



## ABAM-i "ABAM Fitness Project" sayaogo



**Impur, Aami/June 20 (TYO):** Tanü, Aami 20, 2026, anogo nung ABAM Lanur Tenzükren ajanga "ABAM Fitness Project" video ka sayaogo. Iba saya, Mokochung Town Ao Baptist Arogo, Youth Ministry Office nung agia liasü.

Temang anema alitsüji meimchir ajaki nungdaker ta angateta, iba saya ajanga temang arakzü saya (exercises) tapu balala sayur. 2015 küm nungi tenzüka alima ajunga nung Aami 21 ya "International Yoga Day" ta agizüker munga arur. Yoga ya alima ajak nung temang anema alitsü atema temang arakzüyim (exercise) ta tangatetba nung agia arur. Saka Khristan tem aika Yoga aser Hindu yimsü tensendaktep aliba bushitetta, Yoga beshitsü mesademi akümba ajurur. Küm shia International Yoga Day nung Khristanem rongnung rongrong balala adoka Yoga ya beshitsüla mesüra mebenshitsüla nung tebilemba lemsateper, saka iba atema

tanga lenmang (alternative) kecha magütsütetter. Temang anema alitsüjibo ajaki nungdaker ta tangatetba nung Arogotemi iba atema temang arakzüyim (exercises/workout) balala agütsütetra, kecha tarendak makai amshitet, ta angateta iba project sayaogo. Iba 'Fitness Project' ya kija, school, office, arogo sentong, aser lokti tentet sentong balala nung amshitsü akok.

"ABAM Fitness Project" saya sentong nung, Mr. Akangtemsü Yaden, Youth Director MTBA, ajanga yamai ayongzük:

"ABAM Youth Ministry ajanga tangatetba tajung nung temang anema alitsüyim tasa tajung asameyangba ngua kanga ajungmesor. Iba project ya temang arakzüyim atema tanga lenmang tajung (counter alternative) agütsüba tang masü, saka iba ya ajanga Khristan nütsüngsüba nung temang anema alitsü koda tongtipang, ibaji jangjashitsür.

Temang anepaluba aser anema aliba ya kija ajangzükba tang masü, saka ya Tsüngrem tang tashi angaba temaitsü lir. Iba project ajanga nüburttem ajungmesoba den külemi tamanger shiai tanela aser temang shi agi Tsüngrem tenzüksü ajungmesotsü sarasademtsür."

ABAM ajanga Aoyimti Baptist Arogo Lanur Tenzükren dang iba project atema jili sangdong saya atema pelaba lemsa. Maneni, iba project takok atema MTBA Lanur Tenzükren Media Team, Lean Wolf Gym, Impur Bible Seminary, aser Clark Memorial Higher Secondary School, tang pelaba lemsatep.

Iba "Fitness Project" ABAM Official YouTube Channel nung angutsü. International Yoga Day nung dang masü, saka teti iba video ya taküm yimya ama amshitetra, asen temang anepaluba nung teyari tulu asütsü ayongzük.

## 13buba Business Association of Nagas (BAN) inti senden menogo



**Dimapur, Aami/June 20 (TYO):** 13buba Business Association of Nagas (BAN) inti senden June 18 nü E-Space nung takok ngua menogo. Senden nung züngsemtem, stakeholder tem aser riju balala nungi ketdangsurtemi shilem agia Naga entrepreneurship akangshitsü asoshi tongtibang onüktem benoka sensaksemogo.

Senden nung züngsemtemi,

shishilemba balala renloka odaktsütsü, entrepreneurial maongkatem tajungba kümdaktsütsü aser state ajunga nung Naga nung entrepreneurs tem nongita yariba akangshitsü asoshi tongtibang onük balala benoka sensaksemogo.

Sentong nungsa Agriculture Insurance Company of India Ltd. (AICIL) aser BAN na yongtsü nung Memorandum of

Understanding (MoU) ka nung sign sütepa liasü.

Nagaland ajunga nung aser talisa aluyimba aser allied sector tem nung insurance awareness atsülangshitsü aser tangazükba agütsütsü asoshi longjemer inyaktsü nükjidong nung iba tenangzüktepba yangluogo.

Iba telongjem yagi aluyimertem aser agri-entrepreneur tem atema risk mitigation mechanisms tajungba kümdaktsütsü asoshi tongtibang shilem agitsü imlar, aser iba ajanga state ajunga nung rongsenketzüng terenlok nung teyari agütsütsü.

Senden nungsa, presentation balala agütsüba den sorkar agency aser riju balala nungi ketdangsurtem den sensak asema mapang agiogo, aser iba ajanga entrepreneur temi agitetsü aliba maangka aser scheme balala indang tangazükba agütsüogo.

BAN-isa, strategic partnerships, capacity-building inyakyim balala ajanga Naga nung shishilembar aser entrepreneur tem nem lenmang lapoktsütsü bendanga agütsür aliba lemsatepogo.

## Menungra-a Bilemteter



Tsürabur **L. TULU IMSONG** (Akhoya) akümüli toktsür küm ana süitema oatokaka, yashiang atalok ama ozü tanela nung nüktzü makonger. Na akümüli nung alidang tain aser tanur ajak den nai tila kümer ajemalua medemer tajung ka ama sensaksemtetba jaklato onoki nükhshia menungrar. Khen khenbo onok kibongtem nung sentong tajung kar kara, na tena alitsü ama bilema aiter, aser idangji ne kenten menü aser tebang kongki apubato ozü nükla dangi arur.

Na tambur küma arudang ner jala jabaso kibongtem nung lungjema longsotepba ngua, iba temeimtep aser telungjem nung teti liangma no ta, ne temulungjang nung joktena pelaba menürem tejakto tanüa yimdangi arur. Oda ne nükla aser mangdangto tanübo atalokdakja onok tsüngda nung telungjem takang lia aoba nai tanela lima nungi reprangzüka yoka ne mulung pelaya alitsü ta onoki imlar.

Joko na onok nungi pilar alima balaka nung oagi alir asü nung, nai alima nung toktsür aoba kinüngertem ajak na aliba tajung lima jagi arutetsüsa tanela nung renemtsü Kibubai yariang ta mepishijangma.

- *Asür L. Tulu Imsong'er kinüngertem.*

## Nagaland Angh-i ICAR Nagaland Centre semdang

**Dimapur, Aami/June 20 (TYO):** Nagaland Angh Nand Kishore Yadav-i, June 19 nü Medziphema nung Research (ICAR) Research Complex for North Eastern Hill Region, Nagaland Centre semdanga riju nung tang bushisüngdang, technology dissemination programme tem aser state nung aluyimba terenlok asoshi parnoki teyari agütsüba asadanga liasü.

Iba riju semdangba mapang, crop improvement, integrated farming systems, horticulture, agroforestry, livestock development, fisheries, tzü wazüka ayuba, aser tsüngsang mongpu balala tizükteba aluyimba yimya dak sendakba nung Centre takoktem indang metetdaktsü.

Angh nem bushisüngdang mapa balala, technology demonstrations, Nagaland kübok tesem balala nung aluyimertem atema outreach sentongtem aser capacity-building inyakyimtem indang metetdakja liasü.

Presentation ajanga, drought-tolerant rice genotypes, high-yielding crop varieties tem ajungketba, alu tilala ayimertem atema integrated farming system model tem, tzünglu tzü bendena ayuba, Naga King chilli ayimtsü atema technology tajungba küma yanglushiba, horticultural value addition aser ak aser an metsüba nung inyakyim tasentem ajanga takok tajung anguba sayuogo.

Scientist temisa ak dak artificial insemination dak sendakba nung Centre inyakyim, indigenous livestock resources wazüka ayuba aser North East nung aluyimertem nem yanglushir aliba germplasm indang osang agütsüba metetdaktsü. Angh-i, bushisüngdang aser farm facility balala semdang, kong experimental fields, nursery, laboratory, kisetshiruru metsüdak, angu metsüdak aser processing unit tem densema liasü. Pai, scientist aser staff tem sensak asem aser aluyimba nung bushisüngdang tejakleni bener aotsü atema parnoki meranga inyakba aser location-specific technology aser extension service tem ajanga aluyimertem nongita yariba atema parnok nem tenüngsang agütsü. Anghisa, alu nung tsünüsenpongsü tali tajungba adokdaktsütsü, sustainable aluyimba yimya ajungkettsü aser Nagaland nung aluyimertem taküm jenjang tajungba kümdaktsütsü atema teyari agütsüba asoshi Centre nem tenüngsang agütsü. Pai, scientific research tem ya mapa küma inyaka oa aluyimertem ajangzükdaktsütsü aser state nung aluyimba renloka odaktsütsü aser chiyongtsü agi manüngdaktsütsü asoshi koda tongtibang iba indang lemsatep. Anghi farm facility tem semdanga den Nagaland nung aluyimba tsütsü innovation akangshitsü aser aluyimertem ajangzükdaktsütsü atema tarutsü nung maongkatem dak sendakba nung Centre nung ketdangsurtem den sensaksemer iba sentong tembanga liasü.

