





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawanna 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.

Tunkar chang vawn : I Petera 2:11
“Duh takte u, mikhuah leh khualzin
in nih avangin, thlarau do thintu
tisa châknate bansan turin ka ngen
a che u;”.

TUALCHHUNG CHANCHIN

☛ Pu Aldrin Lalrinfela, Khuangchera Section chu kar hmasa khan a thina baw awm Cancer a ni tih finfiah a ni a. Thla thum chung mahni In lama inenkawl rih turin Dt. 10/6/2021 (Nilaithawhtan) khan an lo haw thla a. Veng mipui ten Pathian tih damna a chan ngei theih nan i jawngtai pui theuh ang u.

☛ Tun hnai khan Pu Rotlingpuia, Finance Secretary Car Battery leh Pu Vanlalruata insakna (BNRGSK Hall peng) a Grinder (floortile cutna chi) a riah chu a bo baw a, chutihrualin an hnathawktute woofer pawh a bo tel baw a, hetiang thil hi veng mipui ten lo bengvarpui a , zuar emaw, rinhlelhawm deuh in hriat hlah chuan kan hruaitute hrih thei ila a lawmawm hle ang.

Kan then tak



Pu. Laldaihzaau Kum-72. Pu Lalthakima pa, Vanapa Section chu Dt.8/6/2021(Thawhlehni) dar 11:00 am khan a borala, a ruang hi afapa Pu Lalthakima an hlawmin, hemi ni dar 3:00 pm ah vui a ni.

Pu Laldaihzaau hi Bawngkawn, Greenwood Hospital chhakah a inbeng bel a. A mah hi khawtlang a mi inhmang leh mi inpe tak ani. Kan uiin a kalsan a chungte zawng zawng Pathian awmpuina leh thlamuanna an dawn kan duhsak tak zet a ni.

Sub Hqrs YMA THUKHAWM
YMA DAY PUALIN THILPEK HLAN DAWN

Khuangpuilam dated 13rd June 2021: Dt 12/6/2021 (Inrinni) khan Vairengte kaltlanga ruihhlo lut hluar lutuk chungchangah SYMA OB te Vairengte ah kalin, Vairengte Joint YMA OB leh ruihhlo sub-committee OB te nen inkawmhona an neih a ni. Tin, karthar Thawhtanni hian YMA Day pualin thilpek a hnuai mi ang hian hlan a ni dawn baw e

- | | |
|---|--------------|
| 1. TNT Khuangpuilam | - Rs. 2000/- |
| 2. Audrene Scism Children Home, Kolasib | - Rs. 2000/- |
| 3. Enna In, Kolasib | - Rs. 2000/- |
| 4. Hmangaihna Home, Khuangpuilam | - Rs. 2000/- |
| 5. Davida Home, Khuangpuilam | - Rs. 2000/- |
| 6. Poor Fund | |
| (a). District Hospital, Kolasib | - Rs. 2000/- |
| (b). Nazareth Hospital, Kolasib | - Rs. 2000/- |

KHUANGPUILAM VLTF HRIATTIRNA

1. Bungraw phur Driver te hi Covid-19 test an nih ve loh avangin Positive angren a ngaih tur an ni a, tuman hnaihchilh loh tur a ni.
2. National Highway an, kawngdung a awmte chu, a bik takin heng driver-te lakah hian fimkhur tur a ni a, tlawhpawh mai mai loh tur an ni.
3. Phai atanga rawn lut Dawr bungraw unload hunah pawh Driver te nen hian inhnaih lo thei ang ber a awm tur a ni.(i).Bualpui leh a chhehvel a positive tam chhan chu FCI godown atanga kai ni a rin an ni a, buhfai unload tuten Covid-19 an kai deuh vek a ni.(ii). Mualkhang leh khamrang atanga positive ho pawh Gas phur motor driver te nen an inhnaihchilh vang ni a hriat a ni baw (iii). Vengthar dawrkai te pawh an positive nachhan ni a an rin chu, bungraw unload na vel atangan ani.
4. Kolasib leh Thingdawl inrina, Hmawngkhawthlir bawr hi Truck Driver te chawlh hahdamna atan (2407) ruahmanna tha zawk a kalpui tum a ni a, Helai hmun hi tul tawp ah lo chuan tlawhpawh lo turin veng mipui te kan inngen a ni.
5. Ruihhlo khawih ching leh hmeichhe awm tha duhlo, heng Vai Driver te bula lo khawsa kan hmuh chuan rang takin VLTF hruaitute hnenah thlen thin turin kan in ngen a, Covid-19 leh a kaihnhawih a thu zawmlo te chu dan anga hrem theih an ni a, cheng ₹ 1000 atang ₹ 2000 thleng chawitir theih an ni ang.

