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**Mizoram taekwondo team
kutah 1st runner-up trophy P-6**

**Trump-a ngenna angin Israel leh
Iran-in an inbeih titawp P-4**

**Ariana Grande "Hate That I
Made You Love Me" a Hot ber P-8**

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A man: Thla khatah Rs. 200

Ruihna atana hman khuh damdawi khuahkhir tum

Ruihna atana hman khuh damdawi tui chu tunhnaiah thalain an hmang nasa hle nia sawi a ni a. Sawrkar leh Central YMA chuan a khuahkhir deuh dan dap an rel.

Thawhlehi khan Excise & Narcotics minister Lalnginglova Hmar hoin Excise & Narcotics Department, Home Department, Food & Drugs Administration leh Central YMA aiawh chu ruihlo do kaihnaiah an thukhawm a. Sawi-ho zingah thalai zinga khuh damdawi hluar zela hmalak dan tur a tel.

Minister chuan, tunhnaiah a bikin thalai lama khuh damdawi ruih a hluar chu thil ngaih-mawhawm a ni tih a sawi

a. Naupang zawkten zu leh damdawi dang an khawih-na kailawn langsar tak a ni, tiin, "Ruihlo dang leh damdawi hlaubawm tak tak kan vei rualin, khuh damdawi zalen lutuk hi engtin nge kan tihreh theih ang, tih ngaihtuah a ngai. Khawvel hmun dangah pawh uluk taka khuahkhir a nih lai a, Mizorama a zalen em em mai hi thil nih dan tur a ni lo," a ti.

Thutkhawma report hrang hrang ngaihtlak-naah, tunhnaiah a bikin thalai zingah khuh damdawi ruih a zual tih sawi a ni a. Zirlai naupang atanga sakhaw rawngbawltu thlenga a ngawngn avangin hmalak dan tur ngaihtuah a tul hle tih sawi a ni.

Tun dinhmuna khuh damdawi hluar dan leh

chumiin harsatna a thlen leh, hma la tura dan tlawhchhan theih zirchi-anna mumal tak neih nise tih a ni a. Harsatna hrang hrang chingfel tura in-buatsaih dan pawh sawi a ni. Mapping mumal tak ti turin Home department, Excise & Narcotics department, FDA leh Central YMA aiawh pakhat theuh ruat an ni a. An zirchianna hi thutkhawm leh hunah thlirho a, hmalak chhuzawm dan ngaihtuah tum a ni.

Central YMA chu damdawi zuarte hnenah prescription tel loa khuh damdawi hralh lo turin ngenna siam tura tih an ni bakah YMA Branch tin huamchhunga damdawi dawr ho in report tura ngen nise, tih a ni.

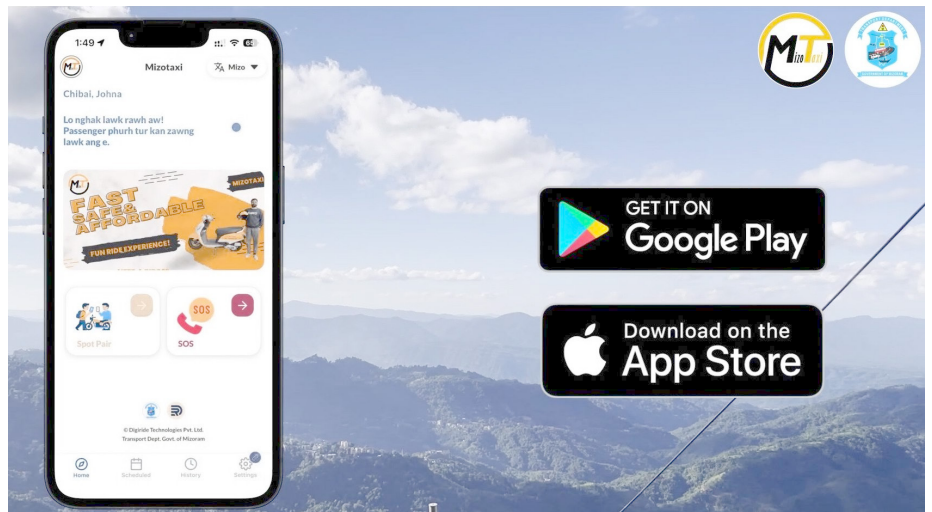
Mizotaxi-a in-register lo an tam chuan taxi permit pek belh tum

Aizawl, June 10 Mizoram sawrkar chuan Mizotaxi app-a in-register turin taxi/ auto rickshaw ho a hriattir nawn a. Mipui mamawh tur khawp in-register an awm lo a nih chuan Mizotaxi hnuuia tlan tur taxi permit thar pek a tum tih a sawi.

State Transport Authority Mizoram chuan Mizotaxi hnuuia in-register tana registration fee chungchanga kumin May 29-a order a lo chhuah tawh chu, thuneiteute rem-tihna in lirthei pakhat Rs. 500-a siamrem a ni tih a sawi a. He registration fee hi motor service hun chhung atan a ni anga, a bak pek leh a ngai tawh dawn lo tih a sawi a ni.

Aizawl khawpui chhunga service lai - two wheeler taxi, four wheeler taxi leh auto rickshaw chu tun thla (June) chhungin Mizotaxi office-DTO (LA) office hnuai, Transport Complex Chaltlangah registration tifelek turin a ngenin a hriattir nawn tih a sawi a. In-register tur chuan motor document felfai, driving licence leh voters' ID keng turin a ti.

'Hun tiam chhun-



gaw mipui mamawh tur khawp lirthei in-register a awmlo a nih chuan a tul angin Mizotaxi hnuuia tlan tur permit pek belh a ni ang,' a ti.

STA thuchhuah chungchanga The Aizawl Post zawhna chhangin, taxi association lam hruaitute chuan, tunhnaiah Transport minister hoa STA hruaitute nen Mizoram Taxi Association (MTA), Aiza-

wl Two Wheeler Taxi Association (ATTA) leh Aizawl District Auto Rickshaw Owner's Association (ADAROA) hruaitute thukhawm chuan Mizotaxi app atana registration fee kum tin Rs. 1000 chawi ngai tur chu Rs.500 a tihni-amin, kumtin niloa tum khat bak ngai lo tura thil hian an inremsiam tih a sawi a. Chutihrualin sum chawi hrim hrimah

erawh member zawng zawng thu a rual lo tih a sawi.

STA lam hian taxi permit dilna an dawng tam hle tih an sawi a. Heng association member pawh hi tuna an inremsiamna anga an kal lo a nih chuan, an duh anga kal thei tur hnenah permit pek thar maiah an nawr let ve reng avangin, an zawm tlan mai a rinawm zawk tih a sawi a ni.

Eco & Stats directorate building thawmthat mek MSPMC-in endik

MINECO-a Directorate of Economics & Statistics building thawmthat mek chu Thawhlehi khan Mizoram State Project Monitoring Committee chuan an enfiah.

Sawrkar thuchhuah danin, he building hi hi kum 2014 khan NECS chuan 'turnkey basis' in a thawh tawh a, ban leh beam specification ting lo avanga chak lo thawmthat hna hi thawh a ni. Tunah hian SASCI 2024- 2025 sum, nuai 207 sengin thawmthat hna 'retro-fitting' tih mek a ni a. Retro-fitting hna hi Mizoram PWD-in enkawlin contractor chu CB Engineering Vengh-lui Aizawl a ni. He hna hi thla 12 chhunga thawh zo

turin agreement ziah a ni, tiin a sawi.

MSPMC team-in an endik lai hian hna zaa 75 thawh zawh tawh a ni a. Contractor hnenah sum pek tawh chu cheng nuai za vel a ni. He hna hi a hmumin a zir loh avangin a tira hun tiam chhunga zawh hman a ni dawn lo tih sawi a ni a, kumin September 9-a hmaa zawh tum a ni.

Mizoram State Project Monitoring Committee hian Thawhlehi vek kwan Venghnuai Aizawl-a Community Recreation Centre sak mek pawh an endik a. He hna hi October 2025-a thawh tan niin, October 2027 chhunga zawh tur a ni. SASCI sum vai-belchhe 10 senga sak a

ni a. UD&PA department hnuai Aizawl Smart City Ltd-in M/s Sky Builders Zemabaw North Aizawl (contractor) hmangin a thawh. Thla 24 chhunga zawh tura contract agreement ziah a ni a. MSPMC team-in an endik lai hian hna zaa 56 zawh tawh a ni a. Contractor hnenah hian a hnathawh tawh bill cheng vaibelchhe thum (42%) pek tawh a ni.

'Heng hnathawh kal mek hi a hmuna uluk taka endik an ni a. Hna kal laia harsatna awm-te sawihoin, hna quality tha tak neih dan tur leh a rang thei ang bera zawh theih dan tur sawi ho a ni,' sawrkar thuchhuah chuan a ti.



World Cup thli a tleh tan

POST NEWS SERVICE

Mizoram mipuiin football an ngaina a, mipa pheh chuan an atchilnong-ang. World Cup thli pawh a tleh thin a, Remal cyclone-in ruah tui a keng tel ang deuh khan Mizoram chuan World Cup-in thli a a keng tel thin. Kumin pawh, World Cup thli a tleh tan.

World Cup a hnai a, TV pawt thar an pung. Aizawl TV operator lian pahniin LPS leh Zonet te'n subscriber an pun thu hi an sawi ve ve.

Khawvel ram dang ang bawkin Mizoram TV pawt an tlem telh a, duh hun huna duh duh en theihna, 'skip' theihna ni bawh youtube-in ram a lak nasat avangin TV a thlabnain tih hi hai rual a ni lo. Mahse World Cup an khelh dawn meuh chuan TV pawt an pung leh tat. He thli hi thlipui a ting ang em tih chu a hriat lawk loh a, thli chu a awm chiang.

LPS leh Zonet tea TV subscription buaipute sawi dan a inang a, chawlhkar liam takh khan TV pawt thar an pung a, chumi hma karah pawh an pung tawh tho na a, kar hmasa ang chu a la ni pha lo.

TV pawt tharte hi a hmaa lo pawt tawh thin, set top box nei sa, pawt ta lo an ni fur a, a tam zawk fe

chu set top box tinung thar an ni tih an sawi ve ve. Set top box nei sa lo pawh an awm a, mahse tunah rih chuan chutiang chu an awm ve zeuh zeuh chauh tih an sawi ve ve bawh.

"World Cup nge nge chu a lo pui khawp mai. India ramah World Cup chhuah tu an awm tih a chian khan TV pawt thar duh hi an awm ngal a, ni khata 20 chuang an awm chang te pawh a awm," TV sub operator pakhat chuan a ti.

World Cup inkhel chhuah tu a chian atangin TV pawt thar an pung tih an sawi ve ve a, tun ang a nih chuan an pun zel an rin thu te, World Cup lai pawha an pun zel an rin thu te an sawi ve ve.

Infiamna chi dangah pawh World Cup hi a awm tho a, Mizoram chuan World Cup tih hian football a kawh. A thli hi a awm tlat a, World Cup dawnah TV set hralh pawh a pung thin. A hnuhung ber 2022-ah pawh khan youtube a lar hle tawh chungin TV hralh zat a la pung a, kuminah pawh hian TV hi a zuarte'n an hralh tam leh a rinawm.

India ramah TV-a chhuah tu an awm dawn lo emaw tih hnuah Zee-in an chhuah dawn a, channel paliah an chhuah dawn. Hei hi subscribe chawp ngai a ni dawn a ni.

Hna a thawh zawh hma avangin contractor hnenah lawmthu sawi

Serchhip district Mat kam Zawlpui leh a chhehvel zau hrang hrang panna kawngpui siamtu contractor chu hnathawh zawh hun tura hun tiam a neih hma kum khata hmaa a zawh avangin Mizoram PWD chuan lawmthu sawina an hlan a, chief minister Lalduhoma pawhin lawmthu a hrihl.

Serchhip Bawngchawm tlanga 'paragliding take off hill' panna kawngpui, a landing panna kawngpui, Zawlpui leh a chhehvel zau hrang hrang link road ni ngal bawkin PCC kawng siam a ni a.

Hna hi hlawn hniha then a ni a, NABARD sum hmanga thawh niin, contractor chu Evergreen Construction & Consultancy, Khatla Aizawl an

ni. Hna hi a zawh hun tura bituk aia kum khata hmaa a zawh avangin PWD Serchhip Division chuan a neitu J Vanlalliana hnenah 'Letter of Appreciation' an hlan.

He kawng hawngtu, Serchhip bialtu MLA, chief minister chuan, an contractor-in a zawh hun tura bituk thlen hma kum khat vel ala awmah hun tiam zatveah a thawh zo thei chu a lawmawm hle tih sawiin, "Quality tha taka hun tiam zatvea hna thawh zo, PWD-in letter of appreciation an hlan awmchhun a ni hial mai-thei a. Hetiang contractor hian chawimawi an phu a ni," a ti.

Heng kawng hi paragliding ringawt hisapa siam an ni loa, a take-off tlang Bawngchawm hian Bawngchawm Livestock Society-in ran an vulh a, len khawhawanna tlaka hmunhma nuam a lo ni sa bawh tih a sawi. Zawlpui leh a chhehvel zau kawng chu kuthnathawktute hmakhua



- ▶ Paragliding take off hmunhma panna kawng thui zawng hi km. 4.70 niin, widening thui zawng metre 260 a ni. A kawng zau zawng hi metre 5.50 a ni a, a kawng chhuat phah (pavement) zau zawng metre 3 a ni. Pavement hi granular sub base (GSB) 125 mm-a chhah phah a nih hnuah plain cement concrete (PCC) 100 mm M25 grade-a phah vek a ni a, contractor agreement amount chu Rs. 3,45, 63,310 a ni.
- ▶ Mat kam zau ho inkalpawhna kawng thui zawng hi km. 11.20 a ni a. A kawng zau zawng metre 5.50 niin, pavement zau zawng metre 3 a ni. Pavement hi GSB 125mm a chhah phah a nih hnuah PCC 100mm M25 grade-a phah a ni.
- ▶ Land improvement hi Zawlpui zau, Lumtui zau, Lau zau, Lathei zau, Zuanglung zau leh Chhiahtlang zau an ni a. Hna thawh zawng zawng zau zawng belh-khawm hi hectare 83.03 niin, contractor agreement amount chu Rs. 9,63, 30,359 a ni.

ngaihtuahna vanga siam an ni a. Kuthnathawktute chhungkaw tam takin an chhawr dawn, tiin, landing site chuan a zar a lo zo ve chauh zawk tih a sawi a ni.

Hetianga a panna

kawngpui a lo that takah chuan Mizoram-in international sports event a huaihawt theih - Paragliding Sports chu inth-lahung lo takin an huaihawt fo thei tawh dawn tih a sawi bawh.

Observation Home atanga tlanchhuakten thil ru ngal

Dan bawhchhiat kaihnaiah inhnawih, kum la tling pha lote dahna, Durtlang North-a Observation Home atangin June 8 zing khan mi paruk an tlanchhuak a. Lirthei an ruk bakah Home atang hian anmahni chungchang inzi-ahna file an lachhuak a; sumfai leh mobile phone an ru tel bawh.

Thudawn danin, Ob-

servation Home-a awm heng mi 6 hi Thawhtanni zing dar 12.30 vel khan an tlanchhuak a. Ecco Van MZ-01 Z 0778 ruchhuakin, mobile phone pakhat leh sumfai Rs. 1,50,000 vel an ru tel a. Home-a anmahni thubuai ziahna 'case file' an ru chhuak bawh.

Home atanga tlanchhuak zingah hian kumin May 26-a Chanmari

huamchhunga mi khawihrawn, social media lama an inkhawih lai darh ta vak zinga kum tling lo, Observation Home-a dah takte pawh kha an tel niin police lam chuan an sawi a. He chanchin buatsaih lai hian man an la awm loa, state pawn lamah an tlan chhia nge tih thlengin umzui mek a ni tih an sawi.

