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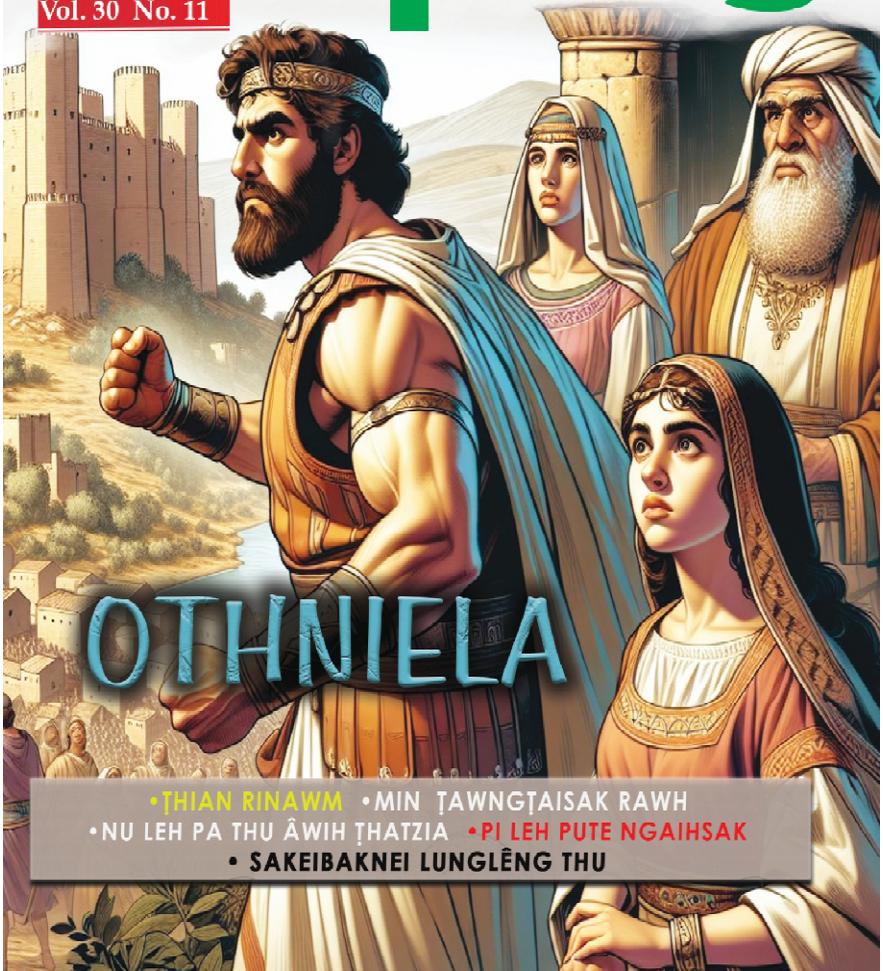
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# Kristian Naupang



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• THIAN RINAWM • MIN ƧAWNGƧAISAK RAWH  
• NU LEH PA THU ÂWIH ƧHATZIA • PI LEH PUTE NGAHSK  
• SAKEIBAKNEI LUNGLÊNG THU

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A man pe duh leh a bu la duh chuan

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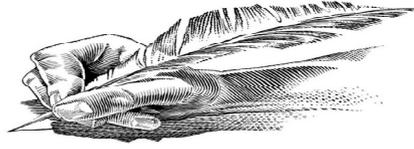
*Kristian Naupanga thu cbhuabte hi Editor ngaih dân a ni vek kher lo.*

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## *Editorial*



### KAN VÂÑNEI

Kristian naupang leh tleirâwlte hian kan vâñneihzia hi kan ngaihtuah ngai em aw? Kan vâñneihzia hre tûr chuan ngun taka thil kan ngaihtuah a ngai ðhîn.

Khawvêl hmun hrang hrangah indona a thleng a. Kan ram ðhenawm maiah pawh ram a buai avângin kan ramah râltlân tam tak an awm mêk a. Indona a thlena a tuar nasatu chu naupangte an ni ðhîn. Naupang tam takin indona avângin an nu leh pate an chôn a, sikul te an kal ðha thei lo va, an inkhâwm mumal thei lo va, ei tûr tlachham te pawh tam tak an awm a ni. Keini erawh chu indonain min tibuai ve lo va; thlamuang takin lehkhâ te kan zir a, kan inkhâwm thei a, puar takin chaw kan ei thei bîk a nih hi ti rawh u. Kan vâñnei tak zet a ni.

Khawvêl hmasâwnna avângin tûnah chuan awlsam takin hmuhnawm kan tih zâwng te, kan chhiar duh zâwng te leh kan khelh duh zâwng te kan duh hun hunah kan hmet chhuak zung zung thei a. Hêng thil thleng pângngai leh a tûr ve rênga kan ngaihte hi kan pi leh pu te, kan nu leh pa te keini ang rual an nih lai chuan a awm ve hauh lo. Hêng thilte kan naupan lai leh kan tleirâwl laia kan tih theih avânga kan vâñneih bîkzia te hi kan ngaihtuah ngai em?

Hêng zawng zawng hi Pathian zâra kan neih leh kan tawn a ni a. Vâñneihna hrang hrang min tawntûrtu Pathian hnênah lâwm thu sawi ðhîn ila; kan nu leh pa te, kan pi leh pu te leh min enkawltu dang te thu âwih hi Pathian thu âwihna a ni tih hi i hre reng ang u.

## ṬHIAN RINAWM

*Lalrinmuani  
Intermediate Department  
Model Vêng, Aizâwl*

Khaw pakhatah hian ṭhian inkâwm ngeih deuh pahnih Rinzuala leh Liansânga te hi an awm a. Rinzuala chu mi harhvâng tak a ni, Liansânga erawh chu mi zawiawi deuh a ni thung. An pahnih chuan engkim an ti dôn ṭhîn a, an pahniha an awm dun phawt chuan ṭhian dang hi an ngai lo a ni.

