




Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO

Hunawl hman that
Zofate hmasawwna 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 : Rom 6:23
“Sual man chu thihna a ni si a;
Pathian thilthlawnepek erawh chu,
Kan Lalpa Krista Isua zarah chuan
chatuana nunna a ni;”.

TUALCHHUNG CHANCHIN

🔊 Pu Rotlingpuia, Branch Financial Secretary chu karhmasa zirtawpni 9/7/2021 a inentir tura Aizawl kal chu ni 15/7/2021 (Nilaitahawhtan) khan dam takin mahni In lam an lo thelng leh tawh a, a lo dam that zel theih nan duhsakna kan hlan e.

Tihdikna

Issue hmasa Article thupui ‘Zoram ka hmangaih che’ tih kha ‘Zirna Uar Kum’ a ziaktu Lalmuanpuui tih tur zawk a ni e, tihsual palhah ngaihdam kan dil tak meuh meuh a ni.

CYMA NGENNA

Central YMA Executive Committee thukhawm chuan, hripui leng mek dona kawngah leh hri leng mek chhut chah nan, Task Force-te nen inbe remin, hetiang hian hmalak ni se a ti.

1. Sub-Hqrs./Group/Branch YMA-te kan huamchhungah, SOP hnuaiah a khauh thei ang bera hma lak ni se.

2. Sub-Hqrs./Group/Branch YMA-te pawhin kan huamchhungah, hripui laka kan him theih nan hmun lun lai leh inkalpawh harsatna laite uluk zawka vil ni se.

3. Veng/Khua chhungah punkhawm leh chhungkua/pawl hote thil tih khawm a awm loh nan hma lak ni se.

4. Chenkhawmna hmun bikah inkalpawh leh in lenpawh a nasat avanga hrileng darh mek hmetmit tura tanlak ni se.

5. YMA tlangau tangkai taka hman ni se.

6. Kan huamch hungah chhuan-chham an awm loh nan hmalak ni se.

Sd/-
(Prof. LALNUNTLUANGA)
Secretary
CYMA

KHUANGPUILAM BRANCH YMA CHUAN A VAWI KHATNAN THISEN PE

Khuangpuilam, the 18th July, 2021:- Ni 14-16 July, 21 inkar khan Khuangpuilam Br. YMA chuan District Hospital Blood Bank ah a mamawh apiangte tana hman turin thisen unit 32 lai mai an pek a, Thisen petu zawng zawng te hi RAgt Test neih vek an ni a, an Negative vek baw a ni. RAgt Test paltlang zingah HB hniam avanga thisen pe theilo pathum an awm.

Midang te nun chhan nan a thisen petu te zawng zawng chungah Branch YMA chuan lawmthu a sawi tak meuh meuh a ni. Tin, thisen pek dawn a RAgt Test nei tur hian Pu Malsawmtluanga, BEC in theihtawp alo chhuahna avangin leh Test man pawh chawi miah lova min buaipui sak avangin a chungah Branch YMA chuan lawmthu a sawi tak meuh meuh baw a ni.

Khuangpuilam Branch aiawh a thisen petu te leh an blood group chu hetiang hi a ni.

Chawngbawla Section:-

- | | |
|----------------------------------|---------|
| 1. Pu C Vanlalruatkima | - B+ve |
| 2. Tv. Samuel Malsawmzuala | - B+ve |
| 3. Pu Samuel Lalpekhlu | - A+ve |
| 4. Pu Joshua Lalremsanga | - A+ve |
| 5. Tv. Rambuatsaiha | - A+ve |
| 6. Pu Lalremliana | - A+ve |
| 7. Tv Ac Roluahpuia | - A+ve |
| 8. Tv H Vanlalhruaia | - O+ve |
| 9. Tv Isaac Vanlalpekhlu | - AB+ve |
| 10. Tv Dominic Lalnunfela | - B+ve |
| 11. Tv Samuel Lalhriatpuia Ralte | - A+ve |
| 12. NI. Mary Lalchhanhimi | - AB+ve |
| 13. NI. F Lalnunpuui | - O+ve |

