



Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO

Hunawl hman that
Zofate hmasawnna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com

Ruah sur rin a ni.
Temp - Max: 27°C Min: 22°C
Dar 4:59-ah ni a chhuak ang a,
Tlai Dar 5:41-ah a tla leh ang.

Vol - VII Issue No. - 35 Phek 1-na - Thi tin thla - 29th August, 2021 (Pathianni)

Tunkar chang vawn : Thufingte 16:32 "Mi thinnel chu pasaltha aiin a duhawm a, Khawpui hnehtu nih ai chuan mahni inhneh a tha zâwk."

TUALCHHUNG CHANCHIN

- ☛ Dt. 27th Aug., 2021 (Zirtawpni) tlailam dar 5:00 pm vel khan ATS Petrol Pump thlanga Pi Sangzuali inluah - Pi Jerusalemthari te chu an gas thuk leak-in a puak zui a. An chhungkua mi 4 leh an awmpui nula ten hliam an tuar a. Koalsib District Hospital panpui niin Doctor ten an nunna atana hlauhthawnawm a nih loh thu an sawi.
- ☛ 25/8/2021 (Nilaini) khan Positive case thar 5 kan nei a
1. NI Vanlalchhanhimi k-15 d/o R Vanlalzuia
 2. Lalruatfela k-5 s/o R Vanlalzuia, Vanapa Section. An ni hi private test atanga hmuh an ni
 3. R Lalnunthari k-35 W/o HD Lalneihdika
 4. HD Vanlalthahluani k-9 D/o HD Lalneihdika
 5. HD Laltlanchhuaha k-1 S/o HD Lalneihdika. An ni hi Positive First contact Home Quarantine lai an ni
- ☛ Dt 26/8/2021 (Nilaitawhtan) khan 4C atangin Discharge 7 kan nei a, chungte chu:-
1. Lalhlunthangi k-35
 2. Joseph Vanlalmianpuia k-4
 3. Elizabeth Zodingsangi k-13
 4. Lalruatsanga k-8
 5. HD Daniela k-58
 6. HD Lalneihdika k-36
 7. HD Lalnunpuui te an ni.
- ☛ Dt 28/8/2021 (Inrinni) a Covid-19 positive hmuh chhuah thar te
1. Pi Niangi, W/o TK Rova, Home Quarantine lai
 2. Pi Lalrintluangi, W/o Pu R Vanlalzuia, 4C a positive awmpuitu.
 3. Pu H Manga (leh a nupui fanau)
 4. Pi Chawii
 5. Tv. David Rohmingsanga
 6. Tv. Thanglianzuala
 7. NI. Remremi te, HQ lai an ni.

**NL. LALREMSIAMI HMUAHNA HUN HMANG,
MINISTER PU K.LALRINLIANA'N
INHMUN LSC HLAN**

Khuangpuilam the 29th August, 2021: Dt 28/8/2021 (Inrinni) chawhma khan District Soil & Water Conservation Quarter thlang, Vengthar Kolasibah Tokyo Olympian NI. Lalremsiami hmuahna hun hman a ni a. Dr.H.Lalthlangliana, Deputy Commissioner, Kolasib chuan he hun hi kaihruaiin Minister Pu K.Lalrinliana'n Mizoram Sawrkarin a Lalremsiami tan a inhmun a ruahman sak LSC a hlan nghal bawk a ni.

Supply Minister Pu K.Lalrinliana chuan rampum tihmingtha thin tu NI.Lalremsiami, Kolasib mi kan nei chu lawmawm a tih thu sawiin malsawmna dawng tlaka a tum ruhna leh taimakna chu mizo thalaite tan a entawntlak a nih thu a sawi a. Harsatna hrang hrang kara a tuina kawnga beidawng loa a beihna avanga hlawhtlinna a hmu chu fakawm a tih thu a sawi bawk a ni. Infiamna kawnga rampum tihmingthatu NI.Lalremsiami chawimawina atana Mizoram sawrkar ruahmanna a hlawhtlin theih nan Chief Minister Pu Zoramthanga leh Soil & Water Conservation Department Minister Pu R.Lalzirliaana leh DC Office, Kolasib district-te hmalakna avanga inhmun tha tak NI.Lalremsiami hnena hlan theih a buatsaih a ni chu lawmawm a tih thu a sawi bawk a ni.

