



# 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: 29°C Min: 20°C  
Dar 5:18-ah ni a chhuak ang a,  
Tlai Dar 6:52-ah a tla leh ang.

Vol - VII Issue No. - 43      Phek 1-na      - Khuangchawi thla -      24<sup>th</sup> October, 2021 (Pathianni)

*Tunkar chang vawn : Thufingte 10:17 "Thununna pawm chu nunna kawngah a awm a, Zilhhauna hawisantu erawh chuan a ti sual thin;"*

## KHAWCHHUNG CHANCHIN

### 🏆 SPORTS TUIMI TAN

Sports lama tui mi tan Khelo India State Centre of Excellence RG Stadium Mualpui-a lut tur thlan a ni dawn a, dil duh chuan DSYS Office, Khuangpuilam-ah dilna form Rs 10/- in lak theih niin November 5, 2021 thleng dilna hi theh luh theih a ni. Boxing, Judo leh Weight lifting-ah mipa leh hmeichhe tan seat 50 theuh a awm a ni.

### 🏆 SILAI TUN NGAI TI

District Election Officer chuan Tuirial bye election neih turah ralmuang taka mipuiten vote an thlak theihnan leh inthlanna felfai leh muanawm a awm theihnan thuchhuah siamin silai eng chi pawh khawlai leh pawnah kenchhuah a khap a, Kolasib district-a silai nei reng rengin an awmna atanga PS hnai berah an silai tun vek tur a nih thu leh thupek zawm lo te chu dan angin hrem an nih dawn thu a sawi. DEO thupek hian thla thar November 2 thleng a huam.

### 🏆 DRDA PD THAR

District Rural Development Agency (DRDA) hnuiaia Kolasib-a thawk Project Director Benjamin Lalzama chu Joint Secretary, Commerce & Industries-ah sawn a nih hnuah Addl DC Lallawmawma chuan charge a la a, tunah hian sorkarin PD thar atan R. Lalnghakliana chu Champhai atangin a rawn sawn a ni.

### 🏆 MRB MANAGER SAWN

Mizoram Rural Bank, Kolasib branch manager ni mek Isaac Lalfamkima chu Siaha lamah sawn a ni a, a hmun ruaka awm tur hian Aizawl regional office atangin Hmarsangmawii a rawn awm ang.

## COVID - 19 DAM LEHTEN A HNU LAMAH TAKSAAH HARSATNA AN TAWK NASA *Expert Committee on Covid-19*

**Khuangpuilam the 24<sup>th</sup> October, 2021 :-** Ni 22 (Zirtawpni) chawhnu khan SAD Conference Hall, MINECO-ah Health Minister Dr R. Lalthangliana hovin State-Level Expert Committee on COVID-19 Management an thukhawm a, an hmalakna kal mek leh hmalak belh ngaite sawiho a ni.

Vawiin meetingah hian Mizoram chhungah pawh thingtlang lamah hripui a darh nasat tak avangin District tina DCHC bakah hmun kilkhawr zawkahte COVID-19 hri kaite enkawlina tura mamawh oxygen leh damdawi etc., awlsam taka an hmuh theihnan an ban phaka heng thil pawimawhte hi chhawp hnai a tul thu sawi a ni a, area-wise a thliar a, khaw awmna hmun a zira a hmun laili deuh thingtlang khuaah te dah a pawimawh thu sawi a ni.

COVID-19 positive dam leh ten a hnu lamah an taksaah harsatna an tawk nasa tih tarlan a ni a, symptom nei na vak lo te zingah leh a tuar nep nia inhriate zingah pawh hetiang harsatna chi hrang hrang hi an nei a, taksa peng pawimawhte bakah an hriselna hrim hrim pawhin a tawrh chhunzawmte an awm avangin hri kai damchhuak ta te chu mahni inchik reng se, a tul anga daktawr te rawn thuai thuai thin se a that thu an sawi a ni.

