





Daifim

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: 26°C Min: 17°C
Dar 5:29-ah ni a chhuak ang a,
Tlai Dar 4:36-ah a tla leh ang.

Tunkar chang vawn : Thufingte 4:23 “Thil dang ber aain I thinlung veng tha rawh, nunna lo chhuahna a ni si a ”.

TUALCHHUNG CHANCHIN

☛ MGT Mizoram’s Got Talent 2021 zingah kan veng atanga tel NI Lalnunpuii d/o Vanlalzuia(Mazuia),Vanapa section leh Samuel Lalhriatpuia(Mapuia) s/o Pu Lalhluna , Chawngbawla section, te chu semifinal intihsiakna an hmachhawn mek a, nimin thleng khan final round thleng tura an mahni vote theihna hun an nei a, final an thlen ngei theih nan duhsakna kan hlan e.

☛ Ni 15/11/2021(Thawhtanni) Pu Aldrin Lalrinfela (Rinfela) S/o Pu PC Laldawngliana, Khuangchera Section chu Nazareth Hospital Kolasib a inenkawl turin an lut a, tha taka an inenkawl theih nan duhsakna kan hlan baw e.

☛ Ni 19/11/2021 (Zirtawpni) khan Pi Zosangpuii, Pu Zobiaksanga nu te Aizawl lama inentir pawh an lo haw thla a, tunah an mahni in lamah an in enkawl mek a ni.

☛ Ni 19/11/2021 (Zirtawpni) khan Roluahpuia s/o Pu Marema Chawngbawla section leh Lalzawnnchhuahi, Saitual te chu Khuangpuilam Presbyterian Biak In ah Kohhran dan thianghlimin an innei a, hun kal zel ah nupa hlim tak an nih ngei nan duhsakna kan hlan e.

ALL MASK CAMPAIGN


Face mask i vuah mai hian,
Hri i tihdarh theihna tur lakah a veng che a.

Hri i kai theihna tur lakah pawh a ven che avangin tha takin vuah ang che.

H&FW / DIPR : GOVT. OF MIZORAM

YOUNG MIZO ASSOCIATION
SUB - HQRS YMA EXECUTIVE COMMITTEE THU

Khuangpuilam the 4th April, 2021 : Ahun : Dt.16.11.2021 (Tuesday) dar 06:30pm. A hmun : SYMA Committee Room. Member kal : 24. Pu Thomas D. Lalengliana, President-in Committee a kaihruaia, Pu Lalrinmawia Ngente tawngtaina hun a hman, Secretary hnen atangin report ngaihtlak ani baw. President sawmna in Secretary hnen atanga Agenda sawifiahna neih zui nghal a ni a, thurel kan tan.

THURELTE:

1. YMA General Conference chungchang:
Kumin 2021 YMA General Conference chu hripui leng avangin a hun tak a neih theih anih loh thu leh, Central Executive Committee in ruahmanna a rawn siam, ni 16/12/2021 a Conference neih anih tur thu report ngaihtlak a ni a, palai tur leh kaldan tur chungchangah ruahmanna hetiang hian siam a ni.
SYMA OB te bakah SEC hminga palai turin heng mite hi kan ruat :-

- a) Pu CT Mawia
- b) Pu R. Lalzokima
- c) Pu R. Lalramchhana
- d) Pu Lalchungnunga
- e) Pu H. Vanlalnghaka

Palaite kaldan tur chungchang chu OB ten a tul angin lo bawhzui se tih a ni.

2. Tuikuk Electoral Roll a awm paih chungchang: (Phek 2-naah zawm na)

CYMA IN CENTRAL IN MIZORAM LEH RALTLAN A
NGAIHSAK TAWK LO NIA AN HRIAT THU LARSAP HNENAH
THLEN

Central YMA chuan Mizoram chu Central sorkarin a ngaihsak tawk lova an hriat thu leh raltlante a ngaihsak lo pawh an tih thu Mizoram Larsap Dr. Hari Babu Kambhampati hnenah an sawi.””Nimin khan Mizoram Larsap Dr.Hari Babu Kambhampati chuan Central YMA Office Bearer te chu Raj Bhavan-ah lengah sawmin YMA kalphung leh ram tana an rawngbawlna chungchangte sawiin an inkawm.”CYMA hruaitute chuan Mizoram leh hnam tana YMA in ke a pen dan leh a hnathawh hrang hrangte sawiin Mizorama zirna siamthatna tura rawtna hrang hrang a neihte chu Mizoram larsap hi an hrih a ni.

