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The Aizawl Post

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

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7005598956

Hnehna nen NT Lalbiakima a lo kir P-7

US leh Iran inkap zel, Jordan-ah US sipai pahnih thi P-4

BTS 'NORMAL' music video-in Spotify streaming record a siam P-8

VOL. XXV NO. 177 AIZAWL, THAWHTANNI, JULY 20, 2026 A man: Thla khatah Rs. 200

Mizoramah event nghat turin sawm Tourism lama thawhdun dan sawi

Guwahati-a kal Tourism minister Lalnghinglova Hmar chuan Inrinni khan Assam Tourism minister Ajanta Neog a kawm a, tourism hmasawnna kawnga Assam leh Mizoram sawrkar thawh dun dan tur a sawipui. Event huaihawt thin ho chu Mizoramah rawn nghat turin a sawm nghal bawk.

Minister hian Mizoramin nikum September atanga rail connectivtiy a neih hnuah nasa takin khualzin an pung a. Mizoram tlawhtu khualzin tam zawk chu Assam atanga lokal an ni, tiin, hei hian tourism kaihhnawihah state pahnih inkara thawh dunna tha zawk neih a tul zia a tilang a, thawhhona nghet zawk an neih a beisei tih a sawi.

Assam Tourism minister hian Mizoram nena thawh dunna tha neih chu Assam duhthusam a ni a, state pahnih tana thil lawmawm a ni tih a sawi ve bawk.

State pahnih Tourism minister hian department kaltlanga thawhhona mumal zawk neih tha an ti a. India rama langtham tourism-a hmasawnna chak leh langsar nei tur chuan Assam leh Mizoram bakah hmarchhak state zawng zawng thawhho tlan a pawimawh tih an sawi a ni.

Mizoram sawrkarin kumin chhunga tourism event leh festival hmachhawp a neihte Assam Tourism minister hi Lalnghinglova Hmar hian hrilhin, Mizoram lo tlawh a, festival hmanpui turin a sawm a. Ajanta Neog pawhin lo zin ngei a tum tih a hrilh a ni.

Mizoram minister hi Guwahati-a hman - event mangament, tourism leh hospitality lama company lian leh langsarte

CM leh party president nih kawp theih dawn loh

ZPM president-in April thlaah khan chief minister hnenah president charge a hlan a, chief minister nihna leh ZPM president nihna mi pakhatin a chelh kawp thei em tih thu-ah an party chhungah inhnialna lian tak a chhuak. Tunah chuan dan an siamṭha a, chief minister hi party president a ni thei dawn lo.

Chawlhkar liam ta July ni 16 khan Vanapa Hall-ah ZPM executive committee an ṭhu a, chuta an thu rel lian ber pakhat chu chief minister nihna leh party president nihna mi pakhatin a chelh kawp theih em tih chungchang hi a ni. A khel pawh an khel rei a, a tawpa thu an tihtluk dan chuan chief minister-in ZPM-ah Elected Office Bearer (EOB) chanvo a chelh thei lo ang tih a ni.

Kar hmasaa an ṭhutkhawmnaah hian an party dan siamṭhat chungchang an ngaihtuah a, agenda pakhat chu chief minister/minister leh elected office bearer nih kawp theih loh ni se, tih niin, hun engemaw chen an khel hnuah nih kawp theih loh ni se tiin an rel ta a ni.

An party dan article 21(1)-ah minister-te EOB nih theih loh thu an ziak sa a, mahse April ni 22-a president-in chief minister hnena party president charge a hlan khan, ZPM hnuaia pawl pakhat Val Upa Council chuan article 21(1) hi ṭ anchhanin, chief minister hi president a ni thei lo an ti a, an president chuan hetah hian minister tia ziah a ni a, chief minister tia ziah a ni lo, chief minister leh minister hi mi hrang an ni tiin a hnial thung. Val Upa Council chuan president ṭanna hi an pawm lo a, May ni 18-a an ṭhutkhawmin, "Danpui article 21(1)-a Minister tih hi Council of Ministers te sawina a ni a. Chief Minister pawh a huam tel a ni e kan ti," tiin minute an ziak.

Chumi hnuah executive committee-in an ngaihtuah ta a, a hmaa elected office bearer ni thei lovah 'Minister' tia inziak kha, 'Chief Minister/Minister' tih a ni dawn ta a ni.

ZPM-a elected office bearer-te hi president, vice president leh treasurer te an ni a, vice president thlan tlin (elected) bakah hian vice president dang pahnih an ruat belh bawk. Hei pawh hi tihdanglam an rel.

Kar hmasaa an ṭhutkhawmin elected office bearer tur chin an rel ṭha a, president, senior vice president, vice president (pakhat) leh treasurer te an awm ang a, ZPM legislature party leader chu ex-officio member a ni ang tia dan siamṭhat an rel.

Val Upa Council chungchang pawh an rel a, anmahnia inruata mahnia inrelbawl ṭhin kha, PAC/elected office bearer te'n ruat tawh se an ti.

Mizotaxi app-ah sang chuang inziak lut tawh

POST NEWS SERVICE

July ni 1 aṭangin Aizawlah Mizotaxi app hman tur a ni a, mahse taxi-pute an la inziak lut tlem hle. Mi 1100 chuang an la ni chauh.

July ni 17, kar hmasa Zirtawpni thleng khan he app hmang tur hian taxi-pu 1165 an inziak lut tawh.

Mizotaxi app hi four wheeler taxi, two wheeler taxi leh autorickshaw te hman tura tih a ni a, State Transport Authority thurel a ni.

An chhinchhiah danin, kar hmasa Zirtawpni thleng khan four wheeler taxi 335 an inziak lut tawh a, two wheeler taxi 812 leh autorickshaw 18 an inziak lut tawh.

Inziah luh (registration) dilte zingah 133 chu an hnawl a, hei hi lirthei leh a khalhtute document fel loh vang a ni tih thu dawn a ni.

Mipui lamah mi 21413-in Mizotaxi app hman tumin an download tawh a, mahse lirthei lam an inziah luh tlem avangin he app hmanga lirthei book chungchangah pawh harsatna a awm tih thu dawn a ni.

Taxi leh autorickshaw khalhtu tam zawk chuan he app hi hman an tum rih lo niin a lang a, court-a khin pawh an tum mek.

Taxi khalhtute chuan anmahni hmangtuteah (passenger) pawh app hmang thiam lo tur, he app hi hmang lo tura ngen an awm ṭhin tih an sawi.

Mizotaxi app hian a tir aṭangin ngaihven a hlawh a, inhnialna pawh a hring chhuak nghal. Politics-a inbeihna a tling zui a, chutiang karah chuan hman ṭan a ni. Mahse July chawhma lam la la aṭangin a thawm hi a zawi telh telh a, a tir lam angin tunah chuan sawi leh khel a hlawh vak tawh lo.

Police constable 275-in zir tur inzir zo Hnathawk tlak lo chawl turin kan duh

- Chief minister

Aizawl, July 20 **Thenzawla Police Training School (PTS) a police constable training batch 70-na chu Inrinni khan an hun hman tur ang hman zoin an chhuak a. An puala 'passing out parade' neih chu chief minister Lalduhoma leh Home minister K Sapdanga ten an hmanpui.**

Chief minister chuan, sawrkar hna chu 'equality for all principle' changchawiin dik tak zelin lak a ni a. Thalaite pawhin sawrkarah rinna an nei thar zel a. Tuna police lak thar 275 pawh hi duhsak bikna emaw sawipuitu minister leh politician tel loa, intihsiakna fair tak kaltlanga tling an ni a, an chhuanawm tih a sawi.

Hnathawktu qualify-ten kan ram tan quality service an pek an ring tih sawiin, "Nangni pawh hi chutianga hna rawn thawk tur chuan kan beisei zui dawn che u. Sawrkar hian service tha kan duh avangin qualify lo chu huai takin kan hnawl a. Hnathawktu lak tharah chauh hei hi kan kalpui loa, tuna a thawk mekte zingah pawh chhawr tlak loh dapchhuah hna kan kalpui a, special pension scheme-in chhuak ngei se kan duh," a ti.

Khawvel ram tin zirchianin, police tha nei ramah khawtlang nun a ralmuang thin tih chief minister hian a sawi a. Police nungchang tha leh service tha chuan ram leh hnam hmel an timawi a, mipui an thlamuan a, sawrkarah lungawina an pe tih a sawi. Tun amite pawh a tling leh tlak thlankhawm an nih angin, mipui thlamuan a, khawtlang nun leh ram leh hnam tihmawi hna an thawk turah an ngai tih a sawi a ni.

PTS-ah hapta 45 chhung an hnathawhna lama an mamawh thiamna chi hrang hrang an zir hnu ah, hna thawk tura chher hriam, inpeih at an ni ta tih sawiin, "Inringtawk taka hna thawk turin theihna in nei tawh a. Police hna in thawhna kawngah, dan bawhchhetute in chhuina kawngah, misual in chhui chhuahten hremna an hmuhna tura hma in lakna kawngah, dan kenkawhna

VIKSIT BHARAT CHU NANGMAHAH A INTAN, I ITR KA HUN TAKAH THEH LUT RAWH

LAST DATE

Individual & HUF filing ITR-1* or ITR 2*

JULY 2026

e-filing easy filing

Assessment Year : 2026-2027 | Financial Year : 2025 - 2026

Note: Assessment Year 2026–27 atana Income Tax Return (ITR) thehluh hi Income Tax Act, 1961 hmanga tih tur a ni.

Hriattur Pawimawh
- I ITR kha e-filing portal (eportal.incometax.gov.in) atangin theh lut rawh.
- Ram pawn bank account,asset emaw sum lakluh i neih chuan ITR 2 leh Schedule FA/FSI ah i thehlut ngei tur i ni.

ITR A HUN TAKA FILL THATNA

- A hun taka ITR file-in late fees leh interest pumpelh rawh
- ITR hi siamthat theih a ni

RANG TAKA KIRLEHNA

- I return thehluh hmain i AIS/TIS/26AS te kha i enfiah tur a ni.
- DS dik tak chauh va claims rawh.
- Deductions leh exemptions dik lo claims suh.
- Income dik takin pe rawh.

Chhiah petute chuan e-filing portal-a an mobile number, address, email ID, leh bank details a dij in an update ngei tur a ni, Income Tax Department chuan heng biak pawh na hmang chauh hian contact thin a ni.

* ITR-1: India rama cheng nghet, kum khata a vaia sum lakluh tling khawm Rs. nuai 50 aia tam lo nei mimal tan a ni. He form hmang tur hian atang te, two house properties atang te,pawisa pung atang te, section 112A hnuaia long-term capital gains Rs. nuai 1.25 aia tam lo nei te,agricultural income atanga sum lakluh Rs. 5,000/- aia tam lo nei tan a ni.
* TR-2: Mimal leh HUFs sumdawnna emaw mahni eizawnna bik atanga hlawkna leh sum lakluh nei lo te tan a ni.

Hre chiang duh leh chhawmdawlna mamawh tan Income Tax Department website: www.incometaxindia.gov.in a Kar Saathi Chatbot' kha tlawh rawh

Income Tax Department
Government of India

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CBC 15401/13/0003/2627

Dan anga kal chuan FCRA hlauh tur awm lo

- MBJP state GS

Foreign Contribution Regulation Act (FCRA) license cancel sak zingah Hindu NGO-te pawh an awm a, Kristiante nek-cphep tumna a ni loa, dan ang taka kal chuan hlauh tur a awm lo tih BJP Mizoram hruaitu Delson Notlia chuan a sawi.

July 17-a an party office-a inkhawmah BJP State general secretary Delson Notlia, MDC chuan, FCRA chungchangah Congress party-in mipui thluak suk tumin, kohhran leh NGO thlenga an politics ball atana hmanruaa hman an tum chu an chak tawh loh zia leh central leh Mizoramah pawh awmzia an neih tawh loh zia lanna a ni tih a sawi.

FCRA chu central-a Congress sawrkar lai, kum 1976-a dan an siam a ni a, chu chu Congress sawrkar lai bawk, kum 2010 khan repeal leh niin, chumi kalzelah chuan BJP kaihhruai sawrkarin FCRA chungchang a zirchiannaah FCRA hmansualna a tam hle tih a hmu chuak a, firfiak (terrorist) te thlenga hman khawlohna a awm avang leh sum kan dawn anga kan hman leh thin loh avangin, FCRA kalphung siamthat hi sawrkar laipui chuan tul tiin hma a la mai zawk tih a sawi na ni.

"FCRA vanga kan property-te chhuhsak theih anga thudik tawk lo hmanga Congress party-in a sawi hi mipui bumna a ni. Tunah hian FCRA cancel sak 22498 an awm tawh a, hetah hian Hindu NGO, Muslim NGO leh Kristian NGO pawh an awm. Tuna FCRA dan zawma active hi 14455 an awm a, felfai taka an sum hmuh a hmanna tur anga hman emaw FCRA duhdan anga kan kal emaw chuan engmah hlauh tur a awm lo tih hi Mizoram mipuiin kan hriat a ngai," a ti.

Congress party-in tunhma atang tawhin Mizoram mipui min bum reng thin, tiin, kar thara 'Black Day' hman an tum pawh a zahthlak hle a, BJP-in 'Emergency Black Day' an hman dan nen tehkhinin a zahthlak takzet tih Delson Notlia hian a sawi.

India ram state thenkhata Kristian tihduhdahna a thlen changa lawm ber chu Mizorama Congress party an ni tih pawh sawiin, "A chhan chu, policy hralh tur mumal an nei tawh siloa, Mizo mipui sakhuana hmanga tih thaih bak campaign auhla pakhat mah an neih loh avangin, Kristiante tihduhdah an nih hian an lawm thei hle in a rinawm. Tunlai hi internet khawvel a nih tawh avangin, thalai tam tak leh nu leh pate pawhin thudik hi an kutah an keng vek tawh a, Mizo mipui hian BJP hi an hlau tawh loa, Congress party zawkin dawt hmanga min lo bum thinna phuba an la tawh a, MLA pakhat chiah Mizoramah Congress party chuan a nei tawh," State BJP hruaitu hian a ti.

Congress-in Black Day phuahchawp hmanga an party mite chauh ni lo, mipui mai pawh ni lo, kohhran leh NGO-te ball atana hman an tumna rilru chu a tenawmin, kohhran leh NGO-te zahlohna lian takah a ngaih theih tih a sawi a ni.

Jubilee pualin Gorkha thalai hnatlang

Mizoram Gorkha Youth Association (Central) chuan an pawl kum 50 tlin lawmna kalzelah Inrinni khan Aizawl veng 12 leh district khawpui 3 bakah Vairengte-ah Faina Beihpui hnatlang an huaihawt a, heng hnatlangah hian MGYA member 600 chuang an thawkchhuak.

Aizawl khawpui chhunga MGYA Branch 12 chuan Aizawl kawngpui engemawzat – Zotlang-Vaivakawn kawngdung, Jail Veng- Vanapa Hall kawngdung, Bawngkawn Main Road, Bawngkawn to Durtlang Raod, Dinthar- Vaivakawn Road leh kawngdung dang 10 chuangah bawlhhlawh thianfaiin kawngdung an tifai a. Lunglei, Siaha, Kolasib, Bualpui leh Vairengte-a MGYA Branch pawhin an khawpuiah theuh faina beihpui thlakin an hnatlang bawk.

MGYA hi Mizorama Gorkha pawl lian ber niin kum 1976-a din a ni a, member 5000 vel an awm mek. Kumin August 18 khian Golden Jubilee lawm tumin an inbuatsaih a, tuna faina hnatlang hi he an kum 50-na tlin lawmna peng pakhat a ni.

Bawlhhlawh paih lohna tur hmuna paihtu LC-in an man

Hlimen Veng huamchhunga bawlhhlawh paihna tur hmun tura ruat ni si loa in sakna bungraw hlui paihtu lirthei man an ni.

Hlimen Local Council sawi danin, an huamchhung, Tuikhuahtlang thlanmual piah 'Bawngin Mual' kawngah bawlhhlawh paih ruk a tam a, July 14 zing dar 10.00 vel khan truck MZ 01 AB 7506, Lalnunsiama Bungkawn khalh chuan bawlhhlawh phurin paih ruk a tum lai man a ni a. AMC Solid Waste Management bye laws rule No.4.1to 4.3 angin Rs. 5000 chawitir a ni a, seizure memo pek niin sumfai hi Aizawl Municipal Corporation-a pe tura tih a ni.

July 16 zan dar 8.30 vel khan truck MZ 01-V -8801, a khalhtu Lalmuansanga chuan in thiahna leh bawlhhlawh phurin heng lai hmunah vek hian paih ruk a tum lai man a ni a. AMC dan tlawhchhan bawk hian Rs. 5000 chawi tura tih a ni tih a sawi bawk.

Helai hmuna bawlhhlawh paih ruk tum an man thu thehdarh a ni reng chung pawha veng pawn atanga bawlhhlawh paih ruk tum an awm thin chu Hlimen khawtlang zah lohna leh ram dan pawisak lohna lian tak niin an hria tih Hlimen Local Council hian sawiin, bawlhhlawh phur lo ngaihven a, report petute chungah lawmthu an sawi tih a sawi.

