



**GOVT. HRANGBANA COLLEGE
AIZAWL – MIZORAM 796007**



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GOVT. HRANGBANA COLLEGE

3.3.2 - Chapter/Books/Papers published

2018-2019

(Dr.H.LALZIDINGA)
Principal
Govt. Hrangbana College
Aizawl, Mizoram



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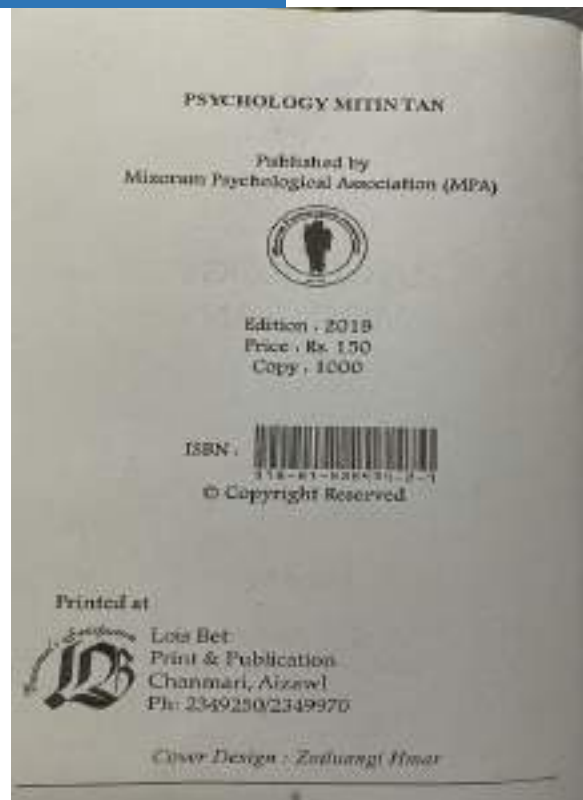
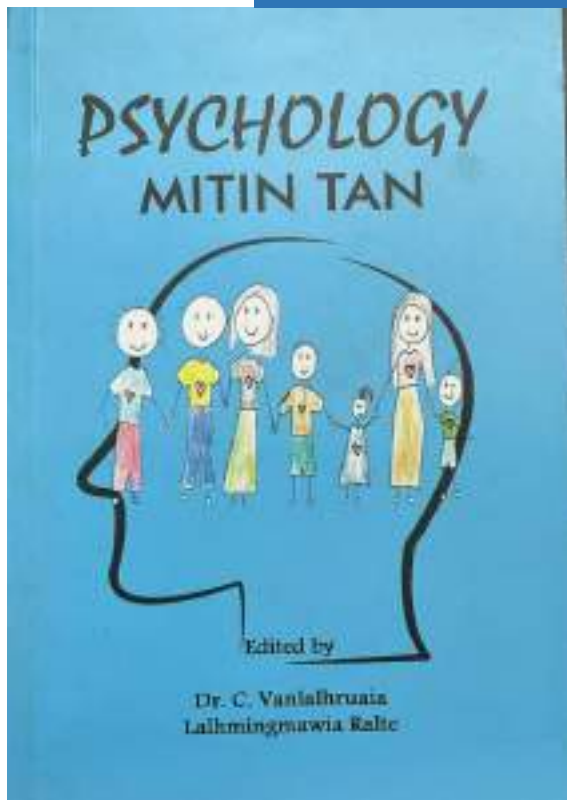
Name of the teacher	Title of the book/chapters published	Title of the paper
Dr. Juliet Lalremmawii Ralte	Psychology Mitin Tan,	Fanau Enkawl kawnga fimkhur Tulna
Saihlupeii	Psychology Mitin Tan,	Vanglai Hun
Dr. Zothanzami	Psychology Mitin Tan,	Hmeichhe Thi Hul (Menopause)

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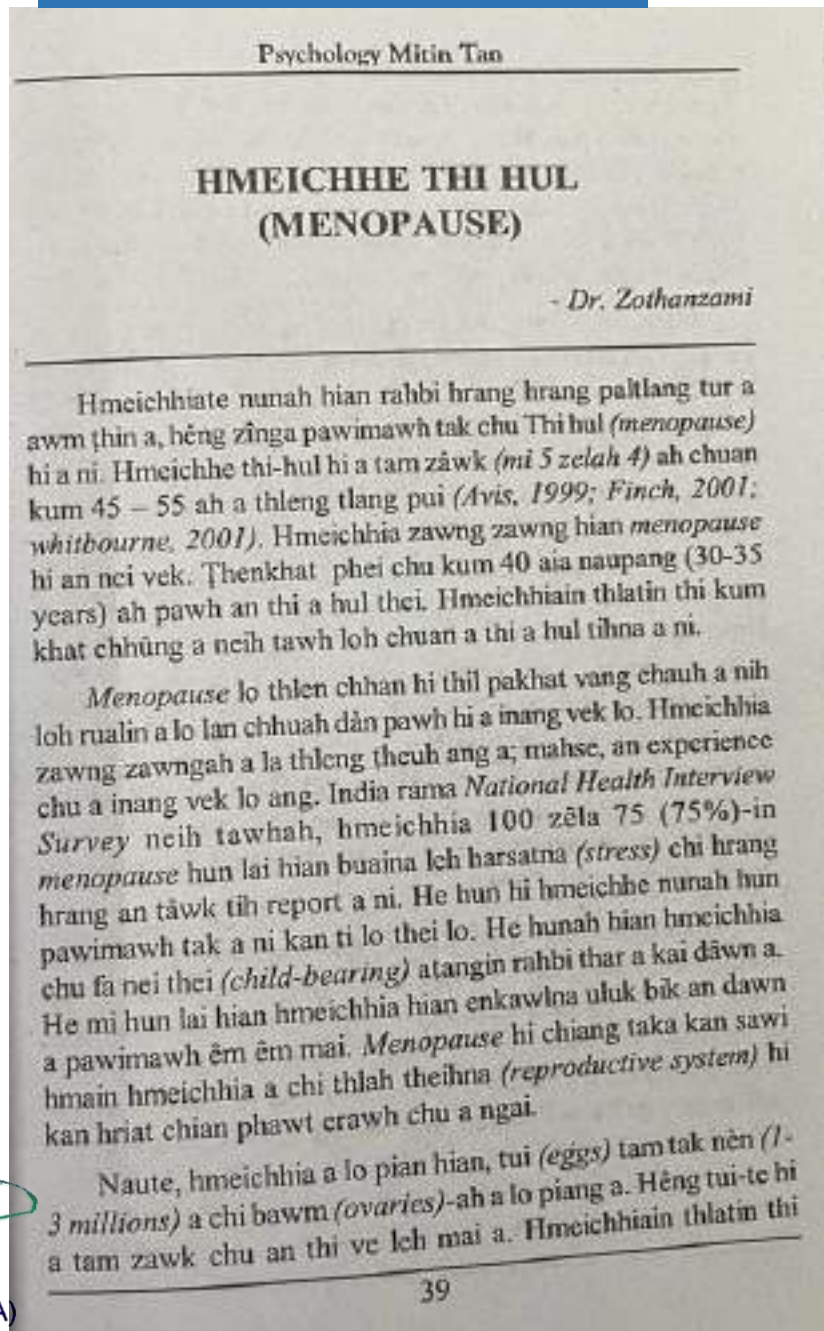
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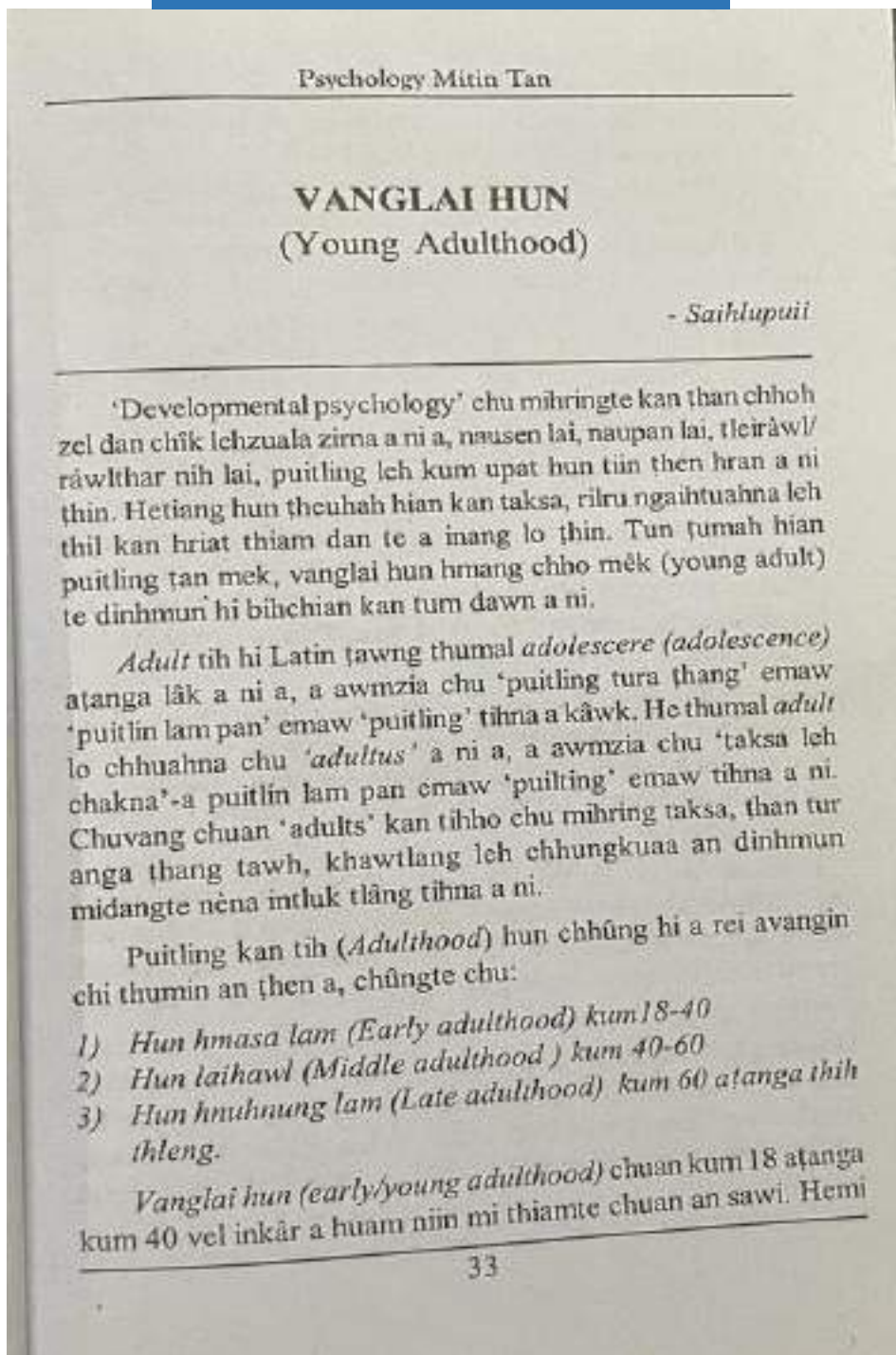
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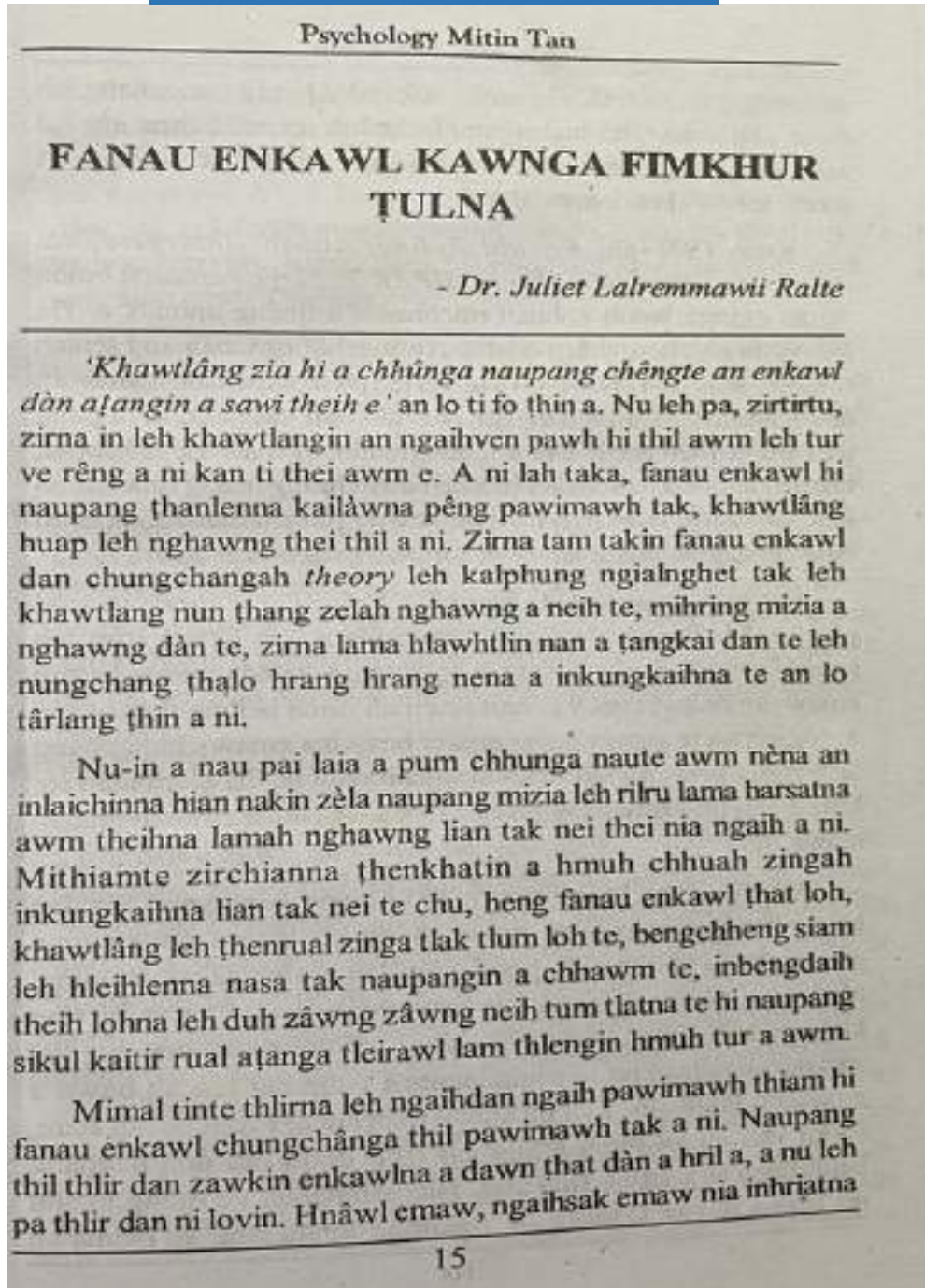
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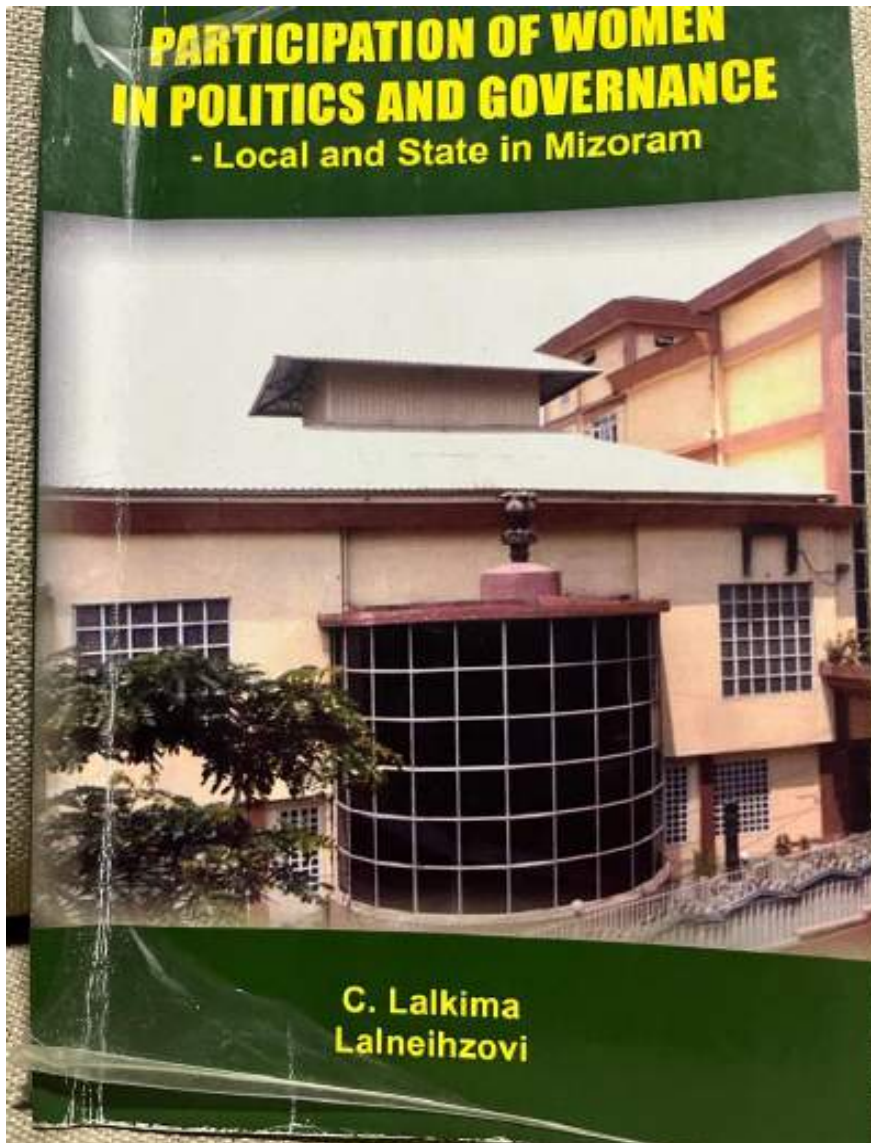
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Name of the teacher	Title of the book/chapters published	Title of the paper
Malsawmi Pachuau	Participation of Women in Politics and Governance- Local and State	Barriers of Mizo Women in Political Participation
B. Lalfakawmi	Participation of Women in Politics and Governance- Local and State	Performance of Women Legislators in Mizoram

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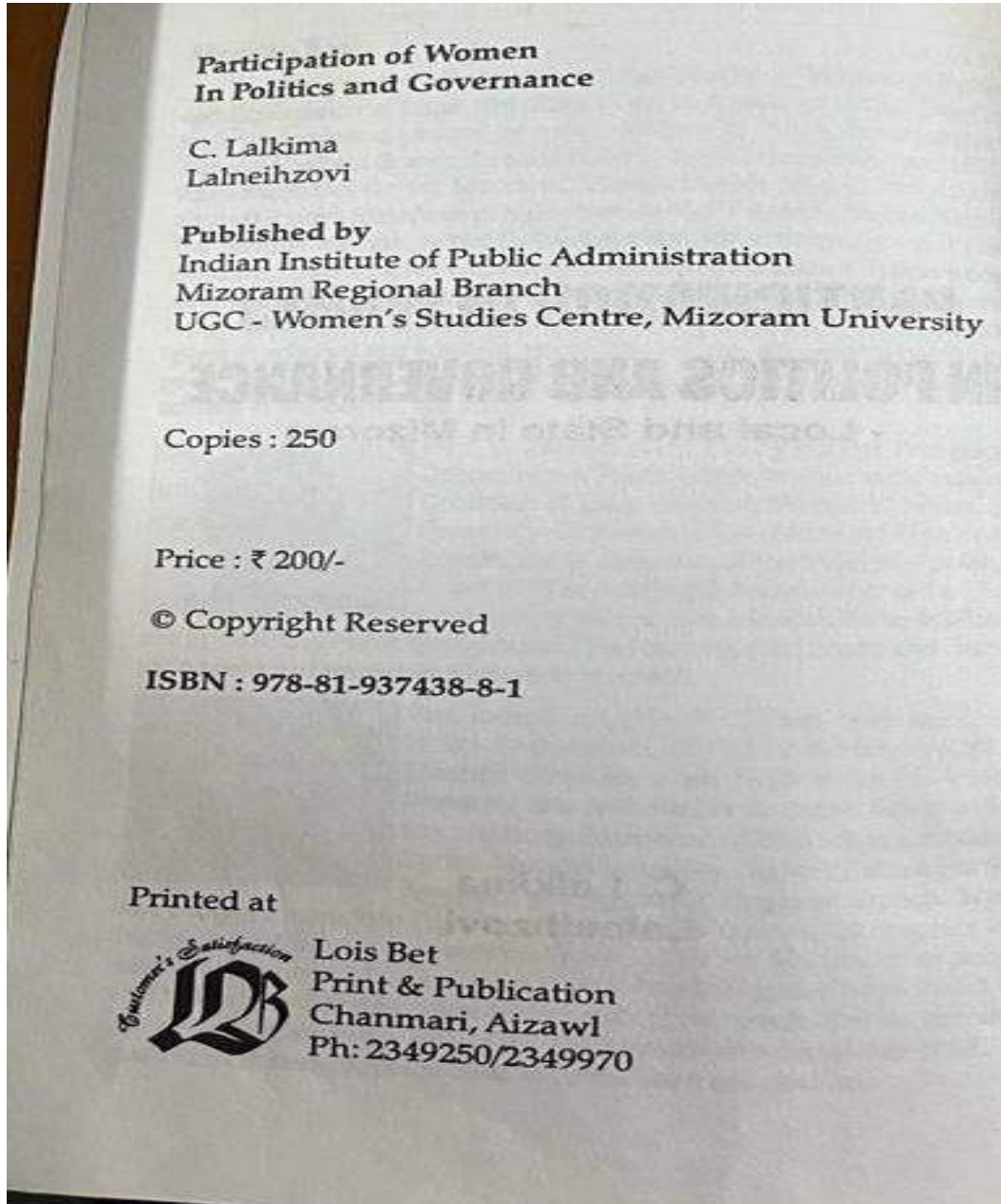
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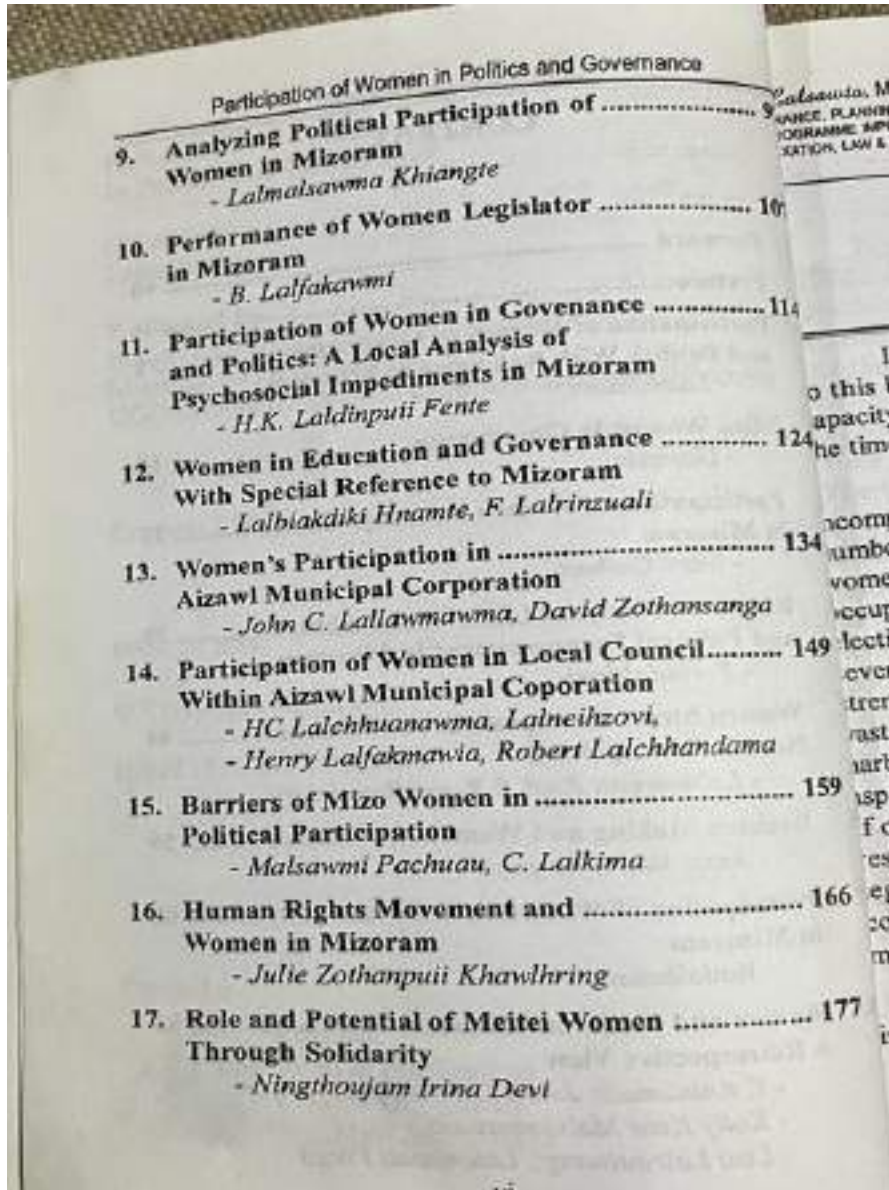
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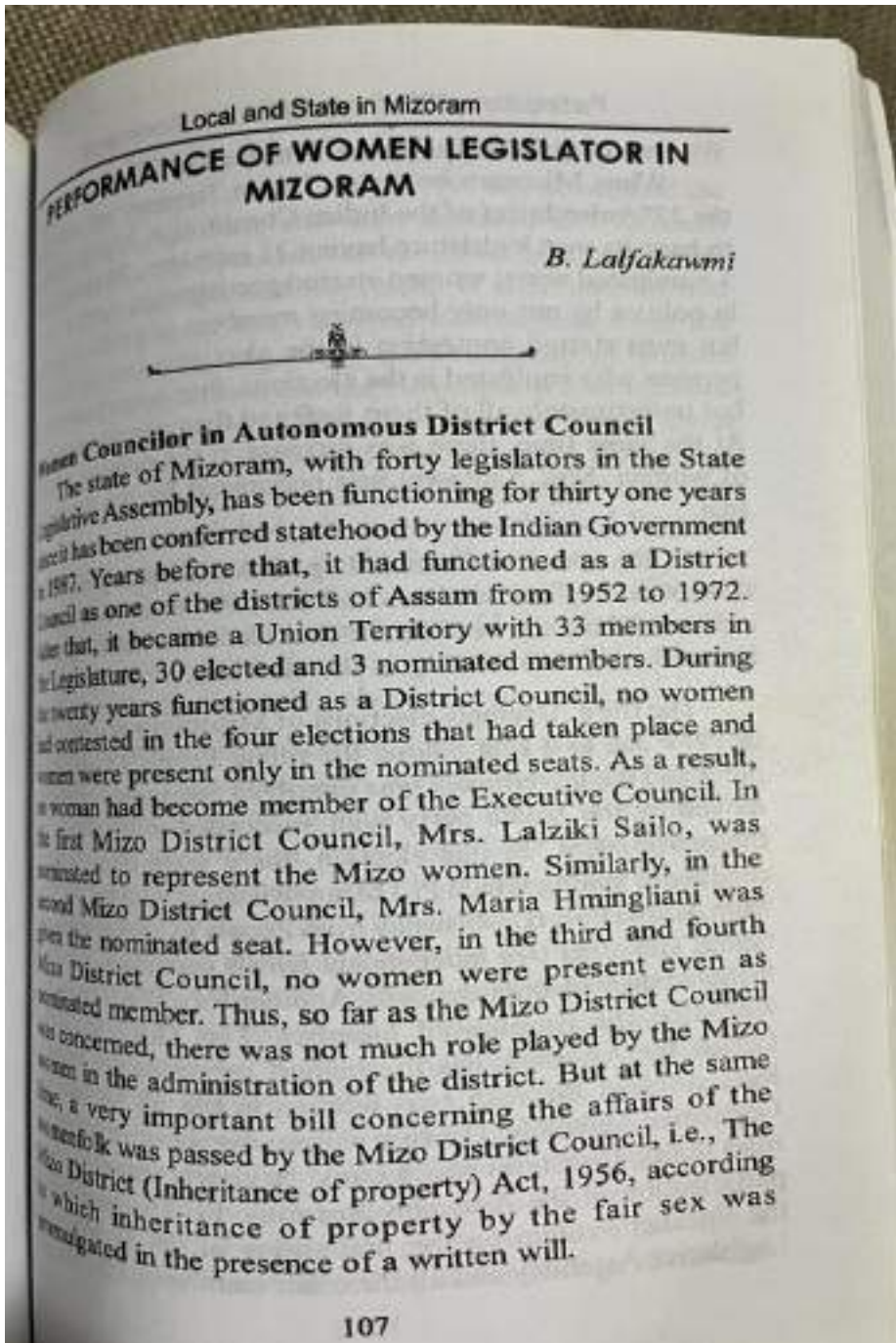
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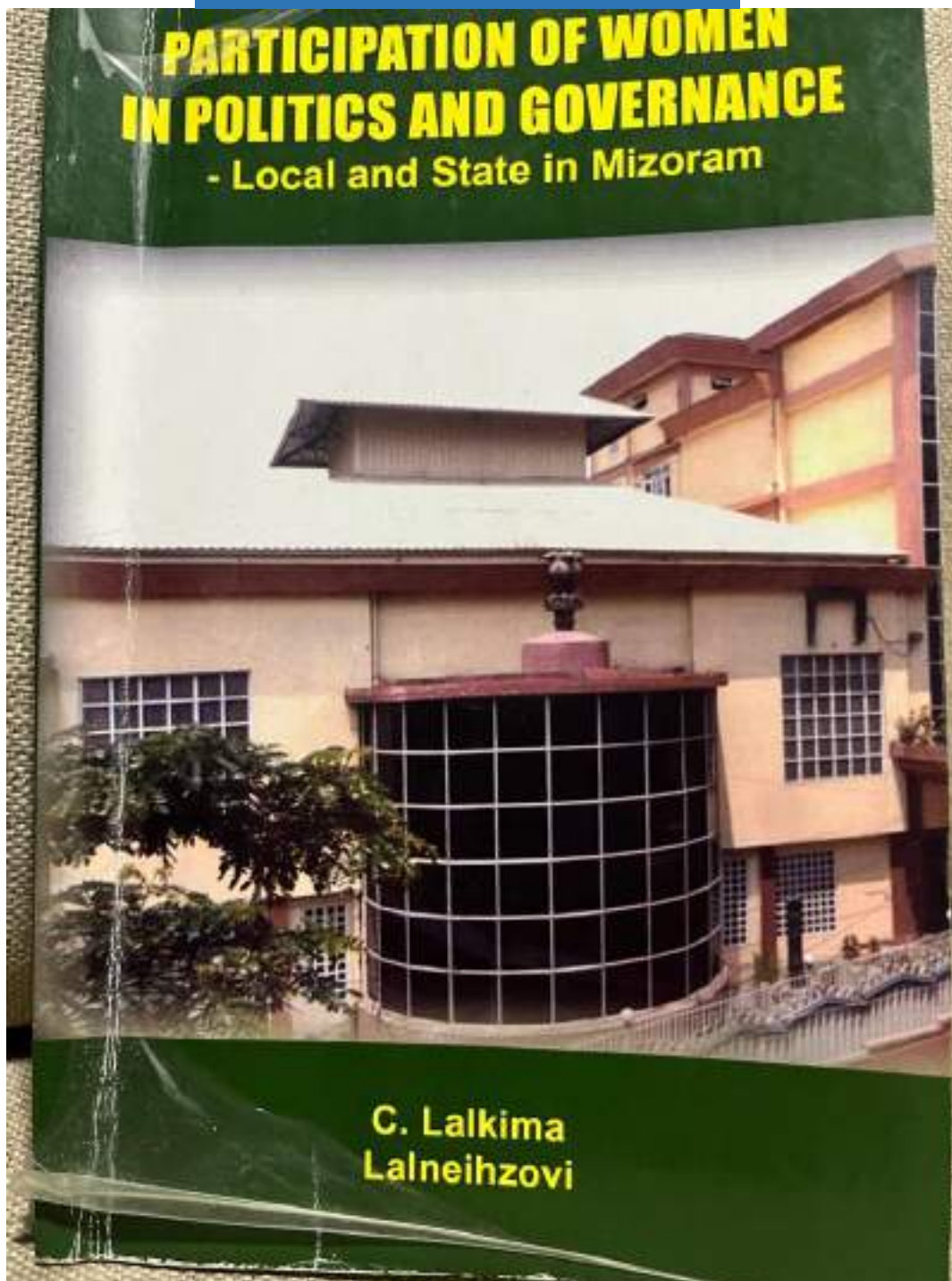
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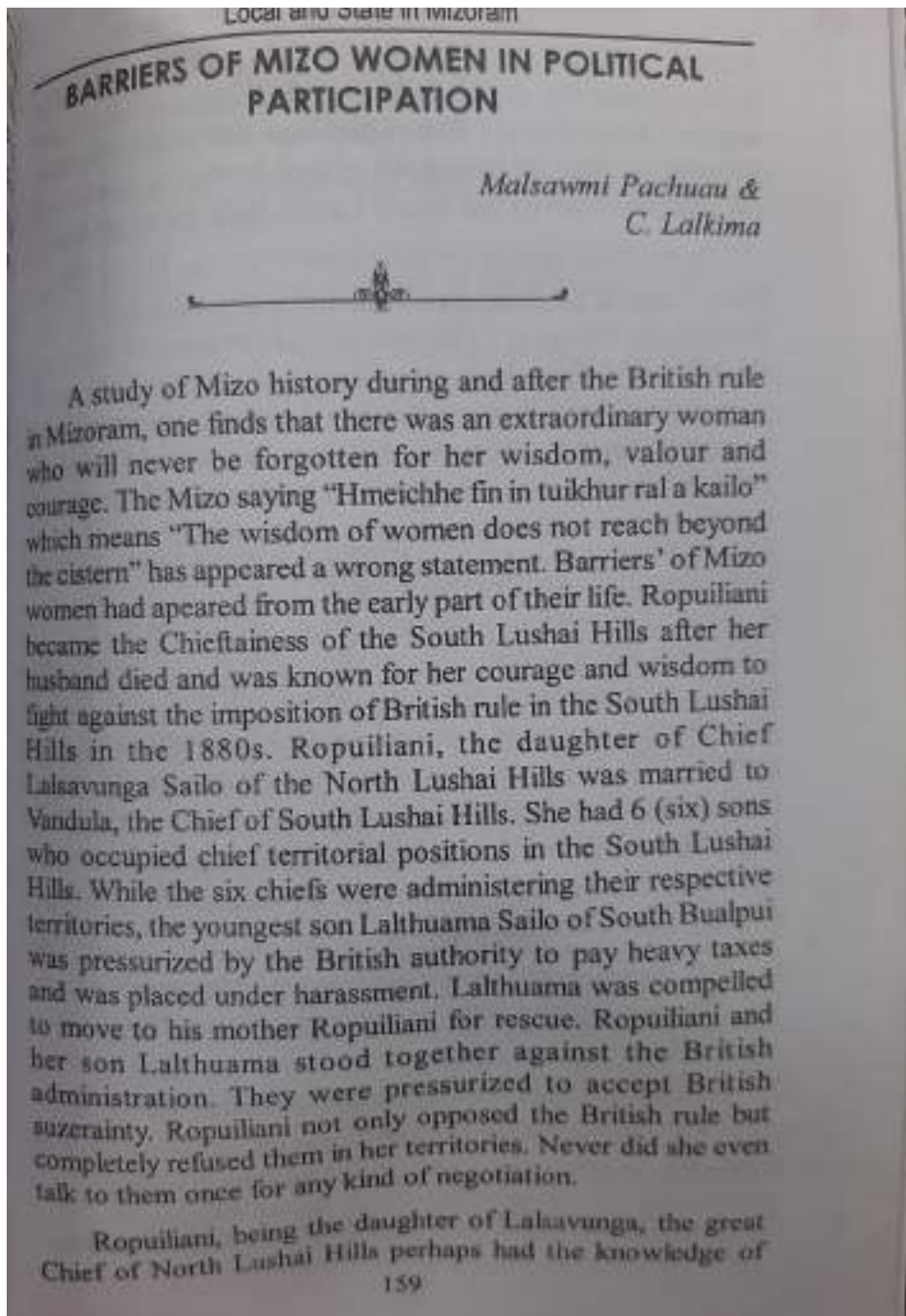
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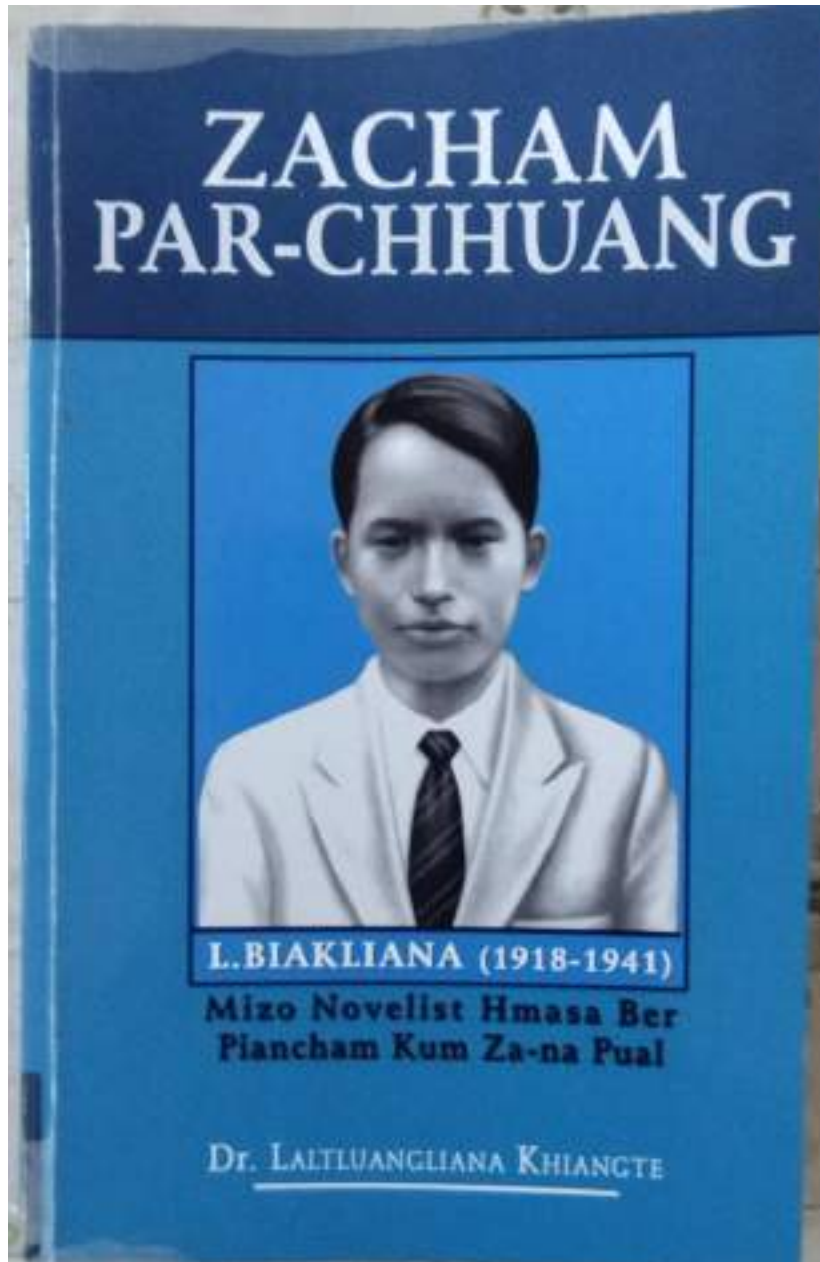
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Name of the teacher	Title of the book/chapters published	Title of the paper
Darchuailova Renthlei	ZACHAM PAR-CHHUANG	L. Biakliana Tawngkauchheh
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Laltlanmawia	Hmangaih Laltanpuia Tochhawng	Author Book
Laltlanmawia	Ka Van Ruahtui	Author Book
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Laltlanmawia	ZACHAM PAR-CHHUANG	Biakliana Hlaa Pathian Hnathawh
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Laltlanmawia	TLAIZAWNG (A Study of Selected Mizo Poetry)	'Damlai Pialràl' Hlaa Mihring Nun leh Thilsiam Dangte Khaikhinna
Laltlanmawia	KAWLAWM KAMLIAM	Pu Siana Khawvel
Laltlanmawia	KAWLAWM KAMLIAM	Pu Lal Rinawma Chanchin
V. Lalberkhawpuimawia	TLAIZAWNG (A Study of Selected Mizo Poetry)	RL Thanmawia Damlai Pialral
V. Lalberkhawpuimawia	ZACHAM PAR-CHHUANG	Lali Thawnthua Khawtlang Nun Hlimthla