CYMA hruaitute chuan Mizoram chu hmarchhak kilkhawra awm a ni a, Central sawrkarin a ngaihsak tawk lova an hriat thu leh Union Minister te pawhin an tlawh tam lo hle a, an hriat thu an sawi a. Tun aia nasa zawka Central sawrkarin Mizoram rawn ngaihsak tura hma la turin governor chu an ngen a. India Danpui 8th Schedule-ah Mizo tawng dah a nih ve theihna tura theihtawp chhuahpui turin an ngen baw a ni.

Mizorama Myanmar raltlante chungchangah Central sawrkar atanga raltlante tanpuina leh chhawmdawlna emaw, anmahni ngaihsakna engmah a awm lo chu pawh an tih thu Governor hnenah hian sawiin, hemi kawngah hian theihtawpa hma la turin CYMA hruaitute chuan Governor hi an ngen a, Raltlante dinhmun hrechiang turin amah ngeiin an awmna hmun pawh tlawh ve turin an ngen baw.

Governor chuan Mizoram leh hnam tana YMA hnathawh leh khawtlang tana a rawngbawlna hrang hrangte a lo hriat ve thin thu leh lawmawm a tih thu a sawi a. YMA hruaitute thu thlente chu a theih ang anga lo bawhzui pui a tum thu a sawi.

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Editorial.....
MIHRING SIAM INCHUNG
Tlanglawnmi (mountaineer)
George Mallory kha zawhna an zawt a. “Engvangin nge tlang in lawn thin?” an ti a. A chhanna chu, a bul ang reng viau a. “A awm avangin” tih a ni. George Mallory-a chanchin behchhan hian, Jeffrey Archer-a’n, ‘Paths of Glory’ tih novel a ziaik nghe nghe. Everest kha an lawn chhuak ngeiin, an hria a. A hnua a ruang an hmuh leh pawh khan, an lo chhuk lam niin an hria a ni. Mihring zinga Everest lawn chhuak hmasa ber pawh an nih hmel. Nung dama rawn kir leh hmasa ber erawh chu, Edmund Hillary leh Tenzing Norgay-a an ni a. Tenzing Norgay-a hi, a vawi 7-naah a hlawhtling chauh a ni.
Everest ai pawha lawn hau tak an tih, tlanglawnmi tam tak nunna lo la tawhtu, ‘Killer Mountain’ an tih chu, Nanga parbat a ni a. Metre 8216 zeta sang a ni a, lawn a hautak em em mai a. A lawn chhuak hmasa bertu chu Herman Buhl-a a ni a. Fit 4000 chuang chu amahin a lawn a ni. A lawnpuiten an kir san a. Oxygen a hman lo a. Amah hi alpine climbing an tih ang ti chhuaktu a ni. Tlang chhip atanga a kir lehna kawngah, vur khawn degree 60 a awnah zan khuua a inham tan a ngai nghe nghe.
Mihringte hian kan theihna chin hi kan hre lo thin hle a. Kan peih chin chiahah hian kan duhtaw fo thin, Mahni leh mahni han infuih leh thin ila. Kan thlen theih chin nia kan hriat aia sang hi kan thleng thei vek a ni. Inchung (roof) hi mihringten kan siam chawp mai mai a ni a. Kan inchung san zawng hi kan peih chen chenah a ni fo mai. Inchung hi mihring siam a ni tih hrereng rawh.

