

## 1. CATLUAN TLING THU (SENTENCE)

Sullam famkim nei ih hmun khawm ih nganmi tongfang pawl cu Catluan Tling ti a si.

t̄tn : Na ruangrai a ʒha.

Nitin zung ka kai.

Lian Lian cu Laimi a si.

Catluan tling phun (6) a um. Cu bang pawl cu:-

1.1 Thubur catluan tling (Assertive sentence)

1.2 Dilnak catluan tling (Imperative sentence)

1.3 Thusuhnak catluan tling (Interogative sentence)

1.4 Duhsaknak catluan tling (Optative sentence)

1.5 Dinhmun relnak catluan tling (Conditional sentence)

1.6 Thinʒhawngtu catluan tling (Exclamatory sentence)

### 1.1 Thubur Catluan Tling

Thuburmi thu pakhat a el asilole a pompimi catluan cu Thubur Catluan Tling ti a si. Thubur catluan tling ahhin thu nemhnghehnak catluan tling (affirmative sentence) le thu elnak catluan tling (negative sentence) ti in phun (2) a um.

t̄tn : Falam cu Laitlang khawpi pakhat a si.

Leivak ramsa pawl cu an zam thei lo.

### 1.2 Dilnak Catluan Tling

Thupek lole ngennak ih hmanmi catluan cu Dilnak Catluan Tling ti a si.

t̄tn : Feh aw. Hinah um hlah.

Ding hlah. To aw.

Zangfahte'n i bawm aw.

### 1.3 Thusuhnak Catluan Tling

Thusuhnak ih hmanmi catluan cu Thusuhnak Catluan Tling ti a si. Thusuhnak Catluan Tling ahhin a ʒha lam thusuhnak (positive question) le a sia lam thusuhnak (negative question) ti in phun (2) a um.

t̄tn : Ram Lian hi miʒha a si maw?

Ram Lian hi miʒhalo a si pei maw?

#### 1.4 Duhsaknak Catluan Tling

Thlaza camsaknak le duhsaknak langternak ih hmanmi catluan cu Duhsaknak Catluan Tling ti a si.

t̄tn : Pathian in lo hlawhtlingter hram seh!  
Na nunkhua sau hram seh!

Hminsín : Duhsaknak catluan tling cemnetnak ah (!) hman ̄theu ding a si.

#### 1.5 Dinhmun Relnak Catluan Tling

Dinhmun umdan ding relcianak catluan cu Dinhmun Relnak Catluan Tling ti a si.

t̄tn : Ca na zuam lo le casuhnak ah na sung ding.  
Mi rethei na bawm le Pathian in a lo thlawsuah ding.

#### 1.6 Thinhawngtu Catluan Tling

Mangbangnak lole tuarnat tuk (strong feeling) ruangih rinlopi-ih kan ausuahmi catluan cu Thinhawngtu Catluan Tling ti a si.

t̄tn : Aih! Ka lo ti pang.  
Hi pangpar cu a va mawi e!  
Ala! Na va duh sawn ve.

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## 2. TIKCU ̄THENDAN

### 2.1 TUAHREL (*Verb*)

Lai Tuahrel hmandan cu a olte. Mirang Tuahrel (*Verb*) vekih tam(plural) le mal (singular)hmuhsaktu ti a um lo.

̄Thimnak ah:

(a) feh (v)

1. Ka **feh.**(pakhat)  
Kan **feh.** (pakhat hnakih tam)
2. A **feh.** (pakhat)  
An **feh.** (pakhat hnakih tam)
3. Na **feh.** (pakhat)  
Nan **feh.** (pakhat hnakih tam)

(b) si (verb be)

1. Keimah ka **si**. (pakhat)  
    Kanmah kan **si**. (pakhat hnakih tam)
2. A **si**. (pakhat)  
    An **si**. (pakhat hnakih tam)
3. Na **si**. (pakhat)  
    Nan **si**. (pakhat hnakih tam)

## 2.2 TIK LE TUAHREL (*Verb Tenses*)

1. Tu Tik (*Present Tense*)  
    Tu ah ka **feh**.
2. Luancia Tik (*Past Tense*)  
    Mani sun ah ka **feh**.
3. Hmailam Tik (*Future Tense*)  
    Thaisun ah ka **feh ding**.

Hmailam tuahrel dung ah '**ding**' bet.

Ti ðeh zo tuahrel (*Perfect Tense*)

<b>Tu Tik</b>	<b>Luancia Tik</b>	<b>Hmailam tik</b>
1. Ka tuah ðeh zo.	Ka rak tuah ðeh zo.	Ka rak tuah ðeh zo ding.
2. Kan tuah ðeh zo.	Kan rak tuah ðeh zo.	Kan rak tuah ðeh zo ding.
3. A tuah ðeh zo.	A rak tuah ðeh zo.	A rak tuah ðeh zo ding.
4. An tuah ðeh zo.	An rak tuah ðeh zo.	An rak tuah ðeh zo ding.
5. Na tuah ðeh zo.	Na rak tuah ðeh zo.	Na rak tuah ðeh zo ding.
6. Nan tuah ðeh zo.	Nan rak tuah ðeh zo.	Nan rak tuah ðeh zo ding.

Ti lai rero tuahrel

1. Tu ah ka tuah rero lai.
2. Tlawngta nauhak ca a siar rero. (tu tik ah)
3. Mirang ca ka zir rero (tu tik hrawngah)
4. Hmaikum cun, Mirang ca ka zir rero leh ding. (hmailam tik)

## 2.3 TUAHREL AW THLENG

(*Change in Pronunciation*)

1. Sakhi pakhat ka **kap**. Ka **kahmi** sakhi cu a cang a si. (*kap ihsin kah*)
2. Ka pa in ka hrangah ar a **that**. Mizan ah ka pa in ar i **thah**. (*that ihsin thah*)

3. Mithi kiangah an **ṭap** ciamco. Mithi an **ṭah** ciamco. (*ṭap* ihsin *ṭah*)
4. Sia pakhat ka **hmu**. Ka **hmuhmi** sia cu ka pi ih sia a si. (*hmu* ihsin *hmuh*)
5. Khua ka **ruat** rero. Ka **ruahmi** cu ti le rawl thu a si. (*ruat* ihsin *ruah*)

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### 3. BETTU PAWL(AFFIXES)

Bettu timi cu ṭongfang hmailam le dunglam ih nganbetmi cafang, lole ṭongfang khi a si. Ṭhimnak ah **bet** ṭongfang dungah **tu** kan bet. Hi ti ih kan bet tikah a tican a thleng. **Tu** kan bet hlanah **bet** cu VERB (tuahrel) a si. Kan bet hnuah cun hmin (Noun) ah a cang. Abstract Noun cangtertu/dungbettu (*suffix*) a si. Cun, ṭongfang **khua** ih dungah **sik** kan nganbet ih **khuasik** a cang. ‘Khua amah lawng ih tican cu nikhua tican a si. **Sik** cu a dai tican a si ih Adjective a si. **Sik** hmai-ah **khua** kan bet hnu cun **khuasik** ah a cang ih Abstract Noun a si. Khua cu Hmaibettu (*prefix*) a si.

#### Dungbettu (Prefix pawl)

- pa- pakhat, pahnih, pathum, pali, panga, paruk, pasarih, pariat, pakua pahra (1, 2, 3, 4, 5, 6, 7, 8, 9, 10).  
Khat, hnih, thum ... ti in khal kan siar thei na in, a hmandan a dang. ‘Cafung khat i pe aw,’ kan ti lo ih ‘cafung pakhat i pe aw’ kan ti a si.
- sa- ramsa hrekkhat pawl ih hmin ah kan bet. Cun, an vun, an ruh dung khal ah kan bet.  
sakhi, savom, sava, sahuai, sakuh, sazuk, sakei, sa-ui, savuak, saphai (rul), sahluk le a dangdang. Cun, savun, saphaw, sahriak, saruh, sahmul, sapherh ti in khal kan bet.
- va- varit, valah, vavu, vakok, vazuun, vacek, vaniim, vahui, vaki tivekin khal kan bet.
- khua- Tikcu le thinlung ruahnak ah kan bet.  
**khuasik**, **khuaṭhal**, **khua hlum**, **khua dai**, **khua thim**, **khua tleu**, **khua vang** zawng, **khua ri**, **khua dur**, **khua niim** ti in kan bet.  
Cun **khua ruah**, **khua ruah har** ti in khal kan bet.  
Hminsin ding a ṭhami cu, kan ṭong a rang tikah **khua** khi **khaw** ah kan thleng theu (*Modify*) kan tuah theu. Ca ih ngan tikah **khua** ti ih ngan a si. Cu ti lo cun, ‘Ti le khua’ (kan khua le kan ram) tiloin ‘Ti le khaw’ (ziang ti le khaw) ti in kan ngansual ding.

### Hmaibettu pawl (suffixes)

- tu Hihi Mirang in *agent or actor or doer* ti a si: *er, or cangvaitu, titu, tuahtu langtertu* a si. Tuahrel khi Hmin ih cangtertu a si.  
sersiam (v) + tu (*agent*) = sersiamtu (*creator*)  
duhdawtu, rundamtu, ngaithiamtu, zangfahtu, bawmtu, petu, zirhtu, tlentu, runtu, luangtlentu, phuangu tuveki ih bet a si.
- nak Hi bettu khal hi, Tuahrel a simi ɽongfang khi Hmin ih kan tuah tikah verb ih hmai-ah kan bet. A thu ih zir in, nak kan bet tikah Adjective ah khal a cang thei. Sual cu **thihnak** (adj) a si. Pathian in kan **sualnak** (n) in ngaidam. Duhdawtnak, rundamnak, ngaithiamnak, zangfahnak, bawmnak, zirhnak, tlennak, runnak, phuannak, duhhamnak, iksiknak, thiamconak, dingnak, felnak, zumnak, rinnak, ... tivekin kan bet a si.  
Cun, nung = nunnak, thi = thihnak, siat = siatnak, ɽhalo = ɽthatlonak, tho = thosalnak (thawhsalnak), piangthar = piantharnak, thinheng = thinhennak, puarthau = puarthaunak, fim = fimnak, aa = aatnak ti ih bet a si.
- pi pi hi, hmaibettu a si ih *Verb Particle* khal a si. ɽhimnak ah, 'Ka lo fehpi pei maw?' Hinah hin 'ka lo hruai pei maw?' lole, 'ka lo thlun pei maw' tican a si. Fehpi (noun) ka nei lo ka ti tikah, keimah lawng ka feh tican a si.  
fehpi (v, n), umpi (n, v), ihpi (v, n), suahpi (n, v), sualpi (v, n)  
Cun, a thu ih zir in, 'Ka thei lo pi, ka theihpi lo pi' ti in kan ngan le kimtertu (particle) a si.
- pi Ramsa fa a nei zo ti langtertu a si.  
Siapi (sepi), vokpi, arpi, sakhipi, cawpi, mepi, naapi
- tlak rinsantlak, hminsintlak, duhdawttlak, thinhengtlak, zangfahtlak, ruahsantlak, upattlak, umpitlak
- thlak buaithlak, aatthlak, ningzahthlak
- za ningzakza, lungawiza, riahsiatza, mangbangza, ɽihnungza, duhnungza, ningsinza, hnihsuakza, luaksuakza (*adjective forming suffix*)
- te A note lole a fate ti langtertu a si (*signifying young and small*)  
arte, vate, khuate, vokte, naute (*baby*), bante, khaute, tivate (*stream*), tilite (*pond*)
- ta Umhmun sawhtu (*preposition forming agent*)  
tlunta, tangta, sungta, lengta, ziatta, vaita, pawnta, neta, hmaita, dungta.

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#### 4. CACANG COLH LE HMINSINNAK (Punctuation)

##### 4.1 ( - ) Rinphei Tawi = Hyphen

Rinphei tawi (-) cu tongfang hnaihok dannak ah an hmang.

A hmanna pawl cu :-

(a) Tongfang awsuah an ngan tikah awkhat le awkhat dannak ah an hmang theu.

- ttn : 1. Ka fapa tlannak kan thei lo ih, aw-lok-song in kan hawl.  
2. Siakeng hrinhnam cu 'Siak-eng' ti ih siar ding a si.

(b) Hnam dang hmin le tongfang dung ah:

- ttn : 1. January-ah Falam ka tlawng ding.  
2. Missionary-ah Pa Sui kan la.

(c) Nambar dung ah:

- ttn : 1. 1973-ah ka suak.  
2. Lawmman 1-nak a ngah.

(d) Catluan pakhat ih tongfang tlem lo a um tikah:

- ttn : Kan khuate dildel tu sang hnuai ah, kan khawtaw ah Ti-  
phei a luang.

(e) Awphei le awphei an zomaw ih siar sual theih ci le sullam dang neitheih ci ah:

- ttn : 1. An kawhhran an buai ih an ci-ai thluh.  
2. Ei in thu-ah fimkhur aw.

##### 4.2 ( \_ ) Rinphei Sau = Dash

Khawruahnak 'duak' tiih vun thlengawk, lole thu pakhat rel lai ih cawlh ta ih, thu dang rel pehsal tikah hman ding a si.

ttn : 1. Ka nu kha rak nung lai sehla\_hmanseh tikcu liam cia cu kawhkir a theih lo.

2. Cafung pakhat in in rak pe aw\_a si lo, um ko seh.  
3. Ka nu, ka pa, ka unau pawl \_an zaten in duhdawt theh.  
4. Thang Lian in Tahan ah inn lei zang seh\_tul tak a si.

##### 4.3 ( ) Kulhte = Parenthesis or bracket

(a) Thu pakhat, hmin pakhat ih sullam simfiangnak ih hman a si.

- ttn : 1. Zirhtu tha zet (Dar Ling) an nei.  
2. Kan ram (Lairam) hrangah thlai cin a thupi zet.

(b) Hnam dang tɔngfang kan lakmi khalah hman a si.

- tɛn : 1. Hrik fate pawl (bacteria) cu in natertu an si.  
2. Meisen (January) thla ah ka suak.  
3. Pa Cin cu tlawng rol (cawngpung) a hmang an ti.

#### 4.4 { } Kulhlai = Curly Bracket

Kulhlai hi cu Siarkop (Maths) le Solfa ngannak khalah hman a si.

tɛn :  $\{(8+3)-2\}$

#### 4.5 [ ] Kulhpi = Square Brackets

Kulhpi hi cu Siarkop (Maths) ah an hmang tam deuh bik.

tɛn :  $[\{(8+3)-2\} \div 3]$

#### 4.6 (/) Rinsawn = Slash (Oblique)

Rinsawn (/) cu thu dangdang pehsomaw ding si dannak ah le or aiih hman a si theu.

- tɛn : 1. 2/1/2005  
2. FCLS/12/2005  
3. Fanu/fapa na nei ding.

#### 4.7 (...) Cukbo = Dots (elipsis)

(...) hi cukbo ti a si ih, cuk pathum in na hmangtheu pei.

A hmanna pawl cu:-

(a) Hi si lo a dang tla a umlai ti hmainsinnak ah hman a si.

tɛn : Chin calai pawlkom: CLS, CLF, ZOLUS, ZCLS,...

(b) Midang simmi lole nganmi thu na lak tikah a zate'n si loin na duhnak zawnte lawng lak na duh ih na lak lonak zawnah cukbo (...) hi hman a si.

tɛn : "Keimah hi ... le nunnak ka si." (John 14:6)

Lak lomi thu "lamzin le thutak"

(c) Cemnak (Fullstop) theh ih thok ahcun cukbo pali a um ding. Cuk khatnak hi cu hmaisai thu cemnak (.) kha a si ih, na lak lonak zawn cuk thaw cun cuk li an si tinak a si.

tɛn : "...Keimah ih ka lo duhdawt vekin pakhat le pakhat nan duhdaw aw ve pei." (John 13:34)

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## ṬHENHNIHNAK

### 1. LAI NUNPHUNG

#### 1. Khuatlang Ukawkdan

Khua pakhat ukawkdan cu a hnuailam bangtukin a sangsang in a um.

1. Khawlal cu thu hmuahhmuah neitu upabik a si.
2. Khawnbawl timi Lalpa bawmtu mi pahnih an um.
3. Thupipa ṭhentu dingah Lal le khawnbawl pahnih an si.
4. Thufate deuh cu tlangsuak hmuah in a rel ah an tel thei.
5. Tlangsuak timi cu thufate reltu an si.
6. Tlangsuak timi cu khawnbawl bawmtu an si.
7. Khawpicang ahcun tlaihra deeng loin le kum 50 kim loin tlangsuak hna an ṭuan thei lo.
8. Khawfate ahcun pacang um zat in tlangsuak upa an ṭuan thluh thei.
9. Khua pakhat in a neihmi hmuahhmuah in a uk ih a thuthu kha an ngai.
10. Khua pakhat in khua pakhat a kut tangah a ret thei a si le rawl “Siah” a lak.
11. A duhduh in thu a pe thei.
12. Khuahlan ah cun ral a tam ruangah khua pakhat ih a rinsantlakmi a um a si le, cu pa cu a khua ah a ko ih amah sangtu ah a ret.
13. Amah sangtu a si ruangah a covu cu Lal sangtu rori a si.
14. Lalpa a um lo caan ah thuneihnak hmuahhmuah cu Lal sangtu ih ṭuanvo a si.

#### 2. Nupi/Pasal Neih Daan

1. Nu le pa in fapa nupi hawlsakdan a si.
2. Fala nu le pa ih hnenah dil hmaisakdan a si.
3. Fala nu le pa an lung a kim le a fala in eldan a si lo.
4. Neihawk ding an lung a kim lo le, an pelhnaak thu reldan a si lo. Cuvek cu *Sebri*, *darhri* satcat an ti.
5. An rel a si le, a reltu in cawhkuan an tong. *Lungkhente* an ti.
6. An ṭhitawk ding lungkim a si le mipa lam in zu an keng ih man an that hmaisaipei. Nupi man ziangzat ti thu an rel.
7. Man thah zan ah ṭhit-um ding ni an tiam aw.
8. An ṭhitawk hlanah thuṭha lo forhtu an um ih a ṭuul pang a si le khawtlang hnenah thu a bur ding. *Zuthum* an ti.
9. Khawtlang in thu a ṭhensak dingih a sualtu cu lungkhen an cawh.



