

KUMPUAN
RAM LEH HNAM
HUMHALH

YMA AW



CHANMARI WEST BRANCH YMA CHANCHINBU KARTIN CHHUAK. VOL. XXIV. ISSUE NO. 35 1st September 2013

Mizo Hnam Lam chi thum hmangin intihsiak dawn

Chanmari West, 1st September, 2013 : Central YMA leh Art & Culture Department tangkawpin an buatsaih Mizo Hnam Lam hmanga intihsiakna, 11th Chief Minister's Running Trophy in Cultural Dance Competition chu September ni 5 hian tan a ni dawn. he intihsiaknaa tel tur hian Chanmari West Branch YMA pawh ngawrh takin a inbuatsaih mek.

CM Running Trophy atan hian Sectionwise hmangin inbuatsaihna bultan a ni a, section hrang hrang atanga lam thiamte thlang chhuakin a huhoin Indoor Stadium-ah lam zir thin a ni a, member an kal tha thei hle.

He intihsiak hi Pu Hawl a Indoor Stadium (Pitarte Tlang), Republic Vengthlangah neih tur a ni a, September ni 5 & 6 chhunga neih tur a ni ang.

CM Running Trophy-ah hian CWBYMA chuan hnuhma tha tak a lo hnutchhiah tawh a, wavi engemawzat Pakhatna kan lo nih tawh chu kumin hian nih leh ngei tumin hruaitute leh member lamthiam te thahnemngai takin an inbuatsaih.

CM Running Trophy-ah hian Mizo Hnam Lam chi 3-Chai, Khuallam leh Cheraw hmanga

intihsiak tur a ni a. Lam chi 3 atanga point hmangin lawmman siam tur a ni. Cheraw bika tel turte hi Chanmari West Middle School-ah riakin zing karah an zir thin a, phal taka School hmantirtu Headmaster leh Staff-te chungah Branch YMA chu a lawm hle.

Zan lamah Indoor Stadium-ah Khuallam leh Chai zir thin a ni a, member 60 velin an zir thin a, lam zirte chungah Branch YMA chuan lawmthu a sawi a, thahnemngai taka zir chhonzawm turin a ngen bawk. Chutih rual chuan lam zir tura phal taka an fate rawn kaltir thintu nu leh pate chungah Branch YMA chu a lawm hle bawk.

Tin, tlawmngai taka lam zirtirtute chungah leh lam zirte ei leh in buatsaih thintute chungah Branch YMA chuan lawmthu a sawi bawk.

Branch News

Ramhlun Sports Complex leh Ramhlun Vengthara leimin tuarte tanpui nan ₹ 3000/- Branch Relief Fund atangin Central YM-ah theh luh a ni.

11th Chief Ministers Running Trophy Mizo hnam lam intihsiak September ni 5 & ni 6 neih tur atan inrinni khan nilengin lam zir a ni.

Vanapa Section ten tul leh mamawha hman turin ₹ 5000 Branch YMA-ah an rawn pe a, an chungah Branch YMA in lawmthu a sawi tak meuh .

Executive Member Dr Lalramliana, Department pawm mawh ah New Delhi-a zin chu dam taka a lo haw leh an duhsak.

Vengchhungah ruihhlo zuar leh ti thinte sim turin an gena, man an nih chuan dim an ni dawn lo tih an hraiattir.

Ni 28.8.2013 (Nilai) zingkar khan Branch hruaitute Ui leh ar vaiin an hnatlang.

HRIATTIRNA

Electoral Roll thar ber a chhuak tawh a, mahni BLO te hnenah en theih a ni. Kum tling tharte tan EPIC Card a lam theih bawk e.

ATM THAR A AWM TA

Chanmari West veng chhungah a hmasa ber atan Kawngkawipui, Pu Vanlalhnema building-ah ATM thar hawn a ni ta. Veng mipuite'n ATM thar hi kan chhawr tangkai ngei beisei a ni. Chutih rual chuan dimdawi taka enkawl leh hman hi kan zavaia mawhphurhna a ni tih hria a, tha tak leh fai taka vawn i tum theuh ang u.



TUNKAR CHANGVAWN

Ram chu ka tihchhiat loh nan an zing ata dai theu tur leh ram chhana ka hmaa tang tur mi ka zawng a, ka hmu si lo va. Chuvangin an chungah ka thinrimna chu ka leibaw ta a, ka thinurnain meiin ka halral ta hlawm a.

