





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

Vol - VII Issue No. - 41 Phek 1-na - Khuangchawi thla - 10th October, 2021 (Pathianni)

YMA MOTTO


Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com


Khua a that rin a ni.
Temp - Max: 29°C Min: 20°C
Dar 5:18-ah ni a chhuak ang a,
Tlai Dar 6:52-ah a tla leh ang.

Tunkar chang vawn : Thufingte 16:11 “Bûkna dik leh a lung dik chu Lalpa lâwmzâwng a ni, Bâwma bûklung zawng zawng hi a siam a ni.”.

TUALCHHUNG CHANCHIN

VC HRIATTIRNA
Khuangpuilam V.C Area huam chhung kawngpui dung leh kham ah te Bawhlhlawh paih thin an awm tih hriat a ni a, heng bawhlhlawh paih thin te hmu leh hria kan awm anih chuan V.C hnen ah hriat tir tur a ngen kan ni a, bawhlhlawh paih lui man chhuah an awm a nih chuan an chungah natak a Action lak a ni ang

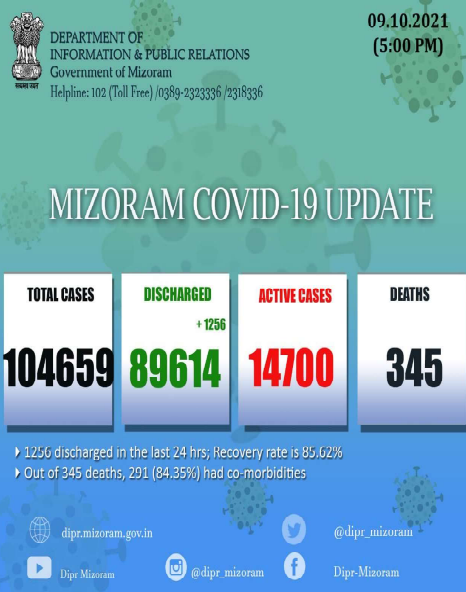
Lawmthu sawina
Dt.6/10/21 zing dar 9:30 Nilaini khan Khuangpuilam VC te chuan faina hapta denchenin hnatlangpui a ko a, kan ngenna te ngaipawimawh a, hemi ni a vengchhung mipui lo thawk chhuak a, lo hnatlang zawng zawng chungah lawmthu kan sawi tak meuh meuh a ni. Kan veng a lo fai zel theih nan mimal tinte i tang thar zel ang u.

Sd/-
Secretary.
VC
Khuangpuilam

BRANCH EXECUTIVE COMMITTEE THUKHAWM

Khuangpuilam the 10th October, 2021 :- Ni 5/10/2021 (thawhle) zan dar 7:30 pm khan BNRGSK Hall ah Khuangpuilam Branch Executive Committee pawimaw tak neih a ni a. Committee hi Branch President Pu Daniela’n a kai hruai a, Pu Vanlalrova, BEC member in jawngtaina hun a hman a, thurel tlangpui te:-

