





An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO



Hunawl hman that
Zofate hmasawwna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah a sur mai thei.
Temp - Max: 27°C Min: 19°C
Dar 4:43-ah ni a chhuak ang a,
Tlai Dar 5:50-ah a tla leh ang.

Tunkar chang vawn : Isaia 43:19
“Thil thar ka tih tûr hi thlîr zâwk rawh u, A lo thleng têt tawh e, in hmu lâwm ni? Thlalêrah kawng ka sial ang a, Ram rovah chuan luipui ka luantîr ang.

Kolasib Bawrhsap thuchhuah

1. Kolasib Bawrhsap chuan silai kenchhuah khapna a hnuai ami ang hian a tichhuak :
- ♦ Lockdown chhungin silai engchi mah ken chhuah phal ani lova Hei hian silai chi hrang hrang bakah Airgun eng chi pawh a huam tel vek a ni.
 - ♦ Village Level Task Force duty-ten mahni huam chhung theuhah silai leh Airgun eng chi pawh keng chhuakte chu lo manin fel taka a neitu, etc. chhinchhiahin, District Magistrate hnenah theh luh tur a ni.
 - ♦ He thupek bawhchhia apiang chu an chungah dan angin action lak tur a ni ang.
 - ♦ He thupek hian chhuah anih atangin Lock Down period a zawh hma chu a huam ang.
 - ♦ He thupek hian dan leh thupek kengkawhtu Sipai, Police, Para Military leh Home Guard a huam lovang.

2. Tunhnaiah Myanmar rama Kenbo Bikes neituten Mizoram temporary registration number lem hmangin Mizoram chhunga dan lova sumdawwna an kalpui thin tih hriat a ni a. Heng Kenbo Bike hi sawrkar laipuiin ram chhunga lakluh a phal loh ani a.

Chuvangin, Kolasib District chhungah Kenbo Bikes lakluh leh registration tih phal a ni lo. Heng bike lo la lut emaw register tum kan awm chuan dan angin an chungah action lak a ni ang.

COVID - 19 HELPLINE NUMBERS
102 (TOLL FREE)
0389 - 2323336
0389 - 2322336
0389 - 2318336

Council of Ministers thukhawm
Kar hnih chung lockdown pawt sei leh dawn
Dated Khuangpuilam, the 3rd May, 2020 (Pathianni) :

Chief Minister Pu Zoramthanga hova nimina Council of Ministers thukhawm chuan COVID-19 avanga lockdown kalpui mek chu India sawrkarin a lo tih angin Mizoram tan kar hnih dang, May ni 17 thleng la chhunzawm ve ni se tiin a rel.

Lockdown kalpui chhunzawm a nih chhunga inkaihhruaina tur te he meeting-ah hian an sawiho a. Council of Ministers thukhawm chuan hripui leng kara mipui him tlanna tura sorkar thuchhuakte tha zawka zawm a nih nan Health & Family Welfare Minister-in ‘Ordinance for Containment and Prevention of COVID-19’ tih a chhawp chu sawiho niin an pawm a. He Ordinance hnuaiiah hian mipui himna tura khapna thupek bawhchhetute hrem theih dan te sawifiah a ni.

Council of Ministers thukhawm chuan sorkar laipuiin mahni state ni lo a tangkhangte anmahni state a hruai haw nan Indian Railways phalna a pek angin, Mizoram mi leh sa state danga tangkhangte pawh an lo haw ve theih dan tur ngaihtuahsak an remti a ni.

Meeting-ah hian Manipur leh hmarchhak state dang atanga tunhnaia tangkhang lo haw te chu sawrkar atanga a hrana puihna phut miah lova an lo haw hlawm chu fakawm an tih thu an sawi bawk.

Council of Ministers meeting-ah hian Chief Minister Pu Zoramthanga, Deputy Chief Minister Pu Tawnluia leh minister dange an kim vek a ni.

Uluk zawka ramri ven dan tur ngaihtuah

Tomir thla ni 1, 2020 (Zirtawpni) khan Chief Minister Pu Zoramthanga kaihhruaiin Home Minister Pu Lalchamliaha leh Home Department, Assam Rifles leh Border Security Force hotute chuan CM Cabinet Meeting room-ah tun COVID-19 hripui leng mek kara state chhung a him theihna tura international leh inter-state border a venhimna hna kalpui mek thlirhona leh hmalak zui zel dan tur sawihona an nei.

