



Literary Committee



Leaders



Youth Board



House Leaders



Sports Committee



Worship Team



Finance Committee



Nungti Zünga Lenir



Tebenjem Zünga Lenir



Tientet Lanur Chaplain

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# Editor's note

Dear Readers,

It fills our hearts with joy to share with you the 5th edition of our Lanur Ronem magazine. Each page carries stories of faith, reflections on life, heartfelt testimonies, and moments that reflect the heartbeat of our community. Our hope is that these pages will inspire, encourage, and draw us closer together as we continue to grow in God's love and purpose.

This issue brings you glimpses from recent church events, meaningful articles from our members, and uplifting messages that remind us of God's constant grace in our everyday lives. We are truly grateful for your love, prayers, and support — they keep this magazine alive.

As you read through, may you be reminded of how richly God has blessed us throughout the year. May every story and message fill you with encouragement, strength, and hope.

HAPPY READING

With love and gratitude,

**Rongsensosang Jamir**

Convenor,  
Literary Committee



# OFFICE OF THE AOYIMTI BAPTIST AROGO Youth Ministry

Khrista Yisu Temeim salem ajak nem agütsür. 2025 Küm tempanga Tsüngremi asen lanur ministry Pa toachi aser temeim agi takok, temoatsü nung len aniba atema Tsüngrem tenüng asanger aser arogopur ajak dang nenok sarasadem aser shisatsü tajung agi asen lanürtem meimba aser amalitepba, yaria arüba asoshi nenok danga pelaba lemsateper. Iba küm-a asen lanurtemi pei shisatsü aser tangatetba tajung agi Ocet tajung züluogo. Amanger 'Lanur Ronem' azünger ajak tangazükba aser tajungshiba balala angütsü ta yimlar.

Taküm asen arogo omen: "Sarasadem Akangshidi" ta asüba nung amendaker küm tepiyong asenok ajaki kanga jaratema Tsüngrem den lungjema sensaksema aser sentong balala agia aruogo. Ano maneni aruya aliba kum ya asen lanurtem asoshi Tamang agi Mandang ulushiti ta ayongzükner. Kechiba sera,

Takum nung terenlok, temelensi, teyanglushiba aser asentensi adok-a lokti, arogo aser yimden tashi idaktsüba tamendakba kuliji "mangdang" lir. Kechiyong mangdang ajanga dang tetuyuba, tetetzü aser terenlokba tashi (momentum) agütsür. Anungji meimchir ajak asoshi mangdang ayutsübaji – shimtsüba (Optional) ka masü, saka pei taküm ayak (identity), leniba (direction) aser teinyaktsü (Mission) jangjatsü asoshi tongtipang lir. Yongji, Mangdang akaba agi dang – lokti, arogo, aser kija takum nung jenjang aser nükjidong tongteta, takum libaliro aser tanela jenjang ajak sütepba (relevancy) litetsü akoker. Aser aji Mangdang tashi ji lir. Lai O jaki-a ashir "Kong Mangdang Maka, iba nebur samar" (Apijemtsü 29:18).

Aser asenoki metet takum ka ji kodanga aibelena tejakleni maoer, saka kodang asen sentong aser tamangji Tsüngrem mangdang den apet kümdir, pa tanela dak metalokdir, tenzükba mapa agizüker aser telongjem nung jajar iba jaki tejakleni anir. Anungji iba teremshiba nung mera tasen agia apusodi ta ayongzüker.

Tsüngremi Lanur Ronem azünger ajak Moajangma.

**Imtisunep I Ozukum**

Associate Pastor Youth  
Aoyimti Baptist Arogo



# SECRETARY REPORT



**Yimyukokba Longchar**  
Secretary

Tsüngrem temeim Salem Lanur Ronem azünger ajak dangi abener. Küm piyong sentong ajak temoatsü ngüa takok nung agia aruba atema Tsüngrem tenung sanga ministry osang ajak den yamai lemsar. Taküm lanür züngsem ajak aki 354 lir. Tetsür – 174, Tebur – 180 aser club shia telemsa züngsem, Teintet züngä – 112, Tebenjem züngä – 147, Nüngdi züngä – 95.

## MISSION AND EVANGELISM

1. Kum Shia ama taküm kum lanür class 10 aser 12 tatidang agütsür ajak ki sem-a sarasadem agütsü. Lanürtem ajak aki 34 aser iba rongnungi Class 12 nungi Top 10 kati takok tajüng angu.
2. 2024 December ita Christmas tepela aser temeim lemsateptsü teimla nung tantsü tambu ki sema telongjem sarasadem mapang tajüng agia liasü.
3. Mapang aser tensa ajak nung yimti nung asu ama ajürudang lanürtemi nübu agütsüba den kenten nung yaritepa arur.
4. Lanür Kibong akümer ajak aki 9 liasü aser Kibong sema sarasadem agütsüa nübu aki yaritepba aru.
5. Mapang ajak nung lanür manenmer mesüra timtemer tem yaritepba arur.

## SPECIAL SENTONG

1. "Highly Exalted XX" buba sentong temoatsü nung takok ngüa agi.

2. Khristmas yongya sentong den Sentep lemsatepba sentong temoatsü ngüa agi.

3. Youth Ministry ajanga pezübuba movie "YONG", January 9 nü sarasadema release asü. Iba denji social media influencer's tem jaoka movie screening sentong ayongzük.

4. February 2 nü, lanür ministry nung Lanür züngsem tasen aitertem pela agizükba sentong agi.

5. "Ochi Temeim" ranglok nung Couples ana den sensaksem sentong temoatsü ngüa agi. Iba Sentong nung church building fundraise nungtem nung asen lanürtemi stall lapoka liasü.