Sample lak sak ngai tam telh telh karah Sample la tute an indaih loh avangin mipuiten awlsam taka an pan zung zung theih turin sample test na hmun 'kiosk' a tam thei ang ber veng hrang hrangah dah a tul thu sawi niin, heng kiosk dahna tur remchang hi hmuh a har avangin ngawrh lehzuala hmalak a that thu sawi a ni a. mahni inringhlele leh symptom neite chuan rang taka sample test na hmun an pan vat vat hi a pawimawh hle tih sawi a ni.



## KOLASIB SP THUCHHUAH

Bilkhawthlir Chemphai atanga Serlui 'B' Peng inkar kawng chu a siam that hna dt. 21st October, 2021 atangin fan a ni dawn a, tha zawk leh chak taka hna thawh a nih theih nan hemi ni dt. 21st October, 2021 (Thursday) atanga thu leh awm hma chu helai kawng hi khar ani ang a, lirthei eng chi mah kal phal a ni lo ang.

He thupek zawm lo chu 177 MV Act hmanga hrem an ni ang. He thupek hian tul bik thila Police, Fire Dept, Ambulance, Magistrate-te chet velna leh SP, Kolasib in phalna a pekte a huam lovang.

He thuchhuah chungchanga harsatna tawk emaw report neite chuan IC Bilkhawthlir OP (Ph. No. 8131934212 / 9366982075) ah te biak theih reng a ni.

**YMA chu fanpui ngaite fanpuitu a ni. – YMA Kumpuan : Zirna uar**

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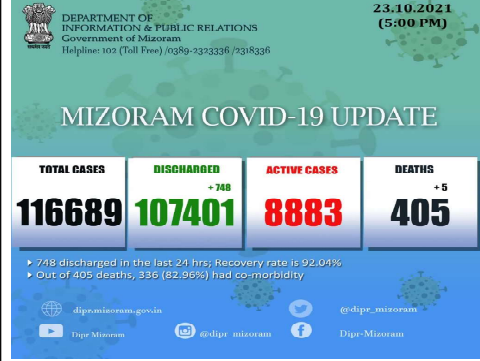
**Editorial.....✍**  
 Kan Bible ah “THIL THA TIH I NING SUHANG U”, tih a inziak ang khan thil tha tih hi mihring kan nih anga kan tih tur leh midang, kan bula mite laka kan mawhphurhna ni ngeiin a lang. Mahse chawimawina leh hming that duh vanga thil tha tih a awm ve bawk. Chutiang mi chu an daihrei ngai lova, an mahniah inthlahdahna a lo thleng chawpchilh mai thin.

Tupawh hian fak nih kan duh vek a. Mi fak leh chawimawi hlawh kan duh avangin chhungkaw tana kan tih peih loh tha hi pawl thiltih nikhua hnatlang leh thiltih hona hrang hrangah kan tih peih phah ve fo mai. Chutih rualin mahni thil tha tih sawi nuam ti riau te pawh awm theih a ni ve bawk. Mahni tih that hre kiau, midang te tih loh hre thei em em nih theih a ni. Miin an tih ve loh avanga tih ve loh duh mai te, miin an ngaihsak loh avanga ngaihsak loh zui ve duh mai nate hi kan rilruah hian a awm ve tlat.  
 Mahse, thil tha chu khawi hmunah pawh ti a, thu dik chu khawi hmunah pawh tan a; mahni tanghma haina laka fihlim tura dik leh fel taka thil tha ti tura rilru pu thei turin kan ngaihtuahnate siam rem zel ila.  
 Miin min hmuh leh hmuh loh ngaihtuah lo va, midangte ngaichang chung si a thil tha leh thil dik tih lamah thahnem kan ngaih a, a tha lo aia a tha kan tih zel chuan midangte tan mai ni lo keimahni tan ngei sawtna a lo thleng mai dawn a ni.