**Circulation Manager
700559856**

VAWIIN KHAW CHIN

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

CHANCHIN TAWI

Paltlang

June 18-a Mizoram-a Rajya Sabha member thlan turah namin khan returning officer, Assembly commissioner & secretary Zothantluanga Raite hoin candidate pahniin - K Lalitluangkima (ZPM) leh Zothansangi Hmar (MNF) nomination paper thelulh chu endik a ni a, endikna hi an paltlang ve ve a ni.

Result

Mizoram Board of School Education chuan ni wawin, June 10 chawhnu dar 12.30 hian HSLC & HSSLC Compartmental & Improvement Examination 2026 result tihchhuah a tum a. MBSE office Chaltlang, MBSE Regional Office Lunglei leh heng website - www.inbsc.edu.in leh www.inbsc.edu.in leh www.inbsc.edu.in - ah hian en theih a ni ang.

Lawmlut

Kolasib Bharat Scouts & Guides (BS&G) District president thar atan bawrsap H Dolianbuah leh secretary atan district Sports & Youth officer Lalhawmmawia chu namin khan Mizoram BS&G State secretary Lalngineia Colney chuan a lawmlut. BS&G Kolasib District chief commissioner, district Education officer Vanlalchhana kaihruai lakulh inkhawmah hian Kolasib district-a BS&G commissioner hrang hrang leh Guide master-te an tel.

Ngaihtuah

District Highway Safety Task Force Committee Lawngtlai chu an chairman, bawrsap Donny Lalruatsanga kaihruaiin namin khan an thukhawm a. 'Encroachment of National Highway' leh 'Illegal Parking on National Highway' chungchanga Supreme Court-in hmalakna tur point 8 a siam chu thlirho a ni. SOP duan leh hmalak dan tur ngaihtuah niin, Team din ngaihtuah a tul anga din a ni. Periodic Inspection neih tih nise an ti a. Order- chhuah ngai chu DC office leh PWD lamin chhuah nise, an ti. Hmalakna hrang hrang report kimchang siamin, ni 60 chhunga Mizoram sawrkarah thelulh nise an ti bawh.

Committee

Mizo hnam tana zalenna sualtu hnam sipaia tang tawh, pawh pahniia awm mek Peace Accord MNF Returnee (PAM-RA) leh Ex Mizo National Army (MNA) hruaitute chu namin khan an thukhawm a. Thawhona tha an neih theihnan pawl pahniia atanga member 8 ve ve telna Coordination Committee an din. 'Keini hian Zoram tan zalenna kan sual ngei a, a takin kan thisen a farin, a takin nunna kan hlan a. Zalenna kan sualna kawngah dawta min beihna leh min hmusitna do let tur leh, thudik puang chhuak zel turin lungrual takin ke kan pen dawn a ni,' an ti.

Digital state nih kan tan a har loang

- Chief minister

Mizoram chu mipui kan la tlem bakah ziak leh chhiar thiam kan tam a, kan tan 'digital state' nih a harsa dawn lo tih chief minister Lalduhoma chuan a sawi.

Serchhip district bawrsap leh National Informatics Centre (NIC) tangdunin an siam, Serchhip District Plan & Project Monitoring System chu Thawhlehi kan chief minister hian a hmuna a tlangzarh a. He system hi State Col-

laboration Initiatives hnuai DARPC funded project a ni.

Chief minister chuan, 2025 June 18 khan Serchhip bawrsap leh NIC tangdunin siam "Vantlang Viltu" (Citizen's Eye) an hawng tawh a. Tunah District Plan & Project Monitoring System an tlangzarh leh a. Hetiang thil tha tak ngaihtuah chhuaktu bawrsap leh a thawhpuite chuhang a lawm tih a sawi.

Digital service ch-

uan sawrkar hnathawk leh mipuiahs awlsamna a pe ve ve tih a sawi a. Mizoramah mipui kan la tlem a, ziak leh chhiar thiam kan tam a, digital state nih a harsa lutuk dawn lo tih a sawi. "Department zawng zawng hian mipuiin an va dawr theihna chi, an business theuh kha digital platform siam vek se, digital state kan ni titih der a ni mai. Private firm rawih man a lo to a nih pawhin, sawrkar anga kan thawh-

pui theih ICT, Mizoram e-Governance Society leh NIC kan nei a. Kan vei chuan kan tih theih vek ka ring," a ti.

Tuna an system thar chuan Serchhip district hmasawna turin thawh-hona a tichak dawn a, data tharlum ber ber an nei reng thei dawn tih chief minister hian a sawi a. Monitoring system tiin a hmung an vuah naa, cooperative monitoring/collaborative monitoring lam a kawh deuh ber a

ring tih sawiin, "Sawrkarin convergence kan uar a, kan tihbelh zel dawn. DC kaihruaina hnuai inhratawng vekin kal ula a, DC pawh thunei takin awm se kan duh. An hmuh phak loh emaw an hriat loh emawa department thenkhatin hna in lo thawh hi tha kan ti teh-chiam lo. Inhratsak tawn zela hmalakna hian project inthuah tur a titem a, sum leh pai, hun leh tha kan hum tam zawk a ni," a ti.

Minister-in lawmman latute lawmpui



Sports & Youth Services minister Lalnginglova Hmar chuan tunhnaia India ram pum huapa Arm Wrestling leh Muaythai inelnaa lawmman late chu Thawhlehi khaan a lawmpui.

Mizoram tih-mingthate a lawmpui tih a sawi a. Infiammite chu an hmasawng theuhah a tha ber thlang thei khawpa an rilru leh an taksa buatsaih turin a fuh. Mizoram sawrkarin infiammite hmasawng turin ruahmanna a siam

mek zel tih a sawi baw. Contact sports hmasawng atan Centre of Excellence of Boxing chu ITI-ah din tum a ni tih a sawi a. Ministry of DoNER atangin administrative approval leh financial sanction cheng vaibelche 38.39 sanction a nih tawh tih sawiin, infiammite tan hmasawng thlenna tur a nih ngei a beisei tih a sawi a ni.

Mizoram Arm Wrestling Association hruaitute sawi danin,

kumin May 29 atanga June 2 inkara Gandhinagar Gujarat-a neih 4th PAFI National Arm Wrestling Championship 2026-ah Mizoram-in medal 35 - gold 14, silver 13 leh bronze 8 an la. Muaythai Association of Mizoram hruaitute sawi danin, kumin June 1-14 inkara Haldwani Uttarakhand-a neih 7th Youth National Muaythai Championship 2026-ah Mizoram-in medal 20 - gold 9, silver 8 leh bronze 3 an la.

Khaw chin hriatna tur radar bun belh

Sawrkar laipui Ministry of Earth Sciences-a Indian Meteorological Department chuan khaw chin hriatlawkna kawnga pui theitu tur 'X-Band Doppler Weather Radar' chu Durtlang-a DDK Campus-ah bun a ni dawn a, Thawhlehi khan Disaster Management & Rehabilitation minister Prof. Lalnilawma'n a lungphum a phum.

Minister chuan, Mizoram chu chhiatrupna thlen nasatna a nih avangin khaw chin hri-

atlawkna khawl chu a mamawh ber zing ami a ni tih a sawi a. Tunlah information hmanga ram hrang hrang an inlansi-aknaah, information ngah ram chu ram chak an ni zel a, Mizoram pawhin he radar system hmang hian khaw chin hriatlawkna (information) chipchiar zawk a nei thei anga, inpuahchahna tha zawk neiin nunna tam tak chhan a nih phah ngei a beisei tih a sawi.

DM&R secretary Udit Prakash Rai pawhin,

khuairel chhiatna lo thlena invenna leh hmalakna chu department pakhat mai ni loin, agency hrang hrang thawhho a pawimawh tih a sawi a. IMD chu khawchin dik leh fiah tak report thin turin a ngen.

He radar hi North-east region-ah khaw chin hriatlawkna atana hman tur niin, khuairel chhiatna laka invenna kawngah, kuthnathawktute leh thlawhnaa zin veivakte tana hman tangkai theih tur a ni.

Ran enkawl thei turin mi 50 zirtir

Ran hrisehna enkawl thei tura hmeichhiate buatsaihna, A-HELP (Accredited Agent for Health and Extension of Livestock Production) training tum 10-na chu Animal Husbandry & Veterinary department, Mizoram State Rural Livelihood Mission (MzSRLM) leh State Institute of Rural Development & Panchayati Raj tangho huaihawtin Thawhlehi atang khan neih a ni.

Ni 17 chhung aw tur, SIRD&PR Durtlanga he training-ah hian khaw hrang hrang atanga thlan hmeichhia 50 chu ran hrisehna enkawl thei turin mithiamten an zir-

tir dawn a. Training hi AH & Vety director Dr Lalrotluanga Sailo chuan hawngin, MzSRLM CEO Zosangzuali'n training-a telte hman tur ran enkawl hmanraw pawimawh thenkhat a hlan baw.

Phullen, Reiek, W. Phaileng, Thingdawl, Khawbung, Aibaw leh Tlangnuam RD Block atanga MzSRLM hnuai livestock community resource person thlan bik mi 50 chu batch hnihah thenin training pek an ni a. Master trainers leh external facilitator-ten an zirtir dawn a ni. Ran enkawl atana an hman tangkai tur A-Help Kit pek vek an ni ang.

Kum kaltaah MIZOFED-in cheng nuai 977 lalut tling

Sawrkar kum kalta khan MIZOFED (Mizoram State Cooperative Marketing and Consumers Federation Ltd) chuan cheng nuai 977 chuang a lalut.

Thawhlehi khan MIZOFED hian Aizawlah annual general assembly wavi 28-na an hmang a. Heta report danin, kum 2025-2026 chhunga MIZOFED sumdawngna hlep leh hloh dinhmun Head office-in a chhut chhuah (la audit loh) ah Rs. 9,77,06,787.15 lalut anga chhut a ni. Marketing & Consumer Federation a nih angin sumdawngna a khawih hama a, tuna sumdawngna lama hma a lakna lian hlawm thum chu: petroleum oil lubricants (POL), liquefied petroleum gas (LPG) leh essential commodities & consumer goods hralh a

ni. General assembly hmanpuitu Cooperation minister PC Vanlalruata chuan, annual report-a hlakna (net profit) an tel zat tarlan chuan MIZOFED hmasawng zia a tilang tih a sawi a. Sawrkarin kuthnathawkte a ngaihpawimawh a, flagship policy a kalpui mek mila cooperative society-ten thawhona tha zawk an neih thei a beisei tih sawiin, heng atan hian sawrkar chuan society-te chu thawhpuaia chawikan theihna apianga chawikan a inhuam tih a sawi a ni.

Mizoram Cooperative Societies registrar John LT. Sanga pawhin, India state danga cooperative society-te changtlun zia leh an hlakna tel dan entwain Mizoram pawh an inzir ve thei tih a sawi.

JJM 2.0 kalpui dan tur sawikhawm

Chief secretary Khilli Ram Meena kai-hruaiin State Water and Sanitation Mission Apex Committee chu Thawhlehi khan an thukhawm a. National Jal Jeevan Mission joint secretary pahnih - D Senthil Pandiyan leh Swati Meena Naik chuan inbiak hmuh theihna hmanga lo zawmin, sawrkar laipui scheme Jal Jeevan Mission (JJM) hnuai Mizoram-a hnathawh kal mek leh JJM 2.0 hnuai hmachhawp an

sawih. National JJM hotu Senthil Pandiyan hian JJM 2.0 thiltum leh nihphung a sawifiah a. JJM 2.0 hian thil hlu siam (asset creation) chauh ni loin, a tlo na, a rintlakna, hnathawh tur a hun taka zawh thin, inrelbawin siamthat (governance reforms) leh mipuite tel ve na siam a tum tih a sawi a ni.

Chief secretary pawhin JJM 2.0 scheme a hlawhtlin theihnan department hrang hrang thawhona tha neih a

pawimawh tih a sawi. Jal Jeevan Mission hi December 2028 thlang pawhsei a nih tak avangin, Mizoram sawrkar leh Ministry of Jal Shakti-a Department of Drinking Water & Sanitation chuan kumin May 6 khan Jal Jeevan Mission 2.0 kalpuina tura inremna thuthlung (MoU) an ziak a. Mizoram-ah JJM 2.0 scheme kalpuina atan Comprehensive Implementation and Reform Plan chu tun thukhawmah hian pawm a ni.

Pidilite huaihawtin Aizawlah 'Engineers & Architects Meet' neih a ni

Pidilite Industries chuan tunhnaia khan Aizawlah Engineers leh Architects-te pualin inhmukhawm hlawhtling tak a buatsaih a, industry lama mi thiam thahnem tak an fuan khawm.

Khual lian Vishal Malhan, Chief Business Officer, Emerging India, Pidilite Industries chuan thuhmahruai sawiin hun a hawng a. Pidilite kuth-

nu thar hrang hrangte, an thil siam chhuah leh in sak leh design lama thiamna thlawp that an tum dan te a tarlang a. Chutih rualin, Pidilite tile-belhna brand lar 'Roff' leh waterproofing kaihhnawih 'Dr. Fixit' te pawh a tarlang baw.

He hunah hian zawhna leh chhanna hun hlimawm tak hman a ni a, engineers, architects leh company aiawhte

inkawm hlimna leh hriatna inhrilhtawngna hun tha tak an hmang a ni. He session hian sawihona thuk zawk a siam a, kalkhawmte tana thirna leh tawn hriat sawihona remchang a siam a ni.

He inhmukhawmna hi hriatna inthlang tawngna, inlaichinna tichakna leh industry-a thawktu pawimawhte nena thawhdun an tumna tichangtlungtu a ni.

THLUAK SAWIZAWINA

AZP CROSSWORD NO. 4038

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No. 4037 chhanna

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PHEI : 4. lua khawsa rannung, 6. chakai chi khat, 7. fei, 8. hnangtah bawm, 10. thiltih tawng, 14. thing zam chi/a zik no chawhmeh, 15. puak thei thil, 17. vamur lian chi, 20. thil dang pawh lo, 22. huan hungna, 23. mi aw pawh lo, 24. inhumhimna bang

CHHUK : 1. tripura lai, 2. hnial, 3. thlarau sual mihring kawchhunga lut 3 hin, 5. reh lo, 9. duh ang ang sawisa, 11. tlemte sawina, 12. chhungril, 13. thereng chi khat, 16. sava mei parh mawi tak nei, 18. thinlung zing, 19. sei zawng tehna, 21. nungcha tieng chi

SuDoKu

No. 4040

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SuDoKu

Khel dan tur:

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

SuDoKu No. 4039 chhanna

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National highway humhalhna tichhuak

Supreme Court thuchhuak bawhzui leh, danin thuneihna a pek angin, Public Works Department commissioner & secretary, highway administrator /authority ni baw chuan Mizoroma national highway zawng zawngah thu leh awm hma chu khauh taka zawm turin thupek a tichhuak.

Lirthei lian emaw sumdawna lirthei (commercial vehicles) reng reng national highway kawngpuih leh a sir (paved shoulder) ah parking emaw din khap a ni a. An din theihna tura ruat bik hmun (designated bay, lay-bye emaw way-side amenity) ah chauh ding/chawl tura tih an ni. National highway kawng huamchhungah dhaba, chaw ei dawm emaw sumdawna hmun /in (commercial structure) reng reng sak thar emaw siam thar khap a ni.

PWD atanga phalna (clearance) hmu hmasa loin, department, thuneitu emaw tualchung thuneitu (local body) in Highway Safety Zone (kawngpui himna atana huamchin siam) chhunga hmun/hmunhna reng reng atan license thar, no objection certificate emaw sumdawn phalna pe chhuak lo tura tih an ni a; a hlui pawh renew sak lo tura tih an ni. Hetiang atana license pe chhuak tawhte pawh ni 30 chhungin ennawn tha leh vek tura tih an ni baw.

