





# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**  


Hunawl hman that  
Zofate hmasawanna ngaihtuah  
Kristian nundan tha ngaihsan

**Khawchin : Source - Accuweather.com**  


Khua a that rin a ni.  
Temp - Max: 24°C Min: 13°C  
Dar 6:05-ah ni a chhuak ang a,  
Tlai Dar 4:49-ah a tla leh ang.

**Tunkar chang vawn : Thufingte**  
3 : 6 "I kawng zawng zawngah amah  
hre reng la, I kawngte chu a  
kawhlmuh zel ang che ;".

**TUALCHHUNG CHANCHIN**

☛ Pu Lalremsiama Varte, Branch Secretary te chuan Dt. 1/7/2021 (Nilaihawhtan) khan fanu duhawmtak Durtlang Hospital ah an nei a. Zai chhuah niin naute leh a nu pawh an tha nia thu dawn a ni a, kan lawmpui takzet a ni.

☛ Pu Rotlingpuia, Branch Financial Secretary chu Dt 1/7/2021 (Nilaihawhtan) khan Trinity Hospital- ah in checkup in an han kal a, result tha tak nen an lo haw nia thu dawn a ni.

☛ Pu Lalhmunnawia Khiangte (Mahnuna, Excise) Vanapa Section in hnuai luah tu Lalmawipuii, chenna chu 30/6/2021 (Nilaini) khan rawk a ni tih hriat a ni a. Bungbel thenkhat a bo ngei tih hriat a ni bawka, a in tala chu tala dangin heng misualte hian an lo thlak sak bawka ni.

Khuangpuilam vengchhungah hian rukruk kaihhnawih lam hi sawitur a awm leh zauh zauh thin a, chhung tinte a hma aiin heng thil thleng thei lakah hian fimkhur leh zual turin kan inchah theuh a ni.

**KHUANGPUILAM COVID-19 DINHMUN**

Update on 3rd July, 2021 Positive tun dihmuna chuan kan nei rihlo a. Home Quarantine atanga chhuah zalen mi 9 kan awm . Tun dihmuna Home Quarantine kan la neih mek te chu

1. Tv Lalrindika C/o Pi Duhi
2. Pi Zonunthari, Davida Home
3. Ni. Lalvenpuii, 19yrs
4. Zodinluanga
5. Hmingthangliana
6. TNT

Note: 4&5 te hi positive recover an ni a, Ni 6/7/21 thleng Home Quarantine an ni ang.

**SUB HQRS YMA DISASTER SUB COMMITTEE VAWI-1NA NEIH A NI**

**Khuangpuilam the 4th July, 2021 :** Ni 25/6/2021 (Zirtawpni) dar 5:00 pm khan Sub-Hqrs Office chung, Diakkawn ah Chairman Pu Lalhmachhuana kaihhruaina hnuaiah committee neih a ni a. Pu R Zonunmawian tawngtaina a hman hnuaah Secretary hnen atangin inhmelhriattima leh thurel turte ngaihtlak a ni a. Sub Hqrs OB i/c Pu Lalnunmawia hnen atangin hriattur tul leh pawimawh hrang hrang hmalak tawhnate ngaih thlak a nih hnuaah thurel tan a ni.

- Thurelte:-
- HMALAK DAN TUR:** Hma lam hun atana hmalak dan tur hrang hrangte sawiho a ni a, hetiang hian ruahmanna siam a ni.
1. Kolasib District Disaster Cell-a thawktute nen inkungkaihna tha nei turin len nise tih a ni. Sub-Committee OB ten ruahmanna siamin lo bawhzui tura tih a ni.
  2. Chhiatrupna lo thlen thulha hma la tur (Volunteer) ruat nise tih a ni. Khawchhung(Town) YMA Branch hrang hrang atangin mi 2(pahni) ruatchhuak tura ngen nise, Ziaktute'n Sub-Hqrs ah thlenin lo bawhzui se tih a ni.
  3. Sub-Hqrs. YMA huamchhunga Adventure Clup kan neihte thawhhopuia sawm nise tih a ni a. A tul anga hma lo la turin Sub-Committee OB ruat an ni.
  4. Budget chungchang sawiho a ni a. Kumin atan Sum ruahmanna(Budget estimate) hnan siam lovin Sub Committee hrang hrang tana sum dah chu hmanna tur leh a tul dan azirin dil mai nise tia rel a ni.
  5. Sub-Hqrs, huamchhunga chhiat tawh mai theihna thil a awm a nih chuan Sub-Gqrs ah thlen thin nise tih a ni bawka.

