





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: 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 : I Petera 2:11“Duh takte u, mikhual leh khualzin in nih avangin, thlarau do thintu tisa chaknate bansan turin ka ngen a che u;”.

TUALCHHUNG CHANCHIN
☛ Pu F.Lalhmingmawia (Amaw-itea) Chawngbawla Section damlohna avangin Aizawl lama Hospital a in enkawl chu chhungkua leh kohhranhote tawngtaina zarah that lam a pan zel avangin damdawiin a chhuahsan tawha, kar hnih hnu ah inentir leh tura tih a ni.

VC Hriattirna
Khuangpuilam veng chhunga In satur leh samek ten kawngpui chhe thei zawnga kalkawng a Ironrod chhut leh kawngpui ti chep zawnga insakna bungrua leh thildang dah hnaw lo turin mitin kan inngen a ni.

Kan veng chhung a lo felfai zel theih nan In sak fan hmain bialtu VC hnenah insakna tur hmunhma enfiah tura in report theuh turin vengchhung mipui kan ngen baw e.

Hriattirna
FLS a Au tur hi Pu HD Daniel-a Br. President, Pu Lalremsiama Varte, Br. Secy leh FLS incharge Pu Rotlingpuia te hnenah hriattir hmasak thin nise tih a ni a, Hriattirna tur phone number hi a nei remchanglo tan FLS Station Signboard-ah tar chuah a ni.

HNATLANG HNATLANG
Khuangpuilam Branch YMA chuan Dt 29th March, 2021 (Thawhtanni) tukthuan eikhamah Branch pum huap hnatlang a kova, lei laihna hmanrua, bawngtuthlawh, suahdur leh a fuldangte nen, Khuangpuilam Thlanmual pan tur a ni. Chaw lian tawka fun tur a ni baw e

Sd/-
Secretary
KPL Br. YMA

Khuangpuilam Branch Y.M.A Emergency Committee thu

Khuangpuilam the 28th March, 2021 : Date 24th March, 2021 (Nilaini) zan khan Pu David Lalrosanga In ah Khuangpuilam Branch YMA Emergency Committee neih a ni a. Pu HD Daniala, President in committee a kaihrui a ni.

Report :- FLS Station a current connection tih nan test report tih tir a ni a, connection dil chhunzawm tum mek a ni a. A ful angte Pu Rotlingpuia, Finance Secretary in lo buaipui se tih a ni.
Thu relte:-

1. Thlanmual chungchang:- Thlanmual chungchang ah Branch Executive Committee in a rel angin terrace laih a rem dawn leh dawn loh Branch Committee member-te nen Dt. 22nd March, 2021 (Thawhtanni) zingkar a en fiah chu laih tha tih a nih angin hmalak chhunzawm dan tur hetiang hian ngaihtuah chhunzawm nghal a ni.

Dt 29th March, 2021 (thawhtanni) hian Khuangpuilam Thlanmual terrace laih hnatlang neih nise tih a ni a, a hma 27th March, 2021 (Inrinni) tlai dar 3:00 pm hian pek khen hnatlang neih nise tih a ni a, he mi atan hian Branch OB-te leh Section OB-te beisei an ni.

Thlanmual Terrace laihna Worksupervisor atan hian Branch President Pu HD Daniel-a leh Treasurer Pu David Lalrosanga te ruat a ni a, an ni hian a ful dan ang zelin hma lo la se tih a ni, sum pawh a hrangin lo vawng mai se tih a ni baw e.

Pem lehkhaw dawn te :-
(1). Pu Chhawnthangpuia te chhung Zemabaw West, Aizawl
(2). Pu K.Lawmnakima te chhung New Diakkawn atangin.
(3). Pu Lalmuanpuia te chhung Venglai East atangin
(4). Pu R.Vanlalnghaka te chhung New Diakkawn atangin an lo pem a, lawm takin kan lo dawng.

2. Pem lehkhaw chungchang:- Section hruiatu ten pem lehkhaw an dawn reng reng in verify-na leh signature pek zel ni tawh se ti a ni.

