

The **Tahan** **POST** Estd. 2018

Vol. III No. 4 Monthly Journal

April 2021

Myanmar Ram Dinhmun

Mizorama Ráltlânte

R2P CHUNGCHANG

NGAWI TAWT RAWH

- Mafaa Hauhnar

MYANMAR-A MIZO KHUATE

- Opeey-a Khiangte

CHE GUEVARA HUN HNUHNUNG

- Familia Fanai Laltansanga

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Producer
J.ST
No. 02354 of 2018

Address
Tahan, Kalaymyo
Registration No. 01183

Printing Press
Myittarpan
Kalaymyo, Sagaing Region
Reg. No. 300/05/2019

Bu khat man Ks.500/-

Tahan Post Copy Duh Tan
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+95 9400507310

EDITORIAL

Khual Thuthang

Mi hi kan mak khawp. Hre chi-ang uk si lo hian mi aia hriat duhna leh hre bik nih duhna a leiah dawt sawi hi a awl thei a. Miin an sawi tawh chuan 'emaw' tia sawi punlun hi thilawm thei tak a ni a, kawng lehlamah mi huatthu kan sawi thei baw.

Sawi chhawn kan duh a nih pawhin fimkhur a tha a, zawh chian a, sawi hi a tha a, chutah pawh chuan sawi belh loh a tha. Mizo thufing pakhtatah chuan ' Khual thuthang leh ar pan chuk an ti a. Sawi chhawn zel takah chuan Hlate khuua hritlang awm na vel mai mai pawh kan khaah a thlen meuh chuan 'a boral' tia sawite pawh hi an awm chaw mai.

'An ti' tia titi naa an tih pawh hi 'an ti' tia tawp leh mai lova, thutak khuka kan lo khukupi erawh chuan lei chawina hial a thlen theih baw a ni. Chu vangin tawng hi a kual, a kual a, a hnuah a sawitu hnenah baw an kir leh tih a ni thin.

Keiniho hi chu England lalnu chawhmeh thlenge hian kan hre thei thin a, titi kan duh luatah dawt pawh hi kan sawi thu tak leh mai thin a. A dik a dawt thlu lova tawngpawng rak nawk nawk hi hum sual daina a ni thei baw.

Fin fiahna nei lem si lo hian mi tithaihte kan ching lehngal a, thil paw tak a ni. Tawng tam na na na chu thu takin a daih mawlh em avan-

CHENG THLENG Central Bank of Myanmar Reference Foreign Exchange Rates as of 20th April, 2021

US Dollar	1, K. 1.556.5
Euro	1, K. 1,878.3
Singapore Dollar	1, K. 1,173.3
Pound Sterling	1, K 2,176.5
Japanese Yen	100, K. 1,435.7
Australian Dollar	1, K. 1,214.5
Chinese Yuan	1, K. 239.67
Indian Rupee	1, K. 20.827
Korean Won	100, K. 139.98
Malaysia Ringgit	1, K. 378.34
Thai Bath	1, K. 49.832

gin 'rin thu leh tlem' belh a tul leh ta nge nge thin.

Thiana 'Hre lo ve deuh em em teh' tih ang deuh a, an sawi apiang chhunzawm theite hi an awm leh ngal a, hre-ber -hiaua emaw BBC-i emaw mi tih vaih chuan a hnuah min Bawl phuan thei a ni.

Ani khan a hre leh pek ang tih ang vel hi chu thupui hlapuih an kawmserh duh phian a. Miin thu tharhlam an sawi pawha 'A ni maw, aw a ni tak' tia dawngsawng thei riau te hi an sawi chhawn leh pawhin ngaihlak a hahdam bik a.

Thu chiang lo hi chu, a tlo lo va, mi a tichi-ai thin baw. Chhiatni leh rikrum thilah pawh hian hriat chian loh chu tawngpawng sawi chhawn loh hi a tha, mi thuziak an post na zawng pawh hi awih kher tur a ni lo.

keiniin eng teh vakah mah kan ngaih loh hi mi dang tan rilru harsat-na a thlen theih a, chu vang chuan thu chiang lo sawi phawng phawng hi a hrisel lo tak zet a nih hi.

Lehkathawn

To,

Tahan Post,

Ka pu, kan thenawmte hian mi titi mai mai te hi thu thar hri-atin an sawi kual chiam thin a, a hre chiang lo tan chuan thu tak emaw tiin an lo chaw tak khukupi thin a, an ngaihlathute lah hian thlaphangin an awm a nuam lo thin a. A sawitute lah hi upa pui-pui an ni lehngal a, a tha ka van ti lo thin e. Eng tia tih chi nge ni ang a, thurawn min pe hram teh a.

Mambawih Nu

Chhanna:

Inti hre deuha sawitu an awm hian a awih taw an lo awm ve zel chu a ni a. Nia, fimkhur a tha dawn khawp mai. Hre chiang lova, mi titi leh FB-a post na zawng hi awih lo hram a tha. Thawnthu tawi kan lo hrilh dawn a nia.

FIMKHUR ANG

@ Mei i hman zawhah timit thin rawh
@ Lirthei khalh chak lutuk suh
@ Zanah mahni chauhin chhuak suh
@ Kawng sirah kal thin rawh
@ I hriat chian loh be vak suh

Myanmar Ram Dinmun*- Khawl Thang Vuta*

Hnam tin chi tin chenho-na Myanmar ramah hian mihring maktaduai 50 chuang kan awm a. Khawvela mihring tam berna ram, sum leh pai dinmun lian leh sumdawnna fawng chelhtu ni chho mek China (Communist party pakhat chauhin a enkawl ram lian ber) leh India (Democracy ram lian bera inchhal) karche-ha awm a ni. Mar pata hmasawnna lamtluang zawh tuma inkau mek, a ram leilung hausakna zarzo tuma an intlawnsiak luai luai ram thang chho mek a ni.

Sipaiin thuneihna an pawng lak thut avanga kan ram dinmun tlak hniam chakzia hi nasa tak a ni. Mi nawlpui ten chanchin kan hriat theihna TV Channel (MRTV & MWD) lah chu sipai thununna hnuaiah a awm run tawh a. Ni tin mai hian thu dik lo leh thu fahrahte te a tichhuak chamchi a. Hmun tam zawkah phei chuan hengho thupuan hi thu dik emaw lo titawkan awm ta zeuh zeuh leh nghal a! Sipai council kut hnuaia awm, an mi leh sate hlei hlei hi thu dik hriattir an hlau hle.

Cable hrui nena thlunzawm Fiber Lines (FTTH/DIA) tih loh Mobile Data (Sim card), Wi-Fi leh Wireless Broadband Data Service zawng zawng min Off-sak hmiah a. Kan hman theih chhun Fiber Lines lah chu darkar bitiam neiin an On baw a. Ram chhung chanchin kan hriat theihna chanchinbu lian tham zawng zawng min kharsak leh a, kan thim chho mup mup chu a nih hi.

Covid hripui lengin nasa takin kan ram economy a nghawng a, chuti chung chuan 2021 chhung hian 5.9% vela hmasawn thei tura

beisei a ni. (World Bank @October 2020)

Myanmar ramah khat chhunga sum a lak luh zat belh khawm hi US \$78 Billion (GDP nominal/2019-20 Fiscal Year) vel a ni a. February 1, 2021 khan Sipaiin thuneihna an pawng lak ta thut a. World Bank chuan hetiang zel a nih chuan GDP (Gross Domestic Product) hi -10% velin a tla hniam ang a ti. Hei aia nasa zawk pawh a ni thei. (GK: Nuai 10 = Maktaduai 1, Maktaduai 1000 = 1 Billion, 1000 Billion = 1 Trillion)

Sorkar laipui zema tling khawm 32% hi chhiah chhun khawm atanga lut a ni (tax revenue). Tun dinmunah chuan mi tam zawkin chhiah chawiduh lovin sorkar phuachawp hi an dodal tan mek. International community atanga chhawmdawlina sum (Foreign Grants & Loans) tling khawm hi 13% vel a ni a, heng sumte hi dan chah tan a ni baw. Sipai council tan chuan thawkhallh halhna tham a ni ngei ang.

A ram leilung hausakna (natural resources) leh sorkar laipui enkawl sumdawnna atanga sum lut zawng zawng (non-tax revenue) hi 50% tha vel a ni. 2020-21 fiscal year khan Natural resources (oil, natural gas, coal, minerals, forest etc) atanga sum lut hi 10.24% a ni. Heng sum tling khawmte hi sipai council-in pumbilh a tum tlatte a ni a, mahni inhai vur nan kum kha leh chen kha an lo hmang tawh baw.

Committee Representing Pyidaungsu Hluttaw - CRPH

(Union Parliament) chuan hetiang project khawih company-tenenah sipai council nena thuthlunna siam lo turin thuchhuah a

siam nghal kha a ni a. Sipai council hnuaia hnathawkte hlauh pek chhuah tur pawh hi kan hriat lem loh hian an buai ru hle ang tih a rin theih.

Pawisa chhut chhuah chiam tumin hma han la ringawt dawn se, sum hlutna tla hniam chak lutuk hian a hrek bet ngei dawn a. Pawisa thar siamna tura bawhlho pawimawh an purchhawka thin German company Giesecke+Devrient lah chuan thuchhuah siamin sorkar phuachawp mamawhte chu an pek chhunzawm theih loh thu a puang tawh baw.

Sorkar hmasaa Tender (contract) chhang hlawhtlingho pawhin hna thawk chhunzawm ngam lovin an chawl thup mai a. Bank-a pawisa dah ai chuan lak chhuah vek duhtu kan tam tawh zawk a nih hi. Heng hun khirh tak (Fiscal Crisis, Monetary Crisis, Currency Crisis, Trade/Investment/Sanctions and External Crisis, Productive Sector (Real Economy) Crisis) te hian Sipai Council kechheh rualin a zui ve nghal chat chat mai a ni.

Dictator Min Aung Hlaing kaihhrui sipai council hi chuan an thawk theih tek tek chhung chu sual rawng bawl chhunzawm zelin, fin phakar tinreng a chhuah dawn a. "Bei ngei sei run dung" tiin hengho ral raih thlenga, kawng tinrenga chhut zui ngar ngar hi, mihring nunna leh dikna ngai hlutute, zalenna ngiat mipuite hnapiu ber a ni e.

Source:

1. 2019-2020 Citizen's Budget Myanmar
2. Public Finance in Myanmar by Thiri Aung (Internal Revenue Department)
3. https://pr-com.de/.../gieseckedevrient-suspends...
4. <https://www.voanews.com/.../access-news-more-limited...>
5. <https://www.bangkokpost.com/.../myanmar-internet-blackout...>
6. https://m.facebook.com/story.php?story_fbid=10225006409012398&id=1382262771
7. <https://www.facebook.com/102780861847894/posts/135564211902892/>
8. <https://www.facebook.com/109135390896061/>

Mizorama Rátlânté Dinhmun

- EstherPinky Fanai

Myanmar tualchhung buaina mavanga rátlân Mizorama lut chu mi sang khat an chuang tawh a; nimin theng khan Tuipuiral huam chhungah mi 1,200 chuang leh ingsai leh Cherhlun lamah mi 160 vel an lut tawh a, Aizawlah mi 400-500 inkar vel an awm tawh.

Thu dawn danin, Champhai district-a Tuipuiral Group YMA huam chhungah Myanmar rátlân 1,225 an lut tawh a, an zinga mi 967 chu an huam chhunga an la awm mek laiin, mi 258 chuan Mizo rama hmun/ khaw dang an pan tawh. A tam ber chu chhungkuaah mikhual-in an thleng a, mi 155 erawh chuan in an luah thung.

7.4.2021 Nilaini chawhnu lam leh nimin bikah rátlân mi 66 an luh belh a, Farkawnah mi 37, Vaphaiah mi 24, ekteah pathum leh Khuangthingah mi pahni an luh belh a ni. Tuipuiral huam chhungah hian Farkawn khua chuan rátlân an dawng tam ber a, mi 537 mikhual an nei tawh a, an zinga thenkhat chuan khaw dang an pan tawh thung. Chhungkua 120 vel awmna Thekte kuaah chuan rátlân mi 131 an nei tawh a, kuaa chhungkaw awm zat atanga chhûta rátlân dawng tam ber an ni.

Hetih lai hian, Tuipuiral huam chhunga khua 23 awm zinga khaw paruk chu rátlânin an la pan lo a; chu'ngte chu - Búngzung, Chawng-tui, Khankàwn, Leisenzo, Vanzau leh Zawlse te a ni. Tuipuirala Myanmar rátlân tanpuina atan bialtu MLA Ram thanmawia chuan Rs. 1,00,000 a pe tawh a; MLA C Ngunlian chunga'n Rs. 20,000, YMA Sub-Hqrs, Cham phai-in Rs. 50,000 leh Macau Mizo te'n Rs. 54,780 an pe tawh baw.

Chin Baptist Church, USA leh MZP tang kawp chuan Tuipuirala rátlânté tanpuina tura an ruahman buhfai, alu, dailuah leh silpauline thahnem tak chu nimin khan Aiza-

wl atangin Tuipuiral an panpui baw a ni. Mizoram leh Myanmar ramri hnaiha awm Lunglei district-a khaw pahni, ingsai leh Cherhlunah chuan rátlân mi 160 vel an lut tawh.

Thingsai VC president PC Lalremkunga hnen atanga thu dawn danin, ingsaiah rátlân mi 130 vel an lut tawh a, rátlân thenkhat chu Myanmar-ah an lét leh avangin mi 100 vel an awm mek niin an hria. Thingsaia Myanmar rátlân awm mek zinga mi mi thenkhat chuan chhungkuain in an luah a, a tam ber erawh chuan an chhungkhat laináte an fin a, chhungkhat nei lo, Mizo mikhual inthlen dan pangngaia thleng an awm baw. Myanmar rátlânté tan ingsai YMA chuan tum khat an khaw chhungah buhfai an khawn tawh a, buhfate chu rátlân awmna in tinah kg. 3 zelin an sem a ni.

VC President chuan, sorkar atangin puihna an la dawng lo tih a sawi. Cherhlun kuaah pawh kumin February thla atangin rátlân an nei tan a, nimin thleng khan mi 30 vel lut tawhin, mi 17 an mikhual mek a, Myanmar police leh an chhungte an ni tlangpui. Cherhlun VC hruiat Sangneihi hnen atanga thu dawn danin, Myanmar rátlân Cherhlun kuaah an mikhual mek mi 17 zinga panga chu rátlânté awmna tura an ruahmanah awmin, VC-in an châwm mek a, mi 12 erawh chu an chhungkhat laináte inah an awm. Mi 10 chuang hret chuan khaw dang an pan tawh a ni.

Sangneihi chuan, rátlânté awmna tura an ruahmana awm mi pangate chu VC sumin an châwm tih sawiin, "Sorkar atangin tanpui-na kan dawng lo a, khaw chhungah donation pawh kan la khawn lo a, mahse, kan khawn têt tawh ang," a ti. Sangneihi chuan, rátlân zinga thenkhat chu Assam Rifles te nen an intawn fuh avangin Myanmar-ah let tura tih ni mah se, VC leh DC hmalaknain létir an ni lo tih a sawi a; rátlânté chu sorkar duh dan angin identity card an siamsak vek thu a sawi baw.

AA RAKINE ARMY CHIEF-IN ENG NGE A SAWI

- Esther r Fanai



Kum 50 chhung hian eng nge kan hmuh?

