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Hall of Fame record a siam P-8

VOL. XXV NO. 129 AIZAWL, THAWGTANNI, JUNE 1, 2026

A man: Thla khatah Rs. 200

Mizoramah SIR kalpui tan

Special Intensive Revision of Electoral Rolls 2026 chu May 30 atang khan Mizoram district tih nah kalpui tan a ni.

Chief electoral officer Mizoram chuan, district hrang hranga booth level officer (BLO) ten anmahni huamchung theuhah in tin an tlawh-chhuak (house-to-house visit) dawn a, June 28 thleng neih tur a ni.

BLO-ten house-to-house tlawhchhuah an neih chhung hian in tina voter tuna electoral roll-a chuang mek, electoral roll siam thar tura thun dilna - enumeration form chu voter zawng zawng tan copy hnih theuh sem a ni anga, copy khat la letin copy khat



dang zawk hi voter-ten an kawl dawn a ni. BLO-te hian a tul angin voter-te enumeration form an dah khahpui anga, enumeration form dahkhah sa chu BLO-te hian an la khawm leh dawn a. Enumeration form an lakkhawm saa voter-te detail chu BLO app hmangin online-ah an thun leh dawn tih a sawi a ni.

Tun dinhmuna Mizoramah voter 875068, mipia 423397 leh hmeichhia 451671 an awm a ni.

Hmasa ber nihna ngah Dr LN Tluanga a liam

Mizopa zinga hmasa ber nihna hlu tak tak nei Dr LN Tluanga (93) chu Pathianni chawhnu khan a chawl ta.

Dr LN Tluanga hi kum 1933-ah Bukpui kuaah a piang a, Sialsuk leh Aizawlah lehkhah a zir. Scottish Church College atangin 1955 khan BSc a zo a, mathematics subject-ah distinction-ah a pass. BSc a pass hnu ah sikulah kum khat thawkin MSc a zir chhonzawm a, kum 1974-ah Gauhati University hnuai ah PhD zoin Mizo zinga mathematics subject-a PhD nei hmasa ber a ni.

UT-a Mizoram ala awm lain Education joint director tura lak a ni a, Education director-ah hlankai zui niin, a hmasa ber a ni. Sawrkar hna



a thawh lai mek hian hun puma Pathian rawngbawl turin a inpe a, Council for World Mission hnuai ah Kribati thliarkarah missionary hna thawkin an nupa in an chhuak a, zir-tirtu hna a thawh a ni.

Ziakmi a ni a, a lehkhahu ziah zingah "Kawlkil Thleng Pawhin" tih bakah ama chanchin a ziahna "Ar Khawthim Dai" tih te a ziak a; "Kristian Hlimna Thuruk" tih pawh hriat

hlahw tak a ni. Thianho zaipawl 'A Hmangaihna Faktute' dintu zing ami a ni bawh.

Science tihhmasawm kawnga nasa taka thawktu niin, ama hoa kum 1979-a an din Mizoram Science Society chuan a vawikhatna atan kumin May 13 khan 'Science Award' an hlan a, hemi tuma a awm mekna Aizawl Hospital & Research Centre-ah May 31 chawhnu dar 3.00 khan a

Jail tang zingah AMC area ami an tam Fa nei tlem leh unau tlem an tam zawk

Aizawl, June 1

Mizoramah jail tang dinhmun zirchiannaah Aizawl Municipal huamchungah cheng an tam hle a, tang zinga nupui pasal nei tawh zingah a tam zawk chu fa nei tlem an tam a, tang zingah unau pianpui ngah aiin nei tlem an tam zawk bawh.

Synod Prison Ministry-in Mizoram jail hrang hrang a zirchiannaah Aizawl awm Central Jail, Women Central Jail leh District Jail-a tang belkhawm bik chauh chu Mizoram jail dang zawng zawng nena belkhawmin zaa 60.5 a ni pha a, chu'ng zingah chuan Aizawl Municipal pawn lam mi zaa 46.6 an ni thung. Mizoram jail-a tang zawng zawng atang chhutun zaa 59.8 chu AMC pawn lam mi an ni a, AMC huamchungah cheng zaa 40.2 a ni pha. Ramri bulhna jail-ah tang an tam leh deuh bawh.

Heta lang chu, khawpuih dan leh thupek pawisak lohna a lian hle a tih theih, tiin, "Tang zawng zawng atang chhutun AMC chhungng ami hetiang zat an awm thei hi ngaihtuah tham a tling. Mihring bitna hmu-nah la lehuala dan leh thupek kenkawh a nih theihnan tan lak a tul hle," zirchianna hian a ti a. Nitin zirna in leh Sunday School-ah a tam thei ang inzirtir uluk lehual tul tih thu sawi a ni.

Amah hi Mission Veng Presbyterian Kohhran Upa a ni a, wawiin - June 1 hian biak inah a hun hnuhng hman a ni ang.

Jail tang zinga zaa 76.7 chu kum 18-40 inkar an ni tih a sawi a. Thalai huanga khung theih hetiz an ni chu, kan thalaite dinhmun a tha lem loa, kan ram natna vei zingah ngaihven hlawh ber tur ni ah an ngai tih sawi a ni.

Zirchianna atang hian, nupui pasal nei tawh zingah fa nei tam aiin fa nei tlem zingah tang an tam zawk tih sawi a ni a. "Fa nei tamte hian chhungkaw mawh-phurhna an la lungrun zawk a tih theih ang," a ti. Chutihrualin, unau pianpui pali leh a chunglam nei zaa 39.6 an nih lain, unau pianpui nei lo leh pathum thleng nei belkhawm chu zaa 60.4 an ni thung tih a sawi bawh.

Tang zingah lehkhah zir sang lo an tam zawk tih zirchianna hian a sawi a. Pawl 12 leh a hnuail- am thleng zir zaa 91.3 niin, sawrkar hna, mahni hna leh sumdawng zaa 31.5 an ni a; private-a

thawh, hna nei lo, nitina inhlawh chawp ang chi belkhawm chu zaa 68.5 an ni. "Mihring khawksak phung thlenga nghawng thei a nih avangin zirna hi jail chhungah chhonzawm theih nise a tha in a rinawm," a ti.

Ruihhlo leh zu tawlhruk/ zawrh lama inhnamnawih vanga jail tang zaa 47.8 an awm a. Thil ru, in rawk vanga tang zaa 25.5 awmin, pawngsuah/ mi khuaikhem vanga/ POC-SO vanga tang zaa 18 niin, tualthah, ram dan bawhchhiat leh thil dang vanga tang zaa 19.9 an ni. "Ruihhlo do kawngah kohhran leh sawrkar kan thawhho nasat zual a pawimawh," a ti.

Jail tang zingah Mizoram-a hluar lo, tawlhruknaa a kalkawng ringawt nia ngaih methamphetamine ti ve tawh zaa 8.2 an awm. Zu in thian zaa 83.9, heroin ti thin zaa 42.3, ruihna ata-

na hman thin damdawi mum ti thin zaa 24.2, ganja zu thin zaa 30.6 an awm a; kum tin hmaa ruihhlo khawih tan zaa 48.8, thiante avanga ruihhlo ti tan zaa 46, jail atanga chhuah hnuu la ruihhlo khawih zawm tuym zaa 36.1 an awm a. Ruihhloa sumdawng zaa 55.35 an awm bawh.

Synod Prison Ministry hian kum 2025 khan Mizoramah jail hrang hranga tang ho a zirchiang a, zawhna inang chhan tur a pe. Zirchianna neih lai hian tang 1735 an awm a, an vai hian heng zawhna hi pek vek niin, mi 1452 (83.68%) in chhanna an pe let a ni. Tang zingah hnamdang leh Kristian ni lo an awm nual avangin an tana chhan rem lo a awm nia sawi a ni. Prison Ministry rawngbawl zelna atan, kohhran, khawtlang leh sawrkar anga tan lehual ngaihna tur nia an hriat rawtna an siam a ni.

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VAWIIN KHAW CHIN

Time	Forecast	Temp.
Zan dar 11-zing dar 5		19°
Zing dar 5 - chhun dar 11		23°
Chhun dar 11 - thai dar 5		26°
Thai dar 5 - zan dar 11		20°

CHANCHIN TAWI

Remti lo

An veng mi pahni, ruihhlo tawhnaa inhnamnawih avanga man chu Armed Veng South khawtlang hruaitute chuan an veng rah luh ve an remti dawn rih lo. Armed Veng South Local Council leh all NGO chuan methamphetamine vanga man an veng mi pahni - Lalrammuana (47) leh Lalrinpuia chu jail atanga an chhuah atanga chhiarin, kum khat chhung an veng chen an remti lo. Jail atanga an lo chhuah dawnah local council-a inhiattir ngei ngei turin an ti bawh. Lalrinpuia hi an veng VDO assistant secretary ni mek a ni a, a nihna hi an hlihsak ngal bawh. May 27 zan khan Lawngtlai Excise & Narcotics leh 23 Assam Rifles leh an thawpuite chuan methamphetamine kg. 9.807 nen an man a, Aizawl atanga Lawngtlai chhewela hralhna tur an zawm mek laia man an ni.

Union minister-in Mizoram lui pathuma HEP Plant siam tumna bawhzui pui tum

Union Power minister Manohar Lal Khattar chuan Mizoramah lui pathum - Tlawng, Tuivai leh Chhimtuipua Hydro

Electric Power Plant siamna atana ruahmanna kalpui dan tur chu Power & Electricity minister F Rodingliana nen Del-

hi-ah sawzui pui a tum tih a sawi.

Union minister for Power leh Housing and Urban Affairs Manohar

Lal Khattar kaihhruai hian May 29 khan Aizawlah 'State Review Meeting of Power and (p-2-ah chhonzawm...)

Zoramah Hualngoram

POST NEWS SERVICE

Tiau chhakah Hualngoram a awm a, Myanmar ramia sipai sorkar kut atanga latu Hualngoram People's Organisation (HPO) te'n an awp mek.

Khaw 58 a awm a, Zokhawthar bula Khawmawi hi HPO-in an awp hnuu an khawpui a ni. HPO hian chhiarpui an nei a, chuta a lan dan chuan mihring Hualngoram pumah 30000 vel an awm.

"Pi leh pute atanga kan hmun pawimawhte hi kan humhalh tha a, hemi kawngah hian theihtawp kan chhuah," HPO vice president C Liankunga chuan a ti.

HPO hian president, senior vice president leh vice president pahni an nei a, anni hi an hotu lawkte an ni.

Sipai an nei a, police pawh an nei. An "sorkar" dinah hian department 10 chuang an nei a, health department te, labor & employment department te, education department te, 10 chuang an nei. Heng hi secretary-in an enkawl a, secretary chungah chuan HPO office bearer-te an awm a ni.

Zirna an ngai pawimawh a, zirtirtu 157 vel an awm mek. Primary school atanga college thlengin zirna in 12 vel an nei a, nursing school pawh an nei.

"Mipui kan tangrua a, mipuite'n kan thu an ngai pawimawh thiam a, kan lawm khawp mai. Kan sorkar hi mi sorkar anga chak leh sum ngah kan ni lo mai thei a, mahse kan phak ang tawkin hna kan thawh ve a, kawng te pawh kan siam ve a ni," C Liankunga chuan a ti.

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HPO hian 2023 November ni 13-ah Hualngoram hi sipai sorkar kut atangin an la a, November ni 11-13 chhung an inkah hnuu an la a ni.

Sipai sorkar hian tun hnaiah an ram chante lak let tumin theihtawp an chhuah a, Hualngoram pawh hi lak let an tum hmasak zingah a telah an ngaih avangin May thla chhung khan mi sang chuang chu Mizoramah an raltlan a ni.



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Hlawk zawka fur thlai chin theih dan ngaihtuah khawm

May 29 khan New Delhi-a National Conference on Agriculture for Kharif Campaign neih a ni a. Mizoram atangin Agriculture & Farmers' Welfare minister PC Vanlalruata leh department hotute a tel.

India rama agriculture kaihnhawih conference pawimawh niin, sawrkar laipua Agriculture minister leh hotu dang bakah state hrang hrang minister-te leh official-te an tel a ni.

Agriculture minister chuan Mizoram ang tlangramah chuan a fur a thala zawh theih feh kawng (all-weather farm road) neih a pawimawh tih a sawi a. India hmarchhakah ruah tui a tam avangin kuthnat-hawktuten an huan ram panna tur kalkawng tha



an mamawh hle, tiin kalkawng tha zawk an neih theihnan sawrkar laipui chu thawhpuih a sawm tih a sawi. Ruaitui khawlna tur tuizem lian zawk leh tha zawk pawh

an mamawh tih sawiin, Price Support Scheme hnuai behliang, chhaw-chhi leh nihawi lei tan a ni dawn tih a sawi a ni.

Mizoram-ah district thar pathum a awm tak

avangin KVK (Krishi Vigyan Kendra) thar pathum mamawh belh a ni a, KVK thar dinna tur proposal pawh an thelthut tawh a, approval a chhuah thuai theihnan sawrkar laipuiin a bawhzui pui a ngen nghal tih a sawi a ni.

rkar laipuiin a bawhzui pui a ngen nghal tih a sawi a ni.

Mizoram chu India ram hmudang, phai ang lo takin, tlangram leilung boruak dai nuam tak nei a nih avangin, central scheme pawh an ram leilung mila tihdanglam theih nise tiin rawnta a thlen a, farmer-ten hman an sawn zel theihnan sawrkar laipui thawhpui an inhuam tih a sawi bawh.

Conference-ah hian fur thlai chin dan tur (kharif season) leh a kaihnhawih hrang hrang sawiho a ni a. Fertilizer hman fimkhar a tul zia, natural farming ngaih-pawimawh a tul zia leh, India ramin ram dang atanga edible oil a laklulh titem tura oilseeds lama tan lak a tul zia sawi a ni.

Aizawl khawpui kawng siam theih a nih chhan khan MNF huaisen rah

- Dr R LaLthangliana

Tunhnaia Aizawl khawpui kawngpui siam a nih theih chhan chu MNF a sawrkar laia huaisen taka hma a lakna rah a ni tih MNF hruiatu Dr R Lalthangliana chuan a sawi.

Inrinni-a Phuldungsei-a Dampa MNF West Block Leaders' Meet a hmanpuinaah Dampa bialtu MLA Dr R Lalthangliana hian, contractor hna thawk tha lo chu court-ah MNF sawrkarin a khing a, a khin hnehna penalty sum tlingkhawm vaibelchhe 90 leh nuai

60 hmangin Aizawl khawpui kawng hi siam a ni tih a sawi.

"MNF-in Mizoram pawn thlenga huaisen taka court-a a din rah a ni. Aizawl khawpui kawng thawmthataah hian MNF-in ZPM aiin tha kan thawh hnem zawk a, credit pawh 70% chu kan hauh ngam. MNF sawrkar an sum hlawchhuah bakah kawng siamna tur oil man atanga chhih sang uchuak min khawn ngaihtuah chuan hei aia tha kawng neih hi kan

phu hle," a ti.

AMC-ah kum 10, term nhii a zawnin MNF a sawrkar tawh a, mipuiin ko thlak ve riha midang enchin an duh tih MNF senior vice president ni bawh Dr R LaLthangliana hian sawiin, "Mizoram puma MNF dinhmun tilangtua hman theih a ni lo. Inenfiah leh inzirna atan tangkai takin kan hmang mek," a ti. Hetihlai hian Dampa bial leh Zoram hmudang hrang hrang MNF zawm thar Pathianin a pek belh zel niin a sawi bawh.

AIDS vanga thite hriatrengna hun hmang

Positive Women Network of Mizoram (PWNM) chuan HIV/AIDS vanga thite hriatrengna hun, International AIDS Candlelight Memorial Service chu May 29 khan Aizawl an hmang.

Hmanpuitu Health & Family Welfare minister Lalrinpui chuan, HIV/AIDS vanga thi ta te chu hriatreng an ni tih a sawi a. Harsatna tawh mekte pawh an lungngaihna leh manganna hriatsak an ni, tiin, damdawi leh eitur tha zawk an neih zel theihnan theihtawp chhuah zel turin kalkhawmte a chah.

