An Official Organ of YMA, Khuangpuilam Branch.

- Tomir thla *-*

YMA MOTTO

Hunawl hman that Zofate hmasawnna 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.

2nd May, 2021 (Pathianni)

Tunkar chang vawn: Sam 46:1"Pathian chu kan inhumhimna leh kan chakna, mangan laia ṭanpui vartu hnai reng a ni",

Vol - VII Issue No. - 18

TUALCHHUNG CHANCHIN

- Tv. Lalremruata (Rema), Secretary, Khuangchera Section chu hun engemaw chen eizawnna lama inzir belh tura Aizawl lama awm pawh a lo haw thla tawh nia thu dawn a ni.
- ♣ Tunlai hian Khuangpuilam veng chhungah ruihhlo a bikin Damdawi (No.4) tih leh zawrh a hluar thar hle a, chhung tin te ruihhlo do kawnga kan ṭanrual thar leh a ke kan pen a tul tak zet ani.

Kan then tak

Pu Doliana, Kum 60, TNT a awm chuan Nimin 1st May, 2021 (Inrinni) dar 4:30 pm khan chatuan ram min pansan a. Inrinni zan a lumen a ni a, vawin dar 10:00 am (2nd May, 2021) hian Khuangpuilam thlanmualah vui a ni ang.

BANK INHAWNG REI DAWN LO Covid-19 hluar zel avangin karleh May 3-15, 2021 thleng chu Mizoram chhung Bank hrang hrangte chu chawhma dar 10 atanga chawhnu dar 2 thleng chauh hawn a ni dawn a, tul zual bik(pawisa lakchhuah, dahluh, transfer, Govt Transaction etc.) deuh chauh khawih a ni ang. Hei vang hian thawktute pawh mi 3 aia tam awmnaah chuan an inkalchhawk dawn a ni

LAWMTHU SAWINA

Khuangpuilam Health Clinic Centre leh V.C House sak mek na ram, khawtlang tana Pu C.Rokima te chhungkua, Khuangpuilam in phal taka min pek avang leh a ram hlutna pawh ngaihtuah lova an in hmun aia, Anganwadi thlang min pawm sak hi Village Council/Court, Khuangpuilam chuan lawmawm a ti a, lawmthu kan sawi tak meuh a ni.

Tin, Anganwadi ram 2010 a lei tawh, a man Rs. 50,000/- la pek tlak loh chu kum 10 lai ral hnu pawh a, a pung beisei hauh lova rulh tlak min phalsak tu Rev. JH Zahluna te chhungkaw chungah pawh lawmthu kan sawi bawk a ni.

GOVERNOR PILLAI LEH CENTRAL YMA HOTUTEN COVID-19 HRILENG DONA KAWNGA HMALAKNA TE SAWIHO

Khauangpuilam the 2nd May, 2021: Ni 26th April 2021 khan Governor PS Sreedharan Pillai chuan Central YMA hruaitute Raj Bhavan-ah a kawm a. He hunah hian Covid-19 hrileng dona kawnga YMA leh tlawmngai pawl dang te hmalakna bakah thil pawimawh dang te sawiho a ni.

Governor P.S. Sreedharan Pillai chuan Covid-19 hrileng dona kawngah YMA in theihtawpin sawrkar a thlawp tih a hriat thu leh lawmawm a tih thu a sawi a. He hrileng dona kawngah hian sawrkar hmanruate a tawk lo a, pawl lian leh pawl chak tak YMA leh tlawmngai pawl dangte puihna leh puih chhunzawmna sawrkar chuan a mamawh takzet a ni a ti. Mipui vantlang hnena Hrileng dona kawnga zawm tur leh fimkhur dan tur te zirtirna kawngah pawh YMA chu theihtawp chhuah zel turin a ngen a. Hriattur pawimawh leh thu rawn te an hnen aṭangin lo dawn chhunzawm zel a beisei thu CYMA hotute chu a hrilh bawk a ni. Mipui inzirtir nasat a la ṭul em em nachhan chu India rama cheng mipui zinga 50 % chauhin hmaikawr(Mask) an vuah a, heng zinga tam zawk te chu vuah diklo an la nih zel thu a sawi a. Hmaikawr vuah, midang hlata awm tum hram hram, kut sil fai leh hrileng laka himna tur thil te zirtir kawngah YMA in theihtawp a chhuah chhunzawm a ngai a ni a ti.

