



Siamsin Bulletin

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BIBLE CHANG TEEL

Sam 23: 1, 2 & 4

TOUPA tuh hon chingpa ahi a; ka tasam kei ding hi;

Ama'n lounpa hingnou mitmet mun ah hon kualsak zel a: khawlna tuigei peuh ah a hon pi zel hi;

A hi, sihna lim guam tawn mahleung, gilou himhim ka lau kei ding; Nang ka kiang ah Na om ngal a, na khetbuk leh na chiang in hon khamuan zel hi.

DELHI YOUNG PAITE ASSOCIATION A KIPAN

DYPA COVID-19 HELPLINE

Tu Lockdown sung a suansam thei dinmun leh haksatna tuak i omleh hiai a nuai a Helpline number kipia ah chiklaipeuh in thuzak ni. Relief na dan in mimal khat ah huhna Rs 1000/- tan leng muhtheih ding hi.

DYPA HELPLINE NUMBERS:

DELHI SOUTH AREA:

Juan Khuptong – 9899226337

NORTH DELHI AREA:

Joel P Ngaihte – 9971391243

DELHI WEST AREA:

Thangkhansiam Naulak – 9871337161

DYPA JHQ:

Hau Tunglut – 9953552369

Lamlun Munluah – 9818431467

Jh Ginmung - 8826409975

Corona Etiquette

~Vungzaman Valte,

Chairman, Advisory Board, SSPP JHQ Delhi

Mask bulh kawm a pawtkhiak ngeingei di ahi. Mask va sawksawk se ken.

Khut silzel ding chih ziakin mawk silsil ken, tui leh sahbon heksak, na pawtkhiak or tunkik chiang in sil ngeingei in.

Hand sanitizer insung a zatzat di chihna omlou ahi. Na pawtkhiak ding chiang leh na tunkik chiangin kizut zel in.

Hand sanitizer pen volatile mahmah ahihna ah tulai khawlum lua toh kituak pen khollou hi, mei sawksawkte a dingin zat khollouh ahoih.

Mi va chibai sese tuppen in nei kenla, khut lik kawm in Hi, chih kisin in...

Mi nung va betsak or va ngawngkawi teitei sawm kenla, NAMASTE bawldan kisin zaw mai in.

Social Distance maintain chih hangin mi omdan teng va soisel sel se ken, virus nei omloute lak ah kilawh kha tuanlou uh ahi. Innsung a social distance maitain di chih khawng thil kilawm ahi kei.

Na tal ahon ngim chiang un kikap sak maimai in. Tang sese ken, thathoutak leh phurtak a hon kap hilou uhi. Kisuanglah lawmkawm a hon kap ahi uh chih thei in.

Hand sanitizer ahon tat/kap/nuh uleh poisakmel takin om se ken la nuai mialmial lechin thumanna ahi.

Van lei ding chiang a thil aban ban a khoih kual or nap chitchiat chiingmi nahihleh tawpsan rang oh.

Tuibuk muam, khaini muam, sahdah muam leh kuva hai na hih leh na chil mawk siat puatpuat louh di ahi.

Mi lak ah nap mawk nit keihial in.

Na khuh hiam na hahchhiau/hahthiai khak zenzen leh mask in ahon hondam ding a, na bulh keileh mite muhsit in na omding hi.

Mask abulh louh ziakun midangte mawk muhdah ken la hawl pawt mawkmawm ken, hoihtak in pilvan a poimoh dan thuhilh zaw in, nang na ki protect na voi.

Thil himhim kikop zelzul louh ahoih a, Taksa sianthouna kepbit ahoih...

Nek-le-dawn a pilvan kankan omlou ahi. Na taksa kem hoih inla, nek-le-dawn bawloih in. Immune system hatlou in natna hik tuamtuamte douzoulou pahpah ahi, Corona sese lou leng.



Editorial

Heina peuh ah Toupa phat ni!

Tulai in i leitung hinkhua uh Covid-19 pandemic ziak in nawngkaitak in om a, eilawi leng naktak in hon tokbuai hi. Tukha May 23 leh 25 in i lawm-le-vual, i siamsinpihte, i tanaute, i it-le-ngaihte toh kikhen hun a hongtung a, khenkhat aa ding in thawmhau huai hial di'n a gintakhuai.

