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KABAR MA KYAY BU

- James Ramdinmawia

Myanmar Pawisa Hniam, Rangkachank Lamah

- Thuanga Chhakchhuak

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EDITORIAL

DAWIZEP

Mi huaisen lo hi dawizep kan ti elo maw? Huaisen kan tidan leh dawizep kan teh dan pawh hi Tester awm mah se, an thil tawn azirin a danglam leh thei ang em?

Pa huaisen kan tih hi in lama thangchhuah leh ram lama thangchhuahthe pawh an lo awm mai thei. Hengmite hi an nupui lakah chuan an tanhmun a inang mai loh avangin an dawizep ve thei tho.

Khawlaiah leh chhungte laka inhrosa pung punge pawh hi nu derdep tak hian a hnuk phar thei baw. Zu rui vaupung leh ngam zawng laka in vaivung pung pung pawh hi hmun thenkhatah phei chuan an laktlak duh lo phian.

Dawizep khawpa huaisen a awm theih ang bawkin huaisen khawpa dawizep an awm theih tho. Vawkpui laka intipa tak an awm lain Arpui ter ngam miah lo, patling tlanche dui dui sawi tur an awm chaw. mai.

Naupang hnena inti pa hle si, naupang hlauh loh sazu note hlau em em an awm leh pek a. Ngam zawng tih vanga thiante vel vel te pawh hian pangang thih hlau va, hlau an lo awm leh zel baw. nen.

Dawizep em ema kan ngaih, mipui tawn ngam loh hmachhawng ngam an awm fo. Hmel ena huai hmel viau, thim leh hmeichhe hlau an awm a ni chek ang. Pa lo em mai.

CHENG THLENG

Central Bank of Myanmar
Reference Foreign Exchange Rates as of
10th May 2021

US Dollar	1, K. 1,593.5
Euro	1, K. 1,936.1
Singapore Dollar	1, K. 1,201.9
Pound Sterling	1, K. 2,243.2
Japanese Yen	100, K. 1,463.0
Australian Dollar	1, K. 1,252.3
Chinese Yuan	1, K. 248.03
Indian Rupee	1, K. 21.706
Korean Won	100, K. 142.84
Malaysia Ringgit	1, K. 387.85
Thai Bath	1, K. 51.189

Silai ri hriat ringawt pawha let tawp thei an awm lain tleirawl tha za rual te chuan thihna tih hre sawm sarih mah se, an hlau chhete lo a nih chu.

Chakai kaw tawp tan hun hi a awm thei. Hengah hi chuan dawizep a thiawng tawh lova, a nih nih, nih a ni tawh mai, awmzia a nei tawh lo. Mi ten min khak, min khak takah chuan tuin nge dawh reng peih bik ang, heh peta kut tum hun an awm ve ang chu, mi a nileng lo tan chuan. Zawldawh hun leh ngaihdam hun erawh an awm nameuh mai.

Thinrim tawha khaw hmu lo te, ngawi reng a, hnu leh nei te, sai ruh deng tliak thei dawn khawpa tawng chalak chiam te, thinchin nei te, a ka pawh zen ila min seh lo vang tih te, saw pa Ma-ramzia leh zawiawizia chu tihte pawh hi an dawizep hun leh huaisen chan an nei fo ang.

Thil ri thut avanga phu zawkte avangin an dawizep tihna a ni mai lo. Rilri dawizep intihuaisen chawp hi mi dawizep anga kan ngaih mit meng hian a tudawl fo mai.

Lehkhathawn

To,

Tahan Post,

Ka pu, kan thenawmte naupang hi an rawn lentir ziah mai a, an harh thei si, an bengchheng thei si, eng eng emaw hi an khawih bawrh bawrh thin a. Han zilh deuh hlek ila, an chhung ten an lo tan ve khanglang baw. si. A buathlak khawp mai, eng tia tih chi nge maw ni ang le, min han pui hram teh khai.

Pi Tei (A hmel tha zawok)

Chhanna:

Nia naupang ninhlei deuh hi chu an chimawm riau a, kik faw. a remchang baw. si lo. Min nel ve baw. si, han tih chiam dawn lahin inthlahrun a na baw. si nen. Eng pawh ni se, awmzia nei deuhin naupang leh an chhungte hrilh thiam a that ka va ring ve aw.

FIMKHUR ANG

@ Mei, i hman zawhin Off thin rawh.

@ Lirthei khalh chak lutuk suh.

@ Bawmah bawhlhlawh paih thin rawh

Myanmar Pawisa Hniam, Rangkachank Lei Khawl Tan

Tluanga Chhakchhuak

Sipai council sorkarin thuneihna an pawng lak hnuin Myanmar pawisa Kyat (MMK) hlutna hi a ni telin a tla hniam zel a. Myanmar Bank hrang hrang pawh a thawktute CDM an zawm a, an inhawng tha fumfe chuang lova, ATM atangin pawisa lak chhuah tum mipui te chu an intlar thui thei hle mai a, lak theih chin bituk a awm avangin duh ang zah pawh an la thei lo a.

Mipui tam zawk chuan sorkar suktlek thlir ranin pawisa kawllaiin Rangkachak (Gold) kawllai hi a him zawka hriatna an nei lian zawk a. Mipui mimir tam zawk leh sumdawng ten Bank Note pawisa aiah rangkachak lei khawla kawllai hi an intihhmuh ta hlawn a.

Tunlai tak hi chuan Rangoon leh Mandalay khawpuia rangkachak dawrtu chu an sumdawna an chawl rih phawt a. Amaherawhchu, rangkachak lei duhtu tam mah se, a zuar ten an zawrh rih miao loh avangin lei tur an hre bik chuang lo a ni.

Bank ATM atanga an lak chhuah chhun hi a beitham hle baw si a, zing dar 4 vel atanga intlar hian tlemte chauh a lak theih si a. Rangkachak thi emaw, Ngun pakhat lei nan chuan ni rei tak chhung khawl leh phawt chu a ngai thin ang.

Sipai ten thuneihna an lak hnu thla hnih chhung hi chu eng sumdawna mah hi a pangngai hian a la kal rih lova. Tun hnaiah erawh chuan Rangkachaka sumdawngte dawrtu chu a inhawng ve ta nual a. Rangkachak rate chu a sang duh

hle mai. Cheng khat buk an tih mai thin hi MMK Kyat 14,70,000 velin a sang chho ta a. Local gold rate a sanna chhan chu khawvel hmun dangah pawh rangkachak rate a to tak avang a ni a. Local rate hi a sang lo thei a ni lova tunah hian khawvel market rate hi US \$ 1700 /Oz a ni. Pawsa thlengna rate foreign exchange hi 18% velin a tla hniam a. USD \$ 1 hi MMK 1600 bawr vel a ni.

Thuthang kan lo hriat dan chuan Myanmar Bank note an hman mek MMK 5,000 leh 10,000 note tithiin Kyat 20000 tih chhuah tum a ni an ti a. Myanmar pawisa hlutna a tihnia mai bakah mipui ten MMK Burma pawisa chungah rinna an nghtat ngam ta lo a ni ber mai.

Economics leh Banking lama mi thiam te leh Bank staff ten CDM thlawpin SSP sorkar an dodal chhung chu hun thim hnuaiah mipui te an awm a ngai rih dawn a ni.

(Today 4th May 2021, gold price in Myanmar for 24 karat gold is 896,759.00 Myanmar kyat per 10 grams. Live 24k and 22k Gold price in MM)



MYANMAR SORKAR ATAN NUG CHAUH PAWM TURIN G-7 RAMTE AN NGEN



G-7 Foreign and Development Minister's Meeting chu London, United Kingdom ah May 3-5, 2021 khan neih a ni a.

G-7 member ram te chu USA, Canada, France, Germany, Italy, Japan, leh United Kingdom te an ni a, European Union pawh observer angin he inkhawm hi an chhim a ni.

Myanmar Democracy activist te chuan G-7 meeting an neihna kawtah pungkawmin mipui sorkar nam tlu a thuneihna pawng latu Myanmar sipai council sorkarin tharum hman-ga mipuite dikna chanvo an rah beh chiam hi hremna lek-kawh turin an ngen a N.U.G Sorkar lailawk chauh hi Myanmar ram sorkar atan reconise turin a ngen bawk a ni.

May ni 17 zan dar 9 khan Tahan kum upa dam rei ber zinga mi Pi Kapthiangi, kum 101, Tahan C, Mission veng chu chauh leh thawh hah avangin Wesley damdawi inah a boral tin hriat a ni a. A tuk chawhnu dar 2-a lui liam a ni. Ani hi Sialkal tlang dung, Teikhang leh Bungmual lal Thangtualah leh Singkhawli te fanu niin kum 1920 khan Teikhangah a piang a. Captain Zuiliana, Ngopa nen innein kum 1967 atangin Tahanah an inbengbel a, a pasal Captain Zuiliana hi kum 1979 khan Lungngo khua (Chin state)-ah rawngbawlin a boral a. Pi Kapthiangi hian Tu 23 leh Tu chhawng 16 hmel a hmu hman a ni.

Bill Gates te Nupa Inthen Fel Ta



Khawvela hausa ber nih-na chelh rei ber Microsoft Co-founder leh CEO ni thin Bill Gates leh a nupui Melinda Gates te chuan kum 27 zet an inneih hnuin inthenna an siam fel ta mauh mai! Bill Gates te nupa hian fa pathum (fapa 1 leh fanu 2) an nei a ni.

Bill Gates hi 1995 atangin 2007 thleng khan a zawn zakin Forbes chuan khawvela mi hausa berah a thlang a. Pakhatna dinhmun hi mi dang a han kian lawk zet a, kum 2013 atang 2017 thleng khan pakhatna a hauh leh char char a. Bill Gates anga khawvela hausa ber nihna chelh rei hi an la awm lo va, ani ang hi awm leh thei pawhin a rinawm loh hial a ni! Tunah hian a hausak tehna hi 124 billion (129 billion ti pawh an awm) niin khawvela hausa ber 4-na dinhmun a la hauh mek.

Bill Gates hi mi thilphal tak, tanpuina pek chhuak lama vawiin thlenga thawh hlawk em em a ni a. Hetianga mi ropui leh hlawtling, a hausakna chhiar sen rual loh ni si hi kum upat (kum 65) lama chhungkaw keh chhia dinhmun a han hmachhawn ve leh tlat hi famkim lohna khawvel tichiangtu a va ni teh lul em!

James Fanai

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US-IN UN SECURITY COUNCIL-AH ISRAEL A LA HUM ZEL!



Rockets 3200 zet in Israel ram an kap. PM Netanyahu-an Hamas leh Islamic Jihad kan bei zel dawn, a ti. Israel a che na tawlh tawlh!

May 18, 2021 : Tukin zing leh nimirah Israel Air Force te chuan Gaza Strip hmuna Hamas leh Islamic Jihad hote la beih chhunzawm zelin, kar kalta atanga Gaza beihna vangin Palestinian 212 thi tawhin, an zingah naupang 61 leh hmeichhia 35 an thi tel a, hliam 1500 an awm ta. Hamas leh Islamic Jihad hotu lawk 20 chuang thah an ni tawh baw. Thi leh hliam hi Gaza Health Ministry puan a ni. Israel lamah mi 10 thi tawhin, chung zingah mipa naupang kum 5 mi a tel.

Tukin zingah Israel chuan Gaza Strip a la bomb chhunzawm zel a. Nizan 11:30pm vel khan nimirah Lebanon atanga Israel ram chu rockets 6 hmanga kah a nih vangin, chhanlet nan Israel chuan laipui mu lian chi 22 zet in a vawm let ta dum dum baw. Israel leh Lebanon ramriah hian UNO sipai, *UN Interim Force in Lebanon* (UNFIL) engemaw zat an awm mek a ni. Israel chuan Lebanon chhim lam Rashaya al-Foukhar leh Kfar Chouba hmunte a kap a ni. Thi leh hliam erawh puan a ni lo. Lebanon rama Palestinian thlawp-tuten ranriah Hamas thlawpna anrawn tilang a, anrawn pungkawm chiam tawh thin a ni.