Ezekiela 22:30&31



Lam zir te'n uluk takin Zirtirtute thusawi an ngaithla

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Editorial :

Tunlai chu Mizorama Political party lian deuh deuha an hruaitu lu berte thu leh hla, Television lama tihchhuah chuan khawlai titi a luah thuk hle. Mipui tam zawkin an tawngkam chhuak atangin ngaihdan kan lo siam a, hei hian kumina kan inthlan turah hian kawngro a su viau mai thei.

Chutih mek laiin YMA hmalakna chu a kal ngaiin a kal reng a, Ram leh Hnam Humhalh turin theih tawp a chhuah mek zel bawk. Hetiang hun hi YMA member-te leh hruaitute fimkhur hunlai tak a ni tih kan hriat theuh a tha awm e.

Party hrang hrangin thil hrang hrang tawktarhin an rawn inzuar dawn a, ngaihtuahna fim kan hman a ngai khawp mai. YMA chu party awn lam nei lova, Zoram thatna leh hmasawna atana thawk tur kan ni tih hriain; sum leh pai leh therhlo te te hmang hian YMA hmingtha sa hi i tihmingchhe lo hram ang u.

Kumin chhungin kan vengin chhiat kan taw hnam leh taw hle mai. A bik takin thalai, kum naupang zawk kan borol zing khawp mai. Thalaite kan inngaihtuah harh a hun ta. Damdawi leh ruihhlo chi hrang hrangin kan ram a tuam mek. Ngaihtuahna fim tak nena ruihhlo bawih tang lo tura kan rilru kan siam a tul khawp mai.

Chhiat tawhte hi YMA member-te hian tanlak leh zual nan hmang ila, tlawmngaih kan chhuahna kawngah harh thar nan hmangin, theih tawp i chhuah tlang zel ang u, chu chu midangte tan malsawmna a lo ni ang.

Article**YMA-a in rawngbawl dan hi.**

J. Nanga

Kum 78 zeta upa ka lo ni ve ta, mite chuan tar pawh min ti tawh mai thei. Keima inngaihdanah chuan la vanglai tak leh tha zat hun hmang chauh niin ka inhria. Keimaha keimahah hian theihna lak chhuah tur tam tak la awm bawkin ka hria a ni. Miten min sel thin, YMA hi awm lo mah se chhiat that buaipuitu tur zawng an awm tho vang an ti thin. A dik khawp ang, harsatna leh lawmna thil a che tur Mizo thalai hi Mizo hnam hian a hmai hauh lo vang tih chu a chiang; mahse, pawl anga inthlun zawmna tha leh inenkawlna tha a awm loh chuan thil buaithlak tak a thleng ve ngei ang.

YMA i hlau ve em?

Hmannia India-in zalenna a neih champhaphak a lawm lai vel khan ZOZAM Times chanchinbuah Ruatfela Nu khan 'YMA ka hlau' a rawn ti a, nang hian min hlau ve em? Thufing chuan 'mi sual chu um lovin an tlanche thin' a ti, police awm mai mai pawh hi rukru chuan an hlauh em hi. Kum tin hian kumpulan ka nei ve thin a, tunah pawh hian ram leh hnam humhalh kumah ka puang a, ruihhlo ka do va, Mizorama cheng thei leh sumdawng theite dan hnuaiah ka enfel thin. He dan pawnah hian mi an awm a, tih loh tur an tih chiah hian YMA an hlau a ni mai lo maw!

Keimah avanga Zofate tui taka in mut siai siai lai hian thil tha nia ka hriat ka tih avangin tlang rel ka phur a, ka tih loh thleng thleng tiin min sel a, chung zawng zawng chu tuar chhuakin ka tihtur pual chu tha ni a ka hriatin angin phur takin ka hlen thin.

Tihtur pual te te:

Ka tihtur atan hian thil chi hrang hrang ka zam ve diah a, thlanlah te, lumen te, bungraw lakkhawm leh senghawi te, thingpui lum leh sem te, heng chhiat thata hman tur thutthleng, dekchi, no, gas etc hman tur neih angai a, a chhiat changa siam that, a thar lei, a dahna tur bungraw in a lo ngai bawknen, mamawh leh tihtur hi a tam em em a ni.

Tihtur chi hrang hrang tam em emah hian ka chan theuh hi nula tlangval zarah hlen hram ka duh a,

chuvang chuan mahni chan a lum chu tumah phut buai lo leh mi dang ti ve lo thlir lo va hlen tlan vek hi tha ka ti em em a ni.

