





# 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 : Rom 6:23**  
“Sual man chu thihna a ni si a; Pathian thilthlawnpok erawh chu, kan Lalpa Krista Isua zarah chuan chatuana nunna a ni.”.

**TUALCHHUNG CHANCHIN**

☛ Dt.15/12/2021(Nilaini) khan Tv. Dr. Vanlalmuankima s/o Pu Lalthansanga, Khuangchera Section leh NI Janet Lalremsangi te chu Khuangpuilam Presbyterian Kohhran Biak In ah an innei a. Hun kal zelah nupa hlim tak leh inngeih tak an nih theih nan duhsakna kan hlan a ni.

☛ Dt. 16/12/2021 (Nilai-thawhtan) zing khan Tv Lalrinnggheta c/o Pu PC Hmingthanga, Chawngbawla Section leh NI Victory Vanlaluati, Ratu te chu Khuangpuilam Presbyterian Kohhran Hall ah an innei a. Hun kal zelah nupa hlim tak leh inngeih tak an nih theih nan duhsakna kan hlan baw e.

☛ Dt.17/12/2021(Zirtawpni) khan Chawngbawla Section Leader Tv R.Lalnuntluanga leh NI Lalhminghlui Kolasib Venglai East te chu Khuangpuilam Presbyterian Kohhran biak In ah an inkutsuih a. Hemi ni vek hian kan Daifim Represent leh kan Branch Asst. Secretary nibaw NI.Florence Zoremsangi pawn Lunglei lamah a lawi lut ve baw a ni.

☛ NI C.Rozampuii c/o C.Rokima Chawngbawla Section tuna Burrows Memorial Christian Hospital, Assam a Nurse zirlai mek chu Adrenal Glands vung avangin phai lam hmun hla zawkah enkawl a ngai dawn a. Kum thar January a kal turin an in buatsaih a ni.

☛ Pu H. Lalmuanpuia (Muanpuia), Chawngbawla Section, chu Ningani khan Chemotherapy ti leh turin Aizawl an chho a. Ni 17/12/2021(Zirtawpni) a fit leh fit loh thisen test an nei anga kar thar lamah in lam lo let leh an tum nia thu dawn a ni.

**CYMA General Conference vawi 73-na hman zo**  
**Kumpulan atan Ram leh Hnam humhalh**  
**Khuangpuilam the 19th April, 2021** :Pawl tlak thla tahrik ni 16, 2021 (Ningani) khan Central YMA General Conference vawi 73-na chu R. Dengthuama Hall, Aizawl Mualpui-ah neih a ni a. Mizoram hmun hrang hrang atengin palai 1732 kalin chawhma lamah rorelna neih chawhnu lamah kum 2021-23 chhunga Central YMA hruiatu tur thlanna neih a ni. Kan Branch atengin Pu Lalremsiama Varte, Br. Secy; Pu Samuel, Br. Fin. Secy leh Pu Ricky Malsawmdawngzela, BEC-te an palai a. Tin. Pu HD Daniala, Br. President chu Sub-Hqtrs palai a ni bawk.

Inkhawmpui rorel hi Pu Vanlalruata, President, Central YMA-in a kaihrui a; Pu C. Lalsangliana, CEC-in hunserh hmangin Prof. Lalnuntluanga, General Secretary-i’n report a pe a. Kum 2021- 2023 budget atan ₹ 1,68,75,400/- pawm a ni. Kum 2021 chhungin Member boral mi 1834 an awm a ni.

Agenda pawmte :

A. YMA khawih.

1. Ruihhlo chungchangah Sawrkar/Kohhran/ Pawl dangte sawmin inzirtirna nasa zawka kalpui ni rawh se.
2. Central YMA building sak mek chhunzawmna atan YMA member ten Donation thawhkhawm ni rawh se.
3. Zirtirtu mahni post a awm tha duh lote hi an post-a an awm theih nan Central YMA-in hma la rawh se.

B. Sawrkar khawih.

1. Mizoram ramri hi Sawrkarin a ranglama chinfel dan ngaihtuah rawh se.
2. Zirna school-ah Mizao hnam lam zirtir a nih theih nan Sawrkarah thlen ni rawh se.
3. Kan ram chhung Thei phun uar tura Sawrkar nena tangduna hmalak ni rawh se.

