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Hmasawwnna Thar

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CO 25-AM in Chanchinbuhimhai an hmupui



CCPUR: Zani sun dar 11 khn Sanjay Kumar, Commandant, 25-Assam Rifles, Headquarters Veng, Churachandpur chun Press Club, Churachandpur-ah Tuolsung Chanchinbuhimhai an hmupui.

Sanjay Kumar chun, Press Club in thil chi tum tum mamaw in nei hai ziekin hung pe inla, kan

military Civic Action Programme fethlengin kan pek thei ang ang hung pek tum kan tih tiin a hril.

Hi huna hin Major Radha Krishnan, Town Commander, 25-Assam Rifles, Headquarters Veng, Churachandpur le Col. Ajay Kumar Sharma, Public Relations Officer, Defence Ministry, Imphal hai khawm an thang.

Saikawt SDO hma sawn pei

CCPUR: Saikawt Sub-Division Demand Committee chun DDO Code chungchahng April 6, 2017 khan Secretariat, Revenue Department, Manipur-ah a va bazui a, Director, Treasuries and Accountant, Manipur in an hrietir dungzuiin Y. Rajen Singh, Dy. Secretary (Revenue), Govt. of Manipur chun Finance Department-a inthawk Treasuries Jurisdiction sukfel vat dinga an hrietir dungzuiin Committee in a ngenna le inzawmin Dy. Secretary (Finance) chun

Committee um lai ngei hin a thawn a. File thuong taka a fe pei chun sawnaw teah Saikawt SDO chun sum le pai chungchahng independent takin an relbaw thei ta ding a nih tiin Timothy Z. Zote, Chairman, SSSDC chun a hril.

Revenue staff indai tawknaw leia a biel mipui hun hasratna an la tuok met hai khawm Committee chun a hrietir zing a, a tul angin ministry thar khawmin a bazui zing a nih ti mipui han an lo hrietir nuom thu a hril baw.

CHANCHIN LAKTAWI

Lamka Post Editor Operation thaw

CCPUR: Zani chawhnung dar 2 khan Th. Thangzalian, Editor & Publisher, The Lamka Post daily chu Baptist Hospital, Bangalore-ah Kal le lung tieng natna lein operation hlawhtling taka thaw a nih. MHJU chun a damnaw enain zanikhan Rs. 5,000/- an thawn. Ei chanchinbu chun hung damsook vat dingin ditsakna an hlan.

Free Eye Cataract Detection camp

CCPUR: April 8, 2017, 10AM-1:00PM inkar sung hin Sielmat Christian Hospital, Sielmat, CCPur hmuna Eye Cataract Detection & Diabetic Retinopathy Screening (Diabetis leia mit tienga hasratna nei hai) Camp um a tih. Hi huna hin Operation thaw tul hai khawm a pangngai neka tlawm lemin Operation thaw thei ning a tih. Chun, Sielmat Hospital-a hin puittling hai ta dingin Hepatitis Vaccine khawm kap khatah Rs. 150/- peka thaw thei ni baw a tih.

Jumble sale an nei

CCPUR: Zanikhan Gouchinkhup Veng, New Lamka-a Bethlehem EBCC hnuoia Dorcas pawl chun Biekin bawlna dingin Tiddim Road, Damkam Bazar le a sevelah Juble Sale an thaw a, thumhnaw chi tum tum Rs. 5 le Rs. 100 inkarin an zawr.

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Zanikhan State sawrkar le JACAATB, CCPur palai han inbiekna an nei tan; Inbiekna April 10, 2017 a sunzawm nawk ning a tih

IMPHAL: Zanikhan CM N. Biren Singh inrawinain Manipur State sawrkar le Joint Action Committee Against Anti-Tribal Bills (JACAATB), Churachandpur palai han Chief Ministers' Secretariat, Imphal hmuna inbiekna an nei tan.

Manipur state sawrkar tiengpangah CM N. Biren Singh; Agriculture, Veterinary & Animal Husbandary minister V. Hangkhanlian; PWD, Rural Development & Panchayati Raj, Commerce & Industries, Power, Administrative Reforms & Training le Information & Public Relations Minister Th. Bishwajit Singh; Social Welfare



& Cooperation minister Nemcha Kipgen; Tribal & Hills Areas Development le Fisheries minister N. Kayisii, Chief Secretary Th. O. Nabakishore Singh, DGP L.M. Khaute, Law Secretary Th. Kamani Kumar le DC, CCPur R. Sud-

han hai an thang. JACAATB, Churachandpur Palai mi 11 hai chu an Chief Convenor H. Mangchinkhup in an rawi. Palaihai lai hin Young Paite Association, United Zou Organisation, Teddim Chin Union, Mizo Peoples

Convention etc. thuoituhai an thang tawl.

Hi inbiekna hin JACAATB, CCPur chun State sawrkar kuomah an Charter of Demands anpeklut. Charter of Demands hi hun imanichen an hriitlang hnungin April 10,

2017 a inbiekna sunzawm nawk dingin an remittlang.

CM N. Biren Singh chun JACAATB, CCPur palaihai kuomah mithironghai vui hmasa phawt a nuom thu a hril. Mithi sunghai lungril nat le inhawinaw dan ding hi hril le inkhi pek thei ruollo a nih. Khawlai rambung le state khawm, annawleh sungkuo khawm hasratna neilo an um nawh. Hasratna le buoina hai hrim hrim chu inbiekna annawleh meetings neia chingfel thei a nih tiin CM chun a hril.

Manipur State le a mipuihai thattlangan dingin inbiekna nei rawp a tul a. Sawrkar chu inbiek dingin an peizing a nih tiin JAC

le Churachandpur mipuihai chu inbiekna dawkan kilpui dingin CM chun a fiel. Chun, State sawrkarin inbiek dinga a fielna JACAATB, CCPur in an remittlang thuah CM chun lawmthu a hril.

Manipur hi tlangram le phairamin a siem a ni a, tlangram le tribal-hai thang lovin Manipur a um thei nawh. Sawrkar chu mipui ta dinga um a nih. Ka sawrkar in rorela le thuneina a chel zo charin hun sawt takel economic blockade thawa um chu chingfel le Economic blockade hlip a ni a, hi chungthua khawm hin United Naga Council chungah lawmthu ka hril tiin CM N. Biren Singh chun a hril.

Tar Pension sum sem sunzawm

CCPUR: District Social Welfare Office (DSWO), Chiengkonpang, Tipaimukh Road-a IG-NOAP hnuoia Red le Blue Card holder hai kuoma Pension sum semna chu sunzawm pei a ni a, zanikhan Henglep A/C hnuoia mi hai sem a nih.

Vawisun chu Second Saturday (sawrkar chaw) a ni lein sem ninaw ni a, April 11, 2017 in Thanlon A/C hnuoia mi hai sem ning a ta, April 12, 2017 in Tipaimukh A/C a mi hai sem ning a tih.

TN. Haokip in Thangruol sawrkar daisawt a ringnaw thu a hril



CCPUR: 11th Manipur Legislative Assembly Election, 2017 nei zo taa 59-Saikawt A/C a vote thlak dan chungthuah zani 11AM khan Gibeon Cottage, Bijang-ah Congress Booth Level Performance Review meeting le Public Interaction function nei a nih.

Hi huna hin 59-Saikawt A/C a Congress Candidate T.N. Haokip in vote a hmu rawna tak kuomah lawmman inhlanna nei a ni a, Pu T.N. Haokip khawmin thuhirlna hun a hman. T.N. Haokip in vote a hmu rawn na tak chu Kholmun a ni a, vote 83.6% a hmu a, lawmmanin Rs. 30,000/- pek an ni a, a pahinia Leisang (71.3%) kuomah Rs. 20,000 le pathumna Mata Lambulane le Tuinom hai kuomah Rs. 10,000/- ve ve inhlann an nih.

Category dang-ah Tribe level-a Hmar area Hmarveng A le Kom area-ah Moirang Mantak hai chu TN Haokip ta dinga vote pe tha niin lawmmanin Rs. 10,000/- ve ve pek an ni baw.

Hi huna T.N. Haokip in

ADC hnuoia Head hai meeting ding

CCPUR: April 10, 2017, 12:00Noon khin Autonomous District Council (ADC), CCPur hnuoia Schools haia Headmasters le Headmistress han ADC Meeting Hall, Tuibong hmuna meeting nei an tih. Hi huna hin ADC hnuoia School Headmasters/Headmistress hai chu kim taka thang seng dingin Soiminlian Lengen, MCS, Chief Executive Officer (CEO), ADC, CCPur chun an hrietir. Meeting huna hin ADC hnuoia schools hai siemthat dan ding hriitlang an tih.

CM in IGNTU, Makhan a va sir

IMPHAL: Zanikhan CM N. Biren Singh in Indira Gandhi National Tribal University (IGNTU), Regional Campus, Makhan, Kangpokpi District a va sir. N. Biren Singh chun studenthai an hmupui huna hi campus a hin security personnel le security barracks siem a ni ding thu, Kanglatombi a inthawk hi University panna lampui blacktopped a siem a ni ding thu, Regional Campus hi Autonomous/Full fledged University a hlangkai a ni theina dinga hma lak ding thu, Development sin thawna-ah tlangram le



phairam biel angkhat rawnga hma lak a ni ding thu, inthierbikna a um nang ding thu hai a hril.

CM hi Education Minister N. Kayisii, Social Welfare Minister Nemcha

Kipgen, Higher & Technical Education Commissioner Vineet Joshi, Director of Education Smt. Th. Chitra Devi le Tribal Development Director Smt. Mannuamching han an zui tawl.

