

The Global **NEW LIGHT** of MYANMAR

Vice-President Calls for Regional Development and Agricultural Growth



Vice-President U Nyo Saw meets Mon state government members and state-level departmental personals in Mon State yesterday.

VICE-PRESIDENT U Nyo Saw met officials from the Kayin and Mon state governments and inspected industrial, agricultural and youth development facilities during his visits to Hpa-an and Mawlamyine yesterday. During meetings at the Kayin State Government Office in Hpa-an in

the morning and the Aung San Hall of the Mon State Government Office in the afternoon, the Vice-President discussed regional development priorities with the respective chief ministers, state ministers, government members and departmental officials. He highlighted the need for Kayin State, Mon

State and Taninthayi Region, which share similar geographical and climatic conditions, to expand the cultivation of suitable industrial crops, including oil palm and rubber, as well as durian. He also called for replacing ageing plantations with high-quality varieties to improve yields and intercropping coffee and cocoa.

To promote socioeconomic development and agricultural growth, he urged officials to work towards processing, distributing and marketing agricultural products as higher-value goods. He emphasized the implementation of the agricultural and livestock policies adopted by the Head of State to achieve success. The Vice-President stressed that regional development and improvements in people's livelihoods depended on stability and peace. He called for greater efforts to strengthen stability in each area and ensure its long-term sustainability. Other issues discussed included political developments; balanced development across various sectors in the two states; coordinated efforts to eliminate drug-related offences,

SEE PAGE 4



Photo shows the beautiful scenery of ancient city of Bagan from a hot air balloon. **PHOTO: ZWE MARN**

Hot Air Balloon Season Takes Flight Over Ancient Bagan

HOT air balloon tours have officially resumed over the Bagan ancient cultural zone for the tourist season, offering visitors panoramic aerial views of thousands of ancient pagodas and the Ayeyawady River landscape. Balloons over Bagan kicked off operations on 15 October, with Oriental Ballooning, STT, and Golden Eagle scheduled to launch over the coming weeks through mid-November.

SEE PAGE 6

142 figures to participate in traditional elephant dance show in Kyaukse

ACCORDING to the Elephant Dance Competition Organizing Committee, a total of 142 elephant figures will participate in the Traditional Elephant Dance Competition to be held in Kyaukse Township, Mandalay Region.

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A troupe competing during a previous Kyaukse Elephant Dance Competition.

Notice Declaring That New 50,000-Kyat Banknotes Will Not Be Issued

REPORTS have recently circulated across social media platforms and websites, where certain media outlets claim that a new 50,000-kyat denomination banknote will be issued. The Central Bank of Myanmar hereby clarifies that these rumors regarding the issuance of new 50,000-kyat banknotes are entirely false.

The Central Bank of Myanmar has no plans to issue new 50,000-kyat banknotes. The CBM's primary objective is to achieve and maintain domestic price stability, and it continues to work towards monetary stability and the stability of the financial system. Accordingly, the Central Bank of Myanmar is collaborating with law

enforcement authorities to identify and take legal action against those who spread false rumors aimed at undermining the public interest and causing market instability, ensuring that effective penalties are imposed in accordance with the law. Central Bank of Myanmar 18 October 2026

OPINION

Preserving tea culture of Myanmar people

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Rakhine Chief Minister inspects development projects in Manaung

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Plans underway to open C of I issuance centres in Malaysia and Laos

NATIONAL

Republic of the Union of Myanmar President's Office Ordinance 7/2026

7th Waxing of Thadingyut 1388 ME
18 October 2026

Announcement on Validity of Ordinance

1. The President Office issued an Ordinance 3/2026, declaring the state of emergency on 7th Waxing of Second Waso 1388 Myanmar Era, 21 July 2026.
2. Among the townships in the Regions and States specified in the ordinance, with the exception of Ngazun Township in Mandalay Region and Kyaukme and Hsipaw townships in Shan State, where administrative functions, community peace and stability, and the rule of law have returned to normal, the ordinance shall remain in force for the remaining townships for a further 90 days from today, in accord with Section 212 (d) of the Constitution of the Republic of the Union of Myanmar, with the approval of the sixth day of the Third Regular Session of the Third Pyidaungsu Hluttaw held on 16 October 2026.

Sd/ Min Aung Hlaing
President
Republic of the Union of Myanmar

Republic of the Union of Myanmar President's Office Ordinance 8/2026

7th Waxing of Thadingyut 1388 ME
18 October 2026

Announcement on Validity of Martial Law Order

1. In order to restore the administration, community peace and rule of law in the townships where the State of Emergency has been declared under Ordinance 7/2026, the martial law order was issued under Section 413 (b) of the Constitution of the Republic of the Union of Myanmar, and the executive and judicial power for these townships was entrusted to the Commander-in-Chief of Defence Services.
2. The Commander-in-Chief of Defence Services shall exercise the power and responsibilities by himself or shall transfer them to any appropriate military authorities.
3. This ordinance remains in force for 90 days from today.

Sd/ Min Aung Hlaing
President
Republic of the Union of Myanmar

Republic of the Union of Myanmar Office of the Commander-in- Chief of Defence Services Martial Law Order 5/2026

7th Waxing of Thadingyut 1388 ME
18 October 2026

THE martial law order 4/2026 issued by the Office of the Commander-in-Chief of Defence Services on 7th Waxing of the Second Waso of 1388 ME (21 July 2026) remains in effect, except in Ngazun Township of Mandalay Region and Kyaukme and Hsipaw townships of Shan State, where administrative affairs, community peace and tranquillity, and the rule of law have returned to their normal state.

Sd/ Ye Win Oo
General
Commander-in-Chief of Defence Services

Objectives of 27th Traditional Myanmar Cultural Performing Arts Competition 2026

- (a) To enhance national prestige, integrity, and preserve the traditional cultural heritage of ethnic people
- (b) To preserve national characteristics and promote the national spirit, cherishing traditional culture among the younger generation
- (c) To explore, preserve and promote the sustainable development of traditional Myanmar arts
- (d) To function as a cultural and artistic institution that contributes to nation-building

Weather Myanmar Daily Weather Report

(Issued at 7 pm Sunday 18 October 2026)

BAY INFERENCE: The weather is partly cloudy to cloudy over the Andaman Sea and the Bay of Bengal.
FORECAST VALID UNTIL NOON OF 19 OCTOBER 2026: Rain or thundershowers will be isolated in upper Sagaing Region and Kachin, Chin and eastern Shan states, scattered in Nay Pyi Taw, Magway and lower Sagaing regions and Kayah and Rakhine states, fairly widespread in Madalay and Bago regions and Kayin and nothern Shan states and widespread in the remaining regions and states with isolated heavy falls in Mandalay Region and Rakhine State. Degree of certainty is 100 per cent.
THE CONDITION OF CUMULONIMBUS CLOUD: The cumulonimbus clouds are developing in Mandalay, Bago, Magway, lower Sagaing, Ayeyawady and Taninthayi regions and Chin, Rakhine and Shan states. The area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied with rain, thunder, lightning and hails may occur and therefore it is recommended to be aware in advance of these phenomena.
STATE OF THE SEA: The sea will be slight to moderate in the Myanmar waters. The wave height will be about 4-6 feet off and along the Myanmar Coasts.
OUTLOOK FOR SUBSEQUENT TWO DAYS: Likelihood of slight increase of day temperatures in Nay Pyi Taw, Mandalay, Bago, Magway and lower

Sagaing regions and Kayin and Mon states.
FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 19 OCTOBER 2026: Isolated rain or thundershowers. The degree of certainty is 100 per cent.
FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 19 OCTOBER 2026: Isolated rain or thundershowers. The degree of certainty is 100 per cent.
FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 19 OCTOBER 2026: Isolated rain or thundershowers. The degree of certainty is 100 per cent. — DMH

EARTHQUAKE
A slight earthquake of magnitude 3.5 (M) with its epicentre inside Myanmar (about six miles southwest of Pangsang), latitude 22.11 °N, longitude 99.10 °E, depth 10 kilometres, about 65 miles north-northwest of the Kengtung Seismological Observatory was recorded at 3 hour 55 minutes 10 second MST on 18 October 2026. — DMH

EARTHQUAKE
A slight earthquake of magnitude 4.4 (M) with its epicenter inside Myanmar (about 26 miles west-northwest of Mongkhet), latitude 21.78 °N, longitude 99.06 °E, depth 10 kilometres, about 48 miles northwest of the Kengtung Seismological Observatory was recorded at 3 hour 38 minute 26 second MST on 18 October 2026. — DMH

Daily newspapers available online

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News and Periodicals Enterprise



NATIONAL

Vice-President overviews preparations to successfully hold 27th Performing Arts Competition

VICE-PRESIDENT of the Republic of the Union of Myanmar Nan Ni Ni Aye, who serves as Patron of the Leading Committee for Organizing the 27th Traditional Myanmar Cultural Performing Arts Competition 2026, inspected preparations to successfully hold the competition in Nay Pyi Taw yesterday afternoon.

Vice-President Nan Ni Ni Aye, accompanied by Union Minister U Khin Maung Soe and Nay Pyi Taw Council Chairman U Kan Myint Than, toured the Myanmar International Convention Centre I (MICC I), the National Library, the National Museum, the Ministry of Culture, Hotels and Tourism, and the Nay Pyi Taw Transit Centre, where the opening ceremony will be held along with the relevant events.

The Vice-President inspected halls for competitions, lighting and sound systems, accommodation, and healthcare clinics, in addition to preparations to ensure smooth process of scoring by the members of the panel of judges.

During the inspection, the Vice-President instructed that since the opening ceremony reflects the image of the entire competition, the



Vice-President Nan Ni Ni Aye inspects the preparation work of the 27th Traditional Myanmar Cultural Performing Arts Competition 2026 in Nay Pyi Taw yesterday.

programme agenda, sound and lighting systems, and background LED displays must be properly organized; rehearsals should be conducted in advance to ensure orderly performances by entertainment troupes; special attention must be given to guest seating arrangements and security matters to prevent any oversights; necessary support materials and technical requirements for contestants must be prepared in advance to avoid any shortcomings; and air-conditioning systems and cleanliness within the halls must be continuously monitored and maintained.

