



Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO
Hunawl hman that
Zofate hmasawnna 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.

Vol - VII Issue No. - 12 - Vau thla - 21st March, 2021 (Pathianni)

Tunkar chang vawn : Thufingte 10:2“Suahsualna ro chuan hlawkna a nei lova, Felna erawh chuan thihna ata a chhan chhuak”.

TUALCHHUNG CHANCHIN

- ☛ Pu Zonunsanga Hrahsel s/o H.Vanlalpeka, Khuangchera section chu Focus hnuai Lab - Assistant-ah tlingin Mamit-ah a awm dawn a, a kal lehzalna turah duhsakna kan hlan e.
- ☛ Pu F.Lalhmingmawia (Amawitea) Chawng-bawla Section chu damlohna avangin Durtlang Hospital a in enkawl chu that lam a pan zel nia thu dawn a ni. Pathian tihdamna chang zel turin duhsakna kan hlan e.
- ☛ Pu Joshua Lalremsanga s/o Pu Lalpanpuia Rengsi, Treasurer Chawngbawla Section chu Eben-Ezer Hospital, Chawnpui, Aizawl ah tluang taka an zai hnuah ni 16/3/2021 (thawhlehi) khan In lamah lo haw thla tawhin dam lam a pan zel ni a thu dawn a ni.

Lawmthu sawina

Dt. 20th March, 2021
Inrinni chawhnu khan Branch Executive Committee member leh FLS Sub-Committee ten FLS Station a insawnluh hnattlang neih ani a, hnattlangah hian member thatnem tak kan thawk chhuak a. Hnatlanga tlawngai thawk chhuak zawng zawngte chungah kan lawm tak meuh meuh a ni.
NI Florence Zoremsangi, Asst. Secretary Branch YMA hnen atangin FLS station chung khuhna rangva man ₹ 3000/- lai kan dawnga a chungah kan lawm tak zet a ni.
Tin, Pu Rotlingpuia, Fin. Secretary hnen atangin tala tha chi kan dawnga a chungah kan lawm hle baw. Mi inphal te pathianin a let tam takin malsawm che u rawh se.

Sd/-
Secretary
Khuangpuilam, Branch YMA

Branch Executive Committee Thukhawm

Dated Khuangpuilam, the 21st March, 2021 (Pathianni) : Ni 19th March, 2021 (Zirtawpni) khan Khuangpuilam Branch YMA Executive Committee (BEC) chuan Committee pawimawh tak BNRGSK Hall-ah an nei a. He rorel thutkhawm hi Branch President Pu HD Daniala'n a kaihrui a ni. Pu Lalremsiama, Secretary Branch YMA hnen atangin Committee leh Committee inkara hmalakna tlangpui report ngaihtlak a ni baw. Thurel kan hriattur tlangpui te :

1. Khuangpuilam thlanmual vah fai tawh, theh tura ruahman tawh chu terrace laihna hun remchang tak hmuh anih vangin hun rem changah Branch Executive Committee hovin thlir that leh nise tih a ni a, committee leh ah thutlukna siam nise tih a ni.
2. Pu Lalremsiama Varte, Secretary, Branch YMA hnen atangin FLS station sak zawh fel tak chungchang report ngaihtlak anih hnuah a rang lama FLS station a insawn luh nghal mai nise tia rel a ni. A hun atan dt.20/3/2021 (Inrinni) chu ruat a ni a, a bak tuldang awmte chu hruaitu te lo ngaihtuah tura tih a ni baw. FLS Sub-Committee te leh Branch Executive Committee member te thawk chhuak theuh tur ngen an ni.
FLS a au tur hian Branch OB te bakah FLS Sub-Committee ten lo ruahman se tih a ni.
3. (a). DC Kolasib hnen atanga lehkha dawn Leilet/Huan enkawltu chungchang a Office Order puangzar tura min ngen chu a tul anga hmalak chhonzawm nise tih a ni.
(b). Pem lehkha dawn:- (1). Pu Ramhmachhuana Kawlni te chhungkua chu Kawngthar veng, Vairengte Branch atangin pem lehkha kan dawng a kan lawm hle.
(2). Pu Raldoliana te chhungkua chu Zuangtui Branch, Aizawl atangin pem lehkha kan dawng a kan lawm hle.

