

**Date – 21/06/2026**

**Time - 18:30 -18:40Hrs**

**AKASHVANI AIZAWL**  
**REGIONAL NEWS BULLETIN**  
**HEADLINES ( EVENING )**

1. International Day of Yoga chu tukin khan khawvel hmun dangte rualin Mizoramah pawh Larsap General Vijay Kumar Singh-a hovin hman a ni.
2. Mamit district chhungah tun fur chhunga rialin an chenna in a denchhiat sak chhungkaw 234 hnenah zangnadawmna pek an ni tawh.
3. Vawiin chawhnu khan medical college-a lut tur thlanna NEET exam buatsaih leh a ni.
4. Mizo nula pahnih Lalremsiami Hmar leh Lalthantluangi te telna India hmeichhe hockey team chu FIH Hockey Women's Nations Cup champion an ni.



**INTERNATIONAL DAY OF YOGA**

International Day of Yoga chu tukin khan khawvel hmun dangte rualin Mizoramah pawh Larsap General Vijay Kumar Singh-a hovin hman a ni.

Zokhawsanga 34 Assam Rifles Helipad-a hun hmanah Larsap General Vijay Kumar Singh chuan, yoga chu thlan tih tlak na'na ruahman a nih loh thu leh taksa leh rilru lamte inrem taka siamtu a nih zawk thu a sawi a. Hun tam ai-in tihdan phung dik a mamawh zawk tih sawiin, taksa tih chet vak vak lam a kawh lova, boruak hip luh leh thawk chhuah mil zela chet lak a pawimawh a ti a, tih dan hrang hrangte hi natna bik tidam thei tura duan a ni, a ti bawh.

Tukina hun hmanah hian Health Minister Pi Lalrinpuii pawhin, Yoga chuan nitin khawsak, buai leh hah tak karah mihringte muanna leh rilru fim a pek thu sawi a. Taksa leh rilru sawizawina awlsam leh mitin tana tih theih ani ati bawh. Chief Secretary Pu Khilli Ram Meena chuan Mizoram sawrkarin mipuite hrisel nan AYUSH kaltlangin hma a lak zel dawn thu sawiin, pipu atanga thiamna chhawm zel

leh tunlai thiamna thar ber berte tangkawp kaltlangin mipui hriselna tihhmasawn zel tum ani ati bawk.

International Day of Yoga pual hian Mizoram hmun hrang hrang - District Hospital, Health & Wellness Centre, Zirna in leh pawl hrang hrang ten an remchan dan angin hun an hmang bawk a. Kumin hian thupui atan "Yoga for Healthy Ageing" tih hman a ni a, hei hian a tum ber chu rilru leh taksa hrisel tak nen upat hun hmang thei tura yoga chhawr tangkai a ni.

Zokhawsanga hun hmanna ah hian Assam Rifles, Mizo Air Sqn. NCC leh Sawrkar official pawimawhte tiamin mi 300 vel an tel a ni.

International Day of Yoga hi Mizoram University-ah pawh Vice Chancellor Prof. Dibakar Chandra Deka hova hman a ni a. He huna telte hian a huhovin Yoga hmanga insawizawina hun an hmang a. Meteorological Centre (MC), Aizawl-ah pawh Meteorological Centre Aizawl a Director Pu Sudheer Kumar Dwivedi hovin hun hman a ni bawk.

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#### GRADUATION DAY

College of Veterinary Sciences & Animal Husbandry, Central Agricultural University (Imphal), Selesih chuan nimin khan Graduation Day an hmang.

Khuallian CKV-a Vice Chancellor Chhattisgarh hlui Prof. Umesh Kumar Mishra chuan, veterinary profession chu ram leh khawtlang tana rawngbawlina pawimawh tak a nih thu a sawi a. Veterinary thiamna hi ran enkawlina mai ni lovin, mipuite ei leh bar himna, thingtlangmite eizawna, bawng hnute thar chhuah, ar vulh, ran vulh tihhmasawna leh ram hmasawna nen a inzawm tlat a ni tih thu a sawi. Zirlaite chu thiamna leh rinawmna hmangin India ram tana veterinary service hmasawna kawngah mi tangkai tak ni turin a fuih a. Zirna a tawp lo va, hna thawka an thiamna a hman hunah pawh zir zelna, inpekna leh mihringpuite tana rawngbawlina rilru pu turin a chah bawk.

B.V.Sc. & A.H. zir zo te puala College Auditorium-a hun hmanah hian pass chhuak tharni 62, hmeichhia 33 leh mipa 29 te an ni. Zirlai nu leh pa te pawh he Graduation Day hmang tur hian India ram hmun hrang hrang atang an lo kal khawm a ni.

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#### MAMIT DISASTER

Mamit district chhungah tun fur chhungin, a bikin Rial tla vangin khuarel chhياتna a thleng nasa hle a, Mamit bawrsap pisa-a DM&R Cell chhinchhiah danin rial denchhiat nasat avangin chhungkaw 234 hnenah zangnadawmna an pe tawh ani.

Mamit bawrsap pisa-a DM&R cell, District Emergency Operation Centre chhinchhiah danin kumin fur chhungin Mamit district chhung khaw 9-ah rial tla-in chenna in a ti chhe nasa hle a. chenna In a tihchhiat nasat zual, tanpuina pek chin pawh chhungkaw 234 an tling a, heng bakah hian rialin inchung a den pawp chhe nasa loh, zangnadawmna pek loh chhungkaw tam tak an awm bawk a ni. Mamit bawrsap pisa a DM&R cell, District Emergency Operation Centre chhinchhiah

danin kumin fur chungin Mamit district chungah khuarel chhiatna thleng avang hian zangnadawmna cheng nuai 20 chuang leh silpaulin bundle 25 chuang an sem chhuak tawh bawk a ni.