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(Headline Chhunzawmna)
Electoral Roll Special Summary Revision neih mekah mahni duhthlanna hmanga Tuikuk Tripura hmun a pem ta te Roll atanga paih an nih theih dan tur chungchang sawiho ani a, hun engemaw chen sawi ho a nih hnuin, OB ten lo bawhzui in, a tul angin phungbawm pawh lo sawm se tia rel a ni.
Tin, Special Summary Revision neih mekah, SYMA hmingin Group leh Branch tin te hnenah Roll-a lut thar turte dik tak leh feltak a kalpui anih theihnan hma la tur a ngenna tihchhuah nise tih a ni. leh lawmawm a tih thu a sawi a. YMA hruaitute thu thlente chu a theih ang anga lo bawhzui pui a tum thu a sawi.
3. Krismas leh Kumthar vuakvet atana hmalak dan tur chungchang :
Kumin 2021 Krismas leh Kumthar 2022 vuakvet chungchangah ralmuang tak leh thianghlim taka khawtlangin he hunpui kan hman theihna turin hmalak ngei tha kan ti a, hun engemaw chen ngun taka sawi ho hnu in, hetiang hian ruahmanna siam a ni.
a) SYMA huam chhungah Branch tinten he hunpui lo thleng tur atan hian mahni huam chhung theuhah duty post siam a, duty thin nise. Ni 22/12/2021 ah duty post hawn vek nise tih a ni.
b) Branch tinte he hunpui lo thleng turah hian halmawi leh puakthei thil zuar leh hal an awmlohna turin hma la tur a ngen nise tih a ni bawkw.
Tuldangte:
Mizoram leh Assam ramri hmun hrang hrangah monitor tura man, President ni bawkw hnen atangin kan ti a, kan hruaitute inpekna pawh hi SEC member ten a hmun a tlawh chuan Ni 21/11/2021 ral hmain secretary in lo ruahman se tih a ni.

CYMA hmalakna
CENTRAL YMA CHETVELNA
15.11.2021 : Synod Committee Room No.1-ah MPF Board Executive Committee meeting neih a ni a, Prof Malsawmliana, Asst. Secretary a tel.
15.11.2021 : Deputy Chief Minister pisa-ah Martarte Thlanmual siamtu Committee meeting neih a ni a, Tv. Lalmachhuana, Vice President a tel.
15.11.2021 : Chief Secretary Conference Hall-ah State Executive Committee- Disaster Management Authority meeting neih a ni a, Covid-19 chungchanga hmalak zel dan tur an sawiho a, Pu Vanlalruata, President a tel.
16.11.2021 : Doctors Without Borders India atangin Purnima Khandelwal, Advocay Manager leh Birendra Konjengbam, Logistics Manager te Central YMA Office-ah an rawn leng a, Pu Vanlalruata, President, Prof. Malsawmliana, Asst. Secretary, Pu Roneithanga, Finance Secretary, Pu Lalrochuanga Pachuau CEC, Pu B.C. Tawna CEC ten an lo dawngsawng.
17.11.2021 : Conference Hall, Directorate of Forensic Science Laboratory-ah Boundary Committee meeting neih a ni a, Pu Vanlalruata, President a tel.
17.11.2021 : Mizoram Larsap Dr. Hari Babu Kambhampati sawm angin Central YMA hruaitute nen inkawmhona hun an nei a. Ram leh hnam tana YMA-n hna a thawh hrang hrang te leh Central YMA kumpuan, ‘Zirna Uar’ kalpui mekah Mizorama zirna siamthatna atan rawtna te an thlen. Myanmar raltlan chungchang leh India hmarchhak te Central Sawrkarin a ngaihsak deuh theih nana hma la turin Governor an ngen bawkw.
18.11.2021 : Deputy Commissioner, Aizawl Conference Hall-ah Local Council Pali huamchhunga Electoral Roll Final Publication Meeting neih a ni a, Prof. Malsawmliana, Assistant Secretary a tel.
18.11.2021 : Joint Action Committee (JAC) on Inner Line Regulation hruaitute Central YMA Office-ah an rawn leng a, OB ten an lo dawngsawng.

MIZORAM HOUSE HRANG HRANG PHONE NUMBER
Mamawh leh a tul hun atan dah that atan :
New Delhi -Chanakyapuri: (011) 23015446 Vasant Vihar: (011) 26145401, 26145404, 26145405, Kolkata - (033) 23353209, 23358144 , Silchar - (03842) 225655, Shillong - (0364) 2225068, Guwahati - (0361) 2529626, Mumbai - (022) 24171678, Bengaluru - (080) 26684815, Vellore - (0416) 2256823