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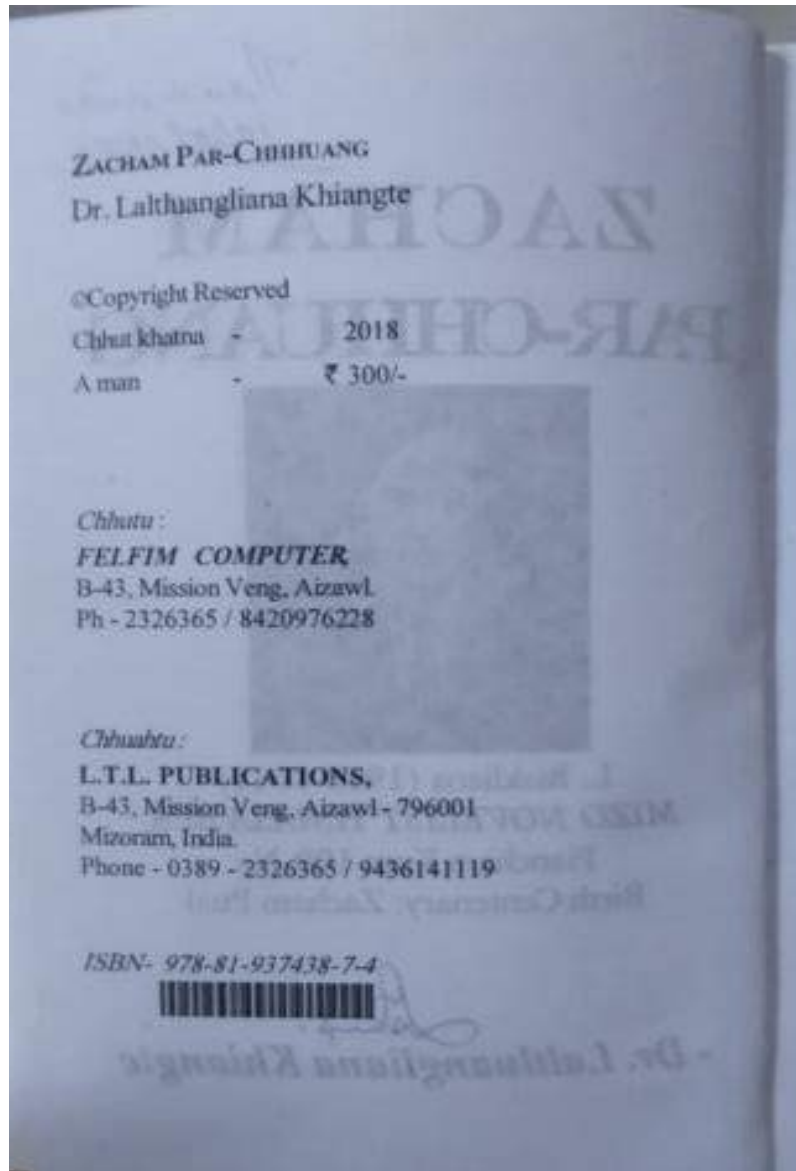
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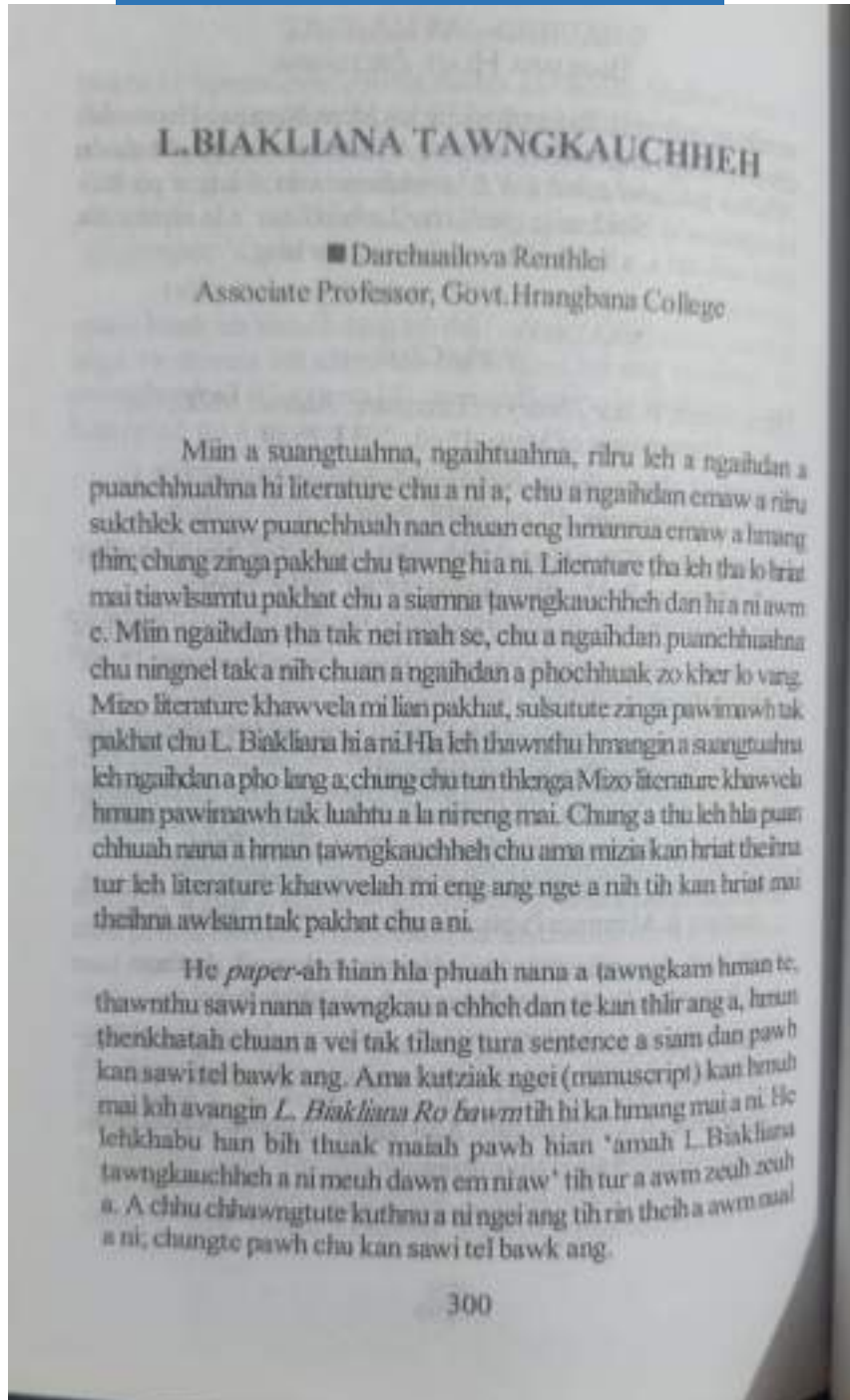
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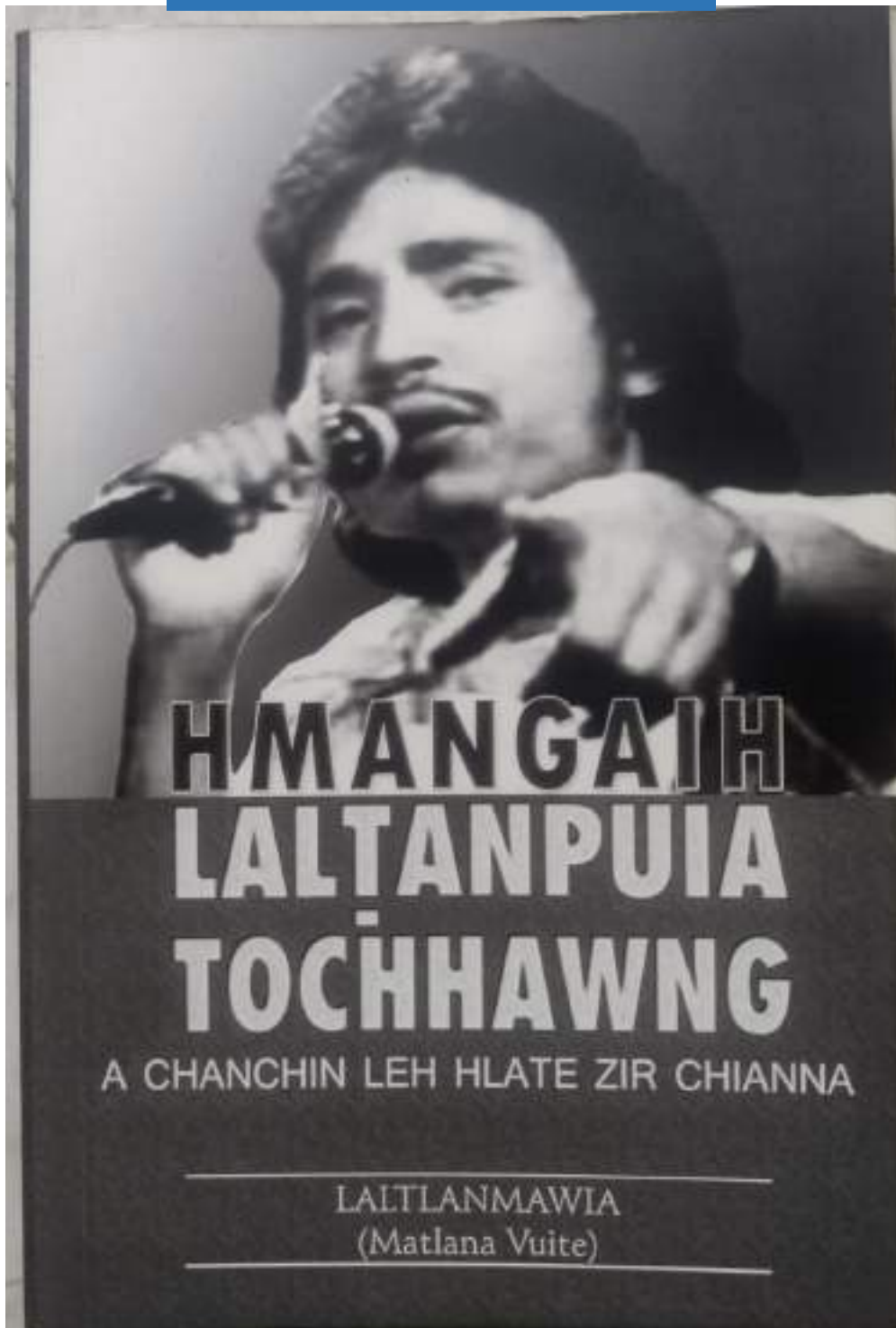
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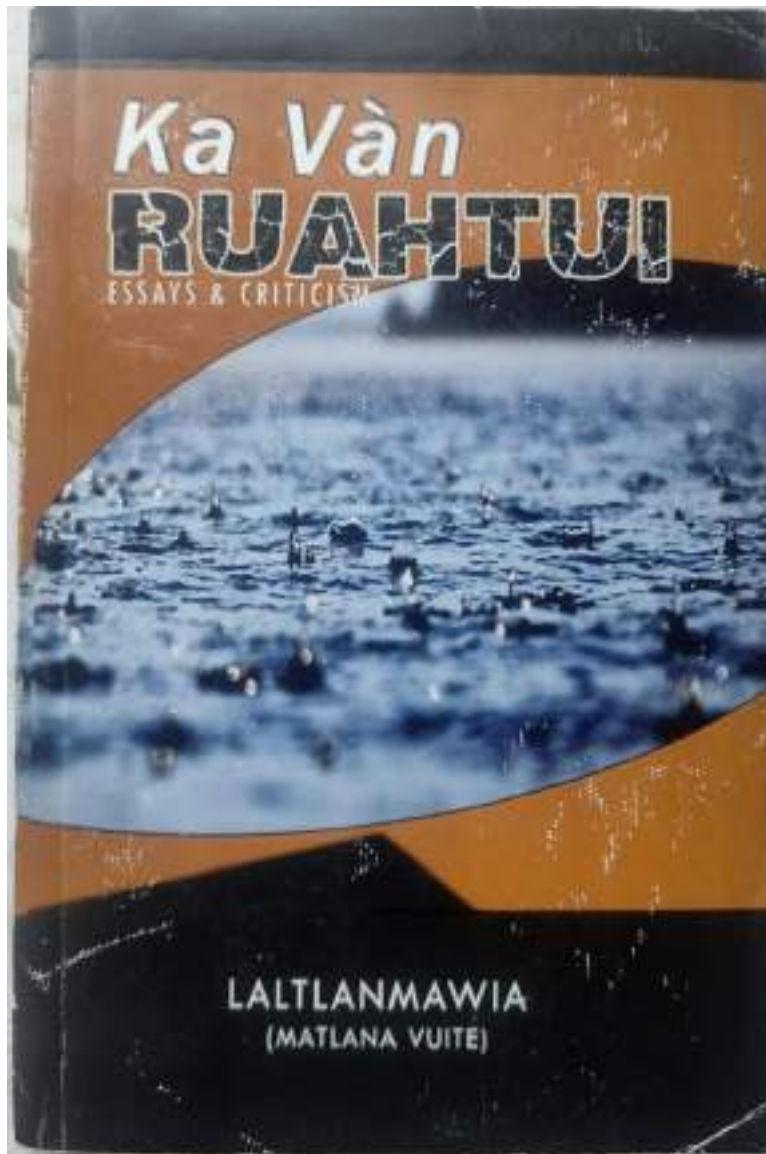
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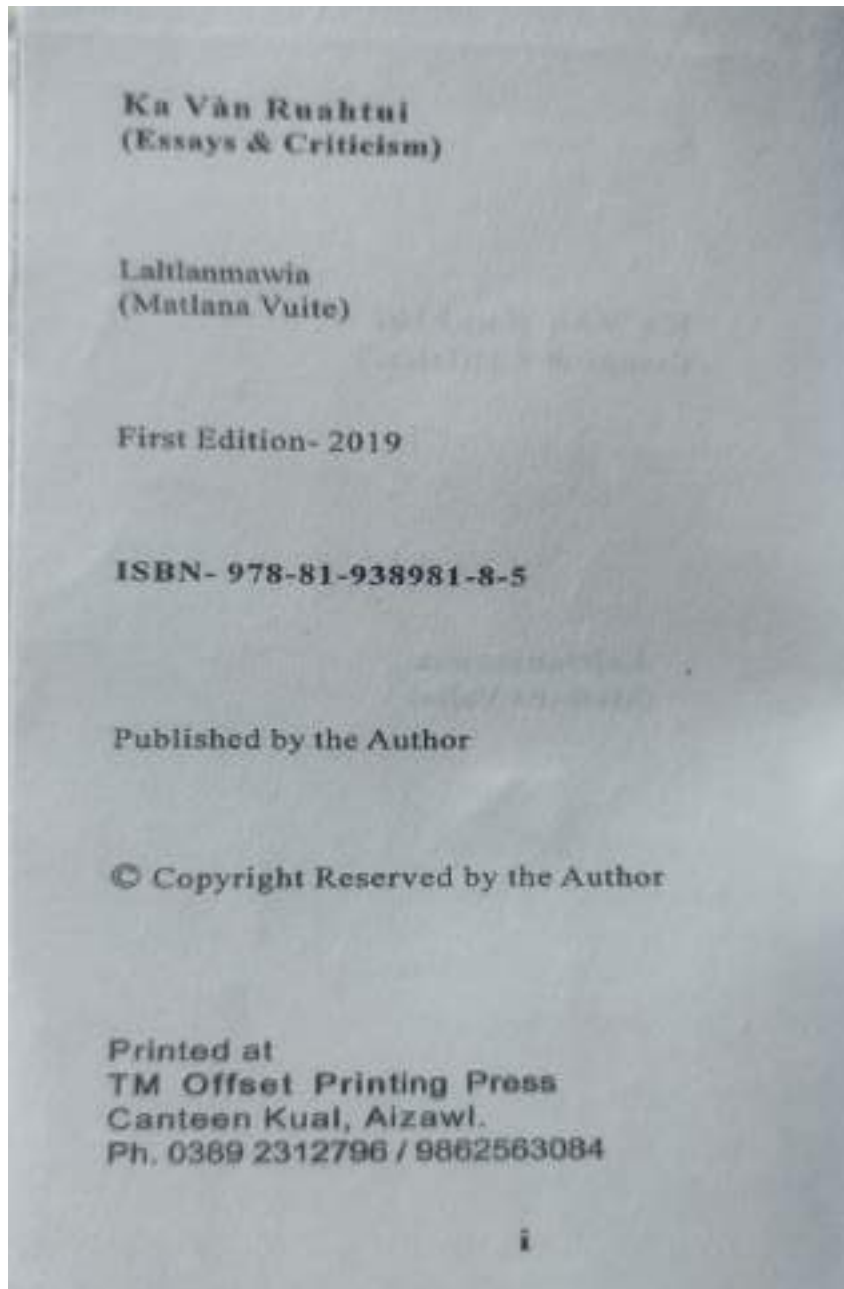
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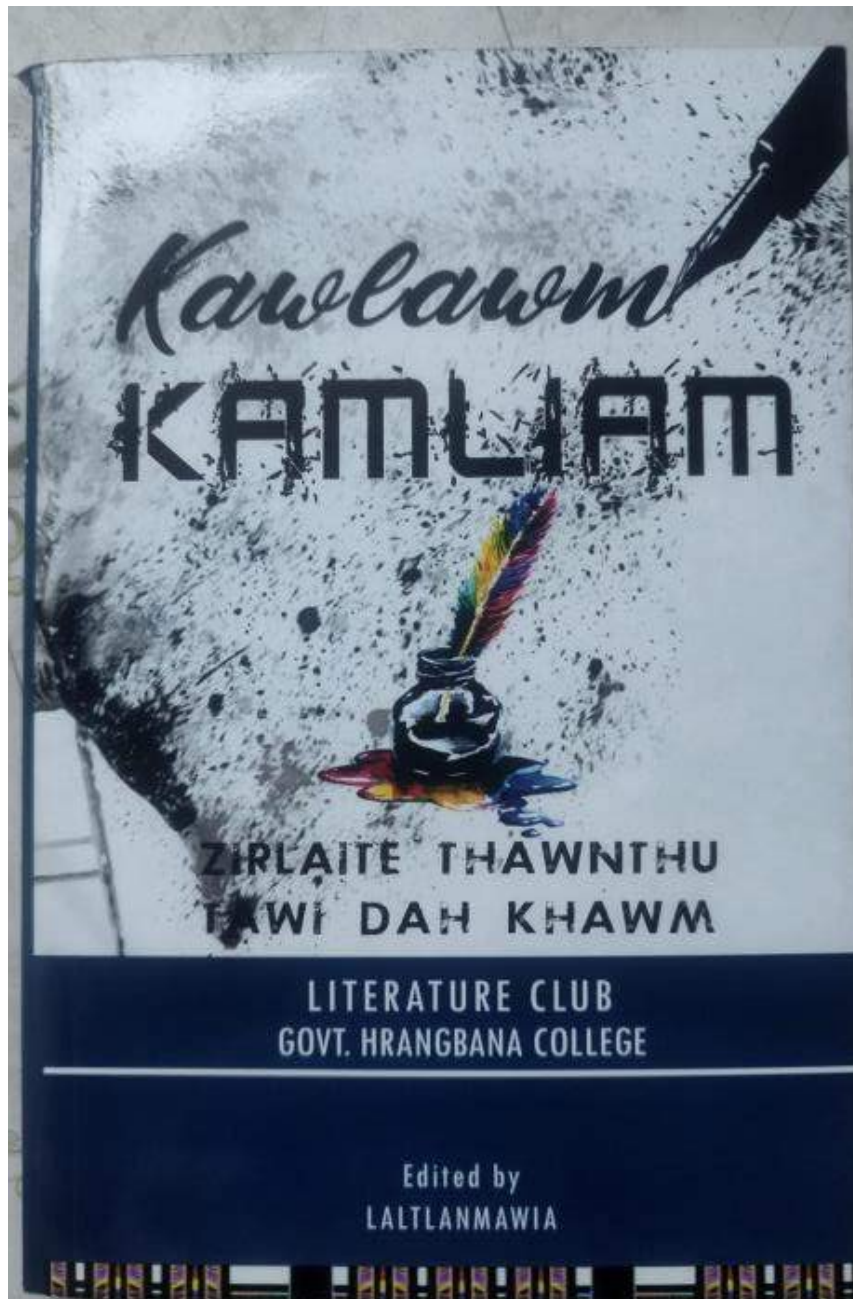
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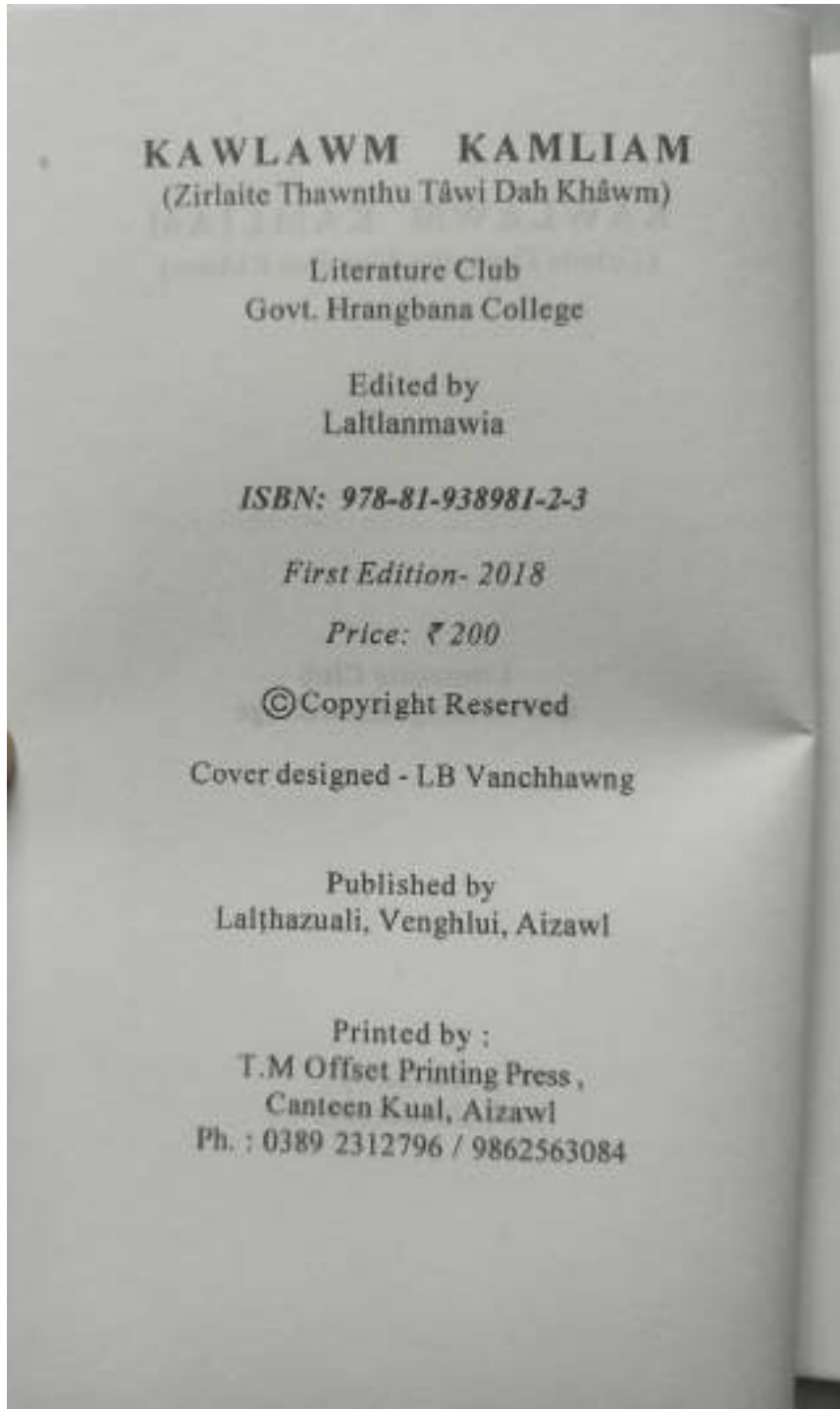
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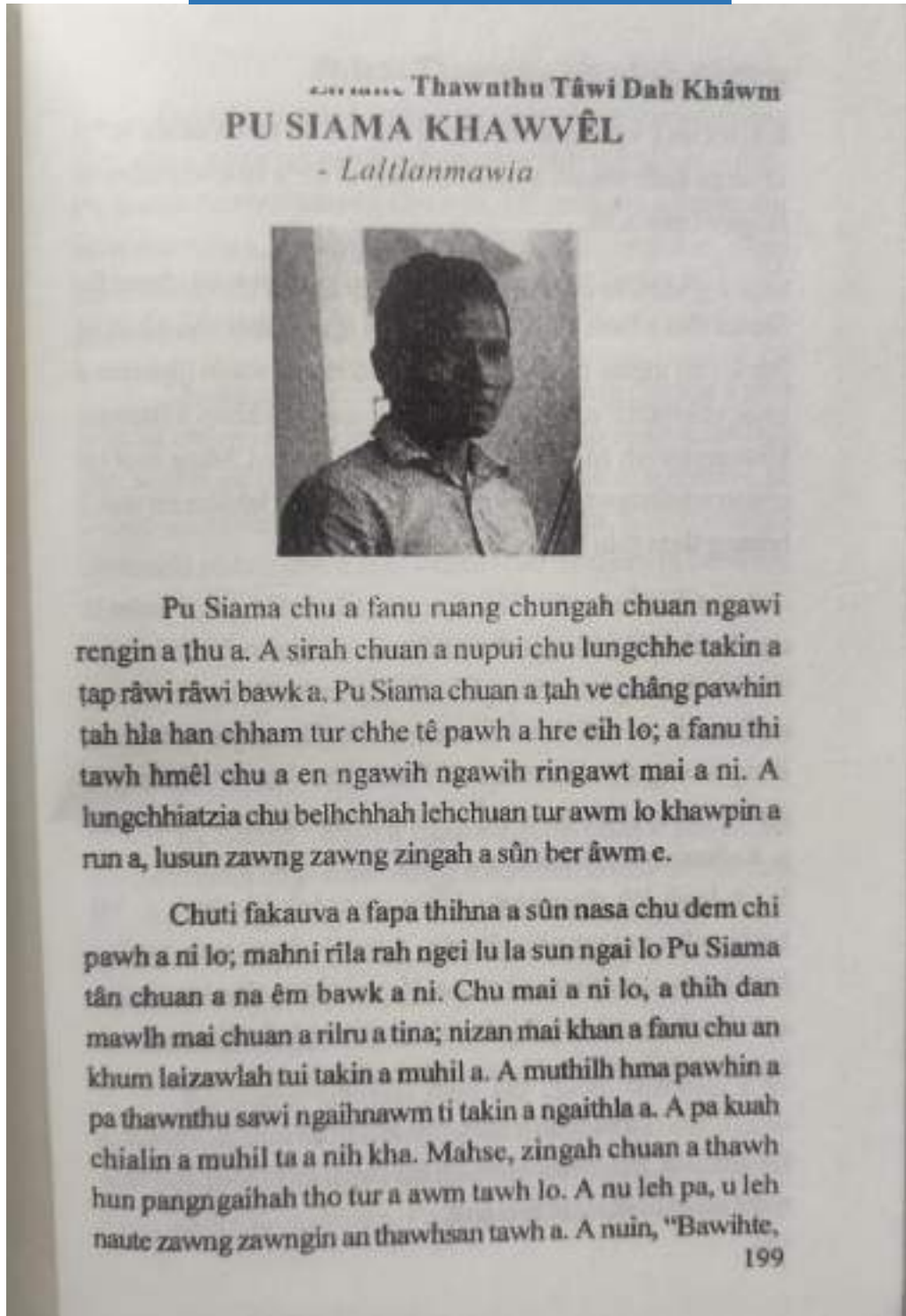
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Pu Lal Rinawma Chanchin
- *Laltlanmawia*

A chanchin ngaihnaawm leh bengvârthlák tak tak sawi tur a tam a; mahse, tunah hi chuan kan sawi séng rih lovah ngái ila. Tāwi si, kim sia sawi kan tum dawn a ni.

A Pian leh Sei Lenna:

Pu Lal Rinawma hi Kum 1952, June ni 15-ah Lungtan khuasah a lo piang a. A nu Pi Láithangi niin a pa Pu Chalthanga a ni. Pianpui unau paruk lái a nei a, an upat dan indawtin an hming han tár lang diat diat ila.

- 1) Sáimani w/o Hrankima (L), Lungtan
- 2) B.C. Dèngkhûma h/o Khuangkhûmi, Bethlehem, Aizawl.
- 3) Bualziki w/o Sangdailova (L), Venghlui, Aizawl.
- 4) Zaneihthangi, Venghlui, Aizawl.
- 5) Lalséli w/o Thangchungnunga, Venghlui, Aizawl.
- 6) T. Zarema h/o Lalramthangi, Champhai.

A naupan lai hun zawng zawng hi an khua Lungtanah a hmang a, a tleirawl hnu erawh chuan zirna avangin an khaw thenawm lawk Khawháiah hun eng emaw chen a awm a. A puitlin hnu, sawrkar hna a thawh hnu thlengin Khawhai hi a inti khua hle nghe nghe.

Zirna Lam:

An khua Lungtanah zirna bul a tan a. Lungtan Synod LP Sikul atangin pawl thum a zo va, First Division-ah a passed nghe nghe. Middle Sikul hi an khuasah kalin High



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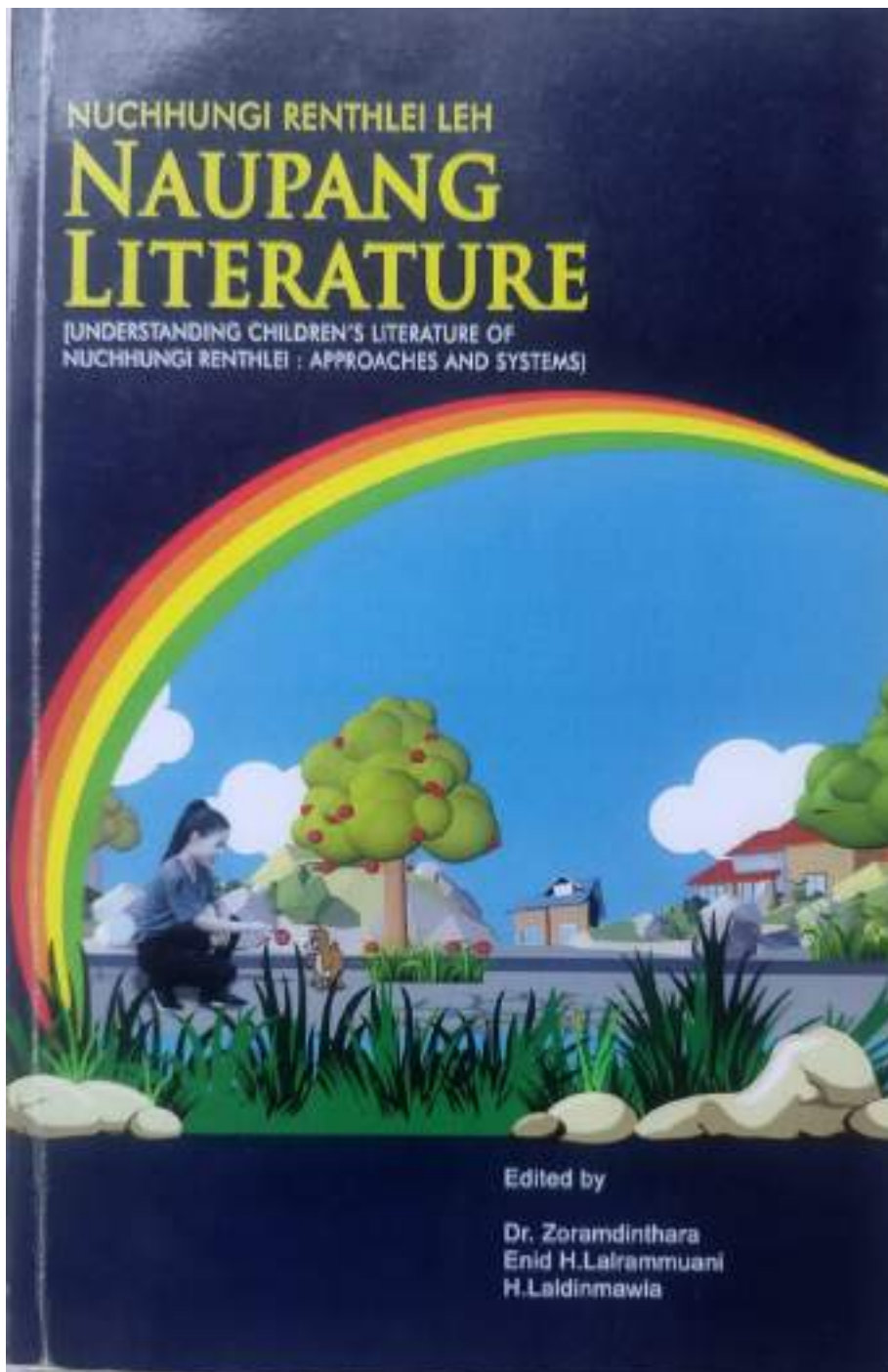
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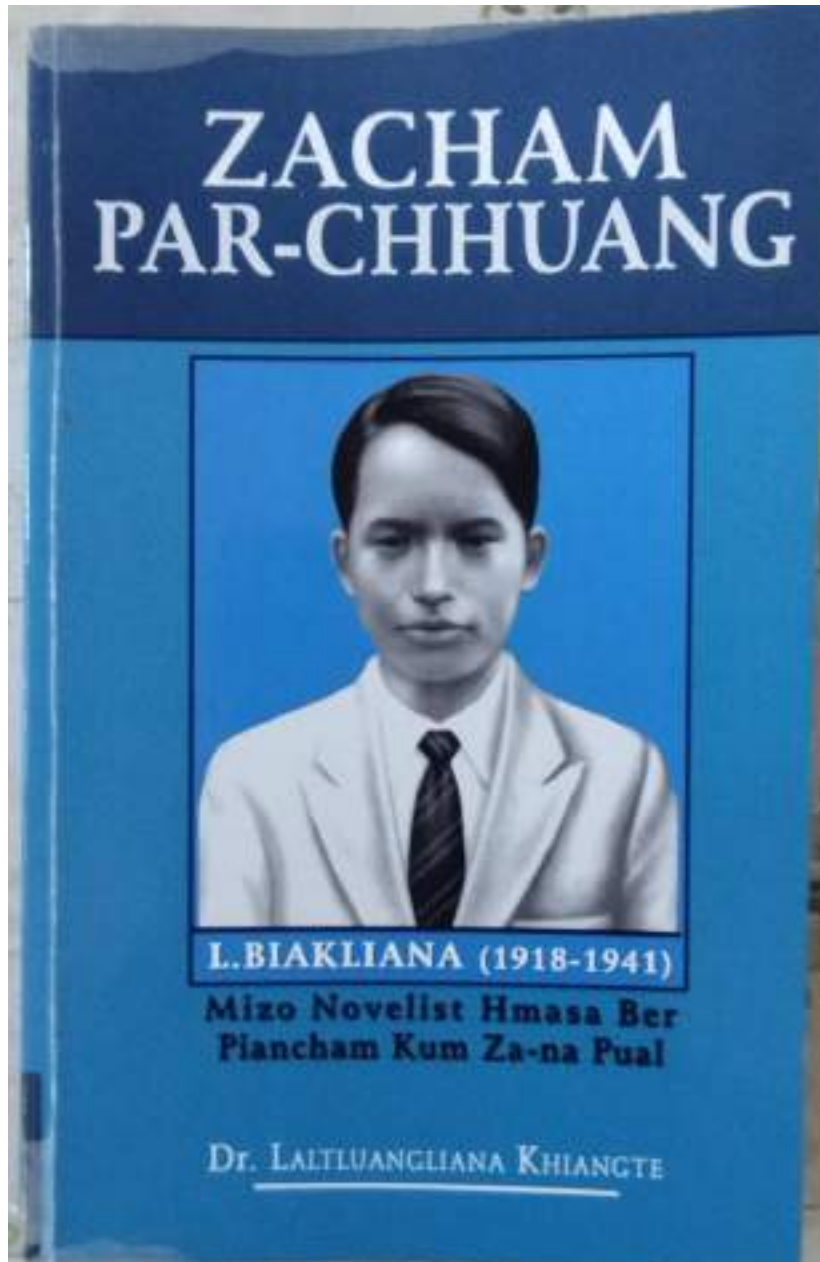
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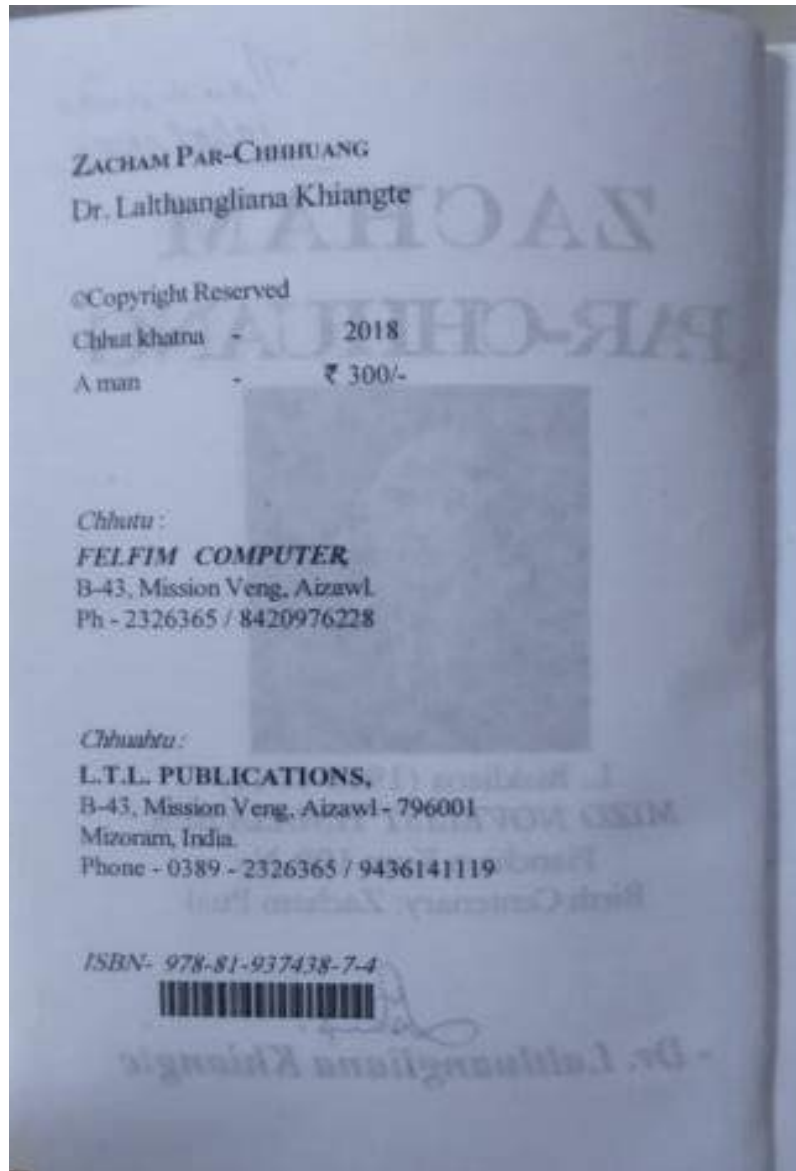
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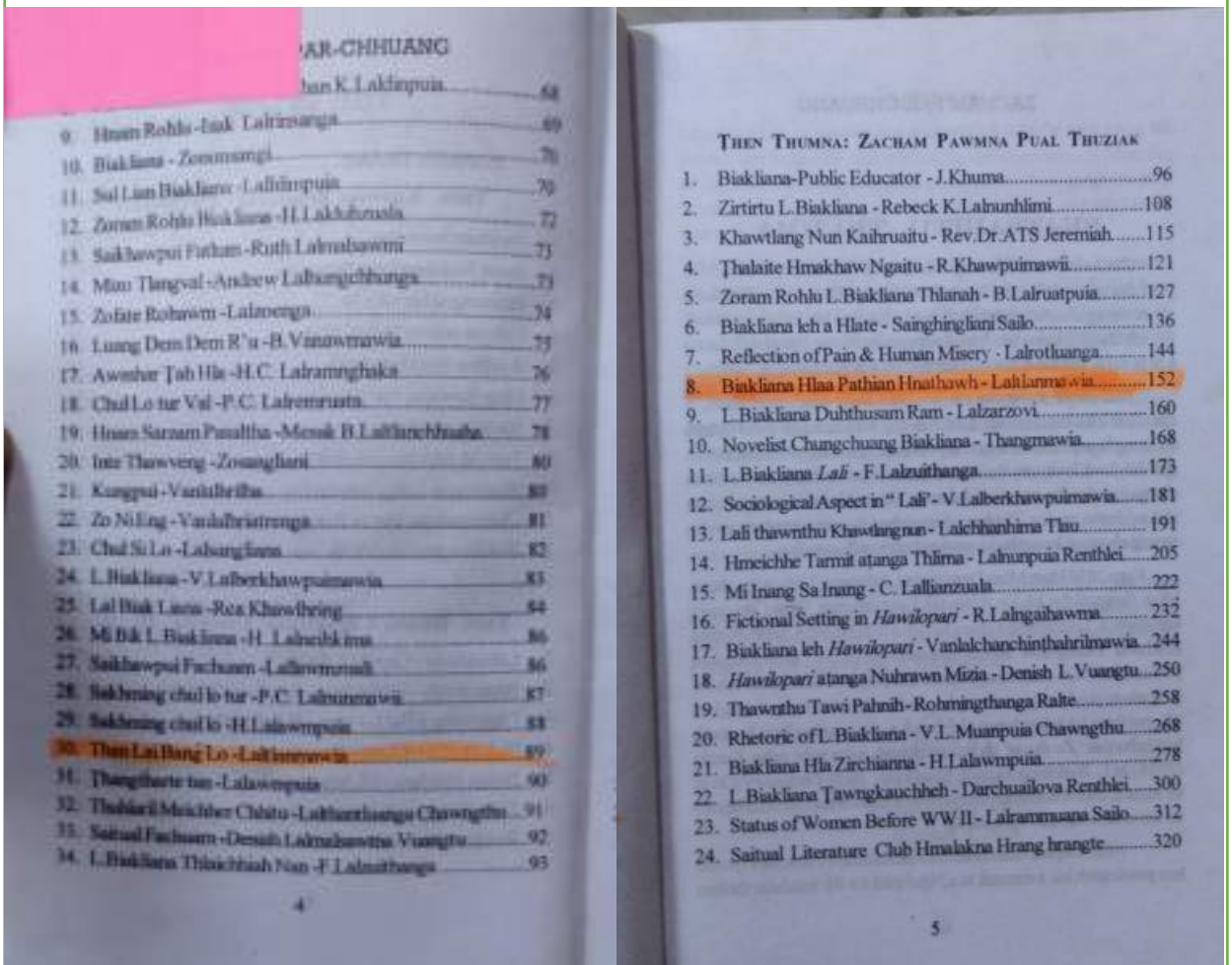
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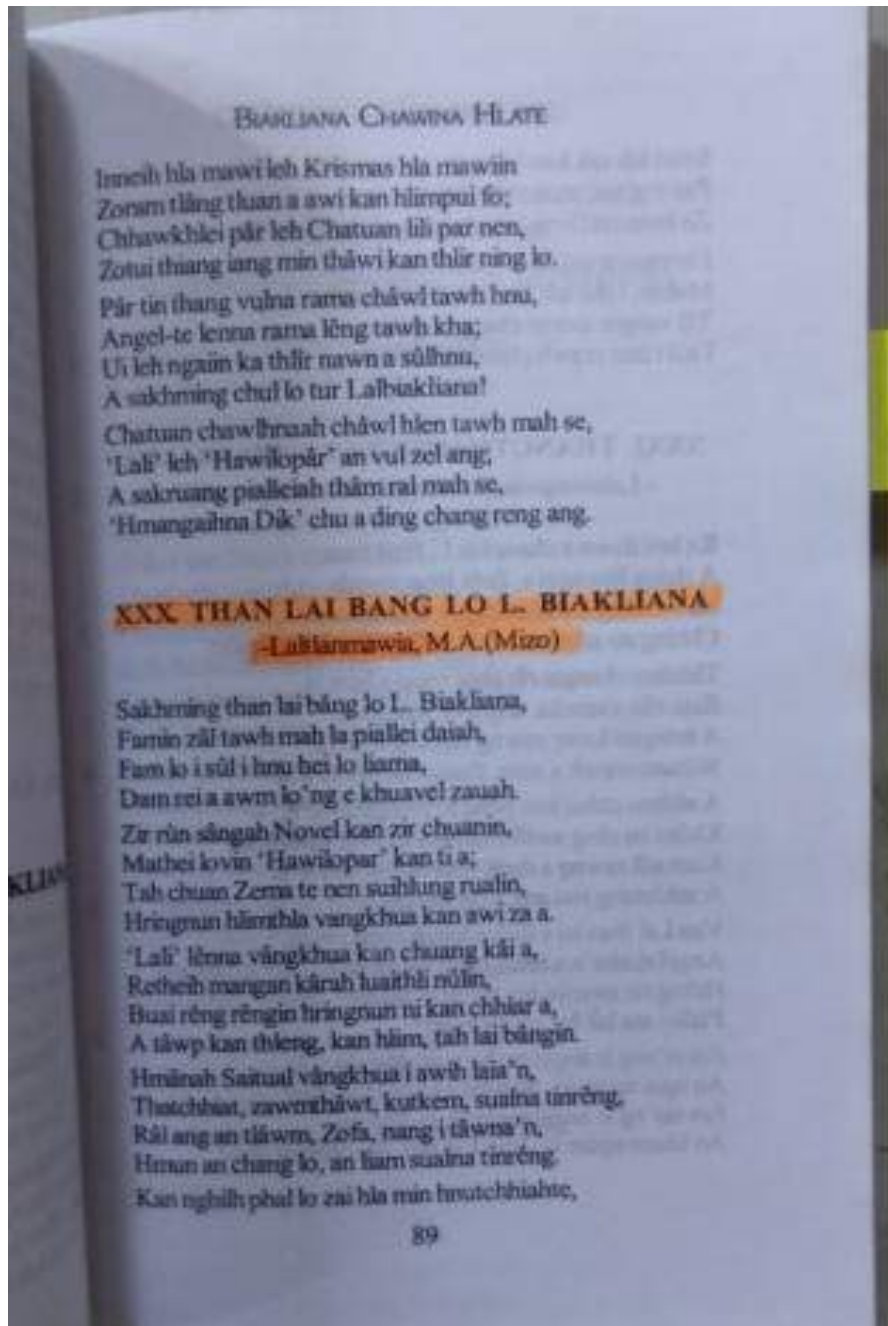
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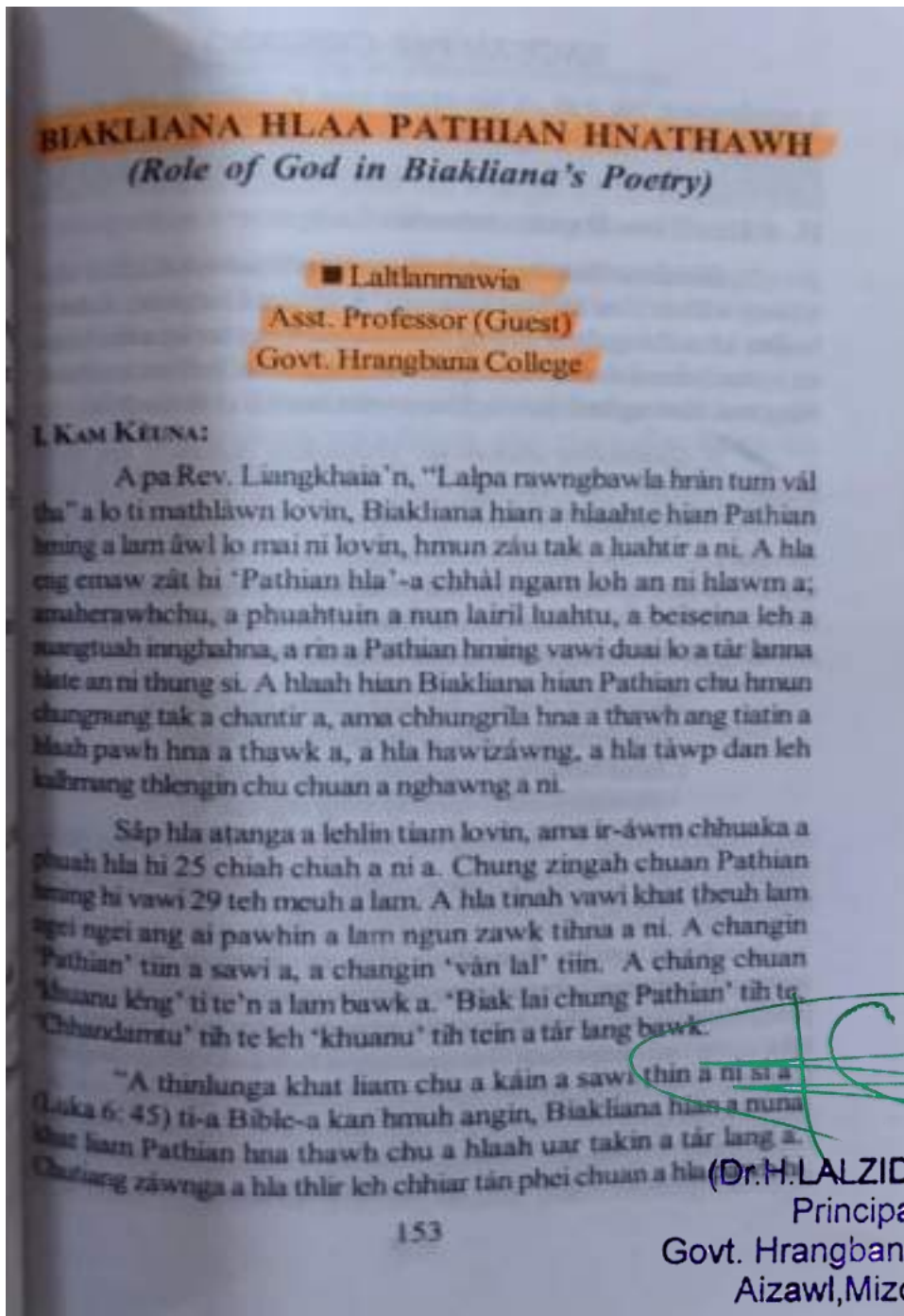
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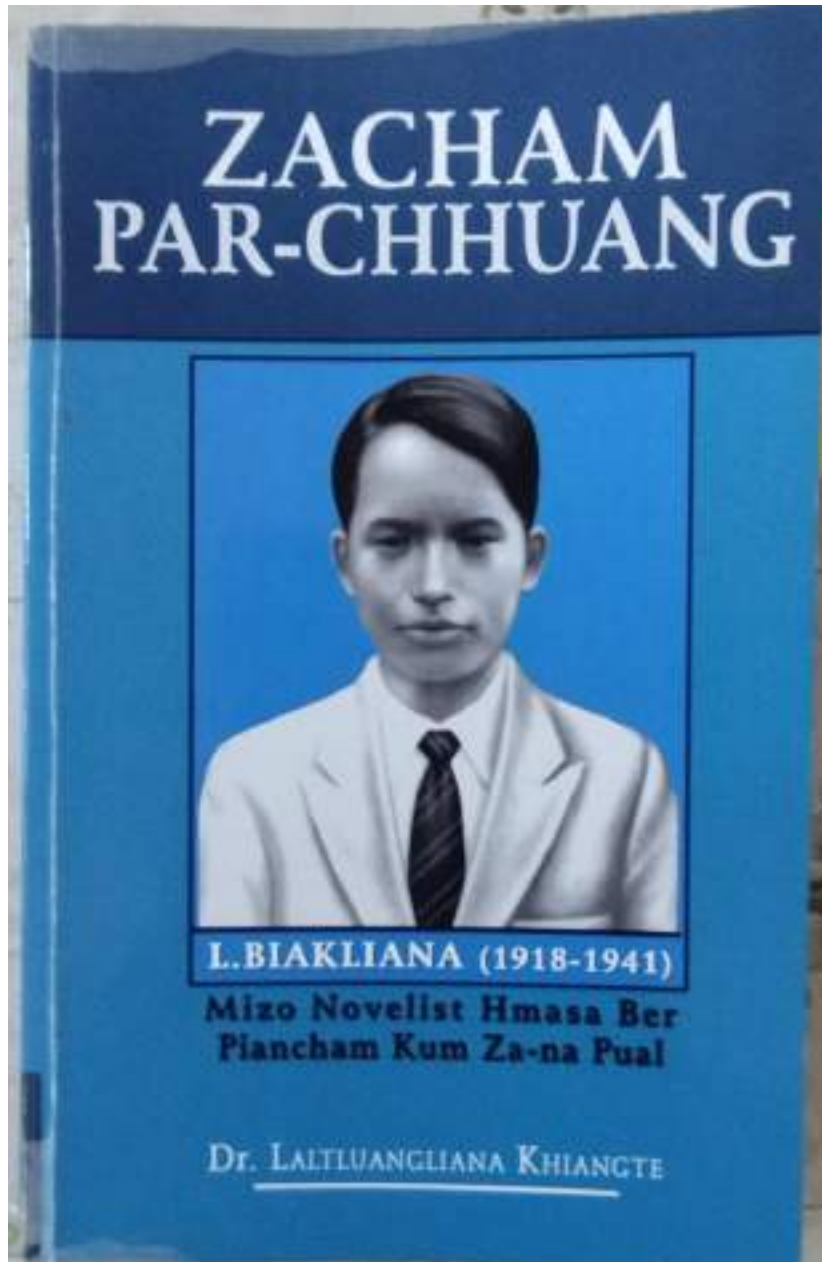
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Laltlanmawia	Cherchingkim	Awithangpa Lunglenna
Laltlanmawia	Mizo Folklore	Mizo Literature-a Folksong Dinhmun
H. Lalawmpuii	Cherchingkim	Mizo Hla Hluia Naupang Hla Zir Chianna
V. Lalberkhawpuimawia	Cherchingkim	Mizo Hla Hlui leh Satire
V. Lalberkhawpuimawia	Mizo thu leh hlaa thangtharte khawvel	Youtube-a Mizo Pasaltha Thawthute Zir Chianna
Darchuailova Renthlei	Cherchingkim	Editor (Dr.H.LALZIDINGA) Principal
V. Lalberkhawpuimawia	Cherchingkim	Editor Govt. Hrangbana College Aizawl, Mizoram
Laltlanmawia	Mizo thu leh hlaa thangtharte khawvel	Editor

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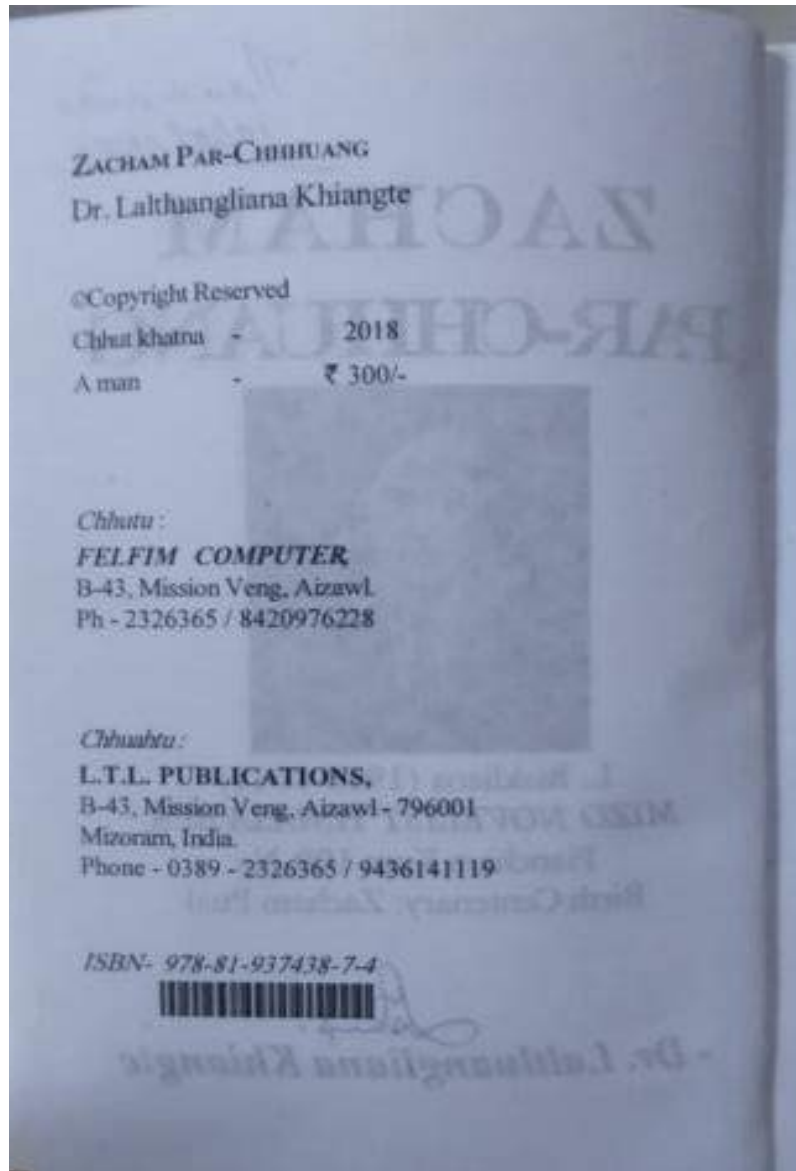
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LALI THAWNTHUA KHAWTLANG
NUNPHUNG BIHCHIANGNA
(A STUDY OF SOCIOLOGICAL ASPECTS IN L. BIAKLIANA'S LALI)

■ V. Lalberkhawpuimawia
Research Scholar, Department of Mizo, MZU

1. THUHMAHRUAI:

Literature leh mihring nun hi inkungkaih reng a ni a, mihring nuna darthlang lian tak min chhawp chhuahsaktu a ni. Miin a suangtuahna ram atanga thu leh hla a ziah chhuah hian thuneihna sang tak nei ni mah se mihring nun nena a kal hlat lutuk cawh chuan a ngaihnaawma emaw a hlutna a sang mawh viau thei. Chutiang kawngah chuan kan thu leh hla neihthe hian mimal leh hnam nun a la kalpui tha thawkhat viau chuan a hriat a, amaherawhchu, suangtuahna hmanga din thawnthu, a taka thleng thei miah lo tura ngaih tam tak pawh khawvel hlut a nih mek zel avangin hetiang lamah pawh Mizo thu leh hla a than zel a rinawm.

L. Biaklana thawnthu tawi, *Lali* hi Mizo khawtlang nun leh mihring mihrinna mual atangin teh dan chi hrang hrang hmangin bihchian kan tum dawn a. He thil inngahna atan hian *literary criticism* peng pakhat *Sociological approaches* chu inngahnaah kan hmang ber ang a, chumi piahlam leh a ken telte pawh a huam thei bawh ang.

2. *SOCIOLOGICAL CRITICISM* AWMZIA:

Sociology tih thumal hi *Cambridge Dictionary* chuan 'mihring nunphung zirna' tiin a hrilh fiah a. Thu leh hla thlitfinna mualah chuan thu leh hla huanga mihring nunphung leh khawsakna te, ei leh bar zawna leh khawtlang inkaihhruaina thlenga zirna a ni ber. Hei bakah hian a ziaktuin a hunlai khawtlang nun a thlir dan bakah a thil



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Tlaizawng

(A Study of Selected Mizo Poetry)

Edited by

K. Vanlalruati, Rochharzela & F. Lalzuithanga

Published by

**Mizo Department
St Xavier's College, Lengpui, Aizawl.**

Edition: 2018

Price : ₹ 250

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20.
R.L. THANMAWIA – “DAM LAI PIALRAL”

V.Lalberkhawpuimawia
Lecturer
Boston Higher Sec School

“Nun hlui ngaih lunglén hi mihringte zinga natna chi khat a ni ve kumkhua a, a vei na zual erawh an awm ni maiin a lang.” (Lung Min Lentu, 16) tiin ‘Damlai Pialral’ tih hla phuahtu R.L. Thanmawia chuan a sawi a. Nun hlui ngaih hi mi zawng zawng lunglenna ni lo mah se a lungléng zualte leh hmu thiamte thlima atanga lo chhuak thu leh hla erawh mihringte tan inhnemna leh inen létna tha tak a ni thung.

Mihring dam chungna nun hlimawm leh nuam kan tih ber hi inzawt ta ila, kan chhan dan a inang lo mai thei; mahse, thatlai hun, vanglai nun hi hun nuam titu erawh an tam ber awm e. R.L. Thanmawia pawh hian mihring nuna vanglai nun hlutna leh mawisa chu a hmu chiang hle a, he hlaah hian chu hun, ‘Damlai pialral’ ti hiala a sawi hi kan chhui zui dawn a ni.

