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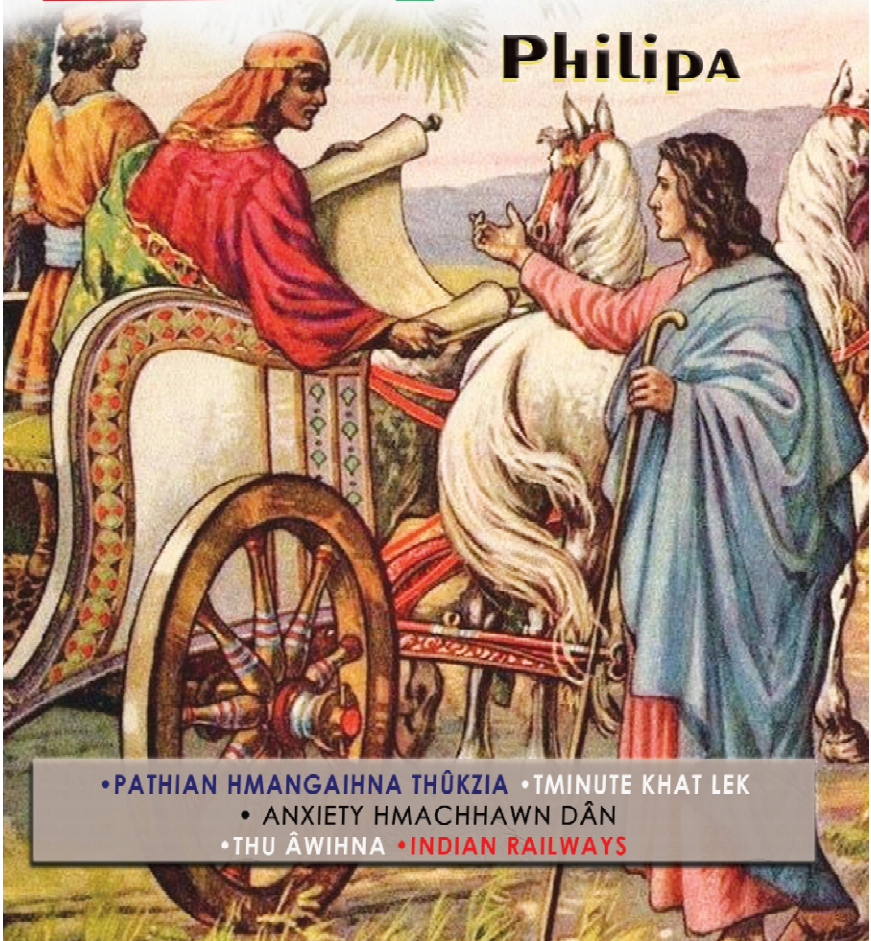
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# Kristian Naupang



Vol. 30 No. 3

## Philipa



• PATHIAN HMANGAIHNA THÛKZIA • TMINUTE KHAT LEK  
• ANXIETY HMACHHAWN DÂN  
• THU ÂWIHNA • INDIAN RAILWAYS

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**A man pe duh leh a bu la duh chuan**  
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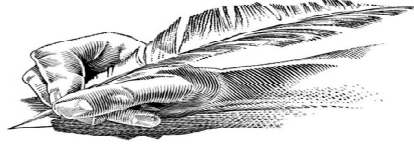
*Kristian Naupanga thu cbhuabte bi Editor ngaih dân a ni vek kber lo.*

**A chhûnga thu awmte**

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## *Editorial*



### SIKUL CHAWLH

Exam pui zawha sikul chawlh hun kan lo thleng leh ta a. Chawlh hi a nuam in ti em? Chawlh hman dân tûr engtin nge kan lo inruahmana, engtin nge chawlh kan hman mêk hlawm le?

Sikul chawlh hi ẵngkai takin hman tum ẵneuh ila. Tih tûr ẵha kan hriat, ni tina sikul kan kai laia kan tih hman lohte tih nân te hman i tum ang u aw. Kan kum mil tâwk ang zêlin tih theih tâwk kan nei vek a. Kan nu leh pate kan ẵnpui thei a, kan chhûngkua, kan vêng leh kan khawtlâng tân te pawh mi ẵngkai tak kan ni thei vek a ni.

Lehkhabu ẵha chhiar tam hi chawlh hman ẵngkai dân ẵha tak mai a ni a. Kan chawlh chhûng hian lehkhabu a tam thei ang ber chhiar tum ila. Lehkhabu kan chhiar tam chuan thil kan hre hnem ang a, kan lo fin phah dân a ni.

Sikul chawlh lai hian hun dang aiin kan zalên tlângpui ẵhîn a. Khawiah emaw kal kan duh a nih pawhin nu leh pate emaw, min enkawltute emaw remtihna lâk hmasak zêl tûr a ni. Mi an hriatpui loh emaw, an phalna la lo emaw chuan hla taka lo lên daih te, rama lo kal te, luaia lo kal te chîn miah loh tûr a ni. Tûnlai hi ẵhâl lai, khaw ro lai a nih avângin kângmei a chhuak duh êm êm a, kângmei tichhuak lo tûra kan fîmkhur tlân a ẵl hle bawk.

Hlim tak leh hlâwk taka chawlh hmang tûrin duhsakna kan hlân a che u.

## PATHIAN HMANGAIHNA THÛKZIA

*Lalngahpuii*  
*Senior Department*  
*Zokhawthar Kohhran*

Lalremruata chu Pathian ÷ih tak a ni a. Kohhran lamah pawh a inhmang êm êm ÷hîn. Ni khat chu rilru sual tak mai a pu ta tlat mai a, mi pawh rêl ngai lo khân an ÷henawmten thil ho tê an tihsuwal pawh a lo sawisêl nghâl chiam zêl a. Mi dang rêl leh sawisêl pawh a chîng chho ta zêl a. Chutianga a awm ta mai chu hrehawm a ti ve hle tho va. Mahse, Setanan a rilru a thunun a, a rilru tak taka amah pawhin hneh a tum loh avângin rilru ÷ha lo tak mai a nei chu pawh tihna a nei lo chho ta zêl zâwk a.

Chutianga rei tak a awm hnu chuan a awm dân chu hrehawm tihna a nei chho ve ta a. A rilru a chhiat tâk êm avâng chuan ÷hian kawm tûr pawh a nei tawh lo va. Insiam ÷hat chu tum ÷hîn mah se, a tîra a tum tak tak loh avângin khân Setana chuan awlsam takin a thlêm thlu leh mai ÷hîn. Mihring chu ni se a ngaidam duh hauh lo vang. Mahse, Pathian chuan Setana lama a ÷an lai pawhin a lama lêt leh tûrin eng tik lai pawhin a sâwm reng ÷hîn a, a kalsan ngai lo a ni.