At the Nay Pyi Taw Transit Centre and the Sib-in Guest House 2 in Nay Pyi Taw, the Vice-President inspected dormitories, mess halls, restaurants and personal goods shops to the maestros' convenience.

The Vice-President instructed officials to ensure an adequate supply of water and electricity as well as cleanliness in the dormitories accommodating contestants and judges, to systematically provide nutritious, clean, and fresh meals, to pay special attention to preventive healthcare measures to protect contestants, team managers, and judges from any

health impacts resulting from daily temperature fluctuations and unpredictable weather patterns caused by El Niño, and to take timely action to meet any requirements as they arise.

At the open-air theatre of the City Hall of the Nay Pyi Taw Development Committee, the Vice-President looked into the preparations for contestants' and audience accommodation.

The competition will be held from 21 to 29 October with more than 2,400 contestants from regions and states participating. — MNA/TTA

Nursing University hosts World Osteoporosis Day seminar

THE "World Osteoporosis Day Public Awareness Seminar (2026)", jointly organized by the Department of Medical Services, the Myanmar Endocrine Society and the Myanmar Orthopaedic Association, was held yesterday morning at the University of Nursing (Yangon) on Bogyoke Aung San Road in Lanmadaw Township, Yangon.

20 October is observed worldwide as World Osteoporosis Day each year. The campaign theme set by the International Osteoporosis Foundation (IOF) for 2026 is "Build, Protect and Strengthen Your Bones for Life", encouraging people of all ages to take care of their bone health throughout their lives.

During the seminar, Professor Dr Tet Tun Chit delivered a presentation titled "Protecting Bone Health", while Professor Dr Shwe Kyaw Oo presented "Osteoporosis Care Extends Beyond Surgery". The event also provided essential information about osteoporosis and offered risk assessments to attendees.

"Osteoporosis is a common condition. Most people do not realize that it is a significant health issue, and because it often presents without symptoms, it can go unnoticed. We organized this event

to raise public awareness and encourage people to pay greater attention to their health," said Professor Dr Tet Tun Chit.

Osteoporosis affects people worldwide, with statistics indicating that one in three women and one in five men aged 50 and above will experience osteoporotic fractures.

"To help prevent osteoporosis, women approaching or going through menopause need to take certain precautions. It is essential to follow a diet rich in calcium by consuming milk, dairy products and small fish eaten with their bones. Adequate sunlight exposure to support vitamin D production and sufficient protein intake are also important. People should also eat foods rich in vitamin D, as well as nuts and seeds," advised Professor Dr Tet Tun Chit.

Efforts to prevent and treat osteoporosis are being undertaken in collaboration with relevant medical professional organizations to raise public awareness, promote early screening for at-risk individuals and ensure systematic treatment. The Ministry of Health is prioritizing the prevention and control of chronic non-communicable diseases to help all citizens lead healthy and fulfilling lives. — Kyaw Gyi/TH



The World Osteoporosis Day Public Awareness Seminar (2026) in progress at the University of Nursing (Yangon) in Yangon yesterday. PHOTO: KYAW GYI

142 figures to participate in traditional elephant dance show in Kyaukse

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It will take place on 25 October, featuring two main sections: entertainment performances and competitive dances.

In the competitive section, participating troupes will dance and perform in turns at three

designated judging stations. The panel of judges will score the performances based on specific criteria, including dance aesthetics, singing, and musical accompaniment.

For the entertainment section, 51 market-touring figures and

six senior elephant troupes will parade and perform around the town. Meanwhile, 82 troupes will compete across various categories, including Children's Elephants, Traditional Adult Elephants, Sequined Elephants, and Innovative Elephants. Ad-

ditional elephant troupes wishing to join will also continue to be accepted.

At the conclusion of the competition, winning elephant troupes will be presented with honorary awards and certificates. — TWA/ZN

NATIONAL

Rakhine Chief Minister inspects development projects in Manaung

RAKHINE State Chief Minister U Naing Oo, accompanied by Rakhine State Hluttaw Deputy Speaker Dr Htin Lin Oo, state government members and departmental officials, visited wards and villages in Manaung Township on the afternoon of 16 October to oversee measures to improve food security, access to water and electricity, and local development.

At the township hall, the Chief Minister met Hluttaw representatives, departmental officials, town elders, local administrators and residents. He said the state government was working to improve education, healthcare, transport, water and electricity supplies, and the socioeconomic conditions of the people.



Rakhine State Chief Minister U Naing Oo meets teachers, students' parents and students in Manaung, Rakhine State, on 16 October. PHOTO: TIN TUN OO

He stressed the need to boost agricultural and livestock production and encourage micro, small and medium-sized enterprises (MSMEs) to manufacture higher-value products using local raw materials. He also highlighted preparations to minimize the potential impacts of El Niño on agriculture, drinking

water supplies and public health, emphasising the importance of advance planning and cooperation among departments and local communities.

The chief minister and his delegation also visited basic education schools to inspect plans for new school buildings and the provision of electricity and water through

solar power systems. They then visited the rural health branch in Ngapongon Village to discuss healthcare services and medicine supplies.

The delegation also coordinated with officials on plans to improve drinking and irrigation water supplies and upgrade local roads. — Tin Tun (IPRD)/KNN

Vice-President Calls for Regional Development ...

FROM PAGE 1

illegal trade and online gambling and scam operations; and ensuring the security and smooth flow of commodities.

He also emphasized developing micro, small and medium-sized enterprises (MSMEs) based on agriculture and livestock breeding, ensuring sufficient rice and edible oil supplies within the states, and implementing the KG+9 education programme successfully. Officials were urged to ensure that all school-age children are enrolled in school and that more students progress to the next grade.

In addition, he called for the successful implementation of e-government initiatives across departments and timely preparations to prevent and mitigate natural disasters that could arise from El Niño-related weather conditions.

Kayin State Chief Minister U Saw Myint Oo and Mon State Chief Minister U Aung Win Than presented information on their respective states and outlined plans for ongoing and future development projects.

The Union minister and deputy ministers accompanying the Vice-President also reported on regional

development, fertilizer distribution, agriculture, livestock breeding and MSME-related matters. The Vice-President subsequently reviewed their presentations, coordinated necessary measures and delivered concluding remarks.

Earlier in Hpa-an, the Vice-President inspected production activities at Precision Auto Engineering Co, Ltd, where three-wheeled vehicles are assembled, and Aero Auto Engineering Co Ltd, which manufactures electric motorcycles and bicycles and conducts quality testing. He also visited Shine Htoo Agricultural Machinery Factory to observe the production of modern agricultural equipment.

At the Kayin State Youth Centre, he observed young people learning and practising literature, music, dance, painting, computer skills and sports. The state chief minister and officials briefed him on the respective activities.

In the afternoon, the Vice-President visited the advanced rice mill and paddy-drying facilities operated by Shwe Myaing Agriculture and General Business Cooperative Society in Mawlamyine. — MNA/ST

MAI launches its new Yangon-Chengdu flight route

MYANMAR Airways International (MAI) launched its new Yangon-Chengdu flight route on 15 October to improve air connectivity between

Myanmar and China.

The new route serves Chengdu Tianfu International Airport (TFU) in China. The launch of the service is expected to strengthen air links between the two countries and expand opportunities for travel, tourism and cultural exchange.

MAI stated that the new Yangon-Chengdu route would initially operate on a monthly basis, with flight schedules and frequencies arranged to ensure passenger convenience.

Together with Mingalar (formerly Air KBZ), MAI provides passenger air services, using Yangon International Airport and Mandalay International Airport as its main aviation hubs and serving 41 destinations through domestic and international routes. These destinations include Thailand, Singapore, Malaysia, China, India, the United Arab Emirates (UAE), Cambodia, Vietnam, South Korea and Laos. — Ko Htet/TH



Crew members of MAI pose with advertise poster of new Yangon-Chengdu flight route on 15 October.

Gold Market Rate as of 18 October 2026

THE price of one tical (16.329325 grammes) of gold with density of 19.25 grammes per cubic centimetre and above is K7,100,000, as established by the Mineral (Gold) Reference Price Determination Committee.

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NATIONAL

Myitkyina University to host Myitkyina International Forum (2026)

ACCORDING to the Kachin State Government, preparations are underway to hold the Myitkyina International Forum (2026) in November.

The Myitkyina International Forum (2026), themed “Peace, Socio-economics and Sustainable Development”, is scheduled to take place at Myitkyina University in Kachin State in November.

The forum is being organized under



This photo features Myitkyina University, where the Myitkyina International Forum (2026) will be held.

the strategic objective “From Regional Development to National Peace and Socioeconomic Progress”.

The forum is expected to attract approximately 450 participants, including scholars, researchers and invited

guests from leading universities and international organizations in the 10 ASEAN member states, as well as partner countries such as China, India, Japan, the Republic of Korea and Russia.

The forum will feature four paper presentation sessions, along with exhibition booths showcasing local products, traditional cultural heritage, and research-based technological and socioeconomic innovations. — ASH/TH

28th traditional Lahu new harvest feast held in Tachilek

THE 28th Traditional Lahu New Harvest Feast was held in Yepusan Model Village, Loitawkham Village-tract, Tachilek Township, eastern Shan State, on yesterday morning.

At the ceremony, Shan State Hluttaw representative U Sai Om Kham delivered the opening address, followed by a village resident who explained the origins and background of the festival. The wife and family members of Lahu Ethnic Affairs Minister U Willsom Moe presented traditional Lahu shoulder

bags to attendees as souvenirs.

The Traditional Lahu New Harvest Feast is an annual cultural event held to celebrate the newly harvested crops. It plays an important role in preserving and promoting the cultural traditions and customs of ethnic communities. The continued annual celebration is expected to help preserve Lahu cultural heritage and strengthen unity within the community. — Myint Mo (Tachilek)/KZL



An official presents gifts to children at traditional Lahu new harvest feast in Tachilek Township.

Myanmar Tatmadaw football team leaves for India

A Myanmar Tatmadaw friendship football team led by Maj-Gen Thein Naing of the Office of the Commander-in-Chief (Army) departed Nay Pyi Taw Airport yesterday

morning to compete in friendly matches between the Myanmar and Indian armed forces in India.

