





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


*Hunawl hman that
Zofate hmasawwna ngaihtuah
Kristian nundan tha ngaihsan*

Khawchin : Source - Accuweather.com



*Ruah sur rin a ni.
Temp - Max: 29°C Min: 22°C
Dar 4:48-ah ni a chhuak ang a,
Tlai Dar 6:03-ah a tla leh ang.*

*Tunkar chang vawn : Johana 15:7
"Keimaha in awm renga, ka thu
nangmahniaa awm reng barok chuan
in duh apiang dil rawh u, in tan tihin
a awm zel ang;"*

TUALCHHUNG CHANCHIN

☛ Khuangpuilam veng Covid-19 dinhmun:-

Home Isolation te

1. Pi Lalzuithangi (Mazuii) w/o Pu Steven Ramengmawia.
2. Peter Chanchinmawia s/o Steven Ramengmawia (Hei hi inchhung hmun khat ah a pasal te nen an awmho vek a, an nufa hi pindan khat ah an awm na chu, an chhungkua khian Home Isolation anga treat an ni)
3. Pu Lalsanglura H/o Pi Lalchuangkimi
4. Pi Lalchhuangkimi w/o Pu Lalsanglura (an nupa hian an inhnuai a hranpa in an khawsa)
5. Pi Lalnghakliani leh a fanu te hi Home Isolation an ni.
6. Tv. Lallawmzuala s/o Pu T Lalrinawma(L)
7. Pi Zaneihtlingi w/o Pu Vanlalvuana
8. Pi Helen Lalŕanpuui d/o Pi Zaneihtlingi
9. NI. Cindy Lalmuanawmi d/o Pi Helen Lalŕanpuui (an pathum in inhnuai ah an inkhung hrang baw)

Home Isolation te baka Positive kan neih te

1. Pi Lalrinliani m/o Pu Lalramnghaka
 2. Pi Lily Lalhriatpuui d/o Pi Lalrinliani
- Anni pahnih hi District Hospital a Covid-19 patient enkawlha ah an awm a ni.
3. Lalnunpuia Sailo s/o Pi Lalmalsawmi Sailo
- Ani hi District Covid Care Centre, Jordan Centre Seŕhawn ah a awm.

Sunday aŕanga an contact te chu VLTF hnenah kan veng mipuite himtlan nan in report tur a ni.

MIZORAM LEH ASSAM RAMRI BUAI CHINFEL DAN NGAIHTUAHTU MIZORAM BOUNDARY COMMITTEE THUTKHAWM HMASA BER NEIH A NI.

Khuangpuilam, the 1st August, 2021 : Ni 30th July, 2021 (Zirtawpni)
khan July ni 27, 2021-a Mizoram sawrkarin Mizoram leh Assam ramri buai ngaihtuahtu tura din Boundary Committee chu an Chairman Pu Tawnluia, Dy. Chief Minister hovin Forensic Science Laboratory Conference Hall, MINECO-ah an thukhawm a, Boundary Committee member-te bakah sawm bik mi pawimawhte an tel a ni.

Mizoram-Assam Boundary Committee-ah hian Deputy Chief Minister Pu Tawnluia chu Chairman niin, Home Minister Pu Lalchamlia chu Vice Chairman a ni. Member-te chu; Minister of State pathum - Pu K. Lalrinliana, FCS&CA etc., Pu Lalruatkima, DIPR etc., leh TJ. Lalnuntluanga, Law & Judicial etc. te bakah Chief Secretary, Addl. Chief Secretary, Mizoram Police DGP, ex- MP (LS) Pu CL. Ruala, Pu Lalbiakzama, Home Secretary (rtd), Prof Jangkhongam Dounge, MZU, Dr. Joseph K. Lalfakzuala, Asst. Professor, T. Tomana College-te bakah Recognized Political Party atangin mi pakhat theuh, NGO Coordination Committee-a tel YMA, MUP, MHIP, MZP leh MSU aiawh pakhat theuh, Joint Action Committee on Inner Line Reserved Forest Demand aiawh pakhatte an ni a. Home Secretary chu Committee Member Secretary a ni.