Mizoram State AIDS Control Society project



director Dr Jane Ralte pawhin, kohhran-in PWNM an thlawp tlat avangin lawmthu a sawi a. Tun aia nasa zawka HIV laka inven leh inenkawlina lama inzirtir a tul tih a sawi bawh.

He hunah hian mi pahnih hnenah chawimawina hlan a ni a. Integrated Counselling and Testing Centre head of

department Dr Lalrempui chu HIV kaite tana a thawh nasat avang leh Mizoram 'quality HIV testing' tih a nih theihnan hma a lakna avanga hlan a ni. Samaritan Society project director John Thansanga chu drug addict leh HIV kaite tan a hun pum pea a thawh that avanga hlan a ni bawh.

Tlahlum

May 29 tlaia Tlawng luia tla Thangchungliana (36), Khatla chu May 31 zing dar 1.00 vel khan a ruang hmuh a ni. Ruang zawnaah hian Khatla, Maubawh, Lawpui leh veng thenawm dang bakah Central YMA Disaster Response Team an thawkhhuak a, a tlak-

BJP hruiatuten Union minister hnenah harsatna an lo thlen

Mizoram rawn tlawhtu Union minister Manohar Lal Khattar chuan Inrinni khan BJP Mizoram office a tlawh a, party hruiatute nen an inkawm.

Mizoram dinhmudang hrang hrang leh sawrkar laipui atanga ruahmanna awm theia mipui mamawh zawtin, BJP State president Dr K Beichhua chuan, a ministry chan Power-ah Mizoram tana sum la pekchhuah loh chu pekchhuah thuai turin a lo ngen.

A ministry chan dang Housing and Urban Affairs hnuai Deendayal Antyodaya Yojana - National Urban Livelihoods Mission (DAY-NULM) chungchhang pawh sawpuiin, NULM-a contractual-a thawk Mizo tam takin harsatna an tawh chungchhang pawh a lo ngaihtuahpui tur thu a sawi a ni. In sak tanpuinaa BJP member-ten state sawrkar atanga harsatna an tawh chungchhang BJP Mizoram hruiatuten an duh ang ziaka a hnenah thlen turin a chah.

na atanga hla vak loah a rawn langchhuak a ni. Thangchungliana hi a thianpa nen lenkhang zarin May 29 khan an thawkhhuak a, hemi tlai dar 4.45 velah a chesual. Anmahni hi Tlangkhua Myanmar atanga Aizawl pem lut an ni a, an khuaah hian vui tura lak a ni.

Addiction Centre luah khat vek

Addiction Centre hrang hrang chu ruihhlo ngaiten an luahkhat vek niin Centralk YMA hruiatu MS Ralte chuan a sawi a. Nasa taka ruihhlo do a ngai tih a sawi.

May 29 chawhnu khan Lengpui Model Vengah ruihhlo do street campaign neih a ni a. Hmanpuitu Central YMA finance secretary

MS Ralte chuan, tunah hian Addiction Centre-te ruihhlo ngaiten an luah khat vek a. Ruihhloin kan ram a tibuaiin a tichhe em a, hei vang hian nasa taka kan do a ngai, tiin a sawi.

"Ruihhlo man tur a tamin, ruihhlo hian min chiah hneh em em a; kan ram hi dam reng chungin kan thi mek a ni. Kan ram chhan turin ralkhel dar

vuak a hun a, waviinah hian ralkhel dar YMA-in kan vua a ni. YMA member zawnng zawnng ruihhlo do tura kan chhuah a ngai," a ti.

Ruihhlo Do Street Campaign-ah hian YMA Lengpui Model Branch Lengpui Branch, Sairang Branch, Sairang Dintar Branch leh Sihhmui Branch an kalkhawm a ni.

Congress party-in district tlawhkual

Congress party chuan hruiatute insemdarhin district tlawkhchhuah programme an hmang a. Kolasib district tlawkhkualnaah Inrinni khan Tuirial Block I nen Kawnpui Venglaiah inkawmho a ni.

Hmanpuitu MPCC vice president RL Valla chuan, Pathian leh mipui zarah an sawrkar leh a nih chuan NLUP changtlung zawkin an kalpui leh dawn tih a sawi.

MPCC general secretary PC Lalhlansanga

pawhin, ZPM sawrkar chu a la rei loh ngaihtuahin hlemhletna a hlur hle tih a sawi a. "Lengpui Airport bul ram IAF hnenah hralh chungchhang nasa taka dan bawhchhiatna a awm a. Ram inches khat pawh nei ve lo Henry Hlawnmual hnenah cheng vaibelchhe 117.9 hmanhmawh taka pek rum rum a ni a. Ram inlei leh hralhten an chawi ngei ngei tur Stamp duty vbch.5 chuang chhih sawrkar lut tur an ngaidam

a. Hemi chungchhang hian Henry Hlawnmual sum hi tute nge lo eipui ve tih mipuiin kan hre duh a ni," a ti.

EKTA Mall Aizawl Chawnpui Venga sak mek pawh 1st instalment central atanga vbch. 63 chuang hmuh tawhah vbch 48 hmang ral vek tawh angin utilisation certificate pek tawhah hian ban an la phun kim lo tih a sawi a. Heng sum hi khawiah nge a kal mipuiin mak an tih thu a sawi a ni.

Union minister-in Mizoram lui pathuma HEP Plant siam tumna bawhzui pui tum



(phek hma zawmna...)

Housing & Urban Affairs Mizoram' neih a ni a. UD&PA minister K Sapdanga leh P&E minister F Rodingliana bakah department pahnih hotute an tel.

Kawphetha hman man khawn chungchhang harsatna awm chu zirchiang a, kim taka khawn chhuah a nih theihnan a tul anga hma la turin P&E department a chah a. Smart meter vuh kawngah sawrkar building leh sumdawna hmudang lian atanga kalpui tan a pawimawh, tiin, kawphetha hman man tha taka khawn chhuah a nih theihnan pre-paid kalpui-naah 'security deposit' tih tel a tul tih a sawi a ni.

Kawphetha chu ram hmasawna tura hmanraw pawimawh a nih angin, renchem thiam leh siam chhuah kawngah ruahmanna tha neih a tul tih Union minister hian a sawi a. Nizing hmanga kawphetha siam chhuah

uar deuh deuh turin department-a hotute a chah.

Thutkhawmah hian Mizoram kawphetha dinhmudang sawiho niin, Revamped Distribution Sector Scheme (RDSS) hnuaiah state grid tihchak hna kalpui mek a ni a. Chu'ng hmalakna chuan smart meter vuh tura bituk zat 292081 zinga 52886 vuh tawh niin, hei hi zaa 18.01 a ni. Prepaid meter conversion programme chu P&E department office atangin bul tan a ni a ni a. Standard Operating Procedure tihfel a ni tep tawh a, hemi hnu hian prepaid hmang hmasa apiang tan 2% rebate pek tel a ni dawn tih sawi a ni.

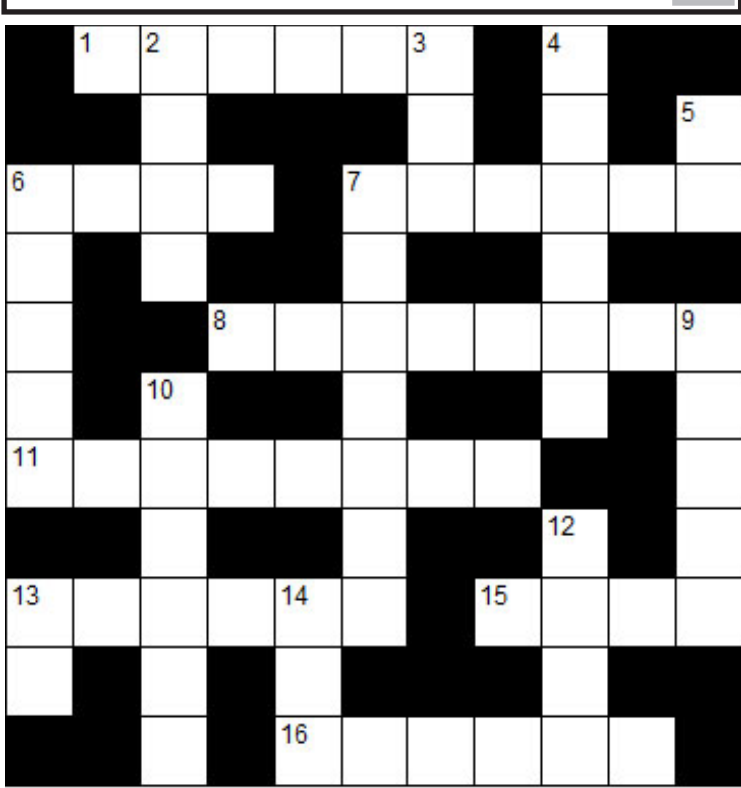
Thuthar thehdarhute a kawmnaah Manohar Lal chuan, Swachh Bharat Mission kum 10 kalpui a ni tawh a, chumi chung chuan Mizoram chuan Open Defecation Free piahlamah ODF + dinhmudang luah mek tih a sawi a. Bawlhlhlawh

sawngbawl kawnga sawt zawka hma lak dan tur sawiho a ni tih a sawi. Khawpui vawnfai, bawhlhlawh thliarhran leh fai leh thianglim kawnga hma kan sawna zel theihnan sawrkar laipui atangin puih an inhuam reng tih a sawi bawh.

An inkawmnaah chief minister Lalduhoma chuan, Delhi-a a lo sawipui tawh thin Darzo Lui Pump Storage Project chungchhang, Mizoram-in power evacuation line a mamawh belh dan, RDSS hnuai hmalak mek, rooftop solar installation lama hmalakna a sawipui. A enkawl ministry hnuai 10% GBS hmanga Mizoram hma la turin a lo ngen. Ministry of Housing & Urban Affairs atanga Thenzawl Peace City dinna tur bultanna, master plan thawhna atan sum a pek avangin lawmthu a hrill a. Thuang taka hma lak zel a ni tih a lo hrill.

THLUAK SAWIZAWINA

AZP CROSSWORD NO. 4032



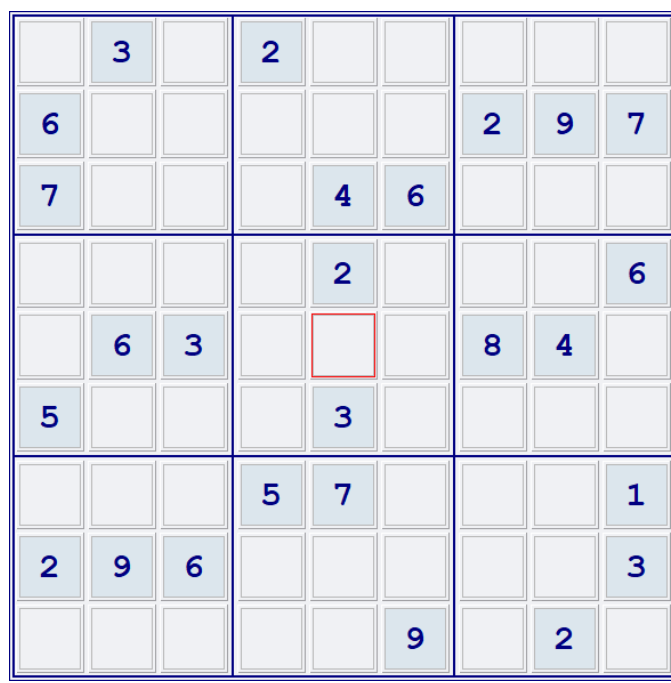
PHEI : 1. puan zeh dan chi khat, 6. thlai leh thing bul, 7. lung karna thing tlawm, 8. phengphelep lianpui, 11. anhnah kha tak, 13. bell hmet chiau, 15. thing a zar uaitla duai thin, 16. an vaw nasa thei lutuk

CHHUK : 2. ang (hla thu), 3. peng/hnah kuang, 4. ngainep/chungtlak, 5. entirna kaih tawi, 6. pa (hla thu), 7. sanghar chi khat, 9. chawhmeh kan tihhmelmawina, 10. inhnawh tawt, 12. thir nem, 13. tlukpui/anpui, 14. tlawhtu tam/reh lo

No. 4031 chhanna
S K A W H T E B E L
U I H U
L E N K A W L I T
A H O S H
N A W I C H A I T E
G R H R M
Z A I H R I S U A T
U N E A H
I P R I L K H E I
K A U A
I N S A W I T H A M

SuDoKu

No. 4034

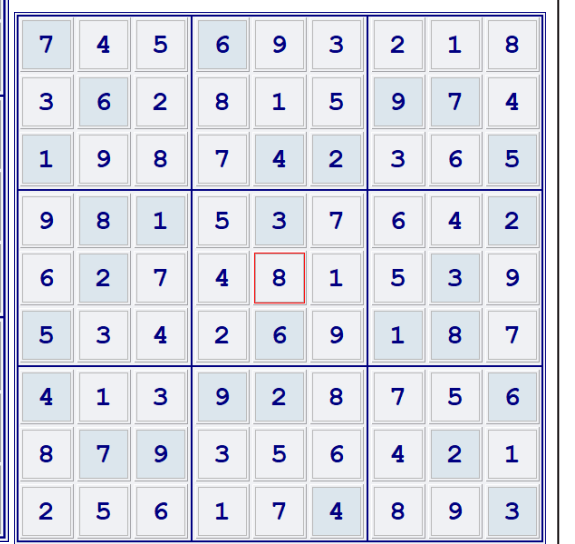


SuDoKu

Khel dan tur:

Number 1 atanga 9 dahkha tur a ni a, number inang, a inzawnin dah awih a ni lovang, thluak hmanga uluk taka ngaihtuah tur a ni e.

SuDoKu No. 4033 chhanna



Lawngtlai district-a Riverine Reserved Forest humhalh dan SIT-in ngaihtuah

Special Investigation Team Lawngtlai District chu an chairman, bawrh-

Intiam

Ruihhlo do lama tlawmngai pawl - Foundation For Drug-Free Mizoram buatsaihin Pathiani chawhnu khan The Salvation Army ITI Veng Corps YP zingah ruihhlo laka fihlim tura inzirtir a ni a. Anmahni duhthu ngeiin YP naupang 135 chu rui-

Che chuak

Special Intensive Revision of Electoral Rolls 2026 kalpui turah Inrinni atang khan Serchhip district-a booth level officer (BLO) ten bial hrang hrangah in tin tlawh chhuakin, electoral roll thar siamna atana inziahluna tur 'enumeration form' an sem tan. An district-a Assemblies constituency pathum-Serchhip, Tuikum leh Hrangturzo-ah electoral

sawrkaw official, Lai leh Chakma Autonomous District Council official-te leh Lawngtlai District Village Council Association aiawh an tel. Chairman chuan, Lawngtlai district huamchhunga 'Riverine Reserved Forest' leh reserved forest areas venhim leh enkawl a tul, Special Investigation Team chu thahnemngai taka thawk zel turin a chah a. A bikin luipui

Thutkhawmah hian Riverine Reserved Forest huamchhunga 'land pass' awm dan zirchian atangin LADC leh CADC in 'preliminary report' an siam chu enho a ni a. Preliminary report chu pawmin, thutkhawm hmasain a lo rel tawh angin state sawrkara thehluh nise an ti.

Lirthei suamtute chhuizui mek

Inrinni zan khan Mamit district Saikhawthlir peng bulah mi tu tih hriatloh ten lirthei an suam a, an thil neih thenkhat an laksak. Anmahni hi police-in an chhuizui mek. Thudaw danin, May 30 zan dar 9.00 vel khan Bairabi atanga Tripura-a haw thla tur pik up, mi pahnih chuanna chu Gurguti peng Saikhawthlir thlen hma km khat velah misul tu tih hriat loh mi pathumin lo tidingin,

kama rammgaw tih-chereu nasat a hlauhawm a, chak leh khauh zawka venhim a ngai tih a sawi a ni. Thutkhawmah hian Riverine Reserved Forest huamchhunga 'land pass' awm dan zirchian atangin LADC leh CADC in 'preliminary report' an siam chu enho a ni a. Preliminary report chu pawmin, thutkhawm hmasain a lo rel tawh angin state sawrkara thehluh nise an ti.