**Video Conference hmanga Khuangpuilam Branch YMA OB Meeting neih a ni.**

Ni 28th June, 2021 (Thawhtan zan) Dar 8:30 pm khan Video conference hmangin Khuangpuilam Branch YMA OB Meeting neih a ni a, thurel tlangpui te chu hengte hi an ni :

I. SHYMA hnen atanga lehkha dawn chungchang sawi hovin, hetiangin rel a ni: -

(a) Ruihhlo Do Sub-committee volunteer atan Pu HD Vanlalhriata ruat a ni .

(b) Disaster Sub-committee volunteer atan Pu Lalthansanga leh Pu Joshua Lalremsanga te ruat an ni.

II. Pu David Lalrosanga (Branch Treasurer) fanu NI. Neena Remruatsangi man - Man tang ei tura Branch YMA te min beisei angin ei ngei ni se kan ti a, a do let nan Branch sum atangin ₹1000 bakah Branch OB tin ten ₹ 200 theuh thawhkhawm a pek ni se tih a ni.

**SELF-MONITORING CHUNGCHANG**

**Zawhna :** Self-monitoring te hi pawn chhuak theilo an ni em?

**Chhanna :** Ni love, mahse pawn an chhuak anih pawn fimkhur theih tawp in, lo positive palh ta pawh nise midang kaichhawng theilo tur khawp in an inveng fimkhur tur a ni, tihna leh, monitoring chhung hian an mahni anlo inchik em em tur ani a, damlohna leh insawiselnan neih chuan a rang thei ang berin an in report vat tur a ni.

**Amaherawhchu Self-monitoring lai hian tul tawp ah lo chuan pawn chhuak lo tur a ngaih an ni.**

KPL VLTF

**Editorial Board :**  
*Represent: Nl Florence Zoremsangi*  
*Editor: Pu Lalsiamkima*  
*Jt. Editor : Ricky MS Dawngzela*  
*Treasurer: Nl Thanghmingliani*  
*Cir.Manager : Tv. Samuel Lalpekhlua*  
*Contact No: 9612761781 / 9612691291*  
*9862501858 / 8575946381*

**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

**Editorial.....✍**  
**TAM A ṬUL**  
Kan ramri buaina hi a reh maiin a rinawm loh hle a, hetiang a buaina kan tawh chang hian, kan Ministry te kan dem luai luai ṭhin. A mawh pawh an phur lo thei lo reng baw, chutih rualin heng hun a lo thlen a rilru a lo awm ve daih ṭhin chu Mizote hi kan la tlem lutuk niin a lang. Chhungkaw tlem hi changkanna a nih lohzia chu ramria harsatna kan neih hian a tichiang viau, kan la harh lo a nih ngai chuan, hun rei loteah he kan hnam hi a boral thuai ang tih a hlauhawm hle.  
Mizote hian tam tura ṭan kan lak a ṭul takzet tih hriain i harhthar ang u. Kan chhehvela hnam hnuaihning zawka kan ngaih, Tuikuk (Bru) leh Takam (Chakma) te hian, Birth Control an ngai pawimawh ve em? F a neih tam hian chhungkaw khawsak chu a nghawng ngei ang, mahse an lo puitlin ṭhuau hunah, hna an han thawk sung sung tur mitthla chung a fa neih hi a hluin Mizote mamawh zawk a lo ni ta.  
Khawngaihnnain Lok Sabha MP 1 leh Rajya Sabha MP 1 a vaiin MP 2 kan neive ṭawk a, State dang nen kan inhlut hleih em! Ramri issue-ah pawh a vote ngah lo Mizoram ai chuan, a vote ngah zawk Assam chu an hlauvin an zah zawk lo thei nang le. Mizo mipuite aiin kan zoram leilung hi an mamawh zawk tih pawh hre telin, inlungual lo tham pawh kan awm loh hi. Kan ram zim te pawh luah seng lo hnam tlem te hian fa neih tam i hreh suh ang u.

