# ZO NUN

**Class VII Mizo Supplementary Reader**

*Prepared & Published by*
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
MIZORAM:AIZAWL

**Prescribed for use as a textbook in Mizo for Class VII by the State Council of Educational Research and Training (SCERT), Mizoram, Aizawl**

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# THE CONSTITUTION OF INDIA

## PREAMBLE

**WE, THE PEOPLE OF INDIA,** having solemnly resolved to constitute India into a [1]**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

**JUSTICE,** social, economic and political;

**LIBERTY** of thought, expression, belief, faith and worship;

**EQUALITY** of status and of opportunity; and to promote among them all

**FRATERNITY** assuring the dignity of the individual and the [2][unity and integrity of the Nation];

**IN OUR CONSTITUENT ASSEMBLY** this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

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1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

# THUHMAHRUAI

State Council of Educational Research and Training (SCERT), Mizoram chuan Mizoram chhunga elementary education-a sulsutu leh hmalatu a nih angin naupangten Mizo ṭawng thiamna leh Mizo thil hriatna kawnga hma an sawn zelna turin Mizo Supplementary Reader 'Zo Nun' pawl 6 aṭanga pawl 8 thlenga zir tur a siam a. National Education Policy (NEP) leh National Curriculum Framework (NCF) ten an ngaih pawimawh êm êm, zirlaiten anmahni hnam leh ram chanchin Mizo ṭawnga an zirna tur a ni.

He zirlai bu puitlinna tura tha leh zung sengtu mi ṭangkai tak tak – teacher educator te, subject expert te leh zirnaa a vawnfung chelhtute chungah thinlung takin lawmthu ka sawi a. Zirna hi mi tin huapzo *(Education for all)* a nihzia kan thawhhonna aṭangin a lang chiang hle a, chutih rualin zirlaite zingah thil hriat chian châkna te, thil siam chhuah thiamna leh ngaihtuahna fim tak neih theihna te a châwm nung thei zâwngin he lehkhabu hi siam a ni bawk.

Mizo Supplementary Reader-te hi hi zirtirtu leh zirlaite tan Mizo ṭawng leh Mizo thil zirtirna tihchangtlunna kawngah leh zau zawka National Education Policy (NEP) 2020-in a tumte tihhlawhtlinna hmanraw ṭangkai tak a nih ngei ka beisei.

Aizawl
7th November, 2025

**(CAROLINE ZORAMTHANGI)**
Director, SCERT
Mizoram:Aizawl

# A CHHUNGA THU AWMTE


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# CONSTITUTION OF INDIA

**Part IV A (Article 51 A)**

## Fundamental Duties

**Fundamental Duties – It shall be the duty of every citizen of India –**

(a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;

(b) to cherish and follow the noble ideals which inspired our national struggle for freedom;

(c) to uphold and protect the sovereignty, unity and integrity of India;

(d) to defend the country and render national service when called upon to do so;

(e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;

(f) to value and preserve the rich heritage of our composite culture;

(g) to protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures;

(h) to develop the scientific temper, humanism and the spirit of inquiry and reform;

(i) to safeguard public property and to abjure violence;

(j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;

(k) who is a parent or guardian, to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.

# 1 KAWTCHHUAH ROPUI

Hmasang aṭangin Zofate hian kawtchhuah lungdawh emaw, lungphun emaw kan uar êm êm a, chung lungdawh chu khaw tinin kan nei deuh vek a ni. A tlangpuiin lungdawh chu khua leh khaw inkar kawtchhuahah an dawh ṭhin. Lungdawhte chu khaw tin hian an chhawr êm êm a, feh innghah khawm nan te, lawm innghah khawm nan te, hnatlang innghah khawm nan te an hmang a, lungdawh remchang leh lungphun chhipte chu an hriamhrei tahna a khuar kung ṭhin. Hmasang zofate nun danah kha chuan thingtlang lo neih kha khaw tin eizawnna, chhung tinte

eizawnna a ni a, naupang changkang deuhten a chak lote pua leh kaiin an nu leh pate lo sul haw chu an lo hmuak ṭhin.

Zofaten kawtchhuah lungdawh emaw, lungphun emaw kan neih hi chi hnihin a ṭhen theih a: (1) Khawtlangin *Jubilee* lung emaw, ṭhianhovin an phun emaw, chhungkaw rualin an phun emaw te an ni hlawm a, chung chu kil li neia rem chhunga phunte an ni a, a tlangpuiin a tlara phun an ni. (2) Hranglung – hei hi pasalṭhaten anmahni an inchawimawina atana an phun a ni. Lung pangngai kha a kualin an phun a, a chhungah eng mah a awm hranpa lo.

Kawtchhuah ropui pawh hi hmanlaia Vangchhe khua luah hmasatute kawtchhuah pathum zinga pakhat a ni. An sulhnu aṭanga a lan danin Vangchhiaah hian khaw lian tak an lo awm tawh tih a hriat theih a. Kawtchhuah lungdawh hi hmun thumah a awm a, chuta an lungdawh phunte chu a tlara phun (*alignment*) an ni a. Khawchhak lamah kawtchhuah lungdawh hmun hnihah a awm a, khawthlang lamah hmun khatah a awm bawk a, heng lungphunte hi a tlara phun (*alignment*) an ni a. Lungphun leh lungdawhte hi humhalh a nih loh avangin tualchhung miten thlan lung leh in hmun lungrem atan te, tual lungrem atan tea lak a ni a, tunah chuan khawchhak lam kawtchhuah hnai zawk leh khawthlang lama mite chu hmuh tur a awm ta meuh lo va, khawthlang lam kawtchhuahah hian lungphun tlem a la awm thung. Kawtchhuah ropuiah hian lungphun ding 257 la awmin, a tlu eng emaw zat a la awm bawk.

Khawchhak lama lungdawh hnai zawk leh khawthlang lama lungdawh leh lungphunte lak zawh a nih hnuah Kawtchhuah ropuia mi chu lak leh a ni a. Kum 1985 khan Mizoram sawrkar *Art and Culture Department* hotute chuan a hmunah rawn enin humhalh zai an rel ta a. Mumal taka humhalh a nih loh avangin lung mamawhte chuan an la zel tho a, kum 1993-ah YMA Vangchhe *branch*-te dilna angin YMA *park* atana tih a lo ni ta a. Chuta ṭang chuan Kawtchhuah ropui hi YMA chuan humhalhin, lung leh thingte laksawn leh tihhmelhem chu a khap ta a, chutia enkawl leh ven him a lo nih tak hnuah chuan sakhaw rawngbawltu te, sumdawng te, zinmi te, pawlho te, zirna sikul hrang hrang leh ṭhianho te, *department* hrang hrang leh researcher ten an rawn tlawh ta fo a ni.

Kawtchhuah ropui hi Champhai *district*, Khawbung *RD Block* huam chhung Vangchhe khuaa awm, *latitude 23.167465° N, Longitude 29.53332° E* (*Map of India*)-a awm a ni.

Kawtchhuah ropuiah hian pipu sulhnu tam tak hmuh theihin a awm a, chungte chu *Archaeological Survey of India* (*ASI*) chuan an zirchian hnuah Vau thla ni 18, 2014 khan Kawtchhuah ropui Vangchhia khuaa mi chu *India* ram pumpui hmun pawimawh bik '*Protected Monument of National Importance*'-ah telh a lo ni ta a ni.

Kum 2016 khan *Archeological Survey of India* aṭangin mi thiamten thil hlui zawn chhuah hna (*excavation*) an thawk a. Chutah chuan in hmun mumal tak te, tuikhur te, lungrem

(*retaining wall*) te, inkalpawhna kawng te, lungrem kailawn te, hlum bêl keh them te, vaibêl te, tianhrang leh lungkuang thlan te, kawtthler kawng te, pûk te, lungrem pawn (*structure*) 150 chuang te, lung hriamhrei leh lungpher tuikuang (*water pavilion*) te an hmu chhuak a.

Tunlai thiamna hmanga zirna (*carbon dating*) aṭanga a lan dan chuan Kawtchhuah ropui hi kum *A.D.* 1450 leh *A.D.* 1500 bawr vela mi a ni tih hmuh chhuah a ni. Ralven pûk panga hmuh chhuah a ni bawk a, heng ralven pûkte hi lung bang kher khuar a ni a, a thuk zâwng hi *feet* ruk leh a chanve a ni a, a zau zâwng *feet* sarih leh a chanve a ni a, a pûk chhung san zâwng hi *feet* li leh a chanve a ni.

Kawtchhuah ropui aṭang hian kalkawng hmun rukah a peng a. Kawng khatna leh kawng hnihna hian ṭiau lui kanin *Myanmar* ramah a kal zel a, kawng thumna hi chhim chhak lam hawiin a kal a, kawng lina hi khawthlang lamah a kal a, kawng ngana hi hmar thlang lamah a kal thung a, kawng rukna hi hmar lam hawiin a kal a ni. Heng kawngte hi pi pute lamlian tia hming vuah a ni a. Heng kawngte hi hmun ṭhenkhatah chuan a chhuat leh a bangah lung an rem a, a remchang laiah chawlhna tur ni awm takin lung an rem pawng ṭhin bawk.

Kawtchhuah ropuia lungphunahte hian thu leh hla chhiar tur awm lo mah se, Mizovin ro thila kan neih leh ngaih san ṭhi leh dar te, darkhuang te, fei leh phaw te, tavung (*Music Instrument*) te, thing thleng (hmanlai chhungkuain chaw ei thleng atana an hman) te, ranvulh leh ramsa chi

hrang hrang lem te, sava chi hrang hrang leh sangha lem te, tuthlawh leh hrei lem te, vaibêl leh tuibur lem te leh samkhuih lem nen lam an ziak a, mihring lem chi hrang hrangte an ziak bawk. Heng lemte hi a pawnga ziah vek an ni. Tin, heng ramsa leh ranvulh lem an ziahte hi Mizovin chawhmeh atana kan duh leh kan ngainat êm êm lemte an ni.

Kawtchhuah ropui chung chu Mizo tlangval lunga an den hlum tak Laituma nu lunglen tlang a ni a. Chu tlang aṭang chuan a fapa an den hlumna ṭiau lui, *India* leh *Myanmar* inrina lui (*International Boundary*) chu ni tinin a thlir ṭhin a. Chuvangin, Laituma nu lunglen tlang tih a ni. Laituma nu lunglen tlang hi zin mite tlawh zin tak zinga mi a ni a. He tlang aṭang hian *Mizo History*-a hmun pawimawh tak tak: Hauhai dil (Hauhaii hlang lo chhuahna) te, chi khur (Hmanlaia chi an lo lakchhuahna lui) te, Liandovate unau sulhnu te, Lalmangate khua (Lalmanga nu lawm rawih ni tia kan hriat ṭhin) te, Pi Hmuaki (Hla a phuah thiam avanga a nung chunga an phum) khaw hlui te, Chawnghawih (Sailo thlahtu Sailovan a vanglai hun a hmanna khua) te, Mizo thlan hmun lar tak, tianhrang thlan lo chhuahna khua te, tawlhlohpuan lo chhuahna khua te, buannel ram te, seipui (*Mizo Historian*-ten an sawi lar tak) te, Mizo ṭawng kauchheh ṭhenkhat lo pianna hmun ṭhenkhatte a lan theih avangin *The Mizo Historical View Point* an ti nghe nghe a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Hmasang Zofate khan khawi hmunah nge lung an dawh ṭhin?
2. Zofaten lungdawh leh lungphun kan neih chi hnihte kha han sawi fiah teh.
3. Vangchhiaa kawtchhuah ropui hi engtik aṭangin nge *India* rama hmun pawimawh bika telh a nih?
4. Kawtchhuah ropui hi Zofate tan a pawimawhna han ziak teh.
5. Kawtchhuah ropui hi humhalh a ṭulin i hria em? A chhan han sawi teh.

**Sawi ho tur**

*Group* hnihah inṭhen ula, kawtchhuah ropui humhalh pawimawh ti pawl leh humhalh pawimawh ti lo pawl siam ula. In pawlah ve ve chuan in hnialkhan tur *sentence* ziak khawm ula, han inhnial fiam teh u.

