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VULKHA (October) a Siamsin Journal simtute Chibai.

Hunthak - khathak I muh nawn toh kiton in, I khovel dinmun ahoih leh a sia ki helhtuah vengvung kalah i kho-tang dinmun uh bang chi in a om a, bang chiang kiakniamna leh khantou-hna i muthei ua chih mahni lungsim ah suangtuah in, huih nun nalam di-rection khektuak a i theihte khek na ding hun lemtang tu hun ahi chih ngaihsut na liantak om hi.

Hun paisa a i Siamsin dan technique pen, tu Pandemic apan naktak a kikkhek in, Online tungtawn a Siamsin-

na, Siamsin naupangte ding a mahni kitoudelhna, mahni hihtheihna leh mahni deihtelna hong lian mahmah a theih ahi hi. Hiai in Siamsin khenkhat lammial leh haksa, gammial phu bang mai in innkuan sung tanpha subuai kha mahmah a theih hi ahi.

Khanthak te hiai dinmun a i din lailai in, mailam hun ah 'vaak' hongtung ngei ding ahi chih lam en kawm in I Siamsinna ah lung ke lou in pang ni.

Ka kipak,
Editor, Siamsin Journal.

EI SINGTANG MEH MIN KHENKHAT [IN ENGLISH]

- 1). **Jongtah** - Parkia or Stinky beans
- 2). **Aithanglou** - Houltuynia Cordata
- 3). **Sai be/samphok** - Gully beans
- 4). **Lengmasel** - Lemon Basil
- 5). **Tanguang teh** - Centella asiatica
- 6). **Khangkhuh** - Senegalia pennata
- 7). **Aige chil** - Galangal
- 8). **Sing thupi** - Dysoxylum
- 9). **Vai anthul** - Roselle
- 10). **Lhakhai** - Common Nettle (kinelou maithei)
- 11). **Dhania** -Culantro
- 12). **Squash/iskuit** - Chayote
- 13). **Saptheiteh** - Passion fruit leaves
- 14). **Khongma** - Rhus chinensis
- 15). **Baal** - Taro/Colocasia
- 16). **Gotuai** - Bamboo shoot
- 17). **Singjual** - Mezenga leaves
- 18). **Ga** - Sword beans
- 19). **Thei helhot** -Starfruit
- 20). **Aksial pak** - Wendlandia glabrata
- 21). **Behiang** - Pigeon peas
- 22). **Singkokkai** - Tapioca
- 23). **Sing tomato** - Tamarillo
- 24). **Khuai nou** - Bee Larvae
- 25). **Pasi** - Split Gill Mushroom
- 26). **Si** - Perilla
- 27). **Aipak** - Curcuma angustifolia
- 28). **Phulun jung** - Allium hookeri roots
- 29). **Segah** - Chestnut
- 30). **Sihjou** - Eurya acuminata
- 31). **Theipi** - Fig fruit

Lai Gelhdan Tangpi

Dr. Tualchin Neihisial ©PLS, Chapellane, Hfangtam Lamka

-(sutzopna)-

A. Numeral number in plural hihna pia hi.

- Bawngpi thum ka mu [dik]
- Bawngpite thum ka mu [khial]

A zawi tawn lou lah dik veve:

Ama lam a bawngpi thum tungtang kigensa leh theihsa hileh bel “bawngpi thumte ka mu” kici thei hi.

B. Pronominal elements: ‘un, ua, uam, uh’ cihte’n plural hihna bawl hi.

Etsakna:

- Ka hong pai uh hi
- N’ong pai diing uam?
- Hong kuan teitei un.

Anuai a sentencete en mah dih:

- [1] Naupangte in la sa hi [khial]
- [2] Naupangte in la sa uh hi [khial]
- [3] Naupangte in la a sa hi [khial]
- [4] Naupangte in la a sa uh hi [dik]

Hilhcetna:

- [1] “Naupangte in la sa hi” cih in naupang khempeuh huam a thugen hinapi plural element “uh” tel lou a, “hi” a atawp mawk ziak in naupang khat la sa genkha ahihman in dik lou hi.

- [2] Anihna pen in naupang honpi

a lasate huam a gen nuam hinapi, naupang lasate genkikna diing “a” akizat louh ziak in dik lou hi.

- [3] Athumna pen in naupang honpi huam a lasate gen nuam napi, *pronominal element* a plural “uh” cih zang lou a singular “a” azat ziak in dik thei lou hi.

- [4] Alina pen in a noun plural [naupangte] toh kituak in pronaminal element a plural [uh] a zat ziak in dik hi.

C. Noun, verb, adjective leh adverb

khawng a ‘te’ I belhleh *noun suak ua*, ‘te’ cih omna ziak in plural hihna pia hi – ahonpi, alompi genna in kizang hi.

Paupute, Lampute, Thangpute, Lamkate, Tedimte, Biate, Gaalte, Gangte, Guite, Mangte, Simte, Sakte, Ngaihte, Khaute, Khelte, Samte, Simte, Thawmte leh addg.

- (ii) A *subject* ah ‘te’ behlap lou in *adjective, adverb* leh *verb* ah ‘te’ kibeblap zaw hi.

- Mi hoihte, mi laisiamte, ui liante, mi kisualte, mi gilou mahmahte, mi zawngte mi

Laigelh paidan: Lai gelhdan tangpi

zongte

A zawi tawn lou lah dik veve:

Thumal khenkhat ah khat sang a tamzaw genna in **ei, te, l** leh **mi** cihte kizang mahleh mun khenkhat ah kamsiamna pau [polite form of speech] a akizat ciang in khat sang a tamzaw genna hi tuan lou hi:

Etsakna:

Zi khat kia nei, pasal zong khat kia mah nei hinapi a zi hiam a pasal hiam genna in –

[a] *ei pasalte zaw...*[b] *mi zite aw...*[c] *En bang l thei dia?*[d] *Mi hicih ke'n [=Nang kei hon hicih kei in]*[e] *Ei nungaakte zaw... [khat kia gen hinapi] [f] Cih simsimte maw... ['te' akizat hang in khat kia [bek] genna mah ahi hij].***15. Noun leh noun kizom theilou:**

15.1 Laigelhna ah laipau aa diing in noun leh noun kizomsak lough diing ahi hi.

(a) Jesu Jerusalem ah hong si hi [khial]

- Jerusalem ah Jesu hong si hi [dik]

(b) Neinou Tomi in man hi [khial]

- Tomi in Neinou man hi [dik]

(c) Dahpa lou akuan nuam kei hi

[khial]

-Lou ah Dahpa a kuan nuam kei hi [dik]

(d) Khupcing Ngambawm in deihta hi [khial]

- Ngambawm in Khupcing deihta hi [dik]

A zawi tawn lou lah dik veve: Sentence sung ah abstract noun nih kizom thei a, tuate *A zawitawn lou lah dik veve* case in pai hi.

