

Vol. 43		Issue No. 35		Ramhlun North: Ni 30 August, 2025	
 BRANCH THU THAR ■ September thlaa Khawhar In hruaitu tur te: Pu Isaac Zothianghlima, Leader Pu Lalfakzuala, Asst. Leader Pu Lalrochama, OB i/c Tv. Lalthanchhunga Pu Lalremsanga Pu H. Lalthazuala Pu C. Lallianzuala NI. Lalrokimi NI. Lalmuanpuii  SECTION THU THAR ■ Taitesena Section: Pi C. Lalnunmawiite chhungkua chuan an pa Pu Laltluanga Sailo (L) hriatrengna a tan RN YMA Taitesena Section-te GAS THUK(A lian) an pe a, thilpek petute chungah Section hruaituten lawmthu an sawi. ■ Chawngbawla Section: Pu Lalchhuanmawia te chhungkua in an fapa Tv. TC Lalrinpuia (L) hriatreng nan C-Sec. te Tea Urn pahnih min pe. thilpek petute chungah Section hruaituten lawmthu an sawi.  SUB.COMT THU THAR ■ Library Sub-Commtee: Tun kar khan Children's Corner-a dah tur Artificial Turf (grass) a lo thlenga, phah nghal a ni. Library Member ni duhte tan Library hawn ni apiangin member a nih theih a, chhungkaw khat emaw mimal angin kum khatah Rs. 100/- a ni. Library member ni lote tan pawh Library hi a tlawh theih renga, a hmunah lehkhahu pawh duh duh a chhiar theih a, mahse, member ni lote tan erawh hawh chhuah a rem lo thung. Library hi veng chhung mipuite'h hmang tangkai zel turin kan insawm e. ■ Library Duty turte Ni 06.09.2025 1.Tv. D. Lianmanga 2.Tv. Lalthianghlima Zote 3.Tv. Timothy Lalbiakrema 4.Tv. Henry Vanlalchhanchhuaha 5.NI. Lawmsangpuii 6.NI. Josephine Lalthazuali		RUIHHLO DO BEIHPUI (Central YMA leh Mizoram Sawrkarin nei mek) Ramhlun North, the 30th August, 2025: Mizoram Sawrkarin Ruihhlo Do Beihpui (Special Drive on Drugs) a thlak turah Myanmar leh India ram inrina Tiau lui atanga Mizorama Ruihhlo (drugs) a lo luhna kai khàn awmna khua zawng zawngte fang chhuak a, khawtlang hruaitute nena inkawm hona hun buatsaiha hun hman pui turin ni 25.08.2025 zing dar 6:00 khan Mizoram Police IGP, Pu H. Ramthlengliana IPS hovin Central YMA hruaitute chuan Aizawl chhuah sanin Champhai an pan a. Champhaiah tukthuan an ei zawhin Tlangsam khawtlang hruaitute nen Tlangsam YMA Hall-ah hun an hmang a. Zote Community Hall-ah Zote, Ngur leh Ngur Vengsang khawtlang hruaitute nen in kawm leh in, tlai lamah Bulfek khawtlang hruaitute nen an in kawm leh baw a ni. Ni 26.08.2025 khan Hnahlan, N. Diltlang, Khuangphah leh Vaikhawtlang khawtlang hruaitute nen inkawm ho leh a ni ang a. Sesih, Lianpui, Leisenzo, Vangchhia, Vaphai, Saikhumphai leh Farkawn khua te fang zelin tunkar hun chhung hian hun an hmang dawn a ni. Mizoram Sawrkar ruahman dan chuan Ramri hrul khaw tinah te hian Police in dahin September 2025 atang hian Ruihhlo lo lut tur lakah beihpui hi kalpui tur a ni dawn a ni. IGP hova ramri tlawhchhuah prog hi Addl. SP. Champhai Pu Victor Zothansanga leh a thawhpui ten an lo tawiawm a. Central YMA atangin Asst. Secretary Pu Fabian Lalfakawma, Treasurer, Roneithanga leh Finance Secretary, Pu MS. Ralte te bakah CEC mi 3 leh Sub Hqtr YMA Champhai hruaitute an tel a ni. January ni 1 atanga May 16, 2025 chhungin Central YMA hnuiaia Kumpuan Sub-Committee leh CADS ten heroin an man ringawt hi hawng 649 a tling tawh a. Heroin bakah hian Ap/Trama, etc., - 2663 tabs., Ganja - 72 kgs., Codein - 2232 bot., Sap zu - 69 bot., Zu (local) - 364 bot., leh beer (can) - 54 nos. lai an man tawh a ni. Ruihhlo kaihnhawiah mihring 797 man tawh in Counselling pek mi 265, Home/Centre-a dah luh mi 70, Excise & Narcotics Department a pek mi 68 leh Police Department a pek mi 5 an awm tawh a ni. Excise and Narcotics Department chhinchhia danin kumin August ni 8 thleng khan damdawi leh a kaihnhawih avanga thi mi 51 awm tawhin heng zinga 44 chu mipa niin hmeichhia 7 an awm tawh baw. YMA General Conference Central YMA Executive Committee thukhawm chuan kumina YMA Inkhawmpui Lian vawi 75-na neih hun atan October 21-23, 2025 a ruat fel. Sakawrdai-a YMA Inkhawmpui Lian vawi 75-na neih hun atan 21-23 October, 2025 ruat a ni a. Inkhawmpui Programme Committee din a ni a, Chairman-ah Prof. Lalnuntluanga, Vice President ruat a ni a, kumpuan thupui sawi turin Prof. Malsawmliana, General Secretary ruat a ni. Heng bakah hian kumtina Group leh Branch inelna neih thin - Kumpuan bawhzui tha, Ramngaw leh nungcha humhalh tha, luidung humhalh tha, Branch chanchinbu tha leh YMA Chanchinbu la tha te buatsaih leh tum a ni. Kan Branch atangin YMA Kumpuan Thupui atan “Ruihhlo Do” leh Inkhawmpui Lian Aganda atan “Central YMA in Ruihhlo ngaite enkawna hmun din rawh se” tih chu Central YMA ah thlen a ni. Heihi Central YMA in tul a tih anga thlitfim leh tur a ni ang. Kan Branch hruaitu hlui Pu Vanlalrova chu hruaitu hlun chawimawina dawng thei a ni tih Central YMA-ah thlen a ni. Inkhawmpui Lian ah hian kan Branch atangin YMA Zaipawl leh Special Item atan (Recitation) neih tum a ni a. Zaipawl member atana ruatchhuah zawng zawng te kan chanvo tihlawhtling hram turin kan in ngen a, Beihruah thla te a ni chho dawn a, zirna hun a tam loh avangin zir hun chhunga thahnemngaitaka thawkchhuak turin kan in ngen a ni.			



