





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.

Vol - VII Issue No. - 36 Phek 1-na - Mim Kût thla - 5th September, 2021 (Pathianni)

Tunkar chang vawn : Sam 103:3
“A ni chuan i khawlohma zawng
zawng a ngaidam thin a; I natna
zawng zawng a ti dam thin a.”

TUALCHHUNG CHANCHIN

☛ Tv James Zothansanga s/o Pu Lalbiakliana, Vanapa Section chuan LLB first division-ah a passed a, a hlawhtlinna leh a kal leh zelna turah lawmpuina leh duhsakna kan hlan e.

☛ Ni 1/9/2021 (Nilaini) khan Positive case thar mi 4 kan nei a. chung te chu:-

1. Laldintluangi
2. Mary Lalmuansangi
3. Caroline Lalmuanaawmi

An ni hi Judicial quarter a awm niin, Dt 28.8 2021. a positive tih hriat chhuahte an ni.

4. Pi R Lalduhawmi

Judicial Quarter Home quarantine lai niin nilaini khan positive tih hmuh chhuah a ni.

☛ Ni 3/9/2021 (Zirtawpni) khan vanneih thlak takin Home Quarantine lai 4 test an ni a, an vaiin an negative vek a ni. Zirtawpni vek hian 4C atangin Discharge 3 kan nei chung mi te chu

1. Vanlalhruii Kum 34
D/o R Lalengzauva
2. Vanlalruatfela Kum 5
S/o R Vanlalzuia
3. Vanlalchhanhimi Kum 16
D/o R Vanlalzuia

Vanapa Section huam chhung vek an ni.

**KHUANGPUILAM VLTF COMMITTEE
THUKHAWM**

Khuangpuilam the 5th September, 2021:- Ni 31st Aug, 2021, 7:30 Pm khan NR HALL ah VLTF committee neih anih a. 4C ei leh in atan hian Chaw baka chhum, kân, bai leh rawt te siam thin a ni. Thilpek dawn tawh zawng zawng, thlai hnah thlengin chhinchhiah vek a ni. Upa Vanlalmuana hnen atangin 4C a devotion kalpui dan tlangpui ngaihtlakna neih a ni baw. 4C a Devotion hi Sunday leh Wednesday zanah Presbyterian leh UPC(NEI) Kohhran hruiatute atanga neih thin a nih.

Thurel 1 na : 4C Chungchang

(A) 4C Rules chungchang: 4C rules chungchang uluk takin sawiho a ni a, a lut leh chhuak te tan dan tha tak siam nise tih a ni a, hruiatute lo bawhzu se tih a ni, heng a hnuaia point te hi zeh tel ngei nise tih a ni baw. Awmpuitu (10yrs below)** Naupawm chungchang** Intlawhpawh chungchang**Awmpuitu test dan tur (ni 10 or chhuah dawnah)

(B) Duty Chungchang: Duty group hi Group 7 ah tihlen nise kan tih a ni a. Duty leh Tracing team te hi then hran nise tih a ni baw. Duty te hian Zan riah bakah Ei leh in buaipui hi chhunzawm tura tih an ni. Eirawngbawltu te pui turin MHIP kaltlangin hmeichhia ruat tel nise tih a ni baw.

(C) Thilpek chungchang : Thilpek hunbi siam tha tih a ni a, Zing dar 8am atanga dar 5pm thleng phal ni se, emergency thil chu engtik lai pawn phal a ni. Thilpek reng reng chu Duty te kutah dah tur a ni a, chungte atangin chawhmeh leh sa inpek erawh phalloh a ni a, pek dawn chuan zavai daih law law inpek nise tih a ni.

Thurel 2-na : Home Isolation chungchang sawiho ah Group Leader te leh Hruaitute lo inrawnkhawm in lo sawifel mai nise, a tuldan a zirin Home Isolation pawh pek remtih nise tih a ni.

Thurel 3-na : Contact Tracing Team leh a kaihnawih Contact tracing team chungchang ah chuan, 4c duty te nen then hran nghal nise, a tul angin hruiatute hma la se tih a ni.