3. Chess tournament chungchang:- Dt.9th &10th, April 2021 (zan dar 8:00) atanga fan tur LBS Suzuki Inter Branch YMA Online Chess Tournament chungchang ngaihtuah a ni a, tel ve ngei nise tih a ni a, Branch aiawh turin Pu RVL Malsawma ruat a ni.

4. Rorel Inkhawm palai chungchang:- Dt.8th April, 2021 (Nilaitawhtan) a sub-Hqrs. Y.M.A rorel inkhawm a palai tur atan Pu Lalsiamkima, Daifim Editor chu ruat belh a ni.

Covid-19 hri kaithar nikhatah mi 6 hmuhchhuah

Thla khat hnua Mizorama Covid-19 ni khat a hmuh chhuah tam ber tum 25/3/2021 (Nilaitawhtan) khan a thleng a, hri kai thar mi 6 hmuh chhuah an ni. Hri vei dam tam dan chu 99.21% a ni.

Thla hnih chhung zet chu Mizoramah hri vei thar hmuh chhuah 6 aia tam an awm ngai lo a. Hri vei thar zinga mi 1 chu BSF Doctor, hri kai mek nen inhnimhnaih avanga inkhung hrang mek a ni. Midang 5 te chu state pawn atanga Mizoram lo lut vek an ni. Heng zinga mi 3 chu Lengpui Airport endikna a hri kai tih hmuh chhuah an ni a. Midang Pafa te chu March 12 a state pawn atanga lo haw endikna a hri kai tih hmuhchhuah loh a hnua Covid-19 hri lanna an neih avanga mimal damdawiin a endik an nih hnua hri kai tih hmuh chhuah leh an ni.

Dt. 26/3/2021 (Zirtawpni) thleng khan Mizoram a Covid-19 vei tawh zawng zawng chu mi 4460 niin mi 4450 damin an chhuak tawh a, tun ah hri vei enkawl lai mi 24 an awm mek a ni.

Editorial Board :

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Leader : Pu Lalramzaa
 76408 95924

Secretary : Tv Lalremruata
 7005131514

Editorial.....✍

Bible-in naupang enkawl dan min hrilh, "Naupang chu a kalna awm kawngah chuan zirtir la, a puitlin hun pawhin a thlah lovang" tih leh "mihring chiah zirtir kan ngai" tih thute han ngaihtuah hian rilru-ah zawhna a lo lang nghal a, chu zawhna chu tu nge zirtir ang? tih hi a ni. Tam tak chuan nu leh pate kan tih a rinawm.

Thuhriltu lar D.L Moody chuan "Ka nu ang hi nu zawng zawng nise, tan-In siam a ngai lovang" a ti. Nu zilhna leh zirtirna hian naupang hma hun tur hi a zatve zetin a hril a ni an ti bawk. Entawn tur an hriat hmasak, nu leh pate zirtirna leh kaihhruaina hi naupang tan malsawmna a ni theih rualin, Nu leh pa ten kan zir loh chuan kawng dik lo zawh tan tura kaihruiatu hmasa kan ni thei reng dawn a lo ni.

Nu-in dawhtheihna leh hmangaihna nena thahnemngai taka a theih tawka in chhunga naupang a zirtir hi pa nena inlungual taka a kal dun chuan, naupang hian hlawhtlinna kawng bak zawh tur an nei chuang lo ti ila a dik viau awm e.

Ram leh hnam tan zarzo tham khawpa hlawhtlinna chang tur leh mi puitling leh mi thiam, chhenfakawm leh thlamuanpui tham chher chhuah kan tum a, kan duh takzet a nih chuan nu leh paten tih tur pawimawh tak leh kan tih hmasak tur tam tak a awm a ni.

Branch YMA Office Bearer

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NTCP KOLASIB DISTRICT BUATSAIH PAINTING AND DRAWING COMPETITION LAWMMAN SEM

Dt.26/3/2021(Zirtawpni)
 chawhma khan DC Circuit House,
 Kolasibah ruihhlo that lohzia inzirtirna ni
 pah fawma zirlaite tana lemziaka inelna,
 District Tobacco Control Cell, Kolasib
 buatsaiha ti tha zualte hnenah lawman
 semna hun hman a ni a, Pu
 Lallawmawma, Addl. DC chu khuallian
 a ni.