National highway tlantlanga district tinah Supreme Court Committee on Road Safety-in

Campaign

40 Days Healthy Lunglei Intensive Campaign chu Pathianni - June 7 khan Presbyterian Kohran Biak In Venglai Lungleiah hman a ni a, hriselna chungchang leh LushAI Healthy Lunglei app chungchang inzirtir a nih bakah a thlawin hriselna dinhmun endiksak an ni. He hunah hian KTP member mi 70 chuang an kalkhawm a. Medical Team hian health screening buatsaih, Lushai Healthy Lunglei app chu an mobile phone-ah an dahlut nghal baw.

13.05.2026 a thupek a chhuah atanga ni 15 chhungin, a kaihnawih deputy commissioner / district magistrate-ten District Highway Safety Task Force din turin a ti a. State Police leh Transport department thawktute tangdunin national highway viltu tur bik (Dedicated Highway Surveillance Teams) siamin, uluk taka kawngpui hi fangkual (patrol) thin tur leh, heng duty fangkual lirthei inkar hlat zawng hi km.50 aia hla lo turin a ti a ni.

Form No.3
[See Regulation-13(1)(a)]
DEBTS RECOVERY TRIBUNAL
GUWAHATI
Suwana Bhawan, House No. 12, New Town Path, Near Hanuman Mandir, G.S. Road, Ulubari, Guwahati-781007 (Assam)
Case No.: OA/167/2026
Debt Recovery Tribunal (Procedure) Rules, 1993-a rule 5, sub-rule (2A) of section 19, sub-section (4) hnuai Summons tichhuah a ni. Exh. No.: 6217

STATE BANK OF INDIA
vs
MR MALSAMMI SEN

To,
(1) Mrs. Malsawmi Sen
Proprietress of M/s. Star Farm, W/o Resham Sen, D/o Malsawmi, R/o H. No. 30, Dawrpui Vengthar-II, Aizawl, District-Aizawl, Mizoram, Pin-796001.

SUMMONS
Hetiangan Ni 14/05/2026 khan Hon'ble Presiding Officer/Registrar hmaah OA/167/2026 hi thichhuah a ni. He Hon'ble Tribunal hian i laka telba **Rs. 22,56,705.56/-** thinnna tura Dina Application leh a thuzawm hrang hrang Act-a section 19(4) hnuai summons/notice hi a tichhuak a. Act-a section 19, sub-section (4) nen zui zui angin, defendant hi hetiang hian thupek i ni:-

(i) He summons i dawn rual hian ni sawmthum chhungin, he dilnaa thil ngei te hi pawm a nih loh channa tur **fahna** i the-lhut tur a ni;
(ii) Dina serial number 3A-naa applicant-in hmun leh ram hrang hrang i nei dangte chipchiar takin i tarlang tur a ni;
(iii) Hmun leh ram leh thil hrang hrang hren tur dilna hi ngaihuah leh rel fel a nih hma loh chuan, dina serial number 3A-naa tarlan tawh angin, dahkham leh thil dang lakah hian engmah i khawih danglam emaw i hralh phal a ni lo;
(iv) He Tribunal phalna lo chuan, i sum-dawna hna pangngai a nih loh chuan, security siamna atana i hman tawh hmun leh ram, leh dilna serial number 3A-na i a tarlan leh tarlan belh te kha hralh emaw/lease emaw kawng dang engmah-in i transfer tur a ni lo;
(v) I secured assets leh thil dang i hralh-na atanga pawisa i hmuh chhuah te kha chinchhiah vek tur a ni a, chung i pawisa hmuh chhuah te chu he thil lakah hian security interest nei i bank account emaw financial institution-ah emaw i deposit tur a ni.

Heng bakah hian i hmalakna leh i tarlan duh te uluk taka ziakim, a copy pakhat applicant hnenah pe ngei tur leh, Ni **30/06/2026** zing dar **10:30 A.M.**-ah Registrar hmaah i inlar ngei tur a ni, a nih loh chuan, i awm loh lai in he dilna hi ngaihuah a ni ang a, thutlukna siam a ni ang. Paper Book en duh tan a hnuai url hi en tur a ni:
<https://cis.drt.gov.in/drtlive/paperbook.php?n=2026387430407>
vawlin ni: **16/05/2026** hian he Tribunal Seal leh ka hming ngeia tichhuah a ni.

Registrar,
Debts Recovery Tribunal, Guwahati

HMINGTHLAKNA

Kei Lalduhawma hian MBSE a Ka HSLC Certificate leh marksheet ka pa hming Lalchhuanmawia tia ka lo ziah chu magistrate remtihna Lalsangzuala tiin ka pa hming hi ka thlak e.

CHANGE OF NAME

I, SABATH THANGA THOMTE has changed my name from SABATH THANGA to SABATH THANGA THOMTE by the consent of magistrate.

CHANGE OF NAME

I, PACHUAU VANTLUANGPUIA has changed my name from P.C VANTLUANGPUIA to PACHUAU VANTLUANGPUIA by the consent of magistrate.

CHANGE OF NAME

I, PACHUAU LALRAMMAWIA has changed my name from P.C LALRAMMAWIA to PACHUAU LALRAMMAWIA by the consent of magistrate.

CHANGE OF NAME

I, PACHUAU LALNUNPUII has changed my name from P.C LALNUNPUII to PACHUAU LALNUNPUII by the consent of magistrate.

Pluck and Pay Festival neih tum

Mahni duh ang thlai lak leh thei lawh a, a man pek nghal theih turin Khawzawl district-ah hunpui bik siam tum a ni a, inbuatsaihna a kal mek.

Khawzawla 'Pluck and Pay Festival' hman dan tur relin Organizing Committee chu an chairman, district bawhsap K Vanlalhiana kaihhruaiin Thawhleini khan an thukhawm a. Chairman chuan, he Festival hi Khawzawl district-a thlai leh thei thar chhuah tih larna atan leh kuthna-thawkte tana awlsam zawka an thlai leh thei thar an hralh theihna atana tih a nih thu a sawi.

Pluck and Pay Festival hi Tourism department hmalaknaa kalpui tur niin, Khawzawl district-a khualzin hipna leh agro-tourism tihlarna atana buatsaih tum a ni. Festival chhung hian Khawzawl district-a khaw thlan bika thei leh thlai huanah a duh apiang tan thlai leh thei lawh theih a ni dawn a, stall hrang hrangah thlai leh thei tharchhuah zawrhna leh khualzinte tana intihlimna hrang hrang buatsaih tum a ni. Kumin July kar tawpa buatsaih tura rel niin, Festival neihna tur ni leh hmun hi Organizing Committee-in an la rel dawn a ni.

No.A.12034/1/2022 - F&ES

GOVERNMENT OF MIZORAM

DIRECTORATE OF FIRE & EMERGENCY SERVICES

MIZORAM : AIZAWL

e-mail: firemizo@gmail.com

Phone No.0389-2341203

Dated Aizawl, the __ June, 2026

ADVERTISEMENT NO. 1 OF 2026-2027

Fire & Emergency Services Department ah a hnuai tarlan hnuaruk hi lak a ni dawn a, a hna hming leh dil theih dan tur chu a hnuai mi ang hi a ni :

Sl. No	Name of Post	No. of Post	Pay	Minimum Qualification	Age Limit
1	Driver Grd-III	5 (five)	Level 2 in the Pay Matrix ₹ 19,900 - ₹ 44,400/- p.m	Thiamna ngaite : 1) High School Leaving Certificate relaxable to Class VIII from a recognized institution (vide No. A. 12018/29/2025-P&AR (GSW) Dt: 05.02.2026) 2) LMV leh HMV valid driving license kum 2 (hnh) tal a nei tur a nih bakah professional driving experience a nei tur a ni. 3) Diltu chu Motor Vehicle Inspector-te test an paltlang tur a ni a, a hnuai mi ang hian test neih a ni ang: a) Driving b) Traffic Signal c) Road Signs d) Motor parts leh motor khawl thinkat practical test, Sorkar duh dana duan sa a paltlang tur a ni ang. 4) Physical test leh medical test a paltlang tur a ni. 5) Middle School chin tal Mizo tawng a thiam tur a ni.	Diltu chu kum 18-30 inkar, ni 01.01.2026 ah kum 18 aia naupang lo leh kum 30 aia upa lo a ni tur a ni. SC/ST tan kum 5 thlang (Upper age limit) ah ngaihnathiam a ni ang.

Hriat tur tul dangte :

- Diltu chu Sorkar hnathawk lai a nih chuan Proper Channel-in a dil tur a ni.
- Diltu chu :
 - Mipa a nih chuan San zawng (height) ah 168 cm a tling tur a ni (SC/ST - te tan san zawng = 163 cm ah ngaihnathiam theih a ni ang.)
Hmeichhia a nih chuan San zawng (height) ah 157 cm a tling tur a ni a, 45 kgs aini a rit tur a ni.
 - Awm len zawng (chest) 84 cm tling tur a ni a, tih len a 89 cm tling tur a ni.
(SC/ST tan 79 cm a tling tur a ni a, tih len in 84 cm a tling tur a ni)
 - He hna diltu tan hian Physical test, Medical test, Written Exam, Skill test leh Personal Interview neih a ni ang a, a hun leh hmun chu in hriattir leh tur a ni ang.
- He hna diltu hian Pawl VIII ah Mizo subject a la ngei tih chianna (Document/Marksheet) a nei tur a ni.
- Application form hi RO Branch, Directorate of Fire & Emergency Services Department, Hunthar Veng, Aizawl atangin DPAR Guideline vide no. No.A.12026/1/2017-P&AR(GSW) Dt 09.02.2018 angin Rs. 150/- (for SC/ST/OBC) leh Rs. 200/- (for General category) pe in lak chhuah theih a ni ang a, dilna form hi 16th June, 2026 - 15th July, 2026 chhung office kal ni Dar 10:00AM - 4:00PM thlang in lakchhuah leh thelhuh theih a ni ang.
- Application Form hi Department website fireservice.mizoram.gov.in ah download theih a ni ang. Department Website atanga download tu te chuan application fee hi application form thelhuh rualin pek tur a ni.

Sd/-
(H.L. THANGZUALA), MPS
Director
Fire & Emergency Services
Mizoram: Aizawl.

IPR No. 83

Lungleiah mi 8 banah kai tan

Lunglei district bawhsap Navneet Mann hoin sawrkar flagship programme, Bana Kaih Scheme Phase-II hnuai Lunglei district-a Chief Minister's Special Package tanpuina dawng tura thlan department pali hnuai progress partner mi 8 hnenah an chinchhiahna tar tur placard leh certificate hlan a ni.

Bana Kaih Phase-II ah hian Lunglei district-ah CM Special Package-ah progress partner thlan fel tawh 9 awmin, March khan AH & Vety department hnuai ar vulha hma la tur Lalnunmawia, Tawipui South hnenah tanpuina sum hi pek a lo ni tawh a. Midang 8 hnenah plac-

ard leh certificate hlan ve leh a ni.

Tun tuma CM Special Package dawng tur hi puan thui, beauty & well-

ness therapy, chaw leh eitur sawngbawl, pangang khawi (3), vawk vulh leh kutthemthiam thil siam a ni.

CM Special Package tanpuina hi Rs. 50000 niin, progress partner-te bank account-ah direct benefit transfer-a thun a ni ang.

MIZORAM COOPERATIVE APEX BANK LTD.,

HEAD OFFICE : AIZAWL

ASSEMBLY KOHNA

Mizoram Cooperative Apex Bank Ltd. chuan a hnuai hun leh hmun tarlanah hian 31st Annual General Assembly a ko a. Shareholder Cooperative Society zawng zawngte Palai inruat a, Assembly-a lo tel vek turin ngen leh hriattir kan ni e.

A hun : Ni 12.6.2026 (11:00 AM)

A hmun : Vanapa Hall, Aizawl

(2-1)

Sd/- Chief Executive Officer



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> 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

(2-2)

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

Dated Aizawl, the 4th 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
(2-2)

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
(3-2)

INDIA-in tanho zel leh thut-khawm tam zawk neih rem ti

INDIAN NATIONAL DEVELOPMENTAL INCLUSIVE ALLIANCE

8 June, 2026

Constitution Club of India | NEW DELHI



Kum 2029-a ram inthlanpui atana an hma an lak dan tur ruahman tura an thutkhawmnaah eptu party tangruai, Indian National Developmental Inclusive Alliance (INDIA)-a tel party 23-te chuan thukhat vnaa kal ho zel an tum a, tun hnaia state inthlanpui 'rawk' nia an puh, rorel lai, BJP chu na takin an bei baw.

Tun hnaia state assembly inthlana BJP-in West Bengal-a Mamata Banerjee kaihruai Trinamool Congress (TMC) lakah hnehna an chan hna thukhawmte hian Congress party chu eptu pawl inthen darh tawhte inzawmkhawmna 'chartu' a nih thu an pawm a. Hruaitu zingah tumahin he huna tel ve lo, Dravida Munnetra Kazhagam (DMK) chu an sawisel lo va, nakina an zinga tel tura inremna siam tura beiseina an nei nia ngaih a ni.

Thawhtannia an thukhawm zawha thuthar lakhawmtute a kawmnaah Congress president Mallikarjun Kharge-a chuan INDIA chuan Special Intensive Revision (SIR) chungchhangah Chief Justice of India hnenah lehkhaw thawn an rel a, thutkhawm tam zawk neih an rel a, exam zawhna put chungchhangah Education Minister Dharmendra

Pradhan-a ban an phut a, parliament-ah tanruai zel an tum a, mipuite ngaih pawimawh chungchhang sawi-ho turin sorkar laipui chu all-party meeting koh tura ngen an tum ni se an ti tih a sawi.

"SIR, vote ruk leh inthlan ruk chungchhangah Chief Justice of India hnenah lehkhaw thawn tura inremna siam a ni a, lehkhaw hi thlen thuai tur a ni," a ti.

Congress hruaitu chuan, "Education minister hian NEET leh CBSE exam-a inlan thalai nua tam takte phatsanna a kaihruai avangin ban ngal tura phut chu lungruai takin an remti a ni," a ti.

Kharge-a chuan INDIA hruaitu chu thla hnih danah thutkhawmna ram politic vir vel thlirletna leh inlungrua ka zel dan tur leh thui ni se an ti tih a sawi baw. An inhmukhawm leh tur chu August 8-ah Hyderabad-ah a ni ang.

A tawp khar nana thu sawitu, Leader of Opposition Rahul Gandhi-a chuan, "Tuma luh ve lohnaa thutkhawm hian Mamata Banerjee-i'n inthlana chu ruk bo a ni tih 90% zetina a chiang tih a sawi a. Akhilesh Yadav leh Tejaswini Yadav te pawhin ruk a ni tih 40% zetina a chiang a, inthlana

hi rukbo a ni tih 100%-in ka chiang a ni," a ti.

Gandhi-a chuan ram chungchhang 'cibar dinmun chhiatna' lo thleng tur pawh a sawi a, sorkar chu tichetu a nih thu leh eptute chu mipui thlawpna hmuh tumin an inbuatsaih a ngai tih a sawi.

Thutkhawmah hian Rashtriya Janata Dal (RJD) hruaitu, Tejaswini Yadav-a chuan INDIA atanga Bihar chief minister hui, Nitish Kumar-a chhuah phalsak a ni leh coordinator hna pek vat a ni lo kha thil tishual lian tak a nih thu a sawi ve baw.

Eptu tangrualte thutkhawmah hian party inmil lohna pawh a lang tho baw a. A telte sawi danin Communist Party of India (Marxist) MP John Brittas-a chuan Kerala-a an khingpui, Congress campaign dan chungchhangah Gandhi-a a sawisel.

Brittas-a hian Congress-in Prime Minister Narendra Modi-a BJP nena inremna an nei thup unga an puhna chu a dik loh thu a sawi a ni.

