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WC 26 a rawlthar
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US leh Saudi ramten
nuclear inremna siam

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Roxette 'It Must Have Been Love'
YouTube-ah 1B view a kai ve ta

P-8



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VAWIIN KHAW CHIN

Time	Forecast	Temp.
Zan dar 11- zing dar 5		19°
Zing dar 5 - chhun dar 11		24°
Chhun dar 11 - tlai dar 5		26°
Tlai dar 5 - zan dar 11		20°

CHANCHIN TAWI

Puihna pe

Tunhnaia chhim lama khuarel chhiatna hmum hrang hrang thlengah Synod Office Lunglei atangin Synod Relief Fund cheng nuai khat chuang pekchhuah a ni. Tlabunga leiminin chenna in a hnaw leh luah ngam loha awm chenna in neitute bakah Lunglei leh Lawngtlai inkar kawng Tawipui South leimin avanga kaltlang thei loa lirthei tangte lo buaiputit Tawipui Joint YMA hnenah a tul anga an hman turin sumfai an pe bawh a. Henga sum semchhuah hi a vaiin Rs. 1,41,000 a ni.

Tui tla hmu

July 19 tlai lama Ser-lui tuikhuaa tla Challanthanga (60), Kawnpui ruang chu July 22 zan khan hmuh a ni. Thudawn danin, Challanthanga hi Serluiah hian inhlawhin a riak thin a. Pathianni khan an thenawm thlamah lawnglengin a leng a. A tuk thlenga a haw loh avangin a chungtheng ngaih tha lo chuan an ngaihven a, a lennate hian Pathianni tla thim hma deuhah haw tura a chhuah thu an sawi avangin luiah hian a tla nia rin a ni. July 20 atang khan YMA Sub-Hqrs Kolasib kaihhruiin an zawng a, Nilaini zan dar 8.00 vel khan a ruang hi hmuh a ni.

MZP-in lungrual taka thawhho an duh



India rama zirna kalphung siamthat duh-na avanga punkhawm huaihawt kal zelah Ningani khan Mizo Zirlai Pawl chuan Aizawl leh Mizoram hmum dangah tharum tel lo punkhawm an huaihawt a. Mizo zir-laite himna leh hamthat-na atan zirlai leh thalaite lungrual taka thawhho zel nise an duh tih an sawi.

MZP Gen. Hqrs. huaihawt Aizawla punkhawmah an president C Lalremuata chuan, kumina NEET-UG exam zawhna putru avang khan Mizo zirlai 2000 velin indirect takin an tawrh phah a, he thil thleng hi a demawm takzet a, sawrkar laipuiin hma la ngei se, zawhna putru duh lohna lantira hmalakna hrang hrang chu an thlawp tih a sawi.

MZP hruaitu chuan, zirilaite leh mipui tam takin an thahnemngai-hna leh dukhawp lohna thawm an hriatin thupha an chawi tih a sawi a. An tling tawh lohna leh insiamthat leh thurawn pek dawnsawn an huam reng tih a sawi bawh.

Ningani vek khan MZP Hqrs. Lunglei leh MZP Hqrs. Serchhip pawhin an huamch-hungah punkhawm an huaihawt a. Lungleiah hi chuan zirilaite kawng an zawh a ni.

MZP hian resolution an siam a. NEET (UG) 2026 exam-a zawhna putru chu an dem takzet tih sawiin, a thlen nawn tawhlohnan sawrkar laipuiin hma la turin an phut a. Mizo zirilaite himna leh hamthatna atan Mizo zirlai leh thalai kalkhawmte lungrual taka thawhho zel nise, an ti bawh.

nadawmna pe ngei turin an phut tih an sawi.

Exam dan kalphung langtlang leh tha zawk neih a nih theihnan National Testing Agency (NTA) siamthat nise; he thil thleng avanga peaceful protester-te chungah police-te tharum thawhna thleng chu an dem takzet a, democracy ramah het-iang hi thleng nawn tawh lo se an duh tih an sawi a ni.

Tihluhna hmanga

he protest hmahruaitu Sonam Wangchuk, sawrkarin Safdarjung Hospital-a tihluhna hmanga a hreng lui chu an dem takzet a, thu tiamkam awmloa chhuah nghal turin an phut tih an sawi a. Mizo zirilaite himna leh hamthatna atan Mizo zirlai leh thalai kalkhawmte lungrual taka thawhho zel nise, an ti bawh.

Provincialise phuttuten rules copy hal

Adhoc high school-a thawktute chuan Ningani khan The Mizoram Education (Lumpsum Grants-in-Aid for General Maintenance of Private School) Rules 2026 copy an hal.

Tarlan tawh thin angin, Mizoram Govt. Adhoc-Aided High School Teachers' Association (MIGAHTA) chuan provincialise phutin sawrkar an nawr mek a, ni hnih chhung badge dum bela hna an thawh hnuah Ningani atang khan adhoc high school 80 chuanga 'No Teaching Day' an hmang tan a, hei hi vawin - July 24 ah pawh ch-hunzawm tum a ni.

Provincialise phuta sawrkar an nawr mek lai a, dinhmun hniam zawka dahna The Mizoram Education (Lumpsum Grants-in-Aid for General

Maintenance of Private School) Rules 2026 chu sawrkarin Thawhleini khan a tihchhuah hnian tih sawiin, he Rules thar copy hi Mizoram hmum hrang hranga adhoc high school-ah an hal tih an sawi.

Adhoc high school-te chu kum 30 kaltaa khawtlangin sawrkar school an neih beiseia harsatna tam tak kara an din a ni tih an sawi a. Kum 2003-a lumpsum -grant-in -aid dinhmuna dah an nih hnu ah kum 2008-ah adhoc -grant-in-aid ah dah an ni a. Adhoc status-ah pawh kum 18 an awm tling tawh a, dinhmun hniam zawka sawrkarin dah a tumna Rules chu an pawm thei loa, a tawp thlengin an dodal dawn tih an sawi.

Rules tharah hian zirtirtu thawh laite chu dinhmun tha zawka da-

hin, sawrkar hnathawh ngheet ang chiaha hlawh pek an ni dawn a, a thawh laite chu an dinhmun a that dawn hle lain, khawtlangin harsa taka a din school-te chu sawrkar school ni thei tawh ngai lo tura indanpinna leh khawpuia zurna tha zawk pa ve thei lo thingtlang naupangen tunlai thiam-na hrang hrang hmanga thuam sawrkar school-in a neih angte an ch-hawr pha ve lo tur chu a pawh an tihpui tih MIGAHTA hian an sawi a. Tuna thawh mekte an chawh hunah an aiawh tur zirtirtute hlawn tlem-te hmanga lak an ni tawh tur chu zirtirtu dinhmun dahhniamnaah an ngai a, thalai lehkhathiam, hna zawng mekte beidawwna siamtu a ni tur chu an duh loa, an dodal zel dawn tih an sawi a ni.

Khuh damdawi a hluar leh

POST NEWS SERVICE

Ruihhlo a hluar han tih hian rilruah heroin a lang chawh a, heroin hi a hluar reng bawh. Ruihhlo chi dang pawh a hluar a, ganja pawh a hluar mek. Khuh damdawi pawh tunlain a hluar leh tawh an ti.

Mizoram Excise & Narcotics (MEN) department hotute sawi danin, tunlain Mizoram khuh damdawi a hluar a, hmum hrang hrangah awlsam takin a lei theih. Hei hi theihtawp chhuahin an do mek.

Man tur a tam an ti a, man pawh an man hnem a ni awm e. Theirlawling zingah a hluar an ti a, an man dan atanga chhut chuan Mizoram chhim lamah a hluar zual nia a lan thu an sawi.

An sawi danin, MR (Medical Representative) te'n an rawn keng a, courier lama a hlawma chah an awm bawh a, damdawi dawr neiah pawh an license-in a phal baka lo hralh an awm bawh.

"Awlsam taka lei theih a ni a, theirlawling te te, high school leh higher secondary school kal rualte hian an intihhmuh a. Heti lam hi ngaihven a ngai khawp mai," MEN hotu pakhat chuan a ti.

Health & Family Welfare department hnuia Food & Drugs Administration (FDA) wing lam

pawhin khuh damdawi (codeine syrup) a hluar thu an sawi a, Mizoram lakluh a tam an ti.

Mihring tana siam, damdawi pawimawh leh dam lote mamawh a nih miau avangin a siamtuten an siam reng a, a lakluh hi lo khap ngawt theih a ni lo tih an sawi a, amaherawhchu, hman sual a nasat avangin a chuanga a liama lakluh a nih loh nan wholesaler-in a lakluh zat tur, retailer-in a kawh zat tur ruahmanna siamin a bawhzui thin a ni tih an sawi.

Dawr tam takin an zawm lain, zawm tum lo, sum siam nana hman tum ni awm tak an awm reng tih an sawi a, dan zawm lo wholesaler leh retailer lian tak takte licence pawh FDA chuan a lo cancel fo tawh tih an sawi bawh.

FDA hian June thla khan khuh damdawi (codeine syrup) bik khuahkhirhna khawh zawk an chhuah thar a, wholesaler-in thla khatah codeine syrup bur 1000 aia tam a chah lut tur a ni lo tih te, retailer-in thla khatah bur 100 aia tam wholesaler hnen atangin a la tur a ni lo tih te a ni.

Khuh damdawi (codeine syrup) hi doctor lehkhana chauhvah lei theih a nih laiin tunlain doctor lehkhana tel lo pawhin a duh tan chuan a neih theih mai tih thu dawn a ni.

Bangladesh atanga tlanchhiate dawn-sawn dan tur ngaihtuah ngun a ngai: HM

Aizawl, July 24

Home minister K Sapdanga chuan Bangladesh atanga Mizoram tlanchhiate chungchangah, Bangladesh lamah an him loh chuan Mizoram tlanchhia an awm zel tura rin a nih thu a sawi a, lo dawnsawn dan tur ngun taka ngaihtuah a ngai tih a sawi.

Ningani khan Zoram Times buatsaih seminar, 'Bangladesh tribal chimral mekin Mizoram a nghawng heih dan leh Chittagong Accord' tih thupui zirhonaah khuallian niin home minister hian Bangladesh atanga Mizoram tlanchhiate chungchang hi a sawi a ni.

I&PR Auditorium-a hun hmanah home minister K Sapdanga chuan, Mizoram, Chin Hills leh Bangladesh-a Chittagong Hill Tracts-a Zo hnahtlakte chu rorelna hran hnuia an awm thu a sawi a, 1971-ah khan Chittagong Hill Tracts (CHT) huam chhunga tlang mite'n rorelna hran neih an duh thu an aupui

tawh thu, Bangladesh pian hnuah an duh ang an hmuh chuan loh thu te sawiin, an thil ngiat tih-hlawhtlin a nih theih nan ralthuam an lek a, 1997-ah Bangladesh sorkar nen inremnin Chittagong Hill Tracts Peace Accord an ziah tak thu, mahse he inremna bawhzui danah tlang mite an lungawi loh thu te a sawi.

Harsatna a nasa telh telh a, phai ram tawt taka mite CHT tlang ramah an lut tam telh telh a, an chep telh telh avangin an tlanchhiat a ngai tih te sawiin, "Ngaihtuah ngai ta em em chu, Bangladesh atanga Mizoram tlanchhia Zo hnahtlakte leh Zo hnahtlak ni lote hi eng tianga lo dawn-

sawn tur nge tih hi a ni," a ti.

Khualzahawm Lal-muanpuia Punte, MLA, adviser to chief minister pawhin thu a sawi a, Mizoram mipuiin Myanmar leh Manipur-a kan unaute dinhmun kan hriat fu laiin Bangladesh-a kan unaute dinhmun erawh kan hre vak lo nia a lan thu a sawi.

CHT-a Zo hnahtlakte hi an hrehawm chuan Mizoram tlanchhia an pung ang tih a chian thu a sawi a, Myanmar-a Zo hnahtlakte pawh an raljit chuan Mizoram an pung a, democracy rorelna hnuia an awma Myanmar a ralmuan chuan Mizoramah awmpui tur pawh an tlem

ngal mai thu te sawiin, CHT-a Zo hnahtlakte pawh chutiang chu an nih a rinawm thu a sawi. Kan chhehvela mite dinhmun hriat chian a ngaih thu a sawi a, chu chu Mizoram tan thil pawimawh a nih thu te a sawi.

Zoram Times editor Tuikhuahtanga kaihhruiia hun hmanah hian Dr Lalrinnunga, Mizoram University-a history zirtirtuin CHT-a Zo hnahtlakte leh tlang mi dangte chungchang a sawi a, CHT-ah hian tlang mite an chep telh telh thu, phai chenge'te'n an chim nasat thu te leh CHT-ah hian Zo hnahtlak an tlem telh telh tih te a sawi.

Kristiante thlavang hauh turin MPCC-in CM hnenah an ngen

India rama Kristiante chungah thil thleng hrang hrangah an thlavang hauhna lam hawia hma laa, tawngka nei turin Congress party chuan chief minister Lalduhoma an ngen.

MPCC vice president John Siamkung hoin Ningani khan MPCC hruaitute chuan chief minister hnenah hian ziaikin thu an thlen a. CM aiawhin a personal secretary-in a lo dawng.

