



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 : Duet. 31:6.
“Intipaukhauh ula, ñang sauh sauh rawh u; hlau suh ula, zâm hek suh u; anni chu huphurh hek suh u; amah Lalpa, in Pathian ngei chuan a kalpui zêl ang che u a, a thlahthlamin a kalsan hek lo vang che u,” a ti a.”

TUALCHHUNG CHANCHIN

☛ Pu Lalchuailova, Leader (Vanapa Section)te nupa pawh hun eng emaw chen chhiat tawhna avanga Halflong lama an zuk thang hnuah Dt 28th, Jan,2021(Thur) khan tluang takin In lam an lo thleng leh.

☛ Pu Zonunsanga Hrahse, Khuangchera section chu Focus hnuai Lab - Assistant exam-ah pakhatna a ni a, February thla a interview hmachhawn turin a inbuatsaih mek a ni. A kal lehzelna turah duhsakna kan hlan e.

DISTRICT MAGISTRATE KOLASIB THUCHHUAH

Mizoram pawn atanga lo haw te quarantine dan tur emaw Self-Monitoring neih dan tur chungchanga hriattur pawimawh District Magistrate Kolasib chuan hetiang hian mipui nawlpui hriat turin in hrilhfhahna a siam.

1. Mizoram pawn atanga lo haw te chu phalna nei hmasa lo chuan mahni in lama lo in Home Quarantine emaw Self-Monitoring emaw turin kal phal ani lo. Hei hian RT-PCR/CB-NAT/TureNAT hmanga COVID-19 test negative certificate, darkar 96 aia hluilo nei te pawh a huam ang.

2. RT-PCR/CB-NAT/TrueNAT hmanga COVID-19 test negative certificate, darkar 96 aia hluilo nei te leh Home Quarantine emaw Self-Monitoring ti tur reng reng chuan an lo haw hma Ni 2 emaw a la awmah self-monitoring dilna an thehlut tur a ni ang.

3. Self-Monitoring ti tur reng reng chuan he office order No. J.31015/2/2020-DC(K)/pt dt. 04.12.2020, Point No.2 (2) (copy enclosed) hmanga inkaihhruiaina a siam angin dilna an siam hmasa tur a ni ang.

4. District Magistrate emaw order No. J.31015/2/2020-DC(K)/pt dt. 04.12.2020 in phalna pe thei a tih te atanga Self-Monitoring-a awm phalna nei hmasa lo te chu RT-PCR/CB-NAT/TrueNAT test result negative nei pawh nise mahni In lamah haw theih ani lo ang.

5. State pawn atanga lo haw, Self-Monitoring-a awm phalna neilo zawng te chu Quarantine Facilities-ah zel an awm tur a ni ang.

CLEANLINESS COMPETITION 2020 LAWMMAN PATHUMNA DAWNGTU ‘KHUANGPUILAM’

Khuangpuilam the 31st January,2021:- Ni 26th January, 2021(Thawhle) zing 8:00 AM a Head of Offices, NGO aiawh leh Media hote nen Republic day vawi 72-na lawmna neih a ni a. He mi denchhen hian Urban Development and Proverty Alleviation de- partment ten an buatsaih ‘Cleanliness Competition 2020’ lawmman semna neih nghal a ni. Kolasib khaw chhung a veng hrang hrang fai inelnaah hian Khuangpuilam leh Rengtekawn chuan lawmman Pathumna (3-na) kan dawng a ni. Lawmmanah hian sumfai leh cita- tion nalh tak hlan ñeuh an ni a, Khuangpuilam veng hian kum kalta lamah veng fai lawmman vawihnih lai a lo la tawh bawk. A hnuai ami te hi Kolasib khawchhunga veng fai lawmman dawngtu te chu anni.

(a). 1st - Tumpui
(b). 2nd - Electric Veng
(c). 3rd - Khuangpuilam & Rengtekawn

KOLASIB-AH ‘FIRE PREVENTION WEEK’ HMAN LEH TUM

Kolasib District Fire Prevention Committee chuan kangmei ven hapta hman chhungin zau zawka inzirtirna neih nise an ti a, kangmei lak venna kawnga thawk ñha khua leh veng hnenah lawmman pek nise an ti bawk.

