





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com


Khua a that rin a ni.
Temp - Max: 25°C Min: 12°C
Dar 6:03-ah ni a chhuak ang a,
Tlai Dar 4:44-ah a tla leh ang.

Tunkar chang vawn : Thufingte.
13:6. "Felna chuan dik taka awmte chu a veng thin a, suahsualna erawh chuan mi sual a theh tlu thin."

TUALCHHUNG CHANCHIN

☛ Tv Samuel Lalpekhlua S/o Pu Vanlalrova Chawngbawla Section chuan Social Welfare & Tribal Affairs hnuai Jordan Centre, Sethawn ah hna duhawm tak a hmu thar a, a hna thawh zelna turah duhsakna kan hlan in kan lawmpui tak meuh a ni.

☛ Pi HD Lalnunpui w/f Vanlalchhuanga (Patea) Khuangchera section chu hun engemaw chhung damlohna avangin Civil Hospital, Kolasib-ah awmin, Dt 8th Jan, 2021 (Zirtawpni) khan dam takin a lo chhuak a, a dam zel theih nan duhsakna kan hlan e.

☛ Pu Carrey Lalrinawma s/o Pu Stanley Thanchungnunga, Chawngbawla Section chuan Computer Institution changtlung tak (Stanley Computer Institute) hawn tumin a buaipui mek a. Tunah hian registration-te buaipuiin a kal zelna turah duhsakna kan hlan bawk e.

**Emergency Meeting
leh
Hnatlang**

Dt. 11th Jan, 2021 Thawhtanni zan khian Branch Executive Committee leh Section hruiute FLS Station tur ban phun hnatlang neih tur a ni a, Zan chaw eikham ah Pu B. Vanlalawia In bulah inngahkhawm tur a ni e.

Dt. 12th Jan, 2021 Thawhleh zan khian Emergency Meeting pawimawh tak koh a ni bawk a, hei hi Branch Executive Committee member te chuan ngaipawimawh theuh turin kan in ngen in kan inhriattir nghal bawk e.

Sd/-
Secretary
KPL Br. Y.M.A

Branch Executive Committee Thukhawm

Dated Khuangpuilam, the 10th January, 2021 (Pathianni) :

Ni 2nd January, 2021 (Inrinni) khan Kum 2021 chhunga Khuangpuilam Branch YMA Executive Committee (BEC) chuan rorel thutkhawm vawi 1-na, BNRGSK Hall-ah an nei a. He rorel thutkhawm hi Branch President Pu HD Daniala'n kaihruiin , committee pawimawhna te a sawi hnuah Pu Ricky MS Dawngzelna Pathian hnena tawngtaia committe a hlan a ni. Kan sum dinhmun te hetiang hian report dawn a ni bawk.

Chhiatni Fund:	Total income	- Rs. 47,249/-
	Total Expenditure	- Rs. 14,730/-
	Closing Balace	- Rs. 23519/-
FLS Account :	Opening Balance	- Rs. 11,110/-
	Total Expenditure	- Rs. 13,900/-
	Closing Balance	- Rs. 2,790/-
General Fund :	Total income	- Rs. 8,510/-
	Total Expenditure	- Rs. 53,769/-
	Closing Balance	- Rs. 45,259/-

Thurel kan hriattur tlangpui te :

1. Kum 2021 chhung atan Branch OB ten Committee member an lo ruat chu tha tawh ah ngaiin, ruat belh ngai loah tura ruat a ni.
2. Kum 2021 chhung atan section din leh ngei nise tih a ni a, a ramri then dan pawh kum dang inthendan pangngai Chawngbawla, Vanapa leh Khuangchera section ah te then leh nise tih a ni. Ngun taka ngaihtuah anih hnu in section hruiute tur hetiang hian Branch Executive Committee in ruahman mai nise tih a ni.