Pathianin a hnêna kîr leh tûra hun ÷ha a pêk avângin Setana bâwiha a tânna aţang chuan a tâl

chhuak leh thei ta a. Hmâna Lalremruata an hriat ðhin, mi fel leh zaidam tak kha a lo ni leh thei ta a ni.

Pathian hmangaihna chuan tâwp chin a nei lo va, min hmangaihna hi a thûk êm êm tih keini mihringte hian ka hre tâwk lo hle ðhin. Pathianin chakna min pe a. Amaherawhchu, keini mihringte hian chu chakna ropui tak min pêk chu a tâna hmang lovin, kan tân hmasial takin min petu hre chang lovin kan hmang ðhin a ni. Hetiang rilru ðha lo tak kan pu tih Pathianin hre mah se, min hmangaihna chu a pângngai reng a ni.

Kan sualna leh mahni hma kan sialna hre reng siin, Setana laka kan tlûk lai pawha dawh thei tak leh hmangaihna nêh, a lama lêt tûrin min sâwm reng ðhin a. Kan tâna ðha tûrin min enkawl reng a ni. Eng pawh lo thleng se, kan Pathian hian min kalsan dâwn lo va, kan bula awm reng min tiam tih i hre reng ang u.

“Ngai teh u, kei kumkhuain, khawvêl tâwp thleng pawhin, in hnênah ka awm zêl ang,” titu Pathian kan nei hi kan vânei tak zet a. Pathian hi hnaih reng tum ila. Kan phâk tâwka tih tûr awm apiang rinawm taka hlen chhuah zêl i tum tlat ang u.

*Pathianin khawvêl a hmangaih êm êm a; chutichuan, a Fapa mal neih chhun a pe a, amah chu tu pawh a ring apiang an boral lohva, chatuana nunna an neih zâwk nân.*

*(Johana 3:16)*

## MINUTE KHAT LEK

*Joshy VL Hmangaihsanga  
Senior Department  
Chekâwn Kohhran*

Jeremy-a hi Wales rama company pakhatah hotu ber a ni a. Kum 12 chhûng chu hotu nihna chu a chelh tawh hnuah tum khat chu a chawlh laia hotu lailâwk atân Raymond-a a ruat a. Raymond-a chu phûr hle mah se thawh châk lohna tak a nei a. A rilruah Marcus-a a rawn lang a, Marcus-a chu hlim ngai lo, hlim hmêl hmuh tûr awm lo, tu mah ngaina lo leh tu mahin an ngainat loh a ni. He mi ngainatawm loh zet hi a thawhpui châk hlawl lo a ni.

A pu kal chhuak tur hnênah chuan, “I awm loh hlânin ka thu âwih lo tu emaw awm se, engtin nge kan tih ang?” tiin Raymond-a chuan a zâwt a. Jeremy-a chuan, “Bân nghâl ang che” a ti a, a rilru hria ni âwm takin “Remchâng i hmuh hmasak berah Marcus-a i bân nghâl ang ti raw? A pawî ka ti viau ang,” a ti bawk a. Jeremy-a chuan, “He company-ah hian kum 12 zet hotuah ka tâng tawh a, Marcus-a aia hnathawktu rinawm leh rin tlâk hi tu mah ka la hmu lo, a phunchiarin, tu mah a ngaina lo tih pawh ka hria. Mahse, hnathawhnaah a thleng hmasa ber a, a bâng tlai ber thîn. A thawhnaah hian kum nga chhûngin chhياتna leh buaina eng mah a thleng ve lo” tiin a sawi zui a.

A tûkah chuan Raymond-a chuan Marcus-a chu a hmu ta a. A hnênah chuan, “Marcus, tûnah hian he company-ah hian ka thu ber tih i hria em? Ka thu i hnial hlek chuan ka bân thei che; mahse, ka bân lo vang che,” tiin a hma nia Jeremy-a’n a chanchin a sawi dân chu hrilh pahin hna chungchâng a sawipui a. An inkawm lai chuan Marcus-a chuan a hmaraw ken chu a thlah tawp mai a, a biangah mittui a rawn luang a. Marcus-a chuan, “Kum nga chhûng khân engati nge kan hotupa chuan min hrilh lo le!” a ti a.

Chumi ni chuan Marcus-a chu ni dang zawngin aiin a taima lehzual a. A hnuah Raymond-a hnênah chuan, “Ka nupui Linda-i hnênah ‘I thawk tha e,’ tia min faktu awm chhun i nih thu ka hrilh a. Linda-i chu a piancham ang maiin a hlim asin,” tiin a hrilh a.

Chumi hnu chuan Raymond-a chu zirna sâng zâwk zir tûrin a hna aţang chuan a bâng ta a. A hnu kum 10 hnuah chuan Marcus-a nêh chuan an inhmu leh hlawl mai a. Marcus-a chu rêl kawng phahtu pâwl lian leh hlawhtling tak pakhatatah hian an hotu ber a lo ni tawh a. Raymond-a chuan engtin nge chutiang hlawhtlinna chu a lo chan theih tih a zawh chuan Marcus-a chuan, “Hmâna Wales rama company pakhatata minute khat chhûng leka i thu min hrilh khân ka nun zawng zawng a thlâk danglam vek a ni. Kha mi ni khân min fak lo la chu ka thi tawh ngei ang,” tiin a hrilh a.

Mi sawisêl kan thiam a, mi that lohna lai kan hre theiin sawi pawh kan sawi nasa thîn a. Mahse, mi chhiatna lai sawia, anmahni sawisêl reng ai chuan kan fakna hian mi a siam tha thei zâwk a ni. Fakna tûr awm miah lo kan awm lo. Mi thatchhia, zu ngawl vei leh drug addict te nunah pawh hian fakna tûr lai a lo awm vek a ni. Fakna hi tu tân pawh dawnawn a nuam thîn. Mahni kan inen fiah fo hi a pawimawh hle a, mi fak nân hian minute khat chhông lek tal hun i nei em?

