





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: 26°C Min: 17°C
Dar 5:29-ah ni a chhuak ang a,
Tlai Dar 4:36-ah a tla leh ang.

Tunkar chang vawn : Thufingte 27:2 "Nangma kaa infak lovin mi dangin fak zawk che sela; Nangma hmui ni lo, hmel hriat loh mi hmuin".

TUALCHHUNG CHANCHIN

- ☛ Thingdawl Nursing School a Nurse zir thei tur result chhuakah kan veng atangin NI. Esther Lalrinzuali D/o Vanlalnghaka (ATS pump bul), Khuangchera Section chu thlan chhuah zingah a tel a. Kan lawmpui tak zet a, tha tak leh tluang taka a zir chhuah ngei theih nan duhsakna kan hlan e.
- ☛ Kan veng nula VL Hruaitluangi D/o R.Sangkhuma, Chawngbawla Section leh Lalhmachhuana, New Diakkawn te chu an inneia, hun kal zelah nupa hlim tak leh inngeih tak ni turin duhsakna kan hlan baw e.
- ☛ Mizoram Got Talent 2021 contestant zingah kan veng atanga tel NI Lalnunpuii d/o Vanlalzuia(Mazuia), Vanapa section chu Semifinal thleng chho tawhin a kal leh zel na turah duhsakna kan hlan a ni.
- ☛ Samuel Lahhriatpuia (Mapuia) s/o Pu Lalhluna , Chawngbawla section, pawh Mizoram Got Talent 2021 contest ah semifinal a thleng baw a. A ni pawh a kal leh zel na turah duhsakna kan hlan baw a ni.

CENTRAL YMA RORELNA SANG, CENTRAL Co-ORDINATION COMMITTEE VAWI 92-NA NEIH A NI

Khuangpuilam the 14th November, 2021 : Central YMA rorelna sang Central Co-Ordination Committee chu Ni 10.11.2021(Nilaini) khan Chanmari YMA Hall-ah neih ani a, he hun hi Pu Vanlalruata President CYMA in a kaihruaia, Prof Lalnuntluanga General Secretary hnen atangin CYMA hmalakna tlangpui report ngaihtlak a ni. COVID-19 hripui leng mek avang a CCC hi tum nga (5) lai neih theih loh anih bakah rorel inkhawm pawh nikum 2020 ah neih theih anih loh thu tarlang in, YMA General Conference neih hnunung bera rorelte bawhzui a nih dan bakah, Hripui leng chungchang, mizoram ramri buai chungchang leh raltlan chungchang a YMA hmalakna hrang hrang te a tarlang baw a ni.

Central Co-Ordination Committee meeting hian YMA General Conference 2021 chu hripui leng avangin Bilkhawthlir-ah neih theih anih dawn tak loh avangin kumin chhung ngeiin Central YMA thlen turin Aizawl khawpui chhungah General Conference vawi 73-na chu neih turin a rel a, hemi a tana tul dangte chu CEC lo bawhzui turin dah a ni.

General Conference neih hun a rorel tur Agenda thlitfimna neih a nih bakah CYMA Budget 2021-22 ruahmanna chu Pu Fabian Lalfakawma Treasurer hnen atangin ngaihtlak a ni a, Conference ah pharh nise tih a ni.

Central Co-Ordination Committee Meeting hi Chanmari Branch YMA ten lo buaipui in YMA Sub.Hrqs/Group leh Branch atangin palai 252 an kal khawm.

YMA General Conference 2021 Rorel Agenda atan heng te hi pawm a ni :

- YMA Khawih**
1. Ruihhlo chungchang ah Sorkar /Kohhran /Pawl dangte sawmin inzirtirna nasa zawk kalpui ni rawh se.
 2. YMA Member tinah Endowment fund Rs. 5/- khawn ni se.
 3. Central YMA Building sak mek chhunzawmna atan YMA Member ten Donation thawh / khawn nirawh se.
 - 4.Zirtirtu mahni post a awm tha duhlo te hi an post-a an awm theih nan Central YMA-in hma la rawh se.
- (Phek 2-naah zawmna)

ALL MASK CAMPAIGN


Face mask i vuah mai hian,
Hri i tihdarh theihna tur lakah a veng che a.
Hri i kai theihna tur lakah pawh a ven che avangin tha takin vuah ang che.

