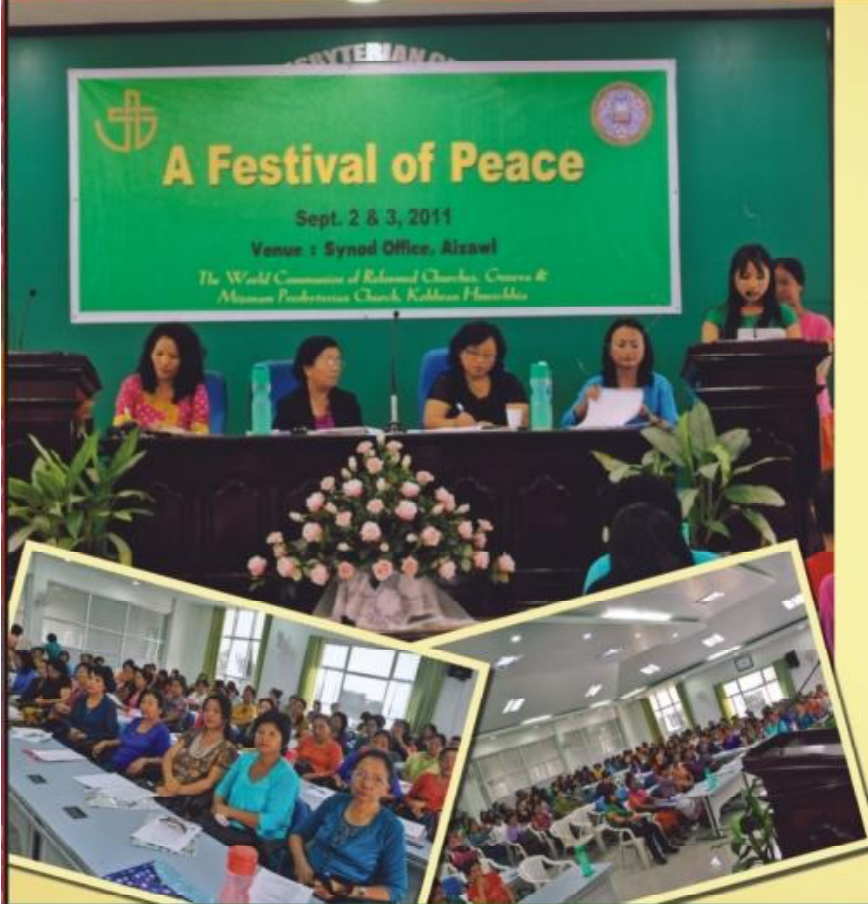


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A chungu thu awmte

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HMEICHHE KHAWSAK ðHA

*Hmeichhe khawsak ðha tu nge hmu thei ang?
A man chu lunglhu sen mi aiin a sang zawk daih si a.
A pasal thinlung chuan a ring a,
Chhawrna a hmai lo vang (Thuf. 31:10-12)*

tiin, Bible chuan a lo sawi a. Bible-a rinnaa mi hlawhtling kan hmuh te, khawvela mi hlawhtlinga an sawi tam tak te, kan ram chhung ngeia mi hlawhtlinga an sawi tam takte pawh hi an hlawhtlinna phenah an nupui te emaw, anmahni hringtu nu emaw - lunglhu sen mi aia ðha zawk te an lo awm reng ðhin a ni.

Sam ziaktu chuan, hlauhawm tak leh mak taka siam ka ni si a, tia a sawi ang deuhvin hmeichhiate pawh hi mak leh danglam taka Pathianin a siam te kan ni a, thiltihtheihna eng emaw tak a pek leh thuam te kan ni a. Keimahni lam kan lo indah hniam deuh a nih pawhin Pathianin min dahna hi a ropui hle. Chuvangin, chhungkua, ram leh hnam din chhuah kawngah pawh Nu, khawsak ðha te hi an bang thei lo mai ni lovin an pawimawh reng dawn a ni.

George Hebert-a chuan, "Nu ðha tak pakhat chu zirtirtu za khat tluk a ni" tiin a lo sawi a. Timothy Dwight-a pawhin, "Nu ðha tak ka nei alawm" tiin a hlawhtlinna chhan a sawi bawk. Tin, Timothe-a pawh, Pathian thua kaihruaitu a pi Loisi leh a nu - Euniki a neih thu Bible-ah kan hmu a ni.

Lalpa ðih chu finna bul a ni a, Lalpa ðihthu hmeichhia chuan finnain a ka a ang ðhin a, an chhungkaw khawsak dan en ðhain a dawngdah ve ngai lo va, an fanaute an engthawlin, a pasal ngei pawhin 'hmeichhe khawsak ðha' tih tittle a pe hial a ni. Kan ram hian Nu, khawsak ðha, Lalpa ðihthu kan va mamarwah em! Khaw nge - 'kei heta hi ka awm e,' tiin Lalpa ram zau nan puanpheikhawk buna puanbih sawi chhingin ðan i'n la thar leh teh ang.

*Kristian Chhungkua***NUPA INLAICHINNA ṬHA NEIH DAN**

- *Rev. R. Lalthlengliana*
Hailakandi, Assam

Mizoramah tunlaiin chhungkaw kehchhia an tam sawtin, nupa inṭhenna a hluar tial tial mai a. Nupa an inṭhen em loh pawhin nupa nun hlim lo an pung sawt viau mai hian thil chik mite a tiralkhel hle a ni. Nupa inṭhen an pung a, hei hian kan khawtlang nunah nghawng ṭha lo tak a nei chho mek bawk a. Nu leh pa kar lova seilian naupang an lo pung tial tial a, chung naupangte tan chuan suala inhnawih a awl bik hle mai si a. Kan khawtlanga mi hnawksakhote pawh hi ngun taka chhui chuan chhungkaw kehchhia emaw, nu leh pa inngeih lo, chhungkaw damlo emaw aṅanga lo zi chhuak an ṭhahnem deuh ber awm e. Chutiang chu nupa nun hlim lo leh kehchhiain a hrin a nih tlat ṭhin avangin nupa inlaichinna ṭha neih hi a ṭulin thil tihmakmawh a ni ta ber mai.

Nupa nun hlim leh inlaichinna ṭha nei tur chuan thil pawimawh tam tak kan hriat ngei ngei tur a awm a. Chumi hre tur chuan nupa tam tak chuan lehkha kan chhiar peih lo va, ṭhenkhat chuan kan chhiar hman bawk hek lo. Keimahni ṭulna zawnah kan ṭul em em ṭheuh mai a. Mahni fate leh chhungkua pawh ngaihsak hman hauh

lovin kan buai a, chu chuan a tawpah chuan nghawng chhe tak mai keimahni chhungkaw nunah a nei ta ṭhin a, hei hi a pawh hle a ni. Nupa nun hlim neihna tur atana thil ṭul pawimawh zualte lo tar lang ila.

1. Mipa leh hmeichhia kan danglam : Hei hi thil ho tak angin lang mah sela, nupa tam takin mipa

leh hmeichhia hi rilru put hmang leh thil thlir dan tam takah kan danglam a ni tih kan hre lo hian buaina a siam fo thin. Nuin a hriat reng tur chu mipa chuan theihna, thiamna, chak, huaisen, thiltitheih nih leh hlawhtlinna hi an thil ngaihshan ber a ni tih hi a ni. Heng kan han tar lan aţang hian mipa chuan thil an chhutin an teh ber thin. Mipa chuan thuneihna an duh em em a, hlawhtlinna an ngaihlu hle. Thurawn inpek hi mipa chuan an ngai thei vak lo va, amah a inhuam hle a nih loh chuan thurawn pek kher tum loh tur a ni. Inhmuhstitna leh inngaihnepnah an ngai tlat.

H m e i c h h e
khawvelah ve thung
chuan hmangaihna,
inţhianna (*communication*),
nalh leh inlaichinna ţha
neih (*relationship*) hi an thil
ngaihhlut ber a ni thung
a. Hlawhtlinna tih vel ai
chuan hlim taka nun tlan

te, inhmangaih tawn dial
dialte chu hmeichhe
khawvelah chuan a
pawimawh fe zawk thin.
Thurawn inpek te,
inţanpuite chu
inhmangaihna lantirna a
ni tlat mai a! Heng thil
aţang hian khawvel an
thlir ve thung a ni.

Mipa leh hmeichhia
kan lo danglamin thil thlir
dan a lo inang lo em em
mai si a. Nimahsela, chu
ze inang lo em em pahnih
chu dam dun chhunga
cheng dun turin nupaah
Pathianin a siam tlat si a.
Hei vang tak hian zir tur a
tam em em mai reng a.
Mipa tan chuan thurawn
inpek chu inhmuhstitna a
nih avangin nu chuan pa
thurawn a pek vak vak
reng chuan nupa hlim nih
a har dawn a nih chu. Pa
pawhin nu thurawn a
dawang tam viau a nih
pawhin a hmuhstit vang ni
lovin amah a hmangaihna
tawp a lan chhuahtir vena
a ni tih a hriat phawt chuan
an inhu buai tawh miah lo
ngei ang le.

