Estd. 1983

Reg. No. 386 (MZ)

MARYMA

Ramhlun North YMA Chanchinbu

"YMA thuvawn: YMA chu ṭanpui ngaite ṭanpuitu

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

Vol. 44 | Issue No. 43 | Ramhlun North: Ni 24 October, 2026

BRANCH THU

■ Pu Jimmy Zosangliana Sailo te chhungkua, V-Sec. chuan an nu Pi Lalrinawmi, September ni 4, 2026 a boral ta hriatreng nan Zemabawk North a kan veng thlanmual gate siamna turin ₹ 5,00,000/- an donate a, a hma thei anga hmalak chhunzawm nghal tum a ni ang. RNYMA chuan lawmthu a sawi.

CYMA THU

■ Central YMA hnuaia Ruihhlo Do Pawl Central Anti Drugs Squad (CADS) ten ni 17.10.2026-23.10.2026 Ruihhlo leh a kaihhnawih an man te:

1. Heroin No. 4
(a) Hawng - 3 (36g.);
(b) Tictac - 82 (31.538g.)
(c) Chhinsen - 4 (0.256g.)
(d) Bagha cap - 38 (1.218g.)
Total weight: 69.013g.
2. AP - 6 tab.
3. Pregabalin - 10 tab.
4. Ganja - 17g.
5. Mi man zawng zawng - 63
6. Home a dah - 4
7. Counselling kaltir - 42
8. Narco. a pek - 1

■ Central YMA Ambulance Regn. No. MZ 01 Z 2369 chu Silchar Branch YMA hnenah ṭangkai taka an hman turin hlan a ni.

■ Central YMA bultumin Central YMA Hall-ah Training of Trainers Awareness and Capacity Building Programme on Drug Abuse Prevention hun hman a ni a, Central YMA OB, CEC, Sub-Hqrs. YMA aiawh leh Group YMA aiawh te an tel.

■ Art & Culture Auditorium, Berawtlangah Naga Students' Union, Mizoram ten Freshers' Meet-cum-Cultural Day an hmang a, Tv. Lalnunfela Hlawndo, CEC in a hmanpui.

■ **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.

YMA ROREL INKHAWM VAWI 5-NA NEIH A NI

Ramhlun North, the 24th October, 2026: Ni 22.10.2026 (Zirtawpni) khan YMA Rorel inkhawm vawi-5-na chu LPS Arena Falkland ah neih a ni a, inkhawm hi chawhma dar 10:30 ah ṭan niin Pu R. Lalngheta President Central YMA chuan kaihruaiin Pu Vanlalsawma CEC chuan hunserh a hmang a, Pu Lalhmuchuaka CEC kaihhruaina in nikum YMA inkhawmpui lian vawi 74-na leh tun Rorel inkawm inkhar a YMA member boral, mipa 1254 leh hmeichhiah 322 avaiin 1576 te sunna hun a hman a ni a, sun zingah hian Central YMA hruaitu lo ni tawh te: Rev. Lal Rinmawia Khatla, Pu V. Thangzama Dawrpui Vengthar, Pu Robert Rosanglura, Zarkawt, Pu C. Vulluaia, Dawrpui Vengthar te bakah YMA hruaitu nilai eng emaw zat an tel a ni, hemi hun hian Pu Lalbiakkunga CEC kaihhruaina in YMA thuthlung sawi rualna hun hman a ni bawk.



Pu S.F. David Ngursangzuala, Asst. Secretary, Central YMA hnen aṭangin nikum YMA inkhawmpui lian leh vawiin Rorel inkhawm inkar a Central YMA hmalakna hrang hrang ngaihthlak niin tun dinhmunah hian Central YMA hnuaiah hian Sub.Hqrs 9, Group 49 leh Branch YMA 831 te awm mekin YMA member 523808 an awm mek a ni, Pu M.S Ralte, Finance Secretary Central YMA hnen aṭangin Finance report ngaihthlak a ni bawk.

Rorel inkhawm chuan hengte hi lungrual takin a pass a ni.

