

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

Vol. 44	Issue No. 30	Ramhlun North: Ni 25 July, 2026
 BRANCH THU ■ Ni 21.07.2026 (Thawhleghi) zan khan Ramhlun East Branch KTP te chuan thlan laiin hnatlang an nei a, mi 80 chuang thawkchhuakin thlan pahni an lai a ni. Ramhlun East Branch KTP chungah Ramhlun North Branch YMA chuan lawmthu a sawi a ni. ■ Govt. Driver Union. Ramhlun North te chuan thlan lai nan ₹2,000/- an rawn pe a, Ramhlun North Branch YMA chuan an chungah lawmthu a sawi.	 SECTION THU ■ Neuva Section: Vawiin ni 25.07.2026 (Inrinni) khan Neuva Section te chuan member pum huapin YMA Day Sports 2026 Champion lawmna hun RT Resort Sihphir Neihbawih ah an hmang. ■ Vanapa Section: Vanapa Section committee member te chuan hun remchang hmasa berah Sound training neih an tum a, committee member te kim taka kal turin an inngen a ni.	 CYMA THU CENTRAL YMA RUIHHLO MAN REPORT Ni 17.7.2026 - Ni 24.7.2026 chhunga Central YMA hnuaia Ruihhlo Do Pawl, Central Anti Drugs Squad (CADS) ten Ruihhlo leh a kaihhnawih an man te : Heroin (No. 4) a) Hawng - 9 b) Tictac bur - 13 Ganja - 267 Gram Pills - Nil Excise & Narco pek - 2 Home a dah - 2 Bagha Cap - 151 Counselling Class pek - 20 Mihring man - 29 Library duty turte: 1. Samuel Vanlalnghaka, N-Sec. 2. PC Lalrindiki, V-Sec. 3. Lalfelfamkimi, V-Sec. 4. Lalmuanpuui, C-Sec. 5. Lalremruatkimi, K-Sec. 6. Lalhruaitluangi, T-Sec.
		 LBS SUZUKI 1st INTER BRANCH YMA BAND CONTEST-AH KAN BRANCH KAN TEL DAWN Ramhlun North, the 25th July, 2026: CYMA leh LBS Suzuki tang dun chuan a vawikhat nan YMA branch tin te inelna tur band contest a buatsaih dawn a, August ni 18, 2026 atanga August ni 28, 2026 thleng awh tur Band Contest ah hian kan Branch pawhin tel ve ngei tha tiin hemi atan a tul ang ang te buaipui a ni a. Kum 2018 khan Chanmari Branch YMA ten Inter Branch YMA Beat Contest an buatsaihah kan Branch in pakhatna lawmman kan lo la tawh a, tun tumah pawh hian pakhatna ni leh ngei turin inbuatsaihna pawh kalpui chhoh mek a ni. Branch Committee chuan hemi atana ngaihtuahna lo seng tur Branch OB te leh Music Sub-Committee OB te a ruat a. A hnuaia tarlan te hi kan Branch aiawh tura thlan chhuak te chu an ni: Band Manager : Pu Lalmazawia V-Sec. Asst. Manager : Pu Malsawmzuala Ralte K-Sec. Branch OB Incharge : Dr. Joseph Lalhminglana, Asst. Secretary. Band Members : Vocalist & Folk Musician - Lalthantluanga, T-Sec. Drums & Folk