Mask vuah uar la, leng leng suh""KPL VLTF



YMA DAY 2021
ARTICLE INZIAHSIAK

1. Kumpuan - "Zirna Uar" lam hawl Article ziah tur a ni.
2. Article thupui chu a ziaak duhtihanna leh zutenna a ni.
3. Thumal 500 - 700 ala tam he a ni tur a ni.
4. June 15.06.2021 ala thar inah theih tur a ni ang.
5. Article hi Sottagyi (Thilak/Word doc/PDF) a theih tur a ni.
6. Whatsapp No. No. 9662091257 leh 9612691291 ah te theih tur a ni.

LAWMNA
1st - Certificate leh Rs. 1000/-
2nd - Certificate leh Rs. 700/-
3rd - Certificate leh Rs. 500/-

Hunzathu: Kumpuan Sub-Committee, Khuangpuilam Branch YMA



2021 YMA Day LAWMNA
THLA IN LAK SIAK

1. Mobile Phone chauh hman tur
2. A lan mawi nan a colour edit phal a ni
3. Vengchhung atanga thilak chauh pawm a ni ang
4. Mi pakhatin thilak 2 a theihuh theih
5. Hmingpum leh Section ziah tur

1st - Certificate + Rs 500
2nd - Certificate + Rs 300
3rd - Certificate + Rs 200

Sponsored by - Pi K Lalrindiki

Vol - VII Issue No. - 24		- Tomir thla -		13 rd June, 2021 (Pathianni)																																																								
<div>Editorial Board : <i>Represent: Nl Florence Zoremsangi</i> <i>Editor: Pu Lalsiamkima</i> <i>Jt. Editor : Ricky MS Dawngzela</i> <i>Treasurer: Nl Thanghmingliani</i> <i>Cir.Manager : Tv. Samuel Lalpekhlua</i> <i>Contact No: 9612761781 / 9612691291</i> <i>9862501858 / 8575946381</i></div>		<div>Branch YMA Office Bearer<table><tr><td>President Pu HD Daniala 9863212083</td><td>Secretary Pu Lalremsiama Varte 9862327112</td><td>Treasurer Pu David Lalrosanga 9436158962</td></tr><tr><td>Vice President Pu S. Lalthangliana 89748 30454</td><td>Assistant Secretary Nl. Florence Zoremsangi 9612761781</td><td>Financial Secretary Pu Rotlingpuia 9862385193</td></tr></table></div>				President Pu HD Daniala 9863212083	Secretary Pu Lalremsiama 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																																																	
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<div>FLS Station - 9862385193/9862327112 Chawngbawla Section Leader : Tv R.Lalnuntluanga 82599 60032 Secretary : Pu Samuel Lalremruata 9862094257 Vanapa Section Leader : Pu Lalchuaailova 87300 99599 Secretary : Tv. Lallawmzuala 87875 41803 Khuangchera Section Leader : Pu Lalramzaua 76408 95924 Secretary : Tv Lalremruata 7005131514</div>		<div>Sub Committee-te Report Chhunzawmna<table><tr><td>FLS Sub-Committee Finance Report: 2021 May thla thleng a FLS sum te: Donation 1.Pu Zatluanga Rs. 700 2.Nl Rebek Lalnunpuui Rs. 1800 3.Pu Joshua Rs. 1800 4.Pu GS Zaithantluanga Rs. 1800 5.Pu Rothangpuia Rs. 1800 Thil bo au na tum thum Rs. 150 Fls ba rulhna atan a,branch atanga sum hmuh Rs. 8000 Tlangau hlawh Rs. 16400 Total Rs. 32450 Hman ralna 1.Driver unit 7nos Rs. 11830 2.Hnatlang thingpui Rs.100 3.cable 2 coil Rs. 1400 4.black tape Rs. 40 5.cable 2 coil station sawn ni Rs. 1400 6.diafram 2nos Rs. 400 7.nikum fls ba branch a rulhna Rs. 2000 8.Cable 9 coil Rs.7200 9.driver unit 6nos Rs.10000 