Embrace the Future: Unfolding a New Chapter with a Fresh Vision

The Global NEW LIGHT of MYANMAR

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President, Spouse Fulfil Healthcare Needs of Sitagu, Moekaung Sayadaws

President of the Republic of the Union of Myanmar U Min Aung Hlaing, accompanied by his wife Daw Kyu Kyu Hla and Union ministers, paid homage to Sitagu Sayadaw yesterday.

The President, his wife and party arrived at Sitagu International Buddhist Academy and Sitagu Cakku Dana Hospital in Dagon Myothit (North) Township in Yangon Region, where they paid homage to State Ovadacariya Shwegyin Nikaya Sangharaja Abhidhaja Maha Rattha Guru Abhidhaja Aggamaha Saddhammajotika Chancellor of Sitagu International Buddhist Academies and Sitagu Cakku Dana Hospitals Sitagu Sayadaw Dr Bhaddanta Nyanisaara.

Thereafter, the President asked the Sitagu Sayadaw about matters relating to the promotion and propagation of the Sasana and listened to the Sayadaw's words of advice. The President and his wife then respectfully offered cash donations for Sitagu Cakku Dana Hospital and various offertory items to the Sayadaw. In return, the Sayadaw presented them with Dhamma gifts.



President U Min Aung Hlaing and his wife Daw Kyu Kyu Hla are pictured receiving Dhamma gifts from Sitagu Sayadaw Dr Bhaddanta Nyanissara in Yangon yesterday.

The President viewed eye surgical operations on the patients and cordially greeted the patients.

The hospital of Sitagu International Missionary Body has performed free eye surgical operations since 2023. So far, a total of 25,027 outpatients have been provided eye tests, while more than 7,900 patients have undergone surgery. Of these, 522 patients had received laser surgery.

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4-day Myeik Tazaungdine Festival ready for visitors

THE Myeik Tazaungdine Festival will be held along Strand Road from 21 to 24 November, featuring colourful decorative lights, entertainment programmes, a trade fair, fireworks and hot-air balloon launches.

Organized by the Myeik District Management and Administration Committee, the festival will feature illuminated decorations stretching from the front of MYEIK Shopping Centre to the end of Strand Road. Entertainment programmes will be held daily from 5 pm to 10:30 pm.

More than 200 stalls will offer MSME products, locally made goods and food as part of the trade fair. Parking areas and traffic routes have also been designated to ensure smooth traffic flow and convenient access for visitors. Preparations are underway following a coordination meeting attended by the festival organizing committee and relevant departmental officials. – Khine Htoo (IPRD)/KTZH



Colourful decorative illumination for Tazaungdine Festival is seen along the Strand Road in Myeik. **PHOTO: KHINE HTOO (IPRD)**

Around 1,000 arbitrators trained to handle commercial disputes

RESOLVING commercial disputes through arbitration is gaining wider recognition in Myanmar's business sector, with approximately 1,000 arbitrators having received training to date, said Wunna Kyaw Htin Dr Maung Maung Thein, Chairman of the College of Myanmar Arbitrators (CMA).

He made the remarks in response to media questions at the graduation ceremony for the 13th batch of the arbitration training course, conducted by the CMA at the Secretariat Yangon on 14 November.



This photo shows the graduation ceremony for Batch No 13 of the arbitration training course conducted by the CMA.

Dr Maung Maung Thein explained that theoretical training alone was insufficient for graduates of the arbitration course to qualify as arbitrators. They must first observe at least 10 practical arbitration hearings before being admitted to the panel of arbitrators of the Myanmar Arbitration Centre (MAC).

When disputes arise, the parties involved can select and appoint arbitrators from the MAC panel, which comprises professionals from various fields, including medicine, engineering, law and seafaring.

SEE PAGE 3

Yangon City Hall First to Receive Blue Plaque in Recognition of Its Urban Heritage Status



Photo shows the Yangon City Hall, one of the city's most recognizable historic buildings. **PHOTO: MAUNG YIN OO (DALA)**

YANGON is home to many well-known buildings and landmarks, including Yangon City Hall, one of the city's most recognizable historic buildings.

Yangon City Hall is a prominent historical landmark that combines traditional Myanmar architectural designs with Western construction techniques.

The building is located near Maha Bandoola Park, Sule Pagoda and the former High Court building (Supreme Court of the Union). It has served as a venue for national-level ceremonies and urban administration meetings throughout the British colonial period, the post-independence era and subsequent periods.

Yangon City Hall is included in the list of historic buildings designated by the Yangon Heritage Trust (YHT). It was also among the first buildings to receive a Blue Plaque.

SEE PAGE 3

NATIONAL

Teachers, students from Toungoo explore museum exhibits in Nay Pyi Taw

A group of students and teachers from Toungoo Township in Bago Region visited Nay Pyi Taw yesterday morning to learn about Myanmar's historical and national heritage.

The tour was organized under the supervision of the Bago Region Government, with arrangements made by the Toungoo District Management and Administration Committee. It aimed to help young people develop greater historical awareness, patriotism and love for their country, while gaining inspiration from the achievements and sacrifices of historical figures who contributed to the nation throughout different periods.



This photo shows students and teachers at the National Museum (Nay Pyi Taw) in Nay Pyi Taw yesterday. **PHOTO: ZAW KO KO (TOUNGOO)**

A total of 111 participants, comprising 100 students and 11 teachers and supervisors from Toungoo Township, yesterday travelled in vehicles to visit the Maravijaya Buddha Image, the National Museum, the Defence Services Museum and the Memorial to the Fallen Heroes in Nay Pyi Taw.

Students first paid homage to the Maravijaya Buddha Image and took commemorative photographs. They then visited the National Museum (Nay Pyi Taw), where they explored exhibits featuring Myanmar's history from prehistoric times, including the Stone, Bronze and Iron Ages, and artefacts from successive eras such as Tagaung, Sri Ksetra, Bagan, Inwa and the Konbaung Dynasties. They also observed royal regalia and traditional artefacts, Myanmar's traditional artworks, traditional costumes and cultural objects of ethnic people, as well as exhibitions featuring fossils discovered in Myanmar and information about the country's natural environment.

The group subsequently visited the Defence Services Museum (Nay Pyi Taw). At the outdoor Air Force exhibition, they viewed various aircraft formerly used by the Tatmadaw (Air), while the Tatmadaw (Navy)'s exhibition featured scale models of naval vessels. The students showed keen interest in the displays and took commemorative photos.

Inside the museum, they continued their tour of exhibitions featuring the Office of the Commander-in-Chief, archival photographs of the Tatmadaw, military equipment and historical records. Museum officials provided explanations and briefings on the exhibits. They finally visited the Memorial to the Fallen Heroes and returned to Toungoo in the evening. — Zaw Ko Ko (Toungoo)/KZL

Yankin's teachers, students visit Sixth Buddhist Synod Maha Pasana Cave

YESTERDAY, monks, members of the public, young people and students from Yankin Township, visited the Maha Pasana Cave, the venue of the Sixth Buddhist Synod, on Kaba Aye Hill in Mayangon Township, Yangon Region, to view the historical Buddhist relics and exhibits commemorating the 70th anniversary of the Sixth Buddhist Synod.

A total of 150 people, including the teachers and students of the No 2 Basic Education High School in Yankin Township, visited the site to explore the exhibits related to the history of the Sixth Buddhist Synod.

To mark the 70th anniversary of the Sixth Buddhist Synod, the historical galleries and displays will remain open to the public every Saturday and Sunday. — Hla Hla Htwe (IPRD)/KZL



Teachers and students from Yankin Township explore the historical Buddhist relics and exhibits commemorating the 70th anniversary of the Sixth Buddhist Synod in Mayangon, Yangon Region, yesterday. **PHOTO: HLA HLA HTWE (IPRD)**

Weather Report

Depression News, No 1, 2026

Issued at 12 pm MST
on 15 November 2026

Depression Condition

According to the observations at 10:30 am MST today, the Well Marked Low-Pressure Area over the Southeast Bay and adjoining the Southwest Bay of Bengal has intensified into a Depression. It is centred at about 490 Nautical miles Southwest of Coco Island (Myanmar), 560 Nautical miles South-Southeast of Visakhapatnam and 625 Nautical miles South-Southeast of Gopalpur, India.

It does not intend to move towards the Myanmar coasts at the present stage and therefore the Depression is coded as yellow stage.

Position of Depression, centre pressure and wind

The Depression is located at Latitude 9.0 degree North and Longitude 86.9 degree East, centre pressure of Depression is 1008 hPa and maximum wind speed near the centre is 30 miles per hour at 10:30 am MST today.

Next 72 hours forecast

It is likely to move North-Northwestwards and intensify into a Cyclonic Storm over the South Bay of Bengal and adjoining Westcentral Bay of Bengal on 16 November 2026 and then further intensify into a Severe Cyclonic Storm over the Westcentral Bay of Bengal on 17 November 2026.

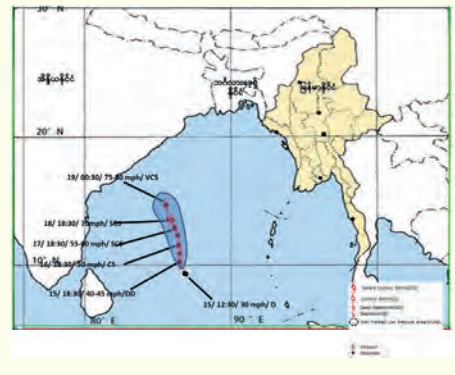
General caution

Due to the Depression, rain or thundershowers are likely to be fairly widespread in Taninthayi Region and Kayin and Mon states and isolated to scattered in Yangon, Bago, and Ayeyawady regions and Kayah, Chin, Rakhine and Shan states during today afternoon to 19 November 2026.

The squalls with moderate to rough seas are likely at times off and along the Myanmar Coasts. The surface wind speed in squall may reach 25-30 miles per hour. The wave height will be about 7-9 feet off and along the Myanmar Coasts.

Advisory

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



EARTHQUAKE

A slight earthquake of magnitude 3.9(M) with its epicentre inside Myanmar (about 11 miles southwest of Pauk), latitude 21.33°N, longitude 94.36°E, depth 115 kilometres, about 37 miles west-northwest of the NyaungU Seismological Observatory was recorded at 21hour 02minute 02 second MST on 15 November 2026. — DMH

NATIONAL

President, Spouse Fulfil Healthcare Needs of Sitagu, ...

FROM PAGE 1

The President, his wife and party paid homage to Presiding Patron of Hinthada's Moekaung Buddhism Learning Centre in Ayeyawady Region State Ovadacariya Tipitaka Ovadacariya Chair Abhidhaja Maha Rattha Guru Abhidhaja Aggamaha Saddhammajotika Sayadaw Bhaddanta Sudhammacara Bhivamsa, aged 92, vasa 72, receiving medical treatment at Defence Services General Hospital (1,000-bed) in Mingaladon Township, Yangon. They enquired about the health conditions of the venerable Sayadaw and fulfilled his needs.

