

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 : Tv. Samuel Lalpekhlua</i> <i>Contact No: 9612761781 / 9612691291</i> <i>9862501858 / 8575946381</i>	Branch YMA Office Bearer			
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	Khuangpuilam veng chhunga kum 2020-2021 a HSLC Passed tharte:-			
FLS Station - 9862385193/9862327112 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 Lalramzaau 76408 95924 Secretary : Tv Lalremruata 7005131514	Hming		Pa/Nu hming	Division
	1.	V. Vanlalhruaii Chawngbawla Section	d/o V. Lalfakzuala	1st
	2.	R. Lalruatpuia Chawngbawla Section	s/o R. Lalhruaikima	2nd
	3.	Jonathan Lalremruata Chawngbawla Section.	s/o Laltlankima,	2nd
	4.	T. Lalrinzovi Khuangchera Section.	d/o H. L Lama,	1st, L in Mizo,
	5.	Lallawmkima Vanapa Section.	c/o V. L Chhara	1st, L in Sc.
	6.	Melody Lalmuanawmi Khuangchera Section.	d/o Lalthanzawna,	2nd
	7.	Arsula Lalrinpuui Chawngbawla Section	d/o C Lalmuankima,	1st
	8.	Lalrinawmi Chawngbawla Section	d/o Lalzuimawia	2nd
	9.	Mimi Lalrintluangi Vanapa Section	d/o C Lalramthanga,	1st
	10.	Sangrema Vanapa Section.	s/o Lalkhawgina	2nd
	11.	Lalruatfela Vanapa Section.	s/o B Zoramsanga,	3rd
	12.	Jenny Nianghawihchingi Vanapa Section.1	d/o PL Khuma	3rd
	13.	Lalremruata Chawngbawla Section.	s/o Lalmuankima	1st, L in English
	14.	Lalhriatpuui Khuangchera Section.	d/o Lalmachhuana	2nd
	15.	Ngurnunhlui Chawngbawla Section.	d/o Ngurduhzuala	Distinction, L in Eng, Mz, SS, Sc, M,
	16.	V.L Remruati Khuangchera Section	d/o FLalramnghaka(L)	2nd
	17.	Lalrinzeli Khuangchera Section	c/o Lalrintluangi,	3rd
	18.	Lalthanzami Khuangchera Section.	d/o Jerusalem-i,	2nd
	19.	Lalnunmawii Khuangchera Section	d/o Jerusalem-i,	3rd
	20.	Malsawmsangi Khuangchera Section.	d/o Malsawmkima,	2nd
	21.	Lalruatkimi Chawngbawla Section	d/o Lalremruata	1st
A lawmawm hle mai, chhinchhiaah theih chinah Zirlai 21 lai mai Khuangpuilam veng chhungah Matric Passed thar kan nei a, an kal lehna zel turah duhsakna kan hlan e. Tun tuma hlawhtlinglo kan lo awm palh a nih pawhin beidawng lova, kumtharah chuan tha thara tan la sauh sauh turin kan rilru i siam ang u. Lo tih hmaih palh awm thei a ni a, kan hriat ang ang te Phone No. 9612691291/98620 94257-ah inhriattir thei nise a lawm awm hle ang.				
LAWMTHUSAWINA Dt 5.6.2021(Inrinni) zan dar 7:00pm khan Pu Lalchuaailova, Leader Vanapa Section Workshop ah kuang design hnatlang neih a ni a. Branch OB leh Section OB te thawh chhuah tur tih niin, kan thawk chhuak tha a, tlawmngaia thawk chhuak te chungah kan lawm tak meuh a ni. Sd/- Secretary Khuangpuilam, Y.M.A				

Thu ziak Huang

- C.Zomuana Pa, Vengnuam

Siamthātna Chhungkua Aṭangin...