Branch YMA Office Bearer		
<b>President</b> Pu HD Daniela 9863212083	<b>Secretary</b> Pu Lalremsiama Varte 9862327112	<b>Treasurer</b> Pu David Lalrosanga 9436158962
<b>Vice President</b> Pu S. Lalthangliana 89748 30454	<b>Assistant Secretary</b> Nl. Florence Zoremsangi 9612761781	<b>Financial Secretary</b> Pu Rotlingpuia 9862385193

**HSSLC COMPARTMENTAL EXAM CHUNGCHANGA MBSE THUCHHUAH**  
Higher Secondary School Leaving Certificate (Special/Compartmental) Examinations, 2021 chu 23rd - 27th July, 2021 hian heng Centres ah te hian neih a ni ang :

- Govt Mizo Higher Secondary School, Aizawl
- Govt. G.M. Higher Secondary School, Champhai
- Govt. Hnahthial Higher Secondary School, Hnahthial
- Govt. Khawzawl High School, Khawzawl
- St. Johns Higher Secondary School, Kolasib
- Govt. Region Higher Secondary School, Lawngtlai
- Govt. Lunglei Higher Secondary School, Lunglei
- Govt. Mamit Higher Secondary School, Mamit
- Govt Saitual Higher Secondary School, Saitual
- Govt. Serchhip Higher Secondary School, Serchhip
- Govt. Siaha Higher Secondary School, Siaha

Examination Fees chu heng te hi an ni:

- Examination fee - Rs. 300.00
- Late fee (if any) - Rs. 500.00
- Centre fee - Rs. 200.00
- Practical fee per subject - Rs. 150.00

a) to be paid to MBSE Rs. 50/-  
b) to be paid to Centre Rs. 100/-  
Dilna Form thehluh rualin Passport Size thalak pakhat(1) leh fees kan tarlan ang khi ni 13th July hmain Centre Superintendent hnenah theh luh tur ani.  
The Examination will be held on the date & time as given below :

Date/Day	Time	Subject
23.07.2021 (Theory) (Friday)	10:00 am-01:00 pm	All subject excluding Home Science
26.07.2021 (Theory) (Mon)	10:00 am-01:00 pm	Home Science
27.07.2021 (Practical) (Tue)	10:00 am-4:00 pm	All Subject concerned

**Khuangpuilam veng chhunga HSSLC Passed tharte, issue hmasah report dawn hmaih kan neih avangin hetiang hian kan han tarlang leh e.**

1.	Lucy Lalnunthiangi Chawngbawla Section	D/o Lalnuntluanga Ralte	3rd
2.	H.Vanlalhruaia Chawngbawla Section	S/o H.Lalmuanpuia.	1st L in History
3.	Rin Malsawmi Ralte. Chawngbawla Section	D/o Lalremruata (Marema)	Distinction L in Eng, Mz
4.	Rebecca Lalnunkimi Selate Khuangchera Section	D/o.H.S.Lalremliana,	3rd
5.	K.Malsawmdawngzeli Chawngbawla Section	D/o K.Laltlanchhunga,	1st
6.	Siamlalzawma Khuangchera Section	S/o H.L Lama	Distinction L in Mz & Edu
7.	Lalchhanhimi Vanapa Section.	D/o Zoremawii,	2nd L in Eng.
8.	Lalrinzuala Kiangte Vanapa Section	S/o Lalhmunmawia Kiangte	Distinction L in Mz, Edu
9.	R Lalruatfeli Vanapa Section	D/o R Lalnunzira	1st
10.	Neena Remruatsangi Vanapa Section	D/o David lalrosanga	1st
11.	Lalchhanhimi Vanapa Section	D/o Zoremawii	2nd L in Eng
12.	Isaac Vanlalpekhlua Chawngbawla Section	S/o Robert VL Hruaia	1st



Thu ziak Huang

- Kimkimi

YMA Day Article Inziahsiak lawmman 2-na

### Zoram ka hmangaih che

Zirna uar kan tih hian education line lam ringawt a huam lova, kan nitin khawsakna kan eizawwna kawng hrang hrangte pawh a huam awm e. Amaherawhchu, ka thupui hman ang hian Zoram kan hmangaihzia kan tihlan theihna tur atana kawng pawimawh tak chu lehkhazir kan uar hi a ni.