C. YMA Dan bu ennawn ni rawh se.

D. Kum 2021 - 2023 Kumpulan atan ‘Ram leh Hnam humhalh’ thlan a ni.

E. 74th YMA General Conference chu Manipur Group YMA, Churachanpur-ah nghah a ni.

Lawmman semte :

**Kumpulan bawhzui tha :**

Branch YMA	Group YMA
1. Venghlui.	1. Tuipuiral.
2.Bethlehem Vengthlang.	2. Chalfilh.
3. Saitual Bazar veng.	3. Hmuifang.

**Ramngaw leh Nungcha humhalh tha :**

Branch YMA	Group YMA
1. Darlawn.	1. Chalfilh.
2. Leng.	2. Hmuifang Tlang.
3. Maite.	3. Tuiphal.

**Tuihna humhalh tha :**

Branch YMA	Group YMA
1. Sialsuk.	1. Hmuifang Tlang.
2. Reiek.	2. Chalfilh.
3. Leng.	3. Tuipuiral.

**YMA chanchinbu la tha :**

Aizawl khawpui chung	Aizawl pawn

<b>Editorial Board :</b> <i>Represent: Nl Florence Zoremsangi</i> <i>Editor: Pu Lalsiamkima</i> <i>Jt. Editor : Pu Ricky MS Dawngzela</i> <i>Treasurer: Nl Thanghmingliani</i> <i>Cir.Manager : Pu. Samuel Lalpekhlua</i> <i>Contact No: 9612761781 / 9612691291</i> <i>9862501858 / 8575946381</i>		<b>Branch YMA Office Bearer</b> <table><tr><td><b>President</b> Pu HD Daniela 9863212083</td><td><b>Secretary</b> Pu Lalremsiama Varte 9862327112</td><td colspan="2"><b>Treasurer</b> Pu David Lalrosanga 9436158962</td></tr><tr><td><b>Vice President</b> Pu S. Lalthangliana 89748 30454</td><td><b>Assistant Secretary</b> Nl. Florence Zoremsangi 9612761781</td><td colspan="2"><b>Financial Secretary</b> Pu Samuel Vanlalremruata 9862094257</td></tr></table>			<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 Samuel Vanlalremruata 9862094257	
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<b>FLS Station - 9862094257/9862327112</b> <b>Chawngbawla Section</b> Leader : Tv R.Lalnuntluanga 82599 60032 Secretary : Pu Lalsiamkima 9612691291 <b>Vanapa Section</b> Leader : Pu Lalchuaailova 87300 99599 Secretary : Tv. Lallawmzuala 87875 41803 <b>Khuangchera Section</b> Leader : Pu Lalramzaau 76408 95924 Secretary : Tv Lalremruata 7005131514		<b>CYMA hmalakna</b> Central YMA Executive Committee meeting chuan, a hnuai a Home/Centreleh Hospital-ah te hian Krismas denchhenin thilpek hlan ni se a ti. 1. Tawngtai Bethel Camping Centre, Sakawrtuichhun - Rs. 25,000.00 2. Hermon Children’s Home, Durtlang - Rs. 10,000.00 3. Civil Hospital, Aizawl - Rs. 10,000.00 4. Synod Hospital, Durtlang - Rs. 10,000.00 5. Thutak Nunpuitute Team (TNT), Zuangtui - Rs. 20,000.00 6. Cancer Hospital, Zemabawk - Rs. 10,000.00 7. Grace Home, Durtlang - Rs. 3,000.00 8. Bethesda Home, Muallungthu - Rs. 3,000.00 9. Muanna In, Mualpui - Rs. 3,000.00 10. Nau hnuchham In, Khatla - Rs. 3,000.00 11. Peace Home, Durtlang - Rs. 3,000.00 12. Tuikual Rescue Centre - Rs. 3,000.00 13. Bethany Children Home, Sairang Sihhmui - Rs. 3,000.00 14. Mission For Christ, Durtlang - Rs. 5,000.00 16. Hmangaihna In, Durtlang - Rs. 3,000.00 17. Adventist Hospital, Seventh Day Tlang - Rs. 5,000.00 18. Sinner’s Friend, Sihphir - Rs. 5,000.00 19. Kingdom Ministry, Phunchawng - Rs. 5,000.00 20. Dika Camp, Electric Veng - Rs. 5,000.00 21. Blessing Home, Sakawrtuichhun - Rs. 5,000.00 22. Gan Sabra, Luangmual - Rs. 3,000.00 23. AMRO, Chawlhmun - Rs. 3,000.00 24. Toggether in Christ Ministry, Melthum - Rs. 3,000.00 <b>Total Rs. 1,51,000.00</b>										