YMA humhim

YMA hian kum za hmel em pawh a la hmu lova, kum za em pawh a hmuh hma hian thil hi a danglam nasa hle tawh a. A zahawmna te hi a hloh then ta emaw tih mai tur a ni. Zosap te'n kan hnam tana min hnutchhiah hlu tak zing ami a ni a.

Khawvel thiamna a sang a, khawsakna lam pawhin hma a sawn zel a, thil engkim mai hi a sam em em vek tawh mai a ni. Kan nun dan phung te pawh a dang ta hle mai. Khawvel thiamna sang umin Mizo te pawh khawvel hmun hrang hrangah kan inzar pharh hnam dang tih dan leh nun dan te kan ramah kan seng lut zel a, media hrang hrang atang te in hnam changchang zawk te nun dan kan hmu thei zel tawh bawk. Hnam dang tih dan kan han zir a, mahni hnam zia hi kan hmu hniam ta deuh em aw! tih theih a ni. Hnam inupat hleih lutuk kum sang tel-a input hleih nen inkhaikhin chuan kan zia chu a mawl mang zawk em em ang. Amah erawh chu, kan phak tawh a la ni rih tih hi kan hriat a ngai a ni.

YMA hi kan la mamawh a, khawtlanga thil la ti dial dial thin kan ni a, chhiat that ni-ah thenawm khawveng te, khawtlang te kan khawsak phung hian a la mamawh reng a ni. Tlem lai deuh atang khan YMA han hmuh hniam te hi ka ching ta deuh em aw tih theih a ni. YMA hi kan la mamawh a, kan khawtlang, Mizo hnam hian kan la mamawh a ni.

Tin, YMA hruaitu te pawh hi mi tling leh fel bik an ni hauh lo. Inpekna avang liau liau-a pen chhuak an ni. An hlawh chu hah leh thawhrimna mai a ni. YMA zahawmna humhim tur leh khawtlang in min mamawhna a pen chhuak tura inral ring reng an nihna lai te hi kan hriat sak a ngai.

YMA mamawh lo khawpa changkang leh hausa kan awm lo a. Mamawh lo anga kan inngaih lai pawhin kan ngen ngai miah lovin kan tan an rawn pen chhuak dawn a.

YMA a lo vul zual theih nan keini thathar te hian a humhim lamah ke kan pen zel a tul tak zet a ni.



SGT. PL BELL-A LUNGPHUN

Sgt. PL Bell-a te thian dun lungphun hi Samthang khaw lai takah, Samthang Lal in kawta awm a ni. A hranpa in Mizo hnam chanchinah pawimawhna nei lem lo mahse khawvel indopui pahnihna a lo chhuah laia ram ni tla seng lova roreltu Kumpinu (British) sawrkar indo thlawhtheihna Mizoram chhunga tla tlem te zinga mi a nih avangin British India ram chanchinah pawimawhna tak nei nia hria in ka rawn thai lang dawn a ni.

Kumpinu (British) in ram ni tla seng lova ro a rel lai chuan ram chhung hmun hrang hrangah kum 1939 atang khan helna lo chhuak tanin indona hmun hrang hrangah a thleng a, chu indona chuan 1945 thleng a aw a ni. Japan leh a thurualpuite chuan chhak lam atangin ram an rawn la thla duai duai a. Chung Japan sipaite chuan Mizoram chhunga Khuangphah khuaah ngei pawh Japan Flag rawn zarin darkar 48 chhung zet Japan ram an lo nih phah ve tawh a nih kha. April ni 3, 1942 khan Mizoram Bawrsap A.G McCall chuan Mizo Lalte chu ko khawmin Japan ral do dan turte a sawipui a, indo an puang ve ta nghal a.

Ni 6 May, 1944 zing feh kal hun lai vel chuan Farkawn khaw lam atangin Samthang lamah thlawhna rawn thlawk pheihin hliam a tuar tih hriat takin a mei lam chu a rawn khu luih luih mai a. thenkhat chuan Bakte zawla rawn tum tum niin an ngai a. A hun chhung a rei loh em avangin hlah tur nge hlah loh tur tih pawh ngaihtuah hman a ni lo, Bakte zawl pawh rawn thlawk thleng ta lo chuan Samthang khaw hnuai Luipui kaw ruamah chuan a bir vut a. A silaimi leh bomb phurhte chu puakin a alh zuai zuai a, a khu hluah hluah mai bawk a. Lal leh upate chuan a puah chhung chuan mipuite chu thlawhna tlakna lama kal lo turin an ti a.

