





# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

**YMA MOTTO**  


Hunawl hman that  
Zofate hmasawwna 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 : Galatia 1:10**“Mihring tihlawm nge ka tum, Pathian tihlawm? Mi zinga tlakltum tum ka ni em ni? Ni ila, Krista bawih ka ni lo vang;”.

**TUALCHHUNG CHANCHIN**

☛ Pu Aldrin Lalrinfela(Rinfela), Khuangchera section chu Pumpui lam thatlohna vanga in checkup in 19/4/2021 (Thawhtanni)khan Aizawl ah a han kal a, Tluang taka lo let lehin, tun ah In lamah an inenkawl mek a ni. A lo dam zel theih nan duhsakna kan hlan e.

☛ Pu B Vanlalawia, Chawngbawla section leh Pi Lalthanzuali (Zuali) te chu kar liamta inrinni khan Aizawl a an chhungte boralna a an kal pawh tluang takin In lam an lo thleng leh tawh a ni. Lusun chungte Lalpan awmpui zel che u rawh se.

☛ Dt. 21/4/2021(Nilaini) dar 1:00 pm khan Khuangpuilam Presbyterian Biak In ah Lalrammawa, S/o Lalramthari (Chawngbawla section.) leh Lalrinchhani, Serkhan te chu an inkutsuih a. Tuak thar te hun kal zel turah nupa hlim tak leh lungruak tak an nih theih ngei nan duhsakna kan hlan e.

**QUARANTINE FACILITIES LEH CCC DINHMUN**

Kolasib khawchhung quarantine facilities-ah ni 22/4/2021 thleng khan mi 5 dahluh thar an ni. Ni 20/4/2021 khan Polytechnic-ah mi 2 khungluh niin chhuak an awm lova, ni 21/4/2021 khan Tourist Lodge-ah mi 3 luh tir an ni bawk. Chanchin buatsaih lai thleng hian mi 6 khunghran mek an ni a, an vai hian state pawn atanga rawn lut an ni. Hetih lai hian SIRD CCC-ah mi 5 dahluh thar an ni a, anni pawh hi state pawn atanga lo haw, Vairengte Gate a Covid19 positive tih hmuhchhuah te an ni. District chhung CCC-ah mi 23 enkawl mek an ni.

**SUB-HQRS YMA OFFICE BEARER MEETING HMASABER NEIH A NI**

**Khauangpuilam the 25th April, 2021** :Ni 10.4.2021(Inrinni) zan dar 6:30 khan Tourist Lodge, Kolasib ah meeting an nei a, OB te an kal kim thei a ni. Meeting hi President Pu Thomas D.Lalengliana’n a kaihruaia, he hunah hian OB hlui leh thar ten charge inhlanna an nei nghal a ni.

- Thurelte:
- 1. Sub Hqrs Executive Committee Member ruatna:** YMA Dan bu bung VI, chang 33(6)(b) in min phalsak angin, Sub - Hqrs YMA Executive Committee member atan a hnuaia tarlan te hi an ruat.

1. Pu C.T Mawia	-	Diakkawn
2. Pu H.T Rila	-	Diakkawn
3. Pu R.Thangchia	-	Thingdawl
4. Pu Kapmawia	-	Venglai
5. Pu Lalrinmawia Ngente	-	Diakkawn
6. Pu R.Lalzokima	-	Vengthar
7. Pu R.Lalramchhana	-	Diakkawn
8. Pu Chawngsailova	-	Khuangpuilam
9. Pu K.Romawia	-	Tumpui
10. Pu K.Lalsawmliana	-	Thingdawl
  - 2. Central Co-ordination Committee(CCC) :** Ni 14.4.2021(Wed) a CYMA Office a neih turah Office Bearer te kokim taka kal nise tih a ni a, a kalna turin President leh Secretary te motor hman nise tih a ni.
  - 3.Sub-Hqrs. Co-ordination Committee(SCC) :** Sub - Hqrs Co-ordination Committee (SCC) neih hun tur chungchang an sawiho a, hripui leng mek avanga Sorkarin SOP a siam leh CYMA thu ngaichang chungin Sub-Hqrs. Co-ordination Committee hi remchang hmasa berah koh nise an ti.

