



**Gratis
Distribution**

SIRD & PR MIZORAM NEWSLETTER

Vol. XVI Issue No. 1 January, 2025 : Monthly SIRD & PR Newsletter, Mizoram : Aizawl

-  SIRDPR Mizoram
-  sirdpr_mizoram
-  SIRD&PR Mizoram

LAWRKHAWM

◀ Ni 27-31.1.2025 chung khan YASHADA, Pune-ah “**National Level Training Courses on Direct Training Skills (DTS)**” buatsaih a ni a, he training-ah hian SIRD&PR, Mizoram atangin Dr. Khawlsiamthanga Khawlhring, Associate Professor; Dr. M.S. Dawngliani, Associate Professor leh Er. C. Lalthlansanga, Core Faculty te an tel.

- ◀ Mizoram Sorkar, LAD chuan Village Council 11 siam thar a nih thu 17.12.2024 khan hriattirna a tichhuak a, chungte chu -
1. Thenzawl South VC
 2. N. Vanlaiphai VC - II
 3. Tuipuibari VC - II
 4. Kawrthah VC
 5. Thingdawl VC - II
 6. Kawnpui VC - IV
 7. Ngopa VC chu 3-ah: Ngopa Venglai VC; Ngopa Chhimveng VC leh Ngopa Hmarveng VC
 8. Saipum VC - II
 9. Hortoki VC - II
 10. Nausel VC

Mizoram Village Councils inthlanpui hun tur puan a ni

Mizoram District 9-a Village Councils term chu 19th February, 2025 hian a lo tawp dawn ta a, Constitution of India - *Article 243K in thuneihna a pek dungzuia sub-rule (1) of Rule 3 of The Mizoram (Election to Village Councils) Rules, 2014* in mawhphurhna a pek angin State Election Commission, Mizoram chuan Aizawl, Lunglei, Serchhip, Champhai, Mamit, Kolasib, Siatual, Khawzawl leh Hnahthial District chhunga Village Council - 544 te tan Inthlanpui vawi 21-na tur chu ni **12th February (Nilaini)** hian a buatsaih dawn a ni.

Village Council : Village Council Inthlanpui vawi 21-na, 2025-ah hian kum 5 term atan Village Council Member thlan a ni dawn a, hetiangin:-

Sl. No	Code & Name of Districts		No of Village Councils	No. of Household	No. of Electors			No of Seats		
					Male	Female	Total	General	Reserved	Total
1	VC01	Aizawl	70	18375	30860	32788	63648	244	82	326
2	VC02	Lunglei	88	14137	26596	25135	51731	250	94	344
3	VC03	Serchhip	56	14762	24400	26043	50443	188	66	254
4	VC04	Champhai	62	17206	26885	28558	55443	214	76	290
5	VC05	Mamit	92	20158	32161	31449	63610	310	98	408
6	VC06	Kolasib	60	18360	30417	32928	63345	228	74	302
7	VC07	Saitual	46	10743	19894	20387	40281	152	46	198
8	VC08	Khawzawl	38	8418	13802	13946	27748	117	43	160
9	VC09	Hnahthial	32	5908	11377	11783	23160	100	34	134
TOTAL			544	128067	216392	223017	439409	1803	613	2416

Reservation of Seat : Tun tum Inthlanpui hi roreltu thlannaah bung thar pawimawh tak kan kai tak chhunzawmna tur a ni a. Democracy bulthut rorelnaa hmeichhiate an tel ve ngei ngeina turin an tan VC tinah seat zuatsak bik a awm a, hetiangin:

Sub-section (2) of Section 3 of the Lushai Hills Distirct (Village Councils) (Amendment) Act, 2014, as amended-in a sawi angin Village Council member a zirin a hnuai ami ang hian hmeichhiate tan chuh theih a ni, hetiangin: (Phek 2-na-ah zawmna)

Editor-in-Chief: Ethel Rothangpuii, Director
Editor: Lalchhandama Lailung, Core Faculty (IT)
Jt. Editor : Malsawmdawngliana, IECM
Cir. Manager : Zothantluanga, IEC Facilitator

Editorial: 

KUMTHAR RILRU THAR NEN

Kum 2024 hmang zovin Kumthar 2025 dam takin kan thleng leh ta a, a lawmawm hle mai. SIRD&PR Mizoram Newsletter chhiartu zawng zawng te Kumthar Chibai kan buk a che u.

