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# Kristian Naupang



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K. Lalduhawma

THU  
INZIAHSIAKA  
PAKHATNATE



Zodinsangi

• FAI HI HRISÊLNA A NI • PATHIANIN MIN TANPUI THIN  
• NIHNA • HLAWHTLINA KAILAWN CHU KRISTA • THU AWIHNA

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A man pe duh leh a bu la duh chuan

Circulation Manager hriattîr tûr a ni.

**Kum khat lâk man ₹50**

*Kristian Naupang thu chhuahte bi Editor ngaih dân a ni vek kher lo.*

## **A chhônga thu awmte**

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## Kan thutiam kha

Pathian hruaina leh awmpuina avângin kum chanve kan lo hmang zo leh ta reng mai. Pathian hnênah lâwm thu i sawi mawlh mawlh ang u. Kum bul lam kha han ngaihtuah kîr leh ila, a tam zâwk chuan kum thar thutiam (new year resolution) kan nei ðeuh âwm e.

Thutiam neih hi thil ðha tak a ni a, thutiam hian hlimna te, lâwmna te leh hmasâwnna te a thlen fo ðhîn. Chutih rualin, kan thutiamte kha kan tihlawhtling em tih mahni inzâwt ðeuh ila. Kan thutiamte chu kan ngai thu tak tûr a ni a, tihlawhtlin ngei pawh kan tum bawh tûr a ni.

Kan thutiamte kan la tihlawhtling lo a nih pawhin beidawng mai lo ila, kum chanve dang hun ðha kan la nei tih hriain, Pathian rawngbâwlna kawnga kan thutiam te, kan tih ðhin ðha lote bânsan tûra kan intiamna te tihlawhtlin nân khua a la tlai chhe lo tih i hria ang u. Pathian hnênah thu kan tiam a nih phei chuan kan tihlawhtling ngei ngei tûr a ni.

Mi tam tak mahni duh ang pawh tithei tawh loa damdawi inah te an awm lâi hian kan vâneih bîkzia ngaihtuah ila, Pathian hnênah lâwm thu sawi ila, kan thutiam ðha tak takte tihlawhtlin tumin i ðang sauh sauh ang u.

## Thu Inziahsîak Result leh Lâwmman Sem

Kristian Naupang chanchinbu buatsaih 'Ram pum huapa thu inziahsîak' result chu puan a ni ta a. Hlâwm khatna (Beginner-Junior Department)-ah mi 76-in thuziak an theh lût a. Hlâwm hnihna (Intermediate-Senior Department)-ah mi 192-in thuziak an theh lût bawk.

Hêng aţang hian a ti  a zual pakhatna aţanga pathumna hn nah pawisa leh thuziak hlan a ni a. L wmman la pha lo, a ti  a zual a t  lamah mi panga leh a lian lamah mi paruk hn nah consolation prize ₹500 leh thuziak hlan a ni bawk. L wmman hi a t  lamah pakhatna ₹5,000, pahnihna ₹3,000 leh pathumna ₹2,000 a ni a, a lian lamah pakhatna ₹7,000, pahnihna ₹5,000 leh pathumna ₹3,000 a ni.

He intihsiakna hi naupang leh tleir wlten thuziak leh chhiar kawngah te, Mizo  awng ziah d nah te hma an s wn phah beisei av nga buatsaih a ni.

L wmman semna hun hi ni 16.6.2023 z n d r 7:30-ah kh n Synfo Studio-ah hman a ni a. L wmman semna hun hi Pu Eric Lalnunmawia, Joint Editor-in a kaihrui a, Pi R llianthangi, SL&PB-in hun serh a hmang a, Pi Rinsailovi, Editor-in report a pe a, Pu Vanlalrochana, Joint Editor-in thuchah tawi a sawi a ni. L wmman hi Rev. Lalbiaknia, Managing Editor te; Upa Neihthangl nga, Joint Editor te; Pu Zohmangaiha, Joint Editor te leh Pu Lalremmawia, Circulation Manager ten an sem a ni. He hun hi Hruaina  ng (TV channel) leh Synfo Youtube channel-ahte tihchhuah a ni bawk.

**Lâwmman dawngtute****Beginner-Junior Department hlâwmah**

- Pakhatna - K. Zodinsangi, Primary Department,  
Ruallung Kohhran
- Pahnihna - Phillip H.K . Lalropuia, Junior  
Department, Aizâwl Kohhran
- Pathumna - Malsawmfeli, Junior Department,  
Falkâwn Kohhran, Rawpuichhîp

**Intermediate-Senior Department hlâwmah**

- Pakhatna - K. Lalduhawma, Intermediate  
Department, Armed Vêng North Kohhran
- Pahnihna - HT Lalrintlingi, Senior Department,  
Nursery Vêng Kohhran  
Vanthangpuia Sailo, Senior Department,  
Zêmabâwk North Kohhran
- Pathumna - Malsawmsangi, Senior Department,  
Vaivakâwn Kohhran  
R.L. Malsawmkimi, Senior Department  
ITI Vêngchhak Kohhran

**Consolation Prize dawngtute:****Tleirawl hlâwmah**

- Jessy Zirtluangpuia, Sacrament Department, Kulikâwn  
Lalhriatzuali, Intermediate Department, ITI Vêngchhak  
Lalrinfeli, Intermediate Department, Thênzâwl Vêngthar  
Lalrinhlui Fanai, Senior Department, Ramhlun North  
Lalruatthari, Senior Department, Nursery Vêng  
R. Lalrosangkimi, Senior Department, ITI Vêngchhak

**Naupang hlâwmah**

- B. Lalruatdika, Junior Department, ITI Vêngchhak  
Esther Lalmuanawmi, Junior Department, *Kohhran hriat loh*  
K. Lalpekhlu, Junior Department, Dâm Vêng  
Lalṭhapari Chinzah, Junior Department, Ramhlun Vêngchhak  
Malsawmtluanga Chawngthu, Junior Department, Búngkâwn Vêngthar

## Fai hi hrisêlna a ni

*K. Lalduhawma  
Intermediate Department  
Armed Vêng North Kohhran*

Kan khua chu tâng thenghaw nuam tak chung a awm a ni a. Tlâng chung a awm ê ti lo chuan a rualrem phian mai lehngâl a. A ruam lai deuh te chu a rai tha êm êm a, khêlmual zau tak tiat lai a ni. Chuti taka rualrem leh lawilên nuam chu ni mah sela a boruak a tha tâwk lo va, a rim chhe tlat mai thîn a. A chhan chu kan khaw mipuite chuan bawlhhlawh kan paih duhdah thîn êm vâng a ni.