Governor leh CYMA hotute inkawmna hunah hian Pu Vanlalruata, President hoin Pu Lalhmachhuana, Vice President, Prof.Lalnuntluanga, Gen Secretary, Dr.Malsawmliana, Asst. Secretary, Pu Fabian Lalfakawma, Treasurer leh Pu Roneihthanga, Finance Secretary te an tel a. CYMA hotute chuan Covid -19 hrileng rawn chhuah tirh aṭanga tun thlengin YMA chuan theihtawp chhuahin hrileng do kawngah sawrkar a thlawp tlat thu an sawi a. Local/Village Level Task Force, Contact tracing, vaccine leh a tulna apiangah theih tawpin tan an la mek tih Governor chu an hrilh a. Covid -19 hrileng avanga harsatna piah lamah tunah hian ram kang, tui hna kang chat avanga tui in tur harsa mek pawhin Mizoramin a tawk mek tih an sawi a. Mizoram ramah Court thutlukna leh mimal thenkhat hmalakna avanga Riverine Reserved Forest(Luikama ramngaw humhalh) a awm tak loh thu sawiin pawi an tih thu te; hei hian Mizoram dung leh vanga lui tui te a ti kang chat mek nia an hriat thute an sawi a. He mi chungchang hi Governor chuan lo bih chian a, a tul anga hmalakpui a tum thu sawiin hmun dangah chuan luipui dunga ramngaw te chu dan khirh takin a humhalh vek nia a hriat thu a sawi a ni.

COVID-19 RANDOM TESTING KALPUI DAWN

Chief Secretary Pu Lalnunmawia Chuaungo, State Disaster Management Authority (SDMA) State Executive Committee Chairman ni bawk chuan ni 30 April, 2021 (Zirtawpni) khan thupek tichhuakin COVID-19 random test nei turin Health & Family Welfare Department a hriattir.

COVID-19 hri vei zingah an kaina chin hriat loh leh chhui theih loh engemawzat an awm tak avangin mipui mimir zingah he hri hi a darh nasa hle tawh nia ngaih theih a nih thu he Order-ah hian tarlan a ni a. Eng ang chiaha darh zau nge tih hriatna tur leh hmalak zel dan tur ruahmanna siam kawnga thuneitute tanpui turin random COVID-19 testing neih a lo tul ta a. Chuvangin, Disaster Management Act, 2005 in thuneihna a pek angin Mizoram Chief Secretary chuan COVID-19 random testing chu an test turte remtihna (consent) la chungin kalpui turin thupek a tichhuak a ni

YMA chu țanpui ngaite țanpuitu a ni. - YMA Kumpuan: Zirna uar

President

Pu HD Daniala

9863212083

Vice President

Pu S. Lalthangliana

Editorial Board:

Represent: Nl Florence Zoremsangi Editor: Pu Lalsiamkima Jt. Editor: Ricky MS Dawngzela Treasurer: Nl Thanghmingliani Cir.Manager: Tv. Samuel Lalpekhlua Contact No: 9612761781 / 9612691291 9862501858 / 8575946381

FLS Station - 9862385193/9862327112

Chawngbawla Section

Leader: Tv R.Lalnuntluanga

8259960032

Secretary: Pu Samuel Lalremruata

9862094257

Vanapa Section

Leader: Pu Lalchuailova 8730099599

Secretary: Tv. Lallawmzuala 8787541803

Khuangchera Section

Leader : Pu Lalramzaua 7640895924

Secretary: Tv Lalremruata 7005131514

Editorial.....

