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KRISTIAN CHHUNGKUA

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Editorial**LAWMMAN HMU TURIN**

Tunlai khawvêl hi intlânsiakna tual zawl zau tak a ni a. Mahni hmazawn theuhvah kan tlân sung sung a ni ber e. Kan fimkhur hle loh chuan a tâwpa inçhîr tur tam tak kan awm dawn. Ringtu nun hi intlânsiakna anga ngaiin lawmman hmu tûra theihtawp chhuah tûrin Paula chuan ringtute min fuih a (1Kor 9:24). Chhel taka intlânsiakna tûr awma tlân tûra fuih kan ni (Heb 12:1). Heng thu hi tunlai khawvêla ringtute tan hian fuihna pawimawh tak a ni.

Kan nun dan thenkhat, kan khawsak dan thenkhat leh kan nunphung thenkhat en hian intlânsiakna kawng dik lo lamah rim tak leh hah takin kan tlân chiam palh ang tih a hlauhawm ngawt mai! A tâwpa lawmman hmu lo tur zawng hian hian rim takin kawng dik lo lamah kan tlân ang a, inçhîr a sâwt tawh si lo vang. Kan tlân mêkna kawng hi kan en fiah fo a tûl tak zet a ni.

Chhûngkaw tana tan kan lâk dân leh kan tû leh fate tana thahnem kan ngaihna kawng pawh hi Bible zirtirna nêna kan en fiah fo a ngai. Kan Lal Isuan thil dang zawng aia amah ringa, a hnung zui ngai pawimawh hmasa turin min hrilh. Chutiang taka kan tih chuan kan lungkham dangte pawh min pê ang tih min tiam (Mt 6:33).

Chîk taka hun inher dân en hian intlânsiakna kawng dik lo lama tlân an pung zêl dawn niin a lang a. Chu lama tlân te thawm chu a ring deuh deuh dân ni pawhin a ngaih theih. A chang pheih chuan an tlânna kawng chu a dik zâwk emaw tih mai tur khawpin tifuh zâwk anga an lan hun pawh a awm hial maithei. Mahse, chutiang a nih pawhin keini erawh chuan Kraws kawng hi zawh ila; khawharthlak leh phurawm loh chang a awm a nih pawhin kan tlân kawng tâwpa min lo nghaktu, kan chhandamtu Isua Krista thlir ila. A tâwpa lawmman hmu tûrin chhel takin kan tlânsiakna kawng hi i zawh zêl ang u.

*Kristian Chhûngkua***KRISTIAN CHHUNGKAW PAWIMAWHNA***- Rev. Vanlalzuata*

Kan ram Kristiante hian chhûngkaw pawimawhna kan hre tan ta hle a, tunah phei chuan Kohhran hma lakna ki pui ber pakhat a ni ta. Sualna chi hrang hrang lo pung zel hian chhûngkua ngai pawimawh lo thei lovin min siam ta niin a lang. Tunah pawh hian Kristian chhûngkaw pawimawhna hi kan sawi nawn leh dawn a ni.

1. Pathianin a ngai pawimawh: Pathianin a huhova chenna tur a din hmasak ber chu chhûngkua hi a ni a, Eden huana din a ni. A huhova amah betu hmasa ber pawh Eden huana chhûngkua baw kha a ni. Sam 68 :6-ah chuan, “Pathian chuan mi malte chu chhûngkuaah a teltir zêl thin,” tih kan hmu a. Pathian hian mi mal siam teuh hi a tum lo va, mi mal a siam chhan chu chhûngkuaa tel tûrin a ni. Maicham kan hmuh hmasak ber pawh chhûngkaw maicham a ni. Nova leh a chhûngte khan khawvel thar an luah phat khan maicham an siam a (Gen. 12: 7-8; 13:1). A b r a h a m a - t e chhûngkuain maicham an siam zui a (Gen. 12:7-9). Isaaka pawhin a chhunzawm zêl a (Gen. 26:25), Jakoba pawhin a

chhunzawm zel baw k (Gen.35:3).

2. Kohhranin a ngai pawimawh: Heti taka Pathianin chhûngkua a ngaih pawimawh avâng hian Kohhran pawhin chhûngkua hi a ngai pawimawh hle. Chhûngkaw tha kan din theih nân puithu takin inneihna min buatsaihsak a. Kan fate chu sakuana lama kan hrui puitlin theih nan baptisma thuthlungah min chhinchhiahsak a. Kum li an lo tlinin Sunday School min buatsaihsak a, kum 14 an nihin a bik takin Sakramen Pawl min siamsak baw k a. Kohhran dan chungah puithu takin min lawm lut a, kan nu leh pate intiamna chu kan kovah a ngat thlap a. Kum 1970 vel a tang khan ram pum huapin Kohhran Hmeichhiate chuan chhûngkaw

tehna siamin, an inzirtir reng a. Heng bakah hian kum tinin Beihruah hapta khat hi Kristian chhûngkaw haptaah kan hmang a. September chawlhni hnuhnung ber hi Kristian Chhûngkaw Ni atân kan serh bawk a, hei bakah hian Synod-in Nu leh Pate Ni neih a rel bawk a. Kum 2004 Sunday School- ah Kristian Chhûngkua kan zir tawh a, kumin Nilai Zanah kan zir leh bawk a. Kum 2008 aţangin Kohhran tinah Kristian Chhûngkaw Committee din turin Synod-in min ngen a, kan din ta deuh vek bawk. Kum 1997 aţangin Synod-in Family Guidance & Counselling Centre a din a, chhûngkaw harsa bikte tan counselling an nei reng a. Chhûngkaw tinte hian Kohhranin min ngaih pawimawhzia hi kan hria em le ?

3. C h h û n g k a w Inkaihhruaina ṭha: Naupang pahnih hian chhang an inchuh a, an insual dawn a. A pa chuan chhang chu laksakin dawhkanah a dah a, “Tunah a û zawkin a bung ang a, a nau zawkin a duh zawk a thlang hmasa ang,” a ti a. A û zawkin chemtêa a han bun dawn chuan a nauvin a thlang

hmasa dawn tih hriain a intiat thei ang bera bun duhna a nei nghal a. A nau chuan a lian lam nia a hriat chu lawm takin a thlang a, a û pawh chuan a bungtu a nih avangin a nau thlan bang chu lawm takin a la ve ta a. Chhûngkaw inkaihhraina ṭha lovah chuan inngeih tur pawh an insual phah a, inkaihhraina ṭhaah chuan insual tur pawh an inrem leh ṭhin a ni. Naupang pahnih pawh an inkhuallem a, pakhat chuan, “Nang nu-ah chang la, kei pa lemah ka chang ang a, kan inhau dawn nia,” a ti a. He naupang nu leh pa hi an inhau fo ṭhin tih a lang thei a, chu chu an fa ṭhanlen dan tur chu a ni bawk. Hmanlaiin Mizo upate chuan nupui pasal an inzawn dawnin an chhûngkaw zia thui tak an zir ṭhin a. An nu leh pa aţanga kutkem nei an ni em? thinchhe chhûngkua an ni em? thatchhe chhûngkua an ni em? etc tih an chhut ṭhin a, an lo fing hle a ni. Chhûngkaw inkaihhraina ṭha lo aţanga chawr chhuakte chu mi thiam tak pawh ni se, zahawm lohna riau an nei ṭhin. Chuvângin kan pi leh pu aţanga chhûngkaw inkaihhraina ṭha lova seilian kan

nih chuan keimahni hun aṭang hian insiam ṭhat kan tum tur a ni ang.

4. Sual dona hmun a ni:

Keneth Chaffin chuan, “Chhûngkaw nun dan ka en hian kan khawtlangah mi eng ang nge lo la cheng zêl dawn tih ka hre thei a ni,” a ti a. Ani bawh hian, “Kan khawtlang sualna hian chhûngkuaah zung a kaih tih hre lova kan do chuan kan hneh lo vang,” tiin a sawi bawh a. Corruption kan tih pawh hi sawrkâr-ah a awm hran lo va, sawrkâr hruaitute pawh dem theih an ni vak lo. Chhûngkaw inenkawl na ṭha lo aṭanga sawrkâr hnathawk kan awm avânga lo awm a ni zâwk. Eng vangin nge kan hlep rûk ṭhin kan tih chuan a chhanna chu “Kan chhûngkaw tân,” tih a ni ang. Chuvângin khawtlang sualna hi chhûngkua aṭanga lo ṭo chhuak a nih avângin keimahni chhûngkua ṭheuh hi kan ven him a pawimawh ber a ni. Lota chuan kut tling lova hausak a thlan avangin mei leh kata kang tur Sodom khawpuiah a lut ta a, chhûngkua an buai phah a. Abraham a erawh chu Sodom

hausakna aia thlaler ram thlang ngam a ni a, a hlimin a hausa ta zâwk a. Sodom lal hnênah pawh khan, “I lazai pakhat pawh ka la lo vang...Abrahama chu keima tihhausak alawm i ti dah ang e,” a ti hmiah mai a (Gen. 14:23). Kan ram Kristian chhûngkuate zîngah hian kut tling lova hausak aia Lalpa nêna retheih thlang ngam kan tam hunah Corruption hi kan ûm bo dawn a ni.