Hemi hnuah thuthar thehdarhtute an kawm-naah MPCC vice president chuan, BJP kaihhruii sawrkarin Kristiante nekchepna hmarua atana Foreign Contribution (Regulation) Amendment Bill 2026 a chhawpchuak chu tha lo a tiin, a tawp thlengin a dodal dawn tih a sawi a. A dodalna pawh July 21 khan an lo hmang tawh tih a sawi.

"BJP leh a thuralpui political party-ten thuneihna an chan hnu

in FCRA hi nasa taka tih danglam a ni a. NGO leh Kristian pawl hrang hrangin ram pawh lama kan Kristian unaute atanga tanpuina sum kan dawn danah harsatna a siam phah. Mizoram kohhran leh NGO-te hi BJP sawrkar leh RSS duh dan anga FCRA dan tih danglam nasa taka tuar tur kan ni a, kan tuar mek bawh," a ti.

Foreign Contribution (Regulation) Amendment Bill 2026 hi nasa taka Kristianten kan tawrh theih dawn avangin chief minister chu a rang thei ang bera hma la turin an ngen tih MPCC hruaitu hian a sawi a. An thu thlen zingah - he Bill hi Kristianten-te leh NGO-te tan a that loh em avangin hnuk leh tura nasa taka nawr turin chief minister kaihhruiina in kohhran hruaitute, NGO hruaitute leh political party tin hruaituten Prime minister hmuh nise, an tih thu a sawi.

FCRA Amendment Bill 2026 chu Parliament-a putluh a nih hunah Mizoram MP-ten a thatlohna leh dodalna thu sawi ngei se, vote thlak hunah pawh 'hai' mai loin, a dodal zawngin vote thlak se, tih an thlen bakah he Bill dodalna resolution hi Mizoram Legislative Assembly-ah pass a nih theihnan Special Assembly Session ko turin an ngen tih a sawi a ni.

"Heng kan thu thehluh hmang hian a rang thei ang bera hma la turin Mizoram CM kan ngen a. Kan ram, hnam leh sakhuah thilahn chuan kan tanrual tlat a ngai a, kan tana dan himlo em em FCRA Amendment Bill dodal kawngah pawh CM

hona hnuaiakh kohhran, NGO leh political party tin lungrual taka na taka hma kan lak ho a ngai. Kohhran ho kan tawngtairual thup thup hnu pawha Mizoram sawrkar ber a la ngawitlat mai hi mak kan ti a, BJP kaihhruii NDA sawrkar hi kan lo hlau ta viau em ni tih hi kan zawhna a ni," John Siamkung hian a ti.

MPCC hian Ningani vek khan NEET exam zawhna putru chungchanga thu kal zelah larsap kaltlangin Prime minister hnenah lehkhana thehluh a. Union Education minister Dharmendra Pradhan bang tura phutna leh exam hrang hranga thil diklo thleng thin Parliament-a sawiho tura phutna a ni tih an sawi.

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Four lane laih leh hnathawh dan thlirho

Mizoram Pro-Active Governance and Timely Implementation (Mi-PRAGATI) chu a vawi 4-na atan an chairman, chief minister Lalduhoma kaihhruaiin Ningani khan an thukhawm.

Aizawl Western Side By-Pass Road laih meka harsatna awm - dumping site, zangnadawmna la ti-hfel loh, raltlante awmna sawn leh forest clearance an sawiho a. Hnathawh dan tur tihdanglam ngai (change of scope) awmte pawh sawi a ni.

Vairengte - Sairang Section of NH 306 & 06 (four lane) hmalak mek an thlirho a. Thuthkawm hnuhnung ber leh tun inkarah hna hi zaa 2-a hma sawn hman a ni sawi a ni.

Tun thlengin packag-III chinah hna zaa 19.25 zawh a ni tawh a, package-IV ah zaa 17.82, package-V ah zaa 14.90 package-VI ah zaa 8.76, package-VII ah zaa 13.67 leh package-VIII ah zaa 14.12 thawh a ni tawh. Hmun thenkhatah ram neitu nih inchuhna

court thubuai a awm a, court thutlukna nghah mek a ni. Tuna kawng awmsa hi ‘short term maintenance contract’ hmanga siam mek a ni a, hna thawh tur chin an zo tep tawh.

Ekta Mall sak mek chu thuang taka kalpui a ni a. Overall physical progress zaa 21 a ni tawh tih report a ni. Tunah hian an hmanrua endikna tur laboratory an bun fel tawh a, an hmanraw mamawh leh khawl mamawh zawng zawng an la khawm tawh tih sawi a ni.

Neihloh khaw sawn chungchangah tunah hian chhungkaw engemawzatin an in thar tur an sa tan tawh a. Vantlang hmunhma pawimawh din hna pawh thawh tan thuai theih beisei a ni. A panna kawng fomation cutting zaa 90.93 zawh a ni tawh.

Khamrang - Selesih kawng laih meka harsatna awm sawi a ni bawk a. Forest clearance chungchang, public interest litigation lut chungchang leh zangnadawmna lama harsatna awmte sawi a

ni. A thawhna sum NABARD RIDF hi a tawp tawh avangin he kawng hi thawk zui zel tur chuan state sawrkar sum hman a ngai tawh dawn a ni.

Sihhmui kawngpui atanga rel station panna kawng tihzauh leh Suaka Cricket Stadium panna kawng siam chungchang an sawi a, a rang lama bawhzui nise, a ti.

Thuthkawmah hian a kaihhnawih minister ho bakah chief secretary leh sawrkar hotu dangte an tel.

Civil Hospital Aizawl-in fai lawmman lak a lawm



Civil Hospital Aizawl-in Kayakalp Award 2025-2026-a pakhatna lawmman an dawn chu Nilaini khan an lawm.

‘Kayakalp’ hi Sanskrit tawng a ni a, ‘transformation /rejuvenation’ tihna a ni. Sawrkar damdawi in fai tehna a ni a, Swachh Bharat Mission hnuaiia Ministry of Health and Family Welfare buatsaih a ni. Civil Hospital Aizawl chuan ‘District Hospital fai ber’ lawmman an dawng a, kum 2015 khan an lo dawng tawh bawk. Kayakalp Award dawng turin damdawi in hian internal assessment an tih hnuah peer assessment leh external assessment an paltlang a ngai a ni.

Hmanpuitu Health & Family Welfare minister Lalrinpuii chuan, Civil Hospital Aizawl chu sawrkara doctor thiam ber ber leh hmanraw changkang leh chhuak thar tinrenga thuum a

nih avangin mipuiin an pan nasa a, thawktute an hah hle chungha hospital enkawl faina lawmman an dawng thei chu chhuanawm a tih thu a sawi a. India Danpuiin mipui dikna chanvo a pek zingah ‘Right to Health’ a tel avangin sawrkar hnathawh, a bikin damdawi ina thawktuten zah sak a, damlo dawnawm kawngah theitawp chhuah a ngai tih a sawi.

MUHCS hman tan dawn khan thawktu indaihlloh phuhrukna turin Civil Hospital Aizawl chu nurse 300, multitasking staff 100, paramedical staff 47 leh medical officer engemawzatin thuum chak a ni tih a sawi a. Kal thlak bultanna atana sum mamawh belh nuai 48 vel Finance department dil mek a ni a; lung enna - cath lab thar leh MRI khawl thar bun niin, PSA (Pressure Swing Adsorption) Oxygen Plant cheng nuai 80 man bun a

ni tawh a, Trauma Centre building luahlulh ni tawhin a chunzawmna tur CSR atangin hmuh an inbeisei tih a sawi.

Hospital hmanrua hrang hrangin power supply an mamawh reng avangin Power & Electricity department hnenah power line tichak tura dil a nih hnuah Finance departmet-in hemi atana senso cheng nuai 109.43 a pawm tawh a, Trauma Centre atan diesel generator thar buaipui mek a ni tih a sawi bawk.

“Mipuiin damdawi in fai leh thianghlima inentir an phu a, damdawi in tha leh tha lo an tehna tam tak pawh faina leh thianghlimnaah a innghah avangin thawktu zawng zawngte faina leh thianghlima kawngah hma la chhunzawm zel ang,” Lalrinpuii hian a ti a. Damlo damdawi in pantute chu hawihhawm taka lo dawngsawng a, nui hmelpu tam turin a fuih.

Samagra leh PM POSHAN hmalakna thlirlet

Sawrkar laipui Union Ministry of Education-a Department of School Education & Literacy (DoSEL) buatsaih New Delhi-a “Two-Day Conclave of State/UT Education Ministers on Review of Centrally Sponsored Schemes” ah Education minister Dr Vanlalalthana hoin Mizoram sawrkar hotute an tel.

Conclave-ah hian minister Dr Vanlalalthana chuan Mizoram zirna tihhmasawmna tura hmalakna lian zual leh hmachhawp pawimawh tak tak a awm tih a sawi a. NEP 2020 zulzuiin secondary leh higher secondary zirlaite tan science leh mathematics textbook chu Mizo leh Sap tawng inkawpa siam a ni tawh a, kar khatah ni khat ‘Home Lan-

guage Day’ leh ‘Hindi Speaking Day’ atana ruhman a ni a. Khawpui leh thingtlang zirna inthlahna sutkianna atan SaFES (Standardized Assessment for Elementary Schools) hmanga state puma common question system hman tan a ni tih a sawi.

A taka mipuiin a rah an hmuh tur zingah PM POSHAN hnuaiia cookte hlawh chu state contribution a leta tihpun a ni tih a sawi a. School calendar pawh hmarchhak state dang angin January atanga December session-a thlak a ni a, school tihchangtlun leh thumthat hna chu chak zawka a kal theihnanzawka state PWD kutah hlan vek a ni tih a sawi a ni.

Zirtirtute leh school dinhmun endikna atan

Vidya Samiksha Kendra (VSK) portal-ah sawrkar school thlakak leh project hna upload a ni tih Education minister hian sawiin, Mizoram chuan Performance Grading Index (PGI) ah hma a sawn chhoh mek a. Samagra Shiksha kum hmasa budget 51% chauh hman a nih chhan chu central-in SNA atanga SPARSH system-a inthlak avang leh RBI leh ministry timing innil loh vang a ni tih a sawi. Central atanga sum dawn thinte chu tha taka hman zel a nih tur thu a sawi bawk.

Conclave-ah hian DoSEL hnuaiia centrally sponsored scheme pahnih - Samagra Shiksha leh PM POSHAN chungchanga hmalakna leh hmathlir sawiho a ni.

Online-a AMC dawrna siam tum

Aizawl Municipal Corporation huamchhunga cheng mipuiin awlsam zawka online hmanga an dawr theihna atan thil chi 4-ah software siam tum a ni.

Ningania AMC Executive Council thukhawm chuan, Aizawl mipuiin AMC an dawr awlsam zawka atan thil chi li - e-Office, Aizawl Dawrkai (shop license dilna), Site Development & Slope Modification (lei laih permit dilna),

online hmanga complaint thehluhna tur leh hoarding & advertising dilna software a rang thei ang bera siam turin hma lak nghal nise an ti.

AMC asset neih mek, Ch Saprawnga Truck Terminal Rangvamualah petrol pump siam tura ruhmanna awm chu sawiho a ni a. Petrol pump hi dah ngei tha an tih rualin, company pahnih atanga dilna dawn a nih avangin a hrana la ngaihtuah leh nise an ti.

Health camp

District AIDS Prevention & Control Committee (DAPCC) Khawzawl, Chief Medical Officer, Superintendent of Police office, District Transportation Office leh Zoram Drivers Union tangho huaihawtin nimin khan Khawzawlah commercial leh sawrkar driver-te pualin Free Health Camp buatsaih a ni a. DAPCC chairman, bawhrsap K Vanlalthiana chuan a hmunah kalin Health Camp tha taka buatsaih a nih theihnana

an thawhrimnaah lawmthu a hrillh.

Driver-te bakah mipui a duh apiang tan a thlawnin test - Blood Group, Diabetes, Blood Pressure, Hepatitis, Syphilis leh HIV a tih theih a, Khawzawl District Hospital doctor-te bakah Rashtriya Bal Swasthya Karyakram) scheme hnuaiia medical officer-te an tel. Inentir tura kal hi mi 91 niin, sawrkar driver 29, commercial driver 26 leh mipui 36 an ni.

Saitualah ‘Project Thaichhawminu’

District Hub for Empowerment of Women (WCD) Saitual hmalaknain Beti Bachao Beti Padhao (BBBP) flagship scheme hnuaiia hmeichhe naupang kum 10 hnuai lam tana duan ‘Project Thaichhawminu’ chu Ningani khan hawn a ni. Project Thaichhawminu hi BBBP flagship scheme - hmeichhe naupang kum 10 hnuai lam tan Sukanya Samridhi Yojana (SSY) account hawn sak uar tharna atana hmalakna a ni a. District tinah hawn a ni dawn. Mizoram district 11-a RD Block 27, ICDS

huamchhung khaw hrang hrangah kalpui tur a ni a. Hmeichhe naupang kum 10 la tling lo te hi Post Office leh State Bank of India (SBI) kaltflangin account hawnsak theih an ni anga, sum khawl sa hi kum tin 8.2% interest rate-in a pung dawn a ni. Rs. 250-in account hi a hawn theih a, thla khat Rs. 250 chu dah tlem theih ber niin, Rs. 150000 chu dah tam theih ber a ni. Hmeichhe naupang hi kum 18 a tlin hunah 50% college fee atan a la chhuak thei a, kum 21 a tlin hunah a vaiin a la chhuak thei dawn a ni.