Mi tute mai pawh chuan thei pil te, a mu te leh thil dang an duh loh apiang chu khawlaiah an paih mai mai a. Thil ei bâng nawi leh bawlhhlawh dangte pawh tukverh leh kawngka aţangte hian an paih mai zêl a. Chu chuan in hnuai leh khawlai vêl a tibawlhhlawh a, hmun tin maiah bawlhhlawh chu a darh a, kawrahte phei chuan hnâwm tinrêng hi a tling tên tûn mai a ni. Chu chuan kan khua chu a tirim chhe ta êm êm a ni.

Khaw thlêng nuam tak leh hmun thenghaw nuam taka awm ni si, kan khaw mipuite chu kan harhvâng lovin kan dam lo fo mai a. Naupang leh tar chak lo deuh te phei chu an dam lo ngun zual a. Kan khaw damdawi in pawh chu a lûn ve map map hle thîn a ni. Daktawr leh nurse-te pawh an indaih lo êm êm thîn.

Tum khat chu naupangho hian sikul kawngah balhla an ei a, tui an ti hlawn khawp mai lehngâl a. An ei zawh

chuan an balhla  
eina kâwr chu  
kalkawngah  
chuan an paih  
mai a. An hnung  
lawkah chuan  
pitar pakhat chak  
tawh lo tak hi  
tiang hawlin a lo  
kal ve beuh beuh  
va, a mît a that  
tawh loh avangin



naupangho balhla kâwr paih chu a hmu lo va, a rap palh  
ta hlauh mai a. Balhla kâwr nâl chu a rap tlang a, kawng  
laih chuan a tawh thlu ta zawt mai a ni. A têt thâwm  
hriain a bul hnaia mite chu an lo tlan khâwm thuai a, pitar  
chu kaih thawh an han tum a, a tho thei ta rêng rêng lo  
mai a. Tlangvâl chak deuh chuan an pawm a, damdawi in  
lam panin an tlanpui ta dâwr dâwr a. Amah lah chu  
hmeithai rethei tak mai a ni bawk si a, a va han pawl tak  
êm!

Damdawi in an thlenpui veleh kan khaw daktawr  
fel deuh mai chuan a lo buaipui nghâl zung zung a. A ke  
ruh a sawh natah chuan them te dawhin a lo tuamsak a,  
damdawi te pein a *admit* ta nghâl bawk a. Chutia a buaipui  
zawh chuan a chêtsual dân chu a han zâwt Chiang a,  
naupangho balhla kâwr paih nâla a tûk vâng a ni tih a  
hriat chuan pawl a ti lutuk chu a chek tlawk tlawk a. Upa  
lam phei chu hliam a dam harin ruh te pawh a thatang  
muang bîk si a, pitar tein naupangho bawhlhlawh paih  
fîmkhur loh a tuar chu pawl a ti tak zet a ni.

Pitar tē an buaipui zo fel deuh chauh tih chuan mipa naupang pakhat hi an rawn zâwn lût a. “Engtizia nge?” tia daktawrin a zawh chuan chu naupang chu a ball chhar tûr a chesual a lo ni a. Kawng laia mi tui chhe paih luang chhuak nâlah a tlu a, a bân ruh a bawh tliak a lo ni. Tui chhe paih fîmkhur loh avângin chu naupang chuan a bân ruh a bawh tliak tih a hriat chuan daktawr chuan pawî a ti hle a. Naupang hliam chu uluk takin a buaipui leh ta a.



Kan khuaah chuan bawlhhlawh paih kan uluk lo mai a ni lo va, vântlâng tâna hnawksak tûra tui chhe paih mai pawh kan pawisa lo. Kawng laiah te hian mi tui chhe paih hi a luang dûl dûl a, tawlhthluk a hlauhawm bâkah a rim chhiain hrisêlna atân pawh a ðha lo hle ang tih a hriat mai a ni. A châng pheî chuan mi kawng kal lai te hi tui chhiain an theh fuh a, a zia lo hle ðhîn. Tuihâwk luankawr ðha leh tui chhe paihna mumal a awm loh avângin lei a min fo bawk a, chhياتna nasa zâwk thlen hlauhawmah keimahni leh keimahni kan insiam a ni ber mai.

Ni khat chu kan khaw daktawr thar chuan sikul a rawn tlawh hlauh mai a. Headmaster chuan naupang zawng zawngte chu hall-ah min luh khâwmâtîr vek a, daktawr chu a rawn hruai lût a. Thu tawî tē a sawî phawt a, inhmêlhriattîrna a neih zawh chuan daktawr chu thu



sawi tûrin a sâwm zui ta a. Naupanghovin kan hriat châk êm êm, pitar tê leh mipa naupang pakhatin hliam an tawrh dân chanchin chu a han sawi hmasa phawt a, fai hi hrisêlna a nihzia a sawi zui ta a.

Daktawr chuan balh avânga natna kan vei theih te, bawlhhlawha tho a inthlah pun theih dân te, kan khawsak phung thlâk danglama, faina kawnga ãan kan lâk chuan sikul naupangte chuan kan khua chu hriselna kawngah nasa takin hma kan sâwntîr thei dân a ni tih te a sawi a. Hma lâk dân tûrte sawi zêlin, naupangho chu faina kawnga thawhpui atân min sâwm ta a, kan phûr hle mai a, daktawr hova hma lâknaah chuan tel kan duh vek a ni.



Kan daktawr kaihhruainain pâwl pakhat 'Fai Kan Tlin' tih pâwl kan din ta a. Hruaitu tûrte thlangin group hrang hrangah kan inñhen a, chak takin hma kan la nghâl a. Bawlhhlawh bâwm leh bawlhhlawh paihna hmunte siamin, mipui tam thei ang berin an chhiar theih tûrin hmun remchang apiangah fai pawimawhzia ziahna thu ãa tak tak kan târ a. Mahni nu leh pate ãeuh hnênah tui chhe paihna ãa tak siam tûrin kan ngên a, khaw chhângah tuihâwk luankawr ãa tak siamin kan hnatlâng mup mup mai bawk a ni. Chutianga sikul naupangten hma kan han lak chhoh tâkah chuan YMA an rawn tel ve vat a. YMA uapna hnuaiah pheih chuan kan thawk chak

ta hle mai a. Kan khaw hruaitu VC-ten min lo phûrpui bawk nêh, a ni têlin kan khua chu a fai ta sawt sawt mai a ni.

Chutiang taka ãang ruala kan han thawh ho tâkah chuan nu leh pa lamah pawh nghawng ãha tak a nei chho va, mahni in leh a vêl tihfai kawngah chhûng tin kan inel a. Chu chuan rah ãha chhuahin, hrisêlna kawngah pawh hma kan sâwn chho ta hle a. Kan khaw boruak rim chhe tak ãhîn pawh tûnah chuan a lo reh ta a, a lo thiang ta vâk mai a ni.



