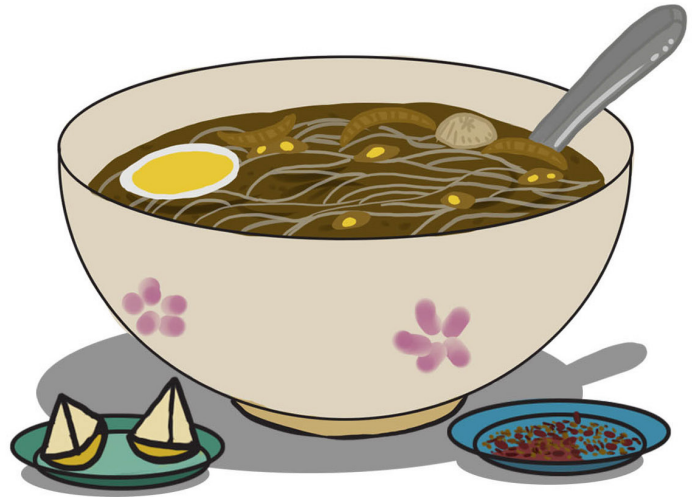


ဒိပုံကရုစိ

မုန့်ဟင်းခါး





.....
.....
.....
.....

Kiteelna ding thu kikum
maw...



Hong neh kei ve...
a gai la ah om...

Hong mai sak oo maw...
Na thu kikup uh lunglut
lua kai ciang aa...



အောင်အောင်သည် အိမ်သို့သာ ပြန်လာခဲ့သည်။ အိမ်တွင် အမေနှင့် အဘွားဖြစ်သူတို့ မီးဖိုခန်းထဲတွင် အလုပ် ရှုပ်နေကြသည်။



Na khut ong sawp pah oo, tua hi leh Covid 19 dal zo ding..

Aw Nu thei sam in e, cidamna lam tawh kisai te thugen te ken zong sim sam in e.





Khut sawp pen mi khempeuh a ding ahoih lam na thei na, tua leh nang kong et dan khat peuhpeuh na lungkim lohna om maw, na vakna ah bang hong ci na hia.

Khua sung ah ulian te tawh kiteelna ding thu ken kikuppih nuam, hih mi khempeuh hoihna ding hi ven, kei ngaihsun na amau hong thupi sim sak loh uh ai ciang a,

hih dan ka zak ciang ka lung nuam kei si ee, aihang lung kia ken maw, nang pen a sawt lo in kum (18) cing ding mee pia kha ta ding, nang I na mee pen ong kisim sak ta ding cih mang ngilh lo ding nai ve.



kei mah ing Nu aw, kei I ka ngaihsutna leh ka muhna te ahawm khia nuam hing, ulian te in hong ngaih sak nuam lo uh hi ven. Tua khit ciang amau hih thu pen khangno te vai kilo hi ci, ken zong kiteelna ding thu, Kusale te tavuan leh a zuih ding thu te uh ka sim lai tak hi. Khua sung a om khangno te nuntakna bang ci khangto ding cih ngaihsutna tampi ken nei ing. A dang te I ngaihsutna muhna bangci om cih zong ken lunglut ing.



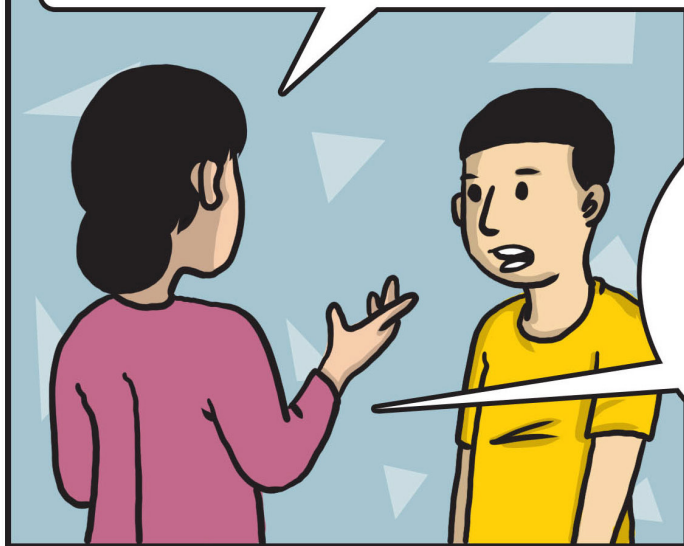
Nang na muhna te hoih thei si e, na nuntakna ah na ngimna te na ngaihsutna te a dangte in hong thusim loh nate nang bang ci thuak ding cih kei na Nu in thei siam ing.

