



YMA Zaipawl din dawn

Chanmari West, 20th Jan : Ni 17.1.2013 zanah khan Chanmari West Branch YMA Executive meeting wawi hnihna chu Pu C. Lalarliana inah an thu khawm a, he meeting hian Branch YMA Zaipawl din turin a rel.

He meeting Pu C Lalarliana kaihhruai hian Branch Annual fee leh Central YMA budget chu tlak mai ni se tih a ni. YMA Chanchinbu Agent atan Pu Lalrinsanga Branch Executive member chu ruat a ni bawk. YMA Chanchinbu hi YMA hruaitu zawng zawng chuan tlawmngaia la ngei tura beisei an ni bawk.

Section hrang hrang atanga section Committee member tur an ruat chu pawmpui a ni a, Sub-Committee member tur ruat pawh siam rem ngai siam remin pawm a ni bawk. Kum 2013 chhunga YMA member lak turah thahnemngai tak lak nise, membership fee Rs 2 leh kumpuan thawhlawmah Rs 3 khawn tura tih a ni. Zing dar 9:00 hnu lama thi chu lu men tawh tura rel a ni a, lumen zanah hian musical instrument remchang ang

ang hman tawh tura ruahman a ni a, keyboard lei tur lo ngaihtuah turin Pu K. Lalthakima leh Pu Dr Lalramliana Executive member-te ruat an ni. YMA member boral an awma YMA Flag zar thin chu Flag ngul in ang tlang section indaiha siam tur a tih a ni. Tin, khawhar in zan thumnaah anmahni puala sunna hun (silent minute) hman thin tura ruahman a ni. Khawhar in lenpuia banna siam thin hi Branch Executive member te kutah dah a ni.

Kumin chhunga Branch hmalakna a chak zawk theihnan Action Plan siam nise tih a ni a, ruahmanna lo siam turin Branch OB-te ruat an ni.

Section kaihhruainain YMA Chhang din tura tih a ni a, a kaihhruaina in ang tlang hman tura tih a ni

Branch News

Ni 17.1.2013 (Ninga) tlai khan President Pu C.Lalarliana inah Zanriah an kil hova, Executive Meeting neih zui nghal a ni. Zanriah tui tak buatsaihsaktu Pi Lalawmpuii w/o Pu C.Lalarliana chungah .Branch Committee-in lawmthu a sawi.

Ininnia Central YMA Office- a CEC Meeting neihah Vice President Pu T.Ngurkhuma a tel.

Executive Member Pu Lalrinsanga chhungkaw thila Lungleia zin pawh dam takin a lo haw leh ta.

Execuitve Member Pu Zonunsanga chu Republic Day hmang turin Chennai-ah a zin .

Pu R.Lalhmingliana Neuva Section chuan a tupa Nicky Lalduhsaka nikum 2012-a chatuan ram pan ta hriatrengnan Branch YMA-ah Mitthi ralna bawm panga a rawn pe a, a chungah Branch - in lawmthu a sawi.

Taitesena Section chuan Aizawl Municipal Council atanga zun in siamna an hmuh hmangin Pu Thangdailova kawmthlangah zunin tha tak an siam.

Tunlain veng chhungah ruk ruk a hluar hle a, chhungtinte fimkhur tura ngen leh hriattir kan ni e.



TUNKARCHANGVAWN

Ka awin Pathian chu ka au vang a; ka awin Pathian ngei chu ka au vang, Ani chuan ka lamah beng a lo chhi ang.

Sam 77:1

Local Council

PPP Mode bawhlawh paih man:

Aizawl Municipal Council atanga PPP Mode bawhlawh paih man mipuite hnena khawn tura min hriattir angin Chanmari West veng chhungah bawhlawh paih man chhungkaw khat tan thla khatahRs 20/- leh dawrah Rs 20/- zela khawn mek a ni a. Chhungtin leh dawr neitute bawhlawh paih man thlatina pe thin tura ngen leh hriattir kan ni a, bawhlawh paih man pekna receipt dah that thin tur a ni. Veng chhung a lo thianghlim theihnan bawhlawh paihna motor-ah chauh bawhlawh paih thin tur a ni a, hmun dang, kawr leh veng chhung tibawhlawh thei tura paih khap tlat a ni.