Anganwadi Centre 300 tih changtlunna atan inrem

Social Welfare, Women & Child Development department leh SELCO Foundation chuan Anganwadi Centre (AWC) 300 service pekna leh an infrastructure tih chakna turin Ningani khan thawhdunthu (MoU) an thlung.

Thawhdunna thuthlun hriatpuitu SWW&CD minister Lalrinpuii chuan, naupangte chu an lo thanlenna atan leh an hmasawmna turin hmum him, mi zawng zawng tel theihna leh an mamawh phuhru thei environment an neih theihna tur chu Mizoram sawrkar chuan a ngaihpawimawh hle tih a sawi a. SELCO Foundation nena an thawh dunna hian Anganwadi Centre-te chu sustainable energy hmangin a tichak dawn tih a sawi. He hunah hian CDPO (child development project officer) leh CO (circle officer) telte chu field visit nei tam tur leh

inelna thianghlime nei nasa turin a chah.

He hmalakna hian infrastructure leh service delivery pawh a tihchangtlun a beisei tih sawiin, he thawh dunna hi Mizoram puma hmeichhia leh naupangte mamawh phuhru thei tur leh community institution-te chak zawka siam tumna kawnga hmalakna pawimawh a ni tih a sawi bawk.

SELCO Foundation project manager Laltanpuia chuan, decentralised renewable energy (DRE) solution leh infrastructure development support hmangin Anganwadi Centre-te chu hmun tha zawk, hman tlak zawk leh energy hman dan tha zawk an nih theihna turin thawh dunna kalpui tum a ni tih a sawi a. Kumin December-ah he solarisation hi zawh tum a ni, tiin, Mizoram pum huam zawka hmeichhia leh naupangte hriselna, nu-

trition leh zirna tha zawk a thlen theihna turin hma lak tum a ni tih a sawi.

Kum hnih chhung kalpui tur he thawh dunna hian khawtlang leh vengchunga hmeichhia leh naupangte tan early childhood development, nutrition leh health service tihchangtlun a tum a. Hmun hla leh service pekna remchang taw lo hmun pawh huam tum a ni.

Programme hi rei tak kalpui theih turin a khawtual mi hman tangkai chu ngaihpawimawh a ni dawn a. Anganwadi worker (AWW), Anganwadi helper (AWH) leh sawrkar official-te chu system dahte thawh dan leh enkaw lo dan zirtir an ni ang. Last-mile level-a model tha tak tak tihlan leh zir chhuah theihna turin Saksham Anganwadi Centre 10 chu tihchangtlun niin, demonstration centre anga hman an ni dawn a ni.

THLUAK SAWIZAWINA

AZP CROSSWORD NO. 4070

1		2		3		4		5		6
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9			10					11		
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PHEI : 1. khaihlak, 3. sai, 7. hahtlak tawngkam, 8. tawi/sang lo, 9. ramhnuai thing chikhat, 12. rawng chi khat, 14. tiam chin siam, 15. au, 16. hmanlai nula hmelthaten an nei duh bik, 20. zei lo, 21. nangching, 22. chhia/tha lo

CHHUK : 2. office, 3. a ang thei, 4. invenna, 5. kaw lo/phui, 6. tlai lo/rang, 10. kawia infiamna, 11. june thla, 13. lo hal hnuhma, 16. zing lo/inhlal, 17. nghawnga kual, 18. mahni inphal/in-ui lo, 19. kohhran hming, 21. kang dum

No. 4069 chhanna

	F	S	E	P	H	F
C	H	E	R		A	L
	R			T	A	R
B	E	N	G	B	E	L
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SuDoKu

No. 4072

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SuDoKu

Khelhdan tur:

Number 1 atanga 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. 4071 chhanna

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

Lawngtlaia SIR draft roll hearing neih kaihhnawihah Central YMA aiawh kal

Special Intensive Revision (SIR) 2026 kalpui mekah Lawngtlai district election officer, bawrhsap Donny Lalruatsanga kai-hhruaiin Central YMA, Central YLA leh tlawmngai pawl dang bakah a kai-hhnawih sawrkar aiawhte thukhawmin an inkawm.

DEO chuan SIR 2026 kalpui mekah electoral roll dik leh felfai tak nei turin theihtawp chhuah mek zel a ni tih a sawi a. Lawngtlai district chu ramdang, Myanmar leh Bangladesh nen ramri thui tak intawm a ni a, raltlan engemawzat an awm bakah Myanmar buaina avangin ramri-ah sumdawmna a kal reng bawk a, fimkhur a ngai hle tih a sawi. A bikin, electoral roll siam turah thawktute fimkhur tur an inchah nasa a, VC, NGOs leh kohhran nen pawh an thawkho tha tih a sawi a ni.

Telpuittu Lawngtlai East bialtu MLA, adviser to CM Dr Lorrain Lalpekliana Chinzah pawhin, claims and objection kalpui mekah fimkhur zual hun lai tak a ni, tiin, mawphurhna neite fimkhur zual turin a chah. Central YMA leh Central YLA in SIR 2026 an ngai-

pawimawh chu fakawm a tih thu a sawi a. Electoral roll-a hming chuang theite chauh an chuan theihn an leh roll dik, felfai tha leh rintlak a awm theihn theihtawp a chhuah tur thu sawiin, a bikin political oarty zawng zawngte thahnem ngai taka tawimawh turin a sawm tih a sawi a ni.

Central YMA assistant secretary SF David Ngursangzuala chuan, electoral roll siam mek chu Mizoram hmalam hun thuitak ngawng thei a nih angin fimkhur tlan a tul hle tih a sawi a. Central YMA chuan hming chuang thei lo tur an chuan palh a hlau hle tih sawiin, electoral roll buaiputute chu dik taka hna thawk turin a chah a. Helam hawia Central YLA hmalakna chu Central YMA-in a thlawp tlat tih a sawi bawk.

Central YLA president F Lalrothanga pawhin, SIR 2026 kalpui mek leh hearing neih mekah dan kalha electoral roll-a luh tum awm theihna khua chu Central YLA chuan a thutchilh vek tih sawiin, YLA Branch-te pawh theihtawp chhuah turin an briat tir tawh tih a sawi a ni.

Election officer Collin Hlychho chuan Lawngtlai district-a SIR 2026 kalpui dan tlangpui a sawizau a. July 4-a SIR 2026 draft electoral roll tlangzarh takah khan, roll-ah hian mi 90699 an awm a. Draft roll tlangzarh a nih hnuah insawifiah ngai (anomalies) ‘no map’ bikah Tuichawng bialah 567, Lawngtlai West bialah 2359 leh Lawngtlai East bialah 907 an awm a; “discrepancy” bikah Tuichawng bialah 14807, Lawngtlai West 8267 leh Lawngtlai East 5466 an awm a ni. A vaiin Lawngtlai district-a Assembly constituency pathumah ‘hearing’ tih (insawifiah) ngai mi 32373 an awm. Draft electoral roll atanga a lan danin Lawngtlai district-ah hian vote nei mipa 45311 leh hmeichhia 45388, a vaiin vote nei 90699 an awm a. Tuichawng bialah 36300, Lawngtlai West bialah 29313 leh Lawngtlai East bialah 25086 an awm a; Assembly constituency pathumah hian service voter 223 an awm. SIR 2026 kalpui hma hian Lawngtlai district-ah vote 95564 awmin, SIR 2026 draft roll-ah vote 90699 a awm a; vote paih 4865 a awm a ni. Thutkhawmah hian zawhna awmte chhan a nih bakah sawifiah ngai sawifiah a ni a. 100% mapping nei Saikah ‘U’, Saikah ‘L’ leh Kawlchaw ‘W’ BLO te an tel bawk.



GOVERNMENT OF MIZORAM
OFFICE OF THE ENGINEER-IN-CHIEF
PUBLIC HEALTH ENGINEERING DEPARTMENT
Khatla, Aizawl, Mizoram - 796001
EPABX: 0389-2322244 E-mail: eincphemzdata@gmail.com



No.A.12031/2/2025-E-in-C/PHE/65 Dated Aizawl, the 21st July, 2026

ADVERTISEMENT NO. 3 OF 2026

Public Health Engineering Department, Mizoram invites applications for various vacant posts to be filled by **Provisional Employees**. Interested candidates may apply online through **recruitment.msegs.in** till **17.08.2026 (Last Date of Submission)**. The application fee is ₹ 150/- for *SC/ST/OBC categories* and ₹ 200/- for *General Category*, which must be paid online at the time of submission. However, Persons with Disability (PwD) applicants are exempt from paying the application fee. A candidate must not be less than 18 years of age and not more than 35 years of age on the last date of application (i.e **17.08.2026**). Age Relaxation shall be considered as per DP&AR(GSW) OM No.A-12011/1/2019-P&AR(GSW) Dt. 3.6.2019.

Sl. No.	Post Name	No. of Post	Pay	Qualification
1.	Asst. Mechanic	1	Level-4 ₹ 16,920/-	1. Certificate in Mechanic course of a recognized Institutions OR Practical experiences in Workshop 5 years with minimum qualification of Class-VIII 2. A Candidate must achieve a minimum score in the qualifying test of Mizo Language Proficiency as prescribed by the Govt. from time to time. <i>(A Candidate who studied Mizo Subject in Class-X standard (HSLC) or above within Mizoram or who opted off Mizo subject as MIL outside Mizoram is exempted from taking the qualifying test paper. Vide No.A.11019/1/2021-P&AR(GSW) Dt. 94.2024)</i> 3. Basic knowledge of computer application equivalent to course on Computer Concepts (CCC) of National Institute of Electronics and Information Technology (NIELIT) or other courses of the level [with a minimum of 80 (Eighty) contact hours (Theory:32hrs+Practical:48 hrs)] or its equivalent and above as may be determined by the Government from time to time.
2.	Plumber	1	Level-4 ₹ 16,920/-	1. ITI passed or equivalent with 3 yrs practical experience OR 2. 10 yrs practical experience in the line. 3. A Candidate must achieve a minimum score in the qualifying test of Mizo Language Proficiency as prescribed by the Govt. from time to time. <i>(A Candidate who studied Mizo Subject in Class-X standard (HSLC) or above within Mizoram or who opted for Mizo subject as MIL outside Mizoram is exempted from taking the qualifying test paper. Vide No.A.11019/1/2021-P&AR(GSW) Dt. 9.4.2024)</i> Basic knowledge of computer application equivalent to course on Computer Concepts (CCC) of National Institute of Electronics and Information Technology (NIELIT) or other courses of the level [within a minimum of 80 (Eighty) contact hours (Theory:32hrs+Practical: 48 hrs)] or its equivalent and above as may be determined by the Government from time to time.

The examination syllabus can also be downloaded from the Department’s website at **www.phed.mizoram.gov.in**. Existing Government Employees must submit their applications through the proper channel. Written Test and any other information will be intimated in due course.

IPR No. 139
(3-1)

Sd/- ZODINTHARI
Engineer-in-Chief, PHED

NOTICE INVITING TENDER (NIT) No.2 (CIVIL WORKS) OF 2026-2027

On behalf of Samagra Shiksha, Mizoram, the State Project Director invites bid in two-envelope system from empanelled firm under Finance Department, Government of Mizoram.

Tender Document can be viewed and downloaded from the department website www.samagra.mizoram.gov.in and <https://tender.mizoram.gov.in>. The Tender Document and other details can be obtained from the Office of The State Project Director, Samagra Shiksha Mizoram, Fourth Floor, School Education Complex, Zarkawt, Aizawl. (Tel: 0389-2306951) during office hours from 22nd July to 20th August 2026. Bidders obtaining Tender Document from the mentioned website, should pay for the cost of Tender Document upon submission of the Bid.

IPR No. 134
(3-3)

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

LUNGLÊN HLA BU

A thlûk inmila rem, Solfa awm leh awm lo chu Synod Bookroom hrang hrang, Elpee B.S.; R.L.Nutei B.S.; CVL BASS leh V.L. Press, (Ph. : 8974927913)-ah lei tur a awm e.



LUNGLÊN HLA BU

A thlûk inmila rem, Solfa awm leh awm lo chu Synod Bookroom hrang hrang, Elpee B.S.; R.L.Nutei B.S.; CVL BASS leh V.L. Press, (Ph. : 8974927913)-ah lei tur a awm e.



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HNA RUAK

F. Hrangvela Industry-ah Diploma in Civil Engineering, AutoCAD thiam mamawh a ni e, hlawh zat hi inbiakremna a ni ang. Hrechiang duh tan a hnuai number-ah hian biak theih a ni e. Interview hun : 29.7.2026 (Wed).

9436743330,
(3-3) 0389-213041

HRIATTIRNA

Kei, Lalhminghlui d/o Lalchhuanawmi, R/o Bawk Veng Saitual District Mizoram hian ka HSLC leh HSSLC certificate ah ka pa hming Thandanga tia dah a ni a. Hei hi Department of Economics and Statistic-a ka pa hming Lalliantluanga nen a inang lo a ni.

