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Editorial

**African Swine Fever
(ASF) – Vawk Pul hri
natna hlauhawm tak**

D.I. Wing, Dte.
A.H. & Veterinary

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I HMANG FIMKHUR
ANG U.**

Dr. C. Lalremruata
Scientist (Animal Sc),
KVK Lunglei, Hnahthial


**UI ATANGA NATNA
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LEH A VEN DAN**

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Veterinary Officer*

**RAN HRISEL LEH
HRISEL LO LAN DAN**

Keimahni :

Zawhna Huang

ditorial

Khawvel thang chho zelin a ken tel hmasawna leh changkanna ah hian kan duh emaw duh lo emaw hun hian min her luh pui tho tho thin. Keini ranvulh tute leh helam a thawk ho tan pawh tan lakna tur leh intuaihriamna tur tam tak a herchhuahpui ngei ang. Hemi kawng a hmalakna hi A.H & Vety. Department chuan a tum bulpui pakhat a ni. Mizote kan thlahtute atanga ranvulh uar hnam ni mah ila kan ranvulh tur thlan danah te leh kan vulh dan kalhmang hrim hrimah hian hmasawna tur a la tam hle. Hemi lam hawi inkawhhmuhna leh inkaihhruaina training hi A.H & Vety. Department pawhin a theih ang angin a kalpui thin reng a ni. Thianghlimna kawngah te pawh hian tan lak a tul hle in a lang a, hei hian kan ran te hriselna leh hrisel lohna kawngah thui tak a hril avangin ngaih pawimawh a tul hle.

Khawvel alo thang zel a, inkalpawhna a lo awlsam tial tial ang hian natna hrik chi hrang hrang te pawh a lo liang chhuak belh zel a, kan la hriat ngai loh ran natna hlauhawm tak takte pawh a tai darh awlsam tae m em a ni. Vawk bikah han sawi ta ila, African Swine Fever te pawh kan ram thenawm lawk China-ah a leng reng a, he natna hi Vawkin an thihpui ngei ngei thin anih avangin, kan ran vulh te an lo himna turin Sorkarin nasa takin hma a la a, khawchhak atanga Vawk lakluh te pawh khap hial a lo nit a a. Hei hi kan ranvulh tute hma khua ngai chung leh kan intodelh loh zia hre reng chung a kan sum leh pai dinhmun (economics) a chhe zawnga nghawng thei tur laka lo invenna thupek a ni tih hria a, mipuiin thuawih taka kan zawm hi kan tih mak mawhah ngai theuh ila a tha in a rinawm.



African Swine Fever (ASF) – Vawk Pul hri natna hlauhawm tak

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A.H. & Veterinary*

1. ASF hi Africa ram Kenya ah kum 1921 ah hmuhchhuah a ni a, Vawk leh Sanghal ten an vei thei a, a natna vei te chuan an thih pui tlangpui a, Mizoram a Vawk hri leng zawng zawng aia Vawk suat nasa thei tu natna a ni.
2. He natna hi Asia ramah hian kum 2018 atangin hmuh tan a ni a, china (August 2018), Mongolia (January 2019), Vietnam (February 2019), Cambodia (March 2019) leh Hongkong (May 2019) ah te a natna hi hmuh chhuah a ni a, Vawk vulh lai ten an thihpui nasat bakah a tai darh lehzel lohna turin thuneitu ten a natna hri veil eh hri vei hlauhawm tam tak an suat bawk a ni.
3. ASF hi natna inkaichhawn awl tak, a vei te chuan an thihpui ngei ngei tlangpui a, a enkawl na tur damdawi leh a venna tur (Vaccine) a awm lova, vanneih thlak takin he natna hi mihring ten kan vei in kan tuar ve thei lo.
4. He natna hi Vawk ten an kai chuan, an kai atanga ni 4 atanga ni 19 chhungin a lang chhuak ber a, Vawk pul hri kan tih dang Swine Fever, Erysepelas leh PRRS ten en a lan chhuah dan a

in ang hle, laboratory atanga test anih loh pheichuan hriat hran a har hle avangin mithiam te sample lak tir a test tir ngei ngei a tha a ni.

