



# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**

Hunawl hman that  
Zofate hmasawna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Khua a that rin a ni.  
Temp - Max: 22°C Min: 10°C  
Dar 5:45-ah ni a chhuak ang a,  
Tlai Dar 4:55-ah a tla leh ang.

**Tunkar chang vawn : Thufingte.**  
14:3. "Mi a kaah chuan chapona tiang  
a awm a, Mi fingte ka erawh chuan  
anmahni a hum thin"

**TUALCHHUNG CHANCHIN**

☛ Pu Lalchualova Vanapa Sec  
Leader te nupa chu chhiat tawhna  
avangin Halflong lama an awm  
mek a, tluang taka an lo let leh  
theih nan leh an chhiattawh naah  
i tawngtaipui theuh ang u.

☛ Dt. 21 / 01 / 2021  
(Nilaithawhtan) khan Upa R  
Thanbanglova leh Pi Mankungi  
Chawngbawla Section-te an inneih  
Anniversary wawi 43-na a ni a,  
vawiin thlenga nupa kawp chawia  
an awm hi thinlung takin ka  
lawmpuin, Nupa hlim tak nia  
damchhung hun hmang turin  
duhsakna ka hlan tak meuh e.

**Tihsual tihdikna**  
Kar hmasa issue lamah  
Chawngbawla Section Asst. Leader  
Pu Stephan Ramengmawia tih chu  
Pu Stephan K. Lalremsiamat haw  
tur a ni e. Kan tihsualah ngaihdam  
kan dil e.

**Cultural Club Thu**  
Dt. 26th Jan, 2021 (Thawhtan)  
zan 7:00pm hian Mizo Cultural  
Club Khuangpuilam chuan Pi  
Vanthangi(L) te In Vanapa Section-  
ah Kum 2021 hruaitu tur thlanna  
neih a ni dawna, He hunah hian  
veng chhung mi Cultural lama tui  
te chu kal theuh turin kan insawm  
a ni.

**Thlanmual samfai hnatlang  
neih a ni.**  
Dt. 18<sup>th</sup> Jan, 2021 Thawhtan  
khan Thlanmual samfai  
hnatlang neih ani. He thlanmual  
samfai hnatlangah hian member  
60 chuang an thawk chhuak a,  
hnatlanga member tlawmngaia  
thawkhhuak zawng zawng te  
chungah Branch Y.M.A chuan  
lawmthu a sawi a ni.

Sd/-  
Secretary  
KPL Br. Y.M.A

**FLS SUB-COMMITTEE THU**  
**Khuangpuilam the 24<sup>th</sup> January, 2021:-** Ni 18.01.2021  
(Thawhtanni) leh 19.01.2021(Thawhlelni) khan FLS Sub-Commit-  
tee ten hnatlang neih a ni a. Tun dinhmunah veng chhung hmun  
hrang hranga aurinna (horn) kan neihte a ri kim thei niin hriat a ni a.  
FLS ri thei lo leh Chiang lo a awm chuan Sub-Committee hruaitute  
hnenah thlen vat thin nise. FLS hruite a tlo zawk theih nan  
vengchhung mipuite dimdawi taka enkawlpui turin Sub-Committee  
chuan a sawmin a ngen nghal bawk a ni.

A hnuaia tarlante hnen atang hian a sum leh pai dawn a ni:

1. Pu GS Zaithantluanga	₹1800/-
2. Pu Rotlingpuia	₹1800/-
3. Pu Joshua Lalremsanga	₹1800/-
4. Nl. Rebec Lalnunpuii	₹1800/-
5. Pu Zatluanga	₹700/-

FLS tihchangtlun nan a ui lo a, sum leh pai phal taka thawhtute  
chungah Sub-Committee chuan lawmthu a sawi tak meuh meuh a  
ni.

**KOLASIB DISTRICT-AH COVID-19 VACCINE PE TAN**  
Ni 21/01/2021, (Nilaithawhtan) khan Govt Primary School-III  
ah Covid - 19 Vaccine pekchhuah tan a ni a, Dr Doris Lalnunmawii  
Sailo, District Medical Superintendent chu Kolasib district-ah hrileng  
danna la hmasa ber a ni.

