



Daifim

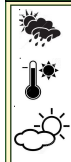
An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO



Hunawl hman that
Zofate hmasawwna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Ruah a sur mai thei.
Temp - Max: 25°C Min: 17°C
Dar 4:48-ah ni a chhuak ang a,
Tlai Dar 5:46-ah a tla leh ang.

Vol - VI Issue No. - 14

- Tau Thla -

26th April, 2020 (Pathianni)

*Tunkar chang vawn : Isaia. 25:8
"Lalpa Pathian chuan thihna chu a
hneh ang a, a mite mittui chu a hru
hul ang; miten khawoel puma a mite
an hnehchhiahna chu a tireh barok
ang; Lalpan chu chu a sawi tawh hi."*

TUALCHHUNG CHANCHIN

☛ Pu David Lalrosanga, Br Treasurer, chu pumna avangin Kolasib District Hospital-ah inentirin in lamah thisen chaw te khaiin a inenkawl mek ni a hriat a ni. A dam leh thuai kan duhsak e.

☛ Pu James Zothansanga, Vana-pa section, te'n ni 16.04.2020 khan Kolasib District Hospital-ah naute mipa neiin, zaichhuah a ni a. Ni 24.04.2020 khan dam takin an lo chhuak. Daifim chanchinbu kaltlangin lawmpuina kan hlan nghal e.

Kan then tak

✝ Pu Hmangaihzuale (Tea), kum 47, chuan ni 21 April, 2020 (Thawhlehi) zan dar 7:10 khan Kolasib District Hospital-ah Stroke natna avangin chatuan ram min pansan a. Hemi ni vek chawhma dar 10:00 hian vuilliam nghal a ni.

✝ Pu H. Vanlalrema, kum 72, chuan ni 25 April, 2020 (Inrinni) zing dar 2:30 khan Kolasib District Hospital-ah Stroke natna avangin chatuan ram min pansan a. Hemi ni vek chawhma dar 10:00 hian vuilliam nghal a ni.

Hripui leng avanga YMA-in tihdan phung a neih anga thlah liam an ni thei lo hi paw kan ti tak zet a. An kalsan tak an chhung leh khat, laina zawng zawngte'n Pathian awmpuina leh thlamuanna an dawn kan duhsak tak zet a ni.

Task Force Thupawimawh

☛ Khuangpuilam huam chhungah Housing Loan pe thei anga insawi hnenah document leh pawisa cheng 2007/- lo pe tawh kan awm anih chuan Task Force hruaitu te hnenah a rang lama in report turin kan in hriattir e.

Sd/-
Secretary
Village Level Task Force
Khuangpuilam

Khuangpuilam Branch YMA leh Village Council Emergency Committee Thuchhuak

Dated Khuangpuilam, the 26th April, 2020 (Pathianni) :

Covid-19 hri leng mek laka kan inven nan heng a hnuaia mite hi vengchhung mipui ten ngaipawimawh tura hriattir leh ngen kan ni.

1. Veng chhung mipui te, mahni In lama awm tam turin kan inngen a, a bikin naupang leh kum upa lam te chu pawn chhuak tam lo turin kan inngen a ni.

Tin, thenawm khawveng pawh a theih chin chinah inlen pawh lo hram turin kan inngen a ni.

2. Hnam dang leh ram dang mi, sumdawnga mimal Ina kal kual thin pawh phalloh a ni.

3. Ram pawn atanga zirlai leh hnathawk, rawn haw te kan awm a nih chuan ni 14 chhung chu pawn chhuak tamlo tura ngen leh beisei kan ni a. Lo haw tur kan awm a nih chuan YMA hruaitute emaw Damdawi In lam emaw inhriattir zel ni se.