Ahi a, leitung pen i teng detna ding mun hilou a hihman in khualzin den, i omna peuh a khualzin banglel kihi a hihdan theithak leng uthuai i sa hi. Hiai chihziak a bangmah maban ding ngaihsunlou/khuallou ding, chihna a hi tuankei a, himahleh i omna peuh a tunglam mitsuan a nei a, a sawtzaw leh nuamzaw ding Van innpi zuan a paili i hihdan theithak mahmah leng uthuai i sa hi.

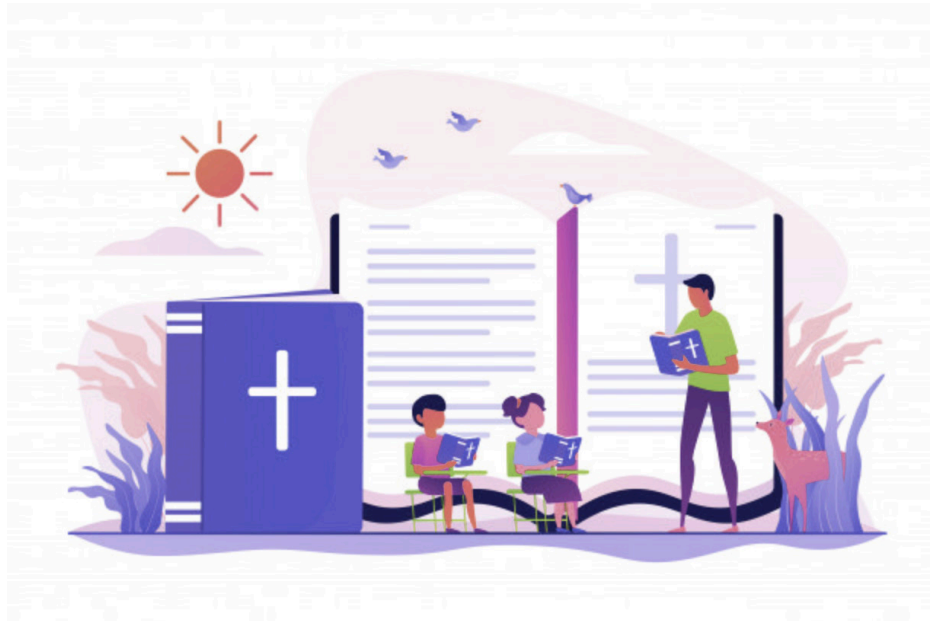
Awle, i gennop ah lutsuk ni; Nektak zong theilou a lunglel mahmah a innlam honna paisante i phawk a, khenkhat in bel hun-awl zatna dan a ngai leng i omkha maithei, himahleh huchih kawmkawm in khualzin hi in innlam pai i hita zong a, i om detna ding khovel hilou chihman a tunglam lametna nei di'a kichial i hi.

I tup-le-ngimte, tukum sung in hiai/huai ka hih ding, hiai/huai ka lei ding chi in duhthusam i gen a, himahleh i zingchiang hun ding nasan ah thuneihna nei hetlou i hihdan hiai hiipi tungtawn in taklat in om hi. Huaiziak in i hinna leh hun(time) tung a thuneitu leh singta-gamlei a khosa thei ding tan hial a hon domkang Pathian a hihdan tu i buai vengvung sung un theithak mahmah leng uthuai i sa.

Gensau laileng, tulel a innlam paite khenkhat in bel hong kikhawn hun ding uh ngaklah leh theisa a pai a hikha ding ua, himahleh khenkhat bel hong kikhawn sawm khollou leng om uhi. Huchi kawmkawm in innlam a suty zang a pai, hiai covid-19 buaina tungtawn a lockdown in a lapkhak ziak a hiailam hong paikik thei nailou bangleng khenkhat i om uhi. Amaute leng chidamtak a hong tunkik pah uh i lamen.

Huailou ah, may 25 a kipan in domestic flight-te gamsung mun tamtak ah lengkualta ua, khualzin-gamvakte' aa di'a thukipahhuai khat a hi leuleu hi. Hichibang natna hiipi in hon sukbuai petmah lai a kikhumbichilh a omom maimah a nek ding pianglou ding a hihman a i gamsung heutute un hichibang thupukna hon neih ua, a natna hiipi toh hinkhawm dan kisin ding ngaihdan hon neihtheih man un government kaam(job) hilou deuhte semkhaté' aa ding in kipahhuai diak hi.