Total Rs. 34370 Total income Rs. 32450 Total expenditure Rs. 34370</td><td>Daifim Sub-Committee Daifim chanchibu hi tun kum January – April Issue chhuah tawh a ni a. Hrileng laka kan him nan May 2021 thla tir atang khan PDF in veng chhung whatsapp group ah post darh thin a ni a. Chanchibu semtute hi mimal in Chawngbawla Section-in an sem laiin Section hnih Vanapa leh Khuangchera section ten sum tuaknan min sem sak thung. Copy 270 nos Offset Printingah chhut tir thin a ni.Chanchinbu man hi veng chhungah Rs. 15/- khawn leh a ni a, a sem tute hian copy khatah Rs 5/- zel an hlawh a ni. Hri leng a ziaawm huna dan pang ngaia sem chhuah leh tura tih a ni. Tin Circular Manager hi petrol man thlakhatah Rs. 100/- pek thin a ni a, PDF a sem a nih vangin May thla atang chuan kan pe rih lo a ni. Dt. 14/5/2021 khan Daifim Print man Rs. 2200/- (April thla) pek a ni. Tunah Treasurer hnena sum awm zat chu Rs. 9674/- a nia, April thla chanchinbu man la dawn kimloh tlem a awm. May thla hi chu PDF a chhuah a nih vangin chanchinbu man a awm lo a ni.</td></tr></table></div>				FLS Sub-Committee Finance Report: 2021 May thla thleng a FLS sum te: Donation 1.Pu Zatluanga Rs. 700 2.Nl Rebek Lalnunpuui Rs. 1800 3.Pu Joshua Rs. 1800 4.Pu GS Zaithantluanga Rs. 1800 5.Pu Rothangpuia Rs. 1800 Thil bo au na tum thum Rs. 150 Fls ba rulhna atan a,branch atanga sum hmuh Rs. 8000 Tlangau hlawh Rs. 16400 Total Rs. 32450 Hman ralna 1.Driver unit 7nos Rs. 11830 2.Hnatlang thingpui Rs.100 3.cable 2 coil Rs. 1400 4.black tape Rs. 40 5.cable 2 coil station sawn ni Rs. 1400 6.diafram 2nos Rs. 400 7.nikum fls ba branch a rulhna Rs. 2000 8.Cable 9 coil Rs.7200 9.driver unit 6nos Rs.10000 Total Rs. 34370 Total income Rs. 32450 Total expenditure Rs. 34370	Daifim Sub-Committee Daifim chanchibu hi tun kum January – April Issue chhuah tawh a ni a. Hrileng laka kan him nan May 2021 thla tir atang khan PDF in veng chhung whatsapp group ah post darh thin a ni a. Chanchibu semtute hi mimal in Chawngbawla Section-in an sem laiin Section hnih Vanapa leh Khuangchera section ten sum tuaknan min sem sak thung. Copy 270 nos Offset Printingah chhut tir thin a ni.Chanchinbu man hi veng chhungah Rs. 15/- khawn leh a ni a, a sem tute hian copy khatah Rs 5/- zel an hlawh a ni. Hri leng a ziaawm huna dan pang ngaia sem chhuah leh tura tih a ni. Tin Circular Manager hi petrol man thlakhatah Rs. 100/- pek thin a ni a, PDF a sem a nih vangin May thla atang chuan kan pe rih lo a ni. Dt. 14/5/2021 khan Daifim Print man Rs. 2200/- (April thla) pek a ni. Tunah Treasurer hnena sum awm zat chu Rs. 9674/- a nia, April thla chanchinbu man la dawn kimloh tlem a awm. May thla hi chu PDF a chhuah a nih vangin chanchinbu man a awm lo a ni.																																																					