Class XII Physics question leaked na thuah mi 16 man



IMPHAL: Council of Higher Secondary Education, Manipur huohihawtnaa Higher Secondary Examination, 2017 fe meka Physics subject question paper leaked-na le inzawmin Manipur Police Cyber Crime Unit chun mi 16 an

man a, thu indawn chiengna an nei mek. Mana um hai lai hin T. Taison (26), s/o (L) T. Imocha Meitei of Patsoi Part-I Lamkhai, Imphal West, M. Naocha @ Sanayaima Meitei (21), s/o M. Tombabu Meitei, L. Koireng Meitei (24), s/o

L. Nungshikanta Meitei of Terakhong Mayai Leikai, Bishnupur District le E. Mushuk Meitei (21), s/o E. Bijoy Singh of Hiyanglam Makha Leikai, Thoubal District hai an thang.

Midang 12 hai chu Xtra Edge School, Millennium Institute of Science, Herbert School, HRD Academy, Ram Lal Paul Hr. Sec. School le Advance Public School haia kai Class XI & XII student an nih. Physics Subject hi April 5, 2017 a exam a nih. Question hi Social networking site-a leaked a nih.

Assam Rifles Personnel in thisen a pek



CCPUR: 25- Assam Rifles rifleman Sunil Singh chun District Hospital-a damnaw enkawla um thisen mamaw Chingngaihlun (22), w/o Hanglamthang of Simveng kuomah zanikhan thisen Unit khat a pek. Ms Chingngaihlun hi thisen chau leia zani hmasa zana khan hospital-a phurlut le admit a um a ni a, Thisen Unit 2 khai a ni hnungin Unit 3 dang, ni khatah unit khat pei khai dinga ti a ni lein thisen petu ding hmu el an ninaw leia Alex Guite, Imphal Free Press Correspondent in a ngaipawimaw leia 27-Sector hnuoia Assam Rifle hai an hrietir hnunga 25-AR Rifleman Sunil hin thisen a pek a nih. Thisen petu chunga lawmthu an hril.

Congress MLAs 15 hai an hungkir thah

IMPHAL: Congress MLAs 15 ramdanga in camp hai chu zanikhan Imphal an hungtlung tawl tah. Hieng MLAs 15 hai hi iengleia foreign a fe am an na ti hrietchieng a ninaw a, sienkhawm BJP in sawrkar an sienna dinga khan an ni pawl tienga thang dingin thlemtlu pal an tih ti

vengnaa ramdanga tir an ni ring a nih. Foreign a fe Congress MLAs hai lai hin Kh, Joykishan, Henry Okram, S. Bira, Y. Surachandra, D.D. Thasii, D. Korungthang, K. Megha Chandra, Dr. Chaltonlien Amo, Suraj Kumar Okram le Md. Fazur Rahman hai an thang.

Ambassador in Moreh a va sir

IMPHAL: Vikram Misri, Indian Ambassador to Myanmar chun zanikhan Moreh a va sir a, ramri zula insumdawngtuona, Integrated Check Post le hmung dang danghai a hmung ngei-ah a va en. Zani hmasa khan Vikram Misri hin Manipur CM N. Biren Singh khawm

a office-ah an hmupui. N. Biren Singh chun Myanmar ram sawrkar le ramri buoina chungchahng a lo hril. Hi thu hi Myanmar sawrkar thuneituhai kuomah report ding le ramri buoi chingfel a hung ni theina dinga hma la ve dingin CM chun Vikram Misri hi a ngen.

AMUCO in thanguina Rs. 10,000

IMPHAL: Zanikhan All Manipur United Club Organisation (AMUCO) team chu Sirarakhong village, Chingai Sub-Division, Ukhrul District-ah an va fe a, hi khua a mimkei nasatak tung leia hasratna tuorhai

thanguina dingin pawisafai Rs. 10,000 le fakthei chitum tum Sirarakhong village Chairman L. Ngathingjao kutah an va pek. L. Ngathingjao chun thil an pekhai chu mimkei leia hasratna tuoruhai kuomah a sem tawl.

MDC han informal meeting an nei



CCPUR: Zani zantieng 2:00PM khan ADC, CCPur hnuoia MDCs han ADC Chairman Office chamber-ah Informal meeting an nei a, hi huna hin MDC a tamlem hai an thang tawl.

Meeting an nei le inzawma Langkhanpau Guite, Chairman, ADCC in zanita press briefing a nei hunah, tlangram lo nei a tamlem

Associate Professor in a kaisang

IMPHAL: Jawaharlal Nehru Institute of Medical Sciences (JNIMS), Imphal hmuna thawk lai mek Dr Rothangpui, w/o Dr John H. Pulamte, Imphal chu Associate Professor in a kaisang.

Dr Rothangpui hi Hmar jawng hman hai laia Clinical subject-a Associate Professor hmasa la nia hriet a nih. A kaisangna hi ei



Chanchinbu chun a lawmpui hle.

March thla sung District Hospital-ah naute pieng 261

CCPUR: District Hospital, CCPur a chun March, 2017 thla sung khan OPD ticket laa doctor pan mi 11,276 an um a, Maternity Ward-ah naute pieng 261 an um a, Blood Bank in thisen Unit 122 an pekdaw.

OPD a hin General-a mi 11, 276 in en hai lai pasal 4624 le nuhmei 6652 an nih. March , 2017 thla sunga Maternity Ward-ah naute pieng 261 hai lai hin pasal 121 le nuhmei 117 an thang a, hi hai laia hin



enkawl damzo loa thi 22 (pasal 11 le nuhmei 11) an um a. Pathology le Microbiology Investigation 1705 thaw a ni a, Radiological Investigation 603 thaw a ni a, Blood Bank in thisen Unit 135 an

lakkhawm a, hi laia Unit 78 chu replacement le voluntary a pek unit 57 an nih. Biochemistry report 914 a um.

District Hospital-a hin Medicine Ward-ah khum 31, Pediatrics ward-ah 28, Surgery, Ortho, ENT Eye le Dental Ward haia a rengin khum 38, Gynae le Obst ward-ah 25, Post partum ah 8 le Casualty observation ah khum 11, a rengin Hospitala damnaw khum um zat chu 141 a nih.

VAVISUN THUPUI

Lalpa ei phur ni tina mi phurpektu, ei sandamna Pathien chu inpakin um raw se. Pathien chu ei ta dingin sanhimtu, Pathien a nih, thinaa inthawka suoknahai chu Lalpa Jehovah ta a ni baw.

- Sam 68:19-20

Editorial

Thutiem

Hlawtlingna hi mihriemhai dit le hnawt tak pakhat a nih. Hlawsamna le beidawngna a hungtlungin sinthawna hmum an hawi ngai naw a, sungkuoa ei chengpuihai bula um khawm a rin a um hlak. Chuleiin, hlawtlingna chang le nei ding chun lung-gril nguina le zawmthawna ei peihmang a tul a nih. Hieng laizung hin hlawtling khawm tum chung lo, mani niphung ang anga um dittaw, hmasawm le hmatieng pan tum chung lemlo mihai ta ding ruok chun phurna le thathona ni vel hin umzie a nei nawh. Hi lei hin hlawtlingna nei ding chun a thawa thaw le mani thutiem hlen a tul. Mihriem hriselna dingin insawizawi a ngai a. Insawizawi dinga thu ei tiem hnungah khawm ei insawizawi chung naw chun tangkaina a nei chung ngai nawh. Hi lei hin ei thutiem hi mihriem han ei hlensuok a tul a nih.

Mimal, khawtlang, Kohran, Pawl le sawrkar hai khawmin thutiem an nei hlak. Ei thutiem hai hi suk-puitling seng inla chu ei ram hi ram inhawi, ram hmasawm le changkang, mihai entawn le inhnar a hung ni ngei ring a um. Nu le pa hai khawmin ei nauhai kuoma thutiem ei neihi hi ei bawzui ta ngai naw le ei suk-puitling lo a um hlak a. Hi lei tak hin nauhai ringzo lo el chaw ni lovin ei karah inpawn-awna le kar (gap) a hung um hlak. Hieng a ni lei hin thutiem hi ngaipawimaw a, suk-puitling ngei hlak ding a nih. Ei thaw lo ding thutiem nei hi bansan hmak chi a nih.

Manipur-ah sawrkar thar a hung um a. CM thar chun thutiem a hau ang reng ta hle. A thutiem hai hi a suk-puitling dim ti hi a ram mipuihai chun ei lo thliir thup el a nih. sawrkar thar an umzatin mipui, ram le hnam ta dinga thiltha, thutiem tam tak anei hlak. Amiruokchu, sawrkar ei lo hrawn tasa hai khan chu an thutiem an bawzui ngai naw el chaw ni loin an suk-puitling ngai meu nawh. Hi lei hin sawrkar thutiem hai mipui han ringzona ei nei thei ngai nawh. Sawrkar thar khawm hi sawrkar hmasa, ei lo inhrawnpu hai ang tho khan hung um pal a tih ti hi inlaum takel a nih. Mani thutiem bawzui a, suk-puitling ngam ei ram hin a ram thuoitu a maw-maw takzet a nih.

11th Manipur Legislative Assembly election lai khan political party tum tum le candidate hran hran hai chun thutiem anei seng a. Thlangtinga um candidate le sawrkarna siemthai hin an thutiem seng kha an hung sukhlawtling seng chun ei ram hin hmel thar a hung hmu ngei ring a um. A bik takin sawrkarna cheltu tiengpangah hin mawphurna an nei lien zuol. An thutiem suk-puitling hi an maw-phurna a nih ti hi mi theinghil pek naw hram hai sienla nuom a um. Election laia thutiem neihi lai khan Prime Minister, Union Ministers, BJP National President le Central BJP thuoituhai khawm an t hang tawl a. An thutiem hai kha a tak ngeia an hung suk-puitling nuom a um.