He Kum tharah hian hmasawna hnathawh kawnga hmalatu zawng zawng te rilru thar nen kan ram leh khawtlangin hma a sawn theih nan tan la thar ila. Kan ram hmasawna atan Sawrkar hmalakna hrang hrang te hlen chhuak turin tha thar nen in buatsaih theuh ila a duhawm hle a ni.

Ruahmanna thar nei chungin hmasawn ngei tumin kan thawh tur theuhthe tha taka kan thawh theih nan kan hma zawn theuhah tan la thar theuh ila. Sawrkar ruahmanna tha tak tak te leh keimahni ngei pawhin tha nia kan hriat, kan khua/veng leh ram hmasawna atana ruahmanna kan neihte tihlawhtling ngei turin tan ila thar ang u.

Kum thar anihna angin Training/Workshop/Awareness Campaign-ah te tel tam tum ila, i ngai pawimawh zual deuh deuh ang u. Mizote hian heng Training/Workshop-te hi kan ngai pawimawh lo em em a. Mipui mimir-ah phei chuan TA/DA a awm loh phei chuan kan tana pawimawh leh tha tur ngei ngei pawh kan ngai pawimawh zo tawh lo a ni. Chuvangin, Training/Workshop hrang hrang te hi a pawimawhna te kan hriat thar deuh deuh a, mipuite pawh nasa zawka a pawimawhna leh tulna te kan hriattir fo a tul a ni.

He kumtharah hian mahni hmazawn theuhah hmasawn turin rilru leh ngaihtuahna thar nen, hlawhtlin ngei tumin bul tan i la, kan ram leh khawtlang hian hma a sawn ngei ang.

(phek 1-na ami chhunzawmna)

Mizoram Village Councils inthlanpui hun tur puan a ni

1. Village Council member 3 awmnaah hmeichhia - 1
2. Village Council member 5 awmnaah hmeichhia - 1
3. Village Council member 7 awmnaah hmeichhia - 2
4. Village Council member 9 awmnaah hmeichhia - 3

Hmeichhia te'n an tana zuah sak bak General seat pawh an duh chuan an la chuh thei a ni.

Model Code of Conduct : Model Code of Conduct chu tun atang hian Heng District 9 Aizawl, Lunglei, Serchhip, Champhai, Mamit, Kolasib, Saitual, Khawzawl leh Hnahtial District huam chhhungah hman tan nghal a ni. He Model Code of Conduct hian Political Party zawng zawngte, Contesting Candidate zawng zawngte, Member of Parliament-te, Minister-te, MLA-te, MDC-te leh Corporator/Councillor-te Village Council inthlanna inhnawh Public Servant te a huam ang.

Schedule of Election : Hetiang hian General Election to Village Councils, 2025 neih dan tura ruahmanna Schedule of Election chu a siam a ni:

- | | | |
|----|---|--|
| 1 | Inthlan hun puan | 16.01.2025 (Thursday) |
| 2 | Nomination file theih tawp ni | 23.01.2025 (Thursday)
(11:00 AM - 3:00 PM) |
| 3 | Nomination endik | 24.01.2025 (Friday)
(11:00 PM onwards) |
| 4 | Candidate inhnawhdawh theih | 27.01.2025 (Monday)
(till 3:00 PM) |
| 5 | Symbol pek leh candidate tarchhuah | 27.01.2025 (Monday)
(3:00 PM onwards) |
| 6 | Commission hnena candidate hming theih hun tawp | 29.01.2025 (Wednesday)
(Before 12:00 Noon) |
| 7 | Inthlan ni | 12.02.2025 (Wednesday)
(7:00 AM - 4:00 PM) |
| 8 | Vote chhiar (7:00 pm atangin) | 12.02.2025 (Wednesday) |
| 9 | Inthlan that a ngaih chuan | 13.02.2025 (Thursday)
(7:00 AM - 4:00 PM) |
| 10 | Inthlan that vote chhiar (7:00 pm atangin) | 13.02.2025 (Thursday) |
| 11 | Executive Body siam fel | 14.02.2025 (Friday) |
| 12 | Inthlan kaihnhawh zawh fel | 15.02.2025 (Saturday) |

Ngenna : State Election Commission chuan inthlanna fel fai leh muanawm kan neih theih nan inthlanna buaipuitu, Political Party te, Media te, NGO te leh mipui tawiawmna a ngen a. Mipui duhthlanna kaltilanga tualchung inrelbawlna tha tak kan neih zui zel theih nana theih tawp chhuah theuh turin mitinte a sawm a ni.

