



Daifim

An Official Organ of YMA, Khuangpuilam Branch.

Vol - VII Issue No. - 8 - Pawl kût thla - 21st February, 2021 (Pathianni)

Tunkar chang vawn : Thufingte 3:3. "Khawngaihna leh thu tak chuan hnuchhawn che suh se, I nghawngah zem tlat la, I thinlung phekah ziaak rawh.."

TUALCHHUNG CHANCHIN

☛ Dt. 16/2/2021 (tuesday) khan Pu F.Lalhmingmawia(Amawitea) S/o Pu F. Khuanga, Chawngbawla Section chu Nazaret Hospital Kolasib ah damlohna avangin admit a ni a. Dam taka a lo chhuah leh theih nan duhsakna kan hlan e.

☛ Dt.19/2/2021 (Zirtawpni) khan Pu Samuel Lalpekhlua s/o Pu Vanlalrova, Chawngbawla Section, (Daifim Editorial Board, Circular Manager) chuan nupui a nei a. Hun kal zel turah nupa hlim tak leh lungual tak an nih theih ngei nan duhsakna kan hlan e.

☛ Pu R.Sangkhuma F/o Samuel Vanlalremruata, BEC, Secretary, Chawngbawla Section chu phing cancer hmuh anih avanga NEIGRIHMS, Shillong lama inentira kal chu mimal, chhungkua leh kohhran hote ttawngtaina zarah investigation leh test hrang hrang tih a nih hnuin that lohna engmah hmuh a ni lo niin thu dawn a ni a. Ni 20/2/2021 (Inrinni) khan tluang takin an chenna in an rawn thleng leh a, Pathian hnenah lawmthu i sawipui ang u.

Hriattirna

Pi Lalbiakliani D/o Rinliana(L) of Khuangpuilam Kolasib hian LSC No. 501704/01/140 of TNT Mual veng a mi hi a tibova rawn insawiin office-ah re-issue a rawn dil a. A dil anga tihsak a rem loh na tur chhan eng pawh hria chuan chanchinbu a chhuah atanga ni 30 hma ngeiin a hnuiaia address ziaakah hian hriattir tur a ni. Hetiang LSC pek chhuah leh a lo nih chuan LSC hmasa chu cancelled ngahal a ni.

Sd/-
Director
Land Revenue & Settlement
Mizoram: Aizawl

KOLASIBAH COVID-19 VACCINATION THAWHHNIHNA (2nd DOSE) KALPUITANANI

Khuangpuilam the 21st February,2021:- COVID-19 hrileng dona kal zelah Dt 18/2/2021 (Nilaihawhtan) khan Kolasib District-ah COVID-19 Vaccination a thawhhnihna (2nd Dose) kalpui tan leh a ni. Mizoram Sawrkarin COVID-19 hrileng laka kan him theih nan Vaccination hi ngawrh takin a kalpui mek zel a, Kolasib CMO kaltlangin Kolasibah pawh Ni 21.1.2021 a Vaccination 1st Dose la tawh ten, a thawhhnih nan 2nd Dose an la leh a ni. Vaccination hi Primary School-III, Venglai ah neih niin COVID-19 donaa Frontline Worker leh Health Workers mi 76-te hnenah Vaccination hi pe tura ruahmanna siam a ni a. Vaccine la zo te hi Final Certificate for COVID-19, COVID-19 Vaccination Course an la zo tih chhinchhiahna pek zel an ni baw. He thu buatsaih lai hian COVID-19 Vaccine 2nd Dose hi mi 57-te hnenah pek tawh a ni.

Hriattheih chinah COVID-19 Vaccine la tawhte buaipui ngai zui leh harsana nei an la awm lova, khawsik ser ser erawh chu mithenkhatah a awm thin thu hriat niin Vaccination pekna hmun viltu Dr. Doris Lalnunmawii Sailo, DMS chuan hei hi thil pangngai a nih thu leh reiloteah a reh ve leh mai thin thu a sawi a ni. COVID-19 Vaccination hi Kolasib District chhunga khaw hrang hrangah kalpui tura ruahmanna siam mek a ni baw.



