



# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**

Hunawl hman that  
Zofate hmasawwna 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 : Johana**  
14: 1 "I thinlung mangang suh se;  
Pathian in ring e, kei pawh min ring  
ve rawh u ;".

**TUALCHHUNG CHANCHIN**

☛ Pu Lalremsiama Varte,  
Branch Secretary chuan Dt. 7/  
7/2021 khan an nu leh naute  
thar chu an mahni chenna In ah  
dam takin a lo hruai thleng nia  
thu dawn a ni.  
☛ Pu Rotlingpuia, Branch Finan-  
cial Secretary chu 9th July,  
2021 (Zirtawpni) khan Aizawl lam  
ah a pum checkup turin an kal  
leh nia thu dawn a ni a, dam leh  
hrisel taka an lo let leh theih nan  
duhsakna kan hlan e.

- KPL Covid-19 dinhmun  
Positive - veng mi 3, TNT - 50
1. Vanlaltleipuii
  2. Eric Vanlalpeka
  3. Lalngaizuali
- Positive 1st contact Home  
quarantin tur te:  
Vanapa Section 'Coffee mual'
1. Chhuanthianghlimi
  2. Chhinlungmawii
  3. Lalrinawmii
  4. PC Lalremsiami
  5. Lalnunziri
  6. Miriam Saronpari
  7. Emily Lalrinkimi
  8. Joshua Lalthafamkima
  9. Lalrinthangi
  10. Lalthakima
  11. Elizabeth Lalropari
  12. Jenny Ramniengi
  13. Malsawmtluangi
  14. Laltlanliani
  15. Lalruattluangi
  16. Liliparmawii
  17. Vanlalruati
  18. Williambooth
  19. Lalchhuanawma
  20. Lalnghakliani
  21. Lalthupeki
- Chawngbawla Section
1. Pu Lalramnghaka
  2. Pi Lalmuansangi
  3. Pi Lalbiaknii
  4. Pi Lalramhluni
  5. Pu Samuel Vanlalremruata
- te unau      (phek 2na zawm)

**DELHI-AH MIZORAM LEH ASSAM CHIEF SECRETARY TEN  
RAMRI BUAI CHUNGCHANG SAWI DUN**

**Khuangpuilam, the 11<sup>st</sup> July 2021 :** Sawrkar Laipui ruahmannain ni  
9th July, 2021 (Zirtawpni) khan Mizoram leh Assam ramri  
chungchangah Mizoram Chief Secretary Pu Lalnunmawia Chuaungo,  
IAS leh Assam Chief Secretary Pu Jishnu Barua, IAS te chu New  
Delhi ah an inbia.  
Meeting ah hian Chief Secretary Pu Lalnunmawia Chuaungo  
chuan ramri hrulah hian harsatna awm lovin kum za chuang Mizoten  
lo neiin an lo enkawl tawh thin tih a sawi a. Mizoram Sawrkar leh  
Mizoram mipuite aiawhin Assam Sawrkar chu Vairengte ram chhunga  
Aitlang-a June ni 29, 2021 atanga Assam police inkulh mek te chu  
a rang thei ang bera hnuklet tur leh loneitute thlai leh thlam an  
tihchhiat te pawh zangna dawmna pe turin a ngen a ni.  
Assam Chief Minister-in June ni 27, 2021-a Mizoram Chief  
Minister hnena lehkhah a thawna State pahnihte inngeih taka an awm  
theih a beisei thu a ziah tihhlawhtlin a pawimawh thu sawiin police  
chakna hmang lova dawhkan kila ramri buai chungchang tha taka  
chinfel a pawimawh zawk thu a sawi.  
Chief Secretary pahnih te inbia hian inremna an nei thei lova.  
An inbiak hnua Union Home Secretary Ajay Kumar Bhalla, IAS hova  
meeting neih leh-ah pawh an ngaihdan leh duhdan a inmil theih loh  
avangin State Sawrkar thuneitu sang zawkte rawn ve ve a, hmalak  
zel dan tur ngaihtuah ni se tih a ni.