Thu ziak Huang

- C. Chawiliana

Mizo hnahtlak tawng te hi kan tawng a ni

Tawng lam zir thinte (*linguish*) chuan Mizo tawng hi *Tibeto-Burman* chhungkua atanga lo chhuak niin an sawi. *Tibet* atanga *China* ram thlenga tawng hlawm thum lian tak tak *Chinese*, *Tibetan* leh *Burmese* tawng chu *Sino-Tibetan group* tiin an vuah a. Heng tawng pathum inhnaih deuh tawng te chu a indawtin *SINITIC*, *TIBETIC* leh *BURMIC* tiin an khung hrang leh a ni. *Tibetic* leh *Burmic* hi a hlawmin ‘*Tibeto-Burman*’ tiin an vuah ta a ni. Tichuan, Mizo tawng chuan *Tibet* tawng aiin *Burmese* (Kawl tawng) a hnaih zawk avangin ‘*Burmic*’ group-ah a awm. Kawlho tawng aiin *Tibeto-Burman* chhungkua atanga chhuak Meitei (*Manipuri*) tawng chu kan Mizo tawng hian a la hnaih zawk bawk a ni.

Tuna kan Mizo tawng hman mek hi Zo hnahtlak dang chuan Mizo tawng a ni lo, Lusei/Duhlian tawng a ni, Mizo tawng chu a piang mek a ni, mi thenkhat huamhap deuhvin Lusei/Duhlian tawng chu Mizo tawng an lo ti mai a, thliarkar rilru zim tak atanga chhuak a ni, an ti a. Kawng leh lamah chuan a dik viau mai; mahse, tuna kan tawng hman mek hi Mizo tawng a ni tlat si a ni. Mizo tawh phawt (Zo hnahtlak hrang hrang) tawng chu Mizo tawng a ni mai alawm a tih theih rualin Mizo hnahtlak zawng zawng huapzo tawng kan neih chhun Mizo hnahtlak min phuarkhawmtu, inbiakpawhna leilawn chu tuna kan Mizo tawng ngei hi a ni.

Lusei tawng emaw, Duhlian tawng emaw heti taka Zo hnahtlak tawng zing a a lo thanduan bikna chhan thenkhat han sawi ta ila. Lalthangfala Sailo chuan, ‘Lusei tawng, tuna Mizo tawng kan tih tak hi kum 1894 hmalam daih tawh atang khan, Mizoram hmar lamah Kolasib atangin chhim lamah Phawngpui tlang thlenga tawng hman lar ber a ni daih tawh,’ a lo ti a, a dik ngei ang. Dr. Vumson chuan, ‘Luseiho thlangtlak laia Sailo lal Lallula a lal laiin Duhlian (Lusei) tawng hi a vawrh lar a, tawng tlanglawn leh tawng hman berah a siam tan a ni’ a ti bawk. Lallula’n Zopui khua a thut tan kum hi kum 1750 vel niin an sawi.

Lusei/Duhlian tawng tilartu leh Mizo tawng dinhmun luahtirtu ber zawk ni a lang chu kan Zosap, kan *Missionary*-te hi an ni. Kum 1894 khan Pu Buanga leh Sapupa te khan A, Aw, B min siam sak a, Zirlai bu reng reng Lusei/Duhlian tawng vekin an buatsaih a nih kha. Hmar tawng emaw, Paihte tawng emaw khan Zirlai bu hi lo ziak hmasa se Hmar tawng emaw, Paihte tawng emaw chu Mizo tawng a ni lovang tih tunge sawi thei. Kan Sakhaw lehkhahu thianghlim leh Hla bute chu Duhlian/Lusei tawng ngei hmanga ziah a lo ni a, Zo hnahtlak hrang hrang tawngpui (*Common language*) atan Zosapte hian min lo chher sak a lo ni.

Lusei tawng hi a tirah Luseiho, heng- Pachuau, Chhakchhuak, Hauhnar, Hrahse, Tochhawng, Vanchhawng leh lal chi - Sailo, Palian, Zadeng, Thangluah, Rivung, Chenkual, Rokhum leh Chawnglut hnamte’n a tirah hmang mah se, tunah chuan Mizo hnahtlak dang heng - Ralte, Khawlhling, Khiangte, Chawngthu, Ngente, Renthlei, Tlau, Pautu, Rawite, Zawngte, Vangchhia, Punte, Hmar, Thahdo, Pawih leh Paihte hian an hmang deuh vek tawh a ni. A bikin Ralte, Hmar, Thahdo, Pawih, Paihte leh Mara lam pawhin anmahni tawng an hlangna hmunah hmang tha hle mah se, tam tak hi chuan an tawng hi an thiam reng reng tawh lo. Kan zinga chibing inlak hran duhna lo piang thin pawh kan Mizo tawng ngei hian zawi zawiin a la thiat ngei ang.