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**COVID-19 MIZORAM**  
**DINHMUN 23.10.2021 Inrinni (5:00PM) thleng.**  
 Sample test belh zat : 7318  
 Sample test tawh zat : 12,61,320  
 Positive awm belh zat : 745  
 Positive tawh zat : 1,16,689  
 Vawiin a chhuak zat : 748  
 Chhuahtir tawh zat : 1,07,401  
 Thihpui belh zat : 5  
 Thihpui tawh zat : 405  
 Postive enkawl mek zat 8,883  
 Vawiin Positivity rate : 10.18%  
 Recovery rate : 92.04%  
 Source : IDSP Bulletin, H&FW, Mizoram

Aizawl -396  
 Lawngtlai -122  
 Lunglei -114  
 Mamit -72  
 Champhai -24  
 Kolasib -17  
 Hnahthial -3  
 Khawzawl -1  
*Nang leh i chenpuite, i bul hnaia awmte him nan Mask vuah reng ang che.*



**CYMA hmalakna**  
**CENTRAL YMA CHETVELNA Ni 21.10.2021:** Health Minister hova Covid-19 dinhmun sawihona meet-ing neihah Pu Vanlalruata, President leh Prof. Lalnuntluanga, Gen. Secre-tary te an tel.  
**Ni 22.10.2021 :** Fairelbel semna DC Conference Hall a neih ah Prof Malsawmliana, Asst. Secretary a tel. YMA Remchang ( Vantlang Zun in) Vanapa bula mi chu chei that a ni a, Resources Sub- Committee ten an buaipui.



**CENTRAL YMA THUCHHUAK**  
 Ni 20.10.2021 (Nilani)-a Central YMA hnuaia Myanmar Refugee Relief Committee thukhawm chuan, kan unaute tanpuina a dawn khawm semchhuah dan tur hetiang hian a ruahman a. Tanpuina hi Sub-Hqrs./ Group/Branch YMA-te bakah pawl leh midang atangin Rs. 26,50,198.00 dawn a ni a, tlawmngaia tanpuina rawn petu zawng zawngte chungah Central YMA chuan lawmthu a sawi tak meuh meuh a ni.  
 Sum rawn lut atang hian hetiang hian tanpuina hi pek chhuah a ni.  
 1. Sub-Hqrs. YMA, Champhai - Rs. 6,00,000.00 + Thawmhnaw  
 2. Sub-Hqrs. YMA, Hnahthial - Rs. 6,00,000.00 + Thawmhnaw  
 3. Chhintuipui Group YMA - Rs. 1,00,000.00  
 4. Central Young Lai Association, Lawngtlai - Rs. 1,00,000.00  
 5. Sihhmui & Sihphir Neihbawi - Rs. 1,00,000.00  
 Sd/-  
 (Prof. LALNUNTLUANGA)  
 General Secretary,  
 Central YMA



**Thu ziaik Huang** - Dr. J.T. Vanlalngheta

**IAS nih tum te tan - A then a zar**

He thupui hmang hian tam tak ziah tur a awm thei ang. Mahse hmun leh hun ren vangin a tawi thei ang bera ziah ka tum ang.

A nihna takah chuan *I.A.S. exam* ni lovin *UPSC Civil Services Examination* a ni zawk a. He *exam*-a a tiṭha ber berte'n *I.A.S.* hi an thlan tlangpui avangin *I.A.S. exam* ti-a hriat leh *Coaching* pawh *I.A.S. Coaching/Academy*, adt. ti-a hriat a ni ta ṭhin a ni.

*UPSC* hian kum tin he *exam - Civil Services Examination* hi a buatsaih ṭhin a. He *exam* hi chhawng thum ni mah se, chhawng hnih anga sawi hi a nih phung zawk a ni – *Preliminary Exam* leh *Main (Written leh Interview) Exam* a ni. *Prelims* hi *objective type, multiple choice* hmang a nih laiin *Mains* erawh hi chu sawi tawh angin ziaik meuhva chhan chi *conventional essay type* a ni tihah hian duh tawh rih ila.