H&FW / DIPR : GOVT. OF MIZORAM

SP KOLASIB THUCHHUAH

Superintendent of Police, Kolasib chuan mipui him zawkna atan leh chak taka hna thawh anih theih nan lirthei chet vel dan turah a hnuai ami ang hian thupek a chhuah.

Rengtekawn leh Builum inkar Chemlui kawng chu Mizoram PWD, Kolasib Division ten a siam that hna (concrete pavement work) dt. 16.12.2020 atanga an tan tawh chu Mizoram PWD ten hnathawh an chhunzawm leh dawn avangin tha zawk leh chak taka hna thawh a nih theih nan dt. 14.11.2021 (Sunday) atanga dt. 30.11.2021 thleng chu helai kawng hi khar a ni ang a, lirthei eng chi mah kal phal ani lo ang.

He thupek zawm lo chu 177 MV Act hmanga hrem an ni ang. He thupek hian tul bik thila Police, Fire Dept, Ambulance, Magistrate-te chet velna leh SP, Kolasib in phalna a pekte a huam lovang.

He thuchhuah chungchanga harsatna taw emaw report neite chuan O/C Kolasib PS (Ph. No. 9612467097) ah te biak theih reng a ni.

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Editorial.....
Kahpup/Kahpuk
Kan thatna lansarh tir tumin midang chhiatna kan hmu lian a, midang chhiatna hmu ranin keimahni tlinlohna leh chhiatna kan thup ran a, midang thatna sawichhuah harsa ti chungin midang chhiatna kan sawi tui si. Ka tih that awmchhun min sawichhuah saktute faka tlawn leh chawimawi chakin kan hmanhlel lain kan tana thahnem ngaih vanga leh min seltute leh min fuihtute thlengin ka hmumawhin kan hmelmak a, min elsen a min sawiseltute phumbo chakin ka hmanhlel a nih hi.

Thil tha tih tur zawngin tum khat ka chhuak a, theihtawpin mi hriat loh hlauin ka tlangau a, midangin thil tha ti a vawi duailo awmni an kham meuh pawh ka hmuh kan lui leh si.

Thatna neilo mihring hian midang chhiatna ka tuipei a, famkim lo ka nih hre reng chung hian ka famkimlohna sawitute chu ar chuk tuilo a chhuah ka awlsam si. A hmettu in a hmeh ruala silai a puak ang chiah hian keimah a mihring nun sual awmin min hmeh rual rual hian ka puak pawp pawp mai zawng a ni e.

KEIMAHNI
November Daifim pawh tihchhuah a lo ni leh ta a, March leh April thla chanchinbu man la khawn loh kan neih chuan kan Treasurer hnenah a rang lama theh luh tur 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 Samuel Vanlalremruata 9862094257 |

(Headline Chhunzawmna)
Sorkar khawih
1. Mizoram ramri hi Sawrkar-in a rang lama chinfel dan ngaihtuah rawh se.
2. Zirna School-ah Mizo hnam lam zirtir an nih theih nan sorkar-ah thlen ni rawh se.
3. Kan ram chhung thei phun uar tura Sawrkar nena tangdun in hmalak ni rawh se.
Heng bakah hian YMA Dan Bu ennawn rawtna chu Conference a chhawpchhuah turin pawm a ni a, Kumpuan atana rawtna pahnih "Ram leh hnam humhalh" leh "Zirna uar tih chu" General Conference-a chawpchhuah turin pawm a ni bawh.