Eng thil pawh ti ila tumruhna leh tum tak takna kan neih hi a pawimawh takzet a. Chu tum tak takna chu Mizote zingah hian mi tlemte chauh hian an nei awm e. Zoram kan ram ti siin kan ram chhunga hmun pawimawh tak tak erawh hnamdangin an luah zel lawi si. He kan Zoram hi kan hmangaih tak tak a nih si chuan kan chet chhuah ve hi a va hun tawh tak em! Hnamdangin min chim pil hun hi kan uipui tui lian thlir tlawk tlawk mai dawn nge tumna tak tak nen he kan ram neih chhun hi kqan tungding leh dawn?

Zirlaite tan bik, tum nei rana kan zir hi a ngai takzet tawh a, chu kan thil tumah chuan kan hlawhtlin ngei theih nan bei ila, ka tum nge ruh sa ruh tih tha a tan kan khawh tak meuh meuh a tul tawh hle a. Kan zirnaa kan tiththat hi Pathian thu kan awihna pakhat a ni tih hria a, kan zirlai tha taka hlen tur leh hlawhtling ngei tura kan zir a pawimawh. Eng anga zirtirtu tha leh thiam ber paw’n min zirtir se titha peih lo leh tum tak tak loah chuan chi nung tuh a har viau. Zirlaite’n mahniahzirin, thahnemngaihna leh hriat belh chakna nena kan zirlai kan hmachhawn a zirtu tha, thiamna leh finna paw chhuak thei tur khawpa tan kan lak a tul.

Zirlaite hian hnamdang laka kan duai bik lohzia kan sawi fo thin. Tih takzetna leh tumruhna nei mi tan chuan eng kawngah pawh hian hlawhtlinna hmuh tur a awm a. A hun nghah hun chhung rei deuh mahse dawhthei takin a nghak a, a nghak chhuak thin.

Zirlai tam tak chuan dawhtheihna leh tih hram hram tumna an tlakchham avangin an tlin loh phah fo. Heta kan hmuh leh tak chu zirnaa hlawhtling tur hian tumruhna leh taimakna mai bakah dawhtheihna pawimawhzia kan hmu tel a. Dawhtheihna hi vanneihna kailawn pawimawh tak pakhat a ni. Mizo thuziaktu lar Pu R.L Thanmawia’n, “Miin dawhtheihna a tlakchham chuan a beisei anga thil a thlen loh hunah a tlu chhe thin,” a lo ti hial a ni.

Kan tunlai boruak kan thlir chuan hri vangin khawvel hi a buai nuai nuai a, zirna in te hawn theih a ni lova, heng hunah tak hian mahni in lamah lo inchhiar zau a, kan hmalam hun atana lo inbuatsaih nan lo hmang tangkai hlauh ila. Zirna lam ngawr ngawr ni lo Pathian malsawmna dawng thalai kut themthiam tak takte hian taima leh rilru nei takin kan hnam intodelhna tura ban pawimawh kan ni tih hriain thahnem ngai takin thawk bawk ila, kan nitin nunah entawn tur dik entawnin, midang hlawhtlinna hi fuihna min petu ni sela, tum nei rana zirin kan ram leh hnam hmabak kan ni tih hre thar leh ang u.

‘Zoram ka hmangaih che,’ tithei thalai, zirlai rual zawng zawngte’n kan Zoram kan hmangaihzia kan lantirna atan kan hmabaka kan tihtur chanpual hlen tur kan neih theuh hlen turin kawng tinrengah ‘Zirna uar’ thar theuh ila, midangte tanpui ngai nihna aichuan midang tanpuitu nih tum ila, Zoram kan hmangaihna chu a la par vul ngei dawn a ni.

(column lehlam a mi zawmna)      zual hle a ni. Chawngbawla hian, “Huai zawng a tha love, kei aia huai chu lu zuar an ni; ka huai hi i a tawk lek a ni,” a ti thin a ni.

Sawi dan pakhat chuan Sialhmur an run tum hian an run tur te hian an lo hre lawk a an lo tlan bo vek mai a, run tur an va hmu ta lo va, mihuanah te an lut a, ...      (Chhunzawm tur)

Naupang Huang

### Pasaltha Chawngbawla

“Huai zawng a tha love, kei aia huai chu lu zuar an ni; ka huai hi i a tawk lek a ni,” - Chawngbawla.