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<div>Editorial.....✍<p>Kan hun tawn hian kan nihna leh mizia a tarlang a. Hun harsaah leh beisei tur dang a awm lohna hmunah mi pangngai chuan mahni a indahchhel chawp a, a tuar hram hram a, mi dawihzep chuan a pumpelh dan tur a zawng ruai thin. A tlukna ngaiah baw a tlu nawn leh thin.</p><p>Hlawhtlinna chang tur hian kan taimakna zawng zawng kan chhuah a ngai, chutah pawh chuan kan la hlawhtling nghal mai lo thei. Mi hlawhtling leh mi ropuite hi vawikhatna a hlawhtling nghal hi sawitur an awm awm love. An tumruhna leh an taimakna vang liau liau a mi hlawhtling leh mi ropui ni thei chauh an lo ni zawk. Harsatna chi hrang hrang in chhemin tibuai vel mahse an hun tawn zir zelin an in adjust thei thin a ni.</p><p>Ramhnuai thing zingah pawh hian kham panga thliin a chhem rengte hi ngawpui a thing awmte aiin a zar pawh a tlo a, a letin an fei zawk baw an lo ti thin, a chhan chu an vela thli thawt dan azir khan an lo insiam rem a, tliak chhe mai mai theilo turin an lo awm ta a ni.</p><p>Vawikhat hlawhchham avanga in dawmkun mai lovin, kan chhehvela min hualtu thli bing lo tleh inchhem tliah tir mai mai lo turin min tichaktu ah hmang tangkai thiam ila, tumruhna thar leh taimakna nen kan puanven sawi chhingin, kan hma bakah fan i la thar theuh ang u.</p></div>		<div>FIBER INTERNET (FTTH, BSNL) By - Dave Communication, Kolasib<table><tr><th>Sl No.</th><th>Plan</th><th>Speed</th><th>Monthly Fee (Incl. GST 18%)</th><th>One time Security Deposit</th></tr><tr><td>1.</td><td>599</td><td>Up to 60 mbps till 3300 GB beyond 2 mbps</td><td>707</td><td>599</td></tr><tr><td>2.</td><td>777</td><td>Up to 100 mbps till 1000 GB beyond 5 mbps</td><td>917</td><td>777</td></tr><tr><td>3.</td><td>799</td><td>Up to 100 mbps till 3300 GB beyond 2 mbps</td><td>954</td><td>799</td></tr><tr><td>4.</td><td>849</td><td>Up to 100 mbps till 1500 GB beyond 10 mbps</td><td>1002</td><td>849</td></tr><tr><td>5.</td><td>949</td><td>Up to 150 mbps till 2000 GB beyond 10 mbps</td><td>1120</td><td>949</td></tr><tr><td>6.</td><td>999</td><td>Up to 200 mbps till 3300 GB beyond 2 mbps</td><td>1179</td><td>999</td></tr><tr><td>7.</td><td>1277</td><td>Up to 200 mbps till 3300 GB beyond 15 mbps</td><td>1507</td><td>1277</td></tr><tr><td>8.</td><td>1499</td><td>Up to 300 mbps till 3300 GB beyond 4 mbps</td><td>1769</td><td>1499</td></tr><tr><td>9.</td><td>1999</td><td>Up to 300 mbps till 4500 GB beyond 25 mbps</td><td>2359</td><td>1999</td></tr><tr><td>10.</td><td>2499</td><td>Up to 300 mbps till 5000 BG beyond 30 mbps</td><td>2949</td><td>2499</td></tr></table><div>Connection fee : Rs. 1000/- Contact : 9436142828 <div>(9-7)</div><p><i>* Security Deposit hi Bill hmasaberah a rawn tel ang.</i></p></div></div>				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