**DIRECTORATE OF SOCIAL WELFARE & TRIBAL AFFAIRS
GOVERNMENT OF MIZORAM
VOCATIONAL TRAINING CENTRE, KOLASIB**

Social Welfare & Tribal Affairs hnuai Vocational Training Centre (VTC Kolasib ah heng a hnuai a kan tarlan te hi a thlawn a zir duh tan Centre Director, Jordan Centre Sethawn, Social Welfare & Tribal Affairs ah leh August IX dawr, Parkkawn Kolasib ah 30th March 2021 (Nilaini) thleng dilna plain paper a zia kin a thehluh theih e. Hming, Address, Adhaar number leh Phone no. ziah tel tur a ni. 7th April, 2021, (Nilaini) 11:00 a.m hian Vocational Centre, Kolasib (Elisa Tower) 3th floor, KCN opposite, Diakkawn ah interview neih a ni ang. Interview ni hian Educational Certificate ken tel nghal tur a ni.
Zirlai te thla tin stipend pek thin an ni a, Material pawh athlawn a pek an ni e.
Course zir theih te

1. Garments Making	CI - VIII
2. Information & Communication Technology (ICT)	CI - X
3. Hotel Management	CI - X
4. Beauty & Wellness	CI - VIII

Sd/-
(RUTH VANLALSAWMI)
CENTRE DIRECTOR
JORDAN CENTRE . SETHAWN

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9856197529/8257945531

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Sub Hqrs YMA

Morgue Van hlanna nei.

Kolasib Constituency chhunga MLA 3 ten Kolasib District tana Morgue Van an lei chu Dt 20/3/2021 (inrinni) khan Sub-Hqrs YMA hnena hlanna nei a ni. He hlanna programme hi Taitesena Hall Venglai Kolasib ah nei a ni a Chair-man Pu Lalrinmawia Ngente, Vice President, SYMA in a kaihruai a, Pu Thomas D.Lalengliana, Secretary, SYMA chuan report a pe baw. Pu C.Liankung, President SYMA chuan lawmthu sawiin hun tawp nan Maj. Lalmuanchhana DC, SA chuan pathian hnena tawngtaina a hmang a ni.

VC Hriattirna

Khuangpuilam veng chhunga In sa tur leh sa mek 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 chung a lo felfai zel theih nan In sak tan hmain bialtu VC hnenah insakna tur hmunhma enfiah tura in report theuh turin vengchung mipui kan ngen baw e.

KOLASIB S.P. THUCHHUAH No.7818/2020-2021

Dated Kolasib, The 17th March, 2021: Mipui him zawkna atan leh Joint Action Committee, Hortoki ten ngenna an thlen angin, S.P. Kolasib chuan lirthei chet vel dan turah a hnuai ami ang hian thupek a chhuah.

Hortoki leh Kawnpui inkar kawngpui, SM Interior Private Ltd. ten an siam mek chu tun aia chak zawk leh hna tha zawka thawh a nih theih nan dt. 20th March, 2021 (Inrinni) atanga March leh April 2021 chhung zawng chu Inrinni leh Pathianni apiangin helai kawng hi khar thin a ni 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 leh Magistrate-te chet velna a huam lo ang.

He thuchhuah chungchanga harsatna taw emaw report neite chuan O/C Kawnpui PS Phone number 9863940688 leh Kawnpui PS Phone number 7085130815 te biak theih reng a ni.

CYMA hmalakna

15.3.2021 : MPF General Hqrs. Board Executive-in Serchhip Bial MLA by-Election nei turah, inthlanna dik leh felfai tak a awm theih nan, Political Party hrang hrangte Office-ah lengin titi pui ni se ti a a lo rel tawh angin, MPF Gen. Hqrs. hruaitute Congress Bhavan-ah an leng a, Pu Vanlalruata President leh Prof. Malsawmliana Asst. Secretary-te an tel.
17.3.2021 : Chalfilh Group YMA-in Darlawn-ah Conference an hmang a, Prof. Lalnuntluanga Gen. Secretary, Tv. Zochhuana CEC, J. Lalsangliana CEC, Pu R. Lalrinmawia CEC, Pu K. Lalrinawma CEC, Pu C. Vanlalruata CEC ten an hmanpui.

18.3.2021 : Sub-Hqrs. YMA, Lungleiin Saikuti Hall-ah Rorel Inkhawm leh hruaitu thar thlan programme an hmang a, Pu Roneithanga Fin. Secretary, Pu K. Lalthanmawia CEC, Pu K. Darthantluanga CEC, Pu Vanlalafela CEC, Pu R.S. Lalrinsanga CEC, Pu R. Laldhawma CEC, Pu F. Lalfakawma CEC leh Pu Lalrempuia CEC ten an hmanpui.

