



MARYMA

Ramhlun North YMA Chanchinbu

“YMA thuvawn: YMA chu tanpui ngaite tanpuitu”



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

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Ramhlun North: Ni 28 February, 2026



BRANCH THU THAR

■ Thlanmual a thlan chei tu, a cheina hlui paih thin ten, a thlang, mi ramah kan cheina hlui te paih thlak loh tur a ni a. Bawlhhlawh bawm/a halna tura siamah paih thin tur a ni.



SECTION THU THAR

■ **Saizahawla Section:** Ni 06.03.2026 (Zirtawpni) zan hian Saizahawla Section chuan thlan laih hnatlang an nei dawn a, memberte thawk chhuak theuh tuin an in ngenin an insawm a ni. Zan dar 6:30 ah Chawngbawla Run kawt atangin chhuah tur a ni ang.



SUB-COMMITTEE THU

■ **Library Sub-Committee:** Tv. Lalramngheeta Ngente (Mapuia), C-Sec. hnen atangin ₹ 1,000/- lai an dawnga, an lawm hle.



CENTRAL YMA THU

■ Central YMA Hall-ah Central YMA hnuai Disaster Response Team hruaitu leh member lak luhna hun hman a ni a, he hunah hian Pu S.F. David Ngursangzuala Asst. Secretary, Tv. Darremsanga Renthlei CEC, Pu P.C. Lalthianghlina CEC leh Disaster Management Sub-Committee member-te an tel.

■ February 21 - 27, 2026 chhunga Central YMA hnuai Ruihhlo Do pawl, Central Anti- Drugs Squad (CADS) ten ruihhlo leh a kaihnawih an man dan:

No 4 hawng. : 10
Tictac. : 111
Ganja. : 10 kg. 196g
Codeine. : 57 Bur
Alprazolom : 1500 mum
Tumi. : 2000 tabs
Pretica. : 4000 tabs
Pregabalin. : 576 tabs.

Ruihhlo kaihnawih ah mihring 76 man niin heng atang hian Excise & Narcotic Deptt ah mi 5 pek niin Home ah mi 3 dah luh a ni.

Library duty turte:

1. Lalrinawma, N-Sec.
2. Vanlalhruii, N-Sec.
3. Lalrinsiami, N-Sec.
4. Lalbiakhlui, K-Sec.
5. Nancy Zonunthari, K-Sec.
6. Lalnunfeli, K-Sec.

VENGCHHUNG KAWNG SIAM HNA ZAWH A NI

(A tlo leh tlo loh chu mipuite kutah a awm)

Ramhlun North, the 28th February, 2026: Aizawl khawpui chung kawngpui siam hna (re-surfacing) hna hi nikum March 2025 atang khan tan a ni a, Ramhlun North huam chungah pawh hmalakna a chak hle. March 2025 khan Sihpui Road siam tan niin, October 2025-ah a chhe zual lai siamthat hna thawh leh a ni a. Kum 2025 tawp lam khan Bawngkawn leh Chanmari inkar Main Road, Ramhlun paltlanga kawngpui pawimawh tak chu tuang taka siam zawh a ni baw. Kumin January 2026 thla chung khan College Road lamah hna thawk lehin, zan ruk (6) chung rim taka thawh a nih hnuah zawhfel a ni a. Industry peng chho pawh February 4, 2026 khan tuang taka siam zawhfel a ni leh ta a ni.

He hna hi PWD hnuai Nidhi Creative Infrastructure Pvt. Ltd. (Assam) ten thawk in tunah hian Sakawrtuichhun lamah an in bun mek a, an company hian kum thum (3) chung kawng hi an enkawl zui dawn a ni. Ramhlun North huam chungah hian kawng pawimawh tak tak peng thum li (4) – Bawngkawn-Chanmari via Ramhlun (Main Road), College Road, Sihpui Road leh LC Road te kan nei a. Tun dinhmunah chuan kan veng kawngte hi a tha hlawm hle a, kawng tha kan neih hian kan nitin nun a tih zangkhai mai piah lamah veivahna kawngah pawh nun a ti awlsam hle.

