



SCERT NEWS LETTER

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SCERT MIZORAM (Private Circulation)

Lalngaizuali Ralte
Editor



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Editorial

Khawvel nun dan thar - New Normal

Mithiamten an sawi danin Covid-19 hi khawvel a'ngin a reh tawh lo mai thei a, chumi nena nun ho chu kan zir a ngai dawn ni awm tak a ni. Chu nun dan phung thar kan neih tur chu **new normal** an tih chu a ni.

1) Vantlang nunphungahte hian nunphung thar kan zira kan nun chhoh hi a t'ul dawn nia langin midangte nena nun ho dan thar kan siam hi a t'ul dawn hle a ni.

2) Nitin eizawnaa office leh hnathawhna hrang hrangah **New Normal** hi kan hman thiam a t'ul viau dawn bawh a ni.

3) Ei leh bar chungchangah te pawh hian kan inher rem deuh t'ulna chin tam tak a awm dawn niin a lang a, **rice chauh** hi chaw a ni lo tih kan zir te pawh a la ngai dawn a ni.

Mithiamten an sawi fo **thin-learn, unlearn** leh **relearn** te hi kan vawna tih hlawhtlin mitinin kan tum a ngai dawn a ni. **Unlearn** chu kan thil lo thiam bel tawh, kan lo vawn tlat tawhte a t'ul chuan paih ngam, bansan ngamna hi a ni. Kan chetdan phung pangngai thenkhatte paih a, a thar zirna **relearn** te hi kan neih deuh deuh a pawimawh dawn a ni. Chu chu **New Normal** kan tih hi a ni. Nunphung thar hi i zir tan ang u lem !

DIKSHA MIZORAM PORTAL



Diksha lam pum chu **Digital Infrastructure for Knowledge Sharing** niin he Portal hi MHRD hnuaia digital platform pakhat a ni a. Human Resource Development Minister Shri Ramesh Pokhriyal 'Nishank' chuan September, 2017 khan he portal hi a hawng a. Diksha Portal hian a tum ber chu zirtirtu te, zirlaite leh nu leh paten an mobile phone hmanga digital technology t'angkai zawka an hman theihna tura siam a ni. Mizoramah pawh he Diksha Portal hi hman t'angkai anih theih nan hmalak mek zel a ni a. 19th June, 2020 khan Pi Esther Lal Ruatkimi Commissioner & Secretary, School Education Department hovin Pi Laldawngliani Chawngthu, Director, SCERT Office Chamber-ah Diksha Management Team, New Delhi a mite nen Mizoram Diksha hmalak dan tur sawi hovin Video Conferencing neih a ni.

Diksha Portal-ah hian textbook chungah an zirlai tifiaktu tur milem bakah audio leh video hrang hrangte dah niin zirlai naupangte khaw hawi tizau thei tur zirna dah a ni a, zirlaiten an thiam chin an infiah theihna tur zawhna leh chhannate leh a chhanna dikte dah a ni bawh, Zirtirtu tan leh zirlaite tana zirna puitu tha tak anih mai piah lamah in lama an chhungten he portal hmang hian an fate zirlai an lo hriatpuiin an lo enpui thei dawn bawh a ni.

Diksha Portal hmang tur hian Diksha App hi mobile phone-a download tur a ni a. **Textbook-a chapter tina QR Code** dah te chu he App hmang hian scan tur niin, a chungah media awmte a lo lang nghal mai dawn a ni. **QR Code** chu kan phone hmanga kan va scan tur a lema entir ang hi a ni. He App hmang tur hian internet connection neih reng a ngai lova, vawikhat kan en tawh chu internet awm tawh lohna hmunah pawh a ennawn zel theih a ni.



QR Code

ACTIVITIES DURING THE MONTH**PROGRAMMES**

- 1) *3-Day Workshop to edit Child Rights Protection Training Module on 3rd - 5th June, 2020 in the SCERT Committee Room. He Module buatsaih tharah hian tunlai huna naupang venhimna tur chungchanga hriat tur pawimawh tak takte dah a ni.*

Members 1) Pi Laldawngliani Chawngthu, Director

2) Pi Lalduhawmi Thomte, Dy. Director,

3) Pi Laldampuii, Project Coordinator

4) Pi Vanlalruati, Lecturer

5) Pi Zozikpuii, Lecturer

- 2) *4-Day Workshop to prepare Activities Report of AEP Cell from 2002 - 2020 from 2nd - 5th June, 2020 in the Committee Room, SCERT*