18.3.2021 : Aijal Club-ah JERC, Mizoram State Advisory Committee meeting nei a ni a, Pu Vanlalruata President a tel.

18.3.2021 : Pu F. Lalfakawma CEC, Zonuam chu a nu Vanlalbiaki (73) South Vanpaiphai-in Civil Hospital-ah a boral san a, a ruang chawlpua Zonuam-ah Central YMA OB leh CEC ten an tawiawm.

19.3.2021 : Sub-Hqrs. YMA, Champhai-in Kahrwt Community Hall-ah Rorel Inkhawm leh hruaitu thlan programme an hmang a, Tv. Lalhmachhuana Vice President, Pu Lalbiakzuala CEC, Pu B.C. Tawna CEC, Pu R. Lalrinmawia CEC, Pu C. Lalhmunliana CEC, Pu C. Vanlalruata CEC, Pu Lalsiamliana CEC, Pu C. Lalhmachhuana CEC ten an hmanpui a. Myanmar atanga raltlante chungchang an zirchiang nghal.

19.3.2021 : Deputy Chief Minister Pisaah "The Mizoram Liquor (Prohibition) Draft Rules, 2020" sawihona meeting nei a ni a, Pu Vanlalruata President a tel.

19.3.2021 : National Media Team ten 46th Assam Rifles Battalion Headquarters tlawhin programme tawi an hmang a, he hunah hian CYMA te min sawm angin Prof. Lalnuntluanga Gen. Secretary a tel.

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.....✍

ZIRNA BAWK...

Mithiam zawkte chuan, "Mihring nun pumpui mai hi zirnaa khat a ni e" an lo ti thin a, a dik ngei pawhin a rinawm. Nausen pawh hian alo than len dan angzia zelin bawkvaka tleng, thut leh dinte, kal thlengin an zir ve ngar ngar reng mai zu nia..

Mite ngaiha piangsual, pian phunga rual ban zo lo leh ngaihtuahna pawh hmang ve vak lo nia kan hriatte nen lam hian zirlai ropui tak kan inchhawp rup vek mai nia mawleee.

Zirna in lamah chuan thui tak leh pawl sang tak thlengin kan zir lo pawh a ni thei. Mahse, mimal tin nunah erawh dam chhung pawha zir zawh sen loh tur finna inthup a awm lawi si. Chu finna, theihna leh thiamna hai chhuak tur chuan kan zir a ngai tlat baw si. Ngaihtuahna seng peih ngai lo, kawng engkima a awlsam zawng dap reng mai mite nun hi belh chian tlak a awm mawh hle hian a hriat thin.

Zirna hi kawng engkima kan hmasawna tur a nih angin, vawiina zirlai la ni mekte pawh hian sikul-a kan zirna kawng hrang hrangte hi kan hringnun zirlai min puitu pawimawh tak a ni tih hre thar leh ila. Mi dangte nena nun leh khawsak hona kawngah mite tana malsawmna thlentun ni ngei thei tur leh rah duhawm chhuah thei ngei turin ngaihtuahna thar nen hma lam i pan zel ang u...

Thu ziak Huang

- Joseph L. Ralte

Kan thalaite tan : Agriculture lama Entrepreneurship

(Chhonzawmna)

Tuna kan tihdan phung erawh hi siam that hret a ngai thung. Kharchhawngin lo lu (*farm gate*) ah an lo nghak a, a thartu ni lovin a khartu-in a man a chhiarsak a. Kan thlai leh theite chu mipuiin bazar-a a zuartu (*retailer*) te hnen atangin man to tak takin kan lei ta mai a ni. ‘*Post-Harvest Management*’ an tih ‘thlai thar chhuah tawh hnu awmze neia hlawk zawk tura sawngbawl leh zawrchhuah’ hi a taka kan luhchilh hma chuan a fuh thei ta lo a ni. Chu tak chu kan thalai, lekhathiam zawk, a ngaihna hre zawkte luh theihna chance tha lutuk a ni ta. Thlai hmel itawm leh hrisel leh a sawngkawn leh itawm loh thliar hnan (*Sorting and grading*) te, a lei itawmna tura silfai leh han tuam mawi te, organic thlai a nih chuan a man han chhiar to deuhthe, hralh tlak loh leh miin an lei duh loh vawn that leh thildang atana han sawngbawl (*process*) te, vai rama hralh chi pawh mumal taka han tuam that leh tuam mawi (*packaging*) thleng hian sumdawnna hlawk, Mizoram mamawh a ni. Hetiang ang ‘*Post Harvest Management*’ course hi Mizoram Food Processing Research & Training Centre (MFPRTC), Seling-ah course kan nei reng a. Kan thalaite’n luhchilh se kan ram hmelhmang hi a danglam dawrh dawrh ang.