The President and his wife donated cash for nine prerequisites to be spent on healthcare services for the venerable Sayadaw to officials. — MNA/TTA



President U Min Aung Hlaing views health conditions of Hinthada's Moekaung Sayadaw Bhaddanta Sudhammacara Bhivamsa at DSGH (1,000-bed).

Yangon City Hall First to Receive Blue Plaque in Recognition of Its Urban ...

FROM PAGE 1

The Blue Plaque installation programme is an initiative undertaken by the Yangon Heritage Trust to commemorate buildings and individuals that have played significant roles in the history of Yangon. Royal Philips Corporation provided US$75,000 in funding to support the implementation of the programme.

Under the initiative, blue plaques bearing historical information, names and notable events associated with historic buildings in Yangon are installed at selected sites. The information is inscribed in both Myanmar and English.

The first Blue Plaque was installed at Yangon City Hall on 8 August 2014. According to figures released by the Yangon City Development Committee (YCDC), there are 189 historic buildings in Yangon, with Blue Plaques installed at 36 locations, including Yangon City Hall, to recognize their significance as part of the city's urban heritage.

Yangon City Hall has served as the headquarters of municipal administration since 1886. It was the first urban building to incorporate Myanmar architectural elements into an originally Western-style design. The building was designed by architect Sithu U Tin Oo and stands as a significant historical heritage site, proudly showcasing traditional Myanmar architectural features amid the colonial-era buildings of the city.

Yangon City Hall was designated as an urban heritage building because of its considerable historical documentation and distinctive architectural significance. — Maung Yin Oo (Dala)/ST

Myanmar Delegation Attends 28th ASEAN Economic Community Council Meeting in Manila

A Myanmar delegation led by Union Minister for National Planning, Investment and Foreign Economic Relations U Aung Kyaw Hoe, who also serves as Myanmar's ASEAN Economic Community (AEC) Council Minister, attended the 28th AEC Council Meeting yesterday in Manila, the Philippines.



Participants of ASEAN Economic Community (AEC) Council meeting pose for a documentary group photo in Manila, the Philippines.

Chaired by Philippine Secretary of Trade and Industry Ms Cristina A Roque, the meeting brought together AEC Council Ministers, senior economic officials, and the ASEAN Secretary-General. Delegates reviewed global and regional economic outlooks, the progress of the Philippines' 2026 ASEAN Chairmanship economic deliverables, the AEC Blueprint 2025, sustainability initiatives, digital transformation, and the AEC Strategic Plan (2026-2030). The council also endorsed sectoral work programmes for 2026 and approved its report for submission to the 49th ASEAN Summit.

During the discussions, Union Minister U Aung Kyaw Hoe emphasized the need to accelerate sectoral efforts to achieve the 2026 priority deliverables, while strengthening regional cooperation on energy security, food security, and supply chain resilience.

Following the meeting, the Union minister joined fellow council ministers at the signing ceremonies for the ASEAN Digital Economy Framework Agreement and a Memorandum of Understanding between the ASEAN Secretariat and the Asian Development Bank.

The Myanmar delegation returned to Myanmar from the Philippines by air yesterday evening. — MNA/ST

Around 1,000 arbitrators trained to handle ...

FROM PAGE 1

"Arbitration does not have jurisdiction over criminal offences, but it can be used to resolve commercial disputes involving contracts and trade transactions," he said. He added that, internationally, arbitration was also widely used to settle disputes in various sectors, including energy, sports, human rights and insolvency.

Under the Arbitration Law (2016), the MAC has handled a total of 18 cases to date. U Aung Ko Ko, a director of Lucky 9 Trading International Co Ltd, said that extensive public awareness campaigns would be conducted to educate the public about the benefits of resolving commercial disputes through arbitration outside the courts.

Arbitration services in Myanmar currently cover not only commercial disputes between Myanmar citizens but also disputes between Myanmar nationals and foreign nationals, as well as those between foreign nationals. — TWA/TH

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NATIONAL

Shan CM urges livestock entrepreneurs to expand businesses and create jobs

SHAN State Chief Minister U Sai Htein Soe has urged livestock entrepreneurs to expand their businesses, create employment opportunities for residents and supply livestock products at affordable prices to the market, stressing that close cooperation among entrepreneurs is essential to developing Shan Yoma Livestock Zone (2) into a thriving livestock hub.


Shan State Chief Minister U Sai Htein Soe observes poultry farms operating in the Shan Yoma Livestock Zone 2 in Taunggyi Township, yesterday.

He made the remarks during a meeting with livestock entrepreneurs at the briefing hall of Shan Yoma Livestock Zone (2) in Athondaw Village-tract, Taunggyi Township, yesterday morning. He was accompanied by state ministers, the Secretary of the State Government and relevant officials. At the meeting, the director of the State Livestock Breeding and Veterinary Department briefed the attendees on the zone's operational status and development progress. The chief minister encouraged entrepreneurs to expand successful businesses and work together to develop the livestock sector for the benefit of local communities and consumers.

After the meeting, the chief minister and officials inspected tube-wells and water storage tanks constructed by the Department of Rural Development, along with poultry farms operating in the zone.

They also inspected a completed one-mile section of the five-mile access road to the zone, paved with concrete under the 2026-2027 financial year programme by the Taunggyi Township Department of Rural Road Development. He instructed officials to clear roadside drainage ditches of undergrowth and properly construct road shoulders.

The delegation next inspected a completed road and asphalt overlay work carried out under the 2026-2027 FY programme by the Department of Progress of Border Areas and National Races. The chief minister instructed officials to ensure proper roadside drainage for smooth water flow.

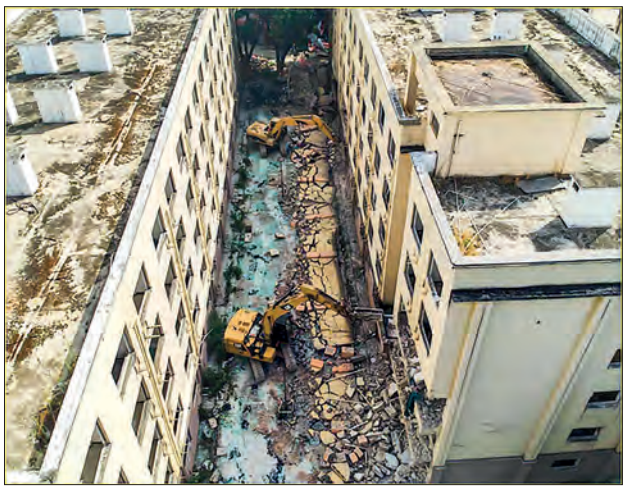
Finally, they inspected the widening of the 28-mile Taunggyi-Hamsi-Nawngyasaing road in Taunggyi Township from the 18 feet to the 24 feet facility, with an asphalt surface. After receiving a briefing from the director of the Shan State (South) Department of Highways, the chief minister coordinated necessary requirements and inspected the ongoing works. — Maung Maung Than (Taunggyi)/TH

Ongoing demolition of scam hubs in Shwe Kokko Phase II crackdown

THE government is placing particular emphasis on working with neighbouring and regional countries to crack down on online scams and online gambling, which threaten global socioeconomic affairs and national security, intending to eliminate these activities completely and permanently. In the Shwe Kokko area, where online scam and gambling operations were conducted on a large scale, illegal buildings are being systematically and permanently demolished to prevent such activities from resuming in these buildings.

As part of these efforts, one five-storey building among the remaining illegal buildings in Phase II of the Shwe Kokko area, which had been used for online scam and gambling operations, was being demolished using machinery yesterday, reaching 30 per cent completion. The demolition of another six-storey building reached 70 per cent completion as of yesterday.

Of the 63 buildings designated for demolition in Phase II of the Shwe Kokko area, four were demolished through controlled explosions and another seven using heavy machinery. The remaining 52 buildings will also be systematically demolished.


This image reveals the systematic demolition of a scam-related building in the Shwe Kokko Phase II crackdown.

The government has been treating the fight against online scams and online gambling as a national duty. — 100/KZL

Ayeyawady CM calls for full-capacity operation of rice mill and improved rice quality

AYEYAWADY Region Chief Minister U Aye Kyaw has instructed officials to take necessary measures to ensure the full-capacity operation of the MILLCO Parboiled Rice Mill, emphasizing the importance of strengthening paddy procurement, improving market access and promoting rice exports.


Photo shows the workplace of the MILLCO Parboiled Rice Mill. **PHOTO: REGION IPRD**

He gave the instructions during a visit to the MILLCO Parboiled Rice Mill in Wedaunt Ward, Pathein Township, yesterday morning, accompanied by relevant officials.

During the visit, the mill manager briefed the chief minister on the facility's operational status, the step-by-step processes of its high-tech rice milling operations, the production and export of parboiled rice, white rice and broken rice, and paddy procurement activities.

After hearing reports and holding discussions on mill operations, export performance, raw paddy procurement, market access and measures needed to operate the facility at full capacity, the chief minister gave necessary instructions to officials.

On 14 November, the chief minister inspected an experimental cultivation plot at Pathein University, where research is being conducted to restore the original aroma and grain quality of Pathein Pawsan Hmwe, the signature rice variety of Ayeyawady Region.

Officials briefed the chief minister on Pawsan Yin trial cultivation using natural fertilizers, beneficial microorganisms and nanotechnology to improve soil conditions, crop resistance and rice quality. After inspecting the crops and cultivation methods, he instructed officials to ensure the success of the research initiatives. — Regional IPRD/TH

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CIRCULATION & DISTRIBUTION
(+95) (01) 8604532,
Hotline - 09 255597511
ADVERTISING & MARKETING
(+95) (01) 8604530,
Hotline - 09 251022355
marketing@gnlm.com.mm
subscription@gnlm.com.mm

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NATIONAL

Myanmar Seismologist Daw Hla Hla Aung Wins 2026 ASEAN Prize

MYANMAR'S prominent researcher and seismologist Daw Hla Hla Aung has been awarded the 2026 ASEAN Prize in recognition of her contributions to earthquake preparedness, disaster risk reduction and the development of disaster-resilient communities across the region, according to the ASEAN Prize Selection Committee.

The award was presented by Philippine President Ferdinand R Marcos Jr, together with ASEAN Secretary-General Dr Kao Kim Hourn, during the opening ceremony of the 49th ASEAN Summit and Related Summits. The award ceremony was held in Manila, the Philippines, yesterday morning, with Daw Hla Hla Aung personally attending to receive the award.



Myanmar's prominent researcher and seismologist Daw Hla Hla Aung receives the 2026 ASEAN Prize.

