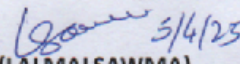
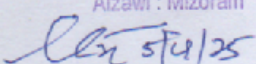
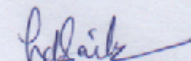
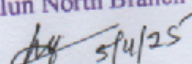
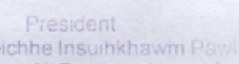




YMA thiltum: 1. Hunawl hman that. 2. Zofate hmasawwna ngaihtuah. 3. Kristian nun dan tha ngaihsan

Vol. 43		Issue No. 14		Ramhlun North: Ni 5 April, 2025	
 BRANCH THU THAR ■ April ni 11, 2025, Zirtawpni zanah Branch Executive Committee meeting neih tur a ni a, member te remchang lo insiam tura ngen kan ni e. ■ April thla khawharin hruaitu turte: Leader: Pu Lalthlengliana Asst Leader: Pu Lalremsanga Hnamte OB Incharge: Pu Laldingliana Sailo 1. Pu Vanlalrova 2. Pu C. Lalremruata 3. Pu Lalchhuanawma 4. Tv. Eddie Lalfakzuala 5. NI. Esther Lalmuanpuii  SECTION THU THAR ■ Neuva Section: Pi K. Rozami te chhung N-Sec. te chuan an pa Pu Thanchunga (L) hriatrengnan Gas thuk, fianpui, thingpuife thlitna leh kak tha tak an pe a, Section hruaitute chuan lawmthu an sawi tak meuh meuh a ni.  CENTRAL YMATHU ■ Income Tax Office, Bawngkawn Brigade-ah “Interfection with Stakeholder regarding New Income Tax Bill” hun hman a ni a, CEC member Pu Lalrammuana, Pu Lalmangaiha, Pu P.C. Lalthanhlira leh Pu D.C. Tluanga te an tel. ■ YMA Rorel Inkhawm, 2024 thurel “Faina leh thianghlimna kawnga hma kan sawn theih nan bawlhhlawh paih dan inzirtirna neih ni rawh se” tih leh “Plastic bur/bottle-in kan ram a tihchhiat nasat avangin, a hman tlem dan inzirtir leh thildanga hman tangkai dan kawng zawn ni rawh se” tih bawhzuina kal zelah Central YMA, UD&PA leh AMC tangho bultumin Sikulpuikawn ah Aizawl faina hnatlangpui hawn programme hman a ni. ■ Secretariat Conference Hall-ah Mizoram Society for Social Audit, Accountability & Transparency Governing Body meeting neih a ni a, Pu Roneihthanga, Treasurer a tel.		RAMHLUN NORTH JOINT COMMITTEE, 2025 Ramhlun North, Aizawl : Mizoram To, Lalrammawii w/o Henry Lalbiakzinga First Cry, Ramhlun North Subject : Dawr khar tura hriattirna <i>Ramhlun North Joint Committee hmingin chibai kan buk a che.</i> Ram leh khawtlangin a do ruihhlo kaihhnawih hlawm lian taka sumdawng nia hriat Henry Lalbiakzinga H/o Lalrammawii man ani hi tha kan ti a. Hetiang anih avang hian Ramhlun North Industry penga in dawr Chhundeng Outfit (First Cry) hi kan veng a awm reng chi ah kan ngai lova. Ramhlun North Joint Committee, Local Council, YMA, MUP leh MHIP thukhawm chuan Ni 7 April, 2025 Thawhtanni atangin khar nghal nise kan ti. Tin, Ram leh khawtlang duh loh ruihhlo leh thil dik lo a sumdawng Ramhlun North ah kan awm a nih chuan kan veng atanga inthiar fihlim turin kan chah nghal baw a ni.  (LALMALSAWMA) Chairman Ramhlun North Local Council  (VANLALNGHAKA ZOTE) President MUP, Ramhlun North Mizoram Upa Pawl Ramhlun North Branch  (LALDINGLIANA SAILO) President Ramhlun North Branch YMA  (LALMUANKIMI) President MHIP, Ramhlun North  President Mizo Hmeichhe Insuikhawm Pawl Ramhlun 'N' Branch : Aizawl			
		Inter Branch YMA Football Tournament-ah tel dawn Central YMA leh Mizoram Football Association (MFA) tang dunin May ni 6, 2025 atanga khelth tan turin LBS SUZUKI 22nd Inter Branch YMA Football Tournament 2025 a buatsaih turah Ramhlun North Branch YMA chuan tel ni se tiin a rel. Central YMA chuan inkaihhraina a siamah Branch khat atangin Team 1 zel a tel theih thu a sawi a, Sub-Hqrs/Jt. YMA hminga tel a remti lo. Mizoram pawna Group YMA-te chu Group YMA hminga chhuah phalsak an ni thung. Tin, Voter ID an neihna Branch-ah bak an khel thei lovang. Kum tling lo an nih chuan Aadhar Card pawm a ni thung. Heng Voter ID leh Aadhar Card hi 2024 December ni 31 hnu lama transfer chu pawm a ni lo. Kan YMA football team hi NAAMY Restaurant leh YAMAHA ten min sponsor dawn a ni. Kan branch member, Inter Branch YMA Football tournament-a tel duh te chu Pu Malsawmthara (8787701952), K-Sec. hnenah inhriattir tur a ni e. Ni 6.4.2025 (Pathianni) chawhnu inkhawm ban dar 3:00- ah Chawngbawla Runah player tel tum zawng zawng te inhmuikhawm tur a ni a, Ni 7.4.2025 (Thawhtanni) zing atanga practice tan tur a ni.			