Electricity kan nei; mahse, mipui nawlpuiin kan hman pha lo.

Buh kan thar teuh; mahse, mipuiin tlai leh puar nan kan hman si lo. Ram chhunga mipui tam tak chu dai danna bang hmuh tur awm lo mah se, then hranin kan awm si. Kan ram retheihna vingin, hmeichhia ten ram dangah hna zawngin an kal chhuak, a then prostitution-ah te hial an luh phah, kan ram chhungah hna mumal awm hek lo le. Sipai sing tel tam tak an awm; mahse, mipui min hneh thei chuang lo. Kan ramah lehkha thiam tam tak an awm; mahse, an lekha thiamna ram chhungah hmanna tur a awm lo.

Lung leh thil hlu tam tak tangkai tur a tam mah se, kan ram kawngin a that phah si lo. Thawm lian tak tak kan nei; mahse, hriaui tiat lek pawhin chu thawm chuan hna a thawk thei chuang lo. Rubble jungle kan nei, motor tyre ram dang siam kan lei. Rohlu tam tak kan nei mipui ban phakah a awm si lo. Democracy a ding; mahse, Dictatorship spirit-a kaihhrui a ni.

Myanmar administration kum 50 a kal taah Sovereignty pawh kan nei; mahse' South Asia-a ram hausa ber Myanmar chu khawvel-a ram retheih berah kan chhuak,

AA Rakhine Army, Chief General
Htun Myat Niang Lower Chin

TUIPUI LEH PUTAR



May ni 4, 1953 khan Ernest Hemingway-a chuan Putlizer Prize a dawng a. Chu chu a novel pante, “*The Old Man and the Sea*” tih vang a ni.

He lehkhahu hi kum 1951-a ziah a ni a. 1952-ah ti chhuah a ni a. Kum 1953-a Putlizer Prize dawn hnuah, Hemingway-a hian 1954 khan Nobel Prize a dawng a. A thlangtu committee-in, Hemingway-a an thlan chhan lian tak pakhat chu, ‘*The Old Man and the Sea*’ novel vang hi a nih thu an sawi nghe nghe.

The Old Man and The Sea thawnthu hi han chhiar mai chuan a ho ang reng hle. Putar pakhat Santiago-a, sangha mantu hian, ni 84 chhung chu sangha pakhat mah a man thei lo a. Ni 85 naah sangha lianpui mai a man ta a. Ni 2 chhung zet mai an inchaihi a. A tu zawk nge daih rei tih an intihsia a ni ber mai.

A sangha man chu a nghakuaiin a man fuh atanga a ni thum naah, vau kam lamah a hruai kir thei chauh a. Chutah pawh shark-in an lo bei chiam a. A sangha tiho phei chu an ei zo deuh vek a. A ruh ro deuh zawng chu a chan ta a. An han teh chuan fit 18 zeta sei a ni nghe nghe.

He thawnthu atang hian mihring leh nature inlaichinna te, Thalai leh kum upa chungchang te, inthian thatna chungchang te, sakhaw lam thupuite pawh sawi kai tur a awm a. Thil langsar tak mai pakhat chu tlawm duh lohna a ni.

Ni 84 zet mai sangha pakhat mah a man thei tawh lo a, a beidawnthlak hle ang. Tuipui thuk zawkah sangha zawngin a la lut thuk sauh sauh zawk a. A han man ta cheng a, ni 3 leh zan thum ngawt an inhnuk leh a. Rilru leh taksa hah lehna tak a tuar phah baw a. Shark rual a bei baw a. Chutiang zawng

zawng pal tlang chuan sangha lian ropui tak a man thei a ni.

Amah Hemingway-a ngei pawh hi The old Man and the sea, a ziah hma baw hi a nuna a vanduai lai a ni a. A thian te, WB Yeats, Maddox, F Scott Fitzgerald te hoin an thihsan chho baw a, a hriselna lamah a hniam a, lu na, BP sang leh thil dangin a tibuai a. A thuziak lamah pawh a che tha hlei thei lo. Chutiang boruakah chuan he thawnthu hi a zia a. A draft pawh kar riat chhung chauh a zia a, a dam chhunga a hlawhtlinna ropui ber chu a thawnthu pante avang hian a chang leh ta thung a ni.

Vanduai viaua kan inhriat lai pawhin, harsatna ten min tlakbuak lai pawhin, vanneihna hi kil khatah a lo awm ve reng a, kan nghah peih a, kan tawrh peih a, kan beih peih chuan, kan chan tawh vanneihna leh malsawmna hi kan tawng buak theihin a awm reng a ni.

A tawrh te, a beih te peih a, kan duhthusam leh hmalthir te tihnun a, beidawn loh pawt mai tur a ni.

DUHSAKNA THU RIL

Lyly Lay Lyly Lay

- *Phut let tel lovin
- *Min mamawh la.
- *Ka rinawm bik vang ni lovin
- *Keimahah rinna ngat la.
- *Chhanna phut lovin,
- *Zawhna min zawt la
- *Thinurna tel lovin
- *Min zilhhau la.
- *Hmusit vang ni lovin
- *Ka dik lohna zawng thin ang che
- *Ka lan dan thlir lovin,
- *Ka thinlung chhungril thlir zawk la.
- *Ka nihnaah ni lo,
- *Ka chan tawkah lungawina hmuh tum la.
- *Ka lungngaih laiin i mittui hru la,
- *Ka hlim laiin min nuihpui ang che
- *Lemchanna tel lo...
- *Hmangaihna min hlan baw ang che aw.

**Ngaihdamna awm lohna
hmunah chuan inremna
tluantling a awm thei lo**

TUNLAINA LEH AIA UP A ZAH

J. Vanlalrochanchhunga. Jva

Pi leh pute lenlai hun atang tawh khan ‘MIZO’ te hian ‘Aia upa zah’ an lo pe na hle thin a. A pawimawhia te, a tulna chhan tam tak an hriat avangin aia upa zahna chang ngaihluin zawm pawh an lo zawm tha hle thin a ni.

Tun hma deuh te kha chuan khawlai a zu rui thin te pawh khan aia upate kha an lo zah em em a. Kohhran upa ngat phei kha chu kawnga an tawh tur kha an huphurh lutuk a. Helna kawng an zawng emaw, an inthup bo hram hram thin a ni.

Ama’h erawh chu tun hnuah erawh khawvel changkannain min run a. Min nuai a, min zuan khum a. Changkanna um phak lo hlauin kan hmanhlel a. Kan nun ze mawi tak aia upa zah nachang hi thangtharte, hian kan bosan mek chu a ni ta ber a. Kan changkansa a, aia upa zah lona hi ngaia kan nei dawn ta mai chu a ni a.

A te ber atang a, a lian ber thlengin, hna zahawm tak thawh a ni emaw, hna hnuaihning ber thawh pawh ni rawh sek sek, a tuate pawh hian, kan nun dan leh chetziahte hian ‘Aia upa zah’ nachang kan hriat thara zawm hram hram kan tum theuh hi a pawimawhin kan uar thar sauh atan a va tha em !

Kan bula thil tha leh mawi hi chu dan tha mai lo va. Kan zawma kan hman nghal zel mai hi kan tih tur Mizo nun ze mawi nen a thil inhlal lo tak a ni tih i hre thar ang u. Aia upa tih kan hriat ngawih ngawih te, an hminga kan han ko lawl lawl mai te hi thil zahthlak tak a ni. Media-in min luh chilh a. Min run tak hnu hian a hluar hle ni hian kei ka lo hre ve a.

Kum hnih khat leka kum inthlauin kawmngaih takteah hi chuan a sual tam lo tur a ngai ta ila. Chu ti ni si lo, kum inthlau taka hi chuan in u hram hram hi a mawi a. Chhungkuaah kan inzirtir thar a ngai ta hle. ■

KAN BORUAK TAWN DAN HI

Ed.



Hma lam hun hi kan va'n sawi thei lo tak em. Covid 19-in a khawvel dapin min run mek a, ram inrel bawl dan leh khawsakphung a tikhaw lo a, mi tin kan chi-ai a ni ta ber a. US inthlan boruak buainain titi a titam a, US, India, China ten a ruka innghirngcho pawhraw pui pui an neih mek lain hmun thenkhatah ram kang, tuilian, tlang kang, lirngching, thlirpui, leimin ten min a sang tel a nuai chimmit nual a. Ram thenkhatah tam tla leh raltlana ram hnuai mangang, thlabar leh ei in tur nei lo an kat nuk baw a.

Hmun thenkhatah lah sakhua chawivawng a, sakhaw dang ten tualthatna rapthlak tak tak hriat tur a awm leh baw a. Ram chhung buaina leh helho chatna lah hriat tur a awm reng baw a. Chumi karah misual kut tuar a, nunna tam tak chantate pawh hriat tur a la awm ta cheu a.

Chutiang vek chuan Myanmar ramah pawh Covid-19 avanga kan buai mup mup lain kumin 2021 Febuary ni 1, atang khan sipai sorkar chuan sorkarna a pawng lak ta thut a. Mipui thlan tlin NLD sorkar chelh mek President U Win Mynit leh State Counsellor Daw Aung San Suu Kyi leh a khawnbawlte chu chin hriat lovin an hreng ta thut mai a. Lal khawnbawlte chu a hnuah an chhuak leh ta mai a, hemi hnuah a rukin an man leh ta zeuh zeuh a, ram buai a ni ta der mai.

Hemi tuk hian ram chhung Internet pawh khar hmak a ni nghal a, tichuan, mipui ten sipai sorkarna duh lovin Februry 3, 2021 atang khan kawng an zawh ta mup mup mai a. A thei theiin bel leh ri thei eng emawte an vaw ri chuah chuah a. Mipui kawngzawh chu sipai ten duh lovin Police hmatawngtirin ral-

thuamin an lo dang zel a. A rei hnu deuhah chuan Bank zawng zawng an khar vek a, a khat tawkin Internet a that zawk chanin ATM in pawisa tlem azawng a lak thei chauh a.

Kawngzawh chhonzawmte chu sipaiin an dang zel a, a hnuah phei chuan kawngzawh ni tho siin, thu chungin emaw, kawng dal zawnga lirthi leh hmanrawh chi hrang hrang hmangin emaw, kawng laia hmeichhe pawnfen zarin emaw, kawngpui tihnawk zawnga um leh thil eng emaw dahin emaw etc.. nawrhna an huaihawt chiam a. A hnu lawkah chuan hmun tam zawkah Marshall law te an puan tak avangin an tawktarh Police leh sorkar hnathawh thahnem taw tak CDM-ah lutin an bang nual a, a thente phei chu ram dangah an raltlan nual a ni.

Kawngzawha an au-hla thenkhatte chu;

* Sipai sorkarna kan duh lo, Democracy kan duh

* Sipaiin an mante, chhuah thuai rawh se

* Mipuite kan lungual a ni

* Office kai loh tur a ni etc... tihte a ni a.

Tichuan, pelh lova mipui kawngzawh thenkhatte chu sipaiin an kap hlum nual a, naupang leh kum upa tiamin mi 600 zet (7.4.2021) an kap hlum tawh a, mi a sang tel man khawmin hlum pawh an awm nual tawh a ni. Sagaing Region, ni tlakna lamah hian Kalaymyo bial vel hi a hluarna baw ber a ni a. March 2, 2021 tukkhan Kalaymyo kawngpengthumamah sipai leh police te chu mipui kawngzawhte nen a inpawmchilh a, Tv. Zin Myo Maung a thi a, a ni hi Kalaymyo-a kawngzawha sipai ku tuar thi hmasa ber a ni. Hemi tum hian mi 8 zet an hlum a ni.

Chumi hnuah March 28, 2021 khan Tahan AG Biak in kawt, Bunker hmuna inkahnaah mi 5 an thi leh a, hlum leh man an awm nual baw. Tichuan March ni 3 atanga ni 28, 2021 thlenga thi zat chu mi 10 an ni a. Chumi hnu, April ni 7,

2021 vartian khan Sanmyo KBZ Bank 2, Bunker atanga sipaiin kap tannin motor kawngpui (Bogyoke Street) chho Hmunlai leh Thingunau thleng mipui nen darkar 2 dawn vel an inkap chiam a, mi 11 an thi a, hlum leh man an nei nual baw.

Hemi ni zet chu Tahan mipuite a barakhai tak zet a, a hmaa khawdanga tlanchhia mi thahnem taw tak an awm tawh nain hemi nia khaw thenawma tlanchhia pawh an hnih-thum hle a ni. March (2021) thla nawi vel atang khan Myanmar hmar lam KIA hel leh Myanmar sipai an indo chiam a, mi sang tel an raltlan baw a, heng lo pawh KNU, AA, RCSS-SSA, TNLA, Zomi, hel pawl dangte pawh hian an mi leh sa humhim nan Myanmar sipai nen an indo zeuh zeuh reng baw a, Chin mite humhim tur hian CNA(CNF) te hi kan beisei thei ve angem le?

TAHAN 2 TIAU INKAR MOTOR CHUAN MAN TO TA THUT HI!

Mizoram lama zin kan Myanmar unau, raltlan emaw tlan chiah lo ten Tahan leh Tiau inkar motor chuan man hi a bin thum li te a ni tawh tih min hrilh a.

Rate pangngai kha chu mi pakhat chuan manah K.13000-15000 kha a ni thin a. March thla chhung khan Sing thum (30000) ah a kai a, tunah sing nga (50000) atangin K.70000 chuang a ni an ti a.

Motor tui man a kai vang ti dawn ila chutiang hluai chuan a la ni si lo. Kawng a den vang ti dawn ila, driver tan eng thil mah hlauhawm uchuak a awm hranpa si lo. Mahse, kan lo chhut ve dan ni se.

Heng lam chinchin hre zawk emaw thawktu, neitu leh driver lam khan Reason tha tak fiah takinrawn sawi thei ula kan lawm hle ang.

Business profit (mi mal hlawnana) nana he hun hi hun thaa kan lo la leh a nih chuan mipui phatsantuzinga mi in ni kan ti lo thei lo ang. Kan mite harsatna kara hlawnkan lo um hian rah tha a chhuah thei ang em le? ■

CNN Reporter Clariss Ward Inpuanna



- Samuel Mapuia

Zawhna: “Eng vangin nge sipai ten khatah news la tura luh phalna an pek che nia i hriat?”

Chhanna: An mahni lam story/thu-sawi kha khawvel hriattir an duh a. Chu chu an tan a pawimawh vek baw a, an sawite pawh chu kan ngaihthlaksak ve a.

Kawngzawh mipuite chet dan hi tharum thawhna niah an ngai a; a hlauhthawnawmin ram sumdawn-na/business pawh a tichhia niin an sawi. An sawi dan chuan “kan rem-ruatna mipui lam hian dawh thei takin lo nghak se, tichuan kum 2 chhungin zalen taka inthlanna buat-saihsak leh kan tum” an ti.

Kawngzawh mipui ten an vau leh an tihduhdah nia insawi mi thahnem tak pawh khan kan hmaah an rawn hruai ve baw a. Mipui ten an tihchhiat nia an sawi buildingte pawh min entir.

Mahse, thil awm dan zawng zawng han thlir hian sipai ten inthlan-pui buatsaih leh an tiam chu mipuite hian an ring zo lo hulhual tih a lang Chiang reng mai. Zalen leh dik taka inthlanna an nei tawh a; lang tlang leh thup awm loin vote thlak a ni a; mipui lam atanga sawi buaina pakhat mah a awm lo baw a.

