





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawwna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah sur rin a ni.
Temp - Max: 29°C Min: 23°C
Dar 4:51-ah ni a chhuak ang a,
Tlai Dar 5:59-ah a tla leh ang.

Tunkar chang vawn : Isaia 40:8
“Hlobet chu a vuai a, a par chu a chuai thin: kan Pathian thu erawh chatuanin a awm reng ang;”.

TUALCHHUNG CHANCHIN

- ☛ Marilyn Lalhmangaihzuai D/o C. Vanlalinghaka, Chawngbawla Section chuan Mizoram University atangin Master of Science in Clinical Psychology 1st Division a rawn passed a. A hlawhtlinna leh a kal leh zelna turah duhsakna kan hlan e.
- ☛ Shalom Lalrindiki D/o Chungzakhupa, Khuangchera Section chuan Mizoram University atangin M. A Clinical Psychology 1st Division-ah a rawn passed bawk a. A hlawhtlinna leh a kal leh zelna turah duhsakna kan hlan bawk a ni.
- ☛ Pu Aldrin Lalrinfela S/o Pu Dawngtea, Khuangchera Section chu 10/9/2021 (Zirtawpni) khan in checkup in Aizawlah an han kal a. Pathian zarah test result tha leh a taksa dangah engmah danglamna a awm lova, damdawi ei chhunzawm tur leh thla thum hnua in check leh tura a ni a. Nimin Inrinni khan tluang takin an chenna In an lo thleng leh tawh a ni.

FISHERIES DEPARTMENT LEH CENTRAL YMA TEN LUIDUNG NUNGCHATE HUMHALH A NIH THEIH NAN THAWHHONA THUTHLUNG AN ZIAK

Khuangpuilam the 12th Sept, 2021:- Ni 6/9/2021(Thawhtanni) khan Mizoram chhunga luidung nungchate tha zawk leh awmze nei zawka humhalh a nih theihna turin Fisheries Department leh Central YMA ten Fisheries Minister Pu K.Lalrinliana pisa-ah Thawhhona Thuthlung ziah a ni.

He thawhhona thuthlung hi kum hnih chhung atan a ni a, a tul anga pawhsei a ni ang. He thuthlung hian behchhan pathum a nei a, chungte chu-

- (1). The Mizoram Fisheries (Amendment) Act, 2016.
- (2). The Mizoram Fisheries Rules, 2019.
- (3). The Fisheries Conservator Reward Scheme 2019 te a ni.

First Party-ah Fisheries Department aiawhin Pu F. Vanlallawma, Director, Department of Fisheries leh Second Party-ah CYMA aiawhin Pu Vanlalruata, President, CYMA ten an ziak a. Witness ah Pi Laltleipuii, Jt. Director, Department of Fisheries, Prof. Lalnuntluanga, General Secretary, CYMA ten an ziak bawk a ni.

Minister Pu K.Lalrinliana chuan thu sawiin, kum tam tak chhung zorama luidung hmung hrang hrangah YMA leh khawtlang ang pawhin humhalh hna hi waviin ni thlengin lo kalpui a ni tawh a, heng lui humhalh leh a chhunga chengte venhim hna thawk tur hian Fisheries Department a thawk mi 188 te pawhin an phak tawkin an kalpui ve reng a. Amaherawhchu, venhim leh thildang atan work force mamawhna a nasa a, YMA te hi nungcha humhalhna kawngah nasa taka pawl anga hna lo thawk tawh an nih angin sawrkar chuan thawhhona thuthlung hi hemi ni hian an ziahpui ta a ni, a ti a. Minister chuan The Mizoram Fisheries (Amendment) Act, 2016; The Mizoram Fisheries Rules, 2019 leh The Fisheries Conservator Reward Scheme 2019 huam chhunga thawhhona chuan ram ei leh bar intodelh kawngah sulsutu a ni thei a, hun bi nei leh dan leh dun kalphung mumal taka luidung nungchate kan enkawl chuan mimal leh sawrkar pawhin a nei dawn a ni, tiin a sawi bawk a ni.

Thawhhona Thuthlung a inziak angin- luidung nungchate man theihna pekchhuah chungchangah YMA leh Fisheries Department te a tul angin inbiakrawn thin a ni ang a, dan lova luidung nungcha man tute man chhuah kawngah YMA in Department a pui thin ang a, luidung humhalh tha ten YMA hriatpuina thil telin Department-ah lawmman an dil thei ang a, luidung humhalh thate inelna branch level ah YMA in a buatsaih thin dawn a ni.