Addl DC Lallawmawma kaihhruiain District Level Fire Preven- tion Committee hi nimin khan DC Conference Hall-ah ñhutkhawm a ni a, kangmei laka fimkhur inzirtirna atan kumtin kalpui ñhin, ‘Fire Prevention Week’ chu thla thar February 8 hian Parish Hall-ah hawn nise an ti. Week chhung hian in leh ram kang a thlen loh nan uar zawkin fimkhurna, kawng hrang hranga inzirtir nise an ti bawk.

Meeting-ah hian DFO N.Viji, member secretary chuan hri leng vangin mipui punkhawm khap a nih avangin kangmei ven hapta hman chhung hian Kolasib district-ah chanchinbu leh digital media platform-te chu kangmei lak a fimkhurna inzirtirna kawngah, ñangkai tak a hman tum an nih thu a tarlang a, sorkar department hrang hrang leh NGO te chu thawhhopuiah a sawm bawk.

Committee chuan khaw chhung hmun laili laiah kangmei tichhuak lo tura inzirtirna thuziak tarchhuah nise, YMA-te nen thawk ho in kawng dunga hnahthel leh thing rote thenfai hnatlang kalpui nise an ti a, lo hal tur te tan March 15, 2021 hma ngei a hal tur a nih thu te leh hemi chungchangah hian VC-te nen ruahmanna siam a DLAO hnena hriattir hmasak ñhin tur niin tarlan a ni bawk.

Hetih lai hian kangmei ven leh fimkhurna kalpui ñha veng/ khua te hnenah lawmman siam nise an ti a, hemi atan hian endiktu turte pawh ruat niin a ti ñha pakhatna hian Rs. 50,000/- an dawng anga, pahnihna in Rs. 30,000/- leh pathumna Rs. 20,000/- pek an ni thung ang.

nei te leh Home Quarantine emaw Self-Monitoring ti tur reng reng chuan an lo haw hma Ni 2 emaw a la awmah self-monitoring dilna an thehlut tur a ni ang.

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5. State pawn atanga lo haw, Self-Monitoring-a awm phalna neilo zawng te chu Quarantine Facilities-ah zel an awm tur a ni ang.

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Editorial.....
Kum tinin India hnampa Mahatma Gandhi piancham chawlhkar “Faina Hapta” atan hman thin a nih a tang a vawithum nan, kum 2020 chhunga Kolasib khaw chhung veng fai ber lawmman pathumna(3) kan la thei hi a lawmawm tak zet a ni. Veng chhung mipuite leh hruaitute kan tanrualna rah liau liau a nih avangin a lawmawm tak zet a ni.
Kan ram ah pawh sawrkar, tlawmngai pawl leh mi thahnemngai ten nasa takin tan an la a, tun ah chuan faina kawngah nasa takin hma kan sawn a ni.
Faina lama hmalakna kalpui mek anih laia kan khawlai vela meizial bung, kuhva chhahna leh thil kawr neuh neuh let fur hmuh tur la awm fo hi kan zahawmna tibotu ani tih hre theuh ang u. Incheina lama hma kan sawn ang hian faina lamah hian tan la leh zual ila kan khawtlang hian hma a sawn phahngei ang.
Faina hian thianghlimna a keng tel a, thianghlimna chu Pathian kan anna ber a nih bawkawangin keimahni chauh fai a, kan awmna leh a chhehvel a fai chuan si loh chuan faina tih hian a huap zo lo ang. Faina hi kan hriselna hnar, min ti chaktu leh kan zahawmna keng tel tu a ni.
Faina hi hmasawmna tehfung pawimawh tak anih angin, vengin hma a sawn leh sawn loh chu kan veng fai leh fai loh ah a in nghat zel dawn a. Tun hi bul tanna nise, kan thlen chinah hmasawn zel i tum ang u.

