

Estd. 1983

Reg. No. 386 (MZ)



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

Vol. 44

Issue No. 29

Ramhlun North: Ni 18 July, 2026



BRANCH THU

Ni 17.07.2026 (Zirtawpni) tlai dar 3:00 khan Branch Executive Committee member-ten thisen pekna tur hmun hma te buatsaih in Govt. Model English Primary School ah hnattlang an nei.



SUB-COMMITTEE THU

Library sub-committee: Heng mite hnen atang hian lehkhahu kan dawng:

1. Lalhrualtuanga Chawngte hnen atangin lehkhahu pathum
2. Pu John F. Lalrinsanga, Secretary
3. Ni. Lalnunpuii, Lib. Commt. Member
4. Pu Lalthlamuana Khiantge, V-Sec. hnen atangin lehkhahu bu-11 (Zirtan bu copy 10) leh 'Rinna leh Chhandamna' tih lehkhahu.

Tin, Pi Rinsangi, N-Sec. hnen atangin Sweet leina tur an dawng baw a ni.

Lehkhahu leh thilpek min petu zawng zawng chungah lawmthu an sawi a ni.

Library tlawh tu an pung zel a, ni 11 July 2026 khan Library tlawhtu mi 109 lai an nei a, Library hi tlawh zel turin vengchhung mipuite an ngen a ni.



SECTION THU

Vanapa Section: Pu Lalsawmzuala (Fam) hriatreng nan, Pi Chhingpuii te chhungkua, V-Sec. chuan Tea urn (20 ltrs) pali lai mai Vanapa Section te an pe e. An chungah Section hrututen lawmthu an sawi e.

Khuangchera Section: Pu H. Lalchhuana te chhungkua, K-Sec. chuan an pa Pu Lalfala (Fam) hriatreng nan plastic bench 10 lai mai an pe a, Section hrututen lawmthu an sawi a ni.

Library duty turte:

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

THISEN PEK RUNPUI THAWH KHATNA NEIH A NI (Vanapa leh Neuva Section ten thisen pe)

Ramhlun North, the 18th July, 2026: July Ni 18, 2026 Inrinni zing lam dar 10 atang khan Ramhlun North Branch YMA hminga thisen pek thawh khatna chu Govt. Model English Primary School (Pu Kaia School) ah hlawhtling taka neih a ni. He thisen pek hun hi Aizawl Civil Hospital, Blood Bank nena ruahmanna fel tak siama buatsaih a ni a, Branch YMA hnuiaia Section pahnih - Vanapa Section leh Neuva Section huamchhunga mi ten thisen hi an pe a ni. Chawhnu dar 1:00 vel thleng khan Section pahnih atangin mi 60 bawr velin thisen hi an pe tawh a ni. Section pahnih atanga member thahnem tak mai, mahni hna kalsana midangte nun chhanhim nana thisen pe thei heti zat kan awm hi a lawmawm hle a ni.

Kum in chhung hian tum hnih dang, Section pahnih inkawp zela pek leh tura ruahman a ni a. A thawh hnihna hi September thla ah Taitekena Section leh Khuangchera Section ten an nei ang a, a thawh thumna hi October thla ah Chawngbawla Section leh Saizahawla Section ten an nei ve thung ang. Ramhlun North Branch YMA chuan a mamawh apiangte tana luang chhuakin, a thlawn a thisen pek runpui hi vawi 7 lai a lo buatsaih tawh a, tun tum hi a vawi 8-na a ni. Kum 2009 atanga kum 2022 chhung khan Civil Hospital, Aizawl leh Synod Hospital, Durtlang te tana hman turin thisen unit 925 zet a pe tawh a ni.

Ramhlun North Branch YMA hrutute chuan he hun hlawhtling taka hman a nih theih nana school hmun hma phal taka hmantirtu, Govt. Model English Primary School Principal leh Staff-te chungah lawmthu an sawi tak meuh a. Mizo hnam ze mawi 'tlawmngaihna' lantirtu, mahni hna leh mawhphurhna dang te dah tha a nunna chhanhim nana thisen petu zawng zawng te chungah lawmthu a sawi tak meuh meuh baw a ni.