**QUARANTINE / SELF-MONITORING CHUNGCHANGA DISTRICT MAGISTRATE KOLASIB THUCHHUAH**

Sawrkar thuchhuak thar ber No.B.13021/101/2020-DMR/VoI-II dt 16.01.2021 dungzuiin Kolasib District chhunga inkhaihruaina vide order No. R.11011/37/2021-DC(K)/Pt dt 19.01.2021 chhuah alo ni tawh a. Amaherawhchu Mizoram pawn atanga Kolasib District chhunga lo haw te quarantine dan tur emaw Self-Monitoring tih dan turah emaw hriat chian loh awm thei ni a hriat a nih avangin hetiang hian mipui nawlpui hriat turin in hrilhfiahna siam a ni.

- Mizoram pawn atanga lo haw te chu phalna nei hmasa lo chuan mahni in lama lo in Home Quarantine emaw Self-Monitoring emaw turin kal phal ani lo. Hei hian RT-PCR/CB- NAT/TrueNAT hmanga COVID-19 test negative certificate, darkar 96 aia hlui lo nei te pawh a huam ang.
- RT-PCR/CB-NAT/TrueNAT hmanga COVID-19 test negative certificate, darkar 96 aia hlui lo nei te leh Home Quarantine emaw Self-Monitoring ti tur reng reng chuan an lo haw hma Ni 2 emaw a la awmah self-monitoring dilna an thelut tur a ni ang.
- Self-Monitoring ti tur reng reng chuan he office order No. J. 31015/2/2021-DC(K)/pt. dt. 04.12.2020, Point No.2 (2) (copy enclosed) hmanga inkaihhruaina a siam angin dilna an siam hmasa tur a ni ang.
- District Magistrate emaw order No. J. 31015/2/2020-DC(K)/pt dt. 04.12.2021 in phalna pe thei a tih te atanga Self Monitoring-a awm phalna nei hmasa lo te chu RTPCR/CB-NAT/TrueNAT test result negative nei pawh nise mahni In lamah haw theih ani lo ang.
- State pawn atanga lo haw, Self-Monitoring-a awm phalna neilo zawngte chu Quarantine Facilities-ah zel an awm tur a ni ang.

DIPR

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**Editorial.....**

Kenyan runner Abel Mutai leh Spanish runner Ivan Fernandez chu Cross-Country race, Burlada, Navarre, Spain a an neih tumin intlansiakna tawp line an thleng dawn a. Kenyan runner Abel Mutai chuan sign chu a hriatthiam loh avangin a ding a, a zo tawh emaw a ti a, a hnunga lo tlan Spanish pa Ivan hian chu chu a hmuhin tlan zel turin a au va. Mahse Abel chuan Spanish tawng a hrethiam si lo. Chu chu a hmuhin Ivan chuan a nam a, a tlan tira Abel Mutai chu pakhatna a nih tir ta a ni.

Chanchinbumiten an interview-naah, “Engatinge khatia i chak tir?” tia an zawh chuan, “A tlan chak zawk alawm, a ta tur alawm” tiin a chhang a. Jour-nalist chuan duh tawk mai lovin, “I duh chuan i tlan pel thei reng si a, engatinge” a la ti talh a. Ivan chuan, “Chakin medal lo la ta ila, hlutna a nei dawn em ni, zahawmna a awm dawn em? Engtinge ka nu in a ngaih ang” tiin a chhang a ni.

Nu leh pate hian kan fate hnenah (hian engang dikna leh hlutna(value) nge kan hlan-chhawn? Kan fa te hi hausa tur nilovin hlim tur leh rinawm turin zirtir ila, thil engkim kan vel a mi hi an hlutna leh an zahawmna dik tak hrethiam thei turin zirtir bawk ila, tichuan an lo puitlin hunah khua leh tui tha, mirinawm kan lo chher chhuak thei ang.

