





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

YMA MOTTO


Hunawl hman that
Zofate hmasawanna 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.

Vol - VII Issue No. - 30 Phek 1-na - Vawkhniak zawn thla - 25th July, 2021 (Pathianni)

Tunkar chang vawn : I Thufingte 3 9:10
"I sumin LALPA chawimawi la. I thil lo pung
hmasa ber zawng zawngte nen; Tichuan i
buh in chu a lo khat liam ang a, I sawrkhur
uain tharin a luabng liam ang".

TUALCHHUNG CHANCHIN

🔔 NI Florence Zoremsangi (Tetei) Branch Asst. Secretary chuan tun hnai khan M.A (Sociology) chu tha takin a zo leh ni a thu dawn a ni. A hlawhtlinna ah kan lawmpui tak meuh meuh a ni.

🔔 Khuangpuilam Vengchhung a Covid - 19 kaihnawih vanga Home Isolation zinga mi :-

1. Pi Vanlahhriatpuii, 33
2. Ezra Laldhawma, 4
3. Eliazer Lalropuia, 2
4. Sarah Lalmuanpuii, 2 months te chhungkua chu Home Isolation an ni a, Sorkar SOP thar ber angin nimin dt. 24/7/2021 khan release/chuah zalen an ni.

Tun dinhunah Positive mek mi 3 kan nei a, chung mi te chu:-

1. Lalthupeki, kum 3
2. Pi Lalrinliani
3. Pu Lalramnghaka te an ni.

🔔 Covid-19 laka Khuangpuilam Khawtlang dinhmun tlangpui

(1st wave atangin ni 24th July, 2021) thleng

1. Covid-19 positive tawh zat = 15 nos (TNT=168)
2. Positive lai mek zat = 3nos (TNT=118)
3. Home Quarantine tawh zawng zawng Chhungkaw 86
4. Home Quarantine lai mek Chhungkaw 4+2=6
5. State pawn atanga lo haw Home Quarantine tawh zat chhungkaw 5
6. Home Isolation tawh zat chhungkaw 2
7. Home Isolation lai mek = Nil

Chhung tin te inlen pawh
lova, Sawrkarin thuneihna a pek duty te leh kan VLTF te thu awih hi kan tangkaina a ni tih i hre thar leh theuh ang u.

KOLASIB DC-IN PLASTIC (WASTE) RESOURCE MANAGEMENT CENTRE, THINGDAWL HAWNG

Ni 23rd July 2021 (Zirtawpni) chawhma khan Public Health Engineering Department, Kolasib WATSAN Division hnuai a sak, Plastic (Waste) Resource Management Centre, Thingdawl chu Dr.H.Lalthlangliana, Deputy Commissioner-in a hawng a, Er. H.Lalsiamliana, Sr.E.E chuan he hun hi a kaihrui a ni.

Plastic (Waste) Resource Management Centre, Thingdawl hi SBM (G) hnuai a Rs. 16,00,000 hmang a sak niin Plastic Baling Machine leh Baling machine bunna tur RCC building te a awm a. Ni 20 September 2020 a sak fan niin ni 17 March 2021 khan sak zawh a ni. Plastic nem mukna khawl, Plastic Baling machine hi ni 17, July 2021 khan hlawhtling tak a enchhinna neih a ni bawk. Er. Lallawmpuia Sawthly, SDO tarlan danin Plastic (Waste) Resource Management Centre-a Plastic Baling Machine hian plastic bottle lak khawmte chu tonne 30 a ritin a nawr tawm thei a, bale khatah plastic bottle 600 atanga 650 bawr vel zel awmin darkar khatah bale 6 vel siam chhuah theih a nih thu a tarlang baw a ni.

PRMC, Thingdawl hawnnaah hian Pu Gaston Vanlahhriatpui, DUDO, Pu Hmingthanzuala, DIPRO, PHED, Kolasib WATSAN Division a thawktute leh Thingdawl khawtlang hruaitute an tel a, Pu R.Lahmuakliana, JE, PHED chuan lawmthu sawina hun a hmang baw a ni.



