





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


*Hunawl hman that
Zofate hmasawna 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 : Sam 46:1 "Pathian chu kan inhumhimna leh kan chakna, mangan laia tanpui vartu hnai reng a ni",

TUALCHHUNG CHANCHIN

- 🔊 Tv. Lalremruata (Rema), Secretary, Khuangchera Section chu hun engemaw chen eizawna lama inzir belh tura Aizawl lama awm pawh a lo haw thla tawh nia thu dawn a ni.
- 🔊 Tunlai hian Khuangpuilam veng chhungah ruihhlo a bikin Damdawi (No.4) tih leh zawrh a hluar thar hle a, chhung tin te ruihhlo do kawnga kan tanrual thar leh a ke kan pen a tul tak zet ani.

Kan then tak
Pu Doliana, Kum 60, TNT a awm chuan Nimin 1st May, 2021 (Inrinni) dar 4:30 pm khan chatuan ram min pansan a. Inrinni zan a lumen a ni a, vawin dar 10:00 am (2nd May, 2021) hian Khuangpuilam thlanmualah vui a ni ang.

BANKINHAWNG REIDAWN LO
Covid-19 hluar zel avangin karleh May 3-15, 2021 thleng chu Mizoram chhung Bank hrang hrangte chu chawhma dar 10 atanga chawhnu dar 2 thleng chauh hawn a ni dawn a, tul zual bik(pawisa lakchhuah, dahluh, transfer, Govt Transaction etc.) deuh chauh khawih a ni ang. Hei vang hian thawktute pawh mi 3 aia tam awmnaah chuan an inkalchhawkdawn a ni

LAWMTHU SAWINA
Khuangpuilam Health Clinic Centre leh V.C House sak mek na ram, khawtlang tana Pu C.Rokima te chhungkua, Khuangpuilam in phal taka min pek avang leh a ram hlutna pawh ngaihtuah lova an in hmun aia, Anganwadi thlang min pawm sak hi Village Council/Court, Khuangpuilam chuan lawmawm a ti a, lawmthu kan sawi tak meuh a ni.
Tin, Anganwadi ram 2010 a lei tawh, a man Rs. 50,000/- la pek tlak loh chu kum 10 lai ral hnu pawh a, a pung beisei hauh lova rulh tlak min phalsak tu Rev. JH Zahluna te chhungkaw chungah pawh lawmthu kan sawi bawk a ni.

**GOVERNOR PILLAI LEH CENTRAL YMA
HOTUTEN COVID-19 HRILENG DONA KAWNGA
HMALAKNA TE SAWIHO**

Khuangpuilam the 2nd May, 2021 : Ni 26th April 2021 khan Governor PS Sreedharan Pillai chuan Central YMA hrutute Raj Bhavan-ah a kawm a. He hunah hian Covid-19 hrileng dona kawnga YMA leh tlawmngai pawl dang te hmalakna bakah thil pawimawh dang te sawiho a ni.

Governor P.S. Sreedharan Pillai chuan Covid-19 hrileng dona kawngah YMA in theihtawpin sawrkar a thlawp tih a hriat thu leh lawmawm a tih thu a sawi a. He hrileng dona kawngah hian sawrkar hmanruate a tawh lo a, pawl lian leh pawl chak tak YMA leh tlawmngai pawl dangte puihna leh puih chhunzawmna sawrkar chuan a mamawh takzet a ni a ti. Mipui vantlang hnena Hrileng dona kawnga zawm tur leh fimkhur dan tur te zirtirna kawngah pawh YMA chu theihtawp chhuah zel turin a ngen a. Hriattur pawimawh leh thurawn te an hnen atangin lo dawn chhunzawm zel a beisei thu CYMA hotute chu a hrilh bawh a ni. Mipui inzirtir nasat a la tul em em nachhan chu India rama cheng mipui zinga 50 % chauhin hmaikawr(Mask) an vuah a, heng zinga tam zawk te chu vuah diklo an la nih zel thu a sawi a. Hmaikawr vuah, midang hlata awm tum hram hram, kut sil fai leh hrileng laka himna tur thil te zirtir kawngah YMA in theihtawp a chhuah chhunzawm a ngai a ni a ti.

