

DMI Passion Week 2026
Easter Eve Workshop – 4 April 2026

SESSION I

Mizo Hnam Dârlhlalang (Reflections on Being Mizo)
– A paper by Prof. Joy Pachuau

1. Mizo hnam nunze bulpui hi eng nge ni?

- a. Hmânlai Mizo pipute nun kha 'rau' hlauhna a khat a. Chung raute chu inthawina hrang hrang hmanga tihlawm an tum thin.
- b. Khawtlângah Lal, Khawnbâwl upate leh puithiamte a indawta lalin an pawimawh a. Mipui vantlang an awm a, bawi an awm bawk.
- c. Khua leh khua indona a awm reng thin a. Indo leh inrûn hlau reng rengin an awm.
- d. Thih hnu piahlah Pialrâl beiseina an nei a. Mahse Pialrâl chuan mipa hamthatna chauh a thlûbing a, a chhan chu hmeichhe tan thangchhuah chu thil tih theihloh tluk a ni.
- e. Zu an in nasa a, khawtlanga inkawmna leh inlaichinnaah zu-in chuan hmun pawmawh tak a chang.
- f. Khawtlang mipuite kawng hrang hrangin an intluk tlang viau a – eizawna inang tlang an neih deuh vek avângin – thirdêng leh sa pêl mite awm mahse, anni pawh lo neiha inngat an ni tho.
- g. Mi hausa leh rethei inkâr chu awm ve bawk mahse an thil neih aţanga tehin a zauvin, a inthlau tehchiam lo. Khawtlanga dinhmun pawimawh dan – kum upatna te, leh mipa leh hmeichhe nihna avanga an neihte – chu a kârâwl a zauvin, a inthlau hle. Hmeithaite leh fahrahte dinhmun a chhe hle a – thawnthu tam takah an dinhmun beidawnthlâkzia kan hmu fo.
- h. Khawtlang erawh an inlungual ţa hle a, khawtlang nun chu tlâwmngaihna leh-rorêltute zahna (upat vang emaw khawtlanga nihna dinhmun aţanga neih)-in a kaihruai a. Tlangvâl (ţalai) leh vâlupate pawh thuneihna sang tak pek an ni. Tlangvalte leh Lal chu khawtlang kaihhruaitu leh dan kengkawhtu ber an ni. Khawtlang inpumkhatna leh inlungualna an dah pawimawh em avângin mimal nunphung danglamna tihlan a remchâng lo va (Khawtlâng tihdân phung kalh zâwnga khawsak a remchâng lo), pasalthate erawh mipui mimîr chungah an awm nain, chapo leh pir taka awm erawh a theih chuang loh. va. Mimal himnate, mimal nihna bikte leh taksa himnate chu khawtlanga an tel ve na (*member* a nihna) avanga an chan a ni.

2. A tira Mizo Kristian hmasate khan eng thil nge an tawn a, an kalsan? Isua zuitu nih kha an tan eng nge a awmzia?

- a. A tira Mizo ringtu hmasate kha Isua zuitu an nih avang khan an khua leh khawtlang mi nihna avanga himna leh hamthatna an neih zawng zawng kalsanin khua aţanga hnawhchhuah an tawk a. A ţhente chu an chungten an tuithlâr a,

khawtlanga an dinhmun leh nihnite, an thil neih leh hausaknate Isua rinna avangin an kalsan a. Nasa taka hmuhsit, endawng leh diriamte an tawke ngei ang. Mizote hi mahni hnampuile bula awm nuam ti chi leh chumia thlamuang thin hnam chu kan ni a. Mizo dangte bula awm hian himin kan inhria a, nuam kan ti veng veng thin. Kan chhungle, vua leh vang leh thenawm khawvengte tel lo chuan mal riauvin kan inhria a, kan baihvai a.

