



Daifim

An Official Organ of YMA, Khuangpuilam Branch.

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.

Tunkar chang vawn : Timothea 5:8
"Tupawh mahni chhungkhat lainate
ngaihsak lo va, mahni chenpui
chhungte ngei pawh ngaihsak lo
chuan rinna an phatsan a ni, ring lo
mi aiin an sual zawk.;"

TUALCHHUNG CHANCHIN

📞 Tv B.Malsawmtluanga,
(Mama) s/o Pu B.Vanlalawia
Chawngbawla Section chu tun
kar tir khan damlohna vangin
Damdawi in ah a awm a, Tunah
chuan dam takin a lo chuak leh
tawh ni a thu dawn a ni.

📞 Pathian venna zarah tunkar
zirtawpni khan 4C a awm Tv
Lalremruata s/o Pu Lalengzauva
Vanapa section chu a chhuk a,
Tunkar chhung khan lut thar an
awm rih lo avangin tun din
hmunah 4C hi a ruak a ni.

4C ah hian kan hawn tirh
atang khan mi 65 lai enkawl
hman an ni a, hmun danga sawn
chhuah 2 kan nei tawh baw a.
Home Isolation tura lakchhuah
3 kan nei tawh baw a ni. 4C a
ruah tak avang hian kan fihlim ta
e tihna a ni lova, mitin te a hma
anga fimkhur reng tur leh
Sawrkaw SOP zawm hram hram i
tum zel ang u.

📞 Sethawn atangin NI
Ramthianghlimi, D/o Pu
Lalengzauva, Vanapa Section
pawh dam takin a lo chhuak tawh
nia thu dawn a ni.

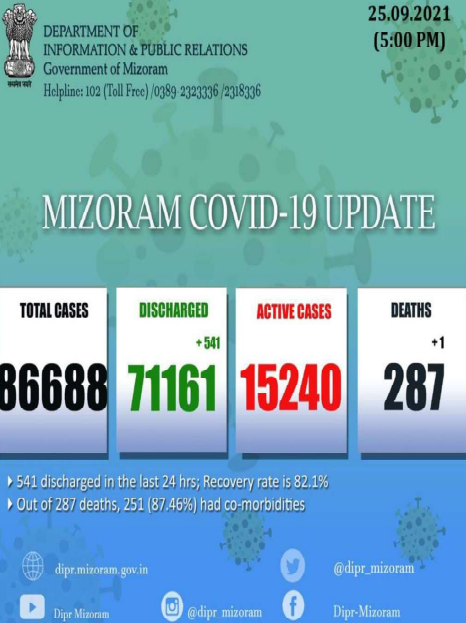
**"COVID-19 HRIK CHHUAK THAR DELTA PLUS VARIANT
MIZORAMAH A AWM TIH FINFIAH A NI"**

-Dr Pachuau Lalmalsawma,
Khuangpuilam the 26th Sept, 2021 :- Ni 21st September,
2021(Thawhlelni) khan Dr Pachuau Lalmalsawma, SNO, Official
Spokesperson on COVID-19 chuan tun hnaia RT-PCR positive sample
350 Whole Genome Sequencing tura an thawh zinga COVID-19 hrik
chhuak thar 316 (90.30 %) hmuh leh a nih thu vawin khan a sawi.

Dr Pachuau Lalmalsawma chuan National Institute of Biomed-
ical Genomics (NIBMG), Kalyani, West Bengal-ah August thla khan
heng sample 350 te hi thawh a nih thu a sawi a, hrik thar
hmuhchhuah zingah hian Mizoramah a awm tih la finfiah loh Delta
Plus variant 3 a tel thu sawin, heng variant te hi Champhai district-a
mi 2 leh Kolasib district-a mi 1 an ni a, Delta Plus variant hi tunlaia
kan hriat lar hri inkaichhawn awlsam tak Delta variant aiin za ah 60
(60%) in inkaichhawn a awlsam lehzuat tih a sawi.