# 2 MIZORAMA TLANGTE

Mizoram hi tlang ram a ni a, tlang sâng tak tak erawh a awm meuh lo. Tlangte hi chhim leh hmar zâwngin a thlûr sung a; a kârah lui a luang bawk. Tlang kâra luite hi chhim zâwnga luang leh hmar zâwnga luang an ni deuh vek a; khawthlang lam hawi deuhva luang pawh a awm.

A ram awmna lai hi fur ruah surna laia awm a ni a. Kum tin hian Ṭomir thla chawhnu lam aṭanga Mimkût thla chawhma lam thlengin ruah tam tak a sur ṭhin. Thlasikah a vawt êm êm lo va, nipui laiin a lum êm êm hek lo. Ruahtui tamna hmun a nih avangin ruahtui luang thla chuan tlang leh tlang kârah lui a siam ta a ni.

**Phawngpui tlang:** Mizorama tlang sâng ber chu Phawngpui a ni a, Mizoram chhim lam, Lawngtlai *district*-a awm a ni a. Ral aṭanga thlira a lan pâwl ruih avangin Sapho khan *Blue Mountain* tiin an sawi ṭhin nghe nghe. Tlang dung sei tak a ni hran lo va, mahse, tlang sâng tak a ni a. A sân zâwng hi *metre* 2,157 a ni. Phawngpui tih hi Lai ṭawnga 'Phawngpi' tih aṭanga lâk a ni a. 'Phawng' tih chu 'phûl' tihna a ni a, 'pi' hi 'pui' tihna a ni bawk. 'Phûlpui' tihna a nih chu. Heta 'phawng' hi a lam dan takah chuan thil kar phawng sawinaa 'phawng' ang hian lam rik tur a ni nghe nghe.

A chhim lamah hian phûl hmun zau leh nuam tak a awm a, 'Fâr pâk phawng' an ti a. A laiah fâr kung khat a mal

din ṭhin vanga he hming hi chawi ta niin an sawi. ‘Pâk’ hi ‘mal/pakhat’ sawina a ni. Tunah erawh chuan Fâr pâk-ah hian fâr kung tam tak a ding tawh nghe nghe. He Fâr pâk phawng sirah hian khâm sâng tak ‘Thlazuang khâm’ an tih chu a awm a, han bih thlâk hian a hlauhawm êm êm a ni. Phawngpui tlang hi *national park* atan puan a ni a, ramsa leh nungcha, thing leh mau te hi humhalh tlat a ni. A tlang a sâng bawk a ṭhâl lai chuan chhawkhlei a par ṭhin a, a mawi êm êm a ni. Chhawkhlei hi tlang sâng deuhva awm chi a ni a, a kung pawh lian tak tak a ni thei. Phawngpui tlangah hian ramsa leh sava pawh a la tam viau a, thlazuang khâm bawrah hian sathâr pawh an la awm nual nghe nghe. Naubân lam chi pawh chi hrang hrang a tam hle.

**Lengteng tlang:** Mizorama tlang sâng ber dawttu chu Lengteng tlang a ni a; Mizoram hmarchhak lam – Champhai district, Mizoram, Manipur leh Myanmar inrina laia awm a ni. Phawngpui tlang ai pawh hian a sâng zawk ni hiala sawi ṭhin a ni; nimahsela, tun hnaia an teh ṭhat leh pawhin Phawngpui tlang chu a lo chen lo deuh tih a ni. A sân zâwng hi *meter* 2141 a ni. Lengteng tlang hi tlang dung sei leh hmingthang tak, sialkal tlang dunga awm a ni a; Sialkal tlang dunga tlang sâng lai ber tihna a nih chu. Lengteng tlangah hian thereng a tam êm êm a; ‘thereng’ tih hi Paite ṭawngin ‘lengthe’ tih a ni a, ‘Lengthe tlang’ tih a ni ṭhin. Hun a kal zel a, ‘Lengteng tlang’ tih a lo ni ta a ni.

Tlang dung sei tak leh tlang hriam tak a ni a, a chhehvela tlang dang hnuaichhiah lurh thei khawpa sâng a ni; amaherawhchu, tlang sâng dang ang lo takin a chhip

aṭanga khawhawi a nuam ve meuh lo thung. Lengteng tlangah hian ngâw a chhah a, thlasik lai phei chuan vawt tak a ni.

Lengteng tlang hi a ngaw a chhah bakah a chhuah lamah hian buh leh bâl a ṭha duh hle. Ramsa leh nungcha pawhin an bâwm a, sathâr leh saza phei chu an la awm nual a ni.

**Lurh tlang:** Mizoram khawchhak lam, Farkawn khua aṭanga chhim lam, Myanmar ram depa awm a ni a, tlang sâng tak a ni. Pi pute khan he tlang hi sâng hlein an hria a, chuti khawpa sâng bik lurh mai chu 'Lurh tlang' tih a lo ni ta a ni. A sân zâwng hi *meter* 1935 a ni. Chhuah lam chu khâm râng chhawrdawh ropui tak a ni a, pûk danglam tak tak pawh a awm a, chung chu sathâr chenna hmun a ni nghe nghe. Thlasik lai chuan a tlang hi a vawt hle a, nipui lai pawhin a lum lutuk lo va, boruak dai nuam tak a nih bakah zothlifim a thaw heuh heuh reng a ni.

He tlang hi a ram a ṭha a, a leilung a nghet bawk a buh leh bâl pawhin a ngeih hle. Thing leh mau pawh a ṭhang duangin nungcha pawh an la tam a ni. Mizoram *State Bird* – vavû pawh hi Lurh tlangah hian a la awm niin an sawi.

Lurh tlang hian kan pi pute hun laiin hmun a chang thûk viau a, lasi tuallênna hmun, ramhuai awmna hmuna ngaih a ni bawk.

**Ṭân tlang:** Lurh tlang hmar lamah hian Ṭân tlang a awm leh a, Vaphai khua leh Fârkawn khaw inkâra awm, tlang mawi tak leh sâng tak a ni. A sân zâwng hi *meter* 1929 a ni.

Ṭân tlang hi pi pute hun aṭangin Mizorama tlang hmingthang ber a ni hial ang tih theih a ni. A chhan pawh Ṭân tlangah hian ramhuai leh lasi an tam a, an lalpa hming pawh Lalchungnunga a ni. Kan sawi tâk Lurh tlang leh Ṭân tlanga lasiho hi an inau ṭhin a ni âwm e. Tlang dung sei tak a ni lo naa hla tak aṭang pawhin a chhip sâng lai hi a lang lurh thei a ni. Ṭân tlang hnuai, chhuah lamah hian Ṭhasiama se no neihna pawh a awm bawk.

A tlang chhip hi a zâwl a, phûl hmun nuam tak tak pawh a awm. Mizoram khawchhak lam bâwmtu thing chi hrang hrang – fah, ṭhîl, khiang leh thên a tam hle. A pangperah farṭuah leh vaubê pawh a par vul chûk ṭhin bawk. Tlang thengthaw nuam tak, lum lutuk lo leh vawt lutuk lo a ni. Ramsa pawh an la awm nual a, pi pute ngaih danah chuan Ṭân tlanga ramsate hi lasiho enkawl an ni.

**Mawmrâng tlang:** He tlang hi Mizoram hmarchhak lam, Ngopa tlang dunga awm a ni ve thung a. A chhehvela khaw langsar deuh chu Thanglailung khua te, Phûllên khua te, Luangpâwn khua te leh Changzâwl khua te an ni. A sân zâwng hi *meter* 1812 laia ni a, Mizoram hmarchhak lamah chuan tlang sâng leh hmingthang, lang lurh mai a ni a. A khâm chhawrdawh hi a mawiin sâng lai bik pawh awm lo ang hialin a chhip sâng lai hi a cham pût a ni. Chutih rualin a sâng lai bik deuh chu Mawmrâng hming putu a ni thung.

He tlangah hian thlasik boruak a nuam tawk viau a, thlasik nat zual lai chuan vûr pawh a tla ve ṭhin. Tlang sâng dangte ang bawkin zothlifim a thaw heuh heuh ṭhin a ni. A leilung pawh a nghet ṭha a, a khâm lung pawh hi chang bika ngaih a ni.

Mawmrâng tlanga thing leh maute hi a ram leilung ṭhat vangin a ṭha êm êm a, thing lian tak tak pawh a la awm khup mai. Pangpar chi hrang hrang leh ramhmul damdawi pawh tam tak a awm. Ramsa leh sava pawh a la tam hle.

Mawmrâng tlang hi pi pute hun aṭang tawhin tlang hmingthang tak a ni a. He tlang huai hi tlang dang huai ai pawha thunei zawkah an ngai a ni. He tlang huai lalpa hi Sahmula a ni a, Sahmula fapa chu Sabereka a ni. Sahmula hian fanu pawh hmel ṭha tak a nei a, a hming chu Lengṭhuampuii a ni.

**Reiêk tlang:** Reiêk tlang hi Mizoram khawpui Aizawl chhim lam, hnai têa awm a ni a. A sân zâwng hi *meter* 1465 a ni. Tlang sâng tak a ni lo nain tlang thengthaw nuam tak a nih bakah Aizawl aṭanga a hnaih êm avangin khualzin mite hiptu tak a ni.

A tlang chhuah lam hi ram pharh ṭha tak a nih laiin tlâk lam erawh khâm chhawrdawh leh awih tak a ni hlawm. A tlang dung hi phûl hmun nuam leh mawi tak a ni a, lungpher inphaha lei tlem azâwng awmah chuan phûl leh hnim a ṭo va, lei chhah deuhna laiah chuan thing lian tak tak a awm bawk.

Pi pute hun aṭang tawhin he tlang hi hriat hlawh tak a ni a. He tlang huai lal hi Khawluahlali a ni a, a chhehvel tlang dang huai ai pawha intilal zawk leh huai zawk nih a tum ṭhin.

**Hachhek tlang:** Mizoram hmarthlang lama tlang hmingthang tak chu Hachhek tlang hi a ni ngei ang. Mizoram leh *Cachar* (*Assam*) inrina laia awm a ni a, tlang dung sei ve tak a ni a. A pianzia hian 'Hachhek a ang e' an tih avanga he hming hi pu ta niin an sawi. Tlang dung sei tak a nih rualin tlang chhip sâng filawr tak a awm hran lo. Belkhai tlang te, Saisih tlang te, Tuidam tlang te leh Kawrtethawveng tlang te hi a sâng filawr lai, langsar zual an ni.

A ram leilung a ṭha a thing leh mau pawh a ṭha hle. Sik leh sa thu-ah phai kuam leh zobâwm boruak inpawlh a ni a, khawchhak lam tlang dangte ai chuan boruak erawh a lum deuh.

**Ṭâwi tlang:** Mizorama tlang hmingthang leh langsâr tak pakhat chu Ṭâwi tlang hi a ni ang. Mizoram khawpui, Aizawl chhimchhak lama awm a ni a, Mizoram laili lai taka tlang zingah chuan a langsâr ber hial âwm e. Tlang hlâwm lian tak, ngawpuiin a hual vêl a ni a, a tlang chungah leh a chhevelah thing hming hriat loh, in chung chen vela sâng, ṭawi lih leih a ding fur mai a. Chumi hming chawi chuan 'Ṭâwi tlang' tih a ni ta niin an sawi. A sân zâwng hi *meter* 1837 lai a ni. Tlang dung, hmar lam zâwnga sâng chho deuh a ni.

Ṭâwi tlangah hian ngaw a ṭha a, thlasik zual lai chuan vûr pawh a tla hial ṭhin. Nipui laiin a lum lutuk lo va,

zothlifim a thâwt heuh heuh avangin a dai ruai ṭhin. Thing leh mau chi hrang hrang a tam hle a, ramsa pawh a tam hle. Ramhmul damdawi bakah naubân lam chi pawh a tam hle. A tlang a sâng bawk a, ṭhâl lai chuan tlang sânga awm chi chhawkhlei pawh a par vul chûk ṭhin.