- 1. Raltlan chhawmdawlina chungchang :-** Myanmar raltlan te tanpui chungchang sawiho a ni a chhawmdawlina pek ve ngei nise kan ti a, chhiatni fund atangin branch sum cheng 5000/- pek nise tih ani a. Tin veng chungah chhawmdawlina pe duh kan awm theih avangin FLS kaltlangin puanzar nise. Section leader leh secy te hnenah hlan nise Khuangchera setion bikah Leader leh NI. Lalthazuali ten lo ngaihven se tih a ni.
Gpay-na atan NI. Florence Zoremsangi account hman nise kan ti a, thilpek pe duh tan inrinni chawhma thleng hun hawn nise tih ani baw.
 - 2. Ruihhlo chungchang :-** Khuangpuilam area chhungah ruihhlo (Zu leh Drugs) a hluar leh tak avangin Branch hruaitu ten group te siamin duty routine nen, tun ni 10/10/2021 (Pathianni) atanga hma la thei turin ruahmanna siam nise tih a ni.
 - 3. Online Registration :-** Online hmanga YMA menber registration leh data vawn chungchang a rawtna lo lut chu nguntaka sawiho hnuah a senso ngai leh bawhzui ngai awmte lo bawhzui turin Pu Lalremsiama Varte, Branch Secretary leh Pu Lalsiamkima, Daifim Editor leh Pu Ricky MS Dawngzela, Daifim, Asst. Editorten lo ngaihven a lo bawhzui se kan ti.
 - 4. Telescopic Leihlawn chungchang :-** FLS leh chhiatni thatni atana kan mamawh Telescopic Leihlawn chu lei ngei nise kan ti a, kan hruaituten lo bawhzui se kan ti.
 - 5. Bawhlhlawh chungchang :-** UD&PA hnen atanga bawhlhlawh tawihthei leh jawihthei lo thliar hnan chungchangah vengchhung leh Whatsapp group hrang hrang a puanzar sak tura min ngen chu tihhlawhtlin ngei nise tih a ni.
 - 6. Ngaihdam dilna :-** Pi Lalthanthuami’n ram leh khawtlang duhloh zawng a lo tih avanga YMA memberan nihna kan hlihsak leh ensanna chu hrehawm a ti hle a, Chuvangin ti nawn tawhlo tura intiamin ngaihdam a rawn dilna chu lawmawm kan ti a, committee hmasa lama kan lo tih tawh angin an mahni ngei koha bond sign nise kan tia, a hun atan ni 10/10/2021 (Pathianni) tlai dar 3:00pa ah NR Hall nise tih a ni.
 - 7. Ralbawm leh khawhar In lenpui chungchang :-** Ngun taka sawiho a nih hnuah Covid 19avanga nikum 18th March, 2020 a BEC leh VC joint meeting in a lo rel tawh anga khawhar In lenpui dan leh ralbawm dah rihloh a lo rel tawh chu kumin chhung atan la kalpui rih nise tih a ni.
- Pemlehkha :-** Pu Zothanmawia Hrahsel te chhung Diakkawn atangin Vanapa section.
- Testimonial :-** (1). Pu Chhuanmuanlala Kanan, Aizawl atangin Khuangchera section.
(2). Pu Cyrus Lalhminghlua te chhung Khawmai, Venglai atangin Khuangchera section.
- Section :-** Chawngbawla Section Secretary atan Pu Lalsiamkima ruat a ni a, Asst. Secretaty atan Tv Benjamin Lalthanzuala Sailo ruat ani tih kan dawnga lawmawm kan ti hle.



09.10.2021
(5:00 PM)

DEPARTMENT OF
INFORMATION & PUBLIC RELATIONS
Government of Mizoram
Helpline: 102 (Toll Free) / 0369-2323336 / 2318336

MIZORAM COVID-19 UPDATE

TOTAL CASES	DISCHARGED + 1256	ACTIVE CASES	DEATHS
104659	89614	14700	345

➤ 1256 discharged in the last 24 hrs; Recovery rate is 85.62%
➤ Out of 345 deaths, 291 (84.35%) had co-morbidities