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Chawngbawla Section:-
Ni 22.01.2021 (Zirtawpni zandar 7:00PM) khan Pu R. Sangkhuma In ah Committee neih a ni a, Finance Report, atangin section-in sum Rs.1278/- a neih thu ngaihthlak a ni. Committe member ennawn a ni a, Section OB-in Committee member a ruatsa chu tha tawktih a ni.
Kum 2021 chhungin Section huamchhung bial 4-ah then a ni a.
A. Bial 1-na: Govt. Diakkawn High School atanga Pu PC Hmingthanga, Cosmo phei huam telin. **Bialtu:-** Pu Lalsiamkima, Pu F. Lalbiaksanga, Tv. Samuel Malsawmzuala, Nl. Mary Lalchhanhimi, Nl. Malsawmtluangi Pachuau.
B. Bial 2-na: Pi Lalmuanpuui In atanga Pu S. Lalthangliana In thleng. **Bialtu:** Pu Stephen K. Lalremsiama, Pu R. Lalhruaikima, Pu H. Lalchhanhima, Tv. Lalengkima, Nl. PC Lalrintluangi, Nl. K Zaithanmawii, Nl. Lalrinpuui.
C. Bial 3-na: Pu Vungkhawliana In atanga Pu C. Lalsiammawia In thleng. **Bialtu:** Pu Samuel Vanlalremruata, Pu C. Vanlalruatkima, Pu B. Ramdinliana, Pu R. Lalremliana, Pu Slade Rosangzela Rokhum, Tv. Laldusaka.
D. Bial 4-na: Pu Stanley Thanchungnunga In atanga Pu B. Vanlalawia motor silna thleng. **Bialtu:** Pu Joshua Lalremsanga, Tv. Benjamin Lalthanzuala Sailo, Tv. Samuel Lalpekhlua, Nl. Lallawmtluangi, Nl. Lalthakimi te ruat an ni.
. YMA Member enrollment, Endowment Fund, Chhiatni Fund leh Tlangau Hlawh te chu Section bial then angin bialtuten khawn nise. March thla chhunga khawn zawh niin Section Secretary hnenah thehluh theuh nise an ti bawkt
Section Property incharge insiam nise incharge atan, Pu Stephen K. Lalremsiama, Pu Lalsiamkima leh Tv. Benjamin Lalthanzuala Sailo te ruat an ni. Section Property hi Pu Chawngsailova inah dah leh mai nise, hmun remchang dang lo zawng turin Section OB te ruat an ni. Committee thawhlawm neih nise tih a ni bawkt.
(column lehlam-ah zawmna)

CYMA hmalakna
CENTRAL YMA CHETVELNA
25.1.2021 : SAD Conference Hall-ah Accreditation Committee Under the Mizoram Drugs Treatment cum Rehabilitation meeting neih a ni a, Pu H.F. Lalrinpuia CEC a tel.
25.1.2021 : Secretariat Conference Hall-ah 11th National Voter’s Day pual programme hman a ni a, Prof. Lalnuntluanga General Secretary a tel.
28.1.2021 : Addl. Chief Secretary Pissah Board of Management of Mizoram Small Farmers “Agri-Bussiness Consurtium meeting neih a ni a, Pu Roneihthanga Fin. Secretary a tel.
28.1.2021 : Central YMA Office-a BSNL Broadband Internet Connectopn chu a chhiat zin em avangin Fibre Connection-a thlak a ni.
29.1.2021 : DC’s Conference Hall-ah District Level Co-ordination Committee on Avian Influenza, meeting neih a ni a, Pu F. Lalfakawma CEC a tel.

Sum tuak dan tur chu a remchan angin OB ten lo ngaihtuah se, a tul hunah Section sum tuak hnatlang koh mai nise tiin an rel.
Vanapa Section:- Dt. 22nd, January, 2021 (Zirtawpni) khan Section sum tuak nan Ar ser hnatlang an nei a, member thahnem tak thawkt chhuakin. Member tlawmngaia thawkt chhuak zawng zawng hnenah leh tlawmngaia arsa lo chan saktu zawng zawng chungah thinlung takin lawmthu an sawi tak meuh meuh a ni.
Khuangchera Section:- Tun hnaiah chuan hma lakna thar an neih awm hriat a ni lova, thla thar February a tang hian an mahni section chhungah Daifim chanchinbu sem thei turin an inbuatsaih mek nia hriat a ni.

LOCAL ADMINISTRATION DEPARTMENT, KOLASIB DISTRICT THUCHHUAH
District Local Administration Officer, Local Administration Department, Kolasib chuan a hnuaia mi ang hian thuchhuah a siam.
Kolasib District chhunga Village Council te Seal hi siamtirna hmun bik neiin, uluk taka duan leh chhinchhiahna te siam vek a ni a. Seal lem ni a rinhlelhna nei te chuan DLAO Office, Local Administration Department-ah entirin zawh chian theih a ni.