Chuti chung chuan sipai pawlin thuneihna an pawng lak tho si a. Kum zabi chanve lai sipai rorelna hnuaiha an kun tawh hnuah, har-sa taka an lak let zalenna hi engti kawng mahin chan leh an tum tawh lo a ni.

Zawhna: “Tunah khan sipai pawl thuneihna kha a chak zual nge, tlak

hniam lam a pan zawk? Inthlanna nei leh pawh ni teh reng se eng nge an dinhmun tur ni ang?”

Chhanna: Mipui support an neih dan chu ‘zero’ a ni mai. An neih zawng chu ralthuam thahnem tak leh sipai chakna chauh a ni. Ralthuam chakna zawng chuan mipui neih leh sipai neih chu tehkhin chi pawh a ni lo. Chuvang baw a nia tuna k-an hmuh rawng taka chetna a thlen reng chhan chu.

Hei vang hian khawvel ramte leh UN pawhin Myanmar dinhmun hi an ngaihtuah em em ni. Boruak a sosang tulh tulh mai si a, insuatna rapthlak zawk a thlen mai kan hlau khawp mai.

source: <https://youtu.be/sJVIE1hueS4>
#Apr5Coup #WhatsHappeningInMyanmar #cnn

MAK LEH DANGDAI



Noiva de Cordeiro, Brazil rama thingtlang khaw pakhat a ni a, a khua chengte zawng zawng hi hmeichhia deuh vek. Hmeichhia 600 chuang an awm a, zawnglai vek an nih chu...

COMEDIAN SEARCH 2021 SEASON 13 FIAMTHU



Kum 2021 Mizoram Comedian Search Season 13-nanah thiam ber atan Lalruatdika Sialsuk thlan a ni ta e.

Pahnihna - K.Vanlalhriatpuia Ramthar Veng, Aizawl

Pathumna - Lalramlawma Republic, Aizawl

INDIAN NAVY INDO LAWNG EN CHHIN MEK

- Maliana Zathang



India ralthuam thluak bur lian ber Defence Research and Development Organisation DRDO chuan Indian Navy indo lawng ten hmelma Missile beihna laka an invenna tur hmanraw changkang tak mai Chaff chu en chhin mek a nih thu tun hnaia Indian Defence thu chu huak chuan a rawn tar lang.

Devence Research and Development Org. DRDO te hian technology changang zawk hmangin Defence Laboratory Jodhpur-ah Short Range Chaff Rocket, Medium Range Chaff rocket leh Long range Chaff rocket te hi siamin Indian Navy Indo lawng ten invenna an mamawh tak an nei thei dawn niin alang. Ministry of Defence pawhin DRDO ten tunlai thiamna changkang zawk hmanga an duan chhuah CHAFF chi thumte hi Indian Navy indo lawng ten Arabian Sea-a an en chhin mek thu sawiin he India kutchhuak Chaff changkang hian duhhthusama tha a hna athawh thu an rawn tar lang baw.

India Defence Minister Rajnath Singh pawhin India hian khawvel ram dangte siam tluk leh a aia tha pawh asiam theih zel tur thu leh Ram dang siam ralthuam lak luh ti tlema India-in ama siam ngei ralthuam neih tam a tum thu sawiin DRDO ten Technology changkang tak hmanga Chaff an siam chhuak thei chu a lawm thu a sawi.

CHAFF kan tih te hi World War II lai khan British-ho chuan an lo hman tan tawh a, Window tiin a hming an vuah thung. German Luftwaffe lam khan CHAFF tiin, a hming an rawn vuah veta nia sawi a ni baw. He ralthuam hi Hmelma

Phek 9-ah

MISS GRAND INTERNATIONAL 2020



Miss Grand Myanmar Han Lay Miss Grand International 2020 th-lanna March 27, Bangkok Thailand-a nei zawh tak a Myanmar ram aiawh model chhe lo Han Lay chu an ram dinhmun leh sipai te chet dan rawng tak a sawi chhuah avangin a mah leh Thailand-a kal theih nan a buaiputute chu man theihna warrant chhuah ni awma thuthang a tam hle a, thu chiang tak erawh hri-at a ni lo .News thenkhata an ta rlan danin tunah hian an ramah a haw ngam hrih loh thu leh Thailand-a rei daih awmna tur pawisa a neih loh thu tar lan tel a ni bawk .

Military Council-in 1st Feb. 2021, thuneihna a lak atanga mipui tawh dan:-

**Thi Tawh Zat - 738 chuang
Man Tawh Zat - 3300
Warrant Chhuah Zat - 1020**

Phek 10-a Chhunzawmna

laka invenna tangkai em em mai hmanrua an ni a, Hmelma te radar signal lokal kha Chaff hian lo hruai kawin emaw lo la leu daihin hmelma te chuan khawi ber nge target tih pawh an hre thei lo ta thin a ni. Thir lam chi emaw aluminium nawi tereuh te te dah khawm an niin kah chhuah a nih chiah khan chung thir lam chi leh Aluminium nawi neuh neuh leng vel chuan Radar signal kha lo la penguin jet fighter leh indo lawng te chu hmelma te lakah a him pial thei dawn tihna a ni. Hmelma ten Radar Guided missile hmangin india indo lawngte chu rawn kap ta se, india indo lawngte chuan heng chaff te hi an lo kap chhuak ve nghal ang a, radar hmanga kaihhrui guided missile chuan a tum ber pawh hre tawh lovin boruakah a va thamral mai mai dawn tihna a nih chu.

Myanmar Sipai Lal, Commander-in-Chief Thawk Tawh mi 10

General Aung San atanga vawin thleng hian Myanmar-ah sipai Lal(commander-in-chief) thawk tawh mi 10 chauh an la awm. Hriat hlawh tak tak an awm rualin mipuiin kan hriat mang loh an chanchin sawi zui hlawh tawh ngai lo pawh an awm. History hup bo duh vang pawh a ni thei ang. Kum hnih khat chauh thawk an awm lain Ni Win-a khan kum 23 ngawt sipai lal hna a thawk a, Senior Gen.Than Shwe khan kum 18 a thawk ve leh ngar ngar bawk. Anni pahnih avang hian kan ramin a tawrhna leh a rah chhuah chu kan hriat theuh angin, Asia khawmual ram zinga ram nuam, hmasawn chak tak ni tur kha kan zero ta ngar ngar a nih kha. Tuna kan sipai lal Senior General Min Aung Hlein pawh hian kum 9 a thawk tling ve leh der tawh mai. Hetiang hian an thawh dan chu;

1. Major General Aung San(1915-1947) (1945 atanga a thih ni July 19, 1947 thlen a thawk)
2. Brigadier Let Yar(1911-1978)(July 19, 1947 atangin Jan 4, 1948)
3. Lieutenant General Smith Dun(1906-1979) (Jan 4, 1948 atanga Jan 31, 1949)
4. General Ni Win(1910-2002) (Feb 1, 1949 atanga April 20, 1972 thleng)
5. General San Yu(1918-1996) (April 20, 1972 atanga March 1, 1974)
6. General Thuya Tin Oo (born 1927) (March 1, 1974 atanga March 6, 1976)
7. General Thuya Kyaw Htin(1925-1997) (March 6, 1976 atanga Nov.3, 1985)
8. Senior General Saw Maung(1928-1996) (Nov 4, 1985 atanga April 22, 1992)
9. Senior General Than Shwe(born 1933) (April 22, 1992 atanga March 30, 2011)
10. Senior General Min Aung Hlein(born 1956) (March 30, 2011 atanga vawin thlengin a la thawk zel)

Heng mi 10 zingah hian Brigadier Let Yar, Lt.General Smith Dun te pahnih hi mi tha leh mi dik an ni a, General Aung San-a pawh lo thawhpui hman an ni a. General Ni Win-a itsikna avanga an hna pawh thawk rei thei lo leh history-a an hming thai lan hlawh lo an nih hmel. Mak deuh maiin ni kum lam khan tuna sipai lal Senior Gen.Min Aung Hlein hian Lt.Gen. Smith Dun-a thlan hi Kalaw-ah a han thlawh ve teh mial a, thil mak tak a ni. Amah hi Karen hnam a ni. Brigadier Let Yar hi Thirty Comrades pawla niin Gen.Ni Win-a hun lai khan Thailand ramri lamah a ral tlan a, chumi hmunah chuan kah hlum a ni. Tin, tuna NLD puipa General Thuya Tin Oo pawh hi Aung San Suu Kyi nen an inkawp hnu hian a tuar zing ve malh malh khawp mai.



ဗိုလ်ချုပ်အောင်ဆန်း



ဗိုလ်ချုပ်စောဦး



ဗိုလ်ချုပ်လက်ကျာ



ဗိုလ်ချုပ်တင်ဝေ



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ဗိုလ်ချုပ်သုရကျော်ဝင်း



Gen. Smith Dun

**Eng thil tih mai pawh hi a
kual kual a tawpah chuan a
bul tantu chungah a thleng leh
chawh thin!**

BIBLE-A HRIAT MAKMAWTE



Bible Hi

Greek tawnga “Biblos” tih atanga lak chhawn a ni a, a chhan chu “Lehkhahute” tihna a ni. Sapin Bible tiin an hmang a, chu chu Mizo pawhin kan lo zui ve mai a ni.

Bible hi lui kam chirh duma to chi phairuang (papyrus)-ah ziah a ni hmasa ber a. Bakah, savunah pawh ziah a ni baw. Savun lehkhah hi papyrus ai chuan a tlova, a to pawh a to zawk. Savun leh papyrus-a ziahte hi lehkhahua an siam dan ber chu a telin an tel thin a ni.

Bible hi tawng chi li Hebrai, Aramaic, Greek leh Latin tawnga ziah a ni. Hebrai tih hi Abrahamah thlahute zinga mi Eberah tih hmang atanga lo chhuak nia ngaih a ni a, ‘ral lehlan mi te’ tihna a ni awm e. Aramaic tawng hi Kaldai-ho/Persia-ho tawng a ni a, BC 538-333 khan Palestina ram vela tawng tual-leng a ni. Greek tawng hi Alexanderah ram lak zauh em avang khan a hun lai khawvel pum huap tawng a tih theih hial awm e. Latin tawng hi Bible zia-kan hman lar viau chu a ni lo, mahse Romho tawng a ni a, Isua kross chunga thuziak nan pawh khan hman a ni ve nghe nghe. Heng tawng chi li hi Lal Isua rawngbawl lai khan Palestina velah an hmang kawp vek a ni.

Mi 36 vel hmanga ziah a ni a, Genesis (a ziaktu ni tura ngaih dan tlangawnin a pawm, Mosia kha BC 1520- BC 1400-a mi) atanga Thupuan (Johana AD 100 vela thi) thlang hian a ziah hun hian kum 1600 lai a aw h a ni. A ziaktute chu lal, berampu, hla phuahtu, zawlnei, sipai, sangha mantu, doctor, Pharisai, Tirhkoh, mi fing leh thil chik mite an ni hlawn. A ziahna hmunte chu thlaler, thliarkar, puk, lal in, lui kam, kawthler leh lung inahte an ni nawk mai. An zia-kan hman leh hun, ziaktu hrang hrang leh mize hrang nei ten hman hrang hrang leh kum inkar hlat tak taka zia-kan ni mah se, an thuziakah hian inzawmna thuk tak an nei tlat hian a. Ziaktu tak tak chu mi pakhat Pathian a ni tih a tilang Chiang Hle. ■

LO NGAIHTUAH
CHIANG VE TEH

- EstherPinky Fanai

- 1) Unau kar emaw, thian tha kar emaw pawh ni se, a tlem emaw a tam emaw, puk chu puk a ni, inpek leh ngei tur.
- 2). Hlawhfa chhawr thei dinhmuna i ding a nih pawhin hmusit suh, i thawh theih loh thawktu a nih kha.
- 3). Mi tha mamawha hlawhfa i chhawr a nih chuan, a phu tawh hlawh pe la, a thawh hlawh pek ngaihthah suh; i indah ropui viau lai khan a nuihzat lét palh ang che.
- 4). Mi thil kan hawh a nih pawhin kan hman zawh ve leh pek nachang hriat a tha, a neitute lam ngaia mi thil hawh kawh hi chhungkaw mualphona a ni pha.
- 5). Mi fa tah belh sawi peih lutuk chuan fa tah belh an nei duh chawh an ti, chutiingin mi laka rilru chhe lutuk put hi mahni chungah a thlang duh viau an tibawh.
- 6). Thenawmte nena inban tawn hi Mizo nih nawmna a ni ve; mahse, ni tin mamawh intodelh lo lutuka thenawmte ban rengtu nih hi a zahawm lo ve thung.
- 7). Mi chu a dinhmunin zir viau mah se, mi indah chungnungte aiin mi inggaitlawm apiang an ropui a zual.
- 8). Mi chapo, miin chapo an tihte hian chapo an inti ngai bik miah lo, chapo nih an duh bik hek lo.
- 9). Engkima zahzum lutuk vek hi mawlna chi khat a ni a, a hun leh hmun azira zah loh theih hi mi fel nihna awlsam té a lo ni. Zahna hmu lo lutuk nih lah a mawi hek lo.
- 10). Miin thurawn min dil a nih loh chuan, mahni rem hriatnaa mi thurawn pek ve chawt hi a fuh ber lo fo.
- 11). Thenawm tha neih kan duh theuh a, thenawm tha leh thenawm nuam nih hmasak nih tum erawh kan tlem thung.
- 12). Mi chu eng hna pawh thawh se, a eizawmna zahsak hi a phú a. An phala min pe tlawm a nih loh chuan mi thil zawrh tlawm dila dawn ngáwng ngáwng hi eizawmna inzahsak lohna a ni. Eizawmna chhete lakah a inla lian apiang ten an ching chawh. Eizawmna chhete lakah phei chuan chin fo loh a mawi zawk.
- 13). ‘Khawngaih takin’ tih leh ‘Ka lawm e’ tih hi tawngkam hawihhawm tak a ni. Naupangte zirtir uar atan a tha hle.

MIZO TAWNG

(k) tê = Mihring leh thil dang hmang tê tih a tel hian ziah hran loh tûr a ni; ‘nautê, bawihthê (kohna), artê, chemtê, hawrawptê, etc.’ tiin. Amaherawhchu, thu uarna chi (emphatic particle – pakhat tê mah, he pâ tê hi, etc.) chu adverb/adjective a nih thin avângin ziah zawm loh tûr.)

(l) thlâk = nunrâwnthlâk, zahthlâk, khawngaihthlâk, rapthlâk

(m) tîr = zirtîr, ziahtîr, entîr, kaltîr, hmuhtîr

(n) tu = zirtîrtu, mi sual humtu, tanpuitu

(o) zia = sânzia, thukzia, ropuizia, nasatzia, mawi loh thinzia

Heng ‘thu bet’ (affix) kan han târ lanho thumal hi kan thu zia-kan laia a tel ve dâwn chuan, Mizo tawng bung hrang (Parts of Speech) a nih lohin affix (prefix leh suffix) a ni tihna a nih ber mai chu! Ho leh Te pawh hi pakhat aia tam sawina a nih zelin plural suffix a ni tihna a ni leh mai bawh.

