



ZOU LAI SAWMNA

[ZOU COURSE BOOK-X]

Zou Literature Society (India)
Zou Lailam Saipawl (India)
Publication-2018

ZOU LAI SAWMNA

[Zou Course Book - X]

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ZOU LITERATURE SOCIETY
MANIPUR

ZOU LAI - X

[Zou Course Book - X]

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BOARD OF SECONDARY EDUCATION, MANIPUR

S. Nabachandra Singh
Secretary

No.

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Date 18.01.2002

FOREWORD

The three books - Zou Lai Sawmna (Zou Course Book - X) Chinthu Zaila - X (Zou Literature Reader-X) and Zou Ham Zahdan (Zou Grammar and Composition) prescribed as Zou Language (First Language) of one hundred marks for class-X are developed under the communicative approach of learning language. Next to text books of Manipur, 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



ZOU LITERATURE SOCIETY

(Zou Lailam Saipawl)

Regd. No. 504 of 1993

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Zogal Memorial Hall Complex,
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ACKNOWLEDGEMENT

Zogal Hall, Zoveng, the 16th February, 2018

Zou Lai Sawmna (Zou Course-X) a beitah zieh in kin-
le-buong a hing kisun tha kia ahia, copy 1000 sut tha kia ahi.

Tami sut thana toh kisai in Pemciels Dot Com neitu
Upa Jamsianmung leh Upa Kamgenpau , Accountant, Zou
Synod in sil bangkim kituptah a a hing saipiehna tung uah
ZLS in kipahthu gen ahi.

Tam laibu ei Zou kampau zousien tawi a phattuompi
chiet ding in i kideisah uhi.

(T. LAMKHOTHAWNG)
Secretary, ZLS

(DR. M. LACHINKHAI)
Chairman, ZLS



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P R E F A C E

The Zou Lai series - Zou Lai Kuona (Zou Course book -IX) published in March, 2001 and the subsequent series Zou Lai -X (Zou Course book-X) were planned and produced under the guidance of Board of Secondary Education, Manipur (BSEM) in the belief that the contents must respond sensitively to changes in educational pattern, research and create sound classroom atmosphere as well as teacher-students relationship. The aim is to teach the skills of effective communication and to develop in learners a feel for creative uses of Zou language.

The Zou Lai -X (Zou Course book-X) continues to offer engaging, comprehensive and relevant materials for current contexts in which learners are learning Zou language.

In addition several aspects of language in communicative use-spoken and written, have a prominent place in this book.

(T. C. TUNG NUNG)

Chairman, Editorial Board

ZOU LITERATURE SOCIETY



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The Zou Literature Society (ZLS) is grateful to the Board of Secondary Education, Manipur (BSEM) for prescribing Zou Lai-X for Class X Vide Order no. TD/TB/2001 Ddated 16th January, 2002

The ZLS would like to place on record the pioneering and tireless work done by writers and editors for the production of Zou Lai Series in the present form.

The ZLS is indebted to Pu. Thanglienmang, DANICS (Delhi, Andaman and Nicobar Island Civil Services) whose interest and generous contribution for the development of Zou Literature made this edition possible.

(T. NEHKHOJANG)

Secretary

(Dr. M. LACHINKHAI)

Chairman

ZOU LITERATURE SOCIETY

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ZOU LAI SAWMNA

[Zou Course Book - X]

MIHING THUPINA

Thumapui:

Mawpuohna panglou zalenna khu zalenna tahtah hitheilou hi. Gam khat khuo-le-tui hina zieha, a gam danin a pieh zalenna khat pou pou khu mawpuohna toh a kizui zel hi. India khu sakhuo zalenna gam ahia, mi khat pou pou khu ama utna panglouin midang khat ahisihleh pawlpi khatin sakhuo dang zui dingin a pawng naw theisih hi. Ahivangin mimal khatin ama sakhuo pen zalentahin puongzah thei a, tuama bangin mi koi in zong ama dei bang sakhuo khat pou pou a zopin a zui thei hi. India danpi nuoi a zalenna tamtah i nei uh ma bangin mimal chinin mawpuohna i nei uhi. Mimal leh mimal kikalah, innsungah, khotangah tualeh kumpin i bawl ngeingei dinga ang pieh siete (taxes) leh a dangdangte ahi.

A nuoi a gelna ding kipie ah India danpia mimal zalenna (Fundamental Rights) kimtahin giel inlen, tuate laha danin ang pieh ka zalenna ahi chia thukhenna innpi (court) a heh theilou pen khu bang e?

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

Thukhenna innpi a heh theilou pen khu:

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Khil-1	MIHING SATAN	Khen-A
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Mannuamching

A: Thupatna:

*Mihingte khu Pasian lim-le-mel sun a siem i hi. Tuaziehin, vun vom leh kan zieh, numei ahisihleh pasal hizieh leh tenna gam tuom hiziehin koima a lien in a neu tuomsih hi. Mihing zousien mihing hina zieha satan leh hamphatna (rights) pienkenin i nei chiet uhi. Leitung pumpin a thei leh zah din mihing hina zieha satan (rights) ngatheite khu United Nations Organization in ‘**Universal Declaration of Human Rights**’ chin Article 30 ching zet khat kum 1948 in ana puongta uhi. Tam mihing satante kepbina dingin India phuolpi leh State chinin Human Rights Commission a nei chiet uhi.*

Thum leh li a kikumin mihing hina jieha mikhatin anei ding mawnga na thei satan (Rights) 10 anuoia kipie mun awngte ah gielin:

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

A1. MIHING SATAN

Human Rights kichipen mihing hina zieha nga ding satante, china ahia, tuate khu deitel theina leh zalenna ahi uhi. Leitunga zalenna, thudih leh lemna a um theina dingin mi zousien hamphatna leh satan kibang nei chiet ahi theina leh pomna kiphamaw hi. Mihing khatin satan tampi a nei hi. *United Nations ‘Universal Declaration of Human Rights’* dungzui in mihingte hamphatna leh satante (rights) khu tam anuoi ate ahi:

1. Mi zousie kikumna (Rights to equality):

Universal Declaration of Human Rights Article 1,2,3 leh *4* nate dung zui in mihing zousie-a vom, a kaang tualeh numei-pasal chia khenlou in, ham-le-pau, pienna-menna, nei-le-lam leh bieha zieh a khen tuomna umlou in a kikum a ngai ahi. Suoh-le-sal khawi khu Mihing satan bawsietna a ahizieh in phal ahisih hi.

2. Dan (Law) venbitna kibang a ngana (Right to protection by law): *Article 1,7,8,9,10* leh *11* te dungzui in mi zousien dan venbitna kibangin a nga ding uhi. A satan suhsietsah a umten suhdamna kibangin a nga ding ua, sil sukhielten a dihna uh a puonna ding un hun pieh ahiding uhi. Tualeh sil sukhiela ngaw a umte khu thutannan a mawpai masangsie sil sukhiellou banga ngai ahiding uhi. Mi koi zong pawng bawl thu in gam dangah sawl thei ahisih ding hi.

3. Mimal hamphatna leh satante (Individual rights)

Article 12,13 leh *14* naten mimal khat thuguh leh minphatnate kepbitsah ahiding thute a gen uhi. Tualeh mi koi zong a tenna gam sungah zalentahin a vah thei dinga, a utleh nuasie in a utleh lah a nua lut kia thei ding hi. Vaihawmna zieha a gawtna thuoh ding ahileh tuami pumpelna dingin

gam dangah kibutna a ngen thei ding hi. Tualeh *Article 22* dungzui in nei-le-lam, sum-le-pai, mi khatin a tan lawm a nei thei banah tawndan (culture) a kinei thei hi.

4. Kitenna toh kisaia mimal thuneina (Right of an individual with regard to marriage): *Article 16* na dungzui in mimal khatin a nam, a tenna gam leh biehnate zieha khentuomna umlouin zi leh pasal a nei thei ding hi. Kitenna khu a kiteng dingte lemsahna ahi ngei ding ahi. Tualeh tua nupaten dinmun kibang a nei ding ua, a innkuon siem uh kumpi leh khotangin a kepbitsah ding uhi.

5. Gou/van neitheina (Right of property): *Article 17* na dungzui in mi koi in zong ama mimal ahisihleh midang toh kipawlin gou ahisihleh nei-le-lam a nei thei ding hi. Tualeh mi neisa a mawhnan koiman a lahsah theisih ding hi.

6. Sakhuo zalenna (Right to choose or follow any religion): Mi zousien ngaidan, lunggel leh biehn zalenna hamphatna a nei chiet uhi. Biehna hen theina a nei ban uah, amau biehn chiet zalentahin a puongzah thei uhi (*Article 18*).

7. Ngaidan puonzah theina leh kipawlkhawmna siem theina zalenna (Freedom of expression and association):

Article 19 na in mi koipouin zalentahin a ngaidan kithuzahna tuomtuomte tungtawnin a puongzah thei ding hi. Tualeh *Article 20* na dung zui in mi zousien kipawlkhawm theina leh pawl bawl theina a nei banah, ama ut thu louin pawl khat zop dingin thagum a gumnaw thei ahisih ding hi.

8. Vaihawm ding tel theina (Political right):

Mi zousie khotang silah a kihal thei ding uhi. Tualeh kivaihawmna khu mipi kivaihawmna ahi ngei ding ahi. Vaihawm ding kitelna ah mimal (picking) zousie a tel thei ding uhi.

9. Nasep theina (Right to work):

Mi koi in zong a nasep ding a tel thei ding hi (Article 23). Nasemte in sepna kibang ahinahleh koima khentuom umlouin thaman kibang a mu ding uhi. Tualeh nasepna ah ama phattuomna ding suinain kipawlkhawmna pawlpi (Trade Union) siemin a zop thei ding hi. *Article 24* na dung zui in mi zousien khawldam hun nei in, a kallah ah law (salary) nei veve a kikhawldam hun zong a nga thei ding uhi. *Article 25* na dungzui in mi koi in zong hindan kilawm hunttoh (living standard) a nei ding a, a genthei leh mitmaw hun un zong kepbitna a nga ding uhi. Tualeh numeite khu nu ang hi hun chieng un kikepna hoi leh panpina pieh ahiding uhi. Naupang zousie taga hi'n zawlta hitaleh zong kepbitna kibang pieh ahiding uhi.

10. Siemna zil theina (Right to education):

Article 26 na, mi zousien siemna a zil thei ding uhi. Laizilna bul a tawmpena kum 14 sunga um naupangte dinga a thawna zilna pieh ding ahi. Technical leh professional siemnate khu mi zousie zil thei dinga hon ding ahi. Zilna sang zousie a zil ut leh a zil thei tapou dinga hon ding ahi. Nu-le-paten a tate uh laizilna ding a kitel thei ding uhi. *Article 27* na mi koi in zong ama chi-le-nam tawndan kemitin a zui thei ding hi. Tualeh mimal khatin sil bangkima ama kibawlkhiat silte leh siemnate a pat a minphatna leh sum-le-pai a mu ding kilawmte a mu dia kepbitsah ahiding hi.

11. Zalenna zah ding dan:

Article 29 leh *30* na dungzui in mi koi in zong ahina uh siemphat leh khantouna dingin mawpuohna a nei chiet uhi. Mi koi in zong a zalenna a zahna ah midangte zalenna daltu hilouin, umdan hoi, vantang hoina leh kithuzawna tunna ahisah ding ahi. Tambang zalenna leh hamphatnate khu *United Nations* deina banga zah ahiding hi.

Tam a tunga mihingte satan leh hamphatnate kepbit ahi theina dingin United Nations Organization a kikkaikhawm gamten pan a lah chiet ding uh ahi.

India gamah mihingte hamphatna leh satante kepbit ahi theina dingin, *“The Protection of Human Rights Act, 1993”* a kisiema, Nouta (September) 28, 1993 a pat zah ahita hi. Tam **Act** pansanin phuolpi kumpi’n *National Human Rights Commission (NHRC)* a phutkhie hi. Delhi munpia nei in NHRC vaipaw dingte khu tam lam sai ding a guot pawlte lemsahna toh India President in a guot ding hi. Tamlam (NHRC) sai in tam a nuoia teng a pang uhi:

1. Prime Minister	Chairman
2. Lok Sabha Speaker	Member
3. Union Home Minister	Member
4. Leader of Opposition, Lok Sabha	Member
5. Leader of Opposition, Rajya Sabha	Member
6. Deputy Chairperson, Rajya Sabha	Member

National Human Rights a vaipaw dinga pang thei dingte tamte ahi:

1. Chairperson- Supreme Court a Chief Justice a pangsa khat
2. Member 1 - Supreme Court a judge lui ahisihleh a semlai
3. Member 1 - High Court khat a Chief Justice lui ahisihleh a semlai
4. Member 2 - Human Rights toh kisai theina nei leh siem mi 2

Tualeh *Chairperson of National Commission for Minorities, S.C., S.T.* leh *National Commission for women*te khu member ahiding uhi.

Tam vaipawten kum 5(nga) sung ahisihleh amau tahsa kum 70 a phah tan uh a sem ding uhi. Membert-e khu a hun uh a bei chiengin a tha a guon kia thei ahiding uhi.

State kumpiten *State Human Rights Commission* a siem ding uhi. Tamna vaipaw dingte khu a kisaipi vaisai pawlte phatsahna toh Governor in a guong ding hi.

Tam a nuoiaten State Human Rights Commission a tel thei ding uhi:

- | | |
|----------------------------------|-------------|
| 1. Chief Minister | Chairperson |
| 2. Speaker, Legislative Assembly | Member |
| 3. Home Minister | Member |
| 4. Leader of Oppositon | Member |

State Human Rights Commission vaipaw thei dingte:

1. Chairperson - High Court a Chief Justice lui ahiding.
2. Member 1 - Hight Court judge lui ahisihleh a semlai.
3. Member 1 - District judge khat.
4. Member 2 - Tam member nite khu *Human Rights* lama theina sang tah nei mi ahiding uh ahi.

I satan, i hamphatnate leh i mihina ang kisuhsietsah tahleh *Human Rights Commission* a tut thei ahi.

A2. A1 na simna pansanin tam a nuoia dohnate dawngin:

1. Human Rights hilchienenin.
2. Universal Declaration of Human Rights koite phuon e? A kiphuon kum leh Article umza genin.
3. A1 na simna a Human Rights/mihing satan bangbang e?
4. Nasep a kibahleh sep man kibang mu ding chi khu article bangzana in a gen ei?
5. Article 23-na a mi koi in zong a theina leh siemna toh kituoh a deibang sepna a tel thei ding chia gel ahi sesena zieh bang hiva na chi e?
6. Satan kikum/kibang bangzieha poimaw dieh e?
7. National Human Rights vaipawte koi tel e?
8. India gama Human Rights kizah kum genin.

9. Tulaitaha NHRC Chairperson koi e?
10. Manipur Human Rights a membrete min na thei teng gielin.

A2. Universal Declaration of Human Rights sunga um mihingte hamphatna leh satan (rights) mi zousie nga dia kipuong, ei laha kinelsie, kidonlou na thei sil nga a nuoiah gielin:

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A3. Human Rights kepbit poimaw na sahna zieh nga giel in:

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A4. Hinna zalentaha a um theina leh ngaidan puon theina khu mihing khat a dia pienkena, a nga hamphatna ahi. Tambang hamphatnate i zah lai in midangte hamphatna i suhsiet khah leh dan botsie i hi. Bang ziehin? Hilchienin:

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This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

To,

The Human Rights Commission,

This image shows a full page of a document template designed for handwritten notes or essays. It features approximately 28 evenly spaced horizontal grey lines across the entire page, providing a guide for writing. The margins are consistent on all sides, and there is no pre-printed text or other markings.

Date:

Zatat taha lai pie

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This image shows a full page of primary-ruled paper. It consists of multiple horizontal rows, each defined by two parallel dotted lines. The rows are evenly spaced and cover the entire area of the page, providing a guide for handwriting practice. There are no margins, text, or other markings present.



Khil-1	KHANGLAITE LEH KHOTANG HINKHUO	Khen-B
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M. Liensuonkap

B: Thupatna:

Kum 60 a upa papi khat kungah, “Tangval kia thei lechin bang na bawl ut pen diei?” chia a kidohleh Aman, “Bawl ut tamven, ahin tuate lah ah siemzilna ha bawl pen vingin tuabanah vantang nasepna tuomtuomte ah theitawpin ka pang ding hi. Upat nua chiengin tamte kibawl thei nawnlou hi. Tuabanah kum 14-20 kikal ka hilaia, thahat leh siem-le-pil ka kisahate koimang tavangin ang hil thei, misiem mipilte dongin ka diengle den ding hi” chin a dawng hi.

Tam a tunga thute a pat khanglai hun manphat dan kikun unlen; chiemte tah na sahte uh chiemte un:

B1. KHANGLAI LEH KHOTANG HINKHUO

1. Ei lah ah, khanglai i chi chieng un nungah, tangval hun sung i genna uh hideu pen hi. Eima bangin nam tuomtuomten zong kawhsah deu hun khat chiet a neisah uhi. Tulai in khanglai a kichi chiengleh kum 12-40 kikal mite genna danin kizang hi. Guolluiten zong, “Mi khatin kum 40 a phah tan a lawchinna a mu sihleh ama dingin hun khat kikhel ahita” chi uhi. Khanglai hun khu hun manpha pen, i maban hinkhuo hoi leh siet ding zong tami khanglai hun i man dan ah kinga hi. Damsunga dia kisahkhoh hun ahi. Tam hun sunga siemzilna muolsuo zoulou khanglaite pen a maban hinkhuo uh buoina ngenin a dim nuom hi.
2. Khotang hinkhuo i chi kia leuleu chiengin hilchet dan leh gen dan chi tampi um hi. Innkuon bangzat ahei khat kipunkhawmin khuo ang sat uhi. Khosung miten a zui ding uh amau innsung dante, khosung dante, sakhuo

dante banah mipi leh vantangpi van-le-silte tunga gamtat dan dingte a um dimdian hi. Koizong tam dante botselou dinga, lam-et ahi banah dan ahi chia phutlui theilou, umdan kilawm, kamsiem leh kizatat tuo taha hinkhawmna, tenkhawmna khu khotang hinkhuo i chi ding hi.

