



Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO

Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com

Ruah sur rin a ni.
Temp - Max: 29°C Min: 23°C
Dar 4:51-ah ni a chhuak ang a,
Tlai Dar 5:59-ah a tla leh ang.

Vol - VII Issue No. - 38 Phek 1-na - Mim Kût thla - 19th September, 2021 (Pathianni)

Tunkar chang vawn : I Petera 2:11
“Duh takte u, mikhuah leh khualzin
in nih avangin, thlarau do thintu
tisa châknate bansan turin ka ngen
a che u;”.

TUALCHHUNG CHANCHIN

☛ Pi Jerusalemthari te chhungkua kang an tawrh avanga Kolasib District Hospital a hun engemaw chen enkawl chu Dt 15/9/2021 (Nilaini) khan inlam ah inenkawl turin an lo chhuak a Tunah hian Pi Chawngchhungi, inah an in enkawl mek a ni.

☛ Dt. 17/9/2021 (Zirtawpni) kahn BEC in a lo rel tawh angin kan veng chhunga gas kang vanga vanduaia tawh Pi Jerusalemthari te chhung hnenah Branch YMA hmingin chhawmdawlina thilpek hlan a ni.

☛ Dt. 16/9/2021 khan Covid-19 positive thar Pu Jimmy Lalnuntluanga Vanapa section Home Quarantine lai kan nei a. An chhungkua in Home Isolation a dah an ni. 4C atangin Pi Thilkimi, Pu Zachungnunga, leh Vohbik Vanlalhumhima te an chhuak bawh

☛ Dt. 18/9/2021 test result chhuak ah Eleazer Thangpuia K-2 s/o Pu Jimmy Lalnuntluanga Vanapa section chu vanduai thlak takin a positive hlauh a, An chhungkua hi Home Isolation in an awm a ni.

4C a lut leh chhuak kan awm rih lova, tunah 4C enkawl lai 1 kan nei a ni.

Kan then tak

Pi Lalrinliani Kum-67, Chawngbawla Section chu Dt.15/9/2021(Nilaini) dar 5:00 am khan a borala, Ni 15/9/2021 dar 10:00 am khan vui liam a ni.

BRANCH EXECUTIVE COMMITTEE THUREL TLANGPUITE

Khuangpuilam the 19th Sept, 2021:- Dt. 14th September, 21 (Thawhlehi) zan khan Branch Executive Committee neih ani a, kan thurel tlangpui te:- Chairman Pu HD Daniel an committee a kaihhruai a. Committee member 14 kan kal.

Secretary Report: MLA fund bawhzui niin dilna thehluh nawn a ni. 8th June to 27th Aug inkarah mitthi 7 kan nei.(Br. OB 1 nen) YMA day chu Zingkar ah tluang taka hman a ni.

Finance Report

Gen Fund : Rs 9856/-
Chhiatni Fund : Rs 82429/-

FLS report:- Hnatlang tum 4, Hruai box 4 hman zawh a ni. Unit thar spare a awmlo.

Daifim report :- Jan- Sept ni 12 thleng hian Issue 37na a chhuak tawh a, May thla tir atangin PDF a tihchhuah a ni, tun a sum dinhmun Rs 9784/-. April thla chanchinbu man la dawng kimlova, May thla atangin khawn tawhloh a ni.

1. Ngaihraina thuziak hlan :- Friday zan 17th Sept, hian kan Finance Secretary boral ta hriatrengna/ngaihraina thuziak hlanna hun chu Pu Rotlingpuia (L) inah neih tura rel a ni a, hetah hian BEC te leh Section OB te tel tura beisei an ni.

2. Thlansiam : Tun Saturday, khan Thlan siam hnatlang neih tura tih a ni a. BEC te leh Section OB te chu hnatlang tur a beisei an ni.

3. Br. Fin. Secy : Khuangpuilam Br. Finance Secy atan Pu Samuel Vanlalremruata ruat a ni. Chawngbawla Section te chu Secretary thar lo inruat tur a tih a ni.

4. FLS Chairman ruat :- FLS chairman atang Pu Samuel Vanlalremruata ruat nghal a ni. Electric dept hnenah kan FLS hruai leh unit an tihchhiat chungchang thlen a, claim nise kan ti bawh.