According to ASEAN, her efforts to translate scientific knowledge into practical solutions for public use have contributed to strengthening earthquake preparedness and building safer and more disaster-resilient communities, not only in Myanmar but also across the ASEAN region. As a researcher and regional scientist from Myanmar, a country situated in an earthquake-prone area with major active fault lines, Daw Hla Hla Aung has devoted herself to disaster preparedness and resilience-building initiatives. Her longstanding contributions to raising public awareness and promoting scientific approaches to earthquake risk reduction were among the reasons for her selection as this year's ASEAN Prize recipient. Speaking at the award ceremony, Daw Hla Hla Aung, Honorary Patron of the Myanmar Earthquake Committee, said the recognition reminded her that the impact created for society was more important than individual achievements.

"Receiving this award is also a reminder that what matters more than what we have achieved personally is how much change we have brought about for our communities. I am now 79 years old. I have come to understand more deeply that time is our most valuable resource and how we use it determines what we can leave behind," she said. The ASEAN Prize recipient will receive a trophy and a cash award of US$20,000.

Daw Hla Hla Aung is the ninth recipient of the ASEAN Prize. She is a distinguished Myanmar geologist and seismologist who has made longstanding contributions to earthquake research and disaster preparedness. She also serves as the Honorary Patron of the Myanmar Earthquake Committee. — Htun Htun/ST

Taunggyi Tazaungdine Hot-Air Balloon Festival Draws Crowds Ahead of Official Opening

THE 2026 Taunggyi Tazaungdine Hot-Air Balloon Festival, running officially from 16 to 25 November, is already drawing large crowds of visitors from across the region. Daytime figure balloon competitions began early on 13 November at the Awaya Balloon Field in Kyaunggyisu Ward.



Visitors enjoy the releasing of hot-air balloons in Taunggyi. **Photo: Zwe Marn**

Over the first three days of daytime competitions, wards across Taunggyi launched a total of 90 traditional figure balloons: 30 balloons from 17 wards on 13 November, 27 balloons from 10 wards on 14 November, and 33 balloons from 15 wards on 15 November. While daytime launches continue through 24 November, the highly anticipated nighttime fireworks (Nyameegyi) and lantern-adorned (Seinnapan) balloon competitions will kick off on 16 November.

The official opening ceremonies will be held on 16 November at the Culamuni Lawka Chantha Pagoda and the Awaya Balloon Field. The festival will conclude on 25 November with a closing ceremony at 5:00 pm followed by an awards presentation at 6:30 pm.

Key religious events will also take centre stage, with the Matho Thingan (non-stop robe-weaving) competition and a citywide Kathina robe procession scheduled for 23 November. On 24 November, the newly woven robes and Kathina offerings will be donated, followed by a grand lantern procession. Organizers note that this year's celebrations are set to be livelier than in previous years. — Thitsa (MNA)/ST

Additional MR vaccination campaign conducted for children in Monghsat



A health stuff injects MR vaccine to a child in Monghsat, Shan State (East).

ADDITIONAL measles-rubella (MR) vaccinations were administered to children aged nine to 59 months in Monghsat, Shan State (East), from 9 to 13 November 2026. The vaccination programme was conducted at Monghsat People's Hospital and 135 designated sites to protect children against infectious diseases.

During the programme, basic healthcare staff administered MR vaccines, registered children, measured their weight and mid-upper arm circumference, and provided vitamin A supplements and deworming medication. They also conducted health check-ups for pregnant women. In addition, health workers educated parents and guardians about the benefits of vaccination, proper childcare practices to prevent childhood diseases, and personal hygiene. — IPRD/KZL

Bamboo Handicraft and Furniture-Making Training Opens in Ngaphe

THE Department of Rural Development under the Ministry of Cooperatives and Rural Development in Ngaphe Township, Magway Region, has launched a vocational training course on bamboo handicrafts and furniture-making to create employment opportunities and increase household incomes among rural residents.

The training course commenced on 19 October in Thipaw Village, and is being conducted free of charge for one month, until 17 November.

A total of 20 trainees from various village-tracts are attending the course, where an experienced instructor is providing practical lessons on making a range of bamboo

SEE PAGE 6



Trainees make various types of bamboo baskets during the bamboo handicrafts and furniture-making training in Ngaphe, Magway Region.

NATIONAL

Special trains to operate during Tazaungdine holidays

MYANMA Railways, under the Ministry of Transport, will operate special trains during the Tazaungdine-public holidays to provide convenient travel for passengers and departmental staff.


This photo shows the new air-conditioned DEMU No 3-Up and No 4-Down trains operating on the Yangon-Mandalay-Yangon route.

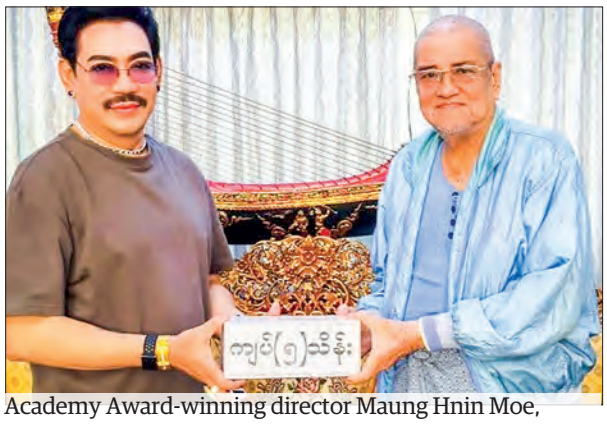
In addition to regular services operated with new air-conditioned DEMU trainsets, air-cushioned coaches and standard (AAR) coaches, special trains will be added to the Yangon-Nay Pyi Taw-Yangon, Yangon-Mawlamyine-Yangon and Yangon-Pyay-Yangon routes.

Ticket fares and additional special trains operataing during the Tazaungdine holiday period will remain the same as those for regular train services. Furthermore, to facilitate passenger travel, additional coaches will be attached to regular express trains up to their full carrying capacity. These include the No 11-Up and No 12-Down express trains on the Yangon-Mandalay line, the No 81-Up and No 82-Down express trains on the Yangon-Mawlamyine line, the No 71-Up and No 72-Down express trains on the Yangon-Pyay line, and the No 61-Up and No 62-Down express trains operating on the Yangon-Pyay-Bagan route.

Train tickets can be purchased in advance through the Online Railway Ticketing and Payment (ORTP) system, up to seven days before departure for terminal-to-terminal journeys and five days before departure for journeys involving intermediate stations. — TWA/TH

MMPO to hold 22nd communal Kathina robe-offering ceremony

THE 22nd communal Kathina robe-offering ceremony organized by the Myanmar Motion Pictures Organization (MMPO) will be held at Kalewa Tawya Monastery in Mayangon Township, Yangon Region, according to MMPO Vice-Chairman U Aye Kyu Lay.


Academy Award-winning director Maung Hnin Moe, patron of the MMPO, receives a donation from actor Yan Aung for the communal Kathina ceremony.

The MMPO's communal Kathina ceremony will take place at Kalewa Tawya Monastery, where film industry artistes and donors from various sectors of the film industry are contributing cash donations towards the religious event.

Film artistes and well-wishers have been making donations to the MMPO for the 22nd communal Kathina robe-offering ceremony. On 13 November, Academy Award-winning actor Yan Aung donated K500,000 towards the event. The donation was received by MMPO patron and Academy Award-winning director Maung Hnin Moe. — ASH/KZL

"Gallery of Views" group art exhibition showcases Myanmar landscapes

THE "Gallery of Views" group art exhibition is being held at Myanmar Ahla Gallery in Kyauktada Township, Yangon Region, from 14 to 22 November.

The exhibition features a diverse collection of paintings by three experienced artists: Maung Win Cho, Cho San Lin and Aung Si Thu Hlaing. The works cover a variety of subjects and include watercolour, oil, acrylic and pencil paintings.

The gallery manager said the exhibition showcases iconic destinations across Myanmar, portrayed through the unique perspectives and emotions of the three artists. The exhibition is open to art lovers and visitors interested in viewing and purchasing the artworks.

The paintings are available in various sizes, including 24 × 24 inches, 36 × 24 inches, 18 × 24 inches and 18 × 18 inches. — ASH/KZL



A catalogue of the "Gallery of Views" group art exhibition.

Bamboo Handicraft and Furniture-Making ...

FROM PAGE 5

products for sale. These include rice winnowing trays, sieves, various types of baskets, bamboo chairs, woven bamboo wall panels, traditional bamboo frames, finely woven bamboo mats, large carrying baskets and other handicraft products.

Daw Ngu Wah Shwe, Head of the Township Department of Rural Development, together with officials, is closely supervising and inspecting the training to ensure that participants attend regularly and systematically acquire the necessary skills and practical knowledge.

Upon completion of the course, the trainees are expected to apply the skills they have acquired in practical work. The relevant department will also coordinate with concerned departments to help those interested in establishing small-scale family businesses obtain the necessary capital. — Ma Yu (Ngaphe)/ST

Myanmar Food and Cultural Show promotes cultural ties and products in China's Chongqing


The opening ceremony of the Myanmar Food and Cultural Show in progress in China's Chongqing.

A Myanmar Food and Cultural Show was held on 13 November on the 35th floor of the Chongqing World Financial Centre in Chongqing, China, according to the Ministry of Foreign Affairs.

The event was jointly organized by the Consulate-General of Myanmar in Chongqing and the Foreign Affairs Office of the Yuzhong District People's Government. At the ceremony, Myanmar Consul-General U Kyaw Zeyar Lin delivered the opening remarks. Two Myanmar students performed the traditional U Shwe Yoe & Daw Moe dance and demonstrated the application of traditional Myanmar Thanaka. Guests were also served a selection of Myanmar food and drinks, including tea leaf salad, tea leaf rice, Myanmar tea and green tea.

The event also provided an opportunity to showcase a range of Myanmar products, including Pawsan Hmwe rice, Shwe Pyi Nan Thanaka, pickled tea leaves, Myanmar tea, dried tea leaves, honey, Shwe Ywangan coffee and instant noodles.

The Myanmar Food and Cultural Show was intended to promote people-to-people friendship, cultural exchanges and mutual understanding between Myanmar and Chongqing of China. It was also expected to help strengthen bilateral cooperation in various fields, including tourism, trade and business. — ASH/KNN

NATIONAL

Rattan and Bamboo Handicrafts Promote Ayeyawady Region

RATTAN and bamboo handicraft production is a source of great pride for Ayeyawady Region, as it is one of the region's traditional local industries, said Daw Thet Thet Swe, patron of the Ayeyawady Region Women's Affairs Organization.

She made the remarks at the opening ceremony of a vocational refresher training course on rattan and bamboo handicraft production and product development in Yekyi Township.

