



CLASS IX

ZOULAI-IX

(ZOU COURSE BOOK - IX)



ZOU LITERATURE SOCIETY, MANIPUR

Revised & Enlarged

ZOU LAI KUONA
(Zou Course Book - IX)

**ZOU LITERATURE SOCIETY
MANIPUR**

ZOU LAI KUONA
(Zou Course Book - IX)

A Ngaituote

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ZOU LITERATURE SOCIETY
Manipur

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Zou Lai Kuona
(Zou Course Book)

(c) Zou Literature Society (R)

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ZOU LITERATURE SOCIETY

(Zou Lailam Saipawl)

Regd. No. 504 of 1993

Head Office:
Zogal Memorial Hall Complex,
Zoveng Churachandpur, Manipur

Ref. No.....

Date.....

PREFACE TO THIRD EDITION

Zou Lai Kuona leh Chinthu Zaila Kuona 2nd Edition -2010 a kisunpen a beitah zieh in Zou Literature Society General Body Meeting in sut tha ding a mawpuohna kipieh dungzui un Pu Mark Thangkhan-ai, Vice Chairman, ZLS leh TC Tunngung, Chairman, Text Book Committee in ang zaw tah zieh un copies 1000 sut ahi.

A kimlou umte leh a dihlou umte sut kia chieng a siemdih ding in Text Book Committee ah hing theisah ding in ka hing ngen hi.

(T. LAMKHOTHAWNG)

General Secretary

Zou Literature Society



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Head Office:
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Date.....

P R E F A C E

(First Edition)

Zou Literature Society (ZLS) in Pawl Kuo a tawi ding-

1. Zou Lai Kuona (Zou Course Book-IX)
2. Chinthu-Zaila (Zou Literature Reader-IX) leh
3. Zou Ham zahdan leh Thugel dan (Zou Grammar & Composition) bawlkhe dia ang guot bangin tam Laibute theitawp suo a hing kibawl khie ahi.

Sangnaupangten a sung a thu leh late a zil ua, i ham khu dihtah leh tangtah a a simkhiet thei ua, a zah thei ban uah, a gel thei ngeingei uh tam laibute tup-le-ngim ahi.

Tam laibute khu kin-le-buong a bawl ahiman in sukhel aum kha thei hi. Mailam hun a tamte sang a hoi leh kizen zaw a bawl thei ahina dia koipou apat kithuopina dei leh lam-et zing ahi.

Churachandpur
The 10th May, 2010

Laibu ngaituote
(Editors)



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Date.....

P R E F A C E

(Second Edition)

Zoulai Kuona leh Chinthu Zaila Kuona 2002 a kisun pen ang beita a, ZLS General Body Meeting Thupieh bang in Text Book Committee in kingaisut in Pu T. Nehkhojang, Secretary ZLS leh Pu M. Liensuonkap Jt. Secretary, ZLS in Revise hing bawl uhen chia ngansie ahidungzui un amaugelin zong hun leh tha tapi sengin ang bawlkhie ua, melmu thei ang suo tah zieh un amau tungah Text Book Committee ZLS in Zou Literature sih-le-tangin kipahthu i gen hi.

Dih kim tava i chi ngamsih ua, ahoizawhna ding leh a dihloou muten ZLS Text Book Committee kunga hepitaha hing theisah dingin i kingen uhi.

(T.C. TUNG NUNG)

Chairman,

Text Book Committee, ZLS



ZOU LITERATURE SOCIETY

(Zou Lailam Saipawl)

Regd. No. 504 of 1993

Head Office:
Zogal Memorial Hall Complex,
Zoveng Churachandpur, Manipur

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Date.....

ACKNOWLEDGEMENT

The Zou Literature Society (ZLS) is grateful to the Board of Secondary Education, Manipur (BSEM) for prescribing-

1. Zou Lai Kuona (Zou Course Book-IX)
2. Chinthu-Zaila Kuona (Zou Literature Reader -IX) and
3. Zou Hamzahdan leh Thugeidan (Zou Grammar & Composition-IX-X) for Class IX Vide Orders No. TD/TB/2001 Dated 23rd February, 2001.

The task of editing, and designing of the text books has been entrusted to a team of dedicated Editorial Board who tirelessly worked overtime to bring out this publication in a short period.

The ZLS expresses its gratitude for their selfless services.

The ZLS is thankful to all the authors for their valuable contributions towards the publication of these text books. This publication would not have possible without their input.

The ZLS is indebted to Pu T. Hangkhanpao, Hon'ble MLA, Ex-Minister, Manipur who voluntarily came forward to publish the three text books. Further, the ZLS thanks the BSEM for its guidance and support in the production of the aforesaid text books.

Since the text books have become one of the best and the first of its kind among the tribal language (first language), we are extremely grateful to everyone involed in the production of these text books.

T. Nehkhojang
Secretary, ZLS

Dr. M. Lachinkhai
Chairman, ZLS

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BOARD OF SECONDARY EDUCATION, MANIPUR

S. Nabachandra Singh

Imphal - 795 001

Secretary

Date 13.03.2002

No.....

FOREWORD

The three books - Zou Lai Kuona (Zou Course Book-IX), Chinthu- Zaila-IX (Zou Literature Reader-IX) and Zou Hamzahdan leh Thugeldan

(Zou Grammar and Composition) prescribed as Zou Language (First Language) of one hundred marks for class - IX are developed under the communicative approach of learning language. Next to text books of Manipuri, the present series is the first set prepared under the new approach. It is hoped that students shall have sufficient skill to communicate through learning the Zou language.

I am thankful to the Zou Literature Society for making all the necessary arrangement to bring out the books within a short period.

S. NABACHANDRA SINGH

Secretary,

Board of Secondary Education, Manipur.

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Khil – 1
A MANPHA SILSIEMTE

Khil-I A MANPHA SILSIEMTE

THUPATNA

Singkungte leh pape chi tuomtuom a pou a, ju leh va, tualeh gamsa tuomtuom in gammang a zem a, a kilawmsah hi. Ahivangin, mihing khosah dan i etleh, huoihamna leh du-amna toh kidim mihing i hina uh ahing kilang a, Pasian siemsa tamtah suhsiet in a umta hi. Gentena'n, mihing damna ding a poimaw hui sieng nasan a ngaina bang in a sieng zou nawn sih hi. Guotui kieh dan a kisuh nawn sih a, tuinah tampi a kang dohta hi. Tualeh khuo leh hui (environment) zong a lum deuta hi. Munchin ah min a chim a, tuiluong teng zong a daang siengta hi. Ei leitung mihingte'n leitung kep ding lawm in i kem thaw nawn sih uhi chilei chikhiel sih va ui.

A tunga Thupatna (thumapui) na simdohna a kipat in a nei a thu dohnate dawng wawi:

1. Leitung a silsiemsate ahi ding dan in a um nawn sih hi. A zieh giel in.

.....

.....

.....

.....

.....

Leitung a silsiemsate tu-le-tu a i dau bawl bangun
bawl talei, kum 1000 zou vel inleitung sielsiemte leh
khuo leh hui umdan bang dinmun ah um va na chi
uoi?

.....
.....
.....
.....

Khi-I
ETLAWM SHIRUI LILYP
KHEN-A

M.Liensuonkap, B.A (Hons)

A: Thupatna

Etlawm Shirui Lily pa chi simmun na sim masangin, pape tuomtuom toh kisai a thudohnate a nei ah a kiguol a, dawnnate ABCD chi'n a kiguol hi. Dih pen va na chi pen khu laikung dau (pencil) in chiemte inlen, dohna tawpna lam ah na muza (mark) gawm in. Na muza in pape toh kisai a na lunggel ahing kichien sah ding hi.

1. Na lawmte inn khat a va haw in kigel inlen, a huong ua, pape chi tuomtuom a na pa zeizai na va muta hi. Tua papete na mutah in bang na bawl bang na gen diei?

A – Pape hoi ka sah pen khat kilaw pai vang.

B – A pape khawi dan uh houlim patna in nei vang.

C – Pape ka dei pen khu keima huon a suon dingin ngen vang.

D – Amahaw neilou pape dang ke'n ka neite a dei uleh hing hawm va ung chi vang.

2. Gamlah a singphung lienpipi tung leh a bazam lah a pou pape eima ham in:

- A – Zouzampa a kichi hi.
- B – Tuoiloupa a kichi hi.
- C – Thangleipa a kichi hi.
- D – Saheipa a kichi hi.

3. Khanglui lai a pu-le-pate'n tang-ai sa-ai leh khodou paw chienga lamtuol a kaina uah, numeite'n a sanggam pasalte uh lutang ah *tuhpah* a siet pieh zel uhi.

- A – Tuhpah khu pape khat pou pou ahithei hi.
- B – Tuhpah pen pape hilou hi.
- C – Tuhpah khu vau chi tuomtuom toh kibawl ahi.
- D – Tuhpah kichi pape chi khat ahi.

4. Leitung mun danga kimu vawt lou leh kitawi thei lou pape khu:

- A – China rosepa a kichi hi.
- B – Shirui Lili ahi.
- C – Saheipa ahi.
- D - Lotuspa a kichi hi.

5. Gamlah pape, a diehdieh in saheipa chiing vai i chileh:

- A– Gammangte susielou a a pouna sing dawn a khawiden ding ahi.
- B - A pouna a va law ding in, inn gei singkung teng a khawi thei ahi.
- C – Gam hal mawngmawng lou ding.
- D – Singtang lou vat tawpsan lei hoi pen va.

6. Heisung mun pou pape a kizang hi. Mi khat pape i va pieh khahleh:

- A – Tua pape bangin na hoi hi china ahi.
- B – Ki-it leh kideisahna tahlatna ahi.
- C – Mangpha hahna ahi.
- D- Ani ahun toh kituoh a kibawl let ahi.

7. Ki-it kingai tahtahna a pape kizang hat pen khu:

A – Tuoiloupa ahi.

B – Rosepa ahi.

C – Daisypa ahi.

D – Lilipa ahi.

8. Etnop huoi mama, Lotus Temple kichi, pape lim leh mel puo a kilam biehin khat:

A – Mumbai ah a um hi.

B – Bengaluru (Bangalore) ah a um hi.

C – Delhi ah a um hi.

D – Jaipur ah a um hi.

9. Pape phasa khat bang ahiei khat chiemtena in a kizang hi:

* Daisy pa hi sil suichienna khat pouma ah a kituongsah hi.

* Lili pa pen lungsim siengthou ensahna in a kizang hi.

* Jasmine pa ahileh, mihing pichinna a ensah hi.

* Rose pa san in ki-itna dihtah a ensah hi.

Tu'n pape khat toh ki-ette (compare) inlen, hei pen na dei ei, tel vawi.

A – Daisy

B – Lili

C – Jasmine

D – Rose pa san (red rose)

10. Leitung a papete min leh mel ka theiteng ahileh:

A – 3 vel thei ing tualeh a tam pen in 5 pha.

B – 6 vel thei ing tualeh a tam pen in 10 pha.

C – 11 vel thei ing tualeh a tam pen in 15 pha.

D – 16 vel thei ing tualeh a tam pen in 20 pha.

Dawnnate in muza a puoh dan

* 2,3,4,5,6,7,8 A,B,C,D teng in muza 1 chiet

*1. A=0 B=4 C=3

D=3

*9. A=2 B=3 C=3

D=3

*10. A=2 B=3 C=4

D=5

Na muza teng (marks) gawmkhawm inlen a nei a tena toh etkah in:

Na muza 15 – 19 kikal ahileh: Pape chi tuomtuom tamtah na thei hi.

Na muza 10 – 14 kikal ahileh: Pape chi tuomtuom a tangpi (in general) in na thei hi.

Na muza 5 – 9 kikal ahileh: Pape chi tuomtuom na theina tawm luo.

A1. Tu'n ETLAWM SHIRUI LILI simmun sim vai:

Manipur a, Ukhrul District ah, Shirui Lily kichi pape lamdang khat a pou a, tua a pouna tang khu Shirui Tang a kichi a, tua tang ahileh tuipi jang (sea level) a pat feet 8500 in a sang hi. Shirui Lily pen, Shirui Tang chilou mun dangah a pou zou va long sih hi. Tuazieh a pa lamdang kichi vawt ahi. Pu Kingdon Ward in 1940 kum in tam pape a na mukhie a, a gam mi Tangkhulte'n *Kasong Timraown* chi'n a minvaw uhi. May ha a pat July ha tan a palut laitah ahi. Kumsiel in tami pape lamdang en ding in mi tamtah Shirui tang ah a katou uhi. A en pawl khat in a tuonchil ua, a hiehtawng ua, khenkhat in a phungkal ua, tambang in Shirui Lili a tam pou nawnsih hi. Tuazieh in Shirui khuo mite'n a ching uhi. Tualeh pape tung a tatsete

a lieusah vagiap uhi. Masanglai peh in na ching na veng
 siem uleh Shirui Lili tambang in a chieu lawmlawm sih
 ding hi. Mihing du-am zieh leh tatsiet zieh in Manipur a
 pape lamdang khat i neisun uh a mangthang ding dinmun
 ah aumta hi. Dahuoi!

A2. Etlawm Shirui Lili *chia Pu M.Liensuonkap in ITNA
 GUITUNG tangthu, Zou Ham a a na gel a pat kilasawn,
 sim vai:*

Etlawm Shirui Lili

Mim bang pienga kil bang na khanna'

Shirui muol nuomnou ah Pallun lamtuol na kai a,

Zatam selung nopna aw;

Na sau nuom leh na lamtuol nou,

Sietlei lai ah nuom pen hiva,

Khatvei guollai lenglou a,

Singdang phung na kawmta lawmlou.

Etlawm Zouheisate'n,

Mimbang pienga kilbang Khanna mun,

Zou dawn tulsing huikhi,

Sieng lenna mun tuong nuasie'n,

Zatam saulimliep nuom ah; Pallun lamtuol kaita uh e.

Amel zemhoi palzu zou in,

Bawm uh mitthah leh khuoipite'n,

Shirui Lili selung gel ven!

Etlawm Shirui Lili,

Hing tuolkum in lai hing leng ve aw.

Zatam senguollai ah, Pallun lamtuol hing kai ven,

Zatam na pallun zou in,

Anglai naubang hing pom nuom ung,

Tuhpah zemhoi banga suongin,

Kimpi senguolte lai ah,

Sangbang nouleng Shirui Lili!

A3.A1 sim kia inlen, a nei a awngte dim in:

1. Shirui Lily pen.....mun dang ah sih hi.
2. Shirui Lili na mukhepa min.....ahi.
3. A en pawlkhat in.....khenkhat
in a phungkal ua.....tambangin Shirui Lili
a tampou nawn sih hi.
4. May halaitah ahi.
5. Shirui tang ahileh.....a sang hi.
6. A gam mite'n Shirui Lili khu.....a chi uhi.
7. Tam pape kepbitna ding in koi in pan a la e?
8. Shirui Lili tung a tatsiete Shirui khuo mite'n bang a law
uoi?

A4. Ni-le-thum in kikhen unlen, **A2a** la ham kiguolte a
khietna giel un:

LA HAMTE AKHIETNA (ALENA)

- | | |
|--------------------|---------------------------------------|
| 1. Mimbang pienna | : Pienna khuo ahisihleh pienna
gam |
| 2. Kil bang Khanna | : |
| 3. Pallun | : |
| 4. Lamtuol | : |
| 5. Selung | : |
| 6. Singdang | : |
| 7. Tulsing | : |
| 8. Zouheisa | : |
| 9. Senguol | : |
| 10. Tuongnuasie | : |

**A5. Ki pawlkhen unlen, ta a nei a thuguolte le un (akhiet-
na giel un).**

1. Na saunuom leh na lamtuolnou
.....
2. Singdang phung na kawmta lawmlou
.....

3. Zoudawn tulsing huikhi sieng lenna

.....

A6. Shirui Lili pah en dingin kingaisut inlen, tualeh nangma a lamkai ding in pang in. Na lawm na guol sangnaupangte in ahing ken dinguh van poimaw teng leh thei ding a kilawm teng toh kisai in na Sanginn Laitahna (School Noticeboard) a tah ding theisahna lai khat giel in: Agente na in:

THEISAHNA
The 5th October, 2016

A7. Ni-le-thum toukhawm unlen, mi'n la a phuo chieng ua pape a minlaw dan uh, thum vel giel un. A gente na in, Haumang phuo la ah hichi'n a na giel hi: "Tulsing lel a saheipa bang hing enchim la'ng e!"

1.

.....

2.

.....

3.

.....



KHIL - I

GAMMANGA SATE KEPBITNA

KHEN-B

Mannuomching, M.Sc (Gold Medalist) MCS

THUPATNA

I kimvel a gammang, gamsa leh vasate khu neh leh tah suina in inei ua, i phatmawpi uhi. Tua ahi zieh in, i kepbit dinguh angai a, mawpuohna lien mama khat ahi. Mihing huoigham zieh leh diinmaw zieh in gamsa phasa khat a mangthang ding dinmun ah a umta uhi.

Leitung gamsa, va ahisihleh sing leh suong chi bangza ei khat a mangthang phiel a um na thei a umleh a nei a a gelna ding a kiguon teng ah giel vawi:

<i>Gamsate</i>	<i>Vasate</i>	<i>Sing-le-Suong</i>
1.....		
2.....		
3.....		

B1. Tu'n **GAMMANGA SATE KEPBITNA** simmun sim vai:

1. “Bang dinga singtang mite tenna gam a gamsate beiphiel ahiei? A zieh na gen thei diei mah?” chi'n ka nasep suina a thusitna ah ei kidong hi. Bang chi kigamtat talawm a, zu leh va in tambanga ei gin uh a tadiei?

2. Saili tawite lungsim ah bang a um diei? Numei, pasal hitalei, va khat i muleh i mat sawm pai uhi. Vate melhoi dan leh a awgin uh angai dan kimu kiza napi in, i lungsim uh a khoi zousih hi. Vakhu nupa, khatzawsang i thaleh, ahing zaw pen khu amatang a, a dam sunga lungzuong ding ahi chi khu i theisih uhi, tualeh i lungzuonpi sih uhi. Vate hepina pieh ding hun ahita a, ahinlah lung kikhel theilou in i um nalai uhi.
3. India gam ah va nam 2500 bang a um hi. Nam 40 bang mangthai thei dinmun a um ahi zieh un, India Kumpi in 1972 kum in Wild Life Act kichi dan tha a hing siemdoh ua, tuni tan in a kipeipi nalai hi. Zou gam ah *gam aa (aapa), mukhau, musielne, vala* chite a um a, Kailam tang ah vaphuol zong a um ahi.