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<div><div>Thu ziak Huang</div><div>- C.Zomuana Pa, Vengnuam</div></div> <div><div>Siamthatna Chhungkua Aťangin...</div><div>Chhungkua hi lungthu angin tehkhin i la, lungthu aťang hian a tehkhin thu i han zir dawn teh ang. Lungthu chuan ke pathum a nei tih chu kan hre theuh va, a ke pathuma a din chiah hian a řanhmun a nget a, a řanhmun a nget mai ni lovin nasa taka rit pawh a dawl zo a ni. A ke pakhat a chhiat vaih erawh chuan a dinhmun a nget lo va, a pel he zo va, amahin a ding zo lova, engtihna atan mah a hman tlak tawh lo ang chiah hian chhungkua pawh hi kan tehkhin tak lungthu ang khian pa dinhmun a awm a, nu dinhmun a awm leh a, fate dinhmun a awm bawka ni. Chung dinhmun pathum te chuan lungrual taka an dinhmun tur ang theuhva an řan theuhvin chhungkaw ngel nget an din thei a, chu chuan khawťlang leh kohhran, ram leh hnamah rah řha a chhuah thei ta řhin a ni. Chuti ni lova pa-in a dinhmun tur ang a hauh loh emaw nu pawhin chuti bawk- fate pawhin chutiang bawka an dinhmun tur an hauh loh chuan chhungkaw hmasawnna aiin tlakranna a thleng řhin a ni.</div><div><div>Dr. Billy Graham-a thu sawi aťang hian thu hmawr i han bawk dawn teh ang. "Tunlai in řha, bungraw famkim leh cheimawina kim hian chhungkua a siam thei lo. In chhung hi Hotel emaw, mite chawľhna leh chaw eina a ni mai lo va. Thlarau lam thiltihtheihna leh inzirtirna hmun he leia awm, van hnaih ber chu a ni." tiin. Chhungkaw dik takah chuan remna, muanna, hmangaihna, thlamuanna, hahchawľhna leh thlarau lam thiltihtheihna leh zirtirna řha a awm (reng) a ni.</div><div>Chuvangin řhenawmte in aťanga chhungkaw nun bul řana siam řhat tum i nih chuan lei bentћellh a hlauhawm loh řluka chiangin i fel (fail) sa a ni ang a, tuna i hnathawhna hmun leh zirna run in sang i belhna hmun aťang pawh khan chhungkaw siam řhat hna chu thawh tum duh suh. I hlawhchhamna khua tithuitu a ni palh ang e. Siamřhatna i řanna hmun tur dik tak zawk chu i in chhung khur, i chhungkuaah ngei khan ni se la, kohhran leh khawťlang, ram leh hnam chu i siam řhain rah řha i chhuah thei ang.</div></div></div>	<div><div>Naupang Huang</div><div>(Chhunzawmna)</div><div>- L.T. Hlima</div></div> <div><div>Pasalřha Vanapa Pa Huaisen, Pa Tlawmngai leh Ralrel Thiam</div><div>Vanhuailiana pasalřhate chuan Vanapa hovin Pawiho chu chhun zan zawmin an um a. řiau ral thleng rawk an um hnuah an han nangching a, an zan riak chu an kap a, mi engemaw zat an kap hlum a. Vanapa ho erawh chu tumah inhloh lovin an kir leh a ni. In an thlen hnu chuan an lalpa leh mipuite chuan khi chen han kal inhloh lova an rawn let thei chu lawmawm an ti hle a ni. Heta řang phei hi chuan Vanapa hming chu a lo lar zual a, a huaisenzia leh tlawmngaihřia chu an sawi tui hle a ni. Vanhnuaailiana chu Saitualah chuan a kai ta tho a.</div><div>Saituala an awm lai hian Thado-ho an va run nasa hle a. Phuaibuanga Thado lal Henrova chu a khuain an va kaw i a. Chu bakah Singsuan te, Changchhan te leh Haokip te an va run bawk a. řum khat Vanapa te hmar lam va run chu an hlawћting hle a; mahse, chumi řum chuan ei tur an tlachham řlat mai a. An riřam chuan ram hnua i theirah ilo an dap a, chutih nak alaiin an řhian pakhat a bova, “A zawng turin tunge kal peih? A kal peih chuan buhhawp fianpui khat