Mizoram Boundary Committee thukhawm chuan uluk taka an sawiho hnuah hetiang hian thutlukna an siam a ni:

1. Mizoram-Assam Boundary siam felna atan Inner Line or 1875 hi hman tha kan tiin kan dinna ngaiah kan la ding reng a ni.
2. Ramri buaina hi tharum hmanga tihfel chi niah kan ngai lova, inbiakna leh sawihona hmanga tihfel theih ni se tha kan ti.
3. Ni 26.07.2021-a Assam Police-ten Vairengte-a Mizoram Police Post rawn luhchilh thut a, an rawn luahlan (outnumber) leh silai an hmetpuak hmasa kha kan dem takzet a. Kan ram chhunga he pumpelh theih thil thleng avanga mi engemaw zatin nunna an chan leh hlaim an tuar hi paw kan ti takzet a ni. Huaisen taka kan Police-te leh Vairengte mipuiten an lo do let a, an Post ngai an luah leh thei hi ropui kan tiin kan chhuang a ni.
4. Memorandum for setting up of Boundary Commission for Settlement, Delimitation, and Demarcation of Boundary between Mizoram and Assam (2018), All Political Parties Presidents, All NGO Presidents leh JAC-ten hming an ziah hnan (signed) tawh chu a tul anga siamrem leh ennawn ni se. Hemi atan hian Sub-Committee/Working Group din ni se kan ti.
5. Mizoram-Assam ramri buai chungchanga Sawrkar hmalaknate hi a tha kan ti a, huaisen taka hma la zel turin kan ngen a ni.
6. Ramri chungchang hi hnam thil a nih avangin Mizo mipuite tangruala thapui thawh zel leh harsatna a lo awm deuh pawh a tuarchhel taka lo dawh hram hram turin mipui kan ngen a ni.
7. Boundary buaina avang hian hnam dangte chung a harsatna siam lo turin Mizo zawng zawng kan ngen a ni.
8. He Boundary Committee hian kan pi leh pute chenna ram chin chu humhim zui zel turin theihtawp a chhuah dawn a, Zoram mipuiten i tawiawm zel ang u.

Editorial Board :
Represent: Nl Florence Zoremsangi
Editor: Pu Lalsiamkima
Jt. Editor : Ricky MS Dawngzela
Treasurer: Nl Thanghmingliani
Cir.Manager : Tv. Samuel Lalpekhlua
Contact No: 9612761781 / 9612691291
9862501858 / 8575946381

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

Editorial.....✍
Kan pi leh pute khan “dam leh tlang khatah, thih leh ruam khatah” tih thu vawng tlat a, nunpui tlat ṭhin hnam an ni a. He thu hi tun kan dinhumah hian a hlu zual hle ang.
Hmun khata thih rual vek a, hmun khata dam rual vek lam ni lovin, hlimna leh lungngaihna inṭawm a, Lawmte lawmpuia ṭahte ṭahpui thei tur khawpa inngaihsak hun tihna zawk a ni.
Kan hun tawn mek kan hria a, hripui laka fimkhur taka hun kan hman a ṭul rualin ramri buaiin min nang chhova, kan mamawh chawh luhna kawng min dangchah sak bawh. Mahse, lungngai mai lova kawng engkima kan intodelh theih nan hma kan lak a pawimawh tak meuh meuh. Chutih rual erawh chuan, lungngaihna inṭawm leh rit phurh inchhawh tawn tak takna hun kan thleng a ni tih hre thar ṭheuh teh ang u.
Kan vantlang nunphung inkawm ngeih hnam, innel, inpawh, intlawh tawn fo ching kan nihna leh tun a kan hripui leng hi a inmil thlawt lo chung hian nang leh kei kan fimkhur loh avangin hri pu darh thei kan ni tih in hria ila, midang tan harsatna thlentu nilovin malsawmna thlentu kan ni thei tih i hre reng ang u.
He kan harsatna tawhna ah hian khawtlang hruihu leh mipuite kan tanruala kan thawh ho thiam a pawimawh tak zet a, dam leh tlang khatah, thih leh ruam khatah tia kan ṭanrual tak meuh meuh a ngai a ni.