He natna hi Vawk note leh a note lakhran rualin an tuar nah le a, a tlangpuiin an thihpui thin. Khawsik sang tak tak (105°C) an nei a, an beng leh dull eh kap vunte alo sen tuak a, a tirah ek khal an nei a, chu chu kawthalo in a zui leh thin.

5. Hen natna alo kai darh dan chu hetiang hi a ni :

(1) Awmho na atangin (direct contact) a kai theih.

(2) He natna vei ran damlo Mit, Ka leh Hnar atanga tui leh tuihnang chhuak

atang te, an zun leh ek atang te in natna hrik (virus) hi lo chhuakin, chung atang chuan an lo inkaidarh ta thin a ni.

(3) Hmun dang atanga ran lakluh tharte hi he natna veia thehdarhtu an ni fo.

(4) Vawksa leh vawksa atanga siamchhuah (processed meat) atangin a kai theih.

(5) S a p h i h r i k {ornithodoros (ticks)} leh sanghal in, he natna hi an pu darh thin a hriat a ni,

(6) He natna vei Ran damlo enkawltu leh an hmanraw hman te atangin a kaichhawn theih.

(7) Vawksa la chhumloh ah he natna hrik (virus) hi thla 3-6 thleng natna thlen theiin a dam thei.

6. India hian China nen border thui tak a nei a, tin khawcfhhak lam atangin Vietnam, Cambodia leh Myanmar te chu ramri inhnaih tak an lo mi a, Myanmar ram dinhmun tak hi khawvelin kan hriatpui thei thin si lova, Mizoram leh Myanmar hian ramri intawm thui tak kan nei bawk si a, kan fimkhur a ngai lehzual em em a ni.
7. Tun a kan tih theih awmchhun ni a lang chu IN VEN ani tawp mai. A natna an hmuhna ram atang hian hian Vawksa leh Vawksa atanga siam ei tur (Frozen food) lakluh loh a him ber a, Myanmar atang pheh chuan vawk leh Vawksa atanga siam chi reng reng lakluh loh hi in venna atan tun dinhmun a kan tih theih awmchhun niin a lang.
8. State dang te leh ram dang te nen a kan in tin a lai a awm mipui ten kan ram chhunga Vawk, Vawksa leh Vawksa atanga siam ei tur te kan ram chhunga alo luh lohna turin kan zavai a rualkhai taka ke kan pen a hun tak meuh a ni.
9. Hetiang natna rinhlelh awm kan hmu anih chuan mithiamte hnenah arang thei ang bera hrilh hriat leh hmalak nghal tur a ni a, thiamna kan neilo a nih pawhin mahni remhriat anga lo chet ve mai hi mipui ten kan tih loh tawp tur a ni.
10. Vawk rinhlelh awm an awm anih chuan mithiam in

sample an la anga, a dinhmun dik tak laboratory ah a rang thei ang ber a test nghal tur a ni.

11. He natna hi kan ramah alo lut tih hi hriat ala nilo na in, alo luh lohna turin RAM NEITU mipui te kan fimkhur tlangin, kan theihna zawn ah hma kan lak theuh hi a pawimawh em em a ni.
12. He natna hi a hlauhawm em avang leh kan tuar anih chuan kan economic pawhin a tawrh nasat dawn avangin Sorkar laipui pawhin kan rama alo luh lohna turin bang lovin thupek State sorkar leh mipuite zawm tur a siam chamchi a ni.

I HRIA EM ?

1. Ran ke pali nei zinga no pai reilo ber chu North America rama cheng thin Virginia Opossum (Sazu chi khat) a ni. A no pai chhung hi ni 12 (Sampahnih) a ni a, vawikhatah note 16 – 20 nos. a nei tlangpui.
2. Note pai rei ber chu Sai a ni. A rai hun chhung hi ni 640 – 660 emaw kar 95 a ni tlangpui. Vawikhatah note pakhat a nei tlangpui, pahnih nei an awm ve zauh zauh chauh.
3. Khawmuala cheng zinga tui (egg) lian ber chi Ostrich sava a ni. Khawvela Ostrich tui lian ber record siamtu chu Sweden rama mi niin a rih zwng hi 2.589 kg. a ni.