Thil reng reng chu mawhphurhna nei ve nia inhriatna hian nun a tihlim a, neitu chan a chantir a, taihmakna bul pawh a ni. Tih tak takna nun min pe a, hlawhtlinna bul a ni. Mawhphurhna nei ve nia inhriatna chuan mi a tihuaisen a, mi puitling nihna leh finna leh remhriatna min pe bawh. Chuvangin tun dinhmuna i mawhphurhna kha eng nge ni le? Chhungkaw pa ber i nih chuan chhungkaw awp lum hna chu i tih tur hmasa ber a ni phawt mai. Zu hmun aṭang leh thenawmte in aṭang chuan chhungkaw nun chu siamthāt a har hle ang. Chanchin ṭha hril tih avanga nupui fanaute ngaihsak hmanlo leh enkawl hmanlo khawpa kan buai a nih chuan i in chhung khur aṭanga rah ṭha rawn chhuak lawh tur a vang hle bawh ang. Tehkhinna thawnthu an sawi fo ṭhin te pawh hriat chhuahtir uai uai mai. Rawngbawltu hmingthang tak mai a ni a, a nupui fanaute ngaihsak hman lo khawpa ram thim lam vei mi a ni bawh. Ṭum khat chu ram thim lam nawr eng tura a kal chhuak chu a nupui hnen aṭangin lehkha thawna dawng ta tlat mai. Eng dang a ni lo, 'I in chhung ram thim tak hi rawn nawr eng hmasa phawt la; tichuan, thenawm ram thim pawh i nawr eng thei ang...' tih hi a ni. A dik viau mai le, mahni in chhung ram thim tihen hmasak hi chhungkaw pa ber kan nih chuan kan tih mak mawh a ni chiang. Chuti ni lo va, mahni in chhung thim tak pawh tieng hmanlo khawpa thenawm ram thim kan vei ve ringawt a nih chuan chhungkua chuan tlakranna bak hmachhawn tur a nei tawh lo tihna a ni. Ram thim vei hi kan sawisel miah lo, ringtu Pathian ṭihtu kan nih tak tak chuan ram thim vei hi kan tih tur leh Lalpa rawng kan bawl theihna a ni na rawh e; amaherawhchu, mahni in chhung ram thim tak kal kana thenawm ram thim kan vei ṭhin hian kohhran, khawtlang, ram leh hnamah nghawng ṭha lo a chhuah ta ṭhin a ni.

Tichuan, chhungkaw nu ber tan pawh pasalte ngaihsak leh fate enkawl leh nunkawng ṭha zirtir ṭhin hi a hna chu a ni. Nu nih chu a awl a, nutling nih erawh chu thil har tak a ni thung. Thenawm khawvengte sawisel leh rel zut zut chung chuan nu ṭha leh nu tling nih chu a har hle ang le. Nute dinhmun han sawi dawn hi chuan lal ropui tak Napoleon-a kha rawih a ngai leh ṭhin. 'Ka pu, kan ram hian engnge a mamawh ber?' tiin a hoten an zawh khan "Nute" a ti a nih kha. Nute hi an va hlu tak em! Nute hlutna leh pawimawhna pawh hi a nep chuang hauh lo mai. Chuvangin fate nun kawng khalth ngil tur leh chhungkaw nun siamthāt hna thawk tur hian nute hi a kila lung pawimawh leh ṭangkai ber te zinga mi an ni ve tlat.

Chhungkuaa fate mawhphurhna pawh hi a dang leh a, chhungkuaa faten an tih theih atana ṭha leh sang ber mai chu Lalpa ṭih chung a nu leh pate thu awih/zah hi a ni. Nu leh pate hi kan lei pathian an ni si a, an thu thuin kan awm tur a ni bawh. Kan Bible-in min kawhhmuh angin nu leh pate thu awih hi malsawm dawnna a nih rual rualin dam reina pawh a keng tel nghal bawh a ni (Eph. 6:3; Thuf. 6:20). Tunlai kan ṭhalaite zingah sum zawnga nu leh pate chawm thei kan awm ta nuk a, a lawmawm. Chutih rual rual chuan sum zawngtu kan nih vanga nu leh pate chung a mawi lo taka che ṭhin kan nih erawh chuan a fuh hauh lo vang. (Sum zawngtu nih vanga nu leh pate hnuaichhiah tum tlat hi an awm ṭhin....)