Nu nang bang ci theih?



Nang na thei na Nu Nu sangkah nang, tua khittah sang Siamah hih nang haksa mahmah aive.. Mi a tam zaw in ahoih lo lam vive na kimu in, lungsim kinei hi.

Khat veivei innkuan sung na leng ah zong om mawk hi. Nu Nu in zong kagen nop teng gen kha lo, gen ngamlo cih dan khawng aki thuak thuak hi ei...

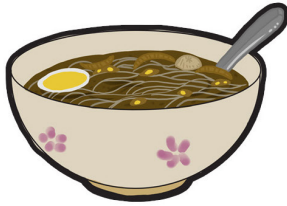


Tua pen Nu nang pen numei na hih man maw?

Hi lua ee.. kei a ding ahak sat mah bang a, na pi bang a mi pum cing lo khat a ding bang zah ta a haksa ding.



A hih hang ken ka pi ngai
hi veng, ka pi in zong kei
hong it tua khith ciang
ka pi huan Mohhingkha
zong alim penpen..



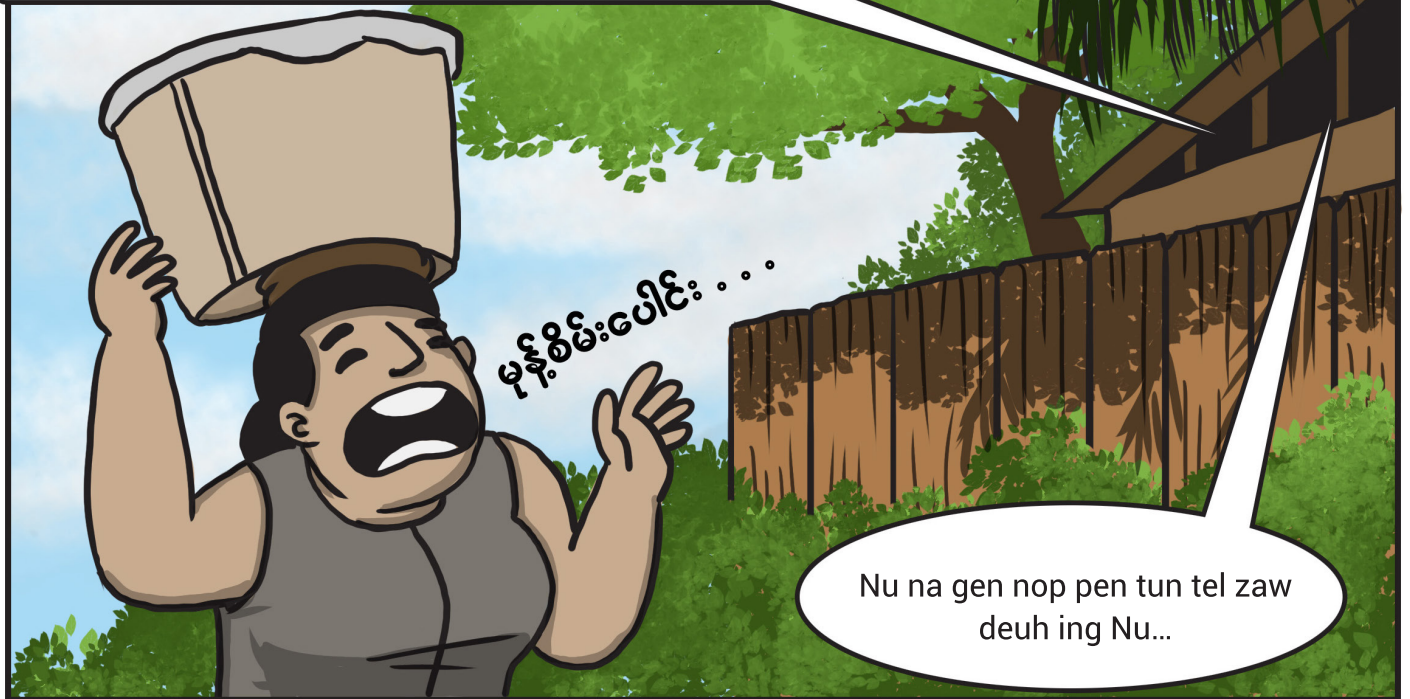
Na pi pen a lamdang
mikhat hi, amah nunzia
pen haksa mahmah,
nisim a nuntakna ah bang
zah ta in haksatna tampi
hong thuak to mahmah
aive...



