





# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**  


Hunawl hman that  
Zofate hmasawwna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah sur rin a ni.  
Temp - Max: 28°C Min: 22°C  
Dar 4:31-ah ni a chhuak ang a,  
Tlai Dar 6:02-ah a tla leh ang.

**Tunkar chang vawn :** I Petera 3:17  
"Thil sual tih vanga tuar ai chuan,  
Pathian remtih zawng a nih chuan  
thil tha tih vanga tuar hi a tha zawk  
si a ;".

**TUALCHHUNG CHANCHIN**

📍 Pu Rotlingpuia(RTPA) Branch  
Fin. Secretary chu nimin 29<sup>th</sup> May, 2021(Inrinni) chawhma dar 11:00 am bawr vel khan kan Trinity Hospital, Mel 3, Aizawl an tlanchho a, a pum na chu hlawhtling takin an zai a ni. Dam taka an lo haw leh thuai kan beisei.

📍Nimin Ni 29<sup>th</sup> May, 2021(Inrinni) khan kan vengchhung a Positive 1st Contact Pu Lalpanpuia Rengsi Chawngbawla Section-te chhung leh Pi Kiamlovi te chhung chu Truenat Test an negative a ni tih mipui te kan han in hriattir e.

Test negative ho chu Home Quarantine na atangin an fihlim a, mahse self-monitoring lo nei tur a tih an ni

Kan boruak thlirin vengchhung mipuite chu Covid-19 Positive thei reng kan nih tih hria in la fimkhur chhunzawm zel turin kan in chah nghal bawk e.

*Thenawmte Inah leng lo la, hmaikawr vuah uar bawk ang*



DIPRMizoram  
@dipr\_mizoram

COVID19 5pm update: Wawiin  
29.05.2021 khan district hrang hranga  
COVID-19 vei enkawlina atangin mi  
118 an chhuak.

Aizawl - 87  
Kolasib - 11  
Lunglei - 7  
Lawngtlai - 6  
Serchhip - 2  
Champhai - 1  
Khawzawl - 1  
Mamit - 1  
Saitual - 1  
Siaha - 1

**Sub Hqrs. YMA HRUAITUTE NEN  
KAWNG SIAM ENDIK**

**Khuangpuilam dated 30<sup>th</sup> May 2021:**Dt. 27<sup>th</sup> May, 2021(Nilaithawhtan) khan YMA leh PWD thawhhona thuthlung bawhzui in SUB Hqrs YMA a kan hruiatu te leh PWD hotu, E in C leh a hoten Zero point to Bilkhawthlir inkar leh, Kolasib to Bilkhawthlir kawng siam mek an endik.

Endikna a an hmuh dan chuan an kawng siam chu a tha a, a tlo leh tlo loh chu fur han thleng se a hriat tura ngaih a ni. Hmun thenkhat lai khawk a awm a, chung te chu an siam leh dawn a, contractor te hian tuna contract an hmuhna sum atang hian kum 5 chhung a enkawlina hi an thawk chhunzawm dawn a, an siam chhiat a, repair a ngaih nasat chuan an hlawk dawn lova, a chhan chu repairna tur pawisa pek belh an ni tawh dawn lo tih thu E in C hian a sawi a, chutah pawh repair hna hi an ti thalo anih chuan, security deposit hi release an ni dawn lova, chumi hmang chuan department in repair hna hi an thawk ang tiin a sawi. Mizoramah chuan a district wise a chhutin kawng nei tha ber kan nia rin a ni.



**CENTRAL YMA THUCHHUAK**

Ni 12.5.2021 (Nilaini)-a Central YMA Office Bearers leh Medical Operation Team (MOT) on Covid - 19-te Central YMA Committee Room-ah Covid - 19 vanga thite ruang sawngbawl dan chungchanga rualkhai zawka kan kal theih dan tur sawihovin, hemi chungchanga DM & R Department, Govt. of Mizoram-in March 25, 2020-a SOP a lo tihchhuah zulzuiin, a hnuai a mi ang hian khua/veng ten rualkhai zawka kan kalpui theih nan inkaihhruaina siam a ni a, a theih chen chenah zawm theuh turin Sub-Hqrs/Group/Branch YMA-te kan inngen a ni.