Lawmthu: Local Council-in veng chhunga power supply kan neih that zawk theihnan, Chawngbawla section leh Vanapa section huam chhunga awmte tan Chanmari transformer line zawmsak tura dil chu tunah hian zawm fel a lo ni ta a, theih tawp chhuaha min buaipui a min tihlawhtlinsaktu Pu

C.Lalarliana, Sub-Divisional Of ficer, Distribution, Sub-Division-III Central Aizawl chungah lawmthu kan sawi a ni. Section hrang hranga bawhlawh paih man khawntute: CH- Pi Lalzuithangi V- Pi Biakthanmawii N-Pu Lalbiakzova T- Pu Lalrosiama K- Pi Zothanmawii

Editorial Board

Editor:	R. Lalrinngeta	9862358337
Joint Editor :	Lalchhandama	9862358347
	J.Lalnangliana	9862399658
News Editor :	Thangkuma	9862303135
	Lalchuanmawia	9862580558
	K. Lalremtluanga	9862119608
Cir.Manager :	Jacob Lalrinsanga	9612319779
Production Manager :	T. Ngurkhuma	9436190843

Branch Office Bearer

President	<u>C. Lalzarliana</u>	9436142049
Vice President	T. Ngurkhuma	9436190843
Secretary	Zairemmawia	9862385654
Asst. Secretary	RL. Thanhnuna	9436152760
Treasurer	R. Lalhmachhuana	9436151817
Fin.Secretary	K. Darthantluanga	9436196071
Adviser-te :	Pu F. Zosanga	9436142106
	Pu A. Biaklawma	9436363169
	Pu Lalrengpuia Sailo	9862075614

Editorial :

Kum bul kan ñan, khawtlangin ñhalai pahnih kan chan ta der mai. Lusun chhungte Editorial Board chuan a tawrhpuia tak zet.

Tunkar chhunga kan khawtlang chhiat tawhna hian ngaihtuahna thui tak min sentir. Tunlai khawvelah thihna maksak pui puiin min deng a, nun fimkhur a ngai hle mai. A bik takin ñhalai, kum lama naupang zawkte tan nun uluk taka, nu leh pa duhdana kan nun kan hman a pawimawih hle awm e. Tin, nu leh pate pawhin kan fate kan enkawlna kawngah theihtawp kan chhuah leh zual a ñul ang.

Thalai thihna hian khawtlang min ñhawng em em a. YMA member-te pawhin theihtawp kan chhuah tlang niin a lang. Thlan laih, khawhar in kalah te thahnem i ngai leh zual ang u.

A bik takin Kohhran hrang hrang inkhawm leh veng chhunga chhiat tawh a innan ñum hian tan kan lak a ngai hle. Kan inkhawm thei lo a nih chuan khawhar in lamah tal lan hram hram i tum ñhin ang u. Inkhawm pawh a ñha e. Chutih rual chuan a khawi mah maha kal lo, kan la ñahnem deuh niin a hriat. Kan Branch pumpuia kan member dinhmun ngaihtuah chuan kan la thahnem tawh lo fo. Insangmar leh ila, nun uluk takin Pathian leh Khawtlang rawngbawl chung zel hian kan hun i hmang ang u.

Article:

Ha leh ka chung enkawl dan

- Dr Kutea Ngente

Ha hi a tlangpuiin thla 6 ah a ño ñan a , tin ha tak (permanent teeth) hi kum 6 ah a ño ñan bawh a, ha hlam hi kum 11-12 velah tla tura ngaih a ni. Kum 12 pelha ha hlam a la awm chuan dentist pan vat a ñha, ha tak ño tur a tih buai thei. Tin, Ha hlam bikah hapui ho hi kum 10-12 velah lo chuan phawi loh hram a ñha, ha ño leh tur a tibuai thei bawh. Mihring ka chungah hian ha hlam 20 awmin ha tak hi 32 a awm a ni.