Traffic dan bawhchhia 220 man

Aizawl Traffic Police chuan dan bawhchhiatna hrang hrang avanga lirthei chetsualna thleng thin ti tlem tur leh mipui him zawkna atan July 19 - Pathianni chawhnu khan Aizawl khawpui hmun hrang hrangah 'special drive' a nei leh a, dan bawhchhiatna hrang hranga inhnamhnawih mi 220 an man.

Helmet khum loa ke hnih nei lirthei khalh chu dan bawhchhia zinga tam ber a ni a, 131 a ni. Driving license nei loa lirthei khalh 27, dan phal baka bike ri ring 10, kumtlinglo lirthei khalh 6, rui chunga lirthei khalh 4, two wheeler-a mi pahnih aia tam inphur 19, MV Act dang bawhchhia 23 an ni.

'Lirthei khalhtute zingah inthlahdah avang leh midang tana harsatna thlen hreh miah lo, dan bawhchhia man tur kan la awm zel hi a pawi hle a, lirthei neitu/ khalhtute tan la thar zel turin kan inchah thar a ni,' Aizawl Traffic Police chuan an ti.

Aizawl khawpui a lo him a, thlamuang taka kawngpuia mitin kan hman tlan theihnan special drive hi a tul anga kalpui zel an tum tih an sawi a ni.

Brain Tumor enkawlnaah hmasawnna thar

Tun hnaia neurosurgery leh damdawi thiamna lo changtlung zelah, thluak bawk (brain tumor) enkawlna pawh a hma aiin a himin a hlawhtling zawk tawh niin mithiamte chuan an sawi.

Thluak bawk zawng zawng hi cancer an ni vek kher lo va, enkawlna pawh a bawk dan azirin a inang lo a, a tir tea hmuh chhuah leh enkawl vat a nihin a zual zel tur a veng thei tih an sawi.

Hemi chungchangah hian, Dr. Anurag Gupta, Associate Director & Head of the Unit – Neurosurgery (Max Super Speciality Hospital, Saket) chuan, "Thluak bawk hi thluak chhunga hna thawktu cell-te pangngai lo taka an lo pun thur thur avanga lo awm a ni. Bawk dangte chu taksa peng dang cancer aṭanga thluaka lo darh chhawng an ni a. Thluak bawk hi a hlauhawm loh (benign) leh a hlauhawm (malignant) chi a awm a. A hlauhawm loh chi te hi muangchanga ṭhang ṭhin ni mah se, thluak hmun pawimawh tak tak an nek beh ṭhin avangin harsatna lian tak an thlen thei tho," tiin a sawi.

Thluak bawk lan chhuah dan (symptom) hi a lenzawng (size) leh awmna hmunah a innghat a. Luhai/ lu na ngut ngut, Kaih (seizures), khaw hmuh fiah loh te, ṭawng fiah loh te, hriatna hloh leh mizia danglam thut te, ban leh ke zawi te, leh taksa inbuktawkna hloh te hi a lan chhuah dan a ni a. Dr. Gupta chuan hetiang symptom nei te chu ngaihthah lo va, inentir vat turin a chah a ni.

He natna enkawlna kawngah hian zai (surgery) hi a pawimawh ber berte zinga mi a la ni a. Surgery hian natna nihna tak finfiah nan te, thluak tawt lutuk tihziawm nan te, bawk zai chhuah nan te, taksa chet phung enkawlna (therapy) dang pek hmaaa bawk lo tihhniam nan te a pui ṭhin a. He natna zai nan hian 'craniotomy' (lu ruh tlem zai hawn) hi hman uar ber a ni.

Enkawlna hi zai chauh ni lovin, radiation therapy te, chemotherapy te, bâwk tan bika enkawlna (targeted treatments) te nen a kal kawp thin a. Damlo hrang hrangte mamawh ang zela enkawlna dik tak siamsak tur hian doctor thiam hrang hrangte ṭangrual (multidisciplinary team)-in hma an la ṭhin a ni.

Branch din champha vawi 80-na lawm

YMA Ailawng Branch chuan Inrinni khan an din champha vawi 80-na, Oak Jubilee an lawm a. Dampa bialtu MLA Dr R Lalthangliana'n a hmanpui.

MLA chuan, YMA anga kohhran leh political party thliar ve lo, hlawh leh lawmman pawh phut loa chanhai leh riangvai tanpui ngaite tanpui thin pawl thianghlim leh pawl zahawm khawvel hmun dangah an awm ve lo tih a sawi a. Tawng khat hmang, chhiat ni that ni, rikrum thila che chhuak zung zung thin kan nei chu kan vannei a, khawvela NGO pawl nei tha ber kan nih a ring tih a sawi.

"Tunhma khan hnamdangten tlawmngaihna hi Mizo culture-a bet tlata ngaihna an lo nei tawh thin a, hnamdang hian mithi lumennaah pawh khawhar chhungte hnemna tur hla an nei ve lo. Chuvangin Mizote hi kan vannei chungchuang hle," a ti.

Thalaiteah Mizoram a chhiat a thata mawhphurhna la ngam, Mizo nationalism-a chiang, hnam thinlung pu an pung thar ta chu a lawmawm tih Dr R Lalthangliana hian a sawi a. Central service hrang hrangah Mizote kan tlahniam ta hle, tiin, hnamdangte tih theih ang kan ti ve thei tih hre tura a chah bakah sawrkar hna sang hrang hrang chu hnamdangten min khalh tak zel avangin zirna kawng hrang hrangah zirlaiten tan la thar a, taimakna nen theihtawp chhuah thar leh turin a fuih tih a sawi a ni.

Din champha kum 80-na an hmang thei chu Pathian kaihhruaina vang liau liau a ni tih hre tura chahin, a lawmpui a, duhsakna sang ber a hlan tih a sawi.

Police constable 275-in zir tur inzir zo Hnathawk tlak lo chawl turin kan duh

(phek hma zawmna...)

kawngah tu mitmei mah veng suh u. Dik takin thawk ula, dan hi lal ber rawh se," Lalduhoma hian a ti.

Mizoramah zu vanga service laia thi police kan tam thin hle a, chu chu a tur ve renga ngaih a ni tawh emaw tih tur a ni tih a sawi. Police-te chu taksa hrisel tak nei tura beisei an ni a, service-a lut tur pawhin physical fitness exam a a tel, tiin, a taka hna an thawh hunah pawh physical fitness chu chhawm zel tur a ni tih a sawi. Police tihhmasawn hna an kalpui zui zel dawn a, sualna lo chhuak thar zel hmachhawn thei tur leh misualte hmakhalha kal zat zat thei tura thuam chak an duh tih a sawi bawk.

Mizoram DGP Pu Sharad Agarwal pawhin training chhuakte a taka hna an thawh huna an hriat tur hrang hrang a sawi a ni.

Police constable training chhuakte hi mipa 249 leh hmeichhia 26, an vaiin mi 275 an ni a. Trainee-te hi Armed branch atangin mi 198, unarmed branch atangin mi 51, Mechanical branch atangin mi 8 leh compassionate groundsin mi 18 an ni. Training neih chhunga ti tha bik thlanchhuahte hnenah lawmman hlan an ni.

Mizoramah event nghat turin sawm Tourism lama thawhdun dan sawi

(phek hma zawmna...)

khawmna, 'Imaginarium 2.0- North East Events & Entertainment Leaders' Summit' neihah a tel a. July 18 chawhnu khan thu sawiin, event management buaipuitu lian kalkhawmte chu Mizoram tlang leh ruam mawi, lui leh boruak thiang takah an event nghat tura sawmin, "Lawm takin kan lo thleng ang che u," a ti.

Mizoram chu rel a luh tawh avangin awlsam leh tlawm zawkin a zin zung zung theih a, thlawhna phei chuan India ram hmun hrang hrang atangin darkar reiloteah a thlen theih, tiin, event tourism chu a thlengtu tan a hlawk a, eizawnna tam tak siam theitu a nih avangin Mizoram pawhin nasa lehzualin tan a la dawn tih a sawi.

He hunah hian Mizoram-in tourism event leh festival lian thleng tura theihna a neih that zia, sawrkarin event tourism hmasawnna atana hma a lak dan leh Mizoram tourism calendar chu video presentation hmanga enho a ni a. Video hi Mizoram Tourism department leh I&PR department tangdun siam niin, Mizoram tlawh chhan tur hrang hrang tarlan a ni.

Imaginarium 2.0 hi July 18 & 19 khan neih a ni a, India rama event leh entertainment industry-a mi pawimawh tak takin India hmarchhak state-te event tourism-a hma an sawn theih dan tur an ngaihtuahho a ni. Minister hi Tourism deputy director Dr R Lalrinchhani leh assistant tourist officer LV Lalawmpuii ten an tawiawm.

Ka tawngkam avanga thubuai min siamsakna kha inremin kan titawp

- K Vanlalvena

State pahnih ramria buaina chhuah laia a tawngkam avanga Assam sawrkarin thubuai a siamsak chu a hnu ah inremsiamin an titawp tih MP kalchhuak ta K Vanlalvena chuan a sawi.

Rajya Sabha MP atanga chawl ta K Vanlalvena hian thuthar thehdarhtute zawhna chhangin, Mizoram leh Assam inkara ramri buaina chhuah laia Assam chief minister thusawi chungchang TV interview-a zawhna a chhannaa a tawngkam dengkhawn deuh avang khan Assam Police-in Dholai Police Station-ah thubuai siamsakin, Delhi-ah man tumin an rawn kal a, Delhi Police leh Mizoram House hotute nen sawihoin man loin an an hawsan leh a. Hei vang hian MNF Legal Board hmalakna in Vairengte Police Station-ah Assam CM Himanta Biswa Sarma lakah thubuai an thehlut ve thung a, hemi hnu hian Assam sawrkar duhdan angin an thubuai thehluh ve ve hi hnukkirin, hma lak zui a ni ta lo ve ve tih a sawi a ni.

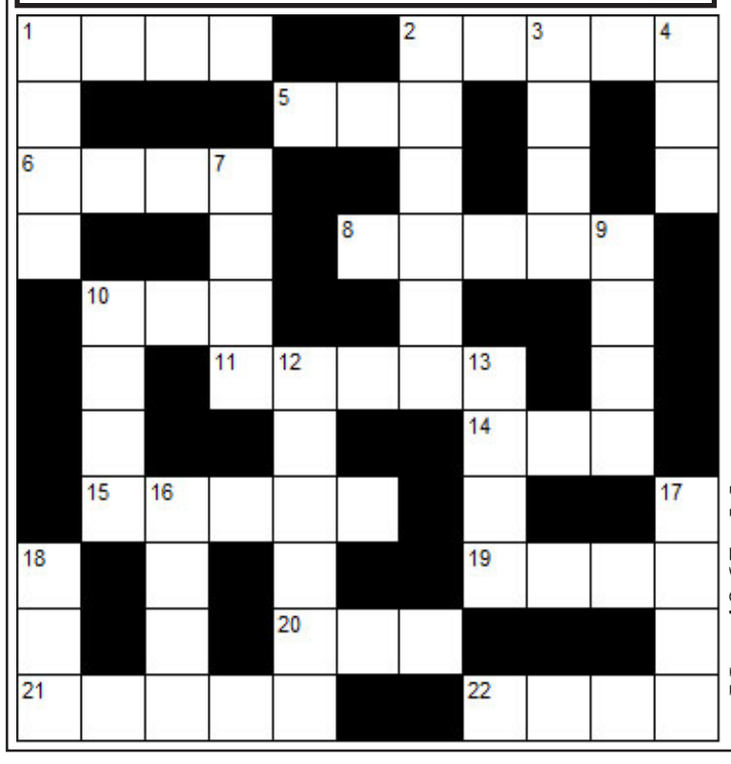
MP a nih chhunga hma a lakna thenkhat a tarlan zingah, Mizoram chhim tawp leh Tuifinriat inkalpawhna kawngpui KMMTTP road laih mek, kum thum dawn hna thawh mumal awm loa chawlhsan chu a hmun ngeiah kalin, Myanmar ram chhung thui tak luta a thil hmuh chu India sawrkar hotute hnenah report pe in, chak taka hna thawk chhunzawm tura a ngenna chu a hlawhtlinna hmu a ni mek a. KMMTTP road pawh tun atanga reiloteah siam zawh thuai beisei a ni tih a sawi.

Mizoram chhim tawp Zorinpui/ Hmawngbu chhuah thlenga Sairang rel kawng chhunzawmna tura Railway Ministry-a vawi engemawzat ngenna a lo thlen thin chu sawrkar laipui chuan pawmsakin preliminary survey hna pawh thawh zawh khat a ni tawh tih a sawi bawk.

Union Home ministry-a ziak leh tawngkama a thlen, Tlabung bul Khawthlangtuipui chungah lirthei lian zawh theih lei (permanent bridge) siam tura a ngenna chu tih hlawhtlin a ni a. Ministry of Home Affairs chuan he lei dawhna atan hian cheng vaibelchhe 54 chuang a sanction a, lei hi dawh mek a ni tawh tih a sawi a ni.

THLUAK SAWIZAWINA

AZP CROSSWORD NO. 4066



PHEI : 1. hmin/sawm, 2. ran hmul chhah tak nei, 5. ram ṭha lo, 6. nek/nawr, 8. tipem/tina, 10. keng/ak, , 11. ṭhal khaw rum lai, 14. insawi fihlim tum, 15. tui chunga zin theihna, 19. mutna, 20. ruahtui tam lai hun, 21. pa chi khat, 22. nupui (hla thu)

CHHUK : 1. natna chi khat/chet thei lohna, 2. puithiam, 3. rapthlak, 4. thui zawng tehna, 7. rih zawng/bukna, 9. hmeichhia ni lo, 10. buh tel khat, 12. nu leh fa inang, 13. thaw chhuak ṭha thei lo/thinlung zing, 16. tumbu ang tak te tak te, 17. la kaihna, 18. fei lo/chat sam

No. 4065 chhanna

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SuDoKu

No. 4068

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SuDoKu
Khelh dan tur:
Number 1 aṭanga 9 dahkhah tur a ni a, number inang, a inzawnin dah awih a ni lovang, thluak hmanga uluk taka ngaihtuah tur a ni e.

SuDoKu No. 4067 chhanna

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8	1	5	7	9	3	2	4	6
2	9	4	6	5	8	1	3	7
5	4	7	3	1	9	6	8	2
3	2	1	8	6	7	4	5	9
9	8	6	2	4	5	7	1	3

Bawlhhlawh chi li thliar dan inzirtir

Lunglei Municipal Council (LMC) hmalaknain Lunglei khawpui chhung hmun hrang hrangah India sawrkarin bawlhhlawh thliarhran dan thar a ruahman chu mipui an hmelhriatna turin Inrinni khan kawtthlera inzirtirna buatsaih a ni.

Solid Waste Management Rules 2026 hnuaiah bawlhhlawh thliarhran dan thar hi ruahman niin, Supreme Court pawhin bawlhhlawh thliarhran dan (four stream segregation of waste) hi khauh taka kalpui turin thupek a lo chhuah tawh a. Mizoram sawrkarin ngaipawimawhin, Lunglei khawpuiah LMC ruahmanin bawlhhlawh hmun li-a thliarhran hi kalpui thuai a tul dawn a. Hemi atana inpuahchahna atan inzirtirna hi buatsaih niin, bawlhhlawh chi lia thliarhran dan inzirtir bookmark sem tel a ni.

Bawlhhlawh thliar hran dan hrang hrang chu:

Dry waste: Bawlhhlawh ro, tawih thei lo – plastic um, polythene / plastic bag, hman khat daih plastic chi hopo ang chi a ni a. Heng hi bawlhhlawh bawmah a hrana khung tur a ni.

Wet waste: Bawlhhlawh tawih thei - chawhmeh velna kawr, thlai kawr (entirnan: vaimim kawr), chaw leh chawhmeh nawi ang chi a ni a. Heng hi a hrana khung tur a ni.

Sanitary waste: Mihring taksa atanga chhuak zun leh ek bakah thisen leh thlan chhuak sawngbawlna atana hman (entirnan: diaper, pad, lapua, wipes leh a dangte hman tawh hnu) ang chi a ni a. Heng bawlhlawh hi lehkha/ chanchinbu chhiaa funin, a paihna tur bika siam bawlhhlawh bawm hrana paih tur a ni.

Special care waste: Damdawi leh chemical kaihhnawih bawlhhlawh (entirnan: battery chhia, syringe, medical glove, plaster, damdawi chhia /expired tawh leh a dangte) ang chi a ni a. Heng hi uluk taka thliarhrangin, bawlhhlawh bawm ruahman bikah paih tur a ni.

Siaha-ah MLA hoin TB inhrilh

Tuberculosis chungchanga hriat tur tul chu inhrilhin Govt Siaha College-ah TB Mukh Abhiyan Campaign neih a ni.

HmanpuiitSiaha bialtu MLA Dr K Beichhua chuan, college zirlaite hnena TB chungchanga inzirtir a ni chu lawmawm a tih thu a sawi a, natna engpawh a chinchang kan hriat tam chuan fihlimna chance a tam a,inven a awlsam tih a sawi.