Covid-19 leh Zonunzemawi

Covid -19 hripui chuan a thawhhnihna atan min tuam leh mek a, hei vang hian kan nitin khawsak phungah harsatna kan tawk chho ṭan leh ta mek a ni a, hetiang harsatna kan tawh mek lai hian keimahni mai bakah midang te dinhmun kan hriatpui a pawimawh hle a, hetiang hunah hian midangte harsatna tawh lai remchang ah hmanga ei leh bar zawnna leh thil dangah mahni tan a hlawkna lo tel tum kan awm ang tih a hlauhawm hle a ni, chutiang zawng nilo a midang te tana malsawmna ni zel thei tura kan phak ang chin zelah kan luanchhuah a pawimawh hle.

Tuna kan hripui tawrh mek hian eng chen nge a awh dawn kan hre lo a, chuvangin mitin ten inrenchemna kan kal pui thiam a pawimawh tak zet a ni, chumi tur chuan kan duh leh mamawhte kan thliar hran thiam a ngai a, kan nitin khawsakna kawngah pawh mamawh ngah lo thei ang ber zawng a ngaihtuahna kan sen thiam a pawimawh tak zet a ni, chutih rualin mahni mai bakah kan thenawm khawvengte ngaihtuah tel zel in kan zonun zemawi sem sem dam dam ei bil thi thi kan tih tlan theih zel a pawimawh hle a ni, he hripui leng mek hian Mizo kan nihna leh Kristian kan nihna hi nasa leh zual zawkin kan nunah theuh ti lang zual zel se a duhawm hle ang.

Branch YMA Office Bearer

Secretary

Pu Lalremsiama Varte 9862327112

Assistant Secretary

Nl. Florence Zoremsangi 9612761781 9436158962 Financial Secretary Pu Rotlingpuia

Treasurer

Pu David lalrosanga

89748 30454 9612761781 9862385193 Kum 18 - 44 inkar tana Covid19 Vaccine pek chungchanga Health& Family Welfare Department thuchhuah

No.348/2021-2022

India sorkarin kum 18-44 inkar May ni 1, 2021 atanga vaccine a pek tur chu Mizoramah pawh buaipui zel a ni a. Hemi atan hian sorkar laipuiin a thlawna vaccine a rawn pek tawh sa hi hman theih a ni lova, kum 18-44 inkar pek tur bik hi chu State tinin a hranpa a kan lei a ngai a. Covishield Vaccine siamtu, Serum Institute Pvt. Ltd., Pune pawh Mizoram sawrkar chuan dawr tawhin, anni hian rampuma pekchhuah tur an buaipui avangin, rang takin an supply zung zung thei lova, chuvangin kum 18-44 inkarte chuan la nghah hlek a ngai dawn a ni.

Dan zâwm famkim loh vangin Kolasib-ah Covid-19 vei hrem

Kolasib DC office-a thawk mi pakhat, Covid-19 positive chu home isolation dan a zawm fam kim loh avangin hrem a ni a; amah tlawhtu mi pasarih pawh dan an bawhchhiat avang in hrem an ni.

Kolasib district-ah hian state páwn atanga lutte chu task force leh zonal magistrate-te'n an dinhmun uluk taka an ena an thurawn (recommend) angin magistrate-te'n phalna an pekte chauh home isolation/ quarantine phal sak an ni. VTF-te thuin emaw, mahni thuin emaw home quarantine-a indah phal a ni lo. Magistrate phal-naah hian dan an zawm tur chipchiar taka ziah lan a ni a, chutiang zâwm lote chu hrem theih an ni. Kolasib DC Dr H Lalthlangliana chuan, DC pisaa thawk dan zâwm lo an awm thu thuthar thehdarhtute a hrilh a, "Mipui zirtirtu tur ber mi pakhat positive hmuh chhuah tâkin dan zâwm loa permission pawh awm loa ina a awm leh, dan zawm tur dang a zâwm lo hi thil serious tak a ni," a ti a, DC offi ce aiawhin ngaihdam a dil a ni. Dr H Lalthlangliana chuan, " Dan zâwm lote chunga hremna pek hi tih ngei tur niin ka hria. Dan zâwm loa home quarantine lai tlawha ei tur petute pawh hrem an ni. Dan bawhchhiate chu dim an ni dawn lo," a ti.