I. ‘DAM LAI PIALRAL’

Mizo pi pite ngaih danah chuan mihringte kan thih hnu hian kan thlarau chu a thi ve thei tawh lo a, chu thlarau chuan a awmna

222

(Dr.H.LALZIDINGA)
Principal
Govt. Hrangbana College
Aizawl, Mizoram



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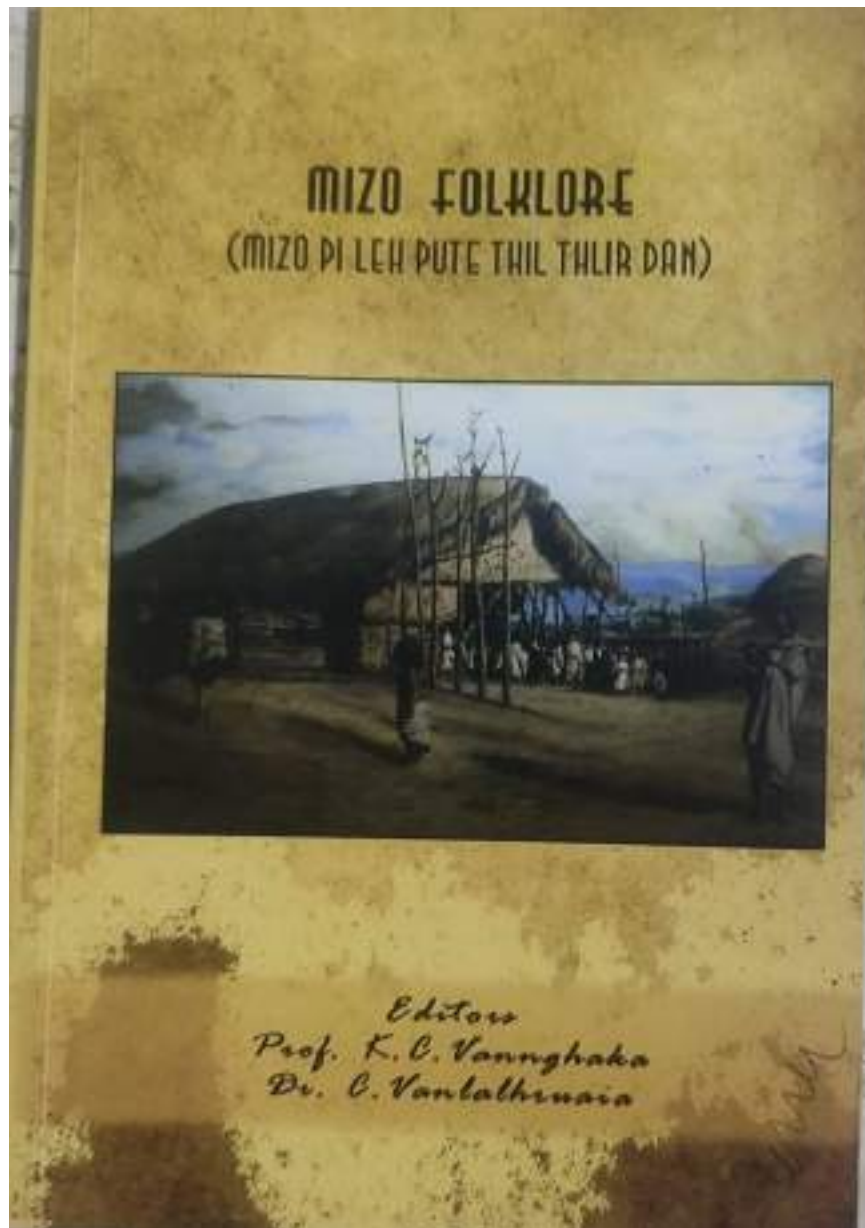
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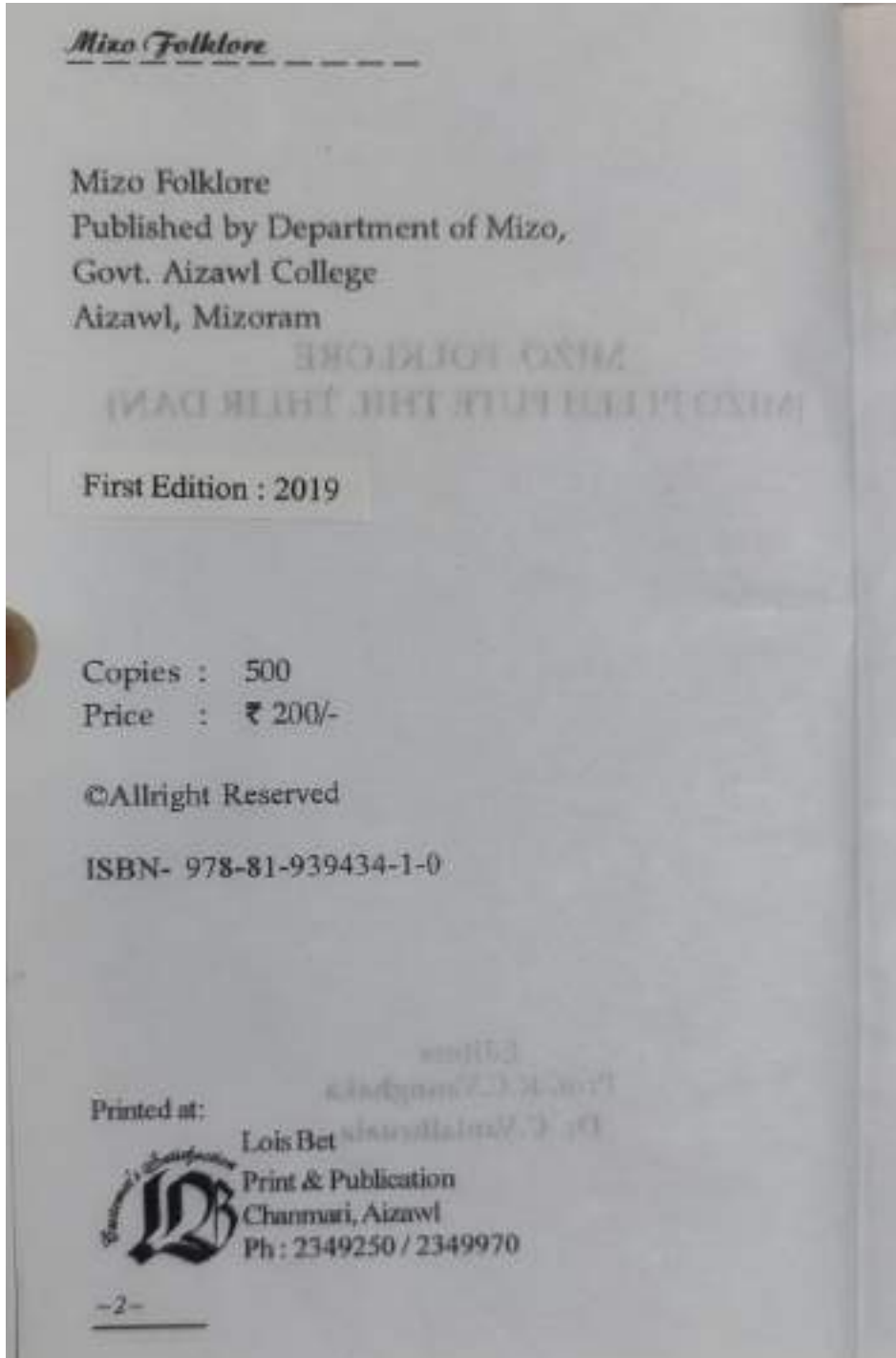




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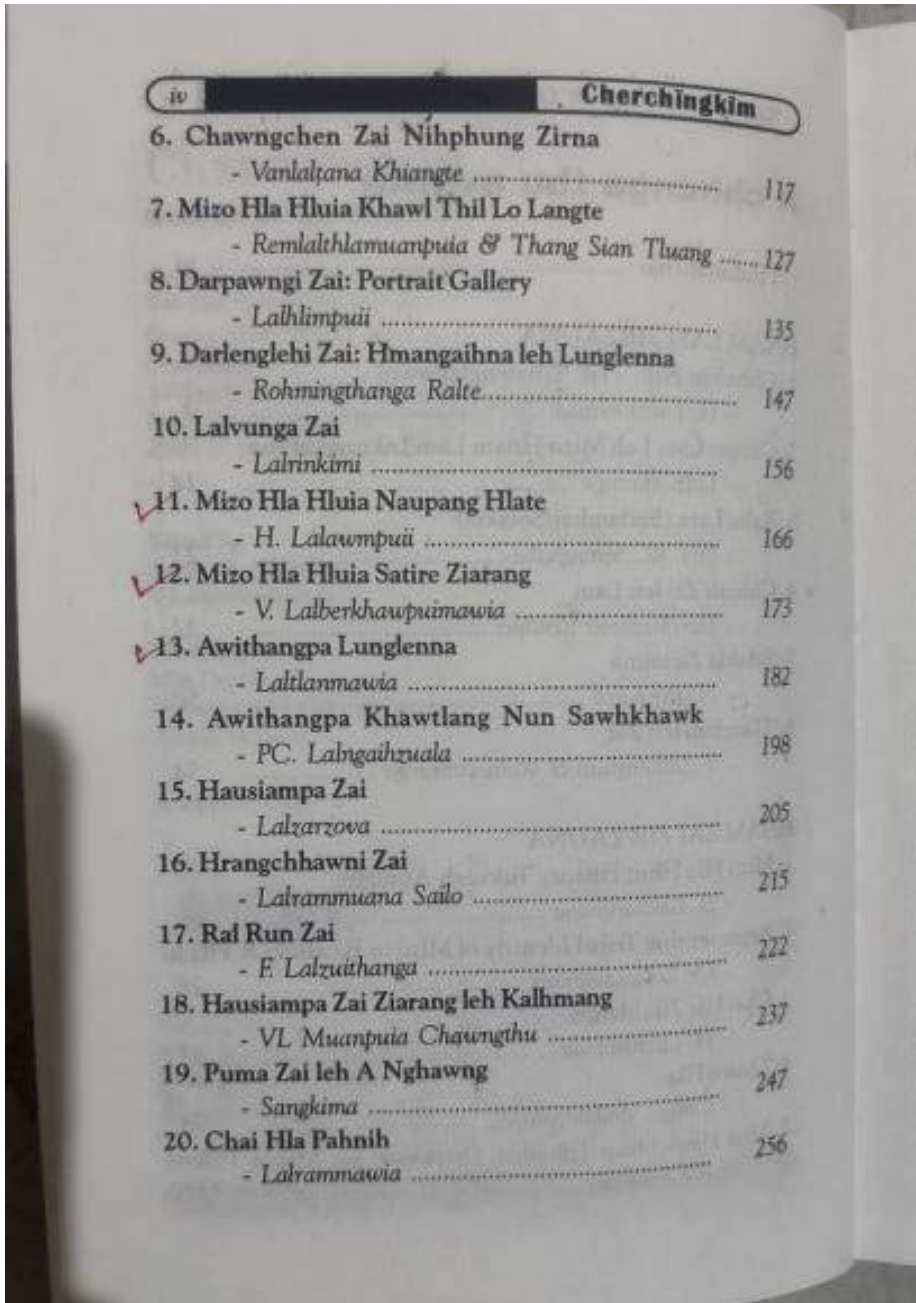
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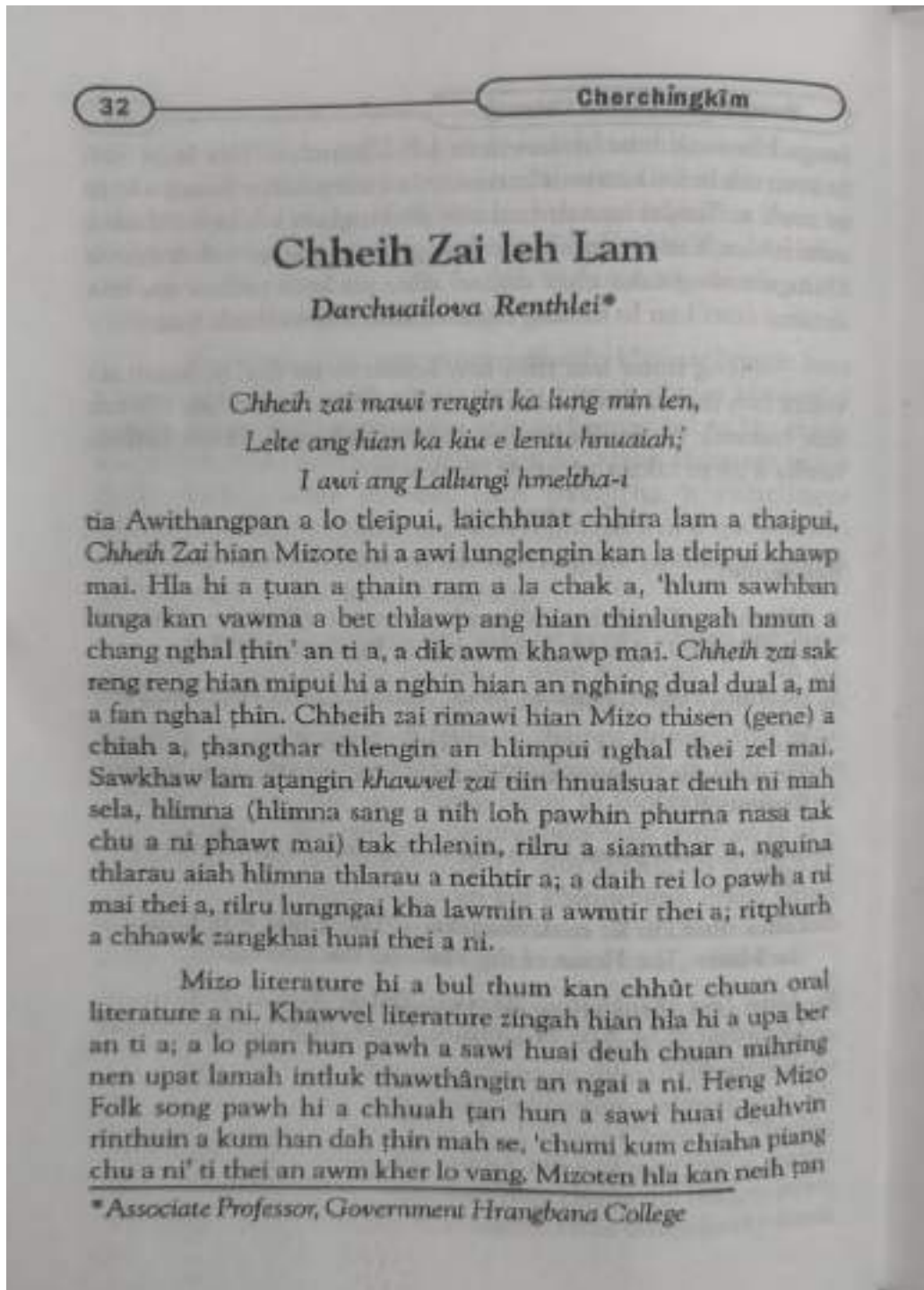
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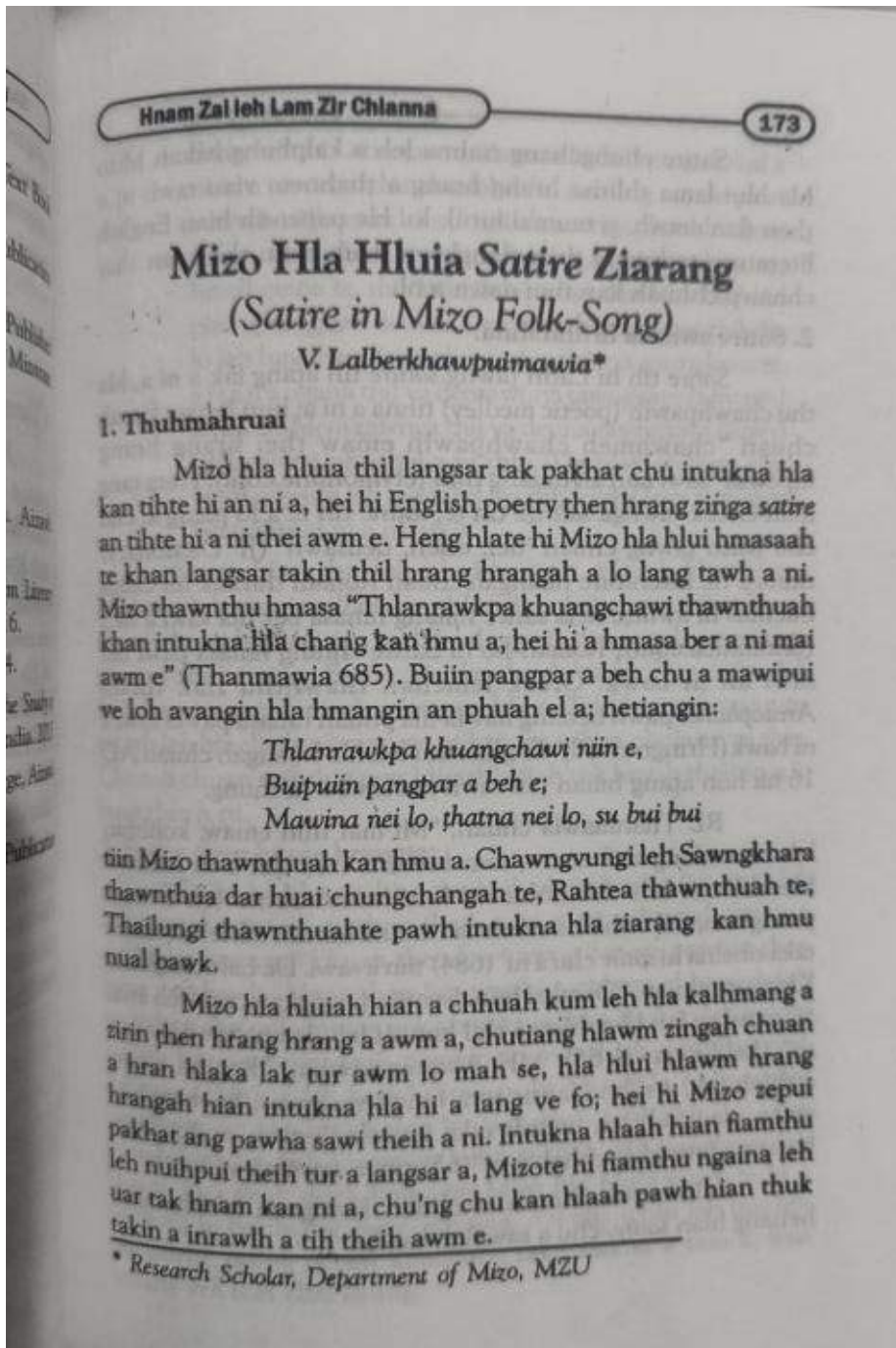
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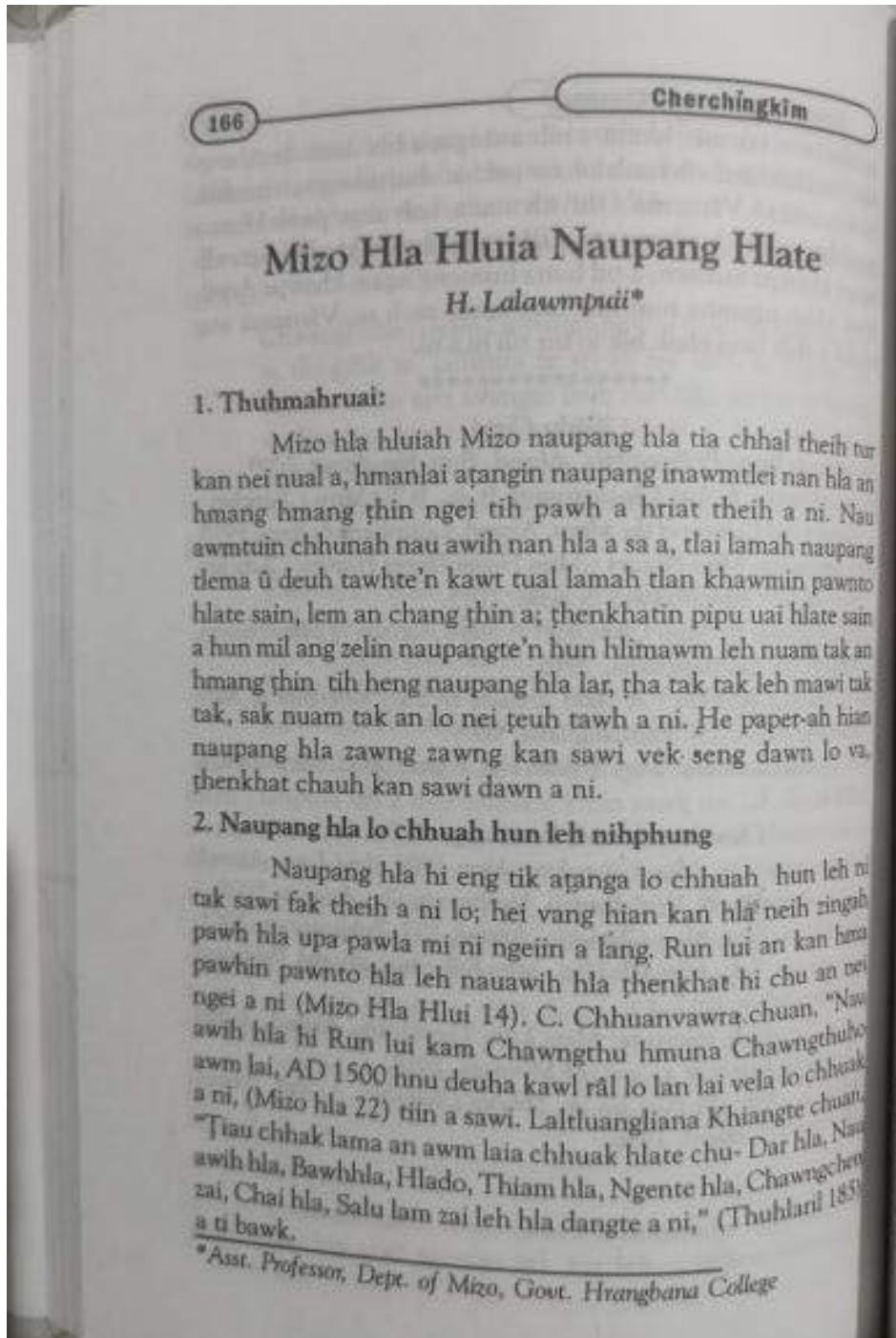
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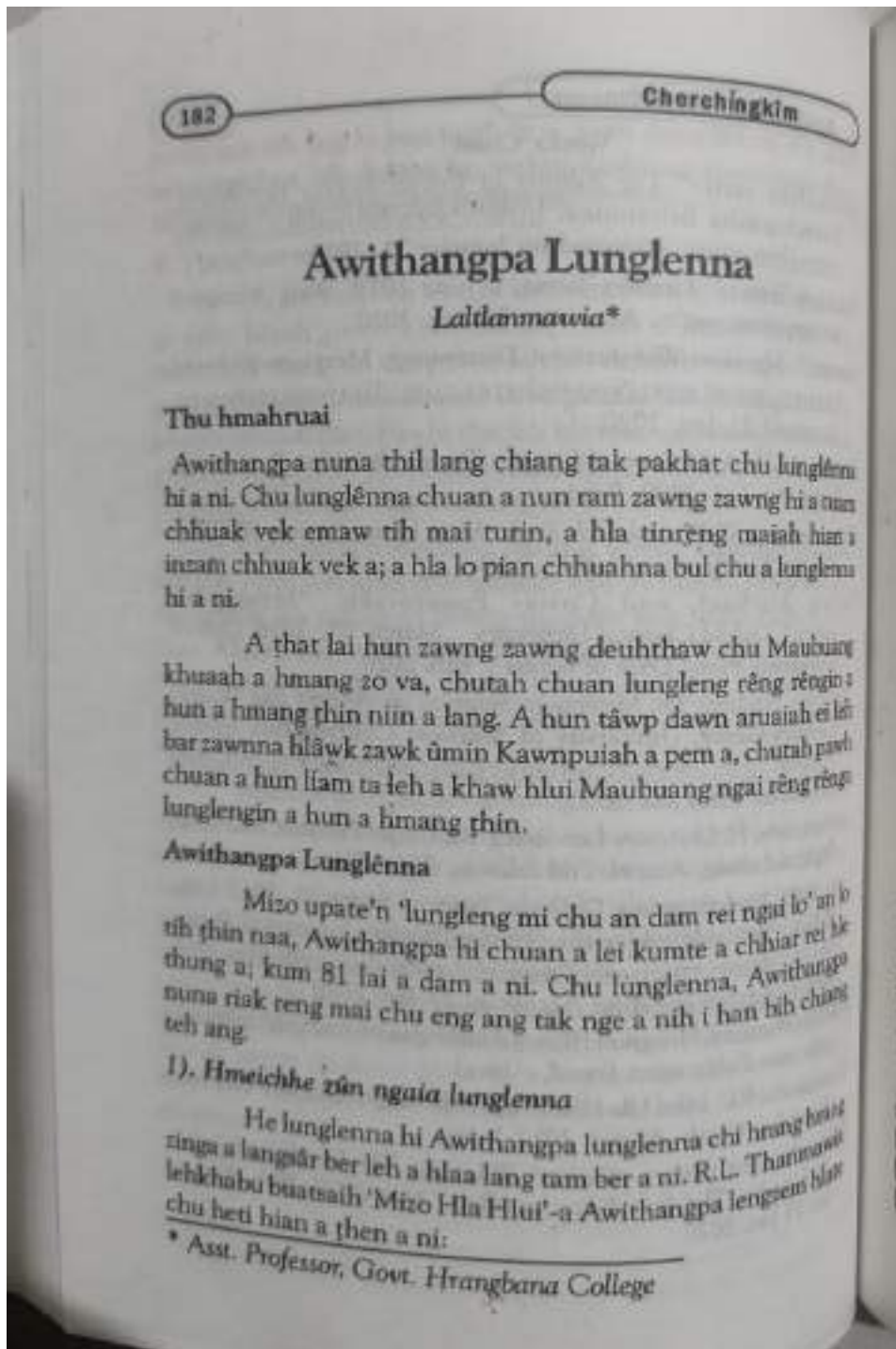
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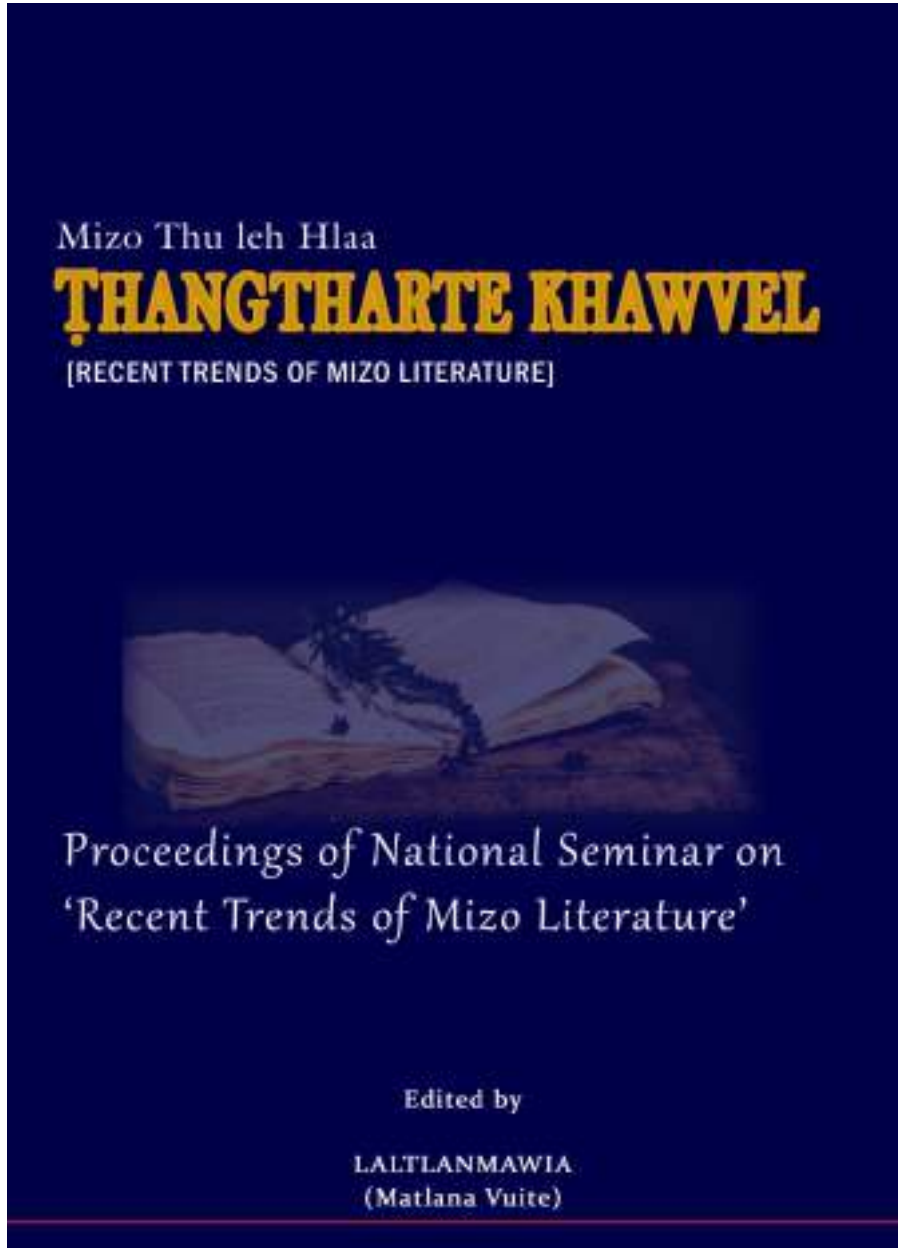
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Zohmingliani	Mizo thu leh hlaa thangtharte khawvel	Thangthar Mizo Poet-te Sulhnu
HD Lalrinkimi	Mizo thu leh hlaa thangtharte khawvel	Thangthar Mizo Poet-te Sulhnu
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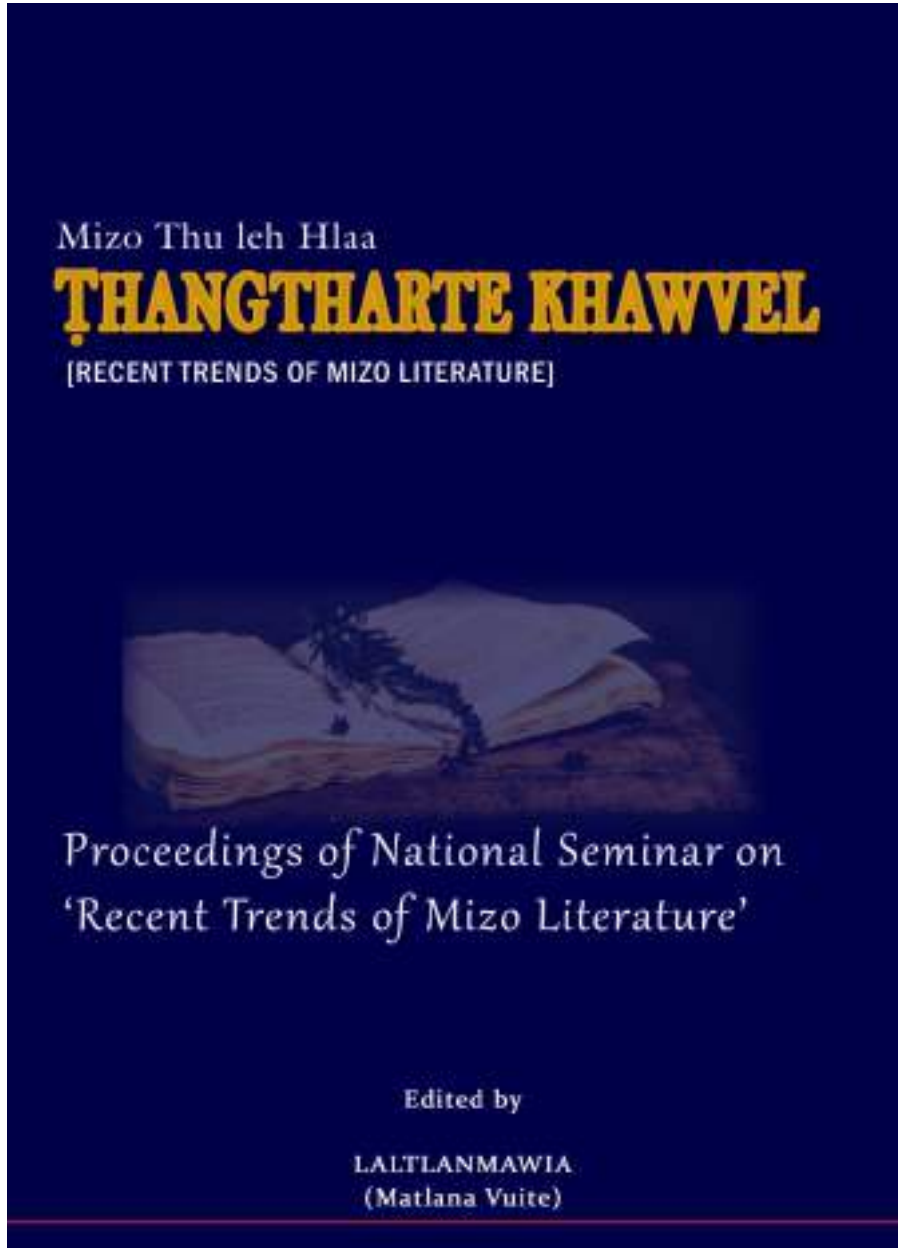
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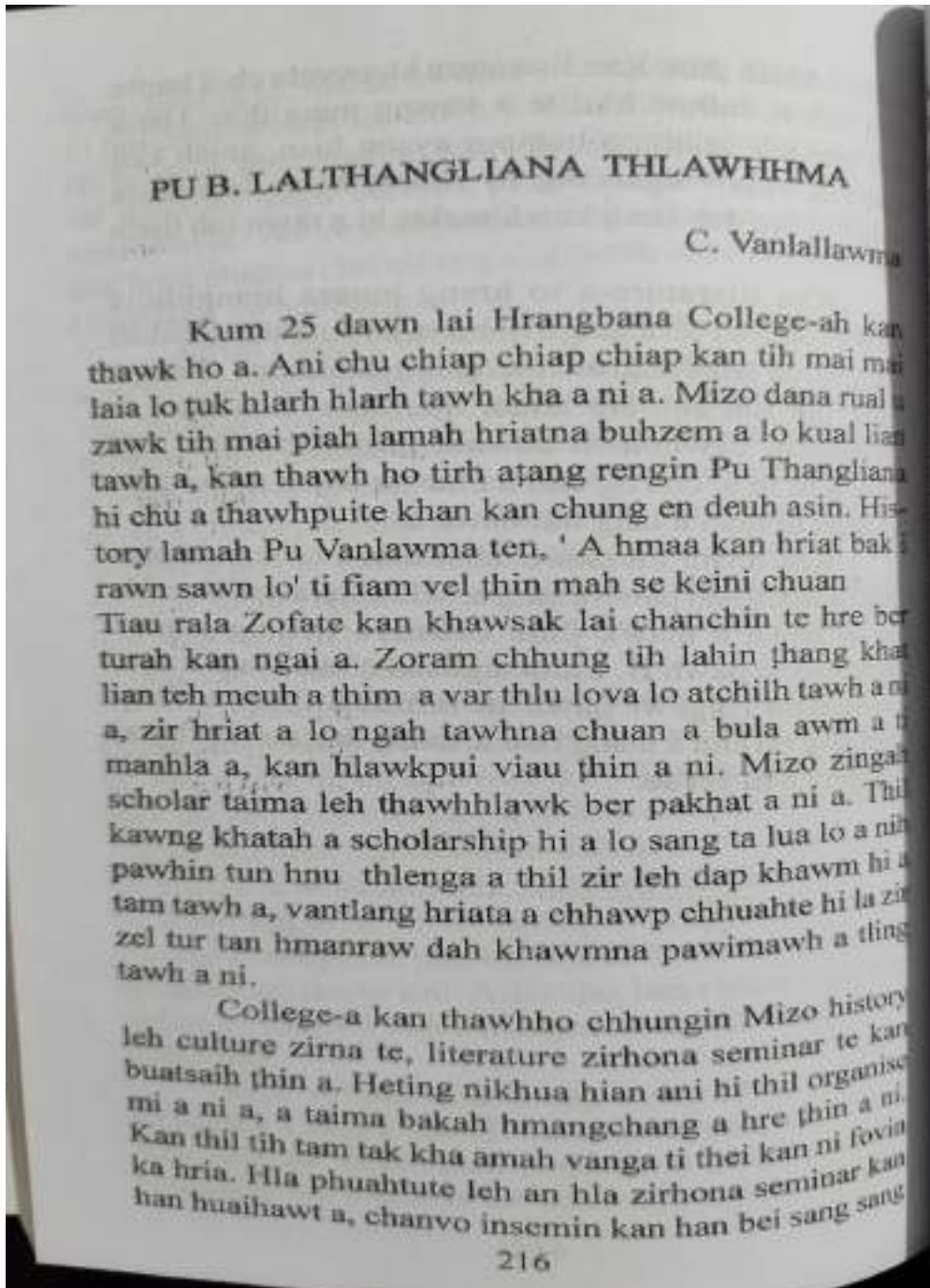
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Mizo Thu leh Hlaa
THANGTHARTE KHAWVEL
[Recent Trends of Mizo Literature]

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National Seminar on
-Recent Trends of Mizo Literature-

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ṬHANGTHAR MIZO POET-TE SŪLHNU
(Kum 2000 hnu lam Mizo Poetry behchhana chhuina)

C. Vanlallawma, Asso. Professor, Govt. Hrangbana College
Darchuailova Renthle, Asso. Professor, Govt. Hrangbana College
Zohmingliani, Asso. Professor, Govt. Hrangbana College
HD Lalrinkimi, Asst. Professor, Govt. Hrangbana College
H. Lalawmpuii, Asst. Professor, Govt. Hrangbana College
Laltlanmawia, Asst. Professor, Govt. Hrangbana College
Lalzarzova, Asst. Professor, Govt. Hrangbana College
V. Lalberkhawpuimawia, Asst. Professor, GHBC

Kan thupui 'Kum 2000 hnu lama thangthar Mizo poet-te sŭlhnu' tih hian a huam zau hle a, a chip a chiara kan sawi dawn chuan nilèng paw'n sawi i la, kan sawi zo kherin a rinawm loh. Chuvang chuan, tun tumah hian kum Zabi Sawmhnihpakhatna (2000 hnu lam) a her chhuah hnua Mizo thangthar hla phuah thiamte sŭlhnu kan thlir thuak ang a, a hming mal malin kan en hman dawn lo a, a tlàngpui zawr zawrin kan thlir dawn a ni.

I. Poetry Awmzia:

A hmasain *poetry awmzia* hi han en hmasa i la. *Poetry awmzia* hi mi thiam tam takin an lo hrilh fiah tawh



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Lalchangliana	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Vanlalpeka	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Zomuani Cherpoot	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Samuel Lalthanliana	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Laldingliana Sailo	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Lalhunmawii Chhakchhuak	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature
Vanlallura	Mizo thu leh hlaa thangtharte khawvel	Significanse of E-book for the development of Mizo Literature



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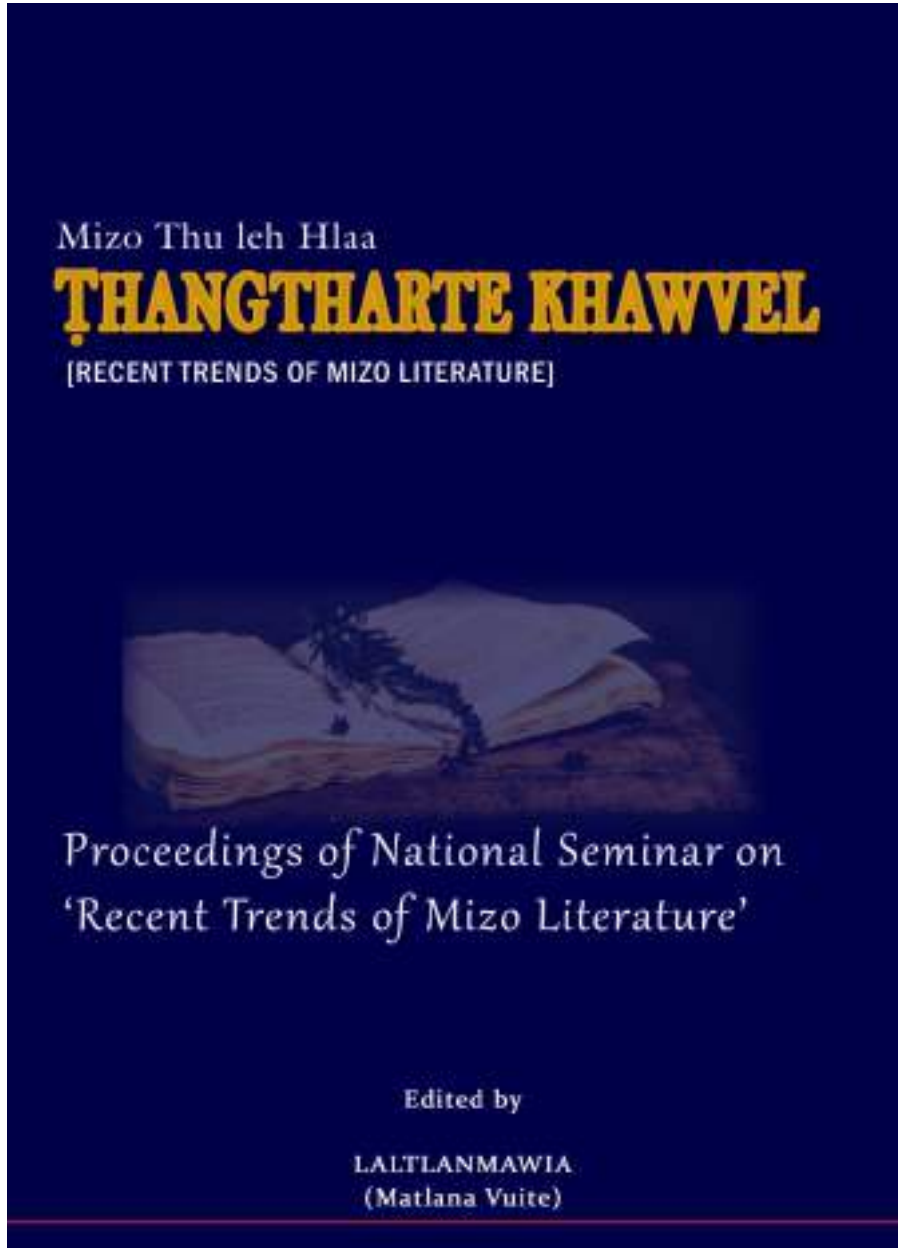
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**SIGNIFICANCE OF E-BOOK
FOR THE DEVELOPMENT OF MIZO LITERATURE**

Lalchangliana, Asso. Professor, Govt. Hrangbana College
Dr. Lalbiakzuali, Asso. Professor, Govt. Hrangbana College
Vanlalpeka, Asso. Professor, Govt. Hrangbana College
Zomuani Cherpoot, Asso. Professor, Govt. Hrangbana College
Laldingliana Sailo, Asst. Professor, Govt. Hrangbana College
Lalhunmawii, Asst. Professor, Govt. Hrangbana College
Vanlallura, Asst. Professor, Govt. Hrangbana College
Samuel Lalthanliana, Asst. Professor, Govt. Hrangbana College

Oral tradition period can include all times before 1970. During this period, there was no alphabet and written words in Mizo language. But, there were numerous songs, story and so on. These literature were passed down one to another orally. There were various folk literature like myth, legends, folktales and folksong.

There were many Mizo folksong. Some popular folksong include Thuthmun Zai, Nauawih Hla, Dar Hla, Hlado, Bawhhla, Salu Lam Zai, Thiam Hla, Chai Hla, Darmani Zai, Chhim Zai, Mangkhaia Zai, Lianchhiari Zai, Laltheri Zai, Darpawngi Zai, Saikuti Zai, Lalvunga Zai, Pi Hmuaki Hla, Darthiangi Zai,



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Zohmingliani Lyngdoh	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
Dr. Khawltinkimi	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
Lianzami Khiangte	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
Vanlaltluanga	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
C. Vanlalvawni	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
Dr. C. Lalrinfeli	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach
Zochhuanmawia	Mizo thu leh hlaa thangtharte khawvel	Social Satire in Recent Mizo Poetry: A Critical Approach



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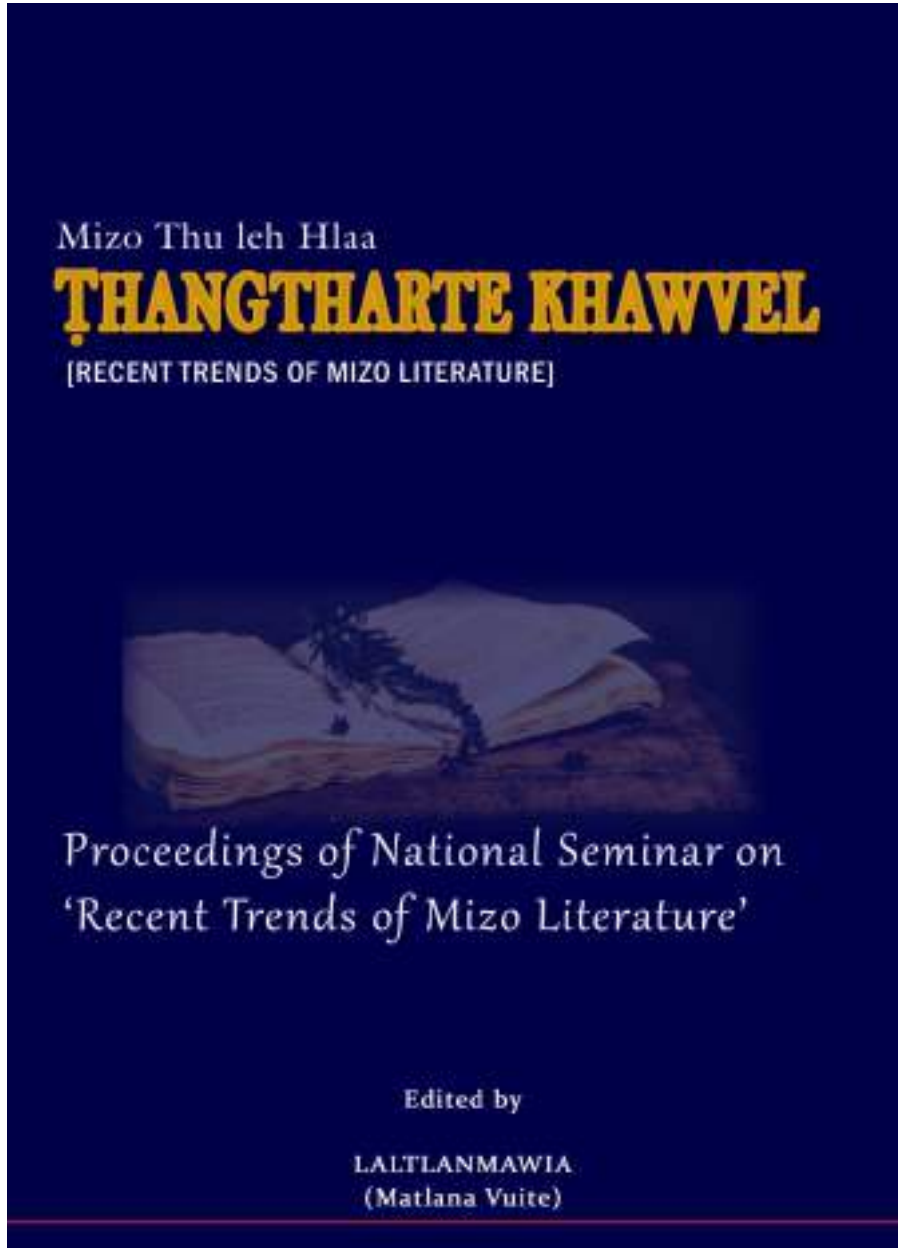
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**SOCIAL SATIRE IN RECENT MIZO POETRY:
A CRITICAL APPROACH**

Lianzami Khiangte, Asso. Professor, Govt. Hrangbana College
Dr. Khawltinkimi, Asso. Professor, Govt. Hrangbana College
Zohmingliani Lyngdoh, Asso. Professor, Govt. Hrangbana College
Vanlalthuanga, Asso. Professor, Govt. Hrangbana College
Vanlalvaoni, Asst. Professor, Govt. Hrangbana College
Zochhuanmawia, Asst. Professor, Govt. Hrangbana College

Satire, down the ages, has been considered as a powerful form of art by a great many writers, critics, academicians, scholars and literature aficionados. It remains a constant topic of discussion and a subject of selective erudition for researchers within the realm of literature. It is not an easy task to club together the techniques and characteristics of satire under a unified field of theory or genre as it covers a wide range of subject and what makes it more interesting is the fact that it cannot be restricted or limited to any specific morality or political boundary. Satire can also be considered as a sensitive subject and requires to be handled with careful practice from all angles as its result may end up undesirable. Through recorded history and writings



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Dr. Lalsangliani	Mizo thu leh hlaa thangtharte khawvel	The effects of parental involvement on the characterization in Select Mizo Fiction.
Lalsawmzuali Hnamte	Mizo thu leh hlaa thangtharte khawvel	The effects of parental involvement on the characterization in Select Mizo Fiction.
Dr. Lalhlimpuii	Mizo thu leh hlaa thangtharte khawvel	The effects of parental involvement on the characterization in Select Mizo Fiction.
Lynda Vanlalruati	Mizo thu leh hlaa thangtharte khawvel	The effects of parental involvement on the characterization in Select Mizo Fiction.
Prof. Sanny Tochhawng	Mizo thu leh hlaa thangtharte khawvel	The effects of parental involvement on the characterization in Select Mizo Fiction.



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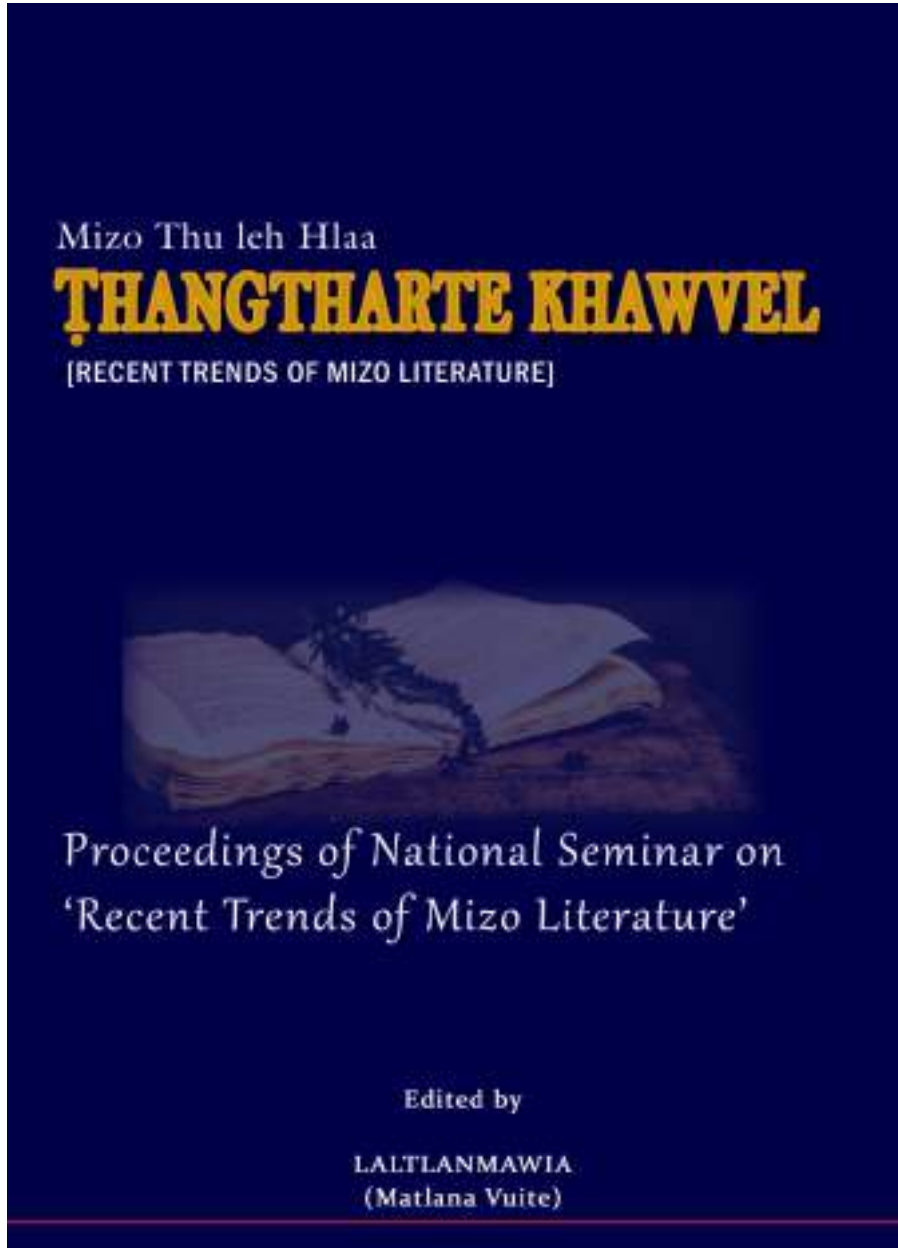
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**THE EFFECTS OF PARENTAL INVOLVEMENT
ON THE CHARACTERIZATION IN SELECT MIZO
FICTION.**

Dr. Lalsangliani, Asso. Professor, Govt. Hrangbana College
Lalsawmzuali Hnamte, Asso. Professor, Govt. Hrangbana College
Lynda Vanlalruati, Asso. Professor, Govt. Hrangbana College
Lalthlamuani, Asso. Professor, Govt. Hrangbana College
Dr. Lalhlimpuii, Asst. Professor, Govt. Hrangbana College
Issk Vanlalruata, Asst. Professor, Govt. Hrangbana College

The traditional Mizo society was a patriarchal society where the father or the eldest male is head of the family and descent is traced through the male line. Every Mizo village was an independent village ruled by a chief or a chief's relatives. These chiefs often waged war against each other where pasaltha* fought hard and brave. Agriculture and hunting were the main occupation of the people then. Being such, a large family was considered a blessing for they had more hands that could work and hunt. The chief and the blacksmith, owing to the nature of their roles in the society, had no time for cultivation. So, every household would give them a part of their produce, and, when wild beasts were



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Zonunsangi	Mizo thu leh hlaa thangtharte khawvel	Comperating the Musical Instruments of Mizos in the twentieth and twenty first century Mizo Literature
Dr. Rosaline Varsangzuali	Mizo thu leh hlaa thangtharte khawvel	Comperating the Musical Instruments of Mizos in the twentieth and twenty first century Mizo Literature
Judy Lalremruati Ralte	Mizo thu leh hlaa thangtharte khawvel	Comperating the Musical Instruments of Mizos in the twentieth and twenty first century Mizo Literature
C. Laldampaia	Mizo thu leh hlaa thangtharte khawvel	Comperating the Musical Instruments of Mizos in the twentieth and twenty first century Mizo Literature
Robert Lalremtuanga	Mizo thu leh hlaa thangtharte khawvel	Comperating the Musical Instruments of Mizos in the twentieth and twenty first century Mizo Literature



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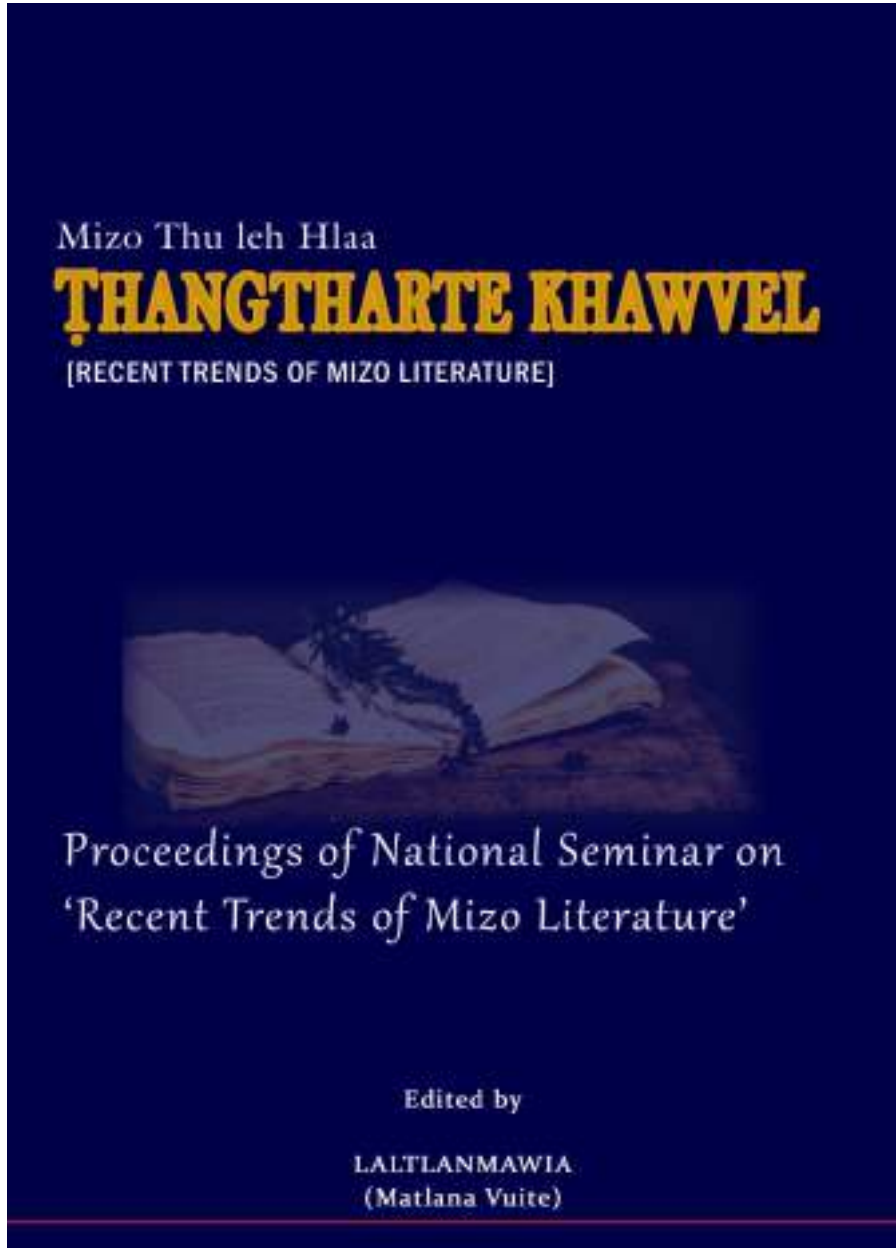
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5

**COMPERATING THE MUSICAL INSTRUMENTS
OF MIZOS IN THE TWENTIETH AND TWENTY
FIRST CENTURY MIZO LITERATURE**

Dr. Rosaline Varsangzuali, Asso. Professor, Govt. Hrangbana College
Judy Lalremruati, Asso. Professor, Govt. Hrangbana College
Zonunsangi, Asso. Professor, Govt. Hrangbana College
Lalthlamuani, Asso. Professor, Govt. Hrangbana College
C. Laldampuia, Asso. Professor, Govt. Hrangbana College
Robert Lalremtluanga, Asst. Professor, Govt. Hrangbana College

The Mizos occupied present-day Mizoram from the late 17th century. The pre-colonial period, that is from the 18th to 19th century A.D. was another important era in the history of Mizo folk literature. Prior to the annexation by the British Government, the Mizos occupied the present Mizoram for two centuries. In comparison with the folk songs of Thantlang and Lentlang settlement, the songs of this period are more developed in its number, form and contents. The languages are more polished and the flows also better. Most of the songs of this period are named after the composers.