The training course, jointly organized by the Kyonpyaw District Women's Affairs Organization and the Yekyi Township Rattan and Bamboo Finished Products Producers Association, was opened at the hall of Mingala Aung Theikdhi Monastery on the morning of 14 November. It aims to improve the livelihoods of local communities.



Rattan and bamboo decorative handicraft products made in Ayeyawady Region.

"Rattan and bamboo are natural materials that have been used in Myanmar for generations. Despite industrial development, traditional Myanmar handicraft skills have not faded out. We can see that people increasingly appreciate and use a wide range of modern rattan and bamboo designs for home decoration," Daw Thet Thet Swe said in her opening remarks. Ayeyawady Region Minister for Natural Resources and Environmental Conservation Daw May Than Oo explained the objectives of the training course.

Chairman U Aung Kyaw Soe of the Yekyi Township Rattan and Bamboo Entrepreneurs Association also explained the various stages of rattan and bamboo handicraft production, the value and benefits of bamboo plants, the products that can be made from bamboo, and market conditions. The Ayeyawady Region Women's Affairs Organization also provided financial support for the training. A total of 20 trainees are attending the four-day short course, which is being conducted by four instructors. — Htun Htun/KZL

CHID Bank notifies eligible apartment buyers to register

THE Construction, Housing and Infrastructure Development Bank (CHID Bank) has announced that individuals eligible to purchase 200 apartments from the Yuzana and Kyansitmin housing projects must register between 16 and 20 November. On 12 October, it was announced that 200 apartments in those projects would be sold through a low-interest housing loan scheme to 2,496 depositors who had accumulated housing savings of K3 million or more at CHID Bank up to June 2026.

The apartments available for sale consist of 120 units from three 5-storey, 8-unit-per-floor buildings in Yuzana Housing Project Phase (3), and 80 units from two 5-storey, 12-unit-per-floor buildings in Kyansitmin Housing Project Phase (1), totalling 200 apartments.

Those included on the list of depositors who have met the saving requirement must contact and register for their preferred housing project via Messenger on the DUHD Sale Housing Facebook Page. CHID Bank has issued a further reminder urging applicants to complete their registration within the designated hours, daily from 10:00 am to 3:30 pm, between 16 and 20 November. — TWA/ZN



Floor plans and prices for the buildings of Kyansitmin Housing Project Phase (1).

Pickups and light trucks warned not carrying passengers on the expressway

PICKUP trucks and light trucks have carried many passengers on the rear, leading to loss of lives on the Yangon-Mandalay Expressway during peak seasons namely Thadingyut, Tazaungdine and Thingyan, said the regulatory body for the expressway.



This photo shows a light truck seen in a traffic accident on the Yangon-Mandalay Expressway.

These vehicles are purposed for carrying loads and they don't have passenger safety features such as seats, seatbelts and airbags, so they are of high risk when collision or rollover happens.

As of 1 January to 13 November this year, there are seven traffic accidents involving pickups and light trucks, leaving five people dead and 17 injured, according to statistics.

Drivers are urged not to carry people on back, except loads when they use the expressway.

Under traffic rules, pickups, light trucks and lorries are warned to drive less than 60 kilometres per hour, stop on the earth roadside and turn on signal when they stop at night, and do thorough check the vehicle before journey starts. — TWA/ZS

CBM allows advance payments for imports

THE Central Bank of Myanmar (CBM) has announced that it will allow advance payments for imported goods to stabilize the foreign exchange market and facilitate timely payments by importers to overseas suppliers.

Under the CBM's supervision, foreign currencies have been sold to importers through banks holding Authorized Dealer (AD) licences via the FX Market Online Trading Platform to support imports of essential commodities, including fuel, edible oil and fertilizers, as well as other essential goods. From April to 13 November 2026 of the current financial year, the platform and AD-licensed banks sold approximately US$2,326.4 million, 1,944.3 million Chinese yuan, 7,114.4 million Thai baht and 87.8 million Indian rupees.

Additionally, CBM separately sold approximately US$1,764.8 million to facilitate imports of fuel, edible oil, fertilizers and other commodities. The total foreign currency supplied amounted to more than US$4 billion, approximately 2 billion yuan and over 7 billion baht.

The advance payment arrangement aims to ensure that importers receive the foreign currency they need in a timely manner, minimize payment delays to overseas suppliers and prioritize foreign currency allocation for trade activities with genuine requirements.

CBM has also extended concessions for exporters by increasing the period during which they can retain export earnings in their foreign currency accounts for their own use from 30 days to 45 days. According to the CBM announcement, the extension is intended to provide sufficient time for import licence applications and overseas payments, facilitate foreign currency circulation between export and import businesses, and promote the development of the trade sector. – TWA/KZL



The Central Bank of Myanmar, (Yangon Branch).

OPINION

Improving the lives of children in the workplace

CHILD labour arises from various circumstances, including financial hardship within families, having to leave school prematurely, losing parents at an early age and being unable to receive care and support from relatives, displacement from their homes due to armed conflicts, and the destruction and loss of homes and property caused by natural disasters. Children may also be forced into child labour for various other reasons.

Although child labour addresses parents' need for income and employers' demand for low-cost labour, it significantly harms the nation's future. Therefore, aiming to secure a better future for underage working children and to foster human resource development for nation-building, the government is continuously undertaking the eradication of child labour as a long-term national duty.

Vocational training courses must be provided for out-of-school children and their families with the objectives of enabling them to achieve self-reliance, increasing family income, and eradicating child labour from hazardous occupations. Just as officials from relevant sectors are making concerted efforts to reduce and eliminate child labour, trainees also need to diligently pursue these vocational skills to build sustainable livelihoods. Furthermore, rather than becoming complacent with the initial level of skills acquired from the training, they must continuously learn and improve themselves using all their capabilities for their lifelong advancement.

> For child labourers aged between 14 and 16 who are already in the workplace, arrangements must be made to limit their working hours to the legally mandated four hours per day, while employment opportunities should be created for parents directly connected to these children. To eliminate child labour, awareness-raising activities must be conducted not only in urban areas but also extensively in rural communities to foster widespread understanding and ensure compliance with the provisions of the Child Rights Law. As children represent an investment in the nation's future, everyone needs to work together collaboratively to ensure the full realization of children's rights, keep them away from hazardous workplaces, and ultimately eradicate child labour.

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In addressing the elimination of child labour, simply removing children from the workplace is not an effective measure. Instead, it is necessary to identify the root causes of underage employment, improve the lives of child labourers, and provide support to broaden their knowledge, skills, and vocational capabilities.

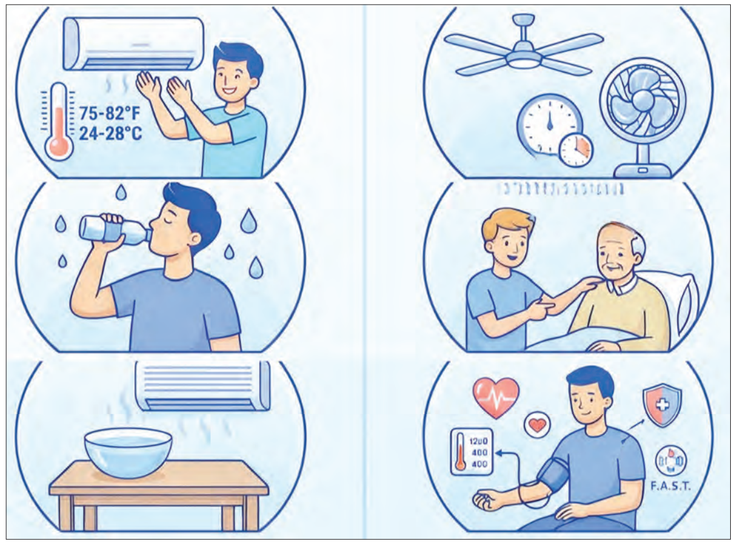
Furthermore, workplaces where children are employed must be strictly supervised to ensure they are protected from labour exploitation. To enhance the lives of child labourers, they must be assisted in becoming skilled workers and securing solid life guarantees upon reaching adulthood by providing them with vocational training and educational opportunities.

ARTICLE

This article is an English translation of an article recently published in the Myanmar Alinn newspaper dated 31 October 2026 and The Mirror newspaper dated 2 November 2026.

To Face the Super El Niño in Daily Life

By Dr Than Tun 69 IM2



THE El Niño weather phenomenon, which typically recurs every two to seven years, is projected to begin intensifying this year around October and November, reaching peak temperatures during the Christmas season in December. After remaining persistently hot, temperatures will gradually subside, though the heat is expected to persist through the onset of the monsoon season in 2027.

Every one-degree Celsius increase in external temperature immediately triggers physiological changes in the human body. To make this easily understandable, I will avoid medical terminology as much as possible, especially since I am witnessing so many people suffering from its effects.

For Every One-Degree Increase in External Temperature...

This does not mean your core body temperature rises by a full 1 degree Celsius; rather, you sweat more, leading to a greater loss of water and electrolytes. Your heart rate increases, which can result in lowered blood pressure and dizziness.

Extended exposure to extreme heat can lead to muscle cramps, fatigue, and heat exhaustion. High humidity further exacerbates the impact of heat because it hinders sweat evaporation. If you stop sweating, your body can no longer dissipate internal heat.

Crucially, it is not just the temperature alone that matters, but also the humidity, duration of sun exposure, and physical activity that must be taken into account. Areas characterized by high heat and humidity refer to environments heavy with moisture in the air – stifling, muggy, and oppressive.

Regions Most Vulnerable to the Effects of El Niño

El Niño will lead to severe climatic anomalies, particularly in regions situated close to the Equator. Southern Asia, in particular, will experience intensifying heat and worsening aridity. Furthermore, due to a weakened monsoon season, rainfall in these areas will decrease substantially.

Coastal regions such as Yangon, Myeik, Dawei, and the broader coastal belt of southern Myanmar are especially susceptible, alongside deltaic zones like the Ayeyawady Region and lower Bago Region.

Additionally, tropical rainforests, high-rainfall zones across Southeast Asia, and the coastal stretches of southern India face heightened risk. In densely populated urban environments – characterized by high concentrations of concrete infrastructure, vast paved roads, and sparse vegetation – the intense ambient heat will be significantly amplified.

Physiological Responses to Extreme Heat

When the ambient temperature rises by even a single degree, the brain's thermoregulatory centre – the hypothalamus – immediately activates heat-dissipation mechanisms. Blood vessels dilate, and sweating commences to cool the body. To deliver more blood to the skin's surface, the heart must pump with greater force and frequency, leading to an elevated heart rate. Consequently, the body rapidly depletes its essential water and electrolyte reserves – a state that poses severe health risks to human physiology.

How High Can Temperatures Rise?

Estimating Temperatures in El Niño Conditions: During a super El Niño period, temperatures can surge by approximately 3°Circ to 5 °Circ above normal climatic averages.