Mizoramah hian kan sawi dan lar ber chu ‘*Central Service*’ tih hi a ni ṭhin. *All India Service* leh *Central Service* hi a dang tih hria ila. *All India Services* chu *I.A.S., I.P.S. (Indian Police Service)* leh *I.F.S. (Indian Forest Service)* a ni bik a. A hmasa pahnih pheih hi chu *constitution* awm tirh phat a dah tel a ni a. A Sapṭawng takin ‘*Constitutional Status*’ nei a ni. A pahnih – *All India services* leh *Central Services* hi *UPSC Central Service exam* hnuaia *exam* theihte chu an ni.

Kum 2000-ah khan *Group ‘A’ Central Services* 34 a awmin, *Group B Central Services* a awm bawk. *Central Services Group ‘A’* thenkhatte chu:-

1. *Indian Postal Service.*
2. *Indian Audit and Accounts Service.*
3. *Indian P&T Accounts & Finance Service.*
4. *Indian Defence Accounts Service.*
5. *Indian Revenue Service.*
6. *Indian Civil Accounts Service.*
7. *Indian Railway Traffic Service.*
8. *Indian Information Service* leh a dangte.

Kan hriat leh tur chu *I.A.S., I.P.S. (Police)* leh *I.F.S. (Indian Foreign Service)* te hi *Group ‘A’* a ni lo va, *Group* an pe lo a ni. Mak deuh mai chu *All India Services* zingah chiah *India Forest Service* hi *UPSC Civil Service exam* huang chhungah a awm lo va, a *technical* deuh vang a ni. Hei hi a hranpa ngat a *UPSC-in exam* a buatsaih a ni. Amaherawh chu kum 2013 aṭang khan *Civil Service Prelim exam* nen an kawptir (*combined*) a. Mahse *Prelim exam* an tlin chuan *Main exam* chu a hranpain an *exam* leh thung a. *Exam* hun hi a dang ve zeuh zeuh a. Hriat theih chinah -

*Prelim – August*  
*Main – December*  
*Interview – April/May. Final result* chu *May* thlaah bawk an chhuah leh ṭhin.

*Exam* theite:-

1. India khua leh tui, *Govt. of India*-in a pawm *graduate* kum 21 – 32 inkar. *OBC* tan kum 35 leh *SC/ST* tan kum 37 thleng. *SC* tan chuan kum 37 pelh hma chu duh zat zat a *exam* theih a ni.

*Preliminary Examination*

Kum 2011 aṭang khan *Prelim exam* pawh chu *Civil Service Aptitude Test (CSAT)* ti-a hriat lar a lo ni ta. A hmaa *optional subject* awm ṭhin chu paih a ni ta a. *General Studies Paper – I & II* tih a lo ni ta. *Mark* 200 ve ve puin darkar 2 chhunga chhan zawh hman tura tih a ni. (*It focuses on analytical abilities and understanding rather than the ability to memorise*).

*Paper I – Current events, history of India and Indian national movement, Indian and World Geography, Indian Policy and governance, Economic and social development, environmental ecology, biodiversity, climate change and general science.* Heta tling thei tur chuan a tlem berah *mark* 30 hmuh a ngai. (Chhunzawm tur)

**Naupang Huang** - C. Lalnunchanga

**Taitesena** (Chhunzawmna)

Sakei chuan an tlan chhiat chhung khân an bûk chu a lo bei leh a, an sangha repte chu a ei a, an dar bêlte chu a bêng sawi bawi mai a; a lo kal bo leh hman tawh a. An hlau lutuk chu an ṭap lek lek hlawn a, zunte an cheh pur mai a. Meichher an chhi ngam si lo, thimthamah chuan inchhuih bah nawknawkin an tlan leh ta a. Kawngpui an pawh fuh hlauh va, zanlaiah khua an thleng ta a ni.

Reiek khuain an hriat ve leh a zân a zânin tlangval an pung khâwm a, Bawkkuaia ruang hlawn tura thawh chhuah nghâl an tum a. Mahse, an lal leh upate chuan, “A thia chu thi ta ni se, tunah eng mah kan ti thei tawh lo va, zing khaw ênah a rualin i kal dial ang u,” an ti a. Mahse, Haukunga Kawltung chuan, “Naute Tut li-a mu reng a, in luma lo awm reng chu kei zawng ka thiam zawng a ni ve hauh lo mai; kei chu ka kal nghâl dâwn,” a ti a, saifei a hawl a, a chhuak ta a. Mipui pawh chuan an zui ve nghâl a. Bawkkuaia ruang chu an zuk la ta a ni.

