

Zirlai, hna zawng mek leh hna-thawk mek te tan Hostel fai leh thianghlim, ei leh in tuihnai, tui hnianghnar, free wi-fi, two wheel-er free parking awm thlap, thlenin mamawh tan pawh man tlawm tein a thlen theih baw e.

**Rainbow Hostel**  
Y-131, MZU Road,  
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Ph. 9436140576 / 7005598481

# The Aizawl Post

RNI Regn. No. MIZMIZ/2003/12043 Postal Regn No. MZR/56/2018-2020



**The Aizawl Post**  
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**French Open champion Zverev** P-7

**Philippines-a lirnghingah mi 19 vel thi awm tawh** P-4

**Box office-ah 'Masters of the Universe'-in 'Scary Movie' a ngam lo** P-8

VOL. XXV NO. 137 AIZAWL, THAWHLEHNI, JUNE 8, 2026

A man: Thla khatah Rs. 200

## SIR atan form sem zo thawkhat Online-in mahnia ziahluh theih

Special Intensive Revision of Electoral Rolls 2026 neih mekah Mizoramah chuan vote nei theite inziahluhna tur, enumeration form zaa 97 chuang sem chhuah tawh a ni a, heng zinga zaa 22 chuang chu a buaiputu booth level officer-ten an la let leh tawh. Form-ah hian online-a inziahluh theih a ni.

Chief electoral officer Mizoram Garima Gupta sawi danin, SIR 2026 kalpui mekah 2026 July 1-a kum 18 tling tur chin, India khua leh tui dik tak, Assembly constituency-a cheng nghet leh Parliament of India-in dan a siam anga voter ni thei zawng chu inziahluh theih a ni a. May 30 atang khan June

28 thleng hian booth level officer (BLO) ten anmahni bial chan theuhah voter inziahluhna tur enumeration form sem/lakkhawm an buaipui dawn tih a sawi a ni.

Electoral roll hnuh-nung ber ang chuan Mizoramah voter 875068 kan awm a, heng zingah hian tun thlengin enumeration form (EF) hi mi 850451 (97.19 %) hnenah semchhuah tawh niin, BLO-ten an laklet leh tawh hi 199923 (22.85%) a ni.

ECI-in inkaihhruaina a siamah chuan BLO pakhat hian mi sang khat aia tlem lo zel buaipui tur a ni a, chuti chungin, hmun thenkhatah BLO tan hna a hautak tham hle tih sawi a ni a. Mahni veng/

khuaa awm remchang lo, SIR-a inziaklut duh tan ECINET app hmangin online-a inziahluh theih reng a ni a, hei hi Google playstore leh App Store atanga download mai theih a ni tih an sawi. He app atang vek hian SIR 2026 tehkhawng hman, 2005 SIR electoral roll pawh en theih a ni tih an sawi baw e.

“India khua leh tui dik takte electoral roll atanga paih an nih lohna turin fimkhur taka hma lak a ni anga, draft electoral roll tihchhuah hun (2026 July 5) a hming lang ve lo pawhin document tul thelutin electoral roll-a luh theihna hun remchang an nei ang.” CEO Mizoram hian a ti.

## Buh tuh leh seng lain ni 100 inhlawhna thar kal dawn lo

Thingtlanga chengte tana sawrkar laipuiin inhlawhna thar a duan - VBG RAM G chu buh tuh leh buh seng lain kalpui a ni dawn lo tih Rural Development and Administration minister Prof Lalnilawma chuan a sawi.

RD&A department chuan Thawhtanni khan Aizawlah state huapin sawrkar laipuiin kumin July 1 atanga hman tan a tum - Viksit Bharat: Guarantee for Rozgar and Aajeevika Mission (Gramin) kalpui dan tur inhrilhriatna

a buatsaih a. MGNREGA thlakna tur VBG RAM G chunchang inhrilhriatnaah hian sawrkar department aiawh, All Mizoram VC Association hruaitute leh Mizoram Journalists' Association member-te an tel. (p-2-ah chhuzawm...)

## RS MP candidate pahnih awm dawn ZPM-in thlawp turin party dang ngen

**Aizawl, June 8** MizoramaRajya Sabha MP thlan turah nomination thehluh hun a tawp a, political party pahnihin official candidate an siam. ZPM party chuan an official candidate thlawp turin Legislature Party dang an ngen.

ZPM party-in an candidate tur an tihchian hnu ah MNF party chuan Thawhtanni khan an official candidate tur an puang a. Zothansangi Hmar d/o Rualkhuma Hmar, College Veng Aizawl a ni. Returning officer, Assembly commissioner Zothansanga Ralte hnenah nomination a file nghal a, MNF MLA pali-in signature pe in an thlawp a ni.

MNF Rajya Sabha candidate puangtu, MNF senior vice president Dr R Lalthangliana chuan, MNF-ah kum naupang zawk leh thalaite tan hmun zau tak a awm a, RS MP candidate-a hmeichhia ruat hmasa ber party an ni a, hmeichhiate hian MNF-ah hmun paw-imawh tak an luah thei a ni tih a lantir a, duhsakna sang ber an hlan tih a sawi a ni.

MNF RS MP candidate Zothansangi Hmar chuan, MNF-in ram tana

hma a lo lak tawh leh hmachhawp chhuzawm ve theihna kawng zawh tura MP (RS) candidate atan ruat a ni chu phu lo a intih rualin lawmawm a tih thu a sawi a. MNF candidate mai ni lo, Mizo hmeichhiate aiawha ding leh Mizo mipui aiawha ding a ni tih a sawi. Ukil a nihna angin dan chu miretheite tanpuina atan, dikna humhimna atan hman theih a ni tih a hria a, hemi kawngah hian theihtawp chhuah a inhuam tih a sawi a ni.

Thawhtanni vek khan candidate pahnih hian returning officer Zothansanga Ralte hnenah rinawm leh thuawih taka India ram danpui zawm tur leh danpuiin India ram thuneihna a pek leh inpumkhatna vawngim turin thu an tiam a ni.

Election Commission of India thuchhuah danin, nomination file hi vawiin - June 9 hian endik a ni ang a, June



MNF candidate

ZPM candidate

11 thleng inhnudawhna hun hawn a ni. June 18-ah MLA-ten an thlang dawn a, zing dar 9 atanga thlai dar 4 thleng vote thlak hun hawn a ni anga, hemi ni vek thlai dar 5-ah vote chhiar nghal a ni ang.

Tuna Mizoram-a MLA 40 awmah ZPM-in MLA 27 a nei a, MNF 10, BJP 2 leh INC 1 a ni. Rajya Sabha MP thlanah hian Mizoram MLA pakhat vote hlutna hi 100 zel a ni. Tling tu-

rin vote 2100 (MLA 21) mamawh a ni.

Thawhtanni khan ZPM Legislature Party secretary TBC Lalvenchunga chuan Congress, BJP leh MNF Legislature Party secretary theuh 'address' in tun RS MP inthlan turah an party official candidate chu Mizoram leh a chhunga cheng mipui tana kawng hrang hranga a thatna tur tarlangin, vote pui theuh tura ngenna lehkhah an hlan a ni.

**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 - thai dar 5		27°
Thai dar 5 - zan dar 11		20°

**CHANCHIN TAWI**

**Khar dawn**

☐ Ace Alliance Pvt. Ltd. chuan tui chhe paihna tur pipe an phum mekah zanin, June 9 zan dar 9 atanga a tuk zing dar 5.00 thlengin Chawnpui Ebenezer Hospital Road (Kangthelkawn - Ebenezer Hospital) inkarah hna an thawk dawn a, hei vang hian SP Traffic Aizawl chuan helai kawng hi hnathawh chhung hian khar a ni dawn tih mipui a hriatir.

**Thukhawm**

☐ District Consultative Committee, District Level Review Committee leh District Level Security Committee Saitual chu an district chhunga December 2025 leh March 2026 inkara bank ho hnathawh dan thiriletin nimin khan an chairman, bawrhsp Srinivas Sadi kaihhruiin an thukhawm a, Potential Linked Credit Plan tlang-zarh nghal a ni.



## INDIAN NAVY

# COMBAT READY COHESIVE AATMANIRBHAR




INDIAN NAVY

### THE INDIAN NAVY 10+2 (B.TECH) CADET ENTRY SCHEME (PERMANENT COMMISSION)

#### COURSE COMMENCING – JAN 2027

Applications are invited from unmarried men and women candidates (fulfilling the conditions of nationality as laid down by the Govt. of India) for becoming Permanent Commissioned Officers in Technical branches under 10+2 B Tech Cadet Entry Scheme after undergoing four year B Tech course at the prestigious Indian Naval Academy, Ezhimla

**DATE OF OPENING – 29 May 2026 | LAST DATE FOR ONLINE APPLICATION – 18 Jun 2026**

Vacancies & Age: The age eligibility & vacancies for the course are as under:-

Educational Qualification. Passed Senior Secondary Examination (10+2 Pattern) or its equivalent examination from any recognised Board with at least 70% aggregate marks in Physics, Chemistry and Mathematics (PCM) and at least 50% marks in English (either in Class X or Class XII).

Branch	Vacancy	Gender	Age
Electronics & Communication Engineering	30	Men & Women (Maximum of 08 Vacancies for women, 04 each for Mechanical Engg and Electronics & Communication Engg)	Born between 02 Jul 2007 and 01 Jan 2010 (both dates inclusive)
Mechanical Engineering	30		






For eligibility criteria and details visit [www.joinindiannavy.gov.in](http://www.joinindiannavy.gov.in)

## Safeguarding Seas for a Viksit Samridha Bharat

CBC 10701/13/0012/2627



# Inthlan hmaa an sawi letlingin duhsak zawng contract an pe

MLA inthlan hmaa an partyt official candidate-te thutiam laa an sawi dan letling chiahin ZPM sawrkarin an duhsak zawngte contract pekna atan restricted tender an tharthawh leh tih Congress hruaitu James Thanghmingmawia chuan a sawi.

Thawhtannia Congress Bhavan-a inkhawmah MPCC Social Justice chairman James Thanghmingmawia chuan, 2023 October 24 khan ZPM MLA candidate-te chu a huoho thutiam lakir niin, an tiam rual chu, "Chhung leh khat, mahni mi leh sa leh midang tute pawh duhsak bikna lakah ka inthiar fi-hlim ang," tih a nih thu a sawi.

"Chhung leh khat, mahni mi leh sa leh midang tu pawh duhsak bikna laka inthiar fi-hlim tur anga mipui laka thutiam sawirualtute khan, duhsak bikte hnena contract hna an pek theihnan sawrkar lo awm tawhten an la tih ngai loh angin, 2024 June 6-a Council of Minister thukhawm chuan contract tender chhanna chu 5% below leh 10% chunglana ch-han khapna a pawm a, he thurel bawhzuina hi Finance commissioner & secretary chua a tichhuak zui a ni," a ti.

Hetianga duhsak bikten contract hna duhtawka inpekna tur hian tu sawrkar mah Council of Minister-in a la rel ngai lo tih MPCC

hruaitu hian a sawi a. Hetiang khapna hi MNF sawrkar hmasa khan 2007 August 24-ah PWD secretary hmingin an lo siam tawh a, he order hi Congress sawrkar khan tha lo tiin kum 2013 khan an sut tih sawiin, "ZPM sawrkar chuan he kalphung tha lo tak, fair competition nuaibo a, duhsak zawngte contract hna duhtawka inpek theihna hi rawn thar thawh leh-in, an mi leh sa leh an chhungte vulh an tum ta a ni," a ti.

He hi ram tan a tha lo tituten High Court-ah an khing a, kumin May 20 khan he khapna hi tih-tawp laikawka a ni a, hei vang hian kumin May 26 khan a hmaa order tih-

awp lailawka tur order chu sawrkarin a siam ve ta chuk chuk tih a sawi a ni.

MPCC Social Justice Cell chairman chuan, 2024 April 17 khan ZPM sawrkarin hna hrang hrang 76, cheng vai-belche 629.17 man chu a hlawmin restricted tender blanket approval-in an pe a. 2025 October 22 khan hna hrang hrang 41, vbch. 328 man chu he-tiang tho hian an pe leh vek tih a sawi baw.

Tourism department-in Swadesh Darshan hnuaina an project hmuh, Heritage and Cultural Centre Champhai, cheng nuai 3885.45 leh Eco-Resort Experience at Keilungliah Champhai, nuai 3387.25 man

pawh restricted tender hmangin duhsak zawng an pe niin a sawi a. Keilungliah chu Congress sawrkar hmalaknaa khua, PHE department atanga hmalak niin, October 2018 ah tuikhuaa tur lung phumin cheng nuai 1988 dah a ni a, an sawrkar khan a khawih chunzawm hman ta lo tih a sawi.

"Keilungliah Eco-Resort hna khi joint venture, P&V Eastern Engineers and its Associates pek an ni a, he company hi ZPM MLA Pu Ginzalala ta nia sawi a ni. Tuna Keilungliah tuikhuaa dah tur house boat chuan sawi a hlawh hle a, nuai 50 tur nia sawi niin a man nen a inphu lo hle in an ngai," a ti.

# Nurse chawimawina sang dawngtu nurse lawmpui



India ram puma nurse hnathawk tha chawimawina - National Florence Nightingale Award 2026 dawngtu Lalenthangi Hnamte (health worker, Ayush Health & Wellness Centre Tuichawng) chu Lunglei district bawhsap Navneet Mann chuan Thawhtannia khan lawmpuina thuziak leh thilpek a hlan.

Kumin May 12-a International Nurses Day-ah Khan Lalenthangi Hnamte hian Rashtrapati Bhavan New Delhi-ah India President Droupadi Murmu kut atangin National Florence Nightingale Award

hi a dawng a. Mizoram atanga he chawimawina dawng thei 18-na a ni.

Amah hi Auxiliary Nurse Midwife (ANM) niin, kum 1999-ah health worker hna a thawk tan a. Siaha, Lawngtlai leh Lunglei district-a health sub-centre hrang hrangah thawk tawhin, kum 2017 atang khan Tuichawng AHWC-ah a thawk. Tuichawng AHWC hnuaina hian khaw 5 (Tuichawng 1, 2 & 3 leh Belpai 1 & 2) awmin, mihring 4652 an awm.