(kar hmasa zawmna)
B. STATE DANGA ATANGA MIZORAM LO LUH CHUNG-CHANG: State dang atanga Kolasib District kaltlanga Mizoram lo luh dan chu he office order vide No. R. 11011/37/2021-DC(K)/Cov19 Date 2.10.2021 anga kalpui a ni ang.
C. SCREENING, QUARANTINE, QUARANTINE EXEMPTION, TESTING, ISOLATION: Sorkar inkaihhruaina dinglai ang zela kalpui a ni ang.
D. INKHUAAHKHIRHNA IN A HUAM LOHTE: He Inkhuahkhirhna hian a hnuaia tarlante hi a huam lovang.
1. Places/vehicles (Hmun/lirthei):
a) Hospital, nursing home, clinic, laboratory, OST centre, ART centre, blood bank leh damdawi dawr.
b) Veterinary hospital, dispensary, clinic, zoo leh hatchery.
c) Bank, non-banking financial institutions, insurance, ATM leh Post Office.
(Hengte hian mipute nena indawr tam lo tur leh hnathawh tul bik chauh kalpui turin ruahmanna an siam ang.)
d) Petrol/Diesel filling station leh LPG store house.
e) Fair Price Shop/ration dawr.
f) COVID-19 duty te hman taxi leh rental motor.

2. Services (Hna) chi hrang hrang:
a) COVID-19 vaccination leh immunization programme dangte, ambulance service, blood donation camp/service.
b) Animal disease control programme.
c) Postal service.
d) Kohhran hna tul zual thawk tura Kohhran office kal leh kohhran hotute programme pawimawh bik.
e) Nau pai, nausen pawmlai leh

CYMA hmalakna

CENTRAL YMA CHETVELNA
5.11.2021 : Directorate of Agriculture Committee Room-ah Oil Palm Cultivation chungchang sawiho meeting neih a ni a, Prof. Lalnuntluanga General Secretary, Pu R.S. Lalrinsanga CEC leh Science & Environment Sub-Committee member atangin Prof. John Zothanzama, Pu C. Lalrinawma leh Pu V. Lalzarzova te an tel.
9.11.2021 : Muanna Veng Branch YMA-in an huamchhunga Graduate chin chung lam zirlai hlawhtling tharte chawimawina leh fuihna hun an hmang a, Tv. Lalmachhuana, Vice President, Pu L.T. Zodinliana CEC, Pu Lalsawma Ralte CEC, Pu H.F. Lalrinpuia CEC, Pu K. Lalrinawma CEC, Pu C. Lalmunliana CEC, Pu C. Lalmachhuana CEC ten an hmanpui.
9.11.2021 : Maumual-a Central YMA ram hun dan tur a hmuna enin Pu Chawngthankima CEC leh Pu C. Lalmunliana CEC te an kal.
10.11.2021 : Chanmari YMA Hall-ah YMA Central Coordination Committee meeting wawi 92-na neih a ni a, member kal dan - Central YMA OB -6, CEC Member - 47, Sub-Hqrs. YMA aiawh - 38, Group YMA aiawh - 73, Aizawl City Branch YMA aiawh - 87, Total - 251. Chanmari Branch YMA ten Reception, Ushering, Refreshment leh tul dange tlawmngaiin an buaipui.
11.11.2021 : Chief Minister Conference Hall-ah State Board for Wildlife meeting neih a ni a, "Pu Fabian Lalfakawma, Treasurer a tel.
12.11.2021 : DC Conference Hall-ah Local Council panga (5) (Laipuitlang, Zemabawk, Venghnuai, Armed Veng, Tuithiang) te Draft Electoral Rolls publication meeting neih a ni a, "Prof. Malsawmliana Asst. Secretary a tel.

(Column lehlam chhunzawmna)
naupangte hnena nutrition (chaw tha) sem.
f) Bawnghnute sem leh lak khawm.
g) Power & electricity, water supply (mimal tui chawite huamin), sanitation & solid waste management (hmunphiat leh bawlhhlawh paihte huamin), telecommunication, internet service, broadcasting leh cable service.
h) MGNREGS, MPLADS leh MLALADS hnuaia hnathawh.

Thu ziak Huang

- Lalduhsaka

Ram hmasawwna leh nunphung

Ram hmasawwna tur chuan a mi chengte kan pawimawh a, taima tak, rintlak leh rinawm tak nih a tha a. Hmasawwna tur chuan hengte hi a ngai a ni.

1) Tun dinhmun hriatchian :

Tun dinhmun hriatchiana thenawm khawveng nena inpawh, inlungual leh inkawmngaih a pawimawh a. Mahni dinhmun ena ruahmanna tha tak siam a tul a ni.