Huchi a hih lailai in tulai in khaukhup(khaupe) in India gamsung mun tuamtuam hon nawk nawn a, hiipi sangmah a leng buaipih tham chingzaw ding hong bang lehlam hi. Huailou ah, China leh USA kikal kingiktuahna sousang semsem hi a theih in om zawmah a, khovel in hoihlam sangmah a siatlam nawtzaw hi a theih ahi. Ahi a, bangteng hongtung mahleh eite zaw Pathian hing nei nam i hihman un lungliapna ding nengchik leng a omkei. Khovel bei nung ding lametna neite i hihman in phatni, heina peuh ah Toupa phat ni!





Students Corner

IGNOU toh kisai:

IGNOU nuai a under-graduate leh post-graduate sinlaite' aa ding in thuthak om a, huai a hihleh tukum June-2020 a term-end exam(TEE) om ding toh kisai thuthak bangmah om naikei mahleh assignment/ desertation submit hun ding June 15, 2020 tan a di'a suan gamlat in om nawn chih thu kiza hi.

http://www.ignou.ac.in/ignou/bulletinboard/announcements/latest/detail/Notification_for_extension_of_last_date_for_submission_of_online_examinaton_form_for_TEE_June_2020_till_June_15_2020-2341

JNU toh kisai:

JNU thuneitute'n May 25, 2020 ni a thusuah dungzui in, student khenkhat lockdown ziak a innlam zuan theilou a JNU hostel a tangkhate mahni innlam chiat a kikphot ding in Professor Sudheer Pratap Singh, Dean of Students in ngetna bawl a, eilam mi leng hunkhop omkha dan uh hihtuak.

https://jnu.ac.in/sites/default/files/circular_notices/DOS_Circular_25May2020.pdf

UGC toh kisai:

UGC in sinlaite apan haksatna tuamtuan a dongte pansan in a nuai a University leh Colleges ome'n sinlaite a pan fee tuamtuan pe di'a nohlou a, fee toh kisai a sinlaite mimal dinmun leh haksatna theihsiampih ding in laikhak hi.

https://www.ugc.ac.in/pdfnews/3032596_Letter_Payment_of_Fee.pdf

Zanzek a UGC meeting na ah, a lunglutte' a ding in khatvei thu in degree nih sinkhawm leh ngah theihna ding phalna pomkip uhi. Ahihziak in degree khat pen 'regular mode' leh a dang khat pen 'Online Distance Learning mode' a hih ding, chih dan ahi. Hiai toh kisai notification le hong suak pahta ding hi.

<https://www.timesnownews.com/education/article/ugc-gives-nod-to-pursuing-2-degree-courses-simultaneously-through-different-modes/595534>

DELHI UNIVERSITY toh kisai:

Delhi University nuai a Academic Session thak a ding thuthak om a, bang hiam a chihleh June ni 8, 2020 a kipan Admission kihong nawn ding a gen in om hi. Hiai thusuak dan a a paileh August ni 14 a kipan in 'Cut off list' suaksak thei ding uh, chihdan ahi a, himahleh hiai thu pen paipih ding leh paipihlough ding bel thuchian kithei nai tadihlou phot hi.

UPSC nuai a exam ding toh kisai:

UPSC nuaia CSAT, NDA, CMS leh a dangdang Exam Dates 2020 revised schedule leng hongtung ding June ni 5, 2020 Chiang a puang ding uh, chih thu om a, huai di'a kisakhoh peuhmah in ngaihven ni.

CBSE toh kisai:

Union Education Minister Pu Dr Ramesh Pokhriyal Nishank in May ni 27, 2020 nitak dak 6:29PM a Tweeter tungtawn a a gendan in CBSE nuai a Board Exam sinlai kuapeuh mahni Exam Centre ding mun(district) a omkha geihloute tua a omna district uah Board Exam Centre mun suansak di'n CBSE-te gen a, a kisaikhakpih siamsinlaite'h mahni School chiat thuzak ding in gen hi. SSPP mi-le-sa, hiai dan dinmun a om kha, ahikhe'h huchibang buaina tuak i theihkhak a om leh a nu-le-pa hiam uh hilhsawn in ngaihvenpih chiat ni.

NCTE toh kisai:

May 20, 2020 a Union Human Resource Development Minister Ramesh Pokhriyal Nishank in thupuan a bawlina ah National Council for Teacher Education(NCTE) in D.El.ED course-te National Institute of Open Schooling(NIOS) nuai leh Council theihpih Institute tuamtuam ah ziltheihta ding hidan in gen hi.

