

## **KHAWPUI LEH TREK LAKA TIH TUR LEH TIHLOH TUR TE**

### **Pawn - Tih and Tihloh tur:**

#### **Pawn awmlaia tih tur leh, invennan a thil pawimawhte:**

- Pawn chhuahhma in sik leh sa hrilhlawkna te lo enlawk tur a ni. Trek tla tur hrilhlawkna a awmchuan pawn chhuahloh a him ber.
- Khawpui a rik chuan inchhungah luh vat tur- thir hnaihloh tur, thing in emaw motor chhung awm tan lirthei darthalang tihphui nghal tur.
- Trek tlakhnu ah minutes 30 tal inchhungah awm tur a ni.
- Pawn a awmlaiin hmun him hmuh mailoh chuan hmun sang lam tlang ah te awmlah tur a ni.
- Tui awmna hmun atangin kal sawn vat tur. Leilet tui tlinna hmun ah te kan awm chuan hmunro lam pan vat tur a ni.
- Hmunhniam lam tui len lohna hmun tur pan hram hram tur a ni.
- Chhuatah bawh loh tur.
- Hmun him a awm mai loh chuan a te thei ang ber ball ang mai a in siam tur a nia. A hniam thei ang ber a thut tawm a kut in ke chu kuahbeh tlata, lukun a, mit maimichhing tur a ni.
- Nghawng hnung lam hmul a ding suau suau tawh chuan trek in min hnaih hle tawh a ni tih hriat tur.
- Trek in a man theih tur bungruate chu hnaihloh tur a ni a, phawi vek tur a ni.
- Kan in te chu trek in a man theihloh nan a pui thei tur hmanrua hman thin tur.
- Thingkung hnuaiah trek tlaklaiin awmlah tur, a bik takin a mal a ding thingkung.
- Lirthei ke leh thelret (Rubber) pheikhawk ten trek lakah min veng lo tih hriat tur.
- Pawn a kan dah thil puak thei leh chhethe te chu inchhung lamah dah that tur a ni.
- Engemaw hmanrua daidanna tur thir tellohna hrim hrim kawr kan neih chuan i hnuaiah dah angche.
- Trek laia awmkhawmna hmun atangin kal hran tur a ni. Trek in a den vanga hliam tuar tur a tlem phah thei a ni.
- Radio leh Tv a thu pawimawh emawin kaihhruaina an puan ngaihchan thin tur.
- Kum upa, naupang leh tanpui ngai awm apiang in puih tawn ni se.
- Trek in a tihchhiat electric ban leh hruite chu sorkarah hrilh hriat vat thin tur a ni.
- Ran enkawlte chu an mamawhna ah puih thin ni se.

#### **Inah emaw inchhung awm ten a hriat tur pawimawh te:**

Inchhung, office chhung, shopping centers chhungte chu him tawk a ngaih nimahse, chhiat tawk thei reng dinhmun a ding an nih avangin a hnuaia mi te hi zawm hram tum tur a ni.

- Thlinat dan leh ruah thimpui a lo thleng thei em tih pawn lam ngaihchan thin tur.

- Khawpui a rik chuan trek a hnai tih hriat tur a ni a,inchhungah tawm in darkar chanve tal pawn chhuah hrihloh tur.
- Khaw chin hriat theihna tur eng media pawh ngaihchan thin tur a ni.
- Zin chhuak loin inchhungah awm tam a tha.
- Kawngkhar leh tukverhte tha tak leh nghet taka khar tlat tur. Chhethei thil pawn awmte chu dah that a,inbul a thingkung lian te chu kih tur a ni.
- Ran leh naupangte chu inchhungah awm tir tlat tur a ni.
- Trek tla in a tihchhiat theih electric bungruate chu phawi tur a ni. Trek tlaklai a inbualte, thleng sil leh tui lampang hnaih a awmlah a him.
- Electric kalthei chi phone hrui nei hmanloh tur.Mahse phone hrui neilo a hman theih.
- kawngkhar,tukverh, stoves ,inbualna hmunte chu a himloh avangin a hnaih ah awmlah a tha.
- Hmun awl zau (porches, gazebos, sports arenas - golf courses, parks, and playgrounds), tui awmnaah te awmlah a him.
- Concrete chhuat emaw bang te hnaihloh tur.