Puak thei chi a puah zawh chuan mipuite pawh chu thlawhna tlakna lamah chuan an tlan khawm ta a. Thlawhna chu a lo bung a, a mawng lam chu kang ziaawm deuhvin a lu lam chu a kang nasa zual a. A chhunga chuangte pawh chu mihang nge mingo tih pawh hriat theih loh khawpin an lo kang chhia a. Mahse, an zak an han keu chuan mingo ngei an ni tih erawh hai rual a

ni lo. Heng sap pahnih thi te hi Samthang khaw nu, Pi Zakhawmi chuan puana tuamin a tah hial e, an ti. Chuti chuan, thlawhna tlakna hmunah chuan mitthi pahnihte chu phum an ni ta a ni.

He thlawhna tla hi British Royal Air Force ta niin an hmunpui Chittagong atanga chet la an ni. An ruang hi kum 1953 khan sapho vekin rawn phawrh lehin Chittagong ah an la thla a, chutah chuan an phum ta a ni. He thlawhna tla ah hian Maching Gun 4, Very Light 1, Parachute 2 leh British Flag kang bangte an hmu a ni.

Thlawhna tla keh themte hi Samthang khua-a mite chuan an la nual hlawm a. An thil lakte chu thenkhat chuan belah an chhung a, thenkhat chu dolung atan te an hmang a ni.

Sgt. PL Bell-a te thian dun hriat rengna lung hi Samthang Lal Sapchhawna chuan ran talh in a phun a, a nupui Damghingi, Samthang Lalnu chuan thu mawi taka phuahin an thlan lungah hetiang hian ziak a ni -

"SGT. PL. BELL & his friend RAF who made the supreme sacrifice when their plane crashed here on the 6th of May, 1944" tiin.

VINCO ENTERPRISE				
Hunthar veng, Aizawl Ph-8837293876/ 8974843225				
Insakna Bungrua Rod (Durgapur Rod, X-tech leh Tata Tiscon) Cement, Balu Brick leh AAC te hi AMC Area ah kan Free Deliver thei e.				
Durgapur Rod(Platinum)		X-tech		
20mm	1650/1600	20mm	1840	
16mm	940	16mm	1140	
12mm	550	12mm	660	
10mm	350	10mm	445	
8mm	250	8mm	300	

BIAK IN RAWNG HNAWIHTU
TUR MAMAWH

Presbyterian Kohhran, Ramhlun North Biak In rawng hnawih tu tur mamawh a ni a. Hrechiang duh tan a hnuaia Phone No. ah hian biak pawh / zawh fiah theih a ni e. Chhanna theh luh hun chhung atan ni 6 September, 2025 thleng a ni ang.

Sd/-
Secretary,
Building Committee Ramhlun North
Kohhran
Ph: 9774975409 / 9436154066

Editor: Eddie Lalfakzuala (7005269255); **Jt. Editor-te:** Lalrotluangi Zote, RK Lalmuanpuia, Lalhuntluanga, Vanengmawia
Manager: C. Lallianzuala (9862365843); **Asst. Manager-te:** Zodingliana, Lalrinchhana, Lalrinawma
Circulation Managers: PB Lahuapzauva, Samuel Lahlupuia, Hmingthanazuala, Vanlalrinkima, R. Zodinsanga, Zothankhuma, Lalrinchhana, K. Lalmuanpuia

