



# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**

Hunawl hman that  
Zofate hmasawnna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Khua a that rin a ni.  
Temp - Max: 24°C Min: 13°C  
Dar 6:05-ah ni a chhuak ang a,  
Tlai Dar 4:49-ah a tla leh ang.

**Tunkar chang vawn : I Thufingte 16:3**  
“I hnate chu Lalpa kawltir rawh;  
Tichuan, i ruahmante chu tihnghehin  
a awm ang;”.

**TUALCHHUNG CHANCHIN**

☛ Kan member Lalremruata Hnamte S/o Lalduhawma(L) leh Neena Remruatsangi D/o David Lalrosanga, Branch Treasurer te chu Dt.30/6/2021 hian Khuangpuilam Presbyterian Kohhran Hall ah dar 2:00 pm hian an inkut suih dawn a ni.

☛ Tv. Lalthazuala S/o Pu Remlala, Vanapa Section chuan BA (Geography) UCC Shillong atangin tha takin 2nd division ah a passed a, a kal leh zelna turah duhsakna kan hlan e.

☛ Khuangpuilam a 1st contact HQ mekte chu, test neih mek zel a ni a, hriat theih chinah an la negative zel a ni tih vengchhung mipui te kan inhriattir e.

Hetihlai hian Home Quarantine ni si, la test loh kan la awm nual baw a ni.

26th June, 2021(Inrinini) thlenga COVID-19 TEST Negative tawhte chu:-

1. Gennie Lalmuanpuii d/o VL Zarzoliana Sailo
2. Lalthiamkima s/o Zosangzuali
3. Lalhualhima c/o C. Kailiana
4. Lalchawimawia s/o S Thanga
5. Duhawma & Malsawma te unau
6. Johnson-a s/o Robin-a
7. Zodinanga s/o Zosangzuala
8. R. Zonunsangi w/oLalnunmawia Hrahsele te an ni.

**LAWMTHU SAWINA**

Ni 19/6/2021 khan Pi Zohma-ngaihi Tochwawng Khuangpuilam chuan Zirtirtu hna kum 20 a thawh tlin lawm nan Khuangpuilam VLTF hnenah ₹1000/- a rawn pe a. A chungah kan lawm tak meuh meuh a ni.

Sd/-  
Secretary  
VLTF, KPL

**SUB HQRS YMA KUMPUNAN SUB COMMITTEE VAWI-1NA NEIH A NI**

**Khuangpuilam the 27th June, 2021 :** Ni 24/6/2021 (Zirtawpni) dar 10:30 khan SYMA Committee Room ah Pu Thomas D.Lalengliana, Chairman-in Committee a kaihruaia, Sub-Hqrs YMA chet velna leh kalphung tharte, Sub-Committee ruat dan kalhmangte, Kumpuan thupui ‘Zirna uar’ pawimawhna leh hmathlir hrang hrangte sawi a ni. Tin Zirna pawimawh zia leh ram siamthat nan a pawimawh zia te hmangin fuihna thu Committee Chairman a nihna angin a sawi.

Thurelte:-

1. Online Class Chungchang: Zirna In/School hrang hrang Online kalpui mek chungchang sawiho a ni a, hetiang hian hma lak dan tur rel a ni.  
a). Online Class kalpui chungchanga harsatna awm thei te SYMA huam chhunga Branch tin ten SYMA Kumpuan Sub Committee hnenah report pek nise. Kumpuan Sub-Committee Secretary in report format lo siam a, Branch tinah sem chhuah a, report hi dt 5/7/2021 rel hma ngeia thehluh nise tih rel a ni.  
b). Network chaklo/thalo Khua/Branch ten Network tha zawk an neih theih nan thuneitu lian zawkte titipuui nise tih a ni.  
c). Online class neitheih ngang lo te tan Offline mode-a class lakdan Sorkar hotuten ngaihtuah tura thurawn pek nise tih a ni.  
d). Service provider ten tun aia Network chak zawk min pek theih nan DC phungbawma sawma, thuchhuah min siamsak tura ngen nise tih a ni.
2. Zirna In a thawk ten pawl hrang hrang te nena thawh dan tur chungchang sawi ho a ni a, heng pawl hrang hrang hruaitute hi titipuina neih ngei nise tih a ni a, a hun leh hmun te ruahmanna Secretary in lo siam a, member a thei theiin hemi hun hi hman mai nise tih a ni.
3. Hmalak zel dan tur: Hmalak zel dan tur sawiho a ni a, heng te hi hmalak chhunzawm tur atana hmachhawp te an ni.  
a). Whatsapp Group siam: SYMA Kumpuan Committee Group siam nise tih a ni a, Secretary in lo siam se tih a ni. Group hi temporary nise, a tul huna thiah leh mai tura tih a ni.  
b). Zirna lama hlawhtlinna chang mi bikte chawimawina thuziak(Citation) bakah Rs. 1000/- hlan thin nise tih a ni a, hemi atan hian SYMA ah Rs. 5000/- dil nise. Chawimawina hlan turte hi HSLC atanga College thleng topper(Top 10 a lang te) bakah Subject mal a Topper te bakah mi bik Sub-Committee in a awm a tih te hlan tur a ni.Mawh lo phur turin Secretary leh Pu Chuaauthangpuia te ruat an ni. Chawimawina hlan ni Dt. 15/7/2021 nise tih a ni. Committee member a thei thei in jawiawm tura tih ani a. A sem tur atan Dr. H Lalthlangliana, DC sawm nise tih a ni , hlanna hmun atan SYMA Committee room hman nise, DEO leh SYMA OB te sawm nise tih a ni bawk.