Ni khat chu Rinzuala'n Liansânga chu lui kal tûrin a sâwm a, Liansanga chuan hnial hran lovin luiah chuan an kal ta a. Lui an zuk thleng chu nuam an ti dôn hle, luiah te chuan an inchiah dai bawk a. Chutia hlim taka an awm lai chuan sakei chu hnim buk kêr aṭang chuan a rawn chhuak ta phut mai, a zuang chhuak a ni ber ang chu, an hlau lutuk chu an ṭe ṭhawt a, chak takin an tlân nghâl a. Rinzuala chu thingkûng a hmuh hmasak berah chuan a lâwn a, a hlau lutuk chu invuan nghet thei lovin thingkûng aṭang chuan a tla thla ta dawm mai a, a lu chu leiah sawh ri pawpin nikhaw hre lovin a awm zui ta a.

Liansânga chuan a ṭhianpa leia mu chu hmuin, a lam pan chuan a tlân pheï ta vat a, sakei a awm

nge awm lo tih pawh a hre chang tawh lovin a buaipui vat a. Chutia a buaipui mêk lai chuan sakei chu an lam panin a rawn kal ta mai. L i a n s â n g a mangang lutuk chuan Rinzuala chu a hnûk ta dawt dawt mai a. Sakei pawh chuan a rawn n a n g c h î n g thuai a. Sakeiin rawn zuan a tum lai tak chuan Liansânga chuan hreipui a la fuh hlauh mai a, chu chuan sakei lu-ah tak chuan a chêk ta pawp mai a, sakei chu tlu tawpin, che leh tûr pawh a awm tawh lo a ni.



Rinzuala chu zawi zawiin a lo harh ãan a, a lu nâ a tih vâng leh a la hai deuh avângin Liansânga chuan a paw ta tawp a, chau tak chungin a kalpui a. Ram kal dangte chuan rawn hmuin ãanpui an ngai a ni tih hriain an ãanpui ta vat a. Mi dangte ãanpuina azârah him leh dam takin in an thleng thei ta a ni.

ṚṤṤIAN RINAWM chuan harsatna kârah pawh a phatsan ngai lovang che.

## ZUN THLUM LEH BP SÂNG

*Lalrinnunga  
Intermediate Department  
Sailutâr Kohhran*

Khawvêl pumin zun thlum leh BP sâng hi an buaipui ber a ni ta. He natna pahnih hi hriat chhuah a nih vat loh chuan thihna hial a thlen thei a ni. BP sâng lo awm chhan te chu - nun dân hrisêl lo kan neih vâng te, rihna in-control loh vâng te, ei leh in hrisêl lo vâng te, taksa kan sawizawi that loh vâng te a ni chhawk. Chi ei tam avângin chi-a sodium awm hian thisen sâng a siam nasa hle a, BP sâng nei tân stroke neihna chance a sâng hle a, thil mawm lam ei tam suh ang che.

Zun thlum hi a nei te hian a ʔan tîrah insawisêlna an nei lo tângpui a, a khât tâwka BP check ʔhin tîr hi a fin thlâk hle. Zun thlum lan chhuah dân te chu - rilʔâm huam huam te, taksa chau leh nguaina te, zun chhuak sek te, tuihâl huam huam te, mit khaw hmuh fiah loh te hi a ni. Zun thlum hi inthlah chhâwn theih a ni a, pem neih hlekin a dam har hle bawk.

BP sâng leh zun thlum laka invên dân chu - thei lam chi leh thlai lam chi ei tam la, exercise la ʔha bawk ang che. Awm âwl lutuk lo la, kein kal tam rawh.

Tunlâiah chuan khaw tinin Sub- Centre kan nei deuh vek tawh a, ÷angkâi taka hmangin kan hrisêlna te enfiah ila, kan dinhmun te hriat chian nân a ÷angkâi hle a ni.

A tâwp nân, BP sâng leh zun thlum nei tân hian rilru hahdam taka awm a ÷ha a, he natna lakah hian mi tin te fîmkhur tûrin ka chah duh che u a ni. He natna hi kum upa lam natna a ni bîk lo va, tleirâwl lai a÷ang pawha he natna hi neih theih a nih avângin kan fîmkhur a ngai hle a ni.

(He thu- Zunthlum leh BP sâng tih hi Sailutâr Health Sub-Centre-in Zun thlum leh BP sâng chungchâng Essay Writing Competition, Govt. Sailutâr Middle School zir laite tâna ni 13.06.2025-a a buatsaiha lâwmman pakhatna dawngtu Labrinnunga s/o Upa Lalhminghluna Kawlni, Class VII zir laiin a ziah a ni e)

Target Blood Sugar Levels for Diabetes	
Age 6-12	Age 13-19
Fasting <b>80-180</b>	Fasting <b>70-150</b>
Before Meal <b>90-180</b>	Before Meal <b>90-130</b>
Before Exercise <b>at least 150</b> <small>(depends on intensity and duration)</small>	Before Exercise <b>at least 150</b> <small>(depends on intensity and duration)</small>
Bedtime <b>100-180</b>	Bedtime <b>90-150</b>
Amounts shown above mg/dL	
A1c <b>less than or around 8.0%</b>	A1c <b>less than or around 7.5%</b>

## ZÛ LEH RUIHHLO

*Eric Lalnunmawia*  
*Joint Editor, KNP*

Khawvêl pum puiah hian motor chêtsualna te, rûkrûk leh sualna chi hrang tam tak a thleng reng a. Chûng thil thlen nachhan chu han chhui ila, a chhan chu a inang deuh ðup mai nia! Chu chu eng nge nia in rin le? Thil sual chi hrang hrang min tihtîrtu, mi fing leh fel tak pawh mi â ang maia siamtu leh Pathian duh loh zâwnng min tihtîrtu thil ðha lo tak mai chanchin vawiinah hian kan zir dâwn a. In dam chhûng chauh ni lovin, thih hnua in awmna tûr thlenga hriltu a nih avângin ngun takin in lo ngaithla dâwn nia.