Supply Minister Pu K Lalrinliana chuan infiam mi hlawhtling tak takte sum lak luh thin dan ngaihtuahin Sports chu Mizoram sawrkar chuan Industry pawimawh tak pakhatatah a puan tawh thu a sawi a hemi kawnga tui mite chu hlawhtling tlak a bei turin a chah bawk a ni.

Tokyo Olympian NI.Lalremsiami chuan Mizoram sawrkar leh Kolasib mipuite duhsakna leh thilpek hrang hrangah lawmthu sawina hun hmangin Mizo thalaite chu infiamna kawng hrang hrangah tum ruhna leh taimakna nen hlawhtlinna chan tum a bei turin a chah a.

Hlawhtlinna a chan te chu Sport & Youth Services Department kaltlanga sawrkar hmalakna leh Mizoram mipuite duhsakna vang a nih thu sawiin rampum hlawhtlinna anga a ngaih thu a sawi bawk a ni.

NI. Lalremsiami hmuahna hunah hian Kolasib khaw chhunga infiam mi hrang hrang intel khawmten lawm-puina thil pek an hlan a, tlawmngai pawl leh khawtlang aiawha thilpek hlanna hun hman a nih bakah Kolasib khaw chung fankualpui a ni bawk a ni.

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Editorial.....

THAWHRIM HLAWKNA

Kolasib nula Lalremsiami National Hockey Player leh Tokyo Olympic 2020-a India leh Mizoram aiawhtu chu Mizoram Sawrkar-in Sports & Youth Services Department hnuaiah Chief Coach (Hockey) Group-A Officer post a pe a. Kolasib Vengtharah In hmun thatak sawrkarin a pe a, heng bakah hian sumfai thahnem tak a dawng tel baw a ni.

Hetiang lawmman dawng thei tura Lalremsiami thawhrimna hi eng ang fakau nge ni ang le? Nu leh pa ten kan fate kan zilhin engtin nge kan tih thin kha? Lehkha i zir that loh chuan rim takin hna i thawk ang, mi hnuaiah i inhlawh ang, nisa hnuaiah thlan tla zawih zawihin hna i thawk ang, kan ti thin em kha? He zilhna thawngkam hi thlak hmak a hun ta. Thawhrimna pawimawhia leh a tul zia, ram leh hnam himna tura a ban pawimawh ber chu a ni tih kan hriat thar a hun takzet. Hebrai ho chuan miin a fa hnathawh a zirtir loh chuan rukruk a zirtir a ni an ti. Chu mai a ni lo, khawvela mi fing King Solomon-a chuan "Thawhrimna zawng zawngah hian hlawkna a awm a ni" a ti.

Hetih lai hian keini nu leh pa te hian kan fate kan kan zilhhau hian 'kan thiltihna apianga thawhrimna a tel chuan hlawhtlinna leh hlawkna a awm' tih hi kan infuihna ni thei se a duhawm hle ang. Tichuan hlawhtlinna nasa zawk kan thlaiten an chang ngei ang.

School Education hotute leh Central YMA ten zirna siamthat chungchang sawiho

School Education Directorate Conference Hall-ah School Education Officer-te leh Central YMA kumpuan Committee te chuan zirna siamthat chungchang sawihona an nei.