BJP thutiem hai laia a langsar zuolhai chu, Manipur-ah Bandh le Economic Blockade sukbo, Corruption sukbo, Corruption thawhai zawngsuok a, dan anga hremna pek ding, in tinah tawti tui pek ding ti le inlangtlang sawrkar siem ding tihai an ni a. Hiengang an thutiem hai hi an hung suk-puitling thei a ni chun Manpur chu "Manipur thar" a hung ni thei ding a nih. Tuhin sawrkarna chelin Manipur state ngeiah khawm ro an hung rel ta a. Manipur mipuihai chun an sawrkarah hin beiseina an nei lien hle a nih. Thutiem bawzui le suk-puitling hlak Political party an ni le ninaw hunin a la hung hrilin a la hung suklang ding a nih.

Manipur-ah Corruption case a tam hle a nih ti chu Anti-Corruption Cell-ah complaint 400 chung a lut ta thu CM in a hrila inthawk hin an lang chieng hle. BJP chu corruption sukbo dinga thutiem nei an n a. An thutiem ang ngeia Corruption an hung do ngam tak tak a ni chun, ei state chu corruption free state a hung ni thei ding a nih. Corruption free state a hung ni thei tak tak chun mi retheihai ta ding khawmin kaw la hung eng ve thei ding a nih. Rethei leia sawrkar sin nei thei lo hai ta ding khawmin an thutiem hin beiseina thar a hung siem a nih.

Mizoram in Disaster fund a dingin Rs. 2 crore

AIZAWL: Mizoram sawrkar chun Hunthar Veng, Aizawl-a pil tlahnui sap ding dangna dinga sin thawna dingin emergency disaster fund in Rs. 2 crore a sanctioned nin zanita official thusuok chun a hril.

Nikuma hi lai hmuna pil tlahnui lei khan sungkuo 45 zet chun an in hai an suoksan a, in hai chu a pil tlahnui hin a sukchim a nih.

National Disaster Management Authority (NDMA)-ah ruotui tlak huna siet lung ding laka lo

Hriselna huong/Health tips



-Ramthienhlim Varte, Shillong

ZAWNGTA (STINKY BEAN)

Zawngta hi tlang mihai chau ni lovin mi hmum dang dang umhai ta ding khawma hme inhnik a ni bakah hriselna dinga damdawi tha a nizie a chanchin ei bengvar nawkzuol theina dingin tlawmte hei ziek ei tih.

Scientific name : Parkia Spiciosa

English name : Bitter Bean, Twisted cluster bean

Local name : Zawngta

India saktieng rambung hieng Laos, Mynnmar, Thailand, Malaysia, Singapore, Indonesia le India Hmarsaka umhai chun ei fak le dawn suk hnaktu, ei ngisang em em Meiteihai lem chun IRONBA ah zawngta thang ngeia an hei siem hin chuh bufak a suk hnakin an lawm a kim hlie hlie hlak a nih.

Zawngta a hin taksa ta dinga pawimaw Amino acid (fakhai lo chiezawptu/se nawitu) hi a tam lein thildanghai phingpuia lo inkhawlhai suk-nawitu a ni tlat lein a rim hi taksa a hin an nam/se hrat a, Stinky Bean (Be rimsie) an ti reng a, chuleiin ei hei fak a, zun, ek le thlana hai a rim suok ham ham thei khawpa hrat taksa ta dinga damdawi tha a nih.

Hriselna dingin a tha em em a, zawngta chanchin suitu mithiemhai chun tlangval tha-in-thakna re ta hnung khawm a hun tawka karkhat vel an fak zawm chun taksa a suk hratin 90 minutes vel chau dam chuh awlsm tak ke'n an lawn thei nawk el hlak. Anemia (Thisen tlawm) mi hai ta dingin ni tina fak le dawna an pawl hin thisen (Red blood) sukthienhlimtu le thisen (Red Blood-RBC)/Haemoglobin (Hb) suk tamtu a ni lein anemia invawihai ta dingin damdawi tha em em a na; Zunthlum (Diabetes) neihi ta ding tak takin Blood sugar sukhnuoitu a nih.

Zawngta hin Potassium (thil fakhai chie/kang ral pei thei) a tam lein Blood Pressure upat dan zira BP insanghai siemthatu a ni a, BP Stroke leia buoina venghimtu a nih. Thluok lum taluo leia nun tawrawt, inlauthut, ngaituona buoi le dang danghai venghimtu khawm a ni baw. The England Journal of Medicines a chun Zawngta fa

hlak mi 100 peia 40 (40%) PB stroke-a inthawk venghim a nih ti a Research thawtuhai chun an hmu suok thu an ziek baw.

Zawngta a hin hmu theilo zungzam hringkar el a um a, chuh phingpui hrat nawhai, ril inlawng (Ulcer) le ril sunga thil thur tam taluo hai lo sawinawi pei tu dinga damdawi tha tak a ni baw lein ek nem damdawi a na, zingkar toilet programme suk zangkhai ta ni hlak baw.

Thokang damdawi tha takel a nih. Ei pi le puhai khan Zawngta hi inkawlah an lo phun hlak a, Zawngta rim hih thokang an chim em em a, Thokang laka invenghimna damdawi a tha tak ni baw. Zawngta tamna hmuh thokang hmu ding an um ngai nawh ti a nih.

Ringla ringnaw la, Apple hi ei ngaisang le taksa hriselna le tha man to em em a ni hi. Amiruokchu, Zawngta le khaikhin chun Apple let nga'n Zawngta hin Vitamin a tam lem a, a let li in Protein a tam lem a, a let hniin Carbohydrates, a let thumin phosphorus a tam lem baw. Mak deu a nih.

Zawngta um hun hih an khel tieng deu an tah a, a mu chang Bazaar-a an zawr a ra nawk hma pova ding inchaw la sie tha rawh. Amiruokchu, zingkar i hme chang suna i chang-chavai fimkhur deu hlak rawh. Damdawi tha ti leia a hun le hmum ngaituo mang lova nuom hun huna Phingpuia Gas pipe Zawngta-a siem khah inthlasuok el chun remchang kher naw nih.



NE Highway sukmasawna dingin Japan in Rs. 4,000 cr

NEW DELHI: 'North East Road Network Connectivity Improvement Project' phase khatna a dingin Japan International Cooperation Agency (JICA) le sawrkar thlungpui haiin 67,170 million Japanese Yen, Rs. 4,000 crore angu agreement a signed. JICA chu donor agency a na, agreement chu India hmuna JICA office a signed niin, JICA India Office chief representative, Takema Sakamoto le S Selvakumar,

Joint Secretary, Department of Economic Affairs of the Union Ministry of Finance haiin an ziek a nih.

Tuta thanguina sum JICA in a pek hi Official Development Assistance Loan (ODA) anga a peksuok niin, kum 30 (grace period kum 10 thangin) sunga rul nawk ding a nih. Interest rate chu project thil le inzawma dingin 1.4% ching a ta, consulting services a dingin 0.01% ni baw a tih.

Fund hai chu Northeast hmum tum tuma National Highway hai sukmasawna dinga hmang dinga ti an na, Highway in a hrawna lampui haih Leilak siem ni baw an tih.

Northeast state hai chu 'South East Asia Gateway' a ni leia a ngaipawmaw thu Takema Sakamoto chun a hril a. Tuta phase khatna a hin Mizoram le Meghalaya huom sunga NH-54 le NH-51 hai sukmasawm phawt ning an tih.

National Highway sukmasawna sin chu National Highways and Infrastructure Development Corporation Limited (NHIDCL) in thawng a tih. Meghalaya hmuna Umiam Hydro Power Station Renovation Project le Mizoram hmuna Tuirial Hydroelectric Power Station Project hai sukmasawna dingin, JICA chun ODA loan in hi hma kha India kuomah 15,359 million Japanese Yen, Rs. 900 crore a lo pek ta baw a nih.

Tihar jail-a intang 6 hai puotienga sinthaw thei ding

NEW DELHI: A vawikhatna dingin Tihar jail-a intang mek mi 6 hai chu an nungchang that lein jail puotienga an sinthaw phal pek an nih. Chuong mi 6 hai chu dumsungang intang dinga thiemnaw chang an na, 'semi-open jail section' ah an chengna ding siem peka inumtir mek an

niin.

Intang mi 6 hai chu Delhi khawpui an nuomna hmum hmuna sin zawng phal pek an na, darkar 12 sung, zingkar dar 8:00 AM a inthawka zan dar 8:00 PM chen zalen taka an sinthaw phal pek an nih. Amiruokchu, Sinthaw an suok tawm le an lut hunah

jail-a in report pei dinga ti an nih.

Mi 6 hai chu tuolthatna le thubuoil hran haia thiemnaw chang niin, Tihar jail No. 2 hmuna kum 12 sung intang ta an nih. An nungchang that lein 'semi-open jail section' a chun thawn an na, chu hmuna chun tang-in nil-

ovin intang hai chu flat a inumtir an nih. Chu hmuna mi 78 sie mek hai jail thuneitu haiin ennawna an nei a, chuong mi 6 hai chu thlang suok an nih.

Sin tha tak an hmu theina dingin, jail thuneitu haiin intang mi 6 hai chu sin zawngna kawngah thangpui baw an tih.

Bawng that khapna thuah EC in state 6 notice pek

NEW DELHI: State 6 a sawrkar hriektui lova Bawng that khaptu pawl hai chu Election Commission in hrilfienna siem dingin notice a pek. Justices Dipak Misra le AM Khanwilkar hai inrawi bench in notice chu a siem a, Bawng that khaptu pawl notice pek hai chu Rajasthan, Maharashtra, Gujarat, Jharkhand, Karnataka le Uttar Pradesh a um an nih.

Hi chungthua hearing chu May 3, 2017 a nei dinga ti a na, Rajasthan hmuna Bawng that khapna le inzawma mipuiin mi pakhat an thatna le inzawma petition siem niin, states 6 haia Bawng thattu pawl hai chun tharum an insuo rawp hlak lein, buoina lien lem la tung pei a ring thu petition file-tu in a hril.