- Neulai nopdan na thei hiam?
- Itna mit deldan thei in.
- Naungeek an pia in.
- Suangnou tanghou suaksak in.
- Inn gua hah lou a gam gua hah
- Inn gua leh gam gua kitehpi ngei lou.

15.2.1 ***Apostrophe a noun nih kaalhal diing ahi.*** Sentence sung a concrete noun nih ahikheileh concrete noun leh abstract noun akizomkhaak ciang in neitu ciamtehna ***apostrophe ['']*** koih diing ahi. Hiai apostrophe pen neitu ciamtehna lah hi pah, noun nih kaalhalna lah hi pah hi.

- *Dahpa' khang*
- *Thanghou' sial*
- *Khupcing' neulai*
- *Dawikungpu' sial in kii li nei hi.*
-(sutzop ding)-

*General Article:**Paite Folktale*

LIANDOU LEH THANGHOU

*Limchiin dia gelh: Lalthanghlun Guite, Imphal**(-Sutzopna-)*

Liandou: Nu, ka kikhin di, hong kikhin aw, bawi.

Thanghou: Nu, ka pa ahat a hat hi lou maw. Bang achia a hon paisan! Ama'n hon ngai lou hia!

Ngendong: Hon ngai mah e.....
Hon ngai.....

Thanghou: Huchi ahong kik pah di-am.....Ke'n le ka va zui aw, nu.

Liandou: I pa si ei voi, i zui thei mah-mah ding hia!

Thanghou: Ke'n zan nitak a ka mang a i pa mu ing a, ama'n aliangkou a hon pua a, hon lenpih ei ve. Anop a nuam mai.

(Huchi a akihoulai ua naute hong ihmuh, huai nung sawt lou a kongkhak hong kikiu)

Kaplian: Na om uhia? Ihmuta uh maw? Na kho pamte uh kei Kaplian, na pa uh zawl ka hi.

Ngendong: Aw le, na khawl in, k'ong thou ding, ka na lum baih kha ua hi.....Hong lut in. E h !
Hong lut un! Bangchi sim uh e?

Kaplian: Kei Kaplian, na pa uh Pu Sinthang zawlpa ka hi. Hiai midangte ahiehleh, ka dongtate hi ua, ka zawlpa sih-na toh kisai a galna zu hon pua hi ung e. Zing chiang nitak lem na sakleh na indongtate samkhawm a suunna/galna zu dawnkhawm leng chia hong kuan ka hi uh. Kong paina uh lampi, haksa peuhmah in hong zan tun kha ka hi uh.

Ngendong: Thupi gen na mai uh chia, hiai tantan a hon delh chih lawmlawm.

Kaplian: Kitheipah lou a, tua ni tampi bang paita akei maw.

Ngendong: Kingakhia un, kingakhia un, Koi na vante uh hiai lam ah nga ni.

Numei khat: Kei zaw ngai kei. Ka papite inn lam ah ka va kinga

General Article: Liandou leh Thanghou

ding ua, zing chiang in ahun
ding i chih hun un k'ong pai thak
zaw ding uh, maw lawm?

Numei lawm: Hi, huchileh ahoih
ding. Azawlpa bel hiai mun ah
giak leh bang achi dia?

Kaplian: I giak vek ngal kei ding ua.

Ngendong: Ahi mah ve. Na giak vek
kei ding ua. Kikhen sese kul lou
ahi.

*(Huchi in azing in indongtate'n azawl-
pa galna zu dawnkhawm uhi. Hun,
kha hong pai zel in apasal zawlpa
Kaplian toh Ngendong kikal ah kichi-
matna leh kingaihmatna hong piang in
khotuam a om himahle uh Kaplian in
Ngendong-te lou nasep va huh gige
sim hi. Ni khat loumun ah)*

Kaplian: Zou thei i hita ve maw.

Ngendong: Hong panpih kei lechin
zaw kizou mahmah lou ding hi
a. Tuni a loukhoh kizou chih
lawmlawm tel thupi ka sa lua, U
Lian ka kipak lua aw. Bang ka
hon pe thuk dia.

Kaplian: Bang piak thuk chih tel,
bangdang angai lailai dia, na

sakmel etlawm leh na itna na
hon piak kan kei ding in bang-
dang mah ngai lou. Kou khote
kuamah tukum a ding a loukhoh
zou om nai lou, nou khote lak a
loukhoh zou masapen nang
hidan na hi ve. Ka hon kipahpih
lua.

Ngendong: Ka kipak lua U Lian.
Thu khat ka hon gen diam U
Lian?

Kaplian: Hon gen ve i
ngaikhe ut lo ve le.

Ngendong: I
omdante.....i.....i..... Liandou
bang in hon thei simsimta in
chin, ki-imim thei nawn lou ding
hiveh aw. Liandou pa hon sih-
sanna bang hun sawt lua le hi
nai lou lai zomah! Liandou-te
unau bang ka huat tha suak
mawk e. Nang vang ngai a buai
hita mai veng, U Lian.

Kaplian: Loukhoh lah zouta i hih
chiang in, na man leh zinghal
chiang in i tai mai diam? Le m
na sakleh na kho ban ua
khawlna mun singlian nuai ah
ka na om ding, zing an nek khit
in hong kisa mai ve.