Branch YMA Office Bearer		
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 Rotlingpuia 9862385193

CYMA hmalakna

CENTRAL YMA THUCHHUAK
Ni 26.7.2021 (Thawhlethni) tlaia Mizoram leh Assam ramri hrul, Mizoram chhunga Assam Police ten Mizoram Police Camp an luh chhuah avanga inkahna thleng chungchangah, Mizoram MP (Rajya Sabha) zahawm tak, Pu K. Vanlalvena’n huaisan taka ram leh hnam chhanna tura a tawng chhuak hi YMA chuan lawmawm kan tiin, a thlamuan thlak kan ti a. Kan ram leh hnam tana theihtawpa chhuaha huaisan taka ke pen zel turin duhsakna kan hlan a ni.
Hetihlaia a thusawi avanga kan MP zahawm takin, vauna a tawh leh Assam sawrkarin man tuma New Delhi-a Police hotute tira hma a la hi kan dem tak zet a, Assam sawrkar hi kan MP chung a hmalakna zawng zawng hnuk kir vek turin kan ngen a ni.
Kan MP zahawm tak chungah hian engpawh thleng sela, YMA chu theihtawpin a thlavang hauh tur leh a tul anga hmala turin a inhuam reng a ni.

Sd/-
VANLALRUATA
President,
Central YMA.

Sd/-
Prof. LALNUNTLUANGA
General Secretary,
Central YMA

CENTRAL YMA THUCHHUAK
Central YMA chuan Mizo mipuite duhsakna chibai a buk a che u. Mizoram leh Assam ramri buaina vanga Central YMA Executive Committee Vawkhniahzawnthla 26, 2021 (Thawhtanni) zana thukhawm chuan, ramria buaina chhuak chungchang ngun takin a ngaihtuah a. Hetiang hian thuchhuah a siam : -
1. Mizoram leh Assam ramri buaina thleng mek chungchanga Mizoram sawrkar leh Vairengte khawtlang hmalaknaah lawmthu kan sawi a. Ralthuam keng Assam Police-te huaisan taka lo hmachhawntu, Vairengte khawtlang leh Mizoram Police-te kan chhuang tak zet zet a ni.
2. Ramri buaina vanga harsatna thleng thei hrang hrangte hmachhawn tur leh mamawh semzai leh renchem zawnga hmala turin Mizo mipuite kan inngen a ni.
3. Ramri buaina vanga thil man tisang lo tur leh chheprelh lo turin kan inngen a ni.
4. Ramri buaina vanga Mizoram chhunga hnamdang awm ten kut palh an tawrh lohna turin, Mizo mipui ten dawhtheihna i lan tir zel ang u.
5. Ramin hun harsa kan tawh mek lai hi tanrual hun tak a nih avangin, Political Party leh Pawl dang ten thangthat lak tum mai lo tur leh indem mai lova, tangrual tlat turin kan inngen e.

Sd/-
Prof. LALNUNTLUANGA
General Secretary,
Central YMA.

PETROL LEH DIESEL CHUNGCHANGA DC KOLASIB THUCHHUAH
No.1639/2021-2022
Ni 31.7.2021 (Inrinni) khan tunlai ramri buai vanga Petrol leh Diesel a harsat em em laiin Kolasib District chhungah miṭhenkhat ten remchangah la in dan lo angin Black Marketing hmangin Petrol leh Diesel-te man pangngai aia sang zawkin an hralh chhuak tih hriat a ni a. Hei hi dan phal loh tawp a ni.
Chuvangin, heng thil lo ti ṭhin leh dan lo anga zuar te chu ti tawh lo tura hriattir an ni a, ti chhunzawm an awm anih chuan dan anga na taka hrem an ni ang.

Thu ziãk Huang

- Enid H. Lalrammuani, Assistant Professor,
Department of Mizo, Pachhunga University College.

Naupang Huang

- Tetea Hmar

Mizote tana Mizo tawng pawimawhna

Thlahtu thuhmun leh ṭobul hmunkhatte hi ‘hnam’ tia sawi an ni a, pianpui thil leh inthlahchhawnnain a ken tel a nih avangin danglama hloh mai theih niin a lang lem lo. Hnam nunphung leh zia (culture) te, ṭawng te erawh hi chu pianpui leh inthlahchhawh thil ni lovin kan zir chawp leh neih chawp, kan chhehvela kan chenpuite aṭanga kan zir leh kan ṭhanlenpui a ni ve thung. Chung *culture* leh ṭawng hrang hrangte chu hnam hrang hrangte humhalh a, phuar khawmtu leh ṭipumkhattu an ni a, vawn hima chhawm nun zel ngai leh inzirtira inhlanchhawh zel ṭhin a ni.

