



# Daifim

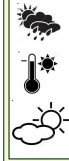
An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**



Hunawl hman that  
Zofate hmasawwna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Khua a that rin a ni.  
Temp - Max: 25°C Min: 12°C  
Dar 6:03-ah ni a chhuak ang a,  
Tlai Dar 4:44-ah a tla leh ang.

Vol - VII Issue No. - 7      - Pawl kût thla -      14<sup>th</sup> February, 2021 (Pathianni)

*Tunkar chang vawn : I Korinth 3:11. "Lungphum rem tawh sa lo chu lungphum dang tuman an rem thei tawh si lo va, chu lungphum chu Isua Krista chu a ni.."*

**TUALCHHUNG CHANCHIN**

☛ Dt. 11/2/2021(Ningani) tukthuan eikham khan, Khuangpuilam Presbyterian Kohhran Biak In bul kawng chu VC hma lakna in Alkatra a siam that hnatlang neih a ni a. Section huam chhung ațangin mi thahnem tak thawk chhuakin Ni 12/2/2021 (Zirtawpni) khan hnatlang chhunzawm a siam leh a ni.

☛ Khuangpuilam Branch YMA Valupa Pu Laldenga chu tun lai hian bawrhsawmna in a tlak buak mek nia thu dawn a ni a, a mah hi hriatna lamah harsatna leh mahni a che hleithei tawh lo a ni. Chhung tin ten i tawngtai pui theuh ang u.

**Khuangpuilam M.U.P  
Kum 2021-2022 chhunga  
hruaitu te**

President - Pu P.C Hmingthanga  
Vice President - Pu Saia Hmar  
Secretary - Pu Lalthansanga  
Asst. Secy - Pu C.Siammawia  
Treasurer - Pu V.L. Chhara  
Fin. Secretary - Pu V.L.Vuana

**TOWN BRANCH HNATLANG  
NEIH A NI**

Dt.12th February, 2021 (Zirtawpni) khan Fire Prevention week bawhzui nan Y.M.A in town Branch hnatlang a buatsaih a. Kan Branch atangin mi 8 thawk chhuakin kawngpui dung leh a vel kangmei chhuah palh theihna thenfai hnatlang neih a ni

**Daifim Editorial Board  
Treasurer ruat**

Date 12/2/2021 (Zirtawpni) Daifim Editorial Board thukhawm chuan Ni Vivian Lalrinpuui, Treasurer Daifim Editorial Board in rokhawlhna avanga banna a theh luh chu, a aiawh turin Kum 2021 Treasurer atan Ni Thanghmingliani (Nutei) d/o Upa Lalthansanga, Khuangchera Sec- tion chu ruat a ni. A hma lama charge inhlan nise tih ani bawk.

**KHUANGPUILAM BRANCH Y.M.A SPECIAL  
COMMITTEE THUREL**

**Khuangpuilam the 14<sup>th</sup> February, 2021:-** Khuangpuilam Branch YMA chuan ni 10<sup>th</sup> Feb, 2021 (Nilaini) khan Special Committee neiin a hnuai a mi hi thurel tlangpui chu a ni.

**Thurel 1na-Sub Hqrs YMA inthlan chungchang:-**

Pu S Lalthangliana, Vice President hnen ațangin YMA Co- ordination Committee vawi 5-na report ngaihtlak a ni a. Sub Hqrs YMA inthalnna ah nominee neih tha tih a ni a, chumi atan Pu HD Daniela, President ruat a ni.

Sub Hqrs YMA rorel inkhawm neih turah agenda siam nise, agenda pahnih (1) Sub Hqrs YMA in Sub Committee peng hrang hrang a siam turah Committee membrete Branch kaltlanga ruat ni se tih leh (2) Sub-Hqrs YMA huam chhungah ruihhlo kaihhnawih - hmeichhiat/mipatna hluar tur venga hmalak nise tih a ni.