Sample thawh zinga 70 ah Delta variant chhungkaw zinga mi,
Delta Lineages an tih mai, mithiam ten an zirchian mek, a hming an
la phuah loh hmuh tel a ni a, Delta variant pangngai hi sample 213
ah hmuh niin, heng sample te hi Aizawl, Lunglei, Kolasib, Champhai
leh Serchhip district atanga sample lak zinga mi an ni a. Mizoram
atanga RT-PCR sample endik tura phai lama thawh tawhte atangin
COVID-19 hrik thar 510 hmuh a nih tawh thu a sawi baw a ni.

Dr. Pachuau Lalmalsawma chuan mipuite fimkhur tura chahin,
hri kai leh kai loh test ngai lo tura mahni hmun theuhah Covid
Appropriate Behaviour uluk taka kan zawm hi a pawimawh lehzuat
ta hle a ni, a ti.



DEPARTMENT OF
INFORMATION & PUBLIC RELATIONS
Government of Mizoram
Helpline: 102 (Toll Free) 0389 232336 / 2308336

25.09.2021
(5:00 PM)

MIZORAM COVID-19 UPDATE

TOTAL CASES	DISCHARGED	ACTIVE CASES	DEATHS
86688	71161 +541	15240	287 +1

► 541 discharged in the last 24 hrs; Recovery rate is 82.1%
► Out of 287 deaths, 251 (87.46%) had co-morbidities

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INKAWMHON HUN HMANG

Ni 21, Sept,2021(Thawhlelni) chawhnu dar 2pm khan Cen-
tral YMA, Myanmar Raltlante Chhawmdawl Committee te leh NGO
United for Democratic Myanmar te inkawm a.

1) Inkawmhona hunah hian Myanmar MP 4, MLA 3 leh NGO United
for Democratic Myanmar hruaitu mi 2 an tel.

2) Myanmar raltlante tanpuina leh tuamhlawmna kawnga YMA
hmalakna hrang hrangah lawmthu an sawi a, harsatna lian zawk
thleng thei reng anih avangin YMA te kutah an innghah thui hle thu
ngaihthlak a ni.

3) Myanmar ram tualchhung dinhmun leh CDM/NUG hmalakna
ngaihthlak a ni baw.

4) Sawrkaw mi leh sa CDM zawmte chungchanga hmalakna tul hrang
hrangte an hnen atang hian ngaihthlak a ni.

Lawmthu sawina

Kar hmasa ni18/9/2021 (Inrinni) leh nimin Dt. 25/9/
2021(Inrinni) khan Khuang-puilam YMA Branch Executive Com-
mittee Member te leh Section O.B ten thlan siam hnatlang an
nei a. Vengthar thlanmuala phum tak Pi Lalrinliani thlan pawh
nalh takin hnatlanga thawk chhuak ten an siam a ni. Thlan siam
hnatlang ah hian mi thahnem tak kan thawk chhuak thei a a
lawm awm hle a. Tlawmngaia thawk chhuak zawng zawngte chungah
kan lawm tak meuh meuh a ni.

Sd/-
Secretary
Khuangpuilam Branch YMA

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Editorial.....✍

Mizoram hi hripui do kawngah thawk tha ber ah state dangten min ngai thin a, hei hi keini pawhin kan in ngaihdan a ni. Keini State tluka Task Force nei tha leh chak an awm chuang lo a, kohhran thlengin hripui do kawngah an tangin sawrkar an thawhpui tha a, tha leh sum bakah hmunhmate pawh hripui veite enkawlna atan an thawh nasa a ni.

A dotu lam hi nei tha viau mah ila hripui vei ram chhungah kan puing zel a, kan do naah thil fello a awm nge, mipuiin kan zir lo nge, a khawi laiah hian nge fuhlo awm ni ang? Hripui do kawnga thawk tha ber state ni si a, India-a hripui vei nei tam ber pawl kan ni chho hi a in hmeh lo hle a ni.