LADC leh CADC-in land pass an lo pekchuhaw tawh chu category A- Prior to 1980 (Enforcement of Forest Conservation Act); category B- Between 1980- 2005 (Enactment of Forest Right Act 2005), category C- Between 2005-2010 leh category D-post 2011-ah felfai taka thliarhan a, report hi DC office-a thehluh tura tih a ni.

MzSRLM hnathawh rawn thlithlai

Sawrkaw laipui Ministry of Rural Development joint secretary Tanuja Thakur Khalkho chuan May 29 & 30 khan Serchhip district-a Rural Development department hnuai Mizoram State Rural Livelihood Mission (MzSRLM) hmalakna hrang hrang a tlawh. RD hotu hian Bak-tawng Tlangnuam-a MzSRLM hmalaknaa furniture siamna leh aluminium hmanga bungbel siamna hmun, Chhingchhip-a Ropuiliani Women Farmer Producer Company Limited enkawl aieng, sawhthing leh hmarcha sawngbawlna hmun leh, Thenzawl-a Vantawng Cluster Level Federation pisa tlawhin, self help group member-te hmalakna hrang hrang a tlawh kual bawk.

Heng hmun a tlawh-kualnaah hian Tanuja Thakur Khalkho chuan hnathawktute kawmin, an mamawh leh harsatna a ngaihtlak sak a. MzSRLM hnuai self help group member-te hmalakna chhuanawm a tih thu sawiin, harsatna an neih pawh theih anganga chinfel dan zawnpui a tum thu a hrih a ni.

RAWNGBAWL HNA RUAK DIL THEIH

A hnuai tarlan rawngbawl hna hi Mizoram Presbyterian Kohran hnuai a ruak a. Mizoram Presbyterian Kohran mi, rawngbawl tura Pathian kohna hria, kum 18-35 inkâr, ni 9.7.2026-a kum 18 pum tawh, kum 35 la pumhlum lo, zuk leh hmuam leh ruih theih thila fihlim tan dil theih a ni. Dilna Form leh Tualchung Kohran Confidential Report Form hi Synod Service Board Office, Aizawl leh Synod Office, Lunglei atangin ni 2.6.2026 (Thawhlehi) atangin lak theih a ni ang. Dilna hi Synod Service Board Office, Aizawl-ah thehluh tur a ni a, dilna form man `20/- a ni. Dilna form-ah hriat tur pawimawh tarlan a ni ang.

SYNOD HIGHER SECONDARY SCHOOL-A THAWK TUR
Hna hming : Laboratory Bearer (Contract), Post 1
Thiamna : HSLC of any recognised board.
Hlawh : Synod hnuai Laboratory Bearer (contract) hlawh

Dil theih hun chhung : Ni 29.6.2026 (Thawhtanni) dar 3 p.m. thleng
Written test hun : Ni 3.7.2026 (Zirtawpni) Dar 10:30 a.m.
Interview hun : Ni 9.7.2026 (Ningani) Dar 10:30 a.m.

Sd/- (REV. V.L. LUAIA HRANLEH)

Secretary
Synod Service Board

(3-3)

WORLD MILK DAY - 2026: CHAW THA TAK-BAWNGHNUTE THIANGHLIM LEH HRISSEL

Dr. Lallawmzuali Ralte
Dr. H. Lalawmpuii
Dr Lalankimi

College of Veterinary Sciences & Animal Husbandry
Central Agricultural University (Imphal),
Selesih, Aizawl, Mizoram

(phek hma zawmna...)

chuan ni :
Ran in leh a vel vawn fai that tur : Hunbi nei a then fai a, tui luankawr / tui chhe paihna felfai tak a ni tur a ni a, bawng in chu fai, rotha tak, thil rimna leh rim chhia awm lohna a ni tur a ni.

Ran (Bawng): Bawng hriseh tha tak, natna laka fihlim a ni tur a ni. Bawng damlo leh damdawi a enkawl lai hnute te chu fimkhur taka sawr a, paih thin tur a ni. Bawngnute sawrtu (Milkers): Bawngnute sawrtu (Milk) chu hriseh leh dam tha tak, kut tin bul leh fai tak, thawmhnaw fai inbel a ni tur a ni. Bawngnute sawr laiin zuk leh hmuam a ti lo tur a ni.

Bawngnute sawr hunbi (Milking routine) : Hunbi nei thlapin hnute sawr thin tur. Hnute sawr lai-in hnim (roughage) pek loh a tha. Bawng hnute bu chu sawr hma in sil fai a, massage tur (second 30 tal). Hnute sawr zawhah a hnute hmur chu antiseptic solution ah chiah a fai tak a hruk hul leh tur a ni.

Bawngnute sawrna bungbel fai : Bungbel chu fai leh thianghlim, tuiek mai mai lo, quality tha tak an ni tur a ni. Bel inzawmna nei tuk lo, a chhung vel pawh a theih anga mam ani tur a ni.

Bawngnute sawr dan tur : Kut zungtang zawng zawng hman a him, 5 - 8 minutes vel chhungin sawr zawh hman tum tur a ni. Bawngnute sawr chhuah hmasak tlem te chu paih phal hram tur (natna hrik a awm palh thei). A hnute awm te chu sawr chhuah vek tur a ni.

Bawng hrisehna lam ngaihpawimawh: Hunbi nei a ran hrisehna en thin a, damlo leh chiang lo deuh te chu a rang lama enkawl nghal vat tur. Vaccine mumal leh hun bi tak a pek a, veterinary first-aid kit kawr reng tur a ni.

Bawngnute dah that leh phurh kawina hun a hriattur pawimawh : A rang thei ang bera bawngnute sawr te chu hmun vawtah dah a, a dahna/pekna hmun rang taka thlenpui tum tur a ni. A dah vawhna bur (Cold-chain) hman hram a tha.

Bawngnute chhunna hmun (Milk collection centres): Milk collection centre te hi bawng vulhtu te tana awlsam leh hnaiah a awm bawk tur a ni, heng hian bawngnute chhe tur nasa tak in a venghim thei thin a ni.

Kan lawm e.

AGENCY SHOW ROOM ETC TUR DUH TAN

Sumdawng tak tak duh tan Aizawl chhimlam, World Bank road an ah building - floor li (4), parking tha tak awm luah duh tan a awm e. Luah man chu inbiakremna a ni ang.

Contact : 9862590202
7005449262

(30-27)

Directorate of Animal Husbandry & Veterinary
Khatla Bungkaw Road
Ph : 0389 - 2334451 / 2333514
EPABX : 0389 - 2334395
Fax : 0389 - 2333234
Email : directorvetymiz@gmail.com

NO. A. 45013/1/2025-DTE(AH&V)/Ext
GOVERNMENT OF MIZORAM
DIRECTORATE OF ANIMAL HUSBANDRY AND VETERINARY
MIZORAM : AIZAWL

Dated Aizawl, the 18th May, 2026

ADVERTISEMENT

Kum 2026-2028 Academic Session a Elementary Course in Animal Husbandry and Veterinary Science, Class-XII (HSSLC) pass chin, zir duhte tan mahni awmna District A.H. & Vety Officer Office ah dilna Form Rs. 50/- chawiin lakchhuah theih a ni. Dilna Form hi 12th June, 2026 thleng mahni Form lakchhuahnaah thehluh theih a ni ang.

Sd/-
(Dr. LALROTLUANGA SAILO)
Director
A.H. & Veterinary Department
Mizoram : Aizawl

IPR No. 51
(5-5)

ABBREVIATED FORM OF WALK IN INTERVIEW NOTICE

Department of Sericulture, Govt. of Mizoram will deploy two Master Weaver for development of Post Cocoon Technology under Silk Samagra vide CSB letter No. CSB/CSTRI/PMC/Master Reelers/2026-27/Vol-III dt. 19.05.2026.

Interest person fulfilling requisite criteria primarily on Silk Weaving are invited to appear for interview at Directorate of Sericulture, Chaltlang, Aizawl on 04.06.2026 at 11:00 AM without fail.

Details can be obtained from the undersigned during office hours.

Sd/-
(LALRINAWMA)
Director of Sericulture
Mizoram : Aizawl

IPR No. 68
(2-2)

SRI SRI ANIRUDDHADEVA SPORTS UNIVERSITY
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ADVERTISEMENT FOR ADMISSION IN THE ACADEMIC SESSION 2026-27

Sri Sri Aniruddhadeva Sports University admission are going on for various programmes for the Academic Session 2026-27. Interested candidates are requested to visit the university website www.sasu.ac.in and fill up the online application form available in the website.

No. SASU/CHB/22/20-21/4314 dated 29-05-2026

Sd/- Registrar, SASU

National Institute of Electronics & Information Technology
Deemed to be University under Distinct Category
AIZAWL CENTRE
Ministry of Electronics & Information Technology, Govt. of India
Industrial Estate, Zungtui, Aizawl-796 017

ADMISSION OPEN FOR 2026 AT NIELIT AIZAWL

(Tuition Fee FREE for SC & ST)

National Institute of Electronics and Information Technology (NIELIT) is a Deemed to be University under the Distinct Category as per UGC (Institution Deemed to be Universities) Regulations, 2023. It is the only University under the Ministry of Electronics and Information Technology, Government of India. The University offers Electronics and IT programs at UG, PG and Diploma levels, which are Research and Industry-relevant across its main campus and 11 other Constituent Units.

NIELIT Aizawl opens Admission for Academic Session 2026-2027 as details below:

1. Diploma in Computer Science & Engineering (DCSE)	Eligibility: 10 Passed	Few Seats Available
2. Diploma in Electronics & Telecommunication Engineering (DETE)	10 Passed	Available
3. Bachelor of Computer Applications (BCA)	Eligibility: 12 Passed (Any Stream)	Few Seats Available
4. Master of Computer Applications (MCA)	Eligibility: Any Graduate (Math in 12 or Graduation)	
5. BTech Computer Science & Engineering (AI&ML)	Eligibility: 12 Passed	
6. BTech Internet of Things (IoT)	(Physics, Math)	
7. MTech (Artificial Intelligence)	Eligibility: B.E / B.Tech / M.Sc. / MCA	
8. PhD in Computer Sc. & Engineering / Computer Sc. & Applications		

Tentative Schedule and Admission

Course	Mode of Admission	Registration	Entrance Date
BCA, DCSE, DETE	NIELIT Entrance	Till 15 June, 2026	17 Jun 2026
MCA	NIELIT Entrance	19 Mar - 12 Jun 2026	17 Jun 2026
BTech CSE (AI&ML) BTech (IoT)	JoSAA, CSAB, NIELIT Entrance	https://csab.nic.in , https://josaa.nic.in	
MTech (AI)	NIELIT Entrance (50% of seats)	19 Mar - 12 Jun 2026	17 Jun 2026
	CCMT (50% of Seats)	https://ccmt.admissions.nic.in	
PhD		Registration Open. Entrance Date to be notified soon	

For Application and more information, visit-
<https://nielit.ac.in>
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US leh India palaite ni li chhung inbe tan dawn

US leh India palaite chu February-a a ruangam pawm tawh, sumdawnnaa thawhthone inremna (trade pact) chipchiar taka tihfel a nih theih nan ni li chhung inbiakna an tan dawn.

US team hi an chief negotiator Brendan Lynch-a'n a kaihrui dawn a. India aiawha palai hotu ber chu Darpan Jain-a a ni a, ani hi Department of Commerce-ah additional secretary a ni.

Commerce ministry chuan, "Inremna lailawk siam tawh chipchiar zawka tihfela bilateral trade agreement (BTA) huam zau zawk hnuai inbiakna kawng hrang, thil zawrh theih chin, chhiah inlaksak lohna tur chin, chhiah leh sumdawnna kaihnawih, investment tihhmasawn leh economic security-a kal rual dan turte rawtna siam an ni," a ti.

February 7 khan India leh US hian thuchhuah siamin, BTA chu a thuphunga pawmin a ruangam an lo

duang tawh a. Tunah hian chu inremna tak tak atana dan anga thil tih nul ngai, thu ziah turte chu an pahmih hian an tihfel a ngai dawn a ni.

Inremna ruangamah hian India leh US inbiakna zau zawka kalpui tura dah a ni.

Inremna kalpui dan tur ruangam ang chuan US chuan India laka chhiah a lak chu 50% atangin 18%-ah tihnam a remti tawh a. Russian tuialthei a lei avanga Indian bungrua chhiah a lak 25% chu a paih tawh a, a bak 25% chu inremna hnuai 18%-ah tihnam a tum a ni.

Heti lai hian February 20 khan US Supreme Court chuan President Donald Trump-a'n ram dangte laka chhiah sang a la vak vak chu a lo dodal tawh bawk a, hei hi 1977 International Emergency Economic Powers Act (IEEPA) hnuai tih a ni.

Hemi hnu hian president chuan ram zawng zawngah ni 150 chhung chhi-

ah 10% lak a nih tur thu a puang a, February 24 atanga hman tan a ni ang.

Heng thil inthlak avang hian India leh US inbiakna palaite thuthawm tur chu February-a nei tur ni mah se sawn a ni a. April thla khan Washington-ah an inbe leh ta a, Jain-a kaihrui Indian team hi April 20-23, 2026 chhung khan America-ah an kal a ni.

US palaite chu indawr chhunzawm zel turin June 1-4 chhung India an thlawh ve chhung dawn a ni.

Inremna tur ruangam duan hnuai hian India chuan US industry bungrua zawng zawng leh US ei tur leh lo atanga thar chhuah kaihnawih hrang hrang, dried distillers' grain (DDG), ran chaw atana red sorghum, tree nut, thei thar leh sawngbawl, bekaung tel, uaiin leh spirit leh thil danga chhiah lak chu tibbo emaw, tihhnam emaw a rawt.

New Delhi chuan kum nga chhungin USD tuklehdingawm 500 man US

energy product, thlawhna leh a part, thir lam chi hlu bik, technology product leh coking coal lei a tum thu a sawi bawk.

Tun tum inbiak hi a pawimawh viaw dawn nia sawi a ni a, India hian a inelpui ramte aia dinhmun tha nei theihna kawng a zawng dawn a. Tunah chuan US sumdawnpui ram dang zawng zawngte chuan chhiah 10% lak inang tlang an hmang tawh a, Delhi pawhin chhiah hman lam a nawr ve dawn a ni.

US hi kum 2025-26 chhung khan India sumdawnna lama thawhpui lian pahnhna a ni a. India-in US-a bungrua a thawn chhuah chu kum kal ta chhung khan 0.92%-in a pung a, USD tuklehdingawm 87.3 a ni a, a lak luh pawh 15.95%-in a pung a, USD tuklehdingawm 52.9 a ni thung a. Trade surplus hi kum 2024-25-a USD tuklehdingawm 40.89 a ni thung a. Trade surplus hi kum 2024-25-a USD tuklehdingawm 40.89 a ni thung a. Trade surplus hi kum 2024-25-a USD tuklehdingawm 40.89 a ni thung a.

British foreign minister-in India tlawh dawn

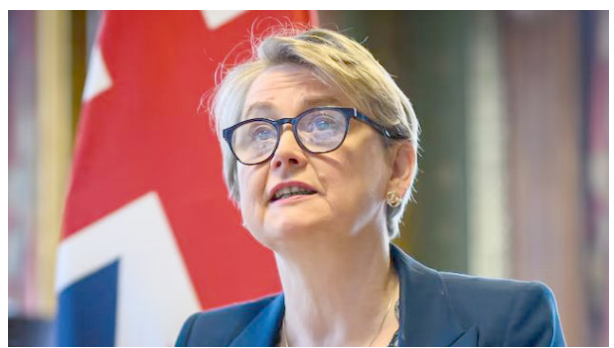
British Foreign Minister Yvette Cooper-i chuan Thawhtanni hian China a pan dawn a, kar tawp lamah India a tlawh zui dawn a, Strait of Hormuz leh Russia leh Ukraine indona atanga tun hnaia Ebola leng thlenga khawvel thila thil thlengte a sawipui hlawm ang.