1. Covid - 19 vanga thite, Damdawiin a sawngbawl vek tawh hnua kuanga dah tawh chu a hlauhawm tawh loh.
2. Covid - 19 vanga thite sawngbawl tawhte hi natna dang vanga thite ang thovin zahawm takin In/Hall-ah vuina hun hman theih a ni.
3. Kuang buaipuitu ten Gloves leh Mask vuah a him tawk a, Full PPE hak kher a ngai lo.
4. Mitthi vuituin Full PPE hak kher a ngai lova, Mask vuah mai a tawk.
5. Mitthi vuinaah hian sawrkar SOP zawm tur a ni.

Sd/- Prof. LALNUNTLUANGA  
General Secretary,  
Central YMA.

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*Editorial.....✍*  
**Bei la, Bei nawn rawh**  
Mihringin hmasawwna kawng kan zawhnaa min tibahlah-tu leh min tiṭhuanawp ṭhintu chu ‘Ka ti thei ve lo vang’ tih hi a ni. Kan rilru puthmang hian kawng tin rengah a ṭha lam leh a ṭhalo lamah min hruai thei tih hi kan hriat a pawimawh tak zet a ni.  
He ṭawngkam hi a hnawksak a, hman fo loh tur a ni. Ti ve thei lo tura kan inngaih tlatna hian nasa takin kan rilru a kaihruai a, ti thei lo tura kan inngaih tlat chuan kan ti thei lo nge nge ṭhin. Chutiang bawkin ‘Ka ti thei tur a ni’ tia rulru kan siam phawt chuan nasatakin kan rilruah tumruhna leh chhelna a lo awm a, kan ti thei leh nge nge ṭhin.  
Eng kawng pawh zawh ila, eng thil pawh ti ila, kan tih ve theih loh tur leh kan ban phak ve loh tur nia kan hriatte pawh hi tih tum ila, ti thei ngei turin rilru siam ila hlawhtlin hun a awm nge nge ṭhin. Chuvangin, kan kawngzawh tura kan thlanah hian kan lo hlawhchham a nih pawhin a aia ṭha zawk bei nawn leh tura rilru siam a pawimawh. Beidawwna rilru hian kan nih tur ang min nihtir lo thei a, ti thei ve lo nia kan inhriat tlatna hian mi dangte tluk lovah min siam ṭhin.  
‘Ka ti thei ngei ngei ang’  
‘A aia ṭha zawkin ka bei leh ang’ tia rilru paukhauhna nena bul ṭan ṭha leh turin leh beidawng lova hma lam pan zel turin ṭan lak ṭheuh i tum ang u.

Branch YMA Office Bearer		
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**MIZORAM STATE PÁWNA THITE DEATH CERTIFICATE CHUNGCHÁNG**  
Registration of Births and Deaths Act, 1969 Dàn angin Birth Certificate emaw, Death Certificate hi an pianna/thihna hmun aṭang chauhin lâk zêl tur a ni.  
Mizoram mi pawh State danga thi kan awm leh ṭhin a, State danga thi chu Mizoram aṭangin Death Certificate pêk theih an ni si lo va, mi tam takin harsatna an tâwk ṭhin.  
Chuvangin, State páwnlama thihna tâwk palh an awm chuan an thihna hmun aṭangin Death Certificate rawn lâk nghâl nacháng hriat a ṭha khawp mai; a hranpaa buaipui leh hi a hautak tawh ṭhin sǎ a.  
Mizoramah chuan, Local Registrar of Births & Deaths piahlahmah Hospital zawng zawng hi Births and Deaths Registration Unit atán Sorkárin a notified vek a. Chuvangin, Hospital-te'n RBD Act, 1969 Dàn angin Death Certificate an pe chhuak thei vek a ni. India ram State dangah chuan hetiang hi a ni vek lo va, Registrar of Births & Deaths (RBD) hi Hospital páwnlamah midang (Local Registrar of Births & Deaths) an awm ṭhin a, chûng RBD-te hnên aṭang chuan Death Certificate hi lâk ṭhin tur a ni.  
Hospital emaw, Doctor-te'n emaw, Death Declaration (ṭhenkhat chu Death Certificate ti pawhin a inziak ve ṭhin) an pêk chhuah ṭhin hi Sorkár Dàna Death Certificate a tling lo va, Sorkár Dàn dik taka pêk chhuah-ah chuan, Issued under Section 12/17 of the Registration of Births & Deaths Act 1969 tih a inziak ang.  
  