Culture hi a inthlak danglam reng a, eng hnam leh ram *culture* mah hi pawlhsawp loh leh danglam lo tak tak a awm ta lo. Zirna, thiamna leh hmasawwna chi hrang hrangin mihring khawsak leh nunphung a tidanglam a, chung finna leh hriatna kan chhar belh zelte avang chuan kan *culture* pawh a inher danglam ve zel ṭhin a ni. Hmanlai kan pi leh pute hun laia Mizo *culture* kha tunlai mite tana chhawm zel theih loh thil tam tak a awm thei ang a, chutih rual chuan chhawm nuna inzirtir ngei ngei tur Mizo nunphung leh ze ṭha tam tak a awm bawk. Pasalṭha ngaihsanna kan la chhawm zel a, pasalṭha leh huaisen kan tehna erawh a danglam ta hle thung a, ṭlawmngaihna kan la vawng nung zel a, a lan chhuahna hmun leh lan chhuahtir dan erawh a inang vek thei ta lo. Kan nun khaw chhuah theih nana kan mamawh leh kan hmanrua azir zelin kan nunphung leh mizia (*culture*) a inher danglam ṭhin niin a lang.

Tu hnam leh eng ram mah hi mahni chauhva mal din thei kan awm ta lo. Mahni hnam dan leh nunphung la thlak danglam lo leh khawvel hmasawwna hrang hrang laka la inthiarfihlim theite pawh hi engtik hunah emaw chuan loh theih loha an insiam rem a ṭul hun a lo la thleng ngeiin a rinawm. Khawvel hian *culture* inṭawm (*global culture*) a pawm ṭan mek a, hei hi hmasawwna hrang hrangin min luh chhuah tak avang te, kan inmamawh tawn avang te leh thiamna leh finnain min hrut rual chhoh mek avang te a ni. *Global culture* chuan khawvel pum huap ṭawng (*global language - english*) a rawn hring chhhuak bawk a. Thiamna leh hmasawwna dodal zawnga culture humhalh tum chu thil finthlak loh leh tihchi loh tak a nih bawk si avangin engtia lo hmachhawh tur nge ni tih hriat thiam a har hle ṭhin.

Mihring hi hmasawn zel thei leh hmasawn zel tum tlat kan nih avangin *global culture* hi lo hnualsuat ngawt tur niin a lang lo. Amaherawhchu, hnam anga kan din khaw chhuah theihna tur kawng erawh kan ngaihtuah a ṭul ta hle mai. Hmanlai Mizo *culture* leh tunlai Mizo *culture* chu kawng tam takah a danglam tawh hle a, khawvel tukverhah dakin hnam dang nun dan leh hawiher pawh kan ṭawmpui thiam ta deuh vek mai. Kan *culture* danglam mek hi hmasawwna vang ni bawk mah sela, Mizo hnam zia leh nunphung chi hrang hrangte vawng him tura theihtawp kan chhuah loh chuan keini aia fing leh kan ngaihsante nunphungin a siam *global culture* hian kan ṭhalaite min lem zawhsak ang a, ze bil leh ze nghet (*culture*) nei lo Mizo hnam dinhmun tur chu chhut ngam pawh a ni lo ang. Kan ram leilung hi kan humhalh a ngai a, hnam dangin min chimral mai loh nan kan inven a ṭul a, kan hnamzia leh nunphung pawh chhawm nun zel a ngai bawk. *Culture* hloh tawh hnam tan inpumkhatna a awm tak tak thei lo va, nunphung leh ngaih dan hlawm khat a awm theih nan *culture* vawn nun a ngai a, chutianga *culture* humhalh theitu pawimawh tak chu ṭawng (*language*) hi a ni.

Hnam min phuar khawmtu ber chu ṭawng hi a ni a. Hming te, ram te, hnam dan te leh thil dang dangte pawh hi an pawimawh hle nachungin, min phuar khawmtu ropui ber chu ṭawng hi a ni. Hnam fing zawk leh chak... (Chhunzawm tur)

Naupang rethei kha

(Kum 2015 Uttar Pradesh ah zirtirtu hna ka thawh laia thiltawn.