# MULUNG NEN O



Wb. IMKONGMEREN AO

"Ni rara tajungji raraogo, ni alizüng tonga asemogo, ni tamangji yuogo."  
- 2 Timoti 4 : 7 - 8

Onoki kanga meima aliba tsürabur tajung Wb. Imkongmeren Ao shiranga aliba mapang aser pa June 1, 2026 nü akümlü toktür orr onok mangyim tia nung aliba mapang ozü dang meima yaritepertem ajak den kangasa pelaba lemsateper. Nenoki ozü yariba aser nungitba agi onok nem tashi tulu agütsüogo aser mulung süneptsüogo. Ozü timtem aser mulung zürep tia nung aliba mapang nenoki onok dang aria bilema yariba atema nenok ajak dang kangasa pelar. Onok timtem aser mangyim jashi mapang nenoki temeim sayuba onoki teti bilemtetsü aser Tulusang Tsüngremi nenok kija kibong shia molamoshia mojangma ta ozü sarasadem.

**Kangasa pelar,**  
- Temeim Kinungsü, Jabasotem, Kinungsütem & Semchirtem.

## Education Minister menden nungi manen tashi longkak aittsü: CJP

**New Delhi, Aami/June 20 (Agencies):** Honibarnü Cockroach Janta Party (CJP) tentetsang, Abhijit Dipke-i, education minister-i menden nungi manen tashi pai Jantar Mantar nungi mainshitsü, ta ashiba den külemi pai Delhi police dang maneni longkak aittsü atema temelaba agüjang, ta mepishi.

Cockroach Janta Party (CJP) i tang agi tanabenbuba Jantar Mantar nung longkak aitba anogo nung kaketshirtem aser CJP pusemertem den jembidang Dipke-i, "Ni ketdangsertem dang ya mepishir, kechiyong linük tesem balala nungi lanurtem yangi adenshia lir. Onoki ochi temeden mangu tashi parnoki yangi amentsü. Ni Delhi Police dang maneni temelaba agüjang ta

mepishir. Onoki tesünep nung dang longkak aiter," ta metetdaksü.

Paisa, ken o jembitsü atema lenmang lapoka dang lir, ajisüaka iba atemaji Education Minister Dharmendra Pradhan-i menden nungi anentsüla, ta ashi.

Honibarnü kaketshirtemi exam balala ochishia magitetba atema sorkar dang nungi telangzüba meshia yimyim ayima liasü.

Abhijeet Dipke-i longkak aيتدang amshitsü atema auso aser spoon bener arung ta mepishiba ama longkak aيتدtemi auso aser spoon bener arua itemji koshia longkak ait. Longkak aيتدtemi, "Dharmendra Pradhan-i menden nungi anentsüla" ta yimyim ayim. Longkak aitba nung shilem agirtem aikati leplo

mask asemba den külemi ozülü balala amer liasü.

Longkak aيتدtem rongnung Delhi High Court advocate Dilshad Choudhary-a liasü. Choudhary-i, "Küm aika shisaliok inyakym tsütsü timtem ajangshia arudar, saka paper leaks asüba kanga bulua akümba ya mi tsükloksüba ama lir. Yamai longkak aittsü atema sabang agütsürtem asenoki pusemstüji kanga tongtibang, kechiyong asenoki temelenshi nüngdaker," ta ashi.

Hokolbarnü Dipke-i yimjak nung shidi ka ajanga Ato kilonser Narendra Modi dang tawa soseta asüba kaketshirtem kibongtem nem senotsü teyari agüjang aser Union Education Minister Dharmendra Pradhan menden nungi anenang, ta takhangba agüja liasü.

## Küm shia gari lenmang nung tetsüng agi jajartem 30,500 asür

**New Delhi, June 20 (Agencies):** 2019 küm nungi 2024 küm tsüngda India nung gari lenmang nung tetsüng agi jajartem nisung lakh 1.8 dak tali süogo aser ibaji lemstüra küm shia nisung 30,500 asüba den kasa lir, ta sorkar osang ka ajanga metetdaksü.

Road crash data ya Road transport ministry-i sangdonga liasü.

Küm shia gari lenmang nung asürtemji shilem 54 bo two-wheelers aser gari agi tsüksetba nisungtem lir (nisung 19,680).

Road safety mongintemi ashiba agi, gari lenmang tiplen nisung jajatsü atema 'footpaths' junga maliba den külemi gari lenmang adena süitsü atema 'crossing infrastructure' shidak

maliba kulitem ajanga nisung aika asür.

Gari lenmang nung nisung aika tsüksetba ya nokdangtsü atema ketdangsertem aser gari lenmang yangluba aser anepaluba agency temi telemtetba agia inyaktsüsa akümer.

Supreme Court-ia jajatsüji sensotem temeden lir, ta shia sorkar dang gari lenmang tiplen nisung jajatsü atema 'footpaths' junga yanglutsü asoshi ozüng ka latetang, ta tuyuogo.

Yaküm-a Supreme Court-i, "Tetsüng agi jajartem nem 'footpaths' amshidaksütsü atema linük temzüng nung Arrla 21 kübok temeden agüja lir," ta metetdakja liasü.

2024 küm kija nung Tamil

Nadu nung gari lenmang nung tetsüng agi jajartem 4,712 asü, Bihar nung 4,149 asü, Maharashtra nung 3,344 asü aser West Bengal nung 3,241 asü.

Road transport ministry nung joint secretary, Abhay Damle-i, "Indian Roads Congress (IRC)-i tuyuba ama gari lenmang nung tetsüng agi jajartem atema onoki facilities aser footpaths tajung agütsür. Iba ya footpaths maliba agi masü saka atangji nung mapa kuma meinyakba agi lir. Tia maka yimitem aika nung gari lenmangtemji gari atema dang yanglu, ibayongji tanur, teintet sensotem aser matamabensartem densema tetsüng agi jajartem lendong ajurur," ta metetdaksü.

## Congress sorkar mapang anüdoklen India backward liasü: PM Modi

**Rairangpur (Odisha), June 20 (Agencies):** Honibarnü Ato kilonser Narendra Modi-i, anüdoklen tsütsü India ya Congress yimsüsüba mapang nung tesülen atstüngzüka liasü, ajisüaka tangbo iba tesem ya terenlok kikümbang ka kümdar, ta metetdaksü.

Odisha nung Mayurbhanj district kübok Rairangpur nung sen crore 47,600 jenjang project balala tenzüksüba sülen lokti den jembidang Modi-i, tangbo Odisha ya terenlok lenmang nung kanga kera jajadar, ta metetdaksü.

Paisa, anüdoklen tsütsü India tejakleni aoba ajanga linük nung terenlok alitsü, aser ibaji Centre sorkar mangdang lir, ta metetdaksü.

Paisa, Odisha nung BJP sorkari state nung aliba ali rongsentem agi maongka kümdaksür aser tang tashi nung sen 20 lakh crore indang investment proposals lir, ta ashi.

Anepdang Modi-i linük Tir, Droupadi Murmu arrshi küm 68 ajungba anogomong nung Murmu kinüngbuer tsüraburtem yim Pahadpur semdanga liasü.

Modi-i, iba yim ya 'solar village' ka kümdaksütsü, ta sangdonga liasü.

Murmu nem tenüngsang agüja Modi-i, la ya Mayurbhanj nungi linük nung temaba menden angula lir, aser iba ya Odisha aser linük atema nümadangtsü lir, ta ashi.

"Lai nüburtem tenzüka, ajemaluba aser linük yangerba nung shilem agiba atema la nem tetushi agütsütsü tetemsü. La taküm ajanga tanurtem, talisa tribal nisungtem, maongka junga mangurtem aser tekübok jenjang nung alirtem ajungmesor," ta paisa shisem.

Modi-isa Odisha-i merükmejuba aser public welfare schemes junga benokba atema Chief Minister Mohan Charan Majhi nem tenüngsang agütsü.