Tun dinhmun thlir chung a ramnuam siam tura thawhhona tha neih a ngai a. Khawtlang mipuite pawhin kawng siamah emaw faina kawngah pawh ni se sawrkar ringawt nghak lovin mipuite'n kan pawimawhna leh kan tihtheih tur kan hriat a hun ta hle. He'ng ti tur hian taimakna kan chhuah tauh tauh a ngai dawn a ni.

2) Tum (Goal) hriatchian :

Tum (Goal) thleng turin tumruhna leh theih tawp chhuah kan mamawh a; a ngai renga awm chuan hmasawn a ni thei lo. Kan remhriatna a pawimawh viau a ni. Ram leilunga hausakna tam tak haichhuak tura kawng tha dap turin ngaihtuahna tam tak seng chung a taima lehzual a kan thawh a ngai a. Tum nei rana thil kan tih hram hram chuan hlawhtlinna hmel kan hmu thin. Ram changkang kan tihte pawh an taimak avanga hlawhtling leh hmasawn an ni.

Chu hmasawwna kawng zawh tur chuan tun hun hi a pawimawh a. Naktuk nghah chhung hi a rei a, hun a tlai duai hman thin avangin tun hun hman that a pawimawh ta a ni.

3) Ruahmanna tha leh dik :

Ruahmanna tha, dik leh tlo neih a pawimawh leh a. Kan hma lam hun lo thleng tur thlirin, tun hun atan chauh ni lo, kan tu leh fa thleng phak ruahmanna tha leh dik kan neih a ngai. Thenkhat hi chuan an thlir tawi lua deuh, tun hun reilo te atana hamthatna an dawn tur it avangin an nakin hun tur an hralh thin. Chuvangin, hmasawwna rahbi sial zel tura ruahmanna tha, dik leh tlo neih a pawimawh a ni.

Hun hi rangkachak ang a ni si a. Ramin ruahmanna na siamte te pawh mipui, pisa hnathawk leh nitin eichawp zawngte thlengin kan thiamna leh remhriatna neihte hman g tangkaiin, ruahmanna fel fai tak nei chung a taima taka rinawmna leh dikna nen, ngaihtuahna fim tak hmanga kan hmasawwna tihtur awm theuhte tihhlawhtlin kan tum tur a ni.

Tun dinhmun hrechiana tum (goal) fel tak neiin, ruahmanna tha tak nei lawk chung a hmasawwna rahbi rap zelin ram leh hnam dam nana kan theihtawp chhuah ila. Min tibuai theitu itsikna leh pamhamna tel lovin inlungual tak thawkho dial dialin, duhamna sira hnawl chungin i thawk tlang dial dial ang u. Kan Zozia chhawm nung zel chungin, fing tak leh fimkhur takin i nung ang u.

Ram tha leh nuam i siam ang u.

Thufingte

- * I nupui tur chu i mita thlang lovin i bengin thlang zawk rawh.
- * I theih ang zawng zawng chuan ti suh la, i neih zawng zawng khawhral lo la, mi sawi zawng zawng ring lo la, i hriat zawng zawng chu sawi bawh suh.
- * Itsikna chuan midang a kap a, amah leh amah a inhliam a ni.
- * Infiamnaah leh zinaah mi an hriat a ni.
- * I kum a lo tam chuan i thlan pawh a hnai a ni.
- * Indona hi a la tuar ve lo tan chuan a nuam a ni.
- * I neih loh chu i hloh thei lo.
- * I hausakna tak tak chu i thil neih atanga teh theih a ni lo; i nihna atang zawkin a ni.
- * Kan nun chhan tur ber hi kan nunna atana hmanrua mai zawk te hian kan thlak ang tih a hlauhawm a ni.

– Martin Luther King.

