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The Aizawl Post

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A man: Thla khatah Rs. 200

ZPM MP candidate-in nomination file MNF-in candidate tur la puang thei lo



Rajya Sabha member of Parliament candidate K Lalnuangkhima chuan Assembly Secretary & secretary, Mizoram Rajya Sabha MP election returning officer Zothansanga Ralte chuan Zirtawpni chawhnu khan nomination paper a theh-lit.

June 18-a Mizoram Member of Legislative Assembly-ten an thlan tur Mizoram aiawh Rajya Sabha MP atan hian ZPM candidate chauh hian nomination a la tiful a. June 3 khan ZPM office-ah ZPM vice president C Lalnunema'n an party aiawh Rajya Sabha inthlana ding tur hi a puang a ni.

ZPM candidate 'nomination file' ta K Lalnuangkhima 'second-er' hi ZPM vice president C Lalnunema a ni

a, MLA pali - Prof. Lalnilawma, TBC Lalvenchhunga, H Ginzalala leh T Lalhlipua te chu 'proposer' an ni.

Mizoram Rajya Sabha Member of Parliament thlan tur hi Election Commission of India chuan kumin June 1 khan official notification a tichhuak a. Nomination tih theih hnuhnung hi June 8 chawhnu dar 3 thlang a ni a, June 9-ah nomination paper endik a ni ang. June 11 thlang inhuhdawh theih a ni. June 18 zing dar 9 atanga tlai dar 4 thlang MLA-ten vote an thlak anga, tlai dar 5-ah vote chhiar a ni ang.

June 18 hian Mizoram bakah India rama state 10 - Andhra Pradesh, Arunachal Pradesh, Gujarat, Jharkhand, Karnataka, Madhya Pradesh, Manipur, Meghalaya leh Ra-

justhan ten Rajya Sabha MP hi an thlang ve dawn a ni.

Heti hlan hian opposition party zinga Rajya Sabha candidate nei tum awmchhun nia la hri-at MNF chuan Zirtawpni khan an candidate tur hi puang hman an tum naa, an thulh leh thut.

Candidate puang tum hian Zirtawpni Hnam Run inkhawmah party senior vice president Dr R Lalhangliana'n puang tur anga sawi a ni a, hemi ngai-hven hian thuthar thehdarhtu lam pawh an kal. Inkhawm tawp dawn lamah candidate tur an la puang loh tur thu hi sawi a ni a, an la puang loh chhan sawi a ni lo. Hetihual hian 'thang kam' an la nei niin thu dawn a ni a, karleh Thawhtanni-a puang hman an tum tih an sawi.

AR ram chhuahsan taka kawng laih zauh tumah thing 23 kih belh dawn

Aizawl, June 6 Aizawl Assam Rifles chhuahsan tak ram huamchhunga kawngpui laih zauh tumah thing 23 dang kih belh theih a ni dawn.

Assam Rifles ram chhuahsan takah sawrkarin Bazar Bungkawon to Treasury Square inkarmetre 14-a thui kawngpui zauh a tumnaah thing ding sa engemaw zat kih a ni a, he thil hi environmental activist hoin duh loin thing kih belh an remti loa, Centre for Environment & Social Justice chuan pawl angin hma an la bawc.

Gauhati High Court Aizawl Bench-ah public interest litigation (PIL) thehluh a ni a. He hna

thawh mek pawh hi court thu angin tihtawp zui a ni. High Court chuan he thu hi ngaihtuah zui-in, sawrkarin an ukil kaltlanga an sawi danin, thing ding sa 170 chu kih tura tih a ni a. Ennawn a nih hnu ah thing 63 chu hum theih ngaiin, thing 107 zawk kih tura tih a ni. Court-in thing kit rih tawh lo tura a tih hian thing 44 kih a ni tawh.

Hetianga thing kih ngai lo hoi pawh a nih hnu ah hian, kawngpui zauh-na tura kih ngei ngai

chu thing 23 a la awm tih sawi a ni a. Court-ah hian AR ram chhuahsan takah hian UD&PA department chuan thing tiak 2000 phun thama atan a tul anga hman turin Rs. 47,34,000 ruahman a ni tih pawh sawi a ni.

Boruak tha nei zel-na atan leh tunlai sik leh sa inthlak danglam nasa in khawvel kalphung a ngahawng nat dan, hemi kaihnawihna Supreme Court tur remna dinglai awm mek nena enkawp-in, AR ram chhuahsana

thing ding sa a tlem thei ang ber kih chu thil tul nia a ngaihtu High Court hian sawiin, thangthar lo awm lo la awm zel turte tan he thil an rawn thehluh hi ngaihpawimawh a tul tih a sawi a. Sawrkarin hma a lakna atana thing 23 tal kih a la ngaihtu a sawi erawh remtiht sak chungin, he PIL hi tihtawp a ni tih a sawi.

Thing kih loh tur zing-hian Lammul main gate bula Bung kung dinglai pawh hi a tel tih court-ah hian sawi a ni.

Skywalk case-a lang ve in party-a a nihna a bansan

Sawrkarin skywalk leh ropeway siam a tum, zuzi zui taa sum tihchingpen awm nia sawi case-a lang ve Congress MLA hlui chu an party-a a nihna atangan a bang.

Zirtawpni Congress Bhavan-a inkhawmah Lalrindika Ralte hian MPCC president Lal Thanzara hnenah MPCC general secretary a nihna atanga bana thehluh, skywalk

leh ropeway thubuaiah a hming a lang ve a. Ngun taka a ngaihtuah hnu in, heti chungah party-a nihna a chelh zui zel remchangan a hre loa, bana hi a thehluh tih a sawi.

"Dikna kan auchhuahpui lai a, rin loh taka ka hming a lo lang hi pawl ka ti a. Heti chungah party-a nihna pawimawh tak chelh hi a remchangan ka hre lo," Kum 2018- 2023

term chungah Hachhek bialtu MLA Lalrindika Ralte hian skywalk leh ropeway thubuaiah a hming a lang chu mak a tih thu leh, thudik a lo lan thuai a beisei thu a sawi a. A hming lang ve mah se, a tana hlauhthawn awm tur awma a hriat loh thu a sawi.

Bana a thehluhnaa inkhawmah hian thu sawiin, kan ram hetiang dinhmuna a din chhan hi kan hriatna thuk tawh

loh vangte, Sap tawng emaw Vai tawng emaw kan thiamloh vangte, hriatna kawngah hnam dang kan phakloh vang niin a hre loa, duhamna leh mahni hmasialna vang zawk nia a hriat thu sawiin, "Politics kan buaipui hian mahni hmasialna leh duhamna hi kan hmelmata, diklohna kan hua a nih chuan keimahnna diklohna hi kan huat hmasak ber tur niin ka hria," a ti.

Environment Day hmang

Mizoram Pollution Control Board leh Mizoram EIACP Hub tangdun chuan Zirtawpni khan World Environment Day 2026 pualin Aizawl bakah district khawpui tinah a rualin kan chhehvel humhim tura inzirtirna beihpui an thlak.

Aizawl New Market-ah leh district khawpui hrang hrang bazar lun laiah hman khat daih sarang ip aiah tawih theih atanga siam lehkhah leh

puan lam chi ip hmang zawk a, kawlpheha renchem tura inzirtir beihpui an thlak a; bazar-ka kalte hnenah a thlawin puang ip (cloth bag) an sem bakah sarang ip hmang zui tawh loa, kawlpheha renchem tura intiam thei tan intiamna hmang an ziah tir a ni.

Aizawl chuan MPCB chairman Liankhima Lailung hoin Luangmuala Industrial Growth Centre-ah MPCB office,

Aizawl DFO office leh Industries department nen tanghoin World Environment Day puah hian thing phun a ni a. MINECO huamchhunga bakah New Mamit Ngharpet Vengah MPCB leh DFO office Mamiechuan thing an phun a. MPCB leh ministry lam hmalkannain district hrang hrang eco-club engemawzatin mahni remchanna hmun theuhah thing an phun bawc.

A hmun loa bawlhhlawh paihna zawn chhuah tum

Aizawl mayor H Lalremtuanga hoin AMC Board of Corporator (BoC) chu Zirtawpni khan an thukhawm. A hmun loa bawlhhlawh paihna hmun zawng chhuakin tihfai an rel.

BoC thukhawm hi World Environment Day puah hun bik nei tura Ministry of Housing and Urban Affairs Swachh Bharat Mission - Urban national mission director-in hriatirna a ch-

huah bawhzuia nei niin, bawlhhlawh sawngbawl kawnga AMC hmalkanna tur rel a ni a; Solid Waste Management Rules 2026 hlawhtling taka hman a nih theihnan theihtawp (p-2-ah chhunzawm...)

Eizawna atana inchher hriamna tur institute din

emPOWERu Training and Development Institute, Kulikawn ami chu Zirtawpni khan hawn a ni.

emPOWERu training course hian communication skills, leadership skills, influencing, personal skills, interpersonal skills, creativity, professional skills leh a dang tangkai tak tak a huam dawn a. Zir-laite dinhmun hrechiang

hmasa in an mamawh ang zawnga inzirtir chu a tum lian tak a ni.

e m P O W E R u founder director Golda Dell Zohmangaihi chuan he institute tum ber chu, Mizo mipuiin kan eizawna kawnga hmasawna tur, min lo dawrtute kan lo dawn-sawn dan tha zawk, kan hnuaiia hnathawkte kan chhawr dan tha zawk, kawng hrang

hranga hlawhtlinna leh changkanna kawng kan zawh theihna tura inzirtir a ni tih a sawi a. Puitlin hnuah chauh ni lo, middle school level atanga inzirtir tan a pawimawh, tiin, an thil tum a hlawhtlin chuan mahnia eizawng leh mi hnuaiia thawk zawng zawng pawh sang takah a hlangkai thei dawn tih a sawi a ni.

Hmanpuitu IPRP&S

minister B Lalchhanzova chuan, Mizoten mahni invawn kawngah leh mahni intundin kawnga hmasawna tur kawng kawhhuhtu an awm chu lawmawm a tih thu a sawi a. Sawrkar hna a that rualin mahnia intundin tumna lam kan hawzel chu a lawmawm a, hetiang kawnga kaihruiatu leh zirtirtu an awm ta chu a lawmawm tih a sawi a ni.

Kawrthah North VC-in ram pum huapah pakhatna a la

Sawrkar laipui Ministry of Panchayat Raj buatsaihin Nilaini khan New Delhi-ah National Panchayat Awards Ceremony - 2026 programme hman a ni a. Mizoram atangan Kawrthah North Village Council chuan

intihsiakna category pakhat, Deen Dayal Upadhyay Panchayat Satat Vikas Puraskar hnuaiia lawmman an dawng.

India rama panchayats/ village council zinga ram pum huap lawmman (National Panchayat Award) hmute chawimawina leh lawmpuina a buatsaih hian Union minister of Panchayati Raj Rajiv Ranjan Singh chuan category hrang hranga award dawngte hnenah lawmman - trophy leh certificate a hlan a; minister

of state for Panchayati Raj Prof SP Singh Baghel chuan lawmpuina leh fuihna thu a sawi a ni.

Mizoram atanga Localization of Sustainable Development Goals (LSDG) theme - 5 'Clean & Green Village' category-a Deen Dayal Upadhyay Panchayat Satat Vikas Puraskar (DDUPSVP) lawmman dawngtu Kawrthah North VC pawh Union minister of Panchayati Raj hian an hlan a. Lawmman hian sumfai cheng vaibelch-

he khat kengtelin Kawrthah North VC bank account-ah thunluh a ni. Hei hi khaw hmasawna hna thawhna atana hman tura ruahman a ni.

Kawrthah North Village Council-in LSDG theme 5 'Clean & Green Village' category hnuaiia DDUPSVP lawmman pakhatna an dawng thei hi an khawtlang mipuiin sawrkar hmalkanna hrang hrang tha taka an thlawp vang leh theihtawp an chhuah vang a ni tih sawrkar chuan a sawi.

Mi sang bawr khawm tawh

POST NEWS SERVICE

Ruihhlo do kum bawhzuin Central YMA-in Aizawl khawm tawh a, khawlai pawh a zia. A fai duak lai te pawh a awm a, mahse a fai tak tak thei lo ni chuan a lang.

Aizawl khawlaiah a duh tan zalen takin ruihhlo a zawrh theih a, a lei theih bawc. Hmun lun laite hi ruihhlo zawrhna hmun a ni hlawn a, Treasury Square leh Vanapa Hall bul velte a ngap thei hle. Mi sang chuang an khawm hnuah pawh a fai tak tak thei lo.

Ruihhlo do kum bawhzuin tura din Central Anti Drug Squad (CADS) te'n 2025 kum tawp atang khan khawlaiah ruihhlo khawhte hi an khawm a, May thla thlengin mi sang vel an khawm tawh. An zingah hian

a ngai khawm nawn te pawh an awm a, mahse an tam lo an ti.

CADS hian counsellor an nei a, an mi khawmte hi ni nga chhung counseling an neihtir thin. An mamawh dan azirin ni nga aia tam kalte pawh an awm. Home-a dah leh excise departent kuta hlan tlem azawng an nei bawc.

An sawi danin, ruihhlo vanga an khawmah hian a tam zawk fe chu Aizawl ni lo khaw dang mi an ni a, chutiang chu 80% vel an nih an ring. Ruihhlo khawh turin Aizawl an kal tawp mai a, a then phei chuan thlenna pawh an nei lo.

Khawlai a fai tak tak thei lo tih an sawi a, an indaih loh vang te, ruihhlo a hluar em avang te nia an hriat hu an sawi a, chhunah an 'duty' ngawrh thei lo a, chhunah hian ngawrh takin 'duty' thei se chu khawlai a fai lehzuat an rin thu an sawi.