NEUVA SECTION-IN YMA DAY 2026 CHAMPION AN LAWMDAWN

YMA Day vawi 91-na lawmna puala Ramhlun North Branch YMA-in Section-te tana intihsiakna hrang hrang a buatsaihah Neuva Section chu Pakhatna niin Champion Trophy an chawi a, ropui taka lawm an tum. YMA Day 2026 intihsiakna an champion lawmna hi Ni 25.07.2026 (Inrinni) hian RT Resort, Sihphir Neihbawi ah Member pum huapa lawmna hun hman a ni dawn a, Neuva Section Member zawng zawngte hun remchang lo insiama kal vek turin Section hrututen an sawmin an ngen a ni.

Champion lawmnaa kal turte chu RSC Field atangin chawhma dar 10:00 ah chhuah tur a ni ang. Kalna tur nei lote tan pawh kalna tur hrututen an ruahman dawn a ni. Chutih rualin, lirthei thawh chhuahpui tur neite chuan midang kep turin hrututen an beisei baw a ni.

MARYMA	PHEK 2-NA	RN YMA CHANCHINBU
 THISEN PE LA, NUN CHHANHIM RAWH <i>Mizoram hi tlawmngaihna leh inpekna kawngah ram chung chauh pawh ni lo, ram pawn thleng hial pawh a entawn tling kan ni thin a. Chutih rualin, kan tlawmngaihna tarlangtu lian ber leh hlu ber pakhat chu mahni duh thu a "Thisen Pek" (Voluntary Blood Donation) hi a ni hial ang. Thisen pek hi a hlu a, pawisaa lei theih a nih loh mai piah lamah midang nunna chhanhimna kawng pawimawh tak a ni.</i> <i>Damdawi in hrang hranga hliampui tuarte, zai ngai leh cancer damlo te hian nitin thisen thianghlim an mamawh reng a. Science leh thiamna a san tak em em hnuah pawh hian mihring thisen ang chiah hi khawl hmang emaw, thildang hmang emaw a siam chhuah theih a nih tlat loh avangin, damlo tana beiseina awmchhun chu mihring bawh kan ni. Mi pakhatin thisen unit khat a pek hian nunna pawisawi lo pathum lai a chhan thei a ni tih hi kan hriat nawn fo a tha.</i> <i>Khawvel hmaa kan entawn tlakna em em chu mimal chauh ni loa pawl anga rualkhai taka thisen kan pe thin hi a ni. YMA, Kohhran Thlalai Pawl hrang hrang leh khawtlang tlawmngai pawlte hian kum tin 'Mass Donation' lian tak tak huaihawtin, damlo mamawh tur thisen tam tak kan pe thin hi a ropui khawp mai. Mahse, he tlawmngaihna hi chawlhpu chi a ni lo a, thiamna lam thlirna atang chuan puitling, taksa hrisel tan chuan thla 3 danah thisen pek hi hriselna atan a tha zawk daih a ni. Taksaah thisen thar a rawn insiam phah a, lung lam natna leh stroke lakah min veng thei a ni tih doctor-te pawhin an sawi thin.</i> <i>A pawimawh ber chu, thisen pek hian hnam, vun rawng, leh dinhmun a thliar lo lai hi a ni. Thisen pek hi hun bik emaw, chhiatrupna thlen hun chauhva tih tur a ni lo a, nunna chhan hna a nih avangin kan remchan hun apianga pe zel turin inbuatsaih ila. Kan thisen unit khat hian mi dang pakhat hnenah "naktuk hun" a pe thei tih hre reengin midangte tana malsawmna ni turin i inpe thar ang u.</i>	 MAWMRANG TLÂNG THURUK (Mawmrang tlâng chheh vel) BUANKAWN: Hmun zawl thing lian tak takin a hual vel a lo awm a, helai hmun hi Buankawn an ti a. He Buankawn hi kan nu leh pa, pi leh pute hunlaia damlo emaw mitthi ruang emaw khua leh khuain an in hlanna hmun a ni. Buan kawn an tihna chhan chu damlo emaw mitthi emaw an khaw thenawmin an zawn chu helai hmun atâng hian lo chhawk tumin an lo nghak a, an nin tlawmngaih chhuahin an khaw thleng raka zawn an tum bawh a. An mi zawn an han in chuh tak tak dawn chuan hmun rem laiah hlâng chu an dah a, khua leh khuate chu an in buan ta thin a, chak zawk lam awm awma an hriat hunah Val upa te'n duh tawh turin an ti a, an tawp ve mai thin a ni. Helai hmun vei lam/ khaw thlang lam hi Siakzapaua pûk panna a ni a. CHALTHANGA PÛK: Mawmrang tlâng hi kan hmuh ang hian ngâw pharh duai mai a ni a. A chhuah lam bulthutah Tuivai lui a luang a, hmar lam tlâng dung hmun rem laiah Luangpawh khua a awm a, chhim chhak lam