



Daifim

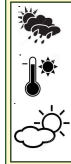
An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO



Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah a sur rin a ni.
Temp - Max: 33°C Min: 24°C
Dar 5:07-ah ni a chhuak ang a,
Tlai Dar 5:17-ah a tla leh ang.

Vol - VI Issue No. - 37

- Khuangchawi Thla -

4th October, 2020 (Pathianni)

Tunkar chang vawn : Thuf. 3:5-6
"I thinlung zawng zawngin Lalpa ring la, Nangma hriatnaah innghat hauh suh, I thiltih apiangah Lalpa hre reng thin la, I kawng a tihluansak ang che,".

TUALCHHUNG CHANCHIN

☛ Pi Jennifer Lalawmpuii, Pu Malsawmtluanga (Ex. Br. Secy) nupui, chuan tahrik ni 29 September, 2020 (Thawhlehi) chhun dar 12:10 khan Durtlang damdawi inah fanu a nei a. Kg 2.950 niin a hmingah Inola Vanlalhruaizeli an phuah a ni. Durtlang lamah la awmin tunkar hianrawn haw thlak an tum a ni. Daifim kaltlangin lawmpuina kan hlan nghal e.

☛ Pu Robert Zothansanga, Chawngbawla Section, chu hun engemaw chen Nazareth damdawi ina a awm hnuin tahrik ni 21.09.2020 (Thawhtanni) khan in lama inenkawl chhunzawm turin arawn chhuak. Damna chang zel turin duhsakna kan hlan e.

☛ Pu H. Lalmuanpuia chu *Chemotherapy* lain Aizawlah a awm meka. Thawhlehi khianrawn haw thlak an tum niin thu dawn a ni. Dam tak leh tluang takarawn haw thla turin duhsakna kan hlan a ni.

☛ Pi Zodintluangi leh a fanu Ngurthansangi Sailo te chu nau neih inzaina avang leh naute khawsik avanga hun engemaw chen damdawi ina an awm chu dam takin tahrik ni 1 October, 2020 (Ningani) khan anrawn chhuak. Damna chang zel turin duhsakna kan hlan e.

Kan then tak

✝ Pi V. Lalsangpuii (Kum 58), Vanapa section, chuan ni 28 September, 2020 tlai dar 5:10 khan chatuan ram min pansan a. A tuk chawhma dar 10:00-ah vui a ni.

A kalsan tak a chhung leh khat, an laina zawng zawngte'n Pathian awmpuina leh thlamuanna an dawn kan duhsak tak zet a ni.

Vengchhung kawng dung thian fa'in MUP-in Raising Day hmang

Khuangpuilam the 4th October, 2020 : Khuangchawi thla tahrik ni 1, 2020 (Ningani) kha MUP Raising Day a ni a. He ni denchhen hian Khuangpuilam MUP-te chuan zingkarah vengchhung kawngdung thenfai hnatlang an nei.

Pawl pathumah (3) inthenin Coffee huan ațanga chhimlam (Aizawl lam) zawng Judicial Quarter pengah innghakkhawmin; Pu B Vanlalawia in ațanga tlangveng lam zawng Pu K Pazawna inkawtah; Pu B Vanlalawia in ațanga hmar lam kawngpui dung zawng Sub Center kawtah innghakkhawmin, zing dar 7 vel ațanga thawk țanin intawhkhawmna hmunah thingpui tuihnai tak an in ho a ni.

Member țhahnem tak hnatlanga Raising Day hmang turin an thawkchhuak a ni. Kum upa lam tawhte'n vengchhung faina kawnga hma an la hi a ropuiin hnungzui tur leh entawn tur țha tak min hnutchhiaha a lawmawm hle a ni.

"I in leh a vel vawng fai la, Kolasib hi khawpui thianghlimah siam rawh"

Khuangchawi thla tahrik ni 2, 2020 (Zirtawpni) khan Venglai YMA Park, Kolasibah Faina Hapta 2020 khuhhawna neih a ni a. Dr. H.Lalthlangliana, Deputy Commissioner chu khuallian niin Pu Gaston Vanlalhratpuia, District Urban Development Officer-in hun a kaihrui a ni.

