

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: 28°C Min: 22°C Dar 4:31-ah ni a chhuak ang a, Tlai Dar 6:02-ah a tla leh ang.

6<sup>th</sup> June, 2021 (Pathianni)

**Tunkar chang vawn**: Galatia 6:7 "Bumin awm suh u; Pathian chu hmuhsit zia a ni lo ve; miin a theih apiang , chumi vek chu a seng bawk dawn si a;".

Vol - VII

Issue No. - 23

# TUALCHHUNG CHANCHIN

- Sub Hgrs. Executive Committee in a passed Sub Committee OB hrang hrang a ruat zingah kan veng YMA Branch hruaitu ațangin Pu H.D Daniel-a, President chu <u>Building & Property</u> <u>Sub Committee</u>, <u>Vice Chairman</u> atan ruat a ni. Tin Pu Lalremsiama Varte, Secretary chu Ruihhlodo Sub Committee, <u>Chairman</u> atan ruat a ni bawk.
- Kan Branch Financial Secretary Pu Rotlingpuia pawh a pum tluang taka zai a nih hnuah, Dt. 1/6/2021(thawhlehni) khan inlam lo thleng leh tawhin, tunah hian mahni inlumah an inenkawl meka thatlam a pan zel nia thu dawn a ni.
- Pu Aldrin Lalrinfela, Khuangchera Section chu pumpui ulcer-in hun engemaw chen a tlakbuak hnuah, kal a lungte awm leh natna dangin a tlakbuak leh vangin 5/6/2021 (Inrinni) khan Trinity Hospital, Aizawlah admit nia thu dawn a ni. Veng mipui ten damtaka an lo chhuah theih nan i ṭawngṭai pui theuh ang u.

#### **KHUANGPUILAM VLTF** HRIATTIRNA

Positive 1st Contact -Heng ahnuai ami te hi Tv Alan Lalsawmzela, Vengthar 1st Contact an ni a, an chhungkua in HOME QUARANTINE nghal an ni e. An vai hian Chawngbawla Sec-

- 1. Tv. Bobby C. Lalrindika C/o Pu Chawngsailova
- 2. Tv Vanlalhriata s/o Pu Malsawmtluanga

**VLTF** 

3. Tv. Lalsangpuia (Sangpuia) s/o Pu Robert Zothansanga Khuangpuilam

# BRANCH OFFICE BEARER LEH SECTION HRUAITUTE **MEETING NEIH A NI**

Khuangpuilam Dated 6th June, 2021 : Dt. 4/6/2021 (Zirtawp zan) dar 7: pm khan Branch OB leh Section hruaitute Joint meeting pawimawhtak BNR Hall ah neih a ni a. Secreary leh Finance Report pek bakah Sub Committee-te aṭangin report ngaihthlak a ni bawk. Thurel tlangpui chu heng te hi an ni.

- I. Kumin YMA Day chu covid 19 avanga hman theih anih dawn loh avangin hetiang hian ruahmanna siam a ni.
- a) YMA Day zing dar 7:30am hian FLS Station ah Flag pawh parh tur a ni a, hetah hian Branch OB. BEC leh Section OB te kim taka kal tur a ni.

Hruaitu: Pu S. Lalthangliana Vice President

Hunserh: Pu VL. Chhara Val upa

- Nikir thla -

Thusawi leh Flag pawh parh: Pu HD. Daniela President. Mizo incheina nei chuan inbel nise.

**b)** Day pual in tanpuina hengah te hian pek nise -

i.TNT leh ASC Home ah a kind in

ii.VLTF Kpl ah Rs 1000/-

- c) YMA Day pual in Article in ziah siak, a duh apiang tan Kumpuan thupui hawiin neih nise, mawhphur turin Kumpuan Sub Committee ruat a ni. YMA Day pual bawkin Photo Competition a duh apiang tan neih ni bawk se. Kan veng chhung thil ngei lak tur a ni, a endik turin ZOOM Kolasibte beisei leh nise. Mawhphurtu ah Pu David Lalrosanga ruat a ni. Heng competition ah te hian lawmman 1 - 3na te hnenah Certificate pek nise tih a ni.
- II. SHYMA sub committee member a tel turin kan branch atangin heng mite hi ruat chhuah an ni.
- 1. Kumpuan :- Pu Malsawmtluanga
- 2. Cultural :- Pu David Lalrosanga
- III. Dt. 5.6.2021 (inrinni) zan ah Kuang Design hnatlang neih tur a ni a, Pu Lalchuailova Workshop ah zan dar 7:00pm ah kim nise tih
- IV. Pem lehkha leh Testimonial chhungkaw pahnih hnen atanga dawn a ni a, Vanapa section a khawsa an ni.