Khuallian chuan ruihhlo chu
 ram leh hnam hmelma, thalaite hmantlak
 lova siamtu a nih thu sawiin National
 Tobacco Control Programme, Kolasib
 district in he inelna an buatsaih chu
 lawmawm a tih thu a sawi. Khawvelah
 finna leh thiamna kawngah hmasawmna
 nasa tak a awm mek thu Khuallian
 chuan sawiin chung hmasawmna tem
 pha ve turin leh thiamna leh finna thang
 mek pawl pha vetu nih tum turin an
 zirnahte tan la a, ruihhloa fihlim tlat turin
 zirlaite chu a fuih bawk a ni.

Dr.Lalhlimpuia, Chief Medical
 Officer, Kolasib pawhin thu sawiin
 ruihhlo hmansualna chu zirlaite
 hmasawmna kawng daltu a nih dan te,
 nun titawitu leh chhungkua leh
 khawtlang tana mi hnawksak siamtu a
 nih dan te a sawi a, ruihhlo tel lova nun
 hmang turin leh mahni inrintawkna nei
 chunga an zirlaite hmachhawn thin turin
 a chah bawk a ni.

Lemziak inelna lawmman
 semna hun kaihruiatu, Dr.C.
 Vanlalhlampaia, DNO (NTCP) chuan
 zirlai naupang kum 16-17 an nih chhohlai
 chu ruihhlo tihchhin chakna nasatlai a
 nih thu sawiin hemi hun chhung hi an
 fimkhura, ruihhlo laka fihlim tura tan an
 lak nasat a ngaihlay tak a nih thu a tarlang
 bawk a ni. Pi Vanlalchhuangi, President,
 MHIP Sub-Hqrs-in hunserh hmangin Pu
 ZT Vawra Hmar, District Consultant-in
 lemziak inelna buatsaih chhan leh
 endikna kalpuidan sawifiahna hun a
 hmang bawk a ni.

Vanlalrengpuui, Presbyterian
 English School chuan pakhatna a ni a,
 Lallawmsangi, St. Maria Goretti's School
 chu pahnihna a ni, Lalmuankimi, St.
 Maria Goretti's School chuan pathumna
 ani bawk a. Consolation prize mi 5
 hnenah hlan a ni a, inelnaa tel zawng
 zawngte hnenah lawmpuina thuziak pek
 vek an ni bawk.

CYMA hmalakna

22.3.2021 : Vanapa Hall-ah Central
 YMA leh PHED buatsaihin World Wa-
 ter Day, 2021 pual programme hman a
 ni a, Pu Vanlalruata President-in Valuing
 Water thupui a sawi a, Central YMA OB,
 CEC member te leh Aizawl City Branch
 YMA aiawh an tel.

22.3.2021 : Chief Minister chu Central
 YMA OB ten a Pisa-ah an kawm a,
 Myanmar raltlan chungchang leh
 Reverine Forest Reserve chungchang an
 sawipui.

23.3.2021 : Minister, Social Welfare
 Deptt. Pisa-ah Social Rehabilitation
 Board meeting neih a ni a, Tv. Zochhuana
 CEC a tel.

23.3.2021 : Police Narcotic Deptt.
 hotute Central YMA Office-ah an rawn
 leng a, Pu Vanlalruata President, Pu
 Roneithanga Fin. Secretary, Pu H.F.
 Lalrinpuia CEC, Pu Vanlalruata CEC ten
 an lo dawngsawng a, tunlai a Mizoram
 chhunga ruihhlo hluar chho zel
 chungchanga hmalak dan tur an sawiho.

23.3.2021 : Chief Minister Conference
 Hall-ah Mizoram Road Fund Board
 meeting neih a ni a, "Pu Vanlalruata
 President a tel.