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**KHUANGPUILAM V.L.T.F HRIATIINA**

Hri leng laka kan him nan leh hnuchhui awlsam theih nan Khuangpuilam VLTF chuan a hnuai ami ang hian veng mipui ten kan zawm ngei ngei tur vengchhung mikhual leh state pawn atanga lo lut chhinchhiahna tur hetiang hian a siam.

**Khuangpuilam Veng Mikhual Chhinchhiahna**

**A. Mikhual Chungchang**

1. Hming : .....
2. Phone. No. : .....
3. Address : .....
4. Travel history : .....
5. Thlen Ni/Arrival : .....
6. Chhuah Ni/Departure : .....

**B. Mikhual Thlengtu**

1. Hming : .....
2. Contact No. : .....

**STATE PAWN ATANGA LO HAW CHHINCHHIAHNA**

Khuangpuilam mi, State pawn leh ramdang atanga lo haw te chu a hnuai ami ang hian in report tur a ni e. Kan chhungte lo haw tur an awm chuan hrilhhriat ni se, VLTF hnenah in report hmasak vek tur a ni e

1. Hming : .....
2. Awmna khaw hming: .....
3. Contact no. ....
4. Lo haw/thlen ni tur: .....
5. Nu/Pa hming : .....

*In Report-na tur- Pu Lalremsiama Varte 9862327112 KPL VLTF*

FIBER INTERNET (FTTH, BSNL) By - Dave Communication, Kolasib				
Sl No.	Plan	Speed	Monthly Fee (Incl. GST 18%)	One time Security Deposit
1.	599	Up to 60 mbps till 3300 GB beyond 2 mbps	707	599
2.	777	Up to 100 mbps till 1000 GB beyond 5 mbps	917	777
3.	799	Up to 100 mbps till 3300 GB beyond 2 mbps	954	799
4.	849	Up to 100 mbps till 1500 GB beyond 10 mbps	1002	849
5.	949	Up to 150 mbps till 2000 GB beyond 10 mbps	1120	949
6.	999	Up to 200 mbps tilll 3300 GB beyond 2 mbps	1179	999
7.	1277	Up to 200 mbps till 3300 GB beyond 15 mbps	1507	1277
8.	1499	Up to 300 mbps till 3300 GB beyond 4 mbps	1769	1499
9.	1999	Up to 300 mbps till 4500 GB beyond 25 mbps	2359	1999
10.	2499	Up to 300 mbps till 5000 BG beyond 30 mbps	2949	2499
Connection fee			: Rs. 1000/-	
Contact			: 9436142828	
<i>* Security Deposit hi Bill hmasaberah a rawn tel ang.</i>				(9-2)

Thu ziaak Huang

- Dr. C. Lalrampana

**Mite’n tunge a ni min tih?**  
**(Who do men say that i am?)**

He zawhna hi zawhna pawimawh tak a va ni chiang tehlul êm! Mimal tinte hian he zawhna hi kan rilruin kan inzawt ngai em? State pāwn leh ram pāwna kan kal chhuahte hian he zawhna hi kan inzāwt ngai em le? Kan inzāwt ngai lo a nih chuan kan inngaituah ngun a ngai hle ang.

Vai ram lama kan kal chhuah ve chang hian Mizote hi kan thlen chin a hriat hle thin niin a lang. India ram state hrang hrang atanga kal khāwm; Hostel khata kan khawsakhona hmunahte pawh thawm nei deuh hat khawpa chet changte a awm leh zauh thin a. A hming tha zawng aiin a hming chhe zawngin kan langsār zawk fo em ni? tihte a ngaihtuah theih a; dawn a tisei thei hle thin. Hengte hi enge a chhan tiin ka suangtuah thin a; a chhan hriat tumin kawng hrang hrangin ka rilruin hetiang hian zawhna 20 ka inzawt thin a; mahse, ka inzawhna lah chu rilruah a inchhang fiah zel bawk si a; chung ka inzawhnate chu:

1. ‘Hnam huaisen kan nih vang a niang?’ han ti dawn ila, keini aia huaisen leh thih hlau lo, mahni hnam humhalh ngam an lo tam hle bawk si.
2. ‘Kan hmelthat bik vang a niang?’ han ti dawn ila, keini aia hmeltha leh pian nalh an tam hle bawk si!
3. ‘Kan ruangam a len vang a niang?’ han ti dawn ila kan lian êm êm lem bawk si lo!
4. ‘Kan ngo vang a niang?’ han ti dawn ila, keini aia ngo sapho leh hnam dang khawvel hmun hrang hrangah an tam hle bawk si, thil ni thei a ni bawk si lo.
5. Kan rilru that vang a niang?’ han ti ringawt ila, a ni thei ringawt bawk si lo. Keini aia rilru tha an tam bawk si!
6. ‘Kan kristian that vang a niang?’ ti ngawt ila, keini aia Kristian tha takna leh dikna duh an tam hle bawk si. Keini tluka nun chawhpawlh an vāng bawk si.
7. ‘Zu, zuk leh hmuam leh ruihtheih thila kan fihlim bik vang a niang?’ han ti dawn ila, keini aia fihlim tak tak an tam bawk si. Keini tluka zu, zuk leh hmuam ti nasa an vān hmel bawk si!
8. ‘Mipat hmeichhiatna laka kan fihlim bik vang a niang?’ han ti dawn ila a ni bawk si lo. India ramah HIV+ ve vei tamna ber State ni thei hial khawpin mipat hmeichhiat kawngah kan fihlim lo bawk si!
9. ‘Chawlhnia kan inkhawm that vang a niang?’ han ti ringawt ila, kan inkhawm that avanga tha ta hlui kan ni bawk si lo.
10. ‘Politic khelh kan thiam vang a niang?’ han ti dawn ila, khel thiam tia sawi tur kan ni hauh bawk si lo. Mahni hlutna hralh ching kan nih hmel bawk si!
11. ‘Ram kan hmangaih vang a niang?’ han ti dawn ila, kan hmangaihna a lang tlem hle bawk si! Kum 70 ral hnu pawha mahni ramri pawh la hre chianguang lo kan nih hmel bawk si!
12. Kan eiruk loh bik vang a niang?’ han ti dawn ila, pawisa leh hun (time) thlenga eiru nasaa sawi kan ni bawk si.
13. ‘Langtlang Sorkar kan neih vang a niang?’ han ti dawn ila, a nih hmel bawk si loh. CYMA-in PET-CT Scan hmanga a’n endik tak tak chuan a transparent der bawk si lo.
14. ‘Zu kan zawrh loh bik vang a niang?’ han ti dawn ila, a ruka zu zuar leh zu in avanga thi kan tam tawlh tawlh hmel bawk si!
15. ‘Yoga kan dodal vak vang a niang?’ han ti dawn ila, Yoga ang chi tho, Budhist puithiamho atanga lakchhawn Kungfu, Karate leh Martial arts dangte kan duh leh tho bawk si.
16. ‘Ruihlo kan do nasat vang a niang?’ han ti dawn ila, do anga lang, a ruka duh leh zuar ru ve reng kan nih hmel bawk si.
17. ‘Pisa hna kái tawi thiam ber kan nih vang a niang?’ han ti dawn ila, LDC dawhkān atanga a tawp ber CM thlenga lehkha/ file lut, lo let leh thlengin dawhkan 138 lai a tlawh kim a ngai bawk si. Thil ni thei a ni bawk si lo.

Naupang Huang

- C. Lalnunchanga

**Pasaltha Khuangchera**  
**A Hmingthatna Uanpui :**

Chhak leh thlang lalte an inrem hnuin Sailianpuia khuate chu Tuirialah sangha vuain an kal a. Khawchhak lam, Vanhnuailiana thlah khuate pawh sangha tlāng vuak tumin Tuirialah hian an lo kal ve bawk a. An intāwk khāwm ta a. Chawngduma fapa Thangvūka Tlau chu a pa ang maia mi huaisen a ni a, lungpui chungah hian diar vār khimin a lo thu vāng a. Khawthlang lam mi Maikawta an tih chuan Thangvūka lo thu a hmuh chuan, “Kha laia nula chu a va hmêl tha reuh ve, ka han rim teh ang; thanthi a nei tawh em?” tiin a han fiam rawk a.