Tuna kan Mizo tawng hi Luseiho tawng hlang a ni tawh lova, Mizo hnahtlak tawngin a pawlsawp (*Chhunzawm tur*)

Naupang Huang

Aihniara

Mizo zinga tawng rang bera piputen an sawi thin Aihniara hi Selesih in sangsarih khuaa tawng rang ber a ni a. A tawng ranzia hi miten uar takin an sawi thin. Aihniara tawng ran dan hi a makin a mak a, ram palailenga Tumpang tlanchhia a umte hian a khelah a beng thak thak hman thin.

Vawikhat pawh a thiante nen tumpang hnu an chhui a, reife an chhui hnu chuan tumpangin sihtui a dawt lai hi an hmu fuh ta a. Kah ngei tuma tan hmun an siam rem lai takin tumpang chuan an thawm a lo hria a, a tlanchhe ta phut mai a. An kap hman ta lo va. Aihniara ui chuan tumpang tlanchhia chu a um ta chiam mai a, ram palailenga in um mah ni se Aihniara chuan tumpang khelah a beng thak thak thei reng e, an ti. Lui dunga Chinrang chhuk zawnga thlawk laite a um hian an mei a pawt bul thawt hman thin a ni. Sawi uar deuh thenkhat phei chuan Zawlbuk a tlan hel te hian a mawng leh mawng a pet zawt zawt hman e an ti.

Vawikhat chu ruahpui vanawn sur hnuaiah Zawlbuk atangin Lal ina kal a ngai ta tlat mai a. Ruah a sur nasat em avangin Zawlbuka awmho chu tumah an kal phur lo va, Valupa te chuan Aihniara chu tlawmngai turin an nawr lui ta a. Ruahpui sur hnuaiah chuan Aihniara chu lal in lam panin a tlan a, hul phiangin lal in a tlan thleng a, lal in atangin hulphiang bawkin Zawlbuk a rawn tlan thleng leh bawk. A ban tlem chu a hnawm ve chap an ti.

Vawikhat chu lawm a ruai a, sawm tha zet an feh a. Chhun ni sensa hnuaia hlo thlova an han bung chu le, an tui a hal ta a, tui chawina tur tuum tak ngial pawh an lo keng lo leh zel si a, Aihniara chuan aiawtin lo mawng lui tui chu a zu chawi ta a. Aiawt awnga tui lo put chhuak tur chu a lo hup phui hman zel a, a lawm te ho chu an duh tawkin a tulh ta theuhva. Chumai bakah chawfak huna an hman tur tui aiawt bawkin a chawi ngah vek bawk e an ti.

A tawng ran mai bakah pasaltha, sakap thei nih a fawm a, tumpang phei chu a kap thei chung chuang hle a, a thiante itisik thamin a kap thei a ni. Tumpang pel tur phei chuan ram chhuahpui tur pawh a hmu zo lo hial thin a ni. Tumkhat chu Tumpang pel turin an ramchhuak a, tumpang pawh an kap thlu ngei a; nimahsela, Aihniara chu a thi ta tlat mai a!! A thiante chuan, “Tumpangin a si hlum,” an ti a. A pa leh thenrual thate erawh chuan an awi lem lo, an itsikin an kap hlum niin an ngai thung. Mizo zinga tawng rang ber Aihniara chu la valai takin mual a liam ta a ni.

☺☺☺ ‘Sakeibaknei puk ka hlau lo ang’ tih hla a sa rut rut a. A bula zurui chuan tunge a puk ringawt te hlau ang... a lo ti.

☺☺☺ Thingpui dawr phakar, Eggroll-te kha artui awmlo in an han siam velah!!

Buma i awm fo chuan bumtu ni lovin nangmah kha i inenfiah a ngai.

Dan leh Hrai

Court-a thubuai ngaihtuah dan

- LR Chhunga

Mifing awmpui pui hi thubuaiah hian ukil ruai lova mahni a din tum hi an rawn kal thin a, thenkhat hi thil awmzia han hrilhfiah ngial pawh a, thiam a an inngaih avanga ukil rawih ngai titlat lo te, hrilhfiah pawha a awmzia hre thiam pha chuang lo te an ni. Thubuai neih palh thulha kan buai loh nan a tlangpui i han zir dawn teh ang.