2. Mipa leh hmeichhia chuan ṭawng dang an hmang : A va mak awm ve! Mizo ṭawng ve ve alawm kan hman kan ti mai thei. Hemi awmzia chu a ṭawngkam awmzia ngei kha a kawhtir chuang lo tih hi a ni. Poetic Licence neiin hmeichhia chuan ṭawng a hmang ṭhin tih mipa chuan a hre tur a ni. Nuin, *"Ka chau lutuk, eng mah ka ti thei lo,"* a tih chuan a sawi tum tak chu, *"Vawiin chu thil ka ti hnem lutuk a, ka chau a ni. Chawlh rih ka mamawh a, min hriat thiam avangin ka lawm tak tak a ni. Min kuah la, ka thawk hnem a ni tih leh hna ṭha tak ka thawk a, chawlh hahdam ka phu hlih hlih a ni tih min hrilh ta che,"* a tihna mai a ni. Chutiang ni lova, *"I thawk tlem,"* tiin emaw, *"I phun peih lutuk,"* ti emawa mipain a chhan chuan buaina a inṭan mai ṭhin.

Hmeichhia an ân hrep hian pain a hriat fo tur chu chhungkaw tihhma-sawn a tum avang leh thil

ṭha zawk ngaihtuah chhuah a tum a, a committee ve a ni tih hi a ni. Chu chu pain a hriat loh chuan sual, phunchiar, sawisel tur hre thei a ni mai a, a hriat thiam erawh chuan nupa innghirnghona tam tak hi pumpelth a ni ngei ang le. Ṭawng dang daih mipa leh hmeichhiaten hman a ni tih hriatna hian harsatna tam tak min pumpelhtir dawn zu lo ni reng a! Mipa tan chuan *'I am sorry'* tih chu *'Thil ka tisual a, min ngaidam rawh'* tihna a ni a. Hmeichhe tan erawh chuan, *'O, I rilru tur chu ka hre thiam lutuk alawm'* tihna tluk a ni a, *'I am sorry'* tih hreh lo pa chuan harsatna tam tak a pumpelth dawn a ni.

3. Rilru mamawh inhriatpui : Hmeichhia reng reng chuan duat (*care*) an duhin an mamawh ṭhin a. Chu chu mipain a hriatpui chuan hmeichhe mamawh a puhruksak tihna a ni a. Hmeichhia a lungawi chuan mipaah a lo innghat sawt ang a, mipain a mamawh em em

chu a lo hmu bawk ang a. Nupa nun a hlim sawt dawn a ni. Hmeichhia chuan hriat thiam a mamawh hun a tam hle ðhin a, chung hunah tak chuan mipain a rilru a hriat thiam chuan hmeichhiaah lungawina a thlen a, hmeichhiain mipa thlakthleng tum lova a nihna ang anga a dawngsawng leh a pawm thlap mai hian mipaah lungawina a siam ve leh thung a, a nunphung leh chin dan thlakthleng tum reng maia hmeichhiain mipa a dawr tluka huat mipain a nei si lo va.

Mipain hmeichhia chu a care-a, a hriat thiam, a zaha, atana a inpumpek bawk chuan hmeichhe mamawh a puhru tihna a lo ni dawn a, chu chuan hmeichhe rilruah mipain a hmangaih reng a ni tih a tuh dawn ta a ni. Chutah chuan hmeichhia chuan a pasal chu a zah ang a, a hma aiin a lo hmangaih zel tawh dawn a ni.

Kan sawi takte kha kan hriat renga a nih dan

tur ang taka kan hman phawt chuan nupa inhauh fona leh inhuatna tam tak, chhungkaw chawk buai ðhentu a lo kiang ngei ang. Mahni chauh dik intihna te, mi dang thil thlir dan leh pawm dan pakhat mah ðawmpui theih hauh loh te, mahni thu duh lutukna te hian inhauhna a thlen fo ðhin a. Chung thilte chuan inðhenna a siam a, naupang pawisawi lo leh rilru thianghlimten an tuar ve leh a, nu leh pa kara seilian lo naupang chuan hmangaihna awmzia an hre lo va, an huat thu a chhia a, mahni inngaihhlutna an nei tlem a, sual tih an awlsam em em ðhin. An lo puitling a, khawtlang leh ram tan mi hnawksak an lo ni ta mai ðhin a ni.

Heng thil ðha lo zawng zawng kan pumpelth theihna tur chuan nupa nun hlim leh Kristian chhungkaw ðha kan din a ðul a. Nupa inlaichinna ðha kan neih a ðul tak zet a ni.

Sermon

BUNGBEL THIANGHLIM LALPA LAWM TLAK

Bible chang : II Tim. 2:20,21; Rom 12:1,2

*- K. Lalthanpari
Central Committee Member*

Tirhkoh Paula hian chhung tinten ni tina kan mamawh ei relna atana kan hman ðhin bungbel hmangin fuihna thu pawimawh tak min hrilh hi a lawmawm hle a ni.

Ei rawngbawl ðhinte chuan ni tina kan hman bungbel fai a pawimawhzia leh hman a chakawmzia kan hre ðheuh awm e. Hmanraw fai lo ai chuan a fai chu hman a chakawm avangin kan thlan ðhin a rinawm. Faina kawnga hma kan sawn theih nan Central Committee-te leh Bial Committee-ten faina leh thianghligna kawnga kan inzirtir mek nen pawh a inrem hle a ni. In ropuia bungbel - rangkachak leh tangkaruaa siam te, bellei leh thinga siam te, ngaihhlut leh ngaihhlut loh tur awmin Bible-in min hrilh a. Rangkachak leh

tangkaruaa siam ngaihhlut em em turte pawh a fai miau loh chuan hman tlak an ni lo va, bellei leh thinga siam tlawm tak pawh ni se a fai a, a thianghlim phawt chuan hmantlak an ni zawk a, bungbel fai lo kan hman chuan a thianghlim lo chauh ni lovin hriselna atan pawh a pawh thei hial a ni.

Hetiang bawk hian Lalpa ringtute, a rawngbawltute chuan sual kalsanin, min tihnaw ðhinte hawisanin Lalpan a duh hun huna a hman nghal theih mai tura inpeih sa diamin kan awm a va ðul em! Sual bawiha tâng ðhin chu

Pathianin a fapa hmangaih taka ramah kan awm theih nan thisen thianghlimin min ko vek a, ngaihhlut bik tur leh ngaihhlut loh tur tu mah kan awm lo. Amah duhtu leh Lalpa tana inpe apiangte ni tinin thlarau thianghlimin min tithianghlim zel a, min va hmangaih tehlul em! Lalpa chu fakin awm rawh se.

Ephesi 2:10-a *"Thil tha ti atan Krista Isuaah chuan siana awmin ama kutchhuak kan ni,"* a tih hi hriain inbuatsaih thar ila, a fa duh takte anga Pathian awm dan latu nih i tum theuh ang u (Eph. 5:1).

Bungbel thianghlim, Lalpa hman tlak atana koh vek kan ni a, thenkhat chu taima taka buhfaitham khawn tur te, lawm chung buhfaitham pe thin tur te, Pathian tana ui lova thil pe thin tur te, committee member ni tur te, missionary ni tur te, Kohhran Upa ni tur te,

mite tana bang lova tawngtai fo turtea koh kan ni. Kohna thianghlima koh vek kan ni a, eng dinhmunah pawh ding in eng hna thawk pawh ni ila, lehkha thiam kan ni emaw, lehkha thiam lo kan ni emaw, kan hausa emaw, kan rethei emaw pawh ni se, bungbel thianghlim Lalpa hman tlak, hnathawh tha tinrenga inpeih sa ngaihhlut tur kan ni thei vek a; chuvangin, khawvel sum leh pai duhâmnatea intihnawk lovin fakna hla te, Pathian hla te, thlarau lam hlatein Lalpa tan i inhlán ang u.

Bungbel thianghlim Lalpa hman tlak kan nih theih nan Chanchin Tha dân hi i zawm tlat ang u. Inthawina nung leh thianghlim, Pathian lawm tlak ni turin ni tin chung inkhawm neiin Pathian biain i tawngtai thin ang u.

Lalpan malsawm rawh se. Amen.



