

Editorial Board:			
Editor-in-chief	:	Dr.F.Lallianhlira, <i>Principal Director, H&FW</i>	
Editors	:	1) Dr.Lalozama, <i>I.A.S,MD (NHM)</i> 2) Dr.H.Lalchungnunga, <i>DHS</i> 3) Dr.T.Lalmangaihi, <i>DHME</i>	
News Editor	:	Pu.C.Lahmankima, <i>SMEMO</i> ☎ : 2322498(O) Dr.Zorinsangi, <i>Nodal Officer (Training)</i>	
Members	:	Dr.Vanlaxawma, <i>JD(FW), DHS</i> Dr.P.C.Lalramliana, <i>Joint Director,(P), DHME</i> Pu.Laxawma, <i>JD(FDA), DHS</i> Pi.Lalaksangi, <i>JD(Nursing), DHME</i> Linda.Lalsanghliri, <i>Consultant IEC, NHM</i> Pu.V.L.Thlanavma, <i>MF&AS, JD(Acc)</i>	
Asst. Editors	:	Pu.C.Lalthandhunga, <i>BEE</i> ☎ : 9862791814(M) Pu.H.Zothankhuma, <i>BEE</i> ☎ : 9612715524(M)	
Cir. Manager	:	Pu.M.S.Dawngkima, <i>Rate, AE</i> ☎ : 9436199510(M)	
Asst. Cir. Manager	:	Pu.K.Lalrinsima, <i>Projectionist</i> ☎ : 9436198379(M)	
Correspondence	:	Pu.Lalhandhuaha, <i>Projectionist</i> ☎ : 8974304288(M)	

A chhunga thu awmte

1. Editorial	2
2. Rx Prescription	3
3. Zu (Alcohol)	6
4. Bawlhhlawh leh inthiarna hrisel nan	9
5. Hrisel nan serthlum	14
6. Zawhna & chhanna	16
7. Nausen damlo enkawl dan	17
8. Naupangawmn^	20
9. K um upa tana thur^wn	22
10. Chhul cancer leh pap smear	24
11. K achhung natna	26
12. Engtinge HIV /AIDS kandovang?	28
13. Mit entir turte hriat tur	31
14. Pi Dari Cup	33
15. Hepatitis 'B' & 'C' chanchin tlangpui	36
16. Inentir tura i kalin	39
17. Kaw ruah laia ei loh chi	42
18. Pumpui^vng	44
19. Keimahi	47



Editorial

Greek mi fing Socrates khan mihringte tana hriatna zau neih a pawimawhzia hi a lo hrechiang em em mai a. Hriatzauna a\anga thil \ha leh \angkai tinreng kan dawn laiin HRIAT LOHNA leh MAWLNA a\ang chuan thil \ha lo chi hrang hrang kan paw chhuak ve thung a ni, a ti.

Hrisel lohna leh bawrhsawmna pawh hi kan duh vang renga kan chung a thleng ni lovin, kan hriat lohna avanga lo thleng \hin a ni tlangpui a, chuvangin helama hriatna kan tih zauh pawh hi a \ul hle a ni. Doctor thiam tak takten mihring hriselna tur atana thil \angkai leh natna kan pumpelh theih dan tur kawng hrang hrang ziakin an sawi \hin a, hengte hi chhian peihin zawm peih ngat \hin ila chuan, natna laka kan buaina tam zawk hi chu kan pumpelh ngei ang.

Chuvangin, he Hriselna Chanchinbua kan tarlan \hin kan hriselna tur atana ei tur \ul leh ei loh tur chungchang te, khawi a\angin nge natna kan kai \hin? Engtin nge kan pumpelh theih ang? tih te hi kan hriat tam a pawimawh tak meuh meuh a ni. Tichuan, he Hriselna Chanchinbu pawh hi taima taka chhian thin tur leh zawm a, hriselna kawnga hriatna zau kan neih theihna tur a ni tih i hre nawn \heuh ang u. Bawrhsawmna hian sum leh pai a heh mai bakah rilru lam a tih retheih thinzia hre reng chungin hriselna hlutzia hi i theihngilh lovang u. HRISELNA HI A HLU A NIA...■

R_x PRESCRIPTION

Lalsawma

JD(F&DA)

Directorate of Health Services

“Mum khatin – ni tin vawi thum – ni nga chung” !!

Eng emaw avangin kan awm a nuam lo va, khua a sik a, pum a na a, kua a \ha lo va, chutih hunah chuan chang dang kan a hun tawh lo. Daktawr r^wn tura kal, in entir mai a finthlak ber. Daktawr chu kan rawn ta ngei a, anin uluk tak leh dilchhut takin kan awmdan min lo zawt a, mar a dek a, lungphute ngaithlain a thiamna zawng zawng sawmkhawmin kan damloh chhan a zawng \hin a. He hun hi damlo ten fiah tak leh kim taka kan awmdan kan sawichhuah hun a ni, zahzum a hun lo va, zep \hen pawh a hun hek lo. He huna daktawr-in a thil hriat leh a hmuhchhuah hian kan natna tihtamna turin kawngro a su thui hle tih hriat tur a ni.

Kan awmdan kan sawi a\angin thisen, zun, ek exam a ngai mai thei a, khawl changkang zawka zirchian pawh a ngai mai thei. Heng zawng zawng ngaihtuah chhuak tur chuan damlo ten kan nat dan fiah fai leh kim taka kan sawichhuah a ngai \hin. Chutia kan nat dan chipchiar taka kan sawi vek hnu chuan daktawr-in damdawi min chawh ta \hin a, chu damdawi min chawhna lehkha chu Prescription an ti. He Prescription hi eng nge a

nih a? Engtianga \angkai leh awmze nei nge a nih? tih sawifiah kan tum dawn nia.

Eng nge Prescription chu : Prescription hi daktawr in, damlo pakhat tan, ama tan chauh, ziaka in enkawl dan tur, damdawi a ei dan tur, “Order,” a pek a ni. Mi dangin lo ziah belh emaw lo tih danglam emaw a thiang lo. Thupek a nih angin a ziaktu daktawr hian a thu ziahah hian mawhphurhna a nei a, thil a lo tusual palh a, damlo dik lo taka

damdawi a chawh a nih phei chuan a tuar thei a ni. Chu mai lovah, tihsual path a lo awm a nih pawhin amah chauhvvin a siam \ha leh thianga, damdawi ziak pawh a thlak leh thei, mi dang lo inrawlh ve a thianga lo.

Prescription-ah chuan engte nge awm tur? : Prescription chu daktawr order a ni kan tih tawh angin, a chhunga ziah dan tur, ziah lan ngei ngei tur thil tam tak a awm a, chungte chuan pawimawhna thuk tak an nei vek, zawm kim loh te, a hun bawh pelh te, a ei zat tur ei loh ten pawl nasa tak a khawih thei a, dam aiin harsatna dan a paw chhuak thei a ni.

Prescription-ah chuan damlo hming, kum leh sex (hmeichhia/mipa) an ziak hmasa ber tur a ni a, chumi dawat chuan damlo awmdan leh a lo exam dante chhinchhiah ngai a tih daktawr in a chhinchhiah leh ang. Chumi dawt leh a mi chu thil lamtawi, "R_x" tih a ni, hei hi latin \awnga "Recipe" (Risipi) tih a ni a, Sap \awng chuan, 'take thou'

tihna a ni a, Mizo \awng chuan 'ei rawh' tih te pawhin a dah theih awm e. He symbol R_x hnuai hian damdawi chawh a in ziak tlar leh a, hei pawh hi ziah tlar satliah a ni lo, awmze nei a ziah a ni. Damdawi hming, a ei dan tur, ei hun chhung leh damdawi chak zawngte kim takin a in ziak vek tur a ni.

Hemi hnuai leha damlo ten an chin \hin, an damloh avanga an insum ngai emaw, an chin ngai loh an tih thar tur thur[^]wn ziah lehna tur a ni a, ennawn ngai tur chi a nih pawh a, a kal leh hun tur, tih tur leh tih loh tur ziakna hmun a awm leh baw. Chumi dawta mi chu, daktawr hming ziak signature a ni a, hetah hian a thiamna hrang hrang a dah thei a, a pawimawh ber erawh chu daktawr a nih theihna, a registration number a tel ngei tur a ni. Hei hian a Prescription kha thil ti thei leh Court-ah pawh thu tlingah a chantir a ni.

Prescription mai mai han ziah kur nguai chu? tiin kan rilruah zawhna a lo piang a ni

mai thei, piang pawh nise mak lo. Amaherawhchu, Mizoram mipui ten damdawi kan basa ngam lutuk avanga harsatna tam tak, Drugs Addict lo pianna, O.D. a thihna, damdawi eisual avanga harsatna te, Antibiotics tam tak laka natna hrik ten resistance an lo neih tak avanga harsatna tam tak kan tawh mekte hi Prescription awmzia kan hriat loh vangte, kan ngaih pawimawh tawh loh vangte a lo awm niin a hriat a. Tunlai ngat phei chuan thil hlauhawm tak mai Vancomycin Resistance Staplylocoecus Aureaus (VRSA) an tih te hi India ramah awm tawha hriat a ni a, hetiang dinhmunah hian kan ding tak tak a nih chuan khawihli satliah leh pin satliah atangin dam thei lovin kan awm dawn tihna a ni a, hengte hi a thlen loh nan mitin damdawi hman dan a fimkhur tura in chah pahin, kan lo hrise

zawh nan mi zawng zawng kan in sawm a ni.

Kan thupui a mi ang khian, daktawrin mum khatin, ni tin vawi thum, - ni nga chung a ti a nih chuan, a zia ang a ei mai hi a him ber. Ni tin vawi thum – han tih mai pawh hi dilchhut a ngai, mahni remchan hun hun a vawi thum eitur tihna lam a ni lo. Darkar riat danah eitur tihna a ni. Chumi awmzia chu, kan damdawi ei khan darkar riat chung kan taksaah hna a thawk a, darkar riat hnuah chuan mum dang ei a ngai tih hriat tur. Chutiawng bawkin, ninga ei mai tur, a aia tlem emaw reilo emaw kan ei khan natna hrik a ti thi zo lo va, a ti chau chauh tihah kan tawp san chuan Resistance Strain Bacteria kan siam chhuak tihna lek a ni dawn. Chuvangin, mi tinte i fimkhur \heuh ang u.

Mawitea huang

@ Meizial kha a zu tawi thei mai mai khawp a..... ralkhat atanga lo hmutu te'n a ha a kher khu luih luih emaw zuk ti thin a!

Zu (Alcohol)

Dr. Lalhriatpuia
Psychiatrist, MIMER

Hmasang ata mihring awmna apianga awm tel ve reng pakhat chu zu hi ni ti ila kan sawi sual awm love. Society hrang hrang leh Lal chak tak takte pawhin an lo buaipui tawh, kan pi leh pute hunah pawh sakhuana nena inzawmna thuk tak nei a ni. Tun thleng pawhin kan buaipui ber te pawl ami a la ni reng bawk.

Eng nge zu chu?

Zu kan tih chu Sap \awnga 'Alcohol' kan tih telna chi hi a ni mai a, rakzu a ni emaw zufang a ni emaw, beer leh wine a ni emaw, thlai hrang hrang um atanga siam chhuah a ni a. Alcohol pai chi hrim hrim beer emaw, wine emaw, breezer emaw pawh ni se, zu hian a huam tel vek a ni.

Zu hna thawh dan:

Zu hi thisena a tam dan level azirin a thawk thin a. Pack 1-2 an in hian thisen a ti lum a, tha \ang \ungte a ti hahdamin, mahni inven runnate tihniamin tawngte a tizang chhova. An han in belh leh a thisena a level 100% aia sang a nih chhoh chuan taksa chet a ti diklo tana, kal ngil te a har

chho tan a, fing taka thutlukna siam a har chho thin. In belha thisen level-a 200% aia a tam chhoh hnu phei chuan hriatrengha (memory) in siam tur tibuaiin, a tukah a hma zana an awmdante an hrechhuak hlei thei lo thin. Chumi level aia sangah phei chuan thluak function hlei thei tawh lovin nikhaw hre lovin an chatthla thin.

Taksa a khawih chhiat dan tlangpui:

Zu hian direct takin nerve a khawih a, a ti chhe thin. Chu mai ni lovin zu in nasat vanga vitamin leh mineral tlakchham vang pawhin nerve hi a chhe bawk. Zu in nasa chu an thluak a sawng te a, kum 40 mi lek pawn kum 70 thluak ang khawp an nei thei. Hei vang hian taksa chet a dik lova,

hriatrengna a tlem a, kuke mu chum chum an ngah duh hle.