US President Joseph R. Biden chuan, a wavi 3na atan Israeli caretaker Benjamin Netanyahu chu nimirah phone-in a be leh a, Israel leh Palestinian inkara inkahhai (ceasefire) a thlawp tih a sawi pui a, mahse, nawrna pek erawh a duhlo. PM Benjamin Netanyahu chuan Israeli sipaite hnenah, nasa zawka Gaza Strip a helhote bei turin a la fuih sauh sauh, a ni.

BRITISH ARMY UN PEACE KEEP- ING FORCE ZAWM LEH



British Army, Light Dragons Regiment-a Sipai 300 te chuan, Africa khawmualpui a, Mali-ah UN Peace Keeping Force te an zawm ve leh ta. Mali hi Muslims firfiak ten an sorkar an tibuai hle a. UN Sipai pawh kum 8 chhungin za chuang an boral tawh a, British Army te pawh hian, UN Sipai te hi an zawm ve leh a. UN Sipai hi Mali-ah hian, ram 59 atangin sipai 14,000 an awm mek a. Theitawp chhuah a, Firfiak te beih let hna an thawk dawn.

AFRICA-AH NAUTE 9 TUM KHATAH A HRING



Africa khawmualpui Mali ramah chuan nu pakhat kum 25 mi, a hming Ms Halima Cisse-i chuan fa a rualin 9 a nei a, sap tawng chuan Nonuplet tih a ni a, keini chuan phir fa 9 a nei tiin kan sawi leh mai si a, a dik hlel deuh chuan a lang. English-in phir hi "Twin" tih a ni a, 3 a nih chuan "Triplets" a ni a, chutiang angin a hnuia ziah angin fel fai takin koh dan an nei thlap a ni.

(1) Twins (2), Triplets (3), Quadruplets (4), Quintuplets (5), Sextuplets (6), Septuplets (7), Octuplets (8), Nonuplets (9) tiin.

Ms Malima Cisse-i pasal Mr Adjutant Kader Arby chuan fate hi mipa 4 leh hmeichhia 5 a ni a. An fate chu gram 500 atangin gram 1000 vela rit an ni hlawm. Hetiang a ruala fa 9 (nonuplets) neih hi 13 June 1971 khan, Australia ram Sydney khawpuia Pi Geraldine Brodrick khan a lo nei tawh a, mipa 5 leh hmeichhia 4 an ni a vanduaithlak takin ni 6 chauh an dam.

**Mi dangte fak i duh chuan
mi dangte fak hmasa ang che**

BIBLE-A HRIAT MAKMAWHTÉ



1. Hmeichhe zinga thil ru hmasa ber? @ *Rakili (Gen 31:19)*
2. Roreltute zinga hmeichhe awm-chhun? @ *Debori (Ror 4:4)*
3. Zawlaiddi hmu chhuak hmasa bertu? @ *Reubena (Gen 30:14)*
4. Hmeichhe hrin zinga ropui ber tunge? @ *Baptistu Johana (Mat 11:11; Luka 7:28)*
5. Mipa atanga hmeichhe piang awm-chhun tunge? @ *Evi (Gen 2:21-23)*
6. Phir hring hmasa ber tunge? @ *Rebeki (Gen 25:24)*
7. Bible lehkhahu zingah India lanna awmchhun eng bu nge? @ *Estheri (1:1)*
8. Bible-a lui hming lang hmasa ber enge? @ *Pison (Gen 2:11)*
9. Bible lehkhahu zinga "Pathian" tih lan ve lohna eng nge? @ *Estheri leh Hlate Hla (Solomona Hla)*
10. Sam bua chang tin tawpna inang vek? @ *Sam 136-na*
11. Tih hnua phum ni ve ta lo kha tunge? @ *Lota nupui (Gen 19:26)*
12. Isua kraws chungu thu zia kha eng tawng zia kha nge? @ *Hebrai, Grik leh Latin tawng (Joh 19:20)*
13. Aigupta ram atanga Israel kalchhuakte kha engzat nge an nih? @ *Mipa puitling 6,00,000 (Exod 12:37)*
14. Pathianin Mosia hnena Dan a pek lai khan mi eng zat nge thi? @ *Mi 3,000 (Exod 32:28)*
15. Aigupta atanga patling 6,00,000 chhuak zingah khan Kanaan ram lut eng zat nge awm? @ *Mi Pahnih (Josua leh Kaleba)*
16. Abrahamata atanga chhiarin Isua hi chuan eng zatna nge? @ *Chhuan 14-na (Mat 1:1-7)*
17. Isuan Kana khuuaa tui Uain-a a chantir kha eng zat nge? @ *Tui bel 6 khat (Joh 2:6)*
18. Solomona Temple sak chhung kha engtia rei nge? @ *Kum 7 chhung (I Lalte 6:37)*
19. Mihring zinga mi vantirhkoh anga hmel eng nei kha tunge? @ *Stephana (TT 6.15)*
20. Thlarauin lei leh van kara a chawi kan kha tunge? @ *Ezekiela (Ezek 8.3)*

MIZO THING CHI HRANG HRANGTE

1. Thing ei tur lam chi;

Bil, CHengkek, Hailungmawl, Hreirawt(Zathu), Kawrthindeng, Keifang, Khawmhma, Kumkhal, Lenhmui, Luakthei, Lumler, Pangkai, Reraw, Sunhlu, Tatkawng, Theichhaw, Theihai, Theifeimung, Theipaphuan, Theipalingkawh, Theipui, Theisakhi, Theikawrak, Theiarlung, Theikawkham, Theitat, Theitit, Theiria, Tuaihabet, Tuaitleng, Theikelek, Vawmva, Zawngbalhla, Zawngbiang, Khawkerh, Thakthing, Then, Thingsia(Thingse mim), Khaukhim, Thingthupui, Zawngtah, Khangu, Saisu, Thingfanghma

2. Hmanrua atan a hman chi te;

Bul, Buleng, Bungbutuairam, CHar, Far, NGanbawm, NGiau, Herhse, Hriangzau, Khawreng, Khiang, Lawngthing, Lenlang, Lungli, Mukpui, Pualeng, Sahatah, tekem, Thingri, Thingsaphu, Thingdawl, Thingvandawt, Thlado, Thlanvawng, Tufar, Vaiza, Vawngthla, Zobel

3. Damdawi lam atan a hman chi ho te;

CHhawntual, Fartuht, Hnahkiah, Kaihzawl, Khaupui, Khiang, Khawitur, Mualhawih, Pasaltakaza, Saithei, Sialhma, Tawitaw, thumriat, Zairum

4. Rah tlan rannung te ei chi;

Berawchal, Bung, CHawmzil, CHhohle, Dozo, Hmawng, Hnahkhar, Khuangthli, Mukfang, Phuanberh, Rihnim, Saphut, Sehse, sentet, Thingpawncchia, Thingphaktel, Thingphoarh, Thingvawkpui, Thlengreng, Vutangbaw, Belpuar

5. Thing chi hrang dang te;

Anku, Archangkawm, BANphar, Batling, Beltur, Beraw, Dawnlian, Fah, Nghalchun, Hlingsi, Hmarhleng, Hlukral, Hleng, Kangtek, Lungkhup, Kharuan, Khawthli, Matathing, Teipui, Maudo, Mukhau, Mungti, Phan, Phekphe, Phunchawng, Pichilimim, Saikarthing, Saper, Sialutar, Sasua, Sentezel, Siksil, Thingchawke, Thingdawl, Thalthe, tekem, Thingkha, Thingkhim, Thingkhawilu, Theivawkmit, Thingpuithing, Thingrai, Thingthi, Then, Tlaizawng, Uihahni, Vang, vawmbuh, Varitabelkang, Zihngal, Zihhaw, Zothinghang, Zukbuh, Hnum

6. Thing Huat theih chi te;CH-himhruk, Vawmbal

7. Thingpar chi te;CHhawkhlei, Fartuah, Phunchawng, Vaube, Makpazangkang, Pang,

MIZO TAWNG

MIZO HLAA ZO HNAHTHLAK TAWNG THENKHAT

SUANG: 'Suang lungpui' tia hla thua kan hman thin 'Suang' tih hi Teddim tawng atanga kan seng luh a ni a.

NUAM: Teddim tawnga duh/chak tihna hi a awmze pangngai thovin hla thu-ah kan lo hmang ve thin a. Huan (garden) tih angin kan thluk teh mawlh thin a, Ruam (valley) tih anga thluk hi thluk dan dik chu a ni.

RAWN: Rawn tih hi Falam tawnga hmun/ram tihna a ni a. Mizote chuan hla thua Kawl tih nena inkawpin Kawlrawn tiin kan hmang thin.

HNIANG: Hla thua tha/duhawm/mawi sawi nana kan hman thin Hniang (E.g. Bahsam sei hniang/Hrin hniang etc.) tih hi Halkha tawng atanga kan lak a ni a. Anni chuan Piang (born) kan thluk ang hian an thluk sang va thung thin.

HNAM: Falam tawnga Nam tih chu Hnam tiin Chem sawi nan hlaah hman a ni thin a. Tawngah chuan Chem sawi nan Hnam ti ngawt pawhin hman a ni thin va, chem sei sawi nan Kawlnham, Ngunhnam tihte pawhin kan hmang baw thin.

TUAN: Falam leh Halkha-in Hna thawk sawi nana an hman Tuan tih hi hla thua 'hna thawk/awm/khawsa' tihna (E.g. tuanna tlang/tuan tulin adt.) sawi nan kan hmang a. 'Suan (lead)' tih angin kan thluk pir chho thin.

TUAH: Hla thua 'Siam' tih nana kan hman thin hi Halkha/Falam tawng atanga kan lak a ni a. 'Khuanu tuah/ Khua tuah loh' titen hlaah kan hmang thin a. Falam leh Mizote chuan 'Tuahthing' tiha 'Tuah' tih anga zal taka kan thluk laiin Halkha erawh chuan, 'A mu huah mai,' tiha 'Huah' ang hian an thluk sang thung thin.

HLUAN: Pawi tawng atanga kan lak, hla thua kan hman lar em em a ni a. 'Hluan' hi 'Chuang' tihna a ni a, 'Hlei' tih nena inkawpin 'Hlei hluan' ti pawhin hla thu-ah hman a ni baw thin a. 'Hluan' tih hi 'Huan (garden)' tih angin kan thluk zal dah thin a ni. 'Kei ka tan i mawi hluan/hleihluan e,' titein hla thu-ah hman a ni thin. 'Thla hleingazan, Thla hlei pai' titein 'Hlei' tih hi tawngah kan hmang ve baw thin.

THU LEH HLA ZIAK CHHIAR CHUNGCHANG

(On Reading in Relation To Literature by Lafcadio Hearn)

(*M.A. kan zirlaia min zirtirtu pakhatin he zirlaibu hi letling turin kan class chu min ti mauh mai a. Tu lehlin nge dik ber leh tha ber ta pawh ka hre law. A hun laia ka thiam tawka ka lehlin ve danin kan rawn chhawp ve tawp e.*)

Mi tlêm tê chauhvîn lehkhâ chhiar dan an hria. Tuina tak tak zu pawh hma leh thliarhran dân thiam hmâin thu leh hla lamah tawnhriat (*experience*) tam thawkhat neih phawt a ngai a; chu mi tel lo chuan lehkhâ chhiar dân hi zir theih loh tluk a ni. Tluk a ni ka han ti a; a chhan chu mi tlêm tê chauhvîn thu leh hla lama bîk nihna an dawng a, ka han sawi erawh hi chu mi nawlpui chungchâng a ni thung.

Lehkhâbua hawrawp awm chhiar rîkngawt hian chhiar tih awmzia tak tak a phawp chhuak zo lo. A châng chuan nang ngei paw'n ngaihtuahna hmang lem lovin thu engemaw chu i chhiar fo vang a, lam dân dik tak pawhin lam thei mah la, i rilru erawh chu thil dangin a luah khat tlat thung ang. Hetianga lehkhâ chhiar dân hi naupan deuh lai atangin a rawn awm a, ngaihtuahna seng miah lo paw'n a tih mai theih thin.