<div>Thu ziaik Huang</div> <div>Soske Muanpuia</div> <div>Chakai Essay</div> <div><p>Chakai hi sapho chuan <i>Crab</i> an ti a, vaiho chuan an ei ðhin, hnam dangte ang thoin. Chakai chi hrang hrang hi khawvelah engzat nge awm hriat a ni lo a, anmahni pawh an inhre pawhin, an intlawhpawh lutuk lemlo. Mizoramah pawh hian chakai chi hrang hrang an awm a, Aikam, Aidup, Aifiar te hi a lar zual deuh te an ni awm e. Dan pangngaiin chakai hian a ðhiante ang bawkin nghawng a neilo a; mahse, a in kiltawih phahlo.</p><p>Bawppui lian tak tak pahnih a nei a, an <i>style</i> ve nge ka hrelo a, an bawppui hi a intiat lo tlangpui, a remchan zawk vang a niang. Tin keþang te tak tete pathum ve ve a sir lehlam lehlahmah hian an nei bawk, heihi a ðangkai hle a, chakai man ðhinten an hnung khirhna tur liau liau a an pianpui ve a ni an ti.</p><p>Hmasang aþang tawhin chakai hian sakhaw bulbal an neih hriat a nilo a; ðawng upaah pawh ‘hmeichhia leh chakaiin sakhua an neilo’ tihte a kan neih hi! Hengte avang pawh hi a niang tun thlengin sakhaw mumal nei a pawl indin an tum awm hriat tur a awm lem lo.</p><p>Chakai meichher chhit hi a nuam hle a, hmanah pawh chakai meichher chhit turin kan ðhianho kan kal a, kan thawk rip khawp mai. Thimhlimah hmui kan chiah a, zan dar 8 velah man turin kan thawk chhuak a, chakai man ngam kha kan lo awm leh miah si lo a, hmawlhlin kan hawlh let kan hawlh let mai. Kan ðhianpa phei chuan a cheh mawlh kha a hlau a, chakai man tum a kal e ti loin a hel zak zak mai asin! Chuan tuiah kan cheng daih asin le....e a ni lehlo, zan ka ti tak e; zanah tui an cheng ngai lo tak.</p><p>Dan naranin chakai hi chhum hmain thah hmasak tur a nia, a thah dan erawh ka hre lo. Chakai hian a pangah mit an nei a, an hmuh theih leh theih loh ka hre chiah lo a; mahse, a mit lo chuan han hmuhna vak tur dang a nei bawk silo a, a hmuh theih ngei ka ring. Hmu lo se a cheh tur hi cheh fuh theih ngaihna a awm lo, a cheh ðhelh zel ang. Chu bakah a mit ni lo, a bawppuia a hmuh daih thu a awm lo.</p><p>Chakai hian hnar a nei lo a, a chhan chu a len tawh loh vang a ni. Kan hriat angin chakai hi a chêp/ tawt em em a, chuvangin, taksa bung hrang neih duah hi ðul a ti lo a ni....a niang. Tin, chakai hian nghawng a neih loh angin kawng pawh a nei lo reng bawk a ni. Chakai sa hi a tui hle a, chakai thau phei chu han ei hian tukhum sam hi a mawm hlap thei zu nia.</p><p>Chakai hian sakhua a neih loh avang hian a inkhawm ngai lo a; amaherawhchu, chakai nunah hian mizo ðhalaite’n entawn tur tam tak kan nei awm e. Chakai hian ruihtheih thil a ti ngai lo a, zuk leh hmuamah hian a fihlim hle bawk a ni. A ðhiante a rel thu hriat a ni lo a, tunlai ðhalaite angin duhawmna thlahlelin ‘Choak archang tawnin’ ngona a hman thu hriat tur a awm hek lo. Zanah a mengreiin zing a tho tlai lo a, chhungte chawmhlawmin a awm ngai lo, amah a inchawm zoa, a fak awm em em a ni.</p><p>Chakai hian eizawnnan huan thlai a siam hriat a ni lo a, lui leh a kam vela cheng chi a nih avangin a remlo te pawh a ni mahna. Chakai hian family plan- ning hi engtin chiah nge an kalpui hriat a ni lo a; mahse, chhungkua a cheng chi an ni lo, mahniin kua an nei deuh fur ðhin a. Mahni kua tur pawh lai peih lo</p></div>	<div>Naupang Huang</div> <div>Hma lam (future) hun ðha I la nei a nia</div> <div><p>John Newton-a chu kum sarih mi a nih laiin a nu, Pathian ðih mi takin a thihsan hlauh mai a. A pa hnung zuiin lawnga sumdâwnna lamah a kal ve ta a. Nun pawlawh leh bawraw taka ðhang lianin Africa mi hângte America lamah sal atân lawnga tawlhlin a sumdâwng ðhin a.