- b. Khatiana ringtu hmasate kha an inngahna leh himna zawng zawng kalsan a, hnawhchhuah hial an tawhna nun kha han suangtuah pui ta la – chhungte leh khawtlang chhuahsan a, hmelhriatloh, mikhuah leh mi tharte nen khaw thar din tura an kalkhâwm a, khua an han sât tur hrehawm dan tur kha i suangtuah pui phâk em? Kumkhuaa an nunphung zawng zawng sawithiat a, tidanglam vek a, bul an han tan tha a, dai ngai loh ram an han dai a, khawtlanga an nihna leh dinhmun leh thil neih zawng zawng, an huan lo ram chhuahsan a, a man an pêk ngamna leh engkim, an himna leh ngaihhlut zâwng zawng zawn kalsan a, bul an han tan thar leh tûr khan an rinna man to zia leh an ngaihhlut zia a tarlang Chiang ber âwm e.
- c. Tunlai huna Mizoramah thung chuan kan rinna chu mi tin tan nundan phung pangngai lo ni chho ta-in, himna, thlamuanna, handamna leh nawmchenna (*security, comfort and luxuries*) atân ber kan lo hmang chho ta a. Khawvel thilte hi Pathian ai maha kan rin tak zawk, himna leh thlamuanna min petua kan ngaihte an lo ni hial a ni.

3. Eng ang khawtlangah nge kan awm tak mek?

- a. Kumpinu min awpna leh Kristianna chuan thil tam tak lo thlâk danglamin, Sâppui awpna chuan zirna leh khawvêl zau zâwka kan tel ve zêlna atangin tûnlaina a rawn keng lût a. Kristianna chuan khawvêl zau zâwk nêna kan inkungkaihnaa lo dawnawn dân min zirtîr a. Kan hnam sakhaw hlui khan kan tualchhung mamawhte a phuhrûk laiin, kan khawvêl a lo inhawn zau tâkah chuan Kristianna chuan khawvêl pumpui zawhna hrang hrang rawn ken luhte chu a chhanna min pe baw a.
- b. Tûnlai khawvel mite zingah kan lo tel ve ta a. *Tûnlaina* chuan tûnlai hun thar mai bâkah danglamna thar thlen tûra ngaihtuahna/ngaihdân (*ideology*) te keng telin: *science-a* inngat hmasawna leh tum bik nei thil ngaihhlutna te a rawn keng tel a ni.¹
- c. Hetiana thil tam tak Mizote tân pawh a inthlâk mêk lai hian, thil tam tak chu a pangngai reing a kal ve mêk baw a, chumi tilang Chiang taktu chu kan inmamawh tawna hi a ni a – hun hrang hrang, hlim ni leh hun danghte pawh, khawtlang jawiawmna kan mamawh zel a ni. Tunhma hunah Mizo khawtlang chu

¹Tûnlaina chu Hun Laiawl inzial fel tantirh atanga lo intan niin, mihring finvârna leh *science* leh mihring ngaihtuahna fim leh fel zâwk lo awm anga lo intanin, hnam bil ram (*nation states*) hring chhuakin, insumdâwntawna leh hausakna lam hawiin khawvêl a kaltîr ruak ruak a, chu chuan hnathawhna leh chhûngkaw nun te nasa takin a ngawng a. Kan eibâr zawna te lo danglamin, hna chi hrang hrang tam tak kan thawk ta sung sung a, chumi avâng chuan rethei leh hausa inkâr chu nasa takin a lo zau ta baw a ni. <https://www.ebsco.com/research-starters/social-sciences-and-humanities/characteristics-modernity>

lal, khawnbâwl upate, val upate leh zâwkbûk riak tlangvâl rual, tlâwmngaihna dânin a kaihhruaite awpkhâwmna hnuaiah a awm thin a. Tunah erawh chuan khawtlang kuahkhâwmna leh enkawlina hi kohhran, YMA leh Kristian zirtirna mila her rem tlâwmngaihna inpawlhthen an la chho ta a. Ka sawi awmzia chu hmânlaia kan tihdan phungte kha tûnlaina leh Kristianna kâwra tuamin kan la chhawm nung ta zêl a. Thil nasa takin a bulthut aţangin a inthlâk tak tak lo va. Kristianna hian kan khawvel thlîr dân a thlâk tak tak lo. Tawngkam danga sawi chuan, a hmingin Kristian kan ni a, mahse, a tak takah chuan Mizo kan ni. Hei hi Mizo tihdan phung hrim hrim hi a ţha lo tihna a ni lo va, mahse, zawhna zâwk chu kan khawvêl thlîr dân hi Kristianna hian a thlâk danglam tak tak em tih zâwk a ni. Tin, thil dang kan rilrua kan hriat pawimawh chu Mizo nundân phung hi a pangngai rengin a awm bîk lo va, thil inthlâk danglam thei lo a ni lo tih hi a ni bawk âwm e. Hmanlai kan Mizo pipute khân min rawn hmu ta se, kan danglam nasa tawh hle a ni an rawn ti ngei âwm e. Kohhran, YMA, sawrkar leh tlâwmngai pâwl dangte hian Mizo nihna kengkawhtu leh vawnghimtu-ah an inngai theuh a ni.