25.3.2021 : DC Conference Hall-ah
 Local Level Standing Committee in Con-
 nection with Summary Revision of Re-
 public Veng Local Council Electoral Rolls
 meeting neih a ni a, Prof. Malsawmliana
 Asst. Secretary a tel.

25.3.2021 : Special Secretary, Health
 & Family Welfare Deptt. Pisa-ah State
 Task Force and Committee on Malaria
 Elimination meeting neih a ni a, Pu F.
 Lalfakawma CEC a tel.

25.3.2021 : Venghlui Branch YMA-in
 kumpuan hawn programme an hmang a,
 Prof. Malsawmliana Asst. Secretary-in
 kumpuan hi a hawng a, Pu Lalthazuala
 Renthlei CEC, "Pu Lalchhuangliana CEC,
 Pu H.C. Zonunthara CEC, Pu Danny
 Lalzarliana CEC ten an tawiawm.

25.3.2021 : Chief Secretary Confer-
 ence Hall-ah Committee on Utilization of
 CM's Relief Fund for Covid - 19 meet-
 ing neih a ni a, Pu Vanlalruata President
 a tel.

26.3.2021 : Dampa Group YMA-in
 Tuipuibari-ah Conference an hmang a,
 Pu Fabian Lalfakawma Treasurer, Pu R.
 Lalduhawma CEC, Pu Hrangliana CEC,
 Pu K. Zohmangaiha CEC ten an
 hmanpui.

Thu ziak Huang

- Lallianchhunga, Mizoram University

Naupang Huang

- C. Lalnunchanga

Mizokhawtlanginrelbawldan :
Hmanlailehtunlai

Sawi Hawnna : Mizote hian kum zabi-19 chawhnu lama Sap hoin min awp hnu aṭang chauhin zia kin chanchin dah ṭhat leh chhiar tur kan nei ve anga ngaih a ni a, a tir aṭangin Sap-ho khan Mizote chu lal neia khawtin inbaw k hrang thliah kan ni tih an rawn hre nghal mai a. Mizoram chhim lama hnam lian tak pahnih awm, Lai leh Mara te’n anmahni bil lal an nei tih lohah chuan Mizo lalte hi chi hnih - Sailo lal leh Hnamchawm lal- angin ṭhen theih an ni a. Sailo lalte hi ropui zawk leh thlṭithei zawk ni mah se an khua leh tuite laka thuneihna an neih danah erawh Mizo lal dangte nen an thuneihna a intluk deuh vek thung a; an thuneihna hnar pawh sa leh ral laka an khua leh tuite venhim a ṭulna aṭanga lo irhchhuak a nih a rinawm.

Anmahni dotu te lak aṭanga an khua leh tuite venhim chu lal hnapui ber a nih avangin eichawp dap turin ‘Lo’ an nei ve hman lova, chuvangin a khaw mipuite’n an lal chu ‘fathang’ leh thil dangin an chawm ṭhin a ni. Hun a lo kalzel a, a khua leh tuite himna ringawt ni lo, khawchhunga cheng mihringte mumal leh awmze nei zawka an chen ho theihna atan ruahmanna hrang hrangte siam a lo ngai a, chungte chu ‘ziak loh dan’ (*Unwritten Law*) anga kenkawh a lo ṭul a, chu chu lal leh a khawnbawl upa, leh valupa te kutah a awm ta a; thuneitu ber erawh lal tho kha a ni a. A tawi zawng chuan Mizo lalte khan thuneihna an pumhmawm vek kan ti thei ang.