VC leh LC Electoral Roll, 2025 tlangzarh

State Election Commission, Mizoram kaihhraina hnuaiah ni 01.01.2025 chu Qualifying Date atana hmangin ni 22.11.2024 khan Village Council leh Local Council Draft Electoral Roll chu tarchhuah a ni a. Electoral Roll-a thun thar te, paih ngai te leh transfer ngai te tihfel a nih hnuah ni 8.01.2025 khan Final Electoral Roll chu District 9 (pakua)-a District Election Officer/District Municipal Election Officer te'n an tlangzarh a ni.

District 9 (pakua)-a Village Council leh AMC & LMC hnuai Local Council-a Elector awm dan chu hetiang hi a ni:

I. Village Councils Under 9 (nine) Districts:

Sl. No	Code & Name of Districts		No of VCs	No. of Electors in Final Roll		
				Male	Female	Total
1	VC01	Aizawl	70	30078	31869	61947
2	VC02	Lunglei	88	26596	25135	51731
3	VC03	Serchhip	56	24400	26043	50443
4	VC04	Champhai	62	26885	28558	55443
5	VC05	Mamit	92	32161	31449	63610
6	VC06	Kolasib	60	30417	32928	63345
7	VC07	Saitual	46	19894	20387	40281
8	VC08	Khawzawl	38	13802	13946	27748
9	VC09	Hnahthial	32	11377	11783	23160
TOTAL			544	215610	222098	437708

II. Local Councils under AMC & LMC:

Sl. No.	Name of Municipality	No. of LCs	No. of Electors in the Final Electoral Rolls		
			Male	Female	Total
1	Local Councils - AMC	87	113303	131423	244726
2	Local Councils - LMC	24	19364	21842	41206
TOTAL		111	132667	153265	285932

MLA-in hawng

Ni 14.1.2025 khan Tuirial bialtu MLA Pu K. Laldawngliana chuan Kawnpui Khualbuk leh Kawnpui VC-I House a hawng.

Tuirial bialtu MLA Pu K. Laldawngliana chuan heng khawtlang tana rotling leh Infrastructure te hi hlutna chang hria a, a enkawl leh vawn danah pawh uluk taka enkawl a, vawngnim tlat turin a chah bawka ni.

Kangmei laka kan in leh lo, kan ramngawte a him theih nan mitin i fimkhur ang u.

CADC huamchhunga VC Draft Electoral Roll tlangzarh

Ni 8.1.2025 khan Chakma Autonomous District Council (CADC) huamchhunga Village Council (VC) inthlanna neih tur atan 'Draft Electoral Roll' tlangzarhna inkhawm chu SDO (C) Office, Chawngte ah neih a ni a. Pu Cheemala Siva Gopal Reddy, IAS, District Election Officer (DEO) chuan Draft Roll hi a tlangzarh.



Pu Cheemala Siva Gopal Reddy chuan Electoral Roll tlangzarh theih tura theihtawp chhuah tute chungah lawmthu sawina a nei a. District Election Officer chuan Democracy ramah mipuiten an aiawh an thlang thin a, inthlanna fel fai leh thianglim awm turin uluk taka Electoral Roll siam a pawimawh thu a tarlang a. Village Council Member-te chu khawtlang mipuite inngahna hmasa leh tangkai, a bulthuta hnathawktu tur an nih avangin VC memeber tur thlanchhuah thiam pawh a ngai hle a ti. Ralmuang leh zalen taka inthlanna awm tura Election Official-te theihtawp chhuah tura fuihin, Pu Cheemala Siva Gopal Reddy chuan CADC huamchhunga tlawmngai pawl hrang hrang leh mipuite thawhpuih a sawm nghal bawka.