**KOLASIB DC IN ORDER CHHUAH**

Dt. 8th July 2021 khan Kolasib DC chuan TNT Home  
Khuangpuilam, Kolasib chu Covid-19 positive mi 46 lai mai  
hmuhchhuah an ni a, Mipa leh hmeichhia a hranin Home Isolation  
tih nghal niin, negative zawng zawng pawh Home Quarantine nghal  
an ni. Hei vang hian *'The Mizoram Epidemic Diseases (Covid-19)  
Regulation 2020@ clause 11(1)* leh *'Disaster Management Act 2005'*  
in thuneihna a pek angin a hnuaia mi ang hian thupek chhuah a ni.  
**TNT Home, Khuangpuilam, Kolasib chu Containment  
Zone -ah puan a ni a. He Containment Area hian TNT Home  
Compound leh building zawng zawng a huam ang.**  
Containment Area -ah Medical Duty emaw Magistrate phalna  
lovin tumah luh leh chhuah phal a ni lo.  
Zawm tur te:-  
1. Ei leh in mamawh an neih chuan pawn lam atanga pek tur a ni.  
2. An mamawhte Khuangpuilam VLTF-ah an hriattir anga, an ni hian  
a tul angin an buaipui ang. Khuangpuilam VLTF te tel lo chuan thilpek  
pek phal a ni lo.

**CCC EI LEH IN CHUNGCHANG**

Sorkar order bawhzuiin 11/7/21(Sunday) atangin CCC ei leh  
in bill nitin mi pakhat tan ₹200/- chawi zel a ngai tawh dawn a, BPL  
leh AAY te erawh chu free tur an ni a, hemi chungchangah hian  
mahni vengchhung mi positive an awm veleh BPL/AAY an nih chuan  
Pu Remmawia ph no:8014007851-ah hian VLTF ten whatsapp  
hmangin report nghal zel turin kan in ngen e.  
BPL/AAY ni lo chaw eiman chawi tur te chuan CCC a luh  
atanga ni 3 chhungin an chhungten CMO office ah Pu Remmawia  
hnenah zing dar 10 leh tlai dar 3 inkar chhungin ₹ 2000/- pek zel  
tur a ni e.  
Sd/-  
Chief Medical Officer  
Kolasib District.