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

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 : Pu. Samuel Lalpekhlua</i> <i>Contact No: 9612761781 / 9612691291</i> <i>9862501858 / 8575946381</i>	Branch YMA Office Bearer <table><tr><td>President Pu HD Daniela 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 Samuel Vanlalremruata 9862094257</td></tr></table>			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 Samuel Vanlalremruata 9862094257
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FLS Station - 9862094257/9862327112 Chawngbawla Section Leader : Tv R.Lalnuntluanga 82599 60032 Secretary : Pu Lalsiamkima 9612691291 Vanapa Section Leader : Pu Lalchuaailova 87300 99599 Secretary : Tv. Lallawmzuala 87875 41803 Khuangchera Section Leader : Pu Lalramzaau 76408 95924 Secretary : Tv Lalremruata 7005131514	Section hmalakna Chawngbawla Section - Dt. 3 th Oct, 2021 (Pathianni) zan khan Section OB Meeting neih a ni a, thurel tlangpuite: 1. Albert Vanlalmuana, Dilkhan atanga Testimonial Certificate dawn chu pem lehkha an lo neih rem chan loh avangin pem lehkha anga pawm sak turin a rawn dil a, Dilkhan YMA te biak chiana Branch YMA lamah a dilna ang hian thlen phawt nise tih a ni. 2. Section Secretary Pu Samuel Vanlalremruata chu Branch Fin Secratery atan a ruat a nih avangin a kal san tak Secratary chu Asst. Secretary nilai Pu Lalsiamkima ruat a ni a. Asst. Secretary atan Benjamin Lalthanzuala Sailo ruat a ni bawk. Charge inhlanna pawh Dt 8/10/2021 khan Pu R.Sangkhuma In ah neih a ni. 3. Section Budget Branch YMA in section tinte a tuk Rs.3000/- chu pek tlak mai a tha angem tih ngaihtuah a ni a. Ngun taka sawiho a nih hnuin Section Budget hi pek tlak nghal mai nise Section Treasurer, Pu Joshua Lalremsanga'n lo pe se tih a ni. 4. Vengchhung Area tih chian a, chhinchhiahna siam chungchang section OB committee vawi 2-na in a lo rel tawh , Section Committee neih theih a nih tak loh avangin, OB meeting chuan bawhzui leh mai nise a ti a. Section Secretary in lehkha ziakin BEC a ngaihtuah turin lo thehlut mai se tih a ni. Tin Faina hapta denchhena VC te hmalakna a Section tinte hlo kahna hmanga kah tur pawh nimin 9/10/2021 chawhnu lamah Section Executive Committee member chin in hlo kah hnatang neih a ni a. Section chhunga hnim zual lai leh kawngsir hnim samna hnute kah an ni. Khuangchera Section:- Dt. 9/10/2021 (inrinni) zing khan VC te hmalakna a Section tinte hlo kah hnatlang tluang taka neih a ni a, hmabak dang awm tawh lovin a tul lai leh pawimawh lai te hnatlang te hian an thawk zo tawh a ni. Vanapa Section:- Dt. 9/10/2021 (inrinni) zing khan Vanapa Section-te pawn hlo kah hnatlang an nei a, Section chhung hmun pawimawh leh langsar laite kapin a zatve an kap zo thei a, remchang hmasa berah a zatve vel bawk hmabak kah loh chu hnatlang a tih zawh ngei an tum nia thu dawn a ni.			CYMA hmalakna Khuangchawi Thla ni 3, 2021 (Pathianni) chawhnu dar 2:00 pm khan CYMA OB ten Dr. R. Lalthangliana Health Minister chu a chenna inah an kawm a hengte hi sawiho a ni. 1) ZMC a kuang pek chungchangah YMA in theih tawp chhuaha kuang pek thin a nih thu leh tun dinhmunah kuang neihsa te hman zawh deuh a nih thu dawn a ni. Khawpui chhung bik Branch te chu ZMC a Covid 19 avanga thi kan awmin kuang thlakna ken thin ni se. 2) Aizawl pawn lam ZMC a boral an awma hman turin khawpui chhung Branch remchang thei kan awm chuan kuang pek (Donate) chhunzawm theih ni se. Sawrkar lam pawhin Aizawl khawpui pawn lam mite kuang mamawh lo ngaihtuah tura ngen an ni bawk. 3) Kuang chungchanga harsatna a awm anih chuan CYMA hruaitute hnenah ZMC lamin an thlen thin ang. 4) YMA Committee in Mizoram chhungah a tam thei ang ber RTPCR Laboratory din tura ngenna chu District tinah dinntum anih thu dawn a ni. RTPCR Laboratory din tur a tihtur tulte vawi leh khata peih vek theih anih loh thu dawn anih rualin, chak taka hmalak mek niin hna hmasaah Lunglei leh Champhai buaipui a nih thu dawn a ni. 5) District khawpui danga Covid 19 avanga thi an awm chuan a tul angin Sub-Headquarters in District thuneitute nen inbe rawnin ruahmanna an siam thin ang. Sd/- Prof. Lalnuntluanga General Secretary Central YMA <i>"I atchilh lam lamah nihlawhna i chang ang a, mi thil pet lawr dum te an dawng fo. Buaipui bik neite an hlawhtling a, tlangkam ti ti a innghatte chaw bel a ruak fo."</i>					
Editorial.....✍ Khawvela kan lo pian hian mawhphurhna tam takin min lo hmuak thin a, kan tih tur leh kan tih loh tur thil tam tak a awm. Kan tih ngei ngei tur zinga pawimawh ber pakhat chu 'Faina' hi a ni awm e. Khawvel mihring zawng zawngte mawhphurhna intawm ti pawhin a sawi theih awm e, kan chenna hmun azir te, a mihring azir tein mawhphurhna chi hrang hrang kan nei thei. Mihring zawng zawngte mawhphurhna pakhat chu faina hi a ni a, intihfai hi kan tih tur theuh a ni. Khawvel hi kawng hrang hrangin siamthat a ngai reng a, tihfai pawh a ngai reng thin. Mihring leh thilsiam dangte avangin khawvel hi a bal thin a, a balh chuan a tuartu chu keimahni tho kan ni. Chuvangin khawvel a fai theih nan hian mawh kan phur theuh a ni. Mawh kan phur han tih hian, khawvel pum pui tihfai chu tu tan mah han tlin rual a ni lo a, keimahni leh kan chhehvel tihfai hi kan tih theih chu a ni a, chutiang tan kan lak chuan khawvel hi a fai mai dawn a ni. Keini veng pawh, veng pum tihfai hi mimal tan chuan kan tlin lo ang. Mahse keimahni leh kan in leh a chhehvel theuh kan fai chuan kan veng a fai dawn tihna a ni a, veng a fai chuan a zarzotu chu keimahni bawk kan ni. Faina Hapta kan hmang ah hian faina hi kan mawhphurhna a ni tih hriain tan i la thar theuh ang u.	Beidawn thlak khawpa hun khirh a awm lova, mahni inhmuh dana beidawng an awm thin a ni zawk.								