Dr. H.Lalthlangliana chuan, " 'I In leh a vel vawng fai la, Kolasib hi Khawpui Thianghlimah siam rawh' tih hi kumin Kolasiba Faina Hapta kan hmannaah hian thupuih i nei țheuh ang u," a ti a, "Khawchhung hmun tam ber hi mimal ram a ni a, mahni ram chin zel țha taka kan tihfai chuan khawpui fai kan ni mai dawn a ni," a ti. Deputy Commissioner chuan Kolasibah Solid Waste Management Centre hman tur a peih fel țep a nih thu leh chumi atana inkaihhruiaina dan pawh mipui zawm tura tlangzarh a nih tawh thu sawiin, "The Kolasib Town Solid Waste Management Bye-laws 2020 hnuaiah hian inhrem theihna dan hrang hrangte awm mahse, heng inhremna dan te hi hman ngai lo turin faina kawngah hma ila tlang ang u," a ti.

Dr. H.Lalthlangliana chuan lawmman vang chauha fai tum lo turin kalkhawmte a chah a, "Kan fai leh thianghlime lutuk vang zawka lawmman la chauh kan ni zawk tur a ni," a ti a. Vawiin ațangin faina lama hmasawna kawng zawh tum țheuh turin a chah baw a ni. Faina Hapta 2020 hi kumtluana hman tur a ni a, endikna te kalpui a nih hnuah Republic Day 2021-ah lawmman te chu sem tur a ni dawn a ni.

Faina Hapta 2020 khuhhawna hunah hian Sawrkar department hrang hrang hotute, Village Council, YMA, MUP leh MHIP hrutute an tel a, faina thutiam sawihona hun neih niin kawng dung phiah faina hun hman a ni baw a ni.

(Phek 2-na)

YMA chu țanpui ngaite țanpuitu a ni. – YMA Kumpuan : Zirna uar

Editorial Board :
Represent: Pu Rotlingpuia
Editor: Pu Ricky MS Dawngzela
Jt. Editor : Pu Lalsiamkima
Treasurer: Nl. Florence Zoremsangi
Cir.Manager: Tv. Samuel Lalpekhlua
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 Lalchualova
87300 99599
Secretary : Tv. Lallawmzuala
87875 41803
Khuangchera Section
Leader : Pu Lalramzaa
76408 95924
Secretary : Pu Zachungnunga Hrahse
76299 69989

Editorial.....
Taksa hriselna turin ei leh in thianghlim a ngai ang bawkin, khawsakna, silh leh fen fai a mamawh a; tin, ama taksa ngei pawh a vawng fai tur a ni. Taksa hrisel nei thei tur chuan rilru hrisel a pawimawh bawk.
Tenchhiat hi thil hrehawm leh buathlak tak a ni a; chutih laiin tenchhiat loh lutuk pawhin thil pawl tam tak a thlen thei tho a ni. Kan ei leh in thianghlim tawh loh vang leh kan chenna, kan in leh a vel thianghlim tawh loh avang hian natna tam tak kan vei phah.
Hmasawna hian lehkhazir san, hausak leh thil neih that lamah chauh niloin fai leh thianghlimna a keng tel a ni.
Hmanlai miten hriatna leh finna an la tlakchham avangin khawsak mawlmang takin an khawsa thin a, khawsak awlsam dan berin an nung tawp ti ila kan sawi sual tam lo ang. Tun hunah erawh zirna leh thiamna a zarah kan taksa kan duatin kan enkawl uluk tawh a, chu hriatna chuan thianghlimna leh faina kawngah nasa takin hma a sawntir a ni.
He khawvel nun changkang tak, thiamna leh finnain thil tha zawk tam tak a zir chhuaha, nun dan tha zawk a hriat tawh lai hian eng ang takin nge kan la khawsak ve? Khawvel pawnah hian mihringte tan dam khawchhuahna hmun a awm ang em? tih an zir mek tawh lai hian kan thenawm khawvengte tan pawha hnawksak khawp hian kan lo la khawsa tawpin, faina leh thianghlimna kawngah kan lo la hnufual bik viau em?