KHUANGPUILAM VLTF THU PAWIMAWH

1. Permit Chungchang Khuangpuilam VLTF chuan Covid-19 2nd wave laka kan lo him tlan zawk nan leh tul lova pawnhhuak kan tlem zawk nan Movement Permit chu Zing dar 6:00 Am atanga Dar 9:00 Am thleng chauh a pechhuak tawh dawn a, emergency thil anihloh chuan a hnu lamah pekchhuah a ni tawh dawn lo a ni. Permit hi DUTY POST (Near Pu Lc-a dawr) atanga lak tur a ni ang.

Tul lova pawn chhuak kan tlem zawk theih nana ruahmanna hi siam a ni a. Tul pawimawh a chhuak thin te pawh nitin a chhuah kher ngailo turin mipuite chu inruahman tur a beisei leh ngen kan ni.

2. Duty chungchang VLTF te chu zan lam ah an duty thin tawh dawn a, zan dar 8:00 Pm hnu lamah phei chuan Vengchhung ah vengdang mi tumah lenglut lo turin kan in ngen a, vengchhung mi pawh lenchhuah loh nise, phalna neilova khawlai leng leh dan bawhchhia kan awm anih chuan Sorkar SOP angin action lak a ni anga, a tul anih chuan pawisa chawitir thlengin hrem an ni ang.

(Hei hian Phalna neia duty te leh official te a huam lovang)
3. Bazar chungchang Covid-19 laka kan lo him zawk nan vengchhungah Thawhleini leh Inrinni chawhnu apiangin NR Hall kawtah Chawhmeh Bazar siam thin a ni a, heng ni ah te hian mipuite

(phek 2na ah chhunzawmna)

YMA chu fanpui ngaite fanpuitu a ni. - YMA Kumpuan : Zirna uar

Thu ziaik Huang

- Lalmanzuala

Naupang Huang

- Tetea Hmar

(Chhunzawmna) **Kan pawnlan dan hi a thûk a ni**

2. *Khawhar Chhûngte Hla Thlan* : ... Mitthi ruang chung a thusawi tûl tih tlat. Kan thusawite chu an nihna a uar zawng deuh veka sawi. Chutiang thusawi, ninawm ti lova, tha ti viau zawk awma kan ngaithla thei thin te hi kan Mizo pa ril H.K.Bawihchhuaka khan, “Mizote hian lunglen leh mi tihdan lakchhawn bâk hi eng nge maw thiam kan neih le?” a ti a. Kan pawnlanzia lanna ni-a kan hriat a chung a kan sawi te khi lunglêng thei tak kan nih leh mi tihdan lachhawng fo mi kan nihzia tichiangtu tak an ni. Pachhe bere ti lova, hun pawimawhna hre duh miah lo kan nih hi a pawl ka ti hle bawh thin.

Lenkhawmzai, kan hnam ro hlu ti meuh khawpa kan sawi te pawh hi lunglêng thei tak kan nih vanga hlutsakzui zel kan ni. Mitthi/khawhar chhûngte hnemna pawh a ni hranpa lo. Inhnemna a nih hlah pawhin takna tel lova inhnemna a ni ang a, tangkaina dang vak a nei lo vang.

Mizote hi hnam fîng tak leh mahni chemkalna bikah chuan hnam dang aia hniam bik hauh lo kan ni a. Hnam dan mawi leh tangkai, khawtlang inrelbawl nana kan thlahtuten an lo duang chhuak thiam te khan chu chu a tilang chiang a ni. Ziaik leh chhiar thiam hma-a Dan leh Dan tesêp tam tak duang chhuak thei awm chhun an ni hial mai thei. Kan hming put dan te, man leh mual kan insiam dan te hi a thûkin belh chian a daw! a ni. ‘Zonunmawi’ kan neih theih chhan pawh kha chu chu a ni.