tlâng bulthutah Pawlrang khua a awm a, tlak lam hla vak lovah Phullen khua a awm bawh. Kham chheng chhe tak tak leh ramngâw chhah pui puiin a hual vel a. Lal fanu Laltheri nen an inngaihawng avânga lal hlauva tlan chhia hnam chawm tlangval Chalthanga pawh he laiah hian a biru a, mahse Lal mi leh sa te kut tuarin a thi ta tho a, a ruang an zalhna "Chalthanga Puk" pawh Mawmrang kham kal zelah Luangpawh khaw ramah awmin tûn thlengin hmuh tur a la awm a ni. SIPAI MUAL: Mawmrang tlâng kan riahna thlen hma tlâng zawl rai nuam deuhah kum 1940 atânga kum 1945 Khawvel indopui 2-na lai khan British ho khan camp an lo nei tawh a. An silai kah zirna - chan kahna hmun leh an target thing piangsual-te, an trench khur laih te, an picnic-na hmun zawl te hmuh tur a la awm a. Kum 5 zet lo awm ta chu a khaw mite nen pawh an in pawh viauin an sawi a. Sipai pakhat poem ziah The Gold Necklace/ Rangkachak thi, tih chu kum 2011 pawl 10 zirilaiah a awm a, chutah chuan Pawlrang khaw chanchin-te, Bak pûk chanchin-te leh a thi pek chanchin-te a in ziaik a ni. BAK PÛK: Helai Bak Pûk hi kaw li a awm a, Bak pûk-te hi lui in a luan pawh vek a, Mawmrang tlâng ngâw hnuai a lui rawn luang	zel kha a nih avângin, a tui a thianghlim a, a vawt raih mai a ni. A luhna pûk hmasa ber hi tui rawn luan luhna lam ah thui vak lo chu a kal theih a, chutah let lehin pûk lehlama tui a luan luhna pawh a hmuh tlang theih a, kurûng awmin a chepin tui a thûk deuh avângin tui a liluh loh chuan kaltlang a rem lo a ni. Pûk atângin a luh lohna lamah hian kâw dangah chhuahna a awm leh a. Pûk dawt lehah lutin, a luhna hmasa atanga tui rawn luang chhuakin pûk chung zawngah a luang tlang a, helai pûk a tui luang hi kawngpui chhakah a luang chhuak a ni. Pûk chung hi a fai em em mai a, Bak êk te hi tui hian a len fai zel ni tur a ni. Tûn hma rambuai lai chuan kan Mizo sipai te khan tawm nan an lo hmang thin a. Bak lui tui hmang hian tûn hma chuan Tui Buhdeng siamin a kawr thla hian tui tha chakna hmangin buh an deng suau suau mai a, tui chenna tur li kurûng awmin naupangin tui thiam nan an hmang tangkai hle a, Pawlrang naupang chu tuiah an tla ve thei lo an ti hial a ni. KHAW HMUN HLUI: Sawi tawh angin Pawlrang khua hi khaw upa tawh tak niin kum 1902 khan din a ni a. Helai hmun atâng hian Mizoram buai avângin 1968 ah sawi khawm anni a, chumi hunlai, rambuai avânga chungkaw inthen-te chungkaw hotu ber hming ziahna lung lian tak mai an phun a. A thlang chiahah a hunlaia lalin awmna zawlah lal lung an phun bawh a. He lal lung hi an phun uluk a, a mawiin a ropui hle a, hmai li neiin lal chanchin an ziaik a ni. Khaw hmun hlui a an awmlai hian in 97 an awm tawh a ni. ZIAKNA PÛK: Ziakna Pûk hi kawng atângin ke a kal ngai a ni a, a va hla ve deuh hlek a. Pawlrang khua in tûn hma-a lehkhazirna atan an lo hman tangkai thin a. Ziakna pûk hi Mawmrang tlâng atanga luang thla, Bak lui a awm a ni a, lêngkir sang lutuk lo, a laiah tui khawthla a awm a, chumi leh lam leh lamah chuan pûk lian lutuk lo a awm a, chumi pûk a lung no chu lung lehkhaziah nana hman theihin an suih mum a, an hmang nasa hle a ni. LUNG BANGLA LEH FANGFÂR PÛK: Pawlrang khaw hnuaiah hian, Lung Bangla leh Fangfâr Pûk a awm a. Lung Bangla hi lung in chher chhuan a laia kâw tlang a ni a, a hmuhawm ve hle. Hei hi eng tik hun ami nge tih hriat a ni lova, mihring siam chawp nge, amaha lo awm tih pawh a khaw mite pawh an hre lo a ni. Fangfâr Pûk a awm bawh a, pûk kotlang velah tui rawn far thla hi a khang thin a, tûn hma chuan damdawi atan te an hmang thin a ni.
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 Lahlupuia, Hmingthanzuala, Vanlalrinkima, R. Zodinsanga, Zothankhuma, Lalrinchhana, K. Lalmuanpuia		