Kan zavai a kan that tlanna turin leh kan kawngpui te tlo zawk leh him zawk a kan lo neih theih nan 152, BNSS, 2023 in a sawi angin kawngpui area chin ah heng te hi khap/Dan in a phal loh te an ni:

1. Kawngpui-ah eng thil pawh kawng tichep zawnga dah hnaw phal a ni lo.
2. Kawngpui ah Rod chhut phal a ni lo.
3. Kan insakna leivung leh bungraw dang hman a Side drain leh culvert hnawh phal a ni lo.
4. Kawngpui hi phalna neilo a mahni thu a lo laih (Road cutting) theih a ni lo.
5. Kawngpui ah tuichhe paih/tui luan tir phal a ni lo.
6. Garrage luh na turin Black top chungah (Side drain) pel in dawh phal a ni lo.
7. In chung sang atangin Black top chungah tui khawh thlak tir phal a ni lo.
8. Kawngpui-ah Motor sil/ a silna tui luan tir phal a ni lo.

Heng tarlan tak dante hi mipuiten kan zawm theuh a pawimawh hle. Kawngpui hi sorkar chauh enkawl tura kalsan mai lova, a hmangtu mipui zawng zawngte hian kan ta a ni tih hria a kan humhalh a pawimawh takzet a. Kan ram hmasawna leh kan himna atan heng dan tarlante hi mimal tinin kan zawm theuh hian, khua leh tui tha kan nih mai piah lamah kawngpui tlo leh nuam zawk kan neih theih phah dawn a ni. Chuvangin, mahni zawn theuhah fimkhur chhuah a, kawngpui tichhe zawnga che lo tur leh leh midangte pawh zirtir zel turin kan in ngen thar leh a ni.

SCHOOL CHAWLHCHHUNGIN YMA LIBRARY LAMAH

Naupang School chawlh hun a lo ni chho leh ta a, chawlh chhunga naupangte'n an hun awl hlawk tak leh tha taka an hman theihna turin Library Sub-Committee chuan duhsakna a hlan a. YMA Library-ah hian naupang leh tleirawlte tana an lehkhabu chhiar tur tha tak tak, an kum mil awm taww zelin leh an nun kawng kaihrui thei tur eng emaw zat a awm a ni. Library Member ni lote tan pawh a hmunah duh tawkin lehkhabu a chhiar theih a, reading table leh chair nuam takah reading mood takin a chhiar theih baw.

Library hi a theih ang chin chinah tih changtlun chhoh zel a ni a. Library website www.nymalibrary.com hmangin kan lehkhabu duh zawngte awlsam takin a zawn zung zung theih a. Lehkhabu awm mek leh hawh chhuah thlengin a hriat theih vek baw.

Library Member-te tan bik thla tinin Library tlawh thate hnenah lawmman pek leh tum a ni a, lawmmanah hian naupangte tana an chhawr tangkai theih tur siam leh a ni ang. Library Membership Drive 2026 hi hun remchang hmasaah neih tum a ni a, nikuma member ni tawhte kumina member ni chhuzawm turin kan beisei che u a, member la ni lote pawh kumina ni thar turin kan insawm lawk baw e.



Inkalpawhna Tha leh A Enkawl Hna

Kan nitin nun khawsaknaah hian inkalpawhna kawng hi kan nunna hnar pawimawh tak a ni a. Ei leh bar zawwna ațanga veivahna thlengin, kawngpui tha kan neih leh neih loh hian kan hmasawwna a hril thui hle. Amaherawhchu, sorkarin sum tam tak senga kawng min siamsakte hi a hlutna kan hrethiam tawk lo nge, a wawn thianghlim leh enkawl zui kawngah hian kan la hnuful hle mai. Kawngpui hi sorkar chauh ni lovin, mipui ta a ni tih kan chian thar a ngai takzet.

Kawngpui hi a nihna ang tak 'kawng' atan hman tur a ni a, bungrua leh hnawmhnawk dahkhawmna hmun a ni lo. Mi tam takin mahni kawtkai kawngpui hi mimal ta emaw tiin, hun rei tak bungraw dah nan kan hmang thin a; hei hian veivahna kawngah harsatna siamin, kawng pawhin a tuar thin reng a ni. Kawngpui sira thil kan chhekkhawm hian lirthei leh ke-a kalte tan chetvel a tiharsa a. A bikin kan ram, kawng zim leh kual tamna hmunah phei chuan kawngsira bungraw dah te leh motor park-te hian traffic a tihbuai nasat bakah kawng a ti zim zual a, chetsualna a thlen hma bik hle.