Tracing chungchang a Secretary lo tawiawm turin Tv. Samuel Malsawmzuala ruat a ni. Tin, Publicity lam lo buaipui turin Pu David Lalrosanga ruat a ni baw.

Thurel 4na : Treasurer leh Finance chungchang 4C Treasurer leh Finance Secretary tur ruat tha tih angin , Treasurer atan Pu H. Lalroliana chu ruat a ni a, Finance Secy. ah Pu S. Laltlangliana ruat a ni baw.

CORONAVIRUS hian

Ha a nei lo na a, a seh a nâ.
Ke a nei lo na a, a kal darh chak.
A bengchheng lo na a, a thâwm a nâ
A hmuh theih loh na a, a langsar.
Hriamhrei a hmang lo na a,
mi a suat hnem.



**Goal 2 kan khung tawh,
Goal 3-na khung leh ang aw.
Kan lamah Goal a luh ve loh nan,
Goal vengtu-ah tang theuh ang u.**



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Editorial.....✍

Tunlai khawvelah hian mahni dik ber, hre ber, thiam bera inggaihna hi a hluar ta deuh emaw tih tur a ni a. Kan inchhiar zau a nih chuan a dikna chin pawh a awm ngei ang. Mahse mihring hi tumah famkim kan awm lova inmamawh tawn leh chengho kan nih avang hian kan inhriatthiam tawn a pawimawh hle a ni.

Midangte hriatthiamna nei tur hian an dinna a va din ve phawt loh chuan mi harsatna emaw, an buaina kan va hrethiam tak tak lo deuh thin. Ralkhat aṅanga ngaih dan leh hmuh dana thutlukna siam a, thu fing hmel pui pui, mahse dik tluantling si lo siam hi a awl hle.

Social media-ah te hian mi thuziak kan chhiar emaw, mi titi lengvak kan hmuh aṅangin emaw ngaih dan kan siam thei a, mahse kan ngaihdan siam kha a dik ber tihna a ni kher lo. Kan thil hmuh leh chhiar kha a chhehvel boruak kan hre tak tak lova, a lo chhuahna leh a chhan kan Chiang tak tak lo fo. Kan hmuh chinah ngaih dan kan lo siam ve a ni mai. Chuvangin thil nihna tak hriat chian hmaa huai taka ngaih dan siam hi tihsual a awl hle.

Chuvangin vawikhat hmuh leh hriat aṅanga ngaih dan siama midangte dem mai lovin kan nunah ‘midangte’ an pawimawh a, inmamawh tawn theuh kan ni tih hre reng ila. Inlaichinna tha kan neih theih nan leh kan mimal nun a lo hlim zel theih nan inzir belh i tum zel ang u.

| Branch YMA Office Bearer | | |
|---|---|--|
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MIZORAM COVID-19 DINHMUN TLANGPUI

September 2, Ningani Khan Mizoramah Covid-19 vei mi 882 hmuh chhuah a ni a, August 16, 2021 hnua a wawi khat nan enkawl mek mi sing an tling leh tawh. Zirtawpni Khan hripui vei dam tawh mi 373 chhuah tir an ni a, hripui vangin mi pakhat a thi. symptom nei 434 leh nei lo 448 an ni a, tualchhunga kai 878 leh state pawn aṅanga lut pali niin, tualchhunga kai zingah kaia chin hriat loh 260 an awm.

Ningani Khan Mizoram chu India rama state leh union territory 36 zingah hripui vei hmuh thar tam lamah parukna a ni a. Mizoram aia hmuh chhuah tamnate chu - Kerala, Maharashtra, Tamil Nadu, Andhra Pradesh leh Karnataka-te a ni.

IDSP record angin, Mizoramah Covid-19 vei 61,992 hmuh chhuah a ni tawh a, mipa 31,581 leh hmeichhia 30,411 an ni. Zirtawp tlai dar 5 thleng Khan mi 51,763 (83.50%) chhuah tir an ni tawh a, mi 220 (0.35%) thi tawhin, enkawl mek mi 10,009 (16.15%) an awm.

Mizoramah Covid-19 vei hmuh tawh zat 61,992 chu kum 2011 chhiarpui angin, Mizoramah mi 1,000 zelah hripui vei mi 56 an awm ang a ni.