ANTIBIOTIC DAMDAWI I HMANG FIMKHUR ANG U.

Dr. C. Lalremruata
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“Antimicrobial resistance” tih thupui hmangin 29th May, 2017 khan Indian Veterinary Association chuan World Veterinary day-ah seminar leh sawi ho na hun pawimawhtak kan lo hmang tawh a. Sorkar policy siam nan pawha ngaihpawimawh ngai em em mai a nihzia thu tlema zawng han tarlang ila. Antibiotic hi bacteria (natna thlentu) atanga siamchhuah niin bacteria vek thahnan emaw an pung zel tur vengtu damdawia ni. Bacteria chu natna hrik chikhat, mit lawnga hmuh phak loh, khawi hmunah pawh an awm a; khawthalo, T.B, Septicaemia, Typhoid leh natna dang tamtak thlentu hi an ni. Heng natnate do tur hian antibiotic damdawi chu hman niin mihring nunna tamtak Eg.

Khawthalo, TB etc. a lei tur a tam khawp mai a. chhanhim phah thin. Kan Mihring damlo enkawl ngai ranvulhte chaw (feed) ah hian reng reng ah hian antibiotic antibiotic a tel tawh chuan tellova enkawl hi a vang ta 10% in an than a tichak ve thei khawp mai!? Kan hriat mai a ni. Pig feed/ poultry feed mai tur chu antibiotic te hian bazar-a kan lei thinah te hian virus hrik an that thei lova, antibiotic-te hi telhsa in an tlang hri leng satliah “viral awm ve thei bawk! Antibiotic fever/cold fever” ah hian ei hi kan hmang uar hle a, awmzia a nei lo! Engpawhnise, khawiah pawh lei tur a awm a, Antibiotic hi kan hmang uar a, Amoxicillin, Tetracycline, a tangkai a, kan mamawh a, Cefalexin, Ceftriaxone etc te hi

kan chhawr tangkai takzet e tih hi chu a chiang reng mai.

Thlirna tlangdang atangin han thlir ta ila, tunlai scientist-te buaipui laih laih chu heng antibiotic te hian engtik niah emaw chuan hna an thawk thei tawh dawn lo a ni tih hi! Eng natna mah a do zoh loh hun a la thleng thei a ni. Chutak mai chu “Anti-microbial resistance” tunlai khawvelin a buaipui mek chu a ni. World health organization (WHO) pheh chuan a ngaipawimawh hle a, hma an la chho mek a ni; ram changkang zawkah chuan antibiotic hmanloh hram hram tumin sorkar-in satalh turahte, bawngnute ah te antibiotic test an nei thlap thlap thin. Tin, ran vulhdan system-ah pawh damdawi engmah hmang lova vulh dan “organic farming” hi uar zawkin an kalpui tawh a ni.

Engvangin nge anti-microbial resistance a awm?

Bacteria te hi an fing phakar em em mai a! an mahni that thei emaw tichak lo tur

damdawii pek khan an chinchhiah kar mai a! damdawi dose dik lo/ dose kim lo i ei a, an thih kim loh pheh chuan a la dam chhun te kha a hma aia”fit” leh “fing” zawkin an lo in siam danglam (mutate) thei thin a; A hma anga antibiotic ngai tho i ei chuan bacteria te hian an lo inveng thiam tawh lutuk a, awmzia a nei dawn ta lo a nih chu. Chutichuan, bacteria ah chuan antibiotic do theihna power i siamsak a ni der mai. Hei vang hian “anti-microbial resistance genes” an lo neih phah ta a ni.

Anti-microbial resistance genes?