Thu ziak Huang - *Apuia Tochhawng*

Chimral kan hmabak em?

Hla phuah thiam hmingthang John Donne chuan heti hian a hla thu-ah a lo thailang tawh a, ‘No man is an island, entire of itself, every man is a piece of the entirement, a part of the main’ (Tumah hi a hrang hlakin a khawsak theih tak tak tawh loh va; mitin hi huho peng, a hlawmpui zar theuh kan ni) a lo ti tawh a, Lungpui pawh lungtein a kamki loh chuan a ding thei lo a, inring tawn tham mai mihring kan ni tih kan hriat reng a pawimawh awm e.

Tunhnaiah mi thenkhat vai thlavang hauh ngawr ngawrtute hian vai tel lovin kan khawsa thei lo. Kan buhfai ei, kan *cooker*, kan fianpui chenin vai siam vek an ti teh fo a, ka sawi duh chu vai buhfai kan ei hi a hlawk zawk tur chu vaiho hi an ni zawk.

Vai buhfai hi ring tawh lo ila, vaiho hi a mangang zawk tur an ni ngei ang. An sum hmuhna tur ber a tawp ringawt mai dawn a, kumtin *metric ton* engemaw zat Mizorama an *export* theih avang hian vai engzatinnge hausak pui tawh ang? Vai hi kan chawm zawk a ni tih hriat tur.