HUN HI TANGKA A NI

Upat chak em em in panlai hun kan hmang a, kum a lo vei a, panlai nun ngaiin mahni kum pawh kan zep then duh hun a lo thleng leh a, kan ch  k tak hi eng ual a lo ni lo fo thin. 'TUN' hlutna hre lo chuan hun a chhiar thiam lo a ni tih hi a dik zet mai, kan hun hman mek lai pawimawh zia hi kan ngaihtuah ngai em?

Hnam changkang zawk chuan 'hun hi tangka a ni' an lo ti a hei pawh hi a lo ni ngei e, tu pawh mai hian chu tangka (hun) chu kan neiin kan hmang tlang vek a, mahni tangka hmang thiam lo chuan khua reiah a r  h ka seng zel mai zawng a nih hi.

Vawinah kan duh dan dan in kan awm a, a pawina engmah kan hmu lo, mahse chu kan nun dan chu a lo ral mai aw zawng lo, chhun hian chhun hnenah thu a sawi chhawng zel a, zan hian zan hnenah hriatna a hlan chhawn tir zel thin a lo ti daih tawh mai si a, kan thil tih tha lo te chuan min   m phak hun a lo thleng a, lungngai leh hrehawm ti takin kan rum tlawk tlawk fo thin a ni.

A nuam tih zawng pawh nise thil tha lo chu tlansan a Lalpa duh zawng a nung tlat thin mi erawh a hun laiin aw h awm   ngin lang lo mahse khuarei ah a thil tih te chuan rawn   m phak vein r  h tha a rawn chhuah sak vein hmana a hun hman tha r  h chu tunah a nuaih pui thin a, chu mai a ni lo chatuana nunna nen a damchhung ni a la chhiar liam zui bawk si.

Hun hi tangka a lo ni tak zet mai, a tangka hmang thiam chuan thil tha tak a lei chhuak a, a hmang thiam lo leh hmang thiam duh lo chuan thil chhe tak a lei chhuak thung thin, in chhira ko kira siam tha turin theihna nei reng kan awm si lo.

Hun hi liam mahse kan thiltih te hi a lo liam ve mai si lo, "TUN" hi mi zawng zawng tan pek kan ni. "TUN" a kan chi tuh hi a rah kan seng leh tur a nih si av  ngin kan seng leh ngam loh tur chi tuh zawng mi    leh dawn tawi te chanvo-ah ruat la, nang erawh chuan thlarau lamah tuh zawk rawh, hlim takin a rah chu i seng dawn a ni.



CHAWNGCHILHI RUL NGAIH

Chawngchilhi Rul Ngaih hi Zote ram, Hmunhmeltha leh N. Khawbung khaw inrina Khawbung luiin Tuipui lui a finna bul, Tuipui phai leilet mawng ber a  nga metre 500 vela awm a ni. Zote ram lama awm mah ni se Hmunhmeltha lam a  ngin kal a rem zawk. Champhai a  ng chuan kilometre 7 vela hla-a awm a ni.