He meeting School Education Director Pu James Lalrinchhana kaihhruaiah hian zirna siam that dan tur kawng hrang hrang an sawiho a ni a. Zirna siam that kawngah a theih ang anga tan lakho zel tha an ti a, sawihona atanga ngaihtuahzui ngaite chu Committee sang zawkah chhawpchuah ni sean ti a. School Education Department media cell-in Tutorial video clip YouTube a an dah thin pawh a link Central YMA-ah pek nise, annin a remchanangin zirnite tan hmun hranghrangah an semdarh leh tura tih a ni a. Mizorama zirna in hma a sawn theih nan Essay inziahsiaik buatsaih nise tha an tibaw a ni.

Meeting-ah hian Covid-19 avangin school-a zirna a khaihlak dan te tarlan a ni a. Hrileng a ziaawm deuh hnuaiah AMC pawn lama zirna hawn anih tak thute, Ni 24.08.2021 thlenga School Education Directorate-in a chhinchhiah chinah school 369-ah school hawn anih tak thu te tarlan a ni. Khawpui thenkhat Lunglei, Siaha, Serchhip, Mamit-ah te leh thingtlang khawthenkhatah te erawh chuan hrileng avangin zirnawh theih anih loh thute tarlan a nibawk.

Meeting-ah hian School Education Director hovin Joint Director Pu Lalhmachhuana leh officer dangte an tel a, Central YMA kumpuan Committee hi an chairman Pu Lalhmachhuana hovin member te an tel a ni.

Kan then takte



Bryan Lalrempuia, 7 months, s/o Pu Lalmalsawma (Te-a) Chawngbawla Section chu Ni 24th Aug, 2021 (Thawhlehi) zing Dar 2:15 am khan LRM Hospital, Aizawl ah a boral a, A ruang hi 24/8/2021 chawhma Dar 10:00 Khuangpuilam thlanmualah vui liam a ni ang.



Pu Lalnghakliana Kum 62, Khuangchera Section TNT Mual chu Cancer vangin Ni 26.8.2021 (Nilaitawhtan) zan dar 10:55 pm a boral a, Ni 27.8 2021. Chawhma Dar 10:00 khan Khuangpuilam thlanmualah vui a k h a n ni.



Pi Hrangthangpuui, Kum- 78, Khuangchera Section chu Ni 27/8/2021 (Zirtawpni) chawhma dar 11:15 am khan Kolasib Damdawiin Casualty ah Lungphu chawl in a boral a, a ruang hi 27/8/2021 (Zirtawpni) tlai dar 4:00

I thil hriat loh chu hre lo ngam la, zahna i pumpelh fo ang.

Thu ziaak Huang

(Chhunzawmna)

- Dr. Lalzuia Colney
Lower Kanan, Aizawl

Khuang Theology

Chanchin Tha leh Khuang : Kum 1894-ah chuan *Missionary* ten Mizote chu Kristianah minrawn siam tan ta a. Kristian an nih a tang chuan Kristian an nih hmaa zai leh lam nana an hman chi zawng zawng chu ramhuai biakna thil veka an ngaih avangin an hnaw! vek a. Chuvangin, Kristian hmasate kha chuan khuang pawh hi zainaah an hmang ngai lo a ni. 1903-ah pawh khan, Zosaphluia'n Biate khua a tlawh tumin Zawlbukah Pathian thu a sawi a, a ngathlatu paho chu 50 vel an ni. Zosap thusawi chu hliah turin khuang chu ring tawkin an lo vuak khum a, a tibuai hle; mahse, ngathla taw chu an awm ve tho a ni (Tuichang Ral Presbytery Chanchin 1938-1995). Heng hun lai bawh hian Tualte khuaah chuan ring thar hovin an lal in bulah chuan hla an sa a, khuang an hmang ve a ni ang, an lalpa thinur chuan an khuang chu a cheh pawhsak nghe nghe a ni.