Faina kawnga hma kan lâkna chuan faina leh hrisêlna kawngah chauh malsâwmna min thlen lo va. Kan rilru a lo inpawh tâng a, khawtlâng tân kawng engkimah lungual takin kan thawk ho dial dial a. Kawng hrang hrangah hmuh theihin hma kan sâwn a. Khaw nuam leh hrisêl, inlungual tak kan lo ni ta a. A tîra kan daktawr leh sikul naupangin faina kawnga hma kan lâkna chu kan khaw siam ãhatna leh changkâna, hmasâwnna ropui tak thlentu a lo ni ta a ni.

*[He thuziak hi Kristian Naupang Chanchinbuin ram pum huaþa thu inziahsiak a buatsaiha Tleirâwl lam (Inter-Senior)-a lâwmmann pakhatna dawngtu a ni.]*

## Pathianin min tanpui thîn

*K. Zodinsângi  
Primary Department  
Ruallung Kohhran*

Kan hrehawm châng te, mangang deuha kan awm changa kan tanngtai thîn hian Pathian tanpuina kan chang thîn a. Kan chhûngkua pawhin a tak ngeiin kan tawng tawh a, chu kan thil tawn chu ka han hrilh ve dawn che u a ni.

Ni khat chu nasa tak maiin ram a kâng ta a, k h a w p a k h a t a bawlhhlawh paihna an hâlna atanga lo kâng



chhuak a ni a, mi tam tak chu thelh turin an kalkhawm a, â pa pawh a kal ve a. Ram chu a kâng nasa lutuk a, tu mân an thelh thei lo a, mite pawh chuan thelh ngaihna an hre lo a, an en tawp mai a ni.

A tûkah chuan kâng thelh tûr chuan an kal khâwm leh a, â pa pawh a kal ve a ngai leh a, kan vai chuan kan ngaihtuah êm êm a, fîmkhur tûrin â nu chuan a chah mawlh mawlh a. “Min lo

ṭawngṭaipui rawh u,” a ti a, kan rilruin kan ṭawngṭaipui reng a, tlaiah chuan hah takin a lo haw ve leh ta a. In a lo thlen hnu chuan an kalna hmun hrehawmzia leh hlauhawmziate chu min hrilh a, phone-ah min entîr bawk a, tâng sâng takah an kal thu te min hrilh a, khâm kârah te an kal thute min hrilh bawk a. Kâng an ṭhelh theih loh thu te min hrilh a, a tûkah pawh kal leh an ngaih thu min hrilh a, kan hlauthâwng hlawm hle mai a.

Chaw ei dâwnah chuan chhûng inkhâwmna kan hmang a, ka ṭawngṭai hun a ni a, ka ṭawngṭainaah chuan, ‘ram kâng te a lo reh theihna tûrin min ṭanpui ang che’ tiin ka dîl a. A hnuah pawh room-ah keimah chauhin ka kal a, ka ṭhingṭhi a, “Aw Lalpa, â paten vawiinah ram kâng an ṭhelh thei lo va, naktûk lamah an ṭhelh theihna tûrin ṭanpui ang che. Tin, an ṭhelhna lamahte pawh vêng tlat ang che, Isua hmingin ka rawn dîl e,’ tiin ka ṭ a w n g ṭ a i

bawk a. A tûkah chuan kâng ṭhelh tûr chuan â pate chu an kal leh ta a, mei kâng chu amahin a lo thi deuh vek a, tlem tê bak ṭhelh tûr a lo awm lo a. Â



pa chuan, “Nizâna i ʔawngʔaina kha Pathianin a chhâng a ni ngei ang,” a ti a, kan hlim hle mai a. Pathianin min ʔanpui ngei a nih chu kan ti a.

Hemi kan thil tawn avâng hian kan chhôngkua chuan Pathianin eng tik lai pawhin kan ʔawngʔaina min chhânsak thei tih hi a tak ngeiin kan hre ta a ni.

Nangni pawhin he kan thil tawn aʔang hian Pathianin kan ʔawngʔaina hi a chhâng ʔhîn a ni tih hriain harsatna leh buaina kârah pawh ʔawngʔai hi thlahthlam lo ang che u. Isua ringtu chuan ʔawngʔai hi an thlahthlam ngai lo tih hi i hre tlat ang u. Chutichuan, Pathian chuan min ʔanpui reng ʔhîn a ni tih hi hre reng bawk ang u.

*[He thuziak hi Kristian Naupang Chanchinbuin ram pum huaʔa thu inziahsiak a buatsaiha Naupang lam (Beginner-Junior)-a lâwmman pakhatna dawngtu a ni.]*

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#### RINNA LEH NIHLIAP

ʔum khat chu khua a khen nasat êm êm lai hian Pathianni chawhma inkhâwmah Pathian thuhrlitu Dr Guthrie-a chu ruah dîlin a ʔawngʔai a. Chawhnua inkhâwm tûra an kal leh dâwn chuan a fanu tê chuan, “Ka pa, hei nihliap aw,” a lo ti a. Guthrie-a chuan, “Eng atân nge nihliap chu ka ken ang?” tiin a fanu chu a zâwt a. A fanu chuan, “Chawhma inkhâwmah ruah sûrfîr tûrin i dîl a, Pathianin a rawn sûrfîr nghâl i ring lo em ni?” a ti a. Nihliap chu an keng ta a, an haw kawngah ruhpui vânwân sûr hnuaia khum tûr an neih phah ta a ni.

## Hlawhtlinna kailâwn chu Krista

*HT. Lalrintlingi*

*Senior Dept*

*Nursery Vêng Kohhran*

Hlawhtlinna kan tih hi eng nge ni le? Kan nuna kan tumte kan hlen chhuah a, kan nih tum atâna kan lo suangtuahte kan tihpuitlinna hi a ni ber âwm e. Mihringte hian mahni zâwn theuhah leh mahni nun kawng zawhah harsatna kan tâwk theuh a, mahni mihringpuite tanpuina beisei leh mahnia tuar chhuah tumin kan bei ve fan fan thîn. Mahse, mihring theihna chuan chauh châng a nei a, beidawn châng a nei a, chûng hunah chuan belh tûr dik Krista hi kan theihngihl fo thîn. Mahnia tuar chhuah tumna chuan chhelna min pe nameuh mai; amaherawhchu, Krista tel lo hringnun hi chuan a daih rei lo hle thîn.

Mihringte hian kan Pathian hi kan lâwm niin kan theingihl fo a, kan lungngaih niin amah bâk belh tûr kan hre leh thîn lawi si lo. Mihring suala tlute chu kan Pathian hian min hawisan mai lovin a fapa Isua Krista chu kan tân krawsah thi tûrin a rawntûr a. Chûng a hmangaih, a fate chuan kan hawisan thîn. Eng tiang tak hian a hmangaih a fate hian kan Pathian rilru hi hliam thîn ang maw?