<b>Editorial.....✍</b> <b>I YMA ANG U</b> NGO zing a pawl lian leh hlun ber pawl YMA kalphung hi kan hriatchian leh zual a va hun tawh em.Tlawmngai pawl a nih ang hian kohhran a thliar tur bik a ni lo a, rethei leh hausa a enhrang tur a ni hek lo. YMA hi kohhran thalai pawl an nih ang in Kohhran thalai pawl pawh hi YMA a ni tih hi rilru ah vawn tlan a tha hle in ka hria. KTP, TKP, SAY, PYD adt.. nen pawh hian engkim ah inrawn tawn a, lungrual tak a kal ho hi a hlu in a tha em em a, kal ho thiam hi a pawimawh hle a ni. YMA ah chuan Kohhran hrang hrang kan awm tih hi hmuh hmaih loh a tha viau mai. Hawh u thinlung tak in veng hmangaih tum ila, thil reng reng midang tih tur a dah lo in kan dam a kan hman a nih phawt chuan mahni tih tur ah theuh dah i tum zawk ang u. Awmhmun a thu tha sawi leh rorel tum lo in a tak a chet chhuah i tum zawk ang u khai. Hringnun kawng kan zawh ah hian mitin mai hian nitin darkar tin hian zir tur kan nei vek a, inzir chho zel kan nihna hi kan inhriatthiam pui a pawimawh tak zet a ni. Tu te mah hi in sel leh inkhei lo in, inhriatthiam tawwna nen lungrual tak a pheikhai vawr i tum ang u. YMA vul zel rawh se		<i>(Phek 1-na zawmna)</i> Aizawl khawpui chhung Branch YMA. 1. Chawlhmun. 2. Chaltlang. 3. Durtlang. Aizawl pawn. 1. Khawzawl vengthar. 2. New Champhai. 3. Khawzawl Zaingen. Member zat percentage a la tam te. 1. Chawlhmun. 2. New Champhai. 3. Khawzawl Zaingen. Kum 2021 - 2023 chhunga Central YMA Office Bearer atana thlante. <b>President :</b> Pu Lalnggheta. <b>Vice President :</b> Tv. Lalmachhuana. <b>General Secretary :</b> Prof. Lalnuntluanga. <b>Asst. Secretary :</b> Prof. Malsawmliana. <b>Treasurer :</b> Pu Fabian Lalfakawma. <b>Finance Secretary :</b> Pu Roneiththanga										
		<b>Vanapa section Christmas leh kumthar inkara duty turte</b> 1. Pu Ramropuia 2. Pu Lalawmpuia 3. Tv Lalngaihsaka (Vala) 4. Tv Albert Zarzotluanga 5. Tv Malsawmtluanga 6. Nl Lalremthangi 7. Tv H Lalmuanawma 8. Tv Lalthazuala 9. Nl Zonunsanga 10. Nl Zoremthangi										
		<b>Audit Chungchang a Ngenna</b> Kan hriat theuh angin BEC kumtawp Committee chuan Branch leh Section leh a peng hrang hrangte (Sub-committee) sum dinhmun chetvel dan enfel hna chu kan Auditor tura ruat ten Dt. 28th Dec, 2021 hma in lo chingfel se a ti a. Hunpui lai anih vangin, kan Auditor te hnenah Audit tur hi Dt. 20, Dec, 2021 (Mon) aia tlai lovah thehlut vek turin kan inngen a ni.  Sd/- Secretary KPL Br. YMA										
<b>Keimahni</b> Daifin chanchinbu man khawn a lo hun leh ta a, a man khawn tute hnena lo pe theuh turin kan inngen a. Tin a man khawntu ten kan Treasurer hnenah 20/12/2021 hma a theh lut theuh turin kan inngen nghal bawk a ni.												
<b>A tha ber beisei la, a chhe ber hmachhawn turin inbuatsaih rawh.</b>												