**SELF-MONITORING CHUNGCHANG**

**Zawhna :** Self-monitoring te hi pawn chhuak theilo an ni em?

**Chhanna :** Ni love, mahse pawn an chhuak anih pawn fimkhur theih tawp in, lo positve palh ta pawh nise midang kaichhawng theilo tur khawp in an inveng fimkhur tur a ni, tihna leh, monitoring chhung hian an mahni anlo inchik em em tur ani a, damlohna leh insawiselna an neih chuan a rang thei ang berin an in report vat tur a ni.

**Amaherawhchu Self-monitoring lai hian tul tawp ah lo chuan pawn chhuak lo tur a ngaih an ni.**

KPL VLTF

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7005131514

**Editorial.....✍**  
**Eizawna leh Taimakna**  
Hmanlai Mizo zingah thalai awm mai mai chu an dam leh dam loh Lal leh Upa ten an zawt thin a. Chutiang zawhna an tawh meuh chuan, chhuanlam tur nei lo thalai In a awm mai mai chu an zak em em thin. Hetianga tih an chin avang hian Mizo zingah thatchhe deuh pawh an damlo a nih ngawt loh awm mai mai an tlem phah thin.  
Hun a danglam a, eizawna kawng a inthlak a, Mizo khawtlang nun pawh a inthlak nasa ta hle. Mi taima tak tan pawh mahni thawh chak zawng thawh tur a tam a, chumi let chiah chuan thenkhat tan a vang tual tual. Kan duh zawng leh lungthlukna hna chauh thawhtum kan ni ta fur mai si a; hna thawh tur hian min daihlo ni te pawhin a lang ta hial. Khawte run tham zet vengtin khawtinah thalai awm mai mai kan awm phah ta a nih hi!  
Mitinin kan eizawna atana kan duhthlanna hi kan hmu vek dawn lova, kan thawh chak zawng tak hi kan thawk thei vek dawn lo. Ngaihhlut zawng leh chak zawng thlak kan harsat a nih pawhin chhungkua leh ram tana kan tangkai theih ve na tur kawng dap thiam a thul hle. Hna hniam nia kan ngaih hmangin hnamdang (Vai)in sum an hai lut feuh feuh si. Hna nei lo zawng zawng hi demawm vek chu an ni hauh lo. A nawlpuia ngaihtuah erawh chuan Mizo thalaite hi kan inngaihtuah harh chu a nun tawh a ni. Suangtuahna ram ringawta cheng kumhlun kan tam em mai!