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### ANXIETY HMACHHAWN DÂN

- *I tân hun insiam rawh:* Taksa sawizawi, rimawi ngaihthlâk, taksa hmeh zal (massage), rilru leh taksa hahdam taka dah.
- *Chaw tha inbuk tâwk ei rawh:* Chaw thlah loh tur, taksa tichak thei ei tûr tha, thlai hring leh thei ei tam.
- *Zû leh ruihtheih thil dang ti suh:* Hêngte hi kan taksa tân a that loh ang bawkin anxiety chawk tho thei thil a nih avângin tih loh tûr a ni.
- *I taksa mamawh tâwk mu rawh:* Rilru hahna kan neih châng hian kan taksa hian mut tam a mamawh thîn a ni.
- *Engkim i thunun thei lo tih pawm rawh:* Thil engkim hi kan duh dân ang vekin a thleng thei lo va, hei hi pawm thiam kan zir chuan tul lova rilru hahna tam tak kan pumpelh thei a ni.
- *Thil hlímawm lam sawiin, nui tam rawh:* Nuih hi damdawi a ni.
- *A êng zâwngin thlîr thîn rawh:* Ngaihtuahna tha lo bânsanin a êng zâwngin thil thlîr thîn rawh.
- *Thil tha leh tangkâi tih nân i hun hmang tam rawh:* Inchhông khurah tangkâi tum la, mi dangte tanpui fo thîn ang che.

*Issued by SCERT, Mizoram*



## RUIH THEIH THIL

*Lalmalsawmi Chinzah  
Senior Department  
Ramhlun Vêngchhak*

Ruih theih thil kan tih chuan kan rilruah thil hrang hrang a lo lang nghâl uar uar thei ang a. Ruih theih thil chu zû te, denrite te, damdawi leh a dang tam tak, thil eng pawh kan taksaa kan mamawh aia tam kan lâk luha kan rilru tibuiaia, kan taksa tichak lotute hi ruih theih thil kan tihte chu a ni.

Tûnlaiah chuan ruih theih loh pawh a awm tawh kher lo vang. A tîrah chuan zû an rui a, a hnuah damdawi te leh denrite te hmangin an rui leh a; tûnah pheih chuan an hming pawh hriat sên loh tûr khawpa tam ruih theih a tam tawh hle. Mizoram bîkah ruih theih thil tih a hluar thar hle a, a bîkin naupang sikul kal rual, sikul aṅanga hnawh chhuah avânga tih tûr nei lo leh hun âwl ngah avânga damdawi leh zu ruih nâna hmang an pung zêl. Tûnlaiin Mizoramah damdawi tawlh rûk man a tam hle bawh a, chêng maktaduai tam tak man a ni zêl a, man si lohva tawlh rûk pawh tam hle tûra ngaih a ni.

Damdawi thenkhat chu daktawrten a hman dân tûr dik taka an hman tûr leh kan na tawrh tûr a zia deuh nâna ei tûr a ni. Mahse, a ngawl vei theihna percentage hi a sâng êm êm a; chuvângin, mi tam takin an taksaah chiuin, zûk chi leh hnim chi ang te pawhin an rui ta ṭhîn a ni. Mizoramah damdawi hman sual hi thihna thlentu ber pakhat a ni bawh. Hei hi a zual zêl chuan Mizote hi kan mang mai ang tih a hlauhawm a ni.

Ruih theih thil hi a ngawl vei tûr chuan tihchhin pawh a ngai a. Thianten ti ve tûra min nawr luih avâng te, kan nuna kan beidawn tâk avâng te, tih tûr hre lova a th̄a emaw, a chhia emaw ti ve zêl̄te leh ti ve chhin ch̄akten a ngawl awlsam takin an vei ta mai th̄in a ni. An rilruah tih ve chhin ch̄akna an neih miao si chuan insûm thei lovin, a b̄awihah an t̄ang thuai a, chuta th̄anga tâl chhuah leh chu an t̄an chuan thil harsa tak a lo ni ta a ni.

Hêng ti th̄inte hian an nun b̄akah an bula awm ve te, an chh̄ung te leh an th̄ian te nun thlengin a chhe z̄awngin an nghawng tel vel thei th̄in. Chh̄ungte t̄an rilru hahna mai an ni a, th̄enawmte t̄an mi hlauhawm leh ninawm an chang a, an th̄iante lahin an k̄awm th̄a peih tawh ngai lo. Vawi khat an tih kh̄an a dawt leh a hring z̄el a, a tâwpah chuan dân bawhchhetu, khawtl̄ang tâna mi hlauhawm leh mite thil rûk hmang b̄ak nih an hlauh pha tawh lo. A hmaa an thil th̄a tihte leh a ngawl an vei hmaain mi th̄a tak an ni th̄in tih rêng tu mahin an hre chang lo va; mi sual, awm th̄a duh lo satliah mai mai nia ngaih an ni ta mai th̄in a ni.

Kohhran leh khawtl̄ang lama inhmang êm êm th̄in pawh, an tih ve chhin aṅang chuan Pathian thu lam emaw, mi tâna thu th̄a tih emaw chu an rilruah a lang pha tawh rêng rêng lo. An ruihna tûr chuan thil sual eng pawh tih an inhuam th̄in a ni.

Ruih theih thil ngawl veite chu an chh̄ungte t̄an natna thlent̄u mai an ni a. A hmaa chh̄ungkaw hlim tak leh in chh̄ung awhawm tak pawh kha, in satliah, ei leh in leh riah n̄ana hman ve mai maia chauhah a chhuak a. Mahni

in lum ngeia awm ai chuan pawns lam, thiante in leh intihhlamna hmun dang danga awmte chu an tân chuan thil nuam zawk a ni fo thîn.

Hlim taka nui ho dial dial thînte kha an chhûngkaw zînga tu emaw berin ruih theih thil a tih aţang chuan in chhûng chu inhauhna leh inhialna hlîrin a khat a. A chângin an bungraw thenkhatte chu ru chhuakin, an ruihna tûr lei nân an hralh a, an chhûngte tân chuan rilru hahna leh lungngaihna thlentu mai chauh an ni.

Ruihhlo khawih thînte hi an taksa a hrisêl lovin natna an kai sam bîk êm êm a. An taksa an thil lâk luh chuan zawi zawiin an hrisêlna a tichhia a. A tîrah lang nghâl mai lo mah se, a tâwpah chuan an lung, an thin, an pumpui, kal leh thluak lam hnathawh thlengin a khawih buaiin a tichhe ta thîn a ni.

Mizote hi Kristian inti deuh vek siin kan zîngah ruihhlo khawih leh a ngawl vei an tam hle a, naupang tak taka boral tâte pawh an tam hle. Vêng hrang hrang thlânmuahalte chuan upa taka boralte thlân aiin, mipa leh hmeichhia, la thalai tak tak, ruihhlo an khawih avânga an taksa hrisêlnain tuara boralte thlân hmuh tûr a tam zawk a ni. An insûm theih loh avângin an taksain a tuar a, a bâwihah an tân ngheh tawh êm avângin an thlah hlei thei tawh lo va, thihna mai lo chuan a hmuak tawh lo a ni ber mai.