Thlai leh thei tharchhuah tam hrim hrim kawngah hi chuan kan ramin a zir loh avangin khawi state mah hi kan umpha tak tak lovang. Kum tam tak an lo tlan tawh a, phaizawl hmunremah thlai leh thei ngeih tur *chemical fertilizer* chitin reng nen an chawm a. An thar hnem hle. Mahse, khawvelin *chemical* tel thlai hlauhawmna te a hriat tak avangin hnualsuat an hlawh chho a. Khawvel hmun danga thawnchhuah tlak a tlem ta a. India sorkar lu a hai ta a ni. *Agriculture* chu *business* a nih miau avangin India ram *economy* a nghawng ta a. *Organic* lamah thapui a thawh ta a ni. *Chemical* tello thei leh thlaite chu a man a lo to deuh a nih pawhin mite’n an lo duh zawk tho mai. India ram *shopping mall* lian ho - *Phoenix, DLF, City Centre, Lulu, Spencer, South City* etc kan tih zawng zawng hian ‘*Organic Vegetable*’ zawrhna bik an nei vek ta a. Hei mai bakah hian *Online shopping* lamah a lar zual ta zel baw.

‘*Agriculture business*’ kan tih hian heng – thlai leh thei chin, ran vulh, sangha khawi, tharchhuah sengkawm leh enkawl, a sawngbawl leh *market* thlengin a huap vek mai a. A zira zir tham a awm. Mizoramin UT kan nih atanga kum 45 a ral hnu, *state* kan nih atanga kum 30 a ral hnu hian kan tihdan ngai hlin kan kal a. Lo leh huan neitu kalkhawmna chu putar rual kalkhawmna turah kan ngai a. Thalaite’n kan tih turah kan ngailo. Chuti chung chuan an thawhchhuah chu vawiin thlengin kan la ei ve zel. Thalaite harh ila – kan lekhathiamna te, *Youtube* leh *Internet site* hrang hranga mite thiltih dan zir ila. Training mumal kal ila. Tunlai khawvel thiamna hmangin ‘*Agri-business*’ hi i luhchilh teh ang u.

Sorkar ringawtah innghat lo ila, eng engemaw *scheme* kan ban phaka kan lo chhawr tangkai theih a awm a nih chuan chhawr tangkai i tum chauh ang. Sorkar-a innghah tlat mai hi zawng a luhai thlak thin em mai. Thalaite u, thianhovin ‘*Team*’ din ula. Thil tul ang angah *training* la ula, sawiho ula, *Internet* lam luhchilh ula, *Entrepreneurship* zir ula, mahniin inhai teh u. Tlu sual nawk nawk ula, Tho leh ula, che sual leh ula, Tho leh zel rawh u. Vawi leh khatah thil lian tham lutuk ngaihtuah lo ula, te reuhthe-in bul tan u la, in kalkawng (*roadmap*) fel taka duangin kum khatnaah hemi chin hi kan ti ang a; kum hnihna, kum thumna, kum nganaah chuan chutiang chu tih kan tum ang, ti ula. Ruihhlo leh zu ruihna hun a awm ta love. He ramah hian *Gujarati* pa, *Bengali* pa, *Burmese* leh *Thai* thalaite’n hma min rawn lak khalh ang e. India ram *shopping mall* lian ho leh Aizawla *mall* awm ve *Vishal* leh *Bazar India* hian Mizoram

Naupang Huang

- C. Lalnunchanga

Pasaltha Khuangchera

Mizo pasaltha sawi nikhua reng rengin Khuangchera hming hi a ri hmasa ber a ni zel a. Upate chuan, “A huaisen ber,” ti hialin an sawi a. A huaisen mai bakah a thuhnuairawlhna te, a tlawmngaihna te hi mite’n an ngaihsanna tizualtu a ni.