Circulation Manager 7005598956

VAWIIN KHAW CHIN

Time	Forecast	Temp.
Zan dar 11 - zing dar 5		19°
Zing dar 5 - chhun dar 11		24°
Chhun dar 11 - tlai dar 5		28°
Tlai dar 5 - zan dar 11		20°

CHANCHIN TAWI

Puanthui zir

Mizoram KVI Board chuan Lungleia SAMART Scheme hnuaiia puantui zirna a buatsaih chu nimin Khan Board chairman C Lalremliana'n a hawng. Tun ami hi batch hnihna niin, mi 25 an tel a ni. An training zawhah bul an tanna atan puantui khawl pek vek tum an ni.

Khawl sem

Directorate of Commerce & Industries huaihawtin nimin Khan Khawzawl Cluster-a puantute hnenah workshed sakna tur leh puantahna khawl chu C&I secretary Dr H Lianze-la'n a sem. Sawrkar tel leh tel lo pawha kal thei turin Khawzawl district-in handloom lamah theihna a nei tih sawiin, khawl leh a in sakna tur sum leh pai an pek chu hman tangkai turin a chah.

Zirlai lawmpui

MZP Kolasib Hqrs buatsaihin kumin HSLC leh HSSLC exam-a an huamchhunga zirlai tithate chawimawina an buatsaih a. Kolasib bialtu MLA, Assembly deputy speaker Lalfamkima leh Kolasib bawrh sap H Dolianbuaiia ten an hmanpui. Kumin HSLC exam-a distinction-a pass mi 21 hnenah lawmpuina thuziak hlan an ni a. HSSLC-a zirlai tithate hnenah lawmpuina thuziak hlan an ni bawc.

Sem zo

Electoral roll siamthat beihpui, Special Intensive Revision kal mekah Champhai district-ah vote thlak thei hnenah enumeration form sem chhuah kim a ni tawh. Enumeration Phase hi May 30 atanga June 28 thlang kalpui tur a ni a, Champhai district-a Assembly constituency pathum - Champhai North, Champhai South leh East Tuipuiah booth level officer-ten enumeration form an sem zo. Champhai North-ah 20435, Champhai South-ah 22443 leh East Tuipui-ah 15968 sem a ni a, a vaiin 58846 sem a ni.

Lawmpui

Lunglei Municipal Council chuan Mizoram Health & Family Welfare minister Lalrinpui'n National Women's Icon Award a dawn avangin June 4 khan lawmpuina thilpek an hlan. Award a dawn chu ama mimal thil tih that vang nia a hriat loh thu sawiin, award puteten a chanchin atanga an ngaihlut ber chu Universal Health Care System leh mitthi ruang phurhna an tihlawhtlin chu nia a hriat thu a sawi. Chuti ang thlawhtling thei tura zirchianna leh ruahmanna kalpuitte leh a hlawhtlin tak takna tura chief minister leh a thawpuihin ihawna zar a zo tih a sawi a ni.

Cancer Khualbukah Hospice Ward



Cancer Society of Mizoram bultumin Zirtawpni khan Zemabaw Cancer Khualbukah Hospice Ward hawn a ni.

A hawngtu Aizawl East I bialtu MLA, minister Lal-thansanga chuan, Cancer Hospice an hawn chu building a ni mai loa, he hmun hi cancer natna tuarte tan hmangaihna in, khawngaihna hmun leh beiseina thar chhuahna hmun a ni dawn tih a sawi.

"Cancer natna hian damdawi enkawlina chauh ni loin rit takin rilru a delh a, sum leh pai lama buaina, chhungkaw nunah ng-hawng nasa tak a siam thin. Chutiang hun harsa takah chuan damdawi enkawlina bakah mihringte mamawh ber pakhat chu hmangaihna, ngaih sakna leh midangte awmpuina a ni. Cancer Hospice hian chu mamawh chu a phuhruk dawn a. Helai hmunrawn lut chu natna awanga hrehawmna an tawh laiin enkawlina leh awmpuina an dawng thei dawn a.

Hmangaih taka enkawlina thian chhungte tan pawh thlamuanna nasa tak a siam thei dawn a ni," a ti.

Cancer Society of Mizoram-in kum tam tak chhung chu cancer data screening programme neini, damlo tan tanpuina pek leh natna do kawngah theitawp a chhuah thin tih a sawi a. Cancer Hospice hawn a ni pawh an hmalkna ropui tak a ni tih sawiin, kohhran, pawl, mipui leh mimal inphal tak tak tanpuina petete hnenah lawmthu a sawi tih a sawia ni.

Hospice Ward hi cancer natna vei, damdawi in leh in lama enkawl harsa tawhten nuamsa zawka enkawlina an dawn theihna tura siam a ni a. He ward hi Mizoram Rural Bank CSR fund leh mi inphalte bakah pawl hrang hrang sum thawh khawm atanga sak a ni. Tunah hian khum 10, doctor 1, nurse 5 leh caretaker 1-in an vil mek a, damlo enkawlina bungrua leh mamawh hrang hrang awmin tichangtlung tura hma lak zel a ni.

Thing phunin BJP an hnatlang

World Environment Day pualin Zirtawpni khan BJP chuan Berawtlang Tourist Resort-ah thing phunin an hnatlang.

BJP Mizoram hian World Environment Day pualin "Ek Ped Maa Ke Naam" tih thupui hmanga central hruaituten thingphun beihpui thlak tura an tih an-

gin, thing hi an phun a, district hrang hranga BJP hruaitute pawhin thing an phun a ni.

World Environment Day denchenin "Ek Ped Maa Ke Naam" tih thupui hman a nih angin, nute tan thing pakhat phunin hman an la tih BJP Mizoram thuchhuak chuan a sawi a. 'Prime minister Narendra

Modi-a'n he thupui a kalpui ang hian, kan nute kan hlut ang chiaha kan ram hi kan hluta kan humhalh a pawimawh. Thing hi kan nunna atana pawimawh tak a ni a, boruak thianghlim min pek bakah tuihna min petu a nih bawkw avangin kumtin thing phun hnatlang hi kan kalpui thin a ni,' a ti.

ADVERTISEMENT No 1 of 2026

Samagra Shiksha, Mizoram hnuai Block Resource Centre-a thawk tur Accountant a hnuai Block hmung tarlanah te hian lak a ni dawn a. A hnuai qualifications tarlan ang nei leh dil duh te tan Dt. 12th June, 2026 thlang dilna thelhuh theih a ni. Mahni awmna khua-a mi hna dil te chuan an dilna khaw mi an ni ngei tih finfiahna certificate V/C emawm L/C emaw in a pek an dilnaah thil tel tur a ni. Dan dinglai angin post ruak atanga 4% hi PwD tan reserved a ni. Dilna hi district tina District Project Office, Samagra Shiksha a lakchhuah leh website samagra.mizoram.gov.in ah download theih a ni a, dilna thelhuh hunah chuan Block kan dilna district a District Project Office-ah chauh thelhuh tur a ni.

Accountant {₹ 25,000/- (Fixed)}, Block Resource Centre

Name of District	Name of Block	Post ruak zat	Minimum qualification & other qualifications
Champhai	Khawbung	1	Bachelor of Commerce & Above with DCA / CCA
Hnahtial	Hnahtial	1	
Khawzawl	Khawzawl	1	
Lawngtlai	Kamalanagar	1	
Lunglei	Station (Lunglei)	1	
Mamit	West Phaileng	1	
Kolasib	Kawnpui	2	
Serchhip	Serchhip	2	
	East Lungdar	1	

Sd/-
(C. LALTHANZIRA)
State Project Director
Samagra Shiksha, Mizoram

(3-2)

HRIATTIRNA

Guwahati a Mizo (Hmar) Society, FRONTUS (Frontier Tribes Upliftment Society) hmalknain Guwahati khawpui, Garoghuli Road, Guwahati-35 hmuna FLAT sak mek a ni a, a hmung tur pawh "Imperial Regalia" tih a ni. School (DPS, Royal Global, Kaziranga etc), Hospital leh Engineering College tha tak tak awmna hmun a ni a, Inter State Bus Terminal (ISBT) atanga 3 km leka hla a ni bawkw. Mizo (Hmar) chhungkua 25 in Booking an ti tawh a ni. Mamawh leh duh te tan a hnuai mi te hi biakpawh theih reng an ni e.

- Pu L. B. Sinate**
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- Dr Chawngrolin Chonzik**
Fin. Secretary, FRONTUS
Mob: 7099062294
- Dr Rebecca Sinate**
Secretary, FRONTUS
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5. BTech Computer Science & Engineering (AI&ML)	B.E/B.Tech/M.Sc./MCA	
6. BTech Internet of Things (IoT)		
7. MTech (Artificial Intelligence)		
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)	JoSAA, CSAB, NIELIT Entrance	https://csab.nic.in, https://josaa.nic.in	
BTech (IoT)	NIELIT Entrance		
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	



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Advertisement No. 11 of 2026

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Sd/- Director

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The Engineer-in-Chief, Power & Electricity Department, Govt. of Mizoram, on behalf of Governor of Mizoram, invites tenders from interested firm for '132kV Line Ring Synchronizing Project Phase-I in Mizoram'. The details, may be seen at www.mizoramtenders.gov.in & www.power.mizoram.gov.in

Sd/- Engineer-in-Chief,
Power & Electricity Department
Mizoram : Aizawl

IPR No. 76
(2-1)

No.C.13016/W-49/2022-DISP/DTE(REV) IN THE COURT OF DIRECTOR, LAND REVENUE & SETTLEMENT GOVERNMENT OF MIZORAM

Phone No: (0389) 2322469 Email: lrs@mizoram@gmail.com

Dated Aizawl, the 3rd June, 2026.

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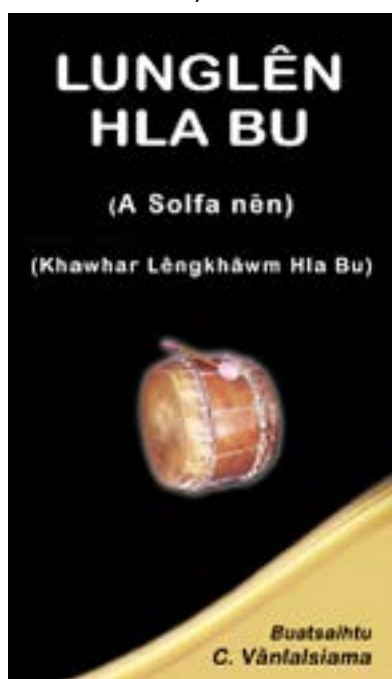
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Manipur-ah helten Kuki pathum that, in pasarih hal

State chhunga Kuki-Zo hnam aiawhtu pawl chak ber, Kuki Inpi Manipur (KIM) chuan Zirtawpni zing khan Kangpokpi district-a Loibol Khullen khuah helho nia rin pathumin mi pathum an that a, in pasarih an hal bawktih an sawi.

Zirtawpni thuchhuah an siamah KIM chuan NSCN-IM leh an thawhpui, ZUF (K) cadre-te chuan zing dar 4:00 velah khua hi an bei niin an tar lang a. Civil mi pathum an thi a, in pasarih an tichhia a, an thil nei dangte pawh nasa takin an tichhia niin an sawi.

Thite hi Letkhongam Haokip, a nupui Timnary Haokip leh Jangminlal Haokip te an ni a, Loibol Khullen khuah cheng vek an ni a. Kuki Students' Organisation (KSO), South West Sadar Hills-in a hrana thu an chhuahah kum 34, 30 leh 34 an ni tih an tar lang.

Police-te chuan he thil thlang chungchangah hian engmah an la sawi lo.

KIM chuan an dem thu sawiin ralthuam keng lo civil mite chunga tharum thawhna 'rawng tak' a nih thu an sawi a, mi thah leh chenna in tichhhiat chu mihring zahawmna leh mihring dikna chanvo bulpui bawhchhiatna lian tak a nih thu an sawi bawktih.

Lungngaihna tawktih chhunge an tawhpui thu an sawi a, tharum thawhna avanga harsatna tawktih mipuite nen an inlungruat thu an sawi a, pawikhawihna thlang hian Kuki-Zo khawtlangah 'lungngaihna teh theih loh' a thlen thu an sawi.

KIM chuan sorkar laipui leh venhim hna thawktih pawlve chu he thil thlang chhui chian thui turin an ngen a, mawhpurtute chu mana hun rei lo te chhunga rorelna

dik pek a nih theih nan hma la turin an chah a. Civil mite beih belh zel tur venna atan khaw harsa zawkte venhimna tihchak turin thuneitute an ngen bawktih.

"He thil tenawm tak tite hi thubuai siamsak vek an ngai a ni," an ti a, Kuki-Zo beih an nih avanga a rah chhuah thlang mawh an phur dawn lo tih an sawi.

Thil thlang hi kum thum chuang Manipur-a hnam inkara buaina leh tharum thawhna thlang mek kara thlang thar a ni a. Buaina hi May, 2023 khan Meitei leh Kuki-Zo inkara a chhuah hnuah niin state pumah a darh a, mi tam tak thah, in halsak leh himna dapa hmun dang insawn chhuah a thlang nasa hle.

Buaina kal zelah thuneitute leh chanchinbute chhutna hrang hrangah May, 2023-a buaina a chhuah atang khan mi 250 chuang

an thi tawh a, mi 60,000 vel chu hmun dangah an insawn a, hnam hniha mi tam tak chu relief camp-ah an awm a, district eng emaw zat chu hnam hrang hrang inthen darh an la ni.