Sub Hqrs Executive Committee Thukhawm

Dt.11.2.2021(Nilaihawhtan) zan khan Sub Hqrs Committee roomah Sub HqrsExecutiveCommittee thukhawm in Sub Hqrs hruaitu thlanna lo awm tur a tan Official nominate mi 10 an thlang chhuak a an ni bakah hian Group leh Branch ten an mi duhzawng an rawn nominate leh ang :

- Sub Hqrs hruaitu Official nominate te:
- * Fai hi hriselna kawnga min hruaitu pawimawh tak a ni.
 - * Mi hrisel chuan faina a ngai pawimawh
 - * Faina ngainat hi mi chngkang zia a ni
 - * Bawlhhlawh kan paih dan in kan mizia a hril.
1. Pu C Liankunga
 2. Pu Thomas D Lalengliana
 3. Pu R Lalzokima
 4. Pu Lalnunmawia
 5. Pu R Lalramchhana
 7. Pu CT Mawia
 8. Pu Jerry Zoremsanga
 9. Pu Timothy Lalchhuanawma
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Editorial.....✍

Ngaihtuahna sen kawngah tunlai thangtharte hian kan mi hmasate kan tluk ta lo hle mai. Khawsakna kawngah changkang zawk nia kan inngaih lai leh chan tha zawk chang nia kan inngaih lai hian rilru ruahmanna fel leh tha kan tlachham hle a ni.

Khawthlangho nunin kan ziarang a thunun hle a, mi changkangte tih dan entawna kan phak chin leh kan tlin tawk ngaihtuah miah loin kan nunzia hrim hrim hi kan hmang mek niin a lang. Chu thil chuan thil tha aiin thil tha lo kan hnam nunah a thlen nasa hle. Khawthlang thalai ten kum an tlin hnua nu leh pate tibuai lo zawnga intodelh an tum thinnate hi entawn atan chuan thil itawm tak a niin an ziarang nghehzia leh rilzia tarlangtu pawimawh tak a ni.

Anmahni atanga kan entawnte hi an ze tha lo lam vek a ni deuh ber a, an ze tha leh an ngaihtuahna senna kawng lam erawh kan entawn peih lem lo. Heti a nih avang hian thalaite hian ngaihtuahna sengin kan entawn hote nun tha leh tumruhna hi i hmu lian zawk teh ang u.

Bengsika ngaihtuahna hmangin kan chhungkua, khawtlang, ram leh hnamin a mamawhte enge? Vawiina thalaite hian ngaihtuahna fim leh fel, pawlh nut phut ni lo hmangin hmasawna kan thlen thei ngei ang. Kan vawiin hi thalaite khawvel a nih tawh miao avangin kan mawhphurhna hrechiang leh zual turin fan i la zual ang u.

Branch YMA Office Bearer		
President Pu HD Daniala 9863212083	Secretary Pu Lalremsiama Varte 9862327112	Treasurer Pu David Ialrosanga 9436158962
Vice President Pu S. Lalthangliana 89748 30454	Assistant Secretary Nl. Florence Zoremsangi 9612761781	Financial Secretary Pu Rotlingpuia 9862385193

Sub-HqrsYMA

To
The President/Secretary
YMA _____ Group/Branch

Subject : YMA Sub-Hqrs. Kolasib Rorel Inkhawm neih tur hriattirna.

Thawhpui,

Sub-Hqrs YMA Kolasib hmingin Chibai kan buk a che u. YMA Sub-Hqrs. Kolasib Conference Vawi-7 na Dt. 14th-16th, April, 2020 a neih tur chu Covid-19 (Corona Virus) hripui leng avangin thulh a ni a, 2021 kum hi Sub-Hqrs. YMA Rorel Inkhawm kan neih kum tur a ni a, SEC vawi-5 na Reso. No.2(1)/2021 chuan Dt.8th, April, 2021 ah hian Rorel Inkhawm neih nise SubHqrs. YMA in min thleng mai se tiin a rel a, tichuan Sub-Hqrs. YMA thuthmun Diakkawn Branch YMA ten Diakkawn YMA Hall-ah min thleng dawn a, chawhma dar 10:30am-ah Rorel fan a ni anga, chawhnu dar 1:30pm-ah kum 2021-2023 chhung a Sub-Hqrs. YMA Kolasib hruaitu tur thlanna hun hman tur a ni.