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#### SUMMER SOLSTICE

Vawiin June ni 21 hi kum khat chungah khawvel hmar lama ni rei ni ber a ni a, Mizote chuan 'Lalmanga Nu lawm rawih ni' tiin an sawi thin a ni.

India Meteorological Department, Aizawl chhinchhiah danin tukin dar 4 leh minute 33 khan ni a chhuak a, tlai dar 6 leh minute 9-ah ni a tla leh chiah a, zan dar 10:46-ah thla a chhuak leh thung ang. Ni rei ni ber a nih rual hian zan rei loh ber ni a ni thung a. Khawvel chhim lam (Southern Hemisphere) te tan chuan June thla hi an tan Winter Solstice (Zan rei ber leh ni tawi ber) a ni thung a. Anni chuan December thlah Summer Solstice (Ni rei ber) an hmang ve thung thin a ni.

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#### AIR NEWS ON SOCIAL MEDIA

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](http://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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#### NEET RE-EXAMINATION

Zawhna putru awm avanga May ni 3-a National Eligibility cum Entrance Test (NEET) Under Graduate exam cancel anih hnuah vawiin chawhnu khan India ramchhunga khawpui 551-a center sang 5 chuangah leh ram pawna khawpui 14-ah exam buatsaih that leh a ni a, medical college-a luh tum candidate nuai 22 sing 7 leh sang 9 chuang an awm a ni.

Exam hi dik leh thianghlim taka neih anih theih nan uluk takin ruahmanna kalpui a ni a, observer, coordinator, police leh administrator nuai 2 chuang an duty bakah exam center tinah venhimna thuah engemawzat ruahman a ni bawk a, exam buatsaihtu National Testing Agency (NTA) chuan social media platform hrang hrangte uluk takin a vil reng bawk a ni. Exam hi chawhnu dar 2 atangin tlai dar 5 leh minute 15 thleng neih a ni a, English leh India ram tawng hrang hrang chi 12-in buatsaih a ni a.

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#### NEET EXAMINATION

Ram chung hmun dangte rualin vawiin khan Mizoramah pawh NEET (UGC) Examination hi venhimna khauh tak hnuayah buatsaih a ni a, zirlaite chu Exam Hall-

ah an luh hmain a mal te te-in uluk taka endik vek an ni a, mipa leh hmeichhia a hrang a endik an ni. Exam tan hun chu chawhnu dar 2 ni mah se, endik hun chhung a rei avangin chhun dar 1:20 bawrah chuan zirlai thenkhat chu Exam-na hmun turah an luh a ngai tawh a ni. Mizoramah hian Exam Center pasarih - Institute of Advance Studies & Education (IASE), Mizoram Institute of Comprehensive Education, Govt Mizo High School, Govt Mizo Higher Secondary School, PM Shri Kendriya Vidyalaya, Thuampui, Chaltlang Higher Secondary School leh Govt Zemabawk Higher Secondary School-ah te zirlaite'n exam hi an bei a ni.



### TRADITIONAL SKILLS

MHIP General Headquarters bul tumin tunlai hian Mizo hnam thil inzirtirna chu Mizoram hmun hrang hranga zirna inah kalpui mek a ni.

Kar kalta chhung khan Aizawla Tlangnuam Branch MHIP chuan an huam chhunga zirna in Primary School 1, VZB Memorial Middle School leh St Paul's Higher Secondary School-ah te puanbih leh buhthlei zirtirna hun an hmang a ni. MHIP General Headquarters General Secretary Prof. Irene Lalruatkimi chuan, puanbih chu Mizo hmeichhia te tena incheina duhawm leh zahawm ber a ni a ti a, buh ei hnam kan nih avangin thangtharte chuan buh thap leh thlei thiam a pawimawh a ti a, branch hrang hrang te chu an huam chhunga zirna in tam thei ang berah Mizo hnam zia zirtir turin a ngen bawk.



### HOCKEY

Mizo nula pahnih Lalremsiami Hmar leh Lalthantluangi te telna India hmeichhe hockey team chu FIH Hockey Women's Nations Cup champion an ni.

Sports Minister Pu Lalnghinglova Hmar chuan social media-ah lawmpuina thu sawiin, FIH Hockey Women's Nations Cup 2026 final-ah India in New Zealand hneha an champion chu lawmawm a tiin a chhuang takzet tih a sawi a. A bikin India team-a Mizo nula pahnih - Lalremsiami leh Lalthantluangi te thinlung taka a chhuan thu a sawi. Sports Minister chuan Hockey chu Mizote khelchhi tak a ni tih sawiin, Mizote'n theihna pawh an nei tha hle a ti a. India chu khawvela team tha pawl a nih bawk avangin, Olympic Games 2036 thlir chung a hmalakna 'Empowering Mizoram Sports' ah pawh ngaih pawimawh zingah a tel a ni a ti bawk.

Final hi waviin khan khelchhi a ni a, India hian thlengtu ram, New Zealand chu goal hnih goal khatin an hneh a, he inkhelah hian Mizo nula Lalremsiami Hmar chu khelchhi tha ber 'Player of the Match' atan thlan a ni a, ani hian semifinal-a Japan an hneh tum pawhin chakna goal a lo khung tawh a ni.