Zu hi zaa 90 chu thinin a lo sawngbawl avangin thin hi a tuartu langsar pakhat a ni. Zu in nasaah chuan a tirah thin hi thau chhiain a bawha, thin bawl tuk tuk an nei thin. Chumi hnuah thin natna (Alcoholic hepatitis) siamin mit liam an nei a, an eng pup a, luak leh taksa chauin an awm thin. Hemi hnu hi chuan thin hi a ser \an a, a ser nasat hnuah thinro (cirrhosis) a siam thin. Hemi hnuah hi chuan thlak (transplant) loh chuan chhan ngaihna a awm lo. Hetia thin a that loh chuan kalte, thluakte a ti buai nghal thin a. Hei hian thisen zam pumpuiah te ti lian in a puah phei chuan Internal bleeding-in an thi thin.

Pumpui thau bawh (pancrease) kan tih hi a hnathawh a ti buai a, pumna vak vak a siam thin. Lung natna a siam a, chuap a chak loh phah thin a, pumpui a tha thei lova, mipat hmeichhiatnaah an tlahniam a, cancer neihna chance a sang nghal bawh.

Zu nghei thut hlauhawm zia:

Zu hi chhun zan zawma in a nih hnuah chuan thluak hi lo inher remin zu nen hna a thawk pangai tawh zawk a, an in loh hlekin an buai tawh zawk thin. Chu mai a ni lova an lo in rei tawh phei chuan an nunna atan a hlauhawm a, natna dang nei miah loh pawhin zu nghei thut hi thihpui theih a ni. Zu hi darkar 8 an in loh atangin an kut a rawn khur tan a, thlanfimin bualin, hlauhthawna a lo kal nghal bawh thin. Luak chhuak ngawih ngawihin an awm a, chaw an pai hlei thei lo thin. Chutah an lo in nasat phei chuan kaih angin an chiri a, a nasat phei chuan an vai ruai a, tam takin thil mak tak tak an rin tlat a, tihnat tumtu awm tlat ten hriain, in ven nasat a ngai hle thin. Hetia an vaih chinah chuan thihpui chance za a sawm an nei nghal. Chu mai nilova an vaih laia inawkhlum, in chung sang atanga zuang thla leh mahni in vit sawi tur an awm nuk. A tlangpuiin suffer hian ni 7-10 a awh thin. Zu hi damdawi hmang lo chuan nghei thut chi a ni lo.

Zu in thiam an awm em?

Kan hriat reng tur chu ruihhlo hrim hrim hi chu kan thluaka thawk, rilru ti danglam thei a nih avangin thiam taka in emaw tih har tak a ni. Zu vanga thi tam tak hian chhun zan zawmin an in nghal bik lo. A tirah hunbik neiah an in a, a lo rei deuha a zing tial tial a, kar tawp chauha in thin atangin zantinah a kai chhova, zantin atangin zingkarahte in chhovin a ngawl vei an ni chho thin. Mi insumthei tak, mi bik tlemte ho chuan an control reng thei a ni

mai thei, mi nawlpui tan chuan in loh a him ber. Bakah tih than hnu phei chuan zu telloa picnic chu a kim lo riau tana, hlimna lam leh lungngaihna lamah chhuanlama zu in pha a awl hle thin. Zu hmuh mai vangin in chakna a chhuak lova, inpui thinte, in thinna hmunte, lak thinna hmunte an hmuh pawn lung a ti leng em em zela, in nasaah phei chuan lung ti lengtu a tam lutuka, insum a har tawh thin. A in nasa ho pawh hian an duh bak bakin a control let tawh avangin an in thin.

Mawitea huang!

@ "In inkhel chu tunge chakzawk che u?" "Goal-ah kan vanduai ta zawk alawm mawle.."

"Chu si engzat chiahin nge in chakloh a?"

"Ka hre chiah lo, an goalie tih loh kha chuan hattrick an siam vekin ka hria."

"Anih tak chu, goal-ah in vanduai em a nih tak chu,....." zuk ti a!!!

@ Chengkek an ru vei rawk ale... a neitupa in a rawn man a, an chengkek lawh sa zawng zawng zuk ei zawh luihtir vek a ! an ha \im lutuk an \hen haw \ha hlawm nia....

@ Texas rama tlangval pakhat pawh kha hna a dil ve a, a hmu hlauh mai a, mahse chu a hna hmuh chu a duh leh lo lutuka zuk inawkhlum ngawt pek a!!

BAWLHHLAWH LEH INTIARNA HRISEL NAN

Dr. Malsawma

Bawlhhlawh awmzia hi kan hre vek tawh nain t<nlai khawv>lah hian khawsak phung a lo danglam z>l av^ngin bawlhhlawh nia kan hriat \hin b^kah thil dang pawh bawlhhlawh a lo chang chho ta m>k a, chuv^ngin thil eng pawh, mi mal, chungkua leh khawt!^ngin kan mamawh tawh loh av^nga kan hn^wl hnu apiang, thil sakhat, tuiril leh kh</h< te hi bawlhhlawh an ni vek a ni.

Bawlhhlawh hian natna hrik a pawm tel leh tel loh te, a rim chhiat leh rim chhiat loh te, a lan d^a tenawm leh tenawm loh azirin thliar hrang deuh \hin mah ila, chu chuan kawngro a su vak rih lo va. Damdawi lam inkaihruainaah chuan bawlhhlawh hi hris>lna atana a hlauhawm d^a leh a riral/tihrial theih d^a a\anga tehin chi thum/li-ah \hen hran a ni a, chu chuan a paihbo d^nah pawh kawng ro a su hle a; mahse Mizoramah hian bawlhhlawh hi d^a ang tak chuan kan la s^wngb^wl pha lo deuh a ni. Kan taksa a zun, >k, hnap leh kh^k awm hi taksa a awm lai chuan thawmhnaw nalh tak takin kan khuh mawi a, taksa a

chhuahsan chiah a\angin bawlhhlawh a ni, chutiang z>lin meizial bung leh sahdah hmuam d^k hnu paih te, p^nhnaha chinai int^t a\anga ei s>n loh bang ilova tah te, kuhva eina chil chh^k sen zuai te hi bawlhhlawh a ni vek a ni. Kuhva f<n zuarte hian chinai hi v^nt!^ng mamawh t^wk v>l hriain p^nhnahah hian t^t \hin ta se, sum tam tak an hum rualin kan khawlaiin a thianghlim phah ngei ang tih a rinawm! Mizote hian thil hlui – bungrua, thawmhnaw, leh-khabu, thil tuamna lehkhakhawng b^wm, ^r ^wt, >mping ke tliak, khuang \et, zirlaibu hlui, puan\huikh^wl chhia, tuiz>m pawp, chempui tliak, adt - han ena la \ha si,

hmanna erawh kan hriat tawh miah si loh te, mamawh hun a awm leh t[^]kin tia kan dah\hat \hinte leh motor chhia, chei t[^]k tawh loh, hmun heha hun tlat te thleng hian bawlhhlawh a ni. Kan khawsak phung a changk[^]ng z>l angin ei rawngb[^]wl leh in chung enkawl kan duhtui tial tial a, ni tina inbual te kan intihhmuh z>l a, chu chuan rah \ha a chhuah rualin bawlhhlawh a tipung a. Chutianga z>lin kum 10 v>l kal tawh thlenga khawlaia hnahthel tla kan rah mai mai \hin ang kha t<nah chuan bawlhhlawh ngaih mawhawm tak a lo ni tawh a ni.

Chutianga bawlhhlawh a lo pun z>l av[^]ng chuan bawlhhlawh kan ngaithei lo s[^]wt ta hle a, bawlhhlawh paih lamah pawh kan harhthar nasa khawp mai, amarawhchu, bawlhhlawh paihtu rilru a la changk[^]ng t[^]wk lo thung a, hmab[^]k kan la ngah hle a ni. Kan in leh lo leh kan kut a\anga bawlhhlawh kan paihchhuah phawt chuan kan duh t[^]wk a, bawlhhlawh chu khawi lamah nge a kal z>l, mi

dang tan bawlhhlawh a chang v> em? tih kan ngaihtuah zui \hin lo hian chu chu a tichiang viau a ni. Naupang t> a\anga puitling thlengin tu ma zirtir ngai hranpa lovin bawlhhlawh chu kawng thlangah paih t<r tih hi kan pianpui vek ti ila kan tisial tampui [^]wm lo ve. Hetianga kawngpui thlanglama bawlhhlawh paih v<m th<r mai hi Mizoram hmun tinah hmuh t<r a tam hle a, hetiang hmun \awp neih hi khaw tin hian kan intihhmuh em ni aw a tih theih hial a ni! Mahni in leh lo va bawlhhlawh kh[^]wl \hin te pawhin bawlhhlawh kal z>l d[^]n t<r ngaihtuah zui lo va mahni in a\anga hla deuhva kan paih m[^]wl tawp z>l mai \h\$ hi b[^]nsan t<rin tih d[^]n thar duan chhuah a hun ta hle mai. Khawlai dung leh zin chhuah nikhuaa lirthei chung a\anga ei leh in b[^]ngnawi leh thil f<nna ilo p[^]wna paih chhuah ngawt te, in leh lo tuaihn<m hluauva v[^]ntl[^]ng rama ualau taka choka thli luant\$r nguai si leh in bul hnai lutuka vawk vulh tlat mai te hi nunphung changk[^]ng lo tak a ni a, b[^]nsan thuai a pawimawh hle a ni.

T<nah chuan khawpuiah leh thingtl^ngah te bawlhhlawh paih d^>n phung leh bawlhhlawh paihna hmun hi buaipui tham a tlingin buaipui a ngai takzet tawh a, kan bawlhhlawh paih kal z>l d^>n kan ngaih pawimawh loh chuan bawlhhlawh paihna hmun apiang kha natna hrik inthlah punna hmunah a chang z>l d^>wn a; a thli luangchhuak leh a h^>lna khu z^>m v>l pawh kha natna semdarhtu a ni thei vek a ni. Khua leh v>ng tam takah tl^>wmngaip^>wlte leh Village Health & Sanitation Committee-ten khawlaiah bawlhhlawh b^>wm an h<n/khai hmuh t<r a tam tawh hle a, chu chuan bawlhhlawh kan ngaihmawhia a lantir a, khawlai pawhin a fai phah viau r>ng a; a l^>wmawm khawp mai.

Kan thu pahnihnaah chuan v^>ntl^>ng inthiarna hmun \ha kan mamawhia hi lo sawi ila. Zunram thiar leh dail>n hi mi pangngai zia a nih av^>ngin chung tinin inthiarna kimchang - zun in leh >k in - kan neih \heuh a ngai a, a nei lo pawh an v^>ng viau tawh a

ni. Mahni inlum chhuahsana khawlai kan l>nnaah leh zin kawngah te pawh inthiarna hi a pawimawh >m >m a ni. Mizoramah hian v^>ntl^>ng zun inah tuemaw a >k ngh^>l \hin chhan ni ^wm hi ka ngaihtuah vang vang \h\$>n a, a chhan nia ka ngaihte chu:

- a) zun chhuak leh >k chhuak a inrual fo,
- aw) zun chhuak chu hun rei tak a \$p theih a, >k chhuak erawh chu \$p reng theih a ni lo,
- b) harhf\$m leh mi pawisawih lau mi t^>n pawh v^>ntl^>ng >k in a v^>ng hle,
- ch) v^>ntl^>ng zun in te hi enkawl hn<m loh? v^>ngin zun paha >k ngh^>lna t^>wk lekah ngaih theihin a awm fo.

H>ng b^>kah hian mark hmuh \hat deuh tum t^>n chuan chhan dang a la sawi belh theih ang tih a rinawm! Zun ina >k chu zu ruih v^>ng ni te pawhin kan hre mai thei, mahse zu rui hi an >k a chhuak ngawt lo va, harhf\$m hi >k chhuak lakah an

ins<m thei b\$ k ngawt lo bawk tih hre tel ila. Hetih rual hian mihringte z\$ ngah mahni hmasial tak, zun ina mahni zun chhuak tihreh mai duht^wk lo va, a hnunga rawn zung v> t<rte v>ngth^wng miah lo va s<lhnu neih hreh lote an awm \hin. Eng le kh^w le kum, zabi 21-na hial kan lo chuankai t^kah chuan kopang behchhana zun hi a mawi hranpa loh >m av^ngin Mizo mipate hian mipa nih v^nga kopang behchhana zun pawisak lohna leh inhmeh riauva ngaihna hi zawi zawiin thlah \an ila a duhawm hle mai!