FIBER INTERNET (FTTH, BSNL) By - Dave Communication, Kolasib

Sl	Plan	Speed	Monthly Fee	One time Security
No.			(Incl. GST 18%)	Deposit
1.	599	Up to 60 mbps till	707	599
		3300 GB beyond 2 mbps		
2.	777	Up to 100 mbps till 1000 GB	917	777
		beyond 5 mbps		
3.	799	Up to 100 mbps till 3300 GB	954	799
		beyond 2 mbps		
4.	849	Up to 100 mbps till 1500 GB	1002	849
		beyond 10 mbps		
5.	949	Up to 150 mbps till 2000 GB	1120	949
		beyond 10 mbps		
6.	999	Up to 200 mbps tilll 3300 GB	1179	999
		beyond 2 mbps		
7.	1277	Up to 200 mbps till 3300 GB	1507	1277
		beyond 15 mbps		
8.	1499	Up to 300 mbps till 3300 GB	1769	1499
		beyond 4 mbps		
9.	1999	Up to 300 mbps till 4500 GB	2359	1999
		beyond 25 mbps		
10.	2499	Up to 300 mbps till 5000 BG	2949	2499
		beyond 30 mbps		

Connection fee : Rs. 1000/Contact : 9436142828

* Security Deposit hi Bill hmasaberah a rawn tel ang.

 $(\mathit{Thu}\, \mathsf{ziak}\, \mathit{Huang})$

- Dr. C. Lalrampana

Mite'n tunge a ni min tih? (Who do men say that i am?)

20. "LP Gas kan khawih chingpen tlem bik vang a niang?" han ti dawn ila, Gas bur buk tling tak lak tih awm thei chuang si lo.

Lal Isuan a zirtirte hnena amah mite'n an hmuh dan a zawh tum khan an chhan dan leh mite'n an hmuh dan an sawi kha a inang lo vek tih kan hre tlang awm e. Khatiang chiah khan kan rilru theuhah mimal ang pawhin he zawhna pawimawh tak hi inzawt fo ila a pawimawh hle. Tha viaua kan inngaih leh inhmuh ang hian miin min hmu ve em? Engtiang takin nge, miin min hmuh tihte kan inngaihtuaha thinlunga kan inzawh fo a pawimawh takzet a ni. Miin kan hmêl an hmuh veleha kan nihna an hmuh dan an rilrua lo lang nghal thin a awm fo thin. Chutiangah chuan engangin nge mi rilruah ka lan thin tihte kan ngaihtuah fo a pawimawh hle ang. Chutiang zelin kan hmel hmu lo pawha miin kan hming an sawi zawng ringawt pawha a lo ngaithlatute'n an rilrua kan mizia an hmuh dan inhrilhfiah nghal a awm thin. Chutiangah chuan mi rilruah engtiangin nge kan lan ang? tihte inngaihtuah a tha hle. Tin, kan thih hnua kan thlana kan hming ziah an chhiar thlenga mi rilrua kan lan dan a awm a; a chhe zawng hlirin mi rilruah kan lang ang nge, a tha zawngin? tih ngaihtuah reng chungin kan dam lai nun kawng chhuk chho kan chhir chhuah a pawimawh hle.

