

AKASHVANI AIZAWL

REGIONAL NEWS BULLETIN

HEADLINES ( EVENING )

- 1. International Yoga Day vawi 11-na chu vawiin khan ram pumah uar taka hman a ni .
- 2. Khawvel hmun dang rualin Mizoramah pawh hlawhtling taka hman a ni.
- 3. Aizawl Venghlui leh Tuikual South huam chhunga kawngkama thilzuar thin ten vawiin khan kawngpui dangin AMC chungah lungawilohna an lantir.
- 4. Operation Sindhu hnuaiah Iran-a Nepal leh Sri Lanka khua leh tui tangkhangte pawh India-in a thiar chhuah sak dawn.



INTERNATIONAL DAY OF YOGA

International Yoga Day vawi 11-na chu vawiin khan ram pumah uar taka hman a ni a, President Droupadi Murmu-i chuan Dehradun-a Police Line-a yoga camp neih a telpui a, President chuan tunah chuan khawvel pumin yoga thatna an hmu chiang chho zel tih sawiin a hlawkna an tel chho zel a ni, a ti.

Prime Minister Narendra Modi-a chuan Andhra Pradesh-a Vishakhapatnam tuipui kama he ni lawmna hun buatsaih a hmanpui a, kumina he ni thupui, Yoga for One Earth, One Health chu tun chhuan kal mek leh chhuan lo awm zel turte tana hmalam hun hlilmawm leh hrisel siam sak kawnga khawvel puma hmalakna hriatchhuah thar leh tirtu a ni, a ti a, Yoga chu inbeihna atanga thawhhonaa khawvel kaihruaitu a ni tur a ni, a ti bawk.

Khawvel hmun dang rualin Mizoramah pawh hlawhtling taka hman a ni a, Mizorama a hmanna pui ber chu National Ayush Mission, Directorate of Ayush bul tumin Aizawl Mualpuia Rajiv Gandhi Stadium-ah hman niin Larsap General (Rtd) Vijay Kumar Singh chuan a hman pui a. Video kaltlanga Prime Minsiter Narendra Modi thusawi ngaihthlak a nih hnuaah hun hman chhunzawm a ni.

Governor Vijay Kumar Singh chuan, International Day of Yoga chu khawvel pumah hman a ni a ti a, India atanga bul tan khawvel ram dangte

pawhin an ching chhonzawm chu chhuanawm a tih thu sawiin hun mamawh rei lo tak chung si a taksa leh rilru hrisel neih theihna tur a duan a ni a ti a, Yoga chu taksa, rilru leh ngaihtuahna thlun zawma hriselna thlen thei a nih thu a sawi bawk.

Larsap chuan, Mizoram chuan boruak thianglim tak a neih avangin Yoga chuan tha lehzual zawkin hna a thawh theih a beisei thu a sawi a, mi thiamte kaihhruaina hnuaiah a tih dan dik taka ti chhonzawm turin mipui te a chah bawk a ni.

Zoram Medical College & Hospital-a Physical and Stress Management Instructor Pi Vanlalzami chuan Akashvani zawhna chhangin Mizo zingah Yoga chuan hmun luahin hriselna ngaipawimawh an tam zel thu a sawi a, hmun hrana kal chhuak kher lo in mahni awm hmunah a tih mai thei tih sawiin zunthlum, BP sang leh Sciatica nei tan a tha bik a ti a, Mizoramah chuan Yoga chu taksa sawizawina ang chauha an kalpui thu a sawi bawk.

International Day of Yoga hi Mizoram chhunga district hrang hrang damdawiin, sub-center, Health and Wellness Centre, zirna in bakah hmun remchang dang dangte hman a ni a, Ministry of Ayush chuan kuminah hian taksa sawizawina lam bakah mahni chenna chhehvel humhalhna lam a ngaipawimawh a, inzirtirna a buatsaih bakah thing tiak phun a ni a, Kumin 11th International Yoga Day pual hian “Yoga for One Earth, One Health” chu thupui a hmangin Yoga chuan inpumkhatna leh damna a thlen tih hman a ni.

Mizoram University Multi-Purpose Hall-ah MZU Yoga Centre buatsaihin Yoga Day hi hman a ni a, Vice Chancellor Prof. Dibakar Chandra Deka chuan hawngin, he hunah hian Prime Minister Pu Narendra Modi-a thuchah sawi chu video hmanga ngaihthlak a ni a, hna thawktu, zirlai leh an chhungte an kalkhawm a. Yoga expert Dr. Kanchan Rawat hoin Yoga hman a nih bakah a hma lama intihsiakna lawmman sem a ni.

Saitualah pawh District Hospital kawtah P&SM instructor Pu John Lalrinliana kaihhruainain hman a ni a. Hnahthial-ah pawh Hnahthial South- I Village Council te chuan Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) hnuaia hna thawhna hmunah International Yoga Day 2025 hi an hmang a ni.

