

Zirlai, hna zawng mek leh hna-thawh mek te tan Hostel fai leh thiangleim, ei leh in tuihnai, tui hniangleh, free wi-fi, two wheel-er free parking awh thlap, thlenin mamawh tan pawh man tlawm tein a thlen theih bawh e.

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Team huaisen Argentina in final an lut P-7

US-in Iran vau chungin a kap zui zel P-4

2026 Nashville SHOF nomination-ah Tayler Swift leh Miranda Lambert an tel P-8



The Aizawl Post

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VAWIIN KHAW CHIN

Time	Forecast	Temp.
Zan dar 11 - zing dar 5		20°
Zing dar 5 - chhun dar 11		24°
Chhun dar 11 - tlai dar 5		27°
Tlai dar 5 - zan dar 11		21°

CHANCHIN TAWI

La tlang lo

□ Lunglei district Tawpui South-a leimin avanga kawng ping chu naktuk, Inrinni hi chuan a tlang hman tawh beisei a ni. Thudawn danin, Tawpui South-a kawng ping hi lung tia leh mai theite hal a nih hnu ah, nimin - July 16 atang khan lei leh lung tia hi thenfai tan a ni, lirlhei te ho chu tlai lama tlang thei tura beisei a nih lain, Lunglei district magistrate leh kawngpui enkawtu ABCI Company lamin thil awh dan an sawiho hnu-ah, lei a ngheh loh avang leh chhiatna nasa zawk thlang leh thei a nih avang, mipui him tian zawk-na atan July 21 chawhnu lamah lirlhei kal thei tura hawn tum a ni.

Aadhaar Camp

□ Khawzawl district bawhsap pisa, District Education Office leh Women & Child Development Department tangho hmalaknain Khawzawl district-ah Aadhaar Camp neih a ni, khawchhng veng thenkhatna kalpui tanin, district pumah neih a ni dawn a, khaw hrang hrangah operator-te kal kuanin camp buatsaih a ni dawn. Camp neih chung hian Aadhaar address-a Champai district tih la chuang chu 'Khawzawl district' tia thlak tur a ni, district thlak bakah siamthat (update) ngai hrang hrang leh new enrolment a tih theih bawh. July 14 khan UIDAI Regional Office Guwahati hotuten a hmuna an tlawh a ni.

Project Sunsilk

□ Mizoram District Transformation Programme hnuia Champai district hmalakna pakhat - Project Sunsilk chu nimin khan bawhsap Mohammad Aaqib chuan a hmanpui. Project Sunsilk hi Mizoram sawrkar flagship programme - Bana Kai hnuia peng pawimawh - Mizoram District Transformation Programme-a Champai district hmalakna pakhat a ni. Sericulture department hnuia khaw pang-a - Ngur, Hmunhmeltha, Dilkawn, Khawbung leh Zokhawthara pangang khawituten an buhchum dahthana tur deep freezer pang pek a ni. Ngur khuua Ngaisih Zaua pangang khawitute tana ni zung chakna hmanga kawphetha pekna trur hmun thumam bun sak an ni bawh.

Sangha chi sem theih hmel loh

Kum danga a tih thin angin kuminah chuan Mizoram sawrkarin sangha dil neite hnenah sangha chi a sem theih hmel loh tih sawi a ni.

Hemi chungchanga zawhna chhangin Fisheries minister Lalhansanga chuan, kuminah subsidy-in sangha chi an sem (p-2-ah chhunzawm...)

ZPM sawrkar hnuah hlemhletna tawmim duak

- ZPM ECM



ZPM sawrkar kum hnih chhung chauhah pawh hlemhletna a tawmim duak chu a lawmawm tih an party chuan an sawi.

ZPM Gen. Hqrs. Executive Committee Ningania thuthawm chuan resolution an siam a. Chief minister Pu Lalduhoma kaihhruai ZPM sawrkar kum hnih leh a chanve chhunga hmalakna hrang hrang - thlai thar lei, Vairengte to Sairang four lane, Assam Rifles sawnchhuah, healthcare tha taka kalpui mek, tha taka dan leh thup-pek kenkawh, smuggling hrang hrang tawmim ta,

eng chhit man ba ruh, pension tam tak tihfel, dan dik taka sawrkar hna lak leh sawrkar hnat-hawkte hlawh lak mumal ta chu a lawmawm tih a sawi.

ZPM sawrkar kum hnih chhung chauhin hlemhletna (corruption) a tawmim duak tih sawiin, an minister leh MLA zingah hlemhletna avanga hminghliu an la awh lo chu lawmawm an tih thu a sawi a ni.

Khawvel hmun hrang hrang Zofate in-pumkhatna atana sawrkar hmalakna lawmawm an tih thu sawiin, ram pawna Zofa harsatna

taw mi engemawzat buaina Mizo Diaspora Cell-in a chinfel sak chu lawmawm an tih thu a sawi.

'ZPM party policy - Kalphung thar Mipui sawrkar a hlawhtlin theihna tura sawrkar hmalakna leh hna-thawhna kawng hrang hrangah Mizoram sawrkar hnathawkte inpek-na leh thawhrimna lawmawm kan ti a. Kan ram siamthatna atana sawrkar hmalakna hrang hrangah rinawm tak leh taima taka sawrkar thawhpui zel turin kan sawm a ni,' resolution chuan a ti

Power supply tha zawk nei turin Sub Division tinin rawtna thlen

Aizawl khawpuiah power supply tha zawk nei a nih theihna turin Sub-Division hrang hrang aiawh chu Nilaini khan Power & Electricity minister F Rodingliana kaihhruain, division tin aiawh an thukhawm a. Thawktute harsatna leh rawtna an neihte sawiho a ni.

Aizawl Power Circle hnuia Sub-Division 9-a thawktu junior engineer chin chunglam chu thut-khawmah hian an tel a. Minister chuan field-a thawktute atang ngeia ngaihthlak a duh avanga he inawnkhawmna hi neih a ni tih sawiin, Sub Division pakua atanga tel hi a inchhawkin a sawiho pui a ni. Harsatna leh rawtna an neihte sawi-in, an huamchin theuha power supply khaihlak loa pek theih tura rawtna an neihte sawiho a ni.

Heng an thu thlen atang hian P&E commissioner & secretary K Lalrinzuali, engineer-in-chief Ngursailova Sailo, chief engineer leh superintending engineer-te nen

siam nghal a ni. Chu'ng zingah chuan bungraw pawimawh lei ngai leh tihbelh ngai ngaihtuahin, bungraw quality tha zawk lei a, line pawh that ngai awh pawh division tinah hma la nghal tura inhriattir a ni a. Distribution transformer li-anin huamchin zau tak a chawm thin chu tih zim a,

distribution transformer te zawk pahni dah belha chawm rel a ni.

Thawktu duty tur mamamawh tih tlemna atan Sub Station computerised dan ngaihtuah bakah distribution transformer tina power lut leh chhuak chhinch-hiahna atan in-coming (p-2-ah chhunzawm...)

Foreign Contribution (Regulation) Amendment Bill 2026 chu kumin March 25 khan Lok Sabha-ah pharh a ni a, he Bill hian NGO leh Kristian pawl sum dawn danah thuk taka sawrkar a inrawlhna tura duan a ni tih sawiin, FCRA registration cancel sakna tur, surrender emaw a hun hmaa FCRA certificate renew hman loh emaw avangin sawrkar laipui ruat 'designated authority' kuta kohhran leh NGO thil neih zawng zawng lut vek turin dan hi siamthat a ni tih a sawi.

Foreign Contribution (Regulation)

Amendment Bill 2026 leh pastoral ministry a tel tih sawiin, FCRA hi tihtawp sak an nih a, tuna Bill pass tum ang chuan an asset tin hi 'designated authority' kutah awmin, sawrkarin a chhuhsak thei dawn tihna a ni tih a sawi.

Bill hi pass a ni lo na in, sawrkar laipui chuan FCRA inkaihhraina dum (rules) a siam zui ta tho nia sawiin, Parliament thuthawmah ngaihtuah nawn tura putluh leh tum a ni tih a sawi bawh.

Tuna BJP sawrkar hnu hian FCRA hnuia license nei pawl/ kohhran sing hnih chuang license tihtawp sak an ni tawh a. Heng zingah hian Mizoram atang pawhin an awh nual tawh tih MPCC treasurer hian sawiin, tunhnei maiah pawh license renew tum Mizoram-a kohhran pakhat pawh license renew a tumnaa tih khawtlaisak niin, an sum dawn tur pawh khawih chet theih loha dah (freeze) sak an ni tih a sawi.

India ram hmun thenkhata Kristiante tih-duhdah leh ngaisakna thlang chu BJP-in sawi mam an tum thin tih a sawi a. Central-a Con-

gress sawrkar lai pawha thlang tam leh sakhaw danga inleh phal lohna dan zama inpuhna awh thin chu sawiin, Congress sawrkar lai pawhin Kristian tih duhdahna a thlang a, BJP sawrkar hnuia thlang nen erawh chuan a let tam fe zawk a ni tih a sawi.

"Kristiante chu ti-duhdahna tuar turte in kan insawi thin a, chu chu a ni ngawt lo. India danpuin zalen taka kan sakhua duh zawng kan biak min phalsak hi Congress party chuan tundin kan duh vang zawkin he danpui bawhchhe zawn-ga chetna hi kan dodal thin," a ti.

MPCC thupuangtu Dr Lallianchunga chuan, sakhua leh hnam in-pumkhatna atana Prime minister leh Home minister-in tawngkam khat mah an la nei lo tih a sawi a. Pu Hawla a chief minister lai khan Kristiante chungah hleilenna a thlenin a dodal ngam a, Kristiante thlavang a hauh ngam a, a Zo a Vain an thlamuanpui thin tih a sawi. "Khatiang chief minister kha Congress chuan kan nei leh dawn," a ti.

India ram hmun thenkhata Kristiante tih-duhdah leh ngaisakna thlang chu BJP-in sawi mam an tum thin tih a sawi a. Central-a Con-



Mizoramah World Cup thli a tleh mek a, mipuiin World Cup an ngainatzia hi hai rual a ni lo. Sikul tan tlai phah an awh a, damdawi inah pawh dam lo leh dam lo riahpuite n inkhel an en. Argentina leh England inkhelh zan khan damdawi in pakhatah chuan doctor leh thawktu dangin Argentina leh England jersey ha chungin dam lo an enkawl.

Mizotaxi-ah inziak lut la tlem

POST NEWS SERVICE

July ni 1-ah Mizotaxi app hman tan tur tih chu sork-ar thuchhuak a ni a, mahse taxi-puteah inziak lut an la tlem hle.

Thla chawhnu lam a ni tawh a, July ni 16 tlai lam dar 3 vel thlanga he app-a taxi-pu inziak lut hi 985 an la ni chauh.

State Transport Authority-in an chhinchhiah danin, dilna lut tawh zawng zawng hi 1135 a ni a, chung zinga 132 chu hnawh a ni. Hnawh hi lirlhei document fel lo leh a khalhtu document fel lo te a ni hlawm tih thu dawn a ni.

Inziak lut (registraton ti tawh) tawhte hi two wheeler taxi 690, four wheeler taxi 279 leh auto rickshaw 16 a ni.

Mipui lamah mi 21030-in Mizotaxi app hi an install tawh a, July ni 15 khan he app hmanga taxi book tum mi 179 an awh tih thu dawn a ni.

Mizotaxi app hi Aizawl khawpuia hman tura tih a ni a, mahse taxi leh auto rickshaw khalhtute intelkhawmna pawl te'n hman an duh lo. Court-a kal an tum mek a, hemi atan hian an inbuatsaih mek. Aizawl Two Wheeler Taxi Association hrutute chuan court-a khing tura an inbuatsaih mek thu an sawi a, Right to Information Act hmanga thil dil an nei thu leh, chu chu an ngah mek thu an sawi. An thil dil hi kar li dawn an ngah tawh tih an sawi bawh.

Taxi-pute chuan mipui lamah he app hman lo tura ngentu an tawng thin tih an sawi a, an passenger-te zingah app hman lo tura ngentu an tawm fo thu sawiin, app hmang thiam ve lo an tawm fo thu leh a sum faia chuan man inpek duh zawk an tawm thin thu te an sawi.

A hmain Aizawl Two Wheeler Taxi Association-in app hi an lo siam tawh a, huiva tia an vuah app an hman chhung khan mipui lamah hmang thiam lo an tam thu te, taxi-puah pawh hmang thiam lo an tam thu te sawiin, thil tih chi nia an hriat loh thu an sawi.

The ICAI University, Mizoram



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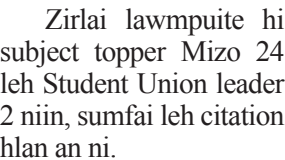
Campus: Durtang North, Aizawl, Mizoram - 796 025.

City Office: Chanmari, Opp. KFC, Near HDFC Bank, Aizawl, Mizoram. Ph: 8709445599

MSU-in UG topper ho lawmpu

Study Committee
hian an thil zir hi draft
report an peih tawh a.
Enho an nih hnu ah chief
minister hnenah an the-
hlut dawn a ni.

an ring lo tih a sawi a ni.
He scheme hi a tawp
tak avangin kuminah
Chief Minister Fisheries
Mission hmangin sang-
ha chi sem tumin hma
an la leh mek a, mah se,
Union cabinet pawmpui
ngai a ni a, an lo pawm-
pui a nih pawhin kumin
September velah an sem
theih chauh an beisei tih
a sawi.



uan lawmthu sawiin het-
 iang hun hi buatsaih ala
 ni ngai lo tih an sawi a.
 Aizawl khawpui chhunga
 power supply tha zawk
 pek kawngah awmzia
 thui tak a nei ngei dawn
 tih an sawi a ni.