He hun hi Pu Laldawngliana, Secretary, Fisheries Department chuan a kaihruai a. Pu F.Vanlallawma, Director Fisheries Department leh Pu Vanlalruata, President CYMA ten luidung nungchate humhalh tul zia an sawi a. Pu C.Lalrosanga, Joint Secretary in lawmthu sawiin he hun hi a khar a ni.



COVID-19 KHUANGPUILAM DINHMUN


Dt. 11.9.2021.
Dar 1:45pm.

Home Quarantine 31

Mipa 4, Hmeichhia 3
Damlo awmpuitu 1
Hmundang 4C a awm 1
3C Sethawn a awm 1

4C

Covid vaccine lak hlau suh Natna dang tamtak pawh a veng tel thei
Khuangpuilam VLTF
Chairman- Robert VL Hruaia 9774495781
Vice Chairman- HD Daniela 8837206466
Secretary- Lalremsiana Varte 9862327112
4C Incharge- H Lalroliana 8974657073

<div>Editorial Board : <i>Represent: Nl Florence Zoremsangi</i> <i>Editor: Pu Lalsiamkima</i> <i>Jt. Editor : Ricky MS Dawngzela</i> <i>Treasurer: Nl Thanghmingliani</i> <i>Cir.Manager : Tv. Samuel Lalpekhlua</i> <i>Contact No: 9612761781 / 9612691291</i> <i>9862501858 / 8575946381</i></div> <div>FLS Station - 9862385193/9862327112 Chawngbawla Section Leader : Tv R.Lalnuntluanga 82599 60032 Secretary : Pu Samuel Lalremruata 9862094257 Vanapa Section Leader : Pu Lalchuaailova 87300 99599 Secretary : Tv. Lallawmzuala 87875 41803 Khuangchera Section Leader : Pu Lalramzaua 76408 95924 Secretary : Tv Lalremruata 7005131514</div> <div>Editorial.....✍ CHANGKANNA DIK Kan ram hi mahnia ro kan inrelna kum 35 lai a lo ni ta. Ramri tihfel lah la awm thei lovin ram hruaitu lahin an ngaihsak zui hek lo. Hmasawнна leh changkanna lama kan nunphung a than viau lai hian ram hnuk khawih thil lamah hi chuan kan nep leh tlat thin. Changkanna hi sual a ni hauh lo a, kan nuna thil pawimah tak a ni zawk. Kan dinhmun leh kan phak tawk zela changkan hi kan tum tur a ni. Amaherawh chu , changkanna dik erawh kan hriat a pawimawh hle. Khawvela kan awm chhung chuan khawvel hian hma a sawn deuh deuh ang, thil thar tam tak kan la hriat ngai loh pawh a rawn chhuak leh zel dawn. Khawvela awm kan nih avang hian heng hmasawнна chi hrang hrang a ken tel thil hi kan hriat ve zela, kan ngaih pawimah thiam hi a tul tak zet a ni. Tunlai thil thar hriat loh vanga mawl taka awm hi nungchang thatna pawh a ni chuang lo. Kan chhungkaw dinhmun atangin heng hmasawнна te hi kan tih ve chi leh chi loh thliar thiam a pawimawh hle a ni. Mahni nihna dik tak hriat chian a, kan tih chi thlan thiam a, kan tih miah loh tur tih loh ngam hi changkanna pawh a ni zawk ang. Pathian duh dan ngai pawimawh chung zela kan tih tur thlan thin hi changkanna kawng zawhna a ni.</div>	<div>Branch YMA Office Bearer<table><tr><td>President Pu HD Daniela 9863212083</td><td>Secretary Pu Lalremsiama Varte 9862327112</td><td>Treasurer Pu David lalrosanga 9436158962</td></tr><tr><td>Vice President Pu S. Lalthangliana 89748 30454</td><td>Assistant Secretary Nl. Florence Zoremsangi 9612761781</td><td>Financial Secretary Pu Rotlingpuia 9862385193</td></tr></table></div> <div>SHYMA YMA BRANCH THAR DING Ni 10th September, 2021, (Zirtawpni) khan Kolasib Sub Headquarters huam chhunga Town Branch Thingdawl Vengthar Branch YMA atangin Tlangnuam Veng Branch YMA a ding thar a. Vengthar Branch YMA Committee chuan Kumin atana Tlangnuam Veng Branch YMA Hruaitu tur a ruat nghal a chungte chu. President : Pu. R.C. Lalnuntluanga Vice President : Pu. Lalsangzuala Secretary : Tv. T. Lalrammawia Asst. Secretary : Pu. Dony Lalrindika Treasurer : Tv. J. Lalrinsanga Fin. Secretary : Tv. Laltlanhlua Khiangte Tlangnuam Veng hi Thingdawl Highway Restaurant atanga Aizawl lam Zawngthakawn chin zawng hi a ni a. Thingdawl huam chhungah tho hian Aizawl lam hnaihah Sethawn Branch a awm bawk.