





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah sur rin a ni.
Temp - Max: 29°C Min: 23°C
Dar 4:51-ab ni a chhuak ang a,
Tlai Dar 5:59-ab a tla leh ang.

Vol - VII Issue No. - 33 Phek 1-na - Thi tin thla - 15th August, 2021 (Pathianni)

Tunkar chang vawn : Thufingte 14:6 "Hmuhsit ching michuan finna a zawng a, a hmu thin lova; Hriat thiamna neitu tan erawh chuan finna hi awlsam tak a ni ".

TUALCHHUNG CHANCHIN

🕒 Dt. 11.8 2021. a sample test te an vaiin an negative vek a, home Quarantine lai chhungkaw thum an zalen a, hetih lai hian Home Quarantine thar 3 an awm baw.

4C lamah admit thar Home Isolation lai 2 leh positive case thar 5 an awm baw.

- Positive hmuhchhuah thar te
- | | |
|----------------------|-------|
| 1. H Lalramliana 52 | |
| S/o Saiaithanga | |
| 2. R. Lalmangaihi 48 | |
| D/o Zathangvunga | 3. H |
| Lalhriatdika 28 | |
| S/o H Lalramliana | 4. PC |
| Zoremsangi 30 | D / o |
| PC Zirliana | 5 |
| Vanlalzauva 24 | |
| S/o H Lalramliana | |

An vai hian Khuangchera Section niin chhungkua a Home quarantine lai an nih avangin contact an nei lo tur a ngaih an ni.

Ni 14/8/2021 (Inrinni)khan sample test pahnihi neih a ni a an negative ve ve a. 4C Khuangpuilam atangin Pu Slade Rosangzela Rokhum chu ZMC lamah dah a ni. Hetih lai hian Pu Ngurduhzuala leh a fanu NI Ngumunsangi chu Recocered kan neih te an ni.

- | |
|-----------------------------------|
| 1. Positive tawh zawng zawng - 55 |
| 2. Dam tawh zawng zawng - 33 |
| 3. Tuna vei mek - 22 |
| 4. Home Quarantine lai mek - 29 |
| 5. Home Isolation - 3 |
| 6. 4C a awm mek - 19 |

KHUANGPUILAM
Covid-19 Update
Dt. 14.8.2021. Dar 3:20pm

55 Positive	33 Recover	22 Active	29 HQ lai	0 Death
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4C-Mupa 7, Hmeichhia 12

Khuangpuilam VLTF
Chairman- Pu Robert VL Hruata 9774495781
Vice Chairman- Pu HD Daniela 9837206466
Secretary- Pu Lalremsama Varte 9862327112

Kut sil lovin i hmui hmai khawih lo la,
Kut silfai fo ang ehe

WORLD HEALTH ORGANISATION INDIA TEN H&FW HMAN TURIN PUANIN THA CHI LEH A KAIHHNAWIHLAN

Khuangpuilam the 15th August, 2021:- Ni 11/8/2021 (Nilaini) khan World Health Organisation India (WHO) chuan Health & Family Welfare Department, Government of Mizoram-in COVID-19 dona kawnga a tul anga an hman atan Puan in lian (Hub tent) leh a kaihhnawih thilte a hlan.

Heng Hub tent leh a kaihhnawihthe hi Dr.Lalhlimpuii, Surveillance Medical Officer, WHO India chuan Dr.F.Lallianhlira, Principal Director, H&FW hnenah a hlan a. Heng tent te hi 24 square mtrs. leh 42 Square mtrs zeta zau paruk paruk ve ve, a vaiin 12 an ni. Heng Hub Tent pakhat zel hian Khum thleh theih 3 chhawmin, Hospital extension, COVID 19 vaccine pekna, COVID 19 screen-na leh COVID 19 test na atana hman tur a nih bakah District-in COVID 19 dona atana tul a tih angin a hman dawn a ni. He tent hian Pulse Oximeter, Furniture, BP enna, Thermometer, Solar Lamp te a chhawm nghal vek baw.

Heng Hub Tent te hi Aizawlah 5, pek niin a dang zawng 7 chu Chief Medical Officer thuthmun District tinah 1 zela pek a ni a. WHO hian heng hmunahte hian an dahsak nghal vek a ni.