6. Teintet aser Tebenjem züngä lanürtem asoshi "Be on Guard" 2 Peter 17-18 onük nung ajemdaker March 21-23 asentenshi sentong temoatsü ngüa agi. Tongti Ojembir Miss Moasenla, Counsellor Miss Abenla aser Mr akümba aser Worship team DABA YM liasü.

7. Mother's Day aser Father's Day nung lanürtemi kenten nung shilem tajüng agiba den lanür sentep nung ojalatem aser obalatem tetushi agütsüba sentong agi.

8. "Girl's Sunday" aser "Gent's Sunday" sentongtem ajak temoatsü den takok ngüa agi.

9. Maji majemtsü nungi pila-a alitsü nükjidong nung "No to Tobacco" Sunday sentong among.

10. June 21 aonung sentep, lanurtemi bendanga agi.

11. **"Khrista dak tabensaba nung ainba lanür"**  
Kolosi 2:6-9 omen nung ajemdaker ABAM Youth Sunday sentong agi. Iba sentong nung tongti O jembir Dr Watinaro Longchar (HOD. Department of Psychology, St. Joseph University) liasü.

12. Nungti Lanürtem asoshi "Asungtet" 2 Timothy 2:22 onük nung ajemdaker July 11-13 "Teens Summer Camp" sentong Universal Prayer Home tesem nung agi. Iba sentong nung speaker Mr Joseph Longkumer, Youth Evangelist DABA nungi, counsellors Miss Abenla, Mr Sunep Sempo APY Rongpangmen Baptist Arogo aser Miss Achila, Home Evangelist DABA liasü. Praise & Worship team DABA Youth Ministry nungi arua yaritep.

13. Aoyimti Youth Ministry "Family Nite" sentong Tebenjem lanür-i achayanga temoatsü nung agi.

14. September 7 nü lanur tesayur nem tenüngsang agütsüba sentep sentong ka ayonga agi. Iba sentong nung institute balala nung inyaker tesayurtem ajak aki 21 arua aten.

15. Worship Committee-i ayonga "Worship Nite" sentong temoatsü ngüa agi.

16. Shepherd Theological College-i November 2 nü sentep sentong bendanga agi.

17. Aoyimti Kaketshir Telongjem-i November 16 nü sentep sentong bendanga agi.

## COMMUNITY SERVICE AND FELLOWSHIP

1. Nungti lanür outdoor fellowship Tiriyim nung lenirtemi anir oa agi.

2. June ita youth sanitation day nung ajemdaker Social awareness banners tesem kar nung enoktsü aser Kaketshirtem den longjemer June 4 anepdang children park merükteta among.

3. Friendship Sunday anogo DABA YM Signal Fellowship den combined sentep temoatsü ngüa agi.

4. Leader's outdoor fellowship sentong ayonga Tiriyim-i oa südok sünema liasü.

5. Taküm Lanür Ministry outreach sentong Laimen Baptist Arogo Youth Ministry semdanga liasü.

6. Sentep ki tasen yanglür Mistry tem den October 12 nü sarasademden parnok asoshi sorochioka bener otsü aser telungjem tajüng agi.

7. Diphupar Ao Baptist Arogo Youth Ministry den November 9, Worship Team pulpit exchange sentong agi.

8. Ita shia mezüng deobar nikongtsütsü tenzüker prayer fellowship aser meeting agia aru.

9. Ita nung tanabuba deobar nungti zünga lanürtem tekülem agia arur.

10. Ita nung second aser fourth Friday Associate

Pastori lanur tejangrartem anitena BIBLE STUDY agütsüa arutar.

11. Kum piyong nung tebenjem zünga lanürtem asem(3)ben fellowship agia aru.

12. House ajak nung fellowship kum nung ana(2) ben agia aru.

## TRAINING

1. February 3-5, APY aser Keyleader training sentong nung Asso. Pastor Youth den lanür lenir asem (3) tua Impur nung aten.

2. Nungti Lanür lenirtem angazükshiba training sentong nung tena liasü.

3. April 19-20, Mission Consultation sentong agi Missionary Lipokwati Director, East West Dimapur ajanga iba sentong temoatsü ngüa agi.

4. Senotsü koma tajüngtiba nung anepalua amshitsü nükjidong Mr Imtisunep aser Mr Rajü-i lanürtem nem "Smart Money Management" workshop agütsü.

## COMPETITIONS AND SPORT MINISTRY

1. December 23, Youth Ministryi Community sport Day ayongzüka among.

2. Janüary 15-18, 2nd Biennial Sport festival Aoyimti Youth Ministry, Padumpukhuri Youth Ministry aser East Dimapur Youth Ministry lanurtem tsüngda iba asayamong takok ngüa agi.

3. February 16 nungi tenzüka ita trok (6) tsüngda tasen lai kaket züngmatsü nükla nung "Bible Marathon" sentong lanür 8-i tenangzükba agia agiogo.

4. Literary Committee-i ayonga Creatif Fete-V agia –

• July 23 aonung, Bible Bee competition.

• July 26 aonung, Laishiba nungi O entepba asem (3) agiteta house tsüngda Drama Competition sentong agi.

• July 27, final day sentong agi tetoktepba sentong balala item ya liasü- Folklore, Jaya Jako, Choreography, Spring-Gala, Ethnic Cooking, Exhortation Competition – Onük: "Taremzük" aser Reels makin g. House ajak nung lanürtemi shilem tajüng agia sentong takok ngüa among, over-all champion - The Igniters House liasü.