He meeting-ah hian ramri a duty dan phung chu uluk leh awmze nei zawka kalpui a nih theih dan tur sawiho niin, furpui lo thleng tur rilruah dah chungin indaihzaia thei ang bera duty-te insemruah dan tur ruahmanna thar pawh siam ni se, an ti a. BSF, Assam Rifles leh Mizoram Police te leh Village Level Task Force duty te chu thawhhona tha zawk an neih theih nana ruahmanna siam nise tia rel a ni bawk.

Chief Minister chuan tuna hripui leng kan buaipui mek hi engtin nge a awm zel dawn kan hrelo a, mahse border ven uluk hi kan chhunzawm zel erawh a pawimawh dawn a ni tiin BSF leh Assam Rifles te chu an duty te uluk leh ngawrh taka ti chhunzawm turin a fuih a ni.

Assam Rifles leh BSF hotute chuan tuna ramri kan tur ven hna kalpui mekah VLTF te thawhpuiina chungah lawmthu sawiin, an hmalakna tha an tih thu an sawi a. Duty dan phung inanloh avangte in heng force hrang hrangte inkarah leh local mi te nen inpawh zawka thawhho theihna turin ruahmanna siam tura rawtna chu tha an tih thu an sawi.

Assam Rifles hi Myanmar nena inrina lamah duty-in, hmun 50 dawnah company 22 an indah a. BSF hi Bangladesh nena inrinaah duty-in, hmun 40 chuangah company 24 an indah bawk a. Heng international border pahnihah te leh inter-state border-ah te Mizoram Police leh VLTF te duty bawkin, international border-a VLTF duty zat hi tun dinhmunah mi 1,076 leh inter-state border a duty mi 508 an awm a. Mizoram Police hi COVID-19 atan bik hian Border venhim hna thawk tur te, Law & Order (☞ Phek 2-na)

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Editorial.....

Siam thatu nge tidarhtu!!

Mi tupawh, khawtlang pa rawn nu rawn atanga khawtlang tana hnawksak ni a kan ngaih te, mi fel leh hmantlak ni a kan hriat atanga sual ni a kan hriatte thleng hian thil tha duh lo kan awm lo. Kan khawtlang pawh hian hma sawn ila, kalphung tha nei ila, khawksak inrelbawlnate pawh hi hei aia tha hi ni se tih chu kan duh dan vek a ni. Mahse, a pawl ta ber chu siam tha dawn ni a kan inhriat laia a tichhetu kan ni hlahu thin hi a ni.

Hei hi kan hriat a pawmaroh, 'Two are better than one' tih hi. Engatinge khawvel ram hrang hrang hian lal neih bansan a, mipui rorelna kalphung an kalpui tak zel le. Lal la nei ho pawhin thuneihna tawp an neih tak loh zel le. A chhan chu mi pakhat rorelna hnuaia awm hi a fuh tazok lo ni a an hriat vang a ni tlangpui. Tun thlenga mi pakhat thuneihna hnuaia kun ram kan hriatte reng mai an inawpbehna rapthlakzia leh hrehawm turzia chu hahipin kan sawi thin hi.

Ni e, thil kal dan tam tak hi kan mimal ngaihdanin a tazumpui kher lo thin. Chutih hunah chuan a tha tazok kan hria a nih a, kal dan phung thlak/ siam rem kan duh a nih chuan midang rilru hneh kan tum hmasa thin tur a ni, pawngpaw sawisel lovin. Mi rilru hneh tur chuan an rin ngam tura kan awm hmasak a, tha rum nilo tha rum nilo hmangaihna nena kan beih a ngai a ni.

Tin, kan ngaihdan leh duh dan kan sawite hi a taka kalpui theih a ni em?; kan duh dan hi keimahni ngei paw'n kan hlen thei ang em? tih kan chiang hmasa tur a ni.

Infiamnaah hian a chhunga inkhelte ai hian a pawl lama mite hian tihdan tur an hre tazok duh fo barwk.

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(Phek 1-na zawmna)

keng kawh tur te, Quarantine Centre venhim hna leh Contact Tracing hna thawk tur te a intirchhuakin, tun dinhmunah heng atan hian mi 2,906 an duty mek a ni.