3. Khotang hinkhuo toh kisai in khanglaite dinmun tam bangan genlei thei noppen kha ding hi. India kumpi in gamsung kemit dingin galkap tampitah sum tampipi sengin koi hi. Tam galkapten gamsung a venbit thei uh mabangan, zong suse thei veve uhi. Gam khenkhatte ah galkapten thagum in kumpi kivaihawmna lahsah uh chite zah leh thei in um zel hi. Tambang sil tunna gam khat ahileh Myanmar (Burma) ahia, tuni tan chiengin galkap vaihawmna nuoiah kum 30 bang a umta uhi. Tambang main khotang hinkhuo hoi leh sietna dingin khanglaite liengkouah mawpuohna lienpi kinga hi.
4. Khanglaite khu thahatlai leh a siem a pilte ahiman un, amaute dei leh ngai tam mama hi. Kumpin zong deipen a, politician-ten zong tulmaw ua, Pasian in zong zang nuom pen a, nu-le-pa leh chi-le-namte lam-et pen zong ahi uhi. A langkhat lamah Setan zong amaute thuzaw sawmin na kipumpei zel hi. Khotang hinkhuo bawl hoina ding leh suhsietna dingin khanglaite pen vanzah hoipen ahi uhi.
5. Khanglaiten eima hinkhuo leh khotang hinkhuo i siemphat theina dingun i thugen leh i um dan a kituoh ngeingei ding ahi. Dihtatna in nam tawisang hi. Lawchinna dingin dihtatna kiphawm hi chin kitangkoupipi in a genpa dihtatlouna a thugen ngaikheten mu in thei zing kiukiau uleh a thugen ngaikhetu a neupen zong thuzaw zoulou ding hi. Khanglaite pen thutah gen ngama, semkhe ngam

a hi kiphamaw hi. Laisiengthou a Tangval Joseph hinkhuo ah tambang hinkhuo i mu thei hi. Mahatma Gandhi in, “Ka hinkhuo (umdan) khu ka thugen ahi” chin gen a, tua ma bangin Copernicus in zong a sil mukhiet Solar system khu a dih hi a chi tintena, a nuatawn utlou ziehin a mit kheikhietsahin a um hi. Lawchinna dingin thugen leh nasep a kituoh ding ahi.

6. Khanglai khat khu ama tahsa tung, a sil-le-tente leh a umna innsung, um-le-belte siengthou leh kilawm linlena um ngei dinga lam-et ahi. Tambanga um zou khanglai khatin mi zousie patat a law ngeingei ding hi. A lelam khatah tulai in khanglai khenkhatte pen sil-le-ten hoi tahtah toh kicheiin siengthou linlen mama ua, hinanlezong mite patat law vawtlou pawl khat ki-umta mawh hi. Amaute lungsim puoh dan leh a umdante uh a kicheina utoh kituoh vawtlou ahiman in. Khanglai khat, mu thei silte a, a sienthou mabangin mu theilou, a lungsim zong a sienthou ngeingei ding ahi. Ama-le-ama kizatat siema, a hina kizumpilou leh khut nasep thanuom khat ahi ngai hi. Ama-le-ama kipanpite Mangpan a panpi hi chi mangngil vawtlou ding ahi. Sienthoua lam toh kisaiin Laisiengthou a Shadrak, Meshak leh Abednego-ten Pasian mitel Jiumi (Jewmi) ahina utoh kisaia, neh-le-dawn leh khanglai utna tuomtuomte lah a pana, a kikep siengthou zou ziehun; a thupi mama Babylon gamsung pumpiah a Pasian uh min tawisangin a um hi chi i mu uhi. Sawltah Paul in zong Timothy kung ah, “Na khangdawnna khu miten simmaw sih hen. Tuasangin lamchintenga mite thuhil leh puitu na hi ding ahi” chin na hil hi. Tuaziehin khanglaite i tahsa leh i lungsim a sienthou pouleh thutah leh thupiching gen dinging i hi lam mangngillou ding ahi.

7. Khanglai hun khu miten sana khang a na chi uhi. Zil theiteng zil hun ahia, siemna zil hingal ahi ding bang taha zil utlou nu-le-pa sol maimaite khun a nu-le-pa lamsa toh ji-le-ta vah hing sawm van, kichinla ziehin innsung buoina tun van, khotang hinkhuo susetu bangin ang pang thei uhi. A siem-a pilte zong a khanlai hun ua patsa Pasion theilou ahileh a khanlai hun ua a sepgimna uh mu in nuomsa nan-ulezong tahsa guolnop bawl leh thangatna a kibuolin minam leh khotang hinkhuo susetuin ang pang thei veve uhi. Pasion zatat kawma zilna ha bawl ding ahi.
8. Khanglaite khu ateh-akhingin hun poimaw tenga phatuom ngaitaha panga, ding zou gige dinga ang lam-et uh ahi. Adiehin vantang nna toh kisai, tang nasep tuomtuom, nopni-dani leh thatang thawna dingte ah khanglaite nasep dinga setuom bang khopin i khotang hinkhuo uah kingai hi. Tambang kimannate a mite patat ding lam-etna mai hiloua, gam-le-nam leh tunua chienga hing khang zel ding naupangte khuolna a nasem leh phatuomngai khanglai khat hi kiphamaw hi. Khatvei Sadhu Sundar Singh Pasion thugen dinga, Tibet zuona Kailash tangtung vua ngena dim laha mi khat toh a pei laiun midang khat lamhanga kiliakhie lam nga vela gamla a um a mu uhi. Hing nalai dinga, a gintat ziehin a lawmpa kungah, “Peiin tuana mipa valatou tavai” chia a chielleh a lawmpan, “Ei zong i tunna ding tung zouloua i shi mel theilou ka bang pah sing e” chin peisanta hi. Sundar Singh zong kipan in tua mipa a valata hi. Kipat in tua mipa ang potoutahi. Lampi ang tunin a pumtangan khosa-ulin a dim vawt hi. Sundar Singh chisain a mi puohpa lumsahin ang halkheta mawh hi. Tuachin Tibet zuonin ang peita uhi. Sawtlou ang pei nua un Sundar Singh lawmpa vot thuohla a shi lampia na kilia a mu uhi. Tam i genna in mi nna i sepsahleh ei zong Pasion in hing guolzawl hi chi i theithei uhi.

9. Eima hinkhuo a khotang hinkhuo siemphatna dinga vanzah hoipen khat ahileh mite ngainatna khu ahi. Tam bang sil tantheina dingin eima khu mite lungsiet leh ngaina hi masah kiphamaw hi. Itna tah toh naupangte, i khanguolte leh i tunga mite kipawlpia, kamsiemtaha houpi ding ahi. Miten i thugen ngaikhie uleh i chileh amaute lunglam genpi masaha, a buoinate uh ngaikhiesaha theipi ding, i bawl thei tana panpi ngap i hidan zong tahlat ding ahi. Itna panglou in zong khotang hinkhuo siemphat sawmin kipang thei veve hi. Vantang a ding ngaikhawh dana kibawlin tua min hoi pansana eima mimal hamphatna ding ngaisut pawl khat zong ki-um thei veve hi. Tambangte pen lawching nan uleh guitunglou hi. Mother Teresa khu en talei Nungahnou ahi a panin India ah hing pei in phahte leh taga liengvaite lah ah a shitan nna sem hi. Leitung miten a nasep pahtawinan, Nobel Peace Prize pie uhi.
10. Khanglaite dinga pilvan huoi mama khat khu hun man dan ahi. I hun man dan a kipanin miten i mizie theikhe thei uhi. Tua thamlouin i tu nua hinkhuo ding zong tam hun i man danah kinga hi. Mithupi Napoleon Bonaparte in Waterloo galsatna muna England-te a lelma tam bangin gen hi. “Waterloo kidouna khu tua muna ka zawlou hilouin England khopia um Edmundton Sanginn ki-apmaina phuola ka zawlou ahi zaw hi” chi hi. Tamna a gen ut pen ahileh a langpa Duke of Wellington khu Edmundton sanginn a kisinsahna (discipline) hoitaha, a neu a pansa ana nei penin Waterloo a kei ang zawlaw ahi a china ahi. Tam kidouna ah Napoleon khu minute nga (5) in vaigeikha hi.

11. Hounuom i chi chiengin kamsiem, mi pawl dan siem china ahia, midangte toh kikawmtuona dinga vanzah poimaw mama khat ahi. Tulai ngelin zilna lamah Management chi minvawin a kiha zil mamata hi. Mite toh kihou dildiel theilouna in innsung, pawlpi leh khotang hinkhuo ah dai kai in lawsapna ang tut hi. Alelam khatah chiemnui siema, mi sulim thei pawl khat ki-um kia leuleua, tuapen ken hounuom ka chisih hi. Hounuom i chi chiengin mi hina khat ahia, tam zieha a ut tapouin heisung hilezong ang houpi thopthop ngam ding china hi tuomlou hi. A hun leh mun zila mite maingaltah leh thutaha vahoupi ngamna leh tuama banga ei zong miten ang houpi ngamna khu hounuom ka chi zaw hi. Thuoh hat dan kizila, mite patatna in ang suhhat mabangin mite demna leh gensietnate pomdan siema, eima kisiemphatna a zah zawh ding ahi. Eima kiphat mawhloua, zong kikoi sanglou ding, ahivanga mite sanga ngiemzawa kikoi vawtlou ding ahi. Pasian in mihinga a hing siem ahi ngala.
12. Eima i kisiemphatleh khotang hinkhuo siempha i hia, tuabanga kisiempha khanglaiten pangkhawma, khotang hinkhuo a sil hoilou umte i dou khawm thei hunhun khu i khotang hinkhuoin hoilam nawtin midangte chiemte phah i hi tading uhi. Za laha za vang siem hoi zousih leizong za laha sawmgiet/sawmkuo i siempha zou tham ding uhi. Tulai i khotang hinkhuo uh gal a pata hing en midangte, adiehin i ham theilouten setahin ang mu uhi. Tam pen mimal khenkhat duhdahlou zieh ahia, sil khawh vawt khat ahi. Tamte zousie a lawchin theina dingin Pasian thei zing kawmin khanglaiten hinkhuo hing manglei hun sawtlou kalin min hoi leh minpha i tang ngei ding uhi.

B2. Dohnate dawngin:

1. Damsung a dia kisahkhol hun genin.
 2. Khanglaite khu bang zieha, a zanguom tam e?
 3. Khanglai khatin ama hinkhuo khu mite etton ahi theina dinga, a nei ngeingei ding sil khat genin.
 4. “Lawchinna dingin i thugen leh gamtat a kituoh ding ahi” chi etsahna khat piein.
 5. Sienthoua toh kisaia miten khanglaite a lam-et dan genin.
 6. Thutah leh thupiching genna dingin khanglaiten bang hina nei a poimaw ei?
 7. Bangzieha khanglai khenkhatte leh milien-milal khenkhatte khotang hinkhuo susetu a hing pang uh e?
 8. Ateh-akhangin khanglaite a kineppi dan uh genin.
 9. Mite ngainatna i tan theina dingun bang bawl a ngai ei?
 10. Mite mizie thei bailamna khat genin.
- B3. “I khotang hinkhuo uh, adiehin midang i ham theilouten setah in a hing mu uhi.” Simmun gielpa tam thuguol a genna zieh hidinga na theite gielin.
- B4. “Hounuom i chi chiengin kamsiem, mi pawl dan siem china ahia, midangte toh kikawmtuona dinga vanzah poimaw mama khat ahi,” simmuna na sim bangin hounuom chi thuteng hilchien inlen, tua zou chiengin a poimawnate genin.
- B5. “Eima leh khotang hinkhuo siemphatna dinga vanzah hoipen khat ahileh mite ngainat hi khu ahi.” Mite ngainatna bangchin mi khatin a nga thei diei? Tomkimin genin.

B6. Khanglai hun khu hun manpha pen ahi chi thupi zangin a
nuoia awng teng dimin thusekhen gielin:

KHANGLAI HUN KHU HUN MANPHAPEN AHI

[illegible]

T. Nehkhojang**C: Thupatna:**

India gamah numeite bieha, a um ban uah suhgentheipen zong ahi uhi. Hun peisa a pat a dinmun uh tuni tanin a kikkel tuomsih hi. Innsung hin khotang hinkhuo hitaleh, kam ngala ahiban uah musit leh koi ngiem ahi ua, suhgenthei pente zong ahi uhi. Tunia a thuchien lahkhawma umte a patin tam a nuai ate mu thei ahi.

- (a) Kumtengin numei suomna (rape) toh kisai case 15, 000 bang gamsung pumpi ah um zel hi.
- (b) Nau pieng nailou, numei ahi chi a kithei zieha, suhsietnain numei-pasal missing khu pasal 1000 zelah numei 927 in a kikhesah hi.
- (c) Nitengin mou vanken toh kisaia shina tuoh numei 5 bang um gige hi.

C1: NUMEI DINMUN DOPKANGNA

1. Numeiten pan nasatahin lain a dinmun uh siemphat sawm nan uleh tuni tanin Kumpi lam toh kisai, sum-le-pai dinmun toh kisai leh dan leh thupieh toh kisaite ah a thuhtuin pang nalai uhi. Kum 2000 khu NUMEI DIMMUN DOPKANGNA KUM chia Kumpin a puon dungzui in pan nasatahin lain numeite dinmun dopkangna dingin tambangin vaiguon bawl uhi.

(a) Ki-uhna toh kisaia dopkangna (Political Empowerment):

India danpi siemphatna (Amendment) 73 & 74 veina a *Panchayat Raj Municipality Bill* in vaihawmna a panmun se thum suo se khat numeite a ding liulieuin koisah hi.

Tam khu khopi leh khota sunga vaihawmna munte a suhpiching ana hilou ziehin numeite dinmun kituptahin ana bawlsah thei tasih hi. Tualeh Party tuomtuoma pasal thahatna, hina leh panmun susie a ngaituona in numeite dopkangna ding na dal mama hi.

(b) Khotang leh damtheina toh kisai dopkangna (Social and legal empowerment): Tami tungtengah chizie leh khotang hinkhuo a kidaidanna a umlou ding khu a poimaw pen hi. Chizie toh kisaia kidaidanna suhbeina dingin Kumpin dan tha bawlin a luite bawl belap zel hi. Tam danin a tup ahileh, khotang leh sum-le-pai, tualeh ki-uhna lam toh kisaia panmun kibang pasal toh pieha thukhenna leh thutanna bawl theina dinmun gamsung huopa pansah ding chite ahi. Tualeh dan-le-thupieh lam toh kisai-khutkhel leh migilou, tualeh suikhietna (investigation) lam toh kisai suhhatnain numei tunga thangtatna leh ngamthaw bawlina subei thei ding hi. *Article 14, 14, 19 (1) leh 21*na pansana Supreme Court in *Vishaka Case* tungtanga thutanna a bawlina ah- nasepna munte a numeite ngamthaw bawl leh numei tunga thangtat khu *Fundamental Right* a Hina, Zalenna leh kikim/kibang hinate kal hi chi hi. Tualeh, tam thu toh kisai in kumpin a nuoia dante bawl phat dingin koi hi.

1. The Indian Succession Acts, 1925.
2. Married Women Right to Property Act, 1874.
3. Hindu Succession Act, 1956.
4. Dowry Prohibition Act, 1961.
5. Indecent Representation of Women (Prohibition Act, 1986).
6. Immoral Traffic (Prevention) Act, 1956.

(c) Sum-le-pai dinmun dopkangna (Economic empowerment): Chizie a kikhentuomna in nasep silbawla numeite satan ding a suhtawm banah sum-le-pai suina leh muna ah numei dinmun ngiemsah mama hi. Tambanga kikhentuomna huoisiet seng ziehin numei laisiem pipi zong a vala nuoinetin a um uhi. Numeite hoina ding, khantouna ding leh dopkangna ding tup-le-ngimna a patin hun lemtang leh mun awng hoi pipi zong hing piengkhe pan hi. Tuni tanin khota a numeite khantouna ding leh dopkangna dinga kidinkhie *Swashakti* kichi vaiguon khu a lawchingta hi. Tam toh kisai Project tuomtuom Kumpin a phukhiette a nuoia bange ahi:

1. Support of Training cum Empowerment of Women (STEP)
2. Balika Samriddhi Yojana.
3. Rashtriya Mahila Kosh leh
4. Mahila Samkhyate ahi.

2. Halah (July) 12, 2001 in *Human Development Ministry-ten Indira Mahila Yojana* leh *Mahila Samriddhi Yojanate gawmkhawmin Swayamsiddha* leh *Swadhar* kichi vaiguonte ang dinkhiet uhi. Tam vaiguon tha in sum-le-pai dinmun leh khotang dinmuna numeite dopkangna ding leh kitoudel theina ding bawlpieh hi. Tam vaiguonah sum Crore 116 zah dinga bikhieh ahia, tamin Block 650 sungah Kumpi ahisihleh, NGO tungtawn zah ahi ding hi.