I gam uah, zu leh va, tualeh gamsa phasa khat in kumsiel a a kitha zieh in kiemlam a naw uhi. Tambang a gamsate i tha uleh, kum 10-20 zou in i hun la mama uh *ki, zawng, hon a leng gitta, va-aah leh va kengsangte* i mu nawnsih ding uhi.

4. Sabeh, vabeh thanuomte i hi uhi. Guollui lai in, sa na tammatte khu, a na minthang ua, ana ai nalai uhi. Amahaw'n gintatna khat a na nei gige ua, tua gintatna ahileh, shi nua chienga, pieugal a Gulsamnu tunkot nuomtah a a kai theina ding ua, sa tamtah a na tha uh ahi. Masanglai in, i gam ah *sai, chingpi, jangsiel, sazuh, ngal, vom, kamkei, humpi, siel ngau* chite leh a dangdang tampi a na um hi. Thei ding a kilawm khat a hileh, leitung ah a peisa kum 200 sung in ganhing nawitep (mammal) nam 106, vasa nam 139 a na mangthaita ua, tu in nam 600 vel mangthai thei in a um hi. Bang ding a mangthai uh a diei? Azieh ni um: (1) Mihing in a ha tha seng zieh (2) Antenna uh a kisuhsiet pieh zieh (3) Gam kihal zieh.

5. Pawi khat hing nai taleh, pawi ann dingin sa i beng valuoi ua, sakhi khat delna in gammang lienpi khat ihaltum uhi. Singtang lou i haw chieng un gamsa tenna leh a neh suina uh bangza i suhsiet pieh uoi? India gam ah kum 2000 tan gammang let dan hi 2370 million hectares bang a pha hi. Manipur gam let dan ahileh 22,237 square kilometers a pha a, tam lah ah, gam lienpi gammang ahi nalai hi. Ahivangin, 60,000 hectres vel singtang louhaw zieh in a kisumang hi. Tambang a a kigamtat zieh in, gamsa leh vasate tenna a neu deuh dohta a, a ann suina ding uleh anou nei hun uh a kikhel thei sah hi. Sing leh suong a kiha sat zieh in khuo zong a lum sah a, hui zat khat, carbondioxide kichi a hing kibelap a, khohui zong a nin deuta hi.

6. Manipur kumpi in gamsa khenkhat a manthai louna ding in Dan a siem a, tuate lah ah thei ding kilawm dan thum en vai:

- 1) Sakhi nou leh a pi thalou ding.
- 2) Va khenkhat, a dieh dieh in vagih, vamim leh a dangdang April ha a pat August ha tan thalou ding.
- 3) Phalna bei a tawpi, kamkei, lutnu, ngau leh saite thalou ding.

B2. B1 a na simsate pansia (pansan) in, a nei a dohnate dawng wawi:

1. I gam a vasate a kiem dohna a zieh thum giel in.

.....

2. Manipur Kumpi in vasate kepbitna ding a Dan a sieme giel wawi.

.....

3. Gammang kepbit a phattuumna ni giel in.

.....

B3. Simmun B1 pansia (pansan) in tana a nei a awngte sudim vawi:

1. India gam a vasa nam.....um hi. Tuatelah ah.....kumpi'n.....Act, 1972 nei a kepbit ding a chi hi.
2. Manipur ah kumsiel in singtang lou haw zieh in gammang hectre.....suhsiet in a um gige hi.
3. I gam a Kailam tang ah.....a na tam ngai hi.
4. Sing leh suong a kiha sat zieh inhui zat khat, carbondioxide kichikhohui zong a nin deuta hi.
5. Saili tawite? Numei, pasal hitalei,sawm pai uhi.

B4. A pawlpawl in kikhen unlen, tana a nei a Thupi genkhawm un. Na kithukimnate uh na lamkaipa/nu un gielsah un:

Thupi: Singtang lou haw khu mihing leh ganhing dinga hoilou ahitahleh, bang i lawta diei?

.....



KHIL – I
OZONE DAN VANG
KHEN – C

C. THUPATNA:

Tulai a leitung pumpin a buoipi pen khat ahileh Hui Buana (air pollution) ahi. Leitunga hin theina ding a poimaw hinhui (oxygen) ahia, tami hui ahileh, a bua deu, a tawm deu in a umta hi. Tami huisieng toh kilebul ahileh, meikhu bua ahia, a hui min ahileh CO₂ (carbondioxide) a kichi a, tami hui pen a pung deudeu in a kimu hi.

1. Hinhui (huisieng) buasah na thei silte a nei ah giel in:

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2. Hinhui (huisieng) tawm deudeu ahitah zieh in, leitunga teng, a diehdieh in mihingte maban bang chiva na chi ei?

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C1. Tu'n OZONE DAN (LAYER) VANG simmun sim vai:

1. Leitung pumpi'n, September ha nimit 16, 1987 ni khu, Ozone Dan Kepbit Ni chi'n a na phuong uhi. Montreal Protocol (Montreal Peidan) kichi, September 16, 1987 kum a na kipfut kithukimna ah, leitung gam phasa khat in leitung khuo leh hui

kepbit ding dan toh kisai in suoi kaina khat a na nei uhi. Tami thutanna ah, Ozone Dan susie thei, sil zauhuoi kizangte leh mihing gamtatna (human activity) huoisiete tawp san ding hoi hi chi'n a na kithukim uhi.

2. Ozone khu, a dup chia (dark blue), a namsie, hinhui (oxygen) toh kichi matthei hui nam khat ahi. Huisieng chi khat ahia, O3 chi'n a kichiemte hi. Huisieng pen nisa zung a hing kipan UV-ray (Ultra violet ray) in a kahkhah chieng in Ozone ang suoh hi. Kholai ham in gen talei, nisatang in huisieng a kah chiengin, ozone kichi hui nam tuom khat a suohsah hi. Tambanga hing piengkhe ozone dan in leitung a tuom kimvel a, leitunga pat Tai 9–10 vel in a sang a hi. Tami hui dan in nisatang a hing kipan vah chi khat, leitung Susie thei a pan in a hing vengbit hi.
3. Britain gam a sil suichien siem (researcher), Joe Farmah in 1985 kum in bang ahiei khat ahing muchien hi. Antartica (Leitung doplam) tungah ozone dan vang (akeh) a na mukhie hi. Tua hui dan keh pen, a peisa kum 15 vel na keh ahi tabou hi. Tambang a ozone dan a van zieh in, Leitung Doplam (Antartica) ah vuakhal a zundoh a, se guh (6%) tan a kiem hi. Tu'n Asia Tumlam teng ah ozone dan nasatah in a vang hi. Tualeh America gamkai tawdop langah zong ozone dan a vang panta hi. Tu-le-tu in ozone dan hi America gam chie a lien in a vangta hi chi a kithei chienta hi. Ozone dan se khat (1%) a a vanleh, UV-ray se ni (2%) in leitung a khaw zou hi.
4. Thei dinga kilawm in, ozone tangsi (molecule) in leitung a tuom kimvel hi. Ozone tangsi in nisa tang a hing kipan vah, leitunga hinna neite dinga zauhuoi UV-ray pan in ei vengbit hi. Tu'n ozone dan khu pa deudeu henlen, UV-ray dal thawtasihleh, leitunga hinna nei zousie dingin, a diehdieh in mihing ding in, kizen theilou vun natna, mittawtna, natna khahthawnate (immune sytem) bei in ei koi thei a, tua guoh hilou in, sing-le-suong nasan in zong zawngkhalna tuomtuom a tuoh thei ua, ga suong zoulouna (barren) tan ei tut thei hi.

Tuaban ah khuo leh hui (environment) umtan dan zong a hing kikhel mama ding a, a sat hun in a eng sat ding a, a vot hun in a eng vot ding hi. USA a National Oceanic and Atmospheric Administration phungpi a vaisaite leh suichienna neite'n, leitung huikhuo dan nina *stratosphere* kichi khu a votsah thei hi chi, August 1996 kum in a mu kheta uhi.

5. Ozone dan a hing vangsah khenkhatte a nei ah kichieng hi:

- i) Nylan vanzahte siemna dinga kizang Adiptic Acid kichite a kiha zah zieh in, acid gilou tuomtuom ahing pieng sawn hi. Tambang acid chia mamate'n hui a buasah mama hi.
- ii) Meikuong phelna (mina) dinga kizang Halons hui tualeh sil diena ding a kizang (solvents) in zong leitung huisieng a buasah kia hi.
- iii) Hui lumsahna leh hui votsahna (air conditioner), vuabawng (refrigerator), tualeh hui namtui (perfume spray) a kizang Nitrous Oxide zachiate in *stratosphere* (huikhuo dan nina) a susie mama hi.
- iv) Vanleng engine (gautang) pan a hing pawtdoh meikhu inzong leitung a ninsah a, a tawm pen in, ozone dan se 15 (15%) leh se 20 (20%) in a kiemsah zou hi chi a suichiente'n a mukhie uhi. USA bangah nai khat sungin vanleng 30,000 vel a leng a, tua vanleng pan a hing pawtkhie hui bua in leitung hui a buasah sawnsawn hi.

6. OZONE DAN KEPBITNA DING A PANLAHNATE

Adih pen tel in:

- a. Montreal Protocol kichi leitung kithukimna ah:
 - i) Ozone Dan susie thei, sil zauhuoi kizangte leh mihing gamtatna (human activity) huoisete tawpsan ding hoi hi chi'n ana kithukim uhi.
 - ii) Gam 165 in suoi a kai uhi.
 - iii) Huikhuo kepbitna dingin US Dangka 500 million a kaikhawm uhi.
- b. Tambanga hing piengkhe ozone dan in:
 - i) Leitung hui a sieng sah a, damna a hing pieng thei pan hi.

- ii) Ultra Violet Ray ahing pungsah a, ozone dan a keh sah hi.
- iii) Leitung a tuom kimvel a, leitunga pat Tai 9 – 10 vel in a sang a hi.
- c. Tu'n ozone dan khu pan deudeu henlen, UV-ray dal thaw tashleh:
 - i) Leitung hinna nei zousie dingin, a dieh in mihing dingin, zen dam theilou vun natna, mittawtna, natna khahthawnate (immune sytem) bei in ei koi hi.
 - ii) Leitung mihing zousie a gam beita ding uhi.
 - iii) Zatu zaha (damdawi) in mihing damna a piethei nawn sih ding hi.

C2. C1 a na simsate pansan (pansia) inlen, a nei a awngteng sudim vawi:

- 1) Kholai ham in gen talei,ozone kichi khat
- 2) Antartica(Leitung doplam) (a keh) ana mukhie hi. Tua hui dan keh pen..... vel na keh
- 3) Leitung pumpi'n.....1987 ni khu..... chi'n
- 4)nisatang a hing kipan vah..... dinga zauhuoi UV-ray pan
- 5) USA a phungpi a vaisaite leh suichienna neite'n, Leitung huikhuo dan nina kichi khu a votsah thei hi chi.....

C3. A nei a dohnate dawng in:

- 1. Montreal Protocol tup leh daw i thupi pen bang e?
- 2. Antartica (Leitung doplam) tungah ozone dan a vangta hi chi, a mupa khu koi e? Hei gam mite e?
- 3. Ozone dan vangsah thei sil zauhuoi kizangte bang e?



Khil – 2

HINKHUO MANPHA

KHIL – 2

HINKHUO MANPHA

THUPATNA

Ahon a khosa mihingte i hi ua, koima ama tang a khosa thei a umsih hi. I lim i mel a kibahlou dungzui in i ngaisutna zong a tuom thei hi. Deidan, chindan leh hindan kibanglou bulom tengkhawm i hi uhi. A hau, a zawng a um mabangin, a mel hoi, a mel chingla deu i um ua, a pil, a maw, mi nua mi ma phala pawl khat zong i um nalai uhi. Tam tengteng khawm i hi ua, tamteng gamta khawm i hi uhi.

1. A nei a kithudohnate nangma hina toh kituoh in dawng in. Dawnna thum lah ah dihva na chi pen tel in:

1. Kholai ah na lawm, na guol khat in hing chiemmui henlen, na hina toh kilebul in hing nuoisie houpi taleh:
 - a. Ka hina loupi ahi zieh in nge khai pai vang.
 - b. Ama ei houpi mabangin ke'n zong nuoisiena toh dawng pai vang.
 - c. Hamlou phunlou in umsan vang.
2. Nai ni sung na tuonna ding bus sungah touna tang zoulou numei khat na mai ah hing kisung sese taleh:
 - a. Tua numei nu mulou kipang vang azieh pen numei touna ki-awn khu ei singtang mite tawndan ahisih hi.
 - b. Touna awn pai vang.
 - c. Ka luoh hing suoh khaleh, otlou ding hoi zaw.
 - d. Bus sap kipie chiet, bang dinga ka ot ding lah? Metta ven.

3. Na nu na pate'n na chinlana khat ah hing dinphaw taleh:
 - a. Kingiemkhieh tah in ngaidam ngen vang.
 - b. Bang chinlana ka nei e chi'n kholai dawn pai vang.
 - c. Sip dingdengin um vang.
4. Khosung ahisihleh veng sung ah tangpi nasep ding khat lamkaite'n hing phuong taleh:
 - a. Ahun a tang in tung pai vang tualeh nasep kizawtan pang den vang.
 - b. Kilep theina ding pau sui vang, tualeh kuonda mai vang.
 - c. Khuo leh tui thu manna in ngaplala in kuon va'ng.
5. Koi ahiei khat tung ah bawlkhiel khat nei inlen, ama'n hing ngaidam taleh:
 - a. Sip dingdengin um vang.
 - b. Ka bawlkhiel nei ngaidam thei, lungdam mama ing chi vang.
 - c. Khatvei sunsun ka bawlkhiel nei ngaidam sih ding amah chin house vang.

KI-ETKHIETNA

1. a=1	2. a=3	3. a=3	4. a=3	5. a=2
b=3	b=2	b=1	b=0	b=3
c=3	c=2	c=2	c=1	c=0

Na muza (mark) 12 leh 15 kikal ahileh, hinkhuo na mudan leh na mandan ahoi hi.

Na muza 8 – 11 ahileh, tangpi hinkhuo mandan mang na suoh hi.

Muza 5 – 7 kikal ahileh, na hinkhuo na siemphat ding kizam mama.



KHIL - 2

KHUCHI A NA HI MAW?

KHEN - A

*Ms. Cecilia Maman, M.A***THUPATNA**

Khangdawng khat na hia, khosung a nop ni da ni leh vengsunga khanglai ngahnu tangvalte kitahla pialpual dan tamveipi na tuoh khata ding hi. Tua ahileh, khosunga ngahnu tangvalte kitahlatna ding lawm bangbang a um ei, a nei ah gel vawi.

Agentena in:

Khosung pawl khat hing nai taleh, khanglaite sep ding kilawm khat khu khosung suhsienghou ding amahaw kitahlana ding kilawm khat ahi.

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A1. Tu'n **KHUCHI AHI MAW?** Simmun sim vai:

1. Phalbi nitah khat, meiphu taw dinga ka vuikhut laitah in, lawm Ching a'ng pei dingdenga, 'Lawm na kimanta amah?' a'ng chi hi. Ke'n, 'Bang ding lah? Bang thu

bang la a um e?’ chi’n ka dawng hi. ‘Singtang lamte khat District Zatou Inn ah a shi a, a gal ding a ang kuon hi’ng e’ chi’n ahing dawng hi. Man deu nailou ka hi zieh in ke’n amanu kungah, ‘E! Tu’n na gen a, ka thei na bou tah. Bangbang hitaleh, bakhat hing bang phot tadi aw’ chi’n ka guolnu ka chiel hi. Ka nigel un innsung ka lut ua, shi gal a ka hawna dinguh nute kunga ka gen zou un, Zouveng pan in zatou ka zuonta gel uhi.

2. February ni 20 ni ahia, a vot mama nalai hi. Lamkal ah lawm Ching in, ‘Lawm, exam lah naita, ahinlah, hichi dan a kitahlana lah um mielmuol. Bang suoh ding ka diei maw?’ ang chi hi. ‘Nang guoh hisih chie a buoi. Kei zong buoi khop ing. Laisiem khat beh na hitaleng, a dandan um ding hia’ chi’n ka guolnu ka kholai dawn hi. Ka guolnu’n, ‘Kadei aw, U Thangpu hindan lamdang. Ei kizingthou pan, aman lah zingmawng thungetna na zou man tualeh Meitei veng a voh ann puo hing tungta. Zan biehin kai lah pel ngailou tualeh biehin nasepna zousie ah zong lamkai in pang nalai. Laisimna ding a hun hei a a kimu a diei thei sing.

A pawl (class) ah zong a tungtuong pen hi nalai’ achi hi. Hichi’n lampi ah ka kihoulim gel a, tomnou kal in zatou ka tung gel hi. Veng tuomtuom a hing kipante zong a na kim ua, ba phat ka khawl zou un tua shiluong Zougall Hall aki puosuh a, ka zanhapi uhi.

3. Zingkal matah in tangvalte’n vanpuo mawtaw khat ah tua shiluong a guong ua, a khuo Hiengtam ah a zawpita uhi. Shi vui tan ahing tham ua, a zing ni, nitah lam in ahing kile pan uhi. A zing ni, February 22 ni’n, sehpuum thum ka tawi a, lawm Chingte inn ah ka va hawta hi. Seh ka neh laitah un lawm Ching in, ‘En aw Hoi, bang dinga Pu Hauchinpau shi uopna a hing kitha

khalou uh a diei?’ achi hi. Ke’n, ‘Tutung shi uopna a singpi (niengtui) ama tuoh a vele’ chi’n ka dawng hi. Tuachi’n Ching in, ‘Amah?’ chi’n ei dawnga tualeh ke’n, ‘Pu Hauchinpau pen tu’n a piengtha vawt ata khu. Masanglai a a hinkhuo mandan thei khalou i? chi’n ka dohleh, Ching in, ‘Thei kha sing’ chi’n ei dawng hi. Kei ka leng kia a, ‘Ama pen ei Zou lah a mi hausa mama ahia, a nei zou a lam zou ahizieh in a tate zong a neu sih a Delhi a laisim ding in koi siengta. A tate Innlam a hing pei chieng un a kiliensah phuat ua, koima zong a kawm ngai sih uh. A nupa gel un nop leh dana ah kitha ngai sih uh. Apeisa kum thum vel in Pu Hauchinpau nu ang shi hi. Ngaina dan in khanglaite shi dah sat ding in a kuon uleh vaihawmten a na phal sih uhi. Tua guoh hilou in, lenkhawmna a zah ding biehin tawm a valata uleh upaten a na awpsawn kia uhi. Kuong bawl na ding vanteng la ding a a va kuon kia uleh a saiten a na phal sih uhi. Han tou ding a ava kuon kia uleh han saiten mun ana pe sih uhi. Mi hausa hia tualeh gam zong hau hia, han tou ding in tha kisui va’n, mun khat khat a nu kivui naven chi tan in lamkaite a ham uhi. A chimaw bep un val upate Pu Pau a va kuon a, sil umdan teng a va hilta uhi’ chin ka gen detdotta hi.