Dt.8th April, 2021 a Sub -Hqrs YMA rorel tur atan kan branch atangin palai paruk(6) ruat an ni a chungte chu:- (1) Pu HD Daniela, President (2) Pu S.Lalthangliana (Vice President) (3). Pu Lalremsiama Varte, (Secretary) (4). Ni Florence Zoremsangi (Asst. Secretary) (5). Pu David Lalrisanga (Treasurer) (6). Pu Rotlingpuia (Fin Secretary)

**Thurel 2na-Town Branch hnatlang chungchang:-**

Fire Prevention week bawhzui nana YMA in Town Branch hnatlang turin kan Branch atangin mi sawm(10) an ruat chhuak a ni. **Thurel 3na-Lehkha hmuh:-**

Ni Vivian Lalrinpuui, Treasurer, Daifim Editorial Board, Branch Executive Committee Member leh Khuangchera Section Treasurer ni lai chu rokhawlhna avanga banna a theh luh chu pawm sak a ni a. A aiawh tur hi Daifim Editorial Board in lo ngaihtuah mai se tih a ni. Khuangchera section Treasurer tur pawh an hruaitu ten lo ngaihtuah nise tih a ni bawk.

**Thurel 4na-Khuangchera Section atanga House number siam dilna:-**

Khuangchera Section ațanga House number siam dilna chu pawmsak a ni a. VC lo be rawn turin Pu HD Daniela, (President) ruat a ni. Section-te hian tha taka record siamin Branch-ah thehluh nise tih a ni.

**Thurel 5na- FLS Sub-Committee ațanga lehkhawm dawn:-**

FLS Sub Committee in FLS thawm that nana ₹8000/- Branch a an rawn dil chu pawmsak nise tih a ni.

**Thurel 6na - Central YMA Secretary hnen ațanga lehkhawm dawn chungchang:-** Prof. Lalnuntluanga, Secretary , Central YMA ațanga lehkhawm kan dawnte chu a tul angin Branch Secretary leh Treasurer ten hma lo la se tih a ni.

Pu Malsawmtluanga te chhungkua, Kolasib Vengthar ațangin an lo pem a, lawm taka lo dawnsawn a ni.

**Thurel 7na - Thlanmual chungchang :-**

(a) Thlanmual vah chungchang report Pu David Lalrosanga, Treasurer hnen atangin ngaihtlak a ni a, a vah man Rs. 800 leh chaw chhun atan ₹50/- sen ral a nih thu dawn a ni.

(b). Thlanmual hal chungchang sawiho a ni a, February thla chunggin hal ni se tih a ni. A hal ni chu hruaituten ruahman na siam se, a nei duh tur chuan Branch hruaitute hnenah in hriattir nise tih a ni bawk. A enkawl dan tur pawh hruaituten lo ngaihtuah se tih a ni bawk.

(c). Sub -Hqrs YMA in mitthi kuang pakhat(1) tum ve tura min beisei angin siamsa pakhat chu Sub-Hqrs YMA Office ah dah ve nise tih a ni bawk.

### Editorial Board :

Represent: Nl Florence Zoremsangi  
 Editor: Pu Lalsiamkima  
 Jt. Editor: Ricky MS Dawngzela  
 Treasurer: Nl Vivian Lalrinpuia  
 Cir. Manager: Tv. Samuel Lalpekhlua  
 Contact No: 9612761781 / 9612691291  
 9862501858 / 8794366053

### Branch YMA Office Bearer

President	Secretary	Treasurer
Pu HD Daniala 9863212083	Pu Lalremsiama Varte 9862327112	Pu David Ialrosanga 9436158962
Vice President	Assistant Secretary	Financial Secretary
Pu S. Lalthangliana 89748 30454	Nl. Florence Zoremsangi 9612761781	Pu Rotlingpuia 9862385193

### FLS Station - 9612566886

#### 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

### Editorial.....✍

#### KHAWFING CHAH

Khawfing chah hun chu zan thim azawha kawla ni eng mawi tak mai a lochhuah dawnah, thim leh eng inthen hun hi a ni a. Khawfingchat lai hmuh theih dan tha deuh mai a awm a, chu chu mitthi lumen naa TLAIVAR a ni. Tlaivar thakin nula leh tlangval an zaia, tlangval leh val upa tlawmngai ten thingpui lumin an vil rengbaw. Tichuan, zankhuain khawhar chhungte hnem turin an zai a, khawvar dawn hnaiah chuan taksa tepawh a lo hah ve deuh tawh thin.