Chutih rualin, kan tuichhe paih kawngpui kan luanthir mai thin hian kawng a tichhe nasa a, hetiang a ti thinte hian mahni tuichhe paihna kan siamthat a pawimawh takzet a ni. Sorkar tih tur emaw chet hun nghak mai lovin ram hmangaihna thinlung pu chung a mahni kawtkai leh tuilunkawrte kan tihfai thin hi a ngai a. Kan nitin hman kawngpui hi mimal ram a nih loh avangin, midang tana harsatna siam lova uluk taka enkawl hi kan zavaia mawhphurhna a ni.

Inkalpawhna tha kan neih nan sorkar chauh kan thlir reng thei tawh lo va, kawng enkawl hi mimal tinte mawhphurhna a ni tih mipuite hian kan hriat thar fo a pawimawh. Kawngpui tha leh thianghlim hian khawsak a tinuam a; veng changkang kan nih leh nih loh chu kan kawngpui enkawl dan hian thui tak a hril a ni tih i hre thar ang u.



KHAWTHLIR

LIANDO DÂR

Liando Dâr han tih hi chuan, kan rilru-ah Liandovate unau kha a lo lang nghâl mai âwm e. Kan Mizo thawnthu-a kan hriat lâh leh, kan rilru khawihthu ber pawh Liandovate unau chanchin, an fahrah retheihzia te, an vanduinna kawng chhuk chho an zawh bek bek lâi a, an chung a zângkhua a lo bungbut a, vanneihna leh mal sâwmna an dawn zozâi zîngah, an darbu neih dân chanchin ropui takte hi kan ralkhat hriat vuai vuai a. A hnu lehzêla an inrochun dân erawh hriat a harsa tawh hle. Upa titî mai lo chu hriat dân a vâng hle mai. Unau thawnthu sawi mah a dang an lo ti mathlâwn lo va, he Dâr ropui tak chanchin pawh hi, kim lo leh fiah lo ruaiin i han sakhi chul ram fan thuak thuak ang aw.

An chanchin chipchiar sawi lovin, ngaih pawimawh lâi chauh thur ila. Khatia tlangval rualho ram chhuaka an kal dam dam lâi khân, Saphai lian tak pakhat chu kawrpuaia thingtuluang inkham kâi, lei-a an zawh thin hrûl hnuai lam deuhvah chuan a inkham zui mai a. Chutia thingtuluang an zawh lâi chuan, Tuaisiala chuan an thingtuluang zawh hnuai lam chu che hrut hian a hria a. A û hnênah a sawi a. Liandova chuan chutiang thu âwihawm loh chu sawi lo tûrin a lo khap fak mai a.

An chawlh lâi chuan, naupang â tih takah, Tuaisiala chuan an thingtuluang zawh hnuai a thil hmuh leh hriatte chu a sawi leh a. Tlangvalho chuan, "Tuaisial, dâwt sawi sawi teh suh, i kâ a kua a, eng emaw i sawi ang phurh phurh a, i kâ-ah khan sedai êk hi kan hnawh mai tûr a nia" an ti ta hrep mai a. Tuaisiala chuan, "A ni tlat alawm, a mit khap fuk fuk pawh ka hmu reng" tiin a țang kawh hle mai a. Tlangvalho chuan, "A nih chuan i va fiah ang u hmiang, a lo nih loh vaih chuan Tuaisial, kan vaw hlum dân che a nia, i ngam maw?" an han ti a. Tuaisiala chuan a lo ngam nasa mai si a. Tichuan an va fiah a, Tuaisiala sawi ang ngêi khân Rulpui lian tak mai a lo ni a. An ti hlum a, an sa chu an chan luih luih mai a. Liandovate unau, fahrah, mi țawngkam chhe tleuna chuan a sa tha lâi pawh chang pha lovin, a pumpui an pe a, lui mawng lamah su turin an tir ta a. An sa hmuh ve pawh a sa tha lâi an pe phal lo chu Liandova rilru chu a na hle a, a țap fuih fuih a.

Tuaisiala chuan hlim takin an sa chan ve chu a hnûk thla det det a. A pumpui chu an chem neih chhun chuan a han zai a. A zai zâwng chuan a ri rêt rêt a, Tuaisiala chuan, "Ka û, țap tawh suh, eng emaw ka zai ri rêt rêt a nia, thi leh dâr a ni maithei" a ti a. Liandova chuan, "Khawia thi leh dâr rulpui kawchhungah va awm suh. I ât vang vek a nih kha" a ti a. Tuaisiala chuan an sa pumpui

chu a han zai hawng a. Thi leh dâr tam tak a lo awm hnûr mai a. Mi hmuh an hlau leh hnahnawh a, lui mawng lehzualah an chhukpui a. Kha an saphai thah ták khân, khawchhak sumdawng hausa Singaia a lo dawlh niin an sawi.