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 Nl. Florence Zoremsangi 9612761781	Financial Secretary Pu Rotlingpuia 9862385193

Tunkâr chungga Mizoram thil thleng langsâr zual
26.09.2020 : C. Lallianpuia s/o Tlangkhuma (L) Champhai Venglai chu Vengthar Tlangnuam a hmeichhe naupang kum 5 mi chungga mawi lo taka khawsa a puh anih vangin ni 27 Sept (Pathianni) khan Champhai district jail-ah dah luh a ni. C. Lallianpuia hian pawisa tam tham tak hmanga ngaihdam dilin naupang chunghte hian an remti thei lo niin thudawna chuan a sawi a. Ni 9.10.2020 ah Court ah a inlan nghal dawn a ni.
28.09.2020 : Ui â hri umbo tura hmalakna Ui â hri venna 'World Rabies Day' chu District hrang hrangah hawn a ni a, hei hian chawlhkar khat chhung a awm ang.
- Chamdur Project 1-ah naupang paruk kum 8 atanga kum 10 vel mi te chu inbualin Chamdur Project 2, Chikhurlui-ah an kal a. Naupang thenkhat chu an inbualnaah hian an tla a, an zinga pahni Pu Lalthangmawia fanu Lalngakhleli leh Pu Lalremruata fanu Pensy Vannunkimi te chu an boral. Chamdur Project hi Lawngtlai District chhung Vathuampui bula awm a ni a, Chamdur Project I huam chungah hian Bawm leh Pang an awm a, Project II huam chungah hian Takam (Chakma) an awm thung.
- Mamit District chhung khawthlang lam Bangladesh nena inrina-a duty 90th Bn. BSF-te chuan dan lo a tawlhruk Silai AK-47 (28), AK-56 (1), Carbine - (1) avaiin Silai 30 leh a mu thahnem tak an man.
- Thingsulthliah JNV Covid Care Centre a mi 23 awm mek te chu RTPCR leh RAgT test result a negative vek avangin an vai a Discharged an ni a. Hetih hun lai hian JNV CCC ah positive enkawl lai an awm rihlo a ni. Block F ground floor a awm ten ?7200 Medical Team ten a tul apiang a an hman atan an pe bawk.
- Forest Minister Pu TJ Lalnuntluanga chuan Aizawl Zoological Park tih hmasawna tur kawng hrang hrang a hmunah tlawhin a en. Aizawl Zoo-a Bengal Tiger (Sakei) lak luh tum a nih avangin Sakei dahna tur hmunhmate en hoin a tul anga cheibawl dan turah ruahmanna an siam nghal a ni.
Aizawl Zoological Park-ah hian tun dinhmunah Ramsa chi hrang 36 awmin ramsa awm zawng zawng hi 238 an ni. Covid-19 hripui leng vangin Aizawl Zoo chu mipuite tlawh theih lohin la khar chhunzawm zel a ni bawk.
- Excise & Narcotics, Lunglei chuan, khawthlang lam atang a Zu rawn lut chu zan dar 11:00 khan Lunglei khawchhung ah Rakzu 220.850 litres polythene 631 a 350ml zela fun an man a. A phurhna TATA 407, MZ-02/A-8920 leh a phurtu te mi pathum Takam (chakma) mi pawh an man tel nghal.
29.09.2020 : Pu C. Lalrinchana (R-a) kum 40 S/o Pu C. Lalhrangluaia, Section 1, Chanmari Aizawl chu zing lam dar 10:00 vel khan Thuampui ah a Scooty khalh lai chu kawng sira a ding fel hman chiah tihin a boral. A thih chhan hi Heart attack ni arin a ni.
30.09.2020 : Dapchhuah khaw bul, (Mamit peng) atang a W. Phaileng lam panna kawng khwar chhe zual chu W. Phaileng Driver's Union chuan siam that hnatlang an thawk. Hemi atan hian PWD Department chuan Bolder Trip 30 an thawh a, Mamit E.E. PWD chuan hnatlang thawkchhuakte ei leh in a tum sak bawk.
- Hun rei tak Referral Hospital, Falkawn a OPD khar chu Falkawn VC te hmalakna in, ni 5/10/2020 atangin hawn a ni dawn. "Thawhtan, Thawhle, Nilai, Nilaithawhtan leh Zirtawp ah te Doctor Specialist pali (4) rawn theih an ni ang.
- Pu Lalnunmawia Chuaungo, Chairman State Executive Committee, Mizoram State Disaster Management Authority leh Mizoram Chief Secretary ni bawh chuan Section 22(2)(h) & 24(l) of the Disaster Management Act, 2005 in thuneihna a pek angin ni 1 - 31 Sept, 2020 inkara Mizoram chungga inkaihhraina kalpui dan tur thupek a ti chhuak.
01.10.2020 : Aizawl Vaivakawn atang a Chanmari West pan chhohna chu leimin vangin lirthei eng chi mah a kaltlang theih loh. A tuk ni 2 atangin siam nghal a ni.
02.10.2020 : Zing Dar 7:45 vel khan Rulchawm khua a an Field chung chu a min/ tlahniam a, In pathum a chim pui. Vanneithlak takin mihring thi leh hliam an awm lo. He lei min/ tlahniam vang hian abul a in (5) panga te chu luah ngam lovin an inthiar chhuak bawh a ni.
- Mahatma Gandhi pian champha vawi 151-na pualin October ni 2, 2020 zing dar 8:30 khan Urban Development & Poverty Alleviation Department hnuaia Swachh Bharat Mission (Urban) hmalaknain Faina Hapta (Cleanliness Week) leh Mizoram Khawpui Fai Intihsiakna (Mizoram Cleanliness Competition) 2020 hawna inkhawm Aijal Club-ah neih a ni. He hawna inkhawm ah hian Ministry of Housing & Urban Affairs in a buatsaih thin, India khawpui fai endikna, Swachh Survekshan chungchanga in hrilhriatna neih a ni bawh.

