



# Daifim

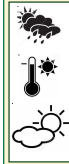
An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**



Hunawl hman that  
Zofate hmasawwna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Khua a that rin a ni.  
Temp - Max: 25°C Min: 12°C  
Dar 6:03-ah ni a chhuak ang a,  
Tlai Dar 4:44-ah a tla leh ang.

Vol - VII Issue No. - 3      - Pawl kût thla -      17<sup>th</sup> January, 2021 (Pathianni)

*Tunkar chang vawn : Thufingte.*  
13:6. "Felna chuan dik taka awmte  
chu a veng thin a, suahsualna erawh  
chuan mi sual a theh tlu thin."

**TUALCHHUNG CHANCHIN**

☛ Pi C Zomuankimi w/f Pu Ricky  
MS Dawngzela, Jt. Editor Daifim  
te chuan Dt. 12<sup>th</sup> Jan, 2021 khan  
Kolasib Civil Hospita-ah fapa  
3.600kg a rit duhawm tak  
Malsawmzuala Sailo an nei.

**MYC Coching Centre Hawng**

Dt. 15 Jan, 2021  
(Zirtawpni) chawhnu khan  
Mizoram chhunga a pathumna ni  
turin Vengthar, Kolasibah MYC  
Coaching Centre hawn a ni

MYC Coching Centre  
atang hian UPSC, MPSC leh MSSB  
paltlang tur a zirtirna nasa zawk  
a kalpui chu MYC hmalakna  
hnuai a thuang lian tak a nih a.  
UPSC kaltlang a central service  
inelna paltlang thei turin thalaite  
cho phur nan IAS Full sponsor-  
ship buatsaih a nih thu leh hemi  
atan hian mi 20 thlan chhuah an  
nih tawh baw,

Hrilengin ziaawm lam a  
pan a, inkhuahkhirhna te thlah  
dul a nih velah MYC Coaching

**FLS station sak hnatlang  
neih a ni.**

Dt. 11<sup>th</sup> Jan, 2021 Thawhtan  
zan khan Branch Executive  
Committee member leh Section  
hruaitute FLS Station tur ban  
phun hnatlang neih ani a,  
hnatlangah hian member 20  
bawrvél thawk chhuakin FLS sta-  
tion ban tur phun zawh nghal a  
ni. Hnatlanga member tlawmngai  
thawk chhuak zawng zawngte  
chungah kan lawm tak meuh a  
ni. Tin, FLS station sakna tura thil  
tul, hmanrua leh adangte min  
ngaihtuah saktu zawng zawng  
hnenah thinlung takin lawmthu  
kan sawi tak meuh meuh baw  
e.

Sd/-  
Secretary  
KPL Br. Y.M.A

**KHUANGPUILAM Y.M.A BRANCH HNUAIA SECTION**

**TINTE CHARGE INHLANFEL**

**Chawngbawla Section:-** Dt. 14<sup>th</sup> Jan, 2021 (Ningani) zan dar- 7:00  
khan Branch represent (Pu S.Lalthangliana, Vice President leh Pu  
Rotlingpuia, Financial Secretary)te kaihhruaina hnuaiah hruaitu hlui  
leh thar ten charge inhlanna Upa R.Thanbanglova In-ah neih a ni.  
Charge inhlanna neih zawh hian section hruaitu ten committee nei  
nghalin committee member an ruat nghal baw. Karleh ni 22/1/  
2021(Zirtawpni) hian Pu Samuel Lalremruata, Secretary,  
Chawngbawla Section te In-ah section committee neih nise tih an  
rel nghal baw. A hmaa Branch Executive Committee-in section  
hruaitu alo ruat tawhte atangin pha an awm avangin he tiang hian  
Branch Executive Committee chuan kum 2021 chhung a  
Chawngbawla section hruaitu tur a ruat thar leh a ni.