**Indian Overseas Bank, Dimapur Branch**  
1st Floor, 62B Indraprem, Marwari Patti, Near Jain Temple, Dimapur, Nagaland- 797112, Email: iob3425@iob.in

**E-AUCTION AJANGA KIOJEN YOKTSÜ ATEMA SANGDONGER BID AGÜTSÜTSÜ ATEMA TATEMBANGBUBA ANOGOJI 22.07.2026**

Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (No.54 of 2002) kübok Bank dang mortgage süa aliba kiojen ayoktsü, Indian Overseas Bank nung Authorized Officer-i Security Interest (Enforcement) Rules 2002 kübok Section 13(2) kübok notice agütsüba sülen tsünglanglen shia aliba kiojen agiadokogo, aser ibaji shia aliba loan account nung asutsü, aser kasaji 'KONG ALIAR YAMAJI aser KOMA ALIAR YAMAJI aser YANG JI ALIBA AJAK BASIS' nung ayoktsü, aser ibaji Bank nem agütsütsü aliba sentsüh den interest aser costs alangzüksü atema lir aser tsünglanglen tejangja shia lir. Sentsüh magütsütetba ajanga tsünglanglen sign sua aliri shia aliba Act kübok Section 13(4) nung aliba tashi amshia shia aliba kiojen ayokba ajanga Bank sentsüh alangzüksü. Iba sale ya tsünglanglen sign sua aliri Web Portal <https://baanknet.com/eauction-psb/bidder-registration> nung e-auction platform ajanga ayoktsü.

**DESCRIPTION OF THE IMMOVABLE PROPERTY FOR SALE**

All that piece and parcel of residential Plot of land measuring 1 Katha 11 Lechas with Hill Type Building standing on the plot covered under Patta No. 1801, Dag No. 1330/2468, Door No. 455, Mouza No. 3. Situated at Purana Bazar, New Colony, Near Law Officers Quarter, Dimapur Nagaland- 797116 in the name of **Ms. Livika V Zhimomi**,  
D/o Shri T Vikheho Zhimomi. Boundaries:- North: T Vikheho Zhimomi, South: Ghovishe Yephthomi, East: T Vikheho Zhimomi / Road, West: Livika V Zhimomi.

Reserve price : Rs. 1,15,20,000/-, EMD: Rs. 11,52,000/-,  
Bid increase amount: Rs. 1,00,000/-

Date & Time of Auction: 23.07.2026 between 12 noon to 1.00 P.M with auto extension of 5 minutes each till sale is completed.

Known Encumbrance if any: None  
Inspection Date & Time: Time 10 am - 1 pm, Date - 08.07.2026

\*Bank's dues have priority over the Statutory dues  
For terms and conditions Please visit: <https://www.iob.com/eauction-psb/bidder-registration>.

Date: 19.06.2026

Authorised Officer  
Indian Overseas Bank

Form No. 3  
[See Regulation-13 (1)(a)]  
**DEBTS RECOVERY TRIBUNAL**  
**GUWAHATI**

Suwarna Bhawan, House No. 12, New Town Path, Near Hanuman Mandir, G. S. Road, Ulubari, Guwahati- 781007 (Assam)

Case No.: OA/178/2026  
Summons under sub-section (4) of section 19 of the Act, read with sub-rule (2A) of rule 5 of the Debt Recovery Tribunal (Procedure) Rules, 1993. Exh. No.: 6237

**PUNJAB NATIONAL BANK**  
-Vs-

**M/S DASHMESH BUILDERS & Anr**  
To,

(1) M/s Dashmesh Builders  
Prop- Mr. Manjit Singh Doulu Building, Circular Road, Near Vishal Complex, Dimapur, Nagaland-797112

(2) Mr. Manjit Singh  
S/o Kewal Singh Prop- M/s Dashmesh Builders VPO Rayya, Lovely Sweet Wali Gali, TehsilBaba Bakala, Amritsar, Punjab-143112.

**JAOKER**

20/05/2026 anogo nung Presiding Officer/ Registrar matsüngdang OA/178/2026 benoka liasü.

Iba Act nung section 19(4) kübok shia aliba application nung ajemdaker Tribunal-i na anema (OA) benoka sentsüh **Rs. 31,31,557.33/-** alangzüksü atema jaoker/ notice agütsür. (application den documents etc. densema lir.

Iba Act nung section 19 kübok sub-section (4) nung ajemdaker na aser defendants dang tekübokken alibatem tuyur :-

(i) Iba case defend asürtemi tajaba agütsüba sülen anogo semer nü tsüngda relief asoshi mepishibaji kechiba magütsüsüla, iba kuliji sayutsü metetdaksür;

(ii) Original application nung serial number 3A kübok applicant-i shia aliba kiojen aser assets dak alia tanga kiojen aser assets sangdongtsüla;

(iii) Original application nung serial number 3A kübok shia aliba kiojen aser assets ayoktsü mesüra item kiojen atema inyakshangshitsü memelar;

(iv) Security interest atema inyakshangshiba dak alaka Tribunal dang nungi jelia temelaba magii original application nung serial number 3A nung shia aliba kiojen mesüra tanga assets ayoktsü, lease asütsü mesüra tanga kecha inyakshangshi masütsüla;

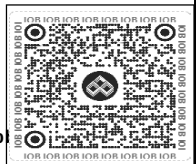
(v) Ordinary business ajanga secured assets mesüra tanga assets aser kiojen nungi yokzüka seni security interest soita aliba bank mesüra financial institutions indang account nung deposit asütsüla.

Nü dang tezüluba nung sangdong applicant nem agütsütsü tuyur aser **08/07/2026** anogo nung anepdang **10:30** ako nung Registrar matsüngdangi arutsü tuyur, yamaji meinyakra application ji angadangtsü aser na meliaka telemtetba agütsü.

Paper Book ji iba Url nung angutsü: <https://cis.drt.gov.in/drtlive/paperbook.php?ri=2026391770410>

**22/05/2026** anogo nung tekübokken kü meyongnem den iba Tribunal indang seal agütsür.

Registrar,  
Debts Recovery Tribunal, Guwahati





## TIR YIMYIM YIMOBILEM (EDITRIAL)

DIMAPUR AMUNGDAY, JUNE (AAMI) 21, 2026

### Tebu ka tenangzükba

Tanü ya alima ajunga nung tebutem anogo lir. Iba anogo nung kibong shia nung kinüngtsüi anir jala-jabasotem ajaki tebutem nem tenüngsang agüja amonger. Atangji, tebu ka nem tenüngsang agütsütsü langa mapa jenti lir, anungji küm nung anogo ka agiteta tebutem nem tenüngsang agüja amongtsübaji tetemtsü. Ajisüaka, tebutem anogo ya kinüngtsü aser jala-jabasotemi koma mongtsür ta masü saka tebutemi tebutem anogo ya koma amonger ta asübajiang tongtibangba lir. Aji oda, tebutemia tebutem anogo indang ya koma bilemer ta asüba jagi dang tebutem anogoji jangjatsü. Kibong ka nung kinüngbo o kinüngtsü na khuret kasasa bena alitsüa akok, mesüra kibong kar nungbo tebutem kecha meinyaker saka tetsü inyakba agiang kibong mesüba kibongtema alitsüa akok. Koba amala kibong ka südir süang, kasasa rongnunga tebuti mezüng asütsü. Tebutem kibong nung tekolak, anungji tenüngsang süli, maksü nung süli pa shilem tuluba lir. Atangji, kibong khuretji kinüngtsü den lemsateper, saka tebu ka mulungjang nung tetsü aser tanurtem dang meshitetba shisabolu khuret jenti lir. Pai parnok shisamebuludaktsünüba agi, pai abenba khuret aser shisabolu ajakbo parnok dang mashir. Ashiko, iba jagi nisunger arishi nunga, kibong aika nung tetsü dang nungibo tebu arishi tatsüba alir südi ta bilemer. Atangji, alima nung nisunger arishi tatsü saka ano kibong ka arishibo nisung ka arishi dang nungi kanga agia tatsüba lir. Tanü asüng balaka, kibong nung tanurtem den külemi alitsü mapang mali. Parnok school-i aoba mapang nung ken kidang külemi alitsüba dak alaka, parnok ano kaketreju balala nung temaba shisaliok jenjang bushiloka aodangbo bendanglen alir aser tazüngba renemerbo joko kibong küma adoker, anungji kibong nung tsüraburi tebang agi sobaliba aser sayutsüngi o ashitsüba anogobo züngdangteta dang lir. Item anogo nungji tebu kati tebu ka ama kibong anepalutsü aser tanurtem dang sobaliba sayubentsü o tajung ashitsübaji kanga tongtibang lir. Aji oda, kibong kaji tangar tsüngdang tatishitsü tajung aketba kibong asütsü asü mesüra tansütsü kibong ka asütsüar, ibaji kibong nung tebu leniba dak akettsü. Tebu aikati tanurtem dang akhi tsürabur mapang nungi kanga timtema aruba otsü mashir. Tebu aikati taküm nung Tsüngremi kümzükba aser aochiba indang tanurtem nem memettdaktsür. Atangji, kibong aika tanübo takar kümer alitsüa akok, mesüra takar masüyonga akhidang timatempa amatobo timmedemi alitsüa akok. Kibong aika nung Tsüngremi lendong timtem nungi kümzükba otsüa alitsüa akok. Ajisüaka, tanübo tebu aikati item timtemba aser shisabolu anogo to amar, akhidang nungi timmedem dang aru ama mezümeküma lia alitsüa akok. Ibayongji, pei kibong nung tanurtemi item Tsüngremi temeim aser temoatsüji memeteti asüküma Tsüngrema mali ama lia alitsüa akok. Tanü ama tebutem anogo amongdang, tebutemi bilemdangtsüba mapatemji itemji asütsü. Israel nunger Ijip lima nungi Kannan lima tongerbo, parnoki Ijip nung alar süa aliba tia to amadok, temerem tzüyim ana küma sadanger ajangba mebiletet, anüngdang mepet aser aonung mi tongshi agi aniba sayatenya taochi indang parnok tebutemi parnok kibong nung mejembi. Mana aser ozü shi agi parnok mesüba anogotembo parnoki süsüsüsüa amadok. Iba ama mapang ka nung, Yihusui Israel nungertem nem tayongzükba tuluka agütsüba asenoki Yihusua 24:15 nung angutsü. Yihusua ya Mosa melen shimtetba Israel nung yimten lenir ka liasü. Ajisüaka, pai par kibong mamadok. Israel chirtem alar tia nungi anitetba Tsüngremji pai dang masü saka par kibong ajungai tenzüktsü ta pei nübortem madang ayimoktsüba tebuti Yihusua lir. Tanü tebutem anogo amonger süra, Yihusua ama tebutemia Tsüngremi pei taküm, kibong aser asen kin len ania aruba mamai züngshidi aser asenokbo asen taküm aser tanüla kümzükba Tsüngremsa tenzüktsü nangzükdi.