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H. Lalzari	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature
Lalthlengliana Hrahse	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature
Dr. H. Lalzuithangi	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature
B. Lalfakawmi	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature
H. Lalenzuali	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature
R. Lalrinkima	Mizo thu leh hlaa thangtharte khawvel	Influence of Social Media in the development of Mizo Literature



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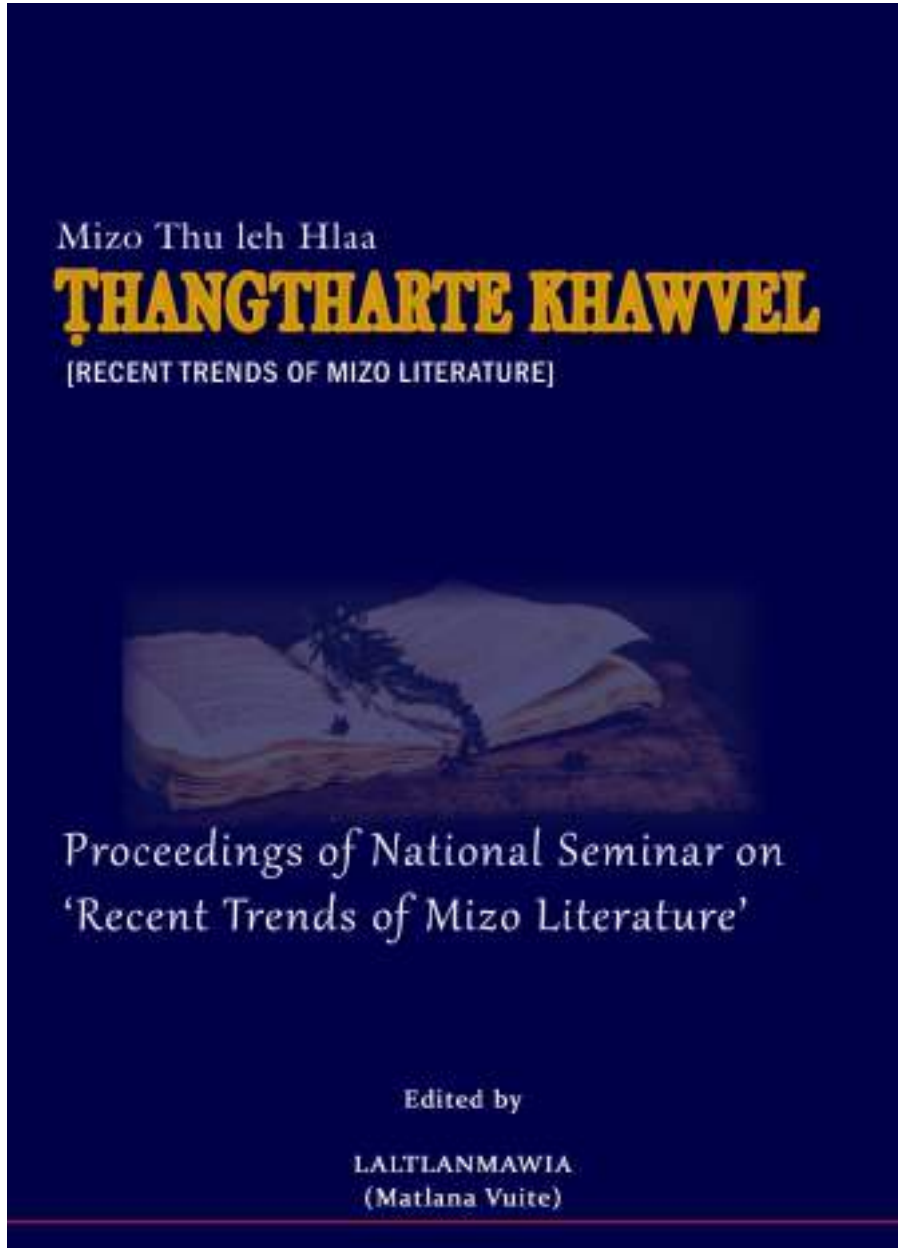
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**INFLUENCE OF SOCIAL MEDIA IN THE
DEVELOPMENT OF MIZO LITERATURE**

Lalthlengliana Hrahtsel, Asso. Professor, Govt. Hrangbana College
H. Lalengzuali, Asso. Professor, Govt. Hrangbana College
B. Lalfakawmi, Asso. Professor, Govt. Hrangbana College
Dr. H. Lalzuithangi, Asso. Professor, Govt. Hrangbana College
H. Lalzari, Asso. Professor, Govt. Hrangbana College
R. Lalrinkima, Asst. Professor, Govt. Hrangbana College

The Media industry in Mizoram, both print and Electronic Media is unsurprisingly dynamic and vibrant given the entrepreneurship attitude of the people coupled with demands of Media products and on-going Governments efforts to promote the industry. Even though, Electronic Media has a rather late entry into Mizoram compared to Print Media, it has progress along with the growth and development (particularly of Television and Radio). In short, it has not lagged behind in progress. In the Media scene of Mizoram, one noteworthy fact, however, is the almost non-existence of Cinema theatre/Hall.



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John.K. Laldingliana	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs
Dr. Lalfakzuala	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs
Marie Zodinpuui	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs
Lianchhingpuui	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs
Dr. Malsawmi Pachuau	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs
Dr. HS. Lalbiakengi	Mizo thu leh hlaa thangtharte khawvel	Causes and Effect of Alcoholism among Youth: Narrating Mizo Pop Songs



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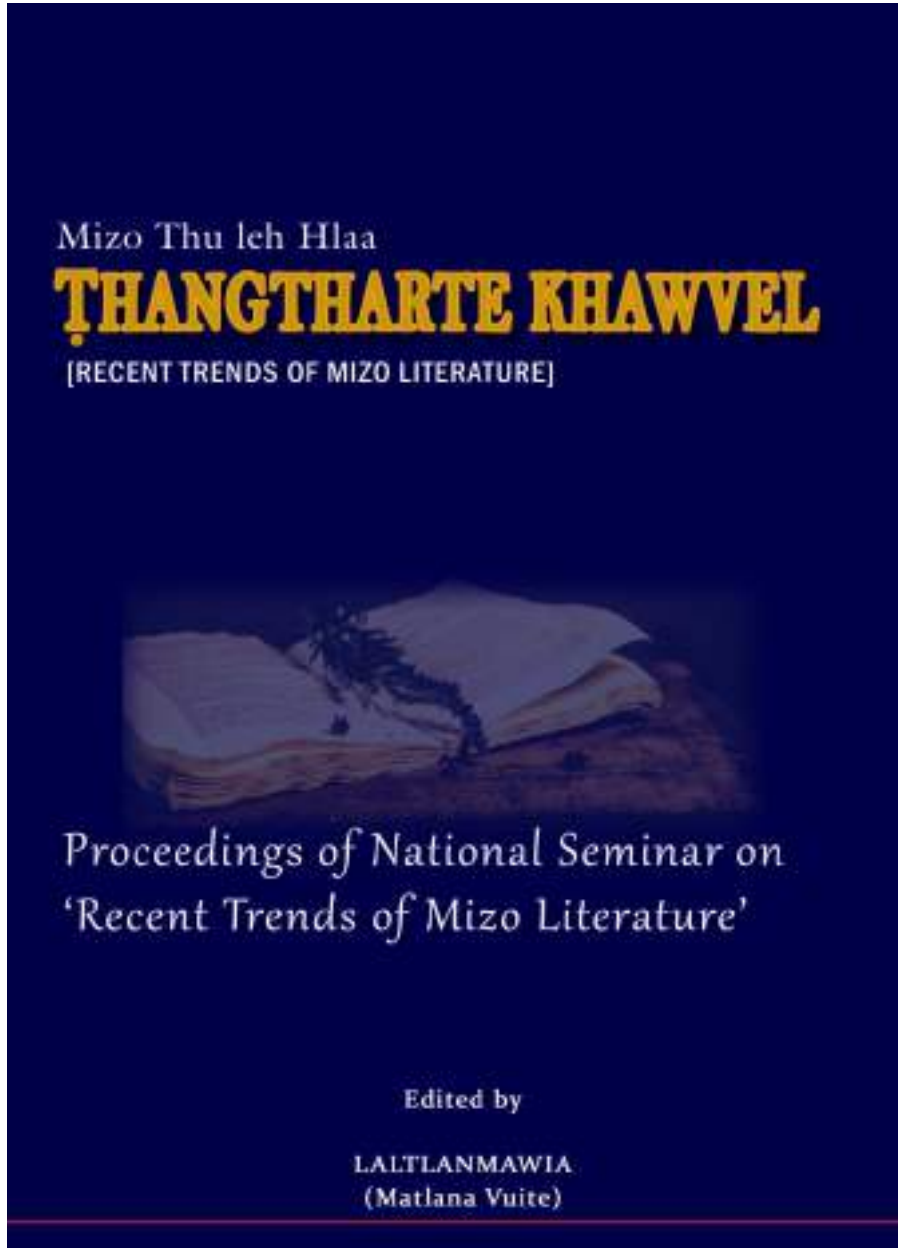
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**CAUSES AND EFFECT OF ALCOHOLISM
AMONG YOUTH:
NARRATING MIZO POP SONGS**

H. Lalzidinga, Asso. Professor, Govt. Hrangbana College

John. K. Laldingliana, Asso. Professor, Govt. Hrangbana College

Marie Zodinpuui, Asso. Professor, Govt. Hrangbana College

Liamchhingpuui, Asso. Professor, Govt. Hrangbana College

Dr. Lalfakzuala, Asso. Professor, Govt. Hrangbana College

Dr. Malsawmi Pachuaua, Asst. Professor, Govt. Hrangbana College

Dr. HS. Lalbiakengi, Asst. Professor, Govt. Hrangbana College

Over the past several decades, many studies have focused on the causes and risk factors associated with alcoholism. While there is not an exact formula to depict a person's drinking habits, data has shown that alcohol abuse is influenced by a variety of factors. However, alcoholism is a disease that does not discriminate and can impact anyone – regardless of age, gender, ethnicity, body type or personal beliefs.



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Dr. Zarzoliana	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
B. Lalrawngbawla	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Lalmalsawma Ralte	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
F. Vanlalmangaihsa ngi	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach



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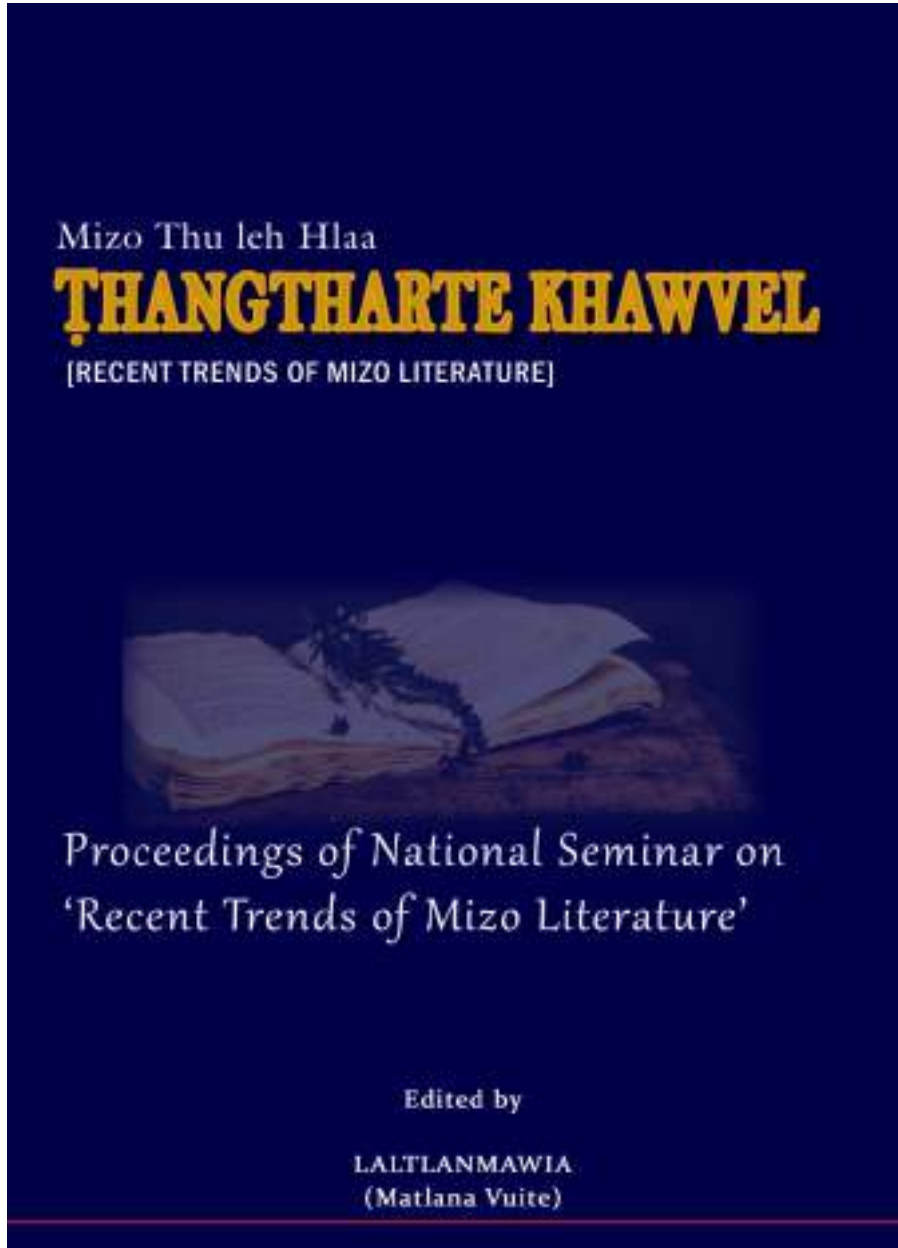
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**SITUATING DETERMINISM IN MIZO NOVEL:
ITS IMPACT AND CAUSES**

Lallungmuana, Asso. Professor, Govt. Hrangbana College

B. Lalrawngbawla, Asso. Professor, Govt. Hrangbana College

Dr. Zarzoliana, Asso. Professor, Govt. Hrangbana College

Lalmalsawma Ralte, Asst. Professor, Govt. Hrangbana College

F. Vanlalthmangaihsangi, Asst. Professor, Govt. Hrangbana College

Determinism is the philosophical view that events are completely determined by previously existing causes. Deterministic theories throughout the history of philosophy have developed from diverse and sometimes overlapping motives and considerations. Like eternalism, determinism focuses on particular events rather than the future as a concept. The opposite of determinism is indeterminism, or the view that events are not deterministically caused but rather occur due to chance. Determinism is often contrasted with free will, although some philosophers claim that the two are compatible.



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<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Paper</i>
DR. Lalremmawii Ralte	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Dr. Zothanzami	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Dr. Melody Laltanpuii	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Dr. Lalhmingsangi	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Saihlupuii	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach
Lalparmawii Khiangte	Mizo thu leh hlaa thangtharte khawvel	Influence of Trauma in select Mizo Fiction: Psychological Approach



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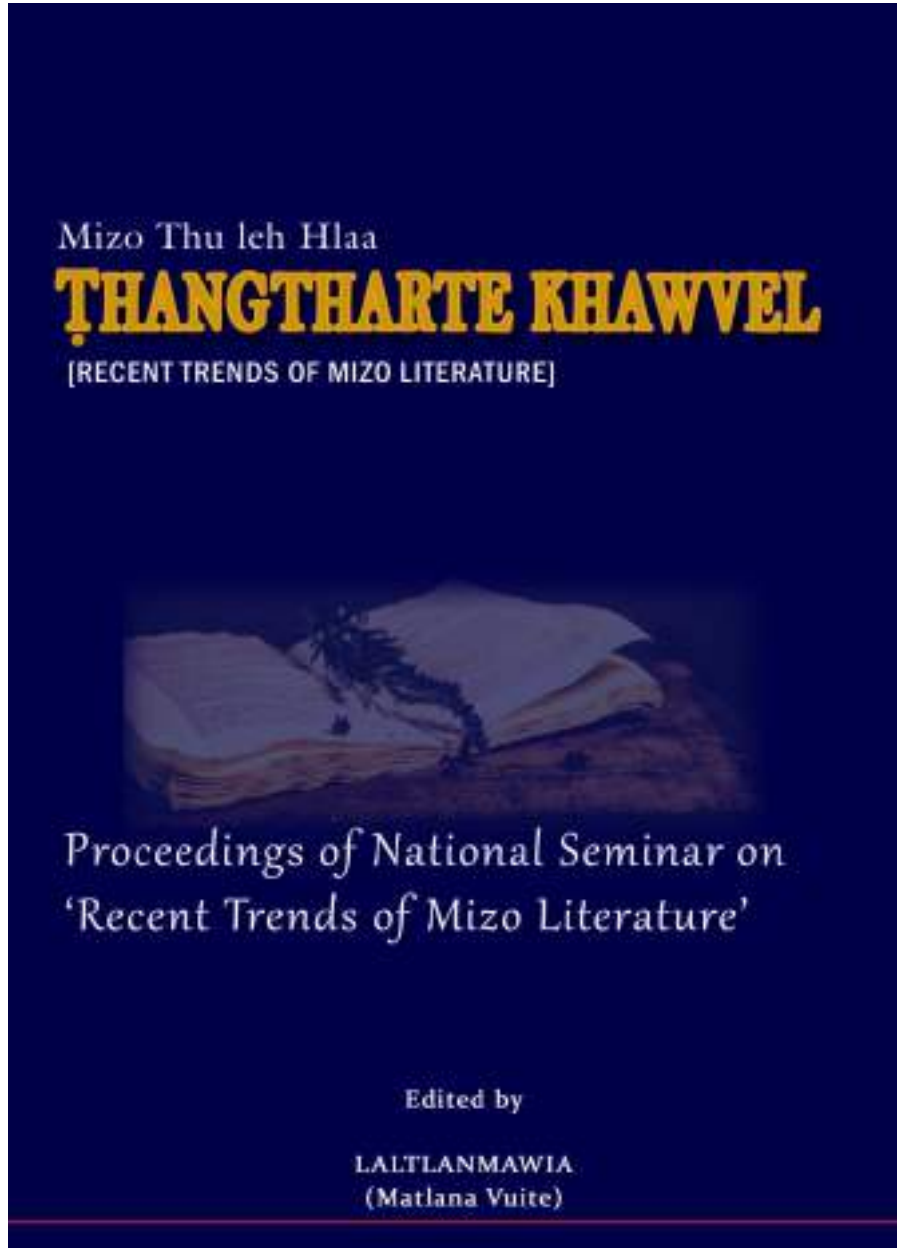
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Mizo Thu leh Hlaa
THANGTHARTE KHAWVEL
[Recent Trends of Mizo Literature]

Proceedings of
National Seminar on
-Recent Trends of Mizo Literature-

First Edition- 2020

ISBN- 978-81-944202-7-9

Price - Rs. 300

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**INFLUENCE OF TRAUMA IN SELECT MIZO
FICTION: PSYCHOLOGICAL APPROACH**

Dr. Zothanzami, Asso. Professor, Govt. Hrangbana College

Dr. Juliet Lalremmawii, Asso. Professor, Govt. Hrangbana College

Dr. Lalthmingsangi, Asst. Professor, Govt. Hrangbana College

Dr. Melody Laltanpuui, Asst. Professor, Govt. Hrangbana College

Lalparmawii Khiangte, Asst. Professor, Govt. Hrangbana College

Saihlupuii, Asst. Professor, Govt. Hrangbana College

The oldest record available of Mizo in a written form was in a book *The Hill Tracts of Chittagong and the Dwellers Therein; With Comparative Vocabularies of the Hill Dialects* by Lewin, published in 1869. Lewin was then Deputy Commissioner of Hill Tracts. In this book, from pages 146 - 151, Lewin translated some English vocabularies to Mizo. Lorrain and Savidge made use of a Roman script to put Mizo in written form and the two started teaching the same to the Mizos from 1894.



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<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Paper</i>
Lalhmingthanga	Mizo thu leh hlaa thangtharte khawvel	A Study of Recent Publication Marketing in Mizoram
Dr. Rohmingliani	Mizo thu leh hlaa thangtharte khawvel	A Study of Recent Publication Marketing in Mizoram
Laldinpuii	Mizo thu leh hlaa thangtharte khawvel	A Study of Recent Publication Marketing in Mizoram
Doumuanlal	Mizo thu leh hlaa thangtharte khawvel	A Study of Recent Publication Marketing in Mizoram



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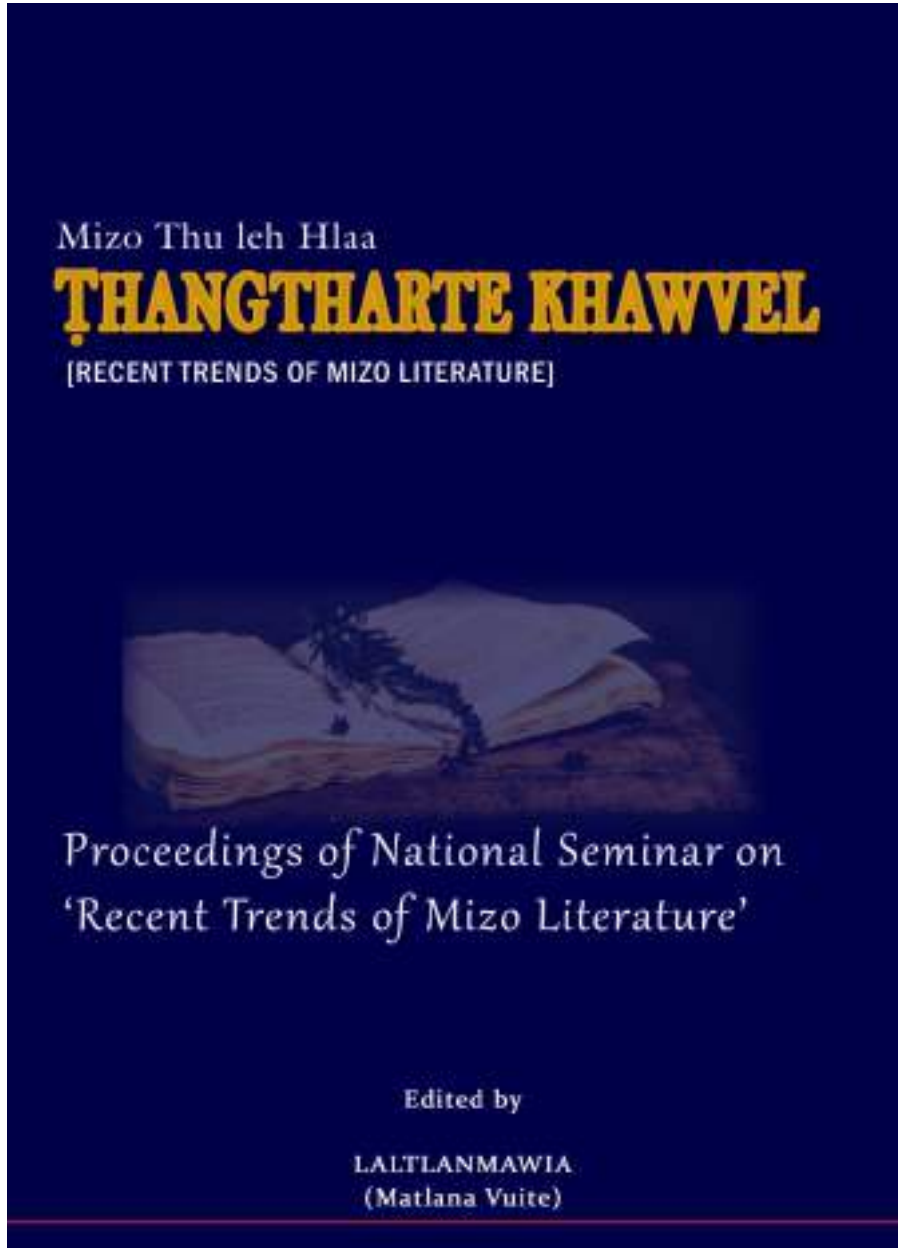
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Mizo Thu leh Hlaa
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**A STUDY OF RECENT PUBLICATION
MARKETING IN MIZORAM**

Dr. Rohmingliani, Asso. Professor, Govt. Hrangbana College

Laldinpuii, Asso. Professor, Govt. Hrangbana College

Lalhmingthanga, Asso. Professor, Govt. Hrangbana College

Doumuanlal, Asst. Professor, Govt. Hrangbana College

Marketing is a human activity directed at satisfying needs and wants through exchange processes. It includes all actions designed to generate and facilitate any replace intended to satisfy human needs or wants, marketing occurs when people decide to satisfy needs and wants through exchange of values.

Mizoram located in the north eastern part of India is a mountainous region with a population of about 11 lakhs (Economic Survey of Mizoram, 2016) and it lies within the tropics between latitude 21.190 to 24.350 north and longitude 92.150 to 93.290 east.



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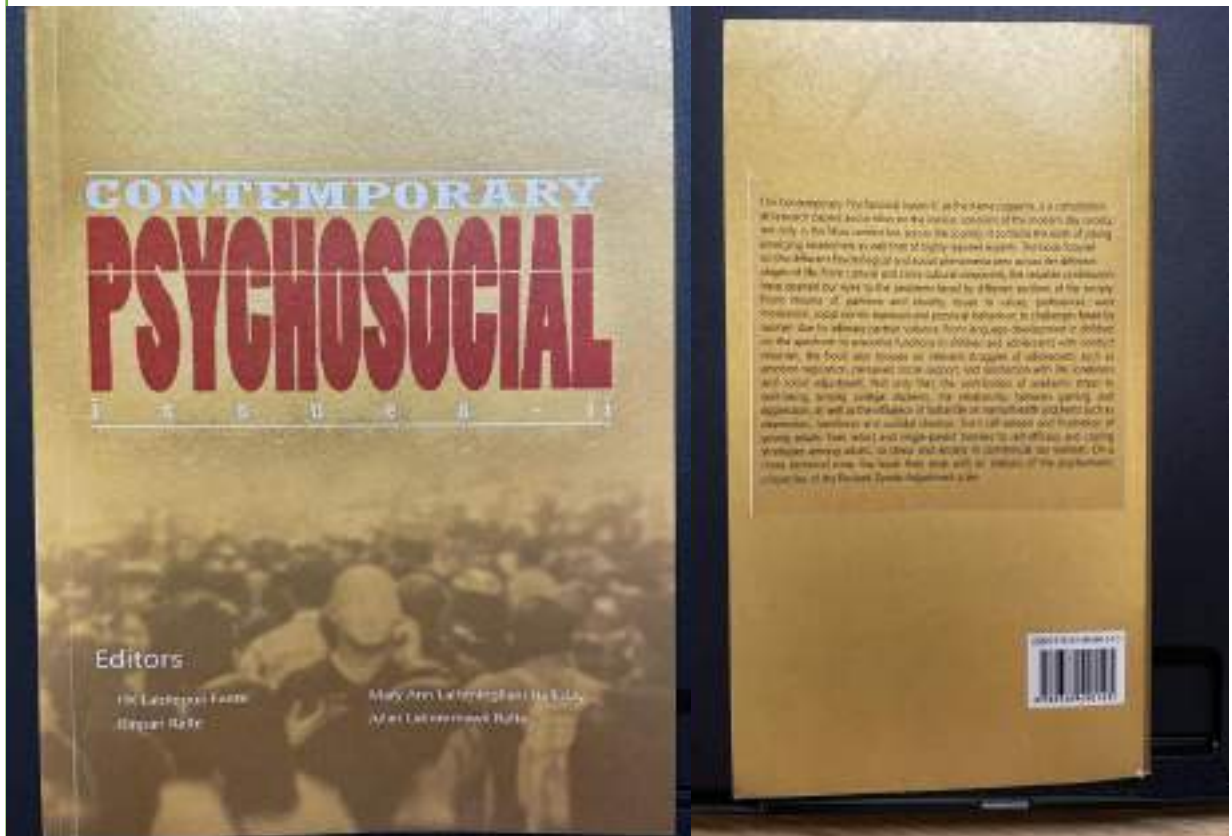
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<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Paper</i>
Dr. Zothanzami	Contemporary Psychosocial Issues - I	Emotional intelligence & Achievement Motivation: A study among the Mizo students
Lalparmawii Khiangte	Contemporary Psychosocial Issues - I	Ethnic Identity and Self Concept in Relation to Mental Well - being: A Study among the Indian Gorkha in Mizoram
Dr. Juliet Lalremmawii Ralte	“Contemporary Psychosocial Issues –II	Editorial Member : “Contemporary Psychosocial Issues –II

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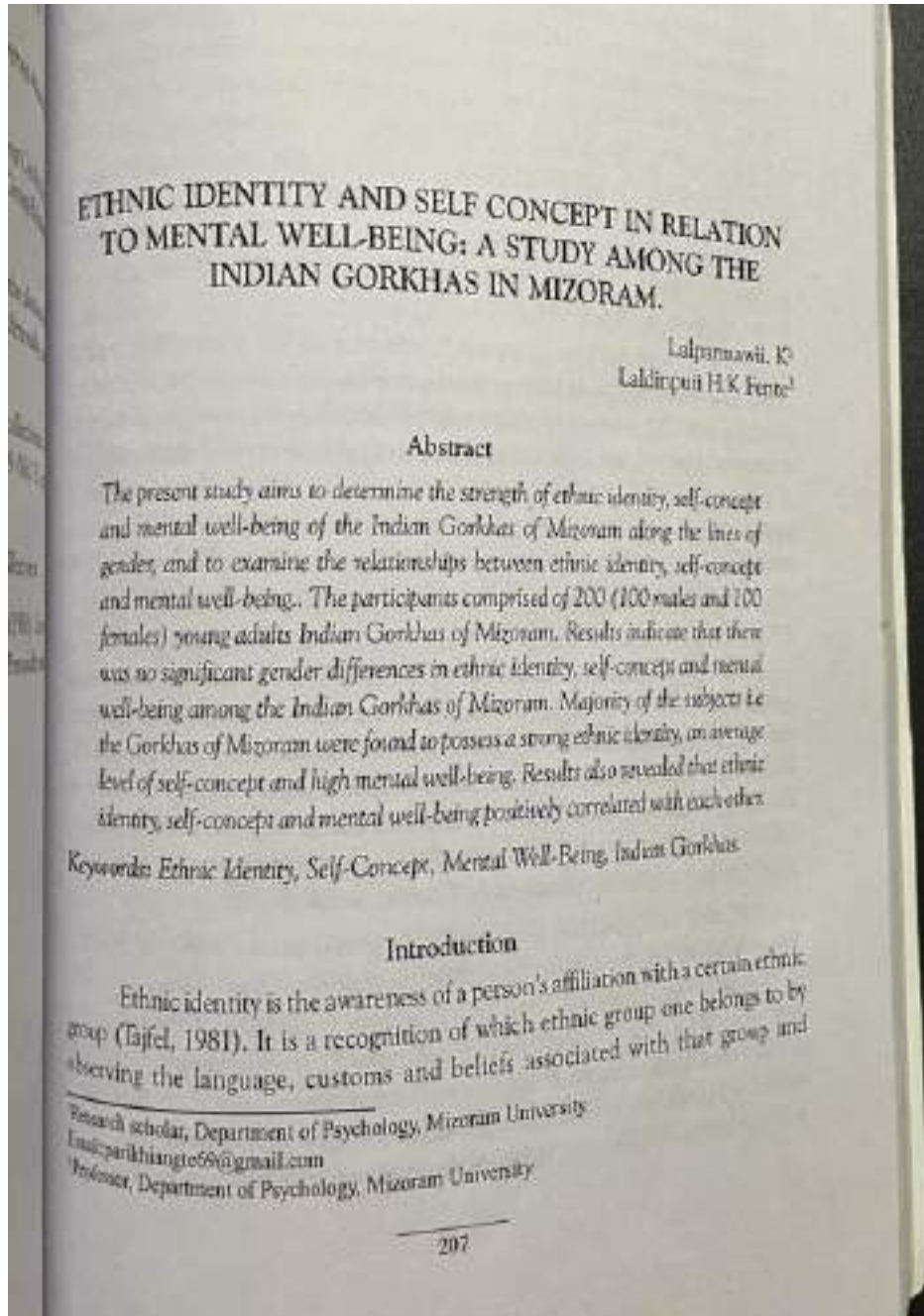
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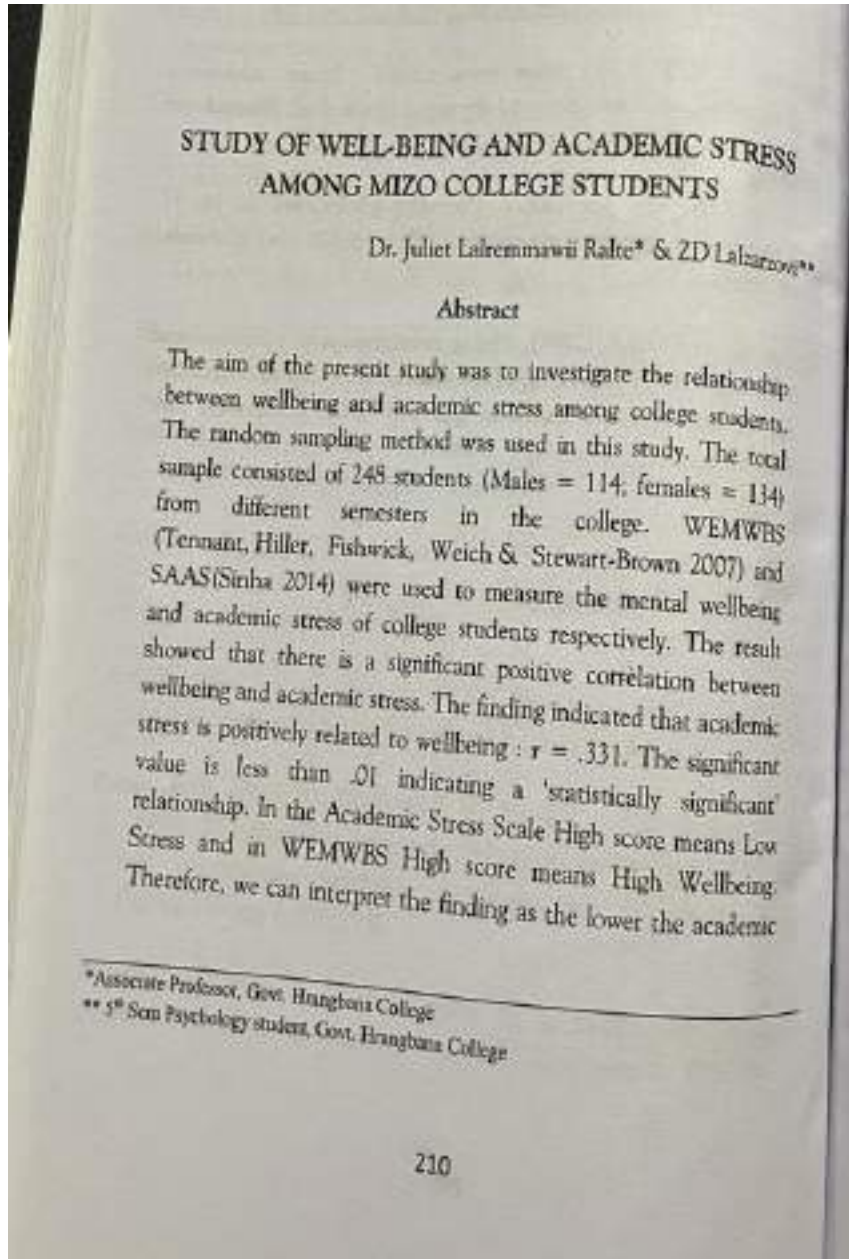
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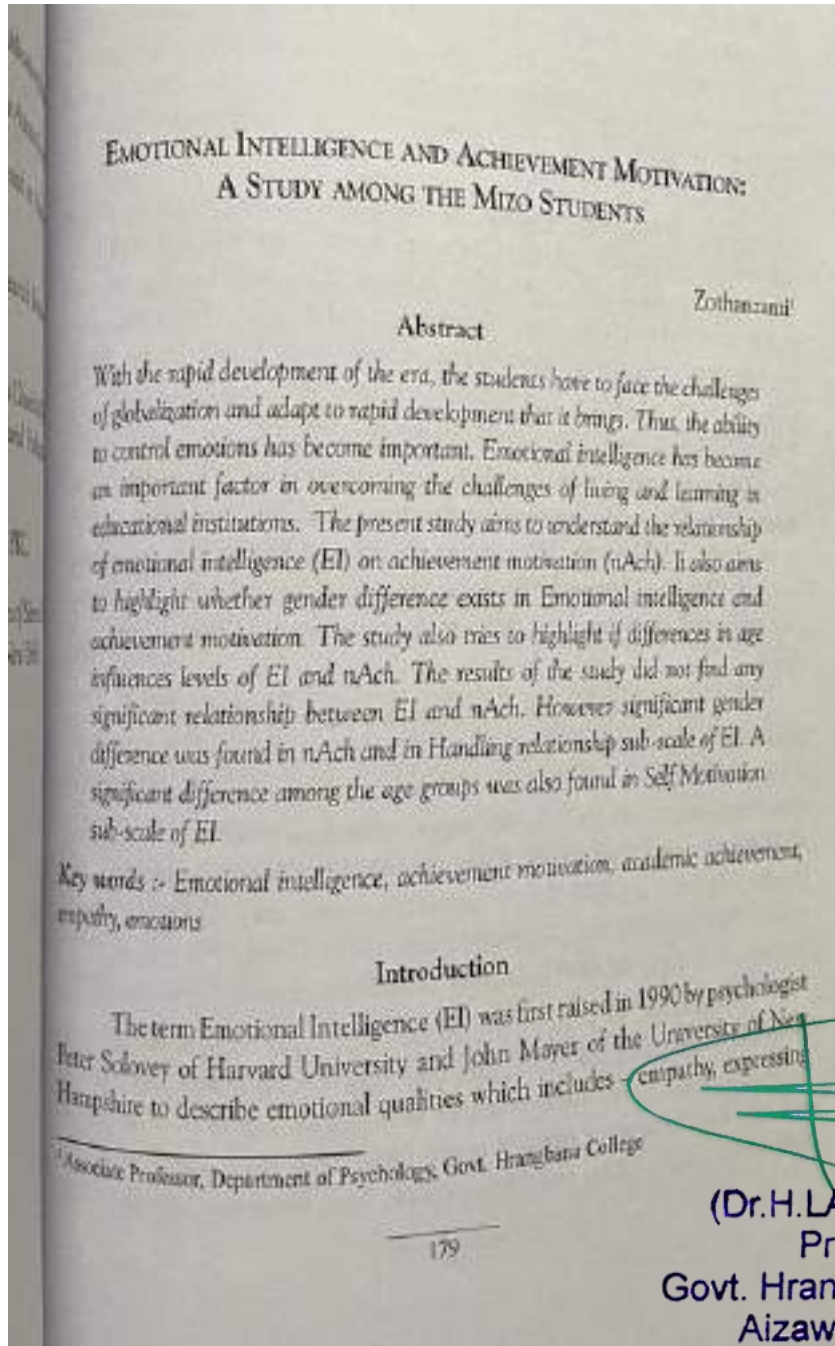
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Principal
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Darchuailova Renthlei	Daingul I	Rokunga Hlaa Ram Hmangaihna Ziarang
Darchuailova Renthlei	Rothul	Drama Ziak tura hriat Ngaite
Darchuailova Renthlei	Mizo Tawng Khawvel	Mizo Grammar: Trends and Tendencies
C. Vanlallawma		Mizo Hlaa Hrawva Dinmun
Laltlanmawia	Daingul II	Zikpuii Pa Thawnthua Poetic Justice
Laltlanmawia	Bingbi	'Silvarthangi' beh chhana Zikpuii pa thawnthua Poetic Justice Chhuina
Laltlanmawia	Rothul	'Thu A Tawp E Lumam' Bih Chianna
Laltlanmawia	Lallianmawia Pachuau	Lallianmawia Pachuau Hlaa Tawrhna
HD. Lalrinkimi	Daingul II	Ecocriticism hmanga 'Kraws Bulah Chuan' Thlirna
HD. Lalrinkimi	Bingbi	Treatment of Women in the Selected Fictions of James Dokhuma
V. Lalberkhawpuimawia	Daingul II	Kum Zabi Thara Mizo Ziaktu Ropuite
V. Lalberkhawpuimawia	Daingul I	Kum Zabi Thara Mizo Hla Phuahtu Ropuite
V. Lalberkhawpuimawia	Khuanu Leng Chawi Hrawva	Khuanu Leng Chawi Hrawva
H. Lalawmpuii	Daingul I	Editor
Laltlanmawia	Daingul I	Editor
Zohmingliani	Daingul I	Editor
C. Vanlallawma	Daingul II	Editor
HD. Lalrinkimi	Daingul II	Editor
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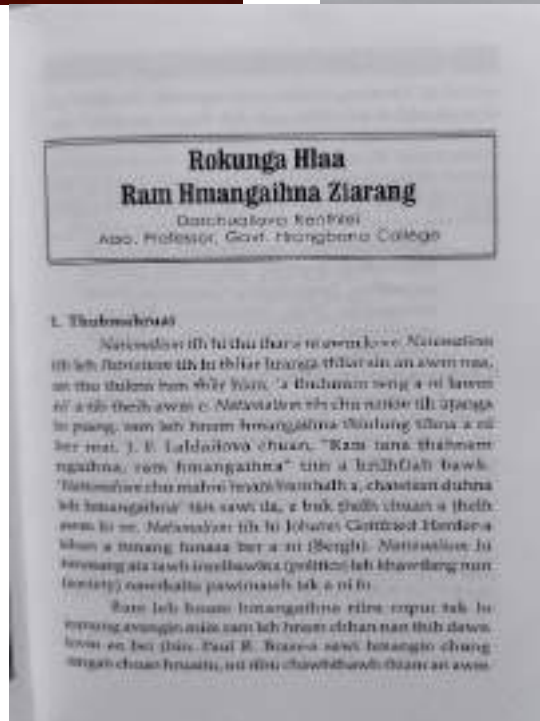
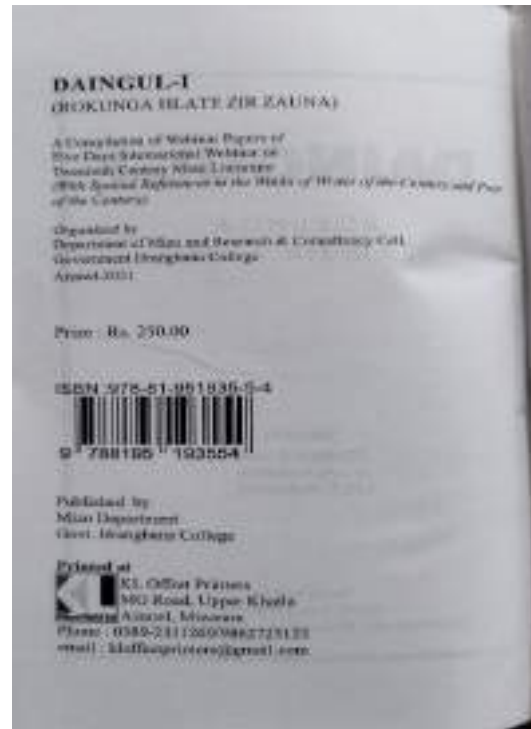
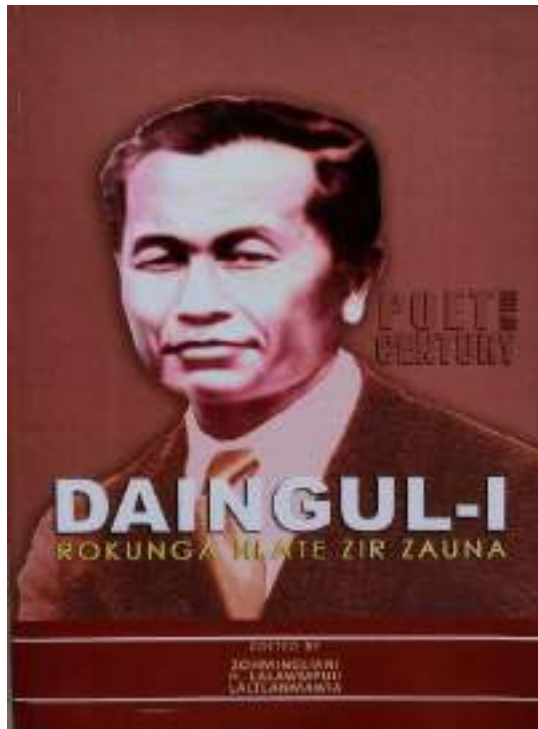
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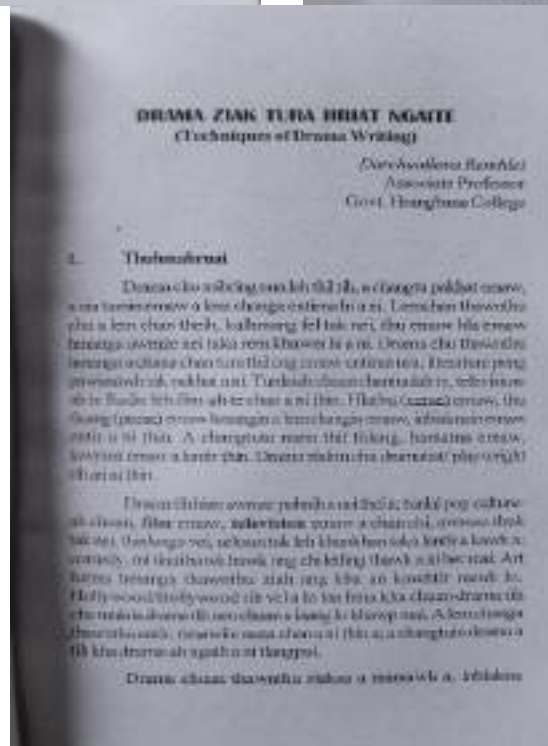
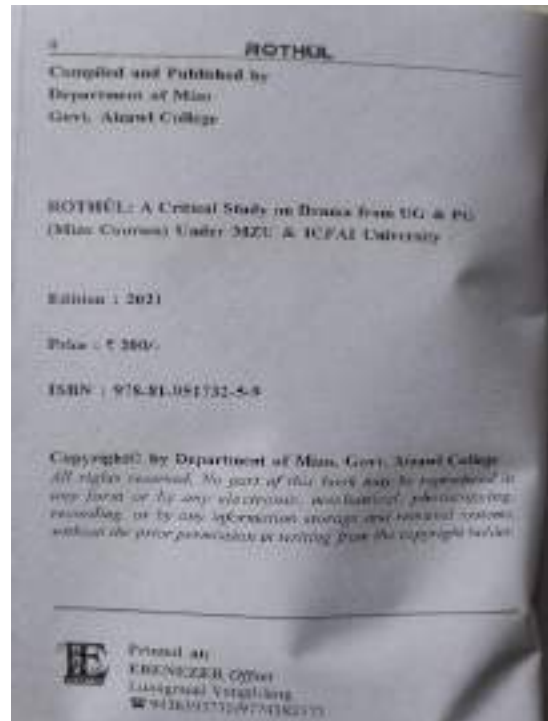
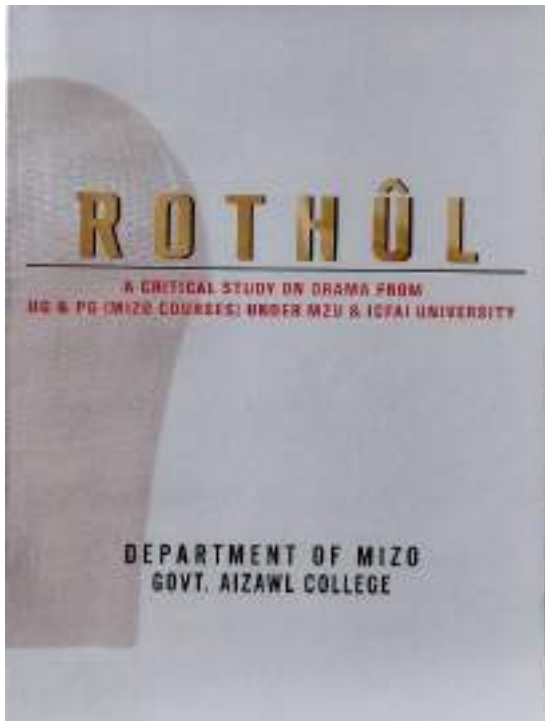




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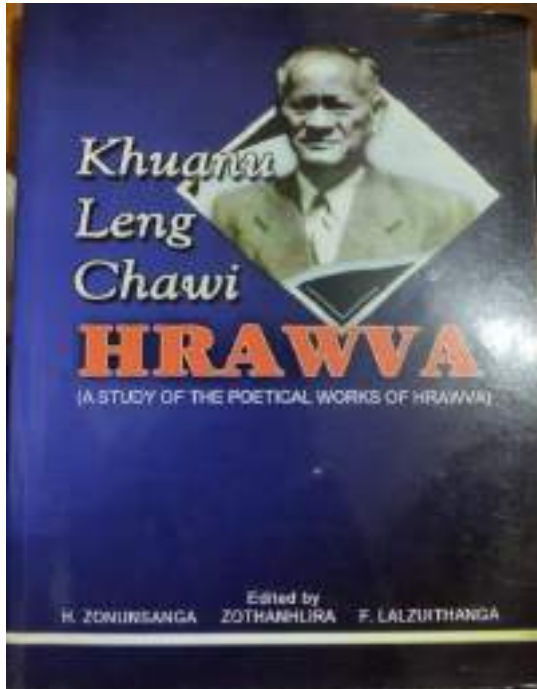




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11. Best Hrawva Occasional Poem	10
12. Best Hrawva Occasional Poem	10

MIZO HLAH HRAWVA DIRMAMU

C. Vaidalawma
Associate Professor, Department of Mizo
Govt. Hrangbana College

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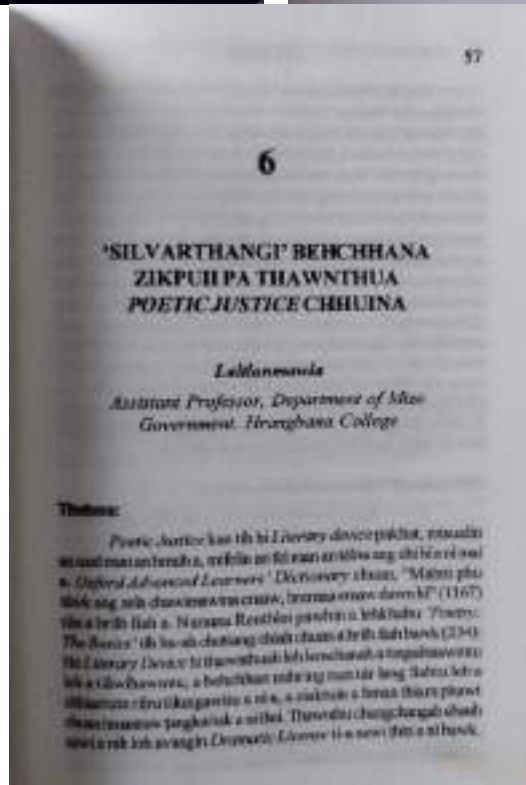
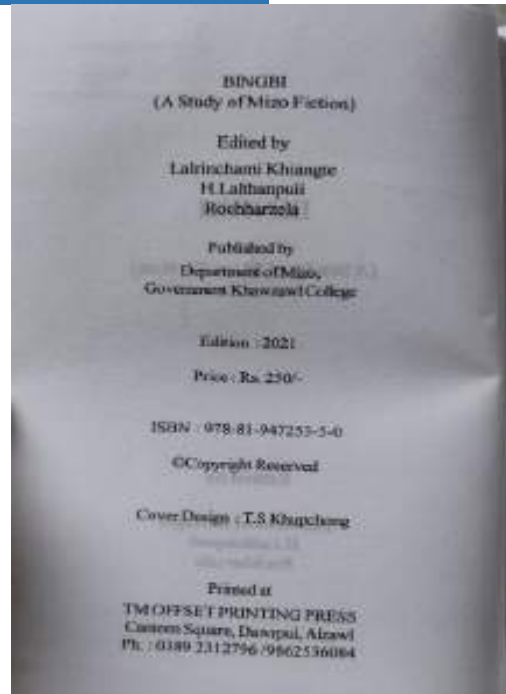
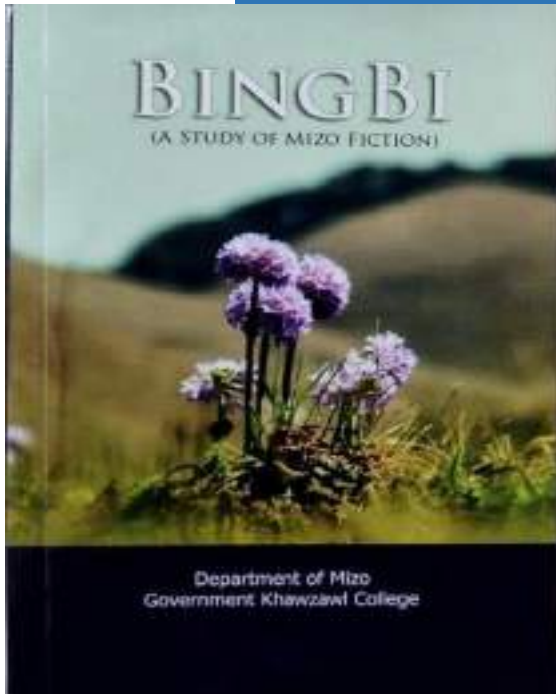
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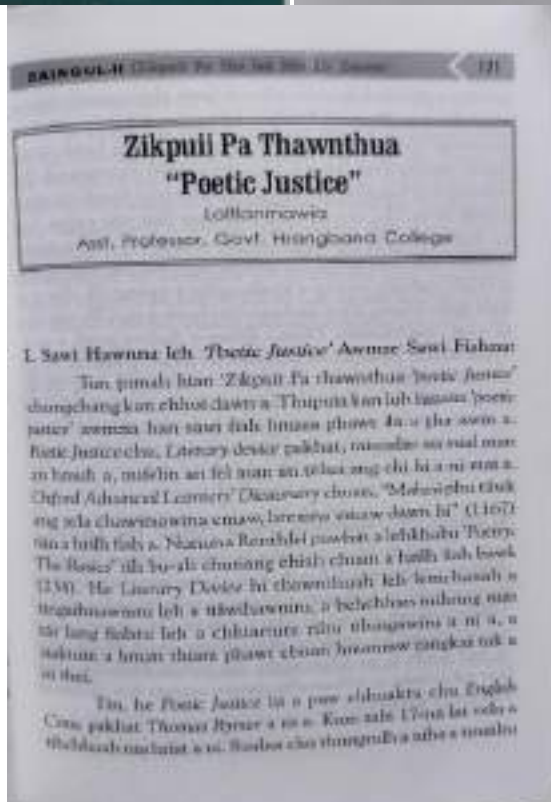
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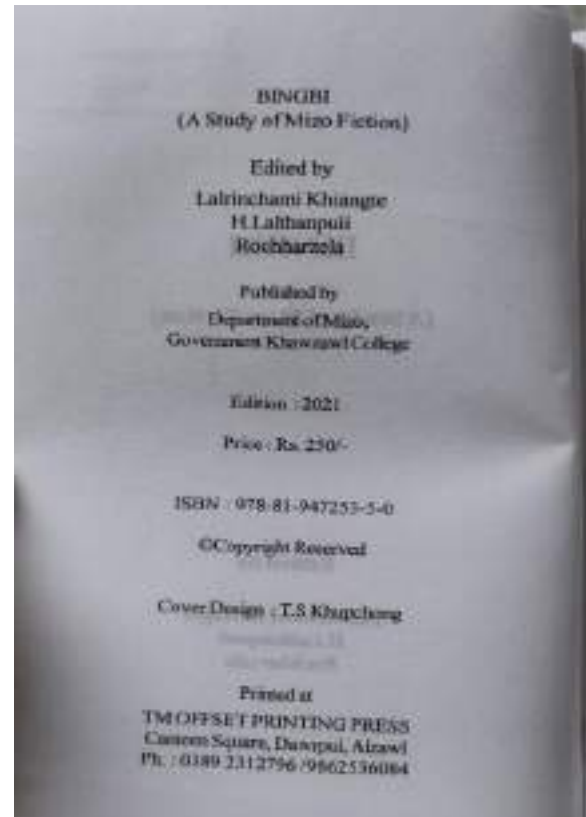
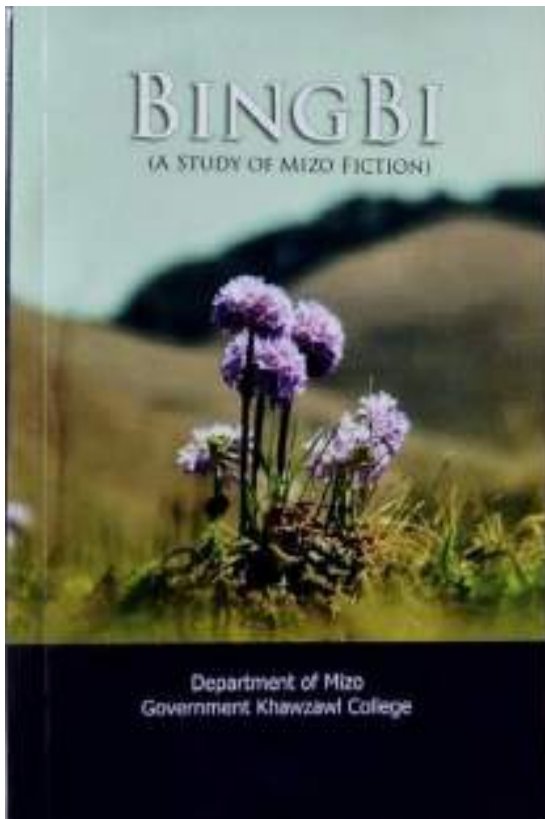
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DAINGUL-II (Zikpui Pa Thawnthua) 121

Zikpui Pa Thawnthua
"Poetic Justice"
Lallanmawia
Asst. Professor, Govt. Hrangbana College

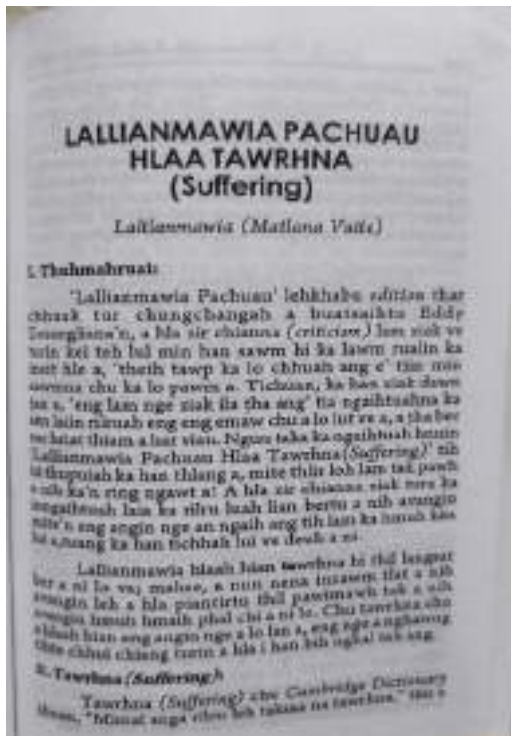
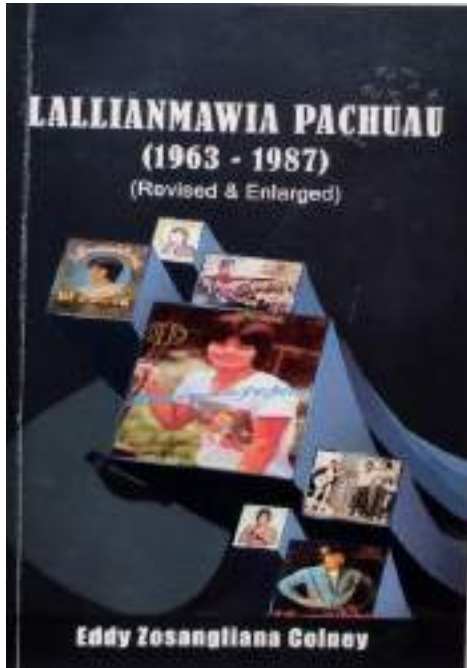
L. Sawi Hawnza leh 'Poetic Justice' Awnze Sawi Fihnan
Tun pumal hian 'Zikpui Pa Thawnthua' 'Poetic Justice'
chhangchang kan ehtot dawta a. Thupui kan luh lannan 'poetic
justice' awnza hian sawi fih lannan phaw. Ina the awn a
'Poetic Justice' chu. Literary desk pakhat, mawna so sawi man
in hian a, mawna an leh man an phawng chi hi a mawna a
'Oxford Advanced Learners' Dictionary chaw, 'Mawngpui thuk
ang zela chawngawna emaw, lannan emaw dawm hi' (1967)
nho a luh fih a. Nazava Ranzhlei pawbi a leh fih 'Poetic
The Roses' thi bu-ah chhang ehtot emam a luh fih book
(2010). He 'Literary Desk' hi chawngpui leh lemchawh a
lannanawna leh a mawngpui a bechhaw nung man
the lang fih a leh a chhangpui rhu thawngna a m a, a
lannan a hian thian phaw ehtot hawng rangka tak a
in hian.