Vantlang eichhetu soal pasarih

(Mahatma Gandhi piancham pual)

- Remmuana Chawngthu

British awpna hnuai India-in zalenna famkim a neih theih nana a hun zawng zawng hmang raltu, mi tam zawkin India Hnam-pa (Father of the Nation) an tih hial, vantlang tana hnathawktu (Social Worker) ropui leh hmingthang, midangte tana a damchhung hun tam zawk hmang raltu Mahatma Gandhi chuan 'Vantlang eichhetu soal pasarih' nia a ngaih a sawi chhuak tlat mai. India hruaitu ropui, Gandhiji meuhin thilsual vantlang tichhe theitu nia a hriat te chu eng thil nge lo ni teh reng, i lo thlir kual teh ang u hmiang.

1. Tum mumal nei lova ram kalsiamtute:

Kan Pathian thuin, "Roreltuin dawt thu a ngainat chuan a chhiahhlawhte zawng zawng an soal thin" a tih ang deuhin, khawtlang nun nuam leh tha tak emaw vantlang nun hrisel lo tak hring chhuak theitute chu ram kal siamtute an ni awm e. Tun dinhmuna kan khawtlang nun han thlir hian vantlang hriselna tur thil tam tak hi hmuh tur a tam lo viau mai a. Kan ram hruaituten (Eng political party pawhin) hamthatna an dawnna tur a nih dawn phawt chuan eng thil soal pawh tih an hreh lo va, ram mipuite thinlung taka hmangaihna tak tak an nei lo a tih theih a ni. "Nakinah kan ramin a la tuar ang a, kan chhiat phah ang" tih lam reng reng ngaihtuah lovin, "Tunah hian tlai puar phawt ila, hunin min den dan ang zelin kan la inhnawhpuar chawp zel ang chu" tih ngaihtuahna chhenfakawm lo pui tak mak hmangtute'n kan ram an hruai thin vang te pawh a ni mahna; kum tam tak State puitling kan nih hnuah pawh kan khawtlang nun chu a heti teh nuaih rih a nih hi...

2. Thawhrimna tel lova hausakna:

Khawvel a changkang a, thiamna a inher sang zel a, eizawanna hrang hrang kan lo nei ta. Hei hian kawng tam takah thatna nei mahse; he hmasawanna hian kawng tam tak takah rah duhawm lo a hring chhuak tam kher mai. Kan ramah sum leh pai tam tak a lo lut a, chumi rut tura ngawi dawh thiam apiang chu mi vannei kan ti ta zel mai.