MARYMA	PHEK 3-NA	RN YMA CHANCHINBU
 ZIN & HAW ■ Pu Lalrochama, kan branch Vice President chu Central YMA thilah Vairengte leh a chhehvelah a zin. ■ Pu R. Lalrinmawia, kan President hlui chu Khanpuiah a zin. ■ Dr. Vanlalhlana, bialtu MLA sorkar pawimawha Goa zin chu a lo haw leh ta. ■ Pu Malsawmthara te pafa, K-Sec. chu inentir turin tunkar khan Kolkata-ah an kal. ■ Nl. Lalmuanpuii d/o Lalrinsanga (L), C-Sec. zirna thila Agra zin chu a lo haw leh ta. ■ Pu Roṭhuama leh Pi C. Lalehhandami te nupa, C-Sec. New Delhi a inentir chu an lo haw leh ta. ■ Dr. Lalruatkimi Hmar w/o John Lalrindika Ralte te chu inentir turin Kolkata-ah an chungkua in an kal. ■ Pu H. Lalmalsawmtluanga te chungkua, K-Sec. chu an hna thawhna hmun Lucknow lamah an kal leh ta. ■ Tv. Ramropuia S/o K. Lalbiakmawia chu Vety Doctor zir turin Nagaland-ah a kal. ■ Pu Malsawmthara, K-Sec. chu inentir turin Kolkata-ah a kal. ■ Pu RD. Lalremruata, N-Sec. Tv. Jonathan Lalrinmawia, N-Sec. leh Tv. Lalfakzuala, C-Sec. hnathawka Khawruhlian kal chu an lo haw leh ta. ■ Pu Robert Lalremruata, V-Sec. chu New Delhi a zin chu a lo haw a, a fanu Lettcia Lalpeki erawh Delhi lamah enkawl mek zel a ni. ■ Tv. Vanlalhriata s/o Malsawmthara, K- Sec a pa hruaia Kolkata kal pawh a lo haw. ■ Nl. Lalrozauvi c/o PB Liandula, T-Sec. chungkaw pawimawha New Delhi a zin chu a lo haw leh ta.  KOHHRAN ■ Presbyterian Kohhran: Ni 29.08.2025 (Zirtawpni) zan khan Ramhlun North Presbyterian Kohhran leh Ramhlun East Presbyterian Kohhran te chuan Rawngbawltute pualin Mizo Ṭawng hman dik chung chang seminar, an Kohhran ve veah an nei. ■ BCM: Ramhlun Pastor Bial KNP Inkhawmpui Vawi 7-na chu ni 30 leh 31 August, 2025 khan BCM Biak In, Ramhlun North-ah neih a ni a. Speaker atan Rbt. Stephen Lalruatfela hman a ni.	 LEI PIAH LAMAH  Pi Lalthansangi Ralte, K-29 w/o Lalliansanga, S-Sec. chu ni 28.8.2025 zing dar 4:55 khan a borah a, hemi ni vek chawhnu dar 1:00 ah Ramhlun North Thlanmual, Zemabawkah vuiliam a ni. Lusun khawhar chungte thlamuantu Pathianin vengin awmpui mawlh rawh se.  DAMLO ■ Pu Ralṭhuama, C-Sec. chu Civil Hospital, Aizawlah natna hrang hrang vengin enkawl mek a ni. ■ Pu Chalhmingthanga, C-Sec. chu luhai reh thei lo vengin Civil Hospital, Aizawlah enkawl mek a ni. ■ Pi Lalnuntluangi Hnamte w/o C. Lalrintluanga, C-Sec. LRM Hospital-ah zai chu in lama enkawl turin alo chhuak. ■ Nl. Cindy Lalmangaihsangi d/o Lalremruati, C-Sec. hritlang khawsik avanga Nazareth Hospital-a awm chu a lo chhuak leh ta. ■ Pi Vanlalngaihawmi w/o Augustine Vanlalvena, N-Sec. Synod Hospital, Durtlang a awm chu a lo chhuak leh ta. ■ Pi Lallianchungi w/o C. Lalrosanga N-Sec. chu natna hrang hrang avingin in lamah enkawl mek a ni. ■ Pi Lalnuntluangi w/o C. Lalrintluanga, C-Sec. LRM Hospital a zai chu dam takin a lo chhuak e.  THILDANG ■ Pu R. Lalrinmawia, kan branch President hlui chu Lungdai Branch YMA OB leh Section OB ten intuaitharnaah Khuallian a ni a, kan Branch Secretary Pu Biakchungnunga'n a ṭawiawm. Insawn: 1. Pu Robert Lalfakzuala, K-Sec. te chu an mahni inhnuaiyah an indang. 2. Pu F. Vanlalfela, C-Sec. chu a hna thawhna hmun Lawngtlai aṭangin Kolasibah sawn a ni. 3. Pu Tlanthianghlama Colney chu a hna thawhna hmun Kolasib aṭangin Aizawl h sawn a ni. 4. Pu Vanlalruata leh Pi Lalrinkimi te nupa chu Dawrpui Vengthar aṭangin Pu LH Thanga, V-Sec. building-ah an rawn insawn. ■ Tv. R. Lalmangaihsanga s/o Er. Rohmingliana, T-Sec. chu National Financial Literacy Quiz, Guwahati-a neih mekah a tel ve, Final an lut a, North East aiawhin Mumbai-ah Final an hmachhawn ang.	 KEIMAHNI ■ MARYMA agent atan Samuel Lalawmpuia, T-Sec, ruat thar a ni. ■ Local Traffic Management Secretary, Pu Isaac Zothianghlama chuan vawiin chhun thingpui leh a hmeh tui tawh min khilai a, kan puarin kan va lawm em.  LOCAL COUNCIL ■ 1) Ramhlun North Fair Price Shop Retailer-III hna diltu an awm loh avangin dil theih hun hi September 2, 2025 thleng an pawt sei a, dil duh chuan District Civil Supply Officer ‘E’ Office Venghluiah form la chhuakin thehluh theih a ni e. 2) Ui chhuak an la awm zeuh zeuh a, mahni ran vulhte khuahkhiri leh zual turin kan in chah nawn leh a, vawh leh ran vulhtu te pawhin thenawm te tana rimchhe lo tura enkawl tur a ni. Ui thlalak la thehluh lo kan awm chuan Local Council Secretary hnenah thehluh vek tur a ni. PPP Mode Sanitation committee hriattirna Bawlhhlawh paih man khawn a lo hun leh dawn hnai ta a, chungtin te lo inruahman turin kan inhriattir a, khawn hun tur leh ṭul dang chu la inhriattir leh tum a ni. Bawlhhlawh paih motor-ah chauh bawlhhlawh paih turin kan inngen nawn a, sanitation point leh hmun dangah bawlhhlawh chhawp lo turin chungtin te kan inhriattir bawh a ni.  PAWL DANG ■ Ramhlun North Football Club : RNFC ten 1st Division League September ni 4 aṭanga an khelh tur pualin ni 2 September zan Dar 8:00 ah Jersey tlangzarhna hun an nei dawn a ni. Tlangzarhtu tur Er. R. Rohmingliana, Patron Member a ni ang. Fans Jersey tur hi mipui lei theih nakin ah zawrh chhuah tum a ni bawh a, veng mipui te min dawr turin kan inngen nghal bawh a ni.  LAWMAWM ■ Pu Lalliantluanga Hauhnar leh Laltlanthangi Zadeng, C-Sec. te nupa chuan Synod Hospital, Durtlangah fanu an nei thar. ■ Nl. Nancy Vanlalfeli d/o Ramhlunsanga, V-Sec. chu ZMC & H a MBBS zir turin a tling. ■ MPSC kaltlanga Assistant Grade leh Upper Divisional Clerk tling thar te- Assistant 1. Tv. Malsawmsanga Hnamte s/o Malsawmtluanga Hnamte, T-Sec. 2. Tv. Zothanchama s/o Lalbiakmawia, S-Sec. 3. Lalduhawmi d/o V. Biaksanga, V-Sec. UDC 1. Pu Lalbiakdika s/o Dr. Lalhmuchhuaka, K-Sec.

MARYMA

PHEK 4-NA

RN YMA CHANCHINBU

ARTICLE

MEI ZUK HI A PAWI!

(Vaping hi a tha zawk reng em?)

-Dr. JC Lalramchhuanga, MD

Lung thisen dawt hnawh (arterial plague/thombus) avanga thih thutna/heart attack nei nasa te hi thau tak an ni vek lem lo a. Han en a thau lam deuh, nimahsela lung thisen zam hrisek tak nei a awm theih a, chutih laiin cher fit hmel tak lung thisen dawt hnawh pin avanga heart attack nei an awm thei tho mai.