Tuichawng AHWC-a Pi Lalenthangi Hnamte a thawk hnu

hian damdawi ina nau nei (institutional delivery) chu 10% atangin 87%-ah kai chho tawhin, kum 2025-2026 chhung khan damdawi ina nau nei 78 an awm. Hri danna pek kawngah pawh a ti tha ber pawl ni thinin, damlo na zual leh thi mai tur nunna chhan engemawzat an nei tawh baw. Sikserh (malaria) do leh ven kawngah hlawhtlin-na chhuanawm tak neini, Tuichawng AHWC huamchhunga kum 2024-a malaria case 703 awm chu kum 2025-ah 158-ah a tla thla a, a tlak hniama na hi zaa 78 a ni.

## MP thil tithi nei ve hi Zoram mipuiin kan phu - Dr K Beichhua

Mizoram tana development tak tak pawtchhuak theitu chu BJP a ni a, Mizoram mipuiin MP thil tithi nei ve hi kan phu tih State BJP hruaitu Dr K Beichhua chuan a sawi.

Thawhtannia an party office-a inkhawmah BJP Mizoram president Dr K Beichhua, MLA chuan central-ah BJP kaihhrui sawrkar kan hrawn mek avangin Mizoram tana development pawt chhuak tak tak thei tur chu BJP a ni a. BJP sawrkama state-ah development nasa tak

a thlang a, chutiang hun chu a nghahhlehl awm ve hle tih a sawi.

"Sawrkar awmze nei, MP thil tithi nei ve hi Mizoram mipui hian kan phu. Politics-a kan awm chhan hi hmasawna a nih avangin, hma kan sawn theihna kawng pawimawh atan BJP tang kan belh a ngai a ni. Mizoram mipui hian BJP nihna dik tak hria a, hmasawna kan beisei min thlensak theitu a ni tih kan hriat ngai a ni," a ti.

India ramah BJP leh a thawhpui NDA hnu-

aiah kum 12 chhungin Union minister zing-gah eiruk chungchanga hmingchiatna nei tumah an la awm loa, hemi atang hian BJP sawrkar dik zia leh that zia a langchiang hle tih a sawi a. Direct benefit transfer kaltlangin eirukna tam tak awm thin an tibo a, kawng laka sum bo awm lo turin sawrkarin hma a la a, hei hian sum a nih

dan tur ni loa lokal thin a tih tem pah hle a, sawrkarin sum tam tak a hum theih pah tih a sawi.

Eiruk do kawngah CBI khawih theih piah lamah, Enforcement Directorate Central Agency (Ministry of Finance) hnuaina awmten hna an thawk tha hle, tiin, tunhna maiah pawh Mizoram leh Myan-

mar-a kuhva raha sum-dawna 'smuggling' atangin cheng vaibelche 970 an man tawh a. Hei hi 'e-way bill' dik lo hmanga sumdawna thil a nih avangin a serious em em a. Henge avang hian buaina lian zawka kan tel lohnan Mizoram mipui pawh kan fimkhur a ngai hle tih State BJP president hian a sawi baw.

### No.B.13011/4/2019 - DHS/DRUGS GOVERNMENT OF MIZORAM DEPARTMENT OF HEALTH SERVICES

Dated Aizawl, the 4<sup>th</sup> June, 2026

#### EXTENSION OF SHORT TENDER NOTICE

In continuation of the Short Tender Notice issued vide No. B.13011/4/2019-DHS/DRUGS dated 20/5/2026 for the **Purchase of Laboratory Glasswares, Laboratory Reagents and Reference Standard Samples for State Drug Testing Laboratory, Mizoram**, it is hereby notified for general information that the last date for submission of bids is extended as detailed below :

Particulars	Existing Date	Extended Date
Last Date & Time for Submission of Tender	4th June 2026	18th June 2026. (12:30 PM)

All others terms and conditions of the original Short Tender Notice shall remain unchanged and shall continue to be applicable and will be opened on the same day 18th June 2026 (1:30 PM) Detailed terms and condition may be obtained from **Food & Drugs Section, Directorate of Health Services, MINECO, Khatla, Aizawl**. On payment of Rs. 500/- (Rupees five Hundred) only for Tender Document.

IPR No. 80 (2-1)

Sd/- **Dr. LILY L CHHAKCHHUAK**  
Director of Health Services  
Mizoram, Aizawl

## ONLINE ADMISSION FOR GOVT. INDUSTRIAL TRAINING INSTITUTE (ITI)

Labour, Employment, Skill Development & Entrepreneurship Department chuan **Govt. Industrial Training Institute (ITI) Aizawl, Lunglei leh Siaha** ah Session 2026-2027 leh Session 2026-2028 atan Trade hrang hrang ah zirlai (trainees) a la leh dawn a, dil duh chuan online-in web address : <https://itimizoram.in> ah **30.06.2026** thlang form a fill up theih a ni. Hriatchian duh leh zawhfiah duh nei tan Govt. ITI, Aizawl, Lunglei, Siaha leh Directorate of LESDE, MINECO, Khatla-ah Office hun chhungin zawhfiah theih reng a ni.

Sd/- **JOHN TANPUIA**  
Director,

Labour, Employment, Skill Dev. & Entrepreneurship Deptt.  
Mizoram, Aizawl.

IPR No. 77 (3-1)

## Japan tawng

Japan Foundation (JF) leh Indo-Japan Business Council (IJBC) aiawhte chuan nimin Khan Labour, Employment, Skill Development and Entrepreneurship (LESDE) director John Tanpuiamu, India hmarchhak mite tana Japanese Language Teacher Development Program thar, kumin July

1 atanga hman tan tur an sawipui. Tunhnaiah LESDE hian tawng zirna lama hma a lo lak tawh-naah Mizo thalai engemawzat chu Japan-a hna thawh theihna kawng a sial sak avangin, JF bultumin IJBC leh lead institutional partner - Assam Skill University nen tanghoa buatsaih tum a ni tih an hrihl.

**General Administration Section**  
Circle Office, Guwahati, Dee Bee Grande, Panjabari Road, Six Miles, Guwahati-781022.

**PREMISES REQUIRED**

A hnuaina hmun tarlanah te hian branch thar hawn a nih dawn avangin, sum-dawna hmun a theih chuan Ground floor awm, 3-Phase Power load, lirthei hunna leh tui hnianghnar taka awma neitu te hnen atangin **TWO BID SYSTEM** hnuaina Offers sawm a ni.

Branch	District	Taluk	State	Carpet Area (in Sqft)	Electric Power Load	System
Bawngkawn	Aizawl	Tlangnuam (part)	Mizoram	2000	20-25 KW	Two Bid

A kimchang chu Bank Website: <https://www.canarabank.bank.in/tenders> ah tarlan a ni. Dilna form mamawh te, corrigendum/amendments eng pawh a chunga tarlan ofis atang sawn lak chhuah theih a ni ang a, EMAR Bank Website atang pawhin a download theih ang. Dilna theihluh theih ni hnuhning ber chu 25/06/2026 dar 03:00 thlang a ni.

Place : Guwahati, Sd/- Assistant General Manager  
Date: 09.06.2026

+91 7099072872; 0361-2334020, Email: pecoguw@canarabank.com

### CHANGE OF NAME

I, ABISHAG VANTLUANGPUII RALTE has changed my name from ABISHAG VANTLUANGPUII to ABISHAG VANTLUANGPUII RALTE by the consent of magistrate.

### MFM SCHOOL OF NURSING ADMISSION OPEN

2026 Session atan Admission a hawng leh ta **Course awmte :**

- \* GNM (3 Years)
- \* ANM (2 Years)

**Eligibility :**

- \* 12 Passed
- \* Science/Arts/Commerce

Form submit last date : 25<sup>th</sup> June, 2026

**Application form lak theihna :**  
MFM Main Office, Bawngkawn (Near Vishal)  
MFM School of Nursing, Durtlang North  
Contact : 8014388698  
9535701283  
9862287328

(3-3)

**GOVERNMENT OF INDIA**  
**MINISTRY OF FINANCE, DEPARTMENT OF REVENUE**  
**OFFICE OF THE COMMISSIONER, CGST AIZAWL**  
**D-31A, GST Building, MG Road, Upper Khatla, Aizawl - 796001**  
**Phone: 0389-23464107 / 23475538 | Email: cgst.aizawl@gov.in**

### NOTICE INVITING TENDER

Hiring of Office Accommodation at Aizawl, Mizoram  
The Commissioner, Central Goods and Services Tax, Aizawl Commissionerate, invites online bids through the Central Public Procurement Portal for hiring office accommodation at Aizawl, Mizoram.

Requirement: Office space of approximately 10,000 sq. ft. carpet area, located within Aizawl city, preferably near the city centre.

Lease Period: Initial period of 3 years, extendable by mutual agreement, subject to applicable terms and conditions.

Rent: Rent shall be payable as per assessment by the Central Public Works Department (CPWD).

Bid Submission: Interested parties may submit their bids online at <https://eprocure.gov.in/eprocure/app>. till 26.06.2026 06:00PM.

For further details, please contact/visit: Office of the Commissioner, CGST Aizawl, D-31A, GST Building, MG Road, Upper Khatla, Aizawl - 796001.  
Phone: 7629078703 / 8132978104 Email: cgst.aizawl@gov.in

**Commissioner**  
**Central Goods and Services Tax**  
**Aizawl Commissionerate**

(2-1)

**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, Zuangtui, 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 Electronics (IoT)	Eligibility: (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 Elec. (IoT)	JoSAA, CSAB, NIELIT Entrance	<a href="https://csab.nic.in">https://csab.nic.in</a> , <a href="https://josaa.nic.in">https://josaa.nic.in</a>	
MTech (AI)	NIELIT Entrance (50% of seats)	19 Mar - 12 Jun 2026	17 Jun 2026
	CCMT (50% of Seats)	<a href="https://ccmt.admissions.nic.in">https://ccmt.admissions.nic.in</a>	
PhD	Registration Open.	Entrance Date to be notified soon	

For Application and more information, visit- <https://nielit.ac.in>

Helpline Numbers:  
8259022647 / 8974579126 / 9862888307

Or Scan QR Code

Advertisement No. 11 of 2026 Sd/- Director

# TMC an buai zel, MP hlun a bâng, zuitu a neih nual hmel bawk

Mamata Banerjee-chuan West Bengal-a Trinamool Congress (TMC) MLA-te a kuah beh theih loh hnuah a MP-te pawh an ngingh zui mek a, kum 10 zet Rajya Sabha-a an MP lo ni rei tawh, Sukhendu Sekhar Roy-a chuan Thawhtanni khan MP a nihna a bânsan rualin party a chhuahsan a, nginghng a la neih zel hmel bawk.



Kar liam taah Bengal Assembly-a TMC MLA zingah inthenna a thlang a, parliament-a an member-te zingah pawh hetiang lam haw bawk a thlen leh ta a. Sekhar Roy-a a bân hnu lawkah an MP dang panga vel chu a bulah hmuh zui an ni a, an zui ve mai rinna a siam ngingh.

TMC Lok Sabha MP 29 zinga 14 chuan Thawhtanni Delhi thlang, BJP hruiatu Suvendu Adhikari-a an hmuh zui nia sawi a ni bawk a. Bengal chief minister hi an state-a eptu party chhunga buaina kaihnhawih ram khawpui ber hi a tlawh nia sawi a ni bawk.

TMC supremo Mama-

ta-i hnena a bân lehkhah Sekhar Roy-a chuan Bengal mipuiten 'eirukna hluar tak, hmeichhiate tihduhdahna nasa tak leh a hlawhchhama leh sector hrang hranga buaina nasa tak awm party chu an hnawl a. Hengte hi zirma, hriseina kaihnhawih, thil siamna, hnathawhna leh dan leh thupok kenkawhah pawh a ni' tih a tar lang a ni.

BJP fakna thu sawiin, "Bengal chanchina a wavi khat nan vote neitute chuan BJP chu hnehna ropui tak an pe a. Sorkar thlan thar hian an intiam anging Bengal pum hmasawna leh siam

thatna tur hrang hrang kalpui a tum tan a ni," a ti.

TMC hruiatu hlun hian a bânna hi tun hnaia assembly inthlanpuia chiang taka an tlak hnuah INDIA tangrual inzawmkhawmtir tuma beia Mamata-i Delhi-a a awm laiin a thawn a ni.

Mamata-i din, TMC hi inthlana an chet chhiat hnuah pawl hnihah an inthen mek a, pakhat zawk, Ritabrata Banerjee-a kaihnhawih chuan MLA 80 zinga 61-te thlawpna a nei tih a sawi hnuah Bengal Assembly-ah Leader of Opposition (LoP)

a ni mek.

Mamata-i hi Thawhtanni INDIA tangrualte thukhawma an intihchak thar lehna tur an ngaihtuah mek laiin Rajya Sabha-a an party hruiatu lawk berin boruak duhawm lo tak a siam leh ta a. Sekhar Roy-a hi MP 23 vel zetin an zawm dawn nia sawi a ni a. State rorelna ina an inthen hnuah parliament-ah pawh hetiang bawk hi a thlang leh hnai nia ngingh a ni.

Lok Sabha-ah pawh TMC MP-te chu inthen mai thei an ni bawk nia sawi a ni lehzel a, MP 20 chuang zetin hetiang thil hi an thlawp nia sawi a ni tawh bawk a. MP hlun tak pakhat, a chhuak lam kaihruaitu nia sawi chuan sawiho mek a ni tih a sawi nia hriat a ni.

Tunah hian TMC hian Lok Sabha-ah MP 28 a nei mek a, rorelna ina pawl hnan anga pawm a nih theih nan anti-defection law hnuah MP 22 tal thlawpui neih a ngai a. Rajya Sabha-ah member 13 an awm a, MP pakua thlawpna a ngai bawk a ni.

# Pradhan-a a bân loh chuan state tinah CJP-in nawr tum

Cockroach Janata Party (CJP) dintu, Abhijeet Dipke chuan Inrinni hmaa Dharmendra Pradhan chu a bâng lo a nih chuan state leh khawpui hrang hranghah nawr huaihawt an tum thu a sawi.

Dipke-a hian Pathianni zan khan X-ah hma lak zui zel an tum dan hi a tar lang a ni.