TB chuan khawvel a tibuai em em a, India ram pawh a bang bik lo, tiin, sawrkar laipui chuan TB umbo turin tan a la nasa a, TB enkawlna atana damdawi siamchhuah kawngah pawh India chu a thawhhlawk hle tih a sawi. Kalkhawmte chu TB chungchang a tam thei ang bera thehdarha midang hrilhhretu ni tur in a chah bawk.

State TB officer Dr Zochhuanawmi chuan TB leh HIV chungchanga sawrkar hmalakna a sawi a. My Bharat Volunteer Campaign chungchanga mipui hriat tur pawimawh a sawi a ni. Kalkawmte hian TB umbo kawnga hma la tura intiamna thu an sawirual a ni.

Ngaizel kawng kal theihin tlang

Lei leh lung tla avanga Kulikawn Ngaizel kawng ping chu lirthei kaltlang theiha thenfai a ni tawh chungin, fimkhur turin mipui hriattir an ni.

Ngaizelah hian July 6 atang khan lung a tlak avangin a hnuai kawngpui a ping a, a hnu-ah a tla nawn leh a ni. PWD leh Kulikawn khawtlang hruaitute bakah Disaster Management & Rehabilitation leh District Disaster Management Authority chuan rim takin a thenfai, lung tla thei tih tlak leh ven zui bakah lirthei leh kea kal mipui tana him tura ruahman hna an thawk zui a ni.

Ngaizel hi Aizawl City Bus inherna, an hmunpui a nih tel avangin bus lut leh chhuah pawh lung tla hian a tibuai hle a, Aizawl City Bus Owners Association chuan helai dinhmun thlirin, bus dinna leh inherna atana hman dan tur hi a ruahman dawn tih sawi a ni bawk.

MSPMC-in kawngpui siam endik

Mizoram State Project Monitoring Committee (MSPMC) Inspecting Team chuan 'Resurfacing of Old National Highway Road at Serchhip under SASCI Part-V, 2025-2026' hna kal mek chu a hmunah an endik.

Technical sanction amount chu cheng vaibelchhe 10 niin, contractor hi Urban Infraprojects Pvt. Ltd. Kolkata a ni a, agreement amount chu Rs. 9,61,55, 482.60 a ni. Agreement hi Mizoram PWD chief engineer (Roads) leh Urban Infraprojects Pvt. Ltd, Kolkata chuan kumin March 17 khan an ziak a, hna hi March 27-a tan a na. Kum khat chhunga thawh tur niin, hna zawh hun tur hi 2027 March 27 a ni.

MSPMC Inspecting Team hian hna thawh mek hi Kikawn atanga enfiahin, hna enkawltu PWD Serchhip Division-in an thawh tawh chin leh hmabak la awm an hrilhfiah a, he hna in a ken tel, metre 300 vela thui kawngpui zauh hna chu zawhfel a ni tawh a, side drain siam mek a ni. Box culvert siam tur leh kawngpui Bituminous Concrete (BC) a siam tur chu hmabak lian a la ni a. Kawngpui BC-a siam tur hi hna tan tawh mah se, fur ruahtui a tlak zui tak avangin chhunzawm theih a nih loh thu PWD hotute chuan sawiin, ruahtui a ziaawm veleh hna hi tan nghal leh theih an beisei a, harsatna dang a awm thut a nih loh chuan huntiam chhunga zawhfel hman an beisei tih an sawi. Tunah hian hnathawh tur atangin zaa 39 vel zo tawh anga ngaih a ni.

Serchhip District Jail tlawh

Mizoram State Legal Services Authority executive chairman, Gauhati High Court judge Justice Nelson Sailo chuan July 17 khan Serchhip District Jail a tlawh a. Jail building leh hmunhma a enfiah bakah jail-a tang mekte dinhmun endikin, an harsatna a ngaihthlaksak a, tangte mamawh tur thilpek a hlan bawk.

Mipuiin dan leh hrai leh mahni dikna chanvo an hriat a pawimawh tih Justice Nelson Sailo hian sawiin, harsatna tawkte tan anmahni tanpui turin Legal Services Authority an awm reng a, dan lam hriatna kawnga harsatna nei chuan an buaina hi Legal Services Authority hnena thlen nachang hre thin turin a chah.

Serchhip-a Circuit Court leh judicial quarters a tlawh nghal a. Inrinni khan Thenzawl Bazar venga Legal Aid Clinic a tlawh leh bawk.

Legal Aid Clinic hi mipuiin dan leh hrai kaihhnawha thurawn an lak theihna hmun tur leh harsatna leh mamawhna an neih apianga an pan theih tur hmun a ni a. Clinic pantute lo tanpui tur hian para legal volunteer-te an duty thin a ni.

Tun dinhmunah Serchhip District Jail-ah hian tang mipa 83 leh hmeichhia 10, an vaiin 93 an awm a. ND&PS case - mipa 16 leh hmeichhia 5, rukruk mipa 36 leh hmeichhia 1, MLP Act – mipa 14 leh hmeichhia 4, POCSO case - mipa 8, attempt to murder mipa 1 leh chhan dang avanga tang 8 an awm.

Chesual thi

July 19 (Pathianni) chawhnu dar 3.00 vel khan Keifang Khuangthlikawn thlang, Keifang atanga km.5 vela hlaah Vanlalruata (18) s/o Vanlalzawma, Saitual Bethel Veng chu bike chesualah a thi. Thudawn danin, Vanlalruata hi a bike khalh lai thla lo lak sak turin a thianpa a ti a, thla a laksak hma hian kawngpui sira tuihawk dalna lungrem phei chu suin a hmunah hian ka pawh chhawn lohin a thi.

Inzirtir

National Mission on Edible Oil (Oilseeds) chungchang leh crop insurance chungchanga kuthnathawktute hriat tur inzirtir leh inhrilhhriain Inrinni khan Hnahthialah hun hman a ni a. Agriculture & Farmers Welfare director Vanramthangi'n a hmanpui. Joint director (Crops) R Lalramhluni'n thlai hriak nei (oilseeds) hlawk zawka hralh leh thar chhuah dan a sawi a. Deputy director (PMFBY) Vabeilaiku Chozah chuan thlai chinten khuarel chhiatna leh harsatna an tawh palh pawha sum an hmuh let theih dan tur 'crop insurance' a zirtir a ni. Agriculture department hnuaia officer-te leh Hnahthial district khaw hrang hrang atangin kuthnathawktute an tel.

Pass chhuak

School of Agricultural Sciences (SAS) Hnahthialah SAS 4th Batch passing out programme chu July 17 khan hman a ni a. South Tuipui bialtu MLA Jeje Lalpekhlua leh Agriculture & Farmers' Welfare director Vanramthangi'n ten an hmanpui. 4th Batch of SAS hian kum 2024- 2026 chhung khan zirin zirlai 29 an pass a. 1st division-a 4, 2nd division-ah 14 leh 3rd division-ah 11 niin, H Remlalpuii, Theiriat chuan 89.15% hmuin SAS 4th batch-ah pakhatna a ni. School of Agricultural Sciences (SAS) hi Integrated Training Centre ni thinin, kum 1981 khan din a ni a, kum 2020 khan diploma course-a hlankai a nih hnu ah SAS tia hming thlak a ni. Mizoram Agriculture & Farmers' Welfare department hnuaia Training Centre awmchhun niin, kumtin seat 30 a awl thin a, semester 4 awmin July 27 hian 6th batch tan class tan a ni ang.

Lehkha chhiar

Mizoram Youth Commission hnuaia Promotion of Reading Culture leh YMA Venghlui Branch hnuaia Library & Archive Sub Committee tangdun chuan YMA chhang pualin 'Lehkhabu chhiar campaign' an hmang. Mizoram Youth Commission chairman Malsawmzuala Ralte chuan lehkhabu chhiar thatna leh tangkaina bakah naupang leh tleirawlte chu lehkhabu tha chhiar taima deuh deuhin turin a fuih. MYC-in tleirawl chawhnu inkhawmah leh school-ah Reading Culture Promotion Programme hi a neihpui thin tih sawiin, a sawm duh apiang tan an inhuam reng tih a sawi a ni.

Promotion of Reading Culture member Dr Lalrinsangi Nghinglova chuan powerpoint presentation hmangin lehkhabu chhiar thatna leh tangkaina a sawi bawk. Chawhnu lamah YMA chhang hi games leh quiz hmanga inelna hun hmanpui an ni.

Ruihhlo ti lo turin 84 intiam

Aizawl Muanna Veng tleirawl/ rawlthar 84 ruihhlo laka fihlim turin an intiam.

Ruihhlo laka fihlim tura thalaite hnena hma la tu pawl, Foundation For Drug-Free Mizoram chuan "Ruihhlo tel lo Nun Duhawm Zawk" tih thupui hmangin KTP Muanna Veng Branch nen tangdunin July 17 zan khan kohhran pawl hrang hranga tleirawl/ rawlthar kokhawmin, ruihhlo laka fihlim tura zirtir, fuih leh intiamna an buatsaih a. Mi 84 te chuan anmahni duhthuin ruihhlo laka fihlim turin an intiam a, tawngtainaa hlan zui an ni.

Foundation For Drug-Free Mizoram hian Mizoram suartluanin ruihhlo that lohzia inzirtirna a kalpui a, kohhran tleirawl inkhawmah leh zirna inah hun hmang tura sawm thin an ni.

NOTICE INVITING QUOTATION

Quotation is invited from reputed firm/supplier up to 14th August, 2026 till 10.30 A.M, for supply of Stationery and allied items listed at Annexture.

Details can be had from the Office of The Controller, Printing Stationery Department, Aizawl during office hours on all working days.

Sd/-
(BENJAMIN LALZAMA)
Controller,
Printing & Stationery Department,
Aizawl : Mizoram.

IPR No. 129
(2-2)

DIRECTORATE OF LABOUR EMPLOYMENT SKILL DEVELOPMENT AND ENTREPRENEURSHIP
GOVERNMENT OF MIZORAM

A-28, Earth Day Road, MINECO, Khatla, Aizawl - 796001

E-mail:directorledmz@gmail.com Website: www.lesde.mizoram.gov.in
Phone: 0389-2336344

No.A.11019/2/2015-DTE(LE&IT)/Part/57 Aizawl, the 16th July, 2026

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 hrangah zirlai (trainees) a la leh dawn a, dil duh chuan online-in web address : https://itimizoram.in ah **24.07.2026** thleng 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/-
(PINKY ZOSANGPUII)
Director,
Labour, Employment,
Skill Dev. & Entrepreneurship Deptt.
Mizoram, Aizawl

IPR No. 131
(3-2)

केनरा बैंक Canara Bank
सिंडिकेट Syndicate

SALE NOTICE

SPLSD ASSET RECOVERY MANAGEMENT BRANCH
2nd Floor, Dee Bee Grande, 6 Mile, Panjabari Road, Guwahati- 781022, E-mail- cb7259@canarabank.com

E-auction Sale Notice For Sale of Immovable Properties under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rules 8(6) of the Security Interest (Enforcement) Rules, 2002

Mipui vantlang leh a bik takin a hnuai a tarlan immovable property he Borrower(s) leh Guarantor(s) te hriat atan he hriattirna hi chhuah a ni: Canara Bank-a Authorised Officer-in he immovable property hi constructive/physical possession tawh hnuin, Bank-in a hnuai a tarlan a ba te rulhna tur hian, **"As is where is" leh "Whatever there is"** basis 10.08.2026 hian a auction dawn a ni.
Earnest Money Deposit (EMD) chu dar **10.08.2026, 11.00** am hma a deposit tur a ni. Auction chu **"Online E-auctioning"** hmangin **website: https://baanknet.com/. Auction hun leh ni: 10.08.2026** atanga **11:00 AM to 12:00 PM** a neih tur a ni (With unlimited extension of 5 minutes duration each till the conclusion of the sale). Details of branch, borrower/guarantor, liability, description of the property and EMD, reserve price:

Sl. No.	(A) Name & Address of Secured Creditor/Branch (B) Name of Borrower / Partner / Guarantor	Immovable Property chungchang sawifiahna	(A) Total Liabilities (Rs.): (B) Reserve Price (Rs.): (C) EMD (Rs.): (D) Increment Amount (Rs.):
1.	**(A) Canara Bank, Specialised ARM Branch, Guwahati,** 2nd Floor, Dee Bee Grande, Panjabari Road, Six Mile, Guwahati, Pin- 781022 **(B) Borrower/Partner/ Guarantor:** **1. M/s. Faith Diagnostic Centre,** C/o Vanlalzami Sailo, Chanmari, Near KFC, Lunglei, Mizoram- 796071, **Mobile No.: 9436157276** **2. Smt. Vanlalzami Sailo (Proprietor & Mortgagor),** D/o Lalnuntluanga Sailo, Chanmari III, Near Faith Hospital, Lunglei, Mizoram-796071, **Mobile No.: 9436157276** **3. Smt. Lalrampari Zadeng (Guarantor),** W/o R. Lalfamkima, Serkawn, Lunglei, Mizoram-796071, **Mobile No.: 9436157276**	A ram zau zawng **1515.00 Sq.mt.**- Pi **Vanlalzami Sailo** hminga awm, Land Settlement Certificate (LSC) No. LLI-34 of 2013, Serkawn VC Area, Lunglei, Mizoram-a awm. **A rite:- Chhak** : R. Lalrinmawia Site, **Thlang**: Zawngte Lui, **Chhim**: Kawng Pro-Road, **Hmar:** Public Road	(A) 22.02 Lakh (B) 7.13 Lakh (C) 0.72 Lakh (D) 0.25 Lakh

Terms and conditions hrechiang duh tan Canara Bank website **(www.canarabank.com)**-a "E-Auction" tih link hi en tur a ni. A nih loh pawn office hawn chhungin: Branch Head, Specialized ARM Branch, Guwahati, 2nd Floor, Dee Bee Grande, Panjabari Road, Six Mile, Guwahati, PIN- 781022 (Contact No. +91-7411004517). ah hian zawh fiah theih a ni ang.
Date: 18.07.2026, Place: Guwahati **Authorised Officer, CANARA BANK**

No. A.12031/1/2025-HQ(HG&CD)
GOVERNMENT OF MIZORAM
OFFICE OF THE COMMANDANT GENERAL-CUM-DIRECTOR
MIZORAM HOME GUARDS & CIVIL DEFENCE
CHAWLHHMUN, AIZAWL.
***

Dated Aizawl, the 16th July, 2026

ADVERTISEMENT 2 OF 2026

1. Hna hming : LDC (PE)
2. Hna ruak zat : 3 (pathum) Direct
3. Pay level : L-4 (Rs. 16,920/-)
4. Kum bithliah : 18-35 years (SC/ST tan kum 5 dang ngaih hnathiam) August ni 1, 2026-a kum 18 tling leh hemi nia kum 35 (SC/ST tan kum 5 dang) pel lo an ni tur a ni.

Dil theite :
1) Thiamna : i) HSSLC from a recognized institution.
ii) Certificate in Computer Application / Diploma in Computer Application chin chunglam Central sawrkar recognized institution leh Mizoram State Council for Technical Education (MSCTE) recognized institution atanga zirchhuak thiamna.
iii) Typing speed 30 words per minute.
iv) Middle School chin Mizo tawng thiamna.

2) India khua leh tui dik tak.

6. Dilna Form department website atangin download theih a ni ang.
Website Link : **https://homeguards.mizoram.gov.in**

7. Dilna form dakhah sa, document kimchang leh application fee Rs. 150 (SC/ST) tan leh Rs. 200 (General) tan ni **22.07.2026** atangin **24.08.2026** thleng office kaini zing dar 10:00 atangin tlai dar 04:00 thleng Headquarters, Mizoram Home Guards & Civil Defence, Chawlhhmun-ah theh luh theih a ni ang.

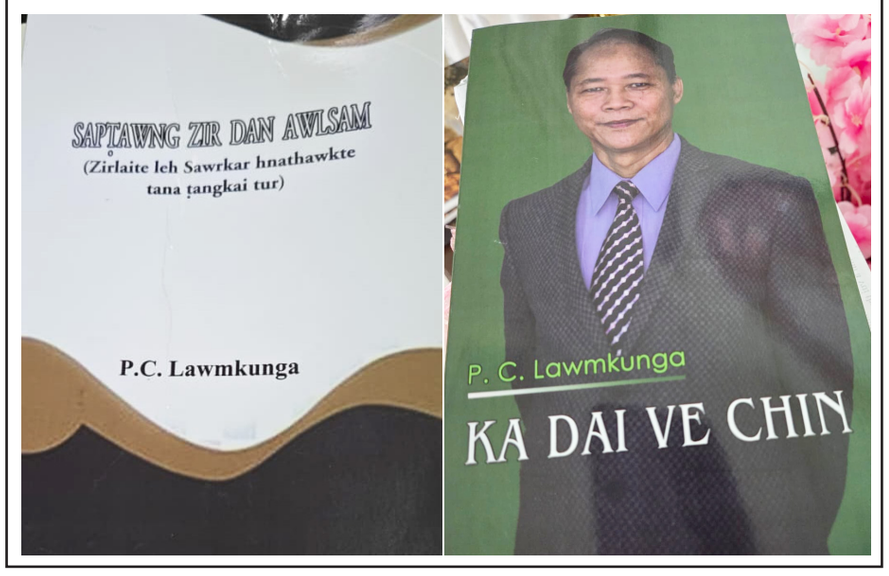
8. Dilna thehlutte chu uluk taka enfiah anih hnuah dilna pawmte leh dilna diklo/ pawm lohte chu department website-ah tarlan a ni ang a, dilna dik/pawm te tan pawh Admit Card pek chhuah hun tur leh tuldangte website-ah hian tarlan a ni bawk ang.