**(Thu ziak Huang)**

## MaryWinchester (Zoluti)laklet leh thu hi TH Lewin-a'n a hrechiang ber mai

December ni 2 ah chuan Mizo lal - Lalngheta Sailo ,IPS(Rtd) pakhat, Vanpoia (ama ziak danin ) leh *Mission Vengthlang* T.H Lewin an inhmu a. Vanpoia chuan T.H Lewina hnenah Sylus (Sailo tihna) ho chuan an sialte talhin anlo inralring nasa hle hle a. Vailian lo do ngei an tum tih a hrilh a.

December ni 27 ah chuan, 27<sup>th</sup> Punjab Native Infantry sipai 500 zet an lo thlen belh a. A hma hian 2<sup>nd</sup> Gurkhas sipai 500 leh 4<sup>th</sup> Gurkhas sipai 500 leh Frontier Police tam tak leh Laipui pû te, Surveyor-te, mi 2000 deuh thaw an pungkawm a. Hei bakah hian an puakphur ringawt pawh tam tak, an mahni zat zet an nih ngei a rinawm. Lewina hian an nambar zat hi a ziak lova, Sipai ho operation thuruk deuh pawh a ni mai thei e. Puakphurte nen chuan sang thum chuang chu an nih mai hmel hle.

Hetih hun lai hian Tlawng lui thlang lam, Pukzing tlang dung leh Thorang tlang bul velah te hian, Sailo lal Lianlula thlahte, Savunga fate ho an lal a. An ni ho hi T.H Lewin-a'n Sylu chiefs a tih te hi an ni. Tlawng lui chhak lam Mat lui chhak lam thlengin Sailo Lal Rolura thlahte ho an lal a. An ni hi, T.H Lewin-a hian Howlong chiefs a tihte hi an ni a. An target ber Zoluti leh vai sal tam tak kawltu an ni tih an hria. Howlong Lal a tihte hi mi hran daihah a ngai niin a lang. Khawthlang lal ho te hian nasa takin vailian hi dan an tumin an lo bei hlawm a. An hneh loh mai bakah an khuate pawh an hal sak deuh vek a, an tuar nasa hle a ni.

January ni 2, 1872-ah chuan General Brownlaw leh T.H Lewin te chu Thorang tlang chhipah lawnin khua an thlir a. Khawchhak lam thui tak 'Howlong' Lal ho (Rolura thlahte) khua te chu chiang takin a lang thei a. Northern column-ho chanchin hriat an chak em em chu engmah hriat phak a ni lo thung.

January ni 13-ah chuan T.H. Lewin leh Rothangpuia te chu Gurkha sipai 50 rual nen 'Howlong' lal khaw pakhat an han kal a. Khua a mi ten an thawm an lo hriat veleh an khua chu an mahniin an lo hal a. Hei hian inremna an duh lohzia a entir a ni tih T.H Lewin leh Rothangpuia te chuan an hre chiang hle a, camp lamah an kir leh rih a.

Rothangpuia chuan 'Howlong' Lal hotute unau Bengkhuaia leh Sangvunga te chu a fala hmuh a tha berin a ring a. A rawtna angin Rothangpuia leh Frontier Police Subedar Mohamad Azim te pahnih chu Bengkhuaia khaw lam panin mi dang pawh hruai lovin an kal ta a. Hetih hun lai hian General Brownlow-a ho sipai tam tak chu Burma tlang dung khawilai emawah an in-camp niin a lang. Khaw hming hi sawi a nih loh avangin a hmun lai tak sawi a har hle.