Mizoramah Covid-19 vei hmasa ber chu March 24, 2020 Khan Guwahati Medical College-ah hmuh chhuah a ni a. ZMC-ah positive 14,048 hmuh chhuah a ni tawh a, TrueNAT-PCR hmangin 3,572, RAT hmangin 44,304, FIA hmangin 67 leh Guwahati-ah pakhat hmuh chhuah a ni tawh. IDSP tarlan danin, September 2, 2021 thlengin Mizoramah swab sample 8,88,587 endik a ni tawh a, chu'ng aṅanga Covid-19 vei hmuh tawh zat 61,992 chu 6.98% a ni. Hripui vei hmuh tawh zinga mi 57,641 chu Mizoram chhunga kai chhawng an ni a, mi 4,351 chu Mizoram pawn aṅanga anrawn luh hnua hmuh chhuah an ni.

CYMA hmalakna

Central YMA in Zirlai ti tha chawimawina hlan

Ni 31.8.2021 (Thawhle hni) hian Central YMA chuan Kumpuan Sub-Committee ruahmannain kumin (2021) a MBSE hnuaia HSLC leh HSSLC Top -10 (Mizo) te chawimawina hun Central YMA Hall ah an hmang.

He hun hi Tv. Lalhma-chhuana, Vice President (Kumpuan Sub-Comt. Chairman ni baw) in a kaihruai a, Tv. Zohmingthanga Zote, Asst. Secretary, Kumpuan S/C in hunserh a hmang. Prof. Lalnuntluanga, Gen. Secretary, CYMA-in kumpuan hmalakna leh inhmelhriattirna hun a hmang.

Chawimawina hlanna hi Er. Lalrinmawia, Secretary, Kumpuan Sub-Committee-in a buaipui a, chawimawina pek te hi HSLC ah 13, HSSLC Arts - 16, Science - 13, Commerce - 10 an ni a, an vaiin mi 52 an ni. Lawmpuina thu zia leh pawisa fai Rs.1,000/- theuh hlan an ni.

Central YMA President, Pu Vanlalruata chuan thusawiin, “Zirna mumal lohna ram an ding chhuak ngai lo. Zirna hi mi pangngaia min chher tu a ni. Vawiina kan chawimawite hi nakina kan ram hruiatu tur leh kan inngahna te in ni a, chawl mai lova chhunzawm zel turin kan beisei che u a ni. In thiamna te ram Leh hnam tana hmang turin kan beisei baw a che u. Bawrh sap/ DC te hnam dang tawng hman ngai lo va mahni tawng ngei hmanga dawr theih te turte hi awm zel se kan duh a, chumi atan chuan Civil Services ah te lut thei ula kan duh hle.

YMA hi pawl dang nena khaikhin chi a ni lova, Missionary te din a ni a. Pawl dang te ang che ve but chi kan ni lem lo a, Mizo hnam tana tha tur ngaihtuah chung a fim taka kal thin a ni.” a ti.

Chawimawina te hi CYMA OB dang - Prof. Malsawmliana, Pu Fabian Lalfakawma leh Pu Roneihthanga ten an hlan a. Pu Lalrochuanga Pachuau, CEC-in lawmthu sawina hun a hmang.

Thu ziak Huang

- Dr. Lalzuia Colney
Lower Kanan, Aizawl

Naupang Huang

- C. Lalnunchanga

Khuang Theology

Khuangpui leh Khuangtê chungchang : (Chhunzawmna)

Chuvangin, Pathian hian Zofate hi amah fak nan khuangpui leh khuangtê inrem taka kan hmang hi khawvel ram dangin an neih ve loh, *Special* taka Zofate min pek niin ka ngai tawp a ni. A makna em em chu Biak Inah, ‘Krista thisen hlu tak chhuak chu ka tan a hlu a ni,’ tih kha, khuang khatin han sa teh u, lâm lo thei lo pahnih khat chu an lâm mai thei. Kha hla tho kha khuangpui leh khuangtê remin han la ve thung ula, lamtual khatin an lâm thei ang. Hei hi a makna chu a ni. Thalai lam hla thar pawh hi khuang hnihin a sak theih tho. “Lal lènna khawpui tual nuam,” tih kha khuang khat kher lovin, khuang hnihin han sa teh u, lamtual khatin an lam thei ang. Kan hla thar neihte pawh hi khuang hnihin a sak theih tho tih hi hriat a tha.

