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• SHIKHAR I HMUAM THĪN EM?

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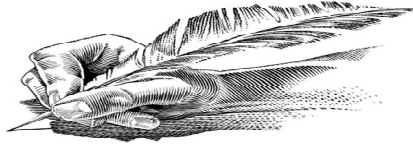
Kristian Naupanga thu chhuabte bi Editor ngaih dân a ni vek kheh lo.

A chhûnga thu awmte

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Editorial



EI LEH IN FÎMKHUR

Mihring tâna pawimawh tak, a tel loha kan awm theih loh chu ei leh in hi a ni a. Kan taksain a mamawh tâwk ei tûr kan hmuh loh chuan kan hrisêlnain a tuar thîn. Ei leh in hi kan hrisêlna atâna chaw tha min petu leh kan than lenna atâna pawimawh tak ni mah sela, kan fîmkhur loh chuan chhiatna leh hrisêl lohna thlentu a ni thei bawh.

Mi tam tak chuan kan taksa kan duat lo hle a, ni khat chhûng lek pawh hian thil tha lo tam tak kan lo ei hman thîn. Kan taksain a mamawh miah loh emaw, a mamawh aia tam daih emaw kan ei thîn a nih chuan kan hrisêlnain a tuar hun a awm dâwn a ni.

Kan mamawh tâwk ei leh in dân tûr te, kan taksa tâna tha te leh tha lo te chûngchâng mi thiamte ziah chhiar tûr leh ngaihthlâk tûr tam tak a awm a. Thil ei hun bi tha taka duan pawiamwhzia te pawh kan hre vek tawh a. Kan hrisêlna atân hêng thilte zawma, ei leh ina fîmkhur hi kan tih ve tûr a ni.

Kristian nih leh hrisêlna hi thil inkawp rem tak a ni a. Keini Kristian naupang leh tleirâwlte hi ei leh inah kan fîmkhur tûr a ni. Tûn aţanga kan fîmkhur chuan nakinah kan la lâwm dâwn a ni.

ṬHIAN KAWM THLAN FĪMKHUR ANGAI

*Isak Lalrinmawia
Intermediate Department
Mamit Kohhran*

Tûnlai khawvêlah chuan ṭhian neih loh hi a zahthlâk êm êm tawh a. Ṭhian neih loh bĭk kan hlau ṭhîn. Mahse, ṭhianta avânga thil ṭha lo tih duhna a awm thei a. Ṭhian sual deuh, ruihhlo ti ṭhîn te leh meizial zu ṭhînte kan kawm chuan tih ve zêl châkna kan nei thuai ṭhîn. Hei hi a ṭha lo hle a, ṭhianten thil sual tihpui tûra mĭn sâwm chuan kalsan zêl tûr a ni.

Zân dâr 11 hnu lamah hi chuan khawlaiah thil ṭha hmuh tûr a tlêm ṭhîn hle a, fĭmkhur a ṭha. Kan bum theih (kan bâwl theihte) chu kawm loh tûr a ni a. Kan bâwl theihte kan kawm chuan kan fĭng lo telh telh ṭhîn a ni.

Zû leh ruihhlo ti ṭhîn ṭhian i nei a nih chuan sim tûrin hrilh la, a thei lo a nih chuan kalsan ang che. An zĭnga awm tam loh a ṭha ber a nia. Mi tam tak chu zû leh ruihhlo ti ṭhînte bulah an awm ṭhîn a. A tĭrah ti ve duh lo mah se, an bula an awm tam hnuah tih ve châkna an nei a, an ti ve mai ṭhîn. Chuvângin, zû leh ruihhlo ti ṭhînte bulah hian awm tam loh a ṭha ber a ni.

TLÂWMNGAIHNA

Lydia Chanchinmawii
Senior Department
Tlângnuam West Kohhran

Tlâwmngaihna hi Mizo nunphunga lungphûm pawimawh berte zînga mi a ni a. Kan pi leh pute aţang tawha kan rochun, ro hlu, kan thlahte thlenga kan chawi sân zêl tûr a ni. Hnam dangte neih ve loh, Mizote min tiMizotu ber a ni âwm e. Tlâwmngaihna chu mahni hmasial lova ţanpui ngai an awm pawha ţanpui inhuamna hi a ni.

Tlâwmngaihna lan chhuahna hmun hrang hrang a awm. Kan pi leh pute khân tlawmngaihna hi an lo nunpui êm êm a. Khawtlângin harsatna a tawh te, mitthi lumen a ngaih te, in kâng leh hnatlâng a awm te hian an kal khâwm zung zung zêl a ni.

Thufingah chuan ‘Mi dangte tân malsâwmna ni la, malsâwmna i dawng ang’ tih kan hmu a ni. Kan theih leh kan phâk ang tâwka mi dangte tâna kan inhman hian malsâwmna ka ni thei. Keini aia nei lo zâwk te, harsa zâwk ţanpui ngai an awm te hian puih nachâng hria îla a  a âwm e. Mi dangte kan ţanpui hian keimahni pawh kan lâwm  h n.

Tlâwmngaihna hi khawtlâng tipumkhattu a ni.

Covid-19 lai khân YMA leh kohhran mipui leh thalaite kha mahni in lumah pawh awm hman lovin an theih tâwpin khawtlâng tân an inpe thîn a. Ei tûr te semin, hma an la a. Chu chuan nunna tam tak a chhanhim a ni.

Nimahsela, tûnlai nun han thlîr hi chuan tlâwmngaihna hi a chuai tulh tulh emaw tih tûr a ni a. Hmun thenkhatah phei chuan kan thenawm khawvêng pawh kan inhre tawn lo lek lek a ni. Tûnlai khawvêlah chuan thiamnate a sâng tawh a, smart phone leh thil dang changkâng tak tak tak kan neiin, kan hûm fir fer tawh a. Mi dang tâna chêt chhuah a tûl hun a lo thlenin ‘Ka hman lo, chu mi chu tih kan ngâi, chutah chuan ka kal dâwn,’ tiin chhuanlam kan siam a. Inah eng mah ti lovin kan phone te khawihin kan awm nilêng leh thak thak tho si a. Hlawh a awm em tiin kan han zâwt hmasa ber a. Hlawh eng emaw tal a awm loh chuan tlâwmngai thei kan tlêm ta hle. He hi kan in en fiah a tûl a ni.