Cooper-i hian Thawhlehi hian Chinese Foreign Minister Wang Yi leh Chinese Vice President Han Zheng te a kawm dawn a, a tukah chhim lama Shenzhen-ah tech hub science leh technology lam hawi

programme-a tel turin a kal zui ang.

Cooper-i'n khawvela economy lian pahnhna leh parukna, China leh India a tlawh tur hi khawvela ram inepna nasa tak a awm lai a ni a, US-Israel tang dumin Iran an do hnuai tuialthei man a san lai leh Britain-in eibara tlakhnamna a tawn mek lai a ni.

Ninganiah India a thlen beisei a ni a, External Affairs Minister S. Jaishankar bakah UK-India Vision 2035 hmalakna tihlawhtlingtu entrepreneur, lehkhathiam leh sorkar thawhpui



British sorkar chuan Cooper-i'n 'heng ram lian pahnh a tlawh tur hi khawvela puma harsatna lian ber berte hmachhawn dan tur ngaituah a nih beisei a ni' a ti.

Ram pahnhite hian ni kum kum free trade deal an ziaik a, hei hi an inkara sumdawnna tihpun leh kawng hrang hranga thil zawrhna tihchangtlun tumna a ni.

Manipur-a inlambunnaah truck khalhtu thi

Manipur-a Ukhrul district-a highway-ah inlambunna a thleng leh a, West Bengal atanga kal truck khalhtu chu mi hriat lohten an that niin police-in an sawi.

Tun hnei chawlhkar eng emaw zat chhung Naga leh Kuki inkara buaina chhuah thar phahna hmun, National Highway 202-a inlambunna a thlen hnuai beihpui thlak zuinaa inkahnaah police pakhat a hliam bawk a. hi Imphal-a damdawi inah enkawl a ni.

Thil thleng dangah ni tin mamawh phur truck-te kalna tur thiana kawngpui tifaite venhim hna thawktute leh a lo dangtu Kuki mite innawnaah venhim hna thawktute hian mittui tlakna hmanga kapin mi panga an hliam bawk.

Thil thleng pahnh hian venhim hna thawktuten Manipur laili, phaizawl hmuna state khawpui,

Imphal atanga khawchhak lam km 80 vela hla, Naga cheng tamna tlangram district-a mamawh bungrua phurhna tur kawngpui dan mek hawn an tum vang a ni a. District pahnih inkarah hian Kuki telin hnam dang chenna khua tam tak a awm bawk.

Khaw mipuiten an lo dan karah venhim hna thawktute hian Zirtawpni tuk atang khan kawngpui dannate an tifaite tan a. Inlambunna a thlen hnuai sipai tam zawk luh belhin a titute zawn hna an thawktute.

Imphal-Ukhrul kawngpui hi Kuki-ten an hnampui mi 14 chin hriat lohva awm mekte him taka hrui kir an nih phutin an dang a. Naga mipa paruk pawh chin hriat lohvin an awm ve mek bawk a, an hnam chuan chhuah zalen tura phutin nawrh an huaihawt ve bawk.



Chief Minister Yumnam Khemchand Singh-a chuan pawkhawihna thleng a dem thu sawiin truck khalhtu chhungte a tawhpui thu a sawi.

"State puma thil pawimawh inpek a tawp loh nana hna pawimawh tak thawktu leh tangkai ber, bungraw phur lirthei lambun a ni leh driver nunna lak hi thil paw tak a ni a, kan state-a boruak tang tak awm mek tihzual tumna a ni," a ti.

Truck khalhtu hi kum

57 mi, Nitish Kumar-a a ni.

Ni hnih kalta khan chief minister hian Manipur Truck Owners' Welfare Association aiawhte a lo kawm tawh a, national highway-a dan leh thupkek kenkawhna dinhmun leh bungraw phur dan tur a sawipui.

Manipur-ah hian kum 2023 atang khan Kuki leh Meitei inkarah buaina a chhuak bawk a, tun thlengin tharum thawhna thlengah mi 260 chuang an thi tawh a ni.

BrahMos-ah Vietnam nen inremna ziaik, Indonesia ziahpui thei hnai

Indian Defence Secretary Rajesh Kumar Singh-a chuan Vietnam nen BrahMos missile chungchangah inremna an ziaik fel tawh tih a sawi a, hetihlai hian Indonesia nen pawh hetiang thuthung ang bawh hi ziaik turin an intifel hnai tih a sawi bawk.

Singh-a hi Shangri-La Dialogue-a tel turin Singapore-ah a awm a, a thusawi hi missile system lei duhte zawn chhanna a ni.

Singh-a chuan, "Ka hriathiam dan chuan Indonesia leh Vietnam nen pawh hian inremna hi a tawp thlen tawh a ni a, a nihna takah chuan Vietnam nen phei chuan ziah a ni tawh tih ka hria a, vantlang hria-

tah puan a la ni lo mai thei a; mahse, ziah a ni tawh a ni," a ti.

Philippines chuan kum 2022 khan USD maktaduai 375 vel man inremna a ziaik a, ram dang atanga BrahMos missile system hi India atanga lei hmasa ber a ni.

Indonesia chuan March thla khan BrahMos missile system lei nan India nen inremna an siam thu a lo sawi ve tawh bawk.

May thla tir lam Vietnam hi India nen BrahMos missile chungchangah inremna ziah an hnaih tawh tih thuthang a awm bawk a; mahse, Inrinnia Singh-a thusawi hi mipui hriate he thil chungchanga thuneitu sangten an sawina hmasa

ber a ni.

Vietnam leh Indonesia nena inremna ziah hlut zawng hi puan a la ni lo.

Ram venhimna hmanrua changkang tak takte insem chungchanga sawiin Singh-a chuan ramte chuan a tlangpuiin ralthuam system leh platform thiam tak takte chu thian thaa an ngaih ramte hnenah an hralh thin tih a sawi a. "Rintlakte hnenah technology hi i pe ve thin a ni," a ti.

India chuan Association of Southeast Asian Nations (ASEAN) ramte chungah inpekna nget tak a nei tih a sawi bawk a, 'in zavaiin thian tha ram angin kan en a, invenna hmanrua hmasawn tak takte kan in-

sem thei a ni' tih a sawi.

ASEAN-ah hian member ram 11 - Brunei Darussalam, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor-Leste leh Vietnam te an tel a ni.

Philippines leh Vietnam telin ASEAN ram eng emaw zat in khawvela sumdawnna kawng lun ber zinga mi, South China Sea chu China nena thununtu zawk nih inchuhna rilru pu an ni hlawm a. New Delhi-in Asian chhimchhak ramte nena ram venhimna lama inzawmna a tihzauva ram hrang hranga BrahMos a thawnchhuak hian ngaihven a hlawh hle.

RAM PAWN

Ebola darh chak takin 'dinhmun hlauhawm' siam - MSF



Democratic Republic of Congo-a Ebola leng darh chak tak chuan 'dinhmun hlauhawm' siam mek niin damdawi thila mi tanpuitu pawl, Médecins Sans Frontières (MSF) chuan a sawo.

World Health Organization (WHO)-in hri leng a puan atanga chawlhkar hnih hnuah MSF hian a sawi a, Deputy Director Dr Alan Gonzales-a chuan tun hmian hetiang zat 'kai tam' hi chhinchhiah a la ni ngai lo tih a sawi.

MSF-in hetiang a puang hi WHO chief Dr Tedros Adhanom Ghebreyesus-a'n Congo khawchhak lam province, hri kaina hmunpui ni mek, hri tlawha a darh zel lohna tura hmalaknate a enpui lai a ni.

DR Congo-ah hian Ebola vei nia rinhlehl mi 1,000 chuang an awm tawh a, a tlem berah mi 246 an thi tawh bawk a. An thenawm, Uganda-ah a kai hmuh chhuah mi pakua an awm tawh a, mi pakhatin a thihpui tawh bawk.

Inrinni khan Gonzales-a chuan thuchhuah siamin, "Ituri Province-a Ebola leng puan a nih atanga chawlhkar hnih hnuah thil awm dan hi a hlauhawm hle

a ni," a ti.

"Ebola a leng tih puan a nih hnu lawkah hetiang zat kai hi a awm ngai lo," tiin, a hmuna a team-te chuan 'hripi darh chak lutuk hi an la phak lo hle tih an hmuh' tih a sawi.

"Tunlaia thil thleng tak chu a nasat dan tumahin la hre lo va. Ni tin rinhlehl thar an awm a, chutih rualin sample za tam tak chu test loh a la ni," a ti bawk.

Gonzales-a chuan hri a darh zel lohna tura hmalakna leh puina thawnte chu 'harsatna lian tak' avangin a tlai tih a sawi a, hei hi ramri leh thlawhna tumhmun khar a nih vang pakhat a nih thu a sawi.

WHO pawhin DR Congo-a buaina chhuak mekin Ebola leng dona chu nasa takin a tibuai niin a lo sawi ve tawh bawk.

Inrinnia Ituri province khawpui, Bunia a thlen hnuah Tedros-a chuan a team-ten DR Congo-ah an awm tih a sawi a, 'engtin nge hri leng dona a kal zel tih leh tanpuina kawngah harsatna a awm em tih en turin' a nih thu a sawi.

Hri lenna hmunpui bera mite chu natna dona kawngah chanvo pawimawh tak an nei tih a hrihl a. Mitthi

vuinaa an thil thil dan thichu a pawimawhzi a hriat thiam thu a sawi rualin tunah erawh hetiang hi a hlauhawm tih a hrihl bawk.

"Ebola vanga thite ruang khawih pawh hri darhna a ni thei a. Kan hloh tawhte avanga kan lungngaih lai hian mi dang kan hloh zui loh nan theitawp kan chhuah a ngai a ni," a ti.

Bunia-ah hian ni tin khawhsak dan a la danglam lo va, miten an thil thil pangngai an thawk chhunzawm zel.

WHO chief hian Bunia-a National Institute for Biomedical Research laboratory a tlawh hmasa bera a, hetah hian Ebola vei nia rinhlehl sample lakte endik a ni.

Tual chung damdawi in thuneitute chuan he facility hian darkar 24 chhungin result a pe thei tawh tih an sawi a, hei hian doctor-te chu rang taka hriatchhuah leh enkawl theih nan a puith thu an sawi.

Heti lai hian Brazil-a damdawi in thuneitute chuan Inrinni khan São Paulo state-a Ebola vei nia rinhlehl pakhat an chhui mek tih an sawi a. Chanchinbute chuan mipa kum 37 mi hi tun hnaia DR Congo atanga haw a ni tih an sawi.

Israel-in Lebanon-a Beauford Castle leh a tlangdung an la

Israeli sipaite chuan Lebanon chhim lama kum 900 zeta upa, Beauford Castle leh a lawna kawng pawimawh tak chu an la niin an sawi a, chawlhkar ruk chuang kaltaa inkahhai puan a nih hnuah inbeihna la kal zui zelah Iran-in an thlawp, Hezbollah laka an hmasawna lian tak a ni.

He thil hi April thlaa inkahhai a nih hnuah Hezbollah-ten Israel hmar lam hawia silai an hmehpuah nasat ni, sikul chawlh leh chet velna khuahkhirh a ngaih phahna a thlen hnuah thleng a ni.

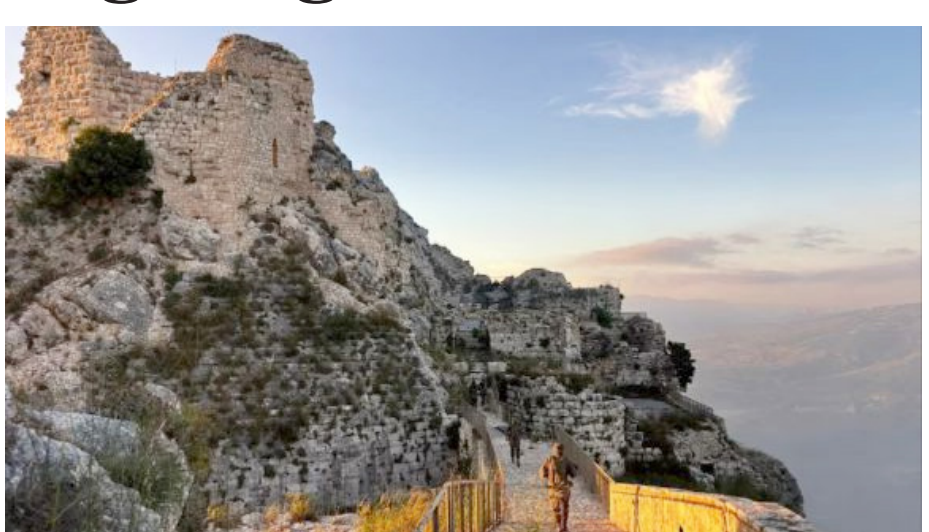
Sipaite chuan beihpui thlakna hi Beauford Ridge leh Wadi al-Saluki-a thunun tumna a nih thu an sawi a, hetih rual hian Iran kaihrui-ainaa a tlangdungah Hezbollah helhovin hmunnha an din thichhiatna tur a nih thu an sawi.

Beihpui thlaknaah hian Israeli sipai pakhat a thi ve bawk niin sipaite chuan Pathianni khan an sawi.

Lebanon leh Hezbollah atangin Beauford Castle lak chungchangah hian engmah sawi an la nei lo.

Hun laihawl hunlaia kull leh tlangdung an la hian Israel hi Lebanon-ah thuk zawkin ke a pen a, indona awm mek ruala kal ve mek dang, Iran indonaa inkahhai a a awm lai pawhin Israel-Hezbollah sipaite chu inbein an la thawkrim dun hle tih a tilang.

Hezbollah hian Iran-a buaina a chhuah atanga ni eng emaw zat hnu, March 2 khan Israel-ah rocket leh drone kapin Iran laka US-Israel tang dun indonaa a lut tan ve a. Hemi hnu hian Israel chuan Iran-in a thlawp helte hi a hmar lam ramri atanga hnavh



chhuah tumin a bei tan zuinghal a ni.

Beauford Castle an la hian Israeli sipaite hi lehhlamin an ram an beihna hmun ber, Lebanon chhim lam leh Israel hmar lam hmun tam zawk thlithlai theihna a pe a ni.

Hezbollah hian tlangdung atang hian 'beihna tam tak an thlen' niin sipai chuan an sawi a. He hmuna ammahni beihna atana hmunnha tichhe turin beihpui an thlak tih an sawi a, heng hmun atang hian 'Israeli civil mite leh IDF si-

paite lam hawin hlauhawm za tam tak kahchhuah thin a ni' tih an sawi.

Israeli sipaite hian Lebanon chhim lama Hezbollah kullpui lian tak, Nabatieh bulah pawh beihpui an thlak mek niin sipaite chuan an sawi.

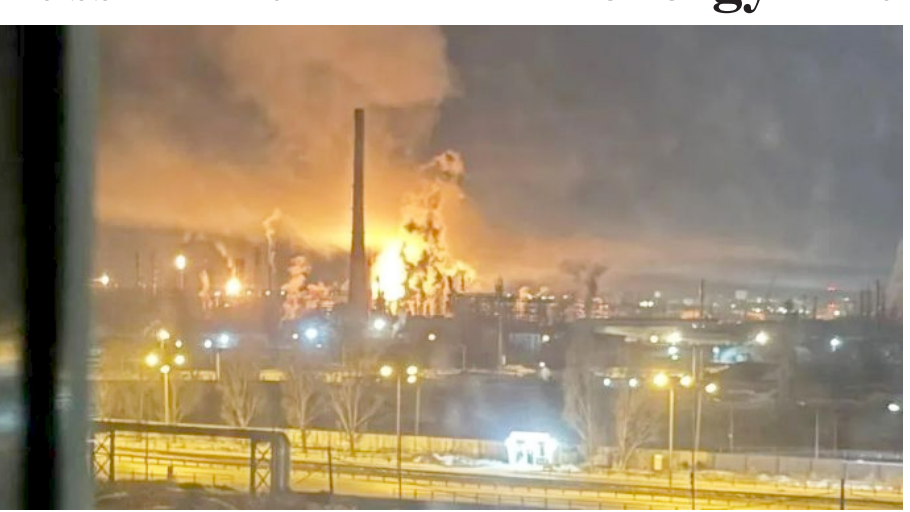
Ukraine-in Russia hmun tam taka energy hmunnmate bei

Ukraine chuan drone hmangin Russia-a region bial eng emaw zata energy hmunnmate an bei a, oil pipeline pumping station leh tuialthei thlitfima hmun te pawh a tel niin Russian leh Ukrainian thuneitute chuan an sawi.