Antimicrobial resistance genes te chu bacteria, antibiotic do thei inthlah chhawngte hi an ni a. Kan chhehvelah hian a leng reng tawh a ni. Mithiamte sawi danin, antibiotic ei luat emaw ei diklo avangin antibiotic do thei bacteria te chu kan taksa ah a lo insiam a, mihring ekah te, zunah te chhuakin kan bulhnai thlai, tuikhurah te chambang in, ranvulh ten an lo

ei leh a, an taksa ah te lutin, bawngnute ah te awmzelin, chu chu mihring bawkin ka nei leh thin a ni. Chuvangin a darhchak viau mai a ni. Hetianga antibiotic do thei (Antibiotic resistant bacteria) an tam lutuk chuan natna kan neih hlekin antibiotic ei khan awmzia a nei tawh meuh dawn lo a ni. Hei tak mai hi mithiamte rilru ti hah em em tu pakhat a ni. Tunhma aiin damdawi thar hmuhchhuah hi a vang ta em em mai a, damdawi pakhat hmuhchhuah chu scientist te tan thil hautak alo ni chho ta. Mithiamte rindan chuan kum engemawzat hnuahah damdawi tha a vang tawh ang, bacteria zawng zawng hian antibiotic damdawi do theihna power an nei dawn a, chung hunah meuh chuan bacterial plaque (hri) a thleng thei a, mihring kan thi zawih zawih mai dawn a ni.

Kan ramah hian a awm ve em?

Kum 2016-2017
chhung khan RKVY project

hnuaiiah khaw panga velah vawk thisen, ek, an tuitlan sample te lain, Department of Veterinary Public Health leh Microbiology department, Vety college, Selesih ah chuan kan test tir a, result ah chuan antibiotic do thei bacteria “Anti-microbial resistance genes” an hmuh thu chu min lo hrih a; mak kan ti hle mai! Thingtlangah, ran vulhtu ten antibiotic chu sawi loh vitamin tak ngial pawh an pek phak loh laia engtin nge heng resistant bacteria te hi an awm theih? Khawpui zawk Aizawl, Lunglei ah chuan engtin tak maw? Chutiangin metro city ah te pawh heng resistant genes te hi an va tam dawn em! Mipuie erawh hlauthawng lo ila, tun dinhmuna hma kan lak chhoh na ngei ngei tur, tlemte han tarlang ila:

1. Mahni thu in, a tul lovah te natna ho te te ah antibiotic ei mai mai loh tur. Antibiotic tel lova i dam theih chuan duhthusam a ni. Antibiotic I ei dawnin

- emaw ran I pek dawnin doctor te rawn la, a dose kim thlapin ei thin ang che. A dose ei zawh hmaa ilo dam a nih pawhin a dose kim thlapa ei kher kher tur a ni. Regular lo taka ei hi a hlauhawm. Doctor te thurawn zawm hram hram tur.
2. Antibiotic ei dawnin antibiotic hniam (1st generation) atanga tan phawta him. Antibiotic sang/chak lutuk kan ei nghal hian nakina resistant siamtu an ni thei.
 3. I ran vulh chu antibiotic-a jection lai emaw treatment pek lai a nih chuan, a reilo berah anitibiotic pek tawp atanga thlakhat hnuah talh thin ang che. Chutilo chu an taksa ah antibiotic zungzam a la awm thei a, I eipalh thei a, I taksaah antibiotic a lut thei a nih chu. I bawngpui hnute sawrlai chu antibiotic-a treatment pek mek a nih chuan, treatment zawh atanga ni 7 hnuah chauh bawnghnute in thin ang che.
 4. Ar chaw (feeds) i lei dawnin antibiotic powder pawlha chu lei loh tur. Damdawi engmah hmang lova ranvulh/ thla chin (Organic farming) hi uar zawka kalpui a hun.
 5. Hmun hrang hrang ah hian awlsam taka antibiotic sensitivity test-na te hi awm se, antibiotic kan mamawh tak mai chu kan hmang thei ang a, kan dam chak zawk ang. Sorkar hian bawnghnute ah te, sa zawrh laiah te awlsam taka antibiotic test-na hmanrua a neih a tul.
- Engpawhnise sorkar hian helam hi a bengkhawn a hun khawp maia, policy a siam pawh a hun takzet ta.