Central sawrkar ai-aw a ngir General Ranjit Ku-

mar chun, tuta Bawng that khapna thubuoil le inzawmin formal taka thusuok siem a lo ni naw thu a hril. Supreme Court chun October 21, 2017 khan Bawng that khaptu pawl haiin tharum an insuo leia hremna pek ding thu a lo ngaituo tah a, chuong pawl hai chun Dalit le hnam hnufuol hai an tum bik hlaka hril a nih. Petition file-tu chu Activist Tehseen S Poonawal-

la a na, Bawng that khaptu pawl haiin danin a phal le hriektui thang lova an nuom a ninga dan an chelek chu sawisela a siem a. Dalit le hnam hnufuolhai an tum bik hlak chu nasataka demin, India ramah dan le dun indik taka a fe theina dingin, chuong sawrkar hriektui thang lova Bawng that khaptu pawl hai chu hremna pei dingin a ngiet a nih.

Churachandpur Weather Forecast: April 8, 2017 (SAT)

SAT MORNING	SAT AFTERNOON	SAT EVENING	SAT OVERNIGHT
Risk of a thunderstorm	Risk of a thunderstorm	Partly cloudy	Cloudy with clear breaks
23°C	29°C	20°C	18°C
Feels like: 23	Feels like: 30	Feels like: 20	Feels like: 18
POP: 40%	POP: 40%	POP: 20%	POP: 20%
Rain: <1 mm	Rain: <1 mm	Rain: -	Rain: -
Wind: 10 km/h W	Wind: 10 km/h W	Wind: 5 km/h W	Wind: 5 km/h SW
Wind gust: 13 km/h	Wind gust: 18 km/h	Wind gust: 7 km/h	Wind gust: 8 km/h
Humidity: 81%	Humidity: 85%	Humidity: 94%	Humidity: 96%

Tripura AICC in CM hlui Barman hnawtdawk

AGARTALA: Party dan kala sin a thaw lein Tripura CM hlui le congress thuoitu hlun Samir Ranjan Barman chu All India Congress Committee (AICC), Tripura in congress party a inthawk an hnawtdawk. March 28, 2017 huna AICC disciplinary committee in sawisela a hmu chu ngaituona nei a na, document peklut hai uluk taka enfienna nei a ni hnungin, intuma a umna chu pawm tlaka a ngai lein AICC disciplinary committee chun a ban a nih.

Barman bana a umna chu AICC President Sonia

Gandhi khawmin a pawm pek tah a. Tripura Congress chun AICC President le Vice President hai Congress Tripura observer C.P Joshi fethlengin Barman a banna ding thu an lo inltun ta hrin a nih.

Tripura Congress chun hung lung ding May 18 hin darkar 24 sung strike an thaw ding thu an puong baw. Supreme Court thupek dungzia teachers 10,323 hai banna thu le 'chit fund scam' thu hai CBI in suina nei ding an phut a, teachers bana um hai chu sumhnar dang siem pek ding an phut baw a nih.

J&K-a vur chimin a vur Army 3 hai thi tah

JAMMU: Batalik sector, Jammu and Kashmir hmuna vur chimin a vur-khum leia suok dawk thei lo a intang Army 3 hai chu zanikhan a thissaa keidaw an ni tah. Army jawan 3 hai chu an rengin Bihar mi vawng an nih. Vurin a vur-khum chu mi 5 an na, zani hmasak vek kha mi 2 hai chu dama sansuok an nih.

Ni iemanizat liemtah a inthawk khan, Kashmir phairuom le Ladakh hmuna hai chun vur a tam hle a, vur le tui inpawl chu tuilet ang hie la nasa in a luonga hril a nih. Kashmir a hmum

inhnuoia cheng haiin thil lung lei chun an tuor nasa bik a, Indian Army haiin sansuokna le sawmdawlina sin zani chen khawm khan an la thaw sunzawm pei a nih.

January 26, 2017 khawm khan tuta thil lung ang hin Jammu and Kashmir hmum tum tuma hai chun vur a tamin boruok a dei hle a. Bandipora area, North Kashmir hmuna Army camp vurin a vur-khum lein Army 10 haiin thina an tuok pha a, midang tam tak an umna chin hriet lovin an inhnang pha a nih.

Bengaluru-a Assam mi thina suicheng dinga phut

GUWAHATI: April 4, 2017 huna mak danglam taka Bengaluru hmuna Assam ram mi, nuhmei kum 15 mi thina thu suichengna nei dingin Universal Team for Social Action and Help (UTSAH) in Assam State Commission for Protection of Child Rights (ASCPCR) a phut.

Miquel Queah, Chairperson, UTSAH in le kha ziek ngeiin ASCPCR Chairperson, Runumi Gogoi chu suina nei dingin a phut a, Karnataka State Commission for Protection of Child Rights (KSCPCR) le thangruola suichengna chu nei dingin a hril a nih.

Bengaluru hmuna As-

sam mi thina tuok chu Delhi thangsana agency 'Mila Enterprises' a sinthaw, a sinthawna haiin thla khat hlaw an pek ta lo niin, nuhmei tleirawlhu chu a sinthawpui hai khawma rinum taka siemin, an deusaw hlak niin Miquel Queah chun a lekha ziekna a chun a hril sa.

Case bawzia suina nei mektu 'Impulse NGO Network' in hi chungthu hi UTSAH kuoma an tlun a nih. UTSAH chun thil lung chu pawl a ti zie thu a hril a, kum tinglo sin inthawluir na, sukkudana-le child trafficking leia lung ni dinga a ring thu a hril.

World Health Day hmang

NEW DELHI: Zanita World Health Day chu 'depression' ti thupua hmangin khawvel hmum tum haia hmang a nih. World Health Organisation (WHO) chun 'depression' thupui le inzawmin kumkhat sung campaign a lo nei tah a, taksa hrisel nawna leia lungril buoi le ruolbanlo hai in-chuktira a pek hlak a nih.

WHO campaign in a tum tak chu, khawvel huopa lungril tienga buoina neihi zawngsuoka thanguina pek a nih.

World Health Organization (WHO) indin champha hriet zingna dingin kumtamin April 7 hi World Health Day a hmang hlak a nih. Hi ni hin khawvel hmum tum tuma hai chun seminar hai neiin,

campaign le programme pawimaw tak tak hai hmang hlak a nih.

Prime Minister Narendra Modi in World Health Day thucha hrilna a nei a, India mipuihai healthcare service tha tak pek an ni ding thu le, chu le inzawma hmalakna in a tawp rawt chen a huom ding thu PM chun a hril. Cabinet in National Health Policy approved a thaw ta thu le, chu policy chun India mipuihai inruolthatna thar siem pekin, hriselna huongah mitin pawimaw taka ngai an ni ding thu PM in a hril a, tukuma WHO thupui 'depression' thu le inzawmin Mann Ki Baat hunah thu a hril ding thu a hril baw.

ALL INDIA RADIO: CHURACHANDPUR PROGRAMME

Date: April 08, 2017 (Inrinni)

TRANSMISSION- FM-101.4 Megahertz

Hours	Studio/CR/P	Programme
4.53pm	CR/P	Signature
4.55pm		Vande Mataram, Time Reading, Opening Announcement & Mangal Dhvani
5.00pm	P	Thadou Devotional Songs: Nemsemhoi Haokip
5.05pm	P	Local Announcement/Prog. Summary
5.10pm	P	Minor Dialect (Zou): (Mod)
5.25pm	P	Health Hints(Thadou):
5.30pm	P	PAITE Prog. Sig. Tune & Announcement Announcer: Nianbiakun 1) BCD Bungmual EBCC (dev) 2) Children Variety Programme by BCD Zion EBCC 3) Employment News
6.00pm	P	HIMAR Prog., sig. Tune & Announcement Announcer: Roslyn Rochan 1) Rengkai EAC KTP (dev) 2) Ramneitu Thalal (dev) 3) Employment News
7.00PM	P	THADOU Prog., sig. Tune & Announcement Announcer: Nemjaneng 1) Thongminlu Haokip & party (mod) 2) Employment News
		Farm & Home: Thadou 1) Paohen Haokip & party (mod) 2) Talk: "Tula vannoi khantouna leh khangdong hinkho" by Onkhomang

LAKTAWI

Rs. 2000 le 500
notes thar Rs. 141.13
crore man tah

NEW DELHI: Income Tax Department, Enforcement Directorate le agencies dang dang han tuchena hin India ram hmun tum tum haia inthawk pawisa notes thar Rs. 2000 le Rs. 500 notes (black money) Rs. 141.3 crore anghu ding an man ta niin zanikhan Finance Minister Arun Jaitley chun Lok Sabha an hriettir.

Pawisa mana um hai laia Rs. 110 crore chu IT Department in an man a ni a, Rs. 4.54 chu Enforcement Directorate, Rs. 26.21 crore chu CBI in an man le Rs. 38 lakh chu DRI in an man a nih tiin Jaitley chun a hri.

Bank le PO-ah with-
drawal limit um lo ding

NEW DELHI: Banks le Post Office haia cash transaction limit Rs. 2 lakh siema um chun withdrawal a huom sa naw ding niin zanikhan Income Tax Department in thusuok a siem. Finance Act 2017 dung-zuiin, cash transaction limit Rs. 2 lakh siem a na, chu dan bawsietu chu transaction a thaw anghu pawisa tax a lak thei dinga ti a nih. Withdrawal limit a um nawna ding thu le inzawma thu pawimaw le kimchang lemin thusuok la siem ding niin Central Board of Direct Taxes (CBDT) thusuok chun a hri.