| Branch YMA Office Bearer                                    |   |  |
|---|---|--|
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**CENTRAL YMA HRUAITUTEN CM AN HMU**  
**TNT TANPUINA AN HLAN**  
Nimin ni 26.6.2021(Inrinni) chhun dar 12 khan Central YMA Of-  
fice Bearer te chuan Chief Minister Pu Zoramthanga chu a Pisa ah an  
hmu a, ni 24.5.2021-a Central YMA in All Party leh NGO Joint meeting a  
koh a Resolution an siamte an thlen a, tihhlawhtlin a nih ngei theihnan  
hma la turin an ngen. Chief Minister hian All party & NGO joint meeting  
thu chu lo enzui a tum thu a sawi.  
Central YMA hruiatute hian nimin chawhnu khan Muanna Venga  
Thutak Nunpuitute Team ( TNT) Centre tlawhin tanpuina sum fai Rs.  
794,640/- an hlan. Tunhnaia TNT a Covid -19 kai engemaw zat an awm  
avangin anmahni tanpuina tur Central YMA chuan mi thahnemngaiten  
sum an thawhkhawm theihna tur remchang a siam a. Central YMA sum  
atanga pek chhuah bakah YMA Branch, Group YMA leh mimal,  
chhungkua inphal ten Central YMA a an thawh tlingkhawm chu  
Rs.794,640/- lai a tling a, wawiin chhun khan CYMA OB ten an va hlan.  
Central YMA chuan TNT tanpuina atana sum thawhtu YMA Branch,  
Group YMA, chhungkua leh mimalte chungah lawmthu a sawi.

| Khuangpuilam veng chhunga HSSLC Passed tharte, issue hmasah report dawn hmaih kan neih avangin hetiang hian kan han tarlang leh e. |  |   |                                |                              |
|--|--|---|--------------------------------|------------------------------|
| 1.   | Lucy Lalnunthiangi<br>Chawngbawla Section        | D/o Lalnuntluanga Ralte                       | 3rd                            |                              |
| 2.   | H.Vanlalhruaia<br>Chawngbawla Section            | S/o H.Lalmuanpuia.                            | 1st<br>L in History            |                              |
| 3.   | Rin Malsawmi Ralte.<br>Chawngbawla Section       | D/o Lalremruata (Marema)                      | Distinction<br>L in Eng, Mz    |                              |
| 4.   | Rebecca Lalnunkimi Selate<br>Khuangchera Section | D/o.H.S.Lalremliana,                          | 3rd                            |                              |
| 5.   | K.Malsawmdawngzeli<br>Chawngbawla Section        | D/o K.Laltlanchhunga,                         | 1st                            |                              |
| 6.   | Siamlalzawma<br>Khuangchera Section              | S/o H.L Lama                                  | Distinction<br>L in Mz & Edu   |                              |
| 7.   | Lalchhanhimi<br>Vanapa Section.                  | D/o Zoremkawii,                               | 2nd<br>L in Eng.               |                              |
| 8.   | Lalrinzuala Khiangte<br>Vanapa Section           | S/o Lalhmunmawia Khiangte                     | Distinction<br>L in Mz, Edu    |                              |
| 9.   | R Lalruatfeli<br>Vanapa Section                  | D/o R Lalnunzira                              | 1st                            |                              |
| FIBER INTERNET (FTTH, BSNL)<br>By - Dave Communication, Kolasib  |  |   |                                |                              |
| Sl No.   | Plan   | Speed   | Monthly Fee<br>(Incl. GST 18%) | One time Security<br>Deposit |
| 1.   | 599  | Up to 60 mbps till<br>3300 GB beyond 2 mbps   | 707                            | 599                          |
| 2.   | 777  | Up to 100 mbps till 1000 GB<br>beyond 5 mbps  | 917                            | 777                          |
| 3.   | 799  | Up to 100 mbps till 3300 GB<br>beyond 2 mbps  | 954                            | 799                          |
| 4.   | 849  | Up to 100 mbps till 1500 GB<br>beyond 10 mbps | 1002                           | 849                          |
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| 7.   | 1277   | Up to 200 mbps till 3300 GB<br>beyond 15 mbps | 1507                           | 1277                         |
| 8.   | 1499   | Up to 300 mbps till 3300 GB<br>beyond 4 mbps  | 1769                           | 1499                         |
| 9.   | 1999   | Up to 300 mbps till 4500 GB<br>beyond 25 mbps | 2359                           | 1999                         |
| 10.  | 2499   | Up to 300 mbps till 5000 BG<br>beyond 30 mbps | 2949                           | 2499                         |
| Connection fee   |  | : Rs. 1000/-                                  |                                |                              |
| Contact  |  | : 9436142828                                  |                                |                              |
| (9-9)  |  |   |                                |                              |
| * Security Deposit hi Bill hmasaberah a rawn tel ang.  |  |   |                                |                              |



Thu ziak Huang

- Autea Hmar

YMA Day Article Inziahsiak lawmman 1-na

(Chhonzawmna)

**Zirna leh keini Mizo te**  
*Mizote dictionary* min buatsaihsaktu **J.F. Laldailova** kha pawl 10 pawh pass lo a ni a, **Indian Air Force**-a a tan hnuah Zoramah a rawn haw a T.B natna-in a tlak buak a chuti chung chuan mizo hnam tana rotling tak **English – Lushai Dictionary** a la chhuah thei ani.