Chawngchilhi Rul Ngaih ni-a sawi hi a thlalak-a a lan danah chuan Tuipui lui kam, kham bang, lung lian thawkhat taka rul lem k  r a ni. Rul lem hi a mei lam a bun then tawh av  ngin a sei zawng chiah hriat a ni lova, a bunna chinah hian 14ft a sei a ni. A mei bung lam hi 2ft ai chuan a tawi lovin a rinawm. Rul lem hi a lian lai taka tehin 1.3ft a ni thung. A lem hi a khuara k  r a ni a, chei a ni lem lo.

Chawngchilhi rul ngaih lem ni-a sawi hi ram palailenga tuten emaw an zuk k  r ngawt ni lovin kawng kama lungah, eng emaw entir neia an k  r ni ngeiin a lang. Chawngchilhi rul ngaih thawnthu hi folktales (hmanlai thawnthu) huang ami a ni a, thil tak tak anga sawi zawm a, chhui zui chiam chi niin a lang lo. Heng lunga rul lem k  r te hi sakhaw thil emaw chhan dang v  ng emawa k  r ni ngeiin a rinawm zawk. Chutih rual chuan Chawngchilhi rul ngaih hming put tir a nih miao av  ngin Chawngchilhi rul ngaih thawnthu han zui ila.

Hmanlai hian khaw pakhatah unau hmeichhe pahnih hi an awm a. A    zawk hming chu Chawngchilhi a ni. An unau chuan lo-ah vate v  ngin an feh thin a. Chutia taima taka hna an thawh thin av  ng chuan an pa chuan a duat em em mai a. An feh dawn chuan chaw leh chawhmeh tui tha tha a fun sak thin a. Chutianga chaw leh chawhmeh tui tha tha a fun sak chung chuan Chawngchilhi nau chu a cher tual tual a. A pa chuan chaw tha tak tak a pe chung pawha Chawngchilhi nau cher tual tual chu a ngaih a tha ta lova, a pa in a zawh pawhin a    a hlauh av  ngin a sawi mai ngam lova, mahse a pa'n a zawh tak sek av  ng chuan hetiang hian a chhang ta a, "Ei suh e, ka    hi Rulpui nen an inngaizawng a, chhun chawfak hun lai hian min kohtir thin a, rulpui chu ka hlauh em av  ngin chaw pawh ka ei ve ngam ngai lova, ka lo cher ta a ni," a ti ta a.

Chu thu a hriat chuan a pa chu a thinrim hle a, tih dan tur a ngaihtuah ta a. Chawngchilhi eng emaw chhuanlam siamin inah a awmtir a, a nau zawk nen chuan lo ah an feh a. Ni

dang ang bawkin, chhun chawfak hun a lo nih chuan Chawngchilhi nau chuan Rulpui chu a ko leh ta a. Chu au thawm Rulpuiin a hriat chuan, Chawngchilhi nen an inngaihna thin lamah chuan a lo tleng leh ta hruah hruah a. Chawngchilhi pa chuan chem hriam tak nen lo changin, a rawn tleng phei chu a lo sat chhum hmawk a, bung thumah a chhuah a, thlam hnuaiah chuan a phum ta a. A t  kah chuan Chawngchilhi leh a nau chu vate v  ngin lo lamah an feh chhuak leh ta a. Chawfak hun a lo nih chuan, nidang ang bawkin Rulpui ko tur chuan Chawngchilhi chuan a nau chu a tir leh a. Mahse chhangtu tur a awm tak loh av  ng chuan a m  ngang a, miin an that ni chuan a ring a. A   p a   p ta mai a, a   p thawm chu Rulpui thlarauvin a lo hriat chuan, a pa in a thah thu a sawi ta mai a. Chutia, a pa ngei maiin rulpui a that tih a hriat chuan Chawngchilhi chuan paw i ti hle a. A sa them te chu la-in inah a hawpui a. A pa chuan a sa leh zel a rawn hawn av  ng chuan a thinrim a insum zo lova, Chawngchilhi chu a sat chhum hmawk mai a. Chawngchilhi chuan rul fa a lo pai teuh chu niin, a neih a lo hun   p tawh a. A pa'n a han sah chhum takah chuan an lo vak chhuak nuaih nuaih a, a pa chuan a that nghauh nghauh a, pakhat erawh inhnuaiah a tlak hman av  ngin thah lovin a tleng bo ta a, a dang zawng chu a that ta vek a.