Meghalaya-ah gang
members 6 man

SHILLONG: April 3, 2017 huna Songsak area, Meghalaya hmuna thil tung um suizuina neiin, Williamnagar Police Station huom sungah dappui thaw zing a na, chu le inzawmin zanikhan Meghalaya police haiin gang members 6 an man.

Mana um hai chu Sathing N Marak, Jaseng T Sangma, Jithu R Marak, Claybirth M Sangma, Weststar G Momin le Sengkam R Marak hai niin, 7.65 mm pistols 2 le magazines 2 bakah a mu iemanizat an kuta inthawk man a nih. Gang members haiin thil-suol an thaw huna motor an hmanghaw man niin, mi 6 hai chu hrentang le an chungthu suina nei mek a nih.

Boko Haram
han military
base an raw

BORNO: Nigeria rama Borno state khawpui Maiduguri a inthawka km. 150 vela hla Wajirko village a army base chu zanikhan Boko Haram-a Mamman Nur faction pawl han mein an raw. Military base va beitu hai hi pickup motor-a fein army base tuola inthawk nasa takin silaiin an kaphrut a, sipai hai khawmin an kaplet ve a, sienkhawm an kaplet hnenaw leiin camp sunga um sipai hai chun camp an suoksan a. Camp an suoksan hnung hin a sunga lutin thil um hai an lak zo hnungin an raw nia hri a ni a, khaw-sung mipui hai chungu ruok chu kut an thlak nawh.

CID information leak leia
senior SP man

GUWAHATI: Assam hmuna Criminal Investigation Department (CID) a Senior SP N Rajamarthandan chu CID information pawimaw tak a suk leak leiin Assam police haiin an man. IPS officer N Rajamarthandan information chun RTI Act besana zawna siemtu kuomah CID thuruk pawimaw chu a hri a nih. N Rajamarthandan chu criminal case zieklut khum a na, police haiin suichiengna an neina le inzawma man a nih.

Rajamarthandan chu a thuneina hmanghaw suolin Subodh Biswas thang-

puina dinga information pawimaw chu a peksuoka intum a na. Subodh Biswas chu jail a intang mek, nikhat laia Dhemaji hmuna student union hai office suksietna le inzawma man a nih. Dhemaji hmuna thil tung suichiengna neitu dinga ruot SIT a khawm Rajamarthandan chu member a na, liemtah Nilaini a inthawka ringhla tah niin, Paltan Bazar police station, Guwahati hmuna thubuoi siem khum a nih. Zanikhan court hmaa inlangtir a na, judicial custody a la um phawt dinga ti a nih.

Chhattisgarh-ah nuhmei
11,000 inhmang

NEW DELHI: Zanita Rajya Sabha inthungna-ah Congress members thenkhatin Chhattisgarh hmuna nuhmei 11,000 an inhmang thu an hri a, chu chungthu le inzawmin sawrkar thlungpui chu state sawrkar leh thangruola hma la dingin Deputy Chairman, PJ Kurien kuomah phutna an siem.

Private Members Bill thu hri laia chu thu chu hrii niin, Congress member Chhaya Verma chun, Chhattisgarh a cheng haiin Adivasi hai chengna hmuna an nau nuhmei hai school inkaitir an ti niin a hrii. Verma chun Chhattisgarh tlangram khuo le nuhmei hostel haia nuhmei suolluina le nuhmei laka

suolna tung tam zie thu a hrii a, Chhattisgarh state sungah nuhmei 11,000 an inhmang tah niin a hrii bawk.

Sawrkarin Protection of Children from Sexual Offences Act, 2012 amendment thaw dinga a hrii huna Verma chun a hrii a nih. Hi chungthu a hin Minister of State for Women and Child Development, Krishna Raj chu ziek neigia state sawrkar kuoma intluna hma la dingin Deputy Chairman, PJ Kurien a hrii. Kurien chun ditsakna nei bik lova hma la dingin a hrii a, Chhattisgarh state sungah nuhmei suollu hla kana hostel a um chun khar dingin thu a pek bawk.

Selfie in lak leia California leilak
insangtaka inthawk tla thla

WASHINGTON: Auburn, California bul laia Foresthill Bridge, Washington hmuna leilak hai laia insangtaka a inthawk nuhmei pakhat selfie inlak thaw suolin a tla pal a, vangei thlak takin a damsuk. Nuhmeinu chu 60ft vela insanga inthawk tla thla ni dinga ring a na, a ruolpa Paul Goncharuk khawmin selfie inlakna leia a ruolnu chu a tla ngei ti chieng takin a hrii a, nuhmeinu hming ruok chu thu a nih.

Foresthill Bridge chu 730 ft a insanga siem niin, Washington chau nilovin United States a ding khawma leilak insang pawl tak a nih. Nuhmeinu chu a ruol thenkhat leh selfie inlak dingin leilaka lampui hnuoia chun an lut a, selfie inlak a tum lai takin a thil chei intawl palin a sir an phet pal bawk leiin 60ft vela

insang dinga inthawkin a tla pal a nih. Hliemna inrik tak tuorin Sutter Roseville Medical Center a enkawl mek a na, a ru hmun iemanizat a bawng leiin surgery thaw ning a tih. Thil tung le inzawmin, California police haiin hmun titumna haia selfie tukhawm inlak ta ngailo dingin thu an insuo a, chu thu chu facebook a khawm sukdar a nih.

Foresthill leilak lampui hnuoi chu awlsam taka lut thei a na, amirookchu, chu hmuna lut chu khar a nih. Chu dan bawsietu chu mana hremna pek thei an ni thu police hai thusuok chun a hrii. Chu lai hmuna selfie inla a, social media haia sukhar tam tak a um hnungin, California police haiin leilak vengna chu a hma nekin an uluk ta hrim a na, tuta nuhmeinu in tuoksiet a tuok lai tak hin duty an um nawa hrii a nih.

Ni 4 cham dingin Bangladesh PM India-ah



NEW DELHI: Bangladesh Prime Minister Sheikh Hasina chu India-ah ni 4 sung cham dingin zanikhan New Delhi a hung tung. India a cham sungin Prime Minister Narendra Modi, President Pranab Mukherjee le sawrkar milien hrii hrii. Hasina a hung hma khar, India le Bangladesh haiin thusuok an siem ve voh a, India le Bangladesh rambung haiin inlaichinna tha lem le an inruolthatna suknghet a ni ding thu thusuoka hai chun an zieklang. Hasina chun Congress

thuoitu Sonia Gandhi Pathienni hin inhmupui a ta, India rama sumdawngtu hrii hrii. Thawtanni hin inhmupui bawk a tih.

Manekshaw Centre hmuna function-ah Hasina chu thangin Bangladesh War of Liberation, 1971 huna sipai martyrs hai inza-peng a tih.

Hasina chu Bangladesh Prime Minister a nia inthawka India a vawikhat inzinna a na, India thuoitu hai le inbiakna an nei huna hin, terrorist hai do tlang dan le security thil haia inzawma sukdet dan lampuihai an hrii deu tak dinga hrii a nih.

Bangladesh Prime Minister hi PM Modi in IGI Airport-ah a lo tuok a, protocol dan zui lovin, traffic pangngai-ah motor tlanin, mi pangngai hai angin Airport chen PM chu a fe a nih.

India le Israel in USD 2 billion anghu
defence deal signed

NEW DELHI: India le Israel sawrkarin defence deal lientham tak, USD 2 billion anghu sengna ding 'Surface-to-Air Missile (SAM)' deal an signed. Hi deal hi Prime Minister Narendra Modi Israel-ah July thlaa an zinna ding le inzawma signed nia hrii a na, deal chun India le Israel rambung hai inkara inlaichinna nasataka a suknghet zuol dinga ring a nih.

SAM systems chu 70 kms chena hla a um hmelma hai aircraft, missile le drones hai suksie theitu ding a nih.

Defence Research and Development Organization (DRDO) le Israel Aero-



space Industries (IAI) hai thanguolin project chu thawng an ta, SAM systems chu launchers 16 le missiles 560 uma siem ding niin, zo a ni hunah Indian Army haiin an hmanghaw ding niin Defence Ministry thusuok chun a hrii.

Liemtah February thla khar Cabinet Committee on Security chun MR-SAM project a dingin Rs. 16,830 crore remtina a lo pek tah a. Tuhi installment hmasatak Rs. 1,500 crore peksuoka project chu tan nghal ding niin ei thu lakna chun a hrii.

Sweeden mipui lunna hmuna truck tlanlut leia
mi 3 thi; PM in a dem thu puong

STOCKHOLM: Zani thim-but lai khar Stockholm, Sweeden hmuna Indian embassy bul laia mi tamna hmu takah Truck pakhat a tlanlut a, mi 3 haiin an hringna an chan pha. Truck chun department store pakhat a baw nia hrii a na, Swedish Prime Minister Stefan Lofven chun terrorist hai chetna ni dinga a ring thu a hrii. Thil tung le inzawma ringhla mi pakhat man a nih.

ANI report in a tarlang danin, Indian Embassy a inthawka metres tlawmte chawu tunguon a hrii a, Embassy a um India mi le

local mihai an him vawng niin Indian Embassy thusuok chun a hrii. Thil tungna hmuna chun silai kap ri khawm hrii niin ANI report chun a tarlang bawk.

Prime Minister Narendra Modi in Stockholm bei a nina chu a dem thu a puong a, "Sweden mipui haiin mangangna an tuok lai khawmin India chu Sweden tieng a thang tlat a nih" tiin a hrii.

Mipui lunna hmuna Truck a tlanlut le inruolin a hmun lai chun meikhu an zam sip nghal a, police hai inrang taka tlan tungin venghimna sin an thaw ng-

hal a, buoia lien lem suok ding vengna an nei. Mi t henkhatin video la in internet a hai an thedar bawk a, sansuokna sinthawtu police hai chu Helicopter hmanghaw vanboruoka hai an vuong kuol a, police car le Ambulance hai khawm an tlan tung nghal bawk.