Naupang Huang

- C. Lalnunchanga

Taitesena (Chhunzawmna)

Zingkela pawh a nupuiin kawtchhuahah a lo hmuak a, “Naupang infiamnaah chhangchhepa i lo zuk tel ve a, a paw mang e. Eng tin nge kan awm tak ang?” a ti a. Zingkela chuan, “A na hlei nem, ka dam leh mai dawn alawm,” tiin a nui hawk hawk a. Maipawl hel an vel a, sakei tur thah nan tiin an pe a, an pali chuan na tuar lo ang maiin an ei thei vek a. Vungtawna chu a lu-ah sakeiin a seh kha a ni a. Harh takin a awm reng a, mite chuan mak an ti hle a, “A lu ruh a seh tleu a ni ang,” an ti a. Nilengin fel takin a awm a, zannah nula leh tlangvalin an menpui a.

Khawvâr dawn hnaiah chuan a lu chu nâ a ti hle a, “A thuinain a tinâ a ni ang,” an ti a. Vungtawna lu an thuiina chu an han phelhsak a, a thluak a rawn hnâm chhuak pur a, rei lo têah a thi zui ta a ni. Serhmun lalnu leh Vungtawna hi unau an ni a. Lalin puan dumin a tuam a, sialin a thisen a. Sailo a nih vangin phum lovin a ruang chu kuangah an ur a. A luruh an han lak chhuah chuan sakei ngho luhna a lo kaw phur a; sakei khan a lo seh tleu awzawng lo. A hnu lawkah Dozika a thi ve leh a; a thih dawn chuan, “Tu mahin min tipalh lo ve, sakei min sehna hi a nâ êm a, ka tuar lo a ni,” a ti a. A hrawka khawhna fei kha zawlbukah an dah a, tumahin, “Ka fei,” an ti ngam tawh lo va. Taitesena chuan a mutna atangin, “Ka fei a nih kha,” a ti a; mahse, a fei a nih lohzia chu an hrechiang vek a ni. Dozika hnua Zingkela a thi leh a. A dar sakei sehna lam kha a thlawn tep a lo ni a.

An pali zingah Taitesena a thi hnahnung ber a. A puma sakeiin a sehna hliam atangin a vaibel zuk khu a lo chhuak a, chuti chung chuan na nei lo ang maiin a awm a. A nuin artui kengin a va tlawh a, “Taite, a va na lua em ve maw!” tiin tap chungin a chul a chul a. Ani chuan, “Na lo ve, hei aia na tih hi ka nei,” a ti a. Taitesena hi a thih thlengin a nu laka a rilru nâ hi a dam lo va, amaherawhchu tawngkam chhe tak, “Ka naupan laia i mi uiresan kha nâ ka ti zawk,” tih a cheh anga an sawi erawh hi chu a dik lo. A nu haw hnuin, “Hringtu kut chu a va dam bik em,” a ti a. A tûk chawhnu herah a thi ve ta a. A thih hun hi April thla, kum 1904 vèl a ni.

Dozika, Zingkela leh Taitesena te hi an lal chuan puan dumin a tuam a, vawkpain a thisen vek bawh a ni.

Fiamthu

- * Nu pakhat thau deuh mai hian an in a rukru hmu fuhin a thut bet a, an awmpui nula hnenah...
Nu : Police va ko vat rawh!!!
Awmpui nula : Ka pi...ka silipper ka hmu zo lo. Rukru pa rit ti lutuk chuan thei leh thei lo hian, “Khaaaa...hmanhmawh teh...ka siliper hi bun hawh mai rawh,”
* *Nu ber* : Tinge Mamapa i nuih phut a i hmm leh daih.
Pa ber : Vawih ka tum a, a tlawh a.

Chhungkaw nuam nei tur chuan ram leh khawtlang nuam neih a tul tel.