Kutzungpui fawh te, hmui fawhte leh ka a thawk (mouth breathing) te hi naupan laia chin ñhan (habit) ñha lo tak mai a ni a, ha kuh emaw ha ño dik lo a awm phah theih ñhin a ni. Hmui/kut fawh zawngin biang tha a tawm a, a hman tur aia nasa biangin tha a pe chhuak a, hmel pian hmangte pawh a danglam phah thei a ni.

Tin, ha nget hi ven theih a ni a, thil thlum ei tam lutuk te, ha nawh khat vantage a ni duh khawp mai, theih hram chuan Mouthwash hi hman a ñha, toothbrush-in a tihfai theih loh ha beh (plaque) ha nget thlen thei ho a chiah fai thei a ni. Second 45-minute 1 aia rei mouthwash hian chiah loh a ñha, chlorhexidine (mouthwash a dawmdawi hman) hian ha rawng a tih danglam (discolour) theih avangin. Tin, mouthwash hman zawh hnu darkar chanve chung engmah ei a in loh a ñha. Ha nawh reng rengin a khampei zawng a nawh loh tur a ni, ha rek a siam a tichuan ha za/ziau (sensitive) a awm phah thei a ni, chhuk chho zawng a hmanhmawh lo taka nawh a ñha. Hmanhmawh leh na tak taka ha nawh leh toothbrush khawng tak tak hman hian ha hni(gums) in a tawrh phah thei bawh.

Tin, hapui tawp (3rd Molar) phawi hian hriatna hlah ñhen phah emaw haihawt a awl tih a ni ñhin a, heng thu hi hnamdang chuan an hreve lemlo. Haihawt tlat tura kan inngaihvang



pawh a ni mahna ? Hapui tawp zawna awm hriatna thazam (nerve) khawih chhiat a nih ngawt loh chuan.

Zuk leh hmuam hian ka chung hriselna nasa takin a tichhia a, cancer te pawh thlen nasa hle bawh. Ha hriam (sharp) in lei(tongue) emaw biang a tih pilh ñhin chuan ha hriam kha tih bil (blunt) tir vat tur a ni, kamsir/lei pilh (ulcer) a awm reng chuan cancer a thlen mai ñhin a ni. Tin, ka chungah pilh (ulcer) emaw, bawh (tumour) dam thei lo a awm reng chuan doctor pan vat a ñha, ngaihñhat lohna nachang hriat hi a fin thlak hmasa fo.

Tin, tual chher ha siam ho hi pan loh hram a ñha. Ha ñha lai an tih chhiat mai bakah ha hni natna nasa takin a awm phah thei. Tin, ha nawhnaah hian Flouride awmna tootpaste hman hram hram a ñha. Ha nget tur a vengin ha a ti hrisel a, ha var duh vang ringawta hriat chian loh company kut chhuak hman loh a ñha. Harpic hmangte pawh sawi tur an awm leh ñhin a, ha tuamtu (enamel) a ei chhiain ha ñim/za (sensitive) nasa takin a siam a, ha a mawih hma bawh. Tin, ha nget naah Heroin (No 4) hmangte pawh an awm leh zeuh thin. No 4 hi hman loh tawp tur a ni a, ha a ei mawihin ha tuamtu ruhte pawh a ei chhe ñhin a ni.

Ha leh ka chung hi fai taka vawn a ñha khawp mai. Hrisel zawknan thla ruk danah vawi khat tal Ha Doctor rawn ñhin tur a ni.

Taitesena Section

□ Pu Lalringliana (Sena) te Chhungkua in an fanu V.L.Hriatpuii hriatreng nan Dekchi Lian tha tak an pe. An chhungkaw chungah lawmthu an sawi tak meuh a ni.

□ Pi Vanlalsawmi te chhungkuain an pa Pu Rotluanga hriatreng nan leh a tul apianga an hman turin Thirbel lian tha tak an pe, an chhungkaw chungah an lawm hle.

□ Hun remchang hmasa berah committee koh an tum.

□ YMA AW Agent atan Pu R.Lalsangzuala an ruat a, YMA chanchinbu Sub-Agent atan Tv. Laltdanhlua an ruat bawk.

□ Section chhunga YMA member-te YMA hmalakna hrang hrang-Thlanlah, khawhar in kal leh hnatlangahte tan la sauh sauh turin an infuih.