IPR No. 130
(3-2)

Sd/- MAJ ZOSANGLIANA HUALNGO
Commandant General-cum-Director,
Mizoram Home Guards & Civil Defence

PC Lawmkunga lehkhabu

Pu P.C. Lawmkunga lehkhabu ziah "SAPṬAWNG 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.



A nupuiin Wongchuk-a an dahna ring zo lo, damdawi in danga sawn duh

Delhi-a Jantar Mantar-a a thil phut lantira chaw a ngheina hmun atanga Delhi Police-in damdawi ina an sawn hnuah activist Sonam Wangchuk chu sorkar damdawi inah enkawl a ni a. Hetih lai hian a nupui chuan an enkawlna damdawi in chu 'a ring tawh lo' tih sawiin high court-ah sawn a dilna ngaihtuahsak hmanhmawh turin a ngen.

Wangchuk-a hi Inrinni khan police-in 'damdawia enkawl turin' an hruai a, Vardhman Mahavir Medical College (VMMC) & Safdarjung Hospital-ah dah a ni a. A nupui, Gitanjali J Angmo-i chu a pasal an enkawl danah a lawm lo hle.

Angmo-i chuan X-ah, "Safdarjung Government Hospital hi ka ring tawh lo," tiin a tar lang.

"Sonam-a potassium chu 2.9-ah tlain nunna atana hlauhawm niin an sawi a. Chutih laiin public health bulletin an tihchhuahah a zat tak hi an tar lang lovin 'potassium level' a tlahniam tih chauh an sawi a. A hrana laboratory-a ennaah chuan 3.5 niin a pangngai huanga awm a ni," a ti.

"Kan ngen nawn mawlh mawlh chungin kan chhuah leh kan duh anga mi mal damdawi ina insawn min phalsak lo va. Kan awmna chhawngah hian police 30 vel an awm reng a, damdawi in pumah 100 chuang an awm a, kan chet vel khuahkhirh a ni a. Hetiang hi inenkawlna a ni lo, dan lova inhrenna a ni," a ti.

"Sonam-a chungah hian eng pawh thleng se damdawi in thuneitute leh sorkarin a mawh a phur vek ang," a ti bawk.

"High court-ah thlenin vawiina ngaihtuah nghal turin ka ngen a, a hriselna a chak loh tak tak hmaa Sonam-a damdawi ina sawn thuai phal turin ka tawngtai," a ti.

Safdarjung Hospital chuan Pathianni khan Wangchuk-a hi 'damdawia enkawl mamawhna ang pek' a ni a, enkawl zui a la mamawh tih an sawi.

Health bulletin an tihchhuah thar berah Wangchuk-a taksaa pawimawhte chu 'tun dinhmunah chuan a tha' an ti a, a thisen kal vel bik erawh 'vil ngai' a ni tih an tar lang tih news agency ANI chuan a tar lang.

"...mi thiam bik rual awmna team hrang hrangin uluk taka enkawl zel a la mamawh a ni," an ti.

Wangchuk-a hi exam hrang hranga thil dik lo thleng avangin Union Education Minister Dharmendra Pradhan-a bân phutin chaw a nghei a, ni 20 a nghei hman tihin Inrinni khan tihluihna nen damdawi inah dah a ni.

Cockroach Janata Party (CJP) chuan Jantar Mantar-ah bân phutna an lantir zui zel a, Thawhtannia parliament session tan niah parliament thleng kawng zawh an tum.

India-in Hasina-i thawn haw dilna ngaihtuah mek

India chuan Bangladesh-in an prime minister hlui, Sheikh Hasina-i thawn kir tura an ngenna chu chhangin ngaihtuah mek a ni a, dan anga tih ngaite en fiah mek a nih thu a sawi.

Hasina-i hi August, 2024-a zirlaite kaihhruaia a sorkar laka lungawi lohna lantira paih thlak a nih hnuah Bangladesh chhuahsanin thenawm ramah hian a tlanchhia a, a la awm ta reng a ni.

Thawn haw tur hian a sorkar paih thlak hnua sorkar lailawk din, Muhammad Yunus-a kaihhruai khan an lo dil tawh a. Kumin kum tira Prime Minister Tarique Rahman-a kaihhruai Bangladesh Nationalist Party (BNP) sorkar thar ding pawhin Delhi a dawr leh tawh a ni.

Hemi chungchangah hian Indian external affairs ministry thupuangtu, Randhir Jaiswal-a chuan Zirtawpni tlaia thuthar lakhawmtute a kawmnaah chanchinbu mite zawhna chhangin Bangladesh-in Hasina-i leh mi dangte hawtir an dilna chu, "Thawn haw turin ngenna kan dawng a. He ngenna hi a hma pawha kan lo sawi tawh ang khan en chian mek a ni," a ti.

"Ngenna hi ngun taka zir chian a ni a, dan angin thil a kal em tih te leh dan hnuaia tih ngaite a awm em tih pawh en mek a ni," a ti.

India-in Hasina a kawl tlat hian inthenawm ram inkawmngeih tak thin pahnihte inkar pawh eng emaw chen a tichhe phak a, Rahman-a sorkar a din hnuah tlemin inpawhna thar a awm leh ta deuh zawk.

Lok Sabha Speaker Om Birla chu February thlaa Rahmah-a prime minister atana lak luh inkhawmah khan India aiawhin a tel a, April thla khan Bangladeshi Foreign Minister Khalilur Rahman-a'n New Delhi a tlawh zui bawk.

Hetih mek lai hian mi rama tlanchhiaa awm ni chunga Hasina-i'n thuthar lakhawmtute a kawm leh langsar taka a che chuan Dhaka a tithinur hle tho va. Tun hnai lawkah pawh khan prime minister hlui hian an ramah thi turin a chungthu rel ni mah se December-ah haw a tum thu pawh vantlang hmaah a la sawi a ni.

Bangladeshi thuneitute chuan chanchinbute chu Hasina-i thu sawite langsar taka puang lo turin an ngen a ni.

Bangladesh ram dintu, Sheikh Mujibur Rahman-a fanu kum 78 mi, Hasina-i hi November thla khan an rama special tribunal chuan amah awm lo mah se amah duh lohna lantirtu zirlai hnawh darh tuma a chet dan chu 'mihring nihphung bawhchiatna lian' tiin thi turin a chung thu a rel.

Hasina-i hian hremna an pek chhan hi phain dan bawhchhiaa an puhna leh amah an puhna dangte chu 'politic thil vang' niin a sawi.

Dhaka-in thawn haw tura New Delhi a ngen fo hnuah kar hmasa maiah khan amah ngei hian December thlaah a haw tur thu a puang a, hei hi tu nawr luihna mah a ni lo va, thawn haw thil pawh ni lovin ama duhthlanna ngeia ti a ni tih a sawi.

Bangladeshi State Foreign Affairs Minister Shama Obaed Islam-i chuan, "Hremna puan a nih atang khan kan mi puh hian dan anga inpek theihna a nei tawh lo va. Bangladesh-a a lo kir turin man a ni ang, chu danin a phut a ni," a ti.

Minister chuan, "Hasina-i chungchang hian Bangladesh leh India inkar a tichhe dawn em tih lam ka ngaihtuah lo va. Kan inkungkaihna chu a la awm reng a ni," a ti bawk.

Thawhtanni kal taa Shama-i'n hetiang a sawi tukah Prime Minister's Adviser for Information & Strategy Zahed Ur Rahman-a chuan Hasina-i'n haw a tum chu 'lawmawm' a tih thu leh dan angin a chungah thil tih a ni dawn tih a sawi a. Hetih rual hian court-in a ngaihtuah nawn thei a, thiam a chantir thei bawk tih a sawi a. An rama haw a tum chungchangah sorkar chuan engmah buaina emaw, ruahmanna hran emaw a nei lo tih a sawi.

Speaker-in Sena UBT MP parukin Shine-a an zawmna pawm, TMC hel tan thutna hran siam dawn

Lok Sabha Speaker Om Birla chuan parliament fur thutkhawm tan hma lawkin Shiv Sena (UBT) MP parukten Maharashtra Deputy Chief Minister Eknath Shinde-a kaihhruai Sena an zawmna a pawmsak a. Hetih rual hian Trinamool Congress (TMC) MP hel 20-te thutna tur hran siamsak turin a pawm bawk.

West Bengal-a MP helte hian an state leh Tripura-a party tenau tak, Nationalist Citizens Party of India (NCPI) nen an inchhun fin tih sawiin Lok Sabha pisa lawk ber atangin pawmpuina an dil a ni.

TMC helho chungchang hi 'ngun taka thlithlai mek' a nih thu leh 'thutlukna pawh siam thuai a ni ang' tiin rorelna in pisaa hotu sang pakhat chuan a sawi a. MP pahnihte pawhin ni hnih khat hnuah party dang an zawmna hi pawm a ni dawn tih an sawi ve bawk.

Rorel lai, National Democratic Alliance (NDA) chuan Lok Sabha-ah MP 319 an nei dawn ta a, heti chung hian hmun thuma thena hmun hnih, 360 tling turin member 41 thlawpna an la neih belh a ngai a. Sena hi TDP dawta tangruala MP ngah ber niin Lok Sabha-ah 13 leh Rajya Sabha-ah pahnih, a vaiin member 15 an nei a ni.

Lok Sabha-a Table Office-in Inrinnia pawn lama chhuak lem lova circular a tihchhuahah, "Lok Sabha-a Shiv Sena UBT member parukten an awmna party an thlakna hi ngaihtuah a ni a, Lok Sabha 18-naa an awmna party chu tihfel a ni tawh," tiin tar lan a ni.

Circular-ah hian Shiv Sena-in MP 13 a nei ta a, Sena UBT-in pathum an a nei tih tar lan a ni a. Circular-ah hian TMC member 20-te chu a hranin an thu dawn tih tar lan a ni bawk.

Speaker-in hetianga thutlukna a siam tuk, Pathianni khan Thawhtanni atanga session tan tur atan all party meeting koh a ni a. Sorkar pawhin TMC hruaitu hel tate hi an awmna thar, NCPI aiawha tel turin a sawm.

Parliamentary Affairs Minister Kiren Rijiju-a chuan Sudip Bandopadhyay-a hnenah, "Tun hnaiah nang leh MP 19-ten NCPI in zawm a, speaker hnenah pawh pawmpuina in dil a, hei hi thlithlai zui mek a ni," a ti a. Bandhopadhyay-a hian Inrinni zan khan Prime Minister Narendra Modi-a a hmu bawk.

Rajya Sabha-a TMC hruaitu, Derek O'Brien-a chuan speaker-in thutna hrana thut a phalsak chu a sawisel a. "Mipui rorelna hmuhsitna a ni a. Speaker hian phatsantu MP 20-te TMC MP angin a la ngai a. A hnu lawkah Modi-Shah minister chuan all-party meet-a tel tur leh NCPI angin a sawi leh si," tiin X-ah a tar lang.

Bandopadhyay-a leh Kakoli Ghosh Dastidar-a kaihhruai TMC helte hian June 14 khan Birla hmuin party dang nena an inzawmna pawmsak dilna an theh lut a. Hetih rual hian Sena MP parukte pawhin Birla hnenah hian hetiang ngenna bawk hi an thehlut a ni.

Birla hian rorelna ina an hruaitu, Abhishek Banerjee-a telin TMC pahniha an hruaitute pawh a kawm a, Sena UBT hotu lawkte pawh a kawm.

Kar kal ta tir lamah khan TMC hel hruaitu, Ghosh Dastidar-a chuan speaker-in parliament-ah pisa hran leh thutna hran a siamsak dawn tih a sawi a, hei hi NCPI nena an inzawmna a pawmpuina anga ngaih a nih thu a sawi bawk.

RAM PAWN

US leh Iran inkap zel, Jordan-ah US sipai pahnih thi

US chuan Inrinni zan khan Iran a kap leh a, sipai thuneitute chuan tuipui kama mi an thlithlaina hmun leh air defence hmunte an bei tih an sawi.

US Central Command (Centcom) chuan Iranian sipaite thil tam tak an kap tih a sawi laiin Iranian sorkar chanchinbu pawhin Strait of Hormuz-a Qeshm Island kah a ni tih a puang.

Centcom hian Zirtawpnia Jordan beihnaa US sipai pahnih thihna leh pakhat chin hriat lohva awm meknna chu Iran-a Revolutionary Guards (IRGC) tihah a puh.

Iran-a sipaite chuan an ram beihna chhan let nan drone hmangin Kuwait-a US base pahnih an kap ve tih sorkar chanchinbuin a tar lang.

US leh Iran hi tun hnaiah an inbei nasa hle a, vantlang mamawh thilte inkahsakah an inpuh tawn mek bawk.

Inrinni khan Iran chuan Kuwait-a American sipaite hmun pawimawh tak, Camp Udairi leh Al Salem Air Base chu 'kamikaze drone thahnem tak hmangin' an bei niin IRGC hnuaia Tasnim news agency chuan a sawi.

Centcom chuan a zawna zan riat nana US chetna chu 'Strait of Hormuz-a sumdawng lawng kalte a tihhlauhthawn theihna tichhiatna tura duan' a nih thu a sawi.

An chetna chu 'nizana Islamic Revolutionary Guard Corps-in Jordan-a American sipaite an beih avanga awmze nei taka a hremna pekna' a nih thu a tar lang bawk.

Chawlhkar khat chhung an inkah tawh mek laiin Washington chuan Iranian lawng chawlhna a khar a, Tehran pawhin Strait of Hormuz an khar bawk a. A hma lawka inkahhai an puan chuan thla khat pawh a daih lo.

Inrinni chawhma khan Centcom chuan, "Jordan-a US service member pahnih chu US Central Command (Centcom) leh an thawhpui sipaite nen Iranian ballistic missile leh drone beihna an lo chhan letnaah an thi a. Service member pakhat chin hriat a ni lo bawk," a ti.

Heng mite nen hian indonaa US lam thi hi 16 an tling ta a, tun thla tir khan American Navy pilot chu a bo hnuah a thi tih finfiah zui a ni.

Iran-ah erawh chawlhkar thum chuang kal ta chhunga US beihna avangin mi 50 vel an thi tawh a, mi 500 chuangin hliam an tuar bawk niin anram health ministry chuan a tar lang.

US leh Iran hi vantlang thil beiah an inpuh tawn a. The US chuan phain Iran-in lei leh power station-te beih a nih hnuah 'sipai hmun chauh' an kah thu an sawi.

Inrinnia Kuwait-in power plant leh tui tihthianghlimna hmun kah a ni tih a sawi hnuah Gulf Cooperation Council chuan Tehran chu vantlang thil beiah a puh.

Vantlang thil beih leh civil mite beih hi dan lo a ni a. Hetih lai hian lei leh power plant ang chi chu hmelmaten indona atana an hmang a nih erawh chuan kah phal a ni.

Washington leh Tehran hian June thla khan inremna an siam a; mahse, chawlhkar rei lo te hnuah chhe nghalin President Donald Trump-a chuan July 8 khan inremna 'a tawp' tih a sawi.

Inrinni zan khan Iranian Supreme Leader Mojtaba Khamenei-a chuan ziaka thuchhuah a siamah America-in inremna 'vawi tam a bawhchhia' tih sawiin 'US hming ziah pawh engmah a ni lo' tih a tar lang.

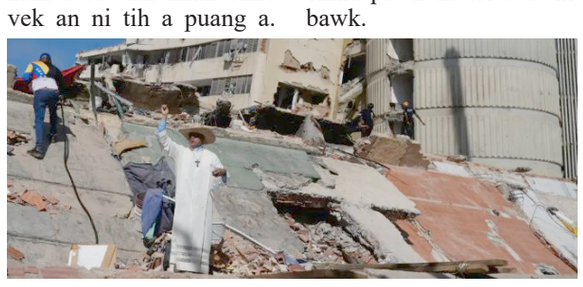
Venezuela lirnghingah thi 5,000 tling tawh

Thla hmasaa lirnghing na tak pahnihin a sawi, Venezuela-a thi chu mi 5,069 an ni ta tih tual chhung thuneituten an sawi.

President Delcy Rodriguez-i kaihhruai sorkar lailawk chuan hliam tuar chu mi 16,740 an ni a, ni 11 kal ta atang khan a la danglam lo tih Inrinni (India-a Pathianni) khan a puang.

Thil chhia tun din leh hnawm hnawk then hna thawk mek zel chuan thi zat pawh a tipung a, a bikin a tuar na ber, Caribbean Sea kama La Guaira-ah a ni zual a. Zirtawpni thleng khan nghin nawn vawi 1,331 a thleng leh tawh bawk.