Thlalâk ni lo, mit ngeia zû leh ruihhlo hmu tawh kan ni deuh vek awm e. Thil tui eng pawh, ina min tirui thei apiang chu zû tih hian a kâwk vek a. A

siam dân te, a hmanrua te, a rawng te chu eng pawh ni se, zû tawh phawt chu a tha lo vek a ni. Hmânlai chuan grape rah aţanga siam uain hi Judate chaw pakhat a ni a, rui khawpa in erawh chu thil sual a ni. Ruihhlo

pawh hi chutiang tho chu a ni a.

Ruih atân hrim hrima siam chu awm tho mah sela, tam tak chu damdawi atâna siam, hman dik loh a ni hlawm a.

Ruihhlo tih hian damdawi atân ni lo, ruih atân leh nawm chenna atâna damdawi leh ruih theih thil dang ei, in leh hnimte a huam vek a ni.

Zû leh ruihhlo ti thîn mi zahawm tak hriat in nei em? An awm miah lo. Bible-ah hian zu ruih that lohzia kan hmu tam em em a. Kan taksa hi Pathian in a ni a, Pathian in tikhawlotu chu Pathianin a tikhawloh ve tûr thu min hrih (1 Kor 3:17). Zû leh ruihhlo hi kan chakna, hmêl mawina leh hrisêlna tichhetu a nih bâkah zahna leh mualphona thlentu a ni a, dam rei lohna a ni bawk. Mi thenkhat chuan zu leh ruihhlo an ti a, chutiang

## ALCOHOL AND DRUG USE AND HIV



Alcohol misuse and illegal substance use **can harm your health** if you have HIV.

**For help:**

[FindTreatment.gov](https://www.findtreatment.gov)

mite chu an dam rei lo êm êm a ni. Natna hlauhawm kai theihna a ni leh zêl a.

Zû leh ruihhlo ti ðhînte chuan natna hlauhawm tak tak mîliam te, thinlian te, kal ðha lo te, AIDS leh natna hlauhawm tak tak an vei awl bîk a. Chûng zawng zawng aia pawî ber tûr chu chatuan boralna kawnga hruaitu a ni. Bible-ah pawh hian zu leh ruih theih thil ðhat lohzia kan hmu tam hle a. Zu ruih chîngte chu ‘mi â’ a ti a, vânrâm kai lo tûr zîngah a sawi tel nghe nghe a ni.

Miîn zû a in chhan leh ruihhlo a tih chhan ber hi eng nge nia in rin? A tui vâng a nih in ring em? Teuh lo mai. Zu leh ruihhlo ti ðhînte hian vawi khat an tihchhin avâng a ti hlen ta an ni a. Chuvângin, tihchhin miah loh tûr a ni. Mi ðhenkhat chuan ðhiante an zah avângin zu leh ruihhlo an ti ve ringawt a, a pawî êm êm a ni. Chuvângin, hêng thil ðha lo tak hi in tih ve lohna tûrin ðhian ðha lo chu kawm loh tawp tûr a ni a.

In ðhianten zu in tûr emaw, thil ðha lo ti tûr emawa an thlêm che u a nih pawhin ‘Ka duh lo’ in ti tlat tûr a ni. Bible-a ðhianho fel deuh mai, Daniela leh a ðhiante chanchin hi in hre tawh ngai em? Daniela leh a ðhiante chu an hotuten zu



in ve tûra an tih pawhin an duh miah lo va. An ðhian zu in ðhînte ai chuan an hmêl a ðhain an hrisêl zâwk a, an fing zâwk êm êm bawk a ni. Zu leh ruihhlo laka in fihlîm theih nân inkhâwm te, ðawngtai te, Bible chhiar te hi a ðangkai hle a ni.

\*\*\*\*\*



**FJ SANDY**

Rev. Frederick Joseph Sandy-a, Mizoten Pu Di-a kan tih mai hi lehkha thiam leh rawngbâwlna kawnga inpe zo tak a ni a, Zosâpte zînga Mizorama lu phûm awm chhun a ni a. Durtlâng Kohhran Biak In kawtah khian a thlân lung phun a ni. Kum 1914-ah Mizoramah lo chhuakin bul lo ðantu Rev. D.E. Jones (Zosâphluia) thachhang dâwltu pawimawh tak a ni. Zirna lama mi tui tak a ni a. Pu Zosâphluian zirna lam chu a kutah a dah tâk hnuah pheï chuan nasa takin he lamah hian hma a la a ni. Sikul enkawltu nih leh endiktu nih a fâwm a. Mizorama zirna chu nasa takin a tihmasâwn a ni.



## OTHNIELA

Hnam hrang hrangte hian pasalṭha hmingthang an nei hlawm a. Mizo zîngah pawh Vânapa te, Khuangchêra te, Taitesena leh a dang tam tak an awm a ni. Hêng pasalṭhate hian ramsa hlauhawm leh hmêlma lak aṭangin mite an chhanhim ṭhîn a. Hlauhawm a lo thlen pawhin hlau miah lo ang maiin an lo bei lêt ṭhîn a ni.

Pasalṭhate hi an hlu êm êm a, an chanchin hi th a w n t h u ngaihnawm tak a ni.



Mosia a thih hnuah Josua chuan Israel-te chu Kanaan ram a hruai thleng ta a. Josua leh mi dang, Lalpan an hnam chung a thil ropui tak a tih hmu phâkhote an thih hnuah chuan, Israel-te chuan Lalpa chu an phatsan a, Baal leh Aseri-te an be ta a ni. Baal chu Kanaan rama lo chêng hmasate biak ṭhîn pathian hming a ni a, 'neitu, hotu, lalpa' tihna a ni a. Baal chuan nupui a nei a, chu chu Aseri an tih hi a ni. Israel-ten an hneh hnu Kanaan mite pathian an be ve ta mai hi a mak ti r'u? Lalpa pawhin mak a ti a ni

ngei ang, amah an hriat chhuah leh theih nân hmêlma, Mesopotamia ram lal Kusan-risathaima kutah kum riat chhông zet a pe a ni. Mesopotamia ram chu Abrahamama te khaw hlui Haran awmna ram kha a ni.