- d. A nih leh tunhma aţanga chhûtin eng thil nge lo inthlâk danglam ta le? Thil danglam ta lian ber chu hausakna kan ban pha ve ta te, hausak theihna tûra hmanraw hrang hrang – zirna, hnathawh tur hrang hrang – sawrkar, mimal – sakhua leh sakhaw pawnlamah a lo awm ta ţeuh bawk hi a ni.
- e. Mizo Kristian hmasate, Kristian chhuan hmasa ber te kha an nundân hluite kalsan tûra koh an ni hlawm a, mi tam tak chuan chu kohna chu rinawm leh huaisen takin an chhang a. Chumi kawngah chuan missionary-te leh anmahni chu tun hun aţang hian kan sawisêl tûr a ni lo va. An nunphung hlui tam takte kha an sakhaw hlui nêna inzem chiat a nih hlawm avangin chutiang tihdan hlui nêna Chiang lo ruaia inchawhchawrawi ai chuan a tîrah chuan inthenna fel tak siam kha a ţha zâwkin a lang a. Chumi târlang Chiangtu pakhat chu *khuang* chungchâng kha a ni âwm e. A tîra khuang khap kha kan sêl mai thei. Mahse, Mizo sakhaw hlui nêna inzawmna a thûk êm avâng khân a tîrtêa an lo khap kha a finthlâk viauin a hriat a. Hnam nunzia nunpui zui zêl chungchângah chuan Kristian hmasate kha an nundan tûr ramri ţha taka kham sak an ni.
- f. Amaherawhchu, an khawtlâng kalphung tharah chuan thil thar tam tak lo insiam chho mêkte chu engtianga hmachhawn tûr nge tih erawh chu inzirtirna felfai tak a awm lo niin a lang a. Hei tak hi tûnlai hun thlenga kohhranin zirtirna awmze nei a pêk tamna ber tur, a pêk tâwk si loh chu a la ni ta zêlin a lang. Isua Krista hnung zui ţan dân tûrah kan insâwrbing nasat hle laiin, thil thenkhatah ‘ti rawh/ti suh’ tia inkhapna bâk chu Kristian nuna nundân tûr tak inzirtirna – tunlai kan hun tawn mêk, nitina lo hmachhawn dân tûr inzirtirna tak hi a tlêm hle thung a ni. Kum 1970-80 hmalam thleng kha chuan kan la rethei tlâng hle a. Mizoram state nihna kan chan tâk aţang khân mi tam zâwkin hausakna kan lo ban pha ta hlawm a, chu chu kan rinna nena kan inkungkaihna chu nasa takin a rawn thlâk danglam ta dâwrh mai a ni.

- g. Mizo Kristian hmasate nêna khaikhinin, kan rindan leh kan rinna lantîrna tûra nunphung inthlâk dâwrh thiltih kan neiin kan inhria em? Kan rinna kan hriatthiam dân leh lantîr dân hi Isua zirtîrna zawmna aiin khawtlâng awmdân leh tihdân phungin a kaihruai nasa zâwk tiin sawi ta ila, kan ti lutukin kan hria em?
- h. Tunlai hun Mizoram leh Mizo khawtlângah Krista zuina hi kan tân a man a tovin, kan chân phah rêng em? Isua rinna hian min tinuamsa em? Nuamsa tûrin nge kan zui, chân tûrin? Retheihna aţanga khawtlanga mi nuamsa (middle-class existence)-ah Kristianna hian min siam zâwk em? Khawvêl thilah Kristianna hian min tinuamsa nge min tirethei? Khawtlanga kan dinhmun tihsânna tûr mai a ni em? Nun danglam kan neih phahna tûr nge ni a, mite kan lo an a, an zinga kan tel ve theihna tur? Kan tûnlai khawsa zia hian Kristaa nun thar danglam tak kan neih theihna tur hi a tibil zo em?