Dr Lalhlimpuii, Surveillance Medical Officer, WHO India chuan, "Heng bakah hian WHO chuan inenkawlina mamawh chi hrang hrang tent a hman turte chu Mizoram chhunga lo lei mai turin remruatna a siam baw a ni," a ti. Dr.F.Lallianhlira PD pawhin WHO India te nen COVID-19 dona kawnga thawhona tha tak an nei chu lawmawm a tih thu sawiin hemi kawnga Dr.Lalhlimpuii hmalaknaah lawmthu a sawi baw.



YMA chu tanpui ngaite tanpuitu a ni. - YMA Kumpuan : Zirna uar

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SUB-HEADQUARTERS YMA, KOLASIB THUCHHUAK

Dt.7.8.2021 a Mizo Driver leh an motor, Mizoram House, Silchar a tangkhang, Assam Police escort na hnuaia Mizoram rawn pan te mipui ten an lo tihbuai chungchangah, pawisawilo hnamdangte himna tur ngaihtuah YMA Branch te hmala tura kan inngenna chu hmalakna avangin thil duhawmlo a thlenglo chuan lawmthu a sawi a.

Kan dinhmunte thlirin, boruak a muanawm chhoh zel avang hian, hnamdangte pawn chhuak tam lo tura kan hmalakna hi duh tawk tawh tha in Sub-Hqrs YMA, Kolasibchuan a hria a. Branch YMA ten he thu hi a remchan anga mahni Branch theuhah lo hriattir/puangzar turin kan in ngen e.

Sd/-
LALNUNMAWIA
Secretary
Sub-Hqrs YMA, Kolasib

Editorial.....✍

Thlirna dik

**Khawvelah hian mi hrang
hrang, ze hrang hrang, tih dan hrang
hrang nei theuh kan awm a. Chu thil
chi hrang hrang a tang chuan dik ber,
tha ber tih theih erawh hriatthiam a
harsa viau a. Mahni tih dan leh
ngaihdan tha berin kan ngai theuh
baw a ni.**

**Chutih laiin heng thil chi
hrang hrang karah hian thil dik a
inphum a ni tih kan hriat a, kan
hmuh thiam a ngai viau mai.**

**Heng inan loh nate avang hian
buaina a chhuak a. Ram leh ram chu
sawi loh, ram chhung bung hrang
hrangah te, chung rambung bik
chhungah pawh mimal, chhungkua,
veng, khua leh kohhran chenin
innghirnghona leh inhmuh mawhna
a thleng thin.**

**Heng inan lohna hi kan thlir
thiama, kan inan lohna inngaih
pawimawh sak tawna inrem taka
kan awm theih nana hmalatu kan nih
theuh a pawimawh hle a ni.**

**Chumi tithei tur chuan kan
ngaihdan hi kan chhut let fo a,
midang ngaihdan nena kan khaikhin
fo a ngai reng a. Chung ngaihdan
hrang hrang lak khawm a, thlirna
hrang hrang aṭanga thlir hnua
ngaihdan fel kan siam thiam thin a
pawimawh hle a ni.**

Keini Kristian sakhaw betu phei hi chuan zirtirna tha tak, sakhaw dang pawhin an zirtirna tha tak tak ai pawha kim leh hawl zau zawk kan nei a ni. Kan thlirna mit min tihdik saktu atan kan sakhaw buin min zirtir dan hi kan hman fo a pawimawh hle a ni.

Ram chhung hmundang rualin

India zalenna champha Kolasib-ah pawh hman a ni.

India ram chhung hmun dang rualin India zalenna champna wawi 75-na chu Kolasib-ah pawh hman a ni a, Pu K. Lalrinliana, Minister leh Kolasib bialtu ni bawh chu khuallian a ni. Kolasib Bawrh sap pisa kawt ah sawmbik te nen he hun hi hman a ni a.

Ṭum dang ang loin he hunah hian programme pawh tawitea hman a ni a. Khuallian rawn thlen hian ding chung a lo chhawn niin, khuallian hian hnam puanzar a pawt pharh a. Hnam puanzar pawh a nih veleth guard of honor-te'n hnam puanzar chibai bukna an nei a. Hemi rual tho hian zai tura sawm 'Friend's group'te'n hnam hla an sa a ni. Khuallianin thu sawiin sawrkar hmalakna hrang hrang hrilhhriatna a nei a. A thusawi zawh hian lawmman semna neiin, hemi hnu hian hnam puanzar zahna chibai bukna neih rualin hnam hla sa lehin hun an khar a ni.

District Horticulture Office, Kolasib chuan Zalenna Champha rawn
hmangtute zawng zawng tan
Thingfanhma chi tha an pe a ni.