Ruih theih thilin kan nun leh min hmangaihtu kan chhûngte leh thiante nun thlenga tihchhiat ve lohna tûrin ruih theih thil hi tihchhin ve loh hrâm i tum ang u.

## TAIHMÂKNA TEL LO CHUAN HLAWHTLINNA A AWM THEI LO

*C. Lalrinfeli*  
*Sacrament Department*  
*ITI Vêngghak Kohhran*

Hmânlai hian khaw pakhtah hian chhûngkaw pakhat, chhûngkaw hlim thei tak leh hausa pângngai ve tak hi an awm a. An chhûngkua an hlima an hauhsak theihna chhan chu an pa ber vâng a ni. An pa ber chu a taima hle a, hna eng pawh thawk thei tûr leh thawh hreh nei lo tûrin an chhûngkua chu an inzirtîr nasa hle bawk a ni.

An fapa pahnih Davida leh Samuela te pawh chu taima tûrin an fuih nasa hle a. Davida chuan a pa a chhûn lo hle mai a, a thatchhe êm êm a, Samuela erawh chuan a pa a chhûn hle thung a ni. An pa ber pawh chuan Samuela chu a chhuang êm êm a, a tlâwmngaih êm avângin an ðhenawmte pawhin an ngaina hle bawk a ni.

Tûk dang ang bawkin an chhûngkua chu hnathawk tûrin an chhuak leh a. Lo lam hna an thawh avângin a hah hle a. Chhûn chawlh a lo hun ta a, an chhûn chawlh zawhah chuan an pa ber chu ram lam pan chuan a chhuak a. Ramhnuai chinah chuan rûl hlauhawm tak mai lo awmin an a lo chuk ta hlauh mai a. Rûl tûr hlauhawm leh chak chi ber

a nih avângin a chuknaah chuan a thi ta nghâl mai a. Pa ber a thih tâk avâng chuan an chhôngkua chuan hrehawm an ti thîn hle a. An khawsak dinhmun pawhin a tuar ta hle a. An nu ber pawh chu a dam ṭha thei ta hauh lo mai a. Samuela chuan hna thawh a ngai tih a inhria a. Davida thung chuan hna thawk ṭha duh lovin khawlaia lên bâk a ngaihtuah duh ta hauh lo mai a. Samuela chuan an dinhmun ngaia lêt leh tûrin nasa takin hna a thawk a, zânah pawh a mu ṭha hman mang lo hial a ni. A nu lah chuan ṭhat lam aiin zual lam a pan zêl bawk si a.

Samuela chuan a hnathawhnaah hlawh a lâk a lo hun dawn ta a. An hotupain hlawh a pêk chuan a lâwm êm êm a. A rilru chuan Pathian hnênah lâwm thu a sawi mawlh mawlh a. An hotupa chuan, “Samuel, hetiang a i taihmâk zêl chuan eng tik niah emaw chuan i la hlawhtlin ngei ka beisei,” a ti a. Samuela chu a haw kawngah pawh a hlim hle a. A nu hnêna a hlawh a pêk huna an hlim dân tûr te a ngaihtuah a. Amaherawhchu, vânduaitlhâk takin a haw kawngah chuan mi sual a tâwk ta hlah mai a. Chhông mi sualho chuan pawisa a pêk loh chuan thatah an vau avângin ui tak chungin a pawisa neih ang ang chu a pe ta a. Chutia, hah taka a hlawhchhuah liau liau a han chên ta vek mai chu hrehawm a ti êm êm a. In a thlen chuan a ṭap ta vak mai a. A nu hnênah chuan a pawisa chên dân zawng zawng chu a hrih ta vek a. A nu chuan hlim

loh hmêl pu miah lovin a lo hnêh a. Chutia harsa taka an awm lai chuan Davida chuan an nu leh a unaupa chu a tlân bosan ta daih bawk a.

Samuela chuan a hnathawhna hmuna an hotupa thu sawi kha a ngaihtuah reng a. Taima taka hna a thawh zêl chuan a tân a ðha dâwn a ni tih a hre reng a. Tichuan, a hma aia nasain hna chu a thawk zêl a. A tâwpah chuan mi hlawhtling tak a lo ni ta a, an chhûngkua pawh a hma aiin an khawsak a lo nuam ta zâwk a. Davida erawh chu engtin nge a awm tih pawh an hre tawh lo va.



Samuela leh a nu chu hlim takin an awm zêl a. Chutia hlim taka an awm lai chuan Davida chu a nu leh Samuela hnênah chuan lo hawin ngaihdam a rawn dîl a. An chhûngkua chu inggaidam tawnin hlim leh lâwm takin an awm ta a.

Davida pawh chuan hna thawh taihmâk ðhatzia chu hre tharin a theih ang tâwk tâwk chuan hna a thawk ve ta a. An chhûngkua chu a khawsak dinhmun a ðha ta hle a. Mi dangte ðanpuitu langêsar tak leh chhûngkaw entawn tlâk tak an ni ta a ni.

## THU ÂWIHNA

*Vanlalnghaki Zote  
Intermediate Department  
Zêmbâwk Kohhran*

Ni khat chu Mawii sikul kal tûr hi dârthlangah a inena, a phun a phun lai chuan, a thiannu Hmingi chuan a rawn au lauh lauh a. Mawii chuan, “Aw, ka inpeih a ni mai ka lo kal,” a ti a. Tichuan, sikul chu an kal dôn ta a. Kal kawngah chuan Mawii chuan a taksa pêngho chu sawisêl leh pahin meizial a tan a. A a rin loh deuhin Hmingi chuan, “I phu alâwm, sawisêl pawh sawisêl suh! ‘Ka phu alâwm’ ti zâwk rawh. A chhan chu, i taksa tâna tha lo tûr thil i ti hnem êm alâwm,” a ti a.

Sikul kawtah an thiannu Sâwmi an tâwk a. Sâwmi chuan, “Thiante u, kei chu hmân nia kan result lo chhuaka ka grade aia tha hmuh tawh ka tum a; chuvângin, in kal na tûrah chuan ka lo kal ve thei lo vang,” a ti a. Hmingi chuan, “Engati maw? Pakhatna i nih tho kha, a hrim hrimah khawiah nge in kal dâwn?” a ti a. Mawii chuan, “Th...eng lo a nia, sikul bânah hian thlânmualah kal kan tum a, lo kal ve la; eng pawh meizial leh zû tihte pawh a theih vek; mahse, pawisa i lo ken loh chuan i lo tel ve thei lo vang” a ti. Hmingi chuan, “Mawii, chutiang ti tûr chuan i la naupang si a, an man chhuah che chuan a pawî dâwn a nia,” a ti a.