## OLEMSABANG

### TEBUTEMAJAKI KIBONG KÜMZÜKTSÜ 'TAMANG RONG' RENEMTSÜLA

~ L. Kika Pongener

Tanü putu nung tebutem ajungai Noah-i par kibong rangben kümzüktsü 'Rong' yangluba ama; pei kibong rangben kümzüktsü 'Tamang Rong' renemtsüla. Noah nunger aliba putu ya laishiba nungji züngdangra, nuktapangda, japojar, nisung tepsetba, sungyanglu külemba, iba ama tesempatsü temenen agi Kodak tashi teshinem menema tua liasü. Oda tanü asenok aliba putu den kecha tepila mali liasü. Iba putu nungji Tsüngremi temulung machitsüsa aser jashitsüsa tesempatsü mapatem agi sunga liasü. Anungji Tsüngremi tzümetsüng ka yoka alima ajunga samatsütsü mulungtet. Ajisüaka, alimaji tatempang ka mekümdaktsüi; ano tanabuba aso (Generation) ka tenzüktsü Tsüngremi sentong liasü. Anungji temeshi nisung karbosa aser shiruru karbosa kümzüktsü asoshi 'Rong' ka yanglutsüla ta Tsüngremi apitet sudi. Aser Noah Tsüngremi temulung achitsüsa temeshi nisung ka liasü (Lipok-6:9). Anungji Tsüngremi Noah dang 'Rong' ka yanglutsü ashi (Lipok-6:13-18).

**1. Tsüngremi Noah dang Rong-ji 'Gofer' sung agi yangluang ta ashi (Lipok-6:14) :** Kechiba Tsüngremi Noah dang Rong-ji Gofer sung agi yangluang ta ashi (?) ta shisadanger. Gofer sung ya tanü asen putu nunga kechi sung ka asütsü (?) Asenoki shisadanger...Iba 'Gofer' sung ya tzü agi medenyonga mashitsüsa kanga temerang sung ka asütsü sudi; aser tzü telungi rema maittsüsa sungji tepongba sung ka asütsü sudi. Aser ano iba sung ya anu (Sun) nung apuyongjia mepoksaba sung ka asütsü sudi. Ibayagi, Tsüngremi Rong yanglutsü atemaji iba 'Gofer' sung ya shimtet sudi ta shisadanger. Aji oda, alima nung anogo-lir (40 days) aser aonung-lir (40 nights) tsünglu kanga sashia aru (Lipok-7:12). Saka Rongji tzümetsüng koba-teka sashia aru, iba amaji tali-tali temaleni atu. Kechiba sura, Gofer sung agi yangluba Rongji kanga pongpa-pongpar liasü sudi. Yongji tzü telungi rema mai temaleni tujen-atu. Alima nung tzümetsüng jagi anogo-150 tashi metsüngpanga liasü (Lipok-7:24). Ajisüaka, Noah'er Rongji anogo mapang papikaji tzü agi medenaka Rongji tzü jagi meraksa.

**Lesson :** Khristan kibong aser khristan taküm ka tamangji mapang tatsüka asoshi dang tashi-ita junga alitsüba masü, saka Gofer sung agi yangluba Rong amaji, tensa tia tamajung, lendong timtem, makamait, kaa-ita aliba mapang, jenjang tajung aser tamajung ajuruaka; item tensa tia ajak nungji atsüngzüka moi, Tsüngrem den mepilai....Noah'er Rong tzümetsüng koba-teka tesashiba aru, patak-kaji temaleni tujen-atuba amaji...Tatidang jenti aruaka, tali-tali dang Tsüngremi anasai aoba; Tsüngrem den mepilaba khristan taküm aser kibong asütsü. Aser koba-teka temenen tadidang ajurur; patakaji tanela nung temaleni tujen-atuba khristan taküm aser kibong asütsüba lesson angur.

**2. Rongji telunglen aser temalen temenatsü agi menabangtsü ashi (Lipok-6:14 b) :** Tsüngremi rongji sung tetsüngda (Joint) ajak nung telunglen aser temalen temenatsü agi jungjunga menabangang ta ashi. Kechiyong Rong nungji tapok tilaka danga lira, iba tapoklen nungjagi tzü senoka aittsü, aser kodang tzü senoka aitdaktsüdir...Rongji kanga ret-ret akümtsü aser tzü telung nung asonga ayitsü...Ajiser, Rongjia raksatsü aser Rong nung alirtema ajak araksettsü.

**Lesson :** Khristan kibong nung temenen sentong aittsüsa tapok tilaka danga lira, ibayagi Mojing sentong aittsü aser khristan taküm aser kibongji temenen nung asongtsü aser Tsüngremi nungi pila-a atsüngzüka aotsü. Mojing sentong jagi kibong Rong-ji raksatsütsü. Anungji Noah-i rong temenatsü agi temalen aser telunglen jungjunga nembanga menapangba amaji...Asen kibongji teti sarasademba aser teti Tsüngremi o laishiba azüngba agi anung-akonga meli-i; teti kibong tekülem agia sarasademba khristan kibong ka asütsüla. Temenatsübaji...tetit sarasademba, laishiba azüngba aser kibong tekülem agibaji asütsü. Aji oda, tzü senoka maitdaktsüba amaji temenen sentong aittsüsa 'chance' magütsütsüla.  
(Maneni asüng adokm nung...)

### Obalatem dangi -

**Asen Aor tebutem ajak dangi Happy Father's Day Salem abener.**

Ya khen kanga junga shisadangdaktsünür, Yisu Osangtajung asen Aor dangi mezüngbuba aru, aser Aori anüdoklen aliba Naga nunger ajak dangi iba osang sangokja nüji kümdaktsüba shibai nunga ta shitetsü ? Saka tanü asen kinbo tamanger o tamanger tsüngda court nung keno tepdaka yur, iba jagi tanü asen Aor arogo, lokti tentet aser kija kibong tashi anokshir.

Taküm ABAM Central Council mapang tashi nungbo tangatettep tajung kati arutsü asoshi, tebutem ajaki sarasadema yimjung mapa inyaktsü ayongzükur. Lai o yamai ashir. Kokrabang naibo nisung ajak den yimjung nung liang. Rom 12:18.

- Bendang Imsong, Mokochung .

**Iba Olemsabang nung lemsaba ken-o aser shisatsü ya iba ocet züluri bilemba ken-o ama tazünger angateta agitsü mepishir**

## Israel nung Khristantem anema inyakba bulua akümer: Yisca Harani

**June 20, 2026:** Israel nung Khristantem anema inyakba kanga bulua kümдар, ta Religious Freedom Data Center-i metetdaksü.

Khristantem anema inyakba tatalokba aika lir, ajisüaka item tatalokbatemji reshikangshiba category nung züngshitsüsabo masü, ta parnoki metetdaksü.

Israel nung nütsüing shilem 2 shi dang Khristantem lir; iba linük nung nütsüing shilem 73 bo Yihuda nungertem lir aser nütsüing shilem 18 Muslim nungertem lir.