"I chhang chu paih la tui chungah i hmu leh dawn si ni rei hnua")

Ina haw ṭlang mai lovin sikul dang dang aṭanga naupang rawn kal khawm te chu hmun khatah hruaikhawmin an zirlai ka zirtir leh ṭhin a. Thiam lo tak tak rawn kal khawm an ni hlawm bawk a, chauh tawh hnu lamah a ni tawh bawk nen. A chang chuan anmahni pawh ka ngaihsak ṭhat peih loh chang hi a awm fo ṭhin. Mahsela, ka eizawwna a nih miau avangin ka peih emaw peih lo emaw keimah leh keimah hi ka inhnem chawp fo ṭhin.

Naupangte pawh hian an hrethiam ve deuh ṭhin nge ka nawm loh deuh hi chuan an ngawi ṭhap a, an tih tur an ti nghal malh malh zel mai bawk a. Keimah te hian an khawsa zia ka hmuh hian ka nui tut tut zel, keimah ka in en mai hian ka insit ve ang reng sia. Bakah an ni te chu milian tak tak fate an nia, an duh ang apiang nei thei dinhmuna ding. Kei ngei pawh min duhlo se midang ṭhlang thei dinhmuna ding vek an ni a. Kei mirethei Mizoram *capital*-ah pawh awm pha lo hi, hetiang em ema ka ngaihdan an ngaihchan te. Ka thinrim hlaua an theihna zawng zawng nena an mizia an *control* ṭhin te chuan min ti lawm ṭhin.

Anni ho zingah hian ṭlaitin maia rawn ṭlai ziah hi pakhat a awm a, amah hi mipa naupang kum 15 leka upa SURYA PUBLIC SCHOOL aṭanga rawn kal a ni nghe nghe a, ṭlai khat chu ka ngaihdan a nih vak loh avangin ka ko hrang ta bik a. Rawnkak thar chauh si engvanga ṭlaitin maia rawn ṭlai nge a nih! Hriat tumin ka zawt ta ngat ngat a. Min chhanna chu hetiang hi a ni :

Keimah : Engvangin nge nitin maia i rawn ṭlai reng mai?

Manu : Sir! Sorry ka rawn ṭlai tawh lo ang.

Keimah : Ni 7 lai nitin mai i rawn ṭlai tawh a, i rawn kal t̃irh aṭangin i la ṭlai ziah a. Engtin nge i rawn ṭlai tawh dawn loh tih ka hriat ang a.

Manu : Sir kan awmna a hla lutuk a.

Keimah : Chupawh ni se rawn kal hma mai la; tichuan, i rawn ṭhleng hma mai dawn lawm.

Manu : Sir sikul kan bang har thei lutuk a.

Keimah : Ka awih lo. Kei pawh *teacher* ka nia, tumah bang har bik kan awm lo. In sikulah pawh ka rawn kal ziah alawm.

Manu : Sir, bazarah te kutdawh te ka ngai a, a changin mi dawrah te ka la inhlawhfa phawt ṭhin a.

Keimah : Engvangin nge kut i dawh a, i zak lo mi? Sikul naupang i nia ṭha takin zir la. Of- ficer i ni thuai mai dawn a lawm.

Manu : Sir, ka nu leh pa an boral tawh a, *aunty* ten an in bulah ka unau te nen min awmtir ve a; mahse, kan *fee* tur min pe reng seng bik lo va. Ka inhlawh ve a ngai ṭhin a lawm. A changin ka u hian min puih ṭhin a; mahsela, *college* kal lai a nia min puih reng thei lo va. Lehkha zir tur an ngah sia. (Chhunzawm tur)

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

BUNG - 12

MIZO RO INLUAH CHHAWN DAN

Chang 190 - Ro khawm tura siamchawp : Hemi bunga sawi Mizo Ro inluah chhawn dan pangngai baka tulna a lo awm chuan a hnuaia sawi ang hian ro khawmtu siamchawp theih a ni.