Tichuan Liandovate unau chu an lo hausa ta hle a. An dar chu a rûkin an tum thin a ni. Liandovate unau dâr hi, engtin nge a awm a, tu tu-in nge kawh tih hriat a har hlê a. Liandovate unau hnu-ah hian Chawngthlêng lal Hauchema, Sawngkhara pa'n a kawh leh ni âwma hriat a ni.

Chumi hnu-a kawh leh hmasa ber ni-a hriat leh chu, Sailo lal zînga hausa leh dam rei ber ni-a hriat, Lianlula thlaha mi Savunga'n a kawh leh a ni. Savunga hi Sailova fapa pahniha Lianlula fapa, Darliankuala fa mal a ni a, a hausa hle a, Sailo lal zîngah chuan a hausa ber tia sawi a ni. A ro tha, a hming thanpui deuh deuhthe chu - Liando darbu, Ngunte thi, (Thival), Vaimut (Darkhuang) leh Laizo darte an ni. Amah hi lal induh leh, mi chung tlak thiam tak a ni a. Rolura thlahte hi a hmusit hle a, "Nangni in bete rum bàrna in kut lah a khir tak iar uar a, keini lah Liando dar kan tumna kan zungțang lah a kak zo tawh" a tih khum thin a ni.

"Savunga chu Manga thlah leh Rolura thlahten an rawk ta fo mai a. Darkhuang hmingthang Vaimut leh Laizo Dar pawh Manga thlahten an laksak tawh a. A ro tha ber laksak tûra a thawh chhuah lâi takin Nalzawl (Kanghmun bul) ațangin a zan a zanin Chhinghuaia, Chhangte mi a inpuak chhuahtir ta a, Lalsavunga thlah Buangtheuva a bel ta a ni" tiin Pu K Zawla chuan a ziak. Sawi dan dangah chuan, Savunga hian Lalsavunga thlah, Vanhnuaailiana thlahte a bel a, Vanhnuaailiana nupui Rolianpuii chuan a fapa pathumna Lalburha Vancheng lal kawh tûrin Liando Dar chu a pe ta niin an sawi.

Chutia Lalburha'n Liando Dar a kawh chu a lâwmin a chhuang êm êm mai a. Chutia rei pawh kawh hman lova a awm lai chuan, Lalburha khua chu bungrua pawh chuh hman lovin a kang ral ta vek mai a. Liando Dar pawh chu an khaw kângah chuan a kâng ral ve ta a ni. Lalburha chuan a ui êm êm mai a, a zu ruih lunglên châng phei chuan a țapui kur kur thin niin an sawi.

ADMISSION NOTICE (3-1)

Govt. Republic High School Ramthar Veng

March 9, 2026 ațangin Class IX & X
admission hawn a ni dawn a, holiday tel
lovin ni tin dar 9:30 AM - 1:30 PM
chhung hawn a ni ang.

Computer & puanthui a thlawna zirna a
awm a, kal hmasa duhsak an ni ang.

Contact : 9862570546 / 8974025369

Editor: Vanengmawia (7085878827); Jt. Editors: A. Lalfakzuala, Lalrotluangi Zote, , Henry VL Nghilhlova Zote

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Circulation Managers: PB Lalthuapzauva, Samuel Lahlupuaia, Hmingthanzuala, Vanlalrinkima, R. Zodinsanga, Zothankhuma, Lalrinchhana, K. Lalmuanpuaia