5. Ngaidam dilna :- Mi 3 hnen atanga ngaihdam dilna kan dawn chu, anmahni ngei koh a bond sign tir nise tih a ni.

6. Chhawmdawlina pek :- Gas puak/leak a kang te, Pi Jerusalem-i te chu cheng 2000/- a chhawmdawl nise tia rel a ni.

7. Pu Lalrammawia chu ziaakin inthiarfihlim tur a hriattir nise tih ani bawh.

BEC LEH SECTION OB TEN CITATION HLANNA NEI

Dt. 17/9/2021 (Zirtawpni) khan kan Branch Financial Secretary boral ta Pu Rotlungpuia pualin amah hriat reng na Citation hlanna Branch Executive Committee member te leh Section OB ten zan dar 7:30 khan an chenna inah neih a ni. He hun hi Branch President Pu Daniela'n a kai hruai a, a hnen atang hian Pathian thu 'Nu leh Pa neilo leh hmeithaite Pathianin a ensan ngailo' tih thupua hmangin pathian thu chah ngaihthlak a ni bawh.

Hun hman zawh hian Financial Secretary thar Pu Samuel Vanlalremruata hnenah kum 2021 atan charge hlan nghal a ni a, a tul anqte tih fel nghal a ni bawh.



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

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Editorial.....✍
Pathian khawngaihna zarah ‘Digital World’ tunlai khawvel chang kang lutuk ah kan nung tawh a. Kan nitin nunah khawvel hmasawнна Computer leh a kaih hnawih thil chi hrang hrang hian min chiah hneh hle a ni.
Pathian thu leh Computer hian in anna lai an nei ve a, chu chu .. A hre zawk leh thiam zawka inhria/inngai apiangin an hre tlem! A taka luhchilh tu leh zir thiam/zir thuk zawk apiangin an hriatloh tam zia an hre telh telh zu nia!!
Pathian thil siam zinga ropui ber chu mihring te hi kan ni a. Chu a thil siam zinga ropui ber mihring ten a, kan thil siam chhuah zinga ropui ber pakhat chu Computer hi a ni. Heta tang ringawt pawh hian Computer leh a kaih hnawih ah hian hriat tur leh zir tur hi a tam dawn tih a chiang hle.
Chutiang bawkin Pathian thu pawh zir tur leh hriat tur a tam zia chu a taka luhchilh tu leh zirtu ten an hre chiang a, Pathian thu ropui zia leh thil tihtheih zia an hriat belh zel rualin an hriatloh tam zia an hmuchhuak chiang telh telh zel a ni.
Pathianthu hi nitin nunpui ngai, nitin zirbelh ngai, nitin tawn hriat a zir ngai te an ni. Chutiang bawkin chuan Computer thil leh a kaih hnawih hi nitin/kum tin deuh thaw thil thar leh tih dan thar a chhuak a, chung chu zir thiam a lo man thiam zung zung tur chuan nitin in zir belh a, nitin kan tawn hriata zir bawkin hi a ngai a ni.

Branch YMA Office Bearer		
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Vice President Pu S. Lalthangliana 89748 30454	Assistant Secretary Nl. Florence Zoremsangi 9612761781	Financial Secretary Pu Rotlingpuia 9862385193

DC KOLASIB THUCHHUAH
African Swine Fever (ASF)
leng mek chu reh lova a la kal zel avangin Kolasib District chhunga vawkwawmsa te venhim a, he hri hi a punlun zel loh nan a hnuaia khapna thupek hi siam a ni.
1. Thenawm ram (Foreign countries), State dang leh District dang atanga vawkwawksa, vawksa rep leh vawksa atanga eitur (frozen meat) siam reng reng lakluh leh thawnhchhuah khap flat a ni.
2. Vawkwawk thi reng reng paih mai mai lovin, thuk takah phum thin tur a ni.
3. Vawkwawk talhtu ten vawkwawk hrisel tha chauh an talh tur a ni.
4. Vawkwawk neituten vawkwawk damlo an hralh tur a ni lo.
5. A neitu emaw mithiam te phalna tel lo in midang vawkwawk inah tumah kal phal a ni lo.
He thupek bawhchhetute chu Section 188 IPC dan hmangin hrem theih an ni ang.
He khapna thupek hian thu leh awm hma chu Order chhuah a nih atanga thla 2 (months) chhung a huam ang.