Lt-Gen Pyae Sone Lin of the Office of the Commander-in-Chief

(Army), the Commander of Nay Pyi Taw Command and officials saw off the team at the airport.

The 30-member delegation comprises managers, coaches and players.

The Myanmar Tatmadaw team will play friendly matches against Indian Armed Forces football teams on 21 and 23 October. — MNA/KZL

Yangon prepares to ensure adequate water supply during El Niño

THE Yangon City Development Committee (YCDC) has drawn up and implemented plans to ensure an adequate water supply for Yangon during the El Niño period.

“We are expediting the Kokkowa water supply project and other projects to increase water supplies to meet the needs of the city’s growing population and prevent shortages during El Niño. We are continuously monitoring and testing water samples and using the Chlorine Booster Dosing (Super-chlorination) system to ensure that the water distribution network is free from toxic substances and harmful microorganisms.

“Based on current inflow levels at reservoirs, including Ngamoeyeik



Ngamoeyeik Dam, one of Yangon’s main water sources.

Dam, a major source of water for Yangon, we are carefully managing supplies to minimize water losses and ensure sufficient drinking water. We are also prohibiting unauthorized commercial tube-well sinking and taking action against offenders in townships to prevent damage to groundwater systems and declining groundwa-

ter levels.

“If water distribution is disrupted by power outages or unusual weather conditions, we are prepared to coordinate with the relevant district and township development affairs offices to provide assistance through rotational water supply systems or emergency arrangements,” said a YCDC official.

Yangon receives 244 million gallons of water daily from the Hlawga, Gyobyu and Phugyi reservoirs, the Ngamoeyeik Water Treatment Plant, the Lagunbyin Water Treatment Plant and two Yangon Pauk underground water supply systems.

Higher rainfall this year has enabled more water to be stored in reservoirs. The stored water will be managed systematically to ensure that supplies last throughout the El Niño period.

YCDC has also made advance arrangements to provide emergency water supplies through 16 emergency water supply stations across Yangon, according to the committee. — ASH/KZL

Ma Mya Dam continues to repair slope; water released from emergency spillway

MA Mya Dam in Myanaung Township has been under emergency spillway since the morning of 10 October, following a subsidence of the reservoir embankment and repairs to prevent further subsidence and strengthen.

To protect the affected section along the dam’s upper waterline from rainwater, sunlight and wave impacts, tarpaulins are being carefully placed over the area. Additionally, earthwork is also being carried out to prevent further subsidence and strengthen the outer

base of the embankment slope. Tatmadaw members from the South-West Command, Myanmar Police Force members, firefighters, departmental officials and residents are working together intensively using machinery.

In addition, water is being released from the dam’s emergency spillway to reduce the water level of the Ma Mya Dam by 10 feet from the lowest point of 315 feet. As of the evening of 18 October, only 304.4 feet of water remained in the dam, a decrease of about 10.6 feet. — 100/KZL

NATIONAL

Plans underway to open C of I issuance centres in Malaysia and Laos

EFFORTS will be made to open Certificate of Identity (C of I) issuance centres in Malaysia and Laos, according to an official from

the Ministry of Labour.

Negotiations are currently ongoing with officials from the respective countries to enable the

opening of these C of I issuance centres.

"We are negotiating to open Certificate of Identity (C of I) issuance centres for undocumented Myanmar migrant workers in Malaysia and Laos. In Thailand, we also plan to open five C of I centres. Those who do not have OWIC cards yet will receive OWIC cards, as well as C of I cards," an official said.

There are reportedly about 60,000 undocumented Myanmar workers in

Laos. Discussions have taken place between the Myanmar's Ministry of Labour and the Laotian Ambassador to issue C of I cards and Overseas Worker Identification Cards (OWIC) using an e-ID system in cooperation with relevant ministries. Furthermore, efforts are underway to open centres to legalize undocumented Myanmar citizens residing in Malaysia and to verify and issue their citizenship documents. — TWA/ZN



A Certificate of Identity issuance centre seen during operation.

Shwe Kokko scam compounds flattened in wide-ranging crackdown

TREATING the fight against online fraud and online gambling as a matter of national duty, the Government is systematically carrying out the complete demolition of illegal structures in the Shwe Kokko area to prevent them from ever being used again for illicit scam and gambling operations.

As part of these operations targeting the remaining illegal buildings in Shwe Kokko Phase II, heavy machinery has been deployed to dismantle key structures. The demolition of one five-story building has reached 90 per cent completion to date, while the demolition of another five-story building is currently 15 per cent



New image reveals the ongoing demolition of scam-related structures, buildings, and facilities in the Shwe Kokko area, Myawady, Kayin State.

complete.

Out of 63 targeted structures in Shwe Kokko Phase II, authorities have categorized the demolition methods based on building type and sur-

rounding conditions: 25 buildings are slated for mechanical demolition with heavy machinery, four buildings for controlled implosion, and 34 buildings for manual,

floor-by-floor dismantling due to their proximity to residential homes. Thus far, all four buildings designated for controlled implosion and one building designated for mechanical teardown have been fully demolished. The systematic demolition of the remaining 58 buildings will continue moving forward.

Recognizing online fraud and online gambling as serious threats to the global socioeconomic fabric and national security, the Government remains committed to cracking down on these operations in close coordination with neighbouring and regional countries to eradicate them once and for all. — 100/ST

RFID toll pass system installed in 1,700 vehicles on Yangon-Mandalay Expressway

THE installation of a Radio Frequency Identification (RFID) system, which allows vehicles to pass through toll gates on the Yangon-Mandalay Expressway without stopping, has been underway, with the system already installed in 1,700 vehicles within a month.

On the morning of 17 October, Deputy Minister for Construction U Myo Myint and officials visited the Toll Pass Station at the junction of No 3 Highway and the Yangon-Mandalay Expressway to inspect the sale of Toll Pass Units and the installation of Toll Pass RFID stickers on large passenger vehicles and private cars.

During the inspection, the deputy minister said that upgrading to the RFID system would allow vehicles to pass through toll gates without stopping, reducing cash loss-

es and saving travel time.

He also instructed officials to closely supervise the equipment installed at toll gates to minimise damage and ensure its long-term durability. Staff members operating the system were also told to handle and maintain the equipment properly.

The RFID toll pass system was introduced on the Yangon-Mandalay Expressway on 17 September. As of 16 October, the system had been installed in 1,700 vehicles, comprising 1,205 private cars and 495 passenger vehicles.

The RFID Toll Pass system is being installed at the junction of No 3 Highway and the Yangon-Mandalay Expressway, Nay Pyi Taw C Junction and Saka-inn Junction along the Yangon-Mandalay Expressway. — TWA/KZL



A toll gate on the Yangon-Mandalay Expressway equipped with an RFID system that allows vehicles to pass through without stopping.



Hot Air Balloon Season Takes Flight Over Ancient Bagan

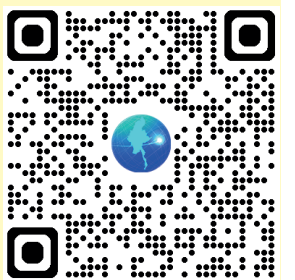
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Rates for foreign travellers range between US\$150 and US\$230, with Myanmar citizens paying the equivalent in local currency. Piloted by experienced expatriate captains,

the flights depart from designated launch areas near Field 28/3, Wetkyi-In Gub-yaukng and the location south of No 7 power station, granting unobstructed aerial views across Bagan's 45-square-kilo-

metre heritage zone before touching down near local fields. Services will run through late February 2027, with potential extensions into March if favourable weather holds. — Thitsa (MNA)/ST

Scan to GNLM Website



NATIONAL

Beijing Chamber of Commerce in Myanmar holds founding ceremony in Yangon

THE founding ceremony of the Beijing Chamber of Commerce in Myanmar was held at Oriental House Restaurant in Dagon Township, Yangon Region, on 17 October.

At the ceremony, opening remarks were delivered by the Economic Counsellor of the Chinese Embassy in Myanmar and the Chairman of the Myanmar-China Friendship Association (Central). The signboard of the Beijing Chamber of Commerce in Myanmar was unveiled by its president and business leaders from China and Myanmar.

Subsequently, appointment letters were presented to the president, executive members and general members of the Beijing Chamber of Commerce in Myanmar (Central). Commemorative gifts marking the establishment of



The photo shows the founding ceremony of the Beijing Chamber of Commerce in Myanmar in progress.

the chamber were also presented, while Chinese cultural dance troupes performed traditional Chinese songs and dances.

The ceremony was attended by the Economic Counsellor of the Chinese Embassy to Myanmar, the Chairman of the My-

anmar-China Friendship Association (Central), the President of the Chinese Enterprises Chamber of Commerce in Myanmar (CECCM), business representatives from China and Myanmar, and officials from various organizations. The Beijing Chamber

of Commerce in Myanmar was established to expand opportunities for China-Myanmar economic cooperation, promote shared development and enable business leaders from both countries to work together towards a prosperous future. — ASH/TH

Coordination meeting focuses on boosting exports from MSME and CMP Sectors

A coordination meeting 3/2026 of the Subcommittee on Myanmar's MSME Sector and CMP Export/Import Supervision was held at the Republic of the Union of Myanmar Federation of Chambers of Commerce and Industry (UMFCCI) on 17 October.

The meeting was chaired by Deputy Minister for Commerce U Win Myint Khine to discuss ways to increase exports from Myanmar's MSME and CMP sectors, as well as to help business owners resolve their difficulties in coordination with the relevant departments.

At the meeting, commercial attachés from 17 countries presented potential overseas markets



The subcommittee meeting on increasing exports from Myanmar's MSME and CMP sectors and coordinating solutions to challenges faced by business owners.

for MSME products to support the development of the sector. Entrepreneurs in handicrafts, food products and consumer goods then discussed their current production, access to overseas markets, export capacity and challenges. The deputy minister and officials coordinated the necessary measures to address the issues raised.