</div> <div>TRAINING BUATSAIH DAWN Dt. 14th - 15th Sept, 2021 khian thalai kum 18-35 inkar tan ‘Financial Literacy Programme’ hmangin Kolasib leh Mamit District thalaite tan Google Meet hmangin Online Training a buatsaih dawn a, Kum bithliah chin (18-35) zirna lama pawlsawm (10th pass chin) a duh apiang tan tel theih a ni a, Training na kalte tan hian SIRD &PR norms angin DA pek an ni dawn bawk. Training-a tel tur ten mahni in registration tih tur a ni a, a ti hmasa 100 chin an tel thei ang. A hnuaia Link kan rawn tarlan ah hian ni 12th September, 2021 ral hma in registration tih tur a ni. Hriatchian duh nei tan Pu Khawlsiamthanga Khawlhling, Senior Core Faculty (Eco), Ph: 9862840722/9436143900-ah hian in zawt theih a ni. <i>Registration link: https://forms.gle/962dW4QWTSKU9PLZ9</i></div>	President Pu HD Daniela 9863212083	Secretary Pu Lalremsiama Varte 9862327112	Treasurer Pu David lalrosanga 9436158962	Vice President Pu S. Lalthangliana 89748 30454	Assistant Secretary Nl. Florence Zoremsangi 9612761781	Financial Secretary Pu Rotlingpuia 9862385193	<div>Tunkar KPL Covid dinhmun <u>Ni 7/9/2021</u> (Thawhlelni) khan Positive thar 4 kan nei a, chungte chu Nl Ramthianghlimi d/o R Lalengzauva, Vanapa Section, Vohbik Vanlalhumhima c/o R Lalengzauva, Vanapa Section, H. Zachungnunga s/o Lalthansanga, Thilкими w/o Saia Hmar, Khuangchera Section te an ni a, Home quarantine lai vek an ni. Hemi ni hian 4C atangin Discharge 7 kan nei a. 1. Lalrintluangi kum 44 w/o R Vanlalzuia, Vanapa Section 2. H Manga te chhungkua 3. David Rohmingsanga kum 8 4. Thanglianazuala kum 6 5. Nghakremmawii kum 2 6. Chawii kum 25, Khuangchera Sectionan te ni. 7. Niangi w/o TK Rova Vanapa Section. <u>Ni 8/9/2021</u> (Nilaini) khan Home Quarantine thar an awm lova, Marka Kum 3 c/o Pu Lalberchama phai atanga lo haw khunghran lai a ni. Hemi ni haina 4C a lut thar an awm lova, 4C atanga chhuak Samuel Lalremruata kum 25 S/o HF Hauchhunga Vanapa Section a ni. <u>Ni 9/9/2021</u> (Nilaitawhtan) khan state pawn lam atanga lo haw vanga home Quarantine thar pakhat kan nei. Hemi ni hian Positive thar leh 4C a lut thar an awm lova, 4c atanga chhuak Pu TL Thawnga, Khuangchera section kan nei a ni. <u>Ni 10/9/2021</u> (Zirtawpni) positive thar Pi Lalthazuali (Tetei) Kum 35 W/o Pu Jimmy Lalnuntluanga, Vanapa Section a in entir tur a kal, positive tih hriatchhuah a ni. 4C atangin Diacharge - 6 leh Damlo awmpuitu 2 an chhuak a chung te chu :- 1. Pu R Lalengzauva kum 67 2. Pi Lungtiawii kum 63 3. Nl R Lalengliani kum 42 4. Nl. Vanlalnunpuui kum 19 5. PC Malsawmdawngzela kum 10 6. Lalmalsawmi thla 3 te an ni. <u>11/9/2021</u> (Inrinni) Hq 1 kan nei a, Positive thar 2 Lalchawimawii leh Lalremtluaanga Pu Jimmy Lalnuntluanga fate, Vanapa section an ni. Nl Ramthianghlimi chu taksalam harsatna avangin 3C lama sawn ani.</div>
President Pu HD Daniela 9863212083	Secretary Pu Lalremsiama Varte 9862327112	Treasurer Pu David lalrosanga 9436158962						
Vice President Pu S. Lalthangliana 89748 30454	Assistant Secretary Nl. Florence Zoremsangi 9612761781	Financial Secretary Pu Rotlingpuia 9862385193						