CYMA hmalakna
CYMA HRUAITUTE LEH AR HOTUTE INKAWM
Mimkut thla ni 16, 2021 (Ningani) chawhma dar 10:30am khan Central YMA OB te leh 2nd Assam Rifle Mizorama lo awmthar te nen inkawmna hun tha tak hman a ni. Assam Rifles ten an hmachhawp hrang hrangte sawlangin, CYMA hrUAITUTE pawhin hmalakna tura ngaih pawimawh zawngte tarlan a ni bawkwawk. Inkawmhona hun tha tak hman a ni.
Covid 19 hrileng mek a ziaawm deuh hunah hetiang hian hmalakna tur sawiho a ni -
1. Hindi spoken class.: Mizo thalaite tan hindi jawng zirna buatsaih.
2. Mizo thalaite tan Army pre Recruitment Rally buatsaih/huai hawt.
3. Thiam thil hrang hrang (Skill development) Mizo thalai ten an training theih nana hma lak.
4) Ruihhlo dona kawnga tan lak.
Assam Rifles hotute hi an Commandant Col. Nayak an a ho.a ni.
Sd/-
Secretary
CYMA

CHAK ZAWK A THAWK TURIN DC-IN(PMGSY) HNATHAWKTUTE HRILH
Ni 16th, Sept' 2021 (Nilaihawhtan) khan Dr.H.Lalthlangliana, Deputy Commissioner chuan Kolasib District chhunga Pradhan Mantri Gram Sadak Yojana (PMGSY) hnuaia Bilkhawthlir – Chawnpui – Saiphai inkar kawng siam hna chak zawk a thawh a nih theih nan thawktute a kokhawm a, hna chak zawk a thawh a nih theih nan hna vilpuitu tur team din nghal a ni.
Dr.H.Lalthlangliana chuan Pu C.Lalrosanga, MP, Lok Sabha kaihhruaina hnuaia ni 25th August 2021-a District Development Coordination & Monitoring Committee (DISHA), Kolasib thutkhawm in a lo rel tawh angin PMGSY hnuaia kawng siamte chak zawk a hna kalpui a tul thu a sawi a, hna zawh hun tur bituk chhunga zo thei lo leh vawi engngemawzah hun bituk pawhsei ngai a ni thin chu pawh a tih thu a sawi. Dr.H.Lalthlangliana chuan hna chak zawk a kalpui a nih theih nan hna vilpuitu tur team din a nih thu a sawi a, he team-ah hian Magistrate, PWD hnuaia SDO, Police leh Sub-headquarters YMA, Kolasib a hrUAITUTE zing a mi ruat an nih thu a sawi bawkwawk a ni.
Contractor-te hrileng leh ramri buai avanga hna duh anga an kalpui theih loh thu leh harsatna an tawh thinte ngaihthlak niin an hna chanpual theuhte zo theih tur a an inbeisei hun chhiahchhiah a ni a, hemi hun chhunga hna zo ngei tur a intiamna thu ziahtir an ni bawkwawk a ni.
PMGSY hna endikah hian Rengtekawn – Builum road 13.52 Km a thui leh Bilkhawthlir – N. Chawnpui road 17.56 Km a thui siam hna thawktute koh an ni a. Ramri hrul a khua awm thenkhatte kalpawhna kawng a nih avangin heng kawngte hi a rang thei ang bera siam a pawimawh thu thutkhawmnaah hian sawi a ni bawkwawk a ni.