Mimal kan pawimawh ang bawkin ram bial khat (State) ang pawhin kan pawimawh. Mizoram State atanga state dang leh ram dang (foreign) thleng pawhin kan kalna apiangah mimal leh ram hmelhmang lanna chu keimahni theuhah a awm. Mi ram (foreign)-ah leh State dangah a chhe zawng leh duhawm lo zawnga kan lansarh chuan mimal hming aiin khawi ram/khawi state-a cheng nge tih zawkah mi mit a fuin mi rilru a kal ding tawh thin. Chuvangin, State pawna Zohnahthlak leh pawimawh hrang hranga Zoram chhuahsana khawsa mekte leh Zoram aṭanga hmun hrang hranga zin veivak leh sumdawngte thlengin kan khawsak dan kan inenfiaha kan fimkhur a ngai hle. Hnam dang karah hming chhiat chang leh lan mawi loh chang kan nei zauh zauh ta fo maite hi hnam mualphona rapthlak tak a ni tih kan hriat a van pawimawh tak em! Mi ram/State danga Nawchizuar (KS) duh Mizo hmeichhiate pawh hian Hotel hrang hranga inzuara riak lawr dun dun lo hian, Nawchizuar lane-ah awmin eizawn nan a thil neih hlu tak, zung 3 bawk lek kha hmang ṭangkãi ve mai se, tuman kan sawisel emaw, kan sawi buai tur a awm lo. Chuti ni lova hmun hrang hranga vaka zu leh damdawi ruihhlo dang leh sex nena chawmchilha an vah hian "MIIN TUNGE A NI MIN TIH (Who do men say that I am?)?" tih zawhna awm chang a awm ngei ngei a; a tawpa chhanna chu "MIZO a ni a; Mizoram atanga lokal a ni" tia chhanna awm thin hian kan hnam a tihmingchhiain a timualpho va, a tihmêlhem nasa hle thin. Hetiang bawk hian suahsualna dang ayanga lansarhna hian kan ram leh hnam a timualpho thin tih hriain kan zavai hian a tha zawnga kan ram leh hnam chawimawitu leh tihmingthatu nih tum tlat zel zawk ang u.

- * Ralmuanna hmuna muang em em; ralţitnaa ţi leh em em hian anmahni an inchhanhim thei lo fo. Eng hunah pawh ralmuang tak sia ţi deka hun hmang hian harsatna an paltlang thei nge nge ţhin. Nitin nunah leh rinna kawngah pawh.
- * Thâwk a harsa, a hrehawm tiin hmai tuamna vuah loin awm suh; hmai tuam that duh loh vanga thâwk theih loh hlen a hlauhawmin chhungte tan a hrehawm zawk ang!

(column lehlam a mi zawmna) an han en chiang a, parawl ngal ngêt kha a lo ni a, a thin hnunah chemte a bur ngur a. A kah hlum Thangchhinga nu kha khumah a mut a, Khuangcherate thâwm a hriatin amah a intihlum a lo ni a. (Chhunzalm tur)

(Chhunzawmna) - C. Lalnunchanga - C. Lalnunchanga - C. Lalnunchanga

Khuangchera leh parawl ngal nget :

Ailawnga an awm laiin an khuaah chuan parawl pakhat Thangdula a awm a, ngal ngêtin a pum tluk reng a. Tlai khat chu amah thawi turin puithiam a ko va. An inthawi laiin parawl chuan, "Ar philah engati nge min puh?" tiin fei a chuh lawk a, puithiam chu a chhun ta mai a. Mahse, a chhun tleu va, puithiam chu a thi lo va. Parawl chuan puithiam chu a chhun hlum emaw tiin a au vak vak a, a kawmthlang Thangchhinga nute inah a tlan lût a. Thangchhinga nu hnênah chuan, "Nangmah hi a ni âr phila min puhtu," a ti a, an banglaia silai chu a la a, Thangchhinga nu chaw chhum siam lai chu a kâp hlum leh ta ringawt a. Naupang tê Thangchhinga chu ṭap chungin pâwnah a tlan chhuak a. Silai ri hriain mi an lo pung khâwm thuai a.

Tlangvâlho chuan parawl tawmna inah chuan zuk luh an tum a; mahse, anmahni beih tum ni âwm tak hian in chhûng lamah chuan a lo ri khut khut ṭhin a, "Thih duh chu lo lût rawh u," a ti a, chuvâng chuan an hnaih ngam lo va. "Lo chhuak rawh," an tih pawhin in chhûngah chuan ṭan a khawh a. Tlangvalho chuan an zuk hnaih deuh va, an pawh tak tak ngam chiah si lo. Chuti rêng rêng chuan an buai an buai a.