10. Tlangpi thuþhen a ngai lo le khua in a khak thei.
11. ʒhitawk ding zan ah mipa lam in vokthau, zupi bel khat, le Arpi pakhat an keng.  
Zu le Aar cu *Arcuk zu* an ti.
12. Nupi man tangka, man pi, man te, le ʒa man an man pei.
13. Man man ding tangka an neih lo le baak a theih.
14. Vok, ar, le zu ti pawl cu bakdan a si lo. Ar cu *arcuk* an ti.
15. Mopa in *Rual* timi pahnih a nei tengteng pei.
16. Mopuai zan ah cui rual pahnih cu an tel tengteng a ʒul.
17. Rual pahnih in ʒuanvo an lak thluh a ʒul.
18. Nupi an ʒhit zan ah bawlpu timi puithiam pakhat a tel tengteng ding.
19. Puithiam ʒuantu bawlpu in zuthlawrmi thaw'n tual ah vok a that pei.
20. Puithiam in thla a cam ding ih zuti a toih ding.
21. Thlacam daan : “*Cu mipa le cu minu an umkhaʒwm... Fapa caʒwi in fanu caʒwi in, harh le dam in thlawsuah, vanlut in an um pei...*”, ti-in thla a cam ding.
22. Voksa cu an suang pei ih an suan sungah, inn sungah arcuk zukhawn an bun pei.
23. Arcuk cu bawlpu in zu a phut pei ih, “*cu pa le cu nu an nei aʒw a si. Fapa caʒwi in fanu caʒwi in, harh le dam in thlawsuah vanlut in um hai seh*”, an ti pei.
24. Puithiam bawlpu in ar a thah ngah in zu cu ti a paih bet pei.
25. Cui' arcukzu cu tlangval mopa in a in hmaisai pei.
26. Tlangval mopa ih a in lai-ah ti an toih. Monu in a bir.
27. Monu in a in thluh in ti an toihsal ih mopa in a insal pei.
28. Mopa in a in thluh in bawlpu in a in leh pei.
29. Bawlpu in a zu a theh hnu lawng ah midang in an in thei.
30. Cui' si-n manpi, mante pawl an san aw pei.
31. Manpi timi hi Monu ih pa in a comi manpi a si. A pa a thih le a nu in a co pei.
32. A nu a nung lo le a ʒapa upabik in a co ding. Culole a ruangpomtu ʒapa a si pei.
33. Mante man daan cu manpi ih zir in man daan a si.
34. Manpi timi cu sepi man in reldan a si.
35. Zahau ram sung ahcun sepi pi sarih hi a tambik a si.
36. Sete timi cu seukhat an ti.
37. Sepi le sete cu nufa an ti.
38. Mante ih hmun pawl le a cotu ding pawl cu a hnuailam vekin an si.
39. Pu man           (\*Pu = nuih ʒa pa)   2 4 5 6 7 8 9 10 Sete
40. Man thler       Pa'i nau                   2 4 5 6 7 8 9 10 10
41. ʒa man           ʒapa upabik           1 3 4 5 6 7 8 9 10
42. Man lak         Pa ih unau               1 2 2 2 2 2 2 2 2

43.	Semei pawk	unau menmen	1	2	2	2	2	2	2	2
44.	Bawi fa man	(lole) sal pa man	1	2	2	2	2	2	2	2
45.	Naupuan paw	Mo ih u	1	2	2	2	2	2	2	2
46.	Kianghrol	Hringtu nu	4	4	4	4	4	4	4	4
47.	Thuaithlak	Hnen um in a co	1	1	1	1	1	1	1	1
48.	Fei Cerek		-	-	-	-	-	-	-	-
49.	Buhti so man	Nu-ei in a co ding	1	1	1	1	1	1	1	1
50.	Puanpi		-	-	-	-	-	-	-	-

*\*Hi daan pawl hi Stevenson H.N.C.; Economic of the Central Chin Tribe p. 124 ih Lai daan pawl sungih ta lakmi a si.*

	Seu	Pi	Nufa	Pi	Pi	Pi	Pi	Pi	Pi	Pi
Manpi hmin	khat	khat		hnih	thum	li	nga	ruk	sarih	
	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	3	4	5	6	7	
51.	Pu man	2	4	5	6	7	8	9	10	Sete
52.	Man Thler	2	4	5	6	7	8	9	10	1
53.	Ṭa man	1	3	4	5	6	7	8	9	1
54.	Man Lak	1	2	2	2	2	2	2	2	2
55.	Semei pawk	1	2	2	2	2	2	2	2	2
56.	Salpa man	1	2	2	2	2	2	2	2	2
57.	Naupuan pawk	1	2	2	2	2	2	2	2	2
58.	Kianghrol	4	4	4	4	4	4	4	4	4
59.	Thuaithlak	1	1	1	1	1	1	1	1	1
60.	Buhtiso man	1	1	1	1	1	1	1	1	1
61.	Fei Cerek	-	-	-	-	-	-	-	-	-
62.	Puanpi	-	-	-	-	-	-	-	-	-

*\*Manpi hmin cu Sia in rel daan a si. Seu khat cu Sete a si ih  $\frac{1}{2}$  an ti.  $1\frac{1}{2}$  cu Nufa an ti.*

### 3. Rawlhan Phurh Daan

\*  $\frac{1}{2}$  = \*\* 1 =

Manpi hmin le cotu	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	3	4	5	6	7
1. Manpi cotu in 5	10	15	20	30	30	30	30	30	30
2. Puman cotu in 1	2	2	2	3	3	3	3	3	5
3. Man thler	1	2	2	3	3	3	3	3	5
4. Ṭa man cotu in -	1	2	2	2	3	3	3	3	3
5. Kianghrol cotu in 2	2	2	2	2	2	2	2	2	2

6. Monu in Movoh a pek a tul.
7. Movoh timi puan, hni, vaidip, tai-aw, thim, hlingcoih, thilri a phunphun amah a neih pohpoh.
8. Zu tampi an thlawr ih Mopuai ih teltu hmuahhmuah in zu cu an in thei.
9. Zanriah ei an man in zanriah an eikhawm.
10. An ei theh in Mopa inn ah a zan ah an lawi pei.
11. Monu inn ah an thahmi voksa pawl le buh pawl cu rualpa in a phur. Cumi cu *sahan le rawlhna* an ti.
12. Mopa inn ih an thlen tikah inntual an thlen in Mohruaitu pawl in, "*Tlung ung ee...Nim cuam thaw'n ee, thlai rel thaw'n ee...*", ti-in tual in an au pei.
13. Mo hmuaktu pawl in, "*Tlung uh law... Tlung uh law... Nim cuam thaw'n ee, thlai rel thaw'n ee... fanu carwi in, fapa carwi in tlung u law,*" ti-in an rak hmuak.
14. Mipa inn sung an luh in mo cu ihkhun lu ah an toter.
15. Arcuk zikhawn in an bun ih mipa lamih bawlpu dang in zu cu a zuk ih arcuk a that pei.
16. Thlam daan cu: "*Cupa... le cu nu... an nei-aw a si. Fapa carwi in, fanu carwi in, barb le dam in thlawsuah vanlut in*", ti-in thlacam seh ti-ah an ti.
17. Arcuk zu cu mo in a in hmaisai ih a in theh in mopa in a in. Mopa in a in theh in ti an tawihsal ih bawlpu in a in hmaisai.
18. Bawlpa a in theh in mi dangdang in an in thei.
19. *Mo umte ni* timi arcuk ulh ni ah monu le mopa cu hnatuan daan a si.

#### 4. Thitawk Thiang le Thianglo

1. Tapa ih fapa in farnu ih fanu thit lo ding.
2. Farnu fapa in tapa ih fanu thit a pawl lo.
3. Tapa ih fapa in farnu ih fanu a thit le lamtluang an zawh thei lo an ti. Vanduinak a si an ti.
4. Hnam nei le nei lo an thi-aw tuk lo. An iik deuh.
5. Rukru ci cu an thi duh lo.
6. Mihur ci, zangzel, le mize cu an nei duh lo.
7. Nat tha lo neimi an duh lo.
8. Sal ci le zawngum fa pawl cu an iik deuh.
9. Nunau pasal tantu cu thlalet cammi a si an ti ih thit a tha lo.

#### 5. Nupi Maak Thu

1. Nupi an maak a si le sualnak ruangih makmi a si pei.

2. A maak tikah a inn ihsin a kenmi thilri pawl cu a kirpisa pei.
3. An umkhawm sungih an ÷ansuakmi tirawl pawl cu ÷hen thum ÷hen khat lawng nunau in a co thei (Inn dang tlei zo asile..)
4. A pasal nu le pa ih hnenih um lai an si le rawl han thum lawng an pe ding. Cu mi cu *Taangsiab* an ti.
5. ÷haal rawl cut hlanin an ÷henaw a si le ÷haal rawl an cut tikah an ÷henawsal pei.

## 6. Nunau Ih Taan

1. Nunau in a pasal a duh lo ih a taan a si le, thilri a pe lo pei.
2. Nunau in a kenmi lawng a co ding.
3. Man manmi cu manpi, mante in a khirhsal thluh a ÷ul.
4. Mipa te in mitaan nu cu bawlpw ko tahrat in voknurial le arcang rang in siatsirhnak thlalet an cam pei.
5. Mitaan nu cu khawtlang in lungkhen an cawh pei.
6. Mitaan nu cu a pasal thaw'n umkhawmsal daan a si lo.
7. Thil ziang khal hlawmawk, pekawk theih a si nawn lo.
8. Mi taantu nu cu ÷hit a thiango (an ik deuh).
9. Ziangruangah? Thlalet cammi a si ruangah.
10. Thlalet cam daan cu mi a taan ruangah a hmin sal in lam ÷ha zawh hlah seh tinak a si.

*Voknurial in rial seh...*

*Arcang raang bangin raang seh...*

*Mei ah kang seh...*

*Thing in tluuk seh...*

*Sabrang in keu seh...*

*Ti ah fen seh...*

*Thih ÷ha lo in thi seh law...*" ti-in bawlpw in thlalet a cam.

## 7. Zangru Thu

1. Nupi cu a pasal ÷aang ihsin mipa dang thaw'n an sual a si le a hnipuan hruk lai thaw'n an dawi. *Zinghnam meizuh* an ti. Zianghman a pasal hnen in covo a nei lo.
2. Khawtlang in lungkhen an cawh. Cu mi cu *Zangru* a si.

## 8. Mithlem Thu

1. Mipa in nunau ihnak ah a pan ih a thlem a si le khawtlang ah zu a ÷humter ih khawtlang in a thu an ÷hensak.
2. Mithlemtu cu khawtlang in lungkhen an cawh.

### 9. Mifan Thu

1. Nunau in mipa a pan ih a fan asile, man pek tulo in an neiawk.
2. Mipa in a fantu nunau a duhlo le hni zunkhat a then ih a dawisal thei.

### 10. Nunau Kaih Thu

1. Mipa in nunau kha a duh lo cingin a kaih a si le khawtlang hnenah zu an thumter ih lungkhen khenpi an cawh.
2. Kaih ngaingai tum lo ih hniksak men a si khalle, lungkhen khente an cawh.

### 11. Sawnpai Thu

1. Mipa le nunau an duhaw ih fasawn a pai le thlaruk hlan ah sawn man pek ding.
2. Cun, sawn man a pek duh lo le lungkhen khente timi sete cawh a si.
3. A pek duh lo a si le, khawtlang in a relsal ih a thuneihnak zat in a mawi tawk a cawh.
4. Sawn man cawh hlan ih naute a thi a si le, sawn man pek a tul lo.
5. Fasawn in ro a co thei lo.
6. Fasawn tlenlomi cu “falak/lakfa” an ti.
7. Falak cu phunhnam a nei lo. A pa ih phunhnam a co thei lo.

### 12. Thangsiat Puh Thu

1. Misuallo thangsiat a puhtu cu khawtlang ah zu a thum a si le lungkhen cawh daan a si.
2. Mithi zo thangsiat a puhtu cu a thitu ih unau pawl in khawtlang ah “lu” an pu ih mithi luruh phorh an ti ih lungkhen cawh a si.

### 13. Thihñanawk Thu Ih Thilri Thenawk Daan

1. Nupa, nupi a thih a si le thil thenawk a um lo.
2. Man a pek kim lo a si le a man cu a pasal in pek ding tnanvo a nei.
3. Pasal a thi a si le amah ih thilri kenmi cu a lakir thluh.
4. Fapa nei lo in a pasal in a thihsan a si le khanlung a phun ta pei.
5. Thilri an thenaw pei. Makawk ih thil co daan vek thotho a si.
6. Pualthawh thei a si le a thawh ta pei.
7. Thilri cu rocotu le a nupi an thenaw pei. Zatrepe veve a si pei.
8. Nunau in a duhduh a hril pei.
9. Fanu a nei a si le a fanu hrang a mawi tawkin an then pei.

#### 14. Lukhawng Thu

1. Tlangval lai ih a thimi cu lukhawng a nei lo.
2. Lukhawng cotu cu mipa a si le *Papu* an ti ih a nu ih ɽapa a si.
3. A pu a thih a si le a fapa in a co pei.
4. Fapa nei lo a si le a ruang pomtu in a co pei.
5. A nupi a thih a si le lukhawng cotu nu *Nupu* an ti-ih a nu ih ruangpomtu an si ding.
6. Lukhawng cu khuangcawi zo a si le sepi a si.
7. Thahthuan that cu Ks. 30/-.
8. Sehra that, tlaihra deeng Ks. 20/-.
9. Sethum that Ks. 15/-.
10. Thlailam Ks. 10/-
11. Thlailam lo Ks. 2/-.

#### 15. Rukru Thu

1. Zokhal thilri neitu ih theih loih thilri latu cu rukru a si.
2. Thilri neitu in khawtlang ah thu a ɽhum ih khawtlang in a rel.
3. Thil rutu cu cawh daan a si.
4. Rukru lai a hmutu in a phuang duhlotu khal cawh daan a si.
5. Thilri a tam/mal ti um loin rukru cu lungkhen khenpi cawh a si.
6. Innsung ih rukru, rawlru cu *Cuamtaw kheng* an ti.
7. Arti rutu cu *Arte busuah* an ti. Cawh a ɽul.
8. Ar that tahrat in a neitu a sim lo le *Arphil* an ti.
9. Thilɽha lo tuahtu hmuahhmuah cu cawh daan a si.

#### 16. Tuahmawhawk Daan

1. *Tuahmawhawk* timi cu tisual pang ti a si. Mawh lo tinak a si.
2. A tuahmawhtu in a tuamhlawm man tla a liam.
3. Huat lam zawngin luput theih a si lo.
4. Tuahmawhmi a thi pang a si le a ruak tuamnak vaipuan, sethat lo cu cawngnak ti-in daan a um.

#### 17. Sualawk Thu

1. Mi sual-aw timi cu khawtlang in khamdan a si.
2. Mi sual-aw cu lungkhen an cawh.
3. Mi sual-aw cu anmah le anmah remzu an in ɽheu.

4. Sualawkw ruangih thihnai an suahawk le khawtlang ah lu an pu ih zu an thum.
5. A mawhdeuh pa cu lungkhen an cawh. Zupi beel nga tla a si theu.

### 18. Laithah Thu

1. Mi sual-aw le mi to-aw cu thi ko in an vua an vel ih a thah hrimhrim a si ahcun khawtlang in thilri long thluh in khua ihsin an dawi.
2. Cawhkuan dang a um lo. Inn tiang in an long. Cu mi cu *Laithat* lole *Tualthat* an ti.

### 19. Innawh Thu

1. Mi ih inn a nawhsaktu cu khua in khua dang pawnlengah an suah, an dawi. A inn le a thilri an long.

### 20. Lorawl Kang

1. Mi ih Lo duah tikcu lo ih a nawktu cu a meisa thluul in mi Lo rawl a kang a si le, a kangtertu in a zatein a rulh thluh a tul.

### 21. Tilva Lo Fan

1. Tilva timi cu sia, caw, vok, rang, naa pawl an si ih mi Lo an fanter a si le khawtlang ah thu a bur thei.
2. Anmahte an biakawk ih an that thei a si le thu a um lo.
3. An lemawkw thei lo le khawtlang in a rawl siatsuahmi zoh in a mawitawkw cu an cawhsak.

### 22. Ruangpom Daan

1. Fapa upabik le fa nautabik an pawmaw.
2. Nu le fanu nautabik an pawmaw.
3. A lai le a lai an pawmaw.
4. Kawp nei lo an um le upabik a kom.
5. Farnu pawl cu mipa upabik in nunau upabik a pom.
6. Mipa upabik sangtu in nunau upabik sangtu ti-in a si vivo.
7. Kawp nei lo cu mipa upabik in a kom.
8. Pa ih upa unau ih faa le thaw'n ruang pomawkw a theih.
9. Fapa nei lo pa in a unau fanu pawl ruangpom a theih.
10. *Ruangpom* timi cu nupi/pasal a neih ah siseh, siatlam/thatlam in a ruangpawmawtu ih tuanvo a si.

11. Apa aih thih hnuih fanu pasal a neih a si le a ruangpomtu in a man a co ding.
12. A pasal ih a mak a si le a ruangpomtu in t̄uanvo a la ding.
13. A cu nu in fanu a neih a si le a pa ngai si lo ruangpomtu in Puman a co ding.
14. Nunau cu t̄apa nei lo a si le a pa ih unau ruangpomtu thaw'n an hawl aw ding.

### 23. Ro Sarawk Daan

1. A pa a um lai ahcun a faate hmuahhmuah cu a pa ih ta a si.
2. A fapa pawl nupi t̄hitnak cu a pa ih t̄uanvo a si.
3. A fanu pawl hmuahhmuah ih man cu a pa in a co ding.
4. A fanu pawl pasal an neih le khawtlang daan vekin man a ngen pei.
5. A fanu man ih zir in rawlhan le thilri a pa in a ken pei.
6. A pa a thih le a pa ih thilri hmuahmuah cu a fapa upabik in a co pei.
7. A fapa nautabik in inn a co pei. (Di inn le carcuam).
8. Lo a t̄habik cu a fapa upabik in a co pei.
9. A nauta deuh in Lo se deuh a co pei.
10. Fa laita mipa le fanu in ro an co theilo.
11. Fapa neilo asile a unau raungpawmtu in a ro a co ding.
12. A pa in unau a neilo a si ahcun a pu ih faale pawl a *Pawmcuan* in a co pei.
13. Falai cu a pa'i ro a colo na'n, amahte inn/lo a neihmi hmuahhmuah cu amai' faale pawl in a daan vekin an co ding.
14. A ruangpawmtu a unau hnakin amai' faate in an co sawn ding.
15. Ruangpawm timi cu fa neilo hrang lawngih tuahmi a si.
16. Asinan, unau kungkaihawknak daan a si.
17. Thih tikah siseh, Comlam ah siseh ruangpawm in t̄uanvo a nei thluh a si.

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## 2. KUR BUNG BEL

Khuahlan laiah khua pakhat ah Kur Bung Bel ti mi tlangval hmelsia ngaingai pakhat a um. A hmel a sia tukih duhdawttu tong lo, thinna zet in ihkhun parah a zau rero lai ah Caicim timi zinghnam fate pakhat a kiangah a tlan ih a kai lohli. Caicim te cun, "Ka pu i that hlah, zangfahnak tein in thlah awla na hrangah nupi ka lo hawl sak ding", a ti. Kur Bung Bel cun a zum lemlo nain zangfah dil rero nana cun netabik ah a thlah.

Caicim te khal cu a tlan vurvo ih fala pathum umnak innsang pakhat ah a lut ih,



“Kur Bung Bel ih nupi dingah nan fanu pakhat khat nan pek lo a si ahcun nan cikuang a mit ding”, a ti ta ih a tlan sal. Inntek nu le pa cu beidong zet in an fanu pawl Lo ihsin an tlung ding cu an hngak.

An fanu pawl inn an thleng ih, an thu theihmi cu an ruah tikah, pahnih lam cun, “Kur Bung Bel pasal hnak cun kan cikuang tla cimit ko seh”, an ti veve. Nauta bik nute cun, “Kan cikuang cimit hnak cun keimah in ka pasal ko pei”, a ti ih a nu le pa cun lungawinak le zangfahnak tumpi thawn an fanu te cu Kur Bung Bel ih nupi dingah an pek.

Nikhat cu an khawsen tein nga thlir dingah tikua an feh ih Kur Bung Bel khal cu a pu ih sur hlang in a pok ve. Rinlopi ah Ngathaisawn a kai ngah ih, “Ka pu in thlah hram aw, na hmel ka lo remthat ding sokhaw”, a ti. Kur Bung Bel in a zum theilo tikah, “Kan pawn ih zanthing hnah zianghman ih daidah lo mi khi va tot awla, kan sak ih zianghman ih dailo mi tili sungah ka lo kholh dingih na mawi zet ding”, a ti ih cuticun an tuah aw ngaingai ih Kur Bung Bel cu soisel bo, papiang, pa mawizet ah a cang, cun Ngathaisawn khal cu a thlah ve.

Kur Bung Bel cu inn a thlen tikah a nupi in a theithiam nawn lo ih khuadang cuan rero in a umsan. Cutikah, “Zo ha na cuan rero”, a ti ih, “Ka pasal a thleng thei hrih lo ih ka hngak”, tiah a nupi cun a sawn. Kur Bung Bel cun, “Na pasal cu keimah hi ka si zo ual, i zum lo le na pa ih sur ka hlanmi tla hi zoh awla”, a ti. A nupi cun a bawm kenmi a zoh ih a mang a bang ngaingai. A pasal khal cun thil umtu zia pawl a sim ih a nupi cu a lung a awi ngaingai.