Chu rul no chu a lo   tang lian zel a, a nghalin ei tur zawngin a vak a vak a, khaw chhunga   r te a dawlh thin a; nakinah phei chuan naupang hial pawh a dawlh ta zauh zauh a. Khua a mite pawh chuan an hlauvin naupang pawnto ngam pawh an awm tawh lo hial a. Chutianga a hr  n takah chuan khawtlang chuan thah dan an ngaihtuah a. Pitarte pakhat hian chu rul kaw awmna chu a lo hre hlauh mai a, a kua-ah chuan thang an kam a, an awk ta a. A kua a  ng chuan an han pawt chhuak a, a seiin an han pawt chhuak zo thei lova, an tan ta ngawt mai a. A sa chu an chan a, khawtlang chuan an insem hlawm a.

Pitarte chu a kaw awmna hretu a nih av  ngin a lu an chantir a, zanah chuan chhumin a hmin leh hmin loh enchhin nan, hmawlh zuma a zuk vih chuan rul chuan, "Ka mit te reu reu kha i vit ang e!," a rawn ti thin a. Pitarte chuan, "Hetiang sa ei mi pawh va ni suh," tiin a paih ta daih a. Tukthuan ei a lo hun chuan pitarte tih loh chhung tin mai chuan rul sa chu an ei a. Thawk leh khatah an khua chu a rawn min ta chiam a, rul sa ei in zawng zawng chu a min vek a. Pitarte in chauh chu a min lo e, an tia lawm.

DAMLO

■ Pi Lalngaizuali w/o Tuikhuahthanga, N-Sec. chu natna hrang hrang vangin Ebenezer Hospital-ah enkawl mek a ni.

■ Pi Zonunsangi w/o Benjamin Lalduhawma, N-Sec. Aizawl Hospital-a zai chu in lama inenkawl chhuhzawm turin a lo chhuak.

■ Pu Lalmuansanga, N-Sec. chu Greenwood Hospital-ah enkawl mek a ni.

■ Pu Ralthuama C-Sec. chu natna hrang hrang avangin Civil Hospital, Aizawlah enkawl mek a ni.

■ NI. Lalrinchhani d/o L. Lunghnema (L), T-Sec. chu LRM Hospital-ah a zai a ni.

■ Tv. Zothankhuma, K-Sec. chu Civil Hospital, Aizawl atangin dam takin a lo chhuak.

■ Pu C. Lalchungnunga, N-Sec. chu taksa chak lohna avangin in lamah enkawl mek a ni.

■ NI. Lalnunziri, C-Sec. natna hrang hrang avanga Nazaret Hospital-a awm chu dam takin a lo chhuak.

■ Pu R. Chawngkunga, T-Sec. chu natna hrang hrang avangin in lamah enkawl mek a ni.

KOHRAN

■ **Ramhlun North Presbyterian Kohhran:** Kristian Thalai Pawl, Ramhlun North Branch te chuan tunlai hian KTP Sports an nei mek. Vawiin nileng hian Mini Sports Complex, Chiteah an sport.

Thawhlehi atanga Zirtawpni thleng awhin Senior Department-ten Presbyterian English School (PES), Ramhlun North-ah Camping an nei. Zirlai 130 vel an camp lut a ni.

■ **Ramhlun East Presbyterian Kohhran:** Kristian Thalai Pawl, Ramhlun East Branch te chuan KTP Sports an nei mek.

LAWMAWM

■ Pu Lalhmingmuana, V.Sec chu Joint Director ah a kaisang

■ Heng mite hi Casual Nurse atana lak thar te an ni:

1. Lalmangaihsangi d/o Vanlaluata Ralte, N-Sec.
2. Lalnupuii Ralte d/o Lalrinchhana Ralte, C-Sec.
3. Vanlalnunthari Vanchhawng d/o Lallungmuana, C-Sec.
4. C. Lalnuntluangi d/o C. Lalnunmawia

ZIN & HAW

■ Pu Lalrochama, kan Vice President Central YMA programme-a Buarpuia zin chu a lo haw leh ta.

■ Pu R. Lalrinmawia ECM leh Pu Lalthanliana, T-Sec. te Jharkhand Mission Field-a kal chu an lo haw leh ta.