UI ATANGA NATNA KAICHHAWN THEIHTE LEH A VEN DAN

*Dr. Lalnunfeli Tochwawng
Veterinary Officer*

Kan ranvulh (a bikin Pef-ui leh Zawhte) te hian mihring khawsak phungah hian hmun pawimawh tak an chang a, heng kan ranvulh (pet-ui leh zawhte) te hian anmahni nena kan infiamna atangte leh kan khawsakhona avangte hian kan khaw harna tam tak min hnem a, tin, hlimna min siamsak avangte hian BP sang leh a khaihhnawih natna tam tak min pumpelhtir thei bawk a ni.

Zirchiannain a tarlan danin; mi thenkhat kum upat lam natna benvawn nei (mi 28) te chu inenkawlina in (nursing home)-ah ran (pet-ui leh zawhte) te nen khawsak hotir an ni a (pet therapy), tin, anni ang thova dam lo ho, enkawlina satliah dawng (control group) te nen an khaikhin a, chuta an thil hmuhchhuah chu; pet therapy dawng ho chu control group ho aia nasain an BP sanna te leh an rilru hahna te a ziaawm ni a hmuhchhuah a ni. Mahse kawng tamtaka min tihlimtu leh min chhawk zangkhaitu an nih rualin natna

hlauhawm tak tak (ran atanga kaichhawn theih chi) min kai tir tu an ni thei a, a bik takin taksa chak lo tan phei chuan natna kai a awlsam leh zual thei a ni.

Ran leh mihring inkaichhawn theih ‘Zoonoses’ hi enge a nih ?

Camille N. Kotton chuan Zoonoses chu ran damlo te nena khawhsak hona atanga mihring ina an kaichhawn theih natna a ni tiin a sawi a ni.

WHO 1951 in a tarlan danin natna engpawh mihring leh ran inkara in kaichhawn theih natna reng reng chu zoonoses tiin a vuah bawk a ni.

Eng natna nge ui atanga kan kai chhawn theih te ilo thlir ho ila

Natna kan kai theih te hi chi hrang hrang niin kan kaichhawn theih dan pawh a inang vek lo bawk a, an natna thlen te pawh a hnuai tarlan ang hian an dang vek a ni.

Sl. No.	Natna thlentu (a thlentu)	Inkaichhawn dan	A natna thlen
1.	Protozoa	Chaw leh tui thianglim lo, a hrik ran eka awm, tho, uihli, thosi, a hrik (protozoa) eitura awm ei tel palhin.	Kawthalo, santen (balantidiasia, amoebiasis, giardiasis etc). Leishmaniasis, oriental sore, Delhi boil.
2.	Metazoa	Ei leh in tura a tui a tel palhin, vuna a kai in, thosi seh atangin, tihpalh thilthu a uihli emaw rulhut tui ei tel in.	Visceral & Cutaneous larva migrant (Anchylostoma, toxocara), Dracunculiasis, Dirofilariasis, Echinococosis.
3.	Virus	Ui a seh, ran chil atangin, vun pilh atangin, eitur atangin.	Ui a hri (Rabies), Lymphocytic choreo-meningitis
4.	Bacteria	Eitur atangin ran damlo taksa atanga tuihnang chhuak, boruak leh tui thianglim lo (eg. T.B.), vun pilh atangin	Brucellosis, T.B., Leptospirosis, streptococosis-sore throat.
5.	Fungus	Pem emaw inhliamna atangin, boruak hip luh atang leh taksa in khawih atangin.	Ringworm, Blastomycosis, Nocardiosis, Spirotrichosis.
6.	Mite	In khawih / insi rial a awm	Scabies, Follicular mange.
7	Flea (Uihli)	Uihli seh atangin	Flea allergic dermatitis.

Kan sawi vek seng lo anga, zoonotic disease hrang hrang zinga a pawimawh pakhat Ui a hri (Rabies) ilo thlur bing ta ila.

atang te in um bo tawh mah se, ram tam takah la chambang in, South East Asia ram bikah te hian a la awm reng a ni.