4. Pu Pau zong a chimaw mama a, dongman in a talpang a zut a, vanlam thalnga in a kapta ngetngut hi. A ka a tawp zou in tangvalte kungah, ‘Ahichi ding mawng a ta khu. Keima mawna a tah. Pasian ei guolzawlnate ka na kiphatsahpi a, koima biehnaw pawlpi (hattuom) ka na donse sih a, khuo leh tui, nop ni da ni ah zong ka na kitha ngai sih a, biehin kai ding, hanmuol man tuoh dingte nasan ka na ngaisun vateh sih a, tu’n ka thuoh ding mawng ata khu’ a chi vangut hi.

5. ‘Tuachi’n a innsung mite, a tu a tate, khosung vaihawmte, biehnawpawlpilamkaite leh hanmuol saite kungah ngaidam a ngen a, a nu pawlpidan a siengthoutah vui ding ahing kikuppita hi’ chia ka gen detdotleh, Ching in, ‘KHUCHI ANA HI MAW? M.K. Gandhi in mi dinga na ka sepleh Pasian nasem ka hi a na chi khu dih chet e’ chi’n a chizat pum ei dawng hi. Ahichi zou in ka kikhenta gel ua, inn ka kizotta hi.

A2. A1 pansa a na simsate ngam in a nei awngte dim in:

1. Ka nigel unshi gal a ka hawna dinguh nuteZouveng pan in
2. Veng tuomtuom abakhat ka khawl zou unka zanhapi uhi.
3. Zingkal matah in tangvalte’n a guong ua, a khuo..... Shi vui tan a hing tham ua, kile pan uhi.
4. ‘Gandhi in.....Pasian nasem kahi ana chi khu dih chet e’dawng hi.

A3. Dohnate dawng in:

- i) Bang bawl a Hoi leh Ching District Zatou Inn a va haw tagel e?
- ii) Nop ni hitaven, da ni hitaven, ngahnute bawl lawm thum giel wawi.
- iii) Khuo leh tui sunga shina khat a umleh, tangvalte bawl ding kilawm ni giel wawi.

iv) Pu Hauchinpau in a kisia zieh in bang a bawl doh ei?

A4. A1 nuasim kia inlen, nop ni da ni a kibawlteng gielsuh vawi:

Nop ni kibawlteng

Da ni a kibawlteng

- | | |
|---------|---------|
| a. | a. |
| b. | b. |
| c. | c. |
| d. | d. |

A5. Hei, tana a nei a chielna lai ette inlen, na nu leh na pa kitenna, kum 25 a chinna (Silver Jubilee) pawl hing siim un chi'n chielna lai khat phuo vawi:

CHIELNA

10 March, 2016

It leh ngai.....Pasian hing lemsah piehna toh ahing tung ding March 23, 2016, Zingmawng Nai 10.30 AM chiengin Zouveng a ka inn uah ka nu leh ka pa uh, ***Nu Chingbawi leh Pa Khenthang*** kitenna, **KUM 25 A CHINNA** (Silver Jubilee) lawm ding ka hi ua, hepina toh nang zong kou innkuon kipahna ah hing pang teitei in chi'n kou a tu, a tate teng in tami lai toh hing chiel ung.

Achielteng:

- *Lienzathang (Tapa tat pen)*
- *Sennu (Tanu ta pen)*
- *Tungpu (Pa neu)*
- *Niengpi (Tunu ta pen)*
- *Lalthang (Sasem)*



KHIL – 2**PU MARTIN LUTHER KING****KHEN – B***T.C. Tungnung, B.A, B.Ed***THUPATNA**

Mahatma Gandhi in thugum suolouna (non-violence) khu galvan thupi pen in ana zanga, tua toh India gam ah zalenna (freedom) a na tut zou hi. India gam mite'n ama a it sengseng zieh uleh a zatat mama zieh un Gam Pupa (Father of the nation) a chi vawt uhi.

Leitunga thunei leh vaihawmna na tukha tualeh thugum thagum na zang na theite min a nei ah giel vawi:

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|--------|---------|
| 1..... | 2..... |
| 3..... | 4..... |
| 5..... | 6..... |
| 7..... | 8..... |
| 9..... | 10..... |

B1. Tun **PU MARTIN LUTHER KING** simmun sim vai:

1. United States of America (U.S.A) a Atlanta khuopi ah, a gam mi lien mama khat a na pieng a, a min ahileh Martin Luther King akichi hi. Ama khu January 15, 1929 kum in a na pieng a, America mi vomte (Black American) ahi. Boston khuopi a Laisiengthou leh Pasian Thu (Theology) a sin zou in Baptist Thuhil Sie (pastor) in a na pang a, a

Pasian nasep leh mimal zalenna toh kisai in panmun nasah tah in a na la hi.

2. USA pen mivomte (masanglai a Negrote na kichi) tamtah tenna gam ahi. Tulai in Negro a kichi nawn sih ua, black (mi vom) kichi ding adei zaw uhi. Mangkangte leh tumlam a mikang dangte in amahaw khu suo-le-sal (slave) in kum tamtah a na zang ua, genthei liengvaina leh ngiem etna tamtah a na tang uhi. Ahi'n, President Abraham Lincoln in 1863 kum pan in mivomte suo-le-sal dinmun a a panna uh suhbei in a koita hi. Hitama lezong, mi vom leh mikangte kikal ah, kidai-danna a bang den nalai hi. Mikangte'n mivomte a ngiem mu den ua, a ning khin uhi tualeh gamsunga a hamphatna satan tamtah zong a tangsah sih uhi. Tuonna mawtaw sung nangawn ah, nualam touna (back seat) ah a kitousah uhi. Nasepna munteng ah zong a kining khin uhi. Tambanga, vun vom zieh kan zieh a kituom bawl na suhbei theina ding in Martin Luther King in panmun nasah in a la, a siltup thupi pen ahi.
3. Pu Martin Luther King in thagum zang vateh lou in gamsung hamphatna satan teng a kibang in kitangleh hoi ding in chi'n a na tum vevaw hi. Ama pen mi pil mi siem, mi lungnem tualeh mi lungtang khoi thei khat ahia, mi zousie kamdam in ahoup i hi. Mivomte inzong mu ding lawm gou leh hamphatna satanteng a mutheina ding un vai ahawm hi. A vaihawmna zousie ah thagum leh sisan luon theina gal a sat sih hi. Lemna dei mihing khat ahizieh in pilvangtah in na a sem a, mikangte (mingoute) lungthah louna ding a kidiem mama hi. Mingoute'n (mikangte) zong ama lungtup a na deipieh mama ua, a maute panpina zong a tang hi. Tualai (1950 leh 1960 kikal) a ding in America gam a mi thupi pen khat leh ngaisangna nei pen khat a hing suohta hi.

4. Ama lungtup lien pen ahileh, mi zousie satan kibangleh chi khu ahi. Masanglai a, Africa Suolam (South Africa) a mivomte a na kigenthei bawlnate leh ana kingiem munate nahpitah in a dem hi. Mi zousie toh a pankhawm zieh in, mikvom galvan zang a zalenna na del pawlkhat a mu a dem uhi. Ahi'n a lungke sih a, a pang vevaw hi. Ama galsatna ah galvan a kizang vawt sih hi. Ni khat, bus sung ah mivom numei khat in mikang khat touna a awnsihleh, a vothop uhi. Mivom khanglai tampi in galvan tawi in zalenna a del ngapta uhi. Ahi'n Martin Luther King in a phal sih hi. Mivom tapou bus ah tuonda mai un chi'n vai a hawmta hi. Tambang a a hing vaihawm chieng in bus neite a hing buoi panta uhi. Khum bep in a hing kihou ua, thutanna khat a hing umta hi. Bus touman kibang a pieh a hinah pouleh, koima touna ki-ot a ngai nawn sih a, tangbang in mivomte a kining khin nawn sih a, kidaidanna a hing tawpta hi.

5. Martin Luther King, 1959 kum in India ah ahing zin a, 1966 kum in Jawaharlal Nehru Award for International Understanding kichi nuomman India kumpi in a khum hi. Tua masang, 1964 kum inzong Nobel Peace Prize piehna a na mu hi. Tuabang a mimal zalenna ding a nunnem tah a na a sep laitah in mikangte khat in Tennessee State a Memphis khuopi ah ama a na kaplum a, April nimit 4, 1968 kum a leitung hinkhuo a nuasieta hi. Ama'n mi zousie kung a a na phuon tawntung khat ahileh, 'I have a dream' (Mangmat khat nei ing) ahi. America a mivomte la minthang, tutan a tul nailou ahileh, 'We shall overcome' (Ni khat ni chiengleh i zou ding uhi) ahi.

B2. Dohnate dawng in:

1. Martin Luther King kichi khu koi e?
2. Luther in a buoipi thupi pen bang e?
3. Mimal zalenna ding Luther in bang a na sui ei?

4. Bang kum in USA ah mivomte'n a saltanna pan un zalenna a na mu uoi?
5. Martin Luther King hunlai in America ah mivomte bang chi bangin ana hing uoi?
6. Martin Luther King leh Mahatma Gandhi a kibahna uh bang e?
7. Galvan zang vateh lou Luther leh a nuazuite lawchinna khat giel vawi.

B3. A nei a awngteng vua dim vawi:

1. Martin Luther King.....khopi ah.....in ana pieng hi.
2. Martin Luther King in 1964 kum in.....a na kikhum hi.
3. Martin Luther King khu, April.....kum in mikang khat inkhuo ah a na kaplum hi.
4.kum in.....ahing zin hi.

B4. Martin Luther in Pasian nasep leh mimal zalenna ding in na a na sem hi. Ei biehnaw pawlpi (hattuom) sung a lamkaite'n tuama bangin na semlei hoiva nachi uoi? Na ngaidan uh giel un.

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Khil - 2**HINDAN KILAWM****KHEN - C***Mannuomching, M.Sc (Gold Medalist) MCS***C. THUPATNA**

Na hinkhuo bang na chi zah zel ei tualeh bangchi bang in na zah sawm ei? Awleh, na zah ding dan na ngaituo nai sih e? Anei a thuguol kigielte khu hoitah in ngaisut inlen dohnate dawng in:

1. Mi it leh ngaina i tan theina ding un bang bawl a ngai ei?

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C.1 Tu'n HINDAN KILAWM simmun sim vai:

1. Mi ngaisangna leh deisahna na tan nuomleh, nangma in midangte ngaisang masa in. Tua mi dangte na ngaisangna leh na deisahna mi'n a hing theichien chieng un nang tunga h zong ngaisangna leh deisahna a hing tung ding hi. Azieh pen, ki-ngaisangna leh ki-deisahna khu mi zousie lunggul thupi pen ahi.

2. Mi khat pouma khu, mi hoi mi pha in en in. Na meltheilou zieh mi khat a hoimaw in ngaisut sin. Mihing kichi hi, hoi mai thei, hoilou mai thei, tualeh misie, mi genhapi khat zong hi maithei ahi. Hinanleh, mi hoilou pen in zong hoina phatna khat teitei a nei hi. A hoina leh a phatnate khu mudoh sawm in.
3. Nangma ngentang kiphat gen sinlen, midangte zong phat in. Mi'n na deisahnate leh na ngaisangnate ahing thei chiengun, nang zong tua mabangin ahing ngaisang ding ua, nang deisahnate khu amahaw deisahna ahing suoh ding hi.
4. Mi khelna leh chinlana na kou masang in, nangma leh nangma ki-enchien phot masa in. Mi sietna na mute khu nangma sietna zong ana himai thei hi tualeh nangma lungtom zieh a na mu khiel zong ahimai thei hi. Lungthah hun laitah in i lung tuthaw lei guolzaw thawna khat ahi.
5. Na hin sung ah mi tampi toh na kithuokha ngai ding hi. Na lawm na guol lah ah a na neithaw, lamthawte tung-et tuom sinlen, a neila a talate ningkhin tuon sin. Koima tuomkhen lou a hinkhuo na man thawleh, pellou in mi zousie lawm-le-guol na suoh ding hi.
6. Mi toh na kihoulim chieng in, na aw khausah sinlen dong ginsah sin. Ahithei tan in aw nem zang in. Leitang ginalou tung a haichi khat a hing poukhiet bang in, aw nem na zahna mun ah, gintatlou in a ga na law hun a hing um ding hi.
7. Lawm hoi na nei nuomleh, kei thu tung teitei heh chi sin. Khat leh khat kithumantuona toh lawm hoi guol hoi kimu pan ahi bou hi.

8. Mi zousie na ki-naipi lawm leh guol bang in houpi mawh sin. Na thugen lagente sang siemlou zong a na um kha ding hi. Atangpi in nang sang a tahzawte zatatna toh houpi inlen a maute mai ah mawh chiemmui sin.
9. Sangnaupang na hileh, na sangsiete zatat in tualeh kisantuona (greeting) pie in. Ahing tawkhi ngat kal un a chinlanate uh paulap sinlen, gensie sin.
10. Na hinkhuo ah piching vang na chileh, na tup na ngimte detsah inlen tua dungzui in kalsuon in. Tualeh na kalsuon masa pen khu detsah in. Greek mite khanglui lai a mipil Plato in a na hichi gen hi: ‘Nasepna khat pouma ah kipatna a poimaw pen hi.’ Tami thupil pen ngaituo huoi mama. Kal khat kisuon masa lou in a ban a kal a kisuon thei sih hi. Na kalsuonna chintengah a masa pen banga poimaw ahi uhi chi mangngil sin.
11. Hinkhuo siemhoi vang na chileh, nangma khut a kinga ahi. Tualeh hinkhuo na suhsiet lezong, nangma khut a um ahi. Na khangdawn lai khu nampi kinepna ahi. Tami thei siem inlen na lawchinna mi zousie musah in.

C2. Genkhawm ding:

Na pawl (class) pumpi un kikum unlen, tami simmun pan ah bang na mudoh uoi tualeh nouma hinkhuo ah tam simmun toh kituoh bang na tuohkhah uoi genkhawm un. Na kikapna ua chiemtetah na sahte uh anei ah a banban in giel un:

1.
2.
3.
4.
5.
6.
7.

C3. Dohnate dawng in:

1. Mi lunggul thupi pen bang e?
2. Midangte a pat mudoh ding a hoi bang e?
3. Lawm hoi neina ding a bawllou dingte gen in.
4. Sangsiete zatat ding dan giel in.
5. Lawchinna ding a poimaw thum giel in.
6. Mi khat in a bawl ding hoi nasah 10 leh hoilou nasah 10 giel in.
7. Midangte'n nang tunga a bawl ding na dei, ahi'n nangma'n hasa na sah mama sil nga giel in.

C4. Mun tuom a um na sanggam khat hindan na lungkimpilou zieh in, ama kungah hoitah a hin

ding dan thuhilna lai khat hah wawi:

Lamka

The 7th June, 2016

Ka ittah,

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Ahing it zing na sanggampa/nu

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Paupu Veng
Churachandpur (Lamka),
Manipur

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*Khil – 3*

**DAMTHEI HINKHUO**



**Khil-3****DAMTHEI HINKHUO****.THUPATNA**

Leitungah koima damna deilou i um sih ua, i dam nuom chiet uhi. I hinsungah lawchinna khat nei vang i chileh damtheina kiphamaw mama. Hei, damtheina toh kisai a sep leh bawl na theikhom in giel vawi:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

Natna hih tuomtuom a um zieh a kichina ahi. A nei ah natna min phasa khat a kiguol a, tua natna piengsah hih min leh i kithusaw theinate giel in:

| Natna Min      | Natna Hih | Kithusawn Theinate |
|----------------|-----------|--------------------|
| 1. Cholera     | .....     | .....              |
| 2. Maria       | .....     | .....              |
| 3. Typhoid     | .....     | .....              |
| 4. Dysentry    | .....     | .....              |
| 5. Hepatitis-B | .....     | .....              |
| 6. AIDS        | .....     | .....              |



**Khil - 3**

## **DAMTHEINA BANG E?**

**Khen – A**

*Dr. M. Lachinkhai, MS*

### **A. THUPATNA**

1. Zatou a chinate na mu chiengleh na lung ah bang a hing kilou ei?

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2. Chidam ludamna dei khat na hi. Tua ahileh, damtheina ding a phamaw teng na lawmte toh kikum inlen, chiemte tah nasahte uh a nei ah giel un:

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### **A1. Tu'n DAMTHEINA BANG E? simmun sim vai:**

1. Damtheina khu mihingte dinga gou manphapen khat ahi. I khohei dan, i gamtat leh nualam a hing tung ding zousie damtheina ma ah a kinga hi. Lungnop sinnopna chinteng zong damna pan a hing kipan ahi bou hi.

2. Dahuoi tah in leitung mite'n damtheina i niel kha zel uhi. Agentena in, leitung pumpi huop a kipawl na lien pen, League of Nations kichite'n a tup a ngim uh a na guol laitah un leitung damtheina ding a na guol khasih uhi. A tawplam in World Health kichi kipawl na a hing belap pan uhi. Tambang ma a, United Nations Organization (U.N.O) in a tup a daw i uh a hing guol chieng un, damtheina lampang a mangngil kia uhi. Ahi'n 1945 kum a San Francisco a UNO khawmpi ah sep leh bawl ding lah ah damtheina toh kisai pen bahieng khat ahing guonglutta uhi. Tambangin leitung mite kipawl na ah damtheina a na kithuse let sih hi. Nat leh sat in ei sukhah masang sie, damna manphat dan akithei chien sih hi.