Hruaitu atana rawt(Nominate) nei duhte chuan anmahni remtihna in Dt.15th, March,2021 hma ngeiin Hming,Branch, Eizawna, YMA-a OB nihna chelh tawh te(Bio-data) SubHqrs.YMA Office ah thehluh tur a ni.

1. Nominate theih zat:- YMA Dan Bu Bung V chang 27 in a sawi angin:- (2) Sub-Hqrs. YMA thuthmun Branch leh Direct-a awp Branch ten mi pakhat (1) Group YMA in mi pathum(3), Sub-Hqrs. Executive Committee in mi sawm(10) aia tamlo a ruat thei ang.

(i) Sub-Hqrs. YMA Office Bearer atan chuan Sub-Hqrs. thuthmun khawpui chhung a mi ngei ruat tur a ni.

(ii) Sub-Hqrs. YMA Office Bearer atana ruat te chu kum nga (5) tal YMA Member ni tawh leh Central YMA/ Sub-Hqrs./ Group/ Branch YMA Office Bearer te ni tawh anni tur a ni.

2. Vote neithe:- (a). Sub.Hqrs. YMA Office Bearers leh Executive Member te. (b). Group YMA aiawh mi paruk(6). (c). Branch YMA tin atangin mi paruk(6) thlanchhuah te.

3. Rorel leh Rorel Palai:- Bung VII chang 42(3) Branch YMA tin atanga BranchYMAaiawh mi 6(paruk) te,

CYMA hmalakna

CYMA CHETVELNA

13.2.2021 : MZP Gen. Hqrs. leh NGO United for Demoacratc Myanmar buatsaihin Transport Deptt. Pisa kawtah Myanmar sipai ten NLD sawrkar thuneihna an hnehchhuh vanga an ramin buaina a tawh mek demna leh Myanmar a Zo hnahtlakte thlavang hauhna hun hman a ni a, Pu Vanlalruata President telin thu a sawi.

14.2.2021:Gharmura Mission Compound-a Missionary Pu Vanlaldika te chhungkua 9.2.2021 a hnamdang (Vai)-in kut an thlak vanga Synod Hospital-a awm mekte chu Tv. Lalmachhuana Vice President, Prof. Malsawmliana Asst. Secretary, Pu Fabian Lalfakawma Treasurer ten an kan a, Durtlang Branch YMA hruaitu ten an tawiawm. Dam lo kan nan hian Rs. 10,000.00 hlan a ni.

17.2.2021: Central YMA Office-ah NGO United for Democratic Myanmar hruaitute an rawn leng a, Central YMA OB te bakah, Pu Peter Chhakchhuak CEC, Tv. Zochhuana CEC, Pu Joseph Lalmalsawma CEC ten an lo dawngsawng a, Myanmar Sipai ten NLD sawrkar thuneihna an hnehchhuh avanga harsatna an tawh mekah Central YMA puihna an rawn ngen chungchang an sawiho.

18.2.2021: NHIDCL-a an Executive Director leh Consultant te Central YMA Office-ah an lo leng a, Central YMA OB ten an lo dawngsawng a, Mizorama kawngpui an laih mek-a an harsatna sut kian pui tura Central YMA an ngenna chungchang sawiho a ni.

(column lehlam a mi zawmna)

Group Executive Committee Member te, Sub-Hqrs. Executive Committee Member te leh Sub-Hqrs. YMA hnuai a Committee hrang hrang Member te.

4. Agenda:- Group leh Town Branch YMA ten March, 2021 ral hmain thehluh tur a ni.

5. Activities inelna neih a ni dawn lova, Town Branch leh Group YMA te Report atangin Data khawnkawm a ni ang. Group huamchhung a Branch te chuan Annual Activities Report anmahni Group theuh ah Group Conference hmain thehlut vek tur a beisei anni.

In thawhpui,
(THOMAS D.LALENGLIANA)
Secretary
Sub Hqrs. YMA, Kolasib.

