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LAWRKHAWM

◀ Ni 27.3.2026 khan RD&AD chuan hriattirna tichhuakin, VC Member zawng zawngte an Aadhaar Card leh Phone No. (anmahni hming ngeia awm SIM Card) nen thunzawm (link) vek turin a hriattir.

◀ Ni 3.3.2026 khan Mizoram Larsap General Dr. Vijay Kumar Singh, PVSM, AVSM, YSM (Retd) chuan Dr. Lalzirmawia Chhangte, IAS (Retd.) chu Durbar Hall, Lok Bhavan-ah rinawmna thu tiam tirin, Mizoram State Information Commission (MSIC) hnuiaia State Information Commissioner atan a lalut.

◀ Ni 27.3.2026 khan Chief Minister Pu Lalduhoma chuan PWD Complex, Thenzawlah Thenzawl PWD Road Division a hawng. Pu B. Lalchhanzova, I&PR Minister leh Pu T. Lalhlimpaia, MLA ten Chief Minister hi an tawiawm a ni.

Tourism Minister-in District Level Tour Guide Training hawng

Ni 17.3.2026 tlai khan Pu Lalngthinglova Hmar, Tourism Minister chuan Bana Kaih hnuiaia *'District Level Tour Guide'* training buatsaih chu State Institute of Rural Development and Panchayati Raj (SIRD&PR), Durtlang Leitan-ah a hawng.



Tourism Minister Pu Lalngthinglova Hmar chuan Tourism an tuipui vanga training a telte chu a ngaihlu hle tih a sawi a. "Experience nei tha tak tak leh la nei chiah lo te kan ni hlawm a, Tourism Sector hi eizawnna zahawm tak a nih theih nan theihtawp kan chhuah tlan a ngai. Tourist kan tih te hi state pawn atanga lo kal chauh an ni lova, Mizote ngei hi kan state chhungah tourist kan ni thei a, kan tei kual naah kaihruitu tha kan neih chuan kan hmunhma hmuh te pawh a hlu zual thin a ni." tiin, trainee te chu an theihna leh thiamna te Mizoram hmasawnna atan hmang turin a fuih a ni.

Minister chuan sawi chhun-zawmin, Tourism Department chu

Mizoram Department zinga budget tlem leh te ber pakhat ni mah se, eizawn-na zahawm thahnem tak siam thei turin ke a pen mek a ni a ti a. "Kan ram nuam tak hi thawnthu mawi tak sawi chung zelin khawvel ram zau zawkah kan tar chhuak dawn a ni." a ti.



(Phek 2-na-ah zawmna)

Editor-in-Chief: R. Lalremsanga, Director
Editor: Lalhhandama Lailung, Sr. Core Faculty (IT)
Jt. Editor : Malsawmdawngliana, IECM
Cir. Manager : Zothantluanga, IEC Facilitator

Editorial: 

Central Scheme-te hman Tangkai

Sawrkhar laipui hian a rama chengte'n hma an sawn theih nan nasa takin hma a la thin a, chumi atan chuan Scheme/Programme hrang hrang a duangin a ruahman thin a. Heng Scheme/Programme hrang hrang atan hian sum leh pai tam tak a sengral thin a ni.

Heng Scheme/Programme hrang hrang te hi anihna tur dik taka kan hman leh mipui, khawtlang leh ramin hma kan sawn ngei theih nana kan hman tangkai a tul hle a ni. Heng sum chi hrang hrang Sawrkhar laipui atanga kan dawn te hi tangkai takin kan hman mek a, heia tangkai zawk hian hman dan a awm thei em? tih te kan ngaihtuah a, hma kan lak a tul hle a ni.

Heng sum hmanga hma lakna hrang hrang ah te hian mi thenkhat chuan a thlawna sum dawnna emaw kan ti fo thin hi a paw hle mai a. Scheme/Programme zawng zawng deuh thaw hi thawh avanga hamthatna dawn tur a ni a. A thlawna dawn tum kan awm tlat hian hma min sawntir thei lo a ni. Chuvangin, mipui, a chhawr tangkaitute hian an hriatchian a pawimawh hle a ni.

Chutih rualin a enkawltute - Sawrkhar Department hrang hrang te leh Khawtlang hruaitute pawhin dik tak leh tangkai taka kan hman thiam a pawimawh tak zet a ni.