CJP hian Inrinni khan ram khawpui bera Jantar Mantar-ah Pradhan-a bân phut hian punkhawm an lo huaihawt tawh a, ram chhunga exam zawhna put ru a awm nia sawi chungchangan union education minister hi bâng turin an phut a ni.

A video-ah Dipke-a chuan, "A hmain Dharmendra Pradhan-a hi Zirtawpni (June 13, 2026) thlenga a bâng lo a nih chuan nasa zawka nawrhna huaihawt a ni dawn tih ka sawi tawh a, a bâng lo a nih chuan keimah



ngei kalin khawpui leh state hrang hranghah a bân phutna nen nawrh ka huaihawt ang," a ti.

New Delhi-a nawrh huaihawt tura hmalak dan tur dang a puang bawk a. "State chhunga nawrh huaihawt a nih hnuah pawh Dharmendra Pradhan chu a bâng lo va, huaihawt leh mai loh chu duhtlan tur dang kan nei dawn lo va. Chumi hnuah chuan ram

chhung hmun hrang hrang atanga zirlaite chu New Delhi-ah an lo kal khawm ang a, muanawm takin an nawr ang," a ti.

"Pradhan-a a bân loh hma chuan kan chawhlsan dawn lo va. Zirlai maktudai khat chuang hma lam hun tichhiatnaah hian mawh a la tur a ni," a ti bawk.

Tar lan tawh anging CJP hi US-a awm, Dipke-a hian Supreme Court Chief Jus-

tice Surya Kant-a'n thalai hna nei lote chu 'chukchu ang mai' tia a sawi hnuah social media-a movement a din a ni a. Political party an ni lo va, thalaite harsatna hmachhawm hrang hrang puanga hma la tura indin niin a insawi.

Dipke-a hi India-ah kirin tun hnaia exam zawhna put ru nia sawi awmah union minister bân phutna a huaihawt zui ta a ni.

# Ni 76-80 daih tuialhthei khawl a ni - Petroleum minister

India chu khawvel pum huapa tuialhtheia harsatna awmte hmachhawm turin an inpeih a, ni 76-80 chhung hman daih tur khawl a nei tih Union Petroleum & Natural Gas Minister Hardeep Singh Puri-a'n a sawi.

CNN-News 18-in a kawmmaah Puri-a chuan a man pawh a tlakniam a beisei thu a sawi a, chutih rualin ram tana energy-ah hlauhthawnawm a awm loh thu a sawi bawk.

"Harsatna karah hian ram chhung khawh hmuna mah a kang chat lo va, in la thawn chhuak zel zawk a ni," a ti.

Tuialhthei man pawh 'hetingang sang' hi hun rei tak a nih a beisei loh thu a sawi bawk a, India hian Strait of Hormuz khar a

nih pawhin ni 30-60 tal mamawh pe thei tur khawpa khawl a nei a, thlitfim reng a ni a, khawl a ngah tawk tih a sawi a ni.

"Hormuz hi ni 30 dang khar a nih chuan eng nge thlang ang? Ram chhung dinhmun kan hria a, dah khawl kan nei vek a... ka duh dan chu chu 60-60-60 a ni a, chu chu ni 60 chhung tuialhthei thlitfim loh, natural gas leh LPG daih ka nei tihna a ni," tiin Puri-a chuan a sawi.

Puri-a chuan sorkar chuan Gulf pawl lam atanga chawk luh dan tur pawh a dap nasa thin tih a sawi a. Mozambique atanga gas lak tur chuan kham neih theihna turah a puig neih a rin thu pawh a sawi.

Union minister hian



UAE thuneitute nena an inbiakna te, ADNOC group chief executive Sultan Al Jaber-a te nena an inbiakna pawh a tar lang bawk.

Minister hian tun dinhmunah hlauhthawna tur a awm loh tih a sawi rualin Strait of Hormuz chu khar chhunzawm zel emaw,

buaina chhuak chu hmun dangah a darh emaw a niha a nginghng zel tur chu sawi lawk vek theih a nih loh thu a sawi a. "A chhe ber thlang thei a ni a, tun ang reng hi kan ni lo thei," a ti a. Chuvang chuan hmun dang lakna pawh dap reng a ni tih a sawi.

# Iran-a zin lo turin ti, a awm mekte pawh chhuak turin ngen

India chuan Iran-a thil thlang mek chungchangan a mite tana thurawn a siam thar leh a, tlawh rih lo turin a ngen a, a awm mekte pawh chhuah dan tur dap turin a ngen bawk.

Thawhtanni Tehran-a India Embassy-in inkaihruaina a tichhuahhah hian he biala thil thlang thar ber berte thlirin a hmaa kaihruaina siam tawh chu a sawi nawn leh tih a tar lang.

"He biala thil thlang tharthe thlirin embassy chuan a hmaa Indian zawng

zawngte hnena Iran-a zin lo tura thurawn a lo pek tawh chu a sawi nawn leh a ni," tiin embassy chuan a sawi.

Mission hian tuna Iran-a awm mek Indian-te chu chhuahsan turin a ngen bawk a. "Tuna Iran-a awm mek Indian-te pawh hi kal chhuahna tur awm sa hmanga ram chhuahsan tura rawn a ni," a ti.

Thurawn thar hi he biala buaina a chhuah chhunzawm zel vang a ni a. Thawhtanni khan Israel

chuan Iran atanga missile hmanga beih a nih hnuah Iran khawthlang leh laili laite chu thlawhna atangin a kap leh a ni.

Hemi hma, April 7 khan India hian Iran-a a mite chu himna dinhmun her mek zel awngin darkar 48 chhung an awmna hmun chhuahsan lova awm rih turin thurawn a lo pe tawh.

Sorkarin a chhinchhiah dan chuan Iran-ah buaina a zual mek lai hian zirlai telin Indian 9,000 vel an awm a, 1,800 vel crawh

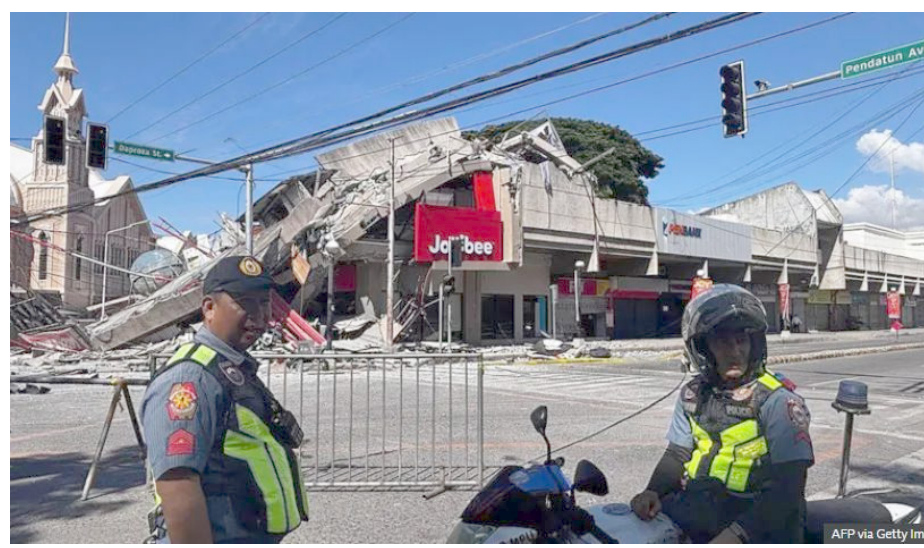
India-ah an kir leh tawh a ni.

February 28 atanga US leh Israel tang dunin Iran hi bei tanin anni hian chhan lei nan Gulf-a a thenawmte chu a bei let ve a. Hei vang hian Iran leh a chhehvel boruak hi a him lo hle.

Inkakhai kalpui mek a ni a, inremna a awm theih nan inbiak mek a ni bawk a, inbeihna zualpui chu tawp mah se US hian a kap leh thin a, Israel pawhin Thawhtanni khan nasa takin a kap thar leh a ni.

# RAM PAWN

## Philippines-a lirnghingah mi 19 vel thi awm tawh



Philippines chhim lama Mindanao thliarkar tuipui kamah magnitude 7.8-a na lirnghing vangin mi 19 an thi tawh niin thuneituten an sawi.

Lir hi Thawhtanni zing dar 07:37 (India-a Thawhtanni zing dar 05:07) khan a ngingh a, Philippines, Indonesia, Japan leh Australia-ah te tsunami thlang thei vanga inralirina tichhuah ni mah se a hnu darkar eng emaw zatah pheel a ni.

Video leh thlalakah chuan building a chim tih a lang a, Jollibee fast food restaurant chu chim vek lai video pawh a tel.

Tual chung thuneitu chuan province eng emaw zat - South Cotabato, Sultan Kudarat, Sarangani leh General Santos khawpui-ah mi 134 velin hliam an tuar nia sawi a. A zat chih-ah erawh national disaster agency-in an la chiang lo.

National Disaster Risk Reduction & Management Council-in thi leh hliam zat a puan hun hi thil thlen atanga ni khat velah a ni thin tlangpui a. Police, tual chung thuneitute leh disaster relief agency bakah hmun dang atanga a zat an dawnte

chu an puah khawm thin a ni.

Philippine President Ferdinand Marcos Jr chuan thuchhuah siamin agency hrang hrangte chuan chhiatrupna thlenah hma an la ho mek tih a sawi.

"Sorkarin laipui a che me a, Mindanao hi kan thlahthlam dawn lo," a ti.

Marcos-a hian lirnghingna hmuna zirma tawpsan turin thupok a chhuah bawk a, Philippines-ah hian sikul luh tan ni chiah a ni.

Davao Occidental province-a primary school pakhatin video an tichhuahhah chuan zirlai hlauhawng tak takte chu a nginghng laia an inkauh khawm lai hmuh tur a awm a. Video-ah hian an hnung lam in chung chim a lang bawk a; mahse, sikul chuan tumah hliam an tuar lo tih an sawi.

Lirnghing hmasa ber a thlen hnuah hian nginghngawm (aftershock) wavi 130 chuang a awm a, magnitude 1.3 atanga 6.7 inkar a ni.

Tuipui kam province, Sarangani-ah chuan lirnghing hian power leh inbiakpawhnae chu hun eng emaw chen a tichhia a, siam that thuai a ni.

Lirnghing irh chhuah tanna hmun bula khawpui, General Santos hi Philippines-a 'tuna khawpui' tia hriat a ni a. World boxing champion, a hnuah politician kua, Manny Pacquiao-a nihua tia hriat a ni bawk.

Philippines-ah hian lirnghing hi a thlang fo va, a thlen dhuma lai, 'ring of fire' an tih hmuna awm a ni a. Nginghng tam zawk hi ntau tak tak an nih laiin thenkhat erawh chuan thihna thlen thei a ni fo va. September thla kham ram lailia Visayas-ah magnitude 6.9-a naa nginghng vangin mi 70 chuang an thi a ni.

Thawhtanni tuka lir a nginghng hnu lawkah Japan-a thuneitute chuan tuipui kamah metre khata tui fawn a thlang dawn tih an sawi.

A hnuah chhim lama Okinawa prefecture-ah tsunami centimetre tlem a awmna a, Ogasawara Islands hla takah 20cm-a sang a awm thu thuneitute chuan an sawi bawk.

Indonesia, Palau leh Philippines tuipui kamah hmun hrang hranghah tui fawn a awm bawk a. A san zawng hi centimetre tlem te atanga metre 1. inkar a ni tih thuneitute chuan an sawi.

## March-a Boko Haram-ten an ruk bo mi 360 chhuah

Nigeria hmarchhak, Borno state-a March thlaa Muslim tamna hmun atanga Boko Haram jihadist-ten an ruk bo mi 360 chu tlangrama an thuhrukna hmun atanga chhuah an ni.

An chhuah dan tur hian sawi a hlawh hle a. Sipaite chuan hnuchhuitute kaihruaina hnuah beihpui thlakna, a hmaa la awm ngai lo, chawhkar tam tak ruahmanna siama Islamist firfiakte barakhaih tuma kalpui niin an sawi.

Tual chung pawl pakhat, Borno South Youth Initiative chuan intiamkamna awm lova chhuah turin an dawr niin an sawi ve thung a, a vavin mi 416 chhuah an ni.

Tun hnaiah Nigeria-ah hian tlanna tur atana silai keng pawlin mi ruk bo hi an ching hle a, tlanpa pek hi dan kalh ni mah se a thlang



reng tho.

Boko Haram hian kum 2014 khan Chibok khua atangin sikul naupang 200 chuang an ru bo va, an zinga 90 vel chu chin hriat loh in an la awm.

Hetih lai hian an pawl hian mi mante chu mipat hmeichhiatna lam atan, sekrek khawhi awmpui atan leh thihchilha mi beih-

na thlent atan an hmang thin.

Tunah erawh chuan pawl hrang hrangin mi ruk bo hi sum tuak nan an hmang a. Beih awlsam zual - sikul, biak in, mosque leh khaw kilkhawr zualte an an bitum thin.

Sipai thupuangtu, Lt-Col Haruna M Sani chuan Boko Haram-te Mandara

tlanga an birukna hmun, 'thim hnuahia khuh bo' luh-chhuahna chu hmarchhak biala sipaiten 'mi hren chhanchhuah hna an thawh hlawhtling ber' zinga mi a nih thu a sawi.

Thuchhuah siamin, "Sipaite hmasawna chak tak awngin hel eng emaw zatin an awmhmun an kalsan a, a chhehvel tlan-

## Inkakhai puan hnuah Israel-in Beirut dai bei leh

Israel chuan kar liam taa US-in a duan zil zua inkakhai an puan hnuah a wavi khat nan Lebanon khawpui, Beirut chhim lam dai a bei leh.

Lebanese state news agency chuan Iranian-te thlawp Hezbollah kulhpui, apartment building pahnih chu thlawhna hmangan wavi hnih an an kap a, mi pahnih an thi a, mi 17 an hliam bawk.

Prime Minister Benjamin Netanyahu-a chuan Israel chuan 'Beirut-a Dahieh district-a firfiakte hmuna' a bei a, hei hi Hezbollah-in Israel ram a kah chhanna atanga a ni' tih a sawi a. Hezbollah hian engmah a la sawi lo.

