

Estd. 1983

Reg. No. 386 (MZ)



MARAM

Ramhlun North YMA Chanchinbu

“YMA thuvawn: YMA chu tanpui ngaite tanpuitu”



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

Vol. 44

Issue No. 26

Ramhlun North: Ni 27 June, 2026



BRANCH THU

■ CYMA ngenna angin TBCC-ah tanpuina ₹ 30,000/- man hu pek tura ruahmanna siam a ni.

■ Central YMA leh LBS Suzuki tang dunin Inter Branch YMA Band Contest an buatsaih turah Branch hminga tel turin ruahmanna siam a ni a. Heta tel tur hian entry fee pawh pek tawh niin incharge atan Pu Joseph Lalhmingliana, Asst. Secretary chu ruat a ni.



SECTION THU

■ **Khuangchera Section:** Ni. K. Lalruatkimi te chhungkua chuan an nu Pi Thangmani (Fam) hriatreng nan, Pedestal Fan pathum (3) Khuangchera Section-te an pe e, Section hruaituten lawmthu an sawi.

■ **Chawngbawla Section:** Pu K. Lalnithanga te chhungkua chuan, an fapa Paul Lalthawmmawia (Fam) hriatreng nan plastic bench 10 an pe a, Section hruaituten lawmthu an sawi. Tin, committee member atan Ni. F. Lalhriatpuii leh Ni. F. Lalrinzuali te chu ruat an ni.

■ **Neuva Section:** Asst. Leader tanglai Pu Lalremsanga chu hna thil avanga a nihna a chelh chhonzawm theih loh avangin Asst. Leader atan Tv. F. Lalremruata chu ruat a ni. Tin, committee member atan Tv. Lalhriatpuii Ralte, Tv. Lalramnunmawia, Ni. F. Vanlalhruaii leh Ni. Lorna Laldusaki te chu ruat an ni.

■ **Taitesena Section:** Ni 23.6.2026 (Thawhlethni) zan khan YMA Committee room-ah Taitesena section Committee leh member thenkhatte Mizoram Rural Bank Ramhlun Branch-in a buatsaih Financial Literacy Campaign programme hmang hovin zawhna leh chhanna hunte hman a ni.

Library duty turte:

1. Samuel Vanlalnghaka, N-Sec.
2. PC Lalrindiki, V-Sec.
3. Lalfelfamkimi, V-Sec.
4. Lalmuanpuii, C-Sec.
5. Lalremruatkimi, K-Sec.
6. Lalhruaitluangi, T-Sec.

STATE FELICITATION OF KAYAKALP AWARDEES MIZORAM 2025-2026-AH KAN BRANCH-INCHERAW KAN

Ramhlun North, the 27th June, 2026: June ni 24, 2026 (Ningani) khan Health Department buatsaih, Mizorama sorkar enkawl damdawi in leh health centre hrang hrang ti tha thlan chhuah te puanna leh lawmman hlanna hun 'State Felicitation of KAYAKALP Awardees Mizoram 2025-2026' BSI Hall, Khatla-ah neih a ni a, hetah hian kan RNYMA chu Hnam Lam entir tura sawm kan nih angin Cultural Sub Committee kaihhruainain kan member ten Cheraw an kan a, he huna thawk chhuak zawng zawng chungah RNYMA-in lawmthu a sawi a ni.

Kan veng hi kan lian a, a micheng pawh kan thahnem ve viau nain hnam lam lamah hian inkhawrh chhuah tur kan tam lo hle mai a, Chapchar Kut leh eng emaw nikhuua hnam lam entir tura sawmna kan dawn chang pawhin puitlin theih loh lek lek tum kan nei leh zauh thin. Heta lamah hian tan kan lak thar a ngai hle a, nu leh pa te pawhin kan tu leh fate hnam lam thiam tura kan infuih thar a pawimawh hle mai a, a zirna hun buatsaih chang pawhin a zir tura thawk chhuak kan tlem thin a, hnam lam thiam kan pun zel theih nan tan kan lak tlan a pawimawh hle a ni.