Kan veng chhungah pawh zirtawpni atang khan kan Community Covid Care Centre(4C) pawh Pathian zarah positive kan awm tawh lova, a vanneih thlak tak zet a ni. Chutih rualin kan inthlahdah phah emaw, kan inthlahdul phah a nih chuan a hma aia nasa hian kan buai ang tih a hlauhawm hle a ni. Chu mi pumpelh tur chuan mitin inthlahdah lova kan fimkhur reng a ngai a ni.

Hei vang hian kan hotute pawhin hripui kan do dan leh enkawl dan hi ngaihtuahna thar neih a hun hle in a lang a, mithiamte rawnin ruahmanna thar fel tak siam a hun ta hle mai. Midang hi chu an rel sa kalpui turin tangrual hle thung ila.

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Environment & Sanitation Sub Committee(SYMA)
 Kan hma lawka Faina Hapta lo thleng tur thlir chungin Sanitation Sub-Committee chuan Sub Hqrt YMA hnuaia Branch tinte faina kawnga theih ang tawka hma la turin kan inngen a. Hripui karah hmalak harsa deuh Branch huam chhung theuah a remchan dan ang zelin, kan tarlan kawng hrang hrang hman hian hmalakna kalpui turin kan inngen tak meuh a ni.

- 1) Faina leh thianghlimna chungchang zirtirna FLS hmangin mipuiah puanzar.
- 2) Vengchhung vawn fai kawngah theih anga hmalak nise.
- 3) Side drain/ Culvert te fai taka enkawl thin nise .
- 4) Midang tana hnawksak a insakna bungrua, lirthei leh hmanrua dah lo tura inhriattir thin ni se.
- 5) Midang tana harsatna thlen lo tura tuichhe paihna siam thin tura inhriattir fo nise.
- 6) Midang tana rimchia leh hnawksak zawnga vawk in , Ar in siam lotura inhriattir fo ni se.
- 7) Bawlhhlawh reng reng a paihna hmunah chauh paih tura inzirtir fo nise.
- 8) Kawng kama bawlhhlawh paih thin te zawn chhuah a, a hmunah chauh paih tura hriattir nise.

CYMA hmalakna
Technical Adviser to CM Er. K. Lalsawmvela office ah E-in-C MPWD, Exevutive Director NHIDCL leh Central YMA hruaitute inkawm.

Mimkut thla ni 23, 2021 (Ningani) chhun dar 12 khan Technical Adviser to CM office ah inkawmhona hun tha tak hman a ni. Mizoram chhunga kawng siam mek chungchang sawiho niin hnathawh mekte a hun taka zawh anih theih nan harsatna awm thinah YMA te tawiawmna leh puihna mamawh anih thu tarlan a ni.

Mizoram chhunga kawng siam mekte tha, tlo leh rintlaka siam anih ngei theihnan thawktute tanla tura kan duh thu thlen a ni.

Sib headquarters/Group/ Branch YMA ten kawngsiam chungchanga harsatna hrang hrang-duhthusamlo, hna tha lo leh hmanrua tha lo hman anih thin chungchang pawh sawilan a ni. Kan thu thlente hi lo enzui nghal an tum thu dawn a ni.

Mipuiten kan chanvo kawngtha kan neih ngei theihnan YMA chuan hma a la zel dawn a ni.""YMA vul zel rawh se.

CYMA GEN SECRETARY KAMCHHUAK
 Chibai u le..vawiin hun tluangtaka hman turin duhsakna ka hlan a che u.