*Issued by : Office of the Additional Chief Registrar of Births & Deaths, Directorate of Economics & Statistics, Mizoram : Aizáwl*

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

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

**Connection fee : Rs. 1000/-**  
**Contact : 9436142828**  

(9-7)

*\* Security Deposit hi Bill hmasaberah a rawn tel ang.*



<div>Thu zia<i>k</i> Huang</div> <div>- C.Zomuana Pa, Vengnuam</div>		<div>Naupang Huang</div> <div>(Chhunzawmna)</div> <div>- L.T. Hlima</div>	
<div>Siamthatna Chhungkua Atangin...</div>		<div>Pasalṭha Vanapa</div>	
<p>Khawvelah hian ram leh hnam ṭha dinchhuaka nei thei tur chuan sawrkar ṭha din leh neih hmasak phawt a ngai a, chu sawrkar ṭha chu nei thei tur chuan khawtlang rorel, inpumkhatna ṭha neih hmasak phawt a ngai leh bawk a. Chumi khawtlang inlungrealna leh relbawlna ṭha nei tur pawh chuan kohhran nung leh ṭha din hmasak a ngai leh ta phawt mai. Chu kohhran ngel nghet leh ṭha nei thei tur chuan chhungkaw inrelbawlna ṭha din hmasak a ngai bawk a, chu chhungkaw inrelbawlna ṭha nei thei tur pawh chuan a chhunga cheng mimal tinte kan pawimawh ta em em a ni.</p> <p>A chungakan han tarlan tak ang khian mimal tin te nunah Pathian ṭihna tak tak a awm loh chuan chhungkaw inrelbawlna ṭha a neih theih loh va, chhungkua ber a tlakran/tlakchhiat chuan chawplehchilhin kohhranah a pakai nghal a, kohhrana innghirnghona, ṭhatlohna chuan khawtlangah a nghawng chho ta zel a; khawtlang inawpna leh inrelbawl dan a dik loh viau chuan ram leh hnamin a tuar ta ṭhin a ni. Chuti a nih chuan siamṭhatna hi khawi aṭangin nge bul kan ṭan tak ang le?</p> <p>Thufing pakhat chuan, "Rinawmna hi hmangaihna tilang fiahtu ber a ni," a tih angin ram leh hnam, sawrkar, kohhran leh khawtlang, chhungkua leh mimal nun thlenga siamṭha tur chuan mihring hi a rinawm hmasak phawt a ngai a ni. Ram leh hnam kan hmangaih tak tak a nih chuan rinawmnain bul kan ṭan hmasa phawt tur a ni. Tunlai khawvela ram ṭhang/changkang mekte zinga lar tak S.Korea ram chanchin kan hmuh aṭang ringawt pawh hian hringnun ṭha-in mi a siamṭhat danglam theihzia chu kan hmu thei awm e. Kan fakna hla siamtutena an lo sawi angin 'Mihring chauh lo chu zirtir an ngai lo....' a tih angin chu hringnun insiamṭhatna bul chu Rinawmnaah a innghat a ni.