Kan Branch hminga Cheraw Kan te chu:

- | | |
|---|--|
| 1. Ni. Rebecca Malsawmtluangi, C-Sec. | 2. Ni. Ruthi Lalnunmawii, C-Sec. |
| 3. Ni. J Malsawmzuali, T-Sec. | 4. Ni. Selthuampuii Hrahse, N-Sec. |
| 5. Ni. C Lallawmzuali, K-Sec. | 6. Ni. Lalnunpuii Zote, K-Sec. |
| 7. Ni. Lalhnehpuii, N-Sec. | 8. Ni. Zothanmawii, C-Sec. |
| 9. Ni. Rosalind Vanlalhriatpuii, V-Sec. | 10. Pu Lalpawlliana, N-Sec. |
| 11. Pu Malsawmzuala Ralte, K-Sec. | 12. Pu Joel Lalthanliana, C-Sec. |
| 13. Tv. KC Tlangthanchama, S-Sec. | 14. Tv. Zothankhuma, K-Sec. |
| 15. Tv. Zoneihisanga Khiangte, N-Sec. | 16. Tv. Hmingthasanga, K-Sec. |
| 17. Tv. Moses Lalremruata, C-Sec. | 18. Tv. Christopher VL Nunfela, C-Sec. |
| 19. Tv. David Lalnunluanga, C-Sec. | 20. Tv. C Malsawmdawngkima, N-Sec. |
| 21. Tv. Ramdinthara, C-Sec. | |



MEET THE AUTHOR, JULY, 2026 LALHRUAITLUANGA CHAWNGTE IN MIN HMANPUI DAWN

Ramhlun North Branch YMA hnuaia Library Sub-Committee chuan July Ni 4, 2026 Inrinni chhun dar 12:00 ah YMA Library-ah Meet the Author a buatsaih leh dawn. Meet the Author-ah hian Lalhruaitluanga Chawngte, Mission Vengthlang sawm niin he hun hi arawn hmanpui dawn a ni.

Meet the Author hunah hian June 2026 chhunga Library kal thate hnenah lawmman semna neih leh tur a ni dawn a, lawmman dawng turte chu dar 12:00 ah kim taka Library-a kal tur a ni. Lawmman hi Khuallianin a sem ang.

Library tlawhtu kan pung zela, chutih rualin Member zingah Library la tlawh lo pawh kan la thahnem hle. Library tlawh uara lehkhahu chhiar lama tan la thar zel turin Library enkawltuten min sawm a ni. Nu leh pate inthlathung hauh lova in fate Library-a hruai thin turin Library enkawltuten min sawm baw a ni.



KRISTIAN NUN DAN ȚHA NGAIHSAN

YMA hian a din tirh phat ata vawiin thlenga a la vawn nun tlat, a thil tum pawimawh tak pathum zinga pakhat chu “Kristian nun dan Țha ngaihsan” hi a ni. He YMA thil tum hi Mizo khawtlang tana a pawimawh zia leh a thuk zia hi tunlai hmasawna kan ngaihtuah rual hian kan thlir thar leh a ngai tak zet ta. Kan pi leh pu te hun aȥanga kan lo nunpui tawh, tlawmngaihna leh midang tana inpekna kha Kristianna nena kan pawlh thiam hian Mizo nun mawi tak leh duhawm tak a lo piang chhuak ta ȥhin a ni. Kristian nun dan ȥha ngaihsan kan tih hian sakhaw thila ȥhahnemngaihna chauh a kaw lo va, nitina kan nundan, khawtlang laka kan mawhphurhna leh mimal nun hrisel leh thianghlim neih hi a kaw tel vek a ni. Khawtlang tana thil ȥha tih leh tlawmngaihna te, mi rethei leh riangvaite chhawmdawl te hi Kristian nun par chhuahna lai tak a ni a. He nun hi kan khawtlang hian a mamawh reng a ni.

A chang chuan YMA chhiatni ȥhatni a kan tlawmngaihna hi tawk viau ah kan ngai a, Kristian nun dan phung thuk zawk; rinawmna leh ngaihdamna te hi kan nunpui tawk lo fo ȥhin. Ruihhlo do hna thawk nasa ȥhin hle mah ila, ruihtheihthil leh nungchang mawi lo lakah kan fihlim si loh chuan rah ȥha chhuah a harsat phah ȥhin a. Kristian nun dan ȥha ngaihsan a hnekin, nuam tihna ringawt kan um hian kan thil tum lian tak hi kan ȥhelh fo ȥhin.