Tuoksiet tung am helpawlhai chetna sukchieng a la ni nawh a, December 19, 2016 khawm khar Berlin hmuna Kris-mas bazar lunna hmuna takah hieng an bawk hin Truck a tlanlut a, mi 12 thil in midang 48 haiin hliemna an tuok pha ta a nih.

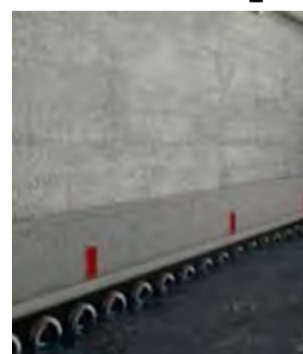
St. Petersburg metro
bombing case-ah mi 8 man

MOSCOW: Russian Investigative Committee chun tulai hnaia Saint Petersburg metro station-a bomb sukpuokna le inzawma inrwl-na neia ringhla zanikhan mi 8 manin a hrentang niin a hrii. Mi 6 hai chu Saint Petersburg hmuna hrentang an ni a, midang 2 hai chu Moscow hmuna le hrentang an nih. Saint Petersburg metro station-a bomb sukpuoka um ang deu

kha ringhla leia man pakhat chengna ina inthawk dap-dawk a ni thu FSB security service le interior ministry thusuok chun a hrii. Metro station-a bomb puoka khar mi 13 in thina an tuok a nih. Investigative Committee hotu tak Alexander Bstrykin chun officials hai chu hrentanga um hai le Islamic State group han inzawma an nei am ti tha taka suizui dingin an cha.

Norway in khawvela Ship Tunnel hmasatak siem a tum

OSLO: Norway sawrkar chun suotiengpang Stad Peninsula hmuna lungpui le tlang sukkawia verin khawvela Ship Tunnel hmasa tak ding siem a tum. Tunnel hi metres 118 a lien le metres 49 (162 ft) a insanga ver tum a ni a, khawmuol siet huna thuumhnaw phurtu le passenger phur Lawng han inbik or chawh-ladam le ngakna hmuna an hmanghaw theina ding ngaituoa tunnel hi an siem tum a nih.



Ship tunnel siem tumna hmun hi thli a hrii thei hle bakah kil tina inthawk thil hung hrang hlak a ni leiin a hrang zo sawt tak hnung chena khawm tu nasa takin an fawn hlak leiin lawnga inzin hai ta dingin harsatna an tlan hlak leia tunnel hi siem tum a nih tiin Norwei-

Office of the HMAR MARTYRS' TROPHY ORGANISING BOARD
General Headquarters : Saikawt, Churachandpur, Manipur
Motto: Inthawka, Inpukhatna
Date: 08/04/2017
HMAR MIPUI KUOMA INHRIETTIRNA LE NGENNA
Tarik 6th April, 2017 zing dar 7:00AM khar Saikawt HYA Hall-a Hmar khuo tina inthawk V/A Chairman/Secretary hai le Hmar Martyrs' Day Organizing Board (HMARTOB) hai Joint Meeting nei a ni a, a hnuoia mi hi rel a nih.
Ei hnam hmanghaw leia hringna hlutak loin hlan ta hai hrietzingna ni 16th May, 2017 a hmanghaw ding le inzawmin ei renga ei sun seng theina dingin Hmar khuo In tin-ah Rs. 50/- (Sawmnga) a Ral nisien ti a ni a, Ralna lakkhawm tuding chun mani khuo chita V/A haiin maw hung phur an ta. 30th April, 2017 bo hma ngeia tlawmnga lo pe dingin mitin kan hung ngennin kan hung inhriettir cheu.
Hnama in sinthawpui hai,
Sd/- Lalvullien Hmar Chairman.
Sd/- Alan Famhoite Secretary.

SERTHLUM CHI ! SERTHLUM CHI!
100% Genuine Budded plant
Florida (USA) Valencia Orange/Sweet Orange. Khawvela Serthlum hai laia ngaihlaw hlak tak Lamka/CCPur-ah a chi inthawk theiin a um tah. Khawvel-ah Serthlum varieties 29 um hai laia a precious tak, Commercial Fruit Grade a ni a. Hi Valencia Orange chi that nawk zuolna chu, 'Budded Plants' Roaststock tha em em hi a nih. Khawlai ram a khawm hring thei le ra insuo thei ding a nih.
A hlut nawkna em em chu kum 100 chuong a ra sawr thei a nina hi a nih. Kum 3-ah a ra thei a. Kum 4/5 vel a market thei a ni bawk. Kum 50 chungtieng 6000 a inthawk 1000 chuong a ra thei. A ching tam thei hai ta dinga hlawtling nawk zuolna chu Citrus-Valencia Sweet Orange hi 'Buzback' Agribusiness project a fepui a nina hi a nih.
India rama an dit em em, a chi an la hmu phaklo Florida Valencia Orange Buddet (polypot) Planting material dit hai chun Salem Veng, Lamka (Zamkunga Colony) ah hmu thei a nih.
-Darthanglur
Representative IMCS, Manipur
Contact No. 9615959583

GOVERNMENT OF MANIPUR
OFFICE OF THE SUB-DIVISIONAL OFFICER,
SANGAIKOT, CHURACHANDPUR DISTRICT
NOTICE
Sangaikot, the 3rd April, 2017
No.4/SDO/SNK/JDL/2017-1/4: It is hereby notified that Shri Kamkhajom, s/o (L) Onneng Chief of P.N. Khovong village has applied for transfer of chiefship to his eldest son Shri Nengchinkap, s/o Kamkhajom of P.N. Khovong Village, Sangaikot Sub-Division Churachandpur District. In Connection with this Notice No Objection Certificate (NOC) was given by the following:
1. No Objection Certificate from Chief/Chairman of P.N. Khovong
2. No Objection Certificate from family members
3. No Objection Certificate from Chief/Chairman of K. Lhangnom.
4. No Objection Certificate from Chief/Chairman of B. Kaljang
5. No Objection Certificate from Chief/Chairman of Tuing
Any interested person (s) in this regard may submit Claims/Objection (s) with supporting documents to the undersigned within 30 (thirty) days from the date of issue of this Notification.
Sd/- Mangminlian Vaiphei
Sub-Divisional Officer,
Sangaikot, Churachandpur District.

LAWMTHU HRILNA
Inhnawm harsa ka tiin ka tawl a na hlak a. A chang leh ka kawng a na a, kan hnawmna a inthawk thisen a suok hlak a. MV Azad Phusam ka pan a, a mi enkawl a inthawk ka hung dam ta a. Ami enkawl damtu chungah hin lawmthu ka hrii. A pan nuom han Old Bazar, Teddim Road, Near ICI Church Road-ah pan thei le contact Nos. 8014025567/7628890261 haiah ngaiven thei a nih.
Time- 8:30AM to 3:00PM
Sd/- Haonu Bungmual

US-in chemical ralthuom hmanghaw Syria
Cruise missile hmanghaw a beilet

WASHINGTON: Syria in chemical ralthuom hmanga civil mi pawl tawlo hai nunrawng taka a that beilet-na in. United States chun Cruise missile hmanghaw Syria base a kap ve. Syria in ralthuom hrat le ti-umtak chemical ralthuom hmanghaw nuhmei le naupang chen thlier hrii lovin a that tawl a. Chu thu hrii a hmu ve tu US President Donald Trump lung tuor lovin US sipai hai chu Cruise missile hmanghaw an kap tir ta a nih. Tuta mi hi Trump thupek dungzua US sipai haiin Syria an bei hmasatakna a la nih.



Mediterranean tuipua US warship pahni haia inthawk Cruise missile chu 60 vel kapsuok nia hrii a nih. A hmasatakna dingin Syria hmuna Shayrat Air-base chu kap phawt a na, vuongna, runway le airfield hai thangin Syria a hmun pawimaw hai chu bei tum tak an nih. Syrian airbase kapna lei chun Syria lung a thawng hle a, mi tam takin hliemna an tuok pha niin Talal Barazi, Homs province Governor chun a hrii.

Pentagon in a hrii dan chun, US in Syria a bei hma in Russia kuomah an tlan hmasa niin a hrii. Russia sipai tam tak tuhin Syria rama inkul mek an um a, US in a beina a chun Russia sipai haiin an tuor ve am

an ti thu le an thlawp thu Saudi Foreign Ministry in thusuok a siem. Iran sawrkarin US chetna chu a dem thu a puong a, Iran le Russia rambung-hai chu President Bashar al-Assad le inhnai taka an um thu le, sum le paia thanguoitu an ni thu le civil war kum 6 a um sunga thanguoitu petu an ni thu foreign ministry spokesman, Bahram Ghassemi in a hrii. Missile hmanga in-beina chu iengtiklai khawm Iran sawrkarin a dodal tlat ding thu Ghassemi chun a hrii bawk.

European Union (EU) President Donald Tusk in US chetna chu a thlawp thu a puong. Syria in chemical ralthuom hmanga nunrawng taka a chetna dawnletna a na, US chetna lei chun Syria in inhrietsuok phana in a hmanghaw a beisei thu Tusk chun a hrii.