Ukraine-a General Staff chuan Volga luia Saratov oil refinery an kap a, kangmei nasa tak a chhuak niin an sawi a. Saratov region Governor Roman Bugarin-a chuan Telegram-ah beihnaah hian 'civil mite hmunnmate' tihchhiat a nih thu a sawi bawk a, a kimchang erawh a sawi lo.

Russian defence ministry chuan Inrinni zankhua khan drone 216 hmanga beih an nih thu a sawi.

Kyiv chuan Moscow hmarchhaka Kirov region-a Lazarevo pumping station leh Ukraine atanga km 1,300



vela hla, Surgut-Gorky-Polotsk pipeline chawmtu, Siberia atanga Belarus-a pekna, Lazarevo pumping station pawh an kap tih a sawi.

Kirov region Governor Alexander Sokolov chuan drone-te hian an region-a hmunnmate pakhat an kap tih a sawi a, thil chiang leh eng ang chhiatna nge a thlen tih

a sawi lo thung.

Ukrainian ramri bula awm, Rostov, Voronezh leh Belgorod region governor-te pawhin chhiatna thlen thu an sawi hlawm a. Belgorod-ah hian civil mi pathumin hliam an tuar a. Ukraine chuan sipaite awmna chauh an kap tih a sawi a, hei bakah hian Rostov region-a tuialthei

kudam an kap bawk.

Russia-te thunun, Crimean peninsula-ah Moscow thlawp Governor Sergei Aksyonov-a chuan thuneitute chuan harsatna nasa zawk awm thei avangin petrol hralah khuahkhirhna an an siam tih a sawi.

A chhan chiah sawi lo mah se Ukraine hian thi

tam tak chhung chu Russia chhimthlang lam, Crimea bula tuialthei hmunnmate a lo bei tawh a ni.

Ukrainian air force pawhin Russia hian khatah drone 229 hmanga bein an kap chhuak niin an sawi ve bawk a, heng zinga 212 chu Ukraine hmar leh khawchhak lam chungah an kap thla niin an insawi.

February, 2023 atanga Russia-in thapuaia a beih hnuah a thenawm, Ukraine nen hian inkahhai puang zeuh mah se an indona a la tawp thei lo va. Tihtawp tumin hmalaknate chuan awmzia a la nei thei lo.

Indonaa hian hun rei tak chhung chu Kyiv hian Russia ram chung a kap ngai lo va, tun hnaiah erawh an ram laili zawk luhchilhin an eibar hmuhna pui ber, tuialthei hmunnmate a bitum thar nasa hle a ni.



RK Dawla
Mb 9366095658

SUSTAINABLE, INTEGRATED FARMING IN MIZORAM - 22

1. June thla tir kan thleng a. Nikir khawchengin min hmuak mek a. Kumkhat lo nei thintute chuan nikir khawchen hnu-ah chuan hlo chheh pawh an er (nung) leh duhin an sawi thin a. Hei hi boruaka hnawng tam (High relative humidity) leh leilung hnawn that tawh vang a ni thin. Tin, thil phun a hun tan tihna a ni baw. A nawlpuiin thlai kan phun hun a inher chhuak chiaa, thlai phunna tura leilung lo inbuatsaih hmasak kawngah erawh tan lak kan la ngai thar viau awm e.

2. Thei tiak kan phun dawn reng rengin, khur chhe te tal siamsak hmasak tluk a awm lova. A chhan chu, thlai tiak dawrawm leh no khan ei nghan mai theih chaw a mamawh a. Duhthusam phei chuan vermicompost/compost tlem tal lei chunglang nena chawhpawh hi thlai phunna tur khur hnawn nan hman theih a tha ber. Hnutetui nei chi (mihring, ran & ransa thenkhat) ang chi hovah hian, nau/noté pian hlima hnutetui eng deuh lo chhuak hmasa, colostrum a pawimawh ang deuh hian thlai phun tih tân compost tluka colostrum tha a vâng hle.

Tin, tui tlin/châm rei theihna tur khawpa lei vung thawl emaw khaw emaw hi thlai tam ber phun nân a tha lova. Thlai phunna tur bi-ah tui a tam lutuk or châm rei lutuk a nih chuan, thlai zungin boruak a hmu thei lova. Tui mûr tam khan boruak a nek chhuak vek a, thlai zung a tawih duh a. Tin, tuitlinga inthlahpung t hinh natna - Phytophthora, bacterial blight etc an chhar duh baw. Thlai phunna tur khur kan hnawn hian, thawng tak aiin lei pangngai, thlai leh thing awmsate tona anga muk lutuk lo, thawl lutuk lo hi a tha ber a. Tihmuk hlek a fuh baw thin. Tin, kangvar a nih loh chuan, thukvut leh meihawl nawi hmanga khur hnawn lei chawhpawh hi a finthlak viau baw. Chinai thi hi Department lam hian an leklam viau nâ a, rubber & plastic rawhna ni lo, thing leh mau kang a tanga insiam mei-vut hi a tluk lo hle a, Switzerland leh Bangladesh ang vel a ni, a ropui hleih dan kha... Thingtlang lamah thukvut hi a tam thin a, khawtir leh hman tangkai lamah thanharh kan ngai hle. Resource tha zawk kan ramah a awm reng a, a tha lo zawk, Meghalaya chinai thi kan chawlut reng hi âna ténau chi khat a ni.

3. Thei tiak phunte hi, kung sang lutuk leh buk lutuk ni nghan lo sela a tha baw. A kung sang lutuk chu chhawka a, a chhip-ah natna a luh loh nân sarang hmanga tuam mai kha a tâwk. Farmer's notion pakhat chu, thlai kung chhawka hian, tui a luh chuan a thi duh kan ti t hian a. Hei hi a dik lova, a nihna takah chuan thlai taksaah kha tui a lût zawk tur a ni, a dehydrate kha a hlauhawm zawk. Thlai kung lian deuh kan tan chhumna hliamah kha tui pûchhuakin, thlai tak-sain a mamawh tur aia tlem a awm ang tih kha a hlauhawm zawk a. Chu chu sarang hmanga tuamin kan veng zawk a ni. Ruautui ni lovin, infection a lût ang tih kha thil hlauhawm zawk chu a ni baw. Boruak hian thlai natna hrikte hi an lêng ve reng a. Thlai kung tanchhumna a tanga thlai tuihnang (plant sap) a lo chhuak a, hei tak hi rannung leh natna hrik thenkhat tân chaw tui tak a ni zawk a ni. Engpawhmisela, thlai leh thing phun hi uar deuh deuh ila, Mizoram hi ram nuam leh intodel, tourist attraction mawi takah siam turin i tang zel ang u. Ngaw awmsa tichhezawng ringawta chêt kan lak reng chuan, lunglai chhirin bân a pelh hun kan thleng hlauh dah ang e.

ASSEMBLY COMMITTEE LEH R LALRODINGI

Lalremtuanga

Tunhna maia Tourism Department director chungchanga MZP hmalakna avangin Pi R Lalrodingi beihna chi hrang hrang social media-ah a tam hle mai a. Chuta langsar tak pakhat chu Mizoram Legislative Assembly pasarihna (7th Mizoram Legislative Assembly/ State nih hnuah inthlan vawi sarinhna) hnuahia **Committee on Estimates report** pakhat Bamboo Development Agency (BDA) chungchang hi a ni. He report-ah hian khatih laia BDA General Manager Pi R Lalrodingi chu a chhe thei ang ber a sawi a ni a. BDA enkawltu ni tlak a ni lo, a ti deuh tawl mai a ni. He thu tak hi social media lama he report thedardhute chuan an uar hle a ni.

Mahse, kha report kha uluk deuh hleka zir chuan Committee pawh kha Pi R Lalrodingi hi thiamloh chantir a khenbeh hi an tum lutuk ve baw a ni tih a hriat theih. Khati khawpa an sawiche chung pawh kha action lak tak tak leh i phei chu a awm hlei lo a, action lak pawh chu an rawt chung baw hek lo. Thil nih dan tur ve reng a ni ang emaw, mak tih ve theih deuh chu a ni. A sawn erawh chu Committee rawt vang ni loin amah leh officer thenkhat huphurh an nih vangin sawn an ni hlawm. Khatih lai kha Industries department hmachhawp, cheng vaibelchhe 18 man project, Modified Industrial Upgradation Scheme hnuahia Upgradation of Industrial Estate Zuangtui kha a rawn chhuak a, officer pawimawh tak pathum an per nghan t hawt mai. Kha cheng vaibelchhe 18 man project pawh kha vawiiin thlengin engmah vak a ni ta lo a ni. Assembly

Committee te hian BDA an chhui chiam angin he project-te hi chhui ve se a tha ngawt ang. A chhan chu 2015 kha chuan cheng vaibelchhe 18 chu a tlem miah lo. Mahse, tunah hian kha project-a hmalakna engmah en tlak leh sawi tlak a awm lo chu a nih hi.

BDA hmalakna Committee-in an zirchiannaah kha Pi R Lalrodingi hi angel anga felfai leh thianghlim a ni e tih thu chu a awm hauh lo, mihring a ni a, ama tlin lohna emaw a hnuahia thawkte fel loh vang emaw an mi rinte lo rinawm loh emaw tlak loh emaw, a nih loh leh an aia lal leh political boss ten chunglam a tanga an thui thlak avanga fel taw lot pawh a awm ngei ang. Chung chu chanchinbu iloa chipchiar taka han sawi leh khel chiam a tul taw hauh lo ang. Kum 10 chuang kal tawh thil te pawh a ni baw. Thil thenkhat erawh chu tunhna an rawn tharthawh takah hian sawi ngei tulin a lang a ni.

Committee-in thil fel lo an sawi ber hi chu BAFFACOS sum hmanna chungchang hi a ni. He BAFFACOS sum hmanga BDA hnathawh vanglai hi 2004-2006 kha a ni a, hetih lai hian Pi R Lalrodingi chu BDA-ah chuan 2008 May thlaah a awm chauh a ni. Hetiang a nih avang hian BDA zirchiangtute hian a fuh lo lai leh a siamthat theih dan tur hmuhchhuah tum lem loin thiamloh chantir tur ngawr ngawr an zawngte pawh a an phah hle a ni. An report han en hi chuan Pi R Lalrodingin an enkawl hnuah BDA-in pawisa an lakluh dan an tarlang tha fu a, a hma lam hi record mumal a awm lo nge a lang ve lem lo. A bikin BAFFACOS sum an dawn leh hman dan phei chu tarlan a ni lo, BDA sum dawn dang erawh hi chu an tarlang tha viau. Tarlan ni se a nasa viau mai thei. Chutih lai chuan a hlawh-

chhamna lam an ngaipawimawh viau a, chutah Pi R Lalrodingi an puh vak ta ngawt mai a ni. Assembly hi a zahawm viau lain tuna an zir aia thuk leh mumal zawkin lo zir se tha tur a ni a. Dik tak chuan BAFFACOS hun lai kha chuan DOEACC (tuna NIELT ni ta), Zuangtuah hian Joint Director-in a awm a ni. Tun aia taima zawkin, committee hian, han zir na se zawng, a mawhpurthu dik tak an hre ngei ang maw le. Dik leh dik lo lam aiin man theih hnaivai vai man an ang ta deuh a, hetiang hi chu, an thatchhia e tihna ni loin, thatchhia leh chak lo te tih tur a ang.

Social media lama thu thedardhute, Mizoram Cockroach intite thleng hian committee report uluk takin zu han chiharchhuak miah lo va maw le. Pi R Lalrodingi hi project engmah khawih tawh lo turin a recommend an han ti a. Thil reng reng hi nger lam nei sa ni lo, a nih dan dik tak zir peih hi a ni kan ramin a mamawh. Report-ah kha chuan BDA General Manager thlak tul an tih thu a uar theipatawpin an sawi tlut tlut mai tih tur chauh kha a ni. Project chungchang report-in a sawi kha chu, BDA enkawltute hi chu project enkawlna lamah nihna pawimawh pek tawh loh ni se tih mai kha a ni (The Committee, therefore, recommends that the officials responsible for managing BDA should not be given any responsible post dealing with projects in future). Eng emaw ti zawng ngaihtuah chuan a 'mamuli' teh tawp deuh. BDA zirchiangtu committee hian BDA chu industries department-ah chhunluh ni se an ti a, an tih awm tak pawh a ni ang, State Bamboo Mission, an zir tel miah loh pawh Environment and Forests Department-ah chhunluh ni se tih an rawt tel. Tichuan, state-ah hian

WORLD MILK DAY- 2026: CHAW THA TAK- BAWNGHNUTE THIANGHLIM LEH HRISEL

Dr. Lallawmzuali Ralte

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Vawiiin June 1, 2026 hi World Milk Day (WMD) a ni a, khawvel hmun hrang hrangah he ni hi urhsun takin hman a ni a. Kum 2001 atang kha kum tin June ni 1 hian hman thin niin, a bul tum tu chu Food and Agricultural Organisation (FAO) te an ni a. He World Milk Day-in a tum bulpui ber chu khawvel pumah bawnghnute hi chaw tha leh

pawimawh a ni tih inhrilhrat hi a ni. Khawvel mipui mimir ten bawnghnute hnianghnar, hrisel leh taksa chak nan leh thanlen nan bawnghnute leh bawnghnute a tanga siam chhuah eitur chi hrang hrang (dahi, lassi, vur, paneer, butter leh a dangte) hnianghnar zawk a kan lo neih theih nan a hma lak hi FAO in a tum ber chu a ni baw.

Kumin 2026-a World Milk Day thupui chu "Celebrating Women Farmers" tih a ni a, a awmzia chu bawnghnute thar chhuahna kawngah hian hmeichhiatan mawhpurhna pawimawh tak an chelha a ni tih hi a ni. A bikin ran leh bawng enkawl kawngah, huan/lo neihna kawngah pawh hmeichhiate thawhhlawkna te, eizawna kawng leh chaw hnianghnar tak (food security) a awm theihna tur

kawngah hmeichhiate thawh hlawkzia hriatpui leh fak an phu a, an lawmpui-awm tak zet zet a ni tih hi a ni. Khawvel pum huap thlirin hmeichhia Nuai 800 chuang te hi bawng farm (dairy farming) leh bawnghnute thar chhuahna (dairy sector) ah an thawk mek nia chhut a ni.

Kan sawi tawh ang kha he World Milk Day hi khawvel hmun hrang hrang ah hman thin niin - School te, College te leh Universities te leh Office a te hman thin a ni a, item chi hrang hrang Seminar leh Workshop te, Quiz, Group Discussion, Essay inziaksiak te leh thil hrang hrang te tiin he WMD hi hman thin a ni. Kan taksa a lo hrisel a, kan lo chak a, kan lo thanlen nan, a tam thei ang ber bawnghnute in thin tur a ni. Bawnghnute hi mihring tana chaw tha leh tlawm

si a ni a, amaherawhchu thianghlim taka tharchhuah a nih loh chuan natna hial thlentlu a ni thei.

Eng nge bawnghnute thianghlim chu?

Bawnghnute thianghlim chu "Ran hrisel tha tak hnute a tanga sawr chhuah, bal leh tho in a bawm loh, chaw tha (nutrients) tel kim si, rim thiak tak nei, natna hrikin a pawh dal loh mihring tana ei / in tlak a thianghlim" hi ani. (Bawng no neih hma ni 15 leh no neih hnu ni 5 huam tel lo in.)

Bawnghnute Thianghlim chu :

Natna hrik laka fihlim mihring tana in tlak ani tur a ni.

Chhuanso that chuan rei tak dah that theih a ni tur a ni.