Thubuai hi chi hnih *criminal* leh *civil* thubuai a awm a. *Criminal case* hian thilsual titu hrem a tum ber a ni a; *Civil case* erawh chuan a tisualtu kha tuartu chhawmdawl a pektir kha a tum a ni. *Criminal case* hi sawrkar thehluh *Police, Excise, adt.* hma lakna leh mimal hma lakna a ukil ruai a *criminal complaint* theh lu h a awm thei bawk.

1. Criminal case :

Criminal case ngaihtuah dawn chuan thubuai kalpui dan ah *Cr.PC (criminal procedure code)* anga kalpui a ni thin, chu erawh *Special law*-ah te a danglam thei. A tlangpui i han sawi ila - *Chargesheet* thehluh hnu hian a *copy* te thil sualtitu emaw a ukil an pe phawt tur a ni a, chumi hnuah *Police case*-ah chuan *witness* ko hmasa lovin *court-in charge* a siam (*frame*) thin a. *Excise case* leh *case* dangah chuan *witness* thenkhat koh phawt tur a ni thung. *Charge Court*-in a *frame* chuan thil sualtitu (*accused* tiin kan sawi tawh ang) kha an puhna *case* kha a thudika a pawm leh pawm loh a zawt a, an puhna kha a dik a tih chuan thiam a chantir nghal thei a, a phat erawh chuan thuhretu an ko ta thin a ni.

A tuartu lamah khan sawrkar Ukil *Public Prosecutor* a ding a, chu chuan thuhretute (*Witness*) khan chipchiar takin *accused* khan a tisual ngei a ni tih tichiang thei tur an zawt a, chu chu *Court* khan ziakin a chhinchhiah thlap thin a, chumi hnuah *accused* ukil khan a aia chipchiar zawk leh a thusawi tirinhlelhawm thei tur an zawt ve leh thin, hei hi *cross examination* an tih chu a ni. Hetiang thiam hi ukil thiam leh tha nihna a ni. Chumi an zawh hunah *court* chuan *accused* kha *witness*-te thusawi atang khan zawhna a siam a, a duh sawina hun a pe bawk tur a ni. Hemi zawhah hian *accused* lam khan thuhretu an neih chuan *court*-ah an hruai ve leh ang a, sawrkar lam *witness* an tih ang chiah khan an ti ve leh thin a ni. Chung *record* hmang chuan Sawrkar Ukil leh *Accused* ukil kha an inhnial (*argument*) a, an tanchhan tichiang turin *High Court* leh *Supreme Court* thuremna te an phawrh thin, chu an inhnial na leh *witness*-te thusawi atang khan *Court*-in thudik a zawng a, thuremna a siam ta thin a ni.

Thubuaiah hian duh hun hunah thusawi theih a ni lova, *witness* tih avanga duh hun huna sawi theih a ni hek lo. Dawt an sawi chuan man a, *jail*-a khung theih an ni. *Court*-a koh tawh leh thusawi zo tawhte chhan tha bik a awm a nih loh chuan koh nawn theih an ni lo. *Witness* thusawi lai lo tihbuaite khap tlat a ni a, a tuartu tan pawh lova hnial ngawt a thianga lo tih hi hriat reng tur a ni. Mi thusawi tur sawi thei lova lo tihbuaite hi *court* zahlohna (*Contemp of court*) a ni a, *contemp case* siam theih a ni. Kan hriat tur chu *court proceedings*-ah hian *VC Court* anga, a tisualtu leh a tuartu inchaltauh hi a awm thei lo tih hi a ni. Inhnial a ngaih pawn *witness* thusawi *record* atang leh *court* sang zawk thuremna behchhan chauh khan inhnial tur a ni.

2. Civil case :

Civil case-ah ve thung chuan miin midang khinna *case* a thehluta, *court*-in insawifiah turin emaw kohna (*summon*) a pe a, *summon* a hmuh atanga ni 30 chhungin chhanna an thehlut tur a ni a, *special case* a awm a nih chuan thla 3 chhung hun pek theih an ni a, chu aia *special* leh chhawng a awm chuan chumi hnu lam pawh hun pek theih an ni.