1) Ro luah thei tur nena intuithlar vanga ro khawmtu siam : Ro neitu a ro luah theitu tur chang 180-a sawi te nen lo intuithlar ta sela, a duh apiang a ro khawm turin a siam chawp thei. Chutianga tih a nih chuan, an intuithlarna leh ro khawmtu thar a siam dan chu thuhretu pahnih tal awmin ziaka dah tur a ni.

2) Chawmhlumtu tura ro khawmtu siam : Ro neitu laichin bulbal, chawmtu leh ngaihsaktu nei lo chuan, a ro khawmtu atan amah chawm hlumtu tur mi tupawh a siam thei. Chumi chuan a ro pawh a khawm thei. Hetiang ro khawmtu tur siam chu thuhretu pahnih tal awmin ziaka dah tur a ni.

3) Zawmchawp ro khawmtu siam : Ro neitun ro luahtu tur laichin bulbal hnai nei lo sela, a ro khawmtu atana tha a tih apiang a zawng chawp thei. Hetiang tih a nih chuan, thuhretu pahnih tal awmin ziaka dah tur a ni.

Chang 191 - Ro luahtu mawhphurhna leh tih turte :

1) Ro luahtu chuan a ro luahsak chungah chuan a tih tur puala tihsak ngei tur chu hengte hi a ni.

a) A thihin a ruang a hlawm ang a, a vui bawk ang. Mithi chungchangah tihtur awm apiang a ti ang.

b) Ro luahtu chuan, a ro luahsak khan leiba neih chuan a mawhphurhna a ni.

2) Chang 181-a sawi ro luahtu, a tua pawhin luah sela, a ro luah turah leiba ruh tur a tel vang maiin ro luahtu nihna a pha thei lo.

Chang 192 - Mi chuang ro khawm : Mi tupawh awmna nei lova vak mai mai chu, mi inah a thih chuan, a thihna in neitute chuan dan pangngaia an vui chuan, a neih apiang a khawm tur a ni. Mi inah thi lova, khawlaiaa a thih chuan, khawtlangin an phum ang a, a neih apiang chu khawtlang ta a ni.

Chang 193 - Inralna : Chhiat tawh nikhuuaa inralna hi ruang chhhuahna hmuna pek a nih țin avangin a dawngtu tur pawh a hnuaia mi ang hi a ni :

1) La indang lo inpuia khawsate dinhmun :

a) *Ralna thilpek :* Chhungkaw pa ber a la dam chuan ralna thilpek chu pa ber kuta lut tur a ni. Pa ber a dam tawh loh chuan, pa chan changtu nu ber kutah a lut tur a ni. Nu leh pa an awm tawh loh chuan an aia chhungkaw hotu ber kuta lut vek tur a ni.

b) *Ralna thil bik :* Khawi atang pawhin ralna thil bik lo kal a awm chuan a petuten tu pawh pek bik nei mah sela, chhungkaw hotu ber kuah a lut hmasa phawt tur a ni. Amaherawhchu, hmanral lehna lamah chuan chutiang thil bikin a tum tak ang zela hman tur a ni. A chhungkaw hotu leh an pek bik remtih tlanna a nih chauh loh chuan, kawng danga hman tur a ni lo.

2) Indang tawhte dinhmun : Indang tawh chhungkuaah tupawhin chhiat taw se, tupawhin ralin tupawhin dawng se. Thihna ina ral a nih chuan, chu chhungkuah chuan pek luh vek tur a ni.

3) Hmun dang thi : Mahni khuah ni lo, khaw dangah miin vanduin a tawhin an khaw lama hawnpui thih lohva laina hnai an bel a nih chuan, ralna reng reng chu a thite chhungkua leh ruang thlenna chhungkua ten an insiamrem tur a ni. *(Chhunzawm zel tur)*

(column lehlam a mi zawmna)

a tina in, a tipûn a, chawdawt chu a tiping hial țin. Thih thut theihna kawng pakhat chu chawdawta thisen dawt puar nasa zual a puahkeh palh vaih chuan luak thiin a thih hma mai theih a ni. Hetiang dinhmun thlen hma hian inrinhlelna neih chuan pumpui enna khawla in entir vat hi a tha ber a ni.

