





# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**  


Hunawl hman that  
Zofate hmasawna ngaihtuah  
Kristian nundan tha ngaihsan

**Khawchin : Source - Accuweather.com**  


Ruah sur rin a ni.  
Temp - Max: 29°C Min: 23°C  
Dar 4:51-ah ni a chhuak ang a,  
Tlai Dar 5:59-ah a tla leh ang.

**Tunkar chang vawn :** I Korinth 16:13, 14 "Inveng ula, rinnaah chuan ding nghet ula, intihuai ula, chak takin awm rawh u. In tih apiang chu hmangaiha tih ni vek rawh se".

**TUALCHHUNG CHANCHIN**

☛ Vanduai thlak takin Khuangpuilam in Covid-19 Positive kan neih belh zel a chung mi te chu :-

- 1. Jordan Ropuia Kum 4 D/o Lalhriatdika
- 2. Hmingthansangi Kum 2 D/o Lalhriatdika
- 3. Lalsangliani Kum 18 Lalhlimpaia c/o Lalhriatdika

An ni hi Home Quarantine lai nilo, mahni inrinhlelh vanga test an ni

Date Ni 6/7/2021 khan test result chhuakah vanduaithlak takin positive 2 kan neih belh leh a chung te chu:-

- 1. Pu R Vanlalvuana
- 2. Ni Lalrotlingi kum 15 Pu R Vanlalvuana tunu Khuangchera Section te an ni a. Anni hi Positive First contact Home Quarantine lai an ni.

Hemi ni hian test negative mi 15 (chhungkaw 15) Home Quarantine lai te an zalen ve thung a ni.

Nimin (Inrinni)thleng khan Khuangpuilam vengchungah Covid-19 Positive laka kan dinhmun chu hetiang hi a ni.

- 1. Positive tawh zawng zawng - 35
- 2. Dam tawh zawng zawng - 20
- 3. Tuna vei mek - 15
- 4. Home Quarantine lai mek - 31
- 5. Home Isolation - 5
- 6. 4C a awm mek - 7

**KHUANGPUILAM**  
Covid-19 Update  
Dt 6.8.2021, Dar 1:00pm

35  
Positive

20  
Recover

15  
Active

31  
HQ lai

0  
Death

Stay home safe life

**Khuangpuilam VLTF**  
Chairman- Pu Robert VL Hruaia 9774495781  
Vice Chairman- Pu HD Daniela 8837206466  
Secretary- Pu Lalremsiam Varte 9862327112

Sahbawn nen fai takin i kut sil thin rawh  
Hand sanitizer hi Sahbawn leh tui  
awm loh na ahman a tan chauh a ni

## KHUANGPUILAM 4C HAWNNA NEIH A NI

**Khuangpuilam dated 8th August 2021:** Ni 6/7/2021 (Zirtawpni) chawhma khan Govt. Diakkawn High School, Kolasib, Khuangpuilam 4C atana hman tur a ruahman chu Food, Civil Supplies and Consumer Affairs Minister Pu K.Lalrinliana chuan hawnna hun a hmang a, Pu Robert V.L.Hruaia, Chairman, VLTF, Khuangpuilam chuan hun kaihruaiin Upa Lalthansanga (PCI) Khuangpuilam chuan Pathian hnena hlanna a nei a, Dr.R.K.Lalthlamuana, SMO chuan 4C inkaihhraina kawnga hriattur pawimawh hrang hrang tarlanna hun a hmang baw a ni.