Siamsinna Innte kihong pah nailou ding:

Nisim May ni 30, 2020 a phualpi vaihawmte apan thusuak dungzui in, 'Containment Zone/Area' chihlouw teng ah Lockdown lakkhiat hita mahleh, Siamsinna Innte (Educational Insitutions) ahihleh Phase-II ah om kha a, kihong thei pah nailou ding hi. Hiai omdan bel, Siamsinna Innte'n amau omna State/UT Government toh kithuzak in Nu-le-Pa leh a kisaikhakpih (stakeholder) tengteng ngaihdan la ding a, huai apan Siamsin Inn-te kihong theih hun ding July 2020 chiang in thupukna lak hipan ding dan ahi. Huai ma June khasung teng ngaihdan lakkhopna hun hiding in gintakhuai a, Nu-le-Pa kuapeuh kupnop neite'n mahni tate kaina chiat a ngaihdan kum di'n beng vak ni.



Covid-19 Damdawi Hoihpente

1. **Tuilum dawntam ding**
2. **Chii(salt) soh-al a, tuilum a gawl khuahzel ding**
3. **Hitang piansim a i kitheih ngeingeileh Nebulizer(electric zang a tui suanlumna/steaming) zatpah ding**
4. **Nek-le-dawn peuhmah a votlam(tuivot/ann-le-meh khing) neklouh/dawnlouh ding**
5. **Hoihtak a ihmud kham ding. Mihing pangai in nikhat in dakkal 8 sung ihmudna ding hun poimoh a, hiaipen zuihtheih teitei sawm ding**

Hiai a tung a thute ahihleh Covid-19 vei himahleh damna ana ngah Nu H.Kikim in ama' thiltuah a kipan a panlakdan hon gelkhaki a hi a, damlou-inn(hospital) a va ki-etsak/ki-etkol sese ngailou a innmun pansan a leng Covid-19 a kipan kikep damtheih a hihdan a gennopna ahi. Nu H. Kikim a hihleh a inkuan un mi 5 Covid-19 Positive ziaik in ni 20 val bang damlou-inn ah va kikem man ua, huai nung in damsang uhi.

Hiai i chihziak a Covid-19 lauhailou chihna a hi hetkei a, a veikha di'a kimuangmoh/vei na hihlam kitheikhepah na hihleh hiai a tung a point nga kipiata nouneltak in zuilel lechin hiai natna hiipi a kipan damna omthei ahi, chihman ahi. Huai banah, hiai panlak ding dan i gente'n Immune System hatloute(Natna giltak neisa/mi upa lamte) huamkhalou ahi.



Paite General Knowledge

Tutung in hundang banglou tak in i pau upate uh tamlou taklang ni. Ana sim a, theihna behlapna di'a ana zang manpha thei chiat ding inleng deihsakthu i kikhak ngal hihen aw;

1. **Akip-akawi:** A thu omdan tengteng, thil omdan bulsuut
2. **Anglai tang:** Deihsakna tang
3. **Belta buh duh:** Nupa kiteng khin phet a inn tuan ut, chihna
4. **Chiamnuih buuk:** Mi chiamnuihna a pang
5. **Dolzial:** Nakpi a vua, dawmlou
6. **Eknuai suangphah:** Kisimmohna kampau - bangmahlou a ngai, chihna
7. **Guhtui kang zen a pang:** Nu-le-pate'n tate hon khualna ua naktak a a panna uh genna, tha kiam
8. **Inn kal kitawi zen a pang:** Hihtheih teng hih a pang
9. **Khut lumleh bang:** Thu gensa, chihsa khel zualzual, tumtalou
10. **Kitheitang keih:** Kisel ek, kitawng ek
11. **Luita khan:** Thakhat a khang guih, ngam khang
12. **Meikuang paisuak:** Ann huan diing neilou a tasam
13. **Nuamte vaiham luak:** Lametlouhdan tak a haksa phukha
14. **Sisan pal:** Nau masa nei, numei nau nei genna
15. **Tagah nawi mu bang:** Muhkhak sunsun khelahlua a tawpsan theilou
16. **Zawlthu:** Nungak leh tangvaal kaal thu
17. **Zeldim thubawl:** Gintak thu lel
18. **Zangnadopna:** Sih-le-manna tung a luangman piak, siatvatna leng kichi
19. **Sithu namzen a pang:** Kho-ul kai a gimtak a nnasem
20. **Tengta kineih bang:** Kikhuallo tak a gamta/khosa