Bawkkuaia ṭhiante chuan a tirah chuan an zêp a; mahse, an inzêp hlen leh thei si lo va, Mizoram hmun tinah chu thu chu a lo darh ta a. A hria apiang tu lung mah a dam thei lo va. Reiek lalnu thinrim lutuk chuan a pawnfên thûlkhung a phawrh a, an hotupa Taituka chu, “Mipa emaw i nih ka lo tiṭhin a, hmeichhia i lo nih hi le; kha, pawnfên hi fêng rawh,” tiin a vawm a. Taituka chu a mittui a tla zawih zawih mai a.

Bawkkuaia chanchin chu Serhmun khua chuan an lo hre ve a. Zawlbûk leh an awm khâwmna tawh phawtah chuan thu dang reng reng an sawi thei lo va, an thin a ur em em mai a. Zingkela pheih chu a thinrim zual a, “Ṭhiante’n, ‘Min chhan rawh u,’ tia au au va, chhan ngam loh rêng mai chuh!” a ti a, a vaibel dâwn a seh keh rawp rawp a, bawhbelah a lawn chho va, “Kan khuaah hian keipui hliam sum ruk la tla se ka va ti em,” tiin a inhrosa a, a haw ta nghâl a.

In a thlen chuan hmarcha a râwt a, a thinrim chu a la insawh a la insawh a, “Ṭhiante mangang au au va, han chhan ngam loh reng chuh! Ka han tel ve lo tak chu aw! Chu ka thin chu hm hm hm...” a ti a, a hmarcha râwt chu a tibaw vek a. A dang a râwt ṭha leh a, a sawh sawk sawk a, a râwt thlêng chu a keh ta vek a. Sumhmuna a nupui buh deng chuan, “Mi huaissen takte pawh an tel ve ang a, inchhan ngaihna a awm lo a ni ang chu,” a lo ti a. Zingkela chuan, “Lo ṭawng suh, nang pawh kha ka rawn chhu hlum nghâl mai ang che,” a ti a.

Serhmun tlangvalte chuan, “Kan khuaah sakei lo tla ve se,” an ti an ti mai a. An tih ang takin a kum leh buh tuh laiin an khuaah sakei huai sum ruk a lo tla ta a. Sial a rawn seh nghâl pang a. Tlangvâlho phurzia an hriatin lal leh upate chuan, “Sakei tihhlum hi a rêm phah tak tak lo, sakei huai chu sakei huai bawkin a thlâk ngai. Thi leh hliamte kan awm ang tih a hlahhawm e, i hnawt mai ang u,” an ti a. Mahse, tlangvalho chu Bawkkuaia ṭhiante chunga an thinrim a la reh lo va, sakei laka phuba lak hrim hrim an duh a, kar kam an titlu ta zâwk a. (Chhunzawm zel tur)

Dan leh Hrai

Court-a thubuai ngaihtuah dan - LR Chhunga

Thubuai hi chi hnih *criminal* leh *civil* thubuai a awm a, *criminal case* hian thilsual titu hrem a tum ber a ni a, *civil case* erawh chuan a tisualtu kha tuartu chhawmdawl a pektir kha a tum a ni. *Criminal case* hi sawrkar thehluh *Police, Excise, adt* hma lakna leh mimal hma lakna a ukil ruaia *criminal complaint* theh luh a awm thei bawk.

2. *Civil case*-ah ve thung chuan miin midang khinna *case* a thehluta, *court*-in insawifiah turin emaw kohna (*summon*) a pe a, *summon* a hmuh aṅanga ni 30 chhungin chhanna an thehlut tur a ni a, *special case* a awm a nih chuan thla 3 chhung hun pek theih an ni a, chu aia *special* leh chhawng a awm chuan chumi hnu lam pawh hun pek theih an ni.