Sumdawng ka ni a, *customer* pawh Pathian zarah ka ngah chho ve zel a, *customer* pakhatin *customer* pahnih a rawn hruai belh tur a ni tih hi ka thupui a ni a, hei vang hian ka sa pawh dik takin ka buk a, *Association*-ah ka tel ve duh hek lo. Mipui rawngbawl hi ka tum a ni.

Customer hi nei ta miah lo ila ka sumdawnna hian awmzia a nei lo ang. Chutiang bawkin vaiho thil siam hi lei ta hauh lo ila a buai zawk tur chu vaiho tho an ni. Vaiho *cooker* kan lei thin avang hian a hausakpui tur *cooker industry/company* an ni leh mai. Hei vang hian vaiho chawmhlawm zawng kan ni bik lo. Vai thilsiam pakhatte pawh hi vaiho hian min rawn pe ngawt ngai lo. Kan sum an duh a, an thil siam kan lei a, kan indawr tawn a ni mai.

Vaiho chawmhlawma inngai tlatte hi an khawngaihthlak a, a thlawnin buhfai an dawng reng bikah ngaihsak ta mai ila a fel ber ang.

Kan chhehvela hnamdang thenkhat hi chimral an lo ni tawh a, *Cachari*, *Tripuri*, *Assamese* leh *Meitei* te hi chimral an ni. Tunah hian *ILP* hian min la hum ve tawng tawng a, *ILP* nei lo vai *Central YMA* hmalaknaa dap an nih khan vai thenkhat humtu zawk chu Mizote an ni. Kan rilru chhiatna te, kan duhamna te, kan mawl luatna te hi *ILP* hian a hum zo lo a nih ber hi.

Kum 1911-ah khan *Tripura*-ah khuan a ram neitu *Tripuri* te chu 80% an ni a, hnamdangin an han chim tak tak a, kum 1981 chhiarpui chuan a ram mi chu 28.44% chauh an ni. A chhan chu an hmeichhiaten hnamdang pasala an neih vang te a ni a, an fate hnamdang an ni zel a; tin, sumdawnna ah an chiah hneh avangin *Tripuri* hi chimral an ni ta niin a lang.

India ramah hian hnam hnuaihnnung ber pawh pha lo, mihring pawh ni pha ve lo, *Outcaste* tlukpuiah min dahin *Tribal* nihna min pe a, hei hi *India* danpuia kan *Constitutional Identity* a ni. Hei vang hian rambuai lai khan sipaite min nghaisak danah a lang a, India hian min duat lutuk lem lo. *British* leh kan mizo lalte indo dan nen kha chuan inthlau tak kan ni.

Tangrual tur hi hnam tangrual lo ber pawl kan ni a, ram tana thahnemngai taka thawk tur hi a eiru nasa pawl an ni a, Kristianna chu a dik lo zawnga hmangin a dawihzep tawk lekin kan kristian a, Kristian a nih phawt chuan vai makpa neih pawh kan hnial lo a, ram rawktute chu Kristian takin kan sawisel ngam lo va.

Kan ram hi chimral chu a la ni em lo va, mahse kan thinlung erawh chu chimral a ni zo tawh a, sum avangin chimral kan ni a, kan phakar luat leh mahni hmasialna hian chhungril lamah chimralna hmahruai a zawh mek a nih hi.

Naupang Huang - *C. Lalnunchanga*

Taitesena (Chhunzawmna)

Taitesena chuan, “E...kei chu ka huaisen ve awzawng lo, tu mah kangam lo. Mite’n zah an ngaih avangin hmingthatna ka hlawh ve mai mai a ni,” a tih pawhin Chalruanga chuan, “Hei leh chen vel tur chein ka lo kal a, khawi nge ka han beng reng reng teh ang che,” a ti lui tlat a. Taitesena thin chuan a tuar ta bik lo va, “Chutia mi tih luih tlat i tum a nih chuan inben mai mai te chu patling leh patling tan chuan a ho tham em mai, hmeichhe tih awm lek alawm,” a ti a. Banglaia kawlnam chu a la a, “Hei hian i duhna lai takah mi sat rawh, inben te chu a na lo em mai,” a ti a, kawlnam chu a pe a.