Hmasawna leh sum leh pai umna hian mihring thinlung hi a daw i â zo tihthi tawh a. Hetiang khawvel inher chho zelah hian rinawmna leh dikna te chawi nung tu te hi a hnufual leh changkanglo anga ngai pawl kan awm chho ta nawk mai. Chuvangin, YMA thil tum hi kan thinlungah thar leh se, kan nun hian thu sawi se, khawvel hmaah pawh Mizo nih hi a zahawm bik ngawih ngawih dawn a ni.

Tlawmngaihna hian ken tel a nei a, Kristian zia; hmangaihna leh thutak ah a innghat tur a ni.



KHA WTHLIR

SEPHUNG THIAMNA THURUK

Sephung (Dung beetle) kan tihte hi Ran êk bawm/tlan/ei a nung an ni a. Zan khatah, anmahni aia rit ran êk (Dung) 250 lai an phum hman ȥhin a ni. dung beetles tam tak chu rollers ti-a sawi an ni a. A chhan chu, ran êk an hlum mum tul zel ȥhin a ni. Chu chu an chaw zinga pakhat a nih bakah, an note âwp kêuna hmun chamber a ni. Tin, Dung beetle dang, tunnelers an tih leh dwellers an tih a awm leh bawk. Dung Beetles chu 3 cm thlengin an ȥhang sei thei a, 2 cm-a hlai an ni thei bawk.

Sephung chuan ran êk chu, a ke a nawr tawhlin a lu lei lam a hawi tir a. Chutiang chuan a nâwr zel a, a nâwr rei tak hnu chuan, ran êk chu a lo mum tul mai ȥhin a ni. Chu tak chu kan thu khel tur ber a ni.

Heng dung beetles te tak te te hian, engtiang chiahin nge ran êk chu an nâwr mum a, an kal vel tih hi, kum tam tak chhunga scientist-te ngaihtuah a ni a. An kalna lam tur hre thei zel turin, van lam thil khi an hmang ȥangkai daih mai hi a lo ni a. Mahse, thil mak tak mai chu, engtin nge van lam thil chu, an thluak te tak te khan a hman ȥangkai theih tih hi a ni! Chik taka an zir fe hnuin, scientist-te chuan, chhuna vak chhuak chi diurnal beetle-te hian navigational cues danglam bik an hmang a, zanah an taksa chhunga hriat mak tak, internal GPS system an hmang bawk a ni tih an hre chhuak ta a ni. Beetles Insect navigation nihphung hi Tûn hma chuan, an zia aȥangin an zir a, tûnah erawh, an thluak hnathawh aȥangin an zirchiang ta thung a, mihring ang thovin, an hriatna chu an thluak aȥanga chhuak niin University of Sussex-a Paul Graham chuan a sawi.

Dung Beetle-te hian khatianga ball an nâwr lum khan ngil takin hla takah an nawr ta ȥhin a ni. Hawi zawng bik mumal tak neia ngil tak a a nawr khan, ni leh thla awmna a hriatna lam tihsawn nan darthlalang an dah khalh chhin a. Chuta ȥang chuan chiang takin ni leh thla awm dan direction-ah a innghat hle tih an hre thei ta a ni. Diurnal species chuan, navigation atan chhunah ni (Sun) awmna lam direction an hmang a. Zanah, Thla (Moon) an hmang thung, nocturnal species erawh an dang deuh thung a: chhun a, Khua a en ȥhat viau laiin, kawng hriat nan ni an hmang ȥangkai a. Zanah, van boruaka thla eng leh arsi chu ni eng angin a eng ve ta si lo va. Polarized light an hmang ȥangkai leh ta dai thung. Chu chu sunlight leh moonlight aȥanga chhuak a ni a, atmosphere-a ȥai darh a ni. Mihring chuan kan hmu thei ve lo va, insect-ho chauhvvin an hmu thei a ni. Lawng mite Compass-in North

lam a kawzawn reng ang hi ni ve lovin, nocturnal dung beetle-te chuan, "Dynamic Compass" an nei niin el Jundi chuan a sawi a, chu chuan eng inthlâk (changing light) dan a zirin a kaihruai ta zel ȥhin a ni. Amah erawh chu, zan thla en loh laiin, navigation atan polarized light a awm ta lo va, mahse, chutiang hunah chuan, Thlasik Kawng (Milky Way) an hmang ȥangkai leh daih zel ȥhin a ni.