A tira Kristian ni tharte chuan khuang leh thil dang tam tak, ramhuai biak laia an hman chu an hmang duh lo va, chutah chuan khuang pawh hi a tel ve a ni. Hun a lo kal zel a, 1919-ah chuan Harhna tum thumna a lo thleng a, Harhna intanna chu Nisapuiah te, Lungdaiah te, Thingkuangah te hian a ni. An hotupa Euva chuan khuang chu inkhawmnaah a la lut a, zai rem nan a hmang ta a, an hlimpui hle a. Suaka hovin Mission Vengah an kal a, khuang nen lamin an chil a, biak inah an lut a, an inkhawm nghal ta a. Inkhawm an ban chuan khawlaiah kalin khuang pawh an keng zel a, an zai a, an lam bawh a. Khuang chu Pathian fakna hmanrua takah an hmang ta a ni. Hemi hun 1919 hi Mizo Kristianten khuang hmanga Pathian an biak tanna ber chu niin a lang.

Kum 1937-ah Harhna Kelkangah a lo thleng leh a, hetah pawh hian khuang hmangin an zai a, an lam nasa hle tawh a ni. Hetah hian Bawrsap Mc Call, ICS, Superintendent, Lushai Hills chu September 12, 1937-ah chuan Kelkangah chuan a kal a. Khuang nena an zai leh an lam chu a hmuh chuan khuang chu an rilru chawh thotuah a ngai a, mite a tihel zoin a hria a, khuang chu mihring rilru chawh khawlotu nia a ngaih avangin Harhna changho chu a man a, 30 zelin Aizawl lamah tum thum a thawn thla a ni. Khuang hman hi phal lo mah se, tawnghriatloh leh lam chu an chang tho.

Hunalo kalzela, Harhnain Zoram a tuam zel bawka, Kohhran tin tih theihah khuang chu an hmang ta zel a ni. Mission Veng hi *Missionary* thut hmuna nih vang nge ni, Biak Ina khuang lak luh chu an harsat deuh. 1964-ah HSLC kan Examin, Mission Vengah kan awm a, chutah pawh chuan biak inah khuang an la la lut lo. Dar nawn hma chuan kan thu ngawi thup a, dar an han nawn chuan *Chairman* kha a lo ding chhuak a, hla a han thlang a, Pi Zaiin *Keyboard*-in a han hruai a, mipui chu kan zai ta chauh a ni.

Khuangpui leh Khuangtê chungchang : Kan sawi tawh ang khan, khawvel hnam tin hian khuang chu kan hmang theuh mai. Amaherawhchu, khuangpui leh khuangtê (khuang nufa) kan hman ang hi khawvel hmuna dangah hmang ve an awm lo a ni hial awm e. Hei hi thil mak tak a ni. Mizoramah pawh harhna a lo thlen khan, khuang an hman tan pawhin khuangpui leh khuangte hmang kher hian khuang an hmang bik lo. Engtik lai a tang tak khan nge khuang nufa kan tih mai hi an hman tan tih hi hriat a har hle; mahse, tunah chuan kan hmang deuh vek si a ni. Hei hi Harhnain a ken a ni a, kan sawi tak ang khan, B.C. hun laiah pawh khuang lo hmang tawh pawh ni se, Mizoin khuangpui leh khuangtê inrem taka kan hman ang hi hmang ve an vang hle a ni ang, kan senior leh dai zau deuhte ka zawt a, Upa C.Rokhuma te, Rev. Lalsawma te, Upa Dr. P.C. Biaksiana te leh USA-a ka thianpa Pu F. Lalsanga te pawhin khuang nufa kan hmang ang khera hmang hi sawi tur an hre bik lo.

(Chhunzawm tur)

Naupang Huang

(Chhunzawmna)

- Tetea Hmar

Naupang rethei kha

(Kum 2015 Uttar Pradesh ah zirtirtu hna ka thawh laia thiltawn.