Musician - Vanlalmalsawmkima, V-Sec. Keyboardist-VL. Thuneia, V.Sec. Guitarist / Rhythm - Lalawmpuia, N.Sec Guitarist / Rhythm - Malsawmsanga Hnamte, T-Sec. Bass Guitarist - Lalnunpuia, V-Sec. Heng bakah hian technical lama lo pui turin heng mite hi ruat an ni bawk: LED Wall Technician : 1) B. Lalkhawngaiha, S.Sec. 2) Lalhriatpuia Ralte, N-Sec. 3) Lalhminglana, T-Sec. Sound Engineer - Lalrammuankima, K-Sec. Band Member-te hian thahnemngai takin an in puahchah chho mup mup tawh a, Elimination Round atana hman tur Video (Un-edited Phone Video Record) an theh lut tawh bawk a ni. He intihsiaknaah hian Band tel tum hi Branch 50 vel an ni a, Intihsiaknaah hian Mizo Rimawi hmanrua (Folk Music) zeh tel zel tura beisei a nih bakah hla hi Mizo hla vek sak tur a ni a. He inelnaah hian lawmman pakhatna in ₹ 1,00,000/-, na in ₹ 70,000/-, leh pathumna in ₹ 50,000/- an dawng dawn a. Tin, heng bakah hian consolation prize leh mimal lawmman a awm dawn bawk a ni. Kan sulhnu te ngaihtuah in pakhatna ni leh ngei turin Music Sub-Committee ten theih tawp an chhuah a, Elimination Round paltlang tura in beiseiin hla thlan thenkhat a Background Choir/ Voice background turte buaipuiin hma an la chho leh mek bawk a ni. Vengchhung mipuiten kan theih ang ang a tawimawm turin leh tawngtai pui turin Band enkawltute leh Band member ten min ngen takzet a ni.
		 ZONE ANTI DRUGS SQUAD RUAT THAR A NI Kum 2025-2027 chhunga YMA Kumpuan ‘Ruihhlo Do’ bawhzuina kawnga Aizawl khawpui chhunga Branch YMA hrang hrang te kan thawhho theihna tura Zone Anti-Drug Squad (ZADS) te chu an term a lo tawp ta a. Ni 20.7.2026 (Thawhtanni)-a Central YMA Executive Committee meeting chuan ZADS puipa turte a ruat thar. Zone tina Convener leh CEC memberte hian Zone huamchhunga Branch YMA hruaitu Office Bearer te ko khawmin Zone Anti-Drugs Squad (ZADS) hruaitu turte an ruat ang, Branch tin ten ngaipawimawh turin min ngen a ni. Aizawl khawpui chhung hi Zone 11 a then niin kan veng hi Zone IV ah kan awm a. Zone IV ah hian Veng 13 awmin ZADS puipa tura ruat tharte chu: Convener : Pu C. Lalrokhuma CEC Asst. Convener : Pu R. Lalthanzuala CEC, Pu C. Laldinsanga CEC Secretary : Tv. Lalnunfela Hlawndo CEC Member: Pu Lalthazuala Renthlei CEC, Pu R. Lalduhawma CEC, Pu K. Lalrinhlua CEC, Pu Jimmy Vanlalmawipuia CEC, Pu Lalrampara CEC ZADS te hmalak tan hun tur hi ni 30.07.2026 a ni ang. ZADS term hi October ni 22, 2026 thleng a ni ang.