Khaw pakhata naupang duhawm tak mai chu a nuin a pai lain a nu leh pate chu an inthen a, a nu chuan enkawl sei lianin a t̄ulpui tak meuh meuh a. Chu nau chu lo leikâng zêlin zirna kawngah paw a duai lo hle. A nun kawng a bumboh êm avâng chuan amahah



chhelnain hmun a luah thûk êm êm a, a tumna chuan hlawht̄lin hun a la neih ringin ni tin rim takin a thawk t̄hîn. Chu a tawrh chhelna leh tei rei peihna chuan mi ropui takah a chher chhuak a, mi dangte tâna malsâwmna thlentu, mi t̄ha tak a lo ni ta a ni.

He thu kan târ lanna chhan chu khawvêla kan awm chhûng hian harsatna te, buaina te hian kian ni a nei ngai dâwn lo va; a chhan chu hêng harsatnate leh buainate hi mihring nuna bet tel tlat a nih vâng a ni. Chûng harsatna leh buainate a lo thlen nîah chuan Krista neitute chuan Krista bêl chungin kan hmachhawn t̄hîn a, khawvêl miten buaina nasa taka an ngaih pawh awlsam taka chin felsakin kan awm t̄hîn a ni.

Mi hlawhtling tam takte hian hlawhchham châng an ngah a; mahse, an beidawng mai ngai lo, an bei a, an bei nawn fo a, a tâwpah hlawhtlinna chuan a ûm zui mai ðhîn a ni. Hlawhtlin tuma bei

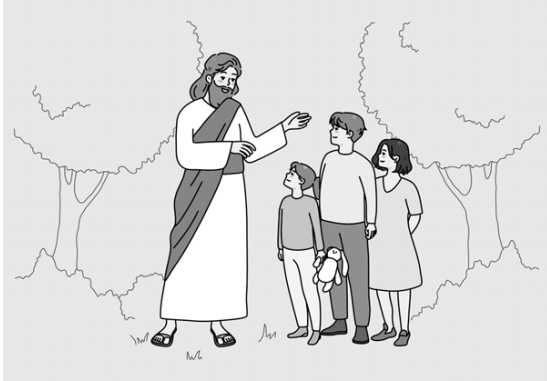


ve fan fan hringnun hian chauh châng a ngah a, sêltu leh diriamtu tam tak kârah a inhai kuakna tûr zawngin a nun a hmang a, mi chak a nihzia a hmuhtîr ðhîn. Nun tuang perh purhah hlawhtlinna zîk tuak a awm lo tih hriain, nun kawng bumboh tak, hîng leh suar hmunahte chuan tlu mai lovin din chhuah a tum ðhîn. A dinhmunin zir se tiin duhtu sâm ve fo mah se Pathian rorêlah a vui ngai lo a, chhel taka awma hlawhtlinna kawng zawh zêl chu a tum ðhîn. Hlawhtlinna kailâwn Krista chu a hmachhuan a, mihring theihnain a hneh zawh loh chin a thlenin Pathian a che ðhîn tih a hria a, a rinna leh a theihna zawng zawng chu Pathian tân a hlân ðhîn.

‘Krista tel lo hringnun zawng a râphtlâk em, a kawng a thim’ tia fak hla siamtuin a lo sawi ang khân kan nun kawng zawh laiah hian Pathian bêl tlat ila, hmun hrehawm leh thim lai ber pawh vânrâm a chang ðhîn a lo ni. Hlawhtlin tuma kawng



kan zawhnaah  
hian Krista  
bêl tlat ila,  
lâwmna dik,  
hlawhtlinna  
dik leh ropui  
tak chu kan  
chang dâwn  
a ni.



Hlawhtlinna kailâwn chu Krista a ni tih hriain keini Kristian naupangte chuan Krista bêl chungin kan nun kawng zawh lai hi fîmkhur takin i zawh zêl ang u.

Nun beidawng taka i awmna khân rah tha chhuah hun a la nei ang tih ring la, beidawng hlen mai suh. Beidawngna tel lovin hlawhtlinna kawng chu sa seh hmuna hrui zawn ang mai a ni. Mi chak chuan eng dinhmunah pawh din chhuah a tum a, beidawngna inhnehtîr a tum ngai lo, beiseina beidawngthlâk a insiamsak ngai lo. Beisei phâk loh leh suangtuahna chauha suangtuah puitlin theih thil chu natna thlentu a nih hmain a paih bo thîn. Mi chak i ni tih theihnghilh ngai suh.

“Mi tichaktuah chuan engkim ka tithei a ni.”  
(Philippi 4:13)

*[He thuziak hi Kristian Naupang Chanchinbuin ram pum huapa thu inziahsiak a buatsaiha Tleirâwl lam (Inter-Senior)- a lâwmman pahniha dawngtu a ni.]*

## Nihna

*Vanhangpuia Sailo  
Senior Department  
Zêmabâwk North Kohhran*

Pathianin mihringte hi mipâah leh hmeichhiaah min siam a, he leia awm a, chi thlah pung zêl tûrin thu min pe bawk a. Kum eng emaw chen liam ta kha chuan he thupêk hi kan ngai hluin, zawm pawh kan tum theuh thîn. Amaherawhchu, hun lo kal zêlin changkâna a rawn keng tel zêl a; mihringte ngaih dân te, pawm dân te leh rin dân te pawh a rawn inthlâk danglam hneh ngei mai.

Mizote pawhin changkâna kawng kan zawh mêknaah hian entawn tam tak kan nei a. Ram changkâng zâwkte tih dân kan entawn nasa êm êm a, an thil tih dân, a chhia a tha la vek lah bâng hek lo. Ni e, changkâna, hma lam panna chu zawh zêl tûr; mahse, ‘hmasâwn kan tumna lamah hian kan dai soal deuh em aw!’ tiin ka ngaihtuah neuh neuh thîn. Mipa leh hmeichhia chauh pumkhata insiam tûr a nih laiin Mizoramah ngei pawh hian mipat-mipatna, hmeichhiat-hmeichhiatnate hi a va hluar ta êm! Tuai leh patil an pung nasa êm êm a, chu mai bâkah an pahniha duh kawp thei (bisexual) kan tih bâng bawk hek lo. Kan va kal soal nasa êm! Hêngte pawh hi hmasâwnnain a rawn ken tel vek em ni ang? Kan hnam kalphung hi a soal zâwk em ni? Khûng America ram, ram changkâng lutukah pawh hetiangho hi an hluar

êm êm mai a, an naupangte thlengin hetiang LGBTQI+ hi thlâwp tûrin an inzirtîr hmiah mai nia maw le!