Kolasib District-a Covid-19 vaccine pek tanna puala inkhawm  
tawi neiah hian bawrsap Dr H Lalthangliana chu khuallian a ni a,  
vaccine chu thiamna nei ten an zirchian vek tawh hnu ni mahse  
hmun thenkhatah insawihlahna a awm tih a sawi. "A zir ve lo te thu  
la lo in zirchiang ten an sawi hi ngaih pawimawh tur a ni. Eng pawh  
hi harsatna thleng thei vek, sawi lawk theih loh thil a awm thin a,  
hengte laka invenna tur leh a tul anga hmalak dan tur pawh ngaihtuah  
lawk vek a ni," a ti.

Vaccine hi Kolasib district-ah chuan a thawkhatah hian  
frontline worker mi 450 pek tura ruahman a ni a, nimen a pekchhuah  
tanni khan mi 134 pek phawt niin district chhung hmun danga mite  
nen pek tur zawng zawng hi mi 864 an ni. Dr. RK Lalthlamuana SMO  
chuan Kolasib district tan COVID-19 vaccine hi 500 awm tawh thu  
leh 500 dang pawh lak mai theih a nih thu a sawi a, vaccine chu  
raipuar kum 18 hnuailem leh nau pawm lai tan a lak theihloh thu a  
sawi a ni.

Frontline worker ten COVID-19 vaccine an lak avang hian  
nimen bikah khan Hospital OPD chu khar a ni a, tul zual bik tan  
casualty pan theih a ni thung.

**KOLASIB DISTRICT ELECTORAL ROLL THAR TLANGZARH  
A NI**  
Special Summary Revision 2021 zawh takah Mizoram  
hmundang rualin ni 20/01/2021(Nilaini) khan Kolasib-ah electoral  
roll tlangzarh a ni. Tun tum roll tlangzarh takah hian kumin January  
1-a kum 18 tling chinte thun an ni a, roll tlangzarh takah hian  
Kolasib district-a Assembly Constituency 3-ah voter 60879 awmin  
mipa hi 1733 in an tlem zawk a, voter 29573 an nih laiin hmeichhia  
hi 31306 an ni. Roll thar atanga a lan danin district pumah  
chawhrualin mipa voter 1000 zelah hmeichhia 1059 an awm tihna  
a ni.

Roll tlangzarh hnunung ber aia tun tum voter tam zawkna  
hi 1055 niin hei hi 1.76+% a ni.

**Editorial Board :**  
*Represent: Nl Florence Zoremsangi*  
*Editor: Pu Lalsiamkima*  
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**Khuangchera Section**  
 Leader : Pu Lalramzaua  
 76408 95924  
 Secretary : Tv Lalremruata  
 7005131514

**Editorial.....✍**  
 Pathian hruaina azarah kum thar January Pathianni tawp ber kan lo thleng leh ta reng mai a, he kum bul aţang hian kan nun        eng       hmasaw  na leh hlawhtlinna kan chhar ang. A bul             hi a chanve zo ang a ni tih hre rengin, bul           nia in     tan pawh san mar a      hle dawn a ni.

Theih taw   kan chhuah nia kan inhriat lai hian mi tam tak chuan en loh tur zaw   enin,            taw   lovah mi dang kan ruat a, kan nundan      pang     h           kan              a lo t         a, chu chuan nun h     leh inthlahdah  a min neih tir a, kum tira kan intiam  a leh kan chet vel dan chu min thlah tir hret hret zel a ni.

Mihring hi kan theih chin sang hle mahse, kan peih rei lova chu chuan mi tlak  lai lovah min chhuah      a ni. Chutiang tih hre rengin beidaw  g lov  n kan h      a tih tur reng reng h     hram hram tum tlat zaw   tur a ni. Kan h      g kan chanvo leh tihtur reng reng midang tih a dah lov  n tlaw        a leh taimak  a n  n a h     chhuah theih a ni.

Y.M.A member tin te kan in      a zing   mi                        tih vaw  g nung tlat i la, midang   tan malsaw    a kan lo nih theih baw   nan, kan aw    a tur dik takah leh kan tih tur dik tak tih thinin, harsat  a leh chhuanlam reng reng kan nunah thu neih tir lo ila, phur tak leh thatho takin i thaw   zel ang u.