Mutchhuakin min rawn zem chiai chiai a, zai thawmte pawh a dul deuh raih tawh a. Hetiang hunah hian khawchhak lamah kawla a lo eng riai tan a, thim a liam a, khawvar a lo lang zel a, khawfing a chat ta thin a ni. Tichuan, ni lo chhuakin khawvar eng mawi tak a lo thleng thin. Khawfing chat hmu tur hian taimak a ngai a, tawrhchhel pawh a ngai hle. Mitthi lumen zana YMA tak maia midangte lungngaihna hnem tura tlaivar thinte lawmman mi tam takin kan hriatfuh siloh chu khawfingchat lai, mawi leh zawi dam raih mai, reh raih mai leh thiangu kak si a khawvar lo inher chhuak thlir veuh veuh hi a ni ang. Hun pangngaiah pawh zingah savate thawh ruala tho nalh thin tan lo chuan khawfing chat hi hmuh hman a har hle. Tunlai hian thlasik a liam tan mek a, thal a lo inherchhuak dawn hnai a, YMA nula leh tlangval te zingah rei tak mu burh burh lovin hma taka thawh zir ila, Khawfing chat lai i thlir hman teh ang u.

### CYMA hmalakna

8.2.2021 - YMA General Conference, 2017, Champhai Zolanganeihin, Mizoram hmun hrang hranga inkalpawhna kan neithe hi tun aia tha leh changtlung zawka siam a nih theih nan Central YMA-in hma larawh se tia a lo rel bawhzuiin, Chief Minister Office, Cabinet Room-ah Chief Minister, MPWD hotute leh Central YMA OB ten kawng siam chungchang sawihona hun an hmang a, kawngpui tha neihna turah theihtawpa tan lakho ni se, hnathawktu tur thlan ten an hna an thawh ngei theih nan hmalak remtih a ni. Hnathawktu, an hnathawh tha lo leh thawk thei lote chu insawifiah tura hriatir a, lungawina a awm loh chuan, hnathawktu thei lo tura siam (black list) remtih a ni. Chief Minister chuan kawngpui thakan neih theih nan, kawng siam mekte uluk zawka vilpui turin YMA-te a ngen baw.

8.2.2021 - Central YMA Office-ah Mizoram Road Builders Association leh Central YMA OB ten joint meeting an nei a, Contractor hming hawh hnathawh in hna a tihchhiat theih avangin, Mizoramah inkalpawhna kawngpui tha kan neih theih nan, Contractor hming hawh hi titawp tura tan lakho remtih a ni.

9.2.2021 - Chief Minister Office Conference Hall-ah Governing Body of Mizoram State Health Care Society meeting neih a ni a, Pu Vanlalruata President a tel.

9.2.2021 - P&E Deptt. mi leh sate leh Bairabi VC te Power Line enfiah tura Zophaia kal chu, Assam lam atanga JCB hmanga kawng lai leh an thawhna bul vela awm, Hnamdang (Vai) ten kut an thlak a, hethil thleng hi hriatanih ve leh Central YMA OB meeting hman hmawh neih nghal a ni a, OB meeting-in thilawm dan ah muna thlithlai a, Bairabi leh a chheh vela Mizo awmte thlamuan tura lamkal intir nghal ni se tia a relangin Tv. Lalmachhuana Vice President, Prof. Lalnuntluanga General Secretary, Pu R. Lalduhzuala CEC leh Pu K. Lalrinawma CEC te an kal.

9.2.2021 - Central YMA hnuaia Vigilance Sub-Committee te chuan, dan dik lova hrallh tur Eirawngbawlna Gas Bur 60 (A takawm), Mualkhang atanga Zokhawthar pana phurh mek chu Hunthar Vengah an man.

10.2.2021 - Central YMA Office Building zawn thlang lam kawngpui sir tuiluan kawr chu bawhlh lawh in ahnawh vangin tuichhia kawngpui aha luang a, Health & Sanitation Sub-Committee leh Land & Building Sub-Committee ten enfiahin, CYMA bakah CYMA building luahtu MTC leh NEIPOGES ten asenso intum semin then fai

a ni.