Venezuelan sorkar chuan in 856 a chhia a, heng zinga 190 chu June 24-a magnitude 7.2 leh 7.5-a nain a sawiah khan chhe vek an ni tih a puang a. Thil dang - lei leh kawng chhia pawh za tel a awm bawk.



Russia-in Kyiv a kahnaah mi pakhat thi, chhiatna thlen nasa

Ballistic missile leh hmanraw dang hmanga Russian-ten Inrinni zan (Pathianni tuk)-a Kyiv an beihnaah mi pakhat a thi a, mi 16-in hliam an tuar bawk tih tual chhung thuneituten an sawi.

Zing dar 1:30 velah Russia hi che tanin darkar tam tak an bei a, khawpui hmun hrang hrangah thil puak ri a tam hle.

Russia hian missile 41 leh attack drone 125 hmangin Ukraine hi an bei niin Ukrainian air force chuan an sawi a. President Volodymyr Zelenskyy-a chuan missile tam zawk hi an khawpui bituma kah chhuah a ni tih a sawi.

Beihna avang hian Kyiv-a district pangaah kangmei a chhuak a, chenna in, pisa leh industry hmun, dormitory leh lirthei tam tak a chhia tih State Emergency Service chuan a sawi.

Sviatoshynskyi district-ah chhanchhuah hna thawktute chuan mi mal in kang atangin mi pali an chhanchhuak a, Shevchenkivskyi district-ah in chhawng thuma sang kang atangin a chengte an chhanchhuak bawk a. Mihring chen lohna in pakhat kang chu thelh mih a nih hnuah mi pakhat ruang an hmu zui a ni.

Solomyanskyi, Desnianskyi leh Dnipro district-ah pawh kang thelhtute an chet chhuah a ngai bawk.

Russian defense ministry chuan Kyiv-ah hian Flamingo drone leh Neptune guided missile part siam chhuahna hmun telin Ukrainian sipaite hmun an bei tih an sawi a. Heng hmunte hi 'hmanrua leh drone rem khawmna, robotic system leh electronic warfare bungrua siamna' a nih thu an sawi.

Russia hian tun hnaiah Ukraine-in Russian ballistic missile kah thlak nan a hman thin ber, Patriot air defence system an tlakchham mek laiin Kyiv hi a bei nasa hle.

US President Donald Trump-a chuan Ukraine hnena Patriot interceptor missile siam chhuah phalna pek tumin hma a la mek tih a sawi a, hei hian Kyiv-in Russian ballistic missile hmanga a beihna laka a himna tur a tichak thei dawn a. Hetih rual hian engchen nge an thlen tawh tih a chiang lo.

China-a mi pariat thihna lei minah chhanchhuah hna thawk zel

China chhimthlang lam, Chongqing khawpuia lei min nasa tak, mi pariat vel thihna leh mi 34 chin hriat lohva an awm meknaah chhanchhuah hna thawktute chuan Pathianni khan dam chhuakte zawngin an hai chhunzawm.

Zirtawpni zing khaw var hma khan khawpui dai, Pengshui County-a tlang awih chu minin lung leh lei tam tak a tla a, chenna in 10 chuang a chhilh.

Pathianni tuk khan chhanchhuah hna thawktu eng emaw zatin ip serthlum rawng nen hna an thawk zui a. Lak chhuah an nei em tih erawh finfiah a ni lo.

Sorkar broadcaster CCTV chuan in 21 chu lei min hlauhawmna huam china awm tiin a chengte sawn chhuah an ni tih a puang a. Thuneitute chuan tlang awih leh hmun hniam lai, chhiatna thlenna atanga km khat biala awm mi 1,100 chuang sawn chhuah hna an thawk tih Chongqing thuneitute chuan Pathianni khan WeChat-ah an tar lang.

Thuneitute chuan dam chhuak mi 10 zinga pakhatin damdawi in a chhuahsan a, pakuate dinhmun a tha tih an sawi a. Mi pariat thiin lak chhuah an ni tih an sawi.

Inrinni khan thawktute chuan uisathiam leh detector nen dam an la awm tih an hmu thei a, mi pakhat emaw lei hnuaiah a la dam niin an hria a. Hetih lai hian thawktute chuan la chhuak turin a dang chim belh a awm phah theih avangin ruahmanna uluk taka siam a ngai tih an sawi.

Lei min hi lung leh hnawl cubic meter 18,000 chuang niin lung pakhat phei chu cubic metre 3,000 vel a ni tih Pengshui County-a Planning & Natural Resources hotu, Wang Chuanjun chuan Zirtawpni khan a sawi.

RK Dawla
Mb 9366095658

SUSTAINABLE, INTEGRATED FARMING IN MIZORAM - 29

1. July thla laihawl, 2026 kan hmang mêk a. Maian zik êng case a tam hle. Hei hi chhan hrang hrang chi thum a awm thei a. Pakhatnaah chuan maian zung tibâwktu rulhût vang. Lei thaw deuhah a awm duh a. Maian zung kha pawt phawi ila, a zungah kha bâwk a awm thluah ang. A bâwk chhung kha kheh ila, microscope-ah kan en chuan, rulhût a awm fur ang a, a lian tawh deuh chuan an kâ-ah perek ang deuh an hmuam fur ang. A dam thei lova, a inven theih thung a. Compost emaw oilcake ṭhûm khat maian bi bulah phum khan a veng thei a. Oilcake tih hian hriaknei thlai rah herna fû/fê tawh phawt a huam vek a - chhawhchhi, badam, têl anṭan, tung, oilpalm, nihawichi, neem etc. Pahnihnaah chuan virus vang. Hei pawh hi a dam thei lova, a inven theih thung. Maian khan hnahpui a chhuan ṭ an veleh khan Yellow sticky trap khai tur a ni. Virus natna rawn pudarhtu hi whiteflies leh aphids (rannung te tak tê tê) an ni tlangpui a. Hengho hian rawn eng hi an hmu hringno a. Thil eng kha thlai zîkno emaw tiin an rawn bawm a, an tâng ta a. Thlai zik an bawm hmain thil-eng-banah khan an tâng hlum a, thlai a him thung. Pathumnaah chuan, Micronutrient (a bikin Iron) tlakchham vang a ni. Hei hi chu tihdam a harsa lutuk lova. A zar eng chin kha tan chhumin, maian bulah compost/oilcake pe-a, rihvur leh hnu khan a kung buk kha Micronutrient (Iron telna) - Jagromin, multiplex etc hmanga kah tur a ni. Maian a lo zam ṭan a, kan sik zo chiah tih khan kah a fuh ber a. Iron hi a rit a, kawr kam leh tuihawk tamnaah chuan ruahtuiin a len bo (surface erosion) - emaw lei thaw deuhah chuan lei chhungrilah a pût bo (leeching) ṭhin. Kan hriat tur pakhat erawh chu, hetianga maian zîk engte hi mihring leh ran ei atân a hlauhawm loh. Compost/vermicompost hmanga maian chinte hi a zik a eng ngai lo tluk a ni. Chuvangin, maian eng vanga kan buai ṭhin a nih chuan, a invenna hi kan ngaihpawimawh a ṭul e.

2. Nimbu a rah ṭan mêk a. Hmun hniam deuhah a rah hma a, a rêm hma a. Hmun zosâng deuhah a rah tlaiin a rah rei deuh ṭhin thung. Nimbu hi a tar ve duh hle a, a rah a tlêm ṭhin. A ṭang upa leh chang lutuk tawh, hlîng chauh ngah, hnah pu tawh mang loho hi a zar hnuai lamah a tam duh a. Hengho hian natna an chharin, thlai chaw siam an ei hek a. Paih thawl peih a ṭangkai êm êm. Nimbu ṭang/zâr ṭangkailo paih thawl hun ṭ ha ber chu, a rah hunlai hi a ni. Hetih lai hian, rah ve lo, zar upaho kha hriat hran a awlsam a. Tin, thil chîk deuh tân chuan, a rah lawh zawh veleh pawh hian paih tur a hriat theih viau bawk. Nimbu hi a tui sâwr emaw a rah puma hralh to tur chuan, mi nawlpui thar hun aia hmaah thar a ngai a. Favang ral hmaa a ṭ ang upa leh hnawk paihsak vek bâkah, October - Nobember aṭangin a kung bul kual vel hnim samna ilo hmanga mulch leh, November aṭanga tui pêk fo hian mi thar hma-in, tam tak raha thar theih a ni a. A practice tawh chuan, an zawng chhang thei hle ṭhin. Mi chin ang ching a, mi thar huna man to taka hralh tum ngawt kha a fuh chiah lova. Mi aia pên khata thui pên peih leh huamte tâ tur a ni, hlawhtlinna hi chu!

3. Tlangram kumkhat thlawhhma neiho hian thlam bulah zêm an kual a, chutah chuan bawlhhlawh tinreng an paihkhawm a. Favangah zem hual velin thlai an ching leh a, a ṭha duh êm ṭhin. Thingtlang lo nei tam zawkten, ram lama kan practice ṭhin hi, in lamah kan uar ta lova! Thingtlangah hi chuan, hmunhma âwl remchang a tam ṭhin. ṭ awih thei paihna zêm hi In bulah pawh kual ila, chhungkaw khat chauh mai ni lovin, chhungkaw 4/5 pawhin ṭawih thei paihkhawm ila, kum khat a vei meuh chuan, automatic-in leiṭha kan thar nual thei ang. Tunlaiin vaimim kâwr, fanghma/dawnfawh velna kâwr kan paih tam êm êm. Heng hi paih khawm ngat ila chuan, darhsarh taka thil ṭawih ral mai mai tur kha leiṭha tam tham takah kan chantir ngei ang. Kan ni tin nun hman leh farming hi kan suihzawm thiam tam poh leh, resource luangral a tlêm ang a, kan hlawk telh telh ang a, kan sustainable telh telh dawn tih hi i hre reng fovang u.

Vawiin Changvawn

Thufingte 25: 17

Ṭhenawm inah lêng lutuk suh,
A ning ang che a, a haw hlauh dah ang che.

THE AIZAWL POST

Editorial.... Mizo Daily Newspaper

Police ṭha leh khawtlang ralmuanna

Thenzawl Police Training School-a police constable passing out parade hmanpuitu chief minister Pu Lalduhoma chuan khawvelah police ṭha nei ramah khawtlang nun a ralmuang ṭhin, tiin a sawi a.

The Global Safety Report 2025-in khawvel ram hrang hrang dinhmun a zirchiannaah India hi law and order kengkawh ṭha indawt danah ram 180 zingah 47-na a ni a. Tehna pakhat, "safe to walk alone at night" tihah chuan, ram 144 zingah 59-na a ni. (Law and Order Index hi crime statistic a ni lo tih kha lo hria ila).

Law and Order Index hi zawhna 4 aṭanga lak a ni a: In bialtu police te i ring tawk em?; Zan lama mahni chauhva kea kal i ngam em?; Thla 12 chhungin pawisa/ thil an ruk sak che em?; Thla 12 chhung khan kutthlak/rawk i tawk em? tihte a ni.

Heng zawhnate hian khawtlang ralmuanna atana police-te pawimawhna a tarlang a. Safety Report-in a khaikhawmnaah, 2024 khan khawvel pum huapin 71% in police an ring tawk, a ti. Ram ṭhenkhat, hetia han ngaih mai pawha indona avanga buai rup rup ṭhin anga langte hi he report-ah hian an sang viau zel a, an score san nachhan chu ram buaina aiin mihring leh mihring inkara pawikhawihna (rukruk, kutthlak) chungchanga an fihlim ṭhat vang niin a lang.

India-ah rau rau pawh, Mizoram hi law and order lamah chuan kan score a sang viau maithei e; a chhan chu lung in (prision)-a awm thei zat bithliah (capacity) aia tam daih hi jail-ah an awm deuh reng a, police lamin law and order an kengkawh ṭha tihna te pawh a ni thei awm e.

Hetih lai hian, kum 20 chhung zet sipai leh police uniform hlauhna/ṭihna/ngainat lohna lo nei tawh ṭhin kan nihna hi a la reh tak tak lo nge, kan police-te hian zirlohna an la nei em ni tih turin police-te hi 'ṭanpuitu' aia 'mantu' anga kan hriatna hi a la lian zawk niin a ngaih theih. Tunhma deuh kha chuan, naupang thuawih lo/ṭap thlem nan 'police ka mantir ang che' tih kha leklam taka neih a nih ṭhin kha.

Tunah chuan kan khawhawi te a lo zau a, ram ralmuang kan lo ni ta a, police-te pawh ṭanpuitu hmuha kan hmuh thiam tak avangin mipui kan zalen a, chu chu tourist-te pawhin hahipa an sawi a lo ni ta. India ramah pawh state dangte entawn tlak khawpa khawtlang leh ram leh hnam innghahna tlak ni zel turin kan police-te hian ṭan han la sauh sauh teh se.

NEET-UG 2026 RESULT-AH MIZO TEN HMA KAN SAWN

Dr. Zirlianngura
Govt. Zirtiri Res. Science College, Durtlang

India ram chhunga Sawrkar, Private leh Kohhran enkawla MBBS, BDS, BAMS, BUMS, BHMS, BSMS, BASLP& B.VSc & AH zir turte thlanna (Common Entrance) hi National Eligibility Entrance Test (NEET-UG) tih a ni. NEET-UG pass lo tan a chunga course chi hrang hrang kan rawn tarlante hi zir theih an ni lo. Kum 2025-a Mizoramin a chunga zirna kan han sawi te kan neih zat chu hetiang hi a ni – MBBS-ah seats 79 (RIMS Imphal – 7 seats, Govt Agartala Medical College – 2 seats leh Zoram Medical College - 70 seats). BDS-ah seats 12, BAMS-ah seats 2, BHMS-ah seats 3 leh GASLP-ah seat 1 a ni. Mizoram bikah chuan B.VSc & AH hi NEET (UG) kal tlanga allotment pek a ni ngai lo (SMATEE atanga pek an ni thin), kumin atang erawh chuan NEET (UG) kaltlanga allotment hi siam tawh tur a ni.

NEET(UG) hi kum 2012 aṭanga buatsaih ṭan tura tih a nih laiin, State tam takin an sawisel avangin kum 2016 aṭangin neih ṭan a ni. A tirah chuan Central Board of Secondary Education (CBSE) in a buatsaih a, kum 2019 atangin National Testing Agency (NTA) in a conduct ta a ni. NEET-UG hi kum khatah vawi khat exam thin a ni. Paper leh pen hmangin, Offline-a exam a ni. Exam pattern hi tih danglam fo a ni.

NEET(UG) exam-ah a vaiin multiple choice questions 180 a awm a, heng questions 180 te hi compulsory vek an ni. Hetah hian Physics leh Chemistry questions 45 ve ve a ni a, Biology (Botany leh Zoology)-ah questions 90 a ni thung. Question pakhat chhan dikah 4 marks pek tur a ni a, pakhat chhan dik lohah 1 mark paih thung tur a ni. A pumpuia full mark chu 720 a ni. Exam hun chhung hi 180 minutes (3hrs) a ni. Mizoram-ah chuan Aizawl-ah chauh exam center hi a awm thin a. Kum 2022 atangin Mamit hi exam center turah an tel a ni. Mamit a telna chhan chu aspirational district a nih vang a ni. Mahse, Mamit hi kum 2025-ah an rawn paih a, Mizoram-ah chuan Aizawl-ah chauh NEET (UG) exam center a awm ta a ni. Aizawl-ah chuan zirlai exam tam dan azirin Institution hrang hrang – college leh HSS-ah te exam ṭhin a ni.

NEET(UG) -2026 hi 3rd May 2026 (Sunday)-ah exam a ni a. Vanduaithlak takin he exam hi question ṭhen khat lo hre lawk an awm avangin National Testing Agency (NTA) chuan a cancel a. NEET(UG) exam hi cancel ngai khawpa a awm vawi khatna a ni. Hemi avangin NTA chuan kum 2027 aṭang chuan online (paperless) a exam a nih tawh tur thu a puang zui nghal a ni. Mizoram-ah pawh online a kan zirlaite an exam ve theih nan, state pawn kal ngai lo turin Mizoram sawrkar pawh a lo in puahchah ṭan a ngai hle awm e.

NEET (UG) 2026 hi ni 21st June 2026 (Sunday)-ah exam ṭhat leh a ni a. Hetah hian exam tuma inziak lut zawng zawng mi 22,79,743 an nih laiin, mi 19,99,895 chauhin an exam a. Exam zat hi kum dang aiin an tlem ta hret a ni. Hei hi a chhan ni thei anga lang chu exam nawn peih lo, phur lo mi tam tak an awm vang a nih hmel hle. NEET (UG) exam ṭhat a ngaih avang hian India sawrkar leh zirlaite pawhin sum leh pai, tam tak an sen thlawn phah a, a pawi tak zet a ni. Hetiang ang hi chu eng entrance exam-ah pawh thleng nawn tawh lo se duhthusam a ni.