Impact in Myanmar: During peak summer months, extreme temperatures in certain regions can severely escalate to 43°Circ, 44°Circ, and even higher, posing a critical concern. Paradoxically, as winter approaches, rather than cooling down, temperatures will intensify – making the traditionally coldest period feel like the hottest.

Most Vulnerable Regions

High-Risk Areas in Myanmar: The central dry zone regions, including Chauk, Yezagyo, Pakokku, Mandalay, lower Sagaing, and western Bago Region, are projected to bear the brunt of the extreme temperatures. Major urban centres like Yangon will also experience severe heatwave impacts due to the urban heat island effect (concrete jungles) and high population density.

Beyond Heat: Associated Impacts

Climate: Prolonged droughts, delayed monsoons, and extended dry spells.

Ecosystems: Drying up of lakes and streams, elevated wildfire risks, and severe water scarcity for both humans and wildlife.

Agriculture: Forced shifts in planting seasons and potential crop yield reductions of up to 50 per cent due to inadequate water supply.

Global Impacts

South-East Asia: Below-average rainfall and heightened wildfire risks.

India and South Asia: Erratic monsoon patterns with direct repercussions on agricultural productivity.

Peru, Ecuador, and the South American Pacific Coast: Torrential rains, flooding, and disruptions to commercial fishing industries.

Australia and Parts of Southern Africa: Increased probability of droughts and severe heatwave conditions.

Parts of the Americas: Variable precipitation patterns (both excess and deficit) and altered winter climate regimes.

While global climate impacts are heterogeneous, severe droughts and intense heatwaves will predominantly affect Southeast Asia (Myanmar, Thailand, the Philippines, Indonesia), Australia, southern Africa, and parts of South America (Brazil, Peru).

Health Risks and Preventive Measures

Extreme heat can impair the body's thermoregulatory mechanisms, potentially leading to life-threatening hyperthermia. Conditions such as **heat exhaustion** and the more severe, life-threatening **heat stroke** are expected to emerge.

Crucial Distinction: Heat stroke is a medical emergency far more severe than standard heat exhaustion; immediate medical attention must be sought.

Prevention & Safety Guidelines: Avoid non-essential outdoor activities during peak solar radiation hours from 10 am to 4 pm. When outdoors, use umbrellas, wear hats, and choose lightweight, breathable clothing. Maintain regular hydration rather than drinking only when thirsty. If symptoms such as dizziness, headache, nausea, or muscle cramps occur, cease activities immediately and move to a cool environment.

Emergency Warning Signs: Confusion, loss of consciousness, seizures, or extremely high body temperature indicate a severe heat-related emergency requiring immediate medical intervention.

Essential Guidelines for Living with Air Conditioning

1. Maintain a Moderate Temperature: Set your AC to a steady 24°C to 26°C, or ideally 28°C if possible. It is largely a matter of habit.

2. Prevent Dehydration: Drink water frequently to keep your body hydrated.

3. Clean the Filters Regularly: Wash or clean your air conditioner filters every two weeks or at least once a month.

4. Prevent Excessive Indoor Dryness: Place a bowl of water in the room or briefly open the windows in the morning to maintain optimal indoor humidity.

5. Optimize Fan Usage: If using a fan, operate it with a timer and avoid directing the airflow straight at your face.

6. Protect Vulnerable Groups from Heat Stress: During peak afternoon heat, keep living spaces cool to prevent heat stroke in the elderly. If there is a power outage, open windows to ensure adequate ventilation.

7. Hydrate Mindfully: Sip water slowly and consistently throughout the day, and drink a glass right before bed. If you have prostate issues that cause frequent urination, consult your physician.

8. Ensure Air Circulation and Monitor Health: It is advisable to keep bedroom doors or windows slightly ajar, or ensure good daytime ventilation. For individuals with hypertension, measure your blood pressure upon waking in the morning, take medications consistently, and monitor for warning signs of a stroke (such as facial drooping, limb weakness, or slurred speech). Seek immediate medical attention at a hospital if any of these symptoms appear.

Who Needs Extra Care?

Vulnerable individuals who require special attention include those with heart disease, cardiac weakness, hypertension, chronic hypotension, diabetes, kidney disease, asthma, and other respiratory conditions. The elderly, infants, pregnant women, obese individuals, outdoor workers prone to excessive sweating, and those taking medications such as diuretics, antihypertensives, or hypoglycemic agents must exercise heightened caution. **Do not alter or discontinue your medication regimen without consulting your doctor.**

Potential Health Risks

Cardiovascular and Hypertensive Patients: In hot weather, blood vessels dilate and sweating increases, forcing the heart to pump harder. This places an extra workload on the heart, which can trigger chest pain (angina) or severe blood pressure fluctuations.

Kidney Health: Dehydration reduces overall blood volume, which diminishes renal blood flow and significantly increases the risk of kidney damage.

Diabetic Individuals: Dehydration causes blood to become more viscous (thickened), and excessive sweating can lead to critical electrolyte imbalances within the body.

Hypertension and Stroke Survivors: Extreme vigilance is required. Fluid and electrolyte imbalances, alongside sudden shifts in blood pressure, can induce fatigue and dizziness.

Watch for warning signs of a stroke: facial asymmetry, weakness in one limb, or slurred speech. If these occur, seek emergency medical care immediately.

The Elderly and Pregnant Women: Older adults often have a diminished sensation of thirst and a reduced physiological capacity to regulate internal body temperature. For pregnant women, dehydration and excessive heat exposure heighten the risks of dizziness, severe fatigue, and subsequent health complications.

At Home and For Travellers: Air Conditioning Guidelines

At home, avoid over-cooling the room with extreme air conditioning temperatures (e.g., around 16°C). Instead, maintain a steady temperature of 24°C to 26°C and ensure proper ventilation.

While travelling by car, refrain from setting the air conditioner to excessively low temperatures. Avoid significant temperature gaps between the vehicle interior and the outside environment; a variance of 5°C to 7°C is recommended.

Heart Disease Patients: Stay in a cool room while at home and adhere strictly to your doctor's prescribed fluid intake. Avoid travelling during peak hot hours. If you experience chest tightness or pain, seek immediate medical assistance.

Kidney Disease Patients: Strict adherence to recommended salt and fluid limits is essential while at home. Avoid prolonged exposure to heat when outdoors or travelling. If you experience dizziness, move to a cool place immediately without delay.

Diabetic Patients: Regularly monitor blood sugar levels while indoors, and store medications and insulin at appropriate temperatures. When outdoors or travelling, always carry drinking water. Crucially, learn to distinguish between symptoms of hypoglycemia and heat exhaustion.

Asthma and Respiratory Patients: While at home, avoid exposure to cigarette smoke, mosquito coil fumes, dust, and extreme heat. Always carry prescribed inhalers when travelling, avoid strong odours or smoke inside vehicles, and wear a mask.

Hypertension and Stroke Patients: Take prescribed medications regularly while at home and check blood pressure if dizziness occurs. When outdoors or travelling, avoid sudden postural changes (such as standing up abruptly). Seek immediate medical care if any new symptoms arise.

Alighting from Air-Conditioned Buses

It is crucial to understand the physiological impacts of transitioning directly from a heavily air-conditioned bus to a hot, humid bus stop.

Entering an air-conditioned vehicle drenched in sweat from the heat causes a rapid drop in body temperature. Subsequently, exiting back into intense external heat exposes the body to a sudden thermal shock. This rapid **"Hot-Cold-Hot"** fluctuation compromises the body's thermoregulation, leading to fever, headaches, nasal congestion, coughing, neck stiffness, and general body aches.

Key Precautions for Individuals with Hypertension, Diabetes, or a History of Stroke: Stay adequately hydrated before entering and after exiting vehicles; however, avoid drinking ice water. Remember to mitigate extreme heat exposure by using umbrellas or hats, staying in the shade, and keeping well-hydrated.

SEE PAGE 11

DELICACY/NEWS QUIZ

Palm Fruit Cake

A Traditional Myanmar Seasonal Delight

WHEN the late monsoon season arrives, from Wagoung and Tawthalin to Thadingyut, and ripe palmyra fruits come into season, one traditional treat that can be found glowing golden-yellow and filling the air with its sweet aroma along Myanmar's rural roads and urban streets is Palm Fruit Cake.

Served in little green banana-leaf cups, these soft, fluffy golden cakes are topped with delicate shreds of white coconut. Their inviting colour, aroma and presentation perfectly capture the essence of Myanmar's traditional culinary heritage.

What makes Palm Fruit Cake distinctive is its unique combination of the natural fragrance of ripe palmyra fruit with a pleasant balance of sweetness and creaminess. The natural sweetness and delicate aroma of ripe palmyra fruit permeate the entire cake.

Unlike bread, which can be dry, the cake is steamed, giving it a moist, soft texture that feels wonderfully tender and almost melts in the mouth with every bite.

The white shreds of grated coconut are lightly mixed with salt, creating a subtle savoury note that perfectly balances the cake's fragrant sweetness and prevents it from becoming overly rich. The creamy coconut flavour and mild saltiness complement the natural sweetness of the palmyra fruit beautifully.

If you're already craving a taste, let's take a look at how to make this traditional treat at home.

Ingredients

(The following quantities are suitable for making one batch in a household steamer.)

For extracting the palmyra fruit pulp

1. 1 large ripe palmyra fruit – with dark skin, a golden-yellow colour and a fragrant aroma
2. About 1 cup water – for extracting the pulp

For the cake batter

3. 2 cups rice flour (or coarse rice flour)
4. 2 tablespoons glutinous rice flour – for a soft, slightly chewy texture
5. ½–¾ cup thick jaggery syrup (or sugar), adjusted to taste
6. ½ teaspoon yeast – to help the batter rise and become light and fluffy
7. ½ teaspoon salt

For the topping

8. 1 cup grated coconut
9. A small amount of salt – to mix with the coconut

Step-by-Step Preparation

1. Extract the palmyra fruit pulp

- Peel away the dark outer skin of the ripe palmyra fruit and separate the three large seeds inside.
- Place the seeds in a bowl and sprinkle them with a little water. Rub and squeeze the seeds by hand to extract the thick, golden-yellow pulp.
- Strain the pulp through a fine sieve to remove the fibres.

Tip: For a sweeter and more fragrant pulp, place



Traditional Myanmar Delicacy

the extracted pulp in a thin cloth bag and hang it for about an hour. This allows the thin liquid containing some bitter compounds to drain away, leaving a thicker, more concentrated pulp.

2. Prepare and ferment the batter

- In a large mixing bowl, combine the rice flour, glutinous rice flour, yeast, salt, jaggery syrup (or sugar) and strained palmyra pulp.
- Mix thoroughly until a thick batter forms.
- Cover the bowl tightly and leave it in a warm place for about 3-4 hours, or until the batter has risen and become airy.