Sikul bânah chuan Mawii chuan Sâwmi chu a sâwm lui tlat a, an kal dôn ta a. A tûkah chuan

Mawii, Sâwmi leh mi dang kal vete chu an principal-in a ko va. Mahse, rin loh deuhin Hmingi pawh an ko tel ve a, Mawii te chuan, “Hmingin, ‘Lo kal rawh u, ka surprise dâwn che u alâwm,’ a ti a, min sâwm lui tlat a,” an ti a. An principal chuan Hmingi leh mi dangte chu kêr hnih chhûng sikul in kal thei lo vang a ti a. Hmingi chu a ṭap chhuak a, a kêr leh lawkah test tûr an neih avâng leh an test tûr zirtîruin a la hrilh si loh avângin a rilru a hah hle a. Sâwmi chuan a lo thlêm vat a. Hmingi chu an mawhpuh avangin thinrim hle a; mahse, ngaihdam an dil avâng leh a ṭhiante an nih avângin a ngaidam a.

Hun a lo kal zêl a, Hmingi te pawh chu an lo lian zêl a. Ṭum khat chu Sâwmi chu motor racing-naah a tel ve a, pahnihna a ni a. Pakhatna nih tumin a tlân leh a. Mahse, vânduaithlâk takin a balance a hlauh thut a, thlang lamah tlan liamin a thi zui ta a ni. Mawii chuan inchei danglam vêl a uar hle a, a hmaa a tih ṭhin thil sualte chu sim duh mah se a sim thei tawh si lo va; a taksain a tuar a, a thih phah ve leh ta a ni. Chutih lai chuan naupan lai aṭanga thu âwih thei tak Hmingi chu mi hausa leh mi hlawhtling tak mai a ni a. Daktawr a ni ta nghe nghe a ni.

He thawnthuin a zirtîr leh sawi a tum ber chu thil kal tawh chu a tih ṭhat theih tawh loh va; naupang i nih laiin thu âwihin, hrehawm ti mah la, i châk zâwngte ti mai lova thil ṭha lam i tih tlat a, sual i pal tlang chuan hmabâk êng tak i lo nei dâwn



a. I lo puitlin hunah hrehawm i tihnate chu a kiang vek ang. I thil sawi tûr leh i thil tih tûr uluk takin ngaihtuah hmasa thîn ang che.

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## LO NEITU LEH THLAI CHI

(A Farmer & Seeds)

*Letlingtu: Lalengmawia Sailo  
Vaivakâwn*

Khaw pakhata lo neitu pakhat hian a huanah hian thlai chi a tuh a. Ni tin mai hian a lo ʔo hun nghâkhhleh leh beisei tak mai hian a thlai chi tuh chu tui a pe thîn a. Ni khat chu mi fing pakhat hian lo neitu hnênah chuan, “I thlai chi tuh hi ni tina tui pêk thîn avânga lo ʔiak tûr niin nge i ngaiha, amah (thlai chi) a theihna awm avânga lo ʔiak zâwk tûr?” tiin a rawn zâwt a.

Lo neitu chu a ngawi vang vang a. Chu zawhna chu ngun takin a han ngaihtuah a. Thil hriat chhuah a nei ta! Heti hian chu zawhna chu a chhâng ta a. “Ni tina ka tui pêk hian ka thlai chi tuhtea theihna awm sa kha ʔiak tûrin a zuk pui mai chauh a lo ni,” a ti ta a.

A zirtîr: Keimahnia theihna ʔha ber leh mi dangteah pawh theihna ʔha ber chu chhûngrilah hian a inphûm a. Thawh rimna leh theih tâwp chhuahna chauhin chu theihna chu a hai chhuak thîn. Hmasâwn tûr chuan thawh rim a ngai a ni.

## PHILIPA

Isua zirtîr zîngah khân Philipa tih a awm a, tâna mi kan sawi tûr erawh hi chu mi hran a ni. Philipa hming awmzia chu ‘sakawr ngaina’ tihna a ni a. Juda mi a ni a; mahse, Hebrai ṭawng ni lo, Grik ṭawng hmang a ni a. Isua zuitu rinawm tak a ni.

Kohhran din tîrh vêl khân kohhran upa an la awm lo va. Kristiante chuan biak in pawh an la nei lo. A tîrah chuan Temple hulhliapah te an inkhâwm ṭhîn a, Judaten an tihduhdah hnuah chuan mi mal inah te an inkhâwm mai ṭhîn. Kohhran mi an lo pung zêl a. Isua zirtîrte chu an tlêm si a, kohhran enkawl tûrin mi pasarih an thlang a, chûng zîngah chuan Philipa pawh hi a tel ve a. Chutih lai chuan ringtute chu chhûngkua angin an awm a, an thil neihte an thawh khâwm a, an inṭâwm a, mi retheite pawh an ṭanpui ṭhîn a. Chuvângin, pawisa leh thil dang an thawh khâwmte chu fel takin an sem ṭhîn a ni.

Philipa chu Samari ramah a kal a, ṭahnemngai takin Pathian thu a hril a. Ramhuai bawlhhlawhten mi tam tak an lo man a, chûngte chu a hnawt chhuak a. Zeng leh kebai kal thei lo te, natna chi hrang hranga dam lote a tidam zêl a. Samari mite chuan a thu sawite chu ngun takin an ngaithla a, mi tam takin Isua an ring ta a. Samari-ah chuan dawithiam

Simona a awm a, dawî hmangin thil mak tak tak a ti thîn a. Ni khat chu Simona chuan Philipa thu sawi chu a ngaithla a, Isua chu a ring a, baptisma a chang ve ta a. Dawithiam Simona meuh a piangthar chu mak an ti êm êm mai a.

Vawi khat chu Africa khawmualpuia ram ropui deuh pakhat, Ethiopia ram lalnu sum enkawltu lal tak, mi tilreh pakhat hi Jerusalem-ah Pathian biain a lo kal a. A hâwn leh lamah chuan sakawr tawlailîrah chuangin Pathian Lehkhabu hi a lo chhiar malh malh a. Chutih lai chuan Pathian thlarauvin Philipa chu mi tilrehpa va be tûr chuan a hrilh a. Philipa chuan a va hnaih a, “I chhiar kha a awmzia i hria em?” tiin a zâwt a. Mi tilreh chuan, “Tu ma mi hrilh fiah lohvin engtin nge ka hriat theih ang?” a ti a. A thu lo chhiar lai chu zâwlnei Isaian Isua chanchin a lo sawi lâwkna thu hi a ni a. Philipa chu a tawlailîrah chuan a chuang ve ta a. A thu chhiar lai chu a awmzia a hrilh fiah ta a.