Lehkhâbua mahni ngaihnawm tih lai tlêm tê chhiar emaw, a nih loh leh a thawnthu hriat duh vang leka lehkhâbua tlêm te chhiar hi kei chuan lehkhâ chhiarah ka ngai thei lo. Hetiang hi khawvêla lehkhâ chhiar dân tam ber a ni lawi si. Lehkhâbute chu kum tin, thla tin, ni tin pawh a niang chu, a sanga sang tel lei a ni thin a, a leitute chu lehkhâ chhiar ngai lo an ni. An chhiar emaw an inti mai mai. Mahni intihhlîm nân chauh lehkhâbua an lei a, an sawi dân takah "Hun khawhrâl nân" an ti a; dârkâr hnih khat chhûng lekin an en chhuak vek a, an rilruah an thil en chungchanga ngaihdan Chiang vak lo pahni khat a châm bâng ve a; chu chu lehkhâ chhiarah an ingai tak tak nia maw le.

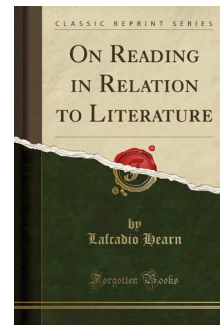
"Chu mi lehkhâbua chu i chhiar tawh em" tia inzawh emaw, "Miin chu mi lehkhâbua chu ka chhiar tawh" tia an sawi emaw hi hriat tânglawn ber a ni. Mahse, heng mite hian an ti tak tak lo. "Hei hi ka chhiar tawh emaw, chu chu ka chhiar tawh" ti emawa sawitu mi sang khat zîngah hian a lehkhâbua chhiar chungchâng a ngaihdan tihtlak deuh han sawi thei hi pakhat

pawh an awm lovang. Zirlai tam takin eng lehkhâbua emaw an chhiar thu an sawi ka hre fo va; mahse an lehkhâbua chhiar chanchin chu ka han zawhin, engmah an sawi thei thin lo va, an sawi chhuah theih be-rah pawh mi dang lo chhiar tawhte ngaihdan sawi chu an sawi chhawng ve ringawt mai a ni.

Mahse, hei hi zirlaite tan thil mak danglam vak a ni lo; ram tina vantlâng mipui lehkhâ chhiar dan zawk a ni. Fak-seltu (*critic*) ropui tak chuan lehkhâ chhiar dân a hria a, mi nawlpuiin an hre ve lo hi an danglamna tak chu a ni tih ka sawi duh bawp. Lehkhâbua chhûng thua mahni ngaihdan sawi thei lo chu lehkhâ chhiar thiam tak tak tumah an awm thei lo.

He thu sawi hian lehkhâ chhiar leh lehkhâ zir hi a ngaihpawlh niin i lo ngai mai thei a. "History emaw philosophy emaw science emaw kan chhiarin kimchang takin kan chhiar thin a, a thu ken awmzia te kan zir a, maungchângin leh ngaihtuah chungin kan chhiar \hin. Hei hi nasa taka zirna chu a ni. Mahse, hun awlah chuan thawnthu emaw hlahril (poem) emaw chu intihhlîm nân kan chhiar thin a. Intihhlîmna leh zir hi thil hrang daih a ni," ti pawhin i sawi mai thei. Hetiang hi in vaia ngaihdan a nih leh nih loh chu ka hre Chiang lo va; mah se hei hi tlangvâlho ngaihdan tlangpui chu a ni.

A nihna takah chuan, lehkhâbua chhiar tlak deuh apiang chu science bu kan chhiar dan chia chihâ chhiar tur a ni - intihhlîm nân chauhva chhiar lovin; lehkhâbua



chhiar tlak deuh apiang chu science bu nên a hlut lam a in-ang tur a ni, an hlut dân erawh chu a danglam viau thei bawp; thawnthu phua chhawp

(*fiction*) emaw hmangaihna thawnthu (*romance*) emaw hla (*poetry*) bu tha tak emaw hi science kutchhuak (*scientific work*) a ni a; mihring nunphunga hriatna leh nuna thilthleng tak tak behchhana phuahte a ni.

Mithiamin a rilrua a hriatreng tur pawimawh ber chu lehkhâbua hi intihhlîmna atân mai maia chhiar tur a ni lo tih hi a ni; thiamna tak tak nei pha lote chuan intihhlîmna atân chauh lehkhâbua an chhiar \hin a. Mahse thiam loh vak tur pawh an ni lo, thu leh hla tha tak tak awmze ril zawkte zuk ngaihlû turin an theihnain a pha tlat lo a ni. Amaherawhchu, University-a zir chhuak tlangvâl chu intihhlîmna atân mai maia lehkhâ chhiar ngai lo turin atir tê atangin a inthunun nghal tur a ni. Chu chu chin dân thana a neih hunah chuan intihhlîmna atân mai maia lehkhâ chhiar chu a thei tawh lo vang a. Chumi hnua chuan ei tur a hmuh lohna lehkhâbua reng reng, a veizawng leh ngaihtuahna sâng tak hip lotu lehkhâbua reng reng chu a paihtla thui zel tawh ang.

Kawng lehlamah thung erawh chuan intihhlîmna atân chauha lehkhâ chhiar hi mi sâng tam takte chin than a lo ni si a, chu chu zu in chîngte emaw opium zûk chîngte nen emaw angkhat an ni tihna a ni; ruihtheih thil ang mai a ni a, hun khawhrâlna thil engemaw, mu-mang rama min chentîr reng thei thil engemaw, a tâwpa ngaihtuahna fim zawng zawng tichhe vektu thil engemaw ang mai a ni, chu chuan rilru pawnlâng ber chauh min hmantîr a, thil veina thûk zâwk leh ngaihtuahna sâng zâwk hmang thei lovin min siam a ni.

(*Chhunzawm tur*)

KABAR MA KYAY BU

- James Ramdinmawia



Tunlai Burma buaina kara hla lar em em "Kabar Ma Kyay Bu" tih hi a awmzia chu "Until the end of the World (Khawvel tawp hmâ loh chuan)" tihna a ni a. A phuahtu hi Naing Myanmar niin Democracy ngenna leh mipui dikna chanvo rap bettu Sipate demna hla a ni a.

Naing Myanmar hi tunah kum 63 mi a ni ve tawh a. He hla hi kum 1988-a Sipai Sorkar dodalna leh Democracy ngiat avanga Rangoon University zirlai ten nawrh an huai-hawt lai vela a phuah a ni a. Hetih lai hian kum 30 mi chauh a la ni tihna a nih chu. Hemi kuma nawrhna hian a ram pum a kang kê chho a, "8888 Uprising" ti-a sawi a ni nghe nghe. "8888 Uprising" an tihna chhan chu 8th August 1988 (8.8.88) nî taka he nawrhna hi lo intan a nih vâng a ni. He Uprising-ah hian Sipaiin Zirlai leh mipui pawisawi lo mi 3000 chuang zet an kap hlum nghe nghe.

"Kabar Ma Kyay Bu" tih hi Myanmar Hnam Hla (National Anthem) emaw ti an awm leh thin a. A chhan chu Myanmar Hnam Hla "Kaba Ma Kyei" nen a thupui (Title) a inân êm vâng a ni. A phuahtu Naing Myanmar hian kum 1977-a Kansas-ho hla tihchhuah "Dust in the Wind" thlûka a siam a ni.

Naing Myanmar hian kum 1988-1989 chho bawr vel khan het-iang lam hawi, Revolutionary Song an tih mai, mipuiin Sipai Sorkar dodalna-a an sak tur hla pasarih lai a phuah nghe nghe a ni. "Kabar Ma Kyay Bu" a phuah veleh hian Rangoon-a North Okkalapa Farm-ah zirlai eng emaw zat hemi hla sa tur hian a train a. Tichuan, mipa pali

(4) leh hmeichhia sawm (10) te chu Recording a tihpui ta a. He Recording hi tun buaina kal mekah pawh zan tin dar 8-ah Myanmar ram chhung hmun hrang hrangah an play thin a. Sipai Rorel duh lohna kawngzawhah pawh mipuiin an sak nasat ber a ni ta a ni.

A phuahtu Naing Myanmar chuan Myanmar Times-in an interview-na-ah heti hian a sawi a, "Mi tam takin ka hla hi zan tin a ram pum huapin an sa a, kum 1988 Uprising atang khan ka hla ni tawh bik lovin mi tin ta a ni tawh zawk a ni. Ka fapa kum li (4) mi nen pawh mi dang rualin zan tin bathlârah kan sa thin," a ti. A sawi belh zelna-ah chuan, "He hla hian he khawvel, engkim mai a 'fair' lohna hmunah hian mipuite hi an dikna chanvo chang ngei tura an beihnaah nasa takin pui se la," a ti a. "Tunah chuan Burma mipuite hi an inhlawm khawm thain an Discipline a tha em em a, kum 1988 anga nasa taka thisen a lûan leh kha ka duh tawh lo a ni. Thisen chhuah hi a chhanna a ni lo. Mipuite pawh smart takin an che ang a, dawh thei takin zalenna kâwl eng chu an lo thlir tur a ni," a ti bawk.

Tun dinhmunah pawh he hla hi Myanmar mipui, Democracy thlahlela an nunna hial pawh thâpa na taka Sipai Sorkar duh lohna lantirtute fuih tangtu hla a ni zel rih a nih hi. A hla thu awmzia hi hre lo kan la thahnem viau àwm e. Amah kan Mizo zai thiam chuai thei lo Rebecca Saimawii (Makûri) ngei pawhin Myanmar mipuite beihna a thlâwpzia lantir nan he hla hi a lo sa tawh a, Youtube-ah a dah nghe nghe. Pi Makûri'n Mizo tawng leh Sap tawng-a a hla thu lehlin Youtube-a a dah hi ka rawn dah chhuak ve e, he hla hi la ngaithla lo in lo la awm a nih chuan Mizo tawng-a lehlin hla thu en chung hian han ngaithla ve chhin mah teh u, in thinlung a fan ve ngâihin ka ring :

"KABAR MA KYAY BU"
Mizo Tawngin :

1. I (in) tan ngaihdamna reng a awm lo ang khawvel tawp thleng pawhin,
Chu chu mihring nunna hmanga chhinchhia a ni si a,
He dodalna chak
Aw! mi huaisen ten mipuite tan an nun an hlân,
Kan ram, Myanmar, Martar-te thisena din,
Kan mî ten, nghet taka ding leh huai taka he'ng mi rapthlakte bei lêt turin!

2. Kan pu duh tak Ko Daw Hmaing, kawlawm hmanga min awmptute lo beitu; kan chanchin mawi kha, Myanmar sipaite ngeiin an tih-bawrbhân tāk hi!
Aw, hruaitu Tha Khin Aung San, zalenna atana beitu khan, Van atangin min lo thlir teh khai, kan ramah thisen a luang mek e
Engti zaizia! Khawngaihnâ bosal, titiautu mai!
Ruang dâi khawi kipah pawh!

3. Tanpui lohin zalam tuangah an zâl e,
Aw, ka u leh nau, leh thiante u,
An thisen luang chuan min la fan reng a ni,
Ngaih hâi hlek suh ang che
Mi huaisen tlu tâte,
Huai takin i bei zel ang kan Democracy tan,
Hleih nei loa kan ram hmangaihtu chu keini hi,
Kan tiam e, in thiltih hi kan ngaidam ngai lo ang!

CHHIARKAWP HI CHAWK VE RAWH LE

1 2 3 4 5 6 7 8 9 10

I duh ber number pakhat thlang la, I chu i thlan number chu pangain belh (+5) rawh. Chuan panihin belh (+2) nawn leh la, chung i belh khawm zawng zawng chu pasarih (7)-in paih (-) leh rawh, chuan i number thlan kha a bang ngei ngei ang!
7+5= 12+2= 14- 7=7

I thlan number kha 7 ni em? Kha kha ni mai.