Vanapa Section

- | | |
|--------------------------|---------|
| 1. Pi Chanchinmawii | - B+ve |
| 2. Pu Lalchuallova | - B+ve |
| 3. Pu David Lalrosanga | - A+ve |
| 4. Pu David Lalchhandama | - O+ve |
| 5. Pu James Lalnunmawia | - AB+ve |
| 6. Tv. Lallawmzuala | - A+ve |
| 7. Tv Zoremsanga | - O+ve |
| 8. Tv Jerry Lalmuanawma | - AB+ve |

Khuangchera Section

- | | |
|-------------------------------|---------|
| 1. Tv. Daniel Saihriam | - O+ve |
| 2. NI. Linda Lalthakimi | - O+ve |
| 3. Pu VL Zarzoliana | - A+ve |
| 4. NI. Rody Laltlanchhungi | - A+ve |
| 5. NI. Lalnuntluangi | - O+ve |
| 6. Tv Zoremntluanga Hnamte | - O+ve |
| 7. Tv Lalruatzela | - AB+ve |
| 8. Tv HB Vanlalremruata | - O+ve |
| 9. Tv Mangkhawlal | - A+ve |
| 10. Tv Lalduhawma | - AB+ve |
| 11. NI. Jakobeth Lalhriatpuui | - A+ve |



YMA chu tanpui ngaite tanpuitu a ni. – YMA Kumpuan : Zirna uar

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Editorial.....
HLIMNA ZAWN
Thingtlang khaw kil bera pheikhaw chhe siamtu chuan chungkaw hlim ber a siam thei a, Aizawl pa hausa ber pawhin In chhawng sang ber chungah chungkaw lungngai ber a siam thei baw.
Mamawh zawng zawng neih hi hlimna thlent a ni ber lo. Rualawhna thinlung hian hmasawn turin min fuih a, hmathlir tinung tura thawh-hlawh lak tur lo awm thin hian nun tifeiin, hlimna a thlen. Hmasawn tura a lehpek nei tawh chuang lo mihring tan nunin awmzia a nei lo. Chuvangin rethei apiang an lungngai bik lova, vawiina hnufum deuh te tan intlansiakna a la zo hek lo.
Hlimna hi ro phum ruk ang maia piantirh ata mi tinreng zawn thin chu a ni a. Chuvangin a man pek a ngai a nih pawhin pe la, i sumin lei la, hmangaihnain dawr la, i chakna pawh chumi atan chuan ren hauh suh ang che. A aia peipun tur tha zawk thil dang reng reng a awm lo!
I hlimna kaw l sa hlamchhiah khawpin duhamna chuan bawh che suh se, bawih tang chuan zalenna a hlauh va, zalenna tel lovin hlimna a awm si lo.
Tlai leh riltama awm dan, hausa leh tlachhama awm dan thiamte tluka nun thlamuang leh hlim hi khawvel hian a pe thei chuang lo vang. Chan tawka lungawi hi hlimna pawh tura kawng dik ber leh kawng tawi ber chu a lo ni.

Branch YMA Office Bearer		
President Pu HD Daniela 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

SUB HEADQUATERS YMA KOLASIB TEN ZIRLAI TITHA AN CHAWIMAWI

Ni 15th July 2021 chawhma dar 11:00 khan Sub Headquarters YMA Kolasib huaihawtin kum 2021 HSLC leh HSSLC exam a Kolasib District a zirlai tithate chawimawina hun Diakkawn Branch YMA Committee Room-ah hman a ni a. He hun ah Kolasib Bawrhsap Dr. H. Lalthlangliana, Chairman, District Education Committee ni baw chu khuallian niin, District Education Officer Pu Lalramthianghlina leh Kolasib Sub Headquarters YMA hruaitute an tel baw a ni.

Dr. H. Lalthlangliana chuan zirlai tithate lawmpuina thu sawiin, ‘Taimakna leh Nungchang tha leh dikna nunpui’ chu hlawhtlinna kawng a thil pawimawh tak a ni thu sawiin, an kalzelna turah duhsakna a hlan a. Pu Lalramthianghlina, DEO Kolasib chuan zirlaite hnenah tunlai changkanna chu an zirlai tibuaite ni lova an zirlai puitu atana hmang thiam turin a chah a. Zirlaite Result tha tak nei thei tura zirtirtute leh an nu leh pate inpekna chu fakawm a tih thu a sawi baw.