No. 4063 chhanna

	H	M	U	I			H			
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1	9	3	4	7	8	2	5	6
4	7	6	5	2	3	8	9	1
7	4	2	3	9	1	6	8	5
6	3	9	8	4	5	1	7	2
5	1	8	7	6	2	9	4	3

Hmeichhe T̄angrual-in Jubilee lawm

Mizo Hmeichhe T̄angrual (MHT) chuan an pawl din champha 80-na, Oak Jubilee chu Ningani khan an lawm a. Social Welfare minister Lalrinpuii chuan a hman-pui.

Minister chuan, Mizo society hnufum tak, hme-ichhiaten rorelna leh thutlukna siam kawnga chanvo an neih tlem laia hetiang pawl ropui tak a lo ding thei leh hruaitu hmasate inpekna ropui a tih thu a sawi a. Rambuai leh hun harsa lai pawha Motherless Babies’ Home hial an lo din chu fakawm a tih thu a sawi.

2023 MLA inthlan-puiah hmeichhia pathum thlantlin an ni a, cabi-net minister an awm ve thei ta tih sawiin, “Mizo hmeichhiaten hma kan sawn zel hi a lawmawm. A chak apiang leh a fing apiang an dingchhuak loa, kan hun tawna danglamna thleng mil zela inherrem thiam apiang an dingchhuak thin,” a ti.

MHT hi 1946 July 16-a din a ni a, “Mizo Hmeichhia leh Naupangte Chawisan”



chu an motto a ni. Hma an lakna langsar zingah, Motherless Babies’ Home an din a. Kum 1968 khan dinin, tun thlengin naupang 418 an enkawl tawh.

Aizawl khawpuia hnathawk leh lehkha zir, hmeichhe chanhai zawkte tan kum 1980 khan Working Wom-

en’s Hostel an hawng a. Mi 1700 velin an lo chhawr tawh. Hmeichhiaten mahni intodelhna atan leh eizawwna an neih theihnan kum 2016 atang khan puanthui zir-na an hawng.

Hmanlaiin Maternity and Child Welfare Clinic (1956- 1973) leh Loin Loom Centre (1962-

1967) an lo kalpui thin bakah kum 1968-a Chan-mari atanga Kulikawn inkar alkatra-a luan turin Prime minister Jawa-harlal Nehru an lo ngen hlawhtling tawh bawk.

MHT hmathlir mekah Aizawl khawpui lai-li takah LSC nei thlapin building puitling tak, motor parking chhawng

hnih awmna tur sak an tum mek a. Heta tang hian Mizo handicraft emporium, restaurant, conference /meeting hall leh day care cum recreation centre hawngin, Mizo mipui rawngbawlsak an tum a. He project atana sum mamawh zat hi cheng nuai 949 vel tura chhut a ni.

Project Thaichhawninu

Women & Child Development (WCD) department leh Post Office Lunglei District tangdun huaihawtin Lungleiah hmeichhe naupangte an puitlin hun atana nu leh paten sum an khawlsakna tur hmalakna, “Project Thaichhawninu” hawn a ni.

Sukanya Samriddhi Yojana hnuaiia hmeichhe naupang tana sum khawlsakna tur Sukan-ya Samriddhi Account (SSA) hawn theih dan

leh SSA kalphung saw-ifiyah a ni a; Lunglei district-a Post Office zawng zawngah hma lak tum niin, Anganwa-di Centre zawng zawng tlawh chhuah tum a ni tih sawi a ni. Project Thaichhawninu tum ber chu, kum 10 hnuailam fanu nei chhungkaw tam thei ang berin SSA hi an hawn a, an fanute tana sum an khawlsak theihnana hma lak a ni a, Mizoram pumah account thar 4050 hawn belh tum a ni.

MIZORAM UNIVERSITY

AIZAWL, MIZORAM – 796 004

No.13-93/Estt.I/2/pf

Dated 15th July, 2026

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(Dr. Albert N. Khizho)

Registrar i/c

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Hrechlang duh neite tan kan website <https://actrec.gov.in> tlawh theih a ni. Dila hi ONLINE ngeia thehluh tur a ni. He advertisement chungchang hian thu belh emaw, thil siamthat a awm chuan website-ah tarlan zel a ni ang.

Chief Administrative Officer, ACTREC

CBC 48160/11/0003/2627

HMING THLAKNA

Kei, Juniper Lalrindiki D/o H.Malsawma kawlkulh hian ka Aadhar Card a ka hming H.Lal-rindiki tia ka lo ziah chu Magistrate remtihna in Juniper Lalrindiki ti in ka hming ka thlak e.

CHANGE OF NAME

I, LAWRENCE SAIKIMA SAILO has changed my name from LAWRENCE SAIKIMA to LAWRENCE SAIKIMA SAILO by the consent of magistrate.

Kawngping avanga nitin mamawha harsatna awm lo turin tan la dawn

Khuarel chhiat-na vanga inkalpawhna kawngpui ping thinah nitin mamawh eichawp thila harsatna a thlen-lohna tura hmalakna kal-mek leh inruahman zel dan ngaihtuahin Ningani khan Lawngtlaiah district bawrhsap Donny Lalruatsanga kaihruaiin thut-khawm a ni.

Bawrhsap chuan, dawrkai leh sumdawngte chu khuarel chhiatna avanga an bungrua a man pangngai piakhama tisan-glo tur leh, manto zawka hralh tuma chheprelh loh turin a chah a. Chutiang tih ching chu dan hmanga

hrem theih an ni tih sawiin, mipuin mamawhna hriaa dik taka bungrua hralh thin turin a chah. Thuiawihlo chungah dan anga hma lak a nih tur sawiin, nitin mamawha harsatna thleng thei ven kawngah LADC, village council leh Young Lai Association hmalak thinna fakawm a tih thu leh district administra-tion-in chak zawka hma a lak tur thu a sawi bawk.

Thutkhawmah hian Lawngtlai khawpuia sum-dawwna hmunpui awmna Bazar Veng khawtlang hruaitute chuan hma an lak thin dan an sawi a. Kawngping vanga bun-

grua lut a awm hleihtheih loh lai chuan mipuiin harsatna an tawh lohnan Revenue department LADC nen inrawntlanga thawhho a ni tih an sawi a. A bikin ram pawm lama eichawp thil thawch-huah an remtihloh thu an sawi a ni. Khuarel chhiat-na avanga harsatna thleng denchhena bungrua chheprelh leh man to zawka hralh an awm leh awmluh chu LADC, veng hrang hrang VC leh YLA hruai-tuten a tul angin lo enfiah thin se, an ti a. Hemi atan Committee emaw Squad din tha tiin, bawrhsap pisa lamin lo bawhzui se an ti.

Congress Thalai hruaitu inthlak

Mizoram Pradesh Youth Congress Com-mittee hruaitu an inthlak a, Ningani khan president kal chhuak Lal Tawnli-ana chuan, senior vice president atanga presi-dent-a ruat thar, Ngurd-ingpuia Pachuau hnenah chanvo a hlan.

Congress Thalai pres-ident thar chuan, kum 2028-a Mizoram enkawl hna thawk turin hmun-tinah Congress party an ins-ingsa mek a. Pathianin he-tiang huna hruaitu rintlak a pek avangin lawmawm a tih thu a sawi. President kal chhuak hruaina hnu-aiiah Congress Thalai-in Mizoram tan hna tha tam tak an thawk tih sawi-



in, MPCC president Pu Lal Thanzara’n thalaite chu Mizoram hmalam tarlangtu an nih avangin Congress party ruahman-naah thalai a lian hle a, chumi hmang chuan Con-gress Thalai-n danglam-na (Change With Youth) an siam dawn a, chu chu tunah a thleng mek a, a takin Mizoram mipuiin an hmu thuai dawn tih a sawi a ni.

MPCC president hian

July 16 khan Mizoram Pradesh Youth Congress Committee hruaitu thar atan hian president-ah Ngurdingpuia Pachuau, Zotlang Veng Aizawl; vice president-ah Lal-sanglura Sailo, Chhin-ga Veng Aizawl leh HP lalchuaailova, Chanmari Aizawl leh R Lalhming-mawia, Ainawn Veng Aizawl a ruat a. Treasur-er-ah Lalnunzira, Chinga Veng a ruat bawk.

STAINLESS STEEL

Stainless Steel hmangin Step Railing, Motor Body chei, Chhuar, Turkverh leh thil dang chi hrang hrang kan siam thei a, pan ngai lo-vin koh theih reng kan ni bawk.

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LCM STAINLESS STEEL FABRICATION

Bawngkawn Lunglei Road

VAN THENGRENG HI PATHIAN SIAM A NIH CHUAN PATHIAN HI TU SIAM NGE?

Zoliansanga Tlaw

(phek 5-na zawmna...)

A chungka kan sawi tawh angin Ka-lam Cosmological Argument-ah chuan “Thil eng pawh awm tan hun nei tawh phawt chuan siamtu/awmtirtu a nei” tih a ni kher a. Mahse ‘New Atheist’ zinga a meizanghlaptu ber tia chhal ngam, Richard Dawkins-a chuan hei hi a pawm lo hle a ni ang. Chettirtu ni si; mahse, che ve si lo (The unmoved mover), awmtirtu nia; mahse, awmtirtu nei ve si lo (Theuncaused cause) leh vanthengreng awmtirtu awma pawmna (The cosmological argument) chung-hang chu hetiang hian a sawi, “Heng hnial khan pathumte hian awmtirtu inkhaidait chhui tura ngaih dan nei-hnaah a inngat tlat a, chu thil ti tawp tur chuan Pathian an ngen bawk. Mahse, chu Pathian ngei pawh chu awmtirtu awm lo turin rin dan tan chhan tha tak an nei lem hlei lo va” (Richard Daw-kins, The God Delusion, 2007, p.101) a ti a. Awmtirtu leh awm tan hun nei lo, hun leh hmumin a phuar ve loh Pathian chu awmtirtu kan zawnsak hram dawn a nih chuan, kan buai lohna turah kan buai tihna a ni zawk ang em.

Vanthengreng hian awm tan hun a neih avangin chu awmtirtu chu Pathian a ni; a nih leh Pathian chu tu siam nge tia kan zawh chuan, rawng var hi a tui em tih nen a danglam lo vang. ‘Makpazang-kang’ tiha ‘makpa’ zawn hmuh tum tlat ang vel a ni thei ang, a nih loh pawhin, ‘maimi zial’-a ‘maimi’ hi tu nge tih ang vel a ni thei bawh ang. Paul Copan-a pawhin, “Thil eng pawh, Pathian pawh telin, awmtirtu a awm a tul tih hi thil awm ang lo lutuk a ni - entirman, ‘Rawng hring hi a tui nge tui lo?’ tih ang vel a ni. Pathian chu siamtu a neih loh avan-gin dik lo angha kan chhuah mai dawn em ni? Mahnia lo awm, awmtirtu nia a, amah erawh awmtirtu nei ve si lo chu en-gin nge, tuin nge siam ta ang?A chhanna chu a Chiang viau a ni lo’m ni” a tih kha. Amah vekin, “Ngaihtuah dan dikte hi thil awm tak tak a ni a; he dan tel lo hian dik takin engmah kan ngaihtuah thei lo, (en-tirman, law of identity, XTX, chuan, He lai lehkhahu hi lehkhahu a ni tih min hrih thei a). Chhia leh tha hriatna dante emaw hmangaihna leh dikna te hi thil awm ngei; mahse, awm tan hun nei lo an ni a. Awm-tirtu nei ve lo, chatuan Pathian thinlunga awm a ni” (p.38) tiin thilsiam ni ve lo a awm thu a sawi bawk.

MIZORAM STATE HEALTH SOCIETY

STATE PROGRAMME MANAGEMENT UNIT

OFFICE OF THE MISSION DIRECTOR

NATIONAL HEALTH MISSION

MIZORAM : AIZAWL

No.D.21013/1/2026-NHM/MSHS/PRO/178

Dated Aizawl, the 14th July, 2026

SEALED TENDER NOTICE

Sealed Tenders are hereby invited as per the schedule annexed to this notice on behalf of the Chairman, Mizoram State Health Society from reputed and bonafide manufacturers or their authorized dealers, for ‘**Open Tender for Supply of Medicines under NHM, Mizoram**’ which will be received by the Mission Director, NHM, H & FW Department, Dintnar, Aiza-wl, Mizoram on or before **14th August, 2026** upto 12:00 Noon. Tenders are to be opened by the Technical Committee under the chairmanship of Mission Director, NHM, Mizoram, Aizawl or his authorized representatives at **1:00 PM** on the same day. The Tenderers or their representatives may also be present at the time of opening of the quotations, if they so desire.

Sd/-

(K. LALRINZUALI) IAS

Commissioner & Secretary

H & FW Dept.

&

Chairman

Mizoram State Health Society

Mizoram: Aizawl

(2-2)

PC Lawmkunga lehkhahu

Pu P.C. Lawmkunga lehkhahu ziah “SAPTAWNG ZIR DAN AWLSAM” tih leh “KA DAI VE CHIN” tih chu Lengchhawn Press, Khatla leh Pu P.C. Lawmkunga te In, Mission Vengthlangah lei tur a la awm e.

HRIATTIRNA

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

1. Pu L. B. Sinate

Chairman, FRONTUS

Mob: 9864040915

2. Dr Chawngrolien Chonzik

Fin. Secretary, FRONTUS

Mob: 7099062294

3. Dr Rebecca Sinate

Secretary, FRONTUS

Mob: 9435199130

SCAN QR CODE for LOCATION

India-in BIMSTEC NSA meet thleng mek

Bay of Bengal hrula awm ram pasariha venhimna lama an hotu lawk ber berte chu Indian khawpuia BIMSTEC National Security Advisers meeting vawi nganaah an inhmuh khawm mek a, thawhhona tha zawk leh thil pawimawh bika hlauhawm inhrilh tawnte chu thu khel langsar tur a ni.

Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka leh Thailand-a National Security Adviser (NSA) leh an tlukpuite thukhawm hian firfiaka chetna beih leh, tuipui himna, cyber beihna laka himna, mi sual pawlte chetna leh ruihhlo tawlh thin do let dan turte an sawiho dawn a ni.