Covid-19 Vaccine

**Covid-19 Vaccine
lak dan tur chungchanga
CMO, Kolasib thuchhuah**

Chief Medical Officer, Kolasib
chuan a hnuai a mi ang hian Covid-19
vaccine lak dan tur chungchangah
thuchhuah a siam.

Ni 16 leh 17 August, 2021
(Thawhtanni leh Thawhlehi) hian
Kolasib Chhim lam tan New
Diakkawn Community Hall-ah leh
Kolasib Hmar lam tan JB School,
Hmarvengah te Covid-19 vaccine
pek a ni leh dawn a ni.

1. Kum 18 chin chunglam vaccine la la lo te tan leh 2nd dose la turte tan lak theih a ni ang. Kum 18 aṭanga kum 44 inkar (Dose 1-na leh 2-na) tan booking tih lawk vek tur a ni.

2. Kum 45 chin chunglam (1976-a piang chin) tan Adhaar Card emaw Voter ID leh phone number ken tur a ni.

Zing dar 10 aṭaṅga tlai dar 3
thleng vaccine hi pek thin a ni ang.

Kan then tak



Pu Rotlingpuia Kum-48,
Chawngbawla Section chu
Dt.11/8/2021(Nilaini) dar 3:10
am khan a borala, dar 12:00 pm
khan Khuangpuilam thlanmualah
yui liam a ni.

Khawtlang tana mi tangkai leh thahnem ngai tak a ni a. Chawngbawla Section ah pawh Asst. Leader leh Leader chanvo a lo chelh tawh a. Tin, Daifim (YMA Chanchin-bu) represent a lo ni tawh bawh. Khuangpuilam Branch YMA Financial Secretary chanvo a boral ni thleng hian a chelh a ni.

Thu ziaik Huang

- Enid H. Lalrammuani, Assistant Professor,
Department of Mizo, Pachhunga University College.

Naupang Huang

- Tetea Hmar
(Chhunzawmna)

Mizote tana Mizo tawng pawimawhna

Mizo culture humhalh nana pawimawh tak mai chu mahni culture ngaihsanna leh ngaihhlutna (ethnocentrism) leh mahni tawng (language) pawimawhzia inzirtir hi a ni. Hmasawmna kawng zawh thei lo khawpa hnam bing rilru put chu a tha hauh lo vang a, khawvel pum culture-a kan hnam a pil bo mai loh nan leh inpumkhat nan erawh thil tul tak a ni thung.

French linguist Claude Hagege-a chuan, “Tawng hi thumal awm khawm satliah ni mai lovin, nunna nei, culture siamtu thil hrang hrang suih zawmtu leh awi nungtu a ni a, tawng a thih rualin a chenna culture pawh a bo ve nghal thin,” tiin a sawi.[2] Tawng leh culture hi nunna nei, damkhaw chhuah nana inmamawh tawn leh inchawm tawn an lo ni tihna a ni thei ang. Tawng a thih chuan culture a boral ve nghal a, culture-in a chakna a hloh chuan tawng pawh a pachhe tial tial dawn tihna a ni. US linguist lar tak pakhat chuan kum 2100 a lo her chhuah meuh chuan khawvel tawng zaa sawmkua hi chu hman an ni tawh dawn lo niin a lo sawi ve bawk.

Hnam rilru siamtu lian tak chu tawng hi a ni. Pawn lama hmuh theiha lo lang chhuak hnam nunphung leh zia zawng zawng hi thinlung lama intan a ni. Mi tupawh hnam dang nena inchiahpiaah lutuk vanga mahni hnam tawng hre lo khawpa a awm chuan, hnam rilru a nei nep thin a, a hloh hlauh thei bawk.[4] Culture hian rilru chhungril ber atanga pawn lam lang theia kan nunphung zawng zawng a huam a, chumi humhalhna atana pawimawh tak chu tawng hi a ni. Tawng pawimawhna leh hlutna hi chhungkua atanga kan inzirtir a ngai a, mahni hnam tawng thlir dan dik lo – thing tihna leh ngaihnepna, tunlai khawvela tangkai lo leh hlutna nei lo anga ngaihna hi a reh theih nan theihtawp kan chhuah a ngai a. Nu leh pa, zirtirtu leh rual u zawkte hian Mizo hnam hma lam hun thui tak thlir chungin kan tu leh fate hnenah hian Mizo tawng hlutna kan zirtir a tul hle a, chu chu hnam anga kan dam khaw chhuah theihna tura pawimawh tak a ni si a. Bible pawhin, “Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun thleng pawhin a thlah lo vang,” a lo ti diam tawh a. Mizo hnam hmakhua chu wawiina puitlingte kutah hian thu itak a innghat tihna a ni thei ang.