**PU BUANGA DICTIONARY LEH
J.F. LALDAILOVA DICTIONARY
KHAIKHINNA PAKHAT**

Miriam Winchester Zoluti

"MIZO HNAM RO" whatsapp group-ah member pakhat chuan internet lama Open Bible atanga rawn tar langin, 'Phungladin' hi eng tihna nge tiin zawhna a rawn siam a. A Bible chang rawn thlan chhuah Isaia 9:14-15; 35:7; 58:5 te chu ka mutna bul dawhkana Mizo tawng Bible ka inchhawp lai bu 5 atang chuan ka en mil nghal a, chu'ng atang chuan Roman Catholic version chu ka thlang chhuak ta a, he-tiangin :

'Chuvangin LALPA chuan Isra-el-ho lû leh mei chu',

'Tumkau leh phairuang ang maiin ni khat thilah a chhawk vek ang'

'Upa leh mi zahawmte chu, a lû chu an ni a;'

'Dawt zirtir thin zawlneite chu, a mei chu an ni'

Internet lama Mizo tawnga Bible lehlin an dah, zawhna siamtuina a rawn chhawp chhuah hi tute lehlin nge, eng kuma an tih chhuah nge kan hre lo va. Ka Bible en bu 5-ah chuan 'Phungladin' leh 'Phairuang' leh 'Aidu' tih te chu chang 14-na lehlinna atan a lan nawk avangin Pu Buanga Dictionary ka chuh ta var a. Pu Buanga Dictionary 364a-ah chuan tihian a lo inziak a: 'phung la-din', *_n._* the name of a rush ; a rush, rushes," tiin.

Chutah, rush hi J.F. Laldailova Dictionary lamin engtin nge a tih ve tiin ka va en leh vat a, 443b-ah chuan, 'rush' (rash), *_v.i._* bawh. *_v.t._* tur hmanhnawh. *_n._* hmanhmawhna, phairuang," tih a lo ni leh a.

Chuti a lo nih tâk zelah chuan a hebrew lam ka va bih leh ta a, Isaia 9:14-a 've'ag'mon' tih lo niin, English version 8 ka va bih leh a, 'rush/bulrush' tîa lehlin chu a tlanglawn ber a ni tih ka va chhar chhuak ta bawh. ■

Chuti a nih tâkah chuan' Phairuang' tih leh 'Phungladin' te hi thil thuhmun an ni lo vang kan han tih chuan group member phan-chang tawhte chuan thil hrang daih a nih thu an rawn sawi fiah ta a. Naupangho chu kan var ta hawk mai.

Heta tanga ngaihtuah tur lo piang ta chu, Pu Buanga dictionary hi thang leh thar ten rinrawl taka an rawn neih a; hlo thlo lo leh lui kal bawh lova an seilen phei chuan kan tawng thang zelah 'phungladin' leh 'phairuang' chu thu hmunah a va chhuak duh mai dawn em tih theih a ni ta a. Pu Buanga khan 'Phungladin' hi a hre lo emaw, 'Phairuang' hi a hre lo emaw, thil thuhmun emaw a ti a ni ngei ang tîa ngaihtuah chungin Pu Buanga Dictionary nge kan rin zawk dawna Mizo pa ngei J.F. Laldailova Dictionary tih chu he thûmal bikah hian kan thlan fel a lo ngai ta a ni.

Pu Buanga Dictionary 358a-ah 'phairuang' tih chu a lo awm tho a, hetiangin : 'phai-ruang', *_n._* the name of a reed which generally grows on the bank of rivers; elephant grass," a lo inti kalh a. A rang a rangin J.F. Laldailova Dictionary keu ve lehngalin, reed (rîd), *_n._* phairuang, phairuang hnah leh mau i lova siam hamrik (buh changkuang anga ri)," tih a lo ni leh ta a. 174a-ah elephant-grass tih pawh chu, *_n._* phairuang, rai-ruang," a lo ti leh ta ngat bawh a. Chuti a nih chian J.F. Laldailova zawk hian 'rush' chu hre chiang lovin phairuang a lo ti ve ngawt zawk tih ngaih dan a siam leh theih ta.

Amah, Zo pa zawk hian 'phungladin' hi a hre ngai lo niin a ngaih theih ta a, 'phairuang' ni ve tho turah a lo ngai pawh a ni thei; mahse, thil hrang daih a ni si. J.F. Laldailova, "Bible Thlirna," lam hian 'Phungladin' emaw, 'Phairuang' emaw, 'Aidu' emaw hi a chai hman ta bawh si lo a ni awm e.

A enga pawh chu ni se, lehlin dan inang lo nuaihah hian eng version ber nge an beh chhan thin tih ngaihtuah a ngai fo a. Chuvangin,

version hrang hrang nei ve lo, a original lam hi kan bih fo a tul thin tih heta tang chauh pawh hian a lang chiang hle a ni.

Zawhna zawttu hnenah chuan 'phungladin' emaw 'phairuang' tih emaw awmna dang Bible chang ka dil leh nghal a. Chuta tang chuan hebrew-a 'l'qāneh', te, 'k'ag'mon' te, 'gome leh suph' tih te pawh hi 'Phairuang' tîa lehlin a lo ni chāwk tih hriain, "Mizo Bible Dictionary" tih, Theologian mi 65 tanhona hmanga Synod Literature & Publication Board-ina tih chhuah, chhut hnihna (2017)-ah chuan 'Phairuang' emaw 'Phungladin' emaw chu ka zawng nghal a. Ka hmuh tak loh vah "Zotawng Bible Dictionary," chhut khatna (2011), Revd. Chuaauthuama tih chhuah ve thung chu ka keu leh a, hetah hian 'phungladin' tih awm lovin phairuang erawh chu 886a-ah heti hian a lo inziak thung :

'Phairuang' [reed] : Thuthlung Hluiah phairuang sawi nan hian Hebrai thumal chi hrang 7 lai hman a ni a; chûng zînga pakhat chu 'gômê' ('o' chungah hian a rin ngilin inthai phei zawk tur a ni a, a font ka nei lo: Mary) a ni a, hei hi leh-kha siamna atâna an hman papyrus hming atâna hman bîk deuh a ni.

Hmun thenkhatah chuan sûph hman a ni a, hei pawh hi papyrus hming pakhat a ni bawh. Thuthlung Tharah chuan phairuang tih nân Grik thumal pakhat kalamos (Grik hawrawp hi ka chhu lut thei lo, a font ka nei lo: Mary) hman a ni a (Mt. 11:7; Lk. 7:24, etc). 'Phairuang' tiang chu thil teh nân an hmang bawh a. Chumi sawi nân chuan Hebrai hming pakhat qānē ('a' chungah hian rin ngil a inthai phei tur a ni a, 'e' chungah hian thai phei leh dot (.) pakhat a awm tur a ni, a font ka nei lo : Mary) hman a ni a, chuta tang chuan 'canon' tih a lo kal bawh a ni," tiin.

■ Mizo Bible lehlin hmasaah khan ■
■ Serh tan' hi 'Zang tan' an ti a, 'Chaibai ■
■ buk' hi 'Dovankai' an ti a, 'Thinglim' ■
■ hi 'Thatfamkim' an ti. ■

HUN (TIME) HLUTNA

Eleazer Tetea Hmar

Sum leh pai silh leh fên te ang lo takin mihringte intluk tlang taka min siamtu chu hun(time) hi a ni. Khawvela mihring zawng zawng hian ni tin darkar 24 chhung hun kan nei vek a. Thenkhat hausa deuhin sum leh pai leh thil dangah nei nung viau mah sela, darkar 24 bak ni khatat extra time a nei bik thei bik lo.

Hun (time) hi kan hlutna min hriattirtu pawimawh tak pakhat a ni a. Zing khua a lo var chiah hian ni khata kan hun hman tur chu intan chiahin, thenkhat chuan mahni hna pawimawh thawh nan te kan hmang a, thenkhat erawh chuan mut nan an hmang thung a, thenkhat erawhin thil ho lam mai mai buaipui nan an hmang thung.

Tunlai boruak angah ngat phei chuan mu nileng thak peih kan tam ngawtin ka ring. Kan hun neih dan hi darkar chuan 24, minute chuan 1440, second chuan 86400 chhung teh meuh hun kan nei a, tangkai taka hman nachang kan hriat loh chuan keimahni thiam loh liau liau a ni. Ni khatah pawisa fai Rs. 86400 zat hi ni tin dawng dawn ni ta ila, ho lam takin kan hmang phal kher ang em? Kan khawhral mai mai bik ka ring lo a ni. A nih engah nge hun a nih tak vang maia hman thiam kan zir mai loh pawisa aiin a lêt tam takin a hlu zawk daih si a.

Entirman : Football khelhi hi ka tui lo tireng siin kartin khelhi ban-san chuang si lo ta ila. A awmzia berah chuan ka tuina ni miah lo football khelhi kawngah chuan kar tin ka hun hlu tak ka hmang phal reng tihna a ni. I bialnu/bialpa/Nu/Pa/Unau tu emaw ber kha 'i hman-gaih em?' tiin zawt ta che ila, i chhanna chu 'YES' a nih ka ring. A nih i hmangaih si chuan ni khatah i bialnu/bialpa/Nu/Pa/Unau te bulah engtia rei nge hun i hman thin. Vawi khat tal hlimna i siamsak thin nge an duh loh zawngin hun i hmang thin zawk. Chuta tang chuan i hmangaihna hlut zawng chu i hriat thiam mai ka ring.

Kan chhungte lam chu dah tha rih ila. Pathian nena kan inkar ve thung hi ngaihtuah nawn leh ang. Keini Kristian inti te zingah hian Pathian 'i hmangaih em?' Pathian nena in inkar a tha em?', tiin zawt ta ila. An chhanna chu "AW" a nih vek ka ring. Mahse, ni tina Pathian tana an hun hman rei zawng te, Bible chang an chhiar zat te ngaihtuah chuan, an hmangaih tak tak em.

Chawlhni inkhawm hi Pathian fakna tur atan kan duh taw mai chuan, min siamtu leh ni tina malsawmna nena min vûr thintu tan hian kar khatah .006% vel chauh hun kan hmang dawn tihna a ni a. Malsawm kan dawn te nena khaikhin chuan inseam tha vat tur kan ni. Kar khatah i nupui/pasal tan .006% chauh hun hmang ta la, kum khat hnuah chuan i hre mumal tawh kher lo ang. Chuvangin, lo ngaihtuah nawn fo thin ang che, Pathian tan hian engtin nge hun i hman thin? Hriat chian lehzuai i duh em?? A kawng te chu hriat thiam lehzuai i duh em?? A nih chuan amah nen hun tam zawk hman zir la. I tawngtaina, chhan loh tam tak nia i hriat pawh kha, i rin loh lam leh mihring hriat fiah rual loh kawng tam takin i dawng thin tih i hre thiam ngei ang. Chumi hunah chuan chhanna dawng lo nia i inhriat avanga Amah i dem thin na zawng zawngah khan i tih dik lohzia i hmu thiam ngei ang.

A chhan chu, Pathian hian kan mamawh zawng min pe turin hmanrua pakhat chauh a hmang ngai lo a, kawng engkim atang pawhin Amah kan hriat reng hi a duh thin. Pawisa i dil a, van atanga pawisa arawn thlak loh avang khan i dilna chu a chhang lo tihna a ni hran lo. Hriselna tha leh ngaihtuahna tha tak tak pawisa hlawh chhuah theihna tur a pe reng che alawm. I dilna ang ngawr ngawr a, a pek loh avangin Pathian hi dem mai suh ang che.

"Ka duh zawng ni lo va, ka mamawh zawng min pek avangin ka tawngtaina chu chhanin a awm thin". ■

MYANMAR RAM CHETNA HI

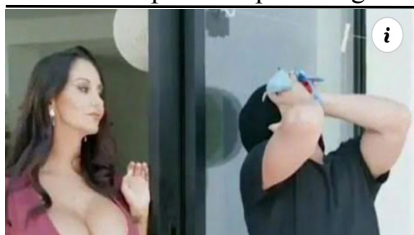
Lalthuamlana

Isuan a hun laia political system thlak thleng thawk a tum hmasa kher lo va, Rom sorkar paihtlak tumtu Juda pawl (Zealot) ang chi a zawm lem lo tih kan hria. System awmsa chhungah hmangaihnaa rawng inbawlsak tawn tura nunhona vantlang (community) thar din a tum kha a ni a. Chutiang bawkin Buddha pawh khan 'mahni' indah pawimawh berna (ego/greed) hnawlin mi dang zalenna atan a nun leh hun pum a hlan a, zalenna/chhandamna kawng a lo zawng a nih kha. Myanmar sipaite hian an sakhua leh Isua Krista zirtirna letlingin 'mahni' tanghmasialna salah an inkhung bet tlat a, chu chu mipuite tawrhna leh retheihna ruama an theih chen chen rah beh hreh lo tur khawpa 'thlarau' lama an piansualna langsar tak chu a ni kan ti thei ang. Chuvangin, tuna Myanmar ram buaina hi 'khawvel' thil mai a ni lova, 'thlarau' lam thil pawh a ni tho tih kan ngaihtuah thiam mai awm e.