Thu ziaik Huang

- Rev. Chuathuama
October 20, 2019

Zirna uar kum (2019-2021) (Chhunzawmna)

Tûnah hian Mizo nu leh pa tam ber hian sâp ãawng thiam hi lehkhah zir chhan emaw an ti ta a ni ber; kan tû leh faten sâp ãawng kâwi hnih khat an thiam chuan kan lâwm viau ringawt zêl a. *German* mithiam pakhat *Fichte*-a chuan, “Tawng hi a hmangtuten an chher a nih ai mahin ãawngin a hmangtute a chherna a thûk zâwk daih a ni,” tiin a lo sawi a. Hei hi a dikzia chu Mizo ãhenkhat khawthlang rama awm fate-ah a lang Chiang hle. An awmna ram ãawng (*English*)-a chàwm len an ni a; Mizorama an lo kal châng pawhin Mizo ãawng an thiam mang lo a, nuam an ni tih loh avângin awm rei pawh an duh mang lo niin an sawi. Mizo thlah an nihna aiin an têt lai ațanga *English* an hman khân an nun a hruai nasa zâwk a, Mizo nihna an hloh titih dèr mai a ni.

Mi thiam pakhat *Nicholas Hans*-a chuan, “Thil dang zawng zawng aiin ãawng hi hnam tin nun dân leh zia siamtu pawimawh ber a ni,” a lo ti bawka. Mahni hnam ãawng thiam mang lo khawpa hnam dang ãawng thiam zâwk chu mahni hnam zia hlohna bulpui pakhat a ni thei tlat. Hmân ni khân *college-a education subject* zirtîrtu pakhat chuan kan titinaah, “Mizoten *Hindi* kan thiam vak lo pawh hi vai kan anna chak lutuk tûr dâltu a ni,” tih lam hawiin a sawi a; a dik thui hlein ka ring ta tlat mai! *Hindi* thiam hi a ãha khawp mai; India rama kan awm chhûng chuan kan tû leh faten *Hindi* an thiam a pawimawh. Amaherawhchu, Mizo ãawng aia an thiam zâwk erawh chuan an ngaihtuahna mai ni loin an chêt dân thlengin an vai hle dâwn tihna a ni. Vai an dânna atâna hmanraw ãha ber pakhat chu *Hindi* thiam tho si-a *Hindi* aia mahni pianpui Mizo ãawng ngei mai thiam zâwk hi a ni ang.

Chutiang bawk chuan tûna kan ngaih sànn êm êm *English* pawh hi thiam a ãha; khawvêl ãawng a ni miau si a. Amaherawhchu, mahni pianpui ãawng thiam ãha thum lo khawpa *English* thiam zâwk chu a ãha bik chuang lo. Tûnlaia zirna lamah, a bik takin Pathian thu zirnaah phei chuan ‘*post-colonial perspective*’ tih hi an sawi lârh khawp mai. Sâp huat an inzirtîr ta emaw tih mai tûr a ni a; he thil hi kohhranah pawh kan uar ta viau a ni ang, mahni hnam ziaa Pathian biak chàwi vul duhna a lian ãan hle a. Chutih laiin an tû leh fate erawh chu sâp ãawng thiam tûrin an duh ber a, *English medium school*-ah an dah deuh vek zâwk lawi si! ‘Mai a lum e huiah’ tiha chàwm loin ‘*Baa baa black sheep*’-in an chàwm a; mahni hnam ãawng pawh an thiam loh phah ta hlawm a ni. Mizo ãawng aia sâp ãawng an ngaihsàn zâwkna chuan an fate chu Mizo ãawng thiam mang lo tûrin a chher hlah si a ni.

India Dânpu *Article 350A*-ah chuan, “Tawng thûa hnam tlêm zâwkten annahni pianpui ãawng ngeia *Primary School* chinah zirtîrna an pêk ngeina tûrin, a ãul angin *State* sawrkar leh khawtlâng thu neituten hma an la ngei tûr a ni,” tih a ni a. Keini *State*-ah erawh chuan a letling zâwngin kan kal lui tlat zâwk si. Tûnah chuan ãhangthar lehzualte chauh pawh ni loin, nu tling pa tling, kum sawmnga râl kai tawh thleng hian Mizo ãawng hmang dik thiam mang lo an tam êm êm tawh a ni. YMA *General Conference*-a CM thu sawi zâna hruaitu ber pawh khân ‘nichin’ ti thiam loin ‘nachin’ a tih tlat pek kha! MP inthlan dâwna MZU-a *candidate* hrang hrang thu an sawitîr ãum pawh khân *candidate* pakhat khân ‘nichin’ ti thiam loin ‘nachin’ a ti mauh mai bawkl! Khua hi a vâr lo ãan riau a ni.