ZIN & HAW

- Pu Malsawmzuala Ralte, BECM te chhungkua chu Shillong ah an zin.
- Pu Tlangtimawia Zote, Ex President te nupa, V-Sec. damlo awmpui a Shillong lama zin chu an lo haw leh ta.
- Pi Siampui w/o Pu Lalpiangthara Adviser RNYMA, S-Sec. a u fanu boral avanga Rawpuichhip a zin chu a lo haw leh ta.
- Pu Rorelkima, T-Sec. chu a hnathawhna hmun Saitual atangin chawlh hmangin a lo haw.
- Pi C. Lalthangliani, K-Sec. chu Bungtlang South atangin chawlh hmangin a lo haw.
- Pu Joseph Lalthanliana, K-Sec. te nupa inneih hmanga Suangpuilawn a zin chu an lo haw leh ta.
- Pu Lalrinhlua Fanai, T-Sec. chu a hnathawhna hmun Delhi atangin chawlh hmangin a lo haw.
- Pu David Vanlalhruaia te chhungkua, V-Sec. chu an hnathawhna hmun Lunglei atangin an lo haw.
- Pu Laldusanga te chhungkua, K-Sec. Suangpuilawn a zin chu an lo haw leh ta.
- Pu Hrangdailova, S-Sec. Pu Lalzuala, S-Sec. Pu Lalmangpuia, S-Sec. Pu Lalnunmawia, S-Sec. Pu Dennis L. Sithlou, S-Sec. Pu Lalmuanpuia, K-Sec, Pi Lalrinchungi te nupa, S-Sec. chhiat tawhna avanga Sesawnga kal chu an lo haw leh ta.
- Pu Zodingliana te chhungkua, S-Sec. chu thil pawimawh buaipuiin Saitual ah an kal.

PAWL DANG

- **Ramhlun North Football Club:** RNFC U-10 leh U-12 tournament March ni 6 leh ni 7 RSC Field-a tel tur te tan hriattur:
 1. Age proof document atan Birth Certificate (QR code awm ngei) hman tur a ni.
 2. Team 1 ah players pariat (8) aia tam lo an awm tur a ni.
 3. Team tin ten Jersey neih theih ni se, remchang lo tan Organising Committee in hak tur BIB a ruahman sak ang.
 4. U-10 leh U-12 Lawmman Champion - Trophy + Medal + ₹ 2000
Runners up- Medal + ₹ 1000
Best Player - Trophy + ₹ 200
Best Keeper - Trophy + ₹ 200
Top scorer- Trophy + ₹ 200
- **Mistiri Ramhlun North Branch:** Dt 3.3.2026 (Thawhlehi) zan atang hian veng chhung ah Mistiri Ramhlun North branch te chuan chemte/hmanrua tat hriam a inhlawhna neih tum a ni a, veng mipui ten lo hriatsak turin an ngen e.

DAMLO

- Pi Lalthansangi w/o Pu Ngurthanzuala (Fam), N-Sec. chu natna hrang hrang avangin Synod Hospital, Durtlang ah enkawl mek a ni.
- Leah Zosangpuii d/o Zonunsanga, C-Sec. chu LRM Hospital-ah khawsik avangin enkawl mek a ni.
- Samson K. Zomuanpuia s/o Joel Lianthangpuia, S-Sec. Nazareth Hospital- a awm chu in lamah in enkawl chhunzawm turin a lo chhuak.
- Tv. Lalruatpuia s/o Pu C. Ropianga, V-Sec. chu a khup veilam March ni 16 khian Delhi-ah zai an ni dawn.
- Pu C. Laltlanmawia, C-Sec. chu Ebenezer Hospital, ICU-ah enkawl mek a ni.
- Pu Lalrinzuala, S-Sec. Greenwood Hospital- a awm chu in lama enkawl chhunzawm turin a lo chhuak.
- Pu H. Lalhmachhuana, T-Sec. chu taksa chak lohna avangin in lamah enkawl mek a ni.
- Pi S. Thansangi w/o Ngurthanzuala (L), T-Sec. Synod Hospital, Durtlang a awm chu a lo chhuak leh ta.

KOHRAN

- **Presbyterian Kohhran, Ramhlun North:** Kristian Thalai Pawl, Ramhlun North Branch atangin member 300 vel KTP General Conference Vawi 61-na hmang turin Saitual ah an kal.
 - **Presbyterian Kohhran, Ramhlun East:** KTP General Conference Vawi 61-na, Saitual a neih meka Kristian Thalai Pawl, Ramhlun East Branch atangin member 116 vel an kal.
- KTP General Conference-a kal zawng zawng te, hun nuam leh hlawk thlak tak hmang turin duhsakna kan hlan a che u.
- **Baptist Kohhran:** February ni 26, 2026 khan MTKP Rorel Inkhawm chu BCM Biak In, Electric Veng, Lawngtlai ah neih ani a, Ramhlun Pastor Bial atangin Rorel palai 7 leh Unit aiawh mi 1 an kal.
 - Ramhlun Pastor Bial Kristian Naupang Pawl (KNP) hruiatute intawhkhawmna chu BCM Biak In, Durtlang Muavengah Pathianni chawhnu hian neih a ni dawn a, KNP Ramhlun North Unit hruiatute pawh he hunah hian telin Special Item (Group zai) an nei ang.
 - **Salvation Army:** Dt. 1.3.2026 (Thianglimna Inkhawm) ah hian Pu F Thanzauva, QM Appreciation Certificate hlanna Inkhawm neih ani ang.