Dung beetle ȥhenkhat, Scarabaeus sacer (sacred scarab tiin an sawi tlangpui) chuan, ancient Egyptian-ho zingah dinhmun leh nihna thianghlina awmna an nei ve tlat mai!

Modern academia aȥanga hrilhfhiah dan chuan, hieroglyphic (Egyptian tawng) chu milem (image) awmzê nei a ni a, chuta Sephung (beetle) image lo tel ve chu, Egyptologist-te chuan, xpr or hpr an ti a. Chumi awmzia chu "To come into being", "To become" tih emaw, "To transform" tihna niin an sawi a. Tin, scarab leh ancient Egyptian-hovin Khepri (awm lo ata lo awm) nen inzawmna eng emaw tak nei niin an ngai a. KHEPRI chu ni chhuak pathian a ni. Ancient egyptian ho khan, dung beetle hi a pa (male) chauh a awm niin an ngai a, an chi (semen) chu Dung ball-ah an dah a, chuta ȥang chuan a note an lo piang ta ȥhin niin an ngai. Chutia a nu (female) tel lova amah-a a inthlahpung leh Khepri chuan inanna tak an nei ta a nih chu! Ancient Egyptian-ho khan, Horizon chung a hêr liam hmain, Khepri chuan ni khi a tuai thar nitin ȥhin a. Ni tlak hnuah, khawvel piah lamah a nâwr phei leh ta zel ȥhin niin an ngai a ni. Kingdom thar ȥhenkhata royal tomb-ah te chuan, ni pathian lem pathum inthuah, leh zing ni chhuak symbol 'Beetle' an dah tel zel ȥhin a. Ramses VI thlanah pawh astronomical ceiling a awm a. Van pathiannu 'Nut'-ina zana a dawlh ni leh, a chhul (Womb) atanga Khepri anga Ni a pian nawn lehna a awm a ni.

Sephung-a thil mak awm hi Ancient Egyptian ho khan an lo hmu ve tlat mai a, eng eng emaw nena hmeh belin an lo serh hle ȥhin niin a lang. Sephung mai maiina Milky Way daih daih an han hmang ȥangkai thei chu, awih mai pawh a har dawn alawm le! Amah erawh chu, a ni miao baw si a, keini lo awih loh ve ngawt chi a ni lo mai thei le! Tuna Dung beetle chanchin aȥang a, Dung beetle chanchin lo lam thil, ngaihdan lo chhuak ta chu, khing van thengrenga arsi tluklehdingawn tam takte khian mihring tan pawimawhna an nei vek a. Keini mihringte hriat phak lohvin, thil engkim inkârah hian secret gravity ȥangkai tak a awm a, chu chuan khawvel leh universe chhunga awm zawng zawng hi thlunzawmin, Khawvel (Earth)-a minungte hi min vawng him a ni thei.

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

Manager: Lalremsanga Hnamte (8974845644); **Asst. Managers:** Zodingliana, Lalrinchhana, Lalrinawma

News Editors: Lalrintluanga, Lalrawntluanga, Andrew Lalmalsawma, Samuel R. Lalmangaiha, D. Lianmanga, Vanalremruatpuia Ralte

Circulation Managers: PB Lalhupazauva, Samuel Lahlupua, Hmingthanzuala, Vanlalrinkima, R. Zodinsanga, Zothankhuma, Lalrinchhana, K. Lalmuanpuia

**ZIN & HAW**

■ Pu A. Lalfakzuala, (Jt. Editor), Pehlawn a thil pawimawh buaipuia zin chu a lo haw leh ta.

■ Pu H. Lalremruata, BECM, chhungkaw thil a Khawlailung a zin chu dam takin a lo haw leh ta.

■ Pu H. Lalruatlana, Ex-President, C-Sec. chu Mumbai atangin a lo haw.

■ Pu Lalrothianga, S-Sec. Delhi-a in check-up kal chu dam tak in a lo haw leh ta.

■ Pu Malsawmthara K-Sec. Kolkata-a in check-up a kal chu dam takin an lo haw leh ta.

■ Pu Lalramhlua, S-Sec. Winchester-a Missionary-a awm chu Office thil pawimawh buaipuiin arawn haw.

■ K. Lalruatkimi te unau, K-Sec. thil pawimawh buaipui a Champhai kal chu an lo lo haw leh ta.