5. Chhûngkuaa Pathian thu

tuh ngheh: Tirhkoh Paula hun lai khan Asia Minor khu Kristian an ni tawh a, Kohhran a ding a, upate pawh an nei tawh a. Tunah erawh chuan khawvêla ram thim lai ber, Muslim-ho ram a ni ta si a, eng vang nge ? A chhan chu Paula hun laia Kristiante khan an chhûngkuaah Pathian thu an tuh ngheh lo va. An thih hnu kum zabi paruknaah Muhhameda zirtirnain an thlahte chu a dawlh zo ta a ni. Keini pawh hian chhûngkuaah Pathian thu kan tuh ngheh loh phawt chuan nakin lawkah kan tuchhuan lo awm zêlte chuan milem an la be ve ngei ang. Abraham a Pathian chu a fapa Isaaka Pathian a ni a,

Isaaka Pathian chu a fapa Jacoba Pathian a ni leh bawk a. Kan biak lai Pathian hi kan tuchhuante Pathian ni zêl turin chhûngkuaah Pathian thu kan tuh ngheh a pawimawh a ni.

Juda-ho an sakhuaah an ngheh tlat chhan chu an chhûngkuaah Pathian thu an tuh ngheh tlat vang a ni. An fate an duhsakna ber chu zirna emaw, sawrkar hna emaw ni lovin Mosia Dan zawm a ni (cf. Deut. 6:4-9, 11:18-19 etc). William Barclay chuan, “Judate chuan Dan thu chu hnutetui nen an fate an lem pawlhtir a, an fate chuan Dan thu theihngihl ai chuan anmahni hming ngei pawh theihngihl awl zawkin an hria,” tiin a sawi hial a ni.

Chhûngkaw inzirtima a that chuan kan fate pawh hi سواله petek rih mah sela, an lo kir leh ngei ngei ang. An thinlungah Setana aiin chi kan tuh hmasa a, chu chu سواله dip rih mah se, a to chhuahna a dal thei lo (cf. Thuf. 22:6). America mi thiam pakhat Randolph pawhin, “Pathian ring lo mi (atheist) pawlah ka inpe lek lek tawh a, nimahsela ka naupan laia ka

nuin, ‘Kan Pa, vana mi,’ min tihtir lauh lauh lai kha ka thinlungah a lo nung leh a, ka inpe thei ta lo a ni,” tiin a sawi a ni. Chuvângin, nausen hi a lo pian phat hian Pathian hnênah pek vat tur a ni. Billy Sunday pawhin, “Vana mi tam berte khi an nuten an malchung aţanga Pathian an pêk a ni a, hremhmuna mi tam berte pawh khi Setana’n an nute malchung aţanga a laksak a ni,” tiin a sawi.

6. Chhûngkuaa Pathian thikthu : Kan Bible chuan, “Nangni chauh hi khawvêla chhûngkua zawng zawnga ka hriat in ni a, chuvângin in khawlohna zawng zawngah te chuan ka hrem ang che u,” tiin chhûngkuaa a thikthu chhiatzia a sawi a (Amos.3:2). He thu hi Kristian chhûngkua zawng zawngte hian kan chhûngkaw lehkha thawn a ni tih kan hriat a pawimawh hle ang. Chhûngkaw chung a kan Pathian thikthu chhiatzia chu lo thlir ila. Chhûngkaw hmasa ber Adama chhûngkua kha Pathian thupek her سواله puin, an chhûngkuaa Pathian thil tum an thel h a, thing rah ei phal loh kha an ei a. An ei

rûk kha an hlimpui viau dawn emaw an tih laiin an saruakzia leh an retheihzia hriain an zak ta ngawih ngawih zawk a (Gen.3:7). Anania-te chhûngkua khan lei man an ei rûk kha an thih phah tawp bawk a (Tirh. 6:10). Juda Iskariota khan thisen man a tel avangin ril tla phungin a puak keh ta bawk a (Tirh. 1:18). Jacoba chuan, “Thlarau keimahnia a chentir chuan thik khawp hialin min duh a ni,” tiin a mi hriatte chung a Pathian thikthu chhiatzia a sawi bawk (Jak.4:5).

Tunlai Kristian chhûngkuate hian kan chhûngkuaa Pathian thikthu chhiatna hi kan hriat chian a pawimawh tak zet a ni. Kut tling lovin sum la lut dawn ta ila, kan kut chu min phuarsak hauh lo va, keimahni duh thu a ni a. Amaherawhchu, Pathian Thlarau Thianghlim chuan min thik êm êm avangin, inthiam lohna min neihtir a, a rûka zahna leh Pathian laka inthlahrunna min neihtir a, “Kal la tisial leh tawh suh,” tiin hmangaih takin min zilh

a. Juda Iskariota'n a Lalpa a hralhna man a kawl ngam lo ang khan dik lo taka sum kan lak luh hi Pathian mi hriat tak takte chuan hlim takin an kawl thei hauh lo vang. Kan chhûngkuah thil dik lo tak la lut chung a kan la hlim thei viau a nih chuan Pathian hriat chhûngkua kan ni lo tihna a ni a, a chenna chhûngkuate chuan hai rual lohvin Pathian thikthu hi an hre ngei ngei a ni. Chuvangin, Kristian chhûngkaw thil neih reng reng chu, “Heng hi Isua zara ka ta,” tih theih ni vek rawh se (Thuf. 13: 7,11; 15:16; 16:8; 20:21; 28: 6; 30:8). Kan ram Kristiante hian kan Pathian hi a hmangaihna ngahzia kan hria a, a thikthu chhiatna lam hi kan hai deuh. Pathian lainatnaa khat...mi sang tam tak chung a khawngaihna lantir òthin a nih laiin pate khawlohna avânga fate, fa lehte, chhuan thumna leh chhuan lina thleng pawha hrem òthin a nihna hi Kristian chhûngkuate chuan kan hriat chian a òtul hle (Exo.34:6,7).

Sermon

ISUA THIHNA LEH THAWHLEHNA HLUZIA

*-Lalrinkimi,
Ex-Chairman*

Mizoram Hmeichhe Inkhawpui Lian

I. ISUA THIHNA HLUZIA : Pathian thuin, “Sual man chu thihna a ni,” a ti kuau mai si a. Eden bawhchhiatna avânga chatuana thihna chang turte, Isua Krista kan thih ai thiin, thihna zawnga rapthlak ber Kross-ah min tuarsak, Hremhmun rapthlâk min paltlangsak, thlan thim a luh chilh a, a thawh leh hma zawng khan eng anga tuarna rapthlak tak tuar ang maw? Mi hausa pa Hremhmuna awm kha chuan “He meiallah hian ka na êm a ni.” a ti tawp mai a nih kha.

2. MITTHITE HNÊNAH CHANCHIN ȚHA HRIL : Petera’n mitthite hnênah chanchin Țha hril a nih thu min hrilh (I Peters 4:6). Lal Isua phuma a awm khan kan thurin chuan “Mitthi khuaah a zuk kal a.” a ti. Lal Isua chuan kan thih ai a thihnaah hian chatuan hremhmun rapthlâk luh chilha tuar chungin mitthite hnênah lam chanchin Țha a lo hril chu a ni a, a hmangaihna hi a thukin a va ril em, Kross lera a tuar lai mêkin a khengbettute tan a Țawngtai a, thlan thim chhûnga mitthite hnênah leh zêl pawh tuarna rapthlâk tuar chungin chanchin

Țha a la hril a nih chu! Petera chuan, “Hemi avâng hian a ni mitthite hnênah pawh chuan chanchin Țha hrilh a nih ni, tisaa awm mihringte anga ngaihtuahin an awm a, thlarau erawh Pathian anga an awm theih nân,” a ti (Pet.4:6).

Amaherawhchu, Lal Isua chu Pathian fapa a nih avangin thihna chelh hlen rual a ni lo va, Pathian thiltihtheihnaa kaihthawhin a awm a, thlan thim chu hnehin chatuan atân a tho leh ta a, vanah Pa ding lamah hruai chhohvin a awm ta a ni. Vana a lawn hmain vawi tam tak a inlar a ni.

3. ISUA THAWHLEHNA HLUTZIA : Paula'n Lal Isua hi tho leh lo sela chu kan thurin hi eng mah a ni lo vanga, in sualnaah chuan in la awm reng a ni ang a ti. Nimahsela, Lal Isua chu a tho leh tak zet a, a thawhlehna tar lanna hmun tam takah kan hmu a, thlan vengtute pawhin an veng hneh lo va, a sawi tawh ang ngein ni thum niah ropui takin a tho leh a, mi tam tak hnênah a inlar a, a hmututen huaisen takin a thawhleh thu chu an puang chhuak ta a ni. A thawhlehna hlutzia tihian sawi ila.

1. Hnehna a ni : Isua chu Judate ngaih dan chuan Kross ah an khengbet a, a thi ta a, an hneh taah an ngai ngei ang, mahse thihna hnehin a rawn tho leh ta, thihnain a chungah thu a nei tawh lo, chatuan atân a nung leh ta, a hmelmate tan chuan a va hlauhawm dawn em! thihna leh thlan thimin an ngam lo, Hnehtu a ni.

2. A thawhlehna chuan nun thar min pe : Adama thlah mi sual chatuan thihna hnuai a awm te tân a thawhlehna chuan nun thar min pe a, Paula'n, "A thihnaah baptisma kan chanin a

hnen a phum vein kan awm, Pa ropuinain mitthi zing ata Krista a kaihtawh ang khan keini pawh nunna tharin kan awm theih nân" a ti (Rom 6:4). Thihna te hlau tawp lo turin kan nunna thuhruk a ni.