# **Branch sum Finance Report**

# General fund

-Rs. 4,746/-Opening Balance -Rs. 31,865/-Income Total income -Rs 36,611/-

**Expenditure** 

FLS account a transfer -Rs 8,000/-Tlangau hlawh FLS account a transfer -Rs 16,400/-FLS hnatlang -Rs 125/-Cutter Blade & welding rod -Rs 600/-Mike Stand -Rs 280/-Total expenditure -Rs. 25,405/-Cash Balance -Rs 11,206/-

Chhiatni fund

Opening Balance -Rs 27,779/--Rs 98,700/-Income Total income -Rs. 1,26,470/-

Total expenditure -Rs. 19,600/-

Hmanna te Report hi Issue leh Thlanlai thingpui, Cement leina, Duroturf, Bricks ah chhuah a ni -Rs. 1,06,879/- ang. Cash Balance

FLS leh Daifim

YMA chu ṭanpui ngaite ṭanpuitu a ni. – YMA Kumpuan : Zirna uar

President

Pu HD Daniala

9863212083

Vice President

Pu S. Lalthangliana

89748 30454

#### Editorial Board:

Represent: Nl Florence Zoremsangi Editor: Pu Lalsiamkima Jt. Editor : Rícky 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.....

Hruaitu/Hotu hi pawl hrang hrang leh chhungkaw inrelbawlnaah an pawimawh em em a, Hruaitu/Hotu tha hi ram changkangte chuan an lo ngai pawimawh hle a lo ni.

Kan khawtlang inrelbawlna atana tangkai turin pawl hrang hrang kan ding a, Kohhran, YMA ah leh Upa pawl thleng in kan nei a ni. Heng kan pawlah te hian hraitu/hotu tha kan neih a pawimawh hle. Hruaitu/ Hotu kan neihte pawh hian kan mawhphurhna hi kan hlen chhuah ngei a pawimawh takzet a ni. Kan pi leh pute hunlaia an hruaitu te kha khawtlang inrelbawlna ah an lo thawhhlawk takzet a ni.

Hruaitu/Hotu kan nih chuan kawng engkimah hma hruaitu leh hnung daltu kan nih a ngai a, hnathawh leh thil tih nikhuaah kan memberte thawh tur leh tih tura dah lovin, hnathawh hunah kan thawk anga, sawi khawm a ngaih chuan sawikhawmna hunah hmunah kan sawi khawm tur a

Hruaitu/Hotu kan nih chuan miin kan thil tih leh kan nundan an chik a, min sawi duh bawk ang tih hi kan hriat reng a kan inven apawimawh. Hruaitu/ Hotu tha chu miin an sawiselin a haw lova, insiam thatnan leh inen letnan an hmang thin. Mi tlinlohna lai sawi ching leh rel ching kan nih chuan bansan vat a tha hle ang. Min sawiseltu leh ti thinrimtu apiang khin let hian keimahni kan in taite zel tih hriat reng a pawimawh takzet a ni.