5. One Day outreach sport event sentong Medziphema Ao Baptist Arogo, Youth Ministry den asayamong takok ngüa agi.

6. Osangtajüng Ken-389 nungi house annual hymnal competition sentong November 15 aonung sentep nung agia liasü.



# Tanü Lanürtem-i

## Tsürapur dang nungi aginüba

**MS. ARENBENLA LONGCHAR**

**L**anür aser tsürapur tsüngta generational gap tuluba akümba tensa ka nung asenok alidang tanu tsürapur. Laikati Lanür angatet-tsü tim atemer aser Lanürtem-ia tsürapur-i parnok mangateter ama bilemer.

Anungji iba ama putu tensa ka nung tanu lanürtemi tsürapur nungi onok alima nungdak peritsüba kija ji masu saka emotional support aser tanela nung yaritetba aser angatetba tsürapur nungdaker.

Anüngji lanür i tsürapur nungi aginübatem aika nungi, asenok ten kar lemsatepdı.

i. Tanu onok Lanürtem asoshi telemtetba (Decision) agitsüba ya kanga dang tasak lir. Kechiba ta süra, tanur asüdang nungi tsurapurtem teimba telemtet agitsua arur.

Anüngji Temiem tsurapurtem dang shinüba ka ji - telemtet agitetba (Decision Making) ya yimya tajung ka lir. Anungji kodang tila asü dang nungi telemtetba agitsü yimli agütsüdir aser sayütir, tarutsü nung telemtetba tulu agidang meratai telemtetba shidak agitetsü. Saka tanu Lanürtem aika telemtetba tai mesüra tsürapur pressure nung telemtetba agiba ajanga tamakok aser tejashi bener lir. Anüngji onok Lanürtem nem telemtet agitsü yimli (opportunity) agutsütsü yimlar.

ii. Tanabuba nung, tanur metemdangba yimya (Comparison) onok Lanür i melenshidaktsünur. Tanur shia Tsüngremi sempet aser yimya balala agutsüa lir, aser item ajanga Tsüngrem sentswangshir. Saka, tsürapur aikati pei tanur tangar tanur den metemdanger. Iba ajanga ji tanurtem psychologically affect asur, aser parnok self-esteem low akumer. Ano aji dang masu, saka aiben inferiority complex bener aiener. Ano iba yimya ajanga kulem medemsor aser adianu tetsüngda nunga tsükchitep adokdaktsür. Aser iba psychological effects tem nungi meyiptü kanga tasak. Anungji iba metemdangba yimya ya melenshidaktsünur.

iii. Tasembuba nung tanu tensa den apet lirometema litetba tsürapur ka Lanüri aginer. Tanu onok Lanür khuret aika lir aser item angatetsü asoshi tanu putu nung Lanüri kechisa ajangshir itemji tsürapuri metetsü merangtsü ajungshir. Lanür putu nung depression, anxiety aser social media pressure kanga dang bulua kumogo. Anungji, onok Lanüri Ozü tsürapuri onok emotionally and spiritually nungit-tetba tsürapur nungdaker.

Tatemsa tanu onok Lanürtem identity crisis nung lir. Lanürtem aika tanela lemang samar, teyimla makai lir. Iba ajanga alimar tesayuba balala nung jajar aser Tsüngremer tetuyüba mangatet-i atsüngzüka awer.

Miimpanga meyutetba Ochi ka lir (Open Secret) aser aji asen Ao'er Lanürtem rongnung joko gay aser lesbian aika lir aser same sex marriage tepuakumer-a yamaji lir. Anungji tanu Lanürtem asoshi rongdak nungdak ji "Tsürapurtem ka shibai Pei tanur Tsüngrem O nung tera yanga aser sarasadem nung nungit-a anitetsü ji Pa/la teinyaktsü shilem tongtibangtiba ta agateta ali" iba tsurapur ka tanu onok lanurtemi aginer aser nungdaker.

Apijemtsü 22:6 "Tanür ka pei aotsüba lenmang nungii sayutetang aser pai tain akümdang iba nungi mepilatsü".



# ROLE OF CHURCH

## *In Healing Trauma*

MS. ARENKALA JAMIR

Trauma is a word we hear often, but its impact is often misunderstood. As a school counsellor, I've come to recognize how deeply trauma affects not only the emotional and mental well-being of an individual, but also their relationships, learning process, faith, and future. Trauma is more than a bad memory. It is an overwhelming experience that affects how the brain functions, how a person views themselves, and how they relate to others. It creates patterns of fear, mistrust, and often deep-rooted shame.

While much of trauma healing requires professional support, one of the most underutilized yet powerful tools for recovery is the presence of a caring, spiritually grounded community particularly the Church.

I meet children and adolescents carrying emotional wounds far deeper than their age should permit. Some have faced the trauma of abuse, parental separation, bullying, loss of a loved one, or even long-term neglect. What's clear to me, both professionally and personally, is this: healing from trauma is not just a psychological journey—it is also a spiritual one. And in this process, the Church has a vital, irreplaceable role to play.

In the Indian context, trauma among children and adolescents is a growing concern. A study published in the Asian Journal of Psychiatry (2023) noted that over 40% of school-aged children in urban Indian schools had experienced at least one significant traumatic event in their lives. The same study emphasize the importance of supportive environments including families and community institutions like schools and faith based spaces in helping children build resilience and recover from stress.

As a believer and mental health professional, I see the Church not just as a place of worship, but as a place of healing—a spiritual hospital for the soul. In Psalm 34:18 we are reminded that "The Lord is close to the brokenhearted and saves those who are crushed in spirit." This verse is not just poetic comfort it's a theological blueprint for the Church's mission.

When the Church chooses to come close to the brokenhearted not with quick fixes or judgment, but with presence, patience, and compassion it mirrors the ministry of Christ. Jesus didn't rush people through their healing. He listened, he touched the untouchable, and he walked alongside the wounded. As His body today, the Church is called to do the same.