Khua chu a rawn thim dawn ta ruai mai a. Sailianpuia mangang chuan, "Khuangchera ko thuai thuai rawh u," a ti a. A ko turin an tlân nghâl a. Khuangchera chu a ram kal a lo thleng chiah a. Thil awmzia an hrilh a; ani chuan phaw leh meichher a keng a, a kal ta a. Kawtah chuan mipui chu nunau nên an lo phu mur mur a. Khuangchera chuan, "In chhûngah chuan ka zuk lut ang a, ka phaw hian ka nam bet ang a, a thaha lainate in awm chuan in that dâwn nia, kei chuan ka that duh lo ve," a ti a.

In chhûnga silai nena patling thinrim ṭankhawh meichher leh phaw chauh kenga luh chhuah tum chu thil hlauhawm tawpkhawk a ni a. Phaw atân hian se hnungzâng vun chhah lai an hlep a, a kil liin emaw, a bial deuh emaw pawhin an duh ang tawka hlaiin an chan a. Mar takin an kaih a, ni saah an pho va, a châr lehzual nân meithui hnai an hnawih a, a chhûng lamah a vawnfung an siam a; sakei zim nân an hmang ṭangkai hle a. Phaw châr leh khauh ṭha tak chu silaimu inphen nân pawh a rin tlâk a.

Khua a thim tawh a. Khuangchera chuan kawngkhâr a bawh thla a, in chhûngah chuan a lût ta a. Taitesena pa Khalhvunga leh Thangkikawiate'n an zui a. Pâwn lamah mipui chuan an lo ngaichâng a, thâwm chu a hân thuap a. Khuangchera chuan pâwn lama mite hnênah chuan, "Tuium hunnaah hian mi pakhat chu a tlu reng mai, khuma pawh hi pakhat chu a mu; Thangchhinga nu a nih hi. A thattu âwm an va awm lo ve, banglai chhûng hi ka han en leh ang e," a ti a.

"Mi dang tu mah ka hmu lo," a tih hnuin mipui chu in chhûngah chuan an lût ta a. Mei an tuah êng a, tuium hunnaa tlu reng chu

Kan mi huaisente kha an arpa tlan fo, hnehna chang turin. Isua leh a zirtirte ngei pawh kha!

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

BUNG-7: ENKAWLTU NIHNA (GUARDIANSHIP)

Chang 105 - Roreltuin enkawltu a thlak thei: Roreltuin enkawltu chang 103 (2)-a mite chu enkawltu ni tlak a nih lohzia fiahna tha tawk a hmuh chuan a paih thei a, chang 103 (2) -a sawi zinga mi a ruat thar thei.

Enkawltu thlakna chungchangah thubuai a kal chuan a enkawla te sum leh pai hi tuman thubuai senso atan an hmang thei lo.

BUNG-8: INNGAIH LEH SAWN PAI THU

Chang 106 - Inngai:

Nupa ni lo, hmeichhia leh mipa inpawl hi 'inngai' a ni.

Chang 107 - Sawn chungchang:

- 1) Sawn: Hmeichhiain a pasal ni lo, midang laka fa a hrin hi Sawn a ni. Hmeichhiain chutianga nau a pai chuan Sawn pai a ni a; mipain chutianga fa a neih chuan Sawn thlak a ni. Pa bik hriat lohva nau piang chu Falak a ni.
- 2) Sawn man: Miin sawn a thlak chuan sawn man a pe ṭhin. Sawn man chu Cheng Sawnli (₹ 40/-) a ni ṭhin. Sawn man chu lei chawi leh fa tlanna a ni a. Sawn man ba a awm ngai lo. Amaherawhchu, sawn pai chu thla thum a tlin hma chuan sawn man a awm thei lo; thla thum a tlin erawh chuan a chhiat pawhin sawn man a bo thei lo.
- 3) Sawn man pek dan: Sawn paitu lamin sawn man an ṭhing ṭhina, sawn thlaktuin a pe ṭhin. Sawn thlaktuin sawn man a pek duh loh chuan Pa a nihna a hauh thei lo; fa chu nu ta a ni. Amaherawhchu, sawn man chu ṭhin loh vanga pek loh a nih chuan, sawn thlaktu chu pa a nihna a bo thei chuang lo.
- 4) Sawn nawn: Hmeichhia in a sawn paina lakah bawk sawn a pai leh chuan, Sawn nawn a ni a. Sawn nawnin man a nei lo va, sawn thumnaah erawh chuan sawn man a awm leh thin. Chutiang a inkarthlaka kal a ni. Sawn chu phir pawh nise, sawn man a pung chuang lo.
- 5) Sawn hruai: Sawn chu enkawl a ngaih chhung chuan a pa hnenah an hruai thin.
- 6) Nu hnena sawn awm theih chin: Sawn chu kum thum a tlin hma chuan a nu hnenah a awm tur a ni. Kum thum a ral hma chuan, anuin pasal neiiin emaw, chhan dang vang emawa kalsan a nih loh chuan, a pain a la lui thei lo.

Note: Sawn bel - Miin sawn a thlak chuan, a sawn thlakna hnenah Sawn bel, a zu awmin a pe ṭhin. Anni chuan an duh ang angin an thehthang ṭhin. Sawn bel hi pek a nih loh chuan a aiah ₹ 1/- an inpe ṭhin.

Chang 108 - Sawn thlak innei zui: Tlangvalin sawn a thlakna a neih chuan, chang 65-a sawi angin man bakah Sebomawh, cheng Sawmhnih (₹ 20/-) (Tlai) a pe tur a ni. Rai aṭanga thla thum tlin hmaa an inneih chuan, Sebomawh a awm thei lo. Hetiang innei zui fate chu inneih hmaa piangte pawh sawn an ni lo.

Chang 109 - Fa tihbawlhhlawh man: Hmeichhe nau paiin, a nau paina ni lo, mipa dang ngai sela, Fa tibawlhhlawh a ni. Fa tihbawlhhlawh man chu a hnuaia mi ang hi a ni:

- 1) Fa tihbawlhhlawh man ₹ 40/- leh Uire: Hmeichhia pasal nei, fa tibawlhhlawh man ₹ 40/- (Sial), a pasal lakah a chawi ang a, a mah chu uire a ni bawk. Inṭhen hnua fa tibawlhhlawh erawh chu Uire a ni lova, fa a tihbawlhhlawh man a fa pa lakah a chawi ang.
- 2) Sawn tihbawlhhlawh man: Sawn tihbawlhhlawh man chu a pai aṭanga thla thum tlin hma pawh ni se, hmeichhia chuan a tihbawlhhlawh man ₹ 40/- a fa pa lakah a chawi ang.

Note: Fa tihbawlhhlawh hian a chetsualpui mipa lam a khawih lo. Chang 110 - Khumpui kai man: Chhungkaw lu ber mutna chu 'Khumpui' a ni. Hmeichhe beisei avanga khumpui leh a bul hnaia va kal leh awm man an nih chuan Khumpui kai a ni. Khumpui kai chu khumpui aṭanga ban phak chinah chauh man theih a ni. Khumpui kai man chu Sial a ni. (Chhunzawm zel tur)

Hriselna Huang

Damdawi chungchang hriattur pawimawh thenkhat

K. Lalremmawii, Asst. Professor, Deptt. of Pharmacy, RIPANS

Tun ṭumah hian damdawi chungchanga kan hriat leh zawm tur pawimawh tak takte ka rawn sawi dawn a ni. A hmasaberin 'damdawi' kan tih hi eng nge a nih tih tawi tein han sawifiah phawt ta ila. Hmasang kan Mizo hmasate khan a hming pawh hi an lo phuah thiam khawp mai a. Dam leh hrisel taka kan awm a, natna enkawlna leh natna laka kan fihlim theihna hmanrua, natna hmuhchhuahna, natna laka min veng theitu, dawi ang maia hnathawk thei thil a nih avanga 'damdawi' tih hming an puttir hi a inhmeh hle a ni.