Sawrkhar laipui hmalakna hrang hrang te hi tangkai tak leh hlawk zawka kan hman thiam chuan mipuite leh kan khawtlang, kan ram leh hnam tan hian hlawkna leh hmasawna tam zawk min thlentu a ni thei dawn a. Chuvangin, Sawrkhar laipui Scheme/Programme hrang hrang kan dawn te hi i hman tangkai deuh deuh ang u.

(phek 1-na ami chhunzawmna)

Tourism Minister-in District Level Tour Guide Training hawng

Tour Guide-te tana training hi Tourism Department in khualzinte mumal zawk a enkawl an nih theih nan a duan niin, mi 110 training tura ruahman a ni a. Tun hi a batch hmasa ber niin mi 40 an tel phawt dawn a, batch dang pahnih la awm tur a beisei a ni.

Training hawna programme-ah hian Pu R. Lalremsanga, Director, SIRD&PR in inlawmna thu sawiin trainee-te chu ruihtheihthil a fihlim turin a fuih a. Pi R. Lalrodingi, Director, Tourism Department pawhin thu sawiin, Sorkar flagship programme Bana Kaih hnuiaia sponsor dawn kaltlangin Training Institute changtlung taka training buatsaih a ni thei leh, Tourism Minister in a ngaih pawimawhna-ah lawmthu a sawi a ni.



Pi Rachel Lalrinhlui, Deputy Director, Tourism Department in Technical Report pe in, training dil zingah beisei beisei aiin Aizawl District pawnlam an tlem deuh tih a tarlang a. Hlawhtling taka training chhuak te chu Tourism Department atangin Provisional Certificate kumkhat chung atan pek an nih tur thu leh, a hnuah kum 2 atan register an nih theih tur thu a tarlang a. Kum 2 hnuah pawh an tihthat dan azira renew zel theih tur a nih thu a sawi a ni.

He Tour Guide Training-ah hian Mizoram District hrang hrang atangin mi 35 an kalkhawm a. Ni 30.3.2026 khan Training kharna neih niin, training-a telte hian Exam pass vekin, Certificate leh Identity Card (ID) hlan vek an ni.



He Training hi Tourism Department, Govt. of Mizoram leh State Institute of Rural development & Panchayati Raj (SIRD&PR), Mizoram tangkawp buatsaih a ni.

Plumber Training nei

Public Health Engineering Department (PHED) Project Management Unit (PMU) leh State Institute of Rural Development & Panchayati Raj (SIRD&PR) tang kawp huaihawtin Lawngtlai District huam chhunga chengte tana Jal Jeevan Mission (JJM) hnuaia tui lak khawl vil leh enkawl hna (operation & maintenance) lam thawk thei tur Plumber (Nal Jal Mitra) training chawlhkar hnih awh chu Extension Training Centre (SIRD&PR) Pukpui, Lungleiah tuang taka buatsaih a ni.



Plumber training hi February ni 23 atanga March ni 5, 2026 chhung buatsaih niin, ni 5.3.2023 khan ETC, Pukpui, Lunglei-ah a kharna hun hman a ni a. SIRD&PR Director Pu R. Lalremsanga'n hun hmanpuin, training chhuakte hnenah certificate a hlan a. Training chhuakte chu an thil zirte tangkai taka hman a, tha taka thawk turin a chah.

Plumber training-ah hian Lawngtlai District atangin mi 42 telin, SIRD&PR Core Faculty Dr C. Lalthlansanga chuan training hi a pe a ni.

VVP-II chungchang relho

Ni 2.3.2026 khan DC Conference Hall - ah Lawngtlai District Level Vibrant Village Programme - II (VVP-II) member-te an thukhawm a, Pu Donny Lalruatsanga, District Bawrsap chuan kaihruiin Lawngtlai District chhunga VVP-II kalpui dan tur relho a ni a. Pu C. Lalsawmzuala, Chief Executive Member, LADC chuan a telpui.

Pu H. Zonunmawia, Member Secretary leh Project Director, DRDO nibawk chuan chuan report tawi pekna a nei a. BDO, Sangau; BDO, Lawngtlai; BDO, Bungtlang 'S' leh BDO, Chawngte ten VVP- II hnuaia ruahmanna an neihte ngaihthlak niin, Line department atangin zawhna leh chhanna hun hman nghal a ni

VC by-election Final Electoral Roll tlangzarh

Ni 27.3.2026 khan DC Mini conference hall, Siahaah Village council paruka inthlan thatnaa (by election) hman tur final electoral roll chu Assistant District Election Officer leh Additional DC nibawk Pu Abraham Beirazi Khithie chuan a tlangzarh.