'Draft Electoral Roll' tlangzarh atanga a lan danin, CADC hnuaiah VC - 88 awmin, mipa vote nei mi - 18,212 leh hmeichhia vote nei mi - 17,682 awmin, a vaiin vote nei mi - 35,894 an awm a ni. Electoral Roll-a hming inthun thar, hming paih emaw tihdikna siamna atan ni 6- 16 January, 2025 thleng hun hawn niin, January ni 17 atangin dilna lutte chu ERO leh AERO te'n an endik dawn a ni.

Pu Zoramsiama Hmar, Assistant District Election Officer leh Pu Collin Hlychho, Election Officer (EO) ten 'Draft Electoral Roll' tlangzarh inkhawm hi an hmanpui bawka.

Benefits of Exercise

- Lalthanmawia Ralte,
Principal, ETC, Thingsulthliah.

Exercise kan tih hi engnge a nih? Eng atan nge a t̄angkai a, engvangin nge Exercise kan lak t̄hin? Exercise chu taksa sawizawi, a taka thil tih, tha leh zung sen ngai, kan hriselna leh kan thahrui a lo daihrei zawkna tur leh hma a lo sawn zawkna atana thil kan tih t̄hin hi a ni. Mi tam takin tunlai hian insawizawi kan in tihhmuh ta hle mai a, hmasawna duhawm tak a ni. A bik takin t̄halaite zingah exercise lak kan uar thar a, kan taksa kan tichhel a, thlan tla khawpa kan taksa kan sawizawi hian nasa takin hriselna lamah hma min sawnpui dawn a ni.

Mi hrang hrangin exercise kan lak chhan a dang ang bawkin kan lak dan leh taksa kan sawizawi dan pawh a inang lo. Sports lama kalte chuan an infiamna kaihhnawih a zirin tlan chakna atan te, zuan sanna atan te, zuan thuina atan te, ball pet nat leh pet dikna atan te an hmang a. T̄henkhat chuan an hriselna ngawr ngawr ngaihtuahin taksa an sawi zawi a. Eng atan pawh exercise hi la t̄hin in eng taksa insawizawina pawh ti t̄hin ila, kan taksa leh rilru hriselna atan a t̄angkaiin a pawimawh em em a ni. Mi a hrisel loh chuan in chhungkhurah, eizawnaah leh khawtlangah harsatna tam tak a thlen thei a ni.

Centres of Disease Control and Prevention chuan taksa insawizawi hian naupang, puitling leh kum 65 chunglamte tan hriselna kawng hrang hrang hlawkna a pe a ni, an ti.

Taksa sawizawiin Naupangte tana hriselna kawnga hlawkna a pekte:

• **Zirna kawngah:** Naupangte hian taksa insawizawina an neih thin chuan an zirilaite ngaihsak thei turin a pui a chu mai bakah an hriat reng theihna a tichak baw a ni.

• **Thluak hriselna kawngah:** Naupangte hi an insawizawi that chuan an zangkhai a, an ngaihtuahna a fimin depression neih theihna lakah nasa takin a veng thei a ni.

• **Tihrawl chakna:** Insawizawi hian naupangte tihrawl a tichakin tawrhchhelna a pe a ni.

• **Chuap leh lung hriselna:** Naupangte hi an insawizawi that chuan chuap leh lung a ti hrisel thei a ni.

• **Long term health:** Taksa insawizawi that hian natna daih rei chi tam tak lakah a veng thei a, Insawizawi hian zunthlum leh thau lutukna lakah pawh a veng thei a ni.

• **Ruh a tichak:** Taksa insawizawi hian naupang t̄hanglaite tan hriselna pein ruh a tichak a ni.

• **Rihzawng hriselna:** Insawizawi hian taksa rit lutuk tur lakah a veng a, taksa thau chhia a paih baw a ni.

Taksa sawizawiin Puitlingte tana hriselna kawnga hlawkna a pekte: Exercise lak hian puitlingte tan chawplehchilh bakah hun rei zawk atan hriselna kawngah hlawkna a pe a ni.

Hriselna kawnga chawp leh chilha hlawkna a pekte: A tawk chauh emaw nasa taka taksa sawizawi hian hriselna min pe nghal thei a ni.