Kan khawpui ber Aiz^wlah pawh hian v^ntl^ng hman theih inthiarna a v^ng hle mai a, chutiang z>lin kan ram dung leh v^nga zin kawng hrang hrangah te hian v^ntlang inthiarna - zun in leh >k in hrang - a awm fumf> lo va, zun in nalh tak tak chu a awm v> thluah nain >k in erawh a v^ng ngang mai. Hei hi kan mamawh tawh takzet a ni. A hmun lo pui leh mi hmuh hlau d>p d>p chung a inthiarte hi a hahthl^k a, a hris>l lo bawk a. Inthiarna

hmun \ha kan ngah hunah chuan zun ina dail>n r<k ngai lovin hahdam takin >k inah ngei kan inthiar tawh ang a, kan inzirtir d^ n te pawh lo danglam tawhin hetah zung suh tih leh i zun pahin e suh tihte t^r ngai tawh lovin khawlai l>nna leh zin kawng laka >k chhuah palh hlauhna lakah kan zal>n tawh d^wn a ni! Inthiarna hmun chu a fai reng theih nan a enkawltu awmin a hmangtu chuan a hman man sum tl>m az^wng chawi mai se, a enkawltu t^ n eizawna a lo ni ang a; inthiarna chu a fai phawt chuan a hmangtu an pung mai d^wn a ni. Sahdah leh meizial ilo leina t<r sum nei chuan >k man chawi t<r (>k leina t<r ni lovin) chu a nei ngei t<rah ngai ila, kan tisual kher ^wm lo ve! Zin kawngah phei chuan chutiang inthiarna \ha awmna hmunah chuan khualzinte an chawlh tam d^wn av^ngin a kiang hnaiah thingpui leh nepawi d^wr a awm ngei a lo ngai ang a, khualzin ch^wl t<r an haihchham d^wn loh av^ngin sum d^wnna hmunpui a chang thuai thei d^wn a; Vai ram

angin mi tam tak tⁿ sumhn^r leh khaw chhung leh zin
 a lo ni mai d^{wn} a ni. kawnga mipui mamawh
 Kan ram leh kan khua/ inthiarna kimchang tam z^{wk}
 v>ng a lo hris>l z^{wk} theih siam t<ra rilru thar pu t<rin
 n^ana bawlhhlawh paih leh a chhiartu zawng zawng ka
 riralna kawnga hma thar la t<r s^{wm} a ni.

HLIAM ENKAWL DAN

Mizote hi tualchhung damdawi hre tam, zir lem lova damdawi inchawh mai mai ching kan ni a. Mahse, inhliam chungchanga vantlang mipui hriat atana \ha \henkhat lo sawifiah dawn ila :

1. Inzai kak palh/pem/thi reng reng chu a rang thei ang bera tui luang (Running water)-a silfai nghal a, a thi chu puan thianghlim fai hmuh theih ang anga tuam a, a thi reh tura tuam tur a ni. | awn khalh hi tih miah loh tur, a sawt lo. Damdawi in panpui nghal vat a \ha bawh.
2. Ke, ban leh ruh chuktuah ulh palh a nih chuan a rawn vung nghal \awlh \awlh \hin a. Hetiangah hi chuan vur tlang Polythene-a tuam emaw tui vawt thei ang berah deh vang veng tur. Hei hian a vung nasa leh thisen tling tur te a veng a, a na a ti reh deuh thei bawh. Tuilum chi al-a deh tur a ni lo.
3. Taksa khawilai pawh a lo vung a, khua a sik tel bawh chuan natna hrik vang a ni tih a hriat a, hnai insiam mai thei a ni tih hriat tur a ni. Hetiang hi tuiluma deh reng reng loh tur a ni, a na/tur ut ut a insiam phah zawk thei, Doctor pan vat mai a finthlak ber.

Tuilum chi al hi damdawi tha tak a nih laiin a hmanna tur hriat a tha. Ruh chuktuah leh taksa na emaw, che tha thei loah te, kawng leh nghawng, dar na satliahah tuilum chi al-a deh hi a tha hle a ni. Damdawi man tlawm si a ni. Ke ulh na rei deuh tawh te hi tuilum chi al-a dehin a ti nuam hle thin bawh. ■

HRISEL NAN SERTHLUM

Serthlum \hatna hi an hmuhchhuah belh zel a, khawvela thei lar ber pawl hian \hatna a lo ngah khawp mai.

Tuk \hua nah serthlum tui in te hi a \ha hle niin mi thiam ten an sawi. Serthlum chu chi hnih – a thlum leh a thur a awm a, a thlum hi kan ei nasat ber chu a ni. A tlangpui thuin serthlum chu a kawr a mam \ha tur a ni a, a ruh \hain ama tawkah a rit nalh tur a ni. Chutiang serthlum pum \ha chuan tui a pai hnem bik niin an sawi.

Serthlum \hatna te chu :

Serthlum hi vitamin C kan hmuh theihna hnar \ha ber pawl a ni a, a tlangpui thuin serthlum pum khatah hian nikhatah vitamin C kan taksain a mamawh zat vel a awm anga chhut a ni. Vitamin C i ei \hat chuan colon cancer (ril cancer) risk a tih niam thei niin an sawi a, chubakah kan DNA tichhe thei free radicals te a paihchhuak thei bawk.



Vitamin C chu kan taksain natna a dolet theihna (immune system) tichaktu leh hna thawh \hat tirtu a ni a, serthlum ei tam hian tlang hrileng pawh kan palzam thei deuh bik dawn a lo ni. A bikin hritlang satliah a veng thei a, ear infection awm sek thin tur pawh a veng thei a ni.

Serthluma anti-oxidant awmte chu kan vun tan a \ha hle a, vun thi tur vengin min tilang naupang thei a ni. Ni tin serthlum pum khat ei ziah la, kum 50 i tlin hunah pawh serthlum ei regular ve lo te ai chuan i lang naupang zawk ang, an tih tlat chu!

Vitamin B6 pawh a pai hnem a, chu chu thisen siamtu a ni a, magnesium a awm tel avangin BP sang nei tan pawh a \ha niin an sawi. Vitamin B6 pawh a pai hnem a, chu chu

thisen siamtu a ni a, magnesium a awm tel avangin BP sang nei tan pawh a niin an sawi.

US leh Canadian mi thiam ten zirchianna an neih a\angin serthlum kawrah hian Polymethoxylated Flavone (PMFs) an tih mai a awm a, chu chuan kan cholesterol a tihniam thei a, cholesterol tihhniamna damdawi \henkhat aini a thawk \ha zawk a, side effect a nei ve lo bawk.

Serthlum hian fibre a tam hle a, chu chu blood sugar level control-tu \ha tak a nih vangin diabetes tan pawh serthlum ei tam a tha hle a ni.

Beta-Cryptoxanthin hian chuap cancer risk a tihniam

niin an sawi a, chutiang chu serthlum, vaimim leh mai (pumpkin)-ah te a tam ber niin an sawi bawk.

Serthlum chu citrus thei dang ang bawkin tih lum deuh chuan a tui a pung a, a tui sawr dawn chuan tlema tih lum deuh a paw lo. I kutte khan han huai lum deuh vat vat la, chu ringawt pawh chuan a tui a titam thei ang. Mahse, vitamin C hi boruakah a chhe rang em em a, chuvangin serthlum chu i kheh hnuah chuan ei zo vat ang che.

Serthlum thatna hrang hrang kan rawn tarlante hi Times of India health section atanga lakchawn a ni.

SINGSIHLIP

■ Singsihlip chu blade-in emaw hriauvin emaw zai/chhun thi \iam \iam ila, chutah \huamriat hnai hnawiha tuam tur a ni. Kephahah a nih chuan pheikhawk bun hnan a tawk mai. Chutiang chuan nikhatah vawi 2 tih tur a ni - darkar 10 vel danah chutianga ni 2/3 vel a zawna tih chuan singsihlip chu a reh mai.

■ Sawhthing leh chinai diak tak den pawlh a, chumi chuan singsihlip chu a khat tawkin minute khat vel chhung nuai thin tur a ni - chutianga tih chuan kar khat vel hnuah a lo reh mai.

ZAWHNA & CHHANNA

'Radiotherapy' & 'Chemotherapy' hi eng nge a danglamna?

1. Radiotherapy hi cancer enkawl dan chi khat a ni a. A hema hemna a ni deuh ber. A hemna khawl hian cancer \hang duh bik lai kha a zuk that \hin a ni. Amaherawhchu cancer lo lai hem tel a ngaih ve palh \hin avangin taksa \halai ut deuh te, vun ro te, kaw\halo te a siam thei. Nghawng leh hrawk cancer te, chhul cancer tir te, mawng cancer tirta hi hetiang a enkawl dan hmang hian a hem dam theih a ni.

Cancer natna hem zawnzawng hi dam hlen vek tura ngaih dan hi a awm baw a, he ngaih dan hi a dik lem lo. Kan sawi tawh angin 'curative' - dam hlen beisei leh 'palliative' - dam hlen beisei lem loh la dam hun chung nuam deuh hleka hman ve theih nana hem kha an awm a ni.

2. 'Chemotherapy' hi damdawi chak tak tak hmanga injection-a a cancer enkawl dan a ni. An chiuna damdawi tam zawk hi chuan cancer duh bika lutin kha natna kha a zuk that in a ni. Taksa pangngaia a luh ve theih avangin sam tla, ka pan leh kawa siam thei.

He enkawl dan hi thisen cancer-ah te, thalbe cancer-ah te hman deuh bik a ni. Thisen cancer \henkhat leh \halbe cancer thenkhatah hi chuan chemotherapy ringawt hian a damhlen theih a ni. Chuap cancer thenkhatah pawh hman a ni.

A tam zawkah hi chuan cancer zai, mit lawnga hmuh theih si loh, enlenna cancer la lang, natna zuk thah nan hman a ni. Chuvangin pumpui zai a te, rilpui zai a te, hnute zai a te hman tam a ni?

- Dr. Melory

DOCTOR r^wn tur an awm lohnaah emaw r^wn tul em lova in lamah mahnia kan lo enkawl thiam ve chin turte hriat a pawimawh a. Nausente natna tlanglawn leh lar zual deuhte hi hriat ve a, mahni theih tawka enkawl na dan lo hriat ve hi nute tan thil tul tak a ni.

Nausente hi an \awng theih hma chuan an awm nawm loh leh na an neihte hi an sawi theih loh avangin an damlo a ni tih hriat pawh a har thin a. An \ah vak vak a, an tlei duh hauh loh chuan na an nei a ni ang tih ringin, nu ten tih tlei luih tumin hnute an barh leh ngawt thin a. An tuihalin an riltam emaw nia rin theih hun a nih chuan hnute pek phawt chu a sual lo va. Mahse hnute pek tam leh boruak an lem tel teuh hian an pum a nuam lo thei a, an tlei duh lo thin a ni ve thei baw. A pang a sa emaw natna dang nei nia kan hriat si loh chuan, hnute pek zawh in nu in a kokiah nausen chu bawhtir sela, a hnungah zawi te tein beng thek thek sela. Tichuan a rawn irh chhuak a, a pum nuam lo chu a reh ve thei a ni.

Tin, nausen hi an tlei duh loh viau chuan an khua a sikin an lu a na pawh a ni thei a, nu ten hriatthiam a tul hle baw. Hetiang hriat theihna ber chu an chal emaw an bek emaw kut hnung lamin dek ila, a lo sa a nih chuan an khua a sikin an lu a na a ni ang tih rin mai theih a ni. Chuti anga an awm chuan, tuivawtah puan nem fai chiah a, chu chuan an chal leh bek vel chu deh mai tur a ni. Tin, an lo sa em em a nih pheih chuan, an lu chu tuiin leih a tha. Hetianga tih loh chuan an kaih mai pawh a hlauhawm a ni. Tin, an sat vanglai tak chuan puan luma khuh lum bur tur an ni lo; kan khuh lum bur chuan an pangsa chu a lo zual zawk ang.

Nausen zingah hian kawthalo hi natna lar tak a ni

leh bawk a. A chhan tam takte hi chu kan ei leh in pek tam lutuk emaw hriak lampang ei tam tir lutuk vang emaw, anmahni rem loh zawng (allergen) thil an ei vang emaw a ni thei bawk. A dang leh chu natna hrik (Bacteria leh Viruses) vang pawh a ni thei. Nausen kawthalo hi ngaihven vat zel tur a ni. Vawi hnih vawi thum chauh pawh khawh sela, oral dehydration powder hi in lamah kawl reng a, doctor rawn lo pawha pek mai a tha. A lo awm remchang lo a nih pawhin chi hmet khat leh chini thirfiante khat, tui chhuanso dah vawh no (glass) khatah chawh a pek deuh sek tur a ni. A luak bawk a nih phei chuan a hlauhawm tawh a; an zun meuh loh phei chuan damdawi inah doctor te pan vat tur a ni. An kua chu vawi hnih vawi thum chauh pawh khawh sela, oral dehydration powder pek mai a tha.

Tin, khawsik pawh ni teh chiam lo hritlang hnaptuia an lo awm hian thlahthlam mai lovin enkawl an ngai a ni tih hriat bawk tur a ni. Hetiang hi

ngaihsak that loh chuan bengkherh leh a tawpa bengngawwna hial a thlen thei a ni. Chuvangin nausente hi an lo hritlan chuan tel (mustard oil) lum leh vicks tea an awm leh hnungte chulh tur a ni.