Kusan-risathaima awp behna hnuaia awm chu Israel-te chuan hrehawm an ti hle mai a, anmahni chhan chhuak tûrin an kalsan hnu Lalpa chu an au ta a. Chu hun chu Pathianin a nghah reng a ni a. An auh veleh chuan anmahni chhan chhuak tûrin mi huaisen tak a ruat a, chu chu Othniela a ni. A hming awmzia chu ‘Ka chakna chu Pathian a ni’ tihna a ni. Othniela hi Kaleba nau Kenaza fapa a ni a, Juda hnam a ni. Othniela hian a hming hi a pu zo hle. Mi chak huaisen a ni a, indo thiam tak a ni bawk.

Othniela chuan Israel ram chhônga lo awm hmasa Kanan-hote chu huaisen takin a do va. A pa u Kaleba chuan, “Tu pawh Kiriath-sepher khua chu beia la thei apiang chu ka fanu Aksai ka neihtîr ang,” a ti a. Othniela chuan a han bei a, a hneh ta mai a, Aksai chu nupuiah a nei ta a ni. Chutiang taka huaisen Othniela chu Pathianin Israel-te chungarorêltu hmasa ber atân a thlang ta a ni.

Pathianin hna bîk thawk tûra mi a ruat rêng rêngin a Thlarauvin a thum thîn a. Othniela pawh hi rorêltu atâna ruat a nih veleh a chungah Lalpa Thlarau a lo thlang a. Lalpa Thlarauvin a chênchilhte chu mi huaisen tak an ni zêl a ni (Ro

6:34; 11:29; 14:6). A chung a Lalpa Thlarau a lo thlen chuan an hmêlma, an huat baw si, an hlauh baw si Mesopotamia ram lal Kusan-risathaima do tûrin Othniela chu a va kal ta a. Mesopotamia ram chu Israel ram



aţanga hla tak a ni a. Lalpan a ţanpui avângin indonaah chuan hnehtu an va ni ta a ni. Mi huaisen, Pathian ringtu ţa tak ni baw. Othniela rorêltu a nih chhûng chuan Israel-te chu tu mân an bei ngam ta lo va, an ram chu kum 40 lai râlmuangin a awm a. Tichuan, Othniela chu a thi ta a ni. Keini pawh Lalpa Thlarauvin min awmpui chuan kan lo huaisen ang a, mi dangte thlamuantu kan lo ni thei dâwn a ni.

## Zawhna

1. Lalpa hawisanin Israel-te khân eng nge an biak?
2. Lalpan tu kutah nge Israel-te kha a pêk?
3. Othniela hming awmzia eng nge?
4. Othniela nupui kha tu nge?
5. Israel ram kha kum eng zât nge râlmuanga a awm?

## RINPUIA LEH APUIA TE UNAU

*Laldampuii Pachuau  
Junior Department  
Nursery Vênglai Kohhran*

Khaw pakhata hian unau pahnih an awm a, an hming chu Rinpuia leh Apuia te an ni. Apuia chu nu leh pa thu âwih tak mai leh, lehkha zir peih tak mai a ni a, Rinpuia ve thung chu nu leh pa thu âwih lo tak mai a ni a, engtik lai pawn games a khêl reng mai a. Kum tam tak a liam hnuah chuan Apuia te unau pawh an lo tlangvâl ve ta a, Apuia chu nu leh pa thu a la âwih zel a; Rinpuia chuan nu leh pa thu a âwih lo telh telh a, ruihhlo chi hrang hrang a ti tam telh telh a.

Ni khat chu Rinpuia kawng kân tûr chu motor-in a su a, damdawi inah an kalpui a. Apuia chuan Rinpuia chu Pathian thu a hrilh a, chuta țang chuan Rinpuia chu a inhmuchhuak a. Apuia'n Pathian thu a hrilh ațang kha chuan natna khuma mu reng chungin a nun a hlim chho ta hle a, a nu leh pate pawhin a țhat chhuah leh ngei an beisei laiin Rinpuia chu a boral ta a ni.

Apuia erawh chu hnate a hmu a, kohhran lamah pawh a pawimawh êm êm a, nupui fanaute a nei bawk a. A nu leh pate thu a âwih țhin êm avângin Pathianin mal a sâwm a, kristian chhûngkaw țha tak dinin, hlim takin an awm ta a ni.

## NU LEH PA THU ÂWĪH ṬHATZIA

*Lalhlupui*

*Junior Dāpartment*

*N. Vanlaiphai Vēnglai Kohhran*

Hmânlai hian naupang pakhat Kimi hi a awm a. An unau chu pathum an ni a, unau fel tak leh nu leh pate thu âwĭh tak an ni. An chhŭngkua chu an rethei êm êm a. A nu te chu an feh ṭhîn a; an unau chuan sikul bânah te chawhmeh an zuar kual ṭhîn a ni. Nu leh pa thu an âwĭh avângin lehkha zir an taima êm êm a ni.

Ni khat chu an unauvin chawhmeh an zawrh laiin Kimi nau Zuala chu bike-in a su palh hlauh mai a. Damdawi in an pan a, daktawr chuan, “A ke hi a tinâ a, hlauhawm a ni lo va, a dam leh thuai mai ang,” a ti a. A nuin damdawi a hnawih leh a eitîr te chuan a hnial ngai lo va, a dam leh thuai a, damdawi in aṭang chuan hlim takin an chhuak leh ta a ni.

