



SCERT NEWS LETTER

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Lalngaizuali Ralte

Editor

Board of Editors :

Laldawngliani

Chawngthu

Kaplana

P.C.Lalrintluanga

Vanlalhruali

R.Lalbiakdiki



Editorial

*Thawktu ten rilru thar,
thinlung thar, ngaihtuahna
thar neih a pawimawh:*

Nitin, mahni seh seh mual hranah an lo ti mathlawn lo, kumin chu mahni awmna hmunah kei ka hmunah ti ang hrimin kan bung leh suau suau mai chu a ni a, hetiana hun tha leh duhawm tak min neihtirtu chung Pathian hnenah mahni tawkin lawm thu te sawi fo teh ang u. Khawii hmunah pawh ngaihtuahna engemaw tuten emaw an lo hman tawhna avanga hna thawk kan ni ve a ni tih inhriat chhuah ve fo a tha a. Chu chuan keimahniah ngaihtuahna thar te min pe thei se, kum hmasa lam ai chuan hna tha zawk, belh chian dawl zawk leh rang zawkin ka ti ve thei ngei ang tih inhuamna nen kum hi hman chho ila, rilru ngai la pu siin hma kan sawn (update) theihna lai pawh a awm ngei ang tih ring ila, mahni tawkah chu chuan phurna thar min pek beisei bawh ang u. Mahni hmazawn theuhah ngaihtuahna thar pu ngei turin mawh la ngam thei ila, chu chuan mahni rau rauvah pawh kan nitin hna hian lawmna leh hlimna thar minrawn pe ngei bawh dawn a ni. Kan thawhpui thenkhat te an lo chawl chho ta mek bawh nen zam lovin tan la sauh sauh ila, zual zawk a tan la chungin kan rilru tihuaisenin hma lam i pan zel ang u hmiang.

LIFE SKILLS

‘Life skill chu ni tin kan nuna mamawh kan neih te, chona lo awm thin te, tha tak leh tangkai taka hmachhawn thei tura thiamna leh theihna kan neih hi a ni.’(WHO) -

Life Skill chuan nungchang tha nei a, thlan tur dik thlang thei turin min pui a ni. Kan ni tin nuna kan thil tawn hrang hrang te hmachhawn thei turin min pui a. Life Skill-te hi a bika zirna atanga zir leh tawnhriat atanga neih a ni.

Life Skill-te hi mi tin tan a pawimawh a, a bikin thalaite hian tunlai khawvel khirh tak mai an hmachhawnna kawngah hian an mamawh leh zual a ni. Zir tur thlan kawngah te, hun awl hman dan turah te, thian kawm turah te, inchei dan turah te hian kan thalaite hian duhthlan tur zau tak an nei a. Natna khirhkan tak tak HIV/AIDS, Hepatitis, STI (Sexually transmitted infections), RTI (Reproductive tract infections) te leh ruihlo hman sual te a lo hluar ta hle mai si a. Hengte avang hian kan thalaite tan duhthlan tur a tamin thutlukna dik siam thiam a ngai ta hle a ni. Chuvangin kan thalaite hi an khawvel hmachhawn thiam thei turin Life Skill pe ila, kan hnam tan ro hluah i siam ang u.

TEN CORE LIFE SKILLS (WHO).

Thinking Skills :

1. Self-Awareness/Mahni Inhriatchian
2. Critical Thinking/Chik taka thil ngaihtuah thiamna
3. Creative Thinking/Thil ngaihtuah chhuah thiamna
4. Decision Making/Thu tlukna dik siam
5. Problem Solving/Harsatna sut kian

Social Skills :

6. Effective Communication/Inbiak pawhna tha
7. Interpersonal relationship/Midang nena inkungkaihna tha siam
8. Empathy/Mi dangte dinhmuna indah thiamna

Negotiation Skills :

9. Managing feelings & Emotions/Thinlung leh ngaihtuahna thunun theihna.
10. Dealing with stress/Rilru hahna hmachhawn dan

Zirtirtute tana Skill pawimawh deuh deuh te:

1. Communication Skills : Communication skill hi zirtirtu tan a pawimawh em em a, a zirtirnaah nasa takin he skill hian a pui thei a ni. Kawng hrang hrangin a hman tangkai thei - zirlaite thil hriattir nan, zirtir nan, hriat chiantir nan, tanpui nan leh chawhphur nan te. Communication skill hian skill dang a keng tel a, chung te chu :-

(Cont../- page 3)

JANUARY- FEBRUARY, 2015 CHHUNGA SCERT-IN PROGRAMME A NEIH LEH KAL**VOCATIONAL EDUCATION****Educational Guidance & Counselling :**

- Member of State Resource Group under RMSA Ten Days Capacity Building Programme for Schools Leadership Development NUEPA & RMSA, Mizoram buatsaih chu 28th Jan.-6th Feb., 2015 chhungin Auditorium ah neih a ni.