January ni 21-ah chuan 'Sylu Chief' Savunga fapa naupang ber, Lalzika khua chu nasa takin an kap a. An laipui te chi (Seven pounder) te pawh an han hmang chhin a ni awm e. Hemi ni, January ni 21, 1872 hian T.H Lewin chuan thu lawm awm tak mai a dawng a. Chu thu chu Rothangpuia leh Subedar Mohamed Azim ten Mary Winchester an lak let leh tawh thu leh Chittagong atanga Calcutta pana an thawm thu Colnel Tytler, 4<sup>th</sup> Gurkha C.O, Demagree-a awm chuan a rawn hrilh chu a ni.

Colonel Tytler chuan, Mary Winchester chu Rothangpuia khua, Tlabung kiang vel (Belkhai a ni mai thei) atanga la chhawng leh in; Chittagong lamah sap ram a thawm haw turin an thawm tih thu chu a thianpa T.H.Lewin a rawn hrilh a ni. Bengkhuaia khua atanga Rothangpuia leh Subedar Mohamed Azim ten Zoluti an lak ni leh an lak dân hi chipchiarin a sawi lo va. An lak ni tak pawh hi a lehkhabuah hian a sawi lang lo.

January ni 21 hi T.H Lewin-a'n he thu (Chhunzawm tur)

**(Naupang Huang)**

## Nghatebaka

- Apuia Chawngthu (Chhunzawmna) An sangha vua chu an hlawh-tling zêk a, nghahrangchal sum tia dawn dawn leh sangha hrawl fe fe an man ãeuh a, an rawn phur haw hnawk mai a ni.

Khua an thlena thil awmzia an han hmuh chuan an thin a ur em em mai a, Nghatebaka chu a thin a ur zual a, a silai tha tak mai an lak chu chhuhsak ngei tum leh an lalpa chhanchhuah tum chuan a um ta a.

A thiante leh tlangval rual chuan an rawn umzui vat a, reiloteah chuan an va umpa a. Nghatebaka chuan a hnung bera mi chu khawh thluk tawp tum chuan a feikibar chuan a han khawh a; mahse, a thelh hlauh mai. Nghatebaka chuan, "In va dawihzep em em ve," a han ti sak a.

Lehlan atang chuan pakhat hian thu pe aw tak hian, "Min rawn umzui tawh suh Nghatebak," a rawn ti a. Ani chuan, "Chawngbawl, Pasaltha i ni lawm ni? Lo ding ta che," a han ti leh a," a fei chuan pakhat chu a han khawthlu a.

An tlan zel a, ramri an thlen dawn chuan silai ri thuntling tih hriat tak mai hi a rawn ri dur mai a, Nghatebaka chu a let tawp a, midang chuan an rawn bawihawm thuai a. Nghatebaka ka atang chuan thisen a rawn chhuak a, engemaw han sawi a tum a; mahse, a tawng chhuak zo lo, a chatthla ta a ni.

An ui em em mai a, ral um zai pawh rel tawh lo chuan, Nghatebaka chu an zawn hawng a, chumi zan chuan ar pawh a khuang lo va, ui pawh a bauh hek lo. Sar a zam ruih mai bawk a.

A tukah chuan Tianhrang thlan an lai a, ui takin an thlah liam ta a ni.

Nghatebaka hi Pasaltha hmingthang Chawngbawla meuh pawhin, "Kei aiin a huaisen zawk; a chhan chu kei aia huai chu mahni lu zuar an ni ka ti thin a; mahse, ani zawng mahni khua leh tui tan a nun a hlan a ni," a ti hial a ni.

Mizo pasalthate zingah hian Khuangchera leh Nghatebaka lo hi chu ral lakah khawtlang tana nun hlan hi sawi tur an awm rih lo niin a lang a, sa lakah erawh chuan sawi tur chu an awm nual awm e.