ZIAH ZAWM LOH TURTE :

‘A’

a hnûah, a hranpain, a hungin, ai en (v) ai hnah phahpui, a hrangin, a hringhrânin, a huhovin, aien thiam, aisân thiam, a kahpahin, a kawi a ngîl a khuain, a kârthlâkin, a kawpin, a khual a tualin, a kimin, a kip a kâwi a kum a khua, a kum a têlin, a laiah a lang a pau, a leh a lingin, a letlingin a lian a tê, a lang a changin, a langin a lehpekah, a lian a lal, a loh a luat, a mak a makin, a malin, a mualin, a nek a nawk, a nungin, a pâwlin, a pui a pang, âr bawp, âr ngâwng, a pâwng a takin, a phelin, a pumin, ar chhuang ar êk, a rî a ruang, a rim a râ, ar kai dêng, âr khâl, âr khuan lai, âr kan, âr khuan, âr lû, ar sa, ar sa buhchiar.

ZIAH ZAWM LOH TURTE :

‘AW’

aw ban, aw chhang, aw fiak, awih lai awk hlum, aw le (yes), âwm ang, awm dân, âwm dân, awm khâwm, âwm na awm hmun, awm phung, âwm nêw, awmni kham, aw pâwr, âwm ruh aw phawi, aw sîn, aw thâm, aw thûm, aw tlawk, aw tliang, aw têng

Aw Hring Nun!

Chhunzawmna:

J. Sangtea Chhangte

Chutah an bul lawk atanga mit thip zeta lo thlir reng Pu Rajan-a nupui chuan, “I thil kha dah la, pawisa chu va la hmasa rawh” a lo ti vat a. Naupang tihngaihna hre lo chuan beidawn hmel zetin, “Ka rawn pe leh em em ang che u” a han ti ngial a. A lo thlawn ringawta mi hrang hrawk chhawm tur kan ni lo ti niawm takin Pu Rajan-a nupui tawng duh dan chu a bul tawh hle a. A tawpah naupang chuan bum zo dawn lova a hriat avangin, “A nih leh, pawisa chu ka va la ang e,” a’n ti talh a, a chhuak ta a. Kawng-pui lamah a’n chhuak leh chiah chu khawvawtin a rawn zem leh nghal a, a’n hawi kual a. Pu Rajan-a te dawr chu a lo hlat hman hle a, veng lu lam deuhva Bangla chu a’n thlir vang vang a, mi thil phal leh rilru tha tak chhungkaw chenna a ni tih a hria. Engti khawp pawhin thil phalin rilru tha mah se, an hausakna leh thatna chuan an inkarah daidanna a siam a, va tluk luh mai nacha a ni lo, chu ai chuan rilru tha em em hran lo - pu Rajan-a te ang va belbul mai chu a lo awlsam zawk thin a. Chutiang dinhmun chu engvanga awm tlat nge? Engvanga pu Rajan-a bawh chu va pan leh thin nge an nih tih pawh ani chuan a ngaihtuah thiam kher awm lo ve.

In chhung a luh chuan tawng pawh a tawng chhuak hlei thei tawh lo va. A khabe chu sai hlak hlakin, a ke hmawrte chu a hit chawmawlh vek tawh a. Khumah a let tawp a. A nu pawh chuan hriat thiam hmel zetin a en vawng vawng a, engmah zawh pawh a tum lo. Hnam dang zingah chuan anni pawh hnam dang an lo ni reng mai si a. Chu chuan daidanna engemaw tak a siam pawh a ni ta ve ang. A hnu deuh lawka a fapa rawn tlun ta vak erawh chuan a tithlabar hle a. Puan a’n sintir a, kuahlum a’n tum paw’n a reh mai thei lo va; a mit mengte lah

chu a Chiang tawh lo va. A changin a rawn rum chhuak leh zauh bawh a. A buaipuina lamah chuan a riltam pawh a theihngihl hman a, a mangang chuan an in chhung vel chu a en kual a en kual ringawt a. Mahse, darkar chanve vel hnuah chuan a mu ta siai siai a; a mut dan erawh chu a ngaihtuah awm lem loh. A fapa naupang zawk lah chuan riltam chau lutuk tih hriat fahranin a nu chu a lo thlir tlawk tlawk a.

Tlaini pawh thlang kawlah a liam fel ta a, khawvel chu a reh zual leh sauhvin a hriat a. Hun lah chu tuma dan rual lohvin a kal zel mai si a, engtak rawn her chhuah pui zel ang maw? Nu ber ngaihtuahna chu a zing mup mai a; kutdawn hnam a nih loh angin, ei tur neih loh avanga kut han dawh rikngawt chu ni thei in a hre si lo va - a tawpah chuan a’n tho hlawl a, an mutna tur chu a siam fel a. Chutia a siam fel lai chuan a rilruah - ‘an mutna puante chu naktukah zuar then ila, pawisa tlem azawng a lo haw mahna’ tiin a ngaihtuah a. Pawisa hmuh dan tur a ngaihtuah chhuah chuan a rilru chu thawveng deuh huaiin a hria a. A tuk ni eng lo chhuak tur chu ngahkhlel takin a thlir ta a.

A tuk zingah chuan a fapa khawsik chu a zual leh deuh va; a changing a tawngvai a, natna engemaw takin a man ta tih a hria. Damdawi han pek mai tur lah a hre si lo. Thenawmte pun a’n rilruk hman thut thut a; mahse ziaawm ang deuhva a rawn lan leh avangin a dinhmun chu a enthla reng a. A mit chu a meng Chiang viau nain khua a hmuh hmel loh hle a, biak tawng zawh pawh a ni lo. Khawvel dangah a awm ta emaw tih mai tur a ni. Chutiang dinhmun derthawng leh thlabarthlak tak chu a nau riltam chau tak pawhin a hai bik lo a niang e. A nu beng bulah chuan “A nu, ka u hi a thi dawn em ni?” a rawn ti chhuak thut mai a!

Chutia a nau zawkin a rawn zawh tak thutah chuan a hmuh thite chu a ding sung sung a, a tim ur ur bawh a. Hringnun kawr ruam dai sual awlzia leh hlauhawmzia chu a hre Chiang tulh tulh a. Ni kum lama mirethei veng (Slam area)-a naupang tamchhawh a nu mal chhunga thi mai tur a ral hmuh te chu a mitthlaah a rawn lang uar uar a; a fapa zawhna chu chhan ngaihtuah pawh a hre ta lo. A hnuah “Mate, engati nge chutia min zawh a?” tiin a’n zawt let ringawt a. A fapa chu rei tawh fang a ngawi vang vang a, a hnuah inthiam lo leh inthlahrun hmel takin a nu ko chu a bawh a, a beng bul setah chuan zawitein a hrilh a.

“Ka u a thih chuan Bangla-a mite khan chaw min rawn pe leh awm si a.” (A Tawp Ta)

BEISEINA BEIDAWN



Khawharna thar chauh lo chu,
Thian tur dang reng ka nei ta lo!
Lunglenna’n kawngkhar a kik a,
Tho va hawnsak turin tha a lawi ka nei si lo.

Lungngaihna hnawh bo tuma,
Hlimna ka awh lawm lawm lai chuan;
Tawrhna chauhin min chhang thin a,
Beiseina tak ngial paw’n min bikbo san ta em ni?

Hringnun awmze hriat tuma,
Ka lo harh chhuah ve meuh zawngin;
Ka nun chanve ka hmang ral ta,
An sawi beiseina zawng beidawn-na em lo ni zawk?

Hmuh theih loh chu hmuh tuma,
Ka ring ka fan ka fan lai chuan;
Hmuh theih lohin min man thut a,
Hmangaihna ni lovin Khawngaihna lek lo ni a!

-J. Sangtea Chhangte

27/5/2006

MIPA MIZIA

(Tips for girls)

1. Hmeichhe inchei sexy thei deuh an lawm viau laiin a tak takah chuan hmeichhe fing fel deuh an thlang zawk!
2. Height lamah an buai vak lo; mahse, weight-ah erawh an buai chiang!
3. MKH leh tuai/pherh hi an tithei lo bur!
4. "No" i tih kha mipa bengah chuan, "Try again tomorrow" tiin a ri daih!
5. Hmeichhia an Bem laiin mipa sual an awm lo!
6. Hmeichhe Over deuh hi an beng chak tlat zel!
7. Hmeichhe 'Nu' deuh an duh laiin 'inti no deuh' an ngai thei lo hle!
8. Inngaihzawn tirh chuan an duh vak lote bulah tawngkam an thiam thin hle a, an duh takte bulah chuan an dang a awk leh tlat thung!
9. Hmeichhe hmaa mipa an tah chuan an tap tak tak a ni!
10. An 'star' te mit lak nan chuan tihreh an nei lo!!
11. Ler viau mah se, hmeichhe ler deuh chu an duh bik thak lo!
12. "Ka hre thiam lo che" a tih che chuan a hre thiam lo tak tak che ni lovin "Ka rilru i hre thiam lo a ni" a tihnaah ngai daih rawh!
13. Kawng kal laia inkaih hi nuam zuk tiphian a!

UNSC!

UNO Security Council-ah President (Meeting Chairman nihna leh Agenda a duh ang ang hmanga UNSC meeting koh theih-na neitu) hi thla tin an inthlak zel a.

UNSC hi ram 15 an ni a; Veto power nei permanent ram 5 (USA, UK, France, Russia, China) leh kum 2 tan zel a UN General Assembly-in a thlan, ram 10 te an ni.

February kha UK President thla. March 2021 kha USA in "President" nihna a chelh a.

A thiante chu a hmsit ru thin hle a, eng teh vakah mah a ngai lo thin.

A huah a mamawh tanpuitu an ni leh daih mai. Inmamawh tawn theuh kan ni e.

TUNLAI MIZO HMEICHHIATE KEKAWRTE MAWH HI

- ZR. Lalthlanmawia



Tunlai kan hmeichhia, a bik takin kan nula ten khawlai len vahnaa an thuam inbel, an pumrua chu sawi loh, an zahmawh thla pawh a ngial a ngana lang thei kekawr an hak hi kan hnam nun leh kan sakhua nen hian a inpersan ta deuhin kan hria em? An kekawr hak hian a ngial a ngana an zahmawh lang tur a hliah chang chang a ni ber a, Mizo mipa te hian thuam mawihna lo tak kan inbel ngai hauh si lova, chutih laiin kan hmeichhia te erawh chuan a hmingin silhfen an inbel a ni deuh ber ti ila ka sawi sual viau lovin ka ring.

Hnung lam atang pawhin an mawng bawr hlimthla a hmuh theih a, hma lam atang pawhin an hnute a lang thui ta lutuk hi ka sawi thiam chiah lo. Heti taka kan Mizo hmeichhia ten thuam inbel an uluk lo leh an duhtui lo chung pawh a, kan ramah pawngsual a hlual lo hi chu a mak zawk hial awm asin.

Tuna kan dinhmun atanga kum sawm dang emaw lo her chhuak leh turah phei chuan, kan Mizo hmeichhiate hi thunun hleih theih lohvin an mahni duh dan danin an khawsa tawh mai lawng maw? Biak inah pawh thuamnaw sexy tak tak te nen an inkhawm tawh mai ang em tih hi ngaihtuah tham tak a ni.

He thu ka ziaak avang hian thenkhat chuan phunchiar leh tunlai lo, hawi zim leh mi nun dan sawisel peih tiin min dem let erh mai thei. Heti taka kan Mizo hmeichhiate an Sexy ta mai hi, a rang lama zir chian leh a nghawng chhuah zel tur ngaihtuah hi kan ngaihven a tul lo maw?

KAN HRIAT LOH THIL PATHUM

- Benjamin Lal Hmuakpuia

(1) Kan Thih Ni Tur : Mihring zingah tu mahin kan thih ni tur hria kan awm lo, Pathian chauhin a hria. Tunah kan thi thei a: nakinah, vawinah, zaninah naktukah pawh kan thi thei; naktuk hi kan thih ni tur a ni reng thei a ni.

(2) Kan Thih Dan Tur : Tu mahin kan thih dan turah duh kan thlang thei lo. Kan hlauh zawng tak natna hlauhawm Cancer-in, Sara thihnain, mi sual kut tuarin kan thi thei a ni. Kan thih dan tur hi Pathian chauhin a hria.

(3) Kan Thihna Hmun Tur : Mi tin mahni inah thlamuang taka thih kan duh theuh a; mahse tu mahin duh kan thlang thei lo. Kan thihna hmun tur chu kawthler a ni thei a, ram hnuai leh khualah te a ni thei, ram danga kan awm laite pawhin a ni thei, Pathian chauhin a hria.

Chuvangin, mi tu mahin kan thih ni tur, kan thih dan tur leh kan thihna hmun tur kan hriat loh avangin kan hlauh zawng taka kan thih loh nan Pathian hnena kan tawng-tai a va ngai em! Tin, thi mai thei dinhmuna ding reng kan nih avang hian kan thih pawha LALPA hnen 'VAN' thleng ngei turin tunah ngei hian Isua neitu, Pathian ringtu kan nih hi a tulin a va hun tawh em!

* Unau... Nite hi a that loh tawh em avang hian remchanna hi i lei zel ang u (Ephesi 4:16).*



Reidawm lohna hian hlauhlenna a ruh chhuak kher lo thei. Mahse ruh chhia a chhuak ngai lo chung.

- Edward C.C. Mawia

THUFING TAWI

Thil pûktu leh pûktirtu nih loh ve hi a hahdamthlak ber. thian tha leh chhungkhat laina hnena thil pûktir ai chuan, mi hran hnena thil pûktir a thlanawm zawk fo.

Keitein a zia a thlak danglam thei tak tak lo va, vawkpui pawh tu-ihawkah a inbual leh nge nge thin. Sap thufing pakhtatah pawh 'Once a crook always a crook' tih a awm hi.

Dâwt sawi hman chu thudik a sawi pawhin awihsak a ni lo. Rukru aiin dâwt sawi hmanthe hi an tha lo zawk fo. Dâwt chuan dâwt vek a hring chhuak thin. Hmangaihna nei lo mihring chu mitthi kal thei ang lek a ni. A awm lohna hmuna hmangaihna zawn a beidawnthlak a, a awmna hmunah erawh hman-gaihna hi thup theih a ni lo; hahch-hiau chhuak ang maia thup har a ni.

Mipa kum chu amah a inhmuh danin a hril ber a, a thian kawm atangin a mizia a hriat a; a thusawi nî lovin, a thil tih atangin teh ang che. Mipa vanneihna leh vanduin chu a nupui nungchang azir a ni mai e. Englai pawhin, a tih chuan, englai mahin a tihna a ni fo. Bawngpa chu a ki atanga man tur a ni a, mipa chu a lei atanga man tur a ni. Pa haus takin thil eng emaw a leisak che aiin, pa buai takin i tana a hun a hman kha ngaihlu zawk ang che.

I fapa kha a lo len hunah nangmah ang chiah ni se, i fanu khan a lo len hunah nangmah ang chiah kha pasalai nei se. Chu chu i duh dan a ni ang em?

Dr. Lalkhawngaihsanga, GILEAD THINGNAI
(Hriselna leh Hringnun)

APRIL: TAU THIA

(Ni 30 a awm)

Hmun tau hmin lai a nih vanga vuah a ni. Latin word Epirer atanga lak niin, a awmzia chu lo inhawng tur (to open) a ni a. Nipui a lo thaw a, thing leh thlai ten hnah no leh par an chhuah lai a nih vanga phuah a ni.

Thenawm do aiin khaw sarhi do a thlanawm zawk!

I thenawm unauten do an tawh a nih chuan engtin nge i tih ang?