an hawp ang,” an ti a. Mahse, tuman an peih lo a. Chutah Vanapa chuan, “Keima’n ka va lam ang e,” tiin a kal ta a. A lo kira chanchin an lo zawh chuan a hmuh thu leh a thih thu te, a ruang sakeiin a ei a hlauh avanga a haikhuh lim liam thute a sawi a; tichuan, Vuite ruang la tur chuan an kir ta a. An va hmuh nak chuan Vanapa chuan khup thlengin lei a lai khuar a, a phum hi a lo ni a, “Vanapa nge nge, riřam khatih nak alaia, a nasa řhin teh e,” an ti theuh mai.</div><div>Vawi khat pawh Vanapa hova an ram chhuak chu an řamchhawľ nasa hle mai a. Vanapa chuan theipui hmin a hmu a, a řhianta a auva, an lo thlen chuan tleirawl pakhat riřam lutuk chuan a rawn hmawm ta bawrh bawrh mai a. Vanapa chuan, “Nauva, kei pawhin pum khat mah ka la hmawm bik lo asin. I řhianta hian lungte kan pai bik lo a nia,” a ti a. Mi tlawmngai a nih avangin tlawmngai lo chu a hmu thei lo hle a ni.</div><div>Vanapa’n Zaidam A Zir</div><div>Vanapa hi pasalřha, hnang deh thiam tak ni mah se, a řhin a chhe em em a. A thinchhiat em avangin nulate hi a bulah pawh an awm řha ngam lo va, an ři deuh dek řhin. Mite chuan, “Thangzachřinga hi chu zaidam deuh sela chuan sawiselna a vang hle ang,” an ti řhin a. Chutianga miten an sawi an sawi řhin avang chuan zaidam a zir a, a zaidam ta em em mai a, a awte lamin a tinem ta vek a. A thinchhiatřia chu řlang hriat a nih avangin a zaidam theih hi tuman an ring lova, mi řhenkhatin an fiah ta a.</div><div>Ni khat chu a thlangra tah lai hi řlangval pakhatin a la lawk a, a thlawh daih mai a. Vanapa chuan, “Di ai di ai taka, ka chhar leh mai ang,” a ti a, a chhar a, a tah zawm leh ta mai a. Mi pakhatin a chem hman lai a la lawk a, a thlangra tah lai chu a sah chhiatsak ta vek mai a. Ani chuan, “Naktukah mau ka pu ang a, ka tah leh mai a ni ang chu,” zaidam di ai hian a han ti leh ta a, 👉</div></div>
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Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>BUNG - 10 : THIH THU LEH THIHNA CHUNGCHANG.</p> <p>Chang 158 - Thla hual : Mi tupawhin a hnuaia sawi ang thil hi a chungah a thlen a, chhungte emaw, a laichin hnai dangte emawin a puala thiltih an neih hi 'Thla hual' a ni. Thla hual theihna chi hrang hrang a awm.</p> <ol style="list-style-type: none">1) Nau a lo pianin chhungkuua mi thar lo luh lawm nan.2) Pasal sun, pasal in aṅanga thla tum hnua kaihchhuah thlavena atan.3) Chhungkaw zinga mi an thih avanga thlamuanna atan.4) Miin ramsa hlauhawm emaw, thih hlauhawm thil dang vang emawa thlabarna a tawhin, thlavang hauhna atan Puin a tute thlahual nan chawhlui a siam sak ṭhin. <p>Chang 159 - Lukhawng : Lukhawng hi Puin a tute thla a hualsak ṭhin avanga a tuten Pu an pek a ni. Amaherawhchu, thla hual nazawngin lukhawng a nei lo. Mi tupawh, thih hlauhawm khawp dinhmun emaw, thlabarna nasa tak emaw tawkin him takin lo awm leh ta sela, a pu (a nu pa) in emaw, a laichin hnai tak dangin emaw a thla a hualsakna chuan lukhawng a nei ṭhin. Thla hualsaka chu a lo thih chuan, a thla hualsaka fapa hnenah a pa thla a hualna man Lukhawng chu, thlahualtu chuan a ṭhing thei. Mi naran thla inhualna chu ar-va a lo nih ṭhin avangin, lukhawng pawh a tam lem lo va; Khuangchawi thlahualna chu ar-va mai a nih loh avangin a Lukhawng pawh a tam. Sailo thlahualna chu Sial a ni a, a Lukhawng pawh Sial a ni.