Hmanlai Chuan : Sap hoin min awp beh hma khan Mizo lal chuan a khua leh tuite nunna chungah ‘thuneihna’ a nei a, an dam leh an thih theihna turin an chungah ro a rel thei. Khua 2/3 thlengin a awp a, chung khua leh a chhehvel ram zawng zawng chu lal thuneihna hnuai a mi vek a ni baw k. Lal chuan a khua leh tuite thil neih eng pawh a chhuhsak thi ang vek a, a khua leh tuite incheina hmanrua pakhat ‘Ṭhi’ pawh a chhuhsak fo ṭhin a ni ngei ang, ‘lal hlau lo ṭhi’ tih pawh ṭawngkam lar tak a ni ṭhin. A chenna in thawm ṭhat a ngaih pawhin a khua leh tuite’n hnattlangin an siam ṭhatsak ṭhin baw k. A khua leh tuite zingah thubu ai nei an awm pawhin lal leh a khawnbawl upate’n an ngaihtuah ho ṭhin a, a thiam lo zawk chu ‘Salam’ atanga ‘Se Nufa’ thlengin an chawi tir ṭhin a ni. Lal leh a khawnbawl upate thuremna hi an khua leh tuite’n an hnial thi ang lo. Lal chuan tualthattu pawh a hum thei a; mahse, chung a mi hum te chu an damchhungin an thlahte nen lal ‘bawi’ an ni tawh ṭhin a, heng mite hi ‘Chemsen bawi’ tiin an ko. Tin, khawchhunga buaina siam ching, lal meuh pawhin a zil h harh zawh loh chu ram chhuahnaah emaw khaw i lo kalnaah emaw a nung chung a lo haw tawh lo tura dahṭhat an ni ṭhin. ‘A chi tam hmaa thah tur’ tih hi an khawtlang thuvawn a ni.

Lal, khawnbawl upa ho leh val upa te uapna hnuaia Mizo khawtlang inawp dan hi ngaihnawm tak zia k tur a awm. Val upate kaihhruaina hnuaiah khawchhunga tlangval zawng zawng leh pavalai deuh, fa pahnih pathum la nei lo chin te chu ‘Zawlbuk-ah’ an riak vek ṭhin a. Ral leh sa laka an khaw venhim chu an hna ber ni mah se ‘Zawlbuk’ a riak ṭhin te chuan tlawmngaihna te, huaisennate leh nundan mawi tam tak an zir nghal a. Zawlbuk a riak te mamawh tui leh thingtuah tur hi tlai tin mipa naupangte’n an dah kaw l sak ṭhin a, tumah an awl ru ngam ngai lo; lo awl ru an awm chuan hrem an taw k ṭhin a ni. Tin, zu rui chung a Zawlbuka luh leh kaw llaia bengchheng emaw buaina siam hi thi ang lo tluka ngaih a ni baw k. Chutiang mi chuan a titu hriat lohin sawisak rawn an taw k fo ṭhin a ni.

Zawlbuk a riak ṭhin te hi khawchhungah an lal em em baw k a; Zawlbuk chhungah an lo bengchheng a, chu chu lalin alo hriat pawhin lal ngei pawhin Zawlbuk chung vawm rik daw t emaw a upa tu emaw kaltlanga bengchheng siam lo tura hrilh bak lo chu ṭawngkain a hau ngam ngai lo baw k. An nula 🍌

Pasalṭha Khuangchera

Mi huaisen Khuangchera : Chānga hi Khuangchera nēna inkawm reng ṭhin, mi huaisen tak baw k a ni a. An tlangval hnuin vaw i khat chu an khuaah keipui kaw l khirh zet mai a lo tla a. Ran a seh a seh a. Kar an kam lakin a hel zēl mai si a. Hmeichhe thing phur leh tui chaw i thlengin vēn an ngai a. An thlawhhma lak thlengin a tibuai a, chuvāng chuan a huho lo chuan feh pawh an ngam lo va. Inlawm dual dualin hlo an thlo ṭhin a.

An nitin nun chu hlauhawm leh thil eng pawh thleng thut thei reng a ni a. Tlai khat chu Ngaihsii feh haw sakeiin a seh a, kawng thlangah a zuan thlākpu i a. A hre hmasa ber Thangtawna chu Ngaihsii chhan turin a tlān liam ngāh a. Khuangchera pawh Thangtawna hnungah chuan a tlān ve ngāh a. Nakinah chuan a va ūm pha a, tlān pelh pahin, “Ka ngam ang ka ti zawng a ni bik lo ve,” a ti a. Sakeiin Ngaihsii a zuan thlākpuina kawng thlangah chuan a zuan thlāk chil h ve rap a. Sakei chuan Ngaihsii ruang chu a lo baw h run a, Khuangchera a hmuh chuan a per lawp a. Khuangchera chuan Ngaihsii ruang chu a din kar cheh a, a vēng ta tlat a. A thlangah chuan sakei chu a ṭhu run a. Khuangchera hnung lawkah Thangtawna chu a lo thleng a, mipui pawh an lo thleng thuai a; Ngaihsii ruang chu him takin an tuam thei ta a ni.