In, he 'Poetic Justice' hi a paw ehtotke chu English
Chu pakhat Thomas Ryce a m a. Ewe tala 'You' hi ehtot a
the chawngpui a m. Sawi chu thungpui a thi a mawna

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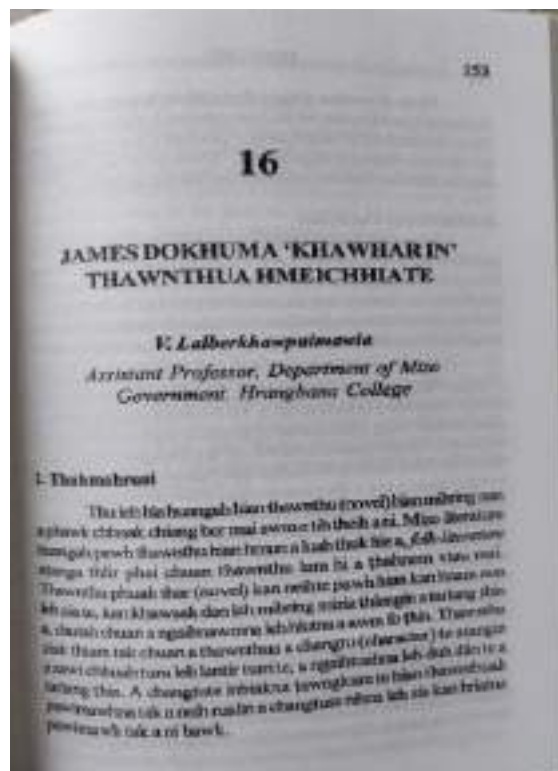
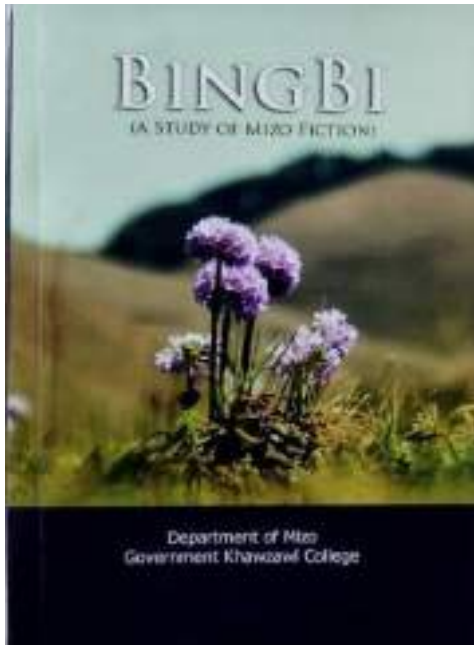
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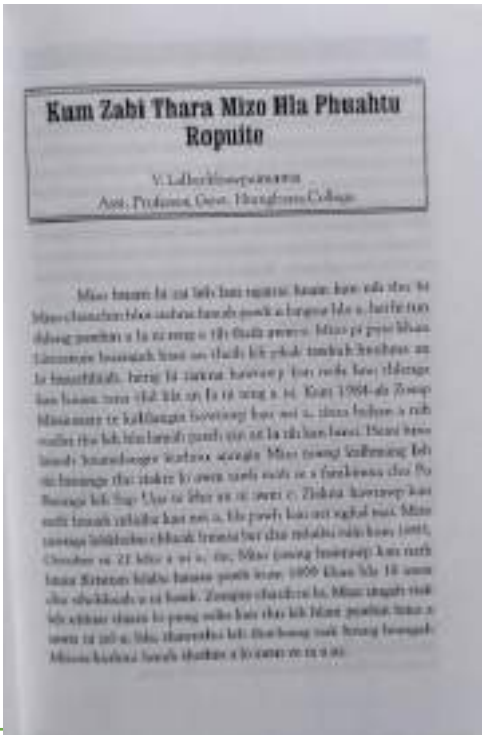
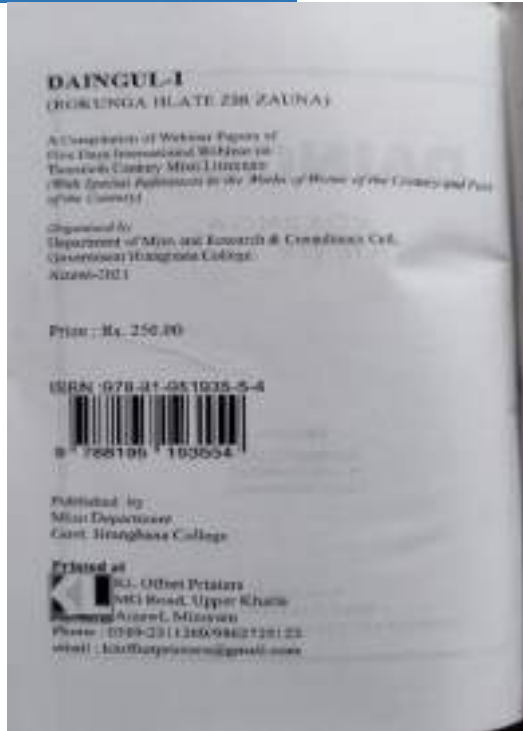




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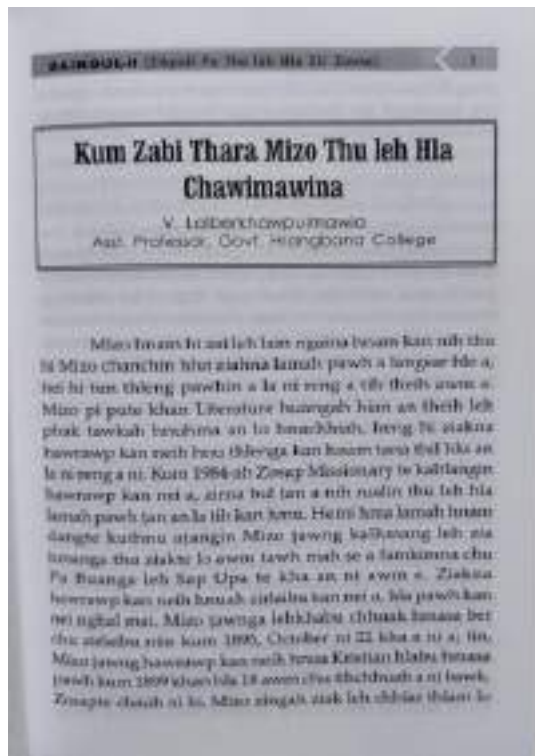




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Saihlupuii	Mizo Rap Music Zir Chianna	Impact of Rap Music in a Society
Lalparmawii Khiangte	Mizo Rap Music Zir Chianna	Impact of Rap Music in a Society

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ZIR CHIANNA

(A Critical Study of Mizo Rap Music)



*Proceedings of
International Webinar on
Mizo Rap Music*

Edited by

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**THE IMPACT OF RAP MUSIC IN A SOCIETY: A
SPECIAL REFERENCE TO DR. REUBEN'S
'KUMHLUI LIAM TUR'**

- Dr. Melody Laltanpuii, Govt. Hrangbana College
Dr. Zothanzami, Govt. Hrangbana College
Dr. Juliet Lalremmawii, Govt. Hrangbana College
Dr. PC Lalthmingsangi, Govt. Hrangbana College
Saihlupuii, Govt. Hrangbana College
Lalparmawii Khiangte, Govt. Hrangbana College

Hmasang ata hringfa te nuna nghawng nei lian em em Rimawi leh Hlate hi mi mal leh khawtlang nun nghawngtu pawimawh tak an la ni reng tih hi phat rual a ni lo a, khawtlang leh ram inlungrualna min thlen chang a awm a, kan la hmuh reng reng loh min ngaihtir leh nunhlui ngaia min tahtir chang a awm a, min hnem chang lah a tam narawh e. Mihringa phuma awm (emotion) a chawh thawh chang leh kan hla ngaihthlak a zira kan mizia a danglam chang lah a tam nangiing mai. Rimawi leh Hla hlutna va hre tur hian a hla thu kan hriat thiam kher a pawimawh lo a, Rimawi chuan tawng(language) bik a nei lo a, amah tawp hi min khawikhawmtu tawng(language) a ni an lo ti fo reng a ni.

Tun hnaia khawvel min fan chhuaktu, mi mal, leh khawtlang nun thlak danglamtu Rimawi leh hla zetluang (genre) zinga sawi hlawh ber pakhat chu a chhama chham chi hla (Rap



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Darchuailova Renthlei	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan
Zohmingliani	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan
HD Lalrinkimi	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan
H. Lalawmpuii	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan
Laltlanmawia	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan
V. Lalberkhawpuima wia	Mizo Rap Music Zir Chianna	Rap Music leh Mizo Literature Inkungkaih Dan

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MI RIANG LILZOA HLAH HMANGAIHNA LEH
TAWRHNA

C. Vanlallawma, Govt. Hrangbana College
Darchuailova Renthlei, Govt. Hrangbana College
Zohmingliani, Govt. Hrangbana College
HD. Lalrinkimi, Govt. Hrangbana College
H. Lalawmpuii, Govt. Hrangbana College
Laltlanmawia, Govt. Hrangbana College
V. Lalberkhawpuimawia, Govt. Hrangbana College

Thuhma:

A hmasain Hrangbana College, Literature Club-in International Webinar meuh buatsaihin Literature mualah kan Resource Person te'n thiam tak maia Mizo Rap Music an han zir chiang thei hi hmasawna ropui tak a ni awm e. Kan hun hman rawn chhingtute lah Academician chang ni lovin thalai nawlpui leh Mizo Rappers eng emaw zatin hun min rawn hmanpui a, kan hlawkpui tlāngin hmasawna leh fin vama kan char theuh bawkin a rinawm. A huaihawttute lam lah kan phur tlang a, kan Webinar puitlin a nih theih nana thahnemngai taka tha thawhtute kan sawi vek seng lo nāngin kan kechheh rem min khawn diksak fo thintu kan Club meuh Sir Laltlanmawia (Matlana Vuite) leh Miss Zomuani Cherpoot (Babytei) te chungah lawmthu sawi kan ba nasa hmanpui awm lo se tun ang hun kan thleng hauh lo ang.


(Dr. H. LALZINGA)
Principal
Govt. Hrangbana College
Aizawl, Mizoram



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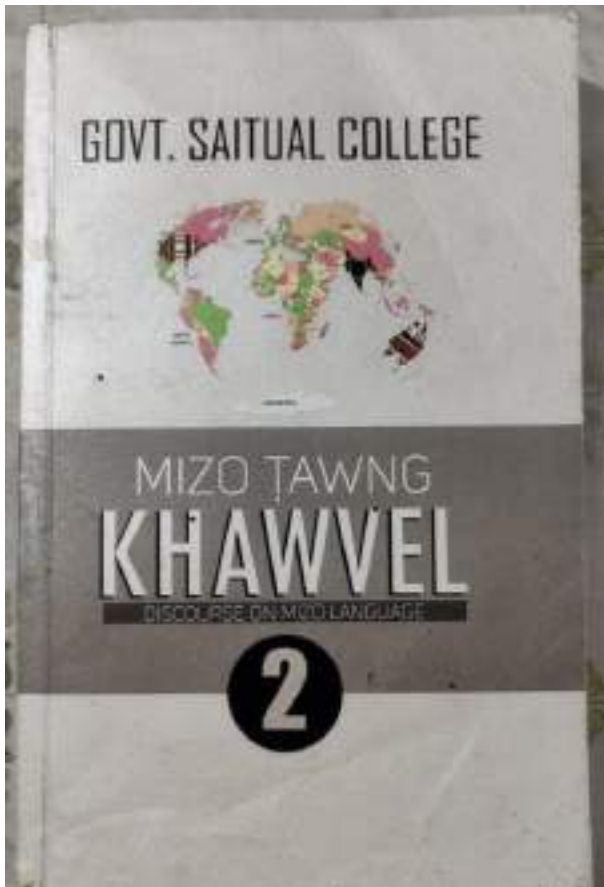
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Laltlanmawia	Thukphum	Zikpuii pa mita Ngurthansangi mawina
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Laltlanmawia	Inter-Disciplinary Research on Covid-19 Pandemic in Mizoram	Covid19 hripuiin Mizo Literature a nghawng dan
V. Lalberkhawpuimawia	Hmangaihna Zun Zam	Laltanpuia Tochwawng Hlaa Romanticism Ziarang
V. Lalberkhawpuimawia	Mizo Screenplay	The Journey of Screenplay in Film Industry
V. Lalberkhawpuimawia	Thukphum	Role of pasaltha in 'Ka Mi huaisen leh ka pasaltha'
V. Lalberkhawpuimawia	Inter-Disciplinary Research on Covid-19 Pandemic in Mizoram	Covid19 hripuiin Mizo Literature a nghawng dan
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H. Lalawmpuii	Inter-Disciplinary Research on Covid-19 Pandemic in Mizoram	Covid19 hripuiin Mizo Literature a nghawng dan
R. Lalchhanhimi	Inter-Disciplinary Research on Covid-19 Pandemic in Mizoram	Covid19 hripuiin Mizo Literature a nghawng dan
Lalremruati Ngente	Hmangaihna Zun Zam	Laltanpuia Tochwawng hlaa Humanity
Lalremruati Ngente	Zirlaite Hril Hla (Anthology of Poetry)	Mizo Poetry Than Chhoh Dan
Lalremruati Ngente	Inter-Disciplinary Research on Covid-19 Pandemic in Mizoram	Covid19 hripuiin Mizo Literature a nghawng dan
Lalrinnggheta	Mizo Screenplay	Film Studies
HD Lalrinkimi	Hmangaihna Zun Zam	Editor
Laltlanmawia	Hmangaihna Zun Zam	Editor
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8

MIZO TAWNG SENTENCE NIHPHUNG

Dr. Darshuailova Renthlei
Associate Professor, Department of Mizo
Govt Hrangbana College

Syntax chu 'grammar of the sentence' thina a ni ber mai. Sentence khat chhunga thumal rik dan te, thumal inhlawmkhawm dan te, thumal pakhat chhunga hawrawp hrang hrang hnatbawh te, chu ti chuan sentence a hna a thawh dan te, *part of speech* hrang hrang indawta ingui ilan ti leh grammar atanga sawi tur awm zawng zawng a huan a ni ber mai.

Sentence tah hi Latin tawng, *sententia* enaw sentence enaw atanga lak a ni a; a awmta chu ngaih dan thina a ni. Chutichuan, sentence chu thu chang kim thumal hrang hrang leh clause hrang hrang an awmta tur theuhva semkhawm, awmta thantling neia ni ru leh suanghahna tar lanna hi a ni. Sentence-ah chuan subject leh verb a awm thui; entir nan.

1. Thanga a zai.
 2. Sangi a mu.
 3. An zai.

Heng, a chunga sentence pathumah hian Thanga. Saegh leh Av te hi subject an ni a (linguist-te chuan Av hi subject ti lovin subject agreement marker an ti thin). an

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Laltanpuia Tochwawng Hlate Zir Zauna

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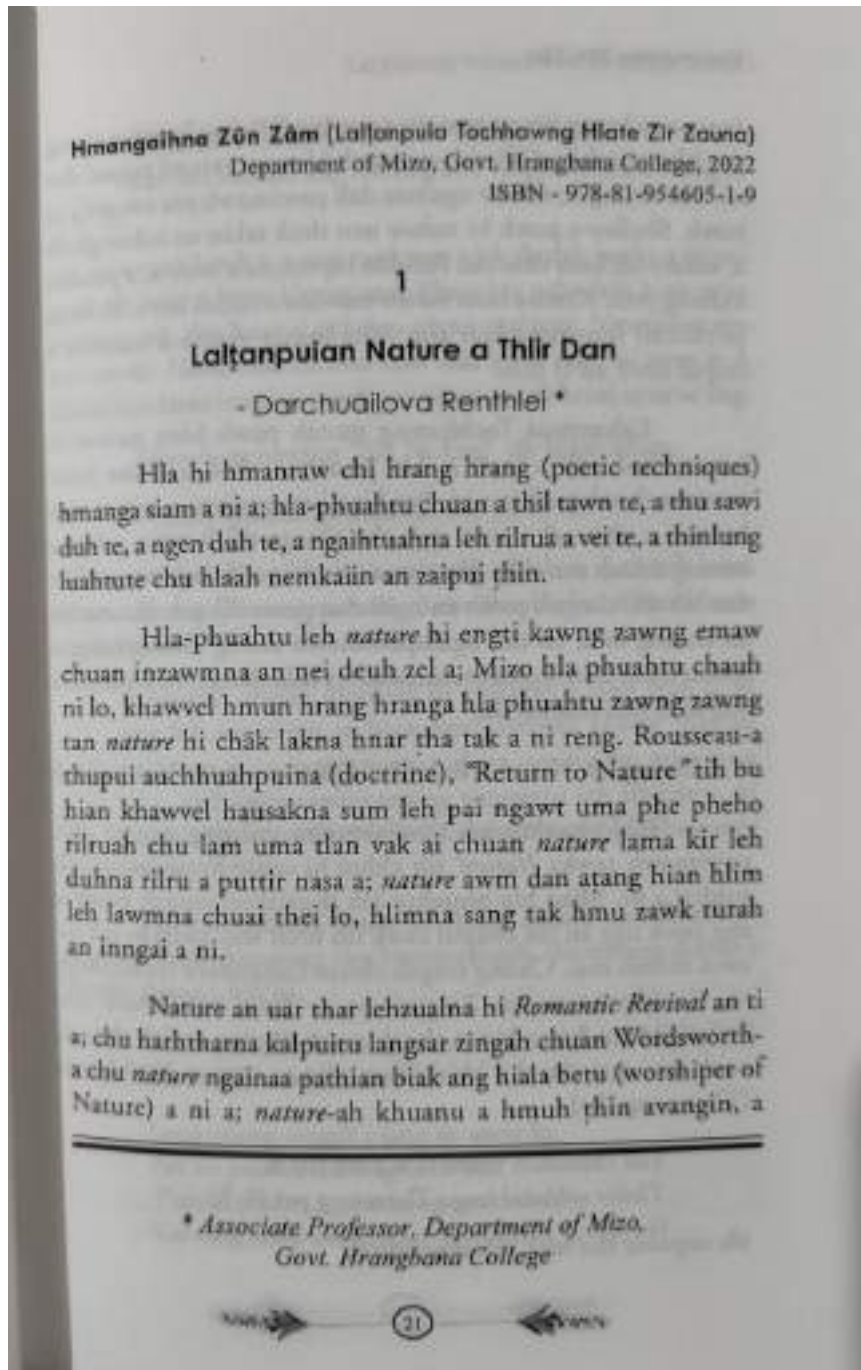
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Department of Mizo, Govt. Hrangbana College, 2022
ISBN - 978-81-954605-1-4

HoD Thu Hmahruai
(Pawnpui-Centric Worldview)

Kan college-in lehkhabu säwm chuang kan chhuah tawh hnuah Lalhanpui Tochhawng hla zir chianna bu kan chhuah leh thei hi a lawmawm hle mai. Ani hming han lam rik hian rilruah lo lang ve nghai a awm a. Chu chu pa berin a nupui fanaute a hmangaihna hi a ni.

*Aw ka hmangaihte u, ka duat em emte u,
In lawina rin riangte, aw in zâlna laikrum,
Laitual in lenna te, mitthlâ'an a châm reng.*

a tih hian mihring chungkaw nun sùtpui, pa ber hmangaihna a râr chhuak a. Chhungkaw khai dingtu, pain a nupui fanaute a hmangaihna hi he hla hian a puang fiah a ni. He hla a phuah lai hian an in chung khur chhuhansanin a zin emaw, hna thawkin ram dangah a awm emaw a ni thei. Engpawh ni se a hla-a a lan danah hi chuan a hmangaihte lenna tlâng hmu phâk lovin pa ber a thang bo a, churah chuan in lam ngaiin a va lunglêng ta em em a. A nupui fanaute chuan a rilru an luah khat that a: "Ka thilung hmangaihna leh ngaihtuahna te chuan, An chungah thla zârin a swmpui reng thin" a ti phawng mai. Paho hian an rilphung dik takah chuan "I nupui fanaute i hmangaih tur a ni" tih thupek hi an mamawh miah lo va. Chutiang thupek avanga hmangaih ta an ni lo. Chutiang hmangaihna chu an pianpui theuh ang a, nupui fanau an han neih chiah khan a lo harh chhuak thin a ni ang. Nupui leh fate chu an hmangaih theuh a, an sawi chhuah thiam dan a inchen lo mai a ni.

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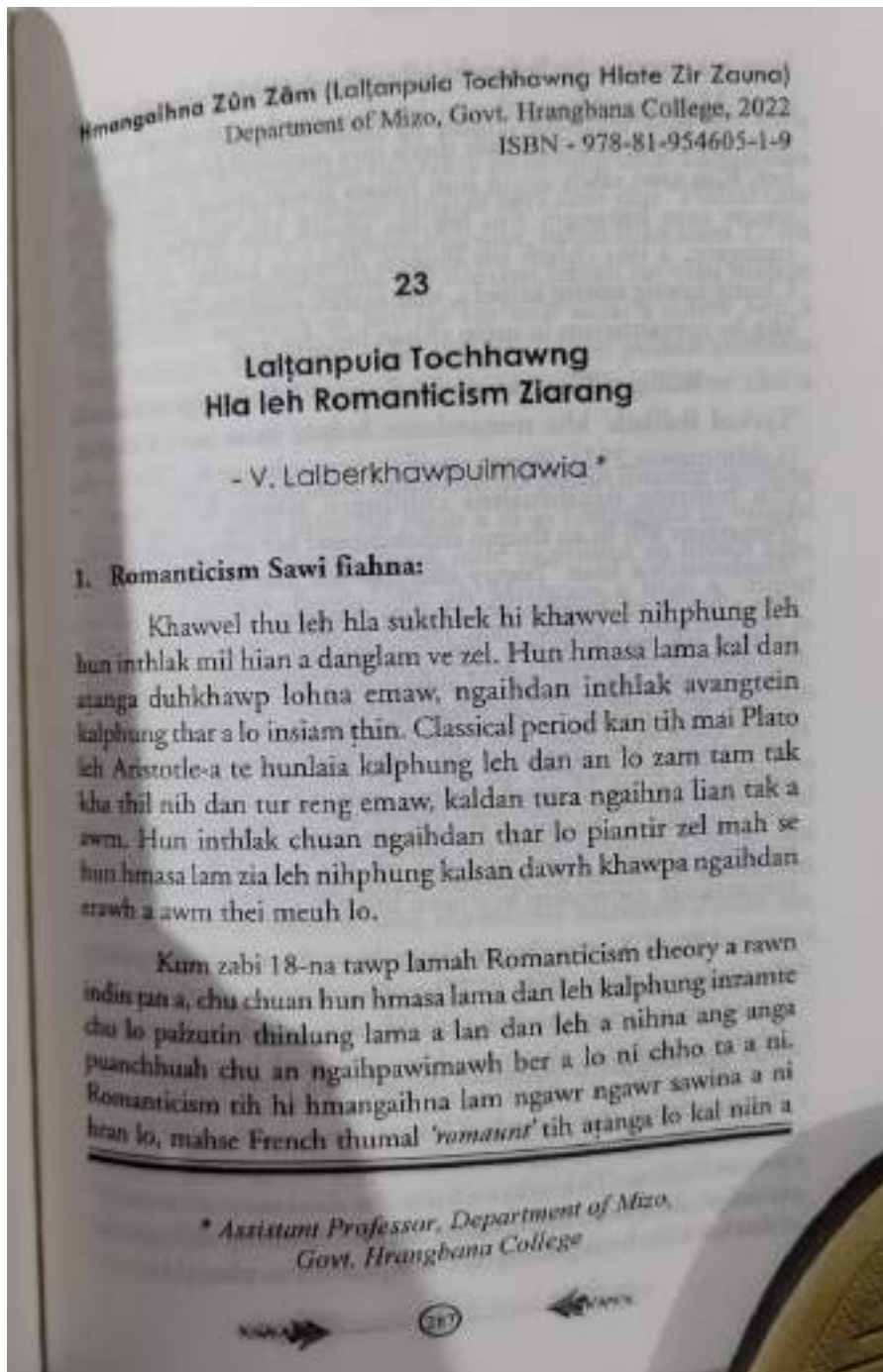
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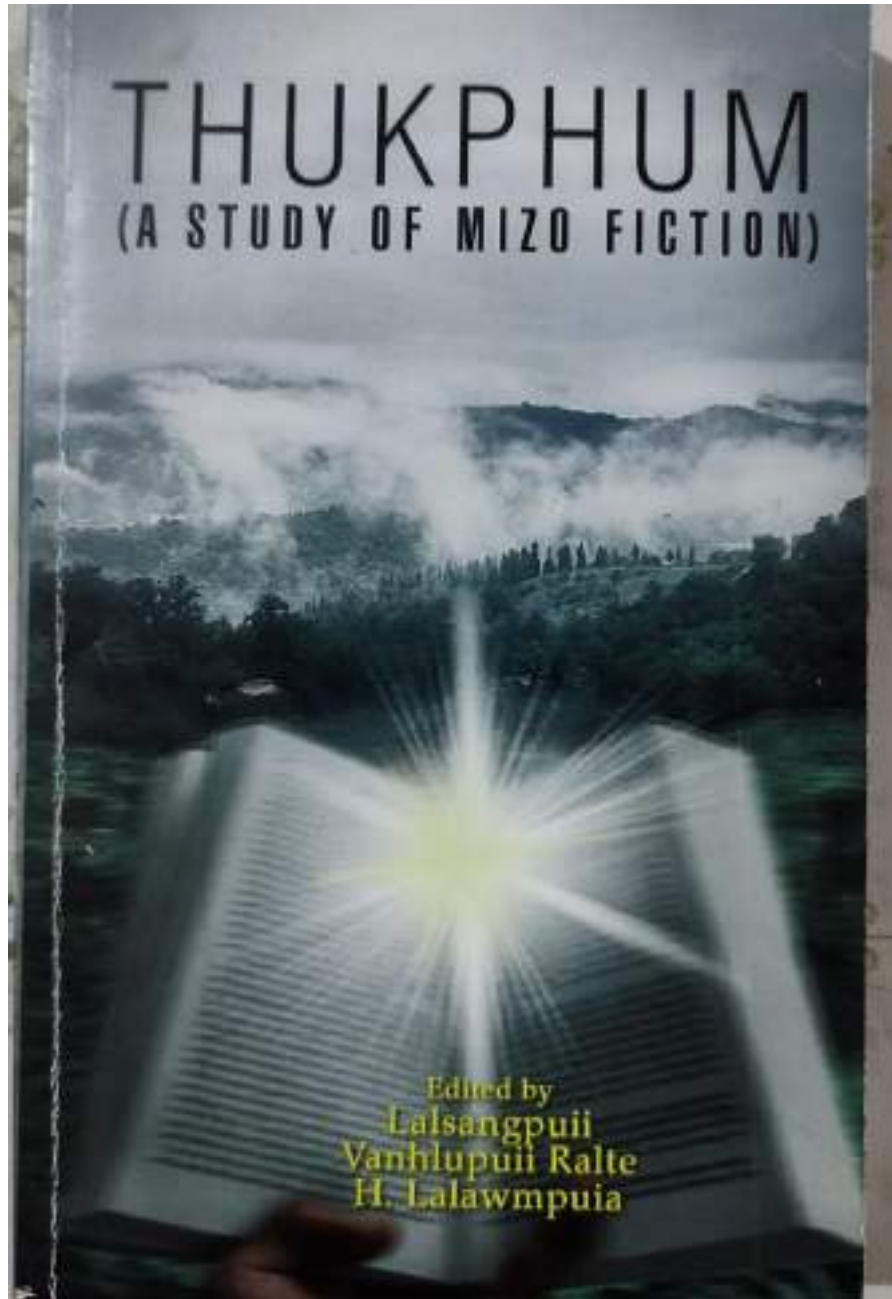
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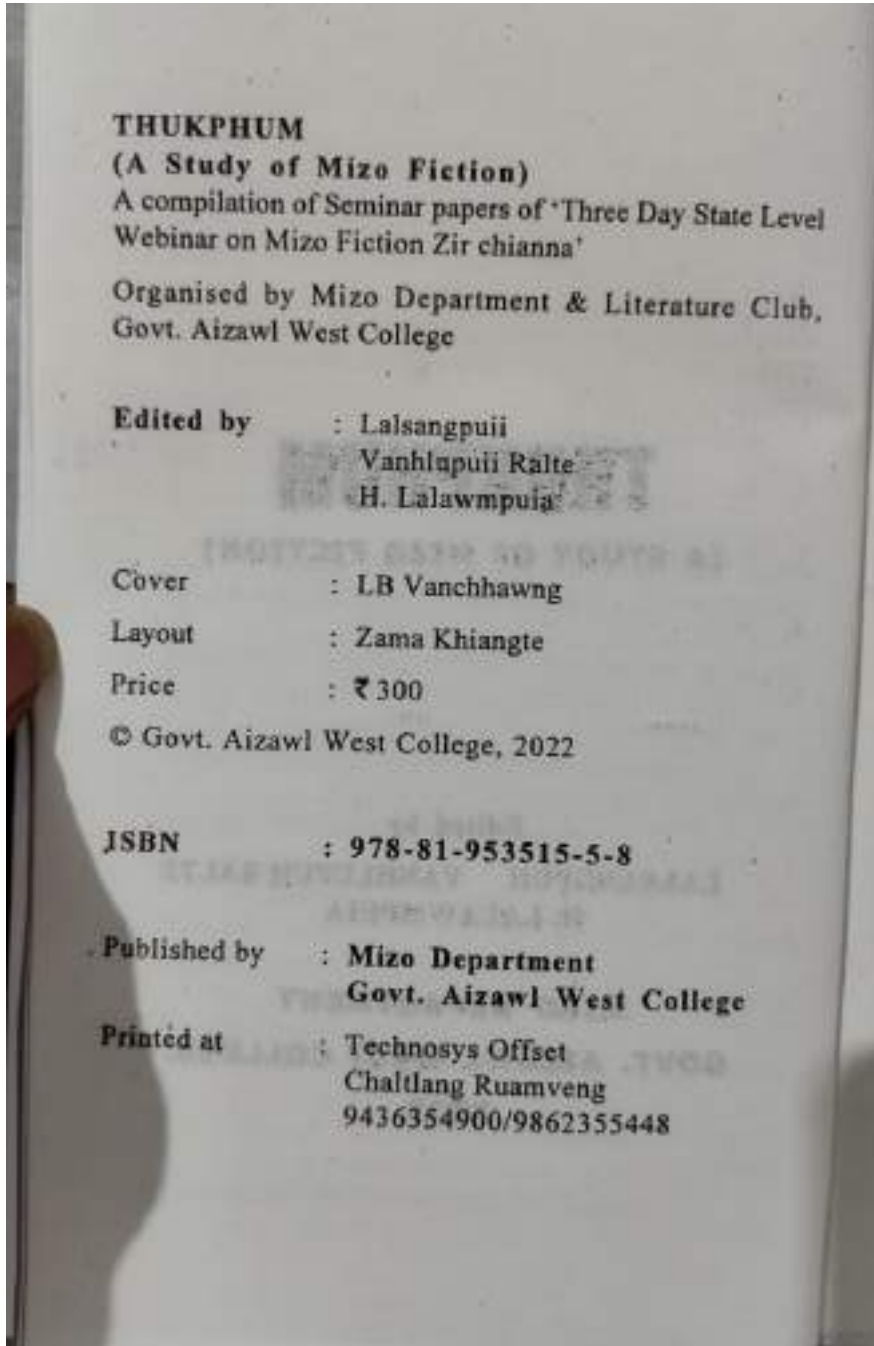




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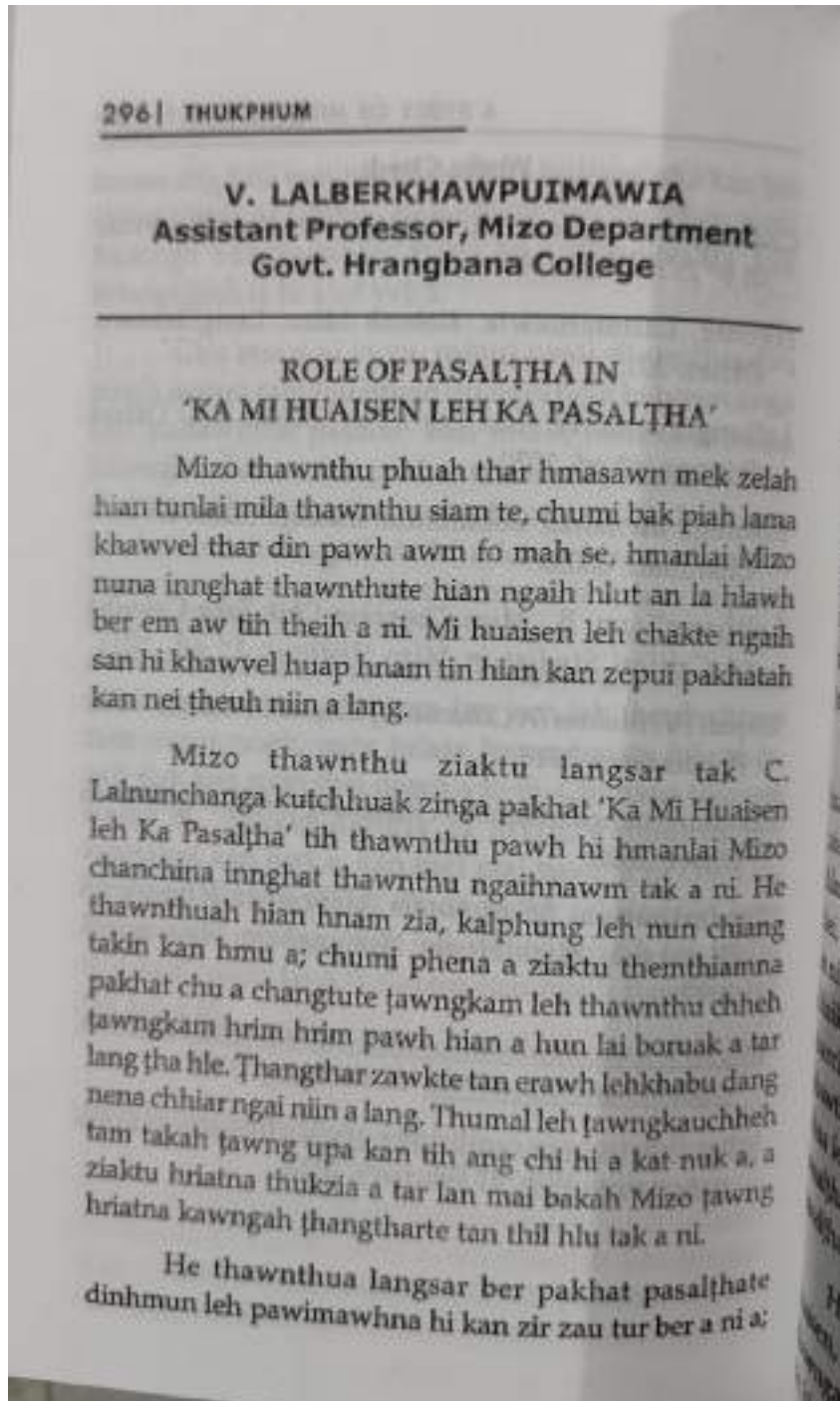
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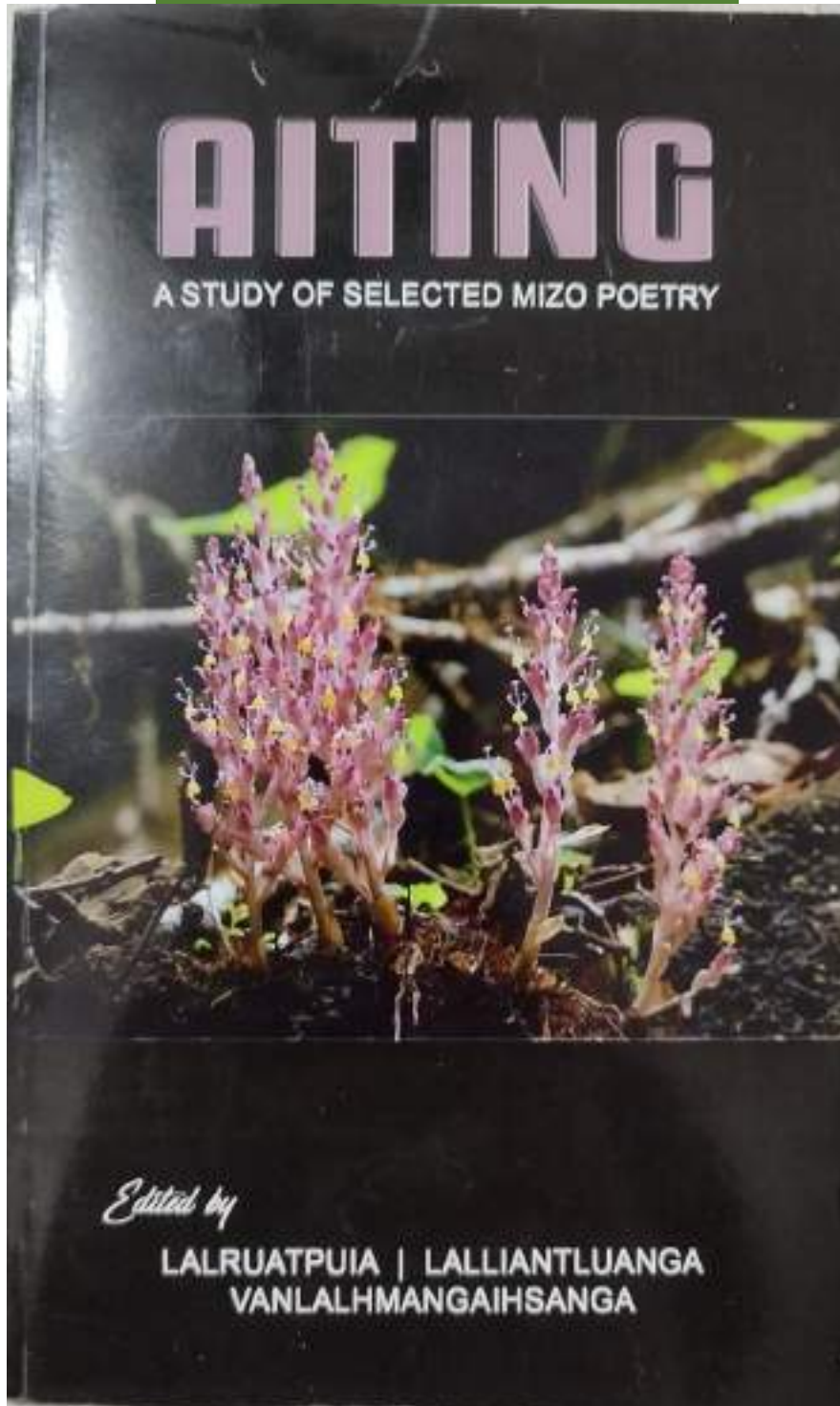
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AITING
(A Study of Selected Mizo Poetry)

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Lalruatpuia
Vanlalmangaihsanga
Lalliantluanga

Published by : Department of Mizo
Govt. Khawzawl College

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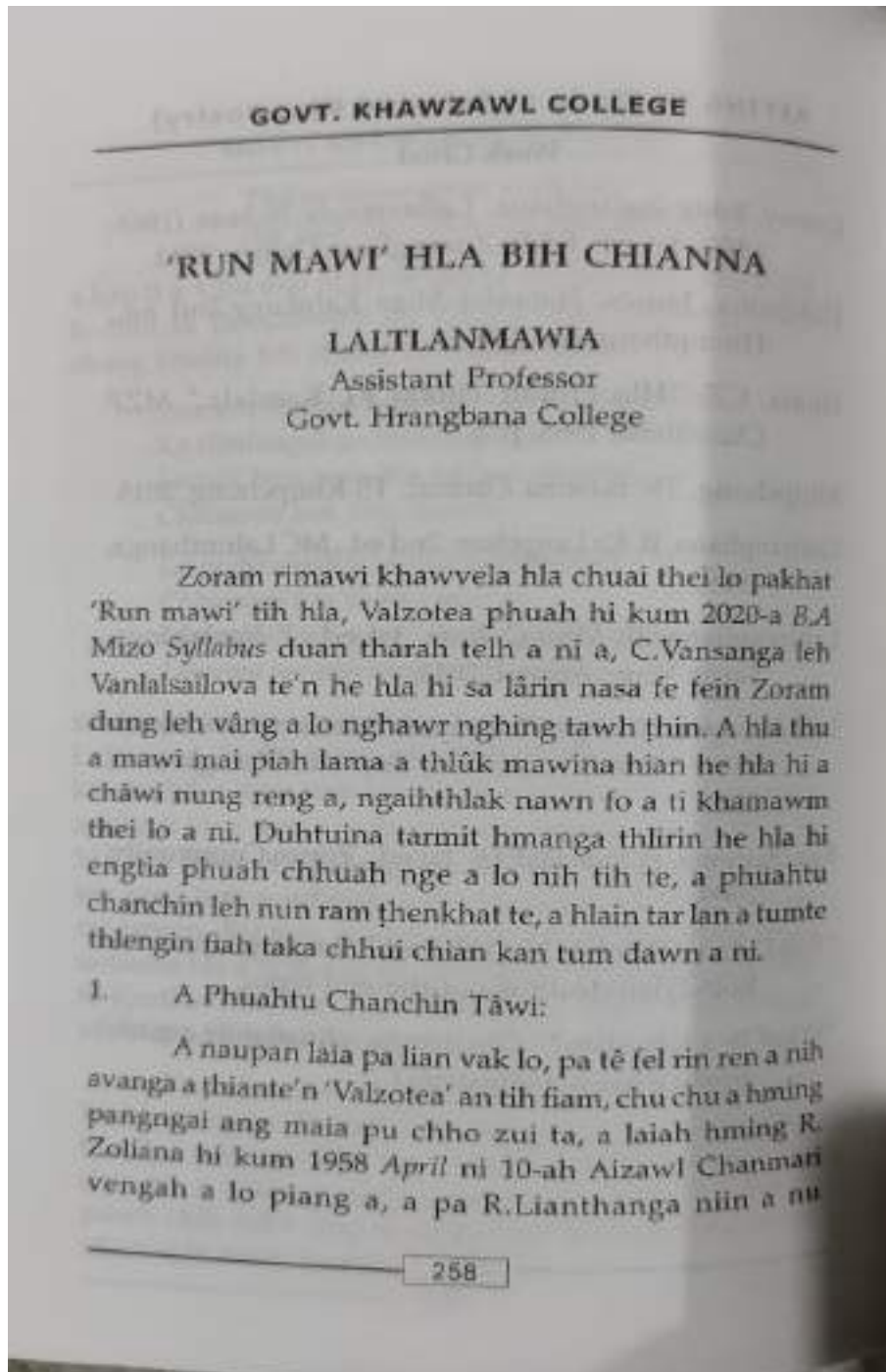
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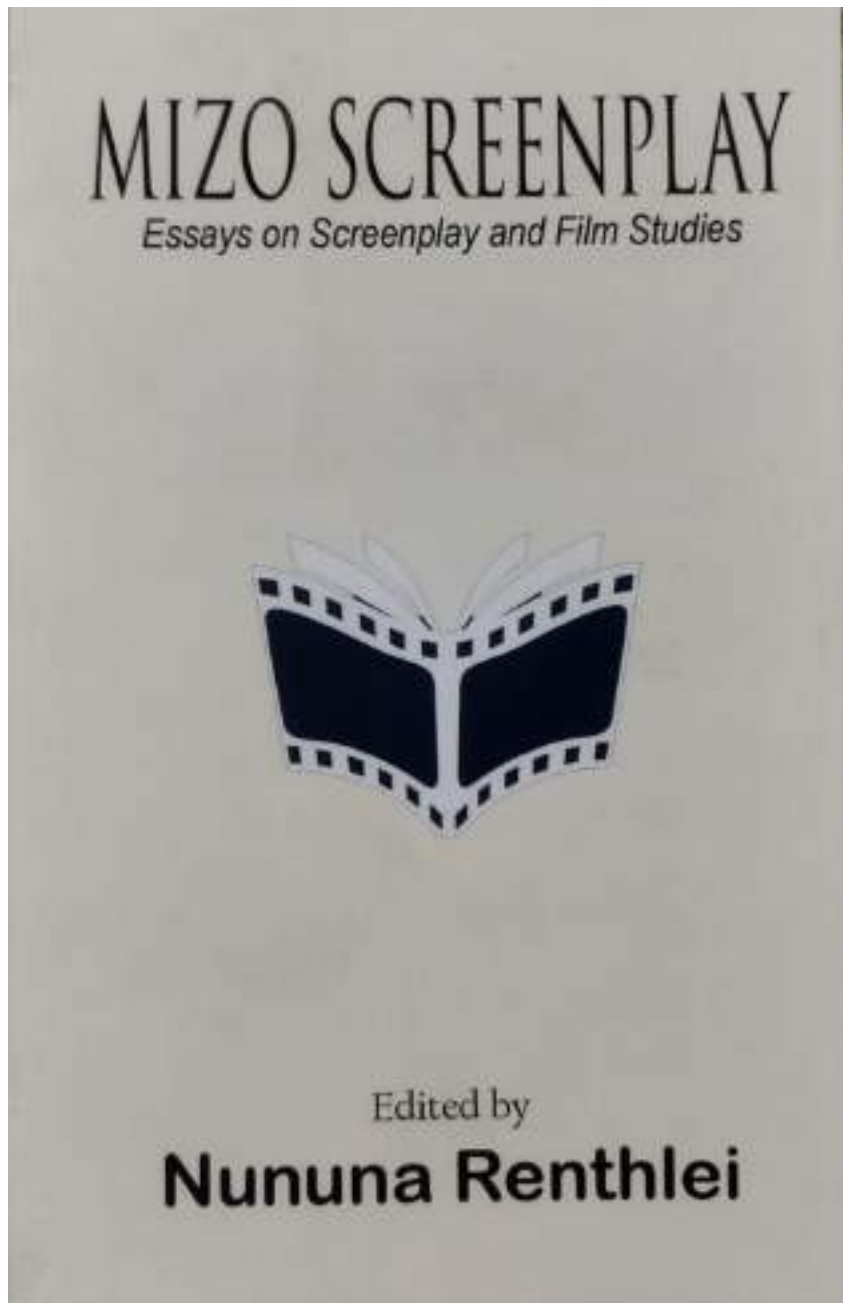
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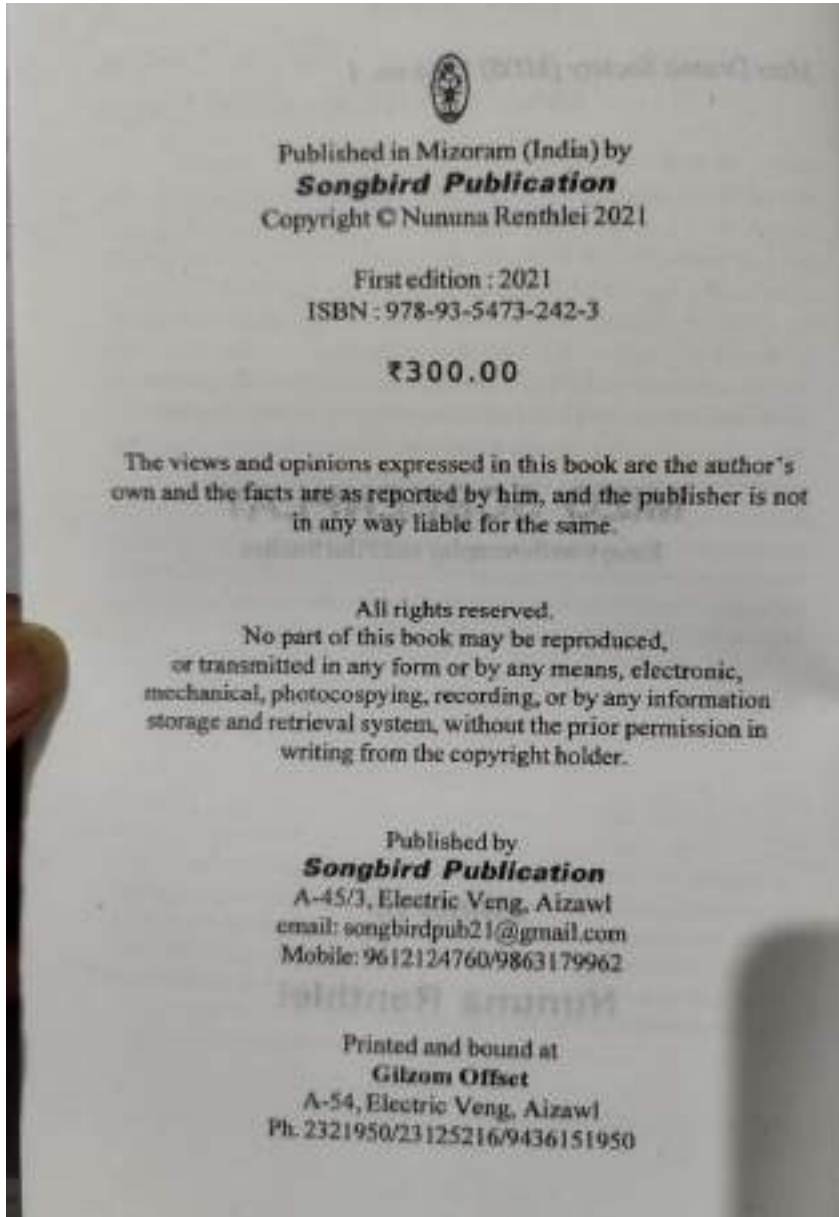




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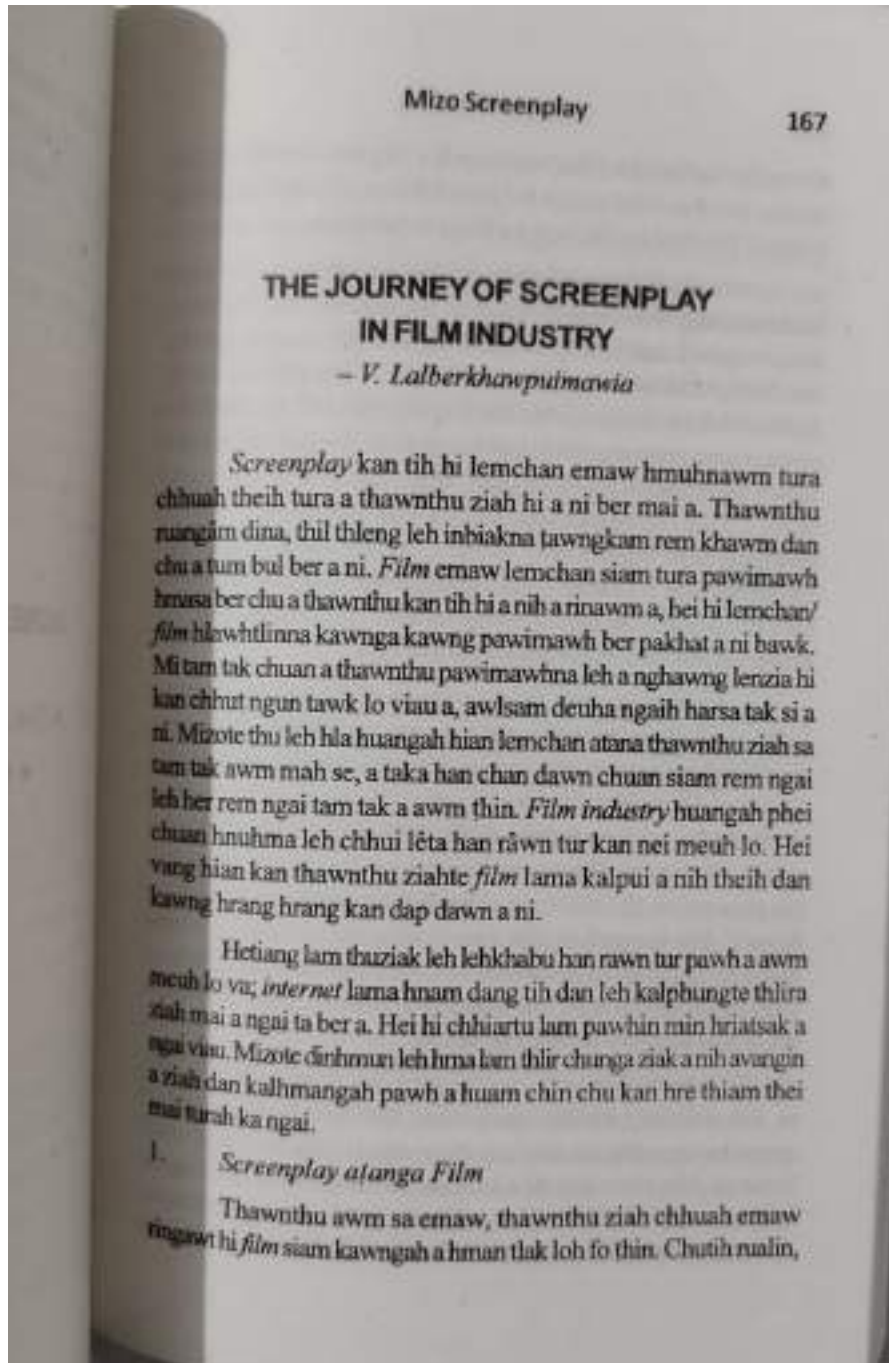
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Mizo Screenplay

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FILM STUDIES

– Lalrinnggheta

1. *A Kamkeuna*

Film kan tih hian mi lem che thei, awmze neia mi lem siam emaw, thla la emawa chetirma tiin kan sawi thei awm e. *Film* hi ei zawn nan, larpui nan, hlawhtlinna rahbi pawimawh takah an hmang chho mek a. Nikuma *film* chhuak *Bad Boys for Life* chuan \$206,305,244 zet a thawk chhuak a ni. Hetiang bawk hian India rumah pawh *Tanhaji - The Unsung Warrior* chuan crore 279.55 zet nikum khan a lo thawk chhuak tawh a. A senso atana an sum dah hi crore 172 zet a ni bawk. Mizote hi *film* siam kawngah hian kan la sang tawh lo viau mai a, hei hi chhan hrang hrang a awm thei ang – hmanrua avang te, sum leh pai avangte leh a zirna kan la neih that tawh loh vang te, *studio* mumal kan la neih phak loh vangte pawh a ni thei awm e. Chutih rual chuan hmasawna hi kan hmu mawlh mawlh bawk a ni. Mizo *film* zinga senso sang pawl taka an sawi *Khawnglung Run film*-ah khan nuai nga chuang zet an seng a ni. *Forbes* chanchinbu August ni 13, 2020-a tihchhuahah chuan khawvel puma *filmstar* hlawh hnem sawm a tar chhuah zingah India mi Akshay Kumar chuan parukna a hauh pha a, a sum hmuah hi 48.5 million a ni. Khawthlang lamah chuan Dwayne Johnson chu nikum 2020 chhunga hlawh hnem ber a ni a. \$87.5 million lai a thawk chhuak a ni. Hetiang taka thang duang a nih avangin *film* chungchang hi hriat chian a, zir chian hi a pawimawh em em a ni.