*Character Study***RINGTU NUPA CHU INTULUT LEH
INHMANGAIHA NUN TUR (Eph. 5:22-31)***- Rev. C. Sangliana*

Bible-in Kristian nupa awm dan tur min zirtir dan kan ngaihtuahna turah kan huphurhin kan lungngai lâwk mai tur a ni lo vang. Bible min zirtirna te chiang taka hriat tum leh zawm ngei tumin, phûr tak leh hlim taka zir ho i tum ang u. Khawvela rawngbawltu ropui bera mi tam takin an ngaih Dr. Billy Graham-a te nupa pawhin zir tur an ngahzia leh zirlai an nih vezia hriain, Innneihna leh Kristian nupa nunah tu mah zir zo leh ðha famkim leiah a awm theih loh an ti. Vawiinah, keiniho pawh hian nupa nun chungchangah thlen chin nei leh hmabak nei vek kan ni tih inggaitlawm taka pawm chungin, Pathian thu hi mahni nun ðheuhva seng luh ngei tumin i zir ang u.

1. Nupui chuan intuk luhna rilru put tur (chang 22-24).

Nupui a pasal hnena a intukluhna chhan tur kawng thumin sawi ila.

2. Pasal chuan nupuite hmangaih tur (chang 25-33).

(1)Nupui a pasal hnena a intukluh zân hi Pathian duh zawng leh Pathian thupek a ni. Chuvangin, he Pathian thu leh remruat dan hi tu mahin hnial buaia sawi hnawk tur a ni lo va, rinhlelh tur pawh a ni hek lo. Bible-in, "*Nupuite u, Lalpa hnena in intulût ang hian mahni pasalte hnenah intulût rawh u,*" a ti a nih hi.

1. 5:22-24 : Kristian nupa nun dan tur Bible-in min hrilhnaah nupui dinhmun, a mawhpurhna leh a tih tur a dah hmasa zel tih hi chhinchhiah a ðha a (Kol. 3:18,19). Hei hi tihpalh thil emaw, hawihhawmna avang emawa dah ni lovin, awmze thûk tak neia dah hmasak a ni.

Pathian chu Pathian a ni a, Pathian a nih avangin a duh dan ang taka kan awm dan tur a rel chu a thiang a ni. Hetah hian kan hriat reng tur chu *'Lalpa hnena in intulût ang hian'* tih thu hi a ni. Ringtute chuan thil eng pawh ti ila, Lalpa tan anga ti vek tur kan ni a (Eph. 6:5-8; Kol. 3:23,24). A chhan chu min hmangaihtu Lalpa kan hmangaih lét ve vang a ni. Tin, Lalpa kan hmangaihna chu a thu kan awihnaah kan lan chhuahtir tur a ni a. Tichuan, Lalpa hmangaiha a thu awihin mahni pasalte hnenah Kristian nute chu an intulût thlap mai tur a ni, Paulan a ti a ni.

(2) Intukluh hi Pathianin chhungkaw awm dan tura a ruat a ni. Hei hi chhungkuaah nun hona tha leh nuam a awm theih nan a ùlin a pawimawh a. Hei hi chhungkua bakah vantlang nun hona leh pawl hrang hrangah pawh a dikin a ùl a ni.

Pathian mit hmuhah mipa leh hmeichhiaah inhlut hleihna leh inthat hleihna a awm lo va, inang rengin Pathianin min hmangaihin min chhandam a, Pathian fate kan ni vek. Chumi thu dik leh lawmawm chhungah chuan mipa leh hmeichhe dinhmun luah tur leh mawhphurhna hlen chhuah tur erawh chu Bible-in min hrilh a ni. Chung chu kan sawi zau hman lo vang a; amaherawhchu, kan rilru hruai nan thu pawimawh pathum sawi ila:

(a) Pasal chu nupui lu a ni.

(b) Nupuiin intukluhnaa a entawn tur chu Krista hnena Kohhran a intukluh dan hi a ni.

(c) Nupui chu pasal venhimna leh thlamuanna hnuai a awm tur a ni.

(3) Intukluh hi thlarau lam thil thûk a ni (chang 23). Nupui mahni pasal

hnena a intukluhna chu Kohhran Krista hnena a intukluh dan nen khaikhin theih a ni. Tah hian nupui tan malsawm dawn tur tam tak a awm a. Chung zinga langsar zual pahnih chu sawi ila:

(a) Pasal ðanpuina leh venhimnaah a innghat.

(b) Pasal uap lumna leh thlamuanna a dawng.

Nupui mahni pasalte hnena intukluh zâna tur thu hi hetiang hian khaikhawm ta ila.

Hmeichhiate hi mipate aiin an hniam zawk tihna a ni lo va. A awmzia zawk chu chhungkuaah engkim ðha tak leh fel taka a awma, a kal theihna tura nun inrem felna atana tih a ni. Taksaah lu pakhat kan nei hi a ðha a, lu pahnih chu nei ila nun a buaiin a khawlo zo vek thei ang, nupa nun leh chhungkaw insawrkarna hi fel tak leh ðha taka a kal theih nan Pathianin pasal

chu chhungkaw lu atan a ruat a, a dah a ni. Hei hi nuho tan hriat a ðhain a pawimawh em em a ni (I Kor. 7:10; Kol. 3:18; I Tim. 2:11-13; 3:11; Tit. 2:4; I Pet. 3:1; Thuf. 31:27; Gen. 3:16).

2. 5:25-33 : Pasal chuan mahni nupuite hmangaih tur a ni tih hi Bible zirtirna Chiang leh ding reng a ni. Tah hian thil panga chhinchhiahin um zui ila.

(1) Pasalin mahni nupui a hmangaih dan tur tehna tur chu Pathian hmangaihna (agape) a ni (chang 25-27). He hmangaihna hian mahni hma a sial lo va, mite a ngaihsak a, a pe chhuakin mite tan a nun a hlan ðhin a ni. Tin, he hmangaihna hi thinlung leh rilru aþanga lo chhuak hmangaihna, miten phu hauh lo mah se an ðhatna sang ber duhsaka zawnpui tlat reng thei hmangaihna a ni. Hetiang tak hian pasalin a nupui hmangaih ta ngat se nupa karah eng anga

malsawmna ropui leh hlu thleng ang maw? Malsawmna hlu tam tak zingah, nupui chu a pasala angchhungah tui ralin, chhungkaw lu ber a nihna pawmin lawm takin a lakah a intulut ngei ang le. Bible-in, *"Pasalte u, in nupuite hmangaih rawh u, Kristan Kohhranho a hmangaih a, an aia mahni a inpe ang khan,"* a ti a nih hi.

Kristan Kohhran a hmangaih anga paten an nupuite an hmangaih vena chuan thil pathum a keng tel nghal a, chungte chu:

- (a) Inserh hranna leh invawn thianghlinna.
- (b) Nun sual bawlh-hlawh kai lohna leh sual ser put lohna.
- (c) Nun thianghlim leh hmelhem lo neih.

(2) Pasalte chuan mahni taksa an hmangaih angin mahni nupuite an hmangaih tur a ni. Hei hian dam chhung zawnga nupuite chawm leh duat te, taksa leh thlarauva inpumkhat te, rilru leh ngaihtuahnaa inthurual

te, tum leh nungchang inṭawm dunna te a huam tel nghal vek a ni.

(3) Pasalin a nupui a hmangaihna chuan a nu leh pate kalsana, a nupui vawna leh zawmna a thleng phak tur a ni.

(4) Pasalin a nupui a hmangaihna chu thlarau lam thil thûk tak, thlarauva hmangaihna a nih a pawimawh.

(5) Ringtu nupa awm dan tur khaikhawmna kan hmuh hi a chiang ṭha hle. Chu chu pasalin mahni a inhmangaih angin a nupui a hmangaih tur a ni a, a nupui pawhin a pasal a zah (hlau) thiam tur a ni (chang 33). Hetiang taka kan awm theih nan hian a hma lama kan hmuh tawh ang khan, Thlarau Thianghlima kan khaha, Krista kan ṭih dek reng a ṭulin a pawimawh a ni.

Nupa awm dan tur Bible-a kan hmuh aṭang hian thu pawimawh leh thûk pahnih i um zui teh ang.

(1) **Vuan (chang 31) :**
"Chumi avang chuan mipain a nu leh a pa kalsanin lehlin thar 'thlah' a nupui a vuan ang a; tin, an pahnih chuan tisa pumkhat an lo ni tawh ang." Heta 'vuan' tih awmzia chu nghet taka man, nghet taka zawm, char belhbawm tlat, a theih anga insik hnaihtira zawm hmiah, a zavaia inbelhbawmtir avanga pahnih ni tawh lova pumkhat nihtir a ni. He inzawmna hi nu leh pate leh fate nena inzawmna aain a sang zawkin a nghet (chak) zawk a ni. Inneihnaa nupa inzawmna leh inpumkhatna dik tak hi chu chen dunna leh nupa inpawlna leh fa neihna mai a ni lo va, hei hi chu ramsate pawhin an neih ve tho a ni. Ringtu nupa inzawmna leh inpumkhatna dik tak hi Pathian chauhvin a siam leh thlentir theih a ni a. Chumi atana Pathian khawngaihna hnathawh chu nupain an duh tak meuh leh Pathian hnena an tluk luh dun erawh chu a pawimawh a ni.