(-Sutzop ding-)

General Article:

GAM POLITICS TAKTAK CHIVU

PUBLISHED BY MEDIA & PUBLICITY, RESEARCH AND PRESERVATION OF THE ZO IDENTITIES (RPZI)

(-Sutzopna-)

Suktete tung a meiteite thangpaihna beilou ahih manin, ukpipa Goukthang ana matsawm uh hi. Colonel McCulloch kiang a lemna thu ana gen khitsa uh ahih manin, Goukthang in Meiteite va lawm bawl kha hi. Meitei te'n Goukthang sepaihte thau khong etsak ua, thakhat in laksak ua, man vek uh hi. Huchi in Imphal ah tonpiah ua, sawt lou in Goukthang Meitei lengpa khut a si hi. General Brouchier in Meiteite thil hih **“an act of treachery”** ana chi hial hi1

MEITEI DOHA AKIPAN PILVAN HUN HITA.

Meitei te'n thu zuau pansan in gamlakna ding Chivu ah ana bawl uh hi. Lushai hausa 4 leh khua 112 tung ah Chandrakirti vualzohna chiamtehna chi in suang tung ah thu ana gelh uh hi. Hiai suangte pansan in Chivu mun tantheihna dingin Archaeological Survey of India ah protected site dingin 1993 in phalna ana la ua, a gam leng ana lei kheta uh hi. Tu in Chivu mun sik kha lou Chandrakirti min in park bawlana pat hita hi. Hiai suang a thu kigelhte i nan kei leh dikloutaka vual-

zou a kichih uh pompiah i hi ding a, i gam uh phalsak i hi ding hi.

Meitei phaizang neuchik ahih manin, singtang gam enlah mahmah uh hi. Naga gam lah Meitei te'n nawk ngam lou ahih man un, i gam laktheihna di policy tuamtuum bawl uh hi. Act tuamtuum hon bawl ua, singtang gam venbitna Act omsate nangawn hih lamdan leh hihbei sawm a meiteite kipei ahih uh i theihsa chiat ahi.

History et mai in Meiteite toh lungkhat in i luangkawm ngei kei himhim a, i gam uh Meitei kumpi vaihawmna nuai ah om ngei lou hi. Raja Goukthang (Meitei lengpa in Raja title a piak) tapa Sumkam leh a nungzuite'n Meitei lengpa toh thaulawng ah tui dawn in kilemna ana neihna uah, Moirang tan Meitei lengpa gam, a ban teng Sumkam gam chi in kitheihnamna treaties (Treaty of Sanjenthong leh Treaty of Kaparang) ana bawl uh hi (*Page 171 of The Northeast Frontier of India by Alexander Mackenzie.*) Tua banah Meitei lengpa toh India merger agreement ah ei singtang gam ana tel kha lou hi. Brig. Sushil Kumar Sharma in a laigelh

General Article: Gam politics taktak chivu

The Complexities of Tribal Land Rights and Conflict in Manipur pek 7 na ah hichi in ana gelh hi: “The total area which the Manipur merger agreement covered was his territory of 700 square miles or 26,500 paris/hectares. Not even a single inch of hill areas was covered under this agreement”. Lehkha bu poimoh tampi British hunlai a record omte Meiteite a dia disadvantage tampi om ahi ngei ding a, 2005 kum in Meitei te’n State Central Library ana hal tum uh hi.

Tu’n le Manipur pumpi singtang gam suahsak theihna ding in ST demand, ILP chihthe sai uh hi. Manipur Kaiba Yaroi chih slogan nei ua, The Sangai Express 25 February 2020 issue ah CM Biren in ngamtak in homeland kuamah kipe lou ding ahi chi hi. Tun-ai in United Committee Manipur (UCM) kichi te’n The Sangai Express, 26 May 2020 ah Teritorial Council demand pomlouh ahiah dan taklang uh hi. Huchi ahiah manin, ka lengpa un gam a lakna Tonjang tan ka gam uh ahi, nou demand area koikoi hi hiam hon chi le uh ka gam i chih ding uh neu mahmah ding hi.

Singtang gam hausate khut ah ana om gige a, i pupate’n hon nutsiat gamte kepbit khangthakte mohpuak

ahi. Khovel pumpi ah tua i tenna gam chihlouh mundang nei tuanlou i hi. Gam ka it chi in kam in gen in, a la in sa leng le, mi’n hon suhsak dek chih thei a kamkhat le i kak ngam kei leh gam zuak kisuak di ahi.

Hiai Chivu thu hi gam politics taktak ahi. Mimal kimuhdahna leh electoral politics khenlam pek ahiah manin, ei sung a kitheihsiamlouhnate, election ziaak bang ahiah kei leh issue tuamtu-am a i neihte uh koikhke phot ni. A lian zaw i tu leh tate a dia thil poi thei, khonung a i kisik louhna ding un hiai dikloutak a kigelh Chivu Stone Inscription doudal dingin i kichial ahi.

Laibu pansante:

1. *R.G. Woodthrope (1873), The Lushai Expedition 1871-1872.*
2. *Bertram Carey and H.N. Tuck (1896), The Chin Hills, Volume 1.*
3. *Alexander Mackenzie (1884), The North Eastern Frontier of India.*

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.....

General Article:

SIAMSINTE KIANG A LAIKHAK-1

*David Neihguk^a, Dr. Pau Biak Sang^b**(-sutzopna-)*

2. LAISIM DINGDAN TANGPI

Eimi siamsinlaite hihkkelh khat ahieh leh "class XI i limsak louh uh ahieh." Class XI sim ginalou in Class XII na lut thei maithiei, himahleh a syllabus "phim leh khau banga kizom" ahiehmanin competitive exam hitaleh sepna nazon hun Chiang in class XI syllabus na theihna in a hon panpih mahmah ding hi. Huaiziakin class XI chihhtakna mah toh sim ngai hi.