West Bengal assembly inthlanpui chak lo, TMC hotu, Mamata-i Mamata chuan INDIA-a tel party hrang hrangte chu insawisel lo turin rawtna a siam.

Manipur-a thing phur beihnaah pakhat thi, Kuki hel tihah puh

Kangpokpi district, Manipur-a ram hnuai-ah ralthuam kengten thingtlang khaw mite an beihnaah Naga pakhat an that niin police-in an sawi a. A titu-ah hian Naga-te chuan Kuki hel an puh.

Officer-te sawi danin Thawhtanni zing dar 6.40 vel khan Pongringlong Part I khaw mi pakui-ah thing an phur a. "Kuki hel nia rin ralthuam kengten... meter 500 vel atangin an kap nia sawi a ni," tiin police officer pakhat chuan a sawi.

"A tam zawk chu an tlanhia a, Pongringlong Part I-a cheng Naga, Chungjanglung Panmei (58) tia hriat pakhat chu a ke ding lamah kah fuh a ni a, a chin hriat a ni lo," tiin

police-te chuan an sawi a. Manipur police team an kal ngal a, chhanchhuah hna an thawk a, a ruang chu chun dar 1.30 velah an hmu ta a ni.

Pongringlong Part I hi Kangpokpi district-a Tupul khua chung lamah a awm a, Rongmei Naga chenna khaw te tak te, chhungkaw 14 awmna niin mi 60 vel an cheng a ni.

"Ruang hian a lua mi telin a taksaah silaia kahna pali panga vel a awm a, hnai tak atanga kah a nih a rinawm," tiin police-te chuan an sawi.

A ruang hi New Keithelmanbi police team-ten an la chhuah a, Imphal damdawi inah post-mortem examination nei turin an thawn a ni.

Tual chhunga Rongmei Naga pawl, Pongringlong Youth Club chuan thuchhuah siamin ralthuam keng Kuki-te tihah an puh a. "Pongringlong, Rongmei Naga khua, Chungjanglung Panmei vengtu chu ralthuam keng Kuki-ten an khua beihna silai an hmeh puah laiin a bo a ni," an ti.

Tual chhung pawl chuan thil thleng chu ngai-ven ngai tak a nih thu sawi-in thuneitute chu uluk tak chhui turin an ngen.

Pongringlong khaw thuneitute erawh chuan Chungjanglung Panmei-a hi khaw vengtu nia an sawi chu an hnial a, khaw thuneitute zinga mi a nih zawk thu an sawi a. Khua mi pariatte nen thing phur tur leh tui



pipe siam tha turin an kal tih an sawi.

June 5 khan Kangpokpi district-a New Keithelmanbi subdivision hnuai Loibol Khullen khuaah Kuki mi pathum chu ralthuam kengten an lo that tawh.

May 13 atang khan state chungchhang buaina a chhuah nasa hle a, Kangpokpi leh Noney district-a ralthuam keng tu tih hriat lohten

tum hnih mi an lambunnaah civil mi pali an thi a, an zingah hian kohhran hruaitu pathum leh Naga mi pakhat an tel.

Inlambunna a thlen hnu hian Kuki leh Naga civil mi 48 ruk bo an ni a, May 15 khan mi 14 chhuah zalen an ni a. Nnam hniha vantlang pawlte chuan Kuki 14 leh Naga paruk man an la ni tih an sawi.

AP-ah plant-a thir chhuan tuin a leih thawktu pariat thi

Andhra Pradesh-a Rashtriya Ispat Nigam Limited (RINL)-a thir chhuan tuin a kenna kualna (ladle) buain a tlak avangin hnathawk pariat an thi a, mi dang parukin hliam an tuar bawk niin thuneituten an sawi.

Visakhapatnam district Collector M Abhisikh Kishore-a chuan chhiatna hi Thawhtanni lai dar 4.15 vela sorkar laipui hnuai-ah awm, Visakhapatnam Steel Plant tia hriat bawka thleng niin a sawi.

"He vanduaia thleng hian hnathawk pariat an thi a, mi dang parukin hliam an tuar a ni," tiin a hmun tlawhtu, Kishore-a chuan thuthar lakhawmtute hnenah a sawi.

Tuna thil thleng hi kum 14 chhunga kum 34 lo kalpui tawh plant-a chhiatna thleng na ber a ni a. June 14, 2012 khan RINL-a Steel Melt-



ing Shop-III unit-a oxygen plant-ah puakah hnathawk 19 an lo thi tawh a, thuneitu thenkhat pawh an tel.

Union Steel State Minister Bhupathiraju Srinivasa Varma chuan Bhimavaram-a a camp office atanga Visakhapatnam a pan ngal a, thuthar lakhawmtute hnenah thir chhuan tui, 1,500°C vela sa chu ladle hmangin machine

No. 2-a sawn tum a nih laia thleng niin a sawi.

Ladle hi a puak a, hnathawkte chungah thir tui chu a tla ta a. Minister chuan thite bakah hian machine bula duty mi parukin hliam na tak an tuar tih a sawi a. An zinga pali chu ngaihtu-ahawm an ni lo va, pahnih erawh an dinhmun a tha lo hle tih a sawi.

Varma chuan, "Hliam

tuarte tan enkawlina tha ber pek hi kan ngaih pawimawh ber a ni," a ti a. Sorkar chuan air ambulance a inrintir a, a tul chuan hliam tuarte chu enkawlina tha zawk dawng tura phurh chhuah turin tih a ni tih a sawi baw.

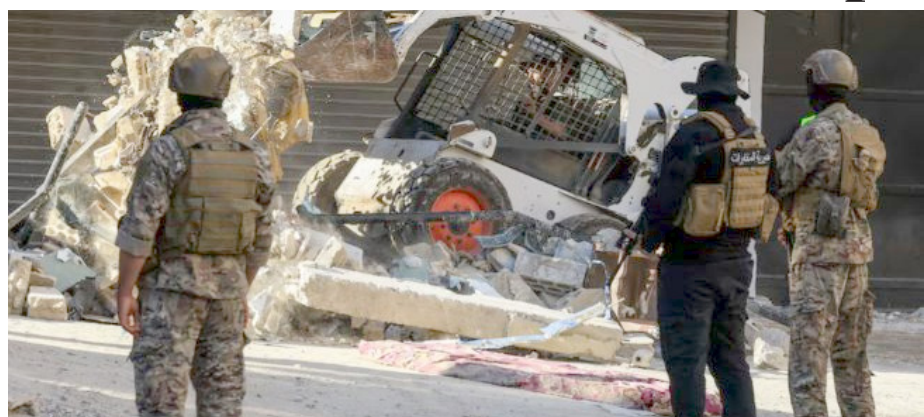
Minister chuan, "Ladle hmanga thir chhuan tui sa phurh sawn lai hian khawl lam fel lo a awm em tih zir-chiang a ni ang a, wire chat

emaw, khawl hna thawk fel lo dang emaw, puak thei thi a awm emaw hriat theih a ni ang," a ti.

Prime Minister Narendra Modi-a chuan chhiatna thleng pawl a tih thu leh lusun chungte a tawrpui thu a sawi a, hliam tuarte pawh rang taka dam leh turin tawngtaipui an nih thu a sawi a. PMNRF atanga thite chu zangnadawmna Rs. nuai 2 pek an ni ang a, hliam tuarte chu Rs. 50,000-a kan an ni baw ang tih X-ah a tar lang.

Andhra Pradesh Chief Minister N Chandrababu Naidu-a pawhin chetsualna thleng chuan a timangang hle tih a sawi a. "Plant thuneitute a bia a, thil thleng chungchhang a zawt fiah a, district thuneitute chu a hmuna tana chhanchhuah hna thawk turin a ngen a ni," tiin sorkar thuchhuahin a tar lang.

Trump-a ngenna angin Israel leh Iran-in an inbeih titawp



Iran leh Israel chu Pathiannia atanga an inkah tawn leh hnuah Thawhtanni tiai khan US President Donald Trump-a'n 'inkah titawp' ngal tura ngenna a siam hnuah an tawpsan tih an sawi a; mahse, Tehran chuan Israel-in Lebanon-a Hezbollah a beih chhuzawm chuan an che lehngal dawn tih a sawi.

Darkar 24 chhung inbeihpui lehna hi April thlaa inkahhai puan a nih hnuah Iran leh Israel an inhmachhawn lehna hmasa ber a ni a, Washington chuan thla thum chuang indona tihtawp tuma Tehran nena inremna siam an tumna a tichhe thei dawn niin a sawi.

Pathianni tiai khan Tehran hian Israel lam panin missile a kap a, Israel-in Beirut khawpui daia an thlawp Hezbollah helho kulhpui a beih phuba lakna a nih thu a sawi.

Hemi hnu hian Israel chuan Iran chhimthlang lama petrochemical plant a kap ve ngal a, he hmun hi ballistic missile siamna atana hman a nih thu a sawi a. Iran-a Islamic Revolutionary Guard Corps (IRGC) chuan a chhan let nan Haifa khawpui Israel-in hetiang chi plant a neih chu an beih zui veleh tih an sawi.

Iranian sipaite chuan Israel-in Lebanon a beih avangin 'chhan letna hrehawm

tak a pe' tih an sawi.

"Sipaite hmalakna chu tihtawp a ni tih puan a ni a; mahse, Lebanon chhim lam telin, beihpui thlakna leh thil thlualte an chhuzawm zel a nih chuan a hma aia nasa zawk leh tihduhdahna nasa zawk a awm dawn a ni," an ti.

Iran-in a puan hnu darkar eng emaw zatah Israel hmar lama Zar'it-ah siren a ri leh a, Israeli sipaite awmna hmun, Lebanon chhim lam biala projectile tia nia hriat a ni a, thi leh hliam erawh an awm lo.

Israeli Defence Minister Israel Katz-a chuan Israel hmar beih a nih chuan Beirut chhim lama Hezbollah kulhpui, Dahiyeh chu Israel-in vavi khat a bei leh dawn tih a sawi.

Tun tuma inbeih lehna hian February 28 atanga US leh Israel tang dunin Iran laka indona an kalpui tihtawp tuma Trump-a hmalakna a tibuai hle a, April 8-a inkahhai puan a nih khan indona zualpui a tawp tawh a; mahse, Gulf-ah hian inbeihna a la awm zeuh zeuh reng baw.

Social media-a tar lan eng emaw zat zinga pakhat Trump-a chuan Israel leh Iran pahnih chuan inkahhai an duh thu a sawi. "Remna" a awmna tura indawmna tawp lam chu kalpui mek a ni a, hriat lohna emaw, atna

emaw hian a kawngah a dal thei a ni," a ti.

Israeli thuneitu pakhat chuan Trump-a hian Thawhtanni khan Prime Minister Benjamin Netanyahu-a a bia tih a sawi.

Hemi hma hian Israeli sipai thuneitu chuan Israel chu 'a hun rei tak' beihpui thlak turin a inpeih tih a sawi a, petrochemical hmun bakah Iranian air defense system siam tharte pawh beih a nih thu a nemnghet baw.

Iranian thuneitute pawhin hetiang baw hi an sawi a. Tasnim news agency chuan sipai thuchhuahah Tehran chu hun rei tak chhung indo nei turin a inpeih tawh.

Israel hian Iranian missile programme atana raw material siam leh thawn chhuahna atana hman, Mahshahr petrochemical complex an kap tih an sawi a. Province thuneitu chuan Iranian chanchinbute hnenah plant hmun thenkhat a chhiat thu a sawi.

Israel-in beihpui thlaknaah hian mi 15 hliam tur zinga 14 chu Mahshahr County-a mi an ni a, thi an awm lo niin Iran National Emergency Organization chuan a tar lang.

Israeli ambulance service pawhin an ram lam hawia missile kah awanga thi leh hliam an awm lo niin a sawi ve baw.

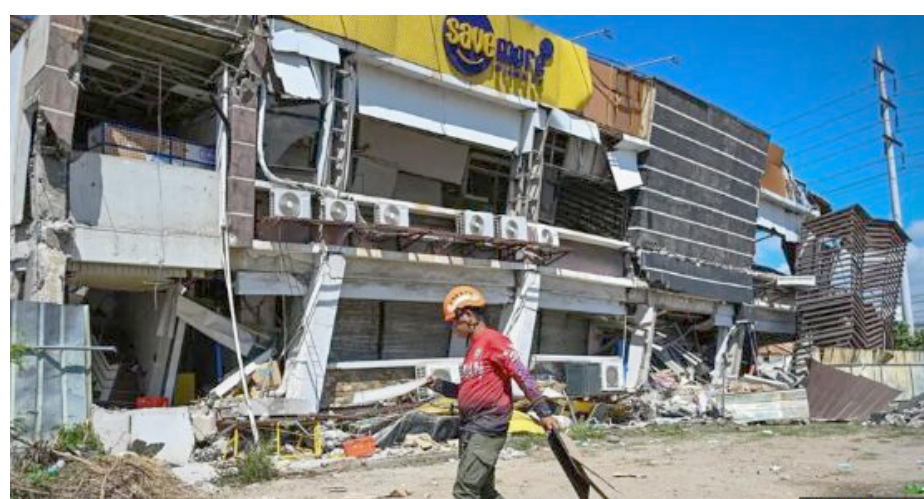
Philippines-ah aftershock thleng tam, thi zat pun ring

Philippines chhim lamah magnitude 7.8-a naa lir a nging hnuah nging nawn (aftershock) za tam takin a awm leh tawh a, mi tam tak thi awm tawhin za tam takin hliam an tuar baw a. Thi zat hi an pun rinna a lian hle baw.

Chhiatrupna thleng hmachhawntuten Mindanao thliarkara khawpui leh tuipui kam khuate an thlen theih hnuah chhiatna thlen dan a chiang chho zel a. Thuneitute chuan mi 37 thi leh hliam 487 an awm mek a, an pun rinna an nei lian hle.

In a chim a, kawngpui pawh chhia leh lei min avanga pung a awm nual a. Thliarkar hmun zau takah electric leh telephone hmanga inpawhna a la awm lo.

Thawhtanni tuka liringhing avang hian hian Indonesia, Mindanao chhim leh Japan-a Pacific tuipui kam



zawng zawngah tsunami inralrinna tihchhuah a ni a, mi tam tak chu hmun himan an tlanhia.

"Thihna hi a pun zel loh kan duh a; mahse, a kal zel erawh kan ring a. Vawin hian kan ngaih pawimawh ber chu mi zawn leh chhanchhuah hi a ni," tiin chhiatrupna thleng hmachhawntu agency assistant

secretary Bernardo Alejandro-a chuan DZMM radio a hrih.

Tun thleng in chhut danin in 2,000 vel leh sorkar sikul 6,000 vel a chhiat tawh thu a sawi baw.

Philippines hi liringhing leh tlang kang tamna a ni a ni a, Pacific Ring of Fire an tih maia awm niin liringhing awm duhna lai hman a ni.

Thawhtannia liringhing hi an ram chhim lam tawp, Cotabato Trench atanga intan a ni.

He trench hi liringhing nasa tak thlentu a ni a, kum 1976 khan magnitude 7.9-a na a siam a, tsunami thlenin mi 5,000 vel an thih pah.

President Ferdinand Marcos Jr chuan he chhiatna thleng hi chhan let turin

sorkarin hmanrua a neih zawng zawng a thawh chhuahpui thu a sawi.

Transportation leh health secretary-te chu an khawpui, Manila atangin Mindanao-ah thlawhna hmangin an thleng tawh a. Health Secretary Teodoro Herbosa chuan doctor-ten hliamte an kawul lai meka aftershock thleng thenkhat chu a na hle tih a sawi.

Mindanao khawchhak lam, Davao Occidental-a Jose Abad Santos leh khaw dang thenkhat chu thlen a la harsa hle.

Mayor Jason John Joyce chuan DZMM hnenah lei minin an khaw kalpawhna awm chhun a dang a, kawngpui zahve chauh kal theih a nih thu a sawi.