Tami sum khu Bolck 650 sungah District leh *Panchayatte* tungtawngin Kumpi leh NGO (Non-Government Organization) te khut a pata zah ahi ding hi. *Swadhar* kichi vaiguon khu meithai-tagate a dinga bawl ahia, innten-khosah dan leh niteng poimaw tualeh siemzilna

tuomtuoma zah ding ahideu hi. *Rashtriya Mahila Kosh* nuoiah kum nga sunga dingin crore 250 bikhie ahia, tamin nehletah, damtheina leh inn-le-lou lam toh kisaia zah ding ahi. Tambang vaiguon teng khu numeite dopkangna kum hitoh kisaia kumpi panlahna khenkhatte ahi. Bangteng hileh, a lawchin ding khu nasemte leh a kisaikhahpite chitahna leh a lah danah kinga hi.

C2. Simmun-C na simna thute pansanin tam a nuoiate sudimin:

1. Kumtengin numei suomna toh kisaie case.....gamsung pumpi ah um zel hi.
2. Kum..... pen numeite dopkangna kum kichi hi.
3. *Rashtriya Mahila Kosh* nuoiah kum..... sunga dingin sum.....bikhieh ahi.
4. Swadhar kichi vaiguon khu..... a ding ahi.

C3. Anuoia dohnate dawngin:

1. Danpi siemphatna bangzatna in vaihawmna a panmun se thum suo se khat numeite a dingin a koisah ei ?
2. Vishaka Case a Supreme Court thutanna bang e?
3. Kumpin dan siemphat dinga a koite gielin.
4. Numei dopkangna toh kisaia Kumpin vaiguon bawlte min gielin.
5. “Numei laisiem tampite a vala nuoinetna a um zel uhi.” Bangzieh e, hilchienenin.



Leitung neu tuom hilou napia, neunou khat banga ang kilah theinate gielin:

[illegible]

Khil-2	ETHANOL THAUTUI THATANGIN KIMANG	Khen-A
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Mannuamching

A.Thupatna:

Gari taitheite din leinuoi a pat kiladoh Petroleum Products-Gasoline/Petrol leh Diesel-chite a kiphamaw hi. Hinanleh, tam thaute khu a bei thei ahiziehin pilvengtaha zah a kiphamaw hi. Gam zousien Petroleum kiningching taha, a neilou ziehin OPEC (Organization of Petroleum Exporting Countries) kichi Arab gamte tungah a kinga uhi. India ah Digboi (Assam) leh Mumbai (Maharashtra) khu thau putna munpi nite ahia, hinanleh gamsung a dia a kichinlou ziehin gamdangte ah tampi lei a ngai gige hi. Tam thautui bei ahitahleh, leitungin buoina gensenglou tuoh ding ahiziehin, thau thaheng ding kisuia, phaitui a pat kisiem-zu zangin gari taisah thei ahi chi mukhiet ahi.

Leitungah, tu-le-tuin *Petroleum Product*-te bei taleh leitungin bang buoina tuoh va na chi ei? Tualeh, mihing hinkhuoin buoina a tuoh dinga na gingtat nga (5) gielin:

- a)
- aw)
- b)
- ch)
- d)

1. *Ethanol (Ethyl alcohol)* khu Phaitui a pat kibawl zu (alcohol) zat khat ahia, tami zangin gari taisah thei ahi. Tam ethanol pen gari thau thahengin Brazil gamah a kiha zah pen hi. Tualeh, a gam ua gari tampite zong zu-thahatna zanga tai thei dia bawl lamdang ahi. Tam sil tha

khu leitunga gam tampite, a diehin phai ki-uong chinna gam Argentina, Australia, India, Myanmar, Colombia, Cuba, Equador, Egypt, Guyana, Taiwan, USA chite ah kizangleh leitunga thaitui poimawna nahpin a panpi ding hi.

2. Phai a pat *ethanol* tambangin a kisiem hi.

a) Phai a kisata, phaitui hehna khawlah puohlut ahi. Tua phaite khu a tui a manlouna din a kisat a pat naikal 48 (ni ni) sung ngeia heh a hoi hi.

aw) Heh dia kitawllut phaite khu a kisusienga tua zaw chieng a kiheha, a tui hitsieng ahi.

b) A kihitsieng zou chiengin tua phaitui khu natna hitte thana dingin 5°C - 89°C tanin a kisasah hi.

ch) Suhsat ahi zaw chiengin 30°C – 32°C tan velin a kivotsah kia a, tol (yeast) toh kihalin a kibil hi. A kibilzaw naikal 8-10 nuain a kiphong hi.

c) Tam phaitui kibil a kiphoh zaw chiengin hoitahin a kihitsienga, zu (ethanol) hoitah, 99-99.8% ahoi a suoh hi. *Ethanol* litre khat siemdohna dingin tui 40-45kw a kizang hi.

3. Phaitui a pat gari a zah ding *ethanol* bawlina dingin sil ni a ngai hi. Tuате khu-

a) Phai tampi a ngaia,

aw) Tua phaite ah zu a siem thei chini (total fermentable sugar) tampi a ngai hi.

Ethanol liter 240, 000 pienna dingin phai tone 3500 ding vel a ngai hi. Phai hoi (standard sugarcane) ah *Sucrose* 12.27% leh *Glucose* 0.5% a um hi. Tuabang phaite a pata kila chini tone khat (1000kg) a pat ethanol litre 70-73 kikal a pieng zou hi.

4. Ethanol khu tam a nuoia bangin a kizang hi-
 - a) *Petrol* toh halin gari thau din a kizang hi.
- aw) *Diesel engine* ah thau tah tangin a kizanga, *engine* siet ding vennain Palm Oil 1% toh kihal zel hi.
 - b) *Diesel* toh halin gari thau din a kizang hi.
5. Gari thau thatanga *Ethanol* zah a hoinate:
 - a) *Ethanol* pen tanlou/ kisamloua siem thei ahi.
- aw) Phai chinna ziehin sum tampi mu thei ahi.
 - b) I gama siem thei ding ahimanin gari thau kisapna a sutawm ding hi. Tualeh gamdang miten gari thau ang pieh utlou hun uleh ang kipuohna lampi a buoi hunin zong thau tasamlouin gari taisah thei ahita ding.
6. India ah Uttar Pradesh gam khu phai kiha chinna pen ahi. Manipur gam ah zong phaijang mun khenkhatah phai a kiching hi. India gamah phai tampi kiching nanleh *Ethanol* bawlina dingin a kizangsiha, chini leh chinisante (sugar & molasses) siemnan a kizang hi. Manipur gamah phaitui a pat chini siemna munpi ni a um hi. Khumte khu:
 - a) *Khansari Sugar Factory*, Khangabok. Tampen 1930 kumin a kisiema, ni khatin phai tone 60 vel a heh zou hi.
- aw) *Manipur Sugar Mill Ltd.* Kabowakching

A2. Anuoi a dohnate dawngin:

- a) Chini tonne khat a pat ethanol litre bangza a pieng thei ei?
- aw) Phaitui a pat ethanol kisiemkhietna dia poimaw sil nite genin.
- b) OPEC lamsau bang ahiei?

- [illegible]

[illegible]

Khil-2	INTERNET	Khen-B
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T. Chinzakhup

B. Thumapui:

Mihing pilna leh siemna kibelap zingin tu ei khangah leitung pumpi kohoutuo theina bailamtah ang umta hi. Leitungah kihoumatna khu maimom lenthang bangin kikaimat chi thei ahi. Khawluhneipi khat a pat kizoptuoa, kin tahtah leh bailam taha kihou thei ahi banah lai kihah tuo thei ahi. Tambang silten ei khangah leitung a neu mama a bangsahta hi.

Class pumpin Internet kizahna genkhawm unlen a nuoiah gielun:

Internet kizahnate:

1.
2.
3.
4.
5.

B1. INTERNET

1. *Internet* khu USA gam sung venbitna lam saipawl nasepna a pat hing piengkhe ahi. Pentagon a *Advance Research Project Agency* (ARPA) pawlin 1969 in a mukhietna dinga sum lutteng sengin ARPANET kichi ang pokhie uhi. 1973 kumin *U.S. Defence Advance Research Project Agency Network* tuomtuom zopkhawmna thu-le-la chiengtaha kipieh theina ding ang suina ua pat INTERNET hing piengkhe ahi. Tam hun

sunga, a nasep ga uh “TCP/ IP Suite” a kichi hi. Tualeh, 1986 kumin *U.S. National Science Foundation* (NSF) pawl kalsang tawina nuoiah *internet* mavang ding leh kingahna ding zungpi NSFNET kichi ang bawlkhie uhi. Tuabanah, NASA leh *U.S. Department of Energy* pawlin NSINET leh ESNET-*internet* kingahna zungpi belapna dingin a hing pokhe sawn uhi.

2. Mipi vantang zah thei dingin “TCP/IP¹ Suite” 100 vel 1980 kumin a um panta hi. 1990 kum bullamin *Open System Interconnetion* (OSI) dan zahna mu thei din a umta hi. 1991 kumin *internet* khu *network* 5000 vel, gam 40 a khawluhohne 700,000 zopkhawmin mi 4,000,000 vel zah din a umta hi.
3. *Internet* nasepna nuoiah ‘NODE’ kichi – Api, a mong khatah a uma, tam khawluhohneipi khu *Network Manager* toh *Fibre Optic Cable* zangin a kizop a; tualeh PC, Melmulou Tongkupna (Telephone) zat tuomtuomte, Melmu Tongsaan (TV) leh a dangdangte *Coaxial Cable* in zahna tuomtuoma zah thei din a kizop sawn hi. *Network Manager* khu tam *Information* nasepna a din a munpi ahia, tuaziehin, *Information Transmission* etkaina din *Controller* a chi thei hi.
4. *Internet* zah theina/zopna dingin *Modem*, Melmulou Tongsan leh Khawluhohneite na nei a ngai masa hi. Tuabanah, *Internet Service Provider* (ISP) kichi mun tuomtuom toh kizopna saipawl ahisihleh *Online Service Provider* kichi ISP bameng, *Internet* zopna *Internet* tungtawna sil dangdang saipawl toh kihoutuohin a zop thei hi.

1 *T.C.P.* - *Transmission Control Protocol*
 I.P. - *Information Protocol*

5. *Internet* ah tambang kithuzahna tuomtuomte a um thei hi:-

- i) E-mail
- ii) Newsgroups
- iii) World Wide Web (www)

Tam a tunga i gen kizahdan leh Software poimawte a nuoia bang ahi:

Zahna tuomtuom	Software	A septheite
E-mail	Outlook Express Microsoft Exchange	Lai poimawte kithottuo leh kithuzahtuona in a kizang thei hi.
Newsgroups	News Reader (Outlook Express leh Internet News)	Thupi tuomtuom toh kisai thute hing pe thei hi.
www	Web Browsing Software	Lai poimawte ettheina, music, video, van zua leh kileituo, advertise, research, file teisawn chite bawlna

Tam a tunga i pieh Internet kizahna teng khu a diehin, sangnaupangte, zatoute (Doctor) leh suichienmite a dingin mun tuom gam tuoma um sepna kibahpihte toh theina kipiehtuona, damlou etkolna chite ah phatuom tahn a kizang hi.

6. *Internet* khu India gamah Seugawl (Aug.) 15, 1995 in ang tung pan hi. India Kumpi neitu hina toh *Videsh Sanchar Nigam Limited* (VSNL) tungtawn in kum thum (1995-1998) sung hawmkhiet ahi. Tam khu *Gateway Internet Acces Service* (GIAS) a kichi hi. U.S. leh Europe gamte a pat *Cable* leh *Satellite* tungtawna lasawnin tam munpi Mumbai ah koi ahi. *Private Company* zong VSNL tungtawna lasawn leh zang thei dingin Kumpin a phalsaha, tualeh, sangnaupangte zah din man tawm tahin VSNL in a pesawn hi.
7. *Internet* khu a hoi mama a, a zahna a tam banah phatuom mama hinanleh, deikhop huoi sanailouin Suichienmite leh *Engineer-te'n* a hoizawsem a sui zel uhi. Tun *Internet-3* kichi *Internet* sanga hoizaw puohkhiet thei din a umta hi. Tam *Internet-3* nasep theidan ahileh -Car sunga PC kikoi khu car hehkawmin zah thei ahi ding hi. *Internet* chi thuteng gen lechin ama-le-ama ang kihong (start) mai ding hi. Tambang khopa hoi leh nasem thei *Internet-3* suidin IBM leh Microsoft pawlten General Motors (U.S) toh pangkhawmin nasep a panta uhi. Tualeh, Motorola pawlin tu-le-tuin PC khoi seselou a Website sui thei ding a bawllaitah uh ahi. Tamin, khuta PC keyboard khoikhah ngai nawnlou china ahi.

B2. Dohnate dawngin :

1. *Internet* hing pien khiet dan genin.
2. Kum 1991 tana *Internet* nasepna masawn dan gielin.
3. *Internet* munpi/bulpi khawluhoehneipi khu bang kichi ei?
4. *Internet* zahtheina dinga sil poimaw masate bangbang e?
5. India gamah *Internet* bang hunin zahpat ahitai?
6. V.S.N.L. lamsau bang e?

- B3.** Internet kizahna tuomtuomte gen inlen a banbanin tomkimin hilchien in.
- B4.** Tulaitaha kizang Internet sanga hoizaw ding suikhiet a siemkhiet sawmte koite e?
- B5.** “Internet phatuomna” chi thupia zangin thusekhen khat gielin.

INTERNET PHATUOMNA

[illegible]

Khil-2	MIHING CHI SUICHETNA	Khen-C
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Mannuamching

C: Thumapui:

Tunia Genome laibu hing kisuokhiein chillala thudih leh thutaha kipomkip sil tampitah zuouthu a suohsah banah, suichienmite a dingin chouna thupitah ang tut hi. Mihingte lim-le-mel puoh dan kipieh sawnna ahisihleh mel kibanga piengsahtu chii (gene²) khu hoizaw sema siem lamdang theina um dingin gingta chiet nanlei zong, Pasian kinei/Pasian silsiema kitahlanain maw phuba lientah khuhtheina ahi chi mangngillou ding ahi. Tam sil tha suikhietna in suichienmite kungah thunei leh silbawltheina thupitah a pieh mabangin mawpuohna lientah a liengkou uah a kinga sah hi.

C1 Mihing Chii Suichetna

1. Tam Mihing *Genome Project* in ang mukhiet silten chilaia gindan tamtah a suse vawt hi. Chilaiin *gene* khat uma tua *gene* nasep leh gamtatna nuoia mihing *genome* pumpi suichetna in tahsa tunga natna um khu a nasahthu ahisihleh natna hing kipatna *gene* khu suhsiet/ lahkhietna damsah thei dinga gintatna khu ahi. Tuin vang *gene* khat maimai uma gamtang hilouin *gene* tampi uma kizomkhawma gamtang ahi lam mukhiet ahita hi. Chilaia mihing *gene* 100,000 nei dinga gingtat ahia, tun mihing *gene* 31000 maimai nei ahidan muchet ahita hi. *Gene* nei tawm nanleh mihing khu hinna nei dangte sanga pilzaw leh sil bawlthei zaw ahina zieh khu ahileh, mihingin *gene* sil bawlthei, a dangte thunei khuma na semsah thei (control genes) a nei zieh ahi. Hut (round worm) in *gene* 18000 a nei hi.
- 2 **Gene-** Chii, *DNA khiil khat, nu-le-pa mel sutna pesawntu chromosome a um hi.*

2. Mihing *Genome Project* in ang mukhiette laha sil buoi-um mama khat ahileh *gene* suikhiet/suichienna toh kisaia ngaidan/gindan ana umte zuou thu ang suohta mawh hi. Mihing khu khat ahia, leitung pumpia mihing zousie a DNA³ uh 99.9% kibang ahi uhi. Tuin vang chi-le-nam sangzaw⁴, a pilzaw leh hoizaw um tuom ahi chi thugin khu leitung khangthu a dinga sil kibawlkhiel leh dihlou vawt ang suohta hi.
3. *Chromosome* kop 23 laha kop thumte khun natna piengsahtheia/natna kipatna mun ahiziehun Natna tunt *Chromosome* chia chiemte ahita uhi. Tam t *Chromosome* thumte lah ah; *Chromosome-1* in *Alzheimer* natna leh *Cancer* natna a piengsaha, *Chromosome-6* in ngaituona subuoi thei natna a tut thei hi. Tam thum teng laha huoise dieh khu *Chromosome-X* ahia, tam khu natna a dim ahi. Tam *gene*-te a sietleh natna/damlouna a tut thei hi chi mukhiet ahia natna bom a kichi hi.
4. Tam suichetna in pasal hing pien thei dan thuguh ang sulang hi. *Chromosome-Y* khu pasal *gene* kikhoh khawmna mun chia min vaw ahi. Azieh khu 95% te *Chromosome-X* toh kihallou hi. Tamin pasal *gene* a *Chromosome-Y*umna zong a huopkha a, naungeh pasal hing kisiemna dinga kotkhah khu ahi. Tualeh, *Asthma* natna piengsahtu *gene* khu mukhiet ahia, tam *gene* in *Asthma* natna za laha sawmli bang piengsah hi.