Pawn lam, hnuai lam leh chunglam atanga ram rorelna chungchanga inthlakthlengna (change from outside, below, above) lo thleng tur kan beisei mek lai hian thinlung chhungril atanga 'thlarau' nun inthlakthlengna (change from inside) pawimawhzia hre thar tel bawh ila. Sakhaw inzirtirna hi hman sual theih a nih rualin, ram leh khawtlang kalphung tha lo leh rorelna dik lo thlakthleng theitu chakna thahrui pawimawh tak a ni tih i hre tel reng ang u. Kan ram Myanmar rorelna kawnga inthlakthlengna (political change) duhawm thlentir turin Sipai hotute chhungril nun inthlakthlengna (change from inside) a pawimawh a, chu chu sakhaw lam chan rawngbawlna leh thlarau lam mawhphurhna a ni tel bawh. Chuvangin, kan sakhaw nun leh vantlang nun pumpui hi a insuihzawm chiat a, kan nun pumpui hi Pathian duh zawng tiha a awmna hmun tur 'Pathian ram' chanpual a lo ni Chiang tak zet a ni.

SEX HRIATZAUNA

Joseph Lr Kop Chhangte



Zahmawh atana post a ni lova, sex chungchanga kan hriatna tizautu 'Sex education' atan kanrawn ti ve rawih a ni e.

01. Hmeichhia kum 15 leh 19 inkara an virgin hloh hian an lo nghak rei deuh ta lo kha an inchhir chawh thin an ti. Hmeichhe tleirawl hian a tlang-puiin kum 17 an nihin an thianghlim-na (virginity) an hloh thin a; mahse, kum 24 thlenga an virgin humhim thei chu an pasal neih thlengin an virgin tlang tawh tlangpui thin.

02. Inpawl lai-a mipa serh leh hmeichhe hnute arawn puam (fuk) len thin ang chiahin hnar kaw chhung pawh arawn puam (swells) ve thin an ti. Hei hi sex hmanlai-a thisen pressure kal chak luat vang niin an sawi.

03. Mipa serh chu a fuk laiin a tlang-puiin 5.6inches a sei a ni.

04. Mipa baw (sperm) hi a lo tenawm tehchiam loh niin a lang. Mipa puitling pakhat hian khawvel hmeichhe nau pai thei zawng zawng rai vek theihna khawp baw a pai an ti.

05. Tarho hian nupa nun an hmang ve thin ang em le? tih zawhna kan zawt fothin. Tar kum 80 bawh chho te hian an hriselna a that pangngai phawt chuan an pasal emaw kawp-pui te nen sex an la hmang zui ve reng tho niin an sawi.

06. Oral sex (serh in hmuam/fawh sak) hi mihring chauhin kan lo ching lo, sihal, savawm leh bakho pawh hi an infawhsak nasa ve thin an ti.

07. Chocolate hi chakna tihchhuaktu atan a tangkai hle e an tia, chutiangan Mai (pumpkin) rim pawh hian mipa serh-a thisen kal a tichak a, chu chuan serh a tifuk tha duh an ti teh tlat.

08. Vartawp thlen hun lai tak hian kan lungphu 140 rate-in a phu thin.

09. Mipa puitling kum 40 hnuai lam chin chu second 10 chhunga an serh fuk fel tura ngaih an ni a, chu aia rei an mamawh chuan dik lohna 'erectile dysfunction' an nei tihna ni mai.

10. Mipa baw chik chhuak kal chak zawng chu 28 miles per hour vel a ni a, 100 meters dash world records ni mek lai 22.9 ai pawhin a chak zawh hial a ni.

11. Australia-ah sawn a ruala mi pathum inpawl an uar hle a, a ram mipui 28% zetin vawi khat tal 'threesome' an lo hman tawh thin thu an sawi.

12. Hmeichhia chuan mipa tih zauthau nana a aw sexy taka thlak danglam kual theihna a nei a, mipa chuan chutiangan theihna chu a nei ve loh avangin thil dangah a inngah a ngai fo thin.

13. Masturbation hian depression nasa takin a pui thei an ti. Hmeichhia hian masturbation hmangin minute 4 chhung lekin vawrtawp a thleng thin a, sex tak tak hmannaah erawh vawrtawp thlen nan minute 10-20 a mamawh thung.

14. Hmeichhia hian an hnute an khal kual velna atang ringawt pawhin vawrtawp a pumhlumin an thleng thei.

15. A hnunung ber atan.. Vartawp/baw chhuak tur hi hahchhiau ang chiahin duh-a chelh/ip beh theih a ni lo.

A MUTPUI CHE CHUAN...

Mami: I bialpain mutpui che a tum chuan hnar la, bansan daih rawh. Kawppui atan a than lo tih i hre dawn a nia.

A mutpui che a nih chuan innei pawh ni ula, a ring tawh ngai lo ang che.

A laka i sihhnip tawh avangin khaw i lova i kal hunah a ringhlel thin ang che.

Nang pawhin i ringhlel ve bawh ang a, a lersan che i ring fo ang.

HMEICHHE RILRU

- Sally Pachau Lalsangliani

Duh tak, hmangaihna avangin kan hlim em em a, khaw dur lo thleng tur reng rengin hmun a chang lo...

Hmeichhia chu chak lo zawh kan nih vangin, i tan englai pawh a ka inpeih theih loh hun a lo thleng tan a, chu chuan a tilunghnur tan mek che a ni. Harsatna a lo lian zel a, hmangaiha dawm ka ngaih hun chu ka chak loh lai tak hi a ni tih i hre thiam dawn nia. Mi i hriat thiam loh chuan ka rilru hahdamna aiin a nat zual phah a nga, tisa chakna ngawt hi hmangaihna a ni lo asin.

Hmeichhia chu a thinlung a hlim poh leh a chak zawh a, a tluk sawp mek lai pawh a rinchan tur, hre thiamtu a mamawh a, chutiangan mi i nih chhung chuan ka chak reng zawh dawn tih hre thiam ang che aw.

Ka mawi loh lai ber spawh a hmangaihna mita min thlir chhung chuan khaw dur hneh turin ka chak tawh a, lehlam hawi chunga min vuan a nih chuan ka tlu ka tlu dawn siA. Mahni insitna avanga ka rah pelh nawk nawk chuan ka lam hawi ngeiin min chelh tlat la, " Ka hmangaih che" tih min hrilh nawn fo la, Lalnu ropui ni turin ka ding chhuak ngei ang.

I tan engkim hneh turin ka bei zel dawn si a. Ka chakna thahrui chu nang hi i ni tih theihngihlil ngai lo la, ka chak lohna min siam thei-tu pawh min ngaihsak lohna hi a ni thin. Chu chu a ni i hmangaihna ka mamawh rengna chhan chu ni.

RINNA LEH BEISEINA

Zirtirtu: Dawnga, 'Rinna leh Beiseina' tih han hrilhfiat teh?

Dawnga: Nula mal mum tak hian pawnfen chhing a feng a. A lang lo chinah eng emaw a awm ngei a ni tih hriatna hi 'Rinna' chu a ni a. Chutih ruala kan ngaihtuah zui leh chu 'Beiseina' a ni.

Ek ina inthliara i kal reng rengin i serh sil fai ziah rawh

I PHONE BATTERY KHA!

Thenkhat chuan charge full pawp hian kan ngaih a tha a; mahse, a lo tha ber hauh lo.

Phone Battery hi a low hian a voltage a hniam a, a percentage a san poh leh a voltage a sang chho ve zel a, phone battery hi a full hma 90% vel a nih hian maximum charging voltage limit a thleng tawh a, chuvang chuan 90% velah duh tawh daih rawh.

Thenkhat chuan phone kan charge lai hian mi biak nan te kan hmang a, a pawp khawp mai. Phone charge laiin phone Motherboard pressure hi a sang thin a, charge laia online emaw hian battery temperature leh voltage a lo sang ta thin a, phone puak emaw phone battery puam/chhe hma te a awm phah thin.

I phone i charge hian a theih hram chuan switch off a tha ber. I charge zawhah hmang nghal thuai thuai lovin rei lote nghak det la, i hmang chauh dawn nia. Tin, i phone charge lai kha Fridge chungah te emaw, hmun temperature sangahte emaw, dah lo la a him ber.

Thu Ril

* Mi dangte chungah duhsakna leh lainatna kan lantir hi a thlawn ngai lo. Kawng hrang hrangin a lo kir leh ziah.

* Anchhia lawh suh. Anchhia hian kawng dang a neih loh bakah tum an duh loh avangin a lo chhuahnaah a kir leh ziah.

* Intihria an tam poh leh thu lak tlak loh a tam. Intihria tam tak aiin hre tak tak tlemte an tangkai zawk.

* Thil tangkai lo leh âthlak takah i bula mi nen in inhnial fo a nih chuan mimawl pahni in awmdun tihna a ni.

* Mi dangte hmuha hlim hmel put hi thil hlu tak a ni a. Mi dangte hlim hmel puttirtu nih hi a hlu lehzual. Lily

MYANMAR UNIVERSITY-A THAWKTU MI 731 BAN



6th May, 2021 khan Yangon University leh Mandalay University-a hnathawk mi 731 te chu an hna atanga ban an nih thu State Administrative Council chuan an tar lang a. He thu hi Yangon University leh Mandalay University -a Rector, Asst. Rector te chuan an hming sign hnanin order an tichhuak a.

Myanmar State Administrative Council chuan 5th May ni hi Myanmar ram puma Education Insitution zawng zawng hawn niah a puang tawh a, May 3 ni kha Education Ministry-a hnathawktu teaching staff emaw non teaching staff zawng zawngte chu an hna zawm tura in-report vek tur a tih ni a ni a, he mi nia an hna zawm tura in-report duh lo te chu ban an nih tur thu a sawi tawh a ni. Sipai sorkar chuan Yangon University-a thawk mi 339 leh Mandalay University-a thawk mi 392 te chu an hna atangin an ban ta a ni. Heng an ban takte hi lecturer, Professor te, Department head te leh non teaching staff te an tel a ni.

Yangon University hi 1878 kumar din niin khawvel university tha thlan chhuah zingah ranking 6919-na niin Mandalay University chu 1925 kuma din a ni a, World University ranking-ah 10107-na din hmunah awm mek a ni bawh.

MAY: TOMIR THIA (Ni 31 a awm)

To haw thla a nih avanga vuah a ni a. Roman 'pathian nu (goddess) myma' hming chawia phuah a ni.

TUNGCHAW

Mizo ten 'Tungchaw' an tih hi chu Khum ban pa khat, khumpui ban tawp lama mi, bang hnaih lo zawk khum ban hi a ni.

AFRICA-AH NAUPANG RUHRO KUM 78,000 KAL TAA PHUM AN LAI CHHUAK



6th May 2021 khan 'Nature'-a report tihchhuahah chuan Africa khawchhak lama puk pakhat naupang ruhro upa tak, kum 78,300 vela liam taa an phum nia hriat an lai chhuak a, hei hi Africa ramah chuan hriat theih china mihring an phum hriat theih hlui ber niin ruhro lai chhuaktu mi thi-amte chuan an sawi. An ruhro laih chhuah chu 'Mtoto' tiin a hming an vuah a, hei hi Swahili tawng niin 'Naupang' tihna a ni.

Max Planck Institute for the Science of Human History, Jena-a an archeologist pakhat chuan Mtoto chu puk pakhat, kum 80,000 liam ta vel atanga kum 500 liam ta vel thleng mihring chenna thin nia an hriatah laih chhuah a nih thu a sawi. An ruhro laih chhuah hi a ha vel atanga a lan dan chuan kum 2.5-3 vel niin an ngai.