Hetih lai hian ka duh loh thil tam tak a thleng fo thin. Keimah avanga hmingthat leh hmingthan lo tum tlat te, mi dang tan ni lo va mahni tana hlawk lo tum tlat te, keimah avanga nihna sang chelh tum tlat ka hmuh chang hian ka rilru hi a lo na ngawih ngawih thin a ni.

I nung tha em?

Kum khat chhungin mitthi wawi 40 zette in nei thin a ni a, a buai leh hah pawl chu in hah hle ang tih ka ring. Heng zinga wawi 30 talah hian tha i thawh em? Heng tihtur tam tak zinga eng amah hi i lo thawk ve lo a nih chuan i nung chiah em inenfiah rawh.

A nih loh vek leh mitthi in neih a, lumenna a i kal loh emaw thlan i laih lo emaw hian i rilru a hrehawm thin em? Chutianga mawlh deuh tlattu rilru nawm lohna i nei eih lo a nih chuan i nung tawh lo a ni mai thei.

YMA takin aw.

Tawngkam mawi em em 'Tlawmngaihna' chu ka phu hauh lovin a tlukpui ang maiin 'YMA takin aw' tih a lo chhuak a, he thu mawi tak hian teirei peih, tha taka tih leh a tawp thleng thlen tih chu a huap a ni.

Tunah hian chakna leh theihna sawrchhuah tur awm lo khawp a tar ka la ni lo va, mi dang tanpuia hma lam pan zel hi Chanmari West thalai vang hian ka phur a, ka thei a ni.

Chawngbawla Section

- ☐ Section chhungah Ui leh Ar khuahkhirh zel turin an inngen nawn leh.
- ☐ YMA member-te chhiattawh an awmin fan la sauh sauh turin an inchah.
- ☐ Section chhungah thenawmte tana bengchheng siam thin an awm a, sim vat turin an inchah.
- ☐ An member Tv Lalrinawma s/o K Lalpanpuia chu ni 5.9.2013 khian Mumbai-ah in Check-Up turin an kal dawn a, dam taka an lo haw an duhsak.

Khuangchera Section

- ☐ Ni 28.8.2013 (Nilai) khan sectionwise-Mizo Hnam Lam intihsiaaka 1-na an nih chu ropui takin Chanmari West Middle School-ah an lawm. School hmantirtu Headmaster leh Staff-te chungah leh tui petu pu Lalrammawia (Tetea), J.E. PHE- te chungah an lawm hle. Tlawmngaia ei rawngbawltute chungah pawh lawmthu an sawi. Lam zirtirtute hnena lawmman pek tur tumsaktu Pu Lalrinliana chungah leh section aiawha lamte hnena lawmman pek tur tumsaktu Pu Lalthlamuanate chungah lawmthu an sawi.
- ☐ Silver Jubilee Fund la pe ve lote a rang lama pe ve thuai turin an ngen.
- ☐ House No. plate leitute chungah lawmthu an sawi. Hruaitute mahni bial la tifel lote chu a rang lama tifel turin an inchah.
- ☐ Ui leh ar vulhtute mahni ranvulh khuahkhirh turin an inchah nawn.

Neuva Section

- ☐ Tunkar hun remchang hmasa berah Section committee neih tum a ni.
- ☐ An hruaitu Pu John Lalfakzuala, Khawzawl lama Training leh Pu Ramthanpuia Guwahati lam a zin pawh dam takin an lo haw leh ta.
- ☐ An hruaitu Pu Ricky Lallawmkima te chhungkua Chhiahtlang lama zin pawh dam taka an lo haw leh thuai an duhsak.
- ☐ An Member Tv David Lalzamlova'n National Muaythai Championship, Hyderabad a khelh zawh takah Gold Medal a la chu an lawmpuiin an chhuang hle.
- ☐ Chhungtinte mahni in leh a vel fai taka vawng theuh turin an in

chah a. Mitinte Bawhlhlawh a bawm a paih theuh turin an inchah bawh.

- ☐ Section huam chhungah Zu, Ganja leh Damdawi (Ruih chi) zawrh khap tlat a ni a. Hetiang ruihtheih thil te hi ualau taka tih leh rui chung a buaina siam phal a ni lo bawh. He thu ngai pawimawh lova tilui an awm a nih chuan dim an tum lova, WARNING pawh pek an ni lo vang. Hei hi WARNING ah ngaih nghal tur a ni.

