

NCD natna lak atangin engtin nge kan inven ang?

Nun dan hrisel neih

Hriselna ngaih pawimawh

Ei leh in hrisel ngaih pawimawh

Awm awl tlem

Taksa vawn thianglim

Thau lutuk loh

Rilru hah rimtawng loh

Zuk leh hmuam, zu leh ruihhlo dang laka fihlim

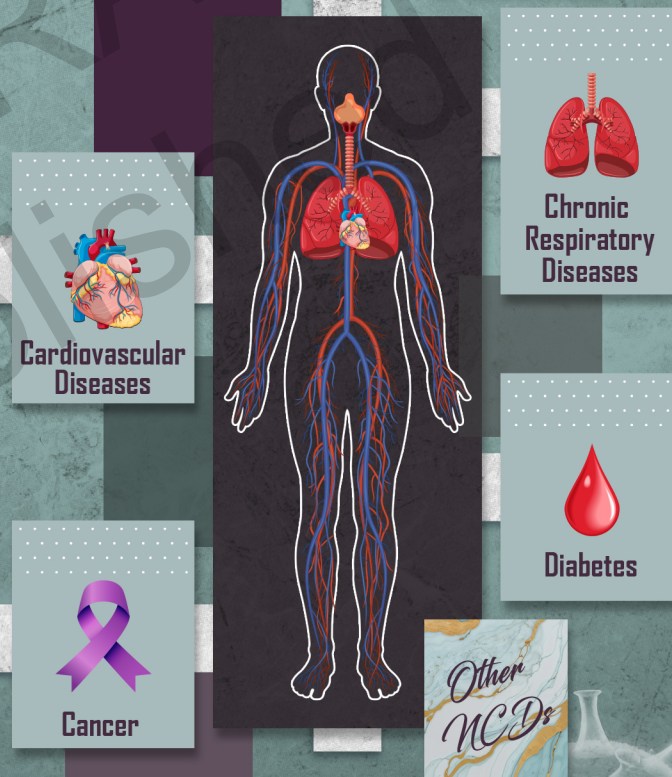
Taksa mamawh tawk muthilh



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

NON-COMMUNICABLE DISEASE

Mizo



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Non-Communicable Disease (NCD) chu eng nge ni?

Natna thenkhat heng – Heart attack & stroke (lung lam kaihhnawih natna), cancer, thawhah leh thawk lama harsatna, rilru lama harsatna, kal tha lo, thin tha lo leh a dangte hi a inkaichhawn theih loh avangin Non-Communicable Diseases (NCD) tih a ni. Heng natna te hi mi dang kaichhawn theih a ni lo.

Eng vangin nge NCD te chu ngaiven that a tul em em?

- India rama thihna 60% hi NCD-in a thlen a ni. (WHO – Global Health Estimates, 2015). Lung lam kaihhnawih natna leh cancer hi thihna thlentu lian ber a ni.
- NCD hian thingtlang leh khawpuia thalai hnathawk thei rualte a khawih nasa ber a ni.
- Zuk leh hmuam, zu, awm awl, ei leh in hrisel lo, rilru hah rimtawng te hian NCD neih theihna a tisang hle.
- Khawsak harsa leh dinhmun hniam a dingte tan NCD neih a pawl leh zual a, chhungkaw enkawltu ber ten natna khirh an vei emaw, an thi emaw a nih chuan chhungkuain kawng tinrengah harsatna lian tak a tawh thei a ni.

- NCD natna te hi enkawl a hautakin, inenkawl na senso pawh a sang hle a. A natna veitu leh a enkawltu pawh nasa takin a nghawng a ni.
- NCD natna hmun li (4) a thena hmun thum ($\frac{3}{4}$) hi inven theih a ni a, NCD natna punlun zel tur ven theih dan chu heng natna thlen theitu nun dan leh chin dan tha lo te bansan a ni.
- Kan nunphungah NCD natna thlen theitu a tam tak zel avangin NCD natna vei pawh kan pung chho telh telh a ni.