

An Official Organ of YMA, Khuangpuilam Branch. Phek 1-na

YMA MOTTO Hunawl hman that Zofate hmasawnna 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.

22nd August, 2021 (Pathianni)

Tunkar chang vawn: II Timothea 1:14 "Thil tha i hnena kawltira awm kha, kan chunga Thlaau Thianghlim awm hianin vawng tha rawh".

Vol - VII Issue No. - 34

TUALCHHUNG CHANCHIN

- **♣** Ni 21/8/2021 (Inrinni) khan vanduai thlak takin Positive thar mi 5 kan nei leh a chung te chu:-
- 1. Lalhmuakliani Kum 26 w/o Charles DP Laiflang.
- 2. Christopher MS Kima 8 months s/o Charles DP Laiflang.

Quatantine lai ni lo private test Khuangchera Section an ni.

- 3. Rita Lalhmangaihi Kun 44 w/o Vanlaltlanga, Positive 1st contact home quarantine lai Chawngbawla Section an ni.
- 4. Laldinpuii Kum 15 d/o TK Rova 5. Lalngaihchini kum 19 d/o TK Rova, Positive 1st contact home quarantine lai Vanapa Section an
- 🗣 Pu Lalmalsawma (Tea) fapa Bryan Lalrempuia, Chawngbawla Section chu LRM Hospital, Aizawl ah Lung vung vangin ICU-ah ventilator hmanga enkawl mek a ni a. He thu buatsaih lai thleng hian dinhmun ngai rengah awmin, veng chung mipui ten Pathian hnenah țawngțaiin i dil pui theuh ang u.

KHUANGPUILAM VLTF NGENNA LEH HRIATTIRNA

Khuangpuilam VLTF chuan kum 18 chin chunglam, Covid-19 Vaccine 1st Dose la la lo zawng zawngte chu in report vek turin min ngen a, ahnuai ami ang hian ni 24th Aug, 20 (Thawhlehni) aia tlai lovah in report vek tur a ni e.

Report Dan tur

- 1. Hming
- 2. Nu/Pa Hming
- 3. Kum
- 4. Lakloh chhan

Whatsapp message emaw phone call in emaw ahnuaia number ah hian thehluh tur a ni e. 919862327112.

KPL VLTF

YOUNG MIZO ASSOCIATION SUB-HQRS. YMA CO-ORDINATION COMMITTEE VAWI-7 **THUKHAWM**

Khuangpuilam the 22nd August, 2021: - Dt.20.8.2021 (Zirtawpni) dar 11:00am khan Diakkawn YMA Hall ah Committee vawi - 7na neih a ni a, member 32 an kal thei a ni. Pu Thomas D. Lalengliana, President-in Meeting kaihruai in, member lawmna leh fuihna neih a nih hnuin, Pu CT Mawia (Ex President, SYMA) hunserh hmang a hmang a, Pathian hnen a kan committee te hlanna neih hnuin Secretary report kan ngaihthlak a ni.

THURELTE: (Reports)

- 1. Pu Lalnunmawia, Secretary hnen atangin ni 8/4/2021 aṭanga ni 20/8/2021 inkar Sub-Hgrs. YMA hming a hmalakna report kimchang tak kan ngaithlak
- 2. Pu Samuel Lalfela, Finance Secretary hnen atangin sum report ngaithlak a ni a, hetiangin

Opening Balance - Rs. 19,326/-Hmuh zawng zawng - Rs. 3,37,250/-Belhkhawm - Rs. 3,56,576/-Hmanral - Rs. 2,31,460/-Kut a sum awm - Rs. 1,25,116/-Bank a sum awm - Rs. 52,607/-Sum kawl zawng zawng - Rs. 1,77,723/-

- Thi tin thla -

ROREL INKHAWM BAWHZUINA:

- 1.National Highway kawngpui kam a bawlhhlawh paih tam ta lutuk bawhzui tura dah chu DC ah ngenna thlen nise thih ani.
- 2.Khawkar kawng kam a thingpui dawr te SYMA in enfiah nise tih chu member ten sawi hovin, hmalak dantur chungchang ngun taka sawiho hnuin, SYMA Ruihhlo do Sub-Committee ten a tul angin ruahmanna siamin lo bawhzui se tih a ni.
- 3. ILP kan kalpui mek dan hi khauh zawk a hmalak anih theih SYMA in na zawkin hmalak nise tia a lo rel tawh chu sawizui a, hmalak dantur rawtna hrang hrang awmte ngaithlain, sawihona thu hre reng chungin OB ten lo bawhzui se tih a ni.
- 4. Branch tin ten SYMA Conference/Rorel Inkhawm a thurel bawhzui/zawm chungchangah tun aia tha zawk a kan zawm theih nan hmalak ni rawh se tih bawhzui dan turah SYMA hnuaia Group leh Branch awm zawng zawngte YMA anga kan inkhaidiatah, kan tih makmawh leh ngaihpawimawh tur anih thu sawi nawn leh a ni a, thurel bawhzui chungchangah Group leh Branch te nasa lehzual a tan la tura in hriattir a ni.
- 5. SYMA huamchhunga ruihhlo leh a kaihhnawih hmeichhiat/mipatna hluar tur ven nan hmalak ni se tih leh Bukvannei leh Saihapui 'K' a tuikuk, zu leh ruihhlo zuar te lakah nasa zawkin hmalak nise tih chu sawizui a nih hnuah, Ruihhlo do Sub-Committee ten hma an lak mek thute Chairman hnen aṭangin ngaithlak a ni a, SubCommittee te hmalakna lawmawm kan ti a, chak leh zualin hma lo lak chhunzawm zel se tia rel a ni.
- 6. Ram pum huapin aia upa zah inzir thar leh nise tia lo rel chu a tul angin OB ten lo bawhzui se tih a ni.
- 7. Mizoram chhung Assam ramri dep khua ten hma an sawn theih nan Sorkar in chak zawkin hma la rawh se tih thu kan hruaitute bawhzui tura rel chu sawi ho a ni a, member ten helai ramri dep khua te hmasawnna tur chungchang hi pawimawh hle a hria in, theih ang ang a chak zawk a hmalak nise, OB ten lo bawhzui se tih a ni.
- 8. Kolasib District chhung ramri hmun hrang hrang a Police Outpost/ Duty Post te hi tun aia changtlung zawk a Sorkar in a thuam that theihnan hmalak ni rawh se tih chu sawi ho a nih hnuah, Sorkar khawih thilte anih avangin (Phek 2-naah zawmna)

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

Editorial Board :

Represent: Nl Florence Zoremsangi Editor: Pu Lalsiamkima Jt. Editor: Ricky MS Dawngzela Treasurer: Nl Thanghmingliani Cir.Manager: Tv. Samuel Lalpekhlua Contact No: 9612761781 / 9612691291 9862501858 / 8575946381

FLS Station - 9862385193/9862327112

Chawngbawla Section

Leader: Tv R.Lalnuntluanga 82599 60032 Secretary: Pu Samuel Lalremruata 9862094257

Vanapa Section

Leader: Pu Lalchuailova 87300 99599 Secretary: Tv. Lallawmzuala

87875 41803 **Khuangchera Section**

Leader: Pu Lalramzaua 76408 95924 Secretary: Tv Lalremruata 7005131514

Editorial.....

KHAIKHIN CHI LOH A AWM VE

Liani leh Mawii an awm a, chu mite unau chu tu in emaw an beng hriatah "Liani hi chu a hmel a tha ngawt mai" ti satliah lova" Liani hi chu a nau Mawii ai hi chuan a hmeltha zawk a ni" a tih fo chuan a tum loh deuhvin unau karah 'khi' a siam thei a, a fak loh zawk chuan a haw ru tlat thei bawk. Chu mai ni lovin, fak hlawh lo zawk chuan kumkhuain mahni inngaih hniamna a neih phan hial thei a ni. Mihring chuan thil pahnih kan hmuhin, rilru a kan khaikhin fo thin a. Chu tih laiin, rilru a kan khaikhin te hi sawi chhuah kher him lo a awm thin a ni. Chuvang chuan, rilru a pai mai chi te, sawi chhuah chi leh chi loh thliar thiamte hi mi fing kan tih te hi an ni chawk reng a ni.

Social Media kan khawih nasat tak chinah hian, mi fing leh thil hre zau, hre ril leh hre hmasa nih duh vanga mahni duh zawng sawi chhuak phawng phawng mai, ziak kur dup mai te kan tam ta a. Thenkhat chuan lar an khelh vang emaw tute emaw in an en bik nih an duh vangte pawh a ni mai thei e. Teh khin rual lohte hi kan tehkhin a, kahikhin rala inbuk tawk lo lutuk tur tih hriat sa khaikhin kual vel te hi kan intih engemawna a lo ni ta.