Regarding the CMP sector, an official from the Department of Trade presented findings from inspections of imports and exports by CMP companies. Officials from the Internal Revenue Department, Customs Department, Directorate of Industrial Supervision and Inspection, No 3 Heavy Industries Enterprise, Direc-

torate of Investment and Company Administration, the Ministry of Agriculture, Livestock and Irrigation, and Department of Labour, together with representatives from UMFCCI, the Myanmar Garment Manufacturers Association and the Myanmar Industries Association, held detailed discussions on CMP operations and the challenges faced by businesses.

The meeting helped establish a network among ministries, commercial attachés, associations and MSME entrepreneurs. This is expected to contribute significantly to the development of MSME and CMP businesses and to increasing exports. — TWA/KNN

Pantanaw model plot harvests monsoon paddy

A ceremony to harvest monsoon paddy for 2026-2027 was held at a 5.64-acre model plot owned by U Aye Min Thein, a farmer in Inma Village, Pantanaw Township in Ayeyawady Region.

Regional Development Affairs Minister U Maung Maung Oo and Chairman U Kyaw Thet Khine of the District Supervisory Committee on Development of Agricultural Products, Chairman U Myint Zaw

of the Township Supervisory Committee on Development of Agricultural Products and committee members attended the ceremony.

The Sinthukha model plot, planted on 5 June 2026, was harvested in a systematic manner. Officials inspected the threshing and weighing processes: the yield per acre is 90.20 baskets of fresh paddy and 83.0 baskets of dried paddy. — TWA/ZS



A monsoon paddy Sinthukha model plot.

Labour Attaché Office helps Myanmar migrant worker injured at workplace

FOR a Myanmar migrant worker who was injured after falling from a 15-ft high scaffolding at a construction site in Thailand's Saraburi Province, the Labour Attaché Office has provided help for obtaining access to medical allowance and benefits for workplace injuries.

The Myanmar work-

er, U Kyaw Zin Wai has suffered pelvis fracture and head injuries from the accident which happened on 11 October and he is now under hospitalization.

The Labour Attaché Office has helped him gaining medical expenses and benefits fully. — TWA/ZS



Officials from Myanmar Labour Attaché Office is providing necessary support for the migrant worker.

Preserving tea culture of Myanmar people

As Myanmar is a union home to more than 100 ethnic nationalities, one can observe that cultural customs, traditional festivals, and cuisines vary distinctly from region to region without being identical. Yet, one food that can be found at festivities and ceremonies anywhere across Myanmar is ‘Laphet’ (fermented tea leaves).

Today, tea is a leaf consumed by many nations around the world and comes in two forms: fermented tea and dried tea. In Myanmar, the Myanmar people have used ‘laphet’ from ancient times to the present day both as a traditional cultural food and as a staple delicacy served to treat guests at ceremonies and festivals.

In Myanmar’s tradition, tea is consumed in two forms: fermented tea and dried tea leaves. Fermented tea is typically mixed with various garnishes and eaten as traditional tea leaf salad, which is

also served to entertain guests as part of cultural hospitality. Dried tea comes in two varieties: black tea leaves and plain green tea leaves. The black tea leaves are brewed and blended with condensed milk and sugar to be enjoyed as sweet tea, while the plain tea leaves are steeped as plain green tea. The Myanmar culture of drinking plain green tea, along with entertaining guests using trays of tea leaf salad – not only in living rooms at home but also at novitiate ceremonies, ear-boring donation feasts, and wedding receptions – has become an enduring tradition.

To proceed with nominating Myanmar’s tea culture to UNESCO’s Representative List of the Intangible Cultural Heritage of Humanity, collaborative efforts were carried out in 2025 with the Myanmar Cultural Heritage Preservation Group and the Myanmar Tea Cultivation, Production, and Export Association to compile nomination dossiers, obtain endorsements from community-based organizations, and gather documentary photographs.

As Myanmar is a grand union home to over 100 ethnic nationalities, the rich abundance of both tangible and intangible cultural heritage serves as a foundational pillar for elevating national prestige and patriotic pride. In collaboration with relevant organizations, a nomination dossier was submitted to UNESCO on 20 March 2026 to inscribe Myanmar’s tea culture – an indispensable staple at Myanmar festivals, religious donation feasts, weddings, and formal receptions – onto the Representative List of the Intangible Cultural Heritage of Humanity.

The taste of tea as savoured by the people of Myanmar is widely loved. Among the cherished cultural practices of the Myanmar people, people take immense pride in and warmly support the submission of the nomination dossier to UNESCO for Myanmar’s tea culture and tea consumption tradition as a proud intangible cultural heritage.

The Master Blueprint: How to Live a Long, Healthy, and Happy Life

By Khin Maung Myint

Reaching one’s nineties with clarity of mind, independence, and full physical mobility is a rare and triumphant milestone in the modern world. Achieving it completely free from chronic disease – while maintaining an active lifestyle of walking an average of three miles a day, performing routine daily workouts, and retaining a sharp, vibrant engagement with life – is truly extraordinary. Yet, exceptional longevity is rarely the result of pure luck, passive inheritance, or genetic chance. It is the cumulative reward of deliberate daily choices, disciplined moderation, and the courage to make a profound, total lifestyle trans-

formation when it matters most. Before continuing further, I would like to make a disclaimer: I am not a medical doctor, a cardiologist, or a certified nutritionist. I do not offer these observations as formal medical prescriptions or clinical diagnoses. Rather, I share them as a fellow traveller on the journey of life – a practical practitioner who has learned these truths through direct, lived experience and reaped their undeniable benefits over decades of practice.

From Mid-Life Affliction to Vitality

For many people, middle age brings a steady, disheartening decline in physical well-being,

often accepted as an inevitable consequence of ageing. Looking back at my mid-life years from the vantage point of my nineties tells a deeply instructive story. Today, I enjoy robust vitality and total freedom from chronic illness, but I clearly remember my mid-forties and fifties, which were burdened by severe, frequent migraine headaches that regularly disrupted my daily life.

Worse still, in my fifties, a mild ischemic heart episode set in – a serious, unmistakable warning sign that my vascular system was paying a heavy toll for decades of poor habits. Before the age of fifty, I had been a heavy chain smoker, and the physical

consequences of that habit, combined with a lack of structured physical care, were catching up with me rapidly.

However, health is not a fixed sentence, nor is the future written in past mistakes. The human body possesses a remarkable, miraculous capacity to heal, adapt, and regenerate when given the proper conditions. In my late fifties, recognizing that my current trajectory was unsustainable, I made the conscious decision to completely overhaul my lifestyle.

I abandoned smoking entirely, committed to steady and disciplined daily exercise, revolutionized my dietary choices, and established a consistent rhythm of nightly rest.

The physical health benefits that followed were nothing short of extraordinary. By the

time I reached my sixties, the recurring migraine headaches and ischemic heart distress had completely vanished, never to return. Now, over three decades later, I remain entirely free from chronic diseases. What medical theory describes on paper, I have verified in my own bloodstream, heart, and muscles: regardless of past habits or health scares, it is never too late to reshape one’s health and reclaim decades of high-quality life.

The Four Pillars of Practised Longevity

Through decades of personal trial, self-observation, and daily adherence, I have found that maintaining this level of health into one’s nineties rests upon four core pillars:

I. Daily, Purposeful Movement: Living a long life requires



a body that remains capable of confident, independent movement. The key to preserving physical function into late age is not extreme, exhausting exertion, but steady, dependable, daily activity.

Daily Walking Goal: Aiming for

6,000 to 7,000 steps – equivalent to roughly three miles – six days a week keeps the cardiovascular system strong, maintains joint flexibility, protects bone density, and preserves functional balance. When weather permits, walking outdoors in the fresh air

revitalizes both body and mind. **Routine Workouts:** Integrating structured, daily light workouts alongside walking ensures that functional muscle strength, agility, and core stability are maintained over time.

SEE PAGE 11

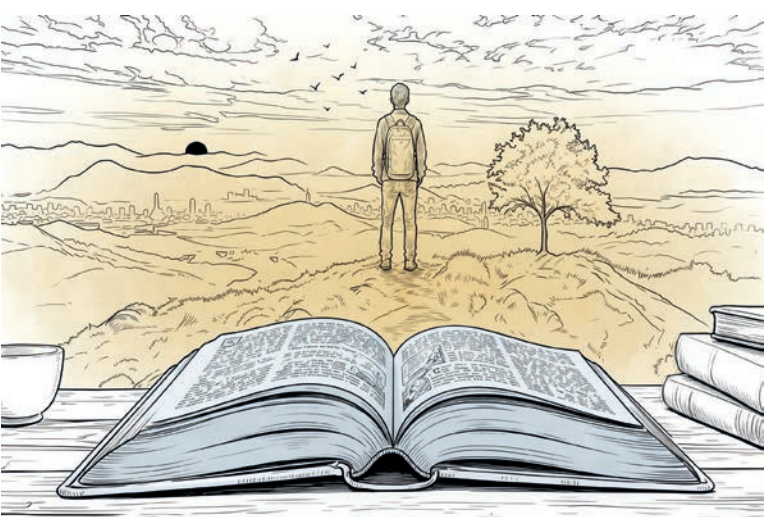
Those who do good deeds will receive good results, while those who do evil may escape temporarily but cannot avoid the consequences of their actions forever. Just as a stone sinks immediately when dropped into water, wrongdoing and immoral conduct eventually bring suffering and misfortune to everyone, whether young or old, poor or wealthy. Everything good or bad that a person does returns to that person precisely, like an addressed letter or registered parcel. This is one of the truths taught in the Buddha’s teachings, although people often forget it.

A structure built with rotten wood may appear stable, but it will soon collapse. Similarly, an organization or enterprise established on impure or unsound foundations may seem to prosper for a while, yet it will eventually become unstable and fail.

The principles of truth were valid in the past, remain valid today, and will continue to be valid in the future. Therefore, anyone who wishes to progress, grow, and succeed must apply these principles firmly. We must learn to distinguish right from wrong, good from evil, benefit from harm, and gain from loss. We must also

Truth, Knowledge, and Leadership

By Chit Nay Zin Maung



think carefully, weigh important and minor matters, and make correct decisions. The ability to judge wisely is itself the practical use of knowledge.

Reading helps broaden our outlook. We should develop an interest in old writings, good literature, and books that teach wisdom.