NEET (UG) – 2026 exam results chu ni 16th July 2026-ah a chhuak a. Mi 11,21,185-in cut off mark hmuin, Under Graduate Medical and allied courses zir thei turin an tling a ni. Hetah hian Tribal mi 63,716 an tel ve a ni. Mizoram aṭangin mi 2,624-in exam form an submit a, chuta ṭangin mi 2,166 an exam a, mi 1,353 ten cut off mark an hmu a ni. India ram pumpuiah cut off mark hmu pha hi 56.06% a nih laiin Mizoram bikah chuan mi 62.46% in cut off mark an hmu pha a. All India level aiin kan sang zawk a, a lawmawm hle a ni. Pass mark hi kuminah Tribal tan 177/720 (40th Percentile) a ni a, nikum lam aiin sang mahsela pass hi kan tam zawk a, a lawmawm hle mai.

NEET (UG) 2026 exam-ah hian India ram pumah Aryan Gupta, Punjab a mi chu pakhatna niin Mark 715/720 a hmu a ni. A mark hmuh hi percentile zawnga dah chuan 99.9999 a ni. Pahnihna chu Haryana mi Panshul Bansan a ni a, ani pawh hian mark 715/720 a hmu a, mahse NTA in ranking criteria a siam danah pahnihna a ni thung. NEET (UG)-2026-ah hian perfect score an tih full mark (720) hmu thei hi an awm lo a ni.

Mizoram-ah chuan H. Malsawmdawngzuala s/o Lalsangzela Hauzel, Khatla Veng chuan NEET (UG) 2026-ah Mark 595/720 (percentile - 99.40602) hmuin fal takin pakhatna a ni a. India ram pumpuiah 11,875-na a ni a. Tribal zingah phei chuan 83-na a ni pha hial a ni. H. Malsawmdawngzela hi NEET (UG) exam tawh zawng zawng zingah a la ti ṭha ber lawr lak a ni. Mizoram bikah chuan Cynthia Lalhlupuii Shangpliang d/o Dr. Zonunthari Falkland khan NEET (UG) 2025-ah 474 mark (percentile- 96.0882934) hmuin Mizo zirlai zingah NEET (UG) exam tawhah chuan ti ṭha ber nihna a hauh a. He dinhmun hi H. Malsawmdawngzela hian a rawn khum chiang ta hle a ni.

H. Malsawmdawngzuala hian Class XII (Sc) hi St. Pauls HSS aṭangin 2025 a pass in, Mizoram pumah 3-na a ni a. NEET inbuatsaihna atan hian Zawlbuk Zirna Run, Aizawl-ah Coaching kal a ni. Ani hi State entrance Exam (SMATEE) 2026-ah khan Mizoram pumah 1-na a ni bawk.

NEET (UG) 2026-ah hian nasa takin Mizo zirlaite hian hma kan sawn a. A lawmawm tak zet a ni. Mark 400/720 chuang hmu pha hi mi 100 vel chu an awm hmel a. Mizoram quota aṭanga MBBS zir tur cut off mark hi kum 2025 khan 337/720 vel a nih laiin, kum 2026-ah hi chuan 430/720 vel a nih a rinawm a. Tin, State hrang hranga NEET (UG) topper an tih chhuah zingah hian Mizorama kan topper te hi an hniam fal ṭhin hle. India ram state dangte chu sawi loh, NE State dang ho te pawh hi kan tluk lo nasa hle ṭhin. NEET(UG) 2026-ah erawh chuan kan dinhmun nasa takin a danglam ta. Hei hi kan hauh chhunzawm zel turah pawh beisei i la. NE state hrang hrang te dinhmun han tarlang dawn i la: **(Table en la).**

JEE (Main) leh NEET (UG) te mark pek danah hian an Percentile hi sawi lar zawk a ni. Lehkha thiam tak tak te zingah pawh percentile leh percentage hi thil thuhmuna ngai kan la awm tlat a. A danglamna hi kan hriat a pawimawh hle awm e. A chian zawk nan English-in han dah hmasa ta ila *'A **percentage** indicates a proportion out of 100, while a **percentile** indicates the position of a score relative to other scores in a data set".*

Percentage chu mark za-ah mark kan hmuh zat kha a ni mai a, kan hman thiam leh hman ṭhan zawk a ni a, sawifiah ngai loin kan hre thei ang.

Percentile erawh chu mi pakhat dinhmun exam ve tho midang te nen khaikhinna a ni. Eg. Mi pakhat chuan NEET (UG) exam-ah 90th percentile a hmu a. Chumi awmzia chu, **exam zawng zawng aṭanga 90% kha amah aiin an ti chhia (mark an hmu tlem), 10% erawh chu amah aiin an ti ṭha, mark pawh an hmu sang zawk**, tihna a ni.

A chunga kan sawi tak ang hian Mizo zirlai te NEET (UG) 2026 examah nasa takin hma kan sawn a. Kan topper pawh All India ranking-ah a dinhmun pawh a chhuanawm tak zet. Chu mai ni loin, exam zawng zawng aṭanga qualified (cut off mark hmu) pawh All India pumpui percentage aiin Mizoram percentage hi 6% laiin a tam. Hengte hi a chhan hrang hrang a awm thei awm e. Chungte chu –

Aizawl-ah NEET (UG) coaching center ṭha tak tak, kum tluana coaching kalpui thei, NEET exam pattern anga test series mumal taka kalpui thei kan neih tak vang.

Kan zirlaite zingah inelna thianghlim leh sang tak a awm tak vang.

Kan zirlaite tih tak zeta lehkha an zir vang.

A tawpna a kan sawi duh kum 10 hma lamah te chuan gap year la kher loin, zirlai tam zawk ten Technical courses hrang hrang zir turin an inziak tling ṭhin a. Tunah chuan diltu leh exam kan ṭhathnem tak avangin gap year lak a, coaching te kal loh chuan inziah tlin a har ta hle. Hei hi a nih dan zel tur pawh a nih hmel e. Amaherawhchu, zirlai beisei awm em em lo ten, kum 2/3 te gap year laka coaching kal kan intihhmuh leh lutuk hi chu zirlaite, nu leh pa te pawhin ngun zawka kan ngaihtuah a ṭul hle a ni. Kum hloh ṭeuh hnuah General line lamah kan kal tir leh tho ṭhin si a. An kum hloh hi a uiawm em a, chuvang chuan kum an hloh tam hmaa, General line lamah kan inkaltir hma hi a fuh zawkna lai a tam hle a ni. General line lama kal te tan hian private leh sawrkar lamah pawh hna thawh tur tam tak a awm a ni.

NEET(UG) 2026-a NE state hrang hrangte dinhmun

Ranking	Name of State	Name of student	Percentile	All India Ranking
1	Assam	Shubh Prasad	99.9931	133
2	Tripura	Aibhah Roy	99.9914	166
3	Manipur	Javed Javed Hasan	99.63008	7,105
4	Arunachal Pradesh	Lirik Ete	99.55378	8,673
5	Mizoram	H. Malsawmdawngzela	99.40602	11,875
6	Meghalaya	K. Anthony Thabah	99.26791	14,455
7	Sikkim	Icha Subba	99.24741	14,777
8	Nagaland	Subhasmit A. Nayak	97.86464	42,124

Post Sport

THE AIZAWL POST Thawhṭanni, July 20, 2026

Khung hnem ber Mbappe

Nizan World Cup final-a Argentina leh Spain inkhel result tarlan tur a awm hmain nimin zinga pathumna inchuh boruak leh France striker Kylian Mbappe record thar hi luhchilh lawk ila.

Pathianni zing khan England chuan 6-4-in Qatar 2022 finalist France an hneh a; kha match-a Les Bleus tana goal hnih khungtu kum 27 mi Mbappe chuan tun tournament-ah goal 10 khung tling chiahin, nizan result tarlan hman lohah goal thun tam lama a elpui lian ber Lionel Messi chuan a khung belh zo lo a nih chuan France captain hi top scorer a ni hlen dawn a, goal 22 a thun tlin tawh hmangin Fifa World Cup-a goal khung hnem ber a nih mekna chu kum li chhung atan a chhunzawm phawt thei ang.

Nizan final khelh hma thleng khan kumin World Cup-ah Messi chuan goal riat khawl tling tawhin, World Cup vawi rukah goal 21 a tilut tling tawh bawk a, final-ah Argentine hian goal a thun zo lo a nih chuan World Cup vawi thuma goal 22 khawl tling Mbappe hi he tournament chanchina goal khung hnem ber a ni thei dawn a ni.

Third place play-off match-ah England-in si li fai tehrenga hma an hruai hnuah Mbappe hian France tan goal hnih khungin, tun tournament-ah goal 10 a ngah hman a; kum 2018 World Cup-a an champion ṭum khan goal li thunin, kum 2022-ah goal riat a khung leh a; 2018 final-ah Croatia hnehin Les Bleus a champion-pui a; 2022 final-ah Argentina hneh loin a team a champion-pui zo lo thung.

Baruah Chess Tournament

Mizoram Chess Association buatsaihin ni hnih chhung (July 17-18, 2026) awh 23rd Dr. D. Baruah Chess Tournament chu Inrinni khan Ramhlun Indoor Stadium-ah hlawhtling taka zawh fel a ni.

Mizorama chess tournament hlun leh ngaihhlut hlawh berte zinga mi he chess tournament hi Dr. D. Baruah chhungkuate'n an sponsor sak a; naupang zawkte hmasawnna atana buatsaih ṭhin a ni.

Kum 2026 Dr. D. Baruah Chess Tournament hiage category pali - Under 15, Under 13, Under 11 leh Under 9-te tana siam a ni a, Mizoram chhung khaw hrang hrang aṭangin player 88 an chhuak.

UNDER-15 CATEGORY			
Rank	Name	Address	Lawmman
Champion	Lalruattluanga	Ferrando School	Rs 3,000 + Trophy + Medal + Certificate
2nd Position	Eric C. Lalhruaitluanga	Rosebud School	Rs 2,000 + Trophy + Medal + Certificate
3rd Position	Vanlalvenhima Pautu	Upper Republic	Rs 1,000 + Trophy + Medal + Certificate

UNDER-13 CATEGORY			
Rank	Name	Address	Lawmman
Champion	C. Lalmuanzuala	Chhinga Veng	Rs 3,000 + Trophy + Medal + Certificate
2nd Position	Alexander Ronald Cheng	Zomuansanga E S	Rs 2,000 + Trophy + Medal + Certificate
3rd Position	Isak Vanlalduhsaka	Reiek	Rs 1,000 + Trophy + Medal + Certificate

UNDER-11 CATEGORY			
Rank	Name	Address	Lawmman
Champion	Chawnga Royte	Khatla	Rs 3,000 + Trophy + Medal + Certificate
2nd Position	Zohmingsanga	Neuhof School	Rs 2,000 + Trophy + Medal + Certificate
3rd Position	Vanlalhruaia	Mary Mount School	Rs 1,000 + Trophy + Medal + Certificate

UNDER-9 CATEGORY			
Rank	Name	Address	Lawmman
Champion	PC Laldinpuia	Reiek	Rs 3,000 + Trophy + Medal + Certificate
2nd Position	Uriel Vanrempuia Tlau	Bawngkawn	Rs 2,000 + Trophy + Medal + Certificate
3rd Position	Javolsie Vanlalhriatrenga	Reiek	Rs 1,000 + Trophy + Medal + Certificate

Hun rei tak chhunga England team ṭha ber kan ni - *Rice*

Tun chhuan lo lan hma lawk khan England World Cup squad-ah David Beckham, Steven Gerrard, Frank Lampard, Michael Owen, David Seaman leh English star lar fu fu lo hmu tawh ṭhin mah ila England defensive midfielder Declan Rice chuan kumin World Cup third-place play-off match-a 6-4-a France hnehtu Thomas Tuchelh-a England squad kha hun rei tak chhuilet pawhin England team ṭha ber an nih thu a sawi ngam tlat!

Pathianni zing inkhelah khan captain pangngai Harry Kane bench lama a ṭhut avangin kum 27-a upa Rice khan khelmual chhungah hruaitu hna thawkin captain armband a hreng a, a hoin Miami khelmualah team ropui France tlarhnung a rawk hneh hle a, inkhelh banah, "Hei hi hun rei tak chhunga England team ṭha ber a nih hi. Thu dik tak a ni. He nihna hi tumahin min chhuhsak thei lo ang," tiin an team a kawk!

Three Lions bronze medal kha kum 1966-a an champion hnu lama he tournament-a England thlen sanber niin, last four match-a goal thun hmasa zet chunga an tlawm zui leh danah Thomas Tuchel-a tactic khan sawisel hlawh hle mah se stand-in captain Rice chuan tournament an khelh danah an team a fak hle.

Ram dang mi manager an rawih tawhte zinga World Cup-a England thlensanpui bertu German coach Tuchel kha South American team an tum ṭuma hma an hruai hnua goal ven ringawt buaipui leh kha vanga final lut zo loah mi tam takin an ngai a; English game kan hmuh ṭhin angin, hma an hruai hnu pawh khan huaisen takin nawr lui ngam se an chak theih mai rinna a lian.

He puhna chungchangah hian Tuchel chuan tihsual a neih loh thu a sawi thung a; FA lamin n thlawp thu an puan zui tak bawk avangin a thlengtu pakhat England an nihna tur tournament Euro 2028 thleng Three Lions boss a nih zui a rinawm.

Miami Stadium-a pathumna inchuh match-ah khan mipui 64,478 pungkhawm hmaah nuam ti taka khel tluan England an chungnung tluan chhuak a; mite'n pathumna inkhel mai mai, pressure pawh awm tawh lo ti bawk mah se an tumpuite kha World Cup hnuhnung vawi hniha vawi khat champion, vawi khat final lut bawk an nih miau avangin World Cup classic game tih loh theih a ni lo!

Three Lions hian half time-ah 4-0 tehrengin hma an hruai hman a! An goal hmahruai hi minute thumna leka Declan Rice tihluh niin, chawlhlawk hmain Ezri Konsa goal khat leh Bukayo Saka goal hnih a luhbelh leh.

France hian second half-ah inkhel thunun ve thungin, Kylian Mbappe goal hnih bakah Bradley Barcola leh Ousmane Dembele goal khat ve ve lutin, England tan Saka penalty goal leh Bellingham-a goal a luh belh ve leh bawk.

Bukayo Saka kha England player zinga World Cup knockout match-a hat-trick siam thei pahnihna niin, a hmasa zawk chu 1966 final-a England chakpuitu Sir Geoff Hurst kha a ni.

Arsenal right winger Saka hi World Cup bika France laka hat-trick siam thei pahnihna ni bawkin, kum 1958-a France fans ngawihtirtu Pele hnung zui theitu awmchhun a ni.

England tan an champion kum tih loha men's World Cup-a an chet ṭhat ber a nih rualin mi rama World Cup an khelh tawha an thlen san ber hun a ni tel bawk.

Pathianni zing inkhel kha World Cup third-place match-a goal luh tamna ber niin, kum 1958-a West Germany laka France-in 6-3 hnehna ṭum record kha a khum a; English-ho tan kum 2002-a Argentina an hneh hnuah tun kha World Cup-a an aia Fifa ranking nei sang an hneh vawi khatna a ni nghal.

Miami result khan World Cup match-a goal lut tam pangana luah mektu kum 1958-a France-in 7-3-a Paraguay an sawpna a nihrualpui a, kum 1982-a Hungary 10-1 El Salvador hnu lama World Cup match khata goal luh tam leh berna a ni tel.

ADBBA Season Opening 2026:
Team tlo leh fei BC Zotlang an champion

Mizoram Basketball Association (MBBA) hnuaia district inrelbawlna changtlung ber neitu, Aizawl District Basketball Association (ADBBA) chuan kum 2026 chhunga an district puala tournament an buatsaih hmasa ber, Season Opening Tourney final chu July ni 17, 2026 zan khan khelh a ni a, BC Zotlang chuan 79 - 77 in Mission Vengthlang BC chu an hneh.

Final hi Armed Veng Community Center-ah khelh a ni a, mipui hall khat tlatin an fuankhawm.

Elmer - ZBBC Jr. Most Promising Player
(ADBBA Season Opening, 2026)

Ṭanna hamrik a rik phat atangin Mission Vengthlang BC in inkhelah hma an hruai char char a, hun tawp a pawimawh lai chho ah an che sual a; champion tuma tuihal, veng pawn player pakhat chiah nei, kum 2015 a din tawh BC Zotlang lamin an hun tha hmuh bawh pelh lovin an chhawr tangkai a, point hnih hlu tak hmangin ADBBA Season khuhhawnna kawngkapui an tlawh hawng a - champion an ni!

Most Valuable Player bihchianna

Zotlang BC fachuam, Pu K.Lalawmpuia leh Pi Ponty Lalramtluangi te fapa-Vanlalrinchhana hi tualchhunga baler tha ber huanga hming lang pha ngat a ni thin a, MSL 10 ah Zemabawk BC semi final an luh hnu khan season khat tawp inkhel lovin eizawnna lamah a insawrbing a, a reh zui.

Tun season hian ADBBA lama division II, BC Zotlangah inziak lutin, player tha a chhal ngam Zarkawt BCA player hlui Nghhaktea leh rawlthar harhvang John-a te ho nen BC Zotlanng tan an rawn inlan a - hei an champion nghal!