4. Mitthi leh khawhar In lenpui chungchang : Hri thalo len chhung, thu leh awm hma chuan heng a hnuaia mite ang hi kalpui tur a ni ang. (Thih chhan hi eng natna pawh nise, a hnuaia mi ang hian kalpui vek tur a ni)

a. Zing dar 9:00 hmaa boralte chu chawhnu dar 1:00-a vui tur a ni ang.

b. Chawhma dar 9:00 atanga chhun dar 12:00 inkara boralte chu chawhnu dar 3:00-ah vui an ni ang.

c. Khualkhua atanga ruang rawn thleng pawh a chung a mi ang hian an rawn thlen dan a zirin vui tur an ni ang.

d. Lumen chu a tuk chawhma dar 10:00-ah vui tur a ni ang.

e. Khawhar In lenpui chu zan hnihah tihtawi a ni. Lumen a lo ngai a nih chuan a vaiin zan 3 hman tur a ni ang.

f. YMA hun bikah hian mipui nawlpuia kal lovin, BEC Member leh an awmna section hruaitute'n lenpui tur an ni ang.

g. Thlanlaih chungchang chu Branch hruaituten a remchan dan angin ruahmanna an siam ang.

h. Khawhar chhungte puala YMA-in Ral bawm a dawh thin chu tihtawp rih a ni a. Tin, mitthi buhfai leh thildang khawn ngai chi pawh tihtawp rih a ni ang a. Branch in khawhar chhungte chu ₹ 1000/- in a ral ang.

Khuangpuilam Task Force-te'n ruahmanna duang

Lockdown kalpui mek zelah Khuangpuilam Village Task Force-te pawhin sawrkar hotute ruahmanna zulzuiin veng mipuite zawm tur a duang a. Heng ruahmanna leh kal dan tur a siamte hi Tau thla ni 20, 2020 atanga hman tan niin, veng mipuite mai bakah kan veng chhunga huan leh lo ram neite'n zawm thueh turin min ngen a ni.

1. Veng dang a chhuah chungchang : Veng danga chhuak tur reng rengin Task Force atangin phalna lak hmasak vek tur a ni a, hei hian dawr hawn chhung zing dar 6:00 atanga dar 9:00 pawh a huam ang.

2. Veng chhung leh pawna kal tur ten Social Distancing ngaihpawimawh theuh tur a ni.

3. Bazar chungchang : BNRGSK Hall kawtah THAWHLEHNI leh INRINNI tlai dar 2:00 atanga dar 5:00 thleng bazar hawn a ni anga, bazar ngei ngei tur chauh chhuah phal a ni ang.

4. Bazar hun hawn chhung leh a hnu lamah hian tihtur neilo mipuite chu chhuah phal a ni lova, len vah pawh phal a ni lo ang.

5. Hmai tuamna (Mask) : Bazar tur, dawr hawng tur leh chhuak tur ten hmaikawr hman vek tum hram hram tur a ni. (☞ Phek 2-na)

YMA chu tanpui ngaite tanpuitu a ni. – YMA Kumpuan : Zirna uar

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Editorial.....
Hripui avanga kan hun tawn hi kan duh leh rin aiin a lo harsa a ni mai thei; tin, hei aia harsa hi tazwk thei din-hmunah pawh kan ding reng mai. Kan dinhmun chu kan thuawih danin a zir dawn nite pawhin mi thiam zawkte paw'n an sawi a ni.
He harsatna hian hri chauh tidarh loin, ei leh barah pawh nasa takin harsat-na a thlen mek a. Engnge kan dinhmun zel tur lah hriat a ni si lo. Chumi a nih avangin keini aia thiam zawkte'n kan hun tawn dan zir pah reng chung a ruahmanna an siam te kan zawm danin kan hmakhua chu a hril hle dawn a ni.
A eng zawngin han thlir lawk ila. Rambuai lai khan ei leh bar kawngah harsatna nasa tak tazwk mahse tam chharwala thi tih ziaak chhiar tur a vang viau tih hria ila. Nunna latu ber chu silai niin, hmelma mai bakah inpuhmarohna avanga nun chan an ni fur hlawm a ni. Tunah pawh kan hmelma ber he hri Covid-19 mai bakah, hruiatute hmalak dan sawisela thuawih duh lohna avang hian nunna kan chan thei a ni.
He natna tihbo a nih theih nan hian mi thenkhatte'n mut mawh hnar marwah neiin an thapui an chhuah a. Sawrkar leh a hnathawktute lah pisa kai dan phung pangngai pel rawkin an che a; khawtlang hruiatute lah hri darh hlau reng rengin ruah leh thli karah, mutmu pawh tuah tam hman lovin, a thene phei chu rampalailengah riabuk an sual hial a, ruah leh thli mai nilo, thosi leh ran-nung seh noh noh karah kan him nan dai an theu a ni. Kohhran lam lahin kan thlarau dam nan hma an lo la ve char char bawok a ni.
Chuvangin, nang, thuawihna nena in luma lo awm tura an ngenna chhete hi i tihlawhtlin sak thei dawn em!! Thuawih hi damna a ni.