Interventional Cardiologist Kolkata a mi nen kan inkawm tuma a sawi chu 'Lung thisen zam enna (Angiography) kan han nei a, thau deuh thisen zam hrisek engmahin a hnawh loh kan hmu nual a. Chutih rual in, taksa cher lam fit hmel tak, an thisen zam nasa taka hnawh pin kan hmu thin a, a hreawm thei hle mai' a ti a. 'Engvang nge ni thei ang?' tia ka zawh chuan 'Meizial an zu nasa a ni' tiin min chhang a. Lung natna hian thil dang zawng ai mahin MEIZIAL ZUK hi a haw zual (risk factor number one) a ni.

Mei zuk hian thisen zam bang hi a tihliam a, thisen zam a tizim in a tikhauh a. Chu chuan thau nawiin thisen zam a hnawh phuina chance a tisang a, cancer neihna chance a tisang baw. Chuap cancer phei chu a chakin, chaw kawng leh rilpui cancer pahnih inbelhkhawm aia a chak zawk tiin an sawi hial thin a, dam rei pui a har.

Tunlai hian tleirawl meizial zu kawngsir leh restaurant velah hmuh tur an tam thar hle, a paw tak zet a ni. Generation hrisek, kan hnam inngahna tur kan beisei mek laiin, hetiang an chin zel chuan, mi hrisek lo, thawhchhuah aia inenkawl na senso mamawh tam leh a hun hmaa thi kan tam sawt dawn niin a lang.

Zial zuk leh Vaping (E-Cigarette) hlauhawm dan hi a in ang deuh reng a. E-Cigarette hian tur tha lo a keng tlem zawk ang a sawi ni mah se, taksa tana paw chemical tam tak a pai a ni. Meizial an zuk hian vaihlo kha a kang a, a khu kha chuapah an hip lut a. Vape-ah chuan a khawlte khan a tui (solution) kha a chhuangsô a, a hu (vapor) kha chuapah an hip lut thung a. A nihna takah chuan danglamna tak tak a awm lo a tih theih ang. A bikin an zuk ngun a, a cartridge chakna an tihpun a, a voltage an tihsan phei chuan.

Meizuk leh vaping hian tur 'nicotine' a keng tel ve ve a. Hei hi ngaih awl tak a ni a. Tleirawlte thluak hian nicotine hi a ngai hma leh zual hle a. Zial zuk emaw vaping hmanga nicotine an hip luh khan, kan thluaka 'reward centre' a han khawih a, chu chuan kan thluakah dopamine a siam chhuak a, mi a tiphur a, a tihlim viau ta thin a. Kan taksa hi a insiam dan hrin hrimah balance taka chung happy chemicals (hlimna min petu) te chu a tawk te a inpe chhuak tura duan a nih laiin, meizial zuk/ vaping hmangin nicotine khan waw leh khatah tam tak a han pek chhuah tir ta a. Chutiang reng a awm chakna a lo nei ta vat a, a tinawn ta sek a, mahse, khatiang zat dopamine chhuak reng tur kha thluakah a lo awm ta lo a, dopamine a lo tlem tial tial a. An tih loh karah an awm hle hle thei lo a, an taksa a khur a, an thinchhia a, hlauhthawnna te an lo nei a. Chutianga an awm loh nan tinawn sek a lo tul ta thin a ni. Hei hi ngaihna (addiction) kan tih chu a ni a. Nunphung pangngaia hlimna min pe thintu ang khan a tihlim zo ta lo a, zirna te, taksa hrisekna te, mihring inkungkaihna thlengin an ngaihthah ta thin a ni. Hei hi damdawi ngaihna (drug addiction) kan tih nen a in ang reng a. Mithiamte chuan dopamine hi level 10 awm ta se, min tihlimtu thil pangngaite hian 10 atang hian 3 emaw 4 vel a tichhuah hian nuam kan ti thin a. Heng damdawi hman sual te phei chuan a let 10 atanga let 100 thlengin dopamine a siam chhuak a, chuvangin, waw khat lek tih chhin hian ngaihna a siam thei hial a ni an ti.

Ngun takin ngaihtuah tlang ila, zial zuk hi tleirawlte'n i ching thar lo ang u. I chhungkua leh i ram in a la mamawh dawn chauh che a nia.

ADVERTISEMENT

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

SAWMA SEPTIC TANK SERVICE

Septic Tank khat paih fai, commode block, pipe fit, soak pit thar siam engkim kan ti thei e.
Rate: Inbiakremna Ph: 8119969364 (10-4)

JM SEPTIC TANK SEVICE

Septic tank khat paih fai, comode block, pipe fit, soak pit tha lo leh a thar pawh kan siam thei reng e. Kan sulhnu a fel fai a, service hlun leh rintlak kan ni e.
Rate inbiak remna. Registration: MRS 542
Contact: 9862476439 / 9436199884 (10-4)

KHIANGTE SEPTIC TANK SERVICE

Septic Tank khat paihfai, Comode Block, Soak pit, Pipe Fitting, Repair engkim, khur chhung lutin, a neitu te lungawi na thlap in kan thawk thei e
Contact - 9862344971 Bawngkawn South (20-14)

L.H SEPTIC TANK SERVICE

Septic tank paihfai leh repairing engkim kan thawk thei e. Kum 17 chuang experience nei kan ni e.
Rate:4500 per trip
Ph.6909183193 (30-13)

SEPTIC TANK KHAT & REPAIR

Septic tank khat paih leh repair kan ti thei reng a, rate chu inbiakremna a ni ang. (5-1)
Contact: 6033373188/9612376373 | C/o Marina: 9436140350