MIFINGTE KAMCHHUAK

1. Nun hi zir zui lova a taka hman a ni LeGouve
2. A tak a tih hian hlimna a rawn thlen fo lo. Mahse, tih loh chuan hlimna a awm lo - Benjamin Disraeli
3. Mawl zawh poh leh mahni thu duh a na ting mai a ni - Sir William Osler
4. Mi huaisen emaw mi vannei emaw chuan awmna an tuar thei thin. Publilius Syrus
5. Thluak awm mai mai hi Setana hnathawhna hmun a ni. - John Ray
6. Mi a beiseina i lak bo chuan ramsaah i siam tihna a ni. - Darnell G. Neister
7. Engpawh lo thleng se, beiseina leh rinna hi hloh ngai suh. - William L. Brownell
8. Sawi leh a taka tih kar hi hla tak a ni. French thufing



Sawhthing hi kan thlai hri-at lar te zingah chuan kan hriat tlanglawn pawl a ni awm e. Damdawi atan leh kan taksa tan a thatna a lo ngahzia erawh hi chu hriat leh sawi sen a ni lo thung awm e, A thatna thenkhat tar lang dawn teh ang.

1. Saphihrik leh rannung tur nei sehah hian a na lai takah a tui sawr tur a ni.

2. Rul chukah : A chukna lai chu tlema zai thi belh a, theih ang tawka a tui sawr chhuah phawt a, chutah Rul chukin a tihvun bak chiah atanga a tur chhuak thei tur zawnga a hmuamhma lam hawiin zut mai tur a ni. Sawhthing chu zai lepa bel a tha.

3. Thakpui kangah:- Den sawm tui chhuan sovin, a kanna laiah deh a tha.

4. Singsihlipah : Sawhthing leh chinai diak deuha den pawlh chu a khat tawkin minute 1 vel chhung nuai thin tur a ni. chutiang a tih hnu kar 1 velah a reh (bo) thei a, a tha khawp mai.

5. Bengkherhah :- A tui sawr hem leh chhum lum hi bengsa sawr a tha.

6. Ha na leh ngetah : A hel den sawm emaw seh sawm emawin a hmuamhmaah a tui chiah tur a ni.

7. Hrawka Sangha ruh tangah :-Sawhthing hel eiin a tla duh.

8. Aw chhang leh awm naah :- Rawh hmia ei bawrh bawrh a tha.

Khawsik avanga ruh chuktuah na leh kham hluah hluah thin tan Sawhthing tui sawr leh Panhnah/panruang hnah nena chum pawlh tui in a tha.

9. Khawsik awm naah : Den sawma, a tui sawr pava 1 leh zufang pava 1 chawhpawlh chhum sova in a tha.

10. Thawhchham leh thawhhahah (Asthma) : Den sawma gram 20 leh calcium mum 7, pineapple squash (Lakhuihthei tui) bottle 1 leh Lungthi gram 10 chawhpawlh in a tha. Sawhthing leh khawizu chawhpawlh in hi Atshma thawpik, Awm na leh hritlang tan a tha hle bawk.

11. Irhfiak leh luak chhuakah :- A tui sawr leh purunsen tui sawr chawhpawlh tui in a tha.

12. Sangha leh thi dang ei sualah : Sawhthing ei a tha khawp mai. Ei sual dang hrim hrim tan pawh a tha.

13. Hnamsai (Lui lam sa leh ke pali nei sa ei vanga vun thak vual) Sawhthing gram 50, Lengser leh Bahkhawr gram 100, Purunvar gram 50, Ser pil gram 100, mosola gram 50, leh Faisa kan gram 100 te hi chawhpawlh (Den pawlh) a ei a tha.

14. Chhul lawng : Sawhthing kg 1/2 leh Purunvar bul bawr 3 den pawlh a, tui pava 5 vel a chhum tur a ni. Chu chu pava 1/2 zel ni tin wavi 3 in tur a ni.

15. Hnute tui tamna leh thisen chakna : Den sawma tui in hi hnute tui tamna leh thisen chakna a ni a. A sawh bawl, a tui sawp leh a hela ei mai te pawh a tha vek tho.

16. Tuihri : A tui sawr leh runhmu tui sawr in zata pawlh in khawizu nena intir emaw den sawma puan thianghlama funa zut a tha.

17. Kal (kidney) Sawhthing den sawm um/bilh tui in a tha.

18. Ran/Pan/Lung : Sawhthing den sawma panah bel mai tur a ni.

Khing kan sawi tak bakah pawh hian Sawhthing hian taksa tan thatna tam tak a la nei cheu a, chung zing a thenkhatte chu.

Kawpuar/pumpui chak lo/ Ril vung/ Tai na/piles) Thisen zam natna/ Taksa a tui ril tam lutuk vanga natna etc. Motor ruhi na laka inven nan pawh sawhthing lo ei lawk a tha hle.

MIZO HERBAL RAMHMUL DAMDAWI

Kan nat chiah hian dam hlutzia a hriat!

MIT HRIK (Demodex)



Kan taksa bung hrang hrangah hian mit lawnga hmuh theih loh khawpa te thil nung hi a lo tam thei khawp mai a lo ni a. Abik takin ka hmaiah tak hian Mizovin mit hrik kan han tih ang chi Demodex hi a lo tam thei khawp a. Demodex pawh hi chi 65 lai a awm leh a, chung zinga chi hnih; Demodex folliculorum leh Demodex brevis te hi ka hmai vela lo nung a, lo che a, lo inthlahchhawng a, lo khawsa te an ni a.

Tunlai thiamna sang zelah thil te tak tak pawh a thla an la thei zel tawh a, awih loh ngawt theih pawh a ni lo va, Sapin 'Seeing is believing' an lo ti mathlawn lovin a thlak ber hmuh tur a awm chuan an lo awm ngei a ni tih chu a chiang a ni.

Mit hrik kan tih tih mai Demodex mite te hi arthropods an tih chhungkua zinga mi an niin maimawm leh saphihrik lam rawng kai an ni a, ke pariat lai an nei a, luphut le mit phut te hi lo thak sup sup awm reng pawh a lo ni e. demos tih chu a Girik tawng chuan 'thau' tihna a ni awm a, dex tih chu 'thing nget' tihna a ni bawk awm e.

Hetiang thil nung te tak te te hi 1820 kum daih tawh khan mihring beng ekah France rama mi thiamte chuan an lo hmu chhuak tawh a, mihringte hian hetiang mit hrik hi kum 20,000 zeta rei kan lo kai tawh niin an ring a, ui atanga kan kai ni berin an ring bawk a ni. Hnar tawk kan tih te hmar tawk sen tai phuhlip hlur (rosacea) te pawh hi hetiang Demodex vanga awm pawh a ni mai thei niin mi thiamte chuan an ngai bawk a ni. ■

***Ei leh in i ban hmian i kut fai takin sil thin ang che.**

***I kut tin, a balh hmian hlep thin ang che.**

CHAWKE OR AWKE

- Dr. C.Lalrampana



Chawke kan tih hi tun lai thangthar tam takte hian an hre thiam lo va, 'Awke' tih erawh chuan an hmeh hriat viau thung. 'Awke' kan tih hi a hram rik dan a ni a; a hming dik tak chu 'Chawke' a ni zawk; chu chu hre hrang lo tam tak an awm avangin a hram dan 'Awke' tih hi a hming zawk emaw ti an tam hle.

Zoologist ka nih loh avangin 'Chawke' hi a Science zawng chuan a chanchin sawi tur ka hre tam hranpa lo. Amaherawchu, he nungcha chi khat hmingthang tak hi Saptawng chuan 'Lizard' emaw 'Gecko' emaw an ti ve mai a; Genus/Species: zawnga chhut chuan Hemidactylus turcicus nia ngaih a ni a; chu chu Laiking chi khat angah ngai ta ila hriat fiah a awlsam ber mai awm e. Heng Awle (Crocodile), Tangkawng, Tangkeu, Laiking, Laitel, Inghak (In daidep) leh 'Chawke' kan tihte hi chhungkua (family) khata mi vek nia ngaih theih an ni. An vai hian inang diak diak lo mah se, an pian zia, nungchang leh khawsak dan phung chu an inang tlangpui a; an len zawng leh rawng leh ziarang erawh an inang vek lova, an hram dan pawh a inang vek hran lo baw.

Chawkete hi March leh November inkar chhung hian an inthlah pung deuh ber thin. Sava angin an tui a, an tui chu anmahniin an keu mai thin. An mei (tail) hi chawlhkar thum chhungin a to puitling thin niin a chanchin zir mite chuan an sawi baw. A lian em em hran lova, Gram 150-300 thlenga rit a ni deuh ber a, a sei zawng hi Inches 13-15 vel thleng ni theia ngaih a ni.

'Chawke' hian rannung te takte te a ei thin a, Chukchute leh Maimawmte pawh a ei a, chawah a ring thin. Heng bakah hian khau thlengin a ei duh.

Mahse, danglamna riau a neih chu a ei duh zawng eng rannung pawh ni se, a thi sa (tihhlum sa) chu a ei duh hauh lo thung. Aman, a nung chung a man ngei chauh a ei duh. Heng lo pawh rannung zangruh/ruh nei lo (invertebrates) lam chi chauh a ei baw thin.

Chawke hi in chhungah leh thlamahte a cheng deuh ber a, Ramhnuai thingkawrawng chhung leh lungpuk kehkak karahte pawh a cheng baw thin. Inah leh thlamah a khawsaka a hram thin hian hman lai upate chuan malsawmna thlentuin an ngai thin a, chuvangin, Chawke thah leh vuak hlum hi an phal ngai lo va, a awm ang angin an en ve mai thin. Zan thimhlum, Zan thianga reh lai tak leh vartianahte a hram deuh ber thin.

Thil mak ve tak chu, Sapho pawh khuan kan pi leh pute ngaih dan ang bawkin Chawke hi vanneihna thlentuin an ngai ve tlat a, an in leh lo lama a awmte hian tihnat emaw, thah emaw an phal ngai reng reng lo.

Mi thiamte chuan mihring tana rannung hnawksak leh hlauhawm theite ei zotu (Insect predator) a ni an ti a; hei vang hian mihringin natna tam tak kan pumpelh theih phah niin chhutnate pawh a awm thin. Hmanlai kan pi pute khan heti taka Chawke kan hmeh hriat hma daih tawh atang khan natna benvawn leh pan reh thei lo (Ngawt) damdawi atan an lo hmang thin nia sawinate a awm a; a tha hle niin an sawi baw thin. An ei dan erawh meiah an rawh a; an hem hmin a; ro ram deuh rapin an hem a; damlo chu an eitir thin nia sawi a ni.

Banga bet thin in daidep (Inghak) hi tur hlauhawm tak nei anga sawinate a awm a; Chawke pawh chutianga baw chu nia ngaihna a awm avangin thenkhat chuan an tih phah hle thin. Mahse, mi thiamte chuan hengho hian chutianga tur hlauhawm chu an nei lo niin an sawi a, hetiang lam chi tur hlauhawm neite chu 'helo-derma' emaw Gila monster an ti a, chungte chu Gila River, South-western United States-ah deuh chauh khuan hmuh tur an awm niin sawi a ni.

Chawke hi eng vanga lar em em ta mai nge tia zau zawka chhuinaa thu dawnnain a tar lan danin Kum 1970 lai vel khan Chinese pa pakhatin Mizoramah Chawke lei tur a rawn zawng chiam tawh a; mahse, a duh khawp a hmu zo lo niin a lang. Tichuan, Kum 40 zet a ral hnu kum 2011 atang khan Myanmar lam atangin sumdawng ten an rawn zawng leh tan a; hriat theih chinah Chawke 50 vel zet chu 2011 chhung khan Myanmar lamah lak luh (Imported) nia ngaih a ni a, hriat loha lak luhte nen 50-100 vel chu Myanmar lamah lak luh nia rin theih a nih thu thudawna chuan a sawi. Kum 2011-ah Myanmar-ah Chawke hi chawh luh a nih laiin kum 2012-ah chuan India Vaihovin Mizoram leh Myanmar lam atangin Chawke hi an zawng khawm ve thung nia hriat a ni.