Members 1) Pi Laldawngliani Chawngthu, Director

2) Pi Lalduhawmi Thomte, Dy. Director,

3) Pi Laldampuii, Project Coordinator

4) Pi Vanlalruati, Lecturer

5) Pi Zozikpuii, Lecturer

- 3) *Core Group for Citizen s Charter, SCERT held on 1 - 19th June, 2020.*

Members of SCERT Citizen s Charter Core Group Committee-

Chairman

Pi Laldawngliani Chawngthu, Director

Member Secretary

Pi Lalduhawmi Thomte, Dy. Director

Members

1) Pi Zohmingliani Dy. Director

2) Pi Vanlaldiki Sailo, Dy. Director

3) Dr. A. Lalchhandami Fanai, Dy. Director

4) Pi Zoramthangi Ralte, Tutor

5) Pu F. Lalliansanga, Science Consultant

6) Pu P.C. Vanlalruata, Tutor

- 4) *4-Day Workshop to Analyse English and Mizo Textbook (Classes 1-) from 23rd-26th June, 2020 in the Committee Room.*

Members 1) Pi Laldawngliani Chawngthu, Director

2) Pi Lalduhawmi Thomte, Dy. Director,

3) Pi Laldampuii, Project Coordinator

4) Pi Vanlalruati, Lecturer

5) Pi Zozikpuii, Lecturer

He Workshop-ah hian tuna Mizoramin Class 1 – thleng English leh Mizo subject textbook kan hman mekah hian Population/Adolescence Education component eng angin nge bilh luh anih tih chipchiar leh uluk taka zirchian a ni. Tin, subject dangte bakah Class 9-12 thleng pawh hetiang zirtirna nei tur hian hmalak zel tum a ni. Heng zirchianna atanga hmuhchhuahte chu felfai taka lak khawm an ni ang a, Booklet form-a siam tura ruahman a ni.

MEETING

- 1) Meeting to “Analyse Classes I to VIII Textbooks in Relation to Financial Education” on 24 & 25th June, 2020 at 11:00Am in the Seminar Room.

Members : 1) Pi Laldawngliani Chawngthu, Director

2) Pi A. Lalchhandami Dy. Director

3) Pi Lalduhawmi Thomte Dy. Director

4) Pi Zoramthangi Ralte, Tutor

5) Pi Lalnunsiami, Lecturer

6) Pu F. Lalliansanga, Science Consultant

7) Pu P.C. Lalrintluanga, Science Consultant

**TUTORIAL CLASSES FOR
ELEMENTARY & SECONDARY SCHOOL STUDENTS
ZONET : 2:00 PM, DDK : 3:05 PM, LPS : 4:00 PM**

DATE	SUBJECT	TOPIC
01.06.2020	Elementary (Science)	Air Around Us
02.06.2020	Elementary(Math)	Area & Perimeter
03.06.2020	Elementary (Science)	Water
04.06.2020	Elementary(Math)	Smart Chart
05.06.2020	Elementary & Secondary	Life Skills Episode –I
06.06.2020	Elementary & Secondary	Life Skills Episode - II
08.06.2020	Class -X(Math)-	Trigonometry -Height and Distance (Chapter-14)
09.06.2020	Class –X(Math)	Polynomials Introduction (Chapter – 3)
10.06.2020	Class –X (Physics)	Light- Image Formation by Concave Mirrors (Chapter – 1)
11.06.2020	Class –X (Physics)	Light- Example 1-4 (Chapter – 1)
12.06.2020	Class –X(Math)	Instruction of Trigonometry (Chapter – 12)
13.06.2020	Class –X (Biology) Class –X(Math)	Human Digestive System (Chapter – 11) Construction of Angles(When Base, Vertical angle and Median are given) (Chapter – 10)
15.06.2020	Class -IX(Biology)	Microscope-parts and functioning Cell as a basic unit of life Transport across cell membrane
16.06.2020	Class -IX(Biology)	Plant cell and Animal cell Lower organization in plants and animals
17.06.2020	Class -IX(Biology))	Types of plants tissues Types of animal tissues
18.06.2020	Class -IX(Biology)	Cross-sections of plants parts Epithelial tissues
19.06.2020	Class -IX(Biology)	Connective tissues Muscular and nervous tissues
22.06.2020	Class -IX(Chemistry)	Atoms (Chapter 8)
23.06.2020	Class -IX(Chemistry)	Molecules (Chapter 8)
24.06.2020	Class -IX(Biology)	Natural Resources Part 1 (Chapter 14)
25.06.2020	Class -IX(Physics)	Motion(Chapter 1)
26.06.2020	Class -IX(Chemistry)	Molecular Mass Part-1 (Chapter 8)
27.06.2020	Class –IX(Chemistry) Class -IX(Biology)	Molecular Mass Part 2 (Chapter 8) Natural Resources Part 2 (Chapter 14)