■ Nl. Zomuanpuii Khiantge d/o Lalrothianga, S-Sec. Delhi-a in check-up a kal chu a lo haw leh ta.

**KOHHRAN**

■ **Presbyterian Kohhran, Ramhlun North:** Vawiin ni 27.06.2026 (Inrinni) nileng khan Ramhlun North, Senior Department Hall-ah 'Kohhran Inkaihhraina leh Inrelbawlina chungchang' seminar neih a ni a. He hunah hian Rev. B. Sangthanga chu resource person niin Ramhlun North Pastor Bial huamchhunga Kohhran Upa te tana buatsaih a ni.

Tin, zan lamah Ramhlun North Branch KTP ten leadership training an nei a, he leadership training ah hian mi 200 chuang an kal a ni.

■ **Presbyterian Kohhran, Ramhlun East:** Kohhran Pavalai Pawl member mi 26 te chuan Dampa Zodin-ah tluang leh hlawhtling takin Work Camp hun an hman zawh hnuah an lo haw leh ta.

■ **Salvation Army:** June ni 28, 2026 hi SAY Sunday a ni a, hemi pual hian tun kar chhung khan Evangelical Week Biak Inah hman niin Week hawna hi June ni 22 (Thawhtanni) zanah Maj Richard Vanlalnghaka, TYS chuan a nei a ni.

June ni 23 & 25 zanah te tlaivarin Holy Bible chhiarchhuahna Corps Council Room, ah SAY member-ten an nei a, ni 26 (Zirtawpni) zing dar 3:55 ah an chhiarchhuak a ni. June ni 24 (Nilaini) zan inkhawm banah Street Ministry rawngbawlina neih a ni a, mamawhtute hnena ei leh intur semna, June tawngtaisakna te an nei baw a ni.

Ni 26 (Ningani) zan atanga Pathianni zan thlengin Crusade neih chhunzawm a ni a, Captain Rozamlana, CO chu speaker a ni ang. Tin, ni 28 (Pathianni) chawhnu ah Ramhlun Sport Complex-ah Mual Inkhawm neih a ni ang a, Corps Band leh Pathian thu Capt. Rozamlana, CO hnen atangin ngaihthlak a ni ang.

LEI PIAH LAMAH

Joseph Ngursailova, K-44 s/o Laltluangpuii Sailo (Fam), S-Sec. chu ni 20.06.2026 9:30 PM khan a boral a, a ruang hi lumen niin a tuk ni 21.06.2026 chhun dar 12:00 ah Ramhlun North Thlanmual, Zemabaw ah vuiliam a ni.

Lusun khawhar chhungte thlamuantu Pathianin vengin awmpui zel che u rawh se.

**DAMLO**

■ Pi Zodinpuii w/o Er. Zosangliana T-Sec. Heart attack avanga Ebenezar Hospital-a awm chu in lam a inenkawl chhunzawm turin a lo chhuak.

■ Pu Lalhmunsiamia, C-Sec. chu Aizawl Hospital atangin in lam a inenkawl chhunzawm turin a lo chhuak.

■ Pi Laltlanzovi w/o C. Lalchuansanga, T-Sec. chu Civil Hospital, Aizawl atangin in lam a inenkawl chhunzawm turin a lo chhuak.

■ Lalruatfela s/o MS Dawngzeli, K-Sec. LRM Hospital-a awm chu dam takin lo chhuak leh ta.

■ Nl. Lallawmzuali d/o Lalbiakliana (Fam), C-Sec. LRM Hospital-a awm chu dam takin a lo chhuak leh ta.

■ Pu Vanlalrema h/o Darziki, C-Sec. lung lam tha lo avanga Synod Hospital, Durtlang a awm chu a lo chhuak leh ta.

■ Pi Lalthazuali w/o Sangkamlova, V-Sec. Thyroid avangin Civil Hospital, Aizawl ah enkawl mek a ni.