Thil tha zawk leh entawn tlakte chu pho chhuah fo a tha, a tha zawnga mi fuih phur thei thilte chu ziak kur luai mahila a pawina a awm hauh lo. Kalphung inang khaikhin chuan inelna tha a siam mai bakah khawtlang leh kan mimal nunah hmasawn a thlen ngei ang.

Branch YMA Office Bearer President Secretary

Pu Lalremsiama Varte 9862327112

Assistant Secretary Nl. Florence Zoremsangi 9612761781 **Treasurer**Pu David lalrosanga
9436158962

Financial Secretary Pu Rotlingpuia 9862385193

89748 30454 (Headline zawmna)

Pu HD Daniela

9863212083

Vice President

Pu S. Lalthangliana

OB ten lehkha siamin lo bawhzui mai se tih a ni.

Member te rawtna avangin leh kan hrileng avanga SCC pawh tumdang anga kan neih theihloh thu te ngaithla a, ruahmanna siam dantur leh Sorkar khawih bawhzui ngai Agenda awmte chu hrileng avangin Executive Committee kut a dah a remlo ni a hriat a ni a, bawhzui ngai awm ang ang te OB ten ruahmanna siamin lo bawhzui se tia rel a ni.

Note: Pu Andrew H. Thangliana Tuirial Constituency MLA, ni 17/8/2021 a a boral chungchangah SYMA hming a amah uina thuchah siam nise tih a ni.

Sd/-(JERRY ZOREMSANGA) Asst. Secretary

Sd/-(THOMAS D. LALENGLIANA) President

Sd/-(LALNUNMAWIA) Secretary

HEALTH MINITSER HOVIN KOLASIB DISTRICT CHHUNGA COVID-19 DONA KAWNGA HMALAK DAN THLIRHONA THUTKHAWM NEI

Ni 18th August 2021 (Nilaini) chawhnu khan DC Cenference Hall, Kolasibah Dr.R.Lalthangliana, Minister, Health & Family Welfare Department chuan Kolasib a Covid-19 dona kawnga hmalak dan leh hmachhawp chungchangah thutkhawmna Deputy Commissioner Conference Hall ah neih a ni.

Health Minister Dr.R.Lalthangliana chuan hri dona kawnga an hmalakna fakawm a tih thu sawiin Mizoram district dangte hmachhawn ve loh, ramri leh state luhkapui nihna anga mikhual chhawntu ni chung pawh a hri dona kawnga hmalakna ṭha tak a kalpui a ni ṭhin chu lawmawm a tih thu a sawi.

Kolasib district chhunga hri kai, natna lang chhuakte chu DCHC hmunhma in a daih lo palh a nih pawhin ZMC-a enkawl zung zung an nih theih nan dam lo inhlan chhawn dan tur ruahmanna fel tak kalpui tum a nih thu sawiin naupang enkawlna tur bik, a hran a hmun buatsaih a nih theih nan hma la turin District Medical Superintendent a chah bawk a ni. Dr.R.Lalthangliana chuan khum 100 awm theihna District Hospital sak a nih thuai theihna turin hma lak mek a nih thu a tarlanga Covid-19 vaccine leh test kit pawh ṭhahnem tak kawl mek a nih thu a sawi bawk a ni.

DISTRICT MAGISTRATE, KOLASIB THUCHHUAH

District Magistrate, Kolasib chuan a hnuaia mi ang hian zinveivakte fimkhurna tur leh zawm tur thuchhuah a siam:

Mizoram - Assam Inter-State Boundary chungchanga buaina kal zelah Assam sawrkarin Mizoram atanga an State-a motor lut tur check-a ruihhlo uluk leh zuala dap tura thupek an chhuah avangin zin veivakte fimkhur tura hriattir an ni. Mizoram atanga Assam rama lirthei lut tur reng rengte chuan a hnuaia tarlante hi zawm theuh tur a ni.