Tawng hi hnam nun (*culture*) kengtu ber pakhat a ni a; hnam zia chhawm nun zêl kan duh chuan mahni pianpui ãawng ngeia zirna bul ãan a ãha a; mahni pianpui ãawng thiam chian a pawimawh hle a ni. Mahni pianpui ãawng ni lo, hnam dang ãawnga lehkhah zir a nih chuan, naupangin a zirna ațanga a thil hriat kha a ni tin nunah a suih zawm thiam tawk lo ãhin. Chuvàng chuan mahni pianpui ãawng ngeia zirna bul ãana kan ngaihtuahna kan sên thiam hi a pawimawh. Tûna kan ram zirna kalpui dân erawh chu sâp ãawngin bul kan ãan a; Mizo ãawng chu a ‘vê’ ang lekin kan zir thung a. (Chhunzawm tur)

Naupang Huang

- C. Lalnunchanga

Taitesena (Chhunzawmna)

A hriata miin an duh zâwng an sawiin tihsak theih a nih chuan, a hlat leh a hnaih sawi lovin, chhun leh zân pawh thliar lovin Taitesena chuan tihsak a tum zêl ãhin a, chuvangin tu mahin a bulah an duh zâwng pawh an sawi ngam ãhin lo a ni.

Wawi khat pawh an khaw pasalãhate chuan ramchhuah an rêl a. Taitesena chuan a hnungzângah khawihlipui a vei ãan a, chuti chung chuan ramchhuahnaah chuan a kal lui ve ta tho va. Zan sâwm an riak a, an hlawhtling hle a, sarep chu bawmrâng khat ãheuhvin an phur haw a. Kawtchhuahah chuan ramchhuakho chu an chhûngtê’n an lo hmuak a, an thil phurh chu an lo chhawk den den hlawm a. Taitesena pawh a farnu Kawlhnuaii’n a lo hmuak a, chhawk a han tum chuan, “A ngai lo, ka hah lo vê” a ti tlat a.

Kawlhnuaii chuan, “Mite pawh an inchoawk vek si a; a zahthlak, ka chhawk ve duh reng reng che a ni,” a ti a, a phur chu a lak luihsak a. Phur an han inhlan chuan Taitesena hnungzang khawihli hnai leh a bawmrâng phurh chu a lo inchar tlat mai a. A ãhiantê’n a pan an han hmuh chuan, “Hetang pan nasa nei chung hian a tlawmngai berah a ãang a, nâ pawh ti lo mah se, a khuate tal chu sik ve âwm tak; eng mah kan hriatpui hauh si lo,” an ti a, mak an ti hle a.

Serhmuna an awm laiin an lal Hrangvunga chuan an khaw tlangvala huaisen leh tlawmngai ber hriat a duh a. Zan khat chu mut reh tawhah a khawnbawl upa min a ko va, “Hei le, thil pawimawh takah zualko kalna tur ka nei thut mai a. Thla lah a thim bawkl si. Kal peih an awm loh chuan ka muhil thei dâwn lo va. Tlawmngai peih an awm e maw, zawlbuka tlangvalho khu mi zuk hrilh teh,” a ti a. Zawlbuk hi lal in kawmthlang maia awm ãhin a ni a. Khawnbawl upa chu a chhuk a, tlangvalho chu an lo mu reh vek tawh a; lal thuchah chu a zuk sawi a. Tlangvâlho chu tu mah tho peih an awm lo va, khawnbawl upa chu a beidawng hman ãhelh tawh a. Mahse, mei êngah chuan bahzara Taitesena lo insiam mawlh mawlh chu a va hmu a, “Khawia lama kal tur nge?” tiin a zâwt a. Upa chuan, “Ka hre bik hauh lo mai, lal inah han chho la, lalin a lo hrilh mai ang che,” a ti a.

Taitesena chu lal inah chuan a han chho va, “Ka pu, zualko kal tur chuan hei ka rawn insiam a, khawia kal tur nge?” a ti a. Lal Hrangvunga chuan, “Khawiah nge mi dang?” a lo ti a. Taitesena chuan, “Mi dang an ngai hlei nem, keimah pawhin ka kal thei alâwm,” a ti a. Lal chuan, “Taitesen, zaninah zualkova kalna tur ka nei lo. Lal tân tu nge theih tâwp chhuah peih a, tu nge lal hmangaih ber tih hriat ka duh vâng a ni. Hei, zu tuitling ka nei a, i in dân teh ang,” a ti a.