Branch YMA Office Bearer		
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No. CYMA 74/2019-2020/8 of 20.4.2020
 CENTRAL YOUNG MIZO ASSOCIATION MIZORAM : AIZAWL
 CENTRAL YMA THUCHHUAK
 Hripui leng mekin kan ram a tihbui lai a, mipuite himna tura ramria venhim hna thawktu Mizo Sipai pahnih 5th IR Battalion C/276 C. Lalhruaitluanga S/o C. Lalnunsanga, Republic Vengthlang leh C/405 Zairemmawia S/o R. Vanlalsawma, Hlimen te Chakma misual ten dimdawina tel miah lova kut an thlak hi Central YMA chuan hriatthiam har a tiin a dem tak zet a ni. Kan ram, kan hnam a him zel theih nan Central YMA chuan chak takin hma a la zel dawn a ni.
 Kan ram chung ngeia venhimna hna thawktu hliam tuar kan sipaite inenkawl na senso hi Mizoram sawrkar-in ngaihtuah sak se, thil sual titu Chakmate hi a na thei ang bera hrem turin Central YMA chuan sawrkar a phut tlat a ni.
 Tin, Zomuantlang Border Outpost hi Police Station puitlinga hlan kai thuai ni se Central YMA chuan tha a ti a ni.
 Sd/-
 Prof. LALNUNTLUANGA
 General Secretary,
 Central YMA.

Memo No. CYMA 74/2019-2020/8 Dated Aizawl the 20th April, 2020		
PM-GKAY hnuiaia mi harsate tan a thlawnin thla 3 buhfai pe dawn		
Sawrkar laipuiin Pradhan Mantri Garib Kalyan Yojana(PM-GKAY) hnuiaia mi harsa zawkte tana ruahmanna a siam angin NFSA hnuiaia AAY chhungkua (Ration Card eng) leh PHH beneficiaries (Ration Card pawl) te hnena buhfai thla tin mi pakhat tan Kg 5, thla thum - April, May leh June, 2020 chhung atana a thlawna sem tura a tih chu tau thla ni 24, 2020 atang khan sem tan a ni a. April leh May quota hi April leh May thla tir lamah sem zawh hman tum a ni a; June quota chu May thla chhunga sem hman tum a ni bawok.		
FPS ten dan angin ration lak theih hun pangngai angin an kalpui tur a ni. Local Task Force te nen inbe remin a sem hun tur ruahmanna pawh an siam thei ang.		
Retailer zawng zawngin a sem chhuah dan hi felfai takin proforma duan sa ang hian an sem dan leh an sem zat chiang takin Village Task Force leh Local Level Task Force leh Bialtu Centre Incharge te hriatpuina Counter Signature nen Bialtu DCSO-ah an thehlut tur a ni. Centre i/c te hian a hnuiaia retailer ten an Quota an sem kim lo emaw an pe kim lo emaw a nih chuan FPS hming leh an sem kim loh zat ziakin DCSO-ah report a rang thei ang berin an thehlut tur a ni.		
(Phek 1-na zawmna)		
6. Kut hnathawka eizawng chhuak tur ten Task Force Main duty post (Soil Opposite)ah phalna lak hmasak tur a ni ang.		
7. Motor-a mi tam tak inphurh leh hmun khata mi tam tak hnathawhho ang chi te tihloh tur a ni.		
(Column lehlam zawmna)		
6.	Mamit	₹8,00,000/-
7.	Hnanthial	₹4,10,000/-
8.	Saitual	₹6,00,000/-
9.	Siaha	₹4,20,000/-
10.	Lawngtlai	₹4,00,00/-
	TOTAL	₹62,08,500/-
District tana sum ruahman zat		
Tau thla ni 17 leh ni 20, 2020-a Chief Minister's Relief Fund hman dan tur ngaihtuahtu tura din 'Committee on Utilization of Chief Minister's Relief Fund' thukhawmin an rel ang leh Chief Minister remtihna in District hrang hranga Covid-19 dona kawnga thawktu (Covid 19 workers) te tan a hnuiaia ami angin sum pek zat tur an ruahman.		
Sl. No.	District	Sum Pek Zat
1.	Aizawl	₹7,50,500/-
2.	Lunglei	₹4,57,000/-
3.	Champhai	₹13,23,500/-
4.	Kolasib	₹8,15,000/-
5.	Serchhip	₹2,32,000/-