Leader : Tv R.Lalnuntluanga  
Asst. Leader : Pu Stephan Ramengmawia  
Secretary : Pu Samuel Vanlalremruata  
Asst Secy : Pu Lalsiamkima  
Treasurer : Pu Joshua Lalremsanga  
Fin. Secy : NI PC Lalrintluangi

**Vanapa Section:** Dt. 7<sup>th</sup> Jan, 2021 (Nilaitawhtan) zan khan Branch  
represent (Pu HD Daniela, President leh NI Florence Zoremsangi,  
Asst. Secretary) te kaihhruaina hnuaiah Pu Lalchualova, Leader  
Vanapa section-te In ah hruaitu hlui leh tarte charge inhlanna an nei  
a, committee member-te an inruat chhuak tawh baw. Dt 14/1/  
2021(Ningani) zan khan Section Committee hmasaber neih a ni  
baw. Committee-ah hian Committee member ennawn, Member-  
ship leh Chhianatni fund khawn dan tur sawi ho a ni baw. Tin Section  
sum tuaknan Arsa zawrh leh Y.M.A Chanchibu 'Daifim' sem nise tih  
an rel baw.

**Khuangchera Section:** Dt. 8<sup>th</sup> Jan, 2021 (Zirtawp) zan khan Branch  
represent (Pu Lalremsiama Varte, Secretary leh Pu David Lalrosanga,  
Treasurer) te kaihhruaina hnuaiah hruaitu hlui leh tharte charge  
inhlanna an nei a, an ni pawh hian committee member tur an ruat  
chhuak a, Dt. 16<sup>th</sup> Jan, 2021, (Inrinni) zan hian Section Commit-  
tee hmasaber an thukhawm tawh baw.

**District Wildlife Crime Control Sub Unit Thukhawm**

Wildlife Crime Control Sub Unit, Kolasib District chu ni 14/  
1/2021 (Ningani) khan SP Conference Hall-ah an thukhawm a, sava  
leh ramsa vehna atan hman thin silai reng reng chu man vek turin  
police, forest department leh Wildlife Protection Squad te an hriattir.

Meeting kaihruaitu Vanlalfaka Ralte, SP chuan danin ramsa  
leh sava te tihlum a khap avangin a veng turin Wildlife Protection  
Squad te ngawrh lehzuala operation neih leh tha a tihthu a sawi.  
Hei vang hian meeting chuan police leh forest check gate tinah te  
uluk lehzuala duty in ram kal turte pawh a tul anga enfiah thin nise  
an ti.

Wildlife Crime Control Sub Unit, Kolasib District hnuaiah hian  
Wildlife Protection Squad pakua (9) awmin heng squad tinah hian  
Forest Department-a Range Officer te chu convener chan an chang  
a, police leh NGO te chu member atan ruat an ni.

Report-ah tarlan a nih danin nikum lam khan Wildlife Protec-  
tion Squad hrang hrang te hian operation an neihnaah silai 6 leh a  
mu an man a, sava rep man sak an nei baw. Hemi bakah in  
zirtirna (awareness campaign), an nei thin baw a ni.

**YMA chu tanpui ngaite tanpuitu a ni. - YMA Kumpuan : Zirna uar**

### Editorial Board :

Represent: Nl Florence Zoremsangi  
 Editor: Pu Lalsiamkima  
 Jt. Editor: Ricky MS Dawngzela  
 Treasurer: Nl Vivian Lalrinpuia  
 Cir. Manager: Tv. Samuel Lalpekhlua  
 Contact No: 9612761781 / 9612691291  
 9862501858 / 8794366053

### FLS Station - 9612566886

#### Chawngbawla Section

Leader : Tv R.Lalnuntluanga  
 82599 60032

Secretary : Pu Samuel Lalremruata  
 9862094257

#### Vanapa Section

Leader : Pu Lalchualova  
 87300 99599

Secretary : Tv. Lallawmzuala  
 87875 41803

#### Khuangchera Section

Leader : Pu Lalramzaa  
 76408 95924

Secretary : Tv Lalremruata  
 7005131514

### Editorial.....✍

Mihringte hi a huhova cheng kan ni a, kan rilru luah nasa bertute chu kan bulhnaia chengte emaw, nu leh pa, kawppuite emaw kan tu leh fa, unau leh thiante hi a tih theih awm e. Kan inlaichinna a that chuan hlimna leh thlamuanna a awm thin. Inpawhna thalo chuan rilru leh thinlung a hliam a, chhungkua leh pawl thawhhona kawng hrang hrang in a tuar thin.