Kimi te unau chu naupang dangte chuan an hmusit ṭhîn hle a. An bulah pawh tuman an awmtîr ve duh lo va, kawm pawh an kâwm ve duh ngai lo hial a ni. Kimi te unua chuan naupang dang te aiin lehkha an zir nasa a. Exam-naah te naupang dangin an entawn vêl ṭhin lai pawhin an unau chuan entawn an duh ve ngai lo a ni.

Kum tam tak hnuah chuan Kimi te unau chu hna tha tak an nei a. An thiante Kimi te unau hmusittute ho kha chu a then jail-ah te an awm a, a thente chu kut hnathawk an ni a; mahse, Kimi te chu nu leh pa thu an awih a, lehkha taima taka an zir thin avangin an unau chuan in tha tak an sa a. An nu leh pate chu an tihlim em em a. Pathianin mal a sawm a, chhung inkhawmah te an inhman chhawk thin a. Lirtheite pawh scooty te, motor car te, bike te leh pick-up te an nei a. An chungkua chuan hlim takin an awm ta a ni.

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## BEIDAWNG SUH

Lehkha thiam duh ve si, thiam thei lo tak ni si mi tam tak an awm. Chutiang mi i nih pawhin beidawng reng reng suh. Beidawng miah lo va, rilru tha tak pu chung a hma lam pan tum tlat mi i nih chuan Pathianin mal a sawm ngei ngei ang che. Lalpa i tihlawm chuan, i tluk phak loh tur nia i hriatte thlen phak loh i thleng thei.

Mi fing leh ropui tak tak nia kan hriatte pawh an beidawng thei a; i tluk loh, i aw h em em nia i hriatte ai khan i chanvo a la tha zawk daih thei tih hria ang che.

## PI LEH PUTE NGAHSAK

*Rev. Lalsangbera  
Mission Veng*

Chhûngkuaah hian mi hrang hrang kan awm a, kan hnathawh leh kan theihna a inang vek lo va; mahse, hlutna erawh kan nei vek a ni. Kan hlutna te kan inhriatsak a pawimawh hle ang. Pi leh pute hi chhûngkaw bulpuite an nih avângin an hlu hle a ni. Pi leh pi hmu pha lo mi tam tak an awm laia an la dampui kan nih chuan kan vânei hle tihna a ni.

Kan pi leh pute chu kum upa lam an ni a, an phunchiarin an lo rimtui tawh lo pawh a ni thei a; mahse, hmuhsit miah loh tûr. Malsâwmna chi hrang hrang kan dawnna bulpuite



an ni a, zah tak leh vânei inti taka enkawl tûr an ni. An that laia kan tâna an hlutzia hriat reng a pawimawh. Ning âwm taka biak loh tûr a ni a, zahawm leh ngâi sâng taka biak tlat tûr an ni. An mutna te chu a faiin hmuh a nuam tûr a ni. Ei leh

inah thlim miah loh tur. Tui lum leh thingpui te, an ei châk zâwng te ngaihtuah a, an bula chhawp fo tûr a ni.

Tunlai chanchin thar leh thil thlengte pawh an hre tlêm a, hrilh ve fo tûr a ni. Awkâ vîna biak leh hnawk ti rilru pua biak loh tûr. Zîng thawh hlimah zân lama an mut theih leh theih loh te, nâ leh hrehawm an neih leh



neih loh te zawh thîn tûr a ni. An thât lai hun han sawipui thîn te hian hlimna thar a pe thîn a ni. Anmahni fakna leh ngai sâng taka biak thîn hian chakna leh hrisêlna a pêk belh thîn a ni.

An dinhmun leh awm dân te hmun danga kan chhûng te bulah emaw, vêng chhûnga an thiantè emaw MUP hruaitute hnêna emaw hrilh bengvâr nachâng hriat a tha. Pâwl thila an tih ve tur chite pawh an hminga lo tihsak hrâm hrâm a tha. Kum upa leh kan pi leh pute chungka kan awm dân hi Pathianin a hre reng a, kan thlahte zêla Pathian malsâwmna a awm theih nân an laka thât chhuah tum tlat tûr a ni.

## SAKEIBAKNEI LUNGLÊNG THU

Hmânlaiin sakeibaknei pakhat hian thing kittu fanu hi a hmangaih êm êm mai a, a pa hnênah chuan nupuia neih a dîl ta a. Thing kittu chuan chu thu chu a lâwm lo hle a, a phal ta lo a. Nimahsela, sakeibaknei chuan a hrâwk ta a. Chu mi chuan han hnial ngam mi a ni lo tih a hriatin tih dân remchâng a hre ve ta a. “I thil mi dîl hi ka lâwm ngawt mai ka pu; nimahsela, i hate hi a lian hlawmin i tinte hi a nasa hlawm êm mai a!



Hêng ang hriamhrei lian pui hi hlau lo fa tu nge awm ang le? Ka fanu pasal i nih dân chuan i hate hi phawi a, i tinte hi tan zet rih tûr a ni,” a ti a. Tichuan, hmeichhe pa chu a pu atân a lo nei ta a. Nimahsela, thing kittu chuan chu sa nghal tak, hriamhrei nei tawh hlei lo chu a hlau ta lo va, thing lian tak a la lawk a, a in ata chu a hnawt bo ta daih mai a.

***Hmangaihna chuan mi tawrawt ber mit pawh a tidel thei.***

*(Thu lâkna: SL&PB , Esopa thuthu fîng)*

## MI DANGTE DINHMUNA INDAH HMASAK

*Nina Lalnunkimi  
Senior Department  
ITI Vêngchhak Kohhran*

Khawvêla mi tute pawh hian mahni tânghma hâiin, mahni t̄hatna t̄tur chu kan duh vek ang. Khawvêla mi chi hrang hrang, hausa leh rethei, hmêl̄tha leh t̄tha lo, ngo leh hâng deuh, sâng leh t̄e deuh te nên kan chêng ho va, chûng mi tam tak kârah chuan mahni tâna t̄tha lo t̄tur duh kan awm âwm lo ve. Chûng zîngah chuan a tam zâwk chu mahni tânghma hai kuak duh lutuk vânga mi dangte ngaihtuah chang tawh lo va, sual vâng êm êm pawh ni lova hma lo sial deuh kan awm t̄hîn. Chutah tak chuan mi dangte dinhmuna indah hmasak t̄hin hi a pawimawh a ni.