Chawngbawla Section	
Leader	- Pu C Vanlalruatkima
Asst. Leader	- Pu F. Lalbiaksanga
Secretary	- Pu Samuel Vanlalremruata
Asst. Secy	- Tv Rambuatsaiha
Treasurer	- Pu Joshua Lalremsanga
Fin. Secy	- NI Pc Lalrintluangi
Vanapa Section	
Leader	- Pu Lalchuiailova
Asst. Leader	- Tv. Lalthansanga
Secretary	- Tv Lallawmzuala
Asst. Secy	- Tv. Mangminluna
Treasurer	- NI. Lalrinchhani
Fin, Secy	- Pu David Lalchhandama
Khuangchera Section	
Leader	- Pu Lalramzuava
Asst. Leader	- Pu HD Vanlalhriata
Secretary	- Tv Lalremruata
Asst. Secy	- Tv Mangkhawla
Treasurer	- NI Vivian Lalrinpuii
Fin. Secy	- NI Thuthlungkimi

Section budget atan cheng Rs. 3000/- nise tih a ni. Branch OB Section represent turte hetiang hian ruat an ni bawk.

Chawngbawla section : Pu S. Lalthangliana, Vice President
Pu Rotlingpuia, Financial Secretary

Vanapa section : Pu HD Daniela, President
NI Florence Zoramsangi, Asst. Secy

(Phek 2-na)

Editorial Board :
Represent: *Nl Florence Zoremsangi*
Editor: *Pu Lalsiamkima*
Jt. Editor: *Ricky MS Dawngzela*
Treasurer: *Nl Vivian Lalrinpuui*
Cir. Manager: *Tv. Samuel Lalpekhlua*
Contact No: 9612761781 / 9612691291
9862501858 / 8794366053

YMA Office hawng leh ta
Dt 6th, 2021 (Nilaini) chhun dar 12:30khan Central YMA Office chu kumin atan hawn a ni leh ta. Hawna inkhawm tawite neih a ni a, Prof Lalnuntluanga, General Secretary in a kailhruai a, Inhlantarna leh lawmthu sawi tawngtaina Prof Malsawmliana, Assistant Secretary in a hman. Pu Vanlalruata, President in thusawiin kumthar a nih angin inpekna thar nen theihtawp chhuah turin Office hnathawktute a chah. Chawhnu dar 2:00 ah Central Executive Committee thutnghal ani.
Nimin vek khan Sub-Headquarters YMA hrang hrang tepawh hawnghal ani.

Editorial.....
Kum 2021 kum thar chu damtakin Pathianin min hruai thleng leh ta reng mai. He kumthar hian rilru thar, ngaihtuahna thar duhawmtak mitinte min thlen theuh se, min hruai thlengtu tan kan taksa, rilru leh ngaihtuahna seng leh zual ila, kum kal ta te kha han thlir kirin, kan insiamthat ngaigna tam tak uluk taka chhui kirin, kum bul a tang hian keimahni leh kan khawtlang tan bul i tan thar theuh ang u. Keimahni insiam tha turin kan rilru ti paukhauh tlat baw ang u.

Beidawna leh hlawhchhamna hi mihring kan nih chhung chuan kan nunah bet ve reng tur thil a ni tih hriat a tha, i lo beidawng emaw i lo hlawhchham fo tawh thin a nih pawhin tlawm lovin bei zel la, i harsatna tawh chu inhneh tir tum lo la, hlawhtlin hun i la nei em em ang. Hringnun ah hian beidawna leh hlawhchhamna tawn tlang lo hian a hlawhtlin theih loh a tih theih tluk hial ang.

Kum 2021 hi zirlaite tan Central YMA-in "Zirna uar" kumpuan a hman leh ang ngeiin theihtawp chhuahin kan zirlaiten tan la thar leh ila. Hrilengin min kharkhip deuh mahse keimahni, kan chhungkua, kan khawtlang leh kan ram tan a ni tih theihnghilh lovin kan zirlai theuh ah tan i la thar leh ang u.

He kum thar 2021 hi i tan, chhungkaw tan, khawtlang leh kan ram tan malsawmna lo ni mawlh rawh se.