Ningani atanga tan, ni hnih awn meeting hi India-in thlengin an chhehvela chona awm te, Bay of Bengal-a lawng suam thin



te, ramri kana firfiaka chetna leh sik leh sa inthlak nasa avanga ei tur leh energy himna te pawh an sawiho ang.

Indian NSA Ajit Doval-a'n a kaihrui a, Ningania a tannaah khawvel pum huapa mamawh inpekna ti-hbua teliin eibara harsatna awmte sukian nan BIMS-TEC member ramte thawhhona tha zawk neih a tul thu a sawi.

Doval-a chuan mamawh inpekna buai hian member ramah sum leh pai lama harsatna a thlen thu a sawi a. BIMS-

TEC ramte chu thawhhona tha tak neih a tul thu sawi-in inhmang tawn tur atana thutlukna siam a tul thu leh inbiakna hmanga chin fel dan tur zawn a tul thu a sawi bawh.

BIMSTEC hian Indian Ocean-a hmum pawimawh leh ram chak tak tak thenkhat a khawm a, an sum thawh chhuah pawh US dollar tuklehdingawn nga vel a tlin thu a sawi.

Himna kawnga harsatna awm mekte hmachhawn tur leh an chhehvela tihhmasawn nan BIMSTEC ramten thawhhona nghet

zawk an neih a pawimawh thu a sawi a. Member ramte chuan firfiakte, ram hrang hranga inzar pharha pawi khawihna te, cyber-a in-beihna leh tuipui himna kawnga chona awmte beihnaah hmasawnna an nei tih a sawi a. BIMSTEC ramte chu hlauhawm thar lo piang chhuakte hmachhawn turin dinhmum tha takah an ding tih Doval-a chuan a sawi bawh.

BIMSTEC hi kum 1997-a din kha niin Asia chhim leh chhimchhak rama mihring tuklehdingawn 1.7 vel chenna ram an ni.

Session thlirin Cong thukhawm, na taka sorkar beih tum

Congress chuan Thawhtanni atanga tan tur parliament fur thut-khawmah Ram temple-a thawhhlawm ruk bo nia sawi te, exam zawhna put te, education system te, thil man sang leh foreign policy chungchhang Narendra Modi-a sorkar nasa taka beih an tum thu an sawi.

Party chuan Lok Sabha leh assembly bial ramri siam that leh minister leh chief minister-te paih theihna tur danpui siam thatna tur bill put luh turte chu na takin an dodal dawn tih an puang a, session chhunga dan siam tura put luh tur dang eng emaw zat pawh an dodal dawn tih an puang bawh.

Congress Parliamentary Party (CPP) hi Ningani khan a chairperson, Sonia Gandhi-i chenna in, 10 Janpath-a thukhawmin session neih tur hi an sawi ho va. Thuthawmah

hian Congress President Mallikarjun Kharge, Lok Sabha-a Leader of Opposition Rahul Gandhi, AICC General Secretary K C Venugopal, Rajya Sabha Chief Whip Jairam Ramesh, P Chidambaram, K Suresh, Naseer Hussain, Manickam Tagore, Kumari Selja, Tariq Anwar, Shashi Tharoor, Manish Tewari leh hruiatu lawk dange an tel.

An thuthkawm zawhah Kharge-a chuan session chhunga an party-in thil an sawi chhuah tumte X-ah a tar lang.

“Zawhna put ru leh education system ei ral na te, political party tihchhiat, scam tam tak leh eiruk thubuai siamsak, thil man sang uchuak, foreign policy hlawhchhamna, lirthei neitu nuai 3.5-te laka ethanol blending dah, ruahmanna mumal awm lova ram ngaw thiah leh SC, ST, OBC leh

tlem zawkte dikna chanvo hi Congress Party-in Parliament Monsoon Session lo awm turahh Modi-a sorkar chhan turin kan sawi chhuak dawn a ni,” a ti.

Thuthkawm zawha thuthar lakhawmtute a kawmnaah Congress General Secretary in-charge Communications Ramesh-a chuan an party chuan sorkar hian kumin kum tir lama an tlangpui zawh loh, bial ramri tihthatna tur bill put luh leh an tum tih an hria tih a sawi.

Ramesh-a chuan Constitution amendment bill dang, ni 30 chhunga dan bawhchhiat avanga lung ina tang minister-te painha tur pawh put luh tum a ni tih a sawi a. “Congress Party chuan Delimitation Bill leh minister-te paih theihna tur Constitution Amendment Bill hi kan do tat dawn a ni,” a ti.

Session inbuatsaih nan

hian eptu tangrual, INDIA chu Thawhtanni hian an thukhawm dawn bawh a, sorkar laipuiin Pathianni hian all-party meeting a ko bawh.

Sorkar chuan fur thut-khawmah hian bill pawimawh tak tak pharh a tum a. Heng zingah hian bial ramri siam thata Lok Sabha-a member tam zawk awm theihna tur te, dan bawhchhia prime minister, chief ministers leh union minister-te ni 30 lung in an tana chawhlitir theihna tur te pawh a tel.

Sorkarin dan siam a tumte bakah eptute hian NEET zawhna put te, Ayodhya-a Ram temple thawh lawm bo te, tuialthei man sang leh India-US trade deal chungchang sawi chhuah an tum viau bawh.

Parliament fur thut-khawm hi Thawhtanniah tanin August 13 thleng a awh dawn a ni.

India-ah hna thawk zat dinhmum tha, hna nei lo zat danglam lo

Union statistics & programme implementation ministry (MoSPI)-in Periodic Labour Force Survey (PLFS) a tichchhuah thar be-rah June thla kha India-a hna thawk rual thawk zat dinhmum a tha a, hna nei lo zat pawh 5.5% niin a hma thla aiin a danglam tam lo tih tar lan a ni.

Chhinchhiahaah hian a hma thla nen thil a danglam tam lo va, hna thawk an pung hret a, hmeichhia hna thawk erawh a hma thla aiin hniam hret mah se nikum aiin a sang zawk thung.

June thla kha kum 15 leh a chung lam hna thawk leh hna zawn lai, Labour Force Participation Rate (LFPR) chu 54.4% niin

May nen a danglam lo va, nikum June thlaah 54.2% niin a sang hret thung.

Thingtlang lamah LFPR hi 56.6% niin a dinhmum a danglam nasa lo va, khawpui bikah erawh May thlaah 49.8% atangin 50.1%-ah a chho hret a, hei hian khawpui lianah inhlawhna a tam hret tih a lantir.

Worker Population Ratio (WPR) an tih, hna-thawka chhawr lai chu 51.4% niin a danglam lo va. Thingtlangah 53.8% niin khawpuiah erawh a hma thlaah 46.6% atangin 46.8%-ah a sang hret.

June thlaah hian hmeichhia hna thawk chu 32.7% niin May thlaah 32.8% nen a danglam lo tluk a ni a. He-

tih lai hian nikum June-ah chuan 30.0% niin kuminah chuan 0.7%-in a kang thung a ni.

Thingtlangah nikum June-a hmeichhe hnathawk 35.2% a nih laiin kuminah 36.6%-ah a kai a. Khawpuiah erawh 25.2% atangin 24.8%-ah a tlahniam ve thung.

Hna nei lo zat bi him him chu June thlaah kha 5.5% niin a hma thla nen a danglam lo va, nikum June nen pawh a inthlawhna a awm lo bawh.

Heti mek lai hian thingtlangah hna nei lo hi May-ah 5.1% a nih lai-in 5.0%-ah a tlahniam a. Khawpuiah 6.4% atangin 6.6%-ah a kai chho ve thung a. Khawpuia hna nei

lo hi nikum June-ah 7.1% niin a tlahniam hret a ni.

Thingtlangah hian June thla kha mipa hna nei lo zat bi chu February atanga a sang zawnga a kal ngar ngar hnuah a tlahniam a, nikum June aiin hna nei lo zat bi a tlem zawk bawh.

June thlaah hian ram pumah mihring 3,72,852 atangin data hi siam a ni a. Chhangtute hi thingtlanga mi 2,12,390 leh khawpuia 1,60,462 an ni.

MoSPI hian thla tin PLFS hi January, 2025 atang kha a tichhuak tan a. Survey an neih dan hmang pawh thlakin India-a hna thawk leh thawk lote dinhmum dik zawk hriat theih nan ril zawk luhchilhin a kalpui a ni.

Strait of Hormuz-a Indian tir lo turin sorkarin hriattir



India chuan lawng neitu, a enkawltu (manager) leh hna zawnsaktu company-te chu indona a chhuah thar leh mek avangin Strait of Hormuz kaltlang tura Indian hnathawk tir lo turin an ti.

Sorkarin a chhinchhiah dan chuan India hi khawvvela tuipua hna thawk tir tam pathumna niin mi 3,00,000 chuang khawvel puma lawng kal velah an thawk mek.

Directorate General of Shipping chuan Nilaini kha thupek chhuahin, “Thupek thar a awm leh hma chuan Strait of Hormuz kaltlang tur lawngah Indian lawng hnathawkte tirh loh tur a ni,” an ti.

Asia khawthlang lama tun hnaia buaina chhuak thar leh mekah ni tum liam ta chhung kha lawng beihnaah Indian lawng hna

thawk mi pathum an ti.

Tun hnaia lawng beihna thleng chuan lawnga thawkte leh sumdawng lawngte tan hlauhawm a siam tam zual tih lawnga veivahna thununtu chuan a sawi.

“Persian Gulf bawra himna dinhmum mek thlirin directorate chuan heng

lai vela lawnga awm Indian lawng hna thawkte himna tur hi a tichchhuah a ngai a ni,” tiin thupekah hian chhuah a ni.

Lawng pute chu Persian Gulf, Strait of Hormuz leh a chhehvel tuipua himna dinhmum a chhe tak zet ti hriattirin tuipua chet chhuahnaa

inralrinna leh hriattirna te ngaihven tha turin a hriattir bawh.

New Delhi hian Iran lakah a lungawi lohna nasa takin a lantir a, a mi pakhat thiha chungchhang Thawhlehi kha Iranian deputy ambassador chu thil awm dan sawi fiah turin a ko nghe nghe.

RAM PAWN

US-in Iran vau chungin a kap zui zel

President Donald Trump-a'n Tehran chu ‘nungchang tha zawk’ nei tura a vau hnuah US chuan Iran - lakah beihpui a thlak thar zui.

US sipaite chuan ‘sipai chakna hmanga Strait of Hormuz kaltlangte tihthai thin’ Iranian sipaite beih a nih thu an sawi a. Sorkar chanchinbu chuan an khawpui, Tehran-ah pawh air defense a ri nasa hle niin an tar lang.

Iran pawhin Bahrain leh Kuwait teliin an chhehvela US sipaite an bei ve bawh tih an sawi a, ni nga chhung indona thar a chhuah leh tak avangin a tih-tawp tura an inremna hmasa chu a tikhawltai mek.

Iranian palai hotu, Mohammad Bagher Ghalibaf-a chuan sorkar chanchinbute a kawmnaah Tehran chuan inremna hi a hlawkpui lo a nih chuan zawn chhan tur a nei lo tih a sawi.

Trump-a chuan Thawhlehi tlai kha karleha inbe tura Iran a kir leh lo a nih chuan lei leh power plant-te beih a tum tih a lo sawi tawh.



US-in a beih thar lehah hian Nilainia a kah chu khaw ên laia a tih a ni a. A hma lawkin ‘Iran-in Strait of Hormuz-a sumdawng lawng a beih theihna tihchhiat a ni’ tih a sawi a, Iran-a lawng chawlh hmum an khar bawhchhiat tum lawngte an kap bawh tih an sawi.

Minute 90 chhung an kahah hian Iran tuipui kama an hmumpui leh cruise missile an dahna leh Greater Tumb Island-a mi an beihna hmunte an kap tih US Central Command (Centcom) chuan a sawi.

US-a Nilaini zan dar 09:00 (India-a Ningani zing dar 06:30)-ah an tawpsan tih Centcom chuan a sawi.

Thuchhuah an siamah US hian Strait of Hormuz kama Bandar Abbas teliin Iranian ‘command center, air defense hmum, missile leh drone kah chhuahna leh tuipui kama mi an thlith-laina’ hmunte an kap tih an tar lang.

Tehran-a air defence ri hriat tur a awm bakah sorkar chanchinbu chuan Gulf luh tanna, Ahvaz-ah chuan damdawi in bul lawkah missile kah ri a awm avangin a awmte thiar chhuah an ni tih a tar lang.

US beihna chhan let nan Iran hian drone hmangin Jordan-a US army communication system leh hmanrua an dah khawmna

an kap tih sorkar chanchinbu chuan a tar lang a. Jordanian sorkar chanchinbu pawhin an sipaiten drone pariat an kap thla a, thil chhia leh thi leh hliam an awm lo tih an sawi.

Centcom chuan Thawhlehi tlai atanga Iranian lawng chawlhna leh tuipui kama lut leh chhuak tur dan nana lawng chawlhna an dan hnuah sumdawng lawng pahni chu an dang tawh tih an sawi bawh.

April thla kha US hian Iranian lawng chawlhna hi a lo dang tawh a, June thlaah inremna an siamah hawn-sak leh mah se Thawhlehi atang kha an khar leh ta a ni.

Russia-in ballistic missile-a Kyiv a beihnaah pahni thi

Ukrainian thuneitute chuan an khawpui, Kyiv-a district hrang hrang chu Russian-ten ballistic missile hmangin an bei a, mi pahni an tih tih an sawi.

Telegram-ah Kyiv Mayor Vitali Klitschko-a chuan rawlthar kum 16 mi teliin mi parukin hliam an tuar tih a tar lang.

Hliam tuar pathum chu damdawi inah dah niin emergency crew-ten Sviatoshytskyi district-a kudam leh Dmytskyi district-a mihring chen lohna kah fuha kang an thelh bawh tih a sawi.