Khuangchera leh a ṭhianpa Changa leh Hempua te hi huaisena inel reng reng an ni a. Vaw i khat chu an khuaah sakei sual a lo tla a. Kar an kam a, sakei chu a kāp hliam a. A tūkah sakei hliam chu an chhui a. Khām hnuai ko sāng lo tēah hian a lo tawm a, a kaw lhin a hlauhawm hle mai a. Changa leh Hempuate nēn an pathumin sakei hliam chu feia chhun hlum an tum a. Ko leh lam atangin an va bih a, sakei chuan zuan tum in a lo baw h leh zuau zuau ṭhin a. Anni’n feia an lo chhun hman zēl avāngin sakei chu an awmnaah chuan a zuang kai thei lo va. Khuangchera chu kotlāng leh a kephah inru al chiahin a ding a, sakei chuan man a tum bik a. Mahse, Khuangchera chuan fuh deuh deuhvin a lo chhun chat chat a, sakei chuan kopang chu a bēng ri leh thlup ṭhin a. A tāwpah chuan an chhun hlum ta a. Khuangchera chuan, “Kephah taw l hret a awl hle mai,” a ti a.

Vaw i khat chu Lianphunga khuate chu Tlawng luiah an ramchhuak a. Khuangchera chuan ngalmal a ūm a. A sanghal ūm chuan Tlawng luia Nghalchawm lī an tih, hlam 5 dāwna sei chu a zuan khūm a, Khuangchera pawhin a zuan khūm ve zaw k a. Chuti kawpa a tlān chak leh a zuang thui chu mak an ti hle a ni.

(*Chhunzawm tur*)

(*column leh lam a mi zawmna*)
rimin a lo biak ṭhat duh loh a, chu chu Zawlbukah an sawi ho hnua tlangval a lungawi ngang loh chuan nulate in-ah chuan ‘lenparual’ an thlak a, ‘khai aw’ tiin in ngging luai luai kawpin tlangval ho chuan an sawi ṭhin a ni.