Chhungkuua nu ber leh pa berte Quarantine-ah lut ta se, an fate eng



Covid-19, Virus hi khawvel hmun tinah a darh angin Myanmar ramah pawh a darh chak hle a. Heng karah hian chhungkuua nu ber leh pa berte hi hrik kaiin Quarantine- hmunah lut ta se, ina awm an fate hi eng tin nge kan enkawl zui ta ang tih hi sawiho kan tum dawn a ni.

1. Pre School kai rual an nih chuan ni 14 zet nu leh pate nen an awm hran dan dawn avangin hritlang, awm na lo tura inhrilh hriat tur a ni a. Nu leh pa atangin hritlang awmna an kai loh thu pawh chiang taka hrilh tur a ni.
2. School kai rual vel an nih chuan uluk lehzuah hrilh fiah a tul a. A chang chuan awmho a that loh thu sawi fiah a tha a, hri kaina lak ata a fihlim thu hrilh a tha hle.

3. Kan sawi chhana chu, i nu leh pa hi na zual em em kan ni lo va, mi dang kaihnawih loh tura awm hrang mai kan ni. Ni 14 kan awm hnuah chuan kan awm tlang leh vek dawn a. Min lo ngai a nih pawhin i pi leh pu ten an awmpui dawn che u a, Vedio call pawhin an inbiak theih thu hrilh thiam a tha hle bawh ang.

Nu leh pa hlauhthawnna te, nuapang tana thlaphanna te a awm thei a. Fate ngaih chan pawh a awm thei, tuna kan awm hranna hi kumkhaw tan a ni lova, rei lo te chauh a nih thu fate kan hrilh thiam chuan an rilru a hahdam thei a, ni 14 hnuah hlim takin kan la chengza dawn a ni tia dam taka kan hrilh thiam a pawimawh a ni.

Naupang thenkhat chu an nu leh pate nen an awm hran hian a rilru a baihvai thui thin a, an lung chhiain an tap fo thin. Chaw ei thei lovin an mu tui thei lo bawh a, a nguai bur thin a ni.

Hetia nuapangte an khawhar hian hnem dan leh rilru lam hahdam nan Quarantine awm mek nu leh pate hian, aw ka chhuah thiam a pawimawh em em mai a ni.

CRPH + NUG = FEDERAL ARMY

CRPH (Committee Representing Pyiduangsu Hluttaw) chuan April ni 16, 2021 khan National Unity Government (NUG) an form thu an puang chhuak a. Chuta hruaitute chu ethnic hnam hrang hrang atanga thlan khawm an ni a. President-ah chuan U Win Myint a nih ang bawkin, Pi Aung San Su Kyi pawh a nihna ngai tho State Counsellor chelhtir leh a ni. Chutih ruralin NUG sorkar hruaitute zinga



Union Minister ni pha Zo hnahthlak pahni (2) - Dr Lianhmung Sakhong (Union Minister/Ministry of Federal Union Affairs) leh Dr Sa Sa (Union Minister/Ministry of International Cooperation) an tel ve bawh a ni. Hetiang a nih takah chuan khawvel sorkar leh UN paw'n a pawm chhoh zel a rinawm a, Federal Army pawh din thei ngei tura beisei a ni bawh. ■

NGAWI TAWT RAWH

Mafaa Hahnar

“Hmelmawii Pa Veng saw veng tenawm, e veng bawhlhlawh,

Chung Pathian bia thlunglû an hup kun thliai e,

Thenawm rêl reng renga phun se saw.”

Mi rêl leh sawichhiat hi Olympic games-a inelna pakhat chu ni se ram aiawha tirh chhuah tlak fe fe chu thler tinah kan kat nukin ka ring. Hmun tin, hmun tangah “rêl station” kan bun thluah mai a nih hi.

Chuti ang mite chu Setana dâkpu rinawm an ni a, Kristian Hla Bu-a an hla duh ber pawh, “He thu hi darh vel se” tih leh “Thu mak ka sawi nin theih loh chu” tih hi a nih ka ring.

Mahni tluk lohte chanchin chhe lam han hriat te hi a nuam ve em kher baw a. Tluk loh rim nama kan hriat, kan chung en ngawih ngawih ten, Nebukadnezzara mumanga milim lianpui ang maia, kephah hlum (feet of clay) mai an nei tih han hriat hi chu a nuam ru ve veng veng em baw a ni.

Itsiktute hian mi chanchin tha lo chu kan thehdarh tlangpui. A thehdarh lamah lah hian, kan lei-li a per rang a, kan hrawk a thakin, kan kam a hlei tlâng thin hlawn a nia. Engati nge hmeichhe lam hian mi rêl an taimak em em? Mipa lam hian kan bengkhawn peih a, ngaihnawm kan tih viau thin vang a ni mai lo’ng maw?

Tute nula leh tlangval inngaizawng emaw chanchin sawi mai te hian nutling pui puite hi zu han vâk de de peih hlawn a! Tu pa cheng nuai têt eiruk emaw sawi ngam mang si lo hian, vengthlanga mi inhnuai luah nula vanduai sawn pai chanchin te hi kan khel kan khel peih a, kan thenawmte mo thar chu a inbual peih tak tak a ni, tih mai te hi kan sawi kan sawi peih a, kan mak ngawt mai.

Miin tuemaw zai thiam a tihzia a sawi laia, in luah man an bat rei thu lo rawlh ve sek kha eng nge maw a pawimawh viauna le?

An leiba chu i tlaksak dawn a nih chuan thuhnan le. Tu pastor emaw felzia miin an sawi laia, a fanu inhnawih pâwt theihzia lo paupui vek sek te kan ching a.

Kan bula mi dang rêl thin hi chuan mi dang bulah keini pawh min rêl thin ang tih hi rin ringawt mai tur. Ka chanchin hriat hi a dik ang em, dik ta se ka sawi chhawn kual hian eng nge hlâwkna ka hmuh ang, tih hi ngaihtuah a tha khawp mai.

Lehkhahu thu hawnna-a ka duh ber mai pakhat chu, F. Scott Fitzgerald-a novel, *The Great Gatsby* thu hawnna kha a ni: “Kum lama ka la naupan zual lai, khûp ruh a la no zual lai khan ka pa’n thurâwn min pe a, ka thinlungah a riak zui ta reng mai. Tu pawh sawisel duhna rilru i neih chang apiangin, a ti alawm, hei hi hre reng ang che, khawvela mi zawng zawng hian i hamthatna neih ang hi an nei ve vek lo, tih hi.”

Mi dinhmun hriatthiampui mang si lo hian tawngkamin kan sai nghal zung zung thin a, chuti chuan mena hre lovin kan siama, a nunkhua kan tihchhiatsak vek thei asin. Mi ropui chuan ngaih dan an sawi hova, mi naran chuan thil thleng an sawi hova, mi rilru têt chuan mi chanchin an sawi an sawi thin, an tih kha a dik thui viau mai thei.

Kan mit ngeia kan hmuh ni lo, kan beng ngeia kan hriat pawh ni lo pui hi, kan rilru te-reuh-têt hian kan phuachchawp a, kan kareh zau deuh hian kan pu darh duh fo zu nia.

Bible pawh hian kan lei veng tha tur hian min chah uluk em hi. Kan lei tawi têt hian mi eng zah nge a hawl thlak a, a hawl thluk tawh? Kan lei hi hmun hnâwna a awm vang hian a tawhlthlu duh teh a nia aw. Kan lei inchi 3 vel leka sei hian patling feet 6 dawna sang pawh a hawl thlu zuah thei asin.

Sap naupanghovin, miin tawngkama an diriam a, an zah em em chang hian, “Tiang leh lung chuan ka ruh a titliak thei ang, mahse, thu chuan min hliam ngai lo vang,”

(‘Sticks and stones will break my bones, but words will never harm me’) tiin an chhang lêt thin.

Amaherawhchu, thu hian tiang leh lungina mi a hliam theih aia thuk hian mi a tina thei asin. Thinlung hi a tikehsawm vek thei a. thian tha a then hrang thei a, pawl a tiphel thei a, inngaizawng leh nupa karah hêm a thlak thei a, chhungkua a leng darh vek thei! Mi nunkhua zawng zawng a tihchhiatsak vek thei a, mi duhthusam ram a thiahsak thei a, thihna leilâwtah thleng a hnuk liam thei. Mizo upa paw’n tawngkauchhehah, “I tawngngin sai ngal a deng tliak!” te an tih thin kha maw le.

Pathian laka kan rochan, Zoram cheimawitu lunglhu: kan zai thiam, kan rimawi tum thiam, infiamna lama kan mi chhuanvâwr, thu leh hla thiam, science leh kawng hrang hranga mi bikte hi an va hlu teh-reng em! An talent dawn zar zovin, an thawhrimna, taimakna leh thiamna rah thlum tak chu senga, kan lo tlaipuarpuite, mi thenkhatina a bawrhâng zawng leh a thingbâr zawnga lo chhuah hrâm hrâm kan tum ngat ngat hi mak ka ti thin. An art-ah awmze nei taka criticism kan pe thei a nih chuan a tha alawm e. Mahse, kan zawlpuia anmahni hnuhthlak hram hram tum kan ang ka ti ber thin.

William Shakespeare-a’na Iago kê hmanga a sawi hi a pawimawh a nia: “A-hmei a-pain, mahni hmingthatna hi kan ro hlu ber a ni. Miina kan tangka ip min rûksak chuan, thil ho mai mai min rûksak a ni; thil hlu tham engmah kan chên lo. A hmain tangka chu ka ta a ni a; mi rûksak hnuah a ta a lo ni ve mai a. Chhuan eng emaw zât chuan chu tangka chu kan inkawl chhâwk kual mai mai a ni. Nimahsela, ka hmingthatna mi rûksaktu chuan hausak phah nan a hmang chuang lo va; kei lahin ka lo pachhiat phah let dêr bawk dâwn nen. Hming tha hi zawng tangka sum engzat maha lei theih mai a ni ngai lo!”

Phek 15-naah

SEX HLIMNA

Mihring taksa hian kan riltam a chaw kan mamawh ang chiah hian, kan taksa hian sex hman kan mamawh em em a. Nupa kar loVa sex hman erawh soal lian tak a ni.

Mihring nupaa kan insiam hian sex nupa hlimna kan hmang a, Sex hi nupaah chuan hmun pawimawh tak a luah a, sex hi Chi thlahna a ni a, nupa nun hman fimkhur loh a vang hian nupa tam tak intih thinurna a thlen Fo. Nupa karah sex hman erawh kan inzirtir ngun a pawimawh khawp mai, a bikin mipa hi an chakna a chhuak hma a, zawh pawh an zo hma nge nge. Hmeichhiate hi mipa ang lo takin an chak ve mai mai lo a, zawh pawh an zo har tlangpui. Nupa karah sex an hmang a nih rau rau chuan, inkhalhna tel lo hi, chawhmeh tel lova chaw puar tak ei tum ang vel a ni.

Nupa kara sex kan hman dawnin inkhalin duh dan nuam tih dan inhrilh hriat ila, hmun fian rial thawm dim ngaih lohna leh ven thawm tur awm lohna hmun chuh hram hram ila, a bikin mipate hian an nupuite vawrtawp a thlenpui ngai mang lo a nih chuan, hmeichhiain kaning, ka peih lo an tifo a, a nih loh leh hmanhmawh rawh ti mai mai teh a ti fo. In nupa in inkhak fona chu maw, sex-ah in intih hlim tawh loh vang a ni tlangpui, i nupui peih lo leh nuamsam lo chak lo chung a sex i hmanpui khan i nupui tan nawmna hlimna pakhat mah i thlen lo tih hria ang che, i nupuiin a chak ve lai a, sex i hmanpui a, i khal za lo a, i nawmna chiah i ngaihtuah khan i nupui khawhar dan tur leh thinrim dan tur kha dawnpui ve la.

Nupaa nupa hlimna in hmang a nih si chuan, in khalin nuam tihdan duh dan inhrilh ula, in puitlinsak fo a tha. Nupa karahah chuan serh infawhsak inlihsak hi a pawina a awm lo. Tin, hmeichhia hi mipa te ang lo takin hmun hniah a vawrtawp an thleng thei a, a theih hram chuan kan nupui te serh fawhsak liahsak hreh lo ila, an mawnah vawrtawp an thleng thei a, an serh kuaah

an thleng ve ve thei tih hi hriat a tha. Hmun hniah a vawrtawp thlentir fo ila, an pasalte min ngainain min thlahlel fo asin.

Thinrim lai lungawi loh lai rilru hah laia nupa nun hman hi chin loh a tha, rilru hlim leh hahdam laia uluk taka nupa nun hman fo tur a nih chu. Hmeichhe vawrtawp thleng khat leh thleng ngai lo te hi an nunkhua a har a, pasal te ngainatna thlakhlelna an nei tlem duh a. Hmeichhia te pawh hian in theih ang tawkin inpasal te tiphur ula, nuam ti vak lo pawhin nuam tihmel deuh angin awm fo ula, in pasal te bulah in duh dan thlen fo rawh u, chu chu thil tha a ni si a. ■

INHRAWT

- LH Hmar Zote Lushai

Mihringte hi ran ang kan ni lo a, ran chuan hur hun bi an nei a, mihringteah chuan hur hun bi kan nei lo. Thlipui tleh hun tur kan hre lo a, thlifim a lo thaw a chhum dum te takin van dumpawl a rawn hlih tial tial a, thlifim lo thaw chu a lo thaw na telh telh a, thlipui na tak a lo tleh a, na takin thli a lo tleh vuk vuk a.

Mihringah pawh tisa chakna lo thlen hun tur kan hre lawk lova, tisa chaknain min fan ri ai ri ai a na telh telh a, tisa chakna nasa takin min tuam a, kawppui nei ve lo tan phei chuan a hrehawm em em a, kawppui nei te tan lah kawppui te hrisel tawh lohna leh ruihlo avanga harsatna tawh te tan pawh a hrehawm a, hrisel tha hman dan thiam lovin thurual tawh lo te tan pawh a hrehawm tho ang.

Inhrawt hi tuman min zirtir lo a, inhrawt dan kan thiam vek a, mipa kan inhrawt chuan hmeichhia pawh an inhrawt ve tih hi hria ila. Nupa pawn lam sex hman ai chuan mahni inhrawt hi a pawina awmin kei chuan ka hre miah lova, chak taka awm ai chuan mahnia in tihfihlim hi a thatna lai a awm tho mai.

Mi an inhrawt a nih pawhin mak tia inen chi a ni lo, mi hrang hrang kan kawp lawr hian Pathian pawpaw sawina a ni a, natna Aids kan kai thei bawh a ni. ■

Phek 14-na chhonzawmna

Mi hming tihhliau hi banga chirh vawm kai ang a nia. eng anga nasa pawha nawh fai tum mah ila, a val a awm kulh tawh thin. Mi kan fak thei lo a nih pawh a, an hming hliauna han sawi hrâm kan chât te, kan chaw sang thei lo a nih pawh a, han hnuh hniam hrâm kan duh te, kan vulh lian thei lo a nih pawh a, han teitêt hrâm kan tum thin te hi chu aw!