3 **DNA:** Deoxyribosen Nucleic Acid; chii ahiding banga khauzam (thread) toh kibanga a kiguol ditdetna. *Chromosome:* Chii hing (cel nucleus) a, a tawm/asaua kihung khat

4 *Japan gal masang in Germante'n Aryan race, namsang pen ka hi uh chi'n nam/chii dangte musit uhi.*

5. Hiroshima leh Nagasaki khopite *Atom Bomb* kikhieh zieha mihing ngaina bangloua melse taha piengte a zieh thei utna ziehin U.S. a Utah khopiah suichienmiten tam project ang pankhie uhi. Amauten *genetic map* bawlkhiat hileh tambanga nau piengkhielte natna mukhiat thei hi ngei dingin gintatna a nei uhi. Tambang sui utna khu 1984 a ana nei uh khu a nuasang kum 1990 in ang pan thei bep uhi. Sawtlou nuain Francis Collin lamkaina in *Human Genome Project* (HGP) chi leh Craig Venter lamkaina *Private Company* khatin zong tam *genome map* suina ah pan ang la uhi. President Clinton deina bangin tam *Company*-ten a nasep uh khawlsanin a sil mute uh *Genetic Code* kichientah Phumha (February) 11, 2001 in thusuote ah ang suokheta uhi.
6. *Genome map* suichienna in damdawi lam leh mihing ngaina bangloua kinepna lienpi khat ang tutta hi. Mi khata um *protein* leh a *gene* kichimat dan theichet ahitah ziehin tulai damdawi lam suina ah khantouna/ kisiemthana thupitah hing pieng hi. Mimal khat a *gene* suhat or theichet ahitah ziehin ama pienkena, a nei sil hoilou/natna hoilou suhdam thei ang hita ding hi. Mihing tehsahtu *gene* thumte zong theichet ahita a, maban sawtlou kalin kum 100 a upate khu khanglai kum 20 phanailoute bang ang hiding uhi. Tam umzie khu- nausen khu mel hoi, duong kilawm leh pil mama hi dinga bawl thei hi tading hi.
7. *Genome Project* in mihing a dingin gensenglou phattuomna hing tut nanleh, dihluu taha zah theina ding kot lientah zong a hong hi. Tualeh, a zauhuoina khu muthei in a kilangta hi. Tulaiin nasepna munte ah

semtu khenkhat *genetic test* a neina uah natna chi khat vei bai deu dinga kilang bang tawpsahin umta mawh hi. Tua mabangin *Insurance Company*-ten mimal genetic um dan theisa in *insurance* leh *premium* a bawltawm mawh uhi.

8. *Genome Project* toh kisai mabana kinsep theinate khu tam a nuoia bang ahi:
 - a) 1988 in Human Genome Organisation ten DNA kizawm ditdet muthei dingin map (lim) bawl sawm uhi.
 - b) 2000 in Human Genome siemtup hita.
 - c) 2005 chiengin *gene* zieha cancer, zunhum leh lungtang natna vei thei ahileh ahilou etchet thei tading a gintat ahi.
 - d) 2010 tanah kisuhkhah zieha shi tampipi luong leh din pua a zeng chite genetic tungtawnin zen dam thei tavan, cancer natna that thei ding damdawi umta ding a gintat ahi.
 - d) 2020 chiengin shitheina natna zousie zen dam thei hitavan, gu-le-tang nat, thanat leh ngaituona subei thei natnate bei tading a gintat ahi.
 - e) 2025 lahah lungtang hat nawnlou leh kalte (kidneys) bawltawm in kiheng thei tading hi.
 - f) 2030 chiengin mihing dam kum a tangpin kum 100 tung lam hita ding hi.
 - g) 2040-2050 chiengin *gene* hoiloute bawltawm *gene*-tein hen thei tavan, mihingte teh tasih va uh. Mihingten a pienzie uh a kithunun thei tading uhi.

C2. Simmun C1-a na simte pansanin tam a nuoia mun awngte sudimin:

1. Tun mihing *gene* _____ mukhiet ahita hi.
2. Chromosome-1 in _____ natna leh _____ natna a piengsa hi.
3. _____ khu pasal *gene* kikhawlkhawmna mun chia min vaw ahi.
4. Asthma natna za laha _____ bang piengsa hi.
5. Naupieng ding khu _____ leh _____ deidan bangtahn bawl thei ahi tading uhi.
6. Kum 1988 in _____ te, DNA kizawm ditdet muthei dingin _____ bawl sawm uhi.
7. _____ chiengin mihing dam kum a tangpin kum _____ tung lam hi tading hi.

C3. Anuoia dohnate tomkimin dawngin:

1. Bang kum chiengin Gene hoiloute bawltawm gene-ten henthe tava a kichi ei?
2. Insurance Company-ten mimal *gene*-te umdan theisain bang a bawl doh uh e?
3. Mimal khata *gene* suhhat ziehin satungah bang suhdamtheina ang hi tading e?
4. President Clinton deina bangin koiten a nasep uh khawlsanin a silmute uh Genetic Code ah ang suokheta uoi?
5. Mihing Genome Project in ang mukhiette laha sil buoihuoi leh datmaw um mama bang hiva na chi ei?
6. Mihing khu ganhingte sanga pil zaw leh sil bawlthei zaw ahina zieh khu bang pen e?

C4. Mihing chii hilchetna a pan khangthate dinga hinkhuo kinepna thu na theidan in tam a nuoia awngte ah gielin:

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C5. Kikupa Genkhawm ding:

Francis Collins leh Craig Vneter-te lamkaina tawh Human Genome Project hing kipatkhiet dan tam a nuoiah gielun:

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C6. Tam mihing chii tawh kisai in na sanggampa gam tuoma nasem kungah na teh nua chienga zong kinepna um khat na thei dantahin na laithotna ah genchienin.

Ka it tah,

[illegible]

Na it tah na sanggampa



KHIL- 3

DAMTHEINA DINGIN

THUMAPUI:

Damthei hinkhuo i chi chiengin tahsa damtheina genna hilouin ngaisutna chidam, khotang a dia zahtah ngaisutna leh gamtatna banah chi-le-nam tuomtuom umkhawm leh tengkhawm kisie-kiballoua hinkhawm dildiel theina ding lunggel leh gamtatna zousie a huop hi.

Anuoia dohnate dawngin:

1. Zatouinn (Hospital) a damlou ve a, vahaw chienga umdan hoi leh kilawm zah dia hoi nasahte gielin.

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NA NEH-LE-DAWN SAIPIPEN KA HI

1. Keima na neh-le-dawn saipipen ka hi. Kei khu *metre* 8 (Ft. 26.4) vela sau ka hia, ka dung a sau mabangin ka lim-le-mel zong mel tuomtuom leh min tuomtuom puoin ka kikhena, nangma tahsa sungah seplebawl tuom khat nei in ka um tuom vilvel hi.
2. Kei khun kam a kipanin tuanah ha 32, lei khat, tonsil khat leh na chiitui pulsahtu *gland* thum ka nei hi. Tam teng banah ka tahsa khu ka ngawng ahia, na kam toh kipe ahia, gawlhui (oesophaus) chi min puoin gilpi toh ka kizopsuhpeh hi.
3. Gilpi ahileh savun/thawl bang khat ahia, ann khu 1000ml banga dawlzou hi. A sunga ann leh tui bangma a umlou chiengin bawlung thep mabangin kihip neuin a pheng toh bangin um thei hi. Gilpi khu a sunglam ah sil hing daa (cell wall) ni in tuomin gilpi sung, a thuate (acids) a kipanin gilpi vengbit uhi.
4. Gilpia patin ka tahsa khu tuilawng toh bang khat gilzam bul (duodenum) ahi kia a, tami laikimah Sin a hing kipan sinkhatui leh la a hing kipan zatui (chemicals) tuomtuomte ang lut uhi. Tam ka tahsa khu gilzang neu chi min puo in *metre* 6 vela sauin kihiehhip ditdetin a kuol hi. Tam a kihipkuolna khu sapan kichi in a tukhawm hi. Na ann nehte khu Gilpin bangza a hei ang suhguoi zawin gilzang neuin ka buoipi hi. Gilzangneu sungah *gland* leh *mucuouscells* kigawm maktaduoi 35 bang um hi. Gilzangneu sungah samzang toh bangin pou uhi. Amaute khu *villi* a kichi hi. Tam *villi* ten ka ann gawina thahatna khu vel 600 bangin hatsahzou uhi. Gilzangneu sunga *mucuous* cell-ten ni khatin na maktaduoi 16,000 vei bang semkhie uhi.

5. Ka tahsa tawpna lam khu gilzanggol/lien chi ahia, *metre* 1.5 vela sau ahi. Tam gilzanggolin gilzangneu khu kimvelin a kuolkhum hi. Nangma tainem sungah ka um hi. Gilzanggolin ka kipematna mun khu *Caecum* chia min law ahi. Tam gilzanggol naseppipen ahileh a zahna dinga kizangta ann leh tui hoi nawnlou teng na kholkhawmin ka tahsa tawpna tawnvangah na paikhe zel hi.
6. Kei khun na tahsa meng dangte toh kibahlouna khat ka nei hi. Bangtan chieng ahei khat na huohin hing vaihawmkhum nanleh keima tangin zong ka kigamtat thei veve hi.
7. Tun na tahsa sunga ka nasepdan tangpi kang hilta ding hi. Na neh taphot khu ha 32 ten ang hainen zou chieng un na chiltui toh kihalin tuapen gawlhui zui in gilpi ah ang tung hi. Gilpi sunga um *acide* leh damdawi chi tuomtuomten naziell/suol pai in tuachia Gilpin a gawtnen leh *acide* leh a dang toh kihal ann khu **Chyme** chi ahia, tamte khu **duodenum** sungah a sawnlut zel hi. *Duodenum* sungah sinkhatui leh laa a hing kipan *chemical*-te leh *enzyme*-ten buohkhum in an gawi nasep sutzom peh ahi nalai hi. Tua zou chiengin gilzangneu sunga lut suohin tamnah *enzymes* tuomtuomten na buoipi kiai in na tahsa a dinga hoi leh manphateng tun lahkhiat sieng ahita hi. Tam tahsa dinga silhoite khu gilzangneu a patin sisan huite zui in tahsa ah hawmzahin umta uhi. Man theiloute gilzanggol sungah sawnlutin um uhi.

8. Ka letna mun khat gilzanggol kichi zong a mawh-um maimai hikialou hi. Tam sungah na tahsanlou ding khopin silhing, natnapi zong hithei (bacteria) sim sengloua tam teng uhi. Tam *bacteria*-ten nangma leh keima a dingin bangma sietna ahisihleh natna ang tut sih uhi. *Duodenum* sunga, a umlaisie uh bangma a zauhuoina ding umlou hi. Amauten na tahsa a ding silhoi khenkhat na ne mang zel uhi. A lelam khatah amauten keia ding *vitamin* khenkhat ang pie uhi.
9. Sil neu nounou bangma a zong na ngailou **zatep, dummuom, zu dawn**, chite banah **niengtui** leh **coffee** tam dawn sengin kei ang subuoi mama hi. Tualeh ahithe i tanin kei penin damdawi chi mawngmawng ka dei sih hi. Ahinlah na tahsa dangten a poimaw vawtte uh kei tungtawn a pieh ngaite vang a loutheilouin ka na buoipi vevaw hi. **Al taluo, a hum taluo** leh **malta thah** khu kei dingin **gu** (poison) toh bang phiel ahi uhi. Tamten kei sunga *acidete* suthahatin keia dingin natna nangman sungsa (heartburn) na chi leh sungnat ka thuohla chiengin na ann nehsate na nua luoh khiet kia a, tam khu zatouten gilpipat zieh ahi a chi ding uhi.
10. Ka sung mun khat poupoua hima ang um chiengin ka gim thei mama a, tualeh ann neng khenkhat gilpenga, a kikhum khah chiengun gilpengna (appendicitis) hing umin a kintheipena zatouten a lahkhiet uh ngaita hi.
11. Keima sungah hut (worms) zat tuomtuom um thei zel hi. Tampen na ann neh leh dawnte a sienthoulou chienga hing pieng ahi. Amauten na tahsa a ding *vitamin*-te ne ua, gilzangneu leh gilzanggol bangte ne khawmin sisan pawtkhesah thei uhi. Tam bang khu *Ameoba* ganhingte

bawl ahi. Keima ka neuna mun gilzangneu khu *typhoid*, *cholera* leh T.B. hihten pansan nan a zang nuom mama uhi.

12. Keima nang panpi theina lah hikawm nangma dinga lah sil hoi kang vaihah nuom khat um hi. **Zatep** tep sinlen, **khaini** leh **dummuom** muom sinlen, zu dawn mawngmawng sin. Tualeh **niengtui** (singpi) leh **coffee** tam dawn konin. **Malta** nehda inlen za/damdawi a kituplouna ang um chiengin na sung na lai natdan tuomtuomin hing na van tua chiengin a kin theipenin zatou dong pai lechin kei na hing panpi theina hoipen hivanin ka damsung ni ang sau ding hi.

A2. Dohnate dawngin:

1. Neh-le-dawnte saipipen bangtana sau e?
2. Gilpin khatvei thuin ann bangza a dawlzou ei?
3. Gilpi a pat ann pawtkhietna lawng, a zanna chieng khu bang a kichi ei?
4. Gilzang neu sau dan gen inlen, a sungah glands leh mocuous cell bangza a um ei chi zong gen in.
5. Gilzanggol nasep pipen bang e? Bangtana sau ahiei?
6. Gilpi a sunglam khu da/dan bangza a um ei?
7. Gilzang pansana hing nasah thei natnate bangbang e?
8. Gilpin a deilou silte bangte e?
9. Gilpengna bang hing chi um/kipat e?
10. Sinkha tui heisungah a lut ei?

Nuamzavung**B: Thupatna:**

Mi khat thakhat thuin hing kisukha ahilouleh theikholloupin hing damlouta henlen hileh zatouinn natut main a hun leh a mun zilin bangchin damlou na enkol zuai tadiei? Tam hun khu damlou a dinga hun poimawpen ahiziehin, na bawl leh na bawllou silten damlou a dingin shina-manna ahisihleh damna tun thei hi. Tambang hun kinaw a na silbawlin na innsungmite guoh hilouin innsah-innhang tualeh na meltheilou mi khat pou pou hinna vengbit thei hi. Tuaziehin, tambang huna bawl dia hoi leh dihte na thei mai hilouin manlangtaha na zah thei ding khu sil poimaw khat ahi.

B1. Kin-le-buonga Kizen dan

1. Laisima na tou lai un na lawmte khat hing pua taleh bang na law diei? Ahisihleh, na gam pawtna uah khatin a keng gu hing sutawng taleh bang na law diei? Kisukkhah, tuohsiet zieha liem i chite pen damdawi inn a pat gamlatah zong hithehi hi. Nainou hiin gamlatah hilezong, a hun leh a muna zen a poimaw hi. Tambanga a hun leh a mun zila kizenna khu kin-le-buong kizenna (First Aid) a kichi hi.
2. Kin-le-buonga kizen danin a siltupte:
 - a) Hinna huhhing ding.
 - aw) Natna a petpeta phatdawnma ding bawl ding.
 - b) A huoisiet ding ven ding.
 - ch) A poimaw dana zatouinn tut ding dan ngaituo ding.

3. Kin-le-buong kizenna toh kisaia thei masah dingte:
- a) Damlou khu mipin imsahloua huisieng nahsah ding.
 - aw) Damlou nah dan dih leh dihlou et a, nahloua, a umleh hu pieh ding.
 - b) Damlou kamhawm, nahhawmte a khah a um ei chia et masah ding.
 - ch) A liem leh a kisukhate liemna mun thei ding.
 - d) Husa neiloua manlangtah leh siptaha panpina pieh ding.
 - e) Damlou khu a beidong ahisihleh chimaw gawp amah chi thei ding.
 - f) A kisuhkhahna mun a pat a kin theipena lahkhiat ding.
 - g) A umna mun a lemlouleh mun lemwawa suonkhiet ding.
 - ng) A enkoltuten zau leh lungkham mel pouhlou ding.
 - h) Damlou khu kipahsaha hepina toh etkol ding.
 - i) A innkuonpите theisaha a kin theipena zatouinn tut pai ding.
4. Kin-le-buonga zehdan pieh ding leh zen ding tampi um nanleh, a poimaw dieha i thei khenkhatte i tahlang ding uhi.
- 5. Gultuh:** Gul gunei leh neilou a uma, a guneiten ang tuh leh shina tan a tung thei hi. Hinanleh gul gu neilouten ang tuh khahleh *Tetanus* leh *antibiotic*-te a kikap a hoi hi. Gul gu neilouten ang tuhleh tambang a kizen a hoi hi.
- a) Nivei a tuh zawmlouna dinga lahdoth pai ding tualeh a gu thei ding.
 - aw) A tuhna ban gamlalou khata gahin.

- b) Damdawi ahilouleh zutui, gulgu thana ding chin pesin.
- ch) Lumsah inlen khawldamsahin.
- d) A tuhna mun atkeh sinlen zong tawpsin.
- e) A kintheipenin zatou innah peipi in.

6. Tuikia: Tuikia na theilou mawh del pai sinlen a pamlam a pat lahkhet thei ding dan ngaituo masa zawin. Tua ahisihleh, tuikia nu/pa gimgawp, zoigawpta chi na thei chiengin del inlen lakhe panin. Tua zou chiengin tam a nuoia bangin zenin-

- a) A kam, a nah leh a bil sunga tui umte luongkhesahin.
- aw) A tuopa tui umte lahkhetna dingin thallupsah inlen a tai nentouin. Naupang ahileh, bungbu khai inlen a tai meh piehin.
- b) A puonkawtte sutkhietsah inlen a chi suhlumsahin.
- ch) Hoitaha a nah thei masang lumsahin.
- d) Tam a tunga teng toh ahitheilouleh zatou inn ah peipin.

