





An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawwna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com


Khua a that rin a ni.
Temp - Max: 20°C Min: 12°C
Dar 5:57-ab ni a chhuak ang a,
Tlai Dar 5:10-ab a tla leh ang.

Tunkar chang vawn : Thuh 4:12
"Pakhat hneh loh chu pahni chuan an hneh ang. La zai thum kawp chu a chat mai lo"

TUALCHHUNG CHANCHIN

☛ Tv. Lalthazuala (Pu Remlala fapa) chu hun engemaw chen chawlh hmanga a rawn haw hnuin nimin khan a zirna lamah a chhuk thla leh a. Naktik mai khian exam a nei dawn ni a hriat a ni.

Lawmthu Sawina

Khuangpuilam Branch YMA In sakna tur atana mau petu Pu Pahnuna leh a lakna tur motor thawtu Pu Lalremruata chungah Branch YMA chuan lawmthu a sawi a. Balu cubic metre 2 lai min petu Pu F. Lalbiakliana chungah kan lawm takzet a. Tin, mamawh tur thildang pe tura intiamte chungah lawm thu kan sawi nghal baw a ni.

Zantin mauchik hnatlang a thawkchhuakte chungah leh ni 7 Feb, 2020 (Zir-tawpni) zana section leh branch hruaitu bungraw in sakna bulantute chungah lawmthu kan sawi tak meuh a ni.

Tin, ni 5 Feb, 2020 (Nilaini) a mibo, Pu Lalngchinglova zawnaa thawkchhuak zawng zawngte chungah lawmthu a sawi tak meuh meuh a ni.kan thawkchhuak thei a ni.

Sd/-
Secretary
Kpl Br. YMA

Daifim lak man pek lawk theih

Daifim lakman hi thla khatah ₹ 15/- a ni ang a. Kum 1 atan ₹150/- pe lawkin a lak theih dawn baw a ni.

Daifim la thar duh emaw lak zawm duh kan awm a nih chuan chanchinbu semtute hnenah inhriattir tur a ni.

Sava inthlahpun hunlai a lo ni leh tan dawn ta a, tumahin sava that a, tina lo turin i inveng theuh ang u. Thilsiamte hi in mamawh tawn leh chawa inring tawn kan nih angin thilsiam pakhat rem duak hian kan khawsak a khawi paw thei.

Leadership cum Accounts Training nei

Dated Khuangpuilam, the 9th February, 2020 (Pathianni) :

Branch Executive Committee-in a rel angin ni 6 February, 2020 (Ningani) zan khan Gov't Diakkawn High School-ah Branch hruaitute leh Section hruaitute tan 'Leadership cum Accounts Training' nei a ni a. Pu GS Zaithantluanga'n 'Leadership (Hruaitu mawhphurhna)' chungchangah zirtirna pein; Pu Laltanpuia Rengsi in 'Accounts (Sum vawn dan)' chungchangah zirtirna a pe baw a ni. Mi engemaw zat taksa lam harsatna leh thildang tul avanga kal thei lo an awm rualin kum dang aiin training kal an thahnem a, Chawngbawla section atangin OB 5 leh Committee member 5, Vanapa section atangin OB 4 leh Committee member 1, Khuangchera section atangin OB 5 leh committee member 1, Branch atangin OB-te kal kimin BEC member section committee a tel lo 2, adviser leh zirtirna petute nen a vaiin mi 32 an kal a ni. Hmasawwna ropui tak niin a hriat a; chutih rualin, duhthu leh beisei erawh kan la pha lo deuh niin a lang.

Hun hmasa lamah Pu GS Zaithantluanga'n 'Hruaitu mawhphurna' chungchangah zirtirna a pe a. YMA nihphung tur, YMA flag atanga sawi fiahin, rawng sen hian YMA hi pawl lar tak, member leh hruaitu nih pawh inchhuanna thman a ni a; rawng var hian pawl thianghlim huapzo si, Mizote insuihkhawmna a ni tih a lantir a; tin rawng dum hian lusun leh riangvaite thian a nihzia a lantir bakah chung mite chu YMA VIP an nih thu a tarlang a.

