

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

Vol. 44	Issue No. 6	Ramhlun North: Ni 7 February, 2026
 BRANCH THU THAR ■ Tun kar khan Branch OB leh committee member thenkhat, Ramhlun North Memorial Park a Transformer 25 kva awm sa chu 100 kva a thlak dan tur ruahmanna siamin an kal a, 100 kva hi tuna Memorial Park luahtu Dhariwal Buildtech Ltd. in an tum tur a ni a, an chhuahsan hunah pawh an hnutchhiah zui dawn a ni. P&E Deptt. lama a tul tur angang te Er. C. Ropianga, V-Sec. in min buaipui a, a chungah RNYMA chuan lawmthu kan sawi a ni. ■ Kar leh ni 13.2.2026 (Zirtawpni) zan dar 7:00 ah Executive Committee meeting YMA Committee Room-ah neih a ni dawn a, member ten hun remchang lo insiam turin kan inngen. ■ February thla khawharin hruaitu turte: Leader : Pu K. Vungmanga Asst Leader : Pu Lalmazawia OB Incharge : Pu Laldinglana Sailo 1. Pu Lalpiangthara 2. Pu H Rodinglana 3. Tv. Lalrinpuia 4. Pu Vanengmawia 5. Pu Henry VL Nghilhlova Zote 5. NI. Laldusangi Pachuau 6. NI. Rosangpuui	UNION HOME SECRETARY HOVIN CENTRAL YMA HRUAITUTE THUKHAWM (Ramri hung rih loh nise) Ramhlun North, the 7th February, 2026: Ni 27.01.2026 (Thawhlejni) tlai dar 4:00 khan Ministry of Home Affairs (MHA) Office, Kartavya Bhavan, New Delhi ah Union Home Secretary hovin MHA Official te leh Central YMA hruaitute an thukhawm a. Meeting a tel tur hian MHA hian Central YMA hruaitute (Office Bearer) 4 an sawm a, President Pu R. Lalnggheta hovin Prof. Lalnuntluanga, Vice President; Prof. Malsawmliana Gen.Secretary leh Er. H. Duhkima Treasurer te an kal. Union Home Secretary hova meeting ah hian MHA Official hrang hrang bakah IB hotute, Assam Rifles hotute leh BSF hotute an tel a; Mizoram Chief Secretary Pu Khilli Ram Meena a tel bawk. Meeting ah hian, nikum March 15,2025 a Union Home Minister in Mizoram a rawn tlawh tum a Central YMA leh NGO pawl dang ten an thu thlen bawhzui a nih dan hrang hrang te sawi lan a ni a. Chung zingah chuan - ruihhlo dona atana Central YMA hnena NCB kaltlanga motor leina tur sum ₹ 88,95,675/- ruahman a nih tawh dan te, ruihhlo dona kawnga inzirtirna lama hmalakna tur ₹ 2.3 cr. ruahman a nih tawh thu te; Thingsulthliah rama YMA Conference Centre sakna tura ₹ 99.7 cr. dah a nih tawh thu te, 8th schedule a Mizo tawng dah a nih theihna tura ngenna chu diltu 150-200 vel an awm avanga Committee dinin an ngaihtuah tur thu te sawi lan a ni a. Heng bakah hian Mizo thalaite tana Civil Service Coaching Centre buatsaih chhoh mek a nih thu leh AAI kuta Lengpui Airport hlan chungchanga thil awm dan te sawi a ni bawk. Meeting ah hian Indo-Myanmar Border Fencing chungchanga YMA ngaihdan zawh an nih angin YMA hruaitute chuan, NGOCC thu ding lai angin ramri hung hian Zofate inunauna a tihchhiat theih dawn avanga hung rih loh an duh thu leh, Mizoram State Assembly pawhin Resolution a lo Pass tawh a nih thu te; Indo-Bangladesh ramri hungah Mizoramin nasa taka ram a chan dan leh khaw engemaw zat hung pawna a awm dan te sawi lan a ni bawk. Indo-Myanmar ramri hung turah hian Survey neih mek a nih rualin ramri a cheng mipuiten ramri hungin a ken tel tur an hriat loh thu leh eng angin nge a nghawng dawn tih inhrilhfhahna a awm loh thu Central YMA hruaitute hian an sawi bawk. Tunah hian Indo-Myanmar Border Fencing atan BRO in Survey an nei mek a ni.	
 SECTION THU THAR ■ Tun kar chho khan Section hrang hrang Office Bearers thlan thar te leh a hluite charge inhlanna hun an hmang.	FAINA LEH THIANGHLIMNA KAWNGAH LOCAL COUNCIL-IN HMA LA DAWN Local Council chuan vengchhung faina leh thianghlimna kawngah hma kan sawn theih nan side drain leh tui luan kawra ek thli paih a nih leh nih loh a enfiah dawn. He hmalakna hi vengchhung a lo thianghlim zawk nana ruahmanna pawimawh tak a nih rualin, hriselna atana thil hlauhawm natna hrik darh thei laka kan him nan a ni bawk. Hei hian ek thli paihna tui luan kawr nena thlunzawm mai te leh septic tank leak vanga rimchhia leh hriselna atana pawl thei thlen kawnga ngaihthah zawng zawngte a huam vek dawn a ni. Local Council chuan chhungtin te kan ek in pipe leh septic tank-te uluk taka lo inenfiah turin min hriattir a, tui luan kawr te leh side drain te hi kan zavaia kan hman tlan a nih avangin, mi tlemte inthlahdah leh ngaihsak loh avanga vantlang tana harsatna siam lo zawnga che turin min beisei a ni. Lehkha inpek hma ngei a chhungtin ten kan ek in pipe leh septic tank-te lo inenfiah turin Local Council chuan min ngen a ni. Khawtlang hmasawwna hian in leh lo mawi ringawt a kaw lova, a pawimawh ber chu kan nunphung; faina leh thianghlimna a ni. Tunlai hian kan khawtlang hmelmhang tichhe thei leh hriselna tana hlauhawm tak, kawngpui sir side drain leh kan tui luan kawrte a ek thli paih kan awm fo mai hi thil zahthlak tak a ni. Khawtlang tan harsatna hrang hranga thlen mai pia lamah hriselna kawngah nghawng tha lo a thlen theih avangin chhung tinte i fimkhur tlang ang u.	
 SUB-COMMITTEE THU ■ Kumpuan sub-committee: Ni 10.2.2026 (Thawhlejni) zan dar 7:00 ah Kumpuan sub-committee-te committee meeting neih tur a ni a, member-ten hun remchang lo insiam nise. ■ Library sub-committee: Pu Lallai Sangzuala, C-Sec. chuan Library-a dah tur lehkhahu tha tak tak min pe a, a chungah kan lawm hle. ■ Ni 14.2.2024 Library duty turte: 1. Tv. Samuel Vanlalngghaka – N-Sec. 2. NI. PC Lalrindiki – V-Sec. 3. NI. Lalfelfamkimi – V-Sec. 4. NI. Lalmuanpuui – C-Sec. 5. NI. Lalremruatkimi –K-Sec. 6. NI. Lalhruaitluangi – T-Sec.		