10.2.2021 - Vairengte leh a chheh velah Oil pawlhdal a awm leh awm loh enfiahin Vigilance Sub-Committee te an kal a, Vairengte Police nen joint checking neini, oil pawlhdal, hrallh chhuah mai tura siam engemawzat an man a, Vairengte Police Station-ah case ziah luh ani.

11.2.2021 - Director, Art & Culture Deptt. Pisa-ah Chapchar Kut 2021 Programme Committee meeting neihania, Pu Hrangliana CEC a tel.

### CENTRAL YMA VIGILANCE SUB COMMITTEE CHE CHHUAK

Central YMA Vigilance Sub Committee chuan Vairengte leh a chheh velah oil pawlhdal a hluar hle tih an hriat bawh zuiin, ni 10.2.2021 (Nilaini) khan Vairengte Police te nen joint checking an nei a. Hetah hian oil pawlhdal, hrallh chhuah mai tura siam eng emaw zat an man a, Vairengte Police Station-ah case ziah nghal a ni.

Vigilance team hian Vairengte SDO (Civil) hmuin Vairengte check gate a IL Ppek chhuah dan asawipua. Hemi hnuaian check gate enfiahin ramri vengtu LR police leh BSF duty-na hmun an thawh baw.

Central vigilance Sub Committee Chairman Pu HFLalrinpuia chuan, Oil pawlhdal vanga lirtheiin a tawrh theih zia leh tul lova sum tam tak senna a nih thu te, heng oil pawlhdal leh Mizo hming hawh a hnam dang sum dawn tirt, buhfai leh gas tih chingpen te, diklo taka Driving Licence pek chhuah awm thinte a awm tawh lohnaturin Mizoram mipui zawng zawng te sual dona kawngah Sorkar tha tichak tura thawh ho pui turin Central YMA chuan mitin te a ngen a ni.

### CYMA CHANCHINBU

Central YMA February 2021 issue chu lak theih a ni dawn ta. A chhung thu awm thenkhatte chu :

1. Central YMA Treasurer Pu Fabian Lalfakawma seilenna bakah Dr. PC Lalramenga te pianna khua MAITE khaw chanchin...
2. Thawnthu tha 543 zet atanga pakhatnaa thlan ziaktu C. Lalbiaknunga bihchianna te...
3. Mizo Pa Ropuite chanchin
4. Infiamna leh khawvel thuthar
5. Branch hrang hrang hmalakna leh Branch chanchin
6. Article ngaihnaawm leh hawizawng inang lo tak tak

Heng thu hrang hrang hi bilkhawm a ni. Lo bihchiang teh le...



**Thu ziaik Huang**

## Mizo ÷obul chhinlung leh ka tawn hriat

Mizo zirlaite hian mahni hnam ÷obul chanchin te, nunphung leh ÷awngte hi hriatchian a pawimawh em em a, ram danga han awm phei chuan mahni hnam ÷obul dik tak kan hriat loh chuan hnam dang zingah a zahthlak ve thei tlat. Chuvangin *China* ram *Sichuan Province* a awm *Sinlung* (Chhin lung) chungchang tawite in han tar lang ila, tuna zirlaite leh zirchhuak tawhte thlenga hriat makmawh a ni.

Ni 22 February, 2012 khan Mizoram Khawpui Aizawl a÷angin *Myanmar* ram paltlangin *China* ram panin ka chhuak a. *Yunnan Province* ka thlen hian tunhmaa rawng ka lo bawl tawhna hmunte ka tlawh kual a, ka rawngbawlpui *Chinese Pastor* pakhat *Yanjinfu* chu *China* ram *Sichuan province* a awm *Sinlung* khuaa min kalpui turin ka sawm a, a lo remchang ta hlauh mai a.

Tichuan ni 13 March, 2012 khan *Yunnan Province* a÷angin *Sichuan Province*-a awm Chhinlung panin kan pahnihin kan chhuak ta a. Kawng a thuiin khaw tamtak kan paltlang a, ni 19 March, 2012-ah *Ganze* khua kan thleng a zan kan riak a, a tukah *Ganze* a÷angin *Sinlung* (Chhinlung) khua pan tur *Sumo*-ah kan chuang a. *Passenger* an la kim loh avangin *driver* chuan *Sinlung Sinlung Sinlung*.... tiin kawthlerah *passenger* zawngin a au vak vak mai a, tichuan ni 20 March, 2012 khan *Sinlung* (Chhinlung) khua chu tuang takin kan thleng ta a.

