



Ram dang mi, dan lova Mizorama awmte dap chhuak dawn

Chanmari West, 27th Jan : Ni 25.1.2013 (Zirtawp) zana CWBYMA Kumpulan Sub-Committee thukhawm chuan Central YMA-in kaihhruaina a siam anga Ram leh Hnam Humhalh kawngah theih tawpa veng chhungah hma lak nise tiin a rel a, Foreigner, dan lova lo lutte Mizorama an tlangnel loh nan Khua leh tui dik takte chauh In luahtir tur a ni tia Central YMA-in kaihhruaina a siam chu Chanmari West veng chhungah pawh zawm ngei nise a ti.

Central YMA chuan kum 7 chhung zet mai kum puan atan Ram leh Hnam Humhalh chu a lo hmang tawh a. Kum 2013 YMA kum puan atan pawh he thupui hi thlang nawn lehin, YMA member tinte thahnemngai leh zual turin a sawm.

Chanmari West Branch YMA Kumpulan Sub-Committee, Pu K Darthantluanga Chairman-na hnuaia thukhawm chuan kumin chhungin Ram leh Hnam Humhalhna kawngah kan Branch chhungah theihtawp chhuaha, hmalak ni se a ti a. Kumpulan Sub-Committee hian hmalakna tur hrang hrang a duang a, hengte hi Branch Executive pawmpuina hmuh a nih hunah chak zawka bawhzui tum a ni.

Central YMA-in Kum Puan 'Ram leh Hnam Humhalh' tha taka bawhzui a nih theihnan Branch, Group leh Sub-Headquarters te tan ruahmanna chi hrang hrang a siam a, heng kaihhruaina zulzuia

hmala tur hian khua leh veng hrang hrangte a ngen a, Kumpulan bawhzui tha Group leh Branch-te hnenah Central YMA chuan lawmman pek a tum a, CYMA-in kaihhruaina a duante chu:

i) Inchimralna hrang hrang laka kan inven nan leh leilung fate'n kan chanvo dik tak kan chan theih nana hmalak

ii) Zu leh ruihhlo do kawnga hmalak

iii) Ram leh hnam humhalh a nih theih nan ei leh bar zawna kawngah leh kawng hrang hranga kan intodelh theih nana hma lak.

iv) Hnam nun kal soal tur laka inhumhalh nan leh hnam nihna (identity) a boral loh nana hma lak

v) Ram ro hlu - thing leh mau, nungcha, lui tui leh boruak humhalh

Kum puan Sub-Committee chuan an hmalakna kawng hrang hranga theihtawp chhuahpui tur leh hma lakpui turin section YMA leh veng mipuite a ngen a ni.

Thlanmual Sub-Committee

Kum 2013 chhung atana Thlanmual Sub-Committee hruaitu turte:	3) Tv R Laltlansanga	V
	4) Tv Vanlalpeka	CH
	5) Tv Lalnunsanga	CH
Chairman	Pu Thanseia	CH
V.Chairman	Pu R Ramlawma	T
Secretary	Tv Lalhminghsanga	T
	Pautu	T
Asst. Secy	Tv KLalremruata	K
Commttee Members:	10) Tv Lalbiakdika	K
1) Pu Remsangpuia	11) Pu K Lalrinmuana	K
2) Pu Liandanga	12) Pu Lalhmasaa	K
	13) Pu K Chullova	N
	14) Tv Vanlalruata	N

Branch News

Ni 21.1.2013 zan khan Branch YMA OB meeting a ni.

Mitthi lumen zana hman turin Keyboard YAMAHA PSR 425 Rs 25,000 man lei a ni a, CWBYMA chhinchhiahna siamsaktu Pu Lalnunthara Sailo chungah Branch -in lawmthu kan sawi.

Section tin daih Flag ngul lei a ni a, Flag ngul YMA Colour-a cheisaktu Pu C. Zonunsanga Executive member chungah lawmthu kan sawi.

Branch Vice President Pu T. Ngurkhuma, CEC ni bawk chu Central YMA Programme-in Sakawrdaiah a zin a, dam takin a lo haw leh ta.