Govt Chaltlang High School**ADMISSION NOTICE FOR 2026**

Class IX & X Admission, school office ah a hnuai mi ang hian hawn a ni ang
3rd March - 13th March, 2026
10:00 a.m - 2:00 p.m.
Additional Courses: STEM Lab, Beauty and Wellness, NCC and IT & ITES
Contact Numbers : 9774016717/
9862593245 (2-1)
Sd/-Headmaster

KEIMAHNI

- Advertisement hi vawi khat ah chhuah vek sen a nih loh avangin a kar thlak a han chhuah chang kan nei thin a, advertisement rawn ti thin te in mi hiratthiamna kan ngen e.
- Kan Branch Vice President, Pu Lalrochama chuan kan thingpui in na tur min rawn tum sak a, a chungah kan lawm hle.

LOCAL COUNCIL

- Salvation Biak In bulah leh Tlaklui bulah public tui pump siam that a ni a, veng mipuiten dimdawi taka enkawl turin kan inngen a ni. Tui pump ah te hian Motor sil phal a ni lo.

LAWMAWM

- Pu Vanlalhlamuana, T-Sec. (Director, Agriculture & Farmers' Welfare Department) chu Superannuation Pension in tunkar khan a chhuak.
- Pu B. Lallawmawma leh Pi Vanlalruati te nupa, N-Sec. chuan ni 15.02.2026 khan LRM Hospital-ah fapa an nei.
- Pu Lalnunluanga leh Pi Judith Rammawizuali te nupa, S-Sec. chuan ni 17.02.2026 khan Synod Hospital, Durtlang ah fapa an nei.
- Pu Laldingpuia leh Pi Lalkrossmawii te nupa, K-Sec. chuan ni 20.02.2026 khan ZMCH ah fapa an nei.

THILDANG

- Pu Zohmingthanzauva te chhungkua, V-Sec. chuan an in thar an luah fel ta.
- Pu Vanlalnunpuia Varte, C-Sec. chu a hnathawhna hmun Bungtlang South atangin Aizawl ah sawn a ni.
- Pu Lalsawmzuala Pulamte, C-Sec. chu a hnathawhna hmun Thingkah atangin Aizawl ah sawn a ni.
- **Insawn:** Maj. Romawii w/o Maj R. Thangkhuma (Fam) te chhungkua chu Pu F. Thanzauva in S-Sec. atangin Zonuam Veng-ah an insawn.

**RAMHLUN SOUTH HIGH SCHOOL
AIZAWL, MIZORAM****Class IX & X Admission 2026-2027**

27th Feb, 2026 atangin School Office-ah admission a tih theih e (9:30AM-1:30 PM)

Admission, Uniform, Monthly Fee - FREE
Smart Classroom, Extra Class & Study Camp, Science & Mathematics subject- a chaklo leh harsatna nei te a bika enkawl an ni ang.

Sport (School/District), Study Tour (Mizoram pawn), Cultural day, Career Guidance, Gospel Crusade, Filed Trip/Environmental Studies, Etc.

Document thil tel tur: Transfer Certificate, Permanent Education No. (PEN), Marksheet, Aadhar Card, Birth Certificate photo copy, Passport size photo-2 nos.

Seat limit-a awm avangin a kal hmasa apiang duhsak an ni ang.