3. A thawhlehnain diabola a titlawm : Mihringte chatuan thihnaa hnuk luttu diabola chu Kross-a thihna hmangan a hneh a, thihna hruihrual zawng zawng tichatin, sala mante chu chhuah zalen kan ni a, 'phuarna a phelh, ka zalen ta' tih hla angin setana sual phuarna hrui chu tihchah a ni a, diabola a tlawm ta. Krista rualin nungin kan tho ta a nih hi.

4. KRISTA THAWHLEHNA AVANGIN CHATUAN VANRAM KAWNGKHAR CHU KAN TAN HAWN A NI : Tu ma khar tawh loh turin chatuan khawngkhar chu kan tân a hawng ta a, "In tân hmun ka siam chuan ka lo kir leh ang a, ka hnênah ka la ang che u," a ti a, a va nghahhlelhawm em! Chatuan Salem kawngkhar ropui chu kan tân a hawng leh ta e, Boralna rama leng tawh hnu kha, van khua min chantir ta, hla siamtuin a ti.

Chutichuan, Lal Isua thihna leh thawhlelna hlutzia hi kan sawi seng lo vang. Chatuan thihna ata min chhan chhuakin a thawhlelnain nunna min pe a, chatuan atan nun thar min siamsak a, thihna thuneitu diabola a titlawm a. chatuan nunna kawngkhar chu mi zawng zawng tan hawn a lo ni ta a ni.

Mi hausa leh rethei, hnam leh chi tinrengte tan a nih thu hlain min hrih bawk, a van ropui em! Lal Isua thihna leh thawhlelna hi mi zawng zawng tan a ni a, keima tan ngei pawh a lo ni tih hi kan hriat thar theuh theih nan, Lalpan a thu mal min sawmsak theuh rawh se.

AMEN

I In i la haw thleng lo

Vawi khat chu America ram President, Theodore Roosevelt chu Africa ramah ram chhuakin a kal a. A haw lehna lawngah chuan Missionary pakhat, Africa ram pilril taka kum 40 lai thawk tawh chu a chuang ve a.

An lawng chuan vaukam lam a hnaih hle lai chuan vaukamah chuan mi tam tak hi an awm tih a hmuh theih a. An lawngin vaukam a thlen chuan chung mite chu President lo hmuaktute an lo ni a. President chu mipui tam takin an lo hmuak a, an lo lawm a ni.

Missionary, a hun tha zawng zawng Pathian tana hmangtu chuan lawmtu leh hmuaktu pakhat mah a nei ve lo va, tu mahin an ngaihsak ve lo. Missionary chu amah leh amah a inkhawngaih ta hle mai a, tihian a ngaihtuah a, “President chu hun rei lo te a ram chhuak a hawng a, mipui tam takin an lo lawm a, Lalpa, i rawngbawltu, nangma tana a hun pum pui pe chu a lo hawng ve a, tu mah lo hmuaktu leh lawmtu a nei ve lo,” tiin. Pathian chuan a thinlungah tihian arawn hriattir a, “**Ka fapa, nang chu i in i lo la haw thleng hlei nem,**” tiin.

Sermon

KRAWS – PATHIAN THILTIHTHEIHNA

- Vulluain,
Mission Veng

“Kraws thu chu boral mêkte tân chuan âtna a ni si a; keini chhandam mêkte tân erawh chuan Pathian thiltihtheihna a ni zâwk e.” I Korinth 1:18

Kan thupui han chhiar mai pawh hian kraws hian ringtu nuna hmun a luah thûkzia leh a hlutzia chu kan hre thei nghal mai awm e. Kraws han tih hian mitthlaah chuan thing kawkalh a lo lang nghal thin a; engati nge chu kraws chu kan ngaih hlut êm êm kan tih chuan, Eden bawhchhiatna avânga Pathian laka mi hrang tawh, inzawmna rêng rêng nei tawh lo chu Pathianin min hmangaihna avânga min tlan chhuah leh nân a fapa mal neih chhun Isua Krista chu kraws-ah khenbeha a lo awm tak vang a ni. Pathianin mihring fate sual laka min tlan chhuah nana thil ropui tak hmang lova a fapa Isua Krista thihna tura thil tlawm leh hmuhsitawm tak, mi sualte an khenbehna kraws a han hmang kher kherte hian Pathian hmangaihna thûkzia leh kan tâna a inphah hniamzia a tar lang chiang hle a ni.

Lal Isua he khawvêla a len lai khan Pathian ram chanchin thate hrilin khaw tin hmun tin a fang kual a. Mi tam takin an zui a, taksa, rilru leh thlarau damnate an chang a. Thil ropui tak takte tiin mitthi hial pawh a kai tho a nih kha.

Chutiang taka rawngbawltu ropui leh tha chu mi zawng zawng khan ngaih ropuia chawimawi mai awm tak,

rorêltute, pharisaite leh lehkhaziaktute chu amah hmusittu, itsiktu, diriamtu niin, amah huatna leh donain an khat si a. A tawpawh phei chuan tihhlum hial duhin rorêltu Pilata hmaah nasa takin an hek a nih kha. A tawi zawngin sawi ta ila, Pilata chuan Isua chu thihna tur khawp sualna amahah a hmuh loh thu a sawi pawhin Judate chuan,

“Krawsah kheng bet rawh, kraws-ah kheng bet rawh,” tiin nasa takin an au va. A tawpah chuan kraws-a khen beh turin an hnênah a pe ta a nih kha.

Chatuan Pathian remruatna avânga kan sual zawng zawng ngaihdama awma, chatuana nunna kan neih leh theihna tura Isua Krista kraws-a an khen behnaah hian Pathian thiltihtheihna chu tar lanin a lo awm ta a ni. A va ropui em! Lalpa chu fakim awm rawh se.

Chatuan nunna kan neih theihna tura Lal Isua'n kan tâna a tuarna zawng zawng hi ngaihtuah thar a pawimawh hle mai. Lal Isua'n kan tâna a inpêkna leh a tuarna, kraws-a an khen beh thute hi kan ram ringtute hian kan lo hlamchhiah ta deuh a ni lo maw, heti taka sualna chi hrang hrang lo pung tate, ringtu nun inthlahdah leh pawisak nei lo kan tam ta lutuk te, hnam dang kan rama awmte pawhin Lal Isua ringtu nih chakna an nei lo êm êm mai te hi inngaihtuah chian a ÷ul hlein a lang.

Lal Isua ringtu leh neitu, rawngbâwltute hian min duh dan leh min hruai tumna zawnah hian kan nung taw lo a ni mai lo maw. Inngaihtuah chian a va ngai em. Hawh u, kan sual zawng zawng ngaihdama ni theihna tura kan tâna a tuarna kraws-ah ngei khan i kir leh ang u. Kan mihring hlui zia zawng zawngte khengbet phalin, Lal Isua duh dan ngeia nung turin i inhlan thar zel ang u. Kan mihring hlui zia kan thihsan leh kan kalsan phalna zelah hian kraws, Pathian thiltihtheihna chu a takin keimahniah pawh tar lanin a awm thei dawn a ni.

Lal Isua ngei pawh kha a thil tuar turte kha a huphurhia kan hria. Gethsemane huana a ÷awngtâinaah pawh, “Ka pa, a theih chuan he no hian mi pel lul rawh se; nimahsela, keima thu ni lovin, nangma thu thu ni zawk rawh se,” a ti a nih kha. Philipi 2:6-ah heti hian kan hmu baw – “Ani zawngin Pathian anga awma, Pathian tluka awm chu thil thlakhleh hleih theihah ruat lo va, mihringte anga lo piangin,

bawih angah a insiam a, amah leh amah a inti tlawm ta zawk a. Tin, mihring anga lo awmin a innngaitlawm a, thi khawp hiala thu zawmin a lo awm ta a, kraws-a thihna ngei chu. Lal Isua'n huphurh tak leh hreh tak chung a pa Pathian thu awiha chatuana nunna leh he khawvêl kan dam chhung ngeia hrehawmna leh natna te tuarna chi hrang hrang leh thihna hial kan tawh mêk lai pawha thlamuanna leh hahdamna kan neih theih nana a inpek ral thak a, thi khawp hiala thu zawma a lo awmna hi hre renga Pathian thu awihna tak tak nena kan nun hi a hun tawh hle a ni.

Ringtu tih tur – inkhâwm, Bible chhiar, țawngțai, mi dangte țanpui – hêngte hi kan ti zêl tur a ni. Hemi piah lamah hian Lal Isua'n engtin nge a tih? Johana 10:27-ah chuan, “Ka beramte'n ka aw an hre țhin, kei pawhin anni chu ka hria, anni chuan mi zui țhin,” a ti a. Tin, Johana 14:15-ah chuan, “Nangni'n mi hmangaih chuan ka thupêkte chu in zawm ang” tih kan hmu bawk a ni. Pathian

aw hre tak tak tura tih tak zeta kan țawngțai hi a pawimawh hle mai. Tih tak zeta kan țawngțai a, kan inhlân chuan Pathian hian kan hnênah thu a sawi ngei ngei țhin a ni. Pathian thupêk zawm tak tak tur chuan kraws hi kan thlen a ngai țhin a ni. Chu tuarna leh tlawmna hmun ațanga, “Lalpa, i thu thu,” tia kan inhlân tak takna hmunah hian a thu a lo thleng țhin a, chu chu thu awih taka kan tih phawt chuan chumi hmunah ngei chuan Pathian thiltihtheihna hi tar lanin a lo awm țhin a ni.