Section hruaituten Chanmari West Branch YMA member an la mek a, member ni turte chuan Annual Fee Rs 2 leh Kumpulan Fund Rs 3 thawh tur a ni.

Chanmari Pastor Bial KTP chuan Zirtawp zan a'ang khan Chanmari West Kohhranah Conference an hmang a, zanin hian a tiak ang. Khawmpui hlawk tak an hman kan duhsak hle.

Branch Executive, Section hruaitu leh Sub-Committee peng hrang hranga hruaitute chu YMA Chanchinbu la vek turin kan ngen, kum khat lak man Rs 100 a ni e.



TUNKAR CHANGVAWN

"Pathian ring tawhte chuan thil tha ti zel turin ngaihtuah rawh se" tih thu hi a rinawm a ni.

Tita 3:8

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Editorial :

Khua a thal a, tui a harsa, khawlai a khu thei hle mai. Boruak a ro va, kangmei laka fimkhur a ngai khawp mai.

Hetiang hunah hian mipuite hian tihur tam tak kan nei thin. Tui harsatna hmuna kan khawsak chuan tui renchem thiam a ngai. A bik takin tui herh haw a hmang thinte hian nasa takin tui kan heh bik a, kan inren thiam a tha khawp mai. Mitinin fai kan duh vek, chutih rual chuan a tibal tam lo zawnga kan khawsak thiam chuan tui kan khawl tihna a ni mai.

Lirthei kalna kawngpui kama khawsa tan chuan in leh a vel vawnfai reng a har khawp ang. Chuvangin kan tui chhe paih mai mai turte kan kawtkai vel tih huh nana kan hman tangkai thiamte pawh a tul awm e, chu chuan nasa takin vaivut lakah min veng thei ang.

Khua a ro em avangin kangmei chhuak mai thei lakah kan fimkhur a ngai khawp mai. Kangmei chhuah chhan tam zawk hi fimkhur tawh loh vang a ni thin. Eirawngbawlina gas leh lectric heater kan hman danah te, thing tuah kan hman danah te, fimkhur leh zual ila, kangmei lakah kan veng, in leh lo, thing leh mau te humhalh turin tan i la ang u.

Zawngtah chanchin ziaktu Pu Zuia chungah lawmthu kan sawi e, zawngtah hlutna min hmuh chiantir hle mai, a ngaina tan chuan ei uar sauh sauh chi a ni awm e.

Article:

Zawngtah - Pathian kutchhuak ropui!!

(He thu i chhiar hnu chuan i hmusit ngai tawh lovang)

- K Lalzuithanga

Sportsman tan : Zawngtah hian Natural Sugar-Sucrose, fructose, glucose leh fibre a pai hnem em em a, chu chu tha leh zung min petu hnar ber a ni. Research-te chuan a inkhelh hma a ei ringawt pawhin minute 90 chhunga infiam mite mamawh thahrui (energy) a pe thei a ni an ti.

Depression : Tun hnaia MIND in survey an neihah Depression neite Zawngtah an ei tir hnua an rilru hahna a chhawk hahdam hle a ni tih an hmu chhuak a, a chhan chu zawngtah hian Tryptophan Protein chikhat thisen insem darh tur nasa taka tanpuitu a pai hnem vang a ni.

Premenstrual Syndrome : Hmeichhe hunbi neih dawna Pills ei ngai loin zawngtah ei mai tur, Vitamins B6 in thisena Glucose level siam thain mood fuh lo neite tan a tha em em a ni.

Anaemia natna beite tan : Zawngtah hian Iron a pai hnem avangin thisen a Haemoglobin in siam tur a pui nasa em em a, Anaemia (Thisen tlachham) veite tan Damdawi tha a ni.

BP (Blood Pressure) sang : US Food & Drygs Administration chuan he tropical thlai hi BP sang neite leh Strokes neite tan damdawi tha em em a ni tih an puang, he thlai hian Potassium a ngahin Chi (Salt) lam a pai tlema lungphu a tanpui (Perfect beat Blood Pressure) thin a ni.