Taimakna nena miin tih tak zeta a beih chuan hlawhtlinna chu a ta a ni. Amaherawhchu, kan ramah hian sum thianglim lo leng vel hi a tam ta a, sum ngah apiang ngaihsanna a lo pian tak hnuah phei chuan kut tling lova sum lakluh duhna nasa takin a pung a, rethei leh hausa kar a lo zau ta hle mai a, kan Zonunmawiin a tuar a, a ke hial a bai a, dam lo khum bet titihin a awm ta mai a nih hi.

Sum ngainatna bawih-ah hian Kohhrana leh khawtlanga mi pawimawh tam tak pawh hi an lo lut ve nual zel mai. Hei hi a buaithlak em em lai chu a ni.

3. Hriatna fim tel lova nawmchenna :

Thil tha leh rotling, thil nghet leh chhe mai lo tur, chhuan lo awm zel tur thlenga ram leh hnam tana yangkai tur buaipui aiin hun rei lote atana so bulh bulh hi kan duh zawk tlat zel a, nuam kan ti zawk a ni.

Ram leh hnam tana thil thlir thui tak nei a, chumi hlawhtling tura theihtawp chhuah ai chuan, hriatna fim nei mang hlei lova ni hnih-khat thil thua vung hluai ang chi hian kan ngaihtuahna a luah ta zawk a. Hei hian kan nun a tikawrawng a, ram leh hnam chu sirsawn thei lovin a lei bur mai a ni. Nawmchenna kan thlakhlelh lutukna hian tlakchhiatna ruamah min hruai lut a, hruai chhuah leh hi kan tul ta a ni.

4. Nungchang mawi tel lova thiamna lo pung :

Kan Zozap Missionary ten zirna sikul an enkawl lai chuan, zirlaite chu thiamna tak tak (Good Quality), nundan mawi (manner) bakah taksa leh rilrua puitlinna tak tak neiin an chhuak thin.

Tunah erawh thiamna tam tak lo pung chuan aia upa zawkte zah lohnate, nungchang mawi lo tam tak sawi vek sen loh a

hring chhuak. Kan thalaite zingah 'It's my life' tih thupui chhenfakawm lo zet mai rawn pawchhuaktu an awm fur a, a pawi hle mai. Sawi dawn chuan sawi tur a tam a, i duhtawk daih rih teh ang.

5. Dikna tel lova sumdawanna :

He thu-ah kher kher hi chuan thatharte chauh kan dik lo a ni lo. Hmasang kan pi leh pute hunlai atang khan insumdawn tawanna thua kan pipute leh vaiho ten chi-seh leh thelret hmanga indawr tawnin, thil dik lo engngemaw chu an ti ve a ni (Sawi chipchiarna hmun a awm lo tlat a). Tunlaia sumdawng tam tak chuan "Ka lakna aia tlawmin ka pe" an tih hnuah pawh an la hlep nual thei tho nia. Intodelh nana pawimawh tak chu dikna, rinawmna a ni a, hnam a timawi a, a tizahawm baw a ni.

6. Hringnun ngaihhlutna tel lova khawvel thiamna lo sang :

Tunlai khawvel thiamna lo sangin dinhmun tha duhnate, lar leh lansarh duhnate, thuneihna chan duhnate, nawmsipbawl chaknate a rawn paipawn feuh mai a. Chuvangin, kan nun chhungril zahawmnate, hringnun hlutnate chu suar angin a chim a, a tla bal ta a ni. Nun tla bal chuan kawng tinrengah hian harsatna nasa tak a siam thei tih kan hriatreng a tul a ni. Sawi tur tam tak awm mahse, duhtawk leh phawt ang.

7. Inpekna tel lova rawngbawlina :

Kohhran a ni emaw, khawtlangah emaw, pawl hrang hrangah hruaitu nih emaw, lansarh duh vang chauh tak taka rawngbawlnate, nuam tih vang chauha rawngbawl ve mai mai thin hmuh tur tam tak an awm a ni. Hetiang rawngbawlina hi a hlu lo, a ngeiawm zawk mah a, a sawt lo baw. Chu mai ni lovin pawl chhiatna a hring duh a, elrelna leh insawichhiat vak vakna a tipung baw a ni. Sawi tur dang a va tam em!

