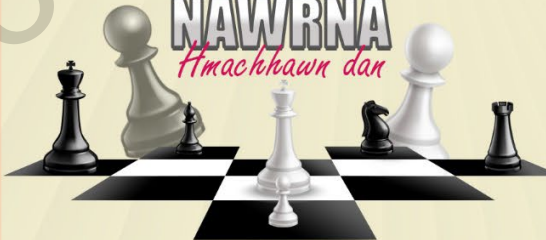


- Mi dangte nawr kawi mai mai theiha i awm loh nan i nunah ri kham chin neih zir ang che.
- I chhia leh tha hriatna leh rilru chhung rilin dik lo ni-a a hriat chuan 'ni love' emaw 'ka duh lo' ti ngam ang che.
- I hlauhthawna leh tum loh deuha i nuna thil thleng a awm changin nangmah tanpui theitu tur che hnenah tlang takin sawi ang che. I beih hmain engah mah beidawng mai suh.
- Nangmah dik lo taka nawr lui ngai lo tu leh i ngaih dan leh thutlukna zah sak thintu che thenrual kawm la. I thlir dan ang nei ve te thianah siam ang che.
- Nasa taka nawr luiha i awmna hmunah chuan i lama tang tlat tur thian hruai ang che. I tum dan chiang takin hriattir baw k ang che.
- Nawr luiha awmte tanpui turin ding chhuak thin ang che.

- I nu leh pa emaw mi dang i rin zawng tak emaw mi thiamte tanpuina zawng hreh suh.
- Pumpelh theih miah loh nawr luihna i tawng a nih chuan tih khawtlai dan zawng la, pehhel emaw tih khawtlai theih a nih loh chuan tlang taka 'ka duh lo' emaw, 'aih' emaw tih zir la, chutianga chhan a rem lo a nih chuan hawihhawn takin 'vawiinah chuan ni love' tih emaw, 'ni dangah le' tih emawin i chhang dawn nia.



*A tha lo zawnga*  
Thiante  
**NAWRNA**  
*Hmachhawn dan*



**POPULATION EDUCATION CELL**  
DIRECTORATE OF  
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING  
SCHOOL EDUCATION DEPARTMENT  
GOVERNMENT OF MIZORAM

*A tha lo zawnga*  
Thiante  
**NAWRNA**  
**HMACHHAWN DAN**



**POPULATION EDUCATION CELL**  
DIRECTORATE OF  
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING  
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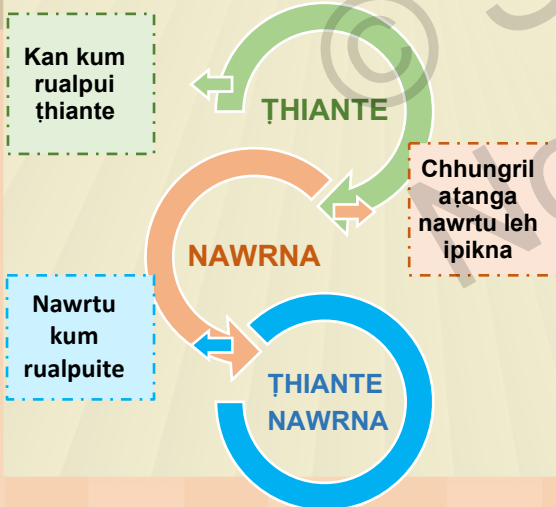
## " RUALPUITE NAWRNA ENGTIA HMACHHAWN TUR NGE"

*Hengte hi nangmah leh nangmah  
in zawt la:*

*Ṭhiante hnial harsa tih chang i  
nei ṭhin em?*

*Ṭhiante nawrna hi i tawng  
tawh ṭhin em?*

*Ṭhiante nawrna hi sap ṭawng  
chuan 'Peer Pressure' tih a ni a.  
'Peer' chu kum rualpui ṭhiante  
tih a ni a. 'Pressure' chu nawrna  
tihna a ni leh a. Tichuan, Peer  
Pressure awmzia chu a hnuaia  
mi ang hian sawi fiah ta ila:*



## ṬHIANTE NAWRNA CHI HNIHTE:

Ṭhiante nawrna hi a ṭha zawng leh a ṭha lo zawngin a awm thei a.

## A ṬHA ZAWNGA NAWRNA:

Ṭhiante nawrna hi a ṭha zawng leh hmasawna min thlen thei zawngin a awm thei a. Entir nan: Zirlai awlsam taka vawn dan a hriat ti ve tura a duh che avanga a nawr che hi a ṭha zawng nawrna tiin kan sawi thei ang.

## A ṬHA LO ZAWNGA NAWRNA:

Kan rilru leh ngaihtuahnain ṭha a tih reng reng loh ti tura ṭhiante nawrna kan tawn hi a ni. Entir nan: I ṭhianten meizial an zu a, ṭha i tih loh avangin i zu ve duh lo va, chuvangin an kawm duh loh phah che a, zu ve turin an ti lui che. Hei hi a ṭha lo zawnga nawrna tiin kan sawi thei ang.

## A ṬHA LO ZAWNGA ṬHIANTE NAWRNAIN A NGHAWNGTE:



## HMACHHAWN DAN TUR:

- Ṭhiante ziangah emaw, thil tihhonaah emaw thil dik lo awm nia i hriat chuan i ṭhian emaw, chu hmun emaw chu kalsan vat ang che.
- I ngaih dan leh duh dan hrechiang la, ding nghet tlat baw ang che. I chhia leh ṭha hriatna fim tak hmang ṭhin ang che.