Kohhran *Programme*-ah hian hun bik leh ni bikte a awm a, hetah hi chuan khuang khat a ni emaw, ni lo emaw, a hla azirin ngaihthiam tho tur a ni. Khuang tel lova sak chite pawh a awm ve tho.

Ka rilrua awm reng thin chu, kan *Mission Field Secretary* pakhatin “*Missionary* Sapte khan Chanchin Tha hi a *pot* tel lovin, a chi chauh kharawn keng sela, Mizoram *pot*-ah hianrawn kui tiak sela, tun ai hian kan rinnaah hian kan nghet ang a, kan hlimna pawh hian a daih rei zawk ngei ang,” a ti. Tunah chuan Sap *Culture*-in Pathian biak kan tum a, kan *Culture* a nih ve loh avangin kan harhnate hi a tlo lo em ni ang a tih theih hial a ni. Mi hnam zia in Pathian kan fak ta a ni.

Aw le, a tawp nan, tunah chuan Mission Vengah pawh khuang hnih an hmang ve ta. Kan khuang hian hma a sawn ve zel bawk. Rev. C.Pazawna (L) kha kum 1976 khan *Synod Moderator* a ni a. Khatih lai vel khan kan khuangte chu bawng vuna thing kuang kaiha tuam a ni a. A then phei chu bawng vun la pawr chuapte pawh a awm. A kaih marnaah pawh bawng vun zai phel sinin an kaih mar a, a kaih mar nan hêm an hmang bawk. Hei hi Rev. C.Pazawna chuan a ngaimawh deuh va, kan Pathian biaknaa khuang kan hmante hi tun aia mawi hnai zawka siam theih ni se tih hi Kohhran a tlawh kual velnaah chuan a sawi thin a. Kuang chu mawi tak leh felfai tak, thianghlim tak ni se a duh a ni. Hei hi Kohhran a tlawhnate chuan an ngai pawimawh ve ta hle a, khuang chu mawi tak leh fel takin an siam ta a, chu chu Kohhran dangte pawhin an entawn ve ta zel a. Tunah chuan kan khuangte hi savuna kaih ni lovin, thir hmangin an kaih ta a, a pawh mar nan *screw*-te an hmang ta a. Khuang hmai leh a savun thlengin *varnish*-in an hnawih ta vek bawk a, kan khuangte chu a mam tle zar ta a ni. Hei hi Rev. Pazawna hmalakna a ni.

Kohhran hlim kan tih hi eng nge ni? Zai a tuia lam an tam chuan Kohhran a hlim kan ti a, inkhawm a nuam a, inkhawm kan chak bawk thin. Hei hi Kohhran nuam leh hlim kan tehna a ni lo thei lo. Chuti a nih chuan Pathianin khawvel hmun danga a pek ve loh Mizo Kristiante tan *Special* taka a pek khuangpui leh khuangte hi hmangin zai tluk tluk ila, lamtual khatin lam bawk ila, Kohhran nung a ni ang a, kan Pathian biak pawh hi a lawm ngei ang. Ka ngaihtuah fo chu, Biak Ina hla thiam tlan mang loh kan han sa a, upa lam thenkhat phei chu hmui an chip hmakin ka hria. Thenkhatin ‘Pathian biakna tho alawm,’ an ti ang, a dik reng. Mahse, mipuiin kan thiam tlan kan sak pawh hi Pathian fak leh biakna tho a ni alawm. Rev. Saiaithangan a sawi thin chu, biak ina Pathian fakna chu, “Kan zaa sawt tlanna tur ber ni zel rawh se,” a tih hi a la dik fo a ni. Tichuan, khuangpui leh khuangte hmang ngei hian Pathian fak ila, Kohhran nung leh hlim kan ni zel dawn a ni. Hei hi kan duh lo a nih chuan, Kohhran hi hlim lo ila, Pathian pawh hi dan ang chauhin be hram hram ila kan tihna tlukah kei chuan ka ngai. Min jawmpui awm ve tak ang maw!!