Kan tunlai hmasawnnain a ken tel inbiakpawhna tha leh changkang hian mi tute pawh inpawh ahnekin min inhlattir hret hret zawk niin a lang. Kan hun a lak peng nasat avang hian, kan bulhnaia awm, kan chhungte ngei pawh ngaihsakna hun kan nei ta lo. Kohhran leh khawtlang rawngbawlina chi hrang hrangah pawh min pawt hniam hret hret zel niin a lang.

Midangte tan hun pe thiamin, thinlung leh tihtakzetin midang hmachhawn thin hi a pawimawh tak zet a ni. Mi dangte tana keimahni leh kan hun kan pekna rah chuan thian tha, chhungkaw inlungualna leh midang kan thawhpuite nena inlungualna tha min siam thin a ni.

Mahni chauh inngaih pawimawhna khawvel kan hmachhawn avangin hawihhawm leh thuhnuairawlh taka nun zirin, rinawmna leh taimakna hlamchhiah lovin kan chhungkua ,kan thiante leh thawhpuite tan malsawmna leh kawng kawh hmuhtu lo ni ang che.

### Branch YMA Office Bearer

President	Secretary	Treasurer
Pu HD Daniala 9863212083	Pu Lalremsiama Varte 9862327112	Pu David Ialrosanga 9436158962
Vice President	Assistant Secretary	Financial Secretary
Pu S. Lalthangliana 89748 30454	Nl. Florence Zoremsangi 9612761781	Pu Rotlingpuia 9862385193

### Kohhan huang

Presbyterian Church of India Khuangpuilam Kohhran chuan Dt. 16/1/2021 (Inrinni) khan kohhran hnatlang (mau sah) neini kohhran member mi engemawzat an thawk chhuak a. Member tlawmngai thawkchhuak zawng zawng chungah Daifim kaltlangin lawmthu kan sawi e.

### Sub. Hqrs. YMA

Ni 15/1/2021(Zirtawpni) zing Dar.7 .vel khan Pu.Thomasa hmalak na b a w h z u i n S u b . H q r s . Y M A t e n H m a w n g k h a w t h l i r a h S a p z u t h a h n e m t a k m a n a n i .

Central YMA Executive Committee in ruahmanna a lo siam tawh angin, Pawlkut Thla ni 22, 2021 (Zirtawpni) chhun dar 12:00 hian-Hnahthial, Khawzawl leh Saitual-ah te Sub-Hqrs. YMA thar hawn a ni dawn ani.

### Tihsubal tihdikna

Kar hmasa issue sum dinhmun report a Chhiatni fund closing balance Rs.23519/- tih kha Rs32519/- zawk tur a ni e.

Uluk taka kan chanchinbu lo chhiara, a dik lo lai min hrilh thintutechungah lawmthu kan sawi e.

### YMA CONFERENCE

Kumin October thla a YMA inkhawmpui lo awm tur buaipuitu Organising Committee chu Bilkhawthlir North VC House-ah an thukhawm a, inkhawmpui hi buatsaih theih ngei an inbeisei thu an sawi.

Inrinni-a an inkhawm chu Organising Committee Chairman Pu Lalvuana Ngente chuan kaihrui in, Organising Committee OB te leh Sub-Committee hrang hrang 11 a Chairman leh Secretary te an tel a, Sub-Committee te hian an hmalakna theuh report an pek bakah sum dinhmun te tarlan a ni a, Organising Committee hian a pumpui-ah cheng nuai 6, sing 5, sang 5 leh 620 an thawk chhuak (la lut) tawh a, hemi atang hian cheng nuai 3, sing 6, sang 5 leh 56 hmanral tawh a ni a, cheng nuai 2, sing 9 leh 565 hman ban a la awm thu tarlan ani.