Wawiin meeting-ah hian Chief Secretary Pu Lalnunmawia Chuaungo; DGP Pu SBK Singh; Home Secretary Pi Lalbiaksangi; DIG, 23 Sector Assam Rifles; DIG, BSF Sector HQ, Mizoram te an tel a ni.

Khuangpuilam Task Force Hriattirna

Khuangpuilam VLLTF chuan sawrkar atanga thu an hmuh angin ramri veng tura tlawmngaia duty thei tur ruat tura tih an nih angin heng a hnuaia mite hi a tul dan a zir a ramri duty-te chhawk thei tura tlawmngai tura beiseite an ni a. Sub-Hqtrs YMA hmingin koh thut pawha kal mai thei tura inring turin kan inngen a ni.

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14. Tv. Lalrammawia s/o Pu Lalramthanga
15. Tv. Lallawmzuala s/o Pu T. Lalrinawma (L)
16. Tv. Jerry Lalmuanawma s/o Pu JT Kunga
17. Tv. Mangminluna s/o Pu L. Gina
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24. Tv. Mangkhawla s/o HL Lama
25. Tv. Lalropuia s/o Pu Lalsanglura
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27. Tv. Lalthlamuana s/o Pu Zirliana
28. Tv. Zomuanpuia s/o Pu C. Zosangzuala
29. Tv. H. Vanlalzauva s/o Pu H. Lalramliana

Vairengte Check Gate-a inkaihhruaina dan tur chungchanga Kolasib Bawrhsap thuchhuah

State danga Mizoram mi awm te hruaikhawm thuai an ni dawn a. A thawhkhatna ah North East State a mite hruaikhawm an ni ang. Hemi atan hian Vairengte Check Gate leh a vel, a bikin Vairengte khawchhung lam metre 200 (zahnih) vel hi heng khualzinte lo kal lai hian tlawhpawh loh tur a seal tur a ni a. Hemi leh a huamchhunga kal thei te chu Official Duty leh khualzinte chauh an ni ang.

Khualzin leh Official te ni lo, tul lo leh tih tur nei lova helai hmuna lo kalte chu Quarantine ve an ni ang.

He thupek hi a tul angin Superintendent of Police, Kolasib leh Sub-Divisional Officer (Civil), Vairengte ten an lo bawhzui ang a, midang tlawh pawh theih loh turin an lo seal tur a ni. He Order hi mikhual lo thlen hma darkar khat leh mikhual lo thleng te thawh chhuah kim an nih thlengin hman thin tur a ni.

Thil reng reng hi rin ang aia har, tih theih loh ni silo anga ngaih hi a finthlak.

Thu ziak Huang

Nu leh pate’n i dinthar leh ang u le

Lc Chhunthang

Aia upa kan chhan dan te, aia naupang kan dawm dan tur te hi he Social Media (Zawlbuk) ah hi chuan kan la fail pui ngar ngar a. Nu leh pate theuh hian mahni inlum aṭanga kan fate kan zirtir nawn a ngai tak meuh meuh a ni.

Nizan lawka group pakhata post awmah chuan mi pahnih hi anlo inhnial a, an inhnialna (comments) ngun taka kan en chuan pa upa lam tawh tak leh a tupa rual lek hi lo zu inhnial a mawle! (ID card in ensak chu an in dil lo na a) Kha naupang khan science finna hmangin a pu te rual kha alo hnial zet zet a, an pahnih a profile kan check sak ve ve hnu chuan zawldawh tak leh hawihhawm taka reply-tu ka pu kha kohhran rawngbawltu min tak leh Aizawl ATC vel pawha kha naupang pate rual vel zirtir ṭhintu leh a nu leh pate rual nunna chaw tur hluia biakin vela thuhrlitu alo ni daih.

Kha naupang dangnal em em mai khan chhar chawp finna (Google leh atheist site) ṭhenkhat vel aṭangin ama pu te rual kha a lo hnial vel a, zawlbuk awm hun lai pawh nise, val upa ten an lockdown hnan hmiah ka ring; emaw kut tuar kher lovin lal in tifai velin hremna a tuar anga, a awm ve na khuaah miten an en hrek hrekin a nu leh pate tan pawn khaw eng hmuh a nuam tawh lo ngawt ang.