Hmun hla tak phur pawh a chhe mai

mai tur a ni lo.

Thil dang (bawnghnute a tanga eitur chi) siam leh nan a hmantlak a ni tur a ni.

Natna hrik bawnghnute a a luh awlsamna kawng te chu:

Bawngk, tui thianghlim lo, bungbel fai lo, chaw thianghlim lo, boruak thianghlim lo, ran bal leh bawnghnute sawrtu (milk) fai lo atange in a ni deuh ber.

Bawnghnute a lo thianghlim loh path theihna hmun te :

Ran in leh a vel, ran a tanga, bawnghnute sawrtu (milkers), Bawnghnute sawrna hmanrua leh a phurhna (transport) leh dahna (storage) him taw lo.

Heng a hnuah mite hi bawnghnute thianghlim neih theih dan tur kawng te (Phek 3-ah chhunzawm...)

Zahngaihna leh thutakin lal a vawng tha a, A thutthleng chu zahngaihnaa tundinin a awm.

THE AIZAWL POST

Editorial.....

Mizo Daily Newspaper

MIZOTAXI

Mizoram chhunga passenger phur chi lirthei-a chuang thin te'n sorkar approved rate dik tak an chaw theihna atan Mizotaxi mobile app chu peih fel a ni ta a. State Transport Authority, Mizoram thuchhuahin a tarlan danin vawiiin June ni 1, 2026 Thawhtanni a tanga hman tan theih tura ruahman a ni.

Hei hi Mizorama transportation lama hmasawna mellung chhinchhiahtlak tak a nih rualin, mipui harsatna sutkianna tha tak a nih bakah, Aizawl ti "smart city" lehzualtu tur a ni dawn a, STA lam an fakawm; a lawmawm hle. Tunhmaa taxi fare chungchanga taxi driver leh passenger-te innghirngona thleng thin leh mipui phunnawina thleng thin ang kha a reh taw tura ngaih leh beisei a ni.

Mizotaxi hi India ram khawpui dang Uber/Ola an hman ang deuh hi a ni mai a, sawrkar rate dik tak hman a nih tawh dawn avangin rinthua taxi driver-ten "chuti zat chu" an tih ngawt ang kha a ni tawh dawn lo tihna a ni ber awm e. Kan han hmang chhin ang a, ziak leh chhiar tamna state kan ni baw a, kan thiam leh zung zung mai ang.

Hetih lai hian, taxi driver-te hi registration tihfel nan June thla chung hun pek an ni a; vawiiin June ni 1 a tanga mizotaxi app hmang nghan thei tur taxi hi an tam hman lutuk lo maithei a, saw-

rkar rate dik tak hman hreh avanga registration tihfel lawk duh lohte hi a awm theih ang em? tih pawh ngaihtuah theih tak a ni awm e.

Mizoram sawrkarin taxi fare a bituk hnunung ber kha hriat theih chinah 19.02.2024 kha a ni a. Khatath STA lamin taxi fare an bituk dan chuan, two wheeler tan km 1 Rs 30, a hnu lam km khat zelah Rs 20. Autorickshaw tan km 1 Rs 35; a hnu lam km khat zelah Rs 25; 4wheeler taxi tan km 1 Rs 55, a hnu lam km 1 zelah Rs 45; Maxicab tan Rs 3.50/km/ passenger for metalled road; Rs 4.00/km/passenger for un-metalled road, tih a ni.

Mizotaxi registration tihfel tawhte tlan dan a tanga "chumi leh chumi inkar Rs chuti zat" tih chu social media lamah a darh leh zung zungin a rinawm a. Chutiang rate hre chung registration la tihfel ve lote taxi hmangtute leh taxi driver-te inkar June thla chung hi chuan inhnialna a la chhuak zauh zauhin a rinawm.

Eng pawh ni se, STA leh NIT Mizoram tawhhdunna rah duhawm tak hmangin mipui harsatna sutkian a ni tur hi a lawmawm a, Mizoram NIT kan chhawr tangkai hi a lawmawm a, a bik takin Digiride Technology Pvt. Ltd te tan pawh hmang chherna duhawm tak a nih ngei a rinawm.

Bamboo Development Agency pakhat chauh a lo awm ang, an ti a. Industry department chu nodal department ni lo se te an ti baw. An report hian an duh dan chu ngaihtuah lunglen chu a hrih ve thei deuh awm e.

Committee kha General Manager kha an tum angin an han chhuah chhe viau ngei mai a. Mahse, a chungah executive director (ED) a awm tihthe hi an hre tho ang emaw. General Manager hian financial power a neih loh avangin ED thu loin pawisa an hmang thei lo tawp a. Chairman a awm tih te chu an hria niin a lang, chief secretary aiin MLA ni se tihthe an sawi. Mau ngaihpawimawhna aiin legislator ten regular office an neih theihna tur leh sum bawm mumal an neih ve theih dan tur an ngaihtuah mai mai pawh a ni ve thei tho. Mau ni lo thil chi hrang hrang BDA-in an lo khawih tel thin kha mak an tih hmaw fu a, mahse, a chhan dik tak han zawn hram hram te pawh an tum lem lo ni chuan a lang. Directorate-in ti turin an ti tih a ni a, chhui thui deuh se chhan mumal deuh a awm ang, an duhtaw hma deuh.

Pi R Lalrodingi hian BDA General Manager a nih lain project pahni a thaw ve hman a, pakhat chu Upgradation of Export Promotional Industrial Park (EPIP), Lengte kha a ni a, NEC (North Eastern Council) fund a ni. BDA hotu ni mah se he project buaipuinaah hian a inhnawhniawh lem lo. Indian International Trade Fair (IITF), New Delhi-a Mizoram Pavilion director nia ni 20 chhung a zin bo hlana office lamin hman lo lak a ni a, thil fel lo eng eng emaw a awm avangin NEC lamin a vawi khatna bak pawisa an rawn pe duh ta lo a, an ti

tawp zui a ni. Chuvangin, EPIP, Lengte chei that tumna hi chu eng teh ual ang a ni lo ve hrim hrim. A dang chu Export Import Business Training Centre (EIBTC) niin ASIDES sum hmanga sak a ni. Committee hian sawi pawr tur an hre tehchiam lo a ni ang. Assembly committee-in BDA an chhui chiam hnu, report an la peih hma sia Pi R Lalrodingi, officer pawimawh dang pahni nena sawnchhuah an nih kha, BDA General Manager a nihna anga a hmachhawpte chu chhunzawm mumal loh ten a awm ta hlawm a ni. EIBTC pawhin ngaihsak leh ngaihven a hlawh zui ta lem lo a, committee-in an tlawh lai hian 80% vel thawh zawh tawh a ni a, a bak chhunzawm ni loin tun thlengin a awm t awl rih chu a ni. Ani Pi R Lalrodingi pawh Mizoram hmun hrang hranga a then kual hnuah North Eastern Council (NEC)-ah a zu then lut a, Mizoram hian khuta a awm zar pawh kan zo ve viau a nia. Tuna amah beitu MZP te pawh hi a zarzotute zingah chuan an tel a tih theih awm e. An ZOFEST hmanna tur sum an dil kha an belbul ber pakhat a ni a, khatih lai kha chuan anni pawh a hnenah hian an lawm ve viau ni awm tak a ni.

Assembly Committee on Estimates hi a pawimawh takzet a, a thu pawh an thu. Chuvangin tum nei sa ranin thil an ti emaw ni le tih theih tur ni loin thil fel lo emaw tangkai lo emaw te chinfel a, t angkai leh awmze nei nih tir hi tum thin se. Assembly committee ber awn lam nei sa a ang tia puh theih deuh ti tih tura a awm fo chuan ram leh house/assembly a zahawm thei ngai lo ang.

4th round lut Sabalenka leh Osaka



French Open third round paltlang zingah Aryna Sabalenka leh Naomi Osaka telin, Inrinni zana World No. 1 Sabalenka hian Australian nula Daria Kasatkina lakah 6-0, 7-5 hnehna changin upset lian a pumpelh hram!

A hma lawkin mipa singles lamah a zawnin ni hnih chungu chu tournament kal laiah rinkai pahni an lo tla thum tawh a; chu'ng mite chu men's top seed Jannik Sinner leh 24-time Grand Slam champion Novak Djokovic-te niin, champ tura rinkai ni chungin Paris chawhkar hnihna chuangkai pha lo zawngin an ral thum ve ve a ni!

Belarusian four-times Grand Slam champion Sabalenka pawh hi chak zawk tura ngaih a nih ang ngein set khatnaah hasratna a tawh eih lo a, set hnihna erawh a dan a dang ta daih a, khelmual a luh hma darkar 48 chhunga tla hraw pahni hnung a zui ve thei mai dawn em tih ngaihtuahna a put theih rum rum hnuah

fourth round lama Japanese Osaka hmachawn thei turin a tlang hram a ni.

Court Suzanne Lenglen-a Sabalenka hneh zo ta lo Kasatkina kha Russian ni mah se nikum khan Russia ram mi a nihna bansanin Australian-ah a inziaklut fel a, an inkhelh lai pawhin amah tantute chu 'Aussie, Aussie, Aussie' tiin an au laih laih a nih kha!

Third round inkhel dangah seeded 16th Naomi Osaka hnehna kalkawng a harsa zual a, set thum chung inbeihna hautak zeta American teirawl Iva Jovic chu 7-6(5), 6-7(3), 6-4-in a paltlang hram a, a career-a a wavi khatna atan French Open fourth round lutin, World No 1 Sabalenka lakah fiahna hautak leh zual tura beisei a hmachawn zui leh dawn a ni.

Kum 18 mi lek Jovic khan he tournament-ah hriat la hlawh lo mah se Court Suzanne Lenglen-ah world number one hlui a chahibuai hneh hle a ni.

Defending champion Gauff inhamtang zo lo!

2026 French Open women's singles khelhel mekah tum hnih lai Grand Slam champion ni ve tawh leh Roland Garros bika champ lai ni bawh Coco Gauff chu Inrinni zan khan third round paltlang zo loin a tla a, Paris major kal meka tla hraw ber a ni rih!

American fourth seed Gauff Austrian nula Anastasia Potapova chuan 4-6 7-6 (7-1) 6-4-in a hneh a, a tum hnihna atan French Open fourth round a lut.

Kum 22-a upa Gauff hian nikum French Open final-ah khan rinkai zawk Aryna Sabalenka hnehin a champion nawh a; kumin

hian a title humhim tura Roland Garros a pan hma kumin bikah eng title mah a hlawhchuak zo lo a, Paris tournament-ah pawh chuan hma zeta a tla zui leh ta mai a ni!

Kum 25-a upa Potapova khan 6-3 0-6 6-2-a Camila Osorio hneh tu Russian 22nd seed Anna Kalinskaya chu last 16 lamah a tum zui leh ang.

Inrinni zan kha Budapest khawpuia Europe club inelna sang ber Champions League final khelhel zan niin, French Open khelhelna khawpui Paris club Paris St Germain-in an title kawh lai humhim tuma London club lian

Arsenal an sut zan a nih avangin Court Philippe Chatrier chhunga inkhel boruak pawhin hundang a pha lo deuhin a lang a; Paris kawthlerah champion lawm French mipui an sapatal bawh avangin Inrinni zan French Open inkhel boruak chu a heng deuh tlatin a lang!

Inrinni zan vek khan American sixth seed Amanda Anisimova pawh tournament khel zui thei loin a tla a, a tualchhung nula Diane Parry a hneh lo.

Kum 2025 Australian Open winner Madison Keys thung erawh chuan set thum inbeihnaah ninth seed Victoria Mboko a paltlang.



Inter Branch YMA Table Tennis:

Mission Vengthlang leh Vaivakawn champ!



Ni li aw, May ni 26-29 chhunga khelhel zawh tak LBS Suzuki 6th Inter YMA branch Table Tennis Tournament 2026 chu karliamta Zirtawpni khan a tiak ta.

He tournament-ah hian category ngaihhlut hlawh team inelna huangah Mission Vengthlang Branch YMA chu mipa team champion niin, final-ah Mission Vengthlang hian 3-2-in Mission Veng Branch YMA an hneh.

Hmeichhe team final-ah 3-0-a Bethlehem Vengthlang sawptu Vaivakawn Branch YMA chu hmeichhe team champion an ni ve bawh.

Men's singles lamah Jeho Himnakulhpuingheta (Chawngte 'P' Branch) chu champion niin, final a luhna kawng hnuhung semi-final lamah Lalruatfela (Diakawn Branch) a vaw thla.

Semi-final lehlamah H. Lalruatsanga (Mission Vengthlang Branch) chuan Alberto LR Ruata (Mission Veng) hnehin final a lut ve bawh.

Final game hmuhnaawm takah Jeho-a hian 4-0-a H. Lalruatsanga hnehin Inter

Branch YMA Tournament mipa singles champion a zawnin a ni ta a ni.

Women's singles lamah Caroline Malsawmkimi (Lungdai Branch) chuan Lalmuanzeli (Vaivakawn Branch) laka4-1 hnehna changin champion no mawi a chawi ve bawh.

Central YMA leh Mizoram Table Tennis Association tangkawpin tun hi a tum rukna atana Inter-Branch YMA Table Tennis Tournament an buatsaihna ni tawhin, tun tumah hian YMA branch 52 at angin team an chhuak a; Mizoram hmung hrang hrang atanga infiammi tel zat hi chinchhiah danin mi 253 an ni.

Tournament kharna hun programme hi Central YMA Sports Committee chairman Lalhrilliana'n a kaihrui a; he committee secretary Zorammuana'n report pein, Central YMA vice president Prof. Lalnuntluanga leh MTTA president C. Lalrinzualate'n thu an sawi.

He tournament-a chhuak Branch YMA zawng zawngte hian suahdur leh bawngtuthlawh an dawng vek a ni.

Thlir rawn tham tur Ramthar Vanguard BC

THE AIZAWL POST Hoops Mania chuan Mizoram Super League (MSL) 12 club bihchianna neih chhuzawmin, Dawrpui Hotshots BC ang bawka thianho in an buaipui Ramthar Vanguard BC lam kan hawi chhuzawm e.

Anni hi an kum 10 club dincham hmang mek an ni a, tualchhung basketball titi tingaihnaawm zual tur zinga mi an ni.

Mizoram Basketball Association (MBBA) hnuia MSL club te tun season hi an inhehtawk tlan ber kum a nih a rinawm. Kai sang (promote) thar Vanguard BC hi kum 2016 daih a din tawh, insawhngtet fe an ni.

ADBBA hnuia hian kum 2017 ah khan Division 1 niin, MSL khelhel tuma inbuatsaihna lo kalpui daih tawh hian a tak ram kum 9 hnuah an pal darh ve dawn ta!

Thianho intelkhawm khan MSL lam hawia veng behchhan neih an tumna kawngah thalaite zai zia hria Ramthar LC/

YMA te nen tum thumun nein, hei an thawkho dawn ta reng mai.

Ramthar veng tan lah player leh club official an veng mi an therfur a, phur taka 'Ramthar' tih ri infiamna khawvela ri rum rum tur hi nghahhlehawm tak a ni.

He khawtlang hian Zofate bengah 'Lalpan thil ropui tak min tih sak e' tih kha Football khelmualah an lo sa thup thup hup tawh; MSL inelna tualah chhuzawm zui thei tak maw?

Hoops Mania Timeout

Tualchhung basketball chevel chhehvel thlir hian basketball academy kalpui vengin tunhnaiah hian Mizo naupang baller tha an hring chhuak malh malh a, MSL club inghahna veng lamte hian naupang chher kawngah tan han la sauh sauh teh se.