• **Mut tuina:** Taksa insawizawi hian zan mut a tituiin taksa hahchawlhna t̄ha tak a thlen a ni.

• **Rilru hrisel:** Exercise hian rilru a tihriselin rilru lama harsatna kaihhnawih hrang hrang lakah min veng.

• **Blood Pressure:** Taksa insawizawi hian taksa a tihriselin thisen sang tur a veng.

Hriselna kawnga hun rei zawk atan hlawkna a pekte: Hun bi mumal taka taksa insawizawi hian natna benvawn kan taksa awm thei turte a veng.

• **Thluak hriselna:** Taksa insawizawi hian thluak a tihriselin thluak lam natna heng- dementia, Alzheimer leh depression awm thei lakah a veng thei.

• **Lung hriselna:** Miin t̄ha taka exercise a lak t̄hin chuan lung natna te, stroke leh type 2 Diabetes neih theihna a tihnam a ni.

• **Cancer laka invenna:** Exercise lak avang hian heng cancer chi 8 – Phing, hnute, rilpui, chhul, hrawk, kal, chuap leh pumpui cancer neih theihna a tihnam.

• **Rihzawng hriselna:** Insawizawi hian taksa rit lutuk tur leh rihna pung chak lutuk tur lakah a veng.

• **Ruh a tichak:** Taksa insawizawi hian ruh a tichak a ni.

• **Inthazo:** Exercise t̄ha taka lak chuan mi an in thazo a, tluk khut lakah a veng thei a ni.

(phek lehlamah zawmna)

(*phok lehlam ami chhonzawmna*)

Benefits of Exercise

Taksa sawizawiin kum 65 chunglamte tana hriselna kawnga hlawkna a pekte: Exercise lak hian kum 65 chunglamte tan chawplehchilh bakah hun rei zawk atan hriselna kawngah hlawkna a pe a ni. Exercise hi tha taka lak a nih chuan upat hnuah mi an hrisel a, an mut a tuin an rilru a harhvanga, an thluak a hrisel a, lung lam leh cancer natna neih theihna a hniam a bawka ni.

A chungta tarlante bakah hian taksa insawizawi hian heng a hnuai mite hi a thlen thei:

- **Exercise lak hian mihring a ti hlim lehzuai thei:** Exercise lak hian kan rilru puthmang a siam tha in rilru hahna te, rilru nguina leh nguaina a tireh thei a ni. Minute 10 atanga minute 30 vel exercise lak ringawt pawh hian kan rilru puthmang a tha zawngin a her danglam thei a ni.

- **Taksa rihzawng enkawlana atan exercise hi a tha:** Engmah tihloh leh chet loh lutukna hi thau lutukna leh rih lutukna bulpui ber a ni. Kan kum zat leh kan san zawng mila kan rihna kan vawn reng a pawimawh. Chumi atan chuan exercise hi thil pawimawh tak a ni. Kan san zawng mila kan rih zawng tehfung a hnuai mi ang hian teh thin a ni.

San zawng	Rih zawng	
	Hmeichhia	Mipa
6' 1" (185 cm)	67.6/82.5 kg	75.3/91.6 kg
6' 2" (188 cm)	69.4/84.8 kg	77.5/94.8 kg
6' 3" (191 cm)	71.6/87.5 kg	79.8/98 kg
6' 4" (193 cm)	73.5/89.8 kg	82.5/100.6 kg
6' 5" (195 cm)	75.7/92.5 kg	84.8/103.8 kg

Source – Disabled-world.com

- **Exercise hi kan tihrawl leh ruh tan a pawimawh:** Exercise hi tihrawl leh ruh chak tak siam tur leh nei turin a pawimawh a ni. Mi kan lo upat hian kan tihrawl hlawm leh chakna kan hloh zel a, hemi avang hian inhliam kan awlsam phah a. Kan tihrawl chakna hloh tihreh nan insawizawi a pawimawh. Kan ruh pawh a lo hrisel a, a lo chak reng theih nan exercise lak thin tur a ni.

- **Exercise hian kan thahrui a tifei:** Exercise hian kan thahrui a tifeiin chauh hma lutukna a tihnam.