Mizo mipâah pawh *designing* te, *makeup* lamah te tui tak tak kan awm a, hetiang lam kan tih avâng hian kan tuai ta tihna a ni kher lo. Hmeichhiate pawh sipai/police lam leh infiamna lama kan tui vâng te khân kan pa ta viau tihna a ni lo. Keimahni nihna dik hi kan inhriat chian a pawimawh tak zet a ni. Kan pi leh pute hun lai aţang tawh khân tlêma a nû rawng kai emaw, pa deuh hlek sâa lo piang hi chu an awm ngei mai; mahse, tûna kan ram, Mizoram, Kristian ram kan tih ngei maia hetiang an tam ta lutuk mai hi chu an pianpui vek chu a ni thei hauh lo ang. Thil Chiang ta reng mai chu kan intihhmuh mai mai tih hi a ni.

Hetiang LGBTQI+ kan tihho ualau taka an rawn pun sup supna chhan nia ka hriat chu a ram mipuite zir loh bawh hi a ni. Anni thlâwp zâwng, a chawh phûr zâwnga lo bâwl tâwk an awm a, hetiang ve rênga piang lo hmusita lo chhaih nawmna lah bâng lo. Hetianga kan tih thîn avâng hian an rawn huangtau ta zêl a, an infuih phûr a, an pung khâwm a, social media-ah lah hmuh tûr an awm reng bawh a. Thâwkkhat lai pheih kha chu LGBTQI+ foundation ang deuh reuh đin an tum a, kha thil te kha sawrkâr hian lo phalsak ta se Mizo hnam kan va hmingchhe dâwn êm! Mizoram mipui kan tlêm tawh sa nâka laia hetiang hnam hmêl tichhe thei thil kan tih zêl mai chuan kan hnam a la boral ang a, kan pi leh puten rilru leh tha sênga, nunna hial thâpa an lo vên him kan ram leh hnam hi ram changkâng zâwk tih dân a

nih vâng maia a ṭha lo lam pawh kan lâk zêl chuan a la boral tak tak ang a, kan inhmuh chhuah meuh chuan phêngphehlepâ khua a tlai si ang a le. Ram leh hnam boral kan ni mai dâwn a lo ni.

Chuti a nih chuan hêng LGBTQI+ kan tihte hi kan hmusitin kan deusawh vak vak tûr tihna em ni? Ni lo ve. Mihringte hian duhthlan theihna kan nei vek a, kan duhthlan theihna hi mihringte min tihlutu pakhat a ni bawh. Kan tih tûr awm chhun chu keimahni inhriat chian leh invên fîmkhur a ni mai. Tin, kan ṭhiante/hmêlhriatahte hetiang an lo awm a nih pawhin va hmusit ve kher a ngai lo a, han hau hrep mah ila an duhthlanna a ni miau a, an inthlâk dâwn chuang lo a. Anmahni thlâwp lo lam zâwnga rilru put hrâm i tum ṭheuh ang u; thlâwp anga kan lan nasat poh leh an pung tulh tulh dâwn a ni. Chu mai bâkah an awm nawm lohna tûra chhah eng emaw ni vêl loin, kohhran leh khawtlângahate an inhman duh pawhin zalên takin an inhman phalsak ila, a hunah chuan Pathianin kawng dikah a hruai ang tih hi ka ring tlat a ni.

Engtin nge keimahni kan inhriat chian theih ang kan tih chuan Pathian hnêna engkim hlan a, ani nêna lên dun hi a ni. Keimahni leh mi dang min hmuh leh hriat dân mai hi a tâwk lo a. Lalpa Pathianin kan chhûngril engkim min hmu vek a, ani chuan min en fiah reng ṭhîn. Pathian kan rin a, kan rinna kan nunah a lan chhuah chhûng chuan kawng dik kan zawh ang. Pathian ringtu dik tak tu mah an kal sual ngai lo.

Ṭawngṭaina mai hi a tâwk lo a, Pathian thu (Bible) nêh hian eng tik lai pawhin a kal kawp tûr a ni. Tin, Kristian chuan kohhran dik tak a bêl tûr a ni. Kan Pathian min hrilh dânin ani hi berâmpu a ni a, kohhran mipuite hi berâm kan ni a, kohhran hi berâm huang a ni. Berâm pawh a huang ata a chhuah chuan kawng dik loah kalin, ramsaten an seh mai ṭhîn ang hian kohhran mipuite pawh kohhran aṭanga kan kal pên tawh chuan kan kawng a dik lo zo vek tawh ṭhîn a. Pathian nêna kan inkungkaihna te lo boin, kan tâwpna chu thihna leh hremhmun a ni dâwn a ni.

Berâmpu pawhin a berâmte engtik lai pawhin a vêng angin kan Pathian pawhin mihringte a duh dân leh ṭha a tih ang berin min siam a, engtik lai pawhin min vêng reng ṭhîn. A mihring siamten kawng dik lo kan zawhin a rilru a na thei êm êm a, duh taka a siamte vek kan nih avângin hausa leh rethei, ngo leh hâng, hmêl ṭha leh hmêl chhia a thliar hrang ve hauh lo tih hriain, lungngaihna te, inhriat chian lohna thinlung te kan neih chângin a hnên pan mai ila, anin kan mangannate a lo ngaithlain, kan natnate min va chhâwk zângkhai dâwn tehlul êm!

*“Ka nghâwngkawh bât ula, ka hnênah zir rawh u; thuhruairawh leh rilrua inngaitlâwm tak ka nih hi; tichuan, in thlarau tân chawhna in hmu ang. Ka nghâwngkawh chu a nuam a, ka phur pawh a zâng a ni,” a ti a. (Matthaia 11:29-30)*

*[He thuziak hi Kristian Naupang Chanchinbuin ram pum huap thu inziahsiak a buatsaiha Tleirâwl lam (Inter-Senior)- a lâwmman pahnihna dawngtu a ni.]*

## Thu awihna

*Phillip H.K. Lalropuia  
Junior Department  
Aizawl Kohhran*

Mihringte kan khawsak leh kan chên honaah hian thu awihna hi a pawimawh êm êm a, thu in awih tawn lo ila chuan a tam zâwk hi chu kan chên ho theih kher a rinawm loh. Mahse, thu awihna kan tih hian a ÷ha zâwnga thu awih leh a ÷ha lo zâwnga thu awih a awm thei ang.

Kan nu leh pate thu kan awih a ‘ti suh’ an tihte kan tih loha; kal suh emaw, chutah chuan lên loh tûr emaw an tihnaah te kal loin lêng lo ila; ÷hian sual kâwm suh an tihte kâwm lo ila, thu ÷ha min hrilhthe thu awih takin zâwm thei ila; kan ûte leh kan aia upaten a ÷ha lam kawng min hrilh leh min kawhmuhte thu awih takin zâwm zêl bawk ila. Kan hma hun zêl atân kawng dik kan zawh a lo ni ang a, nun entawn tlâk tak kan neih theih phah dâwn a ni.