Zanlam ah inntek nu cu a sur hlanmi le nga mal lai keng in a pate a pek ih a tin sal lohli. A nu le pa cun, “Kan fanu hi zan dang a bang ual lo, ziang a cang”, a ti ih a fanu upa bik cu zoh dingah a fial. Kur Bung Bel ih mawi zia a hmuh cun inn ah tin sal a thiam nawn lo. Cuticun an feh vivo ih netabik ah inntekpa tiang a pok. Inntekpa cun Kur Bung Bel a hmuh tikah, “Kur Bung Bel ih mawinak cen ah maw! ka nufa le an pathum in inn tinhna an thiam nawn lo”, a ti.

Nikhat cu Kawl ah puanbuk phur dingah Kur Bung Bel cu a tlawng ih a nupi hnen ah, “Inn ka thlen sal lai hlan lo khualeng va suak hlah, na u le in an lo that pang ding”, tiin thu a cahta. Kur Bung Bel khual a tlawng zo ti a theih cun a u nu cu a ra ngaingai ih a nau nu cu khualeng suak dingah a sawm rero. A netnak ah, “Ka pepawk sep awknak ihsin na pasal ka hmu, hung zoh aw ka nau” a ti tikah, “Khui maw” a ti ih a u nu ih to mi pepawk cu a to. A u nu in napi’n a sep ih a naunu te cu a septhlak. A naunu te cu naute hrin thla a si zo nain kawhrumpi sungah a tla ih cuih hmun ah cun naute tla a nei cih. A u nu khal cun, “Ka naunu a thi zo paam” a ti ih Kur Bung Bel ih nupi dingah amah te a tuah aw.

Kur Bung Bel cu a hung tlungih kawhrum sungih um a nufaa cu a hmu ih a puanbuk thawn a tuam ih inn ah a tlunpi. Inn a thlen cun inntek nu lem cu Kur Bung Bel in a tong. Kur Bung Bel cun theilo vekin a um awter ih, “ziangtin! hlan ih ka nupi a va bang lo ve! na ti a hal maw? na ril a rawng maw? tiah thu suhhna a thiam uallo”, a tiih, “Khui maw! ka hngilhpang a si cu!” tiah a let. Cuih hnuah, “Ziangtin! ziangha na phur tiin ka bawm tla zohhna a thiam uallo” a ti leh lala ih, “si ngai” ti in a bawm phurmi cu a zoh tikah puanbuk sungah a naunu te nufaa a hmuh cun a ning a zak tukih hmuan cerlam ihsin a tlan hlota. Cuticun, Kur Bung Bel te nupa cu nuam zetin naute tla thawn innsang nuamzet ah an um ta.

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### 3. NUNZIA MAWI

1. Aw sang tuk le ring tuk in hni hlah, na aw kel te thawn hnihmi ngai a nuam sawn.
2. Mi lakah na hahham tikah na kaa hup awla na hahthio asile mi um lonak lam hoi phah in hahthio aw.
3. Midang ih ca an siar lai, ca an ngan lai ah va zohsak (bih) hlah.
4. Thil na tvisual tikah midang puh tum lo in ngaithiam dil sawn awla an lo ngaithiam ko ding.
5. Midang ih upat na duh le midang upat hmaisaw aw.
6. Mi pakhat a tong laiah va cuh hlah, a tong theh tiang hngak awla fim na hlawh ding.
7. Innleng pawl hmai ah a thupte'n biakawk hlah. Na innleng pawl an nuam aw lo ding.
8. Midang rawl an ei lai ah khaak, cil tivek phui hlah.
9. Lamzin lai ah ding in beaw hlah. Biakawk nan duh asile zinsir ah biakawk sawn ding a si.
10. Midang rawl ei na sawm asile tampi ei dingin hnek hlah. Nangmah ai in an puar le puar lo cu an thei sawn ding.

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#### 4. PIPU ṬONGFIM

##### ‘R’

1. Rawl i lakahrawn tong: (Rilrawn laifang ih ei ding um mi pohpoh hi rawl thaw bik a si)
2. Rul in rul ke a hmu: (Mi thinlung ṭha lo cun midang ṭhatlonak hlir a hmu ringring)
3. Ral i hnuah senkip tlo: (Thil a poimawh lai ih buah ngah si lo, a luan hnuih cangvai ciamco)
4. Rukfir dum lo in a tlan: (Mawhnak simaw dik lonak kan buah cun kan ral a hrut)
5. Ruahpi cen le nunau phunciar: (Umdan a rem thiam lo, ninum le mi hnaihok men a si)

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##### ‘S’

1. Sincaw heu le cang pal cim: (Ṭuan theimi le thiammi nei si loin milak ih tel ve menmen)
2. Sim lam umpawng par: (Ṭikcu um nawn lo hnu le a luan hnu ih cangvai le tawlrel ciamco)
3. Sam phang khat sepi man: (Minungih kan sunlawi zia, kan man khun zia, a dik lomi parah hmin siat le tuar kan duh lodan lang tirnak)
4. Simram thlawh le ti thawl kuai: (Ṭul sam zet laih neihmi um lo, mangbang vansang)
5. Sum in lu sum, pai in milu pai: (Sum le pai ruangah thihhloh tiang tuar theih ringring a si)
6. Saihlum le leiba: (Saihlum khal a nget thei lo, leiba khal pek hlan lo cu leiba a si ringring)
7. Sakhi tlangza kanaw, saphai ka hmunah: (Thil ti thei pa in midang a kaihhrem thei dan relnak)
8. Sakhi suak khaw aw le kaa ih tamnak: (Duh le haimi ngah lo ruangih ṭongkam elawknak)
9. Saphai nam haar liak bang: (Thih ṭih ruangih mi thu thlun tunto)
10. Se ek vuak tek kan bang: (Lungrual lo, thu hmu aw lo ih ṭhen ṭhekaw thluh)
11. Se suah hnuih se kawt khar: (Ṭikcu luan hnuih ralingaw tir ciamco)
12. Suntam arpi a tiatin: (Thukam awknak, tikcu reipi hngah khalih cang thei lo dingmi relnak)

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### ‘T’

1. Taw zan man le kam zan man: (Midang hnakih hmu ol thei, co thei relnak)
2. Thingpum pal thelh bang: (Tum lo pi le ruah lo pi ih siatnak rung thleng)
3. Thingkawi le thingkawi bang: (Thinlung tha lo veve khal an remaw thei)
4. Tidai bung zo ruh a theih nawn lo: (Kan ðongmi, kan kaaih suakmi hi zuk kir sal a theih lo).
5. Thing phurh khat le pasal pakhat: (Nunau pawlih tha pek awknak, pasal pakhat ngah ding a har lo an ti)
6. Thothe in hma lo fem kel hlah: (Relsiat hlawh, hminsiat puhmi hi a dik tlangpi tinak)
7. Tenglam liang leh: (A si lo zawngih thu fehpi, sim le rel)
8. Ti te lakih ngapi bang: (A um sunmi a si ruangih duhtling lo pi khal porhhlot ciamco)

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### ‘T’

1. Tõng thei sa bok khai: (Mi thu el hmang, ðongtam cingcing in mi a el neh)
2. Tõngkam khat in sepi man: (Tõngkam thlum te in midang va neh theih a si)
3. Tãu ar ka lu sum le sum: (Thih ðih lo le phang lo ih ei ding hawl le vak tawi)

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### ‘U’

1. U tluk le nau in tung: (Suahpi unau harsatnak theihpi aw in bomawk ding)
2. Umpi le umte an ðathnemnak a dangdang: (Zo zokhal hman tlaknak zawn kan nei ciar)
3. U le nau, lu le baan: (Rinsan aw tonih ðangtlang ding kan si)
4. Uico mai luak ei: (Mah rori ih hnon zomi duhsal, hlon zomi sarsal)
5. Uico mai sung thei: (Sungkhat unau, thisen zompi sinak langtir)
6. Uico le me bang: (Remaw thei lo, um tlang thei lomi khi)
7. Uico sahang mak: (Thil pakhat khat duhtuk lamah duh lo vekin umawter)
8. Uico ka ha herher: (Pakhat khat parih kutthlak man cia ringring, thinheng dingih ninghno hrim)

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‘V’

1. Voih thawh lo puh hman a na: (Kan si lonak parih in mawhsiat tiki kan thinnat theidan a si)
2. Vutcam lakih voih bang: (Zianghman hmuh ding um lo ih zam hlo thluh men, riaral tir)
3. Van ka zohih a sang, lei ka zohah a pit: (Mangbang vansang pit tawp dinhmun siat laitak)
4. Veikhat cang sual dam sung hmin siat: (Nunau mipa sinak lamih mi zuva dinhmun relnak)
5. Vokpi suak khaw lungtum a tong: (Suahvah sun le camkhatte hnaṭuan ruangih tuahmawh tong)
6. Voksuak le nunau khaw tlan: (Vok suah hamng an suak ringring vekin nunau khawtlan hmang khal tlan ringring an hmang)

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‘Z’

1. Zawngin a mai tawcak a hmu lo: (Mai sinak, fel lonak theiaw hnai lo ih ṭong sutso)
2. Zawng ih hmai hman kan zah: (Zah le upat tlak lo khal a tikcu le can ih thu in hmaisong a ṭul)
3. Zawng ram thlawh le nau um: (Um menmen a theih lo, mit le hna hman thiam zet a ṭul. Kan kil si hamng kan ti laiah anmah sawnin in zoh thup ve ringring)
4. Zu le sa khawh ti um lo: (Leitlun nunnomnak cenih zuva zetih um hi duhtawk ti a um thei lo)
5. Zin kap thlawh le bawi biak: (Umdan rem te ih um thiam lo le duh vekih um thei lo)
6. Zapathal cilphui bang: (Mah ih tuahmi mai’ par ih thlengsal, thil ṭhalo tuahmi mah ih tuarsal)
7. Zawngte sih hmu bang: (Ban lai thiam lo ih mai tuah kel tuah rero, fehnak kelih feh ringring)
8. Zawng lakih Ngau kang: (A tuartu dingin tuar loin a tuar lotu dingih tuar ngan sawn)

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## 5. ṬONGKHUN(R-Z)

R =	ralruuk	= thupte ral, pumpak ral
	rialtitawl	= palaang
	rialtidai	= tidai, tikik
	riahrn	= riahnak inn
	ro	= nu le pa ih tantami thil sunglawi, (unau khal a si thei)
	roling	= vansanglaam
	rolung	= khaan, lungdon, robun, muallung
	ruali	= saili, saiqli (cangtialli)
	runthang	= inn (runinn, saphnem)
S=	samphiar leng	= fala
	samthlairem	= fala sam ṭha
	samtom rem	= fala samtom mawi
	sanu	= mithikhua ih sangka kiltu nu
	saphnem	= disap, innrite
	santling	= lukham
	saṭhawl	= ramtawi, sadawi
	samsanmai	= sam, lusam, sawmai ka sam
	saw	= paisa, tangka, sumsaw, sumpai
	sawlkhiah	= rualpi hrangah zinteekih hnahsawl khiah ih retmi
	sawlhren	= hnahsawl ih zin kham
	seemsin	= naute (hngaksuan, nauhno)
	seemmawng	= mino, ṭhangthar, nonawn
	sehngon	= tual saklam ih selu taarnak
	senhri	= senhri papaar, thingkung parih a keuhmi papaar
	sentecai	= no lai ihsin ngaimi, duhmi, caimi
	setumthang	= sia, tilumsia, maisial
	siar-ar	= ar
	si-ar	= arsi
	siarkhuan	= arcangṭha, arcang siarkhuan, arsiar singih khuangtu
	siarkhun	= hmuansaklam disap hnuai
	siangthlai	= takpum, siangthlairem
	siang	= ca, tlawng, siangbawi
	sosulh	= so ṭha lo, hmin hrulhhram, ṭhiṭha lo
	sosang	= har vivo, so vivo

suul	= nauinn, nau piannak inn
suulkhat kual	= piang tlang, unau
sulhnu	= neh le hnu, leh hnu
sulpah	= hmaitot, hmaipah
sulsat	= nam thawn hmaipah ih sat
suumku	= suumvate mei lu ih tonmi meisau, arku
summtual	= inntual, tualrawn, velrawn, buantual
suumthawng	= suumvate, suum vabawi
sumzin	= mero sungin a tlami ruahhmai phang femtete

T =	taivelrual	= taikaih, (lawngka, sakha, cumei)
	tawngphu	= zal, dip, vaidip
	thai	= nupi
	thainei	= nupinei, kopnei
	thauh lawng	= vok thau, thau maang
	thluah rawng	= thlua tlang hrawng, tlang tluan hrutih vak
	thuamthil	= hnipuantha, hlawnthil, thuamhnaw
	tlau	= hlo
	tlektla	= ruaitla, ruaituaa, fatu, ei-in tawlreltu
	thirlungsa	= bomb-puak thei bom
	tintling	= ihkhun, tlingrua, tlingkhon, farkhan
	tin	= pol, hmailam thu thei
	tinzoh/tinleng	= pol hnen feh, pol hnen thu va sut
	tumljan	= sia
	tuksuan	= lo, thlawhrawn, lianram
	tuksuum	= tihnung, tuksuum haza

Ṭ =	ṭian	= ṭhenaw, a dangdang ah
	ṭhio	= siatsuah, ṭhekdarh ṭheh
	ṭio	= vakdarh ṭheh, mang, cemthluh
	ṭhiang	= kop
	ṭhaung	= a paar vete ih duhzetmi thingkung
	ṭhuangruah	= ṭhuang thingkung paar caanah ruahpi
	ṭhuangvahaw	= vate thuangpaar tlaan ih ai celcel
	ṭuanrel	= hnaṭuan
	ṭuanhrat	= milaw

	tuang	= inn carlam kap
	tuangsuak	= hnenum fa
U =	uangaw	= pohaw, suangaw, uangsuang
	uak	= tam, tum
	ui	= siang lo – sum ui, suup
	uizaang	= ti vovoih malte sung tuan, zaangzel
	uih	= rawl-uih, ei tha lo
	ut	= caak, vaimin rawhut
	ul	= thar lo, thing ( <i>latsat</i> lo)
	uul	= buah lo, serh, zunthing uul, zaleen ni uul
	uam	= cu seh tiih ret, zu-uam, banhla-uam
V =	vairang	= mirang, vai mangbawi
	vavai	= vakvai, vaivuan
	veel	= fala tlang biakawknak, veelhlei, veelthem
	vutvai	= leikhu, leidipte, hnawm dipte
Z =	zal	= dip, zaldip
	zaal	= tum, zuam, ngair
	zingkhuanu	= khawzing, khuanu
	zingpuul	= mithikhua
	zingtian	= vaangpawl, vaangzawng, vangtian
	zilhli	= thli, thlithiang nemte ih hraang
	zuun	= mithi zuun, fala tlangval zuunngai, tuar

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## 6. MITHI HLA, NAU HLA, KHUATE HLA

### Mi Thi Pawl An Thih-Ih Hmin An Sak Dan Pawl:

**Sumphur Thi:** Sumphur thi timi cu favon (naupai) pawl fa hring thei lo ih thi pawl hi sumphur thi tin an ko. Thih sia bikih an ruah mi a si. An thlarau cu ruahsur le ni sa ti um lon tlang lakah an tawi vak rero ih thing kercep le lung kerlep lakah an ben-aw rero a si. Hramlakah deu thlamte an beunak dingah an sak sakih an thlarau an khuasik lo dingin meisa an tihsak theu a si. Inn lam khalah tum hmun/disap-ah meisa an tihsak theu. An



thih zanah mi an sawm thei an ti ruangah inn tinah sawl an hren. Zin ngai zawh loin sahak (hak rang) hling lakah an feh. Cu ti hling lakih an feh ruangah rawkop thlekin at ciamco an ti ruangah sepi asilole setlei tal a ruak an hnah tengteng theu. Sepi cu sahak hling a toto thei an ti. Sete cu sahak hling pah loin a kir theu an ti ruangah sepi ruak hnah tengteng a t̄lnak a si. A vun cu raw thlek mi zutnak kut damah an hmang, an ti. Sump̄hur thi pawl hin mi an sawm thei an ti ruangah hitin hla an rak tuah.

Zei-ah hnem maw, a khai e kaih zarh sawl nan ban,

Khua nui dawng tah a kim zonah tlei zarh nan um lem ri lo.

Pathian khawkhan lairel a kimah cun zovek mi khal kan thi thei a sitin hla an tuah a si.

### **Hniar Kiak Thi**

Fala & Tlangval lai ih thi pawl khi hniar kiak tin an ko.

### **An ui-nak hla**

- 1) Dawi um a kuai e sut ngen ar hman a khuang nawn lo.  
Za-hah i tlei lungrawn khua nan li a leng ve maw.
- 2) Lengte ngai tla nan sawm ai hriat lo len ul uh,  
Hniar a kiak e te pa sem hman a cawi nawn lo.
- 3) Thing khal a hnar kiak e a pawnah sem sin ai,  
Ar di a hniar kiak e za ung sem cawi nawn lo.

### **Sar Thi**

Sar thi timi cu kham tla mei kang, tuahmaw, ral thi, ramsa ih keu ti lianah fen, thing parih a tla pawl an si. Sar thi pawl cu thlan ngai ah an phun loin thlan thar zam rangten an laiuh zan cam loin an phum lohli, tifen thi pawl cu tiva kapah arti kem hengin rawl an suang an ti. Arti kem heng an hmanna san cu ti a len hlanah rawl hmin man lohli ding an duh ruangah a si. Ti a len pang a silen an rawl suan mi a fen sak thluh theu. Curuangah ti a len le len lo thlirtu dingah uizo an ken ruak hnah ah an hmang.

### **An hla**

Ti kaw hrawng cem bai va le ti thlung de.

Nang teh T̄ial Thang sung tawl zemnak khui ah na tong ve cim.

Ral ih thi pawl cu tlang parah hran ti thawl an cia in hran thawl on cia in tidai an siah theu.

### **Thih Fang**

Thih fang timi hi mahte naa ih thi pawl hi an si. Khawzing lairel, Pathian dong tah kim an ti ih an ngaih a rem deuh.

### **Mi Thi Zan Mennak Hla Pawl**

An thih ih zanmen hmaisabik hla sak mi hla:

1. An mualpi e an hlawn thil mawi thiam ai in,  
Thau hlawngsa le zu hran Pa Thang ruang vun dir.
2. A zarh dah maw khi ti ai thing an tar bang.  
Leng zang ram maw khaw mawi dar thawi khal kal maw tian hrang.

### **Ram Hrannakih Thi Pawl Hrang (Ram Vak)**

A thihnak le a ralnak kei ka thei lo,  
Dar thleng thlo le fungki bannak thing aw sensun.

### **Panccang Tha Ral An That Len Khuate Hla-In**

Let sel khua lamih sa hnar na tlakah,  
Na khing thang namin hai vivo law na duh ten.  
(Kingkawt nam thawn zanvar ah hler).

### **Khuang Cawi Mi Lian Thang Suah An Silen**

Zing pul khua na thlen mang lian na thla zak hlem hlah,  
Sum thawng ka thawh len her thluai mai law sakot-ah.  
(Sakot = Mi thi khua tinak)

### **Ramih Thang Suah Pawl An Silen Khuate Hla:**

Thih le tlei tha lon tuu le len kam a vel thu le,  
Lenghno tha khi bang vom khuai kal law sakot.

Thih thlakih nuhmei le parawl pawlih an sak thluhin hla dang an sak.

Lian Dang: A hlabik siangpahrang hreng a tla situr e.

Mangi neih ka cawi lai e zam lung dar tiang.

Ni tam rau man lawn.