Chhûngkaw pakhata an nu ber hi ân hrat ve tak mai hi a awm a, fanu pathum leh fapa pakhat nei a ni a. A fapa neihchhun nupui chu a ânkhum nasain a tiduhdah t̄hîn hle a; a monu neihchhun chu an chhûngkaw chhiahhlawhah a chhuah lo chauh a ni ber a. Chu a chêt dân chu an monu chhûngte chuan an lo hriatin, an fanu duat leh t̄tha taka an lo enkawl ve t̄hin chuti taka a pasal nuin a tiduhdah chu an rilru a na êm êm a. Hrehawm an

ti hle a, in̄hentîr an duh bawk si lo va.

A mo tiduhdah ðhîn fanu chuan pasal a nei ve ta a. A monu a tihduhdah ang bawk chuan a fanu chu an lo tiduhdah ve ta a. A fanu an tih dân a han hmuh chuan a monu a tih dân zawng zawng chu a hre chhuak a, hrehawm a tiin a inçhîr ta êm êm mai a. A monu hnênah chuan ngaihdam a dîl ta a ni.

He thil aţanga kan zir tûr chu mi dangte dinhmuna indah ðhina, mi dangte tawn ang leh an chungah thleng ðhîn te chu kan chungah thleng ve tûrin kan duh rêng em? An chungah kan thil lo tih ang chiah kan chungah thleng ve se kan duh em? tih te hi kan ngaihtuah ve ðhîn tûr a ni.

Kan inçhâwmnaah te, kan sikul kalnaah te leh hmun dangah pawh keini aia rethei leh hnuaihning zâwk te pawh awm mah se, an dinhmun tûr hriat thiam kan tum tûr a ni. Thil eng pawh ti dâwn ila, kan chungah thleng ve tûra kan duh loh thil chu mi dang chungah kan ti ve tûr a ni lo.



Mi zawng zawng hi Pathianin ang khat veka a siam kan nih avângin mi dang chungah rilru ðha tak kan pu reng tûr a ni. Mi dang chungah rilru ðha lo kan neih chuan kan chungah thil ðha lo a thleng ve thei tih hre reng ang u.

## ṬAWNGṬAINA

*Alisia Lalhmangaihsangi  
Senior Department  
Vâivakawn Kohhran*

Hmânlai hian mipa tleirâwl Isaac Malsâwmsânga hi a awm a. Kum 17 mi a ni a. A nu leh pate chu an inṭhen tawh avângin a pa bulah chuan a awm a, mahse, a pa chuan nupui dang a neih avângin a lâwm lo hle a ni. Zan khat chu a ṭhiante nêh bike intlânsiaknaah an kal a. An kalna hmunah chuan a nu hrawn fapa nêh chuan intibuaiin an insual ta a. Thil pawl a thlen hma chuan police an lo kal avângin an tlân chhe ta a. An inah pawh haw ngam lovin a ṭhiante inah a riak a ni.

A tûkah chuan inah a haw a, in a thlen chuan a pa chuan zâna a nu hrawn fapa nen an insual avâng chuan a pa nen chuan an inhâu nasa hle a. A pa hnênah chuan, “Eng nge ka chungah hian i thinur êm êm, keimah chauhin ka khawih em ni” a ti a. A pa chuan, “Nangmah chauh chuan i khawih lo; mahse, i khawih hmasa alâwm, i bike chahbi min pe rawh” a ti a. A thinrim chu a pain chhuak lo tûra a tih pawh pawisa lovin a bike nêh chuan a chhuak ta a.

Isaac-a chuan ṭhian fel tak mai pakhat Zuali hi a nei a. Zuali hnênah chuan a rilru hahna leh a

buaina zawng zawngte chu a hrilh thîn a. Zuali chuan a theih ang angin a lo hnêm a, Pathian hnêna ÷awngtai hlutna a lo hrilh thîn a. Chutia Zualin a theih ang anga ÷awngtai hlutna leh Pathian thu a lo hrilh thîn avâng chuan Isaac-a nun pawh chu a danglam chho zêl a.

Tlai khat chu Isaac-a te chaw an ei lai chuan Zuali dam loh thu leh damdawi ina an kalpui thu chu an lo hrilh a. A chaw ei lai pawh ngaihsak tawh lovin Zuali awmnaa kal tûr chuan hmanhmawh takin a chhuak ta a.

Zuali chu dandawi inah chuan chau takin a lo awm a, a natna pawh cancer chak ber chi a lo ni a. Zuali chuan Pathian hnêna kîr tûr te, ÷awngtai thlah thlam miah lo tûr te leh, a nuna sim tûr a neihte sim tûrin Isaac-a chu a lo chah a. Isaac-a pawh chuan zawm ngeu a tum thu a hrilh a. Biak In hnai berah kalin Pathian hnênah inhlânin, Zuali dam leh theih nân a ÷awngtai bawk a. Tichuan damdawi in lamah a kal leh ta a.

Zuali chu a natna a lo nasat tawh êm avâng chuan a boral ta a. Isaac-a chuan hrehawm a ti êm êm a. Pathian hnênah nasa leh zualin a ÷awngtai sauh sauh a. Chuvâng chuan Pathianin a ÷anpui a, hlimna leh lâwmna tê a nei chho ta zêl a.

Hun a ral zêl a. Isaac-a pawh chuan a ÷awngtai tam leh Pathian a belh tlat rah chu changin rawngbawltu ropui tak a ni chho ta a ni.