RILRU SUKTHLEK TIH DANGLAMNA

Vanlalruati
Lecturer

Child Rights Protection Cell, SCERT

Mihring piang chhuak tawh phawt chu hlauhna leh zamna nei thei vek kan ni a, chu hlauhna leh zamna, mangannate chu thil pangngai lo a ni lova, mitin chung a thleng thei vek a ni. Hetih rual hian rilru leh ngaihtuahnain nunphung leh hnathawh tibuai khawpa harsatna thlen theitu lam 'Anxiety Disorder' erawh chik leh zuala kan zir chiana kan hmachhawn thiam a pawimawh hle a ni. Khawvel pum huapa min tuamtu natna hlauhawm Covid-19 tia kan hriat lar a lo thlen hnuah pheh chuan nunphung a lo danglam a, zirna kalphung te, ei leh bar zawna te, in len pawh leh Pathian biak ho dan thlengin a lo danglam chho a, hetiang anih tak avang hian in her rem thiamte pawh a ngai chho hle dawnin a lang.

Rilru hahna leh vei neihte hi thil duhawm lo a ni hran lova, tumruhna te, thil lak thutak duhna te min siamsak anih ngat pheh chuan kan hmang tangkai thei hle zawk dawn a lo ni. Khawvela kan awm chhung chuan harsatna kan hmazawn theuhah sut tur a awm reng dawn a, chu kawng chu a nuam emaw a hreawm emaw hmachhawn ngam tura kan in buatsaih a tul. Heng kan nuna harsatnate hi hmachhawn thiam tur leh tha taka dawngsawng thei turin 'rilru hrisel' kan neih a pawimawh em em a ni. A bik takin 'nundan thiamna (Lifeskills Education) chungchanga zirtirna pheh hi chu Directorate of SCERT hnuai a Population Education Cell hian nasa takin a kalpui a ni.

Tun tumah chuan kan tunlai boruak pawhin a ken tel rilru lungmuan lohna leh thlabarna hi engtin nge kan lo hmachhawn ang tih lam hi kan thlurbing dawn a ni.

Anxiety Disorder : Hmanlai ata tawh he harsatna hi mihring nuna thleng fo a ni a, tute chungah pawh thleng thei a ni a, a bik takin zirlaiten hetiang harsatna an tawh hian an zirna pawhin a tuar thei hle a ni. Nu leh pa emaw Zirtirtuten emaw hetiang harsatna hi nei ta se enkawlina an dawn loh chuan an zirlai te, an chenpuite leh thawhpuiteah pawh harsatna a lo pian phah thei a ni. He natna hi kan hriatchian chuan tanpuina kan dawngin kan pe thei dawn a ni.

Mizo tanngin Anxiety disorder tih hi kan nei chiah lo na a, Psychiatrist pakhat chuan 'Rilru chawlo' emaw 'Rilru thlabar reng' tiin a sawifiah. Rilru lungmuan lohna tite pawhin kan dah thei awm e.

Anxiety lan chhuah dan tlangpuite :

- Rilru thlaphanna: in leh lo, eizawna, inlaichinna, chhungkua leh fanautea thil awm theite an dawn vak vak a, chu chuan an rilru thlabar leh hlauthawngin a awm tir thin.
- Rilru thlabarna lo thlengte chu ngaihtuah loh an tum pawn dan zawh rual lohin a lo thawk leh thin.
- Thil lo thleng thut tur awm ang maiin an rilru leh taksa a awm reng a, hahdam takin an awm thei lo. An ngaihtuahnate a khawih a, muthil an harsat a, thinchhiatna te pawh a thlen thei.

Anxiety chu hetiang hian khaikhawm ila a dik ber awm e. Hleihluak taka hlauhthawna, rilru manganna leh thawpikna, mahnia in ngaihbel ngawt chi a ni lova, mithiam bik Psychiatrist leh Clinical psychologist-te an rawn a ngai ani.

Panic Disorder : Mahni chung a thil tha lo tak lo thleng tura hlauhna in nasa takin a rawn man thut a, darkar chanve atanga darkar hnihte a awh thin.

Panic Disorder lan chhuah dan tlangpui :

- Vawilekhkhat hlauhna namen lovin a man thut
- Lungphu te a rang vak
- An taksa hmawrte khawngin tlu mai tur ang tein an inhria a, an lu te a hai thin.
- Lungphu leh thawkte a khawih buai thin avang hian lung lam thatlohna neiah an in ngai thin.
- Awm chhung na
- Tha khur
- Thil tak tak ni lo, ngaihruatna