</p><p>Chuti anga a tih mêk lai chuan March ni 10, 1748 khân tuipuiiah thlipui na tak maiin a nuai a, a thi ngei tawh dâwn emaw a intih hnuah a dam chhuak hlauh a. Chu chuan a rilru a khawih ta hle mai a. Ngun takin a nun dân a ngaihtuah a.</p><p>Dutch puithiam Thomas A Kempis-a thuziak, ‘Imitation of Christ (Isua Entawnin)’ tih a chhiar chuan a hneh hle bawk a. Chûngte chu a piantharna kawng buatsaihtu an lo ni ta a ni.</p><p>Newton-a chuan sal zawrh chu a bânsan mai ni lovin, he thil nunrâwnthlâk tak hi a bo theih nân nasa takin hma a la ta a ni. A hnu zêlah Clerk-ah ðangin a tâwpah phei chuan Anglican (Sâpram Kohhran) puithiamah a lo ðang ta nghe nghe a.</p><p>Amah hi thu leh hla thiam tak a ni a, a nun kal tawh a thlîr kîr a, Pathian khawngaihna ropui tak a dawn chu Kristiante hla ropui ‘Khawngaihna Mak Mawi Leh Duhawm’ tih hmang hian a lo puang chhuak ta a.</p><p>Mi ðha ber nia kan hriatte pawhin tûn hma nun sawi chhuah chak loh tak tak an nei ve thei. Eng anga mi sual pawh ni mah ila, hma lam hun kan la nei a ni.</p><p>Kristian naupang te, tleirâwl te hian thil ðha lo kan lo tâwk palh tawh mai thei. Kan duh rêng vâng ni lovin khawih chhiat pawh kan lo ni tawh mai thei bawk. Indawm kuna, mittui nêna khawvêl hmang tûr kan ni lo va.</p><p>John Newton-a ang hian huaisen takin Pathian tân kan nung ang a, Pathian hnênah kan intulût fo tûr a ni zâwk. Thil eng pawh ti la, a chhe ber pawh lo ni mah la; hma lam hun ðha tak leh duhawm tak i la nei e.</p></div> <div>(column lehlam a mi zawmna)</div> <div><p>chu an hmusitin an nuihzat em em ðhin a, an endawng hial ðhin. Chakai tamtak chuan chen nan lung hnuai remchang hi an hmang hmang ve nasa hle a, chakai man dawn chuan lung lian deuh deuh phawh nachang hi hriat a fuh hle, lung a awm remchan loh chuan phawh loh mai tur a ni.</p><p>Chakai hi an pian a nalh lo hle a, anmahni pawh an zak ve ðhin hle. Ui te anga khawi fin a, kawr han haktir chiam pawh hi an rem lem lo hle. Tin, anmahni hian inthlahrun nachin an nei ve bawk tih hriat tur a ni a; khawifin ðalh tum hi a fuh ber lem lo thei ang. Hmanah pawh kan ðhianpain chakai khawi fin a tum a, “Ka ðawng theihtir dawn e,” a tia, kal ngil aþangin bul a ðan a, a hlawhchham.</p><p>Chakai hian zai a ngaina lo hle a ni ang, <i>Idol</i> leh <i>Icon</i> velah pawh a tel ngai lo hle a, fiamthu lamah a thlen chin lah ka hre hek lo. Chakai hi ðhenawmte tan a bengchheng siam ngai lo mi tak mai an niin an ngawi chawi hle a. Sangha, kaikuang leh chengkawl te nen pawh hian ðhenawm chungchangah an tualthu a chhiat thu hriat a ni ngai lo. Chuvangin, chakai hi ðhenawm fel tak a ni ngei ang tih a hriat theih. Chuvangin, Chakai angin a sir zawngin i kal lo ang u.</p></div>
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Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)
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BUNG - 2
MIZO KHAWTLANG INAWP DAN