**Hmuifâng tlang:** Hmuifâng tlang hi Aizawl leh Thênzâwl khaw inkâra awm a ni a. Tlang sâng tak a nih bakah a chhip lam hi phûl hmun nuam tak a ni nghe nghe. Khualzinte pawhin an tlawh zing a, tlang hmingthang tak a ni.

A hming put chhan hi thei chi khat, lênhmui tê reuh tê, rah duh tak tamna hmun a nih vang niin an sawi. A sân zâwng hi *meter* 1619 a ni a; a bul hnaiah tlang sâng dang a awm lêm loh avangin khaw thlir a nuam hle. He tlang dunga a chhip sâng lai ber hi Dodala Lung tlang tih a ni.

Tlang sâng tak tia sawi tur a ni lo nain tlang hlâwm lian leh mawi tak, chhim leh hmar zâwnga inkhawh a ni a. A piah lawka tlang nuam tak, Sialsûk tlang aṭanga thlir phei chuan a khâm râng pawh mawi tak a ni. A chhip lam hi mual pâwng te reuh tê tê infin khawm, zâwl deuh si a ni. Phûl hniam tê tê chim china thing lo ṭo te chuan a timawi zual. Fur lai chuan phûl hmun hi a hring dup a, thlasik lai erawh chuan a ro vangin a uk deuh ṭhep thung.

Hmuifâng tlang bulṭhutah hian Mizorama lui hmingthang tak – Tuirial hnâr a awm bawk a, a thlang lamah Châng te lui a luang bawk. A tlang chhip hi a thengthaw nuam a, zothlifim a tam avangin lum hrehawm a awm ngai lo. Hmun hniam lamah, lui kama thing leh mau a ṭha a, lian

tak tak pawh a tam; a tlang chhip lamah erawh thing lian tak a awm meuh lo thung.

He tlang hi tunah chuan *national highway*-in a pal tlang tawh a, khualzinte tan chawlhna remchang tak a ni a, intihhlimna hmunte pawh siam a ni a, lemchan nan te leh thil hrang hrangah pawh Zoram mipui hiptu tak a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Mizorama tlang hming i hriat panga (5) han ziak teh.
2. Phawngpui tlang hming lo chhuah dan sawi la, *metre* eng zata sâng nge sawi bawk rawh?
3. Tuirial lui hnâr hi eng tlang bulṭhutah nge a awm?
4. Mizoram *State Bird* – Vavu hi eng tlangah nge a awm?

# 3 MIZO MIPA SILHFEN

Rûn kama an awm vel thleng kha chuan Mizo mipate khan hruikhau pil thler sin, buk taka chilh khawm an fêng a. Kawr ang reng, ruah do nana an hman ṭhin hruikhaua siam 'Hnawkhal' an ha bawk a. Len tlang an lo thlen aṭanga kum 1600 vel hnuah chuan hrenpereng an tah a. An hrenpereng chu vaiza hruiin an phuar nghet ṭhin.

Puanngo tah a nih hnuah hmeichhiate ang bawkin mipate chuan puan an sin ve ṭhin a. Ngotekherh te, puanrin te pawh an sin ve ṭhin. An taksa lamah eng mah an ha lo va. An puan hnuaiah pawh an ha lem lo. Hrenpereng kha chu ram kal nikhua leh lui kal nikhuaa puan sin a rem loh changin an hreng chauh ṭhin.

Mizo mipate hian diar pawh an khim ṭhin a. Mi naran diar chu a vâr a ni a. Thangchhuahpate erawh chuan diar ṭial an khim. An diar chu sei tak niin an lu-ah an vet kual a, a hmawr an bilh lut a. Mum nalh takin an khim ṭhin. Diar hi mipa lukhum ve ber a ni. Vawi tam tak veh a nih avangin ruah dopui pawhin lu a huh mai lem lo.

Pasalṭhaten râl lu an hawn chu mipa naupang pawhin an lo sat ve ṭhin a. Râl lu lamnaah râl that huaisente chuan chhâwn an tawn a. Chawlhkar khat an tawn ṭhin. Tlangval sual leh awm ṭha duh lo deuh an awm chuan an zilh a ‘Ka chhâwnin a hem ang che’ an ti ṭhin.

Hmanlai Mizo tlangvalte incheina pakhat chu 'dartawnsûk' an ti a. Dar pan tê-in an siam a. A hmawrah vuahbuk (sap sen an tih; wool) emaw, pangpar emaw an ṭawn bet a. An diarah an tawn a. Kût ni vangthla leh mi lu lâm nikhuaah an incheina a ni. An chet zâwng leh lâm zâwngten a su zek zek ṭhin. Incheina chu ni chiah lo mah se sawi lan ve atana ṭha chu 'arkeziak' hi a ni a. Rammuin râl lu an hawnin chawhnu lamah an khuaa haw a thiang lo va, an khaw epah awm hmun an khuar ṭhin. Khua an rawn thawm ulh ulh mai a. Khuaa mite lah mu thei lo. Nula leh nuten la dum, a vâr leh a sen te an phiar a, chu chu 'arkeziak' an ti a. Zinga khua a lo varin mi lu la lo hawte chu kawtchhuahah lalnu te, khawnbawl nu te leh nulaten zu nen an lo hmuak a. Arkeziak an lo bantir a. Lalnuin puan te, ṭhihna te leh darbu te a lo pe ṭhin bawk. Hei hi inchawimawina sâng tak a ni. Râl lu lamah te arkeziak hi an ban ṭhin.

Mipate hian an sam an zuah ve tho va, an zial ṭhin. Hmar/Duhlianho chuan tukkhumah an zial a, Pawihovin chhipah an zial a. An sam zial a phelh loh nan ṭhimkual/kingkul ke sei an thiat ṭhin. Kum 1930 hnu lamah chuan mipa sam zial an tlem hle tawh a. Mipa lu meh hi kum 1918 hnu lam German râl run lo hawn aṭang khan an chîng ve ṭan a ni.

Mizo mipate hian ṭhi chi hrang hrang ṭhival te, ṭhifen te, ṭhihna te leh ṭhipui te an awrh ṭhin a. Ṭhimal te an beh bawk ṭhin. Heng ṭhite hi mipa ṭhi nia sawi a ni. Mipate hi an in uluk êm êm a. An ṭhi thilnate hi a uluk zual chuan ni tin an thlak ṭhin. Ṭhi awrh hi nalhpui hlein an in hria a ni. Hmanlai chuan hmeichhia aiin mipa incheina a tam zawk a, an in uluk zawk bawk. A neinung chuan ṭhipui an beh a, a nei zo lo chuan ṭhi pawl an beh ṭhin. Lalte chuan ṭhipui an beh a, 'Ṭhi beh lo thute chu eng vak ni suh,' tih pawh hi chuta ṭanga lo chhuak chu a ni. Tlangval awm ṭha duh lo deuhte chuan sakei nghote pawh an awrh a. A ṭhen lahin kel hmul vârte an awrh bawk ṭhin. Kawrchung te, kekawr tluan te an hak hnua, nghawngawrh te pawh an awrh hnu kum 1926-ah te pawh khan mipa ṭhi awrh hmuh tur an la awm.

Mizo lalte chuan inchei dan an nei hrang a. Vakul chang an tawn thiang a; amaherawhchu, mi dang ang thova thang an chhuah phawt loh chuan thangchhuah puan bah te, diar ṭial khim te erawh chu a thiang lo. Thangchhuahpa chuan puan an ṭial thei a. Diar te pawh an khim thiang a. Mângpuan an tih puan ṭial chu ni ropui leh serh bikah an sin chhuak ṭhin. Lungdawh nikhuaah te mângpuan hi an zâr ṭhin (*flag* angin). Hei hi an ropuizia lantir nan a ni.

Tin, lal khua leh tui tana thih huama bei leh sa hmaa hnung tawlh lo, mi huaisente chu tawlhlohpuan an bahtir ṭhin. Kawr siam nachang an hriat hnuah la chu sin bik taka kaiin uluk takin an tah a. Thleh thawkin a ban leh a nghawng rek kuain an ṭhui pum a, a ṭhui nan raw châng te, sakuh te an hmang a. A nghawng reh kual nan hian chhêmthei an beh

chhan a, chemin an zai tawp mai a ni. Chu chu tualtah kawr an hak hmasak chu a ni. Ziaktu ṭhenkhat chuan hei hi 'hnawkhal' an ti bawk, mal thleng vel a ni. Tin, 'dawlrem' kawr an tih, ṭing dum, a sen leh a vâr tea ṭial ruai an uar hle bawk. Hun hmasa lama mipa leh hmeichhe kawrte chu a zakah leh a banah te zawmna a awm a. Chung chu pawnpui zung ṭhuia uluk taka ṭhui a ni.

Hun rei tak chhung chu mipain kawr nghawng zum an ha lo va. An kawr chungah puanngo an bat ṭhin. *Abor* rûn hnu kum 1911 aṭangin mipain *kamis* an ha ṭan niin sawi a ni a. Ṭhenkhat sawi dan erawh chuan kum 1840 hma lam aṭang khan hringchar an lo zu dawr tawh ṭhin a, chung aṭang chuan vai kawr hi an lo ha ve tawh a ni. A neinungte zingah hmeichhia aiin mipa incheinaah an changkang hmasa hle a. Kum 1917-ah te pawh mipa kawrchung, nghawngawrh leh pheikhawk nena an awm tawh hnu pawhin hmeichhia chu an inchei lai ber pawhin pheikhawk an la bun lo va. Inchei nan mipain *kamis* leh nghawngawrh, kawrchung te an hak hnuah pawh puan an la veng ṭhin.

Mizo mipate hian puan ven an uar lo telh telh a; chutih lain, puan ngaina tak, rei tak chhung veng tlat an awm ve tho bawk. Kum 1970 hnu lamah pawh khan hmuh tur an la awm a. Mahni in chhungah phei chuan mipain puan an ven lohna a la rei lo, kum 1990 hnu thlengte pawh khan inah chuan puan an la veng ṭhin.

A tirah chuan heng puanlaisen, ngotekherh leh puanrin te hi mipa puan zawk a ni a. Ṭhifen leh ṭhival te pawh hi

mipa ṭhi a ni. Hmeichhiain mipa hnen aṭanga an lak chhawn ve zawk a ni. Hmeichhiain an chin uar ve hnuah mipain an kalsan ta a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Hmanlai Mizo diar chi hrang hrang kha sawi la, an khim dan sawi bawk rawh.
2. Hmanlai Mizo mipate sam zial dan chungchang han sawi teh.
3. Mizo Mipa ṭhi chi hrang hrangte kha eng nge?
4. "Ṭhi beh lo thute chu eng vak ni suh" tih ṭawngkam hi eng nge a awmzia?
5. Tawlhlohpuan hi hmanlai khan tu te nge an bahtir ṭhin?

# 4 NUCHHUNGI

Nuchhungi Renthlei hi Ramtuk thla ni 7, 1914-ah Ralvawng khuaah a lo piang a. Ralvawng khua hi Mizoram chhim lam khua Lunglei aṭanga khawchhak lam, kêa ni khat kal vela hla-a awm a ni. Nuchhungi pa hming chu Hmingliana Renthlei a ni a, a nu chu Lalthanglovi a ni. Nuchhungi hi an unau zinga naupang ber a ni a, a ute hi hmeichhia hlir an nih avangin a lo pian pawh hian a hmingah Nuchhungi an ti ta mai a, a tawi zâwngin 'Nû-i' tiin an ko a, 'Nûtei' tih pawhin an sawi bawk ṭhin. Amah Nuchhungi hi a lan danah chuan nu vantlang tak, nu sâng ṭha tawk tak a ni.

Nuchhungi hian kum 1934 khan *Mission* hnuaiah hmeichhe sikul zirtirtu hna a thawk ṭan a. Hetianga kamding a lo nih takah chuan sikul a luh tirha nasa taka sawisel ṭhintute khan a nu Lalthanglovi chu nu fing leh rem hre tak a nihzia an lo hriat chhuah phah ta a, mi tam takin hmeichhe sikul luh ṭhatzia hriain hmeichhe sikul lut pawh an lo pun phah ta zel a ni.