Thu ziaik Huang

- Rev. Chuathuama
October 20, 2019

Naupang Huang

- C. Lalnunchanga

Zirna uar kum (2019-2021)

YMA General Conference vawi 72-naah chuan kum 2019–2021 chu ‘Zirna Uar Kum’ ah puan a ni leh ta; ‘leh ta’ ka tih chhan chu hmànah YMA hian ‘Zirna Uar Kum’ a puang tawh a. A hawnna inkhâwm pawh Vánapa Hall-ah khatih laia Education Minister Zosiana Pachuau hoin neih a ni a. Khami tum khân ATC atangin *Principal* nên kan zuk tel ve a; a duh apiang thusawi hunah khân kei pawhin ka sawi ve nghe nghe a. Chumi hnûah chuan ‘Zirna Uar Kum’ puan thupui lehkhabu têa chhuah tûrah khân kei pawh thupui pakhat ziaik tûrin mìnrawn sâwm a, ka ziah ve ták nghe nghe kha. Khatih laia zirna uar kum puan khân eng ang takin nge nghawng tha a neih erawh chu ka hre zui lêm lo; puan loh ai chuan puan na ná ná chu tha zâwk tûrah ngai ila!

Kum 2019-ah *Central KÏP* chuan ‘Ram leh hnam, ÷awng humhalh leh vên him’ tih thupui hmangin KÏP Branch tinin vawi khat tal zirna hun nei tûrin a ti a. Kei tak ngial pawh KÏP Branch hrang hrangah chu thupui chu sawi tûrin mìnrawn sâwm ve thin a. Thupui huam zau tak a nih avângin dârkâr khat aia rei sawi a awl khawp mai a; chuti chung pawhin duh anga kimchangin kan sawi hman meuh lo. A nihna takah chuan inkhâwm pângngai ni loin chhùn lam hun thâwl zâwkah thu ziaik hmangin zir ho ta ila, kan sâwtpui lehzualin a rinawm.

Central YMA chuan ‘Zirna Uar Kum’ a puan hi kalpui dân tûr kaihhruaina a la duang chhuak tûrah ngai ila. Mizo ÷awng hlamchhiah zâwna kalpuiin tuipui râl hla tak ÷awng hi chàwi vul lutuk zâwngin a kalpui êm lo ang chu maw! Ngaih tha takin lo thlir lăwk phawt mai teh ang. Mi thenkhatin Mizo ÷awng hi khawvêla ÷awng ral tûr 50 zîngah *UNESCO*-in a telh tih an sawi thin a; kei pawhin chu thu chu finfiah chuang loin ka lo sawi ve mai thin. Tûn tumah erawh chuan mi sawi chhàwn ringawta innghat loin internet-ah ka han chhui ve ta a; tûna Mizo ÷awng dinhmun tak chu ÷awng ral thei mai tûr zîngah 59-na a lo ni zâwk.

Mizoram zirnaah hian tihsual lian tak kan nei. Mizo ÷awnga zirna bul ÷an aiin *English*-a bul ÷an kan duh zâwk a. MNF sawrkar hmasak lai khân Mizorama *elementary education* kha *English medium*-a leh vek an tum ÷an kha a ni a. Kha kha zirna lama kan ram kal sualna lian tak a ni. Sawrkar chauhin a tisual lo; kohhran hote pawh hian kan ti sual ve tho. Mizoram Synod ngei pawh hian tihsual lian tak a nei. Tûnah hian *Presbyterian English School (PES)* hi Synod pawmpui chìn pawh 136 a awm tawh a; chúng *school*-te chu *English medium school* vek a ni. Tûnah hian Synod pawmpui nghák PES eng emaw zât a awm leh tawh. Mahni pianpui ÷awng hnâwla tuipui râl ÷awnga zirna bul ÷an hi kan tih fuh loh lian tak leh zirnaa kan ram kal sualna thûk tak chu a ni ta! A pawl tak zet a ni.