Tin, khawsik pawh ni teh chiam lo hritlang hnaptuia an lo awm hian thlahthlam mai lovin enkawl an ngai a ni tih hriat bawk tur a ni. Hetiang hi ngaihsak that loh chuan bengkherh leh a tawpa bengngawwna hial a thlen thei a ni. Chuvangin nausente hi an lo hritlan chuan tel (mustard oil) lum leh vicks tea an awm leh hnungte chulh tur a ni.

Nausen damdawi pek chungchangah hian nute hian mahni thua chawha pek mai kan ching hle a, hei hi thil tha a ni lo va, damdawi reng reng hi doctor ten kum upat lam leh rih lamte ena an chawh thin a ni a, mahni thua kan lo chawh ve mai hian pek loh tur chi leh pek dan tawh hre lova kan tih thin avangin dam pahna aia chhiat pahna thlentu a lo ni zawk thin a ni. Tin, damdawi

hi tlem kan han pe a, an lo that deuh hian doctor-in pek tur a tih zat pe lova tawp san mai kan ching hi a tha lo hle bawk. A chhan chu natna hrik te kha an lo la thi zo lo va, a hnuah a rawn \an tha leh a, chumi hunah chuan damdawi sang zawk a pek a lo ngai ta thin a ni.

Heng ka han tarlan te hi damdawi tak tak hmang lova enkawl na a ni ber a, damdawi hman ngai khawpa an na a nih chuan mahni rin dana chawh tawp mai tur ni lovin doctor pan vat tur a ni; tin, doctor ten damdawi pek dan tur an tih ang thlapa pek ngei tur a ni?

Mawitea huang!

Thurochhiah pawimawh....

▲ A thih dawn \ep khan thei leh thei lovin “Mama lo kal hnai teh. Hei in unau zinga mipa awmchhun i ni a. Hei hi lo hre reng ang che ‘Hmel hriat loh te nen card in den ho reng rengin cut ngei ngei thin ang che” a ti a, a chatthla nghal....

▲ A nupui ruk kha a senior tawh awm mai mai asin. A pa in, “Mama...i nupui rawn hawn hi engtia koh tur chi nge? ka nu, kan ti vek mai dawn em ni?” zuk ti a.

▲ A thenawmpa hnenah khan, “Vawiin ka zawng kah chu ka kap lo teuh asin” a ti a, a \henawmpa chuan “Engati maw?” a lo ti a, ani chuan “E....nangmah emaw ka ti mawle, enchiang leh kher lo phei ila chuan ka kap miah lovang” zuk ti a!!!

▲ A inkhawm bang kha kawngsir in pakhatatah an lo inti buai deuh laih laih a.. Inla fel tawkin a lo va \helh vela....., kil khat atang khan.. Ka pu lo \helh tawh lo teh aaa.. hei Film kan chang a.

NAUPANG AWM NA

Dr. F. Lalhmingthanga

NAUPANG âwm nâ hi naupang nei tawh phawt chuan kan hriat tlângpui leh kan buaipui fo \hin a nih avângin tun \umah hian i han sawi dawn teh ang.

Kum tinin naupang hian âwm natna vawi hnih vawi thum an vei deuh ziah a, a bikin mi tamna hmuna chengte hian an vei ngun lehzual \hin a ni. Naupang hrisel lo deuh tan he natna hi vei a awl lehzual a, chuvangin ngun lehzuala heng mite hi ven \hat an \ul bik \hin a ni.

Natna enkawl dan: Naupang âwm natna thlentu tam ber \hin chu Viruses natna hrik hi a ni a, mahse he natna hrik hi a tet em avang hian enlenna satliah maia hmuh theih a ni lo a ni. Mahse a nat dan a\anga hriat mai theih te pawh a awm chawk a ni. A dang lehah chuan bacteria natna chi hi naupang âwm natna thlentu pawimawh tak chu a ni leh a ni.

A nat dan tlangpui:

1. Khawsik: Khawsik hi nausen piang tirah te, a bikin thla kim lovah te a awm duh

\hin a ni. Naupang thla ruk a\anga kum thum thleng mai hian âwm na hlek an neih pawhin an khua a lo sik vak \hin a ni.

2. Chaw ei tui lo: Naupangin âwm natna hlek an neih pawhin an chaw ei a tui lo nghal thuai \hin a ni.

3. Awm hle hle theih lohna: Naupang chuan a awmdan apiang mai kha nuam a ti lo va, a ning thuai thuai \hin a, a awm hle hle thei \hin lo a ni. A bikin naupang thla ruk a\anga kum thum mi inkar hi an ni lehzual a ni. An hnarte a ping a, thawk harsa an lo ti lehzual a, a bikin zan mutnaah an hnar a ping a, an ka-in an thaw \hin a ni. Chuvang chuan an tal velin an let an let \hin a ni. Naupang hnar kua hi a vun hlek chuan puitling aia a pin hma bik avangin hrehawm an ti hma bik a ni.

4. Thawk har: Thawk har an ti \hin a, an thawk zawngin an \ang vak vak \hin a, an awm an sep dawrh dawrh \hin a ni. Zannah a bikin a zual duh \hin. An khuh chiam chiam bawk \hin a, thawk har an tih nasat pheichuan an hmoi leh hmai te a lo duk vek thei \hin. Hemi avang hian naupang hnute hnelai pheichuan hnute an hne \ha thei \hin lo. An hnar a lo tui a, hnap nen an lo berh luai \hin. Beng ringawt pawha an âwma han ngaihthlak in an thaw ri \uap \uap \hin a ni. Eng emaw chang pheichuan an luak chiam chiam thei \hin a, a buaithlak duh hle.

A Enkawl dan: Naupang âwm nâ chu ngun taka enkawl tur a ni a, a tlei theih dan tur ngaihtuahpui thuai tur a ni. A âwm lapaw luma tuam \hat tlat tur a ni a, pawn thli thawah te a bikin zing leh tlai lamah te pheichuan awmpui loh reng reng tur a ni. In chhung fianrial leh boruak \hatna hmunah awmpui tlat tur a ni. Naupang âwm nâ chu a luak chuan a taksaa tui kha a tlem lohna tura tuilum emaw, Glucose tui

emaw pek ngei ngei tur a ni a, a luak nasat pheichuan naupang kaw\halo pek chi tui al ang kha pek ve mai tur a ni.

Tin, naupang âwm nâ chuan thawk har a tih viau chuan oxygen-te pawh pek \hin tur a ni a, chutiang zelin a nat dan azirin enkawl \hin tur a ni.

Damdawia enkawl dan: Natna hrik thahna (Antibiotics) chi hrang hrang Penicillin te, Streptomycin te, Chloramphenicol te leh a dang dang chhuak thar te hi hman tur a ni. Naupang âwm nâ tam tak chuan Benzyl penicillin hi an ngeih duh hle a, churang chuan a eilam a ngei loh pheichuan hei hian inchiutir mai a \ha. Tin, naupang kum tling loah chuan Ampicillin dry syrup hi hman a \ha a, mahse co-trimexazole heng W.K. Trim tui chi hi pek loh tur a ni. Pek duh pawhin naupang kum tling chinah chauh hman ni se a \ha a ni. Awm nâ zualah chuan Steroids pek hian nasa takin a \anpui a ni. Heng bakah hian khuh rehna tura khuh damdawi lam heng

Corex te, Tixilix te, Benedryl Expectorant lam chi te pawh hi a pek theih a, nasa takin heng hian a \anpui \hin a ni. Tui in tur lam chite kha a luma pek a \ha a, nausen hnutea chawm laite pawh hetia a nat zual lai hi chuan tlema an intur tihdal deuh hi duhthusam a ni. Vawikhata tam tak pek loh a, tlem tlema pek zin hi a \ha zawk bawk a ni.

Naupang awm nâ chu kan sawi tawh angin tuam lum reng a, an thâwk nawm dan ang

bera dah emaw awmtir tur a ni a, an thawkna dâwtte khâkin emaw chil eng ilo velin hnawh lo tura a \ul anga lakchhuahsak fo \hin tur a ni. Chuti lo chuan vawi leh khatah naupang thaw thei lo thutin a lo chau mai thei \hin a ni.

Natna dang ang bawkin a thawk te, a marphu te, a khawsik te ngun taka en \hat reng \hin tur a ni a, \hatlam a pan loh chuan a \ul anga damdawi in lama mithiam zawkte râwn tur a ni.

Mawitea huang!

☐ ‘Hallo hallo police station a ni em?’

‘Aw ni e, puih theihna che kan nei em?’

‘Aw nei e, vawiiinah lung kan thiar dawn a min lo pui ve ula.’

☐ Samari mitha thilpek cheng singkhat kha pu Vanan a hlan a, lawmthu sawi turin an ti a, “Hei, a lawmawm viau na chu, cheng singhnih tal ni thei se chuan a lawmawm leh zual tur...” zuk ti fuk roh a!!!

☐ A ruih phelh phawlh lai khan vawk chhul an laktir a, kg hnih vel a phawrh hnu khan, ‘ka pi, ser law law mai ang u, a chhul a lian em mai... a dam zo chuang lovang....’ zuk ti a!!

☐ An mitthi vui zo kha, “Thianpa, keini pawh hi engtikah emaw chuan kan la thi ve awm si a tiraw” a ti a, a thianpa chuan “Nia, Pathian zara kan dam phawt chuan kan la thi ve ngei ngei ang,” zuk ti a!!!

Kumupama THURAWN:

-Machra

United States-azirchianna tharlam tak pakhatin a tarlandanin -kumupalam zinga 51% lai mai hi vawi khat tal an tla/tlu sual thin a. Kum tin hian American kumupalam tlahlum/tluhlum engemaw zah an awm ziah thin a ni.

Mithiamethuravn:

KUM 6 T L I N T A M H O H U A N A H N U A I A M T E H I N G A P A M M A W H A N G C H E

1. Vawndhan tha tak nei lo step-ah lawn mai suh. I lawn lo thei lo a nih pawn'nghet taka vawndhan vuan chungin hman hmawh lo in lawn ang che.
2. Rang tak takin i lu her/hawi thut suh. I taksa dang tiche hmasa in tilum hmasa phawt la, muang deuh zawkin i lu chu i her chauh dawn nia.
3. I kezungpui khawih turemaw thil tla chhar turin kun thut suh. I taksa tiche kual hmasa la tilum phawt ang che. Vawndhan remchang a awm phei chuan ngheet taka vuan chungin thil tla chu chhar mai rawh.
4. Ding chungin i kekawr hak tum kher suh. Rem taka \hu chungin i ha mai dawn nia.
5. Zangthala i mu kha thonghal thut suh. Sir zawngin inlet rem phawt la i tho mai zawk dawn nia.
6. Insawizawi (Exercise) i la duh a nih pawhin ti thut lo la, zawi muanga i taksa dang tiche in i lum chhuak phawt dawn nia.
7. Hnung zawngin tawh/kalsuh. Hnung zawngat tukhian tukhumsawhina thih mai thei a ni tih i hre reng dawn nia.
8. Thil rit ve deuh chu dingchunga kunin lak tum kher suh. I khup thlepin thutung phawt la, kephah dingdihlip deuha lak/chawi mai a him zawk.
9. I zingtho kha tho thut suh. Han zal vang vang la, zi mar hmasa te te la, i tho chauh dawn nia.
10. I daikal in sang lui vak vak suh. A tawkte chauhin san pe la, hman hmawh lutuk suh ang che.

KUMUPAZA HAWM TAK TAK TEH NENA THAWNDAR MERAW HLE!

CHHUL CANCER LEH PAP SMEAR

Dr. C. Lily

DTO, Referral Hospital, Falkawn

Chhul hmawr (Cervic) Cancer hi ram \hang lai mek, India-te angah hian hmeichhe cancer zinga tam ber a ni a, khawvel pum puiah pahnihna a ni. Mizoramah pawh chhul cancer nei kan tam em em a ni.

Hriatchhuah hma a pawimawh :

Heti khawpa Cancer hluar hi han hriatchhuah meuh chuan duh aiin a lo tlai lam hret tawh thin a, tihdam pawh a har em em tawh thin a ni.

Chhul cancer lo awm chhuahna chhan chiah hi hriat a ni lo nain, a bulpui ber chu, natna hrik te tak te Virus chikhat 'Human Papilloma Virus (HPV)' a ni tih hriatchhuah tawh a ni a. HPV hi mipat hmeichhiatna a\anga kaichhawn a nih avangin chhul cancer a\anga inven chu thil harsa a ni. Amaherawhchu, vanneithlak takin chhul cancer hi a \antirh t>a hriatchhuah a nih chuan awlsam taka tihdam theih a ni. Hei vang hian ram changkang zawkahte chuan chhul cancer hi a \antirh tea hmuh chhuah a tam avangin

thihpui pawh an vang tawh hle. Kan ram ve thungah chuan a tam zawkin an la thihpui a nih hi.