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

(Headline zawmna)
Khuangchera section
Pu Lalremsiana Varte, Secretary
Pu David Lalrosanga, Treasurer
3. Branch YMA tihchak nan Sub-Committee din leh tha tih a ni a. Hetiang hian Sub-Committee hrang hrang leh hruaitu turte ruat an ni.
(1) Kumpuan Sub-Committee :
Chairman : Pu Lalremsiana Varte
Secretary: Pu Samuel Vanlalremruata
(2) Daifim Editorial Board
Editor : Pu Lalsiamkima
Asst. Editor : Pu Ricky MS Dawngzela
Treasurer : Nl Vivian Lalrinpuui
Represent : Nl. Florence Zoremsangi
(3) FLS Sub-Committee :
Chairman : Pu Rotlingpuia
Secretary : Pu PC Ramluahthanga
(4) Property incharge turin heng a hnuaia mi te hi ruat an ni a, anni hian bungraw hawh chhuah leh bungraw enkawlah mawh an phur ang.
(i). Pu Lalchua ilova
(ii). Pu C Vanlalruatkima
(iii). HD Vanlalnei hdika
(iv). Tv Lalthansanga
4. YMA membership fee atan Rs 5/-, Endowment Fund Rs 5/-, Chhiatni Fund Rs.300/- leh V/C tlangau hlawna khawn nise tih a ni a. Section tin ten mahni huamchhung theuh khawn nise, receipt leh khawn dan tur format hi Secretary-te kutah hlan an ni anga, March thla chhungin Branch Finance Secretary kutah thehlut kim vek tura beisei a ni.
5. Branch Project neih tha tih a ni a, project item leh tuldang hi remchang hmasa berah ngaihtuah nise tih a ni baw.

CENTRAL YOUNG MIZO ASSOCIATION MIZORAM : AIZAWL
CENTRAL YMA THUCHHUAK
Pawl kut Thla ni 6, 2021 a Central YMA Executive Committee chuan, Krismas 2020 leh Kumthar 2021 lawm dan a thlir let a, boruak muanawm tak hnuaia kan hunpuite tlang taka hman a nih avangin lawmthu a sawi a ni. Boruak tha kan neih theih nana thawktu hrang hrangte chungah lawmthu a sawi a, kan thupui, "YMA chu tanpui ngaite tanpuitu" a nih ang ngei a, Naupiang Chibai bukna puala tanpuina pe chhuaktu Sub Hqrs/Group/Branch YMA te chungah thilung takin lawmthu a sawi baw a ni. Hunpui lawm nan a halpuah, halmawi leh zopa rocket hmanglo tura ngenna tihlawhtlingtute leh a hlawhtlin theih nana theihtawp chhuaha hmalatu Veng/Branch te chungah lawmthu a sawi tak meuh meuh baw a ni.
Sd/-
Prof. LALNUNTLUANGA
General Secretary, Central YMA.

CYMA hmalakna
21.12.2020 : DC Conference Hall-ah District Level Standing Committee in Connection with Final Publication of AMC Electoral Rolls, 2020 chungchang meeting neih a ni a, Prof. Malsawmliana Asst. Secretary a tel.
21.12.2020 : Dawrpui Multipurpose Centre-ah Consumer Awareness Programme cum Workshop on LPG Home Delivery neih a ni a, Pu Fabian Lalfakawma, Fin. Secretary a tel
21.12.2020 : Mr. Justice Sharad Arvind Bobde, Chief Justice of India chu Mizoramah a lo kal a, Assembly Annexe Building-ah Green Mizoram thupui hman in programe hman a ni a, Pu Vanlalruata, President-in thu a sawi.
22.12.2020 : Secretary, H&FW Deptt. Pisa-ah Indian Red Cross Society, Mizoram State Branch meeting neih a ni a, Pu Lalbiakkunga CEC a tel
27.12.2020 : Khamrang leh a chhehvelah Gastihchingpenaawm lehawm loh enfi ahin Vigilance Sub-Commtee te an hnattlang a, Gas bur ruak 10 leh a tak awm 10 an man.
28.12.2020 : Home Minister hova SAD Conference Hall-a dar 11:00 am-a Krismas hman zawh tawh boruak thlir let na leh kumthar 2021 hmachhawp sawi ho a ni a, OB te an tel.
29.12.2020 : Manish Tiwari, Joint Secretary, Ministry of Home Affairs (Nodal Officer for Mizoram) - Assam Border (Issues) in Mizoram arawn tlawha, Chief Secretary Conference Room-ah Mizoam - Assam ramri chungchang NGO-te nen sawihona meeting neih a ni a, Pu Vanlalruata President, Tv. Lalmachhuana Vice President, Prof. Lalnuntluanga General Secretary-te an tel.
6.1.2021 : Central YMA Office, Press leh Sub-Hqrs. YMA Office-te chu hawn tan ni a, Chawhnu dar 12:20 hian a hawnna Central YMA Office-ah hun hman a ni.