## KHAWRUHLIAN KOHHRAN NAUPANG INKHÂWM LEH TLEIRÂWL INKHÂWM

Khawruhlian Kohhran hi kum 1913-ah a lo ding a, Sunday School neih hmasak ber chu ISSU hnuaiah kum 1916 khân neih ãan a ni. Kum 1919-ah tihdanglam niin, Graded-ah insiamin, Baptisma zir pâwl te an awm. Hun hmasa lamah hian Kohhranin Sunday School Hall a neih loh avângin mi mal inah leh sawrkâr sikulah te inkhâwm ãhin a ni. Kum 1991-ah Sunday School Hall neih niin, department hrang hrangte a hranin inkhawmna kalpui ãan a ni. Khawruhlian Kohhran aãang hian MSSU chawimawina mi eng emaw zâtin an dawng tawh a ni.

Kohhran  
Committee  
hnuaiah  
sunday school  
committee ãa  
tak neih a ni a,  
committee  
hian puitling



leh naupang lam sunday school ãhatna tûr an ngaihtuah ãhin. Zirtûrtuten Pathian thu hriatna atâna pawimawh hrang hrang hmangin ãhahnemngai takin sunday school an kaihruai ãhin.

Sunday school hian MSSU leh kohhran committee aṅanga tih t̄ur lo kalte a theih ang angin an tihlawhtling ṭh̄in a, kohhran ni pawimawhah naupang chawhnu inkhawm leh kohhran tleir̄awl p̄awl ten chanvo an nei ṭh̄in a ni. Naupang chawhnu inkhawm leh tleir̄awl p̄awl chawhnu inkhawm hi

uluk taka  
neih ṭh̄in  
niin, hming  
te lamin,  
MSSU aṅanga  
inkaihhruaina  
lo kal bâkah  
infiamna te,  
thil cheimawi  
tein hun an hmang ṭh̄in a ni.



Sunday school committee ruahmannain kum eng emaw chh̄ung chu fanghma thawhkhawma hun hmanpui ṭh̄in a ni a. Sacrament zirl̄aite Synod hmunpui tlawhpui ṭh̄in an ni bawk. Kohhran miten sunday school kan ngai pawimawh a, sunday school ṭha tak an kalpui ṭh̄in hi kohhran hma lam hun at̄an thil lâwmawm tak a ni.

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# Hriat Zauna Huang

## MARIA SALOMEA SKLODOWSKA-CURIE (Madame Curie)



Maria Salomea Sklodowska-Curi, Madame Curie tia hriat lar hi khawvêl hmeichhe zînga Noble Prize dawng hmasa ber leh noble prize pahnih dawng thei hmasa ber a ni. Scientific fields pahnih- Physics leh Chemistry-a Noble Prize dawng awm chhun a la ni!

Madame Curie-i hi Warsaw-ah a piang a, chutih laia Kingdom of Poland tia koh, Russia Empire hnuaia awm a ni. Warsaw khawpui thurûk Flying University-ah a zir a, Warsaw-ah practical scientific training a òan a ni. Kum 1891 khân kum 24 mi lek a nih laiin a unau upa zâwk Bronislawa chu Paris-ah zir tûrin a zui a, chutah chuan degree sâng zâwk a hlawh chhuak a, a hnu lama a scientific hna chu a kaihruai ta a ni

Kum 1903-ah a pasal Pierre Curie nêl 'radio-activity' chungchânga an thil hmuhchhuah avângin

Nobel Prize (Physics) hi an dawng a. Kum 1906-a a pasal Pierre Curie-an accident avânga a thihsan hnu, kum 1911 khân Polonium leh Radium-a hmuh chhuah avângin Chemistry-ah ama hming ngeiin Nobel Prize a dawng nawn leh a ni. Madame Curie-i hi University of Paris-a hmeichhe professor ni thei hmasa ber a ni bawk.

A kaihhraina hnuaiah khawvêla zir chianna hmasa ber chu radioactive isotope hmanga neoplasm enkawl dân tûr a ni. Kum 1920 khân Paris-ah Curie Institute a din a, kum 1932 khân Warsaw-ah Curie Institute a din bawk a; an pahnih hian medical research centre lian tak an la ni reng a ni. Indopui I-na lai khân field hospital-a X-ray service pe tûrin mobile radiography unit a siam.

Madame Curie hi kum 1934 khân kum 66 mi niin, France rama Passy (Haute-Savoie)-a Sancellemoz sanatorium-ah aplastic anemia avângin a thi a, chu chu a scientific research kal zelah leh Indopui I-na lai khân field hospital-a radiological hna a thawh laiin radiation a tawn vâng a ni mai thei. Nobel Prize a dawn bâkah hian chawimawina dang tam tak a dawng bawk a; kum 1995 khân Paris Pantheon-a a thiamna avânga phûm hmasa ber a ni. Poland chuan International Year of Chemistry-ah kum 2011 chu Marie Curie kum atân a puang bawk a ni.



Kristian tleirâwl leh naupangte hian mahni an inngai pawimawh êm êm a. Mi dang engah mah ngai si lovin, mi dangin anmahni ngai pawimawh se an ti a. Mi dangin an ngai pawimawh lohte hian an nuar a, an titâu a, harsatna an siam thîn. Chutiang chu tunlâiah hian ka hmu hnem êm êm mai.

Kristian naupangte hian, mi dang ngaih pawimawh hi kan zir thar a thl hle tih ka hmu thei a ni. Chuvângin, mi dang ngaih pawimawh chungchâng hi ka han sawi teh ang.



1. Tunlai khawvêlah chuan mahni kan inngai pawimawh ber a, mi dangte chu min tihlim tûr te, kan duh ang zâwng min tihsak tur teah chauh kan ngai fo. Chutiang chu a dik lo va, kristian awm dân tûr a ni lova; mahni ringawt kan inngai pawimawh tûr a ni lo.