Buaina a chhuah tih nena khaihin erawh chuan tharum thawhna tlahniam mah se Kangpokpi, Imphal East, Churachandpur leh district dang hmun thenkhat silai hmanga inbeihna a la awm chhuzawm reng tho.

KSO South West Sadar Hills chuan thuchhuah hnan an siamah pawikhawihna thlang hian VBIG, ZUF-Kamson leh NSCN (IM)-a helho an irawlh niin an puh a, Naga hel pawlve chu Kuki pi leh pute bial beiah an puh bawktih.

NSCN-IM, ZUF (K) leh pawl dang tumahin thuchhuah an hming lang chu an la chhang lo.

Kangmei laka himna dan zam zawm lo dap dawn

Delhi sorkar chuan khawpui chhunga khaalbuk kangmei chhuak vanga ram dang mi 12 tela mi 21 an thih hnuah kangmei laka himna dan bawhchhiate lakah beihpui a thlak dawn niin chief minister office-in a puang.

Thawhlelnia kangmei chhuak hi kum 2022 hnuah India khawpui bera kangmei chhuaka thi an tam bertum a ni a. Delhi-a Malviya Nagar-a khaalbuk kang ta hi chanchinbute chuan a bula damdawi ina inenkawl mek leh an chhunge thlenla hmun lar tak niin an tar lang hlawm.

Khaalbuk kangah hian thubuai thehluh niin a in neitu pawh man a nih



tawh thu police-te chuan an sawi.

Khawpui pumah khaalbuk (guest house) leh in ding dang zawng zawng pawh kangmei laka himna dan leh in sak dawna tih dan tur zam bawhchhiat kalpui zawng zawngte chu dap chhuah beihpui thlak a ni dawn tih chief minister of-

ice chuan Ningani tlai khan X-ah a tar lang a ni.

Dan zawm lote chu khar a ni ang a, a mawhpurtute chu thubuai siamsak an ni dawn tih tar lan tel a ni.

Malviya Nagar-a kangmei chhuaka ram dang mi thi zingah hian Bangladesh, Nigeria, Mozambique leh

Liberia atanga kalte pawh an tel niin chanchinbute chuan an tar lang.

Indian foreign ministry chuan heng ram embassy-ten an inbiai puih tulna zawng zawngah a puiin a buaipui mek niin Foreign Minister Subrahmanyam Jaishankar chuan X-ah a tar lang.

Karnataka minister atana lak luh ni hnih tukah bang ngahl

Nilainia Karnataka-a minister atana lak luh a nih hnuah Zirtawpni khan Ramalinga Reddy chu cabinet atangin a bang leh ngahl a, hna chanpual an pekah an lawm lo.

DK Shivakumar-a kaihhrui sorkar thar tana mualphona lian tak a ni a. A ban thu nemnghetin Reddy chuan Bengaluru Development portfolio chu chief minister-in a tiam a; mahse, Irrigation pek a nih thu a sawi a, a pawm theih loh thu a sawi.

"DK Shivakumar hi chief minister hna a chelh hmah in ka inah a lo kal a. Bengaluru portfolio min pek tur thu min hrilh a. Portfolio engmah ka dil lo va, amahin min tiam a ni," a ti.

Chief minister-in portfolio hi wavi hnih a tiam a,



irrigation ministry a chantir ta daih hi a, a pawm theih loh thu a sawi a. "Chuvan- gin, minister atangin ka bang a ni," a ti.

Chief Minister Shivakumar chuan Reddy-a chu an hruiatu hlun a nih thu leh an buaina hi a chin fel a ni dawn tih a sawi.

Reddy-a erawh chuan Shivakumar-a hnuaiah eng chanvo mah a pawm dawn loh thu a puang zui a. "Bengaluru portfolio min pek a ni a. Karnataka a pawm lo vang, MLA hna ka thawk ang a, Congress-ah ka awm ang," a ti.

Ningani zan khan chief

minister hian a minister 13-te chanvo a pe thar a. Reddy-a hi chhun lama portfolio chungchanga thut-khawm pawh a chhuahsan tau tawh nia hruiat a ni.

BJP chuan Reddy-a ban chungchangah Congress chungchah inthenna a awm niin an sawi a. Union Minister Pralhad Joshi chuan NDTV hnenah, "Sorkar chhungah inhnialna a awm tam phah dawn a, chief minister thlak hian Congress a pui dawn lo," a ti.

Bengaluru-ah party tan chuan Reddy-a hi mi lang-sar tak a ni a. Kum 73 mi hi BTM Layout bial atangin MLA wavi riat lo ni tawh a ni a. Karnataka sorkar Minister of Transport, Muzrai leh Minister of Home Affairs hna a thawk tawh bawktih.

India-in tihluhnaa an rama mi luhtir an tum lai Bangladesh-in nangching

Bangladesh chuan Ningani khan darkar 24 liam ta chhungin India-in an ramah tihluhnaa mi luhtir a tumna eng emaw zat chu an dang tih a sawi a, Asia chhim lama inthenawm ramte inkara inzawmna siam that tuma hma lak a nih mek lain lehkhaw pawimawh nei lova pem lut nia sawi chungchangah neuh neuh a awmtir thar leh.

An ramri hi khawvela leilunga ram inrina thui ber zinga mi niin km 4,000 chuang zeta thui a ni a. Hmun chhengchhe tak taka kal a nih avangin vengtute tan pawh hna a hautak hle.

Border Guard Bangladesh (BGB) chuan ramri hmun eng emaw zatah India thuneitute dan bawhchhiat tumna wavi 10 an hmuchhuak tih an sawi a. Hemi chungchangah hian India-a Border Security Force (BSF) leh external affairs

ministry chuan engmah an la sawi lo.

India-a rorel lai, BJP hi ramria awm - Tripura, West Bengal leh Assam-a roreltu an ni mek bawktih a. Lehkhaw tul ang nei lova an rama pem lutte chu an ngaimawh leh titawp tura an ngaih pawimawh ber pakhat a nih thu an sawi a, nikum atangin khaw Bengali tawng hnuah Muslim-te chu 'dan lova lut' tia sawiin Bangladesh-ah nawr luh an tum a ni.

Kum 2024-a Bangladesh-a hun rei tak India nena inzawmna tha tak neia an ram lo hruiat tawh, Sheikh Hasina-i paih thlak a nih hnuah ram pahnihte inzawmna chhe tak siam that tuma ram pahnihten hma an lak dun mekna chu dan lova pem kaihhrui hian a tibuai hle.

BGB chuan thuchhuah siamin, "Mi mal emaw, pawl emaw ramri kaltlangin

dan lova Bangladesh-ah luh phal a ni dawn lo," tiin, ram leh ram inrina enkawl dan tur kalphung leh ram pahnihte inhrithiamna bawhchhiat tumna eng pawh chu 'khaw tak dana' a nih tur thu a sawi.

Bangladesh ramri vengtute chuan thla hmaha khaw ramri hmun thenkhat patrol nasa takin an kalpui a, mipui hrithiamna campaign an kalpui a, dei hi thuneitute te, mihring dikna chanvo humhalhtu pawl te leh mi thiam ten 'push-ins' tia an sawi — finfiahna leh dan anga ram mi lak kirma kalphung kaltlang lova Bangladesh-a mihring thawn luhna — India-in dan lova mi a luhtir chungchang a ngaihtuah vang a ni.

Indian foreign ministry chuan May thla khan thuthar thehdarhtute hnenah Bangladesh chu an ram nia an rinhlleh, India-a dan lova

cheng mi 2,860 chuangte nihna finfiah turin an ngen tih a sawi.

Thil thlang pakhat hah chhimthlang lam ramri district, Jhenaidah-ah BGB chuan BSF-ten ramri gate an hawn hnuah prison van-ah mi 30 atanga 35 vel chu an rama luhpui an tum an man niin an insawi a, lirthei chu kir leh turin an ti tih an sawi.

Dhaka hian Bangladesh-i nia hrithate chu ramri kaltlanga dan lova lettir ai chuan dan ang leh palaite pawh indawra thawn kir leh tur a nih thu a sawi fo tawh a ni.

Ramria mihring inluhtir hi Thawhtanni atanga Ningani inkara New Delhi-a ram pahnihten ramri vengtu sipaite inkara director-general level-a inbiakna neihring ngaihtuah a nih beisei a nih thu Dhaka-a sorkar thuneitute chuan an sawi.

RAM PAWN

EBOLA: DRG-ah hri vanga thi phumtute mipuiin bei

Democratic Republic of Congo khawchhak lam, South Kivu province-ah Ebola vanga thi phumtute team chu mipuiten an bei a, thawktute hian kuang pakhat an kalsan phah a, hri a darh hlauhthawn a nih thu health ministry-in a sawi.

He thil hi Thawhtannia han AFC/M23 helte thunun khua, Katana-a thlang a ni a, province khawpui, Bukavu hmar lam km 30 vela hlaa awm niin ministry leh tual chhung damdawi in hotuin a sawi tih Reuters-in a tar lang.

Dan zam anga hri kai thite ruang sawngbawl tura a bik taka zirtirten ruang an buaipui lai beih an ni.

Ruang hi mipuiten an la zui a, hei hi hri inkai darh theihna, inkaichhawn zelna thar thlen thei a ni tih Nilainia online-a thil thlen dan report tihchhuahah tar lan a ni.

Health ministry leh damdawi in hotu chuan engvanga hetiang hi thlang nge an la sawi chhang lo.

He thil thlang hian thuneituten Ebola Bundibugyo chi darh zel thunun



tuma hma an lak mekna a tikhawtlai zel a. Tun hnai kar eng emaw zat chungkhan mi phumtute team leh damdawi thawkte beih an ni fo va, thi chhunge pawhin thil chhan an zawt fiah nasa hle.

Thawhtanni pawh khan Bundibugyo kai hmuh hmasak berna, Ituri province khawpui, Bunia-ah hetiang thil thlang hi a thlang a, th-

lanmual pakhat hah mipuite chuan hri leng buaipuite an bei a, mi pali an hliam nia sawi a ni.

Health ministry-in a chhinchhiah dan chuan Congo-ah hian May 15 atanga hri leng, an rama wavi 17-na puan a nih hnuah mi 363 kai an awm tawh a, mi 62 an thi tawh.

Damdawi in thuneitute chuan tun hnaiah hri kai

hmuh thar 19 an awm a, pahnihten an thi a. Ituri province-a health zone 36 zinga 17-ah hri hi a darh tawh tih an sawi.

Hri kai hi an pung zel a, North Kivu province-a health zone pasarih leh South Kivu province-a zone pakhat hri kai hmuhchhuah tawh a ni.

International Organization for Migration ch-

uan Ebola lenna province pathum-ah health control post 30 dinnaah a pui mek a, hei hian mipuite hriseina a enfiaha damloten hri an tidarh zel tur venna atan a pui niin UN agency regional head Frantz Celestin chuan Ningani khan Reuters a hrilh.

Ministry chuan hmasawmna pawh a awm tih an sawi a. Ituri-a Rwampara-a hri kai nena inhnimhna 32 chu ni 21 entlak tawh niin Ebola an vei lo niin an ngai.

Ministry chuan North Kivu-a Goma khawpui thuneitute chuan dam tawh chhuahitir turin an inbuatsaih mek tih a sawi bawktih a. AFC/M23 helho deputy coordinator Freddy Kaniki-a chuan Nilainia khan damlo hi a chhunge nen an inhmuh leh tawh tih X-ah a tar lang.

Congo khawchhak lamah ram dang atanga puihna a luh belh zel bawktih a. Nilainia khan Bunia-ah thite phumna atana hman tur hmanrua 300 a thlang tih International Federation of Red Cross & Red Crescent Societies chuan Ningani khan a sawi.

Hezbollah-in Israel leh Lebanon inkahhai thuthlung hnawl

Lebanese ralthuam keng pawl, Hezbollah chuan US-in a thlawp, Israel leh Lebanon inkahhai thuthlungte chu an hnawl.

Thuchhuah na tak tak siamin Iranian thlawp pawl hruiatu, Naim Qassem-a chuan inbiakna chu Lebanon tana 'hlawkt' tih a sawi a, 'Lebanese tam zawk pawhin' chiang takin an hnawl niin a sawi.

Israel leh Lebanon ten inkahhai derthawng tak an siam pawh sei a nih rualin Lebanon chhungah Hezbollah awm phal lohna 'pilot' security zone siam a ni dawn tih an puan hnuah an hnawl thu hi an sawi a ni.

US State Department-in Nilainia thuchhuah an siamah ram pathumte chuan inremna hi 'Hezbollah-in silai an hmech pawh a tawp vekna turin' lungruat takin an pawm tih a tar lang.

Ningani khan inbiakna tel ve lo Hezbollah hruiatu chuan chhang zui-in 'inkahhai' nia sawi chu Hezbollah-in silai an hmech pawh loh leh Israel nena an indona hmun, chhim lam atanga an fighter-te hnuh kir chu inpekna leh Israel thil tum tihhlawhtlinna a nih thu a sawi.

Beirut khawpui chhim

lama Hezbollah kulhpui, Dahieh tih hruiat bawktih pawh hetiang ngaihtuah hi a awm mek bawktih.

Israel leh Lebanon inremna hi Washington-a US-in inbiakna wavi lina a huai-hawt hnuah siam a ni a, Israel ramri leh Litani lui inkar, hmar lam km 30 vela hla, tunah hian Israel sipaiten an luh mek atanga 'Hezbollah' zawng takin an hnawl tih a awm tel.