YMA KHAWIH:

1. Mizoram pawn aṭanga Company, Mizoram chhunga hna rawn thawktu ten hnathawktu atan ram leilung fa tam zawk an chhawr theih nan Central YMA-in hma la chhunzawm zel rawh se.
2. Central YMA-in aia upa zah inzirtirna kawngah tun aia chak zawkin hma la rawh se.
3. Environment humhalh chungchangah chak zawkin hmalak ni rawh se.
4. Mizo Lengkhawm (khawhar) hlate a ral mai loh nan khawhar in leh mitthi inah a tam thei ang ber sak anih theih nan CYMA-in hma la rawh se.
5. YMA hlate (YMA Hla Bu a mi) uar zawka sak a nih theih nan leh thiam kan lo tam zawk theih nan Central YMA-in hma la rawh se.

SAWRKAR KHAWIH:

1. Bairabi aṭanga Sairang inkar Rel Station/Sub-Station-ah te hian uluk zawkin ILP check a nih theih nan Central YMA-in hma la rawh se.
2. Mizoram leilung fate kan him nan Trading Regulation felfai tak kan neih theih nan sawrkar-in chak zawkin hma la rawh se.
3. Mizoram-a raltlante awm dan leh Foreigner mi, dan lova rawn sumdawngte khuahkhirhna mumal zawk a awm theih nan hmalak ni rawh se.

Heng bakah hian YMA dan bu hmanlai hi kum 2027 inkhawmpuiah ennawn turin ruahman a ni. Rorel inkhawm ah hian Group leh Branch YMA ten inelna hrang hrang (i) Ramngaw leh nungcha humhalh ṭha, (ii) Tuihna humhalh ṭha, (iii) Luidung humhalh ṭha, (iv) Kumpuan bawhzui ṭha, (v) Chanchinbu ṭha leh (vi) YMA Chanchinbu la ṭha te hnenah lawman sem a niin YMA hruaitu hlun chawimawina mi 90 hnenah hlan a ni bawk.

Er. H. Duhkima Treasurer Central YMA in kum 2026-2027 chhung a Central YMA sum hmuh leh hman tur a ruahman ₹ 2,35,37,850.00 a pharh chu lungrual takin pawm a ni bawk.

Rorel inkhawmah hian Mizoram chhung leh pawn atangin rorel palai 1241 an kal a, Prof. Lalnuntluanga Vice President Central YMA in lawmthu sawiin hun hnung a chang a, tlai ah rorel palai te hian zanriah an kil ho a ni. He Rorel inkhawmah hian kan Branch aṭangin Pu Laldingliana Sailo, President, Pu Biakchungnunga, Secretary leh Pu Rorelliana, Treasurer te an tel a ni.

Editorial

YMA CHU INPEKNA A NI

Mizo hnam nun leh khawtlang nun ti mawi a ti famkimtu chu YMA hi a ni ti ila kan sawi sual tam lutuk awm lo e. Mizo nunphung, ṭawng, hnam nun leh khawtlang nun vawng him tura din a nih angin, mipui nunah hian hmun pawimawh tak a luah tawh a. A chhan bulpui ber ni a lang chu inpekna hi a ni awm e.

Inpekna tih chu mahni hun, tha leh theihna te, khawtlang ṭhatna tura hman hi a ni. YMA hian khawtlang tana thil ṭha tih, harsatna tuarte ṭanpui, hnam nunphung vawn nun leh mi dangte tana rawngbawl hi a ngaih pawimawh berte zinga mi a ni. YMA member nih hi a hming chauha ni lovin mahni phak tawk a khawtlang tana thawh, mi dangte tana thil ṭha tih leh mawhphurhna hlen te a keng tel.

Kan hun tawn mek ah hian harsatna hrang hrang kan hmachhawn mek a. Ṭhalai zingah ruihhlo leh thil sual dang a lo pung zel a, kan nunphung leh kan hnam nun pawh hmasawnna leh khawvel danglamna avangin hmachhawn tur thar a tam hle. Heng karah hian YMA hian mawhphurhna lian tak a nei a, a ṭha zawng a hmalak tumnaah hian member-te inpekna leh mipui te thawhhona a pawimawh hle.

YMA member chuan khawtlang tana a thil tih apiangah fakna leh chawimawina a phut tur a ni lo va, mi dangte ṭhatna leh khawtlang hmasawnna a ngaih pawimawh zawk tur a ni. Heihi inpekna dik tak chu a ni. Tin, khawtlang nun vawn kawngah mi tu mai pawh hi kan pawimawh a. Khawtlang chakna chu mi pakhat emaw, pawl pakhat emaw mawhphurhna emaw inpekna chauh a ni lova, thawhhona rah a ni.