Thangthiauva leh Thangluaiite hrin Khuangchera hi Ralte Kawlni Kawltung hnam, unau mipa pathum zinga a naupang ber a ni a. Kum 1850 velah a piang a. Mangpawrha thlah, Suakpuilala fapa Lianphunga khuaah an awm thin a. An upa ber chu Kawla a ni a, a u chiah chu Sailianpuia khuaa thirdeng Chawngghanga a ni a. An lal Lianphunga leh Sailianpuiate hi unau, khawthlang lam lalah chuan lal ropui berte an ni a.

Khuangchera hi han en mai chuan zuamawm hmêl pu tak, huaisen awm lo deuhvin a lang a. Mahse, a pian han en chian chuan belhchian a dawl hlein an sawi. A mitmengah chuan mi huaisen a ni tih a hriat a, a taksa pawh en chian chuan a lo inphut tawk hle a, thahrui pawh a nei a, tlan pawh a chak hle.

Naupan leh Rawlthar Lai : A naupan lai chuan Chhippuiah an awm a. An khaw dai vela thei, eng anga kung sang pawh lawh theih loh a nei lo an ti a. Kawng eng kimah a thiante aia huai filawr bik niin an sawi a. A pa chuan, “Ka fapa hi a huaisen tak tak reng em maw, ka han fiah teh ang,” a ti a, a sum suihnaah a hrui a, a har perna tur lamah Khuangchera chu a thutthir sauh sauh va; tichuan, a pa chuan sum chu a han suih ta a, a har chuan Khuangchera hmaiah a per ur ur mai a. Nimahsela, Khuangchera chuan a mit pawh khap duh miah lovin a pa sum suih chu a lo en ngar a. A pa chuan, “An sawi ang chu i lo nih ngei dawn hi,” a ti ta a.

Chutiang chuan a naupan lai atangin mite en bik, khawthlang mit fukna a ni a. Rawlthar a lo nih chuan an khaw pasaltha Suakchhunga’n savawm a kap hliam a. A tukah an khaw pasalthate hnung zuiin Khuangchera chu sa hliam chhuinaah chuan a tel ve a. Savawm chu puk pakhatan an chhui lut a. Puk kotlangah chuan silai nen pasalthate chuan an chang thup a, tu mah luh chhuah ngam an awm lo va.

Nakinah chuan Khuangchera chuan a ning ta deuh va, “Ka han sat hlum teh ang,” a ti a, an dan hmian chempui nen puk chhungah chuan a lut ta mai a. Savawm chuan huk chungin a rawn bawh a; mahse, Khuangchera a khawih hmian pasalthate chuan an lo kap hlum hman a. Khuangchera chuan, “Lo kap lo ula chuan hmui bung ruma sah ka tum asin le,” a ti a. Heta tang hian mite chuan, “Khuangchera huaisenzia hi hriat phak rual a ni dawn lo ve,” an ti ta a ni.

(Chhonzawm tur)

(column lehlam a mi zawmna)

tharchhuah *organic* thlai, hmelhmang mawi, ei chakawm an zuar ve ngei tur a ni. *Internet online* lamah pawh kan thalaite hian khawvelah kan thlai leh thei tharchhuahte in zuar chhuak ve ngei tur a ni.