Magistrate hriatpuina in ka Birth Certificate a ka pa hminga inziak Lalliantluanga tih hi ka pa hming dik tak zawk a ni tih ka puang e.

AFFIDAVIT

Kei **Lalengzaua S/o Chhuanthanga** hian ka **Army Discharge Book** ah ka pa hming **Chhuangtharga** tih leh **Chhuantharge** tih te a ziah a ni a ka nu hming pawh hi **Tlanthang** ti a ziah a ni bawk a, tin ka pa **Date of Birth pawh hi 29.01.1954** tiin ka lo ziak bawk a, **ka nu Date of Birth pawh hi 17.06.1959** tiin ka lo ziak bawk a ni. **Judicial Magistrate1st Class** remtihna in ka pa hming hi **Chhuanthanga, a Date of Birth hi 17.12.1950** tih leh **ka nu hming Tlanthangi a Date of Birth hi 17.12.1953** tiin ka thlak e.

CHANGE OF NAME

I, R LALRINTLUANGA has changed my name from LALRINTLUANGA RALTE to R LALRINTLUANGA by the consent of magistrate.

CHANGE OF NAME

I, LALTHAZUALA has changed my name from C LALTHAZUALA to LALTHAZUALA by the consent of magistrate.

Modi-a’n zawhna put ngaihtuah tuah fast-track court din tiam

Indian Prime Minister Narendra Modi-a chu thalaiten lungawi lohna nasa tak an lantir phah mekna leh education minister bâng tura an nawr phah, exam zawhna put chungchangah a tawng chhuak ve ta a, Ningani khan hemi phena awmte chu an chungthu ngaihtuaktu tur ‘fast-track’ court din a nih tur thu a sawi.

Heti lai hian lungawi lo leh eptu party-te chuan Modi-a rawtna siam hi hnawlin Education Minister Dharmendra Pradhan-a chu a bân hmasak phawt an phut a, eptute chuan a ni li nan parliament rorel inkhawm an tibuai leh bawk.

Nilaini zan khan lungawi lote leh police chu New Delhi kawthlerah innawr lehin officer-te hian tear gas leh wielding cane hmangin an nawr let.

Tun tuma lungawi loh lantima hi kum 2014 atanga thuneihna chang tawh, Modi-a sorkarin thalaite lak atanga chona an hmachhawn lian ber a tling mek a. Eptu party-te chuan thalaite thil phut chu kartir atanga tan, parliament fur thutkhawm tihbuai phah nan an hmang mek bawk.

Kum 2024 atanga a term thumna chelh tan, Modi-a sorkar tan buaina lian hmasa ber a ni.

“Kan thalaite thatna leh hma lam tluka pawimawh a awm lo,” tiin Modi-a chuan X-ah a tar lang.

“Zawhna put kai-hnawih rel tur leh na taka hremna pe turin fast-track court din turin thutluka kan siam a ni,” a ti a.



Thalaite hmakhua tichhia chu tumah an zuah loh tur thu a sawi bawk.

Fast-track court hi India-a thubuai ngaihtuah leh thurem muang tak kara rang taka ngaihtuah theihna leh thutluka siam zung zung theihna a ni.

Hetiang special court-te hi hmeichhia leh naupangte laka mipat hmeichhiatnaa dan bawhchhiatna, firfiaka chetna, sum chhehrelh leh dan siamtuten dan an bawhchhiatna te an ngaihtuah deuh bik thin.

Cockroach Janta Party (CJP)-in thla hmasa atanga zir lai maktaduai hnih chu-angin an beih thin exam zawhna put ru duh lohna hi an lantir tan a, zawhna put ru avang hian mi tam tak in-tihlum an awm tawh.

CJP thupuangtu, Ashutosh Ranka chuan court thlen chu rahbi pawimawh a nih thu a sawi a. “Mahse, Pu Modi, engvan-gin nge he ramah hian zawhna hi a put theih?” a ti.

“Fast-track court hi thil dangah pawh siam a ni

a; mahse, heng court hian buaina a ching fel dawn em — he zawhna chhanna hi i hria,” a ti.

CJP dintu, Abhijeet Dipke-a chuan Pradhan-a a bân hma chu an kal zel dawn tih a sawi.

India-a eptu party lian ber, Congress hruaitu, Rahul Gandhi-a chuan Modi-a hian thalaite hma hun a tichhia tih a sawi.

Eptu MP-te chuan parliament building-ah placard keng leh au rualin Pradhan-a bân an phutna an lantir a, a chhungah rorel tikhaihlakin inkhawm wavi tam tihtawp lailawk a ni.

Modi-a kaihhruai BJP leh an thawhpuite pawhin zawhna put hi sawiho phutna an lantir a. Minister-te chuan eptute chuan ti tak tak tawh lo va, parliamentary-a sawiho an tum lo niin an puh let.

Nilaini zan khan New Delhi lailia lungawi loh lantima hmun, Jantan Mantar-ah chuan mi 10,000 chuang an pungkhawm niin tual chlung chanchinbuten

an sawi a. Thenkhat chuan police-te hi lung leh plastic umin an vawm a, officer inhliam thenkhat chu dam-dawi inah dah an ni tih Delhi Police chuan an sawi tih news agency ANI chuan a tar lang.

Ningani chawhnu khan pungkhawm an awm leh a, venhinna khauh tak kar-ah sorkar duh lohna poster kengin an au rual bawk.

Delhi Metro Rail Corp. chuan Ningani atang khan tiam chun awm lovin Delhi laili vela station 16 an khar tih an sawi a, venhinna thila hetiang an tih hi a wavi hnihna chauh a ni.

Lungawi lohna nasa tak karah hian Modi-a sorkar hi CJP hruaitute nen wavi khat an inbe tawh a, an thil phutte en leh exam kalphung siam that pawh an tiam.

CJP hi online-a indin niin thalai tam takin an thlawp zui.

Indian thalai zingah hna vang te, exam zawhna put fo avangin a thawm a lian chak hle.

Hmarchhak kaltlang ruihhlo tawhlthu hotu man

Manipur Police leh Narcotics Control Bureau (NCB) tang dun chuan hmarchhak state hrang hrang kaltlang ruihhlo tawhlthu lian, Narcotic Drugs & Psychotropic Substances (NDPS) Act thubuai hrang hranga an man duh tak chu Nilaini khan Manipur-a Churachandpur district an dapnaah an man tih police-in an sawi.

Tuanpi tia hriat, Neng-jatuan-a hi Myanmar atanga ram hrang hranga ruihhlo thawm darthu pawla tel niin India hmarchhak kaltlangin India leh Bangladesh-a the-darh turin methamphetamine leh heroin an tawhl thin niin NCB chuan a sawi.

Tuanpi-a hi Chura-chandpur district-a hmun an dapnaah Hotel Venus atangin man a ni.

“Mi man hi ruihhlo tawhlthu lian tak nia hriat a ni a, NCB, DRI leh Manipur Police ten a lakah hian NDPS tlawhchhanin thubuai tam tak an ziak lut tawh a ni,” tiin Manipur Police chuan thu an chhuah.

NCB-in thuchhuah hran an siamah an mi man hi ‘drug kingpin’ tia sawiin Haichin, Chin State, Myanmar-a cheng a ni a, Myanmar atangin ram hrang hranga ruihhlo tawhlnaa tel a ni tih an sawi.

“Thla eng emaw zat chhuia thlithlai a ni a, state hrang hrangin beihpui thlaklin chhui a ni a, NCB

chuan ruihhlothe hi mi tu emaw an kentir nena man zeuh zeuh aiin ram dang danga inzarah pharha tawhl thin hruaitu man tuma thil a kalpui rah a ni,” an ti.

“Chhuina atangin Chin State atang hian hmun hrang hranga ruihhlo tawhl thin a ni tih hriat a ni a. Manipur, Mizoram, Assam leh Tripura kaltlanga India hmun hrang hrang leh Bangladesh-a methamphetamine leh heroin tawhlhna kawng a thunun vek a ni,” an ti.

Tuanpi-a hi NCB leh ruihhlo dotu agency hrang hrangten a laka NDPS thubuai an ziah sa a ni a. Methamphetamine kg 28.22 leh heroin kg 1.278, a vaia

Rs. Vaibelchhe 25 chuang manah pawh a lakah thubuai pathum ziah luh a ni tih officer-te chuan an sawi.

Churachandpur Police, Singngat Police leh Directorate of Revenue Intelligence (DRI) pawhin a lakah hian thubuai hran pasarih an ziak lut bawh tih an sawi.

Chhuinaah chuan ram hrang hrangah inzarah phar-hin ramri kânin ruihhlo an tawhl a, a phurhna, tual chhunga buaipuitu, a lo dawngtu leh sum leh pai khawihthu pawh mumal taka nei an ni a. An pawl khawih methamphetamine, heroin leh dan bawhchhiatna dang thil man tawh hlut zawng chu Rs. vaibelchhe 53 chuang nia ngaih a ni.

India nena thil khirh bik buaipui dun kan inpei - Chinese FM

China chuan India nena buaina khirhkan bikte uluk taka buaipui dun turin a inpei-h, ram pahnihte inlaichinna lama hmasawna tha tak tihngheh tumin hma a la tih an Foreign Minister Wang Yi-a’n a sawi.

Manila-a ASEAN kaihhnawih meeting neih mek karah Indian External Affairs Minister S Jaishankar-a nen Nilainia an inkawmnaah Wang-a chuan ram pahnih hruaitute inhriathiam tawna pawimawh tak takte tihhlawhtlinna tur te, mi pawimawhte inkawmna ngheet neih te, eibar leh sumdawnna, media leh mihring leh nunphung inhlan tawna kawngah te thawhhona tichak turin India nen thawhdun a inpei thu a sawi.

“China chu ram pahnihte inkara buaina khirh bikte chu uluk taka buaipui dun turin a inpei reng a ni,” a ti bawk.

Ram pahnihte chu mihringte hamthatna ngaihtuah reng turin a ngen a, “China leh India chuan ram liante mawhpurhna beisei an lantir a ngai a, ram pahnihte inlaichinnaa hmasawna tha chu tihngheha khawvel huap leh an chhehvela mite nena inkungkai-hna inremna leh thawhhona tichhak a ngai a ni,” tiin Chinese foreign minister chuan a sawi.

Wang-a hian khawvel puma inlaichinna tipunga mipui rorelna kalhmang tih hmasawng kawngah tha tak tak thawhho a tul thu a sawi bawk.

BRICS inkaihhruaina hnuiaa inremna leh thawhhona tichhak a tul thu a sawi bawk a, “Ram pahnihte chu tha zawka an thawhho a ngai a, ram changkang zawkte hlawkna inang tlang zawkte aiawh leh humhalh



a ngai a ni,” a ti.

Kumin chhunga BRICS summit hlawhtling tak buatsaih turin China chuan India chu a thlawp chhunzawm zel dawn niin Wang-a chuan a sawi tih an sorkar hnuiaa mi, Xinhua news agency chuan a tar lang.

Wang-a leh Jaishankar-a te pahnih hi Association of Southeast Asian Nations (ASEAN) nena

inzawm meeting-a tel turin Manila-ah an awm a ni.

India hian September thla hian New Delhi-ah BRICS summit a thleng dawn a. A tir chuan member panga awmna niin Brazil, Russia, India, China leh South Africa (BRICS) te an ni a, he pawl hi a lian zel a, Egypt, Ethiopia, Indonesia, Iran, Saudi Arabia leh United Arab Emirates te pawh a huam tel tawh a ni.

RAM PAWN

US leh Saudi ramten nuclear inremna siam

US leh Saudi Arabia chuan inremna pawimawh tak, Gulf lalramin vantlang hman theih tur nuclear an siam theihna tura phalsakna an ziak.

Saudi Arabia-in civil nuclear programme an neih theihna tur inremna hi ‘peaceful nuclear co-operation agreement’ tia sawiin ‘American company-ten Saudi nuclear energy program’ hi awlsam zawkin an pawh theih dawn niin US energy department chuan a sawi.

Inremna thu leh hla hi vantlanga puan ni lo mah se US chanchinbute chuan Saudi Arabia hian nakin zelah uranium a tichak thei ang a, hei hi power plant-a tualtheih atan an hmang ang a, nuclear bomb siamna atan erawh phal a ni lo.

Mi thiamte chuan US tan heng lai vel himna dinhmun Chiang lo tak kara nakin zela nuclear ralthuam neih mai theihna tur kawng a hawna hmasa ber niin an sawi.



US Department of Energy chuan thawhhona tur inremna hi ‘ram pahnihte tana him tawh inremna’ tiin an sawi.

“Kum tam tak dan anga inremna lo nei tawh pahnihte hian dollar tuklehdingawn tel inkawna, eibar leh thil pawimawh bik, nuclear thlenga thawhhona tur an siam a ni,” tiin an tar lang.

Saudi sorkar pawhin inremna hian ‘ram pahnihte

inkara energy-a thawhhona tha awm leh huang zauh zel tumna’ a lantir tih sawiin Saudi hruaituin November thlaa Washington a tlawh atanga bul tan a nih thu an sawi.