Branch YMA Office Bearer		
<b>President</b> Pu HD Daniala 9863212083	<b>Secretary</b> Pu Lalremsiama Varte 9862327112	<b>Treasurer</b> Pu David Ialrosanga 9436158962
<b>Vice President</b> Pu S. Lalthangliana 89748 30454	<b>Assistant Secretary</b> Nl. Florence Zoremsangi 9612761781	<b>Financial Secretary</b> Pu Rotlingpuia 9862385193

**CYMA hmalakna**  
**LPG HOME DELIVERY**  
**CHUNGCHANGAH YMA**  
**HRUAITUTE INHMUKHAWM**  
 Dt. 19, 2021 (Thawhle  ni) zan dar 7pm a Vanapa Hall a LPG Home Delivery chungchanga inh          a leh h       tult   in h     h    a hun h     a ni. He hunah h     Central YMA OB, CEC te, Aizaw          ch    g Branch YMA 30 a    g leh FCS&CA atang  n mi 138 an kalkhaw   a ni.

Pu Vanlaruata, President, CYMA in k        n, Pu Lalsangzuala Sailo, CEC, CYMA in hunser   a h    g. Prof. Lalnuntluanga Gen SecY, CYMA h     atang  n h       tult              a ni a, inh          a leh in law    a hun h     a ni.

Tun dinh       LPG Home Delivery hi veng pali- College veng, Daw    , Falkland leh Zonuam ah te kal     me   a ni. Saw  karin ruah    a a siam ang  n Feb 2021 th  a laihaw   a    n Aizaw          ch    g veng h    g 28 ah kal          tum a ni baw  . Dr. Lalh        , Director, FCS&CA Dept h     a    n Saw  kar ruah    a leh kal     me   dante            a ni a. LPG Home Delivery hlawhtlingtaka kal     anih theih nan YMA te         a leh thaw      a      neih a      thu saw    n, YMA te taw      a a ngen n     baw  .

Pu Fabian Lalfakaw  a, Treasurer CYMA h     a    n LPG Home Delivery       a leh m       tana aw  sam  a anih thu saw    n, dan ang   kal     anih theih    a tanlak a      tak zet thu            a ni baw  . LPG Home Delivery kal     me  na veng Branch YMA h         h     a    n a hlaw    a leh      an tih thu            a ni. H     h     h    a leh ch      a hun h     n   in, inh        a        inh         zui a ni. Hlawhtlingtaka hun h     a ni.

**CENTRAL YMA CHETVELNA**  
**18.1.2021** : Central YMA Office-ah, Central YMA OB leh Mizoram ch      a Telecom Service Provider (BSNL, Airtel, Vodafone, leh Jio) aiaw   ten Joint Meeting an     a, Mizoram ch      a tun aia Telecom Service a      theih nan h       dan tur an saw    .

**19.1.2021** : Secretariat Conference Hall-ah Krismas leh Kumthar law   dan th       meeting neih a ni a, Pu Vanlaruata President leh Pu Fabian Lalfakaw  a Treasurer te an tel.

**19.1.2021** : PCCF Conference Hall-ah Central YMA, Forest Dept  . Official leh Environmental NGO ten, Minister Forest Dept  . hovin Ram     leh Nungcha Hum    h kaw     h         dan tur chungchanga Joint Meeting an     a, Pu R.S. Lalrinsanga CEC, Pu F. Lalram      a CEC leh Pu Lalbiak    a Asst. Secretary, Science & Environment Sub-Committee te an tel.

**19.1.2021** : Central YMA bultumin Vanapa Hall-ah Aizaw          ch      g Branch YMA th    n ch    a 28 OB te leh Food, Civil Supplies & Consumer Affairs Dept  . aiaw   ten LPG Home Delivery chung     inh        a hun h     a ni a, Branch 28 a    n aiaw   an kal kim a, tel zaw  g zaw  g hi mi 144 an ni.

**20.1.2021** : Aizaw   District Election Pisa-ah 1.1.2021-a kum t    g tharte Final Photo Electoral Rolls, 2021 t          a hun h     a ni a, Pu Roneihthanga Finance Secretary a tel.

**22.1.2021** : H        ,          leh Saitual-ah Sub-Headquarters YMA thar din a ni a, Central YMA OB leh CEC bakah Lunglei, Champhai, Serchhip Sub-Headquarters OB leh an huam      g Group OB leh Branch aiaw   mi 2      an tel.