Minister chuan hrileng darh mek zelah khawtlang tlawmngai pawl hrang hrangte inpeknate ropui a tih thu a sawi a, "Hri nen a len dun thiam hi kan mithiamte ngaihdan a nih tawh avangin kan khawtlang pawh hian fimkhur tak chungah hrileng kar a khawsak thiam hi kan inzirtir a pawimawh hle a ni" a ti. Hrileng kar a ramri buai leh vawk pul hri leng ve mek chu ram mipuite thinlungah intodelh tumna nghet taka tuh nungtu ni ngei tura a duh thu a sawi a, khawtlang himna tur ngaituah a VLTF-ten mahni vengchung mi hrikaite thlamuang taka mahni vengah ngei enkawl annih theih nana inpekna thuk tak nen a Khuangpuilam 4C din a ni chu lawmawm a tih thu a sawi. Minister chuan Khuangpuilam 4C hawnnaah hian a tul apianga hman atan cheng singkhat leh buhfai bag 2 a hlan nghal baw a ni.

Khuangpuilam 4C atana hman Govt. Diakkawn High School ah hian mipa 21, Hmeichhia 22 leh Chhuangkua a khunghran ngai, mi 10 awm theihna hmun ruahman a ni a, CZS Cable atangin Wifi thlun zawm niin hri kai khunghrante taksa insawizawi duh te tan hmun ruahman sak a ni baw.

Dr.R.K.Lalthlamuana, SMO tarlan danin Kolasib district pumah kum 18 chhunglam mi 58,384 awm mek anga chhut niin heng zinga 15000 vel chu Covid-19 Vaccine dose engmah la la ve lo anga chhinchhiah a nih thu a sawi a, Vaccine lak pawimawi zia inzirtirna uar leh zual a kalpui a tul thu a sawi baw a ni.

Supply Minister Pu K.Lalrinliana hian Khuangpuilam 4C, Vengthar 4C, Diakkawn 4C, Project Veng 4C, Venglai 4C leh Hmar Veng 4C-ahte hian a tul apainga hman tur cheng singkhat leh buhfai bag 2 theuh a hlan a ni.



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**Editorial.....✍**  
**Hri laka inven nan hri danna**  
 Covid-19 hrileng laka kan him nan tanrual a ngai a, 2019 kum tawp lam atangin khawvelin Covid-19 a hmel hriat a , 2020 March vel atangin khawvel ram tin a tibuai tiin a sawi theih awm e.  
 He hri hi a rawn lang thut a, khawvel pawhin a hre chiang rih lo. Inzir chawpin khawvel hian he hri hi a do a ni ber mai, vawin thlengin hriat thar, tih dan thar a la awm deuh reng.  
 Thil chiang erawh a awm a, he hri laka inven nan hian Covid Appropriate Behaviour (CAB) zawm, inkharkhip leh hri danna (Vaccine) a tha tih hi khawvelin a hriat chian a ni.  
 CAB han tih chuan, hri laka him nana mi tinina kan tih tur, hmai tuam tur tih te, kutsilfai tur tih te, midang nena inhnaiha awm loh tur tih te, fimkhurna tur thil hrang hrang hi a ni a, mi tinin kan hre tawh ang tih theih a ni. Hri danna a lo chhuak leh a, CAB leh hri danna hi khawvelin hri laka inven nana hmanrua a neih chhun pawimawh tak chu a ni.  
 Mizoram kan vannei a, mipui nawlpuiin hri danna kan la thei a. Hri danna lak hi kan tih turah ngai ila, ngaih pawimawh a tha khawp mai. Chutih rual chuan hri danna lak avangin inthlahdah tur a ni chuang lo tih hre tel ila, hir kan la kai thei a, kan la theh darh thei bawk. Vaccine hian hri kan lo kai palh a, kan tuarna lutuk tur min vengtu ber a ni tih i hre thar leh theuh ang u.

Branch YMA Office Bearer		
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**CENTRAL YMA THUCHHUAK**  
 Ni 7/8/2021(Inrinni) zan 8:00 pm a Central YMA Office Bearers thukhawm hmanhmawh chuan Assam sawrkar ruahman anga Mizoram House, Silchar, Assam-a Mizo motor tunhnaia ramri buai vanga tangkhangte Mizoram panpui mekte, lailapur, Assam-a Police-te venhimna hnuaia an awm lai, Lailapur mipui ten an lo dang buai leh mortor thenkhat khawih a ni hi hriatthiam har a tiin, Central YMA chuan a dem tak zet a.  
 Hetiang harsatna leh buaina kara him dam taka Mizoram House, Silchar-a let pui leh an ni hi lawmawm kan ti hle a ni.  
 Sub-Hqrs/Group/Branch YMA te Central YMA thu leh hla lo ngaichang turin kan inngen a, ramri buaina chungchangah Central YMA chuan ngun takin a thlithlai reng dawn a ni.