Mizo *History* ziaktuten *Matric* zirlaibuah vawiin thleng hian Chhinlung awmna hmun hriat a ni rih lo, hmasang titi satliah anga an ziaik *Sinlung* (Chhinlung) chu a hmun ngei kan thleng a. Mumang pawha kan man phak loh Mizote ÷obul Chhinlung an sawi thin hmun (leilung) ngei kan rap ta chu a ropui hle in ka hria. Lalpa chu fakin awm rawh se! Hei hian Chhinlung a awm chiang hle a ni tih kan hre thei mai awm e.

Tuna kan kalna Chhinlung *China* ram map-a a lan dan chuan *Latitude 28°* leh *Longitude 100°*-ah awmin *Yalong* lui sir tuak dinglam leh veilam ah a awm a, *Yalong* lui hnar lam a÷anga kan chhukthlak chuan dinglamah hmun zawl zau deuh a awm a, *building in (House)* veilam aiin a tam deuh a. *Yalong* lui kanna hi *concrete bridge*-in an dawh zawm a, *motor* eng chi pawh a kal kai theih. Kan kal lai hian ruah a sur a vur a tlak reng avangin a vawt hle.

A khuaa chengte hi *Tibet* hnam deuh vek an ni a, *Tibet* ÷awng an hmang tlanglawn hle. *Buddhish* sakhaw betute an ni a, Kristian hmuh tur an awm lo. Tuna an in sak dan tlangpui chu *concrete building* pangai leh *Tibet* hnam in sak dan *type* a ni deuh tlangpui. Tin, Chhinlung khua mualzawl zau ÷ha lai takah hian hmanlai mi huaisen *Army General Lian Hua*’n sakawr chung a chuang lai lim chu an dintir luah mai a, he mual zawlah hian Chhinlung khua nu leh pa naupang thlengin zing nilum ai pah a inkawm khawm nan an hmang ÷hin. An Zawlbuk tual zawl hmun ti ila a sual tampui awm love.

Tin, Chhinlungah hian hmanlai hmanrua Dar, Bungbel, Thi, Taihren, Chem, Fei, Thal, leh Hriamhrei dang tamtak hmuh tur a la awm. Hmanlai Pasal÷ha fam chang ta te ruang dai zalhna thlanmualah chuan an sakhming te nen mawi takin thlanlung an siam a, an enkawl fai ÷hin hle mai. Kan pi leh pu ten doral hlaua *Yalong* lui mawng lam an zawh thlakna lamthuang te chu a la thlur thla ruih mai a, an sulhnu tam zawk pawh Chhinlung thlanglam ah a awm a. Pûk lian pui pui zau

**Naupang Huang**

## Zawngte leh Vahmim

Hmanlai hian Zawngte leh Vahmim hi an awm a, Zawngte chuan phenglawng a nei a, a tum hlerh hlerh ÷hin a. Zawngte phenglawng chu Vahmim chuan tum ve a chak em em a, tum ve a dil ÷hin a. Nimahsela, a tumtir ve phal ngai lo va. Tum ve dan tur mawlh a ngaihtuah ÷hin a.

Ni khat chu Zawngte kiangah a va kal a, “Zawngte, i phenglawng chu ka lo tum hawh ve ang e,” a ti a. Zawngte chuan, “Ka phal lo, i tichhe palh ang,” a ti tlat a. Vahmim chuan, “Ka tichhe lo vang,” a tih pawhin Zawngte chuan, “I tichhe palh ang ka phal lo,” a ti tlat zel a. Vahmim chuan a tum ve chak em avangin Zawngte chu biak bum dan tur a ngaihtuah ta a. “Zawngte, i nu’n tui lo chawi rawh se a tih kha,” a han ti a. Zawngte chuan intithe i tak hian, “Chawi zo tawh dim diam,” a ti a. Vahmim chuan tih dan dang a ngaihtuah leh a, “Zawngte i nu’n thing lo phur rawh se, a tih kha,” a han ti leh a. Zawngte chuan, “Phur zo tawh dim diam,” a lo ti a...