Governor leh CYMA hotute inkawmna hunah hian Pu Vanlalruata, President hoin Pu Lalmachhuana, Vice President, Prof.Lalnuntluanga, Gen Secretary, Dr.Malsawmliana, Asst. Secretary, Pu Fabian Lalfakawma, Treasurer leh Pu Roneithanga, Finance Secretary te an tel a. CYMA hotute chuan Covid -19 hrilengrawn chhuah tirh atanga tun thlengin YMA chuan theihtawp chhuahin hrileng do kawngah sawrkar a thlawp tlat thu an sawi a. Local/Village Level Task Force, Contact tracing, vaccine leh a tulna apiangah theih tawpin tan an la mek tih Governor chu an hrilh a. Covid -19 hrileng avanga harsatna piahlamah tunah hian ram kang, tui hna kang chat avanga tui in tur harsa mek pawhin Mizoramin a tawh mek tih an sawi a. Mizoram ramah Court thutlukna leh mimal thenkhat hmalakna avanga Riverine Reserved Forest(Luikama ramngaw humhalh) a awm tak loh thu sawiin pawh an tih thu te; hei hian Mizoram dung leh vanga lui tui te a ti kang chat mek nia an hriat thute an sawi a. He mi chungchang hi Governor chuan lo bih chian a, a tul anga hmalakpui a tum thu sawiin hmun dangah chuan luipui dunga ramngaw te chu dan khirh takin a humhalh vek nia a hriat thu a sawi a ni.

COVID-19 RANDOM TESTING KALPUI DAWN

Chief Secretary Pu Lalnunmawia Chuaungo, State Disaster Management Authority (SDMA) State Executive Committee Chairman ni bawh chuan ni 30 April, 2021 (Zirtawpni) khan thupek tichhuakin COVID-19 random test nei turin Health & Family Welfare Department a hriattir.
COVID-19 hri vei zingah an kaina chin hriat loh leh chhui theih loh engemawzat an awm tak avangin mipui mimir zingah he hri hi a darh nasa hle tawh nia ngaih theih a nih thu he Order-ah hian tarlan a ni a. Eng ang chiaha darh zau nge tih hriatna tur leh hmalak zel dan tur ruahmanna siam kawnga thuneitute tanpui turin random COVID-19 testing neih a lo tul ta a. Chuvangin, Disaster Management Act, 2005 in thuneihna a pek angin Mizoram Chief Secretary chuan COVID-19 random testing chu an test turte remtihna (consent) la chungin kalpui turin thupek a tichhuak a ni.

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
8259960032
Secretary : Pu Samuel Lalremruata
9862094257
Vanapa Section
Leader : Pu Lalchuallova
8730099599
Secretary : Tv. Lallawmzuala
8787541803
Khuangchera Section
Leader : Pu Lalramzaua
7640895924
Secretary : Tv Lalremruata
7005131514

Editorial.....
Covid-19 leh Zonunzemawi
Covid -19 hripui chuan a thawhnhnihna atan min tuam leh mek a, hei vang hian kan nitin khawsak phungah harsatna kan tawk chho ṭan leh ta mek a ni a, hetiang harsatna kan tawh mek lai hian keimahni mai bakah midang te dinhmun kan hriatpui a pawimawh hle a, hetiang hunah hian midangte harsatna tawh lai remchang ah hmanga ei leh bar zawnna leh thil dangah mahni tan a hlawkna lo tel tum kan awm ang tih a hlauhawm hle a ni, chutiang zawng nilo a midang te tana malsawmna ni zel thei tura kan phak ang chin zelah kan luanchhuah a pawimawh hle.
Tuna kan hripui tawrh mek hian eng chen nge a awh dawn kan hre lo a, chuvangin mitin ten inrenchemna kan kal pui thiam a pawimawh tak zet a ni, chumi tur chuan kan duh leh mamawhte kan thliar hran thiam a ngai a, kan nitin khawsakna kawngah pawh mamawh ngah lo thei ang ber zawng a ngaih-tuahna kan sen thiam a pawimawh tak zet a ni, chutih rualin mahni mai bakah kan ṭhenawm khawvengte ngaihtuah tel zel in kan zonun zemawi *sem sem dam dam ei bil thi thi* kan tih tlan theih zel a pawimawh hle a ni, he hripui leng mek hian Mizo kan nihna leh Kristian kan nihna hi nasa leh zual zawkin kan nunah ṭheuh ti lang zual zel se a duhawm hle ang.