Nuchhungi hi a sikul kal laia a *subject* tuina ber leh a tih ṭhat ṭhinna *subject* chu Mizo *literature* leh *domestic economy* a ni. An zirtirtu Pi Zirtiri kha mi thiam tak, mi tuina leh *talent* hre mi tak a nih bakah, a mizia hrim hrim pawh mi

chhel leh tumruh, dikna ngaina leh ṭhahnemngai mi a ni a. A hote tuina leh an chemkalna zâwng hre thei tak mi a ni a, Nuchhungi *talent* tam tak pawh kha Pi Zirtiri hian a hai chhuahsak thiam a ni.

Hmeichhe *boarding* sikul, Pi Zirtiri sikula a *training* lai khan nau hnuchhamte an enkawl pah reng a, zirtirtute hian an inenkawl chhawk ṭhin. Hnuchhamte chu zirtirtu hovin a chhawkin an riahpui ṭhin a, sikula zirtir hna nen an kawp ṭhin.

Kum 1933-a *teacher training* a zawh khan Pi Zirtiri chuan thingtlang khua fanpuiah a sawm a, an kalna apiangah zan tin kohhran inkhawm an buatsaih a, inkhawm ban veleh hian Pi Zirtiri chuan puan milem (*slide*), Lal Isua chanchin a chhuah ṭhin a, Nuchhungi chuan Mizo ṭawngin a lo hrilh fiah ṭhin a ni.

Nuchhungi hi *Mission* hnuaia a thawh chhung hian *missionary* sapten an ring tawk êm êm ṭhin a. Hmun hrang hrangah an aiawha hmeichhe *boarding* sikul vawng turin an tir kual ṭhin a ni. Serkawnah chauh thawk lovin thingtlang hmeichhe *boarding* sikulah a ṭul dana thawk turin an tir chhuak ṭhin. Chutia Serkawn hmeichhe *boarding* sikula eng emaw chen a awm hnu chuan kum 1938-ah Darzo *boarding* hmeichhe sikula thawk turin tirh a ni a, chuta a thawhpui tur chuan zirtirtu pahnih dang an tir tel bawk a.

Darzo khuaa Nuchhungi a kal dawn hian Pi Zirtirin ziaklohbu eng emaw zat a pe a, Pi Zirtiri chuan, “Serkawn *Graded Reader* kan siam ang a, chumi atan chuan Mizo

thawnthu a tam thei ang ber i ziak dawn nia," a ti a. A hun awl neih apiangah Mizo thawnthu a ziak ṭhin a, hun awl ṭha ber chu zan hun hi a ni a, zanah êng chhit tur khawnvartui te a harsat avangin sathau khawnvar hmangin eng ṭha vak lo hnuaiah zan rei tak tak thlengin a ziak ṭhin.

Kum 1939, Vau thla tirah Thingsai *boarding* hmeichhe sikul vawng turin zirtirtu pahnih leh sikul naupang 20 nen tirh a ni a, kum 1940-ah khan Cheural hmeichhe *boarding* sikul enkawl tura tirh a ni leh ta a ni.

Nuchhungi hian zirtirtu hna hi a thawk rei hle a, *Mission* hnuaiah kum 18, kum 1934 aṭanga kum 1952 Mimkût thla thleng a thawk a. Sawrkar hnuaiah kum 30, kum 1952 Khuangchawi thla aṭanga kum 1982 thleng a thawk a, a vaiin kum 48 a thawh hnuah kum 1983 Ramtuk thlaah a *pension* ta a ni. Nuchhungi hi in leh lo leh a chhungkua pawh vawng fel tak mi a ni. Hetia sikula a thawh chhung zawng zawng hian a tlai ngai rêng rêng lo va, a hnaah a rinawmin, a inpumpek hneh hle a, nu fakawm leh entawn tlak tak a ni.

Kum 1986-ah thu leh hla lama a thawh hlawk avangin *India* chawimawina sâng *Padma Shri in Literature* chawimawina *medal* leh *certificate* chu *India President* Giani Zail Singh kut aṭangin a dawng a, Mizo hmeichhe zinga *Padma Shri* dawng hmasa ber a ni.

*Mission* hnuaiah sikul lutin a sei lian a, a chhelna te, thuawihna te, taihmakna te, insumtheihna te, hun vawn dik te hi a nunah hmuh tur a awm reng ṭhin. Kum 1938-a Darzo

*boarding* hmeichhe sikul a enkawl laiin Mizo thawnthu eng emaw zat a ziak a, Serkawn *Graded Reader Book I, II, III* te chu hun rei tak chhung *Mizoram Primary School* zirlai bu pakhat atan hman a ni.

Serkawn *Graded Reader Book I* an chhiar theih hma hian *Class A* leh *B* a awm a, heng mite tan hian lehkhabu hran a ngai a, *Class A* an nih laiin 'Zirna Bul Bu' an chhiar a, *Class B* tan hian 'Zirna Bul Bu'-a thu awmte chauh hmangin thawnthu tawi *Primer* chu a buatsaih leh a, he *primer* hi 'Zovi Bu' an ti mai ṭhin. Hetah hian thawnthu tawi pariat a awm. Hei pawh hi hun rei fê chu zirlai bu atan hman a ni.

Nuchhungi hi thu leh hla bakah lemchan *(drama)* pawh a tui hle a, '*Red Indians* Naupangte' tihte, 'Khawvela Naupangte', 'Savawm Pathum', 'Puanseni' tih a ziahte chu sikul naupangten an chang ṭhin. Mizo naupang thawnthu 15 lai *audio album* a siam a, naupangten ngaihnawm an ti hle a ni.

Nuchhungi hian zonu hna zawng zawng thiam loh nei lovin a khawih kim vek a. Puan ṭhui, la phiar, chhungkaw silhfen chi hrang hrangah pawh mi dang ruai lovin a intodelh thlap ṭhin. Buh den, thing phurh, tui chawi, la deh leh lo neih thlengin zirtirtu hna thawk chung pawhin a intodelh vek a ni. A thiltihna rêng rêngah a tlai ngai lo va, kum tam tak zirtirtu niin sikulah a thawk a, vawi khat mah a tlai ngai lo.

Mizo naupang infiamna leh tualchai hla chi hrang hrang a siam chu kum 1965 khan *Assam Publication Board,*

Gauhati chuan an chhutsak a, kum eng emaw zat ral hnuah kum 1994-ah chhut nawn leh a ni a, a bu hming pawh Mizo Naupangte Infiamna leh a Hlate tia thlak a ni.

Nuchhungi Renthlei hi Mizo nu chhuanawm tak a ni a, Mizoram zirna atan pawh a thawh hlawk êm êm a ni. Mi hmang hria, taima leh ram tana rilru seng peih mi a ni a, a thu leh hlate hi zirna atan a hlu êm êm a, hetiang mi kan nei hi Zofate tan a vanneihthlak hle a ni.

## TIH TURTE

**A kar awl dah khat rawh.**

1. Nuchhungi Renthlei hi _____-ah Ralvawng khuaah a piang.
2. Nuchhungi hian kum 1934 khan _____ hnuaiah zirtirtu hna a thawk ṭan.
3. Nuchhungi hi a sikul kal laia a tuina *subject*-te chu _____ leh _____ a ni.
4. Nuchhungi hian kum _____-ah khan *Padma Shri Award* a dawng a. _____ zinga *Padma Shri* dawng hmasa ber a ni.

**A hnuaia zawhnate hi han chhang teh.**

1. Nuchhungi nun aṭanga kan zir tur nia i hriatte han ziak teh.
2. Nuchhungi sikula a thawh ṭhin laia a entawn tlakna han ziak teh.
3. Nuchhungi hi Mizo naupangte tan eng nge a hlutna?

# 5 KÛT

Kût hi a lo chhuah ṭanna sawi chiah thei an awm tawh lo va. Ṭhenkhatin Thlanrawkpa Khuangchawi aṭanga awm ṭan niin an ring a; ṭhenkhat erawh chuan chu aia tlai deuh hlek a nih an ring ve bawk. Eng pawh ni se, kan tlang mi pui Burma rama mite pawhin an lo neih ve avangin Burma rama kan pi leh pute an lo luh thlak hma pawhin an neih tawh ngei a rinawm. Tin, hnam a lo fing deuh deuh va, tih dan ṭha leh mawihnai zawk an rawn thiam zel a, vantlang hlim theihna kawng ṭha ber zelin hman a lo ni ta a ni. Kût lo chhuah dan leh hman dan te chu hetiang hi a ni:

1. **Pawl Kût:** Kan pi pute rûn kama an awm laiin ṭhenkhat chu tuna Shan state-ah khian an awm a, kum thum a zawnin thingpui a tâm a, nasa takin ṭam a tla ta a, mi tam takin an thih phah a, tam tak an tlân darh bawk. Tin, a kum linaah chuan puar kum a lo thleng ve leh ta thung a, an hausa ta êm êm mai a; an buhte chu dahna pawh awm lo hialin, a chhawngin a chhawng ta et ut mai a ni. Chaw pek tur a lo tam tak avangin ran vulhah pawh an hmuingil ta a ni.

   Hetih lai hian Suai tlangah Kawlni lal a awm a, chu lal chuan, “Khawzim pathian a awm a, mal min sawm leh ta, kan hausain, buhchangrum bar leh theiin min siam leh ta a nih hi. Kan hausakzia lah hi a

chhawngin a chhawng et ut mai si a, a lawmawm êm mai. Sa ei rual zan siam ila, in tinin âr talh ṭheuh ila, chaw pawh i chhum uar ṭheuh ang u. Chu mi zan chuan mahni chhunga chaw kil lovin, ṭhenawm khawvengte insawm tawn ila, kan hausakna chhawng et ut hi duh duhnaah i hnawh teh ang u. Kan khuaa mi rethei ber berte pawh hlim takin i siam ang u," a ti a. A upaho remtih zâwng tak a lo ni ve a.

Tuk khat chu tlangauvin, "Kum thum chhung ṭampui mitthi tuara kan awm hnuin, Khawzim pathian a awm a, mal min sawm leh ta a, kan hausain, buhchangrum leh sa bar theia kan awm leh ta hi a lawmawm êm a, naktuk zingah in tinin âr talh ṭheuh ula, mi rethei ber berte pawh an hlim tlan theih nan; zanriah eiah insawm tawn ila, hlim takin i awm tlang teh ang u," tiin a au ta a ni. Sa ei rual nia zanriah ei tur chuan ṭhenawm khawvengte an insawm tawn ta a ni. Buhchangrum leh sa chu an lo ngah ṭheuh mai a, kham tawh hnute pawhin, an inei luihtir ta a; puar lutuka pawna tlân chhuakte pawh an inbarh lui ta hawng hawng mai a, an hlim tlang ta êm êm mai a ni.

A tukah chuan pa neinung deuhte chuan vawk an talh zui leh ta a, tlangval phawk ṭhenkhatin, intihhlim nan sakuhuilut an siam a, lam hnai lo aṭangin buh pawl an la a, sakuhuilut chu an khuh zut mai a, a tawpah chuan sa an dah a, bawkvaka lutin chu sa chu an inchuh ṭhin. An sa inchuh kha 'luh kût sa' an ti a.

Hun a lo rei a, kût ni-a sa apiang kha, ‘luh kût sa’ an ti zel a ni.

Hun a lo rei deuh a, luh kha an ban a, kût an ti ta a ni. Tin, chaw leh sa inbarh kha an chîng zel a. An buh neih chhawng el ul chu, mi kâahte an hnawh hawng hawng ta fo a ni. A hmingah chuan ‘chhawng hnawh’ thil neih tam mi kâa hnawh tihna a nih chu. Tunah chuan ‘chhawnghnawt’ tih a lo ni ta a. Tin, sakuhuilut khuhna buhpawl kha buh la zo lo ta an la tel palh hlauh mai a. A neitupa chu a lungawi lo va; mahse, lal leh upaho chuan, “Sa ei rual ni atana thil hman rêng rêng hi tuman in sawisel thei lo vang, mahni lo lama pawl in phal dawn loh chuan, hemi hma hian in inpeih fel vek tur a ni. Pawl a tla tawh alawm, mi tlem tê chauh buh la zo lo in awm a, tun hnuah pawh in sawisel thei lo ang, lo lam peih fel ve thuai ula a ni mai alawm” an ti ta a ni.