- 1) Hripui lengin min la kiansan hlei thei lo, a nasa tulh tulh emaw tihtur in Mimkut thla ni 1-22, 2021 chhung ngawt pawhin nitin hrikai thar kan neih hi 1000 chuang a ni ta reng mai. India hmarchhak bikah phei chuan kan No.1 chiang ta hle mai. Pathian zarah nunna chan erawh kan hniam rih thung e. Tawngtaia Pathian lan auh nasat a tul hle mai, hetih rual hian Covid Appropriate Behaviour (CAB) zawm kawngah tan kan lak a tul tak zet e. Kan thawk viau tawh chung pawhin kut kuang kuah ngawt thei erawh chu kan ni si lo. Tan ila thar zel ang u.
- 2) Mipui zirtirna kawngah YMA in kan hmanraw neih tangkai tak Vantlang Tlangauna hman tangkaia kan inzirtir thar leh a tul hle mai.
- 3) Hmabak tihtur awmte chawlhsan mai a remchanglo fo mai. YMA in a kan tihtur tul tam tak te, Chhungkua leh mimal tulte fimkhur taka kan kalpui thiamin, inzirtir thar zel ang u.
- 4) Tlang leh mual hrang hranga awm YMA Memberte hrileng lakah lo him zelin, hrikai palh kan awm anih pawha chiailo a huaisen taka hmachhawn hi a MIZO a, a KRISTIAN bawka ni.

TANPUI NGAITE TANPUTU LO NI ZEL ANG CHE U.
 YMA VUL ZEL RAWH SE.

Prof. Lalnuntluanga,
 General Secretary
 Central YMAMimkut

Thu ziaik Huang

- Rev. Chuauṭhuama
October 19, 2019

Zirna uar kum (2019-2021) (Chhunzawmna)

Ṭawng hi hnam nun (*culture*) kengtu ber pakhat a ni a; hnam zia chhawm nun zêl kan duh chuan mahni pianpui ṭawng ngeia zirna bul ṭan a ṭha a; mahni pianpui ṭawng thiam chian a pawimawh hle a ni. Mahni pianpui ṭawng ni lo, hnam dang ṭawnga lehkha zir a nih chuan, naupangin a zirna aṭanga a thil hriat kha a ni tin nunah a suih zawm thiam táwk lo ṭhin. Chuvàng chuan mahni pianpui ṭawng ngeia zirna bul ṭana kan ngaihtuahna kan sèn thiam hi a pawimawh. Tûna kan ram zirna kalpui dân erawh chu sâp ṭawngin bul kan ṭan a; Mizo ṭawng chu a ‘ve’ ang lekin kan zir thung a. Hetianga kalpui loin Mizo ṭawngin zirna bul ṭan ila, *English* chu zir ve tho záwk tùr a ni.

National Curriculum Framework (2005) chuan, “Ṭawng hi thil kan hriat thiamna hmanrua ber a ni a; chuvàng chuan mi malin thil a ngaihtuah dân leh a nunphung hi a ṭawng hman nèn a inkawp ṭlat a ni. Dik tak chuan ṭawng leh mi mal zia hi a inkawp ṭlat avàngin naupang zirtîrna kawnga a pianpui ṭawng hnâwlsak chu a mi mal nun hnâwlsakna a ṭling a ni. In lama a ṭawng hman ngei hmangin *school*-ah zirtîrna pêk tùr a ni. Hei hi pâwl sâng lamah a theih loh pawhin Primary School-ah chuan in lama a ṭawng hman ngeia zirna kalpui tùr a ni. In lama naupang ṭawng hman hi kan pawisain kan zah tùr a ni,” a ti.

‘Zirna Uar Kum’ kan puang a nih chuan mahni pianpui ṭawnga zirna hi i uar thar leh ang u. Tûnlai ṭhangtharten Mizo ṭawng an thiam lo mai ni loin an hmang duhdah lutuk a; *social media*-a nula leh ṭlangvâl thu ziah tam tak phei hi chu Miizo ṭawng tih chhiatna a ni ringawt. Hawrawp kim mang loin thu an ziaik a; ngaihruat pawhin lunglèn a hril pha lo! Hetianga kan ṭawng hi kan sawisak chingpen zêl chuan ṭawng ral mai tùr zîngah tel lo rual a ni lo ang.

Mizoram sawrkar pawh hian kan pianpui ṭawng hman dik hi ngai pawimawh sela, *elementary education* chungchânga a tih sual tawh pawh hi sût leh ngam sela. Mizo ṭawng humhalh nân *Mizo Language Development Board* din tawh bawk sela. *Indian Constitution Eighth Schedule*-ah Mizo ṭawng telh a nih theih nân *Central* sawrkar lamah pawh chak takin nawr vat sela. Tûnah hian *Eighth Schedule*-a telh dîl ṭawng hrang 44 a awm mêk a; Mizo ṭawng hi 31-naah a awm ve ràn a ni. YMA pawh hian *Eighth Schedule*-a Mizo ṭawng a tel theih nân âw chhuah ve bawk rawh se.