Kinavak Sakna

MAY 30, 2020

COVID-19 PANDEMIC ziak a hun haksatak a i din lai un, chi-leh-sate, itna leh lainatna ziak a, pantheihna lamchiat a pang a phatuamngaihna suahkhia, leh lam tuamtuum a panla, saptuum, pawlpi leh mimal tampi i-om uh chih ithei uhi. YPA JHQ Delhi inleng, imi isa Lockdown ziaka SUANSAM a omte huhna ding in, "DYPA HELPLINE" chih minvuah in pan i na la uhi. Pawlpi in summuhna kichian neilou ahihman a, SUANSAM te kia ki panpihzou tadih hi. Hiai helpline tungtawn in tuni tan in, Suansam mai ding, i sanggamte lainatna ziak liauliau in, mimal 58 (TB kikem lel 2 tel in) kiang ah panpihna kipekhe ta hi. A sum in Rs. 63,500/- kipekheta (theihbeh nuam ten, President, Secretary & Fin. Secy, YPA JHQ te khatpeuh kiang ah kantheih ding).

Saptuum, Pawlpi leh Mimal bangzah hiamte'n, tasam a om i sanggamte' kiang a huhna, lam chituamtuum a ana pekhinta i hi chih i haih hetkei uhi. Hiaibang a pan ana late tuni in a min uh taklang theikei mahle hang, mi-leh-sa lainatna ziak a nasep ahi chih i theihman in amaute i suang un, i ngaisang mahmah uhi. Tua banah, Manipur Govt in Manipur Bhawan, New Delhi tungtawn a a hawm uh, Ration Packet 75 ngut i tangkha ua, hiai toh kisai a panlakha tengteng leng i ngaisang mahmah nawn uhi. Toup'a'n a seen tengteng uh vualzawlina suak sakleh chih i deihsak uhi.

Tuni in, tunitan a, YPA Delhi HELPLINE tungtawn a, mahni kiphal dandan a Sum-le-pai hon thoh, kalsangtawi heutumuan bangzah hiamte, khatvei bek a min uh mipi theih ding a lahkhiaik hoih i sa uhi. Amaute:-

Sl.	Name	Amount (Rs.)
1	Pu K. Ginkhanthang	10,000.00
2	Pu Khanthang Tonsing	10,000.00
3	Pu S. Lianmuansang	10,000.00
4	Pu Suakzathang Nunthuk	10,000.00
5	Pu Vungzamuan Valte	10,000.00
6	Pu Thangzalun Khuptong	5,100.00
7	Pu JH Ginmung Guite	5,000.00
8	Pu Joy Thanglian	5,000.00
9	Pi K Muanniang	5,000.00
10	Pu Major T Sonlal	5,000.00
11	Pu Pumchinkhup Guite	5,000.00
12	Pu N Vumsuan	5,000.00
13	Pu T Kamzapau	5,000.00
14	Pu K. Samuel Liangousiam	3,000.00
15	Pu Thangkhosiam Tonsing	3,000.00
16	Pu T. Tuanmuanthang	3,000.00
17	Pu Gouminlian Shoute	2,500.00
18	Pi Dorothy Niangkhanem Guite	2,000.00
19	Pu H. Langthianmung	2,000.00
20	Pu K. Pauzawan	2,000.00

Sl.	Name	Amount (Rs.)
21	Pu Khamkhanpau Guite	2,000.00
22	Pi Khawlzadim	2,000.00
23	Pi Kimremmawi	2,000.00
24	Pu Dr Langkham	2,000.00
25	Pu James Liandouthang Tonsing	1,000.00
26	Pu K. Biakkhanmang Guite	1,000.00
27	Pu S Thuambiaklian	1,000.00
28	Pu T Jamsonmung	1,000.00
29	(34461925123) Mr. J (as per Bank record)	1,000.00
30	UPI/CR/011316332271/ (as per Bank record)	1,000.00
31	UPI/CR/010519478244/ (as per Bank record)	200.00

Total Received = 1,21,800.00

(Nuai Khat Sing Sawmnh leh Khat leh Zagiag geih)

Hiai COVID 19 PANDEMIC in venlam nawtlou ahihman in, i nasep uh khawl mawk theih ding banglou a, sutzop touh nilouh phot ngai din kilang hi. Huaiziak in, suansam ding dinmun a om i om leh, ki suanglah hetlou a, helpline numberte (YPA Delhi Unit President/Secy te) thujak ding in i kingen uhi. Huan, hiai Phatuamngaihna nasepna, lungluthuai sa a pang nuamte a din, a tawmlua – atamlua chih omlou a pantheih gige ahi.