Chalruanga chuan a sat ngam awzawng lo mai, a ding zum ta reng a. Taitesena chuan, “Mi sat ngam lo a nih chuan i dah leh teh ang. Tun hnuah sazukin sakei, ‘Ka vel ang che, ka beng ang che,’ ti tawh ngai reng reng suh,” a ti a. Chalruanga chuan mei a khup zul zul a, thupha a chawi ta ruai mai a ni.

A hriat lohvin Taitesena chu a chhungle’n a nupui tur an lo zawnsak a; an khaw nula hmeltha leh fel Thangrikhumi an bia a. Thangrikhumi nu leh pate pawhin Taitesena chu an mi duh zawng tak a nih avangin, harsatna eng mah siam lovin an lo “Aw” nghal mai a. Man leh mual thlengin an sawi fel tawh a.

A pa Pahanga chuan, “I nupui turin Thangrikhumi kan va bia a, anni pawhin rokhawlna hran an lo siam lo va. Mo nei turin kan ran zun leh ekte pawh a tam lai tak a nih hi,” a ti a. Taitesena chuan, “Ka pa, keinite chu nupui nei ve tur em maw kan nih le? Mi fanute kan tihrilhai hma awm em mai. Kan hmingin lei pawh a dek tawh lo a nih hi,” a lo ti a. A pain Taitesena’n dam rei a inrin lohzia a han hriat chuan leh lam a hawi a, a mittui a tla fap fap a; a ngawi ta reng a ni. Hetih lai hian sakei mihring seh ching, sapin ‘*Man-eater*’ an tih ang hi a awm a, a huaisarin a hrang em em a, a ram bial fan lah chu a zau hle mai a. Reiek khua mi 10 Tut luihah nghafuan vengin an riak a. An hotupa chu Taituka a ni a, an zingah chuan rawlthar pahnih Vuaia leh Bawkkuaia an tel bawk a. An nghafuan veng chu an hlawhtling hle a, sangha chu buk pawnah an rep tlar dul a. Khua a thim thut thut tawh a, zanriah ei khamah Bawkkuaia chu an sangha repna mei chhawm tha turin a va chhuak a. An buk chhakah keipui chuan buk chhunga mite chu seh tumin a lo chang reng niin, Bawkkuaia chu a lo zuan thlu tawp a; a malpuiah a seh a, thlang lama hnuh thlak a tum a. Bawkkuaia chuan an sangha repna ban chu a kut khing hnihin a vuan tlat a, sakei nen chuan an inchai nasa hle a.

Bawkkuaia thiante chu buk chhungah hlauvin an tawmin tlat a. Bawkkuaia’n, “Min rawn chhan teh u, hei, min pawt thlu thei bik hauh lo a nia,” a tih pawhin an chhan ngam lo va. Nakinah chuan a rawltharpui Vuaia chuan, “Khawi nge, ka chem tah hriam hian ka’n sat vak teh ang,” tih leh thawh a rual a. Mahse, an hotupa Taituka chuan, “Sakeite sah hlum zawh i inring em ni? I tikawlh ting ang a, kan phak buai ... (Chhunzawm zel tur)

Dan leh Hrai

Naupang chung a dan bawhchhiatna leh a hremna 30

(Chhunzawmna)

HL Rinawma

Chipchiar tak leh fiah kelhkawl a zia sen a ni lova, tawifel deuh zawngin kaitawi mai ila.