Tlâwmngaihna hi thil harsa a ni lo va, ni tin kan hun hmana kan tih theih mai a ni. Tûnlaiah kan chhuahnaah bus-ahte kan chuang mai thîn a. Chûngah chuan keini aia chak lo zâwk leh upa zâwkte thutna ken nachâng hria ila. Kawng kan kân dawn emaw, kalkawngah tar



chak lo zâwkten thil rit tak an lo ak emaw, an lo khai emaw a nih pawhin kan tanpuiin, kan theih ang angin kan pui thîn tûr a ni. Hêng hi kan inzirtîr thar a tûl tak meuh meuh a ni. Naupang thenkhat, sikul tha tak taka kalte pawh hian hetiang hi tih nachâng kan hre miah lo.

A tâwp berah chuan, tlâwmngaihna nunpui hi kan tih mâkmawh a ni. Lehkha thiam tak, sâng tak tak zir ni mah ila, tlâwmngaihna kan neih loh chuan eng nge awmzia awm ang. Chuvângin, tu te pawh hian kan phâk tâwk ang leh kan theih tâwkah, sum leh pâi a ni emaw, thil dang pawhin mi dang kan tanpui theihna angah chuan tanpui nachâng hria ang u.

Tlâwmngaihna kan vawn nun hian thenawm khawvêngte nêna kan inlaichînna te, ni tin kan thil tih leh hna kan thawhnaah te leh sikul kan kalnaah te mi dangte nên kan inkârah rah duhawm tak min pe dâwn a ni.

Tlâwmngaihna hi châwi sâng zêl ila, Mizote min chawi sânga, min tihmingthatu a ni tih hre chungin tan ila sauh sauh ang u.



HEMAN BEKELE-A

Zohmangaiha
Editor

Heman Bekele-a chu vun cancer damdawi a ngaihtuah chhuah lai chuan kum 15 mi chauh a la ni a. Zirlai mai a la ni chungin a thil ngaihtuah chhuah chu tipuitling tûrin theih tâwp a chhuah a. Tleirâwlte pawh hian harsatna lian tak su kiang tûrin theihna an nei tih lantîrtu a ni.

Heman Bekele-a hi Ethiopia khawpui Addis Abba-a piang a ni a. Kum li a nihin an chhûngkuain United States-ah an pêm a. A pa Wondwowossen-a chu human-resources specialist a ni a, a nu Muluemebet chu zirtîrtu a ni.

Kum li vêl chauh a nih lai aţangin ama tâwkin science experiment a ti ve ţhîn a. An ina thil chi hrang hrang a hmuh theih ang ang chu a chawhpawlh a, eng nge lo chhuak tih hriat a tum ţhîn. Sahbawn tlang te, insûk sahbawn te, leh ina chemical dangte chu a chawhpawlh a, khum hnuaiah a dah ţha a. Zîngah engah nge a lo chan tih hriat a tum ţhîn.

Kum sarih a tlin hma chiah Krismasah chuan chemistry set a dawng a, chutah chuan sodium hydroxide a tel a. Chûng hun lai chuan internet-ah chemical reaction chungchâng en a chîng ţan tawh a. Aluminium leh sodium hydroxide chawhpawlh chuan thil sa tak a tichhuak thei tih a hria a. Thahrui chakna hnâr, man tlâwm baw si a hre chhuak niin a hria a, a phûr hle. Thil ţangkai siam

chhuah tumin Aluminium leh sodium hydroxide chu a chawhpawlh ta a, kângmei a tichhuah phah t̃ep a ni.

Chutiang thil a thlen ãang chuan a nu leh pate pawhin a thil tihte chu an en ch̃ikpui ta lehzual a. A tuina chu a t̃ha z̃awngin a hmang z̃êl a, pawl sawm zirlai, kum 15 mi a nih laiin sahbawn chi khat, vun cancer ṽenna leh vun cancer damdawi at̃ana hman theih t̃ur a siam chhuak ta hial a ni.

Ethiopia-a an awm lai, t̃ê tak t̃ê a la nih laia hnathawktuho, ni sa hnuaia an thawk lai chu a mitthlaah a ch̃am reng t̃hin a. A farnu Hasset-i leh Liya-i te ñen chuan an nu leh paten sunscreen inhnawih lo leh thawmhnaw ha mumal loa khawlai l̃ên a hlauhawm thu an chah ngun t̃hin hle. "Ka naupan t̃et lai kha chuan ka lo ngaihtuah vak ngai lo va. America-a kan awm hnua erawh hi chuan ni leh ultra violet radiation-in vun a khawih chhiat theih dân hi ka hre ve ta a ni," a ti.

Miin vun cancer an vei loh ñan engtin nge a puih theih ang tih chu a ngaihtuah ta tlut tlut a. Chutianga a vei viau lai chuan vun cancer damdawi imiquimod chungch̃ang ziahna a chhiar fuh ta hlauh mai a. Vun cancer enkawl̃na man hi a to hle a \$40,000 ṽêl te a ni t̃hin. Hei aia tl̃awm, mi tin ban ph̃ak hian engtin nge vun cancer damdawi hi ka chhawp chhuah theih ang le tih a ngaihtuah a. Tichuan, mi tinin an hman t̃hin inbual sahbawnah chu damdawi imiquimod chu bilh tel theih dân a ngaihtuah ta a a ni.

Hetianga a ngaihtuah chhan chu khawṽêl pumah, mi rethei leh hausate pawhin inbual sahbawn hi an hmang deuh vek a. Chuṽangin, inbual sahbawna vun cancer ṽenna

a dah theih chuan a ʔangkai thei ber dâwnin a hria a ni.

Amaherawhchu, a suangtuahna chu a taka tihlawhtling tûr chuan kawng thui tak zawh a ngai a. Imiquimod chu sahbawn siamna damdawia a telh ve satliah ringawt chuan tuiin a tleuh fai ngihl mai zêl a hlahhawm si a. Vuna chu damdawi a beia, hna thawk khawpa a châm theih dân tûr a ngaihtuah chhuah a ngai leh ta a. Chutianga ngaihtuah kual vêl chauh chu a tih theih hmasa chu a ni deuh mai.

Mahse, vânnethlâk tak maiin kum 2023-ah chuan 3M Young Scientist Challenge a hmu fuh ve ta a. Sahbawn hmanga vun cancer damdawi siam dân tûr nia a hriat a sawina video chu a theh lût ve ta rawih a. 3M Company hmupui St. Paul-a en diktute hmaah a thil ngaihtuah chhuah chu sawi fiah tûra sâwmna a dawng ta thui a. Tichuan, 3M Challenge-ah chuan pakhatna a ni ta a, \$25,000 lai a dawng a ni. Chu a lâwmman dawn chuan a duhna tipuitling tûrin thui tak a pui thei dâwn a ni tih a hria a. Amaherawhchu, en chhinna kalpui tak tak tûr chuan laboratory ʔha tak a la mamawh a.