Dar Luan: Rial thi tha hngong velh bang e,

Zunin ka siang zel camcin, hliti awm tial i ban thiam lo.

Lal Vung: Ngaih vangin e a hlam lan cancin, duh riam in e,

Ton um nawn hlah ngai mitthli hnulin maw a liam let sel.

**Ṭang Ṭhen (Nupi & Pasal Thih San-Aw Pawl Hla):**

Khui zon in na thok maw rai rum e kan khaw zawi na cil!  
Ṭangkham rem hi a sut tuan tu-ah.

**Ngaihsan Hla (Bawi Vung):**

- 1) Kan sak run thang innah Hlawn hniang zun cam aw hmang.  
Rawl ei-ah sawm ṭheu lang a thlam lawng kan hnenah.
- 2) Ka nu le maw laicin sempite ka ngai e tin,  
Lunglo dai rial ti-in nuar aw za lam rawnah.

**Khuate Hla:**

Zing pul a thleng hmaisai mang lian ka pa rung sim au,  
A cawi hrin hniangin ha ṭha buan bang ka hlumawk e.

**Phaileng Hla (Mipa Hla):**

Zing pul sa hnar tlak zawngah pa mi kan than zawng ran lo,  
Zawngte mi fim pa in, in hmuah lai dai rial ti le hai dum thawn.  
Thlai lam lo pawl cu an lu-ah puante an khumter. Ziangahtile sa nu in an luvun a  
hah ṭheu ruangah htin hla an tuah.

**Mipa Sakap Lo Pawl An Thih Len Hitin Hla An Tuah:**

Bawi Vung: Khi sen kap lo an zin a dang ai an ti cu,  
Sa nu khawn hai nu cu, vun hrial lang hnar lengin.

**Naute A Dam Lai Awihnak Hla:**

1. Naute ah hin zawi naute ha ṭha ber bik,  
Keimai naute ṭha ber bik e samthlai rem.
2. Ka naute ka zoh ah dar dang tle lingleng, Ram ṭuan khal zuam hiang nge tuanin  
kir lang.
3. Kan nu rung tlung thlang law ka nau ṭap aw khaw,  
A ṭap leh lo kir law kan thlam lung rawnah.
4. Kan thlang lamih vaca pual ngo an lenah,  
Ka fa dawtte Rih Lian khi thleng ngaingo lai.

**Naute An Thih Ih An Ngainak Hla:**

Nau ṭap ling kheng a awitu tonak rak kian au,

Zu khal a cee ten tul aw hai ngerh tialin.  
Hi hmuah hi kanni 'Group' cun kan ngan phawtih a tam tuk kan phang, a kim lo  
tla a silen in sim thei sal uhla kan ngan bet mai ding.

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## 7. BIAZAI: LAIMI MAWINAK

Diknak le rinumnak kengtu Laifa,  
Lungput tlaitluang tlangsang pualva,  
Thinthir kaam lo sahrang le raal tawng ngam,  
Ukawk daan khimkhuah keng phunhnam,  
Rampi hrangih damnak nunfu,  
Vairang mit lo nungphung phun-u.

Ro ci phunkim t̄elhmi hrinhnam le t̄ong,  
Parmawi duum iang, Siamtui'lung tong,  
Lennak khurkhua a ngil lo na'n,  
Mithmai pante'n thuanthu a ngaan,  
Thlanhri le thisen ih thapmi,  
Rawlfang ei cu manhla a ti.

Ka pi' suanmi kawhhol rim thaw,  
Rim dang nam hlah seh law,  
Ka pui'lu ih sumku rong hlaw,  
Rong dang keng hlah seh law.

## 8. LAI BUAN

Laimi nunphung ah kan lehnak ah a thupi zetmi pakhat cu buan hi a si. Nauhak pawl hrang ahcun hmun pakhat khat ih kan tonawknak ah kan buan aw ðheu ih kan nuam aw ngaingai. Upa pawl cu khuangcawi con lam tivek puai caan ah an rak buan aw ih mipi in an rak zoh vialvial ih an nuam aw zet. Laimi nun ih kan thinlung a thianghlim zia cu buanawknak ah kan neh loih kan sun a si khalle kan thin a heng dah lo. Buan awk ruangah thinheng ih a soal aw khal a rak um dah lo.

Buanawk tikah daan an rak nei. A daan vekin buanawk a si. Vei thum hlum awk tikah vei thum sungah vei hnih a hlumtu ih neh a si. Vei thum sungah vei khat a hlum thei ruangah thum cang thlak an rak ti ih an sun khal len lungawite'n an um thei. Cun, buan awk tikah hlum aw ngaingai thei loin an sir in an tluk ih an neh awk theilo len an buan awk lai ih neh duh ah buan a la hmaisai ringringtu neh an rak pek deuh ðheu.

Buan hi a thiam le thiamlo an rak um. Buan thiam pawl cun anmah hnakih tha cak pawl tla an neh thei ðheu. Tha cahnak lawngin mi neh a theih cuang lo. Buan thiam a ðul ngaingai. Buan hi a phunphun a rak um. Keh pawk, vorh pawk, vang kau, baan phawi, kawng kalh, sung kawng kalh, kawng hnih vuak, khuk khiah, ke mit phiat, lu bin khawh, ti pawl tla hi an siih buan awk daan khal a phunphun in a rak um. Cupawl cu sum pom, biar tlaih, baan kaih tivek pawl an si. Buan hi a thiam le thiamlo an rak um ih buan thiam pawl cun mi tampipi an neh ih an hmin a thang nasa ðheu. Laimi pawlih kan neihmi buan hi ramdang khalih an neih lo mi le an hman lo mi lehnak le thiamnak hleice kan neihmi a si ve.

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## 9. LAI THUPOLH

01.	Ralþhat lo ih sawnsan ton	...	... Vainim sawn
02.	Tipithuanthum parih meisa tik	...	... Kuakpi, Tibur, kuak
03.	Tawkaa sungih hritom nei	...	... Maimom, surseek
04.	A nolai ah a her, a upat hnu ah a nunneem	...	... Dizang
05.	Leilung tlun ih mizuk thiam bik	...	... Thlalang
06.	Mahlawng koppi sungih taal rero	...	... Lei
07.	Unau hnihte hmasat an cuh aw	...	... Kee
08.	Thla a nei lo nain a zuang thei	...	... Rul vankai
09.	Thla neimi lakih zai ða bik	...	... Tikhingring
10.	Vate lakih nu ih thusim lung	...	... Vaniim

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## 10. KHUANGCAWI

### I. TUI'SAN KHUANGCAWI A THOKNAK

Hlanlai ah Sim Dihai ramah Liangten timi khua a rak um. Cuih khawsung ahcun rulpi a um ih an khaw nauhak zan tinte'n pakhat hnu pakhat an hlo ringring. A netnak ah cui' rulpi a si kha an theih tikah thang an kam ih an awk ngah. An khawsen in an dirh ciamco. Cui' rulpi cun 'I dirh duh nawn aw hlah, ka mei in phau a sun lai' a ti ruangah dir nawn loin an taan. A sa cu an khaw sen in an zem aw ciamco ih nuhmei nu in a lu a co.

Cui' zan cu nuhmei nu cun mikhual pahnih a nei kherkher. Cui' rulpi lu cu an suang ih a hmin thleng maw tiin fungthul in vun dawt tum na khaw rulpi lu cun, 'Ka mit tla in dawt ngah kei' a rak ti. An ñih tuk ruangah *'Thutha a si uallo'* an tiih hnarpawn ah an hlon. Vangar khuan a cut tikah nuhmei nu ih ar cu a hung khuang ual o. Nidang ih a khuan vek si loin 'Titi i ik, khual tlun cu' a hun ti. Cutin veithum rori a hung khuang. An ñih tuk ih khawvang hlan ah an tlan. Nuhmei nu khal an dung thlun in a tlan ve. An khua an suahsan ngah vete'n an khawsung cu a min thluh.

Nuhmei nu cu ram lak ih a tawivahnak ah khuavang sunhlu pum a sar ih a ei hnu cun nau a pai. Nau cu mipa te a run nei. A hmin cu Hrang Khup a si. Rallang phulpi rawn an timi ah umhmun an khuar. A fapa a hung upa vivo ih milian ah a hung cang. Sia tampi a nei ih a khaal ñheu.

Veikhat cu Lasi tlangval a si mi 'Tlang Sir' in a hnemum dingah a dil. Hrang Khup in a sia khaaltu dingah a hman. Hrang Khup ih sia cu a tum khal an tum, an pung cak ngaingai. Veikhat cu Hrang Khup in Tlang Sir ih se khaal cu a thupte'n va zoh na khaw, Lasi khuavang pawlin laam an rak thai ciamco kha a va hmuh. A pa cun Tlang Sir cu, *'Nan tuahdan i sim aw'* a ti rero nain a sim duh lo. A sut zekzek ruangah a ning thlang ih, Tlang Sir cun Hrang Khup hnenah 'Zu tampi in ñuan awla thlaruk a kim tikah ka lo sim ding' a ti. Thlaruk a kim tikah Tlang Sir cun Hrang Khup cu an lamdan le khuangcawidan pawl a sim thluh. Cui' sin Tlang Sir khal cu van ah a kai hlo ve.

Lamdan ding a theih zo ruangah Hrang Khup cu khuangcawi a tum thlang. Amahte lawng cu nuam a ti lo ruangah Lusei ram ih Muallianpi lal Hunglai a hung sawm. A rak duh lo. Hunglai cun, 'Tu i hung sal a sile ka rak lo that ding a ti. Hrang Khup cun 'Asilen na inn ah thing ka hung thiah (*TAAR*) thei asilen na rung tengteng ding', a ti tikah Hunglai khal cu a lung a kim ve. Curuangah a inn cu tlangval pawl a kilter. Hrang Khup ih tlangval pawl an vung ih Hunglai ih in kiltu tlangval pawl sete phaw an phah ih an it that thluh kha an hmu ih culai fangah Hunglai ih inn ah Thing an hung thiah. An thiah ngah in an tlun phah ah Hunglai ih tlangval pawl cu an thah hai. Hrang Khup ih tlangval pawl cu inn an thlen tikah tual ah an lam ciamco. *'Sete phaw*

*kan doral, zan ral ah kan thab'* ti hla sak phah in an laam ciamco.

A tikcu a kim tikah an khawpawh in an hung ih an laam ciamco. Tlangval pawl in feipi an keng ih fala pawlin cawilu an khum. Hrang Khup ih tual ahcun a khua a khua in hla a lehaw ih an laam ciamco. Hrang Khup ih tlangval pawlin, *'sete phaw damta kan doral, zan ral ah kan thab'*, an ti. Hunglai ih tlangval pawlin, *'Atu rual lo kan san, kap kei sa hlau lo, za ung eh'*, an ti ve. Cutin ni sarikh sung rori an laam. Cui'sin cui' nun cu an run cawng vivo ih, khawkip ah khuang an run cawi vivo lanta. Cui' ruangah a si an thlacam khalah, *'Hrang Khup ih nun si fawh kan cawn, Hunglai ih nun si fawh ka cawn, khuangpi cin hnih ah innpi kel cangpi e ka lo lut vivo ding'*, an tinak san.

## 2. KHUANGCAWIDAN

Khuangcawi hi laam hmuahmuah ih netnak, milian lawngih laam theihmi a si. Khuangcawi ding cun laam a tawtei' thawh ih sehra thah thluh hnu lawngin khuangcawi theih a si.

### KHUANGPHAWH LAM NI 3 SUNG

Fanger thla (October) ah khuang an phawk theu. Khuang phawh tual lam ah a hmaisa bikah saihrem pahnih khuangtleng vekin a temkhawm ih cumi cu ruaitla pawl in tual ah an cawi. Ai! zingnak tluk a si.

### SIM ZAN, NI 1 NAK

Fanger thla simlam hrawngah an buah theu. Tlangsuak upa pawlin milam pa an sim. Tualzim ihsin meithal fungkhat an kap ih, 'Nan inn leh nan Lo kan lo long a si tiah khuangdar tum phah in an laam ciamco. Inntek nu le pa hnarpawn ah an tlan. Pacang, a simtu pawl cu khuangdar thawn tual veithum an rel hnu ah inntek nu le pa cu pacang pathum in an va hruai. Inntek nu le pa in, 'Kan inn le lo in lon zo si' an rak ti. Veithumnak ah, 'Long hlah e, long hlah e, nan hmunpi le nan lei lai rung luah kir auh' an ti. 'Cuti a si ahcun kan rung tlung kei cu' tiin an thlun.

### TUAL LAM SUN, NI 2 NAK

Zing thaithawh hrangah vokpi sa le zu an hmeh. Thaithawh an khawh ciamciam in ruai tla pawl in, saihrem pali an la ih, a kawkalh in an tawn ih khuanglem an buah. Ruaitla pawl in an zawn ih hla sak phah in an laampi ciamco. An hla sakmi cu:

"Arri zaizai, khuan cang maw? Sum ka tleng, sai ka tleng pa aw e, an tiih dunglam leh hmailam ah a nawl aw detdo".

### SATHING THAH SUN, NI 3 NAK

Sathing thah timi cu khuangcawi sung hmuahhmuah ih rawl suannak dingih thingai an hlammi cu a si. Khawpawh sen tein thing an hlam ciamco. Khuangdar an keng ih, mi ʔawntai pawlin sunvu in an rak tum. Inn an tlun tikah mipa hmuahhmuah in Thanthing feipi an tuah ih, khuangdar thawn an tlung. A zan cu nuamzet in zan an meng ciamco.

### CAWIPI NI, NI 7 SUNG

Khuangphawh ihsin thlathum nithla an hrel thluh cun khuangcawi a thiang. Amah lawngte sunhri par tikcu ah an ti ʔheu ruangah thla ruk lai tla a aw h ʔheu.

### HNAR LAM SUN, A NI 1 NAK

Khuangcawi cu lam dang bangin sumden zan ti loin hnar lam sun an ti. Rual pahnih asilole ruaitla in Sehngon (selu taarnak) ding thinghia ʔekruk nei pahnih an salh. Thaithawh khawh in milam ding hmuahhmuah cu hnarleeng kelthahnak ding hmun ah zu an in. Hnar ahcun Faiceu (farʔuah) kung an phun ih kel cang (me) an hreng. A tlun zawn ah arcang sen bawm ih cihmi an taar. Khuanghau pa cu hreitlung bik tak an hman ih kelcang a ceh that lai hlanlo an hler ih an laam ciamco.

### SETHAH SUN, NI 2 NAK (PU ZU)

Tlangvo sun asilole sethah sun an ti. Khua a van in nu pu le pa pu khalin anmai' lam veve hrangah thar an that. Mithi zo hmuahhmuah in an vun sawm. Simlam ah sutpi phur ah zu an thlawr. An zu thlawr mi cu thawl sungah a thun ih, inntek pa in zu no a hun. Vorh zu an cang (co) thluh in tualrawn ah cang upa cu ruaitla pawl in an rak kai ih inntek pa in hai tuk thawn secang par ah vei thum zu a toih hnu ah bawlpu ih auhdan vekin inntek pa in thla a cam. A cam ʔheh in sia cu feipi in a sun. A sun ʔheh vete'n se kaitu pawlin an pheh thluk lohli ih an cek that. Inntek pa cu zaute ah a kai lohli ih khuate hla a sam ngualhngo. Cumi ʔheh in sepi an vung suah ih thla a cam. A cam ʔheh in an that.

Sepi an thah thluh in cang nauta an vung suah. Thla a cam, a dang vek thocho in an that. Cuih hnu ah khawsa timi vok thau sum ruk an that. Thla a cam. Cangpi thin le vok thau thin cu an suang ih sathin le buh, tual ih se hngon ah saserh an pe. Saserh peknak khalah thlacam an nei thocho.

### SACAN SUN (PAZANG NI), KHUANGTUAH SUN, NI 3 NAK

Sun hlan hmuahhmuah zu an in ih, far lai liammi vok thau, ar thla dawh an timi



cu sun hnu ah an that. Cui'vok thah khal ah thla an cam.

Mi senpi cu sunvu te'n zu an in ih an um ruri men. Ruaitla pawl cu sa can na, khuangtuah na, tiin an then aw hai. Inntek nu cawinak ding khuang an tuahdan cu: Khuangtleng cu rua a khuisuak mi can aw in an la ih, farṭuah (farceu) salh pheng, a zim lam an vihmi ahcun an hrawlh. Cui'par ahcun minung din theinak dingin an dawn ih bukte vekin inntek nu kha tla mai theilo dingin an kham thepṭhep thluh. Cumi tak cu Khuang an timi a si.

#### **BUALPI SUN, BUAL KHUANGCAWI SUN- NI 4 NAK**

Nupu le papu ih liammi vok thau pahnih cu zing ah an that. Pacang lamnak hmun ih tel ding pawl in voksa cu thaithawh hmeh ah an ei. Rawl ei khawh in Puithiam in hmai a hruai ih kuate hla sam phah in mual ah an suak. Ruaitla pawlin zu in ding phunphun cu mual ah an rak bun cia. Puithiam in kuate hla a sam phah vivo. Cutiin vel thum a vel suak. Malte an cawl lawk. Cui'hnuah laam dingin tlar hnih ah an tlar aw. Hla sak phah in khuang cu vei thum ah heel. An cawl lawk ih zu an tul aw ciamco. Sim lam deuh in Khuangcawi dingin an timlam aw thlang. Inntek nu cu khuang k h i r h ding thilri pawl thawn a ralring cia thluh. Cawilu hniarza a khum ih fau le bannal tla a bun. Kawr hruh loin khuangcawi hni an timi cu a thin ih khuangsung ah a lut. Cutiin zawn ding hngak in pawk dingih an tuah ciami cu pawk in a ding. Thingthiah mi khua le khuasung pawl cu khatlam veve ah an ṭang. Khuangtleng cu an pawk ngah in an liangpar tiangih saang ah khuang cu an cawi. Ṭumkhat ah vei thum kim in khatlam mual tawp thleng in an nor awaw. Ṭum thum tiang an nor aw aw hnuah mual laifang ah an ret. Cuih hnuah a khua a khua in a haha te'n an cawi. Ṭum thum a kimnak ah inntek nu cun khuang a khirh ciamco. A khirhmi pawl cu patmu, pianawi, pasa nawi, arcang, puante, sehri tla an si. Inn tek nu cu an cawi laiah a hani a lang pang le a ṭha lo an tiih, a zarh an ti. Thihhlohnak a si an ti. An cawi theh in leilung ah a ṭum.

#### **SUM DIL SUN, THINGTHIAH TLUN SUN (SAWNGṬUM NI) - NI 5 NAK**

A thaizing rawl khawh in thingthiah khua pawlin inntek teih tual vel thum an vel ih tangka an diil. An khawhnih in sete man zat ve ve. Cumi an in thluh in thingthiah khua pawl cu an tlung.

#### **KHUANGPHUM**

Rawlsuang in vokpi a liam ih tual ah an that. Zanriah ei khawh sim deuh ah khuanghau in vokpi lu, me hna faiceu (farṭuah) pawl thawn an ṭawnkhawmmi cu inn hnuai ah a phum. A phum lai cu khuang le dar thawn an hler ciamco. A phum thluh in

a suak ih se kot a thlen in inntek nu in faangfai in a rak theh ih inntek pa in zu in a rak phut. Siat a serhta. Ka thusia hmuahhmuah phur thluh aw. Na hu nau law, kei tlunsang ah kai vivo peng. Ka rual hleih in, ka khuk hleih in um vivo peng tiin thla a cam.

**TUALPHIAH SUN, SAWLTHLAWN SUN, NI 6 NAK**

Hi sun ah khuanghau pa khal khawdangmi a si ahcun milam teih pekmpuan pakhat, tawngphu pi, vaidip, kel ceknak hreitlung, tuhmui fang, secang liang thawn a khua ah a tlung. Khawlai mi a si le a umnak inn ah a tlung.