</p> <p>Rinawmna chuan mihring hi mihring tak takah a siam a; a tizahawm a, midangte a tithlamuang a, a tihlim ṭhin. Chu rinawmna kal tlang chuan miin ram leh hnam an lo siam ṭha fo tawh ṭhin a; chuvangin, hringnunah hian thil hlu a tling tak zet zet a ni. Sum leh pai aia hlu; rangkachak leh lunghlu ai pawha hlu zawk; khawizu leh khawi thlar aia thlum si, mihring tana lallukhum mawi tak leh ropui leh hlu, Pathianin mihringte a pek chu rinawm theihna hi a ni a. Chu rinawmna chu chhungkuaah kan inngahna bul ber ni fo se la, chu rinawmna hman chuan chhungkua, kohhran leh khawtlang, ram leh hnam hi kan siam ṭha thei chauh vang(?). Rinawmna hi miin a hloh tawh tawh chuan chu mihringah chuan engmah beisei tur a awm tawh lo tihna a ni.</p> <p>"Khawvel hi engtianga awm nge a nih tih mai pawh ni lo, tun hnaiah leh nakina a awm zel tur enna khawl chu Chhungkua hi a ni," tiin Garner Murphy chuan a lo sawi a. Kan chenna leilung khawvel tana X'Ray ṭha ber mai chu Chhungkua hi a ni a tihtheih awm e. Chhungkua ber a tlakbal a, a tlakchhiat tawh tawh chuan a siamṭhat lehna leh a tihdam lehna a vang tawh khawp ang a, khawvel hian beiseina pakhat mah a nei tawh lo tluk a ni.</p> <p>Rev. Dr. Kenneth Chafin pawhin, "Chhungkua ber a fuh tawh loh chuan khawvela eng pawl mah a fuh tak tak thei tawh lo," a lo ti tawl mai le. Ni e, he khawvela eng pawl pawh hi chhungkua aṭanga rawn irhchhuak, bul ṭanna ṭha a awm loh chuan a tum leh ilo chu ṭha viau ṭhin mah se, milem/milim mawi tak engmah titheilo ang mai a ni a, a ṭhat tur ang leh nih dan tur ang a ni pha tak tak ngai lo vang. Chhungkaw nun hi darthlalang nen tehkhin ta i la. Khawtlang darthlalang ber chhungkua a fuh tawh loh chuan khawtlangin a nih tur ang a ni pha tawh ngai lo vang. Khawtlang nun chhia chuan ram leh hnamin chawplehchilhin a nghawng chho nghala, ram leh hnam a chhiat chuan kan zavai chhiat a ni ta ber mai.</p> <p>Thil reng reng chu mawhpurhna nei ve nia inhriatna hian nun a tihlim a, neitu chan a chantir a,</p>		<p>VANAPA hi a hming tak chu Thangzachhinga a ni a. VanaPa tih hming a put chhan chu, tlangval senior kum 40 emaw vel a ni a, val upa tak niin, Chhawnthangi, Saitual nula nen an innei a. Fapa an hring a, a hmingah a hnam hming chawi telin VANCHIAUA an sa a. Vanchiaua Pa "VanaPa" tiin hriat lar a lo ni ta a ni.