ZIN & HAW

■ Pu Lalchhuanawma, BECM te chhungkua chu State hrang hrang tlawh kualin an zin.

■ Dr. PC Lalawmpuia, V-Sec. te chhungkua chu an hnathawhna hmun Champhai atangin an lo haw.

■ Pu Rualtinkhuma, C-Sec. chu hna pawimawh buaipuiin New Delhi ah a zin.

■ Pu Richard Lalsangzela te nupa, C-Sec. chu an hnathawhna hmun Khawzawl atangin an lo haw.

■ Nl. Laldhawmi d/o K. Lalchawimawia, K-Sec. chu a zirna hmun Himachal Pradesh atangin chawlh hmangin a lo haw.

■ Pu Laltnamawia te chhungkua, N-Sec. chu Silchar atangin chawlh hmangin an lo haw.

■ Tv. Vanlalhriata s/o Malsawmthara, K-Sec. chu a zirna hmun Bangalore atangin chawlh hmangin a lo haw.

■ Nl. Hmingthanzuali d/o John Lalnunsanga, N-Sec. chu a zirna hmun Amity, Noida lamah a kal leh ta.

■ Tv. PB Lalremtluanga s/o PB Lalramthanga (Fam) chu Animal Husbandry & Veterinary Training Institute ah training turin a inziak tling a, tunkar chho ah a training na hmun tur Lungpuizawl, Lunglei lamah a kal ang.



KOHHRAN

■ **Ramhlun North Presbyterian Kohhran:** Ni 06.07.2026 (Thawhtanni) khan Ramhlun North Kohhran Pavalai Pawl te chuan an Rising Day pual in RSC Field ah Sports hlimawm tak an nei a, member thahnem tak an tel thei a ni.

■ **Baptist Kohhran:** BCM Ramhlun North hnuaia Kohhran Chanchinbu - Thalai Eng chuan 13.07.2026 (Thawhtanni) zan khan Ruby Jubilee (Kum 40 na) an lawm a. He hunah hian Thalai Eng Chanchinbu a Editor lo ni tawh zawng zawngte sawmin chawimawina hun an hmang.

■ **Salvation Army:** Ni 19.07.2026 (Pathianni) hi Men's Fellowship Sunday a ni a, speaker atan Pu J. Lalthangliana, Tachhip Corps chu hman a ni ang a, Thianghlimna Inkhawm leh Chhandamna Inkhawmah te hun hman a ni ang. Tin, MF Sunday pual hian Mual Inkhawm PWD Tlangah chawhnu dar 2:30 ah nei a ni bawh ang.