Khawlai pawl cu a paih vial sunvu in zu an in. Rualtla pawlin khuang cawinak ih hnawmbal pawl hmuahhmuah an thianfai. Cucu a si tualphiah an timi tak cu.

**SALU LAWH, NI 7 NAK**

Khuangcawi tiak ih thla khatnak thlade hmaisai bikah salu an lo. Salu lawh a cut lai hlanlo cu khuangcawi tiak vuarvi a si hrih lo. Curuangah inntek, milam te ih sung cu salu lawh lai hlan lo khui tawk hman suahvak awi a silo. Mithi inn khal pal awi a silo. Ruak hngah sa khal tlun lo ding a si. Sa mahte tilbah tawng, thi khal inn ah phurh tlun awi a silo. Kahmi sa le lamnak sa lawng tlun a thiang. Sungkua thih hloh ton hmanah an pal ngamlo. Thitawknak inn khal an pal ngamlo. Milam inn lawng an pal ngam. Salu lawh thluh cun, khuangcawi laam khal tiak thluh ih ngai a si.

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## 11. LAI INN SAKDAN

Lai inn sak tikah a hnuailam ih thlri pawl hi a tulmi le an hmin theihthluh tulmi a si.

1. Liangte ban, Luangte (khanmi)
2. Thuambil (khansuk do hngetnak)
3. Kailawn
4. Tukverh
5. Sabang (salu tarnak)
6. T̄umhmun (thlailam lo pawl zu innnak)
7. Bawhbelh
8. Vokkuang
9. Cungtleng (phar hngetternak)
10. Innhnuai (vok umnak)
11. Zualnat (pharto)
12. Disapthla

Hi vial hi a lenglam ihsin hmuh theihmi an si. Lai inn hi a tlangpi thu in, innleng le innsung ti in khaan hnih lawng a um. Inn leng thlanglam ah dondel (namthlak) an tuah. Cui dondel tuahnak hramtohnak cu kham thiang an ti.

### Inntlun umdan

1. Innbo
2. Cuum
3. Luangpi
4. Suutpi (a mal bik ah 3 a um)
5. Inn hmai lam le dunglam dicihnak dingah rua an thlekmi kha cuum parah an tem ih cumi parah di an cih. Cumi cu vaak so an ti.
6. Luangte  
*Dicihdan:* A hnuaita bik dicihmi kha dite tah an ti ih a sangbik hmun kha luanglu an ti. Luanglu hung sangtu dicihmi kha luangsang an ti. Luangpi tlun an thlen in a pakhat dicihmi saudeuh ih ant uah le luanghu an ti. Luangpi khuhnak kha luangkhum an ti. Luangpi ihin a hmailam ih dicihmi kha- saphthawi an ti. Hmurcaar lam luangpi khuhnak kha, pelengthlai an ti. Inn sunglam ihsin dicihnak a thluar so kha dihnah an ti.
7. Cuum pakhat a tiing aw lo ih an pehmi asile cai-vam an ti.
8. Inn hmai lam dicihmi a rak so ih cihmi hngetkhoh dingih a tanglam ihsin ruah

- pheng ih a donak tuahmi kha- turthlar an ti.
9. Di an cih ih a zim, a netnak bik kha dithla an ti. Ruahpi a sur tikah cutawk ih ruah rung luang kha dithla farfem an ti.

### **Innsung umdan**

Inn vung luh ih a hmaisai bik zial an donmi khi donsuk an ti. Innsung le inn leng dannak phar khi khartun an ti. Innsung luhnak dingah sangka an tuah. Savom kap pawl in an sangka kha puum (vomkua) vekin an tuah ih vokter ti ah hmin an sak.

Sangka phar ding thei ih khar thluhnak ding a tonak an tuahmi cu 'Sualriat' an ti. Phar tlun le phar tanglam ah phar hngettertutu dingah zialpheng an tuah ih an ðeem bet. Cumi cu tunrel an ti.

Vungsuahnak ding sangka kiang ah mai duhmi baannak dingah lingkiin an tuah ih a ðawmnak ah duhmi cu an baang thei.

*Innsung taktak:* Tapthlang zial donmi, ðuangral a um, cuisin carhlet a si. ðuangral kawm ahok-thawhnak an tuah. Tappi rawl suannak a um. Tappi sunglam ah khunpi (nu le pa sungkua ihnak) a um. Tapi meisa ainak dingah tap heeng an don (zial an don). Tapthlang zialte le tappi karlak ah zialdon a um leh ih san-kil an ti. Cumi an dohmi zim ah a tung zawng in ihkhun hngettertutu dingah zialtun a um ih. ðuhfing (tungcaw) an ti. Meisa van theinak zial hlei an tuah ih meisa an vannak khal a si. Ihkhunpi khatlam ah khual a um ih an fala ihnak a si. Tlangval cu ihburleng an ti ih mi inn ah an riak. Ihkhun le phar karlak cu khuntaw an ti. Tapsak a um ih cutawk ah vokte ðang thei lo pawl cawmnak ah an hmang. Meisa tihnak tlun ah rapcung an tuah, hrekkhat ih dot hnih ih tuah an um.

Mai'inn area kha ðhate in an kulh ih hauhruang an ti. Kotka ðhate in an tuah ih kotkhen ti ah hmin an sak. Hrelhmi tampi a um ding. Hmunkhat le hmunkhat kan thil hmin sah khal a bangawk lonak khal a um ding.

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## 12. FALA LE TLANGVAL NUN

### A. Tlangval Nun

Kan pi pu san lai ahcun tlangval pawlin tlawmngainak an rak nei zet. Nu le pa lo mi tlung hnahcang pu maw, zanthing pu maw an hmun cun an sawng ringring. Pacang upa deuh le tar cak nawnlo pawl cun thing an put khalle inn tiang thlen thei lo in, lamlak cangtluan ah maw, zanthing hngohsan in si maw an tung ta theu. Tlangval lo mi tlung le veivak dang khalin an hmun cun zo ih ta ti khal thei cuang lo in an putsak ih khawhnar an thlen in an ret ta theu. A neitu an theih asile inn tiang an putsak theu. Tar upa cak nawn lo pawl ram ih thingtaanmi pu dingih an feh, khawhnar naite ih an thing an va hmuh cun an lung a awi ngaingai. Zo in an putsak a si ti an thei lo nan, “Damcak vivo hram law, nutar patar sawmbawltu ah na kutke sau hram seh,” ti in thlaza an cam.

Tlangval tirtte pawl cu Suakthuan an ti. Tlangval, Suakthuan kaihhruidan ah, dunglam samtom Mar pawl cu Zawlbuk an nei ih tlangval hmuahhmuah in an riakkhawm thluh. Val upa in khawsung kilkhawidan le sa le ral lakih tanrualdan an tawlrel ih an phawkhai a rual zet. Hmailam samtom Lai pawl cu Zawlbuk nei lo in Ihburlen ti in fala inn ah tlangval pawl an riak. An inntektei; hnaṭuanding an neih asile an ṭuansak theu.

Riahhawmnak dingah fala unau hnih nei inn an hril deuh theu. Ziangah tile pakhat khat in pasal a neih khalle pakhat a tanlai ruangah reipi tiang riah a theih ruangah a si. An riahnak fala innpawm an suah thluh asile inn dangah an ṭhawn aw. Inn dang ih an ṭhawn zik asile hah aw tak in inntek te in zu an siak ta ih hla tla an lehaw ciamco theu.

### Ihburlen ih ṭhathnemnak

1. Nunzia le nunphung an zirhaw.
2. Upa nautak kaihruaiawkdan an zirh.
3. Lai Thuanthu
4. Poimawh cakkhai ah an ṭangtlang.
5. Ṭuantlang le bomawk ih ṭhatzia an zirh aw.

### B. Fala nun

Fala cu kor kawitelh an hruh. An ban ah bannal, faudawn, harngek le ngunkual an hruh. An tai ah hrangkha, lawngka, taihol, khingte le cumci an kaih. An ke ah khang an hruh. An hngawng ah ṭhival, pumṭek, ṭihnak, ṭhite le kep tla an orh liailiai. Fala pawl hi a hleice in an bang cuang. Lo mi an feh asile peikawng an phur. Fala, tlangval mi tampi tlakaw an si ruangah tlangval pawlih tuhnmui, hreitlung le sincaw pawl an phurhsak.

Mai' caizawng ih thuamhnaw phurh ding cu a zaang zet ding nan an ngaizawng lomi pawlih thuamhnaw khal phurh lo a theih lo. Fala sunglawi deuh an si ah pheih cun an thilri phursak hmarnngaitu an tam ruangah phurhtlak ngaingai khop ih rit an phur theu. Fala hmuisung lemlo tawntai deuh pawl cun tlangval thil phurh ding tong lo in zaang hiarho ten an feh nan nuam an ti cuang lo.

Tlaklo an feh ah hin sincaw an keng ciar ih sun ah an zate'n a thaw, a sia ti um loin an tawmaw vialvo thluh. Hlan ahcun caizawng an rak nei cio nan mi ih theih an phan ruangah tulai vekin caantha hawl rero a um lo. Mi an um lo tikah an mitmeite'n an be aw men. sun ah lo an thlawh ih hlei ah tlun phah ah zanthing an phur. Fala pawl lo mi tlung cu zawi hnam ha na neih ding ti theih duh ah, Tonpar an hna ah an khaih ih an tlunnak ih mi a ton hmaisai bik (phunhnam) an nei theu. Sun ih lo thlawhnak ih Laaksang an hmuh le, fala a dokter ih maimom dum a hung suah le mi dum, a rang a rung suah le mi ngo. A fate rual thawi a hung suah le intu (pa) neihnak an ti. Busul le tanthe cinnak ram ahcun thlaiciah ah le thlailuah a tul fawn. Nu le pai' hrang zupi ding sum an deng thul. Zanziah khawh ah pat an kap, pat an hnuk, um awl lai nei lo. Tlangval innleng an neih le patkah an bawm theu. Lo feh phah ah pat an hmoih, tibur ding kuakpi an fawp phah. An hnatuan awl bik cu thiamtah a si. Thiam an tah asile tuisun cu ka bawi huahhi, zianghman ka tuan lo, thiam ka tah men an ti. Nu le pa tihzah hna an thiam zet. Pasal an neih ding hman ah nu le pa'n cumi pa, khami pa na nei ding an ti ahcun an el ngam lo. Kannih fate in nu le pai' duh lomi neih kan tum lo. Kan hrang tha ruattu nanmah ih tha nan timi pohpoh kan nei ding ti in zah zet in an sawn theu.

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## THEN THUMNAK: CAWNTLAK FIMSIMTU

### 1. CHIN RAM THU

#### 1.1. A hmun le hma

Chin Ramthen cu Kawlram Ramkulh ih ntlaknak lam zawn ah a um. India le Bangladesh ram thawn an ramri aw.

#### 1.2. Ukawknak district le peng pawl

District pahnih a um. Cu pawl cu: Falam District le Mindat District tla an si. Falam District ah peng panga a um. Cu pawl cu: Falam Peng, Hakha Peng, Thantlang Peng, Tonzang Peng le Tedim Peng tla an si. Mindat District ah, Mindat Peng, Kanpetlet Peng, Matupi Peng le Paletwa Peng tla an um.

#### 1.3. A tuum le a seen

Saklam deng ihsin thlanglam deng tiang peng 300 lenglo a sau. A pehi zawng a kauhnak bik ah peng 100 tluk a um. Eria in kan sim a si le, 1390 sq peng pawl an si. (8900495 eka)

#### 1.4. A hmui le hmel

Chin Ramthen cu, tlanghrap le tikuam thuk lawnglawng in a khat. Tlang sang karlak ah tiva tla a luang ih tiluan a rang tuk ruangah lawng a feh thei lo. Paletwa Peng lawng ah lawng a feh thei.

#### 1.5. Tlangtluan pawl

Thaang tlang, Inbuuk tlak, Bawipa tlang, Rung tlang pawl cu saklam kau ah an um. Cun, Artaraw tlang, Khonu tlang le Kimi tlang cu thlanglam kau ah an um. Kanpetlet khua sak ih Khonu tlangzim (Mt. Victoria) cu pi 10,200 a sang.

#### 1.6. Nikva pawl

Nikva thupi pawl cu Ruun va (Manipur River), Tio va, Bawinu va, Mong va, Lemro va le Kaladan va tla an si. Ruun va cu Tonzang Peng, Tedim Peng le Falam Peng sungah a luang. Tio va cu Falam Peng le Mizoram, ramri thlun in thlanglam ah a luangsuk. Bawinu va cu Hakha Peng ah a um ih Tio va thawn an koaw leh. Lemro va cu Matupi Peng le Paletwa Peng ah a luang. Kaladan va cu Paletwa Peng ah a luangsuk, Tio va ih tawlam a si.

### **1.7. Rih Li**

A hminthang Rih Li cu, Falam Peng ih nitlaknak saklam ramri kel zawn ah a um. Rihkhawdar khua thawn a naihte. A kimveel cu pengthum a sau.

### **1.8. Thingkung, hramkung pawl**

Amah te ih kho thingkung thupi pawl cu: far, tlor, lawi, cing, hual, hriang, thanvaawng, thiil, mau le rua tla an si. Par mawi nei thingkung pawl cu, sokhlei, faizong, farṭuah, vau le vul tla an si. Cun a rah eiṭha pawl cu, theipi, taat, sunhlu le hai tla an si. Thingkep par a phunphun, meilam par, senhri par le ros par khal an um.

### **1.9. Tikcu, khuasik le khuahlum**

Tikcu pathum an um; ṭhal, fur le thlatang tla an si. April thla le May thla ah khua a sa bik. Fur tikcu cu, June thla in September thla tiang a si. July, August thla ah ruah a sur tam bik. Cun thlatang tikcu cu October in January tiang a si ih December le January thla ah khua a sik bik. Hmun ṭhenkhat ahcun tidai a khal ṭheu. A sat lam cu buaktlak in 72.3 F a si ih a daihlam cu 50.5 F a si.

### **1.10. Khua le mipum**

Chin Ramṭhen um milai pawl cu lothlo an tam bik. Tlang hrap ah lopil her in lo an tuah in, fang, fangcang, vainim, raṭhe, busul, be a phunphun, nim, kawlhra, hra le aalu tla an phun. Hmuan ah, epal, thawphat, dawhhlei, lingmawi, tanpaya, laphak, kawfi, khasuan tla an phun. Mi malte in acozah hna an ṭuan. Dawrtuah le sumtuahtu mi malte an um.

### **1.12. Khuawltlawnnak lampi le biakawknak**

Ramṭhen um lampi pawl at am bik cu ke-lampi an si. Acozah khuapi pawlah mawṭawka a feh thei. Paletwa peng ih tiva pawl ah lawng a feh thei. Paletwa khua cu tangphawlawng colhmun khua a si. Acozah khuapi kip ah telefon, carek le thirhri zung a um. Khuate ṭhenkhat ah khal telefon an hmang.

### **1.13. Khualipi le acozah khuapi pawl**

Hakha cu acozah umnak, Chin Ramṭhen Khualipi a si. Falam le Mindat cu District khuapi veve an si. Peng khuapi pawl cu: Tonzang, Tedim, Thantlang, Matupi, Kanpetlent le Paletwa khua tla an si.



#### 14. Harhdamnak le Fimthiamnak

Hakha le Falam khua ah mina ihkhun 200 tlem sizung a um. Cun Peng khua kip ah khal acozah sizung an um.

Cazir hmun cu Acozah Phunhra Tlawng 17, Phunriat Tlawng 52, Phunruk Tlawng 167 le Phunli Tlawng 652 an um.

#### 15. Acozah khuapi pawl

Ramthen Acozah khuapi cu Hakha khua a si.

##### *Khualipi*

Hakha khua a si. Tipi thuanthum ihsin pi 6120 a sang. Milai 19660 hrawng an um.

##### *District Khualipi*

1. Falam cu Falam District ih khualipi a si. Tipi thuanthum ihsin pi 5200 a sang. Milai 1836 hrawng an um.

2. Mindat cu Mindat District ih khualipi a si. Tipi thuanthum ihsin pi 4860 a sang. Milai 11901 hrawng an um.

##### *Peng Khualipi pawl*

1. Tonzang khua: Tipi thuanthum ihsin pi 4739 a sang. Milai 6811 hrawng an um.
2. Tedim khua: Tipi thuanthum ihsin pi 5667 a sang. Milai 14102 hrawng an um.
3. Thantlang khua: Tipi thuanthum ihsin pi 3300 a sang. Milai 8330 hrawng an um.
4. Matupi khua: Tipi thuanthum ihsin pi 3300 a sang. Milai 10040 hrawng an um.
5. Kanpetlet khua: Tipi thuanthum ihsin pi 4820 a sang. Milai 3560 hrawng an um.
6. Paletwa khua: Tipi thuanthum ihsin pi 186 a sang. Milai 7178 hrawng an um.

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## 2. LEITLUN SAN THUAN THU

*(Jesuh Khrih suah ihsin Leitlun Ralpi a pakhatnak a suak hlan tiang)*

Jeush Khrih a suah tikah leilungpi ih uktu nasa bik cu Rom a si ih tipi thuanthum parah siseh leilung parah siseh mi siatsuahtu mifir huatsuak suamhmang (damiah) um lo dingin daitein a uk thei. Ramsung a deng tiang feh theinak lamzinpi thaṭha a tuah ih rangleng hman theinak an si. Ahlan ih ram tam zet cu ram pakhat an si ruangah hmunkhat le hmunkhat an tlawng aw thei.

Ca le ṭong ahcun Greek an hmanṭlang thei. Nunphung le fimnak ruahdan khal bangrep le rualran thei dingin Greek pawl in an rak zuam. Biaknak thu ahcun Judah pawl siar lo, a dang pawl cu pathian tampi nei milem bia an si.

Rom uknak cun leilungpi hrangah thil ṭha tampi a tuah nain, biaknak thar cu a ngaithiam thei lo. Khristian pawl an karhzai ding khal a duh lo. A hrem nasa hai. Hremnak, tisiatnak le thahnak cu Jesuh Khrih san ihsin a thokih Constantine Rom siangpahrang a kai tiang a si (AD 300 hnu deuh hrawng). AD 164 ihsin 180 tiang pulhsia a thleng ciamco ih Rom uk sungah minung tampi an thi. Rom khawpi kum (1,000) kimnak puaipi cu AD 248 kum ah an tuah. AD 308 ah Constantine Rom uktu ah a cangih Khristian pawl hremnak ihsin an luat. A hnu ah Khristian biaknak cu ramkulh biaknak ah a cang. Constantine in Greek ram saklam ah Constantinople timi khawpi cu amah ih hmin cuangin a din ih cutawkah a um.

Zalennak a um tikah Khristian pawl lakah thuelawknak a tam. A bikin Greek mi pawl lakah a si. An elawk bikmi cu Pa Pathian le a Fapa Jesuh Khrih an bang aw cekci maw? Jesuh Khrih hi fapa a si ruangah a niam deuh lo maw? ti a si. Niceae (Naisia) khua ah hruaitu pawl an tong aw ih an rel khawm tikah an bang aw ko tiah thu a tlu.

Rom rampi cu AD 363 ah Nisuah le Nitlak tiin a ṭhen aw suak. Nisuah lam cu Greek pawl tamnak, thu el awk zuamnak a si ih Bzantine Empire tiin an ko. Nitlak lam cu Rom ihsin an ukih a ṭuan taima pawl an si. Nitlak lam le saklam ah ram thar hna nasa zetin an ṭuan. Rom ihsin saklam ah fimnak le nungphung ngaihsak lemlo ralhrang mipahun pawl - Goths, Visigoths, Vandal, Hun tivek pawl an um. Cui pawl in Rom ram cu an rung do ṭheu. Ṭih an nung zet. Rom ram khawpi an neh ih an siat bal caan tla a um. Pope in a rak lem thei ih an kir saal caan tla a um. Rom khua ih um bishop ṭuantu pope thuneihnak cu a sang sinsin.