Tulai khovel pilna leh siamna a kidemna khovel ahieh tak man in, lai siam leh khuak zang siamte mi lohching leh mi tung a lengte ahieh uh. Huaiziakin mi I phak nop leh siamsinna mah ngaih poimoh petmah hun hita hi. Mihing i kibatlouh dingzui in I laisim dan le kibang lou hi. I lunglut lam le kibang lou a, lai I simchia I lunglut hun sung le kibang lou hi. Himah leh lai simdan a hoih leh phatupampen hi a kitheih uh khenkhat ka hon taklang nuam uh hi. Huaite ahiehleh:

2.1 Student ihieh sung teng laisim I

nasep pi pen ahieh gige ding ahieh. School a subject tampi kitawi ahieh man in hun zatdan siam mahmah ngai hi. Niteng a zillai tampi kila ahieh man in, laisim ding kikhelsaksak louh ding ahieh, thupil khat in "Nasep sunsiah seplouh suak semsem" ahieh mahbangan a huntak a simlou a exam dek kuan chiah sim vek na sawm leh vut lak a zunthak abang lel ding hi.

2.2 Nikhat a dakkal tampi laisim a tut sese a ngai masa pen kei a (a tutheie te bel hoihsem), himahleh niteng a dakkal nih leh thum tan bek hiam zingsang hun, sun hun ahiehkeileh nitak hun dak kal li/nga (mahni lunglut theih dandan) a hun kibang a sim gige hoih mahmah hi. Laisim na study table kineih tuam ahoieh a, huai mun a a hun kibang a sim gige ten thei baihzaw uhi.

2.3 Lai na sim Chiang in a kizom a sot pipi na sim kunkun sang in avangkim dakkal khat hal khawng a break zel ahoieh hi. Dakkal 10 lunglut lo kholou a na sim sang in dakkal 2 lunglut tak a sim phatuam in manpha zaw hi. Na lunglut hun

General Article: siamsinte kiang a laikhak—1

teng lunglut tak in sim zaw in.

2.4 Telsui mite sui dan in, mihing te I ihmud chiang in I khuak (brain) ah nerve cell ki bawl a, huai te akipan theihtheihna (memory) hong piang achi uh hi. Huaiziaik in I laisimte I lungsim a ataamdet theih nadingin, ihmud kham poimoh mahmah hi. Zan i ihmud kal un I laisim te I lungsim uah ana belh zel hi.

2.5 Sapte thupil in “Well begin is half done” achih toh kiton in kumbul apat hoihtak a laisim nakipat leh a kimkhat zawhsa toh kibang ahi. Huchi hileh exam hundek kuan chiang in lai tapi sim angaikei ding a, na simstate enphakik (revise) in lungmuantakin na om thei ding hi.

Huchilouin zaw, kinoh hehu a lai tapi sim in theihna akibehlap louh banah hon lunggim sak mahmah ding hi.

2.6 Class XI khawng I hon sim chiang in, I khut te bang le hih nit zek hong ngaita ding hi (get one's hands dirty). Huai omzia tuh, classroom a teaching ngaihkhiaik kia hilou, khut mahmah toh gelhthawh a kizil – note bawl, maths (physics leh chemistry le tel

in) khuat, question paper luite kaikhawm in huaia question kidong te khuat, guide book/refreshers book a point poimohte highlight toh question kipiata kizil ding. Hiai kawmkawm a text book akipan concept/point poimoh te gelh khia (note bawl). Syllabus zalua ahia ziaik in exam dek chiang a thilteng simkik nadi hun omlou ding hi. Hiai hun chiang in na note akipan in hoihtak in enphakik (revise) thei ding hi. Na khut a nit zawh khop leh na mark muh a sang ding hi.

2.7 Class XI toh Class XII hunsung sinlaite ading a “Golden age” chih thei hi. Aziak ahieh hiai kum 2 sung a na hunzat dan in na hinkhua leh nek leh taak zonna (Career) hong kinga ding hi. Hiai hun a ngaihzwawng neihlouh ahoih pen ding a, sai vet louh a damdoi hoihpen ahi. Huaibanah, thil tapi chaan (sacrifice) angai a, lawm polh kidaam, khotang vai a kizat kidaam leh thil dang hun sumangthei thilte a zat louh poimoh petmah ding hi.

Huai banah, Engineering (B.tech, BE) hiam, MBBS hiam, Architech hiam tum nahih leh lai nakpitaka sim kul zosem ding hi. Hun zatdan (Time management) zong siam mahmah ngai ding a, hunzatdan

General Article: siamsinte kiang a laikhak—1

tuam tuam toh laisimna ki balance
siam mahmah ngai ding hi.

3. LOHCHING NGEINGEI DIA PANLAK DINGDAN

Siamsinna in a tup pipen ahieh leh thildang tengteng sang in nek-leh-taak muh nading ahi masapen hi. Huai ahieh dungzui in, Class XI leh XII sinlaite ading a lohchinna tak-tak tuh Class XII board exam pass kia hilouin maban zilna dia competitive examination a qualify hiam ahiehkeileh sepna muh ahi.

Hiai teng thum lak ah board exam pass pen baihlampen leh aval a hahpan luat ngailouin a tamzawten zohtheih hi. Tuchiang in board exam saituten mi atamtheilam a pass theih nading in exam pattern bawltah hi. Huaiziak in, board exam a pass pen thupilua, hoihlua hinapi in atung a kigen te tellou in lohchinna bukim hilou hi.

Huchi ahiehleh competitive examination qualify nadia bangchi panlak ding?

3.1 Competitive examination qualify nadia panlak dingdan

Sapte thupil in “killing two birds

with one stone” ahieh Class XI leh Class XII sinlaite ading in zattheih mahmah hi. Aziaktuh, class XI leh XII zawh tawh kiton a competitive exam zoh theih hi. Huai dia panlak dingdan ahieh leh class X exam khit Chiang in (result suah ngak ngai sese lou), 2 years coaching correspondence course ah ki enroll theih pah hi. Huchi mahbang in tulaitak a class XI zillel te ading in 1 year correspondence course ah ki enroll theih ding hi. Class X nuailam te ading in zong amau lunglutna bang in correspondence in coaching laktheih hi.