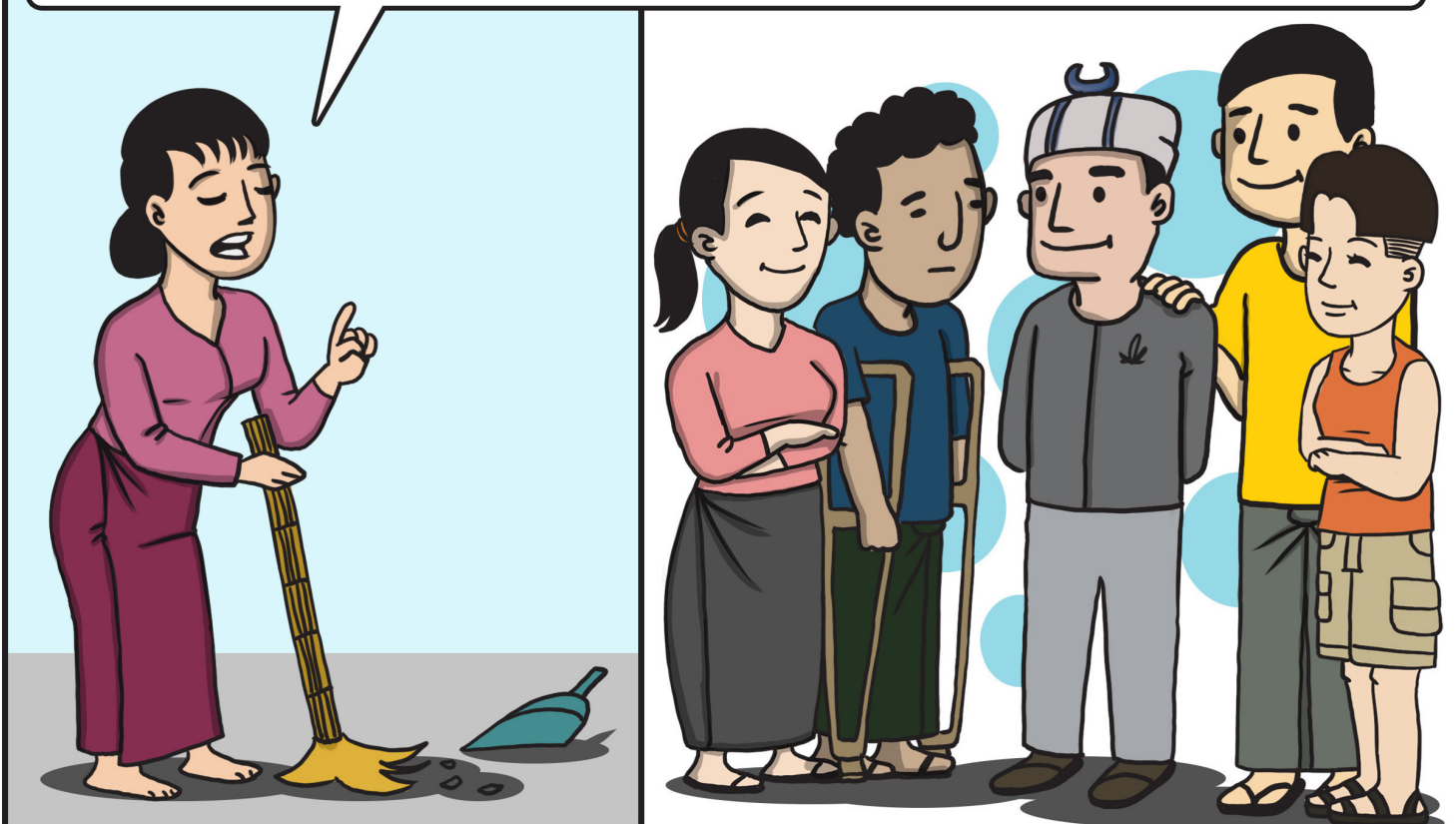
Ahah hang ei teng khua sung ah om
hi hang, I vek a a kibang vive hi ve
hang.



ei pen khua sung ah om ih hang in, tuni nang na
thuak dan a ei gennop, kikupnop te pen khat veivei
gen khuan ngah lo hi hang.