Religious Freedom Data Center-i 'hot line' ka ajanga Israel nung Khristantem anema inyakba tatalokbatem osang bendener, iba denji külemi record bendentsü atema parnok volunteers 200 dak tema lir.

Osangbener den jembidang Religious Freedom Data Center tentetla, Yisca Harani-i, "Khristantem anema inyakbaji onoki memeteti aliba ka masü, ajisüaka yimsü temeden atema inyaker ka aser Yihuda nung ka ama ni item ama tatalokba ya ozü linük nung ataloker ta mamangteter," ta metetdaksü.

Laisa, Khristantem anema inyakba tatalokbatemji ken o tulubo masü, ibayongji police-ia



Yisca Harani

item ama tatalokbaji sendoker, ta metetdaksü.

"Aiben ketdangsertemi, item ama tatalokbaji ozüing alema inyakba aibelen tulu masü, anungji ken o tulu tekümdaksü ta ashir. Ajisüaka nibo, iba ya ken o tulu ta ashir, kechiyong anogo shia langkabosa ataloker. Khristantem dak metzü metsülöksüba asütsüa akok, o tamajung ashiba asütsüa akok mesüra Tenla ki raksatsüba asütsüa akok. Item ama tatalokbaji kecha masü ama sendoka yutsüra ibaji ajanga nisung tamajungertem taliba dang tasü itshidaksütsü," ta lai

metetdaksü.

Religious Freedom Data Center-i tesüiba küm asem tashi Israel nung Khristantem anema inyakba tatalokbatem osang bendena arudar aser ita asem shia item report agütsür.

Taküm küm tenzükba sülen tang tashi nung Israel nung Khristantem anema inyakba tatalokba 70 lir, aser ibaji yaküm kasa mapang (January-June) den medemdangra taküm item ama tatalokba teimba lir.

Khristantem anema inyakba kechiba kanga bulua ataloker?, ta asüngdangba langzüdang Harani-i, "Tesüiba kümtem nung Israel nung tensa kanga mejungi liasü, talisa 2023 küm October 7 nü tatalokba sülen Israel nung aikati Yihuda/Israel nung masüba nisungtemji amokmeren ka ama züngshir," ta metetdaksü.

Alima nung Khristantemi Lai tesayuba nung ajemdaker Israel pusemer aser Yihuda nung pusemer. Khristantemisa, alima tesem balala nung Yihuda nung sempapa anema ola adoker aser Yihuda nung pusemer, ajisüaka Israel nung Yihuda nungertemibo Khristantem anema inyakba tatalokba aika lir.

## ANO GO ABEN TSÜNGREM DEN

### TANELA SEMPETTEM

*"Nisung shia nem külem ajungtsü asoshi Tanelai jungkai adoka agütsür:" 1 Kor 12:7*

Tanela sempetji nai tangar tenzükba nung amshidar ma? Arogo tashi taitba akümtsü asoshi amangbapur ajaki Tanela sempet amshia shilem agütsüla.

Asenoki mapa inyaksü Tsüngremi yuja lir, aser itemji inyaksü asoshi Tanela sempettem Pai asenok nem agütsüogo. Item ya kanga dang temeja tashi lir, Khrista temang nung asenoki tenzüksü asoshi Pai asenok nem item temeja tashi agütsü. Item sempetji Tanela Temeshi nungi lir, Pai mulungba ama tamanger shia nem agütsür. "Saka item ajak Tanela kasai pei mulung agi nisung ka nem lemsa-a apuoktsür." 1 Kor 12:11.

Kodang tamanger shiai pei nem agütsüba Tanela sempet agi Arogoji tenzükdir, idangji tamanger ajak tanela nung ajangzük. Kija jagi Arogo meyarira, Arogoji mabensai anünga akümtsü. Kija taküm shiai kodang Arogoji yaridir Arogoji aintsü. Tamangertem Tanela Temeshi nung alir ta asübaji Tanela sempet amshibaja dena lir. Nai Tanela sempet ne nem agüja aliba bushitetogo ma? Memetetdi lira, bushiang aser nai metettsü. Iba jagi Pa tenzükangma.

#### SARASADEM:

*Kibur Tsüngrem, Tanela sempet asoshi Ne Tenüing asanger. Iba ya amshia Na tenzüksü ni yariangma. Amen.*

## OBALA TONGMELANG TAMANG

~ *Thriocy Stm, Mokokchung*

Tesüiba Tebu anogo aseni  
Tsüngrem dang koda mepishia  
Sarasadema liasü, asen sarasadem  
Tsüngremi langzüogo ta tanü  
Asen kibongi tali jangjar.  
Tanü anogo tulu ya tongdaksüba  
Asoshi Tsüngrem tenüing tali sangdi.  
Oba ne taküm libaliru aser  
Ne shisatsü ajungba indang  
Ojala onoki O tesa agi dangbo  
Ne dang rasa meshiteter  
Tanü ne nem alimai konang nüngsang  
Aser tetushi agütsütsüba koda tetemsü.

Kibong maka maityonga  
Eromero shisatsü ne dak mali,  
Ishika dang süaka yangji ne nuk asünger,  
nüngsen jemiaka nai item nung jagi  
ne narong jaker alir  
kobaji shitak yangji dang jajar,  
Oba ne shisatsüji koda tongmelang aser ochi.  
Oba nabo bener arur ka masü  
Saka lemshia agütsürang ka  
Asen makaba dang nungibo  
Kidang kiyonger makaba jiang  
Nai khuret süa bilemtsür,  
na asoshibo kecha bilema mali  
tangarji atajemra ibaji teberi ta  
ne shisatsü nung lir.

Oba nai ochimashi rongsen dak ranglok asübo  
tanü asen kiojen tajung den asen kibong ya  
koda takarjang kümer lila tasa bilemer.  
Saka oba tanü nai asen kibong  
ne tongmelang tamang ochi agi  
akümbanger Tsüngremer temoatsütem  
ajangzüka aruba angudang pelaset  
ne tenüing tali asanger.

Oba nabo anibelemyonga ne jak  
Kodanga tammang aser taret mangur,  
Khuret jenti bener liaka  
Menürema tejak tesangwa nung  
Ajak jembia nai libalirur,  
Ne shisatsü ajungba indang yabo  
Nungtugo kakat zülur katia rasaa  
Mezülutettsü südi ta bilemer.

Oba ojala onoki tanü ne nem senpettsütsü  
kecha maka, saka asen  
Teyanglur Tsüngrem dang na asoshi  
arishi anogo dang tali süklökjang ta mepishitsür.  
Oba tanü ne tongmelang tamang  
agi asen kibong akhümbanger  
kümzüka aruba angudang ne takümji  
Noa taküm den kasa ta seret odanger.

## Obala Menerem Jak

~ *Lanu Atsongchanger, 2026*

Anepdang ozü-sangnutem ola angashia na saker.  
Anogo tepiyong asoshi sentong asameyanger  
Ne menerem jak ngua Ojala onok melung sangwar.  
Aya, Oba, ya onok asoshi koda anisüngzük tulu.

Ne asangwa tepiyong kibong koda bener aotsü,  
Item khuret bener anogotem süidaksü.

Tsürabur kidang nungi khu bener kibong tasen razükba anogo nungi  
Ayip janga memejang kibong tenzük.

Kibong nung chirnur sosema akumdang,  
Khuret tuluba nung taküm aposoba nuklai arur.  
Shisabulu-a asameyang balala asüdang,  
Ammang agi sangwa akumba memetet alishi temang lula.

Kümtem süitema arishi talangba len aodang,  
Kibong nung tsüngsarusa, tsüngsak mupong aser  
Tsüngkum – mungpu balala ajangshiaka,  
Item tensa tia ajak ji Oba, nai menerema süidaksür.

Kibong bener aotsü rongsen lenmang bushidang,  
Sentsüh atsü mesasa, anakdena apu-jilutsü,  
Kiyong-kinar ki semma senzür.  
Aya, iba shisabulu koda tulu, saka menerema kidangi shilanger.

Kidang-i achi-ajemtsü bener arutsüba,  
Ojala onok apen-süoshir peridaksütsüba,  
Tangar ama talidak ki yanger-a ayutsüba.  
Aya, Oba! meshitetba khurettem nai koda menerema abener.

Kibong nung shisa mulung majem mepelatet adokdang,  
Onok kidang nungi ayazüka aoer jashia kidangi shilangdang,  
Ojala onoki nedak maketba tai ajak nedak toklokjaka,  
Saka menerema nai item tensa ajak süngjema kumdaksür.

Taküm nung tamakok balala ajuru dang,  
Pur medemertemi na anema jembidang,  
Kibong dangi teblemetsü khuret balala arudang,  
"Künübo item ajak ya süngjema aotsü" ta menerema nai langzür.