Khing kan sawi tak **Hitlera leh J.F a** te khi *mahnia inzir (Self education)* pawimawhzia thailangtu an ni chiang hle awm e. **Krista Riluahpuia** zofate zinga Science lama thiam bikna nei khan ti hian a sawi a, Sikul-a aia senior kan zahna te, kan zirlai homework-te peih lo chung pawha kan lo tih ve thinna te kha a hnu zela discipline atan te, tumruhna atan te, tih hram hramna atan te kan lo nei theihna a ni kha a pawimawh ber ka ti, a lo ti a nih kha.

Zirna a tan kan lak ruala kan ngaihtuah tel tur pakhat han zep tel leh hram ila. Kan hma kawka inchhawp ‘**Look East Polocy**’ vangin kan ram hi sawi nghinin a la awm dawn a, kan thenawm vaite khuan *Bengal East Frontier Act 1873*-in hnam hnufual kan nihna vanga kan inhungbikna *Inner Line Regulation* hi hnawk an ti tawh hle a, engtikah emaw chuan hlih a la ni ngei dawn a. Chumi a lo thlen hunah chuan kil tin kil tang atangin Zoram hian runtut a la nei dawn a, hnam dang vai sumdawng hausaten kan panna lai ber retheihna denchhenin min la awp beh a min la rawn run an tum ngei dawn a ni. Zofate zinga *Greek* miril *Plato*-a anhnahpui ni awm taka mawi *R. Vanlawma* khan Zofate hian kan rilru put hman kan thlak loh va tun ang renga kan awm chuan he Zoram hian kum 100 pawh a daih tawh kher lo ang a ti a, ngaihtuahna a ti kal thui hle mai. **Greek** mifing **Socrates** a hnungzuitu *Plato*-a’n *Knowledge is wisdom, wisdom is knowledge* tih finna nei tur chuan hriatna kan neih phawt a ngai a, hriatna kan neih chuan mifing kan ni dawn a ni a lo tih ang kha kan neih a, kan rilru a kan seng luh a tul tak meuh a. Lu la hnam (**Head hunter**) kan nih ngawta duh tawk loin *economic strategy* tha tak duan a vaiho, keini chanchintha neih hmaa sumdawmna lo kalpui fo tawh te nen huang khatah kan ram ngeiah kan la intlansiak chho ngei dawn a, chumi hunah tak chuan Zoram hian lehkha zir sang satliah ringawt nilo kan ram aiawha ding thei tur mi fang, mi ril leh thuk - sap hovin (*Philosopher*) an tih ang tak tak hi kan la mamawh dawn chauh a zir chhan awmzia leh mumal (meaningful purpose) neia hmalam pan a zirna uar hi kan la mamawh deuh deuh a ni.

Dated:13.06.2021 - Autea Hmar

- \* *Dam rei leh rei loh ai chuan, damchhung nun hman dan tur hi a ngaih pawimawh awm zawk. – H.C. Balley.*
- \* *‘Pathian mitah a dik em?’ tih hi ka ngaihdan hruai fotu a ni. - Rev. Thansiam.*
- \* *Lehkha chhiar hi rilru tan a ni a, insawizawi chu taksa tan ani. – Joseph Addison.*
- \* *Damchhung thahnemngaihna hi, nun tlaina kawng awmchhun a ni. – Theodore Parker.*
- \* *Tleirawl lai hun hi nun duhdah lai a ni a, puitlin lai hi tan lak vak lai a ni a, tar hun hi chu inchhir hun ani. – Benjamin Disraeli.*
- \* *Tar hun tilungchhiat thlaktu ber chu upatna ni lovin naupan that lehna hi a ni zawk. – Mark Twain.*

(column lehlam a mi zawmna)      hian fapa 1 leh fanu 2 a nei a, Ralduha fate :- 1. Chhuahzoa (N.E. Khawdung sei)  
2. Kaichhingi  
3. Thangkimi  
Chhuahzoa fate :- 1. Lalauva (Fam)  
2. Chawikungi.