Inremna ziah a nih mek lai hian US leh Iran chu an inbei nasa hle a. US thian tha ni reng, Saudi Arabia-ah hian US hian awmhmun tam tak neini Iranian-te hian an bitum nasa hle a. Iran-

in Temen-a a thawhpui, Houthi-in, lalram laka ‘tupui danchan’ a kalpui hnu ni hnihah inremna hi ziah a ni.

Inremna ziah hi US-ah chuan sawiho turin Congress-ah put luh a ni dawn a. Rorelna in hniha member thenkhat chuan an duh lo va, chutih rualin President Donald Trump-a Republican Party chu in sang leh hniam zawka member ngah zawk ve ve an ni.

Ebola vangin DRC-ah mi 1,000 thi tling tep tawh

Democratic Republic of the Congo (DRC)-ah Ebola leng mek avangin mi 1,000 dawn an thi tawh tih an ram health ministry-in a sawi.

DRC-a National Institute of Public Health chuan May thla atanga Bundibugyo chi bik leng avang hian Nilaini thleng kham mi 999 an thi tawh tih a sawi.

World Health Organization (WHO) chuan an thenawm, Uganda-ah mi pahnih an thi tawh bawh niin a sawi.

DRC-a health ministry chuan Thawhtanni khan hri kai mi 2,473 an chhinchhi-ah tawh tih an sawi a. Mi 737 vel dah hran leh dam-dawi ina awm mek an awm tih an sawi.

DRC-ah hian hmarchhaka Ituri province-ah thi an awm nual hnuah May 15 kham hri a leng tih puan a



ni a, he hmun hi hri a darhna hmun ber a la ni reng a. DRC-a leng kaihhnawihah hian Uganda-ah pawh a darh zui nia ngaih a ni.

Mi 28,000 vel kai leh thihpui mi 11,000 chuang an awm tum, thihpui an tam ber tum, thla riat chhunga mi 1,000 an thih tin tum, kum 2013-16 inkara a len tum telin tun tuma hri leng hi Ebola leng tawhah thi an pun chak ber tum a ni tawh.

WHO hnuiaa Bundibugyo strain incident manager Thierno Balde-a chuan Thawhlehi khan hri leng beihna tichak zel mah se ‘hri leng hi kan la umphak lo hle a, nanchin tumin kan la bei mek zel a ni’ tih thuthar lakhawmtute hnenah a sawi.

Bundibugyo chi hi a invenna emaw, a enkawl na damdawi emaw pawm a la awm lo.

Thawhlehi vek khan Africa-a Centres for Disease Control & Prevention (Africa CDC) hotu chuan hri leng a darh chak dan chu ngaihvén a ngai tak zet tih a sawi.

“Kan chet a ngai. Vawina kan titawp lo a nih chuan hriat theih china a nasat ber kan hmasak a ni,” tiin Africa CDC Director-General Jean Kaseya chuan X-ah a tar lang.

Nigeria kawngpuia chhum ang insiamin ngaihven hlawh

Nigeria-a environmental agency chuan an kawngpui lun taka thil mak angreng tak, forma chi khat ang mai, chhum ang deuhva lang tam tak awm chu hmanhmawh taka chhui hna an thawk mek a. He thil hi vantlangin an hmuh duh rualin a him lo mai ang em tih hlauthawna pawh a awm.

National Environmental Standards & Regulations Enforcement Agency (Nesrea) chuan hmar lama kawpui lian ber leh an kawpui pawhtu, Kaduna-Abuja Expressway-a chhum ang taka inhlawm chhuak hi hnaih lo turin mipuite an ti.

Kawnga tlan tam tak dingin a thlalake pawh tun hnai khan a darh nasa a, thenkhat chuan social media-ah an pho chhuak.

Thenkhat chuan bawhlo a nih an ring a, thenkhat finfiah theih loh rin dan



dang an nei bawk.

He kawnga tlan ngun tak, Isah Aminu-a chuan lirthei khalh ve dangten ‘van atangin chhum a lo tla’ tia an hrilh thu a sawi a. “Chu chu a tira ka hriat dan a ni a; mahse, mi dange ang bawkin ka en a, vur ang maiin a lang,” a ti.

Aminu-a hian a khawih ngam lo va, mi dang tam tak erawh chuan an hnaih tih a sawi.

Nesrea chuan Kaduna

State Field Office atangin State Co-ordinator Hena Dangari Emmanuel-a kaihhruai team-in an en tawh tih a sawi.

Agency hian he thil hi sample an la a, a bula luia lei leh tui nen eng thil in-pawlh nge tih leh khua-rehlah ngawng a nei thei em tih hriat tumin laboratory-ah an en dawn tih a sawi.

Agency hian an chhui zawh hma chu mipuite chu he thil bakah a bula tui leh

leite hnaih lo tuirin an ti a, thil hlauhawm pawh a ni thei tih an sawi.

“Eng nge a nih kan hriat hma chuan engtia tih tur nge, a hlauhawm em tih pawh kan hre bik lo a ni,” tiin an thupuangtin a sawi.

Chhuina hmasaah chuan lorry chesualin a thil phurh put atanga insiam ni theiin an ngai a. Hetih lai hian lorry hian eng thil nge a phurh an la Chiang thei lo niin a sawi bawk.

Peru-a in kangah chhungkaw khata mi 10 kang hlum

Peru khawpui, Lima-a kangmei chhuakah naupang panga telin chhungkaw khata mi 10 an kang hlum tih police-in an sawi.

Kangmei hian Nilaini zing khaw var hma khan chhim lama La Victoria district-a in a kang chhe vek niin Peruvian National Police-a Gen Oscar Arriola chuan tual chhung chanchinbute a hrilh.

Naupang panga, kum thum leh 15 inkar bakah puiling pali, kum 29 leh 72 inkar leh mi dang pakhat, a kum zat hriat chian loh an thi a. Mi dang pahnihin hliam an tuar bawk.

Police chuan hal luih niin an ring a. Tualchhung chanchinbute chuan mattress sambu leh electric motorcycle neitute chhungkua hian a hmam vau-na leh pawisa pe tura vauna



an an dawng niin an tar lang.

Sorkar news agency Andina chuan an thenawme chuan mi tu tih hriat lohten pawna motorcycle an hunte chu an hal a, a kang chuan kang duh tak, mattress siamna hmanruate

a kang kai ta niin an sawi tih an tar lang.

Zing dar 03:00 (India-a chhun dar (01:30) vela kangmei a chhuah lai hian inah hian mi 17 an awm a, mi pasarih chu an tlanche hman niin Infobae news site chuan a tar lang.

Police chuan naupang thite hi kum thum, kum ruk, kum riat leh 15 an ni a. Puitlingte hi kum 29, 35, 42 leh 72 niin an sawi.

Arriola chuan ruangte hi tute nge an nih hriat harsa khawpin an kang chhia tih an sawi.

Consumer Huang chhiartu zawng zawngte chibai ka bûk a che u.

Chawlhkâr kal taah khan India ram chhunga bungraw man (price) chhiar sân theih zât sang ber Maximum Retail Price chungchang ka sawi a. Maximum Retail Price chu thil man a ni lova. India sawrkarin thil siam chhuaktute kal tlanga thil man bi thliah theih zat a tarlanna a ni a. ‘Hei ai a sang hian hralh chhuah loh tur’, a tihna a ni a. Heng MRP chhungah hian thil zuartute leh sumdawngte hlêp tur a tel nghal vek a ni. Miin MRP inziak hnuai lam a thil a hralh avangin a hloh lova, a chôn ngawt lo a ni. Thil man (rate/price) a ni lova, MRP aia hniamin thil zawng hralh tur a ni tihna a ni a. Thil zuartu leh hralhtute pawhin an zawm tur a ni. MRP aia sanga thil hralhtu chu Legal Metrology Act 2009 hmanga hrem theih an nih thu pawh kan sawi nghe nghe tawh a ni.

Mizote hian MRP kan hre fuh tawh lova, thil man emaw kan ti tlat hi i ban-san the ang u, kan ti a ni.

Tuna ka article-ah hian Consumer huaisen leh dik tih thupuia hmangink-an ti tiho leh dawn a. Chumi hma chuan kan thianpa, Consumer Activist thu leh hla hi i lo ngaihlta phawt teh ang.

“Mizote hi kan piang sual viau mai nge Consumer awmzia kan hre tawh lo! Consumer ka ni a, thawmhnaw ka

mamawh ka lei khan lungawina leh hlimna min pe tur a ni a. Lungawina leh hlimna min pek loh chuan Consumer ka nihna ka hre tawh lo tihna a ni. Eitur a ni emaw, puanthui a ni emaw, bungrua a ni emaw chawh-meh a ni emaw, damdawi a ni emaw, damdawi in a ni emaw hoah khan ka thawmhnaw min thuisak, chaw hmeh min lei sak, bungrua min lei sak, an damdawi inah min admit a. Khang zawng zawngah khan ka lâwm tawh em? Ka mamawhna min phuhruk sak em? Damdawi ina min enkawl na te, min biak dan zawng zawngah te khan ka lungawina ka hmu em? Ka duhna, sum ka senna phu tawh min pein min tih sak em? Hralhtuah khan chawh-meh zuartu, damlo enkawltu service danah, damdawi zuartu service danah customer a lo chhawn danah, puant huitu service danah, khang zawng zawngah khan consumer-te lungawina leh hlimna an thlen em? An duhna, an mamawhna an phuhruk sak em?

A chungka kan sawi khi Marketing ti a, kan sawi vek a ni. Siam chhuaktuin a siam chhuah a hralh khan a hralhnate mamawh a phuhrûk tur a ni. Damdawi ina mi kan enkawlin a beisei angin kan enkawl em? A lawm em? tih zawng zawng kha market- tu chuan a ngaihtuahin hriat a tum tur a ni.

Thil i lei reng rengin cash memo la rawh. I right a ni. “Ho mai mai, a tul kher lo”, ti suh. Bel awm chi te, cash memo te lain a amount a dik em?

Chian hnuah chauh pawisa pe rawh”. -Lalzidinga sailo, Khatla (Ani hi KVI Officer, rtd, Marketing Expert a niin Consumer-te dikna leh chanvo veitu a ni a. A thu leh hla hi a nih ang angin ka han khâr chhâwng a ni e - Ilha)

Tunah chuan Consumer huaisen leh dik tawnhriat lam kan hawi dawn a ni.

-Ni 7.July.2026 khan he Consumer dik leh huaisen hian Posture Correc-tor Rs. 920 man (MRP) chu Rs. 999 in a lei a ngaih tha takin a hawng a in a thlen hnuah a bawmag chuan Maximum Retail Price (MRP) lo in ziaik 920 tih chu a hmu leh si a. Consumer Activist-te be rawn in a tukah chuan a thil leina dawrah chuan a thil lei leh a bawm chu kengin a va complaint a. An ni thil zuartute pawh chuan an thil tih dik loh chu pawmin lawm takin an lo refund sak leh ta a ni.

Hetiang thil dik lo siam that hi a har hle thin a. Huaisen taka kalpui a ngai thin. Mi dawizep tam tak chuan an hmachhawn ngam lo. Dawrkai pawh hi a fakawm hle. A entawn tlák êm êm a ni. Ani thil leitu pawh hi mi dik, mi huaisen a ni a. A chhuanawm hle a ni. Hetiang mi hi an vâng hle mai. Kan za-wng mêk a ni.

“Aw, nang thil leitu leh service hmanga leitu mahni inveng tha la, thil hralhtute eiralin awm suh. I thil lei chu chik takin zir la, hman hmawh suh”.

-Consumer Activist.

ALL INDIA SERVICES LEH A BEHBAWM

M. Lalmanzuala

Indian Administrative Service (IAS) hi All India Service pathum: Indian Administrative Service (IAS), Indian Police Service (IPS) leh Indian Forest Service (IFoS) zinga pakhat niin hna sang ber - Cabinet Secretary thlenga thawk thei an ni.

Kum 1954 atang khan Mizo zingah IAS lut hi an lo awm tawhin Direct recruitments-a lut hi mi 52 lai an awm tawhin tunah rih chuan luh belh hi an awm ta rih loin hei kum sawm leh pahnih chhung chu luh belh an awm ta lo a, a zia lo hle mai.

Kum 1954 atanga direct-a lutte zinga a hmasa sawmte han tarlang ila: L.B. Thanga (1954), J.C. Nampui (1955), C. Lalrema (1957), Lalkhama (1959), P. Rohmingthanga (1961), S.R. Vala (1962), Lalhmingliana Saia-wi (1964), Lalfakzuala (1965), Lalch-uangliana (1965), F. Pahnuna (1965), Thangkima Cherpoat (1965). Thangkima Cherpoat hian IAS leh IFS ah a tlin ve ve hnuin IFS hi thlang ta zawk a ni.

Hei hi, tukin Social Media-a thu chhuah a ni a. Thu belhchian dawl chiah lo a awm nual avangin a dik tak chu kan han sawi ang e. IAS lâk dan hi chi thum a awm a.

- Regular/Direct Recruitment
- Promotion
- By Selection.