Ui atanga kan kai theih natna zoonotic disease zingah hian ui a hri (Rabies) hi tun hma atanga kan hmel hriat tawh leh, India rama natna chimawm ber pawl te zinga mi a ni a. India ramah hian hmakhawsang (vedic period) 1500-500 B.C. atanga hriat tawh niin hmanlaia India sakhaw lehkhabu *Atharveda*-ah pawh tarlan a ni. Chutah chuan an rin danin thihna thlentu pathian – *Yama* chu a hnung zuitu, thihna thlentute leh ui pahnihin an zui reng thin nia ngaih a ni. India ram zau tak, mihring maktaduai tam tak chennaah hian Ui a hri (Rabies) hi awm reng anga ngaih a ni.

India ramah hian kumtin mi maktaduai 15 te hi ransain a seh ziah anga chhut a ni a, chung zingah chuan Ui seh a tam ber a, a hnua enkawlna (post exposure prophylaxis) hi an mamawh vek bawk a ni.

Kum 1985 atang khan kum tinin India ramah hian mi 25,000-30,000 vel hi ui a hri avanga thi ziah anga chhut a ni. Ui a hri engtik hun lai vel hian nge a thlen duh bik tih (notifiable) hriat anih loh avangin leh a hranpaa mihring leh ranah zirchianna – *surveillance system* a awm loh avangin kum tina thi zat hi hei ai pawh hian a tam thei a ni.

Ransa dang Chinghnia, Sihal, Zawhte, Zawng leh Bakte hian thlen thei ve bawk mahse, Ui hi India rama Ui a hri thehdarhtu bera ngaih a ni. Ram changkang thenkhat

India rama ransain mihring a seh zawng zawng 91.5% hi Ui seh an ni a, chungho zing atang chuan khawlaia ui vakvai (stray dogs) seh hi zaa 60% an ni. Tin, zaa

40% hi ui vulh pangngaiin a seh an ni. Tin, mihring sangkhat zelah 17.4 te hi ranin a seh ziah anga chhut an ni. Chuvangin second 2 dan zelah ranin mihring a seh ziah anga chhut a ni a, tin, minute 30 dan zelah Ui a hri avanga mihring thi ziah anga chhut bawk a ni. Ui leh ran dang seh hi mihringa a tam avang leh a pun chak tak avangin, a seh hnua inenkawlna tur mamawhna pawh a sang chho hle a ni. Hemi avang hian India-ah hian Ui a hri a leng ta nge? Ui vakvai pun chak lutuk vang nge? mihring tam lutuk vang zawk tih hi zawhna lian tak a ni chho mek a ni.

Ui seh tuartu tam berte hian, anmahni sehtu lehrawn beitu Ui te an hrechiang chawka, a tuartu tam berte hi naupang an ni. Tin, naupang uiin a seh tam berte chu, mipa naupang kum 5-9 te an ni. Uiin a seh naupang kum 10 hnuailam te hi an lu leh nghawngah a seh tlangpui a, hei hi a chhan ber chu naupang san zawng leh a sehtu ui san zawng a intluk

thuak vang a ni. Taksa hmawr lam kut leh kea seh tuartu tam tak te hi a tlangpuiin naupang upa lam leh puitling an ni. Ui sehna hliam hi pem tereuhte atanga hliam nasa takte pawh ani thei. Ui seh sathliah hian atirah pem / hliam emaw tih loh chu, thihna a thlen nghal thut lova, Amaherawhchu a sehtu ui kha Rabies natna pai anih chuan engtik hunah emaw mihringah lan chhuah hun alo awm theia, thihna hial pawh a thlen thei a ni. Chuvangin uiin mihring a seh chuan ngaihthah loh a mithiamte biakrawn vat tur a ni. A rang thei ang berin tui herhhawna (tap water) ah, sahbawn sen nen a sehna hmuamhma kha sil nghal bawk tur a ni. Ui te hi an mahni chi (breed), azirin mi seh an hratin an hrat lo thei bawk. Alsatian, Bull terrier, mixed breed te hian mi seh an ching zual.

Zoonoses (Ran kaichhawn natna atanga inven theih dan te :

1. Ui chenna in leh a chhehvel te hunbi neia tih fai tur a ni. Natna hrik that thei

damdawi hman thin tur ani a. Amaherawh chu carbolic acid lam tel na damdawi erawh chu hman loh tur a ni.