Correspondence course omzia ahiehleh, ki enrol khit Chiang in study material na sim khopkhop di hon khak ding ua, mahni self-study a kisim ding ahi. Na theih siam louh a omleh huai te leng email tungtawn in dottheih hi.

Correspondence course ahiehleh ahiehleh subject te conceptual understanding tampi honpia hi. Competitive exam toh board exam a syllabus kibang ahieh ziak in, a syllabus enkawn a topic-wise a l sim leh board exam a te haksa kisa hetlou hi.

Coaching institute hoih khenkhat

General Article: siamsinte kiang a laikhak—1

te ahiehleh:

- 1) Brilliant Tutorials (<http://brilliant-tutorials.com/>)
- 2) FITJEE (<http://www.fitjee.co/>)
- 3) Resonance (<https://www.resonance.ac.in/>)
- 4) Akash (<http://www.aakash.ac.in/>)

Hiai atung a kigelh te banah tulai hun a thil toh kisai (up-to-date) zawdeuh a theih na ding in magazine khat beek siamsinlai a sim poimoh mahmah hi. Hiai toh kisai a magazine hoih mahmah ahiehleh Physics/Chemistry/Mathematics/Biology (PCBM) Today ahi. Hiai magazine te sung ah competitive exam a topper te interview nate bang, science topic khat bukim tak a kigelh article bang leh competitive exam tuamtuum leh coaching institute chih te Chiangtak in muhtheih hi. Na school kaina a library a om leh va enpah inla, na library un a subscribe keileh na school thuneite kiang ah subscribe dingin ngetna pelut pah in. Hiai a nuai a link tungtawn in a subscribe theih ding.

<https://mysubs.in/buy/physicschemistrymathematicsbiology-pcmb-today-subscription-magazine-subscription>

Class XII zoh chia Career options, Competitive entrance examination leh sepna tuamtuum omte a kimzaw in Part 2 ah hong ki gelh ding hi.

4. THUKHITNA LEH HASOTNA

Ei siamsinten' pilna leh siamna lam ah National hi in International level tan hitaleh mi kiphazou mahmah hi. Himahleh, I taksap uh ahiehleh pilvanna ichi hiam theihkhohlna (awareness) ahi. Thil a hun laitak a thei in pan ana lathei chiat leng a lohching lou kuamah kiomlou ding hi. Hiai thugelh simkha siamsinte Pathian in a lawhching ngeingei ding in hong vualzawl hen.

“Hiai ka lohchinna in ahon etsak tuh ei Zomite leng midang i.e. general te phalah tuanlou ihi. Maiteh khuak hilou in Pathian honpiak khuak ahi” – Haulianlal Guite IAS

* *SSPP Annual Magazine 2012, Vol. XLVII & XLVIII, page-63

**Laigelh tuten ' hiai article hon etdiksak leh feedback hoih taktak hon pia Mr. Samuel T. Thawngkhanlian leh Miss. Linda Samte te tungah kipaphthu kagen uhi.

.....

Siamsinpawlpi Activities:

PLATINUM JUBILEE: LOGO LEH T-SHIRT HONNA

Apaisa tarik September 25, 2021 sunnung dak 3:00 (PM) in SSPP Complex, Siloam veng, Bungmual ah Siamsinpawlpi Platinum Jubilee LOGO leh T-SHIRT honkhiakna program hun zat in om hi.

Hiai hun zat hun ah Pu Tu-ankhansuan Gualnam, AGS (I)/ Treasurer, Finance Committee PLAJUCCOM in program zatna makaih in, Pi Demngaihkim Dousel, Member PLAJUCCOM in hun honna thumna nei hun zatna kipan hi.

Pu James K. Guite, Chairman, Standing Committee GHQ in SSPP Platinum Jubilee **LOGO** honkhiakna nei in, tua toh kiton mah in **Pu Lalthanghlun Guite**, Chairman PLAJUCCOM in Jubilee **T-SHIRT** honkhiakna hon nei zui ngal hi.

Pu Upa Damsawmthang Guite Member Standing Committee GHQ in honkhiak a om Logo & T-Shirt latna

leh Heutu vaipaw te a dia thumsakna hon nei hi.

Platinum Jubilee ding toh kisai kizaksakna leh puanzakna masa hi ding PLAJUCCOM Chairman leh Secretary Pu Lalthanghlun Guite & Pu R. Sanga te'n Pressmen te mai ah Program kizat dingdan leh kalsuan touh zel na ding a gelsa om te genkhiakna hun (Press Meet) zang uhi.

Pu Lalthanghlun Guite in a genna ah January 13, 1947 in Siamsinpawlpi (SSPP) kipankhia a, hun masa lai in SSPP in nasatak a panla in A, AW, B, Ch neih ding, taksa pum siangthou sak ding, inn hahsiang



JUBILEE LOGO ↑ & T-SHIRT →



Siamsinpawlpi Activities: Jubilee Logo & T-Shirt honna

ding, ekbuk neihding, laisim ding, kisil ding, daileng chiang a sawpsiang ding chihte tanpha sin-sakna pia uh chi hi. Huaite hong gahsua in siangthouna ah masawna kinei ta a, kum 1970-80 kim lak in laisiamna hong om a, Siamsinpawlpi (SSPP) kiphuh gahsua in tu in innlum nuamtak AC nuai leh fan nuai ah ki om thei ta chi hi. Tuin maban ah SSPP kiphuhkiak nung kum 75 china Platinum Jubilee lop sawm a kisakkholhna pailah budget ding in Rs. 30 lakh guan a om in, Siamsinpawlpi (SSPP) ngainatu te tungtawn leh Pathian pina zia in tu in Rs. 20 lakh thohkhawm in omta a, Rs. 10 lakhs lel kaihkhawm ding in samlai chi hi.