Dan leh Hrai

Mipui inhawrkhawm ten an kuta dan an kenkawh thinna tibo tura Supreme Court thupek

(Chhunzawmna) - Dr. H.T.C. Lalrinchhana
Zamzik Siang, Bethel Veng,
Zemabawk, Aizawl

B. Hmachhawmna tur (Remedial measures)

- vii) Hetiang pawikhawihna alo thlen in a reltu court chuan an dil angin a tul a nih chuan thuhretute venhimna leh himna turin thupek a siam anga, a tul angin thuhretute hming leh nihna hi puanzar kher loh pawh tih tur a ni.
- viii) Hetiang pawikhawihna tuartute emaw mitthi chhungte chu court hian a hun takah hriattirna pe ve-in, dan bawhchhetu a puh (accused) in bail a dilnaah te, chhuah zalen leh Jail atanga chhuah lailaw (Parole) a dilnaah te anni thu leh hla hi ngaihtlak ve tur a ni. Tin, misual thiamloh chantirna tur atan te, chhuah zalenna thu ngaihtuahna atan te leh hremna pek dawnte in ziakin an duh ang zawng an thlen ve thei baw ang.
- ix) Hetiang pawikhawihna tuartute emaw mitthi chhungte hi 'Legal Services Authorities Act, 1987' angin an mahni pui turin sawrkar senso Ukil pek ngei tur a ni a, an Ukil duh ang zawng an thlan pawh phalsak tur a ni.

C. Mawhphurhna hlen tha lote hremna (Punitive measures)

- i) Police Officer emaw District thuneitu dangte he thupek anga hma la tha lotu an awm a nih chuan, sawrkar hnathawk te inthlahdahna leh pawikhawihna anga ngaiin, sawrkar hnathawkte khuahkhirhna dan anga thubuui kalpui (Departmental proceedings) in sawrkar hnathawkte chung hremna lek anga pe turin thubuui kalpui tur a ni a, hetiang thubuui hi a theih hram chuan thla 6 chhunga chin fel tur a ni ang.
- ii) Supreme Court-in 'Arumugam Servai v. State of Tamil Nadu [(2011) 6 SCC 405]' te thubuui thupek alo siam tawh angin, sawrkar hnathawk - (i) hrereng chung buaina thleng tur venghim zo lo emaw (ii) pawikhawihna thleng dan bawhchhetute man duh lo leh thubuui siamsak duhlo anga thubuui hi siamsak tur ani ang.
- 41. Sawrkar laipui leh state sawrkar tinte hian he thupek hi thla 4 chhunga tih puitling tur a ni a, a taka an tihhlawhtlinna thu chu Supreme Court-ah he thla 4 chhung hian an thehlut ang.
- 42.
- 43. A chung thupek bakah hian 'Parliament' hi hetiang khuahkhirhna, thubuui kalpuina leh hremna tur bik dan bil siam tura thurawn pek ani baw a,
- 44. He thubuui hi Dt. 20/8/2018 ah thupek dang tul siam turin ngaihtuah leh tur a ni."

Note (Letlingtu tlangkawmna):

Chhiartu duhtak, hunawl ngah bik vang lam emaw, mahni tih tur reng a nih vang lam ni lo in, India ram chhunga mi chhumchhia, hnam tlem zawkte leh mi hnuaiahnung zawkte him tlanna tur atana Supreme Court thahnemngaihna (Judicial activism) khi Duhlian tawngin kan han tarlang thuak a. Supreme Court a Judge tlem te te hian India ram mipui tam lutuk tak mai hi tukluhna vang mai chuan min thunun zo hauh lo ang. Chutihlaiin, ramchung dan leh court thutlukna te hi kan zah leh zawm tlan avang chauha hlawhtling thei a ni tih pawh kan chian a tul. Nimin lawka Excluded area, Sixth Schedule hmanga chhawmdawl ngai, BEFR, 1873 (ILP) hmanga humhalh ngai reng, hnam chen beh (tribal) te, ram pilril leh hnufual 'Tribal area (land)' a la cheng mek hnam tlemte te tan hlei hlei hian tharum leh tam mai hmanga in pawngnekna (mobocracy) hi umbo a tul zual ang tih pawh chian tel a tul kan ti.

Hriselna Huang

Engvangin nge?