- 1. Vairengte Check Gate paltlanga Assam lut turte chuan Vairengte Excise Check Gate-ah dan phalloh an phur lo a ni tih Clearance Certificate an la tur a ni.
- 2. Bairabi Check Gate paltlanga Assam lut turte chuan Bairabi Police Check Gate-ah dan phalloh an phur lo a ni tih Clearance Certificate an la tur a ni.
- 3. Phaisen Check Gate paltlanga Assam lut turte chuan Phaisen IR Check Post-ah dan phalloh an phur lo a ni tih Clearance Certificate an la tur a ni. 4. Saiphai Check Gate paltlanga Assam lut turte chuan Saiphai IR Check Post-ah dan phalloh an phur lo a ni tih Clearance Certificate an la tur a ni.

Mi dik leh tha chuan i dinhmun that lai ni lovin, i dinhmun chhiat lai takin i tan thil tha a ti ang.

(Thu ziak Huang)

- Dr. Lalzuia Colney Lower Kanan, Aizawl

Khuang Theology

Phek 3-na

(Hei, ka hming bulah 'Dr.' te ka han dah ve ta hi engtizia nge ti in lo awm mai thei a. October 27, 2015 khan Doctor of Literature hi University of Jerusalem-in min rawn pek ve vang a ni a, chhiartuten in lo hre thiam dawn nia)

Thuhma: Hei, ka thupuiah hian ṭawng dang *Theology* te ka'n ti ve a, mi thu ziak ṭawng dang hmang uar lutukte ka sawisel ṭhin a. Tun ṭumah hian Mizo ṭawng anga kan hriat lar ve tawh a nih avangin ka han hmang ve mai a ni. 'Pathian leh mihring inkungkaih dan chhuina' tihna lam a ni ber.

Mizo hnam nuna Khuangin hmun a luah dan hi mak ka ti a, sawi ka châk ve tlat a ni. November ni 21, 2014 khan ATC Day hmannaah tel ve turin ka awmna kohhranin min ruat ve a. *Resource Person* ten thu bengvar thlak tak leh ngaihnawm tak an sawi hlawm a, a manhla hle. Zawhna leh chhânna hunah chuan ka han zâwt ve a, chu ka zawhna chu, "Mizovin Pathian biaknaa khuangpui leh khuangte kan hmang ang hi khawvêl hmun dangah hmang an awm ve em?" tih hi a ni. An hre lo nge ni, tuman min chhâng lo.

Khuang tobul: Khuang hi khawvel hnam tinin kan nei deuh vek mai. Mizovin hnam dang khuang kan hriat lar tak chu Vaikhuang tih leh Kâwlkhuang tih hi a ni ang. Bible-ah pawh hian B.C. daih tawhah khan Khuang an hmang tih a lanna chu Exodus 15:20-ah chuan, "Tin, zawlnei Miriami, Arona farnuin khuangtê a keng a; tin, hmeichhia zawng zawngin khuangtê kengin lâmin an zui chhuak ve ta hlawm a," tih a awm. Heta 'Khuang' tih hi han sawi chiang deuh ila: RSV leh AV-ah chuan 'Timbrel' tih a ni a, GNB-ah chuan 'Tambourine' tih a ni thung a. Mizo Bible-ah chuan 'Khuangtê' tih a ni a, lehlin tharah chuan 'perhkhuang' tih a ni ta daih a. Engpawh ni se, Mizo hriat danah chuan khuangtê leh perhkhuang chu a hrang daih si a. GNB-a Tambourine a tih hi Mizo Dictionary lamah chuan Darbenthek a ti daih bawk a. Chamber's Dictionary chuan Timbrel leh Tambourine chu a dah hrang lem lo. Zai rem nana hman ve ve tho a ni. Keini chuan Khuang (Drum) kan tih ang hi chu a ni lo deuh mai thei. Engpawh ni se, Khuangah ngai zel phawt ila.

Tichuan, Thuthlung Hlui lamah pawh Pathian fak leh chawimawi nan chuan Music chi hrang hrang an lo hmang thin a ni tih a lanna chu, Sam 150:3-6-ah chuan heti hian ziak a ni a:

"Tawtawrawt hâmin amah chu fak ula,

Perhkhuang leh tingtang nên amah chu fak rawh u.

Khuangtê bênga lamin amah chu fak ula,

Phenglawng leh phaiphulengin amah chu fak rawh u.