A chungta kan tarlan bakah hian taksa insawizawi hian kan hriselna atan thatna tam tak a nei a. Kan phak ang tawka apianga insawizawi hi mitinin kan mawmawh a ni. Taksa sawizawi tur hian sum sen vek a ngai kher lova. Sum seng lova insawizawi theihna tam tak a awm. Midang exercise lak dan entawn kher a ngai lova, kan mamawh dan leh kan taksa mila lak mai tur a ni. Exercise pawh hi tih lutuk a awm thei a, kan taksa mil leh mamawh tawka hriat a tha. Tin, exercise lak kan ngaih pawimawh ang chiah hian taksa hahdamna pawh ngaihtuah tel tur a ni. Exercise la tura nasa taka inpuah chah kher a ngai lova. Kan nitin nuna bul tan mai pawh a tawka thei. Thil tlemte kan thlak danglam pawhin nasa takin min pui thei. Elevator-a chuang lovin step-ah kal hram hram la, ke a kal phak tawka hriat ni lovin ke in kal hram hram rawh. Nuam ti taka insawizawi tur a ni. Engmah tih loh ai chuan insawizawi eng emaw tal tih a tha. I tih theih apiang ti la, minute nga chung lek i taksa i sawizawi hian nasa takin hriselna a pe che a ni.

San zawng	Rih zawng	
	Hmeichhia	Mipa
4' 6" (137 cm)	28.5/34.9 kg	28.5/34.9 kg
4' 7" (137 cm)	30.8/37.6 kg	30.8/38.1 kg
4' 8" (142 cm)	32.6/39.9 kg	33.5/40.8 kg
4' 9" (145 cm)	34.9/42.6 kg	35.8/43.9 kg
4' 10" (147 cm)	36.4/44.9 kg	38.5/46.7 kg
4' 11" (150 cm)	39/47.6 kg	40.8/49.9 kg
5' 0" (152 cm)	40.8/49.9 kg	43.1/53 kg
5' 1" (155 cm)	43.1/52.6 kg	45.8/55.8 kg
5' 2" (157 cm)	44.9/54.9 kg	48.1/58.9 kg
5' 3" (160 cm)	47.2/57.6 kg	50.8/61.6 kg
5' 4" (163 cm)	49/59.9 kg	53/64.8 kg
5' 5" (163 cm)	51.2/62.6 kg	55.3/68 kg
5' 6" (168 cm)	53/64.8 kg	58/70.7 kg
5' 7" (170 cm)	55.3/67.6 kg	60.3/73.9 kg
5' 8" (173 cm)	57.1/69.8 kg	63/76.6 kg
5' 9" (175 cm)	59.4/72.6 kg	65.3/79.8 kg
5' 10" (178 cm)	61.2/74.8 kg	67.6/83 kg
5' 11" (180 cm)	63.5/77.5 kg	70.3/85.7 kg
6' 0" (183 cm)	65.3/79.8 kg	72.6/88.9 kg

Kangmei avanga chhiatna chi hrang hrang kan tawhloh nan mitinte i fimkhur ang u.

Ni 14.1.2025 - 24.1.2025 chhunga Training neihte



Trg. on Own Source Revenue for Siaha RD Block @ Siaha. Course Director: Dr. H. Rosangpuia, Sr. Faculty, SPRC, SIRD&PR.



Trg. on Own Source Revenue for E.Lungdar and Serchhip RD Block @ DPRC, Conference Hall, Serchhip. Course Director: Pu Vanlalhruaia Ralte, Head Faculty, DPRC, Serchhip.



Trg. on Own Source Revenue for ERs of Darlawn RD Block at BDO Conference Hall, Darlawn. Course Director: Er. Zomawia Hauhna, Sr. Faculty, SPRC, SIRD&PR.



Trg. on Own Source Revenue for Sangau RD Block @ BDO Conference Hall, Sangau. Course Director: Pu K. David Lalthanmawia, Sr. Faculty, SPRC, SIRD&PR, Mizoram.



Orientation Trg. for Newly Elected VC Members of Bungtlang South RD Block @ BDO Conf. Hall, Bungtlang South. Course Director: Pu K. Vanlaldika, Head Faculty, DPRC, Lawngtlai.