Ramri Hung: Hnam Himna Nge Ram Himna?

Tun hnai Mizoram politics leh mipui titi-a thupui langsar ber pawl pakhat chu ‘ramri hung’ chungchang hi a ni awm e. February ni 24, 2024 khan Home Minister Amit Shah chuan India leh Myanmar ramri hung a nih tur thu a sawi a. Hei hian dan lo a ramdang mi lo lut mai bakah dan lo a sumdawnna hrang hrang leh hel pawl chena khuahkhirh a nih theih nan a ni.

Myanmar nen ramri 404 km. vel kan in tawm a. British ho khan hnam khat kan nihna pawh ngaihtuah hauh lovin kan remtihna emaw kan duhthanna pawh ni chuang lovin an tana rorel a awlsam zawk nan ramri min kham sak a. Hnam khat, inlungual taka awm ho reng tur kha min pawt then ta hlahu zawk a.

Sawrkar laipuiin ramri hung a tumna chhan hi thlir kan mai theih a ni bik lo. Myanmar rama buaina chhuak leh ralthuam nena che te lakah kan ram ven a ngai a, chu aia hlauhawm leh zual chu ruihlo tawlh rukna hluar lutuk hi a ni. Ruihlo vangin thalai tam tak kan chan mek leh, kan khawtlang nun chhe mek han thlir hian ramri venhimna mumal tak neih hi a pawimawh tih kan pawm ngei ang. Tun hnai kum hnih thum chhunga raltilan tam tak kan neih te hian kan economy leh ram venhimna kawngah harsatna thar min thlen a, hetiang boruang karah hian ramri hung duh mi thahnem tak an awm reng a ni.