Kan Mizo pasaltha te zinga a hmingthang ber pawl pasaltha Chawngbawla hi Zofate zingah a hming hre lo kan awm kher awm love. Amah hi chhim lam mi huaisen hmingthang niin Seipuia khua Lunglei chheh vel khuaa awm fo thin a ni a. An sawi dan chuan amah hi hang lam deuh, mi aia ria, len lamah pawh pa vantlang pangngai ni in pa ngawichawi lam deuh nelawm lutuk lem lo ni in an sawi.

Chawngbawla hi mi huaisen leh mite chhuanvawr ni mahse chapo lo tak mai leh uangthuang lo tak a ni a. Tum khat pawh zu hmuna amah la hre ngai lotu mi pakhat hian a cho sual pek a, “Nang thiana, sa bawp engzat nge i man ve tawh ?” a ti chhen mai a, Chawngbawla chuan, “Sa bawp tih tham pawh ka la man ve lo,” a ti mai a. Mahse, chupa chuan a zawh tak sek sek avang chuan Chawngbawla chuan, “Chutia min zawh sek sek si chuan, man tiththam pawh ka la nei lo, a lungthu pawh a la kim lo. Savawm ram tla bawp pakhat ka man a, Sakei chho sang kai bawp pakhat ka man bawk a, chuti zawng chu a ni mai,” a ti ta a. Chupa zak lutuk chu a chhuak ta daih mai a ni an ti.

Chawngbawla hi mi hrang sa hrang laka a chanchin sawi tur a tam hle mai a, sahrang lakah pawh chanchin sawi tur nei teuh mahse a hming chherna ber hi chu ral laka a huaisenna hi a ni mah zawk a. An lal Seipuia pawhin a thlamuan pui ber pakhat a ni a, Seipuia khaw chhantu kulhpui pakhata ngaih a ni ve reng a ni. Chhim leh Hmar indo lai khan chhim lam chuan Sialhmur an run a, Sialhmur hi Khawhai ram chhung, Tlangpuite kianga awm a ni a. Sialhmur run tuma lo chhantute chu Vanhnuaailiana leh a nau Thawmvunga leh a pu Vuttaia te ho an ni a; a runtute lam ve thung hi Lalpuithanga te unau Khawsaia, Thawngduta leh a thiante ho an ni thung a.

Sialhmur runnaah hian Lalpuithanga te chuan an pasaltha Chawngbawla hi an hruai a, Hmarlam pasaltha Nghatebaka kalbo hlan kherin Sialhmur chu an run a. Ani Nghatebak a lo haw chuan chutia a awmlah hlan an khua an lo run chu a thinrim nasa mai a, “Ka nghate bak hlan khera ka khua in lo run,” a ti a a umzui ta nghal a, a kap zui thuai thuai mai bawk a. Chhim lam ho chu tang ngam loin an tlanche ta a. An pasaltha Chawngbawla chuan hnu a dal zel a, midang ho chuan, “Khawng maw Chawngbawla kha le?” an ti a Chawngbawla chuan, “Tlan rawh u, tlan rawh u, Chawngbawla pawh a bawl thei tawh lo a nih hi,” a ti a. Tichuan, Chhim ho chu an tlan zel a, Nghatebaka pawh chuan a umzui zel a, nakin deuhah chuan Chawngbawla chuan, “Min han um tawh suh i thi palh ange,” a ti a; mahse, Nghatebaka chuan a um lui zel a, tichuan Chawngbawla chu kawngsirah a penga, a lo chang a, a lo kap thlu ta der mai a ni. Heta tang hian Chawngbawla hi a hmingthan phah