YMA chu kan hnam nun vawng himtu pawl pawimawh tak a nih avangin, a member tinte hian inpekna leh mawhphurhna rilru kan neih a ngai hle. Kan inpekna leh thawhhona a ngheh phawt chuan kan khawtlang nun a lo ṭhang ang a, kan hnam nun pawh a lo nghet zel ang. YMA chu thiltih hmanga inpekna lantirna pawl a nih zel theih nan member-te'n ṭan ila sauh sauh ang u.

KHAWTHLIR

MIZO RO HLUTE - III

LAMṬHUAMTHUM LEH PHUNG KUA: Lamṭhuamthum hi 'Kawng pathum insuihfinna' tihna a ni mai a. Hemi hmun pawimawhna chu Kungâwrhi chanchin vâng hi a ni ber ang.

Lamṭhuamthum hi Fârkawn khaw daia awm a ni. Fârkawn khua aṭânga km 1 leka hlaah Lamṭhuamthum hi a awm a, a bul lawkah chuan Phungkua a awm bawk.

Lamṭhuamthum hi a lo hmingthanna chu Kungâwrhi thawnthu aṭâng hian a ni. Nula hmelṭha tak Kungâwrhi hi Keimi tlangvalin a nei a, chu chu Phawthira leh Hrangchala'n an phal lo va, chhuhsak an tum ta a. Kungâwrhi pa chuan chhuhsak ngei turin a tir ta a ni. Tichuan, harsa takin Kungâwrhi chu Keimi lak aṭâng chuan an la chhuak leh ta a, Lamṭhuamthumah hian an riahpui ta a. Zan rehah chuan Phungpui hian "Tu te nge, ka Lamṭhuamthuma riak...?," a rawn ti ta a. Phawthira chuan pasalṭha âw tak hian, "Phawthira leh Hrangchala, phaipheng bula sakamkei lu kan tuk sawk sawk, kan sah sawk sawk," tiin a lo chhang a. Phungho chuan an ngam ta lova. Nakinah chuan an lo thawk leh a, an tih dan pangngai bawk chuan an rawn ti leh a.

Hetih lai hian Phawthira chu a mut a chhuak em a, a lo muhil palh a; Hrangchala chuan Phungho chu a lo chhang ve thung a, hmeichhe âw rat hian, "Phawthira leh Hrangchala, phaipheng bula sakamkei lu kan tuk sawk sawk, kan sah sawk sawk," a lo ti ve a. Mahse, hmeichhe âw sin rata a lo chhan avângin, "Dawih âw, dawih âw," an ti a, Kungâwrhi chu an rawn chhuhsak ta a. Tichuan, an bula Phungkuaah chuan an luhpui ta daih mai a ni. Hei hi vawiin thlenga Phungkua an tih 'Kungâwrhi hnuh luhna pûk' an tih chu a lo ni ta a ni.

He Lamṭhuamthum bula Phungkua hi kum 1947 velah kha chuan a la ṭha hle a, puitling pawh ding chunga luh theihna khawpa zau a ni. Hun a lo kal zel a, a kawkam leite a lo min zel a; tin, heti lai ram hi lova an neih apiangin chhehkhang vawm khawm nan an hmang ?hin a. Tûnah chuan khuar thûk tak angin a lang satliah deuh mai ta a ni.

LUNGPHUN LIAN: He Lungphun hi Pukzing khaw chhim thlang lam km 2 vela hlaa awm a ni a. Pukzing khua hi Mizoram khaw thlang lama awm a ni. Feet 6 leh inches 3 a sang, feet 4 leh inches 5 a hlai leh feet 1 a chhah a ni.

He lung hi Chenkual lal phun nia ngaih a ni. A rih em avângin khua a thlen zo lovin helai hmunah hian an phun ta mai, nia rin a ni. Lungphunah hian hmeithai fapa tlangval an phun hnan nghe nghe niin an sawi. Ngaihdan ṭhenkhatah chuan Sibuta, Palian lal phun a ni.