Thangvuka chuan, “Nei tawh e, Buallawn rûn kha ka thanthi neih tan kum a ni. Chhungkaw thum ka rauh va, sal pawh sir sawn khawp ka hāwn asin. Savawm no hruai ka man a, sakei ka chhun hlum tawh bawk. Thanthi chu ka nei a ni ve tawh mai e, mi rawn rim rawh khai. Nang tu nge i nih?” a han ti ve a, a chem a tāt hauh hauh mai a. Maikawta chuan, “Sakei bawh buan buana pa,” a ti a, a chhāng zui ngam ta lo va. An thiantie chuan, “Khuangcher, nang han chhāng ve teh,” an ti a. Khuangchera chuan, “Keini han chhān ve rual a nih loh chu,” a tihsan mai a. A hmingthatna uanpui te, ho mai maia intihbuaite a duh ve ngai lo a ni.

**Khuangchera leh Uichal :**

Wawi khat chu ‘hringin’ an lal Sailianpuia chu puithiamin a thawi dāwn a, an thawina tur uichal chu an chelh nghet lo va, a nghāwnga an zai laiin a tal chhuak a, in chhūngah a tlan lut a, khum hnuaiah a tawm ta tlat mai a. Va man leh an tum a; mahse, amah man tumtute chu ui chuan seh tumin a lo hap thin a. A lian si a, in chhūngah pawh awm ngam lovin kawngkhār atāngin an bih dek dek ngam chauh va. An tih ngaihna hre lo chuan Khuangchera hnāng hlāi lai an ko ta ringawt a. Mahse, Khuangchera chu an koh wawi khatnaah chuan a kal duh lo va. Sailianpuia chuan upa min meuh tirin a koh nawntir leh a. Khuangchera chuan, “Chu, inti tak tak a ni maw! Ui mai maiah pachang meuh an inrawlh ngai ang tih ka hre hlei nem,” a ti a.

Lal in a thlen chuan pāwnah an lalpa Sailianpuia hovin an lo awm thap a. Khuangchera chu in chhūngah a lût a. Uichal chuan Khuangchera a hmuh chuan a meia lo hem vat vat a. Khuangchera chuan a ke hma lamah a man a, ui chuan a kut chu a loliahsak lap lap a. Kawngkhār atāngin lalleh upate chuan an lo thlir reng a, mak an ti hle a. “Keipui leh uichal hliamte lamin an hlauh mai! Khuangchera huaisenzia hi teh rual a ni lo,” an ti a, huaisen berah an chhāl ta a ni.

(Chhunzawm tur)

18. ‘Ramri kan venhim hneh lutuk vang a niang?’ han ti dawn ila, kut thlāk hial kan tawh thin chung pawha khup zul zul zel kan nih hmel bawk si, thil ni thei a ni bawk si lo!

19. ‘Kum 2023 inthlanah Sorkar thar diai kan hrawn dawn vang a niang?’ han ti dawn ila, a teuh berah chawthing kan her lum leh hmel bawk si. NI. Mimi thupuan a thleng dik a nih ngawt si loh chuan?

(Chhunzawm tur)



**Mizo Dan leh Hrai**

MIZO HNAM DAN (Mizo Customary Law)  
**BUNG - 7 : ENKAWLTU NIHNA (GUARDIANSHIP)**