Heng karah hian ‘hnam himna leh ram himna’ hi engtin nge kan kalpui kawp thiam ang tih hi ngaihtuah a ngai kawp mai. Ramri hung a nih pawhin, unau inkara intlawh tawn theihna hi chu dan fel tak hnuaiah phal chhunzawm zel nise. Kan sawrkar emaw NGO hrang hrang hruaitute pawhin sawrkar laipuiiah Myanmar lama kan unaute nena inlaichinna thuk tak kan neih hi hrilhfhah nawn fo an ngai ngei ang. Ramri hung hian dan lo a sumdawnna hrang hrang a tih ziaawm chuan thil tha tak a ni ang, mahse chu chuan hnam in unauna a tihchhiat phah erawh chuan kan hloh hi a nasa zawk hial maithei.



KHAWTHLIR

MAIMIZIAL (Sleep Paralysis)

Maimizial kan tih, a sap tawnga Sleep Paralysis tih hi mutthilh lai emaw harh hlawl lai emaw a taksa che thei lova thluak erawh a harh rengna, mangchhia ang deuhva hlauhawm thil hmuh leh hriatna, hreawm tak a ni. Hei hi taksa chak loh, BP hniam, vitamin tlem, leh mut tlem vangte a ni tlangpui a. Chubakah, site thenkhat te leh mithiam thenkhat te'n an zir chianna atanga khawn khawmin, heti hian ka rawn siam rem ve ta rawih a ni.

Enge Sleep Paralysis chu a nih? Mizo tawngin Maimizial kan ti mai thin a, thil awmzia kan hre vek a mahse kan che thei lo mai a ni. A tlangpui in kan harh dawn tawh lam leh kan la harh chiah si loh inkar stage ah hian a thleng tlangpui thin a ni. Heng inthlak lai/transition period hian kan tawng thei lo emaw che thei lo thin a, rei lo te emaw minute tlem te, mi thenkhat ah chuan an thaw tha thei lo emaw eng emaw in hnawh tlat ang hian an awm thin a ni. Maimizial te hian sleep disorder chi khat Narcolepsy an tih mai hi a rawn thleng thin a. Hei hi chu thawh kan duh a mahse kan tho thei thlawt lo, meng kan han tum hram pawh in kan thei hlei thin lova, hei hi a chhan chu kan thluak lamah kan mut kha a lo tih danglam deuh vang a ni.

Eng tik laiin nge kan neih thin? Maimizial hi kan REM an tih mai Rapid Eye Movement laiin thleng thin a, a thlen dan hi chi hnih a then a ni a, a hmasa in hypnagogic OR predormital sleep paralysis tih a ni a, hei hi kan mut dawn vel leh mut tan vela thleng a ni thin a, a dang leh chu hypnopompic OR post-dormital sleep paralysis tih a ni a, hei hi chu kan than harh dawn tawh hian a thleng thin a ni.

Eng nge Predormital Sleep Paralysis chu? A hming atang pawh hian pre tih a awm a, a hma in tihna a ni tih kan hre vek a. Kan mut chiah hian kan taksa te chu a lo hahdam/relax tan a, kan taksa lo zawi takah chuan thil kan hre lo tan a, kan chheh vel mai ni lo kan awm dan kan hre ta lo thin a ni. Mahse

kan mut dawn a thil kan hria nih chuan kan taksa kha a lo hahdam tawh bawk nen khan, rei lo te chu kan tawng thei lo emaw che thei lo thin a, hei hi maimizial tho a ni.

Eng nge Postdormital Sleep Paralysisve thung chu? Kan mut reng reng hian REM cycle a teh a ni a, chu chu REM leh NREM (non-rapid eye movement) te hi a in nih chhawk ta thin a ni. REM cycle khat hi minute 90 vel a ni a, chumi zawh hian kan harh deuh thin a, chuan REM cycle ah lut leh in kan muhil leh thin a ni. NREM (non-rapid eye movement) hi rawn thleng hmasa thin a ni a, kan mut zawng zawng 75% dawn hi NREM (non-rapid eye movement) a ni. REM lai hian kan muttui kan tih lai tihna a ni a, kan taksa pawh a chawl hahdam in tui tak in kan mu thin a ni, mahse NREM (non-rapid eye movement) ah hi chuan kan mit te a lo che tan mahse kan taksa te kha an la chawl/relax em em thin a ni. Kan tha hrawl/muscle te pawh an la chawl a ni, mahse kha REM zawh hma a kan lo harh nih chuan maimizial kan nei ta thin a ni.