3. Prepare the steaming cups

- Once bubbles have formed and the batter has roughly doubled in volume, fill a steamer with water and bring it to a boil.
- Prepare small banana-leaf cups, or alternatively use lightly greased small bowls or moulds.

4. Fill and steam the cakes

- Gently stir the risen batter once or twice to release excess air.
- Fill each cup to about three-quarters full, leaving room for the cakes to rise during steaming.
- Place the cups in the steamer, cover tightly and steam over high heat for approximately 15-20 minutes.

5. Add the coconut and serve

- Check whether the cakes are cooked by inserting a toothpick into the centre. If it comes out clean, the cakes are ready.
- Sprinkle the lightly salted grated coconut over the top and steam for another minute.
- Remove from the steamer and allow to cool slightly.
- Serve warm with a cup of hot Myanmar green tea.

A Look at Its Nutritional Value

Palm Fruit Cake is a traditional seasonal snack made with ripe fruit and cooked by steaming, rather than frying.

Steamed rather than fried

Because the cakes are steamed without frying or roasting in oil, they contain no added cooking oil from the preparation process. This makes them a lighter alternative to many traditional fried snacks.

Naturally colourful and rich in plant compounds

The bright golden-yellow colour of ripe palmyra fruit is associated with carotenoid pigments, including beta-carotene. Beta-carotene can be converted by the body into vitamin A, which plays an important role in normal vision, skin health and immune function.

Fibre and fermentation

Palmyra fruit pulp provides dietary fibre, while fermenting the batter before steaming contributes to the cake's characteristic texture and flavour. Fermentation can also affect the digestibility and nutritional characteristics of cereal-based foods.

A Few Things to Keep in Mind

Because the recipe contains jaggery or sugar and a substantial amount of carbohydrate from rice flour, people with diabetes or those monitoring their blood-glucose levels should consider reducing the added sugar and keeping portions modest.

The grated coconut used as a topping also contains naturally occurring fat, including saturated fat. Those who need to manage their blood cholesterol levels may therefore wish to use a smaller amount of coconut.

With its fragrant palmyra fruit, soft steamed texture and lightly salted coconut topping, Palm Fruit Cake is a delightful seasonal treat that showcases flavours and culinary traditions of Myanmar. That's our traditional food feature for this week. Enjoy! — Moon

Weekly News Quiz

(for 16 November 2026)

THE following quiz is based on three national news stories and two international news stories published in Tuesday's newspaper (10 November 2026).

National News Quiz

(1) To promote the sustainable development of local handicrafts, in which month does the Ayeyawady Region government plan to hold the Traditional Myanmar Pathein Parasol and Natural Handicrafts Festival in Pathein?
A. October
B. November
C. December
D. January

(2) To facilitate foreign currency transactions and promote the trade sector, to how many days did the Central Bank of Myanmar extend the permitted retention period for exporters' foreign currency earnings from 30 days?
A. 40 days
B. 45 days
C. 60 days
D. 90 days

(3) In which Chinese city did Myanmar's MLBB Esports Team win the national gold medal at the China-ASEAN Esports Competition (CAEC 2026) held from 6 to 8 November?
A. Nanning
B. Kunming
C. Guangzhou
D. Shenzhen

Global News Quiz

(4) Rakuten Group Inc announced plans to establish a joint venture with which US satellite manufacturer to create a satellite communications network in Japan by March 2029?
A. SpaceX
B. Blue Origin
C. Rocket Lab
D. AST SpaceMobile Inc

(5) In which Turkish Mediterranean city did the United Nations' annual two-week climate conference, COP31, kick off on Monday?
A. Istanbul
B. Izmir
C. Antalya
D. MMersi

SEE ANSWERS TO QUIZ ON PAGE 15

Pope says Inca heartland 'suffering' as villages empty

Pope Leo XIV greets thousands of faithful during an open-air Mass in the isolated Andean town of Santa Cruz de Succhabamba, Peru.

POPE Leo XIV warned Saturday that the heartland of the ancient Inca Empire was "suffering", as the remote, poverty-stricken communities he served as a missionary in Peru shrink dramatically.

The head of the world's 1.4 billion Catholics flew by helicopter to the isolated town of Santa Cruz de Succhabamba in the Andes mountains — an area he visited on horseback when he lived in Peru as Robert Francis Prevost.



This handout picture released by the Vatican Media shows Pope Leo XIV waving to the faithful ahead of a prayer meeting marking the closing of the Jubilee Year at the Santo Toribio de Mogrovejo shrine, in Zana, province of Chiclayo, Peru, on 14 November 2026. **PHOTO: AFP**

Despite undergoing cancer surgery just one month ago, the 71-year-old pope was determined to visit the town — which sits among green peaks at an altitude of over 2,000 metres (6,560 feet) — during his 12-day tour of South America. Gathered in front of colorful murals of the pope, thousands of faithful in the streets of Santa Cruz cheered his arrival. — AFP

Nearly 19% of Sri Lanka's population affected by diabetes: deputy minister

NEARLY 19 per cent of Sri Lanka's population has diabetes, with the actual prevalence potentially higher, Deputy Minister of Health Hansaka Wijemuni has said.

Speaking at an event in Colombo on Saturday to mark World Diabetes Day, Wijemuni said diabetes and hypertension were among the major non-communicable diseases (NCDs) placing increasing pressure on the country's healthcare system.

Wijemuni said that despite Sri Lanka's performance in several healthcare indicators, the country continues to face challenges in preventing NCDs, particularly because many people remain unaware of underlying health conditions. — Xinhua



Regular health checkups detect diabetes early, preventing serious complications without symptoms. **PHOTO: REPRESENTATIVE IMAGE/PEXELS**

To Face the Super El Niño in Daily Life

FROM PAGE 9

Impacts of Sudden Temperature Changes

The immune system and thermoregulation system of the body experience a sudden shock. Because blood vessels rapidly constrict and dilate, the cardiovascular and cerebrovascular systems are affected, which can lead to dizziness or even an elevated risk of stroke.

Transitioning abruptly from a hot environment to an air-conditioned space can cause malaise, headaches, and blood pressure fluctuations in some individuals. Prolonged exposure of the face and neck to cold air can exacerbate symptoms for those with asthma.

How to Protect Yourself When Alighting from Buses and Taxis

A minute or two before getting out of a private car or taxi, turn off the AC or reduce the airflow to allow your body temperature to gradually adjust closer to the outside environment. When stepping out, use an umbrella or a towel to wipe away sweat beforehand.

Before getting off a bus, drink some water and rest for a moment. Avoid stepping directly into the harsh sunlight; instead, seek out shaded areas or shelters.

Prepare your umbrella and hat in advance. Upon stepping outside, refrain from brisk walking or carrying heavy loads.

If you feel dizzy, ask the driver for assistance before alighting, wait until the vehicle is parked in a cooler area, and then step down.

Is Applying a Damp Cloth to the Neck and Nape Effective?

Using a damp face towel is, in fact, a practical temporary method for mitigating heat. Because major blood vessels run through the nape and neck, cooling this area provides a transient cooling effect for both the brain and the entire body.

This is a genuinely useful heat-reduction technique. The damp cloth absorbs heat from the skin, and as the water evaporates, it produces a cooling sensation.

Placing a wet cloth on the neck and nape can alleviate heat stress. However, for someone suffering from hyperthermia who is experiencing confusion or loss of consciousness, applying a wet cloth alone is insufficient. Emergency assistance must be summoned immediately, and active cooling measures should be applied.

Coping with AC in Taxis and Buses

Ask drivers not to set the air conditioning excessively high. If they are unwilling to adjust it, redirect the air vents away from your direct line of sight and face.

If you are facing a long commute, bring a lightweight long-sleeved shirt or a thin blanket to cover your shoulders and chest in case the AC is too cold. Most importantly, stepping straight out of such a heavily air-conditioned vehicle into the heat poses a significant health hazard due to the abrupt thermal shock.

Why Adequate Hydration is Crucial

It is important to understand why drinking plenty of water is strongly advised.

It replenishes fluids and electrolytes lost through excessive sweating. Water regulates body temperature, prevents blood thickening, and is essential for the proper functioning of the kidneys and other vital organs.

The body cools itself by producing sweat, which depletes water and salt levels. Inadequate hydration can lead to a reduction in blood volume, resulting in a rapid heart rate, dizziness, and fatigue, increased strain on the kidneys, and heightened overall medical risk.

Therefore, it is advisable to drink water regularly and frequently. While excessive sweating may necessitate electrolyte solutions, individuals with heart or kidney conditions should adhere strictly to their physician's fluid intake guidelines. Avoid consuming large volumes of water rapidly in a short period.

When the Power Goes Out, and You Can't Use the Air Conditioner

Open all windows and doors to maximize cross-ventilation throughout the house. If direct sunlight penetrates the space, close the curtains or blinds immediately. Use handheld fans, battery-operated fans, or traditional hand fans to stay cool.

Frequently wiping the floor with a damp cloth effectively lowers the indoor temperature. Take cool showers regularly and spend time in well-ventilated areas where air circulates freely.

Dealing with Heat Rash and Itching

Heat exposure can clog pores, leading to tiny bumps on the skin. For heat rash (prickly heat) and localized irritation, applying Calamine Lotion provides gentle relief.

Natural remedies like a thin layer of Thanaka or Karameh paste can also be applied. However, if the itching becomes severe or unmanageable, consult a physician for appropriate anti-allergy medications. Avoid self-prescribing or applying over-the-counter antibiotic or antifungal creams without medical guidance.

Dietary Recommendations During a Heatwave

Hydrating Foods: Prioritize fruits with high water content and essential vitamins, such as watermelon, cucumber, oranges, and pineapple.

Electrolyte Replenishment: Heavy sweating depletes essential minerals, so drinking Oral Rehydration Salts (ORS) is recommended. However, individuals with diabetes should consult their physician before consuming electrolyte solutions.

Beverages to Avoid: Strictly limit or avoid alcohol, beer, caffeine-loaded coffee, and sugary drinks. These beverages act as diuretics, worsening dehydration and posing significant health risks in extreme heat.

ECONOMY
WORLD

Hybrids make gains in US auto market amid high gasoline prices

Rising popularity of hybrids has been a source of US sales increases for Japanese and South Korean carmakers in 2026.

ELECTRIC vehicle growth has hit a speed bump in the United States, but hybrid autos are gaining market share thanks to the jump in fuel prices due to the Iran war.

Rising popularity of hybrids — which can run on either gasoline or an electric charge — has been a source of US sales increases for Japanese and South Korean carmakers in 2026, prompting fresh investments from both established and new players in that segment of the market.



Japanese automakers saw higher US sales in July as Middle East tensions fuelled demand for hybrid vehicles. **PHOTO: PEXELS**

Honda, a longtime rival to US hybrid market leader Toyota, announced this week $3 billion to build a new hybrid plant in Ohio and add capacity at plants in two other states. Nissan, which is launching its first significant hybrid product for the US market this fall, realized its absence in the category was denting sales, said Ponz Pandikuthira, a senior vice president at Nissan Americas.