**Chang 102 - Fate enkawltu atan Nu :**

- 3) **Thurochhiah chungchang** : Pa ro, in hmun leh huan te, ram leh thil dang eng pawh, Nu kuta awm a ni. Pa-in ro a sem tawh pawh, Nuin a fate a awpkhawm chhung chuan, nu kuta awm a ni. Amaherawhchu, a fate indan hunah emaw chhungkaw inthendarh a lo tul hunah emaw chuan, nu chuan pa ro sem tawh dan kha a ti danglam tur a ni lo.
- 4) **Chhungkua chhuahsan lui fa dinhmun** : Pa a thih hnuah nuin a fate a awpkhawm laiin, a fate zinga mi, tu pawhin a nu remtih loh chungin a chhungkua chhuahsan lui sela, pa dam laia chhungkaw chhuahsan lui ang a ni. Intuithlar an nih chuan chang 190(1) a sawi ang zulzuiin ro chungchangah chanvo engmah a nei lo.
- 5) **Fate hnena pek theih loh** : Nu hriat loh hlanin pa rokhawmtu nihna chu fate hnenah pek theih a ni lo. Nu hriatpuiin faten pa rokhawmtu nihna an neih pawhin, a indan hma chuan pa rokhawmtu nihna neitu chu nu kuta awm tur a ni.
- 6) **Fate puala pawisa dah** : Pain a fate mimal pualin tangka dah hran bik nei sela, Nu hova awmkhawm an nih chung chuan a dah hransaka chuan nu thu lo chuan deh chet tur a ni lo.
- 7) **Enkawltu atan nu hnunung** : Pain fapa nei lovin fanu chauh nei sela, a fanute chuan pasal an neih hnuah an nu chu thi sela, a thih hnuah pa chuan nupui dang nei leh sela, pa chu thi leh si sela, a nupui thar chu pa dinhmun luaha ro enkawltu a ni. Mipa laka a chetsual erawh chuan chanvo engmah a nei lo.

**Chang 103 - Enkawltu ni thei dangte :**

- 1) **Enkawltu atan fa** : Enkawltu ni lai mek. Nu a thihin, a fate puitling zinga upa ber chuan chhungkhata khawsaho an la nih chuaN hotu chan a chang ang. Chu chuan chang 179 leh 180 -a roluah dan a tidanglam lo.
- 2) **Enkawltu atan mi dang** : Fa puitling nei lova nu leh pa an thih chuan, an fate puitling hmaa enkawltu atan a hnuaia mite hi ruat theih an ni :
- a) Naupang pi leh pu (mipa lam)
- b) Naupang Pami (naupang pa unau)
- c) A chung a (a) leh (b) sawi ang hi an awn loh chuan enkawltu a ni thei indawt dan chu hetiang hi a ni :
- i) Naupang pi leh pu (hmeichhe lam)
- ii) Naupang pu (naupang nu nuta)
- iii) Naupang ni ( naupang pa farnu)
- iv) Naupang nu laizawn
- v) A chung a sawi te hi an awm loh chuan, roreltuin a awm apiang a ruat thei. 'Pi' tih hi pasal dang nei tawh a nih chuan, enkawltu a ni thei lo.

**Chang 104 - Enkawltu mawhphurhna :**

- 1) **A tih turte** : Chang 102(2) anga naupang enkawltuin enkawlina kawngah thuneihna a neih chu :
- a) **Naupang chungchang** : Enkawltuin Pa chan changin naupang himna leh an tana thatna tur thilah chuan, naupang chungah thu a nei.
- b) **Ro chungchang** : Tam bar chungchangah leh naupang thatna kawngah loh theih loh thilah chuan, naupang ro tawh chet theih (moveable) tenau deuh chu, roreltu phalna la hmasa lo pawhin tihral theih a ni.
- 2) **A tih loh turte** : Chang 103(2) anga enkawltuin naupang enkawlina chungchangah tih loh tur chi hrang hrang a neih te chu :
- a) Enkawltu chuan ama hamthatna turin a duh duhin naupang ro a tiral thei lo.
- b) Roreltu phalna lo chuan enkawltu chuan naupang ro thil lian deuh leh khawih chet theih loh chi (immoveable) chu, hralh te, hman te, thil dang nena inthleng