"Chhawmdawlina bungeate pawh hmun hla tak tak barangay (khaw)-ah thlawhna hmanga phurh luh a ngai a ni," a ti baw.

Congo-ah Ebola vanga thi mi 100 kai ta

Democratic Republic of Congo chuan an rama Ebola leng mek vanga thi chu mi 101-ah an kai ta tih an sawi a. Hetih lai hian a tuar na ber province hi ralthuam keng pawl awmna a nih avangin hri leng beiten harsatna tawk an tawk a, an hmalakna tihkhawtlai chhuzawm zel a ni.

Ebola Bundibugyo strain leng hi May 15 khan puan a ni a; mahse, thuneitute chuan a hma chawlhkar tam tak chhung chu hriat lohvin a awm tih an sawi a, hei vang hian damdawi thuneitute chuan thunun tumin an bei nasa hle.

Hun rei tak chhung ralthuam hmanga indonain a tibuai tawh province pathum-ah hri hi a leng nasa zual a, henge hi DR Congo khawchhak lama Ituri, North Kivu leh South Kivu

province an ni.

Thawhtannia dinhmun thar tihchhuahah Congo sorkar chuan a hma darkar 24 kalta chhungin hri kai hmuchhuah thar mi 35 an awm tih a sawi a, heng zingah hian mi 10 an thi a. Hri kai hmuchhuah zawng zawng chu mi 550 an tling ta a, thi pawh mi 101 an tling ta a ni.

Ituri-a health zone 17 bakah North Kivu-a health zone pasarih leh South Kivu-a health zone pakhat hri kai hmuchhuah a ni tawh.

Hri leng mek beih letna hi tual chhunga inringam lohna leh dodalna chuan a tiharsa hle a, mitthi phumtu team leh hri kai enkawlina hmun hrang hrang harsatna a awm tih sawi a ni.

Hetianga hri kai leng hmachhawntute laka paw-



ikhawihna hnhungung ber hi Pathiannia thleng niin thil thleng hrechiangtu chuan a sawi a, Bunia-a Nyamurongo thlanmualah mi phumtu team beih a, mi pahnih hliam na tak an tuar a, lirthei pahnih a chhia a ni.

Hri vanga thite hi a sawngbawl leh buaipuitu tura inzirtte chauvin tih tura tih a ni a, hei hi mi tam tak chuan an chhungte ruang an

thlah theih lohnaah ngaiin an tibuai thin a ni.

Dinhmun thar report-ah chuan Ituri-a ralthuam keng pawl awmna - Djugu, Irumu leh Mbambasa-ah chuan heng mite hian 'health zone tam takah mihring puihna leh hri leng do letna hmalakna tihlema a nih theih nana' dodalna an kalpui zel tih tar lan a ni.

Ituri province khawpui, Bunia chu hetiang buarak

hian a tibuai lo deum nia sawi a ni.

Report thar tihchhuah hma, Thawhtannia chawh-ma lam khan Africa-a public health agency lian ber chuan Congo-ah Ebola vei hmuchhuah zat chu 544 an tling tawh tih a sawi a. Africa Centers for Disease Control & Prevention hian Congo-a Ebola vanga thi nia hriat chu mi 88 an nih tih an sawi baw.

AR RAM HMAN DAN TUR BIHCHIANNNA (P 4)

Lalthuamliana

Hun rei fê atanga kan sorkâr-in Aizawl khawpui laili lai taka Assam Rifles sawn chhuak tura an beihna chu a tawp a tawpach chuan a lo hlawhtling ta a. Pu Amit Shah, Union Home Minister chuan March ni 15, 2025-ah Aizawl-ah lokalni Assam Rifles ram chu Mizoram sorkâr hnênah arawn hlan fel ta a. Helai hmun luahthu Assam Rifles te chu an awma tur atâna Mizoram sorkâr-in a pek Zokhasang-ah an insawn fel ta a ni. Khawpui laili lai taka sipai awm te hi mipuite nen an inchiahpiah lo thei lova, intih thiam-lohnate a awm fova, chuvangin civil mite tân an hnawc em em thin a ni. 1988 kuma civil mite leh Assam Rifles te intihbuai avangin Assam Rifles ten kan tlangval engemaw zât an kâphlum a. Khatih hun laia MNF sorkâr khan AR te hi Aizawl khawpui chung atanga sawn chhuah an nih theihnan nasa takin hma an la a, sorkâr lo ding apiangin an chhuzawm zel a, kum 38 dawn lai a liam hnu chuan AR te chu sawn chhuah an ni ta a ni.

Kan sorkâr chuan Assam Rifles chhuahsan ram hman tangkai dan tur ngaihtuatin "Advisory Committee on Assam Rifle Land handed over to the Govt of Mizoram" April 28, 2025 kha a din a. Department hrang hrang atangan AR ram hman tangkai an duhdan rawtna a rawn lut hmem hle a. Rawtna engemaw zât chu hnawlin a hnuai mite hi Advisory Committee chuan a pawm ta a ni:- 1) Heritage court-Building awmsa chei that leh thumthat a exhibition leh thiamthil phochhuahna atân; 2) Vanapa Hall mi 2000 vel len theihna tur sak 3) Head Post office atanga Bazar Bungkawn thlang kawng tihlen; 4) Police awma hmun siam 5) 33 Kv Sub-station siam 6) PHE Reservoir 7) Motor Parking 8) Public Parks 8) Ampitheatre-open air theatre 9) Saron Veng BCM Biak in atanga bypass road Venghluia a chhuak tur siam.

A chung ruahmanna te khian Aizawl tâna kan mamawh a phuhruk dawn em tih lo zirchiang ila.

1. Environmentalist ho ngaihdan:

AR ram chhuahsan huna hman tangkai dan lo vei tak tak kan awm nual mai a. Centre for Environment and Social Justice (CESJ) chuan AR ram chhunga thingte chu Aizawl khawpui cheng mihringte tana hlu, boruak thiaghlim min petu Aizawl chuap an ni a, thing pakhatmah kih anih loh an duh a. AR rama thing dinhmun zirchianna te an neinin lehkhabu Tree Inventory and Carbon Storage of the Assam Rifles Campus, Aizawl tih chu December 2024 kha an lo tlângzarh tawh a ni.

CESJ zirchiannaah chuan AR ramah hian thingkung 480 vel a awm a. Thing chi hrang 80 a awm a, chi 71 chu ei leh in, ramhmul damdawi atâna hman theih a ni a, 14 chu environment control theihnaa pui thei niin, 29 chuan nunphung emaw intihhlamma atâna hlutna pe chi, pasarih chu eco system hnathawh dangte pui chi

a ni. Thingkung, a hnah leh a zungte hian carbon thahnem tak metric tonne 4,803 zet vawng tha a, thing hi kih an nih chuan hetiang zât carbon hi sah huk a ni dawn tih chu an hmuh dan a ni. Heng thingkung tena kumtluaana atmospheric carbon an lo thenfai thin pawh, thian faitu a awm tawh dawn lo a ni. Dr Lalnunsia-ma Colney chuan a lehkhabu Kan thenawmte Chhehvel thil minhual velu-ah chuan hetiang hian a ziak, "A tlangpuiin thingkung pakhat hian kum tinin boruak tha liters 270 vel a pe chhuak a, tin boruak tha lo hi kg 25 vel a hip ral ziah bawc". Tuna sorkâr ruahmanna anga kaltlangpui a nih chuan thingkung 176 kih tum a ni. AR rama thing 44 lai kih anih hnuin, CESJ activist ten Guwhati High Court-ah PIL an thehlut a, High Court chuan a lo ngai pawimawh em em mai a, chuvangin Sorkar pawh thingkih chhuzawm lo turin thupek a chhuah nghal a. High Court chuan thing a tlem thei ang ber kih chu thil tulin a ngaihtu a sawi a, sorkâr chuan AR ramah hian thing 2000 phun thâr an tum thu court hnenah a thlen a, Court chuan thing 23 tal kawngpui zauh nana kih a la ngaihtu Sorkarin a sawi erawh chu a remtuhpui ta ani. Atira Sorkâr ruahmanna anga thingkung 176 hi lo kih nise kumtin oxygen litre 47,520 Aizawl hian a chân dawn bakah boruak thalo kg 4,400 vel in min chenchilh dawn tihna a ni. Thing phun belh pawh ni ila hetiang ang zat boruak tha min pe tura thing t hanglian tur chuan kum tam fe a ngai dawn a, chu chu damrei nghah thil a ni dawn a ni.

2. Motor Parking ruahmanna a tlem:

Advisory Committee ruahmanna ang chuan motor 330, leh two wheeler 900 vel parking theihna tur siam tum a ni. Aizawl khawpui kan harsatna lian ber chu traffic Jam nasa lutuk leh parking-na hmun tlem lutuk hi a ni. Traffic jam a nasat chuan rilru a hah a, hun kan khawhralna zawng zawngte, petrol man senbelh ngai tur te hi a man a to lutuk. Aizawl hian lirthei a pung chak em em a, a park-na lam hian min daih lova. Sorkâr hmasa hunlaia motor park-na tur scheme PAHOSS pawh kha a tum a that rual rualin kan mamawh a phuhruk zo lo em em a. Transport department ten motor leithar in register na atân parking neih a ngai an tih pawh awlsamtein parking-na nei lo te pawhin certificate an nei thei mai zel si a.

Tuna Advisory Committee ruahmanna hi chuan nakin hnu chu sawi loh tuna Aizawl mamawh a phuhruk zo lo em em a, tihpui nikhuaah VIP motor parking-na a daih tawc ang tih vel a ni.

India ram khawpui dangah te chuan motor parking hi an ngai pawimawh em em a. Express Mall, Chennai-ah chuan motor car 500 vel a park theih a. Navi Mumbai Mall lian vak lo Inorbit leh Raghuleela Mall ah te chuan motor 250 park theihna an nei a, heng mall a bazar tinuamtu chu parking tha an nei hi a ni.

AR ramah hian motor 2000 leh two wheeler 3000 vel tal parking-na tur ru-

ahman ni selang chuan Aizawl Bazar traffic jam nasa lutuk hi chu a chhawk zangkhai ngei ang..

Duhthusamah chuan Dawrpui, Zarkawt leh Sobji Bazar kawngpui bulah te hi chuan private motor dah phal loh nise, public transport-Bus, Taxi, Two wheeler taxi dropping zone, pick up centre siam nise, AR hmunah hian motor park-na tam tak siamin motor keng duh chuan park mai sela. Dawrpui phei leh Upper Bazar kawng oneway te pawh hi double lane in a hman theih anga, traffic Jam hi chu a tlem phah ngei ang.

Tuna ruahmanna ang chuan Post Office leh Bazar Bungkawn inkâr hi metre 14-a kawngpui zauh tum a ni a, helai kawngpui hi lo zauh pawh nise, motor park-na atâna kan hman khah leh vek chuan traffic jam hi a tih tlem phah a rinawm loh. Police Officer pakhat Aizawl traffic lo enkawl tawh chuan Post Office leh Bazar Bungkawn inkâr chauh kawngpui kan zauh chuan Aizawl khawpui traffic Jam hi a tih tlem phah chuan loh tur thu a sawi. Chubakah kawng kan zauh hian thing hlu tak tak kan kih a ngai dawn bawc si a. Ruahmanna tha tak chu niin a lang lo. Loh theihloh thilal chuan kawngpui zauh chu a ngai ngei eng. Entir nan, Lammual luhna leh chhuahna atân flyover siam ngai se, chu lai hmunah chuan kawngzauh leh thingkih chu a ngai ngei ang. Chutiang atân anih loh chuan thing kih leh kawngpui zauh chuan tangkaina a nei dawn lo a ni.

Sorkâr ruahmanna tam ber te khi a telovon Aizawl hi kum 100 chuanga a awm tawh, Assam Rifles hi chhuak lo ta seng chuan a tel lovin kan awm thei dawn tihna a ni. Millennium Centre kan siam lai kha parking kan ngai pawimawh lova, motor tlemte chauh park theihna kan siam a, floor hnih vel tal parking nan lo zuah se chuan motor 300 te chu awlsam tein a park theih mai tur. Hun remchang kan bawhpelh tawh. Tunah hian hun remchang tak a lo thlang leh mek, kan bawhpelh leh chuan kum za hnuah pawh hetiang hun remchang hi a lo thlang leh tawh lovang. Zirtirh buah mi fingin an finman an ei seng lo, mi a in an at man an chawi seng lo tih kan zir t hin ang kha kan nih a hlauhawm. Parking leh BCM-Venghlu Road atâna thingkih hi chu a loh theihlohah ngai ta ila, a tello a kan awm theihna project dangte vanga thing kih a tul ai chuan heng project te hi telh loh mai ila a hlawk zawk ngei ang.

3. Public Park: Aizawl Hmathlir Pawl te pawh AR ram chhuahsan hma atang kha pawl an din a, an thil tum pawimawh tak pakhat chu "AR hmun chhuahsan tur hi vantlang hmun, mipuite thawk lak nana Public Park siam ngei anih theihnân leh a remna lai apianga a tam thei ang bera thingphunna atâna theih tawpa sorkâr finchhuah leh a tul anga hma lak" tih a ni. AR hmun hi Concrete Jungle a siam anih loh nân Sorkâr kaltain Laldenga Cultural Centre siam a tumna pawh cancel leh turin CM hnênah lehkhah an lo thehlut tawh a ni.

ian chawimawi pawimawhzia leh a thuwai pawimawhzia i hmuchhuak dawn a ni. Accident rapthlak tak tak a inhlaim leh thi te i hmu ang, fimkhur lo taka lirthei khalh pawiziate, midang tana chhianatna thlentun nih hlauhawm ziate i hrechhuak uaih uaih ang.

Tan in (jail) a i va kal leh chuan thubuai neia tâng mi zalen lo tak te i va hmu ang a; zalenna hlutzia i va hrechhuak ang a, sorkar phal loh leh thubuai neih pawizia i va hre dawn a ni. I inchnungah zalen takin i awm a, i duh i leh i leng a, i duh leh i inkhawm bawc a, duh duh danin i awm a, a nawmzia i hria ang. Tan inah chuan thubuai rip tak tak nei naupang tak tak thubuai neih avanga kum engemaw zat jail tang tur, a then damchung tang turte i va hmu ang a, thilsual leh pawh khawih lova i nun hlutzia i hrechhuak uarh uarh dawn a ni. Sorkar phal loh leh khawtlang duh loh zawng tih pawizia i va hmuchhuak ngei ang. Vawikhat pian mana damchung tan ina han awm mai turte khawngaihthlaxzia i va hmuchhuak dawn a ni. I hringnuna mite pawikhawih lo tur leh, sorkar phal loh thil ti lo tura i lo insum hram hram thin lawmawmzia te i va hmu ang. Pathian duh dan anga nun pawimawhzia te, nu leh pa thuwai paw-

Hretu der chu a boral ang a;
Nimahsela, hretu dik chuan tu ma dodâl
lohvin thu a sawi ang.

THE AIZAWL POST

Editorial..... Mizo Daily Newspaper

Khuh damdawi

Tunlaia khuh damdawi hluar chho mek chungchang ngaihtuatin excise minister hovin nimin kha a kaihnawih sawrkar official-te leh Central YMA hruiute an thukhawm a, khuh damdawi hluar dan leh harsatna a thlen dan te, hma la tura dan tlawhchhan theihte zirchianna mumal tak neih ni se tih an rel a.