Engtin nge kan hriat chhuah hma theih ang? :

1. Pakhatnaah chuan hmeichhiain insawiselna chi hrang hrang, serh a\anga bawlhhlawh chhuak leh a hun lova thi put an neih avanga doctor an rawn thin hian.
2. Pahnihnaah chuan doctor a bik takin hmeichhe lam thiam Gynaecologist-te'n ngun taka damlo an han en atanga mita hmuh mai theih, rinhlawh chhul hmawra a lo awm hian, chu lai atang chuan tisa tlem hlep thlain Pathologist-in cancer a awm leh awm loh an lo en thin. Hei hi 'Biopsy' kan tih \hin hi a ni.
3. Pap Smear: Khing kan sawi takte khi hmeichhiain

insawiselna a neih hnu emaw, an chhul hmawra mita hmuh theih thil a lo awm hnu emawa cancer hriat nan chuan a \ha ber. Mahse, a awmzia tak chu cancer a awm tawh hnuah hmuhchhuah an ni.

Vanneihthlak takin chhul cancer hi mita hmuh theiha a lan hma hauhin leh hmeichhia a insawisel hma daihin a chhul hmawr tuamtuah dik lohna, Sap \awngin, 'Dysplasta' an tih chu a lo in\an phawt thin a. He mi \hat lohna Dysplasta neite hi a tam zawk chu a nasat dan azirin cancer puitlingah a chang thei a. Dysplasia chauh a la awm lai emaw cancer a intan tir te emawa hmuhchhuah chuan awlsamtein a tihdam theih a ni. Hetiang hriat theihna chu 'PAP SMEAR' kan tih hi a ni.

Eng nge Pap Smear chu?

Hmeichhe chhul bul vela tuitling tlemte leh chhul hmawr zawitea ziah atangin cancer emaw dysplasia emaw a awm leh awm loh chu awlsam takin a hriat theih a. Damlo tan a na lo va, Doctor-te tan a awlsam a, hmanrua pawh chuti lutuka

hautak a ni lo. Mizoramah ngei pawh kan uar ve \an ta hle. Gynaecologist (hmeichhe lam doctor) ten a smear chu an lo tihsak ang che'ng a, Pathologist-te'n cancer emaw dysplasia emaw a awm leh awm loh chu an lo enfiah dawn a ni.

Tute nge Pap Smear mamawh?

Kan sawi tawh angin chhul cancer siamtu ber HPV chu mipat hmeichhiatna atanga kai a nih avangin, pasal nei kum 30 tling tawh tan chuan tih ngei ngei chi a ni. Hei hi a theih loh pawhin kum 40 kai tawh chin hi chuan vawikhat tal tih vek chu duhthusam a ni. A result atangin doctor ten engtia zing nge pap smear i mamawh tih an hrih ang che. Dan naranin pap smear hmasa bera engmah that lohna nei lo tan kum 2/3 dan vela tih hi a tawk a. That lohna hmuhchhuahte chu a tul ang zelin doctor-te'n thurawn an pe dawn a ni.

Ram changkangah pawh pap smear an uar em avang hian chhul cancer a thi an tlem hle a. Mizoram zimte, cancer tamna em emah hian tumahin i ngaihthah lovang u?■

KA CHHUNG NATNA

C. Lalmuankima MEMO

Mi tam tak ten ka chhung natna an vei \hin a, abik takin nausen hnute hne lai mekah a tam viau niin hriat a ni. He natna hi ho t> angin lang mah se, ka chhung hrisel hi a pawimawh em avangin ngaihthah mai chi chu a ni lo tih a chiang hle a ni. He natna hi a enkawl na hre lo tan pawh a natna lan chhuah dan kan lo hriat lawk chuan, mi tam tak tan \angkaina a neih ngei a rinawm a chuvangin a nat dan tlangpui lo sawi ila -

1. **Chhan bik awm lo:** Hei hi a tlanglawn ber a ni a. Ka chhungah hian rannung t> tak t> t>, natna hrik ang chi, natna hrik ni si lo tam tak an awm a, ka chhung hriselah chuan an dam reng thei lo va, mahse ka chhung a lo bawlhhlawh chuan heng rannungte hi an lo pung chiam a, hahni leh ka chhung dang natna a siam thei ta \hin a ni. Tin, khawsika nat avangin emaw taksa tichau thei chi leh thisen lam natna a\ang tein a awm ve thei a, hahnite a lo vungin a lo na \hin a, a lo sen bawk \hin a ni. Hemi enkawl na ber chu ka chhung vawnfai hi a ni mai.
2. A chi hnihnaah chuan naupang chaw \ha tlachham zingah ha \o laiin a awm duh a, puitling zingah chuan mei zu tam te, zu in tam te, khawsika damlo te, ha nget nasa tak nei te, damlo na tak ka chhung tifai ngai loten an vei duh hle a ni. Tin, chil neih tlem leh taksa a\anga tui hloh tam (kaw\halo vei) avang te pawhin a lo awm thei ve bawk. Hetiang chiah chuan hahnite leh ka te a lo na a, a lo sen a, lei a lo vungin a lo ro ta \hin a ni; a lo nasat hle chuan thaw a rimchhe ta \hin a ni. A enkawl dan chu a hmaa mi ang bawk a ka chhung vawfai ni mai.
3. He natna hi chaw tlakchham vang liau liauin a lo awm thin, Vitamin B chi khat tlakchham vang a ni ber. Lei a lo sen a, a thapin a lo na thin. A lo nat rei hnu deuhah chuan lei a lo hnawngin a fai hluau thei \hin. Iron tlakchham vanga na a nih

chuan kamsir p[^]nin a chhonzawm duh hle. Vitamin tlakchham vang a nih chuan, a bik takin Vitamin C tlakchham vangin hahni a lo vungin a lo dup a, a thi awl em em a ni.

4. A palina chu puitling chaw \ha tlachham leh ka chung vawngfai lote'n an vei ber a, hahni chu a lo p[^]n a, dang te, hmui leh biang chung lam te pawh a khawih tel thei. A p[^]n chu rawng uk deuhvin a khuh a, a bul vel a lo sen \hin. He natna hi hrik chi khat avanga lo awm a ni a, heng hrikte hi ka chungah tlem azawng hlauhawm lovin a awm ve a, a veitu hriselna a lo tlakhniam deuhvin he natna hi a lo lang mai \hin a ni. He natna hi inkaichhawn theih a nih avangin a veitu damlo chaw thleng i-lo chu ngun taka silfai a ngai a ni. Damlo chu a hma thei angin damdawi inah kapui vat tur a ni.

5. A chi ngana chu rannung (Fungus) vanga awm a ni a, he rannung hi ka chung natna siam lova awm ve \hin a ni a, amaherawhchu miin damdawi chak tak a ei hnem chuan heng rannungte hi a \ul aia tam an

tipung thei a, chu chuan natna a rawn siam ta \hin a ni. Damlo rei tawhte leh hnute hnektir \hin naupang/nausenten an vei duh hle a ni. Hahni, biang chung lama p[^]nte chu r[^]ng varin a khuh thin a, a lo len chuan a khawk thei thin a, damlo chu damdawi inah a rang lama hruai thuai tur a ni.

6. A chi ruknaah chuan ka chungah p[^]n pakhat emaw a aia tam emaw a lo awm a, a tirah chuan te tak tein a lo durh a, a lo thuk telh telh \hin a ni. A p[^]n hi tam tak a awm ve thei a, ril lam natna nen a inkaih hnawih duh hle a, a na duh hle bawk a ni.

7. Heng bakah hian thisen lam natna avangtein ka na hi a lo awm thei thin a ni. Tur ei leh vun lam natna dangte avangin a lo na thei bawk.

Sawi tawh angin hetiang natna vei chuan a hma thei ang bera damdawi ina hruai emaw kal vat a tha ber a, enkawl na fumfe tak a ngai a ni. Enkaw loha rei tak a nat chuan damlo khan bawlhhlawh tam tak a ei reng tihna a ni a, a hrisel lo em em a ni? ■

ENGTIN NGE HIV/AIDS KAN DOVANG?

By : Chawngthankima
Media Officer,
Aizawl 'W' District.

Zofate ngainat em em kan Jerusalem khawpui Aizawl a Taxi leh Bus service ho hnung lamah hian, khawvel khawpui danga kan la hmuh ve ngai zen zen loh ram leh hnam hnuk khawih phak thuchah pawimawh tak, a hmutu apiangte rilru barakhaih a tiharh zawk thei thu thinthawng zet mai intar hmuh tur a awm a, chu chu "HIV KAINA TAM BER SEX, CONDOM HMANG ZIAH RAWH" tih a ni.

He thuchah tawi fel tak, sei em em ni bawk si han chhiar hian rilruah chithlah malsawmna Sex siamtu leh ngaihtuah chhuaktu Pathian ropuzia leh finna thukzia te, a thilthlawnppek dawngtute vannehzia te, a remruatna \hatzia leh hlutzia te, siamtu Pathianin mihringte min duhsakzia leh min hmangaihzia te a lo lan rual rual in, chumi sex tel lova inthlahpung thei lo leh awm thei lo hringfaten malsawmna hlu tak kan dawn chu lawmna chang hre lo leh ngaihtuah chiang lova keimahni duh dan dan a kan lo thehthang kual vel avanga vanduin lo thlengta te, a siamtu Pathian

remruatna fel tak min tih-chhiatsak tum tlattu setana bumna tenawm leh fing vervek lutuk avanga chu sex hmang ngei a tihdam theihloh HIV/AIDS natna kan lo inkaidarh tak hlauh zawk dan te a ngaihtuah zui loh theih lohva; a petu siam chhan leh a dawngtu hman dan in persan lutuk avanga he natna \ihbaiawm zet mai in Zofate min run mek dan te han hriat hian a thinurthlak in a lungchhiat thlak tak zet a ni.

He Poster in a ken tel a ziak phen a thuchah pawimawh tak inphum ngaihtuahna lairil fantu chu setana finzia leh hlauhawmzia te, siamtu

Pathian thinlung tihnat nana a hmanraw thlan thiamzia mawlh mai hi a ni a; keini Pathianfaten duhsakna sangber kan dawn kan mamawh tak mai sex hmang ngei a he kan taksa hi khawivanrial seh aia na zawk a min zuk hlum thei HIV/AIDS natna rapthlak tak mai hmanga min han sawisa chiam ta mai lai tak hi a pawl lutuk a, a fin vervekzia leh suahsual tukkhum pawn nasatzia hi sawifiah thiam chi rual a ni lovang. Keini lah chuan bumna thang hlauhawm lutuk chatuan remhmun meidil thleng rawk a min hnuklut thei a nihzia reng chhut thiam phak lovin, kan mimal duhthlanna ngeiin sex chu kan hmang sual ta a, sava in a thihna tur ani tih hre lova thang a pan angin sex hmansualna khurah insumna nei hauh lovin kan tla lut a, chhan theih lohva t^ngin thihna tur HIV/AIDS natna chuan lainatna tel miah lovin min lo eihlum ta mek a ni. Hmangaihtu leh hmangaihte inkara lo tla zep bumhmang setana leh a hmanrua HIV/AIDS natna hi engang fakauva nasa a do tur

nge tih te, a venna hmanraw tha ber eng nge ni ang tih leh he natna in a man beh mekte enkawl nan eng nge kan tih theih tih hi Zofate hian bengsik a kan chhut a ngai tak meuh va; kan tlai lutuk palh a nih vaih chuan kan la tlem nasa mai si a, a hnam pum pui hi kan ral zo mai ang tih a hlauhawm hle a ni.

Sex hman sualna in a nghawng chhuah HIV/AIDS natna lo in\anna bul hi puan hnuai thil daih a nih avang leh a ril em avangin, a ruka min hmu rengtu leh kan ngaihtuahna chhungril ber pawh hrefai vektu, kan hmuh ve theih miah si loh Pathian \ihna atang chauh lo chuan han inven ngaihna a awm lo niin a lang a; thinlung tithianghlimtu leh thlarau pianthar tirtu Thlarau Thianghlim \anpuina lo chuan inven a ni emaw, inenkawl a ni emaw a harsa vel vek a, kan mithiam WHO expert te tan pawh tihngaihna a vang hle niin a hriat a ni. He natna lo chhuahna bulpui (Source of infection) leh a inkaidarhna kawngpui (transmission route)

te hi mihring thinlung thianghlim lo daih a nih avangin, HIV/AIDS natna do chu tisa leh thlarauva indona, chhunglam leh pawnlam a inbeihna hautak lutuk mai a ni lo thei lo va, kan hmanraw hman tur pawh khawvel damdawi mai ni lovin thlarau ngunhnam Pathian thu a nih a pawimawh ang. Sap thufing chuan, " Inven hi tihdam aiin a tha zawk," a ti a; a awlsam zawk in a senso pawh a tlem zawk bawk avangin he natna chimawm laka inven nan a sedai theu tur chuan, chhungkaw tina roreltu nu leh pa (Decision makers) te, Kohhrana rawngbawltu zawng zawngte leh tlawmngai pawl hruaituten kan members- te hnenah HIV/AIDS hlauhawm bikzia te, Pathianin

sex a siam chhan leh a humhalh dan te, Pathian dan bawhchhiat a pawl thui zia te leh inngaihna sual laka kan invawn thianghlim a pawimawhzia te kan inzirtir a \ul a, Middle School level a\anga College thlengin Zirtirtu zawng zawngten kan zirlaite hnenah tamlua awm lova kan hrilh a pawimawh bawk ang. Chu mai bakah Jail leh Home hrang hrangah te, puipunna hmun dang remchang apiangah kan inzirtir al a tul cheu bawk ang. Natna dangte ang lo takin HIV/AIDS natna kher kher hi chu a danglam in inven a harsa bik a, kan do dan leh kan hmanrua te pawh natna dangte anglo takin a danglam hle tur a ni tih hi phat rual lohva chiang a ni.