Taitesena Section

- ☐ Ni 31.8.2013 (inrinni) khan kuang duan hnatlang neih a ni a, hnatlanna hmunhna tha tak siam saktu Pu Lalngaihawma chungah an lawm tak zet a ni.
- ☐ Tunkar hun remchang hmasa berah Section committee neih tum a ni.
- ☐ Section huamchhunga damlo mahni in lama awm leh damdawi in lama awmte an dam leh thuai an duhsak hle.
- ☐ An hruaitu Pu C Zohmingliana damlo pawh an dam choh zel an duhsak tak meuh a ni.
- ☐ Section huam chhunga DAWR nei ten bawhlhlawh bawm mumal tak nei theuh turin an inngen tak meuh ni.

Vanapa Section

- ☐ Chanmari West Congress Unit-I ten Tarpaulin thar an pek avangin an lawm hle.
- ☐ Ni. 31.8.2013 (Inrinni) nileng khan hruaitute kuang duang leh Vanapa Run siam felin an hnatlang.
- ☐ Branch Main account-ah a tul apianga hman turin ₹ 5000/- an hlan.
- ☐ Section huam chhunga Contract hnathawkte veng tan a ni tih hria a, tha taka thawk turin an ngen.
- ☐ An member Jerome Zorinmawia s/o R Lalbiakdiki chuan BVA (Bachelor of Visual Arts) tha takin arawn pass a, an chhuangin an lawmpui hle.

HRIATTIRNA

Chanmari West vengchhung kawngpui dunga inkhel thinte kawng kal tan leh lirthei tan himna a lo nih theihna turin Branch YMA chuan inkhel lo turin naupang leh thalaite a hriattirin a ngen a ni.

✚ Kan Then Tak ✚**LALRINAWMA**

Pa hming - Lalthlamuana, Nu hming - Lalmuankimi, Section - Chawngbawla, Kohhran - Presbyterian. Ni 19.4.1993-ah a lo piang a, pianpui unau mipa 1 leh hmeichhia 1 a nei. Chanmari West-a piang leh seilian a ni. A naupanlai atangin mit tha lo a ni a, zirna lamah harsatna a tawh a, thui tak a zir thei lo. Chutihruah chuan a phak tawh apiang thawkin a inhlawhfa thin. Thuawih thei tak, thiante tana kawm nuam tak mi a ni. Eizawna thil avangin Champhai leh Edenthar-ah te pawh a lo awm tawh. Pum lam tha lo avangin, Ni 28.8.2013 khan chatuan ram a lo pan ta a ni.

**LALDINGLIANA (DAIDUMA)**

Pa hming - R Lalrinkima, Nu hming - Hmangaihzu ali, Section - Chawngbawla, Kohhran - Presbyterian. Ni 4.10.1981-ah a lo piang a, pianpui unau mipa 3 leh hmeichhia 1 a nei. A thatlai hun hian ruihhloin nasa takin a nun a tibuai thin a, kum 2011 atang khan Pathianah piantharna changin rawngbawlna kawngah a tui hle mai a, Kohhranah te a theih ang tawkin a inhmang ve thin. April thlaa camping-a eirawng a bawlnaah chesualin tuisa a inleih palh a, a hliam hi a nat deuh avangin nachhawknang sang chi hmanga enkawl a ni a, chu chuan ruihhlo bawihah a hnuk lut leh ta a. Ruihhlo chuan nasa taka a taksa a lo tihchhiat tawh avangin a Ni 29.8.2013 zing dar 6:00 vel khan kaih thawh tur awm lovin a boral ta a ni.

**Lawmthu sawina**

Ni 21.8.2013 a kan fapa Mark Rintluanga boral chungchanga Chanmari West YMA leh veng mipuite chungah lawmthu kan sawi a. Kuang mawi tak min siam sakin, ruang tuamna puan min pe a, buaipui ngaihna zawng zawngah min buaipui avangin thinlung takin lawmthu kan sawi e.

A nu leh pa
R. Thanga leh Lalnghaki

TIHDIKNA

Kar hmasaa Local Council News a Pu CHUNGA ROAD kha Pu Darrochungha (L) in aṅging tih ni lovin Darrothuama (L) in aṅging tih zawk tur a ni.

GOSPEL CAMPING

Chanmari West Presbyterian Kohhran Pavalai Pawl chuan Ni 2.9.2013 atang hian Speaker Upa H Zoliana (Gospel Witness Team) hmangin Gospel Camping a buatsaih dawn a, a duh apiang lut turin an sawm. Camping lut turte tana hriat turte:

1) Camp lut tur zawng zawng chu Ni 2.9.2013 (Thawhtan) zanriah ei kham veleh luh tur a ni.

2) Buhfai ken a ngai lova, Bible, Hlabu, note bu leh pen ken tur a ni.