Mizo Dan leh Hrai	Hriselna Huang
<div>MIZO HNAM DAN (Mizo Customary Law)</div> <div>Published by Law & Judicial Department, Government of Mizoram. 1st Edition 2006.</div> <div>BUNG - 3 : NUPUI PASAL INNEIH THU</div> <div><p>Chang 69 - Inkaichhuak : Hmeichhia pasal sun, a pasal thih aṭanga thla 3 hnua a pasal laka inthen thianghlamna siam chu, 'Inkaichhuak' a ni. Inkaichchhuah hian hriatpuitu, ṭhenawm khawvengte an awm ngei tur a ni. Chutianga kaihchhuah thian hnu chuan pasal dang nei thei a ni a, mipa lakah chesual mah se uire a ngaih a ni tawh lo.</p><p>Amaherawhchu hmeichhia, a pasal nena fate nei tawh pasal sun, thla thum hnu pawha inkaichhuak lo chu, Pa dinhmun luaha fate enkawltu a ni. A fate man leh a tu te Pusum pawh a tel thei. Chutiang nu chu Mizo nunah nu dik, nu rinawm,nu thianghlam a ni a; amaherawhchu, mipa danga laka a chetsual chuan uire a ni thung.</p><p>Pasal sun chu, mitthi chaw pek a ngaih avangin a pasal thih aṭanga thla thum pumhlum a pasal inah a awm tur a ni a, chumi chhung chuan inkaichchhuah tur a ni lo. Thla thum tih hi ni 90 a ni; chumi chhunga inkaichhuak lui chu chang 75-a sawi angin, 'Sumchhuah' a ni.</p><p>Note : 'Pasal in' tih hian, la indang lova nu leh pa ina awm emaw, pasal pual ina awm emaw,mi in luaha awm emaw, an nupaa an awmna apiang chu a huam.</p><p>Chang 70 - Makpa hnamhrual chat : Miin nupui a sun chuan, a nupui chhungte nen an inzawmna a chah tak avangin, 'Makpa Hnamhrual Chat' a ni. Makpa hnamhrual a lo chah chuan nupui dang a neih leh hma chuan pawnpuilaksak tur a ni lo. An makpa chuan nupui dang neih leh duh sela, a nupui sun taka man chu la ba si sela, a nupui sun taka chhungte chuan, an makpa hluiin nupui thar a neih theih loh nan, sumhmahruai leh manṭang pe thei lo khawpin a man bat kha an ṭhing tur a ni lo. Amaherawhchu, a nupui thar man a pek tlak hmain a hluii man a la bat chu a rul hmasa tur a ni.</p><p>Chang 71 - Nupui pawikhawih : Nupuiin mi pawikhawihin, a pawikhawih dan azirin a mawhphurtu a hrang thei. Tingthul leh mipat hmeichhiatna kawngah nupui avanga lei chawit tur a nih chuan, a pasal ni lovin, ama man teltu mawhphurhna a ni. Amaherawhchu, tingthul leh mipat hmeichhiatna kawng ni lo, kawng dangah reng reng chuan, a nupui chawit tur leh tel tur kawngah a pasal mawhphurhna vek a ni.</p><p>Chang 72 - Nupui laka pawikhawih : Mi nupui laka pawikhawihalei chawichu a pawikhawih a zirin a dawngtu a hrang thei. Tingthul leh mipat hmeichhiatna kawngah nupui lakah miin lei an chawichuan, a pasal ni lovin, a man teltute dawn tur a ni. Amaherawhchu, tingthul leh mipat hmeichhiatna kawng ni lo, kawng dangah reng reng chuan, nupui lakah miin lei an chawichuan, a pasala dawn tur a ni.</p><p>Chang 73 - Fanghma no ei : Fanghma no ei churulh leh tawhloh tura eiral hi a ni. Nupui tlan kohnaah hian, hmeichhe nu leh pain Tlai emaw, a aia sang emaw an lo phut chuan, chu chu man ba rulh nan hman a ni ṭhin. Man ba a awm tawh loh chuan Fanghmano eia ei a ni ṭhin. Chumi bakah chuan, Sehrui sahchah man te, charsut phawiman te, hmingchhiat man te, inneih nia mipa lamin hmeichhe lam tana a sensote hi Fanghma no ei a ni vek. Sumchhuah nikhuachhuak ve tur a ni lo.</p><p>Chang 74 - Hnam dang nena nupui pasal inneih : Mizo mipain hnam dang nupuia a neih chuan Mizo Dan angin engkim a kal ṭhin. Anmahni inkarah intiamna bik neih pawh lo duh sela, roluah thu leh fate thuah Mizo Hnam Dan kalhin a ti thei lo. Mizo hmeichhiain hnam dang pasala a neih chuan hnam dang chhungkuaah a luta ngaih a ni. (Chhunzawm zel tur)</p></div>	<div>Hritlang (Common Cold) - Vanlalduhsaki</div> <div><p>Hritlang hi khawvel natna hrang hrang zinga tam ber, mitinin a kan hmelhriat tawh a ni. He natna hi inkaichhawnawl tak, khirhem em em ni si lo, awm ti nuam lo deuh si a ni. Hritlang hi engtik lai pawhin a awm a, thlasik lai hian a hluar bik deuh a; mahse, khawlum lai pawhin a kai theih reng a ni.