Tlipna : Tum mumal tak nei lova ram hruaitute, dik lo taka lo hausa ta viaute, thil tha tel miah lova nuam chente i awt ngawt lovang u. Rinawmna tel lova sumdawngte, inpekna tak tak nei si lova rawngbawl ve satliahte hi kan zavai hian i hnualsuat vek ngam ang u.

Hriselna H u a n g**Hriselna leh Taksa Vitamin**

Hriselna atana kan mamawh Vitamin hi chi hrang hrang a awm a, Vitamin A,B,C,D,E leh K te an ni a, Vitamin B hi B1, B2, B6, B12 bakah chawhpawlh, B Complex a awm bawk.

Vitamin 'A' : Tisa tihriseltu a ni a, thlaiah te, bawngnhute, sathin ah te a awm. Vitamin A ei hnem/tam lutuk chuan sam a tlakawlh thei.

Vitamin 'B1' : He Vitamin hi Thiamine an ti bawk. Buh, artui chhungmu, sathin-ah te a tam em em a, ke vung (Beriberi) natna laka min vengtu a ni.

Vitamin 'B2' : Vitamin 'B2' hi Riboflavin an ti ve tho va. Bawngnhute, thlaihring, artui leh saah te a awm.

Vitamin 'B6' : He Vitamin hi hmeichhiain thi an neih dawna natna eng engin emaw a tlakbuak thin enkawl nana hman a ni.

Vitamin 'B12' : Vitamin B12 hian kan thling atangin thisen sen (red blood cells) a siam chhuak a, a pawimawh hle a ni. He Vitamin hi thin atanga lakchhuah a ni.

Vitamin 'B Complex' : Vitamin B ho sawi tak chawhpawlh a ni.

Vitamin 'C' : He Vitamin hi 'Ascorbic Acid' tiin an ko bawk a, thei thurah leh thei lam chi leh thlai hringah a awm a; natna chi khat 'Scurvy' laka min vengtu a ni. Tin, hritlang na lutuk atan pawh a tha.

Vitamin 'D' : Thahrui chat kan tih ang te, tisa phu zuk zuk ang te laka min vengtu a ni a. Tin, 'Rickets' an tih, ruh tinotu laka min vengtu a ni bawk. Sangha thau-ah te, butter-ah te leh artui chhungmu-ah te a awm. Tin, ni zungin kan taksaah hian a siam thei bawk.

Vitamin 'E' : He Vitamin hian nau neih theih lohva ching lakah min veng a. Buh, sa, bawngnhute ah te leh artui chhungmu ah te a awm.

Vitamin 'K' : Thi danna kan tih mai hi a ni a, thisen chhuak tikhangtu a ni. Thlai hringah a awm.

Thulakna : Mizoram General Knowledge

TV En Tamin Lung Natna Thlen Awlsam

A tuk azana TV hmaa thuta en reng hian a en velote aiin lung natna a thlen awlsam bik a ni tiin Doctor mithiamte chuan an sawi a ni. An enchhinnaa an hmuh chhuah chu TV hmaa thuta ni khatah darkar 1 lek kan en ringawt pawh hian lung natna avanga thih theihna zaah pasarih (7%) a kai chho thei a ni tih hi a ni. Britain (UK) a mi tam tak chuan an rilru leh mit chak zawng Channel tin reng enin nitin darkar 4 tha vel an hun khawhral nan an hman thin avangin lung natna thlen theihna percentage pawh a sang hle a, zaah sawmhnihi leh pariat (28%) lai a han san thu British Research Council chuan a tarlang a ni.

A chhan chu Britain (United Kingdom) ah hian kum tin mi 1,93,000 chuang lung natnain an thi thin a, ram chhunga natna chi hrang hrang thihnaah percentage a san ber thu an hmu chhuak. He an research beihnaa an hotu ber Dr. Catherine chuan mihring taksa hi awm hmun sawn lo va, darkar rei tak tak thut hi a nih dan phung a ni lo tiin a sawi. Research beitate chuan mi 373 thi tawhte awm dan an en chian a, ngun thluk taka an sawiho hnu chuan tuna an hmuh dan hi mipui hriatah an tlangzarh ta a ni. Chuvangin TV hmaa hun rei tak tak thutna lak ata kan fihlim theih phawt chuan kan taksa lung natna hlauhawm thlen theihna zaah pariat (8%) a tlahniam thei dawn a ni, tiin mithiamte chuan an sawi a ni.