■ Pu Lalfamkima (Ex President), C-Sec. chu Vellore-ah in inentir turin a kal.

■ Dr. Vanlalhlana, T-Sec. chu Office thil pawimawh buaipuiin New Delhi-ah a kal

■ Pu Lalneihhlua, ECM Lungleia zin pawh dam takin a lo haw leh ta.

■ Pu C. Lalthanzama, S-Sec te chhungkua Champhaia zin chu dam takin an lo haw leh ta.

■ Tv. R. Lalrindika leh Tv. Lalremruata Renthlei, T-Sec. te unau chu tunkar khan Kolkata-ah inentir in an kal.

■ Pu Rothuama le Pi C. Lalehhandami C-Sec. te nupa Delhi a inentira kal chu dam takin an lo haw leh ta.

■ Pu Lalhualhima, T-Sec. inentira Guwahati-a kal chu a lo haw leh ta.

■ Tv. Lallawmkima Zotes/o LHThanga, V-Sec. hna thil a Mamit a zin chu a lo haw leh ta.

■ Pu Lalthangdula te chhungkua C-Sec. inentir a NEIGHRIMS, Shillong a kal chu an lo haw leh tawh e.

■ Pi Laldinpuii w/o Pu Lalrammuanpuia Hnamte, C-Sec. NEIGHRIMS, Shillong lama inentir a kal chu dam takin a lo haw leh ta e.

■ NI. Esther Lalmuankimi d/o Laltlanchhunga, V-Sec. te unau Thailand a zin chu an lo haw leh ta.

■ Pi Monica Ramdingliani w/o Er. Laldawngliana, C-Sec. chu a fanu admission ti turin New Delhi-ah a kal.

■ Pi C. Lalrinchhani w/o John Lallawmawma, T-Sec. chhungkaw pawimawh avanga Khawzawl zin chu a lo haw leh ta.

■ Pu C. Romawia leh Pu C. John Saiparlianate pafa T-Sec. chhungkaw thila Kolkata zin chu an lo haw leh ta.

■ Tv. Lalremtluanga s/o Rosangpuii, C-Sec. chu a hnathawhna hmun Odisha atangin chawh hmangin a lo haw.

■ Pi Lalhriattiri w/o Rorelliana, N-Sec. chhungkaw pawimawh a Winchester-a kal chu tuang takin an lo haw.

AADHAAR

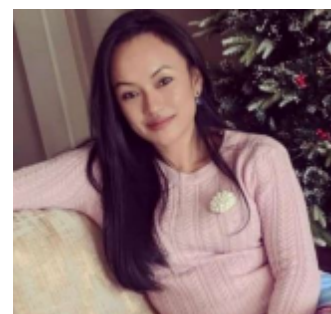
Enrollment Centre kan ni ta e.
Vengchhung leh veng hna leh a duh apiang tan Aadhaar update, Phone link leh aadhaar la nei lo tan kan siam thei e.
**CSC Ramhlun North (ESTAR)
Opposite Nazareth Hospital
Er. Zosangliana Building, Zote Arcade
3rd floor Phone: 8731875084 /
7005421131**

LEI PIAH LAMAH

Lalrinpuii, Kum 72 w/o Lalthuneia Sailo (L), V-Sec. chu ni 23.3.2025 (Pathianni) zan dar 9:30 khan a boral a, a tuk ni 24.03.2025 (Thawhtanni) chhun dar 12:00 khan Ramhlun North Thlanmual, Zemabawk ah vui liam a ni.



Marina Ch Ralte 42 w/o Emanuel Lawmkima C-Sec. chu ni 02.04.2025 (Nilaini) zing dar 9:05 khan a boral a, a tuk ni 03.04.2025 (Ningani) chhun dar 12:00 khan Ramhlun North Thlanmual, Zemabawk ah vui liam a ni.



Lusun khawhar chhungte thlamuantu Pathianin vengin awmpui zel rawh se.

THILDANG

YMA Lehkha La Duh Tan

YMA atanga lehkha hrang hrang- Tribal Certificate, Residential Certificate leh lehkha dang la duh tan a hnuaia mite hnen atang hian a lak thin tur a ni e.