February thlaah chuan remchâng tak mai a hmu ta a. Melanoma Research Foundation Alliance programme huaihawt Washington-a a va tel venaah molecular biologist Vito Rebecca-i a va tawng a, ani hi John Hopkins University-a assistant professor a ni. Rebecca-i thawhna John Hopkins-a laboratory chu hman an phalsak a, Rebecca-i chu amah kaihhruaitu a ni ngihl bawk a. Sikul banah leh sikul a kal loh lai hun âwlah ʔahnemngai takiin en chhinna chu a va ti ta ʔhîn a ni. Rebecca-i bâkah hian 3M Company-a mi thiam Deborah Isabelle chuan thurâwn

a pe ṭhin bawk.

Tichuan, Skin Cancer Treating Soap (SCTS) chu a siam chhuak ta a. Chaichîmahte an sahbawn siam chu an en chhin a. An thlen chinah chuan an lâwm viau a. Mahse, sawrkâr pawmpui theih tûra siam chhuak tûr chuan kawng thui tak zawh tûr a la awm a ni. A zawrh chhuah theih hunah chuan tlâwm tê, mi



tin bân phâk tûra siam chhuah ngei a tum a. Kum 2028-ah chuan a shahbawn siam hi zawrh chhuah hman ngei tumin ṭan a la sauh sauh a. Sahbawn pack khat hi \$8.5-a zawrh chhuah theih a inbeisei a, vun cancer enkawlna mana dollar sâng tam tak sên ngai ṭhin, a veite tâna thil hautak tak mai kha a kha nasa takin a su thla dâwn a ni.

Heman-a thil tih ropui tak hi an lo hriatin khawvêla chanchinbu lâr ber pâwl, Time chuan kum 2024-ah khân Kid of the Year-ah a thlang nghe.

Kristian naupang leh tleirâwl fel tak takte pawhin kan zirlai taima taka kan zira, Pathian ṭanpuina dîl chung a kan thiamna hmanga mi dangte tâna malsâwmna thlentu nih kan tum phawt chuan Heman-a ang hian thil ropui tak kan ti ve thei reng a ni.

(Thu lâkna: Zohmangaiha, *Tleirâwl Namailote*. Aizâwl: Lawmsang Publication, 2026)

TAIHMÂKNA

*Lalnunsangi
Senior Department
Armed Vêng Kohhran*

Mihringte tân hian taihmâkna hi a pawimawh hle ti ıla kan sawi sual âwm lo ve. Eng hna pawh, mahni kova tla thawh zêl duhna rilru hi ‘Taihmâkna’ chu a ni. Zirna leh sumdâwnna kawngah pawh mi hlawhtling tak ni thei tûr chuan taima taka kan beih a ngai a ni.

Khawvêla mi lâk tak tak te leh mi hlawhtling tak tak, kan hmuh thînte pawh an hlawhtlin chhan chu rim taka hna an thawh vâng leh harsatna leh buaina kârah pawl taima taka an thawh thîn vâng a ni. Subrata Roy-a pawh hi ngaihsân awm tak a ni. Kum 1978 khân ₹2,000 leh dawhkân pakhat chauh neiin bul a t̄an a. A taihmâkna leh thawh rimna avângin Sahara Company changtlung tak hi a lo din thei ta a ni.

Mi tam takin harsatna kan tuar peih lo va, kan neih phâk bâka khawsak kan duh bawk si. Chu chuan sum hmuhna dik lo khawih duhna rilru min siam thîn a. Hei hian th̄alaite nun tam tak a ti chhia a, anmahni nun ngei pawh a chhiat phah thîn a ni. A t̄irah tluang viau mah se, an rilru a nuam thei chuang lo va, tlâkchhiatna bâkin a

hmuak ngai lo a ni. Beidawng leh hrehawm taka awm bâk an hmaah a awm ngai lo a ni. Taima taka thawktute erawh chu mi dangte ngaih sân an hlawh a, rilru hahdam takin an awm thîn. Taima taka an thawh thîn avângin an hlawhtling thîn. Taihmâkna hi mihring min tizahawmtu a ni a, kan nunah rinawmna leh taihmâkna kan vawn tlat chuan mi hlawhtling leh zahawm tak kan ni thei dâwn a ni.

Pathian hnênah kan țawngțai a, hlawhtlinna kan dîl thîn. Mahse, eng mah thawh ve kan tum si loh chuan hlawhtlin a harsa thîn. Malsâwmna dawngtu nih

kan duh
c h u a n ,
m a l s â w m
tlâka kan nun
ve a ngai.
P a t h i a n
h n ê n a
malsâwmna
dîl hi a dîk lo
kan tihna a ni
lo va,
malsâwmna
dawng thei tûr chuan kan thawh ve a ngai tihna a
ni.



Kan lehkha zirna kawngah pawh hian taihmâk hi a pawimawh hle. Harsatna leh hrehawmna kan

tuar peih loh avângin Mizote zîngah pawh lehkha zir tluantling lo kan awm thîn. Lehkha kan zir hian kan chhiar liam ringawt zêl a, hriat thiamna nêna zir tum kan nih loh chuan kan zirlai awmzia hre tak tak lovin kan awm ang a, mi thiam kan ni thei ngai lo vang.

Lehkha zir sân ringawt hi a tâwk lo va, chhawr tlâk ni thei tûra taima taka lehkha zir thîn tûr a ni. Lehkha zir sân chu a tha teh meuh mai; mahse, lehkha sâng tak thleng zira, chhawr tlâk nih leh sih loh hi a zahthlâk a ni.

Kristian kan ni a, kan nihna leh taihmâkna hi thil inzawm tlat a ni. Kristian nih leh thatchhiat hi thil inhmeuh lo tak a ni. Mi tam tak chuan Pathiannia inkhâwm te an thatchhe hle. Isua neitu kan nih chuan taima takin kan inkhâwm thîn tûr a ni.

Pathianin ni ruk chhûng hna thawhna hun min pe a. Pathianin amah biakna hun atân min siamah hi chuan inkhâwm hi kan tih mâkmawh a ni. Kan inkhâwm hian thil thar kan hriat belh zêl a, kan nun kawng pawh kawng dik lamah min hruai thîn a ni. Mi thenkhat inkhâwm taima tak si, tawngtai nachâng hre miah lo a awm theih bawk. Inkhâwm kan taihmâk ang bawkin tawngtai hi kan taima êm êm tûr a ni. Ringtu, Isua zuitu kan nih chuan kawng engkimah kan taima tûr a ni.