Darbenthek têin amah chu fak ula,

Darbenthek lianin amah chu fak rawh u." (Lehlin thar) Hetah hian Musical Instrument an neih ang zawng zawng - tawtawrawt, perhkhuang, tingtang, khuangtê, phenglawng, phaiphuleng, darbenthek tê chi leh a lian chi te nen Pathian chu fak turin a sawm a ni. Engpawh ni se, keini chuan hetiang em em hi chu Pathian fak nan kan hmang ngai lo va, tul pawh kan ti lem lo mai thei. Mizo Society-ah chuan Kristian an nih hma khan an Musical Instrument chu khuang te, seki te, tuium te, țingțang te, phenglawng te, darbu te, darmang te, darkhuang te, phenglawng te, hnah tum te hi a ni. Amaherawhchu, hetiang zawng zawng hi chu zai rem nan chuan an lo hmang vek lem lo. China-ah chuan khuang te, seki te, darbu te leh darkhuang te hi an hmang thin a, hnah ham leh phenglawng hi chu mimal hman chi a ni deuh ber ang. Khuang erawh hi chu zainaah chuan a tel ngei ngei thin a, zai a tinuam a, an hlim phah thin. Chuvangin, thil kalhkim lo leh famkim lo taka thiltih sawi nan, "Khuang lova châi ang," tih ṭawngkam hi an lo hmang hial a ni. (Chhunzawm tur) Naupang Huang
(Chhunzawmna)

- Tetea Hmar

Naupang rethei kha

(Kum 2015 Uttar Pradesh ah zirtirtu hna ka thawh laia thiltawn.

"I chhang chu paih la tui chungah i hmu leh dawn si ni rei hnuah")

Haw san chu ka tum ta a, a chhan chu haw huna programme nei ka nih avangin mahsela, Ka haw mai chu rem a la ti chiah lo a, ' sir ka u a rawn haw tep tawh ang, lo nghak la a hmu ve chak ngawt ang che' tiin reilote tal la awm turin min ti nasa mai a. Mahsela, tlai maithei ka nih vangin ka haw san ta rih a.

Ka haw hnu pawh chuan ka rilru luahtu ber chu Manu-a hauh nasat ka tum tehreng nen thildang zawng a ka rilru hruai peng ta daih chu mak ka ti tawp thei lo va, mumang rama cheng ang mai nite hian ka inhria a. Mahsela, a tak ngeiin he thil hi ka tawng si a tiin 'Manu' manganna kawngah chuan puih ngei ka duh a. Engemaw zawng taka hruaichhuah chu ka tum ta a, a dinhmun aṭang chuan.

Nitin mai hian sikul ban hnu tuition pek zawh hnuah kan inzui haw thin a, an unau zinga tel ve ang maiin an inah ka awm tam em em a. Ka hna lamah hial nghawng a neih phaha, a chhan chu he naupang hian hma hun thim tak karah beiseina pawh nei mumal ngam lovin hringnun a hmachhawn ve a ni a. Chuvangin a tam thei ang ber chu thlamuang taka a awm theih nan leh engemaw tak aim ve ngam se ka duh vang a ni ber a. Nitin mai hian a nunah chuan beiseina ka nei thar zela hma a sawn chakin thiante zinga khawsak dan pawh a thiam ve chhoh zel phah a, ka lawm ang reng khawp mai.

Manu-a chuan ka thilpek hi engmah a la duh ngai lo va, a chhan chu ka sikul naupang tlaitin maia *tuition* ka pek thin a ni a. *Tuition fee* min petu zawk tur hnena pawisa ka pek chu hriatthiam har a tih em vang a ni a.

Kawng dang ka dap ta a. Amah ṭanpui theihna kawng engtin emaw takin pawisaa ṭanpuiin emaw an chhungkua mamawh leisak emaw ka tum a. Nimahsela, chutiang ka tum chu a hria nge mawni tih mai tur hian kar khat chhung chu tuition a rawn kal ta hauhlo mai, a thiante niawma ka rin ka zawh lahin an hre si lo. Sikul dang daiha kal a ni bawk nen kei lah exam dawn buai nen naupang an pung chak bawk nen ka buai em avangin ka ngaihtuahna ka lo inthlahdul deuh a. Rawn lan reng a tum si lo mangangin an inah ka va kal ta a, an in ka va thlen chuan nidanga naupang infiam thin ho kha an lo reh diak a. Naupang infiam thawm reng hriattur a awm lo. Chumi ni chuan, hmundangah hnathawkin an chhuah ringin ka lo nghak ta reng a. Darkar 3 vel ka nghah hnuah pawh an la rawn haw si lo, an in kawtah han kalin inchhungah an awm mai em tiin ka han ngaihven thin an awm si lo mangang chuan, a tuk lama sikul lama ngaihven mai turin ka haw san ta rih a.