7. Meikah (Burns): Meikah khu a natsiet dan a zilin chi thumin khi thei hi.

Khatna: Tahsaphe sukhalaoua vun pudang maimai mei in a kahleh a kahna ma khu tuivawta sawtsim die ding; meikah damdawi (za) a umleh nu ding, tui siengthou zah ding ahi. **China** dawmdawi *sendawmdawi* kichi sungnat damdawite tam meikahna ma a i nuleh a hoi mama hi.

Nina: Tuisa, electric, tuihusa leh meikuong/mei am chite a kangkha tahsa tungte khu a nase ut hi. Amaa khu sanin pom theia tualeh zong kawhkhe thei hi. Za (damdawi) zah ding um vawtlouna ahileh a kahkhahna khu tuivot a *minit* 10-15 sung bang die ding ahi. Tua zou chienga

puonkawta khukhum ding. Meikahna khu kenglam ahileh lutang sanga sangzawa koi ding. A tahsa sulum a, chi leh chini hum-al hiuhiaua tui toh hala Litre 4 bang dawnsah teitei ding (naikai 24 sungin).

Thumna: Meikah huoisie, a tahsaphe tan kangte a kahna ma tui a dieloua, tui zanga zong suhsienglou ding. A tunga i gen *chi leh chini tui* khu a tam thei bang dawnsah ding. Singtanga natang hawng tungah meikahna mun pen kikoi hi. Puon siengthoua khu ding. A kin theilama zatouinn tut/puoh ding. Tualeh Kawlphemei (electric) mat zieha kangte khu a mat laitaha khut leh sing, guo hingte a khoilou ding. Singgaw/gogaw leh buongnai (rubber) te zanga meigui toh mi pen khen pai ding. A kin theipena zatou inn tut ding.

8. Sipawt (Bleeding):

1) Nahsi pawt:

- A nah mehsaha a lutang tuivawta buoh ding.
- A lutang dahsah/thaldahsah dingin a kamlama nahsah ding.
- A sipawta kan masanga a nap nitsahlou ding.
- A sil-le-tente a kol theipena bawlsah ding.

2) Kama sipawt:

- Chitua kam khuosah ding.
- Patzam sieng keisaha, a kin theipena zatouinn tut ding.

3) Pulam sipawt:

- Kisukkhah zieha sipawt ahileh tam banga zen ding-
- i) Tuivawta sawplou ding.
- ii) Singtanga i zah ngai loupate khenkhat a maa a nu ding.
- iii) Khut-le-keng ahileh a liemna ma tungah a tahsengloua gah ding. Puon siengthou/patzama amaa nam ding. A

liemna maa khu a lutang sanga sangzawa koi/umsah ding. Khuo a theileh tuiminsa dawnsah ding, *coffee* leh singpi/niengtui piehlou ding. A kinlama zatouinn tut ding.

9. Dinpua (stoke/Fainting):

- Nisa lela pua ahileh a tahsa suhvawtna dinga tui zut/ meh ding (puon sieng zang in). *Minute* 20 hala tuisieng dawnsah ding. Min im sahloua, a navah theipena koi/umsah ding.
- Sisan pia dihloou zieh ahisihleh B.P. san zieha dinpua ahileh mun sip leh navahtah khata umsaha kitawldamsah ding. A luohleh chiltui pawtte khamlou ding. A nah theilouleh kam tungtawna hu pieh ding. A kin theipena zatouinn tut ding.
- **Phungzawl/kai (epilepsy):** Tambanga dinpuate khu mun navah tah khata lupsah ding. A kimawhpeh pen dallou ding. A kama bangma koilou ding. A kimawhpeh chienga, a kisuhkhah theina ding na leh silte hep mang ding. A chi sat sengleh tui vawta puon die a zut a hoi.

10. Ekhaw (cholera): Chi leh chini a dawn nop giapa al a hal dingin a tam theipen dawnsah mengmeng ding. Zatouinn tut pai ding.

11. Gu kitan/keh (fracture): Khut leh keng tan/kihehte khu sing/guo zang toh tempieh ding a sisan pawtkhie suhtawm nanga, a maa a patzam be a puon siengthou toh gah ding. Tui toh sawplou ding. Zatouinn tut pai ding.

- Lugu keh ahileh a maa khu puon siengthoua khu a zatou hat phahna mun ahileh hat pai ding, damlou pen suhlinglou kei ding ahi. Mun gamla ahileh pilvangtaha puoha zatouinn tut pai ding.

Tam banga kisuhkhahna huoisie tuohte tui dawnsah mawngmawnglou ding ahi.

- 12. Thei ding:** Tulai in khochin chi phielah tam banglama zilna nei mu um chiet simtah hi. ‘*Village level health worker*,’ ahisihleh *Anganwadi* a semte doh pai a hoi ding. Amauten tamna zah ding za/damdawi zong nei uhi.

B2. Dohnate dawngin:

1. Gul guneilouten ang tuhleh bangchi zen ding e?
2. Tuikie vahuhdawh ding dan genin.
3. Meikah chi bangzain a kikhen thei ei? Vun pudang mai mei in a kahleh bangchi zen ding e?
4. Nahsipawtte zendan ding genin.
5. Nisa nuoia um sawt ziehin mi khat hing dinpua taleh bangchin na zen diei?
6. Ehkhaw khat, zatou umlouna munah umtahleh bang na chi zen diei?
7. Gu kitan leh keh zenin mi khat hing kisuhkhah taleh zatouinn tut masanga na zendan ding genin.
8. Mi khat a kipuanalamah a lutang/a lugu keh dingin na gingta a, tuami zatou tut masanga zenn dan ding genin.
9. Phungzawl/ kai zieha dinpuate zendan ding genin.

- B3**
1. Kin-le-buonga kizendanin anb siltupte genin.
 2. Kin-le-buonga kizendan toh kisaia thei masah ding sil poimaw dieha na ngaisut nga (5) genin.

B4. Na lawm-le-guol nga vel toh luipang khatah hun
thawveng manga na um lai un na lawmte laha khat tuili
ah hing ketaleh na hutkhiet dan ding uh leh na zendan
ding uh thuteng 100 sanga tamzawlou in gielin-



Khil-3	NATA DALNA ZATUIZAHAT (DAWMDAWI)	Khen-C
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T.C. Tungnung

C: Thupatna:

PPI (Pulse Polio Immunization) chia kumpin vaiguon thupi khat a nei khu Za (damdawi) lam toh kisaiten a tangkoupi zing uh na thei kha tham ding hi. Tam PPI khu bang ahiei, tualeh bang phattuumna dinga kibawl ahiei, hichi va-ia a India kumpin thupi khata, a nei?

C1 Nata Dalna Dawmdawi

1. I tahsa sunga natna a lutlouna dingin i tahsa vengtu poimaw mama sil thum a um hi. Tuat ahileh vun, sihui leh sisan tualeh silhing chi khat **Antibodies** kichi protein a pat kisiem i tahsa sunga natna hihte ang lut chienga na suola, na that zelte ahi uhi. Natna hih i vunin a dal zoulou zieha i tahsa sunga ang lut chiengin tam silhingen (antibodies) na that zel uhi. Vun khu i tahsa vengtute laha, amasapen ahilouleh lamkaipen chi ding ahi. Silhing (antibodies) i sisan chimai ding ahia, tamten natna hih tuomtuomte a nelum thei uhi. Natna chi tuomtuom na that dingin i tahsa ah *antibodies* tuomtuom zong kisiem thei hi. Natna dalna damdawite i chi pen tam toh *antibodies* kisai ahi.
2. Natna dalna damdawite khu **Vaccine** chi ahia, tahsa sunga tua natna dalna kapluta, umсахна khu **immunization** a kichi kia hi. Sumphuh (small pox) dalna mihing tahsa sunga kaplut ahi chiengin dalnain tuami pen sumphuh a pat veng thei hi. Sumphuh dalna damdawi mihing tahsa sunga na umsa penin sumphuh natna hih tua mipa

tahsa sunga ang lut chiengin na that pai hi. Ahivangin tam sumphuh dalna damdawi in natna dang dal thei tuomlou hi. Tam sumphuh dalnain sumphuh natna dal zou mama ahimanin leitung pumpiah tun tam natna um nawnlou hi. Tambang main natna zauhuoi tahtah T.B. (Tuberculosis), Sensii (Measles), Khuhip (Diphtheria), Sakolnatna (Tetanus) leh Zeng (Polio) chite dalna damdawi a umta hi. Tambang natna dal theina damdawi um zah thei tahtah na hi chi etkhietna nei masapen khu French mi damdawi siem, Louis Pasteur ahi. Amapan Uimaw (Rabies a naa 'ui') chinggu a patin tui zat khat lakhiein naupang khat tahsa sungah tamloulouin a kap hi. Tam naupanga khu tua *Rabies* natna hih in bangma a lawzouta sih hi. Tuachin tam Uimaw natna a pansa kivenna ding damdawi khat ang siemkhie hi.

3. Natna dalna damdawi chi tuomtuom a um hi. Tuate khu:

- i) *Natna hih hinglai a pat kisiemte*: Tambanga kisiem natna dalnaten i tahsa a, natna ang lutte tuate heilamdangin tua natna in kina thei talou hi. Tuabangte khu T.B. dalna (BCG), Sensii dalna (measles) leh Zeng dalna (polio vaccine) ahi uhi.
- ii) *Natna hih kithatsa zang a kisiemte*: Tam bangte pen vun kalah a kikap zela, nivei, thumvei bang kap a ngai hi. Sungkhaw natna (cholera) dalna khu tambanga kibawl ahi.
- iii) *Natna hih in a piensah gu (toxin)*: khu a hatna subei in natna dalnain kizang hi. Sakol natna dalna (Tetanus vaccine) khu tam banga kisiem ahi.

- iv) *Natna hih chi khat a pan tua natna dalna damdaw*
kisiem: Natna hih chi khat a pan tua natna dalna
 damdaw kisiem thei hi. Hepatitis-B (Sin-natna) dalna
 khu tambanga kisiem ahi.

4. India ah tam a nuoia natna dalnate a kizang tangpi hi:

1	DPT (Diptheris-Pretussis- Tetanus)	khuhip/khusan leh Sakol natna dalna
2	T.T (Tetanus)	Sakol natna dalna.
3	BCG (Bacillus Calmette and Guerin)	T.B. dalna
4	Polio vaccine	Zeng dalna
5	Measles vaccine	Senshi dalna

5. Mihing tahsa sungah pulam a pat natna hing lutte that
 dingin *antibodies* kisiemin um zing hi. Mihing tahsa a
 tam silhingte a tawmseng chiengin pulam pansa hing lut
 natna hihte that zoulou uhi. Tam banga i tahsa a hing lut
 natnate a na that dingten a thazawlou chieng un i tahsa
 ah natna ang pieng hi. Tambang natna dalnate mihing
 tahsa a kaplut ahi chiengin i tahsa a umsa silhingten
antibodies lutte dou dingin *antibodies* siemkhie hi. Tam
 siemthu natna dalnate khu i tahsa a um *antibodies* ten
 doutalou ahiman un zahlouin kikhoh tam deudeu uhi.
 Tambanga natna dalna khat i tahsa a kikap lut zieha i
 tahsa a antibodies hing pungin i tahsa a natna hih ang
 lut khate bailamtahin na thatzou ua, ei pen kichinalou
 hi. Natna khat a pata kiven nanga dalna khat kikap eima
 tahsa a *antibodies* kiningching taha, a umtah manin
 natna hih in ei pen bangma ang lawzou nawn sih hi. I
 tahsa pen ‘*Immunized*’ ahita hi.

6. Dotnate dawng in:

- a) Immunization kichi bang e?
- b) Khusau leh sakolnatna dalna bang a kichi e?
- c) T.B. natna in tahsa bang lam a sukha e?
- d) DPT kichi bang natna hiva na chi ei?
- e) Measles vaccine bang lam natna dalna e?
- f) Hepatitis in banglam natna a piengsah ei?
- g) Natna dalna damdawi chi tuomtuom gielin.

7. India a natna dalna kizang tangpi na theite gielin.

- a)
- b)
- c)
- d)
- e)

8. A nuoi a dalnate thumal 20-40 tan in dawng in.

- a) Louis Pasteur bang gam a hing kipan a, leitung pumpi ding a sil phatuom a bawldoh bang e?
- b) Bang ang chi chieng a i tahsa 'immunized' hing kichi e?
- c) Uingol pe a guu (toxin/poison) dalna ding koi hing siemkhiet e? Bang ang chi siemdoh e?
- d) Sensii leh Zeng daalna na theidan in giel in.



MIHING LEH SILSIEMTE

Thumapui:

Leitung a silsiem zousie mihing telin kisamkai chiet ahi uhi. Tui, hui, mei leh nisa umlouin leitungah hinna um theilou ding hi. Tuabanah silsiem, sing-le-guo, ganhing leh mihing zousie kinetuo ngentang ahi uhi. Tambang ahiziehin Pasian in silsiem khat poupou a heng val, a tamzaw tuom umlou dinga. A siem, pienkena sil kibuhtuoh (balance of nature) ahi. La phuoh khatin, “Zingmawngin vaten Pasian pahtawi uh, silsiem chintengin zong A thupina puong, A siemsa zousien Ama phat chiet uh, Mihing chilou koima hil ngai um vawt lou” chin na phuoh hi.

Dohnate dawngin:

1. Silsiemte laha koipenin pienkena sil kibuhtuo khu a suse tampen ei?

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.....

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2. Mihing khu silsiemte laha pilpen hinapi bang zieha lapuopan hil ngai a chi adiei?

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Khil-4	KEIBUL LAMJAO NATIONAL PARK	Khen-A
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T. Lamkothawng

A. Thupatna:

*Leitungah mi pungin tam deudeua, gammang tawm deudeu hi. Gammang, tualeh vate, gamsate leh sing leh guote kepbit ahilouleh khatvei chienga bei mang thei dinmun ahita uhi. Tuaziehin amaute kepbit sil poimaw ahi. Tuami a dingin **Wild Life Sanctuary** leh **National Park** kumpin a siem uhi. Tamte pen chi mang thei ding khopa tawm gamsate leh sing-le-guote kepbitna dinga kibawl ahi. Tam bang **Sanctuary**-te pen state kumpin siemkhiein zong a phietmang thei uhi. **Sanctuary** sungah sa kap leh saben kham ahia, hinanleh gammang sil pieng khenkhat lahkhet thei ahi veve hi (Kumpi phalna toh). **National Park** pen phuolpi kumpi tungtawna siem ahia, a sunga um loupa, sing-le-guo leh gamsate lah leh tha phal ahisih hi. India gam sunga tam bang **Sanctuary** leh **National Park** umte a nuoiah gielin.*

	W.L. Sanctuary	National Park
1		
2		
3		
4		
5		

A1. KEIBUL LAMJAO NATIONAL PARK

1. *Keibul Lamjao National Park* khu Imphal (Phaipi) simlam tai (Km) 45 a gamla Tedim Road suolama um ahi. Tuikangpi (Loktak Lake) malsuolama um ahia, Loktak tuiveina Moirang lampang khu Thanga tang (Thanga

Hill Range) chieng a huop hi. Tam *park* se thum suo se khat khu Nawp (Marshy land) ahi. Tumlamah tang (muol) neu thum a um hi. Tuatle khu Pabot, Chingjao leh Toya ahi uhi. Tam **Park** a panin Khordak kichi lui khat kipankhiein Gunpi (Imphal river) ah luong lut hi. Tualeh, tam *park* laiah mun ngiem leh nuom mama, *sq.metre* 100-200 vela lien Thangbral Yangbi kichi mun zang khat um hi. Tam mun zang khu Sangaite ann neh suina leh nou neina mun ahi.

2. *Keibul Lamjao National Park* pen Manipur State Gazette Notification No. 50, 2nd February, 1955 dungzui in *Wild Life Sanctuary* in a na kipuong masa hi. Tua hun lai in 50 *sq.km* ahia, 1959 kumin 20 *sq.km* a suhneu in a um hi. Hinanleh, 1968 kumin *sq.km* 40 a suhlet ahi kia hi. Hun hing pei zelin Indian *Wild Life Protection Act*, 1972 na pansanin Manipur Gazette No.10. 15th April, 1977 in *National Park* chia puon ahita hi.
3. Leitung pumpia tuitunga kilam *park* (floating park) umsun khu Keibul *Lamjao National Park* khu ahi. Leitung tamlou loup a muot leh shite kigawm khu metre 1.5 a pat metre 2 tan bangin sangin a sa zoua, tuitungah a kilam hi. Tam sil kilam khu **Phumdi** kichi hi. Tam phumdi khu tui tawm chiengin leitungah kinga a, leihoinate nga zel hi. Tua lei hoinaten Phumdi ah loupate hoisahin gamsaten neh ding kiningchingtahin a mu uhi.
4. Tam *park* minthanna ahileh **Sangai** zieh ahi. Sangai (brow antlered deer) khu ama pienkena, a tenna tam Keibul *Lamjao National Park* maimai ahi. *Sangai Biological* min khu *Cervus eldi eldi* ahi. Keibul *Lamjao National Park* ah Sangai du dieh ann (loupe) chi/jat 20 leh a poimaw dana, a neh thei loup a chi/zat 13 a um hi.

Sangai a kengtaw phengin a sauva, tuami ziehin Phumdi tungah a vah thei hi. Phumdi *cm.80* a saa in Sangai khat puozou/lamzou hi. Tam munah Sangai ann kitanpi gamsa dang a tamsih hi.