Inremna ang chuan US-in 'pilot zone siamna kawngah a pui dawn a, Lebanese Armed Forces-in sorkar hnuah mite ni lo zawng zawngte tel lova an ram chu a thunun theihna tur a ni' tih a ni.

Pilot zone-te awmna tur hmun tarl anna map engmah a tel lo va, a taka an hnathawh theih dan tur sawi fiahna a awm lo bawktih.

Inremna hi Thawhtannia inkahhai pawh sei hnuah tih a ni a, Hezbollah-in Israel a beih loh nan chuan Israel-in Lebanese khawpui, Beirut-a bomb chu a insum dawn a ni.

Ram pahnihten aiawhte hi June 22 hian an inhmuh leh dawn a, 'inremna kimchang siam tumna nen' an inbe leh ang.

Inbiakna palai, US chuan Israel leh Lebanon

inkara inremna hian Iran nena an inkara inbiakna kal mek a tihchak a beisei a. Iran hian Washington nena inremna an siam turah chuan Lebanon-ah pawh remna a awm tel a phut tlat a ni.

Lebanon hi March 2 atang khan US, Israel leh Iran indonaah a tel ve tan a. Hezbollah hi Israel-in Iran sipre leader an that avangin phuba lak nan rocket-in Israel a kap a. Israel hian Lebanon ram pumah thlawhna hmanga beihpui thlakna leh chhim lamah khawmualah beihpui thlakna a chhang let a ni.

April 16-a Israel leh Lebanon inkara US-in inkahhai a siamin indo hi a titawp thei lo va, kar hmaha khan Prime Minister Benjamin Netanyahu-a chuan a sipaite chu drone leh rocket hmanga Israel hmar lama chengte beih an nih avangin Hezbollah beihna nasa zawk leh Lebanon ram thuk zawka lut turin a hrithatir a ni.

Lebanon-ah hian indona a chhuah atang mi 3,526 an thi tawh niin an ram health ministry chuan a tar lang a. Israel pawhin ramri lehlahmah an sipai 26 leh Israeli civil mi pali an thi tawh tih an sawi ve bawktih.

Gaza Strip beihnaah chungkhata mi panga telin mi 10 thi

Israel-in Gaza Strip-a beihpui a thlaknaah Palestinian mi 10 an thi a, an zingah hian chungkhaw khata mi panga an tel niin health thuneituten an sawi.

Gaza-a damdawi ina thawkte chuan Israeli thlawhntan Ningani khaw var hmahin apartment pali an kap niin an sawi a, an chungkhaw chenna in pawh a tel a, mi pakua an thi a, mi 15 chuangin hliam an tuar bawktih.

Ningani vek tlai lamah Khan Gaza City-a Wehda Street bulah thlawhna hmang bawka an chetnaah mi pakhat a thi a, mi dang hliam tuar an awm bawktih niin damdawi

ina thawkte chuan an sawi a, ni khata thi hi mi 10 an ting tawh niin an sawi.

Israeli sipaite chuan an chetna thlang nia sawi chungchangah hian engmah an la sawi lo.

Reuters-in an kah hmasak zawk nia an sawi hmun video an tihchhuahah chuan in tu sawp nuaih, a bungruante kang leh chhe tawh, kawngpui sir zawng zawngah hnawm darh vek a lang.

Palestinian social media-a video darh pakhat hah chuan ruang lakchhuah tuma puan keng chungah apartment pakhat hah mi an lut lai a lang bawktih.

"Zing dar 2:30 Khan

beihna thlang hian min tiharh a. Taksa them darh nuaih kan hmu a, mite muthilh lai a ni a. Indona a tawp tawh an ti a; mahse, a la a tawp lo a ni," tiin chungkhaw thah thenawma mi, Khalil Batran chuan Reuters a hrilh.

Chhungkaw chenna beihnaah hian hmeichhe naupang pakhat chauh a dam chhuak niin damdawi ina thawkte chuan an sawi.

"Gaza-ah hian himna a awm lo... Ni tin min misile hmangin min kap a. A hlawk lo hle a ni," tiin Batran-a chuan a sawi bawktih.

US President Donald Trump-a kaihhruiaina hnu-

aia inkahhai kalpui mek chuan Israel-in Gaza a beihna hi a la titawp thei meuh lo va. October, 2023-a Palestinian pawl, Hamas-in Israel chhim lam an beih atanga indona a chhuah hnuah Israel chuan Gaza Strip chanve aia tam a thunun mek a ni.

Inremna siam tura a thawh hniha, Hamas-ten an ralthuam an tunna tur leh Israeli sipai an chhuahna tura indawna tur pawh la chhuzawm theih a ni lo.

Israel chuan an beihpui thlakna hian anmahni beihna thlang tur dan an tumna a nih thu a sawi a, Gaza-ah hian tanpuina leh bungrua luh phalsak a nih thu a sawi.

Gaza-a damdawi in thuneitute chuan inkahhai puan a nih atangin Israel-in beihpui a thlaknaah Palestinian 930 vel an thi tawh a. Hemi hun chung vek hian firfiakten sipai pali an that tawh tih Israeli sipaite chuan an sawi ve bawktih.

Gaza-a indona a intan atang khan mi 72,000 chuang an thi tawh a, a tam zawk chu civil mi an ni tih Gaza health ministry chuan a sawi.

Hamas-te hian October 7, 2023-a beihpui an thlaknaah mi 1,200 an that a, Israel leh ram dang mi 251 hren turin an man bawktih niin Israel chuan a sawi.





Rev Dr Ramengliana

RETHEIHNA

Retheihna hi mihringte buaipui ber a ni hial em le? He thu hi kan ka atanga chuak tam leh ngaihtuahna luah khat hnehtu ber pakhat a ni mai lovang maw? Politics khawvel, sakhaw lam, zirna pangngai leh Pathian Thu zirnaah pawh kan chai nasat ber a ni hial mai thei baw a. Ram leh hnam rilru kan neih nat viau te pawh hi thil dang vang em em ni lovin retheihna kalsan kan duh tlan vang leh kalsan dan kawng chi khat a nih vang niin a lang. Kan rilru pianhnam hrim hrimah hian retheihna atanga fihlim tumna a awm a, chu chuan kan nun pawh a kaihrui nasa hle tih chu a hriat theih mai a ni.

Hringnun hian he retheihna hi a fihlimsan mai mai thei lo ni tur a ni. Taksa khawsaknaa retheihna hi a lar ber a. Hemi atanga fihlimte pawh rilru lama retheih theih tak a lo la ni tho a. Mi dangte nena inkar thil avanga hrehawm tuar reng renga hun hman theih tak a ni tih a chiang e. Chung zawng zawng chuan fihlim mah ila thlarau lama retheihna, retheihna zawng zawng pawh ber zawk chu neih theih a la ni fan. Chuvangin he retheihna hi he lei hringnunah hian a bosan theih tak tak loh a ni ber mai. Fihlim famkim dawn chuan he khawvel piaphlam thil a kungkai a ngai a ni ber mai.

Chutih lain taksa retheihna phei hi chu thui angreng tak rilru puthmang azir a nih theih dan a awm ve tho a. Rethei inti theuh theuh dinhmun hi inang lo thei tak chu a ni. Nu pakhatin an pa rilru hrehawm innngaihtuah lungchhiat thu a sawi ka hria a. Min barakhai zawk angreng hle. A chhan pawh pucca buildin-gah khawsa mekin ei leh in, in leh lovah chuan keini nihna atanga teh chuan 'khi tah' a ni si a. A thiante anga car a neih loh avanga rethei bik anga inggai a lo ni si! Officer lian tak fanuin a nu leh pa in-neih champhaah an chungkaw retheih lai thute zu sawi a! Officer nih hnu fea nupui nei kha a ni sia!

Rilru leh thlarau lam retheihna chu dah thain damchhung khawsak pangngai retheihna hi han sawi chhuzawm ta ila. Tute hi nge mi rethei chu ni ta? Rethei tak tak chu ni tina chaw khawkhawp nei pha lote hi an ni ngei ang. Chutiang mi chu khawvelah hian mi vaibelchhe 230 vel an awm an ti a. Khawvela mi 12-a 1 zel hi tam tuar reng ang an ni a, mi 4-a 1 zel hi

ei leh ina dinhmun nghet nei lo an ni, an ti baw. India ramah hian ni tina chaw kaw pur hmu zo lo nuai 360 vel an awm anga ngai a ni a. Ni tin ei tur kan nei leh rilru hahpui lutuka kan neih loh ringawt pawh hi thil lawmawm tak chu a lo ni e.

Ei leh in neih leh neih loh chauh hi retheihna tehfung tur chu a ni hauh lo tih chu a chiang mai a. Chennai in mumal neih loh te, silh leh fen tur pangngai neih zawh lohte, zirna pangngai ban phak loh leh dam mawh hritlan changa inenkawlna tur buaipui ngai leh treatment tha lak phak lohte hi a retheih thlak ngawih ngawih a ni. He tehna erawh hi chuan mi tam tak min huap ngei ang a. Inenkawlna tha neih phak loh avanga nun tawi ta nia hriat theih te pawh an awm thin hi. Rual awn na viau mah se hemi dinhmun hi kan pel ve ngawr ngawr a nih pawhin lawm mai tur a ni ber e. Rethei bakberh tak tak hi India ramah hian kan lo tam em mai! Malsawmna kan dawn hi kan hai palh t hin zawk a.

Chuti a nih lai chuan mi tam tak hian tuangtlan angreng takin mi retheite hi anmahni thiam loh hrim hrimah an ngai titih deuh tlat nia! 'Hna thawk se an rethei lo mai ang chu' te an tih khum mai thei thin. Duh vang renga rethei, khawsak harsa hi chu an awm lo hial mai thei (Eng emaw vanga intirethei chawp an nih loh chuan). Hmanlaia thing tam, mau tam an tih lai khat thawhrim vakin awmzia a nei tlem thawp awm e. Ram pum huapin ei tur awm ngal lo chuan! Chuvangin thawh nasat avanga khawsak tih changkan theih a nihna ram chu ram tha tak a nihna chin a awm a ni. Sorkar kalphung leh inrelbawlnain a zir thlawt loh avanga mi tam zawk tana beih nasat sawngsawhlawt lo dinhmun hi awm thei tak a ni.

Kan ramah hian thawhrimna leh beih nasatna avanga khawsak phung thit that theih a ni em? tih inzawt ta ila, niin kan hre fur mai thei e. Hei hi thil lawmawm tak a ni. Miin a beih nasat avanga hlawhtling mai theia kan la ngai theih chuan a ram pum huapin a la lawmawm thawkhath pawh a ni ang. Mahse rilru pianhngun a tlin thlawt loh avanga mahni ei tur pawh dap chhuak pha lo, hisap kitap nei thlawt lo pawh awm thei a ni. Ka mi hriat pakhat chu Pastor pakhatin theih patawpa t anpuin khai din a tum a, mahse a theih thlawt lo. A ngaihtuahna in a pha ngang lo a ni. Chuti avanga rethei taka awm chu

engtia ngaih tur nge ni ta ang le? Kan khawngaih dawn nge kan thiam lo liam mai zawk ang?

Thenkhat chu duhthlanna an hman sual vang liau liau, um loh tur leh buaipui miah loh zawk tur an buaipui tlat avanga rethei ta em em pawh an awm. Hetiang mite hian khawngaih leh lainat an hlauh duh lo hle. An duh zawk an thlan avang liau liau a retheiah puh an awl. A dik. An thil duh leh um zawk a dik miau loh avangin an rethei a ni. Mahse, chu tak chu an khawngaihthlak chhan a ni mai zawk lo maw le? Rilru pangngai pu, taksa pangngai nei leh hun tha pangngai chhunga awm ve tho khan a duh loh zawk tur a duh tlat a, a buaipui loh zawk tur a buaipui tlat avangin a retheih phah ta a nih zawk chu! A va khawngaihthlak tho em! An duhna leh chaknain a tirethei a ni miau si a!

Chutih lain ram kalphung hian retheih leh hausak a hriat thui hle tih hriat tur a ni. Ram pum huapa ei leh bar (economy) chungchangah hian kalphung inkawlkah tak pahnih-capitalism leh socialism an tih te hi an ni a. Heng system pahnih inkarah hian kan leng vel a, theih chin chinah kai hawp an tum deuh baw tlin a. An nih dan lawng lawng hi chuan an hriam lutuk ve ve a ni mai thei. Capitalism hian mimal zalenna a pek tam avangin a thei fate tan len duak duak a awl viau, chutih lain a chuan hnuai zawkte tan beh ngawr ngawr a awl baw. Tin, mi a lo hausak chuan mi thenkhat leh thil thenkhat a hnek nasat lutuk vang a ni thim baw a. Hei vang hian mi tam takin capitalism hi an duh lo a ni.

Chutih lain socialism hian ram leilung hausakna zawng zawng chu ram miten a theih ang bera rualkhaia insemtir a tum tlat thin a. A kut phah hlai hlaiin tham tam ringawt chu he system hian rem a ti lo. Hisap chak leh dinhmun tha laklawhte voh ringawt lovin mi hnuaih-nung leh chembeh ber berte a ngaihtuah thlang pha tlat a ni. Mahse heti tur chuan mimal zalenna a lo phur beh tel a ngaih thin avangin mihring thlarau hian a mil vak lo va, a tum chu tha em em mah se he khawvel ram hrang hrang hian a hnawng zel a nih hi maw.

He socialistic economic system, kan pi leh puten 'sem sem dam dam, ei bil thi thi' an lo tih thin nena inmil tak thlarau hian sorkar policy siamtute chenchiil zelin an thil ruahmanah he thil hi hmuh theih ni zel sela a duh awm thin. Rampui, central sorkar policy chu keini state te re-

Mi suaksualte nunrawna chuan anmahni a hnawl bo vang, Rorelna fel an duh loh avangin.