Pathian hnêna tih tak zeta inhlanna hi thil pawimawh leh țul tak, Pathian ropuina puan chhuahna tur ni bawk si, ringtu nun țhan lenna leh hmasawmna tur pawimawh tak a nih lai hian thil huphurhawm tak ni hian a lang țhin a. Nimahsela, hlau leh khur chung pawha kan tih hramnaah hian Pathian ropuzia leh thiltihtheihzia hi kan hmu țhin a ni.

Thlarau thara rawngbawlte pawh hi kan duhin kan sawi țhin a, mahse kraws bula nun keh sawmna tak tak nen,

“Lalpa, i thu thu,” kan tih ngam loh chuan rawngbâwlna nung, mi dangte tâna malsawmna hi kan ni tak tak thei thin lo a ni. Nun keh sawmna tak tak nei lo pawh hian thui tak hi a inhlan ve theihin, rawng pawh hi a bawl ve theih tlat a ni. Keimahah ngei pawh hian a chiang fo thin a ni.

Tun hun hnuhnung tawh lam kan hmannaah hian ni tina kan nunna leh kan rawngbâwlna peng hrang hrangah hian mi min ngaih dan leh sawi dan turte thlir lova kan nunah leh kan thil tih kawng tinrengah hian Lalpa hi a lawm ang em? Pathian leh keimahni inkar hi a pawimawh ber a ni tih hre reng ila. Lal Isua'n kraws-a huphurh tak

chunga a inpek ralna hmuna Pathian thiltihtheihna a lo lang ang khan, keini pawh Pathian tâna kan nun zawng zawng hlan phala, a aw hriaa, a thu awih a, a rawng kan bawl a, mi dangte tâna malsawmna kan lo nih a, keimahniah ngei kraws Pathian thiltihtheihna chu a taka a lo lan chhuah theih nan tan i la thar zel ang u.

*“Rinawm leh nghet takin
chu kraws chu vuan ila,
Hrehawmna leh mualpho
dawn lovin;*

*Nakinah, van inah min la
hruai khawm ang a,*

*Chatuanin ropuina kan
chang ang.”*

Lalpa'n a thute mal min sawm sak rawh se.

Lewis Wallace-a, New Mexico Governor chuan kum 6 chhung, Lal Isua awm lohzia ziak tuma a beihna lamah Pathian nung a chhar chhuak a. *“Isua Krista hi Juda-ho tan Messia a ni a, khawvel chhandamtu a ni. Keimah min chhandamtu pawh a ni. Lal Isua chungchang dawt a nih thu ziak ka tumna lamah Pathian nung chu keimahah a lo nung ta,”* a ti a. Tichuan, lehkhabu lar tak, ‘Ben Hur’ bakah a dang tam tak a ziak ta a.

Sermon

TIDAMTU ISUA
Sam 14:26; Mat.10:8- *Kapthanga,
Tuikhuahtlang*

Khawvela mihring lo piang tawh phawt hian kan pumpelh hauh loh tur, kan nun kawnga lo thleng th̄in chu ‘Tuarna leh Natna’ hi a ni. Kan chung a natna lo thleng chu a inang vek lo angin kan nun a nghawng dan leh khawih dan pawh a inchen lo thei hle. Natna th̄enkhat chu taksa na ngawih ngawih awm lem lo, a tuartu nun tichau tial tial thei te, th̄enkhat chu chawp leh chilha th̄ihpui theih te, th̄enkhat chu thi mai lova hrehawm taka tuar th̄in natna te a ni. Natna chu eng chi pawh ni se a tuartu tan nuam leh zawngchhang tlak tih tur a awm thei lo. Engto tham tak, enkawla tihdam thuai a nih loh phēi chuan dam lo tan rilru hahna leh beidawnna a siam a, khawvelah nun thlakhlehna pawh nei lo khawpin mahni nunna hial tihtawp duhna a thlen thei a ni. Natna chuan a tuartu rilru leh taksa a tihhrehawm bakah chhungkua a tibuai êm êm a. Chuvângin, mihringte hian kan mamawh tak chu tuarna leh natna laka min chhan chhuaktu leh tidamtu a ni. Chu kan mamawh chhanna atân chuan Pathianin a Fapa Isua Krista chu khawvêlah a rawn tir a ni tih Pathian thuah kan hmu a ni (Jn. 3:17) :

1. Natna leh dam lohna aṭanga min tidam th̄intu chu Pathian a ni : Thuthlung hlui ah Pathian chuan a thil siamte a zawh hnuah chuan ‘A en a, th̄a a ti êm êm a,’ tih kan hmu a. Mahse chutah chuan a tawp mai lo, a thil siamte chu a enkawl a, an mamawh a pein tinatu lakah a veng th̄in tih a lang. Hun kal zelah Pathian ngei chuan ama mite hnênah tidamtu a ni tih a

inpuang ta a ni (Es.15:16). Mihring fate tihhrehawm leh tihnat chu Pathian rilru a ni ngai lo. A mite natna leh hrehawmnaa rilru na th̄in, tidam tura hnathawk th̄in a ni (Jer.8:21). Israel fate thlalerah an kal lai khan Pathian lakah an helin an phunnawi a, Pathian chuan rul chuk na mi te tirin mi tam tak a chuk hlum a. Mosian mipuite aiawhin thupha a chawi hnuah Pathianin an

damna turin dar rul a khai kan tir a, chumi entute chu an dam zel a ni. Lal Davida chuan Pathian chu a natna zawng zawnga tidamtu a nih thu hlain a puang chhuak a (Sam 103:1). Pathian chu mi mal natna chauh tidamtu a ni lo va, hnam pum pui hrehawmna leh natnate pawh tidamtu a ni. Amite tidam turin an natnate phurhsaka, an tâna tuarsaktu tur pêk a tiam a ni (Isaia 53:4-5).

Thuthlung hluia Pathianin Amite tidamtu pêk a lo tiam chu Lal Isua Kristaah a lo thleng a (Heb 1:1-2) Lal Isua rawngbawl dan hi kawng thumin sawi ðhin a ni - Thuhiril, Tihdam leh Zirtir te hi. Thlalerah ni 40 lai Setana thlema a awm hnuah rawngbâwl na a neih hmasak berna khua Kapernaum-ah tihdam rawngbâwl hna chu rawngbawl ðan nan a hmang a. Kum thum chhung rawng a bâwl laia miten an pan chhan leh an bawrna chhan bulpui ber chu mite a lo tidam ðhin kha a ni. Kraws-a khen beh a nih lai ngei pawh khan tidamtu a nihna chu tihel nan an hman khum a nih kha. Chanchin ðha bu pathum

hian, “Dam lo zawng zawng leh ramhuai mante Isua hnênah an rawn hruai a.....a tidam a,” tiin an ziak theuh a ni. Tidamtu a ni tak meuh mai. Tihdam theih loh eng mah a nei lo, **a thiltihtheihna aia chak zawk natna a awm thei lo.** Dam lo a tihdam hi thil mak satliah a ni lo, Pathian hnathawh chhunzawmna leh chawimawina a ni. Diabola hnathawhte ti boral turin a lo kal a, mihringte tihrehawmtu leh timangangtu natna chu a hmachhawn nghal a ni. Natna chungah thuneitu a nih avangin, “Lo kal rawh u, ka chawlh tir ang che u,” tia thlamuan theitu awm chhun a ni (Mat 11:28).

2. Pathianin mihringte hmangin min tidam ðhin : Lal Isua khawvêlah a lo kal chhan chu Amah avânga khawvêl damna turin a ni tih Johana chuan a sawi a (Jn 3:17). Hei hian amah chu damna a ni tih min hirih nghal a. Chu chuan thil dang hman a tum lo emaw, hman tlak a awm lo tihna emaw a kawkw lo. Amah chu damna bulpui a ni a, thil dang chu damna atâna hmanrua chauh a nih avangin

tidamtu nihna an luah zo lo a ni zawk. Isuan tihdamna atân ṭawngka te, chil te leh a kut te a hmang ṭhin a, a chang chuan thil dangte pawh a hmang baw ṭhin. A hna chhunzawm turin zirtir 12 a ko va, chung mite chu nasa taka zirtirin a kaihruai a. rawngbâwl tura a tirh chhuah pawhin Chanchin Ṭha hril leh tihdam theihna thuneihna a kawltir a. A thih hnuin zirtirte chu Chanchin Ṭha hril turin thu a pe, an hnênah thuneihna a pêk tel chu “Dam lote chungah kut an nghat ang a, an dam zêl,” tih a ni (Mk 16:18). A sawi ang hian zirtirte chuan Chanchin Ṭha an hrilna apiangah tihdamna chu an rawngbâwl naah a bet zêl a. Isua hmingin dam lote an tidam a, ramhuaite an hnawt chhuak ṭhin a ni (Tirh 3:6).