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

Kum 18 - 44 inkar tana Covid19 Vaccine pek chungchanga Health& Family Welfare Department thuchhuah
No.348/2021-2022
India sorkarin kum 18-44 inkar May ni 1, 2021 atanga vaccine a pek tur chu Mizoramah pawh buaipui zel a ni a. Hemi atan hian sorkar laipuiin a thlawna vaccine a rawn pek tawh sa hi hman theih a ni lova, kum 18-44 inkar pek tur bik hi chu State tinin a hranpa a kan lei a ngai a. Covishield Vaccine siamtu, Serum Institute Pvt. Ltd., Pune pawh Mizoram sawrkar chuan dawr tawhin, anni hian rampuma pekchhuah tur an buaipui avangin, rang takin an supply zung zung thei lova, chuvangin kum 18-44 inkarte chuan la nghah hlek a ngai dawn a ni.

Dan zâwm famkim loh vangin Kolasib-ah Covid-19 vei hrem
Kolasib DC office-a thawk mi pakhat, Covid-19 positive chu home isolation dan a zawm fam kim loh avangin hrem a ni a; amah tlawhtu mi pasarih pawh dan an bawhchhiat avang in hrem an ni.
Kolasib district-ah hian state pawns atanga lutte chu task force leh zonal magistrate-te'n an dinhmun uluk taka an ena an thurawn (recommend) angin magistrate-te'n phalna an pekte chauh home isolation/ quarantine phal sak an ni. VTF-te thuin emaw, mahni thuin emaw home quarantine-a indah phal a ni lo. Magistrate phal-naah hian dan an zawm tur chipchiar taka ziah lan a ni a, chutiang zâwm lote chu hrem theih an ni. Kolasib DC Dr H Lalthlangliana chuan, DC pisaa thawk dan zâwm lo an awm thu thuthar thehdarhtute a hrilh a, "Mipui zirtirtu tur ber mi pakhat positive hmuh chhuah takin dan zâwm loa permission pawh awm loa ina a awm leh, dan zawm tur dang a zâwm lo hi thil serious tak a ni," a ti a, DC offi ce aiawhin ngaihdam a dil a ni. Dr H Lalthlangliana chuan, " Dan zâwm lote chungah hremna pek hi tih ngei tur niin ka hria. Dan zâwm loa home quarantine lai tlawha ei tur petute pawh hrem an ni. Dan bawhchhiate chu dim an ni dawn lo," a ti.

FIBER INTERNET (FTTH, BSNL) By - Dave Communication, Kolasib				
Sl No.	Plan	Speed	Monthly Fee (Incl. GST 18%)	One time Security Deposit
1.	599	Up to 60 mbps till 3300 GB beyond 2 mbps	707	599
2.	777	Up to 100 mbps till 1000 GB beyond 5 mbps	917	777
3.	799	Up to 100 mbps till 3300 GB beyond 2 mbps	954	799
4.	849	Up to 100 mbps till 1500 GB beyond 10 mbps	1002	849
5.	949	Up to 150 mbps till 2000 GB beyond 10 mbps	1120	949
6.	999	Up to 200 mbps till 3300 GB beyond 2 mbps	1179	999
7.	1277	Up to 200 mbps till 3300 GB beyond 15 mbps	1507	1277
8.	1499	Up to 300 mbps till 3300 GB beyond 4 mbps	1769	1499
9.	1999	Up to 300 mbps till 4500 GB beyond 25 mbps	2359	1999
10.	2499	Up to 300 mbps till 5000 BG beyond 30 mbps	2949	2499
Connection fee			: Rs. 1000/-	
Contact			: 9436142828	
* Security Deposit hi Bill hmasaberah a rawn tel ang.				(9-3)