Naupang Huang

- L.T. Hlima

(Chhonzawmna)

**Pasaltha Vanapa**  
Vanhnuailiana hi Tualte atangin Lungdupah a kai a, Lungdup atangin Champhaiah a pheih leh a, fapa panga – Dothiauva, Liankhama, Buangtheuva, Chihleia, Lalburha te a neia. Kum 1871 Vailen hmain Champhaiah a thi a ni.

**A Hun Hnuhnung**  
A tir lama kan sawi tawh ang khan Vanapa (Thangzachhinga) hi chiang taka chutah, chumi kumah a thi tih hi sawi thei an awm meuh lo va. Ngaih dan pahni a awm a, chungte chu :

Khuanglam tlanga an awm lai hi kum 1871- 75 bawr vel a ni. Hemi hun vel hian Vanapa pawh hi a hrisel lo tan a, upa tak a lo nih tawh avangin, a vanglai te a ngai thei hle thin a. Pasaltha huaissen mahni inluma thih tum lo a nih avangin tuk khat chu, Tuithoh luidung zawhin ‘Muvanlai sih’ panin a ram chhuak a. A chhungte pawhin Vanapa ram chhuak tur hi an remti meuh lo. Muvanlai sih hi Khuanglam atanga 6 km vela hla a ni. Hemi ni tlai lam hian ruah nasa takin a sur a. Vanapa chu Muvanlai sih thlen hma, tlang pang pakhat hmunah thi-a hmuh a ni. A silai hi a kiangah a lo tung tha a, leia bawkkhupin a lo mu a ni.

Sawi dan dang lehah chuan Vanapa hi Zawlnghak (Rabung) khaw bul ramah a thi a, phum a ni tih a ni a, a hma a mi nen chuan a inpersan hle. Zawlnghak rama a thlan awmna nia ngaih chu, kum 1992 April thla khan laila a ni a. Finfiahna mumal erawh chu hmuh a ni lem lo. Titi-ah chuan Vanapa hi Manipur-a Moirang khaw kiangah a thi nia sawi a awm bawk. Vanapa te ram chhuak hi Manipur-ho nen intawng fuhin an inbei a, a thi tih a ni.

A chung a Vanapa thihna hmun leh thih kum sawi dan pahni atanga a lan danin, kum 1871 vel khan Tuithoh kamah a thi tih leh kum 1891 vel khan Zawlnghak-ah a thi tih a ni a. Kum 1871-a a thih chuan kum 77 vel a nihin a thi tihna a ni a. Kum 1891-a a thih chuan kum 97 vel a ni dawn tihna a ni.

**A Thlahte :**      Vanapa hian fapa pathum a nei a, an upat dan indawtin:

1.      Vana (Vanchiaua)

2.      Lianchungnunga

3.      Ralduha
- Vanchiaua hian fapa 1 leh fanu 1 a nei a, chungte chu :- 1. Hranghleia (1844 – 1911)  
2. Chawnpuithangi
- Hringhleia fate :- 1. Zamura  
2. Pastor Aikila
- Zamura fate :- 1. Mamtuka (Fam), N.E. Khawdungsei  
2. Engliana, Ngopa.  
3. Chawnglianhhinga, Mission Veng
- Mamtuka fate :- 1. C. Thansiam  
2. Lalthanchhunga  
3. Hmingchungnunga  
4. Lalhminghsanga
- Engliana fate :- 1. C. Rambuatsaiha  
2. C. Ramhmangaiha  
3. C. Lalruatkima
- Vanapa fapa naupang ber Ralduha