Vol - VII      Issue No. - 28		- Vawkhniakzawn thla -		11 <sup>th</sup> July, 2021 (Pathianni)							
<b>Editorial Board :</b> <i>Represent: Nl Florence Zoremsangi</i> <i>Editor: Pu Lalsiamkima</i> <i>Jt. Editor : Ricky MS Dawngzela</i> <i>Treasurer: Nl Thanghmingliani</i> <i>Cir.Manager : Tv. 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><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><b>Financial Secretary</b> Pu Rotlingpuia 9862385193</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 Rotlingpuia 9862385193
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<b>FLS Station - 9862385193/9862327112</b> <b>Chawngbawla Section</b> Leader : Tv R.Lalnuntluanga 82599 60032 Secretary : Pu Samuel Lalremruata 9862094257 <b>Vanapa Section</b> Leader : Pu Lalchuaailova 87300 99599 Secretary : Tv. Lallawmzuala 87875 41803 <b>Khuangchera Section</b> Leader : Pu Lalramzaua 76408 95924 Secretary : Tv Lalremruata 7005131514		<b>SUB - HEADQUARTERS YMA NGENNA</b> Sub-Hqrs YMA, Kolasib chuan Covid - 19 hripui leng mek vanga kan huam chhung Home/Centre ten harsatna an tawh theih dante a thlir a. A bik takin TNT, Khuangpuilam leh Golgotha Canping Centre, Vairengte te hian enkawl lai an ngah bakah, hripui lakah an him reng thei bik si lova. Ei leh bar leh kawng hrang hrangah harsatna tawk mai thei dinhmunah an ding reng a. An dinhmun te thlirin CHHAWMDAWLNA pek tha a tiin, Pawl leh mimal a chhawmdawl na pe duh tan ruahmanna siam nise a ti a. Chhawmdawl na pe duh tan a hnuaia tarlanah te hian Dt. 23.7.2021 ral hma in pek theih a ni a, Chawmdawl na tling khawmte chu Home/Centre te hnenah hian sem chhuah a ni ang.  1. SYMA A/C No.: 000601820002640 IFSC :YESBOMAB010 Bank Name : Mizoram Apex Bank, Kolasib Branch 2. Sub-Hqrs. YMA Office 3. Sub-Hqrs YMA Office Bearers te.  Sd/- (LALNUNMAWIA) Secretary Sub-Hqrs YMA, Kolasib Contact No : 9436143306									
<b>Editorial.....</b> <b>TANGRUAL ANG AW..</b> Indopui pahnihna ah khan Japan ram chu hneh a ni a, Atom Bomb hmangin an khawpui ropui tak pahnih Hiroshima leh Nagasaki-te chhutchhiat sak an ni, ding chhuak leh thei tawh lo tur khawp a ngaih hial an ni, an ram tung ding leh turin hmabak an ngah hle a, chutiang karah chuan an ram mipuite'n lungrual taka tanrualna nen theih tawp chhuah a ram tan hna an thawh avangin kum 50 hnua chuan khawvel ram ropui ber pawl anlo ni leh thei ta hial a ni. Ramin harsatna a tawh laiin midang dem mai a awl hle thin a,mahse mahni lam in dem lova harsatna hi lungrual taka hmachhawn hi kan tih tur pawimawh tak a ni. Kan tanrualna tur kawnga thil ho leh pawimawh lo a kan ngaih pawh hi a kil a lung tangkai tak a lo ni leh thin. Pipu te thufing in "Lungpui pawh lungte in a kamki loh chuan a ding thei lo" alo tih angin tute mai pawh hian harsatna kan hmachhawnna kawngah hian tangkaina kan nei vek a, te bik leh nep bik pawh kan awmlo tih kan hriat nawn fo a pawimawh hle a ni. Tuna kan hripui tawrh mek kan hmachhawn kawngah hian kan zavai a kan tanrual a pawimawh tak zet a, Mipuite hian Hotute/Sawrkar thu kan zawm that hian kawng tam takin kan hrutute kan puih theihna a nih avangin thuawih tlan theuh i tum ang u.		<p>(Phek 1-naah zawmna)</p> <p>TNT pumpui hi home quarantine nghal an ni a, containment area a puan an ni bawk. First contact contact dang 1. Pi Zonunthari, Davida Home 2.Lalvenpuii te hi nimin test result negative avangin Home quarantine atangin release an ni.</p> <p><b>LAWMTHU SAWINA</b> Dt. 10/7/2021(Inrinni) khan veng chhung hmun hrang hrangah FLS siam that hnatlang neih a ni a. Hnatlang ah hiam Member 20 dawn lai kan thawh chuah theih avangin hna pawh a sawt hle a ni. Member tlawmngaia thawk chhuak zawng zawng chungah kan lawm tak meuh meuh a ni. Tin, FLS hi thuam that zel tum a ni a, a hmanrua leh a tul tur pawh lamkhawm zo tep ani tawh tih veng mipuite kan inhriattir nghal bawk e.</p> <p>Sd/- Secretary KPL, YMA</p> <p><b>CENTRAL YMA-IN CHIEF SECRETARY AN NGEN</b> Ni 6<sup>th</sup> July 2021 khan Central YMA hrutute chuan Chief Secretary Lalnunmawia Chuaungo chu ramri chung changa Mizoram tan theihtawp chhuah turin an ngen. Chief Secretary hi Bru-te Mizoram electoral roll atanga paih a, Tripura electoral roll-a sawn an nih theih nan hmalakpui turin an ngen bawk.</p> <p><b>KHUANGPUILAM VLTF COMMITTEE THU</b> Khuangpuilam VLTF body chu tihlen tha tih ani a, Committee member tur te ruatin Duty detailment siam nghal a ni bawk. Duty hi zantin neih tur a ni a, duty post ah zan dar 7:00 aia tlai lovah thlen nise tih a ni. Duty te hian a tul anih chuan Aurinna nen vengchung fankual tur a ni ang, DC order pawh chak taka bawhzui tura duan a ni. Committee member ruat thar te chu- 1. Pu Lalchuaailova 2. Pu Lalthansanga 3. Pu C Vanlalruatkima 4. Pu Joshua Lalremsanga 5. Pu HD Vanlalthriata 6. Pu H Lalnunmawia 7. Tv. Lalngaihsaka (Vala) 8. Tv. Samuel Malsawmzuala 9. Tv. Lalremruata 10. Pu HD Vanlalauva Formosa foundation atanga tanpuina sem tur dawn chu Inrinni zing dar 6:00 Am ah semchhuah nghal a ni. VLTF te hi a tul anga action la nghal thei tura thuneihna pek an ni a. Hemi kawngah hian veng chhung mipui ten Sawrkar thu chhuak zawm theuh i tum ang u.</p> <p>Sd/- Secretary KPL VLTF</p>									
Thil hriat sawi hun hman thiam tura dawhtheihna neih hi mifing nihna a ni.											