Thufingte

- * I kalkawngah harsatna a awm a nih chuan i tum ram ni lovin i panna kawng thlâk ang che.
- * I tih loh tawp tur thil chu a tuka tihah khêk zel rawh.
- * Intluktlanna thurin ṭhat lohna ber chu kan aia chungnung zawkte a hman kan duhna hi a ni. – Henry Baque.
- * Indo tireh tura indona chu silai hmanga indo a ni tawh lovang.
- * Inṭhianna dik chu thil ṭo ṭhang muang tak chu a ni. – George Washington.
- * Intluktlanna hi mi tin chanvo, leilung an rawn rah aṭanga an neih chu a ni a; chutiang bawkin lei hnuaia dah an nih pawhin an la chhawm zel a ni. – Endos.
- * Inneihna rethei emaw invuina hausa emaw a awm lo a ni. – Spanish Thufing.
- * Intluktlanna tak tak chu thlanmualah a ni a awm ni.
- * I thiltih theihzia khawvel hrilh lovin entir zâwk rawh.
- * I duh zawng tak chu ti la, rah a chhuah dawn tih hria ang che.
- * I thil hriat loh chu hre lo ngam la, zahna i pumpelth fo ang.
- * Inremsiam tawwna tel lova thiltih hlawhtlin chu tlem tê a ni.
- * I thiltih tê ber berah pawh i thilung, rilru leh ngaihtuahna, finna pe la, chu chu hlawhtlinna thurûk a ni. – Swami Sivananda.
- * I hriselna a ṭhat loh chuan sawi sawi suh.

Naupang Huang

- C. Lalnunchanga

Taitesena (Chhunzawmna)

Taitesena chuan zu chu a in duh lo va, zawlbuka chhuk leh nghâl mai a tum a. Mahse, an lalpa chuan a chelh luih ṭlat avàngin zufang chu an inpui thei ta hrâm a. Zawlbuka a zuk chhuk leh chuan a ṭhiante chuan, “Khawiah nge i kal?” an lo ti a. Ani chuan, “Lal inah ka kal bik lo, a ṭûl vak lo a ni ang,” a ti mai a.

A tuk zingah lal chuan ṭlangau a ko va, “Serhmun zathum khaw ṭlangvalah Taitesena’n lal a hmangaih ber a, a ṭlawmngai ber bawk,’ tiin vêng tinah au kual rawh,” tiin a tir a. Taitesena’n ṭlangau a lo hriat chuan, “Chuti khera au loh chu a va ṭha zâwk em. Tun hnua h thil dang a lo la thleng leh ang a, tlin loh thleng thlenga tih a awl âwm mang e,” a ti a, pawl a ti hle a. A pa pawhin, “Fapa ka nei ta lo a nih hi,” a ti hial a ni.

Eirawng bâwl te, tui chawi leh thing phurhte hi hmeichhe hna bika ngaih a ni a, hmeichhe awm lohna inte a nih ngawt loh chuan ṭlangvâlin heti ang chi hna hi thawh an tum ngai lo va. Taitesena erawh chuan, “Parawl pawhin mahniin chaw an inchhum a, tui an chawi a, keini pawhin engati nge kan tih loh bik ang?” a ti a, hmeichhe hnaa an ngaih zawng zawng pawh hreh miah lovin a thawk bawrh bawrh peih vek a.