Khuh damdawi hi kan buaipuina a rei ta hle mai a. Thuneitute pawhin daktawr lehkhah tel lova khuh damdawi hralh chhuak lo turin damdawi zuarte pawh an hriatir thin a ni awm e. Hei hian zawm a hlawh tha tehchiam lo tih a lang a, chu chu kan buaina ber pawh a ni. Aizawl khawpui chhung hmun hrang hrang kawmkarah khuh damdawi chi hrang hrang bur ruak a let rem rum a, hengte hi daktawr lehkhah tel lova thalaiten damdawi dawr emaw, a ruka zuartute kut at anga an lei tih a lang chiang hle. Daktawr lehkhah nen thlapa khuh damdawi leitute chuan khuh damdawi bur ruak hi kawmkarah an thehthang mai mai lovang tih a rinawm.

Khuh damdawi chungchanga dan kalha thil titute bei let tura 'dan tlawhchhan tur zirchian ni se' tih rel tura mi pawimawh heti zat an kalkhawm hi, hun, tha leh zung a uiawm duh hle. Minister hova meeting neih hma

hian, meeting huaihawttute hian agenda kaihnawih document an lo inring/ lakhawm lawk tura beisei a nih laia, 'zirchian ni se' tih leh ringawt mai hi, kan kalphung pakhat a ni ve deuh roh tawh em maw ni!

Damdawi dawr neitu thenkhatin Dak in kaltlanga khuh damdawi an chah luh chungchang pawh tun hnai kha Central YMA hruiute leh Mizoram Chemist and Druggist Association hruiutean an lo sawi ho tawh bawc.

Damdawi zuar tam tak chuan, daktawr lehkhah tel lova an dawr atanga khuh damdawi leitu thalaiten a nihna tur angin khuh damdawi an ei lovang tih hre reng chungin an lo hralh chhuak thin a, chutianga khuh damdawi hralhtute chu thalaiten an inhrilh chhawng a, an dawr ta huai huai mai thin niawm tak a ni. Chu chu damdawi zuartute thenkhat chuan hlawnka an hmuhna tur a nih pawh chuan thalaiten chhianatna tur pawh pawisa lovin, a rugin an lo hralh hiau hiau mai zel tihna a ni a, drug license phenah drug smuggling an kalpui tihna a ni. Heng mite hi ruihhlo dang (heroin, ganja, meth etc) zuarte nena duang kha-phlum chi, a ruka dan kalha thalaiten chhianatna thlen thei sumdawn nana hman hreh lo, ram leh hnam hmelma zinga chhiar tel tur chi an ni awm e.

Aizawl mipuite hian intih thawven nan Public park lian tawc a mamawh hle a, AR chhuahsan ram hi hetiang atan hian a remchang hle ani.

4. Playground: Assam Rifled hmun lo pianchhuah dan chu Dr J V Hluna chuan Quarter Guard chu 1897 a sak a ni a ti. "Sapho kha kan lo do let a, mahse min awp ta a, Aizawl an inbengbel a, anmahni lo dotute kha min hneh a ni tihlan an duh a ni ang, tukluh kuli hmangin lammual min laihtir a, Quarter Guard min sak tir a, chutianga kan pi leh pute tuarna hmun chu a ni" a ti. AR lammual hi Mizo thalaiten tan inkhelh zirna hmun, football leh Hockey tournament kan neihna hmun, Mizote pawh India rama lang pha khawpa inkhelhna lama min hlangkaitu khelmual pawimawh tak a ni. Indopui pakhatna a lo chhuah khân German râl do tura Mizo thalaiten te kha AR lammual atanga thlah liam an ni. Assam Rifles baza band party ten indo music lunglen thlâk tak mai helai hmunah hian an lo tum tawh thin a. Rambuai hma chuan Mizoram Olympic nghahna hmun leh kan festival pawimawh tak tak Chapchar kût te, music festival, beat contest, Republic Day leh Independent Day parade te kan neihna hmun a nih avangin multi purpose playground atâna

kan hman chhuzawm zel a tul a ni..

6. INTACH leh AR ram: Assam Rifles rama building te hi kum za kalta British hunlaia sak an ni hlawma, chuvangin an hlu hlawm em em a. INTACH Mizoram Chapter chuan AR rama inhluite Mizoram Ancient Monuments and Archeological Sites and Remains Act, 2001 dan hnuai hman humhalh (Protected Monuments) tura puantur atân Advisory Committee hnênah rawtna an thehlut tih hriat a ni. Advisory Committee ruahmanna ang chuan Quarter Guard leh Loch House tih loh building tam ber hi chu that a ngai dawn nia hriat a ni. Exhibition leh thiamthil phochhuahna atân buidling hluite hi a hman tangkai theih ngei ang. Thangthâr zelte tâna a la hlut zel dan tur ngaihtuah hi chuan heng building hlui tihchhiat kan tum dan hi chu a thatna lam aiin thatlohna lam hian a buk rit hle zawk dawn a ni.

Sorkâr hian Advisory Committee rawtna hrang hrangte hi Aizawl tân a t ha tawc em tih a chung a kan sawi tak ang leh P palite(4Ps)-Parking, Public Park, Playground, Preservation of Cultural Heritage and Trees te hmangin ngaituah nawnin enawn leh se, ruahmanna an lo siam tawh te hi siam tha leh se Aizawl hian a hlawkpui zawk ngei ang.

AW HRINGNUN

Reuben Lalnunthara Hnamte

He khawvel kan damchung hian hringnun hman thiam hi a va tul thin tehlu em ve la. Thenkhat lah chu mahni nuam tih ang zawng zawngin chak deuh deuh an kal lawp lawp a, a then lah kalna tur hre lo niawm takin an hawi ruai bawc a. Thenkhat nun beidawngin, engmah ni a inhre lovin an tawm ang chawt a. Thenkhat mahni intodelh ngei tumin hma lam thlir ranin retheih pawh huanin ni tin thlansa phulkaian an thawk a. A then lah nileng lengin computer leh mobile hmaah awmin anmahni tawkin ni tla vanvuaiin, zan tairek thlengin chhun leh zan pawh ngaituah lek lovin, internet leh social media khawvelah an cheng a. Chhungte thawhchhuah saa lo inti milianin car man-to tak tak leh, bike manto tak tak khalhin an la chapo em em zui. Nula thenkhat lah incheina tlereuh tinreng duhin hmahinawih chikim nena lan mawi tuma, thawkhchhuak peih silovin khum lama eizawngin

an hmanhle bawc. Thenkhat lah milian nih nghal duhin, zawi zawia sumdawn thawhchhuah peih lova, hausak that tumin a hlawk thei ang bera thawhchhuah tumin midang tawrhna leh thihna tur pawh pawisa map lovin an hmanhle bawc.

Hringnun kan hman dan hi a va in ang lovin, a va inchen lo tehlu em! Chutih lain hringnunah hian thil pali kan hriat ngei ngei tur leh kan tlawh makmawh pathum a awm. Chungte chu- Hospital, Tan in, Home leh Thlanmaul te hi. Hospitala i va kal chuan i vanneihzia i inhria ang a, mi tam tak na tuarin an rum a, damna duhin pawisa tak an seng a, t henkhat mahni sum sen pawh rul hlei thei lo an awm bawc. Hriselna hlutzia leh a man tamzia i hmu ang, sum leh pai nei ten tun lo mah la i hausa hle a ni tih i hria ang. Oxygen hman man to ziate, vawikhat damdawi in awm man tozia leh damdawi man tam ziate i hria ang a. Pathianin Oxygen a thlawna alo pek che hlutzia leh damdawi in awm ngai lova i awm hlutzia leh man tamzia i hria ang a, siamtu Path-

imawhzia te, dan bawhchhiat pawh thuzia te i va hmuchhuak ngei ang le.

Hmun hrang hranga Home te i va tlawh leh chuan damdawi ngawlvei, zu ngawlvei, nghei duh si nghei hlei thei tawh lo; chhungte tibuai em em te leh thalai chak vanglai ni si zawi hnuap mai te i va hmu ang a. Thalai hma lam hun eng tak tak, chhungte pawhin an ngahfak ni si, engmah ti thei lova ruihhlo bawihâ tâng; ruihhlo tihna tur a nih chuan engmah tih hreh nei tawh lo; ruihna tur bak ngaituah nei lo, mi â ang maite i va hmu ang a. Chhungte leh khawtlang pawhin hnawksak tia inchnunga awm atan pawha an duh lohte i va hmu ang. Heng ruihhlo ti lo tura i lo inveng hram hram thin lawmawmzia i va hrechhuak leh zual ang. Zan rei lamah Aizawl hmun tabirh deuh te i va hmuh chuan ruihhlo i lo ti lo lawmawmzia leh i tan leh chhungkaw tana a thatzia te i va hmu ngei dawn a ni. Veng kil leh tabirh deuh te i va kal leh chuan nula pawisa duh vang leh ruihhlo tihna tur pawisa thawhchhuah duh avanga hnathawc peih si lo, mahni

taksa zuar tam tak i va hmu leh dawn a ni.

A tawp berah chuan thlanmaul lamah i va kal leh chuan - Nausen pianghlim atanga kum upa tak tak thlan i va hmu ang a; thalai nih laia thi an tam ber tih i va hmu ang. Thalai nun awmze hre miah lova mahni nuam tih zawng ang a nung, lirthei chak tak taka khalah fimkhur miah lo accident-a thi tate thlan tam tak i va hmu ang, zu leh drugs avanga thite, hringnun awmze nei miah lova damchung tawite hun hmangte i va hmuh chuan Hringnun hi a lo va mak ngai em tiin i rum vawng vawng dawn a ni. Nun hi engmah lo a lo ni, vawinaah leiah kan kal a, naktukah chuan kan chungah a awm thei a ni tih i va hmu chhuak ang a. Lal Hezekia-an "Ka damchungin zawitein ka kal dem dem tawh ang" a tih awmzia te i hmu chhuak uarh uarh dawn a ni. Hringnun hman dan thiam pawimawhzia te, chapona hi engmah a lo ni lo tih te, ingaitlawm taka nun pawimawhzia leh, Pathian tih leh amaha ingghah tlat pawimawhzia te i va hmuchhuak ang. Kan damchung tawitea hringnun hman dan thiam zir a pawimawhzia leh mi tumah hi kumhlun kan awm lo tiin hringnun awmze nei taka hman tumin i inbuatsaih sauh sauh tawh ang.

Mizoram taekwondo team kutah 1st runner-up trophy



June ni 6-8, 2026 chhunga Sikkim khawpui Gangtok-a khelth zawh tak 1st Sikkim Open International Taekwondo Championship 2026-ah Mizoram team chu a pumpuiah pahnhna an ni.

Team 45 telna taekwondo inelna lianah hian Mizoram team chuan gold medal 10, silver medal pathum leh bronze medal pathum bawk lain championship pumpuia Mipa Best Fighter lawmman Zohmingthanga n a dawng bawk.

Zohminga hian Senior Under 54 Kg

huangah gold medal lain, Team Fight-ah leh Freestyle Poomsae-ah gold medal a hlawhchhuak bawk a, phu takin best fighter atan thlan a ni.

Mizoram team hian an medal leh trophy lak zawng zawng hi team zin chhuah hma lawka boral ta, MSSC Coach R. Lalchandama, Mission Vengthlang tan an hlan a, Mizoram tana a hna thawh zawng zawngte an hre reng tih an entir.

Mizoram team khel hi Sikkim Mizo Welfare (SMW)-te'n a hmunah enin an tawiawm tha hle a, MATA chuan an

hruaitute SMW secretary Pastor Lalnunmawia leh NBMWA president Pastor FK Lalchawlianate chungah thilung takin lawmthu an sawi.

Sikkim-a Mizoram player 16 feh chhuak hi coach Lalinpuia (Armed Veng South), manager Albert Lalrinfela (Bawngkawn Brigade) leh head of team Master VL Sawma leh Master Joseph Thansangate'n an hruai a; anni bakah hian Vanlalhmangai-thanghi leh Joseph Zodintharate chu referee official-in an kal bawk.



Mipa Best Fighter Zohmingthanga

MIZORAM TANA MEDAL LA TUTE:

Gold medalist

1. Joshua Lalthlangdika Chaltlang Individual Cadet Poomsae
2. Reuben Zodinpuia Chawnpui Senior Under 68 Kg
3. Vanlalhlamuanpuui Zemabawk Junior Under 55 Kg
4. R. Lalbiaknuami Edenthar Senior Under 49 Kg
5. Zohmingthanga Bilkhawthlir Senior Under 54 Kg
6. Vanlalmawipuia Venghnuai Senior Under 74 Kg
7. Lianthangpuui, Vanbiakpari, R. Lalbiaknuami, Lalinpuia, Vanlalmawipuia, Zohmingthanga Freestyle Team Senior
8. Albert Lalrinfela, Reuben Zodinpuia, Vanlalmawipuia, Lalinpuia, Zohmingthanga, Joseph Zodinthara Team fight Senior
9. Arella Roluahpuui Freestly Individual Cadet
10. Lalhlipuii Under 50 Individual Poomsae

Silver medalist

1. Lalmuanpuui Khiangte Lily Veng Junior Individual
2. Joshua Lalthlangdika & Mary Rolawmsangi Royte Cadet Pair
3. Pansy Rampanzeli Chaltlang Senior Individual

Bronze medalist

1. Mary Rolawmsangi Royte Chite Cadet Individual
2. Arella Roluahpuui ITI Cadet Individual
3. Lianthangpuui, Pansy Rampanzeli, Vanbiakpari Senior Team

ITI Veng GSA hneha final lut Chhinga Veng Spikers

Thawhtanni zana set hnih an lak zawn hnuah Chhinga Veng Spikers tlahniam mah se an kir leh a, Thawhtanni zan hmeichhe league kharnaah set thum set khat (25-8, 25-12, 17-25, 25-15)-a ITI Veng GSA an hneh rualin Mizoram Rural Bank Pro Volleyball League final an lut.

Team pahnhin final luh an inchu a, set hmasa pahnhah point 20 chiah hloh mah se Chhinga Veng hnungtawhlin set thumna an hloh.

Chhinga Veng hi talbui rei loin set lina an

awpbet a, Anusree Poyili, Elisian Medai leh Evelyn Malsawmtluangi chuan team pum pui point hmuh hmun thuma thena hmuh hnih an hlawh chhuak.

Kerala atanga an lakluh India captain ni tawh Anusree chuan a hma leh hnung atangin wavi 34 a vaw tla a, point li a hloh.

Spikers tan tum hnih a khelchhakpui ve vein Kuriz Player of the Match-a thlan a ni zawn a; a kawppui Elian-in point 10 a hmuh chanve a paih ve thung.

ITI tan Jashan Preet Kaur chuan point 26

hmuin, 15 a hloh a, Lalt hazampui'n tum 10 hlap tlain point sarh a hloh thung a ni.

ITI tan Punjabi tleirawl Jashan leh Zami bak point hmu thei an awm lo a; player leh team khaihnhin Chhinga Veng an chungnung a, wavi thum an khelchhak tum hnih chakin league-ah pahnhna ni chungin tlang.

Zirtawpni zan final-ah tun season-a an ngam loh leh wavi hnih an inkhelh tawha an hneh loh zawn mek Tuichangral lakah fiahna an hmachhawn leh a ngai dawn.

Mizoram basketball awptu Khatla TBL - The Yellow Stars



MIZORAM BASKETBALL ASSOCIATION (MBBA) hnuuia inelna sang ber chu Mizoram Super League (MSL) a ni a, chuta champion chu MBBA hriatpuinaa din club 100 chuangte chungah roreltu a ni nghal pang - chu club chu MSL 11 champion Khatla TBL hi an ni.

He club captain Thazuala hi MSL Most Valuable Player ni lai a ni a - ani hian ngaihpawimawh zet a nei, match official-te hian hmasawn se a duh thu The Aizawl Post Hoops Mania hnenah leh Youtube lama talk show pakhatatah (30 minutes with Akima) a lo tarlang tawh nghe nghe.

Season liam ta khan MBBA buatsaih inelna pathum zingah Season Opening leh MSL an champion a, squad an nei chhah lo nangin an tualchhung tlangvalte ringgam vekah an head coach Mapuia

(Mizo basketball legend) hian a chhuah thung - hei hi an thatpuuin an vanneihna kawnga sawi hmaih thiang lo a ni.