An thurel thenkhat zingah kumin inkhawmpui-ah chuan Souvenir hranpa siam loh nise, Souvenir aiah Bilkhawthlir khaw din dan, leh a khaw chanchin te fiah fai taka chhu chhuakin, inkhawmpui palaite sem nise, an ti a ni.

### CYMA hmalakna

**8.1.2021** : Chief Secretary Conference Hall-ah Committee on Utilization of CM's Relief Fund for Covid - 19 meeting neih a ni a, Pu Vanlalruata President a tel.

**13.1.2021** : Secretariat Conference Hall-ah State Level Sub-Committee on Fire Prevention Committee meeting neih a ni a, Pu Lalramchuana CEC a tel.

**13.1.2021** : Mizoram PWD leh Central YMA in Mizoram chhunga kawng siamte tha leh rintlak a nih theih nana thuthlung June 14, 2018 a an lo siam tawh angin, Mizoram chhung hmun hrang hrang kawngsiam hnathawh mekte a hmuna en turin a hnuaia tarlan ang hian Central YMA hruiatute an thawk chhuak.

**Group -1** Ngaizawl - Tualpui Road Leader Pu Vanlalruata, President Member te : Tv. Zochhuana, CEC, Pu H.F. Lalrinpuia, CEC, Pu R. Lalrinmawia, CEC.

**Group -2** Bairabi - Meidum - Zero Point - Vairengte, Leader : Tv. Lalmachhuana, Vice President, Member te : Pu Lalhruiatluanga, CEC, 2) Pu Lalbiakkunga, CEC

**Group -3** North Vanlaiphai Road Leader : Pu Fabian Lalfakawma, Treasurer Member te : Pu Laldawngliana, CEC, Pu Lalrammuana, CEC, Er. H. Duhkima, CEC

**Group -4** Phullen Road Leader : Pu Roneithanga, Fin. Secretary Member te Pu F. Lalfakawma, CEC, Pu Lalsawma Ralte, CEC, Pu Lalchhuanmawia, CEC

**Group -5** Sialsuk - Sailam Road Leader : Prof. Malsawmliana, Asst. Secretary Member te : Pu R.S. Lalrinsanga, CEC ,Pu B.C. Tawna, CEC, Pu Joseph Lalmalsawma, CEC

**15.1.2021** : Commandant 46 Assam Rifles-in, A.R. Lammuala Drugs Awareness Drive Programme an hman turah CYMA min sawm angin Pu K. Lalthanmawia CEC, Pu T. Benjamina CEC, Pu Vanlalfela CEC leh Pu R. Lalchhandama CEC te an tel.

**15.1.2021** : Secretariat Conference Hall-ah Covid - 19 hrileng mek dinhmun thlirletna leh hrileng do kawnga hmalak zel dan tur chungchang meeting neih a ni a, Pu Vanlalruata President a tel.

**15.1.2021** : Director, FCS&CA Deptt. Pisa-ah Meeting on Matters Pertaining to Promotion of Less Use of Single Use Plastic - Under the Scheme - Consumer Awareness Activities neih a ni a, Pu Roneithanga Fin. Secretary a tel.

**15.1.2021** : PCCF Conference Hall-ah Technical Committee on Management of Wetlands in Mizoram meeting neih a ni a, Pu R.S. Lalrinsanga CEC a tel.