Isua zirtirte an thih hnuah Kohhran mumal takin a lo ding ta a. Kohhran chu khawvêlah Lal Isua hna chhunzawmtu a ni. Chuvangin, Kohhran chuan tihdam rawngbâwl hna chu a thlen chin apiangah a keng tel zêl baw. Mi mal tute emaw hmangin Pathian chuan tihdamna chu a thlentir ṭhin tih

chu kan la hmu zêl a. Tunlaih Kohhran kaltlanga Pathianin tihdamna a thawh dan langsar tak chu Hospital hmang hian a ni. Kohhran chu mihring tel lo chuan a awm thei lo va, hospital-ah chuan Kohhran mite chu thawktute an ni a. Lal Isuan nat tinreng tuarte a tihdam ṭhin kha hospital-ah chuan doctor thiamna bik neite kal tlingin tihdamna chu a lo thleng ve thung. Doctor-te chauh Pathian hian a hmang a ni lo va, an thawhpui dangte pawh a hmanrua vek an ni. Chu bakah Kohhranten thilpêk leh ṭawngṭaia theihtawp kan lo chhuah hi tihdamna thlentur ropui tak a ni. Hetianga kan chet ve hian mihringte hmanga Pathianin tihdamna hna a thawhah kan tel ve tihna a ni baw. Pathianin mihringte hmangin tihdam hna a la thawk ta zel a ni.

3. Tihdama kan awm theih nân dam loten mawhphurhna leh tih tur kan nei ve : Thuthlung tharah Lal Isuan a tihdamte chu anmahni lainatna leh khawngaihna a thinlungah a lian fo. Natna avanga an manganzia te, an beidawnzia leh

an khawharzia te a hmu a. Chu chuan tidam turin a chettir thin. Chumi lehlam chiaah chuan damna chang turin Pathian hnathawh tura dah vek mai lovin mihringte pawhin tih tur leh mawphurhna kan neih pawimawh tak chu **PATHIAN RINNA hi a ni**. Rinna chu mahni chak leh theihna rinchhan lova Pathian kuta inngahna hi a ni. A thiltihtheihna nen a inzawm tlat bawk. Marthi hnênah pawh, “I rin chuan Pathian ropuizia i hmu ang, ka ti lo che em ni?” a ti. Pathianin kan nunah hna a thawh theih nân Amah chu rin tur a ni. Isuan a tihdamna changtu tam takte kha Amah an rinna kha chettir a tum thin (Mat 9:29). Chuvângin, rinna kan neih a pawimawh êm êm a ni. Nazareth khuaah chuan an rin loh avangin thil mak a ti thei lo (Mk 6:5). Damna turin dam lo mawhphurhna dang leh chu **thu awihna** a ni. Thu awihna chuan tih tur tih zêl lam a kawka. Dam lo thenkhat chu Isuan a tihdam hmain tih tur a pe a, a thu zawma kawnga an kal laia dam tate an ni (Jn 8:11; Lk 17:14). Thu awihna chu damna thlentu a ni.

Dam zêl turin sim tur leh bansan zui tur pawh a awm thin. Bethesda dil kama dam lo mu chu eng vanga na nge hriat a ni lo. Mahse, Isuan a tihdam khan, “...i dam tak hi, thil tisual leh tawh suh, chuti lo chuan thil tha lo leh zual i chungah a awm dah ang e,” (Jn 5:24). Chu chuan a tâna tha lo thil a tih avângin a dam lo ta niin a chhut theih. Chuvângin, damna a chan hnuah pawh a dam zêl theih nan – tina leh thei thil chin tha lo chu bansan turin Isuan a ti a ni. Tunlaih kan natna tam tak hi kan taksa tana pawl, tih loh tur (ei loh tur, in loh tur) tam tak kan tih luih avânga na kan ni hlawm awm e. Kan inenkawl dam hnuah pawh tih loh tur bansan/sim zui duh loh vanga dam zui hlei thei lote kan tam hle mai thei. Chutiang tân chuan he dam lo hnêna thuchah hi kan mamawh hle ang. Pathian chuan min tihdamin, keimahnia a dah – tui tihna te, duhna leh châkna te hi a siam tha a, kan taksa tichhe thei lakah erawh inveng zui zêl turin kan kovah mawhphurhna a dah a ni.

Pathianin malsawm rawh se.

Article

**PATHIANIN MIZOTE MISSIONARY TURA A
BUATSAIH DAN**

*- T. Lalthangfala,
Chanmari West*

1. A.AW.B.CH : Mizote hian kum 1894 hma lam khan kan la nei lo niin a lang. Thomas Herbert Lewin, Deputy Commissioner of Chittagong Hill Tract-in a thuziah “Progressive Colloquial Exercise in the Lushai Dialect” tih a lo ziah aţangin a lang. Kan Missionary hmasa, Pu Buanga (J.H.Lorrain) te Aijal Fort an lo thlen lai hun kha a ni. Hetih mêk lai hian Tlabung(Demagiri) ah kum 1890 khan Bengali Sikul hawn a ni leh bawk. Bengali ţawng kan zir tak tak hmian Pathianin Kan hnam dam nan Mizo hawrawp-A, Aw,B siam thiam Missionary Pu Buanga te min pein April 1894 aţangin Mizo ţawng ziahna hmanrua(A.AW) ţha mi kan lo nei ta a nih chu, Bengali kan zir hman ţep a ni.

2. Kum 1955 chho lai khan Assam Chief Minister B.R.Mehta hun laiin North - East State-ah Assamese ţawng nasa takin a theh darh a, Assamese rama min siam tumin ţan a la nasa hle a. Missamari,(Assam) ah Teacher Training Centre-a Assamese train tân Stipend thla khatah ₹ 75/- an pêk laiin Hindi training ho chu ₹ 60/- chauh pek an ni. An training zawh kum 1956-ah Assamese

Teacher appointment pek nghal niin Mizoram(Lushai District) M.E.School-ah dah an ni a. Hetih laia Assam Chief Minister-te thil tum ber nia lang chu khatih lai khan Mizoramah ţawng hrang hrang i.e.Duhlian(Lusei ţawng), Pawi, Mara, Hmar, Ralte, Paite ţawng hmanġten an chenpuite ţawng eng emaw ber zirsak ai chuan Assamese kha an zir duh zawk anga, kum rei lo teah Assamese ţawng

hmanna District an ni mai dawn niin an ngai ni ngei tur a ni. Hetiang chiah hian Nagaland-ah pawh hma an la a, Nagaland-ah hian ṭawng hlawm lian deuh 14 leh a te deuh nen pheichuan ṭawng hrang 17 lai a awm a, an beisei ang ngeiin Ao ṭawng hmangten Lotha ṭawng/Sema ṭawng zir aiin Assamese ṭawng zir an thlang ta ngei reng a. Tunah chuan Nagaland-a an ṭawng tualleng (Common Language) chu nagamese an ti a, Assamese ṭawng tho hi an hmang ta a ni. Kum 2022-ah Central Board of Secondary Education (CBSE) chuan India ram ṭawng hrang 38 recognised a nei a, chumi zingah chuan Mizo ṭawng hi 27-na niin May 13, 1992 khan pawm a ni. Chutih mēk laiin Nagaland chuan ṭawng pawmpui tur an nei ta lo. Dr. Pitam Singh, Director, CBSE Exam Wing chuan “NEET leh CTET etc. ah pawh Nagaland tân a hranpaa Regional Language Optional paper Question siam a ngai lo, Guwahati University-a

Assamese Professors te hian an kep vek, Nagaland aṭanga expert hran koh a ngai lo, Assamese hmangtho an ni,” a ti.

3. ENGATI NGE MIZO ṬAWNG AN PAWM BĪK? Khatih hun lai, kum 1956 lai khan Mizo District Council Chief Executive Member (CEM) Pu Ch. Saprawnga te khan Mizoram Sikulah Assamese ṭawng zirtir a phal loh vang a ni. “English baka ṭawng dang kan zir dawn a nih chuan Hindi chauh kan zir ang” an ti niin an sawi. Assamese zirtirtu atâna lak tawhte chuan Hindi an zir leh a, a peih lote chu General teacher atân an let (convert) ta a ni. A hun taka Pathianin Missionary min pe ang bawkin a hun takah Ram hruaitu (CEM) huaisen min pe a ni.

4. A, AW, B ṬHA MI KAN NEI:

(a) Kan hawrap hi Consonant zawn kan ngah hi hmam dang ṭawng zir nân a ṭangkai hle. Entir nan: Nghahmawii, Bilkhawthlir, Thanhlira etc-ah te hian Consonant pathum zawn, THL

leh HL te hi hnam dang tân lam a harsa. Hindi-ah chuan consonant pahnih inkarah hian Vowel ri tlem a awm zêl a, hnam dang tân Mizo hming an lam dik thei lo, a chhan nia lang chu an A, AW, B/Ka, Kha, Ga etc hian consonant pahnih pathum lam kawp ngai an neih ve loh vang a ni mahna. Hei hian ram danga ÷awng dang hmangte aw-phawi (accent) zir thiam a awl bik. A chhan pakhat nia lang chu kan lei kan hmang (exercise) nasa hian ÷awng dang hmannaah min pui nasa niin a lang. Hnam dang zîngah kan English pronunciation/accent hriat nuam an ti deuh ber zêl bawk niin an sawi. Hei hi Missionary atân pawha Mizote an duh bîkna chhan pakhat niin an sawi.