Sd/-VANLALRUATA President Central YMA	Sd/- Prof. LALNUNTLUANGA Secretary Central YMA
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**WHO-in VACCINE BOOSTER PEKCHHUAH TITAWP TURIN NGEN**  
 World Health Organization (WHO) chuan ram thenkhat ten Covid-19 booster an pekchhuah mek chu September thleng titawp lailawk rih turin a ngen.  
 WHO hotu Tedros Adhanom Ghebreyesus chuan ram hausa leh retheiah Covid-19 vaccine pek chhuah a la inthlau lutuk tih sawiin, Sorkarin Delta variant a darh zel ang tih hlauthawnga an ram mipui venhim an tum hi kan hrethiam a ni. Mahse ram thenkhat, khawvel huapa vaccine semchhuah zinga tam zawk hmangtuten a bak la hman belh zel an tum hi kan pawm thei rih lo a ni, a ti.  
 Ram hausate chuan May thla khan an ram mipui 100 zelah 50-te chu vaccine hi an pe thei tawh a, tunah chuan vaccine an pek zat pawh hi nasa takin a pun belh leh tawh bawk niin WHO chuan a tarlang. Hetih lai hian ram retheite chuan vaccine indaih lohna vangin mihring 100 zelah dose 1.5 chiah an la pechhuak thei thung. "Ram hausaa vaccine thawnluh tam zawk te hi ram rethei hnena a thlen theih nan a rang lama ruahmanna siam thuai a tul a ni," tiin Tedros chuan a sawi.  
 Delta variant darh zel tur venna atan ram thenkhat chuan Covid vaccine dose pangngai an pek bakah booster dose an pe tan a, pek tum mek pawh an awm bawk. Hetih lai hian mithiamte chuan booster/extra dose hi a ngai kher em tih chungchangah an la inhnial mek. "Puitling hrisel tha pangngai tana Covid-19 vaccine booster dose kan pechhuak hi a ngaihtuah thui loh thlak hle," tiin Medecins Sans Frontieres access campaign-a infectious diseases medical adviser Elin Hoffmann Dahl chuan a sawi.  
 Covid-19 hri hmuh chhuah ?anna, China-a Wuhan khawpuiah chuan hun rei tak hnuaah tualchhunga a?anga Delta variant kai hmuh chhuah thar leh a ni a, hei vang hian he khawpuia cheng mi maktaduai 12-te chu Covid test neih sak leh vek an ni dawn.

**Khuangpuilam 4C Admission Hawng ta**  
 Ni 7<sup>th</sup> Aug, 21 (Inrinni) zing dar 10:00 Am atangin Covid-19 Positive te chu Khuangpuilam Community Covid Care Centre (4C) ah a in dahluh tan theih ta!! Home Isolation leh Sorkar Covid Care Centre a awm mek te tan pawh kawng zau taka hawn nghal a ni e.  
 4C a lut turte chuan mahni mamawh tur heng mutbu, thleng, no, Bible,..etc te hi kenluh tur a ni anga, ruihhlo a buai tur leh hnawksak tur te chuan dil buailoh ni se, Ei leh In hi mahni chhungte inpek tur a ni anga, hawnlet leh ngai chi a in pek a rem dawnlo a ni.