2. A theih hram chuan sa hel leh sangha hel te ui eitir loh tur a ni. Hengte hian rulhut tui leh natna hrikte an pai thei a, chu chuan hengte hi mihring tan kaichhawn leh theih anih avangin kan fimkhur em em tur a ni.

3. Ui khawih / pawm / enkawl zawh apiangin, sahbawn emaw anti septic damdawi hmanga kut sil ziah tur a ni.

4. Ui damlo reng rengte hi ran hrisel pangngai leh naupang hnaiha dah loh tur a ni.

5. Ui te hi ngainat luat avanga fawh chin loh a tha. A bik takin rulhut pai nasa te an hlauhawm zual thei.

6. Kan ui vulh te hi kan taksa / hmai / nghawng / kut / ke te liah tir mai mai loh tur a ni.

7. Ui pakhat aia tam chu a hran theuha chaw pekna siam sak a tha.

8. Ui chaw pekna hmanrua leh thildang reng reng fai taka sahbawn nen sil ziah tur a ni. Ui hmanrua – an chaw pekna, an bualna hmanrua te naupang khalh tir loh tur a ni.

9. Ui te damlo naupang khalhtir reng reng loh tur a ni.

10. Nu raipuar ten in leh a vel huan te an tih faiin fimkhur hle tur a ni A chhan chu huan lei ui ek in atih bawlhhlawh atanga natna kaichhawn a awlsam avangin nu pum chhunga naute tan a pawl thei a ni.

11. Thil tih zawh apianga kut fai taka sil hi natna tam tak atanga min vengtu a ni. Tui leh sahbawnin second 20 vel tal chiah thei ila tin, anti-septic/ anti-microbial gel te hi kut abal khak hle anih loh chuan a tangkai hle a ni.

12. Ui damlo enkawl reng reng in fimkhur hle tur a ni. Kutkawt, hmaikawr emaw tarmit ang chi te hi hman a tha hle, a bikin ui sawngbawl laiin.

13. Vety doctor te chawh rulhut hlo a hun takah pek thin tur a ni.

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| <p>14. Kan ran an hrisel that hian zoonotic disease tam tak kan pumpelth theih avangin kan ranvulhte ran doctor hnenah kumkhatah vawi 3 tal checkup tir tur a ni.</p> <p>15. A hun taka hri danna lak a pawimawh hle.</p> <p>16. Ran doctor te chawh uihli hlo hman a tha.</p> <p>17. Ran dang ek ei tir loh tur.</p> | <p>18. Sa leh chaw tha taka chum hmin leh chaw tha company te siam ngei pek theih a tha.</p> <p style="padding-left: 40px;">Kan ui vulhte atanga natna hlauhawm tak tak kan kai theih avangin kan ran ngainatna a kiam tur ani chuang lova, mahse kan ran vulhte hrisel taka kan enkawl hian keimahni tan pawh natna hrikin min hlat sawt ani tih hriatchian a pawimawh em em a ni.</p> |
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RAN HRISEL LEH HRISEL LO LAN DAN

1. Ran hrisel chu a thang thain a hawiher a harh tha a. Ran hrisello leh na nei chu a nguaiin a hawiher a harh lo.
2. Ran hrisel tha chuan thiante zinga a huhoa awm nuam a ti a. Ran hrisello chuan thiante zinga awm nuam a ti lo a, amahin a awm hrang thin.
3. Ran hrisel tha chuan chaw chakna neiin chaw a ei tha thin. Ran hrisello chuan chaw chakna a nei lo a, chaw a ei tlem thin.
4. Ran hrisel tha chu a vun han pawhin a nel thapin a fan duai duai thei a. Ran hrisello chu a vun te a khawngin a hmul pawh a til hma bik.