Pu Laldingliana Sailo, President, T-Sec. (7005164116)

Pu Biakchungnunga, Secretary, V-Sec. (9856293369)

Dr. Joseph Lalhmingliana, Assistant Secretary, C-Sec. (9436195087)

Pem Lehkha & Testimonial bik chu Pu Laldingliana Sailo, President emaw Pu Biakchungnunga, Secretary emaw hnen atanga lak tur a ni.

YMA hriatpuina lehkha la tur ten EPIC (Voter ID) ken thin tur a ni a, kum tling lo Voter ID la nei lo tan an pa/nu EPIC a ngai ve thung a, an Aadhaar card a ngai bawh e.

Lehkha la duh te kan kal thlawn loh nan an phone number tarlanah hian biak lawk thin ni se.

■ **Insawn:** Pi C. Lalrengpuii te chhungkua K-Sec. Pu Lalnuntluanga (L) te in luah chu an mahni in Edenthah ah an insawn.

■ **Sub Centre:** Mizoram Universal HealthCare Scheme (MUHCS) 2025-2026 Booklet chu kan dawnga, hei hi intinah kan rawn sem dawn a ni.

■ Salvation Biak in step zawnah Zebra Crossing siam thar a ni a, lirthei khaltu ten hretlang ang u.

■ **Sarah's CrEATion** atangin KFC kan dawng nawlh mai. A neitunu NI. Sarah-i chu fakin awm rawh se. MARYMA chhut pawh a sam zaih mai.



I LÊI I TIFAI THIN EM?

- Dr JLalramchhuanga MD

Nitin vawi hnih lêi tihfai thin hian lêi cancer leh natna tam tak min lo pumpelh tir thei reng mai! Kan lêi hi thil ei nan leh ɽawng nan a ɽangkai a. Lêi hi tihrawl pariat inkawpin a siam a ni a, heng tihrawlte hi bawl/mur sin te te (papillae) kan tih ten a tuam chhawng leh a. Heng bawl sin te te hi, tui leh tui lo hriatna taste buds an ni lo a. Tui leh tui lo hriatna (Taste bud) kan tihte hi chu mitlawnga hmuh tham an ni lo a. Puitling hian taste buds 10,000 vel zet kan nei a, kan lei hmawr, a sir leh hnung lamah an awm a ni.

Lêi hrisel chu a sendăng (pink) tlangpui a, a rawng tak deuh leh dal deuh pawh a awm thei bawk. Thil văr tlem te te awm chu normal a ni theih rualin, a rawng lo danglam emaw a tihrawl sakhat dan danglam a awm chuan, ngaihven thuai ngai a ni thei.

ENGTIN NGE LÊI I TIHFAI ANG?

Lêi tihfai nan hian second 10 - 15 vel chauh i mamawh a. Nitin hă kan nawh rualin a tihfai nghal mai theih a ni. Tootbrush nen pawh dimte in a nawh theih a, chu chuan kan thil ei nawi lei a ɽăngte kha a tifaı ang a, natna hrik a insiam loh nan a veng thei dawn a ni. Lei tihfaina tur hi siamsa thir lam emaw plastic lei tihfaina (tongue scraper) lei mai tur a awm a, a tangkai hle.

* Lêi văr (white coating) hi mi hrisel pangngaiah a awm thei a. Kan thil ei nawi emaw a ni thei. Hei hi lei tihfaina hmangin a tihfai theih mai a. Tihfai fo hian natna hrik kai theihna lakah a veng a ni.

* Lêi văr tihfai mai theih loh a awm chuan, oral thrush/fungal infection a ni thei a, doctor rawn tur a ni.

* Lêi bal dum hi zial zu mi ah hmuh thin a ni a. Tin, rawng nei thil ei nasa leh coffee in thin te, aiêng atanga siam ei nasa ah a awm thei. Lei hmul dum deuh anga lang hi lei tifaı ngai lo, natna hrikin a bawmah hmuh chang a awm thei.

* Lêi sendang a sir a a var in a kual ang deuh a lang hi geographic tongue tih a ni a. A lo awmna chhan tak hi hriat a har a, enkawlna hran pek a tul lem lo.

* Lêi durh sên te hi a na in thil ei a tiharsa duh hle. Vitamin B12 emaw folic acid tlakchham vang te, natna dang avang te pawhin a awm thei. Tin, thil sa tak ei emaw in vang a ni thei bawk.