(b) Kum 1973 khan kan Mizo Graduate, High School zirtirtu Hindi thiam miah lo mi 17 leh Under Graduate 29 rual chu Agra-ah Hindi thla ruk training/zir turin an tir a, chutiang bawkin Naga-ho pawh an ko bawk a. Thla 6 a

ral dawnin Language Test an nei a, Hindi Shikshak Diploma(Hindi Teacher) Course/syllabus tur enchhinna a ni a. ‘Mizote tân Diploma hi kum 2 chhungin an zo/pass thei ang an tih laiin Naga-ho tân chuan kum 4 a ngai ang’ tiin thutlukna an siam ta a. Chu chu waviin thlengin keini Mizoten kum 2 kan zir laiin Naga-ho chuan kum 4 chhung an zir ta a ni. Hei hi kum 1975 ah Central Sawrkar-in Aizawl leh Kohima-ah Hindi Training Institute/College din tum vang niin, an din ta nghe nghe a ni.

Heta ÷ang ngawt pawh hian Mizote hi danglam bikin Siamtu hian min lo siam em ni aw a tih theih. Heta Hindi training tura Mizoram Sawrkar-in a tirhte hi tirh awm tak tak, ÷awng talent nei ÷a takte an ni tlat (An hming chu sawi lo mai ila).

Pathianin Mizote min buatsaih dan hi ngawihpui mai mai tur em ni ang? Nge Chanchin ÷a hi kan chheh vel mai ni lo tuipui ral ram hlaah te kan hril zêl zawk dawn?

Article

KA NU BUHFAIṬHAM BÊL

- Rev. Alfred Lalruatfela

Buhfaïṭham chu eng nge a nih sawi fiah vak ngai lovin keini Mizo Kristiante hi chuan kan hre chiang tlang viau awm e. Kan ram Kohhran hrang hrangte zîngah he rawngbâwlna hi a kai rual ta viau a. Kan kalpui dan inang diak diak lo mah se; kan ni tin chaw pui buhfai, Pathian tana ni tina dah khawma sem emaw, suma chantîra chumi tling khawm rawngbâwlna atâna hman leh chu kan tih dan tlangpui a ni. Kan hlawkpui dan chu mi dang sawi turah dah ila. Tun ṭumah hian ka Nu buhfaiṭham leh kan chhûngkua, a pawimawhna leh kan chhûngkuaa sulhnu a neih dan han sawi ve ka tum a ni.



Ka Nu kha : Ka nu F. Dengremi(L) kha, Biate khuaa piang leh seilian, khawtlang leh Kohhrana nu langsar teh chiam lo; mahse, kan chhûngkaw tân erawh nu nih tling, kan missionary hmuh theih a ni a. Thu-a min zirtir zawng zawng kha chu thu hran ni se, nuna a lantir kan hmuhte kha waviin thlenga kan nun kaihruiatu a la tling. Pathian thlarauvin hruiin, tih tur neih chang a nei ve ṭhin a. Taksa chetna chang chungah hreh êm êma a chhuak kha ka hmu ve fo. Kan tleirawl hlim khan, ni khat chu, vawi thum tal ṭawngtaia Pathian a dawr hma

loh chuan a chet chhuah ngai loh thu min hrilh a; a dik ka ring, a hreh thei em mai. Sunday School zirtirtua a ṭan leh, a hun hnunung lama Kohhran Hmeichhe Committee-a a tel ve ṭhin bak kha chu rawngbâwlna langsar a neih awm pawh ka hre lo. In lamah ve thung erawh chuan a theih tawkin rawngbâwlna kawnga min hrui a tum ve tlat a. Buhfaïṭham rawngbâwlna a tuipui êm êm a, buhfai thlak dan pawh min zirtir chipchiar ṭhin hle.

A pawisaa pêk : Tunlai khawvêl hi chuan hma a sawn tawh a. Thil awlsam zawk dan

pawh kan hre ta viau mai. Buhfaitham te pawh hi a pawisaa thawh remchang ti zâwkte pawh an awm thin a ni awm e. Ni e, buhfaia peka, suma chantir leh ai chuan a hna khat zawk daih ngei ang. Mahse, ka nu min zirtir dan a ni tlat lo ! Buhfaitham, zing leh tlaia kan thlak ruala tawi tê kan tawngtai kha keini chhûngkaw tân chuan a hlu a, Isua lakah min tingampa a, amah kha kan ta hliah hliah niin kan inhriat phah thin.

A tham dan : Wawi khat chu kan naupan lain mikhual pakhatin kan Biak Inah, ‘buhfaitham hi a hming hian ‘a tham tham’ kan dah thin tur a ni,’ a ti a. Asawitu kha khawpui lam mi a ni nen, ani tehna atang kha chuan a dik a ni mai thei e. Mahse, kei thingtlang naupang ngaihah kha chuan a dik tlat lo. Thingtlangah chuan puitling pakhatin chaw no khat wawi khat eiah an ei thei niin kan chhut thin a. Tham khat ringawt Isua kan pek chuan a kham hauh lo vang, a kham loh tur pek chu kan chhûngkaw zinga mi kan tih dan tur ni theiin ka hre tlat lo. Akham khawp ngei tur pek kha kan chhûngkaw tih dan a ni. Ka Nu

khan buhfai chi hnih - ration buhfai leh Mizo buh hi a chhum pawlh thin a. Buhfai tha lo zawk Isua pek kha a remti ngai lo. Khual tha thlenin Isua kan thleng tur a ni a, buhfaiah pawh zo buh hi kan thlak thin tur a ni tih kha min zirtir dan a ni. Zo buh no khat chiah a awm tawh chuan buhfaithamah kan thlak a, kan chhûngkaw ei turah chuan ration buhfai hlang kan thlak mai thin.

Lalpa Chanpual : Kan naupan lai atang tawhin Kohhran Hmeichhiaten Buhfaitham bêla bel tur sticker an sem thin a, a rawng pawh a pawl leh a var inpawlh a ni. Chumiah chuan “Buhfaitham LALPA chan pual,” tih hi fiah kâkin a inziak a. Buhfaitham bêl pang langsar laiah kan bel thin. Naupangin buhfaitham kan khawna, mi, ina an lo awm loh pawhin an buhfaitham bêl chu kan hai ngai lo. Ka nu chuan, “hei a ziak hi uluk takin chhiar ula, kan in chhûngah hian hetiang ziak dang hi in hmu hauh lo vang. Buhfaitham hi kan in chhûnga Lalpan chanpual a neih, a ta bik liau liau a nih hi,” tiin min hrilh thin.

A Malsawmna : Kan buhfaitham bêl chu buhfai kan dahna thingrem chhûngah ka nuin a khung a. A hma chuan bur lian ve tak a hmang thin a. Kan len deuh tak hnu kha chuan, kan tui chawina thin (bucket) hlui, a rawng pawh a sendâng a hmang thin. Chatuan ram min pansan ni thleng khan kha kha a hmang zui ta a ni.

Chhûngkua chuan lawm ni leh lungngaih ni te, harsatna tawh ni leh nuh ni te kan nei inchhawk zut ve fo va. Kan chhûngkuain harsatna nasa tak kan hmachhawn emaw, a ti ngaihna kan hriat tawh loh dinhmuna kan din ni chuan ka Nu khan kan buhfai dahna thingrem sei kha a hawng a. A buhfaitham bêlah a kut nghatin, “Isu, nang pawh kan chhûngkaw zînga mi i nih kha” tiin tawngtai a tan thin. A buhfaitham bêlah kut nghat meuhva ka nu a tawngtai tawh chuan Pathian chhâna lawmawm tak kan hmu thin; mahse, a nazawngin ka nu chuan tawngtai nan a hmang ngai lo thung.

Vawi khat chu km 50 zeta hla, Khawzawl khuaah Pawl 12

ka exam tumin ka na vak mai a, chaw pawh ei thei lovin kar khat ka awm a. A tawp berna tur phe chu exam tur pawhin sikul ka kal peih tawh lo. In lama exam min phalsak hlauh a. Min phalsak thu phone-in ka nu kan hrilh a, a buhfaitham bêlah kut nghatin i exam chhûng khan ka lo tawngtai a, i awm dan min hmuhtir vek alawm,” a ti a. Mi nute sawi chu ni se ka hlau hial ang. Mahse, a buhfaitham bêlah kut a nghat a nih ngat chuan thil mak hi mak a ni lo tih kha ka hriat chian sa a ni ve bawka. A dang pawh sawi tur a la awm nual.

Tlipna : Ni e, kan chhûngkaw buhfaitham hriat thiam dan hi a dik ber a ni hauh lo vang. Thawh tam lawmman phe chu ka nu khan a la hran lo. Thawh tam hrim hrim min zirtir ngai lo va, Isua hnêna pêk leh amah kan mikhualna, kan chhûngkaw zînga a telna lai kha min zirtir uar a. Buhfaitham kal tlangin Isua kan hmu a, buhfaitham kal tlang vêkin Isuan thil ropui min tihsak bawka. Kan chhûngkaw tan chuan ro hlu tak a ni.

Hriselna Huang

ZUK LEH HMUAM – THIHNA THLENTU

*-Dr H. Lianthangpuia
Joint Director (Dental) &
State Nodal Officer,
National Tobacco Control Programme
National Health Mission, Mizoram*

Thuhma:

Vaihlo kan tih hi thlai chi khat a ni mai a, chu vaihlo hnah aṅang chuan zuk chi (Cigarette, Biri, Zozial etc) leh hmuam chi (Sahdah, Khaini, Tuibur), ei chi (Gutkha, Tiranga, Zarda) etc. te siam chhuah a ni a. Mi thiamte chhût danin vaihlo-ah hian chemical tam tak 7000 chuang a awm a, hetah hian a bîkin cancer thlen theitu (carcinogenic substance) 80 aia tam a awm bawk. Tin, zuk leh hmuam ti nasaten an nghei mai mai theih lohna chhan ber pakhat chu, vaihlo-ah hian Nicotine a awm tlat vâng a ni.