Khuangchera Section

□ Ni 22 Jan 2013 Thawhleleh zan Dar 6:30 ah Pu Lalchanhima, Leader inah meeting hmasaber neih tum a ni a, hruaitute hunawl lo insiam turin an inchah

□ An Fin Secretary Pu Zonunsanga (Patea) Zofa Cultural Club hminga Chennai-a kal chu dam taka a lo haw leh an beisei.

□ Kum 2012 chhunga hnatlang kaltam lawmman heng mite hnenah hian hlan a ni.

1. Pu Lalchhanhima (Hruaitu)
2. Tv Issarela (Hruaitu)
3. Tv Lalbiakdika (Member)

Chawngbawla Section

□ Jan 22.13 khian Leader Pu Lalruatsanga inah Committee hmasaber thut tur a ni a, Committee Member ten hunawl lo insiam ila.

□ YMA AW semtute a thar ruat an nih hma chuan tlawmngaih chhuaha lo sem zel turin an ngen.

□ Ni 16 Jan 2013 khan an Secretary Pu J.K.Zosangliana te inneih kum 10-na lawmpui turin Section O.B te min sawm angin O.B zawng te'n kan telpui.

□ YMA AW Agent atan Tv H.Lalrinmawia (Asst.Secy) chu ruat a ni, YMA chanchinbu Sub Agent atan Tv. Vanlalngkhaka ruat a ni.

Vanapa Section

□ An member thenkhat chu Art & Culture Dept hminga Chennai lama Republic Day -a Mizo Hnam Lam entir turin an thang mek, dam taka an lo haw leh an duhsak.

□ Ni 22.1.2013 (Thawhleleh) zanah section committee hmasa ber Leader-inah koh tum a ni.

□ YMA AW Agent atan Tv Lalnunhlina (Valpuia) chu ruat a ni, YMA chanchinbu Sub Agent atan Tv. C. Vanlalruata ruat a ni.

□ An member Tv Lalramngkhaka chuan kum 2 chhung section hnatlang kal tha lawmman a dawng a, an chhuangin an lawmpui hle.

Neuva Section

□ Tun kar hun remchangah Section committee meeting neih tum a ni.

□ Kumin chhung atan YMA AW Agent turin Tv Jacob Lalrinsanga an ruat a, YMA chanchinbu Sub-Agent turin Pu Ricky Lallawmkima an ruat bawk.

□ Chhungtinten kan bawlhhlawh te bawlhhlawh paihna Motor ah chauh paih thin turin an in ngen.

CWSC

□ Ni 18.1.2013 (Zirtawp) zan khan veng chhunga thalaite tan Arm Wrestling Competition an buatsaih a, result chu

- Kg 55**
1. Lalneihmawia (K Sect.)
 2. Malsawmzela (K Sect.)
 3. K.Lalduhawma (V Sect.)
- Kg 56 - 60**
1. Alex Lallawmsanga (K Sect.)
 2. Vanrammawia (K Sect.)
 3. Lalrinkima (K Sect.)

- Kg 61 - 70**
1. T.C.Lalrinchhana (K Sect.)
 2. Lalsangzuala (V Sect.)
 3. R.Vanlalruata (K Sect.)

- Kg 71 - 80**
1. Lalramsanga (K Sect.)
 2. Lalbiaksiana (Ch Sect.)
- Kg 80 Above**
1. Lalfakzuala (N Sect.)
 2. Lawmsangzuala (V Sect.)
 3. Zonunthara (V Sect.)

- Over All**
- T.C.Lalrinchhana.

□ Arm Wrestling hlawhtlinna atana Sponsorship min petu New Horizon School Of Education, Pu Lalnunthara Sailo (Gemini Enterprise)te leh wrestler lo tel zawng zawngte chungah CWSC -

✝ Kan Then Tak ✝

Tv. RK Lalzawnchhuaha. Pian ni Ni 15.7.1984. Pa hming - Pu R. Kawlkunga Nu hming - Pi Vanlalruati. Section - Vanapa, Kohhran - Presbyterian, YMA member ni lai. Pianpui unau mipa 1 leh hmeichhia 2 a nei. Infiamna lam a ngaina hle, infiamna chi hrang hrang a thiam viau, a bik takin Table Tennis ah Mizoramah a hming a chher. Chanmari West Sporting Club hmingin Table Tennis-ah Lawmman engemawzat a lo la tawh a, Mizoram aiawhin wawi 2 inkhelin a feh chhuak tawh bawk. Ni 13.1.2013 zing dar 4:00 khan chatuan ram min pansan ta. Chanmari West Branch YMA chuan uiawm a ti a, lusun chhungte a tawrhpu tak zet.