A tuk a lo ni a, ka sikul thawhnaah chuan chawhnu lam chawlh ka dil ta a. Principal pawh a lo phal mai a; tichuan, (Chhunzawm tur)

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

GLOSSARY (Chhunzawmna)

Pianphunga Rual ban lo: Taksa peng dik loh vang emawa mi ang pha lo.

Phurhhlan: Thil phurhna em leh hnam.

Puandum/Pawndum: Inneihnaa chhawm tur puan, a dum leh a sena kutphah tiat vela tial kara sin te tea a eng, a pawl, a hring etc.a tial; Zawlkenpuan.

Pu Phir: Inneihna pusum ei tur pakhat aia tam siam.

Pum: Thir chherna in.

Pusachawn: Pu nih avanga tute lamin vawk an talha a bawp pakhat Pu an pek.

Pusum: Man ṭang chi khat, pasal neitu Pu (a nu pa) emaw, a u nuta emaw ten an ei ṭhin.

Ramri Lungphun: Ram leh hnam inrinaa chhinchhiahna atana siam, lungphun emaw, thingphun emaw.

Ram theh: Khawtlang roreltuten lo neih tur ram an ruat. **Rem-Ar-Talh**: Innei tur man pek hmaa inremna ar talh.

Ro luahtu: Thlahtu bul atanga ro neitu, thlah ziding dik tak 'Pa' ro changtu

Roreltu: Khawtlang roreltu, khaw hotu, thubuai hlabuai chingfel tura ruat, dan kengkawhtu.

Sa: Chhungkaw mal biak thin. Pathian, sakaw thil hlan dawngtu, Sakhaw thila chanvo neitu.

Sakhua: Mizo pipute biak sa leh khuaa kaihkawp hming, 'Sa' chu chhungkaw mal biak a ni a, 'Khua' chu khawtlang biak a ni.

Salam: Lei chawina zinga tel ve, roreltute chanpual.

Saphun: Mi sa leh hnam ṭawmpui, hnam dang sa biak leh hnama kai.

Sawn: Nupui/Pasal ni lo laka fa. **Sawnpai**: Pasal ni lo laka nau pai.

Sawnthlak: Nupui ni lo hmeichhe dang nau paitir.

Sial: Inneihnaa piputen man bithliah nana an lo hman thin a ni.

Sukchin: Pipute huna lei chawina hniam ber hming. **Sum leh Pai**: Tangka te, bungrua leh thil neih dangte.

Thembu: Puantahna hmanraw chikim. **Thian**: Thihna avanga inthian thianghlim.

Thingphun: Mitthi hriatrengna thing nung thei phun.

Thinhrik: Timna nei, lungten, duhlohna, iaina.

Thirdeng: Thirchher thiam, vantlang tana hlawh neia thirchher thin.

Thisen Pal: Nau nei tawh emaw, chhiat tawh emaw.

Thlahual: Vanduaina tawk, thi lova damchhuakte chunga thlavang hauh nana pute lamin an tute tana ran an talh thin.

Thlai chhiah: Ran thlarauvin mitthi thlarau a kalpui theihna tura ran talh.

Thumuhnu chawhchhuah: Thu ngaihthah tawh hnu, a pawi tur zawnga sawi thar.

Tambar : Tam laia ei tur, tam laia ei ral.

Ṭawmkailo: Upat vang emaw, pianphung lam vang emawa rualban lo, chawmhlawm ngai, kep ngai.

Uisathiam: Sa hnu chhui thiam Ui fing.

Upa: Lal rorelpui.

Val Upa: Tlangval kaihruaitu, tlangval hovin hotua an neih, ro nei thiam, mi tlawmngai.

Vantlang: Mipui.

Vantlang Inkhawm: Khawtlang thatna tura roreltuten in tin aiawh mipui inkhawm an siam.

Zawlkenpuan: Inneihnaa mo chhawm puan a dum leh a sena tial.

Zualko: Khaw chhungah emaw, hmun dangah emaw, khaw thenawmah emaw, chhiatna lam thu pawimawh sawi tura mi tirh.