**Thu ziaak Huang**

- Lalnuanpuui

YMA Day Article Inziahsiaak lawmman 3-na

## Zoram ka hmangaih che

Young Mizo Association (YMA) Conference vawi 72-naah chuan kum 2019-2021 chu ‘Zirna Uar Kum’ ah a lo puang leh ta. ‘A lo puang leh ta’ kan han tihna chhan tak chu YMA hian kum 1996 leh 1997 kum kha Zirna Uar kumah a lo puang tawh bawka ni.

Central YMA-in kumpuan inkaihhruainaa a tarlanah chuan zirna hi hlawnm lian tak pahnihah a then a, zirna pangngai (Formal education) leh remchan dan anga zir (Non-formal education) ah te a then a ni. Heng hian zirna chu mahni mimal hriatna tihzauna leh kawng hrang hranga mimal nun chherchhuahna, hmantlak ni tura inbuatsaihna a huam vek a. Heng zawng zawng hi YMA kumpuan hian a huam vek a ni.

Zirna hi thil pawimawh tawpkhawk, kan nun leh kan ram hmelmhang danglam dawrh theihna a nih avangin a pawimawh hle a ni. Zirna uar kan han tih hian lehkha zir lam ngawr ngawr rilru hian tinzawn nghal mahsela, zirlai chauh nilo, kan zavaiin, kan hmabak theuh a hmasawwna nei tura inchher hriam lam a kawka ni.

Hming tawpa nihna dah tlar del dul duhtawka ringawt mai lovin, chu nihna-in a ken tel thiamna hman tlak kan zir chhuah ngei hi a pawimawh a. Nu leh pate pawhin kan fate pawl sawn mai duhtawka lova, zirna-in a ken tel nunze mawi zirtir tel zel hi kan mawhphurna lian tak a ni awm e.

Zirna uar kum kan puan ruala pawimawh ni a lang leh chu kan hnam tawng chawisan hi a ni leh bawka. Nu leh pa tam zawkte’n kan fate rual pawl loh hlauvin English Medium-ah te kan dah deuh fur a, sap tawng an thiam loh kan hlau em em a; mahse mahni tawng, kan Mizo tawng ngei mai kan han thiam mumal tir ta lo hi chu a pawl deuh zawng a ni. Tunlai thalaite’n hnamdang tawng an hmang uar lutuk ta te, mahni tawng ngei Social Media lama an hmang duhdah ta lutuk te hi, sap sikul kan tih maia kan kaltir nasa lutuk te hi a ni ngeiin a lang a ni. Zirna uar kum kan puang a nih si chuan mahni tawng ngeia lehkha zir hi i uar thar leh teh ang u.

Hnam tawng hi hnam nun kengtu ber pakhat a ni a. Hnamzia chhawm nun zel kan duh a nih chuan mahni pianpui tawng thiam chian hi a pawimawh hle a ni. India danpui Article 350A-ah chuan, “Tawng thuah hnam tlem zawk te’n an mahni pianpui tawng ngeia Primary School chinah zirtirna an pek ngeina turin, a tul angin state sorkar leh khawtlang thuneitute’n hma an la ngei tur a ni,” a lo ti a. Hei hi kan sorkar hian zawm tha se la chu kan hnam nun chawisan nan chuan a tangkai lehzual ngawtin a rinawm. Mithiam Nicholas Han’s chuan, “Thildang zawng zawng aiin tawng hi hnam tin nun dan leh zia siamtu pawimawh tak a ni,” a lo ti a. Chuvang chuan kan hnam tawng kan humhalh lehzual hi a pawimawh takzet a ni.

Miin eng thil pawh lo ti sela, eng dinhmunah pawh din tum sela, zirna hi chu a hnualsuat thianga lo a ni. *Footballer emaw modelling* lamah pawh kal duh ila, zirna kan uar phawt zel hi a ngai a ni. Awlsam taka nun nuam tak neih aichuan harsa taka beih tauh tauh hnua nawmsakna hlut zawk zia chu tupawhin kan hai lova. Nu leh pate pawhin kan fate hnenah nu leh pate thawhchhuah sa ring ringawt lova, mahni ke ngeia din hlutzia hrilh hre tam lehzual ila. Midang thawhchhuah sa eia inlak len hmuhsitawmzia te hi inhrilh uar lehzual ang u. Kan inchhung hi zirna in hmasa ber a ni si a.