Zirlai zirna a titha zual chawimawina hun hi Pu C.Lalmuanpuia, Vice Chairman, Kumpuan Sub Committee-in kaihruaiin Pu Thomas D.Lalengliana, President, Sub Headquarters YMA chuan ‘Zirna chu hlawhtlinna chahbi’ tih thupui hmangin zirlaite fuihna thu a sawi a, rilru nget tak nei a mahni tuina zawn theuh a kal turin a chah a. YMA chuan zirna hi ram leh hnam hmasawn nan a chawisan zel tur thu a sawi baw a ni.

Zirlai chawimawite chu:
1. Lalrinmawia s/o Lalruatkima, Bualpui, Hmarveng - HSLC 6th Rank (Distinction, Letter in Mz, Eng, Maths, Sc & SS)
2. Jonathan Remsangzuala s/o Lalzarliana, Hmarveng, Kolasib - HSSLC 7th Rank (Topper – Political Science)
3. Laldinpuui d/o Lalrinliana, Bairabi North, Rimawi Veng - HSSLC (Topper – Mizo)
4. Zothansanga s/o Remlalmuana, Hortoki Vengchhak - HSSLC 9th Rank (Distinction, Letter in Mz, Eng, Edu, Pol. Sc & History)
5. C. Zodinpuui d/o David Zolianmawia, Project Veng, Kolasib - HSSLC (Topper – Biology)
6. Vanlalbiakdiki d/o Zohmingthanga, Hmarveng, Kolasib - HSSLC 6th Rank te bakah H.K. Lalrinawmi d/o Lalpiangliani, (CWSN-Children with Special Needs) ri hriatna lama harsatna nei chung a HSLC Exam a Distinction (Letter in Mz, Eng, Sc & SS) ni theite an ni.

Kum 2019 atanga 2021 thleng hian YMA kumpuan thupui atan ‘Zirna Uar’ tih hman a ni a, hei hian zirna kawnga zirlaite zirna tithuanawp thei ruihhlo do a keng tel baw. Kumpuan thupui denchhan hian YMA Branch hrang hrangte’n zirna kawnga mizo mipuite hmasawna kawng an ngaihtuah thin a ni.

Hemi ni pawh hian Sub Headquarter YMA Kolasibte chuan zirna kawnga hlawhtlingte leh titha zualte chu midangte entwawn tur a pho lan an nih theih nan Citation leh cheng 1000 theuh an buatsaih a. Dr. H. Lalthlangliana DC, Kolasib leh Pu Lalramthianghlina, DEO, Kolasib chuan heng lawmpuinate hi zirlaite hnenah hian an hlan a ni.

SMATEE HRIATTIRNA
17th July 2021 (Inrinni) khan Higher & Technical Education Department (Technical Wing) chuan a hnuaia mi ang hian SMATEE chungchangah Hriattirna a chhuah a ni :
State Medical And Technical Entrance Examination (SMATEE) 2021 ni 27.7.2021 a neih tura ruahman chu remchan zawkna avangin sawn hlat (postponed) a ni a, a ni (date) tur chu hriattirna hran la tihchhuah leh a ni ang.
Application form submit Last date pawh ni 31.7.2021, dar 12:00 pm thleng pawh sei a ni e.
Linkhttps://dhte.mizoram.gov.in/page/smatee-form

Thu ziaak Huang

- Lalmanzuala

Kan pawnlan dan hi a thûk a ni

Rev Thansiamma kha Mizote zingah chuan rinawmna, dikna leh huaisenna lama a ber pâwl niin ka hria a. Finna lamah pawh khûm thei âwm an awm ka hre lo. A thusawi lâr tak kan sawichhawn fo chu: “Mizote kan pawnlânzia chu a thûk a ni” tih hi a ni.