We should also study different languages and practise until we can use them effectively. Proficiency in major world languages such as English, French, German, and Russian can bring great benefits. In the twenty-first century, Asian countries are developing rapidly, so learning Chinese, Japanese,

Thai, or Malay can open further opportunities.

Artificial intelligence can provide translations, but people must still revise them to ensure that they are accurate and appropriate. Becoming proficient does not happen overnight. It requires five or ten years – or even longer – of continuous daily study and practice. With perseverance, knowledge can eventually be used effectively in real life. Mere amateur ability is not enough; we should work toward professional skill and genuine mastery.

Many people before us have reached high levels through determination and hard work. For example, U Pe Maung Tin earned a Master’s degree from the University of London at the age of twenty-four and became the first Myanmar professor among the foreign English and Indian professors at the University of Rangoon. We should also remember

the contributions of distinguished scholars and professors such as Saya Zawgyi, Min Thu Wun, U Aye Maung, U Chan Mya, and Dr Ludu, who educated and inspired later generations.

Myanmar language and literature also deserve recognition. Myanmar needed a modern grammar and systematic structure in order to become an official language used in government offices. Encouraging people to learn English, Chinese, Japanese, or Thai does not mean that Burmese or the languages of Myanmar’s ethnic groups are unimportant. On the contrary, mutual understanding of languages is essential for building warm and respectful relationships among different communities.

The conflicts and unrest seen today are partly rooted in the failure to establish such understanding during the decades after independence. Although this truth

is painful, we must learn from it. Unless the language barrier is removed, people will remain distant in mind and heart. If necessary work is neglected, we will continue striking at the problem without making real progress.

Reading and Vision

In summary, we need broad vision and foresight, and these are developed through reading. Good books enrich our thoughts and perspectives. A person without vision sees only the problem when difficulties arise. Someone with wider knowledge and understanding can identify possible solutions and judge the proper value of different choices.

By reading many books, we gain access to the ideas of educated people, scholars, and great figures throughout the world. We can then understand, learn from, and apply their wisdom.

Consider leadership as an example. How can we persuade people to do the work we want and move along the path we choose with enthusiasm and confidence? Leadership is not merely the ability to command. It is the willingness of many people to accept and follow a person’s influence.

Leadership does not require money, wealth, fame, or weapons.

It requires upright character, love of truth, honesty, reliability, effort, and achievement. People respect those who can be trusted and admire those whose success can be demonstrated in practice.

A capable leader should possess many qualities, including:

1. Intelligence and mental ability
2. Diligence and industriousness
3. Social and emotional ability
4. Patience and endurance
5. Vision and foresight
6. Courage
7. Zeal and perseverance

Good moral character is the most important quality. Reading good books helps develop maturity. As we read more, our way of living, speaking, and behaving gradually changes. Just as a novice monk may become a fully ordained monk and eventually a senior abbot, a person’s mind can grow greater and nobler. In time, such a person may become a leader whom others respect, admire, and love.

Reading provides two major benefits: pleasure from literature and knowledge that develops our love of truth, abilities, and inner strength.

Becoming Your Own Leader

Who will drive you to become a good leader? No one else – it is you yourself. Basketball champion Michael Jordan expressed a similar idea in his book *Driver from Within*: the person who pushes you forward is the person within your own heart.

Robin Sharma’s book *The Leader Who Had No Title* presents the word **IMAGE** as a model for leadership:

- **I — Innovation:** creating new ideas and approaches
- **M — Mastery:** developing excellent skills and competence
- **A — Authenticity:** being genuine and truthful
- **G — Grit:** showing perseverance, diligence, and determination
- **E — Ethics:** maintaining moral conduct and integrity

A complete and respected leader must develop all five qualities. Through truth, learning, reading, perseverance, and ethical conduct, each person can become the leader of their own life and contribute positively to society.

Reference: *Yadanabon Daily* (8 September 2026)

DELICACY/NEWS QUIZ

Kaukhnyin Htup (Sticky Rice Parcels)

WHEN talking about traditional Myanmar snacks, Kaukhnyin Htup (sticky rice parcels) is an absolute must-include food. A true traditional Myanmar delicacy, sticky rice parcels combine soft, chewy sticky rice with the subtle, pleasant aroma of banana leaves.

In this week’s feature on sticky rice parcels, we will be presenting three popular varieties commonly enjoyed by Myanmar people: Banana Sticky Rice Parcels, Bean Sticky Rice Parcels, and Pork Sticky Rice Parcels.

- **Banana Sticky Rice Parcels:** Combining the natural sweetness of bananas, the rich and creamy taste of coconut milk, and soft, chewy sticky rice, this offers a sweet, savoury, and melt-in-your-mouth flavour.
- **Bean Sticky Rice Parcels:** Featuring the nutty, rich flavour of mung beans or split peas paired with fragrant sesame salt, this delivers an authentic, timeless traditional taste.
- **Pork Sticky Rice Parcels:** Filled with flavorful, mildly spiced pork belly whose savoury oil permeates the sticky rice, this is hearty and satisfying enough to replace a full meal.

Now, let’s take a look at the ingredients needed and how to make these delicious sticky rice parcels.

Basic Ingredients

1. Sticky rice (white or black): Soaked in water for about 4 hours and drained.
2. Ripe bananas: (Rakhine bananas preferred).
3. Banana leaves: Warmed over low heat or blanched in hot water and cleaned.
4. Bamboo strings or cotton twine.
5. A little salt.
6. A little oil.

Instructions (By Type)

1. **Banana Sticky Rice Parcels**
 - Mix the soaked sticky rice thoroughly with a little salt.
 - Spread out a banana leaf and place about 2 table-spoons of sticky rice in a thin layer.



Traditional Myanmar Cuisine

- Place half a ripe banana in the centre and cover it with more sticky rice on top.
 - Roll the banana leaf tightly, fold both ends, and tie securely with bamboo string.
 - Place in a steamer and steam for about 1 hour until soft and tender.
2. **Bean Sticky Rice Parcels**
 - In a bowl, thoroughly mix boiled split peas (or mung beans) with soaked sticky rice, a little salt, and a little oil.
 - Place an appropriate amount of the sticky rice and bean mixture onto a banana leaf.
 - Neatly wrap it into an envelope shape or a roll shape, and tie it securely with string.
 - Submerge in a large pot of water and boil over medium heat for about 1 and a half hours until the beans are soft and tender.
 3. **Pork Sticky Rice Parcels**
 - Cut pork belly into small pieces, marinate with

- ginger, garlic, soy sauce, Chinese five-spice, and black pepper for about half an hour, then sauté in a pot until tender and fragrant.
- Mix the sticky rice with light soy sauce, a little salt, and a little garlic oil until evenly colored.
 - Fold the banana leaf into a cone shape, add a small amount of sticky rice, place a piece of pork in the centre (along with salted duck egg yolk or dried mushrooms if preferred), and cover with more sticky rice on top.
 - Fold the top of the leaf, tie securely with string so it doesn’t leak during cooking, and steam for at least two hours until both the sticky rice and pork are melt-in-your-mouth tender.

Serving Suggestions

- **Banana Sticky Rice Parcels:** Best enjoyed as a sweet breakfast or snack topped with grated coconut and sesame salt, paired with hot green tea or bitter black coffee.
- **Bean Sticky Rice Parcels:** Drizzle with fragrant sesame oil and sprinkle with sesame salt to highlight the authentic traditional flavour.
- **Pork Sticky Rice Parcels:** Pair exceptionally well with vinegar, a tangy dipping sauce, spicy chilli oil, or pickled vegetables to balance the rich and savoury flavour.

Nutritional & Health Perspective

Sticky rice parcels are rich in carbohydrates, keep you full easily, and provide a quick burst of energy, making them a reliable choice for travellers. Bean parcels offer plant-based protein and fibre, while banana parcels provide potassium.

However, because sticky rice is high in carbohydrates, harder to digest, and has a high glycemic index (causing rapid blood sugar spikes), diabetics, individuals with weak digestion, and those with high blood cholesterol (especially when consuming pork parcels) should enjoy them in moderation rather than eating large amounts.

Presented affectionately from a health perspective!
— MOON



Weekly News Quiz

(for 15 October 2026)

THE following quiz is based on three national news stories and two international news stories published in Thursday’s newspaper (15 October 2026).

National News Quiz

1. Speaking at the 14th World Standards Day 2026 event, Union Minister for Science and Technology Dr Myo Thein Kyaw announced that Myanmar has approved how many national standards to boost product quality and facilitate global market access?
A. 950 standards
B. 1,050 standards
C. 1,131 standards
D. 1,250 standards
2. To create marine habitats for fish and help coral reefs regenerate in the underwater areas of Bird Island and South Island near Ngwehsaung Beach, how many underwater “Fish Condos” were installed by the Myanmar Underwater Organization (MUO)?
A. 6

- B. 9
C. 12
D. 15
3. Myanmar Agro Exchange Public Ltd (MAEX) has broken ground on a 7,000-tonne potato cold storage facility in Wayonpin Village-tract, located in which township of southern Shan State?
A. Taunggyi Township
B. Kalaw Township
C. Nyaungshwe Township
D. Hopong Township

Global News Quiz

4. Under a seven-year strategic investment plan running from 2026 through 2032, how much capital has Hyundai Motor Group committed to invest in India to expand manufacturing, R&D, and future mobility technologies?
A. US\$10.5 billion
B. US\$12.0 billion
C. US\$15.5 billion
D. US\$18.0 billion
5. To boost bilateral trade and people-to-people connectivity, an opening ceremony was scheduled to mark the official traffic opening of a new border bridge across which river between China and the Democratic People’s Republic of Korea (DPRK)?
A. Tumen River
B. Yalu River
C. Amur River
D. Liao River

SEE ANSWERS TO QUIZ ON PAGE 15

ARTICLE/LIFE&SOCIAL WORLD

The Master Blueprint: How to Live a Long, Healthy, and Happy Life

FROM PAGE 9
Adaptability and Persistence: On days when rain or extreme weather interferes with outdoor walking, maintaining indoor activity and routine exercises keeps momentum going without interruption.

Movement acts as the body's natural lubricant. To remain fully mobile in your nineties, you must keep moving through your fifties, sixties, seventies, and eighties.