**Sub - Hqrs YMA thar 3 haw  g**  
 Dt.22.01.2021(Zirtaw    n) ch    n dar 12:00 ah k     Sub- Headquarters YMA thar pathum-Saitual, H         leh          te haw   a ni a.

H         Sub Hqrs hi Pu Vanlaruata, President C.Y.M.A in a haw  g a,          hi Tv L          a, Vice President in , Saitual Sub Hqrs hi Prof. Lalnuntluanga, Gen. Secretary in a haw  g baw  .

O.B dang  te Prof Malsaw      a, Asst. Secretary hi Saitual ah a kal a, H        a Pu Fabian Lalfakaw  a, Treasurer leh Roneihthanga, Fin. Secretary         a a kal baw  . CEC member eng emaw zat an          baw  .

A haw    a h    a telte hi Saw  kar phal chinah a k           Sub - Hqrs YMA h        , Group leh Branch h         an tel baw  .

Programme t    g taka h    a a nih theih  a avang  n a law       hle.

Sd/-  
 Prof. Malsaw      a,  
 Asst. Secretary,  
 C.Y.M.A



Thu ziak Huang

## Hringnun Olympics

Tungchhoa kal mihringte kan lo dinchan chhoh zel dan ngaihtuahin thil pakhat la dik chho zel a awm tlat mai. Chu chu *'Survival of the fittest'* tih hi! Greek mite'n an lo òan a, vawiin thlenga khawvelin ropui taka kan la hman chhoh zel Olympic Games -ah hian, *sports* -chi hrang hranga *talent* nei òa te'n an thiam leh finna zawng zawng chu theihtawp chhuahin khawvel hmaah an pho lang òin a ni lawm ni.

Tunlai khawvel kan thlirin keini Mizo te paw'n kan ram(India) pum level la phak chiah lo mah ila, kan changkang sawt ve hle a ni. Kan ramah *University* kan nei tawh. *IT department* pawh hmanni lawk khan a ding ve ta bawk. *IT/Computer Science subject* lam leh *Mathematics* lam zir te pawh kan pung ve tial tial e. *Doctor* zir ringawt mai kan tum bur vek tawh bik lo. Thil pakhat ah chauh *fittest* nih ai chuan thil tamtaka *fittest* nih a òa zawk e. *Olympic* hman tawhah pawh Chinese-ho an che òa hle mai. A chhan chu *sports* tam zawkah *fittest* nihna an hauh tlat vang a ni.

Changkanna lamtluangah hian a òa lam a awm ang bawkin a chhe lamah pawh hma a sawn chak hle theih tho. Hmanni deuh lawka TOI-in a tarlan dan chuan ram changkang *'developed countries'* ho *data* pawimawh a bo nual a. Canadian *researcher*-hovin an chhut dan chuan *hackers*-ho hi Chinese-ho ni ngei turah an ngai a, Asia khawmual puia ram lian ber kan òenawm ram mai khi a lo changkang chak khawp mai. US leh ram changkang tak takah te zir turin an òalai te an inthawn chhuak zung zung reng a, hna an va thawk thei nghal zel a, an ramah sum an thawn haw leh chur chur bawk a. *Income* tam tak an siam a ni ringawt mai.

IT lamah chuan India ram pawh hi a ber hauh te zinga mi kan ni. Ama'rawh chu, IT *field*-a Mizo thawkte erawh kan la chhiar phoh phoh thei tlat mai. Hmabak tamtak kan la nei a ni. Kan òianpa sawi ka la hriat reng chu, "Keini Mizo te hi zawng *syllabus* lam aiin *non-curriculum* thil kan thiam phian zawk òin hi chu a paw ngawt mai.. " a ti hial a. A dikna tamtak a awm tlat a ni. Tum bulbal nei lem lovin a lo zir thui ve hle theih dawn tlatin ka hria. Ama'rawh chu, 'Ka tum nge ruh saruh' ti te pawh kan zingah an lo awm ve zel bawk a. Delhi-a kan hmuh mai theihah chuan IAS/IPS/IFS etc nih tum rana lehkha zir te an òahnem hle a, an entawn tlak hlein ka hria.