Aman a genzel na ah, Platinum Jubilee toh kisai in **November 9, 2021** apan **Football kidemna** sai hiding, banah, **Painting, Handicraft, Public Speaking, Laphuah kidemna, Traditional Sports, Music & song competition** tel in kitaitehna chi tuamtuum sai hiding a, Platinum Jubilee toh kituak mah in British te kiang a suahtakna ana delh masapen **Raja Goukthang Monument** kichi Rs. 4 lakhs bei in bawl hiding chi hi. Siamsinpawlpi (SSPP) Souvenir leng hohtak bawl hiding a, huai ading in

budget Rs. 4 lakh bikhiah in om a, Siamsinpawlpi (SSPP) ngainatu mi 75 te'n Souvenir sponsor bawl ding ua, honkhiak ahihhun ah a thawn in a deih teng kiangah ki pe ding chi hi. Platinum Jubilee toh kisai mah in **January 08, 2022 in Gospel Chialpina** thupitak om ding a, huai ah a thupi ding in **"SSPP for Christ"** zat hiding chi a, huai a tel ding teng in torch tawi ding uh chi hi.

Pu Sanga R. Laingek, Secretary PLAJUCCOM in a genna ah, Siamsinpawlpi (SSPP) Platinum Jubilee hun ah **Jubilee dak kikhen ding** ahihtoh kiton in Jubilee ahihna ah zalenna piak theihna ding in sepna a pension khinsa himahleh a pension book uh midang khut a koltang te en vengveng kawm in tatkhia sak poimoh te tatkhia sak hiding uh chi hi.

Tua zoh in Pu Thanglalmuan Hauzel, President General Headquarters in kipahtu genna (vote of thanks) hun zang in, program hun khakna leh ankuang latna Pu Pumshong Hangshing, Secretary Standing Committee General Headquarters in nei in hunkhak a, pai khawm heutu te'n kipahtugenna annkuang umkhawmna kinei in hun zoh ahi.

*Siamsinpawlpi Activities:***SSPP PLATINUM JUBILEE SOUVENIR EDITORIAL BOARD
THUGELH NGETNA***Nisim: Imphal, September 19, 2021*

Siamsinpawlpi, General Headquarters (SSPP-GHQ) Platinum Jubilee Souvenir Editorial Board (SEB) deihna bang in Souvenir a suah ding thugelh sapahi. Thugelh toh kisai a theih leh zuih ding tamlou hiai a nuai a bang ahi.

> *Thulu/Thupi*: **Teel tuam om lou; lunglut lam chiat gelh theih.**

- * **Thugelh pen mun dang koimah a kisuah nailou a hih ding ahi.**
- * Thugelhna a pau zat ding: **Paite pau.**
- * Thumal bikhiah: **Thumal 1,000 — 1,500 kikal.**
- * Font: **Times New Roman, 12 pt. size**
- * Thugelh pen hiai na muh apan a **zekaitawp a October 31, 2021** tan a piaklut ding.

>Thugelhtu' tanchin tomkim leh limlak toh khakkhawm ding.

>Thugelhte pen Editorial Board in a sim nop zawkna ding leh a kibatlual theihna ding ngimna in Paite Literature Society (PLS) Guidelines zui in a poimoh omleh a na kibawlem ding hi.

> *Thugelh piak theihna ding*: **Email: ssppplasou@gmail.com**

Na hon khak ngei lamem ing.

**Editor,
Souvenir Editorial Board (SEB)**

SSPP MAKAIHNA IN, ST.PAUL INSTITUTE A TUITION FEE VAI AH SCHOOL NAUPANGTE' PARENT'S LEH SCHOOL THUNEITE KIHOLEM

Tarik September 16, 2021 zingkal dak 8:00AM in, SSPP Complex, Siloam veng, Bungmual, Lamka ah, Siamsinpawlpi General Headquarters, Vaipua heutate' makaihna nuai ah, monthly tuition fee toh kisai a kitheihsiamlouh omte, School Authority leh concerned parent's te'n kilemna nei ta. Hiai toh kisai, a kisaikhakpih kuapeuh in zahtaksak a, hiai hun haksatak (*Covid-19 Pandemic hun ah*) Siamsin momnoute' ma ding khual a, Siamsinna pen tatsatlou a apaizom zel na ding in panlakhawm zelzel ding in i kingen uhi.

Siamsinpawlpī Activities:

SINGPI TUILUM TOH OFFICE AH

Pu Langkhanpau Guite, Life Member (344) & Chairman SSPP Foundation Trust (Board of Governor) in, MLA tua paillel Term bei



chianga, 56 - Thanlon A/C ah Contestant khat hihsawm ahihdan Siamsinpawlpī General Headquarters Office—SSPP Complex, Siloam Veng, Bungmual ah kihilna in SINGPI TUILUM TOH valut a, atup -le- ngimte pulakna vanei hi. Siamsinpawlpī General Headquarters a Vaipawtlen leng, hiai banga Siamsinna ngaisanga, Siamsinna Innpi zahna apiak thupisa in, mabana atup-le-ngim a hong lohchin ding, deihsakthu ana gen uhi.

BLOCK HEUTUTE'N FELICITATION PROGRAM UAP

Songtal khua ah apaisa September 22, 2021 ni in Songtal Govt. High School akipan HSLC Examination 2021 a lohchinna ngah student te kipahpihna leh Thumsakna program zat in om hi. Hiai hun zatna Siamsinpawlpī Tuivai Block

heutute banah Heutupa Langkhanpau, Ex-Chairman ADC leh heutu poimoh tuamtuum te leng va uap thei uh a, lohching leh manpha tak a zat zoh ahi.



Siamsinpawlpi Activities:

PUBLIC SPEAKING COMPETITION OM DING

Siamsinpawlpi Platinum Jubilee Celebration Committee nuai a Human Resources Development in makaihna in Jubilee lopna ding toh kisai kalsuanna khat hi ding in Three-round Public Speaking Competition ki sai sawm hi. Hiai a tel thei ding te **Class-XI leh a tunglam** ahih ngai ding a, pau zat ding ahih leh **sappau (english)** ahih ding a, School khat a pan mi – 2 (nih) kihel thei ding uhi.

Cash awards and certificates will be given.