"We were losing that traffic," Pandikuthira said, adding that many customers want to at least explore and test drive a hybrid even if they end up buying an internal-combustion engine (ICE) vehicle. General Motors, which avoided the category earlier in the 2020s when it invested heavily in electric vehicles, plans hybrids "in multiple segments, the key segments that we participate," CEO Mary Barra said last month on a conference call. — AFP

NEWS IN BRIEF

Japan-led probe finds AI-driven cyberattack servers

AROUND 1,000 servers suspected of serving as bases for advanced artificial intelligence-driven cyberattacks have been online since October, a Japanese-led international investigation showed Saturday.

The probe by the Japan Computer Emergency Response Team Coordination Centre, conducted in cooperation with overseas cybersecurity firms, found that the servers may have used AI to search for vulnerabilities and target websites worldwide. Hacking, which previously required time even for those with specialized knowledge, has become easier with the emergence of high-level AI. Servers hosting the tools can be set up in physical facilities or operated through virtual frameworks. — Kyodo

115 Fortune 500 leaders attend APEC CEO Summit 2026

REPRESENTATIVES from 115 Fortune Global 500 companies will attend the Asia-Pacific Economic Cooperation (APEC) CEO Summit 2026, the China Council for the Promotion of International Trade (CCPIT) said Sunday.

US companies make up the largest group among participating companies from economies other than China, accounting for nearly 20 per cent of the total, said Li Qingshuang, vice chairperson of the CCPIT, at a press conference.

Heads of several international organizations, as well as leaders of business associations from the United States, Russia, Japan and other economies, will also attend the summit, Li said. — Xinhua

Denmark reaches deal on green heating, electric vehicle subsidies



The image shows a row of colourful historic buildings along Nybrogade street in Copenhagen, Denmark. **PHOTO: REPRESENTATIVE IMAGE/PEXELS**

DENMARK'S government announced Saturday that it had reached an agreement with two parties on measures worth about 3.9 billion Danish kroner (about US$575 million) through 2035 to help households switch to cleaner heating and make electric vehicles more affordable for people on low incomes.

According to the agreement released by Denmark's Ministry of Finance, the deal with the Red-Green Alliance and the Alternative is part of the 2027 budget package. It sets aside about 66 million dollars from 2028 to 2030 to help people on low incomes lease electric vehicles.

The agreement extends support in 2027 for heat pumps, district heating and disconnection from the gas network. It also sets aside funding for future heating subsidies aimed at households that struggle to afford the switch.

Climate, Energy and Utilities Minister Samira Nawa said the measures would make cleaner options more affordable for people who struggle to pay for a replacement for their gasoline car or for a heat pump. — Xinhua

Climate finance in focus at COP31, UN chief calls for delivery on pledges

AS climate finance emerges as a major sticking point in negotiations at the 31st United Nations Climate Change Conference (COP31) in Türkiye, UN climate chief Simon Stiell has stressed the need for countries to deliver on their existing financial commitments, saying this is key to translating climate plans into investments and tangible action on the ground.

In an interview with ANI, Stiell, who is overseeing the international climate negotiations at COP31, called for efforts to accelerate the tripling of adaptation finance by 2035 even as the African Group of Negotiators' (AGN) proposal to include tripling adaptation finance as a standalone agenda item at COP31 failed to secure consensus among parties.

Asked about the proposal failing to make it to the COP31 agenda, Stiell says, "The agenda of each COP is a matter for all countries in this process to determine, under the guidance of the COP presidency each year."— ANI



UN climate chief Simon Stiell urged nations at COP31 in Türkiye to deliver on their existing climate finance pledges and accelerate adaptation funding for vulnerable countries. **PHOTO: AFP**

Microsoft restores 365 services globally after disruption; warns of phishing campaign exploiting outage

MICROSOFT has restored Microsoft 365 services to all remaining affected customers and regions following a multi-day disruption, while its cybersecurity team has warned of a phishing campaign exploiting the incident to target users with fraudulent service notifications.

The disruption, which began on 12 November, affected access to Exchange Online mailboxes and email connectivity across multiple regions. In its latest update posted on X on Saturday, Microsoft 365 Status said it had completed efforts to address the underlying issue and restored services to the remaining impacted customers and regions. Separately, Microsoft Threat Intelligence flagged an active phishing campaign that exploited the service disruption to trick users into sharing sensitive information. According to the cybersecurity team, the fraudulent emails impersonated Microsoft 365 service health notifications and referenced the legitimate Exchange Online incident, EX1550543. Some messages falsely claimed that emails had been held during the outage and would be deleted within 24 hours unless recipients clicked on a link to restore them. — ANI



Microsoft restores global 365 cloud services after a multi-day disruption while warning users against fraudulent phishing emails exploiting the outage.
PHOTO: AFP/FILE

Japan's culinary traditions struggle to find successors

JAPAN recently recommended two people as its first-ever living national treasures in traditional Japanese cuisine, but the traditions they embody face an uncertain future amid lifestyle changes and a shortage of successors driven by the country's shrinking population.

While mastering the arts under a seasoned chef or sake brewer can be technically demanding and require a high degree of craftsmanship, the elevation of Eiichi Takahashi, 87, of the restaurant Hyotei in Kyoto and sake brewer Naohiko Noguchi, 93, is hoped to encourage younger generations to take up the mantle. Interest in Japanese food and culinary culture has boomed globally since washoku and traditional dietary cultures of Japan were added to the intangible cultural heritage list in 2013 by UNESCO.



Naohiko Noguchi poses for a photo in Komatsu, Ishikawa Prefecture, on 12 October 2026. **PHOTO: Kyodo**

The recommendation has "shaped the identity and form of Kyo ryori", Shinichi Terada, head of the Kyo Ryori Association, said. The association is made up of long-established traditional Japanese restaurants specializing in Kyoto cuisine.

In 2025, Kyoto welcomed a record 12.68 million inbound tourists to the city, 43.5 per cent of whom sought out culinary experiences. The city hopes that the inclusion of a connoisseur of Kyoto cuisine as a living national treasure will be a tailwind to its popularity. The sake brewing industry has welcomed the news, with the Japan Toji Guild Association saying it "gives all involved in traditional sake brewing hope and courage". Trade statistics show exports of Japanese alcohol hit a record high in 2025 to around 149.5 billion yen ($936 million). — Kyodo

CLAIMS DAY NOTICE
M.V PELICAN VOY.NO. (0108N)

Consignees of cargo carried on **M.V PELICAN VOY. NO. (0108N)** are hereby notified that the vessel will be arriving on **16-11-2026** 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 TRADER VOY.NO. (SB645A)

Consignees of cargo carried on **M.V TRADER VOY. NO. (SB645A)** are hereby notified that the vessel will be arriving on **16-11-2026** 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.

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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 MEDITERRANEAN SHIPPING COMPANY S.A

CLAIMS DAY NOTICE
M.V SITC GUANGDONG VOY.NO. (2624S)

Consignees of cargo carried on **M.V SITC GUANGDONG VOY.NO. (2624S)** are hereby notified that the vessel will be arriving on **16-11-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S SITC CONTAINER LINE CO., LTD.

CLAIMS DAY NOTICE
M.V SITC QIUMING VOY.NO. (2615N)

Consignees of cargo carried on **M.V SITC QIUMING VOY.NO. (2615N)** are hereby notified that the vessel will be arriving on **16-11-2026** and cargo will be discharged into the premises of **MITT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S SITC CONTAINER LINE CO., LTD.

CLAIMS DAY NOTICE
M.V TCI ARJUN VOY.NO. (100202026)

Consignees of cargo carried on **M.V TCI ARJUN VOY.NO. (100202026)** are hereby notified that the vessel will be arriving on **16-11-2026** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

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

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

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S BAY LINE SHIPPING

ROLLING UPDATES
WORLD

Netanyahu calls for Israeli unity government, Eisenkot dismisses 'tricks'

Netanyahu urges national unity government with Eisenkot to eliminate Iranian threat.



Israeli caretaker Prime Minister Benjamin Netanyahu reiterates his call for a national unity government during ongoing political negotiations in Jerusalem.
PHOTO: XINHUA/FILE

ISRAEL'S caretaker prime minister Benjamin Netanyahu on Saturday reiterated his calls for a national unity government with his opponent Gadi Eisenkot, who in turn dismissed the appeal as a ruse.

The latest exchange comes as Eisenkot is in the midst of negotiations to form a government, after he was tapped for the post of premier on Sunday.

A meeting with Eisenkot on Thursday "only strengthened the conviction that it is essential to form a national unity government" to guarantee Israel's security, Netanyahu said in a video statement, adding that such a government could "eliminate the Iranian threat once and for all".

He said this government would be made up of parties that recognize Israel "as a state for the Jewish people". It would address security challenges, he added, most notably Iran which he claimed would "not hesitate to use nuclear weapons against us". The outgoing prime minister warned against Eisenkot's plan to form a minority government, presented as a "national emergency government". — AFP

NEWS IN BRIEF

South Africa's Ramaphosa heads to US for AI visit

SOUTH Africa's President Cyril Ramaphosa travelled to the United States for a week-long visit focused on artificial intelligence and its potential benefits for his country, the presidency said Saturday.

The trip comes just over a week after Washington announced that South Africa would be excluded from the African Growth and Opportunity Act (AGOA) from 1 January, raising concerns over potential job losses in an economy already grappling with weak growth and high unemployment. "The President left yesterday," spokesperson Vincent Magwenya told AFP Saturday.

Asked whether Ramaphosa had informed US President Donald Trump of the visit, Magwenya said: "I'm not sure if he was able to inform President Trump or not." — AFP

Czechs to rally against public-media funding overhaul

HUNDREDS of thousands of Czechs are expected to protest in Prague on Sunday against the nationalist government's plan to overhaul public-media funding, which critics see as a threat to press freedom.

The government of billionaire Prime Minister Andrej Babis wants to switch from funding Czech TV and Czech Radio through licence fees paid by viewers and listeners to payments from the state budget.

Opponents say the move will stifle media freedom as it will make the outlets more dependent on the state.

Babis's coalition, comprising his catch-all ANO party, the far-right SPD and the Eurosceptic Motorists, insists the plan will not affect editorial independence or programme content — but broadcasters need to cut costs. — AFP

Voyager 1 set to become first human-made object to travel one light-day from Earth

NEARLY five decades after embarking on its historic journey, NASA's Voyager 1 spacecraft is poised to achieve an unprecedented distance milestone, becoming the first human-made object to travel one light-day away from Earth—a distance that light itself takes 24 hours to cover.