Mihring min tiropuitu ber pakhat chu inzir thiam theihna kan nei hi a ni a. Danglam theihna leh hmasawn theihna, inzir zel tura finna kan neih te hi thilsiam zinga kan chungnunna a ni a. Hemi hi hre rengin kan hun hmang tha lehzual ila. Khawvelah mifing leh mibik tam tak an lo piang chhuak

(Chhunzawm

**Naupang Huang**

## Pasaltha Chawngbawla

“Huai zawng a tha love, kei aia huai chu lu zuar an ni; ka huai hi i a tarok lek a ni,” - Chawngbawla.

Sawi dan pakhat chuan Sialhmur an run tum hian an run tur te hian an lo hre lawka an lo tlan bo vek mai a, run tur an va hmu ta lo va, mihuanah te an lut a, fu te an fep hlawnm a. Chawngbawla leh a thian chuan huan pakhat ser thur deuh mai an ei lai chu pa pakhatin silai kengin pal hrulah a rawn veh a, dim deuh maia a lo kal tham tham chu a hmu hmasa ta hlauh mai a. Chawngbawla chuan a thianpa hnenah, “En teh, khuta mi khuan mi rawn veh a nih awm khu maw, i lo kap thlu hlauh zawk teh ang, nang tawkdarhah tang la, hmu awm lo takin langsar deuhah hian awm la, ka lo chang ang a, ka lo kap thlu ang e,” a ti a. A thianpa chuan chet hman loh palh awm theih hlauvin a ngam chiah lo va. Chawngbawla zawk chu tawktarhah a tang ta zawka. Ral chuan fimkhur takin a rawn veh chho zel a, Chawngbawla chuan hmu awm lo takin a langsar laiaa a ding a, ser kha a ei a, a dang lawh leh tur zawng ni awm takin ser buk chu a bih dak dak a, a chang leh a ler sang lam deuhte a en a, a han dak fan thin a; chutih lai chuan a thian chuan a vehtu khan silai a hmet per hmasa ang tih hlauvin hla tak atangin a kap a, a thelh leh nghal a; a vehtu kha a tlan bo ta a ni.

Hemi tum hian Chawngbawla chuan, “A pawl em mai i kap hma lua deuh a ni,” a ti mai a ni. Heta an ser ei hi ser thur em em mai, amah Chawngbawla ang maia thiante ang lo tak mai a thur danglam chung chuang zak mai a ni a. Chawngbawla chuan a mu chu a hawn a, huanah a ching a, chu ser chu tun thlengin Chawngbawla ser an ti ta a ni.

Chawngbawla hi sa lamah pawh a duai lo kan tih tawh kha. Zan khat chu zawlbukah hian nghalchang hlaim hlauhawm zia leh inchhan hman a nih lohzia hi zawlbuk tlangvalho chuan tui fe hian an sawi a, chu chu Chawngbawla chuan a pawm hleithei ta tlat lo mai a. Vawikhat chu nghalchang hlaim an beihnaah Chawngbawla chuan tawktarh atan naupang pakhat hi a hruai ta a. A hmun an thlen chuan nghalchang hlaim hmuh ngei turah naupang chu a dintir a, chu veleghalchang hlaim chuan a rawn bei a, ‘Vit’a han ti phei a, mi dang chuan silai mu ang maia rang niin an hria a....

(Chhunzawm tur)

(column lehlam a mi zawmna) t a w h , heng mite hian an hunawl inzir nan an hman zel vanga ‘Ropui’ nih hlawnhte an ni. Zirna chuan hriatthiam theihna neih tirin, mifing leh mibik a nihtir a. Keini pawh hian an nih ang kan ni ve thei tih hriain zirna i uar zel ang u.

Hawh u, Mizote hi kan nep lova, hnam dang te’n an tih theih chu kan ti ve thei a ni tih entir ila, zirna uar lehzualin, mahni tawng hnualsuat si lovin, mahni hnam tawng leh zonun zemawi chawisang zel chung hian Mizote tihmingthatu, he khawvel hriata Mizo te chawisangtu nih tum theuh ila. Zirna uar kum denchhen hian zirna i uar lehzual ang u.



## Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

### BUNG - 12

#### MIZO RO INLUAH CHHAWN DAN

##### **Chang 180 - Ro luah theih indawt dan :**

- 2) b) Fapa, pa ro luahtu tur chu a ro luah hmain thi sela, a thia fate chuan a chung a ro luah dan sawi angin ro chu a luah ang;
- c) A dawt lehah chuan, ro neitu chuan fapa dang a neih lohva, fanu a neih chuan fanu chuan a luah ang.
- d) A dawt lehah chuan, an la dam a nih chuan, ro neitu nu leh pa te.
- e) A dawt lehah chuan ro neitu unau mipa leh an fate;
- f) A dawt lehah chuan ro neitu farnute leh an fate;
- g) Ro neitu chuan unaute a neih loh chuan, pu (pate pa) lama thisen inzawm leh remchang hnai ber apiang :
- h) A chung a sawi anga mipa lama ro luahtu tur an awm loh chuan hmeichhe lama laichin hnai ber.

##### **Chang 181 - Ro luan dan :**

- 1) Ro neitu, fanu fapa nei a thih chuan, a fate chu an nu hovin an khawsa ang a, an nu chu chang 178 leh chang 180-a sawi angin ro neitu pa dinhmun luahin, fate man teltu leh pusum eitu a ni. Ro luah chungchang pawh tuma tibuai theih a ni lo. Hetianga tu leh fate enkawl thei nu chu, nu dik leh nu rinawm, nu zahawm leh chhuan tlak, nu thianghlim a ni. Chutianga nih zawh loh erawh chuan, chanvo engmah a nei thei lo. Pa remtihnaa lo indang tawh fapa tan emaw, chanvo siamsak leh tul bikna vang emawa In Lo Ram dinhmun tihdanglam tur thuah pawh, nu remtihna tel lo chuan tih theih a ni lo. Amaherawhchu, nu chuan pa dam laia pa duh dan tlangpui chu a zawm ngei tur a ni.
- 2) Insem tur chi-ah chuan, fapa tlum ber chu a farnute leh unau chhawmdawl ngaite chhawmdawltu tura ngaih a nih avangin a unaute chan leh hnih a chang ang. Amaherawhchu, insem theih loh a chanpual chu, a unaute chan leh hnih hu a nih chuan, insem theih chi-ah chanpual a nei lo vang. Hetiang thuah hian fanu, inhrang chang lova la awm, nu leh pa in chhunga thawk chhuaktu chuan chanvo a nei ngei tur a ni.
- 3) Ro neitu chuan fapa nei lovin, fanu chauh neiin a nupui fanau thihsan sela, a fate chu a nu hova an khawsak laiin an nu chu thi ve leh ta sela, nu leh pa ina la awm fanute chuan ro chu an luah ang a, Ro insem dan chu fapate ro insem dan ang baw a ni ang.
- 4) Ro neitu chu nupui fanau nei lovin thi sela, an nu leh pa an dam chuan a ro chu an luah ang. An dam tawh loh chuan, chang 180-a ro luahtu lal dan indawta a hnai berin a luah ang.
- 5) Ro neitu chuan, fa nei lova nupui a thihsan chuan, chang 184 (4)-a a sawi anga rel tur a ni.
- 6) Ro neitu chuan, a nupui ni lo mi dang lakah fa nei sela, a hnena a awmpui chuan, a nupui laka a fate chan ang baw chanvo a nei ve ang. Amaherawhchu, chutianga chu kum thuah naupang ber ni mah sela, fatlum chanvo a chang thei chuang lo.
- 7) Pain a nupui a sun hnuin nupui dang nei leh sela, a nupui te lakah chuan fa nei ve vein amah chu thi ta sela, a nupui hmasa bungrua, chang 50-a a sawi ang chi bungrua a neih reng reng chu a nupui hmasaa laka ama fa bikten an chang ang. Chutianga bawkin a nupui hnunung bungrua pawh ama fa bik ten an chang ang.
- 8) Mizo Ro inluahchhawn danah hian, tulna bik tak a awm loh chuan, roluahna lehkhak lak emaw, pek emaw a awm ngai lo.
- 9) Mizo Ro inluahchhawn danah hian, tul bikna a awm chuan roreltu hnen atangin Roluahna lehkhak lak tur a ni.