Zirna lama mi thiamten *elementary education*-ah hi chuan mahni pianpui ÷awnga zir a tha ber tih hi an sawi dân a ni. *Congress* sawrkarin *Education Reforms Commission*, Mizoram a din (2009–2010)-ah pawh khân *member* zînga a khaipa ber ber vai mi thiam pathumte khân *elementary education*-ah chuan mahni pianpui ÷awnga zir a tha ber tih kha an ngaih dân a ni a; *commission report*-ah pawh chutiang chuan ziah a ni nghe nghe. Mahse sawrkar erawh chuan chutiang *report* chu tihhlawhtlin tum aiin hmàna MNF sawrkarin Mizoram *Primary school*-te chu *English medium*-a leh vek a lo tum kha a chhonzawm ta zêl zâwk a.

Tûnah hian Mizo nu leh pa tam ber hian sâp ÷awng thiam hi lehkha zir chhan emaw an ti ta a ni ber; kan tû leh fâten sâp ÷awng kâwi hnih khat an thiam chuan kan lâwm viau ringawt zêl a. *German* mithiam pakhat *Fichte*-a chuan, “*÷awng hi a hmangtuten an chher a nih ai mahin ÷awngin a hmangtute a chherna a thûk zâwk daih a ni,*” tiin a lo sawi a. Hei hi a dikzia chu Mizo thenkhat khawthlang rama awm fate-ah a lang Chiang hle. ...

(*Chhonzawm tur*)

Taitesena

Hmanlai chuan tlangval leh mipa naupang te, paho te hi zanriah ei kham ve leh zawlbukah an chhuak khâwm a, naupang an tir kat nasa hle thin a. Zawlbuk mei chhawmtu berah an hmang a, mei an tuah alh deuh chuan, “A alh lutuk, a sa,” an ti a. An tuah alh loh deuh leh, “A thim,” an ti bawk si a. Taitesena chuan naupang nun hrehawm lutuk chu tihreh a tum ta a. Zawlbuk tap leh bawhbel inkârah a ding a, tlêm tê têtin meiah chuan thing nawi a vawm lut rêng a. Tlangvalin naupang an tir chuan, “Keima’n ká’n ti ang e, hei ka inring sa reng aláwm,” a ti a, naupangho chu a chet khalh ta zung zung a. Taitesena hriata naupang tirlh chu amah Taitesena tir an ni ta zel mai a, chuvangin a bulah tuma’n naupang an tir ngam ta lo va.

Thlasik lai pawhin Taitesena chu zawlbuk bawhbel bula tuium dahnaah a mu a, puan pakhat a veng a, puan pakhat a sin a. Tlangvâl vâwt ti mei chhawm tha an awmin, “In muhil thei na nge? Ka bulah lo mu rawh u, puan ka lo zâwn ang che u, ka puan hi a lum a nia,” a lo ti thei reng thin a ni. Mipa fa chu huaisen leh tlawmngaiha inel reng an ni a. Vawi khat chu zawlbuk chung dî an chih laiin ruah a sûr a, thli vâwt a tleh a, tu mahin an chih peih lo va. Taitesena erawh chu ruah sur lo ang maiin a chih hmiah hmiah a, “Lo chhuk rawh,” an tih pawhin a chhuk duh lo va. Tlangval intiam rualin an han pawtthla lui ta ringawt a ni.

Taitesena hun lai hian Saphovin Mizoram an awp tawh a, inrûn leh indo a awm tawh lo va; mahse, ramchhuah erawh chu an la ching reng tho va. Vawi khat chu Teireiah an ramchhuak a, luidung an zawh a. An hotupa Zingkela chuan lung chang, lungtât atana tha deuh mai hi a hmu a, “He lung chu lungtâta a va tha em, lam hla deuh lo sela chu ah hâwnah ka duh mang e,” a ti a. Taitesena chuan a rûkin lung chu a ak a, in an thlen chuan, “Ka pu, lungtâta i duh kha hei ka ah hawsak che asin,” tiin a pe a. Zingkela chuan, “Ka ÷awng ve mai mai a nih kha maw le, a rih tham vei nen,” a ti a, hrilhlhai takin lung chu a la ta a.