MARYMA	PHEK 2-NA	RN YMA CHANCHINBU
 PAWL LEH KHAWTLANG NUN <i>Mizo te hi chhungkaw khat anga awm khawm thin, khawtlang nun ngai pawimawh em em mai kan ni a. Kan nunzia leh zia rang kan sawi tawh chuan tlawmngaihna leh inpumkhatna tihte hi a ri ringin, a taka lan tir pawh kan tum thin. Mahni chauh inngaihtuah thei kan nih loh avang hian YMA kaltlanga kan zavaia kan inzawmkhawm tlatna hi a pawimawh em em a ni.</i> <i>Mizo khawtlang nuna YMA hmun pawimawhzia hi a thuk em em a. Kan nitin nun, a bikin harsatna leh lungngaihna ni a lo thlen hian YMA hi mi tin tan innghahna tlak a ni thin a, a la ni reng bawk a ni. Chhiat thata kan inpui tawn thin te hian Mizo kan nihna a ti Chiang a, he nun mawi tak hi kan hnam nihna min petu a ni.</i> <i>Thangthar lo chhuak zelte tana zirtirna in pawimawh ber pakhat chu YMA hi a ni awm e. Inthununna leh midang tana rawngbawl duhna nun te hi sikul leh in lam atang chauh a zir hi a tawh loh chang a awm fo thin. YMA a mawhpurhna lak a, khawtlang tana tlawmngai taka thawhhona nei thin thangtharte chuan mimal nun siamthatna leh tlawmngaihna thuk tak an zir chhuak thin a ni. Chutih rualin, tunlai khawvel thang zel hian khawtlang nun leh YMA te hi harsatna thar a thlen ve mek bawk a. Mahni in dah pawimawhna te, midang mamawh lo ni a kan inhriatna te hian khawtlang nun inzawmna hi a that chho ang tih te paw hlauhawm tak a ni.</i> <i>He harsatna hi kan palzut zel a nih chuan, YMA din chhan leh kan hnam nun mawi ber mai; tlawmngaihna leh inpuih tawwna hi a tla hniam zel thei a. Chuvangin, YMA hruiatute pawh hian tunlai khawvel mil zawng a YMA rawngbawl na pawh hi kan her rem thiam ve zel a pawimawh. Thangthar te hip zawng a thil ruahman te, leh khawtlang inpumkhatna vawng reng chung a mi tin tana hmun zalen leh thawveng siam thiam te hi tun dinhmunah chuan a ngai chho tan ta niin a lang. YMA leh khawtlang nun hian mi tin min huam a, mahni chuah inngaihtuah lovin midang tana tha tur ngaihtuah chung zelin Mizo tlawmngaihna hi YMA kaltlangin i vawng nung thar zel ang u.</i>	 PI PUTE THLAWHHMA LAK DAN Hmanlai kan pi leh pute khawsak danah, lo neih leh thlawhhma lak hi an nunphung pawimawh ber zingah a tel a. Chuvangin, tangkaina te a lo awm tak mialin kan pi pute thlawhhma lak dan kalphung hi kan han thailand ve ang e. Khua in a an lo neih tur ram hi lal leh upa te'n an rêl a. Hei hi "Ram Tûk Rêl" an ti a. Khaw khatin kum khat a an lo neih duh tawh/ bawh tawka zau hi 'Ram Tûk Khat' an ti a. In tin lo chu a zim emaw a zau emaw 'Lo Fing' an ti theuh a, Naurual lo zau deuh chu "Naurual lo fing" an ti a, Pahmei lo chu "Pahmei lo fing" an ti leh mai thin a ni. Lo pui ni lo dai hnaiah thlai leh an hnah chinna tur 'Leipui' an nei ve bawh thin. Tichuan, hmun zau zawng sawi nan pawh, "naurual leipui fing," "pahmei leipui fing" tih tawng kâu chheh te pawh an nei a ni. Tin, Ramtûk hi Favang lain an rêl ber thin a, Favang âwllen lai hian an tlu kim vek hman thin. An ram theh chu a tha lai leh chhe lai a awm lo thei lova, chuvangin, insem dan mumal tak an nei a, Lalin thawh lawm/ thlawhhma a lak ve chuan a hmasa berah a duh lai takah a duh tawka zauvin a han pawm phawt a, (hei hi Lal bawih, vanlung ura chengte, thawh tur a ni). Lal zawhah chuan lal upa leh lal mualkil- mithate'n an pawm ve leh a, A pathumna ah chuan Ramhual an tih, lo duh thlang tura lalin a ruat bik, hlo thlo thei leh buh leh bal mir bikte chuan an pawm leh a. Heng ramhual hote hi pawl tlak huna 'Lal Fathang' phur nga aia tlem