NI VL Hriatpuii Pian ni - 11.1.1994 Pa hming - PC Lalringliana, Nu hming - Lalpekthangi Section- Taitesena, Kohhran- Presbyterian, YMA member ni lai. Pianpui unau mipa 1 leh hmeichhia 2 a nei. Gospel Centenary ni taka nau piang zingah a pahnihna ni. Sap Missionary ten an rawn tlawh a, thilpek 'Kawrlum' an pe a, tun thlengin a la kawltha nghe nghe. Hriatpuii hian Primary, Middle, High school leh Higher Secondary School-te hi Home Mission School-ah vek a zir a, kum 2012 khan Higher hi a zo va, Civil Hospital Nursing School, Lunglei-ah GNM a zir mek. Ni 14.1.2013 zing khan chatuan ram min pansan ta. Chanmari West Branch YMA chuan uiawm a ti a, lusun chhungte a tawrhpu tak zet.



in lawmthu a sawi tak meuh meuh a ni. A bik takin Rev. B.Ropianga'n a bul atanga a tawp thleng a telpui avangin CWSC chuan lawmthu a sawi tak meuh meuh a ni.

□ Ni 21 Jan 2013 Thawhtan tlai Dar 3:30 atangin Sport Council hnuai a Catch Them Young hmalakna kal zelah Kum 18 hnuailam tan Volley Ball Coaching neih tur a ni a. Helama tui mi zawng zawng Coaching kal turin sawm kan ni.

PYKKA SPORT

Central YMA leh Mizoram State Sports Council angkawp chuan a hnuai hun leh hmun tarlanah hian District & State Level PYKKA Sports Competition for Women 2012-2013- a buatsaih dawn a. He competition- ah hian Branch YMA-te a tam thei ang ber tel tura ngen kan nih angin Chanmari West Branch YMA hminga tel duhte chuan a Branch Secretary hnenah hming leh tel duhna discipline hriattir tur a ni e.

District Level : 5th-7th Feb '13
 State Level : 12th -15th Feb '13

Discipline awm turte:

- 1) Athletics
- 2) Basketball
- 3) Hockey
- 4) Swimming
- 5) Badminton
- 6) Table tennis
- 7) Volleyball
- 8) Inbawlvawm
- 9) Inkawibah
- 10) Ketaminu Race
- 11) Half marathon (men & women)

Kangmei.....Kangmei

Khua alo thal leh ta. Mitinte kangmei tichhuak lo turin i fimkhur ang u.

Kangmei lo awm palh ta hlauh se, a thelh nan....

- 1) Tui bucket khat khai mai theih
 - 2) Puan chhah hlai tawk
 - 3) Fire Extinguisher
- Nei la, hmang la, timit rawh.

Moonlight Sofa Works

Sofa Design hrang hrang, mawi, tha, tlo leh tlawm bikin kan siam thei a, a hlui repair in lamah kan pan theih bakah U.P.C. North East India Biak In thlang, Pu NK Siana kawm chhak, Chawnbawla Section-ah thing kan zai thei reng baw e. Englai pawhin koh leh biak leh pan theih reng kan ni e.

C. Lalremthanga, N-section

(2-1)

JF Tui

Chanmari West

Zuangtui a mi ngei, tui thianglim leh fim tha tak 407 in 4000ltr kan pe thei a, kan pump thei bok e.

Lalsawia Hmar, Vanapa Section

9615447335, 9485077355,
 (2-1) 9436373730

CVTTP NEWS

☐ Kum 2013 chhunga Adviser atan Pu T. Lalthara leh Pu Lalzawma te an ruat a, Patron atan Pu F. Zosanga, Chairman, Local Council- an ruat bawk.