</p> <p>A pian kum leh thih kum hi Chiang taka sawi thei an awm meuh lo a, a dik tak hriat a har khawp mai. A chanchin la sawi thei Pi Lalluti (Pi Lalluti hi Vanapa farnu Chawngzakhawli tunu, a fapa Saihranga fanu a ni) chuan, "Kum 1884 khan Bualpui aṭanga km 15 (mel 9 vel) vela hla Zawlnghak khua an kal hian Vanapa chu tiang hawlin a la kal thleng thei a ni," a ti. Pi Lalluti hi kum 1992 khan kum 103 mi niin a boral tawh a ni.</p> <p>Sawi dan dang lehah chuan kum 1795 khan Lalsavunga'n Phulpui khaw thar a kai buai lai takin Chhakchhuakhoten an rawn run thut mai a. Lalsavunga chu a intinghet sauh sauh a, Chhakchhuakho chu a han run ve leh a, tam tak an that a, tam tak a khuaa awm turin a hruai a. Kum 1802 khan hmun hrang deuhah a awmtir a, an awmna hmun chu tun thlengin 'Hualngo Hmun' an ti a ni. Heta Chhakchhuakho runnaah hian Vanapa pawh a tel ve a ni. Khaw in-run a kal ve thei chu tlangval emaw rawlthar kum 18-20 vel chu a ni tawhin a rinawm. Vanapa thih kum tak hi Chiang taka sawi thei an awm meuh lo a, kum 80 vel chu a dam thleng a ni tih erawh mi hrang hrangte sawi dan aṭangin a rin theih a ni.</p> <p><i>Pa Huaisen, Pa Tlawmngai leh Ralrel Thiam</i></p> <p>Vanapa hi Lalsavunga khua timawitu, humhintu, a pasalṭha chhuanawm a ni. Kelsih aṭangin kum 1812-ah South Hlimen-ah an kai a. Heta (S. Hlimen) ṭang hian Vanapa huaisenzia leh tlawmngaihza hi an sawi lar ṭan hle a ni. Vanapa hi mi themthiam deuh mai a ni a. Phurhhlal tah a thiam em em a, silai man tuakin thiam hman hmangin em, paikawng, thul, etc. te tahin silai Awlan (Holland) a lei ve ta a ni. Tichuan, kum 1820-ah Aizawl tlangah an insuan phei ta a.</p> <p>Kum 1825-a Vanapa hova khawthlang Ṭuahzawl hmuna Zadengho beia Aizawl tlangval rual thawk thla zet chu an hlawhtling hle a ni ang, Zadengho chu an khua aṭangin an um chhuak vek a ni. An lal fapa Ngurpuilala chu dai-ah amah awmtu Hmar nu chuan a lo awi a. Chu chu Vanapa chuan a hmu a. Naupang chuan, "Lal ka ni, lal ka ni," tia a ṭan deuh avangin Vanapa chuan lal fapa a ni tih a hria a, a man phah ta a. L al fapa Ngurpuilala mantu hi pasalṭha Tawkthiala nia sawi an awm bawk. A enga pawh chu ni se, hemi tuma pasalṭhaho kaihruaitu hi Vanapa a nih avang hian a mantu hming a put hi thil ni thei a ni.</p> <p>Chutia Vanapa'n Ngura a han man chu an lawm hle a, hetiang hian hla an phuah a:</p> <p>"Sailo lal vekah, Lalsavunga a lal ber e, Ngura'n hren thir a bun, Zadeng hrai a riangvai e," tiin Diriam hla, hmanlaia an chin pangngai</p>	
<div>Midang hnawksakna aiin mi tana kan hnawk theihna thlir chung a nun hman hi a him.</div>			