Chuvangin Pawltlak Kût an vuah ta a. Kum thar a lo ni ta a. He kût hnu hian mahni lova mi thlâm la lut hman lo chu eng mah an hauh thei tawh lo va. ‘Pawl kût’ tiin an vuah leh ta a ni. Tunlaia kum thar an lawm mup mup hi, kan pi pute ṭawng dik tak chuan pawl kût a lo nih chu.

**Pawl Kût hman dan:** Pawl kût hi hun rei hnu deuh chuan naupang pualah an dah bik ta deuh a. In tinin kût zanin buhchangrum leh sa ei an tum ṭheuh a, artui pawh an chhum ṭeuh ṭhin. Tu leh fa neiten, an tu leh

fate tan hemi ni hian ar mît an rawh ṭhin. An tute chuan ar mît rawhna ar fep kha an awrh a, mawi an inti hle ṭhin. Tin, tlaiah min an fate an chei nalh a, buhchangrum leh sa leh artui thlengin kawtchhuah lungdawh lam panin an kalpui a, lungdawhah chuan chhawng an hnawt ta a. Tin, hmeichhe tleirawlte pawh an tel a, puanrin an sin a, vakiria an khim a, chhawng an hnawt ve ṭhin. Nula, tlangval leh pa an tel bawk. Tin, nuin puak leh kaih fawmin lungdawh an pan a, chhawng an hnawt ṭhin a ni. Buhchangrum leh sa leh artui hmin sa hi "chhawng, chhawng, chhawng" tiin an inbarh hawng hawng ṭhin a ni.

2. **Chapchar Kût:** Suai tlanga Kawlni lal laia chhuak bawk a ni. Kum khat chu an lalpa hovin tlangval tam tak an ramchhuak a, an hlawhchham ta hlauh mai a. Lalpa chuan a hote hrilhhai tur chu a khawngaih a, vawk a thawh a, a hote chu âr a thawhtir a, nula leh tlangval an sawm khawm a, hlim takin hun an hmang ta a. An hlawhtlin ṭum aiin an hlim ta zawk a; inah an leng ta lo va, pawnah te zu leh sa an chen ta a. Upate pawh an inkaihkuah a, an hlim khawp a, an insawi an insawi mai a. Naupangte chuan hmuhnawm tiin an en a; upate chuan, "Min entu chuan zu chawi rawh u," an ti a. An chawi a, an inkaihkuah lai chu zu an tulh ta a ni. Heta ṭang hian chai leh kût ni-a zu chawi hi a lo chhuak ta a ni. He kût hi lo vah zawha hman a ni a. Zum leh hriam laka dam taka an chhuah avangin, lawmna entir nan an hmang ta fo a ni. He kût hi mi zawng zawng tan a ni; mahse, nula leh tlangvalten an

chen nasat deuh ṭhin avangin nula leh tlangval ta deuh bik anga ngaih theih a ni.

**Chapchar Kût hman dan:** A hma fê aṭangin an urlawk a, zu an sa a, pa leh tlangvalten kût sa zawngin ram daiah an che a. Tin, nula leh tlangval leh naupangten zu lawm an khawn bawk a. Kût ni a lo thlen chuan Lusei leh Ralte vawk talh ni tlangau an autir leh a. Lusei leh Ralteho chuan mahni vawk talh ni-ah chuan an talh chum chum a. Lusei leh Ralte vawk talh ni a hranga an siam chhan chu, Mizoram hi Lusei leh Ralte ram a ni a. A kâp zautu chu Ralte an ni a, thangṭhat latu erawh chu Lusei an ni tiin upaten an sawi.

Lusei vawk talh ni an au hmasa a, a tukah Ralte vawk talh ni an au leh a. A chhan chu Lusei sa hi talh tukah pawna lak chhuah a thian loh vang a ni. Pawl Kût angin lungdawhah chhawng an hnawt leh ṭhin bawk.

Tin, lungdawha chhawng an hnawh zawh chuan lal mualah nula leh tlangval an chai ta a. Hemi zan hian tlaivara chai tur a ni. An chai tlaivar zawh loh chuan chai zawm zel a rem tawh lo. Chapchar Kût hian ni thum aṭanga ni sarihte a awh ṭhin a. Zoram chhunga Chapchar Kût awh rei berte chu:

(i) **Kawilam tlo:** Ruallungah, vakiin buh vui khuaah a rawn pu lut hial a ni.

(ii) **Chawngtui khaw kût:** An kût rei lutuk a, an pamṭul a, lo an nei thei ta lo va, an khua an ṭam phah ta a ni.

4. **Mim Kût:** He kût hi Tlingi leh Ngama aṭanga chhuak a ni. Tlingi leh Ngama chu nupa induh thiam tak mai an ni a. Vanduaithlak takin Tlingi chu a thi ta a, Ngama lungleng lutuk chu a ṭap a ṭap a. Ni khat chu a ṭap hlum a, mitthi khuaah a zuk kal a, Tlingi chu a zuk hmu a; a lo cher êm êm mai a. Ngama chuan a cher chhan a zawt a. Tlingi chuan ei tur vanzia leh cher lo thei lo a nihzia a lo hrilh a. Ngama chu haw leh thuai tur leh an loa thlai rahte rawn pe turin a tir ta a. Ngama chu a haw leh thuai a, a lo harh leh ta a. Tlingi nena an lovah chuan a feh a, thlai rahte chu a phur haw ṭeuh a. A lungleng lutuk mittui avang chuan Ngama chuan khua a hmu fiah thei lo va, tuiûm hunna bulah a tlu a, a phurte chu a keuh ta rui mai a. Tuiûm hunna sirah chuan a thlai rah phurh chu a dah reng a, "Tlingi, i thlai chin rahte hi ei rawh aw," tiin a ṭap a ṭap leh ta a.

   A lungleng ṭap chu a ṭap hlum leh ta hial a, mitthi khuaah a kal leh a, Tlingi chu a lo thauvin a lo hlim êm êm a. Tlingi hlim chhan leh thau chhan a zawh chuan Tlingi chuan thlai rah a rawn pek vang a ni tih a hrilh a. Ngama chu a harh a, a haw leh ta a. Heta ṭang hian Ngama chuan a nupui Tlingi chu kum tin thlai thar hmasa ber a chhiah ṭhin a. A thil tih dan leh tihchhan te miin an hria a, an ti ve ṭhin ta a ni. Hetiang

hian ‘mitthi thlai chhiah’ leh ‘Mim kût’ hi a lo chhuak ta a ni.

**Mim Kût hman dan:** He kût hi mitthi pual bik a ni. Hmanlai chuan Mim kût hman hun hi lal leh upaten an rel chawp ṭhin a, vaimim char seng zawhah an hmang ber. Mitthi chhungten thil chhiah an uar a, chhang an deng a, chhangpaite siamin an chhiah a, zu te an in a, khawhar hlate an sa a, lunglengin an ṭap an ṭap ṭhin. Tin, kût hmain naupangten mim pawng an khawn a. Chhangpai an ak a, an lawm êm êm ṭhin a, an nu leh pate erawh an lung a leng êm êm ṭhin. Ni thum chinah mitthi chhiah kha a tawp a, an thil chhiah ei theih chi chu ei a thiang ta a. Heta ṭang hian mitthi chhungten tukzana an thil chhiah kha a lo tawp ta a ni.

Ni thum hnuah chuan, mitthi thlarau chu an kalna tur lama kal turin an tir ta a, anni chu hreh tak chungin mitthi khaw lam pan chuan an kal ta ṭhin a ni. Mitthi an ṭintir avangin Mim kût hman thla hi Thiṭin thla an vuah a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Mizo hnahthlak kût hrang hrangte kha han sawi teh.
2. ‘Chhâwnghnawh’ inṭan dan han sawi teh.
3. Chapchar Kût lo inṭan dan kha eng nge ni? Hmanlaiin engtin nge an hman ṭhin?
4. Tunlaia Chapchar Kût hman dan chungchanga i ngaih dan han sawi teh. Hmanlai anga hman theih ala niin i hria em? A chhan sawi zau ang che.
5. Mitthi pual bik kût kha eng nge? Engtin nge hmanlai khan an hman ṭhin?

# 6 RAMHMUL DAMDAWI

Mizoram hi ruahtui tamna ram a ni a, ram ngaw a ṭha a, thlai a ṭhat duh bakah hnim leh thing chi hrang hrang a ṭha duh hle bawk. Heng lei aṭanga lo ṭo – hnim, thing leh thlai lam chi tam tak hi damdawi atana ṭha tak tak a tam hle. Ramhmul damdawi han tih hian kan thlai chin bakah ram hnim, amaha lo ṭo pawh a huam vek a ni. Damdawi dawra an zawrh, kan ei ṭhin hi chu bâwlhlo nena sâwngbâwl a ni a. Ramhmul damdawi kan tih hi chu bâwlhlo nena sâwngbâwl ni ve lo, a hela ei emaw, chhum emaw, den sawma a tui sâwr emaw a ni ṭhin.

Mihring ṭhan lenna tur leh kan dam loh pawha kan dam pui tur tam tak hi lei aṭanga lo chhuak ei chi leh inhnawih chi a awm nual a. Ramhmul damdawi zingah rau rau pawh awlsam taka kan hmuh theih leh kan hriat tlanglawn deuhte hi a siam dan leh a hmannate i han sawi dawn teh ang.

**Sunhlu:** Sunhlu rah hi thei hrisel tak ni mai lovin damdawi atan pawh ṭha tak, ṭhatna chi hrang hrang ngah ber zinga mi a ni hial ang. A rah bakah a kung pil, a hnah leh a zung nen lam hian damdawi atana ṭha tak a ni. Damdawi atana a ṭhatna hrang hrangte chu –

1. **Chhûl chak lo tan:** Hmeichhia, chhûl chak lo leh chhûl lam natna nei tan a rah den sawm, tui pawlhin a ṭha hle.

2. **Chuapro tan:** A rah den sawm tui chu pawlh dal hlekin ni khatah thirfian khat zela vawi thum ei a ṭha hle.

3. **Santên:** Santên damdawiah sunhlu kung pil den sawm tui in a ngeih hle. A rah den sawm leh sêr tui chawh pawlh a ngeih bawk.

4. **Sakawrêkhrik (*tetanus*)**: Sakawrêkhrik natna vei an awm chuan a pân leh pem laiah a kung pil den sawm bel a, tuam hnan a ṭha. A tui sâwr intir bawk tur a ni.

5. **Hnamsai:** Thil ei sual, huat avanga taksa thak leh vual (hnamsai) kan neih palh chuan sunhlu den ei bawrh bawrh mai tur a ni.

6. **Mîtliam/thinlian:** A rah den sawm tui sâwr leh khawizu chawh pawlh a ṭha hle.

7. **Thisen sâng leh lung ṭha lo:** Thisen sâng leh lung ṭha lo tan a rah hring hi ni tin sawm vel ei ṭhin tur a ni.

8. **Khuh:** Khuh damdawi atan a rah den sawm tui sâwr leh khawizu chawh pawlh ei a ṭha.

9. **Pumpui nâ:** Sunhlu pil leh a rah den pawlh tui in hi a ṭha hle. A rah ei tam hrim hrim pawh hi a ṭha. A rah loh lai pawhin a pil den sawm tui in mai tur a ni.

10. **Thawhah:** Thawhah damdawiah a zung den sawm tui sâwr hi thirfiante hnih zelin ni tin vawi thum ei a ṭha.

11. **Thisen tlachham:** Thisen tlâkchham vanga dawldâng leh taksa chak lo tan hetiang hian chawh pawlh ṭhin tur a ni.

    1) Sunhlu rah, tuisik tlêm nena den sawm tui sâwr, no chanve vel.

    2) Chini, thirfiante hnih

    3) Tuisik no chanve chanve leh (1/4)

12. **Ka chhung nâ**: A hnah hring, tui no thuma chhum hi no khat a nih thleng chhuan kang a, hmuam tur a ni. Lei leh ka nâ, lei khi leh hahni thiin a ngeih hle.