Alima den jangyu medema kibong aotsü sapisayang dang,  
Pur medemertemden-a sadoka mesenzütet,  
Kidang achi-ajem-a mapang shidak nung masü,  
Tepok tazüing süaka, kibong asoshi menerema anaktener.

Aya, Oba! Ojala onok jangratem-a lidaksüne dang,  
Tanela nunga lurep-a kibong khuret menerema bener aoer.  
OBA! Ojala onoki ne dang "kangasa pelar" ta meshi melitet nung  
Iba anogo aser teti temoatsüba taküm na süangma!  
Amen

AO OSHI ANGAZÜKDAK:

TANÜ ANGAZÜKTSÜBA OJANG



Yimsensüpong

(n) kiset shiruru rongnung tajungtiba ( best domesticated animal)

\* Yimtisangertemi tulur nem yimsensüpong sü ka agütsü.

Yimsopur

(n) yimtak senso, yimkümer ( bonafide citizen)

\* Nia ozü yimytak yimsopur ka lir.

OLONG PAITEP # 7541

Grid for OLONG PAITEP # 7541 with numbers 1-16 in various positions.

TIPIEN

- 2. Auonungchiyongsüasenba
5. Mangyimba mapang
7. O tamendakdak
8. Peidak malangba
10. Juli
12. Sen ayudak
14. Tenük agi ajitet
15. Tamajung aküm
16. Apuso

LANGTSÜNGLEN

- 1. Lenmang
2. Aor kidong ka tenüng
3. Tenarong maten
4. A \_ \_ \_ g
6. Mopung apodoka
9. Tongtipang tagitsü
10. Menungra bilem
11. Aiür
13. S \_ \_ \_ k
14. T \_ \_ \_ r

OLONG PAITEP # 7540 TELANGZÜBA

TIPIEN :

- 1. Soro, 3. Yasüng, 6. Onü,
7. Semlok, 8. Tambusa,
12. Molumi, 13. Ako,
15. Tasoba, 16. Azük.

LANGTSÜNGLEN :

- 1. Sentsü, 2. Oktena,
3. Yimlibilema, 4. Sü,
5. Nunga, 9. Samesa, 10. Jakla,
14. Mo.

NAI-A YA METETTER



Alima nung kanga nüngtugu kentener telok Blackpink-i naroküm aika ngua arudar aser tongtipang rongnung kaji Guinness World Records ICONS Class nung parnok züngokba lir.

Taküm Guinness-i Blackpink ya World Records ICONS nung züngok aser taküm February ita EP Deadline ajanga Blackpink-i Korean girl group ka atema first-day sales records aika ajatetogo.

Blackpink ya UK aser US album charts nung No.1 atongba mezüngbuba female K-pop group lir.

Dr. Yhome aluyimdang amshiba hadirtem lemstsü



Kohima, Aami/June 20 (TYO): 10th Northern Angami Assembly Constituency nungi Advisor for School Education Dr. Kekhrelhoulie Yhome, MLA-i Honibarnü D Khel Ground, Kohima Village nung futsal court tasen ka lapoktsüba den 2025-26 financial year atema Village Adoption Programme kübok aluyimdang amshiba hadirtem lemstsü.

Constituency nung aluyimertem nongita yaritsü aser saisabong infrastructure akangshitsütsü nükjidong nung inyakba terenlok maparen balala nung shilem ka ama iba sentong ayongzüka agiogo.

Honibarnü sentong ya D Khel Youth Organisation vice president Noumvuzolie Sachu lenisüba nung agi aser Baptist Revival Church Associate Pastor Thinuohelie Sachu-i Tsüngrem temoatsü meshizüka sarasadema liasü.

Sentong nung Village Adoption Programme kübok beneficiary tem nem aluyimdang amshiba hadirtem lemstsü. Constituency kübok aluyimba jenjang ajungkettsü aser tsünusenpongtsü tali adokdaksütsü nükjidong nung iba inyakyim ya benoka inyakdar. Hadirtem rongnung power tillers 9 HP & 7 HP,

brush cutter, water pump, paddy thresher densema liasü.

Sentong nungsa D Khel Council chairman Keneizezo Yiese aser D Khel Youth Organisation tir Neilakuolie Yiese nati iba teyari agütsüba atema Advisor aser Agriculture department dang kanga pelaba lemsatop aser Zakievou Sachu-i tepela o jembi.

Iba sentong nung local lenirtem, lanur lenirtem, yimtsüyimputem aser D Khel nung aliba nüburtemi shilem agia liasü, koba ajanga saisabong aser aluyimba terenlok asoshi ajaki longjemer inyakba sayur.

NE nung organic spice processing unit tulutiba Meghalaya nung lapok



Shillong, June 20, 2026 (Agencies): Meghalaya kübok Ri-Bhoi district nung küm nung 10,000 metric tonnes tema amshitetba organic spice processing facility ka lapokogo.

Meghalaya Chief Minister Conrad K Sangma aser Sikkim Chief Minister Prem Singh Tamang na lia Union Finance Minister Nirmala Sitharaman-i June 19 nü iba plant lapoktsüogo.

Iba plant ya Rs 32 crore shi endoka yanglu aser Northeast nung organic spice processing unit tulutiba lir. Maneni, Northeast nungi National Programme for Organic Production (NPOP) aser European Union Organic Standards angubua plant ji iba ya mezüngbuba lir.

Iba facility nung ginger, turmeric, black pepper aser chilli dena high-value crops process

asütsü. Iba plant nungsa cold storage, dry storage, washing, drying aser pulverising infrastructure dena lir.

"Meghalaya nung sobaliba nung aluyima aruba inyakyim aser loktii anir inyakba ajanga premium organic agriculture tanishir akümtsü jenjang ka nung lir. 2024 nung Lakadong turmeric nem Geographical Indication (GI) status agütsüogo aser Meghalaya nung adokba süngmok nung low fibre content aser quality lir" ta Sitharaman-i ashi.

"Asenoki raw products dak alia finished products aser recognised brands nung temulung agütsütsüla. Processing, certification, packaging aser market access ajanga aluyimertem ajangzüksü aser rongsenketzung ajungkettsü" ta lai ashi.

Iba mapatong ajanga

Meghalaya aser tanga Northeastern states nungi organic farmers 5,500 shi ajangzüksü imlar.

Iba unit ya Eastern Ri-Bhoi Organic Farmer Producer Company (FPC) ajanga amenoker. Iba nung yimtsüng 9 nungi organic farmers 500 shi dena lir aser parnok ya Farmer Interest Groups 26 nungi lir.

FPC ajanga aggregation centres, storage facilities, vermicompost units aser transport systems indang network yangluogo.

Iba mapatong nung Mission Organic Value Chain Development for North Eastern Region (MOVCDNER), Mission for Integrated Development of Horticulture (MIDH), Meghalaya government aser International Fund for Agricultural Development (IFAD) ajanga teyari agütsü.



Mokokchung Photography Club züngsem Pokyim Ozukum aser Jonathan Ao (Abelen & Achijilen) na den Canon India ketdangsürtem June 20, 20 26 nü Hotel Palacio, Guwahati nung tawa tanü adokba Canon EOS R6 V camera sayaba sentong nung adenba mapang tangokba noksa ka yangi angur. Iba sentong nung Assam, Arunachal Pradesh, Meghalaya aser Nagaland densema Northeast India tesem ajak nungi photographers, videographers, cinematographers, content creators aser noksa tangoktsü jangrartem aden.



## INDIA NUNGI JENJANG ATAKTSÜ MAKOKBA SEMPET TULU ANA – YOGA ASER INDIA SÜNGO

Yogai temang tashi itshidaksür aser tokolok süngjemdaksür. India nunger süngo marok shiai teronem tajung aser anisüngzük agütsür aser yangji alima dak aketba tajung agi sünga lir. **Iba Alikintem Yoga Anogo** nung, asenok taküm junga alitsü asoshi mera ka agidi.



### ALIKINTEM YOGA ANOGO SALEM



## Pakistan nung nisung tenet pokset

**Islamabad, Aami/June 20 (Agencies):** Northwestern Pakistan nung lenmang tezülen bomb rema toktsür pokdaksüba sülen nisung tenet süogo.

Honibarnü mezüngbuba bomb yagi gari ka dak kongshi aser lendong agi kongshir alirtem nem teyari agütsüba mapang tanabuba bomb pokdaksü, ta police-i ashi.

"Passenger mena aliba nija pick-up truck ka remote agi azüokba IED kati poksatsü," ta Khyber Pakhtunkhwa province kübok Bannu district nung police officer Yasir Afridi-i ashi.

"Iba lendong nung yirur alirtem gari ka nung mozükidangi anir oya aliba mapang tanabuba IED poka liasü," ta pai ashiba den, lendong nung ano nisung asem yiruogo, ta shisem.