5. Keibul Lamjao ah Sangai hilou sa dang zong um hi. Sakhi/Ngal leh Vasa tampi a teng uhi. Tam park sung etna dinga kilam innsang (observatory) a panin etlet (binocular) toh Sangai leh sa dangte a et thei hi.

6. Dohnate dawngin:

1. Keibul Lamjao National Park hei sungah a um ei?
2. Keibul Lamjao tumlam panga tang (muol) thumte min bang bang e?
3. Keibul Lamjao National Park sunga kipankhie lui min khu bang e? Heisungah a luonglut ei?
4. Wild Life Sanctuary leh National Park kikhietna ni genin.
5. Keibul Lamjao bangchih kumin Sanctuary din ana kipuong ei? Tua hun laia a letdan bangchie ahiei?
6. Indian Wild Life Act. bangchih kumin a kisiem ei?
7. Bangchih kum a pat Keibul Lamjao khu National Park a siem ahiei?
8. Sangai Biological (scientific) min bang e?
9. Bangzieha Sangai Keibul Lamjao a teng thei e?
10. Keibul Lamjao minthanna chi nite genin.
11. Phumdi bang e?

12. Kikup (dicsuss) ding:

Tam Keibul Lamjao kebit a poimaw dan theilou mi tampi um hi. A kima tengte nasem a theisiemlou tampi um uhi. Tuaziehin 1979 kumin mipi sousangten kumpin a bawl inn phabep halsie uhi. Tam mun kebit a poimawnate leh a kebit dan dingte bangbang ahi diei? Tuata a nuoiah chiemte un:

This image shows a full page of white paper with horizontal dotted lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

T. Chinzakhup

B: Thupatna:

Kumchin in India dam leh leitung gam dangdangah khuo sat seng zehin mi shi chi thusuote a pat kiza zing hi. Tam thu toh kisai in, adiehin, India gama khuo sat seng zieha shite khu bangchibang mite hi dingin na gingta ei? Class pumpin genkhawm unlen chiemte tahte a nuuiah gielun.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

B1 LEITUNG SAT DAN UONG DEUDEU

Leitung in sat lam a manawna toh kisai in ahilchetna dingin theory tuomtuom puohkhietin a um hi. Khum theory-te a banbanin a nuoia banga tahlat thei ahi.

1. Orbital Theory:

Tam *Orbital Theory* khu Leitung *axis* soi/leng (inclined) danah kinga a; tualeh, tam *theory* khu khuohun lum-le-vot kihen danglamna toh kituohpen a gintat ahi. I theina tahah Leitung *axis* khu angle 22.1° apat 24.5° velin kum 41000 danin kiheng danglam zel hi. Tambanga Leitung ‘angle’ kihenna in nipi chiengin a sasaha phalbi chieng in a votsah hi. Vanlam toh kisai Suichienmite sui danin, Leitung khu nisa kimkota a zawma (elliptical) peilai a kuol (circle) a ang pei chieng; ahisihleh, a kuola peilai a zawm a ang pei chiengin lum-le-vot kiheng danglam zel hi. Tambanga Leitung nisa kimkota pei khu kum 90000 apat 100000 kikal sung velin a peidan kiheng zel zong chi uhi. Nisa sat dan Leitungin a don khu nisa toh a kigamlat (aphelion) leh a kinaipen (perihelion) hun ah 6% val hisih nanleh, Leitung nisa kimkota a zawma a pei hun chiengin 20% a pat 30% dingvelin a sat dan hing kalin tuahun chiengin Leitungin nisa satna tamsem dongin a satdan kikhel tuom mama hi. Tambanga Leitung sat dan danglamna kallah ah, tuni hunin Leitung *axis* in *North Star* (Mal Ahsi) lam ngat hi. Hinanleh, kum 12000 zou, a hing tung ding 14000 AD chiengin *Vega* kichi ahsi lam ngat dinga tuaban 12000 zou chiengin *North Star* (Mal Ahsi) lam ngat kia leuleu ding hi. Tambanga kum 26000 dana Leitung umdan kikhel zelin khuohun kikhelna lamdang tah tuna, Mal ahsi lam a ngat chiengin a sat dan huoise ut mama a, *Vega* lam a ngat chiengin a vot dan kalin huoise ut mama zel hi.

2. Theories analyzing atmospheric compositions

(Hui chituomtuom khuolchetna): Tam *theory* khu sangpia ngaisutna a kipieh banah tu hun a dingin pomtahpen ahi. Tualeh tam *theory a Carbondioxide theory* khu a poimaw dieh hi.

Carbondioxide theory: Tam *theory* khu T.C. Chamberlain in ang puohkhiet ahi. *Carbondioxide* hui khu nisa zang (rays) leitung hing lutten paillet theia hinanleh a tuonkia nisa zungten (reflected rays) paillet theilouin ki-up/ki-ul dena leitung satna belaptuin pang hi chi hi. Tam *theory* gumten leitung hing sat dieh zieh khu leitunga *Carbondioxide* tam seng zieh ahi a chi ua; tualeh, tu dinmun banga *Carbondioxide* a kibelap zel leh kum 2040 AD chiengin leitung satdan 2°C in kibelapzou ding chi uhi.

Suichienmi tampin a guppen uh **Watson Report** dungzui in; leitung sasah dieh khu *Green-house gas* kichi *Carbondioxide*, *Methane*, *Nitrous Oxide* leh *Halocarbons*-te ahi ua, tam huite khandan a nuoia bangin suikhie uhi.

Carbondioxide: Khawl nasepna hing khankhiet masangin *Carbondioxide* tam dan khu 280ppmv vel ahia, hinanleh 1993 tanin 358ppmv phain kum tengin 5% in khang hi. A hing kipatna ahileh thau (oil) chi tuomtuomte zahna a pat meikhute ahi hi.

Methane: Khawl nasepna kipat masanga 800ppmv pha khu 1993 tanin 1720ppmv pha a kum tengin 0.6% apat 0.8% in khang hi. Tam hui khu nawplah (marsh), ganhingte, tui nuoia hinna neite, tuilou (paddy field), *bio-mass*-te a pat hing kipan hi.

Nitrous Oxide: Tuni tannin ang kipatna chientaha thei hisih nanleh, mihingte gamtatna a pat hidinga gintat ahia, kum tengin tampi hisihnanleh, 0.2% apat 0.3% velin khang hi.

Halocarbons: Tam hui in CFC-11 leh CFC-12 (chloroflourrocarbons zong kichi) kichite a huopa, zong a zauhuoi pen uhi. Tam hui khu *Greenhouse gas* dangte sangin a pung tamzawa kum teng in 3% apat 4% velin a khang uhi. Amaute khu pienkena um ahisih ua, silkoivotna (fridge) leh sil die angna (solvent) kizahnate a pat hing kipan ahi deu uhi. Tam hui a zauhuoi ziehin 1987, **Montreal Protocol** ah a bawlkhiat ding kham ahita hi.

Theories of Variation in solar radiation:

Tam theory in hun khat sunga nisa sat dante khuolchilna a patin a nuoia theory nite piengsah hi.

a) Variable sun theory:

Tam *theory* in nisa sat dan a hun dungzui in kikhel theia tuabang hun chiengin khohun zong nisa sat dan dungzui in a kikhel zel hi chi hi.

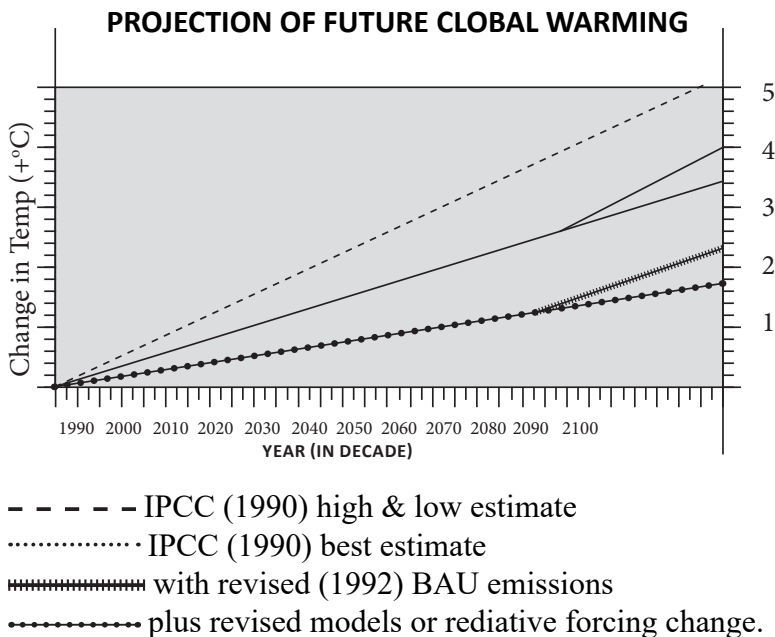
b) Sunspot theory:

Sunspot khu nisa sungah kiheng kuol zela, tam *spot* um hunsung saudan leh tomdan zilin khohun zong sain vot zel thei hi.

Tuni tanin zong tam thu toh kisai in ngaidan tuomtuom leh *theory* tuomtuom suichien miten pokhie nalai uhi. Pu Michael Manu leh Pu Raymond Bradley amauten a peisa kum 600 sunga khuohun ki-record na data-te leh sing-le-suong piendan mun tuomtuom 100 ah etkaina leh suina a neina uah leitungin satlam a manaw zieh khu

thau (oil) tuomtuomte zahna a pat leh mihingte gamtatna leh nasepna sulnuate zieh ahi chi uhi. Hinanleh *Pu E.F. Christensen, Danis Meteorological Institute* a semin mihingte gamtatna leh nasepnate zieh hizawlouin nisa a pat pieng sunspots zieh ahizaw chi hi. Tuathamlouin, *cosmic ray* kichiten meilum tamsah thei/tawmsah theia, *cosmic ray*-te a tawmleh meilum tawmin nisa sa dieh chi'n zong gen hi. Tam khu amapan kum 20 peita a *record*-te leh *data*-te zanga, a suikhiet ahi. Pu Michael Manu gendanin leitung hing sat semsemna khu tu huna *greenhouse gas* huikhuoa a tam seng zieh ahi a chia, tualeh nisa a pat *sunspot*-te leh *cosmic ray*-te zieh ahisih zong chitheh tuomlou ahi dan gen hi.

Hinanleh, tu-le-tu a dingin *Greenhouse gas*-te zieh ahi chi khu a dihpén leh a pom thei pen ahi phot hi.



B2. Dohnate dawngin:

1. Greenhouse gas in bang hui teng a huopkha ei?
2. Carbondioxide theory koi hing puohkhiet e?
3. Michael Manu leh Raymond Bradley-ten leitung sat semsemna zieh bang hi a chi uoi?
4. Leitung sat semsemna zieh khat sunspot theory koite hing puohkhiet e?
5. Variable sun theory genchien vawi?
6. Mihingte khosah-gamtatna a pat piengkhe dana gintat Nitrous Oxide hui khu kum tengin zakhat lahah bangzain a khang ei?
7. Leitung sat semsemna toh kisai gendan theory chi tuomtuom genin.

B3. Union Minister Environment, Government of India, kungah hui sienglou leitung sasah semsem theite a tawm theipena zah/pienkhiehsahna dinga panla dinga ngetna (representation) khat a awng teng dimin gielin:

A representation submitted to the Hon'ble Minister Environment, Government of India. Requesting to take positive steps to minimize different gases/chemical responsible for global warming.

IPCC-Internationa Panel of Climate Control

This image shows a full page of white paper with horizontal dotted lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



James Khamchinsuan

C: Thupatna:

*Misiemte, mihingte leh ganhingte, natna ziehte leh a zenna ding damdawi ang mukhiet masang un zong mihingten lou-le-ia tuomtuom zangin damlouna chi tuomtuomte ana zenta uhi. Tulaia i damdawi zahte uzong singna, singga, singthahui leh lou-le-ia tuomtuomte a pansa a hing kisiem ahi. **Malaria** damdawi ‘**Quinine**’ khu ‘**Cinchona**’ loup a chi khat a pana hing kisiem khie ahi. Tulaia i damdawi zahte ukhu a kizahna ahilouleh a nasepdana khenin chi ni in a kikhen hi. Natna tangtaha doupai damdawite khu **Allpopathy** chi ahia, tuachilou a **antibodies** suhata natna dou damdawite khu **Homeopathy** a kichi hi.*

C1. ZATUI-ZAHA (DAMDAWI) A KIZANG LOU-LE-IATE

1. Sing-le-louten *alkaloids, steroids, proteins* leh thau (fat) a nei ua, tuate mihing leh ganhingte din damdawi in kizang thei hi. Manipur gamah Za a kizang thei lou-le-ia 250 bang mukhiet ahita hi. Tuate laha khenkhatte tam a nuoia bang ahi.

2. Anjang (Solanum nigrum):

Tam anjang ga ah *Alkaloids lasodine* a um ziehin khosih/chithuo sangte phatna ding leh lungphu hat phatna ding in a kizang thei hi. Tam banga phaloute khu anjangkha (atang neutre) leh innkiing kisuguoi in khuoizu toh kihal in kine/kidawnsah hi.

3. Kawl-houte (Adhatoda vasica):

Kawlhoute khu Awmna chi khat *Asthma, Bronchitis* leh gu-le-tang natna (Rheumatism) zennan a kizang hi. Khosa pawtsahna (diaphoretic) in zong a kizang thei hi. Tam

singna (leave) khu kisugui in vun natna zennan zong a kizang thei hi. Ana ahilouleh ate tui toh kihunsou in a husa khu puon sieng khat sasahin ahisihleh tua tuisouah die kawtin tuomin guna, thanate kimeh zelin dam thei hi.

4. Tangkuongte (*Centella asiatica*):

Sisan susiengtu leh vun natna khenkhat (eczema) zennan a kizang hi. Tualeh gilpipat (stomach ulcer) ehkhaw (cholera) leh tawkhei (piles) zennan a kizang hi. Mit hatna din zong a kine hi.

5. Lengmasel/Tulsi (*Ocimum sanctum*):

Lengmasel na/te khu kisugui in buakhu/hitang phatna din a kidawn hi. Mitnat chi khat (cataract), awmna (bronchitis) leh bilna zennan zong a kizang hi. Ana/te i nehleh khosa suohsah thei hi. A zung tui toh huona chia tahmai khu *Malaria* zennan kizang hi.

6. Loubuong (*Crynura angula*) :

Loubuong na/te khu kinuoibuongin tua khu hima tha, kisuhkhahna maliem thate i nuleh sisan luong kham thei hi. Sisan khalsah thei china ahi.

7. Lounamsie/Pudina (*Mentha viridis/ Spicata*):

Tam louna na/te tui toh huonin nelel sungpuoh a pha hi. Tualeh a kung dawngte khu khuoizu toh halin nelel ehkhaw a pha thei hi.

8. Champara/Sehthua (*Citrus auramifolia*):

Champara ga ah *Vitamin C* tampi a um hi. Ann toh i meleh ankam tuisah hi. Chithah phatna din kizang hi.

9. Maruoi (*Coriandum sativum*):

Ana leh a ga kihunsou tui khu gu kituona natna neiten a dawn uleh pha thei hi. Tualeh a ga khu sugui in tui toh halin kamna leh leina zennan kizang hi.

10. Kawlsing (*Psidium guava*):

A na kisugui toia diein tuami khu kamsung koh, gilna leh ehkhaw phatna din a kidawn hi. A zih dawng leh a ga zong gilnat phatna din kine hi.

11. Louthul (*Allium sativum*):

Louthul, a diehin pangal louthul khu sugui in Ankam thau toh halin kisuluma, tua khu awmna a khute el leh awm i zutleh a dam thei hi. Tualeh gawtui in tui leh chi toh halin tuami hitang lawlnaten kam khuonan zangleh pha thei hi.

12. Niim/Neem (*Azadirachta indica*):

Tam singna/tein natna hih (virus) that thei hi. Ana huonsouin tua tui i dawnleh gilnat chi tuomtuomte a pha thei hi. Aga a pat kila sathau khu vun natna khenkhat zennan kizang hi.

13. Vohpi bilte (*Plantago crosa/major*):

Ana leh a zung khu khosih zennan a kizang hi. Ana meia kihanglum khu Uilutma leh hima tha ah i beleh a pha thei hi. Tualeh a na kihuona tui khu mitse veiten mit sawpnan neileh dam thei hi.

14. Sielkhupdawng:

A zung khu sugui in tuiah kidie a, gilate kidawnsah hi. Tam sielkhupdawng khu ei Zougamah a tam hi.

15. Zoujam (*Amaranthus gangeticus*):

A zung kisugui tui a kidie khu sungna daileng theiloute a kidawnsah hi.

16. Khuongbaiente:

A na leh a zung khu meiah emvulin tua khu buakhu veiten a nehleh dam thei hi.

17. Ailaidum:

A zung khu suguoi in tui toh halin gilnate i dawn sahleh dam thei hi.

18. Bepina:

Bepina ham/tah kisugui tui toh diein tua zou chiengin ehkhawte kidawnsah hi.

19. Natang (*Musa paradisaca*):

Natang lawh khu lain a tui khu ehkhawte kidawnsah hi.

20. Simbuthut:

Simbuthut khu meia emnangin a tui kimehkhie khu bilna leh bilnai neite zennan kizang hi.

21. Ankam (*Brassica campetris*):

Ankam na/te kinuoi khu lutang nasa vengvungte a talpang uah koilei pha thei hi. Tualeh a tang khu suguoi in lukhingnate taltangah puon sieng toh gahpiehlei pha thei hi.