(Thu ziak Huang)

Covid-19 aia hlauhawm Covet-20

Dr. C. Lalrampana

The Epoch Time chanchinbuin a tarlan danin Covid-19 hi December ni 1, 2019 aṭanga inṭan tawh kha a ni a. December ni 10 khan case 3 hmuh niin a tarlang a, China Sorkar erawh chuan December ni 8, 2019 vel aṭanga Wuhan, Hubei Province, China aṭanga inṭan niin a sawi thung. A natna hming COVID-19 hi February ni 10, 2020-a phuah chauh kha a ni. Miin a kai aṭangin ni 2-7 chhung leh ni 14 thlengin a hriat theih ni a sawi a ni. He natna kai tho si symptom lang vak lo pawh a awm theih ni a sawi a ni bawh. A tirah chuan khuh, khawsik leh thāwk harsatna a thlen ṭhin. Hripui hlauhawm tak covid-19-hian khawvel ram 210 a tuam mēk a ni.

Hetih lai hian COVID-19 aia hlauhawm Mizo Kristiante zingah COVET-20 a lo inlār ṭan leh mek thung a. Chuvangin, he Covet-20 hlauhawm danglam tak lo chhuahna hi kimchang deuhin i han chhui lawk teh ang.

Covet-20 hi Grik ṭawng chuan 'Aplisia' an ti a; Latin ṭawng chuan 'Concupisco' tih a ni. Sapṭawng chuan 'Covet' tih a ni ta; Mizo ṭawng chuan 'it/awt/duham' tihna a ni.

Covet-20 tih a nihna chhan hi March ni 22, 2020 aṭanga Mizoram bikah a lo inlār nawn leh tāk vang chauh a ni. A lo chhuah ṭanna hmunpui ber Epi-Centre chu Mesopotamia-a Euphrates lui leh Tigris luikam tuak phaizawl niin tuna Iraq awmna khu a ni. A hma chuan helai hmun hi Eden Huan tih a ni. Covet-20 rawn thlent chu bāk (bat) ni ve lovin, 'Rul (Serpent)' a ni tih Damascus Healing Centre-a Head of Department Scientist Dr. St. Paul (Tirh 9:3) chuan a sawi.

A sawi danin Covet-20 hi a tirah chuan hmeichhe pakhatin Rul (Serpent) aṭangin a kai ṭan a; a pasal a kâi chhawng leh a, chuta ṭang chuan khawvel pumah a lo ṭâi darh chho ta zel a, Covid-19 aiin a ṭâi darh nasa zawk fe niin a sawi. A sawi zel danin hei hi COVID-19 ang bawkin natna hrik boruaka leng (airborne disease) ni lovin moral chi khat Neurobiology-in a rawn hrin chhuah a nih thu 30 AD khan a lo sawi daih tawh a ni. (Rom 5:12)

Israeli Researcher-te chhut dan phei chuan covet-20 hi kum 2,09,000 kal ta aṭang khan mi 2 Adama & Evi-te'n an lo vei tawh niin an tarlang. Theologian-te erawh chuan 4,000 BC khan a inṭan niin an sawi. (Gen. 2:7f; 3:1f). Hei tho hi Dr. St. Paula sawi hi a ni.