#### **Zin lai a tih tur leh tihloh tur te:**

- Pawn lamah tih tur kan neih in sik leh sa boruak khawchin hriat hmasak a fuh hle. Hrih lawkna ah trek tla tur a awmchuan zin chhuak lo ila a him ber a ni.
- Trek tlak laiin lirthei chung hawn theih chite, two- wheeler ah te chuanloh tur a ni a.Hmunzawl zau leh tui awmna reng reng pan loh a tha.
- Thirsakawr,two- wheeler leh tractor ah kan chuang anih chuan chhuk vat a him.
- Lawng emaw tui a kan awmlai anih chuan chhuah vat a hmunhim lam pan tur a ni.
- Khawpui ri kan hriat veleh inchhung hmun him ah insaseng vat tur a ni.
- Hmun him a awm mai loh chuan a te thei ang ber ball ang mai a in siam tur a nia.ahniamthei ang ber a thut tawm a kut in ke chu kuahbeh tlat a,lu kun a, mit maimichhing tur a ni.
- Lirthei a chuanlaia trek a tlak chuan a reh hma chu a chhungah awm tur a ni a, a chungthir chu sik loh hram tum tur. Darthlang tukverh chu kharphui nghal tur a ni a,thing kung leh thir ban hnaih ah lirthei dah a him lo.
- Ramhnuai thingkung (pine) tamna hmun ah awmlah tur a ni.Trek in thingkung a deng alhthei a ni tih hriat tur.

Trek in mihring a den a tih tur pawimawhte:

Mithiam Doctor te lo thlenhma a trek in a den tekantanpuitheih dan thenkhatte chu:

- Trek den te chu an la dam emtiahriatawlsam nan anghawngmarphuawmlai chu en vat tur ani.
- Trek den te chu an thaw lo a nihchuan ka leh ka atangaboruakinpekchhawn tur ani a,cardiac compressions (CPR)tihngal tur ani.
- Trek den in a vawmte chu an ruh a tilak emtihlehthisen a chhuahchuan a chhuahnalaizawnsak tur.
- Trek a tlakchhunzawm zel chuanhmun him panpui tur ani.
- Trek den te chu trek zunzam an taksaawmlhchuanawlsamtak in a puihtheih a ni.
- Ruh tilak, mitlehhriatnahlauh in an aw mem tihen thin tur.
- Trek in a den te chu kang, chauhlehatphahnate a thlengtheih, taksa a trek zunzamchhuahnahmuntezawn tur ani.
- Helpline number 1078biak vat a trek tlaknahmunchiang taka sawi in,Damdawiihmun pan pui vat tur ani.

Khawpuileh trek lakatih tur lehtihloh tur pawimawhte:

Tih tur:

- Trek tlaklaiathlinasatak a thawhchuanthlaichheteiturte chu hmanruahranghrang in do tur ani.
- Loneitutenhumhim pan tur aawmmailhchuanhmun sang ah awmlh tur ania, thingkung mal ding bulahawmlh tur.
- Rante chu tui hmunatengin lakh ran tur ani.
- Rante chu tractor emawthirawmnamunatanga lakh ran tur ani.
- Tui tlingte chu paihkang zel tur.
- Thlaisengtawhte chu polythene in phui takin khuh tur ani.

Tihloh tur:

- Electric lam kaihnawihrengrengkhawihloh tur.
- Thirlampang electric kaltheite chu khawihrihloh tur.
- Ran enkawlte chu thingkunghnuaihawm lo tur in ven tur ani.

Note: Trek tlaklaiatih tur lehtihloh tur kantarlan takt e hi Statessorkar in a remchanzawm nan a siam rem theihreng ani.