A hre Chiangte ka zawhnaa min chhan danin Chawke hi a puitling, phanchang leh chal tawh, rit tham law law hi an lei duh ber a; a hun lai chuan Hmeh-en (Torch light) battery tum thum hen tawha rit hi Rs. 10, 00,000/- (Nuai sawm) velin an lei duh nia sawi a ni. A te lutuk leh naupang lutuk an duh loh avangin thenkhat chuan an khawi/vulh lian chawp thin a ni. Hmanlai upate chuan "Chawkein lal a hrawt a, sava ten an chawm" an tithin. Hetianga mahnia chaw zawng lova Savate chawm tawh china intilal thei leh lal hrawt thei chin pheih hi chu man to takin a hralh theih nia sawi a ni baw.

Kan pipute khan natna benvawn leh pan chhe dam thei lo tihtam nan damdawi atan an hmang thin a; tun laia Chawke hmanga sumdawngte pawh hian an sawi dan chuan thawchham (Asthma) leh panchhia (cancer) leh natna khirh khan tak leh natna benvawn tihtam nan Medical factory leh pharmaceutical manufacturing Industries atangin an siam chhuak thin niin an sawi. Damdawi siam nan a that bik em avangin a man pawh hi a to hle nia ngaih a ni. Hetianga to tak taka hralh atan tih lovah chuan hman tangkaina teh chi-am erawh a awm lo niin a lang. ■

RACKET HRUI CHANCHIN



Inkhel mite tan Racket a pawimawh Lang bawkin a hrui pawh hi mahni khelh dan form nena inmila thlan thiam a pawimawh hle. Inkhel mi chu a inkhelhna a lo rei tawh chuan a inkhelh dan (form) chu thuhmun deuh reng a lo ni tawh thin a. Chuvangin mahni inkhelh dan nena inmil tur Racket leh a hrui chu ngun taka thlan thiam a tul thin a. Racket changkangah chuan a hrui an vuah sa ngai lo va. A leituin ama mil tur hrui chu a phiartir mai thin. Hrui tha chuan inkhelte feeling a tinuam a, ban rek nghawr pawh a tiziaawm bawh. Arhmul chu hneh takin a control thei bawh ang.

A hrui chu 20 (lbs)- mara kaih leh 30 (lbs)-a mara kaih a nih hian 30 (lbs) chu mar zawk tura ngaih ni thei mah se, a hrui chu a mar em avangin arhmul nen an indeh chhung a rei loh avangin a vuak nat lam kha arhmula a thleng thei lo. A vuak tha chu arhmula a thlen vek loh avangin arhmul chu a kal chak tur angin a kal ta lo tihna a ni. A hrui mar hmanga tha chak lam thuhmun, a hlat zawng thuhmun a\anga vuak chu a hrui mar lo deuh zawk hmanga vuak aiin lehlam Court-a vuak thlen a har bik thin.

Racket hrui mar tak sia na taka vuak duh chuan tha pek tam a ngai tihna a nih chu. A tlangpui thuin Racket mil tawh ang zuiin a hrui mar zawng pawh pound 20 atanga pound 28 vel bawra marin an kaih thin. Inkhelna tan tirh (beginner) tan chuan pound 20 vel hi a tha ber thin a. Kan inkhel tha chho tan a nih chuan pound 24 vela mar hman a tha ang. He dinhmun atang hi chuan Racket chu duh anga control-in arhmul chu kan duhna hmunah kan dah thei tawh dawn a ni.

Professional player-te chuan arhmul chu duh ang taka an control theih nan pound 28 leh a chung lam hmangin an khel deuh tlangpui a. Intihhlam nana khelte chuan Professional-a khelte hman ang deuh an hman chuan a hrui a chat thu-

CONOR MCGREGOR (THE NOTORIOUS)



UFC Lalpa an tih mai, Irish fighter McGregor hi UFC en thin tan chuan hre lo k n awm lo vang! Tony McGregor-a leh Margaret-i te fa 'Conor Anthony McGregor' hi kum 1988, July 14 khan Kremlin, Dublin-ah a lo piang a. Farnu Erin McGregor a nei bawh. A pa chuan a pian hlim atangin insual turin kut a rawn tum chhuak ngal a ti.

Kum 2015, UFC 194-ah Featherweight champion Jose Aldo (Brasil) chu 13 second-ah knockout-in, hei hi UFC history a title fight-in knockout rang ber a ni. UFC 205-ah Lightweight champion Eddie Alvarez a rawn hneh leh a. UFC history-ah weight division pahniha champion thei fighter hmasa ber a ni.

MMA record:

Total 27

Wins 23

By knockout 20+

By submission 1

Losses 5

Body measurement:

Height 5 ft 9 in, Weight 77 kg

Reach 74 in, Chest 42.5 inches,

Waist 33 in, Biceps 16 in

UFC fighter hlauh tam ber a ni a (\$ 15.2 million). Hausa ber a ni mek bawh (\$ 120 million).

Professional-a khelte hman ang deuh an hman chuan a hrui a chat thu-ai a, Racket a tliak awl a, na taka an vuak avangin ban rek, ruh leh tihrawl-ah na an tawh awlsam bik thin a ni. Chuvang chuan a hrui mar Racket chu hman zui a him lova, hliam tuar hmaa Racket hrui tihdanglam a tul tihna a ni. ■

HMANGCHANG

* A tui neia chawhmeh i kan chuan coffee tlem thlak la, a rawng a mawi duh a, a rim a danglam phah chuang lo.

* Khawizu fir/ a tak leh tak lo i hriat duh chuan tuih tlem far la, a ral mai chuan khawizu fir a ni lo. Khawizu reng reng tuih a ral thei lo.

* I chini dahna a hnawng a nih chuan a burah toilet paper dah tel ang che.

* I thil kanin tel a hip nasat i duh loh chuan telah khan chi tlem thlak hmasa ang che.

* Artui pum chhum zai lep nan chemte aiah khawlla hmang la, a pan nalh duh zawk.

* Dawnfawh kawr hi pho ro la, rawt sawm vek la, dah tha ang che. Soda angah a hman theih.

* Alu i chhum dawmin pinin vit kual la, a keh loh bakah a hmin hma.

* Fridge-ah thil sa dah lut suh ang che, fridge vawng daitu khawl a huin a tichhe thei.

* Fanghma velna kawr hi te deuhin chan la, pho ro rawh. A ro hunah choka almira kil velah dah la, ranning a hnawt bo ang.

* Gas buner bal chu tuih soda thlak la, minute sawm vel chhum la, sil fai ang che.

* Thawmhnaw i nawhin, i tihhu-na tur tui kha tui vawt aiin tuilum hmang zawk ang che.

* I almira (Bizu) chhung a hnawn loh nan chalk sawm vel tel khawm la, a remchang laiah khai ang che.

* Sahbawn rimtui hi te reuh te tein chan la, lehkhain tuam la, thawmhnaw karah dah rawh. Kapoor aiin a rimtui zawk a, a tangkai dan a inang reng.

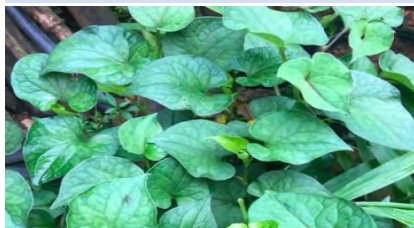
* Chhun ni sat laia i inbual thut dawn a nih chuan tui hmuam hmasa, i serh leh kut. ke te tui leih hmasa zet ang ang.

* Chaw i ei hmain tui in hmasa thin rawh.

* Theirah i ei dawn reng rengin hmin lutuk ei ngai suh.

UITHINTHANG HI COVID-19 TAN A THA EM?

-Dr.H.Lahlenmawia



COVID-19 hriin min tibuai em Cem a, khawvel mi thiam ten a damdawi zawngin an hmanhlel a, damdawi tam tak te en chhin (Drug candidate) mek a ni a, a enkawl na tur tak erawh chu a la awm mai rih lo. Chuvang chuan a thei theiin mahni rem hriat dan danin an zawng a, an ziaak baw a, article leh he lam scientific publication awm ang ang te an hai zung zung baw a; chanchin kan hriat chhun ang kan inhrilh kual zung zung baw nen, hei hian mi tam takah thil tha a thlen rualin rilru a hruai sual ve thei tho mai.

Innghahna tlak lo tawpaw lo inghat a, chhiatna nasa zawk mi malah te pawh thlen zawk thei te a ni thin. Tuin emaw chu mi thlai/hnim/bawngzun adt... tha nia an lo sawi a nih pawhin damdawia hmang tak tak tur chuan kawng thui tak awm thei a ni tih hriat a tul hle. Kan dam loha min enkawltu Doctor-te rawn lova hman miah loh tur a ni.

Asia Pacific Journal of Tropical Medicine-in kum 2016 khan Profesor KH Chiow leh a thawh-puite National University of Singapore (NUS) te chuan Mizo ten Uithinthang kan tih (Houttuynia Chordata) hnah atanga Ethyl Acetate hmanga chemical lak chhuah chuan Mouse Hepatitis Virus (MHV) leh DENV-2 virus (Dengue virus) te an tihlum thei tih an report a. MHV hi SARS-CoV leh SARS-CoV2 virus te nen hian inang tlang an nih avangin tun a COVID-19 (SARS-CoV2) atan pawh hian a hman theih tura report a awm baw.

He an zir chiannaah hian SARS-CoV2 virus tihlum thei dose hian rannung cell dangte a tichhe

hran lo tih an la hmu chhuak leh zel a. He report a thil dang chhinchhiah tlak leh deuh mai chu Sazu (mice)-ah a hlauhawm dan, tur (poison) a nih theih dan te en chhinna hmasa ber (Acute toxicity studies) an neihah chuan dose sang tak sazu (mice) Kg khata ritah 2000 mg ang hu pekin sazu taksaah harsatna a awm lo a, a him a ni an tih hi a ni baw.

Uithinthangin virus a tihlum theih chhan ber nia an hmuh chhuah chu chemical chi khat Quercetin, thlaia damdawi tha tak Pathianin a lo dah chu he Uithinthang hian a lo awm reng a, he quercetin hian SARS-CoV2 chu a control ta ber niin an ngai a ni. Amaherawh-chu, he an zirna hi thilnung taksa chhung ni lovin laboratory Cell line hmanga an neih a ni a, mihring taksa chhungah a thawk thei ang em tih erawh chu an report tel chiah lo. Tunah hian he zirna hi kalpui mek zel a ni a, report kim chang hriat tur a awm thuai ang.

Lo ei mai chi a ni em?

Uithinthang hi mi thenkhatin chawhmehah te an hmang a, a duh tan chuan a tui viau niin a lang. Eng chemical pawh hi rannunga test an nihin result tha tak bakah an taksaah thil tha, lo thleng hmuh tur awm lo pawh ni se, mihring taksa damdawi anga ei tur chuan a siam dan design (Dosage form) a la pawimawh em em mai a. Damdawi mum (tablet) a siam chi nge, Capsule chi nge, Injection-a siam chi tih kha a chemical-a zir leh a hnathawh dan tur a zirin la zir chian leh ngai a ni.

Chemical tha em em mai pawh kha a siam dan (dosage form) a dik loh chuan taksaah hnathawh miah lovin ekah a chhuak leh mai thin a. Paracetamol mum (tablet) kan ei a, kan khawsik a chhawk anga hman theih tur chuan taksa chhung mila design thar leh a ngai a ni. Hei vang hian Uithinthang i lo ei a, Corona laka veng tura i lo inngaih chuan i tisual der thei a ni tih hria ang che. I damdawi ei chungchangah Pharmacists te rawn thin ang che.

*Mizoram State Pharmacy Council

KHAWVELA COMPANY

LIAN 20

Khawvel company lian 20 zingah hian America-ah 14 zet an awm a, pakhatna Apple company leh pahniha hauh Microsoft company te pawh an mahni tho a ni.