### 3. **Ahileh, damtheina (dam leh bitna) khu bang e?**

Damtheina khu bang e chi'n hilchienna bawl vai chilei, na hamsa khat ahi. World Health Organization (WHO) in hichi'n a na hilchien uhi: *'Damtheina khu tahsa natnate leh bukimlounate umlou zieh maimai hilou in, tahsa, lungsim leh hinkhuo hoibukim khu damna ahi.'* Khenkhat in WHO gen damna chi thumte banah *Hagaulam damtheina (spiritual health)* zong a belap ua, ahi'n sil thei hasa khat ahizieh in kipom sih. Who in a na genchienna khu a hoi pen in a kipom zaw hi.

4. **WHO** in damna toh kisai in panlah touna a nei zel a, tam sang a hoizaw hilchienna a sui vang un, a na sut masa uh sang a hoizaw a mutuon sih uhi. Tuachi'n damtheina hoi (good health) khu ahi chi kigen mawng ahi a chi ua, tambang in, damna tena (standard of health) umlou a suoh hi.

5. Mi khat ding a ngaina dan a hin khu, mi dang khat a ding in natna huoisetah khat ahithe i hi. Gam khantouna khat a nausen pieng 3.5 kg a a gihleh, nausen melpha leh a

chidam thei ding in a pom ua, ahi'n India ah 2.8 a a gihleh a damthei dingi n a kigingta hi. Dam leh bitna ichi uh pen, a gamkai a zong kibang lou ahi mai hi.

6. Damtheina hi chilum tena (thermometer) toh a kibang hi. Thachiim hun thakiem hun a um zel a, eima kikep thaw in zong a puo hi. Damna (thachiimna) khu tahsa lumdan 98.6F (Fahrenheit ) a tunleh, a tangpi in damna ahi. Tam sang a a ngiemzaw asanzawhle, chidam louna khat in ei tuom china ahi.

# **7. Tahsa damna:**

Tahsa damna kichi pen, tangpi in gentalei, a tahsa a pumpi a hiengteng kikim, a leng umlou, amaisuo hoi, thausenglou, gawngsenglou, a dung a vai kiching, a annkam tui, gilnat lainat neilou, a tui a-al khen thei, puonsil nihten siengthou toh kivon, tahsa hiengteng tang thei chite khu a dam ichi uhi. Mi zousie tahsa sunglam pulam tualeh a bamengte let leh neudan a kibang sih hi.

# **8. Lungsim damna:**

Lungsim ngaisutna dam theilou i chi chiengleh, lunggel buchinglate, a huntut chieng a khuo phawh taloute tualeh huoh chingla a gamtate lungsim damna toh kipel doh ahita uhi chithe i ahi tuonsih hi. Lungsim ngaisutna ching napi in zong mi'n lungsim damlouna a vei thei veve hi. Ngaisutna chi thum um:

- a. Koipou, a gamtatnate, a silbawl theinate ngai neu lou a, a kiletsahpi loute khu lungmuong mi ahi ua, lungsim bit mi ahi uhi. Tambang mite'n a chitlanate uh a pomsiem ua, a hun leh a mun dungzui in a kisutup thei uhi. Kingamna lungsim a kuo ua, a lungtang uh a chimsah ua, tualeh hasatna leh zauhuoinate puoh dan a siem uhi. Tam khu, lungsim damna nei chi khat ahi uhi.
- b. Lungsim damna nei chi nina ahileh, midang toh a kilem thei a, lawm leh guol toh a kihal thei a, mi zalah ah a



gamta thei hi.

- c. Chi thumna ahileh, ama leh ama a kikemtup thei a, damsungin zauna hita ven, itna leh mi lungsietna hita ven, a suttuo thei hi. Tam toh kilebul a lungsim natna veite'n tuol a that ua, a guta ua, tualeh a phunnawi tawntung uhi.

**A2. AI** a na simsate enkia inlen, a nei awngteng sudim vawi:

- i) Damtheina khu mihingte ding a.....
- ii) Lungnop sinnopna chinteng.....kipan ahi bou hi.
- iii) **WHO** in damna toh .....tam sanga hoizaw hilchiana sut masa uh .....sih uhi.
- iv) Lungsim damna chi thum teng giel vawi.
- v) Damtheina khu **WHO** in bang a chi gen e? (**WHO's** Definition of health)

### **3 A3. A nei a dohnate dawng in:**

1. Leitung pumpi kipawl khawmna tuomtuom a manghil khat uh bang e?

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 .....  
 .....  
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2. Gam khantouna ah nausen kg bangza a phahleh dam ding in a kigingta ei? India ah kg bangza a phahleh nausen dam ding in a kigingta ei?

3. Bang ding a chidam ludamna chisa tena (thermometer) toh kite e?

4. Lungsim kichinglate leh a huntut a khuothei nawnloute khu lungsim damna neilou ahi uhi i chi thei ding uoi?

5. Hagau lam a damtheina khu bang dinga kipomlou adiei?

**A4.** Na thei khom in, tulai natna gilou khat pan a kiven ding dan thuteng 50 vel in giel vawi:

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**A6. Zogam Today** a suoh ding, damtheina toh kisai thu teng  
100 valsah lou in giel vawi:

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**Khil – 3**

## **AIDS: ZENDAMTHEILOU NATNA**

**KHEN – B**

*PM.Liensuonkap, B.A (Hons.)*

### **B. THUPATNA:**

Masanglai toh te in, tulai in HIV leh AIDS natna toh kisai a thuphuon a tawm deuta hi, ahi'n tami natna a um nawnsih hi china ahi tuon sih hi. Tualeh tami natna veite zong masanglai toh te in kidahna leh ngiem etna a khuchi um nawn sih a, zatat ding mihing khat ahina uh ahing kithei deudeuta hi. Zendam theilou natna a na kichi a, a zenha mama natna khat ahima hi. Ahi'n tulai in zatui zaha (damdawi) a thatha ahing kisiemtou zel a, tami natna zong bangtan ei khat a kham thaw hi. Tami natna toh kisai in TANGKOUNA lai zatou inn teng leh gawllam teng ah a kita dim kei hi.

HIV/AIDS toh kisai TANGKOUNA lai District Hospital mai a ta ding in phuo wawi:

Agentena in: KHAMTHEI GUITHEI ELNGATTA UN,  
DAMNA NA TANG DING HI. Ahisihleh: MELTHEILOU  
KHAT TOH KIPAWL SIN, NATNA GILOU NA VEI KHA  
DING HI.

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**B1.** Tu'n AIDS: ZENDAMTHEILOU NATNA simmun sim  
vai:

1. Lamka Community Hall ah mi a letset kei in ana tou  
zouta ua, kei zong a nualam ah kitale tah in ka va touta  
hi. Churachandpur S.P, Pu Thangzamang in kikhopna  
honna aman zou in, Doctor (Zatou) Lalrema in za  
(damdawi) hoitah a zah ding dan leh iphattuompi ding  
dan hoitah in a gen zungzung hi.
2. Mipite'n zong ama thugen hamlou phunlou in, zu sip va  
sip bang in a ngai vangut uhi. Ama thugen zou in, Dr.  
Lienchin, M.D ahing ding doh kia a, tulai a mi'n a gin pen  
uh, AIDS (Acquired Immunity Deficiency Syndrome)  
kichi natna khu, 1980 kum a tumlam a zatui zaha siemte'n  
a hing mudoh uh thu a gen hi. Tami natna hih in sawtlou  
in leitung pumpi ahing zelsuoh phielta hi chi'n a gen hi.  
AIDS khu natna gilou, gangtah a kithezah thei khat ahia,  
tuni tan in zatou siemte'n a venna ding zatui zatang a  
bawl thaw nai sih uhi.' Tualeh, 'Mi tampi'n a shilawta  
uhi' chi'n tua toh a thugen a tawpsanta hi.

3. Tam natna in India gam zong 1986 kum in ahing thuta hi. Tami natna a na man masa pen ahileh Mumbai leh Chennai khopi teng mi tamtah in a na man uhi.WHO (World Health Organization) gendan in December ha 1992 tan in leitung pumpi ah:
  - a. Mihing pichingsa million 13 in tami natna a vei hi.
  - b. Naupang million 13 in HIV a veita hi.
  - c. Nisim in HIV vei mihing 5000 a kibelap hi.
  - d. Second 18 sungah tami natna vei tha khat a kibelap hi.
  - e. India ah HIV vei 11,000 mukhiet in a um hi.
  - f. India ah a tawm pen in mihing 1,100,000 vel in HIV a vei hi chi gintat um.
  - g. HIV natna a kitam muna pen ahileh, Maharashtra, Tamil Nadu leh Manipur ahi. Tami natna kithusawn dan a nei ah a kigiel hi:
    - i) Tami natna na bangsa khat toh nupa bang a umkhawm zieh ahi.
    - ii) Midang toh za kapna phin kitan zieh zong ahi.
    - iii) HIV natna vei khat in mi dang khat a sisan a hopleh, tami natna a thu thei hi.
    - iv) Tami natna vei numei khat in a ta a thu thei pai ahi.
    - v) Ahi'n, thoukang, namsie leh ganhingte ei pe zieh in a kivei sih hi.
    - vi) Pakan khat ann nehkhawm, sil-le-ten kitanna, kinephu tawpna leh kibiengtawpna tualeh van zahkhawm zieh tami natna a kibang sih hi.

Mi phasa khat in tami natna pen Pasian in i umdan a bua zieh a ei dantan a hiva chi pawl a um hi. Tami natna hih mihing sung a a lut zou kum 3 leh kum 10 kikal in HIV

natna tahtah a hing suoh thei a, tam hun sung mama a kishi thei ahi. Tambang a huoisie, a dam theina ding a zatui zatang umlou ahizieh in, khangnoute a kiven siem ding uh ngai mama. Nu leh pate'n ta leh nau hin dan a ven siem ding uh zong ngai mama.

4. Pu Thangzamang, S.P ahing ding kia leuleu a, khamthei guithei suhmangna ding a kumpi panlahnate ahing genkia hi. Ama'n, "Tambang gal gimnei satna a mipite leh kumpite ngansie leh khutzah mimante (police) thakhat suoh a i pankhawm ding uh kism, a zieh pen police-te guoh zawthawna ahisih hi' achi hi. A hichichi zou in a masanglam a tou mi thau sim khat a hing dingdoh a, "Pu, na thugen nang lahpieh tadi vang in, thu khat hing dong vawng" a chi a, S.P pu in "Dong aw" a chi hi. Tuabep in tuapa'n, "Nisim phiel in policete'n khamthei zongsang mi, No.4 nete a man mielmuol uhi chi'n thusuo lai ah akisuo hi. Bangchi chiengleh a zungpite a hing kiman diei chia i bil i na dawleh, tutan khumpa khumnu kiman chi a kiza vawt sih hi. Amat sunte uh zong a zing ni'n a kihadoh leltah hi. Police-te'n sum suina a a nei uh hileh kilawm' chi'n a gen a, a tou kiata hi.
5. A lailam a tou pasal khat a hing ding kiata leuleu a, "Tua kei masang a thu kigen khu pom mama ing. Za zong zakhata va uh chin, kumlui in Manipur kumpi'n Bir Tikendrajit Sing Park ah mipi mu giagua in No.4 tamtah, International vanzuana a kilei hitaleh, crore 2 vel man ahia, mei in a haltum uhi. Tuaza lah ah, se 50 (50%) bang Lamka lam a kiman ahi chi'n a kigen hi. No.4 tazapi kimat nua a zong a bep bep hinalai chi pen lamdang sa ing tualeh chizat huoi zong sa ing. Tuazieh in policete'n na panmun uh tamsanga hoizaw deu in hingla lechin lungdam huoi mama va' chi'n a tou kiata hi.

**B2. B1** a kipan in nuasui inlen tana a nei a awngte sudim in:

1. AIDS khu natna gilou..... khat ahia,  
tuni tan in zatou siemte'n..... a bawl thaw nai  
sih uhi.'
2. ....ana man masa pen ahileh.....  
khuopi teng mi tamtah in ana man uhi.
3. Second 18 .....a kibelap hi.
4. HIV natna .....tami natna a thu thei hi.
5. No.4 tazapi kimat nua a zong .....  
tualeh chizat huoi zong sa ing.

**B3.** A nei a dohnate dawng in:

- (1) Nu sung a hing pieng naungeh khat bang chidan a HIV  
vei thei e?

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- (2) India gamsunga HIV/AIDS kimu masahna kum leh  
munte giel vawi.

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- (3) WHO phuon dungzui in nisim in leitungah HIV vei  
bangza a kibelap e? India ah 1992 kum tan a HIV na  
veisa mi bangza bang a um ei?

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- (4) HIV/AIDS natna pan in bang lampi zui lei i suohta thei ding uoi?

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- (5) Tambang natna gilou pan kihepkhiet theina ding in koikoi in panmun a la thei diei?

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- B4.** HIV/AIDS toh kisai a kikupna khat ah nang zong hing kichiel hi chi'n kingaisun in. Tami natna ahing kithezah semsem ding dal ding dan thu hing lui in chi'n chielna lai ah ahing kisekhum hi. Tu'n na gennuomteng a nei thuteng 100 tan zang in giel vawi:

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**Khil – 3**

## **SINNATNA (HEPATITIS)**

**KHEN – C**

*Ms. Mannuomching, M.Sc (Gold Medalist), MCS*

### **C. THUPATNA:**

Sin khu mihing tahsa sunga hieng lien pen ahi. Sin khal li apha hi. Sin in sinkhatui (bile) a siemdoh ban ah i thau valnate (fat) glycogen kichi thachi a suohsah hi. Tualeh sisan siemna dinga Vitamin A, B12,D, E leh K kikholna hieng ahia, tuaban ah sisan khalsahte kikholna ahi. Sin khu sin chi neuta, ‘Hepatic cells’ kichi kigawm in sin a suosah ahi.

Hepatitis natna khu tulai a dingin natna kithang nam khat ahia, AIDS natna toh kizom thei tualeh tomnou kal a kivei thei ahi. Mit a mu zoulou ganhing hih (virus) in a piensah ahi. Tam sin natna piengsah hih chi nga um:

- (i) Hepatitis A hih (HAV)
- (ii) Hepatitis B hih (HBV)
- (iii) Hepatitis C hih (HCV)
- (iv) Hepatitis D hih (HDV)
- (v) Hepatitis E hih (HEV)

Tana a tung a hih nam nga sin natna a piensah ahi.

# C1. Tu'n SINNATNA simmun sim vai:

## 1. HEPATITIS – A

- a- A piengsah : Hepatitis – A hih
- b- A kithehza dan : Anneh tuidawn sienlou zieh
- c- A kilat dan (a hing pusuo dan): Khuosih (chithuona), tha chieuna (tha beina)
- d- Kiven ding dan : Ann hiing (ann sienglou) nehlou ding, Adalna ding za kikap ding, khatvei kikap zou, haguh zou a kikap kia ding. Tambang a kikapna, kum 20 bang a kingam thaw hi.
- e- Kizen dan : Kizenna za minte: Hepatyrix, Havrix chite ahi.

## 2. HEPATITIS– B

Tami natna hi sin natna huoisie mama khat ahia, cancer apiengsah thei hi.

- a- A piengsah : Hepatitis – B hih
- b- A kithezah dan : Kikapna phin sienlou zieh, zatou a kizang vante sienlou zieh, tualeh pasal leh pasal kipawl zieh a hing piengdoh ahi.
- c- Kiven ding dan : Avenna za thumvei teitei kikap ding, aniveina pen ha khat kihal a kikap ding tualeh a thumveina pen ha guh zou a kikap kia ding.

d- Kizen ding dan : Tami natna veite khu zatou a kikep ahoi pen hi. A tangpi a kizang za ahileh, Interferous lehLamivudine (anti-virus drugs) ahi.

### 3. HEPATITIS – C

- a- Natna piengsah : Hepatitis – C hih
- b- A kithezah dan : Tahsa tui leh sisan kitasapna tawntung zieh
- c- A kilat dan (ahing pusuo dan): A kipat chil in a kithei vateh sih hi, ahi'n phabep zou zou in Hepatis – B bang in a hing kilangdoh hi.
- d- Kiven ding dan : Khat leh khat sisan kihop sawn masanga tami natna hih a bang amah chia etchien masah ding ahi. Interferous za toh tami natna a kiveng hi.

### 4. HEPATITIS – E

Tam natna pen annenh tuidawn nieh zieh a kivei thei ahia, a dalna ding tutan in bangma za a kisiemdoh naisih hi.

#### C2. Genkhawm ding:

1. Hepatis natna pen natna zauhuoi mama ahi chi'n i simta ua, tualeh kizenna zate zong a mantam mama a, kap khat ah India Dangka (Rs.) 100 leh 400 kikal aman va giap hi. Alei thawloute bang suoh ding lah? Bang panmun det khat luolei tami natna pan in i kivengbit thei diei? (Kilutuo unlen, genkhawm un).

2. A nei a dohnate dawng un:
  - a. Mihing sin khal (beu) bangza a pha'i?
  - b. Sin nasep li gen vawi.
  - c. Hepatitis natna chi bangza a um ei?
  - d. Hepatis dalna za kizang sun gen in.
  - e. Tua zate kikap ding dan gen in.
  - f. Khat leh khat sisan kipiehsawn a pat natna ni ahing kaikia khu bang e?
  - g. Anneh tuidawn sienlah zieh a natna ni ahing kaidoh giel vawi.
  - h. Bang Hepatitis pen zatou a zen dinga hoi pen e?
  - i. Tahsa sunglam a hieng lien pen bang e?



*Khil — 4*

## SUICHETNA & A PHATTUOMNA



**Khil- 4****SUICHET A PHATTUOMNA (BENEFITS OF SCIENCE)****THUPATNA**

Mihing chi loungal, ngaisutna zanga ama dinga poimawte bawlkhie a khantouna manaw, leitung nuntatna nei lah ah a um sih hi. Mei ahing mukhie a, lengkeng ahing siemdoh a, tuachi'n sil tha a mukhie zing hi. Tua guoh hilou in, gautang (machine) tuomtuomte zong ahing siemdoh a, ama tangin na asem sah hi. Tualeh kivenna ding in galvan lamdangte a siem hi. Hapi a tun zou in, vanthamzawl solte (stars and planets) tan a zon sawm nalai a, a um tandan uh a zil hi. Tu'n kum zabi 21 (21<sup>st</sup> century) khangah huohgautang ahisihleh vaibawng (computer) ahing siemdoh kia hi. Tualeh zatui zaha leh tahsa zenna gautang tuomtuomte (medical science) zong mitmu in ahing khangtou nalai a, tamtan ah hunsah vai chi a um naisih hi. Tam zousie suichetna (science) ga ahi.