Hriselna Huang

Chaw kawng natna

- Dr Sangthuama Ngente

Pathianin mihring a siam danah hian keimahni taksa hi uluk taka kan enkawl chhoh tur hian min ruahman reng reng a. Kan taksa hi a lo hrisel chhoh zel nan taksa mamawh tur ang chakna chawa kan inchawm chhoh ve zel a ngai a ni. Kan ei leh in that theih azir hian hriselna dinhmun a hril chho viau zel a ni. Han ngaihtuah mai chuan mihringte hi dam tura ei ai mah hian ei tur a dam hi ram changkangah an tam zual emaw ni tih theih a ni. Kan taksa chawtha pekna kawng pawimawh tak chu chawdawt '*Oesophagus*' ka leh pumpui zawmtu dawt hi a ni.

A ni tak a, he chawdawt hi a thawkrim em em mai a. Chawlh hahdamna hun hi a nei mang lo va. Chil lem thla tur hian a thawk reng mai a ni. Keini Mizo zingah phei hi chuan kan han hmang rim em em mai a. Chawei bakah kuhva leh hmawmsawm dang ei nan hian kan chhaw rim em em mai a ni. Chuti taka kan chhaw rim avang chuan chawdawt cancer hi a tam chho hle mai a ni.

A nat dan lan dan chu a tihchhiat danin a zir tlangpui a, a hlim chhawng a nih chuan thin thip veng veng te, awm ruh zawn na veng veng hriatna te, thil ei leh in zawnga a thlen chin awm hriat riauna te a awm țin. Tin, chawhelh te, tui in zawnga helh leh na vawng vawngte a thlen thei baw țin a ni. Kan sawi tawh ang khan chawdawt natna awmtirtu azirin a nat dan a dang thei hle baw a. Chawdawt a saruh emaw thil sak deuhin a tairin emaw, a tang a nih chuan a na em em mai a, a rang thei ang bera lakchhuah a ngai a ni. Tin, naupangte pawisa tlang kan khalhtir țin avang hian an lo dawlh palh a, chawdawt-ah a tang ta țin a ni. A chang phei chuan thawkna dawtah a lut ta țin a, thaw tha thei lovin an awm a, rang taka lak-chhuah sak a nih loh chuan an thi mai thei țin a ni. Chuvangin naupang pawisa thir khalhtir hi chin loh reng reng tur a ni. Kan taksa that zelna tur chaw *supply* kawng hi duata enkawl that hle a ngai a ni tih kan hre thei ta.

Kan thil ei lai vela a na leh nuam lo kan tawng a nih chuan kan ei mek kha, a tha lo tih kan hriat chuan paih vat mai tur. Tin, chaw ei, thingpuite leh ei leh in zawnga a nuam mang lo a nih chuan a rang lama doctor-te rawn a tha a ni. Tin, damdawi ei lem lo pawhin insum theihna avang pawhin a na nep deuh te chu dam tha leh thuai thei a ni. Chutianga insum pawha a dam chuan loh chuan in entir that vat tur a ni.

A tlangpui thuin ka chung (*Mouth Cavity*) enchian phawt a, thil chianguang lo a awm loh chuan X-Ray lak a ni țin. *Barium Swallow* an hmang a, *Barium* tui in lai takin *X-Ray* an lo la a, chu *X-Ray* chuan a damlohna lai kha a tilang thei țin. Tunlai chuan *Oesophagocopy* leh *Endoscopy* kawh hmangin chianguang takin a na lai a zuk hmuh theih tawh țin a ni. Tin, pûn te a lo awm tawh a nih phei chuan a tisa them lakchhuaha exam tir a, *cancer* a nih leh nih loh hriat theih a ni. Harsatna lian leh harsa zawk a thlen hmam tihdamna rawngbawl hna thawh tum zel hi a tha ber.

Kan hriat theuh ang in kan chawdawt hi kan taksa bung hrang hrang-te'n *supply* chaw an hmuhna awmchun a ni si a, he kawng pawimawh tak mai hian buaina a tawh vaih chuan taksa pumin harsatna a tawh phah ta țin a ni.

Tin, pumpuia thur tam lutuk kha chaw dawtah te a lut chho țin a, chu chuan a chiahpiah a, a tina thei. Tin, tûr (*Poison*) tisa kang thei inpalh avangin