Brain Power : Twickenham (Middlesex) School Naupang 200 zet chu kum 2009 a Exam an beih laiin breakfast, chhunchaw (Lunch)-ah an ei tel tir a, chu chuan an hriatna a ti chakin exam-naah ei lote aiin an ti tha hle a ni tih an hmu chhuak. Potassium pai hnem tak a nih avangin naupang a ti harhvang (Alert) em em a ni. Balhlaah pawh hian Potassium a tam em em a, Balhla ei hnem rawh- Zawng (Monkey) ho hi an harhvanga an taima em em a, chubakah an vervek (cunning) bawh!

Hangover : Zu leh a kaihnaui avanga luna awm nuam lo tawngkhawngte tan zawngtah khawizu nena chawhpawlh a tha hle a ni.

Overweight : Institute of Psychology Australia ten a zirchian hnua an hmuhchhuah chu pressure sang tak hnuaia, thu chung a hna thawk thin ten Chocolate leh hmawmsawm an ei nasa a, chu chuan thau uchuakna (Obesity) siam nasa em em a, Hospital a awm hetieng dam lo 5000 zet an zir chian hnua an thu tlukna chu tul lova ei vak vak duhna control tur hian Blood Sugar level vawngdai turin carbohydrate tamna zawngtah darkar 2 dan zela ei a tha hle a ni tih an hmu chhuak a ni.

Mei zu thin tan : Zawngtah (Petai)-ah hian Vitamins B6, B12 leh Minerals Potassium leh Magnesium a tam hle a, chu chuan Vaihlo tur (nicotine) lak atangin min chhanhim thei a ni. Meizial heh tan chuan zawngtah ei hnem mai tur a nih chu, chu chuan nghei duhna thlengin mi a tanpui thei a ni.

Strokes : The new England Journal of Medicine te research an neih atanga an hmuhchhuah dan chuan zawngtah ei hian Strokes avanga thihna 40% in a ti hniam thei a ni an ti.

Vun bawl (singsihlip) anmg hi virus vanga lo awm an ni an ti a, i vunah a awm palh ve a nih chuan zawngtah hlepthla in vel la, chu chu Plaster emaw Surgical tape in emaw char la a dam hmiah thei a ni.

A tlangkawmna chu "A Petai a day keep away Doctor" zawngtah hian kan taksa mamawh tinreng a pai a. Tin, damdawi tha tak a ni bawh. Apple nena i khaihkin chuan Apple aiin a let 4 in Protein a pai hnem zawk a, a let 2 in Carbohydrate, a let 3 in Phosphorus, a let 5 in Vitamins A leh Iron, a let 2 in Vitamin leh minerals, chumai a ni lo, Potassium a pai hnem hle bawh, he khawvelah hian zawngtah aia thlai ropui leh kan taksa tana tangkai hi a tam bik kher lo vang.

Taitesena Section

- ☐ Ni 22.1.2013 khan leader tharte inah section committee hmasa ber an thu.
- ☐ Section ramri chu bial 9-ah then a ni a, bial enkawl tur hian hruaitu turte an ruat fel bawk.
- ☐ YMA member lak mek a ni a, nu leh paten kan fate YMA member ni rual hmundanga awm pawh member a lo ziak lut turin an inngen.
- ☐ Section huam chhungah Faina hnatlang hmasa ber chu ni 25.1.2013 zing khan an nei a, member thahnem tak an thawk chhuak a, lawmthu an sawi bawk a ni. Tin, Local Council in bawhlhlawh paihna motor a ngaihtuah sak a, an chungah an lawm takzet a ni.
- ☐ Pu Sapa in bul culvert-ah bawhlhlawh paih an khap tlat.
- ☐ Section hman tur Bucket thar pali (4) an lei.