He thu hi mihring duhzawng ni lova, Pathian duhzawng zawka kum 30 zet rawng a bâwl hnu-a a sawi a ni a. A thawhpuite (Rev Saiaithanga tiam lovin) leh ringtu mipuite pawh mihring duhzawnga Pathian rawngbawl duh deuh vek an nih avanga Pathian duhzawnga rawngbawlpui theih alawi a neih lohna kha, he thu a sawina chhan tak chu niin ka hria.

Kan pawnlânna thûkzia lanchiannate ni-a ka ngaih ka han thurchhuak nual a, kan sawiho leh nak nak a niang chu.

1. *Advanced Christmas hman* : Pian champhaphâk a nî tak a thlen hmaa kan lawm ngai loh avangin Lal Isua pian champhaphak a ni hmaa lo lawm hi dik lovin ka hria. Hetiang hun kan hman thîin chhan hi intâwllen kan duh vang ni berin a lang a. Chutiang tih nana kan Pathian pianni ber lo sawn kual vel chu a “pawnlân” thlakin ka hria a ni. Thenkhat Krismas ni dik tak hi hriat a ni chuang lo, tite an awm a. Advanced Christmas a hma-a an hman tawh chuan December 25-ah hman tawh loh mai awm a ni. Kan hriat chinah khawvel ram danga hetiang ti ve an awm lo hian kan pawnlânzia lanna a nih em loh pawhin kan dangdaizia lantirtu chu a ni ang.

2. *Khawhar Chhûngte Hla Thlan* : Hei hi kan mitthi tawhte hriatreng nana tih ni berin a lang a. Kan va hriatrengte berin an hriat ve hauh si lohva an hriatrengna hun lo hman chuan tangkaina tak chu a neih hmel loh viau a ni. Kan mitthite ngai zûal bik tak hi chu kan awm ngei mai a. Chutiang miin hetiang hun hi a hmang a nih pawhin ngai zûal vak loten kum tluana eng sawi lêm lova, ni 365-na a lo thlena han ngaih thar/zual thut te pawh hi a mak danglam ve a. Tuin emaw a ti a tih ve loh chu kan mitthite ngai ve lo anga lan hlauin kan ti ve ta tliar tliar ni berin a lang.

Inneih ni te, mitthi vui ni te hi thinlung taka inlawmpuia intuarpuui thei chinte chauh kalna turah ka ngai a. A tam thei ang ber kal nana card kan sem chhuak chiama, TV te thlenga kan zualko thîin hi chapo tak, kan thiltih apianga mi an tum tlat, mi lokal an tlem chuan mualphona anga ngai mi kan nih vanga hetiang tang la chiam chiam mai kan ni berin ka hria. Mitthi awm thu loudspeaker-a puan te pawh chuvang tho chu niin ka hria. Loudspeaker-a puan kher loh pawha mitthi a awm thu hre ngei ngei chin chiah hi a vuina-ah pawh kal ila, thil inhmeh zawk tak a niin ka hria. Mitthi chanchin kan puang chipchiar lutuk thîin phei hi chuan kan awmna vêng leh kan hnam a tichhangchhia-in ka hre thîin. Mitthi a awm chuan thlan laih chu loh theih loh a ni a, “tur a ni” tih tawngkam hmanga puan phei hi chu ka Mizo tlawmngaihna awmze nei lova chantirna niin ka hre bawh.

Vêng leh vêng inelna/intihsiakna a awm apianga a hmuna kal tura vêng mi zawng zawng inhriattir tawp zel mai te pawh hi thil tûl tehchiam a ni lo va, kal vek theih pawh a ni hek lo. Taihmak inzirtir kan mamawhzia ngaihtuah phei chuan thil inmil lo tak a ni. Kan Mizo Lalte kha huaisen vanga lal an ni a. Khawdang lalte nena huaisen lama inel reng an nih vanga khua leh khua inkara inelna boruak awm reng a ni thîin. Chutiang zulzuia, chutiang boruak a awm tawh loh hnu pawha vêng leh vêng inelna kan nei nasa lutuk pawh hi thil tha ber niin a lang lo.