THE AIZAWL POST

Editorial..... Mizo Daily Newspaper

Environment leh Mizoram

Nimin kha World Environment Day a ni a, Mizoram pawh district thenkhat hman a ni a. Mizoram Pollution Control Board leh Mizoram EIACP Hub t angkawp chuan he ni pual hian Aizawl bakah district khawpui dang zawng zawngah a rualin environment humhim tura inzirtina beihpui an thlak a. Gauhati High Court Aizawl Bench chuan, AR chhuahsan ram cheibawlna kal meka thing kih tur ruahman chungchang a relna Order nimin kha a tichhuak a. A tira thing kih tur 170 ruahman atangin thing 23 chauh kih phal a ni ta a; Gauhati High Court Aizawl Bench hian environment humhalhna Order hmangin World Environment Day hi a hmang a tih theih baw awm e.

Kan hma lawk June 11 khian Green Mizoram Day hman a ni dawn baw a; GMD pawh hi environment kaihnnawih baw a ni. Mizoram hian environment hi kan ngai pawimawh viau niin a lang a, Green Mizoram Day-ah ringawt pawh hian tha leh zung, sum leh pai kan seng nasa tawh viau mai. Chutih ruala rilrua riak reng thin chu, "kan sawi thin a, kan sawi nawn leh ang" tih ang deuh kha, environment humhalh kawnga hmalakna kalh zawngah 'shifting cultivation' kan la kalpui tluk tluk reng mai hi chu a inhmeh lo mai pawh ni lovin, 'mahni lu chungah meiling chhek khawl ang' kan ni deuh ber awm e. India ramah 'ram

hring' (forest land) ngah ber state kan nih rualin, ram hring tichereu chak ber kan ni nghal baw. Hengte hi lak serious a hun tawh hle a ni.

World Environment Day hi United Nations Environment Programme (UNEP) hnuai hian kum 1973 atanga hman tan kha a ni a, kum 53 zet liam ta atang tawh kha khawvel chuan environment humhalh a pawimawhzia an lo hre tawh a, an lo vei daih tawh.

Kum 1973-a Mizoram dinhmun kha han ngaihtuah ila, sik leh sa kalphung a la pangngai a, ramhnuai hawrte tui fim vawt tak hmuh tur a la tam a, world environment day tih vel chu kan la hm-elhriat lo viau awm e.

Kum 53 a han ral leh meuh chuan, kawrte tui fim hmuh tur a awm tawh lova, thlasik a sik tawh lova, ruahin sur hunbi a nei thei tawh hek lo. 'Kumin chu a va lum e' kan ti kum tin tawh a. Ruah-tui bihrukna ramngaw kan tichereu nasat avangin tuihna a kang a, thalal lui tui a kang a, tui lamah harsatna kan taw mek a nih hi.

Environment kan tichhiat hian environment hi a phunnawi hran lo, mahse signal erawh min pe zel. Tuna Mizoram environment atanga signal kan hmuh mek hi kan ngaihtuah reng chuan, kum 53 lo awm leh tura Mizoram dinhmun tur chu tuna kan dinhmun let tam taka chhe zawk hi a dawn tih a chiang a ni.

uhtein lo tihdanglam tehchiam theih a ni dawn lo va. Chutih lain state sorkar policy hrang hrangah mi rethei leh mi hausat inkar a zauh (capitalistic) telh tleh loh nan tan lak thiam a tul zel dawn.

Sorkar hian a nei zawkte ta a laksak thiam a, a nei lo zawkte a pek thiam telh telh a va pawimawh dawn em! Hei aia pawimawh zawk pawh a la awm cheu! Dinhmun tha zawk ten mi hnuaihngun zawkte tan an inphal zel hi. MUHCS -a sorkar hnathawkte hlauh an han cut-ah te hian a hriat a nih hi. Harsa zawkten an va han chhawr nasa tak em! A thei zawkten tax kan ti emaw cess kan ti emaw kan inphal nasat zel a ngai e. Mi hausat an mamawh bak ram an neih duai duai lohna

turte pawh kan ngaihtuah zel a ngai. Mi retheiten kan chang zo ve lo mai ang.

Ni e. Retheihna hi kan buaipui ber a ni. Mimal leh ram pum huap pawha kan do ber leh kalsan kan tum nasat ber a ni. Mihring tlin lohna chi hrang hrang - thenkhat duham luat avanga mite chanai hmanga mahni lo inchhekarbawm tak tlat te, hriatna leh thiamnain a phak mawh lohte, duhna leh tui tihna awm tlat lote - avangin a thuanawp nasa thin a. Tum ram kan la thlang thei rih lo chu a nih hi. Amaherawhchu, kan beidawng thei lo va, kan chawl ngawt thei baw hek lo. He retheihna khur hi zuan chhuahsan theuh a, retheihna zung chu pho ro turin tan i la tak tak teh ang.

RED CARD

R.Lalfakawma Seling

Red Card sawi apiang hian thiante khelhna Republic Bon Team kha rilruah a lo lang nghal zel mai a. 90's chhova Aizawl-a Football khel thin leh tui puitute chuan titi khawm nikhuain kan sawi bang lo chu a ni e. Tum khat phei chu si 3 phur saa khel an ni baw a, yellow card leh red card a surin a sur an tih chu... Football inkhelhna mualah chuan red card hmuh hi thil tha lo tak, chak lohna thlentlu hial pawh ni thei; chak a nih pawha khelh leh hun thlanga hremna thlen thei a ni a. Chutih lain red carpet rap phakte erawh mi ropui leh changkang, kan ngaihsante an ni lawi a. Red bull energy drink lam nise taksa chhu chhawktu tangkai tak a lo ni ve lehzel a. Red light area han tih ang chite phei chu keini kristian ram angah chuan a tin pawh kan tin zawn ngam loh, "thiante chu an kal a, ka kal ve lo" kan tihna hmun ang kha an ni leh daih a. 'Red' theuh theuh kha a thu zawmtu azirin a inang lo viau hlawm mai.

Tun tuma kan 'Red' khel tur tak erawh Excise & Narcotics Department, Govt. of Mizoram-in thuchhuah a siama red card lam a ni. He thuchhuaha kan hmuh angin kum khat chhung atan dam-dawh kaihnnawihna zu kaw/in duh tan Rs 5000/- senga red card dil theih a ni tih a ni a; dilna form man pawh Rs 50/- a ni nghe nghe. Heti ang a nih takah chuan sawrkharin zu a zuar, a zuar lo tiin inhnialna

bul kan tan leh ta hlui mai chu a ni e. Nikum lamah Mizoram Kohhran Hruaitute Committee-in Mizoram Liquor Prohibition Act 2019 tihdanglam chungchangah an duh dante sawrkhahar an thlen tawh na a, kan ramin a mamawhna leh thatpui dan tur kawngah fanin an awm ve ta a ni ang e, thawm pawh an chhuah ta bik lo ve.

Zu chungchanga inhnialna te hi chu tawp hlei thei lo tura ni reng mai a. A in mite leh sum hai luhna tur ngai pawimawh mi tan chuan zu han zawrh leh hlui hi sawrkhâr sum bawm atan leh a intute tan thil samkhai leh tha tak a ni. Zu khap ti chungin khawi lai kilah emaw, langsar deuh takin emaw hmum tam takah hmuh tur a awm tho tho va; zu tha aiah zu chhia a inlar nasa kan ti a. Chuvangin a in mi ten zu tha an in theih nan leh sawrkhâr sum bawm lamin tam taka a lo hlawkpui theih tur a nih vangin ip deuh tak chung pawha han zawrh titih chu thil tha ve tak a ni.

Khawvel ram changkang zawk leh kan tunlai nun thlirin zu zawrh hi mi tam takin kan chakna a rei tawh a. "Kan thiam ve mai ang...kan thiam hman tep a...tun thlangin la zuar ila kan thiam tawh ngawt ang" tih thei a ni ring thin hle. Ram pawm lam atanga khalzin min paltu an tam tak avangin zu zawrhte hi mamawh hle tawhin kan inhre zual baw a; mimal zalenna - a duhin an in ang a, a duh lovin an in lo mai ang tihthe pawh hi kan thunawn a ni zing ta.

Khawvel thlang zel mila zu tih zalen kan chak viau tawh a, zu fak mawina lam thu bible-a mi pawh kan sawi mawi thiam narawh e. Thufingte-a kan hmuh

angin boral mek leh pachhiate chu an hrehawmna leh lungngaihna an theihngihl theih nan rakzu pe tura thurawn kan hmu a, mihring mihrinna zawnah chuan rei lo te atana na chhawka tha ve tak a ni ngei e. Mahse, kan mihring rilru hi a mak khawp a, thi mai tur ten rakzu an in emaw, lam ta se emaw, mak kan tih turzia hi! Pachhia ten an harsatna leh pachhiatna theihngihl nan zu an han in lah in "An retheih nen nen ...a la in ve khawngah a, khawngaih tlak pawh a ni lo" kan ti leh ang lawi a. Bible thu inziah leh zirtimate hi kan man fuh hlei thei lo a ang.

Paulan a nau Timothea hnênah, "I pum avang leh i damloh fo avangin uain tlem tlem hmang thin ang che" a tih leh hriselna kaihnnawih avanga pek chhuah tur kan Red Card sawi mek hi a inzul hle mai. Chaw ei thei lo tan chaw ei tuina; muhil thei lo tan mut tuina; sil leh na t hem thum nei tan sil rehna a ni. Rilru na leh pachhiate tan na chhawka a nih baw avangin hetiang chhan hrang hrang lam hawi harsatna nei kan tam dawn a ni. Thawk khat laia anxiety leh depression a lar aia nasain zu in theihna kawng nata/harsatna nei kan pung chho hle turah pawh ngai teh ang.

Kohhrancho chuan an mite chu rakzu hmanga pachhiatna leh harsatna theihngihlhir ai chuan na chhawka permanent - Isua ngawngkaw! bah nuam zawk an hmehhriat theih nan zu in lo turin an lo ti ve mek thung a. Chaw ei tui nan chaw ei thei lo khawpa an in a hlau a; mut tui nan mu thei lo khawp an in leh sil rehna turin an in na zo vang tihthe pawh a hlau a ni. Tin, bible-ah hian a chungah kan sawi bak khi chu zu han fakna lam hawi hmuh tur a awm hran lo va, a khapna lam hawi a

tam zawk daih vang leh mihring hriselna tichhe thei, chhungkua leh khawtlang tibuai thei leh thlarau thlanga Gehena lama hnuk lut thei a nih vangte pawh a ni ang kohhran ten heti fakauva a do thin ni.

Kristian ram kan intih miau avang hian kohhran hian kan khawtlang leh ramah hmun a luah thuk lo thei lo. Sakhaw zalenna ram ropui India rama cheng ni mah ila, kristian sakhaw humhimna leh inzirma thei darh kawngah pawh kan kal na reng a. Ram tina Chanchin tha thlen tura thupek kan nih miau avang hian thimtham zingah pawh indap chawpa chet dan kan ngaihtuah zel a, chu chu ringtu huaisan, rinna kawnga pasalt hate zia, kan ngaihsan rawn a ni. Sakhaw thil kan lak lungrun em avangin phak ang tawka thu zawmtu nih pawh kan tum nangial a; eiruk sum emaw, kohhran duh loh dana thawh chhuah thil pawh nise kohhrana sawma pakhat pek kan thulh chuang lo. A dik a dawktu hriat lovin vanram kai hrâm kan tum a, phak ang tawka hmai phih fai hrâm hrâm duh kan ni.

Kohhrancho pawhin an beramte kelpa-tiltawlhah an tang zo vang tih hlaiin theihtawp chhuahin a vil ve reng a, a inthlahdah hman lo. A thenawm hena zu in tur petu chung a pik tih thu hre rengin zu leh a kaihnnawih thil zuar lo turin a do zel a ni. Khawi lam atangin nge thlêmna leh tlukna lo kal thin tihthe chu kohhran mipui uluk takin a zirtir a, taksa damna a pawimawh rual rualin a aia pawimawh 'thlarau damna' chu damna kim a nihzia, kan beisei tur pawh a nih thute hi min zirtir bang lo.

Tisa thil lama mi thahnemngai ten zu zawrh leh inkhawm tihlêm kan thlakhlêh em em laiin thenkhat lah in 'Lalpa sum ka ngainep a, rangkachak tangka nen...vanram chu ka thlang zawk e' kan

lo ti ang lawi a. Heti ang a nih rau rau chuan kan lum leh lum law law ila, kan vawh leh i vawt law law ang u tih mai tur nge ni. Pathianna kan duh, a tuk atanga a chawlhkar tuana kan duh leh tak si loh te; chawlhkar tuana Pathian duh zawng leh duh loh zawng pawh thliar lova kan ham pawh vek hnu Pathianna kan han danglam ta viaute hi eng emaw ti tak chuan a tha ve hrim hrim...tih loh ai chuan. Kristian kan nih miau avang hian kan sakhaw thurin zawm lah tih makmawh a lo ni a, kristianna lah hian tisa thilte a do ran mai baw si a! Kan ram intodelh lohzia hriain mi thahnemngai ten kohhran inkhawm tihlêm thlangin kan lo aupui ve ngial a, a sawt chuang hlei law. Kristian niin chenbeh deuh takin kan awm reng dawn nge tisa takin kan nung ang a, thlarau lamah kan pa chhe deuh zawk dawn ni le.