Khawvêl chhandam tûra Pathianin a fapa Isua Krista a rawn tirh tûr thu te, Isua chu Pathian fapa a nih thu leh mihringte hremhmuna kan kal tûr chhandam nân krawsa khen beh a nih tûr thu te, mihringte chhandamna atân chuan Isua chuan a Pa Pathian thu chu a âwih zêl tûr thu te leh Isua chanchin a tak taka lo thleng ta chanchin chu fiah takin a hrilh ta a. Mi tilreh chuan mak a ti êm êm

a, Isua chu a ring ve ta a. An kalkawng bulah chuan tui a lo awm a; tichuan, Philipa chuan baptisma a chantîr ta a ni.

Tui ata an chhuah veleh chuan Lalpa thlarauvin Philipa chu a la bo ta daih a, mi tilreh chuan a hmu leh ta lo va. Chumi hmun aţanga hla deuh, Azota khuaah Philipa chu a awm leh ta daih a. Khaw hrang hrangah thu a hril chhonzawm zêl a. Kaisari khuaah in an nei a, chutah chuan a awm ta a. Hetah pawh hian kohhranah rawngbâwltu pawimawh tak, thuhritu a ni a. A fanu palite pawh Chanchin Tha hril thîn an ni a, fate enkawlnaah pawh a fakawm hle a ni.

### Zawhna

1. Philipa hming awmzia kha eng nge ni?
2. Samari rama dawithiam, piangthar kha tu nge?
3. Mi tilreh kha khawi rama mi nge?
4. Philipa kha khawi khuaa mi nge?

*University of Wisconsin-a zirlaite chuan mipui an interview a. Zirlai pakhat hian kum 78 mi a interview a, “Ka pu, engtia rei nge zirna hi i beih?” tiin a zâwt a. Chu putar chuan, “Sikulah kum 6 leh zirna hmun dangah kum 72” tiin a chhâng a ni. Mi zawng zawng hian zir tûr kan nei vek a. Zir zawh a awm tak tak thei lo.*

## KAN NUN KAIHRUAITU ATAN PATHIAN

*Celena Lalfelkimi  
Intermediate Department  
Dârlâwn Vênghlun Kohhran*

Naupang pakhat Lalsangliana chu a têt te aţanga chhûngkaw rethei tak aţanga lo chawr chhuak a ni a. A nu leh pate chu kut hnathawka ei zawng an ni. A pa hi zu in mi a nih avângin an chhûngkua pawh chuan buaina neuh neuh an nei ve thîn a. Sangliana pawh hian hrehawm a ti ve êm êm thîn a; mahse, a nu nen bâng lovin an ţawngţaisak thîn a. Sangliana pa pawh chu a lo piangthara, Pathian tân rawng a bâwl ve ta a ni.

Naupang tê e ti lo chuan Sangliana hi naupang fel, thu âwih leh lehkha thiam thei tak a ni a. A thian kawm thîn tam zâwkte chuan hnathawh te chu a zahthlâk si, a hahthlâk bawk si an tih khum thîn a. Lehkha zir ţa peih si lo, hna pawh thawk peih si lovin nal tak takin an inchei a; an lêng kual vel mai mai thîn. Mahse, Sangliana chu chutiang mi a ni ve lo, taima tak leh sawisel nei miah lovin a nu leh pate chu a hun âwlah a pui ve lâwp lâwp thîn a ni.

Kumte a kal ve zel a, Sangliana pawh lung delh loh thing delh loh ta na na na chu a lo tlangvâl

chho ve ta a. Ni khat chu an college bânah Sangliana chu a ðhianten lêng tûrin an sâwm a. Sangliana chuan a hnial a; mahse, an thlêm an thlêm tâkah chuan a kal ve ta a. Chutia a ðhiante a zui chu bar-ah an lo kalpui reng mai a. Sangliana chuan, “Þhiante u, ka lo lût ve lo mai ang. Ka lo hawsan zâwk mai ang che u,” a ti a. A ðhiante chuan a haw an phal tlat lo mai a; tichuan, a zui lût ve ta a. Mahse, zû pêk an lo tum ta mai a. “Tv. Lalsangliana, Pathian rawngbâwltu hian ka in tûr a ni lo. Lalpa, ka Pathian duh zâwng a ni lo,” tiin a infuih a.

A rilruin Pathian a au a; mahse, a ðhiante chuan in luihtîr an tum a. Sangliana chuan, “E... ðhiante u, hei ka lo zui tawh che u a, zu leh zêl chu min intîr tum lo mai rawh u, in zîngah hian zu in lo chu a tel theih loh a nih chuan ka lo tel tawh lo mai ang e. Pathian zuitu leh rawngbâwltu tân chuan tih a mawi lo ve,” tiin a hawsan ta a.

Chutia a haw hnuah chuan a nu leh pate hnênah chuan a thil tawn zawng zawng chu a hrilh a, a nu leh pate chuan an chhuang hle mai a, a tih tûr tak a tiah an ngai a. A lua kut nghat chungin “Lalpa, kan fapa hi a nun kawng hman zêlna tûrah min kaihhruaisak zêl ang che,” tiin an ðawngðaisak ta a.

Hun a liam a, Sangliana pawh chuan lehkha te zir zovin hna a zawng ve ta a. Exam te, interview

te leh a dang dangte a hmachhawn hnuah chuan hna ðha tak a nei thei ta a. Chu chu India rama sawrkâr hna zînga hna zahawm leh hlawh sâng berte zînga mi IAS (Indian Administrative Service) of-ficer a nih theih phah ta a ni. TV-a an kawmnaah a kawmtu chuan, IAS a nih theih chhan a zâwt a. Sangliana chuan, “Ka nun kawng hi a awlsam bîk lo va, chhûngkaw rethei tak aţanga rawn chawr chhuak ve mai leh mahni insitna nei nasa ðhîn tak ka ni a. Mahse, Pathian ka rinna leh ka nu leh paten min ðawngţaisakna zârah he hna ropui leh zahawm tak hi ka chelh theih phah a ni,” tiin a chhâng a ni.

Sangliana hian a nun kaihruaitu atân Pathian a thlang tlat a, thlêm-nate chu tâwk ve ðhîn mah se, a ðhianten ti ve rawh an tih apiang leh lo kal ve rawh an tihnahte a kal ve reng lo va. A nu leh pate leh Pathian thu a âwih tlat a, eng tik lai pawhin, eng hunah pawh Pathian a thlang tlat a, a hlawhtling thei ta a ni. Keini pawhin Pathian hi kan nun kaihruaitu atân kan thlan tlat chuan, eng kawng pawh zawh ila kan hlawhtlin phah ngei dâwn a ni.