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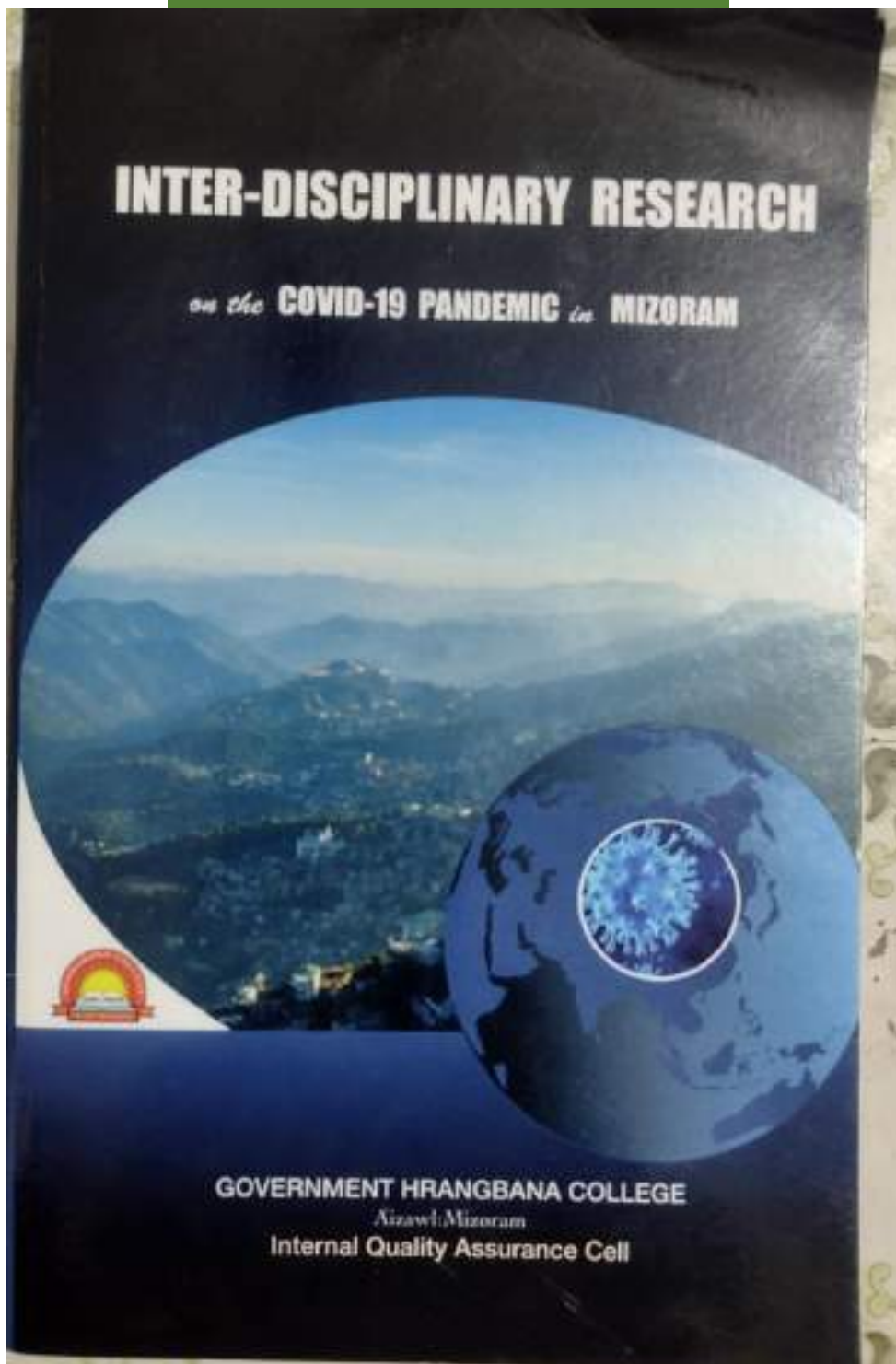
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INTER DISCIPLINARY RESEARCH ON THE COVID-19
PANDEMIC IN MIZORAM

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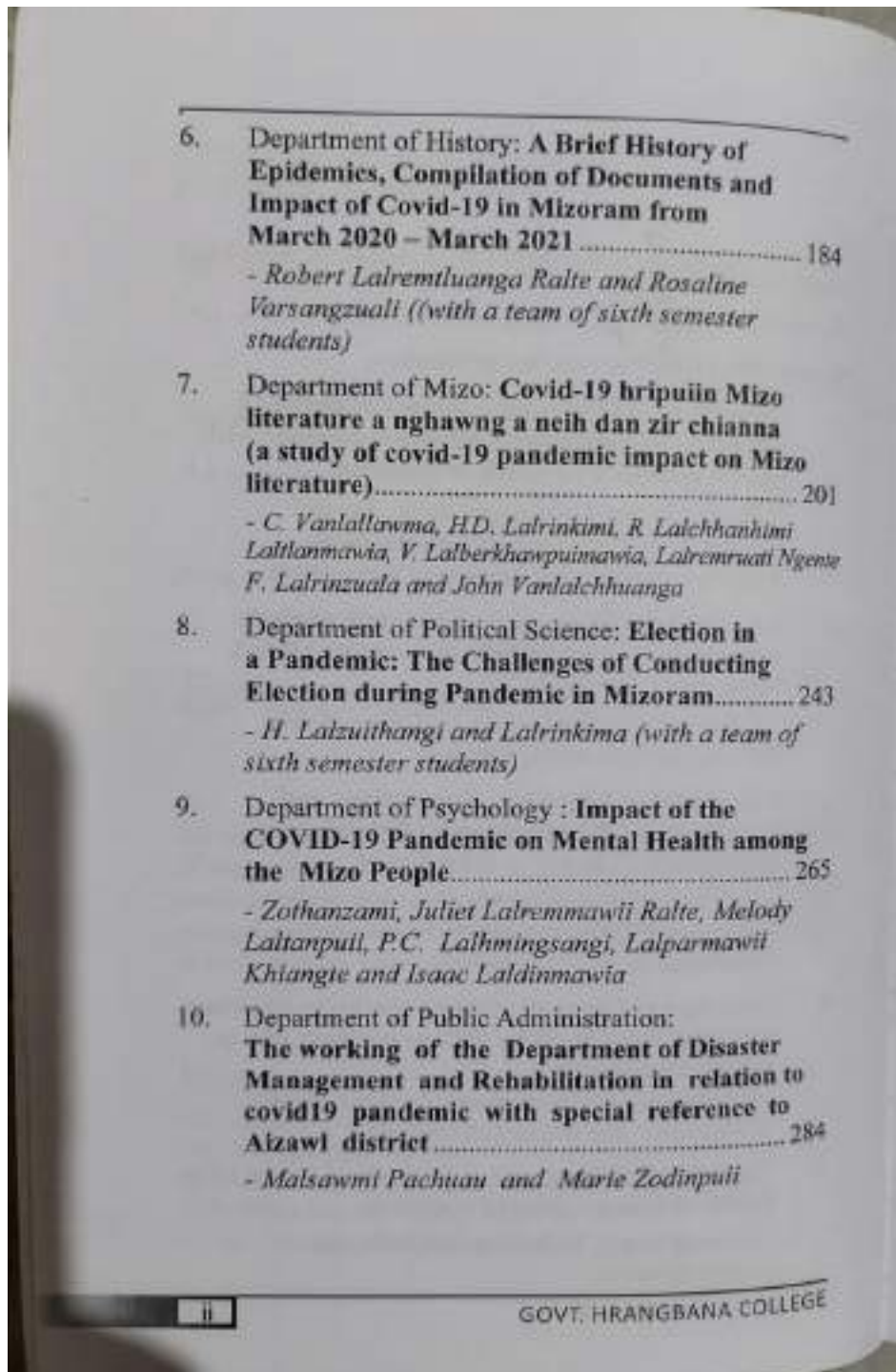
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ECONOMIC ANALYSIS OF COVID-19
IMPACT ON INFORMAL SECTOR,
AIZAWL, MIZORAM

Rohmingliani, Domuanlal, C. Lalnunmawia,
Tuanmuansanga and Laldinpuii
Department of Economics

Abstract: *The study intends to examine the impact of covid-19 pandemic on the informal sector with special reference to informal workers in Aizawl city of Mizoram, India. The core objective of the study is to compare and contrast the average monthly income and expenditure of the pre-covid-19 and post-covid-19 periods of the informal workers by categorizing the workers into four sectors/groups viz; Private School Teachers, Workers in Hotel and Restaurant, Transportation workers and Construction workers. The findings of the study can be based for formulation of government policies and can be used effectively in developing strategies to make sector-wise prioritization.*

Keywords: *Covid-19 Impact, Informal Sector, Average Monthly Income, Average Monthly Expenditure, Paired Sample T-test.*

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IMPACT OF COVID-19 PANDEMIC ON
CONSUMER'S BUYING BEHAVIOUR WITH
SPECIAL REFERENCE TO YOUTH IN
MIZORAM

Binod Murmu, Lalnunpuia Sailo, Samuel Lalthanliana
Lalhunmawii Chhakchhuak, J.Zoramsangkima and
Zomuani Cherpoat

Department of Commerce

Abstract: *The effect of the Covid 19 Pandemic on the consumer's buying behaviour is of immense interest, especially the way in which this has an impact on the manufacturer, entrepreneur, businessmen and even the government officials in coping with the pandemic. This area of knowledge will play a vital role in keeping pace with the pandemic. This study attempts to investigate the buying behaviour of the youth in Mizoram during the pandemic and it is certain that this study will provide new ideas and information for the research community and for the business concerns, and thereby developing new strategies in marketing. The study is an exploratory research based on case study method as well as census method for collecting the primary data in google form, which were analyzed using reliable statistical packages. It can be concluded that the pandemic, especially the imposing of partial and total lockdown has a huge impact on the economy that has led to changes in business patterns and consumer's behaviour, which are highly vulnerable and the cause of insecurity and/or fear among the respondents.*

Keyword: Covid-19 pandemic, buying behaviour, business patterns, consumer market, preferences

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A BRIEF HISTORY OF EPIDEMICS,
COMPILATION OF DOCUMENTS AND
IMPACT OF COVID-19 IN MIZORAM FROM
MARCH 2020 – MARCH 2021

Robert Lalremtluanga Ralte and Rosaline Varsangzuali
(with a team of sixth semester students)
Department of History

Abstract: *This paper is an attempt to unpack the pandemics that embroils upon the Mizos from past to the present. The treatment of the study thus engages with mere historical narratives from pre-colonial to the post colonial Mizo society which are unfolding in this paper. This study highlighted some of the indigenous knowledge's practiced by the Mizo in the past in order to combat the epidemic and the relevance of those practices in today as the world fighting against deadly Covid-19. With the help of documents collected by our students this study provides various stages of the first wave of this Covid-19 with trends and patterns. Besides, this paper analyses the impact of Covid-19 over our fragile economy, political, social life, agriculture and its allied sector etc.*

Keywords: *Pandemic, covid-19, infection, disease, economy, social.*

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“PERCEPTIONS AND CHALLENGES OF
STAKEHOLDERS OF GOVERNMENT
HRANGBANA COLLEGE – A CASE STUDY”

Lalhlmpuii, Sanny Tochhawng, Lalsangliani
Lynda Vanlalruati, Lalsawmzuali Hnamte and Lalthlamuani
Department of Education

Abstract: *The Covid-19 pandemic being something Not foreseen by anyone and yet having as many effects and implications as it does has forced everyone to adapt and adjust to the best of their abilities. The education sector is probably one of the hardest hit sectors. The more advanced a society is, the better its chances of a smoother transition in to 'Lockdown' life and virtual or online classes. Administrators everywhere are laying down stringent measures and laws and the regulations made thus seem to appear foolproof to these administrators and planners. However, things often appear differently according to the perspectives from which it is viewed. The Government Hrangbana College also is doing its best, given the circumstances. However, since the consumers/stakeholders in the present context are young adults - and who are on their way towards academic maturity and from whom much is expected by families and the society at large; as well as parents, teachers and staffs, it seems only logical that their perceptions and challenges of these stakeholders be carefully studied. The present study is as such, an attempt to do the same.*

Keywords: Stakeholders, Perceptions, Online education/ Classes, Students, Parents, Teachers, Staffs

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ONLINE TEACHING: PROBLEMS AND
CHALLENGES FACED BY COLLEGE
TEACHERS DUE TO COVID-19 PANDEMIC

C. Lalrinfeli, C. Vanlalvawni, Zochhuanmawia
Zonunmawii and Alicia Lalremruati
Department of English

Abstract: *This study attempts to bring forth the issues and challenges faced by college teachers due to the Novel Corona Virus or COVID-19 pandemic. However, the study mainly focuses on Mizoram Colleges by collecting samples from teachers of different colleges across Mizoram. This article will depict that, though many teachers of Mizoram colleges are not fully prepared with the digital technology, they are ready to learn new technology and methodology of teaching. It will analyse how the teachers manage their online teaching through various platforms and identify the problems and challenges faced by them. It will also deduce how the teachers are ready to face many challenges to make learning feasible for the students.*

Keywords: COVID-19 pandemic, teacher, challenges, problems, online teaching.

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ANALYSIS OF COVID-19 IN INDIA: A GEOGRAPHICAL PERSPECTIVE

Ramengmawii, Lalmalsawma Ralte and Lalrawngbawla
Department of Geography

Abstract: *Earth comprised of innumerable flora and fauna, resources can be categorized into several types; biotic and abiotic resources, some biotic resources are harmful to the environment. In the process of civilization, epidemic haunt the society since time immemorial, some are natural occurrence while some are of artificial breed, every century in the history encounter hurdles in health conditions citing from different arrays. In this paper, research have been conducted at national level to give lucid information at national level, it gives clear picture of state wise performance on covid 19 and their correlation with physiographic divisions of each state and UT's. Research methods have been chosen carefully to combat error, no samples have been taken as 100% data has been considered for each of covid cases discovered, recovered cases and on death rate. The confidence level of this research is on its peak, as statistical methods were employed to give an ideal situation of the covid 19 cases in India. Regionalization research paper acquainted this paper as regional geography forms an integral part of geography since the inception of geographical studies. Grouping of homogenous groups based on corona virus cases has been done, this categorization makes it easier to grade them, choropleth mapping technic have been employed to know the overall performance of this contagious epidemic.*

Keywords: *Epidemic; Coronavirus; Covid 19; Regionalization; Physiography*

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THE WORKING OF THE DEPARTMENT
OF DISASTER MANAGEMENT AND
REHABILITATION IN RELATION TO
COVID19 PANDEMIC WITH SPECIAL
REFERENCE TO AIZAWL DISTRICT

Malsawmi Pachuau and Marie Zodinpuii
Department of Public Administration

Abstract: *The effect of a disaster may become frequent and intense in countries both developed and developing. Thus disaster management is a prerequisite. Management of disaster is a broad subject and includes the concept and framework of disaster mitigation, prevention, preparedness, and response and recovery strategies, administered by community participation, the civil society and all the stakeholders under the aegis of the government. The impact of the COVID-19 in Mizoram is noticeable and obvious from the rising death toll and increasing rate of infected persons. It may continue to take more lives and recovering from the physical and psychological consequence may take far longer than the usual. Accelerating the pace of preparation of the department for the onslaught of the third pandemic wave and re-implementing awareness, knowledge and education on COVID-19 to the people of Mizoram is crucial. The paper covers the working of the Department of Disaster Management and Rehabilitation for COVID-19 management together with the health and police department and their collaboration with the local level workers and the general public. It also gives an insight on the achievements of the nodal department and areas where it has failed since the outbreak of the pandemic.*

Keywords: *Disaster management, COVID-19 pandemic, Teamwork, Public Awareness.*

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COVID-19 HRIPUIIN MIZO LITERATURE-A
NGHAWNG A NEIH DAN ZIR CHIANNA
(A STUDY OF COVID-19 PANDEMIC IMPACT
ON MIZO LITERATURE)

C. Vanlallawma, H.D. Lalrinkimi, R. Lalchhanthimi,
Laltlanmawia, V. Lalberkhawpuimawia, Lalremruati Ngente,
F. Lalrinzuala and John Vanlalchhuanga
Department of Mizo

Abstract: *World literature is always classified according to its trends and development. The fall of Roman Empire in 5th century had great impact on literature; and that period was known as "Dark Ages of Literature." Researchers claims that fall of Roman Empire hindered progress of not only literature but also human development of all trades. Covid-19 pandemic too, in 2020AD bothers in one way or the other; it perturbs economy, academic progression and claims life of different ages. This paper mainly intends to highlight the impact of Covid-19 pandemic in Mizo literature during 2020 AD. The study traces how epidemic and famine affected Mizo life and society in the history; and how Covid-19 pandemic influences the present lives necessarily in publications of book, composition aspects, changes of nature in organizing seminar (webinar) and competitions towards the development of literature. One particular method of the research is questionnaire which is the primary sources of collecting data and from where findings are drawn.*

Keywords: *epidemic/pandemic, famine, covid-19, literature, publications, seminar/webinar, composition and competition.*

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ELECTION IN A PANDEMIC:
THE CHALLENGES OF CONDUCTING
ELECTION DURING PANDEMIC
IN MIZORAM

H. Lalzuithangi and Lalrinkima
(with a team of sixth semester students)
Department of Political Science

Abstract: Mizoram, one of the North-Eastern states in India have always been an exemplary state when it comes to election. The year 2020 was a year where election at different level of government was schedule. Unfortunately, the sudden spread of Covid-19 across the globe affected our lives in all areas possible. As the institution of democracy insists timely election, the show must go on and election has to be conducted or else the government machinery at different level could fail. Therefore, decisions must be made to ensure democratic institutions function as they would ordinarily do, during extraordinary times, such as the outbreak of a global health pandemic. This paper looks into the roles and function of all the official, administrators, the government, civil societies, as they work together harmoniously to conduct an election during the Covid-19. It highlights the views of various stakeholders of the election. This paper tries to establish that despite the COVID situation, the election conducted still uphold the essence of democracy while making arrangement in all possible ways to safeguard the health of its citizens. This election may be one of the most challenging elections conducted by any authority.

Keywords: Pandemic Election, Covid-19, Democratic Value, Citizen Safety,

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IMPACT OF THE COVID-19 PANDEMIC
ON MENTAL HEALTH AMONG
THE MIZO PEOPLE

Zothanzami, Juliet Labremmawii Raite
Melody Laltanpuil, P.C. Lalhmingiangi
Lalparmawii Khiangte and Isaac Laldinmawia
Department of Psychology

Abstract: *It has been said that COVID-19 poses as the greatest challenge for the entire world since the Second World War. Governments across the world are forced to take strict measures to avoid the spread of the virus through various containments and lockdown measures. As a result of the pandemic and the resulting economic recession, the mental health of numerous people have been negatively affected. This has resulted in numerous setbacks for not just those already suffering from mental illnesses and substance abuse but also those with no prior mental health problems. The present research study aims to examine the nature of the mental health condition of the Mizo people during this COVID-19 pandemic. The Depression, Anxiety and Stress Scale-21 (DASS-21) has been used for this research study. The study aims to highlight the nature and presence of depression, anxiety and stress (DAS) among the said population and also differences in DAS with respect to gender, age, marital status and employment. Results have shown mild depression and high levels of anxiety in the said population. Significant difference in the levels of DAS has also been found with respect to gender, age, marital status and nature of employment*

Keywords: *COVID-19 pandemic, lockdown, social isolation, mental health, depression, anxiety, stress.*



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Hmangaihna Zûn Zâm

Laltanpuia Tochwawng Hlate Zir Zauna

Proceedings of

International Seminar on Laltanpuia Tochwawng

First Edition- 2022

A Man: Rs. 300

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Laltanpuia Tochwawng Hlaa Patriotism

- Marie Zodinpuil *

Thuhmahruai:

Matthew Arnold-a chuan, “England hi a poetry neihte hian a tihropui ang tluka tiropuitu thil dang engmah a nei lo,” (Essay in Criticism 96) a ti a. Mizote thil neih hlu tak pakhat chu Laltanpuia Tochwawng hlate hi a ni ve awm e. Mite hriat khawpa a lar chhuah hi nupui a neih hnu a ni a, *love letter* thlengin a dawng nasa thin a, a *sonnet* naah mipui an tam em avanga inchung thiah ngai khawpa mipuite pawhin an hlut a ni. Hla a phuah piah lamah a zaithiam tel a, chu chu mite hriat a hlawnhna chhan pakhat a ni. Hmangaihna hla a phuah thin avanga khawvelin a hriat Elizabeth Barrett Browning-i kha William Wordsworth-a a boral khan tu nge poet laureate ni ang tiin Alfred Lord Tennyson nen an buk ngial tawh a (Zalenna Ram 202), a chhan chu eng dang vang ni lovin a ‘love sonnets’ ziahte avanga miin an ngaihsan leh an hriat lar a nih vanga ni. Browning-i anga hmangaihna hla a phuahte avang hian Laltanpuia Tochwawng pawh hi Mizote khawvelah hian hriat reng a ni tawhin a rinawm. Ani anga hlaa hmangaihna chungchang sawi nasa hi Mizo hla phuahtute zingah an awm kher lo vang. “Chuti chuan, hêng pathum - rinna te, beiseina te,

* Associate Professor, Department of Pub. Administration,
GHBC



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**Laltanpuia Tochhawng Hunlai leh Mizoram
Economy**

Doumuanlal, Assistant Professor, GHBC
Laldinpuii, Associate Professor, GHBC
C. Lalnunmawia, Assistant Professor, GHBC

Tun ruma ka thupui tur hi 'Laltanpuia Tochhawng Hlaa Poetic Techniques' tih a ni a, Laltanpuia hla hranghranga a hlarua, a chei mawina leh a ziarâng thenkhat khan thlir ho dawn a. Kan lehkhabu inngahna, ka *primary source* chu tun ruma kan Webinar *Coordinator* Laltlanmawia (Matlana Vuite) buatsaih 'Hmangaih Laltanpuia Tochhawng : A Chanchin leh Hlate Zir Chianna' tih bu hi a ni ang.

A hmasain kan thupui leh a behbawm thenkhat han sawi kual lawk ila. Kan hriat rheuh angin he Webinar thupui hi *A Critical Study on The Songs of Laltanpuia Tochhawng* tih a ni a. A duh fir leh fet peih deuh chuan a saka sak chi hla (*song*)-a *'poetic technique'* lo sawi chiam mai chu tiin mak an ti maithi e. 'Song' leh *'poetry'* chungchâng hi ngaih dan inrual chiah lo, inhnial theih fê mai a ni reng lah tak a. Eng pawh ni

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Lalñanpuia Tochhawng as Educational Singer

Dr. Lalhlimpuî, Assistant Professor, GHBC
Lynda Vanlaluati, Associate Professor

Tunlai Mizo film chhuak thar zinga lar ber pawl chu “Dengi I Love You”¹ a ni. Dengi chu a changtunu a ni a, mi hausa fanu a ni. Thuama chu a changtupa a ni a, auto-rickshaw khalha ei zawng, zu ngawl vei a ni. Remremi chu an fanu a ni. He film ka ena ka rilrua lo lang chu, “Mi tu pawh hian kan nunah thawnthu sawi tur ngaihnaawm tak kan nei vek” (Everyone has a story to tell) tih hi a ni.

Thawmhnaawm bâl tak nena awm, rui chhum hmak, a hre lote tana, “He pa tlaklai lo tak hi police mantir rawh u,” tih mai tur khawpa rui buai Thuama chuan amah hmusit char chartu pizawn leh puzawn a nei a. A nupui a hmangaih em em chu an kawlsak daih zui. Zu nghei nghawng hrang hrang chu a hangin, cancer natna rapthlak tak tuar pahin a tuar fan fan bawk a. A natnate tuma’n an hriatsak lova, an ngaihsak hek lo. A hauvin a tuar ngawt ngawt a ni. A nunin harsatna leh thawpikna nasa tak a pal tlang mek chu ngaihnaawm taka sawi tur a nei. Mahse, tuma’n an sawi chhuahsak lo. Amah chuan sawi ve pawh ni se tuma’n an bengkhawn chuang lo ang.

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**Laltanpuia Tochwawng Hlaa Ram leh Hnam
Hmangaihna**

- Dr. H. Lalzuihangli, Associate Professor, GHBC
Dr. B. Lalfakawmi, Associate Professor, GHBC
Dr. Rosaline Varsangzuali, Associate Professor, GHBC
H. Lalenzali, Associate Professor, GHBC

Paracosm hi naupangin a suangtuahna ram a din angin a sawi theih mai awm e. Chu a suangtuahna khawvel chu naupang inkawmna, an inkhualatemna hmuna an nun dan ang hi a ni a. He khawvel hi ama tawng te, hnam chanchin (history) te, khawtlang nunphung (society) te, ram inrebawlina (politics) te leh thil dangtein a khat vek a. Hetiang khawvel hi naupang chuan an hrethiam lo a, an ngaihluat thiam lo lo a. Chuvangin, anmahni khawvel chu an suangtuah thiam dan angin an suangtuah a, chu an suangtuahna khawvela cheng ang maün an khawsa thin a ni.

Silvey leh MacKeith-te chuan an lekhhabu 'The Paracosm: A Special Form of Fantasy'-ah chuan Paracosm chungchang an ziak a. An sawi danah chuan "mahni khawvela

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**Impact of Psychology in Society: Laltanpuia
Tochohng**

Dr. Juliet Lalremmawii, Associate Professor, GHBC
Melody Laltanpuui, Assistant Professor, GHBC
Lalparamawii Kiangte, Assistant Professor, GHBC

Hmasâng Greek thawnthu pakhatah chuan hmeichhe pakhat Pandora-i hnenah chuan Pathian-ten bâwm pakhat an pe a. Chu bâwm chhúngah chuan khawvela sual (evil) zawng zawng te chu an awm a., Pandora-i chu, chu bâwm chhin chu hawng miah lo turin an hrilh a. Mahse, Pandora-i chuan bâwm chu a hawng lui ta a. Bâwm chhunga sual chi hrang hrang te chu lo chhuakin khawvel an tibuai zo ta a. Pandora-i chuan rang takin bâwm chu chhin leh mah se, sualte chu an chhuak hman vek tawh a, thil pakhat chiah bâwm chhúngah chuan a la awm a, chu chu 'Beiseina' a ni.

Zoram khawvela amah leh a hla phuah hmanga deng chhuaktu Laltanpuia Tochohng hla phuahte hi nguntaka en chuan, hmangaihna te, rinawmna te, duhthusam te langsar viau mah se, a chhungil thlenga kan zuk bih chian thung etawh chuan, Pandora-



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**Tendency of Escapism
in the Poem of Laltanpuia's "Pialral Ram Mawi"**

B. Lalrawngbawla, Associate Professor, GHBC
Ramengmawii, Assistant Professor, GHBC

1. Laltanpuia Chanchin Tawi :

Laltanpuia Tochwawng hi kum 1961, September ni 15 khan Thankhuma leh Hrangziki-te fa upa ber dawttu ni turin Kawrthah khuaah a lo piang a. Naupang duhawm leh hmeltha tak a ni a, ze zawi tak, rawng tam lo leh nu leh pa thu awih thei tak a ni. Naupang fel tak, a naupan lai pawha mi pawl sawi ngai lo, mi a tih thinur chang pawha ngaihdam dil hreh lo, thian kawm thiam tak leh mi thilphal tak niin a chanchin zir chiangtu Matlana Vuite chuan a sawi.

Zirna lamah chuan an khaw Primary sikulah zirna bul a ran a. Chhungkaw harsa ve tak an nih avang hian zirna lamah pawh harsatna neuh neuh a nei ve thin a, mahse a harsatna hi inhnehtir a tum ngai lo va, khawnvartui leina tur an neih mang loh lai pawhin mei engah a zir ngat ngat mai thin a ni. Pawl kua a



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**An Analysis of Laltanpuia's Ideas
in 'Min Hruai Ve Ang Che'**

Dr. C. Lalrinfeli, Assistant Professor, GHBC
Alicia Lalremruati, Assistant Professor, GHBC
Zochhuanmawia, Assistant Professor, GHBC

The song 'Min Hruai ve ang Che' (May You Take Me Along) is one of my all-time favourites amongst all Laltanpuia's songs as its lyrics and tune strike closest to the heart. After coming across a book on an in-depth analysis of Laltanpuia's songs compiled by my friend Tlanmawia, I've come to realize how deep and greatly talented Laltanpuia Tochwawng is in the art of songwriting.

Since then, I've become particularly fond of 'Min hruai ve ang che'. The main takeaway from the song is simply how efficiently Pu E Manghnuna, the MLA from the South was running the administration of his constituency that includes the scenic villages of Siltlangpui and Chawndangpui and how he- the songwriter yearns to visit the same. It may not sound like it, but it is intriguing. The song has recently been on the charts again thanks to the beautiful rendition by singers Chama Thangluah and R

(Dr. H. LALZIDINGA)

Principal
Govt. Hrangbana College
Aizawl, Mizoram





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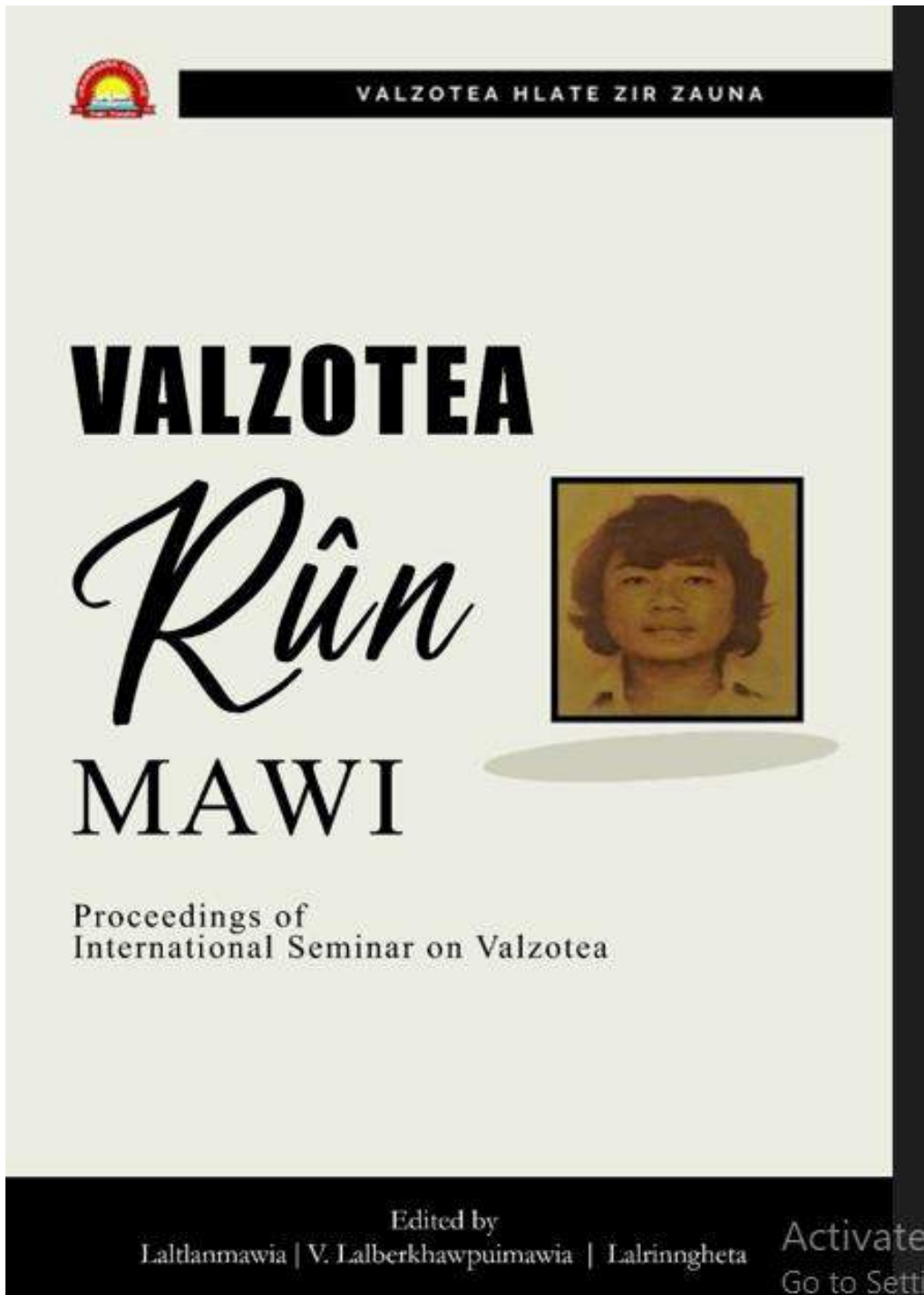
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VALZOTEA RUN MAWI
[Valzotea Hla Zir Chianna]

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VALZOTEA HLA A NATURAL ELEMENTS

- Darchuailova Renthlei, Associate Professor, GHBC

Rap leh poetry hi sawi hran theih loh khawpa inhre hrai chu ni lo mah se, literature huangah chuan an inzawm tlat thung niin a lang a. V.L Remruatfela khan Tlaizawng buah "Rap Music leh Mizo Poetry" tih thupui hmangin, "Literature thang zel malawmra huangah kei chuan ka dah hmah mai a. A lehlamah *pure literature* tia kan sawi thin atanga tehkhawng strict tak kan hman dawn erawh chuan mei khup zula ka chhuah daih te pawh a ngai ta ve ang," (Tlaizawng 215) tiin a ngaihda a lo sawi tawh a. He ngaihda hian literature huanga rap lyric-in dinhmun a la luah tlemzia chu a hriat theih mai awm e. Chutih rual chuan, rap lyric leh poetry hi sawi hran harsa tak a ni ve leh tho bawk a, literature huang atanga hrarh chhuah ngawt theih erawh a ni bik lo ang.

Rap leh poetry hi inupat hleih tak a ni a, poetry bik phei hi chu engtik atanga chin chhuah nge tih pawh chiang taka chhui harsa khawpin a upa tawh a, chutih lai chuan rap erawh hi chu kum zabi liam taa bul tan lek a ni thung a; amaherawhchu, thawm an neih rasat dan erawh chu anmahni huang chung bil ve vesh chuan a rasat dun hle thung.



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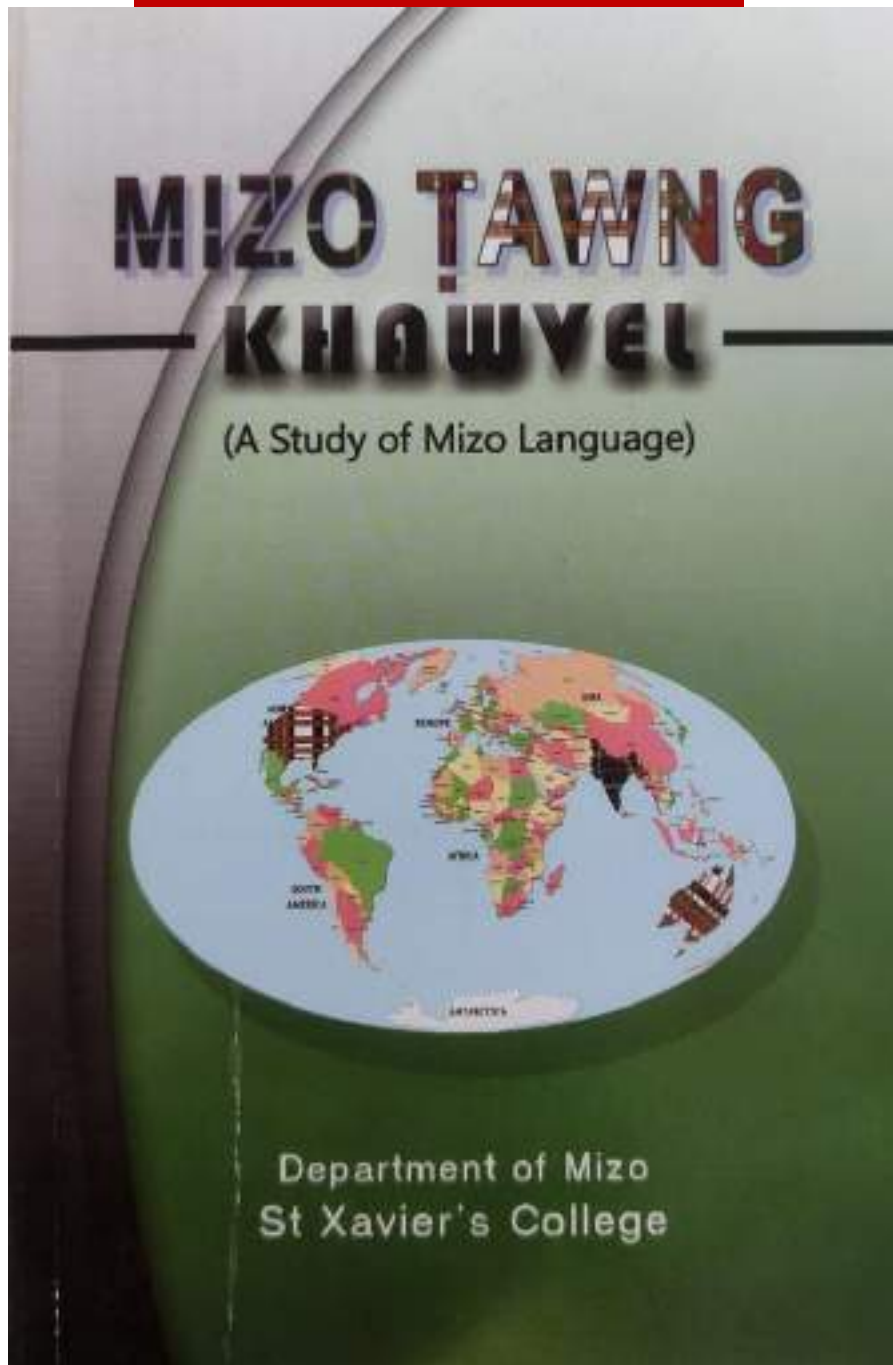
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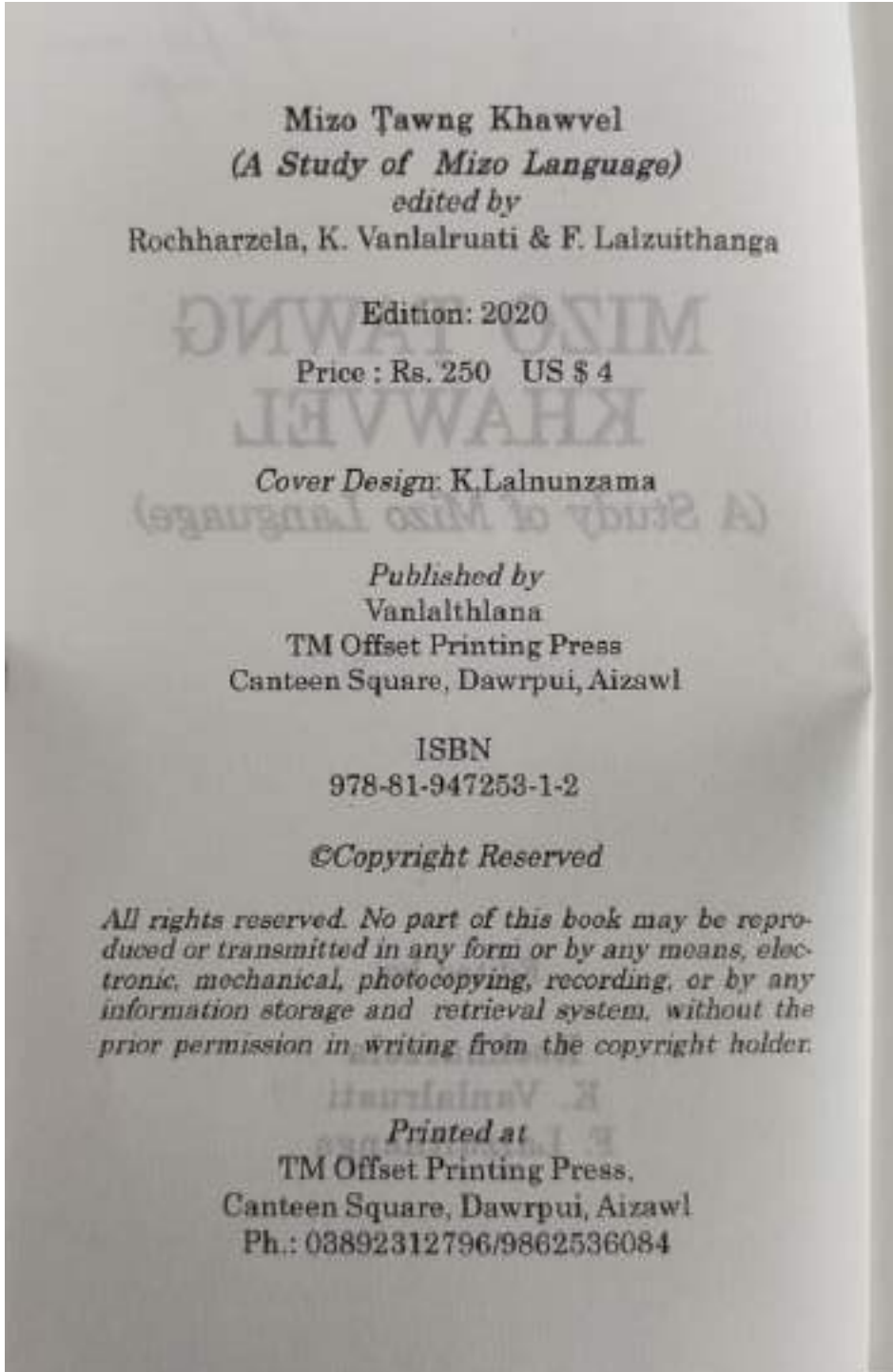