Taitesena

Taitesena hian sa hrâng a kah kan hre lo va, râl a thah kan hre hek lo; nimahsela, Mizo pasalthate zinga a ropui ber pâwla chhiar a ni tlat si. Tu ma tluk rual lohva mi tlawmngai a nih vâng hian chawimawi hi a phu narawh e.

Kum 1880 bâwr vèl khân Khawrihnimah a piang a, a lai ah hming chu Ralthatchhûnga a ni a, Khiangte hnam a ni. Nimahsela, a naupan laiin a biang a tai hlar thin a, chuvânga Taitesena tia ko ta an ni a. A hming tak, Ralthatchhûnga tih aţang hian an chhungkua hi an duai lo hle ang tih a rinawm. A pa chu Khallhvunga a ni a, a nu chu Dothangi a ni. Farnu pakhat, Kawlhnuaii a nei a. A nau a pian hnu maiah a pain a thihsan a, an unau chu tûlpui lovin a nu chuan rei lo têah pasal dang a neihsan a; hei hi uire anga ngaih a ni a. Taitesenate unau chu a pa nau Pahanga’n a enkawl ta a. Pahangate nupa hi mi rilru tluang tak an ni a, Taitesenate unau pawh hi hrin hran an ni tih hriat loh khawpin an hmangaih a. Buh leh balah an hmuvingil a, khawtlangah pawh mi zah kai phâk an ni a.

Naupang a nih lai aţangin Taitesena hi a hriselin a harhvang hle a, sial a lâwm em em mai bawk a. Zing hma takah a tho va, khawlaia sial lo bawk zawng zawng chu a chhiar a; an sial ni lo pawh tute sial nge tih a hriatsak vek a. Tin, an chaw ei lai pawhin miin, “Sial an insi,” an tih tawh chuan thlêng a thawhsan a, a tlan nal nal peih zel a.

A nuin pasal dang a neihsan leh avâng hian a rilru a na tâwp thei lo va, chuvangin a nu chu a do ngat ngat a. Vawi khat chu a thiante nêen ramah an kal a, Taitesena chuan pangkai a lo va. A chesual a, pangkai kung aţang chuan a tla a, a bân ruh a pelh a. Ina an haw chuan a pa Pahanga chuan a lo hmeh remsak a, Taitesena chu vawi khat mah a ţe chhuak lo va, na ti lo ang hmiahin a awm a. Amah hringtunu Dothangi chuan a intipalh tih a hriatin artui a rawn pe a, Mahse, Taitesena chuan a ei duh lo va, “Paih vek rawh u,” a ti a.

Kum khat chu an lovah Taitesenate chuan dawnfawh an thar ve lo va. A nu Dothangi chuan Taitesena nau hnenah, “Kan lova dawnfawh va phur rawh u,” a ti a. A nau Kawli chuan a va phur a, in a lo thlen chuan Taitesena chuan a nute lova an phurh tih a lo hria a, kawmcharah a paih keh vek duh hial a. Chuti khawp chuan a nu chungah chuan a thinrim a.

A tlangval hnuin vawikhat chu a nûin a puan ven tur ngotekherh a tahsak a. A chanve dâwn a tah zawh hnuin a dumna tur ţing an nei ta lo va. A nî chuan Taitesena nau Kawli hnênah chuan, “I nute’n ţing chu an ngah kha, zu dil rawh,” a ti a. A hnuah Taitesena chuan a nute ţing dum an hmang tel ve tih a hre leh si a, a nî puan tah zawh ţep tawh chu dawhthlengah a râwt sawm barh barh mai a. Ni khat chu a thianpa nêen nula puan tah rim an tum a, an kalna turah chuan a nu a hmu a, Taitesena chu a kir leh ta daih a. Mi zaidam tak ni mah se, a nu chung a rilru natna hi a tilang nasa hle a. Tute inah pawh lêng dâwn se, in chhûngah a nu aw a hriat phawt chuan a kir leh duh zêl a ni. (Chhunzawm zel tur)

Nun ulukte aiin nun uluk lo te hian midang sawisel hi an hrat zawk lo maw?