Vahmim chu a beidawng duh chuang lo va, “Zawngte, i nu’n chaw lo chhum rawh se, a tih kha,” a’n ti leh a. Zawngte chuan thawveng takin, “Chhum zo tawh dim diam,” a ti leh a. Vahmim chu a inngaihtuah vang vang a, a tawp a tawpah chuan, “Zawngte, i nu’n lo mu rawh se, a tih kha,” a han ti leh a. Chu veleh Zawngte chuan, “E ni tak,” a ti a, Zawngte chu a mu ta a.

Zawngte mut veleh chuan Vahmim chu Zawngte bulah chuan a va kal hnai den den a, Zawngte phenglawng chu a la thut a. Chu veleh Zawngte chuan a meiah a man a, a mei chu a til ta thawt a. Vahmim chuan Zawngte phenglawng chu a tlanpui ta daih a. Mei a nei ta lo va. Phenglawng chu a tum ve ta a. Nakinah chuan, “Zawngte, mei mi pe, mi pe, hmim hmim,” a va ti a. Zawngte chuan, “Sil riatin tlan ta che,” a lo ti a. Vahmim chuan sil riata tlanna a nei si lo va. “Sil riata tlan ai chuan mei lovin ka awm nang e, hmim hmim,” a ti a, a kalsan ta a. Chuta chin chu tun thleng hian Vahmim chuan mei a nei ta lo va, mei bulin a awm phah ta alawm.

### Hriatzauna Huang

**I Taksa kha hrechiang teh le..**

1. Mi zawng zawng hian rim hran, kut ze hran leh Lei ze hran vek kan nei.
2. Kum 60 tlin chin tawh hi chuan Mihring hian a thil ei tui leh tui loh a hriatna kha a zahve a hloh tawh ÷hin.
3. I piantirh ata i mit chiah kha ÷hang ve lo awm chhun a nih laiin kan hnar leh beng erawh a ÷hang reng thung.
4. Ho lam tea kan taksa khawilai emaw a sunburn (Ni kân) hian kan thisen zam thlengin a kang chhe tel ÷hin. Rin ai daihin Sun Burn hi alo hlauhawm thei a nih chu.

(column lehlam a mi zawmna)

pute sulhnu tichiang tu te an ni. Henglai hmun hi tunah chuan ramsate riahrunah an chang zo tawh a, riah chawfai nen ke a kal ngai te a ni tawh.

Tin, lung kawngka, a rammi te ÷awngin ‘Lungbangkha’ an tih te pawh vawiin ni thlengin hmuh theihin a la awm. Awle, engpawh nise Zofate ÷obul Chhinlung hmun chu hmuh theihin chiang takin a la awm a, Chhinlung khua chu Zopa ke ngeiin a rap ta a, chiang leh zual a hre turin kan puanven sawi chhing ila, zirlaite pawhin Mizo ÷obul Chhinlung chanchin dik tak kan hriat theih nan ÷an ila thar leh ang u.