"I chhang chu paih la tui chungah i hmu leh dawng si ni rei hnuaah")

A tuk a lo ni a, ka sikul thawhnaah chuan chawhnu lam chawlh ka dil ta a. *Principal* pawh a lo phal mai a; tichuan, *SURYA PUBLIC SCHOOL* lama kal turin ka inhawl chhuak ta a, kawng tluan chuan khawng an awm ang aw tiin ka ngaihtuahna chu ka kawm tluan thak a. Rei pawh rial hman lovin *school* chu ka va thleng ta a. *Motor* kan *park* fel hnu chuan *office* lamah ka tlan lut nghal a, an *principal* a awm rih loh avangin ka nghak rih a. Ka rilru chuan min hmu anga min lo hre duh tawhlo mai ang a, ka tan a zahthlak dawn sia engtin nge a rilru ka hneh thei ang tiin ka rilru ka sen vel lai tak chuan *principal* chu a lo haw a. Rang takin *office*-ah ka um lut nghal a, tawng muang em em thin kha ka nia khami ni zet kha chu ka duh aiin ka tawng rangin ka hria. *"I want to meet Manu of class 8"* tia ka zawh chuan *Principal* chuan *"Take a rest,"* tiin min chhang a, keia hmanhmawh nen ka nghakhlel sia. Reilote kan *rest* hnu chuan *principal* chuan ti hian min chhang ta a. *"Fee* an pek that theih loh avangin sikul a tangin kan hnawtchhuak ta a nih kha, khawng an awm ka hre hauh lo mai" tiin.

He thu ka hriat chiahin ka chhuak nghal daih a amah zawng tur chuan *driver* chu ka sawm nghal a. *Driver* pawh chuan mak min ti deuh a ni ngei ang min en reng a, engmah sawi lem hlei lo chuan. Kum engemawzat chu ka zawng tawh a ka hmu zo ta hauh lo mai, nitin mai hian ka la ngaihven reng thin. Vawikhat chauh pawh nise hmuh leh chak hian ka rilru ka len kual thin a; mahse, a chanchin reng hriat tur a awm ta si lo.

Tetea Hmar

Sector - D L.D.A Colony Kanpur Road

Dan leh hrai (Media communication)

- Saruak leh Ruang thlalak thawndarh.
Hremna: Kum 3 thleng tanin a khung emaw/leh cheng nuai 5 thleng chawitir (IT Act Sec 66A).
- A neitu phalna lova *mobile/computer* khawih (IT Act Sec 43).
Hremna: Kum 3 thleng anin a khung emaw/leh cheng nuai 3 thleng chawitir (IT Act Sec 66).
- Social Media*-a *Fake account* siam.
Hremna: Kum 3 anin a khung emaw/leh cheng nuai 1 thleng chawitir (IT Act Sec 66C).
- Dan-in thiam loh a chantir ni lo, mi 'A eiru, adt. tia *Social Media*-a *comment*.
Hremna: Kum 2 thleng anin a khung emaw/leh Pawisa chawitir (IPC Sec 499).
- Social Media*-a sakhaw dang deusawh leh sawichhiat.
Hremna: Kum 3 thleng anin a khung emaw/leh pawisa chawitir (IPC Sec 153A).
- Zahmawh rawngkai leh invauna (tualthah, pawngsual) kaihnnawih thawn darh.
Hremna : Kum 7 thleng tanin a khung leh pawisa chawi (IPC Sec 506, 507).