Kan nu leh pate hi Pathianin a aiawha he leia a dah an ni a, kan zahin an thu kan awih êm êm tûr ani. Sikulah pawh kan zirtîrtute thu kan awih êm êm tûr a ni, min zirtîrna te i ngaithla ðha zêl ang u. Homework min pêkte ðha taka tih zêl hi thu awihna a lo ni a, kan zir zêlna tûr atâna min puitu, thil ðangkai tak a lo ni a; faina kawnga ti tûra min tihte pawh ðha taka tih zêl hi kan nun vawng thianghlitmu a lo ni zêl a ni.

Kan rualpui emaw, kan aia û emaw ruihtheihthil khawih ðhinten ti ve tûra min tiha thu awih taka kan tih ve mai erawh chuan thu awihna dik lo, ðha lo leh pawh tak a ni a. Nu leh pa te, zirtîrtu te leh kan aia upa ten kawng dik leh ðha min kawhhamuh leh min hrilhte kan zawm loha, an thu kan awih loh hian rah ðha kan chhuah dâwn lo a ni.

Chuvângin, kan Pathian engkimtithe, min siamtu thu hi awih ila, ni tin Bible chhiarin ðawngðai ila, a thu zâwm ila. Chutianga kan awm chuan kan nu leh pa te, kan zirtîrtu te leh kan aia upa te thu zâwm kan lo ni zêl ang. Kan nun a lo hlimin kan lo hrisêl ang a, hma hun êng tak neiin, rah ðha tak kan chhuah dâwn a ni.

*[He thuziak hi Kristian Naupang Chanchinbuin ram pum huapa thu inziahsai a buatsaiha Naupang lam (Beg-Junior)-a lâwmman ðahnihna a dawngtu a ni.]*

## Mosia

Mosia hi Amrama leh Jokebedi te fapa a ni a, u pahnih Arona leh Miriami a nei. A nu leh pa hi Israel hnam sâwm pahnih zînga Levia thlah an ni a. Mosia a pian lai vêl hian Israel-te chu Aigupta ramah sal ang maia chhawr leh tihduhdah tuarin an awm a, an pun zêl loh nân nau piang, mipa tawh phawt chu tihlum zêl tûrin Aigupta lal chuan thupêk a chhuah a. Mosia a lo pian chuan a nu leh paten phairuang lawng tê siamin luikam phairuang zîngah thla thum chhûng an thukru a. Chu chu Pharaoa fanuin a chhar a, fa atân a nei ta a, a hmingah Mosia a sa ta a ni. Mosia tih hi Hebrai ãawng chuan, ‘tui atâ lâk chhuah’ tihna a ni a, Aigupta ãawng erawh chuan ‘fapa’ tihna a ni thung. Mosia chu Pharaoa lal inah Aigupta finna leh thiamna tinrêng zirin sei lian mah se a naupan laia a nu zirtûrna chuan a nun pum pui a kaihruai a, Hebrai mi a nihna chu a theihngilh ngai lo.





Ni khat chu Aigupta mi pakhatin Hebrai mi (Israel) a sawisa lai Mosia chuan a hmu a, Israel mi chu chhanin Aigupta mi chu a vaw hlum ta dêr mai a. A tûkah Israel mi pahnih insual thelh a tum laiin a pakhat zâwk chuan Aigupta mi a thah thu a sawi chhuak a. Pharaoh a hlauh avângin Midian ramah a tlân bo va, puithiam pakhat Jethroa (Reuela) hnênah khawsain a fanu Zipori chu nupuiah a nei a, fapa Gersoma a nei nghe nghe.

Pathian chuan a mi Israel-te Aigupta rama hrehawm taka an awm chu a hre reng a, a khawngaih avângin Mosia hmanga hruai chhuah a tum ta a ni. Ni khat chu Mosian Horeb tlânga berâm a vên laiin,

hnim buk alh aţangin Pathianin a rawn ko va, a mi Israel-te hruai chhuak tûra Aigupta rama tirh a tum thu a rawn hrilh ta mai a!



Mosia chuan a huphurh hle a, chhuanlam hrang hrang siamin a phâ a. Mahse, Pathian chuan a awmpui zêl tûr thu te, thilmak tih theihna a pêk tûr thu leh tawnghmang thiam tak a u Arona'n a kalpui zêl tûr thu te a hrilh hnu chuan a pawm ta hrâm a.

Aigupta lal Pharaoa chuan a hnathawktu Israel-te chhuahtîr chu phal lovin a theihna zawng zawngin țang mah se Pathian thil tum chu a dâl zo chuang lo. Mosia hmanga Pathianin Aigupta mite râpthlâk taka vawi sâwm a hrem hnu chuan Pharaoa chu a țang zo ta lo va, Israel mite chhuahtîr chu a remti ve ta hrâm a. Tichuan, Mosia chuan Israel mi, mipa puitling chin ringawt pawh nuai ruk lai, nunau nêh pheh chuan maktaduai khat zet leh an ran rual zawng zawngte chu Kanaan ram panin a hruai chhuak ta dum dum mai a ni.

Kanaan ram an panna kawngah hian Tuipei Sen dai kai te, thlalêr ram zau tak pal tlang te leh hnam chak leh kawhhsen tak tak hmachhawn te a ngai a. Hêng bâkah hian chaw leh tui tlâkchham te leh phunchiar leh thu âwih lo tak tak enkawl te a ngai bawh a. Chûng kârah chuan Mosia chuan Pathian mit tlung takin Israel fate chu kum sawm li a hruai a, Kanaan ram an luh dâwn țêpah Pisga tlângah kum 120 mi niin a thi ta a ni.

### Zawhna

1. Mosia nu leh pa hming han sawi teh.
2. Mosia kha thla eng zât nge a nuin a thuhrûk?
3. Mosia kha khawi ramah nge a tlân bo, tu nge a va belh tâk?
4. Khawi hmunah nge Mosian hnim buka meialh a hmuh?
5. Khawi tlângah nge Mosia a thih?



## ITI Vêngchhak Kohhran Naupang leh Tleirâwl Chawhnu Inkhâwm

ITI Vêngchhak Kohhranah hian Sunday School Committee-in a ruahman angin naupang leh tleirâwl chawhnu inkhawm hi ða tak leh awmze nei taka kalpui a nih theih nân hlâwm hnihin an kalpui a, Pathianni Naupang Inkhâwm (PNI) leh Teenagers for Christ (TFC) tiin an ðhen a ni.