Pu Abraham Beirazi Khithie chuan AERO leh Political party aiawh kal khawmte chu lawmthu hrilhin, draft electoral roll hi March 10, 2026-ah tlangzarh anih thu leh claims & objection hi March ni 20, 2026 thleng thehluh theihna hun hawn a nih thu a sawi. Tlawmngai pawl, political party, Assistant Electoral Registration Officer leh Election branch-te tel lo chuan final electoral roll hi tlangzarh theih a nih loh thu Pu Abraham Beirazi Khithie chuan sawiin, 'an thawhrimna leh thawhhona that vanga tlangzarh theih a nita chu lawmthu a sawi bawk.



Inthlan thatna (by election) neihna tur khuate chu general seat vek niin, chungte chu - Meisavaiah East (seat 2), Thosai (seat 1), College Vaih II (seat 1), Noaotlah III (seat 1), Tipa V-III (seat 1) leh Khaikhy (seat 1) a ni a, final electoral roll hi January 1, 2026 behchhana siam niin hemi huam chhunga vote nei awmzat chu 2521 (mipa 1179, hmeichhia 1342) niin, chhungkua 670 an ni.

ADEO hian party tinte chu final electoral roll copy khat theuh a sem nghal a, lawmthu sawina a neia hun hman tihtawp a ni.

**KAN LO HRISEL ZAWK THEIH NAN FAINA
LEH THIANGHLIMNA KAWNGAH HMASAWN
TURIN TAN I LA ZEL ANG U.**

Non-Communicable Diseases (NCD) – Part I (*Natna inkaichhawn theih loh*)

- Dr. Khawlsiamthanga Khawlhring
Associate Professor
SIRD&PR, Mizoram

Mizoramah hian natna inkaichhawn chi ni lo, inthlah chhawn leh kan nunphung aṭanga kan vei theih chi hrang hrang cancer, zunthlum, thisen sang, lung natna leh stroke te hian thihna leh pianphunga rualbanlohna te a thlen tam hle mai.

National Family Health Survey, round 5 (NFHS 5) in a tarlan dan chuan kum 15-49 inkar hmeichhia 13% leh mipa 23% chuan thisensang (hypertension) an vei a, hmeichhia 5% leh mipa 7% te chuan zunthlum (diabetes) natna an vei bawk. Mipa lam hian insum theihna kan tlachhamin insawizawi pawh kan hlamchhiah zawk a ni mai thei.

Kum 2022 khan Prabhdeep Kaur leh midang ten India rama tribal district 12 aṭanga kum 15 chung lam mi 5292 te thih chhan an zir chiannaah chuan NCD avanga thihna hi 66% a ni a, natna inkaichhawn theih chi avanga thi chu 15% niin, inhliam avanga thi chu 11% a ni.

Tun ṭumah chuan BP sang leh zunthlum chungchang kan zirho dawn a ni.

1. Hypertension (BP sang): Lungin kan taksa peng hrang hranga thisen a sem darh laia thisen zam (artery) bang engtianga chakin nge a nawk nat kan tehna hi Blood Pressure kan tih chu a ni. BP kan sawiin a chunglam (systolic) leh a hnuai lam (diastolic) kan sawi ṭhin a; normal blood pressure chu 120/80 a ni. Thisen pressure a lo nat lutuk chuan BP sang kan ti mai ṭhin. Hei hi a chhan ber chu thisen kal tur lo daltu, thau chhia emaw, bawk emaw a lo awm vang pawh a ni thei. Mizoramah mi 12-16% vel hian BP sang an vei a, kum 50 chung lam mei zu mi, ruihtheih thil ti mi, thau lutuk leh natna benvawn nei zingah BP sang an tam zual. Thingtlang lam aiin khawpuia cheng te zingah BP sang vei an tam zawk.