Pathian samsuih inneihnaah chuan inzawmna kawng thum a awm thin a, chungte chu:

- (a) Taksa ngeia inzawmna leh inpumkhatna.
- (b) Rilru lama inzawmna leh inpumkhatna.
- (c) Thlarau nuna inzawmna leh inpumkhatna.

Nupa, thlarau lam nuna inpumkhat thate chuan a man eng zat pawh pek huamin Krista thin a avangin taksa, rilru thlarauvah an intulut tawn thin a (Eph. 5:21). Pathian awmpuina leh khawngaihna an dawn ang angte an inhrilhin an inchanpui tawn a, chu chuan mihring dam lai kawng chhuk leh chho an hmachhawanna turah leh Pathian tana nunga a rawng an bawl chhoh zelna turah huaisenna leh chakna te, thlamuanna leh beiseina nungte a neihtir thin a ni.

(chhunzawm tur)



Hriselna huang

TUNLAI NATNA LAR ZUAL

Dr. Lalzuatlina, C.H.A.

1. PUMPUI LAWNG (ACID PEPTIC DISEASE)

A lan chhuah dan tlangpui

(1) Thin hnûnah (*Epi-gastrium*) hian a rawn na chhuak deuh ber. Thip veng veng, sa deuh hut hut a nih loh pawhin mi a hamte an ti bawk. A then chu lai (*umblicus*) bawr vel leh lai aţanga sir ding lamah te a na bawk thin.

(2) An luakte pawh a chhuak (thei bawk).

(3) Hetianga rawn na thut hi zu in mi emaw, zu in zawh hlimah (a bikin pum ruakin) te hian a awm duh hle.

(4) A chang chuan mut hnu, zan rei tawh, pum ruak hnuah te mi a kai tho va, a ziaktu pawh hian chungte pawh chu a lo nei ve fo tawh thin.

A bikin zu in mi-ah irhfiak reh hlei thei lote

pawh a rawn lang chhuak thin.

(1) Pum ruah laiin emaw (*Gastric ulcer*), chaw ei khamah (*Duodenal ulcer*) emaw te a rawn na bawk thin.

(2) A nasa leh deuhvahte chuan thiin an e a, thiin an luak bawk.

(3) A nasa leh deuhvahte chuan pumpui pawp (*Perforation*) hial a thlen thei. Hetianga awmte hi chuan na an ti thei tiah tiah hle. An pumpui hi han hmet hlek ila, a ruh hian a ruh tulh (*Guarding*) mai a ni. Hetianga awmte hi chu an zai nghal thin.

A chhan tlangpui

Khitiang, a khawi emaw bera i awma, heng a thlen theitu awmte hi i keng tel a nih chuan APB i nei a ni mahna, lo inen ve mah teh.

(1) H. Pylori - Natna hrik chi khat (*mucous layer hnuaiah*) pumpui leh rilfang inzawmna laiah a awm deuh ber. 50-70% vel chu he natna hrik vang hi a ni.

(2) Na chhawkna (NSAIDS - Aspirin, Brufen etc.) ei te hian a thlen thei. A bikin pum ruakah leh ei nasaah.

(3) Zu (*alcohol*) in mi-ah hian a tam bik a ni tih ziak a nih bakah a ziaktu hian hei hi a dik ngei a ni tih a damlote aʔangin a hre Chiang.

(4) Inthlah chhawn (*Hereditary*) thilte pawh a ni ve thei tho awm e.

(5) Rilru hah (*stress*)-ah te entir nan exam nei laiahte hian an awm ve fo ʔhin bawk.

(6) Damdawi e.g. steroids leh Iron lam chi ei teah hian a tam bawk.

(7) Meizial (*smoking*) zu mi-ah a tam hle. Hei vang hi a ni mahna Mizote zingah hian APD

nei kan tam em em. Meizial zuk hian pumpui lawng hi a thlen mai a ni lo va, a dam lehna zel turah a tipamʔul thei a ni.

A enkawlna lam

Ranitidine (i.v.) Diclofenac (i.m) injection kan pek mai bakah an puma acid thûr kha neutralise turin Antacid te kan intir pawp a, an ʔha ve leh mai. A ʔhente chu nachhawkna chak deuh chi pek ngaite pawh an awm. A dam chian nan PPI (omeprazole, pantoprazole, etc.) leh antacid te ei chhunzawm a ngai a, a ei dan tur leh ei hun chung tur doctor rawn chhunzawm a ʔha a, mahnia lo inchawh ve ngawt ai chuan a ngaihʔhatthlak deuh alawm maw le.

I lo tih ve theih

I tan damdawi in panna a harsa emaw, injection te a tih ve theih mai si loh chuan Antacid (Mucaine, Traicaine, Mizote, Solacid, Welcid gel

etc.) tui angte hi lo in ve pawp mai teh.

Tih loh tur

Pumpui lawng (APD) nia i inhriat chuan a na chhawk nan nachhawkna (Magadol, Brufen, Nise, etc.) lam pang chi reng reng ei loh tur. A tizual thei bakah internal bleeding hial a thlen thei.

2. ZUN KAWNG LAWNG (URINARY TRACT INFECTION/UTI)

A nat dan tlangpui

(1) Inrin lawkna awm lem lovin a rawn na tlangpui.

(2) A rawn na thut lo a nih pawhin lu na, luak chhuak leh ti deuh nghulh tein a rawn tham phawt thin.

(3) Nak nem, hnung lam deuh si-ah emaw a rawn na tan a, a lehlam lehlam a nih loh chuan ding lam a ni duh hle.

(4) Taiah leh a sir lam pang deuhah (*Illiic fossa*) te emaw a rawn na tan bawk thin.

(5) Zun kawnga na, zun in, sa deuh hut hut, zun deuh tlut tlut emaw, zung zo tha thei lo leh zun thi te pawhin an awm thin.

(6) An khua a sik a, an tlun bakah an luak tel fo bawk.

(7) Zun a nawiin a nut phut loh leh a fim kak lo.

(8) A na hi a na ve reuh khawp a ni ang, puitlingte pawh an thaw a sa a, thlan tuiten a bual a, an kun ve ngawih ngawih mai nia. Zun kawnga lungte awm (Ureteric Colic) nen te pawh hriat hran a har chang a awm thin.

(9) N a u p a n g a h chuan hmeichhiaah a tam bik a, puitlingah pawh hmeichhe zun dawt (Urethra) hi a tawi bik avangin a hluar bik a, heng - mipat hmeichhiatna atangte leh raipuar laiten a hluar bik.

(10) Kan sawi tak anga a na viau lo a nih pawhin a then chauh pawh hi ni se, UTI a ni tho va, a treatment pawh a thuhmun.

A chhan tlangpui

Natna tin hian chhan an nei neuh neuh ang bawkin hei te pawh hian chhan a nei ve neuh neuh reuh.

(1) Natna hrik chi khat - E.Coli hi a thlentu tam ber a ni. A dang Strep.faecalis, Klebsiella, Staph.aures.faecalis, Klebsiella, Staph.aures, Proteus spp. etc. te pawn an thlen thei bawk.

(2) Zun dawt vuah chawp (*Catheter*) aṭangin.

(3) Thlanah tui a chhuah tam avangin khaw lum laiin a hluar.

(4) An zun dawt (*Urethra*) tawi bik avangin hmeichhiaah a hluar bik.

(5) Thisen aṭangin. E.g. Tonsil, ha nget, khawihli, pan chhia, etc. vang tein.

(6) Phing (*Bladder*) aṭanga zun kawng (*Ureter*) a zun kir let (*reflux*) vangte.

(7) Phinga zun chambang (*Stasis*) leh kala

lungte awm vang tein a awm thei bawk.

A enkawlna lam

Keini chuan Diclofenac leh Cyclopam injection hi an pe tlangpui. Hemi hnuah hi chuan a ṭha ve leh mai zel a; mahse, damdawite ei zui a ngai. A treatment tak chu damdawi ngeih zawng tur enna (*Urine culture & sensitivity test*) Urine R/E te tih hnuah Antibiotic ei hi a him ber. Tin, ni tin lui litre 2 tal in ngei ngei tur. Heng hi kan thei ngang lo a nih chuan Antibiotic ṭhenkhat (e.g. C i p r o f l o x a c i n , Gatifloxacin etc.) te hian a control ṭha hle. Kan sawi tawh angin doctor rawn chhunzawm a him ber fo.