13. **Kâng:** Mei kan leh tui sa kanah a hnah ro nuai sawm phul hi a ngeih hle.

14. **Mit nâ/mit thak/mit vûng:** A mu den sawm chhum tuiin mit sil a ṭha.

15. **Thisen hniam (*blood pressure* hniam)**: Chhum hminin a tui in a ṭha.

16. Kum upa lam, taksa chak lo tan sunhlu hi chakna ṭha tak a ni.

Heng kan sawi bakah pawh hian *vitamin C* tlâkchham vang te, pumpui chak lo leh zun lama buaina nei tan te, irhfiak leh thi chhuak dan nan te pawh a ṭha. Chakna

damdawi a ni hrim hrim bawk a, a rah hring emaw, a rah pho ro emaw, a um emaw ei tam hi hrisel nan a ṭha êm êm a ni.

**Ṭawktê:** Ṭawktê hi lovah te, leipuiah te leh chuktuah huanah pawh ṭha duh tak a ni a, damdawi atan a ṭha êm êm a ni. Damdawi atana a ṭhatnate –

1. A rah den sawm/râwt sawm hi hetiang hian hnawih mai tur a ni.

   a) **Âwmvêl:** A durh laiah hnawih tur.

   aw) **Ha nâ:** Rei tawk tak hmuamin, a tui chuan ha na lai chiah tur.

   b) **Rannung tûr nei seh:** Rannung tûr nei chi – tît, khuai, khawmualkaikuang, *etc*., tûr thah nan an hmang bawk ṭhin. A rah loh lai a nih chuan a par râwt sawm chu a sehna hmuamhmâah hnawih tur a ni.

2. **Hnâr thi:** A zung den sawm tui leh buhfai tui chawh pawlh in ṭhin a ṭha.

3. **Pân lung:** A rah pho ro chu hâl tur a ni a, a khu chuan pân lai kha urtirin, a lung a chhuak vek mai a ni.

4. **Santên leh kawṭhalo:** A rah hel bakah chhum hnuah pawh a tak ei leh a tui in a ṭha.

5. **Mîtliam:** A rah hel bakah chhum hnuah pawh a tak ei leh a tui in a ṭha.

6. **Thisen sâng:** Hei pawh hi a chunga kan sawi ang khian a rah hel bakah chhum hnuah pawh a tak ei leh a tui in a ṭha.

7. **Naupang kaih:** A zung chhut sawm sawlh a, buh nena chhum pawlhin (hmin êm êm pawh a ngai lo), naupang kaih chu fiantea tlem tlema eitir tur a ni.

**Fû:** Fû hi kurtai siam nan kan hmang a; phai lamah chini siam nan an hmang bawk. Damdawi ṭha tak a ni a, thiam taka hman erawh a ngai. Damdawi atana a ṭhatna hrang hrang chu hetiang hi a ni:

1. **Âwm nâ:** Fu tui leh sawhthing den pawlh chhuan lum in hi a ṭha hle.

2. **Chilrial:** Fu tui sâwrin emaw, fu feh pawh a ṭha.

3. **Thinlian/mîtliam:** Fu feh leh a tui in a ṭha.

4. Fu tui hian kan thil ei kalkawng a tichakin a tihrisel a, chhiatna lakah a vêng a ni.

5. **Ha ṭim:** Kurtai hi fu tui aṭanga siam a ni a, thei thûr kan ei avanga ha a ṭim chuan kurtai hian a tireh thei.

Hriat tur dang:

1. Fû leh fû aṭanga siam – kurtai, chini, chhang thlum leh adt. hi pumpui lâwng nei tan chuan pum ruaka ei loh a ṭha thung. Pumpuiah thil thûr a siam a, pum a thip duh hle. Kan ei pawhin thil dang ei hmasak a ṭha.

2. Zunthlum nei tan fu tui leh fû aṭanga siam insum a ngai bawk.

3. Fû-ah hian thahrui min petu a tam a, hah taka hna thawk mi tan chakna min petu a ni a, ṭâmchhâwlah pawh ṭha tak a ni. Amaherawhchu, hna thawk lo, awm âwl tan erawh fû aṭanga siam thil dang ei tam loh a ṭha.

**Sârzûk:** Sârzûk kung hi hrui zâm ang deuh hian a awm a, a ṭang pawh khawng tak, hling sei tak nei a ni. A rah hi kut zungpui tiat vel a ni tlangpui. A hmin dawnah a eng a, a hmin hnuah a sen hlar ṭhin. A thûr hle a, a hmin hnuah erawh a thlum thûr suk a ni.

Damdawi atana a ṭangkainate –

1. Hmeichhe chhûl lam ṭha lo tan a ṭha hle. A zung pil chhum tui in te, a hnah den sawm tui sâwr te, a kung hâwng leh a hnah pawh a ṭha.

2. Hmai duk damdawi atan a hnah chhum tui hi ni tin saidawiûm khat, vawi thum eiah hmangin in ṭhin tur a ni.

3. Taksaa hlîng tâng hi sârzûk ṭang lian deuh tak, rawh satin a hmuamhmâah deh tur a ni. Hlîng tâng chu a fâwp chhuak thei a ni.

4. **Sârzûk ṭhatna dangte:**

    1) A par hi lung (*heart*) tan leh thi chhuak tur dan nan a ṭha hle.

    2) A rah hi thi chhuak tur dan nan a ṭha bawk.

    3) A zung hi ruhseh damdawi atan a ṭha

**Maipâwl:** Maipâwl hi Mizote thlai chin ṭhin zingah chuan lar tak a ni a, chawhmeh tui tak a ni nghe nghe. Damdawi atana a ṭhatnate chu hetiang hi a ni:

1. **Rûl chuk:** Rûl chuk damdawi atan a hnah râwt sawm tuia zût a ṭha. A rah pawh a ṭha bawk.

2. **Chhûl lam ṭha lo:** Hmeichhe lam natna – chhûl lam ṭha lo tan maipâwl hel leh chini chawh pawlh hian a tifai thei. Chhûl vûng tan pawh maipâwl leh chini chawh pawlh a, bêla dah a, a tui lo tling in a ṭha hle.

3. **Tuihri leh kawṭhalo:** Maipâwl par râwt sawm hi tuihri damdawi ṭha tak a ni. A rah hi a hela ei bakah chhum hmin a, a tui nena hâwp bawrh bawrh pawh a ṭha hle. Tuihriah hian a hel hi a ṭha bik nghe nghe.

4. **Ei sual:** Thil ei sual palhin maipâwl ei a ṭha. Ei sual avanga taksa vual leh thakah pawh a ṭha bawk.

5. **Santên:** Maipâwl tui in ṭeuh tur a ni. A hela ei a ṭha mah mah.

6. Maipâwl chhum tui leh a hel a tui sâwr hi thisen chakna siamtu a ni. A rah hi thel fai hnuah chini tam tak nen bêla dah a, a tui lo tling chu thisen chak nan a ṭha a, hâwp bawrh bawrh mai tur a ni.

7. Thawhah tan maipâwl zung pho ro râwt sawm hi tui lum pawlhin damdawi ṭha tak a ni.

8. Zunthlum nei tan maipâwl chhum tui in tam a, a tak ei pawh a ngeih hle.

9. Mitthi ruang, hmun hla deuhva thawn tur leh phûm mai loh ang chi hi a rim chhe tur vên nan a ṭha hle. Maipâwl kha phel phawk phawk a, mitthi ruang depah dah kual tur a ni.

10. Zun-in, kal nâ, phûngzâwl nei tan maipâwl ei tam a ṭha hle bawk.

11. Panganghling hi maipâwl chhum luma deh a ṭha bawk.

**Phuihnam:** Mizo chawhmeh lar tak phuihnam hi damdawi ṭha tak a ni a. Lovah te leh chuktuah huanah te pawh a ṭha duh hle. Damdawi atana a ṭhatnate –

1. A hnah chhum tui hi damdawi atan an hmang ber. An hmannate:

    1) **Thisen sâng tan:** A chhumna tui hi dah ṭhat a, in mai ṭhin tur a ni. A tak ei pawh a ṭha bawk.

    2) **Zunthlum:** A chhumna tui leh a tak ei pawh a ṭha.

2. **Naupang pum nâ:** A hnah nuai sawm tui sâwra zût a ṭha.

3. **Lung nâ leh kal nâ:** Damlo chu tlai lamah phuihnam tlak tui hâng intir pawp pawp tur a ni. Lung nâ an nih chuan a tuk lam thlengin a mut a chhuakin a ngui ang a; kal nâ an nih erawh chuan amahah chutiang danglamna chu an nei chuang lo vang.

4. **Kâng:** Phuihnam hnah hring den sawm hi bel a, tuam hnan a ṭha. Hetia tih hian ser awm tur pawh a vêng a ni.

Heta kan tar lan bakah hian ramhmul damdawi dang tam tak a la awm a. Kan awmna ṭheuh a zirin kan hman ṭhin leh kan hman dan a inang vek lo a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Ramhmul damdawi atana sunhlu ṭhatna i hriat panga (5) tal han ziak teh.

2. Fû hi eng atan nge an hman? Fu tui ṭhatna i hriatte han sawi teh.

3. Rûl chuk atan eng ramhmul damdawi nge ṭha?

4. Taksaa hling tang eng ramhmul damdawiin nge i lak chhuah ang?

5. Tuihri leh kawṭhalo tan eng ramhmul damdawi nge ṭha? Engtia hman tur nge?

6. Phuihnam ṭhatna i hriatte han sawi teh.

# 7 MIZORAMA SANGHATE

Khawpui naupang pakhat, a hming Venpuia hi a awm a. Vawi khat chu sikul chawlh laiin a pute awmna thingtlang khuaah a zin a, thingtlang khua chu a rin ang a lo ni hauh lo va, nuam a ti êm êm mai a. Kawngpuia lirthei tlan nuaih nuaih leh ri vut vut reng te, mi tam tak vei nuaih nuaih reng te a awm ve loh avangin nuam a ti a, hahdamthlak a ti êm êm a.

Khawpui lama a hmuh ṭhin ang leh tih ṭhin ang a awm ve loh avangin a pu chuan hrehawm a ti ang a, a ning ang tih a hlau êm êm a. Ni khat chu Venpuia pu chuan, "Mama, kan khua hi i ning em? I duh zâwng leh nuam i tih zâwngte a awm ve si lo va, hrehawm i ti viau lo maw?" a ti a. Mahse, Venpuia chuan a pu rin loh takin, "Ka pu, hetah chuan boruak a nuam si, a fai bawk si, hrehawm ka ti miah lo, thawm ri nuaih nuaih te a awm ve lo va, a reh raih mai a, a nuam daih zawk," a ti a. A pu chuan, "A ni maw, hrehawm i tih ka hlau a, nuam i ti chu ka va lawm êm!" a ti a.

Ni thum hnu velah a pu chuan, "Mama haw i tum hnaih si chuan naktuk lamah sangha dilah kan kal ang a, i hawn tur sangha te pawh kan man dawn nia," a ti a. Zing khua a lo var a, tukṭhuan an ei zawh chuan an huan lama sangha an khawina dil chu an pan ta a. Dil pathum lai an nei a, pakhatah chuan sangha notê an dah a, a dang pahnihah chuan sangha

lian deuhte an khawi a. Dil chhunga sangha chu lenin an man a, a lian tawhho an la a, a la tê deuhte chu an chhuah leh zel a. An man apiang chu sangha bawmah an dah zel a, a vawng ṭha turin vur an dah bawk a.

Venpuia chu a tukah a haw ta a. A pu nena an sangha man a hawn an hmuh chuan a nu leh pate chu an lawm êm êm a. Venpuia chuan a pute dila sangha an man dante leh nuam a tihziate a sawi a. A pa hnenah chuan, “Ka pa, dila sangha lian pui pui ang kha hmun dangah a awm ve em?” a ti a. A pa chuan, “Awm ve e le, khang aia lian pawh kha tam tak a awm alawm. Mizoramah hian lui lian tam tak a awm a, a ṭhen chu chhim lam hawia luang an ni a, a ṭhen chu hmar lam hawia luang an ni thung a. Chutiang lui lianah chuan sangha lian tam tak an awm alawm,” a ti a.