Social Media Inhlema Leia Mani Inthath

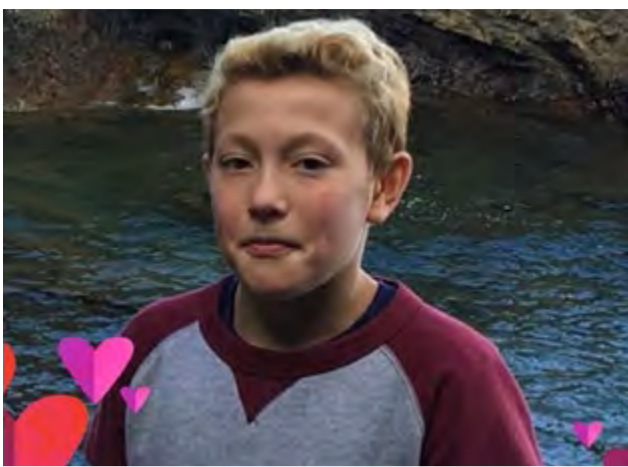
LOS ANGELES: Tulai khawwela social media, texting, chatting, pic share hai hi thil thakhat angin inlang sienkhawm hmang suol chun thil tha lo tak a nih ti hriet zing khawma tamtakin an la hmangsuolin an la thipui pei tho chu a nih. Thil hotea ei ngai khawm hi a chng chu a lo ho naw hle a, serious tak, thi theina an ni thei ti a suklang bawh.

Eini lai chu Mapuia (Mizoram) le ruol han mi fiemna dingin 'prank' (fiemthu hrawmhraw, umihnelma) an thaw hlak ti naw chu 'practical joke' tihai hi ei thaw ve rak nawh a. Sap rama chu an uor em em a, tamtakin a tak takin an sietpui hlak.

Michigan-a pasalte kum 11 mi Tysen Benz chu a ngaiawngnu kum 13 miin ama le ama inthath anga

suklangin social media ah an pholang a. A tak tak sawna lungril sawlin Benz chun a tak takin ama le ama a lo inthath ve a nih, tiin a nu Katrina Goss chun court case a siem.

New York Times a hril dan chun, "Hi nu hin 'prank' thawin, ama le ama inthath (suicide) angin an suklang a, chu chu social media fethlengin a ruolhai leh ka naupa an inhmurir a. Ka naupa chun a sawn tak taka, 'Kei khawm kan that ding a nih' tiin a hringna a lak tah a nih" tiin a hril. Katrina hril dan chun, March 14 kha a naupa inkhai hlum a tum lai tak hi a va tuok fuk a. San suokin hospital a pampuia, kar tamtak enkawl a nia chu March 28 kha a thi niin a hril. Nuhmeite nu hi naupang (minor) a la ni leini a hmang suklang an



nawh. Katrina chun, "Ka naupa'n ka hriet naw kar mobile phone a lo inchwaka, a ruoka hi nu le an lo 'intext' hlak leini hieng hi a tlung a nih" tiin nuhmeite nu hi a hriet ngai naw chu a naupa sikul kaina Bothwell Middle School ah chu a ruol han an hril leini vawi tamtak a hmu

tah hlak niin a hril. Ieng leia hieng a inhlema hi a naupa chunga an thaw am ti ruok chu a hrietthiem naw thu a hril.

Naupang kum 13 chauh a la nia chu a phutawh hremna amanhi zilna le siemthatna pek a phu a nih tia hrilin danin a phal ang hremna/

siemthatna pe dingin a phut a. A naupa naupang lem an 'manipulate' niin a ngai tlat a nih. "Zang taka ngai ding chi niin ka hriet nawh. Hieng ang 'prank' tha lo tak a thaw leini miin hringna an chan a nih" tiin a hril.

Ms Goss chun, nu le pahai chu, mani nauhai le inhrietpawa internet, texting le social media tium zie le hmang suol awlzie hril uor dingin an fui a. "Nu le pahai, mani nauhai le inbie pawin, hringna hlut zie le internet le texting tium zie inhriet hriet dingin ka ngen cheu. Telecommunication hin hmaisana inbiek ang thovin effect a nei thei a nih. Ka naupa kha a nina ang ang hrietzing nisien ka nuom a. Social media-a insawisaknaha (bullying) hi do thang seng ei tiu" tiin a hril.

Victoria Beckham, An Pa Ditudana Inchei Tum



LOS ANGELES: Spice Girls member hlui fashion designer inchang tah England footballer David Beckham nuhmei Victoria Beckham chun, fashion a thaw hnungin an chei dan a thlak danglama nal tak tak tuomhnaw nei tah sienkhawm an pa'n ni danga an chei dan hlui bawh kha na a la ti tak leini ni danga an chei dan bawkin an chei nawk ta ding niin a hril.

Kum 42-a upa Victoria hi David Beckham leh 1997 kha an innei a, nau pali an nei tah a. Khawwela designer inlar pawltak Victoria Secret model agency siema, a product hai khawm naupang a inthawka nupui papui chenin an hak thei ding tuomhnaw chihran hran man tlawmte tea zawr suok tah

hin tu tak hin US company pakhat Target leh contract neiin a tuomhnawhai zawr suokna runpui nei a tum mek a nih.

The Telegraph a hril dan chun, "Tienlai met sikul an kai laia an cheidan hai kha ka nal lem niin a mi hril a. Chu chu a min pakna (compliment) ah ka ngai. Kan chei dan thenkhat a hrietthiem naw tamtak a um hlak reng a nih" tiin a hril. Fashion thua chu an pa chau nih lovin an nauu Harper khawmin thurawan a peka, chuonghai chu a lak hlak niin a hril bawh.

Tuta Target le contract an neia hin incheina chihran hran 200 neka tam, naupang tuomhnaw a inthawka puitling tuomhnaw a um a. Ama chu \$5 a inthawka \$70, a tlanguin \$40 hnuoi deuh vawng ding an nih a. April 9 a inthawk kha ama website Victoria.com le Target.com haia inthawkin online a inchwak thei a nih ding thu Vogue.com a hril. Victoria chun naupang tuomhnawhai hi a nauu Harper le an inlawnaa inthawka tamtak naupang ditzawng a hriet a nih a. Chun, nu a nina angin nuhai ditzawng ding chu amaa inthawkin a hung suok ve el niin a hril.

"Fabrics (naupang tuomhnaw) hak inhawi zie hi sawt tak ka lo hap ve leini ka hriet chieng a. Chuonga naupang ta dinga hak inhawi le nuhai ta dinga hak inhawi hai chu zawng khawmin hi collection hi ka siem a nih" tiin a hril bawh. Victoria kut suokhai hi a tlanguin stylist celebrities haiin an hlutsaka an dit bik bawh a nih, a style danglam tlat leini.

"Loktak Lairembee" Best Film on Environment



IMPHAL: 64th National Film Awards chu zanikhan National Media Centre, New Delhi hmuna pueng a ni a, Mr Haobam Paban Kumar in a direct le produced minute 72 a sei 'Loktak Lairembee' (Lady of the Lake) chu Best Film on Environment Conservation/Preservation inhlhan a nih. Award hin Citation, Rajat Kamal le sumfai Rs. 1,50,000/- ve ve (Director le Producer hai) a sawm a nih.

Award hi May 3, 2017 khin Vigyan Bhawan, New Delhi hmuna National Film Awards semna huna India President in inhlhan a tih.

A film story hi Sahitya Akademi awardee

Sudhir Naoroibam in a ziek thangsana siem a ni a, Sudhir Naoroibam le Haobam Paban Kumar hai chu scriptwriters an ni a, Cinematographer chu Shehna Jalal niin editor chu Sankha a nih. Hi film-a changtu tak hai chu Ningthoujam Santomba le Sagolsem Thambalsang hai an nih.

Loktak Lairembee hi world premier ah kum 2016-a 21st Busan International Film Festival a kha suklang tana a ni a, 18th Jio MAMI Mumbai Film Festival 2016 India Premier ah Golden Gateway award a lo dawng ta bakah 67th Best International Film Festival, 2017 a kha insuo a lo ni ta bawh a nih.

Debbie Reynolds Thuomhnawhai Pholang

LOS ANGELES: Ni kum Christmas zo hlama a nauu thi zo char ni khat nia thi ve nghal, Hollywood A-list star Debbie Reynolds a thuomhnawhai, an cheina le ama mimal inhnika thil a lo lakkhawm, film chihran hran a changnaa a hmang hai dam, Hollywood memorabilia a lo inkhawlhil leh, a naupa Todd Fisher chun mipui hmu thei dingin a pholang a. April 9 chen khin TCM Classic Film Festival sung po po, Hollywood ah mipui en thei ning a tih.

A thuomhnawhai lai hin, The Wizard of Oz film-a Dorothy slipper dam, Citizen Kane-a type-writer a hmang hai dam le "Singing in the Rain" film-a ama thuomhnaw incheina hai dam an nih. Debbie hin a mimal inhnika leini memorabilia tamtak a lo lak khawm hlak a nih.

A naupa Todd hril dan chun, chuong a thil lakkhawm (collect) hai chu Las Vegas, New York museum pakhat a lo suklang/sie kawl hlak a. Museum a tusie phingin thenkhat chu lilamin a zawr a. A lilamnaa chun \$22 million zet a hmu suok niin a hril. Hi hun lai hi a pasal



le an inthe leia harsat a tuok lai tak a ni leini a pawisa hmuhai chu a tangkai hle niin a hril.

Tuhin a nu thuomhnaw le hmangruo hlu tak takhai hi ieng law ding am a hriet bik ta naw leini ama lo ngainatu le midang dang khawmin an hlutsak ve theina dingin tiin a hung pholang el tah niin a hril a. A tul chun The Academy, Oscar tlia hrietlar, Academy of Motion Pictures Arts and Science hai kuta pekdawk el dim a nih, ti dam a ngaituo niin a hril bawh.

The Academy hin Los Angeles ah museum pakhat an nei zing a. Chu museum chu pek el dim ti khawm la ngaituo, la hritlang thei ding niin a hril a. Ama chun, "Ka nuin thaw dinga a mi dit ni dinga ka ring angin ka thaw el a nih. List tamtak a lo siem a, kei khawm list sei dea ka nei. Hienghai bak khawm hi a tunu (Carrie Fisher nauu) Billie Lourd khawmin a pi thuomhnaw (costume) tamtak a la kawl tu a nih. Thaw dan ding hritlang thei zing a nih" tiin a hril.