Mitthi ruang chung a thusawi tûl tih tlat. Kan thusawite chu an nihna a uar zawng deuh veka sawi. Chutiang thusawi, ninawm ti lova, tha ti viau zawk awma kan ngaithla thei thîin te hi.....

(Chhunzawm tur)

Naupang Huang

Pasaltha Chawngbawla

“Huai zawng a tha love, kei aia huai chu lu zuar an ni; ka huai hi i a tawok lek a ni,” - *Chawngbawla*.

Chawngbawla hi sa lamah pawh a duai lo kan tih tawh kha. Zan khat chu zawlbukah hian nghalchang hliam hlauhawm zia leh inchhan hman a nih lohzia hi zawlbuk tlangvalho chuan tui fe hian an sawi a, chu chu Chawngbawla chuan a pawm hleithei ta tlat lo mai a. Vawikhat chu nghalchang hliam an beihnaah Chawngbawla chuan tawktarh atan naupang pakhat hi a hruai ta a. A hmun an thlen chuan nghalchang hliam hmuh ngei turah naupang chu a dintir a, chu veleh nghalchang hliam chuan a rawn bei a, ‘Vit’a han ti phei a, mi dang chuan silai mu ang maia rang niin an hria a. Chawngbawla chuan chemin nghalchang hliam hmui chu a lo chhawk hman reng mai a ni.

Vawi khat chu a ram vahnaah Saipui no hruai a hmu a, a no chu man tumin a veh a veh a, a pui nena an inhlat lai nang chingin a man tak tak ta mai a. A sai no man leh a savawm ramtla lai bawp man chawiin a tu leh fate hming a sa a, a fapa chu Saizema a ti a; a tunu chu Saihlingi a ti a; a fapa pakhat chu Vawmthanga a ti a.

Chawngbawla hi a lo tar hnu chuan khawi mah a chhuak thei ta lo va, “Mihrang ka kual ta,” a ti a; a tupa pakhat chu Hrangkuala a sa a ni. Chawngbawla chu a lo tar chau ta a, “Khum laizawla thih hi ka lo tum ngai reng reng lo va, hei mahni khum laizawl ngeiah ka thi dawn a lo ni ta a, mak pawh ka ti a, khum laizawla ka han thi mai tur hi hreh pawh ka va hreh em!” a ti a ni. A thih hian kum 80 mi niin an sawi.

Chawngbawla hian ral laka a huaisennaah hian a hming a chher bawh aniang naupang inkawihnawkte pawhin, “Ka kawi Chawngbawla tlang ngai lo,” an ti kher thîin a ni. Hetiang khawpa huaisen lama hming chher hi ni mahse huai lamah chauh ni lo chhiatni thatniah pawha mi tlawmngai a sawi a nih bawh a. Sakhaw lam thuah pawh mi nun tluang tak ni a sawi a ni bawh.

Aw le, heti chinah hian duhtawh phawt mai ila. Pasaltha Chawngbawla chanchin hi hun rei deuh tawh ami a nih avangin sawi dan leh hriat dan pawh a inanglo nual ang.

Engnge Zozia chu ni ta ang?

Thenkhatin tun hripui hian kan zozia a tikhawlo an ti a? Engnge zozia ni a kan ngaih chiah chu ni ta ang le?

Thenawm khawveng nena inlen pawh, thenrualte nena awmho hut hut, kohhran leh khawtlanga thawhho dual dualah chiah hian Zozia hi kan dah em ni ang?

Kan pi leh pute kha thenawm khawvengte tana mi tangkai nih tuma inpui tawna inchhawmdawl tawn thîin an ni a. Tun hunah hian awm ve ta se thenawmte tana ralmuang lo khawpin an inlen pawh lui tho ang em? Ram leh khawtlang hotute rorelna hi keini ang hian an pawisa lo ve duh ang em? Buaina nasa zawk thlen hlau lo khawpin an intihuaisen tho ang em?

Lem changtu, a lem chan lai leh a nihna dik tak thliar hrang thiam lo hi kan ni mai lo’ng maw?