II. The Wisdom of Nutritional Moderation and "The Four Avoidances"

Modern nutritional advice is often cluttered with complex, rapidly changing diet trends, but true dietary longevity lies in simplicity, restraint, and deliberate calorie awareness.

Early in my journey towards better health, a mentor of mine provided a

foundational piece of wisdom that has guided my eating habits ever since. He advised avoiding four specific types of food that overburden the human body: fatty, sweet, salty, and rich foods.

In Myanmar tradition, this principle is elegantly remembered through the mnemonic "Ah lay lone" (The Four "အ"): 1. **Ah-Hsee (oily)** – Avoid Excessive Fats: Restricting heavy, greasy, and fried foods protects arterial clarity, maintains smooth circulation, and prevents cardiovascular strain. 2. **Ah-Chyo (sweet)** – Avoid Excessive Sweets: Limiting refined sugars and artificial sweets stabilizes blood glucose levels, prevents metabolic fatigue, and protects systemic health. 3. **Ah-Ngan (salty)** – Avoid Excessive Salt: Exercising strict control

over sodium intake safeguards blood pressure, protects kidney function, and prevents fluid retention. 4. **Ah-Seint (rich)** – Avoid Overly Rich/Creamy Foods: Refraining from overly dense, heavy, or intensely rich delicacies ensures smooth digestion and prevents unnecessary metabolic stress. Pairing this classic rule with a conscious awareness of total daily calorie intake ensures that food serves its original purpose: clean, efficient fuel for the body rather than a source of metabolic strain or inflammation.

The ultimate validation of this wisdom lies not just in theoretical health science, but in real life: the mentor who originally passed down these four golden rules is still alive, active, and thriving today at over one hundred years

old – a living testament to the enduring power of dietary discipline.

III. Universal Temperance and Rest

Excess in any endeavour – whether in rich foods, alcoholic drinks, prolonged sedentary periods, or harmful daily routines – exacts a cumulative tax on vitality. True longevity requires cultivating temperance across every aspect of daily living:

Restraint Over Indulgence: Enjoying life's simple pleasures without allowing them to master your routine or disrupt your bodily equilibrium.

Prioritizing Restful Sleep: Securing an average of seven hours of quality, uninterrupted sleep every night allows the brain and body time to repair cells, clear cellular waste, consolidate memory, and restore daily vigour.

Rhythmic Living: Honouring the body's natural cadence by pairing active days with structured rest ensures that energy stores are replenished before fatigue takes root.

IV. The Power of Early and Decisive Action

Perhaps the greatest takeaway from living into one's nineties with full health is the realization that health is an ongoing series of choices rather than a predetermined fate. Suffering from migraines and heart troubles in middle age was a clear signal that change was required. Taking decisive action in my late fifties allowed my body to recover and sustain itself for the next thirty-plus years.

Conclusion: A Lived Truth

While I do not wear a white coat or hold medical degrees, eighty-plus years

of living – and over thirty years of flourishing after a mid-life health pivot – have granted me a degree from the ultimate school: experience. A long, healthy, and happy life is not built on secret potions, expensive treatments, or complex trends. It is built on simple, time-tested habits practised with quiet consistency year after year: move your body daily, eat with restraint, avoid harmful excesses, rest deeply, and master the art of disciplined balance.

If a complete lifestyle turnaround in one's late fifties can reverse heart distress, banish chronic pain for decades, and power an active life into one's nineties, it stands as proof for everyone: it is never too late to take control of your health, restore your vitality, and claim a long, joyful life.

Princess Kako calls for greater understanding of hearing loss

Princess Kako's remarks were conveyed to participants through sign language interpretation provided by a staff member.

PRINCESS Kako on Sunday called for greater understanding of hearing loss at a national welfare convention in Kyoto, expressing hope for a society where everyone can communicate with confidence.

At the ceremony, the second daughter of Crown Prince Akishino said, "I hope everyone can access a wide range of information, communicate their thoughts to one another with peace of mind and live together."

Princess Kako's remarks were conveyed to participants through sign language interpretation provided by a staff member, while the text of her speech was also displayed on a screen at the venue. She is an older sister of Prince Hisahito, the nephew of Emperor Naruhito and second in line to the Chrysanthemum Throne. — Kyodo



Princess Kako attends a national welfare convention for the hearing impaired in Kyoto on 18 October 2026. **PHOTO: KYODO**

Tanzania tightens health screening for travellers amid Ebola concerns

TANZANIA has strengthened health screening and surveillance measures for international travelers following an Ebola virus disease (EVD) outbreak in the Democratic Republic of the Congo (DRC) and a recent case in neighboring Kenya involving a patient who travelled from the DRC.

The measures, effective immediately, require all incoming travelers to complete an online health surveillance form before departure for Tanzania or upon arrival, according to Travel Advisory No 18 issued by the Ministry of Health on Saturday.

Travellers are required to provide accurate information through the ministry's



The tourism sector in Zanzibar plays an important role as it accounts for 30 per cent of the gross domestic product. **PHOTO: XINHUA/FILE**

online portal and retain a confirmation QR code or reference number for verification by port health authorities, said the travel advisory.

The advisory, signed by Permanent Secretary Grace Magembe, said all travellers entering the country through air-

ports, land borders and seaports would undergo health screening, including temperature checks.

Individuals suspected of having EVD symptoms or other infectious diseases will be managed in accordance with national screening procedures, it said. — Xinhua

ECONOMY
WORLD

India approves rollover of
Rs3,000 crore currency swap
facility with Maldives

The initiative reinforces bilateral development cooperation and bolsters economic resilience.

INDIA announced on Friday its decision to execute the first rollover of the INR 3,000 crore currency swap arrangement with the Maldives, commencing 23 October, following a formal request from the Maldivian administration.

Addressing the media, Ministry of External Affairs (MEA) Spokesperson Randhir Jaiswal emphasised that the initiative reinforces bilateral development cooperation and bolsters economic resilience.

“We have a close development cooperation partnership with the Maldives. At the request



The underlying currency swap arrangement was originally formalised under an agreement concluded in October 2024. **PHOTO: STATE BANK OF INDIA**

of the Government of Maldives, we have decided that we will carry out the first rollover of the INR 3,000 crore currency swap with effect from 23 October 2026,” Jaiswal stated.

The spokesperson

further noted that the underlying currency swap arrangement was originally formalised under an agreement concluded in October 2024.

“The present rollover will add to the financial

stability of the Maldives,” he added.

According to a press release issued by the Indian High Commission, the Indian government approved the Maldives’ request for the rollover of the Rs 30 billion facility under the Framework on Currency Swap Arrangement for SAARC countries, signed between the Reserve Bank of India (RBI) and the Maldives Monetary Authority during Maldivian President Mohamed Muizzu’s state visit to New Delhi in October 2024, with the initial drawdown extended on 23 April 2026. — ANI

Vietnam, EFTA sign free trade agreement

VIETNAM and the European Free Trade Association (EFTA), which comprises Norway, Switzerland, Iceland and Liechtenstein, signed a free trade agreement in Hanoi on Sunday, the Vietnam News Agency reported.

Under the agreement, EFTA countries will maintain zero import tariffs on industrial and seafood products originating from Vietnam once the agreement enters into force, while Vietnam will gradually reduce or eliminate tariffs on most such products from EFTA countries within 11 years, the government portal reported on Saturday.

Selected agricultural products, including cheese, coffee and chocolate, will also gain duty-free access to Vietnam,

subject to a transition period of up to 16 years.

The agreement also seeks to simplify and modernize customs procedures. It provides for national treatment of investors in designated non-service sectors, including agriculture,

mining and manufacturing, subject to certain exceptions, and promotes transparency and reduces technical barriers to trade.

Bilateral trade between Vietnam and EFTA member countries averages nearly US\$2 bil-

lion annually. Vietnam mainly exports seafood, footwear, textiles, machinery and electronics, while importing industrial equipment, chemicals, pharmaceuticals and production materials, according to the Vietnam News Agency. — Xinhua



Selected agricultural products, including cheese, coffee and chocolate, will also gain duty-free access to Vietnam. Parmigiano Reggiano cheese wheels are seen at the Caseificio San Bernardino cheese dairy in Tortiano, Parma, Italy, 17 July 2025. **PHOTO: REPRESENTATIVE IMAGE/ XINHUA**

NEWS IN BRIEF

Thailand pitches “trusted connector” role

THAILAND cast itself as a “trusted connector” in a fragmented global economy on Saturday as it began wrapping up its hosting of the 2026 annual meetings of the International Monetary Fund (IMF) and the World Bank Group.

During a concluding press conference on Thailand’s hosting of the meetings, Thai Deputy Prime Minister and Minister of Finance Ekniti Nitithanprapas said the event had demonstrated the country’s capacity to help set the global agenda together with the IMF and the World Bank.

Ekniti emphasized that resilience in a fragmented world must be built both across borders and within countries, by bringing small businesses and local communities into global supply chains. The Thai government said the week-long meetings drew more than 19,000 registered participants, citing official IMF and World Bank registration data. The “Bangkok Dialogue Notes” were unveiled at the press briefing. Officials noted that they are not a negotiated international outcome or formal policy recommendations but rather a distillation of themes raised in discussions among policymakers, international institutions, businesses, and other participants. — Xinhua

Cybersecurity flaw discoveries soar to record high with use of AI: data



Smartphone screens with notifications regarding unauthorized access from businesses. **PHOTO: KYODO**

THE number of publicly disclosed cybersecurity vulnerabilities hit a record high in 2025 and continued rising rapidly in the first half of 2026, as artificial intelligence helps identify flaws more quickly, data compiled by a US nonprofit organization showed Saturday.

Mitre said more than 48,000 cases were logged in 2025, up 2.4-fold from 2021, while over 35,000 have been registered as of June 2026, highlighting the heightening risks of cyberattacks and the need for prompt fixes.

The findings come

as a string of Japanese companies have reported unauthorized access and subsequent information leaks in recent weeks, including the Times Car car-sharing service, prompting the government to urge businesses to tighten security measures.