Lungphun lian hi Mizoram hmun hrang hrangah lungphun dangte ang bawkin a phuntu ral thah leh sa kah zat entirna niawm tak leh a ro neih zat entirna niawm takin ramsa lem te, mihring lem te leh sial lu lemtein a khat chuai a. A hnung lamah hian mihring lem 34 lai a inziak a, tin, a phuntupa lem niawm tak, lian tawk taka ziak a hma lamah hian a awm bawk. A sirah hian sial lem 23 lai hmuh tur a awm bawk a ni. A hma lama a phuntupa lem niawm tak hian a tukkhum lamah a sam a zial avângin Lusei emaw Pang emaw a nih ngei rin a ni. A chhan chu heng hnam pathumte chauh hian tukkhum lamah a sam an zial ṭhin vang a ni.

LUSARIHA LUNGCHAWI: Lusariha Lungchawi hi Champhai bul tuipui kama awm a ni a. Hemi bul lawkah hian Chawngchilhi Lung pawh a awm a. Heng lung maksak tak takte hi engtik hun laia mi nge an nih hriat a ni lo va, tute sulhnu nge a nih hriat a ni bawk hek lo.

Chawngchilhi thawnthuah chuan Chawngchilhi hi a nau nen lovah an feh dun ṭhin a, rulpui nen an inngaizawng a, Chawngchilhi pa in a hriat chhuah hnuah rulpui chu a tihlum ta tih a ni a. Hemi Chawngchilhi Lungah hian nula lem leh rulpui lem hmuh theihin a la inkêr a. Tin, Lusariha Lungchawiah hian milem eng eng emaw ni kêr a awm bawk a ni. Sawi danah chuan hemi lung chawitu hian pa pasarih tha anga chakin he lung hi hneh takin a chawi kang ṭhin a ni âwm e. Mi naran/mi pangngai tan chuan tih rual a ni awm lo ve.

LUNGKULH: Lungkulh hi Mizoramah chuan thil hlui laihchhuahna hmun pawimawh tak a ni a. A awmna hmun hi Zamuang leh Hriphaw inkâr motor kawng chung, tlâng zawl deuhva awm a ni. He Lungkulh hi laih chhiat deuh vek tawh a ni a. Kum 1970 chho bawr vel khan (heng lai hmuna awm hote hian) thil hlu tak inphum ru-a an rin avângin helai hmun hi an lai chiam mai a. A hmun takah hi chuan engmah laih chhuah an neih hriat a ni lova, a thlang lam metre 100 vela hlaah erawh chuan lungphek hnuaia Darthleng inphum eng emaw zat hmuh chhuah a ni. Tribal Research Institute in a hmun vel hi enchiangin, tûnah chuan Mizoram Forest Department pawhin Art & Culture Department hnenah he "Lungkulh" hi Archeological Excavation Area atan a pe a ni. Thawnthu pakhatah chuan, he Lungkulh hi Rimenhawii pa in niin 'In thir, In dar" nia sawi kha a ni a. Rimenhawii pawh kha, he in aṭâng hian Vai Lalpa khan hruai chhuakin nupuiah a nei a ni, an ti.

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

■ Pu C. Remruatfela, C-Sec. BECM chu thil pawimawh buaipui turin Siaha ah a zin.

■ Pu K.C. Ramluahpuia, T-Sec. BECM chu hna pawimawh avangin Siaha ah a zin.

■ Pu K. Romawia, V-Sec. te nupa Ranchi-a zin chu an lo haw leh ta.

■ Pu Ramdinzauva, T-Sec. te chhungkua chu chhungkaw thil-a Saitual a zin chu an lo haw.

■ Pi Lallianpuii w/o Lalhmachhuana, T-Sec. chu China-ah a zin.

■ Pu Lalparmawia s/o Khianghluni, C-Sec. Ambasa, Tripura-a awm chu chhungkaw thil buaipuiin a lo haw.

■ Pu C. Lalhmingthanga, C-Sec. damlohna avanga Kolkata-a inenkawl a awm chu dam takin an lo haw leh ta.

■ Pu Benjamin Lalhriatpuia, N-Sec. chu PYF Youth Camp hmangin Lawmei, Meghalaya-ah a zin.