Dan leh Hrai

YMA Thuthlung

- 1) Mizote hi thlahtu ațanga hnam huaisen, tlâwmngai leh hawihhâwm kan ni țin a, chũng ze mawite chu ka nunphungah a pâr ve tur a ni.
- 2) Hlemhlêtna chi hrang hrang te, ruihtheih thil chi hrang hrang te hi, YMA nihphung nên a inkalh tlat tih hriain, hêng lakah hian ka fihlîm tur a ni.
- 3) Kan hnam rohlu ber Tlâwmngaihna hi, ka hnam puite leh hnamdangte mithmuhah, chhuanawm takin ka lantîr ang a, Mizo hnam zahawmna puanchhuahna atân ka hman țin tur a ni.
- 4) Aia upa zah hi Mizo hnam ze mawi tak a ni a, chuvângin dinhmun lama hnuaihnnung zâwk pawh nise, kei aia upa zâwk tawh phawt chu zah takin ka en tur a ni.
- 5) Hnamdangte ka hmusit mai tûr a ni lo va, an ngaihnep theih zâwngin ka awm tur a ni hek lo.
- 6) Mahni intodelh hi zahawmna leh huaisenna a ni tih hriain, mite bantu ni lo va, mite ținpuitu ni thei tûrin, mahni kein ka ding thei tur a ni.
- 7) Nungcha, thing leh maute hi, mihringten kawng tin renga kan mamawh a ni tih hriain, theihtawp chhuahin ka humhalh tur a ni.
- 8) Ram rorêltute thawhpui thiam mi, sawisêl mai lova thurâwn petu nih ka tum tur a ni a, Sawrkâr tân khua leh tui ța ka ni tur a ni.
- 9) Mahni ținghma chauh thlir lo vîn, midang hmakhua ka thlir fo a țin a, midangte ngaihdân zah a, zawm thiam mi ka ni tur a ni.
- 10) YMA member ka nih avângin, Mizo hnam mawina leh, YMA thianghlimna puangchhuaktu ni turin, ka nunphungah ka fimkhur reng tur a ni.

DIK LEH RIL

- * Nu fing chuan a fate chung a enkawl na dik a pék theih nan ngaihsan tur leh ngaih pawimawh tur a hre hmasa țin.
- * Ngaih dan hmanga Pathian thu kalpui chu mahni áchhe inlawhna.
- * Rim taka thawk te ah hahchawlh phú lo an awm lo, thawkrim lova hahchawlhna ringawt zawngtu chuan nuihzat mai a hlawh ang.
- * Engvanga taima lo te hi huhonaah an thu chhuak tam tak hi khap beh sak a nih țin? A thawh laia thil thleng leh awm dan zawng zawng an hriatchian vek loh vang a ni.

(column lehlam a mi zawmna)

- hla tak en in *second* 20 vel hahchawlh tir zel tur a ni.
- 4) *Computer* hman laiin *room* chu eng (*light*) thim lutuk emaw eng lutuk emaw a ța lo va, *anti-glare screen* hi hman theih chuan a him ber a ni.
 - 5) Maimitchhing vang vang te leh *regular* taka mit khap țin te hian mitmu ro tur a veng ve thei a ni.
 - 6) *Computer device* leh *screen*-te hi a *brightness* leh *contrast* te hi *set* sa thlapin a lo awm tlangpui a; mahse, mahni hman atana nuam taw leh hahdam taw chiahin a en zawng (*brightness/contrast*) leh a hawrawp len zawng leh *style (fonts)* te *adjust* mai tur a ni.
 - 7) Mit delna leh mit chhiatna tam ber te hi ven theih an nih avangin mipui nawlpuite kan inven a, mit ța kan lo neih theih nan *Computer/Laptops/Tabiets/Mobile phone*-te hman dan kan lo thiam țin theih nan i fimkhur ang u.
 - 8) CVS hian mit nâ, mit kham, mit ro, lu na, luhai, mit fiahlo leh mit phe te a siam nasa em em a, mu chung a en leh rem lo chung chung a *phone* khawih chin hian mit mai ni lovin ring nâ, kawng nâ leh taksa nâ te a thlen thei bawk a ni.