22. Lounua/Hampanua (*Mimosa budica*):

A zung kisugui khu khuoizu leh Saku gilpi toh a kihala, gilpipat (ulcer) zennan a kizang hi. Tualeh ana leh a gate a kihuonsoua, tuami kuong sungah lui in toukhumblei tawlung leh Numei nat neite a dam thei hi.

23. Lengmasel (*Ocimum basilicum*):

Chi (salt) leh lengmasel kihun tua, lawl/kam khuo zingin tonsil na leh lawlna a damsah hi.

24. Pasikhawm:

Pasikhawm a sial ahilouleh a minsa nehin lawlna a damsah thei hi. I gamah kimu tam mama hi.

25. Kiilna (*Euphobia antiquorum*):

Kiilna khu Aahkang sa toh huon khawmin la natna neiten a nehleh dam thei hi.

26. Daidawng:

Huon daia kizang ana lien, zing nga vel nei a bemsim ga nei sing khat ahi. A satung i suhkeh khah photleh a nai ang luong pai hi. Tam a nai khu kisatkahna ma tha i nuleh sisan luong a kham zou banah damsah thei hi. Hima i nulezong dam thei hi.

C2. Dohna leh dawngna :

1. Manipur a damdawi a zah thei lou-le-ia bang zat mu khiet ahitai?
2. Lounua/Hampanua kizahna genin.
3. Ankam Za a pannate genin.
4. Niim/Neem bangbangin a phatuom ei?
5. Champara botanical min bang e?
6. Daileng hahsatahin um lechin bang toh bang lou-le-ia na zang diei?
7. Awmna leh khu natna neite zenna din bang a kizang ei?
8. Tangkuongte phatuomnate genin.
9. Anjang bonatical min bang e?
10. Kisuhkhahna ma thate zenna a kizang thei lou-le-iate min genin.

C3. Singtanga um na innkuonte kungah laihah inlen damlouna khenkhatte zenna dinga za thatanga kizang lou-le-iate min leh a zahdan dingte hilin. Na min Lalbawi chin gielin.

[illegible]

A TUOMTUOM HINAPIA KIPUM KHAT

Thumapui:

“Nangma na ki-it bangin na innvengte zong it in” chia Jesun ang hil mabangin gam khata tengkhawm ham tuom, chidan tuom leh sakhuo tuom nei chi-le-nam tuomtuomten eima hina leh ngainate i ngaikhawh mabangun, i kim-le-pama tengte hinate zong zatat pieha, umkhawm a i tenkhawm tengkhawm dildiel theina in sil bangkimah masawmna hing pezaw ahilam manghil ngai vawtlou ding ahi. Mihing chi khat, nam khat, pawl khat leh gam khat amatanga kitoudel zou leitungah umlou hi.

Thum leh li vela kikum khawmin leitunga gam tuomtuomte kikawm matlou a amautang chieta khosa ding hita uleh, a nuoia gam kigenten bang hamsatna tuoh masapen va uh na chi ei?

Sl. No.	Gam min	Tuoh masah ding hamsatna
1	Japan	
2	Saudi Arabia	
3	Nepal	
4	India	
5	Manipur	



S. Nangkhanlal

A: Thupatna:

Leitung thahat tahtah leh nasem thei mama, mite lungsim thuzaw thei sil ni a um hi. Tuate ahileh- itna leh mudana ahi. Itnain silhoi tampi a bawl thei bangin, mudanain sietna simsenglou a tun thei hi. Itna umna ah mudanain mun a neisih hi. Tam sil nite lahah bang pen i tel diei eima mimal thutanna ah a kinga hi. Nam zousie kilemtaha i tenkhawmtheina ding un mudahna paimanga itna nei sawm vai.

Zat tuom, nam tuomte kilungtuohsaha mun khata, a tenkhawm theina ding a kiphamaw na sah sil nga gielin:-

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A1. GAM, MANIPUR: A NEUZAW INDIA

1. Gam nuomtah suongmantam toh tekah i gam uh Manipur khu 22, 327 *sq. km.* a lien ahi. Vawt senglou, sa senglou, kum khata van guotui 1467.5mm a tam zuh thei zeln Manipur khu Siangtang leh Phaijangan a khen thei hi. Phaijang gam neu nou (8%) khu Siangtang gamin a imkuol hi. Singtang gam khu 100 laha 92 (92%) a lien ahi. Manipur a District 9 lah a 5 te khu Singtang gam ahi. Singtang gam hi in Phaijang gam hitaleh nam tuomtuomte a tengkhawm ua hinanleh, Phaijangan Meiteite a tam pen uhi.
2. Manipur gam pen kum sawtpi a pat ama-le-ama kivaihawma zalentaha na um gam ahi. Tam zalenna khu 1891 kuma Khongjom Gala guollet ziehin mansuo ahita hi. Tua hun a patin Bristish kumpi khut nuoia Leng Kulachandra khu *pension* piehin a um hi. Manipur Lengpa Bodhachandra Singh hunlai in India gamin Bristish kumpi a pat zalenna a na mu a, Manipur in zong mipi vaihawmna ana pomin dan poimaw ni (2) - *Manipur Constitution Acts, 1947 leh Manipur Hill People (Adminsitration) Regulation Acts, 1947* te a na namdetta hi. Tua zou in *Manipur Assembly* khu April 18, 1948 in siemdoh ahita hi. Tam *Assembly* ah singtangmi 53 a uma, tuate lahah Singtangmi *Cabinet* thum (3) a um hi.
3. 1949 kuma Manipur Lengpa leh India Kumpi kithukimna (accord) Shillonga kibawl dungzui in Manipur gam pen Noup (October) 15, 1949 a patin *Part-C State* khatin a hing umta hi. *Part-C State* a patin Danpi (Constitution) Siemphatna (Amendment) 7 veina dungzui in *Union Territorial Council*-ten *State* pichingte hamphatnate a

tan theilou ziehun kiphinna ang pan uhi. Tuachin, 1971 kumin innpi ah *Re-organisation of North East India Bill* kichi khat polutin India Prime Minister Gandhi in January 21, 1971 in Imphal khopiah puonkhiehna a neita hi. Tuami khu Doupi (March) in kitelna a uma, MPP lamkai Pu Alimudin Chief Minister hina in Manipur Kumpi masapen siem a na hita hi. Tam *State Assembly* ah *Memeber* 60 a uma, taute laha Singtang gam a pat 19, Nam ngiemte 1 leh Phaijang gam a pat 40 tel ahi hi.

4. Manipur gama tengte khu Singtangmi leh Phaijangmi chin a kikhen hi. Phaijang khu 2067 *sq.km.* (8%) vel hinanleh Manipur gama mi za laha 70 (70%) khu Phaijang gamah teng hi. Tam Phaijang gam adiehin *Meitei-Muslim* (Pangngal) phabep leh Meitei-te a teng deu uhi. Pangngalte khu Leengpa Khagemba hunlaiin Bengal gam a pat hing pemlut ahi uhi. Manipur ah Meitei a tampena, amau khu zat (clan) sagi in a kikhen uhi. Tuate: (a) *Mangang* (b) *Luwang* (c) *Khuman* (d) *Angom* (e) *Moirang* (f) *Chenglei* leh (g) *Kha Nganba ahi ua*, tam zat sagite sungah a kikhen nen sawm nalai uhi. Tualeh Meitei lah ah nam ngiem (*Schedule Caste*) te khu *Loi Cumminity akichia*, tuate khu- *Awang, Sekmai, Andro, Leimaram Khunou, Koutruk, Kwatha, Khurkhul* leh *Phayangte ahi uhi*.
5. Manipur Siangtang gam ah nam lien ni a um hi. Tuate khu **Kuki-Chin-Mizo-Zomi** leh **Naga** ahi. Tam pawl nite sungah zat (tribe) tuomtuom tampi a um hi. *Schedule Caste* leh *Schedule Tribe List* (modification) Order, 29-10-1956 dungzui in Kumpi theipi Manipur ah nam 29 um hi. Kibelap zelin 2011 tanah tam a nuoia bang ahi: *Aimol, Anal, Angami, Chiru, Chothe, Gangte, Hmar, Kabui, Kacha Naga, Koirao, Koireng, Kom, Lamgang,*

Mizo, Maram, Maring, Mao, Monsang, Mayon, Paite, Purum, Ralte, Sema, Simte, Sukte, Tangkhul, Thadou, Vaiphei, Zou, Paumei, Kharam, Tarao, Any kuki, Rongmei, Liangmai, Inpui, Zemi, Thangal, Mate.

Manipur Siangtangmite khu a tangpin Khristian biehma zuite ahi uhi. Phaijang gamah Islam, Huduism leh Sanamahi bie mite a um hi.

6. Manipur gama teng mite khu Mongaloid nam sunga mite ahi ban uah, ham-le-pau kinaitah, *Tibeto-Burman Linguistic Group* in a huopte ahi uhi. Nihten-puonsil lamah zong kinaina lienpi a nei uhi. Phaijang gam leh Singtang gama numeiten puonten/puonve leh puon-ah a thuo ua, pasalten khanglui danin puontum a teng ua, tulai in toka leh puon-ah a thuo uhi. Neh-le-dawn thu ah, busi (rice) khu annpi (staple food) in a nei uhi. Hun sawtpi a pat tuni dongin Singtangmite leh Phaijangmite van kileituo in a na khosa uhi. Tualeh, Kumpi vaihawmna langah zong vaihawm khawmin gamsunga pokhawm uhi. *Manipur Caninet* a Singtangmite tampi a um zing banah, *Chief Minister* tanpha a na umta uhi. Tualeh *Hil Areas Committee Chairman* khu *Cabinet rank* in a kisiem hi.
7. Gamsung khata tengkhawmte laha kituohlouna leh kimudahna a um chiengin gamsunga khangtou thei sih hi. Tuaziehin, khantouna umna din lemna a poimawa, khum lemna khu i mimal chiet ua ang piendoh ding a kiphamaw hi. Tulai in i gamsung muonna leh bitna susie thei sil tampi a um hi. Kituom koina (communal feeling), kithupisahna leh khat-le-khat kimudahnaten i gam a chi i tusah uleh hoina sangin sietna ga at ding i hauzaw ding uhi. Koi mi hitaleh, i tenpi, i kim-ipamte

khu i unau banga gela i it uh a ngai hi. Deidan-ngaidan kikal hun zong a um tham ding hi; hinanleh, tua hun chiengin kithangpaisuo kiphubalahtuo sawm sangin toukhawma gen lem zel khu sawm ding ahi. Thagum zah khu ahi theitana kisum a hoi hi. Tuabang ahi theina din i bawlkhielte uh kingaidama, hun peisa a i chitlanate uh mangngil a poimaw hi.

8. Manipur gam khu Meiteite a ahi tuom a hisih a, ei a sunga tengte a ahiziehin neitu hina tan i sawm ding uh ahi. Tualeh, gam neitu i hina ah, i gam khantouna din mawpuohna i nei chiet hi. Eite i khantou sihleh i gam a khang sih dinga, i tenna gam a khantou sihleh a sunga tengte a khangtou sih ding hi. Tam khantouna dia poimawpen lemna khu michinin sui in lemna siemtuin i pan sawm ding hi. I lungsim ua huotna/mudana umteng khu itnan luodimsahin, sietna khu hoinan zaw sawm vai. A tengkhawm namteng khu a kikhen theilou i hi. Tuaziehin, kisiet-kibal sangin ki-it in kilungtuoh theilei midangte ding hilouin ei a tengkhawm teng dingin guolzawlina ahi ding hi.

A2. A nuoia dohnate dawngin:

1. Manipur gam bang chie a lien ahiei?
2. Manipur thupisah, Manipur a um sil nite genin.
3. Bangzieha Manipur a nipi leh phalbi huna a vot leh sat zieha mishi umlou hiva na chi ei?
4. 1891 kuma Khongjom Gal (War) in Manipur ah bang sil tha ang tut ei? Tua hun laia Manipur a vaihawm koi ahiei?
5. India in zalenna a nga lai in Manipur bang dinmunah a ding ei?
6. Shilling Accord bangchih kumin a um ei? Tam accord a pat bang ang piengdoh ei?

- A3.** Manipur khu bangchih kumin state pichingin a um ei?
Tam state ah Chief Minister masapenin koi a pang ei?
Bang party mi ahiei?
- A4.** Meiteite zat (clan) bangzatin a kikhen uoi? A minte uh gielin.
- A5.** Bang Bill tungtawnin Manipur Statehood pieh ahiei?
- A6.** Manipur a Singtangmi nam 29-te gielin.
- A7.** Koi Leng hun sungin Bengala Pangngal-te Manipur ang lut uoi?
- A8.** Manipur Phajang gam leh Singtang gama tengte ki-unauna na thei thum gielin.
- A9.** Gamsung bitna suse thei sil thumte bangte e? Gielin.
- A10.** Gamsung khata tengte kituohna dinga poimaw sil ni gielin.
- A11.** Manipur gam khu koitea ahiei?
- A12.** Integrity Movement saite guotna nuoia Manipur Integrity a um theina dia kikupkhawmna a pang ding na hia, tuana na gen dingte point 5 gielin.

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Khil-5	SAKHUO ZALENNA: NAMPI KIPUMKHATNA BUL	Khen-B
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T. Nehkhojang

B. Thupatna:

*Sakholam ngaituona leh sakholam nasep-silbawl pen koima phung, koima nam ahisihleh koima nampi khat guoha ahisih hi. Chi-le-nam zousien sakhuo dang khat a na nei chiet ua, ahilou tawpah, sakhuo bang khat ana nei chiet uhi. Ahileh, sakhuo kichi bangpen china e? Tami umdan pen a gen dan a tam mama a, tuate lahah khat gen talei: Sakhuo ahileh silsiem tungtuong, thu thuhpi leh tungnung khat a um hi chi pomkipna khu ahi. Tuachin leitungah sakhuo thupi tahtah tampi a um hi- **Khristian, Islam, Hinduism, Buddhism, Confucius sakhuo, Taoism, Shintoism, Sikhism, Bahai sakhuo, Jainism leh Judaism** chite ahi.*

Leitunga sakhuo lienpente (a thu a tam dungzui in) thum a banbanin gielin:

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Simun B-na na simte pansanin a phutkhetu umlou sakhuote min a nuoiah gielin:

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Sakhuo zousien Lai Siengthou a nei ei mah? A Lai Siengthoute uleh a sakhuo min uh a nuoiah gielin:

Sakhuo Laisiengthou

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B1. SAKHUO ZALENNA: NAMPI KIPUMKHATNA BUL

1. Leitunga sakhuote pen mihing khotang pilna (civilation) leh chindan (culture) khantouna lamah nahpitahin ana phatuom mama hi. Tuachin India a sakhuo na umte zong India gam khotang pilna lama masawanna din ana phatuom mama uhi. Tam sakhuote laha na tallang deute ahileh: Hindu sakhuo (Hinduism), Islam sakhuo (Islam), Khristian sakhuo (Christianity), Sikh sakhuo (Sikhism), Budha sakhuo (Buddhism) leh Jain sakhuo (Jainism) ahi uhi. India gama sakhuo tuomtuom thuzuote laha Hidute a tampen uhi (672. 6m) a banah (95.2m), Khristian (18.9m), Sikhte (16.3m), Budha sakhuote (6.3m) leh Jainte (3.4m) ahi uhi.
2. Leitungah sakhuo tampi na um nanleh khatbehin tuoltha (kitha-kimat), thagum suo a kisiet-kibal leh nam-le-nam kala kidouna chite a hoi hi ana chisih hi. Gentenain leitung sakhuo lienpen, thu zui tampen (1,943,038,000) na phutkhepa Jesu Khrist (1-33 AD) in **“Ki-ittuo un chia thupieh tha khat ka hing pieh na hi uhi; ken nou**

ka hing it mabangin, nou zong kha-le-khat ki-ittuo un” (Jn. 13: 34); **“Na galte uh na it un”** (Mt. 5:44) na chi hi. Tualeh, Pasian dan sawm piehte laha khat, **“Tuol that sin”** (Deut. 5: 17) in zong na chi hi.

3. Tun sakhuo dangten zong mi zousie kipumkhat ding a deidan themkhat enkhe vai. Hindu sakhuo lamkai thupi Ramananda (Ramanuja Sangnaupang) in Pasian maia mihing zousie a kibang hi na chi hi. Ama leh a nuazuiten sakhuo zousie pienken leh a kibulphuna uh a kibang hi chin na tangkoupi uhi. Tualeh, Kabir, Dadu Panth, Sant Swami Narayan leh Brahmo Samaj phutdohpa Raja Ram Mohan Roy amauten sakhuo tuomtuom thuzuite kituohtaha um ding leh thagum suolou ding a na chi uhi. Hazrat Mohammad (570- 632 AD) in a na phutkhie sakhuo, Islam thugin khat ahileh, **“Mi zousie kibang ahi ua; koima a pienken, nasep leh nei-le-lam zieha, a sang, a ngiem a um tuom sih hi”** na chi hi.
4. Sikh sakhuo phutkhepa Guru Nanak (1469-1539 AD) in huopzouna, thuohzouna, phalpiehna (Universal Tolerance) thu ana gena, hinkhuo dih, thudih, leh hepina a na uong gen hi. Budha sakhuo na phutdohpa Gautam Budha (563-482 BC) in **“Lampi giet”** chi a na genna ah kithana leh hiam ngamna/thagum suona um sahlou ding thu a na gen hi. Tualeh, **“Mi zousie thakhat ahia, koima pienkena dinmun sang leh ngiem a umsih”** na chi hi. Vardhamana Mahavira (599- 527 BC) in Jain sakhuo thugin nga (50 a hilna ah, **“Hinna nei khatpou tunga thagum suona umsahlou ding”** na chi hi.
5. Leitunga sakhuo tuomtuomten koima sietna ding a genlou ban leh sakho zieha kipumkhatna a tut zou ding dan mukhiet theiin um hi. Tambanga sakhuo phutkheten

thuhilna a na neite uh tungtawnin India kumpin ami-asate uh kituohna dingin danbupi (constitution) ah Bulphu Tanvou (Fundamental Right) ah ana koi uhi. Tuachin India danbupi *Article 25-28* ah Sakhuo zalenna Tanvou (Right to Freedom of Religion) chi thu akip-akawi in a na giellut uhi. Tami sakhuo zalenna pen mipi sietna ding ahikhahleh a kikhamtheina chieng zong a um hi. Tua ahisih pouleh *Article 25* na in sie-le-phetheina zalenna, zalentaha sakhuo puonkhiet theina, sakhuo dungzuia biehpiehna leh sakhuo thuzui punsahna zalenna a huopa; *Article 26* nain zalentaha eima sakhuo vai kihawm theina a huopa; *Article 27*-na in eima sakhuo khantouna dinga eima zalentaha sie don theina a huopa; *Article 28*-na in siemzilna sanginnte a sakhuo thu kihilna leh sakhuo biehnna a zalentaha tel theina a huop hi.