# **Branch YMA Office Bearer**

Secretary Pu Lalremsiama Varte 9862327112

**Assistant Secretary** Nl. Florence Zoremsangi 9612761781

Treasurer Pu David lalrosanga 9436158962

Financial Secretary Pu Rotlingpuia 9862385193

1	Khuangpuilam veng chhunga kum 2020-2021 a HSLC Passed tharte:-			
$\prec$		Hming	Pa/Nu hming	Division
´	1.	V. Vanlalhruaii	d/o V. Lalfakzuala	1st
		Chawngbawla Section		
	2.	R. Lalruatpuia	s/o R. Lalhruaikima	2nd
		Chawngbawla Section		
	3.	Jonathan Lalremruata	s/o Laltlankima,	2nd
		Chawngbawla Section.		
ſ	4.	T. Lalrinzovi	d/o H. L Lama,	1st, L in Mizo,
		Khuangchera Section.		
	5.	Lallawmkima	c/o V. L Chhara	1st, L in Sc.
		Vanapa Section.		
ľ	6.	Melody Lalmuanawmi	d/o Lalthanzawna,	2nd
		Khuangchera Section.		
	7.	Arsula Lalrinpuii	d/o C Lalmuankima,	1st
		Chawngbawla Section		
J	8.	Lalrinawmi	d/o Lalzuimawia	2nd
-		Chawngbawla Section		
, [	9.	Mimi Lalrintluangi	d/o C Lalramthanga,	1st
ı		Vanapa Section		
i	10.	Sangrema	s/o Lalkhawgina	2nd
		Vanapa Section.		
1	11.	Lalruatfela	s/o B Zoramsanga,	3rd
J		Vanapa Section.		
1	12.	Jenny Nianghawihchingi	d/o PL Khuma	3rd
i		Vanapa Section.1		
1	13.	Lalremruata	s/o Lalmuankima	1st, L in Engish
1		Chawngbawla Section.		
1	14.	Lalhriatpuii	d/o Lalhmachhuana	2nd
-		Khuangchera Section.		
i	15.	Ngurnunhlui	d/o Ngurduhzuala	Distinction, L in
i		Chawngbawla Section.		Eng, Mz, SS, Sc, M,
1	16.	V.L Remruati	d/o F.Lalramnghaka(L)	2nd
)		Khuangchera Section		
	17.	Lalrinzeli	c/o Lalrintluangi,	3rd
1		Khuangchera Section		
1	18.	Lalthanzami	d/o Jerusalem-i,	2nd
1		Khuangchera Section.		
1	19.	Lalnunmawii	d/o Jerusalem-i,	3rd
1		Khuangchera Section		
'	20.	Malsawmsangi	d/o Malsawmkima,	2nd
<u>'</u>		Khuangchera Section.		
1 1	21.	Lalruatkimi	d/o Lalremruata	1st
•		Chawngbawla Section		

A lawmawm hle mai, chhinchhiah theih chinah Zirlai 21 lai mai Khuangpuilam veng chhungah Matric Passed thar kan nei a, an kal lehna zel turah duhsakna kan hlan e. Tun tuma hlawhtlinglo kan lo awm palh a nih pawhin beidawng lova, kumtharah chuan tha thara tan la sauh sauh turin kan rilru i siam ang u. Lo tih hmaih palh awm thei a ni a, kan hriat ang ang te Phone No. 9612691291/98620 94257-ah inhriattir thei nise a lawm awm hle ang.

#### **LAWMTHUSAWINA**

Dt 5.6.2021(Inrinni) zan dar 7:00pm khan Pu Lalchuailova, Leader Vanapa Section Workshop ah kuang design hnatlang neih a ni a. Branch OB leh Section OB te thawh chhuah tur tih niin, kan thawk chhuak tha a, tlawmngaia thawk chhuak te chungah kan lawm tak meuh a ni.

Secretary

Khuangpuilam, Y.M.A

(Thu ziak Huang)

