



Yuathaya tih an kawh mi a mawi zet mi khua pakhat ah khaw mi pawl thlamuang tak in an um.



Win Win, Maw Maw, Pan Ei le May Oo pawl cu khua ih um mi sen rual an si hai. Zarhte zingah Bazar ih feh tlang dingih tawngawkw ding tin an tiam aw. Khua zin tonawknak ah a rak hngak rero tu Maw Maw, Pan Ei le May Oo pawl hnen ah Win Win cu a ra tlan.



hi khua kiangkap ah sakei an thlah timi thuthang cu Facebook ih an tar lang mi nan zaten nan hmu zo maw?

Haha

Haha

A rualpi pawl a hmuh tikah a bang zet ih a kiangkap sehvel cu thlaphang zet in a zoh kual rero. Maw Maw, Pan Ei le May Oo pawl cu an hni ciamco.



hivek thuthang pawl Facebook ah nah mu ih na zum cih maw?

Nang le cu asile Facebook silo le Media ih ka hmuh mi thuthang pawl cu a dik mi asi maw? A dik lo mi asi maw? timi cu ziangtin ka thei thiam thei ding?



An rualpi za in Bazar lam pan in an feh hai

In sut mi cu in suh ding awm si. Keitla **COVID-19** thon pehpar aw mi khuimi thuthang cu a dik khuimi pawl cu a dik lo timi thleidan tikah theih har zet mi asi. Doctor asi mi ka U nu in in sim mi cu thuthang siar ding asile zo ih thuthang ngan mi asi timi kha a hmaisabik ih kan hliakhlai a ttul tiin ralrinnak in pe. A rel peh bet mi cu COVID thon pehpar aw mi thuthang pawl cu fake account, tuanvo nei lo tu pawl in an theh darh mi kan hmu theu.



Thuhla lengvak thawn pehpar aw in ka lo sim ding. Nunau palai pawl thon pehpar aw in Fb ih thuthang kha nan hmu hai zo maw?

hey, Fb ih thuthang pawl cu a tam tuk si. Khui mi thuthang si na rel mi?



Aw, si ee. Thuthang kan ngah mi cu a dang Media ah kan hmu. Thuthang ra suah hmaisai biknak thon tla kan khaihin thiam a ttul. Culaungah thuthang cu a famkim maw? Netabik thuthang ngah mi asi maw timi kan theifiang thei ding. Ka Fb ih COVID thawn pehpar aw in thuthang neta bik pawl cu a dik maw dik lo kan hliakhlai ding asicun Harhdamnak le Lehpannak acozah roreltu pawl ih website ah pelh lo ten ka va zoh theu.



Win Win cu Fb ih thuthang cu hmuh dingin a phone cu a rualpi pawl a hmuh. Maw Maw, May Oo le Pan Ei pawl cun an zoh hai.

ဒီမှာတွေ့လား





Ara lai dingmi hril aw nak pawl ah nunau palai pawl vote an pek hlan te ah vote thlak tu ding pawl ih an ruat cia ding pawl cu

Nunaupawl cu 2020 rampi hril aw nak ah nehna an co len, Hludaw pawl ah sinak an ngah thei mi thuhla thawn pehpar aw in hruaitu then khat pawl in an thlaphan thu an rel suak.

Thuthang pakhat cun, "Nunaupawl cu inn sungsanghna ah buai zet in hnatuan ding an nei. Nunau palai pawl cun cu mi an innsungsang hnatuan buai lak ah an palai hna an tlinlo pang ding ti an thlaphang."

Hruai tu thenkhat pawl cun nunau palai vote pek lo ding in mi an forhfial asi. Ziangah ti len, nunau pawl cu rampi thansonak ding le thuthennak ah hmual nei zet in an tuah thei lo ding ti an zum. Mipi hruaitu pakhat thu an sut, cu mi cun, "kan rampi thansonak hmuh kan duh len vote pek hlan ah veihnih ruat atul," tiin a sim.