Vanapa Section

- ☐ Kum 2013 leiman (chhiah) pek a hun leh ta a, a hmun a chhiah pe hman lote tan Vanapa Section ten inhlawh nan an pek sak dawn a , a pe duhte tan naktuk zing 9:30 am atangin Pu Vanlalchhandama in hnuaiyah a pek theih dawn a, chhun lama pe hmanlote tan pawh section Leader Pu VL Thakima te inah zan lamah a pek theih reng bawk. Chhiah pe turte chuan 2012 pekna receipt ken tel ngei tur a ni. Chhungkaw pakhat tan chhiah pek man Rs 50/- a ni ang.
- ☐ Ni 22.1.2013 zan khan an Leader Pu VL Thakima te inah committee neih a ni a, Member an kal tha hle.
- ☐ Ni 25 & 26.1.2013 khan chhiah khawn a hruaitu hnatlang neih a ni a, hruaitute an kal tha hle.
- ☐ Ni 28.1.2013 zan atangin Leader Pu VL Thakima te inah zantin chhiah pe duhte tan pek theih a ni ang.
- ☐ YMA Member / YMA chang Member te bial tinte a ranglama tih fel i tum ang u. Bial- 9 na ten an bial an thehlut fel tawh a, an entawntlak hle.
- ☐ YMA AW leh YMA chanchinbu te chhung tinte la theuh turin an in ngen.
- ☐ Hnatlan nana in hmantirtu Pu Vanlalchhandama te chungah

lawmthu an sawi.

- ☐ Ni 26.1.2013 (Inrinni) nileng khan section thutthleng leh bungruate enfel leh tifaiin an hnatlang.

Chawngbawla Section

- ☐ Ni 22 jan 2013 zan khan Pu Lalruatsanga (Leader) inah Committee thutkhawm vawi khatna neih a ni.
- ☐ Section Committee Member 2 ten rolkhawlhna avanga Committee Membet dinhmun an chelh chhunzawm theih dawn loh thu lehkhaw kan dawn chu pawmsak an ni a, an aiawh tur ruat an ni, Branch Exe. Committee ah pawimawhna dil mek a ni.
- ☐ YMA AW semtu tur leh mitthi buhfai khawn tu turte ruat an ni, Appointment pek an ni ang, ni 3 feb 2013 Chawlhni tlai dar 3:00 ah Leader Pu Lalruatsanga te inah kal khawm tur.
- ☐ Section Property Incharge atan Pu H.Pachhunga (Ph: 9862357812) leh Tv. Lalhmingmawia (Ph: 9862538208) te ruat an ni. Chawngbawla Run (Bungraw dahna) atanga bungrua hawh turte tan bungrua hawh leh dahluh hun siam a ni a, Zing dar 6:00 - 8:00 leh tlai dar 4:00 - 6:00 inkarah hian hawh chhuah leh dahluh thin nise, hemi hun pelhah chuan Incharge te nena inbia a an remchan hun a dah thin nise tih a ni.
- ☐ Ni 2 Feb 2013 Inrinni hian Member huap Property enfel hnatlang neih tur a ni, Zing chaw ei khamah YMA Park-ah inngahkhawm tur a ni.
- ☐ An Committee Member Pu R.Lalbiakhluna nupui Pi K.Lalremruati (Aruati) chu zai a tawk a, a dam that leh vat an duhsak.

Khuangchera Section

- ☐ Ni 22 Jan 2013 Thawhleleh zan khan Leader Pu Lalchhanhima inah Meeting hmasa ber neih a ni. Thu pawimawh tak tak rel a ni.
- ☐ Kum 2013 chhung atan Pu Zonunsanga chu YMA AW Agent-ah ruat a ni a, Pu Lalliansanga chu YMA Chanchibu Sub-Agent atan ruat a ni bawk.
- ☐ Kum 2013 chhung Property Incharge atan Pu Lalliansanga leh Tv David Zohmachhuana te chu ruat an ni. Bungraw hawhten fai

takin a hmun ngaiah dah leh thlap thin turin an inhriattir.

- ☐ YMA AW semtu tur leh mitthi buhfai khawn tura ruat zawng zawngte chawhma inkhawm ban dar 11:30am hian thu pawimawh a awm avangin Leader Pu Lalchhanhima inah kal vek turin an inhriattir.