RAMTHAR VANGUARD BC Players:

1. K. Lalrinchhana - Saron veng
2. Lalnunkima - Zarkawt
3. R. Lalpekhlua - Ramthar Veng
4. Ngurchungnunga - Chanmari West
5. Lalrinhlua - Dawrpui
6. Lalhmangaihnsanga - Luangmual
7. Zorempuia - Bungkawm
8. JH Lalduhawma - Ramthar veng
9. Lallawmpuia - Tuikhuatlang
10. Kennedy C. Lalchuanmawia - Zarkawt
11. Kevin Laltanpuia Fanai - Falkland
12. Stalin Thangminlun - Chanmari
13. H. Lalrinsanga - Nursery
14. Lalremsanga Tochhawng - Ramthar veng
15. Lalruatdika - Laipuitlang

Coaching Staff:

Manager: Bruno Lalrinchhana Ramthar veng
Asst. manager: Kalvaritlangmawia Zarkawt
Coach : Lalremruata Tuikual South
Asst coach : Lalrinfela Tuikhuatlang



FOOTBALL TITI

- Tottenham in lak an tum Brazil winger Savinho a chhuak a nih chuan Manchester City chu a hmunruak luahtu tur lak tur an dap dawn. (Fabrizio Romano)
- Crystal Palace manager hlui Oliver Glasner chu AC Milan nen an indawr mek. AC Milan chuan an ban tak Massimiliano Allegri hmunruak luahtu atan Glasner hi an duh. (Mail)
- Bayern Munich chuan Bournemouth leh France Under-21 forward Junior u Kroupi chu kum 29 mi Colombia winger Luis Diaz thlachhangdawltu atan lak an duh. (Absolut Bayern via Merkur - in German)
- Liverpool leh Inter Milan te chu England midfielder Curtis Jones chungchangan an indawr. Reds hian Inter Milan in Jones an ngamma zat 20m euros aia tam pek an phut thung. (Fabrizio Romano)
- Brazil leh Galatasaray midfielder Gabriel Sara chuan amah ngaihventu Aston Villa chu tha takin a chhnglet a, Premier League pan a hreh lo viau. (Sabah - in Turkish)
- Chelsea chuan Bodo/Glimt ah kum 2027 thlung contract la nei kum 17 mi attacker Mikkel Bro Hansen lak tumin an ngaihven. Hansen hi Newcastle leh Manchester City te pawhin an thlithlai ve bawk. (Caught Offside)
- Sporting chuan Everton in lak tuma an ngaihven Greece right-back Georgios Vagiannidis chu loan in chhuahitir an rilruk. (A Bola - in Portuguese)
- Chelsea chuan Liverpool atanga inputchhuah tum, Real Madrid leh Bayern Munich ten lak tuma an ngaihven Ibrahim Konate chu lak tum ve turin thulukna an siam. (Teamtalk)
- Juventus chuan Manchester United leh Spain goalkeeper hlui, Fiorentina tana khel mek David de Gea an thlithlai. (Goal)
- Preston North End chu Tottenham atanga a hawh mek midfielder Alfie Devine chu a ngheta lak tumin an inbuatsaih a. Kum 21 mi hi an la nghet thei a nih chuan an player lei to ber a ni a nghal ang. (Lancashire Post)
- Moroccan Real Betis winger Abde Ezzalzouli chu Newcastle United in an hnen atanga chhuak tur forward Anthony Gordon hmunruak luahtu atan an duh. Gordon hi Tottenham leh Aston Villa ten lak tumin an ngaihven ve tak naa Barcelona in an lak ngei a rinawm thung. (Sport - in Spanish)
- AC Milan leh Portugal winger Rafael Leao in nipui bazar inhawn huna Manchester United in lak an tum zual zingah a tel. AC Milan hi Champions League khel turin an tling zo lova, hei vangin hian Leao hi man tlawm zawkin a lak theih tura ngaih a ni. (Football Insider)

Arsenal hneha champion PSG

May 30, Inrinni zan khan Hungary khawpui Budapest-a Puskás Aréna-ah UEFA Champions League final khel a ni a. Inkhel hmuhnamw takah Paris St-Germain chuan Arsenal hnehin an champion nawn leh.

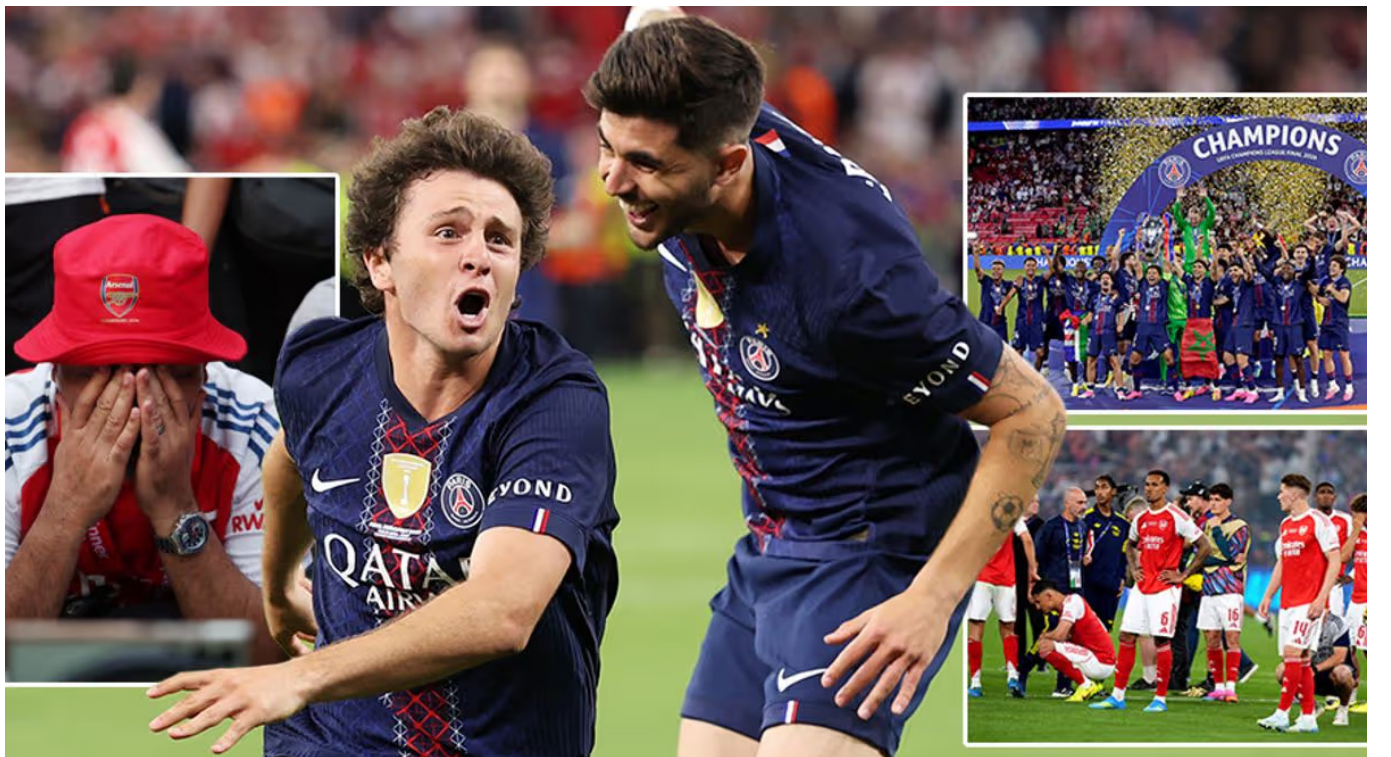
Arsenal an nui hmasa
Champions League 2025-26 ah tlawm nei miah lova final lut thei an ni chungin Arsenal hian champion lai Paris St-Germain (PSG) lakah rin an kai zo lo. 2025 final-ah 5-0 ngawta Inter Milan sawptu PSG hian Arsenal lakah goal thunin hneha an chang leh ngei tura ngaih a ni hlawm. Chutihlai chuan an khingpui Arsenal hi tlahnung ber thiam, 2025-26 season a goal chhuah tlem ber an ni miau a, tarhna nei tha, goal thun thei tak PSG tan goal thun a harsa hle thung. Arsenal nuih hmasakna inkhelah penalty hmanga an si phurh an sut hnuin penalty shoot-out ah PSG an vannei zui leh.

Rinkai lo zawk Arsenal hian PSG tlahnung chet fuh taw loh vangin goal thun theihna hun tha an nei thuai. Kai Havertz chuan a hun tha nei chu a chhawr tangkai a, near post top corner-ah fuh zeta pet goal in, minute rukna lekah hmahruaina goal a thun. Havertz hian UCL final-ah Chelsea a lo chakpui tawh a, Arsenal pawh a chakpui leh teuh viau naa an Teuhsenal ta hlauh thung.

PSG an nui ve ta
An si phurh sut tumin tan khawh bawk mah se PSG in Arsenal tlahnung phui tak an paltlang thei lova, hun tha an nei thei lo. Arsenal zawkin goal an thun belh leh teuh viau zawk a, Havertz pet hlauhawm tak chu captain Marquinho chuan fuh takin a lo dang hman hlauh a, goal an chhuah belh lo hlauh.

An si phurh an sut theih loh reng hnuin PSG an vannei ta nge nge a, penalty an hmuh. Arsenal defender Christian Mosquera chuan box chhungah player hlauhawm Khvicha Kvaratskhelia a titlu a, penalty a chawi. He penalty hi Ballon d'Or kawll mektu Ousmane Dembele chuan si ngah David Raya rin loh lamah fuh takin a pet goal a, minute 65-naah an si phurh a sut.

1-1 a nih hnuin inkhel a hmuhnamw zui viau a, ber reng chunga Arsenal nawr let a hlauhawm thei viau. Arsenal hian penalty beisei viau mah se an beisei thlawm a. Nuno Mendes-a'n Noni Madueke a tihtluk vanga Arsenal penalty pek an ni ta lo hian sawi zui a hlauh zui hle nghe nghe.



Minute 30 dang an khel belh leh chung pawhin inkhel hmuhnamw takah hian goal a luh belh thei tawh lova, penalty shoot-out hmangin champion tur zawn a ngai.

Arsenal tana pettu Eberechi Eze chuan pet out in a thelh a. PSG tana pettu Nuno Mendes-a'n a thelh zui ve leh. Arsenal tana pet hnuhngung ber Gabriel Magalhães chuan goal kham chungah petchhuak luahin a thelh a, PSG chuan 4-3 a hneha changin an trophy kawll mek an humhim a, Champions League-ah an champion zui leh ta a ni.

Faktlak Luis Enrique
Khawvela player ropui ber ber; Lionel Messi, Neymar leh Kylian Mbappe te an nei chung pawhin PSG hi champions League-ah an champion thei ngai lo. Player lang-sarfal nei lova, manager thluak tha Luis Enrique an nei hnuah erawh UCL-ah an champion ta hial. Fak phu chu Enrique hi a ni.

Enrique hian player langsar fal nei lovin team anga thawkho thiam a din. Messi, Neymar leh Mbappe te tel lovin team tha zawk a din a, ah rah chu UCL ah an champion zawn.



Spurs final an lut



Pathianni zing khan NBA Western Conference final khel zawn a ni a, San Antonio Spurs chuan champion lai Oklahoma City Thunder hnehin NBA final an lut.

Western Conference final-ah an inhnehtawv viau a, game ruk an khel thlengin chak an awm thei lo a, 3-3 in an inhnehtawv. Pathianni zing khan Western Conference champion tur zawk tihchian-na tur game sarhiha khel a ni a. An mua-la inlan Oklahoma City Thunder in an mikhual San Antonio Spurs an hneh zo lo.

Spurs hian Thunder mualah bul an t an tha viau a, quarter khatnaah point 7 in an chungnung nghal. Quarter hmasa be-rah chungnung baw mah se quarter hniha-naah point 4 in Thunder an chungnung ve thung a. Spurs in point thuma hmahruai chungin chawhlawh an hmang.

Chawhlawh hnu lamah hneha chan tumin an innawr tawn nasa viau a, inkhel hmuhnamw tak an lantir. Quarter thumnaah point 24 ve ve thawkhhuakin an inhnehtawv phawt a. Quarter hnuhngung be-rah an innawr zui nasa leh viau a, mikhual team Spurs chu point 5 in an chungnung zui leh ta mai a. Inkhel pawimawh takah San Antonio Spurs chuan mualneitu Oklahoma City Thunder chu point 111-103 in an hneh a, NBA Finals an inhlangkai.

Final game 7-naah Spurs tan Victor Wembanyama a khel tha leh viau a, point 22 a thawkhhuak. Thunder hnehtu Spurs hian kum 1999 final-a an lo hneh tawh Eastern Conference champion New York Knicks an hmachawn zui leh dawn a. NBA hi June ni 4-ah khel tan tur a ni a. Game 7 khel a ngai a nih chuan June ni 19 ah khel zawn a ni ang.

Liverpool in Slot an ban Djokovic a tla ve leh daih

English club lian Liverpool chuan an manager Arne Slot an ban a, an manager thar atan AFC Bournemouth manager Andoni Iraola an dawr.

English club ropui Liverpool hian Arne Slot hi kum 2024 khan an manager ropui Jurgen Klopp hmunruak luah turin an la lut. Khawvela League ropui leh harsa ber English Premier League-ah tha takin bul a t an a, Reds hi a champion pui nghal.

Tha zetin bul tan baw mah se 2025-26 season-ah erawh beisei an phak ta lo viau thung a, result t ha an nei zawn hlei thei lo. Champions League quarter-final thlung baw mah se EPL-ah khel 38 at anga point 60 hmuin pangana daih an ni. UCL ah Arsenal an chetthat em vangin English club in UCL ah hmun an nei belh a, panganaa awm Liverpool hian chhawr tangkain UCL an khel dawn.

Season liam taah beisei an phak loh em vangin Liverpool tantute chuan an manager Arne Slot hi ban an duhna a rei tawh. Real Madrid in

Xabi Alonso an ban hnu pheih kha chuan Slot ban a, Alonso lak luh duhna a lian leh zual viau. Dinmun derthawng takah a dinga ngaih a nih laiin a him hram zel a, season a tawp hnu pawhin a la cham tur thu a la sawi zui zel. Heti a nih lai hian Liverpool thuneitute chuan 2025-26 thlirletna an nei a, season tarah t ha zawka inlan turin manager Arne Slot ban a, manager thar la lur turin thulukna an leh ta zawk.

Arne Slot hian Liverpool a enkawll chhungin EPL ah wavi 42 a chak pui a, draw wavi 18 a neih bakah tlawm zawkah wavi 16 an t ang a, chak record a neih hi 55.3% a ni a. Liverpool manager zingah record nei tha ber dawttu niin a chungah hian chak record 62.6% zet neitu Jurgen Klopp a awm. Record nei chhe lem lo viau mah se sum seng hnem tak chunga a chet that taw loh vangin ban a ni ta tho a ni.

Liverpool hian kum 2025 nipui bazarah kum £415m zet an seng a, British club zingah bazar tum khat bazar nana sum seng hnem ber an ni hial nghe nghe. British transfer record ni turin Alexander Isak chu Newcastle United atangan an la lut a, a manah £125m zet an seng. Isak bakah hian player langsar Florian Wirtz an la lut tel baw. Bazarah sum seng hnem mah se 2015-16 hnu lamah EPL-a point an hmuh tlem ber tum a ni a. Champion Arsenal an phak lohna hi point 25 zet a ni nge nghe.

Reds hian Slot hmunruak luahtu tur an dap nghal a, AFC Bournemouth chet thatpuitu Andoni Iraola chu an manager thar ni tura an duh ber niin tarlan a ni.



French Open 2026 khel mek-kah World No. 1 Jannik Sinner a tlak hnuin inlethalna lian a thlung zui leh nghal zat a. He hmuna wavi thum champion tawh Novak Djokovic chu rawlthar Joao Fonseca hneh lovin a tla. French Open 2026 chu palian thlanmual a ni chhunzawm zel.

French Open 2026-ah hian champion lai Carlos Alcaraz chu hliam vangin an inlan thei lova, champion tura rinkai ber Jannik Sinner chu second round paltlang zo lovin a lo tla tawh baw. Tunlaia player tha fal pahnih Alcaraz leh Sinner te an awm tawh loh vangin Grand Slam a wavi 24 champion tawh Novak Djokovic a hun a inherchhuak ve leh dawn ta nge nge a ngaihna lian tak a awm hman. Ngaihven leh duhsak hlauh thar viau mah se Nole hian third round a paltlang zo ta bik chung lo.