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>Published by Law & Judicial Department, Government of Mizoram. 1st Edition 2006.</p> <p>BUNG - 4 : NUPA INṬHEN CHUNGCHANG</p> <p>Mizo zingah Nupa Inṭhen Dan chi hrang hrang a awm.</p> <p>Chang 75 - Ma/Mâk : Mipain a nupui duh lova a ṭhen hi Ma a ni. Tupawhin a nupui a mâk chuan, a nupui chu a pasal laka thisen pal a ni emaw ni lo emaw, a man ba zawng zawng a tlak vek tur a ni. A nupui chuan a bungrua leh thuam zawng zawng a chhuahpui vek thei. Nupa an neih chhunga an thawhchhuah dun ‘In leh Lo’ leh bungruate chu chhungkhat lainaten awm an tih ang angin an sem ang a; annin an sem theih loh erawh chuan khawtlang roeltuten an semsak ang. Hmeichhiain a in lam pan nan sum sen ngai sela, mipain a tumsak vek tur a ni. Nupa la indang lo, nu leh pate nena la awm chu, an thawhchhuah dun pawh Pa angchhunga la awm an la nih avangin Pa ta vek a ni a, insem theih a ni lo.</p> <p>Chang 76 - Sumchhuah : Hmeichhiain a pasal a duh lova, ama thua a ṭhen chuan 'Sumchhuah' a ni. Sum a chhuah chuan man pek tawh zawng zawng chu man eituten an pe kir leh vek tur a ni. Man atana tangka aiah bungrua pek ni sela, chumi ngei chu pekkir leh tur a ni. A awm tawh loh chuan a tira an pawm dan ang hu tawk an pe kir tur a ni. Hmeichhiain a thuam leh ama pual a bungrua a chhuahpui thei. Nupui nei laiin nula ngai sela, a nupuiin a pawm duh loh a, a chhuahsan nghal chuan, sumchhuah a ni lovang a, a bungrua mipa ina a luhpui ngeite chu a chhuahpui thei bawk ang. Man bat a awm chuan pek tur a ni. Nula ngai tih emaw tlangval ngai tih emaw hi nula kher emaw tlangval kher emaw ni lovin hnmeichhe mutpui emaw mipa mutpui emaw tihna a ni.</p> <p>Chang 77 - Sumlaitan : Ngam leh ngama nupa inṭhen hi 'Sumlaitan' a ni. Man zawng zawng pek tlak hnua sumlaitana inṭhen an nih chuan man eituten an man ei aṭangin a zatve an pe kir leh tur a ni. Mipa chuan man zatve pawh a la pe lo a nih chuan, man zatve tlinna tur a pe ngei tur a ni. Sumlaitan ni mahse, bungrua leh thuam hi ṭhen chi a nih ve loh avangin hmeichhia chuan a chhuahpui vek thei.</p> <p>Chang 78 - Peksachang : Man pek tawh zawng zawng chhuak leh tawh lo tura inṭhenna hi 'Peksachang' a ni. Peksachang tih chuan man atana pek sa chauh a kaw k a; hmeichhe bungrua leh thuam a huam lo va, hmeichhia chuan a chhuahpui vek thei.</p> <p>Chang 79 - Kawngka sula mâk : Nupui pawm lai neiin hmeichhe dang nupui atan a hruai luhin emaw, nupui thlakna tura hualsa nei emawa a nupui pawm lai a mâk chuan, 'Kawngka sula mak' a ni. Kawngka sula mak hmeichhia chuan buhbal leh bungbel hmun thuma ṭhena hmun khata chang thei. Buhbal tih hian ei leh bar leh eizawnna tur a an lo thawhchhuahte leh inchhhung bungrua pawh an pahniha an lo thawhchhuah apiangte chu a huam vek a ni. Roluahtu, nu leh pa in luahtu ngei pawh nu leh pa an thih hnua an nupaa an thawhchhuah dun chu a huam vek a ni. Nupa la indang lo, chhungte dang nena la awm chu a huam lo. Hmeichhia chuan a bungrua leh thuam, hmeichhe pual bik a chhuahpui vek thei.