*Thu ziaak Huang*

## Ngawi renga tunlai naupang nuna chhiatna thlentu...(leh engtia tih tur nge?)

Tunlai hian kan inchhungah ngawi renga bu khuara, kan inchhunga thil thalo thlentu a awm. Hei hian kan rangkachakte ‘kan fate’ a kaihhnawih tlat si a. Occupational therapist ka nihna anga ka hnathawhna atangin naupang leh chhungkua tam tak tihchhiat an ni hi ka mit ngeiin ka hmu ani. Kan fate hi rilru hrisel lohna nasa takah an tlu mek zel a ni. Kum sawmpanga chuang zirtirtu leh hetiang lama mithiam lo thawk tawhte han zawt chhin teh. Ka hlauhthawwna ang chiah hi an hlauhthawwna a ni ve ngei ang. Chubakah, kum sawmpanga kalta atanga hemi lam zirmiten'a an zirchiannaah chuan naupang rilru hrisel lo hi an pung chak hle ani. “Naupang panga zelah pakhatin rilru lam chiangkuan lohna a nei. 43%-in 'ADHD' vei an pung a, 37%-in 'depression' nei an pung a, 200%-in mahnia intihlum (kum 10 leh kum 14 inkarah) an pung bawk.

Kan harh chhuah hma hian eng ang fakauva hrilhfiah nge kan ngaih?

An natna hriat belh zel hi a tawk lo.

Hetiang hi an pianpui ani tih hi a tawk lo.

School kalphung mawhpuh hi a tawk lo.

Na hle mahse, kan fate harsatna tawh tam takah hian nu leh pain mawh kan phur ani.

Science lam atanga zirchiannaah chuan thluak hian khawvel inher danglam dan mil zela insâwirem a thiam a ni tih min hriattir a. Chutah tak chuan, khawvel changkanna lo thang chho zel leh nu leh pain kan enkawl dan avangin a ni lo lamah naupang thluak hi nasa takin a inherrem ta thin ani.

Naupang, rilru lama rualbanlo chu an awm teh meuh mai. Pianpui harsatna neite chu enkawlna tha tak dawng pawhin an dampui kher lo. Heng pianpui rualbanlote hi ka sawi tum an nilo. Ka sawi zawk chu naupang tam tak, an nu leh pate enkawl danin a zir loh avanga harsatna tawkte zawk hi a ni.

Engte nge a chhan ni ta ang? Tunlai naupang chu 'naupanlai hun' ang kha tam tak chhuhsak an ni. Chu naupanna chhuhsaktute chu -

- Pawh taka a harsatna thlenna tur nu leh pa a neih loh vang.
- Hun leh hmun vawng tha tura kaihruaitu neih loh vang. Thil reng reng, a chin siamsaktu awm loh vang te pawh a sawi tel theih ang.
- Mut tlem leh mut hunbi neih loh vang.
- Pawn lama infiamna neih loh vang.
- Pawn lama midang zinga awm tlem vang.
- Thil tam tak ninawma an thlir vang.
- Naupangte chu engnge pek an nih zawk?
- Nu leh pa thildang buaipui tam zawk.
- Nu leh pa, mahni fate thuhnuaia kûn.
- Mahnia engmah tih tir lova, thawhsak saa chhawpsak.
- Duh hun huna muta, hunbi pawh nei lova duh duh ei.
- Pawn chhuah phal lova, inchhunga khuahkhirh.
- Hmanrua, phone, tablet, computer leh khawvel changkanna lam thila awm tlei.
- Khawvel hi a nuam renglo tih hrilhfiah ngai lohna.

Hetiang anga hrisel lo taka kan fate kan enkawl chuan kan fate hi mihring tak taka chher chhuah chu kan hlat hle ang. Nu leh pa kan inenfiah a ngai. Fa enkawlna kawngah hian kawng awlsam a awm lo. Kan

*Naupang Huang*

## I kawng zawh laiah harsatna awm mahse

Hmanlai hian lal pakhat hian a hote chu kawngah lung lian pui a dah tir a. Tichuan, a sira thing phenah chuan a biru ta a, a bihrukna hmun atang chuan chu a lung dah tir chu, kawng atanga dah sawn tum an awm leh awm loh a thlir ta a.

Reilote hnuah chuan a lal ram chhung mi chi hrang hrang, sumdawng hausa te, a khawnbawl upa te chu an rawn kal a, lung chu dahsawn tum lem loin an kal hel mai a, an kal liam leh zel a. An kal pah chuan kawng a lung awm chu, lal-in a thenfai tir lo chu tha ti lo in an phun zel a. Nimahsela, an zavai mai chuan, kawng a lung awm chu thenfai tum reng an awm si lo.