Chhungkua hi lungthu angin tehkhin i la, lungthu aṭang hian a tehkhin thu i han zir dawn teh ang. Lungthu chuan ke pathum a nei tih chu kan hre ṭheuh va, a ke pathuma a din chiah hian a ṭanhmun a nghet a, a ṭanh mun a nghet mai ni lovin nasa taka rit pawh a dawl zo a ni. A ke pakhat a chhiat vaih erawh chuan a dinhmun a nghet lo va, a pel he zo va, amahin a ding zo va, engtihna atan mah a hman tlak tawh lo ang chiah hian chhungkua pawh hi kan tehkhin tak lungthu ang khian pa dinhmun a awm a, nu dinhmun a awm leh a,... (Chhunzawm tur)

Naupang Huang

(Chhunzawmna)

- L.T. Hlima

Pasalṭha Vanapa

Pa Huaisen, Pa Tlawmngai leh Ralrel Thiam

Chutia Vanapa'n Ngura a han man chu an lawm hle a, hetiang hian hla an phuah a:

"Sailo lal vekah, Lalsavunga a lal ber e,

Ngura'n hren thir a bun,

Zadeng hrai a riangvai e," tiin diriam hla, hmanlaia an chin pangngai phuahin Zadengho chu hla an phuah el a-

Lalsavunga'n ka hrai a rang a man,

Thlohmu-ah chang ila, sangthingah ka chuan lo maw, tiin.

Zadengho chuan an lal Ngura chu ro ṭha ber bera an tlan a ngai ta a. Rosum tam tak leh Haizang Dar te an laksak hnua pawh an dar ṭha ber Siallam Dar chu Lalsavunga chuan a phut tlat a. Ui hle mah se lal fapa tlanna tur a nih avangin an pe ta nghe nghe a, an tlan chhuak ta a ni. Ngura tlanna sum avang hian Lalsavunga chu a lo hausa ta hle a. Vanapa chungah a lawm em avangin ṭhi leh darte chu a sem ve a, khua pawh sahtir a tum hial a. Mahse, Vanapa chuan a duh lova, "Sailo in lal chhung chuan ka thlahte thlenga in hmun lo rama lal ka duh ber e," a ti zawk a. Chuvangin Vanapa thlahte chu Sailo lal khua leh tuiah Zalen Ramhual an ni ta zel reng a ni.

Aizawla an awm lai hian Thado lal Siakzapauva chuan, "Sailo lalho ka ep dawn e," tiin Mawmrang kham karah khua a siam a, rawlralin an che ṭhin a. Kham kara awm hmun khuar an ni a, khawih theih lovah inngaiin, "Van arsi khi tuin nge hawl thla thei ang?" tiin an zawt ṭhin a. Hei hi Aizawl tlanga awm, Lalsavunga chuan ngaimawhin bei turin a tlangvalte chu Vanapa hovin a tir ta a. An han thawk chu an vanneih a siamin an khaw chhung luhna lei an lo pheh theihnghilh hlauh mai a, an luhkhung a. Tam tak an that a, a ṭhen chu khamah an zuang thla a. Chhuahna kawng ruk an lo neih avangin ṭhenkhat chu an tlan chhuak bawh a ni.

Ṭum khat chu Hmar-ho an lo pawn phei hle avangin Lalsavunga chuan a nawr tawm turin, a pasalṭhaho chu Hmar lamah rammu turin a tir a. Hemi ṭum pawh hian Vanapa hi upa ber a nih avangin a hotu a ni a. An va lut thuk hle a, tum hnihna-ah phei chuan Manipur lal sipai nen an va inbei a, silai pakhat an hawn a, chu chu TUKULI kan tih hi a ni. Manipur ta a nih avangin a hmingah 'Manipur' an vuah nghe nghe. He hming hi kum 1910 thleng khan a la pu reng a ni.

Zadeng lal an tu-tlawm a, Thado lal Siakzapauva an hawl thlak hnu chuan Lalsavunga chu a pasalṭha leh khua leh tui tam tawh nen, kum 1828-ah Darlawng tlang a kai ta a. Mahse, a hnu rei vak lo, kum 1835-ah Lalsavunga chu hemi hmuna hian a thi a, a fapa Vanhnuaailiana chuan a ai a awh a. A pa thurochhiah angin Vanhnuaailiana chuan chhak nawr zel a tum ta a, Saitual kai tumin Lamzawl ram an han vat a. Mahse, Thlanrawn Pawiho an lo lang a, an tlan hawng ta a.

Vanhuailiana pasalṭhate (Chhunzawm tur)

Thudik chanve hi dawt aiin a hlauhawm daih zawk.