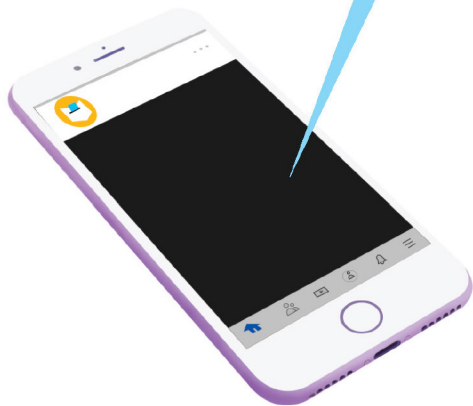


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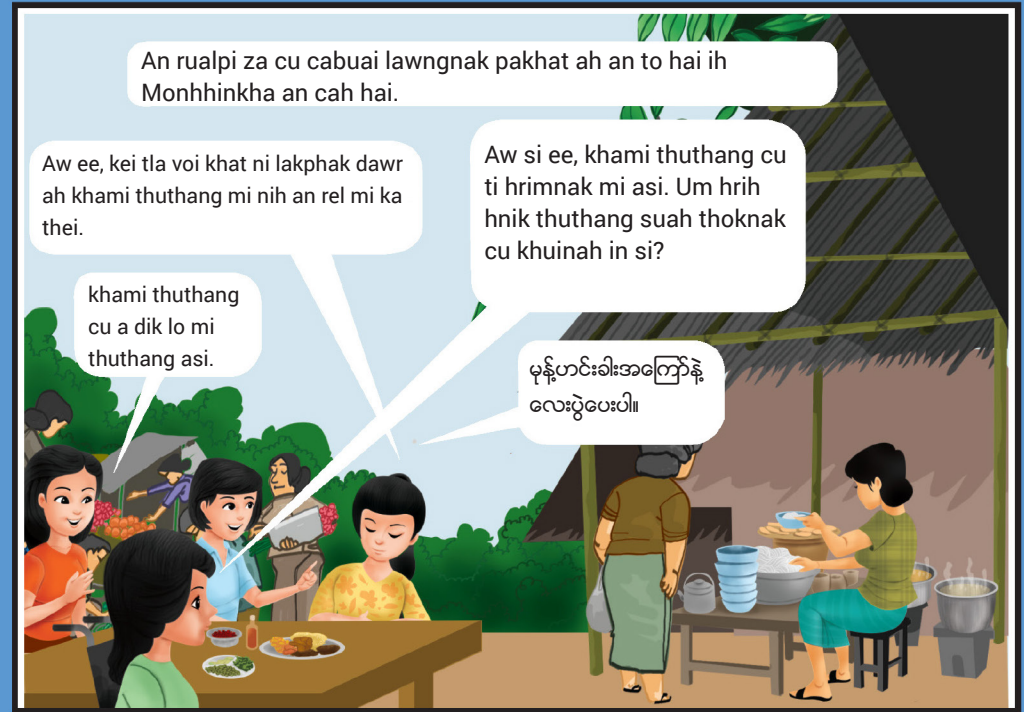
An rualpi za cu cabuai lawngnak pakhat ah an to hai ih Monhthinkha an cah hai.

Aw ee, kei tla voi khat ni lakphak dawr ah khami thuthang mi nih an rel mi ka thei.

Aw si ee, khami thuthang cu ti hrimnak mi asi. Um hrih hnik thuthang suah thoknak cu khuinah in si?

khami thuthang cu a dik lo mi thuthang asi.

မုန့်လောင်းခါးအကြော်နဲ့ လေးပွဲပေးပါ။



Mi pawl in hi thuthang hi ruat setset lo in an theh darh sawng asicun ziangtin kan tuah ding? Khatin sile nunau kusahlelaung pawl cu mipawl in me thlak lo dingih thazang peknak ah a cang thei mi asi.



Nunau pawl khal Mipa pawl vekin ramkhel mi si theinak, hruaitu si theinak, Doctor si theinak an nei ve. Kan tlanlen-nak thansonak ding hrangah nunau pawl ih au aw cu a thupi zet mi asi.



aw si, mitute ah khan Pyitaungsu hrilawknak commission ih fb page k ava zoh. Annih tla cu hrilawknak ah nunau mipa bangrang te ih tel theinak ding a thupit thu an rel uar.

aww, sakei an thlah timi thuthang vek si cu. Thuthang kan ngah mi cu a dik, dik lo, a famkim maw famkim lo timi cu a dang thuthang suak thoknak thon khaikhin phah in a famkim maw, thuthang netabik asi maw timi in a rel fiang thei ding. Cule kan ngah mi thuthang suak thoknak cu tuanvo nei tu hnen ihsin ngah mi thuthang asi maw si lo (thuthimnak ah hrilawknak thu thawn pehpar aw in pyitaungsu hrilawknak commission ihsin) kan nemhnget atul.

cu theh hnu in, cu mi thuthang pawl cu khuinah in a ra timi ka ruat that ding a thupi. Tu tla a fiang ko si. Hi thuthang a thehdarh sawngtu cu me neitu pawl ttan deuh nei ih me pek ter a dduh ruangah si.