Ten chhiat lohvah pawh Taitesena hi tu mahin an ṭluk lo va, buhfaia buhhum leh sazu êk tel pawh puar khawpin a ei thei zêl a. An ramchhuahnaah rêng rêng bar thum aia tam chaw a bar ngai lo va. Tin, chaw bêl sil hi a tih tûrah a ngai hmiah a. Valupate chuan Taitesena’n bar thum aia tam chaw a bar ngai lo tih chu an hre ta a. Bêl ruak a sil paha a eiah tiin chaw khawrh zawh loh an ching ta a. A nu pawhin an ramchhuahnaah Taitesena’n chaw kaw puar a ei ngai lo tih a hria a, an ramchhuak an lo haw ṭlai chuan chaw a lo chhum ṭeuh ṭhin.

Taitesena hi intihsiakna leh khaw chhûnga infiamna ang chi, inbuan, lung den, insuk nawr leh insuk herhahte hian a tel ve ngai lo va. Mipa inelna tur hmun chu, “Ramhnuaiah,” a ti a ni. A hming chu ram dung leh vâng, Mizo khua tawh phawtah chuan a thang chhuak a. Hetih lai hian sipaia ṭang Mizo pakhat Chalruanga a awm a. Mizorama insual huai ber, inmal beihah chuan Mizo leh Vài tu mahin an ngam loh tia an sawi a ni a. Taitesena hming a hriat chuan a helh em em a, velh tumin a kal ta a. Zu hmunah an intawng ta ngei a. Chalruanga chuan, “Nang hi maw Taitesena an tih chu? Kei hi Mizo leh Vài ngam loh nei lo, mi huaisen ka ni a. Mi cho ve a nih chuan ti rawh insual teh ang,” tiin a cho lui ṭlat mai a.

Taitesena chuan, “E...kei chu ka huaisen ve awzawng lo, tu mah ka ngam lo. Mite’n zah an ngaih avàngin hmingṭhatna ka hlawh ve mai mai a ni,” a tih pawhin Chalruanga chuan, “Hei leh chen vel tur chein ka lo kal a, khawi nge ka han bêng reng reng teh ang che,” a ti lui ṭlat a. Taitesena thin chuan a tuar ta bik lo va, “Chutia mi tih luih ṭlat i tum a nih chuan inbên mai mai te chu patling leh patling tân chuan a ho tham em mai, hmeichhe tih âwm lek alâwm,” a ti a. (Chhunzawm zel tur)

Mi aia chungnun duhna hi a ṭha e; mahse, hmansual erawh chuan tlakchhiatna a ni thung.

Dan leh Hrai

Naupang chung a dan bawhchhiatna leh a hremna 30

HL Rinawma

Chipchiar tak leh fiah kelhkawl a zia sen a ni lova, tawifel deuh zawngin kaitawi mai ila.