■ Pu David Laltlankima, S-Sec. chhungkaw thil a Champhai a zin chu a lo haw leh ta.

■ Pu Zohmangaiha, S-Sec. chhungkaw thil a Champhaia zin chu a lo haw leh ta.

■ Tv D. Liansanga, K-Sec. chu a hna thawhna hmun Sangau aṭangin chawlh hmangin a lo haw.

■ Pu Lalṭhakima Colney, K-Sec. chu a hna thawhna hmun Darlawn aṭangin chawlh hmangin a lo haw.

■ Pi Lalhlimawmi te nufa, K-Sec. chhungkaw thil a Buhban a zin chu dam takin an lo haw leh ta.

LAWMAWM

■ Lalrempuia s/o B.Sakhawliana, V-Sec. chu Art and Culture Department hnuaiah Reserch Investigator turin a inziak tling.

■ K.Lalrinpuii d/o K.Lalnunmawia, C-Sec. chu FCS & CA Department hnuaiah Storekeeper turin a tling thar.

CLOSED SEASON

NGHAFUAN VEN HIM HUN

Notification No. F.23/42/2025-FS

(E-14232)

Dated 6th October, 2026

Kan ram lui dung sangha ṭhenkhat inthlahpun (Nghafuan) hun a lo thleng leh ta a, heng nghafuan te venhim nan hian Mizoram Sorkar chuan 10th October-30th November, 2026 chhung hian 'CLOSED SEASON' a puang a. Hemi hun chhung hian Nghalim, Nghadawl, Dawntial, Lengphar, leh nghafuan chi dangte man leh tih hlum khap tlat a ni.

Dan bawhchhia chu Mizoram Fisheries Act, 2002 hnuaiah 'Thla khat aṭanga thla thum thleng lungin tan emaw ₹ 5,000/- chawitir emaw a pahnih inkawp a hrem theih an ni.

Issued by: Fisheries Department,
Government of Mizoram

LEI PIAH LAMAH †



Chawngthansangi, K-75 c/o Rebecca Malsawmtluangi, C-Sec. chu ni 23.10.2026 dar 01:50 AM khan a boral a, hemi ni vek chawhnu dar 1:00 ah Ramhlun North Thlanmual, Zemabawk ah vuiliam a ni.

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

DAMLO

■ Tv. Zothankhuma N-Sec. chu Nazareth Hospital, Ramhlun North ah enkawl mek a ni.

■ Pi C. Ronguri, N-Sec. Synod Hospital, Durtlang a awm chu in lamah inenkawl chhunzawm turin a lo chhuak.

■ Pu Ruata Zote, C-Sec. chu in lamah enkawl mek a ni.

■ Pu Roṭhuama, C-Sec. chu Synod Hospital, Durtlang ah enkawl mek a ni.

■ Pu Lalṭanpuia, C-Sec. chu Aizawl Hospital-ah enkawl mek a ni.

■ Pi Lalhriatpuii Ralte w/o C. Lalremruata, N-Sec. chu Typhoid leh Scrub Typhus avangin Synod Hospital, Durtlang ah enkawl mek a ni.

■ Pi Huanhmingthangi, N-Sec. chu ZMC&H ah enkawl mek a ni.

■ Pu Lalhmuakliana S-Sec. chu taksa lam chak lohna avangin in lamah enkawl mek a ni.

THIL DANG

■ **Ruang chhuak:** Vanlalsawmi, K-76 chu ni 23.10.2026 05:50 AM khan LRM Hospital-ah a boral a, a ruang hi Jenny Lalrinawmi, V-Sec. ten la in damdawiin aṭangin an khua Lunglei Bazar Veng panpui nghal a ni.

■ **Insawn:**

1. Pi Zorampari te chhungkua chu Ramthar veng aṭangin Pu Ramdinzauva te in, C-Sec. ah an insawn.

2. Pu Haulianthanga te chhungkua, V-Sec. chu Ramhlun South an in sak thar an luah lut fel ta.

PRESBYTERIAN ENGLISH SCHOOL, RAMHLUN NORTH

Presbyterian English School (PES), Ramhlun north, Aizawl chuan kumthar 2027 session atan KG-1 Admission chu a hawng dawn a. Lut duhte chuan dilna form siamna hmangin October ni 26 aṭangin November ni 13 chhungin dil theih a ni. Form hi school office-ah office hun chhungin lak theih a ni ang

November ni 16 & 17-ah Interview neih a ni ang. Admission diltu chu Februar ni 28-ah kum 4 a tling tur a ni.