Djokovic hian third round-a a khingpui Joao Fonseca lakah bul a t an tha a, game li ve ve hloh chungin set hmasa pahnih a la. 2-0 a hma a hruai vangin an dinmun a tha viau

tawh a, kum 19 lakah awlsam taka hneha chang ngei tura ngaih a ni hman hial.

Chak theihna hun tha tak nei baw mah se khaw lum lutuk in Djokovic a thahrui a chhat zo a ni ta ber a, set thumna atangan thothang tha takin an inlan thei tawh lo. Kum 19 mi Fonseca hian phur takin a khingpui a nawr a, set thumnaah goal thum chauh hloh chungin set a la.

Set a lak hnuin Fonseca a in-ringtawv leh zual a, huaisen taka inlanin Djokovic a nawr na leh zual. Set thumna a lak hnuin set linaah break pawimawh tak a neih a chhawr tangkai a, game nga hloh chugngin set la zui leh. Deciding set-ah pawh an inhnehtawv zui leh viau a, Fonseca hian break pawimawh zet mai a nei zui leh a, set la zui leh in Tennis player ropui ber Novak Djokovic lakah hian 4-6, 4-6, 6-3, 7-5, 7-5 a hneha changin inlethalna lian a thlentir a, fourth round a inhlangkai.

Beisei phak lova a tlak vangin Djokovic tan tun hi French Open-a a hun hnuhngung a nih arinawm.



Taylor Swift-i'n Songwriters Hall of Fame record a siam



June ni 11 hian kumin atana Songwriters Hall of Fame-a lak luh turte puala hun hmangin, lakluhna inkhawm neih a ni tawh dawn a, kumina lak luh tur zinga record siam an awm a, an zingah hian Taylor Swift pawh a tel. Swift, kum 36, hi lak luh a nih hunah chuan SHOF a lakluh hmeichhe zinga naupang ber a ni dawn a ni. SHOF hi 1970 atanga kalpui tan a ni, hetih chhung hian Swift hi Hal David Starlight Award (hlaphuah thiam chhuak thar zinga hmalam hun nei tha a ngaihte puala award an pek thin) dawng thei zinga SHOF a lak luh ni thei hmasa ber a ni dawn bawh a ni. Hal David Starlight Award hi Swift hian 2010 khan a lo dawng tawh.

SHOF a lak luh tura thlan theih ni thei turin hlaphuah thiam ten an hlaphuah harlh sum chang thei tur chi an tichhhuah hmasak ber at

anga kum 20 a ral pawh a ngai a, Swift hian a hlahpua hralh sum a chang tur chia a tichhhuah hmasak ber chu 'Tim McGraw' tih hla niin, June 2006-ah a tlangzarh a, chuvangin kumin June thla hian Swift hi SHOF atan a qualify chiah bawh a ni.

Kumin SHOF a lak luh tur zinga pathum chu Grammy Awards a song of the year dawng tawh an ni a, Terry Britten leh Graham Lyle (Tina Turner sak 'What's Love Got To Do With It'), Kenny Loggins (The Doobie Brothers sak 'What a Fool Believes') leh Christopher Stewart (Beyonce sak 'Single Ladies (Put a Ring in It)') te an ni. Taylor Swift hian Grammy Award song of the year-ah nomination tum riat a nei tawh nain award a la dawng lo tlat.

Kumin hian Hal David Starlight Award dawng turin British hmeichhe hlaphuahthiamin

RAYE-i'n a dawng dawn a, British hmeichhe zinga he award dawng hmasa ber a ni dawn a, mipa lamah pawh Ed Sheeran chauhin a la dawng a, British zinga a pahniha a ni dawn a ni.

Kumin hian SHOF chawimawina sang ber Johnny Mercer Award chu John Fogerty-a'n a dawng dawn a, Johnny Mercer Award dawng thei parukna a ni ang. He award hi Paul Simon, Smokey Robinson, Phil Collins, Van Morrison leh Lionel Richie te chiahin an la dawng.

Alanis Morissette pawh kumna SHOF a lak luh tur zingah telin, ani hi Juno Award-a songwriter of the year dawng tawh zinga SHOF a lak luh ni thei palina tur a ni. Gene Simmons leh Paul Stanley te pawh an band KISS chu Kennedy Center Honors-a chawimawin an nih atanga thla ruk hnu lawkah SHOF a lak luh an ni dawn bawh a ni.

Kanye-a'n Istanbul concert-ah attendance record an siam



Kanye West-a'n Istanbul-a Atatürk Olympic Stadium-a May ni 30-a concert a neihah mipui 1,18,000 an pungkawm thei a, Kanye chuan stadium-a concert awm tawh zawng zawng mipui tam berna a la nih thu puangin, "Hei hi ka puang lo thei lo, record kan siam a, 1,18,000, stadium performance awm tawh zawng zawng mipui tam berna a la ni," a ti.

He show hi Istanbul-a zan dar 9-ah tanin, festival-style event-in an kalpui a, DJ set, laser leh light show bakah pre-le after party punkhawm-na thlengin an buatsaih a, Turkish artist Yener Cevik, Mavi, Sena Sener, Pera leh Motive te pawh an inlan a, Turkey khaw hrang hrang

bakah ram dang, Russia, Kazakhstan, UK, Germany, US leh Poland lam at anga concert chhimtu te pawh an kat nuk a ni.

Organiser-te chuan mipui an tam em avangin an innak buai loh nan zan dar 9-a tan tur chauh ni mah se stadium game hi thlai dar 3 atangin an hawng tan hial a ni. He concert-ah hian Kanye hi rapper Travis Scott-a'n a tawiawm nghe nghe a ni.

Istanbul-a a concert hi tun kum 11 chhunga Kanye-a'n European tour a neih leh tanna a ni a. West hian April thla khan UK-a concert neih hi a lo tum taw a, mahse, US sorkarin an rama Kanye West a concert hian mipui tan thil tha a thlen dawn lo tiin Wire-

less Festival a headline tur chu an rama concert phalna an lo pe duh tawh lo a, hei vang hian a festival pawhin PepsiCo leh Diageo atanga sponsorship an neih tawh pawh an chan phah hial a ni.

Kanye hi Europe-ah hian sorkar lakah a tlatlum lo riau a, Marseille-a show a neih tur pawh French official ten dan an tum avangin an sawn leh ta rih a, Poland leh Switzerland-a show a neih tur pawh an tulh tawh a, Istanbul-a show a neih ni tak hian Italian thuneitu ten West leh Travis Scott ten July thlaa mi 1,03,000 lenna RCF Arena, Reggio Emilia-a show an neih tur pawh an cancel sak thu an puang ve leh chiah bawh.

Toyota Urban Cruiser EBella E3 India-ah tlangzarh

Toyota chuan an all-electric Urban Cruiser EBella chu a top-spec E3 an tlangzarh ta a, showroom-ah Rs 23,60,000 man a ni. Company lam chuan a top-spec man chauh hi an la puang a, a model hniam lam E1 leh E2 te man tur an la puang tlat lo. Toyota hian an EV thar hi a tahtawlin, a indawt deua tlangzarh an tum a nih hmeh riau.

Toyota Urban Cruiser EBella hi battery option chi hnih- 49 kWh leh 61 kWh a awm a, mahse, E3 bik hi chu 61 kWh chauh a awm a, single electric motor nein, 172 bhp leh 193 Nm torque pechhuak thei a ni a, a range km 543 niin

an chhal. Ramdangah chuan dual motor setup leh All-Wheel Drive a awm a, mahse, India-ah chuan hetiang hi an la tlangzarh ve rih lo tlat.

A landanah Toyota 'Hammer Head' design leh grille a tung zawng intlar dum nein, headlamp sawl sei deuh chi a nei a, DRLs nen a inzawm nghal a, 18-inch alloy wheels nein, cladding chhah deuh tak a nei bawh.

A chhung lamah ventilated front seat, ambient lighting, sliding & reclining rear seat, panoramic sunroof, JBL sound system a thuan niin, screen hlai tha tak pakhat display pahnih nein,

10.1-inch touchsvreen infotainment unit leh 10.25-inch digital instrument cluster a nei a, wireless Android Auto leh Apple CarPlay, wireless pone charger leh connected car tech a thuan a ni bawh.

A safety feature-ah chuan EBella hian level 2 ADAS (Advanced Driver Assist System) a nei a, airbag pasarih, ABS leh EBS, ESP, Brake Assist, 360-degree camera te pawh a nei.

Company lam chuan Urvan Cruiser EBella hi a battery warranty kum riat an pe a, Assured Buyback option, Battery-as-a-Service option te pawh a awm bawh.

2026 Tesla Model Y Premium RWD India-ah tlangzarh



Tesla chuan abn 2026 Model Y chu India-ah a Premium RWD spec an tlangzarh a, showroom-ah Rs 50,89,000 man a ni a, Model Y Standard Range aini Rs 9,00,000 velin a tlawm zawk a, chuti chhung chuan a specification a danglam vak lo.

Tesla Model Y Premium RWD hian 16-inch touchscreen nein, 8-inch rear touchscreen a nei bawh a, powered front seat leh heating baka ventilation, power folding rear seat (heating nen) a nei a, exterior camera pariat, electric adjustable air-con

vents, panoramic glass roof, frequency-selective dampers leh 9-speaker sound system a nei bawh.

Model Y Premium hi RWD chiah a awm a, a battery chu Standard Range nen aing a, WLTP range up to km 500 a ni. Model Y hian Supercharging up to 175 kW a support a, hemi hman hian minute 15 chhungin km 238 tlanma khawp a charge hman niin an chhal. Tesla chuan Model Y Premium hian second 5.9 chhungin 0-100 kmph a thlang hman niin an chhal a, a kerb weight chu kg 1928 a ni.

10000mAh battery nei Honor Win Turbo

Honor Win Turbo chu China-ah an tlangzarh a, 12GB RAM-ah 256GB leh 512GB storage awmin, CNY 3,299 (Rs 46,000 vel) leh CNY 3,599 (Rs 50,000 vel) man a ni a, 16GB RAM + 512GB storage chu CNY 4,199 (Rs 60,000 vel) man a ni ve thung. He smartphone hi India-ah pawh June thla tir lamah a rawn thlengin a rinawm.

Honor Win Turbo hi dual-SIM niin, Android 16 based MagicOS 10 a hmang a, MediaTek Dimensity 8500 Racing Edition chipset leh Mali-G720 MC8 GPU a nei a, C1+RF enhancement chip nei telin, hei hian network that vak lohna hmanah pawh buai lo turin a pui dawn a ni. He smartphone hian thermal management atan 40,000 sq mm cooling area a nei a, phone hman nasat deuh pawha sa vemai mai lo tura ngaih a ni.



6.79-inch 1.5K (1,200x2640 pixels) AMOLED Oasis Eye Protection display nein, 94.62 percent screen to body ratio, 120Hz refresh rate, 3840Hz PWM Dimming leh 8000nits peak brightness a nei a, a hnungah camera pahni-50-megapixel primary camera (OIS, f/1.88 aperture) leh 5-megapixel wide-angle camera a nei a, a hmalamah 16-megapixel selfie camera a nei bawh.

Connectivity-ah chuan 5G, Bluetooth 6.0, GPS, NFC, OTG, Wi-Fi, USB Type-C port a support a, sensor hrang

hrang a neih zingah accelerometer, gyroscope, gravity sensor, leh proximity sensor a tel a, fingerprint sensor a nei bawh. Dual speaker leh dual microphone nein, IP66, IP68, IP69, IP69K duat & water resistance rating a neih avangin tui a thlah pawha chhe mai tura ngaih a ni a, SGS gold standard five-star drop resistance, shock resistance leh crush resistance certification a neih avangin thlah pawha chhe mai mai lo tura ngaih a ni bawh.

Honor Win Turbo hian 10,000mAh battery nein, 80W wired fast charging leh 27W reverse charging a support a, a battery hian navigation darkar 17.3 a daih niin an chhal a, game khel char char pawhin darkar 14.2 a daih niin an chhal bawh. He handset hi 162.1x76.3x7.98mm a lian, gram 216 a rit a ni.



Phuah Pawh St Helena hleuh kual rang thei ber



Croatian nula Dina Levacic chuan Saint Helena tuia hleuh chunga hel chhuak rang thei ber record a siam. St. Helena hian larna tak a neih pakhat chu khawvel thil nung damlai zinga upa bera an puan lai, satel upa mangtara Jonathan-a chenna a nih vang a ni.

St. Helena hi South Atlantic Tuipua thliarkar kilkhawv ve tak a ni a, Dina hian St. Helena chu a hleuh hual ta a, darkar 17 le minute 13 leh second 28 chhungin

a hleuh hual hman a, hmeichhe zinga he thliarkar hlauh hel chhuak rang thei ber Guinness World Record-in a puang.

St Helena thliarkar hi km 16 a sei, km 8 a zau niin, tuia hleuh kual tur hi chuan km 60 tal hleuh ngei ngei a ngai. PhD student Dina, kum 30, hian kumin February thla khan record siam tum hian a hleuh ta a, Guinness lamin a record siam pawmna hi kar kalta khan an tichhuak ta a ni.

Dina hian inpuahchah nan pool a hmang deuh ber a, kartin km 70 tal tui a hleuh thin a, hei bakah hian gym lamah a kal bawh thin. Hmeichhe naupang kum li mi a nih lai atanga

tui hleuh thiam tawh a ni a, tui hleuh lama thil harsa leh khirh tak tak te pawh lo ti ve chhin deuh nual tawh a ni bawh.

Dina hi St Helena hleuh hel chhuak hmasa ber a ni a, mipa lamah chuan Angus McPherson (South Africa) chuan March ni 10 khan a hleuh hel tawh a, darkar 20 le minute 2 leh second 14 hun a hmang a, Dina aini hun a hmang rei deuh a, Ryan Stramrood (South Africa) chuan March ni 19 khan hleuh ve leh, darkar 16 le minute 50 leh second 42 chhungin a hleuh chhuak a, ani hi St Helena hleuh hel rang thei ber record siamtu a ni ta rih a ni.

Vegetarian tan Vitamin D tamna chaw

Tunlahiah in chhungah kan tawm nasa tawh a, naupang pawh khawlahiah an infiam vak vak tawh lo a, heng vang te hi ni maw kum lama naupang zawk zingah pawh vitamin D tlachham kan tam ta hle. Vitamin D kan hmuh theihna awlsam leh tha ber chu ni lum ai a ni a, thla a sik leh dawn ta a, ni lum ai te pawh a nuam leh tan tawh ang, mahse, kan taksa kan kuhubho vek thin si a, duh angin vitamin D kan hmu tha thin lo. Nitin minute 15 vel tak ni

luma inpho hian kan taksa mamawh vitamin D awlsam takin kan dawng thei niin an sawi thin, mahse, vitamin D kan tlachham deuh fur bawh si. Tun tumah hian Times of India-in vegetarian chaw zingah vitamin D tamna ni a an sawi te kan rawn tarlang e. 1. Bawngnhute atanga thil siam: Bawngnhute atanga thil siam chi hrang hrang zingah yogurt (dhoi) kan tih ang chi te leh cheese te hi a siam dan phung (process) avangin vitamin D an pai tam viau. Chuvangin nitin dhoi (chini pawh thlum ni lo a tha ber) bowl khat vel tak ei ziah tum rawh. Cheese zailap khat vel te i ei tel theih chuan a tha lehzuah.

2. Pa: Pa (mushroom) te hian vitamin D an pai tam hle, a bik takin ni saa pho hian pa a vitamin D awm chu a tam duh lehzuah a, chuvangin nisa hnuiaia pa rep te pawh a tha kawp mai. Pa zingah zawng a inang vek lo a, in chhunga khawi chi pa ai chuan ni eng hmu ngei a pa to te a tha zawk. Pa-ah hian selenium leh ergothioneine a tam bawh a, chu chu immune system tichaktu tha tak a ni bawh. 3. Thlai bawngnhute! Milk hi bawngnhute kan ti miau a, plant-base milk pawh thlai bawngnhute tih ve mai a ngai! Bekang, almond leh oat atanga hetiang an siam te hian vitamin D an pai tam thin