YMA member chu pawlah leh thiltihna reng rengah a rinawm tur a ni a. Pawl satliah a nih loh avangin mi min hmuhdan a sang a, chumi chhawm nung zel chu kan mawhphurhna a nih thu a sawi a. Hruaitu chuan a pawl hruai thiltum, dinchhan leh inkaihhraina a hrechiang tur a ni a. Mi rilru zau, thlirzau leh thil hrethiam mi nih a pawimawh thu te; mi rinawm, inpe zo, thil ti mai mai lo, thuhnuai rawlh, harsatna karah pawh chi ai mai lo, hruaitu tha tur chherchhuak thiam nih a ngaih thu te a sawi baw a ni.

Thingpui in chawlh nei hnuin Pu Laltanpuia Rengsi-a'n 'Sum vawn dan chungchang' zirtirna a pe leh a. Sum vawngtu chuan a sum vawn mai bakah a sum vawn dan a chhinchhiah felfai thiam tur a ni a. Thai chhiat leh ziah that awm lo thei ang ber a felfai leh thianghlim thei ang berin kan enkawl uluk tur a nih thu a sawi a. Ziah that ngai awm palh thei a ni a, chumi hunah pawh felfai tak, a thaichhiata pawh la lang fiah thei turin rin khata thai chhe zeuhin, a ziah thatna bula Signature pek deuh thlap a pawimawh thu a sawi bawk.

Sum vawn hi hmingchhiat hma thei deuh a nih avangin a sum vawn dan a ziaak felfai tur a ni a; ziah that nuaih a awm phei chuan a rinhlelh awm duh thin avangin sumvawngtu chu a taimak a, a chimlim hle a ngaih thu a sawi baw a ni.

Training-ah hian zawhna leh sawihona hlawkthlak tak nei a ni a,zan dar 10 vel thleng nei a ni.

YMA LEH PWD Deptt. te'n MOU Sawihona nei

Ni 5 Feb, 2020 (Nilaini) khan Vanapa hall-ah, Central YMA, Group,Branch aiawh te leh PWD officer-ten MOU thlirletna hun an hman a. YMA Group leh Branch atanga thu lut te chhiarchhuah niin, E-in-C pawhin engemaw chin chu a hrlhfiah pah baw a. Thu lo lut zingah 'Contract hralh chhawng hrem' tih chu E-in-C pawhin zaah zaa a thlawp thu a sawi chhuak baw a ni.

Editorial Board :

Represent: Pu Rotlingpuia
Editor: Pu Ricky MS Dawngzela
Jt. Editor : Pu Lalsiamkima
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Contact No: 9862501858 / 9612691291
9612761781 / 7005494983

FLS Station - 9612566886

Chawngbawla Section

Leader : Pu F. Lalbiaksanga
96121 55162
Secretary : Tv. R. Lalnuntluanga
82599 60032

Vanapa Section

Leader : Pu Lalchuaailova
87300 99599
Secretary : Tv. Lallawmzuala
87875 41803

Khuangchera Section

Leader : Pu Lalramzaau
76408 95924
Secretary : Pu Zachungnunga Hrahse
76299 69989

Editorial.....

Hotu leh Hruaitu hi thil sawi-
kawp thin, thuhmun anga ngaih; mah-
se, nihna hrang daih a ni. A hranna
hrethiam lo hotu leh hruaitu chuan a
chanvo a hlenchhuak tha thei lo a, a tih
tur leh tih loh tur a thliar hrang thiam
lo a, midang avangin a inti na fo thin.

Hotu nihna leh hruaitu nihna
thliar hrang thiam chuan hotu a nih
angin ro a rel a; hruaitu a nihna angin
rahbi a rap hmasaa, midang a kaihrui
thei thin. Hotu tha chuan a thuhnuai
awmte a tilungawi a, zai ngai takin a
thuneihna a hman thin. France
hruaitu ropui Napoleon-a pawh kha a
chakna chu a sipaite a tihlungawina kha
a ni e an ti. Hruaitu tha chuan a hruai
dan tur a duang lawk fel a, zui theih
turin hma a hruai a, a hruaia te an
chakloh pawhin hma lam pan thei turin
a chhawmdawol hram hram thin.