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p><b>BUNG 9</b></p> <p><b>THUBUAI AWMTHEIHNA TLANGPUI</b></p> <p><b>Chang 139 - Leiba</b> : Miin a leibat reng reng, pek hun tura a pek loh chuan roreltuin a pung awmin emaw, pung awm lovin emaw a rulhtir thei. Leiba hi a battirtuin a ṭhin har vang emaw, thildang vangin emaw, ngaihdam a nih loh chuan, engtikah mah a ral thei lo.</p> <p><b>Chang 140 - Tham</b> : Mahni duh zawng tihhlawhtlintir tura tihsak theitu hnena thil engpawh pek hi 'Tham' a ni. Hmasang atangin Mizo zingah thamna pek emaw lak emaw chu thilsual taka ngaih a ni.</p> <p><b>Chang 141 - Midang thilneih tihral</b> : Mi tupawhin, mi dang bungrua a hawh emaw, a kawlsak emaw, a enkawlsak emaw, a neitu remtihna lova a tihral chuan, roreltuin a phu tawkin a chungthu a rel thei.</p> <p><b>Chang 142 - Mi bum</b> : Mi tupawhin, mi dang a bum avanga mi dang tan channa emaw, chhiatna emaw, tuarna emaw a thlentir chuan, a bumtu chu a bum dan azirin Roreltuin a hrem thei.</p> <p><b>Chang 143 - Mi ina lut ru</b> : Mi tupawh pawikhawih tumin mi inah lut ru sela, paw khawih hman lo mahsela, chawitir theih a ni.</p> <p><b>Chang 144 - Kam tam man</b> : 'Kam tam' tih hi mi dang chanchin sawi ṭul lo, mi tihmingchhe thei zawnga vawrhdarh te, thu mu hnu sawi ṭul lo, mi timualpho zawnga sawi te, thil dik pawh ni sela, sawi ṭul tawh lo sawi te hi a ni. Kam tam man chu Roreltuin a thu a zirin a awm tawh a chawitir thei.</p> <p><b>Chang 145 - Chawm man</b> : Mi baihvaiin, mi chhungkua bel sela, inremna siam a nih loh chuan mi baihvai chu a duh hun hunah a chhuak leh thei a. A chhuak leh a nih pawhin a awmnate chuan, chawm man an ṭhing thei lo va, ani pawhin thawhchhuah man engmah a sawi thei lo. Inremna an siam erawh chuan, inremna hun tlin hmaa mi baihvaiin a chhuahsan chuan, a awmna ten a awm tawh chawm man an ṭhing thei a, a awmnate pawhin an inremna an bawhchhiat chuan, mi baihvai chuan a awm tawh a thawhchhuah man a phut thei.</p> <p><b>Chang 146 - Intuithlar</b> : Chhungkhat kara inzawmna zawng zawng tihchah vek hi 'Intuithlar' a ni. Pa leh fa karah te, Nu leh fa karah te, Unau karah te a awm thei a ni. Mi hrang inkarah intuithlar a awm thei lo. Pa fa an intuithlar chuan, a fapa chuan a pa ro a luah thei lo va, a pa leiba pawh a chan tur chuan a um thei lo. Chutiang bawkin a pa leibatte pawh a rulhsak a ba tawh bawh hek lo.</p> <p><b>Chang 147 - Pu ban man</b> : Pusum emaw, pusachawn emaw a tuten an pu hnenah an pek loh chuan, an pu chuan 'Pu ban man' a sawi thei a, an pu tak tak anmahni hringtu nu pa chauh lo chuan Pu ban man hi a sawi thei lo. Pu tak tak chu a thih tawh chuan, a nupuiin a pasal hmingin Pusum a tel thei, Nu a thih chuan an ai awhin an fapa ten Pusum an tel thei. Nu leh pa an thih hnuah unaute indang tawh an awm chuan, Pu phir siam theih a ni. Pu ban man erawh chu an sawi thei lo. Pu ban man chu sial a ni.</p> <p><b>Chang 148 - Thangawklaru</b> : Ramhnuaia thangawklar miin lo la ru sela, a awkla len leh a tet a thuin a man hu tawkin a rul tura ni. Chumi bakah hrem nan a awk azirin Roreltuin a awm tawh a chawitir thei.</p> <p><b>Chang 149 - Thil bo chhar</b> : Mi tupawhin midang thil tih bo chhar sela, a thil chhar chu a neitu hnenah a pe tur a ni. A neitu zawnga puanzarna nei lova, ama tana neih tuma a zep a, hriatchhuah a nih leh si chuan a thil chhar chu a neitu hnena a pek let leh bakah a zep avangin Roreltuin a awm tawh a chawitir thei. A thil chhar kha lotihral tawh a nih pawhin a hu tawh a neitu hnenah a pe tur a ni.</p> <p><b>Chang 150 - Pawikhawih</b> : Mi tupawhin pawh a khawih chuan a pawh khawih dana zirin lei chawitir theih a ni. Zu ruiin pawh khawih sela, a ruih vang ringawt chua ngaihnathiamna a awm chuang lo, hrem theih a ni. 