Rinchhana hian zing lamah tha thlah lovin tun tournament pual hian inbuatsaihna a nei a, a thawhrimna chu amah leh a club in an tel zui a nih ta a nih hi.

A hnuhmna hnutchhiah lian zual phochhuak ila:

1. 2016, Puuducherry Nationals
2. 2018,MSL First Rookie Of The Year(-Tuikual Basketball Club)
3. 2021, 1st North East Championship Shillong ,Gold-(Top scorer)
4. 2022, BFI-3x3 Championship, Bengaluru.
5.2022, Nationals Chennai
6. 2022, 2nd North east Olympic championship-Gold-(MVP)-Shillong
7.2023, Mizoram Super League (MSL, 11), Gold(Khatla TBL)

Mission Vengthlang BC mang chhia!

Season hmasa ah tarlan tawh angin tum li zet final-ah an chak lo va, hei season thar kan chuangkai a, inrelbawlna nei tha club hian final-ah harsatna an tawk leh tlat!

Coaching staff thar nena inthuam chhah tha an ni a, champion tur erawh chuan an player thar neih te nen an hun a la thelng lo cheu! He club thlir hian champion tura beih a hautak zia leh vanneih tel a ngaih zia a lang c hiang hle - hma an hruai char char a, an tawlh thlu leh tlat si lai hi an insiam thatna tur a ni ang.

Kum 2020 maia din he club hma lam hun erawh hi chu MSL nena insuihzawm chho thuai tura ngaih a ni; mahse, result zawng zawnga duhawm ber champion result an mamawh ta!

Lawmman... lawmman

A buatsaihtu ADBBA lamin trophy leh a behbawm an hlan a, chu mai a la ni lo, **THE AIZAWL POST Hoops Mania** lam ngenna angin tunhnaia lehkhabu tihchhuah zinga boruak nei lian tak mai, zirlaite atanga hringnun hmachhawn tura thahrui peipunna atana tha zet mai, 'A malsawm ka chhiar seng lo' tih Pi V. Lalmuanpuii ziah chu MVP hnenah hlan a ni nghe nghe.

Most Promising Player la phak tur rawlthar zingah keini The Aizawl Post Hoops Mania lam hian kan melh a - division III ni chunga semi final hiala invawrhkai thei, Zemabawk BC Jr. player tangkai leh thawhhlawk, Pu Jesse Vanrozama leh Pi H. Lalmalsawmi te fapa Elmer VL Hmangaihzuala chu lungsi takin kan thlang e.

BC Zotlang team list: Zoliansanga (Captain), Vanlalrinchhana, Samuel Lalramnghaka, John Laltanliana, Lalthangliana, Vanlalruata, Michael R Lalchhanchhuaha, Remruatpuia, K.Lalhruaitluanga, Lalrinawm, Lalhmangaihsanga, Benison Vanlalchhuansanga, Chanchinthamawia, Malsawmtluanga, Remruatfela Pachuau

Coach	-	**Lalsangliana**
Asst. coach	-	**Lalṭhathanga**
Manager	-	**Zonunsanga**

England record siamtu Bellingham

Nimin zing World Cup bronze medal inchuh match-a England tana goal khat thawhtu substitute Jude Bellingham khan goal sarih thun tling chungin tournament a khar a, Englishman zinga single World Cup-a goal khung hnem ber record thar a siam.

Mexico '86 daih tawhah khan Gary Lineker chuan goal ruk thunin, Russia 2018 leh tun tournament-a khan Harry Kane chuan goal ruk ve ve bawk a tlilut tling a, Real Madrid midfielder Bellingham hian record a chelhrualpuite hmakhalhin record a malkhalh ta a ni.

Kum 23 leka upa la ni chunga England record siam thei Bellingham hi semi-final-a Argentina an ngam loh ṭum klhan goal-ah a nil a, third-place play-off match-ah captain Kane nen luhhmasak chang loin ben-a hnutchhiah an ni.

Second half minute 79-ah Bellingham luhtir a ni a, hun pekbelh minute 98-ah England goal rukna leh he inkhela goal hnuhnungber thun chungin Englishman zinga World Cup vawi khata goal sarih thun tling hmasaber a ni zui ta a ni.

FOOTBALL TITI

⚽ *Italian club Parma in chhuahtir hreh hle mah se Leeds United chuan Japan goalkeeper Zion Suzuki lak tumin hma an la chhunzawm zel. (Tuttomercatoweb - in Italian)*

⚽ *Tottenham chuan kum 22 mi Manchester City leh Brazil winger Savinho chu lak theih ngei an inring chhunzawm zel. (Fabrizio Romano)*

⚽ *Real Madrid chuan tun nipui bazar inhawn mek chhung chuan kum 20 mi Manchester City leh Spain midfielder Rodri lak tumna an nei lo. (Athletic - subscription required)*

⚽ *AC Milan chuan kum 26 mi Manchester City leh England midfielder Phil Foden lak tumin an thlithlai chhunzawm zel. (Tuttosport, external).*

⚽ *Milan hian Foden la lut tur chuan Portugal forward Rafael Leao an hralh hmasak zet a ngai dawn thung. (Tuttosport, external)*

⚽ *Manchester United leh West Ham United ten lak tuma an ngaihven defender Ben Nelson chuan a khelh mekna Leicester City hnenah chhuah a duh tih a hrilh. (Mail)*

⚽ *Arsenal chuan kum 18 mi English defender Elijah Upson chu Tottenham in contract thar ziak tura an sawmna a hnar hnuin lak tumin an ngaihven zui nghal. (Fabrizio Romano)*

⚽ *Aston Villa in lak tumin hel mek mah se Portugal midfielder Joao Palhinha chu season thar atana inbuatsaihna ṭan hunah Bayern Munich lamah a kir leh ngei tura ngaih a ni. (Sky Germany)*

⚽ *Liverpool chuan lum 17 mi Colombian midfielder Samuel Martinez chu £750,000 sengin Atletico Nacional aṭanga lak thuai an tum. (Athletic - subscription required)*

⚽ *Real Madrid, Barcelona leh Atletico Madrid te chuan kum 28 mi Tottenham leh Argentina defender Cristian Romero lak tumin an ngaihven hlawm. (Teamtalk)*

⚽ *Monaco aṭanga USA forward Folarin Balogun lak tuma intlansiaknaah Juventus chuan Borussia Dortmund leh Sunderland te hmakhalhin hma an hruai mek. (Mundo Deportivo)*

⚽ *Chelsea chuan France defender Maxence Lacroix lak tumin dawr chhunzawm zel mah se, Crystal Palace in £70m zet an chhiar chu an mutan a ni mek. (Caught Offside)*

⚽ *Juventus chuan kum 29 mi Tottenham leh Brazil forward Richarlison an ngaihven chhunzawm zel. (Gazzetta dello Sport - in Italian)*

⚽ *Everton chuan Ipswich Town aṭangin English winger Jaden Philogene an lak theih hmel ta hle. (Football Insider)*

Hnehna nen NT Lalbiakima a lo kir

Hun rei tak inhnek lova a chawlh vang vang hnuin 'Zokeite' NT Lalbiakkima chu inhnek turin a kir a, inrinni zana a khingpui Nepal boxer tha Lal Prasad Upreti a hneh a, hnehna nen a lo kir leh ta.

NT Lalbiakkima leh Lal Prasad Upreti te hi Expolnn Suites & Convention, Greater Noida-ah an inhnek a, an inhnehtawk hle. Pumrua lian leh sang zawk ni mah se Nt-a lakah Upreti duh angin a inlan thei bik lo. Upreti-a khan ban sei zawk a nih hre ranin NT-a a hmachhawn a, a chan pawh a ṭha ve lek lek ṭhin. Fimkhur taka inveng chungin Zokeite a hmachhawn.

Fimkhur taka inlan Upreti hi NT-a'n chak ngei tumin a nawr char char a, thisen chhuak khawp hiala ṭangin a khingpui a hnaih chilh zel a, a thawkrim leh huaisen zawk a nih a chhawr ṭangkai a, hnehna hlu tak a sualchhuak. Inhnek hmuhnawm takah NT Lalbiakkima hian Lal Prasad Upreti hi 39-37, 39-37, 39-37 in a hneh.

Mizo boxer lar NT-a hian June 2022 khan World Trade Centre, Dubai-ah Jayson Vayson chu hmachhawnin, WBC Asian Continental title an inchuh a, lightflyweight kawnghren inchuhnaah Philippines boxer lakah a chak zo lo.

Vayson laka a tlawm hnu December 2023 khan NT-a hian a nupui Lalrinchhani a sun. A nupuiin a boralsan hnu hian chhiatna dang a tawk zui leh a, kawng engkima amah buaipuitu Dr. Lalmuanpuia leh a nu Lalthanpuii te a chân zui leh a, hemi hma hian a pa NT Zomawia chuan a lo boralsan tawh bawk.

Harsatna leh hun thimin a tlakbuak hnuin ring chhungah a lo kir leh a, phu taka hnehna changin hlim ni a tawng ve leh ta nge nge!

Ball thiam bik tura duan Lamine Yamal

Football ngainatuten Pele thiamzia an sawi ṭhin a, Diego Maradona thiamzia sawituten an sawi uar thei viau bawk. Pele leh Maradona te Footballer ropui ber nia ngaitu tam tak an awm reng a, ṭha zawk thlan chu inhnialna tawp hleithei lo a ni. Pele leh Maradona te hun a liam a, Lionel Messi leh Cristiano Ronaldo te hun a inherchhuak ve leh. Club leh ram tana champion theihna zawng zawngah a champion kim vangin Lionel Messi chu footballer ropui ber a ngaih a ni.

Messi leh C Ronaldo te an uaithla a, chuai lam an pan mek. Khawi lam aṭangin footballer ropui bik rawn chhuak leh ang tih ngaihtuah ṭ hup a nih laiin rin aia hmain chhanna kan hmu a. Barcelona leh Spain rawlthar duhawm, Ball thiam bik tura duan Lamine Yamal hun a rawn inherchhuak. 'Fapa pekin kan awm ta' tih ang deuh khan football thiam bik pek kan ni ta e!

Kum 18 mi lek ni chunga super star nih tling der tawh Yamal hi July ni 13, 2007 khan Barcelona khawpui huam chhung Esplugues de Llobregat-ah a piang a, a hming pum chu Lamine Yamal Nasraoui Ebana a ni. A hming hmasa Lamine leh Yamal hi a nu emaw, a pa emaw hming pawh a ni hran lova, a nu leh pate an harsat em em laia lo ṭanpui tawhtute hming pahnih; Lamine leh Yamal te hming daih a ni. A nu leh pa hming aiin a larpui ta daih zawk a ni.

A nu leh pa Sheila Ebana leh Mounir Nasraoui te hi infiammi an ni hran lo va, a nu hi waitress niin a pa hi building painter a ni thung. Infiammi ni lem lo mah se football ngaina tak mai an ni a, an khawpuia team ropui ber FC Barcelona atchilh bur tute an ni. An fapa Yamal ngei pawh hi Barcelona player ropui Lionel Messi malsawmna an dawn tir a. Messi hian Yamal hi a nausen laiin a bual a, Yamal hi Messi malsawmna dawngtu a ni.

Messi malsawmna dawng Yamal hian football a tuichilh zui ta viau reng a, thiamna ril leh dangdai tak a nei zui ta chiah bawk. Amah malsawmtu Lionel Messi ang thova thiamna ril pianpui, Pathianni thiamna ril a pek bik a ni. Tuallaia ball a khal leh a rualpuite bula a khel chu a zei hawi em em mai a, kum ruk mi lek a nih laiin football zirna lar La Masia in an hnena training nei turin an sawm. Barcelona hian an academy-ah an la lut fuh hle. La Masia a zawm hnu hian Yamal hian vanneihthlak takin footballer a ngaihsan em em Ronaldinho, Lionel Messi leh Neymar te kiangah hun a hmang thei a, nuam a ti thei hle. Ball thiam ber berte kiangah zir chho a nih vangin hma a sawn chak em em a, a hmasawnna hi a zuanin a zuang a ni ber mai.

Kum 9 chhung Barcelona rawlthar team-ah hun a hman hnuin Yamal hi kum 2023 khan Barcelona B team-ah hlankai a ni a. B team-ah vawi khat chauh a khel hman tihin first team-ah a kaisang zui leh nghal zat. April ni 29, 2023 khan Barcelona first team tan a vawi khatna a khel a, 4-0 ngawta Real Betis an sawp ṭumin minute 83-naah Gavi thlakin mual chhung a lut. Betis a hmachhawn ṭum hian kum 15 leh thla 9 chauha upa a ni a. Barcelona senior team tan La Liga khel thei naupang ber a ni nghal a. La Liga hmachhawn tawh zawng zawng zingah naupan lama pangana a ni ve thung. August ni 20, 2023 a Cádiz an hmachhawn ṭumin La Liga-ah a vawi khat nan bul a ṭan a. Barcelona tan bul a ṭan hmasak ber ṭum hian khelmual chhunga mipui ten ding chungin zahna chibai an buk hial nghe nghe a ni. Naupang te ni bawk mah se Barca tan a khel ṭha thei em em a, bul a ṭan vawi hnihnaah phei chuan assist vawi hnih a nei a, 'Man of the match' ah thlan a ni hial nghe nghe.

Khawvela club lian leh hlun ber pawlah naupangte ni chunga bul ṭan a ni bawk a, Yamal hian record hrang hrang a siam chho mawlh mawlh. Kum 2024 khan Supercopa-ah goal thunin, he inelnaa goal thun thei naupang ber a ni a. January ni 25, 2024 khan Copa del Rey quarter-final a Athletic Bilboa an hmachhawn ṭ umin goal a thun a, Copa del Rey-a goal thun thei naupang ber a ni zui leh bawk. Barcelona team bikah phei chuan naupan lama record awm zawng zawng a siam thar vek a ni ber mai.

Yamal hian kum 18 a tlin hmain FC Barcelona tan vawi La Liga-ah vawi 101 zet khel hmain goal 30 a thun. Khawvela footballer ropui bera ngaih Lionel Messi hi La Masia aṭanga inzirchhuak tho a ni naa kum 18 a tlin hmain FC Barcelona senior team tan vawi kua chauh a khel a, goal khat bak a thun thei lo. Kum 18 tlin hmaa goal thun lamah Cristiano Ronaldo leh Kylian Mbappe te pawhin Yamal hi an phak lo viau bawk a, hei hi Yamal ropui bikzia tifiah lehzualtu a ni. FC Barcelona hi La Liga-ah vawi thum a champion pui tawh a, Copa del Rey ah vawi khat leh Supercopa de España-ah vawi hnih a champion pui tawh bawk.

Yamal hi kum 14 mi a nih lai aṭangin kum bithliah inelnaah Spain ai a awh ṭan a, Under 15, 16, 17 leh 19 tan a khelh hnuin kum 2023 aṭ angin Spain senior team tan a khel ṭan. Spain tan hian vawi 32 a khel tawh a, goal 7 a thun tawh. Spain hi Euro 2024-ah a champion pui. Euro 2024-a an champion ṭum hian Young Player of the Tournament-ah thlan a ni a. A goal thun mawi tak chu Euro 2024-a goal mawi berah thlan a ni tel bawk. Spain tan hian kum 16 leh ni 57-a upa a nih laiin a khel ṭan a, Spain senior team tana khel thei naupang ber leh Spain tana goal thun thei naupang ber record thar a siam. Euro 2024-ah Croatia an hmachhawn ṭumin bul a ṭan a, Euro khel thei naupang ber niin record duhawm tak a siam nghal bawk.

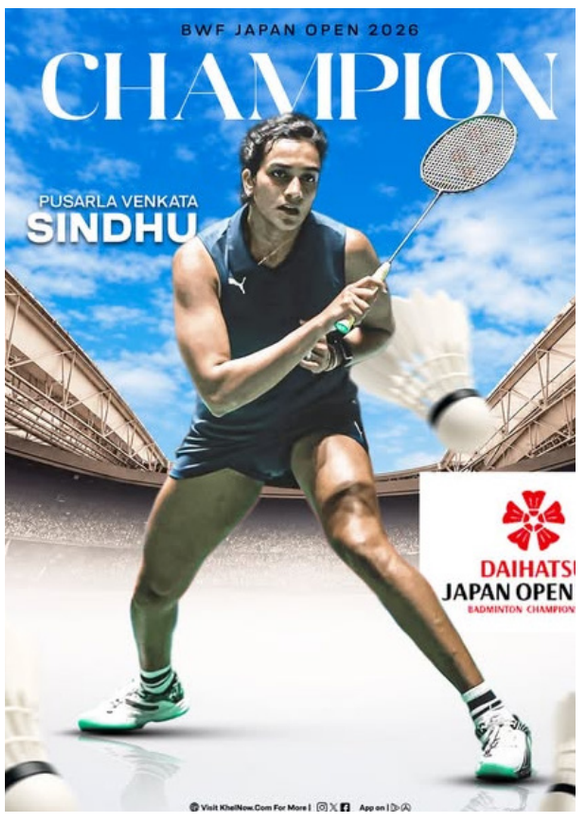
Kum naupang te ni chunga a chet ropui theih em vangin chawimawina pawh a dawng mawlh mawlh. La Liga-ah kum 23 hnuai lama player ṭha berah vawi hnih thlan a ni tawh a. Europe a rawlthar ṭha berah thlan niin Golden Boy award a dawng tawh a. Khawvelah kum 21 hnuai lama player ṭha ber chawimawina Kopa Trophy a dawng tawh bawk. 2024-25 season-ah khan club leh ram tan a cheṭ ha em em a, Barcelona chu Spain tualchhungah treble champion a nihpui a. Spain chu UEFA nations League-ah final a hruai thleng bawk. Club leh ram tan a chetṭ hat em vang hian football a chawimawina ngaihhluthlawh ber 'Ballon d'Or' dawng thei tura chhawpchhuah zingah a tel hial a. Ballon d'Or dawng thei tura chhawpchhuah tawh zawng zawng zinga naupang ber a ni der hial bawk.