Hriselna Huang

Zunthlumin a kaihnnawih theih natna te

Zunthlum natna veiin - Ei theihthe :

- 7) Zu in chungchangah hian fimkhur a ngai hle a, a chhan chu fimkhur taka in a nih chuan a pawi hran lo va; amaherawhchu, a ța ber a ni lo a ni. Zu in hi pumruaka in a nih chuan thisena thlum (*glucose*) a tihnam thei a, chuvangin fimkhur a ngai hle a, a hniam lutuk chuan nikhaw hre lova tluk tawpte pawh a awm thei. Zu in loh hi he natna vei tan a him ber a ni.

Zunthlum natna vei reng reng chuan ei leh inah a tam lamah insum a pawimawh hle tih hriat a ța, engpawh ei in sela a ei tam emaw in tam emaw tur a ni lova; amaherawhchu, eia in zin thung tur a ni.

Exercise (Insawizawina) : *Exercise* hi zunthlum natna vei tan hian a ța hle a ni. *Exercise* hian taksa buk rihna hi thauah a tihnam a, mi tizangkhai a. Hei vang hian thisen zam hnathawh a ti ța a, *exercise* hi a țin rual rualin hriat tur chu a theih hram chuan pum ruaka tih loh tur a ni.

COMPUTER VISION SYNDROME (CVS)

- Dr Lalremmawii,
State Programme Officer (NPCB& VI)

Computer Vision Syndrome chu eng nge ni?

Tunlaiin naupang ațanga puitling thlengin *Laptops, Tablets, Mobile phones* leh *Computer*-te kan khawih nasa em em a, nitina kan hun hman tam tak kan hman ralna a ni mek a ni. Lehkha zir nan leh hna țin pawimawh thawh nan chauh ni lovin kan hun awl hmanna tam ber niin, mi ținkhat phe chuan hna țin leh pawimawh thawh theih loh nan kan hman mek a ni. Hei hian kan mit a tihah nasa em em a, ținkhat phe chuan nau awm nan te kan hman bawk a. Mit lam thiam miten *research* an beihnaah chuan 60% - 90% mipuite hian *Computer/Mobile Phone/Laptops* an en nasat avangin mit lama harsatna an taw mek a ni. Heng avanga mit lam sawiselna lo lang chhuak te hi *Computer Vision Syndrome (CVS)* te chu a ni.

Computer Vision Syndrome an neihna chhan ber te chu – țin dan (*position*) dik taw loh vang te, eng (*light*) ța taw lo te, *Computer screen* ațanga eng in mit a chhun rei/nasat luat avang te, țin hnaih lutuk emaw țin hlat lutuk avangtein mitin a lo tuar țin.

Engtiangin nge mit chu a ngawng?

Computer/Laptop/Mobile phone kan en rei lutuk hian, hmun dang dang kan enkual a kan mit kan hman aiin nasa takin mit hian a hah phah a, eng phe zawk zawk leh rawng inthlak char char te leh êngin a rawn chhun let avang hian mitin a haw em em a ni. Mit a lo hah a, a lo kham a, mit a thial urh țin a ni. Chu chuan mit phe te, thil hmuh phir te, mit ro, mit sen, mit thak leh kam țin țin anga hriatna te a siam țin.

Engtin nge mit chu CVS atanga kan yen theih ang?

- 1) Loh theih loha *Computer* hman ngaite chuan ngil tak leh hahdam taka hna an thawh theih nan *Computer* hmaah ținthleng nuam tak, ngawng leh hnungzang do let turin ținnaah ngil taka țin tur a ni a, *computer screen* chu hahdam taka en thei turin *position* dik takin a țin tur a ni.
- 2) *Computer screen* hi kun lutuk emaw dak lutuk lovin ngil taka en tur a ni. *Screen Centre* ațanga tehin 10-20 *degrees* vela mit level aia hnuaia en tur a ni. 20 - 26 *inches* vela hlaa en tur a ni bawk a ni.
- 3) Mit hi rei tak hman char char tur a ni lo va, hahchawlh tir zeuh zeuh țin tur a ni. 20 - 20 - 20 *method* an ti a, chu chu *minute* 20 *computer screen* a ngai en hnua