VÂN RAM

Hmun nuam deuh pakhat hi a awm a. Chu hmunah chuan tlâng mawi tak, phûlina a khuh hrin dup mai hi a awm a. Chu tlâng chu pangpâr mawi takin a khuh a, thlifim a thaw heuh heuh bawk. Tlâng bula dîl mawi takah chuan tuia chêng chi rannung chi hrang hrang tinatu awm lovin an tleh dêl dêl a. Dîl kam vêlah chuan ramsa khawi fin, tu mah tihnat tum lova lungrual taka tla dial dial kârah chuan naupanghote chu an infiam thîn a. Tuiah te chuan nuam ti takin an chêng thîn a. Chu hmun aia nuam zâwk chu Vânram a ni.

Vânram chu a nuam êm êm mai a, rangkachak leh lung man to tak taka siam a ni a; a êng êm êm mai a ni. A chhuat te, a kawngkhârte chu lung man tam chia siam a ni. A kulhte pawh chei mawi vek a ni a. A kawngkhârte pawh tuikeplunga siam vek a ni. Kawngkhâr pakhat chu tuikeplung pakhat zêla siam a ni.

Vânram chu Pathian chênna hmun a ni a. Lal̄thutthlêng ropui takah Pathian a th̄u a. A bulah a fapa Isua Krista a awm a. Isua kha a thiha, a thawhle hnu khân vânah a lâwn chho va, Pathian ding lamah a han th̄u ta a ni. Pathian leh Isua bâkah hian vântirhkohte an awm a. Anni bâkah hian Pathian ringa a duh zâwng titute an awm bawk a ni. Chûngho tân chuan an awmna tûr hmun Isuan a buatsaihsak a. Thil th̄a tih ringawtin vânram a kai theih loh va, Isua rin phawt tûr a ni. Isua ringtuten Pathian duh zâwng an tihin vânramah an lût ve thei chauh a ni.

Vânramah chuan hna thawh te, feh te, sikul kai te, tui chawi te, thing phurh te, gas put te, hah taka ni sa hnuaia inhlawh te a ngai tawh lo va. Chhûn leh zân pawh a awm tawh lo va. Eng mah tih ngai lovin hlim êm êmin an awm ringawt mai a, Pathian an fak reng mai a ni. Biak in a awm tawh loh avângin Lalpa Pathian Engkimtithia leh Berâmno chu an biak in a ni tawh a. Berâmno chu Isua tihna a ni. Ni, thla, electric, khâwnvâr a ngai tawh lo va. Berâmno Isua chu êntu a ni.

Vânram chu a nuam êm êm a, tu mah an na thei lo va, rilâtam te, tuihâl te, hrehawm te, thih leh nat te a awm thei tawh lo va, nuam zawng zawng an nei zo vek mai a ni. Vânramah chuan nu leh pa thu âwih lo te, dâwt sawi hmang te, thil rûk hmang te, ruilh hmang te, ƣawngƣai laia meng ru ƣhîn te, inkhâwm ƣha duh lo te leh insual chîng te chu an lût ve thei dâwn lo a ni.

Vânram chu a nawm êm avângin Isua chuan naupang zawng zawng kal se min duh a; mahse, mi zawng zawng an kal thei lo va, Isua ringa Isua duh zâwng titute chauh awmna tûr a nih avângin thil sual titute chu eng tikah mah an kal ve dâwn lo. Keini pawh Pathian ringa, a duh zâwng kan tih chuan vânramah hian kan lût ve thei dâwn a ni.

Zawhna

1. Vânram chu tu chênna hmun nge?
2. Vânram êntu kan tih kha eng nge?
3. Khawi hmunah nge biak in a awm tawh loh?
4. Isua ringtu, Pathian duh zâwng titute kha an thih hnua khawiah nge an kal ang?

RUIHHLO LEH TLEIRÂWLTE

*Malsawmzuali
Tleirâwl Inkhâwm
Sêrchhîp Vêngchung Kohhran*

Ruihhlo hian mihring nun phung a tibuai thei êm êm a, kan nunchang ðha leh mawi zawng zawng min hlohtûr thei vek a ni.

Ruihhlo ti ðhînte hian chhan hrang hrang avângin an ti ðhîn a. Tleirâwl ðhenkhat chu an ðhianten ti ve

tûra an thlêm vâng leh ðhianten an tih avânga tih ve loh chu zahthlâk leh pa lo bîka nia an ngaih avângin an tih phah a, a ngawl an lo vei phah hial a. ðhenkhat erawh chuan nun beidawnna leh

harsatna an tawh avângin ruihhloah hlimna an zawng ruai a; nimahsela, ruihhloah hlimna tluantling a awm lohzia hriaa an harh chhuah meuh



chuan ruihhlo bâwihah an lo tâng nghet viau tawh
thîn a ni.

Ruihhlo tel lo hian nun nuam zâwk leh
zângkhai zâwk a neih theih tih hre reng ang u. Keini
thangtharte hian kan rualpuite ruihhlo ti ve lo tûra
infuih sauh sauh îla; kan lo ti chhin tawh palh hlauh
a nih pawhin tih chhonzawm lo îla. Thangtharte
leh tleirâwlte hi ruihhlo hlauhawmzia i hrilh uar
deuh deuh ang u. Ruihhlo tel lo hian nun a nuamin,
kan hrisêlna a tha zâwk a ni. Ruihhlo ti ve ngai lo
chu kohhran leh khawtlâng tân mi hman tlâk leh
mi chhawr tlâk an ni thîn a ni.

Kohhran thalai rual, hlim taka Pathian faka an
han lâm te hian, ruihhlo tel loin nun a hlim theihzia
te, rui kher lova hlim taka nun a hman theihzia te
a tilang Chiang êm êm a ni. Chuvângin, ka thian
duh takte u, kan dam chhûng hun tawi tê hi Pathian
fak leh chawimawi nân hmang zâwk îla. Ruihhlo
tel lo nun chu a nuam zâwkin, a hlim theih zâwkzia
i hre tlâng theuh ang u.

**Thu âwihna hi thu âwihna vekin chhân lêt a
ni thîn. Miin Pathian thu a âwih chuan, a thu
pawh Pathianin a âwih ve thîn.**

- Mios of Belos

LEHKHA CHHIAR LEH SOCIAL MEDIA

*Eric Lalnunmawia
Vaivakâwn Vêngthlang*

Khawvêlin hma a sâwn zêl a, mi tam takin hun kan hman tam berna chu social media a ni ta reng mai. Facebook, Instagram, YouTube leh social media dangte hi thain tangkai hle mah se, hman nasat lutuk chuan kan chhiatpui thei a. Chuvângin, social media hman nasat lutuk ai chuan lehkhah chhiar taihmâk hian that zâwkna tam tak a nei a ni.