**THILDANG**

■ **Mizo Academy of Letter Branch, Ramhlun:** Mizo Academy of Letters Ramhlun, Branch, Aizawl chuan 'Krismas Hla' inphuah siak a buatsaih dawn a, Ramhlun area chhunga cheng a duh apiang tan leh, Ramhlun area chhunga zirna ina lut mek tan pawh tel theih a ni ang. Hla chu chang 3 leh a thunawn, thunawn nei lo a nih chuan chang 5 thlenga sei pawh a theih. Lawmman:

1-na ₹ 5,000/- 2-na ₹ 3,000/- 3-na ₹ 2,000/-

Hla chu thluk nei, sak theih a ni tur a ni a. September 2026 September thla ral hmain MALBRA President/Secretary hnenah theuh luh tur a ni ang.

**LAWMAWM**

■ C. Lalruatfeli d/o C. Lalhumhima, S-Sec. chu MPSC in Combined Competitive Exam a buatsaih ah Assistant-ah a tling.

■ VL Thuneia s/o VL Zahawma, V-Sec. leh Emily Liantluangi d/o C. Lalkhumtira, Leitan te chu ni 23.06.2026 khan Ramhlun North Presbyterian Kohhran Biak In ah an innei.

■ John Lalhrutluanga s/o Pawltinkhuma, V-Sec. leh Lalhmangaihzuale d/o C. Lalmuanpuia, C-Sec. te chu ni 26.06.2026 khan Ramhlun North Presbyterian Kohhran, Senior Hall-ah an innei.

**LOCAL COUNCIL**

■ **Local Traffic Management Committee:** Sawrkar thupek angin motor thar nei tur chuan Local Council-ah hriatpuina a lak a ngai a, motor thar nei turin Local Council-ah Garage a neih ngei thu lehkhah a ken chuan Local Council in inring tawh takin hriatpuina hi a lo pe thin a ni. Hetih mek lai hian Garage nei ni a insawi, zan lama kawngkam leh a hmun lova lirthei riah thin eng emaw zah kan awm tih hriat a ni. Tun hnuah chuan Garage nei ni a insawi, motor riah theihna hmun ni lo kawngkam leh hmun danga motor riahte chungah Local Council, Traffic Management Committee chuan hma a la ang a, hriattima zawm lote chu man zel an ni tawh dawn a ni.

**PAWL DANG**

■ **Ramhlun North Beautification Club:** Hnahnin chi thlanmual hlui a theh chu a to chho mek a. thenkhat lo rap palh te kan awm leh thin a. Vengchhung mipui ten min dimdawi sak hram hram turin min ngen a ni e.

Kar leh thawhlehi ah hian hnim thianfai a committee-te hnatlan tum a ni baw a e.

■ **Ramhlun North Electrician Association:** Kum 2026-2028 Chhunga Ramhlun North Electrician Association hruaitu tur te: President: Pu Vanlalruata Ralte Vice President: Pu Remchhunga General Secretary: Pu Lalhrutluanga Secretary-te: 1) Pu Lalthangkima 2) Pu P.C. Lalnunhlma 3) Pu Lalhmangaihthluanga 4) Pu C. Lallianzuale

Treasurer: Tv. Lalawmpuia

■ **MHIP, Ramhlun North Branch:** Ni 25.06.2026 (Ningani) chhun khan MHIP, Ramhlun North Branch chuan Govt. Endala Middle School zirlate puan bih leh buhtlei dan zirtirin hun an hmang.

**SUB-COMMITTEE THU**

■ **Library sub-committee:** 14th State Level Library Seminar & Training for Govt. Recognized Libraries, June ni 24 leh 25 a Chanmari YMA Hall-a neih ah Library sub-committee Chairman, Pu C. Lalremruata, BECM leh Secretary, Pu John F. Lalrinsanga, BECM te an tel.

Ni 23.06.2026 (Thawhlehi) zan leh ni 26.06.2026 (Zirtawpni) nileng khan lehkhahu thar buaipuiin an hnatlang.

AROMA UNISEX SPA (5-2)

Therapist: 'Certified & Trained by Founder. Specialized in Pain Relief Therapy'

Kum 17 lai experience nei tawh. Sweden leh Australian mi te hnen atanga zir chhuak. Taksa na leh kham, ban phar tha thei tawhlo, kawng na, dar na leh kham.

Lu na benvawn nei. Nerve thalo leh Sciatica vanga harsatna nei te tan. Pan theih reng kan ni e.

Ramhlun North Industry Peng bul, SBI Bank hnuai chiah.

Call/WhatsApp: 8794752295

- C. Lalrintluanga, C-Sec.