21. Hriamhrei hmanga naupang vaubet a, hursualna hmanpui. **Hremna** : Kum 10 aia tlemlo hrehawm taka tan bakah pawisa chawi (sec 6 of POC SO Act – 2012)
22. Vohbik naupang (rilru emaw taksa emaw) hursualna hmanpui. **Hremna** : Kum 10 aia tlemlo hrehawm taka tan bakah pawisa chawi.
23. Naupang hursualna lam zawnga khawih (serh thun kher lo pawh) **Hremna** : Kum 3 – 5 tan leh pawisa chawi (sec 8 of POC SO Act – 2012)
24. Naupang himna hmun a thawk – *Police, armed forces*, sorkar hnathawk, *Jail* leh *home* a thawk, *hospital*, zirna in, sakhaw rawngbawltu, adt. ten hursualna kawnga naupang an khawih. **Hremna** : Kum 5 – 7 tan bakah pawisa chawi (sec 10 of POC SO Act – 2012)
25. Hursualna lam zawng leh chakna titho thei zawnga naupang chhaih (hei hian che zia, *ṭawngkam, media*, milem, thlalak pho lan, adt. thlengin a huam). **Hremna** : Kum 3 tan leh pawisa chawi (sec 12 of POC SO Act – 2012)
26. Hursualna lam thlalak etc. Naupang serh pholan, adt. **Hremna** : Kum 5 tan bakah pawisa chawi (sec 14 of POC SO Act – 2012)
27. Milem dukdaklo (*Pornography*) atana naupang hmang sual (hursualna tih lai lang, adt.) **Hremna** : Kum 10 – damchhung tan bakah pawisa chawi (sec 14(2) of POC SO Act – 2012)
28. Naupang telna thlalak / milem dukdaklo kawh leh hralhsum atana chheprelh. **Hremna** : Kum 3 tan bakah pawisa chawi (sec 15 of POC SO Act – 2012)
28. Naupang chung a hursualna thil ti tura mi fuih. **Hremna** : Thilsual tih tum hremna na ber zatve or damchhung chanve tan (sec 18 of POC SO Act – 2012)
29. Midang tih mualpho, thil chhuhsak nan emaw vau nan leh tihhmingchhiat tum hrim hrim vanga hursualna lam hawi dawt a *Complaint* siam. **Hremna** : Thla 6 tan bakah pawisa chawi (sec 22(1) of POC SO Act – 2012)
30. Puitlingin naupang tihhmingchhiat tum vang ringawt a *complaint* diklo a siam. **Hremna** : Kum 1 tan emaw pawisa chawi emaw a pahnihin. (sec 22(3) of POC SO Act – 2012)

Inzar buai leh bihthlak chungchang

Luaia Hrahse

STALKING : Hmeichhe zui ruk te, min hnarin min duh lo a ni tih hre reng chung a um zui tal mai te, *internet* leh *phone* hmang te a inzar buai reng mai te hi ‘*stalking*’ an ti a, chutiang titu chu a hrem vawi 1-naah kum 3 thleng tantir leh pawisa chawitir theih a ni a, a vawi 2-naah phei chuan kum 5 thleng tantir a, pawisa chawitir baw tur a ni (*Insertion of section 354D*).

VOYEURISM : Mipa tu pawh, hmeichhia saruak emaw kekawr te leh kawr hnuai nen chauha a awm lai lo bihthla emaw, thla lo laksak emaw hi ‘*Voyeurism*’ an ti a, chutiang chu miin a lo ti a nih chuan a vawi khat tihna ah kum 1 aia tlem lo, kum 3 thleng tan tira hrem theih a ni a, pawisa chawitir baw tur a ni. A vawi 2 naah phei chuan kum 3 aia tlem lo, kum 7 thleng tantir leh pawisa chawia hrem theih a ni. Hei hian hmeichhe inbual lai bihthlak te, pindana an inthlak lai leh zunram an thiar lai bihthlak te, mipat hmeichhiatna (*sex*) an hmang lai bihthlak te a huam (*Insertion of section 354C*).

Hriselna Huang

Nu hnute tui leh damdawi

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Nuin damdawi a ei khan a damdawi azirin a hnute tui a tamin a tam lo thei a, damdawi thenkhat chu hnute tui a tel miah lo ve baw.