- C.Zomuana Pa, Vengnuam

# Siamthatna Chhungkua Atangin...

Thil reng reng chu mawhphurhna nei ve nia inhriatna hian nun a tihlim a, neitu chan a chantir a, taihmakna bul pawh a ni. Tih tak takna nun min pe a, hlawhtlinna bul a ni. Mawhphurhna nei ve nia inhriatna chuan mi a tihuaisen a, mi puitling nihna leh finna leh remhriatna min pe bawk. Chuvangin tun dinhmuna i mawhphurhna kha eng nge ni le? Chhungkaw pa ber i nih chuan chhungkaw awp lum hna chu i tih tur hmasa ber a ni phawt mai. Zu hmun atang leh thenawmte in atang chuan chhungkaw nun chu siamthat a har hle ang. Chanchin tha hril tih avanga nupui fanaute ngaihsak hmanlo leh enkawl hmanlo khawpa kan buai a nih chuan i in chhung khur atanga rah tha rawn chhuak lawh tur a vang hle bawk ang. Tehkhinna thawnthu an sawi fo thin te pawh hriat chhuahtir uai uai mai. Rawngbawltu hmingthang tak mai a ni a, a nupui fanaute ngaihsak hman lo khawpa ram thim lam vei mi a ni bawk. Ṭum khat chu ram thim lam nawr eng tura a kal chhuak chu a nupui hnen atangin lehkha thawn a dawng ta tlat mai. Eng dang a ni lo, 'I in chhung ram thim tak hi rawn nawr eng hmasa phawt la; tichuan, thenawm ram thim pawh i nawr eng thei ang...' tih hi a ni. A dik viau mai le, mahni in chhung ram thim tihen hmasak hi chhungkaw pa ber kan nih chuan kan tih mak mawh a ni chiang. Chuti ni lo va, mahni in chhung thim tak pawh tieng hmanlo khawpa thenawm ram thim kan vei ve ringawt a nih chuan chhungkua chuan tlakranna bak hmachhawn tur a nei tawh lo tihna a ni. Ram thim vei hi kan sawisel miah lo, ringtu Pathian tihtu kan nih tak tak chuan ram thim vei hi kan tih tur leh Lalpa rawng kan bawl theihna a ni na rawh e; amaherawhchu, mahni in chhung ram thim tak kal kana thenawm ram thim kan vei thin hian kohhran, khawtlang, ram leh hnamah nghawng tha lo a chhuah ta thin a ni.

Tichuan, chhungkaw nu ber tan pawh pasalte ngaihsak leh fate enkawl leh nunkawng tha zirtir thin hi a hna chu a ni. Nu nih chu a awl a, nutling nih erawh chu thil har tak a ni thung. Thenawm khawvengte sawisel leh rel zut zut chung chuan nu tha leh nu tling nih chu a har hle ang le. Nute dinhmun han sawi dawn hi chuan lal ropui tak Napoleon-a kha rawih a ngai leh thin. 'Ka pu, kan ram hian engnge a mamawh ber?' tiin a hoten an zawh khan "Nute" a ti a nih kha. Nute hi an va hlu tak em! Nute hlutna leh pawimawhna pawh hi a nep chuang hauh lo mai. Chuvangin fate nun kawng khalh ngil tur leh chhungkaw nun siam that hna thawk tur hian nute hi a kila lung pawimawh leh ṭangkai ber te zinga mi an ni ve tlat.

Chhungkuaa fate mawhphurhna pawh hi a dang leh a, chhungkuaa faten an tih theih atana ṭha leh sang ber mai chu Lalpa ṭih chunga nu leh pate thu awih/zah hi a ni. Nu leh pate hi kan lei pathian an ni si a, an thu thuin kan awm tur a ni bawk. Kan Bible-in min kawhhmuh angin nu leh pate thu awih hi malsawm dawnna a nih rual rualin dam reina pawh a keng tel nghal bawk a ni (Eph. 6:3; Thuf. 6:20). Tunlai kan ṭhalaite zingah sum zawnga nu leh pate chawm thei kan awm ta nuk a, a lawmawm. Chutih rual rual chuan sum zawngtu kan nih vanga nu leh pate chunga mawi lo taka che ṭhin kan nih erawh chuan a fuh hauh lo vang. (Sum zawngtu nih vanga nu leh pate hnuaichhiah tum tlat hi an awm ṭhin.....)

Chhungkua hi lungthu angin tehkhin i la, lungthu aṭang hian a tehkhin thu i han zir dawn teh ang. Lungthu chuan ke pathum a nei tih chu kan hre ṭheuh va, a ke pathuma a din chiah hian a ṭanhmun a nghet a, a ṭanh mun a nghet mai ni lovin nasa taka rit pawh a dawl zo a ni. A ke pakhat a chhiat vaih erawh chuan a dinhmun a nghet lo va, a pel he zo va, amahin a ding zo va, engtihna atan mah a hman tlak tawh lo ang chiah hian chhungkua pawh hi kan tehkhin tak lungthu ang khian pa dinhmun a awm a, nu dinhmun a awm leh a,... (Chhunzawm tur)