Tu te'n nge nei tlangpui? Mi 10 ah mi 4 zel te hian nei anga chhut a ni a, thalai ah hian a tam zual deuh bik thin a ni. Mi tupawh in an nei thin a a chang chuan inthlah chhawng theihna chance pawh a sang hle a ni. Maimizial lo awm chhan dang te :- # Mut tam tawh loh. # Kan mut hun kan thlak thut in. # Mental condition kan tih mai stress emaw anxiety kan ngah in. # Ruitheih thil ti emaw te leh zan lamah ke tha chat an tih nei te nen.

Maimizial hi a hlauhawm em? Sleep Researcher te chuan maimizial hi kan mut stage a inthlak danah mumal lo vang a ni a, eng emaw mental disorder vang a ni lem lo a ni. Hman ah kha chuan ramhuai thil tih emaw vang khan puh thin a ni a, mahse tunah chuan thiamna lo sang zelah hian hei hi chu kan mut dan tha lo chungchang vang a ni tih a lo ni ta a ni. Chuvang chuan nitin hian darkar 6 tal mut thin tur a ni; tin, kan mut hun hi maintain hram hram tur, mut tlai than chuan mut tlai reng hi a tha, mut hun thlak thlak hi a tha lovin mut theih lohna/insomnia te pawh hi a neih theih a ni.