■ **Roman Catholic:** Tun Pathianin July 19 hian Bishop of Aizawl in Puithiam (Parish Priest) thar lawm luhna Mass a hlan dawn a. Hemi Mass denchhen hian Parish Kohhran chhung atangin 1st Communion leh Confirmation dawng na hun hawn a ni dawn a ni. Mass ban hian Kohhran Hall thar ah Parish pum angin Biakin Kut leh Puithiam thar lawmna program hman nghal tur a ni a. Ruai kil tlang tur a ni bawh ang.

LEI PIAH LAMAH

Sangliani, K-72 m/o Zaithangpuui, N-Sec. chu ni 13.07.2026 dar 1:00 PM khan a boral a, a ruang hi lumen niin a tuk ni 14.07.2026 chhun dar 12:00 ah Ramhlun North Thlanmual, Zemabawh ah vuiliam a ni.



Joseph Vanlalruata, K-39 s/o Tlangthangzuali, V-Sec. chu ni 16.07.2026 dar 5:00 AM khan a boral a, hemi ni vek dar 01:00 ah Ramhlun North Thlanmual, Zemabawh ah vuiliam a ni.



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



DAMLO

■ Pi Lalruatfeli Vanchhawng w/o Pu Lalremsanga Hnamte (MARYMA Manager), ZMC&H a awm chu in lama inenkawl chhunzawm turin a lo chhuak leh ta.

■ Pi Lalthangliani w/o PB Lalzuithanga, V-Sec. Ebenezer Hospital-a awm chu in lamah inenkawl chhunzawm turin a lo chhuak.

■ Pu Lalrinchhana Pulamte, C-Sec. chu pumna avangin LRM Hospital-ah enkawl mek a ni.

■ C. Lalramthari d/o Lallawmsangi, C-Sec. chu LRM Hospital-ah Tonsil na avangin enkawl mek a ni.

■ Clarissa Malsawmzuali d/o Lallawmzuali, N-Sec. chu LRM Hospital-ah enkawl mek a ni.

■ Celine Lalruatkimi d/o Lalthlengkima, S-Sec. chu Influenza avangin LRM Hospital-ah enkawl mek a ni.

■ Pu Lalmangaihtluanga, K-Sec. chu khawsik leh pum lam thalo avangin in lamah enkawl mek a ni.

■ Tv James Laithansanga s/o Thuamzadawla, K-Sec. chu accident avangin ZMC&H ah enkawl mek a ni.



THILDANG

■ **Ruangchhuak:**

1. R. Lalchullova, K-58 chu ni 13.07.2026 (Thawhtanni) khan ZMC Hospital, Falkawn ah a boral a, a ruang hi Pu Ronald-a (BECM), S-Sec. te inah chawlhpuia a nih hnu ah an khua Zanlawn panpui a ni.

2. Hmangaihruti, K-41 chu ni 17.07.2026 (Zirtawpni) khan a boral a, a ruang hi Pu A. Thanliana, N-Sec. te inah chawlhpuia a nih hnu ah an khua Hmunngahak panpui a ni.

■ Pu Lalruatsanga te chhungkua, N-Sec. chu Pu RL Zamliana (Fam) te in atangin an mahni in Falkland lamah an insawn phei ta.



RAHBI CHHERTU

"Insak leh a kaihnawih lama thawkte leh an chenpuite tana kawng sialna."

TUTE TAN NGE?

• MBOCWVB hnuaa inziaklut insak leh a kaihnawih lama thawkte leh an chenpuite tan.

ENGE A TUM?

• MBOCWVB hnuaa inziaklut insak leh a kaihnawih lama thawkte leh an chenpuite tan zirna leh eizawna ngialngnet zawk an neih theih nan.



ENG TE NGE DIL THEIH?

1. Graduate level exam- UPSC, MPSC, SSC, Banking leh a dangte exam tura inbuatsaihna sensa ₹ 1,00,000/- thlang.
2. Entrance exam- NEET, JEE, SMATEE exam tura inbuatsaihna atana sensa ₹ 50,000/- thlang.
3. Ramdang a hnathawh tura inbuatsaihna sensa ₹ 1,00,000/- thlang.