Moscow a chet hma

lawk hian European Commission President Ursula von der Leyen-i'n Kyiv tlawhin Ukraine leh European Union chuan ‘drone deal’ an siam thu a puang a. Inremna hi Kyiv-in indona hmuna tawnhriat a lo neih tawh leh EU-a a siamte thawhhona tur a ni a, rang zawka tam zawk siamna tur a nih thu a sawi.

Kum li chuang Russian-ten Ukraine an beih tawhah tun hnaiah lehlam lehlamah hian inbeih tawnna a nasain civil mite tawhna pawh a nasa sawt hle.

Nilaini kha Ukrainian



thuneitute chuan Russian-ten ram chhung hmum hrang hrang an beihnaah mi 13 thiin mi 50 velin hliam an tuar tih an sawi.

Khaw ên laiin Rus-

sian-te hian an ramri hnaiha Black Sea-a lawng chawlhna a khawpui, Odesa leh hmarchhaka Sumy bein industrial plant leh damdawi inte an bitum a ni.

Ram kang khuin Toronto boruak tichhia, US kai tan mek

Canada-a Toronto-a boruak chu Ontario hmarthlang lama ram kang khuin a tuam avangin khawvel khawpui zingah a chhe ber dinhmum a hauh mek a, boruak chhe tak hian US hmarchhak pan mekin in-ralrinna tichchhuah a ni a, mi thiar chhuah an ni bawh.

Canada-a khawpui lian ber, Toronto atanga mel tam taka hlaa mihring cheng an tlemna hmuna hian Nilaini atang kha ram a kang nasa hle a, kang hi khawpui tan hlauhawm phak lo mah se a khu erawh a darh zau hle.

Environment Canada chuan Toronto hi Air Quality Health Index-ah 10+ niin ‘very high risk’ tihna a ni a.

Thlirlawktute chuan Ningani zan (India-a Zirtawpni) thleng khu hi la awm turah an ngai.

Swiss air quality technology company, IQAir chuan Toronto hi khawvela boruak a chhiatna ber nia sawiin Democratic Republic of Congo-a Kinshasa leh India-a New Delhi a lehpel niin an tar lang.

Canada-ah hian kumin hian ram kang a chhuah duh laiin kum dang aiin kang a tlem a, kang mek 800 vel a awm.

Social media-a video darh pakhatath chuan Armstrong, Ontario bulah Canadian National rel chu mein a tuam lai a lang a. Heng

lai vela Canadian National thawktu leh Armstrong-a chengte chu Thawhtanni zan kha thiar chhuah an ni tih railroad operator chuan a sawi a. Armstrong bul vela service chu an titawp rih tih an sawi.

Ram kang khu hian US-ah pawh boruak a tiche hle a. Pennsylvania, New York, Connecticut, Massachusetts, Maine leh New Hampshire state-te chu a tihbua nasat zual an ni.

New York City-a thuneitute chuan boruak chhia avang hian mi chengte chu pawn chhuak tam lo turin an ti a. Pawna chhuah pawhin chawh zing turin an ti.

National Weather Ser-

vice chuan meikhu hian tun kar tawp thleng a la tuam thei tih an sawi.

Canadian sorkar chuan ram kang an tawh nat kum, kum 2023 leh 2025 aiin kuminah hian ram kan hun a thleng muang tih an sawi a. Hetih rual hian a nih dan thin panggai aiin ram pumah a lum zawk avangin la kang nasa thei tih an sawi bawh.

Nilaini thleng kha ram chhungah ram kang 835 awmin 112 chu thunum loh a ni a, a tam zawk hi ram lailia Manitoba, Saskatchewan leh Ontario province-ah a ni.

Ram hectare maktdadu-ai 1.9-a zau a kang tawh.

Chinese hotu lianin North Korea tlawh

China-a an thuneitu sang palina, Wang Huning-a chuan Pyongyang tlawhin North Korea-a rorel lai, Workers’ Party-a an hotu lian nen an inkawm tih Reuters news agency chuan sorkar enkawl, Korean Central News Agency (KCNA) tar lan a tar lang chhawng.

Tun tum inbiakna hi June thlaah Chinese President Xi Jinping-a'n North Korea a tlawh hnuah Beijing leh Pyongyang inbiakna thar ber a ni a. China hian a thawhpui hlun nena inthian that zual zelna turin tun hnaiah a bei nasa a, Xi-a'n a tlawh pawh kha kum sarih chhunga a vawi khatna a ni.

Chinese palai hi Nilaini kha thlengin Workers’ Party-a an hotu sang, Jo Yong Won-a nen an inbia nia sawi a ni.

Reuters chuan Wang-a hian ‘Chinese party leh government’ chuan thla hmasaa Xi-a'n Pyongyang a tlawh tuma North Korea-an hruiatu, Kim Jong Un-a



nena inremna an siamte a taka tihhlawhtlin thuai a duh tih a sawi tih KCNA-in a tar lang tih a tar lang.

Thla hmasaa Xi-a leh Kim-a inbiaknaah kha hruiatu pahnihte hian ‘inkungkaiha chak leh awmze nei’ tihchakna turin ‘thui tak thlenna tur ruangam an siam’ tih North Korean sorkar chanchinbuin a lo tar lang tawh a ni.

Chinese sorkar chanchinbu pawhin Xi-a hian North Korea nena inpal-

ai tawn that lehual, dan leh thupek kenkawh leh sipaia thawhhona tihchakna turin a nawr tih a tar lang bawh.

Pyongyang hian tun hnai kum eng emaw ti chhungin Moscow a pawh hle a, ram venhimma thila thawhhona pawh siamin North Korean sipai tam tak chuan Russia hi Ukraine indonaah an pui a, China hi North Korea-in eibara a thawhpui lian ber a ni bawh.

An inkawmna hi Wang-a chuan ram pahni-

hte inthian kum 65-na pual a nih thu a sawi a, Jo-a pawhin Wang-a hnenah North Korea chuan Beijing nen inbiakpawh leh thil pawimawha thawhhona a duh tih a hrih.

Mi pawimawh pahnihte hian sumdawmna leh khawsak phunga vantlang inpawhna leh hlawkpui tawn tur thila thawhhona tur an sawi a, rorel lai ve party-te inpawh zawkna tur an dap bawh tih KCNA chuan a tar lang.

CONSUMER HUANG



Lallunghnema
Charity Lodge
Cont: 9862288182

Chhiartute chibai tha ber ka buk a che u! Consumer Huang hi consumer-te tan chauh a ni lova. Sumdawnge, Dawrkaite, thil chi hrang hrang zuartu te tan pawh a ni. Consumer chuan sumdawnng leh daw-rkaite tih loh tur a leh tih tur a hre chiang tur a ni a. Chutiangan anni eptu lam dawr neitu leh sumdawnngu te pawh hian consumer te Dikna leh Chanvo an hre ngei tur a ni. Chu chu an mawhpurhna a ni.

Tun lai hian tun hnu deuhva “Consumer-te Dikna leh Chano hriatna” tih youtube channel ka siam, ka chawlhsan lai lawk chu thar thawh leh ka tum a. Tih tur neuh neuh a tam avangin ka hriatnain a pha chiam bawk si lova, tiin ka chawlhsan ta kha a ni a. Mahse, thian tha thenkhat ten thar thawh leh tura min duhsak avangin ka han ti thar leh dawn chu a ni a. Ka huphurh khawp mai. Pathian malsawmna avang liau liauvn thangkhat lian fe chu article ka lo ziak ta a, tarmit ka la vuah lo bawk a. Consumer-te harsatna ka buaipui thei bawk si a. Youtube khawvel han buaipui leh zel ka tlin lo ka inti! Mahse awlsam leh zangkhai deuhva tih dan ngaihtuah erawh ka tum a ni. Kan naute zarah pawh ka tlin chuan ka inring.

Sawi leh sawi hnu kei ve hi Pawl (NGO)-ah hian ka inhmang tam lo ta hle a. Political Party-ah telna ka nei lova; neutral (tan lam nei lo) ka ni ve mai a. Kohhranah erawh ka inhmang ve fu thung a. Chanvo pawimawh tak pawh ka nei lem lo. Mak tak mainin Consumer thil-ah hian ka insaw-rbing tawp a. Ka insawr fu hle dawn a ni mai. Ka tuina lam a ni a, nuam pawh ka ti viau. Ka tih tur leh mawh phurhnaah ka ngai a, ka hlim ve viau zel rih chu a ni a. Thawhpui tur Pathianin min pe zel a. Ka lawmna a zual zel a ni.

MAXIMUM RETAIL PRICE HI BUNGRAW MAN A NI LO

Chawlhkar hmasaah khan sa zuar (ZS Meat Shop) kan tlawh thu ka rawn chawp chhuak a. Sa zuar zawng zawngin entawn se ka duh a ni. Sa zuartu nih avanga tawp leh duh dah taka thuam hnaw inbel tur a ni lova. Thianghlim leh fel fai taka inthuum chungna customer-te lo dawnsawn hian Consumer-te min tiphur thin a ni.

Sa thianghlim lei tlak zawrh hi a Kristian a, a Mizo zia bawk a ni. Hetiang mite hi Consumer-te tan malsawmna an ni nge nge thin. Pathian duh zawng a ni. A tha berah chuan Pathian rawngbawlna a ngai a, sa zawrh hi a ropui lai ber chu a ni. Bazar nuho pawhin ching rawh u.

July 8 zan khang kan thianpa pakhat hian phone-in min lo bia a. A sawi chu hei hi a ni.

Shopping Centre pakhat kalin bungrua a lei a. Ka thianpa thil lei hi parcel-a tuam a ni a. Chu parcel-ah chuan a bungraw siam kum (manufacturing date), MRP a chuang a. Hetih lai mek hian he dawr hian MRP aia sangin an lo leitir a ni awm a. Inah a lo haw hman tawh si a. Engtia tih tur nge tih min zawt duh kha a lo ni a.

Kei chuan, kan thianpa hnenah chuan, “Ti khan va kir leh la, i thil lei leh a bawm (case) chu keng la, a bawm chhungah chuan i thil lei chu khung leh la, va complain rawh. Maximum Retail Price aia sanga thil hralh phal a nih loh thu leh Consumer Protection Act 2019 leh Legal Metrology Act 2009 (The Packaged Commodities Rules 2011) bawhchhiatna a nih thu hrilh la, MRP aia sanga an pek che pawisa chu dil leh rawh”, ka ti a. Ka thianpa hian engtinge a um zui ka hre ta rih lo a ni. Hemi chungchang hi chhuak lehah rawn ziah ka tum ang.

Thil zuartu zinga Mizo tam ber hian MRP chiah chiah hi, ‘thil man,’ emaw an ti fo nia! He ngaihdan hi a dik lo hul hual a ni. MRP hi thil man a ni lo. MRP aia hniam

ma man chhiar hi dan dik tak a ni zawk. MRP aia hniamin thil hralh tur a ni, tih hi t hahnem ngai takin ka sawi duh a, ka sawi mek a ni.

Ka Mizopuite u, MRP hi thil hralhna tur (rate) a ni lo tih hi inchungkuain lo vawng tlath rawh u aw! In thinlung phêkah ziak nghe nghe teh u’ni!

Hetiang hian sawi a ni. Sap tawnga a inziak ang ang hian lo chhawp chhuak ila: “The Legal Metrology Act 2009 states that all pre-packaged commodities declare the Maximum Retail Price (MRP) inclusive of all taxes, governed by the Legal Metrology (Packaged Commodities Rules, 2011) It is illegal to charge a consumer more than the declared MRP.” heti hian a chiang mai awm e.

MRP chungchang hian tih tur Kai-hhruaina (regulation) 4 a awm a.

(1) Clean Declaration: Bungraw funna kawm (case)-ah chuan chiang takin hetiang hian ziah lan tur a ni. MRP Rs. (inclusive of all taxes)

(2) No tampering: MRP thai chhiat, tih danglam khap tlath a ni (Altering, Stitching, or overlaying an MRP sticker is prohibited).

(3) Unit Sale Price: Consumer - ten awlsam zawka an thil lei tur an hriat fiah theih nan bungraw hralh tur emaw zawrh lai emaw (rih zawng.) gram khat emaw litre khat man zat chiang taka tarlan tur a ni.

(4) E-commerce : Electronic hmanrua (platform) hmanin MRP tarlan thin tur a ni.

MRP aia sanga thil hralh hi hausakna a ni lova, Dan bawhchhiatna niin eirukna (mi sum chhuhsakna) leh consumer-te rahbehna a ni. MRP aia hniam veka thil hralh turin Dawrkai sumdawnge kan ngen e, a Kristian em em si a!

Customer is king of seller, Seller is servant of customer - **Consumer activist.**

The Aizawl Post

Wawiin Changvawn

Thufingte 25: 12

Mi fing zilhna chu ngaithla duhtu tan chuan, Rangkachak tha ber zungbun leh thi aiin a tha.

THE AIZAWL POST

Editorial.....

Mizo Daily Newspaper

Family pension chungchang kha...

Family pension la mekte hi chi thuma then theih an ni a. Pakhatnaah chuan, dan dik tak hmanga family pension la mek te, pahnihnaah chuan hre reng chungna document dik lo hmanga family pension la mek leh, a pathumnaah chuan dan dik lo hmanin pension an la tih pawh inhre lo te.

Hemi chungchang hian mipui sum enkawltu minister Pu Lalduhoma, chief minister chuan, mahnih duhtua pension payment order pek kirma hun thla thum chung sawrkarin a hawng a, hemi hnua la lui an hriatchhuah chu an tihtawp sak anga, hremna pek an tum tih tun hnai khan a sawi a. “Ngai-hhnathiamna hun a ral hunah kan Task Force-ten pension latute zawng zawng hi kalchilhin a hmunah an endik dawn a. Dik lo taka pension la an hmuhchhuah chu kan tihtawpsak bakah hremna pek kan tum,” a ti a. Pension file khawih-tuten training an neih that tawh loh vangin pension tihfel mai thei loh tam tak a awm niin a sawi bawk a ni.