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MARYMA			PHEK 3-NA			RN YMA CHANCHINBU														
 ZIN & HAW ■ Pu Lalrochama, Branch Vice President chu Manipur Group Inkawmpui, Hmuia Veng, Lamka a neih ah Central YMA aiawhin a zin. ■ Pu Lalthlengliana, BECM, hna thila khawchhak tlangdung kal chu a lo haw leh ta. ■ Pi Lalnunthari w/o Samuel Hmar,S-Sec. chu a hnathawhna hmun Lunglei ah a kal leh ta. ■ Pu Lalngaihzuala leh Pi Lalparliani te nupa,K-Sec. chhungkaw thila Kolasib a zin chu an lo haw leh ta. ■ Dr Lallianpuii d/o Thangngovi,C-Sec. Post Doctoral ti a Germany a awm chu thla khat vel chawl turin a lo haw. ■ Pu PB Lalawmpuia,T-Sec. chhungkaw thila Ngopa a zin chu a lo haw leh ta. ■ Pu Lalrampana, K-Sec. Kolkata-a in check-up a kal chu an lo haw leh ta. ■ Pi Laldinpuii w/o Pu Malsawmthara, K-Sec. Suangpuilawn a zin chu a lo haw leh ta. ■ Pu Lalkhuma te chhungkua C. Sec. Lungphun hmanga Ratu a zin chu dam takin an lo haw leh ta. ■ Nl. Lalruatkima d/o Pi Thangmani (L), K-Sec. chu thil pawimawh buaipuiin Delhi-ah a zin.			 DAMLO ■ Pu G. Zasiama, T-Sec. semi stroke avanga LRM Hospital-a awm chu a lo chhuak leh ta. ■ Pi Thanzami w/o Pachhunga (L), K-Sec. chu Greenwood Hospital atangin in lama enkawl chhunzawm turin a lo chhuak. ■ Lalruatpuia s/o C. Ropianga, V-Sec. chu Indian Spinal Injuries Center Delhi-ah enkawl mek a ni. ■ Pu Ramchhana, K-Sec. Civil Hospital, Aizawl a awm chu in lamah inenkawl chhunzawm turin a lo chhuak leh ta. ■ Nl. Raphaeli Rinhlupuii d/o Jeremiah L. Fanai, T -Sec. rilphir zai avangA Civil Hospital, Aizawl a awm chu a lo chhuak leh ta. ■ Pu C. Laltlanthanga, T-Sec. chu Typhoid vangin Greenwood Hospital-ah enkawl mek a ni. ■ Pu L.Chhuanliana, N-Sec. chu in lamah enkawl mek a ni a, thawhtanni khan thisen unit 3 pek a ni. Thisen hi a tu ten an pe. ■ Laltlansanga Chinzah s/o Lalhmingasanga Chinzah, N-Sec. chu Ebenezer Hospital atangin in lama inenkawl chhunzawm turin an lo chhuak. ■ Tv. Malsawmdawngliana s/o Laltlanliana V-Sec. chu Greenwood Hospital-ah admit a ni. ■ Pi Nithangi, T-Sec. chu Sciatica avangin in lamah enkawl mek a ni. ■ Pi Khualluni m/o Lalbiakdiki T. Sec. chu Cancer vangin Chungtlang lamah enkawl mek a ni. ■ Pu Saidinga Sailo, T-Sec. durtlang hospital a hun rei tak awm chu a lo chhuak leh ta e. ■ Pu Lalchungnunga N-Sec. chu in lamah enkawl mek a ni. ■ Pu C. Lalzarzova, C-Sec. chu LRM Hospital ICU-ah enkawl mek a ni. ■ Pu C. Laltlanthanga, T-Sec. chu BP tha lo avangin Greenwood Hospital-ah enkawl mek a ni.			 KEIMAHNI ■ Advertisement ti duh tan kan Manager, Pu Lalremsanga Hnamte a biak theih reng e. Ph: 8974845644			 LOCAL COUNCIL ■ Ramhlun North Community Hall, Taitea Tuikhur bul ah two wheeler tan garage luah tur a awm a, hrechiang duh tan Pu Rothangpuia, Local Council, Vice Chairman hnenah ngaihven theih a ni e. Ph: 9436710346 ■ Local Traffic Managment Committee: Vengchhung traffic hmalakna pawh chak taka kalpui zel ani a, kan zawai atan a ni tih hria a leithei neituten thuawih taka traffic lam duhdante zawm zel turin kan inngen nawn leh a, kumtling lo lirthei khalh hmuh tur an la awm nual bawk a i fimkhur leh zual ang u. Kan veng chhung hmun hrang hrangah lirthei dah dan kawngah dan zawm lo leh duh duh dana motor hung kan tam leh tan ta hle mai. Hei hian veivakte leh lirthei dang tlan vel nasa takin a tibuai thin a ni. Local Traffic Management Committee chuan hemi chungchangah hian hma la chhunzawm tawh dawn a, chhun lamah pawh uluk zawka endik turin duty an inruat dawn a ni.			 