Thu ziaak Huang

- J Saia Hekte

Naupang Huang

- Gilbert Renthlei

Pu James dokhuma kamchhuak

Mizo pa ropui James Dokhuma kha vawi khat chu inneihnaah a kal a, fuihna thu sawi turin an ti a. A ding a, heti hian a sawi ta a...

Aw le, kei hi wawiina inneite fuihtu tur ber ka ni em tih phe chu ka inhre hauh lo. Amaherawhchu, a zawhte upata upa ve ta na na na chu, tawn leh pal hriatte a ngah e min tite pawh a ni fahmiang. Mahni mawhpurha tla na na na chu theihtâwpin kan han hlenchhuak ãalh ãalh tur lah ni.

Mizo-in ‘innei’ kan tih hi a han fuh bikzia mai chuh! Vai ãawnga sadi an tih hian a hril pha em tih phe chu ka hre hauh lo. Ka ãawng thiam tâwk loh vâng lah ni maw? Sap ãawnga married an tih hian a hril pha em tih lah ka hre bik lo. Aa.. a hril pha a nih pawhin ka hre lo kei chu. Mizopa ãawngina ‘innei’ kan tih chu lai leh laia intâwk ‘fifty fifty’ kha ‘hundred’ a channa a ni. Sawmnga *note* leh sawmnga *note* kha zain kan thleng tlang ta tihna a ni chauh.

Mizo hi kan mak khawp a, kan nupui tur chu kan fate rual lek pawh ni se, kel sam bak ão tawh pawhin nupuiah nei sela, Mizo nunah chuan mipa hi duat ngai zâwka inhre tlat hnam kan ni a, hmeichhiate hi in fin hle a ngai. Chumi in tihdân tur chu ka’n sawi ang e: bilât artui pakhat ãeuh ãeuh pawh hi in han chawi bûk lâk lâk ang a, ‘Hei hi a rit ãa zâwkin ka hria, Matei pa’n ei rawh se,’ in han tih ringawtte hian kan thawh ngai loh hna hram pui puite hi kan cho uai uai zel a nih hi!

Vai dawra lukham bûk inang reng, a rih lam inang reng in lei a, leihka tlâng sângah in pho va, in han hem lum a, zân mut dâwnah nuin mutna a’n siam a, a’n bêng thawk thawk a, ‘Hei hi a lum nuam zâwk, Bawihte pain kham rawh se,’ a’n tih ãawngkam ãa ringawtahte hian kan la fan ngai loh leh kan la tlawh ngai loh ram hi kan mang kal zut zut mai a ni.

Mizote’n kan thil china ãa lo ka tih deuh pakhat chu, kan innei ta chêng a, kan inrîm laia, ‘Muante, Muante,’ inti ãhin kha, intihpâ nan inneih tûk ațangin ‘Lalmuanpui’ kan han inti ful ful hi chi tih chi a ni hauh lo. ‘Muante’ kan tih pawh kha ‘Muante’ ti phal tawh lovin, ‘Bawihte,’ han ti ila, chhûngril lamah hian hmuh theih lohvin lâwmna chibai kan inbûk tawr tawr zel ngai nia mawle.

Kha’ng ka sawi zawng zawng kha in lo ngaitthla a, wawiina in innei hi inhmangaihna thu in sawi tam tawh em vânga innei in ni lo va, dam chhûnga hmangaih thu sawi zawm zel turin in innei ãan chauh a ni zâwk. In nutei fate emaw, in kawmchhak naute emaw, in patea fate vânga in sawi loh bung rem rum kha sawi zawm char char turin in innei tihna a ni zâwk e. Kha’ng ka sawi anga in ti a nih ngat zawngin nuin an thingrem rawn chhawm luhte a rawng khawh hmaa chhîpchhuan chhuah lûk lûk chu a ngai hauh lovang. In thosilente in tlawh ãeh hmaa ãiah rup rup lah a ngai hauh lovang tih hi ka tiam ngam khawp mai che u.

(Vawi khat pawh heti hian a ãawngãai e an tia lawm..)