Damdawi hi damdawi a nihna chhan chu mihring taksa emaw, taksa chhunga natna hrik emaw kha damdawia chemicals-in a that emaw, a tidanglam thei a; hei vang hian chemicals kha damna thlen theitu, a hming 'damdawi' lo ni ta a ni. A nihna takah chuan a tawktea hman chuan damna, a tawk chiah aia tam deuh a nih erawh chuan tichhetu a ni hlauh thei thung a ni. Heta a tawk chiah kan tih hi damdawi ei zat tur bithliah (dose) kan tih hi a ni.

Damdawi chungchanga kan hriat tur pawimawh tawi te tein han sawi ila.

- 1. Damdawi dose chungchang hi sawi hmasaber ta ila. Dose kan tih chu damdawi ei emaw, in emaw, inchiu a ni emaw, vawi khata hman zat tur bithliah a ni mai a. Damdawite hi damna thlentu an ni a, an pawimawh em em laiin kan thih theihna leh kan taksa awlsam taka tichhe mai thei a ni tih kan hriat a tul hle a. Chuvang chuan taksa tidam thei tawk tur kha chhutchhuah lawk vek a ni a, taksa tichhe lo thei ang ber turin a hman dan siam a ni ta thin a ni. Mahse, vawi khata miin a ei/hman vak chuan taksa na lai tidam mah se, taksa peng dangah thil tha lo a thlen thei thung. Hengte avang hian vawi khata mum 2, mum 3 ei maite hi kan ching tur a ni lo a, ei dan tur hrilh kan nih ang thlapin kan ei tur a ni.
- 2. Damdawi ei hun chungchangah lut ta ila : Dawktawr hnenah kan inentirin kan natna azirin damdawi chi hrang hrang hman kan ngai thin; damlo pakhatin damdawi chi khat aia tam kan hman a ngaih chang a awm fo.

Damdawi ei hun chungchang hi tha taka kan vawn a pawimawh hle. Damdawi kan eia kan taksaa hna a thawh theihna tur chuan, damdawi khan kan thisen zama a luh a ngai a, chumi tur chuan kan pumpui leh ril te a kal tlang a ngai phawt thin a ni. Hemi avang tak hian kawruah lai chauha ei chi damdawi a awm a, thenkhat erawh kawruah laia ei miah loh tur an ni thung.

Hei hi a chhan chu chaw hian damdawiin kan thisen zam a luh hun a nghawng theih vang a ni. Tin, damdawi thenkhat erawh chuan kawruah laia kan eiin pumpui leh taksa peng dangah harsatna a thlen thei a, chutiang damdawi chu chaw nen emaw, chaw ei khamah chauh ei thung tur a ni. Tin, chaw ei kham kan tih hian minute 10 aṭanga 15 tal nghah thin hram tur a ni. (Chhunzawm tur)

Meizial khu-ah hian taksa tana thalo bawlhlo (chemicals) engzat vel nge awm?

Chhanna: Mi thiamte chuan meizial khu hian chemical chi hrang hrang sangli (4,000) vel zet a pai an ti a. Heng zinga 60 vel chu cancer thlen thei thiau a ni lehnghal! Carbon Monoxide, tar, arsenic leh lead te phei chu taksa tan a hlauhawm zual bik hle a ni. Vaihlo-a awm nicotine tak hi meizial bawiha mi hruailuttu a tling. Taksaa a luh chiah hian thisenah bei nghalin thluakah a lut nghal vat a. Meizial zuk zel chakna a thlen avangin ngawlveina ruamah mi tam tak a hruai lut thin a ni.