MIZO KRISTIANNNA-IN HARSATNA A HMACHHAWNTE

- 1) **Kan milemte:** Milemte chu eng te hi nge ni? Milemte chu – mihring, thil leh ngaihdan – Pathian dinhmun luahlântute hi an ni a, kan rin ai hian chutiang chu kan ngah viau a ang. Milemte chuan Pathian dinhmun an luahlân a, kan nunzia, thiltih leh hmalakna tura min tura, min fuihtute an ni.
 - a. Chhungril lam aiin pawn lam landân a pawimawh fo: Entirna’n Sunday Sikul *kaikim* hi mite ngaih pawimawh ber a ni fo, kan thu zir kan hria emaw kan muthlu tluan zak emaw pawh ni se kan kai hrim hrim chuan kan tiţha em em sa tawh rengah inngaihna a awm. Pathian ngaihsak anna (spirituality) neiin, a thiltihtheihna kan ring lo fo. Sakhaw mi na, sakhaw mi anga lanna kan ngai pawimawh a, mahse, Chanchin Tha hi kan nun chhungrilah a nih angin hna kan thawhtir phal lo fo. Rinna hi kan thil hlauh zawng. ngaihthat chiah lohnaah thlamuanna min pe tur chiahin kan hmang duh a, mahse, kan sahimna pêl khawpa kan nun thlâk danglam turin a pumpuiin kan ring tak tak lo fo niin a lang.
 - b. A chungka kan sawi lai mêk, si chêt hian MI MITA LAN MAWI hi kan ngai pawimawh em em a – mite chu kan milem biak (idols) an lo ni thei a. Mite tihlâwmna leh mite fak hlauh nih duhna chu Pathian tihlawm aia kan ngaihpawimawh hmasak a ni fo thin (thlân pawn lam hnawih var, pawn lama mawi taka lang, a chhunga ţawih leh lung nuaih nuaih si kan tam. Annani leh Saphiri ang kha). Hun thenkhatah chuan Pathian tihlâwm leh mihring tihlâwm chu thil hmun khat a nih theih ve laiin, chutiang chu a ni reng lo. Mi tam tak mitthi vuinaah kan kal a, kan kalna chhan tam tak chu mi hmuha lan mawina leh chutiang chhiatna kan tawh ve hunah miin min lâwm lovang tih hlauhna vang pawh a ni awm e. Entirna dang tam tak pawh a awm thei awm e. Hmangaihna avangin nge thil kan tih a, vanduinna kan tawh palh kan hlauh vang?
 - c. Khawvel thil duhna (*materialism*) hi kan milem pathian thar a ni: Pathian chu hmuh theihloh Pathian a ni a, materialism chu hmuh theih pathian biakna, thil

va biakna chu a ni. Lal ngai lo lal a na an tih angin khawvel thil tam tak nei ngai lote kha tunlainain a ken tel khawvel thila hausaknaah a rah kan lo seng a, kan lo hausain, thil kan lo ngah ta hle mai a. Chu'ng thil enkawl dan leh hman dan chu kan thiam ta meuh lo a ni. Kohhran pawhin chutianga thil thlir leh hman dan dik zirtirna chu a pe tha tawh lo pawh a ni maithei e. Khawvel thil duhna – materialism chu hausakna, sum leh pai leh thila nasa taka inngahna hi a ni ber mai a. Thawmhaw thar ber ber, khawh thil hmanraw thar ber ber, incheina thar ber ber, taksa chei mawina thar ber ber, lirthei thar ber ber leh in leh lo, bungraw thar ber ber neih kher hi a 'Kristian' ber em?

Heng thilte hi Pathian thu zirtirna kan awih leh zawmna kawnga min tibuangbartute an ni thei em tih te pawh chik takin kan ngaihtuah ngai kher lovin a lang a; a nihna takah chuan chung thil kan neih leh neih loh chu kan mamawhna lam ai mahin pawisa kan neih leh neih lohah hian a inngat zawk mah niin a lang a ni. Thil neih belh zual zel kan duhna chuan thilsiamte kan enkawl leh venhimna kawngah pawh min tiṭhuanawp tlat zawk a ni. Thil kan neih tam zawh poh leh thil kan paih tam a, chu chu leilung hausaknate ṭul lovah min khawhraltir nasa a ni. Isuan Pathian leh Sum (*mammon*) rawng in bawl kawp thei lo a tih khan, *mammon* chuan Pathian dodaltu thlarau sual a kawh a ni. Ṭawngkam danga sawi chuan, khawvel thil kan duh huam huamna hi pathian dang kan biakna a lo ni. Sum leh pai kan neih/thawhchhuah hi Pathian pawisa a ni nge ni lo tih ngun taka kan ngaihtuah a ngai a ni. Pathian sum a ni tia kan ngaihtuaha, chumia kan chian chuan *enkarwltu* kan nihna a lo lang chhuak a, chu chuan fing tak leh fimkhur takin sum leh pai min hmantir dawn a, Pathian pawisa vawngtute kan ni a, kan duh duha a nawm a mâka kan hman mai mai a remlohzia min hriattir dawn a ni.