Nikhat chu, chu kawngah chuan loneitu pakhat hi a thlai thar te phur bawr luih chungin a rawn kal ve a. Kawng a lung lo awm chu a hmuh chuan, a phur chu a nghat a, lung chu kawng thlang a nam sawn tumin a bei ta chiam mai a. Theihtawpa a beih hnu chuan, lung chu kawng thlangah chuan a nam liam thei ta a.

A thil rawn phurh chu phur leh tura a insiam lai tak chuan, lung a lum sawnna hmunah chuan pawisa ip (purse) a lo let reng tih a va hmu a. Pawisa ip chu a va enchiang a, a chhungah chuan rangkachak leh lal lehkha ziaak a lo awm a. Chu lehkhaah chuan rangkachak chu lung lumsawntu ta tur a ni tih a lo inziak a.

Hringnunah hian harsatna kan chung a lo thlen chang hian, kan tan remchanna tur thil dang a rawn keng tel thin a ni. Chu remchanna chu kan thil tawn atanga hmasawwna chharna tur te, insiamthatna tur te a lo ni thin. Mi thatchhia chuan chung thil a lo thlen chuan, a sawisel mai thin a, mi thenkhat ve thung erawh chuan rilru zau tak puin, hrethiam tak leh chhel takin remchanna an lo neih phah zawk thin.

Chuvangin eng harsatna pawh lo thleng sela, remchanna rawn ken tel a nei ngei ang tih ring la. I tan a hmasawwna tur leh, than zelna tura remchang a

*(column lehlam a mi zawmna)*

rilru mumal an pu loh telh telh dawn.

Engtinnge kan siam that ang?

- Naupang chu eng kawngah pawh a chintawk hriattir tur. A thuhnuaia kun lovin, a thian ni lovin a nu leh pa i ni tih i hriattir tur ani.
- I fa chu a duh ni lovin, a mamawh chauh pe thin ang che. Nunphung mumal a neih theih nan 'aih' tih thumal hi hmang hreh ngai suh.
- Hriselna tha pe thei eitur pe la, hriselna tichhe thei erawh pe tlem rawh. Nitin a tan hun siamsak la. Pawn boruak te pawh hiptir ve thin ang che. Inchhungah a phak tawkin mawhphurhna pe la, nitin engemaw tal chhungkaw tan thil tihtir ve thin ang che. A hun takah a muin a tho tur ani. Khawvel changkanna phone leh thildangte tel loa nundan zirtir ang che.
- Mahnia inringtawh leh thiltitheih turin buatsaih rawh. Thil tihsual palh leh chetsual palh hi a pawilo tih hriattir la. Hringnunah hian nitin chumi aia nasa a la paltlang dawn tih hriattirin, chumi chu chhel taka hmachhawn turin huaisenna leh tumruhna a thinlungah tuh ang che.
- Naupang kum nga mi chu a iptenfihsakin, a balhla eitur khehsak suh. A chhun chaw theihnghilh pawh sikulah va dahsak suh. Amahin tih zirtir rawh. Mahnia inenkawl i thiamtir chuan, ama tan bawk ani. *(Phek 4-na)*

**Nuna hmasawwna tum nei tak tak lo tan chuan kum ho tak a ni satliah leh mai dawn a ni.**

Mizo Dan leh Hrai

MIZO KHAUWTLANG INAWP DAN

**Chang 23 - RANVULH :** Khuaa mi cheng tupawhin a duh ang ang 'Ran' a vulh thei. Chutianga vulhtute chuan midang tana hnawksak lo tur zawngin ran vulh chu an khuahkhirh tu a ni. Chutianga vulhtute chuan Bung 11-nain ran vulh chungchang a sawi angin an vulh tur a ni.

**Chang 24 - KHAUTHAR KAI :** Roreltute remtihnaa khaw hmun sawn emaw, hmun hrang hrang aṭanga khaw awm ngai loha hmuna mi eng emaw zat awmkhawm emaw chu 'Khawthar Kai' a ni. Roreltute phalna la hmasa lovin tuman khawthar an kai tur a ni lo. Chutianga kai lute chu hrem theih an ni.