* Lêi ro hi chhhan hrang hrang avangin a awm thei a. Depression damdawi te, thak leh vual damdawi te, nachhawkna te, nerve lam damdawi thenkhatin a thlen thei. Tui tlem tlem in a, chil siam thei tur thlum lo thialin a tizia awm deuh thei. A awm zel chuan doctor rawn tur a ni.

LÊI CANCER: Lêiah thil văr emaw a sên tihtlak theih mai loh bet tlat awm te, păn/pilh dam hleitheı lo te a awm chuan, doctor entir vat tur a ni. Ka chhúng/lei cancer hi a tam sawt hle a, hmuhchhuah vat a nih loh chuan thihpui theihna chance a sang a. Thil danglam awm i hmuh a, i entir vat khan, nunna chhantu a ni thei. Zu, zuk leh hmuam, ruihtheihthil ti thin ten kă/lêi cancer neihna chance an nei sang zawk bawk.

LÊI TIHFAI THIN HI ENG NGE A SÂWTNA: Ha nawh paha lêi tihfai hian i ka rim chhe tur a vêng a, i hriselna kawngah a pui thei bawk che. I lêia natna hrik insiam te kha i taksa dangah an ɽaidarh thei a, natna serious tak a thlen thei. I lêi i tihfai fo hian natna hrik kai theihna lakah a veng thei che a, kă chhung cancer lakah pawh engemaw chen a veng thei bawk che a ni. Chuvangin, há i nawh pahin, nitin i lêi vawi hnih tifaı thin la. Hun rei lo te chhung a, awlsam taka i lei i tihfai fo chuan i hriselna i titha sawt thei a. Thaw uih hlauh vanga hmuı hup ɽut ɽut a ɽawng i pumpelh thei bawk ang.



KC TUI

(10-6)

Tui thianghlim, PickUp-in 2,000 litre kan pe thei reng e. Ramhlun North veng chung tan discount kan pe e.

Ph: 7005010327 / 9774223462

SP TUI

(6-5)

Tui hna thianghlim, ei leh in tlak, litre 2000 pickup trip kan pe thei e.

Mobile: 9615789047/8730960917

TUI

(5-5)

Tui thianghlim litre 2000 pickup trip kan pe thei e.

Mobile: 8414960761

TUI

5-4

Tui thianghlim litre 2000 pickup trip kan pe thei e.

Mobile: 9774395434/ 8794790682

M.S. SEPTIC TANK SERVICE

(5-1)

Septic Tank khat paihfaı, commode Block, Pipe Block leh Soakpit hlui leh a thar siam repairing engkim kan thawk reng e.

Rate: Inbiakremna | Ph: 8974361224 | 7005241029

SEPTIC TANK KHAT & REPAIR

Septic tank khat paih leh repair kan ti thei reng a, rate chu inbiakremna a ni ang.

Contact: 9612376373 | C/o Marina: 9436140530

(5-1)

ISAK SEPTIC TANK SERVICE

(5-1)

Septic tank khat paihfaı, Comode Block, Sokpic, Pipe Fittng Repare engkim, khur chhung lut in, A neitu te Lungawi na thlap in kan thawk thin e.

Ph. 9862344971, Bawngkawn south

SAWMA SEPTIC TANK SERVICE

Septic Tank khat paihfaı, commode block, pipe fit, soakpit thar siam engkim kan ti thei e.

Rate: Inbiakremna

Ph: 8119969364

(5-1)

LM SEPTIC TANK SERVICE

Septic Tank paihfaı leh repairing engkim kan khawih thei e.

Kum 17 chuang experience nei kan ni e

Rate Rs. 4000 per trip

Ph: 6909183193

(5-1)

HOLY CHILD SCHOOL

ADMISSION OPEN

Nursey to Cl-X, Principal office RSC field bulah

admission a tih theih reng e.

Contact : 9436154080/ 7005612221

Office hour 10:0 am - 3:00 pm

St. STEPHEN'S SCHOOL

RAMHLUN 'N', AIZAWL

ADMISSIONS HS & HSS (Arts & Sc)

Zirtirtu tha tak te enkawlna *Zirlaite hmathlir neihpuina *Zirlaibu piah lam nunphung zirtirna

FREE ADMISSION FOR CL-IX (9774632726/ 9436353625)