Thawhah : - Dr. Ngurnunzami Sailo

- 1) Thawkna dawt hnawh avanga thawhah: Hnar atanga chuap thlenga boruak kalkawng a hnawhtu a awm reng reng hian thaw a hah thin a. Chaw lemsual avang te, taksa huat zawng hipluh avangte, asthma vei avangte hian a awm tlangpui.
 - 2) Chuap vanga thaw hah : Pneumonia vangin a tam hle a, chuap lam natna Chronic Obst ruct ive Pulmonary Disease an tih mai vangte hian a tam hle.
 - 3) Lung vanga thawhah : Lung chakloah hian thaw-hah hi a tam hle a, a tirah chuan hna hahtlak thawh chauhin a awm thin a, lung chu a lo chakloh chhoh zel chuan awm mai mai pawhin thaw a hah thin a ni.
 - 4) Dawldanna avang thaw hah: Dawldanna reng reng a awm hian taksa thisenin boruak (O2) a keng tam thei lo va, taksa a thawh rim viau chuan thisenah boruak a kal tam theih loh avangin tihrawlte chuan kham khawp an hmu lo va, boruak tam zawk hipluh tumin an thaw nghek nghek ta thin a ni.
 - 5) Zam lutuk emaw thil huphurh tak kan hmachhawnte hian thaw hi amahin a lo rang ve mai thin a ni.
- Khuh : Kan taksa ka atanga thil duhawm lo a lo lu hian a paih chhuah nan kan khuh thin a, heng thil lo lut hian kan hrawk a tiza a, mi hrisel pangngai chuan kan khuh thin a ni. Boruak kalna kawng hi pipe ang mai hi a ni a, timur tam takin a siam a ni a, he dawt hian a huatzawng thil lo lut a awm vaih chuan mihring chu a khuhtir ta thin a ni. Meikhu te, boruak hrisel lote pawh a hre thei vek a ni. Tin, natna chi hrang hrang vangin a awm thei baw a, a lar zual chauh lo tarlang ila chungte chu :- hritlang, awmna, bronchitis, laryngitis te an ni.

Tin, khuh hi chuap natna chi hrang hrangah a awm ve bawk thin a, chungte chu - Pneumonia, TB, emphysema, Cancer, adt. Chuap cancer chi khat Bronchogenic Carcinoma an tih maiah hi chuan khuh leh khak thi hi a nasa zual a ni. Lungphu chawl kan tih maiah pawh hian khuh hi a awm ve thei baw, thisen-zam peng lian tak pakhat Thoracic aorta an tih mai piansualna awmin thawkna dawt a nekchep hian khuh a tel thei baw a ni.

Lung sa huam huam (Heart burn) : A Sap tawnga dah hian a awmzia chu a chiang mai a. Lung awmna zawn velah hian, lung a kang ta mai emaw tih mai turin a rawn sa huam huam thin a ni. Chaw ei hnem lutuk vangte leh vawikhata chaw lem hnem lutuk vangte pawhin a awm thin a ni. A chhan ber chu ka leh pumpui zawmtu, chaw dawt a fan nasat lutuk vang a ni. Tin, hengte hian an titam zual baw hle – Aspirin, coffee, zu leh vaihlo chi hrim hrim (zial, sahdah, khaini.....)

Chaw ei pai tawih theih loh : Mi tam takah chuan chaw pai tawih theih loh hi ze chi hrang hrangin a awm thei a, kan pumpui chak zawng a inang vek kher lo tih chu kan hre chiang theuh awm e. Kan pumpuiin chaw a paitawih theihloh chuan pum a lo puar pung a, vawih leh irh a lo nasa a, a thenah phei chuan kawthalo te hial a thlen thei a ni.

Mi thenkhatah hi chuan 'Lactase' pianpui loh vang a ni thin a, he enzyme hi chaw pai tawih kawngah a pawimawh hle a ni. Bawngnhute hi a bikin 'Lactase' tel lo hian paitawih lohvin a in up thur a, chu chuan pum a ti nuam lo ta thin a ni.

Enkaw dan : Hetianga pum nuam lo a awm hi chuan chaw ei loh vang vang a, pumpui hahchawlh tir a tha ber a, darkar 24 chung chu chaw khal lam chi ei miah lova, tui leh thei tui ang vel chauh ei rih tur a ni. A hnua a rawn awm leh chuan bawngnhute chi reng reng insum a, a la that loh cheu chuan mi thiamte rawn vat tur a ni ang.

(Chhunzawm tur)