Lehkhah chhiar hian hriatna leh finna kawngah mi a tihmasâwn nasa thei hle. Lehkhabu atângin history, science, geography, literature leh thil dang tam tak zir theih a ni. Social media hmang nasa mi ai chuan lehkhah chhiar tam chu a hriatna a zau va, a ngaihtuahna pawh a fîm zâwk thgîn. Social media-ah chuan thu dik lo leh thu thang rin tlâk loh pawh a tam a, a dikna finfiah lova rin mai a awlsam. Chutih laiin, lehkhah chhiar erawh chu thu rin tlâk hriatna hnâr finna bul a ni thung.

Lehkhah chhiar hian tawngkam hman dân leh ziaik dân thiamna kawngah mi a tihmasâwn thei hle. Lehkha chhiar tam chuan tawngkam thar a zir nasa a, lehkhah chhiar ngai lote ai chuan thu sawi leh ziah pawh an thiam zâwk thîn. Zirna lamah te, hna thawhna lamah te leh rawngbâwnaah te tawng

thiam hi a pawimawh hle. Social media-ah chuan thu ziaik tawi tê t20 te, hman dân dik lova hman te leh ɽawngkam ɽha lo te a tam ɽhîn avângin ɽawng zirna atân a ɽha tâwk lo a ni.

Lehkha chhiar tam hian ngaihtuahna zau leh thûk zâwk mìn neihtîr thei. Thawnthu te, mi chanchin ziahna te leh zir chianna bu te chhiar tam hian mi dangte nun leh an harsatna hriat thiamna mìn neihtîr ɽhîn. Social media-ah chuan thu tawi tê tê chhiar leh video tawi tê tê en a nih fo avângin hman nasat lutuk chuan thil ngaihtuah rei theihna, rilru sâwr bing theihna a tlâk hniam phah thei thung.

Mi tam tak chuan social media-ah hun tam tak kan hman a, chuta kan hun hman tam zâwk chu ɽangkai lo takin kan khawh ral fo ɽhîn. Hun hi a hlut êm avângin ɽha taka hman a pawimawh hle. Lehkha kan chhiar hian chu hun hlu tak chu hriatna leh finna chhar thar nân kan hman ɽangkai tihna a ni. Chutianga hun hman ɽhat chu hma kan sâwnna tûra thil pawimawh tak a ni.

Zir chianna hrang hrangin social media hman tam lutuk hian rilru chauhna leh mangangna a thlen thei tih an hmu chhuak a. Social media hman nasa chuan mi dangte nun dân an en reng ɽhîn avângin mahni nun chu ɽha lo zâwk niin an ngaih phah thei. Mahse, lehkha chhiar chuan rilru a tihahdama, ngaihtuahna a ɽha zâwngin a kaihruai ɽhîn.

Zirlai tân lehkha chhiar hi a pawimawh lehzual hle. Zirnaa hlawhtling tûrin lehkha chhiar tam a ngai a, thil hre zau tak kan nih theih nân kan zirlai bâkah lehkhahu dang chhiar tam a pawimawh. Social media-ah hun tam tak kan hman chuan kan zirna atâna kan hun neih a tla hniam thei a, result pawh a nghawng thîn. Chuvângin, zirlaiten social media hman hun kan insiam fel a tûl hle.

Khawvêla mi hmingthang leh hlawhtlinna chang tam takte hian lehkhahu an ngaina hle. An hriatna leh an finna a puntîrna pakhat chu lehkha chhiar hi a ni. Hruaitu ropui, sumdâwnna lama hmingthang leh scientist tam tak pawhin lehkha chhiar hi an nunah an dah pawimawh hle. Lehkha chhiar hian mi malin hmasâwnna leh hlawhtlinna a channa tûrah a pui nasa hle thîn a ni.

Social media hi a t̃ha lo vek tihna erawh chu a ni lo. A hman thiam chuan thil hriat belh nân leh zirna atân an hman t̃angkai hle. Mahse, a hman hun leh hman dân kawngah kan invawn tlat a ngai. Social media hman hun aia lehkha chhiarna atâna hun tam zâwk kan insiam chuan hriatna leh thiamna kawngah hma kan sâwn zâwk ngei ngei ang. Social media hi tûnlaiah chuan thil pawimawh êm êm ni mah se, lehkha chhiar hian mihring hmasâwnna tûrah t̃hat zâwkna tam tak a nei. Chuvângin, kan hun zawn zawn social media-ah hman mai lovin, lehkha chhiar nân hun tam zâwk hman i tum zêl ang u.

SHIKHAR I HMUAM THÂN EM?

Ka duh hun hunah ka nghei thei alâwm tiin rualpâwl na rilru puin gutkha i paiin i hawng rek rek thân em? Hetiang rilru pua hmuam thân hi mi tam tak an awm. Ni tina chin phung kan neih hian zawi muangin kan taksa a ei chhe mêk tih ka hria em aw?

Tûn tumah hian shikhar gutkha bik chungchâng a ruh langin kan sawi dawn a, eng nge a pai, engtin nge kan taksa a khawih, engtin nge mihring tân ânhhia a nih tih te tawi têa sawi chhuah kan tum ang.

Shikhar Gutkha hi India ramah chuan hmuam chi zînga lâ ber pakhat a ni. Fûn te reuh têa zawrh a ni a, kam tihrim tuina anga hralh chhuah tan a ni a, vaihlo leh a kaihhnawih a pai tel avângin a hlauhawm êm êm mai a ni. Ka tihrim tuina atâna hmang mi tam tak hian kê leh thâwk a tirim chhe zâwk hle tih hi zu han hre hauh lo va.

Shikhar gutkha-in a pai tam ber chu kuhva rah a ni a, supari tin an sawi bawk thân. Kuhva rah bâkah hian vaihlo te, chinai sâwnghâwl te a rim siamtu atân chemical siam chawp an telh bawk a, tithlum tûrin *sweetener* an telh ve thân bawk. Chhe lova rei tak a awm theihna atân vawng himtu chemical an telh bawk a, hmuimer bâwlhlo chi dang dang a tel ve bawk. Kan han hmuam veleh khân hêng inpawlh zawng zawngte hi kan kâah a lût vek a, kan kê atâng hian kan taksa an bei tan ta miah miah mai zêl a nih chu!

Shikhar gutkha-a kuhva rah hian hmuam leh
 ̣hial a tiphûrawm a, a tîrah chuan kam a
 tithianghuai niin min hriattîra, mi a chawk phûr
 hluai thei bawk. Nimahsela, hmuam ngun chinah
 chuan kan thluakin a lo ngai zui ta mai ̣hîn a ni.
 Hun eng emaw chen hnuaah chuan shikhar hi kan
 duh a ni ngawt lo va; kan taksain a mamawh tlat
 nia inhriatna a lo awm thei ̣hîn. Hei hian
 tihchhinna aṭanga a ngawl vei theih a nihzia a tilang
 chiang hle.