Bo se! bo se! Hri bo se, sakei bo se, rál bo se tia ngaw dur khup hnuaia dam khawchhuak tura kan pi leh pute’n hun harsa nun thap meuha an sual chhuah kha mit khap kar lawk thawnthu ral ta ang mai a la ni a. Thih ngam lu pua zum leh hriam kara thisen chhuaka an sah zau ramah hian doral an ral zo tawh a. Khawvel hmasawnnain nun zalen zawkah bung thar min kaipuia. Chu zalennain a ken tel hmelma lian tak chu thil dang ni lovin ruihhlo a ni.

Rome ram ropui tak tlukchhiatna kha pawn lam aṭanga beihna ni lovin chhung lama ei ral a ni zawk. Kan ram riang tē hi a tlu chhe dawn a nih ngai chuan chhung lama beihna nasa tak kan tawh mek ruihhlo hmang hian a ni ngei ang tih hi Luka zia k tluk zetin ka chiang a ni.

Ruihhlo hian kan ram hmalam hun, kan ṭhalaite khawvel leh chhungkaw tam tak mangchhiaah min hruai lut mek a. He hri runthlak tak mai ramin a tawrh mek lai hian ruihhlo do (War on Drugs) nasa zawka kalpui a hun takzet a ni.

1. In chhungkhurah: Zirna in hmasa ber, naupangin nun chan a zima hmun chhungkua hi engkim bulṭhut a tih theih. In chhungkhur boruak nuam leh inpawh tawn taka nunhona hmunah zirtirnain awmzia a nei ṭhin. D.L Moody-a chuan, “Ka nu ang hi khawvela mi zawng zawngte nu ni sela, tan in (Jail) siam a ngai lo vang” a ti a. Chhungkuaa mawhphurtu nu leh pa, chhungte dinhmun a tilang fiah hle awm e. Fate mizia leh sukthlek zir chiana, kawng dik kawhhamuh hi tihmakmawh a ni. Khawngaihna ni lovin hmangaihna zawkin kan rohlu berte hi i enkawl ang u.

2. Zirna Inah (School & College): Zirnain a tum ber chu mihring chher puitlin leh thiamna pek a ni. Zirlaite mi hmantlaka chhuah tur chuan nunkawng dik an zawh hmasak angai. Miin a nungchang a hloh tawh chuan engkim a chán a ni. Ruihhlo hi zirlai nih lai aṭanga tihchhin ani tlangpui a, chuvangin a ṭhat lohzia zirlaibua telh hial ngai khawp a tling chho mek a ni. Zirna in tinah ruihhlo chungchang seminar, thuziak leh lemchan entirna ṭha tak nei nena hma kan laka, mithiam zawkte nena nun a nghawng theih dan zir chian a ṭul hle.

3. Kohhran leh Tlawmngai Pawl hmalakna: Kan khawtlanga hmun lailum ber luahtu chu Kohhran leh YMA te an ni. Chhungkuaa hlimna hmu zo lo, ṭhalai nun ruak hnawhkhat theitu chu Pathian chauh a ni. Chuvangin, kohhrana rawngbawltute hian ruihhlo dona kawngah mawhphurhna lian tak kan nei. Hlimna zawwna hmun dik kawhhamuha, Lal Isua ke bula hruai thlen hi rawngbawltu mawhphurhna a ni. Counselling leh fehchhuah programme tun aia nasa zawka neih a hun ta. YMA pawhin Zonun zemawi zirtirna kawngah leh ṭhalaite nun zalen taka awm tur venna kawngah nasa zawka ke kan pen a ṭul.

4. Digital leh Social Media hman ṭangkai: Ṭhalaite nun nena inzawm tlat chu social media platform a ni. Tunlai ṭhalaite awm tamna ber social media (Instagram, Facebook, YouTube, TikTok, Twitter) hi awareness neih nan hman ṭangkai thiam a ngai tak zet. Ṭhalaite ngaihsan (influencer) te nena ruihhlo ṭhat lohna tarlang thei video tawi, hmuhnawm leh lungkuai tak tak siama, thehdarh tam a ngai. Podcast leh Talk Show- ruihhlo ngai sim tawhte tawn hriat leh thurawn pe thei tura hun buatsaih.