Dik lo taka family pension lak a nih theihna chhan hi, pension file khawih-tute leh pension la turte an inthural vang a ni thei a; pension file khawih-tuten document a dik leh dik loh an finfiah loh vang a ni thei bawk. A awmzia chu, dik lo taka thil tih theihna kawng a inhawng zau a, loopholes a

tam a, system felfai zawk kan mamawh tihna a ni ber awm e. File khawih-tuten training an neih that tawh loh vanga pension file tihfel mai theih loh tam tak a awm nih phei chuan a dik lo takzet a, hei hi a serious hle a ni.

Tun tum Mizoram Budget Estimate (2026-27) parh tak annual financial statement-a kan hmuh chu, Capital Expenditure-ah 17.45% a nih lain Revenue Expenditure-ah 82.55% a ni. Chumi awmzia chu sawrkar hnathawh hlawh, pension hlawh leh sawrkar department hrang hrang enkawlna senso atan mipui sum tlingkhawm za zela 82.55% a kal a, Mizoram hmasawmna hnathawhna tura sum dah (17.45%) a han hnaih thuak tihna a ni.

Kan sawi tum chu hei hi a ni. Mizoram inrelbawlna sum che velah hian, Revenue Expenditure a san chhan chu, dik lo taka family pension la an awm vang a ni, tih hi. Engtia rei nge hetiang hian mipui sum hi a lo riral thin tih hi, duh chuan a en let theihin a chhui chhuah vek theih ngei ang. Document finfiah loh vanga buaina hi kan tawh tam ta hle a ni!

KAN AWMPUI NULATE DINHMUN TIHCHIAN A NGAI

Joseph L Ralte

Kiltin kiltangah hian ram mipuiin mamawh kan neih belh zel a, kan lo tih thin dan phuachawp tak takte pawh tihmumal (organize) a ngai chho ta zel a. Hman deuhva kan tih mai mai kha tih mai mai theih loh a awm chho ta zel mai. Chutiang chu sawi tur tam tak a awm thei a. Mi nawlpui kan awm theih tawh mang loh “Kan awmpui nulate (domestic workers) te chungchang” hi a bik takin khawpuia awmta tan chuan buaina tham, ngaihtuah tham a nih tak avangin enchiang ta lawk ila.

Kan eibar zawmna alo tha hret hret a, chhungkaw tam tak chu awmpui nula nei lo theilo kan thahnem ta hle mai a. Hman deuhah kha chuan thingtlang lama kan chhungte kan inchah a, kan inpeizawn liam liam thin a. Tunah chuan a dan a dang ta hle mai. Chhungte a inpeizawn hleih theih ta lova. Burma awmpui nula awlsam taka kan hmuh thinte’n hmun nuam zawk Malaysia, Singapore leh USA thlengin min pansan ta.

Awmpui tura kan hmuh chhunho raltlan thenkhat leh Tripura lama kan Bru uainaute leh Zo hnathlakhte an ni ta deuh mai.

Chungho chu loh theih lohva min tanpui turin, kan inchnung sekrek min khawihpui turin kan lak alo ngai ta a. Chutah pawh chuan keiniho hian duh kan thlang thei tawh lo, anmahnin an awm duhna an rawn thlang ta zawk a. Min interview let ta a ni.

“Lily, a ni em? Kan inah ilo awm thei ang em?”

“Ka pi, chhungkaw member engzat nge in nih? Nausen in nei em? Putar in awm em? In in a zau em? Washing machine in nei em?” tih velin min han zawt a. “Ka lo ingaihtuah ang,” min tihsan a.

An hmel pawh hmu lovin, an taimak dan leh inchnung sekrek khawih an zeil leh zeil loh pawh hre lovin kan mamawhnain a urthlu si a, Risk la tak meuhvin kan in leh lo enkawl turin kan han inla ta thin a ni.

Tihfuh a awm a, tihfuh loh a awm bawk a. Chhuanlam fahrah te te siamin an duh hun hunah min chhuahsan a, hlawh sang zawkah min kalsan zel bawk a. A vanduai deuhte phei chuan rawk an tawh a, an thawmhnaw tha leh sana, thi, bengbeh leh ngun thlengin an awmpui nulate’n an lo hawnsak daihte an awm a ni awm e. Kan awmpui nulate hian smartphone hi an thupui ber a. Hunawl leh awl lovah reels an siam a, phone hi an khawih char char mai a ni.

Kan awmpui nula dinhmun leh keini a

ruaitute dinhmun hi bihchian a, mumal zawka kan siamfel leh kan organize a ngai tak zet a ni. Domestic workers placement agency kan tih ang, commission lo ei ve a, awmpui tur lo ngaihtuhtute pawh kan awm tawh ni awm tak a ni. Hetiang agency hnuaia awmpui tur nula kan hmuhte hi chu mumal hle awm tak a nih lain a mumal chuang hauh lo va. Agency te hian an rawn ngaihven zui chuang lova, awmpuituten agency-ah engmah va claim emaw phut theih kan nei chuang hek lo.

India ramah hian hetiang awmpui (domestic workers) te leh awmpuitute inkara ruahmanna felfai tak hi a ruangan an duang mek chauh a ni awm e. Ministry of Labour chuan “National Policy for Domestic Workers” a zam chhuak tawh a. Chu ruahmannaah chuan Domestic workers te registering authority a awm ang a, chutah chuan awmpui (maid) te an inziaklut ang a, India sorkar dana minimum wages act angin hlawhbi siam tur a ni ang a, awmpuite chuan India khua leh tui an nih chuan social security an enjoy ang. Awmpui tur nula leh awmpui duhtute lo ruahmantu (placement agency) an awm ang. Awmpui nula leh awmpuitu turte’n contractual agreement an ziak tawh ang, tih a ni.

Singapore khi hemi kawngah hian an advance hle mai a. Ministry of Manpower (MOM) thuhnuaiah a ruaitu leh a rawihte’n ramdangmi an chhawr a nih chuan Migrant Domestic Workers (MDWs) agreement mumal tak an ziak ngei ngei tur a ni a. A chipchiar ang reng fu bawk a. An agreement-ah chuan awmpui nulate tihtur mumal takin an ziak thlap a, inchnung tihfai leh sekrek khawih, eirawng bawl, insuk leh innawh mai bakah hian naupang/nausen enkawl emaw tar enkawl emaw ui enkawl tur a awm dan thlengin an ziak lang vek a. Chumi mil chuan hlawhbi inremna an ziak thin niin an sawi a. Awmpui nulate hamthamna lamah chuan Sunday-a chawh emaw working hours-ah zan lam telhloh emaw hunawl insiamsak, anmahni duhzawng tih ve na hun atan Casual Leave siamsak leh an healthcare thlenga huamtirte pawh an awm a ni awm e.

Kan mamawhna-in min urthlu ngang si a, awmpui nula te leh awmpui duhtute inkarah hian langtlang si, felfai si, a tu ve tan pawha tha tur ruahmanna siam a ngai ta hle mai. Kan awmpui nulate pawh mihring ve tho an ni a, an hah ve thei a, an damlo ve thei a. Chutih rualin an lo sual ru viau thei a, an lo thatchhe viau thei a, an lo phakar ve thei viau tho bawk. Chuvang

tak chuan he lam kawnga hma latu tur bera ngaih chu Labour Employment Skill Development and Entrepreneurship (LESDE) lam hian eng kawng zawng emawa hma an lak theih chuan mipuite phurrit nasa takin an chhawk thei dawn niin a lang ta tlath mai. Hma la dawn ta ila. Mizoramah engtinge kan tih ve ang? LESDE lam hian Mizoram thawh duh, awmpui nula hna thawh thiam (Domestic Workers) te tan Registering Authority (Manpower Agency) a siam ang. Chutah authority chuan Standard Contractual Agreement (In awmpuina tura inremna) mumal tak an lo siam ang a. Awmpui nula te awmdan tur leh tihtur te, awm hun chhung tura inremna te, an hlawh zat leh inpek dan tur te, hahchawhlni siamsak ve dan turte thlengin kan ziak thlap tawh ang a.

“Ka pi, ka nu a damlo thut a, naktukah ka haw dawn,” tih mai mai te, “Zaninah ka thianna te inah ka riak ang a, naktuk zingah ka lo haw ang,” ti si lo haw ta miah lo te a lo ziaawm ang a. Dan leh hraiin min phuaw tawn na na na chuan awmpui nghet deuh, thla 6 tal emaw kum khat tal emaw kan nei thei ang a, chhungkhat nu ber pawh an thlamuang ve deuh ang a, home minister ber an thlamuan chuan chhungkhat pa ber pawh kan hlim ve deuh ang chu.

VAN THENGRENG HI PATHIAN SIAM A NIH CHUAN PATHIAN HI TU SIAM NGE?

Zoliansanga Tlau

Adventist English Academy, Saiha (tunah chuan Siaha tih a ni tawh) sikula ka thawh lai (kum 2012 – February, 2015) khan, ni khat chu Class room-a Science ka zirtir laiin kan sikul naupang pakhat chuan “Pathian hi engkim siamtu a nih chuan Pathian hi tu siam nge ni ve ang le” tiin ka thu sawi lai pawt chatin zawhna min zawt a. Kei chuan Pathian chu siam a nih ve loh thu leh chatuan mi a nih thuin ka chhang a; a dawngsawngtuin a chiang nge chiang lo ka hre zui tawh lem lo.

Pathian awm ringlo mi fing, Bertrand Russell-a (May 18, 1872 - February 2, 1970) pawhin, “Engkim hian awmtirtu a neih chuan, Pathian pawhin awmtirtu a neih ngei a ngai ang” (If God made the universe, Who made God?: 130Argument For Christian Faith, 2012, p.37)

a ti a. Mahse, Pathian chu awm tan hun nei lo chatuana awm, chatuan mi a ni si a. Bertrand Russell-a’n “Pathian pawhin awmtirtu a neih ngei a ngai ang” a tih chu thu awmze nei lo niin alang. JF Laldailova (January 9, 1925 - June 7, 1979) khaan hetiang deuh bawh hian zawhna a lo zawt ve bawk a: “Zar-mam, kei hi chu *Atheist* ka nih loh vek pawhin *Agnostic* an tih ang chi hi ka ni a. Hman tuk pawh khan pisa bula kan Zoram M.P. Pu Sangliana hi ka kawm a. A lehkhahu te pakhat ka chhiarsak hnu chuan, ‘U Sang, he brochure-ah te pawh hian Siamtu awm lovin engmah hi a awm thei ngai lo, chuvang chuan Siamtu Pathian a awm ngei a ni’ a ti a (heta “a” tih hi ‘ka’ tih tur a ni ang, JF-a hian Pu Sangliana a biakna a nih hmel si a by ZLS). A nih leh chumi premises (reasoning) vek hman chuan, Pathian pawh chuan Siamtu a neih a ngai a ngai ang” (If God made the universe, Who made God?: 130Argument For Christian Faith, 2012, p.37)

mi chhang duh bawk lo. Eng pawh ni se, nau Zar, khawvela nangni ang parmawi in lo vul theih hi chuan Pathian awm leh awm loh chu chhiarkawp nena chawhchhuah kan tum hi a tul lo. Nang hi a proof ber chu i ni mai” (J.F-a Love Letter Compiled by R. Lalrawna, Re-print - 2010, p.27&28) tiin.

Cosmological argument tlanglawn tan hmun chu hetiang hi a ni a:

i) Thil awm reng reng chuan siamtu/awmtirtu an nei vek

ii) Vanthengreng a awm

iii) Vanthengreng chuan siamtu/awmtirtu a nei,

iv) Vanthengreng hian siamtu/awmtirtu a neih chuan, chu chu Pathian a ni.

v) Chuvangin, Pathian a awm (Kristian Apologetics: Kristian Rin Ven Himna, 2021, p.70).

Cosmological argument peng pakhat tho, Kalam cosmological argument an tih vawrh lartu William Lane Craig-a chuan:

i) Thil eng pawh awm tan hun nei chuan

awmtirtu a nei (Whatever begins to exist has a cause)

ii) Vanthengreng hian awm tan hun a nei (The universe began to exist)

iv) Chuvang chuan, vanthengreng hian awmtirtu a nei (Therefore, universe has a cause) (Ramengliana, Kristian Khawhawi, 2023, p. 464) a ti kher a.

Ngun taka kan chhiar chuan, a chungna mi nen a danglamna chu: Cosmological argument tlanglawnah chuan, ‘Thil awm reng reng chuan siamtu/awmtirtu an nei vek’ tih a nih laiin Kalam cosmological argument-ah chuan ‘Thil eng pawh awm tan hun nei chuan awmtirtu a nei’ tih a ni ve thung. Dawhkan i hmu a, chu dawhkan chu siamtu awm lovin a awm thei lo tih i hre nghal thei ang. A awmzia chu chik taka ngaihtuah lem lo pawhin hriatna tlang lawn ‘intuition’ hmanin kan hre nghal mai a. Vanthengreng (universe) hi che lo leh awm ngaia awm reng nia hriat a ni thin a; mahse, kum 1915-a Albert Einstein-a

‘Theory of General Relativity’ hmanin vanthengreng chu che lo va awm tawp (static) ni lovin thung zel (expanding) niin, awm tan hun pawh nei angin kan lo hre ta a, a awm tan dan pawh Big Bang tiin kan sawi ta a nih hi. Thil lo awm chu, awm lo atanga a awm ringawt theih loh (Being cannot come from non-being) avangin David Hume-a pawhin, “Thil awm ang lo (absurd)” tiin a sawi hial a ni. Thil awm t an hun nei chuan awmtirtu a nei tih kan hre ta a; mahse, awm tan hun nei ve lo a awm a, chu chu Pathian a ni (Sam 90:2; Isaia 44:6). Paul Copan-a paw’n, “Mi tin pawm dan tlanglawn, vanthengreng lo pian chhuah dan leh a zau zel dan leh second law of thermodynamics [energy darh zau zel tura a awn tlatna] te hian vanthengreng hi engmah lo atanga lo awm a ni tih a thlawp a ni” (If God made the universe, Who made God?: 130Argument For Christian Faith, 2012, p.37) a tih bawh kha.