Kan hmuam tirhah chuan tui tihna apiang a,
 chil a lo haw tam a, ka chhûng a rim tui chem
 chemin kan hre ta ̣hîn a, hei tak hi a hlauhawm
 lohna chhan niin mi tam takin an hriaa; mahse,
 hei hi chu a hnathawh dân a ve lek chauh a ni
 zâwk. Min shikhar hi a hmuam ngun a, a ngawl a
 vei chinah chuan natna hlauhawm tak tak a vei
 thei. Kâ leh hrawkah natna hrang hrang a thlen
 thei a. Mi a ti sahâl thei a, thin thîp leh luak chhuak
 te, pumpui leh chaw kawng lâwng te, ka chhûng
 lâwng leh kam pân te a thlen awlsam hle.

Ka chhûng natna hlauhawm tak *Oral Submu-*
cous Fibrosis (OSF) a thlen a, he natna veite chuan
 ka an ân theih loh phah hial ̣hîn. Shikhar gutkha
 hian ka leh hrawk leh chuap cancer a thlen thei a,
 lung natna hrang hrang a thlen awlsam hle a, chaw
 pai ̣awih a tibuai thei a, ha leh hahni a tiṭawih
 thei bawk. Ha a tieng vek thei a, hâ a chak lovin a
 ngêt duh êm êm a, hahni a rimchhe duh a, a tiṭawih
 thei bawk.

Hêng kan han sawi tâkte hi chawp leh chilh
 chuan a thleng bîk kher lo; shikhar nghei lo teah

zawi muangin a lo thleng a, hriat chhuah a nih meuh chuan a pawî tûr ang zawng zawng a lo pawî tawh a, a tlai chhe tawh thîh a nî.

India ramah hian ka leh a behbâwm natna hi a tam êm êm a, hêngte hi zûk leh hmuam nêh a inzawm vek a, a bîk takin shikhar ti zîngah an tam zual. A tîrah chuan shikhar hi hmuam nasa lo mah ila, kan hmuam zauh zauh chuan a bâwihah kan lût t̃an mêk a nî tih hriaa kalsan vat hi thil t̃ha ber a nî.

Mi tam takin shikhar gutkha an hmuam chhan leh a bâwiha an tlûk chhan ber chu India ramah a tam êm êm avâng te, a man a tlâwm hle mai te, mi nâwlpuiin chîn phunga neia an hmuam nasat avâng te, hlim veng vengna leh kâ leh a behbâwm tirim tuia hriat tlatna avâng te a nî ber âwm e.

Chaw ei khamah kâ tihrim tuina atân eng emaw hmuam tûl tlat i hriat chuan shikhar aiah hian fennel seeds te, elaichi te leh theirah te ei zâwk la, hêngte hi taksa tân a him zâwk daih a nî.

Shikhar gutkha hi taksa tâna hlauhawm thlen tûr khawp chuan a tein a ho lam niin a lang mai thei e; nimahsela, chîn dawklaka hmuam a nih erawh chuan taksa hrisêlna tichhe thei khawpa hlauhawm a nî tlat si a. Ka chhûng leh thâwk tirim tuitu a nî lo va, thâwk rim tui loh aia hlauhawm zâwk daih natna thlentu a nî zâwk a nî.

Ngaihtuahna thiang tak lo hmang la, duh han thlang teh le. Hun rei lo te daih kam tihtuina hmuam nge, hun rei tak daih tûra taksa hrisêlna zâwk le?

(Thu lâkna: Dr Joel Lairemsanga, Hriselna & Damna, May 2026)



**KHAWZÂWL VÊNGLAI KOHHRAN
TLEIRÂWL LEH NAUPANG
CHAWHNU INKHÂWM**

Khawzâwl Vênglai Kohhran hi March 19, 1969 khân a lo ding tan a. Kum 2019 khân Golden Jubilee lawmin, tânah hian kum 57-na an hmang mêk a ni. Hun eng emaw chen chu Naupang Sunday School Hall hi biak in compound ni lo, hmun dangah neiin an kai thîn a. Kum 2017 aţang khân biak in hnuai leh biak in compound-ah Sunday School Hall neiin, department hrang hrangte a hranga inkhâwm thîn a ni. May 15, 1994 aţangin Pathianni chawhnu naupang inkhâwm an nei tan a. Kum 1998 aţang khân Vacation Bible School (VBS) an nei tan bawk a ni. Kum 2005 aţangin Sacrament Department siam a ni.

Naupang Chawhnu Inkhâwmah hming lamin, chawhnu inkhâwm kai kimte hnênah lâwmmman an pe thîn. Kum 2025 aţang khân Sacrament Department te hian Synod hmun pawimawhte an tlawh tan a, a hlâwkpuî thei hle. Department hrang hrangte pawhin intuaitharna leh inthihhlîmna hun an hmang thîn bawk a ni.

Kum 2024 aţang khân mumal takin Naupang Chawhnu Inkhâwm leh Tleirâwl Chawhnu Inkhâwm neih tan a ni a. Kumin hian Naupang Chawhnu Inkhâwmah naupang 137 leh Tleirâwl

Chawhnu Inkhâwmah tleirâwl 142 an awm a, zirtîrtu hran ve ve inruatin hun an hmang thîn.

Group-ah te insiamin quiz competition te, movie en te, ruihhlo do chungchâng inzirtîr te leh sports te tihpui thîn a ni. Kohhran danga naupang chawhnu inkhâwm leh tleirâwl chawhnu inkhâwmte nêen rawngbâwl hona an nei thîn a, an hlâwkpui thîn hle.

Kohhran Committee-in kum tin Sunday School Committee a din thîn a. MSSU inkaihhruainain a sawi angin, Committee-ah hian department leader te an tel ziah thîn. Sunday School Committee hian Sunday school th̄a taka a kal zêl theih nân theih tâwp an chhuah thîn a ni. Kuminah hian Naupang Sunday School-ah zirtîrtu 55 leh zirlai 279 an awm mêk a. Kohhran ni pawimawh leh hun pawimawhah te an zai thîn a ni.

Hlahh nei tlêm la, beisei tam rawh.

Ei tlêm la, th̄ial nasa rawh. Sawisêl tlêm la, pawm tam rawh. Tawng tlêm la, ngaithla tam rawh. Haw tlêm la, hmangaih tam rawh.

Tichuan, thil th̄a zawng zawng hi i ta a ni mai.

-Swedish Thufing



Hriat Zauna Huang

MAGIC LANTERN

Magic lantern hi kan hre tawh ṭhîn em aw? Kum za bi 19-na chawhnu lam leh kum za bi 20-na bul lama missionary-te hmanraw ṭangkai tak a ni. Chuti a nih si chuan missionary-te chuan dawi (magic) an entîr ṭhîn tihna em ni ang? Ni teuh lo mai! A hmingah magic a tel avang mai hian he thilah hian dawi lam chu a tel hauh lo a nia.