COMPUTER CLASS FREE ADMISSION

CCA/DCA December exam turin Free Admission hawn mek a ni leh ta e. . . Free Study Materials.
Free PC Hardware Maintenance & Windows/Software Installation.
Mon - Fri Class kal hman lo tan Saturday-ah Class a kal theih baw e.
Class timing 7:00am - 6:00pm (Mon-Fri)
HI-TECH INSTITUTE OF COMPUTER
Zarkawt (Near Traffic Point) &
Ramhlun North (Industry peng. Opp. Traffic point)
9862343182 / 9089612701(WhatsApp/Call)

JOJO COMPUTER INSTITUTE

(Govt. Approved Institute)

Chanmari, Ramhlun Road, Near Treasury

Computer zir duh tan DCA course-ah free admission hawn mek a ni e. Computer zirna hlun leh experience nei tha, faculty tha tak nei kan ni e. Admission hi online pawhin a tih theih a. Textbook a free-in pek zel an ni; website changtlung tak mahni inzirna tur kan nei baw.

Ph/Whatsapp: 9612728031, 9612359711

GOV'T. APPROVED
COMPUTER INSTITUTION

MERGE
COMPUTER
CENTRE

• Free Admission

• Free Access Website content

• Free Basic Typing Course

• Provide Theory Video Tutorial

• Scholarship for DCA 2 Semester

COURSE OFFERED:

• DCA Semester I & II

• Computer Hardware

ADDRESS:

Near Chanmari YMA Hall, Chanmari, Near MSB, Dawrpui Vengthar Pi Pang Peng, Upper Republic.

Examination & Certificate issued by MSCTE, Govt. of Mizoram

CALL OR WHATSAPP

9862358347

More details & Online admission:

https://www.mergecomputercentre.org

Published & edited by Eddie Lalfakzuala for and on behalf of Ramhlun North Branch YMA. Copies- 1,270

MARYMA		PHEK 5-NA		RN YMA CHANCHINBU	
RAMHLUN NORTH LOCAL TRAFFIC MANAGEMENT THU					
OFFICE BEARERS			GROUP – 6 - NA		
Chairman : Pu Rothangpuia 9436710346			PU K. ZOSANGLIANA IN – PU		
Vice Chairman : Pu Lalbiakdawla 7085054649			LALCHHAWNSANGA IN THLENG		
Secretary: Pu Isaac Zothianghlima 9862807984			Leader : Pu F. Ramdingliana 8787381654		
Asst.Secretary : Pu Malsawmthara 8787701952			Asst Leader : Pu Lalngaihawma 8798678902		
Pu Lalremsanga 9436199592			Secretary : Pu R .Laltanpuia 8257068637		
Tresurer : VanlalruataRalte 9366102425			I/c Pu Lalmawizuala Kiangte (LC Member) 8416045091		
GROUP TIN OB LEH MEMBER-TE			MEMBER TE		
GROUP – 1 - NA			1. Pu MS Dawngzuala 2. Pu Lalramsanga 3. Pu R. Lalfakawma		
TATKAWNG TUIKHUR – DIET PENG (PU PEMA ROAD)			GROUP – 7- NA		
Leader : Pu R Lalchhandama 9436354814			PU LALZUALA IN – MHIP RUN THLENG		
Asst Leader : Pu Lalrampana 7630841381			Leader : Pu LalsiamkungaPachau 9089249884		
Secretary : Pu David Lalrinzuala 8119868587			Asst Leader : Pu Vanlalruata Zote 9436155618		
I/c : Pu F Laldawngliana (LC Member) 8794522519			Secretary : Pu B. Rozamliana 9862375224		
MEMBER TE:			I/c Pu Lalremsanga (Asst.Secretary) 9436199592		
1. Pu Lalawmpuia 2. Pu RTC. Lalchharthara			MEMBER TE:		
3. Pu Lalnuntluanga 4. Pu Lalnunsiam			1. Pu Henry L. Hrahse 2. Pu Lalchhuanawma 3. Pu Ronghinglova 4. Pu Thandingliana 5. Pu Zoremthanga 6. Pu PC. Lalnunhlma 7. Pu Lalmuanzova 8. Pu H. Lalhminganga		
GROUP – 2 - NA			GROUP- 8 - NA		