Thu ziaik Huang

- Dawngkimi Pa

International Mother Language Day

‘International Mother Language Day’ hi ðawng leh hnam hrang hrangte hriatpuina leh inzah sakna leh hmasawn theih nana ni serh bik atan kum tin, February ni 29-a an hman ðhin a ni. UNESCO General Conference, November ni 17, kum 1999 a neih chuan February ni 21 hi *‘International Mother Language Day’* atan a puang a. Kum 2002-a *UN General Assembly-in UN Resolution 56/262(2)* hmangin a pawmpui a ni.

Mother Language Day hian khawvela hnam hrang hrang te ðawng hman humhim leh humhalh a nih theih nana *UN General Assembly-in* May ni 16, 2007 khan *Resolution 61/266-ah* pawmin, kum 2008 kha *‘International Year of Languages’* atan a puang nghe nghe a ni.

‘International Mother Language Day’ hi *Bangladesh (East Pakistan* ni ðhin)-in February ni 21 hi *Bangla* ðawngin hriatpuina (*recognition*) an hmuh theih nana an beihna hriatrengna ni champha a tana an hman ðhin aþanga lo irh chhuak a ni a. *West Bengal, India-ah* pawh lawm ðhin a ni nghe nghe.

Sawi tawh angin *Bangladesh-in Language Movement* an neih hriatrengna aþanga he ni *Mother Language Day* hi lo piang a ni a. Kum 1947-a *Pakistan* a lo pian khan ram bung hnih - *East Pakistan (tuna Bangladesh)* leh *West Pakistan (tuna Pakistan)* ah inþhenin, hnam ziarang leh ðawngah danglamna tam tak an nei a. Chumai bakah an inkarah *India* ram a tlazep bawk si a.

Kum 1948-a *Pakistan* sawrkar chuan *Bengali/Bangla* ðawng hman tam tak *East Pakistan* leh *West Pakistan* lam ve veah awm mahse *Urdu* chu ram ðawng atan a puang a. *East Pakistan*, ram mipui tam zawk awmna, *Bangla* ðawng hman te chuan dodalin, *Bangla* ðawng chu *National language* a telh ve turin an nawr a. *Dhirendranath Datta* chuan a hmasa ber atan February ni 23, 1948-ah *Pakistan* rorel khawlah ngenna a thlen a ni.

Mipui lungawi lohna nawr beh nan *Pakistan* sawrkar chuan punkhawm a khap a. Mahse, mipui thlawpna nasa tak nen *Dhaka University* zirlaite chuan inkhawmna tam tak a buatsaih a. Hemi avang hian February ni 21, 1952 khan pulis te’n silai hmet puakin, a hmunah *Salam, Barkat, Rafiq, Jabbar* leh *Shafiur-te* chuan an nun chànin mi ðahnem takin hliam an tuar bawk a ni. Hei hi thil thleng khât tak, an hnam ðawng avanga miin an nun an hlanna ni a lo ni ta reng a ni.

Kha ta ðang khan *Bangladesh* chuan *International Mother Language Day* chu ni lungchhiatthlâk atan an hman ta ðhin a. Martarte hriatrengna lungphun an din *Shaheed Minar* tlawhin, zahna chibai an bûk ðhin a ni. *Bangladesh-ah* chuan *International Mother Language Day* chu *National holiday* a tan an hman a ni.

Bengali pahnih *Rafiqul Islam* leh *Abdus Salam, Vancouver, Canada-a* chengte chuan rawtna siamin ni 9 January, 1998-ah khan *Kofi Annan*, khang hunlaia *UN Secretary-General* hnenah khawvela ðawng bo hlauhawm te humhalh a humhim a nih theih nan *International Mother Language Day* puang turin lehkha an thehlut a. *Rafiq-a* chuan February ni 21 hi kum 1952-a *Dhaka-a Language movement* avanga inthahna thleng hriatreng nan a rawt a

Rafiqul Islam-a rawtna chu *Bangladesh Parliament-ah* pharh a nih hnuin khang laia *Prime Minister Sheikh Hasina* thupekin sawrkarin *UNESCO-ah* rawtna an thlen leh a. *Syed Muazzem Ali*, khatih laia *Bangladesh*

Naupang Huang

Rahtea

Hmanlai hian Rahtea hi a awm a, fahrah a ni a, a nu chu nuhrawn a ni a. A nuhrawn chuan a tirethei em em ðhin a, silhfen ðha pawh a nei lova, kawr ðet tak hi a ha ðhin a, a chaw atan favai hram chauh hi a pe ðhin a, a cher em em a. A nuhrawn chuan hna harsa tak takte a thawhtir a, a hah changa a chawlh pawh a phal lova, a haw nasa em em a, Rahtea chu a khawngaihthlak em em a.