</p> <p>Chang 160 - Thlaichhiah : Mizo pipute ngaihdan chuan, mi a thihin , a thlarau kalchhuak turin ran thlarau kalpui tur a neih theihna tura a thih ni a ran talh hi 'Thlaichhiah' a ni a, mi an inralpalh avanga an tih nia Siala an thisen pawh Thlaichhiah a ni bawk. Thlaichhiahna ran talh sa chu thlan lai hrai nan an hman ṭhin. (Note : Inthlaichhiah hi thih ni a tih a ni ber ṭhin a, Lal thi erawh chu tlai deuhva tih a ni ṭhin. Khuala mi thlaichhiah pawh thih ni aiin a hnu deuhvah a ni ṭhin. Thlaichhiah nan a nei chuan ran lu kim an talh a; minaran chuan an neih ang ang an talh ṭhin.</p> <p>Chang 161 - Mitthi chhiah : Mizo pipute chuan, mi an thihin thla thum chung chu, a thlarau in bul vela awmin an ring ṭhin. Chuvang chuan a nupui emaw, a chhungte emawin a ei tur an dah sak ṭhin chu 'Mitthi chhiah' a ni. Chu bakah chuan Mim Kut lai hian Mizo pipute chuan mitthi thlarauvin an thlan an rawn tlawh leh ṭhina an rin avangin an ei tur an dah pawh Mitthi chhiah a ni.</p> <p>Chang 162 - Thisen : Mi a thihin a thlarau kalchhuak tur chuan ran thlarau a kalpui theihna tura mitthi puala ran talh chu Thisen a ni. Sa emaw tia inralpalh avanga a ral palhtuin a ral palh a Thisen chuan thupha chawina leh ngaihdam dilna a huam nghal.</p> <p>BUNG - 11 : RANVULH CHUNGCHANG</p> <p>Chang 163 - Ran vulh huam chin : 'Ranvulh' tih chuan a hnuaia sawi mihring ran vulh chi hrang hrang a huam.</p> <ol style="list-style-type: none">a) Ranpui : Bawng, Sial, Sakawr, Lawi.b) Ran dang : Ui, Vawk, Kel, Beram, Zawhte. Ar, Varak, Vatawk, Parva leh a dangte. <p>Heng bakah hian ramsa pawh mihring khawi lai chu a huam vek a ni.</p> <p>Chang 164 - Ran vulh hlawh : A no emaw, a sa emaw, insem atana midang ran vulhsak hi 'Ran vulhhlawh' a ni. Ran vulh hlawh dan chu hetiang hi a ni.</p> <ol style="list-style-type: none">1) <i>A note insem tura vulhhlawh :</i> A no insem tura ran vulhhlawh dan chu a neitu leh a vulhtu inzah sem a ni a, a no chu pakhat chauh a nih chuan, a vulhtu chan a ni. Inkawp kim lo a nih chuan a vulhtuin a chang tam ṭhin.2) <i>A sa insem tura vulhhlawh :</i> Miin talh hun bithliah emaw, hu bithliah lovin emaw, a sa insem atan mi dang ran vulh ṭhin. Ran chu talh hunah chuan a sa an insem bakah a vulhtuin a lu a chang ṭhin. <p>(Chhunzawm zel tur)</p>	<p>Thei leh thlai damdawia hman theihte leh taksa tana a ṭhatnate</p> <p>- Dr Lalmuanzovi, A.E.O.