- Hamthana dawngtu chuan sawrkar hriatpui ngei zirna in a thlang thei ang.
- Coaching/training an kalna sensa chu an exam zawhah document ngaita nen an bill thei ang.

HRECHIANG DUH TAN HENGARTE HIAN A NGAIHVEN THEIH E:

- ✓ www.mbcwvbmizoram.gov.in
- ✓ Directorate of Labour, Employment, Skill Development & Entrepreneurship Department, Earth Day Road, MINECO, Khatla, Aizawl.
- ✓ District Employment Exchange Office- Aizawl, Lunglei, Champhai, Sialha.
- ✓ District Facilitators, DC Office- Mamit, Kolashib, Lawngtlai, Serchhip, Hnahthual, Khawzawl, Saitual.

☎ 6909689332 / 9561603114 / 7005678785 / 6033086991 | ✉ mbocwvbmizoram@gmail.com



PAWL DANG

■ **Ramhlun North Football Club:** Kan veng naupang ten ADFA buatsaih U-16 Tournament ni 21 Thawhlehi dar 9:30 AM hian Youth community nen an khel dawn a. RSC Field leh Complex Field ah te an practice thin a, field min hman tirtu RSC hruaitute chungah Club hruaitute chuan lawmthu an sawi a ni.

U-16 hi Veng leh club hming a khel theih a nih angin RNFC in a enkawl hna an thawk a, sponsor hi J&BL Auto Refinish leh Naamy Restaurant ten min tih sak a. Tin, sum mamawh zualpui pawh hi club hruaituten an thawkhawm bawh a ni. Vengchhung mi, a remchang apiang en turin an in sawm a ni.

■ **MHIP, Ramhlun North:** MHIP, Ramhlun North Branch-te chuan MHIP Day pualin damlo leh mi harsa mi 20 te hnenah ₹ 50,000/- an sem chhuak.

Tin, MHIP Day den chhen a Ramhlun North Thlanmual, Zemabawh tifa a hnatlang a thawk chhuk zawng zawng MHIP member te leh tawiaawmtu, Local Council, YMA leh MUP te chungah MHIP hruaituten lawmthu an sawi bawh a ni.

AROMA UNISEX SPA (5-5)

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 hnuaia chiah.