Chhanna an rawn thehluh rualin thubuai thehlutta a *copy* te an pek vek tur a ni. Chumi hnuah *documents* an neihte *court*-in a endik sak leh a, a hnuah ngaihtuah tur kha *point by point* thliar fel a ni leh a, tichuan *preliminary hearing* neih a ni ta ṅhin a, *Court* an thubuai thehluh kha chhan hrang hrang te avanga ngaihtuah tlak lova a ngai a nih chuan a hnawl sak mai ṅhin a, tihṅhat ngai a nih pawhin hnuhkir a phal sak ṅhin a ni.

*Case* ngaihtuah zui tlaka *court*-in a ngai a nih chuan thubuai thehlutta lam khan *criminal case* ang tho khan *witness court*-ah an hruaia chu chu an ukil rawih khan thu a lo zawt a, lehlam ukil khan a duh duh a zawt ve leh vek ṅhin. *Witness* an hruai zawk a an va khina te khan an thuhretu an koh ve leh a, a hma ami ang bawk khan leh lam leh lam ukil ten thu an zawt vek ṅhin a ni. *Witness* an zawk khan *Argument* an nei a, *witness*-te thusawi leh *court* sang thurem tawhna hmangin an inhnial a, chumi hnuah *judgement court*-in a siam ṅhin a ni.

Thubuai puluttu kha *court*-in thiam lo zawka a ngaih chuan lei a chawitir ṅhin a, lehlam ukil senso bakah zangnadawmna a pektir hial thei bawk a ni.

Heng *court* kalphung i chhiar aṅang hian ukil hi dawt hmanga eizawng an ni a hriat theihna lai a awm lo tih i hmu ang. Hei erawh hriat tel tur, thu a saisa a thu dik hriat theih loh a nih chuan ukil ten thu hretute thusawi sawi belhin an ngaihruatna emaw zeldin thubawl *court*-ah an sawi ve bawk ṅhin a; mahse, behchhan nei lo sawi chu zahthlak mai a ni. *Court*-in an thusawi a pawm leh pawm loh chu thudang a ni. *Court*-a thusawi hi ukil te chanvo (*right*) a ni a, tuma khap sak theih an ni lo. *Court* erawh chuan dikna hmuhchhuah a nih theih nante, *court* zahawm nante, mumal zawka *court* kalpui a nih theih nan te *court*-a kaihnrui a, ukil te thusawi pawh a khap ve bawk ṅhin a ni.

Thufingte

- \* I tana hlauhawm ber chu nangma cho chhuah a ni fo ṅhin.
- \* I mize dik tak chu hmun ralṅiah phawrh a ni ang.
- \* I hnaah hlim tum rawh; chuti lo chu hlimna i hre fiah ngai lovang.                   – Elbert Hubbard.
- \* I thil hriat leh zirte reng reng lehkabu aṅang chauhva hria leh zir i nih chuan a tam zâwkah i dik lo fo ang.                   – Labanese Thufing.
- \* I nem lutuk chuan hmeh perh i ni ang a; i khauh lutuk chuan tih tliah i ni ang.                   – Arab Thufing.
- \* I duhzawng i hmuh theih loh chuan i hmuh theih chu duh mai rawh.                   – Labanese Thufing.
- \* Inngaihtlawmna hi thil mak tak chu a ni; neia i inhriat veleh i hlauh chu a ni leh si.
- \* I lak luh aia tlem hmang la; tichuan, lei i ba ngai dawn lo nia.                   – Yiddish Thufing.
- \* I hlim ngei ngeina tur chu mi tu emaw i tih hlim hian a ni.
- \* I bula mi rêl ṅhin chuan nang pawh a rêl ve ang che.                   – Algerian Thufing.
- \* I thilphal dawn chuan i dik hmasa tur a ni.