He Nicotine hian mihring thluakah hna thawkin, ngawl veina, châkna, a lova awm theih lohna a siam a, hemi avâng hian miin meizuk, sahdah hmuam, tuibur hmuam etc a bansan mai thei ta lo va, ngawl veina hial a lo thlen ta ṭhin a ni. Nicotine hnathawh avâng hian WHO chuan vaihlo-zuk leh hmuam chi hrang hrangte hi DRUGS chi khatah a lo pawm ta a ni (chuvangin zuk leh hmuam i nghei thei lo a nih chuan drug addict i lo ni ve reng tihna a nih

chu!). Vaihlo leh a kaihnawih natna hrang hrang: Thaw-hah, Pneumonia, Asthma, Lung natna, Pangkhing zeng thut, Pumpui lawng, Cancer leh thil dang tam tak avângin Mizote hian nunna hlu tak kan chân nasa hle a ni. Zuk leh hmuam hian kan taksa a tihchhiat nasat theih em avang hian hriselna lama thawktu hrang hrangte hian ṭhahnemngai taka zuk leh hmuam ṭhat lohzia mipuite zirtîrna kan pek uar deuh deuh a pawimawh êm êm a ni.

Adult Tobacco Survey-2 (2016-17) zir chianna hian kan dinhmun chiang takin a rawn tar lang nawn leh a. Tun hma (GATS-1) chuan India ram pumah Mizoram hi zuk leh hmuam ti/hmang nasa ber kan ni thin a, thahnemngai taka kan hma lak hona zarah hmasawna lawmawm tak tak kan nei chho m êk zêl a. Amaherawhchu, kan dinhmun hi a la tha lo êm êm a, uar lehzuala inzirtirna kan neih chhoh zêl a pawimawh êm êm a ni. GATS-2 report atanga a lan dan chuan India ram pumah hian mi 29% in zuk leh hmuam kan hmang m êk a, chutih m êk lai chuan Mizoram chhunga chengte zingah 58.7% laiin zuk leh hmuam kan tih m êk avangin tun dinhmunah chuan India ram pumah zuk leh hmuam hmang/ti nasa ber 2-na kan la ni m êk a ni. Mipa zingah 64.9% te chu zuk leh hmuam ti thin an nih laiin hmeichhe zingah pawh 52.4% laiin zuk leh hmuam hi an lo ti thin baw a ni. Tin, 34.4% in zuk chi (smoked form) an zuk laiin 33.5% te chuan hmuam/ei chi (smokeless form) an ti a, 9.2% te chuan zuk chi leh hmuam chi an hmang/tikawp baw a ni.

Zuk leh hmuam - thihna leh natna thlentu a nih theih dan:

1. Vaihlo-ah hian chemical hlauhawm chi hrang hrang 7000 chuang awmin heng zinga 80 aia tam mahte chu cancer thlen theitu an ni.

2. Mi thiamte chuan vaihlo hi “ruihhlo kailawn” (**Gateway Drugs**) an lo ti hial a ni.

3. Global Youth Tobacco Survey (GYTS) 2019-in a tar lan danin kan thalai **57.9 %** (Kum 13 – 15) te chuan vaihlo an hmang m êk a ni.

4. India ramah vaihlo avângin ni tin mi **3500** vel thi anga chhut niin, kum khatah mi Nuai**13** chuang thi anga chhut a ni bawk.

5. Tin, vaihlo avâng hian kum tin khawvêl pumah mi Nuai **80** velin nunna an chan anga chhut a ni bawk.

6. Vaihlo zuk leh hmuam hman nasat hian natna hrang hrang - Cancer, Asthma, Chuap-ro, Bronchitis, Pneumonia, TB, Lung natna, Lungphuchawl, Thisen-sang, Stroke, Pumpui tha lo leh a dang te a thlen thei a ni.

7. Tin, meizu loten mi meizuk khu (secondhand smoke) an lo hip avang hian mei zu thinte tawrh ang tho natna hrang hrang heng – Chuap Cancer, Asthma, Khuh, Hritlang leh Awmna benvawn, Pneumonia, Bronchitis, Bengkherh, TB leh Zunthlum te kan vei phah thei a, hemi a nih avâng hian puipunna hmuna meizuk khap tlat a nih bakah mahni in chhung lamah pawh kan chhângte mei zuk khum chin loh hi a pawimawh tak zet a ni.

8. Vaihlo (zuk leh hmuam) hrang hrang heng—meizial, sahdah, tuibur, khaini, gutkha te hian ka-chhâng cancer a thlen nasa a ni.

9. Mi thiamte zir chiannain a tar lan danin ka chhung Cancer zînga **90%** zet hi Vaihlo (zuk leh hmuam) hrang hrang—meizial, sahdah, tuibur, khaini, gutkha etc. zuk/hmuam thîn vang a ni.

10. Hnam dangte neih ve loh **‘TUIBUR’** ah phei hi chuan chemical hlauhawm tak chaw dawt Cancer thlentü (**NNN-NNitroso Normicotine**) a awm tam hle a ni.

11. Gutkha products hian ka chhâng natna tam tak a thlen bakah, ka chhâng cancer hial pawh a thlen thei a ni.

12. Inthlahchhawna atâna pawimawhêmêmchi (sperm quality & count) a tihchhiat theih bawk avâng hian a bik takin thalaite; nakin lawka chhângkua la din chho turte ngat phei chuan zuk leh hmuam hi kan tih loh a pawimawh tak zet a ni.

13. Vaihlo tûr hlauhawm tak avâng hian zuk leh hmuam ti/hmang mi chu a hmel a tha thei lo va, a vun te a nalh thei lovin harsatna chi hrang hrangin a tlakbuak hma bik bawk a, chu mai bakah vaihlo hmang mi chu an rimte a chhe duhin vaihlo hmang ngai lo ai chuan an bula awm pawh a hrisel lo a ni.

14. Nu, nau pai lai zuk leh hmuam laka a fihlim loh chuan amah leh a nau pai lai tân thil hlauhawm tak takte a thlen thei a, naute thla kim lova hrinte, nau piang zâng lutuk leh tê bik (low birth weight) a hrinte, a chhan pawh hriat hman mang loha nausen thih thutna (Sudden Infant Death Syndrome) bakah naute hrisel lohna hrang hrang leh bawrh sawmna hrang hrangte a thlen thei hi a ni.

15. Ṭul lova zuk leh hmuam leina atâna kan sum khawh ral te, vaihlo zuk leh hmuam avanga taksa natna kan tawrh bakah heng natna enkawl na tura kan sum senral zozai te avâng hian chhûngkaw khawsaknaah pawh harsatna min thlen in kan hmasawna a ti thuanawp nasa hle a ni.

16. Zuk leh hmuam i lo la ti thin a, sim harsa i lo ti a, i lo beidawng fo tawh a nih pawhin zuk leh hmuam ti nasa tak takte zingah pawh sim thei tam tak an awm a ni tih hre chung a rilru thar nensim ngei tûrapau khauhtaka hma la thar leh a, **sim tura intiama**, sim ngei turin ka chah duh che u a ni.

17. Sim tura i beihnaah puihna i mamawh a nih chuan District Hospital hrang hrangah leh Mizoram State Cancer Institute, Zemabawk bakah State Referral Hospital, Falkawnah te Tobacco Cessation Clinic a awm a, a ṭul angin an lo pui thei che tih i hre reng dawn nia.

Tlangkawmna:

Hmasawna tam tak karah mi thiam zawkten hriselna

lam kawnga zir chianna chi hrang hrang an neih chanchin kan lo hre ve ta zêl a, tun hmaa kan lo ngaih mawh êm êm lohte zinga mi vaihlo zuk leh hmuam pawh kan rin leh hriat phak baka hlauhawm, taksa tâna harsatna leh bawrh sawmna nasa tak thlen thei a ni tihte kan lo hre chho ve ta zêl a ni.

Kan awmna hmun theuhah thahnemngai taka hma kan lak chhunzawm zel chuan nasa takin mipui vantlang hriselna din hmun pawhin hma a sawn zel dawn a, thil lian tham tak aṭang kher lo pawhin; **mahni awm hmun aṭanga bul ṭan** mai pawhin hmasawna nasa takin a thleng thei a ni tih hria ila, mahni leh chhûngkua aṭang in zirtirna ṭha kalpui i uar deuh deuh ang u. Zuk leh hmuam lei/la tura naupang tirth lohte, hmun langsar laia zuk leh hmuam dah lan loh te, mahni in chhunga zuk leh hmuam tih phal loha, **Tobacco Free Home** siamte hi bul ṭanna ṭha tak an ni. Vaihlo zuk leh hmuam natna ṭha lo tak tak thlen theitu hi ram hmelma a ni tih hriain theih tawpin i do tlang ang u.

Eisiam Huang**BAI SIAM AWLSAM TUI SI****1. SATINREM BAI**

Mamawhte:

- | | | |
|------------------|---|-------------|
| 1. Satinrem hnah | - | tel 1 |
| 2. Hmarchapui | - | pum 4 |
| 3. Purun var | - | fang lian 1 |
| 4. Tomato | - | pum 1 |
| 5. Bawkbawn | - | pum 1 |
| 6. Soda | - | tlem. |

A siam dan :

Bai bêlah tui daih soda, hmarchapui leh bawkbawn te khi chhuang la, a tui a so veleh satinrem hnah, purun var chan phel phawk leh tomato chansawm te thlak la, mei sa tha takah rei lo tê chhuang la, han hmeha a pêr theih chuan a hmin a ni mai. Bai hi chhuan rei chuan a rawng a mawi lo duh a, a hmin veleh suan nghal hmak tur a ni.