</p> <p>(Chhunzawmna)</p> <p>4. SERTHLUM : Serthlum hi thei tui tak a ni a, a lo irhchhuahna chu China ram aṅangin a ni. Serthlum hian Vitamin A, B, C, Calcium, Sodium, Potassium, Magnesium, Copper, Sulphur leh Chlorine a pai a. Vitamin C leh Calcium te a pai tam avangin hetiang tlakchham avanga natna lo awm ṭhin ha lam leh ruh lam ṭha lote tan Serthlum ei tam a ṭha hle. Dr. Harke, Chicago daktawrin a sawi dan chuan ha lam ṭha lo leh ruh lam ṭhat lohna vei ṭan tirhin Serthlum tui damdawi anga inin natna a tidam thei a ni.</p> <p>Lung lam ṭha lo, Thawhah, Hritlang leh tlang hrileng hrang hrangte tan hian damdawi ṭha tak a ni a. TB, khawsikpui leh sentut avanga khawsik atan hian Serthlum tui hi a ṭha hle mai a, a chhan chu taksa a tichak a, zun a titam a, taksaa natna dotu a titam a, chu chuan khawsik a tidam ṭhin. Serthlum pil hi Arngeng leh hmaibawl chi hrang hrang tihreh nan a ṭha.</p> <p>5. SUNHLU : Sunhlu hi thei zawng zawnga Vitamin C pai hnem ber a ni. India ram hi a lo irhchhuahna bul nia ngaih a ni a, tunah chuan ram hrang hrangah chin darh a ni tawh. Sunhlu hi damdawi chi hrang hrang siam nan hman a ni a, a rah hringin emaw, umin emaw, pho roin emaw a ei theih. A ei dan ṭha ber chu chi nena a hela ei hi a ni. Sunhlu tui khawizu nena pawlh thirfiante khat hi zing tin ei ziahin damlohna tam tak aṅangin kan inveng thei. Chhul chak lo, mitliam, pum nâ, thisen chak lo, lung ṭha lo leh taksa chak lo tan Sunhlu ei tam hi a ṭha hle mai. A kung pil densawma sawr hi damdawi ṭha tak a lo ni leh zel a, santen leh sakawrekhrik natna damdawi atante hman ṭhin a ni. Awm nâ tan Sunhlu zung densawm tui sawr a ṭha hle a ni.</p> <p>6. THEIHAI : Theihai hi THEI LALPA tia hriat fo ṭhin a ni. A lo chhuahna hi kan ram India ngei hi a ni a; mahse, tunah chuan khawvel ram hrang hrangah chin darh a ni tawh. A rah hi a tuiin khawvel pumpua mite ngaihsan a hlawh hle a ni.</p> <p>Theihai hian Vitamin C, B leh B2 a pai a; chu bakah, Calcium, Phosphorus, Iron leh Protein te a pai tel bawk. Theihai hel hi pum lam ṭha lo, thisen chak lo, khawlum vanga luhaia tluk thut thut leh Vitamin C tlakchham avanga ṭhat lohna (Hahni thi/hahni puam)-ah te hian damdawi atana hman a ni ṭhin. Theihai rah hmin hi mit ṭha lo (Vitamin A tlakchham avanga ṭha lo) tan damdawi ṭha tak a ni. A rah mai bakah theihai kung hawng leh a pil hlangte pawh hi natna chi hrang hrang - zunthlum, santen leh kawṭhalote tan damdawi ṭha tak a niin a hnâi pawh hi vun thak tan a ṭha.</p> <p>7. THINGFANGHMA : Thingfanghma ve thung hi chu Mexico Costa Rica aṅanga lo irhchhuak a ni. Thingfanghma hi naupang ṭhanglei, nu naupai leh nau hnute pe laite tan ei ngei a ṭha. Tin, natna ṭhenkhat zunin, inherh, nausawngnawi, hanget, thinlian, santen leh pum lam ṭha lote tan a ṭhain hunbi nei taka eiin ek tang, pile natna leh santen benvawn a tireh thei bawk.</p> <p>Tin, thingfanghma tui sawr hi vun thak, khawihli leh singsihlipin a ngeihin a hnaite pawh hi vun natna chi hrang hranga hnawih a ṭha. Thingfanghma rah hel hi hmeichhe lam ṭhat lohna neite tan damdawia hman ṭhin a ni a, a rah hmin hi hmaia hnawihin hmai a tinoin a timam ṭhin.</p> <p>Thingfanghma, chi tui nena rawt pawlh vuna hnawihin Ringworm damdawi ṭha tak a ni.</p>