(Phek 3-ah chhunzawmna...)

Falklands banner vanga hremna hmachhawn thei Argentina

World Cup semi-final hnuhnung zawka England an hneh hnu chak lawm laia Argentina player leh an fans lamin stadium chhunga football danin a phal loh politik lam hawi inbeihna thuziak an pholan avangin defending world champion hian Fifa lak at angin hremna an hmachhawn thei dawn.

Kan hriat tawh thin angin, Argentina leh England hi Falkland Islands inchuhin an lo indo tawh a, chu mi chungchang kaihnawih thuziak chu Three Lions laka 2-1 hnehna an chan rualin chak lawm player-te'n an pho chhuak a, thuziakah chuan "Las Malvinas son Argentinas" tih kan hmu a, chu chu sap tawngin "The Falklands are Argentine" tihna niin, Falkland thliarkarte chu an ta a nihzia tarlanna a ni.

Argentina ram dep tuifinriat kam atanga mel 300-a hla Falkland Islands an tih hi Atlantic Ocean chhim thlang lama British ram awp ni thinin, tun thleng hian neitu nihna chungchangah Britain leh Argentina an la inrem thei lo.

Kum 1982 khan ram pahnihte hi he lai hmuna thliarkar bawrkhawmte neitu zawk nih inchuhin April atanga June thleng, thla thum chung ralthuam hmangin an indo a; ni 74 awh indona avang khan Argentine 655 leh British sipai 255 laiin nunna an chan nghe nghe.

Chuti ang boruak la awm reng lai leh Fifa inkaihruaina danin politik lam rawngkai khelmual chhunga putluh a khap laia tilui leh mai thin Argentine-ho hian kum 2014 pawh khan Slovenia nen friendly an khelch dawnah heti ang thuziak bawh hi khelmual chhungah tarchhuak



tawhin, kha mi tum pawh khan Fifa lak atangin Argentine Football Association chuan £20,000 zet an lo chawi phah tawh a, tuntum hi chuan sum chawi zat hi sang chho talh tura ngaih a ni.

World football governing body chuan Nilaini zana Argentina player leh fans khawsak dan kha politik thila an dan siam palzutna leh team nungchang mawi lo lantirna (team misconduct) a nih thu an sawi.

England laka hnehna an chan hnu lawk khan Argentina vice-president Victoria Villarruel pawhin X-ah Argentine sipaite niawm tak tilang chung post siamin, "Hei hi match khat dang' a ni satliah mai lo' tih a ziak a, 'Falkland

thliarkar mite chu Argentine an ni.

"Stadium-a luh ve an khap a, kan thisen leh thinlunga an behtlatna hi min theihnghilhsak bawk," tiin a ziak tel.

Semi-final khelch hma khan Villarruel bawh hian an ram inkhel tur behchhanin semi-final an khelch tur chu mi ram run chingte an awmna hmun tur dik taka thawnna hun remchang a nih tur thu a lo sawi chhuak tawh bawh!

Inkhelch bana English mite hliama chingal an theh belhna thuziak Argentine-hoin an pholan hnu khan British MP Peter Kyle, Secretary of State for Business and Trade chuan Argentinan banner demna a auchhuahpui nghal a, Fifa lamin

an chhuichian ngei a phut thu a tarlang tel.

FIFA Stadium Code of Conduct an tihin a tarlan danin, stadium chhunga politik thil, midangte tihnatna lam hawi leh inthliarna thuziak banner, flag, flyer leh hmanraw dang dang hmanga tarlan a khap tlat a ni.

Last 16 lama Egypt laka 3-2 hnehna ropui an chanlet tum khan Argentina player-te chak lawm chu Falklands leh Argentina great pahnih Diego Maradona leh Lionel Messi hming lam chungin an lo zai chiam tawh bawh.

Argentina manager dam dap mai Lionel Scaloni erawh chuan tun semi-final match khelch hma lawk khan football leh politik chawhpawlh a tum ve loh thu sawiin, "Kan buaipui ber hi chu football match a ni mai a, thil dang nen ka chawm pawlh chiam ve thei lo. Kum tam tak liamta daih tawha thil thleng zahawm lem lo tak nen phei chuan suihzawm ka duh lo.

"Kha thil (indona) thleng kha kan history-a hun lungchhiatthlak niin, eng tih chiam theih kan nei lo tih lai hi thudik kan pawm mai tur chu a ni.

"Khawvel hmun tin hmun tangah thil thleng a awm zeih zuih a, indona lo chhuak thin hi kan sawisel reng bawh a; kan indonaa tuartute kha kan theihnghilch lo ngei mai a, mahse, hei hi chu football match a ni a, he thil pahnih hi kan chawm pawlh tur a ni lo," a ti ve tlat!

Nilaini zan semi-final match thlir manhla takah khan goal thun hmasa England chan hun tawp dawna Enzo Fernandez lehtar Martinez-te goal an chhuah avangin final an lut zo ta lo a nih kha.

ADBBA Season Opening 2026 final: BC Zotlang vs ?

Aizawl District Basketball Association (ADBBA) buatsaih season opening-ah chu zanin hian a hmawrbawkna neih a ni dawn ta. Nizan lama inkhel result he thu buatsaih lai hian kan hriat hman loh avangin inkhel behbawm lamkan hrut ang.

ADBBA hnuaiah hian Division 1 club pasarih an inziak lut a, anni atang hian semi-finals lut phak awmchhun chu Mission Vengthlang BC chiah an ni.

- 1. Mission Vengthlang BC
- 2. Bawngkawn Horns
- 3. Bethlehem Vengthlang BC
- 4. Republic Veng BC VR4
- 5. Model Veng BC
- 6. DG BC
- 7. Kanan BC

Division 2 ah hian club 16 an awm a, an zing atang hian D3 BC Kulikawn leh BC Zotlang te hian semi-finals tun inelna ah hian an invawrh thleng.

- 1. Ramthar Hollow BBSP
- 2. Armed Veng South BC
- 3. Armed Veng BC



Rinchhana 27 pts - BC Zotlang

- 4. Cinamons BC
- 5. Crixix
- 6. Upper Republic BC
- 7. D3 BC Kulikawn
- 8. BC Zotlang
- 9. Aien BC
- 10. D2 OG
- 11. Mischieve BC
- 12. Khatla TBL Jr
- 13. Luangmual Archangles
- 14. AM BC
- 15. Nursery Veng BC
- 16. Khatla South Barons (Khel lo!)

Division 3 ah hian club 16 awmin, anni Zemabawk BC Jr. chiah hi semi-finals lut phak an ni ve thung.

- 1. Zemabawk BC Jr
- 2. Ramthar BC
- 3. Hunthar BC
- 4. Ramhlun Vengthar BC
- 5. Saron Wildcats
- 6. Chanmari West BC
- 7. Leitan Titans
- 8. BC Tlangnuam
- 9. Zonuam BC
- 10. Sharks BC
- 11. Dawrpui BC
- 12. Maxim BC
- 13. Salem Veng BC
- 14. Vanguard Team C
- 15. AVL Pacemaker (Khel lo!)
- 16. Chawlhmun BC (Khel lo!)

Final chu

Nizan semi-finals inkhel hmasa zawkah D3 BC Kulikawn chuan Zotlang BC chu in an 75 - 78 in an hneh lo a, heti hian Zotlang BC hian zanina khelch turah final an lut a, an tumpui tur semi-finals match hnihna inkhel result hi kan hre hman lo thung.

Zemabawk BC Jr. leh Mission VT BC chak zawkin BC Zotlang hi an hmachhawn ang.

World Cup lehah Kane kan hmu leh dawn em?

Amah, England captain Harry Kane ber chuan Argentina laka an tlawm hnua an kawmnaah ram tana 2030 World Cup a khelch loh chungchang sawi turin a la hma deuh tih a sawi.

Atlanta lama inbeihna hautak zetah si khat phur hmasa zet chungin comeback king ni chho ta Argentina chuan khelmual pawn lam, politik thlenga an ram hmelmia lian ber tih ngam England lakah 2-1 hnehna changin, Pathian ni zan hian Spain nen final an khel dawn.

Tun kha England leh Bayern Munich striker Kane tan kum riat chungha World Cup semi-final an paitlang zawh loh tum hnihna niin, kum 2018 khan Croatia lakah 2-1 bawkin an lo tlawm tawh a ni.

Inkhelch banah kum 32 mi Kane hi a hmalam hun an zawt a, kum 39 mi lai ni tawh chungha khawvel inelna level sang ber la khel thei mai ni loa best player tih theih khawpa la inlan zak zak thei Argentina captain Lionel Messi fak zet chungin kum li liam leh hnua England tana Fifa tournament lian ber a khelch dawn leh dawn loh chu hunin a la hril tur thu a sawi.

Tottenham striker hlui chuan, "Chuti ang thu sawina'n chuan a la hma lutuk hret. Kum chhira ka tuina leh theihna chhiar kauh kauh rih hi ka kalphung tur niin ka ngai.



mai a; Leo (Messi) erawh kan en chuan kum 39-ah pawh level sang berah a la inlan thei," a ti.

Kane hian kumin World Cup kal mekah hian goal ruk khung tling tawhin, third-place match khelch tur a la neih avang hian Golden Boot dawng tur intlansiaknaah beisei a la nei thing a; Nilaini zana Argentina goal hnih siamchhuaktu Messi leh France striker Kylian Mbappe-te'n goal riat ve ve khawl tawhin, beisei-awm dang an ni bawh.

England khan second half tir lam minute 55-na lekah Morgan Rogers cross atanga Anthony Gordon goal thun hmangin hma hrui zet mah se an head coach Thomas Tuchel berin goal nawr zui aia goal venhim lam a tuipui zawk tak avangin chak loh ngaithei lo Argentine player-te goal bawh na lutuk karah an damkhawchhuak zo ta lo a ni!

Hun tawp dawna Enzo Fernandez leh Lautaro Martinez-te goal chhuah vanga tlawm Three

Lions khan kum 1966 hnu lama men's World Cup final an luh leh vawi khatna tur hun tha an bawhpelch a; goal thun hmasa zet chung a tlawm leh tak chungchang Kane chuan sawiin, "Thil han sawi chiam tur a awm lo e. Mi zawng zawng kan na a nih hi.

"Chak hman t ep, minute 10 lo liam ngah ngaih tawh loh huna chance tha neih bawhpelch leh kha tiah hnawpna a ni.

"A tir lam minute 60 chungkh kha kan khel tha a, goal kan khung a, a

phu zawk kan nih ang ngein hma pawh kan hrui ngei a, mahse, a hnu lamah khan ball kan harsat a, ball kan chanin pressure kan zo lo a, chu chuan kan lam goal hnai-hah lehlam pawl tan khan chance a siamchhuak tam ta a ni.

"Khati ang dinhmuna kan tal-buai mai chhan leh hmasawn zui dante kha hmuhchhuah kan la tum chho ang a, tun dinhmunah chuan tournament kan hmachhawn hnuhnung pali ngaa kan hloh lian a ni tih chinah hian duht-awk rih teh ang," a ti.

England hi men's World Cup hnuhnung vawi thuma tum hnihah semi-final paitlang zo loin an tla ve ve a; kum 2021 leh 2024 Europe-ah an tlawm ve ve bawh a, inkhel liana chak dan thuruk hi an zirchhuah thuai a ngai niin a lang!

England hian Inrinni zan pathumna inchuh match-a France an sut leh tur atan inbuatsaihna an kalpui zui leh nghal a ni.

⚽ FOOTBALL TITI ⚽

⚽ *Crysencio Summerville-a agent chu Roma nen an inhmu a, kum 24 mi Netherlands forward hian West Ham aʼanga Italian club a zawm theih nan hma an la. (Corriere dello Sport - in Italian)*

⚽ *USA goalkeeper Gabriel Slonina chuan Chelsea aʼanga Strasbourg pan thei turin trial a hmachhawn mek. (L'Equipe - in French)*

⚽ *Old Trafford aʼanga Marcus Rashford a in-puchhuak a nih chuan Manchester United chuan West Ham winger Crysencio Summerville lak an tum dawn. Netherlands tan World Cup-a cheʼtha tak Summerville hi West Ham chuan £30m an ch-hiar. (Guardian - subscription required)*

⚽ *Arsenal chu £34m tawktarha kum 21 mi RB Leipzig leh Norway winger Antonio Nusa dawr turin an inhmakhua. (Caughtoffside)*

⚽ *Manchester City chuan Lille hnenah an raw-lithar duhawm Ayyoub Bouaddi chu an lei thei a nih chuan an first team a khelhtir nghal ai chuan a khelh meknaah hian loan a tirhchhuah leh nghal an duh zawk tih an hrilh. (Teamtalk)*

⚽ *Manchester City chuan Aston Villa leh Tottenham ten lak tuma an ngaihven Paris St-Germain leh Senegal forward kum 18 mi Ibrahim Mbaye an ngaihven thar ve leh. (FootMercato)*

⚽ *Sunderland chuan kum 19 mi French defender Dayann Methalie chu Toulouse aʼanga lak tumin an ngaihven. (Football Insider)*

⚽ *Everton chuan Manchester City right-back Rico Lewis lak an duh a, kum 21 mi hi Nottingham Forest, Bournemouth leh Fulham te pawhin lak tumin an ngahven ve bawk. (Teamtalk)*

⚽ *Hull City chuan Swedish winger Elliot Stroud chu tunkar chhung ngein Mjallby aʼanga lak fel theih an inbeisei a. £3m vel bawr sengin Olympiacos lehGreece goalkeeper Konstantinos Tzolakis lak theih an inbeisei bawk. (Sky Sports)*

FA in Tuchel an thlawp



World Cup 2026 ʼ an hma hauh aʼanga sawisel hlawh, na taka sawisel an chak em em, rin ai taka an chetʼthat tak si vanga la puang-chhuak rih lo lungawi lohna inmung mek chu a puangchhuak ta nge nge a, England head coach Thomas Tuchel-aʼn sawiseln a tawk nasa ta hle.