Sekrek

* Pipe zawm dan: Tuidawn pipe te, septic tank pipe ang chi te hi, a dan dik taka zawm dawn chuan a inzawmna ring lei a ngai a. A awm remchan loh chuan, tui pipe hmawr chu rawh lum la, a nem lai takin i zawm tur pipe chu hmuamtir la, a vawh leh rualin a inzawm nghet tlat mai a. Tih fuh chuan ring hmanga zawm aiin a nghet zawk.

* Hmunphiah: Hmunphiah \awanna atan brown tape/black tape ang chi hi hmang ila a awlsam phian.

MIT ENTIR TURTE HRIAT TUR

- Dr. Lalhuthangi Hmar, MS (Opth.)

I mit i entir dawn chuan heng hi zawm hram tum ang che :

1. I mit i sawisel dan kimchang takin ziak la, a indawtin Doctor hrih ang che.
2. I in entir tawhna lehkha i neih zawng zawng keng ang che.
3. Tarmit vuah i nih chuan i tarmit vuah chung ngeiin kal ang che.
4. I tarmit vuah lai power inziahna lehkha keng ngei ngei ang che.
5. Damdawi ei lai emaw hman lai emaw, i neih chuan a hming hre ngei ang che. A theih chuan damdawi an chawhna che lehkha keng tel ang che.
6. Zunthlum (Diabetes) i nih chuan in inentir hma ni emaw, a zinga i blood sugar (Fasting leh PP) report keng tel ang che.
7. Damdawi huat i neih te i Doctor hrih ngei ngei ang che.
8. I inentir hunah bawm eng a alphabet inziak an chhiar tir ang che ang a, thuawih takin chhiar ang che. " Kei chu chhiar ve kher a ngai lo" ti reng reng suh. Mit entira a pawimawh hmasa ber a ni. I chhiar thiam lo a nih pawhin sawi hreh lo la, chhiar thiam lo tana test dan a awm vek. (Chhungte ziak leh chhiar thiamlo ten in lo hrih atan)

A theih hram chuan taksa leh thawmhnaw fai takin, ka leh ha fai takin kal tur. Kuhva \hial sen sung chung te, sahdah leh tuibur hmuam pung chung te, chewing gum \hial pup pup chungtea kal loh tur. Zurui chung pheichuan mit entir loh reng reng tur.

Eye specialist te hian hnai taka damlo mit hi bih a ngaih thin avangin tawp taka kal loh a tha.

Hritthiam loh nei hin Doctor te zawh hreh loh tur.

Doctor pakhat r^wn a, a course pawh a zawh hmaa a danga insawn zung zung hian dam a har duh.

Khing khi ka ziak ta duah a, zawm vek a har mai thei, mahse zawm thei ila chu a duhawm hle mai.

Tin, Aizawl pawn a\anga lo kal tan pheh chuan kal hman atangin lehkha pawimawh ken tur chu bangah dah sa a tha. Theihngihlin a buaithlak bik em mai.

Thu belh : Tunlai in cell phone nei lo kan awm tawh mang awm lo e. I phone kha i inentirna lehkha (prescription card) dah \hat nan hmang ang che. A thla la la, hming, kum, veng, date lang vekin. I save keuh dawn nia. Nangma lehkha leh i chungte lehkha pawh. Tichuan, inentir dawnin lehkha lo keng theihngihlin mah la i phone a mi kha i entir mai dawn a ni. Phone hi chu kan theihngihlin mawh si a. Tarmit power inziahna lehkha pawh chu thovin.

Mawitea huang!

* Restaurant-ah a chawl ve a..... Chow a lam a... "A full nge half..?" In la zei tawkin, "Eng nge tui zawk?" a tia... Waiter lah a lo fing.. A full a tui zawk" "Nih chuan a full purunsen tam tawk nen....

* Mizoram hian Zawlnei kan nei van nei bik e atia, Enge vangin maw an tia, Ele Zawlnei der an ni hlauh a, tak tak nise Mizoram hi a chhe daih tawh ang chu an tiah.

* A fapa soal deuh kha, mi zingah fak a duh ve sia.... "Mama hi chu a fel a nia, tirh te hi a hnial ngai lo... Han tir ila, ka peih lo pawh ti lo hian a ngawi renga, a kal lem hlei lova...." an tiah.

* "Haulawng khuaah i â ber...!" an tia. Tûm bur chungin a kal nul nul a. A piah kawngkawi atangin hmanhmawh tawkin arawn tlan let a. "Haulawng khua ka ni lo aw, Pangzawl a sin...!!" Pangzawlah pawh a â ber tho ang ..?

Football Tournament Ropui

PI DARI CUP



C. Lalthanchunga, B.E.E

(Chhiartute ngenna avangin he article hi rawn tihchhuah leh a ni e. Tin, he article hi chaw tak khuka khuk pui chi vak a ni lo tih i hria ang u. Asst. Ed)

Kan naupan laia Kawnpui khuua Pi Dari Cup Mizoram pum huapa inchuh tur an han nghat rup mai kha chu, pui rem rem tak a ni. Mizoram dung leh vang a\anga khaw tin thiam thlan khawm \hiau team 47 teh meuh mai te chuan, an bialnute vaihlozial \hahnem tawk tak paipawn chungin ke ngat maiin Kawnpui vang-khua chu an rawn pan khawm hum hum mai a. Sipai bang leh sipai chhuti telna team-te kha chu an induhin an chapo deuh lar zel a. He tournament hi khatih hun lai kha chuan Zoramah na na na chuan a ropui ber pawl niin team lut pawh an \hahnem ngiang reng a. Hemi \um hian an khaw mipui zat deuh thaw ngawt mai mikhual an neih avangin nu ho inkhel en ve chak ngawih ngawih te pawh en hman lovin chaw chhumin

an nitla vanvuai zak zak mai reng a ni. In tinah hian mikhual chawei hi a indawt zut mai a, a hau a takin a thlengtu khua tan pawh buh ngah kum te ni lo pheise chuan, \am chhuahna tling tham hial ni ngei tur a ni.

An Ball hman chungchang:

Khang hun laia an bawl hman \hin te kha asin la tu-ru riu-reu chu ni. Phai Vai ho savun ren loh laia siam tih hriat reng reng, savun hlang dik tak mai leh chhah rit nual mai kha a la niin, a blader hnun nei ngauh mai, a case chhunga bilhluh chi ngei mai kha a la ni a. Chu a chhapah a hlui tawh leh an hman rim tawh em avanga duh ang zan pawha pampuar nat ngam tawh loh, sawl ang peu-pou, sawt dul hnuk mai, chu a chhapah a teh

ngun tawh em avanga a damna (a chhung lama sorkar boot chhe zai thlera kolom) khat \uk tawh mai kha a ni \hin si a, khatiang ball huh zawi hnuang kara chirhdiak han kai khat tlat mai \hin lehngal kha chu, head nat leh lu a na ting mai \hin kha a ni a. Khatiang ball teh hrep kha zawng kan tunlai khawvel ball control thiam, Messi, Ronal-do, etc. etc. te pawh hian han hmang ve ngat se zawng, an nawm an mak chuan an control bik lek chuan a rinawm loh a ni.

Ball But lam ve thung : Khatih hun lai vel khan khawpuiah chuan ball boot neih kha an intihhmuh ve \an tawh a. A thuhriamah Mizote hi thil intihhmuh ching tak mai hnam kan ni ve reng reng a. Khang hunlaia khawpuia tlangval tawh phawt kha chuan, inkhelh thiam emaw thiam lo emaw pawh nise football boot neih tur emaw kha an han ti thlarawk pek a..... An boot pianhmangte lah chu a inang tlangpui a, a rawng dum, a chhip sak tlat mai, rit ang leng lawng, a ke hling sei pui pui nei

chi kha a ni tlangpui a. Bazara an kal a duh tawka an zuk thlan thar pawh hi an \hianpa ta nen an han entawn a, a rit hlei deuh a ni lawm ni? tih mai loh kha chu a danglamna a awm chuang lem lo. An thlan dan ber lah kha an han chawi chhin dan dan a, a rit ber kha an la nalh zel a, a pet nat theih deuh an rin deuh vang a ni. Tichuan le....

An boot thar nei, inkhel chak tawh leh chhuang ni pahfawm chuan, zan lama an nula rimnahte khan an han bun chhuak ta reuh mai \hin a... an bialnute dap chhuat mawih tawh lam kha an han rap tliak pheih ta \het \het mai \hin a... kha em kha zawng an nula rim-i pa tan WORK ORDER an pe hi a ni ringawt zel mai a. Ani lah Mizo pa rilru dik tak puin sawisel leh phunawi hauh lovin, a chhe lai apiang thawm \hat nan a tukah MAU pu turin hlimawm takin a inakchhuak thei zel mai a ni. Kha'ng kan Mizo pi pu, hranghluite khan 'Aw tlawmngaihna hlu' tih hlate hi, an ka in sa ve kher thin lo mahse, an thil tih leh an nun

khan an sa in an zawm a ni tih ve na se... an thingphel chhuat
 a hmuh theih. Keini \hangthar te han rap khuar chik hrup se
 inti lungfing, hrawk b^wk emaw an cement chhuatte hi
 chung lam chauh a, han rap khawk hlek hlek mai
 tlawmngai-a te, tlawmngai-i te se zawng... an mitko rang an
 leh kan sakhaw rawngbawltu, hmuh em loh pawhin an
 inhmuam up luat vanga luak lo \awng\ai sak kur nguai chuan
 chauh khawpa kal ding ngut a rinawm loh hle a ni.
 ngut hote runah hian han lawi (Awm zel tur)

TAWN HRIAT (I awih zawng a ni emaw...)

* Thingkung maia kan ngaih, vaube hnah chawrno hi
 behlawi hnah ang chiah a ni a, a zawr in a h^ng hle
 behlawi ai mahin a tui zawk emaw tih tur a ni.

* Tin, pangbal pawh hi a bal chiah hi ei theih a ni reng
 reng lo, a zikno hi sangha te nen chhum emaw chaw chhum
 rualin up tel ila a hang in a tui em em a ni.

* Hritlang hrawkna i neih chuan sawhthing dengsawm
 la, tui tlem nen chhum rawh, a hu kha i ka leh hnarah hip
 lut rawh... tha lutuk tlat.

* Thawk lama harsatna i neih a, i thaw a hah \hin a nih
 chuan leh damdawi in kal mai remchan lohna hmunah i
 awm a nih chuan i thaw a hah dawna i hriat rual khan
 polythene phui takin i hnar, i ka vel kha tuamtir la,
 polythene chhungah khan thaw ang che.... a hahdam thlak
 ve khawp a nia...

Pumpui ulcer hriatdan awlsam...

* Bawkkhup la, i ke pahnih leh i ban pahnih kha lak
 khawm tir la, an hmer khawm dawn tihna a nih chu...i
 hnungzangah chumtir la, i pumpui ulcer a nih ngat chuan
 i thin arawn na anga an chum rual khan, tawrh a har lutuk.

HEPATITIS 'B' & 'C' CHANCHIN TLANGPUI

(Source : World Health Organisation & CDC, Atlanta, USA)

- Dr. Eric Zomawia

Eng nge a nih?

Hepatitis (thin - liver thatlohna) hi thil tam takin a siam thei. Eg. zu (alcohol) leh natna hrik hrang hrang, Virus (natna hrik zinga te ber) thenkhat chu thin khawih duh bik an awm. Chung chu Hepatitis Viruses an ti.

Hepatitis Viruses -ah hian A, B, C, D, E, F leh G hmuh-chhuah tawh an ni. A, E, F leh G hi chu benvawn (chronic) a awm ngai lo va, Hepatitis D viruses hi chu Hepatitis B veiah chauh a awm thei.

Chuvangin Hepatitis B leh C hi lo chhui chiang bik ila.

Khawvelah vei an tam : Hepatitis B hi khawvel mihring maktaduai 350 zetin an vei nia chhut a ni; India hi a tam lamah a laihawl (intermediate) kan ni a, mihring 5% vei hian kan vei.

Hepatitis C hi India ram mihring zawng zawng 1-2% velin kan vei nia hriat a ni.