Nisuahnak lam ram pawl ah, India ram ah Hindu biaknak cu san reipi ihsin a rak ding zo. Kum 500 BC hrawngih a rak thokmi Buddha biaknak khal nisuah lamah a karh vivo ih Kawlram, Thailand, Laos, Kambodia, Vietnam le thlanglam Srileuka ah siseh,

saklam Nepal ihsin Tuluk, Korea, Japan lamah a karh vivo. Tulk ramah Taoism le Confucius biaknak tla a suak.

Leilungtlun ah a karhzai zetmi biaknak pakhat cu Islam biaknak a si. AD570 ih suakmi Mohammed ih hramthawhmi a si. AD 622 ihsin a thokih AD 632 ih Mohammed a thih hnuah zamrang zetin a karhzai. Mohammed sawngtu pawl cu Caliph tiin an ko. Moslem cu a Hrek in Mohamedan ti khal in an ko. A thok pek ahcun ram thar hnañuan cu a sim ihsim a sinain a rei deuh tikah naam thawn ñuan a si thlang. “Moslem ih na lut lo le na thi ding” ti a si. Nisuah lam ah Pakistan, Afganistan, India, Bangladest, Malaysia, Indonesia tiin a karh vivo.

Nitlak lam khal ah Moslem cu an karh vivo. Hlanlai Persia pawl ih rak neh thei lo mi Greek pawl lan in Europe mirang pawl neh an tum. A sinain Greek pawl in an rak neh. Cuihsin Africa saklam Egypt, Lybia tivek ihsin nitlak lam ah an feh ih ram an nor vivo. Tipi thuanthum a faaknak zawn in saklam ah an kai ih Protugal le Spain tla an neh. France an thlen tikah France siangpahrang Charles Martel in a rak neh ih dungah an sip saal.

A sinain a tu Turkey ram khi Ottaman pawl ih an uk tikah Moslem ram an si ih AD 1453 ah Greek pawl an neh. Constantinople khua khal Istanbul tiah Moslem khawpi hmin an bun. Khristian biakinn mawi zet cu Moslem biakinn pi ah an tuah. Constantinople khawpi an lak thei nak cu zian pukpi an hman ruangah a si.

Cu tivek ih Moslem biaknak a karh ciamco lai ah Khristian kawhhran cu nisuah lam le nitlak lam tiin a ñhen aw. AD 1054 ah a si ih, Nitlak lam cu Rom ih hoha mi RC kawhhran an si. Nisuah lam cu Greek pawl ih hoha mi Orthodox kawhhran an si.

AD kum 1096 ihsin Crusade ral donak a thok. Ram thianghlim timi Judah ram le Jerusalem khawpi Moslem pawl in an uk ih an tisia ti an theih tikah Europe ih um mirang Khristian pawl an thin a na ih an va donak a si. Voitampi an do na in a langte ih neh a si ih neh suak ti a um lo.

Leilungtlun ih a rei bikmi raldonak pakhat cu England le France do awknak a si ih AD 1338 in a thok. Kum zakhat sung an do aw. Minung ñhansonak ih a nasami zian tuah thiamnak a rak um ih hih kum 100 raldonak ah mirang pawl in an hmang thok. Pukpi le meithal an hmang nain an thiam tuk hrih lo ih hmual a nei tuk lo.

AD 1346-49 kum thum sung Europe leilungpi ñhen ram pawl ah Blaak Death timi Pulhpi a thleng ih minung a hrek hnakih tam an thi. Hmun hrekkhat ah a vuitu khal an um lo.

Leilungtlun ih thil thar tuah thiamtu pawl lakah Germany pawl cu an nasa zet. AD 1440 ah Gutenbery timi pa in canamnak (Pringting Press) a tuahsuak ih cabu tampi

suah theih a si thlang. Cuih tlunah tipithuanthum ih khual tlawng pawl hrangah compass timi a kutte in saklam a sawh ringringmi a tuah thiam.

Hih thil thar tuahmi pathum (zian, compass le canamnak) hin santhar a suahter. Sanhlun ih raldo awknak siseh, tipithuanthum ih khualtlawn a harnak siseh, cabu suah a har dan siseh sanhlun ah tanta in santhar nisuak mawi a thlenpi zo.

Khualtlawnnak leilung rhar hmuhsuah a petu cu Italy ram Cenice khua ih suakmi Marco Polo (AD 1300 hrawng) ruangah a si bik. Italy ihsin tangphawlawng thawn an feh vivo ih Tuluk ram Kublai Khan ih siangpahrang innpi a thleng. Kum reipi hnuah an kir saal ih an khua an ram ah an sim. Cuih a simmi cu Marco Polo ih khualtlawnnak tiin cabu an suah. Cuih cabu siar a lung thotu bik cu Italy mi thotho Christopher Columbus a si. Anih cu tanpawlawng thawn a feh vivo ih India ram thlen a tum. A thlennak cu America a si. India ah a ruat thotho ih a minung hmuhmi pawl tla Red Indian tiin a ko. Hih America a thlen kum cu AD 1492 ah a si. India a thleng taktaktu cu Portugal mi Vasco da Gama a si. Columbus Italy mi si hman sehla Sapan siangpahrang Ferdinand le a nupi Isbella ih thlahmi a si.

Mirang (England) ram le Spain, France, Portugal, Holand (Duteh) pawl cu an fim hmaisai ih leilungtlun hmunkip ah an feh. Ram tampi an nor. An cuh aw. America sak le thlang ram pawl, Asia ram pawl, Africa ram pawl le Australia le tikulh ram pawl cu an ukmi ram ah an cang vivo. Cucu colony ram timi pawl an si mi ih kuttang ram pawl tinak a si.

America sak le thlang cu England, France, Spain le Portugal pawl in uk. A rak um ciami ram neitu mipun pawl cu Aztec, Inca le Indian tla an si. Saklam America ah ram pathum a um ih Canada le USA ah mirang (English) an tam buk. Mexico ram a thlanglam pawl le tikulh ram pawl cu Spain ih ukmi Spanish tong hmang pawl an si. A kaubik ram a simi Brazil lawng Portugal ih ukmi Potugese tong hmangmi an si.

AD 1776 ah America (USA) cu England uknak ihsin mahte ukawknak (Independence) an ngah. 1861 ihsin 1864 tiang kum 3 sung America ramsung ralpi a um. USA President Abraham Lincoln ih hohami salzuat duh lo pawl le salzuat duh thlanglam ramthen pawl an do aw ih minung ti cawk lo an thi. Lincoln hohatmi Union ralkap pawl in an neh ih AD 1865 December thla ah sal pawl thlah theh ding, zo khal sal zuat theih nawn lo timi thu a suak. Sal luatnak a si. Abraham Lincoln cu thah a tuar. Sal luatnak hrangah a nunnak a liam ve.

Biaknak thu ah AD 1520 hrawngih a thokmi Protestant Reformation thimi kawhhran tuahthatnak in kawhhran tampi a suahter. Santhuanthu hmuihmel a lamdantertu pakhat a si ve.

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### 3. CHIN RAM HMUN HLEICE PAWL

#### 3.1 Ngalsip tupi

Ngalsip tupi cu Falam khuapi ih nisuahnak lam saklam ih ummi a si. Hih tupi a neitu a naih bik khua pawl tla cu Lunghawh, Khumzing le Duhmang an si ih, Lunghawh ram hi a tumbik neitu an si. Ngalsip tupi ih a saannak hmun cu pi 8010 a saang ih Falam-Kalay mawṭaw zin ihsin zoh tikah tupi thingkung hnakin Leenpaal tlangtluan sawn hmuh a si. Ngalsip tupi cu Ekah (61,440) area a neimi Lianthar kakuat Tittaw sung ih ummi tupi pakhat a si.

Ngalsip tupi ih nisuahnak thlanglam ah Lianthar tupi, Hamteel tupi, Khuanghluum tupi le Vanpem tupi pawl in a pehzom. Nitolaknak lam saklam ahcun Vombu tupi, Thangkai tupi le Cunghum tupi pawl thawn a pehzom aw. Hih nitlaknak lam saklam tupi pawl cu kiangkap khua pawl in Lo ah an tuahnak hmun a um ih Vainim, Aalu, Kawpi pawl an ciing ih sumlut tampi ngahnak ah an hmang thiam. Nisuahnak lam thlanglam tupi pawl cu kiangkap khua pawl in Ṭilva thlahnak lawngah an hmang thiam hrih.

Tupi ih a ṭhatnak pawl cu thingnah thingrah pawl kan ngah thei. Daihneem kan ngah. Thlisia a hraan tikah in khamsak. Inn saknak le a dang kan ṭulmi thilri tuahnak thing kan ngah. Tih thing le Meihol hrangah kan hmang. Cahnah tuahnak hrangah hmanmi thilri hram pakhat a si. Leidawm luang thei lo ding in a kham ih lei a dawmter. A man neimi thingkung pawl in sumsaw ngahnak in bawm.

Ngalsip tupi ihsin a rungluangmi Ngalsip va cu Vaar a thlen in Run tivapi sungah a kom. Ngalsip va hmangin Vaar ah acozah in KW 500 thaa a neimi Cet lu pahnih hmangin Hydro Electric a tuah. Hih Hydro Electric hnaṭuan cu kum 1981 March in thok a si ih kum 1986 December (15) ni ah meisa pek a thok thei. Hih Vaar Hydro Electric in Falam khuapi, Lumbang, Parte, Congheng, C.Zamual, Ṭashone, Ṭaizawl, Congṭhe, Baila, Thanhniar, Laizo, Zalai, Lungpi le Lungraang khua pawl meisa a pek a si. Ngalsip tupi ruangah dawhhna ṭha a um. Dawhhna ṭha in thingkung, hrampi, ramsa, sumhnam, cucik kharbok, pangang a phunphun le nunnak a neimi hmuahhmuah tinung a pek thei a si. Curuangah tupi hi ṭhate ih finkhawi ding a si. Tupi um hrihlonak hmun khalah zanthing a phunphun tuh le ciing in tupi tuahser ding kan ṭul.

RUAHKHAWM DINGMI:

1. Tupi na nei maw? Na neilo le ziangtin tuah ding?
2. Tupi ih ṭhathnemnak pawl sim aw?

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## 4. HARHDAMNAK

### 4.1 AIDS

AIDS natnak thuhla ah hin mi tampi in tih tuknak tuangah le theihlonak ruangah thu a phunphun an sut theu. Cu pawl sungin ralrin tulmi le tuahtulmi malte kan tarlang ding.

*1. A duhawmi Fala le tlangval an thitawwk hlanah thi thatein zobta hnuah thiarw sebla a tha.*

Mihrek cu an ning a zak ruangah si maw, nat ka nei ti theihawk duh lo ruangah thi zoh duh lo tampi an um. Asinan, pakhat le pakhat nat suanaw lo dingin khawmawknak tha a si ruangah thilawwk hlanah thi thatein in Sibawi hnenah zohfel ding a si. Cun, thi kan zoh theh tikah pakhat in a nei si maw, neih lo ah si maw, thubuai pakhatkhat a suak thei ruangah thi kan zoh hlanah a thiammi Sibawi thawng si seh, AIDS thu thapekthiam le mihnem thiammi pawl thawn si seh, thatein relkhawm hnuah thi zohter ding a si.

*2. Thi zoh hnuah HIV nathrik neimi kan si pang tikah ziangtin kan um ding.*

Hi khal hi thil thupi ngainai a si. Nat nei ka si ti theihawk tikah tih tuk ih lau ciamco ding a si lo. Cop le cilh ih thi dingin ruahawk ding khal a si lo. HIV nathrik neih vetein AIDS a cang lohli lo. Nathrik neih thu mikip hnenah sim ciamco ding khal a si lo. Innsungsang ah si seh, rualpi lakah si seh, na rinsan taktak mi pakhat hnenlawngah na athu sim aw. Ruatrelkhawm uh. Tha lo petu le lo hnemtu tha bik a si ding. Mi tampi in kan ning a zak lole mi ih theih duh lo ah kan thup aw ciamco theu ih a soal ngaingai. Cuhnakin HIV nathrik kan nei ti kan theih vetein Sibawi, Sayamah pawl thu ronawk lohli sawn ding a si. HIV/AIDS thuhla tampi theis dingin zuam sinsin ding a si.

*3. HIV nathrik neitu in a tuah tulmi pawl tla a thupi ngaingai.*

Nathrik neitu in thinnau le thicop mai dingah ruataw sawn lo in a tuah tulmi pawl thateih a tuah ringring a si ah cun natnak dang in a bebawm thei lo ih kum reipi a nung thei ti hi theiha tul ngaingai. Thazang cahnak a bawmmi rawl thawthaw, a hringmi hanghnah hangrah tampi ei ding. Nga, sa, sathin, buh, sangvut, pawngnmuk, le thingtheirah phunphun teimak in ei zuam ding. Kuak le zu hrial a tul. Thinnau, thanau mai loin thinglung khohkhah le ruahsannak tha, a tha lam hli ih hmuhnak neih a tul. Thin nuam thei bikin um zuam ding. Thla tla cam ringring ding. Midang hrang ih tha dingmi tuah zuam ding. Insungsang le rualpi pawl thatein bia ih palkai ringring ding. Anmah in thazang lo pe ringring hai seh. Natnak zohter leuhleuh ding. Sibawi ih fialmi bangtukin thlung ringring ding. Cu pawl thateih na thlun thei ah cun nat dang in a lo bet lo dingih kum reipi na dam ding.

## 4.2 Cancer

Cancer timi cu taksa ih um cell pawl semsual tahrat in mumal nei loin an ðhang ciamco, cell pakhat in a dang titsa sungah bikhiah um loin a va lut timi pawl ruangih a cangmi natnak a si. Cancer cu minung kan taksa ruangpi hmun tinkim ah a cang thei. Cancer nat hi phun 3 in an ðhen.

- a) Caremomos - kaa, dang, ril le nau-inn cell ih a cangmi
- b) Sarcomos - tit, thau, ruh cell ih a cangmi
- c) Lymphomas - thi, thlik, natkham theinak tha cell sungih a cangmi

tiin an ðhen.

Taksa ðhen ih cancer cang tambiknak hmun pawl

1. Cuap cancer
2. Pumpi cancer
3. Thin cancer
4. Ril cancer
5. Dang cancer
6. Pawhte cancer
7. Kaa cancer
8. Nau-inn cancer timi pawl an si.

Cancer cangtertheitu hi bur 2 in an ðhen.

I. Kiangkap thil pawl

- (a) Kuhsi a phunphun hman
- (b) Zuu in
- (c) Ei-in (thmk; thil rawh ei tam, siti le thau tamtuk ei)
- (d) Hnañuannak (thmk; dat ðha lo phunphun lakih hnañuan)
- (e) Nat hrik (thmk; thinthling hrik pawl H'tis B, H'tis C)
- (f) A dang - Ni sa tuar tamtuknak in vun cancer, thli thiang lo, dai thiang lo)
- (g) Umtlandan - cangvai maltuknak in cancer cang dingin tha a pe thei.

II. Pipu nhen in - Pi le pu, nu le pa sungkhat ah cancer nat nei an um asile nat neihve a ol cuang.

Nat khamdan cu;

- (1) Kuhsi le zuu hman lo ding
- (2) Taksa pum thiangfai ter ding
- (3) Taksa kha dat ðha lo daiter lo ding

- (4) Hnaṭuannak ah cancer cangter theimi pawl hrial ding
- (5) Cancer nat cangter theimi ei-in, sii le taksa hnihmi pawl ralrin ding
- (6) Thli thiang hiip ding
- (7) Cancer nat cang dingmi cell pawl kha zamrangzet in tuamhlawm lohli ding

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## 5. THUTHANGLAM THIAMNAK

### 5.1 Internet

Computer pakhat le pakhat pehzom ih hnaṭuan cu network ti ah an ko. Cuih network cu leitlun zapi huap ih pehzom hnaṭuannak runpi ih a can tikah internet ti ah kawh a si. Network of networks (*pehzomnak pawl ih pehzomnak*) ti khal in an ko. Hih internet pehzomnak sungah computer hi duh zatzat a um thei. Tui'ni leitlun ih internet hnaṭuannak sungah computer million leng in a um ih a zat sim a theih lo na'n pehzomnak pawl hi nitin a karhzai ringring ti cu simtheihmi thil a si.

Internet timi ah thu hrampi (4) a um. Cu pawl tla cu: 1. Server (Pehzomnak tawltreltu), 2. Client (pehzommi computer pawl), 3. Router (Kuatsintu), le 4. Connection (Zompehnak zin) ti pawl tla an si.

Internet hmangtui'a hmanmi computer cu Client (pehzommi) a si. Computer hmang in thu le hla (data) pawl kuatawk tikah a tomten (packet) vekin kuatawk a si ih cuih thu le hla tomte (packet) cu Router (kuatsintu) in an fehnak ding hmun a ṭhiadansak hnu-ah a hmun ih zir in a rak kuat sak sin. Cuih kuatawkmi thuhla pawl ih an fehnak lamzin cu Connection ti ah an ko. Cu mi ah lamzin phun dangdang a um thei ve. Thuṭhimnak ah, Dial-up (Telephone line hmangmi), Fiber Optic (Thlalang hrifem hmangmi), Satellite link (Salaung hmangmi) ti vek le phun dangdang in zompehnak zin pawl an um thei.

Computer pakhat kan neih hnu-ah internet timi hmang thei dingah thupi bik in Internet Service Provider (ISP) timi internet hmang thei dingih mi tawltrelsaktu Company hnenah lungkimnak lak hmaisai in hmin khumawk (registration) a ṭul. Hih ISP ih siannak ngah hnu-ah mai' computer sungah a tanglam ih thil pawl tlamtling te'n rak thun cia an ṭul: 1. World Wide Web Browser, 2. Email Program, 3. FTP Program (File Transfer Protocol), 4. News group reader pawl tla an si.

World Wide Web (www) browser timi cu a tawi zawng in internet thil hawltu a si ih cu mi ah Firefox asilole Internet Explorer (IE) pawl a tel. Hih thil hawltu pawl tla cu Email hmanna program thawn lo theih lo ih telh dingmi pawl an si. FTP program le News group Reader pawl cu ISP ih ṭuanvo lak dingmi pawl an si.



Hi vek tulsammi software pawl computer sungih thunluh an si hnu-ah cun ISP ih pekmi code number ah computer ihsin kawh an si hnu-ah lutthok (log in) vete'n computer le internet cu a pehzomaw thok thlang a si. Hi ti ih pehzomter hnu lawng ah Email kuat le World Wide Web (www) pawl zoh le hman (access) theih an si.

World Wide Web (www) kan timi cu zapi zohtheih dingih tuahmi internet pehzomnak ruun pakhat a si. Internet kan zoh timi cu www kan hawl asilole kan kau tinak a si. Cu mi ah Web page timi, computer cet tɔng phunkhat a simi Hyper Text Markup Language (HTML) ih nganmi Web Cahmai pawl pehkai-aw vingvo in an um. Ca pawl, zuk pawl, video zuknung pawl cu HTML cet tɔng in ngan hnu lawng ah internet ah ret theih an si. Cu cu web page tiah an ko.

Web Site timi khal cu pawlkom in siseh, company hnaɬuannak in siseh, pumpak in siseh an maih hnaɬuannak le sinak thuhla pawl, a bangawmi thu le hla pawl ngankhumnak web page pawl hmunkhat ah zohthei ding ih retkhawmmi ruun innpi pakhat a si. Cuih a hmaisabik cahmai cu home page (Cahmai Innpi) ti ah an ko. Home page ahcun web site pakhat sungih ummi thu le hla pawl simciatu a si. Thuɬhimnak ah [www.microsoft.com](http://www.microsoft.com) kan ti tikah www timi thil hawltheihnak sungih ummi microsoft pawl ih an thuhla kan hawl tinak a si. Company an si ruangah .com timi an hmanna a si. Cu vek in a dangdang an um ve; .edu = Educational Institution, .gov = government, .org = non profit organization, .net = network organization, .mil = military.