Hotu leh hruaitu tha kan sawi
rualin a hruai mipuite pawhin an zir a
ngai a, hruai leh tihhmasawn theihin
an awm ve a ngai thin. An hotu leh
hruaitute awm dan tur hre em em; mah-
se, a kova tla, a tih ve tur tih tum reng
reng lo, hruaitute sel reng; mahse, hma-
sawn tuma hmalak tum leh miah si lo
chu hruai an har luih theih an ni lo.
Chuti nilo se, hruaitu ropui Mosia
hruai Israel-te khan hlim tak leh kim
takin khawizu leh hnute tui luanna kha
an lut tur!!

Daifim semtute

Chawngbawla Section :

1. Jonathan, Upper Kolasib - 25 copies
2. Pekima, Biakin Mual - 45 copies

Vanapa Section

1. Sangrema, Soil Mual - 25 copies
2. Tetea, Highway - 50 copies

Khuangchera Section

1. Lalruatfela, Coffee Huan Mual - 30 copies
2. Thanglalbiaka, Shalom Mual - 30 copies
3. G.Muana, TNT- Judicial Qrtrs - 30 copies

Branch YMA Office Bearer

President Pu HD Daniala 9863212083	Secretary Pu Lalremsiama Varte 9862327112	Treasurer Pu David lalrosanga 9436158962
Vice President Pu S. Lalthangliana 8787326114	Assistant Secretary Pu Lalnunhlua 9366270802	Financial Secretary Pu Rotlingpuia 9862385193

K o h h r a n H u a n g

PRESBYTERIAN CHURCH

Presbyterian Kohhran

Nimin khan u Pahnuna huan,
Sesih ramah Biak In sakna tur
mau sah hnatlang an nei a. Mi eng-
emaw zah thawkchhuakin tha-
hnem tak an sat ni a hriat a ni.

UPC (NEI) Kohhran

Ni 7 Feb, 2020 (Zirtawp-
ni) zan atang khan Thingdawl
Tlangnuam Biak Inah Confer-
ence an nei a. 'Thuthlung kha
rawn pawisa ang che' tih thupua
hmangin Speaker atan Evan. F.
Lalchhanhima hman a ni.

Nimin khan Rorel Inkhawm
neiin, vawiin chawhnu inkhawmah
Rev. C.Lalmuanpuia, bialtu Pastor-
in Sacrament a theh dawn a. A
bak inkhawm apiangah sermon
ngaihthlak thin a ni. Inkhawmpui
hi zaninah a tiak ang.

I&PR Deptt. leh CYMA
Media Workshop nei

Ni 6 Feb, 2020 (Ningani)
khan YMA Chanchinbu enkawltute
pualin I & PR Deptt leh CYMA
tangkawp buatsaihin CYMA Hall,
Tuikhuahtlangah chanchinbu
enkawl dan zirhona 'Media Work-
shop, 2020' neih a ni a. Deputy
CM Pu Tawnluia'n khuallian niin a
hmanpui a, I&PR Director Pi
Lallianpui chu khualzahawm a ni.

CYMA hian I&PR Deptt
nena tangdunin kum 1999 atang
khan Media Workshop hi an
buatsaih tan a. Vawi 15 Media
Workshop hi buatsaih tawhin
I&PR Deptt nen tangdun hian
vawi 13 an buatsaihna a ni.

Media Workshop-ah hian
Aizawl khawchung YMA Branch
83 leh Aizawl khawpui pawn YMA
Branch 58 atangin YMA chan-
chinbu editorial board member
thahnem tak an tel a ni.

Media Workshop hi hun
hniha then niin thawkhathnaah
Pu Romawia Pachuau, Editor,
YMA Chanchinbu paper buatsaih
'YMA Chanchinbu enkawl dan' tih
chu zirho a ni a; thawhnnihnaah
Pu Lalmuanpuia Khiangte leh Pu
Lalnunfela Hlawndo te paper
buatsaih 'Chanchinbu kalphung
bihchianna' tih chu zirho a ni.

CYMA hmalakna

30.1.2020 : Vaivakawn Branch YMA-
in kumpuan hawn programme an hman
a. Dr. Malsawmliana, Asst. Secy-in
Kumpuan hi a hawng a, CEC-te Pu S.F. David
Ngursangzuala leh Pu C. Lalfakzuala ten an
tawiawm.