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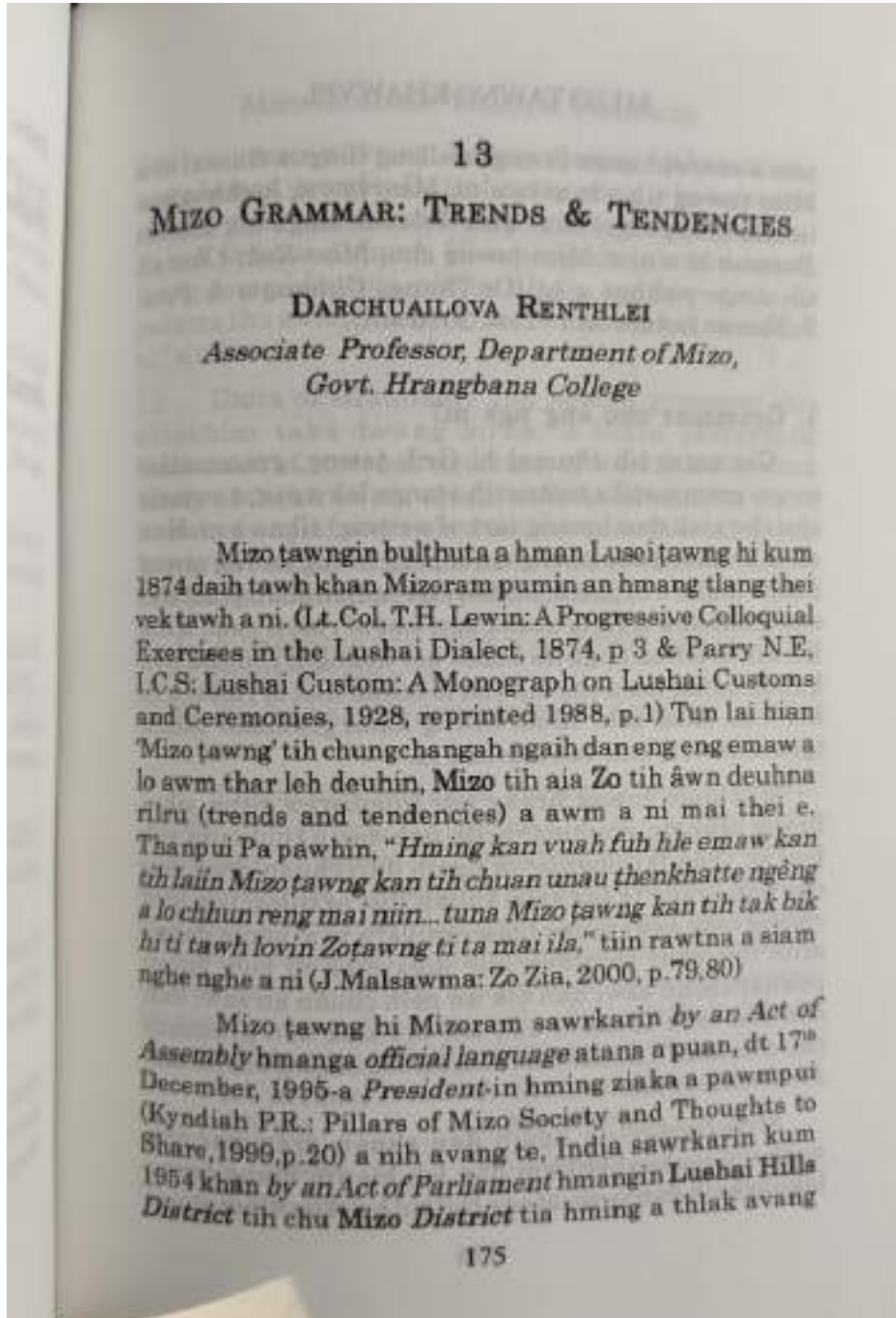
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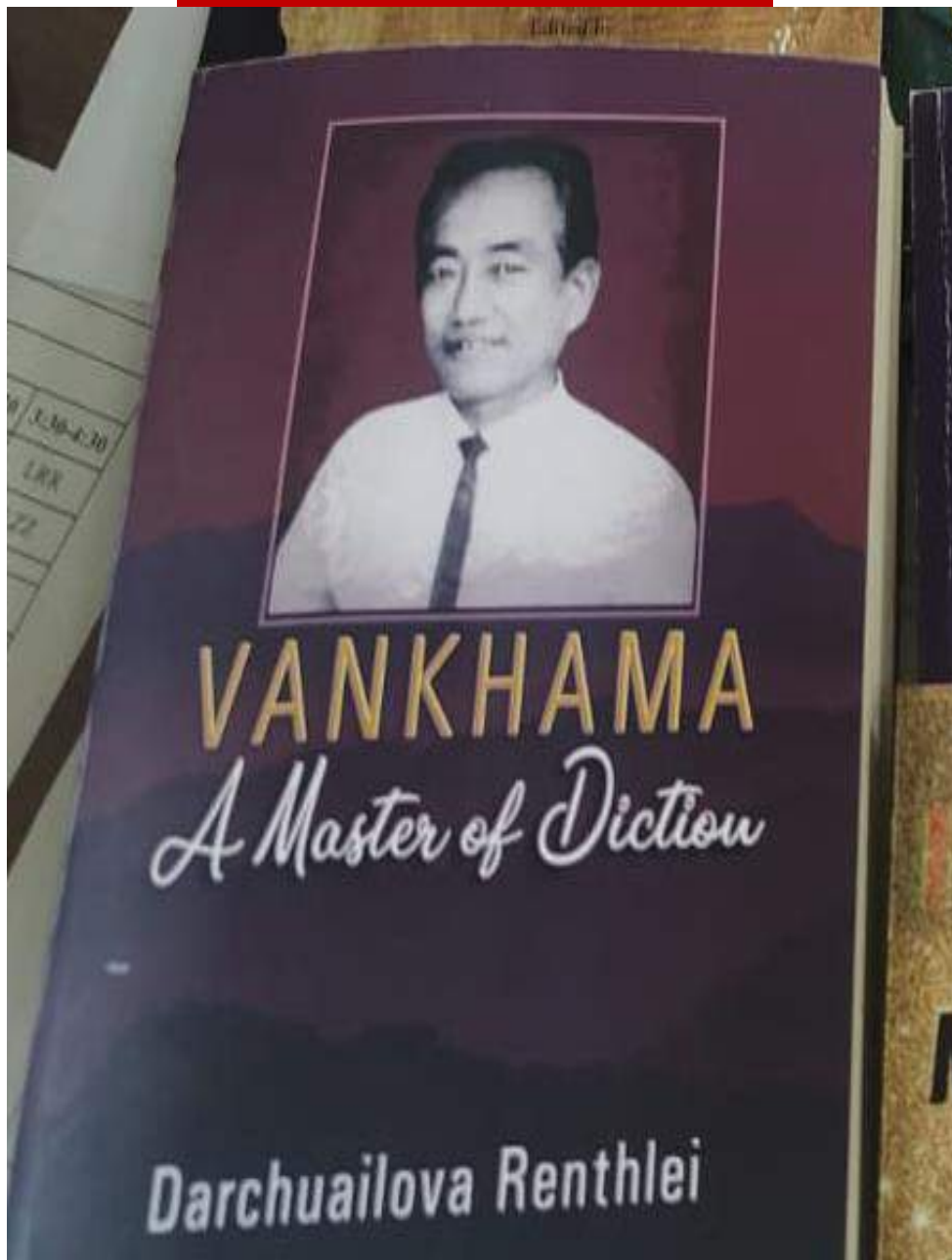
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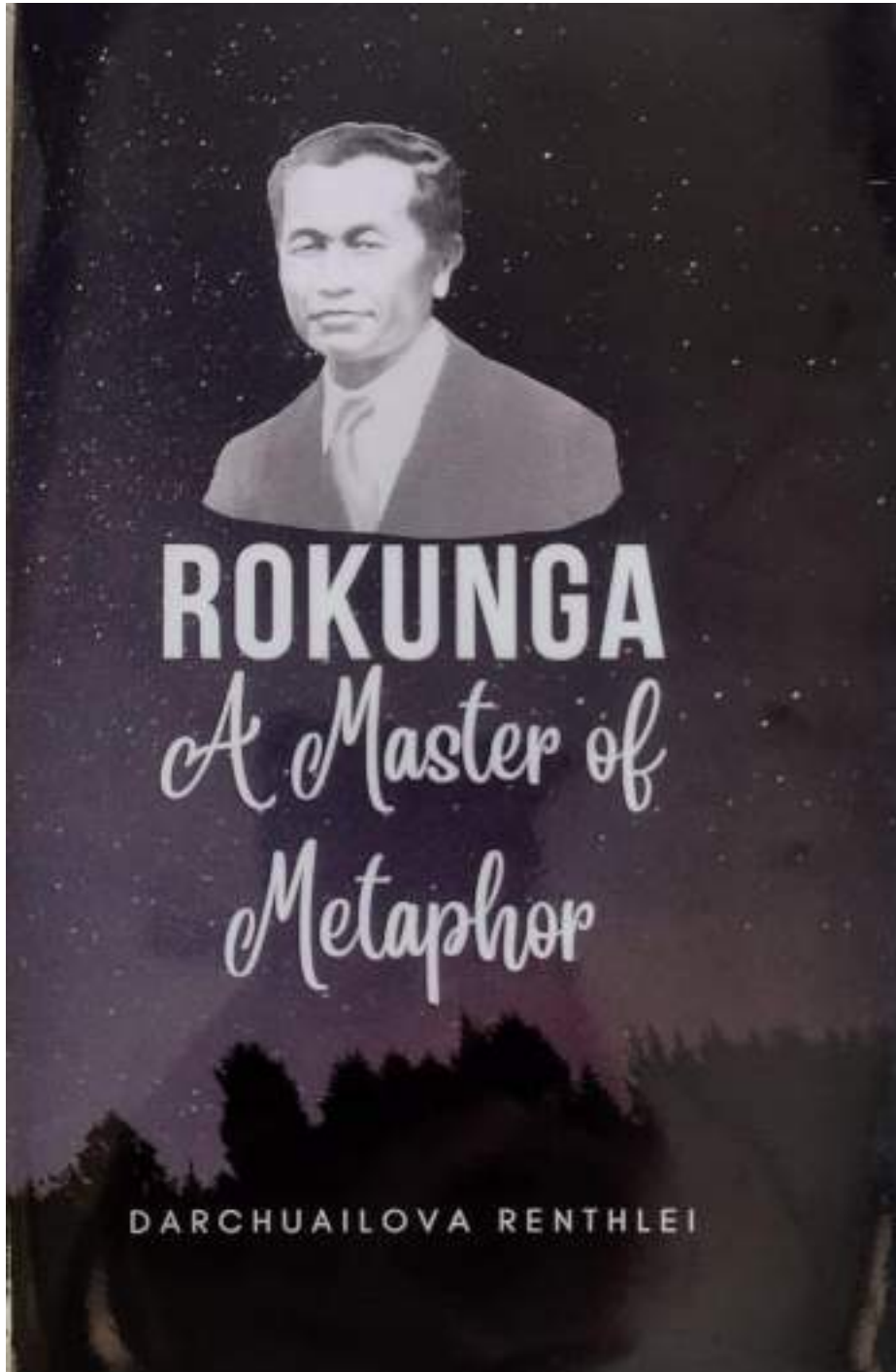
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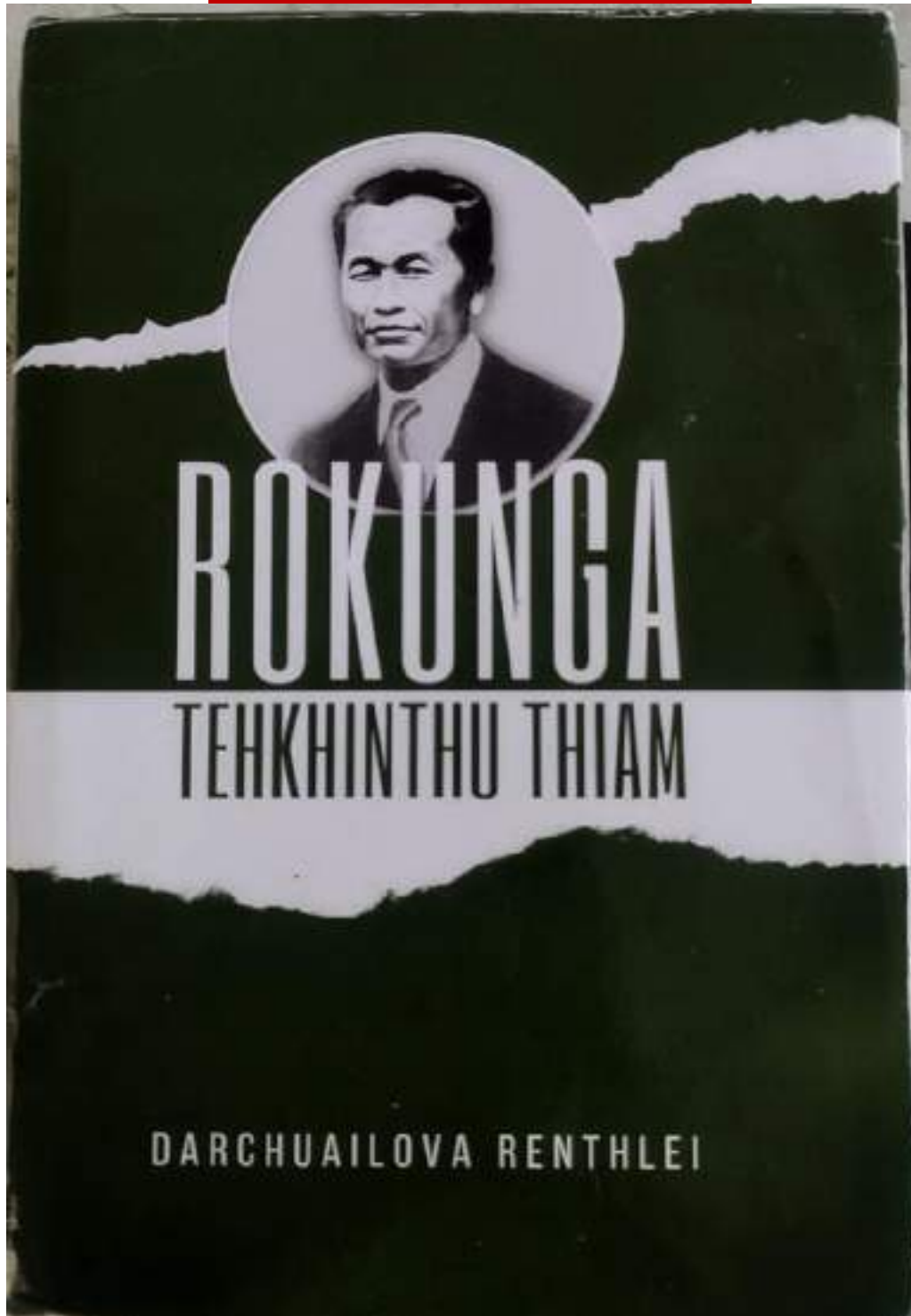
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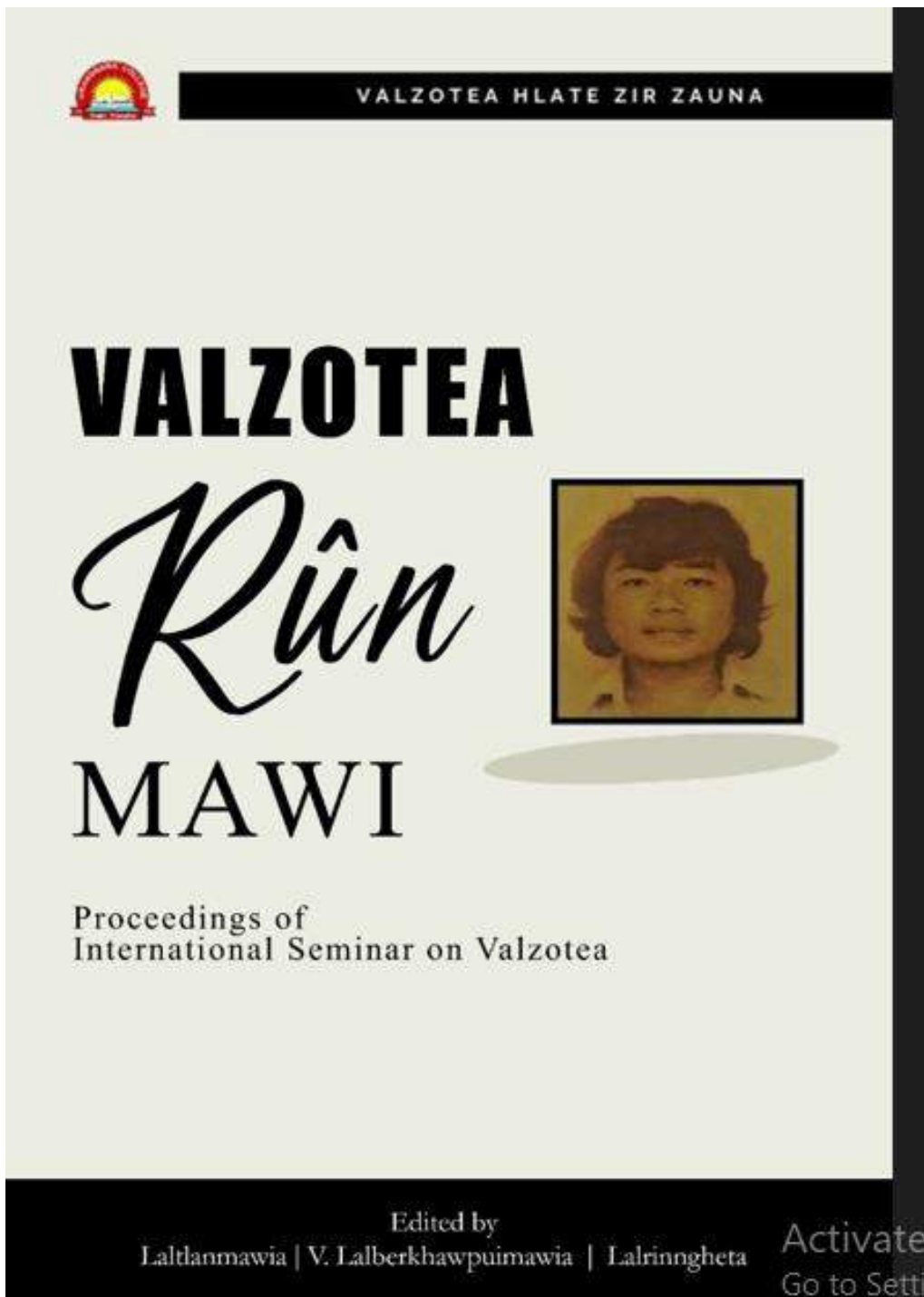
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Lalmuanpuia	Valzotea Runmawi	An Analysis of Valzotea Songs with special reference to 'Runmawi'
Dr. Rohmingliani	Valzotea Runmawi	An Analysis of Valzotea Songs with special reference to 'Runmawi'
Laldinpuii	Valzotea Runmawi	An Analysis of Valzotea Songs with special reference to 'Runmawi'
Doumuanlal	Valzotea Runmawi	An Analysis of Valzotea Songs with special reference to 'Runmawi'
C. Lalthantluangi	Valzotea Runmawi	An Analysis of Valzotea Songs with special reference to 'Runmawi'

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[Valzotea Hla Zir Chianna]

Proceedings of
International Seminar on Valzotea

Department of Mizo, Govt. Hrangbana College

First Edition- 2022

Price - Rs. 250

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Proceedings of International Seminar on Valzotea

1

AN ANALYSIS OF VALZOTEA WITH SPECIAL
REFERENCE TO 'RUNMAWI'

Lalmuanpui a, Assistant Professor, GHBC
Dr. Rohmingliani, Associate Professor, GHBC
Laldinpuii, Associate Professor, GHBC
Dounuanlal, Assistant Professor, GHBC
C. Lalthantluangi, Assistant Professor, GHBC

Thuhmahruai:

Mizote hi tawng muang em em mai kan ni a; kan tawng ban deuh chawlh a ni ber mai. Vai kan tihte leh sapte erawh an tawng a rang hle a; heti a nih avang hian tura kan awi tur 'rap music' pawh hi a lan dan mai chuan Mizopa chem kalra lam ni awm lo tak tura ngaih theih a ni. Hetih lai hian, "Mizopa tawng muang tak mai hian dang ral tih chi 'rap' hi kan ti thei ve dawn emaw ni le?" tia kan awi mek laiin, kan inrin hma hauhvun rap music chuan min rawn luhchilh a, Mizo zingah rappers tha tak tak (technically) an rawn chhuak zawt zawt mai. He hma awnna hian kan inrin hma hauhvun min rawn tham a ni. Hei hi thu lawmawm tak chu a ni.

Hun rei lo te chhunga hetiang Mizoten rap music lama (lyrics leh a technique ang zawng pawhin) hma kan awn thei hi a ropui hle a ni. Rap [kan han tih] hian poetry aia danglam



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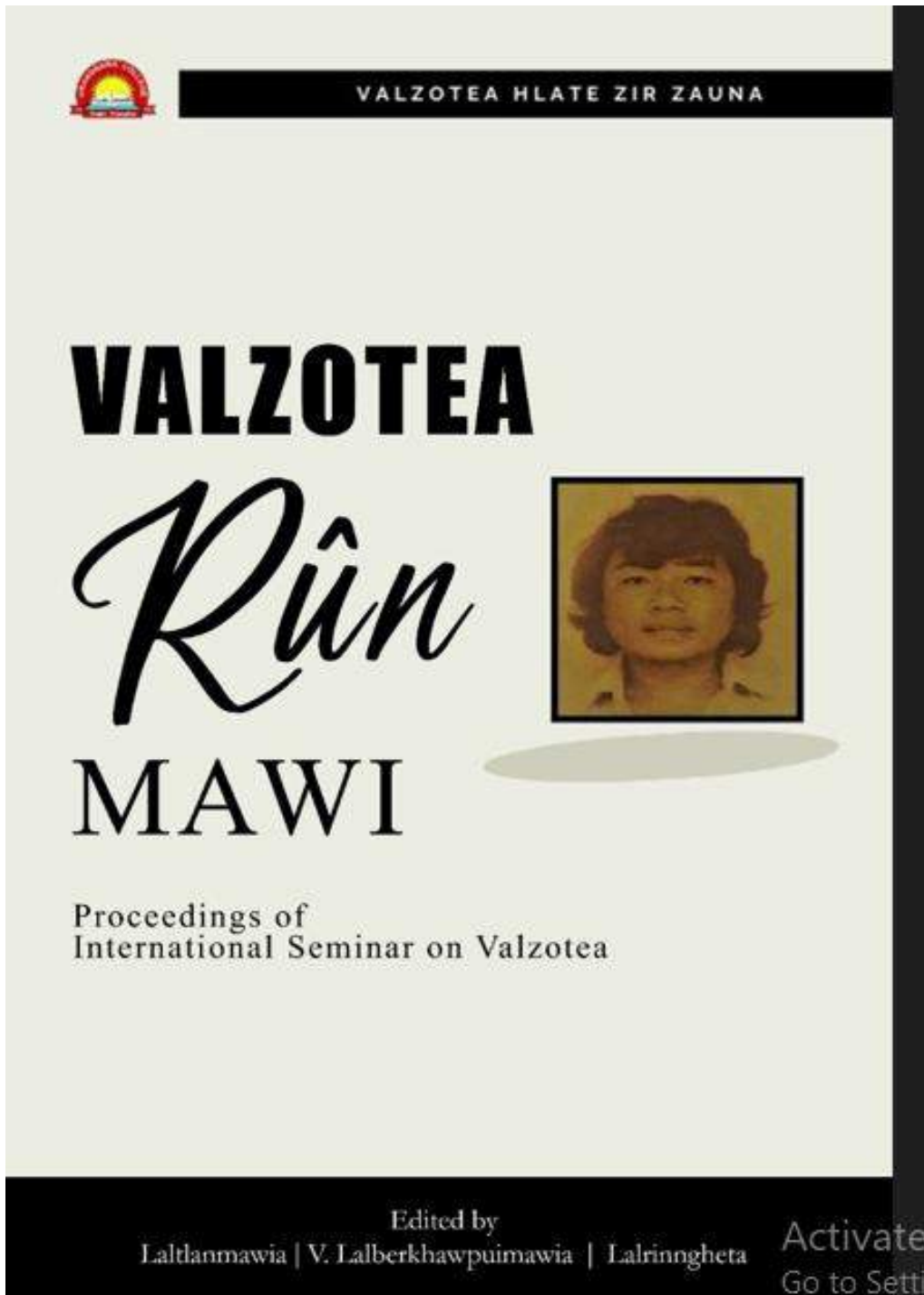
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Dr. Juliet Lalremmawii Ralte	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy
Dr. Zothanzami	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy
Dr. Melody Laltanpuui	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy
Dr. Lalhmingangi	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy
Saihlupuii	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy
Lalparmawii Khiangte	Valzotea Runmawi	Psycho-Analysis on Valzotea Hlate: Impact of Melancholy

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VALZOTEA RUN MAWI

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PSYCHO-ANALYSIS ON VALZOTEA HLATE: IMPACT OF MELANCHOLY

Dr. Lalremmawii Ralte, Associate Professor, GHBC

Dr. Zothanzami, Associate Professor, GHBC

Dr. Melody Laltanpuui, Assistant Professor, GHBC

Dr. Lalthmingsangi, Assistant Professor, GHBC

Saihlupuii, Associate Professor, GHBC

Lalparmawii Khiangte, Assistant Professor, GHBC

1. RAP CHU ENG NGE NI?

Kan thu kamkeu nan 'rap' awmzia tawi tain lo sawi dawn teh ang.

- Rap awmzia hi tun laish chuan kan hre tlanglawn a viau. Rimawi khawvel huangah hmun pawimawh tak a chan tawh avangin thangtharte chuan an tuipui hle.
- 'Rhythm and Poetry' tiin rap lam pum hi an sawi fo. Thenkhat chuan 'Rhythmically Acentuated Poetry' ti te pawhin an sawi bowk. Mahæ, lam tawi nei a ni kher em tih hi a chiang vak lo.
- Kum 1970 chhoah USA khawpui pakhat, New York atanga intan niin, African-American-ho hi a bul tantu leh a tilartu an ni.
- Hip hop music a ni.



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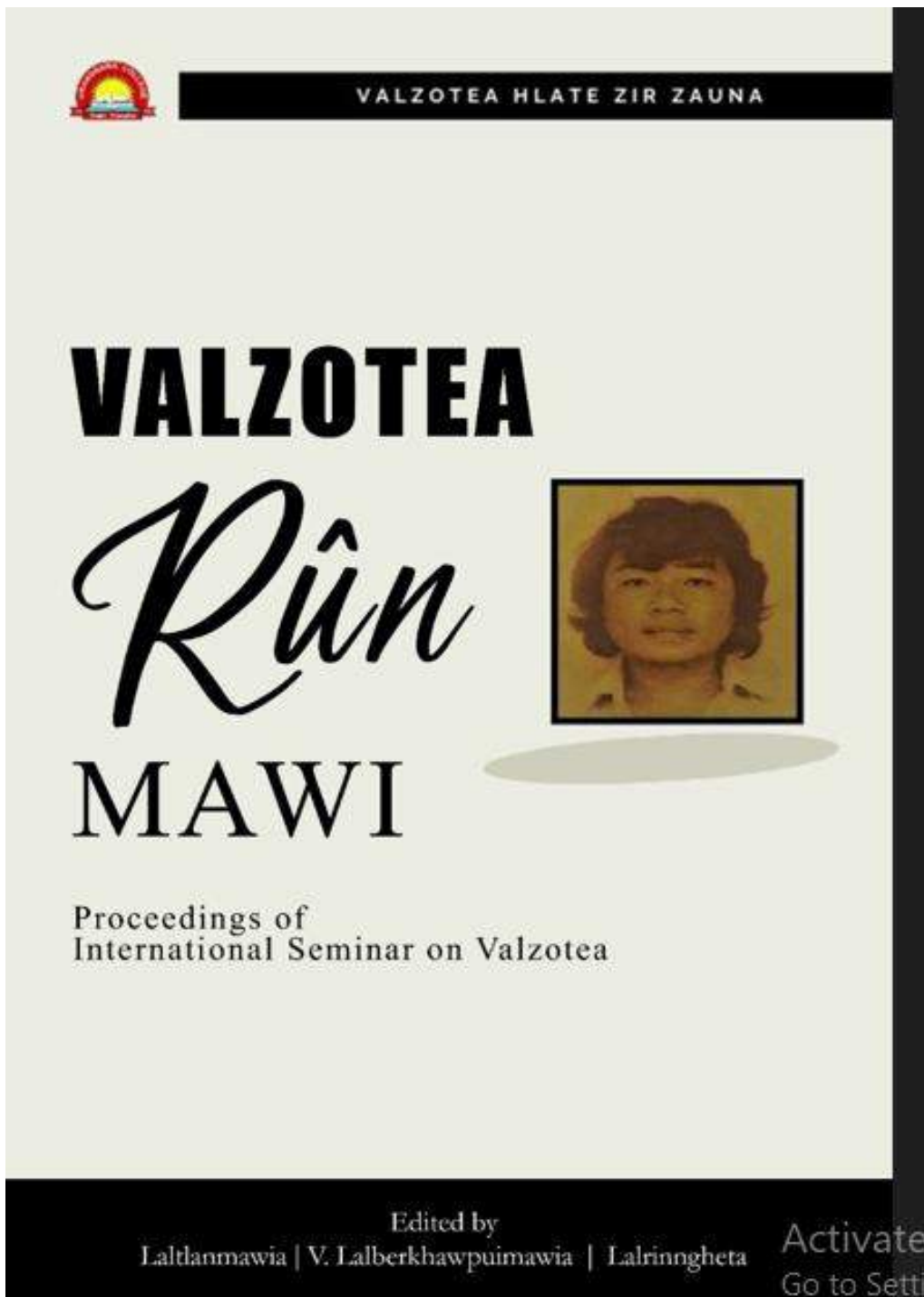
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Ramengmawii	Valzotea Runmawi	An Analysis of Valzotea Hlate: Topographical Perspective
C. Lalhumbika	Valzotea Runmawi	An Analysis of Valzotea Hlate: Topographical Perspective
B. Lalrawngbawla	Valzotea Runmawi	An Analysis of Valzotea Hlate: Topographical Perspective
Lalmalsawma Ralte	Valzotea Runmawi	An Analysis of Valzotea Hlate: Topographical Perspective
F. Vanlalmangaihsan gi	Valzotea Runmawi	An Analysis of Valzotea Hlate: Topographical Perspective

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VALZOTEA RUN MAWI

3

AN ANALYSIS OF VALZOTEA HLATE:
TOPOGRAPHICAL PERSPECTIVE

Ramengmawii, Assistant Professor, GHBC
C. Lalhumbika, Assistant Professor, GHBC
B. Lalrawngbawla, Assistant Professor, GHBC
Lalmalsawma Ralte, Assistant Professor, GHBC
F. Vanlalthmangaihsangi, Assistant Professor, GHBC

Hip Hop culture, a bik takin Rap hla leh Rap artist te hi kan khawtlang nurah leh zirna huang chhungah pawnglutuka dah theih an ni ta lo. Hun hmasa lama mi awm tha duh vak lo leh khawtlang tara mi hrawksak deuha ngaihte ngaihthlak leh sak tawka mi tam takira an dah thin, hip hop chu khawvel pum huap pawhin literary theory-te nen zir chhoh zel a ni a, Mizo hip hop ngei pawh zir tham a lo tling ve ta. He paper hian Mizorama hip hop culture zirchian leh hrilhiah a tum ang a, Mizo rap music huang chhunga thil langsar zual leh a nghawng te thai lan a tum ang.

'Culture' hi J.F Dictionary-ah chuan nunphung, hnamzia tiha lehlin a ni a. (Laldailova, 132) Culture pakhat hruaiiah hian hlut zawng inawm, hriat thiamna pakhat, ngaihruatre thuhmun, leh tum irang a awm thin a, sia upa zawkte atanga rochun chu, thangtharte'n chhawmin rouparng zawkte hrerah an hlan chhawng leh bawk thin. 'Culture' thumal hi 'tradition'



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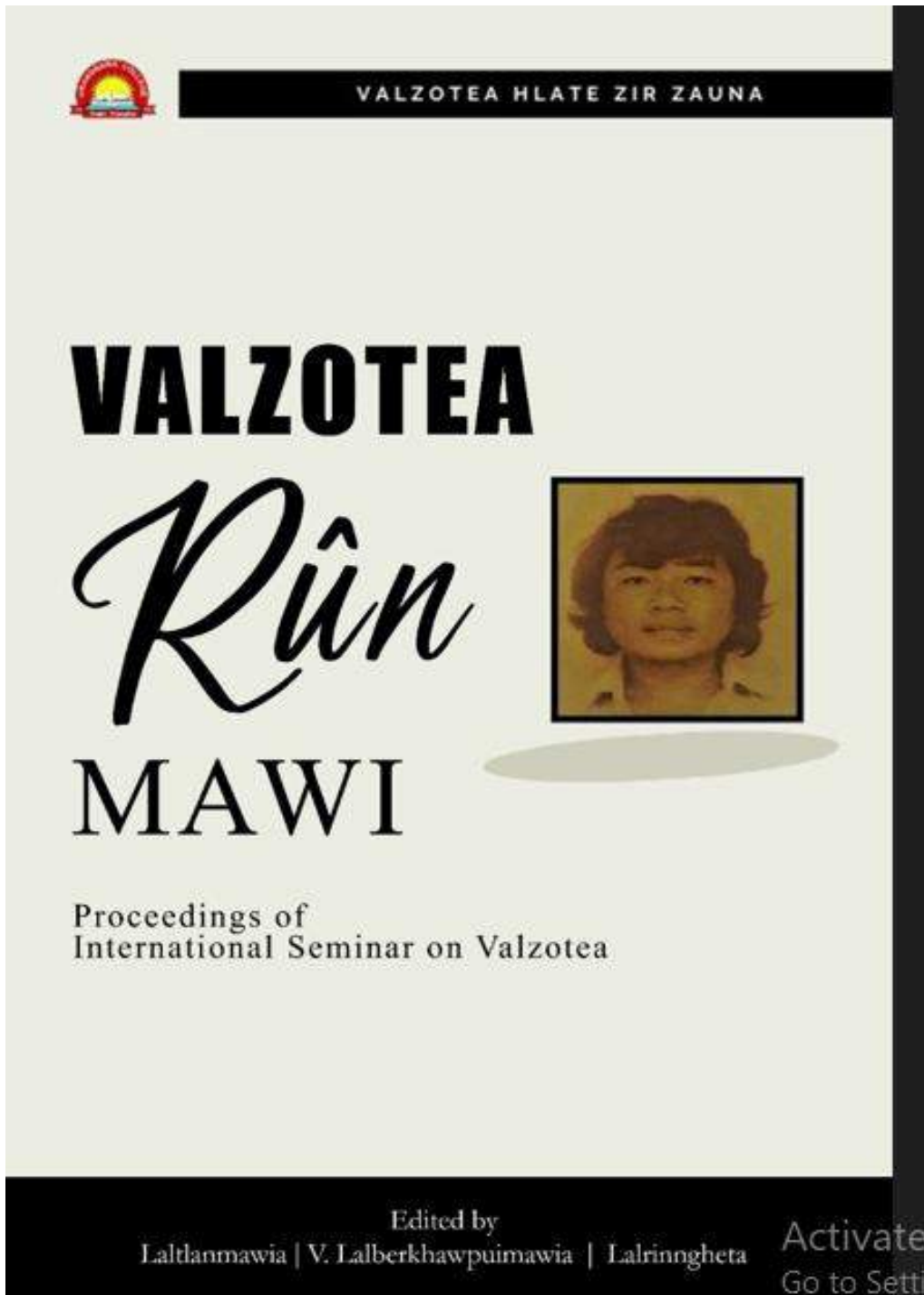
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
H. Lalzidinga	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
John.K. Laldingliana	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
Dr. Lalfakzuala	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
Marie Zodinpuui	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
Lianchhingpuui	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
Dr. HS. Lalbiakengi	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi
Dr. Malsawmi Pachuau	Valzotea Runmawi	Acritical Study of the Mizo Society in Valzotea Hlate: An Analysis on Runmawi

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4

ACRITICAL STUDY OF THE MIZO SOCIETY IN VALZOTEA HLATE:
AN ANALYSIS ON RUNMAWI

H. Lalzidinga, Associate Professor, GHBC
John.K. Laldingliana, Associate Professor, GHBC
Dr. Lalfakzuala, Assistant Professor, GHBC
Marie Zodinpuii, Associate Professor, GHBC
Lianchhingpuii, Associate Professor, GHBC
Dr. Malsawmi Pachuau, Assistant Professor, GHBC
Dr. HS. Lalbiakengi, Assistant Professor, GHBC

Mihringin a chhungril ngaihtuahra puan chhuah ran 'Zetliangril' (Art) a lo hmang thin a- thu te, hla te, lam te, rimawi te, lemziak te, lem ker te leh a dt., a ni hlawn. Kan zawi zui ber tur rimawite pawh hi a hruk pawimawh tak a ni a, a upa tawh hle nghe nghe a. Mihring zia ve reng tura Pathian pek niin mi tam tak chuan an ngai hmiah a, thuthlung hlui lam kan thlir let chuan Kaira thlah Jubala kha, "Tingtang leh phenglawng tumtuho zawng zawng thlahtu a ni," tih kan hmu a. (KJV 4;21) Chuvargin ngaidan pawmawm tak a ni phawt ang. Tichuan, rimawi (Music) chuan lan chhuah dan kawngkal hrang hrang a rawn nei ta zel a, zeizia (style) neiin a rawn chhuak zel a. He paper-a kan zawi zui ber tur 'rap' pawh hi chutiang zing a pakhat chu a ni a.

Rap hi hip hop music zethuang (element) pawimawh tak a ni a. Marcela'n, "Rap leh hip hop hming (term) hi inhman



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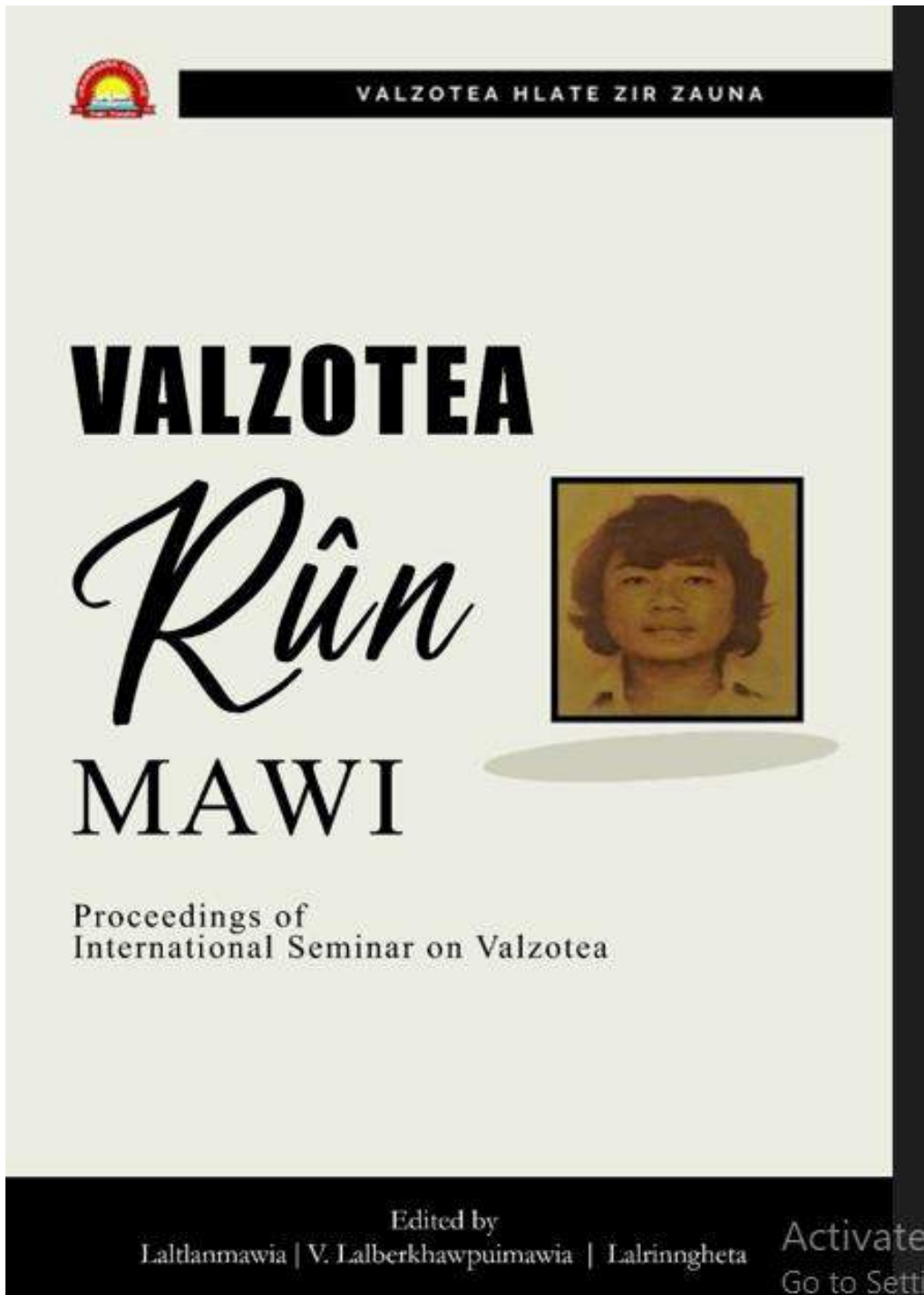
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Lalsawmzuali Hnamte	Valzotea Runmawi	Capturing Mind of the Youth through the songs of Valzotea
Dr. Lalhlimpuii	Valzotea Runmawi	Capturing Mind of the Youth through the songs of Valzotea
Lynda Vanlalruati	Valzotea Runmawi	Capturing Mind of the Youth through the songs of Valzotea

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VALZOTEA RUN MAWI

5

CAPTURING MIND OF THE YOUTH THROUGH THE SONGS OF VALZOTEA -

Lalsawmzuali Hnamte, Associate Professor, GHBC

Dr. Lalhlimpuii, Assistant Professor, GHBC

Lynda Vanlalruati, Associate Professor, GHBC

Khuh hawna:

'Rap battle' tih hian 'thu leh hla hmanga inbeihra' tih a kawh deuh ber mai awm e, 'Battle Rap' tih erawh chu rap music peng (sub-genre) e.g. Gangsta Rap, Conscious Rap, Mumble Rap etc. te zinga mi pakhat awira a ni thung a, chu mai bakah, heng peng hrang hrangte zinga a pure ber nia mi tam tak ngaih a ni bawk. Rappers-te inkahra hla (diss tracks) te chu hre tawh mah ila, mi tam zawkin rap battle kan hmehhriatra hmaaw ber chu 8 Mile movie (2002) kha a nih a rirawm. Kum 2003-ah MTV MC Battle show te rawn awm chho lehin, BET 106 & Park show-te pawh kan lo hmehhriat chho ve zel a.

Hetih hun lai hi chuan freestyle battle kha a lar thin a. Freestyle battle -ah chuan an rap te chu chawp leh chilha a hmuna an hmuh leh hriat te hmanga ngaihtuah chhuah a ni thin a, an ziak lawk ngai lo tlangpui a, rilru chak pawh a ngai hle a ni. Mahse kum awm vel a lo vei leh chuan battle rap kha wvel chu a lo thangin a lo danglam ta a. *Competitive*



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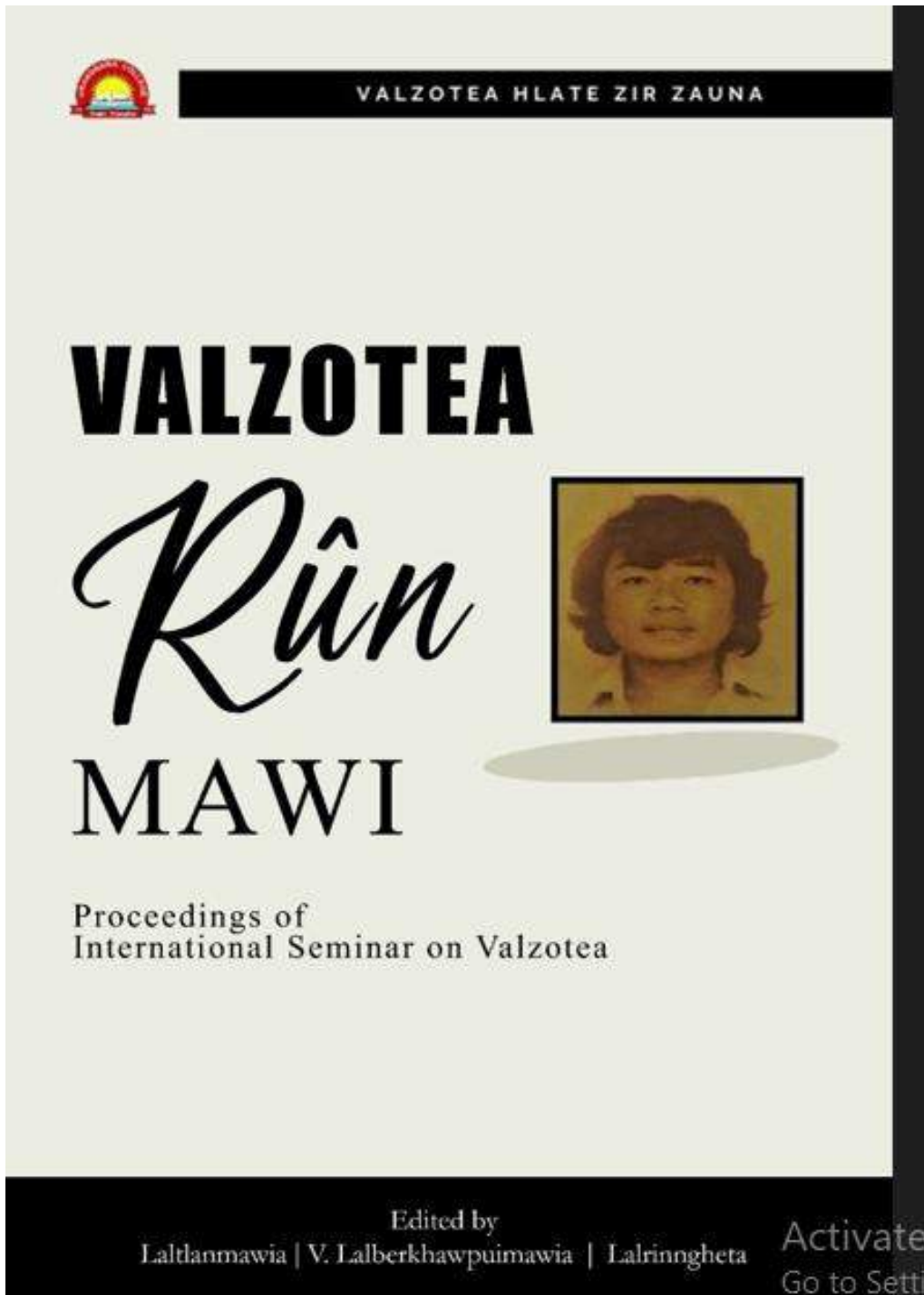
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<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
John.L Pachuau	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture
Zonunsangi	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture
Dr. Rosaline Varsangzuali	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture
Judy Lalremruati Ralte	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture
C. Laldampuia	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture
Robert Lalremtluanga	Valzotea Runmawi	Valzotea Hlate as a contemporary study: Impact on the Modern Youth Culture

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VALZOTEA RUN MAWI

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VALZOTEA HLATE AS A CONTEMPORARY STUDY:
IMPACT ON THE MODERN YOUTH CULTURE

John.L Pachuau, Assistant Professor, GHBC

Zonunsangi, Associate Professor, GHBC

Dr. Rosaline Varsangzuali, Associate Professor, GHBC

Judy Lalremruati Ralte, Associate Professor, GHBC

C. Laldampuia, Associate Professor, GHBC

Robert Lalremtluanga, Assistant Professor, GHBC

1. Thu Hmahruai:

Rap music-in tun lai Zoram khawvel a fan chho mək zel a. Miten an ngaihla rəəain an tui chilh ve tulh tulh a, rapper pawh an pung chho ve mək bawk. An la pung chho zel dāwn ni pawhin a lang. Hei hi Mizo ƣawng tən pawh dik taka hman chuan hmaəawnra a ni tiin a əwi theih ang.

Rapper hi a tlangpuiin ƣhalai kum la raupang tē tē an ni a. Rap hian ken tel a neih tam tak zingah ƣawng chheh rolh te, tehkhin tur thlan chhuan thiam te a tel nuk avargin rapper chuan chu chu a thil ngaihven ber a ni lo thei lo. Rap lo ə an ngaihven loh tur thil a nih bawk avargin, ƣhalai mahni ƣawng ngaihək lo leh ngaihven lem lo tur khan a ngaihvenin a thiam phah viau ang tih chu thil chiang ə a ni. Tin, ƣawngkau chheh



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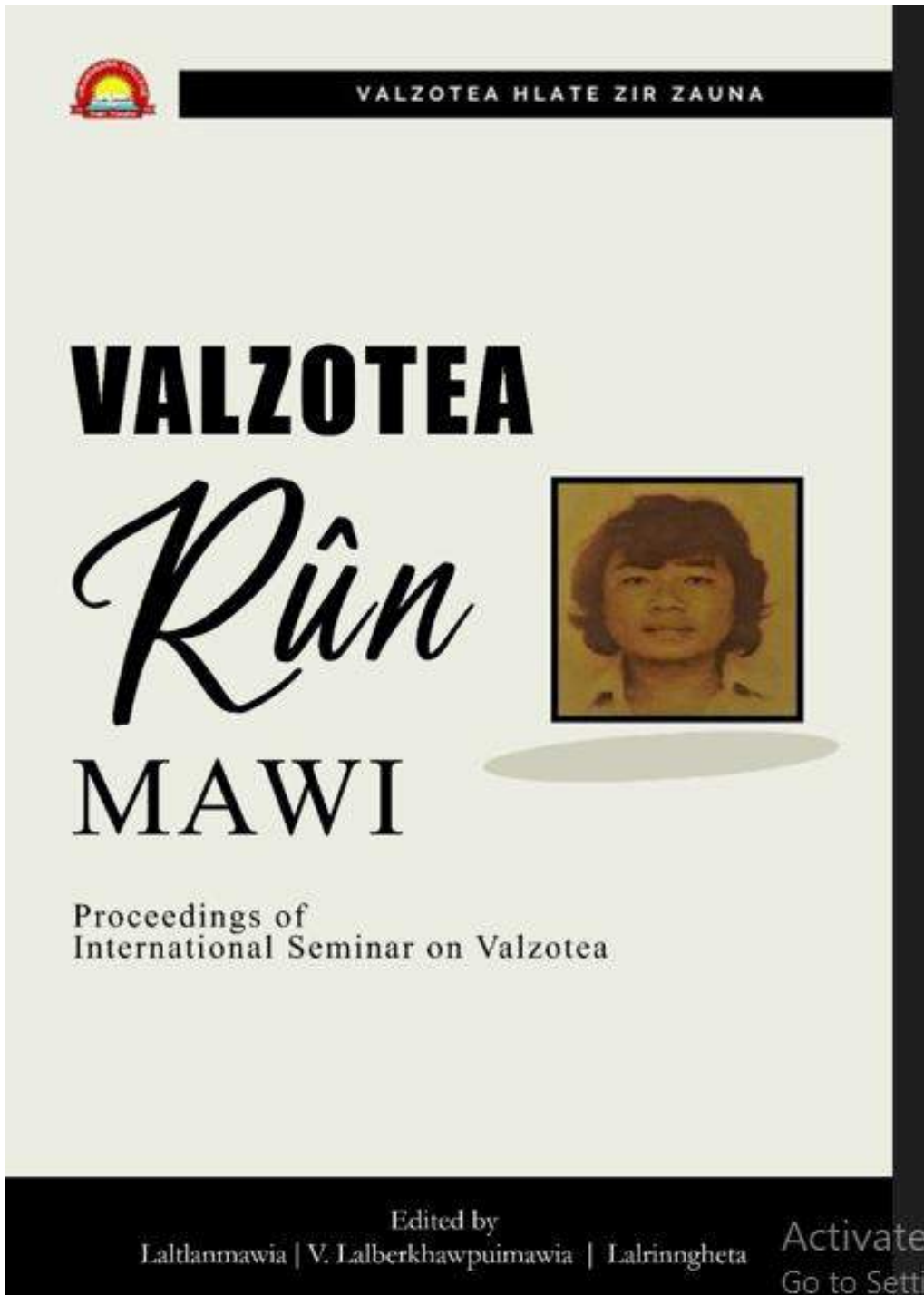
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Lalthlengliana Hrahse	Valzotea Runmawi	Impact of Politics in the Songs of Valzotea
Dr. H. Lalzuithangi	Valzotea Runmawi	Impact of Politics in the Songs of Valzotea
B. Lalfakawmi	Valzotea Runmawi	Impact of Politics in the Songs of Valzotea
H. Lalenzuali	Valzotea Runmawi	Impact of Politics in the Songs of Valzotea
R. Lalrinkima	Valzotea Runmawi	Impact of Politics in the Songs of Valzotea

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**IMPACT OF POLITICS IN THE SONGS OF
VALZOTEA**

Lalthlengliana Hrahsel, Associate Professor, GHBC

Dr. H. Lalzuithangi, Associate Professor, GHBC

B. Lalfakawmi, Associate Professor, GHBC

H. Lalengzuali, Associate Professor, GHBC

R. Lalrinkima, Assistant Professor, GHBC

Rap music hi Hip hop music tia hriat a ni bawk a. Kum 1970-a United States inner African Americans leh Latino Americans ten popular music genre an tihhmawm tak, New York-a Bronx hmun atanga lo lang chhuak a ni. Rap music hi African-American leh Caribbean cultural expressions in chhun fin a ni tih hi Critic-te leh Scholar-te'n an ngaidan intawm a ni a. Adams Krim chuan, "Rap origin chungchang ka zawh hian, rapper hlunte hian an performance practices chu Africa a nih thu an tilang thin a. Afrika Bambaataa pawhin Bronx atang pawhin lo ni tehreng æ, an hla thu chham dan leh an rap dan style te chu Africa-ah a in her lum leh niin a tarlang" tiin a ziak thung (Rap Music and the Poetical Identity).

Rapping chuan rimawi mil tak leh rimawia thil pawimawh chin a lo kai chhoh takah chuan rapper an lo chhuak ta a ni. Cheryl L Keyes chuan heti hian rap chu a hrih fish a, " Rap music hrih fish dan awlam berah chuan, hla thu lam



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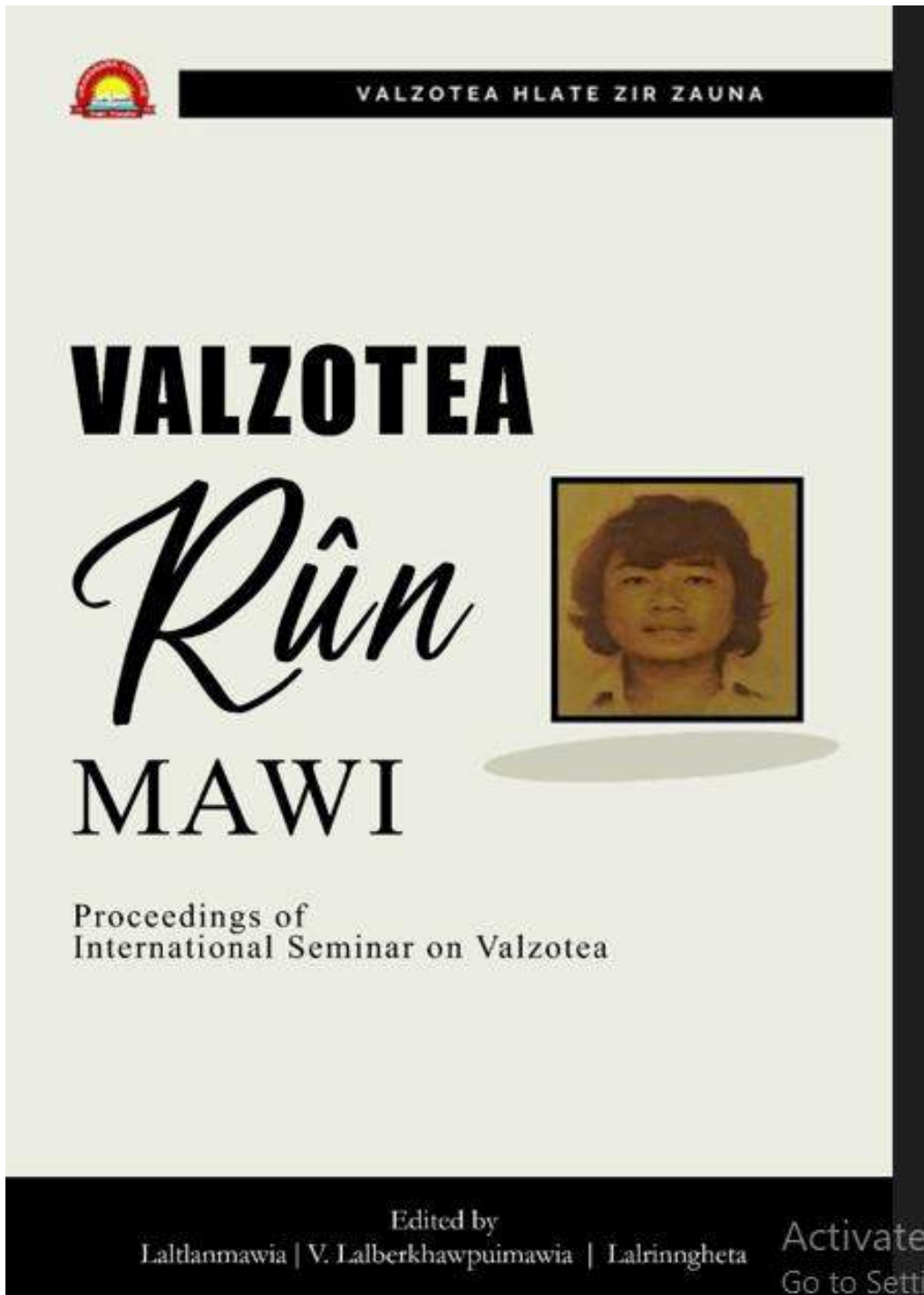
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Dr. Lalbiakzuali	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Lalchangliana	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Vanlalpeka	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Zomuani Cherpoot	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Samuel Lalthanliana	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Laldingliana Sailo	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Lalhunmawii Chhakchhuak	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate
Vanlallura	Valzotea Runmawi	Intellectual Property Rights and the Music of Valzotea Hlate

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**INTELLECTUAL PROPERTY RIGHTS AND THE MUSIC
OF VALZOTEA HLA TE**

Dr. Lalbiakzuali, Associate Professor, GHBC
Lalchangliana, Associate Professor, GHBC
Vanlalpeka, Associate Professor, GHBC
Zomuani Cherpoot, Associate Professor, GHBC
Samuel Lalthanliana, Assistant Professor, GHBC
Laldingliana Sailo, Assistant Professor, GHBC
Lalthunmawii Chhakchhuak, Assistant Professor, GHBC
Vanlalura, Assistant Professor, GHBC

Mizote hi pi pu chera zai leh lam ngaira hram tia chhal kan ni a. A awi uar deuh phei chuan kan che hleka kan zai nghal deuh mai thin ni tein an awi fiamthu thin. Hei hi a nihra chen pawh a awm visu mai. Chuti taka pi pu atanga tawha zai lam ngaira leh tuipui kan lo nih tawh thin vang chu ni maw, ni lo maw! A zai ngawr ngawr lo deuh, zai dawra a tel ngei ngei ngai hla thu hi kan tuipui tel em em bowk a ni. A chian em emra chu, Mizo thawnthu hlui leh chanchin hlui kan thlir let changa thil lang lian em em thin, inbiakra kara hla thu zeh mawlh mai hi a ni. Sailo ngurpui fanu chhuan tawlawl Laltheri chu a ngaihawng a chhungten an thahsak hmiah mai a, heta a lungawi lo er let hi pui tak a ni. Chutianga a hmangaih ber thahsak a nihra chu a tuar em em a, a



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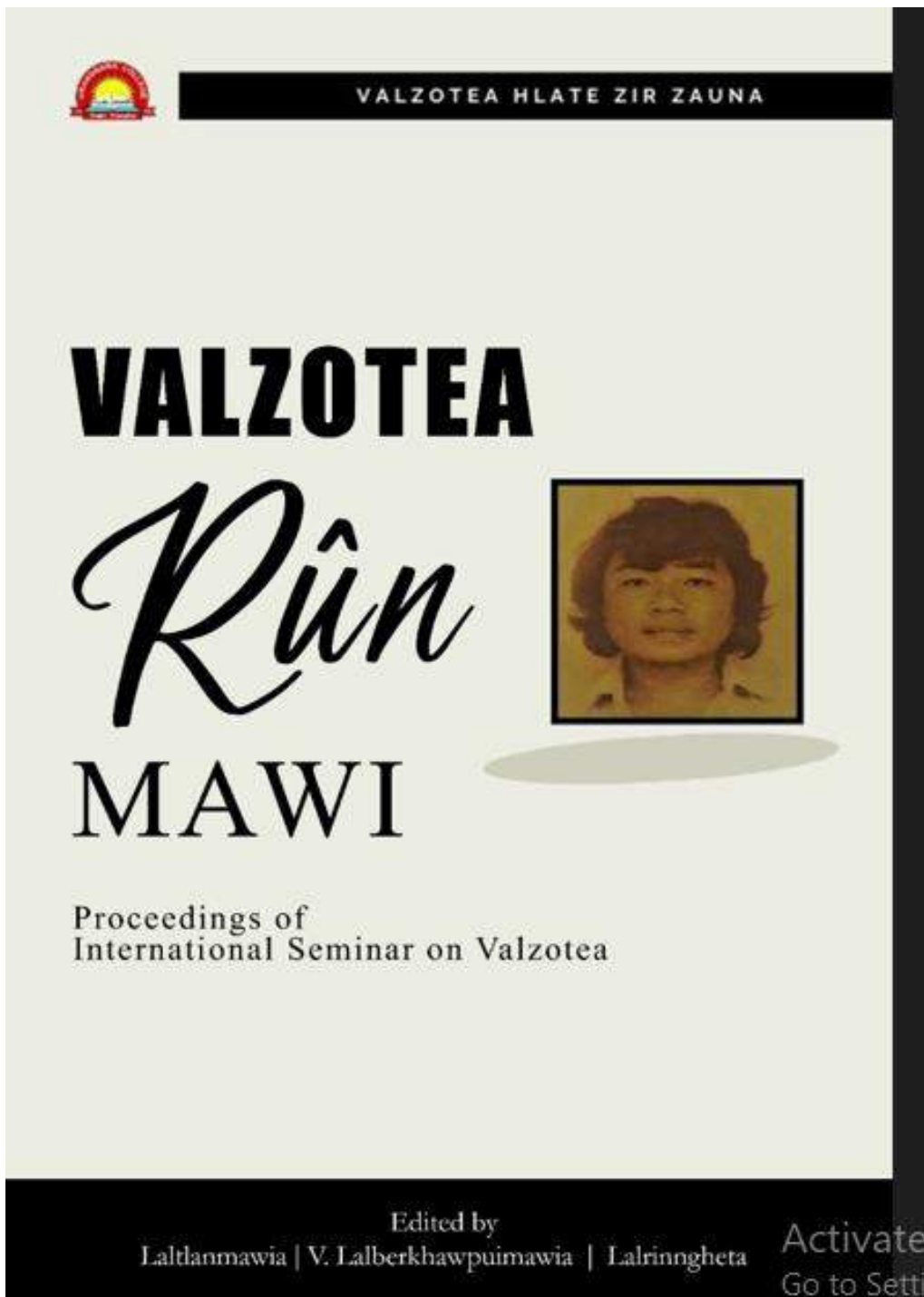
2022-2023

<i>Name of Author</i>	<i>Name of Book</i>	<i>Name of Chapter</i>
Lianzami Kiangte	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite
Alicia Lalremruati	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite
Zochhuanmawia	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite
Dr. ZD. Lalmangaihzauva	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite
Lalhruaitluangi	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite
Maria Lalremruati	Valzotea Runmawi	The Romantic Nature in the songs of Valzotea Hlate: An Analysis of Ka Di Ka Parmawite

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THE ROMANTIC NATURE IN THE SONGS OF
VALZOTEA HLATE: AN ANALYSIS OF KA DI KA
PARMAWIT

Lianzami Khiangte, Assistant Professor, GHBC

Alicia Lalremruati, Assistant Professor, GHBC

Zochhuanmawia, Assistant Professor, GHBC

Dr. ZD. Lalhmangaihzaupa, Assistant Professor, GHBC

Lalhruaitluangi, Assistant Professor, GHBC

Maria Lalremruati, Assistant Professor, GHBC

Thu Hmâ:

Kan Lal Iaua pian hmâ, kum 375 lai liam tawhah khan filawsafar ropui Plato-a chuan zirtirra pék kawngah leh mihringte kaihhrusairnah hla thu hian thil a tih theihzia a hriat chian êm avângin a lehkhabu *Republic Book X*-nahh khan a Ideal State aţangin Poet réng an awm a lo rem ti lo hial a. Chutih laiin, a kê bula kum 20 zet inzir Aristotle-a, Alexander The Great-a zirtirtu chuan a pu tuikep lung pah hnu chu chharin an nihphung, ziarâng leh an hlutra thleng chuan a lehkhabu *Poetics*-ah a thâi lang ta vek a. Khawvêl hram zawng zawngte litereichar hmaæ ber *Hla Thu* chu do leh dâl chí rual ni hek lo vawiin thlenga kan lungngaih inhnemna, hlimra tizualtu, khawhar min hnêm a, lei leh vân Lal ber kan châwimâwina hmanraw ropui berte zînga mi a lo nih tak hi.