INDOOR STADIUM – PU K. ROHLUNA IN THLENG			PU J. MUANA(L) IN – TLAKLUI (SAKHISIH CHHO HUAM TELIN)		
Leader : Pu Malsawmdawngliana 9436199592			Leader : Pu C. Lalthankhuma 7005620695		
Asst Leader : Pu Lalchhuanmawia 9862362861			Asst Leader : Pu R. Sanghluna 9089249884		
Secretary : Pu Johny Zosangzuala 9436151055			Secretary : Tv. Lalrinpuia 6909266215		
MEMBER TE:			I/c Pu Lalbiakdawla (Vice.Chairman) 7085054649		
1. Pu H. Lalthangkima 2. Pu Lalrammawia			MEMBER TE:		
3. Pu Robert Lalfamkima 4. Pu Hmingthankima			1. Pu Laldinthara Ralte 2. Pu Ramfangzauva		
GROUP - 3 -NA			3. Pu Lalramdina Sailo 4. Pu PB. Lalawmpuia 5. Pu Lalruatlina 6. Jeremy Lalremtluanga 7. Pu T. Lalremruata		
PU R THANGZUAL (L) IN – PU A. KHUALKUNGA IN THLENG (HEI HIAN PU K. LAHNUNA ROAD A HUAM ANG)			GROUP- 9 - NA		
Leader : Pu R. Lalthantluanga 9862323758			PU VL RAWNA ROAD ZAWNG (RSC FIELD KUAL CHHUAK IN)		
Asst Leader : Pu Lalhriatpuia 9862537706			Leader : Pu C. Ruatvela 9862376005		
Secretary : Pu Lalrinliana 8974214711			Asst Leader : Pu Vanrotluanga 9612639926		
I/c : Pi Lalnunpuui (LC Member) 8119967913			Secretary : Pu C. Lalrochama 8974180470		
MEMBER TE:			I/c Pu Vanlalruata Ralte (Treasurer) 9366102425		
1. Er. Laltlanchhunga 2. Pu Albert Liantluanga 3. Pu Lalmalsawma 4. Pu K. Lalmuansanga 5. Pu Jacky Zoliansanga 6. Pu Saidingpuia Sailo			MEMBER TE:		
GROUP - 4 - NA			1. Pu K. Lalnithanga 2. Pu David Lalsangliana		
PU VALCHHUANA (L) IN – PU PB LIANDULA IN THLENG (HEI HIAN PU K THANZAUVA ROAD A HUAM ANG)			3. Pu Lalfakzuala 4. Pu R. Lalrotluanga 5. Pu Vanlalchaka 6. Pu Lalhruaitluanga		
Leader : Pu PC Laldingliana 9862381324			GROUP- 10 - NA		
Asst Leader : Pu B. Lalramsiam 9862008687			PU LALRINA SAILO ROAD (COMMUNITY HALL KAWNG TELIN)		
Secretary : Tv Lalthanchhunnga 9774030510			Leader : Pu Thiamchantira 8729906091		
MEMBER TE:			Asst Leader : Dr. Lalrammuanpuia 9436199592		
1. Dr. C. Lalrammawia 2. Pu T. Lalnundika			Secretary : Dr. C. Lalremruatfela 9436190370		
3. Pu KC. Lalramluahpuia 4. Dr. Joy Lalmuanpuia			I/c Pi Zonunmawii Khawlhiring (LCMember) 7005684260		
GROUP - 5 - NA			MEMBER TE:		
PU Z. KAPTHIANGA IN – TLAKLUI THLENG (HEI HIAN ZANGENA PETROL PUMP KUAL LEH PU SANGVUNGA(L) IN CHHUK THLA A HUAM ANG)			1. Pu V. Lalnunmawia 2. Pu Lalmuanpuia Colney 3. Pu Daniel Hnamte 4. Pu R. Lalremruata 5. Pu James LH Pachau 6. Tv. Lalawmpuia		
Leader : Pu H. Rodingliana 9862818415			GROUP- 11 - NA		
Asst Leader : Pu F. Laltanpuia 9366448091			PU LALREMCHHUNGA IN – PU R DAMA IN THLENG		
Secretary : Pu H. Zothansanga 8414007917			Leader : Pu K. Malsawma 9862369833		
I/c Pu Lalmalsawma Sailo (LC Chairman) 8787762823			Asst Leader : Pu K Vanlalsiam 9089671445		
MEMBER TE:			Secretary : Pu Ronald Zothansanga 8014690987		
1. Er. Bowman 2. Er. Lalawmpuia 3. Pu Lallura Pachau			I/c Pu Rothangpuia (Chairman) 9436710346		
4. Pu B. Lalchuansanga 5. Pu Lalpekzuala 6. Pu VL. Malsawma					
7. Pu Lalrinpuia Hnamte 8. Pu J. Vanlalngheta					