Hriselna Huang

Nu hnute tui leh damdawi (*Chhunzawmna*)      - Drug Information Center, Department of Pharmacy, RIPANS

Kan sawi tawh angin damdawi tam zawk hi naute chawm lai nuin a ei a him em em a; mahse, kan hmang dawn a nih chuan fimkhur taka hman tur a ni thung. Kan damdawi hman lar zualpui, nu leh nausen/naute hnute hne laite tana him em em te tlem han tarlang leh ila:

1. Na chhawkna chi hrang hrang, heng *Paracetamol* (*Calpol, Dolo, Larkin, Fenceta*, adt.), *Aspirin, Ibuprofen* (*Brufen*), *Morphine* leh *Pethidine* te hi a ṅul huna reilote chhung hman a nihin a him.
2. *Antibiotics* zingah chuan *Penicillin, Amoxicillin, Erythromycin, Cloxacillin* te- hi him tawka ngaih a ni.
3. *TB* damdawi, *malaria* damdawi (*Mefloquine* tel lovin), rulhut hlo leh *Fungus* natna hrik avanga vun natna chi hrang hrang enkawlna atana hman *Clotrimazole, Itraconazole, Fluconazole* te pawh him tawkah ngaih a ni.
4. Thisen sang damdawi chi hrang hrang, zunthlum damdawi, *allergy* damdawi, pum lam enkawlna damdawi chi hrang hrang, *asthma* leh chuap lam harsatna enkawlna damdawi leh na chhawkna ṅha tak mai *glucocorticoids* te pawh dose pangngaia eiin a him viau bawk.
5. *Iron, vitamins* leh chaw ṅha pai damdawi chi hrang hrangte hi a nih dan pangngai taka ei chuan naute tan a him a, nu tan pawh a ṅha em em bawk.

Damdawi chi hrang hrang a tam a, a ṅhen chu dose khat chauha hman a him tawk; hman nawn loh hram ṅha. Entir nan, *Morphine, Diazepam, Promethazine*, adt. te hi hman nawn a nih dawn chuan nauteah damdawi nghawng duhawm lo a awm em tih uluk taka en ṅhin tur a ni. Damdawi tam zawk hi him mah se damdawi tam tak hi a him leh him lohna finfiah theih loh (*data* la tlem avangin) te pawh a awm bawk.

Fimkhur takin damdawi hmang la, damdawi i ei dawnin a theih chin chinah mithiam rawn ṅhin la, *Drug Information Centre, RIPANS* te hi lo hmang ṅangkai ve ṅhin ang che. Nang leh i fa, i chhungte hriselna hi i kutah thui tak a innghat a ni.

Mi zai ngai lo ve te...

Full Moon zanah guitar nen ar kang in Nula te an hruai chhuak ve a, hla sak tur a lawi an hre leh silo, “Pi buh deng, Pi buh deng, pakhat in buh ṅhap, buh ṅhap” an ti zankhua ve zak.

Mi put sual ve te..

Nu ber : Tinge Mamapa i nuih phut a i hmm leh daih. Pa ber : Vawih ka tum a, a Tlawrh a.

Zawhna zawt chik ve te

Naupang te pakhat hian anu hnenah, “Ka nu, engatinge in inneih thlalakah hian kawr var i hâk a?” a ti a; a nu chuan, “Inneih nite chu kan hlim ni ber a lawm,” ati a. A fapa chuan, “A nih, apa hian engatinge kawr dum a hak si?” te a ti vel...

Ni leh nge nge

Kan venga thil bo a awm apiang hian min man ringawt zel a. “Tun ṅum chu ka ruk a ni lo,” ka ti ngawih ngawih pawh hian, min han dawp tak tak chu ka ruk a lo ni leh nge nge ṅhin tiin a vui ve nuah nuah..

Ka thleng hmasa daih zawk si a

Pa ho hi nau neihna room pawnah an ṅhu ṅhap a, Nurse chuan nausen pakhat rawn pawm chhuakin, “Pu Ram fapa i nei” a rawn ti a, a bul a lo ṅhu ve pakhat chuan thinur zetin, “Mai mai, an ni aiin ka thleng hmasa zawk,” zuk ti thlangawt pek a.