Heti taka moral khawih chhe thei natna upa tawh a nih avang hian fimkhur a ngai hle a, chuvangin, a lanchhuah dan (symptom) leh inven dante tarlang ila a ṭha awm e.

A lan chhuah dan (Symptom) : He natna hi mihring taksaah a lang chhuak ve lova, a veite pawh hrisel sen thau mumpāngin an awm thei a; HIV+ve vei ang maiin a ruka vei theih reng a ni. Covid-19 angin khawsik, khuh ro, hrawk thip leh fatigue a siam ve lova, hetia en ringawt chuan dam ṭha pangngai ang mai an ni ṭhin. Mahse, a vei mektea a lan chhuah dan Dr. St. Paul-a'n a sawi chu hetiang hi a ni.

- | | |
|-----------------------------|-------------------------------|
| 1) Inngaihna | 2) Bawhlhlawhna |
| 3) Hurna | 4) Milem biakna |
| 5) Dawthiamna | 6) Huatna |
| 7) Inhauna | 8) Thikna |
| 9) Thinurna | 10) Inkhinna |
| 11) Awm hranna | 12) Rin hranna |
| 13) Sum ngainatna | 14) Duhamna |
| 15) Bum hmang | 16) Hmangaihna pianpui nei lo |
| 17) Kut tling lova hausakna | |
| 18) Kawhmawhbawlna. | |

Covet-20 hi Mizo Kristiante zingah vei an tam bik niin a hriat theih a, positive case an awm nual tawh bawh nia sawi a awm.

Mizorama Covet-20 symptom lang tam ber chu No. 12-na aṭanga 18-nate khi niin Theologian-te chuan an sawi. Mipuiin hun harsa kan dâi apiangin heng symptom No. 12 - 18-te khi an lo inlār ziah ṭhin a, hetiang veite laka hri kai lohna tura invenna ṭha ber chu *Social distancing* tho a ni a; mahse, covid-19 aiin inkāichhāwn a awlsam zawk avangin anmahni hlat theihtawpa awmin a him theih chauh thung. Chutiang a nih loh vek pawhin anmahni ngheng rengin awm mah ila an moral virus ang kha kai lo tura inthunun (self control) a ngai a, dikna leh takna, rinawmna nen mi a inven tlat chuan he virus hi a kai theih loh thung. Mahse, hmaituamna (mask) hman erawh a ngai ve lova, kutsil (Hand washing) erawh ngaih pawimawh hle a ngai thung. Mahse, kutsil pangngai chauh ni lovin 'Thinlung thianghlim (Holy heart/secured heart)' a pawimawh ber zawk a ni. (Sam 24:4; 73:13; Jakoba 4:8; Job 17:9; Mat. 15:20 cf Galatia 5:19-21).

Case hmuhchhuahte : Khaw pakhat nu pakhatah covet-20 kâi hmuh chhuah a ni a, a natnain a nghawng dân lo lang chu - anmahni panhnah thar ngei Kg 1 ₹ 250-300/- a hralh ṭhin chu lockdown a nih veleh Kg 1 ₹ 700-800/-in a hralh char char nia hriat a ni. He damlo hian symptom No. 12 & 13 virus khi a kai nasa bik hle a ni tih laboratory aṭanga confirmed niin an sawi.

Aizawl veng pakhat a vei mek nu pakhat pawhin covet-20 a kai a, a lanchhuah dan chu maian tel 1 ₹ 30-50/-a hralh ṭhin chu lockdown hnuah tel 1 ₹ 120/- in a hralh char char nia hriat a ni. Hei pawh hian Symtom No. 12, 13 & 15, 16-te a kai nasa hle niin laboratory lam case report-ah tarlan a ni.

Tin, heng lo pawh hi buhfai, sâ leh dāwr thil (essential commodities) zuartu Mizorama dāwrkai engemaw zâtte chuan tun hma aṭangin Covet-20 virus hi an kai ṭhin a; tunah pawh an kâi darh mek a, lockdown hmaa thil rate pangngaia lei tur bungrua a vang ta hle niin kan report dawnna chuan a tarlang.