**Chang 25 - THLAWHBAWK :** Khuaa miten, an lo neih a hlat avanga kum khat chhung atana a huhova an awmchilh emaw, kawng dang vang emawa nghet lova mihring chenna hmun chu 'Thlawhbawk' a ni. Thlawhbawk chu khuaa chhiar a ni lo. Khawtlang roreltute remtihnaa tute pawhin lo beih awmchilh a ngaih chuan 'Bawk' an khawh thei. Chutianga thlawhbawk siamte chuan siam chhan an tih zawh veleh an let leh tur a ni. Thlawhbawk awm phalna chu a ṭul chuan kum tina siam thar zel tur a ni. Tupawh phalna nei lova bawk khawh emaw, phal bak awm lui emaw chu Dan anga hrem theih a ni.

**Chang 26 - KHAUPER :** Lal ram chhungah emaw, Village Council ram huam chhungah emaw, Sawrkar phalnaa mi eng emaw zat In leh Lo dina awmkhawm chu 'Khawper' a ni. Khawper chuan a khawpuia roreltute thu ang zelin 'Thuneitu' an nei ṭhin. Chung mite chuan a ṭul ang zelin khawper atan ro an rel ṭhin.

**Chang 27 - PEM :** Khuaa mi cheng mi tupawh khaw dangah a pem thei. Khaw danga a pem dawnin a ruk a rala pem mai tur a ni lo. Mi tupawh a pem chuan a In leh Bungrua te, Huan leh Ramte a kalsan tak emaw, a kalsan tur emaw chu enkawltu siamin a pem thu chu Khawtlang Roreltute hnenah ziakin a hrilh tur a ni. A pemna khuaa Khawtlang Roteltute hnenah a inhriattir bawk tur a ni.

**Chang 28 - CHIKHUR :** Khuaa mite ram huamchhung khawi laiah pawh miin Chikhur hai chhuak sela, a hai chhuaktuin mahni tan a hauh bik ngai lo.

**Chang 29 - KHUAI :** Khaw ram chhungah Khuapui (Kham-Khuai) awm chu tumahin pumbilh bik theih a ni lo. Khawtlang roreltute phalnaa a zu leh a hnun lak ṭhin a ni.

**Chang 30 - THIH CHUNGCHANGA KHAUWTLANG MAWHPHURHNA**

Khawchhungah mi tupawh thi sela, thi leh piang chhinchhiahtute hnenah hriattir tur a ni. Mitthi chungchanga thlan laih leh khawhar riahpuia chu tlangval mawhphurhna; tlaivarpuia chu khawtlang mawhphurhna; mitthi puala thil khawn chu nulate mawhphurhna a ni.

**Chang 31 - HLAMZUIH :** Nausen thla thum (Ni sawmkua) hnuai lam thi chu 'Hlamzuih' a ni. Hlamzuih thi chu mitthi pangngai anga khawtlang buaipui a ni lo.

**Chang 32 - THLANṬHUT :** Khualkhuaa mi an thihin, a thihnaa awm ve ngei tur lainaten an hriat a, an awm ve theih loh avanga, mitthi pual awmni an kham chu, Thlanṭhu a ni. An thlanṭhut chuan chhungkhat leh thenrual ṭha ten lenpuin an ral ṭhin.

**Chang 33 - MISUAL BIK CHUNGCHANGA KHAUWTLANG ROELTUTE MAWHPHURHNA :** Khaw huam chhungah, ruk ruk vangte, zu ruih vangte leh thil ṭha lo dang tih vangtea khawtlang hriat thama misual leh hnawksak bikte chu Roreltuten an chungthu an relsak thei. (chhunzawm zel tur)

theih nan inhawng la. Ṭhian kawmdan zirtir la. Midang kendan te, amah chauh ni lova midang pawh an awm ve a ni tih zirtir ang che. Thil inṭawm dan te, chawei huna awmdan te, mi biangbiak dan te zirtir la. Lampui la, nuihpui la, infiampui la, zuanpui la, lehkhah chhiarpui la. A pawimawh ber chu hlim takin nuih la, kuah la, duat ang che. (He khawvel changkanna hian i fa chu thatchhiatna leh inawmlemna hmuna a hruai luh hma hian, bul i ṭan teh ang. Khawvel hi a chhe tawh, mahse bul ṭan ṭha turin khua a la tlai love.)