Perhaps the most powerful gift the Church offers is identity. Trauma often distorts how people see themselves. It whispers lies like "You are damaged." "You are unworthy." "You are alone." But Scripture offers a different narrative: "You are fearfully and wonderfully made" (Psalm 139:14), "You are God's masterpiece" (Ephesians 2:10).

I believe the Church has a sacred opportunity not just to preach healing, but to practice it. To be a sanctuary not just for the sin-sick, but also for the emotionally wounded. To hold space for grief, to celebrate small steps of recovery, and to walk patiently with those learning to trust again.

Healing is a process, and it takes time. But when the Church chooses to walk that journey with the wounded with empathy, humility, and faith it becomes the hands and feet of the One who said, "He has sent me to bind up the brokenhearted..." (Isaiah 61:1).

May our church be a place where healing is not just a sermon, but a lived reality. Where trauma is met with tenderness, and broken stories find new beginnings in the light of God's love.



# TICK-TOCK OF LIFE

How Your Body Clock Shapes Sleep, Mood, and Health

## Dr. Marsosang Pongan

Every living creature on Earth — from humans and animals to plants and even tiny microbes — follows a natural 24-hour rhythm known as the circadian rhythm. This inner timekeeper, often called our biological clock, quietly manages our daily cycles — when we sleep, eat, feel alert, or even experience changes in mood. It's nature's way of keeping our body in tune with the Earth's rotation — the timeless dance of day and night.

At the heart of this rhythm lies a small region of the brain called the suprachiasmatic nucleus (SCN), located in the hypothalamus. This "master clock" receives light signals from our eyes and tells the body when it's time to wake up or wind down. What's fascinating is that every cell and organ in our body also has its own mini clock, all synchronized with the SCN to maintain perfect balance and health.

### Why the Body Clock Matters

When our circadian rhythm runs smoothly, we wake up refreshed, stay active through the day, and drift easily into sleep at night. But when the rhythm gets disrupted — by late nights, irregular sleep patterns, or too much screen time — our body's harmony begins to falter.

Common results include jet lag, delayed sleep phase disorder, and shift work fatigue, all of which can throw off sleep and affect mental and physical performance.

### Melatonin: The Sleep Hormone

Meet melatonin, the hormone that tells your body it's bedtime. Produced by the pineal gland mostly at night, melatonin levels rise in darkness and drop when exposed to light — especially blue light from phones, TVs, or laptops. This is why scrolling through social media at midnight can keep you wide awake.

Too little melatonin doesn't just mean poor sleep — it can also cause daytime tiredness, irritability, and a foggy mind. Experts recommend simple habits like switching off screens at least 30 minutes before bed, keeping your room dark and cool, and following a regular sleep schedule to boost melatonin naturally.

### **How Staying Up Late Affects Your Health**

Staying up late might feel harmless — one more episode, one more game — but over time, it can take a real toll on your body and mind.

- **Sleep Deprivation:** Regularly sleeping less than 6–7 hours weaken your immune system, dulls memory and focus, and increases stress hormones like cortisol, which can narrow blood vessels and trigger migraine headaches.
- **Hormonal Imbalance:** Late nights disturb hormones that control hunger and metabolism, raising the risk of obesity and diabetes.
- **Mood Swings:** Irregular sleep affects brain chemistry, often leading to irritability, anxiety, or depression.
- **Heart and Digestive Problems:** Disturbed sleep can alter blood pressure, heart rhythms, and digestion, sometimes leading to issues like gastritis.
- **Reduced Performance:** Poor sleep lowers creativity, focus, and problem-solving skills — bad news for students and professionals alike.

### **Late-Night Gaming: A Hidden Sleep Thief**

Modern technology has created new challenges for our internal clock. Take late-night gaming — a favorite pastime for many. Gamers often stay up past midnight, bathed in bright screen light that tricks the brain into "daytime mode," suppressing melatonin and delaying sleep.

A recent survey of 200 participants in Chumukedima and Dimapur for M.SC Dissertation found that 70% played games for

more than three hours per session, 75% felt tired the next day, and 60% reported mood changes or poor concentration — all signs of a disrupted circadian rhythm. Prolonged gaming can also lead to eye strain, fatigue, and emotional isolation, and in severe cases, even depression.

### **Resetting the Clock**

Getting back in sync with your body's natural rhythm isn't hard — it just takes consistency and care.

- **Catch the Morning Sun:** Step outside for a few minutes of sunlight after waking up.
- **Stick to a Schedule:** Go to bed and wake up at the same time every day — yes, even on weekends.
- **Limit Screens Before Bed:** Let your eyes and mind relax at least half an hour before sleeping.
- **Eat and Move Well:** A balanced diet and regular exercise keep your metabolism and mood steady.
- **Manage Stress:** Practice breathing, meditation, or journaling to unwind your mind.

Your body's internal clock is more than just a sleep timer — it's the rhythm that keeps your mind sharp, your body strong, and your mood steady. In our fast-paced, always-connected world, it's easy to lose track of time — and of ourselves. But by listening to the gentle tick-tock of your biological clock and respecting its rhythm, you can restore balance, sleep better, and live brighter every day.



# A RISING WOMAN ENTREPRENEUR

Ms. Ayimlila Longchar

APLOMB

## PERSONAL JOURNEY

1. Can you share your background and what inspired you to become an entrepreneur?

Ans. I am from a middle class family and as I grew up I faced lots of difficulties discouragement, obstacles, and frustrations. But in the midst of all those situations, I have put all my hopes in God. Since high school my passion was to become a successful entrepreneur and during one of our prayer meeting my father would tell us it is not necessary to have a Govt job to sustain our life, but make sure you all get the qualification and stand on your own feet and whatever you do, do it with sincerity and honesty. So I got the freedom to do whatever I like.