BP sang lo awm chhan hrang hrang te chu – kum upatin BP sang a awm duh, thlahtute zinga BP sang vei an awmin BP sang neiha a tam, ei leh in fimkhur loh – thau leh mawm ei tam te, chi al ei tam leh ready-made food lam ei nasat te, thlum

ei nasat te hian BP sang a siam thei, zuk leh hmuam tih nasat lutuk te, zu in leh ruihhlo hman nasat te, insawizawi tlem lutuk te, thau lutuk te, rilru hah leh zan mut ṭhat loh te hian BP sang a thlen thei. BP sang hi kawng hrang hrangin a lang chhuak thei a – lu na, luhai leh luak chhuak, khaw hmuh fiah lo, awm na, thawhah, lungphu mumal lo, chak lo/ kulcho, nikhawhre lova tluk, thil ngaihtuah ṭha thei lo ten a lang chhuak thei a. Heng natnate hi lang chhuak lo mahse BP sang a lo awm thei tho bawk.

BP sang hian natna dang a thlen theih te chu Heart Attack (Lungphu buai/ lungphu chawl), lung ṭha lo, Stroke (thluaka thisenzam hnawh/puak keh), kal ṭha lo leh khaw hmuh lama harsatna te. **BP sang ven leh enkawl dan te chu** – rihna tihtlak hniam, chi leh hmuimer ei tlem, ei tur hrisel ṭha ei tam, insawizawi, caffein tamna lam in tlem, zu in loh, meizial zuk loh, rilru tihhahdam, damdawi ei ṭhat, in check-up ṭhat. BP sang damdawi ei tawh te chuan mahni thua damdawi thlah mai mai lovin, doctor te thurawn ngaih pawimawh tur a ni.

2. Diabetes Mellitus (Zunthlum): Mizoin zunthlum kan tih mai hi thisena thlum awm tur aia tam awm hi a ni. Kan taksa hi nitin thlum a mamawh a, kan mamawh aia tam kan lakluh nasat lutuk erawh chuan zunthlum natna a insiam thei. Kan taksaa thlum (glucose) awm zat tur hi mi pangngaiah chuan riltam laiin 80-100 mg/dl, chaw eikham hlimah 170-200 mg/dl leh chaw ei aṭanga darkar 2-3 velah chuan 120-140 mg/dl a ni. **Zunthlum lan chhuah dan hrang hrang te chu** – khawhmuh fiah lo, luak chhuak, riltam huam huam, kut leh ke chawmawlh/mu, tuihal deuh reng, chauh ngawih ngawih, rihna tla hniam thut, thinrim leh huatthu chhiatna, zun chhuak sek leh pem/hliam dam har. Zun thlum lan chhuah dan hi hrethiam lovin natna
(*phék lehlamah chhunzawmna*)

(phek lehlah ami chhonzawmna)

Non-Communicable Diseases (NCD) – Part I (Natna inkaichhawn theih loh)

dang vanga ngaih a ni ve fo bawh. A lanchhuah dan dang zingah vun thak leh vual, kap leh serh bawrah te a awm duh a, khawihli leh pan dam thei lo te pawh a awm thin. Hmeichhiaah chuan serh thak leh bawhlawh var chhuakte pawh a thlen thei. Mipaah pa theih lohna a thlen thei bawh. Ke mu, ke zawi, ke sa, tha chat te, a bik takin zan lamah mut that theih lohna pawh a thlen fo. Zunthlum hian chauh ngawih ngawihna a thlen theih bakah mit fiah lo a siam thei a, zunthlum enkawl a nih hmaa tarmit siamte pawh enkawl a nih hnu chuan a hman tlak loh ve fo bawh.

Kan thil ei atanga glucose lo insiamte chu thisenah kalin chakna min petu a lo ni thin. Kan taksaa glucose-te chakna thahrui atana siamtu chu **insulin** a ni a, hei hi rilbawh (pancrease) atanga lo chhuak a ni a, chhan tam tak avangin kan pancrease-in insulin a pe chhuak tur chu a buai thei. Kan mamawh khawp insulin kan hmuh loh chuan glucose-te chu hman tangkai lohvin thisenah an awm thin a, zunthlum vei kan hmabak ta a ni. Kan lo chauh a, kan nguai a, thahrui kan nei lo thin. Inenkawl that loh chuan, kan cher tulh tulh a, nilkawhrelo leh thih mai hmabakin kan awm thei a ni. Zunthlum hian kan taksa pumpui, a chhung lam leh taksa peng pawimawhte a khawihchhiat thin avangin, a lanchhuah dan pawh chi hrang hrang a awm thei a, **“Silent Killer Diseases – Natna langchhuak lova zawi zawia thihna thlentu”** ti hialin an sawi thin a ni.