Mizo Dan leh Hrai	Hriselna Huang
<div>MIZO HNAM DAN (Mizo Customary Law)</div> <div>Published by Law &amp; Judicial Department, Government of Mizoram. 1st Edition 2006.</div> <div>BUNG - 3</div> <div>NUPUI PASAL INNEIH THU</div> <div>Chang 37 - MAN LEH MUAL</div> <div> <div>a) Sum hmahruai - Cheng 60/- (Sawmruk)</div> <div>aw) Sumfang - Cheng 50/- (Sawmnga)</div> <div>b) Pusum - Cheng 40/- (Sawmli)</div> <div>ch) Palal - Cheng 30/- (Sawmthum)</div> <div>d) Ni-ar - Cheng 20/- (Sawmhnih)</div> <div>e) Naupuakpuan - Cheng 20/- (Sawmhnih)</div> </div> <div>2) <b>Man eitute</b> : Mizo inneihna chungchanga man eitute hi Palal eitu tih chauh lo chu laina bul tak tak an ni vek a, Palal erawh hi chu khualkhuaa pasal nei tan phei chuan hmelhriat tha deuhthe zawn chawp a ni fo thin.</div> <div>3) <b>Manṭang</b> : Mizo inneihnnaah hian hmanlai chuan tangka van avangin man pe tla thei hi an vang thei hle thin a. Chuvang chuan hmeichhe lam chhungte hian 'Manpui' chu pe thei lo mah sela, 'Manṭang' tal hi chu pe thei turin an phut deuh hram thin. Chuvangin Mizo Inneih danah hian Manṭang hi a pawimawh em em tih a lang thei a ni. Mantang eitute chu a hnuaia tarlan ang hi a ni : <div>a) <b>Sumhmahruai</b> : Sumhmahruai chu Manṭang zinga mi, pasal nei pa chanpual a ni a, ani chuan a unaute emaw a fapa indang tawhte emaw a teltir thin.</div> <div>b) <b>Sumfang</b> : Sumfang pawh Manṭang zinga mi, pasal nei pa chanpual a ni a; ani chuan a unaute emaw a fapa indang tawh emaw a teltir thin.</div> <div>c) <b>Pusum</b> : Mo pu (Mo hringtu nu pa) ei tur a ni. A pu chu lo thi tawh mah sela, a pi (a pu nupui) a la dam phawt chuan a pasal la dam tluka ngaih a ni a, ani chuan a ei tur a ni. Anni nupa an thih tawh chuan an rokhawmtu ziding ber chuan a ei ang. Pu dik tak ten pusum an tel lo a nih chuan, a pu dik tak chuan 'Pu ban man' Sial a thing thei. Pusum teltu tur dik ber a thih tawh chuan, a fate zinga mi pakhat aia tamin pusum an tel thei a, chu chu 'Pu phir' an ti. Chu bak chu Manṭangah phir a awm ngai lo (Manṭang eitu zingah pusum teltu chauh hian lawi a kham thei a ni).</div> <div>d) <b>Palal</b> : Khualkhuaa pasal nei chuan an va inngahna tur 'Thlen in' an tih thin atan hmelhriat tha leh bul deuh an zawng thin a, mi tu pawh thisen zawmpui kher lo pawh an zawng thei. Chu chu 'Palal' an ti a, pasal nei khan duh duha chaw a lam ngamna tur a nih avangin 'Chawthing zenna' an ti thin. Nu leh pa biak phak loh leh biak hman loh thil engpawh lo thleng sela, pa hminga thil tithei a ni.</div> <div>e) <b>Ni-ar</b> : Ni-ar hi a pa farnu (a ni) ei tur a ni. Ni dik an awm loh pawhin a aiawh zawn chawp mai theih a ni.</div> <div>f) <b>Naupuakpuan</b> : Mo laizawn a u ei tur a ni. A nausen laia lo pawtu leh awmtleitu a nih avanga eitir a ni. U a neih loh pawhin zawnchawp theih a ni.</div> </div> <div>Note : Pa chuan heng sumhmahruai leh sumfang teltu turte hi a ṭul a tih loh chuan a siam lo thei. Manṭang dang eitu turte erawh hi chu a tlangpui chuan siam ngei tura ngaih a ni.</div> <div>Chang 38 - PALAL : Inneih buatsaihnaah Palal pahnih aia tlem lo tirh tur a ni. Palaite chuan innei turate thuthlung tih fel leh man hlan hi an tih tur a ni.</div> <div>Chang 39 - ṬHUTPHAH : Hmeichhe pasal nei chu, a lo upat a, harsatnain a tlakbuak hunah, amah a intunnun nana hman tur thlaveng a neih theih nan leh a pasal nena inthen thulhah pawh a thuam a lakkir theihna tura man hlan laia man dawngtuin ₹ 20/- (Tlai) a pek kir leh chu 'Ṭhutphah' a ni. Ṭhutphah leh Thuam inzawm dan chu hetiang hi a ni : Hmeichhia pasal neiin Ṭhutphah a neih loh chuan, lo inthen pawh ni se, a thuam a la kir thei lo va, a pasal emaw a fate emaw chan tur a ni. Thuam a lakkir dawn chuan thuam manah Cheng Sawmhnih (₹ 20/-) a pe tur a ni.