(Chhunzawmna)

- L.T. Hlima

Pasaltha Vanapa

Pa Huaisen, Pa Tlawmngai leh Ralrel Thiam

Chutia Vanapa'n Ngura a han man chu an lawm hle a, hetiang hian hla an phuah a:

"Sailo lal vekah, Lalsavunga a lal ber e, Ngura'n hren thir a bun,

Zadeng hrai a riangvai e," tiin diriam hla, hmanlaia an chin pangngai phuahin Zadengho chu hla an phuah el a-

Lalsavunga'n ka hrai a rang a man, Thlohmu-ah chang ila, sangthingah ka chuan lo maw, tiin.

Zadengho chuan an lal Ngura chu ro tha ber bera an tlan a ngai ta a. Rosum tam tak leh Haizang Dar te an laksak hnuah pawh an dar tha ber Siallam Dar chu Lalsavunga chuan a phut tlat a. Ui hle mah se lal fapa tlanna tur a nih avangin an pe ta nghe nghe a, an tlan chhuak ta a ni. Ngura tlanna sum avang hian Lalsavunga chu a lo hausa ta hle a. Vanapa chungah a lawm em avangin thi leh darte chu a sem ve a, khua pawh sahtir a tum hial a. Mahse, Vanapa chuan a duh lova, "Sailo in lal chhung chuan ka thlahte thlenga in hmun lo rama lal ka duh ber e," a ti zawk a. Chuvangin Vanapa thlahte chu Sailo lal khua leh tuiah Zalen Ramhual an ni ta zel reng a ni.

Aizawla an awm lai hian Thado lal Siakzapauva chuan, "Sailo lalho ka ep dawn e," tiin Mawmrang kham karah khua a siam a, rawlralin an che thin a. Kham kara awm hmun khuar an ni a, khawih theih lovah inngaiin, "Van arsi khi tuin nge hawl thla thei ang?" tiin an zawt thin a. Hei hi Aizawl tlanga awm, Lalsavunga chuan ngaimawhin bei turin a tlangvalte chu Vanapa hovin a tir ta a. An han thawk chu an vanneih a siamin an khaw chhung luhna lei an lo pheh theihnghilh hlauh mai a, an luhkhung a. Tam tak an that a, a then chu khamah an zuang thla a. Chhuahna kawng ruk an lo neih avangin thenkhat chu an tlan chhuak bawk a ni.

Tum khat chu Hmar-ho an lo pawn phei hle avangin Lalsavunga chuan a nawr tawm turin, a pasalthaho chu Hmar lamah rammu turin a tir a. Hemi tum pawh hian Vanapa hi upa ber a nih avangin a hotu a ni a. An va lut thuk hle a, tum hnihna-ah phei chuan Manipur lal sipai nen an va inbei a, silai pakhat an hawn a, chu chu TUKULI kan tih hi a ni. Manipur ta a nih avangin a hmingah 'Manipur' an vuah nghe nghe. He hming hi kum 1910 thleng khan a la pu reng a ni.

Zadeng lal an tu-tlawm a, Thado lal Siakzapauva an hawl thlak hnu chuan Lalsavunga chu a pasalṭha leh khua leh tui tam tawk nen, kum 1828-ah Darlawng tlang a kai ta a. Mahse, a hnu rei vak lo, kum 1835-ah Lalsavunga chu hemi hmunah hian a thi a, a fapa Vanhnuailiana chuan a ai a awh a. A pa thurochhiah angin Vanhnuailiana chuan chhak nawr zel a tum ta a, Saitual kai tumin Lamzawl ram an han vat a. Mahse, Thlanrawn Pawiho an lo lang a, an tlan hawng ta a.

Vanhuailiana pasalṭhate (Chhunzawm tur)

# Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

#### **BUNG9**

#### THUBUAI AWMTHEIHNA TLANGPUI

*Chang 151 - Mi hek*: Miin mi dang thiltih emaw, thusawi emaw, awm dan emaw, thu dik innghahna nei si lova, thu neitu hnenah emaw, mi dang hnenah emaw, a pawi thei tur zawnga a va thlen hi 'Mi hek' a ni. Hetiangami hekna chu, a dil lo ngei a ni tih finfiah a nih chuan roreltuin a hrem thei.