- Aizawl Venglai Branch YMA-in
'Intuaitharna leh Kumpuan hawnna' an
hmangin, Tv. Lalmachhuana, Vice Presi-
dent-in kumpuan hi a hawng a. CEC-te - Pu
H. Lalsangzuala, Pu Lalrinmawia, Pu T.
Benjamina leh Pu Laldinliana ten an
tawiawm.

- Secretary, Health & Family Welfare
Deptt. Pisa-ah 'State Level Task Force Com-
mittee on Mitigation of Corona Virus in
Mizoram' meeting neih a ni a, Pu F.
Lalfakawma, CEC a tel.

31.1.2020 : 'Central YMA Zaipawl
2020 Induction Service' Central YMA Hall-
ah neih a nia. CYMA OB, CEC, Zaipawl Mem-
ber, an chungte leh an awmna Branch
YMA hruaitute an tel.

5.2.2020 : Manipur Group YMA-in
Lamka-ah Group Conference an hman a.
Pu Fabian Lalfakawma, Treasurer leh CEC-
te Pu Peter Chhakchhuak, Pu T. Benjamina
leh Pu F. Lalfakawma ten an hmanpui.

- CYMA leh MPWD Thawhhona
thuthlung sawihona programme Vanapa
Hall-ah hman a nia. Sub-Hqrs. YMA, Group
YMA leh Aizawl khawpui chung Branch
YMA aiawhte leh PWD aiawh mi 257 an tel.

6.2.2020 : Central YMA leh I&PR
Deptt. buatsaihin Central YMA Hall-ah 'Me-
dia Workshop (Chanchinbu enkawl dan
zirhona)' neih a ni a. Hetah hian Branch
YMA Chanchinbu enkawltu mi 141 an tel a,
programme hi a hlawhtling hle.

CYMA hnuaiah
Hna ruak dil theih

Central YMA Office-a
thawk turin a hnuaia hna hi a
ruak a. A dil duh chuan Ni 3 -20
Feb, 2020 inkar chhungin plain
paper-a ziakin dil theih a ni ang.

Hna hming : Peon-cum- Chowki-
dar (Contract basis).

Edn. Qualification : Class VIII
passed.

Salary : Rs 8500/- per
month.

Quarter : Free. (Tui bill leh
Electric bill chu
mahni chaw tur)

<http://hnuaruak.com/2020/02/hnuaruak-dil-theih-41/>

Thu ziaak Huang

RAM HMASAWNNA

- Lalduhsaka, Khuangpuilam

Ramhmasawnna tur chuan tih tur tam tak a awm a, a chengten kan zawm a ngai. Hriselna te, taimakna te leh miziaah te thuawihnaah te a ni. Ram changkang America, England, France, Germany, Netherland-ah te chuan kut hnathawh an ngaisangin a ram pawh a hausa a, sum leh paiah te, khawl changkang tak tak te pawh an nei a. Tin, a mi chengte pawh an faian nungchangah hma an sawn ani.

Mizoram pawh hi kan ram a zauve tho ; mahse, a cheng ten kan zir a ngaia, hriselna lam te, faina lam te hi kan ngaih pawimawh hmasak a pawimawh a ni. Ram ti hming chhe zawngin Mizo thalaite awmlo ila, aia upa zah thiam tak leh hnathawh honaah leh eng hmunah paw'n.

Tin, Zirna lamah pawh hma kan sawn chak em em a, mahnia taima taka kan thil tih reng reng a kan thawh chuan hmasawnna leh changkanna kan nei dawn ani. Thatchhiat a, nu leh pa thawh chhuah kan rin reng chuan nu leh pa an boral hunah mahni kan in chawm zo lovin kan rethei ang.

Hmasawnna tur thil tam tak kan nei a, hnunglama thil awm theihngihla hmalam pan a, changkanna lam kan zawm thiam a pawimawh a ni. Hmasawn tur chuan tu tan pawh mi zawng zawng, engkimah Pathian zarah dam chuan taima taka thawh a, amah hre renga ram hmasawnna tur ngaihtuah chung zelin, tumna a san chuan tlakna a sang ang hian kan thil tum hrechiang a ram tan thil tha tih hi kan tih makmawh a ni.