☐ Ni 19.1.2013 (Inrinni) aṅang khan Library hawn ṅan a ni a, veng chhung mipuite Library registration ti theuh turin an sawm a, registration fee hi Rs 20/- a ni.

MHIP

Ni 24.1.2013 (Ninga) Zan dar 7:00- hian kum 2013 chhunga Branch OB thlan tur a ni.

A hmun : MHIP Building
 R.O : Pu C.Lalzarliana
 President CWBYMA
 P.O :

- 1. Pu Nundanga Adviser MHIP
- 2. Pu T.Ngurkhuma Adviser MHIP
- 3. Pu R.Lalmachhuana
 Treasurer CWBYMA

Official Memberte mi sawm thlan chhuah an ni a. Heng mite hi an ni.

- 1. Pi Hriattiri
- 2. Pi K.Sanghluni
- 3. Pi Lalbiakngheti
- 4. Pi Lianzami Khiangte
- 5. Pi Lalnunziri
- 6. Pi Lallianzami
- 7. Pi Lalthanmawii
- 8. Pi P.C.Chhuandingliani
- 9. Pi Remsangpuui
- 10. Pi Vanlalmawii

Inthlan hi Secret ballot hmangin Post By Post a thlan tur a ni. Floor Nomination mi 3 (pathum) ruat belh theih a ni.

Hna ruak

Kids Den Pre-School-ah naupang motor-a chuan kualpui tur nula fel tak, ruih theih thila fihlim mamawh a ni a, hlauh chu thla khatah Rs 2500/- leh bonus a awm ang.

Hrechiang duh tan
 - 8794026603

Dangdai

Thingzai chitin reng, khar chhawn ni lo, mahni zai ngei a nih avangin hlep nei tho siin hmun dang aia tlawm fein kan pe ta chur chur mai. Gosen Sofa & Furniture Work, Chanmari West, T. Section- ah lo kal la, i mamawh ang ang chu tlawm takin kan lo pe ang che.

Prop. : Lalgaihawma
 Phone No. :9856293259

ZOFA NEWS

☐ Ni 16.1.2013 (Nilai) zan khan Committee an nei a, thu pawimawh tak tak an rel.

☐ Kum 2013 atan member khawn mek a ni a, kum 10 chin chung lam, member ni duh tan membership fee Rs 10 pein, hruaitute hnenah in pek theih a ni a, veng chhung ṅhalaite member ni ṅheuh turin an sawm.

☐ Ni 17.1.2013 (Ninga) khan member 14 te chu Chennai-a Republic Day hmang turin an kal a, Ni 31.1.2013-ah Aizawl an lo thleng leh ang.

☐ Lam zirrana Zawlbuk hmantirtu CWBYMA leh TT Hall hmantirtu Indoor Stadium Managing Board chungah lawmthua n sawi.

☐ Dress dahnana Library hmantirtu CVTTP chungah lawmthu an sawi.

BADMINTON CLUB

☐ Mizoram Badminton Association-in Player registration ti tura a tih angin registration tih mek a ni, registration ti turte'n passport size photo copy 1 kengin Pu C. Lalmuanpuia hnenah tihfel theih a ni.

☐ Membership fee khawn mek a ni a, member ni duh tan Rs 50 kengin Pu Lalbiakhlua leh Pu K. Lalthakima hnenah inpek tur a ni a, kum 15 hnuai lam tan Rs 20 a ni ang.

☐ An Adviser Pu T Bualzika te chhungkua chuan in thar an luah ta chu an lawmpui hle.

☐ An adviser Pu HVL Zarzoenga chu a hna lam avangin phai lamah a zin chu dam takin a lo haw leh ta.

☐ Khua vawt deuh mahse practise taima turinmember-te an inchah.

YMA Member ni tur chuan

YMA member ni theite chu:

1) Mizo tu pawh, tleirawl/rawlthar chin chunglam, YMA thil tum leh din chhan te, a thuvawn te, a thuthlung leh a kaihhruaina te anga awm inhuam apiangte

2) An khawsak dan phung ena Branch Executive Committee-in YMA member-a a pawm theithe
 Hetiang mite chu YMA member-a inpe ngei tura beisei kan ni e.