Asst. coach Richard-a hian team a vil hneh a, tum 110 chuang season liam ta khan an practice thei hial!

Hnam dang player chah chhuah kawngah hian club dang hian an tluk lo ti ila, tawmpuui kan ngah ang.

Thazuala, Emmanuel-a, Miller-a, Lsa leh Hlutea te hi an dam that phawt chuan engtik lai maha dah hniam theih an ni ngai lo. Stephen-a hi chik rawn tham a ni leh ang, a khel a puitling tawh tlat!

An squad han thlir hian tun dinhmu-na tualchhung tlangval nei tlem ber an ni - players pakua chiah neiin, Aizawl veng pakua atangin player-te leh coach-te hi an fuankhawm.

Chhawr tlak mumal loh practice partner tur squad-ah an dah hnuur lo lai hi season liam taa an hlawhtlinpui kha a ni a, an la chhunzawm dawn a nih hi.

SQUAD:

- | | | |
|----------------------|---|--------------|
| Chuaudingliana | - | Khatla |
| Emmanuel VL Awmpuia | - | Nursery |
| F. Lallawsanga | - | Thuampui |
| Lalhmganghuzuala | - | Nursery |
| Lalliansanga | - | Tuikhuahlang |
| Lalsangliana | - | Zotlang |
| Laitlanhluia | - | Chawnpui |
| Stephen Zohmingsanga | - | Mission |
| Vengthlang | - | |
| Vanlalthazuala | - | Bungkawm |

Coaching Staff:

- | | | | |
|------------|---------------------|---|----------|
| Manager | : R. Vanlalrinawma | - | Khatla |
| Head Coach | : H. Laldinsanga | - | Saron |
| Asst Coach | : Richard Lalroipua | - | Thuampui |



Team	P	W	L	Pts.
TUICHANGRAL	3	3	0	9
CHHINGA VENG	3	2	1	6
ITI VENG GSA	3	1	2	3
ERIC PAUTU ACADEMY	3	0	3	0

FIXTURE

June 10, 2026 (Nilaini)
8:00 PM : Khawbel v Anastasia Electric Veng

FINAL - HMEICHHIA
June 12, 2026 (Zirtawpni)
Tuichangral v Chhinga Veng Spikers

FOOTBALL TITI

- Tottenham chuan £60m tawktarhin kum 22 mi Manchester City leh Brazil winger Savinho an dawr. (Mail)
- Manchester United chuan Elliot Anderson lak an tum chhunzawm zel. Nottingham Forrest chuan kum 23 mi England midfielder hi £100m zet an chhiar a. United chuan lak tum ve dang Manchester City hmakhah a, chungtlak ngei an tum. (Guardian)
- Club lian pahnih ten lak tuma an inchuh mek Anderson chuan Manchester United aiin Manchester City zavm a chak zawk tih a sawi. (Talksport)
- Atletico Madrid leh Barcelona te chu Chelsea defender Marc Cucurella lak tuma inel zingah dinhmun tha luahtu an ni mek. Kum 26 mi Spain defender hian kum li ngawt a lo cham ve tawhna Stamford Bridge chhuhsanin chona thar hmachhawn ve tawh a duh. (Marca - in Spanish)
- Italy midfielder Sandro Tonali emaw Englishman Joe Willock emaw zawk zawk St James Park at anga inpuchhuak thei dinhmuna an ding a, an pahnih pawha chhuak thut thei an nih vangin Newcastle United chuan kum 22 mi Monaco leh Senegal midfielder Lamine Camara lak an tum dawn. (Telegraph - subscription required)
- Manchester United chuan friendly match-ah Itali leh Greece an inkhel tumin kum 20 mi Inter Milan striker Pio Esposito an thlithlai. (Teamlak)
- Season liam taah loan a Tottenham zawmtu Paris St-Germain leh France forward Randal Kolo Muani chuan kum 2025-ah thla ruk chung loan-a a lo zavm tawh Juventus zavm a duh. (Tuttosport - in Italian)
- Manchester City chuan Real Madrid & Brazil winger Rodrygo leh Everton & Senegal wideman Iliman Ndiaye te lak tumin an ngaihven. (Mail)
- Sporting leh Portugal centre-back Goncalo Inacio chu Liverpool in an hnen atanga chhuak tur Ibrahim Konate thlaktu atan an duh. (Caughtoffside)
- Atalanta chu Nottingham Forest nen Italian centre-back Nicolo Savona chungchangah an indawr. Atalanta hian Savona hi Serie A lamah hruaikir leh an duh. (Goal - in Italian)

WC khel lo tur Jurrien Timber



Arsenal defender Jurrien Timber chu a hliam a dam hlei thei loh vangin World Cup a khel thei dawn lova, Netherlands camp at angin a inpuchhuak.

Timber hian March thla laihawl khan thal hliam a nei tan a, hun rei tak chung club leh ram tan a inlan thei lo. Champions League final-ah PSG an hmachhawn turah an mamawh em vangin Arsenal lamain dam hman hram turin an duh hle a, a dam thei nan tan an khawh viau baw. UCL final-ah hian bul tan lo mah se minute 66-naah muachung luhtir a ni.

Arsenal manager Mikel Arteta chuan PSG hmachhawn tlakin Timber hi a dam thu a sawi. Netherlands lam pawhin cham panggaiah ngaiin World Cup khel turin an ko. Training an han nei taa Timber hi a lo la dam Chiang taw lova, hma a sawn hlei thei baw si loh

vangin Royal Dutch Football Association (KNVB) chuan World Cup khel tlak a nih loh thu sawiin an thawn-haw.

Oranje boss Ronald Koeman chuan Timber hmunruak luah turin Lutsharel Geertruida an ko zui nghal. Geertruida hian season liam ta khan RB Leipzig atangan Sunderland chu loan in a zavm a, a khel tha thawkhath hle.

Timber hian kum 2021 atangan Netherlands tan a khel tan a, ram tan wavi 23 a inlan ve tawh.

Neymar-a'n hma a sawn

Hliam vanga Timber a inlan theih loh laiin Brazil in an koh Neymar erawh chuan hma a sawn zel a, a wavi li nan World Cup a khel ngei a beisei-awm ta hle. Neymar hian Brazil tan wavi 128 khelin goal 79 a thun a, Brazil tan goal thun hnem ber a ni mek.

France leh Spain an chak ve ta

World Cup khel tur inbuatsaiha hmaa beisei phak lova chak lo ve ve France leh Spain ten an zia dik tak an pho lang a, Thawht an zan khan hnehna an chang ve ve. France leh Spain rual hian Netherlands pawhin Uzbekistan lakah hnehna an chang ve baw.



France an Olise a inlar

World Cup 2026-ah champion tura rinkai ber pawl France hian an mikhual Ivory Coast an hneh lo ringawt a, an mualpho. World Cup khel tur Ivory Coast an hneh loh hnuin World Cup khel phak lo Northern Ireland an hmachhawn zui leh a, Lille khawpuia an mikhual lakah 3-1 in hnehna an chang. France goal zavng zavng hi Michael Olise thun vek a ni.

An laka rinhllehna chhum-pui zing mek vai kiang tura chak mamawh France hian an mualah chak ngei tumin tan an khawh a, an khingpuite an nawr nasa hle. An khingpuite nawr viau mah se goal erawh an thun lawk thei lova, in-rintawkna an hloh hman teuh hle. Beisei anga goal lut a awm theih lawk loh hnuin Bayern Munich tana chezha tak Michael Olise chuan buai nuaih nuaih kar atangan leihrolah kawh zet in a pet goal a, minute 43-naah hmahruaina goal a thun.

Chawhlhaw hman goal lut har viau mah se chawhlhaw hnu lamah erawh goal a lut ta thuai thung. Second half tan atanga minute 49-na lakah hmahruaina goal thuntu Olise chuan an goal hnihna a thun zui leh zat a, an hmahruaina a tizau.

Si hniha an hnufual hnuin Northern Ireland in an si phurh sut ngei tumin tan an khawh a, an hlawhtling. Minute 64-naah Patrick Kelly chuan goal thunin an si phurh a sut then. An si phurh an sut vanga phur tharin, tlawm pumpelh tum viau mah se an tang khawng rei thei lova, goal an chhuah belh leh thuai thung. Goal hnih thun tawh Miachel Olise chuan minute 74-naah an goal thumnaa thunin goal thunah lungthu a kim a, hatrick a siam.

Northern Ireland an hmachhawn tum hian France manager Didier Deschamps chuan defence-ah Konate aiin Saliba, a luhtir a. Tlarh-nung player dang; Upamecano, Kounde leh Her-

nandes te a tidanglam lo. Muallaiah Tchouameni leh Rabriots a hman nawn leh a. Tlarhma thlak danglam in No. 10-ah Dembele a dah a, No. 9-ah Mbappe a dah ve thungin a sirah Desire Doue leh Michael Olise te a dah. An goal nawr a na ta sawt a, an ni ho hi World Cup-ah pawh a hman chhunzawm a rinawm.

Spain an chak

European champion Spain hi World Cup 2026-ah champion tura rinkai ber an ni a. World Cup hmaa friendly match an khel hmasakah erawh beisei an phak lova, Iraq nen 1-1 in an inhnetawk ringawt. Iraq lakah beisei phak lo mah se thawhtan zana an khingpui Peru chu 3-1 in an hneh ta tho thung.

Spain manager Luis de la Fuente chuan Iraq an hmachhawn tumin a player thate a chhawr lo. Peru an hmachhawn tum pawh hian tlarhmaa an player langsar Lamine Yamal leh Nico Williams te a chhawr lova, a la hahdamtir. Muallaiah rin lawk ang ngeiin Rodri, Pedri leh Fabian Ruiz te an inkawp a, an hmuhnawm hle. Tlarh-nungah Cucurella, Laporte, Cubarsi leh Llorente te an inkawp a, Unai Simon-a'n siban a nghak ta baw.

Spain hian Mexico-a Estadio Cuauhtémoc ah bul an tan tha viau a, inkhel tan atanga minute hnihna lakah Mikel Oyarzabal chuan hmahru-aina goal a thun nghal. Hma takah goal an thun vangin an phur a, naum ti takin an inlan chhun-zawm. Hma taka goal an thun hnuin Pedri chuan minute 32-naah an goal hnihna a thun a, 2-0 a hmahruai chungin chawhlhaw an hman.

Chawhlhaw hnu lamah Peru in hma an sawn tak tak thei lova, Pedro Gallese chuan minute 53-naah an lamah a ti-goal palh a, Spain goal thumna a thunsak. Si thum ngawt an phurh hnuin Jairo Velez chuan minute 66-naah Peru tan goal thunin an si phurh a sut then a. An thlang-tlawm lutuk tur a thum mawi. Velez goal thun hnuin goal dang a luh belh tawh lova, Spain in phu takin hnehna an chang a, World Cup-ah in-rintawkna sang zawk nen an inlan zui phah ngei tura ngaih a ni.

Thawhtan zan reia inkhel dangah team lian Netherlands chuan a wavi khat nana World Cup khel tur Uzbekistan chu 2-1 in an hneh. Netherlands goal hnihte hi Gody Gakpo-a'n penalty at anga a thun ve ve a ni a. An chak dan hi phurpui hlui chi erawh a ni lem lo thung.

Spurs an chak ve ta

Thawhle zing khan NBA finals game thumna khel a ni a, game hmasa pahniha tlawm zawn tawh San Antonio Spurs in hnehna changin New York Knicks nen an inka an tizim. An mualah Quarter thumnaah point 8 in Spurs an chungnung a, point khatin hma an hruai-let chia. Quarter hnunung berah chak tumin an innar tawn zak zak a, inkhel hmuhnawm takah point thumin Spurs an chungnung zui leh ta mai a. San Antonio Spurs chuan mikhu-al an nihna hmu-nah point 115-111 in mualneitu New York Knicks an hneh. An mualah Knicks an tlawm vangin wavi 13 zet an chak tuang lai

chu tihtawpin a awm ve ta.

Final game thumnaah khan a player pawimawh Victor Wembanyama tihsual vangin Spurs chu ui-awm takin an tlawm a. Final game thumnaah erawh Wembanyama chetthat vangin an chak ve ta thung. NBA 2025-26-ah defensive player tha ber Wembanyama hian game thumnaah point 32 lai a thawkhhuak a, ball sawhlet wavi 8 a dawn bakah assist wavi ruk a nei tel baw. Knicks tan Anunoby chuan point 28 a thawkhhuak a, Jalen Brunson chuan point 32 thawkhhuak baw mah se an team tlawm tur an chhanhim zo lo.

Madison Square Garden in kum 1999 hnu lama NBA Final a thlen lehna hmasa berah hian he khuaa piang USA President Donal Trump chuan a hmunah a en a. Trump hi US President zingah NBA Final a hmu-na en hmasa ber a ni nghe nghe. An ram hruaitu lu berin ngaihlui a hmu-nah en baw mah se a hmuna entu mipui pungkawm-te chu ring takin a lo au nawmna thlat thung.

Final thawh lina hi ningani zinga khel a ni ang.

Champion tur Netherlands

World Cup 2026 a hnai zel a, a boruak chho ta hle. WC 26-ah champion tur in-rin-siakna hrang hrang a tam viau a, zawlnei a inlar chho mek baw. World Cup hnunung pathuma champion tur lo ring dik tawh Joachin Klement chuan Netherlands an champion dawn a ti mauh mai.

German Mathematician Joachim Klement hian World Cup 2014-ah Germany champion turin a ring/hrilhaw tawh a. Brazil in a thlen World Cup 2014-ah khan Germany in 1-0 a Argentina hnehin an champion tak tak.

2014-ah champi-on tur a rin dik hnu-in World Cup 2018-ah champion turin France a ring leh a. France hian final-ah 4-2 a Croatia hnehin an champion leh ta tak tak a, Klement a daw lo leh.

World Cup 2022 a lo inherchhuak a, Klement a daw lo leh. Argentina an champion ve tawh a ring.

A rin ang ngeiin World Cup final awm awm zavng zavng hmuhnawm ber ang hiala chhalah Argentina in champion lai France an

hneh a, a wavi thumnan World Cup-ah an champion. Argentina an champion leh tak vangin Klement hian ngaihven a hlawh ta hle.

Hun a inhera kum li hnua World Cup 2026 khel tan a lo ni leh dawn ta reng. A zawnaw wavi thum ngawt champion tur lo ring dik tawh Klement a awm hle hle thei lova, a rin dan puang-chhuak leh in, "Tun tum chu Netherlands an champion ve tawh dawn," a rawn ti.

Klement a hrilhaw dan chuan Netherlands hian semi-final-ah champion tura rinkai ber Spain an hneh ang a. Semi-final leh lama Cristiano Ronaldo vang chauh pawha champion chaka tuihal Portugal in England hnehin final an lut ang. Tichuan, final-ah Netherlands an chak ang a, tui let hnu lama a wavi khat nan an champion dawn ta a nih chu.

Netherlands hi football thiam ram, team hmuhnawm ni reng thin an ni a, to-

tal football chingch-huaktute an ni. World Cup-ah ngei pawh hian team tha pawl ni rengin an thlang sang fu zel. Final pawh wavi thum ngawt an khel tawh a. World Cup 1974, 1978 leh 2010 final-ah an vanduai vek a. Wavi thum final khel tawha la champion lo awmch-hun an ni.

Tennis-ah player tha pawl tak ni a, Olympic leh ATP Finals ahte pawh lo champion tawh thin Alexander Zverev chu French Open 2026-ah a champion ve ta nawlh a, lawmpuitu a ngah hle. Zverev angin final wavi li an khel-naah Netherlands an chak a, World Cup 2026-ah an champion nawlh a nih pawhin awm ve renga ngai-hna lian tak a awm ang a, lawmpui pawh an hlawh viau a rinawm.