lo chhung turte an ni. A palinaah chuan lal mi leh sa leh a duhsak bik 'Zalen' an tih te chuan an han pawm ve leh a. Zalenho dawhah chuan lal duhsakna dawngtu dang, buh leh bal thlo thei 'Hautla' an tihte chuan an pawm ve leh a. Mahse, Hautlate hi khaw thenkhat a chuan an awm hnan chuang li, zalen hian a fun vek thin. Tin, khaw thenkhat a chuan lal upate hian lo tha thlang chuang lova Ramhual ruala thlang khuate pawh an awm. Lal dawta ramhual leh upate duh thlang rual ta mai pawh an awm bawh. Heng lal duhsak kaite hi, lalin a nawm a maka a hnungzui tura a kaihhruai ngamte a ni. Tin, lal upa thenkhat chu chhung rual tak an nih lem loh avangin, ramhual dawt/ hnunga lo thlang ta zawk pawh an awm bawh. A hnunung bêrah chuan vantlangin lo an thlang ve chauh thin. Tin, Lal khuah lo duh thlang thinte hi in tam tak an ni lem lo.	Tin, ramhual leh zalen lo duh thlangte reng reng chuan vantlang pawm hma in rî an sat fel vek thin. An rî sah fik har hmachhawn lam chu an pawm lam tihna a ni thin, an pawm chin hriatnan perh an tar thin. Tichuan, vantlang chuan ramhual leh lo duh thlang dangte tlakna an lo hre hmasa vek a. Tlangâuv in lo thlan theih hun tur mipui a hriattir a, zing vartianah lalin darkhuang a tum veleh emaw, silai a kah veleh emaw an lo duh thlang turin hmanhmawh takin an chhuak thin a, an duhna hmun tak thleng hmasa ber apiang chuan chu hmun (ram) chu an chang thin a. Thleng rual tur an awm leh an chem an vawm vak a, chem vawm thleng hmasa zawk zawk chuan chu lai hmun/ram chu an chang thin. Hetiang a nih avâng hian la duh thlan dawn tûk chuan thawh hai an hlau va kawtchhuahah te an riak thin bawh. Lo vâh tan ni chuan lo mawng kil atângin an vât tan a. Lo vâh tan ni chiah chu 'Mangchhal Ni' an ti a. Chawhma chauh, chaw pawh fun lovin an vât a, chawhnu lam chuan an hawsan daih thin. Hetia an tih kher nachhan chu an pui thu êm vâng a ni. An lo tur chu neih a rem dawn em, zan lamah eng mâng nge an man? Mâng tha lo leh in lam rel theih chi te an nei emaw, tiin fiahnan 'mâng an chhal' a nih chu. Lo vâh riahbuk ah hian mipa hlir riak khawm an ni thin a, an tam thin hle. Lovah riahbûk hi a tlangpuiin "Vanlai Bûk" an tihin an sa ber thin. A laiah sût khat chauh neiin mau phel kaih kulh tawna chhip zûm deuh putin an sa a. Phelsepin a zal an kalh a. Chumi inkalhah chuan mau hnah an vih kalh insaphuhawn ta thin a ni. Lo vah zawh hnu, la hal hma si, chap pho ro hun lai chu "chapchar lai" an ti a. Lo lam hna thawh tur dang a awm loh avângin "chapchar âwllen" tih a ni bawh. Lo an vâh zawh atânga an hal thlenga vahchap ruahin a nan loh hi "Ni Hlui Lo Hal" an ti a. Vahchap a ro that avângin lo a kang tha duh bik. Tin, ruah pawh sur se, khua a that rei leh hman chuan "ni a hlui leh hman" an ti thin. Mahse, ruah a sur hnu a khua a that rei leh hman loh chuan "Ni thara lo hal" an ti thin. Tin, Chapchar lai khaw tha, nipui lai hi chi thumah an then a. Chapchar khaw tha hmasa ber lai hi theihmu chi khat "Hmutau" hmin hun lai a nih avângin 'Tau Ni' an ti a. Vâu be vul hun laia khaw lo tha leh hi 'Vau Ni' an ti leh a. A hnu May thla chhova khaw tha erawh hi chu 'Khiangrêp Ni' an ti. Khiang (thing chi khat) par êm rêptu ah ngaiin, a hming hi an phuah a ni. Khiang rêp ni a lo hal hi chu buh tuh nghal a ngaih tawh thin avângin "Buh chi chawi chawpa lo hal" an ti.
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 Lalhluipua, Hmingthanzuala, Vanlalrinkima, R. Zodinsanga, Zothankhuma, Lalrinchhana, K. Lalmuanpuia		