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MARYMA	PHEK 4-NA	RN YMA CHANCHINBU
ARTICLE	RUIHHLO DO	ADVERTISEMENT
- C. Lalbiaknunga, C-Sec.		
Ruihhlo hian mihring nun, chhungkua, khawtlang leh ram a tichhia a, a ti chhe mek bawk a. Mizoram ngei pawh a tuar nasa pawl kan ni awm e. Damdawi hman sual, zu, ruihhlo chi hrang hrang - heroine, meth, ganja leh ruihtheih thil dang ten kan thalai tam tak nun a ei chhe mek a. He harsatna lian tak do let turin hian kan zavaia tanrual a ngai takzet a ni. Ruihhlo in eng nge a tihchhiat? Ruihhlo hian mihring hi a tichhe famkim thei hle. 1. Taksa leh rilru a tichhia: Thluak khawih hmasa berin ngaihtuahna fim a ti bo a, mahni inthunun theihna tihniamin thin a tichhia s. Thin, kal, lung te a tichhia-a, natna benvawn HIV/AIDS, Hepatitis C te a thlen thei. Overdose avangin thihna a thleng fo bawk. 2. Chhungkua a tikehchhia: Ruihhlo ti mi chuan a chhungte a tibuai a, sum a khawral a, innghirnghona a thlen a. Nu leh pa manganna, nupui/pasal beidawnna, fate rilru natna a siam a, chhungkaw hlimna a tibo thin. 3. Khawtlang himna a tibo: Ruihhlo ti an pun chuan rukruk, inrawk, pawngsual leh tualthat thlengin a tam a. Thalaite hma lam hun a ti thim a, ram hmasawwna a tithuanawp. 4. Sum leh pai khawhralna: Ruihhlo lei nan sum tam tak a ral a. Taksa a chhiat avangin enkawl nan sum a kal ral leh a. Thawh chhuah nei lo mihring inbuaipui nan sum tam tak a luangral thin. Eng vangin nge miin ruihhlo a tih? Zirchianna hrang hrangin a tarlan danin miin ruihhlo a tih chhan lian ber ber te chu: 1. ?hian kawmnan: Thian sual kawm avang leh rualpawl nan. 2. Rilru lam harsatna avangin: Chhungkaw buai, inthenna, zirlai pressure, hna hmuh loh avanga rilru hah chhawk nan. 3. Hriat chian tawh loh avangin: Ruihhloin mihring a tihchhiat dan a hrechiang lo va, inthunun theiah an inngaih tlat avangin. 4. Hmabak nei lo anga inhriatna: Beiseina nei lo, nun beidawnna hian ruihhlo lamah a hruai lut fo bawk. Engtin nge kan do ang? Ruihhlo do hi mi pakhat/tute emaw kuta dah chi a ni lova, mi tin mawhphurhna a ni. 1. Chhungkua: Nu leh pate hi ruihhlo do kawnga a sulsutu hmasa ber kan ni. Fate hun hman dan kan hriatpui a, an thian kawm kan thlanpui a ngai. An rilru hahna ngaihthlak sak a, hmangaihna nena fuih a, fate nen inzawmna tha kan neih a ngai. 'Ka fate chuan an ti ve lo ang' ti mai lovin fimkhur taka kan venhim a ngai. 2. Kohhran leh khawtlang: Kohhran hi ngawlveite tana inngahna tlak kan nih a ngai. Thlarau lama chawm bakah, counselling pek, reformation centre din, anmahni tanpui hi kan tihtur a ni. YMA, MHIP, Thalai Pawl, etc, ang te hian awareness campaign huaihawt a, veng chhunga ruihhlo zuar leh ti te kan do tlan a ngai. 3. Sawrkar: Sawrkarin theihtawp chhuahin ruihhlo do hna an thawk a. Dan siama kenkawh mai bakah Rehabilitation Centre tha zawk din a, Doctor leh Counselor rualin an thutchilh theih turin hma a lak belh a ngai. Damlo enkawl dam mai piah lamah an dam hnua an eizawwna tur skill development ngaihtuah sak tel a pawimawh. A chhan chu tih tur an neih loh chuan ruihhloah an let leh mai thin. 4. School/Zirna in: Naupang te an nih lai atanga ruihhlo that loh zia inzirtir nan school curriculum-ah dah tel ni se. Inzirtima mai bakah infiamna, music leh thiam thil dangah an hunawl hnawhkhahna tur siamsak thin ni se. 5. Nang leh kei: Kan chhungkua, khawtlang, ram leh hnam himna hi kan zavaia mawhphurhna a nih vangin nang leh kei hian ruihhlo do hi kan inthiarfihlimsan thei lo. Mi tute emaw tih atan dah mai lovin anmahni kan do lova, ruihhlo kan do tih hriat reng tur a ni. Damlo an ni a, enkawl ngai an ni. Beisei a la awm: Ruihhlo bawiha tang mekte pawh beidawng mai lovin, he bawih ata hi mi tam tak an chhuak a, nun pangngaiin an nung leh tih hriain, Pathian nen chuan tih theih loh a awm lo va, a pawimawh ber 'bansan ka duh' tih rilru kan put tlat a ngai. He lama inenkawl na - De-addiction centre, damdawi in leh home hrang hrangte pan hreh lo ila. Ruihhlo bawih atanga chhuak turin i bei ang u. A tawp berah chuan Ruihhlo do hi indona chi khat a ni a, silai leh bomb hmanga beih chi a ni lo thung. Hmangaihna, dawhtheihna, tawngtaina leh thawhhona nena do va hneh chi a ni. Kan ram leh hnam, kan tu leh fate dinchhuah nan ke pen ila. Kan chhungkua, kan khawtlang, kan veng/khua atanga bul tanin Mizoram hi ruihhlo laka fihlim turin i siam ang u. (Kum 2026 YMA Day Article Inziahsiak pathumna)		
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