Aizawla Central Bureau of Communication (CBC), Field office leh Ministry of Information and Broadcasting hnuaia Press Information Bureau te pawhin vawiin khan 11th International Yoga Day pualin Canteen Kuala Hari Mandir-ah Special Outreach Programme an buatsaih a ni.

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AKASHVANI SPECIAL PROGRAM ON IDY

Directorate of Ayush, National Ayush Mission hnuaia Programme Officer Dr Shirley Lalbiakzuali Chhangte chuan Yoga chu damdawi ei ngailoa mahni hriselna enkawl nan a tangkai hle a ti a, India chhulchuak hriselna chawisanna leh natna enkawl na atana thiamna Yoga chu a pawimawh takzet tih a sawi.

He thu hi Akashvani News nen an inkawmna ah sawiin Dr Shirley chuan Yoga chu mitin tih theih ani a ti a, kum upa leh nau pai chena tih theih anih avangin a huam zau hle tih sawiin taksa leh rilru a inzawm tlat ang hian fim taka thunun thin a pawimawh a ti a, a inbuktawh a pawimawh avangin rilru leh taksa hrisel neih kawp theih nan Yoga chu a pawimawh tih a sawi.

Dr Shirley chuan tunlai natna buaipui awm tak non communicable disease hrang hrang BP sang, Zunthlum taksa na leh rilru hah vanga natna miin an vei thin enkawl nan Yoga chu a tha hle ani a ti a. Yoga a thawk lak dan insawizawina chu mihring taksa boruak tha hip luh dan inzirtirna a ni a ti a, chuap leh rilru lama natna nei te tan damdawi tha tak a ni Yoga chu hnamdang tih atan chauh khek loa, Mizorama cheng Mizote ngei pawh in ti ve thin tura a duh bakah mipuite chuan yoga chu lo hmang tangkai theuh tur in a sawm a ni.

Directorate of Ayush hotute sawi danin National AYUSH Mission, Mizoram website ah Mizo tawng ngeia inziak Yoga tihdan hrang hrang inziak a awm an ti a, District hrang hranga Yoga instructor te nen thawkho in mipuiin nun hrisel zawk an neih theih nan theihtawp an chhuah thin tih an sawi.

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AIR NEWS

Chanchinthar hi Akashvani Aizawl atanga puan a ni a. AIR News Aizawl Youtube Channel, All India Radio News Aizawl Facebook page leh newsonair.gov.in ah te chanchinthar hi ngaihthlak leh chhiar theih a dah a ni.

Naktuk zing dar 7 leh a chanve ah Chanchinthar puan leh a ni ang.

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STREET VENDOR

Aizawl Venghlui leh Tuikual South huam chhunga kawngkama thilzuar thin ten vawiin khan Tennis Court kawtah kawngpui dangin Aizawl Municipal Corporation (AMC) chungah lungawilohna an lantir.

AMC chuan tukin khan kawng dunga chawhmeh zuarte hi dar 10 hma lama insengfel turin an ti a, mahse an inseng fel hman lo a. Hemi hnuah hian AMC thuneitu lam hian an til zawrhte hi lakkhawm sakin an phurh chhuah sak a ni.

Chawhmeh zuartute an lungawi lo zui a, Aizawl Tennis Court bulah hmun hnihah kawngpui an dang zui a. AMC thiah phut in an au rual a, thu tura an tihna hmun AMC Multi Complex Tuikual South ah motor a din zel avangin awmna hmun mumal an neih loh thu an sawi bawh.

Police hnen atanga Akashvani thudawn danin, kawngpui hi chawhma dar 10 vel atanga dan tan a ni a, tharum thawhna erawh a chhuak lo thung a. Chawhmeh zuartu zinga mi Pi Lalrinkimi chuan sorkarin an inzawrhna tur hmun siamsak mah se an indaih lo niin a sawi.

(Byte: Pi Lalrinkimi)

Kan corr report lo ngaitla ang.

VC

*Kumin March ni 17-a Aizawl Treasury Bazaar a kan hnuah Bazaar thu te thutna hmun sawn chhuak turin AMC hian hma a la a, AMC Multi Complex Building Tuikual South-ah an thutna hmun tura ruahman sakín hei hí thilzuar te chuan an duhloh thu an lo sawi tawh a ní.*



OPERATION SINDHU

India chuan Iran-a India mi tangkhangte thiarchhuah beihpui, Operation Sindhu kalpui mek chu Nepal leh Sri Lanka mi tangkhangte a huam tir dawn. Tukin khan Iran-a India mi tangkhangte phurtu thlawhna chu Turkmenistan atangin New Delhi ah a lo tum leh a, tun thlengin India mi 517, him taka hruai haw an ní tawh a ní.

Nepal leh Sri Lanka sorkar ngenna angin India chuan Operation Sindhu hnuaiah Nepal leh Sri Lanka khua leh tuite thiar chhuah sak a remti a ní.