Dan leh Hrai

YMA Member nih dan leh hloh dan

YMA Dan Bu Bung III

Member nih dan

17. Member ni thei te :

- 1) Mizo tupawh, tleirâwl/râwlthar chin chunglam chu, YMA thiltum leh dinchhan te, a thuvawn te, a thuthlung leh a kaihhruaina te anga awm inhuam apiangte.
- 2) An khawsak dân phung ena Branch Executive Committee-in YMA member-a a pawm theihte.

18. Member chi hnih an awm ang : Annual Member leh Life Member te.

19. Membership Fee :

- 1) Annual Membership Fee Rs. 5/- (chêng ngâ) a ni ang. Annual Membership Fee chu mahni awmna vênga Branch YMA-ah ngei pêk tûr a ni.
- 2) Life Membership Fee chu Rs. 500/- (chêng zangâ) a ni ang.

20. Membership Fee pêk dân :

- 1) Annual Membership Fee chu hruaitu tharten an khawn ang.
- 2) Branch YMA tinin member hming ziakna Register bu neih tûr a ni a, member hming ziaknaah chuan Hming, Kum leh Pa hming ziah tûr a ni.
- 3) Life Member nih duh chuan YMA Member-ah kum 5 a awm hnuah a awmna Branch YMA-ah a dîl ang a, Branch Executive Committee-in Life Member ni tlâka a hriat chuan Group YMA-ah a dîlpui ang a, Group YMA Conference-in a remtih chuan Central YMA Office-ah Life Membership Fee pein Life Member a ni ang.
- 4) Sub-Headquarters YMA leh Central YMA huam chhûnga mite chuan an awmna Branch YMA-ah kum 5 member a nih tawh hnuin a dîl ang a, Sub-Headquarters Executive Committee-in emaw, Central Executive Committee-in emaw rem a tih hnuah Central YMA Office-ah Life Membership Fee pein Life Member a ni ang.

21. Member nihna hloh dân :

- 1) YMA Member, a awmna Branch YMA-in YMA Dân Bu Bung III chang 17 kalh nia hriat, vawihnih aia tlem lo insiamthâ tûra a hrih tawh hnuah member ni ve lo se thâ zawka a ngaihte chu an member nihna a paihsak thei ang a, a hun rei zâwng te leh tûl dang chu Branch YMA-in a rêl ang.
- 2) YMA Life Member, a chetdân leh nunphung ena YMA Dân Bu Bung III chang 17-na kalh nia a hriat, an awmna Branch YMA-ten insiamthâ tûra vawihnih aia tlem lo a hrih tawh hnuah an Life Member nihna hlihsak thâ zawka a hriatte chu, Life Member an nihna hlihsak theih an ni ang. Life Member an nihna hlihsak tûra Branch YMA-in a rêl thluk tawh chu Group YMA leh Sub-Headquarters YMA kaltlanga Central YMA-ah thlen a ni ang a, tûl a tih chuan Life Member nihna a hlihsak ang.

A nunphung a sim a, Life Member nih a duh leh hunah chuan Life Member nih dân phung pangngai engkim zawmin a dîl thâ leh ang.

DIK LEH RIL

- * Mi dangte chungâ lén tumna neih hmasak ái chuan, mahni phak ang tawk zel a ke chheh thiam hi a tlo a, finna a pung duh bawk.
- * Thlamuanna thu chu a tak ram la thleng thei tura belhchian ngam a ni tur a ni. Mihring rama inhnemna hi mi tam tak tan ngaihtatna a ni pha lo.
- * Thil kawng hman hre tura ngaihtuahna séng peih chuan finna a nei tawh a, khawl khawm chauh a tih tur a ni tawh.