*Recession* boruakin min nangching chho a, ram hausa ber US ngei pawh a buai ve hle zawng a nih khu! Ram hruiatute pawh an lu a hai ve thei viau ta ve ang. *Company* lian te lah bang bik lo, an *policy*-te *revise* chung zelin sumdawn dan thar *new strategy*-te an duang chawp a, òan an la nasa hle mai. A òenin *salary* an *cut* emaw an pun loh laiin, a òen erawh chuan *cost cutting* an lo ti ve bawk. Hei vang hi a ni ang *Satya* lamah pawh *current* neih loh avangin zan hnih thum chu a lum hle a ni awm e. He *recession* boruak hi *company fit* deuh te chuan an *survive* chho mek tho. India rama *company* lian ber berte chuan hnathawk tur *recruit* an la bang chuang lo. An chhuanawm zawng a ni.

South India-a IT/BPO- hnathawk hovin *policy* - pakhat an chin thar òa ve em em chu ram danga inzarpaharh tumin *foreign language* an zir belh chur chur mai. *European language*-te leh *Japanese* òawng zir an pungsawt hlea chhut a ni bawk. Keini Mizo ten kan Na-

Naupang Huang

- Gilbert Renthlei

## Khualzin Pakhat

Hmanlai hian mi pakhat Pathian ring tlut mai hi a zin a; Bible zial, bati leh arpa chauh a zinnaah chuan a keng a. Zannah chuan bati a chhi a, Bible zial chu a phelh a a chhiar òin a; zingah chuan a arpa khuangin a kai tho òin.

Tlai khat chu khaw te tak teah hian a va lut a, amah an thlen theihna turin an khawngaihna a dil zel a; tumahin an lo thleng duh lova, òawngkam chhe tinrenga ankhum chungin an lo hnar mai a.

Chu Pathian mi chuan, "Pathian khawngaihna leh dikna chuan a òa zawngin engkim a kaltir zel e," tiin daipawn lam a pan ta a, Thingbuk hnuai belin awmhmun a khuar a, a arpa chu a kiang hnai thingah a fuktir a; Pathian hnena lawmthu sawi chungin bati a chhi a, a Bible zial chu a chhiar òan leh ta a.

Thli a lo thawk a, a bati chu a rawn chhem hlum ta daih mai a, han chhit lehna chi ziazang lah a ni hek lo. Pathian mi chuan, "Pathian khawngaihna leh dikna chuan a òa zawngin engkim a kaltir zel e," tiin mut zai a rel ta a. A han mu a, khua a lo thim chuan sihal an lo chhuak a, a arpa chu an rawn laksak ta daih mai a. Pathian mi chuan uiin pawiti hle mahse, "Pathian khawngaihna leh dikna chuan a òa zawngin engkim a kaltir zel e," tiin a mutsan a, tui takin a muhil ta a.

Zing khua a lo var chuan a thova, a Bible pawm chungin a chungah zahngaihna lantir duh lote khuaah chuan a va lut leh a. Zan lamah chuan misual rualin chu khua chu an lo rawk a, mi an hmuh zawng zawng thatin khua pawh chu an lo hal ral vek mai a.

Pathian mi chuan khuaa mite khan a chungah ngilneihna lo lantir ta sela chuan an rualin a thi ve dawn a ni tih te, a bati kha lo eng ta se, a arpa kha khuang bawk sela chuan misualte khan amah pawh chu an that ve ngei dawn a ni tih te a ngaihtuah chhuak a. "Pathian khawngaihna leh dikna chuan a òa zawngin engkim a kaltir zel a ni," tiin ni engah chuan a Bible a chhiar a, Pathian hnenah lawmthu sawiin a òawngtai leh ta a.

(column lehlam a mi zawmna)

*tional language* kan zir peih loh laiin mi fate chuan *foreign language* an lo zir leh der tawh nia. Ram pum huapa *literacy %* sang tak kan neih mai te hi duhtawk lovin *scholar* kan pun chhoh zel a va'n pawimawh tak em! Thil reng reng chu tumna a awm a, kan beih fan fan chuan hlawhtlinna pawhin min lo hnaih nge nge òin a lo ni.

*Tamil*-ho khu *English* leh *Science subject*-ah te thiam vak lo, *Math* thiam hle thung si an tam ngawt mai! An tette aòangin an lo ngai pawimawhin an lo thlur bing bik *subject* zuk ni tlat a! Chuvang chuan *talent* kan neih òat bikna òeuh hi thlur bing bik a òa hle ang. *'Practice makes perfect'* an lo tih kha maw!! Kan tuina òeuhah kan thlen san theih ber thleng rak thlen tum phawt mai ila.