*Chang 152 - Mi ang lo tihnawmnah*: Pianphunga rual ban lo, mi anglo tihnawmnah chu a thu a zirin chawitira hrem theih a ni.

*Chang 153 - Kang mei*: Kangmei tih hi in emaw, ram emaw, thil dang emaw, tihkan hi a ni.

- 1) In kang leh in hal: In tikangtu chu, a tihkan dan azirin hetiang hian hrem theih a ni.
  - a) Ama in a niha, tihpalh thil liau liauva tikang a nih pawhin, fimkhur loh manah roreltuin Salam a chawitir thei. Tihluih a nih erawh chuan, in dang kang kai lo mah se, roreltuin a hrem thei.
  - b) A in tihkan chu ama in a nih loh chuan, tih palh pawh ni sela, roreltuin a tuartu tel turin a chawitir thei.
  - c) Tum renga mi in emaw, mahni in emaw, hal a nih chuan a in hlut dan azirin, roreltuin a tuartu tel turin a awm tawk a chawitir thei. Tupawhin mi in hal tum sela, in chu hal ta kher lo mah se, chawitir theih tho a ni.
- 2) Ram tihkan: Ram tihkan tih hian ramhnuai chauh ni lovin, lo leh huan tihkan te pawh a huam a ni. Tupawhin chutianga a tihkan chuan, a kan dan azirin roreltuin a awm tawk a chawitir thei. Hei hian khawtlang lo hal vanga ram kang palh erawh chu a huam lo.

#### BUNG-10

# THIH THU LEH THIHNA CHUNGCHANG.

## Chang 155 - Thihna chi hrang hrang :

- 1) Awmlai (Natna avanga thi)
- 2) Sarthi (Tawhsual tawka thi)
- 3) Raicheh (Nau chunga thi)
- 4) Zachhamlak (Nat lawk awm lova thi)

A chunga sawi anga thite khawtlangin a buaipui dan Chang 30-na en rawh.

5) Hlamzuih [Nausen thla thum (ni 90) tling lova thi] Hlamzuih khawtlangin an buaipui dan Chang 31-ah en rawh.

Chang 156 - In sil: Mi tupawhin ama chhungte leh a laina ni lo, hmun danga thi, a inah la lut sela emaw, dama lo lut kha a inah thi sela, eaw, a thia chhungten in sil nan an pek chu 'In sil man' a ni. In sil man hi mitthi ruangin mi in a tihbawlhhlawh tihfaina leh rilrua thinhrikna tirehtua ngaih a ni.

Chang 157 - Thlan, Lungphun leh Lungdawh tihchhiat: Mitthi chhungten thlanah lung phunin emaw, kawtchhuahah lung dawhin emaw hriatrengna an siam thin. Hetiang thilte hi Mizo Danah serh leh roh em em a ni. 'Lungphun' tih hian mitthi hriatrengna tura lungphun emaw, lungdawh emaw, thingphun emaw a damlai lungphun emaw a huam a ni. Mi tupawhin a neitu remtihna lova lungphun a tihchhiat emaw, a sawn emaw chuan, roreltuin a awm tawk a chawitir thei.

Chu bakah a tihchhiat tak lungphun tlukin a siam ṭha leh tur a ni. Khawtlang mamawhna avanga tihchhiat a ṭul pawhin a neitute nena inbiakrem hmasak tur a ni.

Note: Hmanlai chuan, Thlanah lung an phun meuh lova, mi khawsa tei deuh chuan ran talhin, kawtchhuahah emaw, hmun langsar laiah emaw lung an dawh thin. Tunlai chuan kawtchhuahah lungdawh a awm ta meuh lova, Thlana lungphun erawh chu ngaihpawimawh a ni ta zawk.