**Dohnate dawng in:**

Simmun ah kigiel vateh sihleh zong, na ngai dan leh na thei khop in gen lechin, mihing in:

1. Mei a mukhietna khang khu:
  - a. Tangthu kisut masang (Pre-historic Age) khang ahi.
  - b. Suong khang (Stone Age) ahi.
  - c. Sia-eh (Bronze Age) khang ahi.

2. Lengkeng (lengpei) zah masah hun pen:
  - a. Indus Phaijang Khantou khang (Indus Valley Civilization) hun lai ahi.
  - b. Sumerian Khantou hun lai ahi.
  - c. Izipte Khantou khang hun lai ahi.
3. Huohgautang (computer) na puodohpa khu:
  - a. Robert Noyce ahi.
  - b. Charles Babbage ahi.
  - c. Z. Jansson ahi.
4. Leitung sil umdan zousie hienga umna (Theory of Relativity) hing puohdohpa khu:
  - a. Albert Einstein ahi.
  - b. John Logie Baird ahi.
  - c. Hans Lippershey ahi.
5. Penicillin za mukhie ahileh:
  - a. Louis Pasteur ahi.
  - b. Robert Koch ahi.
  - c. Alexander Fleming ahi.
6. Pawl ni/pawl thum in kikhen unlen, tana a nei a thu dohnate a tawm pen in thugui nga in na thei khop un dawng un:

### Dohna:

Leitung ah suichetna na um mawngmawng tasihleh, tu leh tu leitung hindan bang chi bang in um va na chi uoi?

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**Khil - 4**  
**PASIAN KINEI**  
**KHEN- A**

*Miss Mannuamching, M.Sc. (Gold Medalist) MCS.*

**A. THUPATNA:**

Mihing pilna kibep zel in, suichetna khangtou zel a, mihing in ama bang a hinna nei bang bawl thei ding dingmun in umta hi.

**Tam anuoia dohnate dawng in:**

1. Mihing siemtheina, silbawltheina neilechin koi tohbang mi na bawl diei?

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 .....

2. A tung a dawnna napiehna ziehni giel in:

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 .....  
 .....

3. Nangma bang tualeh na hina zousie nei mihing siem thei ding hilechin na siem ut dieima? Awleh tua na hin dan khu huntawh nasa ama?

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 .....  
 .....

### Al. Tun PASIAN KINEI simmun sim vai.

1. Pasion in sil zousie a siem hi. Mihing in ama pilna hing zang in, tua Pasion silsiemsate a pat in, haichi tha leh ganhing chi tuomtuom ang siemkheta hi.
2. Haichi leh ganhing tamzawte anu leh apa chi (cell) kigawmna apan a nou nei ngen ahisihleh ta nei ngen ahi. Hinna nei khat in chi ni a nei zel hi. Tuat: Tahsa siemtu chi (Somatic cell) leh Nou ahilouleh Ta neina kizang chi (reproductive cell) ahi uhi. Anu ahisihleh atal guoh in Nou ahilouleh Ta a nei thei sih uhi. Ahinlah ganhing khenkhat anuten atal chi panglou in zong Nou ahisihleh ta a nei thei uhi. Hinanleh tambangte a tamsih uhi. Etsahnan- Thangkhit chi khat Lacertica kichiten atal umlou in zong Nou/Ta a nei thei uhi. Tualeh Khuoi zong atal chi panglouin Api in tuithan a keu thei hi. Ganhing liente adieh in nawinete (mammal) ah tambang a um ngaisih hi.
3. Kum 1950 in Bridgs & King tualeh joint 1960 in John B. Gordon in Ukeng (Frog) atal panglou in tui thasah in a keusah theita uhi. Hinanleh tua Ukengnou (Ngaluloh) pen Ukeng a suoh masang in a shi uhi. Kum 1970 in Illmense kichipan thousi chi khat Drosophila ah ana enkhokia a, Ukeng mabangin a noute khu piching manlou in a shi uhi.
4. Nawitep ganhingte a etkhietna Belam leh Voh ah lawchingtah in kine izouta hi. Kum 1996 March ha in Scotland gam Edinburgh a Roslin Institute ah tambang lam a suichienmi pawl khat in Belam tal chi panglou in tahsa a chi ni umte gawmkhawm in, gaisah in lawchingtah in nou ni amin-Megan leh Margan a neisahtheita uhi. Kum 1977 in Belam tambang a kibawl a pichin tan dam, amasapen din na piengsahta uhi. Tualeh milling DNA puo (transgenic) Belam khat amin Dolly khat zong a na

piengsah uhi. Tualeh Voh ah zong tambang a etkhietna lawchingtah a nei ahita hi.

5. Atal panglou a api guoh in ta ahisihleh nou neisahna khu cloning a kichi hi. Tampen anu tui (egg/ovum) toh atahsa chi haijawm (test tube) sungah agawm ua, tuazou chieng anu khat naubu sungah kaplut ua, tuachin a ngaina bang in gai in nau a nei thei hi. Tuabang a a kikaplum pen khu surrogate mother akichi hi. Tam bang pen mihing ah etkhiet ahinaisih hi. February 25, 1997 in Pu Dr. Ian Wilmut, Roslin pawl lamkaipan mihing ah zong hithei ding ahi chin a na genta hi. Tambang ahitheileh numei in amatang in gai in ama mel-le-lim sun nau a nei thei ding hi. Hinanleh a buoi-umpen khat ahileh 'Tuabang a hing pieng nau in heisung hagau la in a nei tadiei?' chi ahi. Leitung gam tampiten mihing clone a bawl ding pen a kham uhi. Hinanleh tam tungtang a suichetna pen a khawl tuom sih a, America gam a nupa khat in tambang bawlkhietna a sum-le-pai lutteng tuohngap ahi thu uh a puongkhie uhi.
6. Tam a tung a bang a cloning bawl a, ganhing tampi mihing plasma a protein leh anti-body puo Edinburgh a suichienmiten bawl a sawm uhi. Tampen mihing sisan gantate a khol a, suhpung a, mihing in dei hunhun a zah thei a koi ding chi ahi. Tam siltuppen damtheina lam saiten a kipahpi mama uhi. Mihing sisan tahsapna awng hu thei ding ahiman in. Tualeh Britain a Agriculture and Advisory Service pawlin Bawng, amin Daisy kichi khat a siemkhie uhi.
7. Mihing in Pasian pieh pilna zang in, Leitung ah khantouna a tungsah uhi. A umkha nailou sil tampi umсах in, sil tha a pung mama hi. Hinanlezong a hungiap ahisihleh ahengval um ngei din i gingta uhi.

## A2 Thuteng hilchetna:

1. cell: Hinna kipatna chi. Chi zat ni a um a, tuate ahileh Tahsa siemtu Somatic cell leh ta-le-nau neitheina reproctive cell ahi.
2. DNA: Dioxy Rebo Nucleic Acid china ahia, a shi theilou cell nucleus a um, sugar, Nitrogenous leh Phosphate kigawmkhawm a kisiem, mitguoh a mu theilou sil ahi.
3. transgenic: Mihing a um sil khenkhat nei a kisiem ganta.
4. plasma: Zem neilou, sisan zat khat ahia, natna hih that thei, sisan khal thei sil hing khat ahi.
5. anti-body: Protein zat khat ahia, natna hih that thei tahsa a um sil hing ahi.

## A3 Na simmun sim pansan in tam a nuoi a mun awngte sudim in:

1. Ukengnou khu .....akichihi.
2. Kum.....in Illmense kichipan.  
etkhietna a nei hi.
3. Dolly khu.....ahi.
4. Clone kibawl chieng a gaipen.....mother a kichi hi.
5. Roslin Institute a Suichien Pawlte lamkaipen min khu.....ahi.
6. Plasma nasep poimaw chinite khu.....  
leh.....ahi.
7. Transgenic Belam min khu.....ahi.

## A4 Anuoia dohnate dawng in:

1. Cloning kibawl dan giel in.
2. Cloning kibawl ganta a pichin tan a hing pen min gen inlen, a bawlpa leh a kibawl na gam min zong gen in.
3. Transgenic gantate mihing a dia a phattuomnate gen in.

4. Mihing hilhiel cloning bawl hoi nasa naima? Ahilouleh bawllou hoi nasa ei? Hoi nasahpenpen tel inlen, mite theiding in Thusuo a suo ding in thuteng 120 sang a tom zawlou in giel in.



**Khil - 4**

## **HUOHGAUTANG (COMPUTER)**

**KHEN- B**

*T.Chinzakhup, B.A*

### **B. THUPATNA**

Mihing in a sep a bawl zousie kintah leh muomhuoi tah a a bawl zouna ding in a huoh a san a, zah ding van tuomtuom a sui, a suttuo, tua a suina lam ah huohgautang (computer) a hing piengkhe hi. Tambang vanzahna hun a khangliente i hi uhi. Huohgautang Khang (Computer Age) a khangliente i hi uhi. Huohgautang toh na i sem ua, tulai hindan khat ahita hi. Vai inn (office) ahiei mah, van zuana leh vanlengkuon ahieimah, huohgautang ngen a kizangta hi. Huohgautang guoh hilou in, vahpi kihouna (mobile) zong huohgautang phiel in a kizangta a, vai (programme) bangza ei khat tua vaibawng neunou toh i sem thei uhi.

Hindan leh gamtat dan tambanga gang deu leh muonhuoi thei a ahing umta zieh in, ahing tung ding kum 100 zou chieng a leitung mite hin ding dan gen vawi:

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**B1. Tu'n HUOHGAUTANG** simmun sim vai:

1. England Gam a Cambridge University a Tuottuona siem (Mathematician) Professor Charles Babbage in 1900 kumzapi in *Deference Engine* kichi gautang khat ahing bawlkhie a, tualeh 1942 kum in *Analytical Engine*asiem kia a, tu khang a ding in huohgautang kibulphuna a hing hita hi. Tuazieh in ama khu Huohgautang pa (Father of computer) chi'n ana kiminvaw vawt hi. Ahi'n tua Analytical Engine in khu memory engine, (a kithun zousie theikipna) in a na kizang a, tuottuona bulte (basic arithmetics) bou a bawl thei giap hi. Huohgautang na suttuo masa pen ahileh Dr. Aiken ahia, tua huohgautang min pen Electro Mechanical Computer chi'n a na minvaw hi. Tami IEM pawl (company) in 1944 kum in zah thei in a hing bawlta uhi.
2. Huohgautang pen a nasep dungzui in chi thum a kikhen thei hi:
  - a. *Analog Huohgautang (Analog Computer)*: Tami huohgautang in a sung a kithunlut thu-le-la,(data) gangtah in kizom ditdet in dawnna a pekhie thei zing hi. I theisa ma bang in, huohgautang khu mei (power) umlou in a kihong thei sih hi.
  - b. *Digital Huohgautang (Digital computer)*: Tam computer in thu-le-la (vai) kiguongte dawnna kizop lou in na a sem thei a, a tuomtuom in dawnna a pie thei hi. Fax machine (lai galhahna bang khu huohgautang nasepna khat etsahna ahi. Digital Computer khu a nasep thei dan toh enlei, *special* leh *general* in na a khen thei hi. Special huohgautang pen nasep chi khat maimai a kizang thei giap ahi. General pen khu vaiguol (programme) tuomtuom a khol thei ban ah, a umsate khu a tha in a guoltuoh thei kia hi.

c. **Hybrid Huohgautang (Chihal computer):** Mangkam in *hybrid* chi khu khaichi ahisihleh mihing sisan chi ni kigawm in chitha khat kisuohsah china ahi. Huohgautang ah zong hichi bangin a kibawl hi. Huohgautang kigawm (hybrid computer) ah Analog Huohgautang ahi a ngai a, tualeh processing (vai suttuona) pen digital ahi phamaw hi.

### 3. **Input device: (vai henlut dan)**

Huohgautang sunga iguonlutte uh zang vai i chileh, a guonlutna ding in *Input Device (guonlut theina)* kichi khat a poimaw hi. Tami dinga kizang van phasa khat ahileh, *Card reader; Magnetic Disc Drive, Magnetic Ink Character, Mouse leh a dangdang* ahi.

### 4. **Central Processing Unit (CPU):**

Tami pen ei ham in Huohgautang huohbu chi thei ahi. Computer sunga hieng tuomtuom lah a, a hintheina leh a piatheina van khu ahi. A sung a kiguong zousie na a semsah hi.

### 5. **Memory (Theikipna ahisihleh theilipna):**

Huohgautang sunga i thunlut zousie ana a ching khat (ana melchi), a hisihleh a na theilip khat a umsihleh i thun, i guon zousie a na mangta ding hi. A na thei ching, chi thum a um hi:

i) **Internal Memory (Sunglam theilip):** Minkhumna laibu ahisihleh chiemte zingna ding a thu leh la laibu khat a i khum ma bang un, CPU sung a i khum nuomteng i khum uhi. Tua i khum zousie na melchi khu *Internal Memory* a kichi hi. I khumteng *data (vai thute)* a kichi hi. A sung a umteng khu gangtah in monitor (mei limbawng) in a hing tahlang hi. Huohgautang kimkhat in sunglam theilip a hau deu a, tua pen tulmaw dungzui a kibelap thei ahi. A gentena in ham 20 a Laisiengthou kisunteng guong lut vai i chileh, meomory lien deu a ngai pai hi.



ii) **Main Memory (Theikipna bupi):** Tam pen huohgautang sunga a kikoi den ahia, tami'n a zawthaw tan in i guonte a koi ching thei hi. A hat dan pen Kilobyte in a kite a, a hat dan pen 4K a pat 256 K vel ahi.

iii) **Mass Memory (Theikipna tampi huom thei):** Tami theikipna sungah data tamtah a kikhum thei hi. A hat dan pen Kilobyte sanga sangzaw ahi.

## 6. Output Device: (Pulam vanzah)

Output vanzah kichi pen mihing leh huohgautang kikal a kizopna vanzahte china ahi. Huohgautang toh na isepte uh muthei in zong a hing siemkhie hi. Output Device phasa khat ahileh, Card Puncher, Printer, Monitor, Screen, Magnetic Tape, Plotter leh a dangdang ahi.

## 7. Microprocessor: (Sepphung)

Microprocessor kichi pen, huohgautang sunga a khil (khen) khat ahia, nasepna phungpi a kizang ahi. Huohgautang tuomtuom in microprocessor tuomtuom a nei a, tualeh a poimaw dan in a mina leh a honna a nei hi. Microprocessor khu tambang in a kikhen thei hi:

- a- ALU
- b- Internal Register
- c- Control Unit

Unit kikhen dan:

|                  |   |                            |
|------------------|---|----------------------------|
| 1 byte           | = | 8 bits of storage location |
| 1 Kilo byte (KB) | = | 1024 Byte                  |
| 1 Mega byte (MB) | = | 1024 KB                    |
| 1 Giga byte      | = | 1024 MB                    |

Huohgautang hat dan ahisihleh a gan dan pen cyle hun (time) in a kisim hi. Huohgautang tangpi ding in cyle time 500ns leh 6000ns kikal a gang ding in a kisiem hi.

Kum zapi 2000 a pan chizat huoi tah in computer nasepna a kigangsah semsem a, kithuzahtuona (communication) leh vai tuomtuom gangtah in a kistem theita hi. Microprocessor kimkhat naupangte ki-apmaina vante ah a kithunlut a zah thei in a umta hi. Computer in leitung a khuleta hi chilei chikhiel sih vai, azieh pen i hindan a khel mama hi. Vahpi kihouna (mobile) zong computer neu khat ahia, tami van neunou khat in singtang tawng a tengte hinkhuo zong bangtan e khat a khel thaw hi.

### **Tomlam Thuteng kimsahna**

IBM : International Business Machine

PCXT : Personal Computer Extended Technology

PCAT : Personal Computer Advance Technology

CPU : Central Processing Unit

### **B2. Donate dawng in:**

1. Father of Computer kichi koi e?
2. Electro-Mechanical Computer koi pawl in bang kum in a na bawlkhie uoi?
3. Huohgautang a nasep thei dan khen talei, chi bangza a um ei?
4. Huohgautang nasep nadinga poimaw sil thumteng gen in.
5. CPU kichi bang e? A nasep bang e?
6. Microprocessor khat sungah Register um thei zat gen in.
7. Huohgautang Theikipna chi thumte bangbang e?
8. Output Device kichi hilchien vawi.
9. Huohgautang kiphattuompina ni gen vawi.
10. Byte khat khu nit bangza ahiei?



## Khil - 4

# SOL (PLANET) MARS MUKHIETNA

## KHEN - C

### C. THUPATNA:

Vanthamzawl a Sol kuo umte lah a, ni toh a kingamlatna dan uh enlei, Sol Mars khu leitung toh a kinaina a lina ah a tu hi. Leitung pan KM 55 million in a gamla hi. Mars pen Romante Tui pasien min pan a kiladoh ahi. A san zieh in Sol San (Red Planet) zong a kichi hi. A tung a suong umdan leh leitangte a ki-etleh leitung toh a kibah dan suichienna neite'n a mukhie ua, mihing zong tua sol ah teng thei dingin a muong uhi. Leitung ah kumkhat sungin hunpi li a um a, tualai summerNipi, spring loudawn, phaldawng khallai, tavang autumn leh Phalbi i chi uhi. Oxygen hui toh kihing kina thei ahia, ahi'n tami hinna hui pen Sol Mars ah a tawmluo a, a tamzaw khu carbondioxide (meikhu hui) ahia, se 95 (95%) a pha hi. Hui dang ahileh Nitrogen, Argon, Oxygen, Carbon Monoxide leh tuihu ahia se 5 (5%) vel ahi giap hi. Sun chienga a lum dan ahileh -12C ahia, zan chiengin -76 ahia. Tua ahileh, Sol Mars tung ah mihing a nungta thei sih ding hi. Leitung in hapi khat i nei bang in, Sol Mars in ni a nei a, *Phobos* leh *Deimos* chi'n a kiminvaw hi.

C1. Tu'n **SOL MARS MUKHIETNA** simmun sim vai:

1. Sol Mars mukhietna leh suichienna pen 1962 kum in ana kipanta hi. Masanglai a gam minthang USSR leh USA

in tam sol muchien na ding in sum-le-pai tamtah a na seng uhi. Vanthamzawlleng (spacecraft) tampi zong a na kaptou uhi. USA in a na mukhietna pen a lawching zaw hi. USSR in Mars 1,2,3,4,6,7 leh Phobos chi vanthamzawl leng min tuomtuom a na kaptou ua, ahi'n Mars -3 chilou a dangte March tung ah a tuthaw sih hi.