Rahtea chu a nuhrawn chuan a thihna tur a ngaihtuah nasa hle a, a tawpah chuan hetiang hian a lo ngaihtuah ta a, “Ka na der vak anga, inthawi nan, Rahtea kan talh loh chuan ka thi ang’ ka ti anga, a ðha ang,” a ti a.

Tichuan a pum a tina der ta vak a, an sial te, kel te, ar te, vawk te, ui te chuan an thawi a, engmah a sawt lova. Inthawi nan an ran zawng an talh zo ta si a.

Rahtea pa chuan, “Ran zawng zawngin kan thawi tawh chia, i dam thei chuang si lo, engtinng kan tih ang le?” a ti a. A nupui chuan, “Ran dang pawhin min thawi leh mah la, ka dam chuang lovang, Rahtea hian min thawi la ka dam ngei ngei ang,” a ti a. Rahtea pa chuan a ngaihtuah nasa ta em em a.

Tin, Rahtea chuan a nuhrawn thusawi kha a rukin a lo hria a, a hlau em em a, ramhnuaiah a tlanbo ta daih mai a. Tin, a tlanbo tih an lo hriat chuan pawl an ti em em mai a, “Rahtea chu engtinng kan koh hawn leh theih ang aw! ‘Khuang kan chawi dawn’ ti ila, a lo haw mai ang” an ti a. Rahtea u chu ko turin a va kal a, Rahtea chu Thingsiri kungah a lawn a, a parzu a lo tlan a, a u chuan:

“Rahte, Rahte, lo hawng rawh, I nu’n khuang a chawi dawn e, I pa’n khuang a chawi dawn e,
Rahte, Rahte, lo hawng rawh,” a va ti a.

Rahtea chuan,

“Ka u, ka u, kir leh tawh, Ka thin ka lung in eia ai chuan, Thingsiri par ka tlan e, ka puar e, ka fan e,” a lo ti a.

A haw duh lova, a u chu an in lamah a va haw a, a nu leh pa hnenah, “Ka koh pawhin a lo kal duh lo,” a ti a, a tihdan zawng zawng a sawi vek a. A nuhrawn chuan a pi a tir leh a, “Nangin va ko la, Rahtea chu a lo hawng duh ang e,” a ti a. A pi chu a kal ve ta a. Rahtea u koh angin a ko ve a, Rahtea chuan,

“Ka pi, ka pi kir leh tawh, Ka thin ka lung in eia ai chuan, Thingsiri par ka tlan e, Ka puar e, ka fan e,” a lo ti leh ta mai a.

A pi pawh chu a haw leh ta a. Chumi hnua chuan a pa in a va ko ve a, a u leh a pi a chhan dan bawkin a lo chhang leh ta mai a. A pa pawh chu beidawng takin a haw leh ta mai a, a nuhrawn chuan, “Keiin ka ko ve ang e,” a ti a, ko turin a kal ta a.

“Rahte, Rahte lo hawng rawh, I nu’n khuang a chawi dawn e, I pa’n khuang a chawi dawn e, Rahte, Rahte, lo hawng rawh,” a ti a.

Rahtea chuan,

“Ka nu mi ngai manang che, Keiin ka ngai manang che... Reng” a ti a. Therengah a chang a, a thlawk bo ta daih a.

(column lehlam a mi zawmna)

tive to UNESCO, amahrawn thlâktu Tozammel Tony Huq, khatih hun laia Special Adviser to UNESCO Secretary General Federico Mayor te’n UNESCO lamah an lo bawhzui leh a. Chutah November ni 17 1999, UN General Assembly wavi 30-na chuan kum 1952-a an nun hlantu martarte hriatreng nan February ni 21 chu khawvel puma hman turin International Mother Language Day-ah a pawm ta a ni.

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

Published by Law & Judicial Department, Government of Mizoram. 1st Edition 2006.