Tunah pawh kohhran ten zu zawrh kan duh loh em em lai hian rin ain zu a a tlângnel chak hle lawi a, Chapchâr Kût leh Kût phuachawp hrang hrangah zu fang, buh zu han tih ang chite kan zuar langsar in ualau takin kan in ngam ta hle a ni. Tunah hian kan thlai thar thenkhat atanga a zu siam tumin sawrkhâr pawhin ruahmanna a siam chho ni te pawhin a hriat a, rakzu leh a sen chi tih em a nih loh chuan kan ngai zu lo deuh te pawh a ni ang e. Kan khaw hawi leh chim chin a sang deuh deuh a, zu in mite harsatna leh sawrkhâr sum mamawhna pawh kan chiang chho ve zel a; kohhran leh sawrkhâr lamte pawhin zu chungchanga an ngaih-dan an thlak ve ta te pawh a ni ang e. Eng-pawh nise, tun tuma mi hi chu red card rau rau pawh red card tha mi, football inkhelhna muala next match awl phahna tur lam hawi a ni lo turah ngai ang.

French Open women's final:

Andreeva vs Chwalinska



Zanin French Open women's singles final zet chu vantlang rin loh takin Russian tleirawl Mirra Andreeva leh qualifier Maja Chwalinska-te'n an khel dawn a, thil ni thei loa ngaih zawng zawng kalpel tawh an nih avang hian tu zawk nge chak dawn tih pawh rin thiam ngaihna a awm tawh lo e!

Roland Garros-a a tawp khar tur pahnihte semi-final match Ningania kan thlirliam tak ang khan kum 19 mi Andreeva chuan 6-1 6-3-in Ukrainian Marta Kostyuk a hneh a; an behchhan ram ve ve politik thila inmil loh vanga indo mek an nih avangin he last four match hi a boruak a sang viau reng a ni.

Semi-final lehlamah Chwalinska chuan Russian Diana Shnaider laka 7-6(4) 6-4 hnehna sualchhuakin, final-a Russian ve ve intum tur a dangchat a; professional era-ah qualifier ni chungna Grand Slam final lut thei pahniha a ni.

Zanin final match-ah tu ve ve pawh hi chak se khawvelin Grand Slam cham-

pion thar a neih belh dawn a ni.

Kumin hian Roland Garros-ah top player rualkhat - defending champion Coco Gauff, he hmuna vawi li champion tawh Iga Swiatek leh world number one ni lai mek Aryna Sabalenka tihte an tlawm duai duai avangin finalist thar hlak pahniha an rawn chhuak ta nawlh a ni.

Roland Garros women's champion tur chu zanin hian Court Philippe Chatrier-ah ngei chinfel a ni dawn a, tu zawk nge Suzanne Lenglen Cup hawn dawn kan thlir ang.

Kum 2023 US Open title latu Gauff hnu lama tleirawl ni chungna Grand Slam title la leh thei hmasaber dinhmuna ding mek Andreeva chuan, "Tournament liana champion thei dinhmuna ka ding tih emaw Grand Slam final hial ka thlang ang tih emaw hi ka la ngaihtuah ngai lo.

"Engkim hi mumang ang ruai a ni ber. Player dangte'n engtin nge an ngaih ang tih hre lo mah ila heti ang

hmuna final luh hi ka number one goal a ni," a ti.

2021 US Open title latu Emma Raducanu hnu lama professional era china qualifier ni chungna Grand Slam final lut leh thei awmchhun Chwalinska pawhin Shnaider hmachawn kha rilru leh taksa lama chona tling ve ve a nih thu sawi chungin a hnehna sualchhuah avanga a hlim em em thu a sawi.

Polish professional tennis player Chwalinska hi kum 24 mi niin, a career-a ranking a tawn san ber chu kumin May ni 4-a world No. 113 a han hawl kha a ni a; a doubles ranking neih san berah nikum June thlatir khan No. 91 a thlang baw.

Major tournament-a a thlensan ber chu tuntuama qualifier nni chungna 2026 French Open final a lut hi a ni.

Sara Errani leh Andrea Vavassori tandun chuan French Open mixed doubles title an kaw! lai an humhim fel tawh a ni.

Mizoram aiawha feh chhuak Muaythai team hlawhtling

June ni 1-4, 2026 chhunga Haldwani, Uttarakhand-a khel zawh tak 7th National Youth Muaythai Championship 2026-ah Mizoram Youth Muaythai National Team chuan medal 20 zet an hlawhchhuak.

Fighter zin chhuak mi 19-te'n an vaiin medal an la pha vek a; an zingah Kenedi Lalrinsangi, Vairengte chuan bout panggai bakah Waikru-ah medal a hlawhchhuak tel.

He hlawhtlinna hi

Muaythay Association of Mizoram (MAM) chuan a ngaihlh hle a, June ni 8, karleh Thawhtanni zinga an lo thlang tur pawh hmuah tumin ruahanna an siam.

Mizoram team hlawhtlinna chungchhangah MAM president Johnny Ngurthansanga chuan, "Muaythai bila hmalakna a harsat avangin Mizoram State Sports Council lama kan hruiatute'n sum leh pai bakah inbutsaiha hmun tur atan Boxing Hall (MISBA

Hall, Ramhlun Sports Complex) min ngaihtuah sak a.

"Tin, fighter fehchhuakte hi kum lama naupang te te an ni chungin an chhunge'n phur takin min tawiawm a, association lama ka thawhpuite bakah team official-te'n tlin takin hma an hrui baw a, he'ng zawng zawng hian lawmthu ka sawi takzet e.

"Pathian chungah hian lawmthu sawi sen loh kan ba baw a ni," a ti.

MEDAL LATE

Bout pangai:

1. B. Lalthlamuanpuii	Vairengte	-42 Kgs (-13 yrs)	- Gold
2. Phoibi Malsawmtluangi Sailo	Serchhip	-54 Kgs (-14 yrs)	- Gold
3. Malsawmdawngzuali	Zotlang	-48 Kgs (-14 yrs)	- Gold.
4. Malsawmzuali	Edentharr	-64 Kgs (-17 yrs)	- Gold
5. C. Thangnunmawia	Edentharr	-40 Kgs (-14 yrs)	- Gold
6. John Lalpekhlua	Vairengte	-38 Kgs (-13 yrs)	- Gold
7. Reuben Lalnunthara	Vaivakawn Zohnuai	-57 Kgs (-17 yrs)	- Gold
8. Vanlaldinthara	Luangmual	-71 Kgs (-17 yrs)	- Gold
9. Solomon Lalnunrempuia	Tuivamit	-81 Kgs (-17 yrs)	- Gold
10. Kenedi Lalrinsangi	Vairengte	-38 Kgs (-13 yrs)	- Silver
11. Malsawmdawngzuali	Challtang Lily Veng	-40 Kgs (-11 yrs)	- Silver
12. Vanlalpeki Challtang Lily Veng (Sairang Road)	Challtang Lily Veng	-42 Kgs (-11 yrs)	- Silver
13. Elna Zomuansangi	Edentharr	-46 Kgs (-17 yrs)	- Silver
14. Lalrinzuala	Tanhril Venglai	-48 Kgs (-14 yrs)	- Silver
15. H. Lalhruiatluangi	Zotlang	-52 Kgs (-14 yrs)	- Bronze
16. Vincy Lalruatkima	Edentharr	-42 Kgs (-13 yrs)	- Bronze
17. Victor Siamliana	Saron Veng	-52 Kgs (-12 yrs)	- Bronze

Waikru (Muaythai lam intihsiakna):

1. Kenedi Lalrinsangi	Vairengte	-38 Kgs (-13 yrs)	- Silver
2. Jenny C. Lalremruati	Edentharr	-48 Kgs (-14 yrs)	- Silver
3. Gabriel Gurung	Huntharr	-50 Kgs (-15 yrs)	- Silver

Team Official:

1. Manager - V. Lalmuankima
2. Coach - Ngurlanzuala Sailo
3. Liansangpuii Renthlei (Referee & Judge)
4. Lalhlmpuia (Referee & Judge)



Zawlkhawpui Hmar lam lal Zemabawk BC

THE AIZAWL POST Hoops Mania chuan MSL 12 khel tura inbutsaiha mek club te kan bihchiang thuk thuk a, cheng nuai za chuang fe club ho ten senso an thechhuah ngaihna MSL ah hian Zarkawt BCA leh Khatla TBL ten vung takin ro an rel thin a, han elpha an awm meuh lo; ngaitheh, MSL 10 a lo inherchhuak a, hmar lam thlipui a rawn inmung mup mup zui a - Zemabawk BC an rawn lang hlawl a, thawnthu a danglam chho ta tlat!

Infianna khawwvela hming dai tawh lo tur Sir Alex Ferguson khan ama chanchin a ziahna (Autobiography) ah khan Scotland hmar lamah chuan kal thui poh leh mipui an lo ngawichawi tial tial a, hian siam an lo harsat hle tih a ziak a; amaher-awhchu, Aizawl hmar lam hi han thlang thui deuh deuh ila - basketball thawm a lo ring tial tial thung!

Zemabawk BC hmangin the undivided Zemabawk (Zemabawk, Falkland leh Thuampui) ten Aizawla basketball veng liante an barakhaiha a, an thawm hi haider rual a ni lo!

An tualchhung baller-ten an veng chehvela inkhel theihna awm tawh phawat chuan tlim khawm hmur tham an awm reng - thalaita an phur tih hi THE AIZAWL POST Hoops Mania pawhin a hmuhpui tlat!

Zemabawk BC hi management board



changtlung tak nei an ni a, an MSL season hmasa kum thum chhunga champion tum ngam an ni. MSL 10 - semi finals, msl 11 - finals leh MSL 12 - champions tih hi an club puipa ten an club calendar an duanna kawngah a thlang chho mek.

An head coach Liansangpuii an mangtha fel ta der - MSL finals thlen satliah ringawt hi an club puipa lam te lungawina chin a ni lem lo tih a hriat! Chut-ih rualin, Most Valuable Player (MVP) chawimawina dawng pha thei khawpa theihna nei an star player Ropuia leh inghahna tlak palian Thianga te an la kaw!

A tawi zawngin sawi ila, champion-pui tham Ruatkima Hotshots captain hlui an lalut a, Rinzuala a rawn let leh zui ta baw ken - ngaihtathpuitham tualchhung player chu an kaw! khawm ta.

Hnam dang player chahluh kawngah erawh bengsika ngaihtuahna an thawkhawm a tul tawh ang. An veng rawlthar Stephen-a, Kulikawn duo Samuel-a leh Rinchhana te pathum hi tawnhriat la nei

tam taw lo mah se, ngaihtah an thiang lovang!

Zemabawk BC hian head coach tur an la ruat fel lo a, asst. coach tur pawh an la vuah fel lo baw. An muang sual duai thei, MSL thenkhatin practice an ko chho tan tawh!

ZEMABAWK BC SQUAD

K. Lallawmawma	-	Zemabawk
Stephen Lalnunluanga	-	Zemabawk
Lalrinawma	-	Falkland
K. Lalthianghlina	-	Mission Veng
Lalrinchhana	-	Kulikawn
Samuel Vanlalpeka	-	Kulikawn
Malsawmkima Hmar	-	Khatla East
Michael Lalthakima	-	Khatla South
Lalropuia	-	Khatla South
Lalruatkima	-	Durtlang
Lalrinzuala	-	Kolasib
Vanlalhlua	-	Saron

COACHING STAFF:

Manager - Malsawmtluanga, Zemabawk North
Asst. Manager - Lalruatkima, Zemabawk



Sikkim-a taekwondo khel tur Mizoram

June Ni 6-8, 2026 chhunga Gangtok-a nghah tur Ist Sikkim International Open Taekwondo Championship khel tur Mizoram team chuan Ningani khan Aizawl an chhuahsan.

He championship hi National Games inbutsaiha pakhat niin, National Games vawi 69-na North East State-ten an inthlentawm turah taekwondo bik inbutsaiha tur a ni.

A thlengtu state inbutsaiha a tha a, ram chhung bakah ram t henawm Nepal, Bhu-



tan atangin an tel dawn baw a ni.

Mizoram team hi a bika sawmna dawng pahniha - Master VL Sawma (Electric Veng) leh Master Joseph Thansanga (Electric Veng)-te'n hoin, Lalinpuii (Armed Veng South) leh Albert Lalrinfela (Bawng-kawn Brigade)-te'n an

hrui a; Joseph Zodin-thara (Kolasib) leh Lalhmangaihthangi (Armed Veng)-te'n referee official hna a thaw baw ang.

Mizoram aiawh turte hi player 14 niin, an zinga pasarih hi kyorugi khel tur an nih a; poomsae individual, pair leh team-a khel tur player 11 an awm baw.