2. USA in vanthamzawl Marine -3,4,6,7,9, Viking 1,2 tualeh March Observer leh Pathfinder chite a na kaptou ua, lim tamtah a hing kapsuh uhi. Viking 2 in Sol Mars ah Argon leh Nitrogen a um hi chi a hing suikhie hi. Pathfinder khu a kikap nukhia pen ahia, tutan a nasep a khawlsan naisih hi.
3. USA a vanthamzawl suichienna a minthang, National Aeronautics and Space Administration (NASA) chia na kiminvaw pawl in Psadena State a Jet Propulsion Laboratory pan in vanthawmzawl leng, Pathfinder ana kaptou uhi. Pathfinder dan pen nai khat ah 20,000 KM ahia, a kipatkhiat zou ha sagi, July ni 4, 1997 in bittah in a tung nabou hi. Mars tung a a tuhna mun ahileh Ares Vallis a kichi hi.
4. Pathfinder sung ah, lengkeng (lengpei), Sojourner Micro Robot kichi, keng guhtah nei, 11.5 kg a gih khat, a kiguong hi. Tua lengkeng in huohgautang khat a kipsah hi. A lentou chil in Pathfinder khu 890 kg a gih ahia, Mars a tuh chieng in 360 kg in a gih giap hi. A siemna in US Dangka (US\$) 220 million atawp hi. Vanthamzawl suichienna a na minthang Pu Car Sagan thei zingna ding in Pathfinder min tu'n Car Sgan Memorial Station a kichita hi.
5. USA a Africa mite saltanna suhtawpna ding a nahpi tah a na pang, Pu Sojourner Truth min a kibawldoh

tua Huohgautang in Mar a tun zou a zingni a kipan pai in theinop tampitah lim in ahing hahsuh hi. Tami huohgautang na siem Pu Jacob Matijevic in a gendan ahileh, Mars tunga suong tampi umhaw khu hichi'n a minvaw hi: Barnacle, Yogi, Flat-top, Casper leh Scooby-doo.

6. Tami Robert in Mars leitang umdan ahing suichien a, leitunga bangma in sia leitang tampi a mudoh hi. Leitung a umkhalou leithau nam khat, Scapolite kichi a tam hi chi a mudoh kia a, tuiluonna nua bang a kuoh, guom tampi zong a mu hi. A ban ah bang a hing mudoh diei mah, a ki-lam-et hi. Mars ah mihing a teng thei diei mah chi khu tui a umleh a umlou in a puo hi. Tualeh mihing hin theina oxygen kiching tah a um ding zong a ngai hi.

## C2. Kikumkhawm unlen genkhawm un:

Vanthamzawl Suichienna (Space Research) ah India in zong panmun hatangpi in a lata hi. Ahi'n India pen USA banga hausa ahisih hi. Kikum unlen, India in panmun a lah ding hoi ahisihleh hoilouna chite uh a nei giel un:

### Panlah a hoinate

- 1.....
- 2.....
- 3.....
- 4.....

### Panlah a hoilounate

- 1.....
- 2.....
- 3.....
- 4.....

## C3.Simmun a pan kai unlen, a awngteng sudim in:

1. Pathfinder dan pen .....a kipatkhiat zou ha sagi, .....Mars tung a a tuhna .....akichi hi.
2. Leitung a um khalou lei thau..... kichi a tam hi chi a mudoh kia a..... tampi zong a mu hi.

3. .... Truth min a kibawldoh tua  
Huohgautang in.....  
theinop tampitah lim in ahing hahsuh hi.
4. Mars ah mihing a teng thei diei..... a  
puo hi tualeh mihing hintheina .....  
zong a ngai hi.
5. Viking 2 in ..... a hing suikhie hi.

#### **C4. A nei dohnate dawng vawi:**

- i) Sol Mars khu leitung pan in KM bangza a gamla e tualeh  
ni a pan in sol a bangzana e?
- ii) Mars suichienna bang kum a na kipan e tualeh koi gam  
a na lawching zaw ei?
- iii) Mars tung a na kikap vanthamzawlleng tuomtuomte giel  
in tualeh koikoi gam in a kaptou e?
- iv) Mars tung a suong umte min giel vawi.
- v) Pathfinder in bangbang ahing mudoh ei?

#### **C5. Mars pha dinga lengtou hilechin, na tun chieng in leitung ahing sawlte kungah bangbang thu leh la na sut masa pen diei? Thugui (Sentence) li-le-nga vel in giel vawi.**

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*Khil – 5*

**MI LENG HANGSANTE SEPKHIET**





### Khil-5

## MI LENGHANGSANTE SEPKHIET

### THUPATNA:

Mihingin, a mungailou, a theinailou, a bawl ngailou khat a mu nuom a thei nuom, a bawl nuom teitei hi. Nuomman lam-et vateh lou in, hasat, gentheina teng thuoh ngam ban ah shi ding tan zong kingam in sil a bawl uhi. Tambanga gamtatnate Mangkam in *adventure*(lenhangsanna) a kichi hi. Pu-le-pate'n lenhangsanna ana tuoh ua, ana sui uhi. Tawpi, humpi, ngaltang, vompi mai ah ana leng ua, sa leh gal a pat a lawmte uh ana hunkhie uhi. Tambanga gamta ngamte khu *pasalhangsan* ana kichi uhi.

1. Leitunga na lenhangsante min sagi a nei ah a kisung a, a sepkhiette uh na theiza toh giel wawi:

### AMIN

### ASEPKHIET SIL

|                              |       |
|------------------------------|-------|
| 1. Christopher Columbus      | ..... |
| 2. Captain Scloft            | ..... |
| 3. Edmundson                 | ..... |
| 4. Tenzing leh Hilary        | ..... |
| 5. Neil Armstrong leh Collin | ..... |
| 6. Francis Chester           | ..... |
| 7. Jim Corbett               | ..... |

2. Pasal na lenghangsan na thei khat sepkhiet tomkim in giel in:

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**Khil – 5****SIMTAWP GAM MELCHI MASA PEN KIDEMNA****KHEN- A****A. Thupatna**

Simtawp/Leitung Vum (North Pole) khu Leitung lim (map) ah en inlen, na theichien zou chieng in a nei a dohnate dawng in:

1. Leitung Vumlam (North Pole) leh tua na tenna khuo-le-hui umdan giel in.

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2. Leitung Vumlam leh Leitung Doplam (South Pole) a sun leh zan umdan gen in.

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3. Leitung Doplam a teng ganhing ni min giel in.

i) .....

ii) .....

**A1. Tu'nLEITUNG DOPLAM MELCHI MASA PEN KIDEMNA** sim vai:

1. Mihingin mi na mu ngailou na-le-sil khat amu masa pen ahi nuom teitei hi. Mihing tangthu na kigiel tamtah tambanga na gamtate tangthu ahi. Tambangin, koima na mu ngailou Leitung Vumlam (North Pole) leh Leitung Doplam (South Pole) mu masa dingin tumlam mite a na

kuon uhi. Shi leng hing leng, innlam nua tun kia leng, nua tun thaw tasih lengzong, kuon vang chi mi hangsan phasa khat a na kuon uhi.

2. Leitung Vumlam pen Robert Perry leh Henry in a na mu masa uhi. Amagel hansanna leh lawchinna Leitung mite'n a hing mu chieng un, kitawhhangna (challenge) lungsim ahing kikuo a,thalawpna tamtah ahing kuota uhi. Tambanga lawchinna na tangte'n a lawchinna uh a kiphatsahpi mama uhi. Leitung Vumlam a kimu zou in, Leitung Doplam mu masa dingin mi bangza ei khat ahing kisadoh uhi.
3. Leitung Doplam pen Leitung Vumlam sangin nahpitah in avot zaw hi. Tuipi zang a (sea level) pat feet 9000 in asang zaw hi. Nipi lai a a vot dan khu O Degree Centrigrade ahia, tam tungah akai ngaisih hi. Tam gam natung masa gen vai i chileh, mi ni min genkhop angai hi. Amau gel ahileh, Captain Scott leh Edmundson ahi ua, khat in ahinna atan a, khat pen in minthanna a nga hi.
4. Leitung Doplam mudohna tangthu pen lainat huoi chilei chikhiehl sih va ui. Captain Scott khantan (tangthu) i ngaituo chiengin thanat-lainat a huoi mama hi. Ama'n Leitung Vumlam a vatun vang in, vangsiet huoitah in a masa pen hina a tang zousih hi. Ama khu 1912 kum, Gangpi ha (January) 17 ni'n a vatung a, khumi masang ha khat lien masang, 1911 Awl ha (December) 14 ni'n Edmundson a na tung zouta hi.
5. Leitung Doplam del in Captain Scott khu 1901 kum in a na zinkheta a, mi 40 a zawpi hi. Lampi lamkal ah hasatna tamtah a tuoh a, ahi'n a lungkie vawt sih a, a malam a naw tentun hi. A tunna ding uh tai 500 vel a kism tabou a, ahi'n nuom leh da in a hing kinuale uh a ngaita hi. Huisie

toh kithuo vuanel guoh kie bangin ahing kie a, malam zot theina a um nawn sih hi. Tuaban ah anne tuidawn zong a tawplam ahita hi.

6. Captain Scott khu mi hangsan, hasatna mai a nuatawn ngailou mi khat ahi. Leitung Doplam (South Pole) va phah kia sawm in 1910 kum in ahing kitawkai kiata leuleu hi. Van poimaw teng po ding in, vuadap khang thaw Siberia sakolte a pui hi. Tuachi'n New Zealand gam ahing tungta hi. Khum mun ah, a mang a zong a matkhahlou, Edmundson in siakhau (telegram) khat ahing sat hi. Tuachi'n, Leitung Doplam del leh tua gam chiemte masa ding kei guoh hisih ing e chi'n ahing thei dohta hi. Siberia sakolte muong in Captain Scott ahing kipandoh a, Edmundson bailamtah a makhel ding a sawmta hi. Hitama lezong ama ngaituo dan ahing kilebulta mawh hi. Vua leh huisie ahing hahkieh zieh in, ni li kipel in ahing kipan thei pan hi.
7. Captain Scott leh a lawmte sawttah ahing pei nua un, tua vualeng (sledge) kai uite agimta mama ua, a nuasawlta hi. Vangsietna in ahing bawm kia nalai ua, sakolte ann zong ahing beikhielta hi. It pumpum in sakolteng a thatlumta uhi. Dongman in amahaw'n vualeng a kai dohta ua, a malam a naw nalai uhi. Leitung Doplam a tunna ding uh tai 120 a kisam nalai a, ahi'n mi nga maimai ahita bou uhi. Adangteng lampi lamkal ah a shisuohta uhi. Nuatawn tuomlou in, a hing tawntawn ua, Captain Scott leh a lawmte Leitung Doplam a hing tungta sam uhi. A hing tuntah chiengun, tau mun gam chiemtena khat a na kitung hi. Tua pen, Roald Amundsen in ana phu, Norway diellap (dielkhai) ahia, huidap lah ah ana lam lehleh hi.
8. Tambang hasatna leh gimna chinteng thuoh tama lezong, Leitung Doplam tung masa pen ahi nawnsih a, a pona

mama hi. A hamsiet a lunggimna a hing kibelap kia nalai hi. A lawmte lah a hangsan pen, Ivans khu kipai in suongtung sena'n akinei a, a shisanta hi. Ama kephang zong vua in a ngietngiet a, a thuohla mama hi. Tualeh a lawmpa Oates ni khat agiehphuol ua pan in a pawtkhie a a hing kinuale nawn sih hi. A lawmte a buoisah nuomlou zieh a ki shidoh ahita hi. Giehna phuol pan a a pawtkhiet masang in a hichi chi hi: 'Kahing tun ha khahleh ei sui data un.' chiin thu a nuasie hi

9. Neh-le-tah a koina uh tua mun pan tai 10 a gamla ahi. Huisie lang leh vuanel a hat zieh in, Scott leh a lawmpa a pawt thei taisih ua, giehna phuol ah ni 10 a awhdenta uhi. Neh-le-tah koina mun khu theitawp in a sui ua, amu thawlou zieh un giehphuol ah a tung kiata uhi.
  10. Bangma lam-et thei a umta sih hi chi a nigel un a hing theidohta ua, shi ding maimai a ngahta gel hi. A nuasang ua a ketot uh hing zuite'n Scott leh a lawmpa Williamson ngawngkawi pum in a va mukhie uhi.
  11. Scott in nichin laibu neu (diary) ah "Bawl thei bangma um nawnsih" chi'n a giel hi. Ama nichin laibu neu a pat Leitung Doplam mulkin huoi tah a ana zinna tu'n Leitung mite i theita uhi. Leitung Doplam vua tuon masa hina ah guollet nanleh, a nichin laibu neu a a na gelte tutan in a kisim nalai a, mi hangsan khat a hina leh zatat huoi mi khat a hina i thei chien tawntung ding uhi. January ha, 1912 kum in Captain Scott luong leh a lawmte luong a giena phuol uah a suite'n a mu ua, tuanah a vuita uhi.
- A2.** *Captain Scott khu Leitung Doplam zuon a azin masah lai a, aphahna ding tai 500 giap a kisap in, a lou theilou in a kinuale ding a ngaita hi. Tua laitah in Scott in bang lung gelva na chi ei? Hei a nei ah giel vawi.*

**A3.** Captain Scott in Leitung Doplam tuon ding a a kuon laitah in bangbang van toh a kiging e tualeh a kiginnte bang a kizang e. Bang ding a tua vante kizang e? A kiguol dungzui in giel in.

a. Van kiguonte Azahna Bang zieh a kizang e?

Siberia sakolte      Van po ding      Vuadap a thuoh thaw zieh

b.....

c.....

**A4.** Robert Perry leh a lawmpa khu Leitung Vumlam pha masa pen a na hi zieh un, leitung mite lungsim bang bang a tungsah uoi?

**A5.** Captain Scott pen a tupna pouma ah a nuatawnlou mi a hina tomlam in giel.

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**A6.** Scott ana zin masah lai a ana kisapnate (a lawsapnate) giel in?

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**A7.** Eimi lah a lenhangsan na sah pasal khat tangthu na simsa a umleh, ama gamtatna tomkim in giel in.

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# Khil – 5

## JIM CORBETT LEH MISA NE TAWPI

### KHEN – B

*James Khamchinsuon (M.A. Hist.)*

### B. THUPATNA

Sim thanop huoi mama, tualeh nuizat huoi, *Tinkle bu* ah pasal sabeng hangsan (adventurous hunter) Shikari Shambu kichipa tangthu na simkhata ding uhi. Gamlah a gamsa guoh hilou, tawpi beng ding a a kuonnate simlei, mi maimai ahilouna a kilang hi. I pu i pate'n zong minthanna ding in kidemna a na nei uhi. Ahi'n pasal a tamzaw in tawpi a beng ngam sih ua, a hawh maimai a zah chieng un a na kinlum ding a kisa zong a na um uhi.

**B1.** Tu'n **JIM CORBETT LEH MISA NE TAWPI** simmun sim vai:

1. Jim Corbett khu gamvah leh sabeng mi mawngmawng ahisih a, galkap ahi bou hi. Japan Gal (World War II) lai in ama France gam ah 70<sup>th</sup> Kumaon Battalion lamkai in ana pang hi. Tualai in Jim Corbett in Mangkang galkapte (British army) galguh bawlte dou dana zilsah hi. Ama'n Lt.Colonel tan lapsangna ana tang hi.
2. Kum zapi 20na (twentieth century) bullam, 1925 kum lam in tulai Uttarakhand State a Kumoan gam ah misa ne tawpi tamtah in mi 525 bang a that man hi. Tua gam

mite azau mama uhi tualeh kihunkhiet ding dan zong a nei sih uhi. Tualaitah sese in Jim Corbett ahing tunga misa ne tawpi langte man dingin ahing kuon hi. Tawpi lan huoisietna kum ahileh 1925 kum leh 1930 kum kikal ahi. Tawpi lang khat in mi 64 ana that man a, tam tawpi thana dingin kum khat chip tha a pai hi.

3. Kumpi phalna toh Jim Corbett in gammangah kitawldamna dingin inn khat a lam a, tua pan in gam a vah let hi. Ni khat nupi khat a hing tai dingdenga, “Jim Corbett aw ka tupa, kum 22 a upa tawpi’n a tawta a, a nemangta hi. Tu’n lawi ni ka nei nalai a, kilah inlen ka tupa phuba ei lahpieh teitei in” a hing chi hi. Tamnu thugen Jim Corbett in a puohnat pieh mama a, “Ingnggeh, na tupa phuba nahing lahpieh teitei navang” chi’n khat nu a dawng pai ngal hi.
4. Tua nupi toh a kihou ni khu Jim Corbett nasep kipat ni a hita mai hi. Amanu hing tangkou ni sawm zou in khuo hausapa ahing tangkou kiata leuleu a, ama’n tai 20 vel a gamla mun a a tangpan laitah in louhou nupa khat tawpi’n a tawta a, a nemangta hi chi’n Jim Corbett kung ah a hing kikou hi.
5. Tam thu a zah zou in Jim zong a hing kisadoh pai a, a vanpuote toh tua tanglam (gamsa umna) a hing zuon paita hi. Tai 18 vel a zot zou un gimnei mama leh zauhuoi mama gammang tahtah a hing tungta uhi. Jim in a lawmte khuo nai pen pen khat ah a gieh ding in asawlta a, amatang in tua tawpi beng in a hing kipanta hi. Lampi neunou khat a zui a, ziet leh vei ah suong lien pipi leh loup a ling nei a dimden ahi. Mi sane tawpi gam ahizieh in mi meipuo khat gamvana ahi vawt sih hi. Tua lam neu khu a sun zot a, nitah lam in sing daw khat ah agiehta hi.