Israel chuan US nawrna hnuah Beirut beihpui thlakna chu a tikhawtlai tawh a. Washington hian beihpui thlak a nih chuan Iran nena inremna siam an tum a tibuai thei niin a ngai

a, Iran hian US nen inremna an siam a nih chuan Lebanon-ah pawh inkakhai famkim awmtir tum tlat a ni.

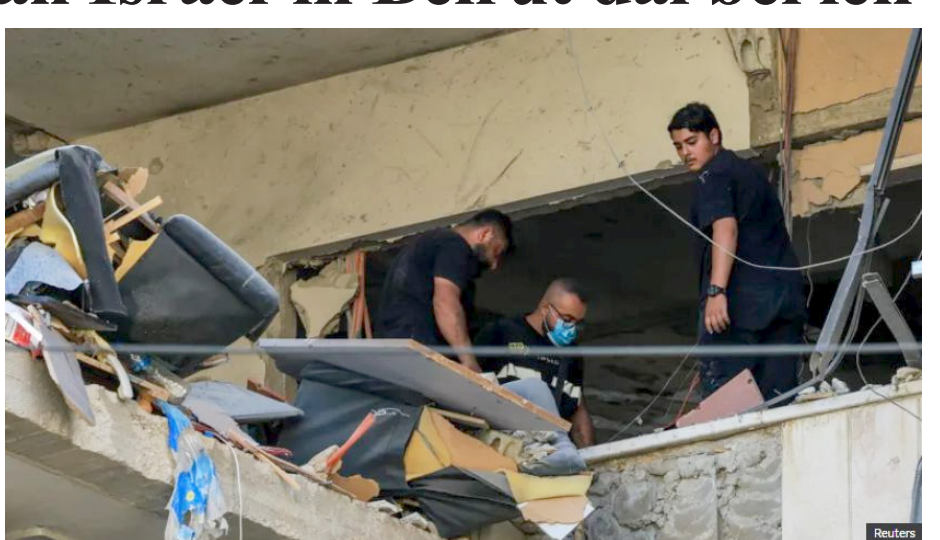
Pathiannia Israel chetnaah hian chenna in pakhat chhawng hnuai lam a chhe vek a, a hnuai lam kawngpuiah chuan concrete leh thir lam chi a darh nauh bawk.

Social media-a video darhah chuan miin hliam tuarte pui tura an tlan lai a lang.

Israeli sipai, Arabic tawnga thupuangtu chuan X-ah 'Hezbollah firfiak hmuna' beih a nih thu a tar lang a, la beihpui chhunzawm tur a nih thu a sawi bawk.

Israeli sipaite chuan Lebanon atanga Israel chunga thil thlawh luhtir pahnih an lo dang tih an sawi a. Hezbollah chuan kah a ni tih an la pawm lo.

Iranian parliament-a foreign policy leh na-



tional security committee thupuangtu, Ebrahim Rezaie-a chuan Israel-in Beirut a beih chungchangan 'thutlukna siam leh na taka chhan let' a tiam.

Nilaini kal taa inkakhai a nih hma khan Israel hian Dahieh-a beihpui thlak chu thihlenah a lo vau tawh a, mi tam tak an tlanchia.

Lebanon hi March 2

khan indonah hian hrui luh a ni a, Hezbollah hian Iranian Supreme Leader tihlumna phuba lak nan Israel chu rocket hmangan a kap a. Israel hian Lebanon ram pumah thlawhna hmang leh chhim lamah leia beihpui thlakin a chhang let a, indonah a chhuak ta a ni.

April 17 atang khan a hmung chauhvinn inkakhai

puan a ni a, ram pahnihte hian an bawhchhe nasa hle.

Israel hian kartawp khan an ram chhim lam chu thlawhna hmangan a bei nasa a; mahse, Pathiannia beihpui thlakna hi inkakhai a nih hnuah khawpui beih wavi thumma a ni a, hmasa pahnih hian Hezbollah commander-te beih a ni.

# MARA LEH LAI

Laiu Fachhai

## Thuhma

Mara leh Lai hian hnam incheina (hnam puan, etc), hnam (Lai t awng 'phun' leh Mara tawng 'pho') hmingte, tawng thumal bulte (root words), hnamzia, tihdanphung leh tih hnziate inanna tam tak an neih avangin Mara chu Lai chi peng nia sawi leh ziate a awm thin, a bik takin Lai mithiamte atangin. British hun laia Lushai Hills Superintendent NE Parry pawh khan hetiang lam hawi zawngin a ziak ve. Lai mithiamte tanchhan, Mara leh Lai inanna kan sawi takhte khi, Mara mithiamte pawhin tanchhan vein Lai chu Mara chi peng pakhat niin an sawi ve thei tho a ni.

Mara chu Lai chi peng ni lovin, Lai pawh Mara chi peng ni lovin, Mara leh Lai chu unau an ni a, nimahsela unau indang tawhte an ni a, chi leh hnam hran ve vea chhuak an ni tawh tih theory hi Marate dinna a ni a, chu dinna chu he article hian sawizau a tum a ni. A chungka kan sawi tak inannate avang khian, Mara chu Lai chi peng nia ngaihruatna siam hi academic leh scholarly thlirna tlang pakhat at anga thlir chuan, Lai unau chu Mara unau hmar lama awm an ni avangin, thlangtla theory nena zawm tirin ngaihruat theina tur chen chu a awm. Nimahsela thlirna tlang dang atanga thlir erawh chuan, ngaihruatna dang a awm ve thei tho awm e.

## Tu nge Lai chu?

"Lai" nia hriatte chu Myanmar Chin State-a Haka (Halkha) township, Thantlang (Thlantlang) township leh Falam township-a Laite leh Mizoram Lawngtlai District-a Laite hi an ni deuh ber a. Chin State lama Haka, Thantlang leh Falam Laite chuan, "Lai" tih hi, a chang chuan hmanlaia Chin-Kuki-Lushai chi zawng zawng, a bik takin Chin chi leh hnam zawng zawng huam tir veka an hman hun a awm a, ni tin nun leh thiltihnaah erawh chuan anmahni Haka-Thantlang-Falam chi leh tawng sawina atan an hman tam ber a, Haka-Thantlang-Falam tawng chu "Lai" tawng an ti deuh bik thin. Haka leh Thantlang chu an tawng a inang a, Falam tawng erawh chu tlemn a danglam hret a, mahse an inhre thei. Lai tawng hi tawng mawi leh hlun a ni a, Lai mithiamten an tihang zel a, tunah chuan tawng hausak tak a ni tawh.

Chin State-a Haka township, Thantlang township leh Falam township-a awm Laite leh Mizoram Lai Autonomous District Council chhunga awm Laite hi hmanlaia Lusei/Duhlian Mizoten "Pawi" an lo tih thin hnamte kha an ni. Chuvangin he article-a "Lai" tih hian Lai tawng hman Haka-Thantlang leh LADC-a Lai chi leh hnamte hi a kaw bik dawn a ni.

## Tu nge Mara chu?

America Lai mithiam Kenneth Van Bik chuan a lehkhabu Proto-Kuki-Chin: A Reconstructed Ancestor of the Kuki-Chin Languages (Berkeley: University of California, 2009, pp 8, 54)-ah India (Mizoram State) leh Myanmar (Chin State) chhunga awm chi leh hnam thenkhatte chu hnam hlawm lian, Mara (Maraic) hnamhlawm group hnuaiha a dah a ni. Chungte chu vawina India leh Myanmar rama Mara nia inchhalte (Tlôtsai-Siaha, Zyhno-Lialai-Heima, Lôchei-Hawthai, Chapi-Ngiaphia-Sabyh, Siaha District-a Vyhtu/Vuangtu), Myanmar Lautu chi (Hnaring khua, Surngen khua, etc), Zophei chi (Khubung khua, Leitak khua, etc), Senthang chi (Surkhua, etc) leh Zotung chi (Rizua khua, etc) te an ni. Heng chi leh hnamte hi Lakher Pioneer Mission pawhin Mara nia a ngaihte leh a mission field atana a hau ramte an ni. Hmanlai chuan Haka-Thantlang Laimite chuan Maraic chi leh hnamte hi

"Zo chhia, Zo ek tan sau" tiin an thliar hrang hle thin a, an hmuhsit hle thin. Tunah erawh chuan chutiang nunzia chu an ching tawh lo. Vawina India leh Myanmar ramtea awm Mara nia inchhal chi leh hnamte chuan Tlôtsai Mara tawng chu an official tawng atan an hman a, chutih rual chuan anmahni awmna hmuna Mara tawng hman dan (accent/dialect) theuh hmangin an inbe thei a, an inhre tawn thei a ni.

## Mara hi Lai chi peng a ni em?

A chungka kan sawi tak ang khian, Parry chuan Mara chu Lai (Haka-Thantlang) chi peng a nihzia leh Mara tawng pawh Lai tawng nen a inhnaih thu a ziak a (The Lakhers, London: McMillan, 1932, p.1). Arakan lam chuan Marate chu Shandu tia an hriatzia leh Shandu hnam hnuaiha chuan Lai hnam pawh a tel ve thu a ziak baw a. Mahse a ziah zelnaah Shandu hnam chu Mara hnam sawina atan a hman satliah chauh ni lovin, a hman bik (super-impose) tlat a ni. Chuvangin colonial hun laia Shandu an lo tih thin hnam kha Mara hnam a nihzia chu a chiang a ni. Shandu tawng tia hriat t hin pawh vawina Mara tawng hi a nih mai avangin, International Organization for Standardization (ISO) chuan Shandu tawng chu a hranpaah dah tawh loin, Mara tawng nen fin (merge) a, Shandu tawng number chu chawhlitir (retire) a tum tawh a ni.

Parry-in Mara chu Lai chi peng pakhat nia a ziah hi, a hriat sual niin a lang. A lehkhabu a thusawi thenkhat pawh hriat sual a nei nual. Colonial officerte hmuhsit leh thusawite kha dik vek anga ngaih leh pawm tur a nih bik lohzia a lang leh thin. Lushai Hills Superintendent LL Peters pawhin Lakher Pioneer Mission leh missionary Rev Reginald Arthur Lorrain chanchin hetiang hian a hre sual ve tlat: "Mr Lorrain originally came out shortly after his brother the Rev. J.H. Lorrain and Rev. F. Savidge to the London Baptist Mission at Serkawn (Near Lungleh) but broke away after a few years and started the Lakher Pioneer Mission at Serkawr" (Laiu Fachhai, Pâkhao 1938: Lorrain Mothlih Tlana Su nata Kô, 2024, pp 214-215).

Superintendent Peters chuan Lakher Pioneer Mission kha Lorrain Serkawn a lo thlen hnuu din chawp niin a sawi a, a hriat sual a ni. Lorrain kha kum 1907-ah Serkawn a rawn thlang a, Lakher Pioneer Mission kha Lorrain Serkawn a lo thlen hma, 1905-ah London khawpuiah din daih tawh a ni. Chuan Lorrain kha Serkawna London Baptist Mission (Baptist Missionary Society) hnuaiha thawk tura rawn kal a ni lo. A tir te at anga Mara rama rawngbawl tura rawn kal a ni. Chuvangin London Baptist Mission atanga phelh (break away) a ni lo. Mizo tawng leh khatih hun laia Lushai Hills chanchin te zir turin a ute awmna Serkawna kha thlak rul vel chauh a awm a ni. Serkawna kha a kum telin (a few years) a awm lo hrim hrim. Superintendent Peters-in Lakher Pioneer Mission leh Lorrain chanchin a hriat sual ang khan, Mara chu Lai chi peng nia a sawi hi Superintendent Parry pawh kha a hriat sual ve a ni. Mara chu Lai chi peng a ni lo. A chungka kan sawi tak Van Bik Maraic theory pawh khian Mara chu Lai chi peng a nih lohzia a finfia a ni.

Mara leh Lai unau nihna chu Marate pawhin an pawm a, Mara hi Lai chi peng anga sawi erawh chu Maraten an pawm thei lo. Lai leh Mara chu pa leh fa ni lovin, u leh nau an ni tih hi Marate pawm dan a ni. A awmzia chu Mara hi Lai thlah ni lovin, Lai leh Mara chu thlahtu pakhat atang chuak unau an ni tih hi Marate dinna a ni. Mara leh Lai hnam incheina, hnam (phun) hming, tawng thumal bul (root word), hnam zia, tihdanphung leh zia inannate a awm avanga Mara chu Lai chi peng nia ngaihruatna awm hi, he

article ziaktu chuan a dik hlel deuhzia tiang hian a chhang a ni:

## Mara leh Lai hnam incheina thenkhat inanna

Hnam incheina (hnam puan, etc) inanna avanga Marate chu Lai an ni tih emaw, Mara chu Lai chi peng a ni tih hi academic leh scholarly argument awm thei pakhat chu a ni ve a, nimahsela thutlukna sianma atan erawh chuan inngahna lian ber leh dik ber a ni chuang lo. Mara-in nge Lai hnam incheina a lâk chhawn, Lai zawkin nge Mara incheina a lâk chhawn, hetiang incheina hi tuin nge hmu chhuak hmasa a, hman hmasa zawk, Lai nge Mara, tia inhnaih inhnaih pawh a tul lo. Sawi tawh angin, unau an ni a, chhuan eng emaw zat chu lo khawsa ho an ni a, an in-indan tawh hnuah pawh an khawsakna khua leh ram te a inhnaih baw a, chuvangin hnam inchei danah pawh inanna tam tak an nei ang tih chu hriat sa a ni.

Khawthlang lam Caucasian (European) hnamte pawh khu an incheina thuan chuan an inang hlawm hle. An incheina a in an avanga "German ho hi English chi peng an ni, etc," tih erawh chu a dik thei tawh lo ang. An in-indanna a rei tawh. Israel-te leh Arabte pawh khu Abraham thlah an ni ve ve a, hmanlai chuan an inchei dan pawh a inang tlangpui a, nimahsela tunah chuan chi leh hnam hrang ve vein an chhuak tawh a ni.