Mahni chhungkua siam ṭha hmasa lova pawn lama kan duty hlen tum danah kan fail chian zia alo lang chhuak fo ta a. Mahni tu leh fate zilh harh hmasa lova ṭhenawmpa fate zilha vengchhung kan vei thut rah ina a thar chhuah ṭhalo tak chu he kan ram ngeiah hian hmuh in a awm mekin, engatinge ṭawngtai leh ṭawngtai fo ṭhin te, inkhawm leh inkhawm fo ṭhin te leh Pathian ang khat bia te hi kan inhnek leh chawrh ṭhin le?

Complain leh FIR ziak lut kher lova Guwahati High Court beng a thleng daihte hi a pawl takzet a; chu aia pawl tur chu kan nun dan te leh ṭhenawm khawveng te tan a kan duty dan leh kan khawsak dan ṭhalo te, kan inelrelna tenawm tak tak te leh kan nun chhungril tenawm zet te’na van lam beng a thleng fo tur hi a ni.

Fa sual chimawm leh nghal zet zet hringtu nu leh pate, aia upa zahna hre map lo khawpa inla zir sang hringtu nu leh pate, kut ram em em leh kutthak hmanga mahni mihring pui siam ṭhat tuma mahni kuta power chhete nei ṭhinte hian dendrite rui ṭhin te’na thla an chaih thiamna khawp tal hian kan power neihte hi i control thiam ṭhin ang u.

I ruih ngailoh avanga midang rui i man takte in ang zat/ruih ang zat kha in ve la eng ang a nawi nge i nih ang tih te; I duty ngai loh avang a nang leh i chhungte, i khawtlang aiawha duty te thawh ang zat kha thawk la eng ang a thinram nge i nih ang tih te; mahni vengchhung ṭanna feeling aṭang hian kan ngaihtuah chian ṭhin a ngai tak meuh a ni.

Power neitu te leh kut tuartute, naupang ber leh upa ber thleng paw’n he kan mizo High Court thu leh hla "Aia upate zahthiamin, an thute awihin zawm fo rawh" tih hi a chang tawp rat thlenga kan inzirtir nawn leh insak siak leh hi a ngai tak zet a ni.

Mi tlawmngaite seltu zawng zawng khan chhiar teh u

Khawtlang leh ram tana inhmang ṭhin te hi an fin leh fel vang a ni ngai lo. An hman em vang phei chu a ni lo leh zual. Mahni chhungkua buaina kal san a, a thim a var thlu lova zan khaw tairek thleng thleng a meng ṭhin, khawtlang tana a sur a sa hnuai do daia hah taka duty ṭhin te hian anmahniin lum a awm hi an thlahlel ve khawp mai. Hlawh neih a hnekin mahni sum senso ngaih chang a tam hle. Dam ṭha mang lo chung a thlasik khaw vawt vin tuk leh ruah sur buan buan mai karah an duh tak te kal sana mi hmai sen hmachhawn tur a chhuak hi ka hre hnem ta.

Dan kengkawhtu an ni lova, lehkhathiam ber ber lah an ni hek lo. An hmachhawn te lah hi mi luhlul leh pawisak nei lo tak tak an ni a, han in nuai rup rup a ṭul chang lah a tamin pa san ṭha pui pui nen inhmachhawn a, a chak lo zawk a ṭan chang an nei fo. Khawtlang tan a mi hnawk sak te hian dan pawisa lovin bawhchhe mahse an right an hre hle a, dan lah chu an chan ṭhatna turah chuan mi tlawmngai te aiin an hre zawk fo. Hmel hriat lah hi an nei ṭha duh viau leh nghal a, ruahmanna lah an siam thiam hle ṭhin. Chung chu finkhalh tura duty chu a hautak hle.

Tlawmngai pawla inhmang te hi mi sual ṭhenkhat hian an bitum chang a tam hle bawk. An ran vulh lai hrai hlum sak hi kei pawhin ka hre ve nual ta. An huan thlai tihchhiat sak leh an bungraw hlu tak suasam ni ta hi kan mi tlawmngai te zingah hian eng zat tak awm tawh ang maw. Ka hmel ṭ

hriat pakhat phei chu neihthinglung khawnga a neih a motor thar tihchhiat sak a ni a, hetiang dinhmun a ding hi an awm nual a rinawm hle. Chan pawh huam a thawh a ngai a ni e.