6. Tam a tunga Article tengin sakhuo zalenna India gamah a um hi chi ang theisaha, India pen sakhuo zousie toh kisai in khentuom-paituom neilou ahia, tamin, **“Secular State”** ahina a ensah hi. Tami tungtanga thubul phu pen ahileh, **“Gam kumpi khatin a ngaisah ahileh mihing leh mihing kikal thu ahia, mihing leh Pasian kikal thu (eima/ imal sie-le-phet heina ahiziehin) ahisih hi.”** Tana sakhuo zalenna thu pen India Danpi thuginpi (Preamble) a kikoi ahi hi.
7. Sakhuo zalenna tungtawna Nampi kipumkhatna i kepbit theina ding lampi khenkhatte:

Khatna ah- Sakhuo leh leitungvai (Politics) pen a peikhawm theina chieng a um theia, hinanleh tam tegel khu khendan siem a ngai mama hi. Leitung vaisaiten amau angma khuolna giapin sakhuo khu vanzahin nei da uhenlen; tuama bangin sakhuo lamkaiten zong amau

mimal ahisihleh kitahla da uleh sil hoipen ahiding hi. Aziehpén leitung vaisaina a sakhuo vanzaha, a kinei chiengleh kumpi kivaipuohna, sakhuo zalennate tuabanga a kizahna gam guoh hilouin gam dangdangte zong a subuoipha hi.

Nina ah- Eima zui sakhuo khu sakhuo hoi leh phapena pawng gintatna a patin sakhuo dangte musitna ang piengkhe nuom mama hi. Zalentaha i sakhuo thu-le-late i puonzah thei khu sil manphapen ahi hi. Sakhuo ngainatluotna ziehin India in zalenna amu masang leh a nua sawtlouin Hindu leh Muslimte kikalal tuolgal lengin atul-athen a sim mihingten ahinna uh a na tanta uhi. Sakhuo kulmut vawt Saudi Arabia mi Osama Bin Laden a uma, ama sakhuo Islam zuiloute pouma khu lawki (ginglouni) a ngai in mudain a dou mawh hi. Tuachin ama leh a nuazuiten leitung mun tuomtuomah helna nasahtah a bawl uhi.

9. A tawpna penin India ah mi chi tuomtuom ham tuomtuom zang a sanga simte bang ding a tuni tana gam khata umkhawm thei nalai a diei? **State** lienpipi ham-le-pau tuom chiet nei kigawmkhawm ahia, gam khata um in tu leh tu nua chienga zong leitung mite gen leh gin tham ching gam thupi leh thahat hing hi thei dinga miten India a lam-etna uh azieh tampi um nanleh tam sakhuo zalenna khu a thupipen khat ahi hi. I gam i minam leh i biehná bangchileh kembitin ka suhat thei diei? Chi khu mizousien thupia nei kiphamaw mama hi.

B2. B1- na simna pansanin tam a nuoia dohnate dawngin:

1. Leitunga sakhuo lien tahtah na phutkhie mi ngate min leh a phukhiet uh sakhuate gielin.

B4. Tam a nuoi a ha min 12 kipete sungah leitunga sakhuo tuomtuomte pawī (festival) min leh sakhuo gielin:

Sl. No.	Ha min	Sakhuo min	Pawī min
1	Gangpi (January)		
2	Phumha (February)		
3	Doupi (March)		
4	Ningha (April)		
5	Zingha (May)		
6	Mauha (June)		
7	Halāh (July)		
8	Seugawl (August)		
9	Nouta (September)		
10	Noupi (October)		
11	Kaupī (November)		
12	Awl-ha (December)		



M. Liensuonkap

C. Thupatna:

India gam khu zat tuomtuom leh biehna tuomtuom bie tualeh ham tuomtuomte asang aza a tenna leh umna gam ahi. Tambang gam lienpi leh ham-le-pau, chi-le-nam kikken thei gam i hiziehun Pu Radhakhrishnan in tambangin ana gen hi. “Nam khat hina toh, i umna mun chiet ua i ngaidan uleh angma khuolna i neite uh taisanin, sum-le-pai dinmun leh ki-uhna ah leitung pumpi mu thei dingin i dingkhe ding uhi.”

Tam a tunga Pu Radhakrishnan thugen a patin leitung pumpi theiphahna nam khat leh gam khat ang dinkhiet theina dia sil kiphamawte a nuoiah chiemtein:

[illegible]

C1. KIPUMKHATNA: MINAM THUPINA

1. Ki-uhna lama etin India gam khu khat ahia, i kipumkhat un, zong i kithutuoh uhi. Hinanleh, nampi kipumkhatna i chi chiengin ki-uhna a kipumkhatna toh tekah thei ahisih ding hi. Gamsunga teng mipite ngaidan leh lunggelah a kinga mama ding hi. Koi gam hinanleh, a sunga teng mipiten khat hina lungsima puohgihte kidawntuo, nuikhawm, kapkhawm thei tualeh nampi phattuomna ding bawl utna lungsim a nei thei chieng un tua gam khu a kipumkhat leh pangkhawm gam a kichi thei ding hi.
2. I gam dinmun etin, India gam khu mi zat tuomtuom tenkhawmna ahi. Tualeh, mipite zong biehnua tuom, ngaidan tuom, mel-le-puom kibanglou, nam tuomtuoma kikhenna leh ham tuomtuom kizahna gam ahi. Hinanleh, tamte khu ama maimai in buoina kham ahisiha, i buoina thupipen khu i lungsim neu leh angma i khuol zieh uh ahi zaw hi. I umna mun/gam chiet ua dinga thutah leh shi ngamna lungsim i nei uh khu i buoina uh ahi. Kei Khristian, Kei Hindu.....ahisihleh kei Punjabi, kei Bengali, kei Zou.....ahisihleh tambanga i kiminlaw utna zieh un nam kalah buoina a pien law gige hi. Tambanga kituomkoina lungsim i nei chiengun Pu Nehru thugen khu theikhe zellei a hoi ding hi- **“Ei lungsim ngaituona neute, angmakhuolnate leh chi-le-nam ngaina a kikhente hisih va-ui. I mabanah sep ding thupitah khat i nei hi. Gingkipin van lam enin i gamsunga teng mi tuomtuomte kaikhawmin kipumkhatna dingin pan la vai.”**
3. Laisiengthou in innsung kikhen khu a ding zou sih ding hi a chi bangin, kipumkhatna i neilouleh i gamsungah sietna khu a hun theilouin ang tung ding hi. Tuaziehin tam

a nuoia dohnate i kidoh zel a ngai hi. Gam mipi kikhenn
 thang, chi-le-nam kikhenna, aneu-alien kituohlouna,
 ham-le-pau zieha kikhenna, bieha zieha kikhenna,
 khat-le-khat kala ki-itna, kilungsietna umlouna, thunei
 ding utna zieh ahisihleh angmakhuolna lungsim nei zieh
 nampi a ding khuollouten gamsung leh nampi a ding
 khantouna ang tut diei? Tua ahileh, nampi damna ding
 leh khantouna ding bang ahi tadiei? Kipumkhatna chilou
 ngal nampi damna ding umlou ahi.

4. *Kothari Education Commision (1964-1966)* dungzui in
 nampi kipumkhat chi umzie khu tam a nuoia bang ahi:

- 1) Nampi maban ding tahsanna neina,
- 2) Mipite niteng hindanin hoilam leh khantou lam a manaw,
- 3) Sepna neilounain kiemplam a manaw,
- 4) Khotang, sum-le-pai dinmun leh ki-uhna lama kibahna,
- 5) Gam mi hina zala bawl dinga kilawmte bawl utna
 lungsim nei,
- 6) I chi-le-nam ding maimai hiloua gamsung pumpia ding a
 gin-um,
- 7) Vaihawmna kitup leh khentuom neilouna, tualeh
- 8) Midangte chindan leh tawndan zatatsah leh lungsim
 kitheisiemnate khu ahi.

5. Kipumkhatna kiphatmaw dan leh poimaw dan thei in i
 gam lamkai khenkhatten tambangin ana gen uhi-

***“Gam mi i hi kitheichet khu gam khantouna dingin a
 poimaw mama hi. Tualeh, mipi kivaihawmna nuoiah a
 poimaw dieh hi”*** chi’n Pu C.D. Deshmukh in ana gen hi.

“Ki-uhna nuoia kipumkhatna pen a buching tobang ahita a, hinanleh kei deipen ahileh tuami kipumkhatna sanga thuhzaw, nampi hatna dinga lungsim kipumkhatna khu ahi” chin Pu Nehru in a gen hi.

Tualeh Pu Mehar Chand Mahajan in, ***“Lungsim kipumkhatna dinga pan i lah sihleh, i gam mipi simsengloute laha buoina lienpi tung thei hi”*** chi hi.

Tua ahileh, i gamin a poimaw pen lungsim leh Nampi kipumkhatna i nga theina dingin i mimala i nei kipumkhatna dal thei kidaidanna-namtom lungsim, chi-le-sa a kikhenna ham-le-paua kikhenna tualeh tahsa maimai hiloua lungsim ngaisutna piengsah thei ngaidante i paikhiet a phamaw hi.

6. Tambangin kipumkhatna daltu hia i theite sut vai.

Namtom lungsim: Mangkangte hunlaia ***“Khenthanga uhkhum”*** ding chi ngaidan ang puohkhiet un tunin i lah uah vaihawm nalai hi. I gamah, chi-le-nama khenin zat tuomtuom tampi tengkhawm i hiziehun, angmakhuolna ahei, a lienzaw hi ding utna lungsim i nei maithei uhi. Hinanleh, tambang ngaituonaten i maban hun hing pei ding khu suhsiet sahlou ding ahi.

Chi-le-nam kikhenna: Tambanga nam ngiem, nam sang chia kikhenna’n kipumkhatna ding dal mama hi. A ngiemzaw chia i nuoinette a dingin hun lemtang muna hamsasaha, tualeh i kala kikhenna guom liensah semsem hi.

Biehna kimusitsah: Tam khu namtom lungsim leh chi-le-sa a kikhenna toh kinai mama hi. I danpi uh dungzui in koipou a lungsim utna leh a gintatnaah a kipie thei hi. Tambanga biehn kimusitsahna in i gamah sietna tun

tampena tualeh nam-le-nam kala buoina zong piengsah tampen hi. Tam biehnna kimusitsahna khu mimal let ding leh thupi ding/thunei ding utna ziehin lamkai khenkhatten thupia zangin kitelpina nei hun chiengin hing pokhe zel uhi. Tambang sil khun kigawm sangin kikhenna piengsah utzaw hi.

Gam-le-nama kikhenna (Provincialism): Kei Bengali, kei khumi, kei Zou.... chia kituom koinain kei India gam mi ka hi kichitheina ding teng i luosah chiengin kikhenna piengsah thei hi. State khenkhatteah amau gammi loungal sanginnte bangah min khum sahlou chi bang um hi. Tam banga kikhentuomna in kigawm ding hilouin kikhenthangna ding lungsim piengsah hi.

Ham-le-paua kikhenna: Ham-le-pau pen ang gawmkhawmtu khat hinanleh tu hun chiengin kikhenna lienpen suohta hi. Ham-le-pau zahdan dungzuia gamtuom/State tuom del mawh, kituom koi sawm mawh chibang umta hi. I ham, i paua lai i sim thei chiet ding pen kideisah huoi hi. Hinanleh, ham-le-pau zieha i kituomkoia kikhen vai i hawm chiengin khantouna hizawlouin guol nua phahlana hizaw hi.

Sum-le-pai dinmun: Sepna mulou leh neilou mite, a neiten gal-etna (tuomkoina) in lungsim sietna leh kingai ngiemna, tualeh kithununlana leh khotang hinkhuo toh kikala kituohlouna nasep utna lungsim piengsah thei hi.

Gamdang ham kihilna zahna: Mangkangte ham-le-pau pen leitung pumpiah kitheia tualeh pilna-siemna lama a san dan uh zong niel guol hilou hi. Hinanleh, tam khu kihilna a i zahnain eima gamsunga ham-le-paute poimawlouna ngaisutna piengsah thei hi. Tualeh,

Mangkangte ham i zahna in a siemte leh a siemloute kala kidaidanna lienpi piengsah hi.

Kizilsah dan hoilou zieh: Siemzilna lama kizilsah dan hoilouin lungsim leh nampi huopa kipumkhatna dal mama hi. **“Zalenna i muzou ua siemzilna lama i kipuihuoi dan i henlou uh khu i bawlkhiel thupipen uh ahita a, tualeh tun a ga i at panta uhi”** chin Pi Indira Gandhi in ana gen hi. Kothari Education Commission suikhiet dan in, **“I kizilsah danun kipumkhata gam ngainat sangin kikhenna ding lam naw zaw hi”** chin thutut pieh hi.

7. Sietna gen ding a umleh hoina zong gen ding um veve hi. Kipumkhat theina ding daltuteng i genzouta ua, tun i panlah ding dan a nuoia bangin genkhawm vai. **“Tehlei (brick) leh suongtum, sehkhu leh sehta toh kipumkhatna ding bawl thei ahisiha, mite lungsim leh ngaisutna a pat hing khang khe ding ahi zaw hi. Tambang a hitheina ding in siemzilna i thupi bawl kiphawm hi”** chi in Pu Radhakrishnan in gen hi. I nampi sung a lungsim a khahlawna leh kipumkhatna tut vai i chileh i siemzilna munte leh i kizilsah dan i et phata, i suhhat poimaw hi. Tualeh i sanginnte uh tam i tup tangtunna ding a i vanzah uh ahi ngai a, khangnoute lungsim a utna kibang leh gam leh nam a ding a silhoi bawl utna lungsim a nei theina ding ua chi i tu kiphawm hi. Siemzil ding, lawchin leh lawsapna ding khu amau khut a kinga ahidan theisah a ngai a tualeh, kihisahpi leh lungsim a kithalawpna leh itna tahtah toh gam leh nam a dia sep utna, kithalawpna khu i guon uh a poimaw hi. I gam sung a leigou leh i gam hausatna amaute a ahi dan leh lungsim lienpi puo a kepbit ding dan khu siemzilna maw puoh ahi. I sim laibute maimai hilou a kihildan dang

Nam lapi zatat ding, nam diallap zatat ding, ni poimawte tan a, i lamkaite etton a zatat ding, kipumkhatna ding toh kisai thupi a zah a kinielpina nei, thuphuo gel kidemna bawl ahisihleh khotang phattuomna ding a nasep chite kizilsah ding ahi. Tuaban ah, i gamsung a mun poimawte ve ahisihleh State dangte tungtawn a dohna tuomtuomte bawl a i gamsung pumpi theisuoh sawm ding chite bang sanginn tungtawn a kihiltheina tuomtuomte ahi.

8. Naupangte thu thei utna lungsim leh hoizaw bawl utna a kidim lungsim siengthoute ahizieh un sangshieten thei gige kawm a etton tah hiding pilna-siemna leh umdan a pilvangtah a hil ding ahi. Tuaziehin, sangnaupangte khu gam itna lungsim nei ding, sienthou ding, thutah ding, hangsan ding a i deileh eiman i bawl ding ahi. Tuaziehin, siemzilna tungtawn in sangshiete mawpuohna lien pen hi chilei i gen khiel sih ding hi.

C2. C1 na simna pansan in a nuoi a dohnate dawng in:

1. Gam khat a tengkhawm mite khu kipumkhat in pangkhawmna uh chi bang chin i thei thei diei?
2. Gam sung a mi tuomtuomten kituom koina lungsim i nei chieng in koi thugen phawhkhiet zel a hoi ei? Tua a thugen khu bang e?
3. Nampi damna dia sil poimaw pen bang e?
4. Nampi kipumkhatna dal thei silte bangbang e?
5. Minam kipumkhatna dia siemzilna munte poimaw dan gen in.

C3. Kathori Education Commission in minam kipumkhat theina dia thusun a bawlte kimtah in giel in.

C4. Nampi kipumkhatna dia sangshiete mawpuohna a na thei silte tomkim in giel in.

C5. Thuteng 400 sang a tawmzaw lou zang in, “Nampi hatna ding in lungsim kipumkhatna kiphawmaw hi” chi thupi a zang in thusekhen khat giel in:

[illegible]

[illegible]

ZOU LAI SAWMNA
[Zou Course Book - X]