## 5.2 Email

Email timi cu electronic mail an timi electric hmang ih cakuatnak phun khat a si. Email phun (2) a um; Paid Mail (man pek tɔlmi) le Free Mail (manpek tɔllomi) pawl tla an si. Email pawl mi zapi ih hmantheih si dingin a tawlrehtu company tampi lakah a hminthang deuhmi le mipi ih theih tam deuhmi company (3) an um. Cu pawl tla cu 1) Google, 2) Yahoo, le 3) MSN company pawl tla an si.

Google ih pekmi pawl cu Gmail ti ah kawh an si vekin Yahoo ih pekmi pawl cu Yahoo Mail ti ah le MSN company ih pekmi mail pawl tla cu Hotmail ti ah kawh an si.

Man pek tɔlmi (Paid Mail) ahcun kum khat hrangah a zat khiah cia a si. Thuɬhimnak, Myanmar Teleport ih tuahmi mail4u timi email hmang dingah cun mail hmanna pakhat hrangah kum khat ks. 8,000/- (Thawngriat cekci) pek a tɔl.

Hih Yahoo mail, Gmail, le Hotmail pawl tla cu an zate'n email an si theh ruangah a tlangpi thu in an bangranaw theh a si. Pakhat hmandan kan thiam ahcun a dang email pawl khal hman an har nawn lo. Cuih email pawl hmantheinak dingah Email Account an timi email sungih luhnak neih a tɔl. Cuih email account timi ah thil thupi (3) a um. Cupawl tla cu 1) Email Address (email umnak hmun), 2) User Name (hmangtui'hmin), le 3) Password (tɔngthup) pawl tla an si.

Email Address kan timi ah hmangtui' hmin (user name) le computer hmin (computer name) ti'n thil pahnih komawmi a si. Cu mi pahnih karlak ah hminsinnak @ (at) timi an then. Computer hminsinnak @ hmai-ah hmangtui' hmin (user name) ngan a si ih @ dunglam ah computer company hmin ngan a si. Thuṭhimnak ah [thangte@gmail.com](mailto:thangte@gmail.com) kan ti tikah “Thangte” timi hmin cu hmangtui' hmin (user name) a si ih [gmail.com](http://gmail.com) cu Google Company ih hmin a si. Curuangah [thangte@gmail.com](mailto:thangte@gmail.com) timi ih tiduhsanmi cu “Google Company ih tuahmi Gmail hmangtu Thangte” asilole “Thangte cu Google Company ih tuahmi email a hmang” tinak a si. Curuangah [thangte@gmail.com](mailto:thangte@gmail.com) timi cu leitlun zovek company le pumpak khal in hman sal a theih nawn lomi Email Address (email umnak hmun) ti'n kan ko. Cuhlei ah cuih email address on theinak dingah zohman ih theih lomi, a hmangtu pumpak lawng ih theih timi ṭongthup (password) timi a ṭul. Cuih ṭongthup cu a malbik 8 ihsin 10 a simi cafang, alphabet, number a ṭul. Cuih cafang, ṭongfang le alphabet cu anmah hlirte hman theih an si vek in cokrawi in khal hman theih a si thocho. Mai' hmanmi ṭongthup cu mahte theih ringring dingmi a si.

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## 6. CHIN MILANGSAR PAWL

### 6. 1. Dr. R. Ni Khuai

Dr.R.Ni Khuai cu Falam peng Lumte khua mi a si ih kum 1919 September ni 19 ah a suak. A pa cu Wkh Major Kap Cong (MBE; BGM) a si ih a nu cu Pi Lang Hngel a si. Suahpi unau pali a nei ih amah hi upabik a si.

Kum 1925 June in tlawngkai a thok. Phun hrek ihsin phun li tiang Congkua phunli tlawng ah, phun nga ihsin phun sarhi tiang Falam Middle School ah, phun riat le phun kua cu Sagaing High School ah, phun hra cu Rangoon ih St.John High School ah a kai ih 1937 kum ah phun hra a ong. I Sc cu Rangoon State College in a ong. Second MBBS cu Rangoon Medical College in 1940-41 ah a ṭheh. Kum 1943 in India ram ih University of Lucknow ah sibawi a zir peh ih kum 1949 December ni (20) ah MBBS dikari a ngah. Laimi lakah a hmaisabik MBBS dikari ngahtu a si.

India ihsin a tlun tikah Rangoon ih General Hospital (RGH) ah hnaṭuan a thok. Kum khat RGH ih hna a ṭuan hnu kum 1952-1955 sung England ram ih Edinburge University ah Surgery Special in a zir ih 'A' class in a ong. Kawlram sungah FRCS dikari ngahtu a pahnihnak a si. Curuangah acozah upa in Rangoon ih sibawi zirnak tlawng sazaci (professor) ṭuan dingin hnaṭuan an pek. Asinain a pa ih thu a ngainak in siseh, amah thinlung suak ih Lairam le Laimi phun a seherhnak ruangah siseh Rangoon ih

Professor ṭuan dingah cohlang lo in thu a khirh. Curuangah amah ih hrilnak bangin Falam sizung ih hnaṭuan dingin kum 1957 ah acozah in an thlah.

Falam sizung ih hnaṭuan a thok tikah Falam sizung cu ihkhun (75) a um. Amah ih Special a zirsuakmi cu Surgery a si bangin thilri umsun thawn hna a ṭuan ruangah mina tampi in Falam sizung an ra pan ciamco. Hnaṭuan thei dingin tlunlam upa pawl hnenah thilri a dil ṭheu ih an pek ṭheu ruangah operation tuahtheinak thilri tla kim in a um thei. Culawng si loin kum 1963 ah ihkhun 100 ah acozah in a ṭhan. Mina ihnak ding innpi pathum saknak tla a ngah.

Dr. R.Ni Khuai Falam ih hna a ṭuan sungah Nu le Nauhak kilkhawinak (MCH) a din ih a hlawhtling zet. Cun, nauhak kilkhawidan ca-uk, First Aid ca-uk, sii indan le sii eidan ca-uk le Harhdamnak ca-uk pawl tla a tuah.

Dr.R.Ni Khuai cu acozah hnaṭuantu pakhat a si bangin Falam ih kum hleihnih a um hnu kum 1969, December ah Mandalay sizungpi ah a ṭhawn. Kum 1971 ah Mandalay ihsin Yamethin ah, kum 1973 ah Meikhtila ah a ṭhawn. Meikhtila sizungpi ih kum ruk hna a ṭuan hnu ah kumkim pinsin in kum 1979 ah pinsin a lak. Pinsin a lak hnu ah Meikhtila ih anmai' inn ah kum hleikhat a um. Kum 1990 ah England ram, Town Bridge khua ah a nupi Jasmine Hope ih fingkhawi ding le tuamhlawm dingin a feh.

Wkh Dr.R.Ni Khuai cu kum 2003 May ni 8; amai' kum 82 a kim tikah leitlun a nunnak in a cawl. Fapa (6) le fanu (4) a nei.

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## 6.2. Rev. Dr. S. Hre Kio

Rev.Dr.S.Hre Kio cu kum 1935 March thla ni (19) ah Hakha peng, Zokhua ah a suak. A pa cu Rev. Sang Fen a si ih, a nu cu Pi Kawl Dong a si. Kum 1945 June in Zokhua phun li tlawng ah tlawngkai a rak thok. 1949 kum ah phun li a ong. 1949 kum ihsin Hakha phunhra tlawng ah a kai ih 1956 ah phunhra a ong. Phunsang tlawng kum khatnak cu Rangoon ih Htidan College ah a kai ih kum hnihnak in Rangoon University ah a kai ih kum 1960 ah BA a ong.

Kum 1960 June thla in India ram ih Serampore College ah a kai ih kum 1963 ah BD (Bacherlor of Divinity) dikari cu a pakhatnak dinhmun in a ong ih laksawng ah cabu le sunloihnak capi tampi a ngah.

Rev. Dr. S. Hre Kio cu India ram ihsin Kawlram ah a tlung ih kum 1963 June thla thar in Falam Baibal Tlawng ah kum khat sung saza a ṭuan. Kum 1964 ihsin kum 1973 December thla tiang Falam Baptist Church, Falam ah Pastor a ṭuan. Kum 1974 January ni (1) ih Falam ṭong in Baibal ca (Thukam Hlun) let hnaṭuan a thok ih kum 1978

January ni (8) ah a ðeh. Kum 1978 May thla in 1979 April thla tiang Hakha Baptist Church, Hakha ah Pastor a ðuan. 1979 May thla sungah America ah Ph.D zir dingah Laitlang ihsin an pok suak ih August ni (3) ah America an thleng.

Kum 1980 in Ph.D course a kai thok ih May 13, 1985 ah Ph.D dikari a ngah. Hakha ih Pastor a ðuan lai khalah siseh, Ph.D a zir lai khalah siseh Falam ðong ih Baibal ca (Thukam Thar) leh hnaðuan cu a ðuan ceem ringring phah ih kum 1985 September ni (2) ah a ðeh.

Kum 1986 in United Bible Society ah hnaðuan a thok. Baibal an lehmi zohfel saktu Consultant hna a ðuan. ðong phun tampi a thiam ih Baibal let hnaðuan tla a ðuan cia ruangah a hnaðuanpi pawl hnakin a hnaðuan a tam. A hnaðuannak ih zung a tuahnak hmun cu Guam ah a si. Guam ihsin Myanmar, Micronesia, Papua New Guine le Solomon tikulh pawl ih Baibal lehmi zohfelnak hna a ðuan.

Rev. Dr.S.Hre Kio ih Kawlram ih hna a ðuanpi mi pawl tla:

i) *Baibal hnaðuannak ah;*

Asho Chin, Khumi Chin, Cho Chin, Matu Chin,  
Zotung Chin, Falam Chin, Tedim Chin, Siyin Chin, Ngawn Chin, Zanniat  
Chin, Zo Chin, Burmese Bible, Paoh, Sagaw Kayin, Mokein, Makuri Naga.

ii) *Study Bible hnaðuannak ah;*

Hakha Chin NT study Bible  
Falam Chin NT study Bible  
Tedim Chin NT study Bible  
Myanmar (Burmese ) NT study Bible

#### SIANGBAWI PEKNAK

FBA 12<sup>th</sup> Trien. 29/98 ih thurelcatnak ah: “FBA in ramdangmi siangbawi kan nei lo. Kan ram thlarau lam ih in khaisangtu, Falam Bible in tuahsaktu le Falam calai in ðhansotertu Rev. Dr.S.Hre Kio cu Falam pengpi in kan siangbawi a si tiah zapi lungkim in upat sunloihnak kan pe a si”.

Hih FBA Triennial khawmpi ah amah Rev. Dr.S.Hre Kio a tel thiamlo ruangah upat sunloihnak lukhum khumsaknak cu 1998 July ni (26) zing nazi 8:00 ihsin 10:00 sungih Falam Baptist Church, Yangon biakkhawmnak ah pek a si.

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## 7. LEITLUN MILANGSAR PAWL

### 7.1 Albert Einstein

Pa sang tuk lemlo, hmuhrmul tam zet, cal ngolh, sam sau kir nawn, cal sur tuiti deuh, mi hrekkhat hrangah fim tuk dingih lang lemlo, scientist hminthang an rel theumi cu Albert Einstein a si. Amah vek mifim le thuthuk pur thei cu hi leitlun ah an suak lemlo ke, an suah hman ah a tam lo nasa ding. A thiam hleicetnak le a hminthannak bik cu physics lam ah a si ih physics zirnak lamah nasa zet ih sul a sah ruangah 'tulai physics ih pa' ti ih kawh tlak hrimhrim a si.

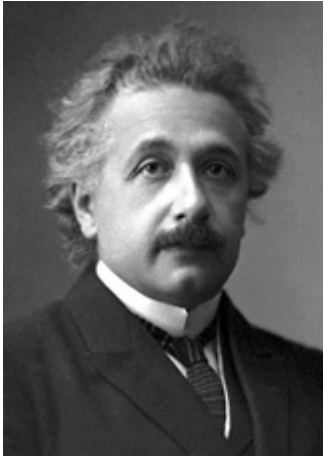
Einstein cu 1879 March ni 14 ah German ram Ulm khua ah a suak. A nu cu piano tum thiam zet a si. Kum khat a ti ah an sungkua in Munich khua ah an vai. A nauhak lai ahcun nauhak ningzah nei zet a si. A ni, a pai' farnu hnen ihsin piano tum a zir ih piano a ngaina zet, rawl hman ei lo ih a tum caan khal a tam. Piano tum bak ah science lam hi a kathawtnak pakhat a si. Veikhat cu a pa in saklam le thlanglam theihnak Magnetic Compass a then. Cui' thil a hmuh cun thu tampi a ruat phah ih a pai' hnenah science lam thu tintian a sut.

Kum 15 a kim tikah an sungkua in Italy ram ah an vai lala. Cuisin Switzerland ram ah ca zir dingin a nu le a pa in an thlah. Zurich University ih lut thei ding a si le si lo entrance exam an rak tuah ih sim rel ding khal um lo in a tla fai verver. A hmai kum ah theihtawp a suahsal ih a hlawhtling sal. A zirnak a theh hnu khalah tlung lo in Switzerland ram ah a caam lan ih an ram mi le sa sinak tiangin a nei. Zirhtu hna lam tuan a duh na'n a hmuh thei lo ruangah Swiss Patent Office ah clerk hna a tuan.

1903 kum ah Yugoslavia fala Mileva Marec thawn an nei aw ih faate unau hnih a nei. Nau umnak lengter nor phah in cabu fate te hi a keng phah ringring, thuhla thar a hmuhsuahmi a um tinte'n cui' cabu te ahcun a hmingsin theu. Cui' a canganmi pawl a hun finkhawm taktak cu van lam thuhla zingzoinak cabu ropi zet a rak tling. Kum 1905 ah Zurich University in Ph. D degree an pek. Amah cu kum 26 mi fang lawng a si. Degree a ngah kum sungah a thil hmuhsuahmi thuhla tum nga rori a suah man. Cuisi cun khawvel in a fim zia le thu thuk a purh thei zia an hmu thlang.

A thil zingzoi suahmi hmaisai bik 'proto electric effect' ruangah a hmin a thang nasa ih 1921 ah khan Physics lam Nobel Prize a ngah. Cui' hnu ih thil a hmuhsuakmi dang pakhat cu Special Theology of Relativity ti a si. Hihi cu a hmaisai ta hnak in a thuk ih a mai' san lai ih scientist mi malte lawngin a sullam an thei thei ti a si. A simfiangdan ahcun thilhlom (mass) siseh, thil saulam le tikcu pawl hi velocity (thil fehcadan) ih zir in a danglam thei a si a ti. Hitin tahthim sehla, eng hnak ih cak sawn in van boruak ah

khin hung feh thei sehla, tuisun ih kan feh hi mizansun ah kan rak thleng zo ding tinak a si. A sullam cu eng hnakih cak in kan feh asile tikcu hi cu a linglet in a feh ding tinak a si.



Cu lo a ruatsuakmi lala cu thil (matter) ziang poih in cahnak (energy) an nei ðeh ih cui' cahnak an paimi cu hun suakter hnik sehla thil pound pakhat sung vialte hman ah lung urnak zian ton million sarih tluk cahnak a um tinak a si. Hih a thil hmuhsuahmi hi ziangtlukin a thupi ti le lehnun deuh ih an run tuahmi atom bomb tuahnak hrampi a rak si ta riai. Cu hnak ih thuk sawn General Theory of Relativity tla cu a ropi sinsin.

1933 kum ah khan German ram cu thu net zettu Hitler ruangah an buai nasa. Judah pawl sinsin tla cu an harsa nasa. Hitler ih kutthlak ruangah million lenglo an thih phah. Einstein cu Judah mi a rak si ve ih Hitler ih thiltidan cu duh lo in a cang thei tawkin a do ciamco. Cucun Hitler ih thinhennak a thlen. Culaifang ngelcel cu America ram ah thil a hmuhsuahmi thu rel dingin Einstein an rak kawh lai tak a si. Sawmnak vekin a feh ngaingai. America a caam lai ah a hrangah thil ðihnung a si ruangah German ram ih kir sal lo dingin a rualpi pawlin ca an kuat celcel. An thuron vekin America ram ah umhmun nget a khuar ih Princeton University ah hna a ðuan.

Roosevelt in America ram ih President hna a kaih lai ih atom bomb an tuah ðum ah Einstein hi a rak tel ve. Asina'n Japan ram Hiroshima le Nagasaki ah kha ti ih bomb an thlak ciamco cu Einstein cun poi a ti ngaingai. Kha vek siloin atom bomb in nuamtete-ih hna a ðuansawnnak ding lam ngaihtuah in theih tawp a suah lala.

1945 kum ihsin Princeton University ih a hnañuan cu a colhsan. A taksa a cak lo vivo ih Princeton sizung ah a to. Cu ti ih sizung a um lai, 1955 kum, April 18 ni ah cun ihhmuh thawzetin a vung itthat si hmang ti lai ah ðhangsal nawn lo in a thaw a cemplanta.

Einstein cu scientist mi ropi ti men lawng a si lo, minung lakah remnak le daihnak a thlenthainak dingah nasazetih ðuantu khal a si. Amah cawimawinak dingah Einstenium timi hmin an pe. Hi mifim le thil thar hmu ih ruatsuak thiam, Albert Einstein an ngaisan tuk ruangah 'a thluak' cu an la ih Princeton sizung ah ðhate-ih kilkhawi a si. Tui' ni tiang Einstein ih fimnak le a thil zingzoi suahmi theihfiang tum in khawvel ih scientist tampi an buai rero lai.

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## 7.2 Mother Teresa

Mother Teresa cu August 26, 1910 ah Skopje khua, Macedonia ram ah a suak. A pa hmin cu Nikola a si ih a nu hmin cu Drane a si. Albanian hrinhnam a si. Kum nga a ti ah ti a pil. Kum riat a ti ah a pa in rinlopi'n a thihsan. Asina'n a nu in thate'n a kilkhawl thei ih cu cu Teresa nunnak ah lam hmuhsaktu tha taktak a rak si. Kum hleihnih a si ah Pathian kawhna a thei ih ni khatkhat ah Jesuh duhdawtnak a thantu Missionary ka si leh ding ti kha a rak thei-aw. Kum 18 a kim, kum 1928 September thla ah an inn ihsin a suak ih Sisters of Loreto timi India ram ih Mission a tuanmi RC Nuthianghlim pawl hnañuannak ah a lut. Dublin khua ah caan malte training a kai hnu-ah India ram ah an kuat.

January 6, 1929 ah Calcutta a thleng. May 24 1931 kum ah RC nuthianghlim taktak a ÷uan. kum 1931 in 1948 tiang Calcutta khua ih a ummi St. Mary's High School ah ca a zirh. Kum 1944 ah cu tawk tlawng ih lubik ah a cang. Mother Teresa cu thlacam nun a neimi, a tlawngta pawl hnenah le a hnañuanpi pawl hnenah duhdawtnak a neimi a si ruangah cu tawk tlawnginn ih a ÷uan sung cu lungawizet le hlawhtlingzetin a caan a hmang. Amah cun nun a siang, mi zawn ruat a si, a ral a tha, a teima, mi hruaitheizet a si.