Awle, a pawimawh hmasa ber chu tumna (*ambition*) chianguang tak neih phawt a, chu kan tum ram chu thleng thei ngei tura chhum lo chat lova kan òang fan fan peih tikah he hringnun *Olympics*-ah hian Mizo te kan inphochhuak ve thei ngei dawn a lo ni.

Engah nge thil tithei lo bik, thiam lo bik leh chan chhe bika i indah? I ropuizia leh theihna i neih hi i hria em? Sperm cell maktaduai 100 chuang aia tam zinga a chak ber leh thil tithei ber, dam khawchhuak i ni tih hi hria la, lawm la, mahni inring tawk la, inngaihlu thiam ang che.

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

Published by Law & Judicial Department, Government of Mizoram. 1st Edition 2006.

BUNG - 2

MIZO KHAWTLANG INAWP DAN

**Chang 34 - KHAWTLANG MAWHPHURHNA KAWNG DANGTE**

A hnuaia sawi angte hi khuaa mi chengte mawhphurhna a ni :

- 1) **Mibo zawn leh tuitla ruang zawn** : Khuaa mi tupawh chin hriatlohva a bovin emaw, tuitla zawn ngai a awmin emaw khawtlangin zawn tur a ni. Mi bo chu ni sarih(7) thleng an zawng thin.
- 2) **Kangmei chhuak** : Kangmei chhuak a awm chuan khuaa mi chengten a rang thei ang berin thelh tur a ni. Kangmei tichhuaktu chu chang 153-a Kangmei thu angin hrem tur a ni.
- 3) **Lui humhalh** : Mahni ram chhunga lui humhalh thuah chuan khawtlang Roreltuten mawh an phur a ni. Khuaa mi chengten an ram chhunga luite chu neitu chan changin an humhalh thin.
- 4) **Ram thei kung humhalh** : Ramhnuaia thing leh hrui, a rah leh a zik, a hnah ei chi reng reng, a kung kih leh a hrui chhah hi tih loh tur a ni. Hemi dan bawhchhia chu a thu awmdan azirin Roreltuin a awm tawkin a hrem thei.
- 5) **Vantlang thil venhim** : Khuaa vantlang thil reng reng venhim chu khawtlang mawhphurhna a ni. Chutiang tichhia chu a thu a zirin Khawtlang Roreltuten an chawitir thei.
- 6) **In sak leh a bul vel** : Khuaa mi cheng tu pawhin in a sak dawn chuan khawtlang roreltute a hriattir hmasa tur a ni. In sakna tur hmun chu an sak hmain Khawtlang Roreltuten an endik hmasa tur a ni a, an phal angin an sa tur a ni. Khawtlang tana hnawksak zawngin tuman in an sa tur a ni lo. Thu awih lo chu Roreltuin a awm tawkin a hrem thei.
- 7) **Ek in, ran in, buh in** : Chhungkaw tinin anmahni ram chhungah mahni pualin ek in te, ran in te, buh in te an sa thei. Amaherawhchu, thenawmte leh vantlang tana hnawksak a nih chuan Khawtlang Roreltuten an thiahtirin an sawntir thei. Hemi zawm lo chu a thu azirin Roreltuin a awm tawkin a hrem thei.

Hriatzauna Huang

1. Hepatitis B & C - Sorkar damdawi inah chauh.
2. Dialysis - kal thuah.
3. Parental Chemotherapy for cancer and other chronic disease eg.Rheumatoid arthritis for rituximad infusion etc. cancer leh natna benvawn dang (Rheumatoid arthritis rituximad infusion mamawh) chemotherapy etc. khai ngai.
4. Refractive Eye Surgery - mit fiahlo laser hmanga zai ngai (-4.5 chin chunglam).
5. Laser Therapy for Diabetic Retinopathy - zun thlum vanga khawhmuh fiahlo zai ngai.
6. Hemifacial Spasm/Blepharospasm/Cervical Dystonia Therapeutic Notox injection - Hmai sawi, mit tha chaklo chiu ngai.
7. Connective Tissue Disease eg. SLE, DLE.
8. Lithotripsy- Kala lung chhut sawm.
9. Treatment follow-up (monitering) of cancer , organ transplant, post head injury (post operative only) PPI - Cancer, Organ transplant, lu a hliam tuar thluak zai, PPI (Pernament Pacemaker vuah) in chekup-na leh enkawl na.
10. Laparoscopic Therapeutic Surgeries - Zailoa inverh (Sawrkar damdawi inah chauh).
11. Central Line Insertion - Central line dah.
12. Chronic Hearth Failure - Lung hnathawk tawhlo benvawn.
13. Coronary Artery Disease - Lung thisen zam natna.
14. Pulmonary Hypertension - Chuap pressure sang.
15. Herniotomy under GA - Hnimhlum hmanga piantirh ațanga