A pawl ber mai chu Missionary hmasaten kan hnam nun min tihchhiatsak atang leh kan politician-ten an politics khelmual chu mahni hmasial leh duhâmna hmuna an siam tâk avanga kan nun a lo letling zo ta vek mai hi a ni.

Kan finna te chu thilsual tihna lam hawi deuh vekin kan hmang ta a. Kan hnam nun mawi apiang kan tichingpen a, a chhe lai leh a tangkai lo laite kan uar tawlh tawlh thung a ni. Kan thil chin thar leh hnam dang tihdan kan lakchhawn te pawh a tha lai kan vawngzui lo va, a chhe lam leh tangkai lo lam kan uarzui zel thung a ni. Entirnan, Zaipawl Zai tih ang te hi.

Krismas kan hman mekte hi han en ila. A tak hmuh tur alawi awm lo, a behbawma rik hlutna a ni. Lal Isua zirtirna laimu, Hmangaihna; Retheite Phurrit Phurhpui; Thilpêk/Thilphal; Dawhtheih/Tuarchhel; Nature nena inrem te hi kan nuna hmuh tur awm mang lo, Krismas hun chu hengte an pawimawhzia leh kan inzirtir thar tur an nih laiin thupui-ah kan neih chuang lo va. A pui a pangin thawmhaw thar leh changkang neih te, Biak In leh hmun dang cheimawi te, zaikhawm te, ruai theh mup mup te hi kan ngaih pawimawh zawkte an ni a. Rev Thansiam’a Isua awm loh aiin khuang awm loh kan hlau zawk ang, a lo tih ang khan Isua leh a zirtirna zawm ai chuan hengte hi kan ngaih pawimawh zawkte chu an ni tlat a ni. Chuvang chuan ngampa tak leh huai takin, “Kan pawnlanzia chu a thûk a ni” tih thu hi kan sawinawn ngam a ni.

Hetiang thu kan sawi fo nachhan hi eng dang a ni lo va. Chawmhlawm ti tih, kutdawh ti tih dinhmuna ding chung a, mahni ke-a din tumna nei chuang lo va, a intichangkang zawng leh a intlakral zawng deuh veka kal kan nih vang te; kan ze tak aia kan ZENAWI kaihhruaia kan awm fo vang te; kan tlin lohnate chu zahpui nachang hria-a insiamthat tum chuang lova, a hozawng zela kal kan nih avang te hian hnam dang, a bikin Central Sawrkar hmuhsit leh ngaihtahin kan awm a. Nihna pawimawh chin, Governor, Union Cabinet Minister, Supreme Court Judge, Chief Election Commissioner, UPSC Chairman leh thil dangte pawh kan aia hnam hnufual zawka kan ngaih, Bodo, Mikir, Tripura Burman te pawhina eng hun emaw leh a eng emaw ber an lo nih/ neih fir fer tawh, la ni/nei ve lo awm chhun kan ni hi a zahthakin a tawmthlak lulai em a. Ka Mizopuite hi hetianga lamah hian benharh che u beisein ka’n ri leh phawng mai thin a ni e.

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 hnua")

Zirtirtu hna hi ka tui vang pawh ni lem lo hian ka hmuh chhun a nih vang nge, zirtirtu hna hi ka thawk thei riau mai a. Naupan laia IAS officer vel nih kan tum nasat tehreng nen zirtirtuah bawh ka let leh mai zel chu a la ni rih phawt mai a; mahsela, tun hnua hi chuan ka tuichilh ve deuh tawh avangin nuam chu ka ti chho ve ta a.