Tlawmngai pawla inhmang te hian kut inthlak hi an chak ber niin a rinawm ngai lo; mahse, pumpelh theih loh chang a awm ve thung. Buaina siam han zilh a, ṭawngkam ringawt lo deuh hman a ngai fo. Rukru an thil hralhna chhui chhuah a ngai a, ruihhlo zuar a lakna dawp chhuah a ṭul a, thil sual titu zawng chhuak tur hian ṭawngkam mawi tak chauh hi an hmang seng lo. Talhfiak bak hman tur an hre lo. He lai tak hi sawi leh sel an tawk ta ṭhin hi a pawl hle.

Mizoram tinuam a, thlamuang taka kan khawtlang nun siam ṭhintu mi tlawmngaite hian fak an hlawh khat hle a, sawiselna tur erawh kan chang deuh reng ni maiin a lang. A sawiseltute lah hi heng pawla inhmang ngai lo leh mahni in luma tawmsen chung a mifing em em an ni duh hle a, dan an zahin an inti hre em em a, ṭawngkam ṭha ringawt hmanga misual fing tak takte dawp chhuak a, siam ṭha thei khawpa psychologist turu an ni deuh fur bawk.

Hetiang mi te ngei hi Mizoram hian a mamawh a lo ni. Khai le, tlawmngaia hah taka thawktute hian i duhthu an sam lo bawk a, anni pawhin chawlh an chak ve tawh a, rawn tho chhuak la, kan ram leh hnam him zelna turin i duhthusam ang ngei chuan han thawk ve teh le. Mizoram hian a mamawh che a, a au mek che a nia.

Sawisel hi thil awlsam tak a nih laiin siam ṭhat erawh beih fet ngai a ni.

Dawn tisei*Sikul Mual Cabin*

- ▶ POLITICS sawi chhetuten Politics avangin sorkarah hna hmuh kan hnial lo vek.
- ▶ Thil man a to titu ten mahni kawtkaiah a remchan chuan vantlang kawng tihuhin lirthei kan sil fai hreh lo vek.
- ▶ Sorkara aṭanga thil thlawn pek min an dawngin kan hmu thei lo a, dawn dawn chuan kan duh vek tho.
- ▶ Ram leh Hnam hmangaih kan sawi a, kan ṭawng kan ziaak uluk peih chuang lo.
- ▶ Kan lawina kohhran theuhah a thlarau mi hle tih ai chuan a thawh hnem deuh chuan Nilai zan leh Inrinni zan thupui hawngah kan la lut thuai.
- ▶ Ruihhlo ngaite kan vuak chak ang hian thenawmte ramri nek ran hi bansan chak ve hlawn bawk i la.

Ngaihtuah a ngai e

Ruihhlo avanga kan manganin SRS/JAC/VDP an lo penchhuak a, kan deusawh leh si.

Covid-19 avangin mangangin kan chia i a, a hmatawng zinga tel turin Task Force a lo piang a, nuihza siam nan kan hman zui leh a.

Hah leh rim taka thawktute tan hian zaidam leh ngilnei taka tih dēm dēm a harsat chang a awm ve ṭhin tih te hi, mahni tapchhak zawl aṭanga ngaihtuahna hman peih ṭawk tan chuan hriatthiam phak ani lo.

Mi ṭangkai em em (Positive) kan la nei zel a, Ṭangkaina neilo mihring (Zero) kan kawl fur a, mi ṭangkailo mai pawh nilo, mi ṭangkaite sawisel mi (Negative) hi mi tlem te kan kawl a, an hman hle thung a, bengchhen lah an bengchheng.

Hetiang hun harsaah hian, mi ṭangkaite tumah hnual loin hnungawl suh u, hmalam pan zel turin duhsakna kan hlan e.

Inkharkhip kalpui dan tur

Tomir thla ni 4 aṭanga ni 17, 2020 thlenga Mizorama mipui kharkhipna thupek thar kalpui dan turah dawr te hawn a ni ang a, khawpuia dawrte a ni in chhawka hawn a ni ang.

Khaw kar kawngah passenger phur lirtheite an tlan thei ang a; Bus, taxi, auto te pawh an tlan thei ang a, registration number kawpkim leh kawpkim lo (odd-even) in an intlan chhawk ang. Tul bikah private motor-te pawh nambar kawpkim leh kawp kim lo in an tlan ang.