**ZIN & HAW**

■ Pu Lalrochama, Branch Vice President, CYMA programme SIR of Electoral Roll chungchang a Lawngtlai leh Chawngte-a kal chu dam takin a lo haw leh ta.

■ Nl. Lalrohlu Pachuau, T-Sec. c/m chu zirna thilah Bangalore-ah a zin.

■ Dr. Vanlalhlana, Bialtu MLA, N-Sec. Sawrkar thil pawimawh a Delhi zin chu alo haw leh ta.

■ Pi Mary Lalnunpari w/o David Laltanpuia, V-Sec. chu chhungkaw thilah Chhingchhipah a zin.

■ Nl VL Serafi d/o VL Zahawma, V-Sec. chu a zirna hmun Tamil Nadu lamah a kal leh ta.

■ C. Malsawmzuali d/o C. Lalhmingthanga, C-Sec. chu a zirna hmun Shillong-ah a kal leh ta.

■ Pu Lalduhzuala, N-Sec. New Delhi-a inentira kal chu a lo haw leh ta.

■ Pu C. Vanlalsawma, S-Sec. chu chhiattawhna avangin Manipur-ah a zin.

■ Pu Lalhnehliana, K-Sec. chu Kolkata-ah in entirin an kala, a nupui Pi Zothansangi'n a kalpui.

■ Dr. Rohlupui Ralte-te chhungkua C-Sec. chhiat tawhna avanga Serchhip zin chu an lo haw leh ta.

■ Pu Thomas SK Khuma, C-Sec. Training pe a Aibaw leh a chhehvela kal chu a lo haw leh ta.

■ Pu Lalnunmawia, C-Sec. chu Champhai atangin Aizawl lamah post a ni a, tunkar khan Aizawl lamah an lo let leh ta.

■ Tv. Vanlalhriata s/o Malsawmthara, K-Sec. chu chhungkaw thilah Suangpuilawn a zin.

■ Pu PC. Rochhunga T-Sec. leh Pu Lalkhuma C-Sec. te chu hna thilah Zamuangah an kal.

**LAWMAWM**

■ Lallawmzuali d/o H. Lalsangliana, V-Sec. chu Social Welfare, Women & Child Development Department hnuaiah District Social Welfare Officer turin a tling.

■ Lalpekhluah leh Vanlalchhanchhuahi te nupa, V-Sec. te chuan ni 13/7/2026 khan Synod Hospital, Durtlang ah fanu an nei.

■ Pu K. Lalbiakmawia, S-Sec. chu LDC-ah kaisangin Directotote School Education-ah post a ni.

**THILDANG**

■ **Ruangchhuak:** F. Lalmuanawmi, K-32 chu ni 20.07.2026 (Thawhtanni) khan Synod Hospital, Durtlang ah a boral a, a ruang hi Dr. Rohlupui Ralte, C-Sec. ten la in damdawiin atangin an khua Serchhip panpui nghal a ni.

■ Pu Malsawmdawngliana te chhungkua, C-Sec. chuan an in thar an luah lut fel ta.

LEI PIAH LAMAH

Lalthanzauva, K-83 h/o Rangthangpuii (Fam), K-Sec. chu ni 23.07.2026 dar 2:30 AM khan a boral a, hemi ni vek dar 01:00 PM ah Ramhlun North Thlanmual, Zemabaw ah vuilam a ni.



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

**DAMLO**

■ Hannah Lalhmingangi d/o Samuel R. Lalhmingaiha (News Editor), K-Sec. BN Hospital-a awm chu dam takin a lo chhuak leh ta.

■ Lawmsangzuali Ralte d/o Victor Lallawmawma, K-Sec c/m. chu khawsik avangin Civil Hospital, Aizawl ah enkawl mek a ni.

■ Pi Lalthazuali w/o Sangkamlova, V-Sec. Civil Hospital-a awm chu inlamah enkawl chhunzawm turin a lo chhuak.

■ Tv. Laldupui s/o C. Lalthankima, T-Sec. chu natna hrang hrang avangin Nazareth Hospital-ah enkawl mek a ni.

■ Tv. Lalrinchhana s/o C. Laltlanthanga, T-Sec. chu Nazareth Hospital-ah natna hrang hrang avangin enkawl mek a ni.

■ Pu L.P. Lalhlimpuia, C-Sec. chu Dengue avangin in lamah enkawl mek a ni.

■ H. Lalrothara s/o H. Thanmawia (Fam), C-Sec. chu pumna avangin Synod Hospital, Durtlang ah enkawl mek a ni.