September 10, 1946 kum Calcutta in Darjeeling team ah tlangleng in a feh laiah Jesuh dawtnak hmuar a sungah thungai thlak in a lang. Cu cu a nun sung hmuahhmuah thazang a neiterringtongu le lam a hruaitu a si. Cui' hnu cun Jesuh cu hmuhnak in a hmu ÷heu ih, "Ra aw keimah tleunak si aw, keimah lawng cun ka si thei lo, ka daihaw lo" ti vekin a lang ÷heu. Mifarah bawmtu nei lo a zaang a fahnak pawl le duhdawtnak a neihmi pawl tla kha a langter. Cu tikah a kiangkap ih a ummi mifarah le kilkhawitu neilomi pawl a hmuh tikah a nunnak in a tuar thei lo ih cu bangtuk farah mihar kilkhawi duh ruangah cun a umnak hmun in August 17, 1948 ah a suak.

Tangka zianghman a rak nei lo ih bawmtu khal a rak nei lo. Pathian rinsannak in a rak thokmi a si. A hnañuan a rak thawh pek ah harsatnak a phunphun a rak tuar. December 21 ah farah umnak ah a hmaisabik a feh ih a va leng. Nauhak pawl ih hma a kholhsak, lam kap ih a rilmi tarpa a nami a tuamhlawm. TB le rilrawng ruangih a thizikmi tarnu a va umpi. Cun, cu tawk ih farah nauhak pawl kha khua lengah ca a rak sim hai. Cu ti cun a hnañuannak a theitu mihrekhat in nuamtete'n an rak ÷anpi ih an rak bawm. Kum 1950, October ni 7 ah tlunlam in amahte hnañuantheinak a on ih "The Missionaries of Charity" timi mi in ziang an siarlomi pawl tuamhlawm le bomnak pawlkom a din. Kum 1965 ah Pope Paul VI in leitlun hmunkip hrang ih biaknak lam pawlkom ah a relsak. Nuamtete'n a hnañuannak a hung karh sinsin ih The Missionaries of Charity Brothers timi pawlkom cu 1963 ah a dinsuak. Kum 1963 thiamthiam ah "The Active

Branch of brothers” timi khal a din cih. 1976 ah The Contemplative Branch of the Sisters, 1979 ah The Priest branch khal a dinal. Cu hnu-ah a hnaṭuannak cu biaknak lam pawlkom sung lawng siloin The co-workers of Mother Teresa timi pawlkom le the Sick and Suffering Co-workers timi pawlkom khal a din.



Leilungtlun hmunkip ah a hnaṭuannak cu a karh vivo ih a hlan Russia ram, Europe nisuahtnak lam, Asia, Africa, Latin ram ah farah zonzai bomnak lawng hman siloin thlisia, natnak ṭha lo, pamnak ruangih miharsa le ral tlan pawl tiangin an bawm thei vivo. Culawngsiloin ram ṭhangso a si zomi North America, Europe le Australia ram lam ih inn nei lo, zu in pawl, le AIDS natnak neimi pawl khal an rak bawm hai. Leitlun hmunzakip in sunloihnak le thangṭhatnak an rak pe cio.

Laksawng tampi an rak pe ih cuih pawl lakah 1962 kum ah Indian Padmashri Award, 1971 kum ah Pope John Paul Peace price , 1972 kum ah Nehru Prize, 1979 kum ah Nobel Peace Prize, cun Balzan Prize, Templeton and Magsayay award pawl a ngah.

A thih zik tiang le besiazetin a nat hnu khal ah a hnaṭuan kha pehzom in a ṭuan. 1997 kum ah hin amah a bawmtu sister pawl hi 4000 lenglo an um ih foundation 610 kha ram 123 ah a rak din. March 1997 ah amah hnaṭuan sawngtu ding khal a hril. Amah cu kum 1997 September thla ah a thi. India acozah in rampi hmin in a ruak an thlah. A ruak cu Mother House of The Missionaries of Charity, Calcutta ah an vui. A thlan cu a rei hlanah zapi hmuh duhmi hmun le mi zapi thlacamnak hmun ah a hung cang. Leilung hrangah zohṭhim tlak nuṭha, “*Farah hmuahhmuah ih an Nu*” timi nu ah a cang ih duhdawtnak hmunsinnak kha leilung hrangah a tanta. Cu cu, Jesuh ih a rak fialmi, “**Ra Aw Keimah Tleunak Si Aw**”, timi thu a ngai ruangah a si.\*

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## 8. GENDER LE THLEIDAN PAWLKOMNAK

Thleidan pawlkomnak timi cu mi pakhat asilole mi burkhat thawn pawlkomnak ah a diklomi tuahsernak a simduhmi a si. Hih thleidan pawlkomnak cu thinlung ah a cammi ruahdan ruangih rahsuaah a si theu. “Annih pawl cu cu vek an si”, “hi vek miphun cu hi vek a si ding”, tiih mai’ lam ruahnak ih thleidang cia ih pawlkomnak in a rak suakmi a si. Miphun ruangih thleidannak, zumnak ruangih thleidannak, fimthiamnak, neihsiah ti vek pawl ruangih thleidan pawlkomnak pawl sungin nunau si ruang le mipa si ruangih thleidan pawlkomnak khal a tel ve a si.

Thleidan pawlkomnak cu thazang a cakmi uktu miburkhat le thazang a malmi uktuarmi mi burkhat ti in kaphnih in a um ti ah pawlkom mifim pawl in an sim. Thazang a cakmi miuktu pawl cu midang hnakin thuneihnak saang, covongah tam sawn, nundan saang sawn ih nun ti pawl cu an hrampi a si. Thazang mal ukmi pawl cu mimal sawn an si theu ih neihmi mal sawn, thuneihnak nei lo, covongah sawn le nundan niam deuh pawl cu an hrampi a si.

Thazang mal ukmi pawl ih cin le daan, nunphung cu cohlan a mal. Caan khatkhat ah cun siartelmi hman an si theu lo. Mi thupi ih ruahmi an si tuk lo. Mi pawlkomnak hmun ih an tel ciocio hman ah apahnihnak dinhmun ah ret an si theu. Cu pawl hmuahhmuah cu cabu sungih ngantengtengmi an si lo na in a cakmi uktu pawl ih thinlung ah hrambun in a thanglianmi ruahnak pawl an si.

Nunau timi cu pawlkom umkhawmnak ah apahnihnak, thazang a malmi uktuarmi dinhmun in an ding. Kawlram sungih miphun hrekhat ah cun nunau in ro an co thei lo. Pa ih ci an keng vivo thei lo. Miphun ih hnam sinak a keng thei lo. Nunau cu innsang ah ‘hruaitu’ a si thei lo, ‘bawmtu’ dinhmun lawng ah a si thei. Mipa lawng hi innsang ‘hotu pa’ a si thei timi ruahnak pawl a um.

Thungai ti ah cun nunau khal siseh, mipa khal siseh minung sinak ah bangran ih sinak a neitu an si cio. Mi hmuahhmuah in sitheinak ciar, manneihnak ciar a um. Pakhat ih thiammi a dang pakhat in a thiam ve lo ruangah thleidanawkw ding a si lo. Mai’ phun si lo ruangih midang miphun nautat deuh ih pawlkom ding khal a si cuang lo. Mi hmuahhmuah in nunau khal siseh, mipa khal in siseh mah le tawkw in man nei, mawinak neimi le mai’zawn ciar ah upattlak sinak neimi an si theh. Cu mi cu cohlan sakawkw thei a thupimi a si.

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## 9. KIANGKAP THU (ECOLOGY)

Kiangkap kilkhawi taldan thu ah a hnuailam ih thu pawl thate'n kan theih ah cun thazang tampi in petu an si ding.

1. Tidai a bal. Lo ih hmanmi si phunphun in siseh, cetzung thli bal pawl in siseh, tiva, ticawm pawl a balter thluh. Tidai bal maldeuh dingin na Lo ah dawm le si hmang nawn hlah aw ti ah an forh aw rero. Tilva ek le dawmkung rin a thabik an ti.
2. Hnawmhne a tam tuk. A thangso ram pawl ih a poizet thil pakhat cu an hnawmhne tamtuk hi a si. A hlonnak hmun khal in a daih thei cawk nawn lo. An Palang siava pawl le Plastic pawl a tam tuk. Tipi thuanthum ih an hlon khal le a phuansal ih tikap ah a fensal lala. Curuangah an thil sia, plastic sia le palang siava pawl hlon lo ih hmansal thei dingin tuahsal (recycle) an forh aw rero.
3. Ram a phul vivo. Leilungtlun minung in zanthing kan hautamtuk thlang ih kum khat sungah Hector million 6 lai nelrawn ramcar ah kan cangter rero a si an ti. Zanthing a mal vivo ruangah kan tikcu le caan, ruahsurdan pawl khal a dik thei nawn lo ti ah thutheitu pawl in an ti.
4. Tifinriat a bal thluh. Tifinriat ih ngakaihthiam pawl an taldan ah minung in tidai sungih an hnawm hlonmi cu an ngakaihmi hnakin thenthum then ih thenhnih in a tam sawn an ti. Nga tam zet cu thihsi (tur) in an that theh. Cui'nga pawl cu hardamnak hrangah a thalozet.
5. Leilung dawm tha a hlo vivo. Zanthing a mal vivo ruangah ruahti le lihong in leilung dawm tha hmuahhmuah a fenhlo thluh ruangah a cem vivo ve. Curuangah taimak thlak in zanthing cinsal ciamco a tul an ti.
6. Ramsa pawl an cem vivo. Si ih buah ding tha ramsa pawl siseh, thingkung hramkung siseh an ci a mit vivo thlang. Curuangah si kan har vivo thlang ding ih damlonak a tam vivo thlang ding.

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## 10. KHUALIPI MI IH ṬUANVO LE COVO

Khualipimi timi cu khuapi sung ummi a si. Asilole khuapi deuh ah cun ramṭhen ‘state’ uknak tang ih ummi tinak a si. America ih daan hrampi (*constitution*) ah cun, “*United States ih a suaktu zate, le an daan thluntu tla cu United States ih khualipi minung an si*”, ti in a nei. Khualipi cun covo le ṭuanvo tla (*rights and duties*) a nei ve.

Khualipimi cu senpi buur, khuapi pakhat maw, asilole rampi pakhat ih member sungtel a si; cule covo le ṭuanvo tla a nei ve. Zianghrangahtile senpi hi pumpak hrangah a um a si maw, culole, pumpak sungtel member hi senpi hrangah a um sawn ti kan ruah a ṭul. An pahnih in an dik veve ih rianawton an si. Cule pumkhat ah komtheihmi an si. Cule khuapimi cu ramṭhen (*state*) in a parah ṭuanvo a nei ih amah khal in state parah ṭuanvo a nei ve. Kan covo kan cingmang lo khal a si le phan ding a um lo, kan ṭuanvo kan theih ahcun a tawk ko.

Ahmaisabik ih kan ṭuanvo langhnganbik cu rampi parih rintlakmi a si. Ram le hnam duhtu tla kan si ahcun kan ram le kan miphun ih harsat le vansan caan ah kan nunnak rori ih bawm le ruun ding in timtuaicia hrimhrim ding a si.

Apahnihnak ih kan ṭuanvo cu rampi ih tuahciami daan (*law*) thlun hi a si. Cui’ daan cun danbuar ih sual picang tuahti (*crime*) hi a zangfah thei lo. Cun, daan dangdang tete tuahciami tla khal a mawi lo a si le a dik lo khal ah remsal hlan sung le balsal hlan sung cu thlun a ṭul tho.

Apathumnak cu daan kilkhawi le thlun lawng a si lo; poipeng le cakkhai, thu buai a um tikah virvatzetih daan finkhawi le kilhim bawm ding, le sual picang deem le hlo dingih zuam ve ding a si.

Apalinalak cu, rammi asilole khualipimi in fimkhurzetin ram thuhla ah a telve a ṭul; zianghrangahtile duhhrilnak thu (vote) tla a pe ve ding a si. Cun, ramṭhatnak ding hrangah cuih vote cu hmanvenak ding covo khal a nei ve.

Apanganak cu, ram hrang le miphun hrangah a ṭul tikah mai’ titheinak ah fial le sawm a si le tiarcia ih um ding a si. Cun, tlang hnaṭuan sawm tik khal ah ram le miphun rian dingih pok ding a si. Cun, senpi hrangih ṭulmi thianfainak lam le fimthiamnak lam, asilole daan (*legislature*) lam khal ah rian ve ding (*serving*) a si. A netnak le a thupibik ah cun khuapimi asilole rammi cun ziaza ṭha sersuahawk ding hi mai’ ram le phunhnam hrangah napi ih zuam ding a si. *Professor Drummond* in hi ti in a rak sim dah: “*Mi pakhat ih thil mabbik pakhat a tuahteisun cu mitha si hi a si. Hi mi hi ram rundamnak ding hrangih zokhal ih a sangbik ṭuansuak theimi pakhat a si. Khua pakhat hi Sodom le Gomorrah bang hman aw seh la, cui’ khua ih mi dingfel pabra an um takah cun a tawk, a him thei ko ding*”, ti in .

## 11. BAWHLUNG LEHZUAMAWKNAK (WORLD CUP)



Leiltlun huap bawhlung lehzuamawknak (World Cup) hi *Fédération Internationale de Football Association* ([FIFA](#)) timi pawlkompi pakhat in a rak thokmi a si. Curuangah FIFA World Cup ti in an rak ko. Hi mi bawhlung lehzuamawknak hi kum li ah veikhat an tuah ringring. Hi lehnak cu mipa hli an tel. Worl Cup hi kum 1930 kum in an rak thok ih Leilung ralpi veihnihnak ruangah kum 1942 le 1946 kum cu lek lo in an rak cawl.

Atu laifang ih an tuahdan vek a si le World Cup tuahnak inntek thawn tel in azuamawtu ding ram 32 an tel. An leh caan hi thlakhat hrawng a rei theu. Hi mi ram 32 sungih tel thei dingin World Cup an tuah hlan kum thum sungah hmuntin ah ram tampi an zuamaw ciamco ih cu tawkih a tlingmi lawng World Cup an tuah ngaingai tikah an tel thei. World Cup bawhlung lehzuamawknak hi Leitlung tlun mi tambik zohmi lehnak sungah a tel ve. Kum 2006 ih an tuahnak vek a si le Final bawhlung sit ni

ih a zohtu pawl hi minung 715.1 million tluk an si tiah an sim.

World Cup vei 18 tuahzomi sungah Brazil ram hi a pelhdahlomi ram a si ih, apakhatnak vei nga ngahtu ram khal a si. [Italy](#) ram hi apakhatnak vei li a ngah. [Germany ram](#) in a pakhatnak vei thum a ngah ve. [Uruguay ram hi](#), world cup an tuah hmaisabiknak hmun le cui' kum ih pakhatnak ngahtu a si ih, tui' hlan tiangah apakhatnak veihnih a ngah. [Argentina](#), ram in apakhatnak veihnih a ngah ve. [England](#) ram le [France](#), ram hi apakhatnak veikhat veve lawng an ngah.

Kum 2006 ih an tuahnak hmun cu Germany ram a si ih apakhatnak a ngahtu ram cu Italy a si. Tui' kum World Cup tuahnak ding hmun cu South Africa a si ih June thla ni 11 ihsin July ni 11 tiang an zuamaw ding. Hmai kum 2014 ih tuahnak ding hmun cu Brazil ram ah a si ding.

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## 12. DAWM TUAHDAN

### 12.1 Hanghnah ih dawm tuahdan

A ṬULMI THILRI : Hanghnah pohpoh, Ciantaka, Beel, Beel sinnak lung/thingpheng.

DAWM IH TUAHDAN

- 1) Zingpit Ni a suah hlanah hanghnah ṭot ding. Hnah phun tampi rawi thei a si le a ṭha sinsin.
- 2) Ṭawhmi hanghnah pawl tidai in kholh lo ding.
- 3) Kho sungah hanghnah dip ko in nuai ding.
- 4) Nuai ngahmi hanghnah ih 1/3 le ciantaka dipteih rialmi rawi ih nuaibetsal ding.
- 5) Nuai ṭheh in Beel sungah ret ih a ka lung/thingpheng in sin ding.
- 6) Ni ngahlonak hmun daihnem ah zan khat ret ding.
- 7) Zanhnihnak cu sinmi lak ih plastic in a ka hren ding.
- 8) Nikhua umdan zoh in ni (5-7) sungah a ti a haang a suak ding.
- 9) A ti a haang suakmi kha lak ih ciantaka haang thawn zatrep in rawisal ding ih beel sungah thansal ding. Cule a kaa kha fekte-in sin ding. Tawkfang rei cun hman theih a si. Thlaikung pawl hrangah an Vaiṭamin ṭhabik a si.

### 12.2 Thingtheirah ih dawm tuahdan

A ṬULMI THILRI PAWL : Hai rah, Banhla, Hnuhnun rah, Pusapin rah, Saṭawberi rah, Theipi rah ti pawl le ziangvek rah khal a tuahdan zoh in a ṭha thluh thei. Cawhrawitheimi ah Aalu, Baa, Mungla, Kawlhra pawl tla an si.

DAWM IH TUAHDAN

- 1) Beel sung tangtabik ah hai a hminmi kg (1) ret ding.
- 2) A tlun in ciantaka rialdipmi kg (1) in khuh ding.
- 3) A tlun in Hnuhnun hmin kg (1) in khuh lala ding.
- 4) A tlun ah rialdipiami ciantaka kg (1) retsal ding.
- 5) A tlun ah Banhla hmin kg (1) ret ding.
- 6) A tlun ah rialdipiami ciantaka kg (1) ti in asangsangin thlak ding. Rawitheihmi pawl cu duh le a hrekte lawng thlah ding a si. A zate thlakmi hi Beel ih 2/3 tiang lawng than ding a si.

- 7) Beel ka kha fekteih ðeem ih sin hnu-ah daihnem ah ret ding. Thla khat kim zik ihsin thok a suakmi a haang kha hman theih a si. Minung ih in ding khal ah a ðha thoþho.

HMANDINGDAN

\* 1:50 (Ngahmi haang kkuat khat kha Tidai kkuat 50 rawi ih hman ding tinak a si).

**CHIN (FALAM) CASIAR BU**

**LEVEL II (B)**

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## LUNGAWITHU

Kan Chin (*Falam*) calai hi tawkfang a thangsozomi a si. Cozah Tlawng that lai ih rak zirni Hramthok tlawngca khal Phunli tiang zir ding a rak um zo. Cun, Literacy program in si seh, pawlkom dangdang pawl in si seh, bulpak ih calai duhtu le zuam hleice pawl in si seh, Upa le Nauhak hrangih zir dingmi, Chin T̄ong zirnak cabu khal tampi a rak suak zo.

Hi Literacy Program hi Myangmar Council of Churches (MCC) ih Advanced Literacy Project in a rami a si. Hi project sungah a telmi Miphun pawl cu Kachin, Sagaw Karen, Po Karen, le Chin (Hakha, Falam) tla an si. Miphun tampi lakah hi vek Project sungih kan teltheinak hi Rev. Thang Tin Sum (*Advanced Literacy Project Director, MCC*) ih miphun a duhdawtnak le zawn a ruahnak ruangah a si. A parah kan lung a awi ngaingai.

Tui' tum ih suahmi Chin Casiar Bu hi Falam Baptist Pawlkom in Inntek tuanvo la in tawltreimi a si ih zirdingmi ca pawl cu Lailak Tlawngta, phunsarih le phunriat pawl ih zir ding tawkwawn ih tuahmi a si. Hi Cabu hi Phunriat thawn a zawnawmi zirnak cabu a si ruangah Level II (B) ti a si. A zirdan ding cu Tlawng ah zirter a theih lo ding ruangah that tlawngpih caan ih zir thei dingin tawltreimi a si.

Hi casiar bu sungah thenpi thenthum a um. Cu pawl cu T̄ong thu pawl, Nunphung thu pawl, le Cawntlak Fimsimtu thu pawl tla an si. Hi cabu cangsuak thei dingih a sung um thu burkhawmtu pawl parah kan lung a awi ngaingai.

Khar Thuan  
Falam Project Co-ordinator  
Toungphila, Kalay



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