Taitesena chuan zu chu a in duh lo va, zawlbuka chhuk leh nghâl mai a tum a. Mahse, an lalpa chuan a chelh luih tlat avângin zufang chu an inpui thei ta hrâm a. Zawlbuka a zuk chhuk leh chuan a ãhiantê chuan, “Khawiah nge i kal?” an lo ti a. Ani chuan, ... (Chhunzawm zel tur)

Midang inremtir tum ai chuan mahni hian midang kan rem a pawimawh!!

Dan leh Hrai

The Mizoram Victims of Crime Compensation(Amendment) Scheme, 2016

Posted on August 17, 2016 by Mizo Archive

He Scheme hi section 357-A of Cr PC tlawhchhana siam a ni a. Ni. 5.12.2011 aṭanga hman tawh niin ni 1.8.2016 khan Mizoram Gazette-a chhuah anih veleh a hman theih turin Home Deptt. amendment a chhuah a ni.

A pawimawh na :

Mi kut tuar/accident(hit &run case, etc) an awma, a titu ber hriat tawhsi loh ang chi ah hian ekcheh ṭhut ngawt ngawt lova a tuartu/a chhungte compensation pek theihna dân a ni ber mai.

Hetiang hian a tlem lam(minimum)ah compensation pek theih a ni :

1. Acid attack – Cheng nuai 3
2. Rape – Cheng nuai 3
3. Physical abuse of minor – Cheng nuai 2
4. Rehab of human trafficking – Cheng nuai 1
5. Sexual assault (excluding rape) – ₹ 50,000/-
6. Death – Cheng nuai 2
7. Permanent Disability – Cheng nuai 2

A dang tese pawh a awm nual, a vai chuan 13 lai a ni.

Claim buaipui dan :

1. FIR police station hnaiberah thehluh phawt tur.
2. FIR register anih veleh a copy dil a, kawł ṭhat tur.
3. Doctor exam tira, a hliam/thihchhan ziah lan ngei tur. Hei hi case inquiry/investigation titu tan a ngai a, a photocopy kawł ve tur.
4. Case IO in thihna/hliam chinchang a hriat mai theih loh chuan Final Report a siam ang a, evidence hmuhchhuah hnuhnawh anih pawh a chhui chhunzawm theih tur ang chi in Court-ah a thawn ang.
5. Court chuan IO report angin case tihtawpna order a siam ang.
6. No.1 aṭanga No. 5 copy-te keng hian District Legal Service Authority (District Court) ah mizo ṭawngin compensation hi dil mai tawh tur a ni.
7. Thihna thil a nih chuan mitthi nena inlaichinna tihchianna document submit tel bawk tur a ni.

Mamuani Hnamte

Hriatzauna

1. Leonardo Da Vinci lemziah lartak 'Mona Lisa' hian mithmul a nei miahlo.
2. Mihring taksa a tihrawl chakber chu Lei a ni.
3. Coca-cola hi a rawng hmasaber chu a hring.
4. Fanghmir hi, a muhil ve ngailo.
5. Khawvela hming common ber chu 'Mohammed' tih hi a ni.
6. Sanghawngsei te hian, thlaler vaivut aṭanga, mit venhimna turin, mitvun pathum an nei.
7. Khawmualpui zawng zawngte hming sipel hi, a hawrawp inṭanna in, a tawp leh vek.
8. 'Typewriter' tih hi sapṭawng hawrawp Computer leh Typewriter keyboard tlarkhat atang a, chhutchhuah theih sei ber a ni.
9. Hmeichhia te hian, Mipa te aiin a let deuhthawin an mit an khap rang.
10. I kiu i liak thei lo.
11. The Guinness Book of Records te hi Public Library aṭang a, lehkhabu rukchhuah hnem ber ani.
12. Sap ho an hahchhiau thuai a, an bul a miten 'Bless you' an lo tih vat ṭhin nachhan chu, kan hahchhiau hian kan lungphu hi, milisecond khat a chawlh ṭhin vang a ni. I hahchhiau nat viau chuan, i nakruh a auh thei a. I hahchhiau insum nasat viau chuan, i lu a thisen zam kha kehin, i thihpui thei.