KPL VLTF



### Mizote tana Mizo tawng pawimawhna

Hnam min phuar khawmtu ber chu ɣawng hi a ni a. Hming te, ram te, hnam dan te leh thil dang dangte pawh hi an pawimawh hle nachungin, min phuar khawmtu ropui ber chu ɣawng hi a ni. Hnam fing zawk leh chak zawkte kara kan nun khaw chhuah ve theihna awmchhun chu hnam thinlung nghet tak kan neih hi a ni. Chumi siam theitu pawimawh tak chu ɣawng hi a ni. Mizote pawh hian hnam rilru kan put tak nachhan pawimawh tak pakhat chu ɣawng khat – ɣawng inhman ɣawm theih (*lingua franca*) kan neih tak vang niin a ngaih theih. Khawvelah hian hnam tenau leh chak lo zawk tam tak awpbeha chimral an lo ni fo tawh a, a chhan ber pawh anmahni aia *culture* chak leh hmasawn tawhten an luhchilh a, chu chuan an hnam nunphung leh khawsak dan a her danglam zo va, an ɣawng a fan chhuah hnuaa phei chuan inpumkhat leh tura beih let a lo har tawh a, a chak leh lian zawk *culture*-ah an inchhunglut zo ta țin a ni.

*Culture* tih hian a huam zauvin mihring nunphung chi hrang hrang, ɣawng thleng hian *culture* huang chhunga khung luh vek theih a nih avangin ɣawng hi *culture* ze peng pakhat ni maiin a ngaih theih a. ɣawng pawh hi *culture* thuhmun neite inbiak pawh tawna a nih baw si avangin *culture* hian ɣawng a hring chhuak nia ngai an awm a, chutih laiin ɣawng khat hmangte hian nunphung leh ze inang an nei ta zawka ngai pawh an awm ve baw. Heng ngaih dan hrang hrang aɣanga chiang taka lo lang ta chu *culture* leh ɣawng hi a inkungkaih tlat tih hi a ni. ɣawng hi mihringte inbiak pawh tawna a nih mai piah lamah hian hnam zia leh nunphung tam tak a keng tel a, kan ngaihtuahna pawh thui tak a tarlangin a kaihrui baw a ni. ɣawng phenah hian *culture* a awm zel a ni.

Hnam ral mai loh nan *culture* vawn nun a ngai a, *culture* a nun reng theih nan ɣawng humhalh a ngai baw. ɣawng hloh tawh hnam ding chhuak sawi tur an awm lo va, *culture* leh ɣawng hi a inzawm tlat vang a ni. ɣawng (*language*)-ah hian hnam nunphung leh zia tam tak a inphum tlat a. ɣawng danga leh chhuah theih loh a awmzia hrilhfi ah ngai thu kan nei nual mai. Entiran – 'Tlawngngaihna' tih thumal hi Mizo thinlungah chuan hrilhfi ah lehchuan ngai lova chiang, Mizo ze chhuanawm tak a ni a, ɣawng danga lehlin dawn erawh chuan a awmzia hrilhfi ah fe a ngai tawh țin. 'Mizopa' han tih mai pawh hian Mizo a nihna mai bakah a mizia leh rilru puthmang a tarlang tel nghal baw.

*Culture* inher danglam rualin ɣawng pawh a danglam ve nghal zel a, hmasawna chi hrang hrang avangin ɣawng thar a lo piang zel a. Kristian sakhua avangin ɣawng thar tam tak kan neih belh a, eizawna leh hnathawh dan hmang (*work culture*) danglam zelin ɣawng thar a hring chhuak zel baw a. Kan in leh lo, hmanrua leh thil neih hrang hrangte, zirna leh thiamna, hmasawna chi hrang hrangtein ɣawng nasa takin a her danglam a. Heng hian thumal thar tam tak a hrin chhuah avang te, hnam dang ɣawng tam tak her rema Mizo ɣawng kan seng luh tak te avangin ɣawng tihausatu pawimawh tak an ni.