I lo tih ve theih

Heng kan sawi aṭangte hian UTI ni tlata i inhriat si chuan nachhawkna eng pawh (Magadol, Paracetamol, etc.) leh Antispasmodic lam pang (Cyclopam, Anaspas, Castaspa, Spamodart)

mum khat ve ve lo ei la; tichuan, luak chhuak hlui khawpin tui lo in vak mai teh. Nachhawkna hi pum ruak lova ei hram a tha.

Tih loh tur

Mizote hi kan tuarchhelin, damdawi in kalte hi tlawmpa-ek tehah kan nei a; chuvangin, i lo tih ve theih i lo tih hnu pawha a ziaawm thei ngang lo a nih chuan i khum lai zawlah i let reng ringawt tur a ni lo. Thil dang vangte pawh a lo ni thei a, damdawi in lam i rawn pan mai dawn nia.

3. ZUN KAWNGA LUNG TE AWM (URETERIC COLIC)

Hei pawh hi case tam pawla mi a ni ve; mahse, hnuk erawh a hlat.

A lan chhuah dan tlangpui

(1) Vawi leh khatah a rawn na thut thin. A tlangpuiin nak nem laiah inthanin, mi a rawn tham tawng tawng a, zun kawng zawh thlain, a natna lam tai sirah a zui a, mipaah chuan til mu-ah,

hmeichhiaah chuan a natna lampang zawk serh biangah (*Labium Majus*) a na thla rawng rawng thin. Tin, a natna lam pang mai chhung lam a zawh thla chawk bawk.

(2) An thlante a tla a, an luak bawk thin.

A enkawlina lam

Keini chuan Diclofenac leh Cyclopam injection kan lo pe thin. Mahse, a chhawk mawh angreng phian a, a chhawk deuh a nih pawhin na deuh telh telh hi chu a awm zui duh khawp mai. Tui tam tawk in a tul leh pek hle. A chhan chu a len dan azirin zun chhuah mai theih te pawh a ni. Mahse, chutiang maite a ni si loh chuan surgeon i rawn a, anin investigation tul ang ang tih hnuah zai a tul leh tul loh chu a hre thei ang chu.

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*Festival of Peace***HMEICHHE DIKNA CHANVOTE**

*Julie Lalrinzami
Judicial Magistrate 1st Class cum
Member Secretary,
Aizawl District Legal Services Authority,
Aizawl Mizoram*

*World Communion of Reformed Churches (WCRC), Geneva leh Mizoram Presbyterian Kohhran Hmeichhia, Central Committee-te ñangkawp chuan September 2-3, 2011 khan "Festival of Peace" (Muanna Kûtpui) a buatsaih a. Programme neihna hmun hi J.M. Lloyd Hall, Synod Office-ah a ni. WCRC aiawh hian Dr. Lalrinawmi Ralte, Prof. UTC, Bangalore leh Dr. Hrangthanchhungi, Exe. Secy., NCCI te an lo kal a. Heta tel tur hian khawpui chhung Kohhran tin añangin member (hmeichhia) pahnih intir tura ngenna siam a ni a. September 2, 2011 hian mi 300 chuang an tel thei a, a ni hnih niah mi 250 chuang an tel thei barok. "Muanna Kûtpui" hian a tum ber chu Mizorama ni tin kut hnathawka ei zawngte, an ni tin hnathawhna lama an harsatna sut kianpui leh hmasawonna tur kawng zawnpui te, mihring chung a hleilenna chungchang te, hmeichhia leh naupangte dikna humhalh ñulzia te, chumi atana dan leh hrai tar lan te a ni tlangpui a. Hun hman dan tlangpui chu - kut hnathawktu hrang hrang - ni tin ei chawp zuar, puan tah, kut hnathawka inhlawhfa chi hrang hrangten an eizawonna kawnga harsatna an tazh te an sawi a. Tin, thupui hrang hrang kan tar chhuah hmang khian paper ñha tak tak zir ho a ni barok. Tunah hian hemi ñuma kan zir ho thupui pakhat - '**HMEICHHE DIKNA CHANVOTE**' tih thu Pi Julie Lalrinzami ziah hi kan han tichhuak a ni - Editor).*

Mizote hi dan hriatna lamah kan tui a hâl tawh hle tih ni tinin a lang chho va, a bik takin hmeichhiate zingah a ni zual a, mi kan fing tawh a, ram a changkang a, dan hriat hi a pawimawh telh telh dawn a, kan la mamawh telh telh dawn a ni. India Dan hnuaiah hian hmeichhe humhalhna dan tam tak a awm a, hengte hi hmang ðangkaia chhawr tur chuan a dan hi kan hriat a ngai a ni, kan dikna, kan hamðhatna, kan theihna leh finna te hi kan hriat chian a ngai a, India sawrkarin hmeichhiate hamðhatna tur dan siam eng ang mah se, a chhawrtu tur berin a hriat tlat loh chuan a hlawhtling thei lo a ni. Dan hriat hi a pawimawh em em a, dan hriat loh hi court hmaah chhuanlam a tling lo tih hi kan hriat nawn ðheuh a ðha ang. Dan hriat loh vangin keimahni dikna ngeiah pawh kan tuar thei a, dan

hriat vangin hremna kan pumpelth thei bawk a ni. Tin, dan hriatna hian a hun taka huaisenna leh a hun taka awm dan tur min hriattir bawk ðhin a ni.

Tun ðumah hian danin hmeichhiate venhimna kawng ðhenkhat tlem han tar lang ila:

1:Indian Penal Code

Section 354 - mi tu pawhin hmeichhiate hmeichhiatna tibawrh-bang tura tharum emaw an thawh chuan kum hnih thleng tantir emaw, chawitir emaw, tantir leh chawitir kawp emawa hrem theih an ni. He humhalhna dan hi mipaten an nei ve lo.

Section 377 - Unnatural Offences- mihring pangngai kalphung ni lova mipa emaw, hmeichhia emaw chung a mipat hmeichhiatna hmanga titu chu dam chhung lung in tan emaw, kum 10 chhung tan leh pawisa chawitir emawa hrem theih an ni.

Section 497 - mi nu, pawm lai nei (*married woman*) a ni tih hre reng chung a lo uiretupa hremna dan a ni a, kum nga thleng tantir theihna leh chawitira hrem theih an ni. Amaherawhchu, sualna thuhmun renga lang, uirenu (hmeichhe uire) hremna dan erawh chu a awm ve miah lo.

Section 498A-ah chuan mipa/pasal leh a chhungten hmeichhe chungah kut an thlak emaw, rilru hah taka an siana, mahni intihnat leh intihlum hial duhna rilru pu khawpa an siam chuan kum thum thleng lung in tan emaw, pawisa chawitir emawa hrem theih an ni.

Section 312-314-ah hian hmeichhe remtihna tel lo emawa hriselna atana paw ni si lova a nau pai tihthlak a nih chuan a mawhphurtu kha kum 10 thleng a tang thei a, hmeichhia kha a nau tihthlak vangin a thi a nih pheih chuan dam chhung lung in tan theihna a ni.

Section 375 IPC (RAPE)-ah chuan heng a hnuai kan sawite anga mipain hmeichhia a pawl chuan RAPE (pawngsual) a ni tih kan hmu a ni: (a) Hmeichhe duh lohvin, (b) Hmeichhe remtihna lovin, (c) Amah emaw, mi dang a ngaih pawimawhte emaw tawrh emaw, thih emaw, hlauhawma daha, remtih luihtirin, (d) A pasal, dan ang thlapa a neih nia a ngaih vanga remtihna tel pawhin, (e) Rilru lam buaina emaw, ruih vang emaw, thil thianghlim lo eitir emaw avanga a lo remtih tak mai awmzia leh a hnu lam thil eng mah a hriat chian loh chuan, (f) A remtihna pawh ni se kum 16 hnuai lam mi a nih phawt chuan pawngsual a ni tho tho.

Pawngsual thubuai court-in a relin mi dang ngaihthlak leh hmuh phal a ni lo. Tin, *Section 327(3) CrPC* angin pawngsual thubuai rel dan hi court-a roreltu phalna la hmasa lo chuan khawiah mah chhuah chhawn phal a ni

lo. Mi tu pawh, chanchin-buah emaw pawnsual tuartu hming emaw, amah miin an hriat theihna tur emawa lo chhuahtu chu Section 228-A(I) IPC angin kum hnih thleng tantir leh pawisa chawitir theih an ni.

Section 376-ah hian mi tu pawhin hmeichhia a lo pawnsual a nih chuan kum sarih aia tlem lo lung in tantir theih a ni a, a rei lamah chuan kum 10 thleng lung in tan theih a ni.