**Hriselna Huang**

**Ruh natna tlanglawn**

- Dr. H.Lalnghakliana

(Chhunzawmna) Lirtheite a lo tam ta hle a, accident-te a pung nasa hle a ni. Mizoramah hian *statistic* mumal tak kan nei lova, ruh tliak enkawlina kan insenso zawng zawng hi kum khatah nuai 50 atanga nuai 100 inkar vel chu a nih a rinawm (*record* a awm lo, ngaihdan ani). Hei pawh hi *traffic rules* khauh tak a awm avangin a tlem zawk a ni. Ruh tliak zawng zawng hi a inzawm vek thin kher lova, zu in mi te, mei zu mi teah hian ruh a inzawm muang bik a, insum turin kan hrilh mawlh mawlh thina, tam tak chuan an zawm ve a, thenkhat zawm tum lem lo an awm baw. Ruh tliak kan zai hian a *technique* te, a zawmna atana thir kan hman te, a ngheh dan te, ruh tliah dan hrim hrim te, ruh keh them paih ngai tam lutuk, han paih hnua a kar awl zau ta lutuk te hian ruh inzawm hun a hril nasa thei hle. Tin, a *septic* leh *septic* loh hian a hril thui hle baw. Ruh tliak a lo *septic* hian kan sawi tak ruh ngat a siam a, a buaithlak thei hle. Natna hrik a bikin *Staphylococcus* hi hmanlai atanga min tibuaitu a la ni reng fan a, *Surgeon* thiam ber ber te titlawmtu pawh a ni thin zawng a nih hi.

*Spinal cord injury* chungchang hi hriat ngai pawimawh tak pakhat niin ka hria. *Spinal cord* hi kan hnungzang ruh kawrawng chhungah hian a awm a, luruh chhung a thluak atangin a rawn chhuk a, kan hnungzang ruhah a chhuk a, kawng ruh laihawl velah a tawp a, ngum ruh thlengin a peng te chu a chhuk thla ta a ni. Hnungzang ruh a lo tliah (tliak / *fracture*) hian a nasat dan ang zelin a chhunga *spinal cord* chu a nek sawr per kual vel ta thin a, kan hriatna leh chetna *line* pui ber chutia hliam a lo nih tak avang chuan na hriatna te, khawih hriatna te leh kan chet theihna te kan lo hloh ta thin a ni. A tlangpuiin *Spinal cord injury* a awm hian a tir darkar 12 atanga 24 chhung a dam leh tura tangkai *Test* hrang hrang a hlawhchham chuan 100% a dam leh tura beiseina a tlahniam hle thin. Zai (*Operation*) tih hian dam leh theihna hi a hril nasa lo hle, a pawimawh zawk chu *Spinal cord* chhiat nasat leh nasat lovah a inngat ber a ni. *Operation* tih a ruh kilh ngheh hian damlo enkawl a awlsam phah a, *bed sore*-te a veng a, damlo kha a thutir hma theih a, *wheelchair*-te pawhin a nawkual theih hma a ni. *Spinal cord recovery* lampang chu a hril thui ber lo. Tunlaiin *Stem cell research* te, *Neurotransmitter injecton* te an ti tan a, a hlawhtlinna hi 100% a ni rih lova, beiseina sang tak leh man to tak taka kalpui mek a ni.

Chuvangin *complete spinal cord injury* (spinal cord chhe tawh) zai dam ngawt theih a ni lo tih hriat a tha. Beiseina beidawng tak siam tu a ni thei a ni. Spinal cord zai dam kan tih tam tak te hi chu zai loh pawh a dam tur tho a ni a, zai hian a tanpui chauh a ni zawk. Amaherawhchu, ruh tliakin nasa taka *spinal cord* a nek tih *X-ray* atangin emaw *MRI* atangin emaw a hmuh a nih chuan a hma lama a nektu tih bo, laksawn a pawimawh ve tho, ziaawm phah tam tak an awm ve a ni, zai ngei ngei tur tihna lam a ni lo. *Physiotherapy* hi a pawimawh hle a, *physiotherapist* thiam tak leh inpe zo tak hnuaiah chuan harsatna tam tak a ziaawm phah thei a ni.

(Chhunzawm tur)

\* **Dam rei leh rei loh ai chuan, damchung nun hman dan tur hi a ngaih pawimawh awm zawk. – H.C. Balley.**  
\* **Pathian mitah a dik em? Tih hi ka ngaihdan hruai fo tu ani - Rev. Thansiam.**

te, mi pek te, engti kawng mahin a ti thei lo.

- c) Roreltu phalna la tur pawhin chang 103 (2)-a sawi, emkawltu ni thei dangte nen inrawn tlang hmasa lo chuan, enkawltuin amahin engmah a ti tur a ni lo. (Chhunzawm zel tur)