Venpuia chuan, “A nih leh thaichhâwninu ni lo Mizoramah sangha lian dang eng nge la awm?” tiin a pa chu

a zawt a. A pa chuan, “Sangha lian dang awm leh chu nghabual a ni a, nangmah aia lian te pawh a ni thei a ni. Nghabual hi chu tukina i rawn hawn ang deuh kha a ni a, phuhlip lian pui pui a nei a. Nghavang te, nghatun te, ngharilliah te pawh hi an lian thei khawp mai,” a ti a.

Venpuia chuan, “A nih leh ka pa, ngharûl i hmu tawh em? Ka puin a sawi a, ka hre lo va,” a ti a. A pa chuan, “Hmu tawh e, ngharûl hi chu a lian lutuk thei lo va; sangha zingah chuan a sei ber pawl a ni ang. Ngharûl an tihna chhan pawh hi rûl ang maia a sei vang a ni ang. Kei pawhin fit 6 vela sei chu ka hmu tawh, luipuiah tho an awm ṭhin, hmanah kei pawhin ka man tawh asin,” a ti a.

“A nih chuan ka pa, luia sangha awmte hi engtin nge an man ṭhin?” a ti a. A pa chuan, “Luia sanghate hi man dan chi hrang hrang a awm a, tun hnuah hian chinai hmang te, tûr te leh thil dang hmang tea man an ching a, hei hi sangha leh nungcha dang tan a ṭha lo êm êm a, sawrkar pawhin a khap tlat a ni; pawisa tam tak chawi theihna leh kum tam tak lung ina tan theihna a ni a. Mizovin sangha kan man ṭhin dan chi hrang hrang, len hmang te, lensuah leh lenkhang hmang te, nghakuai hmang tea kan man hian sangha leh nungcha dang a suat lo va, chu bakah Mizovin sangha vuak nana kan hman ṭhin ‘ru’ hmanga sangha kan vuak hian sangha chu a rui ringawt a, a hnuah a harh leh mai a, sangha man dan ṭha lo kan tih zingah khan a tel ve chiah lo a ni. Sangha man dan thianghlim tak niin, sangha pawh a rêm phah rêng rêng lo,” a ti a.

Venpuia chuan, “Ka pa, sangha fuan hi eng nge ni a? Hmun khatah khan an awm khawm mur mur ringawt mai em ni?” a ti a, a pa chu a en reng a. A pa chuan a ṭhut dan a han siam rem tê tê a, Venpuia hnenah chuan, “Bawiha, sangha fuan chu maw, sangha chi khat, a tûi pai hlir khan a huhova tuina tur an zawng a, luitêin luipui a finna lai, tui thianghlim leh vawt awmna an zawng a, chutiang hmunah chuan tûi turin an kal khawm ṭhin a, chu chu ‘fuan’ chu a ni. Tichuan sangha fuan chu tûi tura sangha kal khawm tihna a ni mai ang chu. An tui zawh hian an tûite chu anmahnia keu turin luipui lamah sanghate chuan an kirsan leh ṭhin a ni,” a ti a. Hetianga sangha an pung khawm lai hi hmanlai chuan an man ṭeuh zel mai a, chu chu ‘nghafuan ven’ an ti a. Tunlaiah erawh chuan hetianga man hi an duh tawh lo va, nghafuan ven tumtu te chu an veng leh chhawng ṭhin.

Venpuia chuan a pa hnenah chuan, “Engati nge tunlai hian ven kher a ngaih a?” a ti a.

“A, khatianga an awm lai khan ṭhenkhatin lo man an tum a, an tûi tur an tibuai ṭhin a, chu vang chuan chutianga ti ṭhinten an tih lohna tur chuan an lo veng ve ṭhin alawm,” a ti a. “Sangha fuan man tumtute an lo veng ve leh chhawng a nih chu,” a ti a, an pafa chuan an nui dun a.

“Ka pa, nichina i sawi, sangha man dan ṭha lo i tih kha eng vanga ṭha lo nge a, sangha tho an mante chuan a ṭha lo a awm bik dawn em ni?” tiin a pa chu a zawt leh a.

A pa chu a han ngawi vang vang phawt a, “Miin sangha man dan dik lova an man chuan a sangha chauh ni lo,

luia nungcha dang pawh khan nasa takin an tuar ṭhin a ni. Entir nan; *generator* hmanga sangha an man chuan, tuia *electric current* kal kha sanghain an thihpui loh pawhin an taksa a hliam a, chu chu a lo pân a, rei tak hnuah pawh a dam theih tawh loh avangin sangha hrisel lo tam tak an awm phah thei a ni. Tin, miin tûra sangha an hrai chuan luiah khan tûr tui kha an leih avangin, tûrin a chiah phak chinah chuan sangha bakah luia nungcha awm zawng zawng, tuikep thlengin an thi vek ṭhin," tiin a hrilh a.

"Tin, luia sangha zawng zawng hi awm ta lo se la, lui dung tithianghlimtu an awm dawn lo tihna a ni a, rei vak lovah kan lui tuite hi a bawlhhlawh vek thei dawn a ni. Chu vang chuan sangha mai ni lo, lui dungte pawh ṭha taka humhalh vek a ngai tihna a ni, chu chu mi tin mawhphurhna a ni bawk a ni," a ti a. Venpuia chuan thil dang a lo zawt leh a, "Ka pa, sangha hming eng zat nge i hriat?" a ti a. A pa chuan nui chungin, "Ka hre ve nual mai. Nghatê lamah chuan – dâwnṭial, nghachîk, nghadawl, nghameidum, sârba, kâwnghrâm, nghazâwngêk, nghalim, hmûrsâwp, ṭiaulim, lêngphâr tih vel a ni ang a. Tlema sangha lian ve leh deuh zingah chuan phârawng te, nghahrah te, nghalerh te, nghavawk te, nghazangrêk te, nghafunglawr te a ni leh a.

Sangha hming dang ka hriat hrim hrim ka han sawi zel mai ang e. A lian thei deuhte pawh kha ka sawi tawh tho naa ka han sawi nawn leh tho ang e. Thâichhâwninu, zâwngdulinu, nghakhing, nghasen, nghavâng, nghatun, nghakulram, nghabual, nghangiai, nghariliah te a ni a. Heng lo pawh hi sangha chi hrang tam tak chu a la awm a, mahse

tuna ka sawite kha kan rama sangha kan neih hming lar leh hriat tlanglawn deuh chu a ni mai awm e. Nghakhing leh nghasen hi a hma khan ka lo sawi hmaih a, sangha lian thei ber pawl an ni ve bawk a. Kan luiahte hian sangha lian tak tak kan lo nei ve ṭeuh tih chu i hre thei tawh mai ang," a ti a. Sangha chanchin an sawi chu an duhtawk ta a.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. 'Sangha fuan' hi eng tihna nge sawi la? 'Nghafuan ven' awmzia sawi bawk rawh.
2. Mizoram lui dunga cheng ṭhin sangha i hriat hming panga (5) ziak rawh.
3. Sangha man dan ṭha lo engte nge i hriat? Eng vangin nge a ṭhat loh?
4. Lui humhalh pawimawhna han sawi teh.

# 8 INSUKNAWR

Ṭhian dun pahnih Sanga leh Kima chu an khaw khelmual lam panin an kal dun a. YMA Day an hmang dawn a ni. Chutah chuan kum tinin Mizo infiamna an buatsaih ṭhin a. Nasa takin YMA *section* hrang hranga *member*-te chu an inbuatsaih a, he ni hi kum khat chhunga an khawtlang infiamna hunpui lian ber a ni ṭhin bawk a, nuam an ti thei êm êm a ni.

Kima chuan, "Kumin chu kei pawh pa laihawl insuknawrah ka chhuak ve dawn asin. Hawh i chhuak dun ang hmiang, hneh kan neih loh pawhin a nuam ve hrim hrim a," a ti a. Sanga chuan, "A pawi ka ti lo, ka tel châk ve tho mai," a lo ti ve a. Chutih lai chuan an ṭhianpa pakhat an hmu a, a bulah chuan an la hmuh ngai loh mi pakhat khawpui lama awm, thingtlanga YMA day hman tuma lo zin an hmu tel bawk a. An ṭhu ho va, thil chi hrang hrang sawiin an titi a.

Mikhualpa chuan a ipte aṭangin aw khungna (*voice recorder*) a la chhuak a, "Infiamna hrang hrang chu ka hre ve nual a; mahse, insuknawr kha an tih dan chiah ka hre chiang hauh lo mai a, min hrilh chiang thei ang em?" a han ti a. Mi pakhat lo awm ve chuan, "Ni e, han sawi fiahsak teh u, kan infiamna chungchangte hi hmunpui lamah a chanchin a ziak leh dawn a, chuta a ziah tur chu chiang deuhva hriat a

duh a ni," a lo ti a. Sanga chuan Kima hnenah chuan, "Nang han sawi teh, kei aiin i hre chiang zawk daih ang," a ti a.

Kima chuan, "Insuknawr nan hian a tirah chuan buh denna suk hi an hmang ṭhin a; mahse, tun hnuah chuan insuknawr nana hman tur bika an lak mau emaw, rua emaw, hlam hnih emaw, a aia tawi deuh emaw an hmang mai ṭhin. Phulraw tlawn lian leh rinawm deuhte pawh an hmang ṭhin a, an inhliam palh loh nan a hmawr pawh mam ṭha takin an tan rual vek ṭhin. Chutiang raw tlawn lai tak chu an chhinchhiah a, chu chu tual zawla rin an siam nen a inzawn chiahin an dah a. Raw tlawn hmawr lehlam kha a infiam tur pakhat zawk khan a zak zeh a, a kutin a vuan tel nghal bawk a. A zakzeh lohna lam kut khan raw tlawn a zakzehna hma lam chu a vuan ve bawk a. Chutiang chiah chuan a lehlama ṭang tur khan a ti ve bawk a. A endiktuin raw tlawn lai tak leh leia rin inzawna a vawn kha a thlah veleh innawr tawlh tumin an inbei ta ṭhin a ni. Mi dang nawr tawlh thei zawk zawk kha a chak zawk chu a ni mai a. Infiamnaah hian fet awih hauh loh a ni a, Mizo tlangval tlawmngai leh huaisen chuan fet aiin chak loh pawh an duh zawk ṭhin, dik takin he infiamna hi an bei ṭhin a ni. Insuknawrah hian chak chu a pawimawh ber a ni tak nain thiam a awm ve bawk a. Mi ṭhenkhat chuan an beihpuite kha che hlei thei lovin an kar tlat a, awlsam deuhvin an chak mai ṭhin ve bawk. Chutianga inkar chu fet anga ngaih a ni lo va, innawr thiam an ni tihna a ni zawk ṭhin. Ti khan ka sawi chiang tawk em aw?" a han ti a. Mikhualpa chuan, "I sawi fiah ṭha khawp mai, a hmunah ka en chak tawh viau a ni. A nih leh, insuknawr infiamna bei

turte chu rih zâwng inang te an ti ve ṭhin nge, a rem rem an thlang ve mai zawk?" a ti a.

Sangan a lo chhang ve thung a, "Khawvel hmun danga infiamnate angin YMA infiamna angahte hi chuan a teha teh chiah hi a awm kher lo va, pa lian, pa laihawl leh pa tê tih hian kan ṭhen ve mai a, chuta tel tur chu han en mai hian a awm tawk chu a lo awm ve mai. Mahse, khaw ṭhenkhatah taksa rih zâwng aṭanga tehin *kg* 60 hnuai lam, *kg* 70 hnuai lam leh *kg* 70 chung lam zawng tih ang chite pawhin an ṭhen ṭhin a. Lawmman lak leh chak ber nih lam kha a thupui ber a ni lem lo va, hlim taka infiam kha a thupui ber chu a ni zawk a ni," a ti a.