2:Criminal Procedure Code

He danin hmeichhiate a humhalhna pawimawh zualte:

1) Police-ten an man hmeichhia chu a h m e i c h h i a t p u i t e chauhvin zahawm leh hawihhawm takin an dap thei ang. Section 51(2) leh Section 100(3).

2) Section 46(4) angin tlai ni tlak hnu leh zing ni chhuah hmian hmeichhia tu mah man theih an ni lo.

Man loh theih loh an nih erawh chuan Judicial Magistrate, First Class remtihna leh hriatpuina nen chauh 'police officer'-in a man thei ang.

3) Section 437-ah chuan bail theih loh case (Non-bailable offence)-ah pawh naupang kum 16 chin hnuai lam leh hmeichhia leh damlote chu BAIL-a chhuah theih an ni tih kan hmu a.

4) Section 125-ah chuan mipa tu pawhin a nupui nen an inthena a nupui kha mahnia inchawm thei lo a nih chuan Magistrate First Class hnenah dilna theh lutin, inneih certificate emaw, an innei ngei a ni tih lanna emaw VC hriatpuina leh naupang a nih chuan an Birth Certificate te thil telin court-ah a theh lut ang a, thla tin court-in awm leh tul a tih zat a pasal hlui khan a pe tur a ni. Nupui tih hian sumchhuah tawhte pawh a huam. Hetiang bawh hian an fate kum 18 tlin

hma leh hmeichhiain pasal dang a neih leh hmaa chawm tur a ni a; tin, an nu leh pa mahni inchawm thei lote pawhin an dil thei a ni. Mahse, hmeichhia a uire emaw, chhuanlam ṭha tawk awm lem lova a pasal hnena awm duh lo chuan inenkawlna a phut thei lo vang. Court-in chawmna tur order a siam hnuin he order hi zawm a nih loh chuan kum khat a ral hmain court-ah zualko tur a ni.

3: The Protection of Women from Domestic Violence Act, 2005

He dan hi 26th Oct. 2006 aṭangin ram puma hman tura tih a ni a, in chung khurah mipain nupuite mai bakah chungkhat laina hmeichhe dang awm vete chung a hleilenna khuahkhirhna dan a ni.

Domestic Violence tih chuan a) taksaa nghaisakna, b) hurna rawngkaia nghaisakna, c) ṭawngka leh rilru lama nghaisakna, d) ei leh bara

nghaisakna tih te a huam vek a ni. He dan hnuaiah hian mi pawimawh tak tak pathum kan nei a, chungte chu:-

(1) Magistrate First Class, (2) Protection Officer, (3) Service Provider te an ni. Magistrate hian a ṭul dan azirin heng order hi a pe thei:- (a) Protection order (In chhungkhura hlei-lenna laka venhimna thupek), (b) Residence Order (Boruak him tak hnuaia chenna tur thupek), (c) Monetary Relief, (d) Custody order (naupangte him taka khawsakna/chenna tur thupek) leh (e) Compensation order (In chhungkhura hleilenna avanga a tuartu hamṭhatna tura zangnadawmna thupek).

Tin, a tawp berah chuan kan sawi hmah theih loh mi rethei Ukil rawihna tur nei lo leh mi changhai zawk te, harsatna tawkte tan Mizoram State Legal Services Authority leh District tina District

Legal Services Authority-
te kan inhawng reng a ni.

Heng a chung a kan sawi
loh hmeichhiate Danin a
humhimna sawi tur tam tak
a la awm a, kan dinhmun a
tha viau tawh kan tih lai
hian kan hriat phak loh
lamah harsatna, tihduh-

dahna leh hmuhsitna tawk
tam tak an la awm tih hria
ila, kan hmeichhiatpui
dinhmun chhe tak taka
awmte chhan chhuaka pui
tur hian Kohhran
Hmeichhiaten Pathian
chakna ringin theihtawpin
hma i la tlang zel ang u.



HRIATTIRNA

Synod Multipurpose Training Centre, Mission
Vengthlang, Aizawlah a hnuaia Trade-ah te hian training
hawn a ni leh dawn a. A hnuaia hming ziak hnenah hian
Kohhran lehkha thil telin dilna theh luh theih a ni e.

1. Tailoring (Mipa) : Seat 20
2. Tailoring (Hmeichhia) : Seat 40
3. Shoe making (Mipa) : Seat 5

(Course : 15th Jan – 15th Dec. 2012)

Dil theih hun chhung : November 2011

Interview hun : December 13, 2011 dar 10 a.m.

Zir tura lakte chu thla tin stipend Rs. 500/- pek an ni ang.

Sd/-

Rev. F. Lalrinnunga
Programme Director
Synod Multipurpose Training Centre
Mission Vengthlang, Aizawl

RAHBI TLEU LAMA KAN RAWNGBAWLNA

- *Lalsawmliani*

*Convener, Rahbi Tleu Sub-Committee
Central Kohhran Hmeichhia*

'Rahbi Tleute chhan chhuah dan kawng zawng ni rawh se' tih kum 2009 Hmeichhe Inkhawmpui Lian Committee vawi 43-nain Central Committee te bawhzui tura a tih chu kalpui mek zel a ni a. Bial leh Kohhran mal aṅangtea in ṭhahnemngaihna luangliam kan lo dawn aṅangin rawngbawlna kan la chhonzawm zel a. Kohhran tinah General Secretary-in kan rawngbawlna report min rawn hriattir kha kan dawng ṭheuh tawhin a rinawm. Khang a rawn tar lan bakah khan YMA Central Committee-ten ruihhlo ngaite puala camping an buatsaihah Rs. 20,000-in ṭanpui an ni a. TNT Rs. 30,000-in ṭanpui a ni baw. Rahbi tleu damlo harsatna taw, damdawi in awm man peksak a ni. Matthaia 5:14-16-ah 'Khawvel êng in ni e, tlang chhipa khaw awm chu thuhruk theih a ni lo, miin khawvvar halin hrai hnuaiah an dah ngai lo, a dahnaah an dah zawk ṭhin. Tichuan, in chhunga mi zawng zawng a ên ṭhin. Chutiang bawkin in êng chu mi mit hmuhin êng rawh se, chutichuan in thil tihṭhatte an hmu ang a, in Pa vana mi an chawimawi thei ang' tih kan hmu.

Tlang chhipa khaw awm thuhruk theih loh ni turin keiniho hi Lalpan min dah a tum, kan chhehvela ringlote tan ênna ni turin. Chu chu Setanan thikin kan fanu te, fapate salah a man mek a ni. Ruihhlo hmang te, nun beidawanna avanga an taksa ṭha lo taka inzuara sual hmanrua ni turin, henghote chhan chhuak turin Lalpan min duh. Nunna kawng kawhhmuh tur te, nun kawng dika hruai tur te, eng ang pawhin Setanan kan fate salah manin khung bet mah sela, kan hneh ngei dawn a ni. Sual thiltihtheihna chu kan hneh ang hnehtu Pathian vangin tih a ni. Zoram nu zawng zawngte ṭan rawn la thar zel turin kan chah duh baw che u a. Kan inthlahdah loh zawngin a hun takah Lalpan min chhan chhuahsak ang. Secretary, Kohhran Hmeichhe Inkhawmpui Lianin Kohhran tina hriattirna a rawn thawn tawh angin Bial leh Kohhran mal pawhin Rahbi tleute chhan chhuah nan ṭan i la thar zel ang u.

**HMEICHHE RAHBI TLEUTE TANA SUM PETUTE
LEH AN PEK ZAT
(July 15, 2010 – July 2011)**

S/No. Bial/Kohhran hming	Pek zat
1. Champhai Vengsang Kohhran Hmeichhia	1,000
2. Tualcheng Kohhran Hmeichhia	1,000
3. Edenthar Kohhran Hmeichhia	2,000
4. Thuampui Kohhran Hmeichhia	2,000
5. Bungkawn Kohhran Hmeichhia	5,000
6. Saitual Kohhran Hmeichhia	4,000
7. Bawngkawn Chhim Veng Koh. Hmeichhia	2,000
8. Mualkawi Kohhran Hmeichhia	2,000
9. Lungdai Kohhran Hmeichhia	1,000
10. Biate North Kohhran Hmeichhia	1,000
11. Luangmual Vengthlang Koh. Hmeichhia	3,000
12. Sialsuk Bial Kohhran Hmeichhia	2,000
13. Khawzawl Vengsang Koh. Hmeichhia	1,000
14. Vairengte Hmar Veng Koh. Hmeichhia	1,000
15. Thakthing Veng Kohhran Hmeichhia	5,000
16. Tlangnuam Kohhran Hmeichhia	2,010
17. Vairengte Bial Kohhran Hmeichhia	2,000
18. N. Vanlaiphai Damdawi Veng Koh. Hmei.	2,000
19. Tumpui Kohhran Hmeichhia	2,000
20. Keifang Vengthar Kohhran Hmeichhia	2,000
21. Lungleng I Kohhran Hmeichhia	500
22. Shillong Mizo Kohhran Hmeichhia	2,000
23. Rullam Kohhran Hmeichhia	1,000
24. Khawzawl Hermon Koh. Hmeichhia	1,000
25. Tanhril Kohhran Hmeichhia	1,000
26. Bungkawn Bial Kohhran Hmeichhia	5,000
27. Seling Kohhran Hmeichhia	1,000
28. Tuikual North Kohhran Hmeichhia	1,000
29. Zokhawthar Kohhran Hmeichhia	1,000
30. Suangpuilawn North Koh. Hmeichhia	1,000
31. Bilkhawthlir Tuiṭha Veng Koh. Hmeichhia	1,000