3) Mobile phone ken loh tur.

Hriatchian duh neite tan 9862126303-ah zawh theih reng a ni.

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CWSC

☐ An Patron Pi Zamanthangi Councillor AMC chuan Hand Railing siam hna ṭha tak mai a ngaihtuhsak a, a chungah an lawm hle.

☐ Tunkar hun remchangah Executive Meeting koh tum a ni.

☐ MPL Football khel turin an inbuatsaih mek a, 1st Div Volleyball Tournament khel turin an inbuatsaih mek bawk.

CWSC FOOTBALL

☐ 3rd Div. Season Opening Tournament khel mekah Ni 28.8.2013 khan Republic FC nen an inkhel a, 3-0 in an chak lo. Nimin khan Venghnua FC nen an khel.

☐ Club T-shirt zawrh mek a ni a, leisaktute zawng zawng chungah lawmthu an sawia, aleiduhan Pu Malala dawr (K-sect) ah lei theih reng a ni.

CWSC VOLLEYBALL

☐ Ni 10-13.9.2013 chhunga khel tur 1st Div tournament atan ngawrh takin an inbuatsaih mek a, hruaitute mahni remchan hun apianga player practise-te tawiawm thin turin an insawm.

☐ Hun remchang hmasa berah Nimbu tui zuara sum tuak tum a ni a, chhungtinte tlawmngaia lo leisak turin an ngen.

THLAMUAL SUB-COMMITEE

Ni 31.8.2013 (Inrinni) khan thlana phun tur Kross siamin hnatlang an nei.

MHIP

☐ Ni 27.8.2013 (Thawhle) Dar 11:00 AM khan kum 2013-2015 kumpuan "Rorelna sang zawkah hmeichhiate a tam thei ang ber an tel theihna tur atana nasa lehzuala hmalak" tih hawna hun Vanapa Hall ah neih a ni a, An branch aṅging Pi Chuadingliani, Vice President leh Pi Lalthanmawii, Secretary te an tel.

☐ MHIP Chanchinbu thlakip chhuak "RUNLUM" latuten a lak man Pi Vanlalzuali CH-Sec hnenah a rang thei ang ber a pek vek tur a ni.

☐ Hmangaihte Run enkawl na tur thawhlawm khawn tuten Committee hmasa berah ken khawm tur a ni.

MIPALUMEHNA

I lu nalh taka meh i duh chuan zing dar 6 leh tlai dar 6-ah inkarah Thanghrim Building, Chawngbawl Section-ah lokal la, i duh ang zanin kan lo meh sak ang che. Tin, a duh tan inlamah pawh koh theih reng kan ni e.

Prop. :Lalengkima

9856227619

CHHUNGTIN MAMAWH

Puanṭhui khawl, puan eng chi pawh ṭhui thei turin kan siam thei reng e.

Gas Stove chak lo, seam-a thi, herh sak, leak, kan siam thei reng bawk.

Phuanṭhui khawl chhia pawh kan lei duh reng e.

Mamawh i neih chuan min han phone la, kanrawn pan mai dawn che nia.

Save rawh le - LH Chawngthu

☎ 9612322639.

(3-3)

I FAKHAN AZIRLAIH HENGTE HI A TLACHHAM EM?

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9612820756/9862577316 (3-1)

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I taksa a rihdan tur aiin a rit lutuk a ni thei, a nih loh pawhin i zang lutuk zawk pawh a ni thei. I san zawng mila i weight siam rem/pian nalh i duh chuan thla 3 chhungin i duhthusam kan lo puitlin sak ang che.

Tin, i taksa khawl hmangin enfiah a ni ang a.

1. I kawchhungah thau chhia a tam lutuk em?
2. Zun kawngah harsatna i nei em?
3. Energy i tlachham em?
4. Chawpai ṭawihna/thil ei paiṭawihna kawngah harsatna i nei em?
5. Chawṭha (Nutrition) i hmu ṭha tawk em?

Heng zawng zawngte hi Chemical tel lo, thlai leh hnimhnah aṅga siam chhuah side effect awm lo. Herbal Product hmangin kan lo enkawl ang che. tin, sport-man te tan bik tihrawl siam a, thahrui siamtu, harhvang leh thothing ṭha turin "Nutritional Shake Mix" C. Ronaldo, mary Kom, Saina Nehwal etc. pawhin intihchak nana an lo hman hi lo hmang ve rawh le. Chawṭha Minerals, Vitamins, Proteins leh Calcium a bik taka awmna a ni. A ramchan dan angin i inah kanrawn pan thei bawk che.

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