- \* **Khawtlanga sualna hi, chhungkuaah zung a kaih dan chhui lova siamthat kan tum chuan ka hlawhchham ang – Dr. Keneth Chafin.**
- \* **Kristiante hian fiahna te, harsatna te kan tawhin ka kross put tur a ni e, kan ti leh ngawt thina, hei hi kross put awmzia ani lo, kan nunhlui nitina hnawla mahni thih zela, krista tana nun tur ani zawk -A.Murray.**
- \* **Mi chu a awmna hmuna kristian anih theih loh chuan khawi hmunah mah a ni thei chuang lovang – Harry Ward Beecher.**
- \* **Millionaire te hi kan nui khat pharh mai a ni – Andrew Carnegie.**
- \* **Thil mawi hi a tha a, mi tha chu a mawi thuai thin. – Sappho.**

**Mahni inrintawk hi a tha; mi rin nih pheichu a tha leh zual.**



Dan leh Hrai

**Ukilte pawimawhna:** - Dr. H.T.C. Lalrinchhana  
**An hna thawh dan leh kalphung**

[Role of Advocates: Nature of functions and their ethics]  
**B. State Sorkar Ukilte :** (Chhunzawmna)

State sorkar-a ukil zingah chuan *Advocate General* te hi a hotu ber an ni a, an thachhang dawltu turin *Additional Advocate General* te, *Asst. Advocate General* te, *Govt. Advocate/Public Prosecutor* te, *Additional Govt. Advocate/Additional Public Prosecutor* te, *Assistant Govt. Advocate/Assistant Public Prosecutor* te an awm leh a ni.

**Note :** *Public Prosecutor (Addl./Asst.)* te hi *Criminal* thubuai bik a sorkar tana Ukil ruatte an ni a, *Govt. Advocate (Addl./Asst.)* te hi *Civil* thubuai bika Sorkar tana Ukil ruatte an ni. ‘*Advocate General*’ dinhmun leh mawhphurhna hi a pawimawh hle. *Governor-in high court judge* nih tlingte zinga ukil tha leh tlingzo a tih chu ‘*Advocate General*’ turin a ruat thin a ni [Article 165 (1) of the Constitution of India]. *Advocate General* hi state sorkar-ah a tul anga thurawn leh rawtna te pe turin mawhphurhna a nei bawk a ni [Article 165 (1) of the Constitution of India].

*Advocate General* te hi state legislative assembly thutkhawmnaah leh state legislative council nei teah pawh chutiang legislative council-ah leh legislative assembly te thutkhawmnaah pawh a duhzawng a sawiin rorelnaah a tel ve vek thei a; vote pek angaih hunah vote a pe ve theilo mai chauh a ni [Article 177 of the Constitution of India].

**Note :** Mizoram Sorkar chuan No. A. 45012/9/'98-LJE/Pt. dt. 5.1.2009 khan *Mr. Biswajit Deb* chu *Advocate General of Mizoram* turin a ruat a, chu chu lalna leh dinhmunah *minister of state, Govt. of Mizoram* ang dinhmun chu No. J. 12016/40/2004-POL, the 13th February, 2009 angin a pe a ni (*Vide the Mizoram Gazette, Extra Ordinary; Vol. XXXVIII dt. 18/2/2009 Issue No. 60*).

Keini Mizoramah chuan Sorkar Ukil kan tihte hi Sorkar hnathawk (*Govt. Servant*) annih loh avang hian [State thenkhatah chuan sorkar hnathawk anga ruat an ni] Sorkar khinna thubuaiah tihloh chuan an mahni mimalin mi thubuai hi an la inrawihtheih tho an ni. *Criminal* thubuai atana *Prosecutor* ruatte hi chu ‘*Criminal*’ thubuai atan chuan rawihtheih anni hauhlo thung.

**Note :** Mizoram-a Sorkar Ukil kan tihte hnathawhdan leh kalphung hi ‘*The Mizoram (Appointment, Duties, Fees etc. of Government Advocates) Rules, 1995*’ hian a phuarin he dan anga ruat leh hna thawk hi an ni.

**Directorate of Prosecution :** Section 25-A of the Code of Criminal Procedure, 1973-in a tarlan dan lo tarlang leh ila-

- i) Sorkar hian ‘*Directorate of Prosecution*’ chu *Director of Prosecution* leh *Deputy Director of Prosecution*-a tul ang zahte ruatin a din ang.
- ii) *High court*-a *chief justice* te berawnnin state sorkar hian *Director of Prosecution* chu ukil kum sawm lo thawk tawhte atangin a ruat ang.
- iii) *Directorate of Prosecution* chu home department enkawl na hnuaiah a awm ang.
- iv) *Advocate General* te *public prosecutor* anga an din vena angah tih chauh lo chuan *Directorate of Prosecution* chuan *public prosecutor* leh a hnuaia mite hnathawh dan chu a vil ang.