1st Prize	: ₹ 10,000 + certificate
2nd Prize	: ₹ 8,000 + certificate
3rd Prize	: ₹ 5,000 + certificate

Topic for 1st round : “Reflection on Education during Pandemic”

Duration of speech : 4 mins (+ 1 min)

Time : 10:30AM

Venue : Lydia’s Hall, Angels’ Place, Bungmual

Date of Competition : 16th October, 2021 (Saturday)

Last date of submission : 09th October, 2021 (Saturday)

Evaluation Criteria:

- 1) Speech should be related to the topic – interesting and humorous.
- 2) Fluency of ideas / fluidity
- 3) Command on language – Grammar, clarity and pronunciation
- 4) Body language – confidence, gesture and presentation.



PUBLIC SPEAKING COMPETITION

on the topic **Reflection on
Education during Pandemic**

FIRST PRIZE

₹10,000

+ CERTIFICATE

SECOND PRIZE

₹8,000

+ CERTIFICATE

THIRD PRIZE

₹5,000

+ CERTIFICATE

*Siamsinpawlpi Activities:***PLATINUM JUBILEE FOOTBALL TOURNAMENT****CIRCULAR**Churachandpur | 4th October, 2021

Notice is hereby served to all intending clubs affiliated under CDSA and AMFA that the SIAMSINPAWLPI PLATINUM JUBILEE FOOTBALL TOURNAMENT 2021 is slated to be held from 9th November (Tuesday), 2021 at Lamka Football Ground, Churachandpur.

GENERAL INFORMATION

- ◆ Date of Issuance of Entry Form : **11.10.2021(Monday)**
- ◆ Last date of Submission of Entry Form : **26.10.2021(Tuesday)**
- ◆ Entry Fee & Security Deposit : **₹ 9000 & ₹ 1000**
- ◆ Date of Managers' Meeting : **30.10.2021(Saturday)**
- ◆ Availability & Submission of Forms :
 - ⇒ **SSPP Complex, Siloam Veng, Bungmual, Lamka**
 - ⇒ **Kimbawi Pan Shop, Hebron Veng, New Lamka**
 - ⇒ **Lamka Siksakol, Near Community Hall, Tipaimukh Rd., H/Lamka**
- ◆ Prizes:
 - * Champion : **₹ 3Lakhs**
 - * Runner-Up : **₹ 1Lakh**
 - * Semi-Finalists : **₹ 15,000**
 - * Quarter Finalists : **₹ 10,000**
 - * Individual Awards : **Cash + Certificate**
 - ⇒ **Best Player**
 - ⇒ **Top Scorer**
 - ⇒ **Best Goalkeeper**
 - ⇒ **Man of the Match (Final)**

For more Queries:

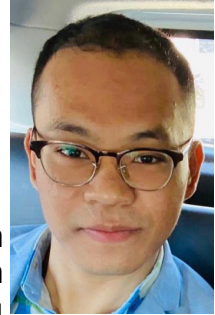
(i) **K. Doukhum** | Contact no.: **+91 - 9774 980 494**;

(ii) **Lunminthang Samte** | Contact no.: **+91 - 9615 945 308**

Health Column:

COVID A SITE' N A NATNA BANG TAN LAWH SAWN THEI?

Dr. Thongsuanmung Guite



DOTNA OMTE ENSUK NAWN NI:

- ⇒ Hiai tungtang - AIIMS te'n kum 1 sung study bawl uhi.
- ⇒ Covid ziak a si 100 vel tung ah study bawl uhi.
- ⇒ A sih khit ua pat sim in dakkal 12-24 ah test va bawl zel uhi. Positive lai hiam? Chih theih na ding hi.
- ⇒ Huai apat a muh khiak uh tuh – dakkal 24 zoh chiang in nak leh kam chihte apan swab/sample a lakte uh negative vek hi.
- ⇒ Tuaziak in, dakkal 24 zoh chiang in, a natna kiloh sawn theih na chance omlou thei (unlikely), dan in mukhia uhi.
- ⇒ Misi luang apan tui nang (fluid discharge) chihte, omlouhna ding in, nak leh kam huk ding ahi.
- ⇒ Hindu sahkua zui, ki hal thohte a ding in bel kihalna vu leh guh (bone) omte lak theih leh hi, lauh thawng nang omlou hi.
- ⇒ University Medical Centre Hamburg, Germany in study bawl na pan, mi a sih khit dakkal 38.5 hr

sung virus om leh kiloh sawn theih hi in mu uhi.

- ⇒ Italy ah, study a bawl na ua pan in, mi a sih zoh ni 2 tan in leng Covid-19 detect/kiloh sawn sawn theih ahih dan mu non uhi.
- ⇒ America ah “Covid-19 natna mi sisate vun ah bang tan hing thei hiam” chih study bawl na uapan in, temperature 25 degree Celsius ah dakkal 9 lak vel hing thei hi in mu uhi. *@United States Army Medical Research Institute of Infectious Diseases.*

KHOVEL AH MISI LUANG KHOIH ZIAK A KILOH SAWNNA REPORT OMTA HIAM?

- ◇ May 2020, Atlanta gam ah, Funeral Home a nasem khat in. “Misi luan apat covid-19 kai kahi”, chi'n gen hi. A ki contact khak ni apan sim in ni 17 ni in hospital ah admit in om hi.
- ◇ Thailand ah Forensic doctor khat in “misi luang ka khoih na apat

Health Column: Covid a site'n a natna bangtan lohsawn thei?

Covid- 19 kai kahi, chi hi. Hi-mahleh, bang chi dan a kai kha hiam? Chih theih hilou hi.

- ◇ A dang report louh leng om maithei hi.

NGAIHTUAH DING!

- ◆ Mi pen si khin, nak thei nawnlou himahleh, vun ah covid natna neng om kha thei tham hi. I vun ah sawtpi hing thei lai ahihman in, pilvang ngai hi.
- ◆ Kam leh nak chihte tuplough pi a khoih khak theih. Huaite a pat tui hong pot leng om kha thei lai hi.

