian forces have observed a ceasefire since 8 April while diplomats push for a negotiated settlement,

although Iran has maintained controls on Gulf shipping through the Strait of Hormuz and the US Navy has sought to blockade Iran’s ports. — AFP