1. Apple (US)
2. Microsoft (US)
3. Saudi Aramco (S Arabia)
4. Amazon (US)
5. Alphabet (US)
6. Facebook (US)
7. Tencent (Hong Kong)
8. Tesla (US)
9. Alibaba (China)
10. Berkshire Hathaway (US)
11. Taiwan Semicon. (Taiwan)
12. Samsung Electronics (S Korea)
13. Visa (US)
14. JP Morgan Chase (US)
15. Johnson & Johnson (US)
16. Walmart (US)
17. LVMH (France)
18. Mastercard (US)
19. United Health (US)
20. Nvidia (US)

CrdNangKhamThiriOo

STONE MOUNTAIN ATLANTA GEORGIA-AH



George State tihmingthangtu pakhat chu, Atlanta khawpui dai fêma awm Stone mountain (Lungpui tlâng) hi a ni.

A lem kan hmuh ang hian, Pathian thilsiam mak tak zawng a lo ni e. Phai zawlah lungpui lian em em mai, 1,686 ft (514 m) a sang a thu luah mai a. A bul velah dil zau pui pui a awm thluah baw a; Pathian hian garden mawi tâk ni turin a lo duang sa diam a ni tih hai rual a ni lo.

Stone mountain elevator-in kan inkhai chho va, mâi ang tak lungpui mam pulh chungah vacation hman-ga thlifim dawn heuh heuh theihna hmun a ni.

Biak Enga

PIU-SAW-HTI HI TUNGE A NIH A, ENG NGE A TIH THIN?



Thawhkhat lai khan mipuite ng-haisaa mantu pawl ralthuam kengte an hluar ta chiam a. Heng-mite hi sipai pension leh USDP, Buddish puithiamho leh tualch-hung kawktu(Dalan) inteltualte nia hriat an ni a. Chungmite chu mipui lam pawhin chin fel an tum thu hri-at a ni tawh baw k a.

Tun hnai khan Piu-Saw-Hti(thi) an tih hming chawia che pawl anrawn chhuak leh a. Heng pawlte hi Internet lamah pawh sipai sorkarna a kal tluan theih nana hma la pawl te, sipai pension thenkhatte leh heng lama thlawp-tute niin an insawi thung a. A then chuan CRPH leh NUG eptu pawl bakah sakhaw firfiakho ten an thu-ziak hmuh tur a awm.

Heng mite hi hmai tuamin lukhum an khum thin a, ralthuam kengin, private car nen vakin mi an man thin tia hriat a ni a. Heng zinga a phusa pawlte hi Myanmar sipai leh police aiawha thawk chhuakte leh USDP thenkhatte an intel thu U Myo Yan Naung Thein chuan RFA a hrih a. Sipai chuan spring revolution a chet atang hian Piu-Saw-Hti-a pawlhote hi an che nghal a, sipaihote inlan tawh loin Piu-Saw-Hti-a pawlte an papek titiha ngaih theih a ni chu. Police-te chetna aiin Piu-Saw-Hti-a pawlte chetirna hian kori a tu zawk a, kawngzawha mi an manah pawh hian Piu-Saw-Hti-a pawl ten an man deuh ber thin.

General Khin Nyunt hun laia Intelligence (MI)-in thu an neih angin Piu-Saw-Hti-a pawlte hi mawh-phurhna an pe niin a lang a. Piu-

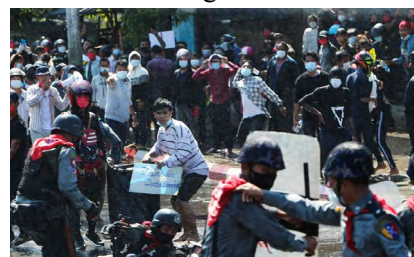
Saw-Hti-a pawlteah hian mipui hektu (Kawktu, Dalan) te Buddih puithiamho te leh rawlrala che inteltualte nia hriat a ni baw k a, sipai pension te pawh an bang bik lo a nih chu.

Ninin khan Mandalay khaw-puiah Piu-Saw-Hti-a pawl ten hmai tuam leh kekawr bul hain ralthuam nen mi an man chiam tih hriat a ni a. He pawla inhnammawih te hi en thlak reng a ni a. USDP spork person U NanDar Hla Mynit chuan 'Piu-Saw-Hti-a pawlah hian eng-mah an inhnammawihna an neih loh thu a sawi.

Nimin piah lawk Sagaing Region KaNi khawpuia mipui veng himtu pawl pakhat chuan Piu-Saw-Hti-a pawlte inrawl a phal loh thu leh sipai lamin an tuar a, ulhbun hmaning sipai nen an inkah thu a sawi a. Dik taka sawi dawn chuan KanNi inkahnaah hian sipai mi 100 chuang zet an thi a, mipui lam thi hi mi 30 an la tlin loh thu a sawi baw k. Keini mipui tan hian kan in-pumpek a, in huaisen a nih chuan mirawn luhchilh ula, kan nibe ang, silai 5 kan neih chuan mi 5 nunna chu a himsa a ni mai.

A pawimawh bera chu tan-rual hi a ni a. Ram mipuite kan thawhchhuah a, KaNi mipuite kan chet chuan sipaiho tan thihna tur hmun a awm a, chenna tur hmun erawh a awm tur ni lo' tih hi kan intiamkamna a ni. Keini lamah mi pakhat an thih chuan mi 10 anrawn chhuak leh ang a, sipai lamah mi pakhat an thih chuan a thlaktu an awm lo.

Chuvang chuan spring revolution hi kan hneh ngei tur a ni. Underground hruiatu pakhat chuan tualchhung indona a awm chuan Piu-Saw-Hti-a pawlte hi kan thian fai hmasa ber ang tiin RFA a hrih.



MAY THLAA PIANGTE MIZIA

- * Dikna an ngaina.
- * Ran vulh an uar.
- * Concert leh huau huau an lawm.
- * An vun a mamin an khal tlangpui.
- * Thian rual an ngaina.
- * An nun kawnga mi dang inrawlh an ngai thei lo.
- * Mahni pawha thei ve tawka inngaihna an nei lian.
- * In ngaihzaawna kawngah a pan hmasatu an ni duh.
- * Kawppuite, Nu leh pa tihlawm an thiamin an tlatlum thei hle.
- * News an hre thei.
- * Khuavang an ngah duh.

HRIAT BELH ATAN

1. Sakeibaknei nute hian a pa aiin 90% zet in sa an pel tam zawk.
2. Khawvel vaw k 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 thui thei.
6. Fanghmir te hi an muhil ngai lo va, chuap an nei lo baw k.
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 zung 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

Thawhlelni 18 May 2021

Man Utd-Fullham (11:30 PM)

Nilaini 19 May 2021

Brigton-Man City (12:00 AM)

Chelsea-Leicester (1:45 AM)

Everton-Wolverham(11:30 PM)

Ningani 20 May 2021

Crystel-Arsenal (12:00 AM)

Burnley-Liverpool (1:45 AM)

Pathianni 23 May 2021

AstonVilla-Chelsea (9:30 PM)

Fullham-Newcastle(9:30 PM)

Liverpool-Crystal (9:30 PM)

Man City-Everton (9:30 PM)

Wolvertham-Man Utd(9:30 PM)

Spanish la liga

Pathianni 23 May 2021

RealMadrid-Villame (10:30 PM)

Eibar-Barcelona (10:30 PM)

Italian Serie A

Pathianni 23 May 2021

Bologna-Juventus(7:00 PM)

Spezia-Roma (7:00 PM)

MI HAUSA MOURINHO

Chelsea, Real Madrid, Man Utd ten an ban khan compensation a lak zat kha £50m chuang a ni. Spurs khan compensation atan £15m vel an pe ve leh. A vaiin £65m chuang a ni a. Pathian thuhritlu lar Benny Hinn hausakna hi £43m vel a ni mahna. Mourinho sum hi Truck trip eng zat tak ni ang maw?

NEYMAR

Neymar chuan PSG-a cham zel a tum Chiang ta. Kum 2025 thleng cham turin contract a ziaak thar. PSG tan hian goal 67 a thun tling tawh nghe nghe.

A contract thara a hlauh dan tur:-

Kum khatah: \$30m.

Thla khatah: \$2.5m.

Kar khatah: \$625,000.

Ni khatah: \$89.2k.

Darkar khatah: \$3.7k.

Minute khatah: \$62k.

NEUH NEUH

- Teta Kiangte

Dutch champions Ajax Ajax chuan Manchester United-in an veh mēk Ghanaian winger Kamaldeen Sulemana lak tumin hma an la ve. Kum 19-a upa hi Danish side FC Nordsjaelland tana khel lai a ni. (Mail on Sunday)

*Manchester United chuan Uruguay-an striker, kum 34-a upa Edison Cavani chu an club-ah kum khat dang cham leh turin an thlem a, a hlauh pawh £2.5m-in tihsan an inhuam. (Sun on Sunday)

*West Ham defensive midfielder Declan Rice chuan club chhuahsan a rilruka sawi a ni. Kum 22 mi, English midfielder hi Manchester United leh Chelsea chuan hun rei tak an lo veh tawh. (Sunday Mirror)

* Tottenham striker Harry Kane chu Chelsea chuan top target-ah an dah. (Football Insider)

* Manchester United chuan hun rei tak an lo veh tawh Jadon Sancho, 21 aiin England midfielder Jude Bellingham, 17 chu Borussia Dortmund atangin tun nipui hian lak luh tumin an bei zawk dawn. (Bild, via Manchester Evening News)

* Borussia Dortmund chuan Bellingham hralh an tum lova, ani bakah Norwegian striker Erling Haaland, 20 pawh hralh tumna an nei lo. (Marca)

* Juventus chuan Dutch international defender Matthijs de Ligt chu Chelsea leh Barcelona-in veh mah se, kum 21-a upa chungchangah heng club pahnihte hi inbiakna neihpui an tum lo. (Tuttosport - in Italian)

* Everton chuan Fulham's Cameroonian midfielder Andre-Frank Zambo Anguissa, 25 chu nipui bazaar-ah lak luh theih an inbeisei. (Sunday Mirror)

* Arsenal manager Mikel Arteta chuan club board hnenah squad siksawi a ngai tih sawiin, nipui Bazar-ah sum tam zawk hmanga mi thar an la lut a nih chuan Premier League title chuh turin an bei ve thei tawh ang tih a sawi. (Sunday Star)

MAYWEATHER VS LOGAN PAUL

INHNEK DAWN

FLOYD MAYWEATHER		LOGAN PAUL	
44	AGE	26	
50	FIGHTS	1	
50	WINS	0	
27	KO'S	0	
0	LOSSES	1	
AUG 2017	LAST FIGHT	NOV 2019	
5'6 1/2"	HEIGHT	5'7 1/2"	

Boxer ropui, weight division B pangaa world champion lo ni tawh Floyd Mayweather leh YouTuber Logan Paul te chu kumin June thla ni 6 hian Miami-a Hard Rock Stadium-ah an inhel nuai leh dawn. Sunday, June ni 6 Hard Rock Stadium, Miami-ah a ni ang.

Kum 44 mi Mayweather hian boxing a chawhlhsan hnuah kum 2017 khan rawn kirin, MMA fighter lar em em Conor McGregor a rawn hneh a, hei hi a professional bout 50-na niin, a hmachhawn zawng zawng a hneh vek.

* Everton chuan nipui Arsenal goalkeeper hlui Wojciech Szczesny chu Juventus atangin lak luh an rilruk. Kum 31-a upa Poland goalkeeper hi Paris St-Germain pawhin an si ban nghak turin an duh. (Calciomercato - in Italian)

* Bayern Munich president Herbert Hainer chuan nipui bazar-ah sum tam tak sen an tum lo tih a sawi. Hei hi tun hnaia Inter Milan's Morocco right-back Achraf Hakimi lak an tuma sawi a nih hnua a sawi a ni. (Goal)

* Liverpool manger Jurgen Klopp chuan Japanese international midfielder, Southampton-a loan-a kal mēk Takumi Minamino, 26 chu Anfield-ah hun rei tak chanvo a neih tur thu a sawi. (Goal)

CHAMPIONS LEAGUE FINAL KHELHNA TUR HMUN SAWN DIL

Champions league final khelhna tur Turkey chu UK travel red list-ah dah a nih avangin Transport secretary Grant Shapps chuan final hi England club ve ve an nih tho avangin England a sawn an dil thu hi a confirm.