| Mizo Dan leh Hrai   | Hriselna Huang   |
|---|--|
| <p>MIZO HNAM DAN (Mizo Customary Law)</p> <p><b>BUNG - 11 : RANVULH CHUNGCHANG</b></p> <p><b>Chang 172 - Ranvulh nghaisak</b> : Sil khawp emaw, thihpui khawp emawa mi ranvulh chung a kutthlak chu 'Ranvulh nghaisak' a ni. A hnuaia sawi ang hian ran nghaisakin man a nei :</p> <p>1) <i>Ranpui nghaisak</i> : Ranpui nghaisatu chu, a ran leh a nghaisak dan azirin lei chawitir theih a ni. Lei chawi chu ran neitu chan tur a ni. Vawk hi Ranpui ni lo mah sela, a man a tam avangin, a nghaisatu chu ranpui nghaisa anga hrem theih a ni.</p> <p>2) <i>Ran dang nghaisak</i> : Ran dang nghaisatu chu ran leh a nghaisak dan azirin, lei chawitir chu ran lah a nghaisak dan azirin lei chawitir theih a ni. Lei chawi chu ran neitu chan tur a ni.</p> <p>3) <i>Ran ruang chungchang</i> : Ranpui emaw, ran dang emaw nghaisak chu a thih chuan, a ruang hlawm tlak chu a neituin a hlawm ang . Hlawm tlak loh khawp a nih emaw , a ran chu a sawi loh chi emaw a nih chuan, a nghaisatu chuan a ruang chu a senghawi ang . A nghaisatu chuan a ran hu tawka chawi ang. Lei chawi chu ran neitu chan tur a ni.</p> <p><b>Chang 173 - Ran phil</b> : Tupawhin mi ranvulh, a neitu hriat loh va, a ruka a talh hi 'Ran phil' a ni. Ran philtu chuan a neitu hnenah a man hu tawka a rul tur a ni. Chu bakah Roreltuin a phu tawkin a hrem thei. Ar leh thla nei dang phil pawh a hu tawka chawitir theih a ni. Lei chawi chu ran neitu tel tur a ni.</p> <p><b>Chang 174 - Ran pawl khawih</b> : Ran chu a neituin tha takin a khuahkhirh tur a ni. Ranin pawl a khawih reng reng chu a neitu mawphurhna vek a ni. Ranin pawl a khawih theih dan chu a hnuaia sawi ang hi a ni :-</p> <p>1) Ranin mi lo emaw, mi huan emaw a thlai leh thil dang emaw a tihchhiat chuan, ran neitu leh khawtlang roreltute hrilh vat tur a ni. Khawtlang roreltute chuan, ran neitu chu a ran khuahkhirhtir tur a ni a, a khuahkhirh that tawka loh chuan, khawtlang roreltute chuan ran neitu chu a ran tiral turin an hrilh tur a ni.</p> <p>Hrilh atanga kar khat chhunga ran chu a tihral loh chuan, khawtlang roreltute chuan a ran chu an hrilhsak nghal thei. Hralh a nih chuan, ran man chu a tel tur a ni. Khuahkhirh that tawka loh avanga ranin kut a lo tuar chuan, thubuaia lak theih a ni lo.</p> <p>2) <i>Mihring chung a ran pawl khawih</i> : Ranin thihna thlen khawpa mihring chung a pawl a khawih chuan, zangnadawm nan ran neitu chu chawitir theih a ni. Ranin thihna em thlen lova a tihnat chuan, ran neitu chu a ranin a tihnat enkawl nan a nat dan a zirin chawitir theih a ni. Hetiang mihring thihna thlentu ran chu kar khat chhunga tihral tur a ni a, Ran neitu chu a ran tiral tura hrilh nghal tur a ni. Hrilh hnu pawh a a tihral loh chuan, khawtlang roreltuten an tihalsak thei.</p> <p><b>Chang 175 - Ui</b></p> <p>1) <i>Ui seh</i> : Uiin mi a seh chuan, ui a seh enkawla enkawl a ngaih avangin, ui neituin dam lo enkawl na senso a tum tur a ni. Ui chu a seh atanga ni Sawm (10) chhung a at leh at loh fiah nan khuahkhirh zui tur a ni a; khuahkhirh a nih loh chuan, tupawhin lo tihlum mah se, thubuaia lak theih a ni lo. Ui chu a at chuan tihlum nghal tur. Zawhte seh pawh ui a seh ang bawka ngaih a ni.</p> <p>2) <i>Ui a seh</i> : Ui a-in mi a seh chuan, a dam lo enkawl na senso zawng zawng ui neituin a tum tur a ni. Thihna hial a thlen phei chuan, dam lo enkawl na senso bakah chang 124 anga rel theih a ni.