Coach thu duh ve tak Thomas Tuchel hian Manchester United tana season hmang ʼ tha tak Harry Maguire a koh loh vangin sawisel a hlawh hle. Maguire hi club tan a chetʼthat loh lai pawhin England tan a chet ha em em zel tho a, England player pawimawh a ni thei deuh reng. Season a hman ʼ that ʼ tum tak a lo ni bawk nen koh a ni lo hian mak tih a hlawh hle. Maguire koh a nih loh bakah Manchester City tana inlan ngai mang lo John Stones a ko leh tho siten sawi

leh sel a titam zual bawk.

Tuchel hian Maguire bakah Chelsea player pawimawh Cole Palmer a ko tel duh lo bawk. Palmer a ko lo hian mak tih a hlawh zual em em a, eng vanga ko lo nge tih hriat thiam a har hle. Maguire leh Palmer a koh loh bakah Phil Foden leh Adam Wharton a ko tel lo lehzel chuan mak tih a hlawh em em bawk a. A tir aʼ ang rengin Tuchel hian sawisel a hlawh nghal pang a ni.

World Cup-ah semi-final hial thleng bawk mah se a player rem danin mak tih a hlawh reng tho va, a sirah Morgan Rodgers a dah tlatte kha an hrethiam thei lo. Argentina laka a dawih lutuk vangin sawisel a hlawh em em bawk a, bang tura nawrna tam tak a dawng. Hetihlai hian FA chuan Tuchel hi an la thlawp thung.

Team huaisen Argentina in final an lut

World Cup 2026 khelh meka semi-final hnhnung zawk chu ningani zing khan khelh zawh a nih a, Mercedes-Benz Stadium a inkhel hmuhdawm takah Argentina chuan England lakah 2-1 in hnehna an chang let a, final an lut. Team huaisen Argentina hian France hnehtu Spain chu final-ah an hmachhawn dawn. Final hi Pathianni zanah khelh a ni ang.

Inkhel hmuhdawm chu

Argentina leh England hi football khelmuala inhal, indona pui tak nei ʼ thin an nih bakah ralthuam hmanga indo tawh an nih bawk vangin inhuatna thuk tak an nei. Ram inhal tak an nih vangin semi-final-a an inkhel tur pawhin ngaihven a hlawh a, an boruak a lian hle.

Inkhel ngaihven hlawh tak hi rin lawk ang ngeiin a hmuhdawm a, khelmual chhungah an inhlau lovin, an indim lo salh salh hle. An inkhelh hma hauh aʼanga tawngkam feikibar a lo inkhawhtawn zuai zuai tawh an ni bawk a, inkhel ʼ tan phat aʼ angin boruak a lum nghal phat. ‘A ball ka chhuah pawhin a mihring chu ka chhuah lo ang’ ti rilru pu ʼ tha an ni a, chawhlhawh hmain wavi 19 zet foul a awm hman. World Cup-ah chawhlhawh hmaa foul awm tamna ber an ni ta reng bawk. Player tinte an inhlauh loh tawn em vangin inkhel hmuhdawm ni bawk mah se team hnihte beisei angin an la khel ʼ ha tawh lo ve ve thung a, game ʼ tha tak erawh an khelchhuak lo ve ve. An fimkhur tawn em vangin goal hlauhawm a awm meuh lova, goal awm lovin chawhlawh an hmang.

A goal ta : Inkhel thununtu Ismail Elfath-aʼn card phawrh a ui lo ʼ tan a, football game hmuhdawm zawk hmuh tur a tam tulh tulh. Chawhlhawh hnu lamah goal thun tumin ʼ tan an khawh nasa leh zual a, an innawr tawn a hmuhdawm thei hle. Second half ʼ tan tir lamah England in fuh takin Argentina an nawr tlang. Morgan Rodger siamsak ʼ tha tak chu Anthony Gordon chuan goal kilah awlsam takin a pet goal a, hmahruaina goal a thun. Inkhel hmuhdawm takah goal a lut ta nge nge !

Argentina an chhaih kawlh : Goal thun hmasa zawkah an ʼ tan vangin England an phur a, an boruak pui hman hle. Mah se, an goal thun hian Sapui muthlu a kai harh a, team huaisen



Argentina an chhaihkawlh ta chiah thung. Three Lions hian an khingpuite an chhaihkawlh bakah Coach Tuchel thutlukna siam sual an tuar.

Goal an chhuah hnua khel ʼ tha zual sauh a, an phur thar ta sawt emaw tih mai tur Argentina in team huaisen an nihzia an lantir nawn leh a, an si phurh sut ngei tumin thapui an thawh. Knock-out stage-a game tam zawkah an khingpuite le-hthal a, hnehna chang let zel Argentina hian ball chang tamin, an khingpuite an thunun sawt viau a, England goal bulah an inkhel a ni deuh ber tawh a, Three Lions an bet tlat.

An khingpuiten an khelh ʼ that sawt em vangin England coach Thomas Tuchel-aʼn an tlarh-nung rem phui a ʼ tulzia a hria a, goal thuntu Anthony Gordon lachhuakin defender Ezri Konsa a luhtir. Gordon chhuah hnuin England hi an bet sauh a, vanneithlak takin an him hram hram rih a ni ber mai.

Goal thun ngei tuma ʼ tan khawh Argentina tan McAllister tauh ʼ tha zet mai chu si nghak Jordan Pickford chuan ʼ tha zetin a lo dang hman hlahu a, an team a chhanhim. Argentina hian goal post a tauh per leh bakah McAllister chuan goal post a pet per leh dawp bawk a, uiawm takin an hunt ha neih an hlah zawn. Uitawm taka an hun ʼ tha neih an hlah fo vangin Argentina vanduinaina ni a thleng ve dawn taa ngaihna lian tak a awm.

An beh tak em vangin Tuchel chuan defender

pahnih Nico O’Reilly leh Dan Burn te a dah luh belh leh. Defender an tam tak lutuk vangin England an buai phah a, an indip a ni ber mai. An khingpuite goal hmaa an inrem ʼ thup lain Enzo Fernandes chuan Messi ball pek ʼ tha tak chu a khalh rem hnuin fuh zetin a pet lut a, minute 85-naah goal thunin, an si phurh a sut.

An si phurh an sut vangin Argentina an phur tak zet a, chak turah an inngai nghal deuh tawp bawk. Na takin an khingpuite an nawr zui leh a, bench aʼanga lut Lautaro Martinez chuan Lionel Messi siamsak ʼ tha zet mai chu minute 90+2-ah fuh zetin a tauh goal a, hma an hrui letna goal a thun.

Hnufual zawka an ʼ tan hnuin England coach Tuchel chuan defender lachhuakin forward pahnih; Marcus Rashford leh Ivan Toney te dah lut leh hnuhdawh bawk mah se Phengphe khua an tlai zo tawh a, an si phurh an sut thei tawh lo. Inkhel hmuhdawm tak chu a tawp a, 2-1 a hnehna changin team huaisen Argentina in final an lut zui ta a ni.

Harsa taka England hnehna final an luh vangin Argentina Captain chuan Golden Ball a dawng ngei dawn niin a lang. Messi hian goal 8 a thun bakah Assist wavi 4 lai nei tawhin, ‘Player of the match’ ah wavi nga lai thlan a ni a. World Cup 2026-ah ‘Player of match’ ni ngun ber a ni bawk a, a dinhmun a ʼ tha hle.

Argentina in an hmelma England an vel

World Cup 2026 a semi-final hnuhnung zawk chu Ningani zing khan Mercedes-Benz Stadium-ah khelh zawh a ni ta a. Ram inhal em em England leh Argentina te inkhelah Argentina in 2-1 a hnehna changin an hmelma lian England an vel.

Thawnthu ngaihnamw

England leh Argentina te hi khelmual chhungah football hmanga indona leh khelmual pawnah pawh ram inchuha lo indo tawh an nih vangin eng level-ah pawh inhmachhawn se an boruak a ʼ tang at reng a, hmuhdawm lo a awm ngai lo. Inkhel pawimawh tak Semi-final ah an intum nawn a ni a, ‘Hmuhdawm tak a nih loh vek chuan rapthlak tak a ni,’ a ni ngei ang.

England leh Argentina hi World Cup-a an intum hmasak ber chu 1962-ah khan a ni a, 3-1 in Three Lions an chak. Hemi ʼ tum hi boruak dai panggai ve deuh taka an inkhelh awmchhun a ni hial awm e.

World Cup 1966 kha England in an thleng a, quarter-final ah Argentina nen an inhmachhawn. Inkhel boruak sang leh sawi zui hlawh takah England in 1-0 in hnehna an chang a, hemi ʼ tum hian an champion zui nghe nghe. England manager Alf Ramsay chu Argentina team hi ‘Ramsa (Animal)’ tiin a ko hial a, hei hian Argentina a tithinrim hle. Hemi ʼ tum hian Argentina captain Antonio Rattin chu Yellow Card leh Red card la awm lo mah se hnawhchhuah a ni. Referee te ʼ awng hrethiam lo lui tlatin Rattin hi a chhuak duh lo reng a, hun eng emaw chen hnuaah an chhuah tir ta nge nge. England leh Argentina inkhel hi Yellow Card leh Red Card awm a ngai hle tih hriatchhuahna hmanrua a lo ni zui ta bawk.

Argentina laka England chakna goal hi Geoff Hurts a thun a ni a, goal a thun dawn hian a off-side chiang hle niin an ngai a, mah se a goal thun pawm a ni. He match hi Argentina lam hian ‘El robo del siglo’ (Kum za chhunga rukrukna lian ber) tiin an sawi zui hial a ni. An inkhelh zawhah player ten Jersey inthleng an tum ve ngei a, England manager Ramsay-aʼn khapin, a la phal lo leh ta zel. Heta ʼ tang hian England leh Argentina te inkarah inhuatna meipui a alh ta hluah hluah reng a ni.

Khelmual chung boruak vanga an inhal sa em em lain kum 1982 khan Falkland Island / Islas Mavinas inchuhin an indo zui leh ta nghal

a. He indonaah hian British in hnehna an chang. 1966 quarter-final boruak sang tak vanga Ui leh Kel thlun pawlh ang maia inhal sa kha ram inchuhin an indo zui leh ta si a, an inkara huatna chu meialh a khawnvartui leih ang maiin a pun-lun a, a alh lian ta hlui a ni.

Ram inchuha an indo hnu lawk 1986 World Cup-ah an inhmachhawn a, boruak a ʼ tang ʼ tha at at hle. Inkhel hmuhdawm takah Maradona goal hnih thun hmangin Argentina an chak a, semi-final an lut. Maradona goal thun hmasak zawk, amahin ‘Hand of God’ a tih hi tun thlengin ‘Goal tenawm ber’ tih a la ni reng a. A goal hnihna erawh chu kum 100 chhunga goal ropui bera thlan a ni ve thung. Maradona handball hian si nghak Peter Shilton a tithinrim em em a, kum 2020 thleng khan Maradona nen hmun khata awm ho ringawt pawh a la duh lo. Heti chung hian ‘Goal of the Century’ ah chuan Maradona goal hnihna hi a vote ve tho thung.

World Cup ah an intawn loh vang vang hnuin France in a thleng World Cup 1998 ah an intawng ve leh ta hlawh a, inkhel sawi zui hlawh tak a ni leh ta chiah bawk. England rawlthar David Beckham chuan ʼ tul lo takin Diego Semione a tlawh a, Red Card a hmu. Hemi ʼ tum hian hun pangngai 2-2 in an inhnethawh zet a, penalty shoot-out ah Argentina in 4-3 in hnehna an chang. David Beckham hian an ram mipuite huat a hlawh ngang mai a, ‘Pasaltʼha 10 leh naupang mawl pakhat’ tiin an sawi zui hial nghe nghe. A nihna takah chuan Simone (Atletico Madrid manager ni mek) khan Beckham-a tlu tawh kha a samah a zu kek leh kher kha a ni a. Tun ang hian VAR awm tawh se chuan amah pawh kha hnawhchhuah a nih ngei a rinawm.

World Cup 2002 ah an intum zui leh ta a, Red Card a hmuh vanga an huatrawn David Beckham goal thun hmang ngeiin England

an chak a. Beckham ngei pawh pawh chawisanin a awm ve leh ta a, hnam chawm tlangval aʼangin Sailo Pasaltʼha huaisen nihna dinhmun luah ang hialin dinhmun duhawm a luah a, zah leh ngaihsanrawn a ni. 2002 hnu lamah an intum ta lo vang vang a, 24 hnuaah an intawng dawn ta a ni.

Hemi ʼ tum penalty hlawhchhuaktu Michael Owen hi Argentina lam chuan ‘Tlu der’ tiin a la puh reng a. Penalty chawitu Mauricio Pochettino chuan Owen hi a tawh eih loh thu la sawi fanin, an inkhelin boruak neuh neuh a nei chhunawm zel.

Kum 23 chuang zet an inhmachhawn loh vang vang hnuin World Cup 2026 semi-final ah an intum ta a, inkhel hmuhdawm leh boruak sang takah goal an chhuah hmasak zet hnuin Argentina in 2-1 in hnehna an chang let a, final an lut.

An sul hnu

England leh Argentina te hi inelna hrang hrangah wavi 15 an inhmachhawn ta chiah a, wavi 6 chakin England an chungnung a. Wavi 5 an inhnethawh bakah Argentina in wavi 4 hnehna an chang ve ta bawk. World Cup-ah bik chuan wavi ruk an inhmachhawn chiah a. Semi-final-ah Argentina an chak vangin chungnung zawk an awm lova, 3-3 a ni ta chiah a ni.