Ṭul bikah lo chuan mahni in chhuahsan lo tura mipui hriattir an ni a, zan dar 7 aṭanga zing dar 4 inkarah pawn chhuah khap a ni.

Pawn chhuak turin mask hman tur. Vantlang hmunah feet 6 tala inhlata awm tur a ni.

Sorkar hnathawk Group A leh B zawng zawng pisa kai tur a ni a, group C leh D te hmun thuma thena hmun khat an kal ang.

Kolasib Diagnostic Centre*Dr. Hlimpuia Building**Venglai, Kolasib***Heng -****Endoscopy HD quality,****Digital X-ray 300ma with laser printing,****3D/4D Ultrasound leh****12 channel ECG****kan tithei e.****Thisen pek chungchanga mipui hnena Health Minister ngenna**

Mizoramin COVID-19 a dona kawngah harsatna hrang hrang tawh mek zingah damlote mamawh thisen pek chungchangah Health Minister Dr.R.Lalthangliana chuan a hnuaia mi ang hian mipuite hnenah Ngenna a siam :

Kan hriat theuh angin Covid-19 hripui leng chuan khawvel a tuam meka, hriselna lama thawktute pawh he hripui leng hian a ti luhai takzet a ni.

He hripui leng karah hian natna dang avanga damlo tam tak te nunna chhan nan thisen mamawhna hi a la sang em em reng si a, chuvangin he hripui len chungah thisen mamawh tlakchham a awm loh nan theihtawp chhuah a ṭan kan lak tlan a ngai tak meuh a ni.

Thisen petu tur te leh a lo buaipuitu zawng zawng ten, he hripui len laia thisen pek dan tura inkaihhraina Mizoram State Blood Transfusion Council-in a siam hi zawm hram ni se la. Covid -19 laka invenna tura, hmaituamna hmante, kut fai taka sil fo te, metre khat aia hnaiah midang awm hnaiah loh tur tih hi hre reng ila.

Thisen pek chungchangah Sawrkar hmalakna thawhpui zelleh hemi kawnga hma la tura Association for Voluntary Blood Donor (AVBD) an lo awm hi Mizoram mipui tan a thlamuanthlak hle a.

Damlo mamawhte tan leh nunna chhan nan he hripui leng karah hian thisen pek hi i chhonzawm zel ang u."

Vanduaina chungah lawmthu sawina

Kan nau Hmangaihzuale (Te-a) ni 21.4.2020 zan dar 7:10-a Kolasib District Hospital a Stroke avanga a boral chungchangah hian lawmthu sawina tur kan ngah hle mai a. Rilru harhfmilo taka kan awm laia, a theih leh ṭul ang ang min tuamhlawmtu leh min tuam mawitu Khuangpuilam Branch YMA Members leh thenawm khawveng nu leh pa, chhungkhat lainate zawng zawng chungah lawmthu kan sawi tak meuh meuh a ni.

Covid-19 hrileng mek vanga, inkharkhip hunlai ni chung a, ruahmanna fel tak siamtu Khuangpuilam Village Task Force-te chungah thinlung takin lawmthu kan sawi a. Tea min thlah liampui tura chhungkhat laina leh ṭhian ṭha te, hriatthiamna thui tak nei a, veng hrang hranga Task Force Duty te leh, hmangaih leh theihtawp chhuah a min enkawl saktu, Kolasib District Hospital-a thawktu Doctor leh Nurse te bakah damdawi in hnathawktu te zawng zawng chungah kan lawm takzet zet a ni.

Thlanmual lamah, mawi hnai leh mit tlung taka tlawmngaia thlan laitute, zan khua a min hnemtu Khuangpuilam YMA members zawng zawng te chungah pawh lawmthu kan sawi tak meuh meuh a, mimal malin lawmthu kan sawi seng lova, chanchinbu kaltlanga thiamlo taka kan lawmthu sawina hi min pawm sak hram turin kan inngen a. Sawi hmaih leh sawi awmlah kan lo nei a nih pawhin min ngaidam a, thiam lo taka kan lawmthu sawina hi min lo pawmsak hram turin kan ngen bawk a ni.

Kan tlinlohna leh fellohna te min haider sak hram turin kan ngen bawk che u a ni.

In khawngaihna dawngtu.

FLalbiakliana te chung.