Kan ɣawng neih sa tichhe zawnga Mizo *culture* inher mek pawh hi hmuh hmai chi a ni lo vang. Khawthlang nun leh ɣawng ngaihsannain min tuam nasa telh telh a, sap ɣawng thiam kan ngaisang a, Mizo ɣawng thiam loh erawh intih theih nan kan hmang ta lek lek mai. Pawl sawmpahnih zirlai lekhathiam thei tak, Mizo subject a fail avanga compartment exam ngai ta chanchin chu a laichin hnai tak pakhat chuan chhuang angreng takin min hrilh a ni. College zirlaite zingah pawh Mizo ɣawng sipel ziah dik loh paw ti miah lo, thiam pawh tum chuang lo an tam hle baw. Mahni hnam thil ngaihnepnah leh hnualsuatna hi hnam tenaute nuai chimittu a ni fo.

(Chhunzawm tur)

### Naupang rethei kha

(Kum 2015 Uttar Pradesh ah zirtirtu hna ka thawh laia thiltawn.

"I chhang chu paih la tui chungah i hmu leh dawn si ni rei hnuaa")

Manu : Sir, ka nu leh pa an boral tawh a, *aunty* ten an in bulah ka unau te nen min awmtir ve a; mahse, kan *fee* tur min pe reng seng bik lo va. Ka inhlawh ve a ngai țin a lawm. A changin ka u hian min puih țin a; mahsela, *college* kal lai a nia min puih reng thei lo va. Lehkha zir tur an ngah sia.

Keimah - A nih chu mawle! Unau engzat nge in nih (A mitah tak en pahin)

Manu - 5 Kan nia.

Keimah - Wow a va ropui ve, kan unau zat nen a in ang chiah 5 (panga) kan ni a, upa ber ka nia, ka naute chu maw nangmah anga hmelt̃ha vek an nia. (Unau 5 kan ni tak tak lo)

Manu - Sir ka kal thei tawh ang em!

Keimah - Khawiah maw i kal ang a!

Manu - Sir, ținante bulah lekhazir turin.

Keimah - Lawk, thil ka la zawt duh che, i la kal thei lo.

Manu - Sir, min hrem dawn lo tiraw?

Keimah - Ka hre lo le! I kal chuan ka hrem maithei che a ni (nui suk pahin)

Manu - Sir, min ngaidam rawh ka rawn tlai tawhlo ang, chhuanlam pawh ka siam tawh ngai lo vang.

Keimah - Manu! Ka hrem dawn hleinem che naupang ka hrem i hmu tawh ngai em ni! Kei chuan i rawn tlai fo chhan dik tak hriat ka duh a. Nangmahni inah min hrui la kan haw hunah.

Manu - Sir, a hla asin i rawn kal hman dawn mi?

Keimah - Peih e. Kan kal dun dawn nia lehkha zir rih phawt ang. I zir chak tawh em?

Manu - Sir, zir chak tawh engmah *home work* ka thiam hman loh chuan *teacher* ten min hrem dawn a.

Keimah - Awle, lekhathiam i duh em?

Manu - Sir, tehrengmai. Nakinah chuan *officer* ka la ni dawn a.

Keimah - Awle, *officer* i nih hunah chuan min hre reng rawh aw!

Manu - Sir, tehrengmai. In inah ka rawn kal leh ang a, ka rawn hrilh ngei ngei ang che. Mahse, in ramah i haw daih dawn kha.

Keimah - Haw dawn lo e, hna ka ngah lutuk ka la haw hman mai lo ang.

Manu - Sir, ka lawm e! Haw miah suh aw.

Keimah - Awle, ka haw dawn lo a nia. Lehkha va zir tawh rawh le.

Hemi tlai hian an inah chuan kan kal ta ngei a, an upa ber hi a lo awm lo va, hnathawkin a lo chhuah daih avangin a unau dang te chauh an lo awm a. Pawnah an ținan ținkhatte nen an lo infiam laih laih a. An bul hnai kan va thlen chuan min en duh hlawm khawp mai a, ka vawikhat kalna a ni baw ka mak min ti deuh a ni ngei ang, ka hmel landan te a danglam bawk nen.