32.	N.E. Tlangnuam Kohhran Hmeichhia	560
33.	Zarkawt Kohhran Hmeichhia	5,000
34.	E. Lungdar Kohhran Hmeichhia	1,000
35.	E. Lungdar Bial	4,000
36.	I.T.I. Vengchhak Kohhran Hmeichhia	2,000
37.	Madanriting Kohhran Hmeichhia	5,000
38.	Kulikawn Bial	2,000
39.	Khatla North Kohhran Hmeichhia	3,000
40.	Dawrpui Vengthar Kohhran Hmeichhia	3,000
41.	Kawlhem Kohhran Hmeichhia	1,000
42.	Kawlkulh Kohhran Hmeichhia	500
43.	Chanmari Kohhran Hmeichhia	3,000
44.	Ramhlun Vengchhak Kohhran Hmeichhia	2,000
45.	Melriat Kohhran Hmeichhia	1,000
46.	Kolasib Hmarveng Kohhran Hmeichhia	2,000
47.	Electric Veng Kohhran Hmeichhia	5,000
48.	Bilkhawthlir Bial	3,600
49.	Dawrpui Kohhran Hmeichhia	5,000
50.	Zemabawk North Kohhran Hmeichhia	1,000
51.	Thenzawl Field Veng Bial	1,000
52.	I.T.I. Kohhran Hmeichhia	3,000
53.	Meisatla Kohhran Hmeichhia	1,000
54.	Chawnpui Kohhran Hmeichhia	3,000
55.	Chanmari West Kohhran Hmeichhia	2,000
56.	Rawpuichhip Bial	1,000
57.	Marpara Ramthar Bial	1,000
58.	Kanan Kohhran Hmeichhia	5,000
59.	Hortoki Bial	2,122
60.	Sesawng Kohhran Hmeichhia	500
61.	Zote Bial	300
62.	Chekawn Venglai Kohhran Hmeichhia	500
63.	N. Serzawl Kohhran Hmeichhia	1,000
64.	Thingsulthliah Hospital Koh. Hmeichhia	3,000
65.	Tlangnuam Vengthar Kohhran Hmeichhia	1,000
66.	Vanzau Bial	500
67.	Champhai Hospital Veng Koh. Hmeichhia	1,000
68.	Bilkhawthlir Hmar Veng Bial	1,000

69.	Thuampui Bial	5,000
70.	Bawngkawn East Kohhran Hmeichhia	1,000
71.	Champhai Vengthlang	1,000
72.	Mamit Bial	4,280
73.	Republic Veng Bial	10,000
74.	Kolasib Vengthar Kohhran Hmeichhia	2,000
75.	Sesawng Vengthar Kohhran Hmeichhia	5,000
76.	Durtlang Bial	2,000
77.	Diakkawn Bial	2,000
78.	Sumsuih Kohhran Hmeichhia	500
79.	Bukupui Bial	2,000
80.	Vathuampui Bial	500
81.	Sesawng Bial	1,000
82.	Kelkang Bial	3,000
83.	Chhingchhip Bial	1,000
84.	Phairuang Kohhran Hmeichhia	1,000
85.	Nursery Veng Kohhran Hmeichhia	2,000
86.	Maubawk Bial	2,000
87.	Tuithiang Kohhran Hmeichhia	2,000
88.	Ngopa 'N' Kohhran Hmeichhia	1,000
89.	Lungkawlh Kohhran Hmeichhia	1,000
90.	K.C. Zakimi (Kohhran hming tar lan loh)	1,000
91.	Keifang Mual Veng Kohhran Hmeichhia	1,000
92.	Serchhip Vengchung Koh. Hmeichhia	2,000
93.	Lalsangliani (Kohhran hming tar lan loh)	3,000
94.	Champhai Ramthar Koh. Hmeichhia	500
95.	Piler Kohhran Hmeichhia	500
96.	Khatla Kohhran Hmeichhia	5,000
97.	Ramhlun Kohhran Hmeichhia	10,000
98.	Chawnpui Vengthlang Koh. Hmeichhia	1,000
99.	Thingsulthliah Kohhran Hmeichhia	500
100.	Ngopa Bial	1,000
101.	Kolasib Hmar Veng Bial	3,000
102.	New Serchhip Bial	3,000
103.	Pukzing Bial	1,000
104.	Vathuampui Bial	500
105.	Zote Bial	500

*Ei siam dan***MAUTUAI PICKLES****Telh turte**

Mautuai	:	½kg.
Aieng	:	Thirfian lian khat
Anṭam chi	:	Thirfian lian thum (rawt dip tur)
Purun var	:	Bul khat (rawt dip tur)
Sawhthing	:	Inchi khat bial (rawt dip tur)
Hmarcha powder	:	Fiante hnih
Oil	:	No hnih
Chini	:	Thirfian lian hnih
Vineger	:	No khat
Chi	:	Duh ang/a al tawk

A siam dan

1. Mautuai chu duh anga chan sawma, tuiah ni khat chiah tur a ni.
2. Sil faia, ṭham chhuaha, chi ala, tui thianghlim leiha, minute 10 vel chhum tur a ni.
3. Tui chu thli chhuak la, mautuai chu dah hul deuh tur a ni.
4. Tel chhuan sata, masala telh turte chu telh veka, mautuai pawh thlak nghal tur a ni.
5. Vinegar te, chi te, chini te chu telh la, ngun takin chawk la, suan rawh. A chim tawkin tel leih la, saidawium faiah dah rawh. Phui taka chhin tur a ni.

Presbyterian Kohhran Hmeichhia, Central Committee
 chuan E-mail a nei ve ta. Thu thawn duh leh thu pawimawh
 hriattir duh neite tan he address-ah hian a thawn theih ta e:
centralpkh@gmail.com

Kan Hruaitute Chanchin**PI K. LALTHANPARI, COM. MEMBER**

Pi K.Lalthanpari hi Pu Khawkhama (L) leh Pi Zaingeni (L) te fa pasarih zinga a palina niin Tlangsam (Champhai) khuaah a piang a. July 21, 1968 khan Pu Khawlmawia nen an innei a, fanu 3 leh fapa 1 an nei a, tu - 9 leh tuchhuan - 1 neiin Tuikual North 'C'-ah an chhungkuain an cheng a ni.



Zirna lamah chuan matric a zo va, Champhai khuaa hmeichhia Matric pass hmasa ber dawttu a ni a, khawl chhu thiam hmasa ber a ni baw. Hna chi hrang hrang tha tak tak a thawk thin a, kum 1990 khan Sainik Welfare Dept.-ah Superintendent-in a awm a, May 2008 khan a pension a ni.

Rawngbawlna lamah chuan a nulat lai atangin naupang S.S. zirtirtu-ah te, Secretary-ah te atangin **Kohhran Hmeichhiaah** hetiang hian chanvo a chelh tawh: 1983-87 - Comt. member; 1987-1992 - Fin. Secretary; 1993-1996 - Secretary; 1997-1998 - Asst. Secretary; 2001-2002 & 2007-2008 - Chairman; 2009-2010 - Vice Chairman te a ni tawh a ni.

Bial Hmeichhiaah: Kum 1987-1992 - Comt. member; 2001-2001 & 2006-2009 - Secretary; 2005-ah Asst. Secretary-ah te atangin tunah Comt. member-in a awm a; 1991-1993 chhung khan Bial Buhfaitham ziaktu a ni baw. Kum 2009 khan Tuikual Bial atangin Central Comt.-ah a rawn lut a, term hnihna a hmang mek a ni. **Kohhranah** Puitling S.S. Zirtirtu, Thuhritu, Ramthar Comt., Evan. Cell Comt. member a ni baw.

Sam No. 37:1-6; Thuf. 22:1-4 leh Joh. 15:14 te hi a Bible chang duhte an ni a, KHB No. 209 "*Thu mak ka sawi nin theih loh chu*" hi a hla duh ber a ni baw.