Mizorama record-ah chuan thihna 3.4% hi zunthlum vang a ni. **Zunthlum awm chhan** thenkhat te – Inthlahchhawn atangin 30%-50% a awm thei; Kan chenna boruak (environment)-Thlasik laia boruak vawt lutuk avanga virus lo pung ten b-cell an tih chhiat avangin insulin tlakchham leh zunthlum a awm thei nia sawi a ni; Nausen laia nu hnute tui tlachham, thil dang hmanga chawm hian zunthlum an vei thei; Nausen piang te lutuk leh sawngnawi lutuk te hian zunthlum an vei duh a, enkawl uluk an ngai; Zu in nasat lutuk hian pancrease tichhiain zunthlum an vei duh bawh; Nau pai laiin zunthlum neih a awl a, hei hi a reh leh mai

theih rualin vei chhonzawm theih a ni bawh a, chuvangin thla 3 danah tal test thin tur a ni; Nuin naute 3.5 Kg aia rit a hrin chuan zunthlum (Blood Sugar) test ngei ngei tur a ni; Thau lutuk hian insulin hnathawh a dal theih avngin zunthlum a siam thei bawh. Nausen leh naupangte pawhin zunthlum natna hi an vei theih avangin zunthlum natna ni thei awma a lan chuan test vat tur a ni.

Zunthlum laka inven dan - Zunthlum vei lo tura kan nunphung siamrem hi kan tih tur chu a ni. Ei leh in lamah – chini leh thlum lam ei tam lutuk loh a pawimawh; buh leh chhang lam hian carbohydrates a pai tam a, insum deuh a tha, atta hi a hrisel zawk; thlai hring leh thei (thlum lutuk lo) ei tam a tha; nitin minute 30 tal kea kal emaw, insawizawi thin tur a ni; rei tak thut reng hi pumpelh tur a ni a, minute 90 danah tal thawh chhuah thin tur a ni; taksa thau lutuk hi pumpelh hram tur a ni; kum 40 chung lam tan phei chuan kum 1 ah vawi khat tal thisen test tur a ni; Nunphung hrisel zawk kan zawm hram hram a pawimawh hle a, meizuk hian zunthlum leh a kaihnawih, kal leh lung natna te a thlen theih avangin sim a tha; tui thianghlim tam tawh in thin tur a ni. Fimkhur tak leh uluk taka kan inenkawl chuan heng natna te hi kan pumpelh thei a ni.

(Source: Ramdinmawii, Tutor & Rebecca Lalnunmawii, Sister Tutor, College of Nursing, Synod Hospital, Durtlang)

**Fur a lo intan leh ta a, ruahtui
kan dawng leh tan ta, Leimin/
Leitawlh avanga chhiatna chi
hrang hrang laka kan him theih
nan kan in leh a vela tui
luankawrte tifai thin i la, kan in
atanga tuichhia/ruahtui luanna/
paihna tha takin i siam thin
ang u.**

Ni 10.3.2026 - 19.3.2026 chhunga Training neihte



Trg. on Social defence issues form panchayati Raj functionaries @ ETC, Kolasib. Course Director : Pu ZR Thafala, Principal, ETC, Kolasib.



Trg. on Entrepreneurship-II @ Peipung Edu-Tech, Venghlui. Course Director : Pu Lalchhandama Lailung, Sr. Core Faculty, SIRD&PR.



Career Guidance Training at Falkawn. Course Director : Pu Lalchhandama Lailung, Sr. Core Faculty, SIRD&PR.



Trg. on Refresher Course on Rural Development Schemes for RD Functionaries at BDO Conference Hall, Ngopa. Course Director : Dr. Khuang-thansanga Pakhuangte, Associate Professor, SIRD&PR.

Convergence Plan thirho

Ni 30.3.2026 khan DC's Conference Hall, Lawngtlaiah Bawrhsap Pu Donny Lalruatsanga hovin Lawngtlai District 'Convergence Plan' thlirhona neih a ni.



Pu Donny Lalruatsanga chuan kalkhawmte hnenah lawmthu a sawi a. Lawngtlai District hmasawnna tura hmalakna atan 'Convergence Plan' siam thiam a ngai hle a ni, a ti a. Convergence tha tak siam turin line department-te leh BDO-te inbiakrawn tam a ngai hle tih a sawi a. Rualkhai zawka hmasawnna hnathawh a nih theih nan a theih chin china 'Convergence' neih chu thil tul hmasa a nih thu a tarlang. Bawrhsap chuan department-te inrawntlang lova hnathawh hian harsatna lian zawk a siam thei tih tarlangin, department hrang hrangte inpawh taka inrawntlang fo thin turin a chah nghal bawk.