Thufing

- * Pathian mitah a dik em? Tih hi ka ngaihdan hruai fo tu a ni.
- Rev. Thansiamia.
- * A kianga awm duh tu tan chuan Pathian hi mi khirh ani ngai lo.
- A.W. Tozer.
- * I fate Pathian lam kawng i zirtir loh chuan Setana’n sual kawng a zirtir ang.
- Charles H. Spurgeon.
- * Pathian tel lova nun chu khawll tel lova thil thui ang leh pentui awm lova thil ziah ang a ni.
- William.D. Mounce.
- * Zawitein kal la, tawng tlem la, tawngtai tam rawh – J.T. Batch.
- * Keimaha kim lo awm chu Bible atangin ka hmu chhuak ta.
- Cliff Richard.
- * Pathian hi hmun dangah zawng suh, i thinlung kha a hmai hma ngeia Pathian i tawhna hmun tur a ni e. - Angelus Siesius.
- * Pathian rilru hi i duh angin teh ngawt suh, i duh ang ang rilru put tir ngawt suh. – George Mc Donals.
- * Sakhuanna tellova mi lehkha i thiam tir chuan, ramhuai sual tak i siam a ni ngawt e. – DulK of Wellington.
- * I fa avanga i tah hun a thlen hma ngeiin naupang chu vel mai rawh. – Arab Thufing.
- * A thil tha lo hnehtu chu mi chak a ni – Benjamin Franklin.
- * Dam chhung nun hi kum tam taka belchhah ai chuan damchhung hun hi tangkai taka hman a pawi mawh zawk.
- Alexis Carrel.

Naupang rethei kha

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

"I chhang chu paih la tui chungah i hmu leh dawon si ni rei hnua")

Hemi tlai hian an inah chuan kan kal ta ngei a, an upaber hia lo awm lo va, hnathawkin a lo chhuah daih avangin a unau dang te chauh an lo awm a. Pawnah an thian thenkhatte nen an lo infiam laih laih a. An bul hnai kan va thlen chuan min en duh hlawm khawp mai a, ka vawikhat kalna a ni bawka mak min ti deuh a ni ngei ang, ka hmel landan te a danglam bawk nen.

An in kan va thleng chu tereuhte maiah hian an lo cheng a, a hmun a fai vak bawk si lo nen engtin nge an hrisel zawk le ka ti rilru neuh neuh a.

Tichuan, a unaute chu inah a ko lut a, tui in tur te min lo pe a, keini laia inlengte welcome nan thingpui kan hman ang hian. Anni chuan tui hmangin min lo welcome a, thu ngawi reng pahin min en thap maia. Manu-a chuan inhmelmhriattirna min neihtir ta a, zirtirtu na na na chu an lo ngaisang khawpmaia eitur te an rawn la a. Hun hlimawm tak kan hmang ho a, a unaute pawh chu an lehkhazir dan te ka zawt a. Engpawh tawkse mangang lo tur leh an tan chuan ka awm reng tur thu ten ka hnem mawlh mawlh ve bawk a. Manu-a chu pawnah inkawm fal turin ka chhuah pui a.

Keimah : I len hunah eng nge i nih dawn kha?

Manu : Sir, officer.

Keimah : Eng officer!

Manu : Ka hre lo, engineer a ni ang.

Keimah : Awle, taima takin lehkha i zir ang a, eng thil mahin i rilru a tibuai tur a ni lo.

Manu : Ka pa pawh khan tiang chuan min hrilh fo țin, a damlai khan.

Keimah : I pa chu mifel tak a nih chu. Tunah chuan hmun nuam takah a lo nghak reng tawh ang che u.

Manu : Khawiah maw hmundangah a kal bo tihna mi? (a hrethiam tlat lo)

Keimah : Aw ni e. Thih hnua chuan hmun nuam takah kan kal țin alawm.

Manu : I kal tawh em?

Keimah : Kal nang, thih hnua chauh kan kal dawn a.

Manu : Kan dam leh dawn nimaw (Ngaihtuah vang vang pahin)

Keimah : Aw ni e. Engpawh nise lehkha tha takin zir thin ang che aw. I taihmak chuan officer chu ila ni dawn nia, ka puilh dawn che lawm.

Manu : Aw le, ka lawm e.