## Mara leh Lai hnam (phun) hming thenkhat inanna

Hnam (phun) hming inang tam tak a awm avanga Mara chu Lai chi peng pakhat nia ngaihruatna pawh hi academic leh scholarly argument pakhat chu a ni ve thei a, nimahsela, hnam incheina ang bawkin thlirna tlang dang a awm ve tho a ni. Mara hnam hminga awm lo Lai hnam a awm nual a, Lai hnam hming zinga tel lo Mara hnam a awm nual baw. Entiran, Mara hnam Solo (Chapi-Ngiaphia accent/dialect hmangtuten Feilei an tih) hi Lai hnam zinga a tel lo awm e. Lal hnam - Chinzah (Mara Choza), Hlawchhing (Mara Hlychho), Zathang (Mara Zawtha), etc - te inanna hi chu eng dang vang a ni lo, Mara khua thenkhatin Lai lal thlahte an lal atana an va sawm vang a ni. Hmanlai Mara khawvelah chuan an lalin an ral an hnehpui theih lohna a rei tawh chuan, ral laka chak thin hmar lama Lai lal thlahte an lal atan an va sawm thin. Hmar lama Lai lalten Mara khua an lo run lohna atan Lai lal thlahte an lal atan an va sawm thin baw a, Lai lal fanute pawh Mara lal emaw lal fapa emaw nupui atan an nei thin. Lai kuate atanga Mara rama rawn pem a, lo thlangtlate an awm baw.

Thu dik erawh chu hei hi a ni. Chinzah, Hlawchhing, Zathang, etc., lal hnam leh thlahten Mara rama lal ni tura an lo chhuk khan, an Lai tawng leh an Lai mipui te Mara khua leh ramah an rawn chhukpui lo. An rawn luh laia an rawn luhna hmuna tawng awm tawh Mara tawng an tawm a, Mara mipuite chungah an lo lal a ni. Chuvangin Lai rama an awm laia Lianchi Hlawchhing chu Mara ramah chuan Laichi Hlychho a ni ta a, chutiang bawkin Lai rama Chinzah chu Mara ramah Choza a ni tawh a, Lai rama Zathang pawh Mara ramah chuan Zawtha a ni ta a ni. Hei hian a finfia chu, Lai lal thlahte Mara ram lam an lo kal lai khan Mara ramah Mara tawng leh Mara mipui an lo awm diam tawh a, Lai lalte leh an hnung zuitu tlemte te khan, chu Mara tawng leh Mara mipui chu lo tawmin, an lo zawm a, Mara ramah chuan Mara niin an lo khawsa ve ta a ni. Lai ni tawh lovin Mara an ni tawh, tihna a nih chu. Hei hian Mara chu Lai chi peng pakhat a nih lohzia a nemnghet a ni.

Khatih hun lai kha chuan Laipa-in Mara ramah a lo pem chuan Mara a ni ve mai a, Marapa-in Lai ram lam a pem chhoh chuan Lai a ni ve mai thin.

Mi dawngdah duhtusam chuan amah a tihlum thin,  
A kutin hnathawh a duh loh avangin.

## THE AIZAWL POST

Editorial....

Mizo Daily Newspaper

### CANCER: Mipa-ah pumpui; Hmeichhiaah chuap

Mizo mipa teah pumpui cancer an tam ber a, hmeichhiaah chuap cancer an tam ber. Mizoram chu India ram pum puiah cancer vei tam berna kan ni a, tlak hniam lam pan lovin san lam kan pan char char baw.

Hei hi nimina Population Based Cancer Registry (PCBR) Mizoram buatsaih workshop neihnaa tarlan dan a ni a; PCBR kum 20 chhung zirchianna a ni.

PCBR hi chuan cancer vei zingah eng cancer nge tam tih data/information min hrilh a; hospital record bakah hospital pawm lam (population based) a ni mai a. Heng cancer (pumpui, chuap etc.) te hi eng vanga lo awm nge tih zirchianna (research based) erawh a ni hran lem lo niawm tak a ni.

Mipui tana pawimawh ta chu, 'pumpui cancer tam lam' aini, 'eng vanga pumpui cancer chu lo awm thei nge a nih?' tih lam hi a ni. Mizorama cancer tam chhan hi, zuk leh hmuam kan uar lutuk vang te, kuhva kan ei nasat vang te, thil rep kan ei nasat vang te, mawm leh chawmeh kan-ro (deep-fried) kan ei nasat vang te leh a dangte pawh, niin sawi a awm thin a;

hei hi research-based report a nih chiah loh chuan mipuiah a tlak nat dan a danglam deuh awm e.

Hetih rual hian, Mizorama cancer a san em em chhan hi research-based kher lo pawhin, a chungka kan sawi zuk leh hmuam, thil rep, deep-fried etc. te khi 'lifestyle risk factor' an ni ang tih chu rin a harsa lovang.

Mizoten kan tlakchham lianpui pakhat chu, hriselna ngaipawimawh lam hi a ni. Ei leh in kawngah, kan taksa tana chaw tha aini, kan taksa huat tur zawng hi kan seng lut uar zawk zel ni main a lang. Chumi awmzia chu, kan ei leh in te hi kan taksa tan a tha nge tha lo tih lam aini, kan hrawkin tui a tih zawng a nih chuan kan lem duak duak zel mai ni berin a lang.

Hei kan dinhmun a nih mek avang hian, ei leh in hrisel leh lifestyle dik leh tha zawk kan nei theih nan, he lama mipui inzirtirna hi, ruihhlo do kan ngaih pawimawh ang baw hian, ngai pawimawh ve tho ila, 'mipui hriselna beihpui thlak' te hi kan kalpui theih chuan tun atanga kum 5/10 hnuah chuan result tha tak a awm ngeini a rinawm.

Tunah erawh chu urbanization leh globalization hunah kan awm tawh a, chuvangin Laimi-in India Mara ram Siaha khawpui leh Myanmar Mara ram Lialai-pi khawpui te an khawsak chuan an Lai nihna leh an Lai tawng an chhawm nung a, Lai tawng an la thiam a nih chuan; Marate pawhin Lairam Haka, Thlantlang, Lawngtlai khawpui te an khawsak chuan an Mara tawng leh Mara nihna a chhuzawm thei zel tawh a ni. A awmzia chu Mara leh Lai chu chi hrang ve ve niin leh tawng hrang nei ve ve niin nghet takin a kal tawh a ni.

### Mara leh Lai tawng thumal bul t henkhat inanna

Mara leh Lai tawngtea tawng thumal bul inan eng emaw zat awm mahse, tawng an inhriat pawh tawh lohna at anga chhuih, thlahtu pakhat atanga chhuak unau mah ni se la, an in-indanna a rei tawh niin a lang. Lai tawngah chuan consonant-a tawp thumal tam tak a awm a, Mara tawng thumal zawng zawng erawh chu vowel-in a tawp vek a ni. Pipten Haka khua hming hi hmanlai chuan "Hiakha" tih a ni e, an ti a, "Hiakha" tih chu Mara tawng a ang hle. Haka khuaa Kristian hmasa Pu Siakhaw hming pawh Mara hming a ang hle. Hei hian min hrilh chu, unau - Mara leh Lai - hian eng tik hunah emaw chuan Haka velah khian an lo khawsa ho mai thei a ni. Hei hian a entir dang leh chu, chi peng tawngkam hman a ni dawn chuan, sawi tawh angin, Lai hi Mara chi peng nia ngaihruatna pawh thil awm thei a ni ve tho a ni.

Mizorama Mara leh Lai unau chuan Pawi-Lakher Regional Council (PL Region)-ah awm ho an tum a, nimahsela an awm ho leh thei lo. An awm ho theih lohna chhan pawh an in-indanna a rei tawh avanga tawng leh thil dang tam takah inan lohna an nei tam tawh vang a ni. PL Region-ah khan official tawng atan Lai tawng hman ni ta se, Marate chauh ni lovin Lai member thenkhatin Lai tawngin thu an sawi thei si lo a, Mara tawng hman ni ta se, Lai memberthen Mara tawng chu an hre leh si lo a, chuvangin Mizo tawng chu common language atan hman a ngai ta a ni. Council Member-te zinga Mara t henkhat tan phei chuan Mizo tawng thupui hlapui han sawi chu an harsat t hin. Chu chauh chu a la ni lo, mahni t awng rorel theih a nih si loh chuan,

Council-in a tum, tawng leh hnamzia te humhalh leh tihmasawna thlengin a nghawng thei dawn avangin, unau chuan in-indan leh a, ADC hran nei ve ve kha tha zawkin an hre ta a ni.

### Mara leh Lai hnamzia, tihdanphung leh tihthinzia thenkhat inanna

Mara leh Lai hian hnamzia, tihdanphung leh zia inanna tam tak an nei tih chu thu dik a ni. Hnam lam leh inneihna kalpui dan te phei chu an inang hle. Chuvangin hemi chungchangah chuan inhna vakna tur a tam lo. Sawi tawh angin, thlahtu pakhat nei unau an ni a, khawi hman leh eng hunah emaw chuan an lo khawsa ho ang a, an in-indan hnuah pawh an awmna khua leh ramte an inhnaih baw a, inneih pawh thin an ni baw nen, chuvangin inannate chu loh theih loin a awm tur a ni. Chutih rual chuan, hnamzia, tihdanphung leh ziate hi tawngah an inphum a, Marate chuan tun thlengin an tawng an hlut a, an hman zel avangin an hnamzia, tihdanphung leh zia te pawh vawng thain an humhalh thei zel ta a ni.

Maraten hetiang an tawng an hlut leh an humhalh thei hi mission hran, Lakher Pioneer Mission an nei vang a ni. Lakher Pioneer Mission kha Mara ramah rawn kal lo ta se, Marate chuan eng ti tih emaw Kristian chu an ni ve mahna? Chutih rual chuan tawng dang hmangin an Kristian dawn a ni. Lakher Pioneer Mission avangin Mara Bible, Mara hlabu leh Mara tawng zina sikul te an nei a, tunah phei chuan Mara tawng chu official tawng hmanna Mara Autonomous District Council an nei baw a, chuvangin Mara tawng chu tun thlanga nungin a thanglian zel a ni.

### Tlipna

A tawpah chuan, Lai leh Mara chu unau an ni a, pafa erawh an ni lo, tih hi chian a pawimawh hle. Unau mah ni se la, an in-indanna a rei tawh avangin tawng leh thil dang tam takah inan lohnate an nei tawh tih hriain, an inan lohna te chu hmangaihnaih inhriatpui tawng theuh a, inpawmpui tawm thiam an tum zel tur a ni. Inan lohna te awm mah se, unau an nihna hre reng chungin an awm hona Siaha District, Lawngtlai District, Mizoram, India, Chin State, Myanmar leh foreign ramah te inhmanghai tawng a, inngaih dial diala thenawm tha leh unau inhmanghai nih an tum zel tur a ni.

## Hamilton hmakhalha Monaco hnehtu Antonelli leh bawk!



Formula One season kal laia a zawn zata wavi nga a chak thlinna ni turin Pathianni Monaco Grand Prix-ah Italian rawlthar kum 19 mi lek Kimi Antonelli a chak leh a, Monaco-ah hnehna chang thei driver naupang ber a ni.

Ferrari driver harhtharna rawn chang chho leh mek Lewis Hamilton chu pahni-naah thlengin, a zawn Grand Prix runner-up tum hnih a nihna a ni ve leh ta a, a lehpekah chuan race winner ni turah beisei the ang!

Lawmman semna dawhsan hniam ber luahtu chu Red Bull Racing driver Isack Hadjar a ni teh daih thung!

Antonelli Mercedes team-mate George

Russell erawh point rut pha lo zawngin 12-naah a thleng ve chauh a, championship standing lamah Italian driver hian fal lehzuah zawkin hma a hruai zui ta a ni.

Monaco tlankawngah hian thil thleng a tam a, safety car pawh tum hnih ngawt inlarin, red flag wavi khat vai a ni bawk a; grand prix wavi nga tehreng a chak zawn hnuah Championship leader Kimi Antonelli hian point 66 laiin driver standing-a amah hnaihbertu Briton Hamilton lakah hma a hruaifal ta a ni.

Pathianni race-a Russell hniam em emna chhan chu drive-through penalty avanga pathumna dinhmun a luah laia a hnung bera a tlan a ngaih vang kha niin,

Alpine khalhtu Pierre Gasly chuan Briton hremna hmuh hi hlawkpuuin pathumna ni bawk mah se pit lane-a a speed vak avangin hremna a hmu ve leh a, result hnuh-nung berah pasarihna a nih a ngai ve ta tho a ni!

Promoted Red Bull driver Isack Hadjar khan final podium position a luahna kawngah palinaa thleng McLaren star Oscar Piastri a hmakhalh chiah chiah.

Race leh race inkar a thui chhoh viau hnuah a zing chho leh tan dawn a, kartawp hian Barcelona-Catalunya Grand Prix thlir tur a awm zui leh dawn a, hei hi kum khat chhunga Spain rama intlansiak wavi hnih awm bik zinga a hmasa zawk tur a ni.