Pu H. Zonunmawia, Project Director, DRDO, Lawngtlai chuan tih theih tak tak tur chauh 'Convergence Plan' siam a tul a ni, a ti a. Paper work-a fel, a taka fel silo ang chi chu tih loh ngam a ngai a ni, a ti. Line department-ina pawisa emaw, a hmanrua emaw a mihring, a engemaw ber kan tum ve a ngai a, a vai vai in MNREGA lam kan ring thei lo a ni a ti bawk.

Convergence Plan thirho-a thukhawm chuan BDO ten Plan siam fel se, Project Director, DRDO, Lawngtlai-ah a hma lamin thehluh ni se an ti a. BDO, Lawngtlai, BDO, Chawngte, BDO, Sangau leh BDO, Bungtlang South ten Convergence Plan 2025-2026 report pe in, kum 2026-2027 Plan tarlanna an nei nghal bawk a ni.

He thutkhawmna-ah hian Addl. DC, BDO-te leh Line Department hrang hrang aiawhte an tel kim hle a ni.

RLB Grants dawn dan

Chief Minister Pu Lalduhoma, Finance Minister ni bawk chuan 15th Finance Commission-in Village Council-te hman tur Rural Local Body Grants (RLB Grants), Financial Year 2021-2026 atana a ruahman dawn dan chungchang hetiang hian Social Media-ah a tarlang:

15th FC hnuatia Rural Local Body Grants a ruahman zawng zawng chu Rs. 36,200 lakhs (Rs 362 crores) a ni. Heng RLB Grants te hi kum tin a tahtawl te tea dawn turin, installments-in pek chhuah an ni a. Financial Year pakhat zelah Installment pahnihi zel a awm a. Installment awm zawng zawng hi a vaiin sawm (10) a ni.

SAWRKAR HMASA HUN CHHUNG:

Sawrkah masah chhunga 15th FC-in Financial Year 2021-22 to 2025-26 atana RLB grants a duan kan hmuh zawng zawng hi installment pakhat (1st installment of 2021-22) chauh a ni a. A sum ang zawng chuan Rs. 3,450 lakhs a ni.

Hemi hnu hian sawrkah laipuiin Finance Commission grants dawng thei tura a guidelines duan thar 'Audit-Online' tih zawh a nih phawt loh chuan Grants a release thei ta lo a. He Audit-Online hi kalpui a nih loh avangin Mizoram-in kan dawn chhunzawm ta lo char char mai a ni.

TUN SAWRKAR HUN CHHUNG:

Sawrkah thar a lo piang a, January 2024 atangin Directorate of Local Fund Audit & Pensions leh LAD lam ten hma nasa takin an la a. Audit-online te chu an bawhzui a. Kum 2021-2022 hnuatia RLB Grants 2nd Installment chu kan hmu chhunzawm leh thei ta a. Kumin thlengin kan dawng chho ta char char mai a ni.

15th FC hnuatia RLB grants sum kan dawn tawp berna tur chu 15th FC period hunchhung ngeiin, ni 28.03.2026 ah khan dawn a ni ta a ni.

Tun Sawrkah-in kum hnih leh a chanve chhunga 15th FC in FY 2021-22 to 2025-26 hnuatia installment kan hmuh zawng zawng chu installment pakua (9 installments) a ni a. Chu chu a sum zawng chuan Rs. 32,750 lakhs a ni.

Tichuan, Mizoram chuan RLB Grants hi 15th FC in min ruahman sak ang zawng zawng, a

FIFA World Cup, 2026-a Dan thar hman turte

FIFA chuan kum 2026 World Cup atana hman tur dan thar an puang:

Player inthlak ran dan chungchang:

Player lakchhuah turin khelmual chhuahsan nan second 10 aia rei a hmang tur a ni lo.

➤ Second 10 a pelh chuan, a thlaktu tur player kha minute khat hnuah chauh a lut thei ang a, chu mi chung chuan an team chu player pakhatin an khel tlem ang.

Hun vawn dan tur : Throw-in leh goal kick nan second 5 chiah hun pek a ni ang.