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>BUNG 9</p> <p>THUBUAI AWMTHEIHNA TLANGPUI</p> <p>Chang 151 - Mi hek : Miin mi dang thiltih emaw, thusawi emaw, awm dan emaw, thu dik inngahna nei si lova, thu neitu hnenah emaw, mi dang hnenah emaw, a pawl thei tur zawnga a va thlen hi 'Mi hek' a ni. Hetiangami hekna chu, a dil lo ngei a ni tih finfiah a nih chuan roreltuin a hrem thei.</p> <p>Chang 152 - Mi ang lo tihnaawnah : Pianphunga rual ban lo, mi anglo tihnaawnah chu a thu a zirin chawitira hrem theih a ni.</p> <p>Chang 153 - Kang mei : Kangmei tih hi in emaw, ram emaw, thil dang emaw, tihkan hi a ni.</p> <p>1) <i>In kang leh in hal</i> : In tikangtu chu, a tihkan dan azirin hetiang hian hrem theih a ni.</p> <p>a) Ama in a niha, tihpalh thil liau liauva tikang a nih pawhin, fimkhur loh manah roreltuin Salam a chawitir thei. Tihluh a nih erawh chuan, in dang kang kai lo mah se, roreltuin a hrem thei.</p> <p>b) A in tihkan chu ama in a nih loh chuan, tih palh pawh ni sela, roreltuin a tuartu tel turin a chawitir thei.</p> <p>c) Tum renga mi in emaw, mahni in emaw, hal a nih chuan a in hlut dan azirin, roreltuin a tuartu tel turin a awm tawka chawitir thei. Tupawhin mi in hal tum sela, in chu hal ta kher lo mah se, chawitir theih tho a ni.</p> <p>2) <i>Ram tihkan</i> : Ram tihkan tih hian ramhnua chauh ni lovin, lo leh huan tihkan te pawh a huam a ni. Tupawhin chutianga a tihkan chuan, a kan dan azirin roreltuin a awm tawka chawitir thei. Hei hian khawtlang lo hal vanga ram kang palh erawh chu a huam lo.</p> <p>BUNG - 10</p> <p>THIH THU LEH THIHNA CHUNGCHANG.</p> <p>Chang 155 - Thihna chi hrang hrang :</p> <p>1) Awmlai (Natna avanga thi)</p> <p>2) Sarthi (Tawhsual tawka thi)</p> <p>3) Raicheh (Nau chungah thi)</p> <p>4) Zachhamlak (Nat lawk awm lova thi)</p> <p>A chungah sawi anga thite khawtlangin a buaipui dan Chang 30-na en rawh.</p> <p>5) Hlamzuih [Nausen thla thum (ni 90) tling lova thi] Hlamzuih khawtlangin an buaipui dan Chang 31-ah en rawh.</p> <p>Chang 156 - In sil : Mi tupawhin ama chhungte leh a laina ni lo, hmun danga thi, a inah la lut sela emaw, dama lo lut kha a inah thi sela, eaw, a thia chhungten in sil nan an pek chu 'In sil man' a ni. In sil man hi mitthi ruangin mi in a tihbawhlhlawh tihfaina leh rilrua thinhrikna tiretua ngaih a ni.</p> <p>Chang 157 - Thlan, Lungphun leh Lungdawh tihchhiat : Mitthi chhungten thlanah lung phunin emaw, kawtchhuahah lung dawhin emaw hriatrengna an siam thin. Hetiang thilte hi Mizo Danah serh leh roh em em a ni. 'Lungphun' tih hian mitthi hriatrengna tura lungphun emaw, lungdawh emaw, thingphun emaw a damlai lungphun emaw a huam a ni. Mi tupawhin a neitu remtihna lova lungphun a tihchhiat emaw, a sawn emaw chuan, roreltuin a awm tawka chawitir thei.</p> <p>Chu bakah a tihchhiat tak lungphun tlukin a siam tha leh tur a ni. Khawtlang mamawhna avanga tihchhiat a tul pawhin a neitute nena inbiakrem hmasak tur a ni.</p> <p><i>Note</i> : Hmanlai chuan, Thlanah lung an phun meuh lova, mi khawsa tei deuh chuan ran talhin, kawtchhuahah emaw, hmun langsar laiah emaw lung an dawh thin. Tunlai chuan kawtchhuahah lungdawh a awm ta meuh lova, Thlana lungphun erawh chu ngaihpawimawh a ni ta zawk.