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p><b>BUNG - 11 : RANVULH CHUNGCHANG</b></p> <p><b>Chang 175 - Ui :</b></p> <p>4) <i>Uisathiam</i> : Ram chhhuahnaah uisathiam tihhlum palhin lei a kuai lo va, uisathiam avanga miin sa an kah chuan, a awm tawk chanvo siamsak tur a ni. Uisathiam chu pakhat aia tam hruai a nih pawhin, chanvo pakhat aia tam a chang thei chuang lo.</p> <p>BUNG - 12</p> <p>MIZO RO INLUAH CHHAWN DAN</p> <p><b>Chang 176 - Ro :</b> Ro chu in leh lo te, sum leh pai te hi a ni.</p> <p><b>Chang 177 - Ro neih dan :</b> Ro inluahchhawn chungchangah 'Ro' tih hi a hnuaia sawi ang hian kawng thumin a then theih :</p> <p>1) <i>Thlahtute atanga neih ro</i> : Hei hi chhungkaw Pa berin a pi leh pute emaw , a nu leh a pa emaw atanga ro a luah hi a ni.</p> <p>2) <i>Thawhchhuah atanga neih</i> : Ro neituin a pi leh pu emaw, a nu leh pa te emaw atanga Ro a luah ni lo, ama kut khawih emaw, a nupui fanaute nena an thawhchhuah liau liau emaw atanga a neih Ro te hi a ni.</p> <p>3) <i>Chhungkaw ro awm thei dang</i> : Ro neitu nupuiin emaw, a tu leh fate leh a mote emaw, pa ina awmkhawm chhunga anmahni hminga ram leh thil dang chi hrang hrang an neihte pawh ro a ni vek a. Amaherawhchu, chang 50 leh 51-a a sawi hi chu hmeichhe ro bik a ni.</p> <p><b>Chang 178 - Ro neitu :</b> Mizo hi pate lam atanga thlah kal zel leh ro inluah chhawng zel kan ni a. Chuvangin, chhungkaw pa ber chu ro neitu a ni. Chang 177 (3)-a ro pawh hi chang 50 leh chang 51-a a sawi hmeichhe bungrua leh thuam tih loh chu, pa ina awmkhawm chhung chuan pa ro vek a ni. Chhungkaw pa ber ro neitu tih hian, hmeichhia pawh chhungkaw pa ber dinhmunah a din chuan a huam a ni.</p> <p><b>Chang 179 - Ro neitu thu neihna :</b> Ro neitu chuan a ro chungchangah a hnuaia sawi ang hian thuneihna a nei :</p> <p>1) Ro neituin a dam laiin, tawngkain a ro a sem thei.</p> <p>2) Ro neituin a dam laiin thurochhiah a siam thei.</p> <p>3) Ro neituin, a ro thenkhat chu pian leh murnaa ro luahtu tura a ngaih ni lo, midang hnenah emaw, pawl hnenah emaw pawh a pe thei. Mahsela, hetiang a ro changtu hi ro luahtu a ni chuang lo. Ro thenkhat a chang ve mai chauh a ni.</p> <p><b>Chang 180 - Ro luah theih indawt dan :</b></p> <p>1) Mizote hi chang 178-a sawi angin Pate lam atanga chithlah kal zel leh ro inluah chhawng zel an nih avangin ro neitu chu pa a ni. Pa a thih chuan a nupui chu chang 181 (1)-a sawi angin, ro neitu, pa dinhmun luahtu a ni. Ro neitu a thiha ro luah theite indawt dan chu hetiang hi a ni. Fate leh mahni bulbal dik tak, thisen zawmpuite chauh ro luahtu tak tak an ni thei. Mahni bulbal tak tak te chu : fa te, pa te, pianpui nau te, pa unau te, pu (pate pa) te, tupa (fapa fate) te, fanu leh tunu (fapa fanu) te leh an thlahte an ni.</p> <p>2) a) Ro neitu ro luah tur hian, nu leh pa awmpuitu fapate an lal ber a, chumi zingah awh chuan fatlum, chhungpui fa(nupui dik tak fa) hi nu leh pa chawmhlum tura ngaih a nih avangin a lal ber a ni.