1. Naupang dan kalha che emaw Naupang a bika enkawl ngai te hming, *address*, thlalak, adt. thuneitu phalna la hmasa lova thehdarh. **Hremna** : Thla 6 tan emaw ₹ 1,00,000 chaw emaw a pahnihin (*sec 74(3) of JJ Act – 2015*)
2. Naupang laka nunrawnna chi hrang hrang. **Hremna** : Kum 3 tan emaw ₹ 1,00,000 chaw emaw a pahnihin (*sec 75 of JJ Act – 2015*)
3. Vohbik naupang chung a thil sual tih. **Hremna** : A sual hremna let a hrem (*sec 85 of JJ Act – 2015*)
4. Naupang chungah emaw naupang thil sual ti tura fuihpawrh. **Hremna** : Fuih a nih avanga a thilsual tih hremna ang a hrem (*sec 87 of JJ Act – 2015*)
5. Naupang nghaisak avanga nunna atana hlauhawm, rilru harsatna siamsak, kut ke hman that theih loh phah. **Hremna** : Kum 10 tan bakah ₹ 5,00,000 chaw (*sec 75 of JJ Act – 2015*)
6. Naupang kutdawh tura chhawr. **Hremna** : Kum 5 tan leh ₹ 1,00,000 chaw (*sec 76 of JJ Act – 2015*)
7. Naupang kutdawh tir duh vanga taksa emaw rilru tihchhiatsak. **Hremna** : Kum 7-10 hrehawm taka tan bakah ₹ 1,00,000 chaw (*sec 76 of JJ Act – 2015*)
8. Naupang hnena Zu, vaihlo atanga siam, ruihhlo pek **Hremna** : Kum 7 tan bakah ₹ 1,00,000 chaw (*sec 77 of JJ Act – 2015*)
9. Ruihlo, adt. tawlh ruk duh vanga naupang hmang sual **Hremna** : Kum 7 tan bakah ₹ 1,00,000 chaw (*sec 78 of JJ Act – 2015*)
10. Naupang sum zawng tura tihluh a, hlawkna tel **Hremna** : Kum 5 tan bakah ₹ 1,00,000 chaw (*sec 79 of JJ Act – 2015*)
11. Pawl emaw mimal emaw *adoption* dan zawh lova naupang pechhuak ringawt. **Hremna** : Kum 3 tan emaw ₹ 1,00,000 chaw emaw a pahnihin (*sec 80 of JJ Act – 2015*)
12. Naupang hralh leh lei. **Hremna** : Kum 5 hrehawm taka tan bakah ₹ 1,00,000 chaw (*sec 81 of JJ Act – 2015*)
13. Naupang uchuak taka naupang hrem (*Corporal punishment*). **Hremna** : Vawikhatnaah ₹ 10,000 chaw, tih nawn chuan thla 3 tan leh pawisa chaw. (*sec 82(1) of JJ Act – 2015*)
14. Naupang uchuak taka hrem (*Corporal punishment*) thlen a thawhpui ten *report* lova zep pui. **Hremna** : Kum 3 aia tlemlo tan bakah ₹ 1,00,000 chaw (Hei hi *institution/management* hotu berin a tuar ang) (*sec 82(3) of JJ Act – 2015*)
15. Naupang sipai (hel leh firfiak) pawl zawm tura la/puitu. **Hremna** : Kum 7 hrehawm taka tan bakah ₹ 5,00,000 chaw (*sec 83(1) of JJ Act – 2015*)
16. Puitling zinga sual rawngbawl (*gang*) tura telh. **Hremna** : Kum 7 tan bakah ₹ 5,00,000 chaw (*sec 83(2) of JJ Act – 2015*)
17. Naupang himna hmuna thawk ten naupang chung a nunrawnna an tihin. **Hremna** : Kum 5 hrehawm taka tan bakah ₹ 5,00,000 (*sec 75 of JJ Act – 2015*)
18. Naupang himna (*Home, Hospital*, adt.) a thawk in naupang a hralh emaw lei. **Hremna** : Kum 3 – 7 hrehawm taka tan (*sec 81 of JJ Act – 2015*)
19. Naupang serh, ka, zunkawng, mawngkuaah a zang, taksa peng dang engpawh thun emaw fawhsak. **Hremna** : Kum 7 – damchhung thleng pawhsei theih tan bakah pawisa chaw (*sec 4 of POCSO Act – 2012*)
20. Naupang himna hmuna a thawk – *Police, armed forces*, sorkar hnathawk, *Jail* leh *home* a thawk, *hospital*, zirna in, sakhaw rawngbawl tu, adt. an tih (*penetrate*). **Hremna** : Kum 10 aia tlemlo hrehawm taka tan bakah pawisa chaw (*sec 6 of POCSO Act – 2012*)

(Chhunzawm tur)

Hriselna Huang

Nu hnute tui leh damdawi

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Nausen tana chaw tha ber chu a nu hnute a ni tih kan hre theuh awm e. Nu hrisel tak hnute hian naute thla ruk a tlin thlenga chakna leh chaw tha a mamawh ang chu a pai kim vek a, khawvela hriselna leh naupang lama hma latuleh ngaihtuatu pawl lian ber *World Health Organisation (WHO)* leh *United Nations Children's Fund (UNICEF)* pawhin hemi hun chung hian naute chu a nu hnute chauha chawm ni ngei se a ti a ni. Thlabi kim thlapa piang, nu hnute tui tha taka hne thin bawk naupang chu natna chi hrang hrang lakah an taksa raldo khawl (*Immunity*) a chak bik a, natna an kai har bik thin.