Hetih lai hian mifel leh rinawm, dik taka tlawm-ngaihna leh hmangaihna dik tak nena sumdawng covet-20 virus-in a tihbuai ve theih loh mirethei zawkte ṭanpui ṭhin engemaw zât an awm thung.

Vairam lam state hrang hranga Mizo awmta ka biakna aṭanga report ka dawn dan chuan Janta curfew March ,22, 2020 aṭanga tun thlengin Vaiho zingah Covet-20 kai an la awm ve meuh lova, thil rate pawh a la pangngai reng a ni.

Mizoramah ramri vengtu ṭhenkhat phei chuan covet-20 veite avang hian nitin mamawh dawr thil to tak takin an lei a ngaih phah a, an harsat zual phah hle tih hriat a ni. Mirethei zualte tan phei chuan damkhaw chhuah a har hle dawn niin mi thil chik mite chuan an ngai.

(☞ Phek 4-na)

Natna benvawn huatthlala em em kan kawh vek, mahni chauh inngaih pawimawhna hi.

(Phek 3-na zawmna)

A damdawi : Covet-20 veite enkawl dam nan hian nachhāwkna anga lo hman lailawk theih Complementary Medicines tha tak tak a awm a; mahse, covid-19 enkawl na atana hman mek 'Hydroxy-chloroquine' chu hman a ngai ve lo thung. Enkaw l nana damdawi thate chu hengte hi an ni :- AMC, DM&R, SLTF, DLTF, LLTF/ VLTF

A tirah chuan heng damdawi hmang hian covet-20 vei lo tura fimkhur turin social media hmangin mipuite hi hriattir leh ngen an ni a; mahse, covet-20 vei tate hi heng damdawi hian a tak taka a luhchhuaha a chhut hlum leh si loh avangin thil man hian to lam a pan chho zel niin a lang. Heng damdawite hian EC Act 1955 & Act No 10 of 1955 angin a thawh tur dik tak virus kaita hian thawk se chuan vairam ang bawkin thil rate hi a pangngai reng a la ni ngei ang. Mahse, a thawh dan hi nachhāwkna atan chauha hman chi an nih hmel ta ber niin a lang a, covet-20 virus chhu hlum thei tura ngaih a nih laia a thawh tur a thawk ta si lo hi Zoram kristiante zingah a darh ta chiam niin a lang. Nakin lawkah phe chu an Covet-20 hi a darh chak hle dawn nia ngaih theih a ni. Hetih rual hian Lockdown hlih hnuah pawh thil man tih to zui reng hi an tum zel mai awm mange tih chu rin lāwk theih a ni baw. Chuvangin, Zoram sawrkar, Ministry chak tak hian khing covet-20 damdawite khi price controlling khawih teltir vat se, chak taka thawk turin thu pe se, he virus hi an umbo thei mai dawn niin Theologian-te chuan an ngai.

A dam hlenna damdawi : COVID-19 ang lo takin covet-20 hi chuan Taksa thihna (physical death) bakah Thlarau thihna (Spiritual death) nen lam a thlen thei a. Hei vang tak hian covid-19 aiin a hlauhawm leh zual a ni. (Luka 12:4,5)

Heti ang a nih avang hian a damdawi tha ber Divine Healing Centre-neitupa fapa mal neih chhun (begotten son), mirethei leh chhumchhiate tidama, bengngawng, kebai, zeng, piangsual, phār leh ramhuae hnawt chhuaka, mithite kaithova thihna hneha tholeh ta Topmost Supper Specialist Lal Isua chuan covet-20 damdawi tha ber chi, a dam hlenna damdawi a nei a, a thlāwnin a mamawhtute chu a pe reng thei a ni. Chu damdawi chu grik tawng chuan 'ANAGENAO' a ni a; sapṭawng chuan 'Rebirth emaw borne again' an ti a; Mizoṭawng chuan 'PIANGTHAR/PIANG NAWN' tihna a ni. (Johan 3:3ff).

He damdawi hi a course dik taka ei apiangte chuan damna tluantling an chang zel a; Simna tello piantharna an chan ve ngai loh avangin covet-20 virus hian a tibuai ve tawh ngai lova, khaw hmunah pawh awm se, takna leh dikna nen hmangaihna leh rinawmna nen mite tan an nun an pe zawk thin a ni.