Ph: 9774312294/9856712573/9862323177
sd/- Headmaster (2-2)



ARTICLE

DAM REI NAN-

MUT THAT LEH THIN NATNA

- Dr. J. Lalramchhuanga, MD

Huazhong University of Science and Technology, China a zirchianna an neih ah chuan, mut that loh/mut tlem leh thin thau bawh natna (Fatty Liver) lo inkungkaih ril zia an hrechhuak a. Zu vang pawh ni lem lo a, thinah thau a lo inchhekkhawh nasat lutuk khan zu in lo thin thau bawh (Non-Acoholic Fatty Liver Disease) kan tih hi a siam a. Hei hian khawvel mi maktaduai engemaw zat hi min nghawng mek a. America ram puitling zaa 45 zet in thin thau bawh hi an nei a ni tiin zirchianna pakhat chuan a sawi. Enkawh that a nih loh a, mahni lam ei leh in insum hmangin emaw insawizawi hmanga kan inenkawl vat a nih loh chuan, dinhmun thalo zawk thin ro emaw thin cancer a thlen thei a ni. thin thau bawh hi enkawh theih a ni a, thin ro stage a thlen tawh erawh chuan, enkawh nasat a ngaiin ngai a awl leh mai thei tawh lo. Zu in mi phei chuan thin ro hi an thihpui nasa hle a. Zu in ve miah lo pawh, ei leh in kan uluk loh a, kan taksa a rih lutuk a, kan insawizawi that loh chuan, thin thau bawh neiin a tawpah thin ro emaw thin cancer neiin kan awm thei. Hetiang damlohna hi engemaw zat kan hmu chho mek a ni. Kan fimkhur a tul hle mai.

Zirchianna 'Hepatology International' a an tihchhuahah chuan, thin thau bawh nei mi 112,196 an zir bing a. Chung mite zingah chuan mut kham lo/mu tha lo ten thin ro natna an nei hma bik hle tih an hrechhuak a ni. Mut that chuan thin hriseina kawngah nghawng tha tak a nei a, inthlahchhawna (genetic) atanga thin tha lo chung a mi pawh lo ni se, mut that hian awmzia a nei hle tih hriatchhuah a ni. Tumahin inthlahchhawng avanga risk kan neih te kan tidanglam thei lo a, nu leh pa kan pianna te kan thlak thei lo. Nimahsela, chuti chung chung chuan, mut that hian a tha zawngin nghawng a nei a. Zan tin darkar 7 atanga 8 mut thin hian hriseina kawngah a tha zawngin nghawng nasa tak a nei a ni.

Kan taksa hian zantin darkar 7-8 mut thin hi kan hrisein nan a mamawh a. Mut tlem hian kan thin chauh ni lo kan taksa hriseina ah kawng hrang hrangin nghawng nasa tak a nei a. Hriatrengna hloh te, ngaihtuah bing theihlohna te, lu na, anxiety/depression, nguaina leh nguina te, thutlukna dik siam hleih theih lohna thleng in a thlen thei a ni. Tin, natna benvawn nei sa te tan natna benvawn a tizual kai thei bawh.

Ngaihtuah ngun ngai tak chu, tunhnaia zirchianna pakhat chuan, zana rei tak tak meng thinte hian zunthlum an vei hma bik tiin a sawi a. Zanlai pelh hnua mu thin ten zunthlum hi kum 40 tlin hma in an vei hma zawk an ti a (1.46-fold increased risk of developing diabetes). Darkar 1 zela mut tlai hian zaa 52 in zunthlum neihna chance a tipung an tihial a ni.

Heng zirchianna atang te hian Pathianin mut hun atana min pek, zana mut that hian kan hriseina mai ni lo kan damreina tur thleng in nghawng thui tak a nei tih kan hre thei ang. Zana darkar 6-7 mu thinte tan thin thau bawh an lo neih pawhin thin ro an neihna tur a tikhawtlai emaw a veng thei hial in sawi a ni. Mut that kan tih hian ni leng lenga mut reng lam kan sawi lo va. Chhun hnathawhna hun Pathianin a siam a, active taka awm a, ei leh in tur dik a tawh chauha ei leh in in, zan hahchawlhna hunah tha taka mut kan tum tur a ni. Hetiang hi 'circadian rhythm' an ti a, Pathianin kan nunphung tura fel taka a lo duan sa zawm hi hriseina atan a lo tha ber mai.

'Damna leh Hriseina in hnenah.

JEREMIA 30:17

Ka tihrisel leh ang chia,

I hlum zawng zawng chu ka tidam ang,

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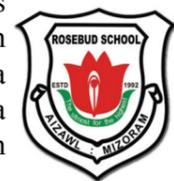
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- Sawrkar laipui ruahmanna angin behliang dal hi NAFED & NCCF -in Mizoram-ah Agriculture & Farmers Welfare Department kaltlangin kg khat cheng 80 in (behliang mu chang/ behliang dal) a lei dawn.
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