Aw Lalpa, heti lai thlaler hmun ram ro ațang hian kan rawn tâwngpâwng bengngawng ar mit ãeh khuan ngawt lo va, ãuan leh mâng ata kan thil dîlte min pe tura min lo kamkeu tawh avângin kan rawn chhim ãhâl bekang puah pawp pawp a nih pawhin a

Thing thleng

Pu Ruma chu veng kilkhawr tak maiah hian a nupui nen mi inhnuai luahin an khawsa a. Amah chu kum 82 a upa niin a nupui chu kum 80 mi a ni a, hnathawk thei an nih tawh loh avangin an fate hmundanga awm chuan an eitur leh mamawh leina pawisa tlem azawng an rawn thawh hmang chuan an in tungnung ve hram hram thin a.

Chutianga an nupa a an awm rek rek lai chuan vanduaithlak tak maiin a nupui Pi ãhuami chuan *Asthma* natna avangin a thihsan ta hlah mai le. Pu Ruma chu a fate tuman an awmpui baw silo a, a khua a harin a mal ngawih ngawih mai a, khawvel thlakhlelhna engmah pawh a nei tawh lo. Chutianga nun hrehawm taka a awm lai chuan a fapa te bula khawsak ve mai zai a rel ta a.

A fapa te nupa chuan fapa pakhat an nei a, tichuan Pu Ruma chuan a va awmchilh ve ta. Pu Ruma chu kum upa lam tawh a nih avangin a kut a khur nasa hle a, a mit a ãat loh bakah a beng a ngawng bawk a, a ke a bai tel bawk a. Chaw an han ei a, a kut khur avang chuan chawhmeh a suak baw neih nuaih mai a, bawngnhute lah chu a no ațangin a thing baw thul. A mit ãa lo leh a kut khur avang chuan chaw mal a thlah nuai zel mai a, chaw ei thleng leh no te a thlah keh bawk. A tar chak loh avanga chutiang teh nuaiha a awm avang chuan a fapa te nupa chuan Pu Ruma chu an ngaimawh ta hle mai a.

Tuk khat chu a fapa te nupa chuan dawhkan te leh thutthleng chu an choka kil hmun khatah an hung ta a. A chungah chuan thing ațanga siam thleng leh fian an chhawp bawk a. Chaw ei a lo hun chuan Pu Ruma chu chutah chuan a hranin chaw an ei tir ta a. A chaw ei lai chu a fapa te nupa chuan an en hrek hrek mai a, an fapa Puia erawh chuan engemaw ngaihtuah chungin ngawi rengin a thlir ve bawk a.

Tlai khat chu Puia chuan a pa thirkhen leh tuboh hmangin thing hi a lo ker ve niap niap a. Chutia a buai em em lai chuan a pa chuan, “Mama enge i siam dawn a?” tiin a zawt a. Puia chuan, “A nu nen in tar huna chaw in ei ve na tur thing hmangin thleng ka siam ve dawn a nih hi,” tiin nui sen sen chungin a chhang a. An fapa thusawi chuan Puia nu leh pa te rilruah thu a sawi Chiang hle a, an thil lo tihdik loh leh a pa putar tawh chu duat a hneka an lo enhranzia an inhmuchhuak ta a. Tlai chaw ei a hun chuan Puia pa chuan Pu Ruma chu a kai a, an zingah chuan chaw an eitur ve leh ta a ni.

Chhiartu duhtak, in chhungkuaah kum lama upa tawh tar chaklo buaipui ngai te an awm ve em? Upa te hi an hlu a, hnam fing apiangin an zah thiam thin. Buaipui ngai khawpa an chaklo tawh anih pawhin nakin lawkah an dinhmun anga la awm ve tur kan ni tih inhria ila, chung hunah chuan engtiangin nge kan tu leh fa ten min buaipui se kan tih tih ngaihtuah chuang zelin ‘Upa’ te i duat thiam ang u.

(column lehlam a mi zawmna)
kemkawm tlâng chena sâng ațang khan keini arbawm chhe luma lum mai mai Seifate hi min han chheu la, khuang châ ben erawh chuan min chheu lovang che. Aw.. Van khawpui mawi daingulah han ãang tehreng ila. Keini Seifate hi independent min chhâwlãhuai la. Ngurchuai val, i ngêng chhun meuh pawhin. Changkel mu tama tam tlang kawrvaite dichim la. Kan ram tân erawh duap kai ang che.

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

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

BUNG - 2

MIZO KHAUWTLANG INAWP DAN

Chang 10 - TLANGAU : Khawtinin tlangau an nei thei a, chu tlangau chu khaawtlang roreltute thuhnuaia awm an ni. Rikrum thilah lo chuan mimalin emaw pawlhoten emaw anmahni thuin an autir thei lo.