</div>	<div>Thin thau natna</div> <div>(Non-alcoholic fatty liver disease)</div> <div>Thin Thau natna hi zu in miten an vei thin, natna khirh tak mai, tihdam ngaihna awm tawh meuh lo, <i>cirrhosis of the Liver</i>, thin ro natna hi a chhan bulpui ber chu zu in tam vang a ni a, mahse zu in ngai miah lote tan pawh hian an vei thei a ni. He natna hi a hming 'Thin Thau' a nih ang hian kan thinah thau a tam lutukin a lo awm thei a ni. Thil pawl tak chu naupangte pawhin an vei thei hi a ni. Hriat chhuah hma zawh poh leh a tihdam a awlsam thei.</div> <div>A awmtirtu bulbera an sawi chu zu bakah, thlum ei tam vang a ni. Thil thlum reng reng, soda emaw in leh eitur chu (<i>processed food</i>) thlum tak taka an siam hian zu in thin (<i>liver</i>) a khawih khawlo ang hian a khawih thei a ni. Zu far khat pawh I in ngailo a ni thei e; mahse, he natna hi I vei thei tlat. Thau lutuk (<i>over weight</i>), <i>cholesterol</i> thau tam lutuk leh thisena thau, <i>triglycerides</i> sang lutuk avangin a vei theih bawk.</div> <div>Kan thin hnathawh hi a pawimawh em em a, mi thiamte chuan, thin hian reilote pawh thawklo sela kan thi mai ang an ti a ni. A pawimawhna han sawi zawr ila:-</div> <div> <div>1. Kan thau eiten kan thisen dawt a hnawh phui mai loh nan leh kan taksain a hman ṭangkai theih neih nan lo pawlh sawmtu, <i>digest (emulsify)</i> turin nitin <i>bile</i> no 4 a siam. <i>Bile</i> chu kan mît (<i>gallbladder</i>)-ah mamawh ang zela hman turin a dah ṭha a.</div> <div>2. Kan thisen leh thil eite aṭangin damdawi pawh, kan taksa tana 'tûr' (<i>toxins</i>) chang mai thei a lo thlifim a, a thliar fim hnu chuan thisenah taksa bung hrang hrangah a thawn darh thin.</div> <div>3. Kan taksa tana pawimawh tak <i>hormone</i> leh <i>en-zymes</i> a siam reng bawk.</div> <div>4. Kan chawei aṭanga <i>glucose, energy</i> siamtu bul ber hi kan mamawh huna hman turin a lo dah ṭha (<i>store</i>) a, hei hi <i>glycogen</i> an ti a. Kan thisena glucose a tlem veleh <i>glycogen</i> hi a rawn chhuahthir thin a ni.</div> <div>5. <i>Vitamins</i> pawimawh tak takte - <i>A, D, K</i> leh <i>B12</i> kan chawa kan ei tel hi kan mamawh huna kan hman theih turin a lo dah ṭha (<i>store</i>) thei.</div> <div>6. Kan taksa thil lut reng reng, boruak ṭha lo <i>pollut-ants</i> kan taksa tina thei reng reng hi a lo thlifimin (<i>detoxify</i>) a tithianghlim reng bawk.</div> <div>7. Kan taksa pem emaw hliam emaw, atanga thisen chhuak tam lutuk tur titawptu clotting factors pawimawh siamtu (<i>factory</i>) pawimawh tak a ni.</div> </div> <div>Thin Thau Natna Lan Chhuah Dan:</div> <div> <div>+ Dinglam kawng chung deuh na reng.</div> <div>+ I khelbawr leh pum velah thau tam tak a awm khawm bikin.</div> <div>+ Zunthlum leh cholesterol sang.</div> <div>+ Chau leh ngui, harh loh riau (<i>feeling sluggish</i>)</div> <div>+ Zun rawng fimlo, rawng uk dum lam deuh a awmin.</div> <div>+ Kaw thalo reng leh daikal mumal lo.</div> <div>+ Mit eng emaw sen emaw, thak reng.</div> <div>+ Thlan chhuak deuh reng.</div> </div> <div>A chungka kan sawi takte hi I neih chuan hetiang natna khirh hi I vei mek emaw, vei thei dinhmunah I awm a ni mai thei.</div> <div>(Chhunzawm tur)</div> <div>Intih changkan leh kawngkam, khawlaia bawlhhlawh paih nulh nulh a inhmeh lo. Bawlhhlawh chu a bawmah ngei paihna chang hre rawh.</div>