Hriselna Huang

Chi ei tam suh

- Dr Lalkhawngaih sang a

Kum hnih liam ta khan pitar kum 81 mi hi a lo inentir ṭhin a. Thil huat vanga vun thak vual (allergies) nei hi a ni a. Hma a sâwn viau a; mahse, a lo chhuak leh ṭhin a. Beidawng lovin a lo kal ve zel mai a. Buaithlâk ta ber erawh chu, hetia a vun thak hi, hmâna a âwmvêl natna nei, dam kim lova lo chhuak leh ṭhinah a ngai tlat mai a. Ka um e liampui ta vel mai mai a.

Ka pi hi fakawmna riau a nei a. Amah hi zunthlum natna nei a ni a. Thisen sang natna a nei bawk a, wavi khat chu stroke a nei hial tawh bawk a ni.

Hetiang hi ni mah se, a taksa a inuluk a, ei leh inah a fimkhur a, morning walk neiin kein a kal tam a. Zûk leh hmuam a khawih lo bawk a. Kum 81 mi, zunthlum leh thisen sang natna nei ni mah se, a la harhvângin a la chak ṭha hle a ni.

Natna benvawn nei mah ila, thu kan awih a, kan inuluk chuan harsatna nei miah lovin hringnun kan hman thei tih hi a chiang a ni. Tin, kum upat vanga hrisel loh tur tihna a ni lo va, kan inenkawl uluk phawt chuan kan hrisel reng thei a. Mihring dan rual loh natna erawh a awm a, hei hi chu kan hrethiam vek âwm e.

Chi pawimawhzia chu sawi tam ngai lovin kan hre ṭheuh ang a. Chi hi pawimawh hle mah se, kan taksa hian a mamawh tam lo va, kan taksa mamawh aia tam kan lak luh hian kan taksaah harsatna hrang hrang kan nei thei a ni.

Kan taksa hian ni khatah chi 1.5 gram vel a mamawh a, kan taksain a mamawh aia tam hi kan ei deuh vek niin a lang.

Chi thirfiante khat hian 2.500 mg vel sodium a pai a. Chi thirfiante chanve hian 1.250 mg vel sodium a pai a ni.

Thisena chi (sodium) tam leh tam loh enna hi 'serum sodium test' an ti a.

135 aṭanga 145 mEq/liter sodium hi a pangngai (normal level) a ni.

Chi ei nasat vanga lung lam natna nei awlsam bikte:

1. Kum sawmnga aia upate,
2. Thisen sang natna neite,
3. Zunthlum natna neite.

Chi ei nasa te'n pumpui cancer an nei awl bik a. Chi ei tam hian zunah calcium a chhuak tam a, ruh mawih leh chak lo a awm hma bik a, chi ei tlem chuan hei hi a veng thung a ni.

Chi ei tlem a, potassium tamna thei leh thlai hnah tharlâm ei tam hi lung hriselna atan a pawimawh hle mai a.

He'ng balhla, alu, kawlbahra, dawnfawh, bean, thlai hnah hring duk, avocado, zikhlum, parbawr, fanghma, broccoli, tomato, strawberry, spinach, pa ei chi, bawngnhute, sangha ang te hian potassium a pai tam a.

Chawhmeha chi kan al bak chu thlêng kotlangah chi inchhawpa liah loh tur a ni a.

Thisen sang nei tan sodium tlemna chi 'LoNa' a awm a, ei ṭhin tur a ni.

* Zawitein kal la, tawng tlem la, tawngtai tam rawh. – J.T. Batch.

* Pathian tel lova nun chu khawl la tel lova thil thui ang leh pentui awm lova thil ziah ang a ni. – William.D. Mounce.

* Sakhuanna tellova mi lehkha i thiam tir chuan, ramhuai sual tak i siam a ni ngawt e. – Dulk of Wellington.

* A thil tha lo hnehtu chu mi chak a ni. – Benjamin Franklin.