Ato Kilonser Muhammad Shehbaz Sharif-i gari ana amakba ya aitsüogo aser par sorkari lendong bener arutsürtem nem tapet temerenshi agütsüsü ta ashi.

Iba bomb pokdaksüba ya

telok kati danga nangzuka mali, saka iba tesem nung Pakistan Taliban aser tanga telungpur teloktem inyaksangshir.

Artsü nung tesem balala amakba ya Pakistan-i Afghani-stan dak tonglokja arudar, ajisiüka Pakistan sorkari Afghanistan-i telungpurtem jenokdaksür ta shia parnok aitsüba magizüki arudar.

Kidanger linük ana tsüngda tesendaktep mejungi akümba sülen ita ishika tsüngda rara adokogo aser Pakistan-i anüing ajanga Afghan yimitem maka liasü.

Pakistan-i iba ita arrtsü anasa aliba tesemtem amakba sülen Taliban züngsem 26 tepsetogo, ta Pakistan sorkari ashi, aser kasa mapang nung Afghan sorkari ashiba agi civil-ian 12 tepsetogo.

October ita azütokshi lendong atalokba sülen arrtsü tuluba ka shibanger lir aser shishilembaba nunga tetsükdaksü adokba den nübürtem aser khu belener senzüsenpongba nung tetsükdaksü adokogo.

## US aser Iran envoy tem sensaksem atema Switzerland nung ajuruteptsü



Steve Witkoff & Abbas Araghchi

**Washington, Aami/June 20 (Agencies):** U.S. tir Donald Trump indang personal envoy aser Iran foreign minister na yimjung atema sensaksemsü asoshi Switzerland nung ajuruteptsü, ta Axios-i ashi. Ajisiüka Israel-i Honibarnü Lebanon amakba ajanga ceasefire tasenba ya tendangtsü akok, koba Iran nung rara tembangtsü atema onük tongtumbang rongnung ka lir.

Steve Witkoff aser Abbas Araqchi nati anir sensaksem ya iba hopta interim 14-point pact yanglur aliba teti atema yanglushia rara tembangdaksütsü atema merangdangba ka ama reprangteter.

Ajisiüka Israel aser Iran-i teyari agütsüba Hezbollah telok na Lebanon nung ceasefire benokba sülen ghonda ishika dang lir Israel-i Honibarnü anüing ajanga tesem balala maka nisung pongu tepseta liasü, ta Lebanese state media-i ashi.

Iran indang nuclear program aser tanga ken o nung mangatettep adoker aliba bentettsü atema US aser Iran na anogo 60 sensaksemsü asoshi mulungtepba nung Lebanon nung rara anetsüba ya densema lir.

Israel aser Hezbollah telok na mapang tatsüka raratepba sülen

Lebanon nung ceasefire ya Hokolbarnü nikongtsütsü 4 ako shi nung tenzük, ta U.S ketdangsür kati ashi. Hezbollah nungi source ana aser Israel nunger ketdangsür katia ceasefire benokba jangjatsüogo.

Ajisiüka Israel nunger indang tayimtsü aser drone temi Hokolbar aonung nungi tenzuka Honibar anepdang tashi Nabatieh tesem temeket amakba sülen nisung aliba kitem raksatsüogo. Kasa amapang nung Israel-isa artillery amshia Nabatieh aser iba tesem temeket makogo, ta Lebanese state news agency NNA-i ashi.

Witkoff ya Trump indang son-in-law Jared Kushner den longjemtsü atema Switzerland-i aotsü, aser Araqchi-a Honibarnü aotsü, ta Axios-i ashi.

Witkoff Switzerland-i aotsüba indang White House-i kecha telangzüba magütsü, aser Iran-ia Araqchi indang sentongtem indang kecha memetdaksü.

Tatong tir JD Vance-i Brehostibarnü pa sentong ajak thir sensaksem atema renemshitsü asoshi Buergenstock-i oa liasü.

U.S aser Iran na sensaksem asoshi teyari agütsüsü atema Switzerland renema lir aser iba atema renemshidar, ta Swiss foreign ministry-i ashi.



ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
ANSARI NAGAR, NEW DELHI – 110 029  
EXAMINATION SECTION  
Common Recruitment Examination (CRE-5)  
Notice No. 93/2026



Ministry of Health and Family Welfare kübok Participating AIIMS aser Central sorkar mozükitem nung telok balala-'B&C' posts atema Common Recruitment Examination (CRE-5) ayonger.

Temsüa aliba India lisopurtem Group-'B & C' posts atema participating Institutes/Hospitals tem tenüing nung online application tem jaoker. Mapanglem yamai alitsü.

Online Registration for applications	
Start Date	- 13 <sup>th</sup> June, 2026
Close Date	- 3 <sup>rd</sup> July, 2026
Date of Recruitment Examination	
Date of issuing of Admit Card	- Three days before the examination
Intimation of exam city of examination center	- One week before the examination
Date of Exam	- 25 <sup>th</sup> to 27 <sup>th</sup> July, 2026 (Tentative)

- Application taah :**
- A) General/OBC Candidates: Rs.3000/- (Sen meyrejang asem)
  - B) SC/ST Candidates/EWS : Rs.2400/- (Sen meyrejang ana ser noklang pezü)
  - C) Persons with Disabilities : Taah magitsü
  - \* Candidate temi atakzükja aliba application taah ya DEBIT CARD/CREDIT CARD/NETBANKING ajanga agütsütettsü. Transaction / Processing taah kar danga lir, candidate temi bank nem agütsüsü.
  - \* Application taah, khi agütsürbo meyipa magütsü.
  - \* Taah magütsür applications benokba tem magizüksü.
  - \* SC/ST candidates shirnok tatidang nungi shilem agidir parnok indang application taah ya result sangdongba sülen mapang tapet nung meyipa agütsüsü.

- Tongtumbang temetettsütem:** Osang tejangjaba agitsü atema website www.aiimsexams.ac.in mesüra participating Institute/Hospital tem semdang.
- \* Application indang jenjang aser temsüa aliba candidate tem indang Admit card tem AIIMS indang website www.aiimsexams.ac.in nung upload sütsüsü.
  - \* Application benokba mapang candidate tem kari danga tetsükdaksü ajangshira parnoki credentials tapet agütsür My Page (Dashboard)-i login süa ken o ashishitettsü.
  - \* Applicants tem ajaki website ya mapangshia semdanga alitsüla, kechiyong Corrigendum/Addendum/Notices/Updates ajak website nung dang upload sütsüsü.

# FIFA WC: Morocco, Paraguay, Brazil & US nungeri takok angur



(Abelen) Morocco nunger asayar Ismael Saibari-i goal idaktsüba sülen pelatepba, (Teyong) United States' Alex Freeman-i (16) goal idaktsüba sülen benjungba aser (Achiji) Brazil nunger asayar Matheus Cunha-i mezüngbuba goal idaktsüba sülen Bruno Guimaraes, Lucas Paqueta aser Vinicius Junior nunger den pelatepba noksa nung angur.

**Aami/June 20, 2026 (Agencies):** Tanga asaya aliba FIFA World Cup Group C asaya ka nung Morocco-i goal 1-0 agi Scotland kokogo aser par telok nung parnok temaba jenjang nung tembangtsü maongka tulu lir.

Asaya tenzüker minute anabuba nung Ismael Saibari-i Morocco atema goal ka idaktsü aser asaya tepeyong parnoki goal machitsüsa kanga meranga asayaba sülen iba goal ka yagi asaya koka liasü.

Asaya ya mapang talangba ka Morocco-i amokbanger asaya, saka asaya tatemtsü lia Scotland-ia goal ka ya küptoktsü asoshi kanga nongshia asaya saka Morocco indang defence ajanga meluteti liasü.

Iba asaya akokba densema Morocco-i taoba World Cup group-stage asaya trok atonga kokogo, koba Africa linük kati danga ajangzükteta mali.

Tanga asaya ka nung Paraguay-ia goal ka agi Turkey koka parnok timla mesamai lir aser kasa mapang nung Turkey bo tsükatokogo.

Paraguay-ia iba asaya akokba ajanga Group D nung co-hosts USA pur tatembangbuba round asayatsü lia par telok nung temaba jenjang nung tembangtsü jangjaogo.

Asaya nung Paraguay atema Midfielder Matías Galarza-i second 63 nung goal ka idaktsü aser iba goal ka yagi parnoki asaya koka liasü.

Iba sülen Turkey-i asaya amokbanger asaya aser goal

idaktsütsü atema kanga meranga asaya saka tatem tashi goal ka danga magütsüteti asaya tembang.

Iba asaya nung Paraguay nunger asayar Miguel Almirón nem red card agüja liasü. Asayartem tsüngda mangatettep adokba mapang tebang nembanger mejembitsü atema ozüng tasen benoker aliba dak ajemdaker Almirón nem red card agüja liasü.