2. PHUIHNAM BAI

Mamawhte:

- | | | |
|----------------------|---|----------|
| 1. Phuihnam chawr no | - | tel 1 |
| 2. Bekang hring/ro | - | fianté 1 |
| 3. Hmarchapui | - | pum 5 |

A siam dan:

1. Bai bêl turah tui a awm tawk chhuang la (tui hi chu a chung a mi nen anhnah têl len dan a zirin a awm tawk telh mai tur). Bekang hi a ro a nih chuan a hmin har ve deuh avangin thlak nghal pawh a pawl lo. Tui a so veleh phuihnam, hmarchapui leh bekang telh a, hmeha a pêr theih hunah suana ei theih mai a ni. (Phuihnam bai nan hian soda telh loh tur a ni. A thak deuh duh chuan hmarchapui telh tam deuh mai tur a ni).

**KUM 2023 CHHÛNG ATÂNA HMANGAIHNA
INA NAU CHÂWMNA PETUTE LEH AN
CHÂWM ZÂT (OFFICE LAMA DAWN)**

Sl.no. Bial/Kohhran/Mi mal hming

Chawm zât

1.	Kohima Kohhran Hmeichhia	2
2.	Kohima Bial Kohhran Hmeichhia	1
3.	Bethlehem Vengthlang Kohhran Hmeichhia	2
4.	Kulikawn Kohhran Hmeichhia	10
5.	Saikhamakawn Kohhran Hmeichhia	1
6.	Chaltlang Bial Kohhran Hmeichhia	4
7.	Dawrpui Vengthar Bial Kohhran Hmeichhia	6
8.	Pi Neihthangi, Zarkawt	8
9.	Model Veng Kohhran Hmeichhia	1
10.	Tuikual Kohhran Hmeichhia	2
11.	Saron Veng Kohhran Hmeichhia	2
12.	Tuikual Bial Kohhran Hmeichhia	3
13.	Tlangnuam Kohhran Hmeichhia	4
14.	Zarkawt Kohhran Hmeichhia	8
15.	Khatla Bial Kohhran Hmeichhia	8
16.	Tuikhuahtlang Kohhran Hmeichhia	8
17.	Zotlang Kohhran Hmeichhia	6
18.	Venghluï Kohhran Hmeichhia	3
19.	Bethlehem Venglai Kohhran Hmeichhia	7
20.	Dawrpui Kohhran Hmeichhia	10
21.	Bawngkawn Bethel Kohhran Hmeichhia	4
22.	Electric Veng Kohhran Hmeichhia	6
23.	Chawnpui Kohhran Hmeichhia	10

Chhunzawm tur

**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE**

Bial, Kohhran leh mi mal, Missionary-te tâna AGAPE
Chanchinbu lâksaktute : (chhunzawmna)

Sl.No	Bial/Kohhran/Mi mal hming	Laksak zat
22.	Chanmari Kohhran Hmeichhia	106
23.	Piler Kohhran Hmeichhia	12
24.	Maubawk Sikul Veng Kohhran Hmeichhia	25
25.	New Capital Complex Kohhran Hmeichhia	70
26.	Lungleng I Kohhran Hmeichhia	40
27.	Khatla Kohhran Hmeichhia	50
28.	Tlangnuam Kohhran Hmeichhia	20
29.	Bungkawn H/S Veng Kohhran Hmeichhia	30
30.	Mamit Kohhran Hmeichhia	20
31.	Zuangtui Kohhran Hmeichhia	30
32.	Sihphir Vengthar Kohhran Hmeichhia	15
33.	Mission Vengthlang Kohhran Hmeichhia	40
34.	Model Veng Kohhran Hmeichhia	10
35.	Prof. Vanlalhruii, Model Veng Kohhran	20
36.	Pi H. Lalbiakliani, Model Veng Kohhran	5
37.	Pi Lalpariliani, Model Veng Kohhran	5
38.	Pi F. Lalrinchhani, Model Veng Kohhran	3
39.	Pi Sangchhingpuii, Model Veng Kohhran	2
40.	Pi Laldingliani, Model Veng Kohhran	2
41.	Model Veng Kohhran atangin heng mite hian copy 1 theuh an laksak :- Pi Lalthanzauvi, Pi Zothangi, Pi Zodinpuii, Pi Vanlalnghaki, Pi Laltlankimi, Pi V.L.Chhuangi Hnamte, Pi C. Vanlalhumi, Pi Lalnunmawii, Pi Lalmuanthangi, Pi Biaklianmawii leh Pi Lalmalsawmi Sailo	

42.	New Champhai Kohhran Hmeichhia	10
43.	Khawhai North Kohhran Hmeichhia	20
44.	Bethlehem Venglai Kohhran Hmeichhia	30
45.	Dawrpui Kohhran Hmeichhia	20
46.	Debbie Lalchhanhimi, Jail Veng	5
47.	Chanmari West Kohhran Hmeichhia	20
48.	Kolasib Venglai Kohhran Hmeichhia	140
49.	Sesawng Kohhran Hmeichhia	10
50.	Tlangnuam Vengthlang Kohhran Hmeichhia	15
51.	Khatla North Kohhran Hmeichhia	65
52.	Electric Veng Kohhran Hmeichhia	100
53.	Electric Veng Kohhran Hmeichhia (Mi mal)	211
54.	Zotlang Kohhran Hmeichhia	20
55.	Pi Lalrinpuii, Zotlang	10
56.	Chawnpui Kohhran Hmeichhia	30
57.	Pu Lalhriatrenga. Chawnpui	3
58.	Zonuam Kohhran Hmeichhia	108
59.	Zonuam East Kohhran Hmeichhia	10
60.	Samthang Kohhran Hmeichhia	27
61.	Bukpui Bethlel Kohhran Hmeichhia	10
62.	Dinthar Kohhran Hmeichhia	10
63.	Hlimen Kohhran Hmeichhia	30
64.	Chawnpui Vengthlang Kohhran Hmeichhia	20
65.	Tuikual North Kohhran Hmeichhia	10
66.	Dinthar Vengthlang Kohhran Hmeichhia	73
67.	Armed Veng Kohhran Hmeichhia	50
68.	Dawrpui Vengthar 'W' Kohhran Hmeichhia	20

Chhunzawm tur

Hriat atan

1. **Feh chhuahna:**Kohhran Hmeichhia, Central Committee-te Bial Hmeichhe Inkhawmpui hmanpuiin heng hmunah te hian an feh chhuak:-

Kalna hmun	A hun	A kalte
1. Darlawn Bial	10-12.02.2023	1. Pi Vanlalhruaii Vice Chairman 2. Pi H.Lalrintluangi,C/M 3. Pi C.Thanpari, C/M 4. Pi R.Lalrempuii, C/M
2. Manikbond Bial	10-12.02.2023	1. Pi H.Lalfakmawii General Secretary 2. Pi R.Lalroliani, C/M 3. Pi Zochungnungi,C/M 4. Pi A.Nazi, C/M
3. Cherhlun Bial	10-12.02.2023	1.Pi Lalrinliani, Treasurer 2. Pi Lalramzauvi, C/M 3. Pi Lalchhingpuii, C/M 4. Pi Zothanpari,C/M

2. **Platinum Jubilee leh Silver Jubilee lawmpui-** Heng bialah te hian Jubilee lawmpuiin Central Committee-te an tel :

1. Bawngkawn Pastor Bial Silver Jubilee, Bawngkawn Kohhranah- Lawm hun 10.02.2023
2. Ramhlun Pastor Bial Silver Jubilee, Ramhlun Vengchhak Kohhranah- Lawm hun 10.02.2023
3. Mission Veng Pastor Bial Platinum Jubilee, Mission Veng Kohhranah- Lawm hun 11.02.2023.
4. Dawrpui Pastor Bial Platinum Jubilee, Dawrpui Kohhranah- Lawm hun - 18.02.2023

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	: Pi Zothanpari
Vice Chairman	: Dr. Lalthansangi Fanai
Gen. Secretary	: Pi H. Lalfakmawii
Asst. Secretary	: Pi Lalmuanzuali
Treasurer	: Pi Zothansiami
Finance Secretary	: Pi R. Lalrempuii

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3. Pi H. Lalbiakveli
4. Pi H. Lalhlunpuii
5. Pi H. Zachhingpuii
6. Pi JH. Lalpekthangi
7. Pi K. Rinthianghlimi
8. Pi K. Rosiamliani
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12. Pi Lalrinawmi
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20. Pi Lalthanzami
21. Pi Lalthanzauvi
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23. Pi Lalthanthangi
24. Pi Lamchhingi
25. Pi Lawmkimi
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27. Pi R. Tlanghmingthangi
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32. Pi Tlangthanpari
33. Pi V. Siamhnuni
34. Pi Vanlalhluni
35. Pi Vanlalthlamuani
36. Pi Zohmingliani
37. Pi Lalnghakliani, Asst. Co-ordinator

Ex-Officio Member-te

1. Rev. Dr. C. Chawngmingliana, Synod Moderator
2. Upa B. Lalhmunliana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



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