Hrilawknak ni a thlen hlan cu hivek thuthang tampi kan hmu lai ding tiah zumnak ka nei. Thuthang dik lo thehdarh, thuhla dik lo thehdarh tivek pawl.

Asi, Asi, cucu thudik asi.



khavек thuthang dik lo pawl in minung in hnaihok ih thleidanawknak tiang a um ter. Khavек thuthang pawl cu kan tlanlennak ah in bawmtu si lo in Democracy thlengawknak ih feh rero mi Kawlram hrang khal ah that hnemnak um mi asi lo lawlaw.

A dik ciah ka rual, Kan ram ih um mi minung zatek a hrek hrawngih au aw cu aiawknak lang ter lo ih tan hloh men cu a ngah lo.

Kan zate hin a bang aw lo mi ruahnak hmuhnak kan nei cio. Cule zo si kan hril duh timi atha lam zawngin mi relkxawmih elawknak tla um dingmi asi.

Theh le Mohhinkha a thawtnak bik dawr khuinah si timi tla.

Ngaingai cun tuvek ih thuthang cu upat awknak zianghman a tel lo. Khami thu thawn pehpar aw in khua mi pawl hnen ah kan sim fiang sal le a tha lo ding sawm?

A tha zet mi ruahmannak si.

kan tuah thok thei mi cu – hi thuthang hi a dik lo mi asi. Fb ah thehdarh sal lo dingin le thapeknak langter lo dingin kan sim fiang ding.

um hrik, ziangmi thu si kan sim fiang ding mi cu?



theh le Hrilawknak ni thlen hlan sung khavak thuthang tampi kan hmu thei mi asithu ralrinnak kan pe ding. Kan theih dingmi cu

- (1) thuthang suah thoknak zohfel dingin
- (2) an tar lang mi thuhla pawl lanih siar thei dingin
- (3) thuthang ngantu zoh fel dingin le
- (4) Peksuah mi pawl thaten zinzawi ding timi pawl a si.

- (5) ni thla zoh fel ding
- (6) hnihsuaknak men ih an post mi si maw timi zoh fel ding
- (7) thuthang cu lamtang nei ih post mi asi maw timi zoh fel
- (8) netabik ah cu thu thei fiangtu sut ding.

Lastest News thon pehpar aw ih theih duh asile Pyitaungsu hrilawknak Commission ih Fb page a si mi <https://www.facebook.com/uecmyanmar/> ah tla khihhmuh theih asi.



A tha e, sile hi hi thuhla pawl hi kan khua ih mipi pawl, rualpi pawl, sungkua pawl le a dangih um pawl hnen thleng dingin kan sim fiang hai pei cu.

Culawngah kan zate hin kan khua ah thuthang thuhla pawl dik zet ih theitu ah kan cang ding. Cule hrilawknak can sung hmuahhmuah ah pakhat le pakhat kan danglam cionak pawl cu theithiam ih upat awk sak thei tu kan si ding.



သင့်နှင့်အခြားသူများအား COVID-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



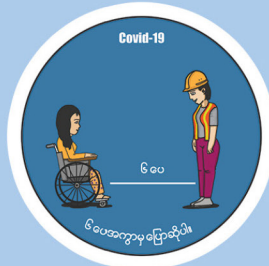
သင်၏လက်ကို ဆပ်ပြာ၊ ရေ သို့မဟုတ် လက်သန့် ဆေးရည် နှင့် မကြာခဏ ဆေးပါ။



သင်၏မျက်စိ၊ နှာခေါင်းနှင့် ပါးစပ်ကို လက်နှင့် ထိခြင်းမှ ရှောင်ကျဉ်ပါ။



ချောင်းဆိုး နှာရေ ချောင်းအချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ။



အခြားသူများနှင့် ၆ ပေ အကွာတွင် နေထိုင်ပါ။



နှာခေါင်းစည်း တပ်ထားပါ။



သင့်တွင်ရောဂါလက္ခဏာရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှု အကူအညီများရယူပါ။

ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် နေထိုင်ပါ။



၂၀၂၀ ရွေးကောက်ပွဲတွင် ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် ပါဝင်ကြပါမို့