Keimah : Engpawh nise ka hawsan phawt ang che u aw. Tha deuh khan lo awm ula ka rawn kal leh ang nidangah.

Haw san chu ka tum ta a, a chhan chu haw huna programme nei ka nih avangin mahsela, Ka haw mai chu rem a la ti chiah lo a, 'sir ka u a rawn haw tep tawh ang, lo nghakla a hmu ve chak ngawt ang che' tiin reilote tal la awm turin min ti nasa mai a. Mahsela, tlai maithei ka nih (Chhunzawm tur)

I vawi khat thil hriatna atangin ngaihdan siam ngawt suh, i siam sual fo ang.

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>GLOSSARY (Chhunzawmna)</p> <p>Ensan : Khawtlangin chhiatni thatnia a buaipui duh loh.</p> <p>Fanghmano Ei : Inneihna chungchanga mipa lamin hmeichhe lam hnena sum an pek thin leh loh tur chi.</p> <p>Falak : Fa, Pa bik hriat loh.</p> <p>Fatlum : Fate zinga a naupang ber.</p> <p>Hliampui : Na taka hliam.</p> <p>Hmeithai : Hmeichhia, pasal sun vang emaw, an inthen vang emaw, thil dang vang emawa fa puitling emaw, puitling dang emaw pawh te lova In hranga khawsa. Hmeichhia pasal nei lo pawh mahnia khawsa chu Hmeithai a ni bawk.</p> <p>Hnam ro : Pipute ațanga thil neih chhawm zel, hnam tana thil hlu leh pawimawh.</p> <p>Hnatlang : Khawtlang tana tihluihnaa, hlawnh nei lova thawhho.</p> <p>Inkaichhuak : A thihsantu laka a nupui inthenna leh inthen thianghlimna.</p> <p>In leh Lo : Chhungkuaa thil neih zawng zawng</p> <p>Inru : Chhungte lamin sawiremna awm hmasa lova, innei tura anmahni inberema, mipain hmeichhia a lak hi.</p> <p>Insilna : Mi hrang ina thih avanga in eitu hnena sum pek.</p> <p>Intuithlar : Pa leh fa emaw, Nu leh fa nihna emaw, U leh nau nihna emaw thinurna avanga tichat.</p> <p>Khawthar kai : Awm nghehna tura khua din, roreltute phalnaa mi engemaw zat hmun khata awm thar.</p> <p>Khawtlang Roreltute : Khawtlang roreltu tih chu Lal leh Upate an ni thin a, Lal rorelna tihtawp a nih hnuah chuan Village Council/Court Member te.</p> <p>Khumpui : Chhungkuaa hotu ber Nu leh pa mutna.</p> <p>Khumpui kai : Chhungkuaa hotu ber mutna khuma hmeichhia mutpui beiseia khuma lan leh lawn tum. Khum atanga ban phaka inchhunga man.</p> <p>Kutthlak : Kut lawng emaw, hmanrua emaw hmanga mi dang vel sawisa.</p> <p>Laizawn : Hmeichhe pianpui hmeichhiate.</p> <p>Lawi : Mo, a pasal Ina awm tura lut.</p> <p>Lawi : Fanu pasal neih nia vantlang ei tura ran talh</p> <p>Lungdawh : Mitthi hriatrengna tura kawtchhuahah emaw, hmun dang remchangah emaw lung emaw, thil dang emaw remkhawm leh hriatrengna lungphun.</p> <p>Luhkhung : Insawiremna awm hmasalova nupui atana neih tuma hmeichhe ina mipa lut</p> <p>Lukhawng : Mi, thih hlauhawm khawp dinhmun emaw, thlabarna nasa tak emaw atanga him taka lo awm leh, a pu (a nu pa)-in emaw, laichin hnai tak dangin emaw, a thla a hualsak avanga a thla hualsaktu chanvo.</p> <p>Ma/Mak : Duh loh, hnawl, pasalin a nupui duh lova an in lama a hawntir.</p> <p>Makpa : Fanute/farnute pasal</p> <p>Mutpui : Mipat hmeichhiatna hmanpui.inpawlina neihpui, ngai.</p> <p>Naupuakpuan : Mantang chi khat, pasal nei u hmeichhiate ei thin.</p> <p>Ni-Ar : man tang chi khat, pasal nei ni te ei țin.</p> <p>Nuhrawn : Nu, a mah hringtu ni lo, a pa nupui.</p> <p>Nu Thianghlim : Pasal sun, mi dang laka chetsualna nei lo, kaiichhuah loh.</p> <p>Nuta : Hmeichhiate pianpui mipa.