### MONACO GRAND PRIX RACE RESULT

Pos.	Driver	Ram	Team	Laps
1	Andrea Kimi Antonelli	ITA	Mercedes AMG Petronas F1 Team	78
2	Lewis Hamilton	GBR	Scuderia Ferrari HP	+6.271s
3	Isack Hadjar	FRA	Oracle Red Bull Racing	+23.394s
4	Oscar Piastri	AUS	McLaren Mastercard F1 Team	+24.261s
5	Liam Lawson	NZD	Racing Bulls	+26.553s
6	Arvid Lindblad	GBR	Racing Bulls	+29.010s
7	Pierre Gasly	FRA	BWT Alpine F1 Team	+30.369s
8	Alex Albon	THA	Atlassian Williams F1 Team	+33.413s
9	Esteban Ocon	FRA	TGR Haas F1 Team	+37.140s
10	Fernando Alonso	ESP	Aston Martin Aramco F1 Team	+41.899s
11	Gabriel Bortoleto	BRA	Audi Revolut F1 Team	+42.748s
12	George Russell	GBR	Mercedes AMG Petronas F1 Team	+43.353s
13	Nico Hulkenberg	GER	Audi Revolut F1 Team	+44.102s
14	Franco Colapinto	ARG	BWT Alpine F1 Team	+48.964s
15	Sergio Perez	MEX	Cadillac F1 Team	+49.153s
16	Carlos Sainz	ESP	Atlassian Williams F1 Team	+8 laps
DNF	Charles Leclerc	MON	Scuderia Ferrari HP	+14 laps
DNF	Lance Stroll	CAN	Aston Martin Aramco F1 Team	+22 laps
DNF	Lando Norris	GBR	McLaren Mastercard F1 Team	+35 laps
DNF	Ollie Bearman	GBR	TGR Haas F1 Team	+51 laps
DNF	Valtteri Bottas	FIN	Cadillac F1 Team	+63 laps
DNF	Max Verstappen	NED	Oracle Red Bull Racing	

### DRIVERS' WORLD CHAMPIONSHIP

Pos.	Driver	Ram	Team	Wins	Points
1	Andrea Kimi Antonelli	ITA	Mercedes AMG Petronas F1 Team	5	156
2	Lewis Hamilton	GBR	Scuderia Ferrari HP	0	90
3	George Russell	GBR	Mercedes AMG Petronas F1 Team	1	88
4	Charles Leclerc	MON	Scuderia Ferrari HP	0	75
5	Oscar Piastri	AUS	McLaren Mastercard F1 Team	0	60
6	Lando Norris	GBR	McLaren Mastercard F1 Team	0	58
7	Max Verstappen	NED	Oracle Red Bull Racing	0	43
8	Isack Hadjar	FRA	Oracle Red Bull Racing	0	29
9	Liam Lawson	NZL	Visa Cash App Racing Bulls F1 Team	0	26
10	Pierre Gasly	FRA	BWT Alpine F1 Team	0	26
11	Oliver Bearman	GBR	TGR Haas F1 Team	0	18
12	Franco Colapinto	ARG	BWT Alpine F1 Team	0	15
13	Arvid Lindblad	GBR	Visa Cash App Racing Bulls F1 Team	0	13
14	Carlos Sainz	ESP	Atlassian Williams F1 Team	0	6
15	Alex Albon	THA	Atlassian Williams F1 Team	0	5
16	Esteban Ocon	FRA	TGR Haas F1 Team	0	3
17	Gabriel Bortoleto	BRA	Audi Revolut F1 Team	0	2
18	Fernando Alonso	ESP	Aston Martin Aramco F1 Team	0	1
19	Nico Hulkenberg	GER	Audi Revolut F1 Team	0	0
20	Sergio Perez	MEX	Cadillac F1 Team	0	1
21	Valtteri Bottas	FIN	Cadillac F1 Team	0	0
22	Lance Stroll	CAN	Aston Martin Aramco F1 Team	0	0

### HUNGARIAN MotoGP RACE RESULT

Pos.	Rider	Ram	Team	Bike	Time/Diff.
1	Marc Marquez	SPA	Ducati Lenovo	(GP26)	42m 55.325s
2	Pedro Acosta	SPA	Red Bull KTM	(RC16)	+1.343s
3	Francesco Bagnaia	ITA	Ducati Lenovo	(GP26)	+11.632s
4	Ai Ogura	JPN	Trackhouse Aprilia	(RS-GP26)	+15.539s
5	Luca Marini	ITA	Honda HRC Castrol	(RC213V)	+18.669s
6	Diogo Moreira*	BRA	Pro Honda LCR	(RC213V)	+21.794s
7	Iker Lecuona	SPA	BK8 Gresini Ducati	(GP26)	+22.815s
8	Jack Miller	AUS	Pramac Yamaha	(YZR-M1)	+23.283s
9	Enea Bastianini	ITA	Red Bull KTM Tech3	(RC16)	+24.491s
10	Brad Binder	RSA	Red Bull KTM	(RC16)	+24.601s
11	Toprak Razgatlioglu	TUR	Pramac Yamaha (YZR-M1)		+25.135s
12	Fabio Di Giannantonio	ITA	Pertamina VR46 Ducati	(GP26)	+28.386s
13	Alex Rins	SPA	Monster Yamaha (YZR-M1)		+29.207s
14	Franco Morbidelli	ITA	Pertamina VR46 Ducati	(GP25)	+31.333s
15	Maverick Viñales	SPA	Red Bull KTM Tech3	(RC16)	+48.536s
16	Cal Crutchlow	GBR	Castrol Honda LCR	(RC213V)	+54.604s
DNF	Fabio Quartararo	FRA	Monster Yamaha	(YZR-M1)	DNF
DNF	Joan Mir	SPA	Honda HRC Castrol	(RC213V)	DNF
DNF	Fermin Aldeguer	SPA	BK8 Gresini Ducati	(GP25)	DNF
DNF	Marco Bezzecchi	ITA	Aprilia Racing	(RS-GP26)	DNF
DNF	Raul Fernandez	SPA	Trackhouse Aprilia	(RS-GP26)	DNF
DNF	Jorge Martin	SPA	Aprilia Racing	(RS-GP26)	DNF

### MotoGP World Championship standing

Pos	Rider	Ram	Team	Bike	Points	Diff.
1	Marco Bezzecchi	ITA	Aprilia Racing	(RS-GP26)	180	
2	Jorge Martin	SPA	Aprilia Racing	(RS-GP26)	160	(-20)
3	Fabio di Giannantonio	ITA	Pertamina VR46 Ducati	(GP26)	138	(-42)
4	Pedro Acosta	SPA	Red Bull KTM	(RC16)	132	(-48)
5	Marc Marquez	SPA	Ducati Lenovo	(GP26)	108	(-72)
6	Ai Ogura	JPN	Trackhouse Aprilia	(RS-GP26)	105	(-75)
7	Francesco Bagnaia	ITA	Ducati Lenovo	(GP26)	99	(-81)
8	Raul Fernandez	SPA	Trackhouse Aprilia	(RS-GP26)	93	(-87)
9	Alex Marquez	SPA	BK8 Gresini Ducati	(GP26)	67	(-113)
10	Fermin Aldeguer	SPA	BK8 Gresini Ducati	(GP25)	64	(-116)
11	Luca Marini	ITA	Honda HRC Castrol	(RC213V)	57	(-123)
12	Enea Bastianini	ITA	Red Bull KTM Tech3	(RC16)	48	(-132)
13	Brad Binder	RSA	Red Bull KTM	(RC16)	48	(-132)
14	Franco Morbidelli	ITA	Pertamina VR46 Ducati	(GP25)	40	(-140)
15	Fabio Quartararo	FRA	Monster Yamaha	(YZR-M1)	37	(-143)
16	Diogo Moreira	BRA	Pro Honda LCR	(RC213V)	36	(-144)
17	Johann Zarco	FRA	Castrol Honda LCR	(RC213V)	34	(-146)
18	Joan Mir	SPA	Honda HRC Castrol	(RC213V)	15	(-165)
19	Alex Rins	SPA	Monster Yamaha	(YZR-M1)	12	(-168)
20	Jack Miller	AUS	Pramac Yamaha	(YZR-M1)	11	(-169)
21	Iker Lecuona	SPA	BK8 Gresini Ducati	(GP26)	9	(-171)
22	Toprak Razgatlioglu	TUR	Pramac Yamaha	(YZR-M1)	9	(-171)
23	Maverick Viñales	SPA	Red Bull KTM Tech3	(RC16)	6	(-174)
24	Augusto Fernandez	SPA	Yamaha Factory Racing	(YZR-M1)	4	(-176)

## A career-a wavi 100 chak tling Marquez!



Pathianni Hungarian Grand Prix-ah chak lehni, Spaniard rider ropui Marc Marquez chuan a MotoGP zinkawngah intlansiak tum 100 a chak tling ta der mai!

Lenovo Ducati rider Marquez hian a debut season kum 2013-ah khan kum 20 mi lek ni chungin MotoGP championship title a hlawhchhuak nghal a; kha ta tang khan a chak a chak a, tum sarih ngawt MotoGP champion a nih hnuah Pathianni khan Balaton Park-ah melung thar phunin, a 100th career victory hial a hlawhchhuak ta a ni.

Hungarian Grand Prix-ah khan a chipui Pedro Acosta nen an inlehpelht-awn zak zak hnuah MotoGP season kal meka Marquez upa zawk chuan KTM driver kum 22 mi Pedro chu second 1.5

lekin a thlenkhalh a, a Ducati team-mate Francesco Bagnaia chu pathumnaah a thleng ve bawk.

Tun kha nikum September thla San Marino hnehna a chan hnuah Marquez chak leh wavi khatna chiah niin, Hungary ramah khan pole position atangin a tlan chhuak a; a kephah leh dar hliam an zaina atangin a dam fel ta tih entirna'n hnehna a rawn chang zui leh ta chiah a ni.

Kum 33 mi Marquez chuan melung phuna hnehna a sualchhuak thei hlimawm a tih thu sawi chungin nikum lamah taksa lama harsatna lian tak a tawh avangin a hnehna sualchhuah man pawh to hlein a sawi a, chutih rualin a vui loh thu leh a belh sport-a bet tel tlat a nih thu a tarlang tel.

Bezzecchi nena an chetsualna lama

a dar hliam avang khan 2025 season tir lamah Marquez-a season a zo fel der a, kuminah mellung phunna tham hnehna a chang zui leh ta hial a ni.

Pathianni sprint race lamah pawh Marquez hian Acosta leh Bezzecchi hmakhalhin hnehna a lo chang tawh bawk.

Lap one lekha a Aprilia team-mate Jorge Martin chuan a accident-hnan avangin championship leader Marco Bezzecchi chu tlanchhuak zo lo zingah telin, a hmahruaina erawh a la chhunnawm zel thung.

Martin hian sprint-ah khan parukna dinhmun luahin, overall standing-ah pahniha la luah zui zel mah se hmahruaitu Bezzecchi nena an inthlauhna chu point 20 a tling ta.

### FOOTBALL TITI

- Real Madrid chu Premier League atanga tlantiam Portugal midfielder Mateus Fernandes lak tuma ngaihen zingah an tel thar ve leh. (Sun)
- Brighton chuan Tottenham Hotspur in Netherlands centre-back Jan Paul van Hecke lei an dilna chu a wavi hnihna atan an hnar. (Talksport)
- Contract thar a ziahna la rei lo hle mah se Harry Maguire chu nipui bazasr inhawn hunah Manchester United chhuahsan phalsak a ni. (Football Insider)
- Inter Milan chuan England midfielder Curtis Jones chu lak tumin an dawr naa Liverpool chhiarna zat in la ngam lo thung. (Gazzetta dello Sport - in Italian)
- Liverpool chuan RB Leipzig atangin kum 19 mi Ivory Coast winger Yan Diomande lak ngei an duh a. An lak theihna tur atan a manah Netherlands forward Cody Gakpo kal teltir an phal hial dawn. (Teamtalk)
- Real Madrid in £130m zet senga lak an huam thu an sawi hnuin Bayern Munich chuan France winger Michael Olise chu hralh tumna an neih loh thu an sawi nghal var! (Bild - in German)
- Bernardo Silva chuan Manchester City a chhuahsan hnuah Barcelona chu a club thar ni tura duh thlan tur zinga mi a nih thu a sawi a, a hma lam hun atan thutlukna a la siam fel loh thu a sawi thung. (Marca - in Spanish)
- Tottenham leh Italy international Guglielmo Vicario chu Juventus in si nghak thar lak an tum langsar ber a ni tih hailan a ni. (Gazzetta dello Sport - in Italian)
- Real Madrid president tharah Enrique Riquelme a tlin zawh tak loh vangin English club lian Manchester City an thawhhuai. Enrique Riquelme hi tling se chu City atangin Erling Haaland leh Rodri te lak ngei a tum a. A tlin tak loh vang hian Real Madrid in Rodri an la a nih pawhin Haaland tal chu hum theih an la inbeisei. (Talksport)
- EPL a kaisang Coventry City chuan an club chanchina an player lei to ber ni turin Carl Rushworth chu £20m senga lei dilna Brighton hnenah an thelut. Carl Rushworth hian season liam ta khan Coventry City hi loan in a zawm a, tha taka khelin EPL khel turin a tlinpui nghe nghe. (Talksport)

## England Vice Captain Declan Rice



Arsenal player te chuan inrinni khan World Cup khel tur England Squad an zawm a, midfielder Declan Rice chu England Vice Captain a nih tur thu sawi chian nghal a ni.

Midfielder ball thiam leh thawkrim Declan Rice hian England tan wavi 72 zet a khel tawh a. Captain Harry Kane awm loh lai October 2025 khan Captain ban hren a lo hreng tawh nghe nghe. Mualchhung leh mual pawn lamah pawh hrui-aitu tha leh entawntlak tak mai a ni a. Harry Kane chawlh hunah pawh Three Lions captain ni chhunzawm tura ngai a ni.

England vice captain Rice hi season liam ta khan Arsenal tan a chetha viau a, Gunners hi kum 22 zet hnuah EPL-ah a champion pui. Kum 20 zet hnuah Champions League final lut bawmah se Arsenal hi PSG

lakah an vanduai a, an champion zo lo. EPL-ah an champion theih nan leh UCL final an luh theih nan Rice hi a thawhhlawk viau. A taima a, a huaisen a, a thiam bawh nen captain ni em lo mah se captain ang maia a player puiten an en leh an zahrawn a ni.

Champions League final an khelth vangin Arsenal player ten chawlh an nei rei hlek a. Rice leh a teammate Bukayo Saka, Noni Madueke leh Eberechi Eze te chuan inrinni khan USA an thlang a, England camp an zawm.

England hi Group L-ah an awm a, Croatia, Ghana leh Panama te nen an awm ho. June ni 16 zan an match hmasa ber an khel ang a, team lian Croatia an tum ang. World Cup hmain nilai zan khian friendly match an khel hmasa leh zet ang a. Costa Rica nen an inkhel ang.

# French Open champion Zverev

French Open 2026 mipa final chu Pathianni zan khan khelth a ni a, inkhel hmuhnamw takah Flavio Cobolli hnehin Alexander Zverev a champion. Player t ha pawl tak ni chung a hun rei tak a nghah Grand Slam title a nghah chu a nghakchhuak a, Wheel Chair nen lungngai taka lo chhuahsan tawh Court Philippe-Chatrier chu trophy nen ngei hlim takin a chhuahsan ve ta.