### Pathianni Naupang Inkhâwm (PNI)

Pathianni Naupang inkhâwmah chuan naupangho an inkhâwm ðhîn a, zirtîrtuten inkhâwm an kaihhruai a, ðantu atân naupang ruat an ni ðhîn. *Naupang Inkhâwm Hruaina Bu*-a thupuite a zir ðhîn a, a tam thei ang ber zai ho nân an hmang ðhîn; naupangten châng sawi, mal zai leh thil dangte an ti ðhîn bawk a. Sunday School zirlai aþanga buatsaih zawhna leh chhâna hun a hmang ðhîn.

Bible thu leh hlate an zir a, chûng an thil zirte chu hun remchângah Biak Inah an puang chhuak ðhîn. Thawnthu zirtîr nei ða te pawh inkhâwmnaah hian sawi ðhîn a ni a, a chang chuan movie zirtîr nei ðate pawh a en ho ðhîn bawk. Pathian fak leh chawimawina (praise & worship) hun te pawh an hmang ðhîn.

Infiamna chi hrang hrang hmanga infiamna hun te pawh an nei thîn a. Kum tâwp lamah outdoor leh indoor item hmangin sport an nei thîn bawk a ni.

### **Teenagers for Christ (TFC)**

Teenagers for Christ hi tleirâwlho inkhâwmna a ni. Zirtirtute leh tleirâwlten a inchi hâwkin inkhâwm an kaihruai thîn a, tantu erawh chu tleirâwlte ațanga ruat thîn a ni.

Tleirâwl inkhâwmah hian a tam thei ang ber a zai ho thîn. Zirtirtuten Pathian thuchah tawi leh tleirâwl nun kaihruai tã thei tûr lam thu an sawi thîn a, thupui chi hrang hrang an zir thîn bawk. Tleirâwlten mal zai, group zai leh thil dang (special item) an ti thîn.

Bible thu leh hlate an zir a, chûng an thil zirte chu hun remchângah Biak Ina inkhâwmah an puang chhuak thîn. Lalpa Zanriah Sakramen tãh hunah Biak Inah an inkhâwm thîn bawk.

Group-ah inthênin infiamna lam tih hun te an nei thîn a. Hêngah hian outdoor games leh indoor games hmang tein an inel thîn a, nuam an ti thei hle.

Vêng pawns lam ațanga hun hmanpuitu tûr, zai thiamte leh thusawi tûr sâwm châng an nei bawk.



# Hriatzauna Huang

## Thosi hnawh bo dân

Thosilên zâr a peihawm loh hun tak hi thosi tam hun lai tak a ni a. Thosi seh avângin sikserhin kan nat phah thîn. A sehtu a têt têt nên tia ngaih thạt mai chi a ni lo. *Times of India*-a hrisêlna lam huangin thosi hnawh bo dân thà nia a sawi hi tângkaipui kan awm tâkin han târ lang ila:

**1. Neem oil:** Neem oil leh coconut oil a inzâtin chawhpawlh a, chu chu in hnawih tûr a ni. Hetianga i tih chuan darkâr riat chhûng a vêng ang che.

**2. Camphor:** Mizovin kapûr kan tih mai hi a ni. Pindan khâr phui la, kapûr chu hâlin a khûin pindan chu minute 20 vêl ur la, thosi an thlâwk bo mai ang.

**3. Tulsi:** Pindan tukverh bulah tulsi khâwi la, thosi lût tûr a vêng thei.

**4. Purûn vâ:** Purun vâ chhûm so la, i chhumna tui chu room-ah theh kual thet thet rawh. A rim i tuar thei a nih pheih chuan i taksaah pawh chulh rawh. Tichuan, thosi an thlâwk bo ang.

**5. Lavender:** Lavender hi pangpâr chi khat a ni a, thosiin a haw riau baw. Lavender oil leh cream chawhpawlh i taksaah inhnawih la, thosi a hnawt bo ang. Lavender oil chu pindanah tinam chem chem la, chu chu chuan thosi a hnawt bo thei a ni.



Ka vah vèlnaah thu awih lo ka hmu hnem hle. Nu leh pate leh zirtîrtute thu awih lote hi an thu awih lohnain nasa takin an nunah nghawng a nei lêt a, an tum loh deuhin harsatna chi hrang hrang an tâwk thîn.

“Meizial zu suh, zû in suh, lehkhâ zir rawh, lêng suh, inkhâwm rawh,” tih ang zawm tûr t̄ha zawm duh lo, thu awih lohna avânga Police Station-a hruai, lock-upa khung, jail-a tân t̄r, ngawlvei enkawlna hmuna dah, damdawi ina luhtîr reng ngai, khawlaia riak ta mai mai leh mahni classmate-te hnuaiâ inhlawh zui ngai an ni thîn. Chûng chuan an thu awih loh rah an tuar a ni. Chutiang chu ka hmu tam hle.

Kum 2009 khân kum 17-a upa Federico Macheda chuan Aston Villa leh Manchester United inkhelhah a tâwp dâwn lamah goal khungin, Manchester United chu 3-2 in an chak a, hemi season hian an champion zui ta nghe nghe!

A lâr phah êm êm a, mi tinin amahah beiseina an nei sângin, Manchester United Player ropui tak la ni thei tûrah an ngai a ni. An coach chu, coach ropui ber mai Alex Ferguson-a a ni.

Hemi hnu lawk hian, Sampdoria-ah loan-in a kal a. Chumi hnu chuan, club hrang hrangah loan-a kal kualin, beisei a pha ta ngang lo a, United chuan Cardiff lamah an hralh ta a. Kum 2017 phei chuan, Serie B club lamah a khêl ta nghe nghe a ni.

Macheda chuan, a nuna a tihsual lian ber nia a sawi chu, Ferguson-a thurâwn leh duhthusâm pakhat a lo zawm loh chu a ni. First team-a a han khelh chhoh khân, Ferguson khân Macheda chu England chhûnga club têah loan-a kal tûrin a duh a. Macheda chuan Italy-a kal a duh tlat thung a.

Ferguson chuan, “England ram chhûnga club-ah loan-in kal la ka duh. Italy-ah chuan, England angin tihtheih ka rawn nei tawh lo,” tiin Italy-a loan-a kal lo tûra a duh thu a

hrilh a. Macheda erawh chuan, Serie A lama kal a duh tlat a. Premier league club Sunderland leh Everton-ten an duh chungin, Ferguson-a thu zawm loin, Sampdoria lamah loan-in a kal lui ta a.

Manchester United player a nih avângin Sampdoria lamin amahah beiseina sâng tak an lo nei a. Division hniam lama tlâk hlauhawm khawpa an hnuin, kum 19 mi chauh chung a mawhphurhna lo awm belh nasa lutuk chu a zo lo a, mahni inrin tâwkna a hloh phah ta a. Player talent ða leh Ferguson-aten amaha beiseina sâng tak an lo neih a ni na chungin, eng a ang zo ta lo a ni.