BUNG - 3

NUPUI PASAL INNEIH THU

Chang 39 - THUTPHAH : (*chhunzawmna*)

Hmeichhia pasal nei, thutphah nei chu, a pasalin a mak chuan, a man ba zawng zawng, thutphah nen lam a pasal chuan a pe tla vek tur a ni a, chu bakah a bungrua leh a thuam zawng zawng a chhuahpui vek thei. Hmeichhia pasal nei, thutphah nei chu a thih chuan a chhungten a thuam zawng zawng an la kir thei, man ba a awm erawh chuan man chu 'tlaiin' a kiam tur a ni. Amaherawhchu thutphah tih loh man dang zawng zawng chu pek tlak tawh vek a nih a, a chhungten thuam an lak bawh chuan, thutphah chu lak tur a ni lo.

Chang 40 - THIAN MAN : Hmeichhiain pasal a neihin thian a nei thin a; mahse, thian hmeichhia pasal nei, thutphah nei chu a thih chuan a chhungten a thuam zawng zawng an la kir thei; man ba a awm erawh chuan man chu tlaiin a kiam tur a ni. Amaherawhchu thutphah tih loh man dang zawng zawng chu pek tlak tawh vek a

Chang 41 - LAWI : Man teluin a duh chuan, fanu pasal nei chu ranin a lawi thei. Lawina sa chu moneitu lam nen, zat leh zata insem a ni a, mipa lamin a lu an chang thin.

Note : Mo nu leh pa neining deuhte chuan lawi nan Sial an hmang thin a; mi tam ber chuan fanu malsawmna atan Vawkpuin an lawi thin. Khualah sa ken a harsat chuan, a lu chauh an thawn thin a. Lawina chu vawh emaw, sial emaw, bawng emaw a ni thin.

Chang 42 - MO LAWI : Mo a lawi dawnin mipa lamin mo hruai turin laina thenrual thate an tir a, hmeichhe lamin lawichal an ruat a, mo chu a thiante nen lawichal hovin mipa Inah an lawi thin. Tun hma chuan vawi hnih lawi - lawichhiat leh lawithat a awm a, tunah chuan lawichhiat hi a awm ta ngai lo va, vawikhat lawiah fihlim nghal a ni.

Chang 43 - LAWICHAL : Mo lawi tur hruaitu ber atan hmeichhe lam nu leh pain an aiawha mi an ruat hi 'Lawichal' a ni. Khual khuua pasal neihnaah pawh mawhphurtu ber a ni. Mo chu a pasal turte inah tha tak leh him taka a lawi theihna tura pa chan changa hruaitu a ni. Lawichal chuan Tlai aia tam a phut tur a ni lo va. Lawichal man hi mipa lamin an pe thin. Tualchhungah chuan Lawichal man hi pek ngei tur a ni chuang lo.

Note : Lawichal chuan Mipa In an luh dawn hian 'Kha fanu fapa kan rawn lawipui e,' tiin hma hruaiin an au thin.

Chang 44 - MAKPA CHHUNGKHUNG : Mipain Nupuite chhungkua belh tum saa inherem a, innei a, a nupuite chhungkuua a luh chuan 'Makpa Chhungkhung' a ni. Inneih hnua pawh an dinhmun a zirin Makpa chhungkhung a awm thei.

Chang 45 - ZAWLKENPUAN : Inneihnaah hmeichhiain 'Zawlkenpuan' a nei tur a ni. Zawlkenpuan hi Inneihna thil serh tikimtu pakhat a ni a, a pasal thih hunah tuam nana tih a ni. Zawlkenpuan chu Mizo puandum pangngai a ni a; puan thulkhung dang ang a ni lo. Zawlke npuan nei lo chuan pasalin atangin a buatsaih thei; amaherawhchu, a senso chu hmeichhe lam tum a ni. Zawlkenpuan chu a fanuin a chhawm thei lo, Inthen thulah pawh Zawlkenpuan chu a chhawmtuin a chhuahpui thin.

Chang 46 - LAWI AR : Mo lawi turin 'Lawi ar' a lawipui thin a, chung ar te chu man telu leh man eitute pek khawm a ni.