Tin, kan hruaitute thu zawm hi changkanna leh hmasawnna atan thil pawimawh tak a ni. Changkang tur leh hmasawn tur chuan thu tha zawm, taimakna, tihpeihna, beidawng lova tih tang tangna neih a ngai a ni.

Zoram mipui te lungrual ila, kan mizo zemawi tilang ila, kan zahawmna tibawrhbang lovin mizo ngei nupui/pasal ah neih tum ila, ramdang a zirlai te pawh mahni awmna theuh ah mizo zedik neien setana duh zawng angin awmlo ila, thianghlim takin i nung ang u. Nun uluk leh fek takin i awm ang u.

DALMIA CEMENT L.H.L Enterprise

Hmarveng, Kolasib

Dalmia Cement kan nei reng e. Bag 5
chin a hmunah kan pe thei baw k e.

Dalmia Agent

Contact : 6009183603, 9862325966 (3-1)

HRISELNA HUANG

CHUAP TIH FAI (Lung detoxification)

Green tea:- Zan mut dawn ah green tea in thin hian chuap leh ril a tifai thei a. Kan in zawh hnu hun rei vak lo chung hian intihah lova hahdam taka awm tur a ni.

Nimbu tui:- Zingah thil ei hmain tui no lian takah tui lum leh nimbu tui thirfiante 4 vel chawhpawlha in thin tur a ni a. Nimbu tui leh tui lum tam lam hi chu kan duh dan a ni mai a, vawi khata in teuh erawh a tul lo. Lakhuihthei tui emaw, cranberry tui emaw pawh a paw lo.

Carrot tui:- Tukchhuan ei zawh, chhun chaw fak hma si-ah carrot tui 300ml vel in thin a tha. Potassium pai hian taksa leh chuap a tifai thai a. Potassium tamna thei leh thei tui eia in tam tur a ni a. Serthlum, Carrot, Balhla, Spinach, Tomato, theipui te hian potassium a pai tam a ni.

Sawhthing:- Sawhthing hian thawkna dawt leh chuap tifaian tur leh bawhlhlawh a paih chhuak thai a. A hlanga ei loh pawhin sawhthing atanga siam thingpui in thin tur ani. Sawhthing mo thar pheih chu a thak vak lo a, sil faia keih hmawh hmawh mai tur a ni.

Mut dawna lakhuihthei tui emaw, cranberry tui emaw in thin a tha bawh.

Tui luma inbual thin a tha a. Eucalyptus oil tui saa telh a, a tui hu hip thin a tha bawh.

Chaw eia pudina hnah ei tel thin a tha a. Zing tin minute 30 vel boruak thianghlim hip luh vang vang thin a tha. Insawizawi a tha a, zinga kea kal a, boruak thianghlim hip tam te hi chuap tih faina tha tak a ni.

Bawnghnute leh bawnghnute atanga siam thil kan thlah theih loh pawhin ei tlem tur a ni. Bawnghnute atanga thil siam ei nasat hian na leh vung, luna leh pumpui chaklohna a thlen thei a, thaw hah a tizual thei bawh.

Miin meizial sim mahse, hun rei tak chung nicotine hnathawh a la chambang thei a, thei leh thlai hnah tharlam ei tam a pawimawh a ni. Zikhlum, parbawrh, spinach, lettuce ang te hi ei uar a tha. Tomato kawr ah hian Lycopene a awm a, vun tan pawh a tha hle a ni. A velna khan i vun chu han hru la, 10 minute vel i chiah hnuah phihfai leh la chu chuan vun a ti eng thei a ni.

Zirlai bu hi thiam tura kawng kawh hmuhtu a ni a, thiamna tak tak chu a zirtu mihringah a awm thin.

CHANCHINTHAR

District Level Fire Prevention Week: Dt. 10/2/2020 (Thawhtanni)dar 11:00 am hian Paris Hall, Venglai, Kolasib -ah District Level Fire Prevention Week , 2020 hawnna hman a ni dawn a. YMA member a thei apiang he hun chhim tur hian min beisei a ni.