Kyorugi

1. Paisley Lalremtuangi, Kolasib
2. Vanlalhlua, Zemabawk
3. Reuben Zodinpuia, Chawnpui
4. Zohmingthanga, Bilkhawthir
5. R. Lalbiaknuami, Edentharr
6. Vanlalhlua, Venghnuai
7. Vanbiakpari, Ainawn

Poomsae individual

1. Joshua Lalthlangdika, (Junior), Challtang
2. Mary Rolawmsangi Royte (Cadet), Chite
3. Arella Roluahpuii (Cadet), ITI
4. Lalmuanpuii Khiangte (Junior), Lily Veng
5. Vanlalhlua (Junior), Zemabawk
6. Pansy Rampanzeli (Senior), Challtang
7. Lalhlmpuii (2nd Senior), Chawnpui

Poomsae Pair

1. Joshua Lalthlangdika & Mary Rolawmsangi Royte

Poomsae Mix Team & Team

1. Pansy Rampanzeli, R. Lalbiaknuami, Vanbiakpari
2. Arella Roluahpuii, Joshua Lalthlangdika, Mary Rolawmsangi Royte

Freestyle Poomsae Team

1. Zohmingthanga, Vanbiakpari, Lalinpuii, Vanlalhlua, Lianthangpuii.

Official

1. Joseph Thansanga, Head of team
2. VL Sawma Head of team
3. Lalinpuii, Coach
4. Albert Lalrinfela, Manager
5. Vanlalhmangaihthangi, Referee
6. Joseph Zodinthara, Referee

FOOTBALL TITI

- Everton chuan Arsenal leh Brazil forward Gabriel Jesus lak an tum a, mah se Arsenal in an chhiar na £20m aia tema lak hram an duh thung. (Football Insider, external)
- Sunderland chuan Marseille hmakhalhin Charleroi leh Algeria midfielder Yassine Tiraoui lak ngei an tum. (FootSur7 - in French, external)
- Paris St-Germain chuan Juventus in lak tuma an ngaihvnen France forward Randal Kolo Muani manah 30m euros (£25.9m) an chhiar. (La Gazzetta dello Sport - in Italian)
- German club RB Leipzig in hralh an tum loh thu sawi tawh mah se Liverpool chuan kum 19 mi Ivory Coast winger Yan Diomande lak tum in hma an la ch-hunzawm zel tho. (Athletic - subscription required)
- Paris St-Germain pawhin Diomande hi an ngaihvnen ve bawk a, EPL club ai chuan French club th-lang zawk turin an fuuh. (Telefoot, via Mirror)
- Arsenal chuan AFC Bournemouth forward Eli Junior Kroupi leh Atletico Madrid atangin Argentina striker Julian Alvarez lak an tum a. Arsenal in lak an tumte hi French Ligue 1 leh Champions League champion Paris St-Germain in chuhpui ngei an tum thung. (Independent)
- Brentford chuan 50m euros (£43m) tawktarhin kum 19 mi Cologne winger Said El Mala lak tum in an dawr. (Bild - in German)
- El Mala hian lak tuma heltu Brentford hnenah Premier League club zawm a tum loh thu a hrilh thung. (Sky Sports Germany)
- Chelsea defender Marc Cucurella chuan Stamford Bridge chhuahsan a tum tih hriat a ni a. Atletico Madrid chuan Spain international hi lak an duh a, a wavi khatna atan an dawr nghal. (Teamtalk, external)
- Juventus chuan Chelsea leh Barcelona ten lak tuma an ngaihvnen Italian full-back Andrea Cambiaso manah 30m euros (£26m) an chhiar. (Calciomercato - in Italian)
- June thla tawp ruala contract hmang zo tur Serbia striker Dusan Vlahovic chuan contract thar ziah a tum tawh lova, nipui bazar laiin Juventus chhuahsan ngei a tum. (Football Italia)
- Juventus chuan Crystal Palace leh France striker Jean-Philippe Mateta an ngaihvnen a. Mateta rual hian Atletico Madrid & Norway forward Alexander Sorloth an ngaihvnen tel bawk. (Gazzetta dello Sport - in Italian)
- AIK Stockholm chuan Brighton, Chelsea leh Newcastle United te nena sawi zawm kum 18 mi Nigerian winger Zadok Yohanna chu dawrna tha tak an dawng a nih chuan hralh an hreh lo tih an sawi. (Northern Echo)

Beisei phak lo France leh Spain

Ningani zan khan World Cup khel tur ram t henkhatten inbuatsaihna neiin friendly match an khel a. World Cup 2026-ah champion tura rinkai France leh Spain ten beisei an phak lo. Ivory Coast lakah France an tlawm a. Spain leh Iraq an inhnehtaww ve bawk.

ry Coast tan goal thunin an si phurh a sut. Elephants si phurh sutna goal thuntu Guela Doué hi PSG leh France tana khel Desire Doue unaua a ni a.

Goal khat ve ve an thun hnuin inkhel a hmuhdawm a, chak tum in tan an khawh zui nasa hle. Hun tawp dawn hnaih minute 84-naah Manchester

Mualneitu Spain lakah goal chhuah hma viau mah se Iraq in goal an thun zui ve thuai a, Merchas Doski chuan minute 27-naah goal thunin an si phurh a sut. Darkar chanve an khel tlin hmaa goal lut bak hi hun tawp thlengin goal dang a luh belh thei lovaa, rin loh takin Spain leh Iraq te chu 1-1 in an inhnehtaww.

World Cup 2010 champion leh European



France an tlawm

World Cup 2018-ah champion a, 2022 a final lut leh bawk France hian Nates khawpui Stade de la Beaujoire-ah Ivory Coast an mikhuah. Player hrawl tak tak kawh khawmtu France hi an mualah chak ngei tura ngaihi ni bawk mah se an player tha chhaww chungin tlawm zawkah an t ang tlat thung a. An result hian football khawvel a barakhaih.

France hian an mualah hnehna chan ngei tum in tan an khawh a, bul pawh an tan chhe lo viau. Na takin an mikhuah an nawr a, goal pawh an thun teuh thei hle. Goal thun theihna hun t ha nei bawk mah se uiawm tak takin an hlah fo. An hun tha nei hlah fo mah se Manchester City tana khel tha tak Rayan Cherki chuan chawh-lhaww dawn hnaih minute 45-naah hmahruaina goal a thun t nge nge a, 1-0 a hmahruai chungin chawh-lhaww an hmang.

Chawh-lhaww hnu lamah inkhel a hmuhdawm leh zual a, goal hnih a luh belh. Second half t antir minute 53-naah Guela Doué chuan Ivo-

United midfielder Amad chuan Ivory Coast tan hma an hrui letna goal a thun. Amad goal thun hmang hian team lian France chu an mualah ngei 2-1 in an hneh a, result tha tak an hlawhchhuak.

An player thate chhaww chungana an mualah an tlawm vangin France teram lakah rinhlelna tam tak a awm a. World Cup 2026 ah palian tak ni chungah beisei an phak loh mai a hlauhawm hle. France boruak a hniam lai hian Ivory Coast erawh an phur phah viau thung a. World Cup-ah phur leh beiseina sang zawk nen an inlan zui ngei a rinawm.

Spain an chak zo lo

An mualah France an tlawm laiin World Cup 2026-ah champion tura rinkai ber Spain pawh an chak zo bik lova, Iraq nen 1-1 in an inhnehtaww.

Spain leh Iraq te hi Riazor, La Coruña-ah an inkhel a mualneitu Spain hian an player tha ch-haww lovin an B team a ngaihi an chhaww. An B team Iraq lakah bul an tan tha a, Ferran Torres chuan minute 16-na lekah hmahruaina goal a thun.

champion ni mek bawk Spain hi World Cup 2026-ah champion tura rinkai ber an ni mek. Player an nei tha rual a, football a thiamna ril nei ram an ni bawk nen an champion em lo a nih pawhin team hmuhdawm tak chu an ni ngei ang.

Mexico an chak chiang

Zirtawpni zing khan inelna thlengtu tur Mexico chuan Estadio Nemesio Díez Riega-ah Serbia an mikhuah a, 5-1 ngawtin hnehna an chang.

Serbia hian mikhuah an nihna hmunah bul an tan tha a, Petar Stanic chuan minute 19-na lekah hmahruaina goal a thun nghal. Hma takah goal thun bawk mah se mualneitu an chhaihkawlh a ni ta lek fang a. Goal nger ngawt an chhuah laiin goal an thu ve thei tawh lo.

Mexico tan hian Johan Vásquez chuan minute 34-naah goal thunin an siphurh a sut a. Minute 45+2-a Stefan Bukinac own-goal hmangin hma an hrui let. Chawh-lhaww hnu lamah Raúl Jiménez, Adem Avdic leh Luis Chávez te goal thun hmangin hnehna an chang a. World Cup khel turin inbuatsaihna hun tha tak an hmang.

Tottenham in Robertson an dawr fel



Premier League khel chhunzawm tura him hram Tottenham Hotspurs chuan an squad thuamchak hna an thawk a. Scotland defender Andy Robertson chu free transfer in an lut.

Kum 32 mi Scotland captain Andy Robertson hian June thla tawp rualin Liverpool-a a contract a hmang zo dawn a, free transfer in a chhuak dawn. London club Tottenham in an hnen pan turin an dawr fel

zui nghal a. July ni 1-atangin Tottenham a zawm ang.

Robertson hian kum 2017 khan Hull City atangin Liverpool a zawm. Reds tan hian inelna hrang hrangah vavi 378 a khel a, Premier League vavi hnih a champion pui a, Champions League-ah vavi khat a champion pui bawk. Scotland tan vavi 92 khel tawhin captain a ni mek a. World Cup 2026-ah pawh Scotland player pawimawh a ni ang.

Rice leh Fernandes an langsar

English Premier League 2025-26 a zova, player ten season liam ta chhunga player t ha zual Professional Footballers' Association men's player of the year thlan tur chhawp-chhuah a ni a. Chawimawina ngaihlut hlaww dawng thei turin Arsenal midfielder Declan Rice leh Manchester United captain Bruno Fernandes te an langsar.

Arsenal leh England player pawimawh Declan Rice hi EPL-a Arsenal an champion na kawngah leh Champions League final an luh theih nan a thawh hlaww hle. Season liam taah a khelh tha em vangin EPL player of the season-ah thlan a nih rin ni bawk mah se Manchester United midfielder Bruno Fernandes a el phak lo. Rice aia Fernandes a chungnung hian sawi zui pawh a hlaww viau.

Trophy lak nei lovin seoson thlahliam bawk mah se United tan Bruno Fernandes a khel tha viau a, EPL-ah assist vavi 21 ngawt neiin EPL-ah season khata assist ngah ber record thar a siam hial. Mimal taka a chetthat em vangin EPL player of the season-ah thlan a lo ni tawh a. Football Writers' Association's men's footballer of the year award a lo dawng tawh bawk. PFA player of the year pawh hi a dawn leh mai a rinawm hle.

Player ten an player pui tha ber an thlan theih tura chhawp-chhuah zingah EPL-ah season thum chung Golden Glove dawng zawn thei leh Arsenal champion pui tu David Raya a tel a. Raya hi chhawp-chhuah mi paruk zingah si ngakh tel awmchhun a ni. Raya bakah hian Arsenal tlarhnung ban rinawm Gabriel a tel a, Manchester City player pahnih Erling Haaland

leh Rayan Cherki te an tel bawk.

City goal thun khawh Erling Haaland hian season liam ta khan goal 27 thunin a wavi hnih nan EPL top-scorer a ni a. City tan season khatna tha taka hmangtu Cherki pawh City tan a khel tha thei viau bawk. He chawimawina dawng hnuhnung ber chu Liverpool winger Mohamed Salah a ni. Chawimawina hi August ni 25 a 53rd annual PFA Awards Ceremony-ah semchhuah a ni ang.

Chawimawina ngaihlut hlaww thei tura chhawp-chhuah Ryan Cherki hi rawlthr tha chawimawina dawng thei turin chhawp-chhuah a ni tel bawk. PFA young player of the year a thlan theih turin Premier League's young player of the season England international Nico O'Reilly a tel a. Ani bakah hian Manchester United midfielder Kobbie Mainoo, Bournemouth forward Eli Junior Kroupi, Max Dowman leh Rio Ngu-moha te an tel bawk.



Team 48 telna World Cup a hmuhdawm ang em?



A wavi khat nana ram 48 te inelna tur World Cup 2026 hi a hmuhdawm ang nge, a boring zawk ang tih hriat a chakawm. Kan thlir dan kan rawn ch-hawp-chhuak e!

Khawvela football club te inelna ngaihlut hlaww ber UEFA Champions League hi quarter-final vel atanga hmuhdawm leh ngaihvnen hlaww t an niin an sawi thin. Ram 48 te inelna tur World Cup 2026 pawh hi last 16 vel atanga hmuhdawm a, ngaihvnen hlaww leh zual deuh chaw tura ngaihi a ni.

Team 16 ngawt an tel belh dawn vangin team 32 inelna t hin aiin a nawi lo thei dawn lova, first round-ah insawp hrep a awm thei dawn a. Intum tur thenkhatte football-a an inlen hleih deuh vangin group stage

hi chu a hmuhdawm taww zo lo tura ngaihi a ni a. Group Stage-ah hi chuan inkhel ngaihvnen hlaww hlui tur a tam lova, Group of death pawh a awm tam mang lo bawk. Group stage chu sawi loh last 32 pawh hmuhdawm lutuk tura beisei a la har cheu.

Team 48 an inel tawh miau vangin inkhel pawh a tam belh a, a hun pawh a rei belh bawk. Nikhatah inkhel panga te, parukte a awm chang a awm dawn a. Engtu tan a buaitlak chang a tam dawn a, en chak tak tak en loh a awm nual thei dawn. Hei vang hian kum dang aiin a boring dawn.

World Cup chu World Cup a ni miau a, beisei aia lo hmuhdawm ta hlauh a nih chuan World Cup nge nge kan ti mai a ni ang chu!

Lauryn Hill-i'n BET Living Legend Icon Award dawng dawn

June ni 28 Peacock Theater, Los Angeles-a sem tur 2026 BET Awards-a Lauryn Hill chuan Living Legend Icon Award a dawng dawn tih an puang. He award semna show hi Durski-a'n a host dawn a ni.



Living Legend Icon Award hi an themthiamna te tat hriam a, culture kalsan lova an kalna kawnga sul sutu leh kawngsialtu te chawimawi nana an pek thin niin BET chuan an tarlang. BET Award hi entertainment khawvela mihang chetha te chawimawina a ni.