*I chakna i thunun loh chuan  
nangmah a thunun ang che. A tâwpah i  
beidawn phah ang.*

*-Horace*



## INDIAN RAILWAYS

Indian Railways hi khawvêlah national railway system len zâwngah palina a ni a, kum 170 chuanga upa a ni tawh a ni. Mizoramah pawh rêl kawng lian an siam tlut tlut mêk lai hian Indian Railways chanchin i han târ lang teh ang.

Indian Railways neitu leh enkawltu chu sawrkâr laipui a ni a. Indian Railways-a hotu ber chu Union Minister, Railways changtu a ni a, tûnah hian Ashwini Vaishnaw chu Railways Minister a ni mêk a ni. Indian Railways hi pêng (region) 18-ah then a ni a, tûnah hian mi maktaduai khat leh nuai ruk chuang an thawk mêk a ni.

Hnathawktute hi gazetted (Group A leh B) leh non-gazetted (Group C leh D)-ah then an ni a. Group A hi Indian Railways Management Service-in a la thîn a, Group B-ah hian Group C aţangin an kai sâng thîn a, Group C hi Railway Recruitment Control Board-in a la a, Group D-a thawk tûr hi zonal Railway Recruitment Cells (RRC)-in a la thîn bawk. Railways-a thawk tûr hian kum tin mi thar tam tak an la thîn a, lehkha kan zir taihmâka, kan tum phawt chuan keini pawh kan thawk ve thei reng a ni.





In India first railway was built between Mumbai and Thane in 1852 and the first passenger train ran between the two stations, covering a distance of 34 km, on April 16, 1853.

Indian Railways bul ṭan dân leh hma a sâwn zêl dân han târ lang ila:

**1832-1837:** Kum 1832-ah Madras-a rêl kawng siam rawtna a awm ṭan a. Kum 1835-ah Madras-a Red Hill leh Chintadrepit inkârah rêl kawng siam ṭan a ni a, kum 1837-ah an hmanṭan a. Granite phurh nân he rêl hi hman a ni.

**1853:** April 16-ah Bombay leh Thane inkâra kal rêl kawng hawn a ni a. Khualzin 400 phur rêl chu Bori Bunder (Bombay) aṭanga Thane thleng. km 34 a tân a. Hei hi India rama khualzin phur rêl tân hmasa ber a ni a. Chuvângin, April 16 hi Indian Railways Ni (Indian Rail Transport Day) atân hman zui a ni ta a ni.

**1854:** Khawchhak lama khualzin phur rêl hmasa ber chu Howrah station aṭangin Hooghly

panin August 15-ah km 24 a tlân.

**1856:** Chhim lama rêl kawngpui hmasa ber, Royapuram ațanga Arcot thleng chu chu July 1-ah hawn a ni.

**1862:** India rama rêl siamna hmun hmasa ber Jamalpur, Bihar-ah din a ni a. Zawi zawiin India rama industry lian ber p̄awl a lo ni ta a, th̄r hmanga thil siamna hmun leh thil dang tam tak a awm ta a ni. T̄n thlengin rêl siamna hmun lian berte z̄nga mi a la ni.

**1862:** Hm̄r lama rêl station hmasa ber Delhi Junction chu hawn a ni.

**1867:** Hm̄r lamah rêl kawngpui Allahabad ațanga Kanpur thleng siam a ni.

**1895:** Kum sawm li chh̄ng zet Britain ațanga rêl lu siam sa lâk luh th̄n a nih hnuah Ajmer Workshop-ah India rama rêl lu (steam locomotive) siam hmasak ber siam a ni.

**1897:** Khualzinte chuanna rêlah electric êng dah țan a ni.

**1914-18:** Indopui pakhatna a lo chhuah kh̄n India ram p̄awnah pawh British sawrk̄r thil ph̄t ang z̄la rêl kawng siam a ni.

**1924:** Railway budget hmasa ber pharh a ni.

**1925:** February 3-ah electric rêl hmasa ber Bombay leh Kurla ink̄rah a tlân.

**1945-47:** Indopui II-na lai khân rêl siamna hmunte chu râlthum siamna hmunah an let a, hei hi Indian Railways-in a tuar hle. Kum 1947-a India leh Pakistan-in zalêna hmuh khân India rama rêl kawng thui tak chu Pakistan chhûngah a awm ta.

**1950:** India rama rêl kawng km 55,000 vêla thui enkawltu rêl kawng company 42 zet chu pakhatah hlâwm khâwmin Indian Railways din a ni. Indian Railways chu pêng lian pui pui paruka then rêl a ni bawk.

**1952:** Mihring phur rêlah chuan fan leh êng a awm ngei ngei tûra rêl a ni.

**1954:** Diesel hmang rêl a tân ãan.

**1956:** Air condition rêl hmasa ber Howrah leh Delhi inkârah a lân.

**1969:** Rêl chak chi lân ãantîr a ni.

**1977:** National Rail Museum Chanakyapuri, New Delhi-ah hawn a ni.



**1986:** Computer hmanga rêl ticket buaipuina hawn a ni.

**1991:** March 16-ah Mizoram (Bairabi)-ah rêl a lût ve ta.

**2000:** February thlaah Indian Railways website hawn a ni.

**2015:** Compressed Natural Gas (CNG) hmang rêl a tlân ãan.



**2019:** Rêl chak chi, dêrkâr khata km 160 tlân thei, Vande Bharat Express a tlân ãan.

**2024-25:** Kum 2024-25 chhûnga hman tûrin Railway Budget chêng vaibelchhe 2,62,200 ruahman a ni. Rel kawng sei zâwng hi km 135,207 zet a ni tawh a, bungrua ton maktaduai 1588.06 leh khualzin tlûklehdingâwn 7 vêl lai a phur kual a ni.



Tûnlai hian naupang leh tleirâwl zîngah games khêla, TV ena, mobile khawiha buai, lehkha chhiar peih lo leh chhiar ngai lo ka hmu hnem ta hle mai. Lehkha chhiar hi tih ðhana neih tûr a ni a, thil tûl leh pawiamwh tak a ni. Lehkha chhiar a tûla, a pawimawhna leh tih ðhana neih chungchâng hi Pu Zalawra chanchin aţangin i han sawi chhunzawm teh ang.

Presbyterian Kohhran hian Sunday School exam lâwmman hmu reite chawimawina Zalawra Medal hi kan sem ðhin a. Sunday School hotu hmasa Pu Zalawra hriat rengna atâna kan tih a ni. Pu Zalawra kha Sunday School hotu hmasa a ni a, ani thawh rimna leh ðhahnemngaihna avângin Sunday School ropui takin a lo awm chho a ni ti ila kan tisual lo ang.