When cybersecurity vulnerabilities are discovered, software fixes known as patches must be applied promptly. Delays in addressing the flaws could leave affected systems vulnerable to unauthorized access and exploitation by malicious actors. — Kyodo

Stronger social safety nets could unlock consumption growth in emerging Asia

EMERGING Asian economies could boost domestic demand and strengthen long-term economic resilience by expanding social safety nets, improving pension coverage and protecting vulnerable households against income shocks, according to an International Monetary Fund (IMF) report.

The firm said in its report that such reforms could become increasingly important as ageing populations, job insecurity and global trade fragmentation expose the limitations of the region's traditional reliance on exports and investment.

The report notes that household consumption



Emerging Asian economies could boost domestic demand and strengthen long term economic resilience. **PHOTO: ANI**

remains subdued relative to income growth across several major emerging Asian economies, including India, China, Bang-

ladesh, Indonesia and Vietnam. A key reason is that households save heavily to prepare for retirement, healthcare

expenses, unemployment and other financial emergencies, particularly where public support is limited. — ANI

China railway passenger trips hit record high

CHINA'S railway network handled 3.71 billion passenger trips in the first three quarters of 2026, up 4.8 per cent year on year, the highest for the period, according to the China State Railway Group Co, Ltd (China Railway).

During the period, the railway network operated an average of 11,511 passenger trains daily, up 5.3 per cent from a year earlier.

Railway departments have actively responded

to demand for sightseeing, wellness tours and red-themed study tours, according to China Railway. In the first nine months, a total of 2,860 tourist trains were operated across the country, up 25.5 per cent year on year.

The railway network also operated 947 special trains for concertgoers and sports fans during the period, effectively boosting the catering, hotel and cultural tourism sectors. — Xinhua

Some 1,500 shops damaged in French protests

AROUND 1,500 shops and retailers were damaged in French protests on the weekend, with many of them looted, the head of a group representing the sector said Sunday.

The cost to the estab-

lishments will run to "several hundreds of millions of euros", Alexandre Bompard, president of the Retail and Trade Federation, told LCI television, adding it was too early to give an exact figure. — AFP

India's services trade cushion faces pressure

INDIA'S services trade surplus, which plays a crucial role in offsetting the country's merchandise trade deficit, is showing signs of pressure as services imports grow faster than exports, according to an ICICI

Bank research report.

The emerging concern is that faster growth in services imports could reduce the net foreign exchange earnings generated by India's services sector, weakening an important cushion

against the country's large merchandise trade deficit.

According to the bank's research report, net services exports declined 10 per cent year-on-year to \$16.9 billion in September 2026. — ANI

Nintendo gives Zelda classic a modern makeover

NINTENDO is releasing a remake of the beloved action-adventure classic "The Legend of Zelda: Ocarina of Time" on 5 November.

The launch is part of broader celebrations marking the franchise's 40th anniversary, which also include a global concert tour and an upcoming

live-action film.

Originally released in 1998 on the Nintendo 64, the game is widely considered one of the best video games ever made for its groundbreaking 3D design and sweeping story.

Powered by the Nintendo Switch 2 console, the remake features richer environments, upgrad-

ed textures, detailed character models, and a newly orchestrated soundtrack.

Gameplay improvements include a much smoother feel, free camera control, a dedicated jump button, fully voiced scenes in some parts, and voice recognition allowing players to hum ocarina melodies. — AFP

ANA unveils jet decorated with characters from Japanese manga "Chiikawa"

ALL Nippon Airways Co unveiled Sunday an aircraft decorated with characters from the popular Japanese manga "Chiikawa," marking the first time for a domestic airline to collaborate with the franchise.

The Boeing 767 features characters including Chiikawa, the titular protagonist, against the backdrop of motifs inspired by Japan's four seasons. It will fly on domestic routes.

Its first flight is scheduled to depart from Tokyo's Haneda airport for Nagasaki in the country's southwest on Monday morning.

"We hope passengers can enjoy a journey through the skies with Chiikawa," something one can only experience while flying with ANA, an



All Nippon Airways unveiled a Boeing 767 decorated with popular manga Chiikawa characters. **PHOTO: KYODO**

official of the airline said.

Mascots of Chiikawa and two other key characters, Hachiware and Usagi, made an appearance at Sunday's event unveiling the aircraft.

According to ANA, passengers can enjoy headrest covers and paper cups designed with the tiny animal-inspired

characters.

Original collaboration merchandise can also be purchased through in-flight sales and its official online store from next Friday. The lineup will include tin badges and stuffed toys featuring Chiikawa characters dressed in ANA uniforms. — Kyodo

ROLLING UPDATES

WORLD

Global nuclear expansion faces uranium supply challenge as existing mines decline: IAEA

Future energy demands will require substantial new investments in resource extraction.

GLOBAL plans to expand nuclear power capacity could face growing challenges from uranium supply constraints, as production from existing mines is projected to decline sharply even as demand for nuclear fuel rises, according to the International Atomic Energy Agency's (IAEA) Nuclear Technology Review 2026.

The report highlights a widening gap between the world's nuclear energy ambitions and the mining and fuel-processing infrastructure needed to support them, raising concerns over future supply security and the investments required to develop new uranium resources.

"In contrast to the future doubling of uranium



This photo taken on 6 May 2022, shows the nuclear Belgian power plant of Tihange near Huy in the province of Liège, Belgium. **PHOTO: AFP/FILE**

requirements, uranium production from existing mines is forecast to decrease by at least 50 per cent by 2040," the IAEA stated in its annual review.

The report, which examines major developments in nuclear technolo-

gy during 2025, said global uranium requirements could increase by 50 to 144 per cent by 2050, according to projections from the OECD Nuclear Energy Agency and IAEA's Uranium 2024: Resources, Production and Demand

report. These projections indicate that annual uranium requirements could reach between 90,045 tonnes and 142,631 tonnes by 2050, compared with approximately 60,000 tonnes currently used as the baseline. — ANI

Lula, Bolsonaro face off in first debate of bruising election

BRAZIL'S leftist President Luiz Inacio Lula da Silva and right-wing senator Flavio Bolsonaro will go head-to-head Sunday in their first debate a week ahead of a bitter and divisive presidential election runoff.

Bolsonaro, 45, son of the far-right former president Jair Bolsonaro, pulled off a shock first-round lead over Lula earlier this month, defying



Brazilian incumbent President Luiz Inacio Lula da Silva, presidential candidate of Brazil's ruling Workers' Party, attends a press conference after the announcement of the first-round results of the presidential election in Sao Paulo, Brazil, 4 October 2026. **PHOTO: XINHUA**

poll predictions.

The televised debate on Sunday evening is expected to be pivotal in a campaign marked by scandals and insults. Lula refused to attend a first-round showdown with his rival and other candidates.

Ahead of the battle of words, Flavio Bolsonaro will lead a campaign rally along Sao Paulo's Paulista Avenue. — AFP

Chinese premier arrives in Tajikistan for SCO meeting

CHINESE Premier Li Qiang arrived in Dushanbe on Sunday for an official visit to Tajikistan and to attend the 25th meeting of the Council of Heads of Government (Prime Ministers) of Member States

of the Shanghai Cooperation Organization (SCO) at the invitation of Tajik Prime Minister Kokhir Rasulzoda.

China and Tajikistan are good neighbours, good friends, and good

partners, Li said, noting that bilateral relations have developed rapidly in recent years, with fruitful cooperation across various fields that brings tangible benefits to the people of both

countries.

In May this year, the two heads of state held a meeting in Beijing and drew up a blueprint for deepening China-Tajikistan relations, Li noted. — Xinhua

NEWS IN BRIEF

France rocked by nationwide clashes

FRANCE woke up Sunday to devastated streets after clashes between police and protesters, mass looting and fires erupted nationwide as marches against rising costs of living degenerated into "extreme" violence.

The widespread unrest followed weeks of student protests and comes just six months ahead of elections to replace President Emmanuel Macron.

Whole streets in Paris "have been devastated", the city's mayor Emmanuel Gregoire said as groups of masked young men torched parked cars and ransacked shops.

French Prime Minister Sebastien Lecornu, who had condemned the "extreme intensity" of the violence, said 1,200 people had been arrested and 150 police officers hurt. — AFP

Serious incident triggers major fire at military base

A serious incident occurred on Saturday evening at a military base in the province of Alberta, western Canada, triggering a major fire that is spreading rapidly toward the municipality amid high winds, local media reported.

The incident took place at Canadian Forces Base (CFB) Wainwright, located about 200 kilometres southeast of Edmonton, the provincial capital. The base has not yet issued a statement on the specific cause of the incident or any casualties. Canada's Department of National Defence confirmed it was closely monitoring the situation but provided no further details. — Xinhua

Orangutans saved from Indonesia blazes

DOZENS of critically endangered orangutans have been rescued in recent weeks from rampant wildfires burning across Indonesia, conservation groups said.

The fires have triggered a months-long pollution spell that has closed schools, fuelled a surge in respiratory conditions both among humans and animals, and restricted outdoor activities in Indonesia, Malaysia, Singapore and East Timor. Pollution levels again ranged from unhealthy to very unhealthy across the region on Sunday, cloaking many areas across southern South-East Asia in toxic haze. — AFP

Amazon deforestation lowest in nearly 40 years

BRAZIL has recorded the lowest level of deforestation in the Amazon rainforest in nearly 40 years.

According to data released by the Brazilian space research agency Inpe on Friday, between August 2025 and July 2026, 3,335 square kilometres (1,288 square miles) of forest were cleared, the lowest level witnessed since records began in 1988.

The numbers showed a nearly 42 per cent decrease from last year's figure of 5,731 square kilometres.

The Amazon is the world's largest tropical rainforest and one of its most biodiverse ecosystems, most of which lies in Brazil. It also extends into parts of Peru, Colombia and other South American countries. Deforestation and the illegal exploitation of resources have been pushing it closer to a climate tipping point. — ANI

Yangon United lose AFC Challenge League opener

YANGON United suffered a 0-2 defeat to Indonesia's Borneo FC in their opening Group D match of the 2026-2027 AFC Challenge League in Indonesia on 18 October.

Despite aiming to earn points against the hosts, Yangon United conceded twice in the second half. Although Maung Maung Lwin and Hein Phyo Win were unavailable, the Myanmar club put up a competitive performance against Borneo FC.