Kan mi sawisela te ai mahin keimahni nihna hi kan sawisela hian a tichiang zawkin ka hria. Mi hming chirhdiaka ka hnuh berh apiang hian chirh kan kai berh tel ve zel tih hriat tur. “Kan lo ngaihsan tehlul che nen ...” ti a miin min “fakna hla” an han lâk tawh hi chuan ka beng a thlep nghal vek zel a. Ngaihsan tur dang veng tinah kohhran thalai hruaitu fel leh fai tak tak, zei si an kah nuk thu hrilh mai ka nâp hial thin.

Tu ni turin nge maw min beisei ni. Mother (Saint) Teresa maw? Ani meuh pawhin sawiseltu a hmai lo teh a nia. British chanchinbumi Christopher Hitchens phei chuan, The Missionary Position tiin Mother Teresa sawichhiatna chu a bu meuhvin a chhuah asin.

Mahatma Gandhi kan ti em ni? Mawngkawhur ang hiala an chhuahna lehkhaw pawh a awm. Pathian fapa meuh pawh nungdama awm tlak lo, lei si lo, van si lova, kraws-a khaikân tlâk lekah an ngai a nih a nih kha!

Tlangval kan zir tih laia ka hla duh em em mai pakhat kha ka rilru-ah a awm reng thin:

“Quiet please, too much has already been said,

Just let it be and learn to listen instead;

Sometimes through the silence big problems become small,

If you can't find something good to say, say nothing at all.”

Ni e, sawi tur tha têt i hria te a nih nghal loh chuan, tunlai tawngkam takin, ngawi tâwt rawh! ■

SEPTICAEMIA NUNNA SUATTU

Mi tam tak thihchhan a puan fo Septicemia hi han bihchiang teh ang. Nausen mai bakah puitling zingah pawh nei an thahnem viau a.

SEPTICAEMIA CHU ENG-NGE NI LE? Septicaemia awmzia chu natna hrik (Micro-organisms) leh an tur (Toxins) thisena an tai darh (Spread) sawina a ni a. A awmzia pawh' thisen septic' tihna emaw 'thisen a tur awm' (blood poisoning) ni mai.

ENGNGE A CHHAN?

Septicaemia hi kan taksa khawilai pawha natna 'infection' avangin a lo awm thei. Vun natna (skin infection) te, Zun kawng pan (urinary tract infection) te, Chuap lam natna (pneumonia) te, Ngal nget (osteomyelitis) te leh thluak a khawsik lut (meningitis) te hi a tai darh vak thei vek a, chu chuan septicaemia chu a thlen mai thin a ni.

Khing infection te khi a tirah chuan kan taksa peng khatah chauh awm bing (localised) in, enkawl na tha tak pek anih chuan a dam mai thin a. Mahse, kan taksa natna dotu lam (immunity) in a hneh zawh loh emaw, damdawiin a hneh zawh loh chuan, natna hrik leh a tur chu thisen zamah lutin, kan taksa peng hrang hrangah natna (infection) chu a tai darh ta chiam a, chu chu septicaemia kan tih chu a lo ni ta a ni.

A LO CHHUAH DAN: A tirah chuan khawsik, tlun leh marphu rang a awm thin a, atira natna, a intanna (Local site of infection) a zirin a lan dan a danglam thei.

Entirnan : pneumonia a nih chuan khuh, thawk kalh an nei tel a, kal na an nih chuan an nak bawra na tel a, vun pan atanga in tan a nih chuan pan, khawihli etc. an nei thin. A natna a lo zual zel chuan thisen a hniam (BP hnism) a, thlan chhia in a bual a, vuna sen thit thet (rash) an nei tel a, a nasat deuh phei chuan nikhaw hriatlohna (unconscious-ness) thlengin a awm thei thin.

ENG NGE A ENKAWL DAN?

A chung a tarlan ang hian, a tirah septicaemia vanga khawsik tih a hriat kher loh thei. Chuvangin, eng vanga khawsik pawhin entir hma a tha hle a ni. Septicaemia tih hriat a nih tawh chuan damdawi ina enkawl ngei a tha ber. Thisen exam, X-RAY leh investigations tih hian, a tum ber thinte chu :

1. A chhan hmuhchhuah-damlo tam tak (septicaemia shock) chu hospital-a an rawn luh hian a chhan hriat nghal mai loh chang a tam....

2. Taksa peng (organs) hrang hrang a khawih chhiat leh chhiat loh en chian.....

3. A natna kal zel (progress) chhui (monitor) nan a damdawi chu a natna hrik a zirin thlan a ni tlangpui.

Tin, antioitic chauh lo pawh, drip te leh damdawi dang dang pawh hman a ngai thin. A tira natna hrik leh infectoin lo taidarhna hmun hriat hma hian antibiotic te hi a tha tura ngaih rin thua pek tan a ni tlangpui a, a hnua report kimchangte a chhuah hnua, a tul chuan thlak leh thin a ni. Hriat tur chu report pawimawh eg: Culture etc. chhuah nan darkar 48-72 a duh tlangpui.

ENG NGE A INVEN DAN?

Septicaemia hi ho te a ven theih mai a ni a...hetiangin :

1. Natna (infection) ngaih pawimawh a, enkawl / entir hma.

2. Mahni taksa duat :- Exercise lak that, zuk leh hmuam tih loh, Ruihtheih thil laka fihlim.

TU TE NGE SEPTICAEMIA NEI AWLSAM (PRONE)?

1. Diabetis (Zunthlum)
2. Immune suppressed (Eg: AIDS) etc.
3. Ei tha lo / under nutrition (rettheih vang, nachang hriat loh vang) etc.
4. ZU / DRUGS tih nasat.
5. Mei zu rei leh zu hnem.
6. Thingtlang, inenkawl na (medical facilities) that lohna hmun.
7. Mahni ngaihdana inenkawl.

Khing atang khian "SEPTICAEMIA" hi tlang hrileng a ni o tih leh khawsik zawng zawng an septicaemia vek kher lo tih kanhre thei ang.

Thu lakna: Dr.H.Lalrinmawia

R2P (RESPONSIBILITY TO PROTECT) CHUNGCHANG

~ Ramzuia

1.R2P (Responsibility to Protect) tih chu eng nge ni?

Kum 2005 khan UN tel member zawng zawngin Politic lama intiamkamna (a global political commitment) a ni.

2.R2P chuan engte nge a chin fel?

- (a) Hnam insuatna te,
- (b) Sipaite thil tihsual (War Crimes)
- (c) Hnam tihchimit tumna te, leh mipui zawng zawng te pawm loh dan siam a, paw khawihnite a thlen hunah a chin felsak thin a ni.

3. R2P chuan engte nge a tih theih?

- (a) Inremna awm turin hma a lakpui thei a
- (b) A vaukhan thei a
- (d) Sumdawnna lamah a hrek thei a
- (e) UN chapter bung 7-a tar lan angin Security Councill hnenah thuneihna a hlan ang.

R2P Lut tur chuan:-

- (1) Ram chhunga remna a derthawn hunah,
- (2) Remna/zalenna bawhchhiat a nih hunah,
- (3) Remna chu zah lo taka a neksawr hunah R2P chu a che thin a ni.

R2P luh tawh naram thengkhate chu Kenya (2007/2008) Inthlanpui zawh hnua President thar a neih khan ram chhungah buaina a chhuak a. Hnam chi khat bo khawpa insuatna a thlen a, mi 1000 chu uangin nunna an chan a, raltlan mi nuai 5 zet an awm a.

Ivory Cosat (2011) Inthlanpui tlawm ta President chuan ban mai tum lovin ram chhungah buaina a siam a. UN chuan a sipaite ni 5 chhung a tir a, ni 11-ah chuan President thar an dah thei a ni. R2P luh tawhna tam tak te a awm a, a chang chuan NATO hote nen pawh an thawkho thin a ni. Credit - Thua Daily

CHAKAWK

Dr.Lalkhawngaihsanga



Chakaw hi kan ramah a tam a, chawhmeh tui tak a ni bawka. Chawhmeh tui tak a nih bâkah taksa tana thatna a nei nual bawka. Taksa tana chakaw thatna tlem han tarlang ila. Chakaw leh kat-chat hi a inang hle a. A pahnih hian Fern ang chi a ni ve ve a: ni mahsela, a thil pai a inang lo va, taksa tana a thatna pawh a inang lo a ni. Chakaw hi chu kan ei nasa a, katchat hi chu kan ei lêm lo a ni.

Chakaw siam dân ka hriat chu badam (Mi-be) nena bawl a ni a, a kan pawhin a tui a. A hre deuh khan tui taka chakaw siam dân han tarlang teh u. Chakaw hian taksa mamawh vitamins leh minerals a pai tam hle mai a. Chakaw hian taksa veng him thei flavonoids, polyphenol, alkaloids, terpenoids leh saponins a pai bawka.

Chakaw hian natna hrik leh pâ ang chi natna hrik, fungus do lêt theihna a nei a. Chakaw hian tak-saa natna do lêtthu khawh, immune system a tichak thei a. Ruh hriselna atan chakaw a tha a. Chakaw hi rulhlut thahna hlo atan an hmang thin a. Chakaw hian taksa nâ leh vûng a tiziaawm thei a.

A hnah no chhum hi êk khal tan a tha a, chaw pai tawih a pui bawka. Chakaw ei nasat hian mipa chi a titem theia hriat a ni a. Chuvangin, ei chin tâwk hriat a tha ang a.

Chakaw ang chi hi fern tih a ni a, katchat nen te pawh hian a inang deuh va. Chakaw hi mihring tan a hima hriat a ni a. Nimahsela, chakaw ang chi hi ramhnuaia to a awm a. He'ngte hian tûr chi khat, ptalquioside a pai fo va, taksa tan a him lo thei a.

Chakaw hi chuan mihring tana hlauhawm tham tûr a pai hriat a ni lo. ■

I THIN NGAIHSAK A TUL TIH LANGTIRTU CHI 7

Thin hi mihring taksa peng tina hna thawk tam berte zinga mi niin thin a that loh chuan rei lo teah thihna a thlen mai thin a. Thin a tha lo tih kan hriat chuan in enkawl theih a ni a. Chuvangin thin a tha lo tan tih hriat theih dan chi 7 a awm a. Chungte chu;

1. Mit leh taksa eng tan a: Chutia a awm chuan thinah that lohna a awm tihna a ni a. Kan chil pawh a eng tan a nih chuan a rang lama Doctor pan vat a tha.

2. Pum a puar tan: Pum a puar reng a, awm nuam lo khawpin a hnawh reng a, raipuar ang maia a lan chuan thin that loh vang tho a ni. Thin chuan a hnena lut thin tui chu tha takin a tihfai thei loh avangin taksa peng dangah a luh phah ta a ni. Thin a that loh chuan pum mai ni loin ke (ngal rek) te pawh a puar thei a ni.

3. Taksa rih zawng tlak hniam thutna: Pumin a ham reng ang a, eng mah ei chakna nei lo leh thil ei zawh a pianga pum a nat thin chuan taksa rih zawng a tla hniam thin a. Chutianga kan awm chuan damdawi inah in entir vat a tha hle.

4. Vunah thisen zam chatte a lan hunah: Thin a that loh chuan thinsen zam a tichat thin a. Awmah te, kutah te, Ng-hawngah te leh hmaiahte thisen zam chat kan hmuh chuan damdawi inah in entir vat a ngai tihna a ni.

5. Thi duk tlak hma hmunah: Thinah eng emaw chian lohna a awm hunah taksa peng hrang hrangah Protein a pek tlem phah thin a. Chu chuan thisen a tikhal a, thisen zam atangin thisen a put chhuak thei a. Chuvangin inkhawn palhahte hian thi duk a tla hma thin a ni.

6. Zun rawng a tak chuan: Zun rawng hi englai pawhin a inang reng thei lo a. Kan ei leh in a zirin a danglam thin a. Mahse, englai pawha zun rawng tak reng te, eng dal deuh te leh eng lutuk te a nih reng chuan thinah Bilirubin tam lutuk vang a ni thei.

7. Vun thak lutuk: Kan vunin a ngeih loh thilte avangin a thak thin a. Mahse, zan mut huna taksa puma thak lutuk leh ei theih ngeih lo kan ngah lutuk chuan kan thin that loh vang a ni thei.

THISEN SANG DAMDAWI HRANG HRANG TE

LalHmangaihsanga

1. Thingfanghma (Nuhnun) ei tam a tha.
2. Sunhlu a tha.

3. Hmarchapui (capsicum) hi thisen dâwt hrisel nan leh BP tihhniam nan a tha.

4. Kumtluang hnah a hela ei leh a chhum tui in a tha hle.

5. Carrot hian taksa-a cholesterol level (thau chhia inchhek tur) a veng thei.

6. Aidu sentil emaw aidu ria ei teuh tur.

7. Fanghma hnah leh a kuang tui sawr in a tha.

8. Lambak (Hnahbial) hnah tui sawr fiante 8 vel khawizu fiante 2 nen pawlhin ni tin zingah ei a tha.

9. Neem hnah chhum tui ni tin wavi thum pum puar laiin ei a tha.

10. Samtawkte rah hel ei emaw a chhum emaw a tui nen ei in a tha.

TUI IN DAN THA

- Melvyn Vanlalhlimpua

Tui thianghlim in tam a thatzia thu chu sawi ngai lovin mi tinin kan hria. Mahse, engtik huna in nge tha ber ang a, engtia in tur nge tih erawh hriat kan mamawh hle thung.

10 Zing i thawh ve leh tui no hnih in thin ang che. Chu chuan zan khuua i khawh khawm i taksaa tur awmte kha a thuah fai vek dawn a ni.

10 Chaw ei hma minute 30-ah tui no khat in thin rawh. Chu chuan i thil ei pai tawih kawngah a pui thei che.

10 I inbual hmain tui no khat in rawh. Chu chuan i BP a tihhniam phah ang.

10 I tui hal hun kher nghak lovin i tak-sain tui a mamawh a tlak chham loh nan a khat tawkin tui in thin ang che.

10 Hna thawka i kal hma leh i thawh hnuah tui in thin ang che. I insawiza-wi zawhah leh lum i tih changin tui in ngei ngei bawk thin ang che.

10 Zanah i mut hma darkar khatah tui no khat in thin ang che. Chu chuan nilenga i taksaa tuiiril i hloh zawng zawngte a tikhat leh thei a ni.

10 Mipui hmaa i chhuah hnuah leh i kal dawnin tui in thin rawh. Chu chuan natna kai chhawn theihna lak ata a venghim thei che a ni.

10 Naupai tan tui in tam hi a paw-imawh zual hle. A chhan chu an tak-sain tui a mamawh tam bik vang a ni.

CHE GUEVARA HUN HNUHNUNG

Familia Fanai Laltansanga



Ernesto Guevara-a hi a hming tak chu Ernesto Guevara Lynch a ni a, a nupui chu Celia de la Serna y Llosa a ni. June ni 14, 1928 khan Rosario, Argentina-ah an unau zinga a upa ber ni turin a lo piang a. Spanish thlah kal zel a nih mai bakah, an thlahtute zingah hian Irish mi Patrick Lynch pawh a tel a ni.

A pa chu Spanish Civil War hun laia Republican thlawp em em thintu kha a ni. A pa kha sport leh thil hrang hrang thiam hnem tak mai a nih angin, Guevara chuan a pa hnen atangin Chess khelh a zir a, Kum 12 a nihin local tournaments-ah a tel thei daih tawh a ni.