DELHI YOUNG PAITE ASSOCIATION HELPLINE | COVID 19

BANK DETAILS

Name : Young Paite Association

Account No.: 57022220576

IFSC : SBIN0007755

Branch Code :7755

Address : State Bank Of India, Bhikaji Cama Place Ansal Tower, New Delhi - 110066

Fun Facts

- Tukha May 29 pen "Put in a Pillow on Your Fridge Day" kichi hi. Hiai ni pen khovel pumpi a ni poimoh khat dan a chiamteh in om a, 1900 kum a kipan zat pat a ana omta hi a gen in om hi. Europe leh USA gamte ah kihahzat mahmah a, dau(luck) leh hausakna a innsung ua a tunna ding a zangzel uh hihtuak hi. Thadah vai maimai!
- Saint Lucia kichi khovel a gam min kiphuakte' lak a numei min zang a kiphuak omsun ahi. Hiai gam pen French gammi bangzah hiam in long a tuahsiatna a tuah hun ua a va tunkhakna gam uh ahi a, December 13 a tung a hihman un huai ni pen Saint Lucy min a ann nekkhawmna ni toh a kituahkhak ziak a a gam min di'a Saint Lucia chi uh ahi, kichi.
- Mihing khat in a damsung a a chiltui(saliva) tengteng gawmkhawm ding hileh Swimming Pool nih phazou ding kichi. Mihing khat in nikhat in chiltui litre 1-2 kikal neizou a, kumkhat sung in litre 730 bang nei hi. Huchi a hihleh kum 70 tan bang dam ding a hisap hileh, na piankhiak a kipan na sihtan dong a na chiltuite kigawm in swimming pool nih phazou ding dan ahi. Nuam eih!
- Belly Goat kichi Keel chikhat, a talte'n(male) zun a thakchiang un a lu(head) uh thakkhum chitchiat ua, a zun gim ziak ua a nute'n(female) a ngaih/etlahna ding ua huchibang a zuntha sese uh ahi, kichi.
- Tukha May 23 & 25 a innlam zuante khenkhat in a lunglen thu uh gen kheukhouta ua, khenkhat in lah a ki-quarantine zohchiang ua banglam peuh a kithakpat sawm uh a hihdan leng thuchian hikei mahleh gintakthu kigen hiauhiau hi.

SEPNA MUTHAK

Tukum IBPS nuai a PO Exam final result May 20, 2020 a puankhiak a om ah a nuai a i siamsinpihte un lohchinna ana ngah uhi;

1. **Unaunu Vungnunsiam** d/o Satkhojang, HQ Veng tulel a Vijay Nagar, North Campus a omlel ahi.
2. **Unaunu Mercy Manhoihlun** c/o Pu Biakkhanmang, Mayur Vihar-2.

Amaute Delhi siamsinpawlpi members tengteng sik-le-tang in kipahpihthu i khak a, maban a semthei ding leh lohchinna sangzaw bangleng ngahtou theizel ding in damna, pilna leh siamna a poimoh bangbang uh i biak Pathian in pia hen chih i deihsakthu hiai Bulletin tungtawn in i khak hi.

Khangtangthu mangngilhte'n khangtangthu a bawl theikei uh.

—Dr. Bhim Rao Ambedkar

Lemna tellou in tupna/deihthu saam teng vaivut a suak a, a mang vek hi.

—Pandit Jawaharlal Nehru

Ama' hoihna gen tampen (gen gige) mi zaw hoihna nei tawmpen ahi naknak.

—Pandit Jawaharlal Nehru

Lochinna zungpitem tuh kuhkalna tungtawn a kilam ahi.

—Mahtab Nayeem

Lemna tuh nuhmai in a kipan.

—Mother Teresa

Mialna in mialna a hawlke theikei: vak kia in a hihthei.

Huatna in huatna a hawlke theikei: itna kia in a hihthei

—Martin Luther King Jr

Luita thawn gin a ngaih.

—Paite paunaak

Vai nanung vuahsia in lap.

—Paite paunaak

Pute leh lamsak kineh zoulou.

—Paite paunaak

Hawmsiam nungta, huaiham si baih.

—Paite paunaak

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Office:

Siamsinpawlpi JHQ/Delhi

N-258, Sector 8, R.K. Puram,

New Delhi - 110022