**Chang 182 - Thurochhiah :** Thurochhiah chu, Ro neituin a ro luahtu turte hnena a ro an luah dan tur a siam leh mi dang hnena a ro sem dawngtu tur leh an chanvo tur a siam hi a ni. (Chhunzawm zel tur)

## Hriselna Huang

### Zun kawng hnâi/lâwng

(Chhunzawmna)

A awm chhan sawi tawh angin zun kawngah hian bung hrang tam tak a awm a, kal, zunkawng chung, phing leh zunkawng hnuai te an ni a. Heng peng hrang zawng zawng hian an hnathawh ber chu taksa atanga bawhlawh paih chhuah a taksa tih thianghlim hi a ni.

Zunkawng lâwng/hnâi lo inthan dan tam zawk chu natna hrik zunkawng hnuai (urethra) atanga a luh a phinga a lo inthlah pun hian a ni. A nihna takah chuan hetiang a natna hrik lut lo tur hian kan zun kawng hi a inveng tha ve tawh hle a; amaherawhchu, eng thil emaw vangin he kulhbing hi natna hrik hian a tawn tlang zo ve hlauh thin a, chutianga huna lo awm chuan natna hrik chu inthlah pungin zunkawng lâwng/hnâi a lo awm ta thin a ni.

Zunkawng lâwng/hnâi tam ber chu hmeichhiaah niin phing leh zunkawng hnuai hi a lanna hmun a ni ber baw.

\* Phing lâwng/hnâi (cystitis) hi natna hrik chi khat Escherichia coli (E. coli) vanga lo awm a ni tlangpui a, he hrik hi chaw kawng lamah a tlangpui chuan hmuh a ni ber.

Mipat hmeichhiatna hman hian phing lâwng a awm thei a; mahse, hemi vang chauh hi a ni ziah kher lo tih hriat a tha.

Hmeichhia reng reng hi an pianhmang avangin phing lâwng an nei awlsam bik a - zunkawng hnuai leh dailenna a inhnai mai bakah an zunkawng hnuai hi a tawi baw.

\* Zunkawng hnuai lâwng/hnai (urethritis) hi chaw kawng lama natna hrik awm thin te kan dailenna atanga zunkawng hnuai zawka an lo luh chhoh palh hian a awm thei. Kan sawi tak ang khan hmeichhiaah dailenna leh zunkawng hnuai a in hnai avangin sexually transmitted diseases (STDs), herpes, gonorrhea leh chlamydia, te hian hei hi an thlen thei baw a ni.

#### **Zunkawng hnâi/lâwng nei duh bik te :**

Mi thenkhat mi dang aia zunkawng lawng nei hma riau an awm a, he natna nei duh bik te chu:

- \* **Hmeichhia :** Kan sawi tawh ang khan hmeichhiaah he natna hi a tam bik a, a chhan pawh an pianken a ni kan tih kha, hmeichhia reng reng hian an dam chhungin vawi hnih khat tal he natna hi nei turah ngaih an ni awm e.
- \* **Hmeichhiat mipatna hman :** Hmeichhia pasal nei emaw, nei kher lo pawh sex hmang thang chuan a hmang ngai lo aiin he natna hi an nei awlsam zawk.
- \* **Indanna hman :** Nau pai lo tura indanna thenkhat diaphragm leh spermicidal agents kan tih hmang thinah a sang hret mai thei.
- \* **Thi hul :** Thi hul hnuah he natna hi a tam phah mai thei, hmeichhe Hormone Estrogen a lo tlem tawh vangin zunkawng a lo danglam hret a, hei hian zunkawng lâwng a ti tam thei.
- \* **Zun kawng lama pianto fel lo :** Zun kawng lama pianto fel loh vanga zun a luan dan tur ang a luan loh hian hetiang anga zunkawng pianto fel lovah hian a tam duh bik.
- \* **Zunkawng ping/tha lo :** Zun kawng lungte awm emaw mipaah Prostate vung vangin zunkawng hnai a awm thei.
- \* **Taksa chak lo :** Zunthlum emaw natna thenkhat taksain natna hrik a beih vena tihnam thei natna avangin a tam thei baw.
- \* **Pipe vuah (Catheter) :** Eng vang emaw a mahnian zung thei lote hi a zun kawngah pipe vuah sak an ni thin a, hei hian he natna hi a awmtir thei baw a ni. (Chhunzawm tur)