2. How did you first come across Aplomb Health & Wellness products?

Ans. One afternoon Mrs Annie Jamir (Proprietor of Longchen homestay) called me to ask my number to share with her daughter's friend saying they wanted to introduce Aplomb. Actually her daughter's friend insisted Annie to join but she referred my name to her instead.

3. What motivated you to take distributorship with Aplomb?

Ans. My upline motivated me to open stockpoint as it is easier for people to purchase easily and can even convince people to join.

## ENTREPRENEURIAL EXPERIENCE

4. What were the initial challenges you faced as a woman distributor?

Ans. Initially it was not an easy task as I have no prior knowledge and not acquainted yet with the products. But slowly and steadily it became easier.

5. How did you overcome social, financial, or business obstacles in your journey?

Ans. I had no money for investment so I had to take loan and even for security deposit I borrowed it from my brother. People in the society as we know will throw stones of discouragement but I took it as a stepping stone.

6. How do you build trust with customers and promote wellness through your work?

Ans. I collect genuine feedback from my customers. Collect pictures of, before and after using the product and upload it on social media or personally share with them.

### **ACHIEVEMENTS & RECOGNITION**

8. What do you consider your biggest achievement as a distributor so far?

Ans. A special commission incentive plan for service providers were given .It was from August 2023 to December 2023, the opportunity to earn additional commission on my total sales for the five months period to achieve predetermined sales target which was 40 Lakhs, then it was the biggest challenge which I thought was impossible from my end. But as written in the word of God- "What is impossible with men is possible with God".With God by my side I could achieve that.

9. How has your work contributed to your family's growth and community development?

Ans. I could help and contribute in renovating my house. My Father told me to help people in whatever ways I could without expecting anything in return, so when ever I can , I help in small ways according to my capacity and I sometimes donate in Mission fields.

10. Have you received any awards, recognitions, or milestones in your Aplomb journey?

Ans. I am thankful to Aplomb for letting me achieve my own car, my greatest milestone achievement.

### **Women Empowerment & Leadership**

11. As a woman entrepreneur, what qualities do you think helped you succeed?

Ans. More of God's favour ,hard work , persistence, consistency, patience and my entire Aplomb team without whom I couldn't have come this far. And above all prayer support.

12. What message do you have for other women who want to join Aplomb or start their own business?

Ans. You just have to get started. But most importantly its always better to ask God's will so that we won't suffer loss. Work hard dream big and Be positive.

13. How do you balance personal responsibilities with your role as a businesswoman?

Ans. For me work is my priority but when it comes to my family I leave aside and attend to their needs if it is unavoidable. We need to really balance work and family and it is not easy at times. But we should know which to choose first and the rest.

### **VISION & FUTURE GOALS**

14. How do you plan to mentor or support other women to achieve success in this field?

Ans. Youths or women can join Aplomb which is free of cost, and buy for themselves or introduce to near and dear ones, the products are budget friendly, suiting to skin and health, if one is hardworking it paves way for earning. When you help others to grow, you grow yourself.

## **KEY VERSE**

Isaiah 55:8-9: "For my thoughts are not your thoughts, neither are your ways my ways," says the Lord. "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

This passage emphasizes that God's wisdom, plans, and perspectives are far beyond human comprehension.



# Getting to Know

## Miss Imlikalq

The Voice of a New Generation



1. Tell us about your beginning. When did you first discover your love for Singing, and how has your journey evolved since then?

I would say my singing journey began when I started listening to the music played at home, and it gradually nurtured me as I joined the church and other community activities. With my personality, singing was not the loudest or most visible talent people saw or expected from me. However, looking at my family tree, I can see three generations before me blessed with this precious gift that God has bestowed upon us. It has been a gradual yet deeply innate talent sown many generations ago. Therefore, I was raised in an environment immersed and embathed in music.

2. What inspired you to step into the music scene and start performing publicly?

My biggest inspiration, or rather the driving force behind my singing, is my father — whom I proudly call my mentor. All the original songs I perform are written and composed by him.

3. How would you describe your musical style and the kind of message or emotion you want to share through your songs?

I will not be wrong to say that my music genre is R&B infused with soulful vocals. My songs carry strong ethical messages that speak to both individual and communal living all rooted in deep biblical foundation.

4. Every artist has a story behind their music. What inspires your lyrics or the songs you choose to sing?

As mentioned earlier, my father writes my songs. Nevertheless, singing is the escape world I try to hide my introvert shyness; in my silence I tune music to speak for myself.

5. As a rising artist, what have been some of the challenges you've faced in pursuing music, and how have you overcome them?

Since I am a little introvert, I would say my own personality was a challenge I had to face. I had to push myself within me to raise and voice out. My parents were always behind me pushing me at a pace where I would not stumble. The day I finally dared to stand up and pick up the microphone was the day I conquered the greatest battle within myself.

6. Tell us about one of your most memorable performances. What made that moment special for you?

One of my most memorable performances was a duet I sang with my father at our church. It marked the beginning of my singing journey it was my very first time performing on stage. I was nine years old, and although I felt nervous at first, sharing that moment with my father in front of our Church community gave me confidence and made the experience truly special. That performance sparked my love for music and remains a cherished memory in my life.

7. Looking ahead, where do you see yourself in the next few years as an artist? Any dreams or goals you're working toward?

The biggest dream as an artist who at present performs mostly originals is reaching out the

message to the people and that I am heard. I want my music to connect deeply with the listeners, to comfort them, inspire them, and remind them that they are not alone.

In the next few years, I see myself growing both creatively and professionally, exploring new sounds and performing on bigger stages. I hope to release more original music and build a community of listeners who truly relate to my songs and my stories.

Ultimately, my goal is not just popularity, but to impact – to leave a meaningful impression through my art and to be remembered as someone who stayed authentic and honest in every performance.