TEACHER EDUCATION

- Pi Sangthanmawii, Joint Director leh Pu H.Lalhruaitluanga, Lecturer te chu Teacher Education Appraisal Committee 20th-26th February, 2015 chhunga tel turin NCERT, N.Delhi ah an kal.

SOCIAL SCIENCES & HUMANITIES**Population/Adolescence Education :**

Dt.11th-13th Feb.2015 : Workshop on Plan of Action (PEP) 2015-2016.

- Pi Laldawngliani Chawngthu, Jt.Director leh Pi Zoramthangi Ralte, Tutor te chu Project Progress Review (PPR) Meeting on Population Education Amritsar ah ni 15-16 Feb., 2015 chhunga neih ah an kal.

INFORMATION & COMMUNICATION TECHNOLOGY (I.C.T.)

- 10 days Induction Training on Computer Literacy for High School & Higher Secondary School Teachers neih mek a ni.

L A W R K H A W M

- SCERT hi kum 20th January, 1980 atang khan Officer on Special Duty kaihhruaina hnuaia ding tanin a lo kal chho zel a, tichuan 22nd May, 2008 khan Directorate puitling ah hlan kai a ni a, tichuan SCERT a dintirh atang chuan kumin January, 2015 (thla hmasa) kha a kum 35-na chiah a lo ni ve ta reng mai. SCERT bul tan tirh leh tun inkar a hrechiantgu (thawktu) mi tlemte la awm te chuan hma a sawn dan leh a than chhoh dan sawitur an hre ngeiin a rinawm.
- Kum 2015 atan SCERT Welfare hruiatu atan heng mite hi thlan thar an ni a, an mawhphurhna hetiang hian an inseam rem nghal bawk :

Chairmain	:	Pu Lalthanfela
Vice Chairman	:	Pu H.Thanzuala
Secretary	:	Pu P.C.Vanlalruata
Ass.Secretary	:	Pu Shillongthanga
Treasurer	:	Pi T.C.Lianzami
Fin.Secretary	:	Pu F.Lalthanzuala

SCERT-a thawk te January-February chhunga chhiat tawk awmte :

- Pi Ronghinglovi, Asst. fapa C.Lalbiakzama kum 29. Thihni 4.2.2015 (Wednesday).
- Pu Kapliana, Project Coordinator fapa tlum ber Lalruatsanga. Thihni-January 31, 2015 (Saturday) leh a nupui Pi Lalhlimpuii (Apuii). Thihni-14.2.2015 (Saturday).
- Pi Vanlalhruaii pa Pu Thangreia (74) Zemabawk Thihni 21st Feb.2015 (06:20 Pm). 22nd Feb.2015 (Sunday) 12:00 noon ah vui a ni

SCERT chuan heng kan thawhpui chhiattawk te hi kan tuarpui takzet a, Officers & Staff ten a vuina programme kan hmanpui bawk. An kalsan tak an chhungkua theuh te hi kan tuarpuiin kan tawng-taina ah I hrereng ang u.

THE ONLY PERSON YOU SHOULD TRY TO BE BETTER THAN, IS THE PERSON YOU WERE YESTERDAY.

ENGLISH CORNER

ERRORS IN USAGE

English thumal kan hman lar zual deuh deuhthe han tarlang leh ila, chhiartu te tangkaipui atan.

REVENGE/AVENGE Revenge(n) : Phuba. e.g. She is seeking revenge for the murder of her husband

Avenge (v) : Phuba laksak, thungrul. e.g. He promised to avenge his father's murder.

SEMINAR/WORKSHOP Seminar: Mithiam bik ruaia thupui thlanbik sawiho.

Workshop: Thil engemaw siam chhuak tura mithiam bikte hnathawh hona.

SOFTWARE/HARDWARE Hardware: Khawl thil-Computer, VCR, TV etc. te hi 'hardware' a ni.

Software: Khawl thil - Heng a chung a kan sawi khawlten a hman- etc
entirnan : audio, cassette, floppy, CD, DVD film etc. te .