Chang 34 - KHAWTLANG MAWHPHURHNA KAWNG DANGTE

- A hnuaia sawi angte hi khuaa mi chengte mawhphurhna a ni :
- 8) Chhan ngai chhan leh tanpui ngai tanpui :** Mi tupawh, rikrum thil vang emaw, mihring vang emaw, ramsa leh ran kawlh vang emaw engvang pawha chhan ngaia a awm chuan a hria apiangin chhan nghal tur a ni a, tanpui a ngaih ang anga tanpui tur a ni. Chutiang bawkin, mahni nupui/pasal lakah emaw, fate lakah emaw nu leh pate lakah emaw unaute lakah emaw, engvang pawha miin chhan a ngaih chuan, a hria apiangin chhan nghal tur a ni a, tanpui a ngaih ang anga tanpui tur a ni. Chhan ngai chhan leh tanpui ngai tanpui hi Mizo hnam nunphung a ni. Chhan tumna avanga thil tihchhiat emaw, a mihring ngei chungha kutthlak emaw chuan lei a kuai lo.
- 9) Ensan :** Hman laiin khawtlangah mi hnawksak leh kawhmawh bawl bikte chu, an in leh lovah chuangkai lovin an ensan thin. Thih thua thlan inlaihsak duh loh thleng thlenga ensan erawh chu an awm ngai lo.
- Chang 35 - THIAN MAN :** Mipa tan thian chi hnih siam theih a ni a, 'In lam thian' leh 'Ram lam thian' (Heta thian tih hi Inneihsaa thian hi a ni lo).
- 1) In lam thian :** Sechhun/Khuangchawi chuan, ran talh nikhuaah a In lam thian chu a sa chanpual a pe thin; ranpuiah chuan, a lung leh a kal pakhat a ni thin. Chu chu 'In lam thian' man a ni.
- 2) Ram lam thian :** Ramvak mi chuan sa a awhin emaw, a kahin emaw, a thian chu 'Thian Sabeng' a pe thin. Chu chu 'Ram lam thian' man a ni. Thian man hi hmeichhia chuan, Vawkpa sut nghak talh hian a thian hnenah a khabe phawh hlawk leh a hmuiner a pe thin. Chu chu 'In sahmui' an ti a, 'Thian sa kah' an ti bawk. Hetiang thian insiam hi nghet hle mahsela, chhunzawm theih loh hun a lo awm chuan ban theih a ni a, ban man sawi a ni ngai lo. (*Chhunzawm zel tur*)
- Hriatzauna Huang
- Mizoram Health Care-in a huam loh natna te:**
- Issue hmasaah khan Mizoram Health Care-in OPD a bill theih te kan tarlang tawh a. Tun tumah chuan Mizoram Health Care-in a huam loh natna te tarlang ila :-
1. Admit ngailo natna/inentirna. (OPD hnuaia bill theih natna tarlan huam lovin).
 2. Natna kaihhnawih nilo senso.
 3. Inhlam vang nilo pianhmang mawina tur atana plastic surgery emaw enkawl na.
 4. Ka chhung zai ngai lova ha enkawl na (ha phawi, ha tih var, brace vuah etc.).
 5. Natna avang niloa serh tan.
 6. Nunphung tibualo pianpui natna.
 7. Vaccine lak, tarmit senso.
 8. Mipat-hmeichhiat thlakna senso.
 9. Mahni intihnat senso(intentional self-injury/ suicide).
 10. Nikhaw hrelo khumbet rei tawh persistent vegetative State).
- * Lehkha chhiar hi rilru tan a ni a, insawizawi chu taksa tan ani. – Joseph Addison.**

*** Damchung thahnemngaihna hi, nun tlaina kawng awmchhun a ni. – Theodore Parker.**

*** Dam rei leh rei loh ai chuan, damchung nun hman dan tur hi a ngaih pawimawh awm zawk. – H.C. Bailey.**

*** Teirawl lai hun hi nun duhdah lai a ni a, puitlin lai hi tan lak vak lai a ni a, tar hun hi chu inchhir hun ani. – Benjamin Disraeli.**