**Final chu**  
Olympic leh ATP Final-ah te champion thei chung a Grand Slam-a champion thei tlat lo, French Open 2026-ah Seed no 2 Alexander Zverev chuan seed No 10 Flavio Cobolli a hmachhawn. Final-ah ranking leh seed-ah a hnuai awm a hmachhawn vangin Zverev tan champion theihna kawng zau zawk a inhawng a, a hun a inherchhuak tawh ngei tura ngaiha a lian hle.

Rin lawk ang ngeiin final-ah Zverev-a'n bul a tan t ha a, set khatnaah break a nei zawnin game khat chiah a hloh a, awlsam takin set khatna a la. Set la hmasa zawk tang mah se Zverev a inringtawh zo tlat lo. Pressure nei tlem zawk leh phur taka inlan Cobolli-a'n na takin a nawr let. Zverev hian break theihna hun remchang tha zet mai nei bawh mah se tlo lova, a che nawi leh tlat a, a hun tha a hloh. Italian hian break pawimawh tak a neih a chhawr tangkai a, rin loh takin set hnihna a la.

Set khat ve ve an lak hnuin an inhnethawh zui hle a, rinkai zawk Zverev zia a zawi zawk a, a champion loh mai a hlauhthawnawm leh hman. Phur taka inlan Cobolli a chesual a, a serve a hum zawh loh vangin Zverev-a'n a set hnihna a la a, champion a hnaih.

Phur leh thatho taka a inlan zui ngei a rinawm laiin pressure zo lo thina ngaih Zverev an set linaah bul a tan chhe hle a, a serve hmas ber a hum zo lo nghal ringawt. A dinhmun chhe hman viau mah se break a nei let a, a dinhmun a siam t ha. Hmahruai theihna hun tha tak nei bawh mah se a serve a hum zo lo leh ringawt. Set a hloh

ngai tura ngai a nih laiin break a nei leh hlauh a, tie-break khelth a ngai. Tie-break-ah bul tan t ha bawh mah se a tlo zo lo leh a, double fault te a nei leh ringawt bawh nen set lina a hloh leh phawt.

Deciding set khelth a ni a, set pawimawh takah mak tak maiin Zverev a chetha ta tlat thung a, break a nei zawm a, game khat chiah hloh chungin set a la leh ta mai a. Flavio Cobolli lakah 6-1 4-6 6-4 6-7 (5-7) 6-1 a hnehna changin Grand Slam-ah a champion ve ta nge nge!

**Zverev hun a thlang**  
German star Alexander Zverev hi Tennis-ah player tha leh hmuhnamw ber pawl a ni reng a. Olympic leh ATP Final-ah pawh a lo champion hial tawh. Inelna lian dangah champion tawh mah se inelna lian ber Grand Slam-ah eraw a champion thei tlat lo. US Open final-ah Dominic Thiem hneh lovin a champion zo lo. Australian Open final-ah Jannik Sinner lakah a zawr a, a champion zo lo leh a. French Open 2024 final-ah set hnih 2-1 in hmahruai bawh mah se a zuih tak zet a, Alcaraz lakah a mualpho zui leh. Tunhnaiah Jannik Sinner a ngam lo tak zet a. Sinner a

dam that pawt chuan Zverev tan champion na chance a awm lo a ni ber mai.

French Open 2026-ah hian champion lai Carlos Alcaraz a inlan thei lova, champion tura rinkai Jannik Sinner pawh khawlum lutuk tuar lovin a tla hma viau bawh. Sinner a tlak hnu lawkah Grand Slam-a wavi 24 zet champion tawh Novak Djokovic a tla ve leh a. Clay Court a khel tha thei tak Casper Ruud a tlo zo lo bawh. Player langsar tak tak an awm loh thup hnuin Zverev a langsar a, a tan champion theihna hun tha bik; Golden chance ni ngeia ngai a ni.

Zverev hian final-ah ranking leh seed-ah a hnuai awm Cobolli a hmachhawn leh zel bawh si a, a tana hun ruat a inherchhuak tak meuh meuh. Champion theihna hun tha ber a neihah pawh dik tak chuan beisei a phak tehchiam chuang lo. Service a tisual fova, a ball vuak a nat loh bakah a ball dahna a fing tawh thin lo. Cobolli hian Zverev khelth dan a hrechiang hman viau a, a nawr buai fo bawh. Player tha a hmachhawn a, boruak sangah zuai a, beisei phak lo thin kha a la ni reng a. A champion zo dawn lo emaw tih hnuah a champion ve ta nge nge. Zverev champion dan hi chung lam bel ruat ngei a ni.

**A hlim ve ta e!**  
French Open 2022 semi-final ah Rafael Nadal nen an inhmchhawn laiin Zverev hian hliam ta tak a tuar a, Wheelchair nen khelmual a chhuahsan. A hliam hi zai a ni a, ni 1,465 zet a chawlh a ngai. Hliam vanga hun rei tak a chawlh hnuin inelna hmachhawn turin a kir leh. Player tha fal pahnih; Jannik Sinner leh Carlos Alcaraz an lo chhuak zui bawh nen Zverev tan Grand Slam a champion na kawng a inkhar tawh ang hiala ngaiha a ni hman. Hun rei tak a lo nghah tawh chu mak tak maiin a nghakchhuak ta hlawk a, French Open champion thar a ni ta.

2022-ah mittui nen lungngai taka a chhuahsan Court Philippe-Chatrier ngei mai chu trophy nen ngei hlim nui sang chungin a chhuahsan ve ta.

## World Cup 2026 - Player langsar zual turte

Khawvela ennamw ropui ber Fifa World Cup khelth hun a hnai zel a. Football ngainate pawhin USA, Mexico le Canada lam an thlir rawn deuh thup tawh. World Cup 2026-ah player chetha zual tura ngaih kan rawn tarlang dawn a. Wavi khat chhuakah a len vek loh vangin chhuak leh turah kan rawn tarlang chhunzawm dawn nia.

**Pedri (Spain)**  
Midfielder ball thiam Pedri hi season liam ta khan Barcelona tan a chetha viau. Spanish La Liga-ah Barcelona an champion nawn theih nana thawhhlawk leh an muallai luahlumtu langsar tak chu Pedri hi a ni. Season liam ta khan La Liga-ah game tima ball pass wavi 80.4 zet nei ang a ni a. Amah aia ball pekchhuah ngah chu Barca tana a khelhpui Pau Cubarsi chauh a ni. Pedri hian La Liga season liam taah khan assist wavi 12 a nei.

Barcelona an champion theih nana thawhhlawk tak Pedri hi World Cup-ah Spain aiawh tura koh a ni a. Champion tura rinkai Spain player pawimawh ni phak tura ngaiha a ni. Spain tan hian kum 23 mi lek ni chungin wavi 40 a khel tawh a, goal 5 a thun tling tawh.

**Lautaro Martinez (Argentina)**  
Forward huaisen leh thawkrim Lautaro Martinez hian Argentina tan wavi 76 khelin goal 37 a thun tling tawh. Manager Lionel Scaloni player duh zawng tak mai a ni. World Cup 2022-ah beisei phak lo mah se Copa America 2024-ah top-scorer a ni leh tho a. Argentina in an khelth hnuhngun bera Honduras an hneh tumin goal a thun a, assist neiin 'Man of the match' a ni nghe nghe. World Cup-ah pawh Argentina tlarhna a luah lum ngei a beiseiawm.

Martinez hian season liam ta khan Italian Serie A-ah goal 17 thunin top-scorer a ni a, season thum chung a wavi hnih nan Inter Milan a champion pui. Champions League-ah wavi riat khelin goal li a thun bawh. Serie A leh Coppa Italia-ah an champion theih nan a thawhhlawk hle. Martinez hi goal thun thei a nih piaha team tana thawhhlawk, player tangkai tak a ni.

**Gabriel Magalhaes (Brazil)**  
English Premier League-a Arsenal an champion theih nan leh Champions League final an thlen theih nana thawhhlawk tak chu defender Gabriel Magalhaes hi a ni.

Gabriel leh William Saliba te inkawp hi an rinawm hle a, paltlang an har hle. EPL leh

Champions League-ah clean sheet nei ngah ber an ni a, goal an chhuah tam lo hle. Tlarhngun a player tangkai tak a nih bakah Gabriel hi ball kangah a hlauhawm tel em em a, Arsenal tan goal pawimawh a thun leh nawlh thin. Defender ni chungin season liam ta khan goal li lai a thun.

Arsenal tan a chetthat vangin Brazil tlarhngunah player rinrawl a nih a rinawm a. PSG Captain Marquinhos nen an inkawp ngei tura ngaiha a ni. Gabriel hian Brazil tan kum 2023 at angin a khel tan chauh a, wavi 17 khelin goal 1 a thun ve tawh.

**Erling Haaland (Norway)**  
'Fur khua leh ruatui chu kawp tura duan' tih ang deuh khan Haaland hi chu goal thun tura duan ni awm renga mawi a ni. Haaland hian Norway tan wavi 49 chauh khelin goal 55 zet a thun tling tawh. Cristiano Ronaldo hian ram tan goal 50 thun tling turin game 114 a mamawh a, Lionel Messi pawhin goal 50 thun tling turin game 104 lai a mamawh ve bawh. World Cup-ah top-scorer pawh lo ni hial tawh Kylian Mbappe hian France tan goal 50 thun tling turin game 90 lai a mamawh ve bawh. Hei hian Haaland hi goal thun thei bik a nihzia a lantir a, World Cup 2026-ah top scorer a ni nawlh a nih pawhin thil mak a ni lo ang.

Tunlaia striker Erling Haaland hi season liam ta pawh khan a che chhe lo leh pek hle. English Premier League-ah goal 27 thunin Golden Boot a dawng a. EPL-ah hian season thum chauh la khel mah se Golden Boot wavi hnih a dawng der tawh. Season liam ta khan Haaland hian inelna hrang hrangah goal 38 a thun a, assist wavi kua a nei bawh. Manchester City chu League Cup leh FA Cup-ah a champion pui.

**Vitinha (Portugal)**  
Vitinha hi tunlai midfielder tha ber ang hiala ngaiha a ni a, French Ligue 1 leh champions League-ah PSG an champion theih nan a thawhhlawk hle. Season

liam ta khan inelna hrang hrangah gial 7 a thun a, assist wavi 10 a nei tling bawh. UCL ah bik phei chuan Game tinah ball pass dik wavi 90 (90.6) nei ziah ang a ni. Midfielder hmuhnamw Vitinha hian Portugal tan wavi 37 a khel tawh a, goal a la thun lo. WC 26-ah Portugal muallai luahlumtu pawimawh leh hmuhnamw a nih ngei a rinawm.

**Bruno Fernandes (Portugal)**  
EPL 2025-26-ah player tha berah thlan a ni a, Football ziaktute pawhin player tha bera an thlan bawh Bruno Fernandes hian kum 2017 at angin Portugal tan a khel tan a, wavi 88 khelin goal 29 a thun tling tawh. WC 2026 ah player hmuhnamw leh ngaihen hlawh ber zinga mi a ni dawn a. Portugal-ah pawh Cristiano Ronaldo hliakhuh thei tur khawpa thiam leh huvang ngah a ni.

Champion na nei lo chung a EPL player t ha bera thlan ni hial thei leh Football Writers Association ten player tha bera an thlan Bruno Fernandes hi mimal takin a chetha hle. EPL-ah assist wavi 21 neiin season khata assist ngah ber record a siam hial.

United hi season liam ta khan an chetha lo viau a, Reuben Amorim hnuai phai chuan an tlantiam duai duai. Michael Carrick hnuai hma an sawn zawt zawt thung a, EPL-ah pathumna an ni phak ta hial. EPL-ah pathumna an nih theih nana thawhhlawk tak chu Bruno Fernandes hi a ni.



## Box office-ah 'Masters of the Universe'-in 'Scary Movie' a ngam lo



Tun weekend kalta khan film tlangzarh thar panhnh inum tawh tak a awm a, tuna kum 40 ral kai tawh chin ten kan napan laia Pathian-ni tuk a cartoon kan en t hin 'He-Man' film 'Masters of the Universe' leh 'Scary Movie' te an ni. Scary Movie franchise hi a hlawhtlin thei viau a, tuna a film thar hi tun kum 10 chuang mah chhunga an tichhuah leh hmasak ber a ni.

'Masters of the Universe' hi an tlangzarh hma atangin a thawm

ring viau a, mahse, 'Scary Movie' a ngam ta tlat lo. 'Scary Movie' hian tun weekend kalta khan North America-ah cinema hall ticket hralhna atangin dollar maktaduai 55 la lut a, box office No.1 a ni a, 'Masters of the Universe' hian dollar maktaduai 29.3 la lutin, No.2 a ni ve thung.

Scary Movie hi Michael Tiddes direct niin, franchise star Anna Faris leh Scary Movie parukna a ni ta. He film hian US pannah dollar maktaduai 50.5 a la lut

thei bawh a, tihian opening weekend-a a lak luh chu dollar maktaduai 105.5 a tling ta a ni.

Masters of the Universe-ah hian Nicholas Galitzine chu Prince Adam/He-Man lemah a chang a. A pianna khawvel nen an inhransan hnuah Adam chu Eternia-ah a kir leh ta a, an khawvel chu misual Skeletor (Jared Leto) lak atanga a chhan chhuah a ngai. He film-ah hian '80s animated character kan hmehhriat tawh atangin Teela (Camila

Mendes), Duncan/Mant-Arms (Idris Elba) leh Evil-Lyn (Alison Brie) te pawh an inlan. He film hian US pannah dollar maktaduai 25 la lut bawkin, tihian opening weekend-a a lak lu chu dollar maktaduai 54 a ni.

Dollar maktaduai 10 senga YouTuber Kane Parson-a YouTube short flm series siam 'Backroom'-in dollar maktaduai 25.9 la lut leh in No.3 a la ni thei a, he film hian kar thum chhungin US-ah dollar maktaduai 135 a la lut tling ta a, US pawna a lak luh nen chuan maktaduai 212 a tlin tawh bawh.