Dan leh Hrai (Media communication)

1. Saruak leh Ruang thlalak thawndarh. Hremna: Kum 3 thleng jail or/and Rs. Nuai 5 thleng chawitir (IT Act Sec 66A).
2. A neitu phalna lova mobile/computer khawih (IT Act Sec 43).Hremna: Kum 3 thleng jail or/and Rs Nuai 3 thleng chawitir (IT Act Sec 66).
3. Social Media-a Fake account siam.Hremna: Kum 3 jail or/and Rs. Nuai 1 thleng chawitir (IT Act Sec 66C).
4. Dan-in thiam loh a chantir ni lo, mi 'A eiru',etc tia Social Media-a comment.Hremna: Kum 2 thleng jail or/and Pawisa chawitir (IPC Sec 499).
5. Social Media-a sakhaw dang deusawh leh sawichhiat. Hremna: Kum 3 thleng jail tan or/and pawisa chawitir (IPC Sec 153A).
6. Zahmawh rawngkai leh invauna (tualthah, pawngsual) kaihnawih thawn darh.Hremna: Kum 7 thleng jail & pawisa chawi (IPC Sec 506, 507).

– Issued by ICT Department, Govt. of Mizoram.

Hmangchang

1. Bucket-a tuilum dah that reng i duh chuan Newspaper hlui thuah hnih/thum emaw in chhin phui tlat rawh.
2. Glass no pahnih alo inthuah beh tlat chuan a chhung zawk no chhungah khan tui vawt thun la, a pawn lam no chu tui lumah chiah ang che.
3. I bakcheh hmanlai kha a hriam vara awm reng tir theih nan sand paper(lekhkhatap) chep thin ang che.
4. Bel, dekchi etc chhuan balh leh ung khuk tawh te chu chi nen nawt thin la, a fai tha duh hle.
5. Fridge kawngkhar sira rubber invuah kual zei zeiah khan Talcum powder hnawih/ theh thret thret la, a dum val kual thin chu a reh bakah a phui tha sawt ang.
6. Bottle chhung fai lo tih fai nan Alu chhum hmin khehna thun luh a , thin vak tur.
7. Flask(tui lum vawn thatna) hi hman loh reia a awm chuan a rimchhe ve thei a, vinegar no chanve thun la darkar chanve hnu ah tui thianghlimin tleuh leh ang che.
8. Cooker chhung dum thin hi a awm loh nan tengtere tui tlem emaw lemon tui tlem emaw telh ang che.
9. Atta hrik a, a hraw lam paih mai tur hi bel mawm silfaina nan a tha khawp mai. Hmang ve chhin teh.
10. Renchem thil thu ah insukna sahbawn bang nawi paih mai tur hi dahkhawm la puan pan te in funkhawm la thleng sil nan a hman zel theih e.
11. Burchhin hawn harsa tak hi a letling zawngin a chhin lam chu tuisa ah chiah la, nghet taka i vawn theih nan pawncchhe nem huh emaw rubber glove bun la awlsam takin i hawng thei ang.
12. Fridge chhung rimtui lo tih reh nan meihawl dip dah a tha.
13. Fridge-a balhla dah hi a kawr a duk hma hle nachungin a chhung tak erawh a tha rei tho.
14. Thil keh awlsam hi chawhtawh ah i sil chuan a mawngah towel phah la tihpalh leh keh lakah a him bik.
15. Tui herhna (tap) phuilo hi a intialna laiah khan petroleum jelly tat rawh.
16. Bel chhung bal dum uk khuk ah hian tomato emaw sunhlu emaw chhuang la a fai a ti zia awm thei.
17. Bel nawh tlet nan thingzai nawi, favai leh thingpuife hman hnu hi a tha ve tlat.
18. Mombati hi fridge ah dah thin la, a tlo bik a nia.
19. Kawngkhar kawpza ri bengchheng ah hian pencil laimu(lead) hi tat thin rawh.
20. No keh thei chi a thingpui sulhnu ung deuh thin hi i sil hma in chi-in nawt hmasa ang che.