5. Ṭianho in-influence tawwna (Peer Advocacy): Ṭhangtharte nunah aia upa zahna leh ngaihsanna a hniam tial tial a. Mahni inngaihzawwna (narcissist) khawvela kan luh mek laiin chhungte thu aia ṭhianta nena huho nun hian an rilruah thu a sawi ring zawk fo. Ṭhalai tha za tana taksa insawizawina, infiamna, music etc tih theihna hmun mi tin ban pháka buatsaih a. Ruihhlo khawih lo, nungchang ṭha an ngaihsan zawng kaihruaitu a hmana, ṭhianhoa phur taka hun an hman theihna tur ngaihtuah angai.

6. Sawrkar mawhphurhna: Ruihhlo tihrēm (manna) kawnga a fawng chelhtu leh dan siam theitu chu sawrkar a ni. A sulsutu ber an nih angin thuam chak a ngai hle. Police, Excise & Narcotics,

SP TUI

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

Mobile: 9615789047 (15-5)

MAFELASEPTIC TANK SERVICE

Septic Tank khat paih fai, commode block, pipe fit, soak pit thar siam engkim kan ti thei e.

Rate: Inbiakremna Ph: 9233440125 (10-5)

PUIASEPTIC 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 (10-10)

SAWMASEPTIC TANK SERVICE

Septic Tank khat paih fai, Commode block, Pipe Fit, Sockpit thar siam, engkim kan thawk thei e.

Rate: Inbiakremna Ph: 8119969364 (10-8)

VANCHHAWNGSEPTIC TANK

Septik tank khat englai pawh in kan paih fai thei a,repair,commod block,pippe block kan siam thei baw e,

Rate: Inbiakremna Ph. no: 9615458679 (10-8)

MD SEPTIC TANK SERVICE

Septic Tank paih fai leh commode block, soak pit hlui leh a thar kan siam thei a, pipe fitting engkim kan thawk thei e.

Rate: Inbiakremna Ph: 8258950077 (10-7)

VANLALFELASEPTIC TANK

Septic tank paih fai, commode block, pipe, soak pit ṭha lo leh a thar pawh kan siam thei reng e. Kan sulhnu a felfai a, service hlun leh rin tlak kan ni e. Hmanrua engkim kan intodelh bakah kan rate a tlawm e. **Contact: 9436199884** (10-7)

L.H. SEPTIC TANK SERVICE

Septic tank paihfai leh repairing engkim kan thawk thei e.

Kum 17 chuang experience nei kan ni e. (10-6)

Rate: 4500/- per trip Ph.: 6909183193

KHIANGTE SEPTIC TANK SERVICE

Septic Tank khat paihfai, khur chhung lutin, Comode Block, Soak pit thar siam, Pipe Repair engkim a neitu te lungawi na thlap in kan thawk thei e.

Contact - 9862344971 Bawngkawn South (10-7)

Assam Rifles bakah NGO hrang hrangte nena thawhhona ṭha zawk neih a, Special task force leh intelligence (a zuartu zinga inphumru) siamin ruihhlo tawlhthe chetvelna zawng zawng a bu pui hai chhuak a, hmet mit thei tur khawpa hmalak a hun ta. Ruihhlo zuartute hremna dan khauh zawka kenkawh ni se. Veng tina red-light area-te hi nasa zawka ngaihven a hun baw k.

7. Rehilitation & De-addiciton Centre: Ruihhlo ngaite tel lovin ruihhlo hi ban phakah let reng mah se, hman khaw loh theih a ni lo. Chuvangin, ruihhlo ngaite sim thei tura enkawl na ṭha zawk kan buatsaih a ṭul. Thisen zungzama natna bet tlat anih avangin hrem leh sawisaka sim theih mai a ni lo va. Misual anga thlir lovin, damlo enkawl mamawh an nihna hriatpui a ngai. Clinical Phychologist, Doctor leh Vocational Training (thiam thil zirna) peka khawvel rahbi thar nei thei tura buatsaih an ngai hle.

Ruihhlo hian hlimna lem min pe a, chu hlimna lem phenah chuan saltanna nghawngkaw llian tak a awm. Kan buante hi kan kawtlaia let reng, min eiral mektu a ni. Tu chhungkua mah kan bâng bik lo a, a tuartu vek kan nih avangin ruihhlo do hi kan zaa mawhphurhna a ni tih kan hriat thar a ṭul takzet.

(Kum 2026 YMA Day Article Inziahsia k pakhatna)