- d. Mahni leh mahni inpathianna: Keimahni leh keimahni hi pathianah kan insiam ṭhin a. Kan hmel/landân hi kan dah pawimawh em em a, social media chuan chutianga mahni inlanmawitir chu thil nihphung pangngai reng angah a rawn nemnghet bawh a. Kan landân chu kan ngaihpawimawh em avangin mite min hmuha kan duh tur angin kan inchei a, kan eiin, kan in a, kan che chhuak a, kan zia a, thil kan ti ṭhin a ni. Mahse, chung kan landan chu Pathianin min siam leh duh ang nena khaihin chuan a lo inhlat hle si ṭhin a ni. Mahni leh mahni infakna, kan lan mawi dan tur insiamchawp te chu Pathian duh zawng ang nen chuan a inhlat em em a. A nihna takah chuan mahni intihtheihna lam a hnaih mah zawk a (Kei erawh chuan kan Lalpa Isua Krista kraws lo chu ka chhuan loh tûrza mai chu, chumi zârah chuan khawvêl hi ka tân khenbehin a awm ta – Galatia 6:14; In incheina chu pâwn lam incheina – sam phiar te, rangkachak ṭhi awrh te, silhfêna inthum te chu ni lovin, 4thinlunga mihring thuhrûk chu, rilru thuhnuairawlh leh nunnêm, silhfên chhe thei lova inthum ni zâwk rawh se, chu chu Pathian mit hmuhin a hlu êm êm a ni – 1 Petera 3:3).

e. Kan hnam nihna (*identity*) pathianna: Hnam leh chi hrang hranga min siamtu hi Pathian a nih laiin, eng vanga chutianga min siam nge a nih tih kan inzawh pawh a ãul a ni. Engkim dangte ang bawkin hnam tinte pawh hi Pathian ropuina tarlanna tura siam an ni a; Israel mipuite chu Pathian zahawmna tarlang a, hnamte tana malsawmna ni tura thlan an ni a. Chutichuan hnam nihna hi Pathian ropuina tura siam a ni. He hnam kan nihna kal tlang hian Pathian kan fak a, chibai kan bûk ãhin. Chutianga a nih reng lai chuan, kan hnam nihna chu miten min fakna tur leh min chawimawina turin hmang se tih kan duh ta daih ãhin a; kan hnam nihna chu ropui se kan duh a; kan hnam nihna chu Pathian rawngbawlna hmanrua a nih anga hman aiin, hnama kan awm chhan/dam chhan berah kan hmang ta daih zawk ãhin a ni. Kan hnam nihna chu hmanrua a ni a; a tawpna a ni lo. Vanduaithlâk angreng takin, hnam bil kohhrante chuan hnamte chu hnam/chi bil chapona kawngah a kaltir daih ãhin a. Khawvel pumpuia Kristiante, chi tin, hnam tin, ãawng tinte hi Pathian rorelna hnuaia hnam (thar) khat chhûnga awm kan ni zawk a ni.

2) **Mahni inthununa:** Mizote hian mahni inthununna kawngah zirtur tam tak kan la nei a. Thlarau chu insûmtheihna thlarau a ni a, insûmtheihna chu thlarau rah a ni bawh. Thlarau hi keimahniah a pumhlûmin hnathawhtir kan phal tak tak em? – zûk leh hmuam chungchangah te (Mizo nu/pa ka, engmah hmuam lo leh ãhial lova a awm lai – a ruah ãhak lai, i hmu tawh ngai em?). A nih loh leh *phone/screen-time* chhum lo chat lo va kan en te, leh vawksa ei kan châk reng mai te hi? Mizote damlohma leh hrisellohma tam ber hi kan nundân phung avanga kan neih (*life-style illnesses*) an ni tlângpui a – heng zun thlum, thisen sâng leh eng emaw chenah chuan *cancer* te hi – mahni inthununna kan tlâkchham vâng te, kan insawizawi ãhat peih loh vangte an ni fovin i hre ve em? Fianriala Pathian pâwlna piaah lamah taksa insawizawite hi kan peih lo hle hlawm a – hei hi mahni insûmtheihna leh inthununna nen kan beih nasat em em ngai lai ni pawhin a lang a ni.