Chuvangin, he Covet-20 (duhāmna soal) virus hi kai lo turin inbuatsaih ila, he hri kai mekte pawh hian Anagenao-1000 mg capsule, LAL ISUA hi a hun takah neiin inenkawl se Zoram a dam leh anga, chatuan nunna an nei thei dawn a ni. (Joh 15:13; Luka 9:24).

"Daido-ah kei ka awm anga; a lailumah hmeithai chhumchhia leh nunaute" -Vanapa

Ram chin dai theu a vengtute'n, pasaltha diar in khim thei ta; Ral chu chhawl in chhin hunin, Vangkhaw lungdawh kawnah; tawhlhlohpuan leh

arkeziak, Zo lanu'n an ban nang che. - Fabian Lalfakawma
Tunah zawng ral rial ang a la dai love. Treasurer, CYMA

Covid-19 Damlo pakhat kan nei

1. A va dam har ve?
2. An enkawl dik lo em ni?
3. An thiam tawh lo em ni?
4. State dangah an dam (cured/recovered) tawh si a, engatinge kan state a damlo pakhat hi a dam har bik em em?

1. A va dam har ve?

A dik e. A chhan chu a vanduai a ARDS a nei tlat (tuma thiamloh a nilo). ARDS hi ventilator-a dah an ngai ngei ngei. Chuti chung chuan 80% (100 a 80) an thi thin.

'Cytokine Storm' tih hi Covid-19 vei te thihpui ber a ni a, tuna damlo hian a nei ngei ni a hriat a ni.

Covid-19 damlo na zual (severe/serious) chu an that chhoh (improve/recover) nan a tlem berah kar 3-4 a ngai a, tunah hian kan damlo pawh tha chho ve zelin a zia chho ve zel e.

2. An enkawl diklo ami?

ICMR, AIIMS leh WHO guidelines anga enkawl a ni. Covid-19 hi a enkawl dan tha ber leh dik ber ala awm lo.

3. An thiam tawh lo em ni?

An thiam tawh a, an qualified em em baw. A treatment chunchangah hian sawi tawh angin WHO leh ram hrang2 tihdan (protocol) hman a ni a. Chutihrial chuan damdawi erawh tuna tha an tih thar leh ho, heng ram USA, Japan leh Europe ten a an hman chhin (trial) ang hi India ramah hmuhtur a la awm ve loh avangin, India rama pek tur leh hman tura tih lai hman a ni.

4. State dangah an dam (cured/recovered) tawh si a, engatinge kan state a damlo pakhat hi a dam har bik em em?

Manipur a dam leh (recovered) an tih te hi ventilator a dah ngai an ni lo. Meghalaya ah phe chu an ventilator-ah karkhat em pawh enkawl hman hmian a boral.

Tunah hian ZMC Bulletin-ah nitin a improve zel thu tarlan a ni a, ventilator nen ni engemaw zat enkawl a nih hnuah tunah ventilator ngai tawh rih lova a dam chho zel thei hrim2 hi a ropuiin a lawmawm takzet a ni.

Tlangkawmna : Khawvel ram changkang ber bera nitin boral zat kan chhiar te hi ventilator a enkawl chung a boral an ni.

Covid-19 vei 80% te hi serious lem lo, enkawl pawh ngai em em lova damchhuak an ni.

Kan vaia kan him tlan zawk nan hengte hi i zawm zel ang u :

- a) **Social Distancing** - Dawra thil kan lei lai te, kan chhuahna leh hna kan thawhna hmunah.
- b) **Handwashing / Kut silfai** - Thil kan ei dawn leh ei zawh, kan chhuah a ina kan haw leh velah, hmai kan khawih hmian.
- c) **Mask vuah that** - Mask kan vuah pawhin uluk takin vuah ila, kan phelh hnuah pawh su fai thain nisaah pho ro ila, kan chhuahvahnnaah i vuah zel ang u

Dr. H. Lalrinmawia
Physician