Yangon United, returning to continental competition after a lengthy absence, still has a chance to advance to the next stage. Their second match against Tainan City FC from Taiwan Province of China will be crucial.

Mardoka opened the scoring for Borneo FC in the 53rd minute, while Diarra added the second in



Yangon United and Indonesia's Borneo FC players in action. **PHOTO: BORNEO FC**

the 80th minute. Yangon United will face Tainan City FC in their final group match on 24 October. — Chit Ko Ko/KZL

Myanmar Fight 36 features next-generation lethwei bouts

THE 2026 Myanmar Fight 36 next-generation traditional Myanmar Lethwei competition was held at Theinbyu Gymnasium in Mingala Taungnyunt Township, Yangon Region, at 1 pm yesterday, with Myanmar Economic Holdings Public Company Limited as the main sponsor, in collaboration with the Sports and Physical Education Department, Myanmar Traditional Lethwei Federation and Myanmar Martial Art Group (MMAG).

In the bout between Aung Thura Naing (Unity Seven) and Han Htet Soe (Smart Fight), Aung Thura Naing was given a count after being struck by Han Htet Soe's punch. Both fighters continued through the third round, and the bout ended in a draw.

Htet Lin (Top One) and Zwe Bo Bo Aung (Nine) fought cautiously throughout their bout, which also ended in a draw.

Lal Le Bwe (Yoya Kya) forced Tun Tauk (Strong Wrestler) to



Manaw (MK-1) and Sai Wai Lu (Phoenix Karate) compete at the 2026 Myanmar Fight 36 next-generation traditional Lethwei competition in Yangon yesterday.

take a count in the second round with a powerful kick. Both fighters exchanged attacks until the third round, resulting in a draw.

Manaw (MK-1) knocked down Sai Wai Lu (Phoenix Karate) with a punch in the second round, but the bout ended in a draw after three rounds. Moe Min Htet (MK-1) and Zay (Strong Wrestler) also fought an entertaining bout that ended in a draw.

Tamar Htoo (Yoya Kya) de-

feated Salai Kyaw Htin (Dojo-9) in the second round with a series of punches.

Htet Gyi (YMA) and Aung Lay (YFC) went the distance, but their bout ended in a draw. Aung Mar (RAY) and Kyaw Min Lwin (Unity Seven) also fought a competitive bout that ended in a draw.

Pyae Sone Aung (Strong Wrestler) knocked out Saw Htet Paing (MBC) in the first round with a sustained series of punches.

Super Htoo (Kyar Manaing) and Than Zaw Oo (Top One) fought a gruelling bout that ended in a draw.

Ye Naing Tun (YMA) struck Naing Thet Htoo San (Phoenix Karate) with a punch in the first round, leaving him unable to continue and forcing him to concede defeat.

A total of 11 challenge bouts, each consisting of three rounds of three minutes with two-minute rests between rounds, were held. Three ended in knockouts and eight in draws. — Bala/KZL

Myanmar judo official leaves for Russia sports forum



Myanmar Judo team is seen before departure for Russia on 18 October. **PHOTO: MJF**

MYANMAR Judo Federation executive and international relations officer U Myint Han left for Russia yesterday to attend the International Sports Forum "Russia: Country of Sports", scheduled to take place in Krasnoyarsk from 21 to 23 October 2026, at the invitation of the organizers in line with the policies of the Ministry of Sports.

He departed on a Myanmar Airways Interna-

tional (MAI) flight at 7:30 am. Myanmar Judo Federation President U Tun Tun and executive members saw him off at the airport. His participation in the international forum is expected to strengthen friendly relations and cooperation with international sports organizations and provide valuable experience and opportunities to support the development of judo in Myanmar. — MJF/KZL

Olympic champion Tola smashes Beijing Marathon course record

OLYMPIC champion Tamirat Tola of Ethiopia won the 2026 Beijing Marathon in two hours three minutes and 10 seconds on Sunday, cutting the previous course record by nearly four minutes.

The previous course mark of 2:07:06 was set by

Kenyan runner Mathew Kipkoech Kisorio in 2019. Ethiopian runners swept the podium, and the second and third placed Muktar Edris and Adane Kebede Gebre also broke the previous course record in 2:04:34 and 2:05:10, respectively. — Xinhua



Tamirat Tola of Ethiopia crosses the finish line first at the 2026 Beijing Marathon & National Marathon Championships, 18 October 2026. **PHOTO: XINHUA**

Weekly News Quiz

ANSWERS TO QUIZ
FROM PAGE 10



- Answer Key**
- C. 1,131 standards (From the national standards adoption story on Page 6)
 - B. 9 (From the Ngwehsaung Beach marine conservation story on Pages 1 & 6)
 - B. Kalaw Township (From the potato cold storage facility story on Page 10)
 - C. US\$15.5 billion (From the Hyundai Motor Group investment story on Page 14)
 - B. Yalu River (From the China-DPRK border bridge story on Page 16)



WORLD

Russia supports Arab efforts to prevent full-scale war in region: Lavrov

Russian Foreign Minister Sergey Lavrov emphasizes support for Arab peacekeeping initiatives.

RUSSIA supports the peacekeeping efforts of Arab countries aimed at preventing the return of a full-scale war to the Middle East region, Russian Foreign Minister Sergey Lavrov said on Sunday.

The Russian foreign minister is in Bahrain's capital, Manama, participating in the ninth round of the Russia-Gulf Cooperation Council strategic dialogue (GCC).

"Russia supports the peace efforts currently undertaken, including by the countries represented here which are aimed at preventing a return of a full-scale war in the region," Lavrov said at the GCC.

The previous meeting in this format at the



Russian Foreign Minister Sergey Lavrov is shown arriving in Bahrain to participate in the ninth Russia-Gulf Cooperation Council (GCC) Strategic Dialogue. PHOTO: SAUDI GAZETTE ON X

level of foreign ministers took place in Sochi in September 2025. The GCC includes six Arab states: Saudi Arabia, the United Arab Emirates, Kuwait, Bahrain, Oman,

and Qatar.

The Russian Foreign Ministry has previously stated that the meeting participants will examine in detail the prospects for further strengthen-

ing mutually beneficial partnership between Russia and the Council's member states, including in the trade, economic, cultural, and humanitarian spheres. — SPUTNIK

Asian workspace success depends on effective adaptation to AI

THE future of workspaces in Asia will depend not simply on how rapidly artificial intelligence (AI) advances, but on how effectively economies, businesses and workers adapt to it.

For countries such as India, Indonesia and the Philippines, the challenge will be creating enough productive jobs for growing working-age populations while AI increasingly transforms the very sectors expected to absorb them.

According to the International Monetary Fund's (IMF) October 2026 Regional Economic Outlook: Asia and Pacific, AI is already influencing labour demand across the region.

Drawing on approximately 40 million online job postings across 19 Asian economies, the report finds that employer demand has fallen by nearly

10 per cent in occupations more exposed to AI, relative to less-exposed occupations, since the launch of ChatGPT in November 2022.

The impact, however, is not a straightforward story of technological displacement. Although AI capabilities have advanced considerably, the decline in demand for workers in highly exposed occupations appears to have stabilized.

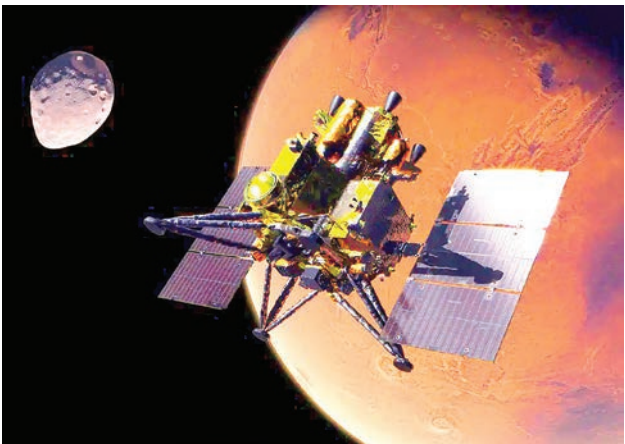
One important reason is the emergence of new employment opportunities requiring skills such as prompt engineering, retrieval-augmented generation and AI agent development. Employers increasingly seek workers who can integrate AI into business processes, improve productivity and translate technological capabilities into practical outcomes. — ANI

Japan to launch historic round-trip mission to Mars moon

JAPANESE scientists are readying a mission to Mars's moons to retrieve samples that could help unlock the origins of the Solar System and life on Earth, in what aims to be the first round trip to the Martian region.

The unmanned Martian Moons eXploration (MMX) probe, a collaboration with US and European space agencies as well as numerous universities and tech companies, could also help lay the groundwork for eventual human exploration.

The flagship H3 rocket carrying the MMX is set to blast off from the Tanegashima Space Centre



An artist's concept of JAXA's (Japan Aerospace Exploration Agency) Martian Moons eXploration (MMX) spacecraft at Mars. PHOTO: JAXA

Tuesday at 4:41 am (1941 GMT Monday), according to the Japan Aerospace Exploration Agency (JAXA).

"Being able to be involved in such a grand mis-

sion is incredibly exciting," Makoto Arita, project manager of JAXA's H3 rocket team, told reporters two days before the launch. — AFP

Iran offers mediating Riyadh-Houthi peace talks

IRAN is ready to assist in ending hostilities between Saudi Arabia and the Shiite Ansar Allah movement, also known as the Houthis, that rules northern Yemen, Iranian

Foreign Minister Abbas Araghchi said on Saturday during talks with his Egyptian counterpart Badr Abdelatty.

The meeting between Araghchi and

Abdelatty took place on Saturday on the sidelines of the foreign ministers' meeting of the Organization of Islamic Cooperation (OIC) in Baghdad. — SPUTNIK

Haze triggers clean air equipment spike

TOXIC haze from Indonesian wildfires has triggered a massive surge in demand for oxygen tanks and air purifiers across Southeast Asia, fueling health concerns and school closures.

Medical equipment supplier AA Alive reported a 35 per cent increase in oxygen equipment sales, while regional retailers recorded massive spikes in air purifier purchases.

Experts warn that

prolonged exposure to haze pollutants poses a serious multi-system public health threat, potentially increasing the burden of respiratory illnesses, particularly among children. — AFP