5. Ran hrisel tha chu a vun a nung sarh a, a tlein a mam than a, a hmui leh hnar a tlawrh dap thin. Ran hrisello chu a vun leh hmui a lang thim bul a, a hnar leh hmui pawh a tlawrh ve thei lo.
6. Ran hrisel taksa lum dan chu a vawt lutuk emaw lum lutuk emawin a awm ngai lo. Ran hrisello erawh chu a taksa a lum lutuk a nih loh pawhin a vawt lutuk thin.
7. Ran hrisel tha chu a thaw leh a marphu a pangngai a. Ran hrisello chu a thaw leh marphu te a lo rang thin.
8. Ran hrisel chu a mitte a fimin a fiah kak thin. Ran hrisel lo leh natna nei chu an mitmeng te a fiah loin an mitkhur te pawh a lo thukin an en ngai an en reng thin.
9. Ran hrisel zun leh ek chu a rawng te a pangngai a, a ek pawh a khal dan pangngaiin a awm thin. Ran hrisello chu a zun leh ek rawng pawh a lo dang a, a ek pawh a khal lutuk emaw a nem lutuk emaw a ni thin.
10. Ran hrisel chu a che vel leh a kal pawh a ngilin a pangngai a. Ran hrisello leh natna nei chu an kal te pawh a pai thin.
11. Ran hrisel chu a hram dan pangngaiin a hram thin. Ran hrisello leh damlo chu a hram peih lova, a na tawrh avangin a rum chang a awm.
12. Ran hrisel tha chu a che vel a inthazo a. Ran hrisello erawh chu a che vel a zangkhai lo.



KEIMAHNI

TRANSFER & POSTING (Officers)

Sl. No.	Name	Present place of posting	New place of posting
1	Dr Lalthianglimi	West Phaileng	SVH. Aizawl
2	Dr K.Lalrinkimi	Sangau	S. Vanlaiphai
3	Dr Malsawmtluangi Ralte	SVH, Aizawl	Manager CBF Champhai
4	Dr V.Vanneitluanga	Khawzawl	Bairabi
5	Dr Phillip Lawmsangzuala	Bairabi	Khawzawl
6	Dr HVL Hmangaizuala	Hnahlan	Mamit
7	Dr Gracia Lalchamzuai	Phura	Attached to SVSc Lungpuizawl, Lunglei
8	Dr C.Lalnunpuia	Phura	Thingsai

TRANSFER & POSTING (Staff)

Sl. No.	Name	Present place of posting	New place of posting
1	PC Lalzarliana L/S	DVO Champhai	DVO Aizawl

PENSION

Sl. No.	Name	Designation	Place of Posting	Date of Superannuation
1	Vanlalrova	L/S	DVO Office, Aizawl	31.7.2019
2	R.Thangliana	L/S	JD(SZ) Office, Lunglei	31.8.2019
3	Lalsangliana Sailo	IV-Grade	Thingdawl, Farm	31-7-2019
4	PC Lalhranga	IV-Grade	DVO Lunglei	31-7-2019

Zawhna Huang

Zawhna :- Vawkpui vulh ka ni a, Vawkpui rai laiah hian rulhut hlo a pek theih em ?

Chhanna :- Vawkpui rai laiah chuan a note neih dawn karah chauh rulhut hlo pek tur a ni. Duhthusamah chuan a no pai hmian emaw, a note lak hran hnu, pawl tir leh hma a pek a tha. Amaherawhchu, rulhuthlo kan pe dawn anih chuan (A rai lai leh rai loah pawh) mithiamte rawn hmasak zela him ber.

(He zawhna huang hi Ranvulhtu ten an ranvulh chungchanga zawhna an neihte an zawhna tur a ruahman a ni a, ranvulh chungchanga zawhna nei chuan heng a hnuaia number tarlan ah hian in zawhna tawi fel takin zawh theih a ni e.)

Dr R. Lalmalsawmi Mob.No - 8415894620

Dr Zohlimpuia Mob.No - 7005148162

T. Zoramsiama Mob.No - 9436385780

Editor

OBITUARY

Pu Lalbiaktluanga Sailo V.S. RAHC Tanhril a thawk mek chuan, Dt. 21.8.2019 khan Chatuan ram



min pansan, Pu Lalbiaktluanga Sailo hi mi taima leh tlawmngai, rinawm taka hna thawk thin mi, a thawhpui te tan a inpe zo tak mi a ni a, he tiang mi tha Department in kan chan hi kan ui em em a ni, a kal san tak a chung leh kua te Pathianin awmpuiin thlamuan zel se tih chu kan tawngtaina ani.