LIFE

(a)**Rapport Building** : Zirtirtu chuan an naupangte nen an inkarah inpawh tawna tha, inrin tawna leh inzah tawna a siam ngei tur a ni. Hei hian Zirtirtu leh zirlaite inkarah boruak tha, engthawl leh hlimawm a thlen dawn a ni.

(b) **Active listening** : Zirtirtu chuan a naupangte thil sawi uluk taka ngaihthlaksakin, zirlaite pawh mi tawng ngaihthlak that a zirtir ve baw ang. Tin, zirlaite tawng ngaihthlak tluantlinsak leh an sawi duhte an sawi chhuah theih nan an thil sawi laia lo pawh chahsak loh a tha. Chutiang zelin, zirlaite pawhin mi tawng laia lo tihbuai loh te, lo tih tawp sak loh leh lo pawh chahsak loh te an lo zir ve nghal dawn a ni.

(c)**Attending** : Mi thusawi laia uluk taka ngaihsak hi a pawimawh hle a ni. Zirtirtu thusawite uluk takin zirlaiten an ngaihthlak a tul a, hemi tur hian zirlaite chu nuamsa leh engthawl taka awmtira, zawhna te zawtin chhanglet thei tura buatsaih tur an ni. Tin, sawisel leh a hnualsuat zawnga tih loh hram a tha a, tawng let ve a , zawhna te zawt let ve zawk tura fuih tur an ni baw.

(d) **Speaking:** Zirtirtu chu a tawngka chhuak ngaihthlak a nuam tur a ni. Ring lutuk lo, zawi lutuk lovin a tawng a tha . Tin, amah chauh a tawng reng tur a ni lova, a ngaihdan leh rin dan ringawt a sawi tur a ni lo baw. Naupangte tawng ve turin a thlem thiam tur a ni.

(e) **Questioning:** Zirtirtu chuan thiam takin a zirlaite zawhna te zawtin, zawhna a zirlaite atangin a thlem chhuak thiam baw tur a ni.

2. Non-judgemental Skills

Zirtirtuin a ngaihdan kalpuiin thu tlukna a siam zung zung tur a ni lo. Thil ngaihhlut zawng (value), kan rin (beliefs) leh tha leh dik kan tih chungchang zirtir reng rengin, thutlukna leh ngaihdan lo siam loh a pawimawh. Zirtirtuin ama thil ngaihhlut

SKILLS

zawng emaw, a thil rin zawng emaw, dik a tih zawng emaw a sawi vak vak pawh a thaber lo . Hemi kawngah hian zirtirtute tan tih tur leh tih loh tur a awm a, chungte chu :

- Values (ngaihhlut zawngte) zirtir laia ama ngaihdan sawi vak a ching tur a ni lo.
- Zirlai naupangte lo thanlenna a zah thiam tur a ni a, an thil ngaihhlut zawng te leh an thil rin (beliefs) te a ngaihhlutpui tur a ni.
- Naupangte hnenah ngaihdan/rindan atthlak lutuk a awm lo a ni tih hriat chiantir tur a ni.
- Zirtirtu chuan tihdan tur a sawi reng tur a ni lo.
- A tha zawng emaw tha lo zawng pawhin zirlaite ngaihdan a sawisak tur a ni lo.
- Eng hunah pawh zirtirtu chuan naupang te chu 'harsatna' leh phurritah a ngai tur a ni lo.
- Thil thlak danglam theih tawh loh chu a sawi sek tur a ni lo baw.
- Zirlaite chu an ngaihdan leh hriat dan te awihawm lovin pawm harsa viau mah se zirtirtuin a nuihsawh mai mai tur a ni lo.

3. Emphatic Skills

Midangte dinhmuna mahni va indah thiam hi thil tha lua ah kan ngailo mai thei, mahse kan zirlaite dinhmun va hre chiang tur chuan a pawimawh hle a ni. 'Empathy' chu midang dinhmun leh awmdan mahni va inbel emaw an dinhmuna va din thiamna a ni. Hei hian midangte hriat thiamna leh pawm thiamna a siam. Zirtirtu tan chuan a pawimawh hle a, zirlaite harsatna su kiang tur chuan an khawvel leh an nun hriat thiampui a ngai. Zirlaite , taksa leh rilru thang mek te leh khawvel khirh tak mai hmach-hawn chho mek te hian, eng ang rilru nge an put, eng nge an ngaihtuah, engtin nge thil an thir, tih hi zirtirtu chuan a mawhphurhnaah ngaiin a hrethiam tur a ni.