Hriselna Huang

Ei tur thâ dik taka ei (Balanced diet) leh taksa sawizawi (Exercise)

- Dr Lalrinsiami

Ka pa hi kum tam tak chhung zunthlum natna avangin *Insulin* inchiuna hman tawh a ni a. *Insulin*-a inchiu ngai lovin a awm leh theih ngai kan ring tawh lo va. Tum khat chu a inchiuna leh a damdawi mum ei lai chuan duhthusama hna a thawh loh avangin ei leh in lama mithiam bik (*Dietician*) a râwn ta a. *Dietician*-in ei tur a chawh ang angte hun bi dik takin a ei zel a, chutia a tih chuan rei lote chhungin a zunthlumin hniam lam panin, a hma ai mahin a thâ ta a, kum tam tak a tel lova a awm theih tawh loh *Insulin* inchiuna pawh chu a thlah thei ta mai a, a lawmawm duh hle mai. Amaherawhchu, he dinhmuna ding reng tur hian taima tak leh thu awih taka ei leh inah a insum a, taksa sawizawi lam a uar chhunzawm zel a ngai bawk a ni. Hemi chungchang ka han thai lan nachhan chu kan ei leh inin kan taksa hriseinaah nghawng a neih thuizia ka rawn tarlan duh vang a ni.

Natna tam tak heng zunthlum, thisen sang, leh a kaihnhawih thauchhia kan tih te hian kan ei leh in nen inzawmna thuk tak an nei a. Chuvangin, eitur kan taksa lut chu kan hriatchian a, ei dan tur leh ei chin tawk kan hriat a, insum ngai kan insum bawk chuan dam nana damdawi mum chauh hman lovin damdawi ei ngai mang lovin kan awm thei dawn a lo ni. Chumi hre tur chuan kan eitur hian eng ang chaw thâ leh chakna lam nge a pai tam tih kan hriat a ngai a. Kan thil ei chu hlawn lian pui pui pathum proteins, carbohydrates leh fats ah a inthen a :-

Protein tamna chu : Sa, artui, bawngnhute, thlai mu, *bean* leh be lam, bekang sa, etc.

Carbohydrates tamna chu : Thei rah, thei tui, buh, chhang, bal, vaimim, thil thlum lam chi reng reng, etc.

Fats tamna chu : *Butter*, *cheese*, tel, sa thau, mawm lam chi reng reng, etc.

Thau leh thlum lam hi tam lo tein kan chaw eiah kan telh ve ngei ngei a ngai a. Chaw thâ hrang hrang te chu a inpawlh mawi tawka kan ei thin a ngai a. *Protein* tamna chauh eiin a dang ei tel leh si lo ta ila, kan taksain chaw thâ a hmuh tur ang kha a hmu thei dawn lo a ni. Tin, kan eitur thlante pawh a rawng hrang hrang a kim thei ang bera ei kan tum tur a ni a, thlai leh thei rah duh ang ang engtik hun lai pawhin hmuh tur a awm lo ang; mahse, tun huna kan hmuh theih ang zel te kan ei that a tûl hle a ni.

Hmuhmer lam te, eitur kan ro ang chi te hi a tlem thei ang ber ei tur a ni. Tin, eitur kan ei reng rengin hmanhmawh lovin kan ei ang a, kan lem hmain kan thial chip thâ tur a ni a, dul mar vek leh puar lutuk a ei loh tur a ni. Riltham lutuka awm a, a tawpa eitur lim leh nghek te hi pumin a ngeih loh mai bakah taksa tan a tha lo va, tih miah loh tur a ni. Ruaitheh tum leh sa hmeh nikhuuaa tum danga kan ei let eng emaw zah ei a, luhai muai muai khawpa ei ngheng mai te hi taksa tan a that loh mai bakah a changkang lo em em a, sim vang vang tur a ni.

Eitur thâ ei kan sawi laia kan ngaihtah theih miah loh chu taksa sawizawi hi a ni. Ei leh in lama fimkhur mai piah lamah taksa sawizawi kan uar deuh deuh chuan hei hian a thâ lamin nghawng thui tak a nei a ni. Entir nan, mi pakhat chu a thisenah te, a thinah te thauchhia a tam tih hmuh chhuah a ni a, thau chhe paihna damdawi ei hmain a ei leh in lamah a insum a, a theih tawkin a taksa a sawizawi bawk a, thla hnih khat hnuah chuan a thau chhia pawh a lo awm love leh mai a, damdawi ei a ngai ta lo a ni.

(*Chhunzawm zel tur*)