Hriselna Huang

Zunthlumin a kaihhnawih theih natna te

Zunthlum natna hi enkawl ngun a nih loh chuan heng natna dang dangte hi a kaichhuak thei a ni. A tlangpuiin - Thisen zam natna, Kal natna, Mit natna, Thazam natna, Pum leh ril natna.

Thisen zam natna: Zunthlum natna hian thisen zam natna a tichhuak duh hle a, thisen zam lian leh a te hi a khawih buai a; tichuan, thisen sang natna a tichhuak a, hemi avang tak hian lung lam pawh a tibuai a, lunga thisen zam (Coronary Blood Vessels) a tihbuai avangin thih thutna a thlen thei a, hei hi Sapṭawng chuan 'Heart Attack' an ti. Thisen zam a khawih khawloh thin avangin, taksa hmawr lama thisen zam that lohna a lo awm thin a, a bik takin ke lamahte pân dam thei lo 'gangrene' a tichhuak duh hle a, hetiang a lo nih tawh chuan ke tan mai loh chu a ngaihna a awm lo a ni.

Kal natna: Zunthlum natna veite hian zunthlum vei lo ai chuan kal lam natna an vei duh zual a, hei hi a chhan chu kala thisen zam awmte a khawih buai a, zun kawng natna a thlen fo thin a ni.

Mit natna: Zunthlum natnain mita thisen zam a tikhawlo thei a, chuvangin he natna avang hian mitdel hlauhna a thleng thei a ni.

Thazam natna: Zunthlum natnain thazam a tikhawlo thei a, taksa (hmawr) leh ke a khawih buai ṭhin. Ke a thizam a ṭhat loh chuan ke za te, ke pân te an vei ṭhin a, a chang chuan na an ti em em bawk ṭhin. Zunthlum natna vei ke chuan hliam a tuar awl em em a ni.

Pum leh ril natna: Zunthlum natna avangin pum leh ril lamah pawh natna a thlen thei a ni. Thisen sang vei reng rengin zunthlum natna an vei kher loh pawhin inenkawl ngun a ngaih hle tho laiin zunthlum natna nena an vei kawp phei chuan inenkawl ngun a ngai lehzual em em a ni tih hriat tur a ni.

Zunthlum natna leh mi buk rit nih kawp chuan mahni buk rih lam intihtlem hi damdawi tha tak a ni tih hriat tur a ni. Ei leh barah insum thin tur a ni a, exercise-te regular taka lak thin tur a ni.

Zunthlum natna veiin - ei leh in chungchanga insum turte:

- 1) Thil thlum 'chini' sweets, Ice cream, chocolates angte hi ei loh tur.
- 2) Lei hnuai thlai, entir nan alu te, pangbalte leh balte.
- 3) Suji, Maida, chow.
- 4) Bawnghnute leh bawnghnute aṭanga siam chhuah *dhai, cheese*.
- 5) Giu (ghee), butter, puri kan, paratha, singara leh pakora.
- 6) Thei chi hrang, thil thlum ngah chi entir nan- balhla te, *grapes* te, lichu te leh theihaite.
- 7) Artui chhungmu, vawksa, sathin, kal leh thluak sa reng reng. Ei theihte:
- 1) Siamchawp tih thlum entir nan *Saccharrin sweetex*-te chini aia hman tur.
- 2) Thlai hring-um ei te, *lettuce* te, *beans* te, bawkbawn te, changkha te, bawrhsaiabe te, motor chana te, lamkhuang te, purun te, heng ang ho hi tlem te tea ei thin tur.
- 3) Atta ei thin tur, buh (chaw) ei a pawi lo va; mahse, a tuihnang paiha ei thin a tha.
- 4) Refined Oil entir nan saffola te, sunflower te chawhmeh kan nan hman thin tur.
- 5) Thei lamah chuan serthlum te, dawnfawh te, *apple*-te tam lo va ei thin a tha.
- 6) Sa lamah chuan sangha leh arsa-te hi ei a tha.
- 7) Zu in chungchangah hian fimkhur a ngai hle a, a chhan chu fimkhur taka in a nih chuan a pawi hran lo va; amaherawhchu, a tha ber a ni lo a ni....(*Chhunzawm tur*)

Published and Edited by Editorial Board on behalf of YMA, Khuangpuilam Branch. Copy - 275 @ ₹15