Training on Own Source Revenue for Village Council Members of LADC Areas for Lawngtlai RD Block. Course Director: Dr. H. Rosangpuia, Sr. Faculty, SPRC, SIRD&PR, Mizoram.



Trg. on OSR for Zawlnuam and Kawrtethawveng RD Block at BDO Conf. Hall, Zawlnuam. Course Director: Pu B. Lalpuia, Head Faculty, DPRC, Mamit.



Orientation Trg. for Newly Elected VCs of LADC Areas for VC Members of Lawngtlai RD Block @ BDO Conference Hall. Course Director: Pu K. Vanlaldika, Faculty, DPRC, Lawngtlai.



Trg. on OSR for ERs, Bilkhawthlir RD Block @ ETC, Kolasib. Course Director: Er. LR Lalrinmawia Hname, Head Faculty, DPRC, Kolasib.

BAWLHHLAWH A BAWMAH CHAUH AW.

Lunglei DC hovin thukhawm

Ni 6.1.2025 khan Lunglei District Level Steering Committee on Aspirational Block Programme chu District Bawrh sap Pi Navneet Mann hovin Lunglei DC Conference Hall-ah an thukhawm.



Pi Navneet Mann chuan Aspirational Block Programme kalpui mekah kum 2024 chhungin Lungsen RD Block chu hmalakna chi hrang hrangah pakhatna a nih thu leh hemi avang hian NITI Aayog atangin lawmman cheng vaibelchhe 1.5 dawn a nih thu a sawi a. Hei hi Lungsen RD Block tihmasawn nan tangkai taka hman a nih theih nan department hrang hrangte chu rawtna siam tur leh rawtna hrang hrangte chu January ni 31, 2025 hmaa theh lut turin a chah a ni.

He thukhawmah hian hriselna (Health), zirna (Education) leh naupangte hmasawna tura hmalakna (ICDS) tihchangtlun nan ruahmanna kalpui ni se, tih niin, hemi kaihnhawih departmente hian hmalakna tur ruahmanna lo siam se, tih a ni.

Panchayat to Parliament 2.0 ah tel

National Commission for Women (NCW), New Delhi huaihawtin Panchayat to Parliament 2.0 ni 6.1.2025 khan neih a ni a, Mizoram atangin hmeichhia LC/VC mi 10 leh State Nodal Officer-te an kal a, chungte chu:

1. Dr. Khawlsiamthanga Khawlhing, Associate Professor, SIRD&PR/State Nodal Officer.
2. Zothankimi, Vice Chairman, Bawngkawn LC
3. Miriam K. Laldinchungi, VC Member, Sangau - II
4. C. Vanlalhawii, VC Member, Khawzawl Damgawn
5. Remlalliani, VC Vice President, Mualpui Chhingchhip
6. Lalbiakkimi, VC Member, Champhai Kanan.
7. Chizi, VC Member, Meisavaih East.
8. Zodinpuui Hmar, VC Member, Khawzawl Dinthar
9. Lalamlovi, VC Treasurer, N. Lungleng.
10. Zomawii, VC Member, Khumtung.
11. Lalthanpuui, VC Member, Baktawng

RD Minister-in hmanpui

RD Minister Prof. Lalnilawma chuan ni 9.1.2025 khan 48th Keifang Local tournament kharna hun a hmanpui a, a bial chhunga hmasawna hnathawh a tlawh nghal a ni.

Minister Prof. Lalnilawma chuan Keifang Local tournament-a hun a hmanpui zawhah hian Keifang Leitan huam chhunga Panchayat Bhawan sak mek a tlawh a, contractor te chu hna tha taka thawk turin a chah nghal a ni.

Minister of State, Prof. Lalnilawma hi Pu V. Laldinsanga, Project Director, DRDO; Pu J. Rokima, Addl. SP; Pu Lalzuala, SDO (PHED); Pu Jacob Lalmalsawma, DHO leh khawtlang hruaitu ten an tawiawm a ni.

MLA-in Bazar Shed leh VC Hall hawng

Ni 13.01.2025 khan East Tuipui bialtu MLA Pu Ramthanmawia chuan Khawbung Bazar Shed leh VC Hall a hawng.