Mizoram pawh chutiang tho chu kan ni.

A inkaichhawn dan :

- 1) Thisen thianglim lo dawn atangin Hepatitis B leh C a kai theih.
- 2) Drugs tihna hmanrua intawm atangin Hepatitis B leh C a kai theih.
- 3) Inchiuna thianglim lo hman, tatoo/bengverhna thianglim lo hman, toothbrush leh inmeahna inhman tawm, thisen dawn (transfusion) leh dialysis atangin Hepatitis B leh C a kai theih.
- 4) Doctor leh Nurse ten intihpalh thil thuaah Hepatitis B leh C an kai thei.
- 5) Sex atangin Hepatitis B kai a awl a, Hepatitis C chu kai a har deuh zawk.
- 6) Nuin a naupaiah Hepatitis B a kai awl a, Hepatitis

C chu kai a har deuh zawk.

- 7) Rei tak chengho chhungkuaah Hepatitis B leh C inkai a awl.
- 8) Eng emaw zat chu an kaina chhan hriat theih mai loh a awm.

Taksaa hna a thawh dan :

Thihpui nghai rum rum chi natna ni lem lo, hetiangin a awm thei:

- 1) Asymtomatic: Tam zawk chuan insawiselna an nei lo va, an kai tih pawh an inhre lo.
- 2) Jaundice: | henkhatin mitliam an nei thei a, 1% aia tlemin Jaundice nasa, nunna atana hlauhawm an vei thei.
- 3) Chronic carrier: Hepatitis B - Nausen laia kai 90%, puitlin hnua kai 10%-in an benvawn a, a bak zawng chu an dam leh a, a hrik pawh a bo leh. Thisena hmuh tan tirh atmanga thla 6 hnu pawha thisena a hrik a la awm chauhin Benvawn a ni.

Hepatitis C - A vei zawng zawng 80%-in an benvawn a, a bak zawng chu an dam leh.

4) Chronic Hepatitis: A benvawn zinga tlemte chauhvin thin lam thatlohna benvawn an nei. Tam zawk chu an insawisel lo va, chauh ngawih ngawihthe a siam thei.

5) Cirrhosis & Thin Cancer: Cirrhosis (thin sawng) leh thin cancer hi mi tlem tein rei tak, kum 20 hnuahte an vei thei.

A inven dan :

- 1) Fimkhur: Drugs leh sex hmansualna laka fihlim a, inchiuna/tatoo/beng-verhna thianghlim chauh hman.
- 2) Vaccine: Hepatitis B Vaccine tha tak tak a awm tawh a, a hlauhawm loh. Nausen pianghlim zawng zawng leh nau-pang, a thei apiangin la thei se.

Puitlingah chuan kan zavaia lak a ngai lo va, a kai hlauhawm bik - Damdawi in hnathawk, drugs leh sex hmansual ching, hepatitis B vei chhungkuaa chenpui leh thisen dawng fo thinte chuan la ngei se a tha.

Hepatitis C erawh hi chu Vaccine a la awm rih lo.

**Heng atangte hian
Hepatitis B leh C a kai theih
loh :**

- | | |
|-------------------------------------|--|
| a) Khuh leh hahchhiau. | d) Pem leh p ⁿ i nei hin tha takin tuam la, i thisen chhuak miin an kai loh nan fimkhur ang che. |
| b) In fawh, inchibai leh inkuah. | e) Drugs ti thin i nih chuan sim vat rawh. |
| c) Ei leh inna hmanraw inhman tawm. | f) I thin (liver) kha i duat hle a ngai. Zu (alcohol) in lo la, damdawi reng reng doctor rawn hmasa lovin ei suh. |
| d) Ei leh in atangin. | g) Thisen pe suh. |
| e) Nu hnute tui atangin. | h) Hepatitis C veiten Hepatitis B vaccine an lak a ngai a, a pahniha an vei kawp loh nan. |
| f) Ruang kil leh boruak atangin. | f) Doctor i inentir reng rengin i nihna diktak hrilh thin ang che. |
| | j) Hlim takin, mi dangte ang thovin i khawsa thei tih inhria ang che. |
| | k) A enkawl na damdawi a awm tawh a, mahse positive zawngin an mamawh hran lo va, a to hle bawk. Doctor rawn hmasa thin ang che. |

Hepatitis B leh C i lo vei palh hlauh a nih chuan -

- a) Hepatitis B veite tan - sex i hmanpuiten Hepatitis B vaccine an lak a ngai a, a nih loh chuan condom i hmang ngei tur a ni.
- b) Hepatitis B vei chhung-kuaa chenpuiho zawng zawngin Hepatitis B vaccine lak a ngai.
- c) Thisen kai theihna - toothbrush, hmul mehna, tattoo-na, bengverhna leh nail-cutter tumah tawmpui suh.

Mawitea huang!

- An Masi bawng a chhuak, Kohhran dang hoin ruai an \heh mup mup laiin thlantla phungin bawng pa sen in lo hmu em, an la tiah?

IN ENTIR TURA I KALIN

Damdawi inah emaw private clinic-ah emaw doctor r^wn tura kan kal hian, ho tē anga lang pawimawh si kan hriat tur a awm ve a.

I nat dân dik takin sawi la, inentir tura i luh hmain i sawi dân tur ngaihtuah lăwk thin ang che.

Mihring hi kan inang lo khawp mai! Thenkhat \awng mawh êm êm mai, zawhna zawh pawha an natnate leh nat dân te sawi tha duh tlat lo an awm a.

Thenkhat thung chu an engkim mai a na ta emaw tih mai turin na an ngahin an sawi uar thiam êm êm mai a. Thił tul lêm lote an sawi tel fo thin. Felfai takin kan nat dân dik tak sawi mai tur a ni.

Kan inentirin, kan inentir tawhna lehkha hlui zawng zawng ken tel thin tur a ni a; a theih pheı chuan kan damdawi ei lai pawh ken tel a pawı lo.

Tam takin ken nachang an hre lo fo mai. Doctor-in i lehkha hlui a en khan i lo nat tawh dân tlangpui leh damdawi i lo ei tawh te a hre theı ang a. Enkawł zel dân tur che a hre thiam awlsam dawn a ni. Doctor i pan ngai tho mah la a pawimawh tho. Doctor khan mi dang tam tak a en ve a, a damdawi chawh tawh che a hre lo fo vang

Zawh kher ngai lovin natna benvawn dang, zunthlum, thisen sang, kal natna, thin natna etc i neih chuan sawi vek tur a ni.

Hmeichhe naupai chuan nau an pai tih sawi bawł tur a ni. I vun i entir khan, nau i pai thu leh natna dang i neih te i sawi kha a pawimawh êm êm tho a ni.

Thenkhat hian doctor dang hnena an inentir thu sawi nachang an hre lo fo.

Entir nan: Vun inentir khan a mit ha emaw a entir fo thin a. Natnate hi a hrang hrang angin chhuak mah se, a inkungkaih fo thin.

Tin, i doctor inentirin, doctor dangin damdawi a chawh che kha a hriat loh chuan damdawi ngai tho, hming dang siin a chawh thei che a; damdawi double dose i ei dawn tihna a ni a, taksa tan a paw thei a ni.

Mize hrang hrang nei kan awm angin, doctor tawng duh leh tawng tlem, tawng rang leh tawng muang, tawngkam thlum leh thlum vak lo, tawngkam ném leh tawngkam chhum bul deuh te etc. an awm ve a. An biak that huam loh vang che khan an sual tihna a ni lo a nia.

Doctor, mahni doctor puite sawisel vak vak ching chu pan lo mai rawh. Khawpuiah pheh chuan doctor pan tur an tam a, duh i thlang thei alawm.

Mizote hi thil inti hre tak hnam kan ni a, natna chungchangah pawh, doctor aia hre zawka inngai tlat te an awm a. Mi thil sawi nazawng ring suh.

Tin, i thenawm pa emaw i thenawm nu emawin a ngeih kha i ngeih ve dawn tihna a ni lo, mihring kan inang lo va, damdawiin kan taksaa hna a thawh dan pawh a inang diak diak vek kher lo. Thangkura tawngkam takin, a 'tre a trening chhuakte pawn an hriat loh chu, a zir ve lo pheh chuan an hriat bikna chhan tur a awm lo.'

Doctor hrang hrang pan lâwr duah hi dam hmâna a ni kher lo. Vawi khat inentirnaa i dam nghal lo a nih pawhin dawhtheihna neih ve a pawimawh fo.

Natna tlanglawn, hritlang angah te hian specialist kher räwn a tul lêm lo. "Specialist" kher i tih tlat pawhin a tha a ni mai a, i thu thu a ni.

“Ka natna a hre thei, min chawh fuh,” tih ringawt hi doctor thiam tehna a ni lo. Natna inang reng pawh dam hma leh dam har a awm.

Entir nan: Malaria Pf hi hriat chhuah hmâ a, enkawl hma chuan a dam har lo; enkawl tlai a, thluak leh kal a khawih chhiat hman erawh chuan a dam har a, thihna hial pawh a thleng thei a ni.

Miin doctor a lo zir chhuah hian, engkim thiam sain a lo chhuak bik lo, mahni inzir zel a ngai.

Doctor zir chhuak pawh, mahni inzir zel tum lo va, inthlahdah taka a awm mai mai chuan a hriatna leh thiamna a bil tulh tulh mai ang.

Khawvelah hmeltha ber leh hmelchhe ber a awm theih loh ang bawkin, doctor thiam ber leh doctor thiam lo ber a awm theih loh.

Mahni hnaa tui, thahnemngai taka missionary rilru pua thawk leh, mahni inzir zel peih te hi doctor thiam an ni mai. Hei hi eng line ah pawh a dik vek; doctor hna hi a tui lo tan chuan hna ninawm tak a nih ka ring.

Pa pakhat chuan, “Doctor-te hi chu Lal Isua rawngbawl na chhunzawmtu in ni a, in hna hi missionary hna a nia....” a ti a, ka pawm chiah lêm lo!

Eng hna pawh hi missionary hnaah ngai vek ila, missionary rilru puin thawk vek ila, a pawimawh ber mai.

Source : Gilead Thingnai, Dr. Lalkhawngaihsanga.

Sekrek

* Chukchu venna: Chukchu tamna laiah energy drink (Lion) inna bur ruak hung chhin teh. Chukchu an lut thei a, an chhuak leh thei si lo va, a tihchi phian. Energy drink can dangah pawh a dik mai thei.

KAWRUAH LAIA EI LOHCHI

Ril a lam tawh chuan hmuh hmasak sak hmawm nghal mawlh malwh mai a chakawm thin.

Mahse, kaw ruak, ril lam lai tak hi ei leh in lama fimkhur a pawimawh lehzual lai a ni tlat mai, kawruah laia ei loh atana tha zawk thil kan ei hian kan taksa hriselna a tibuai thei tlat.

Tun lumah hian Times of India health section-in kaw ruah laia ei loh chi nia an tarlante kan rawn chhuah chhawng e.

1. Yogurt/dahi leh bawng-nute chhia atanga thil siamte hi kaw ruah laia ei loh tur a ni. Hengte hi kaw ruah laia kan ei chuan hydrochloric acid a lo insiam thin. Chu chuan heng bawngnute chhia atanga siana lactic acid bacteria awm te a tihlum a, chuvangin acidity kan neih phah thei.

Chuvangin dahi/yogurt leh bawngnute chhia atanga thilsiam dangte chu kaw ruah laia ei loh tur a ni.

2. Balhla hi super-food tih hial khawpa chawtha a ni a, mi pawh a tipuar thei hle a, digestion atan pawh a tha hle. Mahse, balhlaah hian magnesium leh potassium a tam a, chuvangin kaw ruah lai chuan ei loh tur a ni.

Kaw ruah laia balhla kan ei chuan kan thisena magnesium leh potassium balance a tibuai thei.

3. Tomato pawh hi chaw tha tak a ni a, Vitamin C leh nutrient te pawh a pai hnem hle. Mahse, kaw ruah lai chuan ei loh tur a ni.

Tomato-ah hian tannic acid a awm a, chuvangin kaw ruah laia kan ei chuan acidity a siam thei.

4. Pear thei hian crude fibre a pai a, kaw ruah laia kan ei chuan kan mucous membrane a tihliam palh thei.

5. Citrus thei, heng ser leh serthlum ang chi te hian acid an pai hnem a, chuvangin kaw ruah laia kan ei chuan heartburn (thin thip) leh pum lam fel lo a thlen thei.

6. Green vegetables te hian amino acids an pai hnem a, entir nan fanghma te pawh kaw ruah laia kan ei chuan heartburn, kawpuar leh pum nuam lo te a thlen thei.

7. Thingpui, coffee leh caffeine awmna thil in chite hi kaw ruah laia kan in chuan acidity a tizual a, chu chuan heartburn leh indigestion te a thlen thei.