Chang 47 - ZAWNCHAWP PA LEH ZAWNCHAWP NUṬA TE : Hmeichhia, Nu leh pa nei tawh lovin pasal an neih dawnin Palal eitu ang mai ni lo, paa vawn tur emaw, nuta-a vawn tur emaw a zawng thei a, chung a zawnte chu 'Zawnchawp Pa' emaw 'Zawnchawp Nuṭa' emaw a ni. Chung mite chu hmeichhe lam chuan a man a teltir thin.

Hriselna Huang

Thin thau natna
(Non-alcoholic fatty liver disease)

Thin Thau Natna Ven Nan Kan Tih Theih:

- + Thil thlum lam reng reng ei tlem, a bik takin soda, processed thei tin leh thil thlum dang.
- + Na chhawkna, Paracetamol emaw, Tylenol (Acetaminophen) a dangte pawh hi thin tan a tha lo hle a, thin chaklohna hrang hrang cancer thlengin a siam thei.
- + Hetiang damdawi ei lo theilo inih chuan a tlem thei ang bera ei hram hram a tha.
- + Thenkhat chuan lu na emaw na vak lovah te han hmawm zena, hei hi a pawl lutuk.
- + Thlai hnah hring chi hrang hrang leh thlai hrang hrang, broccoli, zikhlum, purun leh purun var leh thlai dangte pawh ei tam a tha. Thlai fang nei, fiber ngah zual te, oatmeal leh nihawi mu te pawh sawi tel an ni.
- + Exercise hi hriselna atan kawng engkimah a pawl mawh. Mahni theih tawh tawh a kawng kal emaw awm hmuna theih ang tawh tawh chet ve hi a tangkai.
- + Thei ei tam, a bikin serthur nimbu (lemon) hi thin tifaitu atan an tangkai bik.
- + Serthur tui hian liver enzymes a siam tam tira chutih rualin thin tana thil thalo (toxins) a tleuh fai thei bawh. Thin thuah fai (liver cleanse) nan te pawh serthur tui hi hman theih a ni.

Liver cleanse program hi heta han tarlan tur ka hmu mai lo va, Internet lamah program tha tak tak zawng peih tan a awm. Mi tamtak chuan serthur pumkhat tui, tuilum no khat nen a pawl hi nitina in hi a tha tawh hle ti a sawi te pawh an awm.

Hriatzauna Huang

I Taksa kha hrechang teh le..

1. Tlai lam aini zing kan thawh hlim hian 1 cm velin kan sang zawh thin. A chhan chu darkar engngemaw zat kan mut hian kan tihrawl leh ruh chuktuah te hi alo lian (expand) ve thin vang a ni.
2. Kan tihrawl chak ber chu kan lei hi a nih laiin kan ruh chak ber erawh kan khabe ruh hi a ni.
3. Kan kut leh ke ringawt hian kan taksa pumpuia ruh zahve lai a awh a ni.
4. Kan vun hi ni 27 dan zel ah a insiam thar reng a ni.
5. I mutna room a vawh zawh poh leh mangchhia i neihna chance a tam a ni mai.
6. Mihring chiah hi kan rilru suk thlek (emotional) avanga Mittui tla thei awmchhun thilnung zingah kan ni.
7. Naute pianghlim zawng zawng hi a tirah chuan Ui leh Bawng te ang bawkin *Color Blind* an ni. A dum leh a var bakin khua an hmu lo nih chu.
8. Kan taksa thisen mamawh lo awm chhun chu Kan mit rang (Cornea) chiah hi a ni. Boruak atangin directin oxygen a mamawh tawh ala ve mai thin.
9. Mihring pangai hi chu chaw ei miah loin ni 20 kan dam thei a. Tui tello erawh chuan ni 2 bak a dam theih loh.
10. Kum sawm dan zel ah ruh thar i nei zel...!!
11. I ke khan thlan tihchhuahna *glands* 500,000 chuang a nei a. Chapal pawh kan rah tui pur pur thin hi maw!!

Faina leh Thianghlimna

1. Tifaitu chuan a ram leh hnam tan hna tha a thawh a ni.
2. Mahni kawmthlangah leh Tukverhah te bawlhhlawh paih mai mai loh tur a ni.
3. Faina hian hlimna a thlen a, balin rilru thianghlim lo min thlen thung.
4. Fai hi zahawma min awmtirtu a ni.