Tum thum lai World Cup champion tur lo ring dik zawn tawh Joachim Klement ngei pawh hian football-ah chuan thil danglam thut thei reng a ni a. A hrilhaw-kna ngei p a w h i Luka ziak an tlukna ngaiha, in ngah na tlak a nih loh thu erawh a sawi tel tho thung.



Ariana Grande "Hate That I Made You Love Me" a Hot ber

Ariana Grande hla thar "Hate That I Made You Love Me" chu Billboard Hot 100 (US singles) chart No.1-ah a debut a, he chart-a a hla No.1 kai thei 10-na a ni a, he chart-a No.1 kai thei hla ngahah 10-na a ni chiah baw. He hla hi a album thar July ni 31 a a tlangzarh tur, a studio album pariatna 'Petal' at anga a lead single a ni.



"Hate That I Made You Love Me" hla hi Ariana Grande, Max Martin leh ILYA ten an phuahho bakah an produce nghan a, Martin tan hian he chart-a No.1 kai thei hla 28 a produce-na a ni a, producer anga he chart-a No.1 kai thei hla ngah ber a ni a, No.1 kai thei hla phuah 30 a nei tling ta a, Paul McCartney (32) chiah No.1 kai thei hla phuah tamah a la phalo. Grande pawhin No.1 kai thei hla phuah 10 a nei tling ta a, No.1 kai thei hla produce pathum a nei ta baw. ILYA

tan heng thil chi hnihah hian a palina ve ve a ni ve thung.

Billboard Hot 100 chart hi kar khat chhunga US-a hla lar dan tehna niin, chart ranking siam nan hian all-genre US streaming (official audio leh official video), radio airplay leh sales data te chu tehna pawimawh a ni.

Ariana Grande "Hate That I Made You Love Me" hian kar khat chhungin stream mak-

taduai 23.6, radio airplay ngaithlatu maktaduai 18.9 leh sales 70,000 a kai thei a, hei hi chart No.1-ah a debut pui ta a ni.

Ariana Grande hian chart No.1 kai thei hla 10 a nei tling ta a, heng No.1 kai thei hla 10 zinga pariat chu No.1 a debut (chart No.1-a debut tih chuan chart-a a lan theihna hmasa bera No.1 ni nghan tihna) an ni a, Taylor Swift nihrualin hmeichhe zaithiam

zinga chart No.1 a debut thei hla ngah ber a ni ta a, No.1-a debut thei hla 10 nei, Drake chiah a pha lo.

Chart No.1 hlui pahniin Grande hla thar hi dawtin, Ella Langley "Choosin' Texas" chu No.2-ah baw a la awm a, Drake "Janice STFU" chu No.1 atangan No.3-ah a tawlh ta a, Langley hla dang "Be Her" chu No.3 atangan No.4-ah a tawlh ta baw. Chart No.1 hlui Bruno Mars "I Just

Taylor Swift "Toy Story" soundtrack-in streaming record a siam

Taylor Swift chuan "Toy Story 5" soundtrack atan "I Knew It, I Knew You" phuahin, aman a sa nghan a, he hla hi khawvela streaming site lian pathum te chuan an platform-ah nikhat chhunga hla stream nasat ber a la nih thu an puang.

Spotify chuan he movie theme song hi hmeichhe zaithiamin country hla a sak zingah chuan darkar 24 chhunga an platform-a hla stream nasat ber a nih thu an puang a, Apple Music pawhin an platform a hla tlangzarh a ni khatnaa stream nasat ber a nih bakah, kumina country hla tichhuah tawhah chuan an platform a stream nasat ber a nih thu an puang baw. Amazon Music pawhin "I Knew It, I Knew You" hi kumina an platform-a ni khat thil thu a stream nasat ber a nih thu an puang baw.

He hla hi Tay-



lor Swift hian Zirtawpni kalta khan a tichhuak a, a film "Toy Story 5" hi June ni 19-ah cinema hall-ah an chhuah tan dawn baw a ni.

Taylor Swift chuan Toy Story tana hla a phuah thu hi Instagram-ah post-in, "Heng character tana hla phuah

hi hman atanga ka lo suangtuah tawh thin a ni a, hmeichhe naupang kum nga mi ka nih lai atanga ka nginat tawh a ni. Kum nga ka nihin ka vawi khat enna atangan ka ngaina nghan a, he hla pawh hi screening atanga ka haw veleh ka ziak chhuak ta nghan a ni," a ti.

Might" chu No.8 atangan No.5 a kai thar leh ta a, Olivia Dean "Man I Need" chu No.10 atangan No.6 a kai thar leh ta a, Olivia hla dang "So Easy (To Fall on Love)" chu No.7-ah baw a la awm.

Drake "Shabang" chu No.4 atangan No.8-ah a tawlh a, Ella Langley leh Morgan Wallen "I Can't Love You Anymore" chu No.13 atangan No.9 a kai thar ve leh ta a, Tame Impala leh JENNIE "Dracula" chu No.14 atangan No.10 a kai thar ve leh ta baw.

Billboard Hot 100-a No.1 kai thei hla ngah zualte:

- 20, The Beatles
- 19, Mariah Carey
- 14, Drake
- 14, Rihanna
- 14, Taylor Swift
- 13, Michael Jackson
- 12, Madonna
- 12, The Supremes
- 11, Whitney Houston
- 10, Ariana Grande
- 10, Janet Jackson
- 10, Bruno Mars
- 10, Stevie Wonder

Vivo V70 Lite 5G



Car collector ho pawhin kaw! an chak t heuh a ni a, a chhan pawh khawvelah hetiang car dang hi a awm lo hrim hrim, Pagani hian pakhat chiah an siam chhuak tlat. Pagani hian Zonda hi 140 vel an siam chhuak a, 760-series hi collector hoin an ngaihven zual a ni ta a, 2017 Pagani Zonda 760 Roadster "Diamante Verde" hi pakhat chiah an siam chhuak a ni. Carbo-Titan chassis leh Mercedes-AMG 7.3-litre V12 engine nein, 760 bhp pechhuak thei a ni a, six-speed manual gearbox nein, rear-wheel drive a ni.

He car hi a neitu hmasa ber hnen atangan German exotic car specialist Mechatronik kaltlangin an zuar chhuak a, mel 500 chiah a la tlan a, chu chu Alonso hian a chang ta a, ani hi he car neitu pahniha a ni a, Mechatronik hian a delivery zawng zawng pawh an buaipui vek a ni.

Fernando Alonso hian a garage-ah car turu tak tak a hung nual tawh a, chung zingah chuan Holy Trinity of hybrid hypercars an ti mai, car pathum- LaFerrari, McLaren P1 leh Porsche 918 Spyder te pawh a tel a, heng bakah hian Aston Martin Valkyrie leh Aston Martin Valiant te pawh a tel. Alonso hian Ferrari Enzo pawh a nei thi a, mahse, he car hi 2023-in dollar maktaduai 6 chuangan a hralh a, hmanni lawk khan dollar maktaduai 10 man Mercedes-Benz CLK GTR a lei thar baw.

Vivo V70 Lite 5G chu UAE-ah an tlangzarh a, 8GB RAM-ah 128GB leh 256GB storage awmin AED 1,099 (Rs 28,500 vel) leh AED 1,299 (Rs 33,700 vel) man a ni a, India-ah pawh tun thla laihawl hi chuan an tlangzarh hman tawhin a rinawm. Vivo V70 lineup-ah hian Vivo V70, V70 Elite leh V70 FE te an tlangzarh tawh baw a ni.

Vivo V70 Lite 5G hi dual-SIM niin, Android 16-based OriginOS 6 a hman a, octa-core MediaTek Dimensity 7400 Turbo SoC nein, virtual RAM expansion feature a nei hmanin a RAM hi a inbuilt storage hmanin 12GB thlengin a tihlen thi.

6.77-inch fullHD+ (2392x1080 pixels) Q10 Plus AMOLED screen nein, 120Hz refresh rate, 3,000 nits peak brightness, 387ppi pixel density a nei a, hnungah camera pahni- 50-megapixel Sony primary sensor (f/1.79 aperture) leh 8-megapixel ultra-wide-angle camera (120-degree field of view) a nei a, a hmalamah 32-megapixel selfie camera a nei baw.

Connectivity-ah chuan dual-SIM 5G, 4G LTE, dual-band Wi-Fi, Bluetooth 5.4, NFC, GPS, GLONASS, Galileo, BeiDou, QZSS, OTG, USB Type-C port a supporter a, sensor hrang hrang a nei zingah accelerometer, gyroscope, ambient light sensor, proximity sensor, leh e-compass a tel a, IP65 dust & splash resistance rating a nei baw.

Fernando Alonso \$11.7M man Pagani Zonda



Prix an tlan a, hemi hma lawk hian a Pagani Zonda hi khawlaiah a khalh chhuak a video a viral nghan.

He hypercar hi mipui hmuh tur pawhin an khalh chhuak zen zen lo a, mahse tun tum chu Alonso hian Monaco-ah hian a chhawp lut tlat mai a, emerald green carbon fiber bodywork leh lime green aerodynamic accents chu chak taka a tlan chung pawhin an hmuh hmah lo nasa. Pagani trademark exhaust pipe pali an rem bial that mai te chuan a car hmel lan hma hauh pawhin a thawm atang ringawt pawha ngaihven loh theih loh khawpa engine rum ri a tichhuak tlat a ni.

2017 Pagani Zonda 760 Roadster "Diamante Verde" hi khawvelah pakhat chiah a awm a, he car neitu nih chu intihtheihna tham a

va ni dawn Chiang tak. A man lah chu a to khawp a, dollar maktaduai 11.7 man lawih ni turin an chhut a ni. Chu car chu F1 driver hriathlawh Fer-

nando Alonso garage a awm tlat. He hypercar hi Monaco khawlaiah Alonso hian a khalh chhuak tlat mai. Pathianni kalta khan Monaco Grand

Phuah

Pawh

Gold ball pyramid lian ber an siam



Guinness World Records siam theihna hi chi hrang hrang a tam khawp mai, record la awm ngai miah lohnaah te pawh record siam a dil zel theih. Engpawh ni se khawvela a ber ni tur hi chuan eng thil-ah pawh thil awlsam tak a ni ngai lo. Tun tumah hian pawh golf fans pathum chuan golf ball 19,019 chu pyramid pianzia angin an

rem khawm a, Guinness World Record an siam der mai le.

Michael Furrh, Debbie Reynolds leh Terri Janak te chuan volunteer te kaihuain gold ball pyramid hi Benbrook Lake-ah an siam a, hei hi Benbrook Heritage Fest puala an ti a ni a, golf ball 19,019 an remkhawm thei ta a ni. A hmaa hetiang record chu

Pennsylvania-a Zacary Krivda'n 2022-a a siam niin, golf ball 17,575 a rem kawm thei a ni.

Tuna record an siamna golf ball an remkhawm hi chhawng 38 a ni a, an inchar beh theihna tur chi eng thil ban mah hman phal a ni lo a, ball te chu an awmnaah an awm ngeh theihna turin eng hmanrua mah hman phal a ni lo baw.

I kal a lo tha lo ru reng em?

Kidney failure an tia, renal failure te pawh an ti baw a, kal tha lo tiin sawi mai ila. A symptom hi ngaihthah a awl duh khawp mai a, a symptom langsar deuh chi hnih a awm a- kawng leh hnungzang na leh zung tam lutuk te hi a ni. Hetihual hian a lanchhuah dan chi dang, mahse, kan hriathiam loh vanga kan ngaihthah thin a awm baw. Heng warning sign te hi kan hriathiam a pawimawh riau a, a chhan hi kal lama harsatna hi a inthup thiam riau a, a na ngai mang lo a, a symptom pawh a awm mang thin lo. Tun tumah hian Times of India-in kal tha lo symptom kan ngaihthah thin a an sawi te kan rawn tarlang e.

1. Chau leh zawi ngawih ngawih: Hormone chi khat erythropoietin (EPO) hi kal atanga insiam a ni a, he hormone hi red blood cell siamna puitu a

ni. Kal a that loh chuan he hormone insiam chhuak hi a lo tlem ta thin. Kan taksain red blood cell hi kan tihrawl leh thluakah te oxygen sem darh nan a mamawh a, red blood cell insiam a lo tlem chuan kan taksa a oxygen level a lo tlahniam a, chu chuan chauh leh zawi ngawih ngawihna te a thlen thei. Kan awm hahdam vang vang hnuah pawh a chhan hriat tur awm si lo a kan chau a, kan zawi deuh ngawih ngawih reng mai a nih chuan kal tha lo vang a ni thei a, doctor rawn tur a ni. Kal tha lo vanga chau leh zawi hi chu kan hah avanga kan an chau leh zawi deuh thut nen a inang a, kan zawi nileng deuh mai thin a, hna han thawh leh til tih tur te pawh kan peih lo deuh ngawih ngawih zel ang a, zanlama kan mut hat viau pawhin chhunah mut a chhuak duh hle ang. 2. Ngaihtuahna sawrbing

harsat leh haihaw: Kal a that loh chuan thisen a inthliffim tha taw lo a, chuvangin kan taksaah thil tha lo (toxin) chambang a tam thin. Thisen a toxic awm te chuan thluak hnathawh a tibuai a, chuvangin ngaihtuah sawrbing (concentration) a harsa a, thil hriat leh zirthiam a harsa a, an haihaw duh hle baw. Thil an theihngihlil leh tlat thin a, an nitin thil thil thin te pawh theihngihlil an ching a, an titi laklawh lai te pawh a buai leh deuh nuaih thin. Kidney failure neite hian til ngaihtuah an harsat bakah thil hriat reng an harsat tih hi an case-a report tlanglawn tak pakhat a ni. 3. Thak reh thei lo: A chhan hriat tur awm si lovin i vun a thak leh vak thin em? Hetiang hi kal tha lo ten an nei duh hle. Vunah thildang hnuhma awm mang si lovin a thak leh vak thin. Kalin thil bawl-

hhlawh a paih chhuah that loh avanga lo awm a ni. Zan mut harsat phah khawp te pawhin thak hi a awm thei. Eng emaw allergy avanga thak te nen a inang lo. Hetianga a chhan hriat tur awm si lo a kan thak leh vak thin a nih chuan doctor rawn tur a ni. 4. Kut, ke leh mit bul vung: Kalin a nih tur anga hna a thawh chuan kan taksa a al (salt) tam lutuk tur chu tui rualin a paih chhuak thin. Kalin a nih tur anga hna a thawh loh chuan taksa atanga thil tha lo a paih chhuak tha lo a, chu chuan vung a siam thei. Hetiang vung hi edema an ti a, i ke vun avangin i pheikhawk i lo tawt deuh thut ang a, i kut vun avangin i zungbun te pawh a tawt deuh riau in i hre thei ang. A chhan hriattur awm si loin a lo vung ringawt ang a, reh mai lovin zual lam te a pan ang. Kalin hna a thawh that loh

avangin taksa fluid balance (water retention) a buai a, chu chuan taksa peng hrang hrang a tivung thei a, a bikin ke leh kut bakah mit baw vel a ni duh leh zual. 5. Chawi ei tui lo leh ei duh zawng inthlak thut: Kidney failure avanga thisenah thil tha lo a in chhek khawm nasat chuan kan thil ei tuina leh tui tih zawng thlengin a nghaning thei. Kan ka a al (salty) emaw a kha (bitter) emaw thir (metallic) rim a nam deuh tlat zel emaw a ni thei. Kan thil ei chakna a bo deuh duak thei baw. Heng avang hian rihna a lo tlahniam a, min tizawi thin. Kidney failure patient-te hian an thil ei a tui lo tih an sawi deuh zel a, a chhan pakhat chu kalin hna a thawh that loh avanga thisenah thil tha lo awm ten digestive system an tibuai a, thluakah signal an thawn vang a ni.