Heng bakah hian mamawhna hranpa a awmin recruitment bik neih a ni thin. North-East Frontier Agency (NEFA) khan Indian Frontier Administrative Service (IFAS) a nei thin a. Kum 1968-a IFAS an tihtâwp khan an officer-te tan IAS-a luh theihna kawng, Initial Constitution (IC) an hawng a. Chu kawng hawn hmang chuan Pu Lalhmingliana Tochhawng leh Pu L.B. Thanga (Lalbiakthanga) te kha IAS-ah an rawn awm ta a ni. Pu Lalhmingliana Tochhawng kha 1952 seniority pek a ni a. Mizo zinga IAS nihna chang hmasa ber a lo ni ta a. Pu L.B. Thanga kha 1954 seniority

pek niin pahnihna a lo ni ta a ni. Pu J.C. Nampui kha 1955-a tlinga Direct Recruitment-a tling hmasa ber a ni. In-daih loh avanga Special Recruitment kum 1956-a an neih khan Pu C. Lalrema kha a rawn lut a; Special Recruitment-a lut awm chhun a ni. Special Recruitment hi a awm leh tawh ngai lo.

Kum 1965 hma-a Mizo IAS officer te hming dahkhawmna a nih chuan, Pu Rualzakhuma (1964), Pu L. Colney (1964), Pu B. Kapthua-ma (1965), “Released EC/SSC Officers” te hming tihlan ve hi a tha ang. Mizoram Civil Service Officer, IAS rawn ni te hi Promotion-a lo lut an ni a. Confer tih tawngkam hman lar tak hi thil awm lo a ni. Civil Service Officer ni lo, State sawrkar officer dangte tana IAS ni theih dan dang leh chu, By Selection a ni a. He dan hmanga Mizo zinga IAS rawn ni hmasa ber chu Pu Denghnuna hi a ni. All India Services officer te hi an awmna State/Cadre leh Govt. of India kal pawh thin an ni a. State sawrka-ran an thawhna lama an tawnhri-at te chu India ram pum huapa zau zawka policy/programme duan chhuah nana hman tangkai thin an ni.

IAS te phei chu training an neih lai atangin, Sub Divisional Officer, Deputy Commissioner an nih thlengin Department hrang hrang hnathawh enpuia hriatpui an ni a. Secretariat posting an neih hunah pawh eng department pawh enkawl se, harsatna an nei ngai lo a ni. State pakhat atanga State danga deputa-tion-a an kal pawhin hna kalphung in ang deuh vek a nih avangin harsatna an nei lo. tul hun a awm chuan hetiangka kal hi Service Rules pawhina a phal a ni. All India Services Rules-ah chuan, Cadre post chu cadre officer-in a chelh tur a ni a, cadre officer an awm remchan loh chauhvîn cadre officer ni lovin a chelh thei ang, tih a ni a. Mizoram sawrkarah hian Secretary Finance hi hun rei tak chhung chu cadre officer ni lovin a chelh thinin, tunah pawh a chelh mek a. Hei pawh hi dan kalh a ni.

Central Services kan tihte erawh chu anmahni Service/ Line malthlur

char char an ni a. State administra-tion-a an inawlh ve hi thil inhmeh lo tak a ni a. Ministry atanga State Amin-istration- deputation-a an kal theihna ‘dan’ a awm pawh kan hre lo a ni. State dangah te hian Central Service Officer deputation-a an awm kan hre lo bawh.

Kan ram hi dan lal lohna, a siam-tute pawhina an dan siam an bawhch-hiat fona a ni a. Dan kalha Restricted Tender pek chu kan pute khawl hman rim ber pakhat a ni a. Dan kalha thlith, dan zawk emaw tih chu ngaihdan tlanglâwn a ni tawh a. Thi-ang lo hi a awm tawh lo a ni ber ang. Mizo zinga IAS nihna chang hmasa ber, Pu Lalhmingliana Tochhawng hming a lang lo tlat mai hi a mak ka ti a. IAS a nih hlim khan Pu Hminga kha Himachal Pradesh State/Sawrk-arah a rawn awm a. PWD Commis-sioner a rawn nih khan Kalka – Simla National Highway laih hna a tanpui a. Eng tin nge a tih, hriatthiam har-sa khawpin hna tha tak, rang takin a thawh tir a. Compensation te nen lam rei lo tê-ah a chinfeltir vek a ni. Financial Commissioner a nih ch-hungin Deputy Commissioner, Sub Divisional Officer, Tehsildar leh Revenue Officer/Official te, Corruption tilphung zawng zawng a tihtawpsak vek a ni. Ropui taka inhmuah thin te, a thlenna Circuit House Room-a ei leh in tur tha tak tak, Whisky te thlen-ga an rawn dah kha Corruption a ni a. A zin leh huna khatiang rawn ti an awm chuan a ‘suspend’ nghal tur thu a hrilh a. A zin leh hunah chuan kha tiang tih kha a awm ta miah lo a ni. Chief Secretay a nih hun a lo thlen khan All India Seniority List-ah a hniam deuh va. A aia senior Himachal Cadre ICS/IAS officer te kha Govt. of India-a Secretary an nih avangin Him-achal-a lo kal duh an awm lo va. Ziam awm an tih deuh avangin State dang at anga Deputation-a rawn kal tum kha an awm nual a. Chu’ng zinga pakhat chu Pi Indira Gandhi recommend a ni a. Chief Minister, Y.S. Parmar khan het-iang hian Pi Indira chu a bia a ni. “Ka pi, i sawi apiang chu, ‘Aw, ka pi’ kan ti

Wawiin Changvawn

Thufingte 25: 28

Mahni inthunun thei lo chu,
Khaw kulh bang chim ang hi a ni.

THE AIZAWL POST

Editorial.....

Mizo Daily Newspaper

CJP, Sonam Wangchuk leh Session

Tun dinhmunah India ram chu Cockroach Janta Party leh Sonam Wangchuk bakah Parliament Session boruakin a chiah hneh hle.

Kan hriat angin, NEET-UG pa-per leak avang khan June ni 6-ah Jantar Mantar-ah Cockroach Janta Party chuan protest an huaihawt a, June ni 20 atangin tiamchin awm lovin (*indefinite sit-in*) an chhunzawm a. India ram khawpui hrang hrangah campaign kalpui zui niin, an auhla chu - “*We asked for Make in India, you gave us Leak in India*” tih leh, “Dharmendra Pradhan (Education Minister) bang rawh se” tihte a ni.

Sawrkarah thil phut pathum an nei a: Union Education Minis-ter Dharmendra Pradhan bang turin; NEET leak avanga mahni nunna late chhungte hnenah cheng vaibelchhe khat zangnadawmna pe turin; Pro-test-a tel te chungha FIR zawng zawng sût (man leh hremna awm lo) turin.

Hetih lai hian Sonam Wangchuk, (*Education Reformer+Climate Activ-ist+Ladakh Political Activist*) chuan, “Exam system dik lo vangin zirlai an thi a, sawrkarin mawh a phur duh lo” tiin CJP protest chu thlawpin June 28 atang khan Jantar Mantar-ah a tel ve a, indefinite hunger strike a tan a. A chauh tak em avangin July 19 khan hospital-ah enkawl a ni a, hunger strike erawh a chhunzawm zel thung.

Wangchuk-a hian thil phut a nei a, chungte chu: ‘Chalo Sansad’ (parliament pan)-a tel te chungha hremna lek lo turin; zirlai thi tate chhungte hnenah zangnadawmna pe turin; Parli-ament-ah education minister mawh-phurhna leh a banna chungchang sawihona nei turin; Police-ten tharum thawh tawh lo turin. A thil phutte hi a hlawhtlin chuan hunger strike chawh-lhsan a intiam a ni.

Hetih lai hian, tunkar atanga Parli-ament fur thutkhawm neih tan pawh JCP protest boruak hian a nghawng a, Lok Sabha chu ni thum ngawt mai rorel thei lovin, nimin thleng khan a awm tawh a. Opposition lamin NEET paper leak chungchang te, July 20 ‘Chalo Sansad’ protest-a zirlaite lathi-charge leh tear gas kah chungche-ang sawiho an phut bakah Educa-tion Minister Dharmendra Pradhan ban an phut tel bawh a. House ch-hungah bengchheng an siam nasat avangin rorel thei lovin an awm a. Rajya Sabha lamah pawh Mallikarjun Kharge ten, Rule 267 anga adjourn-ment motion hmanga sawiho an phut tlat a, chumi hma chuan Education Minister Pradhan bang phawt rawh se, an ti ve bawh a.

Heng zawng zawng lo chhuahna (a kaikuang) hi ‘**NEET paper leak**’ vang a tih theih rualin, NEET paper

leak protest huaihawttu *Cockroach Janta Party* hi awm lo ta se, hetiang tak hian boruak a sosang ang em tih ngaihtuah theih tak a ni. Engtia Cock-roach Janta Party chu lo piang ta nge kan tih chuan, May ni 15, 2026-a Su-preme Court-a thubuai ngaihtuah laia Chief Justice of India Surya Kant thusawi pakhat vang a ni a; chuta a thusawi chu: “*Thalai thenkhat hi chu Chukchu ang an ni a, hna hmu lo leh eizawmna mumal nei lo, thenkhat chu media-ah an lut a, t henkhat chu social media, RTI ac-tivist leh activist dang te pawh an ni. Mi zawng zawng an bei tan ta a,*” tiin. He a thusawi hi CJI hian a hnu lamah chuan ‘*degree lem hman-ga hnaa luh tumte*’ chauh a tihna niin a sawi a, mi thenkhatin a thusa-wi an quote sual niin a sawi bawh.

A tuk maiah Abhijeet Dipke, kum 30-a upa, political communications strategist leh AAP volunteer hlui, Boston University-a public relations-a Master zir mek chuan, X-ah Google Form a post a, mi te chu “**Cockroach Janta Party**” ah in-register turin a sawm a. “Chukchu” tih chu in-unauna chhinchhiahna atan an hmang hlauih a! CJP hi party tak register ni lovin, t halaite kaihhruai fiamthu/tihelna anga siam political movement a ni a, rorel lai party Bharatiya Janata Party deuh-sawhna lam hawi deuh a nih hmel a, ‘thatchhia leh hna hmu lote aw’ tiin an vuah a ni.

Tun mai July ni 22 khan Supreme Court-a Lawyer pakhat chuan Chief Justice of India Surya Kant hmaah dilna a theh lut a, chu chu July ni 20-a ‘Chalo Sansad’ a zirlaiten po-lice kut an tawrh chungchang, Court-in suo-motu hmanga ngaihtuah tura a ngennga a ni. Hemi chungchangah hian CJI hian “*Don’t Waste our time, and don’t waste your time..*” tiin a ch-hang a. Lawyer hian zirlaite sawisak-na video a neih thu a hrilh pawhin CJI hian, “*We are not interested in videos, we don’t have time to watch videos*” tiin a chhang leh hmiah mai a. A hma daiha Cockroach chungchanga a thu-sawi, ‘an quote sual’ anga a lo sawi tawh pawh kha, tuna a thusawi duh dan atang hi chuan ‘*an lo quote sual lo a ni ang a*’ tih ve theih tak a ni.

Khai le, Mizoram ve thung: Tun hnai kum hnih/thum chhung vel hian MPSC result tihsual avangin cor-rection notification hmuh tur a awm chho ta zut mai a, zirlaiten ngaihn-gam taka innghahna atana an hman tur ber a phuaillui viau thin a nih ch-uau, cockroach ang chi hi an lo piang ve mai ang tih te pawh hlauihawm thei tak a ni. Tuna thil thleng mek at ang hian zir chhuah tur tam tak kan nei ngein a rinawm.

zel thin a. Tun tum chu min lo ngaihlta ve hram turin ka han ngen che a ni. Hi-machal hi fapa anga ka enkawl a ni a. A tha thei ang bera ka enkawl theih nan, India rama IAS Officer zawng zawng zingah Mr. Tochhawng ang an awm lo va. Mi mal thila induhsak lam ni lovin, Himachal that nan, ani hi Chief Secretary-a ka neih min remtihsak mai ta che,” tiin. Pi Indira Gandhi chuan, “Ka thusawi kha sawi loh angah lo ngai la, i mi duh tak chu Chief Secre-tary-ah lo nei rawh,” tiin a chhang a ni.

Khang hun kha Chandigarh-a ka awm lai a ni a. A khat tâwka Simla ka tlawh apiangin Pu Hminga office-ah ka kal thin a. A hnathawk lai kha chiang takin ka hmu a. ‘File pending’ te hi a nei ve ngai reng reng lo va. File pakhat chinfel nana officer mamawh apiang chu, Finance, Planning te thlengin a ko khawm a; tum khatah an chingfel nghal mai thin a. Co-ordination Meeting lian leh hautak pui pui te a neihpui ve ngai lo.

