

4. **Ngaih dan dik lo:** Hmeichhia in thi a neih laiin in hrangah emaw room hrangah emaw a riak tur a ni.

Thudik: Hmeichhiain thi a neih lai hian eng natna mah a kaichhawng thei lo va, room khata awm ho leh mut ho a hlauawm loh a ni.

5. **Ngaih dan dik lo:** Taksa sawizawi leh infiam hian thi chhuak tha lai a tibuai thei.

Thudik: Insawizawi leh infiam hian thi neih avanga taksa na te a chhawk thei.

6. **Ngaih dan dik lo:** Thi neih laiin hmeichhiate hi an thianghlim loh avangin eirawngbawl te leh Pathian biakna hmuna kal te an ti tur a ni lo.

Thudik: Thi neih hi Pathianin hmeichhiate puitling an lo niha an taksa danglamna lo thleng tura a ruat a ni a. Thil zahthlak leh tenawm a ni lo.

7. **Ngaih dan dik lo:** Sanitary pad lei hi thil zahthlak a ni a, lekhain kan tuam bo vek tur a ni.

Thudik: Sanitary pad lei hi sahbawn leh toothpaste leite nen a

inang reng a, taksa hriselna atana invawn thianghlimna vek an ni.

ZAWHNA AWM THEI CHHANNA TE

1. Hmeichhiate thi neih hunbi (cycle) a inang vek kher lo.
2. Hmeichhe thenkhat chuan hunbi neiin thla tin thi an nei thei.
3. Thenkhat erawh chu an hunbi a mumal lo thei bawk.
4. Hmeichhe thenkhat chu thi ngah bikin, thi neih hun chung rei bik an awm thei bawk.
5. Mi thenkhatah thi neih laiin kawng leh tai bawr na a awm thei a, nasa lutuk a nih loh chuan damdawi/nachhawkna ei emaw doctor rawn kher emaw a ngai lo, thil pangai a ni, a nat nasat erawh chuan doctor rawn a tha.

MENSTRUAL Hygiene

Mizo



POPULATION EDUCATION CELL
DIRECTORATE OF
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
School Education Department
Government of Mizoram

THI NEIH LAIA INENKAWL DAN

1. Pad emaw puan emaw darkar li dana thlak tur.
2. Puan kan hman a nih chuan fai takin kan vawng thin tur a ni.
3. Serh leh a bawr fai takin kan enkawl thin tur a ni.
4. A rualin pad pahnih hman kawp loh tur a ni.
5. Kekawrte hak nuam, fai leh ro tha tak chauh hak tur a ni
6. Sanitary pad hman hnu te uluk taka tuamin kan pah thin tur a ni.
7. Kekawrte fai takin suk thin tur a ni.
8. Serh leh kap bawr sil nan chemical chak tak awm sahbawn hman loh tur a ni.
9. Zun ram thiar zawh apiangin insil fai tur a ni.

THI NEIH LAIA INENKAWL ULUK LOHVIN A THLEN TE CHU

1. Sanitary pad/puan thianghlim lo hman chuan natna hrik siamin chu chuan zun kawng leh thil dangah harsatna leh natna a thlen thei a ni.
2. Sanitary pad/puan thlak lova rei tak hman hian vun thak leh pilh te siamin chu chuan vun natna a siam thei a ni.
3. Sanitary pad/puan thianghlim lo hman hian natna hrik a siama, chu chuan chhul leh zun kawng thlengin a nghawng thei a ni.
4. Inthiar zawhin mawng sil zawhah serh sil loh tur. Fimkhur loh chuan serh chhungah natna hrik kan tilut thei a ni.



THI NEIH LAIA NGAIH DAN DIK LO/ATTHLAK AWM TE:

1. **Ngaih dan dik lo:** Hmeichhiain thi an neih laiin pangpar emaw, thlai emaw an khawih tur a ni lo. An khawih chuan thlai a thi thei.
Thudik: Thlai leh pangparte hian tu kut mah huat bik an nei lo va, duat taka enkawl an thatpui vek a ni.
2. **Ngaih dan dik lo:** Ei tur thenkhat i.e. dhoi, tengtere leh pickle ei hian thi a tichhuak tha thei lo.
Thudik: Thi neih laiin ei tur eng pawh a ei theih a, thi chhuak a khawih buai lo a ni.
3. **Ngaih dan dik lo:** Hmeichhiain a thi neih chungchang mite hriatah a sawi chhuak tur a ni lo. Sawi chhuah hi thil zahthlak niin, mite hmuhsit a hlawh phah thei.
Thudik: Thi neih chungchang sawi hi sam chungchangte, mithmul chungchangte leh kut tin rawng hnawih chungchang sawi te nen a danglamna a awm lo.