Hriselna Huang

**Damdawi tel lova thisen sang enkawl dan**

- C. Laldinmawii, Extension Educator

Thisen sang hi tunlai khawvelah chuan natna lar ber pawl a ni a, thil chi hrang hrang avangin thisen sang hi a neih theih a ni. Inthlahchhawna ațang te, kal lam natna ațang te leh taksa tuihnang (hormone) hnathawh a danglam te hian thisen sang a awm thei a ni. Thisen sang nei tan chuan rilru hahna leh min delh rittu thil kan neih te hian thisen a tisang zual thei a. Thau lutuk te, chi ei hnem te, zu in te leh taksa sawi zawi that loh te hi thisen sang nei te hian an ngeih lo hle a ni.

Thisen sang hi natna zawiawi tak mai a ni a, taksaah a lang chhuak mai lo va; mahse, zawi zawiin taksa a tichhe telh telh thei a ni. Taksaah natna a lanchhuah tak tak erawh chuan thih mai theih khawpin harsatna a tawh theih thung a ni. Chuvangin inenkawl that a ngai hle a, tihdam theih a ni tawh lo va; mahse, thisen sang tur kha damdawi te leh nunphung tihdanglam avang te in awmphung pangngaiah kan dah thei a ni. Thisen sang nei te chuan kal tha lo an nei duh hle a, kal hna thawk thei tawh lo mi tam tak an awm mek a ni. Thisen a san chuan thluaka thisen dawt kha a insawr zim thei a, a inhnawhping thut thei bawk. Hetiang a thlen tawh chuan thih thut theih a ni a, vanneih viau pawhin taksa bung hrang khawi emaw lai chu che thei lovin a awm phah thei a, a thente pheih chu a zeng hlen thei a ni. Lung tha lo an nei thin baw a, heart attack te an nei thut a, accident a awl hle a ni.

Thisen sang damdawi tha tak tak te awm bawk mah se, B.P. sang thunun tur chuan ei leh in te uluk angai a, nunphung leh kan thil chin than tha lo te pawh paih ngam a ngai a ni. Blood Pressure (B.P.) hi mi thiam ten an sawi dan in 140/90 mm (140 hnuaiah 90) aia a san chuan inenkawl thuai tur a ni a.

Kum 60 chung lamah chuan 160 hnuaiah 96 aia a san chuan inenkawl vat tur a ni. Kan blood pressure hi a nih dan tur tak chu 120 hnuaiah 80 a ni a, hei aia a san hret pawhin rei lo teah thisen sang avanga harsatna chi hrang hrang kan nei thei a ni. Amaherawhchu, inenkawl thuai chuan damdawi tel lo pawhin thisen sang tur kha a thunun theih a ni.

(column lehlam a mi zawmna)

tilmu puar zai.

16. Chronic Anal Fissure under GA- Hnimhlum hmanga pile zai.
17. Circumcision under GA - Hnimhlum hmanga natna avanga serh tan.
18. Diagnostic laparoscopic examination - Zirchian nana zai lova verh.
19. Thalassemia and other haematological disorders requiring repeated transfusion/treatment - thisen cancer nilo thisen lam natna.
20. OME for Grommet Insertion under GA- Hnimhlum hmanga bengkherh tui tling siak chhuah.
21. Myringoplasty (adults only)- Kahhitna hmanga bengdar pawp thawm.
22. Surgery for Cataract, Squint (adults only) Glaucoma - Mit naute paw, mit kalh, mit pressure sang zai.
23. Lasser procedure for Glaucoma and posterior capsular opacity - Laser hmanga mit pressure sang leh mit naute lang thalo thai.
24. CAPD - Sawrkar damdawin ah chauh.
25. Arteriovenous (AV) Fistula - Kal thuah nana thisen zam zawm (sawrkar damdawiin ah chauh).