Hriselna Huang

Kawruah laia ei loh chi :

Ril a ṭam tawh chuan hmuh hmasak sak hmawm nghal mawlh mawlh mai a chakawm ṭhin. Mahse, kaw ruak, rilṭam lai tak hi ei leh in lama fimkhur a pawimawh lehzual lai a ni tlat mai, kawruah laia ei loh atana ṭha zawk thil kan ei hian kan taksa hriselna a tibuai thei tlat.

Tun ṭumah hian Times of India health section-in kaw ruah laia ei loh chi nia an tarlante kan rawn chhuah chhawng e.

1. Yogurt/dahi leh bawngnhnute chhia aṭanga thil siamte hi kaw ruah laia ei loh tur a ni. Hengte hi kaw ruah laia kan ei chuan hydrochloric acid a lo insiam ṭhin. Chu chuan heng bawngnhnute chhia aṭanga siama lactic acid bacteria awm te a tihlum a, chuvangin acidity kan nei phah thei.

Chuvangin dahi/yogurt leh bawngnhnute chhia aṭanga thilsiam dangte chu kaw ruah laia ei loh tur a ni.

2. Balhla hi super-food tih hial khawpa chaw ṭha a ni a, mi pawh a tipuar thei hle a, digestion atan pawh a ṭha hle.

Mahse, balhlaah hian magnesium leh potassium a tam a, chuvangin kaw ruah lai chuan ei loh tur a ni.

Kaw ruah laia balhla kan ei chuan kan thisena magnesium leh potassium balance a tibuai thei.

3. Tomato pawh hi chaw ṭha tak a ni a, Vitamin C leh nutrient te pawh a pai hnem hle. Mahse, kaw ruah lai chuan ei loh tur a ni.

Tomato-ah hian tannic acid a awm a, chuvangin kaw ruah laia kan ei chuan acidity a siam thei.

4. Pear thei hian crude fibre a pai a, kaw ruah laia kan ei chuan kan mucous membrane a tihliam palh thei.

5. Citrus thei, heng ser leh serthlum ang chi te hian acid an pai hnem a, chuvangin kaw ruah laia kan ei chuan heartburn (thin thip) leh pum lam fel lo a thlen thei.

6. Green vegetables te hian amino acids an pai hnem a, entir nan fanghma te pawh kaw ruah laia kan ei chuan heartburn, kawpuar leh pum nuam lo te a thlen thei.

7. Thingpui, coffee leh caffeine awmna thil in chite hi kaw ruah laia kan in chuan acidity a tizual a, chu chuan heartburn leh indigestion te a thlen thei.

Hriatzauna

YMA Flag awmzia :

A Sen : Pawl lar tak a ni tih a entir.

A Var : Pawl thianghlim, mitin huapzo, pawlitik rawng kai lo leh tlawmngai pawl.

A dum : YMA chu chanhai te, riangvai te leh lusun te ṭhian a ni.

(Thuziak huang zawmna)

- Tihur hrelowa a nin ngawih ngawih chang chuan, a nuam tihzawng hai chhuahsak rawh. Phone, tablet leh changkanna lam tel lovin thil hote te pawhin mihring nun a tihlim thei tih kha zirtir la.

- I fain a mamawh hunah che a tan awm ṭhin ang che. Harsatna a tawh pawha a thlen ngam i nih a ngai. Mi zinga awmdan mawi zirtir theihngihlil ngai suh.

- I (Phek 4-na)fa chu a muthilh hunah chauh phone khawih ang che. I hnena a harsatna leh hlimna a thlen