**Chang 158 - Thla hual**: Mi tupawhin a hnuaia sawi ang thil hi a chungah a thlen a, chhungte emaw, (Chhunzawm zel tur)

## Hriselna Huang

- Nikir thla -

# Thei leh thlai damdawia hman theihte leh taksa tana a thatnate - Dr Lalmuanzovi, A.E.O.

Mizote hian thei leh thlai kan taksa mamawh zat hi kan ei meuh lo niin a lang, chaw kan tih hian buh leh bal hi a ni deuh chauh a, thei leh thlaite hi chu a behbawm ve mai maiah kan ngai thin. Ram changkang zawkah chuan taksa hriselna hi an ngaipawimawh a, ni tin ei leh inah thei leh thlai tam tawk ei ngei an tum thin a ni. Kan ramah pawh hian thei leh thlaite hi kan ei tam ve tan niin a lang.

Thei leh thlaite hian kan taksain a mamawh Vitamin leh Mineral te a pai hnem avangin natna tam tak laka inven nan an hman theih deuh vek a ni. A hmasain damdawia kan hman theih theirah chi hrang hrangte chu- Apple, Balhla, Nimbu, Ser, Serthlum, Sunhlu leh a dangte an ni.

**1. APPLE**: Apple hi Europe leh Asia r amahte hian hmanlai aṭangin an lo ching tawh a, India ramah chuan Kashmir, Kulu leh Kumaon khawthlang lamahte chin a ni ve a. Apple hi chi hrang hrang a awm a, khawvel pumah chi hrang 7,500 vel a awm nia hriat a ni. Apple thei hian Vitamin A, E leh B Complex te, Calcium, Phosphorus leh Iron te a pai tel. Apple kan eiin a pil hi ei tel ngei tur a ni, a chhan chu a pilah hian Vitamin A leh C thahnem tak a awm a ni.

Apple hian Iron a pai hnem avangin mi dawldang (Anaemia vei) tan damdawi tha tak a ni. A rah hela ei hi ek khalte tan a that laiin a rah hmin hi kawthalo tan a tha ve thung. Chi nena ei bawrh bawrh hian luna a tidam daih thei bawk. Apple thei hi lung na, thisen sang, khuhhip leh kala lungte awm, ha nget leh ruhseh nat na neite tan damdawi tha tak a ni.

- 2. BALHLA: Balhla hi India ram aṭanga lo irh chhuak nia ngaih a ni. Kumtluanin ei tur a awm reng thei a ni. A tui em em a, Prot ein, Calcium, Phosphorus, Nitrogen, Vitamin C leh B Complex te a pai bawk. Balhla hian timur a siam tharin taksa a tichak a, taksa peng hrang hrang hnathawh a pui ṭhin. TB natna te, ruh ṭha lo, thisen chak lo leh zun kawng ṭha lote tan damdawi ṭha taka ngaih a ni. Balhla hmin hi kang leh pemthar damdawiah a ṭhain hrawk leh awm hnawk neite tan leh chaw kalkawng ṭha lo tan pawh damdawia hman fo ṭhin a ni.
- 3. SER (Nimbu/Limbu): Hmanlai aṭangin Asia chhim lamah Ser hi an ching tawh ṭhin a, kum zabi 12-13 ah Europe ramah an ching ṭan a, tunah chuan ram hrang hrang Unites States, Spain, Portugal, France, West Indies, New South Wales leh India ramahte pawh an ching tawh a ni.

Limbu hian Vitamin C a pai hnem a, Ser 100 gram zelah Vitamin C 16mg a pai a ni. Hemi avang hian Vitamin C tlakchham avanga natna awm thei hahni puam leh ka lam natna veite tan damdawi tha tak a ni. Limbu tui leh khawizu inpawlh hian hritlang leh hrawk na a tidam thin. Limbu zai phela tuichhuak khawpa kephaha nawhin kephah kham erh urh a tireh thin. Limbu tui hi pum nuam lo leh kawthalo tan a tha a, hmai tihno leh tihmam nan leh sam tihtlet nan hman a ni bawk.

## I hre tawh em?

# Kan damloh hian kan taksa temperature a sang ṭhin a, engvang nge?

Chhanna: Natna hrik leh natna min thlentu kan taksain a lo do let ve thin avangin kan temperature a sang thin. Kan khua a sik pawhin kan intilum thin. Kan taksa a lum khan natna hrik, virus leh bacteria te tan a nuam lova, chet an harsat phah thin.