</p> <p>Chang 80 - Uire : Pasal nei laiin mipa dang ngai sela, Uire a ni. Uirena hi hmeichhe sualna chungchuang tak a nih avangin a man pek tawh zawng zawng lak kir leh vek tur a ni a, a bungrua leh a thuam zawng zawng a chân vek baw k ang. Pipute aṭangin, 'vun inhlihsak' em chu an ti ngai lo va, hak lai an chhuahpui thei. Pasal sôn, inkaichhuak lova pa dinhmun luaha fate enkawltu pawh, mipa laka a chetsual chuan Uire a ni. Chutianga uire chu, a faten emaw, a pasala chhungten emaw, a tu zawk zawk pawhin an hnawtchhuak thei. A faten hnawtchhuak lova awmpui zel an duh chuan an awmpui zel thei a, khumpui erawh (Chhunzawm zel tur)</p>	<p>Hritlang (Common Cold) - <i>Vanlalduhsaki</i></p> <p>Enkaw! dan: Hritlang chu amaha reh ve mai thei a nih avangin, damdawi ei kher pawh a ngai lo thei a; mahse, luna leh khawsik a thlen chuan nachhawkna ei a pawi lo va, hnarping leh hnap tui pawh damdawi eiin a chhawk thei baw k. Heng bakah hian a hnuaia tarlan te hi zawm a ṭha: i) Mut tam leh taksa chawlh hahdamtir. ii) Tui tam taw k tak in. iii) Ei leh in tihṭhat. iv) Taksa invawn fai. v) Taksa tihvawh loh. vi) Mi dang bula awm tam loh.</p> <p>Hritlang chhawk tura damdawi ei a pawi loh rualin, Doctor chawh loh a antibiotics lo ei ngawt hi tih loh tawp tur a ni.</p> <p>Hritlang chungchang tlangpui chu kan hre ta baw k a, mahni inenkawl dan pawh kan thiam tawh ṭheuhin a rinawm; mahse, ngaihthah changte a awm ṭhin a, ‘Hritlang satliah’ mai mai te kan ti ṭhin a, hei hi a ṭha lo hle. Inenkawl ṭhat loh chuan chuap lamah ṭhatlohna a thlen thei a, chu bakah sinusitis (sinus na) leh bengah pawh chhiatna (ottis media) a thlen thei a ni. Tin, hritlangin thaw k a tihbuai a, ziaawm lam aia zual lam a pan chuan mi thiamte râwn vat hi a ṭha a ni. Hritlang kai chuan mahni induat a, inenkawl ṭhat hi a pawimawh hle a, mi dang hnena kai darhtu ni lo tura inenkawl dam vat hi a theih chuan tum hram tur a ni.</p>
<p>Hriatzauna Huang</p> <p>Engvangin nge khawchhiat leh fur lai hian thawmhnaw a ro(dry) har bik?</p> <p><i>Chhanna :</i> Kan thawmhnaw huha tui (<i>water</i>) awm hi a hu chhuah (<i>evaporate</i>) chak dan azirin thawmhnaw ro chak/hma dan pawh hi a innghat thui hle a. Khaw chhiat leh fur lai chuan boruak a lo hnawng (<i>humidity</i>) nasa bik a. Hei hian thawmhnaw aṭanga hu chhuak (<i>evaporation</i>) a timuang a, thawmhnaw aṭanga hu chhuak (<i>evaporate</i>) a timuang a, thawmhnaw a lo ro har phah ta ṭhin a ni.</p> <p>Ni a chhuah leh tlak dawn hian kaw! (horizon) hi a sen phû! thin a. Engvang nge?</p> <p><i>Chhanna :</i> Ni enga awm chhimbal rawng zinga rawng sen chu boruaka a insem darh nasat bik vang a ni.</p> <p>Green House Effect leh Global Warming an tih hian inkungkaihna an nei em? An awmzia tlangpui han sawi teh.</p> <p><i>Chhanna :</i> Neiteh reng mai, ṭhenkhat chuan thil thuhmun deuh rengah an ngai a ni. Mihring thiltih hrang hrang avang leh khuarel thil thleng heng- Tlangkang, adt. avangte hian lei tuamtu boruakah (<i>Atmosphere</i>) hian <i>Greenhouse gases</i> an tih mai heng - <i>carbon dioxide, methane, nitrous oxide, halocarbon, ozone, water vapour</i>, adt. te chu a inchhekkhawm ṭhin a.</p> <p>Hei hian khawvel/lei tuamtu boruak/khua hi a hma aiin a lo tilum zual ta sawt a. <i>Greenhouse gases</i> in lumna a thlen dan hi <i>Green House Effect</i> tiin an vuah. <i>Greenhouse gases</i> inchhekkhawmin a nghawng <i>green house effect</i> vanga khawvel huapa khua chawhruala lo lum ta hi <i>Global warming</i> tih a ni. Ni engin lei tuamtu boruak a chhun hian ni zung ṭhenkhat chu lei aṭangin a hu chhuak leh a. Hetia lei aṭanga lumna van sang lama hu chhuak tur, <i>green house gases</i> in a lo up/dan beh avang hian <i>global warming</i> a lo thleng a ni.</p>	

Hmeichhe pakhat hi pastor hnenah kalin zawhna khirhkhan deuh a va zawt a. "Engvangin nge Siamtu hian hmeichhia siam hmasa lo va mipa a siam hmasak?" tiin. Pastor chuan, "Ele. Mipa a siam dawn in ro a lo rel ve zawt zawt ang tih a hlau mawle."