The robotic spacecraft, which has travelled farther from Earth than any other human-made object since its launch in 1977, is expected to cross the landmark on Wednesday, 18 November, at 5:16:07 am EST (3:46:07 pm IST), according to NASA.

A light-day represents approximately 16 billion miles (26 billion kilometres), marking another remarkable achievement for the spacecraft that left the solar system years ago and is now travelling through interstellar space.



An artist's concept of the Voyager spacecraft.
PHOTO: NASA/JPL-Caltech

According to NASA, Voyager 1 will have taken 49 years, two months and 11 days to travel this distance from Earth, making it the first spacecraft to reach the milestone.

The achievement is particularly significant given the enormous distances involved in space exploration. A light-day measures the distance that light, travelling at approximately 186,000 miles per second, covers in 24 hours. — ANI

UN official urges Iran, US to let fertilizers through Hormuz Strait

IRAN and the United States should "immediately" allow fertilizer shipments through the Strait of Hormuz to ease the crisis in some of the most vulnerable countries, a senior UN official said Saturday.

Jorge Moreira da Silva, head of the UN Office for Project Services, told the COP31 climate talks in the Turkish resort city of Antalya that the lack of fertilisers could push millions into poverty.

The Iranian blockade of the vital waterway, which started after the joint US-Israeli attack against Iran in late February, has choked shipping in the region and beyond. The US blockade of Iranian ports has further complicated matters. While Iran and the United States are still trying to negotiate an end to the conflict, Moreira da Silva said he had the same message for both countries. "They should continue their negotiations about the comprehensive deal — but that deal should not avoid an immediate, exceptional, limited, and time-bound solution for the fertilizers," he said. "Basically what we need is five vessels a day with fertilizers," he added. — AFP

SPORTS

PMA golf tournament winners honoured

THE prize-giving ceremony for the second Thadingyut Cup Tour Pro and Amateur Invitational Golf Tournament and PMA Members' Golf Competition was held on 14 November.

The tournaments were organized by the Pro Myo Win Aung Association (PMA), with support from the Myanmar Golf Federation and under the guidance of the Upper Myanmar Golf Federation Subcommittee.



Winners of the second Thadingyut Cup Tour Pro and Amateur Invitational Golf Tournament pose for photo with officials of the tournament. **Photo: MGF**

At the ceremony, held at Mingalar Mandalay Hotel, Myanmar Golf Federation President U Ko Ko Aye, PMA Chairman U Ko Oo and U Aung Bo Zaw, founder and CEO of Auto Avenue Luxury Car Showroom and the tournament's main sponsor, delivered remarks.

Myanmar Golf Federation Vice-President and Upper Myanmar Golf Federation Subcommittee Chairman U Tin Ko Ko, Joint General Secretary U Aung Ko Zaw, Central Executive Committee member U Soe and other officials presented prizes to the winners.

In the team event, Man City took first place, followed by GMGA in second place.

In the individual categories, U Kyaw Myo Win won the bronze division, U Aung Kyaw Zaw the silver division, U Myo Min Thu the silver scratch division and U Saw Htein Thein the gold division.

In the Amateur category, Pyae Phyo Aung took first place with a total of 305 strokes, while Thiha Htay won the Tour Pro category with 289 strokes. PMA Chairman U Ko Oo and Myanmar Golf Federation President U Ko Ko Aye presented the respective awards, while PMA Vice-Chairman U Aung Bo Zaw presented the prize money cheques.

The four-day tournament was held at Yaytagontaung Golf Course in Mandalay from 11 to 14 November. — Chit Ko Ko/KZL

Over 140 players compete in 2026 badminton tournament

THE 2026 final matches of a badminton tournament jointly organized by the Myanmar Badminton Federation and a partner organization were held at the federation's office on Kyonggyi Street in Lanmadaw Township, Yangon, yesterday morning.

In the mixed team final, Champion team defeated HOT team in straight games.

Following the matches, prizes were presented to the first, second and joint third-place winners in the men's doubles, women's doubles and mixed doubles categories. Myanmar Badminton Federation President U Aung Paing and executive members, along with U Soe Moe and Chairman U Min Thant Htin of the partner organization, presented individual medals, cash prizes and trophies. About 140 players from 20 clubs in Yangon competed in the tournament, which ran from 13 to 15 November. — Bala/KZL



The Champion team competes against the HOT team in the final of the Mixed Team event.

Figure skating: Japan's Nakai leads after Skate America short programme

JAPAN'S Olympic bronze medalist Ami Nakai surged into the lead after the women's short programme at Skate America on Saturday, posting a season-best score and strengthening her bid for a second straight Grand Prix victory.

The 18-year-old Nakai earned 82.20 points, the highest women's short-programme score in the world this season. The mark surpassed the previous season-best 82.11 set by fellow Japanese skater Mao Shimada at Skate Canada International.

Competing in the fourth event of the ISU Grand Prix series, Nakai delivered a poised performance to take a commanding lead heading into Sunday's free skate. A victory would put her on track for a place in the Grand Prix Final in Chongqing, China, in December.

"I'm so happy. I honestly didn't think I could do this well, so I'm surprised," Nakai said after landing her opening triple axel and executing spins and steps at the highest levels skating to a tango. — Kyodo


Ami Nakai of Japan reacts after performing in the women's short programme. **PHOTO: Kyodo**

Japan can be world's best says outgoing coach Moriyasu

COACH Hajime Moriyasu said Japan can become the best in the world after beating Brazil for a second time, as he prepares to step down after eight years in charge.

Japan shocked the five-times world champions 3-2 in a friendly in Singapore on Saturday, with substitute Tatsuhiro Sakamoto scoring an injury-time winner.

The victory came just more than a year after Japan beat Brazil for the first time in a friendly in Tokyo.

Brazil eliminated Japan from this year's World Cup in North America with a 2-1 win in the last 32. — AFP


Japan manager Hajime Moriyasu (C) celebrates after their win over Brazil in an international friendly at Singapore National Stadium on 14 November 2026. **Photo: Kyodo**

Weekly News Quiz

Answer Key

ANSWERS TO QUIZ FROM PAGE 10

Weekly News Quiz - Answer Key

1. C. December (From the Pathein Traditional Umbrella & Handicrafts Festival story on Page 1)
2. B. 45 days (From the Central Bank of Myanmar export earnings retention story on Page 2)
3. A. Nanning (From the MLBB Esports Team gold medal story on Page 15)
4. D. AST SpaceMobile Inc (From the Japan satellite network joint venture story on Page 13)
5. Antalya (From the COP31 climate conference story on Page 16)

Netanyahu calls for Israeli unity government, Eisenkot dismisses 'tricks'

PAGE 14



WORLD

49th ASEAN Summit kicks off in Philippines

ASEAN's new digital economy pact begins in early 2027, driving transformation.

THE 49th Association of Southeast Asian Nations (ASEAN) Summit and Related Summits kicked off Sunday in Manila, the Philippines, as leaders from the bloc discussed energy security, food security and economic cooperation, among other topics.

Philippine President Ferdinand Romualdez Marcos Jr, also the chair of ASEAN 2026, handed over the ASEAN Digital Economy Framework Agreement, signed Saturday by the ministers from ASEAN countries, to ASEAN Secretary-General Kao Kim Hourn.

According to the ASEAN Secretariat, the agreement marks a major milestone in ASEAN's digital transformation journey toward an open, secure, interoperable, competitive and inclusive regional digital economy. It is expected to enter into force in early 2027.

This edition of the summit and related summits are set to be held from 15 to 17 November. Marcos said ASEAN should partner up with the world to craft a coherent and organized response to global challenges. Canadian Prime Minister Mark Carney and Brazilian President Luiz Inacio Lula da Silva attended the opening ceremony as guests of the Chair.

The ASEAN Summit is generally held twice a year — once in the first half and once in the second half of the year. — Xinhua



People walk past an installation of the 49th ASEAN Summit and Related Summits at the media centre in Manila. **PHOTO: XINHUA**

Russia, UAE discuss safety of navigation in Strait of Hormuz

RUSSIA and the United Arab Emirates believe it is essential to ensure stable and safe navigation in the Strait of Hormuz, the Russian Foreign Ministry said following talks between Russian Foreign Minister Sergey Lavrov and his Emirati counterpart, Abdullah bin Zayed Al Nahyan.



File photo taken on 8 May 2026, shows ships in the Strait of Hormuz off Bandar Abbas, southern Iran. **PHOTO: KYODO /FILE**

"The need to establish stable, unimpeded, and safe navigation in the Strait of Hormuz, which is of great importance to the global economy, was highlighted," the ministry said in a statement.

The two sides also discussed the ongoing tensions in the Persian Gulf region, emphasizing that differences must be resolved through political and diplomatic means, in accordance with international law and with due regard for the legitimate interests of all states involved. — SPUTNIK

Cambodia praises UNESCO support for cultural heritage preservation

CAMBODIAN Prime Minister Hun Manet on Saturday expressed deep appreciation for UNESCO's ongoing support and contributions to protecting and conserving Cambodia's tangible and intangible cultural heritage, calling it a valuable legacy for all of humanity.

Hun Manet made the remarks during a meeting with UNESCO Director-General Khaled El-Enany at the Peace Palace in Phnom Penh, according to a news release from the Prime Minister's Spokesperson Unit.

He noted that cultural heritage serves as a vital driver for inclusive and sustainable development.

Furthermore, he emphasized that protecting heritage goes beyond preserving physical structures, ancestral legacies, and the national soul — it also involves educating and inspiring younger generations to connect with their country's culture, civilization, and history as a foundation for the future. — Xinhua

India must develop its own semiconductor manufacturing machines

UNION Minister for Electronics and Information Technology Ashwini Vaishnaw on Saturday stressed the need for India to develop and manufacture its own machinery and high-precision components used in semiconductor manufacturing, as the country works towards building a self-reliant semiconductor ecosystem.

During his visit to the Ethereal Machines facility in Bengaluru, Vaishnaw highlighted the importance of strengthening domestic capabilities in producing advanced equipment required for semiconductor manufacturing. The minister said, "In the spirit of 'Atmanirbhar Bharat', as envisioned by Prime Minister Narendra Modi, it is important that India develops and manufactures its own machines and high-precision components required for semiconductor manufacturing." — ANI

South Korea probes top exam scorer after AI cheating confession

SOUTH Korean police said Sunday they had launched an investigation after the top scorer in a national tax accountant exam admitted to using artificial intelligence to cheat.

The candidate, who ranked first in both rounds of the qualification exam held in April and July, confessed through his lawyer that he used AI to obtain answers during the tests.

His score of 397.5 out of 400 points in the first round, with only one wrong answer out of 160 questions, had sparked accusations that he cheated using smart glasses, which he initially denied.

"We received a written confession through the test taker's lawyer this morning regarding cheating on the tax accountant exam," the Seoul Metropolitan Police Agency said, adding the case had been assigned to investigators. — AFP