6. Zansip laitah in thakhat in sil gin lamdang khat a zata hi. A etleh annsui vompi noukai khat a mu hi. Zingmawng khuova pat in sing dawn tung pan a kumsuh a, a lam zot ban a zuon kiata a, tawpi in mi a nehna nukhiana khuo ah a hing tungta hi. Khuo leh tuite'n tawpi ni a lang hi a chi ua, Jim in tawpi nuta hiva chi'n a ummaw pai hi.
7. Dalkania khuo a zot laitah in, "Bawngtal khat mangta" a chi uh a za hi. Jim a kihei a tami thu a zahna mite langah ahing pei hi. Sawtlou nua in bang ahiei khat ahing ging lamdanga khat a za uhi. Tawpi ni in ann aneh laitah uh ahi chi a theita ua, a ann uh ahileh tua bawngtal mang pen ahi ngei hi. Kal khat zong suon lou in Jim a ding denta hi. A gei a suongpi, feet 15 vel a sang tunga h a katou a, tua pan in tawpi ni khu a kap pai hi. Khat pen a kha a, khat pen a taimangta hi. A lang pen kap a a ki ngaituoleh, a na hitasih hi.
8. Jim Corbett in tua tawpi langsie pen a khasih a, a nou khu ana kap kha ahi zaw hi. Ahi'n nualam a misa ne ding tawpi khat that lia asuoh veve hi. Alang pen atha lou jie in ama leh khuomite'n a thuoh ding uh a ngaita hi. Jim in a tha zaw ding pen a thatah lou zieh in tua tawpi lang in ha 12 sung ah mi 15 a taw belapta hi. Tua humpi nou vun a leukhie a, Dalkamia khuo a zuon suh kiata hi. Tua khuo mite a na kipah mama ua, a kipah diehna khat uh ahileh Jim Corbett zong tawpi'n a nemangta hi chi a gintat zieh uh ahi.
9. Jim Corbett in ngaituo tha khat a hing podoh hi. A peisa kum thum sung a a tawpi'n mihing 20 ana tawmangna lam ah lawite kikhileh tua tawpi lang thalum theina ding lampi khat umthei ding hi chi'n ahing vaihawmta hi. A ni 11 ni'n a lawi khi khat uh amangta hi chi thu a kiza hi. A va del pai a, tawpi sanehna gei ah a buh a tua tawpi a

kaplumta hi. Tua a sakap a va entaleh, heilam a, kamkei khat ana hibou hi. Alung dong vawt hi. Tualai tah in mi khat ahing tai dingdenga, khogei nailou khat ah tawpi khat in nupi khat a taw sawm hi a chi hi.

10. Jim in a mun a va del pai a, shi ngai deulou tua nupi nu khu a mu chieng in a chimul a thou hi. Kho mite meipuo zieh leh kihun ding dan a theilou zieh ua tua tawpi na kihemkhe man ahi. Tua nupi nu a zen a, ni 10 zou in a damta hi.
11. Tami mun ah kel liem khat akhi a abuh kia hi. Ahi'n bangma tawpi langsie lah ahing kitha tuonsih hi. Tuana pan a tai nga a gamla Lohali kichi khuo khat ah tawpi'n mi khat atawta hi chi thu ahing zakia hi. Tua khuo ava zuon paita hi. Tam mun ah tawpi khat in numei naupang khat amat sawm ahia, tua naupangnu zong chimaw in lamgei a vanzuana inn khat ah atailut a, tawpi'n shikhiel in anuasieta hi. Jim in zentheï dan a azen vangin azingni'n ashisuota hi.
12. Tambang a tawpi gamtat dante Jim in a hing ngaisut chienta hi. Bang ding a naupang lamte leh a hatmaw deute tawpi in a tha nuom deu a diei tualeh khatvei mat a atha zoulou khu bang zieh a diei chi'n a hing kigel phata hi. A zahtum zieh leh chimaw kisa in inn lam ah a hing peidohta hi. A hing chi peina lampi ah mi khat in tua kimlah ah tawpi a um hi chi'n a hing hil hi. A zing ni'n tawpi'n naupang kelnguoi ching khat a mat sawm hi chi'n thu a hing kitut kia hi. Naupangpa khu zatou a a tut vang un a shita hi. Jim thautang toh tamveipi kipel tami tawpi in ni khat bawngtal khat a that kia hi.

13. Tam mun ah Jim in lawi khat a khi a, a gei suongpi, feet 20 a sang tung ah tawpi a buhta hi. Lawi khu a hing um ngimla a, a ziet a vei a etleh tawpi khat in tua lawi khu a hing buh a muta hi. Lawi khu a hing petta a, Jim in zong ni vei vel a kap vangin tua tawpi a kihemmangta hi. Jim a lunggim mamata hi. Ahi'n tawpi nua a va zuileh ni khat tua tawpi sehnal gamlah ah a va tuohkhata hi. Jim in dingtah in a ngim a a kap paileh a thatta hi. Pu-le-pate hunlai hileh, Jim in hanla asa a, aw ngaitah in a kikouta hi. Khuo mite'n a hing del ua, Jim Corbett leh tua tawpi kimkot in thanuom tah in a kikouta vengvung uhi! Eite hilei KALAISAI kisamva na chi uoi?

**B2.** Anei a dohnate dawng in:

- i) Jim Corbett in misa ne tawpi beng ding a a hing kuon masang in bang na ana sem e?
- ii) Kumoan gam a Jim Corbett in misa ne tawpi a tha masangin mi bangza tawpi in ana that man ei?
- iii) Dalkamia khuo a zot in, lamkal ah zanlai in bang ganhing a tuohkha e?
- iv) Jim Corbett in tawpi ni a anneh laitah ua a kapleh bang a kha kha e?
- v) Tawpi nou a tha zou in Jim Corbett in a tha kia khu bang ganhing e?

**B3.** Dohnate dawng in:

- (1) Jim Corbett hansan dan thu thum giel in.
- (2) Tawpi lansie pen in a kitha masangin mi bangza ana that man e? Tua tawpi thana dingin Jim Corbett in hun bangza tha a pai ei?
- (3) Lohali khuo a tawpi'n a tha pen numei amah pasal e?
- (4) Tawpi that ngamte khu a tangpi in bang mi ahi deu ding uoi?

**B4.** A nei a awngte sudim in:

- a. Tawpi lan.....ahileh 1925 kum leh  
.....kikal ahi.
- b. Jim in..... athatah lou zieh in  
tua .....sungah.....  
belapta hi.
- c. Japan Gal.....lai in ama France gam  
ah..... lamkai in ana.....
- e. Kho mite'n .....  
Jim Corbett leh tua.....tah  
in..... uhi!



**Khil - 5**

## **LENG HANGSAN PU CHESTER**

**KHEN C**

*M. Liensuonkap, B.A (Hons.)*

### **C. THUPATNA**

**Sang sie lamkai toh pawl pumpi kikupkhawm ding:**

1. Leitung pumpi lim (Atlas) ahisihleh Leitung limlum (globe) etchien ding in, a dung a vai, a taw, a lu let dan melchi siem masah ding.
2. Tuipi sagi (seven seas) let dan leh a um dan thei ding.
3. Tuipi sagi zui a tembaw (ship) tunga tuonga Leitung pumpi a taw a lu a va velsuoh ding in kigel inlen, tualeh nang matang ding hinalai lechin, bang lung na gel ei?

- a) .....
- b) .....
- c) .....
- d) .....

**C1. Tu'n LENHANGSAN PU CHECHESTER** simmun sim vai:

1. August ha, 1996 in tembaw neu khat in Tuipi Sagi tuon in Leitung velsuoh ding in Plymouth Tembaw Khawlmun a nuasieta hi. Tami tembaw ah Pu Chechester. Lenhangsan (adventurer) a tuong a, amatang vevaw ahi. Ni 107 tuipi tunga a lam zaw in Sydney a'ng tung hi. Chechester

ngaituo dan ahileh, England Gam a Plymouth pan Sydney tan pen ni 100 sunga tung ding in ana ngaituo hi. Lungkiehna ching hasatnate a tuoh pai hi. Zan chieng a kimuthei sih a, chinat lunat a hing tuoh malamta hi. Hinanleh, mailam a naw paupau hi. September nimit 13, 1996 tan dong in a dei bang in a temzaw a tawn thaw sih a, September 13, 1996 zou in huilan dante ahing kilebul a, malam hui in a temzaw a nua sawn a, ni thum sungin tai 548 a tawn giap hi. Tembaw hawl na maibuh (cockpit) ah amatang in lungdam tah in kum 65 a chin ni a lawm hi.

2. Huipi hat in ahing phah zieh in a pien ni zong nuomtah in a lawm thei tasih hi. Nai ni zou in hui a hing sip a, a kitawlduo thei pan hi. Vangsietna in ei bop hita va chi'n a lungneu gawpta hi. Tua zong a pien ni sese ahia, lamdang a sa mama hi.
3. Tam zou sawtlou kikal in suhlam hui leh guo ahing kinawng kia a, a tembaw hawl nate a suseta hi. Tuachi'n nualam malam tawn thei lou in a umta hi. Tam suhlam hui pen nai khat ah tuipi tai (knot) 50 a hat in a lang hi. Huipi in tui kinawng zong a hatsah kia nalai a, a tembaw a tang hawl thei nawn sih hi. Huipi theu nua a tembaw sunga van kise teng leh tuivei teng a hep siengna lam ah, ann zong a ne man sih hi.
4. October ha sungin suhlam huipi ahing huoise kia leuleu a, tembaw sung a a van zahte tuitung ah a kesientga hi. Lungdon pumpum a ann a ne paupau, a ha a sukhah lam zong a thei sih a tun ni ang suohta hi. Suttuo thei dan in asuhtuo a, a kam ah aheng kia mawh hi. Ni ni zou in ahing kitol doh a, a siem thaw nawnsih hi. November ha ni khat ni'n guoh hachin in a chin a, ama'n kizen ngal e chi'n guotui tamtah a daw man hi.



5. Tangkhat khuolzín ahizieh in innlam leh lawm leh guolte, tua leh lunggul tuomtuom nei a lungke phiel hi. Lunggim luo kisa in bakhat sung mawngmawng a tembaw a heh nawn sih a, a khawlsahta hi. Ahi'n tambang hasatna pan suohta vang chi lungsim pen a nei nalai sam hi.
6. Suhlam khuopi hui lang pen ahing theu a, khuo ahing phata singseng hi. Ama banga tembaw tunga tuong tembaw pute leh khuolzinte a lungleng thei mama uhi. Khuo phama lezong, ziet leh vei ah *tui, tui, tui* chilou ngal mu ding bangma a umsih hi. Gamlah a loupá, pape, singba kilohte leh huisieng langte a lunggul teitei ua, a lungzuong uhi. Pu Chechester in zong tambang lunghehnate a hing tuohkha hi. A tembaw pen ama leh ama kihei thei (auto drive) ahia, tambang tuohsietna toh kipel theina ding hatangpi in a ngaituo hi. A kimut thei lou chieng in innlam mite a mangmat zel hi. Tua zong a mangsiet kikal a a mat ahi nalai hi. A mang ah a zi in tuosietna a nei hi. Radio a nei vang in a ngai nuom sih hi. Leitung a sil piengte leh gamtatnate za leng ka lung zuong semsem va chi'n a radio a ngai sih hi. A tapa'n a kensah la tuomtuomte a ngai chieng in zong a lungzuonna a kuongsah semsem zaw hi.
7. Sydney khopi a tun kuon tai 500 vel a kisap laitah in, Pu Francis Chechester in a tembaw ama thu a kihei theina a sietlam tu'n a hing thei pan hi. Siemphat kia ding chilah hithei nawn lou ahizieh in, a tembaw, Gypsy Moth kichi khu thagum toh a hing tawl sawmta hi. Alungkham man in zu adawn a a kitawlduo mawhta hi. November ha ni 15 ahia, tua ni toh tuitung a a lamna ni 80 ang chingta mawh hi.
8. Pu Chechester a hing kipan leuleu a, tembaw hiana khu a suttuo hamham a, Sydney Khuopi ah a tembaw a tutta

hi. Sydney a hing tun in a gih dan pound 50 vel in a na kiem man hi. A annkam tuilou zieh leh a lungkham, a lungzuon, a gentheina teng zieh a a gihna tamtan a na ke man ahi. Tuazieh in, a tembaw sietnate minute 20 a kisiem man ding khu nai ni vel a lutsah kha hi.

9. Sydney khopi ah ni 47 tangchip a tam a, a tembaw zong a siemtup hi. Tuachi'n neh leh tah kichingin a guong a, a kile dingin a kiguong panta hi. Kalkhat zou in, huipi hattah khat in ahing bel zel kiata hi. A tembaw hawl na (hehna) leh a gautang (engine) a sesahta hi. Tuachi'n February ha pumpi a tembaw siem in a khawl denta hi. Tam mun a hui hat dan ahileh nai khat ah tuipi tai 60 a lang ahi. Mailam a naw kia a, Cape Horn pangah ahing kitawl a, ahi'n bangma kimut nopna leh annkam tuina a neita sih hi.
10. April 24 ni'n Gypsy Moth in Leitung Kimsuh (Equator) a'ng galkaita hi. Chechester zong chillai sangin taimel ahing kuo a, a lam-etnate tangtung dingin a kimuong a, a thanuom mama hi. May ha sungin a veilam kiu a liemsuo kha hi. Arnica za toh a kizen pai ngal a, a nat thuohnopna ding in zan giet za a ne vawt hi. Tam kiu nantna in ha khat sung a khuol zinna a buoisah mama hi. Inn a hing tun bep in tua a kiu gu khu a na keh hi chi a thei pan hi.
11. Gypsy Moth khu Toulam Atlantic (North Atlantic) angton tah in thusuo saite leh melmu tongsan a thusuo hawmsawnte'n Pu Chechester khu a khuoibop valuoi uhi. A gimseng zieh a ta diei mah, thusuo saite dohna a dawng nuom valong sih a, a ning kitel mama uhi. A tunna ding mun Plymouth Tembaw Sai a tun kuon in, mi a sang sang in ama vaidawn ding in a um chi radio thusuo pan in a zata hi. Mi tuaza a na kikhop pen ama'n a thuse khol sih hi. Ama'n mihing khat in a bawl khah ngailou zong

kibawl kia nawnlou maithei hi chi'n sil lamdang khat ang bawlta hi. Tua ni khu a khuol zin a ni 226 ni ahita hi!

**C2.** A nei a awngte sudim in:

1. Chechester ngaituo dan ahileh..... pan Sydney tan pen ni.....ding in ana ngaituo hi.
2. Tam.....nai khat ah .....alang hi.
3. Siemphat kia.....lou ahizieh in, a tembaw, Gypsy Moth .....tawl sawmta hi.
4. Sydney khopi.....a kisap laitah in, Pu Francis Chechester in a tembaw ..... tu'n a hing thei pan hi.
5. Tuachi'n.....pumpi a tembaw.....denta hi.

**C3.** Dohnate dawng in:

1. Bang hun in Gypsy Moth in Leitung Kimsuh (Equator) a kan ei?
2. Heisungah Pu Chechester ni 47 tangchip atam e?
3. Radio nei napi bang ding a Pu Chechester in a ngailou e?
4. Tuipi tunga khuolzinte leh tembaw neite bang hun in a lungzuong deu uoi?
5. Bang tembaw sai ah mipi'n Pu Chechester a na khuoibop valuo uoi?
6. Bang ding a Chechester February tangchip tuipi tung a khawlden e?

**C4.** A tembaw ama thu a kihawl na (self driving) ahing sietdoh bep in Pu Chechester in bang a ngaituo e?

- a) .....
- b) .....

- c) .....
- d) .....

**C5.** Kikupkhawm ding:

Pu Chechester in ama tang a Tuipi Sagi kan a Sydney a vatunna a hasatna a thuohte nga giel un:

- 1) .....
- 2) .....
- 3) .....
- 4) .....
- 5) .....

**C6.** Pu Chechester hi lechin, thusuo saite'n tuipi tunga hasatna na thuohte hing paudohta dendon uleh, bang na chi dawn phuat diei?

- a) .....
- b) .....
- c) .....
- d) .....



*Khil – 6*

**APMAI KIDEMNA**



**Khil - 6**  
**APMAI KIDEMNA**  
**KHEN - A**

**A. Thupatna**

Pawl pumpi kikumkhawm unlen, a nei a apmai kidemna a minthangte apmai siemna min leh tua apmaina a mi bangza pang thei e, giel un:

**APMAINA APMAINA MIN A PANGTHEI ZA**

- |                     |                 |
|---------------------|-----------------|
| 1. Pele             | : Football..... |
| 2. Kunjabihari Devi | : .....         |
| 3. Sunil Gavaskar   | : .....         |
| 4. Mike Tyson       | : .....         |
| 5. Wishwanathan     | : .....         |
| 6. Ppete Sampras    | : .....         |
| 7. Maradona         | : .....         |
| 8. Michael Johnson  | : .....         |
| 9. Indu Puri        | : .....         |
| 10. Mark Spitz      | : .....         |

**B.** Apmai kidemna a i pan chiengleh lungsim, thatang leh khut leh kengte zanga lungluttah a kizil angai hi. Tulai in tambangin a kiha bawl mama a, sum leh pai tampi zong a kiseng hi. Neh leh tah (diet) hoi a ngai a, niengtah a neh ding dawn ding zong a ngai hi. Tuajieh in tulai a ding in apmaina khat i siem nuomleh sum leh pai a ngaita hi.

C. Apmal kidemna lunglut zieh in laisimna lam ah kinna a ngiem deuta chilei dih nasa uoi ahisihleh ngiem tuonsih na chi uoi? Hi na chi penpen a zieh tomkin in giel in:

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# **Khil- 6**

## **TAIHATTE LENGNU: P.T USHA**

**KHEN – A**

*Aloysius T.Nekhhojang*

### **A. Thupatna:**

India mi, leitunga tai kidemna a minthang mama khat ahileh, P.T. Usha ahi. Manipur State pan in zong kidemna tuomtuom a ludoh a tam thou hi, a gentena in, khuttum kisuhna (boxing), thalkap leh gih dopna (weight lifting) ah theipha numei pasal inei uhi. Tuatê khu koikoi e, nangma thei a umleh a nei ah a min uleh a ki-apmaina min uh giel in:

| <u>Min</u> | <u>Apmaina min</u> |
|------------|--------------------|
| 1.....     | .....              |
| 2.....     | .....              |
| 3.....     | .....              |
| 4.....     | .....              |

A1. Tu'n TAIHATTE LENGNU: P.T. USHA sim vai:

1. P.T. Usha khu Kerala State ah 1964 kum in a pieng hi. Kum 12 a chin in, apmaina lam a lunglut mama ahizieh in Cannanore a apmaina sanginn ah a min a na khum a, a sangsie dinginn O. P. Nambia a tel hi. A siepa'n mimal (individual) kidemna lang ah a na chil hi. A siepa hil dungzui in, kukul tah in tai kidemna a zil a, tu'n P.T. Usha pen leitung theiphah in a hing umta hi. Amanu'n 1983 leh

1989 kikal in apmaina nuomman (sports medal) 17 a muta a, tualah ah sanapi nuomman (gold medal) 13 ahia, siaval (silver medal) 3 a pha a, tualeh sia-eh (bronze) nuomman 1 a pha hi. Tambanga India a dinga minthanna ahing tut zieh in, tu'n Southern Railways vai inn ah nasep lien khat a kitusahta hi.