Petrol harsat vanga chawlhkar kha-ta wawi khat kê-a kal an tih lai khan, ani a lal ber kha zing dar 9-ah chuan a office-ah a lo thu vung tawh t hin a. Sawrkar hnathawk dangte khan zahawm an tihzia an sawi thin a ni. NEFA-a sipaia a tan lai khan ramh-nuaiah Chinese rammûten an hmu a. Mao Tse Tung-a emaw an ti a, zah ta-kin chibai an bûk a, an kalsan mai a ni. A chanchin ngaihnawm, entawntlak tam tak sawi tur a awm a, Himachal Sawrkar officer leh pawnlam mi amah hre-chiangtuten, ka beng hriat ngeia, “Mr. Tochhawng tluka Chief Secretary tha hi kan la nei ngai lo va, ani ang hi kan neih leh theih pawh kan ring lo,” an tih hian duhtawh rih mai ila, a tha ang e.

Sawisel ngai chu sawisel a, Fak tlak chu fak tur, tih thupuia neihtu hian, Fak Tlak hi ka hre tlem em a; ka hriat zin-ga pakhat chanchin chu nuam ti takin ka han sawi a ni e. Ani kha chu hnang dangte pawhin an ngaihsan leh an zah kha a ni a.

Bar thla tira international football chawlhsan tum ve tawh Ronaldo!

Portuguese football icon Cristiano Ronaldo chuan World Cup vaw ruk a khelhnaah pawh a trophy cabinet-a kim lo lian ber chu World Cup trophy a la ni zui ta zel a, kumin September thla hian international football chawlhsan turin thutlukna a siam fel tawh niin media t henkhatin an tarlang.

Ram tana kum 23 zet khel tling tawh Ronaldo hian bar thla UEFA Nations League match-a Wales an tum hunah hian Portugal tan a han khel leh zet ang a, hei hi international football a khelh tawpna tur atan a hual niin an sawi.

Kum 41 mi ni tawh Cristiano Ronaldo hma lam hun chungchanga thu thar ber hi Gulf News tarlan dan chuan, Portuguese agent pakhatin Jordanian journalist hnena a sawi niin, Jose Alvalade Stadium-ah Wales match a han khel leh zet ang a, Portugal tana inkhelh a bansan ve tawh dawn a ni.

A thuthang a awihawmna pakhat chu he stadium ngei mai hi kum 2003-a Ronaldo interna-



tional debut kan hmuhna khelmual kha a ni a, a bulanna stadium-a ngeia a hmawr bawk leh a tum a nih pawhin a inhmeh zaih awm e!

Ronaldo hian Portugal tana trophy lian pathum a chawi tawhna kawngah world record hraw pui pui pahnih siamin, pakhat zawk chu in-

ternational goal khung hnem ber (146) nihna leh a dang chu ram tana khel hnem ber (233) nihna a ni.

International career-ah hian assist ngawt pawh tum 46 a nei tling tawh bawk.

Portuguese football legend chawlh hun tur chungchang hi Jordanian journalist Mohamed Awaad an tih chuan X lamah post siamin a thehdarh a, a ziah dan chuan: 'Portuguese agent pakhat nen kan inbia a, a news min hrilh chu Portugal tan match khat a han khel leh zet ang a, chu mi hnua Cristiano Ronaldo chawlh ve tawh tur thu niin, Lisbon club stadium Jose Alvalade-a Portugal-in UEFA Nations League-a Wales an mikhualna match hi ram tana a game hnunung ber a

ni tawh ang' tiin.

Ronaldo international achievement neih tawhte hi major trophy pathum kan ti a, chu'ngte chu - UEFA Euro (2016) bakah UEFA Nations League title pahnih (2019 & 2025)-ta an ni.

Foden-a City contract thar



Manchester City midfielder Phil Foden chuan kum li dang Etihad club-a cham zui leh turin inremna thar a ziah a, kum 2030 thleng a club vawn lai tan a khelh chhunzawm leh phawt dawn a ni.

Kum 26-a upa ni ve tawh Foden-a contract neih lai hi nakkum nipui thawt ruala tawp ve tawh tur a nih laiin hmun danga chhuahbo aiin head coach tharEnzo Maresca hnuaia a dinhmun han fiah leh rih a thlang ta zawk a ni.

Rawlthar kum 17 mi lek a nih laiin Foden hian an boss hlui Pep Guardiola hnuaiah khan City-ah a first-team debut nghak chhuakin, tun thlengin Manchester khaw club tan hian match 369 khel tling tawhin, Premier League title paruk, Champions League trophy pakhat leh FA Cup pahnih a lakpui tling tawh.

Season liamta khan Premier League match 23 chiah a 'start' avangin kumin May thlaa Thomas Tuchel-a'n England World Cup squad a puanah a tel lo a; kha mi chungchangah khan Professional Footballers' Association chuan Foden chu football match khelh tur tam lutuk (packed fixture schedule) tuarta a nih thu leh kum hnih kaltaa a nihna ang kha a pha ta lo niin an sawi.

Contract thar a ziah hnuaiah Foden chuan Maresca hnuaia thawh leh thuai thuai hlan a ngahhleih thu a sawi.

Italian coach hi City Treble-winning 2022-23 lai khan Guardiola 'assistant'

a lo ni tawh a, tunah manager puitling ni turin an ruai chhunzawm leh ta a ni.

John Stones leh Bernardo Silva-te nena City player hlawhtling leh title la hnem ber ni mek Foden hian a City career pumpui chu Guardiola hnuaiah vek khan a la hmang a; kum 10 zet hlawhtling taka English team a enkawl hnuaah kumin May thlaa Spanish coach a chhuak ve ta nge nge a, Foden pawhin boss thar a hrawn ve dawn ta nge nge a ni.

Treble champion an nih zawh chiah season-ah khan Foden a chetha tulh tulh emaw tih turin a career-a a tawnsan ber hun tawngin goal 27 a thun bakah assist tum 12 ngawt a siam chhuak tling bawk.

A hnu season hnih chungh erawh a tlahniam zui ta tlat a; season liamta phei kha chuan a sir atanga striker Erling Haaland-a chawmtu nih inchuhnaah Jeremy Doku leh Antoine Semenyo-te'n an hliah fo a, Rayan Cherki pawh attacking midfield role-ah playmaker atana hman a ni ta fo bawk.

Hei hian Foden-a dinhmun a tihnam lo thei lo a, a goal thun theihna leh a killer pass kan hmuh thin pawh a vang ta parh a ni!

Season liamta khan Premier League game 33-ah goal sarih lek thunin, assist tum nga a siam chhuak thei hram a; a hma leh chiah season-ah khan top-flight match 28-ah goal sarih leh assist vaw hnih a nei thung.

Chelsea mi thar Quenda

Season thar atana inlamkhawm mek Stamford Bridge club chuan pound maktaduai 40-a Sporting winger Geovany Quenda an lei thu an puang.

Portuguese rawlthar kum 17 mi hi kum riat daih contract an ziahpui a, manager thar Xabi Alonso hnuaia an player sengluh pahnihna niin, a hma khan pound maktaduai 42 sengin Atalanta full-back Marco Palestra an lo hrualit fel tawh a ni.

Portugal under-21 international Quenda hian March 2025 daih tawh, thla 18 chung head coach hna thawh Enzo Maresca hun lai khan Chelsea zawm hi a lo remti tawh a, tunah a hlawhtling ta a ni.

Quenda hi position hrang hranga khel thei a nih avangin season tharah hian la newcomer teh mah se first-team squad-ah hmun a chan nghal rin a ni a, manager-in a tlantima tur tak hi la chiang lo mah se winger, attacking midfielder leh wing-back a khawi emaw ber hi a nih hmeh.

Club zawm tura first-team squad kir hma pawhin Quenda hian chawlhkar khat lai chu Chelsea inzina hmunpui Cobham base-ah training a lo kalpui tawh tih hriat a ni.

A club thar chungchang sawiin Quenda chuan, "He hmun ka thleng thei hi ropui ka ti. Chelsea hi team ropui a ni a, Stamford Bridge-a ka inkhel thei tur hi ka phur takzet



tawh a; heti ang club-in keini ang chung rinna a ngat duh hi ka inchuang hle a, he club-a ka tel ve hi ka tan chuan inchuanna tham a ni hrim hrim tawh.

"Ka team-mate tharte leh kan manager, Xabi Alonso thawhpui hlan hi ka ngakhlelin, ka phur em em a; rim taka thawh thin mi ka nih angin team tanpui hi ka duh a, ke team-mate zawng zawng laka rilru dik tak pu mi leh club-in trophy a lak zel theihna atana theitawp chhuah t hin mi tiin mite'n min hria se ka duh ber a ni," a ti.

Tun hi Quenda tan Portugal a chhuahsan wavi khatna tur niin, Sporting tan khan game 86 a khel zingah Champions League match 16 a tel a, first team a luh t anna hi Manchester United manager hlui Ruben Amorim-a hnuaiah khan niin, a kum la tlem hle mah se tawnhriat nei tlem zawk zawk a ni tawh bik lo!

Chelsea squad thumtha mek hian Rayo Vallecano full-back Pep Chavarria b akah Crystal Palace centre-back Maxence Lacroix pawh an be mek tih hriat a ni a; Sunderland kut atanga midfielder Granit Xhaka chhuhsak an tumna erawh a hlawhtling zo lo.

France leh Argentina lama an sawi dan pakhat chuan Strasbourg atanga chhuak fel tawh Valentin Barco pawh Chelsea midfield-a duhtlan tur titamtu atan a inbuatsaih mek!

He tih lai hian Chelsea chhuahsan player an kat nuk a, chu'ng zinga langsar ber Spain player pawimawh Marc Cucurella chuan Real Madrid a zawmsan a, Tyrique George pawh Everton lamah inpuchhuakin, Andrey Santos chu Manchester United pan turin a Chiang tawh a, tunhnai kan club pahnih hi pound maktaduai 50-in an inrem fel tawh a ni.

West London club Chelsea hian rawlthar kum 19 mi Jesse Derry chu kum ruk dang kawh chhunzawm turin inremna thar an ziahpui a, Sporting lama intuaihriam turin an thawn chhuak thung.

World Cup Dream Team-ah Vozinha a tel!

Fifa World Cup 2026 khelh zawn taka fans lamin Dream XI Team an thlanchhua-hah tournament chungah goal vaw khat chiah chhuah chungah Spain champion-puit Unai Simon chuan goal-ah hmun chang loin Cape Verde goalkeeper Vozinha zawk a dingchang tlat!

Kum 40 tin tawh hnua khawvel hriat rawn hlawh ve chauh Vozinha hian kumin World Cup khelh tan hma lawk khan Portuguese second-tier club Chaves chhuahsanin, Fifa tournament lian a khelh lai khan club vawn a nei lo a, chuti chungin World Cup-ah ropui takin a inlan a, World Cup khel atanga team khatah awmkhawm se tia fans lamin an it ber team-ah a hming a lang pha ta hial a ni!

Cape Verde goalkeeper Vozinha hian tournament chungh khan belkhawmin match li lekah save vaw 18 zet a nei tling a; champion zui ta Spain laka tlawm lo awmchhun an nihna inkhelah khan tum sarih

tehreng save nei tling bawkin, FIFA technical group lamin goalkeeper tha ber lawmman Golden Glove dawng tlaka an ngaih Spain number one Unai Simon meuh ai pawhin fans lamin Dream XI team-a tel turin Vozinha hi an vawrh chhuak ta zawk a ni.

Vozinha hian goalkeeper vote-ah 39.6 percent hui tlingin, World Cup debutants Cape Verde chu last 32 a luhpui hial a, tah chuan finalist ni zui ta Argentina pawh extra time an thlenpui ngat a nih kha!

Fan-voted Fifa World Cup Dream Team-ah hian quarter-final pawh pel zo lo Norway striker Erling Haaland chuan tlarhma lamah hmun chang bawkin, ani hian match nga khelhah goal sarih a khawh tling a; chu'ng zingah chuan round of 16 lama 2-1-a Brazil an hnehna goal hnih thunin, football ram ropui Brazil an hneh hnuaah an ram chanchina a wavi khatna atan World Cup quarter-final a luhpui hial a ni.

Haaland hian forward vote-ah 27.5 percent hui phain, semi-final luh inchuh match pakhata England an hmachawn tum erawh kha chuan Manchester City forward hi English-ho khan an hrechiang deuh tawh nge an dang tluan thei ta a ni!

He team-ah hian beisei ang ngeiin Kylian Mbappe, Lionel Messi leh Jude Bellingham-te'n hmun an chang ve bawk.

World Cup dream team chu:

Goalkeeper: Vozinha (Cape Verde)

Defenders: Pedro Porro (Spain), Lisandro Martinez (Argentina), Dayot Upamecano (France), Marc Cucurella (Spain)

Midfielders: Rodri (Spain), Michael Olise (France), Jude Bellingham (England)

Attackers: Lionel Messi (Argentina), Erling Haaland (Norway), Kylian Mbappe (France)



Roxette “It Must Have Been Love” YouTube-ah 1B view a kai ve ta

A vangaia kan ramah pawh sap hla kan hriatlar tak Roxette “It Must Have Been Love” music video chuan YouTube-ah vawi tlukled-ingawn en a hlawh ta a, Roxette video zinga hetiang zat view kai thei awmchhun a la ni. He hla hi an tlangzarh at anga kum 40 dawn a ral hnuah YouTube Billion Views Club-ah a tel ve thei dawn ta a ni.