■ Hon. Capt. C. Dawla, C-Sec. chu khawsik avangin Synod Hospital, Durtlang ah enkawl mek a ni.

■ Pu Lalrinchhana Pulamte, C-Sec. LRM Hospital-a awm chu a lo chhuak leh ta.

■ Pu Richard Lalsangzela, C-Sec. chu kawng herh avangin in lamah enkawl mek a ni.

■ Pi Lallianchhungi w/o C. Lalrosanga, N-Sec. chu taksa chaklohna avangin in lamah enkawl mek a ni.

■ Pu Hrangdailova, S-Sec. chu Nazareth Hospital-ah enkawl mek a ni.

■ Lallawmkima s/o K. Lalbiakkima, S-Sec. chu ZMC&H atangin in lamah inenkawl chhunzawm turin a lo chhuak.

■ Pu Lalhnama, S-Sec. chu Trinity Hospital-ah thluak a tui tling zai niin enkawl mek a ni.

■ Lalventluanga s/o Lalrammawia, K-Sec. chu natna hrang hrang avangin Nazareth Hospital-ah enkawl mek a ni.

■ Pi Nuchhungi w/o kawlechhuana (Fam) C-Sec. chu natna hrang hrang avangin in lamah enkawl a ni.

■ Nl. Lalchhuansangi d/o Daniel Lalthianghlina, C-Sec. chu accident avangin Synod Hospital, Durtlang ah enkawl mek a ni.

**LOCAL COUNCIL**

■ 1) Ramhlun North Local Council leh All NGO Committee thukhawm chuan Ramhlun North huamchhungah zan rei tak tak thlenga dawr in hawn a remti lova, August ni 1, 2026 atang chuan zan dar 11:00 thleng bak dawr hawng lo turin, Dawrkai zawng zawngte, kawngkama eitur zuar thin te leh vengchhung mipuite kan inhriattir a, hei hi zawm tlang theuh turin kan inngen e. Tin, Pathianni a kawngkama in zawrh phal loh a ni a, Committee thuchhuak zawm ngei turin kan in beisei a ni.

**PAWL DANG**

■ **Ramhlun United Badminton Club:** RUBC Grassroot Centre, Ramhlun Hall-ah Ramhlun Veng naupang, badminton zir thar duh tan Ni 31 July 2026 thleng Admission hawn a ni a, a zir duh tan Admission fee ₹ 300/- leh Monthly fee ₹ 700/- pe in RUBC Grassroot Centre Ramhlun Hall ah July 2026 chhung in a ngaihven theih e.

Hrechiang duh tan a hnuaia tarlan phone number ah hian a zawhfiah theih e: 9862539545/7005774551/ 9774393985

**KOHHRAN**

■ **Presbyterian Kohhran, Ramhlun East:** Ni 24-26 July, 2026 chhung hian Ramhlun East Kohhran chuan Tleirawl Summer Camp, 2026 a buatsaih a, he camp ah hian Sunday School Department pathum; Intermediate, Sacrament leh Senior department te an lut a ni. Summer Camp, 2026 ah hian mi 112 vel an lut a, Pathianni zan Inkhawm banah camp atang hian an lo chhuak ang.

■ **Baptist Kohhran:** BCM Ramhlun North chuan naktuk Pathianni zing Inkhawmah Sunday School Fellowship hun an hmang dawn a, pawl tin atangin special item nei tur inruat a ni baw.

■ **Roman Catholic:** July 26, 2026 Pathianni Inkhawm ban hian Catholic Thalai Pawl ten Kohhran Hall-ah group sports closing na hun an hmang dawn.

JOSEFA BUHZEM

Salvation Army Youth, Ramhlun Corps rawngbawlna peng pawimawh tak pakhat - Josefa Buhzem rawngbawlna chu kalpui reng niin ei leh barah harsatna i nei a, chhuanchhama i awm a, mamawh i nei a nih chuan Josefa Buhzem ah lo kalin helaia ei tur awm te hi inthlahrung hauh lova rawn la turin kan sawm che a, tisa mai piaah lamah thlarauvah malsawmna tam tak i dawng ngeiin kan ring a ni.