'Zu rui' tih hian, ruih theih thil ang reng reng avanga rui pawh a huam vek a ni. (Chhunzawm zel tur)</p>	<p><b>Computer Vision Syndrome (CVS)</b></p> <p>- Dr Lalremmawii, State Programme Officer (NPCB&amp; VI)</p> <p>Computer Vision Syndrome chu eng nge ni?</p> <p>Tunlaiin naupang aṭanga puitling thlengin Laptops, Tablets, Mobile phones leh Computer-te kan khawih nasa em em a, ni tina kan hun hman tam tak kan hman ralna a ni mek a ni. Lehkha zir nan leh hna ṭul pawimawh thawh nan chauh ni lovin kan hun awl hmanna tam ber niin, mi ṭhenkhat phei chuan hna ṭul leh pawimawh thawh theih loh nan kan hman mek a ni. Hei hian kan mit a tihah nasa em em a, ṭhenkhat phei chuan nau awm nan te kan hman bawh a. Mit lam thiam miten research an beih naah chuan 60% - 90% mipuite hian Computer/Mobile Phone/Laptops an en nasat avangin mit lama harsatna an tawh mek a ni. Heng avanga mit lam sawiselna lo lang chhuak te hi Computer Vision Syndrome (CVS) te chu a ni.</p> <p>Computer Vision Syndrome an neihna chhan ber te chu – ṭhut dan (position) dik tawh loh vang te, eng (light) ṭha tawh lo te, Computer screen aṭanga eng in mit a chhun rei/nasat luat avang te, ṭhut hnaih lutuk emaw ṭhut hlat lutuk avang te in mitin a lo tuar ṭhin.</p> <p><b>Engtiangin nge mit chu a nghawng?</b></p> <p>Computer/Laptop/Mobile phone kan en rei lutuk hian, hmun dang dang kan enkual a kan mit kan hman aiin nasa takin mit hian a hah phah a, eng phe zawk zawk leh rawng inthlak char char te leh engin a rawn chhun let avang hian mitin a haw em em a ni. Mit a lo hah a, a lo kham a, mit a thial urh ṭhin a ni. Chu chuan mit phe te, thil hmuh phir te, mit ro, mit sen, mit thak leh kham ṭhem ṭhum anga hriatna te a siam ṭhin.</p> <p><b>Engtin nge mit chu CVS aṭanga kan ven theih ang?</b></p> <ol style="list-style-type: none"><li>1) Loh theih loha Computer hman ngaite chuan ngil tak leh hahdam taka hna an thawh theih nan Computer hmaah ṭhutthleng nuam tak, nghawng leh hnungzang do let turin ṭhutnaah ngil taka ṭhut tur a ni a, computer screen chu hahdam taka en thei turin position dik takin a thu tur a ni</li><li>2) Computer screen hi kun lutuk emaw dak lutuk lovin, ngil taka en tur a ni. Screen Centre aṭanga tehin 10-20 degrees vela mit level aia hnuaia en tur a ni. 20 - 26 inches vela hlaa en tur a ni bawh a ni.</li><li>3) Mit hi rei tak hman char char tur a ni lo va, hahchawlh tir zeuh zeuh ṭhin tur a ni. 20 - 20 - 20 method an ti a, chu chu minute 20 computer screen a ngai en hnua hla tak en in second 20 vel hahchawlh tir zel tur a ni.</li><li>4) Computer hman laiin room chu eng (light) thim lutuk emaw eng lutuk emaw a ṭha lo va, anti-glare screen hi hman theih chuan a him ber a ni.</li><li>5) Maimitchhing vang vang te leh regular taka mit khap ṭhin te hian mitmu ro tur a veng ve thei a ni.</li><li>6) Computer device leh screen-te hi a brightness leh contrast te hi set sa thlapin a lo awm tlangpui a; mahse, mahni hman atana nuam tawh leh hahdam tawh chiahin a en zawng (bright-ness/contrast) leh a hawrawp len zawng leh style (fonts) te adjust mai tur a ni.</li><li>7) Mit delna leh mit chhiatna tam ber te hi ven theih an nih avangin mipui nawlpuite kan inven a, mit ṭha kan lo neih theih nan Computer/Laptops/Tabiets/Mobile phone-te hman dan kan lo thiam ṭheuh theih nan i fimkhur ang u.</li><li>8) CVS hian mit na, mit kham, mit ro, lu na, luhai, mit fiah lo leh mit phe te a Siam nasa em em a, mu chung a en leh rem lo chung chung a phone khawih chin hian mit mai ni lo in ring na, kawng na leh taksa na te a thlen thei bawh a ni.</li></ol>