*** Tar hun tilungchhiat thlaktu ber chu upatna ni lovin naupan that lehna hi a ni zawk. – Mark Twain.**

Hriselna Huang

Damdawi tel lova thisen sang enkawl dan
(Chhunzawmna) - C. Laldinmawii, Extension Educator

- Thau lutuk hian kan taksaah thau chikhat, cholesterol a inkhawl teuh a, hei hian thisen sang leh lung lam thatlohna a thlen thei a. Kan rihna kan tih hniam a, exercise kan lak that chuan thisen sang pangngai nei tan chuan damdawi ei lo pawhin a awm theih a ni. Chi kan ei thinah hian thisen sang ina a huat em em sodium a tel a, he sodium hian thisen sang a tizual a, ei hnem phei chuan lungphu chawla thih theih a ni a, kal lam harsatna thlentu a ni thei bawk. Chi hian chaw ei a ti tui a, ni tina kan ei tel ziah thin a nih avangin ei loh tawp chu thil harsa a ni. Mahse zawi zawi a ei tlem zel tum a tha a, tunah chuan dawr hrang hrangah te thisen sang ei tur bik chi te an zuar ve zel a, heng chi hi ei atan chuan a tha zawk hle a ni.
- Mizote hian chawhmehah chi kan telh a, chaw kan eiin kan chhawp tel bawk a, kan chi ei hi nikhatah pawh a tam hle thin. Thisen sang nei chuan chawhmeha telh hi duh tawk thei mai se a tha hle ang. A nihna takah chuan thisen sang nei hian nikhatah chi gram nga(5) bak ei loh tur a ni a, chi hmer khat vel hi gram khat anga chhut a ni.
- Zu hi thisen sang nei ten an haw hle a. Zu in thin ten ngaihdan pakhat an neihah chuan zu hi thisen sang ti hniamtu niin an ngai a, eng emaw chen rilru a hahtdam a; mahse, B.P. chu nasa lehzualin a tih san phah thin.
- Potassium tamna lam thil ei tam hian thisen sang a veng thei a. Thei lam chi leh coconut tuiah te hian potassium a tam a, a theih hram chuan ei hnem a tha. Hetih rual hian thisen sang nei zingah pawh kal tha lo tam tak an awm a, kal tha lo ten potassium an huat avangin ei loh tur a ni thung. Potassium tamna kan ei hian chi kan taksa a tam lutuk tur kha a titlem ve thei a ni. Alu leh sanghaah te hian potassium a tam hle a, kal natna nei lo tan chuan a tha hle.
- Regular taka exercise lak hian thisen sang tur a veng a, taksa a hrisel phah bawk. Hetih rual hian nasa lutuka exercise lak, entir nan ritchawi te hi tih hauh loh tur a ni. Zing tlan, kal leh tui chen te hi a tha hle.
- Sa-ah hian cholesterol a tam hle a, sa ti sen kan tih ho bawng sa, vawk sa, kel saah te hian a tam zual a, sa kan ei a nih pawhin sangha leh arsa te hi thlan hram a tha. Rim lutuk leh rit lutuka hnathawh hi B.P. sang nei ten an haw em em a, intihhlamna hun leh hahtdamna hun te insiam hram a tha.
- Blood pressure hi a ngai reengin a awm mawh hle a, nikhat lekah pawh a danglam reng theih avangin a khat tawka B.P. check reng hi a pawimawh hle. Chutah a lo sang deuh a nih chuan inthlahdah vang te a ni thei a, uluk zawka inenkawl leh thuai tur a ni.
- B.P. sang damdawi hi heng natna nei te tan chuan a that viau rualin kan ei a nih pawhin awmze neia ei hram tur a ni a. A san nasat avanga ei hnem ngawt lovin, kan sawi tak tih tur chi hrang hrangte kha kan zawm phawt chuan tlem tlema kan ei zat kha tih hniam zawk a tha hle ang. Damdawi ei hnem hian side effect a neih theih avangin thlah ngawt chu a har deuh a nih pawhin dose tih hniam tum hram a tha. Keimahni duhthlanna ngeiin, damdawi ei ngai lovin hrisel takin kan awm thei a ni tih hre thar leh theuh ila a tha ang.
- Pianpui dam/ hrisel lohna nei mi vanduai bik hi an awm; mahse, a tam zawkte erawh hi chuan keimahniah dam/ hrisel lohna kan insiam chawp fo.