Rawlthar a rawn chuang kai chho a, Hla phuah lamah a tui ta viau mai a, an inah lehkhahu 3,000 aia tam an kawh reng thin a, kum 1967, October ni 9 khan Bolivia ramah kah hlum a ni. A ke-ah silaiin wawi tam an kap fuh tawh a, a silai pawh a chelek thei ta lo va, Ernesto "Che" Guevara chuan, 'mi kap tawh suh u, Che Guevara ka ni a, ka thih aiin ka dam hian hlutna ka nei zawk ang e' a ti a. America sipai ten training an pek Bolivian sipaite hnenah chuan a inpe ta nge nge a ni.

Che Guevara hian MBBS a zir zawh hnu-in South America khawmualpui a fang chhuak dap a, mipui mimir retheihzia a hmu hin capitalism ngei hi a kaikuang niin a hre ta a, Marxist ideology hmanga mipuite retheihna bawih atanga chhan chhuah a tum nghet ta a, Fidel Castro nen intawngin Cuba revolution-ah a tanpui ta a, an hlawhtling a, Cuba ramah sorkarna an siam

thei ta a. Nihna pawimawh tak tak a chelh a, Cuba revolution an neih laia kawktute chu a kah hlumtir ta siah siah mai a.

A hnu lawkah a nihna pawimawh tak takte bansanin Africa khawmualpui leh South America rama Communist ideology hmanga ram la turin hel pawl a tanpui ta a. Bolivia rama hel pawl a tanpui lai hian America sorkar chuan Bolivia ramah communist sorkar a din palh ang tih a hlau em em a, Bolivia sorkar chu nasa taka tanpuiin Bolivia sipaite chu hel pawl beih dan zirtirin silai leh ralthuam tha tak tak nen a thuam bawh a.

Kum 1967 October, 8 ni-a an indonaa Che Guevara chuan hliam pui tuarin a in-surrender ta a. Bolivia sipai ten an man hnu chuan an manna hmun atanga km 4- vela hla, La Higuera khua sikul pakhat chhungah an hreng ta a. Bolivian military officer anga awm, Cuban-American CIA operative Felix Rodriguez chuan a tuka Che Guevara a va tlawh chuan a lo bal khawp mai a, a samte chu a lo bawrchhawr nasa mai a, a thawnhnawte chu a balin a tet nasa a, a kut leh a ke an lo phuwar a.

America sorkar chuan Che Guevara hi a nung ngeia mana thu zawh fiah an duh laiin Bolivia sorkar chuan thah nghal mai an duh a, an thah nghal mai loh chuan mipui in an lainat ang a, sorkarin mipui aw an ngam lo vang tih an hlau a. Chuvang chuan indonaa thi ang tlangthantir an tum ta a ni. Rodriguez chuan a han ngaihtuah vang vang a, Guevara man thei tura mi pawimawh tak a ni tih a inhria a, han tihhlum em chu ni theiin a hre lo va; mahse, Bolivia sorkar berin thah ngei an duh tih a hre si a. Che Guevara hi mi tam tak nunna lo la tawh ni mah se, a nunna han laksak em chu a lainat rilru hle a.

Rodriguez chuan Che Guevara hnenah chuan a ruh lang rawtin, a hun tawp a ngai ta tih a hrilh a, "A hmel chu chiang fahran hian ka han en a, ka mitah tak chuan min

rawn en let kalh a, Che Guevara chuan "Nung chung a lo inmantir lek loh tur!" a tivawng vawng a.

Rodriguez chuan Che Guevara a chhuahsan hnu chuan Che Guevara vengtu sipai hnenah chuan kap hlum turin thu a pe ta a, indonaa thi ang turin a lu-ah ni lo, a nghawnga kap tur a hrilh ta a ni. A kap hlumtu tur Sgt. Jaime Teran hnena Che Guevara thusawi hnuhnung ber chu, "Mi kap hlum turin i lo lut tih ka hria e. Min kap rawh, mi pakhat i that a ni ve mai alawm" tih hi a ni.

Sgt. Jaime Teran chuan, Che Guevara âwr, a kut leh a ke-ahte a kap ta siah siah mai a nih chu! Hel hotu, revolutionary icon Ernesto "Che" Guevara, mi tam takin a ngaihsan em em, mi tak takin a huat em em bawh chu kum 54 kal taah khan kum 39 miin kah hlum a lo ni ta a, mi huaisen, mahni ngah dan thihpui ngam a ni a, a hming erawh rial angin a la dai thei mawlh lo!

An manna hmun ram hnuai leh a sakruang an zalhna hmun chu tourist tam tak ten an la tlawh zut zut reng a, a kah hlumna khuaah chuan a lim lianpui an siam a, a lim hnuai chuan, "I nun entawntlak tak khan thim ata khua a tivar ta" tih a inziak. A thlalak hi khawvela thlalak lar ber pawl niin mi tam tak tan zalenna hmuh theihna tura tuarna angin an ngai hial a, chhelna leh tumruhna ang pawhin awmzia a nei thei hial a ni.

Che Guevara hi indonaa thi a ni lo va, an man tawh hnuah kah hlum a ni tih khawvelin a han hriat chhuah chuan mipui thinrim chuan ha chang thial chungin America sorkar leh Bolivia sorkar anchhia an lawh bawrh bawrh ta mai a ni.

Military historian Erik Durschmied chuan Che Guevara hi a thi lo va, mi thinlungah hian a la nung chiang hle a ni, a ti.

**Mi tana thawktute hi leiah
awm tawh lo mah se,
mipuiin an la thlamuanpui
cheu a ni.**

RACKET CHANCHIN

Racket zawng zawng hi anmahni that that chuan an tha vek a. Player-te mamawh dan azirin chi hrang hranga siam chhuah a ni a. A tlangpui thuin Shaft (a ngul) chu flex, medium, stiff, extra stiff tia thliar hran a ni a. Flex kan tih chi Racket chu a kul nasa thei ber a. Flex kan tih chuan kan vuak arhmul leh Racket hrui indeh chhung a rei avangin kut atanga tha hrui chhuak chakna chu a zavai deuh thawin arhmul-ah a thleng thei a. Vuak nat dan azirin arhmul chu a kal chak ve mai a ni.

Mahse, arhmul control lamah erawh chuan a chak vak lova, zir tir (Beginner) tan a tha lehzuul. Chutiang deuh bawh chuan medium shaft (a ngul) chu a khawng deuh avangin flex ai chuan Racket a kul thei nep deuh a. Vuak ang huin arhmulah a thleng vek thei lo. Mahse, arhmul control kawngah flex aiin a awlsam zawk a. Tlema inkhelh rei ve deuh tawhte atan chuan duhthusam a ni. Stiff thung chu a khawng em avangin han vuak hian a sak deuh bik a. Tharum hman thin leh rang taka vaw thintute hman chi tak a ni. Extra stiff phei chu a khawng lehzuul.

Professional chin chuan stiff emaw extra stiff emaw hi an hman deuh ber a. Professional-ho hi chuan na taka vaw thei turin an ban rek, ban pum, tihrawl te chak tura exercise an lak tam avangin extra-stiff chu, na mangkhenga vuak tawh an thiam tawh a. Tang viau mah sela, an control thiam avangin an tan kawng hnihin thatna an tel thei bik.

Player thenkhat chuan Racket zang an duh a, thenkhat chuan a rit deuh an duh leh thung a. A zan leh rih thuhlaah Racket siamna thil hmanrua azir a ni mai a. Aluminium nge, Carbon nge, Titanium siam nge tih a awm thei a, tunlai taka chawhpawlha siam pawh a awm thei bawh a, Player-te duhthlannaah a innghat tawh zawk a ni.

Racket a rih chuan a vuak a na a, control a har thung. Racket a zang chuan a

vuak a zawi a, control a awlsam a. Ama-herawhchu, mahni vuak nat duh dan leh control duh dan mil tura siam Racket hrui hrang hrang a awm ve a. Hrui a mar that chuan arhmul a perh nain a ting let tha duh a, a hrui leh arhmul indeh chhung a rei loh avangin a vuak a na thei vak lo. Mahse, arhmul control a awlsam a, a hrui-ah pawh Titanium tui hnawih (coating) a nih avangin a ri a ringin a no duh bik. Hrui pawh hi a sak leh a nem chi hrang hranga siam a awm avangin mahni hman tur thlan thiam a pawimawh hle ang.

Racket lu lam rit leh zang pawh thlan tur a awm leh a. A lu lam a rih chuan a vuak a na duh bik a. Mahse, a rih avangin rang taka chet a tiharsa a. Single-a vaw thin playter tan chuan Racket rit hi hman a tha lem lo. Court puma tlan kual zak zak a tul thin avangin a rei chinah Racket zang hman tan chuan a tiziaawm a. A tlangpui thuin single emaw double emaw vuak dawn chuan Racket hi hman thlak a tha hle ang.

Thil pawimawh tak pakhat chu Racket hrui kaih mar a nih hian a mar tawh tur chin bitiam chin chiaha kaih mar a tha a. A mar lutuk chuan Racket-in tuar lovin a tliak thei a, a hrui pawh a chat mai thin. Vuak hunah pawh duhthu a sam zan lo. Tun hnuah phei chuan inkhel mite mamawh ang zelin an siam tawh a, Professional-a inkhel mite tan phei chuan an duhzawng leh mil tur angin a siamtu ten dik takin an siamsak tawh thin. A pawimawh bera chu, eng Racket nge tha tih aiin kan khelh dan nena inmil Racket thlan thiam a pawimawh hle ang.

Yonex lam thiamna hi ni tinin a thang chho zel a. Isometric, Nanoray, Nanospeed, Muscle power, Carbonex, Arscaber, Voltric (Trivoltage System) Duora, Astrox tiin chi hrang hranga siam chhuah a ni a, nakinah phei chuan heng aia tha leh changkang an siam chhuak zel ang tih a chiang a ni. Thinga siam Racket hi tunlai thangtharte chuan hre tawh lo mah se, Racket history-ah chuan a awm reng tho a. Tunlai hi chuan Racket siam dan a changkang hle tawh a, Rocket siamna an hman, metal tlo leh zang si angte pawh hi an hman tan tawh a ni. ■

MYANMAR-A MIZO KHUATE

Opeey-a Khiangte

Myanmar (Burma) ramah hian, Hnam dangte nena khaikhin thu-ah lo chuan, Mizo an tamin, Mizo khua pawh a lo tam ta hle a. Kan la kal ngai miah lohna khuate pawh a awm nual ang. Chuvangin, chung khuate chu hriat ve hrim hrim atan an hming list neih ve hi a tha a, a pawimawh em em bawh a ni.

2014 Burma Census kha, ram pum huap chhiarpui a ni a. Ni 30 March 2014 leh ni 10 April 2014 inkarah neih a ni. He census buaipui-tu (Census takers)-te hi School zirtirtu 100,000 lai an ni a. Tichuan, Census chu ni 29 March 2014, dar 24:00 zan lai-ah tihtan a ni. He census-a a thupui (theme) chu, "Ram pum huap chhiarpui – Kan za vaiin tel ang u" tih a ni. Myanmar-ah hian hnam hrang hrang 135 vel an awm a. A tam ber Bamar tih loh hnam dang tam zualte chu : Chin, Karen, Kayah, kachin, Mon, Rakhine leh Shan te an ni.

Hengho hian anmahni theuhvin state territories an nei hlawm bawh a. Burmese history-a census neih hmasak ber chu kum 1359-a Pinya Kingdom hnuiaia neih kha a nia. Ram pum huapa census neih hmasak ber chu kum 1638-ah a ni a, hemi hnu hian, tum hnih kum 1784-ah leh 1803-ah te neih a ni leh bawh. Modern census kan tih, a hmasa ber chu kum 1891-a, British colonial period hun laia neih kha a nia. Kum 1941 thleng kha chuan kum 10 danah census lak thin a ni.

Kum 2014 census khan, ram puma hmun (area) 80,985 chu fan chhuah a ni a, hetah hian, in tinah zawhna 41 lai zawh an ni a, Pawlho (organization) tan zawhna 11 siam a ni bawh. Tichuan, Chhiarpui results-ah chuan Burma ram pumah mihring (total population) 51,419,420 an awm ta a ni.

Burma-ah mihring hi an tam ve hle mai a, hnam hrang hrang an tam hle bawh. chung zingah chuan,

Phek 20-naah

KCA & TCDF

Jancy Tuallawt

Hei hi thil thar a ni a, Myanmar Hram zalenna mipui ten an sual mek boruaka pawl ding thar a ni a, Kalaymyo leh a chheh vel khuaa pawl din a ni.

KCA (Kalay Civil Army)

Kalaymyo huam chhunga awm Twonship dang dang leh Ward dang danga awm mipui venghimtu, mipui sipai indinte khai khawmtu a ni. Mahni khuaah arm kenga mahni khua leh venghimtu pawl an indin chuan KCA hnuai a awm vek a ngai a ni. Hmunlai Civil Defence Force, (HCDF) Sanmyo Civil Defence Force, Satawm Civil Defence Force, (SCDF) Myohla Civil Defence Force (MCDF), Letpanchaung Civil Defence Force (LCDF) adt. ..

TCDF

He pawl hi Kalaymyo Tahan Ward a awm ten Tahan mipuite leh Kalaymyo biala awmte venghim tura pawl din a ni a, a long form chu: TAHAN CIVIL DEFENCE FORCE (TCDF) a ni

. Mi 30 vel lek an la ni rih. TCDF hi ni 28 nia inbeih ni khan an che tha hlea rawlrala che pawl an ni. Mipui zingah an inlan mai mai ve lo. Chet a tul huna che thei turin an inralring reng. Tahan mi nazawng pawh he member-ah hian ziah luh an ni lo va, ram tan leh mipui zalenna atana nunna thapa inpete chauh lak an ni.

Ni 3 April 2021 khan KCV hi din a ni a. TCDF erawh 25.2.2021 nia din a ni. Amaherawhchu TCDF hi KCA hnuai a awm a ni.

***Zilh ngai apiangin zilh an ngai thei lo**
***Mi chapo apiangin chapo an inti ngai lo.**
*** Mi inngaitlawm apiangin *ka thiam lo a ni* an ti thei thin.**
***Mi tha apiangin an sualzia an inhria a, mi dang tha zawk an hmu zel.**

PIAN NI CHHÛT DAN

January- 2, February- 3 , March- 5, April 1, May- 1, June- 6, July- 1, August- 4, September- 0 ,October- 2, November- 5, December- 0.

A chungah hian kum khata thla 12 tar lan a ni a, i pian ni kha kar khata ni awm zata a eng ber nge? (Thawhtanni, Thawhlehi, Nilaini..?) tih i hriat duh chuan a chungah thla hming hrang hranga number (I pian thla a number) awm zat leh i pian ni zat kha belh la, chu chu kar khata ni awm zat 7-in sem leh la.

A chuang a awm loh chuan..... Pathianni
 Pakhat a chuan chuan..... Thawhtanni
 Pahnih a chuan chuan..... Thawhlehi

Chutiang zelin... Entirna: USA President 16-na Abraham Lincoln kha February ni 12, 1809 khan a lo piang a. Eng ni berah nge a pian tih kan hre rih lo ta a. A pian ni (ni hming) i lo chhût dawn ang hmiang:

* February thlaa a pian avangin 3 leh a pian ni 12 hi belh ta ila, i.e. $3+12= 15$

* 15 hi 7-in sem leh bawk ila, i.e. $15/7 = 2.14285714$

* Pahnih a chuan avangin Thawhlehi tihna a lo ni ta a.

#Tichuan, Abraham Lincoln kha February ni 12, 1809 (Thawhlehi) -ah a piang tihna a lo ni e.