</p> <p>Chang 158 - Thla hual : Mi tupawhin a hnuaia sawi ang thil hi a chungah a thlen a, chhungte emaw, (Chhunzawm zel tur)</p>	<p>Thei leh thlai damdawia hman theihthe leh taksa tana a thatnate - <i>Dr Lalmuanzovi, A.E.O.</i></p> <p>Mizote hian thei leh thlai kan taksa mamawh zat hi kan ei meuh lo niin a lang, chaw kan tih hian buh leh bal hi a ni deuh chauh a, thei leh thlaite hi chu a behbawm ve mai maiah kan ngai thin. Ram changkang zawkah chuan taksa hriselna hi an ngaipawimawh a, ni tin ei leh inah thei leh thlai tam tawka ei ngei an tum thin a ni. Kan ramah pawh hian thei leh thlaite hi kan ei tam ve tan niin a lang.</p> <p>Thei leh thlaite hian kan taksain a mamawh Vitamin leh Mineral te a pai hnem avangin natna tam tak laka inven nan an hman theih deuh vek a ni. A hmasain damdawia kan hman theih theirah chi hrang hrangte chu- Apple, Balhla, Nimbu, Ser, Serthlum, Sunhlu leh a dangte an ni.</p> <p>1. APPLE : Apple hi Europe leh Asia r amahte hian hmanlai atangin an lo ching tawh a, India ramah chuan Kashmir, Kulu leh Kumaon khawthlang lamahte chin a ni ve a. Apple hi chi hrang hrang a awm a, khawvel pumah chi hrang 7,500 vel a awm nia hriat a ni. Apple thei hian Vitamin A, E leh B Complex te, Calcium, Phosphorus leh Iron te a pai tel. Apple kan eiin a pil hi ei tel ngei tur a ni, a chhan chu a pilah hian Vitamin A leh C thahnem tak a awm a ni.</p> <p>Apple hian Iron a pai hnem avangin mi dawldang (Anaemia vei) tan damdawi tha tak a ni. A rah hela ei hi ek khalte tan a that laiin a rah hmin hi kawthalo tan a tha ve thung. Chi nena ei bawrh bawrh hian luna a tidam daih thei bawka. Apple thei hi lung na, thisen sang, khuhhip leh kala lungte awm, ha nget leh ruhseh nat na neite tan damdawi tha tak a ni.</p> <p>2. BALHLA : Balhla hi India ram atanga lo irh chhuak nia ngaih a ni. Kumtluanin ei tur a awm reng thei a ni. A tui em em a, Prot ein, Calcium, Phosphorus, Nitrogen, Vitamin C leh B Complex te a pai bawka. Balhla hian timur a siam tharin taksa a tichak a, taksa peng hrang hrang hnathawh a pui thin. TB natna te, ruh tha lo, thisen chak lo leh zun kawng tha lote tan damdawi tha taka ngaih a ni. Balhla hmin hi kang leh pemthar damdawiah a thain hrawk leh awm hnawka neite tan leh chaw kalkawng tha lo tan pawh damdawia hman fo thin a ni.</p> <p>3. SER (Nimbu/Limbu) : Hmanlai atangin Asia chhim lamah Ser hi an ching tawh thin a, kum zabi 12-13 ah Europe ramah an ching tan a, tunah chuan ram hrang hrang Unites States, Spain, Portugal, France, West Indies, New South Wales leh India ramahte pawh an ching tawh a ni.</p> <p>Limbu hian Vitamin C a pai hnem a, Ser 100 gram zelah Vitamin C 16mg a pai a ni. Hemi avang hian Vitamin C tlakchham avanga natna awm thei hahni puam leh ka lam natna veite tan damdawi tha tak a ni. Limbu tui leh khawizu inpawlh hian hritlang leh hrawk na a tidam thin. Limbu zai phela tuichhuak khawpa kephaha nawhin kephah kham erh urh a tireh thin. Limbu tui hi pum nuam lo leh kawthalo tan a tha a, hmai tihno leh tihmam nan leh sam tihlet nan hman a ni bawka.</p> <p>I hre tawh em?</p> <p>Kan damloh hian kan taksa temperature a sang thin a, engvang nge?</p> <p><i>Chhanna</i> : Natna hrik leh natna min thlentu kan taksa-in a lo do let ve thin avangin kan <i>temperature</i> a sang thin. Kan khua a sik pawhin kan intilum thin. Kan taksa a lum khan natna hrik, <i>virus</i> leh <i>bacteria</i> te tan a nuam lova, chet an harsat phah thin.</p>