</p> <p>Palai : Miin ama aiawh a mi dang be tura a tirh.</p> <p>Palai Sa : Mo lawina ranpui talh tuma palai an pek țin sa.</p> <p>Palal : Man tang chi khat, pa atana siam chawpte ei țin.</p> <p>Palhuang : Ran khungna thinga hung.</p> <p>Pami : Pate unau mipa</p> <p>Pian leh Murna : Pianchhuahna bul. (Chhunzawm zel tur)</p>	<p>Thin (Liver) (Chhunzawmna) - Dr Vanlalfaka Tochhawng</p> <p>Taksa control-tu a ni: Thin hian hengte hi a vawngin a khuahkhirh a ni.</p> <p>e) Taksaa damdawi hnathawh dan tur hi a vawng a, a ținla laia hman atan a lo her rem vel vek țin a ni.</p> <p>Tin, thin hian taksain a mamawh loh substance-te a paih chhuak țin a; damdawi ținekhat taksa tichhe thei turte a veng tlat a ni.</p> <p>Thin hi taksa veng himtu a ni :</p> <p>Taksaa natna chi hrang hrang dona kawngah hian țin hian hnathawh pawimawh tak a nei a. A bikin ril ațanga natna lo awm hi a lo dotu ber a ni.</p> <p>Taksa bung hrang hrang tana hna a thawh nasat em avang hian thin natna hi a tam phah em em bawk a ni.</p> <p>Thin natnate : Thinin natna a lo neih dan hi kawng 5, pui deuh a awm a -</p> <ol style="list-style-type: none">1. Thin ațanga mit tui a luan chhuah țin lohina.2. Nau pian hma, pian lai vel leh nausen an nih laia natna an kaiin.3. Inthlah chhawn thil avang leh natna țin darh avangten.4. Damdawi ținekhat leh țin (Poison) hman avangin.5. Thisen tam tawh lohina. <p>Thin natna hriat theih dan : Thin natna lo lan dan chu hetiang hian a ni:</p> <ol style="list-style-type: none">1) Luakchhuak leh chaw ei tui lohna.2) Vun rawng enna leh mit rawng dalna.3) Zun rawng enna leh ek rawng danna (pale).4) Chauhna leh thahrui neih lohna.5) Mut țin theih lohna leh vun thakna.6) Luaka thisen tel leh ek thina.7) Pum ruh tel tul leh puma tui tamna.8) Hrisel vang ni si lova buk rihna.9) Pum natna. <p>Thin natna hi a nasat leh nasat loh dan zirin a lan dan a dang thei bawk.</p> <p>I hre tawh em?</p> <p>Enga tinge kan ke a mut a, a hik mup thin?</p> <p><i>Chhanna</i> : A nihna takah chuan ke hi a mu ngai lo. a hik mem mem mai a ni, a chhan chu kan taksa a thisen kal vel a fel tawh loh vang a ni. A mamawh tawh thisen a inpek that loh khan ke a mu kan ti thin. Ke a mutna chhan ber chu awmdan pangngaia kan awm rei lutuk vang a ni fo. Taksa ngai renga awm aiin tihchet fo a tul tih min hrilh tu a ni.</p> <p>J Eirawngbawlina Gas hi a rimchhe hle mai a, a rim ve reng em ni?</p> <p><i>Chhanna</i> : Ni love, eirawngbawlina gas-a tam ber chu Mathane (CH4) a ni a. A rim chhiat nachhan ber chu chemical pakhat ethyl mercaptan vang a ni. Gas leak awlsam taka kan hriat theih nana an telh a ni a, a rim hre lo ila chu in tihkan a awl hle ang. Gas rimchhia hi kan taksa tan a rimtui a nih chu!</p> <p>Vitamin tlakchham enge a pawina?</p> <p><i>Chhanna</i> : Vitamin hi chaw/eitur zawng zawng deuh thawah a awm a, Kan taksa hian vitamin hi tam tak a mamawh hran lova, nikhatah vitamin C hi 30mg vel mamawh ang kan ni a, vitamin B-12 phei chu 1 microgram vel mamawh țin ang kan ni. Amaherawhchu kan taksa mamawh ang vitamin kan tlakchham chuan natna bakah thihna hial a thlen thei. Naupang vitamin tlakchham chuan ruhmuat natna a neih phah thei a, vung leh hahnipuam te hi vitamin tlak chham vanga lo awm a ni fo.</p>