Josefa Buhzem hi kartin Nilaini leh Inrinni-ah zing dar 7 atanga zan dar 9 thleng hawn thin a ni a, Ramhlun Corps Biakin hnuaiah Josefa Buhzem hi i rawn tlawh ve ngei dawn nia.

Lalpa'n malsawm che u rawh se.

sd/- Secretary

SAY, 2026 Ph: 9856923146

MARYMA	PHEK 4-NA	RN YMA CHANCHINBU
ARTICLE	DAM REI NAN - MUT THAT LEH THIN NATNA	ADVERTISEMENT
- Dr. J. Lalramchhuanga, MD, V-Sec. 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 inchhekkhawl 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. Enkaw 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 enkawl theih a ni a, Thin ro stage a thlen tawh erawh chuan, enkawl nasat a ngaiin ngai a awh 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 hriselna kawngah nghawng tha tak a nei a, inthlahchhawanna (genetic) atanga thin tha lo chhung a mi pawh lo ni se, mut that hian awmzia a nei hle tih hriatchhuah a ni. Tumahin inthlahchhawn 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. Zantin darkar 7 atanga 8 mut thin hian hriselna kawngah a tha zawngin nghawng nasa tak a nei a ni. Kan taksa hian zantin darkar 7 - 8 mut thin hi kan hrisel nan a mamawh a. Mut tlem hian kan thin chauh ni lo kan taksa hriselna 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 hleitheih lohna thleng in a thlen thei a ni. Tin, natna benvawn nei sa te tan natna benvawn a tizual kai thei bawk. 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. Zanalai 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 hriselna mai ni lo kan dam reina 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 tawk 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 hriselna atan a lo tha ber mai. 'Damna leh Hriselna in hnenah'. JEREMIA 30:17 Ka tihrisel leh ang chia, I hliam zawng zawng chu ka tidam ang,' LALPA thuchhuak chuan a ti;		
SP TUI Tui hna thianghlim, ei leh in tlak, litre 2000 pickup trip kan pe thei e. Mobile: 9615789047 (15-8) 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 (10-1) VANLALFELA SEPTIC TANK Septic tank paih fai, commode block, pipe, soak pit tha 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 (10-1) L.H. SEPTIC TANK SERVICE Septic tank paihfai leh repairing engkim kan thawk thei e. Kum 17 chuang experience nei kan ni e. Rate: 4500/- per trip Ph.: 6909183193 (10-10) 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 (20-1) 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. Registration: MRS 542 Contact: 9862476439 (10-8) TLUANGTEA SEPTIC TANK SERVICE Septic tank khat paih leh repair kan ti thei reng a, rate chu inbiakremna a ni ang. Contact: 6033373188/9612376373 C/o Marina: 9436140350 (10-8) MAFELA SEPTIC TANK SERVICE Septic Tank khat paih fai, commode block, pipe fit, soak pit thar siam engkim kan ti thei e. Rate: Inbiakremna Ph: 9233440125 (10-9) VANCHHAWNG SEPTIC TANK Septik tank khat englai pawh in kan paih fai thei a,repair,commod block,pippe block kan siam thei bawk e, Rate: Inbiakremna Ph. no: 9615458679 (10-2) RAMHLUN NORTH SEPTIC TANK KHAT TAN Septic Tank Paihfai leh Repairing engkim kan ti theih e. Comode “Block, Pipe Fit,Ek in khur leh,Soak pit tha lo,a thar pawh kan siam theih reng e” RATE: INBIAKREMNA Mb-9863524969 / 9383178166 (20-4) ALLCLEAN SEPTIC TANK SERVICE Septic Tank paihfai, a khurpui repairing leh a thar siam, pipe fitting, commode block, soakpit a hlui repair leh a thar siam, etc. engpawh kan thawk thei vek e. Eng hunah pawh koh theih kan ni e, en man a awm lo e. Rate: Inbiakremna Contact: 6009002567 (10-3) KC TUI Tui thianghlim leh fim tha em em, Pick up in litre 2000; tlawm takin kan pe thei e. Ph: 9774 223 462 / 7005 010 327 (10-6)		
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