PAWL DANG ■ JAC, Ramhlun North: Tun hnai hian kan vengchhung hmun hrang hrangah ruihhlo ti thin pungkawm kan awm leh tan tih hriat a ni a, hei hian kan khawtlang nun leh himna a tibuai hle. Thalaite leh kan naupangte tan thil hlauhawm tak a nih avangin, he thil hi thlir liam mai mai chi a ni lo. Chuvangin, Joint Action Committee (JAC) chuan hemi chungchangah hian hma an la leh mek a, ruihhlo laka kan veng a fihlim nan theihtawp chhuah an tum a. Rinhlelhawm leh pungkawm kan hmuh chuan JAC hruiatue hriattir vat thin tur a ni. Tin, chenna in leh dawr rawk a hluar thar hle tih hriat a ni bawk a. Chhungtinte mahni zawn theuhah fimkhur thar turin kan inhriattir a ni. Hetiang kan lo tawk palh anih pawhin a rang thei ang bera JAC hruiatute hriattir tur a ni. ■ Ramhlun North Football Club: Ramhlun North Football Club chuan naupang exam chawlh chhungin Under-10 leh Under-12 tournament buatsaih tumin ruahmanna an siam mek a, tel tum te tana hriattur pawimawh leh tul dangte tih chhuah leh thuai an tum.			 KOHHRAN ■ Ramhlun East Presbyterian kohhran: Ramhlun East Branch KṮPOB te chu KṮP General Conference thlenna buaipuii Keifang ah lehlengin an kal.			 STEPPING STONES Child Education Centre (3-2) PRE SCHOOL & DAY CARE Age - 2 to 5 years Admission Open for 2026-2027 session Contact - 9612358041/8787487732 Ramhlun North, Aizawl		
 THILDANG RAMHLUN AHCWC ATANGA HRIATTIRNA LEH NGENNA: Sorkar atang a hriattirna kan hmuh angin, vengchhungah hriselnain hma a sawn zel theih nan POPULATION SURVEY neih a, hemi hmang hian MICRO PLAN siam tur a ni a. He survey hian hriselna atana kan hmalakna hrang hranga kan damdawi dawn tur, Eg. Zunthlum, BP sang damdawi leh nu, naupai leh naupang Vaccine etc. thlenga a nghawng theih dawn avangin chhungkaw tinte uluk taka kan form rawn siam te min lo fill-up sak turin kan in ngen a ni. A form hi vengchhung in tinah rawn sem a ni dawn a, a semtuten an rawn khawn leh hunah hian dik leh felfai taka peihsein, khawngaiha min lo thehluh sak leh vek turin chhungkaw tin te kan ngen a che u. ■ Insawn: 1. Pu PC Sangmuana te chhungkua T. Sec. chu Pu Zaikunga (L) building T. Sec. atangin Pu Chhunsanga (L) Building T. Sec. ah an insawn. 2. Darrolal Darngawn te chhungkua chu Pu Thanchunga (L), N-Sec. te in atangin Pu K. Lalbiakkima te in S-Sec. ah an insawn.			 ST. ANTHONY'S HIGHER SECONDARY SCHOOL (7-3) CHALTLANG LILY VENG, AIZAWL Kum 2026-2027 session atan Class-XI to Class-XII Arts admission kan hawng leh ta e. 1. Kan zirlaite hi Pathian thu nen Discipline tha tak hnuaia enkawl an ni. HSLC/HSSLC exam ah Top-4, Top-6, Top-7, Top-9 leh Subject topper te kan nei tawh. 2. HSLC/HSSLC exam-ah result tha tak kan nei thin. 3. Board Exam-a kan zirlai Top Tenner-te ₹ 1,00,000/- leh Subject topper-te ₹ 30,000/- pek thin a ni. 4. Kumtin Study Tour neih thin a ni. Kumin hian Kolkata, Delhi, Chennai kal tum a ni. Hostel nuam leh changtlung tak a awm bawk e. Ph: 9612131959/9862732487/8575827857																	