FIFA Rank thar:

Vawinga World Champion lo ni tah Basil chun Argentina lekhelin pakhatna an kai

Zani hmasak kha FIFA chun World ranking thar an suo a, pakhatna ni zing Argentina chu lekhelin Brazilin pakhatna an hlao. Anni hi kum sari sunga a vawikhatna dingin pakhatna hi an hung hlao nawk a nih. Brazil team hin Manager Title an laka inthawk an khel tha hle a, World Cup Qualifying avat riet an inkhelhai an hrat fai vawng a, Friendly match vawikhat an hrat sa bawh. Hi lei hin Brazil team hi pakhatna ni dingin an awm reng a nih ti thei a nih.

India khawm an hung kaisang ve a, khawvel pum-puiah 101-na an hung ni ve tah a nih. Indian Captain Sunil Chhetry chun hi hmasawna hi lawmum a ti thu



le hmabak a lan kho deu deu ding thu a hril. FIFA ranking-a India lo kaisangna tak chu kum 1996 dai kha an ta a, kha kum February thla kha 94-na an kai a, 1993 kha 99-na an kai bawh.

Tuta rank thara India ngirhmun hin kum 1996-a inthawka an sang tak a la nih a, thla hmasak han 132-na an ni a, tulai hnaia inkhelhaiah an hrat zeu zeu

leini 101-na an hung kai thei ta a nih. Asia khawmuolpuih 11-na an ni bawh.

FIFA ranking thar dungzuia an sang tak pangahai:

Rank	Country	Points
1	Brazil	1661
2	Argentina	1644
3	Germany	1443
4	Chile	1389
5	Columbia	1348

SPANISH PREMIER LEAGUE

Eibar chun Las Palmas 3-0 a hnein Europa League kai an inbeiseina an suksang pei

Spanish Premier League (La Liga) inkhel Ningani zan kha pahni a um a, a hmasaah Eibar chun Las Palmas an mikhuol a, Bebe (8'), Aythami Artilles(24' opposite goal) le Adrian Gonzalez(66' penalty) hai goal hmangin 3-1 in an lo hne. Las Palmas ta dingin Minute 62 naah Mauricio Lemos chun pakhat a thun ve bawh. Eibar hai hi tuhinh table-ah point 47 neiin pasarina an ni mek a, hma tieng peiah Europa League bek inkhel phak beisein theitawp suo ngei an tih. Las Palmas hai ruok chu a 13-na an ni ve thung.

Inkhel dangah Valencia le Celta Vigo an inkhel a, Valencia chun 3-2 in an hne hram. Inkhel tan deu hlum minute 16 naah Gustavo Cabral chun mikhuol Team



Celta Vigo ta dingin goal a thun nghal a, half hma met minte 38 naah Valencia chun Daniel Parejo hmangin an goal bat a thung kir a. Second half t an hnung minute 68 naah chun a Valencia bawkin Haddadi hmangin goal khat an thun sa a. Chu chu minute 80 naah Iago Aspas chun a hung rul nawk a. Hun bo hma met minute 86 naah Carlos Soler chun

Valencia ta dingin goal dang a thunsa a, hun tawp chenah goal dang a lut sap ta naw leini an khelmuol ngeiah Valencia chun point pathum hlu tak an hlaw suok ta a nih. Valencia hi hrat lem hai sien khawm Celta Vigo an la tluk chuong nawh a, table-ah 12-na niin Celta Vigo ruok chu a lailung takah 10-na an ni mek ve thung.

Cricket bat-a a nuhmei a vuok leini Jail intang ding

LONDON: Pakistan cricketer Mustafa Bashir (34) chu cricket Bat hmanga a nuhmei a vuok leini zanikhan British Court chun thla 18 sung Jail intang dingin thiemaan an changtir. Mr Bashir hi Manchester Crown Court March thlaa kha a lo suspended ta a nih. Mr Bashir hin cricket bat



hmang a nuhmei hi a vuok el chau ni loin a thu le hla lovin bleach an dawntir nia intum a nih.

Judge hin a career sukset pek a nuomnaw leini thla hmasa laia kha a lo rel a ni a, sienkhawm sawisela nasa tak a um leia a chungthu hi hrat thung um a nih.

Aizawl FC-in Bangalore pan

I League hmawhoitu Aizawl FC hai chun league match inkhel zawm dingin Ningani kha Aizawl an lo suoksan nawk tah. Khalid Jamil rawihai hin Bengaluru FC hai April 9 khin inkhelpan an ta, Bangalore-ah an inkhel zo hin April 15-a Churchill Brothers hai inkhelpani dingin Goa pan nawk an tih.

Aizawl FC hai le RG Stadium Bengaluru hai an inkhelpani hmasatak tum khaan goal khat ve ve an thun a, Churchill hai ruok hi chu 3-1 in an lo hne tah a



nih. Hienglaizin hin, Goan club hai hin coach thar Derrick Pereira hnuoiah insemtharna an tuok leini Aizawl le an inkhel hmasatak ang kha chu ni kher tan

Gonzalo Higuain goal 2 hmangin Juventus final kai

chung naw a nih. Coppa Italia semifinal second leg-a a goal hni thun le hin tuta season sungah hin Juventus ta dingin match 41 ankhelna-ah goal 25 a thun der an tah.

Juve manager Massimiliano Allegri chun, "Kan team-ah hin tawnhriet tamtak nei hai le naupang tak takhai kan umkhawm a, kan reng kan thangkawm hin team ti umtak ka hung ni a nih. Tu taka ka hmu dan chun khawwela team tha tak hai lai kan thang phak," tiin a hril. Napoli manager Maurizio Sarri ruok chun, "Goal vengthiemtak team hai lakah goal thum zet kan thun khawmin kan la hrat zo naw hi chu kan vanguardu o hle a nih. Tuta inkhela tullo baksaka goal hni zet kan insuo kha a pawu hle a nih," tiin a hril ve.

Nicola Adams professional bout vawisun

Double Gold Medalist Nicola Adams le Argentina mi Virginia Naemi Carcamo (34) hai chu Inrinni hin Manchester hmuna inhnok an tih. Tuta tum hi Nicola Adams in professional boxing a khel vawikhatna ding a ni a, hmena chang ngei an ring thu a hril.

Adams hi American World Champion Andre Ward le a British Olympian chanpui Amir Khan hai le United States hmuna

Justine Theroux, Jennifer Nei Vangnei Inti

LOS ANGELES: "The Leftovers" star Justine Theroux (45) chun ni kum hmasak August 2015 a innei, an nu Jennifer Aniston nuhmeia a nei chu an sir naw hle a, a thawfuk hle niin a hril. United Airlines magazine Rhapsody ah interview an neinaa chun, a neka upa an nu Jennifer (48) chun kawng iengkimah condition um lovin a support hlak niin a hril.

"Ei hnungtienga lo thangpuitu ding nuhmei nei chu a tha em em a, an hawi bawh a nih" tiin vangnei an tizie hrilin Airlines magazine a dingin an pose teu a. An inneinaa a hringnun a sukdamung niin a hril bawh. "Nupa nun chun thil chinhai chu a sukchin zuola, thil hien (buoina) hai khawm a sukchin bawh a nih" tiin a hril.

An nu chu ruoltha thangpuitu angin a hril bakah, Washington DC-a a seilien dan le acting career a hmu dan a hril bawh a. "Ka naupang lai le ka hung tlangval chun tinnan ka sip hlak a. Neka upahai mi sawisak ding, vuok ding dam ngaituoin ka zam met hlak a, ka lung a sen put hlak bawh. Acting ka hung lut a, acting chu personal (mimal) theurapeutic journey el a nih nawh - mi tu amanin,

midang lema insem suokna ding a ni lem" tiin a hril. New York le Los Angeles haia inpem chu Washington nekian an hawi lem niin a hril bawh. "Thil fedan ni dan hi huntaw ka ti char, a muong lem met hman a nih. Kum 20 ei hung tling chun thil tamtak in adjust ei tumin a tul a, chuonganga ding chun New York chu a bring zing a ni leini tha ka tih. Tuhin chu tawite chwail ka mamaw tah a, chu ding chun Los Angeles hi a thatakina ka hriet. A hrisel them a, New York nekian a let 1,000-in a a hrisel lem a nih" tiin a hril.

United Airlines hai ta dingin thlalak chi hran hranan an pose pek a. Thlalak thenkhatna chu an nu leh khawm an in pose bawh. A single thlalak tam lem chu Airline magazine ah inchuon a nih.



Virgil Hunter hnuoia training tlang an ni a, boxing khel a tawpsan hmam multiple weight division dang dang belts lak ngei a tum thu Adams chun a hril.

PREMIER LEAGUE FIXTURE			
Tottenham vs Watford	8 Apr 2017	5:00 pm	
West Ham vs Swansea City	8 Apr 2017	7:30 pm	
Stoke City vs Liverpool	8 Apr 2017	7:30 pm	
West Brom vs Southampton	8 Apr 2017	7:30 pm	
Middlesbrough vs Burnley	8 Apr 2017	7:30 pm	
Manchester City vs Hull City	8 Apr 2017	7:30 pm	
Bournemouth vs Chelsea	8 Apr 2017	10:00 pm	
14TH HMAR MARTYRS TROPHY 2017			
FIXTURE: April 8, 2017			
12:00PM	ABC Saidan v/s Faktion FC		
1:30PM	Kanglei FC v/s	Teksiepu FC	
3:00PM	L.S.C	v/s Zoheisa FC	
RESULT: April 7, 2017			
1:00PM	Zenhang Lamka YC-3	v/s Zawnglai FC-1	
2:30PM	FAST-A-1	v/s Bungkhawpui FC-0	