Swedish pop duo Marie Fredriksson leh Per Gessle te din Roxette hla hit “It Must Have Been Love” hi 1987-a an tlangzarh kha niin, a music video-ah hian romantic comedy film lar zet mai Julia Roberts leh Richard Gere te channa ‘Pretty Woman’ clip te pawh an tilang a, he hla hi a film official soundtrack-ah pawh an hmang tel a, a film tawp



lam scene lungkai laia a hla hi an hmang a ni.

Pretty Women hi 1990 khan cinema hall-ah an tichhuak a, film entu te chu Roxette ballad lungkuai zet mai zunah an uai ta hlawm a, US-ah

pawh a hla hian lar phah a, chu chuan khawvelah a vawrh chhuak ta a ni. “It Must Have Been Lov” hi 1990 khan Billboard Hot 100 (US singles) chart-ah No.1 a kai a, kar hnih chung a No.1 thei a, heni

hnuah Roxette hian he chart-a No.1 kai thei hla dang pathum an neih belh leh baw.

Roxette hian Hot 100 chart-a lang thei hla 12 an nei a, Billboard 200 (US albums) chart-a

lang thei album pathum an nei baw. Roxette singer Marie Fredriksson ian 2002 khan brain tumor a nei tih hriatch-huah a ni a, a inenkawl fê hnuah stage-ah rawn inlan leh theiin, 2009 khan Roxette comeback tour an nei a, chutah doctor-te rawn angin 2016 atangin live performance a chawlhsan a, tichuan kum 17 chhung cancer natna nen an inbuan hnuah 2019 khan Marie Fredriksson chuan mual a liam ta a ni.

Marie thih hnuah Per Gessle chuan Roxette chhawm nung zelin, tunlai hian Europe-ah Live - Back Again! 2026 tour neiin, an debut album kum 40 tlin champha an hmang mek a, lineup-ah hian Per Gessle bakah Swedish star Lena Philipsson chuan lead vocals a chang ta a ni.

Samsung Galaxy unpacked 2026: Galaxy Z Fold 8 Ultra & Galaxy Z Fold leh Samsung Galaxy Flip 8 India-ah tlangzarh

Samsung chuan an Galaxy Unpacked July 2026 event chu Nilaini kalta khan an nei a, he event-ah hian an next-generation smartphone thleh theih leh smartwatch te an tlangzarh a, chung zinga chuan Samsung Galaxy Z Fold 8 Ultra, Galaxy Z Fold 8, Galaxy Z Flip 8 bakah Galaxy Watch Ultra 2 leh Galaxy Watch 9 te a tel.

Galaxy Z Fold 8 Ultra hi 12GB RAM-ah 256GB leh 512GB stor-



age awmin, Rs 1,99,999 leh Rs 2,19,999 man te an ni a, 16GB RAM + 1TB storage chu Rs 2,59,999 man a ni ve thung. Galaxy Z Fold 8 hi a RAM leh storage-ah Ultra model ang awmin, Rs 1,99,999 atanga Rs 2,39,999 man a ni.

Samsung Galaxy Fold 8 Ultra leh Galaxy Fold 8 te hi Samsung online store-ah pre-order a tih theih tawh a, company lam chuan Rs 10,000 upgrade offer an nei a, Ts 9,000 BCB/ UPI offer a

awm baw a, hei bakah hian down payment awm lovin up to 9 months no-cost EMI option a awm baw.

Samsung Galaxy Flip 8 hi 12GB RAM-ah 256GB leh 512GB storage awmin, Rs 1,24,999 leh Rs 1,44,999 man a ni ve thung a, hei pawh hi Samsung online store-ah pre-order a tih theih tawh a, Rs 5,000 upgrade offer a awm bakah, Rs 4000 BCB/ UPI offer a awm a, EMI plan pawh Galaxy Z Fold 8 series nen a inang.

Samsung Galaxy Z Fold 8 Ultra

Samsung Galaxy Z Fold 8 Ultra hi dual-SIM niin, Android 17-based One UI 9 a hmang a, Qualcomm Snapdragon 8 Elite Gen 5 for Galaxy chipset neiin, heat dissipation tha lehzualei turin graphite cooling structure a nei baw. 8-inch AMOLED internal display leh 6.5-inch AMOLED cover display a nei a, refresf rate 120Hz ve ve niin, a main screen hian 3,000 nits peak brightness neiin, anti-reflective finish a nei baw. A cover display hi Corning Gorilla Glass Ceramic 3 a thum niin, a rear panel chu Gorilla Glass 2 Victus a thum a ni baw.

Samsung hian Flex Titanium technology an hmang thar a, hetah hian titanium-alloy film leh titanium frame tha zawk an hmang a, company lam chuan a display a tha lehzualei niin an tarlang. A software lamah Galaxy AI an thum tha lehzualei, Now Brief, Now Nudge leh Gemini Intelligence te a rawn nei tel tawh a, company lam chuan Gemini hian apps leh services a support 40 chuangah a rualin hna a thawk thei niin an tarlang.

Samsung Galaxy Z Fold 8

He smartphone hian Android 17-based One UI 9 a hmang a, Qualcomm Snapdragon 8 Elite Gen 5 for Galaxy chipset neiin, 7.6-inch Dynamic AMOLED 2X inner display leh 5.5-inch Dynamic AMOLED 2X cover display a nei a, a cover display hian 10:16 aspect ratio leh 120Hz refresh rate a support a, a cover screen hi Corning Gorilla Glass Ceramic 3 a thum niin, a hnunglamah Gorilla Glass Victus 2 a hmang baw a, aluminium frame neiin, Samsung chuan Advanced Armour Aluminium niin an tarlang. IP48 dust & water resistant rating a nei baw.

A software-ah Ultra model nen a inang a, a hnungah 50-megapixel camera pahnihi neiin, a cover display leh inner display-ah selfie atan 10-megapixel camera a nei ve ve baw. A camera hian 8K video recording @ 30fps a support baw. Dual Recording feature neiin, a hnung leh hmalam camera atangin a rualin video a record thei a, a cover display atangin anmani an in-preview thei tho baw. Hei bakah hian My FanCam feature a nei thar a, a thla lak tur azirin a aspect ratio ama tawkin in-adjust zung zung thei dawn a ni.

Connectivity-ah Ultra model nen a inang a, 4,800mAh battery neiin, 45W wired charging leh 20W wireless charging a support a, thleh tet lain 123.9 x 81.9 x 9.7 a lian, niin, kaihpharhin 123.9 x 161.4 x 4.5mm a lian a ni a, gram 201 a rit a ni.

Samsung Galaxy Z Flip 8

He smartphone hi dual-SIM niin, Android 17 based One UI 9 a hmang a, Qualcomm Snapdragon 8 Elite Gen 5 for Galaxy chipset neiin, 6.9-inch AMOLED primary display (120Hz adaptive refresh rate) leh 4.1-inch AMOLED cover display (up to 120Hz refresh rate) a nei a, a display size hi Galaxy Z Flip 7 nen a intiat. A cover screen hi Corning Gorilla Glass Victus 2 a thum a ni.

Galaxy Z Flip 8 hian a hnungah camera pahnihi 50-megapixel primary sensor leh 12-megapixel ultrawide camera neiin, selfie atan a internal screen-ah 10-megapixel camera a nei baw. A camera hian 4K video recording @60fps a support. He smartphone hian IP48 dust & water resistance rating a nei a, Armour Aluminium frame a nei baw.

Connectivity-ah chuan Galaxy Z Fold 8 nen a inang a, 4,300mAh battery neiin, 25W wired charging leh 15W wireless charging a support a, thleh tet lain 85.7 x 75.4 x 13.1mm a lian nin, kaihpharhin 166.9 x 75.4 x 6.1mm a lian a ni ve thung a, gram 180 a rit a ni.

Brad Pitt leh Angelina Jolie te fanu Vivienne-i’n a hming atangin ‘Pitt’ paih a tum

Brad Pitt leh Angelina te fanu Vivienne chuan a pianchampha vawi 18-na a lawm zawh hnu lawkah a hming thlak dilin, a hming tawpa a pa hming ‘Pitt’ tih chu paih dilna Los Angeles Superior Court-ah a theh lut. Vivienne Marcheline Jolie-Pitt hian Vivienne Marcheline Jolie tia a hming thlak a dil a, a pa hming paih a duhna chhanah ‘personal’ tiin a tarlang.

Vivienne-i u, Shiloh, kum 20 pawhin 2024 khan a kum 18 tlin champha a lawm hnu lawkah ‘Shiloh Jolie-Pitt’ tih at angin ‘Pitt’ tih paih dilna

court-ah thehlutin, courtin a hming thlak a lo phalsak tawh a, hetiang bawh hian Angelina Jolie leh Brad Pitt ten fa atana an lak Maddox, kum 24, leh Zahara, kum 21, te pawhin kumin kum tir lam khan an hming tawpa ‘Pitt’ tih paih dilna court-ah an lo theh lut ve tawh baw.

Vivienne hi chuan court-a hetiang dilna a theh luh hma pawh hian a hming lannaah ‘Vivienne Jolie’ tih a lo hmang deuh zel tawh a, 2024-a a nu film siam The Outsiders a assistant-a a tan ve pawhin a hmingah hian ‘Pitt’ tih a telh tawh lo.

Angelina Jolie

leh Brad Pitt te hian an inkawp lain anmahni hrin fa pathum- Shiloh (20) leh phir Knox leh Vivienne (kum 18) te an neih bakah Cambodia atangin fa atan Maddox an la a, Vietnam atangin Pax leh Ethiopia at angin Zahara an la baw.

Jolie leh Pitt te hi kum 10 vel zen zawh an inkawp hnuah August 2014 khan an innei a, kum hnih an inneih hnuah September 2016-ah inthen dilna Jolie-i’n court-ah a theh lut a, kum 8 vel zet an inthenna tur hi court-a an chai hnuah December 2024 khan an inthenna hi tihfel a ni ta a ni.



Vivienne & Angelina

Lychee

Times of India health section-a lychee t hatna ni a an sawi te kan rawn chhuah chhawng e. 1. Oligonol a pai a, chu chu polyphenol chikhhat a ni a, lychee-ah a tam hle. Polyphenol hian antioxidant an pai mai bakah anti-influenza virus properties an nei baw. Ni (Sun) zung hlauhawm UV rays vanga vun chhe tur pawh a veng thei a, thau a titlemis thahrui a tipung thei.

2. Iron a pai hnem hle a, chu chu thei siamtu t ha tak a ni. Hei hian thisen tlakchham avanga dawldang, anaemia tan pawh a tha hle. 3. Antioxidant a pai hnem a, chu chuan kan taksaa free radicals-in cell leh thildang a tichhe tur a veng thei a, cancer cell darh zel tur pawh a veng thei a, a bikin hnute cancer leh mipa serh cancer risk a tihniam lehzualei. Lychee hian carrot ai pawhin beta-carotene a pai tam zawk niin an sawi tlat baw.

4. Lung (heart) tan chaw tha a ni. Cholesterol chhe chi (LDL) level a tihniam a, chutih rualin cholesterol tha chi (HDL) level a ti-

sang ve thung. Chu chuan lung-a thisen luang lut a titamin a tichak a, lung lam natna risk a tihniam thei. 5. Vitamin C leh antioxidant a pai hnem a, chu chuan kan taksain natna a dolet theihna a tichak a, tlang hrileng- hritlang, khuh leh infection hrang hrang lakah mi a veng thei. 6. Minerals pawmawh tak tak folate, manganese, iron, copper te a pai hnem a, chu chu thisen siamtu leh thisen tana chawtha tak an ni.

7. Metabolism a tichak thei. Fibre leh B-complex vitamin- thiamin, niacin leh folate te a pai a, chu chuan metabolism a tichak thei. Fibre pai hnem chaw te hian metabolism rate an tichak a, mi a tipuar rei a, intihcher tum te tan a ei chi hle. 8. BP sang a tihniam thei. Zirchianna hrang hrang an neih tawhah antioxidant pai hnem chaw te hian blood pressure sang a tihniam thei tih an hmuchhuak. Lychee hian potassium pawh a pai hnem hle a, chu chuan kan taksaa sodium level leh electrolytes balance te a siam.

Phuah Pawlh David Rush-a’n record a siam leh ta

Tum khata Guinness World Record title kawh hnem thei ber record siam thei kawpa Guinness World Record siam tam tawh Idaho a cheng David Rush chuan record siam banzai a rel thei lo, tunah pawh a siam leh ta. Tun tuma a record siam chu toilet paper roll 195 a chalin a balance!

Chal hmanga toilet paper roll balance tam thei ber record hmasa zawk pawh ama siam thei niin, 2021 khan toilet paper roll 101 a chala balance-in record a siam a, he record hi midangin May 2025 khan toilet paper roll 152 an chala balance-in an rawn khum a, tunah amah David Rush-a ngeiin a record khumtu record hi a rawn khum ve leh ta a ni.

David Rush hian a vawi khat tumnaah record dinglai a khum thei lo a, second 30 tal balance theih a ngai a, chu chu a tlin lo. “Tlemin ka nervous ve deuh a niang, a rawn chim ta rum rum mai a,” a ti. Chutah a vawi hnihnaah toilet roll 195 chu second 30 chhung a chalin a balance thei ta a, “Title han lak let leh pawh a nuam ve riau,” a ti.