MARYMA		PHEK 4-NA	RN YMA CHANCHINBU
ARTICLE KAN MAMAWH THAWHRIMNA LEH RINAWMA - Pa Tlanga, Ex-President Midang thawh chhuah sa a innghat lova, keimahni hlawh chhuah ngei ring thei tura tan lak hi tunlai a kan tan lakna tur niin ka hre ve tlat. Rinawm lovin ringtu tha a nih theih lova, ringtu tha a rinawm lo thei si lo. Tunlai hian mi thenkhat hrisel hmel pui pui, thawh tur nei lova khawlai a vak rawlai, zan rei tak taka mahni in lama haw nachang hre lo, nu leh pate leh chhungte rim taka an thawhchhuahsa ring sawi tur an awm nual ta mai. “An idle brain is the Devil’s workshop” tih sap thufing a awm a; Thatchhiatna hian nu leh pate lakah hel rilru min puttir thei a ni. Hemi atana pawimawh tam tak awm zingah point pahnih chauh han tarlang a tha ang. THAWHRIMNA/ TAIMAKNA: Mizo, Israel ram a pem ta, mi pakhat sawi an tih chu “Israel rama kan thawhrim ang tak hian Mizoramah hna thawk lo ni ta ila chuan Mizo te hi kan ropui khawp ang.”a ti a. Hei hi a dik ngeiin a rinawm. Israel ram ro lutuk ai chuan Mizoramah hian thawhrimna in rah a chhuah awl zawk ngeiin a rinawm a ni. Thawhrimna tel lova ram leh hnam changkang leh ding chhuak an la awm ngai lo. Lehkha zir hlawhtlinga ding chhuak te leh sumdawng hausate hi, mutmu pawh tuah lova, an tih tur vei a, rim taka thawka lo ding chhuak an ni deuh vek a ni. Mi hlawhtling te hi an hlawhtlin nan a an kalkawng a an taimak leh thawhrimna te hi kan entawn tur chu a ni. Singapore ram zim te 734 square km leka zau hi British kut atanga an indan tirh chuan reitheihna in an khawtlang nun a ti buai ve hle thin an ti a. An ram hruiatu Lee Kuan Yew chuan khawvel hriat an nih nan taimakna leh thawhrimna i uar ang u tiin mipui an fuih thin a; tunah chuan “Mi taima leh thawhkrim hnam kan ni.” tiin an inchhuang tawh hle a ni, an ti. RINAWMNA: America leh Europe ram te an changkan leh an dinchhuah chhan ber chu an mite an taimak leh an rinawm vang a ni tiin mithiamten an sawi thin a ni. Rinawmna hi kawng engkimah hlawhtlinna lungphum a ni. Thawhrimna kan tlakchham takna chhan pawh hi rinawmna lama kan tlak hniam vang niin mithiamten an sawi a, a dik hmel viau mai. Rinawmna hian thawhrimna a hring a, thawhrimna chuan zahawmna leh kawng hrang hranga intodelh a hrin thin. Kan ram leh hnam leh chanvo theuhah rinawm leh taima taka Pathian tih chung a kan thawh a tul a ni. Bible chuan “Mihring sum hlu chu taimak hi a ni” a ti a ni. Y.M.A thuthlung sawm (10) a point pariatna (8) chuan heti hian a sawi a ni. Mahni intodelh hi zahawmna leh huaisena ani tih hria in, mite bantu ni lova, mite tanpuitu ni thei turin, mahni keiin kan ding thei tur a ni.” Hei hi a pawimawh hle mai. Kan ram leh hnam tan hian rinawm takin taimak i chhuah zel ang u, midang pawhin an tih theih chu kan ti ve thei ang tih rilru nghet tak pu chungin, hmalam i pan zel ang u.	ADVERTISEMENT JM SEPTIC TANK SERVICE 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. (10-4) Registration: MRS 542 Contact: 9862476439 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 thawk thei e (20-16) Contact - 9862344971 Bawngkawn South L.R SEPTIC TANK SERVICE Septic tank paihfai, pipe fitting, Commode block, soak pit repair leh a khur repairing engkim kan thawk thei e. RATE : INBIAKREMNA 7630842234/7628867799 (20-6) HOLY CHILD SCHOOL, RAMHLUN NORTH OPEN ADMISSION FOR 2026-2027 Kum 2026-2027 session atan Holy Child School ah Nursery leh KG lut turte tan Admission hawn a ni leh dawn a. Ni 2 February, 2026 atangin School ah admission a tih theih ang. Hrechiang duh tan a hnuaia Phone number tarlan ah hian zawhfiah theih reng a ni. (5-3) 9436154080 holychildschool143@gmail.com ADMISSION NOTICE Govt. Ramhlun North P/S ah kum 2026 Academic Session atan admission a tih theih ta e. Office hun chhungin admission form la in a in admit theih e. Hriatchian duh nei tan a hnuaia number tarlanah te hian zawhfiah theih a ni : 9862300713/ 9615842618/9862013295/9862075945 AR-ELLS SCHOOL : CHAATLANG RUAM VENG Kum 2026 – 2027 session atan Nursery to Class XII (Science) ah tehian admission hawn tan a ni. Office hour chhungin school-ah Prospectus leh Admission form a laktheih e. Sport lama tui mite tan concesson pek a ni ang. Contact : 7005563110 / 9612235703 (2-1) PUIA SEPTIC TANK SERVICE Septic tank paihfai, commode block, pipe, commode fitting, soak pit leh a khur repairing engkim kan khawih thei e. Rate: INBIAKREMNA Ph: 6909266562 (10-9) CAMFORD JUNIOR HIGH Ramhlun Venglai, Aizawl (2-2) ADMISSION NOTICE Admissions open for the 2026-27 session for Nursery to Class- VIII *Nursery students should be 3 years *LKG students should be 4 years Contact- 8575221396 Sd/- Principal Camford Junior High	HNARUAK (2-2) PES Ramhlun North-ah a hnuaia tarlan ang hian hna a ruak a, a duh tan dil theih a ni e. 1. Hindi Teacher - 1. Thiamna - HSSLC (Gen.) Trained Graduate (Hindi Major/Hindi as one of the subjects) Hlawh - ₹ 20,000/-pm 2. Peon-cum-Chawkidar - 1. Thiamna - Class VIII pass Hlawh - ₹ 10,000/-pm (Chenna In, tui leh eng man chawi ngai lo) 3. Dilna chungchang 1. Dil theih hun chhung ni 2-18.2.2026 2. Personal Interview hun: Ni 4.3.2026 (Nilaini) 10:00AM 3. Hindi Teacher diltute tan ni 20.2.2026 (Friday) ah Written Test neih tur a ni. A hmun: KTP Room, Ramhlun North 4. Dilna form siam sa hmanga dil tur a ni a, Form hi School hun chhungin ₹ 10/- a lei tur a ni ang.	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