**Note :** Mizoram-ah chuan ‘*Directorate of Prosecution*’ hi kan la din ve lo a ni.

**2) Mimal-a Ukilte :** Sawi tawh angin an hnathawh dan bung leh chang hi *the Advocates Act, 1961*-in a phuar a, rorelna court-a thubuai neite emaw nei turte emaw thubuai hla buai nei ten an duh angin an ruai thei a ni. (Chhunzawm tur)

Hriselna Huang

**Zunthlum natna** - Dr. Lalawmpuia Cjhangte  
**(Diabetes Mellitus)** Diabetologist

(Chhunzawmna) **OTHERS :** Kan sawi tawh angin thisen thlum a nih miao avangin thisen kalna apiang kha a khawih a ni mai a, sawi zawh sen pawh a ni awm lo ve, a dang pawimawh leh te chu:

- a) *Immunity* : Kan taksain natna hrik a beih letna kawngah zunthlum vei te an chak lo hle a, chuvang chuan *WHO* pawhin *secondary AIDS* a ti hial a ni.
- b) Vun natna *funga infection* a hluar hle.
- c) Mipat hmeichhiatna, a bikin mipaah *ED* or *DE* a tam hle.
- d) Pân leh natna dang reng reng *infection* - chuap, ril, vun, adt. a dam har bik.
- e) Ngaihtuahna leh hriatrengna (*memory*) a tla hniam thei.

Zunthluma *common* em em mai chu thau chhia a tam thin a, chu thau chhia chu thau (*liver*) a kaiin *fatty liver* a awm thin. Zunthlum vei rei deuh zaah 70% chuan *fatty liver* an nei thin.

- 1) A enkawl dan tlangpuite :**
  - a) Diet.
  - b) Exercise.
  - c) Meizial, zu-nghei.
  - d) Mut tam leh rilru hahdam.

- 2) Medication :**
  - a) OHA
  - b) INSULIN

- 3) Education and regular check up :** Diet + Exercise + medication te hi Mizo-in lungthu pathum kan sawi thin te kha an ni a, a tan rual thap a ngai. Tin, complication nei tawh te tan chuan a problem a zira enkawl chhunzawm zel mai tur.

Zunthlum in enkawl hi a Kristian nun em em a. Bansen a tiang tawh lova, i hnung tawlh a rem baw lo, that deuh avang a inthlahdah loh tur a ni.

Zunthlum vei lo turin khawsak phung, ni tin nun, ei leh in te fimkhur a ngai em em a ni. Taksa chetna tam, zuk leh hmuam in sum, taksa mamawh tawk ei leh in chungchangah te mitin zunthlum la vei lo te ka chah duh chu, insumtheihna i nei theuh ang u.

Thufingte

- \* Kan nunah hian thil pahnih tinzawn tur a awm a; pakhatna chu kan thil duhte hmuha chumi hnua nuam tia chen chu a ni. Mifing ber berte chauhina hnuing hi an tawng a ni. – Logan Pearsall Smith.
- \* Kan duhzawng thil neih hi hausakna chu a ni ngei mai; amaherawhchu, a lova awm theihna chu thiltihtheihna a ni.
- \* Khawvela thil tha ber chu mawl hi a ni a; a dawttu chu inngaihtlawm a ni. – G.K. Chesterton.
- \* Kan nuna thil pawimawh ber ber te chu rilru thatho neih leh kan hnua tuina neih hi a ni. – Harvey Day.
- \* Kan thiltih, a chhia emaw a tha emaw te hian, kan hlimthla ang hian min zui reng a ni. – Buddha.
- \* Kum hian amah ngawtah hlutna a nei lo, ngaihtuahna hman leh inthununna tel lo chuan.. – James Truslow Adams.
- \* Kum 18 kan nih chuan kan thurin nghet neihte chu tlang chungah chuanga hawi kual vel nan kan hmang a; kum 45 kan lo nih erawh chuan puk a chhunga kan bihrukna chu a ni. – F.Scott Fitzgerald.