KAN THAWHPUI SUPERANNUATION PENSION-A MIN CHHUAHSAN TUR TE**Pi Sangthanmawii, Joint Director :**

Ni 10.2.1986 khan SCERT ah hian Audio Producer (Group A Officer) hna a zawm a. SCERT bultantute zingah telin Deputy Director-ah 1.2.1993-ah a kaisang leh a, Technology lama tuimi a ni a, SCERT Technology Cell pawhin nasa takin hma a sawn a ni. Dated 1.10.2002 khan Joint Director-ah hian a kaisang leh ta a ni. Kum 2009 thlengin Head of Office hna a chelh a ni.

Nu thluak tha, viak tha leh taima tak a ni a, Manchester U.K. ah M.Ed. in Education and Mass Media pawh kum 1988-89 (2yrs) khan a zuk zir zo nghe nghe a, a thiamna hi Department-in a chhawr nasa hle a, hnathawhho kawngah pawh awlsam leh zangkhai zawka tihdan ngaihtuah chhuak zung zung mi a ni baw. SCERT-a thawh tan tirh atanga vawiin thleng hian kan ramin zirna lama hmasawna atana kawng hrang hranga hnarkaitu mi pawimawh ber te zinga mi a ni a, a hmalakna kawng hrang hrang te hi amal malin kan sawi vek Mizoram Zirna (Education) thang chho zelah hian a hmalakna tam tak (contribution) hmuh theihin a awm. Tin, amah hian Plan & Budget leh Service matter a ngai pawimawh em em a, a hun chung hian Officers and staff mi 15 lain promotion hmuin an kaisang nghe nghe a ni.

A pension dawn ni thleng hian 27th Feb. thleng hian TEAB Video Conference neih tur atan Teacher Education Programme atan thil pawimawh te ngaihtuah turin Delhi-ah hotuten kal tura an tih angin phur tak kalin 1st Installment Central Assistance kan la hmuh loh leh thil fello dangte pawh tifelin a thahnemngaihna zar kan la zo cheu a ni.

Vanduaithlak takin kum 2013 June ni 27th khan a pasal duhtakin a boralsan a, tunah hian fanu 1 neihin Thakthing tlangah a khawsa mek a ni.

Heng a hmaa kan thawhpui te kan sawi te hi thla thar 1st March, 2015 atang hian Sawrkar in hun bi a tiam chin (Superannuation Pension) an thleng ve dawn ta reng mai. Sawrkar hna an thawh chhung zawnga Pathian malsawmna dawnga an hun

Pi Rosangpuui, Assistant :

Ni 9.5.2006 khan Rural Development Deptt. atangin SCERT-ah a lo lut.

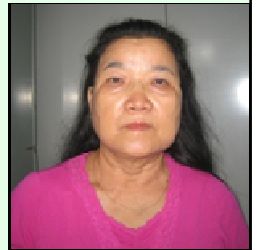
Pi Rosangpuui hi sawrkar hnaa experienced nei tha tak, a hnaa rinawm leh taima taka thawk thin a ni. SCERT hian hetiangna hna thiam leh taima (sincere) kan nei hi kan thlamuanpui em em baw. thin a ni.

Sawrkar hna a thawh hun hnuhnung lamah a taksaa harsatnain a tlakbuak hi kan lainatin hrehawm kan ti a, sawrkar hna atanga a chawlh hahdam hnuah pawh a dam that leh thuai kan duhsak tak meuh meuh a ni.

Tunah hian Ramhlun North ah a pasal fanau te nen an cheng mek a ni.

Pi Krosschawithangi, UDC :

SCERT-ah hian ni 18.3.2005 khan SDEO, Mamit atangin a rawn zawm.



Pi Chawii pawh hi taima leh tlawmngai taka hna thawk mi a ni a, a tawng tuitam loh ai hian a hnaah hi chuan mi inpe tlut mai mi a ni. A thutna (seat) ah nghet taka thu a rinawm em em a hmun nghak tlat mai mi a ni a, a thlamuanpui awm viau nghe nghe a ni.

Tunah hian Dawrpui Aizawl ah a pasal fanaute nen an khawsa mek a ni.

tawp rinawm taka an hlen chhuak thei hi kan lawmpui tak zet a, chutihruah chuan, Directorate of SCERT chuan kan la thlahlelin kan ui tak meuh meuh hlawm a, a ruala heti zat kan han thlah liam mai tur erawh hi chu a khawharthlak hle dawn a, min chhuahsan hunah pawh SCERT hi a neitu an ni tih hre reng chungin min thlahthlam hlen mai lo turin an chungah bei-seina nasa tak nen kan thlah liam a ni tih min hriatsak reng se kan duh hle.