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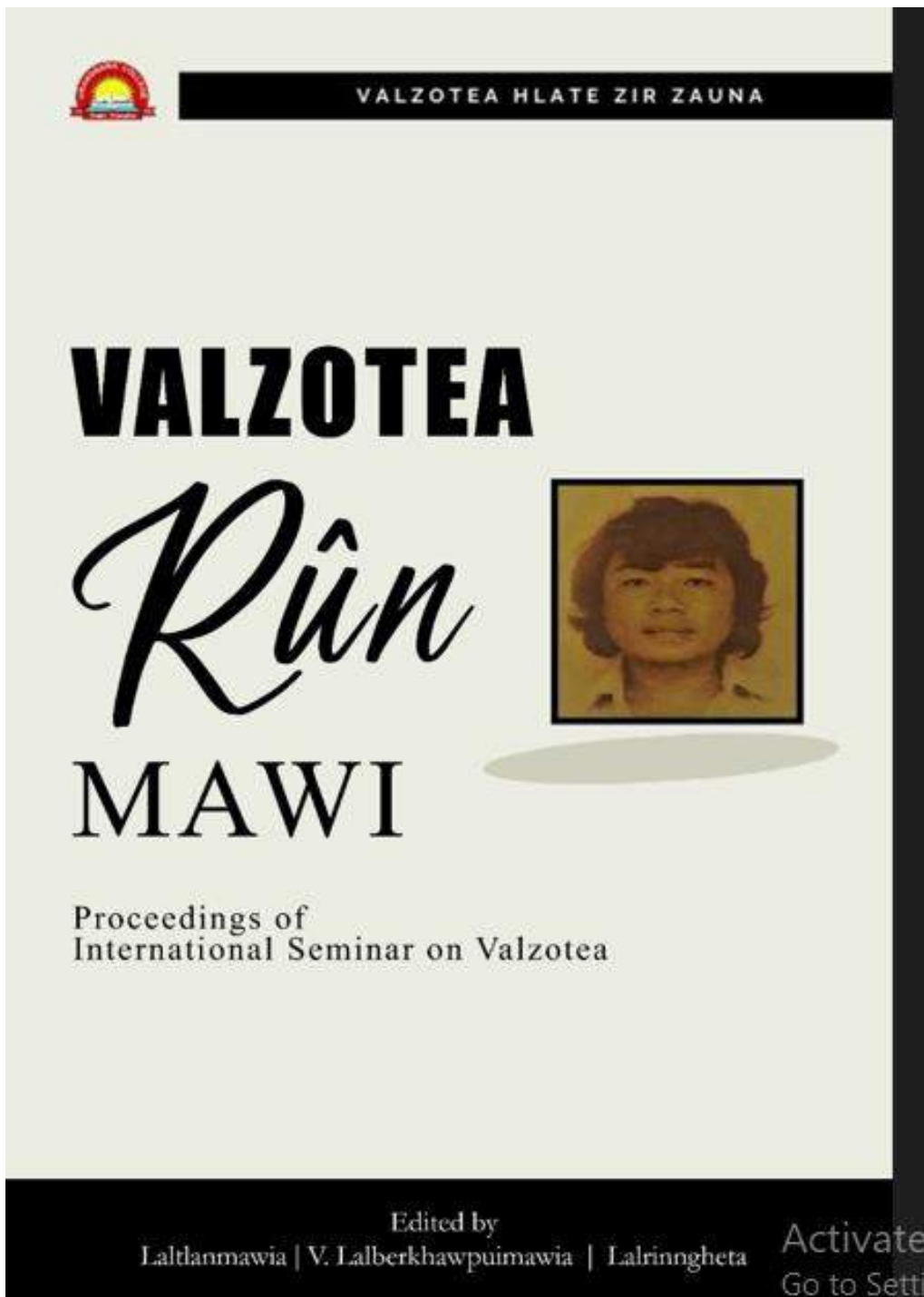
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H. Lalthanpuii	Mizo Rochun Thu leh Hla Zir Chianna	Mizo thawnthua Magical Instruments Bih Chianna
Laltlanmawia	Mizo Rochun Thu leh Hla Zir Chianna	Tuan Rang Hmingthang Aihniara
Laltlanmawia	Valzotea Runmawi	Valzotea Hla Kalhmang
Laltlanmawia	Lungtat Par (Discourse on Triaui Trackx)	Editor
Laltlanmawia	Khuangchawi	MZU Kan Vanglai
V. Lalberkhawpuimawia	Valzotea Runmawi	Valzotea Hlaa Romanticism Ziarang
V. Lalberkhawpuimawia	Traveloqu (Eited)	An overview of the Deep South Expedition 2022 and Back to our Roots 2021
V. Lalberkhawpuimawia	Khuangchawi	Editorial Board Member
HD. Lalrinkimi	Valzotea Runmawi	Valzotea Hlaa Inngaihawna
R. Lalchhanhimi	Mizo Rochun Thu leh Hla Zir Chianna	Mizo Folk-arts Bih Chianna
Lalremruati Ngente	Valzotea Runmawi	Valzotea Lungawina: Run Mawi leh Run Nuam
Lalremruati Ngente	Lungtat Par (Discourse on Triaui Trackx)	Triaui Trackx Hlaa Satire
Lalremruati Ngente	Mizo Audio Drama	Lemchan Khawvela Redemption Theatrical Sulhnu
Lalremruati Ngente	Zaikung Thar Vol-5	Lungawina, Chhiartu, Mihrinna
Lalringgheta	Mizo Audio Drama	Mizo Drama Society Chanchin
Lalringgheta	Zaikung Thar Vol-5	Nun thawnthu, Keimahni, A tak a awm
Laltlanmawia	Lungtat Par (Discourse on Triaui Trackx)	Triaui Trackx Hlaa Satire
Laltlanmawia	Valzotea Runmawi	Editor
V. Lalberkhawpuimawia	Valzotea Runmawi	Editor
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VALZOTEA HLA A ROMANTIC ZIARANG

- V. Lalberkhawpuimawia, Assistant Professor, GHBC

Rap a rik rualin rapper-te dress code, an music leh style hrang hrangte hi mitthlah a lang maithei. Chutih rual chuan a phera thil awm thlira hmuh fish hi a pawimawh em em a. Miin en thuaka a hmuh dan ang chauh hi a ni lo ang tih hriat ran pawh thlir zauh deuh a ngai awm e.

Rap Music huang thlir tur a nih dawn avangin a background tlem tar lang dawn ila. A awmia nia mi thiamte sawi hi tar lang hmasa ta ila:

Dr. Lalnunpuia Renthlei : "Rhythm and Poetry tiin rap lam pum hi an sawi fo. Thenkhat chuan Rhythmically Accentuated Poetry ti te pawhin an sawi bawk. Mahæ, lam tawi a ni kher em tih hi a chiang vak lo." (Renthlei 1)

Dustin Lalkulpuia : Rapartee tih thumal kaihtawi atanga lo chhuak nia ngaih a ni.

Oxford Dictionary-ah chuan rap chu, 'Hriam, nung, chhah chhuah,' a inti bawk. (Lalkulpuia 2).



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VALZOTEA RUI

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VALZOTEA HLA A INNGAIHZAWNNA

- Lalthanmawia, Assistant Professor, GHBC

Khawvelah hian Mahatma Gandhi ang an piang tawh dawn lo va, Mother Teresa anga nu tha tak hi hmuh tur tawn la piang dawn pawh ni æ; amah ang chiah chiah erawh engtik khawtikah mah kan hmu tawh dawn lo. Eminem anga rap hmanga khawvel deng chhuak hneh hi an tawn piang leh ang em a hriat loh a, William Shakespeare anga ngaihtuahra puang chhuak thiam Poet tha mi hi khawvel hian a hmu leh ang em tih chu Pa chauh lo chuan a hre lo.

Chuti ang te a nih rawk avang chuan Pathianin min pek, mihringina kan dawn kan talent te hi a inang lo va, a ropui a, a tihpun hi kan tihmákmawh a ni. Thi leh thau pawlha talent tipung thiam apiang mi hlawhtling an ni a, an hra chu a sang emaw sang lo emaw, an talent an tihpun tlat chuan mi awhawm an ni tho tho.

Mi tãngkai tak an awm laiin tãwmkai lo nia inhre tlat an awm thei a, inkhelh thiam tak an awm laiin inkhelh thiam hauh si lova mahni awm hmun leh thut hmun a tãnga thil tithei



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VALZOTEA LUNGAWIA: RUN MAWI LEH RUN
NUAM

- Lalremruati Ngente, Assistant Professor, GHBC

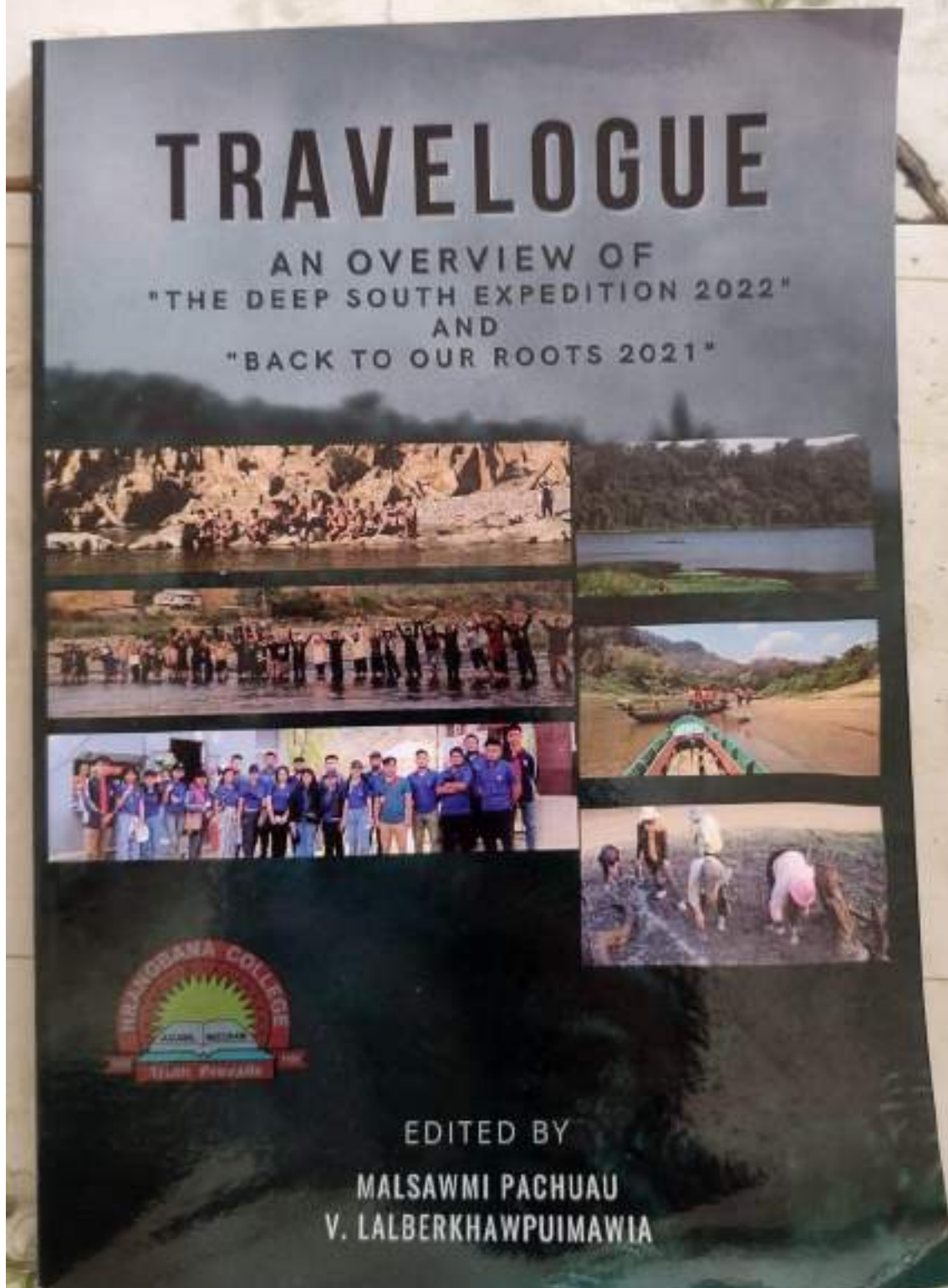
Mizote zingah *rap music* hi a mikhual tawh lo viau mai a, Mizo *literature* huangah erawh chuan mual eng a la hmu pha meuh lo thung niin a lang a. *Rap music* hian mihringah phurra a siam thei niin a lang a, hla ti dem dem a nih loh avang hian tawngkam lamah pawh thluai thlum teh chiam loa a nihra ang anga chham chhuah a nihra hian mihringah thathora te a siam thei a ni. Mizo *rap music industry* lamah hian mipate hi bul tantu leh thawhhlawk zawk an ni a, mipate hi thawhhlawk zawk kan ti chung pawh hian an zavai pawhin chhian tham chauh an la ni. Hmeichhe lamah phei chuan zawi tham an la awm lo zawk. Chuti chung chuan Mizote *music* khawvelah hian ngaihven hlawh ber te zinga mi a ni leh lawi si. Hei hian Mizote zingah *rap music industry* hi a lian ve tawh hle tih a tilang kan ti thei awm e.

Tun tumah hian *rap music*-a hmangaihra lo langte hla thlan bik neiin han thlir dawn ila. Mizoram pum huapalar, raupang atanga kum upa lam thleng pawhina an hriat



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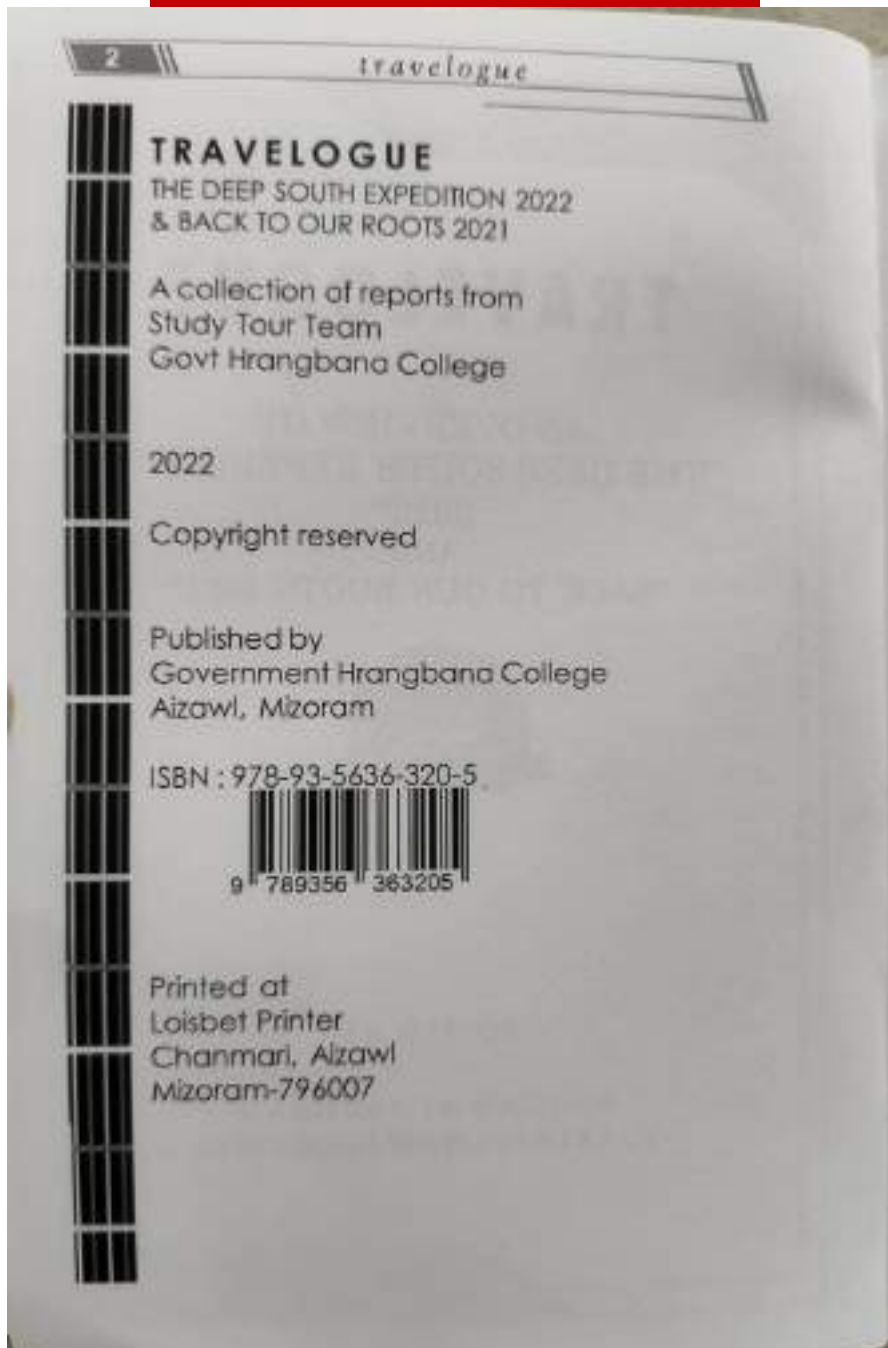




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ZIRLAITE HRIL-HLA
(Anthology of Poetry)

Published by
Literature Club
Govt. Hrangbana College

First Edition- 2022

ISBN: 978-81-954605-9-5



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Mizo Poetry ṭhan Chhoh Dan

- Lalremnuati Ngente

Kamkeuna :

“Mizo Poetry ṭhan chhoh dan” han tih hian, Poetry kan hrilhfiah dan azirin Poetry history kan chhui dan pawh a danglam dawrh thei ang. Mizo Poet hriat hlawh berte zinga mi leh Mizo Poetry-a *Doctorate degree* nei hmasa ber R. L. Thanmawia chuan “Poetry tih hian a thlûk nei huam thei tho mah se, a thlûk nei lo a ni tlangpui a...” (*History Of Mizo Literature*, 67) tiin Poetry a hrilhfiah a. H. Laldinmawia chuan, “Hlahril (poetry) chu poetic quality nei hi a ni’ ti ila a dik mai awm e” (*Literature Lamtluang*, 32) tiin a hrilhfiah ve thung. A sawi lut duh tan chuan hla thluk nei pawh sawi luh theih a nihna lai awm dawn tho mah se, Mizo ṭawngah pawh “hla” leh “hlahril” sawina ṭawngkam hran kan lo neih ve tho avangin, tun ṭumah chuan hlahril behchhanin Mizo Poetry ṭhan chhoh dan ka ṭawn sawi dawn a ni.

1. Hunpui hmasa :

Poetry kalmanga hla phuah hmasate chu Awithangpa, Thanga (Thangthura), Liangkhaia leh Hrawva te kha an ni a. An nibo hi hla hlui leh tunlai hla kalmang chawh pawlha phuah an ni deuh nawk hlawm a, hla dangah an thawh hlawk viau nangin, hla hriil lamah erawh kut chhuak an ngah hman viau lo thung. Kum 1930 chho velah chuan Mizo Poetry pawh a rawn chhuah chhoh belh zel a, hetih hun laia langsar ber chu RL Kamla



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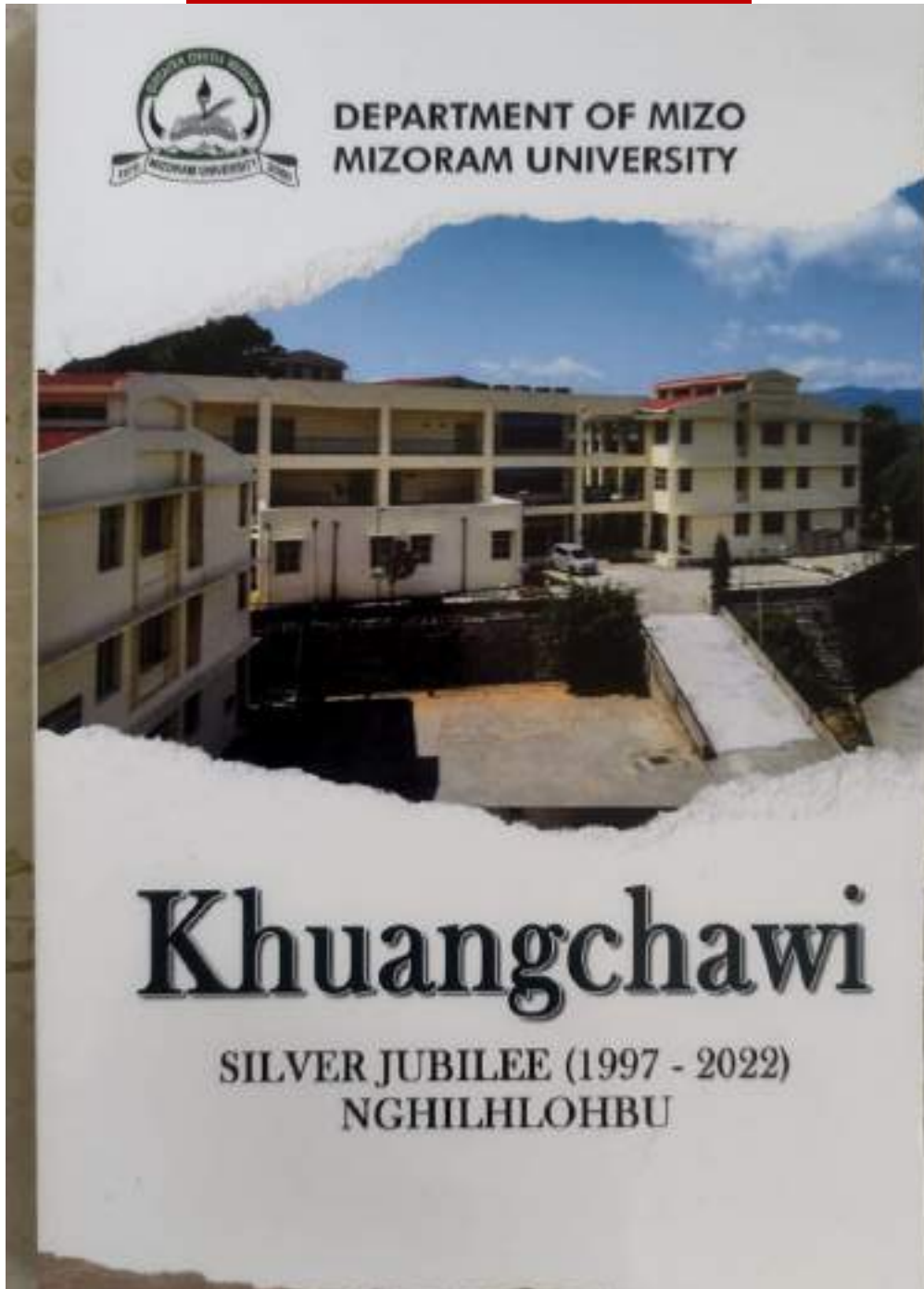
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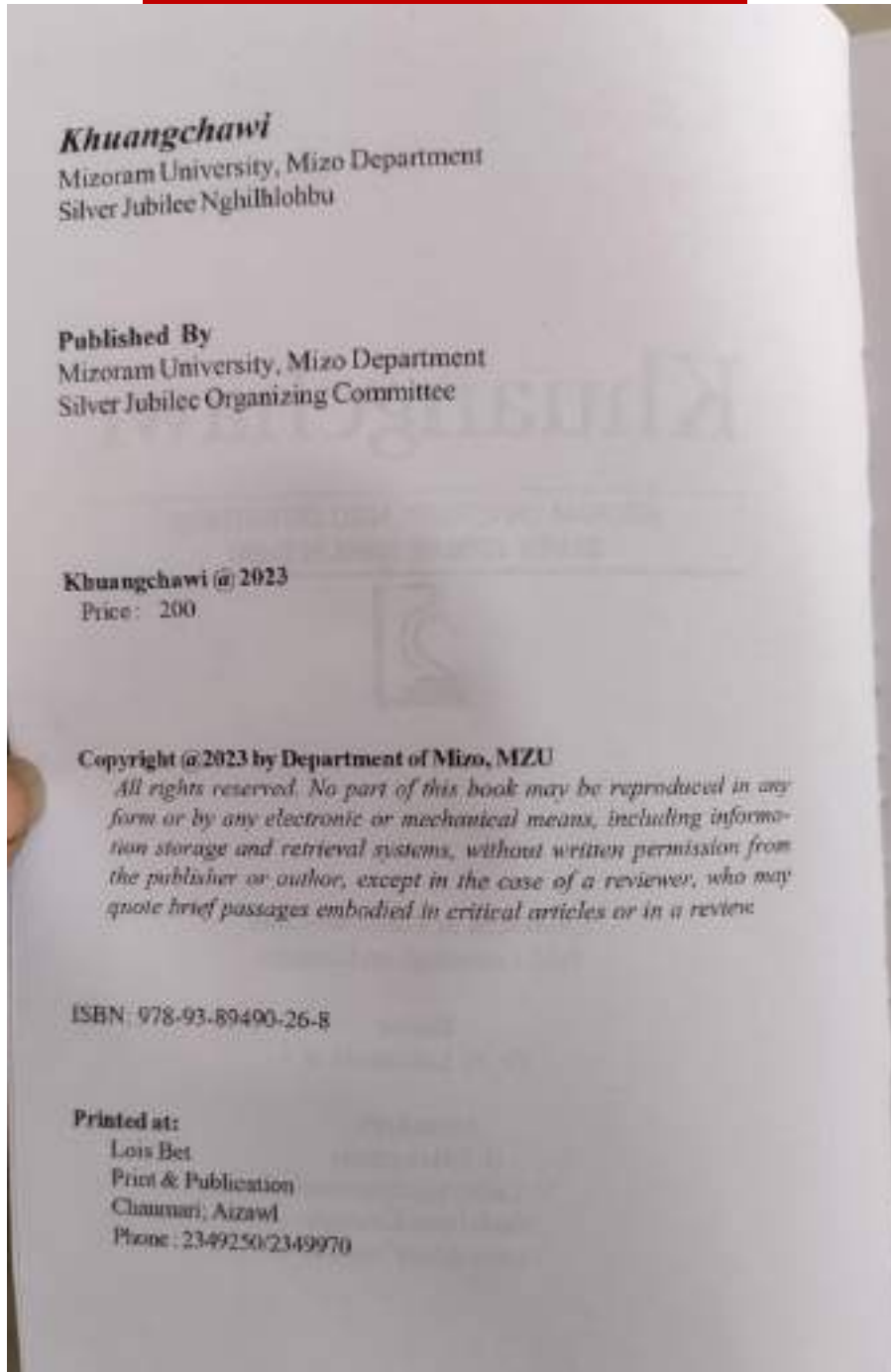
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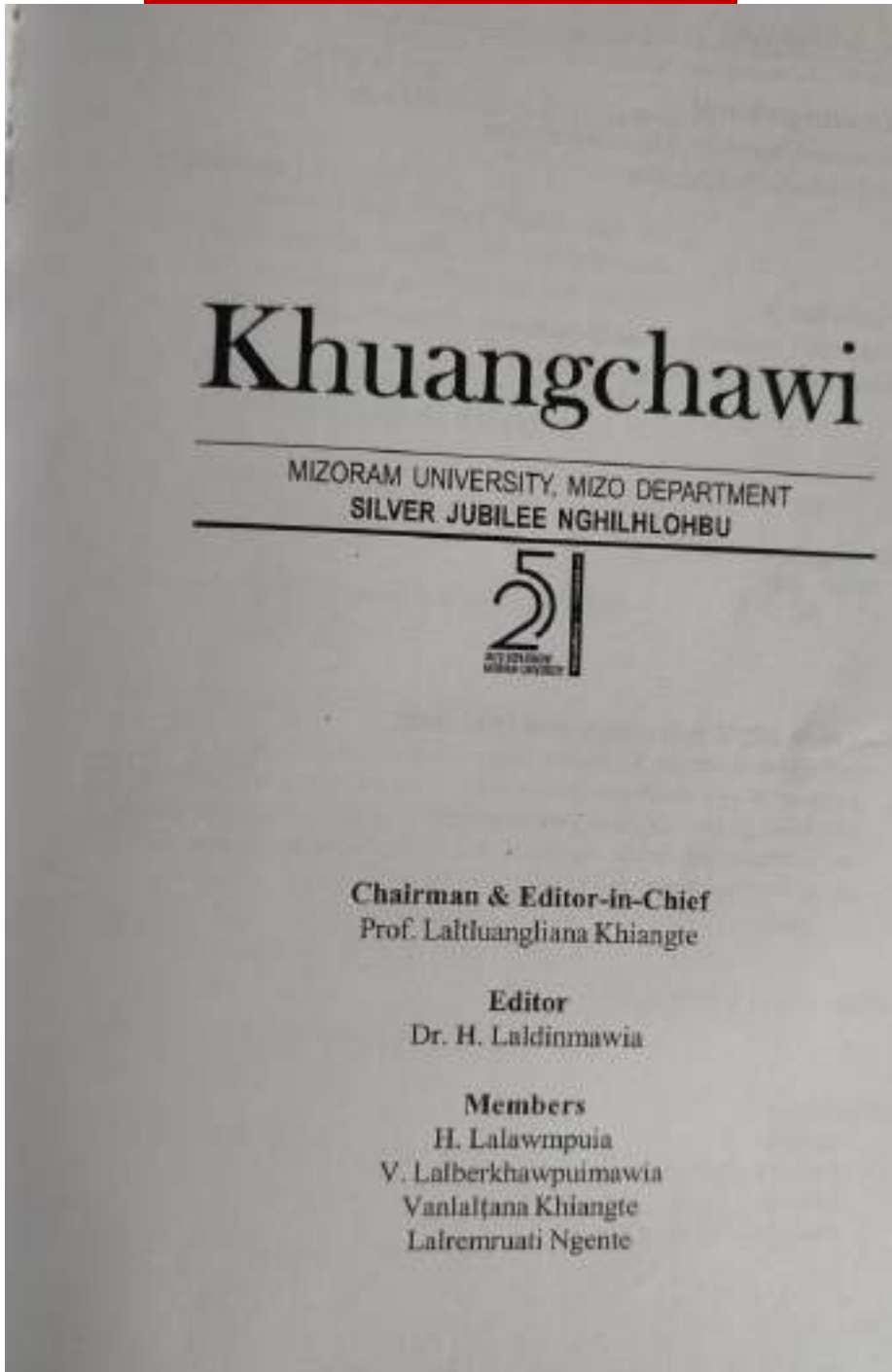




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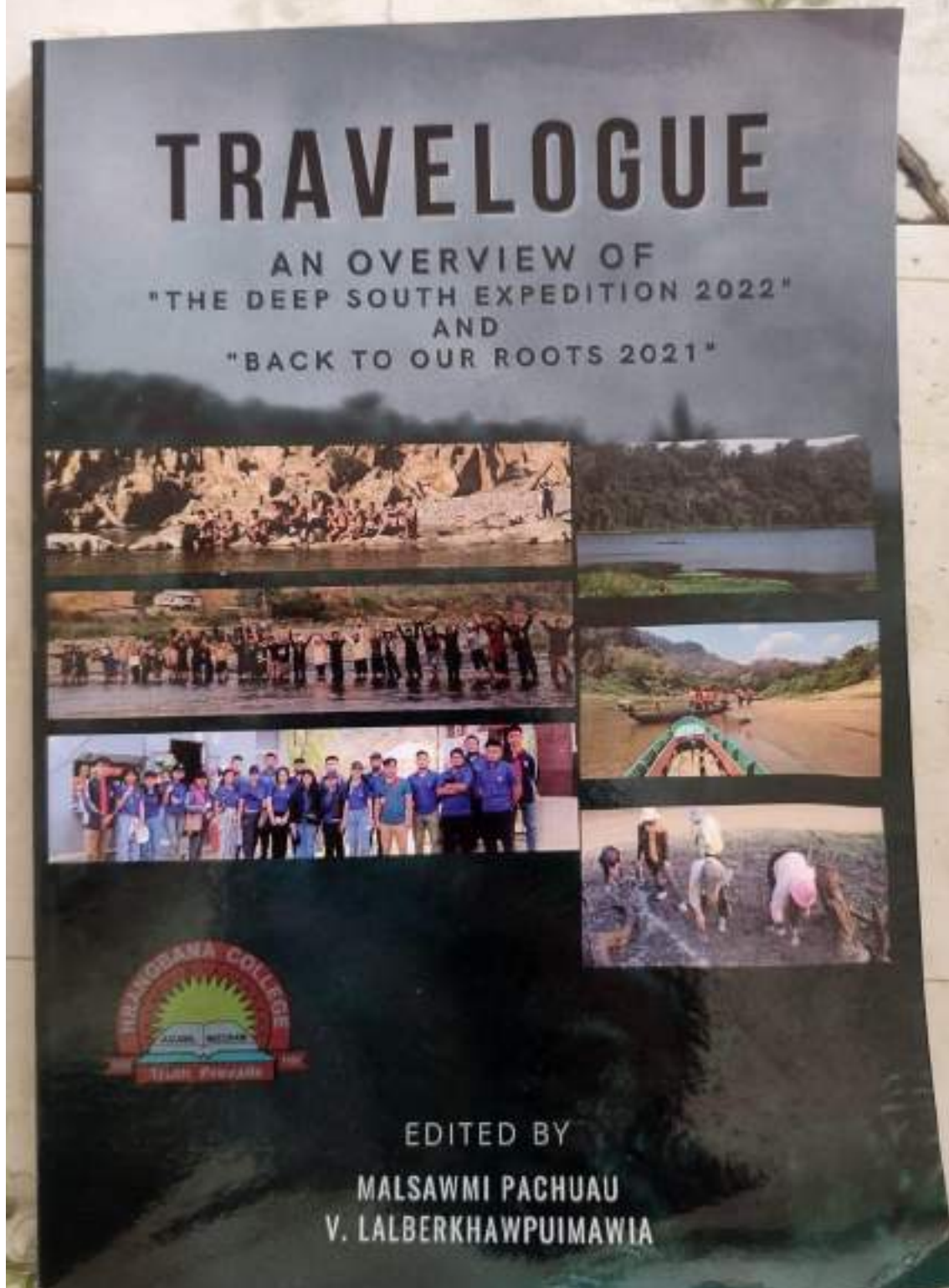
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Name of Author	Name of Book	Name of Chapter
Dr. Malsawmi Pachuau	Traveloque (Edited)	Editor
Dr. C. Lalrinfeli	Negotiating Cultures: Writings from Mizoram edited by Margaret L. Pachuau	“Remembering Rambuai: Trauma, Memory and Narrative”



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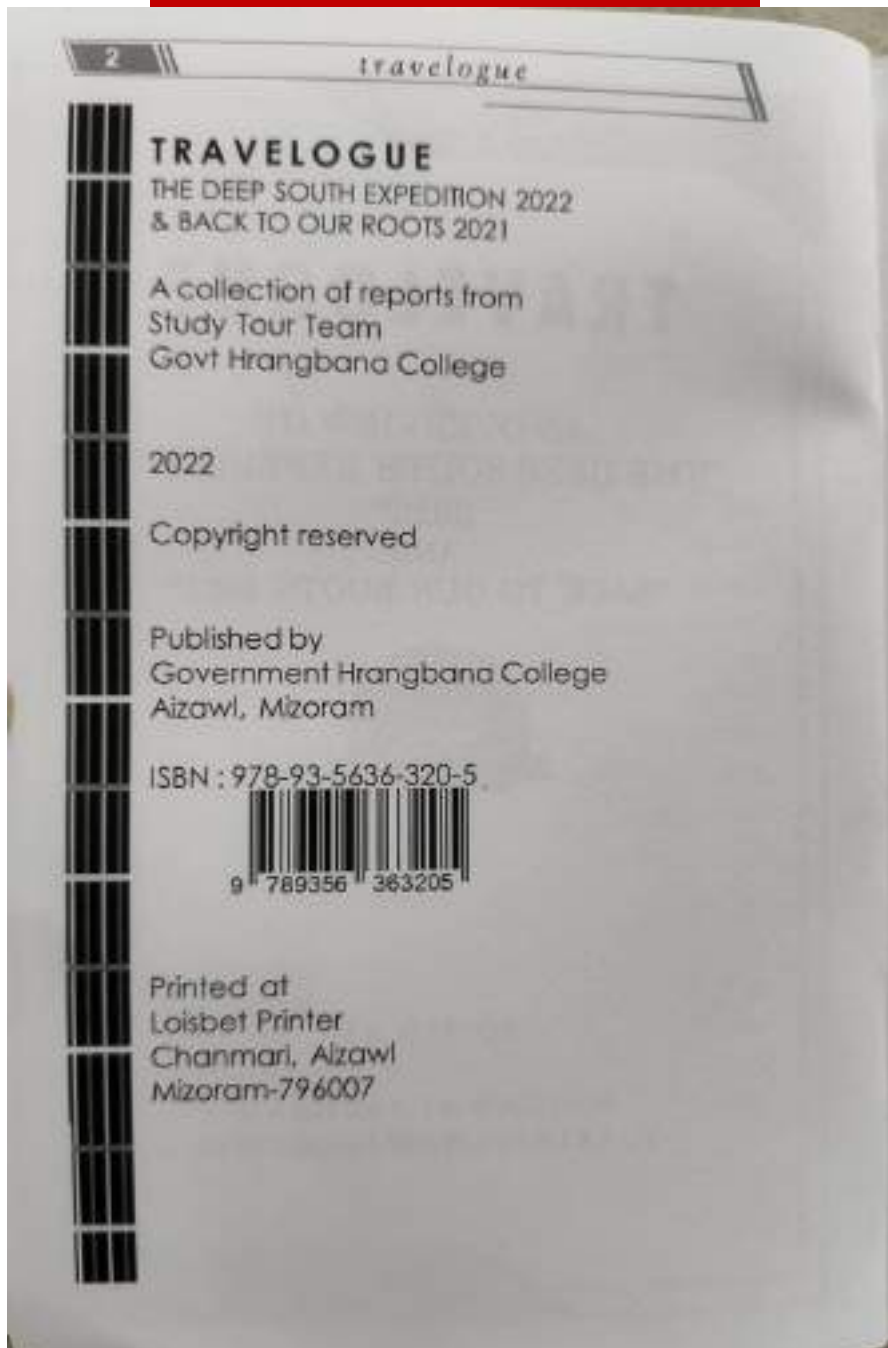




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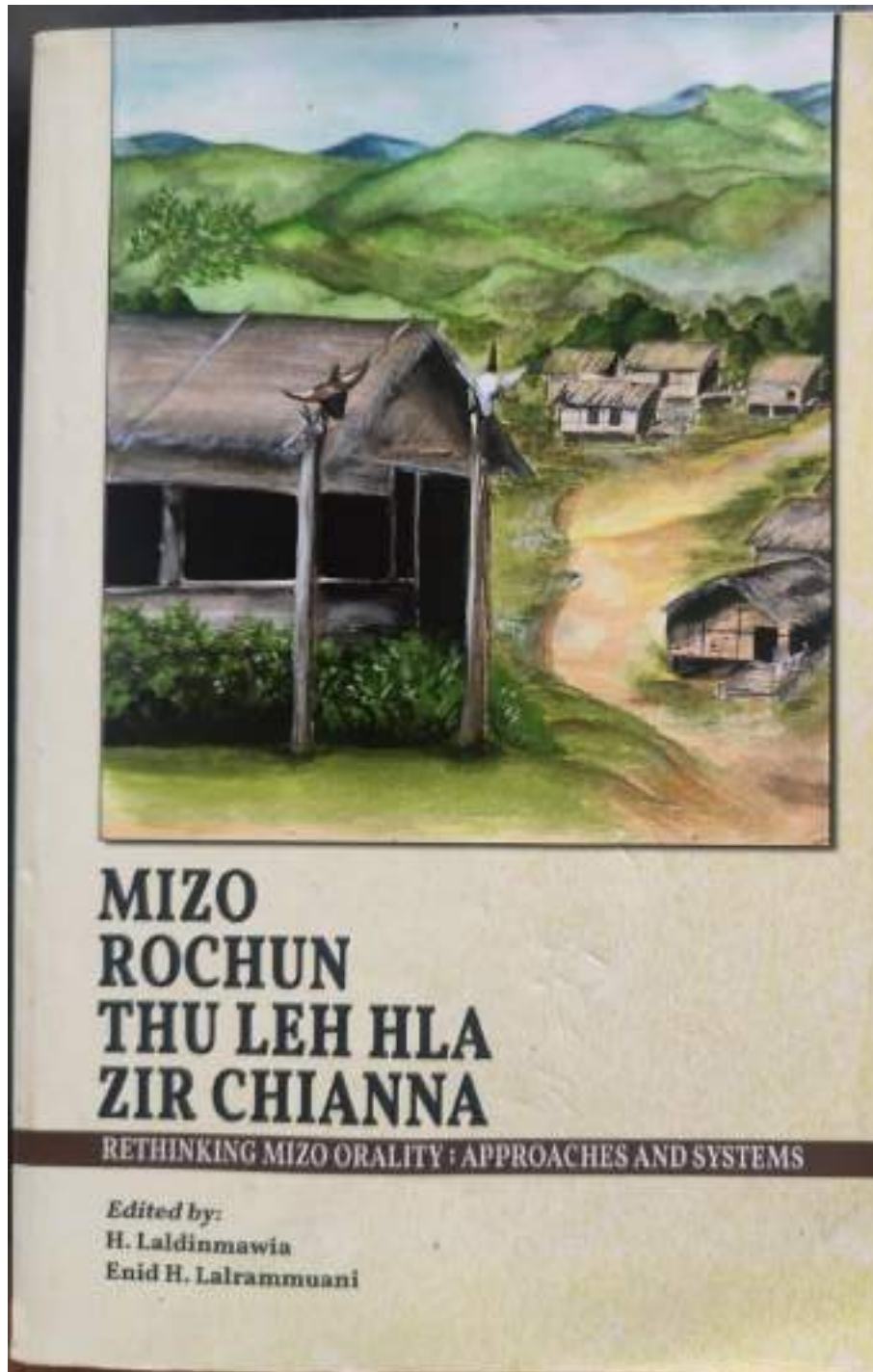
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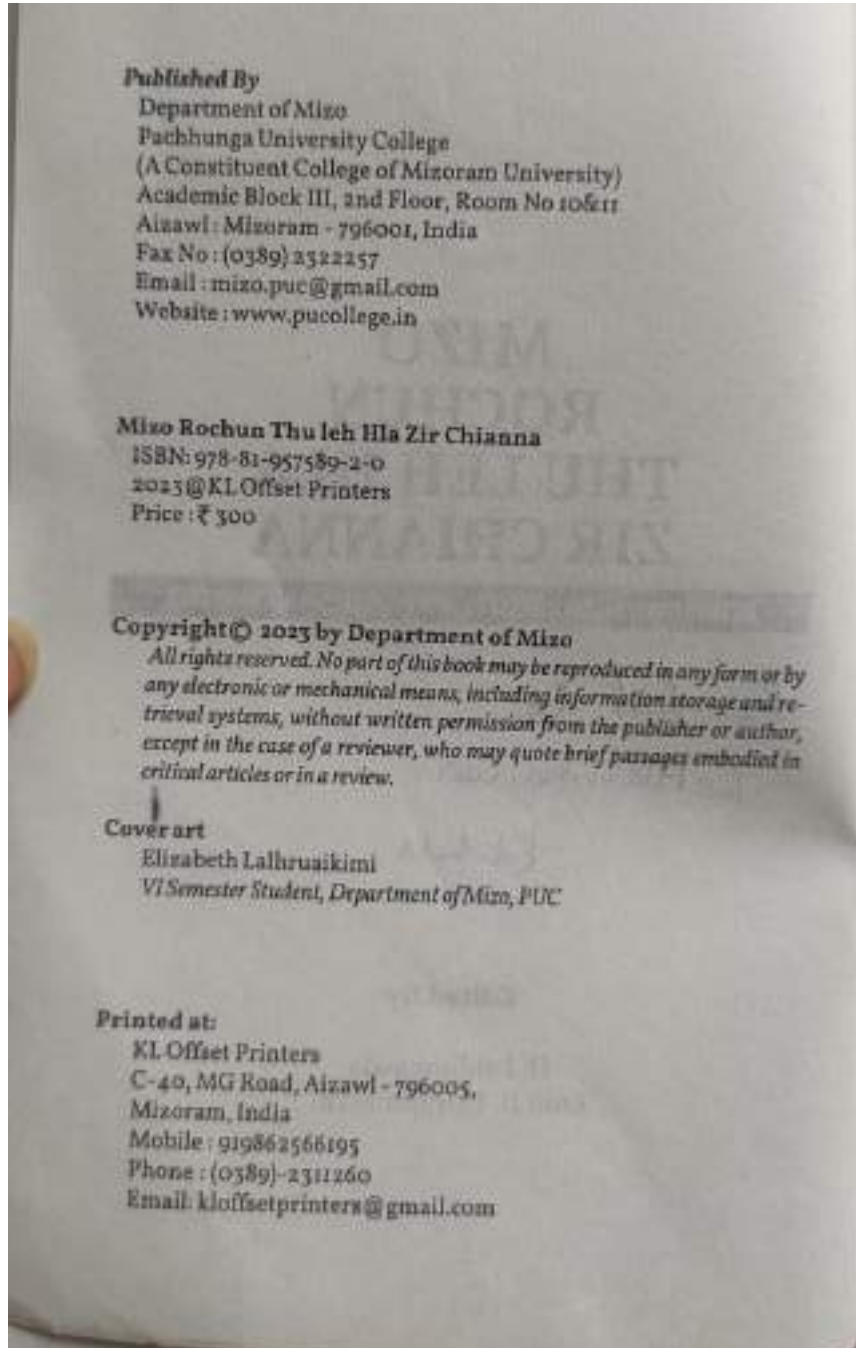
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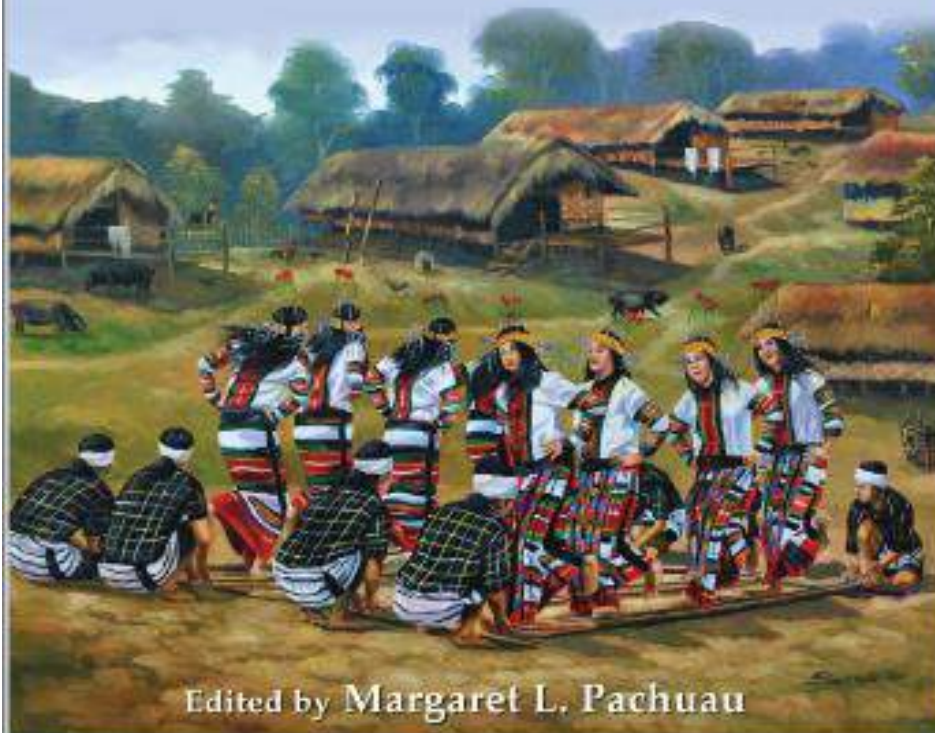
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CULTURE**

Writings from
Mizoram



Edited by Margaret L. Pachuau

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1

Remembering *Rambuai*: Trauma,
Memory and Narrative

C. Lalrinfeli

This chapter attempts to bring forth how the cultural trauma of the *rambuai* years in Mizoram forges a collective memory out of its remembrance. In so doing, *Rambuai Literature* (2014), authored by C. Lalawmpuia Vanchiau, and Malsawmi Jacob's *Zorami: A Redemption Song* (2015) will be taken into account. The selected fiction and nonfiction works have documented the devastating and chaotic period of Mizo history while encapsulating the Mizo National Front (MNF) armed rebellion against the Indian Army (the predominant military force). This armed rebellion started in 1966 and ended with the signing of the Mizoram Peace Accord in 1986. The two texts have been selected for study as they highlight the sufferings of the Mizos at the hands of not only the military force but also the MNF and have depicted that perpetrators of the suffering were not just the military but also their fellow Mizos. This chapter shall bring out the significance of collective memory and the necessity of articulating the cultural trauma, which may eventually bring about the healing process. In discussing the traumatic period of *rambuai*, theories on cultural trauma and narratives of this period have been incorporated, and they have focused upon the rapes and internal conflicts that remain an inherent aspect in the social memory of the Mizos.

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