Neuva Section

- ☐ Ni 24.1.2013 (Ninga) zan khan Pasaltha Neuva Inah kum 2013 Committee hmasa ber thut a ni a, thu pawimawh tak rel ani.
- ☐ Thatni bika Section Bungrua hawh tur reng reng te chuan Plain Paper a bungraw hawh dilna, Leader/Property incharge felfai taka Address in hawh thin tur a ni. Bungrua te hi zing lam dar 8:30 hma lam leh tlai lam dar 4 hnu lamah chauh bungrua hawh / dah thin tur a ni a, Bungrua reng reng hi lakna hmunah dah leh thin bawk tur a ni. Kum 2013 Property incharge : Pu Vanlalvuana, Pu John Lalfakzuala, Pu Lalliansangpuia, Tv K.Lalnunzawma
- ☐ Kum 2012 chhung a YMA AW semtu leh Mithi buhfai khawntute'n January thla chhung mawhphurna chelh chhunzawm turin an in ngen a, February thla atangin ruat tharte'n an chhunzawm ang.
- ☐ An hruaitu NI R.Zonunmawii leh NI Lalremtluangi (Nutei) te Republic Day hman a Chennai lama thang mekte tluang taka Section an awp thuai theih an beisei.
- ☐ Hruaitute'n YMA Member, YMA AW la duh leh Central YMA Chanchinbu la duh te an rawn zawng dawn a, hemi rual hian YMA Life Member ni duhte tan pawh in hriattir nghal nise.
- ☐ Memberte leh hruaitute, thawh hona tha tak neih theihna atan mahni theih ang tawk tawk a tan la turin an in ngen.
- ☐ Hnatlang, Thlan laih, Khawhar In kal leh YMA Activities hrang hrangah YMA Member te leh Nu leh Pa te tan la thar turin an in ngen.

Keimahni

- ☐ Joint Editor Pu Chda a lo kal lova, kan khua a har hle.
- ☐ Masangtea'n kan ei leh in a tum vek mai, ava han ropui thin tak em! Hetiang tihna chang hria hi veng chungah hian awm zel se tih hi kan duhthusam a ni.

MHIP

□ Ni 24.1.2013 (Ninga) zan khang kum 2013 atana Branch MHIP OB tur thlanna MHIP Building-ah Pu C Lalzarliana RO, President YMA CWBYMA kaihhruainain neih a ni a. PO tura ruat Pu T Ngurkhuma, Adviser leh Pu R Lalmachhuana, Treasurer CWBYMA te kalin inthlan hi tuang tak leh felfai taka neih a ni.

Kum 2013 hruaitu atan heng mite hi thlan chhuah an ni :

President : Lalbiaknggheti
V President: K Sanghluni
Secretary : Lalthanmawii
Asst. Secy. : Vanlalmawii
Treasurer : Remsangpuui
Fin. Secy. : PC Chuadingliani

MUP NEWS

□ Ni 25.1.2013 khan hruaitu tur an thlang:

President : K Lalramzauva
V President : B Savunga
Treasurer : K Lalhnuna

CHHUNG TIN MAMAWH

Puanthuikhawl - puan pan, puan fan, puan chhah thui thei vek turin ka la siam thei reng.

Gas stove leak, herh sak, seam a thi, a chak lo pawh kan la siam thei reng e.

A mamawh tan koh theih reng ka ni.

Save rawh leh

LH. CHAWNGTHU

(3-1) 9612322639

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 Siama kawm chhak, Chawnbawla Section-ah thing kan zai thei reng bawk e. Englai pawhin koh leh biak leh pan theih reng kan ni e.

C. Lalremthanga, N-section

9862333725, 9862333726,

(2-2) 9863386170

JF Tui**Chanmari West**

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

Lalsawia Hmar, Vanapa Section

9615447335, 9485077355,

(2-2) 9436373730

CVTTP NEWS

□ Ni 29 jan 2013 Thawhleh zan hian Library Building Committee koh a ni a, committee Member-te kal theuh turin an inngen a ni.

□ Inrinni apiangin Library hawn a ni a, veng chhung mipuite a tam theih angber hawh turin an inngen a Registration Fee hi Rs 20/- a ni.

LOCAL COUNCIL

□ Registra Death and Birth Pu C Lalringliana chu hmundangah Transfer a nih avangin a aiah Pu Lalthanleuva, P/S Teacher, Taitesena Section chu ruat a ni a, veng mipuite an hriattir.