Pi Pari hi a theih leh phak ang tawk tawka Pathian rawngbawl duh mi leh mahni mawhpurhna hlen tum tlat mi a ni a. Mi nunnem, zaidam, nelawm leh thawhpui nuam tak a ni.

PI LALCHAWIMAWII, COM. MEMBER



Pi Lalchawimawii hi Pu Vanhnuaitanga leh Pi Hmangaihi fa a ni a, a pasal Pu Lalengmawia nen January 11, 1985 khan innein fapa 1 leh fanu 4 neiin tu 5 an nei tawh a, an chhungkuain Edentharah an cheng a; eizawna lamah chuan Primary School zirtirtu a ni.

Rawngbawlana Bial leh Kohhran mala a nihna tlangpuite lo tar lang ila.

Bial Hmeichhiaah: 1993-1996-ah Comt. member; 1997-2001-ah Fin. Secretary; 2001-2003 & 2005-2009-ah Asst. Secretary; 2010-2011-ah Secretary te leh 2000-ah Bial Buhfaitham Ziaktu a ni baw.

Kohhran Hmeichhiaah: Kum 2003-2004-ah Comt. member; 1988-1994 & 1997-1998 & 2000-ah Secretary; 2001-2002 & 2008-ah Vice Chairman; 1999-2000; 2005-2007; 2009-2010-ah Chairman hna te a lo chelh tawh a ni.

Kum 2009 khan Chanmari Bial atangin Central Comt. ah a rawn lut a, term hnihna a hmang mek a ni. Kohhranah Senior Dept., Sacrament Dept., Beginner Dept-ah te Zirtirtu leh Leader-ah a tang thin a. Tunah hian Puitling S.S. Zirtirtu, Thuhriltu leh Kristian Chhungkaw Comt. member a ni baw.

Sam 20:7,8 hi a Bible chang duh tak zinga mi a ni a; KHB No. 266 "I lamah min hip rawh" tih hi a hla duh tak a ni baw.

Zoram nuten Kristian chhungkua kan din kawngah harsatna leh tuarna te tawh thin mah ila, kan hmaa tih tur hlen zel hi min kotu duh zawng a nih vangin chhel leh huai taka kal zel turin duhsakna a hlanin a ngen baw a ni.

Pi Chawimawii hi Pathianin rawngbawl tura a kohna tihlawhtling tura mi tum ruh tak a ni a. A nungchang a mawi a, mi zaingai taka khawsa thiam mi a ni baw. Thlarau lam nunah pawh a mit a mengin Pathian ram tulna hre mi tak a ni. Hetiang hruaitu kan nei hi kan vannei hle.

HRIAT ATAN

1. ZIN REPORT

- (1) **Kolasib Diakkawn Bial** : July 1-3, 2011 chhung khan Kolasib Diakkawn Bial huapin New Diakkawn Kohhranah Leadership Training leh Kristian Chhungkaw Campaign neih a ni a, Pi Khawlvuani, Vice Chairman, Pi Hmingkhumi, Com. Member leh Pi C. Lalrotluangi, Com. Member-te an kal a, he hun hmanh tur hian mi 127 lai an kal khawm thei a, a lawmawm hle.
- (2) **Kelkang Bial** : August 5-7, 2011 chhung khan Kelkang Bial huapin Kelkang Kohhranah Leadership Training leh Kristian Chhungkaw Campaign neih a ni a. Central Committee aṅgin Pi Laldawnkimi, Asst. Secretary, Pi K. Lalthanpari leh Pi C. Lalrinliani Committee member-te an kal. Bial chhungah hian Kohhran pali an awm a, Kohhran tin aṅga Leadership Training nei tura lo kal khawm chu mi 130 lai an tling a ni. Inrinni zan aṅga Pathianni zan thlengin Kristian chhungkaw Campaign neih a ni a, hun pawh ṭha takin an hmanh thei a, inkhawm banah inkawm khawm hun an hmanh thei bawk.
- (3) **Khawzawl Vengthar Bial** : August 6-7, 2011 hmangin Khawzawl Vengthar Bial-ah Kristian Chhungkaw Campaign neih a ni a, Hermon, Electric, Vengthar leh Neihdawn kohhranah te hun an hmanh. Central Committee aṅgin Pi Lalchawimawii, Pi Rochhungi, Pi Laltlanthangi leh Pi Zohmachhuani te an kal. Heng Kohhranah te hian Kristian chhungkaw thupui ṭhen hrang hrang sawiin tluang takin hun an hmanh. Khawzawl Vengthar Bial hmeichhiate hian an Bial dinhmun hriain ṭan an la hle a, Kohhran

Committee, KṚP, Pavalai te nen ṭang kawpin Campaign an nei ṭhin a, Bialtu Pastor te inpekna a ropui a, an Bial chhungah Pathian ram a zau zel kan beisei a ni.

2. August 20, 2011 (Inrinni)-a Synod Mission Board leh Interserve ṭang kawpin Tent Making Ministry tih thupui hmangin Seminar a buatsaih a. Hetah hian Pi H. Lalpianthangi, Gen. Secretary a kal. Hetah hian Mr. John Amalraj, National Interserve India, Pune-a mi leh Upa Dr. L.N. Tluanga, Mission Veng, Aizawlten paper an buatsaih chu zir ho a ni. Tent Making Ministry-in a tum ber chu ringtuten kan awmna apianga kan chet zia, nun kawng peng tinrenga Krista ringtu kan nih tihlan zel hi a ni.
3. August 18-20, 2011 chhung khan CARE, World Vision India buatsaihin '**Channels of Hope**' tih thupui hmanga Workshop neih a ni a. Hetah hian Central Committee aiawhin Pi Lalplanmawii, Chairman leh Dr. Vanlalhruii an tel. Programme neihna hmun hi Synod Conference Centre-ah a ni.

SAWMNA

Champhai Vengthlang Presbyterian Kohhran chuan kum 100-na kan lo thlen tak avangin Ni 18-23 October, 2011 chhung hian a hlim thei ang bera lawm kan tum a. Champhai Vengthlang Kohhrana lo lawi tawh phawt chu he lawmna ni min rawn hmanpui tur hian kan sawm vek a che u.

Sd/-

J.C. Laldinsanga

Secretary

Information & Publicity Sub-Committee

2011-2013 INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Laltlanmawii
Vice Chairman	:	Pi Khawlvuani
Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Laldawnkimi
Treasurer	:	Pi Lalsawmliani
Fin. Secretary	:	Pi Liankimi

Committee Member-te

- | | |
|-------------------------|-------------------------|
| 1. Pi C. Vanlalhmuaiki | 2. Pi Raldochhungi |
| 3. Pi K. Lalthanpari | 4. Pi Biakengi |
| 5. Pi Malsawmtluangi | 6. Pi Lalnuntluangi |
| 7. Pi Lalchawimawii | 8. Pi Hmingkhumi |
| 9. Pi C. Lianpari | 10. Pi Rochhungi |
| 11. Ni. Lalthantluangi | 12. Pi C. Lalneihthangi |
| 13. Pi Rosangpuii | 14. Pi Zohmachhuani |
| 15. Pi Parchhuaki | 16. Pi Liansangi |
| 17. Pi K. Lalthangmawii | 18. Pi Vanlalpari |
| 19. Pi C. Lalrinliani | 20. Pi Ramngaihsangi |
| 21. Pi Rochuangkimi | 22. Pi Laltlanthangi |
| 23. Pi C. Lalrotluangi | 24. Dr. Vanlalhruaii |
| 25. Pi Vanlalhtluangi | 26. Pi Lalthansangi |
| 27. Pi H. Kapthangi | 28. Pi Lalrinzuali |
| 29. Pi Lalrindiki | 30. Pi Lalrinkimi |
| 31. Ni. Vanlalsawmi | Co-ordinator |
- Asst. Co-ordinator

Ex-Officio Member-te

1. Rev. C. Lalsangliana, Synod Moderator
2. Rev. P.C. Pachhunga, Synod Secretary (Sr.)
3. Rev. Lalzuihanga, Executive Secretary i/c Women
4. Pi C. Lalneihkimi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh. 1:8)

- Din chhan**
1. Kohran pum rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura ÷an lak.
 3. ÷anpui ngaite Krista hminga ÷anpui.
 4. Chanchin ÷ha puan darh.



July 1 - 3, 2011 khan New Diakkawn Bialah Leadership Training leh Kristian chungkaw campaign neih a ni.



August 5 - 7, 2011 khan Kelkang Bialah Leadership Training leh Kristian chungkaw campaign neih a ni.



August 6-7, 2011 khan Khawzawl Vengthar Bialah Leadership Training leh Kristian chungkaw campaign neih a ni.

To,

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