Tin, naupan lai atanga zunthlum/pianpui zunthlum (*Juvenile Diabetes, Type-I Diabetes*, zunthlum tam ber hi chu *type-II Diabetes* a ni) hnathawh a lang chhuak har bik a, *Asthma* leh *Allergy* lakah an paukhawh bik bawk. Hei mai hi a ni lo, mithiamte zirna atangin nausen laia nu hnute tui hne tha chuan an puitlin hunah pawh BP sang leh thau chhia an nei tlem thin tih hriat a ni bawk. Nu, a fa hnena hnute tui pe tha chuan hnute *cancer* an vei theihna a hniam bawk a, nau pai leh turin an taksa a insiam tha hma bawk. Naute tan nu hnute tui hnek that a pawimawhzia mi tam zawkin kan lo hriat theihna turin *World Alliance for Breastfeeding Action (WABA)* chuan *WHO/UNICEF* leh pawl dangte nen tangkawpin *August* apiangah karkhat chung khawvel pumah *World Breastfeeding Week* (Naute hnena Nu Hnutetui Pek Hapta) atan a hmang hial a. Mipuite tan a tangkai beiseiin damdawi leh hnutetui chungchang hi i han tarlang ve teh ang.

Nu hrisel tak chuan hnutetui a nei tha a, a fa chuan a mamawh ang hnute tui a hmu thin. Hei hian naute chu naute hrisel leh than tha tak a lo nihtir thin a ni; mahse, khawvel pianken zinga mi chu tu pawh hi hrisel lo thei, natna kai thei leh bawrhsawmna chi hrang hrangin a tlakbuak theih kan ni vek mai hi a ni a. Chumi zingah chuan nute hi an bang bik hauh lo; rai lai leh naute neih tawh hnuah pawh an taksaah harsatna an tawk ve thei a, damdawi ei ngaiin an awm phah thei. Hnute tui tangkaizia leh hlutzia kan hriat rual hian, naute hnute tui pe mek nu tan damdawi ei chungchangah fimkhur a ngai ve em em bawk a. A chhan chu damdawi, chaw leh chaw tha siam sa (*Nutrient supplement*) leh thil dang a ei zawng zawng deuhthaw kha a fa-in a hnek mek a hnute tuih khan a kal tel ve theih vang a ni. Chu chuan a nauteah nghawng a nei thei thin a, a tha lam zawng a nghawng a neih theihna turin nau hnute tui pe laite chu ei leh inah pawh induat a pawimawh viau thin a nih hi. Chutiang chiah chuan damdawi leh a kaih hnawh nghawng duhawm lo (*adverse effect*) laka naute a him theih nan fimkhur takin nuin damdawi a ei erawh a ngai ve thung bawk.

Kan sawi tawh angin nuin damdawi a ei zawng zawng deuhthaw hi tlem te tein a hnute tuih a tel thei a. Nu damdawi ei avanga nautea nghawng tha lo (*adverse effect*) thleng ta hi chu a tam lo khawp mai; mahse, hei hi chu a damdawi azir leh a ei hun, hnute tui a pek hun leh a *dose* ei zat, hnute tui a damdawi kal zat leh nu taksain damdawi a lo sawngbawl dan (*pharmacokinetics*) azirin a danglam thei viau thung. Miin damdawi kan ei reng reng hian kan pumpui leh rilte atangin thisen zamah a lut a, chuta tang chuan damdawi chu thinah kalin, thin in a tul anga a lo sawngbawl hnuah lungah a kal leh a, lung atang hian taksa peng hrang hrangah a kal ta thin a ni. Damdawiin hna a thawh tur ang a thawh zawh hnuah zunah, ekah, thawh leh thlan kaltlang te in taksa atanga paih chhuah a lo ni ta thin a. Hemi chungchang hi sawi thui tur a tam khawp mai a (hnute tui a damdawi a tel dan a nghawng avangin); mahse, ti hian duh tawk mai ila.

(Chhunzawm tur)