Sikul-ah chuan chhungkua inang lo tak tak, mizia inang lo tak tak, duhzawng pawh inang lo tak tak hmun tin chitin atangin an rawn kal khawm a. Thenkhat vin deuha insiamtha mai an awm laiin; thenkhat vuak deuh kher ngai an awm bawh a. A changin an duhdanin min kaihruai a, a changin kan duhdanin kan kai hruai a. Kan nun hi min chinglet vel ni berin ka hre thin; nimahsela, an la hriat mai tur leh an la hriatthiam ngai miah loh tur te hrilh hretu han nih te; nunkawng dik lo an zawh chang a, nunkawng dik an zawh theihnana kai hruiatu kan nihna te; nakin hun thleng pawh an veng/khua mipui leh ram pumpui hriat an nihna tur thlenga zirtirtu kan nihna te hian min tihlimin ka nui khi leh deuh sak thin a, keima tawkah chuan zirtirtu aia nun hlimna min pe theitu hi an awmin ka ring lo.

Zingah sikul kan kal a, naupang zawng zawng deuhthawin min wish a, engtiang pawhin mood fuh lo mah se, naupang hlim hmel te chuan ka chhunga lungngaih rukna leh khawhar rukna te chu min theinghilhtir a. An hlim hmel chuan beiseina thar min neihtirin an khawsazia mawlmang tak tak leh an rilru thianghlimzia ka hmuh te chuan ka ngaihtuahna hi an tithui thin.

Class-ah te chuan thawnthu ngaihnawm tak tak, tun huna mi ropui tak takte an hlawhtlin dan leh hrehawm tam tak karah pawh thuawih takin an zir thin thu te ka hrilh chang te hian, thenkhat lah chuan, “Sir, chumi te pawh chu i sikul naupangte a mi an nih?” tia zawhna awihawm lo tak tak min zawt mai tawh lah an bang hek lo. Thenkhat ngaihdanah erawh zirtirtu te chu state chhunga lal ber emaw lo ti tlat an awm bawh a. A chang chuan an rilru thianghlim lutuk enkawl tur hi chuan ka tlin ngang tawh lo a ni ti a inthiamlohna ka nei fo thin. Tuna ka sawi tak zawng zawng an la hriat ngai loh te, zirtir tur chuan chapon a rilru te, mahni indah sanna rilru zawng zawng dah that vek a ngaih thin avangin a tir kha chuan ka beidawng rum rum thin.

Tlailam sikul ban hun a lo ni a ka au nasa lutuk hi ka zawi hnap zel tawh. Chau leh rilam tak chungin mahni in lam haw turin kan inbuatsaih a. Hlim hmel pawh pu zo tawhlo nun chau tawh tak karah naupangten ka ngui hmel hmuh kanin nui sang chung hian “Good bye sir, see you tommorow” tia naupang rilru thianghlim lutuk mai ten malsawmna nena min han thlah hi chuan naktuk hi ka la hmu phak dawn tih ka chiang ngawih ngawih zel. (Chhunzawm tur)

Mahni tawn ni kher lo, a thil hmuh leh hriat atanga inzir thiam mai mi chu a vannei tak zet a ni.