2. Mi dangte nêh kan khawsa ho va. Miin min tihlungawi loh kan duh loh ang bawk khân, mi dang pawhin tihlungawi lohte an duh bîk lo. Mi dangte rilru te ngaihtuah thiam vea, an ngaihtuahna âwm te hriat thiampui ve tûr a ni. Chhûngkuaah kan awm a, kan nu leh pa leh unau te kan ngai pawimawh ve ang a, khawtlângah pawh mi dang

kan ngai pawimawh ang. Mahni duh zâwng ngawt lo, mi dang duh zâwng pawh kan ngaihtuah ve tûr a ni.

3. Nu leh pate tâna fa ðha, ðhiante tâna ðhian ngainatawm, zirtîrtute tâna zirlai duhawm nih tum a ðha. Chutiang atân chuan mi dangte ngaih pawimawh ve tûr a ni.

4. Miin min ngai pawimawh se kan tih chuan, mi dang kan ngaih pawimawh ngei ngei a ngâi a ni. Chu chu khawvêl kalphung a ni a, mi dangte ngai pawimawh thiamtu chu mi pawhin a hunah chuan an ngai pawimawh ve mai a ni.

Mi dang kan ngaih pawimawhna aţangin nun a lo nuam a, kan hlim daih zâwk bawk a ni.

\*\*\*\*

### Moral

Sâwma chu naupang harh tak a ni a, infiam nuam ti êm êm ðhîn a ni. Tlai khat chu a nuin inbual tûr leh homework ti tûrin a tûr a. Nimahsela, Sâwma chuan ngai pawimawh lovin infiam tûrin a chhuak ta daih mai a, a infiam peih tawh loh hnu chuan inah a hâwng a, a pindanah chuan bâl tak chung chuan a lût ta daih a. A infiam vânga a chauh em avâng chuan inbual lovin a mu ta daih mai a ni. Sâwma ang hian nu leh pa thusawi ngai pawimawh lovin kan awm mai mai tûr a ni lo.

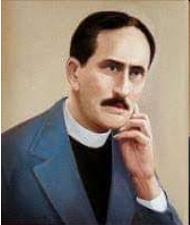
## HRE THEI RAWH LE!

Mizorama Sap Missionary lo kal ðhenkhat thlalâk kan rawn târ lang a. An hming leh Mizoram an lo thlen kum te zawn chhuah in lo tum ang a; in thil zawn chhuah chu an thlalâk zâwnah hian in lo ziak dâwn nia.



Hming: \_\_\_\_\_

Lo thlen kum: \_\_\_\_\_



Hming: \_\_\_\_\_

Lo thlen kum: \_\_\_\_\_



Hming: \_\_\_\_\_

Lo thlen kum: \_\_\_\_\_



Hming: \_\_\_\_\_

Lo thlen kum: \_\_\_\_\_



Bible-a Roreltute 11-21 aṭangin zawhna kan rawn dah a. Eng zât nge kan chhân theih i han en chhin teh ang u aw:

### A. REM DIK RAWH

#### 1. TALHREL

Chhânna: .....

#### 2. BAINZAN

Chhânna: .....

#### 3. ILAHEL

Chhânna: .....

#### 4. SKEHAD

Chhânna: .....

### B. BUNG LEH CHÂNG SAWI RAWH

1. Tin, a ni chuan a hnênah “Hruizên thar la hman hlek lohvin mi han phuar mai sela”.

Chhânna: .....

2. Tin, Israel-hote chuan Gibeah khaw vêlah chuan chângtu an indah ru ta a.

Chhânna: .....

3. Tin, Manoa chuan a hnênah, “Pathian kan hmuh tâk avâng hian kan thi ngei ang,” a ti a.

Chhânna: .....

4. Chutichuan, a inah a hruai lût a, Sabengtungte chu chaw a pe a. Tin, an kete an sil a, an eiin an in ta a.

Chhânna: .....

*Note: September thlaah a chhânna târ lan a ni ang.*

*July thla Quiz chhânna:*

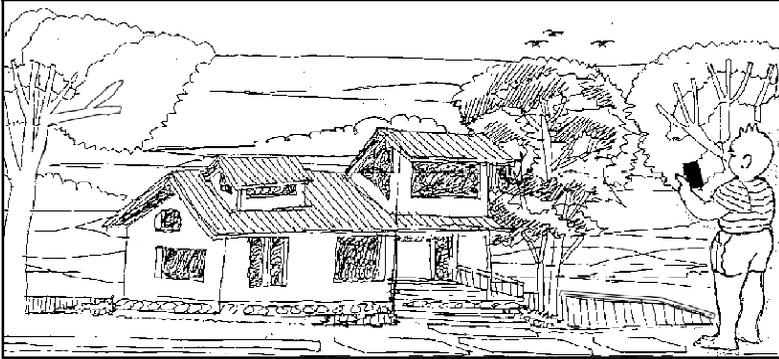
- |                   |                   |                         |            |
|-------------------|-------------------|-------------------------|------------|
| 1. 10             | 2. Duli thil tlar | 3. Thiang lo, thiang lo | 4. Kum 12  |
| 5. Mari Magdalini | 6. Lazara         | 7. Zakaia               | 8. Zakaria |
| 9. Elizabeth-i    | 10. Bezalela      |                         |            |



# CHEI RAWH LE!



# KA HMUH ANG HMU THEI RAWH



A chungah lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

A chungah lemziak chi hnih khi ngun takin en la,  
**a inan lohna** han zawng teh.



**N. Vanlalphai Bagla Vêng Tleirâwl Chawnu inkhawm**



**N. Vanlalphai Bagla Vêng Naupang Chawnu inkhawm**



**Khawruhlian Vengthar NPSS Junior Dept**

To \_\_\_\_\_



**KHAWRUHLIAN KOHHRAN NPSS 2025**



**LEITAN SOUTH KOHHRAN JUNIOR DEPARTMENT 2025**

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