Asayartem tsüngda mangatettep adokba mapang Almirón-i Turkey defender Mert Müldür den jembiba mapang tebang nembanger jembiba liasü. Iba sülen Turkey nunger asayartemi referee Iván Barton nem osang agütsü, shibai VAR asadangba sülen red card agüja liasü.

Kasa asayamung nung Philadelphia nung Group C asaya ka nung Brazil-i goal 3-0 agi Haiti kokogo.

Tetenzük nungi Brazil-i asaya amokbanger asaya aser goal idaktsütsü atema maongka aika nguteta asaya liasü. Raphinha-i goal ka idaktsü, saka VAR-i pa offside asüba ngutetba sülen goal ya magi.

Iba sülen minute 23buba nung Matheus Cunha-i Brazil atema mezüngbuba goal idaktsü. Haiti puri Brazil-i attack asüba menokdangteti asayaba mapang Cunha-isa minute 36buba nung par team atema tanabuba goal idaktsü.

Asaya mezüngbuba shilem nung mapang apuloktsür asayaba mapang Vinicius Junior-i Brazil atema tasembuba

goal idakja parnoki asaya akok.

Maneni Seattle nung United States aser Australia na asaya US-i goal 2-0 agi kokogo.

USA team-i tetenzük nungi goal idaktsütsü atema meranga asaya aser box telung nung ball ka cross asüba Aussie defender Burgess dak tsükdaker goal ia US tejakdang aküm.

Iba sülen Freeman-i USA atema tanabuba goal idaktsü, ajisüaka linesman-i pa nem offside agütsü saka VAR asadangba sülen pa offside masüba jangja liasü.

USA-i taküm iba asayamung nung kanga junga asaya arudar. Parnoki mezüngbuba asaya nung Paraguay goal 4-1 agi akokba sülen tang iba asaya kokogo.

## Hardik Pandya England den ODI asayamung masayatetsü

**Aami/June 20, 2026 (Agencies):** India nunger cricket asayartem rongnungi nungtugu allrounder Hardik Pandya quadriceps yiruba sülen July ita India team ODI asem asayatsü aliba atema meshim.

Iba asayamung atema Virat Kohli shimogo, saka pa June 22 nü BCCI indang Centre of Excellence nung temang tendangba sülen pa asayatsü temsüa lir ta jangja nungang asayadaktsütsü.

England den ODI asayamung atema India team yakta sangdongtsü. Iba asayamung ya July 14 nungi 19 tsüngda asayatsü. ODI asem rongnung mezüngbuba ya July 14 nü Birmingham nung asayatsü aser iba sülen July 16 nü Cardiff nung aser July 19 nü Lord's nung asayatsü.

"Team ya anogo asem pezü tsüngda shimtsü," ta BCCI secretary Devajit Saikia-i anogo ka ana tejakdang TOI dang shiogo.

"Hardik ODI nung asayatsü atema tenüngdakba metongtet aser pa ODI ka asayatsü atema temsüa akümtsü asoshi mapang tali nungdaktsü," ta BCCI source kati Honibarnü TOI dang ashi.

"IPL-2026 nung Royal Challengers Bangalore nungi asayaba mapang hamstring tachichilen yiruba sülen Kohli taneptsü kanga junga ngudar. Pa London nung CoE team-i asadangogo aser maneni temang anepalutsü asoshi tetuyuba agütsüogo. Pa June 22 nü CoE dangi oa temang asadangshitsü," ta source yagisa metetdaktsü.

Hardik ya quadriceps yiruba ajanga kidang Afghanistan nung

tang asaya aliba asayamung nung masayatetsüsa aküm. Arishi küm 32 tain asayar ya June 2 nü nungi CoE nung training agidar, aser quadriceps yiruba sülen tang temang anepaluba mapang lir.

South Africa, Zimbabwe aser Namibia nung 2027 ODI World Cup atema India team sentong nung Hardik ya tongtibang asayar ka lir. Pa ODI asayamungtem atema anema toktsütsü asoshi asayar shimertemi T20I squad nung mezüngok, saka Mumbai Indians captain ya asaya tenzüksütsü asoshi mapang tatsükabo agitsü.

Kasa mapang nung arishi küm 37 tain Kohli hamstring yiruba ajanga Afghanistan den tang asaya aliba ODI asayamung nung masayar.

## AIFF nungja melenshitsü atema sorkar dangi abentsü

**Aami/June 20, 2026 (Agencies):** All India Football Federation (AIFF)-i parnok nungja Football Federation of Bharat (FFB) agi melentsü atema inyakyim tenzükgogo. Honibarnü Special General Body Meeting (SGM) amemba mapang iba telemtetba agia liasü.

AIFF tir Kalyan Chaubey-i ashiba agi, iba onük ya asadangtsü atema Ministry of Youth Affairs and Sports dangi abentsü. Nungja melenshitsü atema ministry aser football asaya achayangba lokti tentet FIFA-i agizüksü nungdaker.

"Inyakyim tanü tenzükgogo. Iba onük ya sports ministry dangi yoktsü, aser parnoki agizükra general body dangi meyipa bener arutsü aser iba sülen FIFA dangi abentsü," ta Chaubey-i PTI dang ashi.

Paisa, Türkiye aser Czechia amala linüktemia parnok linük maitsü dak ajemdaker nungja melenshiba indang tashishitsü bener arua jembu.

Kasa mapang nung AIFF General Body-isa, 2026-27 Indian Super League September 4 nü tenzüksü agizükogo. Iba league ya ita tenet asayatsü imlar aser club 14 prongla home-and-away format nung asayatsü. Annual football calen-

dar agizükogo, saka iba asayamung atema mapanglem ya asayamung achayangba committee-i lemteptsü.

Ajisüaka ISL operating structure dak sendakba nung tatembangbuba telemtetba ka agia mali. Iba ken o ya managing committee dangi benogo, kong club, AIFF aser commercial stakeholder tem densema lir.

Chaubey-i ashiba agi, club temi benokba onüktem AIFF Executive Committee dangi maben tsüngda sensaksemshitsü nungdaker.

Commercial rights aser ISL ketdangtsüba dak sendakba nung tang sensaksema aliba mapang iba jenjang ya agiogo. Taküm küm tetenzüklen London nung amendaker aliba Genius Sports ya league indang commercial rights atema highest bidder liasü.

Ajisüaka ISL club temi iba inyakyim anema nokdak aser iba melena küm ana atema club-i aniba model ka benokdang aser AIFF nem küm nung sen crore 15.4 agütsütsü shidangogo.

AIFF-i taoba mapang iba ken o ya Sports Minister Mansukh Mandaviya den sensak asema sülen asadangtsü mulunga agizükogo.

## Neeraj Chopra Commonwealth Games atema qualify süogo

**Aami/June 20, 2026 (Agencies):** India nunger nungtugu javelin throw asayar Neeraj Chopra, yiruba ajanga ita teku tashi masayai lir Doha Diamond League 2026 nung asayaogo.

Pa Commonwealth Games 2026 atema India track & field squad nung züngoksemer liasü, saka pa Glasgow nung asayatsü aliba iba asayamung atema officially qualify mesüi liasü. Taküm CWG ya July 23 nü nungi tenzüka asayatsü.

Doha nung iba asayamung nung pai imlaba ama masayatet, saka nükjidong kabo ataloka CWG atemabo qualify süetogogo.

Glasgow Commonwealth

Games 2026 nung asayatsü atema Chopra-i nület meter 82.61 atsütsü nungdaka liasü aser pai nület tanabenbuba atsüba mapang meter 82.77 tsütet iba asayamung atema officially qualify süogo. Ajisüaka pa iba asayamung nungbo pezüububa nungang tembanga liasü. Pai nület tajungtiba atsübaji meter 85.69 liasü.

Taoba küm Tokyo nung junga masayatetba sülen pa khen danga metoktepi liasü asünung Neeraj pressure nung liasü. Doha nung pai asaya junga metenzükter aser mezüngbuba nület atsüba ya foul liasü. Iba sülen nület tanabenbuba atsüba

mapang pai meter 82.77 tsüa Commonwealth Games atema qualify asü.

Pa qualify süogo ta jangja akümba sülen pa anisüngzüka aküm. Iba sülen nület tasembuba atsüba mapang pai meter 85.69 atsü, koba pa asoshi score tajungtiba liasü. Pezübenbuba merangdangba mapang pai nület meter 83.45 atsü.

Sri Lanka nunger asayar Ramesh Pathirage, shibai anogo ishika tejakdang Neera Chopra indang personal best record ajateta liasü, pai nület meter 88.68 tsüteta iba asayamung koka liasü.

## BILEMDANGANG

"Nenoki tamasa pa yimli aser temeshiba bushiang."