8. How does your Naga identity and culture influence your music or creative expression?

My Naga identity & Culture is at the core of my music. I am working my way up to give the real ethnic naga expression through my songs and performance.

9. Lastly, on a lighter note — what's one fun or unexpected fact about you that your fans might be surprised to know?

I always pray a short prayer before stepping on stage; it's my little ritual for peace and courage, since I am a little bit of an introvert. As the bible verse goes, "I can do all things through Christ who gives me strength" Philippians 4: 13

# Safe MEDICATION use

A Message from Your Pharmacist

In today's fast paced world, many people opt to skip a visit to the doctor and buy medicines directly from the pharmacy.

As a pharmacist, I interact with people from all walks of life every day, and one of my biggest concerns is the increasing number of patients who choose to take medication without proper medical guidance.

While this might seem convenient or cost saving, taking medication without proper medical guidance can be risky and sometimes even life threatening.

Whether it's antibiotics, painkillers, sleeping aids, or even herbal supplements, the truth is simple: medication should never be taken lightly.

I want to take this opportunity to speak directly to you about the safe intake of medication, the importance of prescription, and the dangers of self medication.

## Why Is a Prescription So Important?

A prescription is not just a piece of paper or a formality. It is the result of a thorough medical assessment by a qualified healthcare provider. Your doctor considers your medical history, allergies, existing conditions, and other medications you may be taking before deciding what is best for your health.

When you receive a prescription:

- [ ] It ensures the right medicine for your specific condition.
- [ ] the correct dose is given based on your age, weight, and kidney or liver function.
- [ ] It helps avoid harmful drug interaction
- [ ] It allows for monitoring of side effects and appropriate follow-up care.

**The Risks of Taking Medicine Without a Prescription**  
Self-medicating might seem harmless, especially if it's something you've taken before or if a friend recommends it. But a medication that worked for someone might not work for you. Medicines are powerful substances and misusing them can lead to serious consequences.



# Here are some the Risks Involved,

## 1. Wrong Diagnosis

Taking a medicine without knowing the true cause of your symptoms can mask serious conditions or delay proper treatment. For example, common flu and malaria has overlapping symptoms but different medication is required to treat both.

Not all headaches need painkillers, some may be signs of underlying issues like high blood pressure or even neurological disorders.

## 2. Antibiotic Resistance

I want to emphasize so much on this because One of the most dangerous trends is taking antibiotics without a prescription. When used improperly such as wrong antibiotic, wrong dose, or incomplete course, bacteria can become resistant to it. This means future infections may be harder or even impossible to treat.

## 3. Drug Interactions

Some medicines, including over-the-counter drugs and herbal supplements, can interact dangerously with each other. These interactions can cause anything from increased side effects to life threatening reactions.

## 4. Overdose and Toxicity

Taking a higher dose than necessary or using medicine too frequently can lead to organ damage, especially to the liver and kidneys. This is common with drugs like paracetamol, ibuprofen and cough syrups.

## 5. Dependency and Abuse

Some medications, especially those for pain, anxiety and sleep carry a risk of addiction if not used under medical supervision. What starts as casual use can become a lifelong problem.

### What You Can Do to Stay Safe

- Always consult a doctor or pharmacist before starting any medication
- Never share or borrow someone else's medication. What works for someone else may not be right for you
- Be educated on your illness and the medication you consume
- Ask your pharmacist any questions. We are here to help you understand your treatment and stay healthy.

In our world of artificial intelligence that provides easy and fast access to information, it's tempting to take health into our own hands.

Self diagnosing and self medication is a dangerous path. A one time gamble with your health and medication can lead to a life long regret.

As a pharmacist, my role is not just to dispense medication but is also to provide quality professional knowledge, protect and guide. Let's work together to ensure that every medicine you take is the right one, at the right time, for the right reason.

Your health is too important to guess.

Stay safe, ask questions and never take medicine without proper medical guidance.

Thank you.



## **MS. WATIJEN IMSONG**

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**H**ello everyone, this is Watijeen Imsong. In this article, I'm excited to share my unforgettable and awe-inspiring experiences from this year's Summer Camp, held at Universal Prayer Home from July 11 to 13, 2025.

At first, I was hesitant to attend the youth camp this year. But then I realized that it was my last year to be a part of the teens' camp, I knew I couldn't miss it—and now looking back, it was truly worth going. Our camp was held under the theme "Flee from the evil desires of youth", based on 2 Timothy 2:22. This verse spoke deeply to me during the camp. It reminded me that following Christ isn't just about turning away from what's wrong, but choosing every day to walk in what's right. As a youth, I've realized it's not always easy to resist the desires and distractions that come our way. Yet with God's strength and the support of others, living a life that reflects His love is truly possible. Surrounded by friends who shared the same faith, I felt encouraged to keep my heart pure and focused on Him.

Throughout the camp, we learned so many things and took part in many activities that strengthened our faith and unity. We prayed in huddles, lifted one another in prayer, and praised and worshipped the Lord together.

Through it all, a beautiful bond in Christ was formed—one that drew us closer to God and one that strengthened the friendships we built along the way. We also wrote letters to our future selves, reflecting on our journey and encouraging ourselves to walk faithfully with God and live a sanctified life in the years ahead—a reminder to hold on to the lessons and faith that we found here long after the camp ends.

On all the three days we spent at camp, the third day stood out as the most meaningful and unforgettable. During the third session, we talked about the importance of spiritual friendship. As we move through life, we often realize that there are many things beyond our control. But one thing we can choose is who we surround ourselves with. That made me reflect deeply on the kind of friends I have and the kind of friend I want to be. I realized how important it is to have friends who encourage you to grow in faith, who pray with you, and who remind you of God's goodness even in difficult times. True friendship, I learned, isn't just about having fun together—it's about helping each other walk closer with God. As teenagers, we often struggle to find the kind of friendships that truly nurture our hearts and strengthen our faith. Surrounding ourselves

with people who walk in faith helps us stay grounded, grow spiritually, and become better versions of ourselves.