World Cup 1966-a an champion hnuin England hian World Cup-ah Semi-final wavi thum (1990, 2018 & 2026) an lut a, final an la lut leh lo. Hetihlai hian Argentina erawh semi-final wavi 6 (1930, 1986, 1990, 2014, 2022 & 2026) lut tawhin an la chak vek thung. Semi-final-ah hnuhma an nei ʼ tha viau a, a wavi li nan an champion thei ang em tih hriat a chakawm tawh hle.

Argentina chu inelna hrang hrang leh World Cup-ah ngei pawh an hneh loh tam zawk, an hmelma lian ni bawk England chu 2-1 in an hneh ta a, an mahni velh tum a, ‘kan hneh ngei dawn’ ti kuk kukte ka hupin an vel ta zawk.



2026 Nashville SHOF nomination-ah Taylor Swift leh Miranda Lambert an tel



Thla kalta maiah khan Taylor Swift chu Songwriters Hall of Fame-ah lak luh a ni a, tunah chuan Nashville Songwriters Hall of

Fame a lak luh theih tura chhawp chhuah zingah a tel leh ta. Swift hi contemporary songwriter/artist category-ah Miranda Lambert, Chris Stapleton leh Phil Vassar te nen nominee an ni a, he category atang hian an zinga pakhat chu hall of fame-ah lak luh a ni ang. Nashville SHOF han contemporary songwriters category-ah hian nominee pariat an puang a, he category atang hian pahnih lak luh an n ang a, lak luh turte hi Hall of Fame member bakah professional songwriter leh artist dang ten an thlang dawn a, kum tawp lamah induction ceremony an nei ang. Nashville SOF executive director Mark Ford chuan, “Phu tak vek an ni, contemporary category nominee zawng zawng kan lawmpui e. Lak luh tur, Class of 2026 puan theih hun tur a nghahhlel-hawm ta hle mai,” a ti. 1970 atang khan

Nashville Songwriters Hall of Fame-ah hian 254 lak luh an ni tawh a, country music chauh ni lovin music genre hrang hrang atanga hlaphuah thiam ropui te lak luh an ni a, a buaipuitu hi Nashville Songwriters Foundation an ni. Lak luh tura thlan theih a chhawp chhuah (nominee) ni tur hian an hlaphuah hralh suma an chantir hmasak ber atanga kum 20 a tlin phawt a ngai a ni. Nominees: Contemporary songwriter/artists category Miranda Lambert Chris Stapleton Taylor Swif Phil Vassar

Nominees: Contemporary songwriters category Jim Beavers Shawn Camp Rodney Clawson Dallas Davidson Marv Green Lee Thomas Miller Neil Thrasher Chris Tompkins

ESPY 2026 an sem ta

Sports star-te tana zang ropui, infiammi te tana Grammy leh Oscar ang tho a chawimawina sang 2026 ESPY Awards chu New York City-ah an sem ta a, infiamna lama mi thei chungchuang te pawhin an sports dress dah thain, suit leh bowtie bakah high heels nen an inkam sang-a, a nalh thei ang berin an induang zaih hlawm e. umtina an sem thin ESPY Awards semna hi kumah chuan Saturday Night Live star Marcello Hernandez-a’n a host a, Loncoln Center-ah award semna hun hi an hmang a ni. **2026 ESPY Awards Winners:** Best Championship Performance: Jalen Brunson, New York Knicks Best Breakthrough Athlete: Alysa Liu, U.S. figure skating Muhammad Ali Sports Humanitarian Award: Stephen Curry, Golden State Warriors Best College Athlete - Men’s Sports: Fernando Mendoza,

Indiana football Best College Athlete - Women’s Sports: Lauren Betts, UCLA women’s basketball Jimmy V Award for Perseverance: Jim Abbott Best Single-Game Performance: Shohei Ohtani, Los Angeles Dodgers Best Play: OG Anunoby, New York Knicks Best Record-Breaking Performance: Myles Garrett, Los Angeles Rams Best WNBA Player: A’ja Wilson, Las Vegas Aces Best NBA Player: Jalen Brunson Gatorade Players of the Year: Maddie DiMaria and Grady Emerson Billie Jean King Youth Leadership Award: Kelis Armstrong, Julia Howe and Samuel Phillips Arthur Ashe Courage Award: Jason Collins Best Athlete - Men’s Sports: Jalen Brunson, New York Knicks Best Athlete - Women’s Sports: A’ja Wilson, Las Vegas Aces Best Team: New York Knicks



Alysa Liu

Best Comeback Athlete: Christian McCaffrey, San Francisco 49ers Best Athlete with a Disability: Declan Farmer, Paralympic hockey Best NFL Player: Myles Garrett Best MLB Player: Shohei Ohtani Best NHL Player: Connor McDavid, Edmonton Oilers Best Driver: Lando Norris, F1 Best Fighter: Terence Crawford, Boxing Best Soccer Player: Lionel Messi, Inter Miami CF Best Golfer: Scottie Scheffler Best Tennis Player: Carlos Alcaraz

Phuah Pawlh

Ahmedabad-ah darkar khata thing tiak phun tam record an siam



Ahmedabad-ah darkar khat chhunga thing tiak 3,61,000 phun-in, darkar khat chhunga thing tiak phun tam ber

Record siam nan hian volunteer 25,000 chuang an thawk chhuak a, AMC official bakah BAPS volunteer, CRE-DAI member-te, police, NCC cadets, school naupang, NGO hrang hrang member bakah zirna inhrang hrang hrang leh khawtual mite an tel a, a ram mil tur thing chi hrang hrang 35 an an phun, an thing phunna plantation hi square meter 91,006 vel zeta zau a ni. A h m e d a b a d hi Guinness World Records-ah an mikhal tawh bik lo a, 2024 khan Ahmedabad Flower Show-ah pangpar rem mawi sei ber record an siam a, 2025-ah khawvela pangpar bouquet lian ber an siam a, kumina pawh Sardar Vallabhbhai Patel lem pangpar hman-ga siamin record an siam tawh bawh.

record siam thingphun hi Ahmadebad Municipal Corporation (AMC)-in Bhadaj-ah an buatsaih niin, Japanese Miyawaki afforestation method an hmang. Record siamnaah hian Union Home Minister Amit Shah pawhin a telpui nghe nghe a ni. Darkar khata thing phun tam record hi Assam Forest Department chuan September 2023 khan darkar khata thing tiak 3,31,929 phun-in an lo siam tawh a, tun tumah Ahmedabad hian minute 60 chhunga thing taik 3,61,000 phunin Assam record hi an rawn khum ta a ni.

Royal Enfield Shotgun 650 x Rough Crafts limited edition an tlangzarh



Royal Enfield chuan an Shotgun 650 chu Taiwan-a hmun-pui nei custom builder Rough Crafts nena thawkhoin limited-edition version an tlangzarh a, he custom bike hi factory-built version bobber inspired niin unit 100 chiah an siam chhuak dawn a, chung zin-

ga 25 chiah chu India-a hralh ch-huah tur a ni a, a dang zawng chu Europde, North America le APAC-ah te thawm chhuah a ni dawn a, Shotgun 650 x Rough Crafts hi showroom-ah Rs 5,75,000 man a ni dawn a, July ni 30, 2026 atangin an hralh chhuak dawn a, a lei duh te chu Royal Enfield website Drop Zone emaw mobile app-ah emaw July ni 15 atanga July ni 30 ch-hungin inziah luh tur a ni a, chuta tanga mi vannei 25 ten an lei thei dawn a ni. Shotgun 650 x Rough Crafts limited-edition model hi rawng dum tle zak le matt stealth black combnation a ni a, gold leadf stripes cheina neiin, cast brass badge a neih bakah a fuel tank-ah limited-edition numbering a nei bawh. Hei bakah hian black bar-end mirror, quilted leather seat, contrast-cut alloy rims leh gold fork inner tube-te pawhin a chei-mawi khawp mai.

Lexus ES 350h Hybrid India-ah tlangzarh



Japanese luxury car brand Lexus chuan an all-electric ES chu kumtir lam khan India-ah tlangzarh tawhin, tunah chuan a hybrid version, ES 350h booking an hawng leh ta a, chi hnih a awm dawn a, showroom-ah Rs 66,10,000 leh Rs 71,80,000 man te an ni a, India-a Lexus car kan hmuh theih zinga a man tlawm berte an ni! He hybrid car sei chi hian an signature L-shaped lighting neiin, a hnunglam design a mawidak leh thlarh mai a, a chhunglelam pawh 14-inch high-difinition touchscreen neiin, connected

features a thum a ni, Responsive Hidden Switches a nei a, company lam chuan khawvelah a hmasa ber niin an chhal. Lexus ES 350h hian 1.5-litre inline 4-cylinder engine neiin, eAxe thar leh PCU (Power Control Unit) inzawm transaxle leh lithium-ion battery a nei a. Company lam chuan a hybrid system hian a performance a tihchak rualin fuel economy lamah a tit ha bawh a, a thawm a tizawi bawh niin an tarlang. A chuangte himna atan Lexus Safety System+ a thum a ni a, hetah hian ADAS function chi hrang hrang a awm nghal a ni.

Motorola Edge 70 Max India-ah tlangzarh

Motorola Edge 70 Max chu India-ah an tlangzarh ta a, Edge 70 lineup-ah an model pangana a ni tawh a, 8GB RAM leh 12GB RAM-ah 256GB storage a awm ve ve a, Rs 54,999 leh Rs 59,999 man te an ni. Company lam chuan bank t henkhat credit card hman-ga leitu te tan Rs 5,000 bank discount an pe bawh. He smartphone hi July ni 20 atangin an hralh chhuak tan dawn a, Flipkart leh Motorola online store atangin a chah theih ang. Motorola Edge 70 Max hi dual-SIM niin, Android 16-based Hello UI a hmanga, OS upgrade kum thum leh security update kum nga chung a awm dawn niin an chhal a, 3nm octa-core Snapdragon 8 Gen 5 chipset a nei bawh.

6.8-inch QHD+ (1440x3168 pixels) Extreme AMOLEDdisplay neiin, 144Hz refresh rate, up to 7,000 nits peak brightness, up to 360Hz touch sampling rate, 510 ppi pixel density, 100 percent DCI-P3 colout gamut, 1 billion colours, 96.8 percent screen-to-body ratio, 19.8:9 aspect ratio neiin, a display hi Corning Gorilla Glass 7i a thum a ni a, kut huh leh a screen hun chung pawha hman theih turin Water Touch feature a nei bawh. A hnungah camera pahnih- 50-megapixel (f/1.8) Sony LYT-710 sensor (optical image stabilisation) leh 8-megapixel (f/2.2) ultrawide camera (119-degree field-of-view, autofocus, 2-in-1 light sensor) neiin, a hmalamah 32-megapix-



el (f/2.2) camera a nei bawh. A camera te hian 4K/60fps-in video an record thei bawh. Motorola Edge 70 Max hian 7,100mAh battery hmangin, 90W (wired) leh 25 (wireless) fast charging leh 5W wired reverse charging a support a, connectivity-ah chuan 5G, 4G LTE, Wi-Fi 7, Bluetooth 6, USB Type-C port, GPS, Glonass, Galileo, NacIC, BeiDou, QZSS a support a, sensor hrang hrang a neih zingah proximity sensor, ambient light sensor, accelerometer, gyroscope, e-compass, leh in-display fingerprint sensor a tel 164x77x8.29mm a lian, gram 221 a rit a ni.

Lan khal deuh talh i duh em?

Nutritionist and fitness consultant Suman Agarwal chuan khal deuh t alh kan duh chuan dry fruits ei hnem tur niin a sawi. Dry fruits hi inti khal nan a that rualin kan hman dan a zirin inti cher nan pawh a tha tho niin an sawi a, chutih rualin cholesterol level a tihniamin digestion lamah mi a tanpui bawh. Suman a n Times of India health section-a khal deuh t alh duh te tana ei tur ni a sawi te kan rawn tarlang dawn e. Suman chuan, “Calorie tamna chaw, paneer leh nuts bakah exercise leh weight training te pawh kan rihna tihpun nan a pawimawh,” a ti a, nuts chi hrang hrangte t hat dan a sawi chu: 1. Almonds: Khal deuh t alh duh te tana nut tha ber a ni, “Almonds hi nutrition-ah a sang em em a, fats leh proteins kan taksa mamawh te a pai nghal,” niin Suman chuan a sawi. Almonds-a h hian vitamins leh minerals a tam hle niin a sawi a, “Dietary fibre hmuh theihna tha tak a ni a, lung (heart) tana t ha monounsaturated fat, high-quality protein, vitamin E leh magnesium bakah minerals dang potassium, calcium, phosphorus leh iron te a pai bawh. Inti khal duh te tana chawtha a nih rualin thau uchuak (obesity) tur ven nan pawh a tha a, lung natna leh cancer risk te pawh a tihniamin thei. Regular tala almond ei hi naupang thang lai thluak tan a tha hle,” a ti bawh. 2. Khawkherh: Khawkherhah hian Omega-3 fatty acids bakah linoleic acid, alpha-linolenic acid (ALA) leh arachidonic acids te a pai a, chu chu tak-

sa hrisel nana pawimawh tak vek an ni a, nutrient a pai hnem hle bawh a, khal deuh talh duh te tana chawtha tak a ni. 3. Peanut: Badam kan ti a, ei dan tawh hriat chuan a tawh chauha mi tikhal talh thei tu a ni. Dietary protein a pai hnem a, amino acids a paihnem hle bawh. 4. Macadamia nuts: He nut hian vitamin B1, Omega 9 monounsaturated fatty acids, megnesium leh manganese te paiin, inti khal deuh talh nan a that rualin lung tan a tha hle bawh.