Kum 18 mi lek ni mah se Lamine Yamal hi mual chhungah a puitling em em a, a chevel a hmuhnawm thei hle. Inelna lian leh boruak sang tak takah pawh chiai hauh lo, fim leh nuamti takin a inlan thei zel. Khawvela inelna sang ber hmachhawn hnu lawka mahni khaw khelmualah naupangte nena inkhel ang maiin inelna lianah pawh a tlangnelin nuam a ti thei em em a, a che vel a hmuhnawm hle zel. Hetiang khawpa thiamna ril leh puitlinna, finna leh fimnate hi kum 18 mi lek tan zirchhuahna hun a la awm lo. Zirchhuahna hun la nei lo chunga a nei a, a nunpui tlat si hi mibik a nihna a ni a, a thiamna hi a pek pek, khuanu malsawmna liau liau a ni.

Club leh ram tan hlawhtlinna hrang hrang a chan hnuin World Cup 2026-ah a vawi khat nan a inlan. Damkawr chunga inlan a nih vangin World Cup-ah beisei angin a khelchhuak nghal bik lo. A insiamṭha a, Spain final an luh theih nana thawhhlawk leh player hmuhnawm tak a ni. Final-a Argentina an hmachhawn hma thlengin goal 1 a thun. Goal thun tam lo mah se an khingpuite tlarhnung chhaih buai a, a khelhpuite tan hmun zau tak siamsak ṭhintu a ni.

FC Barcelona hi i ṭan loh zawng tak an ni thut thei a, Spain pawh i ngei zawng; an khel i en peih ṭhak loh pawh an lo ni mai thei. Ball thiam bik tura duan Lamine Yamal chetla i hmu duh a nih erawh chuan Barcelona leh Spain khel hi i tan en hmaih phal chi a ni dawn hauh lo thung. Ball thiam bik tura duan Yamal hi a hma lam hunah eng nge a tawn zel dawn tih a hriat loh a. Tuna a tawn chinah hi chuan ball thiam leh ropui bik bik a ni tih erawh phat rual a ni lova, a ropuina hi sawp nep tum chi pawh a ni lo.

Sindhu a champion



Badminton-a India nula chhuanvaw PV Sindhu chuan Pathianni khan Japan Open final-ah Akane Yamaguchia hneh a, ropui takin a champion.

Sindhu hian final-a a khingpui tualchhung nula Akane Yamaguchia lakah a khel ṭha viau a, 21-17 in set khatna a la phawt. Set hnihnaah Yamaguchia-i'n lehthal tum viau mah se point 17 bak a hmu thei chuang lo va, PV Sindhu hian 21-17 a set la zui lehin a champion zui ta a. Indian zingah kum 1983 hnu lamah Japan Open a chamipion leh thei hmasa ber a ni tel bawk.

PV Sindhu hi kum 2019 khan World Championship-ah a champion nawlh a, hemi hnu hian inelna lianah a champion thei ta lo vang vang. Hun rei tak chhung a champion theih loh hnuin Japan Open final-ah Japan nula Yamaguchi hnehin a champion leh ta a. Kawng dik a zawh ve leh ṭan ta a ni.

THALAITE HUANG
The Aizawl Post
Thawhtanni, July 20, 2026

Vande Mataram kum 150 tlin champha lawmnana Sangeet Natak Akademi, New Delhi bultuma India ram hmun hrang hrang 150-a July ni 15, 2026 zana Theatre Drama festival buatsaihah Mizoram aṭ angin E.V.E. Drama Club leh Buannel Drama Club te an tel. He drama festival hi social media-ah live-a huaihawt niin, India a state hrang hrang a hmun 150-ah arualin theatre drama show hi neih a ni.

E.V.E. Drama Club hian Lalengmawia Varte, Khatla lemchan ziah "Hei Hi Ka Ram - Vande Mataram" tih chu ama direct-na hnuaiah Chanmari YMA Hall-ah an entir a, Arts & Culture Department aṭangin Vanlalhuma Singson, Archeologist chu khuallian niin a hmanpui a ni.

BTS 'NORMAL' music video-in Spotify streaming record a siam

BTS hla 'NORMAL' music video chuan Spotify streaming record siamin, ni khat thil thua Spotify-aK-pop music video stream nasat ber a ni a, record an siam thu hi Spotify hian an X account-ah an puang a ni. 'NORMAL' hi an No.1 album 'ARIRANG' aṭ anga an single pahnihna a ni.

'NORMAL' music video hi Zirtawpni kalta khan an tichhuak a, Spotify-ah hian an tihchhuah aṭanga darkar 48 chhung an dah nghal. A video hi Ukranian film siamtu Tanu Muino direct niin, BTS member Jin, Suga, J-Hope, RM, Jimin, V leh Jung Kook te an inlan.

He music video hi en tur chuan beta market-a Premium subscriber ten Spotify hi TV, desktop, iOS leh Android hmangah te an hawng thei a, 'NORMAL' by BTS tia search-a, play tih hmeh leh a, chutah 'Switch to video' tih thlan leh tur a ni.

NORMAL hla hi BTS studio album pangana 'ARIRANG'-ah telin, he album aṭanga an single pahnihna a ni a, he album aṭanga an lead single 'SWIM' chu Billboard Hot 100 chart-ah No.1 te pawh a lo kai zak zak tawh a, he chart-a BTS hla No.1 kai thei pasarihna a ni nghe nghe.

Triumph Speed Twin 1200 TFC India-ah tlangzarh

Triumph Motorcycles chuan an limited erition Speed Twin 1200 TFC chu India-ah an tlangzarh a, showroom-ah Rs 21,00,000 man a ni. Speed Twin 1200 TFC hi khawvel pumah 750 chiah an hralh chhuak dawn a, Triumph Factory Custom (TFC) badge nei motorcycle pangana chiah a la ni a, TFC badge nei hi Thruxton TFC, Bonneville Bobber TFC leh Rocket 3 TFC model te pawh an lo nei tawh. He limited edition hi Speed Twin 1200 RS based niin, an upgrade nual a, a standard handlebar chu clip-ons-in an thlak a, hei hian a riding position a rawn tidanglam daih. A suspension pawh upgrade-in, fully adjustable Ohlins upside-down fork a hmalamah neiin, a hnungah twin sock absorber a nei a, a braking atan Brembo Stylema M4.30 calipers hmangin, Brembo MCS adjustable front brake lever a nei bawk. Hei baka hian Akrapovic titanium silencer carbon-fibre end caps a nei a, a fuel thun khat chungin kg 214 a rit niin, Speed Twin 1200 RS aiin kg 2-in a zâng zawk.

A mechanical-ah chuan Speed Twin 1200 TFC hian 1,200cc liquid-cooled parallel-twin engine neiin, 104 bhp @ 7,750 rpm leh 112Nm torque @ 4,250 rpm pechhuak thei a ni a, six-speed gearbox a nei bawk. A engine leh electronic package hi RS nen a inang a, bidirectional quickshifter a neih bakah riding mode chi thum a nei a, cornering ABS leh switchable traction control a thuam a ni bawk.

Speed Twin 1200 TFC hi Obsidian Gold paint scheme niin, metallic black base, gold detailing a neih bakah carbon-fibre an hmang nasa hle a, chung zingah chuan a mudguard, side panel leh heel guard te pawh a tel a, single-piece seat ṭa zet mai a nei bawk. He motorcycle hi limited edition a nih avangin laser hmangin a number zat an ziak vek a, TFC logo a nei bawk. Hei bakah hian a leitu te chuan Certificate of Authenticity an dawng tel dawn a. branded motorcycle cover leh waterproof seat cover te an dawng tel bawk ang.

Tecno Camon 50 Ultra 5G India-ah tlangzarh

Tecno Camon 50 Ultra 5G chu Zirtawpni kalta khan India-ah an tlangzarh a, Rs 39,999 aṭangin a man a inṭan a, July ni 21 aṭanga hralh chhuah ṭan tur niin, Amazon-ah a chah theih dawn a, company lam chuan launch coupon Rs 3,000 hu offer an pe dawn a, thla ruk chhung no-cost EMI option a awm bawk ang.

Tecno Camon 50 Ultra 5G hi dual-SIM niin, Android 16-based HiOS 16 a hmang a, 4nm octa-core MediaTek Dimensity 7400 Ultimate chipset a nei bawk. 6.78-inch 1.5K (1208 x 2644 pixels) ProXDR Curved AMOLED display neiin, up to 144Hz refresh rate, 2,800Hz touch sampling rate a nei a, a display hi Corning Gorilla Glass 7i a thuam a ni bawk.

A hnungah camera pathum- 50-megapixel (f/1.8) primary sensor (1/1.5-inch Sony LYT-700C sensor), 50-megapixel (f/2.4) telephoto camera (up to 3x digtal zoom) leh 8-megapixel (f/2.2) ultrawide camera (112-degree field of view) a nei a, a hmaah 50-megapixel camera (autofocus) a nei bawk. A camera hian 4K/30fps video a record thei bawk.

Connectivity-ah chuan 5G, 4GLTE, dual-band Wi-Fi, Bluetooth 5.4, USB Type-C port, GPS, Glonass, BeiDou a support a, in-display fingerprint sensor a nei bawk. He handset hian MIL-STD-810H military grade durability certification a neih avangin thlauh palh leh tih deuh sawk sawk pawh dawlzo viau tura ngaih a ni a, IP66, IP68, IP69 leh IP69K dust & water resistance rating a neih avangin tih huh leh tuia thlauh palh pawha chhe mai lo tura ngaih a ni. He smartphone hian 6,500mAh battery neiin, 45W wired fast charging a support bawk.

Phuah Pawlh

Plunger hmanga balloon tikehin record siam

Plunger chu movies-ah te pawh kan hmu fo tawh ang a, an inthiarna comode block a awm chang ten a tih tlang nan comode kuaah te pawh an sawh deuh sawk sawk ṭhin, pipe hnawh vel tih tlang nan te pawh an hmang ṭhin. Hetiang plunger hmang hian second 30 chhungin balloon 60 tikehin mi fate chuan Guinness World Records an lo siam leh tawh!

A hming chu Andre Ortolf a ni a, kum 32 mi a ni tawh a, amah hi German a ni. Balloon hampuar sa chu chhuatah a tlar dul mai a, chu chu a hmatiamin plunger chuan a hawlh keh ta pawp pawp mai a ni. A hmaa hetiang record chu 2025-a American Kevin Daane-a siam niin, second 30 chhungin balloon 23 a tikeh thei a, he record hi Andre hian a rawn khum ta a ni.

Andre Ortlof chuan, "A nuam khawp mai. Record siam tum rau rauah helhkham awm miah lovin, nuam ti takin, hlim takin kan ti thei. Min tinui hnem khawp mai. A titu ang bawkin a entu tan pawh a hlimawm a ni," a ti.

Ortlof chuan, "Balloon kaihhnawih world record reng reng hi ka ngaihven zawng tak a ni a, a chhan pawh a hlimawm ṭhin vang a ni. Plunger hmanga balloon tikehin record a siam theih tih ka hriat pawhin ka tuipui nghal em em mai a, record siam tuma beih ve hrim hrim ka tum ta a ni," a ti.

Tun a record chu amah vêkin a la khum leh theih ngei a inring a, "Hma an sawn leh theihna tur a awmin ka hria. Ka inbuatsaihna balloon ho kha second 24 chhungin ka tikeh vek hman tlat mai a, chuvangin han inzir leh hlek ila chuan balloon tam zawk pawh kan tikeh hman ngeiin ka ring," a ti bawk.

Cholesterol level tihhniam dan

Cholesterol hi lung (heart) lam natna hrang hrang thlentu bulpui ber pakhat niin mithiam ten an sawi a, cholesterol level sang tur inven lawk a pawimawh hle a ni. Kan nundan leh khawsak phungin cholesterol level san leh san lohah nghawng a nei nasa hle niin an sawi a, Healthy Living Diet Clinic, Mumbai-a Sr. Registered Dietician and Diabetes Educator Sunita Pathania-i'n cholesterol vanga kan buai lohna tura kan tih tur pawimawh ni a a sawi, Times of India health section ami kan rawn tarlang e.

1. Sa ei tlem rawh. A bikin sa ti sen (red meat) ei tlem rawh, Sa hian cholesterol level a tisang ṭhin. Sa i ei a nih pawh bawngsa, vawksa tih vel ei tam lo la, sangha ei tam zawk rawh. Arsa i ei pawhin a thau leh a vun tel loin ei ṭhin ang che.
2. Nitin kan ei leh inah fibre 5-10 grams vel tak awm thei se a ṭha, chu chuan cholesterol level sang tur risk pawh 5%-in a tihniam thei.
3. Cholesterol test fo rawh, chu chuan i taksaa cholesterol awmdan a hriat tir che ang a, a pawi hmain i lo fimkhur lawk thei ang.
4. Mawm ei tlem rawh. Thil mawm ei tlem hian kan taksaa cholesterol sang tur nasa takin kan veng nghal. Chawah thlai hnah, a rah leh thei lam te ei nasa la, nuts lam chi ei tam ang che.
5. Mawm kan ei duh a nih pawhin thlai hriak lam ei zawk tur a ni a, canola oil, olive oil leh soyabean oil lam te hman uar zawk tur a ni.
6. Nitin minute 30 tal exercise la ṭhin ang che. Exercise lak ṭhat hi lung lam natna pumpelh nan a pawimawh hle.
7. Sangha hian omega-3 fatty acid an pai deuh vek a, chu chu cholesterol tihniam thei a ni, chuvangin kar khatah sangha vawi 2-3 tal ei tum ang che.
8. Nuts ei hnem rawh. Chawei hmain i ril a ṭam deuh a nih chuan thildang ei loin nuts te han hmawm zeuh zeuh la. Nuts hi a hrisel mai bakah mi a tipuar ve thei riau a, lung tan a ṭha tho bawk si.
9. Inti cher rawh, chu chu cholesterol level tihhniam nan a pawimawh hle. Kan san zawng leh taksa rih zawng inmil tawk tur a ni a, mi thau lutuk te hian lung natna neih theihna risk an nei sang bik.
10. Ṭum khata thil ei ṭawk chin loh tur. I chawhmeh duh zawng hmeh tih vanga ei ṭawk mai te hian cholesterol level a tisang duh hle a nia. Vawi khata tam tak ei loin, a khat tawka tlem tlema ei a ṭha zawk.
11. Kein kal tam rawh. Chhuahvah dawn hlek lirtheia chuan zel hian mi a tithau a, kan cholesterol a lo san phah ṭhin. Kea kal hi physical activity ṭha ber a ni.
12. Artui ei tlem rawh. Cholesterol lama harsatna nei tan artui hi hmelma ang deuhah kan ngai ṭhin. Mahse, artui tlem tlema ei chu a pawi hran lo, a kan nan tel tlemte chauh hmang la. Artui chu ei tam i duh chuan a chhungmu tel loin, a pawn var chauh ei la, a pawi lo.
13. Green tea-ah hian catechins a tam a, chu chuan cholesterol a tihniam thei. Green tea ni khatah no 3-4 te inthei la a ṭha hle ang.
14. Zana mut ṭhat hian kan blood sugar level a siamṭha a, rilru lam thlengin a tihrisel a, cholesterol risk a tihniam bawk.
15. Mei zu mi i nih chuan sim hlauh rawh. Mei zuk hian cholesterol level a tisang thei tlat. Mei zuk hian HDL (cholesterol ṭha chi) level a tihniam a, chu chuan lung natna a thlen duh hle.
16. Purunvar ei tam rawh. Purunvarah hian organo-sulphur a awm a, chu chuan kan thisena thau ṭ ha lo awm te a paihchhuak ṭhin a, thisenzam tam a ṭha hle a, cholesterol level a tihniam thei. Nikhata purunvar mal 2-3 vel ei ziah theih a ṭha.
17. Zu in tlem rawh. I lung hriselna i ngaipawimawh a nih chuan zu i in duh a nih pawhin nikhatah no 2 aia tam in suh. Zu hian cholesterol level a tisang thei.

Owned, published, edited and printed by C.Lalramhuatsaihra; Joint Editor - P.B.Lalrammawia (9862836781); News Editor- H.Lalthanpuia , Biakchungnunga , Zohmingmawia, F. Lalramliana, Printed at LCM Press, Luangmual, Aizawl, Mizoram