Hriselna Huang

Engvangan nge?

- Dr. Ngurnunzami Sailo

Mit liam : Taksaa *billirubin* a lo tam lutuk vanga vun leh mit a lo eng hian *Jaundice* an ti a. Kan thisen hi ni 120 chhung chauh an dam a, an lo upat hnu hian an lo kehsawm ta thin a, an chhunggrila *Hb* chu a lo zalen ta a, he *Hb* thenkhat hi chu *Hb* thar siam nan hman an ni a, a thenkhat erawh hi chu *biliverdin* leh *bilirubin*-ah siam an ni a, hengte hi rawng nei chi an nih avangin an lo tam viau chuan taksaah a lo langchhuak ta thin a ni.

Jaundice thlen theitute lo thlirho ila :-

i) **Thisen (RBC) tam tak tihchhiat an nihin** : Hetianga thisen timur tam tak a lo kehchhiat hian taksaah *bilirubin* a lo tam a, hei hian vun leh mit vel leh taksa hmun dang a lo ti eng ta thin a ni. Natna chi hrang hrang a awm thin a, a langsar zualte chu *Malaria, Haemo-lytic anaemia, pneumococcal pneumonia* te an ni.

ii) **Thin a lo bawrhawmin** : *Billirubin* (taksa ti engtu) tlem azawng hi chu thin hian a lo thiatdarh mai theih loh avangin thisenah a lo tam a, *Jaundice* a thlen ta thin a ni. Natna thenkhat lar zual chauh han tarlang ila, chungte chu thin sawng leh *viral hepatitis* te an ni.

iii) **Hit tui luanchhuahna a inhnawhin** : Hei hi chhan chi hrang hrang vangin a awm thei a, chungte chu:

- Damdawi (indanna damdawi) hman avangin.
- Mit a lung awm vangin leh
- Rilbawh cancer avangin.

Thil lem harsat : Thil lem hi hrisel pangngai tan pawh harsa tak a ni a, kan hmai, lei, hrawk leh chaw dawta tihrawl zawng zawngte intuahrem a ngai a; tin, heng tihrawlte hi hriatna thazam chi hrang panga (5) in a chawm avangin thil awlai tak chu a ni lo hrim hrim a ni. A thlen theitute lo thlir ho dawn ila:-

a) **Chaw dawt hliam** : Chaw-dawt hi *acid* in vang emaw thil dang hlauhawm in avangin a lo pem awlsam em em a, hetia a lo pilh emaw hian thil reng reng a lem hleih theih thin lo va, thisen zam atanga chaw (chiu chi) pek a ngai thin a ni. Tin, a lo dam zel pah hian chaw dawt chu a lo zim telh telh thin bawk a, chu chuan thil lem a ti harsa thin a ni.

b) **Chaw dawt cancer** : Chaw dawt *cancer* hi a hmawr lampangah a awm thin tlangpui a, hei hian a kua chu hnawh chepin chaw lem a lo harsa ta thin a ni.

c) Kan sawi tawh ang khan chaw lem tur hian tihrawl chi hrang hrang a ngai a, heng zingah khawi emaw ber a lo zeng hian thil lem a harsa ta thin a ni.

d) **Chaw dawt nekchep thei reng reng** : A bul vela thil hrang hrang awmte hi a len thut emaw a lo than thut hian chaw dawt chu a nekchep ta thin a, chu chuan thil lem a ti harsa ta thin a ni.

e) Lei cancer, ka chhung leh a bawr vela pan a lo awm hian thil lem a harsa bawk thin.

f) Chaw dawta thil tang vangin thil lem a harsa thei bawk.

g) Hlauhthawn lutuk emaw rilru hah lutuk hian thil lem a harsa bawk thin a ni.

* **A kianga awm duh tu tan chuan Pathian hi mi khirh ani ngai lo.** – A.W. Tozer.

* **Keimaha kim lo awm chu Bible atangin ka hmu chhuak ta.** - Cliff Richard.

* **Pathian rilru hi i duh angin teh ngawt suh, i duh ang ang rilru put tir ngawt suh.** – George Mc Donals.

* **Thatderna hi hmuh theih loh sual nung reng chu a ni** – John Milton