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAME DAN (Mizo Customary Law)</p> <p>BUNG - 7 : ENKAWLTU NIHNA (GUARDIANSHIP)</p> <p>Chang 105 - Roreltuin enkawltu a thlak thei : Roreltuin enkawltu chang 103 (2)-a mite chu enkawltu ni tlak a nih lohzia fiahna ṭha tawk a hmuh chuan a paih thei a, chang 103 (2) -a sawi zinga mi a ruat thar thei.</p> <p>Enkawltu thlakna chungchangah thubuai a kal chuan a enkawla te sum leh pai hi tuman thubuai senso atan an hmang thei lo.</p> <p>BUNG - 8 : INNGAIH LEH SAWN PAI THU</p> <p>Chang 106 - Inngai :</p> <p>Nupa ni lo, hmeichhia leh mipa inpawl hi 'inngai' a ni.</p> <p>Chang 107 - Sawn chungchang :</p> <p>1) <i>Sawn</i> : Hmeichhiain a pasal ni lo, midang laka fa a hrin hi Sawn a ni. Hmeichhiain chutianga nau a pai chuan Sawn pai a ni a; mipain chutianga fa a neih chuan Sawn thlak a ni. Pa bik hriat lohva nau piang chu Falak a ni.</p> <p>2) <i>Sawn man</i> : Miin sawn a thlak chuan sawn man a pe ṭhin. Sawn man chu Cheng Sawnli (₹ 40/-) a ni ṭhin. Sawn man chu lei chawi leh fa tlanna a ni a. Sawn man ba a awm ngai lo. Amaherawhchu, sawn pai chu thla thum a tlin hma chuan sawn man a awm thei lo; thla thum a tlin erawh chuan a chhiat pawhin sawn man a bo thei lo.</p> <p>3) <i>Sawn man pek dan</i> : Sawn paitu lamin sawn man an ṭhing ṭhina, sawn thlaktuin a pe ṭhin. Sawn thlaktuin sawn man a pek duh loh chuan Pa a nihna a hauh thei lo; fa chu nu ta a ni. Amaherawhchu, sawn man chu ṭhin loh vanga pek loh a nih chuan, sawn thlaktu chu pa a nihna a bo thei chuang lo.</p> <p>4) <i>Sawn nawn</i> : Hmeichhia in a sawn paina lakah baw sawn a pai leh chuan, Sawn nawn a ni a. Sawn nawnin man a nei lo va, sawn thumnaah erawh chuan sawn man a awm leh ṭhin. Chutiang a inkarthlaka kal a ni. Sawn chu phir pawh nise, sawn man a pung chuang lo.</p> <p>5) <i>Sawn hruai</i> : Sawn chu enkawl a ngaih chhung chuan a pa hnenah an hruai ṭhin.</p> <p>6) Nu hnenah sawn awm theih chin : Sawn chu kum thum a tlin hma chuan a nu hnenah a awm tur a ni. Kum thum a ral hma chuan, anuin pasal neiin emaw, chhan dang vang emawa kalsan a nih loh chuan, a pain a la lui thei lo.</p> <p><i>Note : Sawn bel - Miin sawn a thlak chuan, a sawn thlakna hnenah Sawn bel, a zu awmin a pe ṭhin. Anni chuan an duh ang angin an thehthang ṭhin. Sawn bel hi pek a nih loh chuan a aiah ₹ 1/- an inpe ṭhin.</i></p> <p>Chang 108 - Sawn thlak innei zui : Tlangvalin sawn a thlakna a neih chuan, chang 65-a sawi angin man bakah Sebomawh, cheng Sawmhni (₹ 20/-) (Tlai) a pe tur a ni. Rai aṭanga thla thum tlin hmaa an inneih chuan, Sebomawh a awm thei lo. Hetiang innei zui fate chu inneih hmaa piangte pawh sawn an ni lo.</p> <p>Chang 109 - Fa tihbawlhhlawh man : Hmeichhe nau paiin, a nau paina ni lo, mipa dang ngai sela, Fa tihbawlhhlawh a ni. Fa tihbawlhhlawh man chu a hnuaia mi ang hi a ni :</p> <p>1) <i>Fa tihbawlhhlawh man ₹ 40/- leh Uire</i> : Hmeichhia pasal nei, fa tihbawlhhlawh man ₹ 40/- (Sial), a pasal lakah a chawi ang a, a mah chu uire a ni bawk. Inṭhen hnua fa tihbawlhhlawh erawh chu Uire a ni lova, fa a tihbawlhhlawh man a fa pa lakah a chawi ang.</p> <p>2) <i>Sawn tihbawlhhlawh man</i> : Sawn tihbawlhhlawh man chu a pai aṭanga thla thum tlin hma pawh ni se, hmeichhia chuan a tihbawlhhlawh man ₹ 40/- a fa pa lakah a chawi ang.</p> <p><i>Note : Fa tihbawlhhlawh hian a chetsualpui mipa lam a khawih lo.