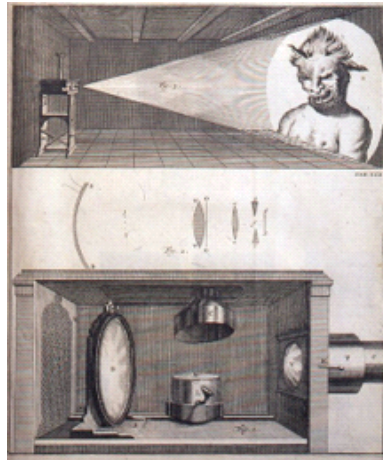
Hmanraw pakhat hmangin ennawm an chhuah ṭhîn a, chu an hmanrua chu magic lantern an tih chu a ni a. An hmuhdawm chhuah ena lo kal khâwmte chu Pathian thu an lo hrilh ṭhîn a ni.



Video chhuahna projector hi in hria em aw? in sikulah emaw, in Sunday School-ah emaw pawh projector chu in hmang ṭhin mai thei a ni. Magic

lantern chu ‘hâm lai projector’ a ni ti ila a Chiang mai âwm e. Bâwm chhûngah hian dârlhalang kum (concave mirror) an dah a, chu chuan êng kha ên zau tûrin a lo tidanglam a. Tichuan, chu êng kal zêlin a chhun tûr chuan dârlhalanga milem ziah an lo dah a. Milem chu puanzârah emaw, bangah emaw lian tak leh fiah takin a lo lang thei ta a ni.

Êng pe chhuaktu atân hian a tîr lamah chuan bati an hmang thîn a, kum 1820 vel aţangin lime light an hmang leh a, hun a han kal leh deuh a, khâwnvârtui an hmang leh ta a. Electric current an siam chhuah tâk hnuah pheih chuan current hmangin an chhuah ta zêl a ni.



Mizorama Chanchin Tharawn hril hmasa ber Rev. William Williams-a pawh khân Khasi rama rawng a bâwnaah magic lantern hi a hmang ţangkai hle a. Bazarah te, mi inah te magic lantern hmang hian milem an chhuah a, a en tûrin an lo kal khâwm a, chung mite chu Pathian thu an lo hrilh thîn a ni. Mizorama a rawn zin chanchin a ziahnaah magic lantern an hman thu a ziah loh avângin Mizoramah kha chuan a rawn keng lo a ni mai thei.

Zosâp hmasate zînga mi Pu Zosâphluia leh Pu Zosâpthara pawh khân magic lantern hi an hmanġ tangkai hle bawk. Kan pi leh pute khan magic lantern hmanga ennawm chhuah an en hmasak ber ġum chuan mak an ti viauin a rinawm. Kum 1900-1901-a an



rawngbâwl na chanchin ziahnaah chuan Pu Zosâptharan heti hian a lo ziaġ a: “Mission in aġanga mġl khat vġlah zawlbûk lian tak a awm a, mikhualte riaġna hmun a ni. Luseiho, khaw hla tak tak aġanga sawrkâr hnuaia hnathawkte hetah hian awmtîr an ni a. A châng chuan mi 80 te an awm a, chu aia an tam chang pawh a awm bawk. He zawlbûk hi kâr tin vawi hnih kan tlawh ġhîn a, a châng chuan magic lantern hmangin ennawm kan chhuah ġhîn bawk. Hetiang hian khaw hla tak taka awmte pawhin Chanchin Ĥa dawnna hun remchang an neih theih phah a ni,” tiin.

HRIATTÎRNA

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 phone number 8974581885-ah emaw theh luh theih
 reng a ni.

Editor, Kristian Naupang



“Pu Hmutheitu, tânlai thil ngaimawh deuh hmuh thar i nei em?” tiin tleirâwl pakhat hian min rawn zâwt leh nawlh mai a. “Thil ngaimawhawm tak tak, nakîn zel atâna pawî thei tûr ka hmu e,” tiin ka lo chhâng a.

Tûn hnaia ka thil hmuha ka ngaimawh ber mai chu ðangtharte zînga thatchhiatna leh ðutthluan mai maina hluar ta lutuk hi a ni. Smart phone khawvêlah hian engkim mai hi awlsam taka hmuh inrinna thinlung kan lo nei ta a, kut hnathawh leh thawh rimna hlutna kan theihngihl tlat tawh mai. He thil hi ramsa rual zînga eng mah ti peih lova vâk mai mai ang chauha chîn ðan ða lo thil a ni a. Eng mah ðangkaina leh sâwtna a awm lo. Thluak chakna leh vânglai tha hi ðut ral nâna hman tûr ni lovin, thil ða leh ðangkai atâna hman zâwk tûr a ni.



Thil thleng pakhat han sawi ila. Mi thiam tak pakhat pawh thatchhiat leh a hun taka thil tih a peih loh avângin an chhûngkuain an tuar tawh a ni. Rim taka a zir hnuah sawrkâr hna pawimawh

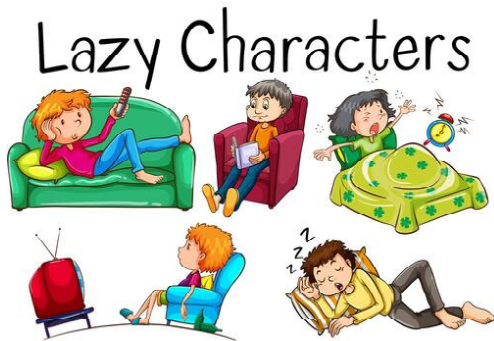
takah tlinna hun ̣ha a nei a; mahse, lehkha pawimawh theh luh hun leh inbuatsaih hunah a thatchhiat leh muangchân lutuk avângin hun ̣ha a bawh pelh a ni.

Tûnah hian a aia thiam lo zâwkte hnuaiah inhlawhfa mai maiin, a nupui fanaute a châwm a ngai ta a ni. A va pawî vawng vawng tak êm! Thatchhiat pawî hi a pawî êm êm a, nakinah tih reng mai hian min nghawng chhe zêl a ni.

K u t
hnathawh hreh,
thawh rim peih
loh, lehkha zir
̣hat peih loh
leh mahni
inenkawî peih
lova thatchhe
taka awm hi
mahni nun

tihhrehawmna mai bâkah ram leh chhûngkua phurrit nihna a ni a. Malsâwmna dawnna kawng a ni lo va, nun hlimna leh hlawhtlinna kawng zawhna min dâl theitu thil a ni.