Vawi khat chu Tuipuih zan sawm riak buhfai nen an ramchhuak a. Sai kah tum an ni a. Sai ram an thlen chuan chawhmeh a lo vang hle a, an hotupa chuan, “Naktuk chu chawhmeh kan nei dâwn hauh lo mai, vawiina kan tumbu hmuhte kha lâk nachang kan lo hre lo a ni,” a ti a. Taitesena chuan an hotupa thusawi chu a hre reng a, an muhil vek ta tihin a tho va, meichher a siam a, an kalna hnua chuan a kir leh nal nal a, an tumbu hmuhte chu a va la a. An buka a kir leh chuan thawm dim takin tukthuan hmeh atân a lo siam diam a. Tuk dangah chuan Taitesena hi a tho hma ber a ni thin a, hemi tum erawh hi chuan a hah deuh a ni ang, a tho tlai berah a ÷ang a. An hotupa a thawh a, chawhmeh siam sa diam a han hmuh chuan, “Duha sawi pawh ka ni lo asin maw le, ka kâ a kua a, ka han sawi satliah mai mai a nih kha,” a ti a, a zak hle a.

(*Chhonzawm zel tur*)

Mi taima leh hlawhtling ngaihsan em em ringawt hi a tawk lo, entawn tel a pawimawh.

Dan leh Hrai

YMA Dan Bu Bung IX Pawl chung thubuai

49. 1) Branch thubuai :

- (a) Branch YMA-ah inrem lohna leh hruaitute kara buaina leh Branch YMA leh Branch YMA inkâra buaina a awm chuan, Group Executive Committee-in a rêl ang. Group Executive Committee-in a rêl fel thei lo a nih chuan, Sub-Headquarters Executive Committee-in emaw, Central Executive Committee-in emaw a rêl ang.
- (b) Group YMA awm lohna hmunah chuan Sub-Headquarters Executive Committee-in emaw, Central Executive Committee-in emaw a rêl ang.

2) Group thubuai :

- (a) Group YMA-ah buaina lo awm sela, Sub-Headquarters YMA huam chhûng Group YMA te chu Sub-Headquarters Executive Committee-in a rêl ang.
- (b) Group YMA dang erawh chu Central Executive Committee-in a rêl ang.

3) Sub-Headquarters thubuai : Sub-Headquarters YMA chhûngah buaina lo awm sela, Central Executive Committee-in a rêl ang.

4) Central YMA buaina : Central YMA-ah buaina a lo awm chuan Central Co-ordination Committee-in a rêl ang.

5) Thubuai dang :

- (a) YMA leh Pâwl dang emaw, mimal kârah emaw, thubuai hlabuai lo awm sela, YMA aiawhin President a ding ang.
- (b) A theih hrâm chuan YMA chhûngkaw buaina hi rorêlna (Court)-a thlen loh tûr a ni.

Bung X

Dan siam leh dan siam that chungchang

50. Dân siam that : YMA General Conference-in YMA Dânpuì (*Constitution*) hi a tûl ang zêlin belh ngai belh a, paih ngai paih a, a thlak ngai thlak a, a Chiang lo lai tichiangan a siam tha thei ang. Dân siam that hi kum ngâ a ral hma chuan siam that loh ni se.

51. Dan siam that rawtna :

- 1) YMA General Conference te, Sub-Headquarters YMA Conference te, Central Executive Committee leh Central Co-ordination Committee-ten dân siam that tûl ni a an hriat lai emaw, paih ngai emaw, siam belh ngai emaw, tihdanglam ngai emaw awma an hriat chuan, rawtna an siam thei ang.

2) Dan siam that atana rawtna chu :

- (a) Sub-Headquarters YMA leh Group YMA chhûnga Branch YMA hrang hrangte rawtna chu, Group YMA leh Sub-Headquarters YMA te pawmpui a nih hnuah Central Executive Committee-ah thlen tûr a ni.
- (b) Aizâwl khawpui chung Branch YMA leh direct-a awp Branch YMA te, Group YMA Conference te leh Sub-Headquarters YMA te chuan an rawtna chu Central Executive Committee-ah an thlen ang.
- (c) Central Executive Committee-a rawtna lût, Central Executive Committee pawmpui chinte leh Central Executive Committee rawtna rêng rêng chu, Central Co-ordination Committee-ah put luh a ni ang a, Central Co-ordination Committee-in rem a tih hnuah General Conference-ah put luh a ni ang.
- (d) Dân siam that thu chu, General Conference rorel palai 2/3 (hmun thuma thena hmun hnih)-in rem a tih chuan General Conference zawh ni a tângin Dân a hman nghal tûr a ni ang. YMA Dan bu ennawn rawtna a awmin General Conference-ah rorel palai 2/3(hmun thuma thena hmun hnih) in rem an tih chauhin ennawn theih a ni ang.