</i></p> <p>Chang 110 - Khumpui kai man : Chhungkaw lu ber mutna chu 'Khumpui' a ni. Hmeichhe beisei avanga khumpui leh a bul hnaia va kal leh awm man an nih chuan Khumpui kai a ni. Khumpui kai chu khumpui aṭanga ban phak chinah chauh man theih a ni. Khumpui kai man chu Sial a ni. (Chhunzawm zel tur)</p>	<p>Damdawi chungchang hriattur pawimawh ṭhenkhat</p> <p>K. Lalremmawii, Asst. Professor, Deptt. of Pharmacy, RIPANS</p> <p>Tun ṭumah hian damdawi chungchanga kan hriat leh zawm tur pawimawh tak takte ka rawn sawi dawn a ni. A hmasaberin ‘damdawi’ kan tih hi eng nge a nih tih tawi tein han sawifiah phawt ta ila. Hmasang kan Mizo hmasate khan a hming pawh hi an lo phuah thiam khawp mai a. Dam leh hrisel taka kan awm a, natna enkawlina leh natna laka kan fihlim theihna hmanrua, natna hmuhchhuahna, natna laka min veng theitu, dawi ang maia hnathawk thei thil a nih avanga 'damdawi' tih hming an puttir hi a inhmeh hle a ni.</p> <p>Damdawi hi damdawi a nihna chhan chu mihring taksa emaw, taksa chhunga natna hrik emaw kha damdawia chemicals-in a that emaw, a tidanglam thei a; hei vang hian chemicals kha damna thlen theitu, a hming ‘damdawi’ lo ni ta a ni. A nihna takah chuan a tawktea hman chuan damna, a tawk chiah aia tam deuh a nih erawh chuan tichhetu a ni hlauh thei thung a ni. Heta a tawk chiah kan tih hi damdawi ei zat tur bithliah (dose) kan tih hi a ni.</p> <p>Damdawi chungchanga kan hriat tur pawimawh tawi te tein han sawi ila.</p> <p>1. Damdawi dose chungchang hi sawi hmasaber ta ila. Dose kan tih chu damdawi ei emaw, in emaw, inchiu a ni emaw, vawi khata hman zat tur bithliah a ni mai a. Damdawite hi damna thlentu an ni a, an pawimawh em em laiin kan thih theihna leh kan taksa awlsam taka tichhe mai thei a ni tih kan hriat a ṭul hle a. Chuvang chuan taksa tidam thei taw tur kha chhutchhuah lawk vek a ni a, taksa tichhe lo thei ang ber turin a hman dan siam a ni ta ṭhin a ni. Mahse, vawi khata miin a ei/hman vak chuan taksa na lai tidam mah se, taksa peng dangah thil ṭha lo a thlen thei thung. Hengte avang hian vawi khata mum 2, mum 3 ei maite hi kan ching tur a ni lo a, ei dan tur hrilh kan nih ang thlapin kan ei tur a ni.</p> <p>2. Damdawi ei hun chungchangah lut ta ila : Dawktaw hnenah kan inentirin kan natna azirin damdawi chi hrang hrang hman kan ngai ṭhin; damlo pakhatin damdawi chi khat aia tam kan hman a ngaih chang a awm fo.</p> <p>Damdawi ei hun chungchang hi ṭha taka kan vawn a pawimawh hle. Damdawi kan eia kan taksa hna a thawh theihna tur chuan, damdawi kan kan thisen zama a luh a ngai a, chumi tur chuan kan pumpui leh ril te a kal tlang a ngai phawt ṭhin a ni. Hemi avang tak hian kawruah lai chauha ei chi damdawi a awm a, ṭhenkhat erawh kawruah laia ei miah loh tur an ni thung.</p> <p>Hei hi a chhan chu chaw hian damdawiin kan thisen zam a luh hun a nghawng theih vang a ni. Tin, damdawi ṭhenkhat erawh chuan kawruah laia kan eiin pumpui leh taksa peng dangah harsatna a thlen thei a, chutiang damdawi chu chaw nen emaw, chaw ei khamah chauh ei thung tur a ni. Tin, chaw ei kham kan tih hian minute 10 aṭanga 15 tal nghah ṭhin hram tur a ni. (Chhunzawm tur)</p> <p>Meizial khu-ah hian taksa tana ṭhalo bawlhlo (chemicals) engzat vel nge awm?</p> <p><i>Chhanna :</i> Mi thiamte chuan meizial khu hian chemical chi hrang hrang sangli (4,000) vel zet a pai an ti a. Heng zinga 60 vel chu cancer thlen thei thiau a ni lehngal! Carbon Monoxide, tar, arsenic leh lead te phei chu taksa tan a hlauhawm zual bik hle a ni. Vaihlo-a awm nicotine tak hi meizial bawiha mi hruailutta a tling. Taksa a luh chiah hian thisenah bei nghalin thluakah a lut nghal vat a. Meizial zuk zel chakna a thlen avangin ngawlveina ruamah mi tam tak a hruai lut thin a ni.</p>