Those three days reminded me of how deeply God works in our lives when we open our hearts to Him. Though it was my last year at the teens' camp, I left with renewed faith, a stronger sense of purpose, and the comforting thought that every ending is also a new beginning in His plan. I'm deeply grateful for the unexpected friendships I made during those three days and for the lessons that truly changed the way I see life and live my faith.

Lastly, to conclude my article, I'd like to share a Bible verse that left a deep impact on my life and holds a special memory — Ephesians 6:11: "Put on the full armor of God, so that you can take your stand against the devil's schemes." This verse reminded me that faith isn't just about believing; it's about being prepared to stand firm in every situation, trusting completely in God's strength and protection.





# THE TEACHER'S VOICE

A Plea for Change

## Mr. Imlisunep Mollier

Greetings to all readers of Lanur Ronem in the name of our lord and saviour Jesus Christ. In this column, I would like to write a little about my experiences in the teaching profession. I am, by no means, an expert nor a seasoned member of the teaching community. However, given the opportunity, I am grateful to be able to represent the teachers among our youth members.

I began teaching professionally in October 2021 and have worked in a few places. I am currently working as an assistant professor at St John College, department of mathematics. However, I have been working as a tutor right back from the time I was a college student.

I'll begin with the challenges of being a teacher that I have come across. As for any teacher, the biggest challenge for me has always been my students. Teaching and guiding minds are both very exciting and



nerve racking. Dealing with many different personalities and quirks and navigating around them has been very challenging. I have worked with college students as well as high schoolers and they are worlds apart and made me realise how hard teaching in schools actually is and how hard school teachers work. Another challenge is the expectation of always having good command over the subjects that I need to teach and also being up to date with our qualifications and knowledge of the curriculum. Now, though I myself have not gone through these, I also know there are teachers who face different challenges like difficult work environments, office politics and difficult students and by extension, their even more difficult parents. There are also teachers who are underpaid, overworked and underappreciated. These are some of the challenges that me and my contemporaries face on a day-to-day basis.

That being said, being a teacher has its own perks and it is very rewarding. It is said that "a good teacher takes a hand, open a mind and touches a heart". The profession, though difficult, is also very fulfilling. We get a chance to impact a life in a good way. We also get to learn intellectually and grow holistically as a person while nurturing and mentoring our students. I have had students who have secured good positions in their higher education and finding good jobs. I do not claim credit for their success but I am happy and content in the fact that I was able to contribute, even if a little, to their lives and their journeys.

Now, if I had to share some sort of advice or words of encouragement to fellow teachers and those in this line of work, it would be to remind all of us that we should be accountable. We have to be accountable to ourself as someone who has been entrusted to raise and guide young minds. We have to be accountable to the students who looks up to us for guidance. Most of all, we need to be accountable to God who put us in that position for His purpose. Never be the teacher that makes the student doubt themselves, hate the subject and/or make their time in the school or college difficult. Always be professional and think twice or even thrice before you do anything.

Lastly, a word to the students. The thing that makes us the happiest is seeing you succeed in life. So, Study hard, learn many things and work hard with due diligence. Always remember that you are accountable to yourself for your life choices, you are accountable to your teachers parents and to institutions. Learn to be gracious and humble. Being young, sometimes it is easy to be passionate and impulsive but always think twice before you say or do anything. If you make mistakes, own up to them. Learn from them and grow into the person your teacher is working hard to help you become.

# WHISPER

*of Sunrise*



We've all been there. Days when the weight of the world feels too heavy to carry, when we shut our doors, shut our phones, and even shut ourselves from food, sleep and the people around us. In those moments the night feels endless but the truth is a whisper of sunrise can crack the darkness. It may be faint, hidden behind clouds of doubt and pain but it's there.

The journey often begins with acknowledging the pain — letting the tears, the loss, and the heartbreak surface without judgment and from there, taking small steps, mindful breaths, writing a gratitude note, and offering a prayer to build a bridge towards hope. Though we can't see it, we can still feel it; a quiet hum of hope that refuses to be silenced by our hurt.

That's the chaos many of us walk through. And it's okay to admit that because over time, the "whisper" grows into a steady light, turning despair into a testimony of resilience and divine presence. In the Bible, even David cried out "Why, my soul, are you downcast? Why so disturbed within me?...."(Psalms 42:1). He didn't pretend to be fine but he let the pain out and he turned to God.

In the darkest night, God isn't distant he's the whisper that says "I'm here".

"The light shines in the darkness, and the darkness has not overcome it"(John 1:5).

In the end, the story isn't just about surviving; it's about discovering that the sunrise was always waiting, even when the night seemed eternal.

Ms. Aren Longchar

Lanur Ronem | 20

# YONG

## Movie Release

January 09, 2025 anogo nung "YONG" Movie Rev. Temsu Jamir Pastor, ajanga released sutsüa liasu. Iba Movie ya asen arogo züngsem tajung Mr. Tiakumzuk Aier-i direct asü aser ano asen arogo nungi lanurtem aser tsürapurtem teyaritep nung yanglutetogo.

Anungji YONG movie ya zünga asen Youth Ministry-i Movie 4 (Pezü) Buba release sütetogo aser iba asoshi Tsungrem nem tenüngsang tetutshi ajak agütsür. Aser ano iba Movie yanglüba nung shirnoki sa nebü, mapang aser rongsen tenla yaritepogo nenok ajak dang Youth Ministry ajanga Pelaba lemsateper. Asen arogo Movie ministry ano tarutsü kümtem nung Movie tajungtiba adokyonga aotsü nükla alinung Tsüngremi Movie Ministry maneni Tsüngrem sentswangshi asoshi amshiangma.