(Chhunzawm tur)

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p><b>MANNA HLANNA LEHKHA</b></p> <p><b>(Chang 36 (2)) Form 1</b></p> <p>He Man Hlanna Lehkha hian mipa nupui neitu hian a hnuaia zia ang hian a nupui man a hlan tih a entir :</p> <p>1. Innei te hming :</p> <p>(1) Mipa hming : _____ Kum zat : _____ Pa hming : _____ Khua/Veng : _____</p> <p>(2) Hmeichhe hming : _____ Kum zat : _____ Pa hming : _____ Khua/Veng : _____</p> <p>2. Man zawng zawng zat : _____</p> <p>3. Man pek zat : _____</p> <p>4. Man bat zat : _____</p> <p>5. Thutphah (Aawm chuan) : _____</p> <p>6. Man hlantute - 1) Signature : _____ Hming : _____ 2) Signature : _____ Hming : _____</p> <p>7. Man dawngtu : _____</p> <p>8. Man hlanna hmun : _____</p> <p>9. Man hlan hun leh ni : _____</p> <p>10. Inneihni : _____</p> <p>11. Hriatpuitute - 1) Signature : _____ Hming : _____ 2) Signature : _____ Hming : _____</p> <p><b>FA-A SIAMNA LEHKHA (Chang - 98)</b></p> <p>He Fa-a siamna Lehkha hian a hnuaia sawi ang hian Fa-a siam a entir.</p> <p>1. Fa-a siam hming : _____ Kum zat _____ Signature _____ ( or kutzungpui nem ) Pa hming _____ Nu hming _____</p> <p>2. Fa-a siamtu hming _____ Signature _____ Kum zat _____ Pa hming _____ Khua/Veng _____</p> <p>3. Fa-a siam Nu emaw Pa emaw an awm tawh loh chuan : A laichin bul hnai la awm : Hming _____ Signature _____ Kum zat _____ Pa _____ Khua/Veng _____</p> <p>4. Fa-a siam ni _____</p> <p>5. Hriatpuitute : (1) Signature _____ Hming _____ (2) Signature _____ Hming _____</p> <p>6. VCP Hming _____ Address _____ Signature _____ Date _____</p> <p><b>GLOSSARY</b></p> <p><b>Ban Man</b> : Inlaichinna tihtawp vanga chawi. Pu leh tu inkar thu. Tuin a pu a ban chuan pu atana a ban man a puin a thing thei. Thil dangah ban man a awm thei lo.</p> <p><b>Buh - Bal</b> : Buh-bal chuan Nupaa thawh chhuah dun engkim a huam.</p> <p><b>Chhuatkil kai man</b>: Mahni laichin bulhnai ni lo, mi dang In aṅanga pasal neiiin a man tel tura In neitu hnena a pek, inthen pawha kir ve lo tur.</p> <p><b>Chi chhiah</b> : Lal ram chhunga chikhura mi ten khang man, Lal hnena pek.</p> <p><b>Enkawltu</b> : Naupang kaihruai tur mawhphurtu, Pa thihsan fate chuga mawh latu. (Chhunzawm zel tur)</p>	<p><b>Thin (Liver)</b> - Dr Vanlalfaka Tochwawng</p> <p>Taksa bung pakhat pawimawh tak Thin (<i>Liver</i>) chungchang hi i han sawi teh ang. Thin hi awm ruh chung, pumpui dinglam deuhah a awm a; senduk buang lam rawng kai a ni. Thin hi a hrisel that chuan a nem a, a fan thei deuh bawk. Thin hian natna a neih chuan a lo ruh ve deuh talh thei bawk. Puitlingah chuan thin hi a tlangpuiin sertawk lian lam deuh tiat vel hi a ni a. Pumrua azirin a inang lo thei bawk.