Khawbung Bazar shed leh VC Hall hawna inkhawm hi Pu C. Rokhuma, VCP & Chairman, Bazar Building Committee-in kaihruaiin, hunserh Rev. Lalrinchhanan a hman a, Technical Report Pu H. Lalnunmawia Member Bazar Building Committee-in a pe bawk.



RD Minister hovin meeting nei

Ni 8.1.2025 khan Rural Development Minister Prof. Lalnilawma hovin Mizoram State Rural Livelihoods Mission (MzSRLM) hnuaiia DDU-GKY chungchangah Project Implementing Agency (PIA) hrang hrangte nen Review Meeting neih a ni a, hmalak leh zel dan turte ngaihtuah tel nghal a ni.



DDU-GKY hi Ministry of Rural Development Department hnuaiia Skills Development project niin, thingtlanga cheng thalai kum 18-35 inkar ten eizawna ngelnghet an neih theihna turin themthiamna (skills) training pek an ni. Heng Skills Development atan hian training pe turin PIA-te hmang-in trade hrang hrangah training pek thin an ni.

RD Minister Prof. Lalnilawma chuan hetiangah Review Meeting program tha tak buatsaih a nih chu lawmawm a tih thu a sawi a, tun dinhmunah DDU-GKY hnuaiiah hlawhtlinna tam tak hmuh tawh a ni nain, department leh PIA) lamah pawh hmasawn zel tura hmalak erawh a pawimawh thu a sawi. Tin, DDU-GKY 2.0 program thar chu tlangzarh theih tep a nih thu a sawi bawk.

Tun dinhmunah DDU-GKY hnuaiiah thingtlanga cheng thalai mi 2892 training pek tawh niin, mi 1788-in India ram hmun hrang hrangah leh ram pawnah te hial pawh hna an hmu tawhin an thawk mek bawk a ni. DDU-GKY hnuaiia training theihthe chu Airline Cabin Crew, Food & Beverage Service Assistant, Domestic DEO, Retail Sales Associates, House Keeping Trainee leh a dang te a ni.

MzSRLM leh Reliance Retail-in MoU ziak

Mizoram tharchhuah thlai thenkhatte Reliance Fresh/Smart Outlet a hralh tura inremna thuthlung (MoU) chu Mizoram State Rural Livelihoods Mission leh Reliance Retail Limited ten Mumbai-ah an ziak.



Mizoram sorkar Rural Development Department, MzSRLM leh Reliance Retail Limited te inremna ang chuan Ropuiliani Women Farmer Producer Company Limited leh MzSRLM hnuaiia Producer Group leh Self Help Group member te tharchhuah thlai leh thei-Sawhthing, Mizo Hmarcha, Sapthei, Lakhuihthei, Dragon Fruit te chu Freshpik, JWD, Mumbai ah phochhuah thin a ni dawn a, inremna thuthlung MoU hi MzSRLM aiawhin Dr. Zomuankima, Chief Operating Officer leh Reliance Retail aiawh Pu Damodar Mall, CEO, Reliance Retail Limited ten an ziak a ni.

He hun hmanpuitu, Rural Development Minister Prof. Lalnilawma chuan thu sawiin, Chief Minister Pu Lalduhoma leh Reliance hotute inbiakna kal zel, a taka hmuh theiha a awm ta chu a lawmawm a tih thu leh a bawhzuitu, Pu Jonathan Lalremruata, OSD to CM chungah lawmthu a sawi a, he hmalakna hi kuthnathawktu Self Help Group member-te tharchhuah man man zawka hralhna tura rahbi pawimawh tak a nih thu a sawi a, Mizoram sawrkar Flagship Programme “Bana Kaih Policy” kaltlanga nasa taka kut hnathawktute tihmasawn nana hmalak tum a nih thu a sawi bawk. (Source: DDK, Aizawl)

Published by Ethel Rothangpuii on behalf of State Institute of Rural Development & Panchayati Raj, Mizoram, Durtlang Leitan, PIN - 796015.

Phone : (0389) - 2362551; e-mail: dirsirdmz@gmail.com & mzsird@gmail.com;

Website: sirdpr.mizoram.gov.in.

Funded under RGSA through Local Administration Department (LAD), Govt. of Mizoram.

Printed at Ebenezer Offset, Luangmual, Aizawl.