Mizo Kristian naupang leh tleirâwl tawh phawt chuan tih loh tawp tûr a ni a, hetiang thil lakah hian kan fihlim tlat tûr a ni.





Bible atangin zawhna siam a ni a. Eng zât nge kan chhân dik theih i han en chhin teh ang u aw:

1. Lalnu Estheri pa hming eng nge?

Chhânna:

2. Aronan fapa eng zât nge a neih?

Chhânna:

3. Arona kha tuin nge thlâk?

Chhânna:

4. Israel-te khân Arona kha ni eng zât nge an sîn?

Chhânna:

5. Zadoka hming awmzia eng nge?

Chhânna:

6. Zadoka khân tu nên nge Lalpa bâwm an zâwn lêt?

Chhânna:

7. Abiathara leh Joaba khân tu nge an thlâwp?

Chhânna:

8. Zadoka khân tu nge Israel lal atân hriat a thih?

Chhânna:

9. Abiathara kha khawi khua nge a nih?

Chhânna:

10. Zadoka pa hming tu nge?

Chhânna:

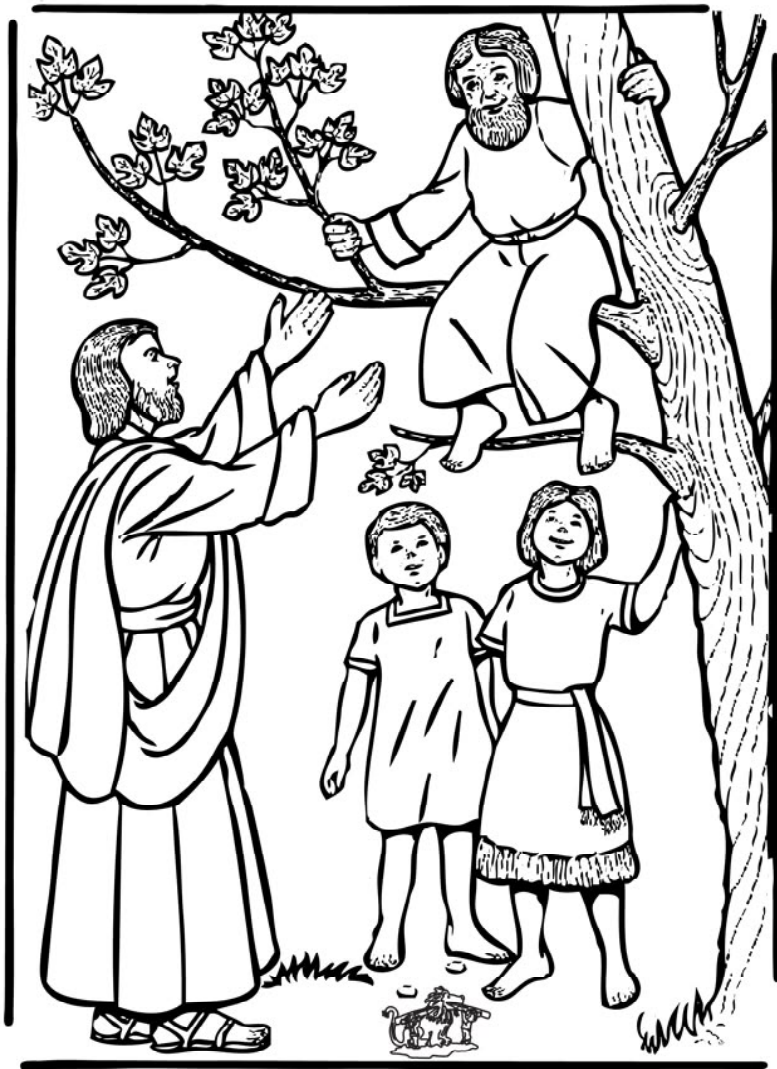
Note: September thlaah a chhânna târ lan a ni ang.

July thla Quiz chhânna:

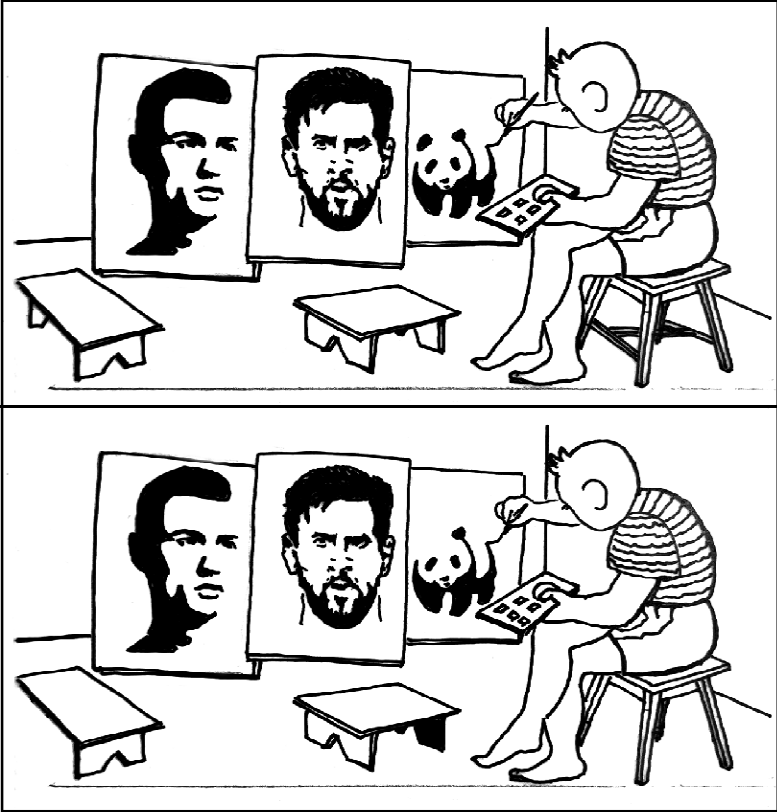
- | | | | |
|-------------------|------------------------|--------------------|----------------|
| 1. Mari Magdalini | 2. Lota | 3. Abelsittim | 4. Jeriko khua |
| 5. Josua | 6. Kum 110 | 7. Timnath-sera-ah | 8. Sekem |
| khuaah | 9. Felna lal/Remna lal | 10. Salem khaw lal | |



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.

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- 2.
- 3.
- 4.
- 5.
- 6.



COLLEGE VÈNG KOHHRAN SACRAMENT DEPARTMENT



KHAWLIAN KOHHRAN VBS 2026



KHUANGLÈNG SOUTH KOHHRAN NPSS ZIRTÏRTUTE

To _____



KHAWZÂWL VÊNGLAÏ KOHHRAN NAUPANG & TLEIRÂWL CHAWHNU INKHÂWM

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