Dollar maktaduai khat pawh seng tling lo va YouTuber-in film a siam 'Obsession' pawhin dollar maktaduai 25.6 la lut leh in No.4 a la ni a, he film hian kar hnih chhungin US-ah dollar maktaduai 152 a la lut tling tawh a, khawvel huapin maktaduai 200 a pel tawh bawh. An sum sen te ngaihtuah chuan hlep tha

veng veng tak chu an ni.

The Amazing Digital Circus: The Last Act-in dollar maktaduai 19.5 la lutin, No.5 a ni a, Star Wars: The Mandalorian and Gorgu pawhin dollar maktaduai 10 la lut leh in No.6 a la ni a, he film hian US-ah maktaduai 155.8 a la lut tling ve ta bawh. Michael Jackson biopic 'Michael' pawhin dollar maktaduai 7.7 la lut leh in, tihian kar sarih chhungin US-ah dollar maktaduai 354.2 a la lut tling ta a ni.

Box Office Top 10:

- 1 Scary Movie \$55,000,000
- 2 Masters of the Universe \$29,308,000
- 3 Backrooms \$25,942,933
- 4 Obsession \$25,600,000
- 5 Amazing Digital Circus: The Last Act \$12,702,792
- 6 Star Wars: The Mandalorian and Grogu \$10,000,000
- 7 Michael \$7,700,000
- 8 The Breadwinner \$3,400,000
- 9 Pressure \$3,000,000
- 10 The Devil Wears Prada 2 \$2,800,000

## Drake 'ICEMAN' a la No.1



Drake album 'ICEMAN' chu Billboard 200 (US albums) chart-ah a No.1 a, he chart-ah hian a zawnin kar thum chhung a No.1 tling ta a, Drake album zinga he chart-a kar thum chin tal No.1 ni thei pangana a ni. Drake album zinga No.1 ni rei ber chu 'Views' niin, 2016 khan kar 13 a No.1 thei. Hethihual hian Paul McCartney leh K-pop group aespa te pawh top 10-ah an debut.

Billboard 200 chart hi kar khat chhunga US-a album hralh tam dan atanga tehin chart ranking siam thin a ni a, album hralh zat chhut nan hian album tak tak hralhna bakah streaming atanga album hralhna tlukpuin leh album-a hla

a mala hralhna atanga album tlukpuin te belhkhawm thin a ni.

Drake ICEMAN hi kar khat chhungin 1,71,000 an hralh leh a, chung zinga 1,70,000 chu streaming (on-demand official stream maktaduai 174.42) niin, album tak tak hralh chu 1,000 a tling thei bawh.

Chart No.1 lo ni tawh album pathum-in ICEMAN hi an dawt a, Ella Langley "Dandelion" chu 93,000 hralh leh in No.2 a la ni a, Morgan Wallen "I'm the Problem" chu 83,000 hralh leh in No.4 atangin No.3 a kai thar leh ta a, Noah Kahan "The Great Divide" chu 78,000 hralh leh in No.3 atangin No.4-ah a tawh ve thung.

Paul McCartney

album thar 'The Boys of Dungeon Lane' chu No.5-ah a debut a, he album hi 63,000 hralhin chung zinga 59,500 chu album tak tak hralhna a ni a, streaming atangin 3,500 (on-demand official stream maktaduai 3.33) a tling thei bawh. Paul McCartney hian he chart top 10 a lang thei album 22 a nei tling ta a ni.

Michael Jackson album hlui, chart No.1 pawh lo ni tawh 'Thriller' chu 61,000 hralh leh in No.5 atangin No.6-ah a tawh a, a album dang 'Number Ones' chu 56,000 hralh leh in No.6 atangin No.7-ah a tawh a, chart No.1 hlui Morgan Wallen "One Thing at a Time" chu 42,000 hralh leh in No.1 atangin No.8 a kai thar ve leh ta bawh.

K-pop group aespa album thar LEMONADE chu 41,000 hralhin No.9-ah a debut, he chart top 10-alang thei album pathum an neihna a ni.

Chart top 10 khartu chu Drake album HABILITI niin, 41,000 hralh leh in No.7 atangin No.10-a a tawh ve ta bawh.

## 2026 Tony Awards an sem ta

Entertainment khawvelah award ngaihhlut zual pali a awm a, chung award pali dawng vek thei te chu EGOT an ti a, chung zinga a T ber, Tony Awards chu kumin atan nimin tuk khan an sem a, musical lamah Schmigadoon!, The Lost Boys: A New Musical leh Ragtime ten award pali theuh dawngin an lang-sar ber a, Play lamah Artur Miller's Death of a Salesman-in award paruk dawngin a lang ber ve thung.

TV lema chawimawina sanga an neih chu Emmy Awards a ni a, rimawi lamah chuan Grammy Award niin, film lamah chuan Oscar an ti a, theatre/stage acting lamah chuan Tony Award hi chawimawina sanga an neih a ni. Kumin Tony Awards hi a vawi 79-na a ni a, Radio City Music Hall, New York City-ah an sem a ni.

- 2026 Tony Awards Winners:**
- Best Musical : Schmigadoon!
  - Best Revival of a Musical : Ragtime; Producers
  - Best Direction of a Musical : Zhailon Livingston and Bill Rauch, Cats: The Jellicle Ball
  - Best Performance by an Actor in a Leading Role in a Musical : Joshua Henry, Ragtime
  - Best Performance by an Actress in a Leading Role in a Musical : Caissie Levy, Ragtime
  - Best Performance by an Actor in a Featured Role in a Musical : Ali Louis Bourzgui, The Lost Boys
  - Best Performance by an Actress in a Featured Role in a Musical : Shoshana Bean, The Lost Boys
  - Best Original Score (Music and/or Lyrics) Written for the Theatre : Schmigadoon!; Music & Lyrics: Cinco Paul
  - Best Book of a Musical : Schmigadoon!; Cinco Paul
  - Best Orchestrations : Doug Besterman and Mike Morris, Schmigadoon!
  - Best Choreography : Omari Wiles and Arturo Lyons, Cats: The Jellicle Ball
  - Best Scenic Design of a Musical : Dane Laffrey, The Lost Boys
  - Best Costume Design of a Musical : Qween Jean, Cats: The Jellicle Ball
  - Best Lighting Design of a Musical : Jen Schriever and Michael Arden, The Lost Boys
  - Best Sound Design of a Musical : Kai Harada, Ragtime
  - Best Play : Liberation
  - Best Revival of a Play : Arthur Miller's Death of a Salesman
  - Best Direction of a Play : Joe Mantello, Arthur Miller's Death of a Salesman
  - Best Performance by an Actor in a Leading Role in a Play : John Lithgow, Giant
  - Best Performance by an Actress in a Leading Role in a Play : Lesley Manville, Oedipus
  - Best Performance by an Actor in a Featured Role in a Play : Alden Ehrenreich, Becky Shaw
  - Best Performance by an Actress in a Featured Role in a Play : Laurie Metcalf, Arthur Miller's Death of a Salesman
  - Best Scenic Design of a Play : Chloe Lamford, Arthur Miller's Death of a Salesman
  - Best Costume Design of a Play : Jeff Mahshie, Fallen Angels
  - Best Lighting Design of a Play : Jack Knowles, Arthur Miller's Death of a Salesman
  - Best Sound Design of a Play : Mikhaal Sulaiman, Arthur Miller's Death of a Salesman

## Mexico-a 2026 World Cup Opening Ceremony-ah Shakira leh Burna Boy inlan dawn

Colombian superstar Shakira leh Nigerian artist Burna Boy te chu Mexico-a 2026 World Cup Opening Ceremony-ah inlanin, kumin FIFA World Cup Official Song 'Dai Dai' an perform dawn tih an puang a, he opening ceremony-ah hian Alejandro Fernandez, Mana leh J Balvin te pawh an perform dawn tih an lo puang tawh bawh a ni.

Kumin FIFA World Cup hi ram pathum- Mexico, USA leh Canada ten an inthlen tawm a, Mexico-ah hian match hmasa ber an khel dawn a, June ni 11-ah Estadio Ciudad de Mexico (Estadio Azteca)-ah opening ceremony leh opening match hi neih a dawn a, USA leh Canada-ah te pawh June ni 12-ah opening ceremony an nei ve leh tho dawn a ni.

'Dai Dai' hi 2026 FIFA World Cup official song niin, a music video pawh an tichhuak a, mahse, Mexico-a opening ceremony hi Shakira leh Burna Boy ten live-a mipui hmaa he hla an perform-na hmasa ber a ni ang.

Opening Ceremony hi match tan hma minute 90-ah tan a ni dawn a, Shakira leh Burna Boy te hian show hi an headline dawn a, Belinda, Danny Ocean, Lila Downs, Los Angeles Azules leh Tyla te pawh an inlan dawn a ni. Opening ceremony-a perform tur te hi FIFA 2026 World Cup official album-a hla nei vek an ni.

Shakira hi FIFA World Cup a zaithiam nlan ngun ber a ni tawh a, kumin hian opening ceremony bakah July ni 19-a MetLife Stadium,



um, New Jersey-a final match halftime show-ah a inlan dawn bawh a, World Cup-ah tum ruk a perform tling dawn ta a ni. Shakira hi 2006 khan Germany-a World Cup-ah inlanin "Hips Don't Lie- Bamboo" a perform a, hei hi a hla hi

"Hips Don't Lie" version niin, 2010 khan South Africa-a opening ceremony-ah "Waka Waka (This Time for Africa)" a perform leh a, 2014 khan Brazil-ah World Cup closing ceremony-ah "La La La" a perform tawh bawh.

## Phuah Pawh

### David Rush-a'n record a siam leh ta



Balloon ben mai mai te pawh mi fate chuan Guinness World Record siam nan an hmang leh mai! David Rush-a, tum khata GWR title kawh hmem ber record siamtu ni mek, GWR 350 vel zet siam tawh chuan record siam a la chawhlan chuang lo, a khat mawi tawkin a record siam thu hriat tur a la awm zel a. Tun tum chu balloon panga lei a titla lova beng kang rei thei ber record a siam.

David Rush hian a hmam a thianpa nen hetiang record hi an siam tawh a, mi pahnhin balloon beng dun-in, balloon panga boruak-a tikang rei thei ber record an siam a, minute 16 leh second 25 an ti thei. Tun tum chu a t hianpa tel loin, amahin a bei ve thung a ni.

Rush chuan balloon panga boruak-a ben kang reng mai chu en mai aia thil

harsa a nih thu sawiin, "Juggling ai pawhin a harsa zawk," a ti a, "Ball juggling ang lo takin balloon beng kan chu khawi lamah nge a kal dawn a hriat lawk hleihtheih der loh mai a, chu chu a buaithlakna ber a ni. Rin loh lamah te a leng kawh leh zek a, balloon dang te a va su leh thul, a chang leh hnung lamah te a thlawk leh dawn. Balloon-panga boruak-a tikang reng tura beih chu hautak tak a ni," a ti.

Record pawh hi a siam mai thei lo a, West Boise YMCA-a record siam tum hian a bei a, vawi 17 a tih that hnuah record hi a siam thei chauh a ni. Hetiang record hi a hmam a la awm ngai loh avangin Guinness World Record chuan balloon panga chu minute khat tal boruak-a tikan reng tur a ti a, Rush hian minute 1 leh second 14.89 ti thein record a siam ta a ni.

## Kawlthei hnah a tha

Kawlthei hi thei mantlawm pawl tak a ni nain, thatna a ngah hle a, a hnah thlengin thatna a nei zel a, a hnah pawh hian antioxidant, anti-inflammatory compound bakah nutrient a pai hmem hle. Flavonoids ang chi quercetin a pai hmem a, antimicrobial properties a nei bawh. Guava leaf tea te an ti a, vun hriselna leh mit hriselna atan a tha bawh. Tun tum hian Times of India-in kawlthei hnah thatna ni a an sawi te kan rawn tarlang e.

Kawlthei hnah-hian biocative chemical compound chi hrang hrang a tam a, hei bakah hian secondary metabolites an tih mai- flavonoids, triter-

penoids, sesquiterpenes, glycosides, alkaloids, saponins leh phenolic compound te pawh a nei bawh. Heng compound te hi natna benvawn chi hrang hrang- zynthlum, cancer, pum lam fel lo, neurodegenerative leh lung lam natna atan immune stimulator leh modulator pawimawh an nih avangin heng natna benvawn tan pawh hian thatna a nei tel bawh.

Hei bakah hian National Library of Medicine-in kawlthei hnahin damdawi pangngai hnathawh a tibuai thei em tih zirna an neih atanga an hmuh danin kawlthei hnah food-drug interaction-ah pawh kawlthei hnah hi a him niin an tarlang. Zynthlun nei

mai thei dinmun a ding tawh, borderline diabetic ten chaw ei khamah blood sugar sang vak tur ven nan kawlthei hnah hi an hmang tangkai hle niin an tarlang bawh. Kawlthei hnah-hian carbohydrate leh dietary polyphenols a awm a, chu digestive enzymes-ah betin, dietary sugar emaw lipids emaw sang tur a veng thei.

Engtin nge kawlthei hnah chu kan siam ang?

Kawlthei hnah 4-5 vel silfai la, tui no hnih chhuang so la, chutah chuan kawlthei hnah chu telh rawh. Mei tihniamin minute 10-12 vel sawi tir berh berh tur a ni. Chumi hnuah suan la, chhin phui la, minute 5 vel hnuah a tui chu thli chhuak la, thingpui ang in tawh mai tur a ni. Iduh leh a tih tui deuh nan khawizu tlem emaw ser-

tui tlem emaw i telh thei bawh ang. A dai duak ain, a lum laia in a awl-sam zawk ang.

Vitamin A a pai tam:

Dr. Sahaj Joshi - BHMS- 3rd Generation Homoeopath chuan kawlthei hnah-hian vitamin A a tam niin a sawi a, chu chu mit tana chaw tha tak a ni. Kawlthei hnah a vitamin A awm chu vun hriselna atan a that bakah immune function tichaktu a ni a, cell development tichaktu a ni bawh. Antioxidant a pai tam:

Dr Joshi chuan kawlthei hnah a flavonoids leh tannins te chu mit naute (ratina) tan a t ha niin a sawi bawh. Mit tan a thatna dang:

Mit ro (dryness) tur a veng a, kum a lo upat tak deuh avanga khaw hmuh phe (blurry vision) tur a veng thei bawh.