□ Chhung tinte khu a lo thal lehta a, kan Electric, Gas leh Stove chek uluk theuh turin kan inhriattir e.

□ Veng chhung a lo thianghlim nan kan in leh a velte i thianfai thin ang u. Kawrah bawhlhlawh paih phal a ni lo.

CWSC

□ Ni 25.1.2013 (Zirtawp) khan Indoor Stadium kawt siam thain nileng hnatlang an nei a. Chawhlui kil ho nghal a ni. Buhfai petu Pu Zothansanga (Vala) hnenah lawmthu an sawi tak meuh meuh a ni.

□ State Level Arm Wrestling Competition atan inbuatsaihna kalpui mek a ni.

□ Catch them young kalpui zelnan Indoor Stadium-ah Special Coaching neih mek a ni. A chhim duh apiang tel turin an insawm.

Kumpulan Sub-Committee

Ni 13.1.2013 khan Kumpulan Sub-Committee OB meeting neih a ni a, heng mite hi Committee member atan an ruat

- | | |
|----------------------------|----|
| 1. Tv. J Lalremruata | K |
| 2. Pu Lalremruata Pachuau | K |
| 3. Pu Lalfakzuala | K |
| 4. Pu Lalrinsanga | T |
| 5. Pu B Vanlalruata | T |
| 6. Pu RK Malsawmkima | T |
| 7. Pu Lalrawngbawla | CH |
| 8. Pu C Sangpuia | CH |
| 9. Pu Vanlaltlana | CH |
| 10. Tv. PC Lalmunsiam | V |
| 11. Tv. R Lalrinnggheta | V |
| 12. Pu Rohmingthanga | V |
| 13. Pu Vanlalvuana | N |
| 14. Pu Lalrohnuna | N |
| 15. Pu JH Hmingthanchuanga | N |

ZOFA NEWS

□ Ni 23.1.2013 (Nilai) zan khang Pu Lalbiakhlua te inah committee an nei a, thu pawimawh tak tak an rel.

□ Song & Drama Division hnuai-ah Champhai lamah programme pawimawh tak an nei dawn.

□ An member 14 te Chennai lama thang mek chu dam taka an lo haw leh ngei an duhsak.

□ ZOFA member lak mek a ni a, veng chhung thalai, Culture lama tuimi zawng zawngte chu member- a inpe theuh turin an an sawm.

Silver Jubilee Sub-Committee

Ni 16.1.2013 khan Silver Jubilee Sub-Committee OB meeting neih a ni a, heng mite hi Committee member atan an ruat in member a ruat thar te.

1. Tv B.Lalsawmzuala
2. Tv C.Lalmangaiha
3. Pu H.Lalremtluanga
4. Pu Lalfela Rawihte
5. Pu Lallianzuala
6. Pu K.Lalremtluanga
7. Pu Lalrimtua
8. Tv Lalrohluna
9. Pu R.Lalchhuanawma
10. Pu Rollick Lalnuntluanga
11. Pu Saihnuna Sailo
12. Pu S.Lalsangliana
13. Tv Thangkhuma
14. Pu Vanlalhluta
15. Pu William Lalremmawia

Lawmthu sawina leh Hriattirna

IPPI (Zenghri danna) kan pek chungchangah Booth kan duty-na te Pu J. Kapthianga te leh Pu R Rokima te chhungkuain min buaipuinaah kan lawm hle.

Tin, HEALTH CARE SCHEME-RSBY leh APL-te kha Ni 28-29.1.2013 hian registration tih hun kan hawng leh dawn a, zing dar 10:00 atanga chawhnu dar 2:00 thlang hawn a ni ang, in registered duh chuan hemi hun chhung ngei hian tih theuh i tum ang u. A hun hawn chhunga ti lo chu kan buaipui zui thei lo vang

RSBY-a tel lo, tel awm si, hming in pe lutte chu Health Care Office atanga phalna kan hmuh angin, Sub-centre-a kalin registration a tih theih e. Hemi hun chhunga ti lo chu registration a tih theih tawh lo vang.

All Staff

Chanmari West Sub-Centre