2. P.T. Usha in 1980 kum pan in India gam numei lah a apmaina kidemna a minthanna ahing mu panta a, India in zong leitungah minthanna a mu hi. Tuatham lou in India gam ah numeite dinmun zong ahing domsang hi. Amanu nua ah ama bang taihat numei a um nai sih a, minthanna ama tungah a tu nalai hi. Korea gam a Seoul Khuopi a Asian Games Asawmveina ah Sanapi Nuomman 4 tah leh Siaval Nuomman khat a mu a, tuanah India Dielkhai akhaisanga, nampi la a sa uhi. Indonesia a Jakarta Khuopi ah 1985 kum in Singles Championship nuomman guh a sang a, Sixth Asian Games ah zong medal 4 a sang hi. Singles Championship tam mu pen khu ama ahia, amuna kum ahileh 1986 kum ahia International Meet a a mu ahi.

3. Asian Games, 1982 a 100m leh 200 tai kidemna sanapi nuomman a sanga, tua kum a kipan in a minthanna leitung ah a hing tallangta hi. Los Angeles Olympic Games (1984) ah Bronze Medal a ngana ding second khat se zakhat suo se khat maimai ah ana lel a, a tang zou tasih hi. India gam a dingin ahat pen in a pang a, leitunga h a lina in a pang hi. India numeite etlawm khat ahia, ama lawchin zieh in numei tamtah in apmai kidemna ah lawchinna hing nei va uh chi kinepna lienpi um.

A2. Simmun pansan inlen P.T. Usha hinkhuo a melchi ding teng toh sudim in:

1. A Min : .....

2. A pienna state : .....
3. A pien kum : .....
4. A apmaina sanginn khuo min : .....
5. A sang siepa min : .....
6. Asian Games a apan kum : .....
7. Apmaina nuomman a muza : Sanapi .....
- Siaval .....
- Sia-eh .....
8. A na lunglutna (a ngim, a tup) : .....
9. A sepna vai inn min : .....

A3. Zogam Today a suoh dingin P.T. Usha toh doh leh dawnlimna (interview) bawl un. Na lah ua khat in Zogam Today thu suttuopa (editor) panmun luo henlen, khat in P.T. Usha dinmun luo heh:

Zogam Today : ZT

P.T. Usha : PTU

ZT (Dohna masa).....

.....

.....

PTU.....

.....

.....

ZT (Doh nina) .....

.....

.....

PTU.....

.....

.....  
 ZT (Dohna thumna).....  
 .....  
 .....

PTU.....  
 .....  
 .....

ZT (Doh lina).....  
 .....  
 .....

PTU.....  
 .....  
 .....

ZT (Dohna ngana).....  
 .....  
 .....

PTU.....  
 .....  
 .....

ZT (Dohna guhna).....  
 .....  
 .....

PTU.....  
 .....  
 .....

### **Doh leh limna gentena: (Sample interview)**

ZT: Pi Usha, tunia Zogam Today dinga hun lemtang nei pieh  
 thei lungdam ing. Tualeh Zogam Today a semteng leh  
 tami thusuo sim zousie min in tunnuom khawlnum hing

tut ing (a kikhutsa uhi). Nang zieh in India gam a numeite dinmun dopsangin ahing um a, etlawm mama khat na hi. Doh nuom masa pen ahileh, bang kum leh heisunga na sanapi nuomman masa pen na mu e?

PTU: Sanapi nuomman ka na mu masahna ahileh South Korea a Asian Games, 1982 kum a ka mu ahia, tua kum a dingin Asia pumpi ah a hat pen in kana pang hi. 100m ka tai zou in 200m ah ka tai kia a, a ni in a masa pen ah na tu ing.

#### **A4. Kihon kup ding:**

1. Numeite inn nasep toh lungkim kuom ding i?
2. Numeite pasal sang a ngiemzaw ahisih uhi.
3. Apmaina ah numeite zong a pang ding mawng ahi.

A5. Numeite apmai kidem lam a anthanop theina ding uh sangsiete toh kikum un.



**Khil - 6**

# **PELE: FOOTBALL (BAWLUNG) LENGPA (King of Football)**

**KHEN- B***Col.(Rtd.) Upa T.Thongzadou, B.A.***B. Thupatna**

Football pen bawlung zong a na kichi a, Mangkam in soccer a kichi hi. Leitung kiling sah thaw apmaina minthang pen khat ahia, a ki-ennuom chiet hi, a dieh in khangnoute'n. I gam ah Japan Gal (World War II) zou vel in ahing kithei pan a, bawling umlou zieh in puonsie pou ana kiziel lum a, ahisihleh sa zunbu pou a na kisempuoh a a na kisui hi. Kum zapi 1900 (twentieth century) sunga FIFA (leitung football kipawlina) a King of Football chia na ki minvaw Pele tangthu khu simtah vawt khat ahi.

**B1. Tu'n PELE: BAWLUNG LENGPA simmun sim vai:**

1. Edson Arates Nasimantode Pele, Bawling Lengpa kichi dingpa pen mivom (Negro) chi siengthou vawt khat ahia, 1943 kum, October 23 in Brazil gam a Korokos khua ah a pieng hi. A pa pen, a keng a suhliem masang in, bawlung apmaina siem khat ahia, tami apmaina hil in zong a na pang kha hi.
2. Kum 4 a chin in Pelete innkuon Bauru khua ah a pemta uhi. Tanah a lawmte toh sun nitum in bawlung a sui uhi.

Tualeh a bawlung ahileh puonsie kiziellum pou ahi. Tam apmaina ah a pu khu a sim masa pen in a pang hi. Pele leh a lawmte veng tuomtuom ah bawlung a kidem let uhi. Sawtlou kal in Pele khu Bauru Junior Team ah kumthum kizom in Team Captain in ana pang hi. Tuazou in, bawlung team na minthang Santos Club ah a'ng pang kia hi. Santos Club a a pan sung in, goal 17 a khum a, goal khum tam pen a suoh hi. A minthanna ding lampi a hing um pai a, 1958 a World Cup (Leitung Bawling Hai) kituna ah Brazil team in ama a pangsakta uhi. Khum kum in Brazilte'n Sweden goal 5-2 in ajou uhi tualeh Leitung Hai (World Cup) a lata uhi. Tua khu Pele siemna zieh ma ahi. A bawling peh dan a kiet chiengleh a keng in bawlung a hup thaw toh a kibang hi. A dei dandan in bawlung a pui a, a nah tai laitah nasan a zong a hei siem dan a kichizat vawt hi. Bawlung lahpieh ding a a bop valuoit vang un, bawlung khu a pitsuo leltah hi. A panpi a lawmte'n zong a ma pieh chetchet dan a thei ua ama'n zong a lawmte kung a pieh ding dan zong a siem a, nuom tah in goal a khum leltah uhi. Pele in a lutang keng zah bang in a zang thei nalai hi. A siem dan pen mutheilou bang ahiei khat in a panpi a bang va ia hi.

3. Pope Paul VI in Pele a kimupi ni in hichi'n a gen a: 'Tangval, zau vawt sin, nang sangin kei ka zauzaw hi. Nang toh kimuna ding in sawtpi ka hing ngah hi' a chi hi.
4. Ama lamkaina toh Brazil in Leitung Hai thumvei a la uhi. Tua zou in bawlung sui ngata vang chi'n thu a phuonkheta hi. Ahivang in a tawpsan thei tuon sih a, Santos Club ah a va pang kiata hi. Tawpsan tavang chi'n 1974 kum in a phuon kia hi. Ahivangin ama chiel dingin clum leh team tuomtuom khuoivaitung a bang ua, a tawpsan thei sih hi. Thei ding a kilawm in USA ah bawling apmaina khu

khuchi minthang apmaina ahisihi hi. Pele in New York a Cosmos Club lamkaipa chielna pom in, 1975 leh 1978 kum kikal in tam club ah a vapangta a, USA bawlung sui a va minthang sahta hi. USA a a umsung a ama bawlung peh en ding mi 40,000 vel ahi zing hi.

5. Pele in bawlung sui khawlsan tahtah tavang chia vai a hawm ni in thusuo mi 761 leh gam 25 pan inmi lien mi lal tamtah ahing kikhawm uhi. Kum 22 sung vingveng a bawlung a suina ah, goal 1282 a khum hi. Ama noutawina in mi'n Ambassador of Football, King of Football leh Black Diamond chi'n a minvaw ua, hichi'n a han uhi. Italy leh Algeria gamte'n amahaw bawling sui kipawlina a pang dinga sum leh pai tamtah toh a zawl vang un, sum leh pai sang in a gam a it zaw a, a nuom vawt sihi.

6. Bawlung sui a khawlsan zou in Pele in limpia (film) leh summet bawl lam a sem hi. Apienna gam a khanglaite'n football a zilna ding un Football Academy khat a phutkhie hi. Ama'n mi a ngai sang in mi'n a ma a ngai zaw a, tunitan in zong kal khat ah lai 300 val a mu nalai hi. Lai-ip tung a laitungsut (address) ah Pele Brazil lien a kithu hi. Thupi na sa ei?

B2. A nei a kigiel a dih leh adihlou khen wawi:

1. Pele pa khu lopuhou mi ahi. (Dih) (Dihlou)
2. Pele Bauru khopi bawlung team ah captain in kum thum a pang hi. (Dih) (Dihlou)
3. Pele khu Argentina team captain in ana pangkha hi. (Dih) (Dihlou)
4. Bawlung a peh chiengin Pele in goal khum ding lampi sui dan a siem hi. (Dih) (Dihlou).
5. Italy leh Algeria in Pele khu amahaw team a pang dingin sum leh pai tamtah toh ana chiel uhi. (Dih) ) (Dihlou).

B3. A nei a thuguol sunga awng teng sudim in:

1. Pele pienna mun in.....ahi.



2. .... Club a a pan sung in, goal .....  
goal khum tam pen a suoh hi.
3. Kum 22 bawlung a sui sung in goal.....a  
khum hi.
4. Pele khu.....chi'n aminphuo uhi.
5. A pienna gam a khanglaite'n..... Football  
Academy ..... hi.

B4. Kihon kup unlen, a nei thu kisungte suichien un:

- i) Bang dinga football khu leitung kilingsah thaw apmaina  
khat ahi kichi e?
- ii) Pele siemna khu ama hakat zieh amah ahisihleh a pa  
zong bawlung siem khat ahizieh a diei?
- iii) Bang chidan a Pele khu Brazil team a hing pang thei a  
tadie?
- iv) Bawlung sui ngata vang a chi laitah a, bang ding a thusuo  
mi tua za leh gam 25 vel hing pang uh a diei?
- v) Apienna gam a ngai sengseng zieh in Pele in bang a bawl  
doh ei?



**Khil – 6**

**MOHAMMAD ALI:  
KHUTTUM KISUHNA LENGPA  
(King of Boxing)**

**KHEN – C***James Khamchinsuon, M.A (Hist.)***C. Thupatna**

Na sangsiepa/nu toh toukhawm unlen a nei a gelna ding kipie mun awng teng, min leh kum na theiteng toh sudim in. World Heavy Weight Champion min tangte abanban in guol unlen, Champion a lahna ding a a kisuhpipa min leh a kisuh kum uh giel in:

**CHAMPIONPA MIN AKISUHPIPA MIN KISUH KUM**

|         |       |       |
|---------|-------|-------|
| 1.....  | ..... | ..... |
| 2.....  | ..... | ..... |
| 3.....  | ..... | ..... |
| 4.....  | ..... | ..... |
| 5.....  | ..... | ..... |
| 6.....  | ..... | ..... |
| 7.....  | ..... | ..... |
| 8.....  | ..... | ..... |
| 9.....  | ..... | ..... |
| 10..... | ..... | ..... |

**C1. Tu'n MOHAMMAD ALI simmun sim vai:**

1. “Tami Cassius Clay kichipa tangthu ahia,  
 Mohammad Ali chia min na hengpa ahi.  
 Mitthah banga lengmang thei,  
 Khuoi banga mi a de va giap ahi.  
 Nei mat zouleh ei man ve,  
 Mohamma Ali ka hi!”

Tami Mohammad Ali kitapna la ngai mama khat ahia, 1975 lai in tami la a minthang mama hi. Na za kha ei? “Nei mat zouleh ei man ve, Mohammad Ali ka hi” chia la a kigiel khu, ama kamteng ngei a laphuopa'n a lahdoh ahi. Ei ham in ‘KALAISAI Mohammad Ali’ china ahi.

2. Khuttum kisuhna ah tamveipi a hat pen in a na pang a, tua za vei minthanna na la tutan in koimanou a um nai sih hi. “Kei a hat tungtuong pen ka hi” (I am the greatest) a na chi sam hi. Kum 18 a chin in International Championship a la a, Rome Olympics (1960) ah Sanapi Nuomman a mu hi. Tua kum in A gih a Gih (Heavy Weight) ah a tunai sih hi. Kum nga zou, February 25 ni'n Sony Liston a zou a, World Heavy Weight Championship hina a ngata hi. Tua kum sung ma, November 22 ni'n Floyd Patterson a zou kia hi. Tualeh 1974 kum in ama hing tawhpa (challenger) Joe Frazer nuomtah in a zou kia hi.
3. October ha, 1974 kum in Ali in George Foreman a zouta sawnsawn hi. A kum kia September 15, 1975 in Leon Sphinx a zou kia hi. Tualeh 1964 kum leh 1967 kum kikal sungin koima'n ama khu a zou thaw mawngmawng sih hi. Galkap dinga a min a khum nuomlou zieh leh Vietnam a gal dou ding a ngap lou zieh in, khuttum kisuhna lai (boxing licence) kum thum sung (1967-1970 kikal) vilvel a kilahpiehta hi. “Vietcongte'n nang mivom ei chi ngai loupì” (“The Vietcongs never called me a nigger”) achi hi. Tualeh, “Bang zieh a amahaw dou a kei kuon ding lah?” a chi kia hi. Kisuhna a tawpsan zou in

gam uhna lam (politics) ah ahing kipeta hi. Tambang a a lunglutna khu nisim thusuo laiteng ah a suoh den hi.

4. Mohammad Ali khu January 17, 1947 kum in Kentucky State a Louisville khuo ah a na pieng a, African American mi vomte ahi. A min masa Cassius Marcellus Clay Jr, ahia, Mohammad Ali chi'n a hengdoh a, Muslim biehna (sakhuo) a pomta hi. A min lui a deilouna pen a zieh khat um gige ahi. Cassius Clay khu 1800 kumlai a, mivomte suoh-le-sal ahina pan ua, hutkhiet ding chia na vaihawmpa khat min ahi. Ali in tam min a deisih a, a kheldohta hi. Tambang in Khristian pawlpi nasan zong a na huo mama hi. Rome Olympics (1960) zou a a hing kile kia in annsai khat ah nasep a suileh, mivom ahizieh in a na kikhiaa hi. Tualai in USA ah mivom leh mi kang kikal ah kihuoatna a sang mama nalai a, mivomte'n nasep a mawh mu sih uhi.
5. Boxing a nuasie zou in, mivomte khahlawna ding leh mi kangte nasep mivomte'n zong a sep theina ding un panmun lienpi khat ana la hi. "Tun khuttum kisuhna kuol ka nuasie vingin, ka tup ka dawite zieh a ei kitupthop tahleh thuoh lel vang" achi hi. Muslimte hita ven, mi vomte leh leitung mi gentheite hita ven, Ali in amahaw phattuumna ding in vaihawmna tampi a na nei hi. Donald Trump, 2016 kum a USA president ding a ding pa in "Muslimte i gam a i lutsah lou ding ahi" a chi chieng in Mohammad Ali in nuommaw a sa mama a, "Ei Muslimte'n, ei min suong a amahaw phattuumna ding delte i dem ding uh a ngai hi" a chi hi. A thugen khu, Donald Trumpt a dehna ahi.
6. Mi kangte'n mi vomte a nuoisie dan a pona mama hi. "Sil hoi zousie a kang ahi teitei ding a ngai amah? Jesu lim i etleh mi kang in i mu uhi. Africa a gammang mi thahat Tarzan nasan zong mi kang in imu uhi. Vantung kichi zong mi kangte maimai tunna ding amah? Mi vomte hei a tung ding lah?" chi'n mi kangte a na dem gige hi.

Leitunga khuttum kisuhna kuol (ring) a na minthang pen, Mohammad Ali, kum 74 a upa in June 03, 2016 in Parkinson natna toh tam leitung ana muolliem santa hi. Azi Lonnie leh ta kuo a nuasie hi.

**C2. A awngteng sudim in:**

1. Mohammad Ali min masa khu ..... ahi.
2. Mohammad Ali kum.....ahi in leitung pumpia khuttum kisuhna hat pen ahita hi.
3. Ali in kum.....a pat..... sungin boxing suhna a hat pen in a pang hi.
4. Mohammad Ali in .....Olympics ah .....ana mu hi.
5. Ali in Joe Frazer .....kum in ana zou hi.

**C3: Dohnate dawng in:**

- (1) Bang dinga Mohammad Ali kum thum sung khuttum kisuhna lai (boxing licence) kilahpieh e?
- (2) Ali in bang ha leh bang kum a Tanggih a Gih (Heavy Weight) championship a nga e. Koi a zaw e?
- (3) Mohammad Ali bang state leh bang khuo a pieng e?
- (4) USA President candidate Donald Trump in Muslimte tungtang bang a gen kha e tualeh Mohammad Ali bang chibang in a thuh ei?
- (5) Mikangte a dehna ama kamteng in bang a chi gen e?

**C4. Nang zong USA a mivom khat in kingaituo inlen Mohammad Ali in a khuo a mipi tamtah mai a mivomte a khotuo man a thu sautah a a gen, thuguol sagi vel na melchi khah giel vawi:**

- a. A gentena in: “U leh naute, ei mi vomte, mi kangte sang a pilla, siemla, hatla, melhoila i hisih uhi.

b. ....

.....

.....

c. ....

.....

d.

e.

f.

g.

h.