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>BUNG - 12</p> <p>MIZO RO INLUAH CHHAWN DAN</p> <p>Chang 183 - Thurochhiah dik lo siam :</p> <p>5) Ro neitu chu, a nupui hmasa lakah fa neiin, a nupui hnuhnung zawk a pawmlai lakah fa nei lovin thi sela, a nupui hnuhnung zawk chu nu thianghlim a nih loh chuan, chanvo engmah a nei tur a ni lo. Nu thianghlim a nih chuan, chang 181-a sawi angin Pa chan a chang ang a. An awm ho theih loh chuan ro an insem ang. Nu chuan fatlum chanvo ang ni lo, fapa dang chanvo ang a chang thei. A chanvo chungah chuan, a ta liau liau a nih tawh avangin, thuneitu a ni tawh a, ama ro luahtu tur pawh a duh angin a siam thei.</p> <p>6) Pasal sun hmeichhia chu, pasal nen la indang lo a nih chuan, roluah chungchangah chanvo a nei lo. Fapa a neih erawh chuan a pasala pa chuan a tupa chu chanvo a siamsak thei.</p> <p>7) Pasal sun hmeichhia chu a pasal nen indang tawh a nih a, Nu thianghlim a nih bawk chuan, chang 180-a sawi ang a, pa chan chang a nih tawh avangin a fate emaw, midang reng rengin emaw an hnawtchhuak thei lo. A fate nen awmho thei lo an nih erawh chuan, nu leh pa dinhmun a ding a nih tawh avangin fate chu an indang zawk tur a ni. Fatlum ber chu ro luahtu tura ngaih a nih avangin nu hnena awm tur a ni a, a awm peih loh erawh chuan, a unaute zinga nu chawm peih apiangin fatlum chanvo changin a ro a luah ang.</p> <p>Chang 185 - Fapa indang :</p> <p>1) Fapa, nupui ei emaw, nei lo emaw, In hranga thuk hrang chhuanga khawsa chu Indang a ni.</p> <p>2) Pain fate chu a duh hunah a indan tir thei.</p> <p>3) Pain a fate indantir kher lo mah se, eizawna avangin emaw, tul dang avangin emaw, hmun dangah fanaute nen kum nga (5) an lo khawsak hman tawh chuan, mahni puala in leh lo emaw, in hmun emaw nei lo mah sela, indanga ngaih a ni. Fapa, ro luahtu tur chu a pa nen intuithlar vang ni lo va, chhungkaw rokhawlhna leh tul dang avanga chhungkaw remtih tlana amahin emaw, nupui fanau nen emaw in hranga khawsa chu eng chen pawh lo khawsa hrang tawh mahse, ro luah chungchang thuah chuan indanga ngaih a ni lo. Fapa mal chu, a pa nena intuithlar vang chauh lo chuan amalin emaw, chhungkuain emaw, eng chena rei pawh hmun dangah awm mah se, ro luah chungchangah chuan engti kawng mahin indanga ngaih a ni chuang lo.</p> <p>4) Fapa indang tawhte chuan, chang 18092)(a)-a mi ang chauh lo chuan pa ro vah chanvo an nei tawh lo. Amaherawhchu, pa ber dam lai atanga unauzaho, in hrang chang tawh pawh, eizawna kawnga lo inti hrang lova, hmun khata an la tih tlan chuan, rokhawm chungchangah indanga ngaih an la ni lo.</p> <p>Chang 186 - Mahni fate ro luah : Chang 181 (4)-a sawi angin, nupui fanau thihsan nei lovin ro neitu thi sela, a pain a ro a luah ang. Pa a tih tawh chuan nuin a luah ang.</p> <p>Chang 187 - Pami ro luah : Ro neitu chu nupui fanau leh nu leh pa leh unaute nei tawh lovin thi sela, a unaupa fate zinga mi, chang 180-a sawi, ro luah thei indawt hnai berin ro chu a luah ang.</p> <p>Chang 188 - Tupa ro luah : Tupa indang tawh chu, nupui fanau leh tu leh fate leh , hringtu nu leh pa pianpui unaute nei lova a tih chuan, a pu/pi in a ro luah ang.</p> <p>Chang 189 - Pi ro luah : Pi ro luah tur lo awm ta sela, a luah thei tur hnai zawk an awm loh chuan chang 181 (4)-na ang in a kal ang.