Chang 11 - VANTLANG THIR DENG LEH PUM

Khaw tinin vantlang thirdeng an nei thei. Vantlang thirdeng neihna hmunah chuan khaw roreltuten thirdeng chu Pum sak nan vantlang tana renchang laiah hmun an pe thei. Pumah chuan an thlen hmasak dan indawtin thir an chher hmasaktir thin a. Hmeichhia thir chhertir tura a lo kal ve chuan mipain an kian thin.

Chang 12 - TUIKHUR : Tuikhur siam leh humhalh leh vawn thianghlum chu khaawtlang roreltute mawhphurhna a ni. Tui kang nghahah chuan a thleng hmasa apiangin an thal hmasa thin. Hmanlai chuan pain tui an chawi chuan hmeichhiain an kian thin. 'Pumah hmeichhia an lal a, Tuikhurah mipa an lal' tih a ni thin.

Chang 13 - THLANMUAL : Khaw tinin thlanmual an nei thin. Mitthi reng reng chu, hmun danga phum tura khaawtlang roreltute phalna la an nih loh chuan thlanmualah ngei phum tur a ni. Thlanmual siam leh humhalh leh enkawl chu khaawtlang roreltute kuta awm a ni.

Chang 14 - THLANLUNG PHUN LEH LUNGDAWH :

Lungphun leh lungdawn hi a tana siam saka thlanah ngei tih tur a ni. Hmun dangah tih duhna a lo awmin a phuntu ram chung a nih loh chuan khaawtlang roreltute phalna lak tur a ni. Thlanmuala thingphun pawh hi khaawtlang roreltute remtihna lo chuan tih tur a ni lo.

Chang 15 - KHAUW KAR KAWNG LEH KAWNG DANGTE :

Khaw tinin, sawrkar enkawl lai kawng ni lo, mahni ram chungah khaw kar kawng sahfaileh enkawl thuah mawh an phur a. Feh kawng te, tuikhur kawng te, khaw chung kawng leh kawng dang tul apiang a enkawl thin.

Chang 16 - IN HMUN : Khawchungah In hmun sem leh then thuah khaawtlang roreltuten an thuneihna chinah chuan mawh an phur a ni. Vantlang tana hnawh leh harsatna awm thei turah chuan an sem an then tur a ni lo.

Chang 17 - KHAUWAWN THIANGHLIM : Khaw chungah vawn thianghlum chu khaawtlang roreltute mawhphurhna a ni.

Chang 18 - HNATLANG : Khawtlang huapa hlawn nei lova hna thawn hi 'HNATLANG' a ni. Hnatlang kovin in tin atangin mi pakhat zel, mipa puitling, kum 15 pumhlum leh a chunglam, kum 60 hnuai lamin thawn tur a ni.

Chang 19 - HNATLANG AWL : Mi tupawh roreltuten hnatlang thawn lo tura an tihte chu 'Hnatlang awl' an ni. Chu bakah, a huaia mite hi hnatlangah an phut ngai lo.

1) Hmeithai 2) Mipa kum 15 hnuai lam
3) Kum 60 leh a chunglam 4) Dam lo 5) Tawmkailo
Hmeithai hi hnatlang thawnah awl mahse, an telna thlawhha kawng hnatlangah chuan an awl bik lo.

Chang 20 - RAM THEH THU : Sawrkarin phalna a pek angin, Khawtlang roreltuten ram an theh thei. Ram theh bak neih tuma vattu chu hrem theih a ni a, a vah sa pawh a nei tur a ni lo.

Chang 21 - LO HAL : Lo hal dawn hian khaawtlang roreltuten ram kang chhe lo thei tur ang berin an rel tur a ni. Fimkhur loh vang leh roreltute thu zawm loh vanga ram tikang chhia chu, chang 153 (2) anga hrem theih a ni. Ramri bul neih kum chuan hal dawnin khaw thenawmte hriattir tur a ni.