Balhla chungchang: Balhla chungchangah hian 'a tha' ti leh 'a tha lo' ti an awm thin. Thenkhatin ei loh law law tur an tih laiin thenkhat chuan khawvela thei hrisel ber pawl a ni, an lo ti ve thung.

Tun tumah hian Times of India health section-in balhla chungchanga inhnialna awm thinah a chhanna nia an sawi te kanrawn tar lang e.

1. "Balhla chu diabetic tan a tha lo," ti an awm thin. Chu chu

a dik lo, balhla hi glycaemic index-ah a sang lo a, chuvangin diabetic tana ei ngam a ni.

2. "Balhlaa-h sugar a tam," ti an awm thin. A tak takah chuan balhla-ah hian fructose leh vitamin B a tam hle a, balhla chu natural sugar kan hmuh theihna a ni a, chuvangin tute tan pawh ei ngam a ni.

3. Balhlain dul a tikiar duh niin an sawi thin a, mahse, chutiang a ni lo. Balhla-ah chuan fibre leh pectin a tam a, chuvangin bacteria tha chi insiam tur puin pum puar tur a veng zawk a ni.

4. Balhla-in mi a tithau duh tia sawi pawl an awm. Hei hi a dik lo. Balhla hian thau a pai tlem hle a ni satliah mai lo a, cholesterol level a tihnam thei a, thau paihna tha tak a ni zawk.

5. Rihna paih duh leh in-diet tan balhla ei loh tur.

Sekrek

* Lemon: Lemon (Hatkora) \hatna kan hre zel. Chaw ei khamah hian tlem in ila, chaw pai \awih a pui. Ek khal nei thin tan a \ha. Mahse in nghal bawrh bawrh lo ila, minit 15 hnu velah in ila a tawh chiah.

PUMPUI LAWNG

I pumpui kha lo engkawl tha ang che. Pumpui lawng i neih lo nan leh a nei te tana n engkawl dan.

Natna vei theih dan: A hunbi lova chaw-ei \hin vang te, rîltam lutuka awm \hin vang te, chaw kan leh chaw rum ei \hin vang te, zû in nasat leh kuhva ei tam (heh) lutuk vang te, saruhno ei thin vang leh pai\awih har thil ei thin vang te bakah chhan dang dang avang pawhin he natna hi a vei theih a ni.

Natna lanchhuah dan: A lanchhuah dan langsar deuh te chu, a changa rîl a tam hmâ êm êm a, a changa rîl tam leh hleithei lo te, chaw ei khama pum nâ thin te, pum khawi lai emaw na deuh vawng vawng te, a changa pum na rîai rîai thin te, pum sahâl leh thîp veng veng thin te, chaw-ei khama puar deuh ul reng te bakah tui in châkna nei lova awm te hi a ni. He'ngte bakah a lan chhuah dan dang te pawh a la awm ang.

A enkawl dan: Pumnâ kher hi chu enkawl buaithlak pawl tak a ni. A nat dan a zirin a enkawl dan a dang a. A enkawl dan tlangpui :-

A hunbia chaw ei: A hmasa berah chuan hunbi neia ei leh in thiam a pawimawh a,

chutihrualin a nat dan azirin hun bi lova ei-in a ngaih chang a awm bawk. Entîr nan: A hunbia chaw kan ei hian a hunbiah bawk ril a tâm a, a hunbi zelah a ei theih thin a ni. Chaw ei dawna rîltam si a pum a nat chuan (hei hi rîltam vanga pumnâ a nih chuan) \am dawm nan bar 2-1 lek han bar ila, minute 15 vel kan nghah chuan pumnâ vang rîltam chu a reh ve mai a, chaw ei pangaiin a ei leh theih a ni. Mahse, rîltam vanga pumnâ a nih loh chuan chawei hunbi mah-nise, ei luh loh tur. Ei luh chuan nghawng tha lo lehzual a thlen thei a ni.

Ei leh in hi kan inbituk thiam a pawimawh hle a, chaw-ei tui avanga ei deuh teuh emaw, chaw ei tui loh avanga ei loh ngawt te hi a tha

lo. Duh dan tak phei chuan, chaw-ei tui paw'n tui loh paw'n kan ei zât hi pangngai reng thei se la a tha. Chu chuan pumpui fân vak tur leh sâwng vak tur a tiziaawm dawn a, pumpui tan thil tha tak a ni. Zînga breakfast ei thin i nih chuan chaw-ei hun pangngaia rîltam hman turin ei tam lutuk lo la, zing dar 8 vela ei \hin i nih phei chuan chaw-ei hma chuan engmah ei loh law law pawh a tha. Mahse, rîl a tam chuan biscuit lêp 2-1 vel han ei mai a tha.

Tui in that: Zing thawh veleh a, tui in thin hi a tha khawp mai. Thaw veleh tuisik (tui lum chu a tha lo) no 2-3 vel in ngei ngei tur. Hei hi chu dam hrisel tan pawha thil tha tak a ni. Thenkhatin tui lum in a tha ti an awm a, a teuh lo. Dam suh intihna ang vel a ni. A chhan chu pum a ti no nghulh a, chaw-ei châkna pawh a tibo hlauh thei. Amaherawhchu, thatna kawng chu a nei ve ngei ang; êk khal, pumnat nei ni si lo va, pumpai nuam lo tih velah a tha mai thei. Dam hrisel tan chuan duh hun hunah tui a in

mai theih a, engmah harsatna a awm ngai lo. Mahse, pumnat nei tan chuan duh hun huna tui in a rem ve tlat lo. Mithiamte chuan chaw-ei hma darkar chanve leh chaw-ei kham darkar khat inkar hi tui in loh a tha an ti. Hei hi a dik tlatin ka hria. Pumnat kan vei tawh chuan kan chaw-ei kha pai\awih (digest) a har thin a, tui kan in khan puma thil ti\awihtu acid kha a va tidal ta thin a ni. Chu chuan pumin pai\awih hna a thawhna khawngah harsatna a thlen thei a ni. Zing thawh veleh a tui in hi a thatna chu, tui in kawchung kha a fan chhuak hma a, uih insiam tur a veng a, phing a \huah fai a, kawchung a tithianglim a ni. Tin, pum a that loh hian pum chungah acid hi a tam hma êm êm a, tui kan inthat chuan chun'ng acid te chu a tidal a, pumnat pawh a tihziaawm phah a ni. Breakfast ei thin i nih chuan i thawh veleh a i tui in atanga darkar chanve emaw, darkar khat emaw hnuah ei thin la a tha.

Bawnghnute pawh hi pumpui chak lo tan chuan

pai\awih a har deuh thin. Tui in hunbi chungchangah zing thawh veleha kan in chuan chaw-ei hmaah vawi khat tal in leh tur. Chuan chaw-ei kham atanga darkar 1-2 hnuah in leh tur a ni. A chhan chu pumpui chak lo tan chuan digest nan darkar 2-1 tal hun a ngaih thin vang a ni. Chhun thingpui in leh zanriah inkarah vawi 2 tal, zan mut dawnah in ngei ngei bawk tur a ni. Hei hi mithiamte pawhin an sawi uar hle. Kan chaw-ei paitawih tawhte chu taksa tana thatna tura an insemdarhna kawngah tui hi a pawimawh hle niin an sawi. In ngai loh chuan zun a tam duh a, zana zung tura thawh a peihawm loh thin hle. Mahse, rugular takin in la, zan thum vel bak i zung tawh lo ang, ngaiyah a neih ve mai theih a ni.

TUI TLAK/CHETSUALNA HMUNA HRIAT TURTE:

1. Tui tla chu nikhaw hre lova a thawk loh chuan a thawkna d^wt hnawh theitu a awm leh awm loh en a, Artificial respiration tih nghal tur a ni. A lungphu a tawp chuan Cardiopulmonary Resuscitation (CPR) tih nghal vat tur a ni.
2. Tui tla chu blanket emaw towel emaw puan awm ang anga tuam lum a \ha hle.
3. Chuapa tui tihchhuah tum avanga tui tla a letling zawnga khai emaw lu lam hniam zawka muttir emaw hi tih miah loh tur.
4. Darkar khat tal i beih hma loh chuan beidawng mai suh la, damdawi in panpui ran dan ngaihtuah vat ang che.
5. Tui tla chu rawn harh chhuakin \ha viauin lang mah se damdawi inah darkar 24 tal awmtir a, a taksaa harsatna/natna awm theite lakah ven tur a ni. Tui tlak venna Vaccine hi hmuhchhuah a la nih loh avangin tui tlak laka inveng turin mahni \heuh kan pawimawh a ni. MAHNI CHAUHVIN TUI CHENG SUH.....

■ n 15th January 2019 khan Secretariat Conference Hall, Mizoram Secretariat, New Capital Complex Aizawl-ah Health Minister Dr. R. Lalthangliana leh Health & Family Welfare Department a hotuten inkawmna hun an hmang a, Pu Lalrinliana Fanai, IAS, Commissioner & Secretary in he hun hi kaihruiin Dr. Lalrozama, IAS, Mission Director (NHM), Dr. F. Lallianhlira, Principal Director, Dr H Lalchungnunga, Director, Health Services, Dr. T. Lalmangaihi, Director, Hospital & Medical Education te bakah District tin atangin Chief Medical Officer leh District Medical Superintendent leh hotu dangte an tel bawk a ni.

■ NMHP Mizoram buatsaihin ni 3 awh Medical Officer Training on Mental Health chu ATI-ah neih a ni. Theme atan Integrating Mental Health Into General Health Care tih hman a ni a. Mizoram mu hrang hranga doctor ten rilru lama natna hrang hrang te an hnathawhna hmuna an chhawr tangkai theih nana buatsaih a ni.

■ 27th December 2018 khan Health Minister Dr. R. Lalthangliana'n Civil Hospital Aizawl a tlawh a, Ward hrang hrangte tlawhin damlo hman turin HI-Tech Medical & Surgical Unit a hawng bawk. Health Minister Dr. R. Lalthangliana hi Social Welfare Department Minister Dr. K. Beichhua, Sports & Youth Affairs Minister Pu Robert Romawia Royte leh Dr. ZR Thiamsanga, MLA ten an tawiawm a, Civil Hospital Aizawl a thawktute, Health & Family Welfare Department a hotute, Dawrpui khawtlang hruaituten he hun hi an telpui a ni.

■ February ni 8 hian naupang kum 1 atanga kum 19 inkar te tan Mizoram pumah a rual a Rulhuthlo ei runpui neih a ni a, hemi ni a ei ve hman ta lo te tan pawh February ni 14-ah ei leh na hun siam sak an ni. Rulhut hlo hi kum khat ah vawi 2 ei thin tur a ni a, August thlaah a vawi 2 na tur ei leh tur a ni ang.

■ January ni 10 2019-a Mizoram cabinet meeting chuan

damloin thisen an mamawh an lei thin chu a thlawna pek tawh turin thu an ti tlu PMJAY emaw Mizoram State Health Care Scheme emaw hminga phaia inentir turte chu, kal hma karkhat velah Mizoram State Health Care Society Office-ah in report hmasa zel tura hriattir leh ngen kan ni. Hei hi phaia kal hunah harsatna tawh palh pawh awm se awlsam taka chinfel zung zung a nih theih nana tih a ni. He thil hi ngai pawimawh theuh turin mipuite kan ngen in kan inhriattir a ni e.

■ Directorate of Hospital & Medical Education, New Secretariat Complex-ah heng -

1. Cancer
2. Disable Person (Mitdel, Kezeng, Banbul) Disable Certificate nei te tan tanpuina dil theih a ni a. Dilna Form hi DH & ME Office-ah a lak theih reng. Dilnaa thiltel ngai
1. VC lekhka (Residential Certificate)
2. Doctor Lekhka
3. BDO lekhka (BPL/Sorkar hnathawk awmlo hriatpuina)

Pawisa dawn theih ` 2500/ Yearly.

■ January ni 28, 2019 khan Secretariat Conference Hall-ah Health Minister Dr. R. Lalthangliana hovin 18th Mizoram State Health Care Society (MSHCS) Governing Body te an \hukhawm. Meeting-ah hian Mizoram State Health Care Scheme khawpui leh thingtlang lama huapzo zawka kalpui dan tur te, he Scheme tana sum tam zawk dah te, Scheme hnuai hnathawk ten 7th *pay an dawn theihna tur* te an rel a. Scheme changtlung zawka kenkawh dan tur te, damlo zin veivahna tur senso te, sawrkar hospital bakah mimal hospital pawhin an kalpui theih dan tur te sawiho a ni. Meeting-ah hian Health Commissioner & Secretary, Principal Secretary Home/Finance, Finance Secretary, UD&PA Secretary, Principal Director H&FW, LESD&E, MUP leh health department hotute an tel a ni. Secretariat Conference Hall-ah Health Minister Dr. R. Lalthangliana hovin 18th Mizoram State Health Care Society (MSHCS) Governing Body ten thutkhawmna an nei. ■