Hriselna Huang

Ei tur tha dik taka ei (Balanced diet) leh taksa sawizawi (Exercise)

- Dr Lalrinsiami

Chutiang bawkin, thisen sang leh zunthlum neite pawhin taksa zawh tawk te te a zing lam emaw tlai lamah emaw pawh darkar chanve vel chauh an han insawizaw hian taksain a ngeih em em a, hriselna kawngah nasa takin a pui a ni.

Taksa sawizawi thatna thenkhat te chu:

- Nun a tihlim a, rilru hahna leh nguina a tikiang thei a ni.
- Taksa rit lutuk leh thau lutuk tur a veng a, chaw pai tawih kawngah nasa takin a pui a ni.
- Tihrawl leh ruh tichak lehzualtu a ni a, ruh mawih lakah a veng thei bawk.
- Tha leh chakna a pe a, natna benvawn nei tawhte tan pawh a thatna a danglam chuang lo.
- Natna benvawn tam tak heng lung natna, zunthlum, thisen sang, thau lutuk, etc. lakah a veng thei.
- Thisen kal vel a tichakin a tiha a, chu chuan vun a ti nungin a ti hrisel a, vun chuar leh zur mai tur lakah a veng thei.
- Thluaka thisen che velte a tichak a, chu chuan kan hriatrengna leh kan thluak hriselna lamah nasa takin a pui a. Kum upa tawhte pawh rilru lam kaihnawih natna lakah a veng thei a ni.
- Rilru a tihahdamin zan mut a titui a, chuvangin chhun lamah miin harhvang takin hna a thawh theih phah thin.
- Na a ti ziaawm thei. Zir chiannaah chuan na benvawn neite pawhin an theih tawka taksa an sawizawi thin chuan an nain a ziaawm phah a, an na hriatna a tihhniam phah bawk.

Taksa sawizaw hian thatna a ngah em avangin ni tin kan ti thei lo a nih pawhin kar khatah minute 150 (za sawmnga) tal lak tum ila, chaw tel lova kim lo deuh huiha kan inhria ang hian taksa sawizaw pawh ngai pawimawh ve ila, tun aiin kan hlimin kan hrisel leh zual ngei ang.

Mihring hi a inanloh theih hle mai a. A then thau duh em em thau thei si lo, a then cher duh mah se cher harsat em em mai an awm ve bawk a. A chhan tam tak a awm thei ang a. Engpawh ni se, rilru hnual nan hman lo ila, kan theihtawpa ei leh in lam uluk leh taksa sawizaw kan kalpui zel chuan kan taksain a hrisel phah em em tho tih hriain, chhonzawm zel hi a pawimawh hle a ni. Tin, ti tang tang peihthe tumruhna hi a ngaihsanawm hle bawk.

Hnampui zawkte hian an eitur an lo duh uluk thin hle a lo ni a. US president hlui nupui Michelle Obama pawhin zawhna chhangin alu kan ro rep rep tui a tihzia leh theih se chu ni tin ei a chak thu a sawi a. Amaherawhchu, a ei lem chuang lo. Nasa taka a taksa a sawizaw hnuah a chang changa tlemte a ei zeuh zeuh thu a sawi bawk a ni. Mi insum theite hi an fakawm in, an entawntlak hle a ni.

Kan hnam pawhin helamah hian hma kan sawn chho ve zel niin a lang a, a lawmawm hle mai. Kan eiturin eng chakna lam nge a pai tam tih te, engtia tam nge ei tur tihte keimahnian kan chhut peih a, kan invawn peih bakah taksa sawizaw lam pawh uar deuh deuh a, tun aia hlim leh hrisel zual zel turin chhiartute zawng zawng duhsakna sang ber ka hlan vek a che u.

I hre tawh em?

Ransa a pa zawkin nau pai thin enge?

Chhanna : Seahorse te hi a pa zawkin nau an pai a. An pai mai pawh a ni lova an hring hial nia! Seahorse pa hian taksaah ip lian pui mai a nei a, tah chuan a nu a va tui a, a pa in a chi lo pein a keu thlengin an pai thin a ni