Ferguson-a ropuizia te, mi talent a hmuh thiamzia te, player a chher thiamna leh an tâna ða a hriatzia chu khawvêlin a hriatpui a. Mi kaihhruai dân a thiamna te chu a ropui êm avângin Harvard Business School te pawhin, visiting Professor-ah an lo sâwm hial tawh a. Râwlthar mai, Macheda khân a pu, amah enkawltu thu chu awih loin, amah duh thu a zâwm a. A hma lam hunin a tawrh phah ta a. A hnu lamah pheh chuan, a inchhîr hle a, a nuna a tihsual lian ber a nih thu a sawi ta a ni.

Talent nei ða deuh emaw, theihna ngah deuh emaw, nei mang lo emaw pawhin tûnlaiiah chuan mahni thu kan duh ta hle. Thurâwn kan ngai pawimawh loin, mahni thuin kan kal ngâwk ngâwk a. Kan chêt chhiat phah fo a, kan nih tûr ang kan nih loh phah fo a ni. Chu chu naupang lam deuh aţanga upa deuh zâwk thleng pawha kan nihphung a ni. Mizo khawtlângah hian, mi dangte thu ngaihthlâk harsa kan ti sâwtin, tlâwmah kan la nasa ta hle. Chu chuan nasa takin kan nunah buaina min thlen a ni.

Min kaihhruaitu te, min duhsaktu te, min hmangaihtu te leh thil hre Chiang ber ber te duhsakna leh thurâwn hi ngai pawimawhin, ngaihtla ila, an thu awihin zâwm fo ila. Kan ti sual lo ang.



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

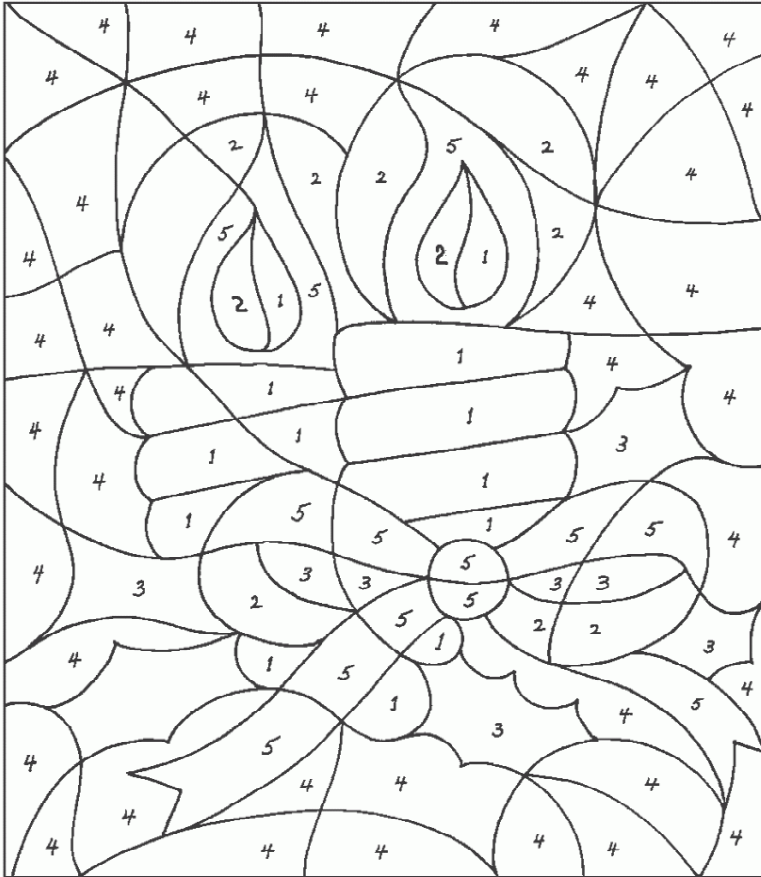
1. Lal Saula fapa Davida thian tha tak kha tu nge ni?
2. Goliatha kha eng sipai nge a nih?
3. Isua khân khawi luih nge baphtisma a chan?
4. Elkana nupui hming eng nge?
5. Bathsebi pasal Hit mi kha tu nge?
6. Zâwlnei Nathana khân Israel lal tu nge a zilh?
7. Absaloma farnu hmêl tha tak kha tu nge?
8. Joaba nu kha tu nge?
9. Baphtistu Johana nu kha tu nge?
10. Isua kha khawi khuaah nge a sei len?

1. Jonathan; 2. Philista; 3. Jordan luih  
 4. Hani; 5. Uria; 6. Lal Davida;  
 7. Tamari; 8. Zerui; 9. Elizabeti; 10. Nazaret



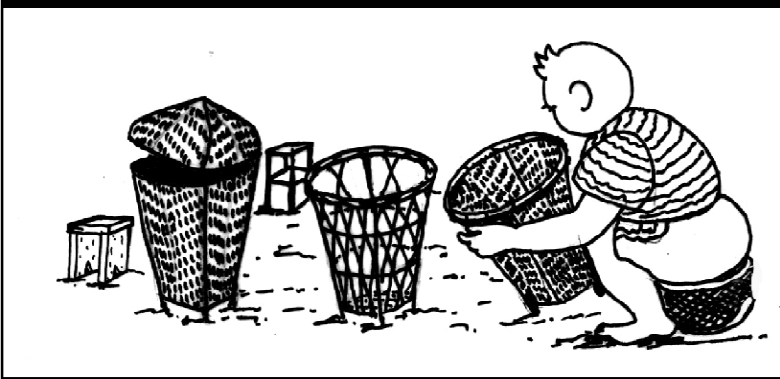
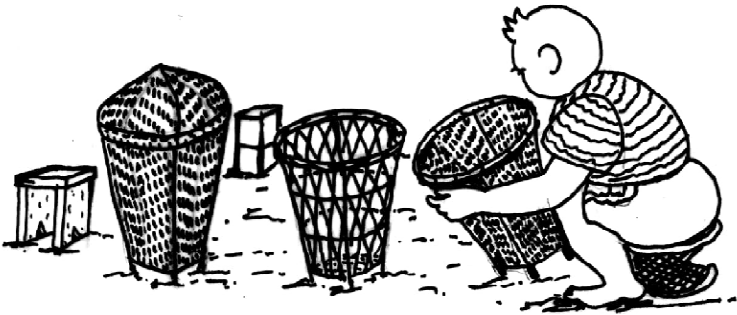


# CHEI RAWH LE!



**1=Orange 2=Yellow 3=Green 4=Blue 5=Red**

# 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.

A hnuaiah hian a chhanna lo ziak la:

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

THU INZIAHSIKA LÂWMMAN DAWNGTUTE



Tleirâwl lama lâwmman dawngtute



Naupang lama lâwmman dawngtute

To

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### TLERÂWL LEH NAUPANG TOP 3



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