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)
BUNG - 12
MIZO RO INLUAH CHHAWN DAN

Chang 182 - Thurochhiah : Thurochhiah chu, Ro neituin a ro luahtu turte hnena a ro an luah dan tur a siam leh mi dang hnena a ro sem dawngtu tur leh an chanvo tur a siam hi a ni. Chu chu ro neituin ṭawngkain emaw, ziakin emaw a siam thei. Thurochhiah siam dan chu a hnuaia sawi ang hi a ni.

1) **Ṭawngkaa thurochhiah sem dan :** Ro neituin a rilru harhfim laiin ṭawngkain Thurochhiah a siam thei. Chutiang thulhah chuan thuhretu pahnih aia tlem lo hriatpuiin a ro a semna thurochhiah chu a siam ang. Vanduaia tawh phut vangte leh dam lohna avanga thurochhiah siam hmanhmawh bikna thilah chuan, thuhretu pahnih nei kher lo pawh ni se, a thurochhiah chu pawm theih a ni.

2) **Thurochhiah ziaka siam dan :** Ro neitu, puitling chin chuan mihring rilru pangngai put lai leh a rilru hahfim laiin, chang 180 (1)-a a sawi, a mi duh apiang roluahtu atan thurochhiah a siam thei.

3) **Thurochhiah ziak dan :** Thurochhiah ziaka siamtu chuan a hnuaia mi ang hian a siam tur a ni.

a) Ro neituin chang 180-a mi anga a ro luahtu tur hming leh awmna khua te, amah nena an inlaichinna leh ro a luah tur chu chiang takin a ziak tur a ni.

b) Ro neituin , ro luahtu atan ni lovin, chang 179 (3) anga a ro ṭhenkhat chauh pek atan a thurochhiah ziaka a siam pawhin, thurochhiah a siamsaka hming leh awmna khua te, a ro pekte chu chiang takin a tilang tur a ni. Chutianga a ro sem dawngtu chu chang 179 (3) a sawi angin, ro luahtu nih a tling lo.

c) Ro neitu chuan, thurochhiah chu ziakin a siam ngei a ni tih fiah nan, a hming a ziak ngei ang a, a ziak ni leh thla leh kum pawh a ziak tel thlap tur a ni. Ziak thiam lo a nih chuan, a kutzungpui thla a nem kai ngei tur a ni.

d) Ro neituin, ziaka thurochhiah a siam chuan, ama duh dan ngeia a ziak a ni tih hriatpui nan thuhretu pahnih aia tlem lo , mi ang pangngai puitling chinin, ro neitu hming ziak zawnah a hmuh lai leh hriatpui ngeiin an hming leh an awmna hmun, ni leh thla leh kum chiang takin thurochhiahah chuan an ziak ve tur a ni. Amaherawhchu, ro neituin ziaka thurochhiah a siamin, ama ziak ngei a ni tih rinhlelhna a awm loh chuan thuhretu awm lo mah se pawm theih a ni.

e) Ro neituin, a ro thuhmun atan thurochhiah vawi khat aia tam, ṭawngka emaw, ziak emaw a siam chuan, a hnuhnung zawk apiang pawm tur a ni.

Chang 183 - Thurochhiah dik lo siam :

1) Tupawh vauna emaw, bumna emaw, dawt emaw hmanga, ro neitu, ama duh dan hmang thei lova thurochhiah siamtirtu chu hrem theih a ni.

2) Ro neitu hminga dawt thua thurochhiah lo siamtu chu, a chungahremna siam ang hian hrem theih a ni.

Chang 184 - Pasal ro chungchanga nupui dinhmun :

1) Pasal ro luah theitu emaw, chanvo nei thei tur emaw chuan, a nupui a nihna a chiang tur a ni. Chang 36-a sawi anga inneihna chiang tawk a awm loh chuan, Nupuih chhiar theih a ni lo.

2) Pasal sun chu, chang 102-a sawi anga nu thianghlim a nih chuan, Pa chan changin a fate enkawltu a ni.