- ◆ Misi in a pumpi ah, chi keh na, theihlough pi in na nei thei hi. Huaite khoih khak theih hi.
- ◆ Covid-19 tuh natna thak liklek (novel) ahihman in, kua mah hiai tungtang thei kim ki om nailou ahihman in, ngap thoh luat louh hoih phot ding hi.
- ◆ Covid-19 variant tuamtuam hong om beh ahihman in, kiloh sawn dan leng baihlam leh chi tuamtuam om thei hi.
- ◆ Tua ziak in, covid ziak a sihna om chiang in, pilvan kan omlou, chih na hi.

.....

Siamsinpawlpi Activities: Laphuah Kidemna

PLATINUM JUBILEE - LAPHUAH KIDEMNA OM DING

LAPHUAH KIDEMNA

SIAM SIN LA GAMNGAIH LA

THEIHTUAK

- Lapu diktak zat ding
- Paite Pau a phuah ding
- Lakaib bawisa a piaklut ding
- Sofa bulh thei te kipahpin ahi
- Lakaib omsa telsawn phai ahikel
- Laphuah satu ding in midang zat phal ahi

Last Date of Submission:
NOVEMBER 30, 2021

Prizes:

- FIRST PRIZE** Ten Thousand **₹10000**
- SECOND PRIZE** Eight Thousand **₹8000**
- THIRD PRIZE** Five Thousand **₹5000**

Thuchian kimzaw @
+91 636 285 8656 (Rhap) +91 811 904 7205 (Muan)

SIAM SIN PAWLPI GENERAL HEADQUARTERS - PLATINUM JUBILEE CELEBRATION 2021

KIPAHPIHNA

RBI OFFICER THAK

Reserve Bank of India in Grade B Officer (General) alakna uh final result puankhiak a om ah I siamsinpih **MISS VUNGTHEICHING** d/o *Upa*

Khamgoupau leh Nu Niang Ngaihlian, in lawhchinna ngah chihthu kiza. Amau tuel in a inkuan un Delhi ah khawsa uhi. India pum-pi a mi tawm



chik a lakna lak ua telkha ahi hi. Miss Chingboi in tuel in IR lam ah doctoral degree sin lel hi. Siamsinpawlpi in kipahpihna sang pen i khak banah a sepna a, a hong lamzan touh zel theihna di'n deihsakna lianpen khak hi.

B.SC NURSING SANGTAK IN ZOU

MISS CHINGZACHIIIN d/o *Ngulzapa*

Guite of Buangmun village in B.Sc Nursing, RML Medical College ah 1st Class in zou khia chihthu iza a, SSPP in hi chi bang



a I siamsinpih Miss Chiin in lohchinna sangtak hon ngahna tung ah kipahpihna sang pen i khak banah maban a, a hong lohchin touh zel na di'n deihsakna lianpen i khak hi.

SEPNA MUTHAK

Unaupa **M. KHAMMUANLIAN** (Upa M. Hauzakhup leh Nu Chingzasiam gil a gah goutan te lak a a nau-pangpen) tu lel a Zion veng, New Lamka a om lel in a college kaina National Institute of Technology



(NIT), Meghalaya a Campus recruitment tungtawn in Power Grid Corporation of India Limited (POWER GRID) ah din sepna mu hi. Aman kum khat sung POWER GRID ah training a zoh chiang in Assistant Engineer (Electrical) in zom ding hi. Siamsinpawlpi (SSPP) in hi chi bang a I siamsinpih un-reserved category a sepna mu Unaupa Muanlian kipahpihna sang pen i khak banah a sepna a, a hong lamzan touh zel theihna di'n deihsakna lianpen khak hi.

KIPAHPIHNA

PH.D LOHCHINNA NGAH

Min: **VUNGSUANLAL KULLAI**

Pa min:

Thanghlun

Kullai

Omna: Lam-
phelpat.

Award: **Ph.D**

Award date:
01/10/2021



Topic: **"Language Learning Competency Analysis Through Sociolinguistics Studies"**

Supervisor: Prof. Neerja Samajdar.

Kaina: Centre for Korean Studies, School of Language, Literature and Culture Studies. Jawaharlal Nehru University. SSPP in hiai bang zilna sangtak Doctorate Degree hon ngahna tungah kipahpihna sangpen i khak a, a hong lohchin touh zel di'n deihsakna lianpen i khak hi.

MD-PMR SPECIALIST ZOUKHIA

DR. THONGSUANMUNG GUTE s/o

Kaikhanlian Gute & Ningkhum of Siloam veng, Bungmual,

Lamka in tunai zek in Government Medical College, Trivandrum, Kerala state apan Doctor of Medicine



in Physical Medicine & Rehabilitation (MD-PMR) specialist zoukhia hi.

Aman apaisa tarik May 01, 2018 apan April 30, 2021 sung MD-PMR specialist zil a, Manipur singtang mite lak ah MD-PMR specialist zoukhia nihna hi'n kigen hi. Dr. Mung Guite in kum 2006 in Lalpuithluaii Foundation School, Bungmual, Lamka apan Class X zoukhia a, kum 2008 in VK Tawna College, Lamka apan Class XII (Sc) zoukhia hi. Sichuan University, China ah kum 2014 in MBBS zoukhia a, April 30, 2021 in Medical Health Services nuai ah Medical Officer sepna mu in join hi. SSPP in kipahpihna sang pen i khak banah a sepna a, a hong lamzan touh zel theihna di'n deihsakna lianpen khak hi.

ASST. PROFESSOR SEPNA MU

DR. PAUBIAKSANG NGAHTE (s/o

Pa Jamzagin leh Nu Niang, Gu-

wahati) in apaita

30th Sept., 2021 in

Department of Mi-

crobiology, Universi-

ty of Delhi nuai ah

Assistant Professor

a sem ding in chial-

na lai ana mu hi.

Dr. Sang in 2014

kum in Indian Institute of Sciences

(IISC), Bengaluru apan Doctorate

Degree a zoh nung in, tuel in Univer-

sity of Texas, USA ah Post-Doctorate

sin in, a Zi & Ta nih toh khosa in om

lel uhi.



if undelivered, please return to

The Editor
Siamsin Journal
SSPP Complex, Siloam veng, Bungmual,
Lanka, Churachandpur, Manipur - 795006