Jt. Secretary turin thlang: Ministry of Home Affairs chuan sorkar laipuia joint secretary emaw a tlukpui post chelh thei tur IAS, 2011 batch a thlan chhuah mi pariat zingah Pu R.Lalvena a tel. Tunah hian Tamil Nadu sorkarah Social, Defence & Rehabilitation commissioner hna a chelh mek a. Amaherawhchu, Pu R.Lalvena hian a zawm dawn leh dawn lohah thutlukna a la siam rih lo a ni.

BC Roy Trophy ah Mizoram an champion : National Junior Football Championships for BC Roy Trophy hi Shillong ah khelch a ni a, 6th Feb, 2020(Thursday) khan Punjab nen final khelch a ni . Hun pangngaiah 1-1 in an inhnehtawh in penalty shootout hmanga chak zawk zawn niin Mizoram 5-4 a chakin a wawi thum nan an champion leh a ni. Mizoram team-ah hian Kolasib rawlthar pahni, Ryan Lalthakima, Vengthar leh B.Lazarliana, College veng te an tel.

Defence Expo 2020 hmang : 5th - 9th February chhung awh Defence Expo 2020 edition 11na chu Uttar Pradesh khawpui Lucknow ah neih a ni. He Expo theme atan hian "India; The Emerging Defence Manufacturing Hub" tih chu hman a ni a, Hemi hun hi Prime Minister Narendra Modi chuan a hawng.

World Heritage Certificate dawng: Ni 5 February, 2020 khan the Pink City of Rajasthan, Jaipur chuan UNESCO hnen atangin World Heritage Certificate a dawng.

Astronaut Christina koch-in record siam: NASA's astronaut Christina Koch chuan ni 6 February, 2020 khan him takin kan chenna leiah a lo letleh. Koch hian ni 328 lai International Space Station ISS ah hun a han hmang a. Hmeichhe zingah ISS a hun hmang rei ber record a siam tel nghal bawh a ni.

Coronavirus lakah Mizoram la him: Tun lai hrileng Coronavirus lakah Mizoram chu a la him rih nia hriat a ni. Mizoram a him zel theih nan Mizoram sawrkarin tha thlah lovin hma a la zel bawh ani. Tunah hian Mizoram mi leh sa China atanga lo kir mi pangate chu an chenna In lamah an chhung te nen inchiahpia h lovin fimkhur thu hla ah an awh hrang mek a. An hriselna dinhmun endik thin niin insawiselna nei pakhatmah an awh lo a ni. Thisen test result 2 pawh a negative ve ve bawh. Lengpui Airport leh Zokhawthara khualzinte endik hna pawh a pangngaia kalpui mek zel a ni bawh.

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. (15-2)

Kim Kim Laboratory

Banglakawn, Kolasib

Dr. Hlimpuia Clinic-ah
thisen leh zun a test theih e.
Dawr rawn kal thei lo kan pan thei bawh.

Ph : 8413933536 (6-2)

I insak a lo tlo zawk nan
Cement tha leh rintlak, Cement thar tha
Company direct, Original Cement
chauh hmang thin ang che.

Kolasib-a Distributor awh chhun kan ni.

Kan Cement hi a thar that avangin
a hmang tawh chuan an zawngchhang tlangpui.

Tin, Balu tha leh Brick No. 1
pawh kan nei bawh e.

I mamawh chuan min rawn call rawh le



Ph : 9856333835

AR EL Agency (6-2)
Venglai, Kolasib

KHIANGTE SUZUKI

Access 125 BS6, Burgman 125 leh
Gixxer New Model stock kan nei reng e.
Spare parts leh Servicing-ah buaina a awh lo.

Honda Dealer kan ni bawh a,
duhthlan tur hrang hrang kan nei e.

Min dawrtute Registration
kan buaipuisak thei nghal bawh e.
Motor Insurance pawh kan tithei e.



Kiangte Suzuki
Diakkawn, Opp KCN Building
Contact : 9862348009
7005612620

(9-2)

Bawngleia Medical Store

Diakkawn, Kolasib

Mihring damdawi leh ui damdawi
chi hrang hrang lei tur kan kawh reng e.

Min rawn dawr ve rawh le (3-2)

Chawngthu Photo

Synod Bookroom, Shaloms chung

Passport, Photo printing,
Citation & Frame, Map printing,
Xerox leh Lamination
a tih theih reng e. (3-2)

Rawn pan ve ngei ang che