</p> <p>Chang 190 - Ro khawm tura siamchawp : Hemi bunga sawi Mizo Ro inluah chhawn dan pangngai baka tulna a lo awm chuan a hnuaia sawi ang hian ro khawmtu siamchawp theih a ni.</p> <p>1) Ro luah thei tur nena intuithlar vanga ro khawmtu siam: Ro neitu a ro luah theitu tur chang 180-a... (Chhunzawm zel tur)</p>	<p>Zun kawng hnâi/lâwng (Chhunzawmna)</p> <p>Tualchher damdawi</p> <p>* Cranberry Juice : Hei hi a Mizo tawngin engnge ka hre mai bik lo va, he juice in hian zunkawng lâwng/hnâi a veng thei ni awmin study thenkhat chuan an tarlang.</p> <p>Eng tianga in tur nge engzat a tam nge in tur tih pawh a awm chuang lo va, a tui i tih zawng a nih chuan in thin la a pawina a tlem khawp mai, harsatna awm ve thei chu kua a ti nuam lo ve thei tih mi thenkhat chuan an sawi.</p> <p>Amaherawhchu, i lung lam vang emaw a Warfarin/ acitrom etc. i ei a nih chuan in loh a him ber tih hria ang che, thi put a siam vak thei.</p> <p>Tih theih : Zunin hi a hrehawm viau thin a; mahse, tlema a zia awm ve dan chu:</p> <p>* Tui in tam rawh (to dilute your urine and help flush out bacteria).</p> <p>* Coffee, zu, limbu tui in loh tur. Zun thip/sa a tizual thei.</p> <p>* Tuilum ip. Tai nâ laia tulum ip lum (Sa lo se) dah a nuam mai thei.</p> <p>Inven dan : Hengte hi zunkawng hnâi/lâwng laka inven theihna awlsam te chu an ni:</p> <p>* Tui in tam. Ni tin litre 2 tal a tlem berah in tum rawh.</p> <p>* Mawng sil dan. I daikal zawha i mawng i sil reng rengin hma lam atangin hnung lam hawi zawngin kut nuai thin ang che (hmeichhe tan bik)?</p> <p>I hre tawh em?</p> <p>Dek haw tak pawh hi amah leh amah a indek chuan a nuhi a za si lova, engvang nge ni ang?</p> <p>Chhanna : Kan thluakah hian khawih/ tawh hriatna lai/ hmun a awm a, chu chu somatosensory cortex an ti a. He lai hmun hi mahnia indek ai chuan miin min dekh emaw hian chawh thawh a awlsam fe zawk a. Hei vang hian miin min dekh hian nuhi a za awlsam bik ta thin a ni.</p> <p>Engvangin nge pawisa notes/lehkha rang taka chhiar/ keu chang hian kut hmawr kan tihhuh fo thin?</p> <p>Chhanna : Kut hmawr han tihhuh zeuh hian surface tension vangin tui rang pan (water film) a lo insiam thin a. Hei vang hian kut hmawrah pawh pawisa note chhiar emaw lehkha keu emaw te chu rang takin a lo bei zung zung theih pah a. Chhiar/keu chak a lo awlsam ta bik a ni.</p> <p>Engvangin nge tah nasat avanga mit a bui luk theih?</p> <p>Chhanna : Lungchhe taka tah hawm hawm lai hian mittui siamtu bawm (tear gland) atangin mittui a lo tla zung zung thin a. Hetia mittui a lo tlak nasat theih nan hian mittui bawma thisen petu (blood vessels) chu a lo kaw zau zual sauh a, hei hian mit a tibui ta luk mai a ni. Mittui kan hruk sek phei chuan mit a lo bui nasa zual thin a ni.</p> <p>Hmarcha ro kan ut/uh kan hip luh hian kan hahchhiau thuai thuai mai a, hei hi engvang nge?</p> <p>Chhanna : Hmarcha ro kan ut/uh khu hian bawlhlo chikhat piperine a pai tel a. Chu chu hnara han hip luh hian hahchhiau a siam ta a, inrinloh lai pawhin kan hahchhiau ta thuai thuai mai a ni.</p> <p>Engtin nge kuhva hian ka leh ha a tihsen theih?</p> <p>Chhanna : Pan hnah, chinai leh kuhva rah han thial sawm hian kuhva rah atangin Catechutannic acid a lo insiam chhuak a. He Catechutannic acid hian ka leh ha a lo tisen ta thin a ni.</p> <p>I fate Pathian lam kawng i zirtir loh chuan Setana'n sual kawng a zirtir ang - Charles H. Spurgeon.</p>