➤ He hun tiam chung hian an tan loh chuan an ball chan lai kha lehlam team pek an ni ang.

Inhliah enkawlina: Player-in khelmual chhunga enkawlina a dawn chuan, enkawlina a dawn zawhah khelmual chhuahsanin minute khat a nghak phawt tur a ni (Yellow card emaw Red card pek chhuahna khawpa inhliah a nih loh chuan).

VAR : VAR hmangin second yellow card vanga hnawchhuah te leh corner pek sual te enfiah tawh a ni ang.

Captain leh Referee: Referee hnaih emaw be thei emaw chu Captain chauh a ni tih dan khauh zawka kalpui a ni ang; player dangin referee an bawr lui a nih chuan yellow card pek theih an ni.

FIFA World Cup, 2026 hi 11th June - 19th July, 2026 chhung khian USA, Canada leh Mexico ten an inthlen tawm dawn a ni.

Kumin World Cup-ah hian ram tel thei tur zat pawh tihpun/tam a ni a, tum danga ram 32 tel thin chu ram 48 ah tihpun a ni.

➤ vaiin Rs. 36,200 Lakhs kan lo dawng thei ta a ni.

Heng sumte chhawrtu Village Council zawng zawngte ka lawmpui a. Kan dawn theih nana chhun zan zawma rim taka hnathawk thin Directorate of Local Fund Audit & Pensions leh LAD Deptt te chungah lawmthu ka sawi a ni.



Aieng 71 Metric Ton vailiam

MzSRLM hnuiaia din Ropuiliani Women Farmer Producer Company Limited (FPC) chuan a shareholders te tharchhuah Aieng Metric Ton 71 (KG 71,600) Kolasib leh Mamit District atanga a leisak chu, ni 31.3.2026 khan Pu Lalmuanpuia, District Mission Director/Project Director, DRDO Kolasib District chuan Kolasib DC Office Complex atangin a vailiam.



He flag off programme hi Dr. Doris Lalrinawmi, Block Mission Director/Block Development Officer, BMMU, Thingdawl R.D Block chuan a kaihuai a. Khuallian Pu Lalmuanpuia chuan Mizoram State Rural Livelihoods Mission (MzSRLM) hnuiaia agri-marketing value chain atana din Ropuiliani Women FPC in Kolasib leh Mamit District huamchhunga a shareholder-te hnen atanga a leisak Aieng MT 71 zet, SSB AGRO LLP, Mizoram hnena hralhchhuah a ni chu lawmawm a tih thu a sawi a ni.

Ropuiliani Company chu kuthnathawktu SHG-te tana inngahna tlak ni ngei tura Ministry of Rural Development-in a din a nih thu sawiin, MzSRLM chu he company bultantu an nih thu a tarlang a. SHG te hi mi taima tan chuan chhungkaw eizawna nghahchhan nghet a nih theih thu leh, sawrkar flagship programme-ah pawh sawhthing, aieng leh hmarcha te hi kuthnathawktute tharchhuah zara ramina hma a sawn theihna tur atana tum ber a nih thu a sawi baw. Hengte hi hlawhtling thei turin Ropuiliani company chuan ruahmanna mumal tak

Director-in ETC (P) tlawh

Ni 5.3.2026 khan SIRD&PR Director Pu R. Lalremsanga chuan ETC, Pukpui a tlawh a, thawktute nen inkawmhona hun hman a ni.



a nei a, a thawktute pawhin a puitlin nan theihtawp chhuah turin a chah a ni.

Ropuiliani Women Farmer Producer Company Limited hian tun dinhmunah District 7 leh R.D Block 16 huam tel tawhin, shareholders (SHG) mi 9,500 chuang an inziaklut tawh a. An member-te hnen atang hian sawhthing leh Mizo hmarcha te lo leisak tawhin, tun dinhmunah Aieng leh sawhthing District dang atanga lei leh turin ruahmanna kalpui mek a ni. He company hian heng thlaite hi a hringa hralhchhuah piaah lamah, Company Processing Unit, Chhingchhip-ah value addition kalpui mekin hmalak chhunzawm zel tum a ni.



He hunah hian Pu Henry Saingura, CEO, Ropuiliani Women FPC chuan company report tawi pein, Pu Samuel Lalmalsawma Sailo, Block Mission Director/Block Development Officer, BMMU, Bilkhawthlir R.D Block chuan lawmthu sawina hun hmangin hun a khar a ni.

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