MARYMA	PHEK 6-NA	RN YMA CHANCHINBU
MEMBER TE: 1. Pu Vanlalhmuaaka 2. Pu Lalrinmawia Hnamte 4. Pu MS. Dawngliana 5. Pu Lalbiakmawia 6. Pu PC. Lalhruaizela 7. Pu Lalremsanga		1. Dr. H. Lianthangpuia 2. Pu Zopara 3. Lalthanfala 4. Pu K. Lairothanga 5. Pu Lalfakzuala 6. Pu Lalngaihzuala Zote 7. Pu A. Lalfakzuala 8. Tv. Lalrinchhana
GROUP- 12 - NA PU C. LALNUNMAWIA IN – PU ZOHMANGAIHA IN THLENG Leader : Pu Lalneihhlua 8974221663 Asst Leader : Pu Lalmuansanga 9862585249 Secretary : Pu Zohmangaiha 9862848796 I/c Pu Isaac Zothianghlima (Secretary) 9862807984		GROUP – 14 - NA AMC ROAD LEH LUIKAWRCHHO ZAWNG ZAWNG HUAMIN Leader : Pu Lalrozama Ralte 9366302752 Asst Leader : Pu C. Laldinpuia 8730842533 Secretary : Pu Denise L. Sithlou 8974257503
MEMBER TE: 1. Pu Lalrinliana 2. Pu MS. Dawngliana 3. Pu RD. Lalpuiliana 5. Pu Lalremruata Colney 6. Pu KB. Lalhriatpuia 7. Pu K. Lalbiakkima 8. Tv K. Lalchhanhima		MEMBER TE: 1. Pu K. Vungmanga 2. Pu R. Lalrochama 3. Pu Vanlalzema 4. Pu C. Vanlalsawma 5. Tv H. Lalrosanga
GROUP- 13 - NA VETY QUARTERS – TLAKLUI THLENG Leader : Dr. Lalmuchhuaka 9436140724 Asst Leader : Pu Ch. Lalnunkima 9436154510 Secretary : Pu H. Lalremruata 8259858571 I/c Pu Malsawmzuala Ralte (LC Secretary) 9774586640		GROUP - 15 – NA LOCAL COUNCIL ROAD ZAWNG Leader : Pu Lalthlengliana 9612783644 Asst Leader : Pu Lalmuanpui Kawlni 9612234007 Secretary : Pu Revival H. Lalchhanchhuaha 9506745852 I/c Pu Malsawmthara (Asst.Secretary) 8787701952
MEMBER TE:		MEMBER TE: 1. Pu Joseph Lalthanliana 2. Pu Lalngaihawma 3. Pu R. Lalthlamuana 4. Pu K. Lalruatkima 5. Pu C. Rodingliana 6. Pu Remlalliana 7. Pu Vanlalmuanpuia 8. Tv R. Lalromawia 9. Tv. Malsawmdawngliana
LOCAL TRAFFIC MANAGEMENT COMMITTEE THU VENGCHHUNG MIPUI TE HRIATTIRNA		
Ramhlun North Local Traffic Management Committee leh Superintendent of Police (Traffic) tangkawp chuan Ramhlun North mipui ke a kalte leh lirthei che vel a lo him zawk nan te, chhiatrupna, Lirnghing, in kang, i n chim leh Lei min te a lo thlen palh a chhanchhuah hna chak zawk leh awlsam zawk a thawh a nih theih nan vengchhung kawngpui te a humhalh tlat a ni.		
Heng a hnua i a Point hrang hrangte hi vengchhung mipui ten min lo chhiar chhuahsak a min lo zawmsak hram turin kan inngen baw k e.		
1. Tumahin kawngdungah lirthei leh bungrua eng chi mah dah hnaw k lo turin kan inhriattir nawn leh a ni.		
2. Lirthei neitute pawhin kan lirthei te Garage a dah vek turin kan in hriattir a.Sorkar Office, College, School hrang hrang te leh Motor/ Furniture Workshop neitute pawhin kan hnathaw k te leh min dawrtute lirthei kawngdung/ sirah kan dah tir tur a ni lo.		
3. Khaw dang atanga mikhual zin lirthei rawn keng riak tur kan nei anih chuan main road kawngzau laiah dah/ huntir zel tur a ni a, zanriak a kan mikhualte an lirthei kan dah tir dawn in main road lam a kan hruiatute be chiangin an nin lirthei kan dahna lai tur min lo kawhhmuh zel ang.		
4. Veng dang atanga inleng (Dam lohna a vanga in menpui ngaite awm theih a ni) lirthei rawn keng kan nei anih chuan in neitu ten kan area a group hruiatute kan hriattir ang an nin kan lirthei dahna tur min lo kawhhmuh thin ang, group hruiatute in hriattir lova kan inlengte lirthei dah an lo man anih chuan kan sawisel thei lovang.		
5. Vengchhung hmun hrang hranga Turning Point te hi 24 hour lirthei eng chi mah hun phal a ni lova veng chhung mipui leh pawl hrang hrang ten min zahsak turin kan inngen a, dahlui kan awm a nih chuan man/chehsak zel kan ni ang.		
6. Footpath hi mihring kea kal te zawh tur a nih avangin eng lirthei mah hun/ dah phal a ni lo, dahlui kan awm anih chuan man/cheh sak nghal zel kan ni ang.		
7. Vengchhung hmun hrang hrang kawng chep lai leh kawngkual laiah te No Parking tih tar a ni a hei hi min zah sak hram turin kan inngen a dah lui kan awm a nih chuan man/ cheh zel kan ni ang.		
8. Vengchhung hmun zau lai leh remchang laiah Two wheeler Parking / LMV Parking tih tar a ni a lirthei park phalna lai ah zan riakin tumah in kan lirthei te dah phal a ni lo zanriak a lirthei dah kan awm a nih chuan man /chehsak zel kan ni ang.		
9. Dan bawhchhia kan awmin kan lirtheite man/ chehsak kan awm in hrethiam tur leh ngaidam turin kan Local Council te leh Local Traffic Management Committee OB te call/ biak engmah awmzia a awm lova group hruiatute thu a dah a ni.		
10. Naupang kumtling lote vengchhungah lirthei eng chi mah khalth phal a ni lova tilui kan awm anih chuan man zel an ni ang, thuneitu te hnenah pek nghal zel an ni baw k ang. Nu leh Pa ten kan fate lo hrilh hre nawn leh turin kan in ngen e.		
11. Two Wheeler khalhtute Helmet khumturin kan in chah nawn leh a, Inkhawm kal turte pawh in khum hram hram turin kan in ngen a. Holiday, Inrinni leh Pathianni hun remchang apiangah duty thin a ni baw k ang.		
12. Group tin ten kan lirthei man te reng reng hi an thlalak kaw l that thlap thin a ni a, lirthei ke-chehna leh thil dang lo tichhia a tlan bopui kan awm anih chuan thuneitute hnenah man tir zel an ni ang a an bungraw tihchhiat man hu chawitir zel an ni baw k ang.		
13. Local Traffic Management Committee ten vengchhung hmun hrang hrangah board chi hrang hrang kan tar a hei hi mahni duh thu a lo tar sawn lo turin kan in ngen a, kan tar sawn duh anih chuan hruiatute inhriattir hmasa turin kan in ngen a, heng kan thil tar te hi min dim sak hram hram turin kan in chah baw k a ni, lo tichhia emaw lo ti riral kan awm a nih chuan a man hu in chawitir zel an ni ang.		
14. Group-tin a duty-te hi thenawm khawveng in hnaih tete kan nih avangin in man hi thil nuam a ni hauh lova, hreh tak chung a vengchhung a lo nawmna tur a tlawmngaih chhuah a duty te kan nih avangin thu inawihsak hram hram turin kan in ngen nawn leh a, Group tin a duty ten kan lirthei an lo man avanga thinrim leh tawngkam mawi lo tak tak a kan hruiatute lo tawngkhum thin kan awm a, heng hi ti tawh lo hram turin kan inngen a, lo ti kan awm leh anih chuan Local Council leh Local Traffic Management Executive Committee -ten koh a zilh thin an ni baw k ang.		
15. Mi tumah man/ cheh ngai lo turin Ramhlun North khawtlang kan inhriattir a, man/cheh ngai an lo awm anih chuan pawisa chawitir zel an nih dawn avangin lirthei neitu leh hmangtute thupek zawm theuh turin Ramhlun North Local Traffic Management Committee chuan kan ngen a ni.		