Pu Zalawra kha lehkha chhiar peih tak a ni a, biak inah pawh inkhâwm sela a hun tam zâwk chu lehkha chhiar nân a hmang tho a ni. A lehkha chhiar avângin mi thusawi a ngaithla lo chuang lo va, rêl sual awl tak tûr a ni. Lehkha chhiar a peih ang bawkin hriat rengna a nei ðha hle mai a, a thil han hriat tawh lah chu a kum leh, a ni leh a thla chen mai hian a sawi thuai thei zêl mai a; mi ðhenkhat phei chuan, thil chi tin ziak khâwmna bu (encyclopedia) kal thei an ti ngawt mai a ni. Hêng a hriat rengna ðha bîk hi inkhâwmpui nikhuaah te,

kohhran lam thil ngaihtuahnaah te a ʔangkai hle ʔhîn. Biak Ina inkhâwmna hmuna a duh zâwng a han sawi ve te hi a ngaihnawm viau ʔhîn.

Thil hre chiang ta na na na chuan a sawi chhuah leh pawh a thiam a, chutah pawh chuan entawn tlâk a tling a ni. Zirtîrtute hian kan thu sawi tûr kan hriat chian loh ʔhin avâng hian kan thu zirtîr pawh hi a ʔthat ang hûin a ngaihawm loh fo rêng a ni.

Sûlhnu kum hlun hnutchhiahte leh mi ʔangkaite hi lehkha chhiar taima leh an lehkha chhiar hmang ʔangkai an lo ni zêl. Hawh u, lehkha chhiar hi i taima ang u.

*Miin an tuipui che i duh chuan tui la.  
Miin an lawm che i duh chuan mi dang lâwm  
la. Miin an hmangaih che i duh chuan mi  
dang hmangaih la. Miin an ʔanpui che i duh  
chuan mi dang ʔanpui rawh.*

*William Arthur Ward*

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number 8974581885-ah emaw theh luh theih reng a ni. Naupang leh  
Tleirawl chawhnu inkhawm kan neih dan chanchin pawh a duh  
apiang tan chhuah theih a ni bawk.

***Editor, Kristian Naupang***

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|     | Branch         | : | Centenary Branch           |
|     | IFSC           | : | YESB0MAB007                |

Bank kal tlanga pete chuan an pêk veleh an pêkna receipt an *screenshot* ang a, *agent* hming leh *address* kimchang nêh a hnuai a *phone number* kan târ lanah hian Whatsapp leh remchâng dang hmangin thawn tûr a ni. Kan thunna *account* awmna *bank* hi hriattîr tel tûr a ni. (etn. SBI Account-ah nge, MRB nge, Apex Account-ah).

**Thawna tûr : PU LALFAKZUALA**  
**Phone number : +91-9862473218**



Bible hmanga chhân tûr zawhna kan rawn dah leh ta. Eng zât nge kan chhân theih i han en chhin teh ang u aw:

1. Paula leh Barnaba khân khawi ramah nge rawng an bâwl?

*Chhânna:* .....

2. Khawi khuaah nge Paula te kha Pathian biaka biak an tum?

*Chhânna:* .....

3. Samari rama Chanchin Ṭha hril hmasa bertu tu nge?

*Chhânna:* .....

4. Samari rama dawithiam, Pathian thu âwih ve ta kha tu nge?

*Chhânna:* .....

5. Samari rama ringtharte hnêna kalte kha tute nge?

*Chhânna:* .....

6. Pathian ṭih tak, sipai za hotu kha tu nge a nih?

*Chhânna:* .....

7. Isuan phâr eng zât nge a tihdam?

*Chhânna:* .....

8. Isua hnena zeng zâwntute kha eng zât nge?

*Chhânna:* .....

9. Persia lal, Estheri pasal kha eng nge a hming?

*Chhânna:* .....

10. Daniela kha ni khatah wawi eng zât nge a ṭawngṭai ṭhin?

*Chhânna:* .....

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

**February thla Quiz chhânna:**

- |                    |              |                          |
|--------------------|--------------|--------------------------|
| 1. Thing kittu     | 2. Midian-ho | 3. Pa chu chawi san a ni |
| 4. Mi tam tak pa   | 5. Ur        | 6. Jerubaala             |
| 7. A ro chan ai    |              |                          |
| 8. Talent nga dang | 9. A thukru  | 10. Vawi 983             |

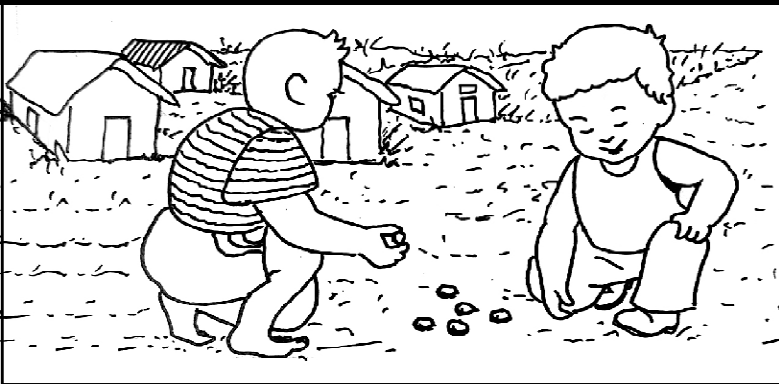
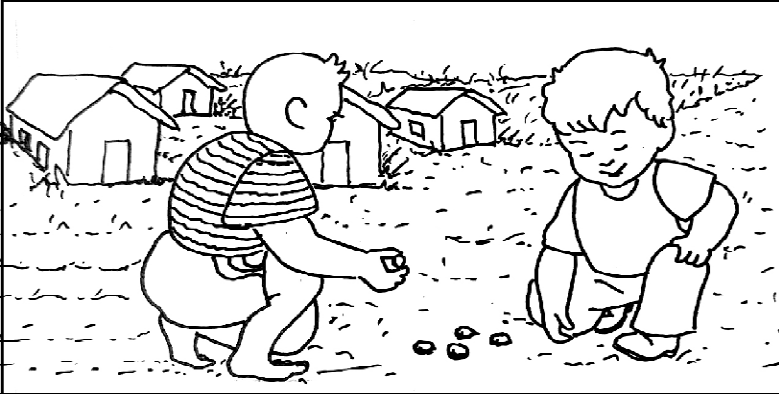




# CHEI RAWH LE!



# KA HMUH ANG HMU THEI RAWH



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

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



Lily Veng North Kohhran Junior Department



Maubawk Sikul Veng Kohhran Child Evangelism Cell



Marpara North Senior Department

To \_\_\_\_\_



**Kristian Naupang Editorial Board 2025-2027**

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