Rev. B Sangthanga
Secretary,
PES Managing Board

(3-3)

KOHHRAN

■ **Presbyterian Kohhran, Ramhlun North:** Winchester, Katlichera, Assam-ah Kohhran Work Camp-in min 32 an kal a, Winchester School-a ṭhutthleng tur leh thawktute Quarter-a thawm ṭhat ngai siam a nih bakah Hostel leh quarter hrang hrang a Electric ṭha lote siam a thawh a ni. Work camp hi October ni 22, 2026 (Nilaini) zingah kalin vawiin khan tluang takin an lo thleng.

■ **Presbyterian Kohhran, Ramhlun East:** Kristian Ṭhalai Pawl, Ramhlun East Branch te chuan tunkar chhung khan Evangelical Week an hmang a, zan tin programme hrang hrang siamin hun hlawk thlak tak an hmang.

Kohhran Hmeichhia ten ni 23.10.2026 (Zirtawpni) khan Hmangaihna In leh Women Centre, Phunchawng te tlawhin member 50 vel an kal thei. Hmangaihna In ah hian Bedsheet, lukham case leh puan nuam, member-ten an thawh khawm engemaw zat leh Wai Wai box 2 leh Frooti box 2 an hlan.

■ **Baptist Kohhran:** Tunkar Thawhṭanni atang khan Horeb Ministry Team te ruaiin Kohhranin Camping an nei ṭan a. Speaker hi Upa Lalhriatpuia Chawngthu a ni. Ni 19 aṭanga ni 24 chhung hian Kristian Naupang Pawl, Upa leh Rawngbawltute leh Fellowship Department hruaitute puala hun hman a ni. Inrinni zan leh Pathianni hun hi Follow-up Programme atan hman a ni ang a, Thawhṭanni aṭangin Vantlang Camp-in a zawm ang.

■ **Salvation Army:** Dt. 17.10.2026 (Inrinni) khan SAY Council member te chuan an Partner Damparengpui Corps leh SAY member Evangelist Teacher thawk mek awmna Teirei Forest tlawhin an fehchhuak. Teirei Forest ET Quarters ah Solar Inverter an vuah thar sak a, Damparengpui ah hian SAY ten an support ṭhin ralna hun an nei nghal bawk a ni.

Dt. 25.10.2025 (Pathianni) hian Territorial Congress, R Dengṭhuama Hall-a neih mek ah General Lyndon Buckingham leh a nupui Commisioner Bronwyn Buckingham, WPWM hovin Biak In kharin an hmang ang. Territorial Congress, 2026 Thupui hi Beyond the Horizon - Philipi 3:13,14 a ni.

ZO STAY (3-3)

AC ROOM, Free WiFi, Self Cooking, Airport/Train pick/drop etc.
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Adams Plaza, C-4 (4th floor), GS Road, Guwahati. Near Mizoram House
C/o Maengi Hnamte

ARTICLE

RILRU HRISELNA LEH TeleMANAS

- TeleMANAS, Mizoram Cell

Rilru hrisel kan sawi hian rilru lama natna (disorder/disease) nei lo tihna a ni loa. Kan nunah harsatna kan tawh lai pawha fim taka kan ngaihtuahna kan hman theihnate, midang kan hriatthiam zel theihnate, thu tlukna ṭha kan siam theihnate leh chauh changni te pawha nitina kan tih tur kan tih zel theihna hi rilru hrisel neihna chu a ni.

Harsatna hi mi tinin tawn hun kan nei vek ti ila kan sawi sual awm love. Buaina leh harsatna hrang hrang heng midang nena kan inkar, sum leh pai, zirna lam leh hna chungchangahte, hriselna hniam vang emaw natna khirh taka vang te, lungngaihna leh khawharna te, emaw kan hun kal tawh ah chhiatna emaw thil rapthlak kan tawn avang te, ruihhlo avanga buaina tawh te hian nasa takin kan rilru a nghawng thin. Rilru lama harsatna kan tawn min ti hrehawm tu te hi kan ngaihven lo anih chuan a zual tulh tulh thei a, rilru lam natna puitling/nasa zawk a thlen thei thin ani.