3) **Chhungkaw nun** hi Kristian zirtirnain a fanchhuah loh leh kan thil thlîr dân min la thlâk sak pumhlûm loh te zînga mi a ni âwm e.

a. **Mipa rorelna:** Kan khawtlang nunah chhungkua chu mipa rorelna a ni a – chumi awmzia chu pa leh fapa (tlangvalte) thuneihna hmun a ni a. Bible chhung zirtirnaah chhungkuaa mipa rorelna hi Mizoten kan lo nunpui sa, kan hriatthiam sa, mipa rorelna a nih ve avangin ngun tak leh chîk taka ngaihtuah lovin kan pawm nghâl tawp a. Hetiang hi chhungkaw inrêlbâwl dan tur hrim hrim awm chhun anga kan pawmna hi ngaihtuah nawn leh a ãulin a lang a, a chhan chu hmun tinah, hnam tin zîngah a hlawhtling vek lo a ni. Bible chuan hruaitu chu chhiahhlawh dinhmunna dinga, mi dangte nêin inzahtawna rawng inbâwlsâk tawn turin min zirtir a ni.

b. **Mizo chhûngkaw nuna naupang enkawl:** Mizo chhungkuaah naupang leh nautê te hian dinhmun an chang sang lo hle ãhin a (uite rim nam, hlamzuih, adt), tunlai hunah chuan hei hi kan kal san tial tialin a lang a, sum leh pai kan

lo neih tam tâk vangte pawh a ni ang. Tunlai hunah naupangte hnêna thilpêk chi hrang hrang pêk lamah kan intlânsiak a, naupangte hmangaih vanga thilpêk pêk ai mahin, midangten hmu se kan tih vang te pawh a ni fo thin. Fimkhur taka naupang thununna leh nu leh pa mawhphurhna, naupangte duh leh ngen zawng zawng pek that lohnate pawh kan theihnghilh mêk niin a lang. Naupangte mimal leh nihna hrang hlak an neihna (individuality) te, Pathian thiltum tihlawhtlinna tura siam – nu leh pate duhtusam tihlawhtlinna atâna siam – an nih lohna te hi kan hriat chian a tul a. Hmangaihna, himna, inngainatna, rawng in bawl sak tawnna, inzahtawnna leh rilrua vei zawng leh tui zawngte sawi chhuah theihna hun leh hmun chhungkua siam tura tan kan lak a tul a ni.

4. **Hnathawhna leh Mizote:** A tawp bera thil sawi tul tak dang chu hnathawh chungchang hi a ni. Hmanlai Mizo nunphunga hnathawh tur leh mawhphurhna insemnaah khan mipa leh hmeichhe thawh tur chi kha chiang ang reng taka thliarhranna a awmsa niin a lang a, chung hunlai daih atang tawh pawh khan hmeichhiate khan hna an thawk nasa thin zawk niin a lang. Hmeichhe hna khan in lam hna bâkah lo hnathawh thleng a huam laiin, mipate hna chuan kawngkhar a pel meuh lo va. Tunlai khawvel nunphunga kan tel ve takah chuan hmeichhe leh mipa hna bil bik siam hi a rem ta lo va. Hetianga mipa leh hmeichhe thawh tur bik kan thliarhran a, kan tuk tlatna thinlung hi kan thlak danglam loh chuan tunlai khawvel khawsak phung nen hian kan inmil lo tial tial dawn a ni. Hnathawh kawnga Kristian zirtirnaah chuan eizawnna leh sum hmuhna tur ringawta hnathawh hi a ni lo va, kan hnathawh chu Pathianin a rawngbawl tura min kohna hmun, A Lalram dinna tura tel ve na a ni a. Chu chuan taimakna, rinawmna, tihtakzetna leh remhriatna nena hnathawhna a keng tel a ni.