## *Teacher's Day*



Asen Aoyimti youth ministry Kübok School, colleges aser university jenjang nung parnok tesayür 25 lir. Aser parnoki kanga dang merang, bendanga mapa inyakba ngüa Tsüngrem tenüng asanger. Anüngji taküm September 07, 2025 anogo lanur sentep nung parnok asoshi alakteta "Teachers Day Special" sentong mongtsüogo.

Iba sentong nung tesayürtemi parnoki ajangshibatem aser tesayurtemi students tem dang nungi taginübatem lemsatepba tatener ajak asoshi angazükshiba aser tesayurtem dang nungi talila meimtsü aser akümtsübutşü tenangzükba agia temaotsü nung iba sentong agiogo.

# Creatif fete - V





## Mission Consultation

### Outreach with Laimen Ao Baptist Church Youth Ministry



# Khristmas Tepela

Aoyimti nung Tsürapurtem aika joko Küm nung tain akümba agi tenüktelen nung tashi ajema kümer joko sentepi maruteter aika lir. Ano iba den külemei parnok ishikabo stroke patient tema lir. Anüngji asen Youth Ministry leaders temi temulunger tenla bendena teintet tsurapurtem khristmas mapang tenla kidangi maruteti alirtem parnok 25 tashi ki tonga oa Khristmas tepela temaitsü Christmas Cake den sarasadem agüja semdanga liasü.

Anungji asenok ajaki ano maneni asen arogo nung aliba teintet tsürapurtem nem Tsüngremi arishi, aser anema aliba takum moajang ta sarasadema atadi.



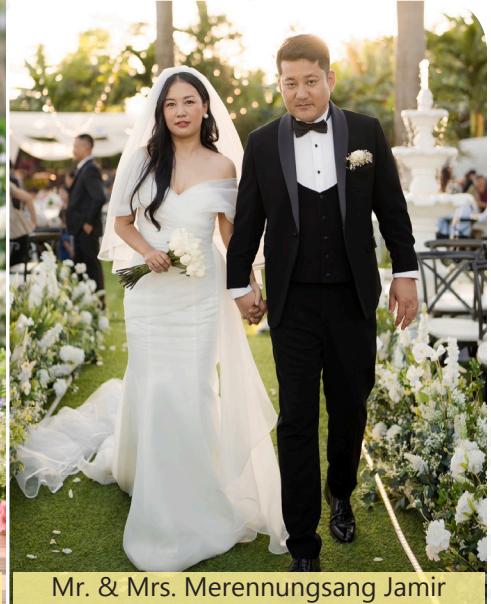
## WEDDING GALLERY



Mr. & Mrs. Aosanen Jamir



Mr. & Mrs. Imkongsashi



Mr. & Mrs. Merennungsang Jamir



Mr. & Mrs. Nungomar Aier



Mr. & Mrs. Sakuangshi Walling



Mr. & Mrs. Sanglipong Lemtur



Mr. & Mrs. Avungo Tungoe



Mr. & Mrs. Wati jamir



Mr. & Mrs. Riggan Aier

# PHOTO SECTION









Highly Exalted XX





Ladies Special Sunday



# HOUSE FELLOWSHIP



Iginiters



Path Finders



Rekindlers







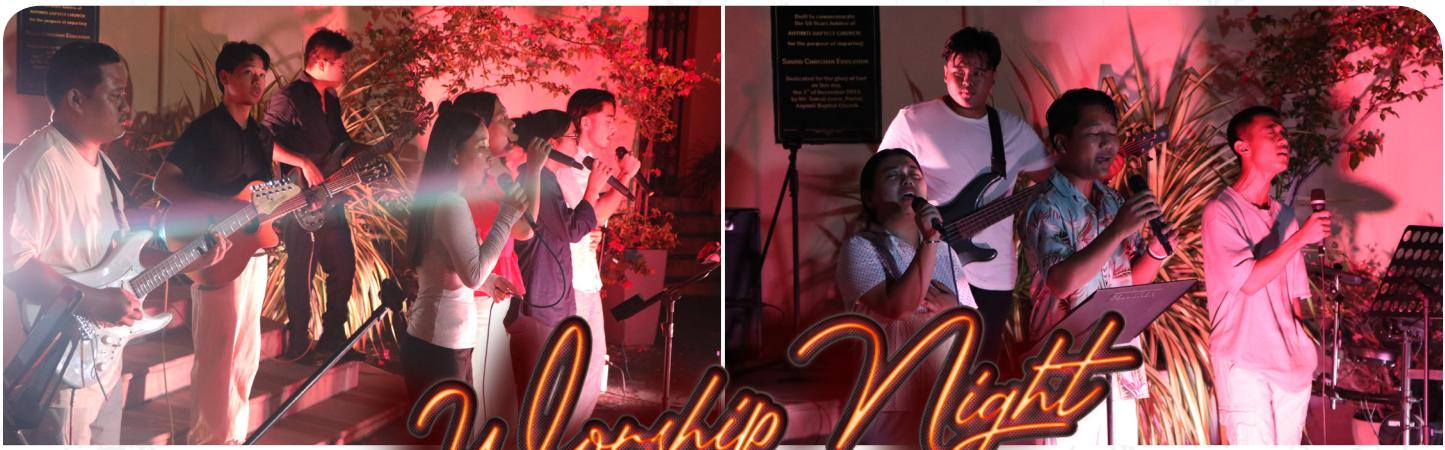


Bi-ennial Sport Meet



Outreach Sport Ministry





Worship Team Exchange



Fellowship With Shepherd Bible College