An ṭhianpa chuan infiamna leh intihhlimna an ṭan dawn hnai tawha a rin thu a sawi a, tichuan, khelmualpui lamah infiamna leh thil dang dang entirna tur hmun chu an pan ta a.

Insuknawr hun a lo thleng ta a, pa tê lam aṭangin an ṭan leh a. A sir lamah chuan naupang pualin hmun eng emaw zatah an lo ti ve khat khat bawk a, naupangho pawh an hmuhnawm khawp mai. Pa tê insuknawr chu an ṭang bawk a, an han innawr thlu deuh rap rap a; mahse, tu mah nâ leh hliam an awm lo va.

Chutah pa laihawl hun a lo thleng ve ta. A tel tur an ṭhathnem deuh avangin hmun hnihah insuknawrna tur chu an buatsaih a. Sanga leh Kima pawhin an tumpuite an la hneh zel ve ve a. Mikhualpa pawh chuan hmuhnawm ti takin an lo en ve reng a, a ṭang lutuk chu a lo au vak vak a. Sanga chu

a thiam vak lo zinga mi a ni na a, a chak êm avangin a chak zual pariat zingah a la tel ve a. Kima erawh chu a chak bakah thiam tak a nih avangin a tumpuite a la hneh viau zel thung a.

An han ṭan leh chuan Sanga chuan a tumpui chu a hneh ta lo va, lawmman la thei lo chiahin a tla ta a. Kima erawh chuan a tumpuite a la hneh zel a, a ṭang thiam êm êm a, a tumpuiten hniam taka ṭan laa an intlawhkhalh tlat pawhin a kar tho thei zel a, a thiam khawp mai. A chak zual pali zingah pawh Kima chuan a tumpui a hneh leh ta a, mi pakhat chiah tum tur a nei tawh a, a hneh leh thei hlauh a nih chuan chak ber dinhmun a luah dawn a ni.

A hun a lo thleng ta a, Kima leh a tumpuipa Pu Hranga te pahniha a chak zawk zawk chu chak ber a ni dawn ta a ni. Mahse, Kima chuan a han ngaihtuah a, Pu Hranga chu a kum te a tam tawh a, tun bak hi infiamnaah pawh a tel thei tawh kher lo mai thei a. Ani erawh chu a dam ang a, hun tam tak a la infiam theiin a inring a, a rilru a siam ta a. Pu Hranga

nen chuan an han innawr ta a. A vawi khatnaah chuan Pu Hranga a chak ta a, an han inbei leh a, Kima a chak ve ta thung a, vawi khat an innawr leh ang a, chuta chak zawk zawk chuan chak ber dinhmun an luah dawn a ni.

Vawi thum an innawrnaah chuan Kima chu nasa takin a ṭang tho va; mahse, a theihtawp a chhuah ta lo va, Pu Hranga chu a chak ta zawk a. Pu Hranga chuan a hre thiam reng mai a, an han inchibai lai chuan mi hriat loh tur hian, "Kima, i zahawm hle mai, theihtawp chhuah tak tak la chuan ka hneh lo vang che tih ka hria, ka lawm e," a ti a, an inchibai lawp lawp a.

Kima leh Sanga leh mikhualpa chuan Kima pahnihna lawmman lak chu an lawm a, an awmna piaha ei tur an siamna dawrah chuan a lawm nan ei tur an lam a. Mikhualpa chuan, "Vawiin zet zawng thil ropui tak tak, kan hnam ro hlu tlingte pawh ka hmu ṭeuh mai, a lawmawm ka ti hle a ni. Kan ei man zawng zawng hi chu keimahin ka tum vek ang e, a ropui êm mai," a ti a. Sanga chuan, "Ni e, a ropui ngawt mai, kha insuknawr chu a takin i hmu ta a, kan sawi tel loh infiamna rilru ropui tak te i hmuh ka ring a, khatiang kha a ni Mizo rilru chu. Inelna ringawt a ni lo va, infiamna phenah hian rilru thianghlim leh tlawmngaihna a inphum tlat a ni," a ti a.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. In zirlai buah hian ‘infiamnaah hian fet awih hauh loh a ni a’ tih a inziak a. ‘Fet’ tih hi eng nge a awmzia?

2. Mizo infiamna chi hrang hrang zingah eng nge nuam bera i rin, a chhan sawi rawh.

3. Insuknawr nan eng hmanrua nge an hman ṭhin? Insuknawr dan han ziak chhuak teh.

4. Hmanlai Mizo infiamna te kha inelna atan nge infiamna atan an hman ṭhin? Eng nge a chhan?

5. Hriselna atana infiam pawimawhna nia i hriat panga (5) tal han ziak teh.

# 9 RIH DIL LEH MITTHI KALKAWNG

Pi leh pute chuan mi an thih hian an thlarau chuan kawng bik neiin mitthi thlarau khawvel chu an panin an ring ṭhin. Mitthite awmna hi hmun hnih niin an ring a, pakhat zawk chu Mitthi khua an ti a, pakhat zawk chu Pialral an ti a.

Mi an thih hian an thlarau chu ludîpah chhuakin, khumpui bula tungchaw zawh chhovin khanchhuk a zawh phei a.

Chutah châr lam panin liang a zawh phei a, ditipah a chhuak a, kawltuk a zawh thla leh a; tichuan, Rih dil a pan ta niin an ring.

Hmar chuan mitthi thlarau hi Thlanpialah a kal niin an ngai a, Pawi chuan Zinghmuhah a kal niin an ngai thung a. Hengte pawh hian Rih dil hi an rawn pal tlang leh tho niin an sawi.

Chuvangin thi sawi nan pawh hla thuah chuan, 'Rih tlang mual liam' tih leh 'Rih sâng kai' tihte an hmang ṭhin.

Mitthi rêng rêngin Rih dil an pal tlang veka an ngaih avangin Rih dil vela hnim chi khat chu 'mitthi pal' an ti. Rih dil thlang lamah thlarau 'hruai kawn' a awm a.

Rih dil bulah chuan 'mitthi kawtkai' a awm a, mitthi zawng zawngin Rih dil an kaltlang dawn hian 'lung rah buk' an rap a, a ri buk buk reng ṭhin a ni an ti.

Chumi hnu aṭang chuan thlarau khawvel kal kawngah chuan an lut ṭan ta a ni an ti. Mitthi thlarauvin Rih dil a pal tlang dan thawnthu a awm nual a, he rin dan siamtu thawnthu pakhat lo ngaithla ila.

Hmanlai hian Rih dil kamah sa a tam avangin sa pelin an ramchhuak ṭhin a. Ṭum khat chu ṭhian zaho ramchhuak hian Rih dil kamah hian bûk an sa a, zan an riak ta a. Zan a lo reh ṭan tihah chuan mi kal thawm an hria a, an inbe mawlh mawlh a. Hmeichhe ṭawng ni awm takte hi an hre leh nghal a. An han ngaihtuah chuan chung lai hnai vaiah chuan khua

rêng rêng a awm lo va, ngaw dur pui pui a ni si a, mak an ti hle a.

Nimahsela, ṭawng ri nawk nawk chu an han hre leh ta a. An han ngaihthlak chian chuan, ṭawng ri chu a lo hnai telh telh a, an zinga pakhat chuan a nupui aw ang mai chu a hre ta a, mak a ti hle mai a.

Pakhat chuan, "E! Kha i lo kal ve ta mai a ni maw?" a han ti lawng lawng a.

Hmeichhe aw chuan, "Ni e, ka lo kal ve ta thut mai a. Ka kal dawn lah chuan ka fate hnenah eng mah pawh sawi hman lovin ka kal ta mai si a. Kan rappui chung sânga balhla um pareng chhunga ka dah leh bellâm chhunga sarep ka dah ṭhatte kha an lo hre tak maw? Kan pa lah chu ramchhuakin a thang bo daih si a, a hâwn hma chu chawhmeh ṭha pawh hmeh lovin chaw an ei dawn a nih hi," a tih ri hi an hria a.

An zinga pa pakhat chuan a nupui aw ni ngeiin a hre tlat a, "Khawnge, ka lo châng ang a, ka lo man bet tlat mai teh ang," a ti a. Bûk pawnah chuan a chhuak a, a lo chang ta ran mai a.

A thim êm avangin eng mah a hmu thei lo va; mahse, mi tam tak hian an rawn kal pel zut zut hian a hria a, an ṭawng erawh chu a hre thei hlawm a. A nupui ṭawng nia a hriat chuan a bul a rawn thlen lai tak chuan a pawm thut a, a man bet ta tlat mai a, "Ka nupui i ni tih ka hria che. Engtizia nge ka awm loh hlâna mi lo kal bosan mai le? Naupangho pawh

an mangang lutuk ang asin. I kal tur a ni lo, ka phal lo," a ti a, a pawm bet tlat mai a.

A nupui chuan, "E, mi thlah rawh, chelh theih ka ni tawh lo ve. Ka hun a thleng ta a ni, kal lo thei ka ni hlei nem, min thlah rawh," a ti a.

Mahse, a pasal chuan a thlah duh lo va, a pawm nghet sauh sauh va. Nakinah chuan rûlah a chang a, a zem ta chual mai a. Chuti chung pawh chuan a thlah duh lo va. A nupui mangang chuan, "Ka ṭhianten mual min liam zawhsan tak ngial dawn e," a ti a. Dumdêah a chang a, a kut zung karah a pût chhuak a, a thlawhsan ta a.

A tuk khua a var veleh chu pa chu a haw ta vang vang a. In a han thlen chuan a nupui chu a lo thi ngei a, a ruang a han nang a.

Ṭawng a hriat kha a dik leh dik loh fiah nan rappui chung sâng a han en a, pareng chhunga balhla um lo awm chu pum nga a ni a. Bellâm chhung chu a han en leh a, sa rep a lo awm leh chiah bawk a. Chuta ṭang chuan Rih dil kama an hriat kha an nu thlarau, mitthi khaw pan tur aw ngeiah an ruat ta a ni.

Mi an thih hnua an thlarauvin Pial lui a kân hnuah pawh mi nung awmna ram hi an ngai êm êm ṭhin a. Mitthi khaw pana an kal zel chuan tlang pakhat 'Hringlang tlang' an tih hi an lawn a. Chu mi tlang chhip aṭang chuan mi nungte awmna ram chu a lang chiang êm êm a. Mitthi thlarau chuan 'Hringlang tlang' aṭang chuan an khaw hlui chu an

han thlir a, an dam laia an chet tlatna zawng zawng chu an hmu thei vek a, an lungleng chu an mittui a dir zung zung ṭhin a ni.

Amaherawhchu, Hringlang tlangah chuan thil danglam tak pahnih hi a awm a, pakhat chu pangpar mawi êm êm hi a ni a. Chu pangpar chu 'Hawilopar' an ti a. An lungleng han hawi vel chuan an hmu lo thei lo va. An hmuh veleh chuan lak a, tawn an duh ṭhin a. An han lak a, an han tawn veleh chuan an awmna hlui lam kha an hawi duh ta hauh lo a ni an ti.

Pakhat dang leh chu tui fim tak hi a ni a. Tlang chhipah chuan tui fim ṭha tak, in chakawm tak mai hi a awm a. Chu tui chu a itawm êm avangin in lovin an kal pel thei lo va, chu tui chu 'Lungloh tui' an ti a. An han in veleh chuan an chenna ṭhin leh an nun hlui te chu theihnghilhin an lunglenna zawng zawngte chu a reh ta a ni. Chuta ṭang chuan Paula kawtchhuah 'zing van zawl' an tih chu an thleng leh a. Hemi hnu hian kal zelin mitthi khua an thleng ta a ni.

## TIH TURTE

**A hnuaia zawhnate hi han chhang teh.**

1. Hmanlai Mizo pi leh pute rin dan khan mitthiten eng dil nge an pal tlang ṭhin?

2. Hmarho leh Pawiho khan mitthi thlarau kha khawiah nge an kal nia an ngaih?

3. Mitthi thlarauvin mi nung awmna ram an thlir ṭhinna tlang kha eng nge? Chu tlangah chuan engte nge awm a, eng atan nge mitthi thlaraute khan an hman ṭhin?

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