Chang 22 - RAM VAK LEH RAMCHHUAK : Zan riak lova Silai kenga sa zawnga ramhnuai kal hi 'Ramvak' a ni a; zan riaka mi engemaw zat sa kah tuma a huhova kal hi 'Ramchhuak' a ni. Miin mi dang Silai hmanga sa a kahin, Silai neitu hnenah Sadar a pe thin

(Chhonzawm zel tur)

Hriselna Huang

Lung natna veite tan :

Thawklehkhata i lungphu a lo ran a, inthap hlawn hlawn khawpa awmin i ban bul a na hle a nih chuan, nikhaw hre lova i tluk loh nan a hnuaia thurawn hi i hre reng dawn nia.

I ban phar la, thaw na taka la pahin zawi muangin thlakthla riaila, chu veleh i hrawk chhunga chil leh khak chhuak thei khawpin na takin khuh ang che.

Chutiang chuan chawl lovin i lungphu pangngai taka a awm thlengin ti ang che.

Thaw na taka i lak khan i chuapin Oxygen tam tak a dawng ang a, i khuh khan i lungin thisen a pump chhuah lo dang (block)-tu tawn tlang turin a pui a ni.

Hetianga i tih chuan damdawi in thleng hman lova, lungphu chawl thei dinhmun atangin a chhan thei che a ni.

Cordio Pulmonary Resuscitation Dept.

Posted on March 4, 2019 by Mizo Archive

Aihli : Chakai ei vangin Mizoram ah Ai hli vei mi 7 hmuhchhuah an nih thu Aizawl Civil Hospital Doctors Seminar Room-ah Aihli (paragonimiasis) chungchang zirhonaah tarlan a ni.

Aihli zirhona ah hian Co-Principal Investigator Dr Lily Chhakchhuak chuan Aihli chu Chakai, Chengkawl leh Kaikung atanga kai a nih thu a sawi a, heng atanga natna chi khat rulhut ang chi deuh chuan chuapah bu khuarin thluak thlengin a chho thei tih a sawi a, heng natna te hi chakai hmin tha lo atanga kai vek nia an hriat thu a sawi a. Chakai hmin tha tak ei chuan he natna hi a hlauhawm lo tih Doctor te'n an sawi a ni.

Aihli chungchang zirchiangtu Principal Investigator Dr. C.Lalchhandama chuan, Chakai ei hrim hrim chu a hlauhawm lo a, mahse a hmin tha tur a ni, a ti a. Chakai chu 60 degree celcius ah minute 5 atanga 10 thleng tal chhum chuan he natna hi a hlauhawm lo a. Chakai rawh leh Aium ang chi te hi ei loh a him ber tih a sawi a ni. Dr. C.Lalchhandama chuan chakai zirchianna chu an kalpui mek nia sawiin Mizoram-ah vei an awm ngei tih a sawi a. Aihli vei te natdan chu TB nen-a inang hle tih sawiin engemaw inrinhlelna nei te chuan Doctor thiam te rawn vat thin se a duh tih a sawi a, tuna an thil hmuhchhuah chu mipuite tihchiaina lam ni lovin fimkhur phah nana an tih vanga puangzar an ni tih a sawi bawk.

Posted on October 21, 2018 by Mizo Archive

Hriatzauna

Mizo-in Thang (Snare) kan neih hrang hrangte :

- | | | |
|--|--------------------------|-----------------|
| 1) Kawlper. | 2) Zawng Khar. | 3) Kilen. |
| 4) Vaithang. | 5) Tawnawh. | 6) Kar (Sakei). |
| 7) Mangkhawng. | 8) Perpui. | 9) Tlengrel. |
| 10) Khaileng. | 11) Sai hum (Sai manna). | |
| 12) Chehrep (Sanghar thang) | 13) Thangchep. | |
| 14) Hnawhtawt (Sazu thang). | 15) Vawmtlak (Savawm). | |
| 16) Sakuh Thang (Heihi chi hnih a awm). | | |
| 17) Beai (Sava leilama tla bik atan). | | |
| 18) Sahdal (Sava leilama tla bik atan). | | |
| 19) Fal (Hei hi sate deuh delhna atana siam). | | |
| 20) Falpui (Hei hi chu Sakei thlenga delh hlum thei tura ngaih a ni). | | |
| 21) Thangthleng (Sava thing lama che chi bik tan). | | |
| 22) Pit Fal (Fal dang nen a siam dan a inang a, a te deuh tih mai a ni). | | |
| 23) Kharkhep (Sava nung chunga manna deuh a ni). | | |
| 24) Sathang (Sakhi, Sazuk, Sanghal, adt. thang deuh bik). | | |