BAWNGHNUTE TUI PAWLH ZAT HRIAT THEIH DAN

Bawnghnute dik tak a ni tiin min leitir thian a. A nih leh Bawnghnutea tui chu a lak chhuah theih ang em? Chu buaina chu awlsam te a chin fel dan a awm a. Bawnghnute chu burah kan thung ang a. Vur bawmah a khal vek thlang kan dah ang. A khal vek hnu chuan kan la chhuak ang a, Bawnghnute chu awlsam takin a tui ang a, an pawlh tui erawh a tui ve mai thei lo a. Chuvangin Bawnghnutea tui pawlh leh pawlh zat a hriat theih dawn a ni. Htianga kan tih chuan eng company-in nge tui telh tam a, tu zawhah nge tui pawlh tam kan hre thei ngei ang. Crd To-day News

Phek 19-na chhunzawm

Mizote kan inzep ve pheuh pheuh chauh ang lek a ni a. chuvangin, inhmangaih tawn thiam pawh a tul hle awm e. Tichuan, Ka hriat theih china Myanmar rama Mizo Khua awm zawng zawngte chu, an hming ka han ziaik tlar thla hlawn ang e:

A. Chin State huamchhunga Mizo khaw awmte:

1.Rihkhawdar Khaw thar, 2.Rihkhawdar khaw hlui, 3.Tiau, 4.Haimual Khaw thar, 5.Haimual Khaw Hlui, 6.Lianhna khaw thar, 7.Lianhna khaw Hlui, 8.Chawhte, 9.Hmun Luah, 10.Vutbuak, 11.Kaw- ilam, 12.Tuidil, 13.Zimpui, 14.Zim- te, 15.Thingchang, 16.Thinghle, 17.Haiheng, 18.Khawpuichhip, 19.Dawihkhel, 20.Saek, 21.Sur- bung, 22.Thingchang, 23.Tuichirh, 24.Leilet, 25.Darkhai, 26.Satawm, 27.Tuibual, 28.Siallam, 29.Vangva, 30.Bochung, 31.Seipui, 32.Bapui.

KAWLPHAI MIZO KHUATE

B. Kalemio Township Chhunga Mizo Khaw Awmte:

1.Aitawna Veng, 2.Aung Ywar, 3.Changelzawl, 4.Chhan Thar Gyi, 5.Chichai, 6.Darbung, 7.Haikhawl, 8.Hmunlai, 9.Hmuntha, 10.In- dainggone, 11.Inn Gyn Khone, 12.Kawlkulh, 13.Khawmawi, 14.Khawpuichhip, 15.Khuang- bawih Veng, 16.Kyia Iin, 17.Let- panchaung, 18.Lunghawh, 19.Mel kua, 20.Myo Hlah, 21.Phai, 22.Phingkhung Lay, 23.Phulmawi, 24.Pingkhung Gyi, 25.Pyi Dawr Thar, 26.Sadaw, 27.Sai Khua, 28.Sanmyo, 29.Satawm, 30.Sehkan, 31.Tahan, 32.Taung phila, 33.Than- glui, 34.Thinguanu, 35.Tlangzawl, 36.Tuingo, 37.Tuithim, 38.Tuivar, 39.Vaphai, 40.Varpui (Chengkawl- lui), 41.Vutbuak, 42.Ywar Thit, 43.Zo Suan.

C. Tamu Township-a Mizo Khaw awmte:

1.Kanan, 2.Khampat, 3.Khawh- munnuam, 4.Mamoh, 5.Tamu, 6. Zohmun. <https://www.facebook.com/groups/177906787194789/?ref=share>

**Actress Zinga
Mi Duh Ber
SCARLETT JOHANSSON**

Tetea Khiangte



Tun kum 10 kal ta chhûng khan Social Media-in min chiah hneh hle a, mi tam zawkin Hindi film enin ngaisang mah se, khawthlang lam film ngaihven pawh tam tak an awm a, he ramah hian Hollywood actress fans thahnem tak an awm ve baw a ni.

Survey company Ormax Media chuan social media atangin Hollywood actress zingah mite ngainat (most loved Hollywood actresses) list a tichhuak a, top 5-ah Scarlett Johansson chu a chungnung berah a awm a, Angeline Jolie chuan a dawt a ni.

Scarlett Johansson - He hmeichhe nalh tak hi film lar êm êm Avengers team-ah telin he list-ah hian a chungnung berah a awm a ni.

Angelina Jolie - Pahnihna hauhtu chu Brad Pitt nupui hlui, Those Who Wish Me Dead actress Angelina Jolie niin, upa lam ni tawh mah se, tunlai actress chhuak thar chuan an la tluk lo hle a ni.

Emma Watson - Harry Potter actress hi kan thinlungah a la chuai lo tih a langchiang a, a nalhna te a mawina te chuan pathumna dinhmun a luahtir a ni.

Jennifer Lawrence - The Hunger Games, Silver Linings Playbook, American Hustle leh film hit tak taka chang thin Jennifer Lawrence-in 4-na a hauh hi thil mak a ni lova, tunah pawh Don't Look Up a chan chu hit leh hle tura ngaih a ni.

Gal Gadot - He Israeli actress hi Wonder Woman atanga khawvel hriat a ni a, he list-a 5-naa a awm thei hian a film chan thiamzia leh a nalh a, a hmel thatzia a pho lang chiang awm e.

**JUSTIN BIEBER 'JUSTICE'
A NO.1 LEH TA**



Justin Bieber album 'Justice' chu Billboard 200 (albums) chart No.1 a kai thar leh ta a, hetih rual hian Demi Lovato leh Lil Tjay te pawh top 5-ah an debut.

Billboard 200 (albums) chart hi kar khat chhunga US-a album hralh tam dan atanga teha ranking siam thin a ni a, album hralh zat teh nan hian album tak tak hralhna bakah streaming atanga album hralhna tlukpui leh album-a hla mal hralhna atanga album hralhna tlukpui te belhkhawm thin a ni.

Justin Bieber-a 'Justice' hi April ni 2 leh ni 8 inkar khan US-ah copy 75,000 hralh lehin, chart No.2 atangin No.1 a kai thar leh ta a, chung zingaga copy 67,000 chu streaming atanga album hralhna tlukpui (on-demand stream maktaduai 89.44) niin, album tak tak hralh zat chu copies 6,000 a ni a, album-a hla mal hralhna atangin copy 2,000 tlukpui an hralh thei baw.

'Justice' hi a zawn ni kher lovin kar hnih a No.1 tling ta a, 2010-a a album 'My World 2.0' hnua he chart-a a album kar khat aia tam No.1 leh thei hmasa ber a ni. 'My World 2.0' hi a zawn ni kher lovin kar li chhung a No.1. Bieber hian Billboard 200 chart-a No.1 kai thei album pariat a nei tling tawh a ni.

The Weeknd 'The Highlights' chu copy 43,000 hralh lehin No.6-ah baw a awm leh a, Pop Smoke No.1 album hlui 'Shoot for the Stars Aim for the Moon' pawh copy 37,000 hralh lehin No.7-ah baw a awm leh a, Carrie Underwood 'My Savior' chu copy 35,000 hralh lehin No.4 atangin No.8-ah a tawh a, Dua Lipa 'Future Nostalgia' chu copy 34,000 hralh lehin No.9-ah baw a la awm a, Luke Combs No.1 album hlui 'What You See Is What You Get' chu copy 28,000 hralh lehin No.14 atangin No.10 a kai thar ve leh ta baw.

**APRIL THLAA PIANGTE
MIZIA**

- ☛ An luhlul em em.
- * FB an atchilh zual bik.
- * An hmel a tha duh phian.
- * A hun takah an che chat thin.
- * Mahni thawh chhuah a din duh mi an ni duh.
- * An thin a rim awl.
- * An room hnawh an ngai thei thak lo.
- * An huaisen, an paukhauh.
- * Hmel tha hre tak an ni.
- * Lunglen an la na thei rap.
- * Kuttin seh an ching hle.
- * Chhun mut an hrat.
- * Underpant hak loh an ching.
- * Zawi tea titi an ching.
- * Chawhmeh tem ruk an ching.
- * Zun dan posi an inthlahdah.

HRIAT BELH ATAN

1. Sakeibaknei nute hian a pa aiin 90% zet in sa an pel tam zawk.
2. Khawvel vawh zawng zawng chanve dawn hi China ram ami an ni.
3. Thil mawi hmu thiam lo mah se, ui hian mihring aiin an khaw hmuh theihna a tha zawk.
4. Bak hi chi hrang 1400 vel an awm a, chung zinga chi hnih chiah chu kein an kal thei a, chu chu Vampire bat leh Burrowing bat te an ni.
5. Bawng te hi ding chungin an muhil thuai thei.
6. Fanghmir te hi an muhil ngai lo va, chuap an nei lo baw.
7. Bawng hian pumpui pindan hrang pali ngawt an nei.
8. Blue whale pakhat hi sai rual 30 ai pawhin an rit thei.
9. Khaute hi an taksa sei zawng let 20 zeta thui an zuang thei.
10. Ni heltu-ah Jupiter a vir chak ber.
11. Khawvel a library atanga ruk bo tam ber chu Guinness book of World Record a ni.
12. Hmeichhia hnute hi intiat chiah pakhat mah a awm lo.
13. Tui let hnua a vawi khat nan 18.2.1979 khan Sahara thlalerah vur a tla ve.
14. Mihring pangngai hi ni khatah vawi 20000 zet kan thaw thin.
15. Chewing gum(PK) thial hian purunsen kheh vanga mittui tla hi a veng thei.

Premier league

Ningani 22April,2021

AstonVilla- Man City(1:45 AM)

Inrinni 24April,2021

Arsenal-Everton (1:30AM)

Liverpool-Newcastel(6:00PM)

WestHam-Chelsea(11:00PM)

Pathianni 25 April,2021

LeedsUtd-Man Utd (7:30PM)

Spanish la liga

Ningani 29 April,2021

Barcelona-Granada(1:30AM)

Pathianni 25 April,2021

Real Madrid-Real Betie(1:30AM)

Villarreal-Barcelona(8:45PM)

Italian Serie A

Ningani 22 April,2021

Juventus-Parma(1:15AM)

Pathianni 25 April, 2021

Frorintina-Juventus (7:30 PM)

*Bayern Munich hi champions League game 19 zet tlawm nei lova an kal tluan hnuah March 2019 hnuah a vawi khat nan an tlawm a, UCL a tlawm lo rei ber Manchester United record(25) an tluk pha ta lo a ni.

PSG lakah khan goal shot vawi 31 zet an neih laiin PSG chuan vawi 7 chauh an nei a ni.

Goal khung lo mah se, Brazil star Neymar Jr a tangkai leh hle. Minutes 28 chhungin assists vawi hnih neiin PSG chakna hnar a ni.

European Super League



Rimawi hian nun a tihdanglam theih ang bawkin taksa insawizawina (sports) pawn i nun a tidanglawm thei.

* Thlan tla tawkin infiam thin rawh

* Thlai hnah ei tam thin ang che.

* Hriak leh Hmehhanna insum rawh.

NEUH NEUH

* David Moyes hi kum 2019 Decem-ber thla khan West Ham United man-ager atan lak luh a ni chauh a, khatih lai khan Hammers khan table 17-naah awmin relegation an sual mek a ni.

Tun season kal mek games 30 khelth tawh chinah Moyes hian West Ham chu table-ah palinaah a hlang kai mek a, team tha tak tak Chelsea, Liver-pool, Tottenham leh Everton te chun-gah a awmpui mek a ni.

* Manchester City chu Premier League club zingah hlawh atana pawisa theh chhuak hnem ber an ni a. Player leh staff te hlawh atan hian kum khatah £351 million vel zet an seng.

* Chelsea chu Argentine striker Ser-gio Aguero la lut tura rin kai pawl tak an ni mek a. Kum 32 mi Manches-ter City striker hian Etihad Stadium a chhuahsan hnuah Premier League huanga la awm a duh a ni. (Mail)

* Portuguese club Benfica chu Man-chester City striker Sergio Aguero nen an sawi zawm mek. (Record)

* Arsenal leh Sergio Aguero bul tanna, Argentine club Independiente te bakah Barcelona, Juventus leh Paris St-Ger-main te chu free agent ni tur Aguero la lut thei tura sawi rik an ni. (Sun)

* Liverpool chuan Barcelona-in an beisei mek, kum 27 mi Lyon leh Netherlands striker Memphis Depay an ngaihven ve tan a, nipui hunah free agent a ni ang. (Marca)

* Borussia Dortmund striker Erling Braut Haaland-a pa Alf-Inge Haa-land leh a agent Mino Raiola te ch-uan London khawpuiah Manchester City, Chelsea, Manchester United leh Liverpool te chu an dawr dawn a. Anni pahnih hian Barcelona leh Real Madrid pawh an dawr tawh a ni. (Mundo Deportivo)

* Liverpool chuan ngaihven hlawh em em Erling Braut Haaland buai-pui zui an tum tawh lo a, English club zingah Chelsea chu Norwegian striker la lut thei tura rin kai ber an ni. (Football Insider)

* Borussia Dortmund chuan Erling Braut Haaland manah \$150 million (£128 million) tal an beisei a, hetiang

zata lei ngam an awm a nih chuan PSG player pahnih Neymar leh Kylian Mbappe hnuaiah player man to lama pathumna a ni thei ang. (Guardian)

* England striker Harry Kane, 27 chu Tottenham chuan Premier League club dang zawm an phalsak dawn lo a, hei vang hian a khelhna a thlak loh hmel a. European club dang pawhin Spurs beisei zat £175 million zet sen-ga Kane lak luh hi an ngam a rinawm loh hle. (Sun)

* Argentine forward Lionel Messi, 33 chuan Camp Nou-ah contract thar a ziaak dawn a nih chuan thil phut neuh neuh a nei nual a, a thil phut hi Barce-lona president Joan Laporta hnenah a thlen tawh. (Eurosport)

* Arsenal leh Uruguay midfielder Lucas Torreira, 25 chu Atletico Ma-drid-in an hawh mek a, a nu thih hnuah South America lama kal a duh thu a sawi a. A pa hnena thu a lo tiam tawh tihlawhtling thei turin Argentine club Boca Juniors zawm a duh thu a sawi. (ESPN Argentina)

* West Brom boss Sam Allardyce chuan Premier League atanga an tla lo a nih phawt chuan Chelsea atanga an hawh midfielder Conor Gallagher chu Hawthorns-ah awm zui turin a duh. (Metro)

* Arsenal manager Mikel Arteta ch-uan French striker Alexandre Laca-zette awm zel dan tur chu nipui huna tih chian a nih tur thu a sawi a. Kum 29 mi Lacazette hian nipui hunah thla 12 chhung chauh contract a nei tawh dawn a, Roma, Atletico Madrid leh Sevilla te nen an sawi zawm mek a ni. (Guardian)

* Sheffield United chuan an manag-er Chris Wilder thlaktu turin Belgian club Oostende boss Alexander Bless-in chu an hual lawk. (Sun)

* Olympiakos chuan Arsenal atangin kum 21 mi English winger Reiss Nel-son chu loan-a lak an duh. (Football London)

* Arsenal player kum 23 mi Ainsley Maitland-Niles chuan nipui huna West Bromwich Albion lama hun a hman zawh hnuah Emirates Sta-dium chhuahsan a duh thu a sawi. (Telegraph)