</p> <p>Fatlum pawh ni se indang tawh, nu leh pa awmpui lo a nih chuan, a fapa dangte chuan a naupan dan indawtin chumi dinhmun chu anrawn luah ang a. Fapate zingah chutianga nu leh pa awmpuia chawm hlum thei an awm loh chuan, awmpuitu leh chawmtu chu fanu pawh nise roluahtu a ni thei. Fapa mal chu hnathawhna leilet emaw, huan emaw, hna dang avangin emaw in hrangah lo awm mah sela, ro khawm thei lo tur anga indanga ngaih tur a ni lo. Nu hrang laka fate pawh pa hnena an awm chuan, roluahtu dik tak an ni a, Nu hnena awm nghet erawh chuan, fapa, pa hnena khawsa an awm chhung chuan pa rovah chanvo a nei lo. <span style="float:right">(Chhunzawm zel tur)</span></p>	<p><b>Zun kawng hnâi/lâwnɡ</b></p> <p><i>Hrilhfiahna :</i> Zunkawng hnâi/lâwnɡ han tih hian a awmzia tak chu a hming hian a hril thei mai awm e, chumi awmzia chu i zunkawngah khan natna hrikin bu khuarin, natna a thlen a nih chu. Zunkawng hian peng tam tak a nei a chungte chu - Kal, zunkawng chung (ureters) phing, leh zunkawng hnuai (Urethra), heng hmun eng pawhah hian natna hrikin bu a khuar chuan zunkawng hnâi/lâwnɡ kan ti mai thin, a tam zawk chu a hnuai lampang - phing leh zunkawng hnuaih te hian awm thin a ni.</p> <p>Hmeichhia hi mipa aiin zunkawng hnâi/lâwnɡ nei nasa zawk anga ngaih an ni a. Phing lâwnɡ bik hi a ninawmin a hrehawm viau thei a; mahse, natna hrikin kal a khawih tawh chuan hlauhawm khawpin he natna hi a thawk thei thin a ni.</p> <p>Antibiotics hi he natna enkawlna bulpui ber chu a ni mai a; tin, he natna vei lo tur hian kan inveng ve thei a ni tih hriat a tha khawp bawk ang.</p> <p><b>A lan dan :</b> Zunkawng hnâi/lâwnɡ hi hriat mai si lohvin a awm ve reng thei a, thenkhatah phei chuan engtin nge i tlun hluah hluah loh zawk le te pawh kan ti fo. A lan dan tlangpui han tarlang ila:</p> <ul style="list-style-type: none"> <li>* Zun chhuak reng.</li> <li>* Zun zawnga na emaw sa em em.</li> <li>* Zun chhuak zing zung tam thei si lo.</li> <li>* (A hma a mi pathum khi Mizo chuan Zunin kan ti mai thin)</li> <li>* Zun rawng paw deuh phut.</li> <li>* Zun rawng sen deuh emaw coca cola rawng ang a dum uk deuh khuk-zunah thisen a tel tih lanna.</li> <li>* Zun rim chhe deuh emaw dang deuh.</li> <li>* Taina, a bikin hmei-chhiaah.</li> <li>* Mawng bawr na, a bikin mipaah.</li> </ul> <p>Zunkawng lâwnɡ chi hrang hrang: Zunkawng bung hrang theuhva natna hrik a awm (lâwnɡ) in an lan dan a hrang hret hret a, a hnuaia mi ang hian a tlangpui han thai lang ila.</p> <p>Zunkawng bung/peng lâwnɡ lai lan chhuah dan:</p> <p><i>Kal (acute pyelonephritis)</i></p> <ul style="list-style-type: none"> <li>* Nak nem lai na</li> <li>* Khawsik sang tak</li> <li>* Tlun (Khawsik tlun)</li> <li>* Luak chhuak nghulh</li> <li>* Luak.</li> <li>* Phing (cystitis)</li> <li>* Tai nuam lo</li> <li>* Pum hnuai lam nuam lo/na</li> <li>* Zunin</li> <li>* Zun thi.</li> </ul> <p><i>Zunkawng hnuai (urethritis)</i></p> <ul style="list-style-type: none"> <li>* Zunin (zun zawng emaw zun zawh a sa/thip)</li> </ul>
	<p><b>I hre tawh em?</b></p> <p><b><i>Thla han lak hian a chang chuan mit (eye) hi thlalak (photograph) ah a lo lang sen (red) leh vet thin a, engvang nge?</i></b></p> <p><i>Chhanna :</i> Hmun thim deuh/eng lutuk lo laia thla kan lak reng reng hian thlalakah mit a sen duh viau thin a. Hei hi a chhan chu mit naute (pulpils) hi thim deuhah reng reng chuan a lo inhawng zau zual thin a. Thlalakna (camera) flash in mit naute kal tlanga mitdar (retina) a han chhun zawk khan, mittuamtu thisen zam (blood vessels) a rawng sen (red) kha a va chhun tel ta a, hei vang hian thlalakah mit a lo lang sen ta vet thin a ni.</p>