</p> <p>3) <i>Ui seh dangte</i> : Uiin ui dang emaw, ran dang emaw a seh chuan, ui a seh anga sawngbawl phawt tur a ni. A sehtu ui chu a at leh at loh finfiah a nih hma chuan, a sehtu leha seha pawh chu khuahkhirh a, a hliam chu enkawl tur a ni. Enkawlna senso chu a sehtu ui neitu chuan a tum ang . A sehtu chu a at chuan, a sehtu leh a seha chu tihlum ve ve nghal tur a ni. A enkawl na senso bakah Tlai chawitir theih a ni. A sehtu chu fihfiah hnua a at loh chuan a hliam senso bak thil dang sawi a ngai lo. (Chhunzawm zel tur)</p> | <p><b>Pumpui lawng (Peptic ulcer)</b> (Chhunzawmna)</p> <p><b>A lanchhuah dan tlangpuite:</b></p> <p>A na lanchhuah dan atang ringawt hi chuan <i>Gastric</i> leh <i>Duodenal Ulcer</i> hi thliar hran theih a ni lem lo, luakchhuak lo awm leh luakte pawh hi <i>ulcer</i> awm avanga rawn belhchhahtu a ni thei. Pum nuam lo (chaw pai tawih theih loh vanga awm) a awm reng thei a, hemi na hi damdawi/chaw emaw paw'n a chhawk thei tawh thin lo. <i>Ulcer</i> khan pawp a siam tawh a nih phei chuan a na kha hnung lamah pawh a insawn daih thei bawka.</p> <p>Pumpui atanga rila chaw kal chhuahna a dal a nih phei chuan a na kha chaw eiin a zual emaw chaw pai tawih loh kha a luak chhuak emaw a ni thin. Hetiang ang insawiselna i neih chuan <i>contrast barium meal examination</i> emaw tih vat a, a natna dik tak hriat chian thuaia enkawl nghal vat tur a ni.</p> <p><b>Enkaw dan :</b></p> <p>Meizuk sima, <i>Aspirin</i> leh <i>NSAIDS</i> chi lam damdawi ei loh a tha. Tin, zu hian a hranpain <i>ulcer</i> hi thlen thei lo; mahse, zu avanga thin sawng hian <i>peptic ulcer disease</i> hi a tih tam avangin in loh a him ber.</p> <p><i>H.pylori</i> tih mang vek hi <i>peptic ulcer disease</i> enkawl nana tha ber nia hriat a ni. Damdawi chawh pawh ni 14 chhung pek hian he <i>bacteria</i> hi timang tha thei bera hriat a ni.</p> <p><i>Peptic Ulcer</i> vanga thisen chhuak/put emaw, pawp emaw pumpui atanga chaw kal chhuahna lai a hnawh emaw a nih chuan zai a ngai hial thei bawka.</p> <p><b>I hre tawh em?</b></p> <p><b>Kan damloh hian kan taksa temperature a sang thin a, engvang nge?</b></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> <p><b>Engtin nge vansang zinmi (Astronaut) - te hian boruak lawng chhungah rei tak tak an zin chung hian an ha te an nawh a, an inbual a, an inthiar thin ?</b></p> <p><i>Chhanna</i> : Boruak lawng chhungah bual in emaw ek in emaw a hranpain a awm loh avangin rei tak Space-a cham chu a huphurhawm hmel viau mai. Mahse, Astronaut-te chu an insil fai ve thin si a. Puan/thawmhnaw huh (wetcloths) hmangin sahbawn nen an inhru fai thin a, tui tam tak hmangin sahbawn phuan erawh an tleng ve ngai lo thung. Ha an nawhin toothpaste an lem a ngai fo thung a, an lem lo a nih chuan chhakchhuak in wash cloth emaw hmangin an tifa leh mai thin.</p> <p>Zun leh ek taksa atanga paih chhuah chu fimkhur ngai tak leh zirthiam ngai tak a ni. A chhhan chu awlsam takin zun leh ek te hi taksa atanga a chhuah vele hnua lamah lei hipna (gravity) awmlohna hmunah chuan a paih chhuah theih ve lo a, boruak lawng chhungah a lan nuaih nuaih palh a hlauhawm thin a ni. Zun leh ek tlenfai nan thli thaw (flowing air) chu tui (water) aiah hman a ni tlangpui.</p> <p><b>Nausen / naute hian mumang an nei ve em?</b></p> <p><i>Chhanna</i> : Nei ve thin ngeiin mi thiamte chuan an ngai. Mumang tam zawk hi mutthilh lai REM (Rapid Eye Movement) an tih vanga lo insiam ni a ngaih a ni a. REM sleep an tih hi nausen pawhin puitling ang thovin an nei a ni. Kan mutthilh laia mit chet dan a zir hian mumanga kan thil hmuh pawh thui tak chu a zir theiha ngaih a ni.</p> |