</p> <p>Thin hi ding lam leh vei lam thlar tiin an then deuh ber a. Thinah hian tisa mur chi hrang maktaduai 300 chuang mah a awm a. Heng tisa murte hi mit dawt (<i>Bile duct</i>) leh thisen zamin a pawh vek a. Chung mit dawtte chu inzawm khawmin dawt lian pakhatan an inthlung khawm vek a, chu dawt chu a damdawi lam tawngin '<i>Hepatic duct</i>' an ti. Chu Hepatic duct chu mit bawm (<i>Gall blader</i>) aṅanga dawt lo kal nen a inzawm leh a, chu chu mit hrui (<i>Bile duct</i>) an ti. Chu mit hrui chu pumpui hnunah lut thlain rilfangah a lut ta thin a ni.</p> <p>He mit bawm (<i>Gall bladder</i>) hian thin aṅanga lo kal mit tui chu a lo khawl a, lo titak (<i>concentrate</i>) in pumpuia chaw luh rualin a luang lut ve ta thin a ni.</p> <p><b>Thin lo insiam dan</b> : Thin hi nu puma nau lo insiam aṅanga kar 4-na velah a lo lang tan a. Nau than anga lo than chho ve zelin thlar (<i>lobe</i>) a lo insiam a; a thlar ding lam hi vei lam aiin a let 6 zetina lian a ni. Nausen piang hlimah hian thin hi naute rih zawng hmun 100-a thena hmun 5 angin a rit a, puitling thin hi Kg 1A vela rit a ni.</p> <p><b>Thin pawimawhna</b> : Thin hi thluak tih lohah chuan mihring taksa bung khata insiam phung ropui ber a ni a. Hnathawh a ngah em em a, taksa khawl a ni ringawt mai a ni. Insiam thar leh zual thei a nihna hi a hnathawh ropui tak chu a ni a. Entir nan, hmun 10-a thena hmun 9 hi hlep thla ta ila, thin hrisel tak hmun 1 la awm khan rei lote chhungin a len dan pangngai angin a siam thar leh thei a ni.</p> <p>Kan thil eia chaw thate hi ril bang kal tlangin thisen zamah a lut a, chutia kal zel chuan thinah a lut ta thin a ni. Chu chaw tha thisenin thina a rawn ken luh chu thinin bawhlho chi hrang hrangah taksa tan a lo siam tui a, chu chu taksa bung hrang hrangah pe darhin taksa chakna leh than nan kan lo hmang ta a ni.</p> <p>Thin hian <i>substance</i> chi hrang hrang, taksa hriselna tur leh thanna tur a pe chhuak teuh a; entir nan:</p> <p>a) Thina tisa mur awmte hian <i>substance</i> chi khat '<i>Prothrombine</i>' an tih chu siam chhuakin chu chuan thisen tikhkhangnaah a pui a ni.</p> <p>b) Tin, tisa murte hian <i>Protein</i> an siam a, chu chu thisenin taksa bung hrang hrangah a keng kual ta thin a ni.</p> <p>c) Tin, thin hian chaknathahrui (<i>energy</i>) a khawl thei a, taksa tana tangkai tak tak <i>substance</i> chi dang - <i>copper</i>, <i>iron</i> leh <i>vitamin</i> te pawh a khawl thei a ni.</p> <p><b>Taksa control-tu a ni</b>: Thin hian hengte hi a vawngin a khuahkhirh a ni.</p> <p>a) Taksa tuihang tisaa awm zat tur dik tak a awmtir a.</p> <p>b) Thisena thil thlum awm zat tur a thunun bawk. Thin hian thisena a thlum a tam lutuk dawn chuan thlumna siamtu '<i>Glycogen</i>' chu thinah a chhek khawl tlat a ni. Thisen thlumna a lo tlem hnuin a pe chhuak leh mai thin.</p> <p>c) Taksaa tuiiril awm zat tur a khuahkhirh tlat a; tin, a insem darh dan tur pawh a vawng tlat a ni.</p> <p>d) Thisena thlumna siamtu pakhat '<i>Cholesterol</i>' tam lutuk tur a veng a; a lo tam viau dawn chuan thil dangah a chantir daih thei a ni. (Chhunzawm tur)</p>