Connie Orlando, EVP cuan "Ms. Lauryn Hill hi living legend sawifahna dik tak chu a ni. Chhuan hrang hrang han hnungtawlh deuh pawh nei lovin a intu-aitar zel a. A themthi-

amna hian hian chhuanthar zawk te tan kawng sialin, rimawi lama huaisen tak leh rau tak bakah zalen taka an chet theihna kawng a hawng a ni. Kan Culture tana Zan Ropua hian ani kan chawimawi thei tur hi kan lawm hle a ni," a ti.

Lauryn Hill, kum 51, hi The Fugees member anga hmin rawn chher hmasa a ni a, 1996-a an album The Score chu Billboard 200 (US albums) chart-ah kar li chhung a No.1 a, 1998 khan a solo album hmasa ber "The Miseducation of

Lauryn Hill" tlangzarhin, hei pawh hi Billboard 200 chart-ah kar li a No.1 thei a, he album-a hla "Doo Wop (That Thing)" chu Billboard Hot 100 (US singles) chart-ah a No.1 thei pawh. He album hian Grammy-ah album of the year a dawng a,

hip-hop album zinga he award dawng thei hmasa ber niin, hemi tum hian award panga a dawng a, hmeichhe zaithiam zinga tum khata Grammy Award panga dawng thei hmasa ber a ni bawh. He album hi National Recording Registry-ah 2014 khan dah luh a ni tawh a, 2024 khan Grammy Hall of Fame-ah lak luh a ni tawh bawh.

BET Award-ah hian Living Legend Icon Award hi an telh thar niin, Lauryn Hill a dawng hmasa ber a ni dawn ta a ni. 2015 khan BET Award-ah hian Ultimate Icon Award an telh tan a, Janet Jackson chu he award dawng hmasa ber niin, nikum khan a wavi khat nan mi pali- Maria Carey, Jamie Foxx, Snoop Dogg leh Kirk Franklin ten an dawng.

Billboard 2026 Country Power Players event-a chawimawi zingah Riley Green leh Miranda Lambert an tel

Billboard chuan Nashville-ah Country Power Players chawimawina hun an hmang a, country genre-a top artist leh music executive te chawimawi zingah hian an tel a, kum khat chhunga country music hmasawnan thawhhlawh leh chetha ta chawimawina a ni.

Riley Green hi Hitmaker award hlan a ni a, Green chuan he chawimawina hi a ngaihhlut thu leh a tan a pawimawh thu a sawi a, ani hi zaithiam leh hlapuath thiam niin, a hla tam zawk hi midang tel loa amaha a phuah a ni nghe nghe a, chung zingah chuan "Worst Way," leh "Don't Mind If I Do" te pawh a tel.

Green chuan, "Hetiang chawimawina hi ka tan chuan mahni inrintawkn min pek belchhahtu niin, hla dang phuah zel a, show tam zawk neih min chak tirtu a ni," a ti.

Miranda Lambert chu Icon award hlan a ni a, Lambert chuan, "He community-a tel ve theihna remchang ka lo nei hlauh hi ka lawmin vannei ka inti takzet a ni. Thangthar te tana kawng sial zel ka tum. Country music hi ka nuna bet tlat a ni a, ka puitlin hnu hun tam zawk ka pekna a ni a, kum 23 vel zet ka lo tal



ve tawhna a ni nain chut- ianga rei ni pawhin ka hre lo. Heng kum zawng zawng min tawiamw t hinnaah lawmthu ka sawi mawlh mawlh a ni," a ti.

2026 Country Power Players-ah hian Tucker Wetmore chu Rising Star award hlan a ni a, The Red Clay Strays group-in Groundbreaker award an dawng a, Austin Neal-a'n Executive of the Year chawimawina a dawng bawh.

Xiaomi 17T India-ah tlangzarh

Nilaini kalta khan Xiaomi chuan an smartphone thar Xiaomi 17T chu India-ah an tlangzarh a, 12GB RAM-ah 256GB leh 512GB inbuilt storage awmin, Rs 59,999 leh Rs 64,999 man te an ni. He smartphone hi HDFC Bank, SBI Card, American Express leh ICICI Bank card hmanga lei tan company lam chuan Rs 5,000 discount an pe a, bank offer aiah Rs 5,000 exchange bonus a thlan theih bawh. Hei bakah hian thla 18 chhung no-cost EMI leh zero down payment option a awm bawh. Company lam chuan phone hi an lei atanga kum khat hnuah a leitu ten an hralh let leh duh a nih cuan 60% buyback value an pe bawh. He smartphone hi June ni 10 atangan an hralh chhuak tan dawn a, Xiaomi website leh Amazon atangan a chah theih ang.



Xiaomi 17T hi dual-SIM niin, Android 16-based HyperOS 3 a hmang a, MediaTek Dimensity 8500-Ultra SoC neinin, thermal management atan 3D IceLoop cooling system a nei a, hei hian phone hman nasat avanga a sa tur a veng tha viau dawn a ni.

6.59-inch 1.5K AMOLED screen neinin, 120Hz adaptive refresh rate, up to 3,500 nits peak brightness a nei a, a hnungah Leica-backed camera patum- 50-megapixel Light Fusion 800 primary camera, 50-megapixel Leica 5x periscope telephoto

camera leh 12-megapixel ultra-wide-angle camera a nei a, a periscope camera hi 115mm focal length tlukpui niin an chhal a, optical image stabilisation a nei bawh.

Connectivity-ah chuan 5G, 4G LTE, Wi-Fi 7, Bluetooth 6.0, NFC, GPS, NavIC, USB Type-C port a support a, IP68 dust & water resistance rating neinin, a screen pawh Gorilla Glass 7i a thum a ni a, 6,500mAh silicon-carbon battery neinin, 67W HyperCharge fast charging leh 22.5W reverse charging a support bawh.

2026 Toyota Innova Crysta India-ah tlangzarh

Toyota Innova Crysta chu an update ve ta a, 2026 model year India-ah an tlangzarh a, showroom-ah a model a zirin Rs 19,72,000 at anga Rs 26,63,000 man thlengin a awm. He car sei chi hi mi pasarih chuan theihna leh mi pariat chuan theihna chi a awm a, model chi li ve ve a awm bawh.

A pawnlam landanah Crysta hi a bumper leh grille an tidanglam deuh a, chrome an hmang nasa lehzuah a, chutihrualin a pianza tlangpui chu a la chhawm zel tho a, a hnunglam bumper design an tidanglam deuh bawh.

A chhnglamah dual-tone black & hazel brown leatherette upholstery neinin, copper accent a nei bawh. A model sangah chuan wireless smartphone charger leh tyre pressure monitoring system a awm a, a model sang lamah cuan bench seat emaw captain seat emaw a second row-a a awm bawh.

A mechanical-ah tidanglam a awm lo va, 2.4-litre diesel engine neinin, 5-speed manual gearbox a nei a, 148 bhp leh 343 Nm torque pechhuak thei a ni a, company lam chuan a fuel efficiency hi 15 kmpl niin an chhal.



Phuah Pawlh

Hmeichhe chak pahnih



Sam Taylor, kum 48, leh Sue Taylor-Franklin, kum 58, te chu Wales a cheng an ni a, an han chak dun teng teng khawp a, Guinness World Records pawh an

siam dun nual tawh. An pahnih hian thlawhtheihna lian A320 chu second 37.53 chhungin meter 20 a thui an hnuk tawh hman a, hmeichhe pahnih inkawp zinga A320 me-

ter 20 a thui hnuk thlang rang thei ber record an siam.

An pahnih hian thlawhtheihna hi an hnuk dun a, anmahni pui theitu tur thildang engmah an hmang lo a, thlawhtheihna ding lai chu hruizen lian tha taka thlungin, hruizen hmang hian an pahnihin a rualin thlawhtheihna hi an hnuk dun ta a ni.

Hei bakah hian record dang pawh siam tumin an bei taw a, 2023 khan UK-a Strongest Man event-ah hmeichhe team (pahnih) anga deadlift rit ber record siam an tum a, mahse, Sue zawk hi an inhliam ta tlat mai a, Sam hian UK a ceng tho Izzy Tait kawpin, hmeichhe team (pahnih) anga deadlift rit ber hi an siam ta tho a, kg 452 a rit an deadlift thei a ni.

Awm bawr na ni si lo, lung chak lo tih inhriat theih dan

Lung (heart) lama that lohna kan neih chuan kan awm bawr chu a rawn lanchhuah hmasakna tur niin kan ngai deuh thup thin. Awm bawr a rawn nat tawh chuan heart attack kan hlauthawng nghal viau zel a nih hi. Mahse, awmbawr na hi thil chi hrang hrang vangin a awm thei tih hriat tel tur a ni a, indigestion avang te, awm bawr tihliam vang te, kuh nasat avang te pawhin a awm thei.

Tin, awmbawr na ringawt hi lung lam fel lo lanchhuah dan a ni lo tih pawh hriat tel tho tur a ni a, case thenkhatath chuan lung lam that lohna chu symptom awm miah lo te pawh a rawn thawk that thei bawh. Chutiang chu ni mah se lung lam harsatna kan nei tih mahni inrinhleth theihna tur, kan takkaa rawn lang chhuak a awm thin a, awmbawr na hi chu kan hriat tlanglawn tawh sa a ni a, tun tumah hian Times of India-in awmbawr na ni si lo, lung lam fel lo tih inhriat theih-

na ni a an sawite kan rawn tarlang e.

1. Thawk kham lo/ thaw chham: Eng emaw i tih vang te, i taksa hah vang te pawh ni chuang lo a i thawk i kham lo a, thawchham lek lekin i awm a nih chuan i lung lam fel loh vang a ni. Lung a chak loh chuan lung-a thisen lung vel a lo tlem a, chu chu chuap-a tui awm te pawh a thlen thei. Step-a kal satliah emaw kawng kal satliah emaw, nitina kan tih thin thil dang kan hahpui ngai em em ni si loah te pawh thawk kham lo, thawchham lek lek leh thawk harsa ang te pawhin a awm thei. Zan mutnaah thaw chham ang deuha awm thut te pawh a ni thei a, kan lukham pangngai kham chunga mut chuan thawk lama harsatna a awm deuh avanga nidang aiin lukham kan mamawh sang ta riau te pawh a ni thei.

2. Chau leh zawi deuh ngawih ngawih: A chhan hriat tur awm si lo a chau leh zawi deuh ngawih ngawih, awm hahdam deuh

vang vang pawha ziaawm hleihei lo te hi lung lam fel lo vang a ni thei. Kan lung atanga oxygen tamna thisen te kan taksa leh tihrawl peng hrang hranga a insem darh that loh vang a ni thei. Nidanga harsatna nei lo a step i kal thinna te kha i hahpui ta riau emaw, i bazar bag ah i hahpui ngai loh te kha i chauhpuu ta riau emaw te a nih chuan lung lam fel loh vang a ni thei. Nidanga harsatna nei lem loa kan tih theih te kan hahpui ta viau a, kan ti peih lo ta riau a nih chuan lung lam fel lo vang a ni thei. Hetianga chau leh zawi hi chu hnathawh leh eng emaw kan tih avanga kan chau leh zawi nen a inang lo a, awm hahdam pawhin a reh ve mai thin lo.

3. Ke vung: Lung tha lo kan neih chuan thisen a pump t ha thei lo a, chu chuan taksa hmun hrang hrangah fluip accumulation a thlen thin a, taksa vung a lo awm thin. A bikin kephah, kheimit leh ngalrek bawr velah te a vung a lang chhuak duh lehzuah. I din rei

deuh emaw, i thut rei deuh emaw hnuah a rawn vung nasa lehzuah ang a, taksa hnuailamah nuam lo te pawh a awm thei.

4. Luhai leh ngaihtuahna chiang lo deuh riai: Lung-in thisen a pump that loh chuan thluakin thisen a dawng tha lo a, thluakin thisen a dawn that loh chuan luhai, ngaihtuahna chiang lo, ni deuh riai ang te pawhin kan awm thei a, luhai avanga tluk te pawh a awm thei. Taksa a chak lo a, khur deuh der der ang te pawhin a awm thei.

5. Lungphu mumal lo: Lung phut dan hian kan lung hriselna chungchang thil thui tak a entir thei a. Lung a chak loh cuan lung phu a mumal lo a, a muang lutuk emaw a rang lutuk emaw a ni thei. Hetianga kan awm chuan keimahni pawhin kan awm bawrah phu deuh dup ang te pawhin kan hre thei. A chhan leh vang hriat tur awm si loin lung a rawn phu rang zawih zawih a, kan awm hahdam pawhin awmzia a

awm chuang lo. Hetianga hian second reilote emaw minute eng emaw zat a rei te pawh a ni thei.

Lung hrisel nan eng nge pawimawh? Lung tana chaw tha, thei leh thlai, whole grain lam ei tam tur a ni a, chi al, thil thlum leh thau mawm te ei tlem tur a ni. Mahni taksa zawh tawkin exercise lak thin tur a ni a, mei zu mi i nih chuan sim la, zu pawh in loh a tha ber a, i in lo thei lo a nih pawhin tlem tlem chauhin in ang che. Rilru tih hah vak vak loh dan te ngaihtuah a pawimawh bawh e.

Engpawh ni se a khat tawka doctor rawn thin a pawimawh a, a chunga kan tarlan symptom te hi kan nei a nih chuan doctor rawn tur a ni. Mahni tawkin kan BP te in-check fo tur a ni a, cholesterol level te pawh a khat tawka check fo a t ha a, kan taksaah thau a tam mah mah a nih chuan intihcher deuh te pawh tum tur a ni.