</p><p>Hritlang chu eng nge? Hritlang chu thawkawng (<i>Respiratory tract</i>)-hnaṛ aṭanga hrawk thlenga buaina/natna a ni a. He thumalin a tum/kawh ber chu hnaṛ ping, hnaptui leh hahchhiau inkawp hi a ni.</p><p>Hritlang thlentu ber natna hrik (<i>virus</i>) chu ‘<i>Rhinovirus</i>’ a ni a, hei bakah <i>virus</i> dang pawhin a thlen thei tho a ni. He natna hrik inkaichhawn dan ber chu, hritlang vei ten mi dang an hahchhiau khum emaw khuher khum te, kut fai lova mit nuai te, hnaṛ emaw ka chung kut bala khawih te hi a ni a. Heng aṭang hian natna hrik chuan hnaṛah awm hmun a khuar a, chutah chuan a pun belh zel ta a, tichuan ni 2-5 velah hritlang chu a thlen ta a ni. A tirah chuan hnaṛ leh hrawkah buaina/ nawm lohna a lo awm phawt a, chutah chuan hnaṛ a rawn tui a, hnaṛ a ping a, hahchhiau leh khuher te in a rawn zui leh a, khawsik hial a thlen ta ṭhin a ni. Heng bakah hian luna, chaw chāk lohna, taksa zawi/chau ngawih ngawih leh hrawk hnawkte a thlen bawka ni. Naupangin hritlang a vei chuan khawsik a nei tel deuh ngei ngei ṭhin, puitlingah erawh chuan khawsik a tel ker lem lo.</p><p>A tlangpuiin hritlang rei zawng hi kar khat (ni sarih) chung a ni a, taksa chak leh chak loh azirin a rei zawng hi mihringah a in ang lo bawk. Ṭhenkhatin ni rei lote hnua an dampui laiin; ṭhenkhatah chuan kar thum lai te pawh a aw ṭhin a ni. Kum khatah mi pakhat hian hritlang vawi 2-4 a kai thei a; naupang lam chuan vawi 6-12 lai an kai thei thung. Hritlang hi kar khat hnua chuan ziaawm lam panin amahin a reh ve mai ṭhin a; mahse, a reh hnua pawh khuher hi chu a la chambang ṭhin chawka ni.</p></div> <div>Hriatzauna Huang</div> <div><p>Engvangin nge mombati (candle) / nawalh alh (flame) hi a tungsawl (conical shape) kher?</p><p><i>Chhanna :</i> Mombati/ nawalh alh hian lum leh eng bakah <i>gases/particles</i> a pechhuak tel a. A nihna takah chuan mei alh lo chhuk hi <i>gases/particles</i> hlawm kang a ni. Heng <i>particles</i>-te len dan a zir hian a alh a, rawng chi hrang hrang a pawl, eng leh sen te hi a lo insiam chhuak a. <i>Particles</i>-te hi a alh ṭanna laiah chuan tam tak insiam chhuak mahse, a alh a san (<i>height</i>) poh leh an tlem ve zel avangin a alh a zuih phah a, a lo tungsawl ta ṭhin a ni.</p><p>Engtin nge nitin chanchinbu (newspaper) rawng var hi a rei hnua rawng eng a lo inthlak mai theih?</p><p><i>Chhanna :</i> <i>Paper</i> hi kan hriat ṭheuh angin mau aṭanga siam a ni a, <i>White Cellulose</i> bakah <i>lignin</i> tam tak nitin chanchinbu chhutna <i>paper</i> ang hian a pai ṭhin a ni. <i>Lignin</i> hi bawlhlo chi khat a ni a, ni engin zawi zawia a tihdanglam theih avangin <i>paper</i> rawng pawh a lo danglam phah ta ṭhin a ni. <i>Paper</i> ṭha chi chuan <i>lignin</i> hi a pai mang lo va; mahse, <i>newspaper</i> ang hi chu man tlawm chi a nih tlangpui avangin <i>lignin</i> a pai tam ṭhin a ni.</p></div> <div><p>Naupang te pakhat hian anu hnenah, “Ka nu, engatinge in inneih thlalakah hian kawr var i hak a?” a ti a. A nu chuan, “Inneih nite chu kan hlim ni ber a lawm,” a ti a; a fapa chuan, “Anih, a pa hian engatinge kawr dum a hak si?” te a ti vel...</p></div> <div><p>Published and Edited by Editorial Board on behalf of YMA, Khuangpuilam Branch. Copy - 250 @ ₹15</p></div>