Damdawi hi *acid* chak lo tak (*weak acids*) emaw, *base* chak lo tak (*weak base*) a ni hlawm tlangpui a, chutiang zingah chuan *weak base*, entir nan - *Erythromycin, Ciprofloxacin, Doxycycline, Chloramphenicol* ang chi te hi hnute tui a an tel hma bika, *weak acid* zingami *Penicillin, Amoxicillin* ang chi erawh chu nu hnuteah an awm ve mang lo thung.

Damdawi chu thau (*lipid*)-ah a zawp ral hma leh hma lohin kawngro a su leh baw a, thau a zawp ral hma chi thluak lama hnathawk thei damdawi, heng *depression* damdawi kan tih chi hrang hrang te, damdawi ruih theih chi leh zu te hi nu hnuteah chuan an tel hma em em baw.

Kan thisenah hian *proteins* ṭangkai tak tak an awm nual a, chutiang zingah chuan *albumin* leh *alpha globulin* hian kan thisen zama damdawi awmte nen chuan an lo in man (*complex*) ṭhin a, chutianga an inzawm hnu chuan thisenah khan awm rengin taksa peng dangah damdawite chu an lut thei lo ṭhin a; mahse, taksain a mamawh dan leh a *fill* dan a zir in damdawi nen an in man behna chu an thlah leh mai ṭhin baw a (*reversible protein bound drugs*). Damdawi zingah hian *proteins*-te nena inman chak leh tam ho (*highly protein bound drugs*) entir nan - *Warfarin* angte hi nu hnute tui a an awm tam lo viau ṭhin.

Hei bakah hian damdawi len zawng (*size/molecular weight*) hian kawngro a su leh baw a, damdawi *molecular weight* sang tak nei ho, *heparin* leh *insulin* kan tih angte hi nu hnuteah an awm tel lem lo baw. Damdawi chu *acidic* ni a, thisena *proteins*-te nen inman nasa tak, thaua zawp ral thei lo apiang chu hnute tui a an awm tlem dawn tihna a ni.

Na chhawkna (*NSAIDs, Paracetamol*) hi nu leh naute tan a him em em) te hi entirna zingami a ni. Damdawiin nu hnute tui a ṭanga naupang a nghawng ṭha lo a neih theihna hi a damdawi hlauhawm dan azir in a danglam thei viau baw a, entir nan, *adverse/side effect* nasa tak nei *cancer* enkawl na damdawi chite hi naute tan a hlauhawm a; tin, *side effect* inang nei damdawi, a bikin rilru lama harsatna nei enkawl na leh kaih damdawite hi ei kawpin naute tan a hlauhawm zual a ni.

Damdawi thenkhat chu (Entirnan - *desmethyldiazepam*) taksa chhungah thinin a tihdanglam tawh hnuah pawh hna la thawk fo a awm a, hei hian naute, a bikin nausen thla ruk la tling lo taksa, damdawi paih chhuahna (*clearance*) la chak lo takah chuan damdawi kha taksa awm hun chhung a tirei thei a, hei hian nghawng ṭha lo siam theihna a tisang em em a, natna benvawn vei nu chuan damdawi ei reng a lo ngai a, hei vang hian fimkhur zual em em tur a ni. Damdawi zingah chuan a hipa hip luh chi leh vun a hnawih chi hi naute tan a him ber a ni.

Engtin nge naute chu damdawi laka him thei ang berin kan siam ang?

1. Mi thiam chawh a nih loh chuan ṭul lovah damdawi ei mai mai loh tur.
2. Thlai a ṭanga damdawi siam (*herbal drugs*) hi an him leh him loh zirchianna mumal tak a tam loh avangin ei loh hram a ṭha.
3. Nu leh naute hriselnain a ṭhatpui theih dan tur leh a hlauhawm dan khaikhinin uluk taka damdawi hman ṭhin tur a ni.
4. Raipuarin fa a hrin dawn hnaihah uluk (*Chhunzawm tur*)