Chuvangin kan rilru hriselna hi kan enkawl ṭhat a ṭul a, chumi tur chuan a pawimawh ber chu kan sawi chhuah a, midang kan rin zawng te kan "share" hian kan lo hahdam thei thin ani. Chutiang bawkin kan chheh vel ami tan pawh ngaithlatu, anmahni teh loa thinlung taka ngaihthlak sak tu kan nih hian, midangte hahdamna kan ni ve thei bawk.

Rilru lamah hrisel lohna emaw, harsatna emaw I tawk anih chuan District tinah "District Mental Health Programme"a awm a, chutah chuan OPD-ah lehkha la in a va inentir mai theih ani. A kal remchang thei lo tan pawh sawrkar laipuiin a din mental health helpline TeleMANAS hi engtik lai pawn biak theih reng a ni.

Tele-MANAS chu rilru lam hriselna chungchangah mi tupawh harsatna tawkte'n mi thiam zawk heng Counsellor-te leh Mental Health Professional-te phone hmangin a biak rawn theih reng a ni.

Phone kaltlang a biak pawh theih ani a, mahni nunna tihhlum tumna (Suicide) venna, buaina khirh tak (Crisis) tawh lai a enkawlna, tanpuina leh rilru hrehawmna leh rilru lama damlohna (Mental Disorder) chi hrang hrang neite puihna (helpline) atâna hman a ni.

Tin, rilru hriselna (Mental Health) chungchanghriatna leh hriatthiamna pekna hmun pawimawh tak a ni bawk.

Tin, rilru lam hriselna kaihhnawih chungchangah zawhnate a chhanna kan hmuh theihna a ni bawk.

Tele-MANAS hi a thlawna biak pawh theih (toll-free helpline) a ni a, a biak theihna number chu 14416 a ni. Ni tin darkar 24 (24x7) chhungin biak pawh theih reng a ni.

Mizo, Mara, English leh Hindi tawng hmang tan pawhin a biak rawn theih vek a ni.

Tele-MANAS-in a tum leh a innghahna thupui berte chu:

1. Caller/Client-te mamawh leh harsatna te chu a ngaih pawimawh ber a ni.
2. Thu thup vawn ngaite (Confidentiality) him taka vawn him sak a ni.
3. In biak rawnna in (Consultation) a tum ber chu Client-te mahni an harsatna an hmachhawn a, anmahni ngeiin an chin fel theihna tûra puih a ni.
4. Enkawlna leh puihna tha leh sang ber (High Quality Standard of Care) pek chu ngaih pawimawh a ni.
5. A mamawh dan a zirin Mental Health Professional-te hnenah referral pek a ni.

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KC TUI

Tui thianghlim leh fim ṭha em em, Pick up in litre 2000; tlawm takin kan pe thei e.
Ph: 9774 223 462 / 7005 010 327 (10-8)

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Kum 17 chuang experience nei kan ni e.
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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.
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Contact: 9862476439

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Septic tank khat paih leh repair kan ti thei reng a, rate chu inbiakremna a ni ang. (5-4)

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Septic tank paih fai, Commode block, Pipe line ṭhalo, Soak pit repiar engkim tlawm takin kan ti thei e.
RATE:INBIAKREMNA Ph: 7005241029/8974361224

MAFELA SEPTIC TANK SERVICE

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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" (20-16)
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VENGCHHUNG SEPTIC TANK SERVICE

In tan kan awm reng e. Septic tank paih fai, Commode block, soakpit thar leh a hlui Repair, pipe fittings, khurpui siam Leh Repair engkim kan ti thei reng e. Koh theih reng kan ni e.
Ph: 7005123521 (11-2)

VANLALFELA SEPTIC TANK (10-3)

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**

Ramhlun North tan bik Special Service, Discount kalpui a ni (11-2)

Septic Tank lama harsatna nei te tan heng te hi kan ti thei e. Septic tank paih fai, a khurpui repair leh a thar siam, soakpit thar siam leh a hlui repair, , pipe fittings, commode block. Engtik lai pawha koh theih kan ni e. **JMS: 6009002567**

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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 (20-13)

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