3) Chang 177(1)-a sawi thlahtute aṭanga ro luahte chu mipa lam, a ro luahtu an awm chhung chuan, a nupuiin a ro chung thei lo. Nimahsela, a nupui dam chhung chuan a remtihna lo chuan ro chu laksak theih a ni lo.

4) Pasal sunin, a pasal ro vah ro neitu a nih theih dan emaw, chanvo neitu a nih theih dan emaw chuan, chang 180(1) leh 181 (5)-a sawi a kalh tur a ni lo. (Chhunzawm zel tur)

Hriselna Huang

Zun kawng hnâi/lâwng (Chhunzawmna)

Harsatna dang awm thei

Enkaw! ran chuan zunkawng hnai hian harsatna dang a thlen tlem hle a; mahse, enkawl ṭhat loh erawh chuan nunna atan pawh a hlauhawm thei khawpin a nasa thei a ni.

Enkaw! ṭhat lohva harsatna dang awm thei te chu, Kal vung/lawng - hei hian kal a tichhe vek thei a ni. Nu nau paiah naupiang te (low birth weight) emaw thla kim lo va piang a thlen thei a ni.

Tests leh Diagnosis Natna hriat chhuah nan heng test ṭhenkhat hi an ti ṭhin:

* **Zun exam :** Zun lak dawn hian hmeichhiaah chuan serh biang kuta keu ṭhen phawt hnuaia tlem zun phawt tur a ni a, zun vanglai (laihaw!) vel tak kha dawh dur a ni.

* **Zun Culture (Kui ṭiak) :** Hei hian kan damdawi hman tur chu natna hrik huat ber engnge ni ang tih hriat theihna a ni.

* **Ultrasound leh X ray :** Zun kawngah chuan fel lo eng emaw a awm em an fiahna turin hei hi tih a ni chawb baw ṭhin.

* **Phing en :** Zunkawng hnai nei ngun lutuk i nih chuan Cystoscopy an tih hmangin phing en/exam a ngai mai thei baw.

Enkaw! dan :

Antibiotics hi he natna enkawl dan ber chu a ni kan tih tawh kha. Damdawi ei rei zawng erawh chu i natna a nasat danah a innghat ang.

* **Natna naran :** Zun kawng lawng naran deuhah chuan heng te hi hman a ni tlangpui:

- * Sulfa methoxazole - trimethoprim (Bactrim, Septran, etc)
- * Amoxicillin
- * Nitrofurantoin (martifur etc)
- * Ampicillin
- * Ciprofloxacin (Cipro)
- * Levofloxacin (Levoday etc.)

A tlangpui chuan ni 5 aṭanga ni 7 velah hetiang hi chu a dam mai tura ngaih a ni. Hei bakah hian nachhawka leh i zunkawng nâ hriatna titem deuh tur damdawi chawh tel i ni mai thei baw, zun rawng a danglam hret pawhin buai loh tur.

* **Zunkawng lâwng/hnâi nei zing :** A hmaa kan tarlan tawh damdawi te kha hun rei zawk ei ngai pawh a ni thei a; tin, damdawi ṭan hmain culture tih hmasak a ṭul thei. Hei bakah hian a chhan zawn chhuah nan test dang kan sawi tawh te pawh kha tih a ngai phawt thei a ni.

* **Natna Nasa (Severe) :** Natna a nasat chuan damdawi inah awmin damdawi chiu a ngai mai thei.

Tualchher damdawi

* **Cranberry Juice :** Hei hi a Mizo ṭawngin engnge ka hre mai bik lo va, he juice in hian zunkawng lâwng/hnâi a veng thei ni awmin study ṭhenkhat chuan an tarlang.

Eng tianga in tur nge engzat a tam nge in tur tih pawh a awm chuang lo va, a tui i tih zawng a nih chuan in ṭhin la a pawina a tlem khawp mai, harsatna awm ve thei chu kua a ti nuam lo ve thei tih mi ṭhenkhat chuan an sawi.

Amaherawhchu, i lung lam vang emaw a Warfarin/ acitrom etc. i ei a nih chuan in loh a him ber tih hria ang che, thi put a siam vak thei. (Chhunzawm tur)