Thu tuamtuam tawh aki khawl khia na lawm te khawng om ding hi. Bang hang cih leh amau
tawh minam kibatlohna hang, nu le pa kibatlohna hang. Amaute zong kiteelna sungah kihel
theihna ding thu kikupna, pawl te ah kiheltheih nang hamphatna nei uh hi.



ken tel ta ing Nu aw.. mi khempeuh a dingin
akizang thei kipawl na khat a pian khatna ding leh
ei teng in mi te l awging i zak theih na ding, ngaih
theih na ding, kician takin na i sepsak zawh ding,
tua pen mi khempeuh hoihna ding ahi hi.



Man lua ee, ei teng in l
panpih kul hi,

a zen zen in mi kim tung pan
awging te l zak a, l ngaih kei leh
ngaih sutna hoih tampi sum mang
lel ding l ve, tua manin khensatna
i piak ciangin mite nuntak zia tung
tawn in en a, kua mah kidei danna
cih te a omlo ding kul hi.

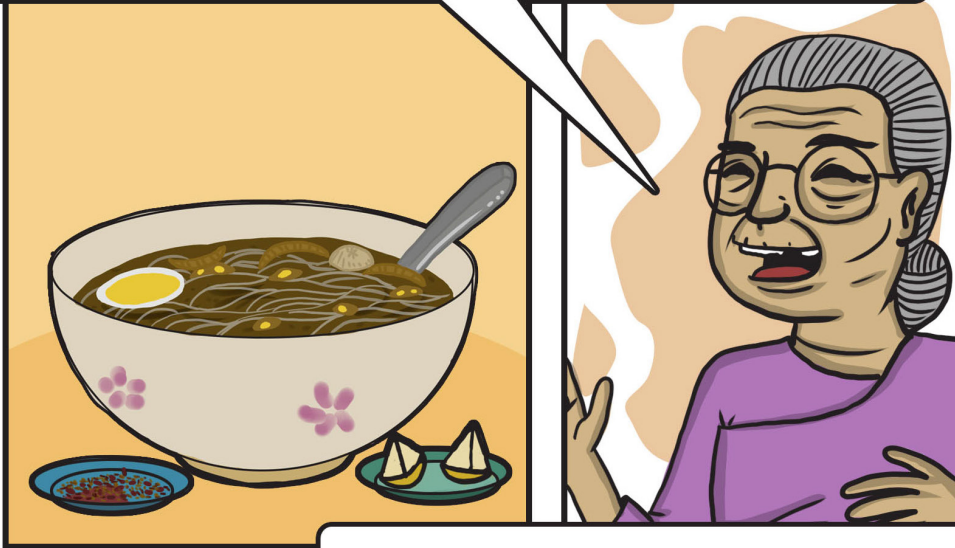


Pi zong anhuan man ta hi. Amah in khut
sawp in a tupa lam hong nga hi.

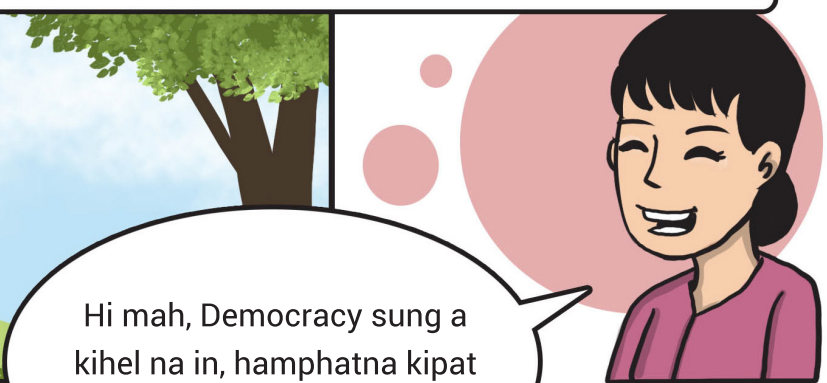


Mohhingka ka huan bek zong ngaih sun ve ka tu..
Mohhingka sung a a ki khah na khempeuh kikhah kim kei
leh a limna omlo pi, ahih hang Mohhingka sung a aki khah
ding na teng akim ciang bek in alimna om pan in, a lim mah
mah Mohhingka hong piang thei pan ve ka tu....

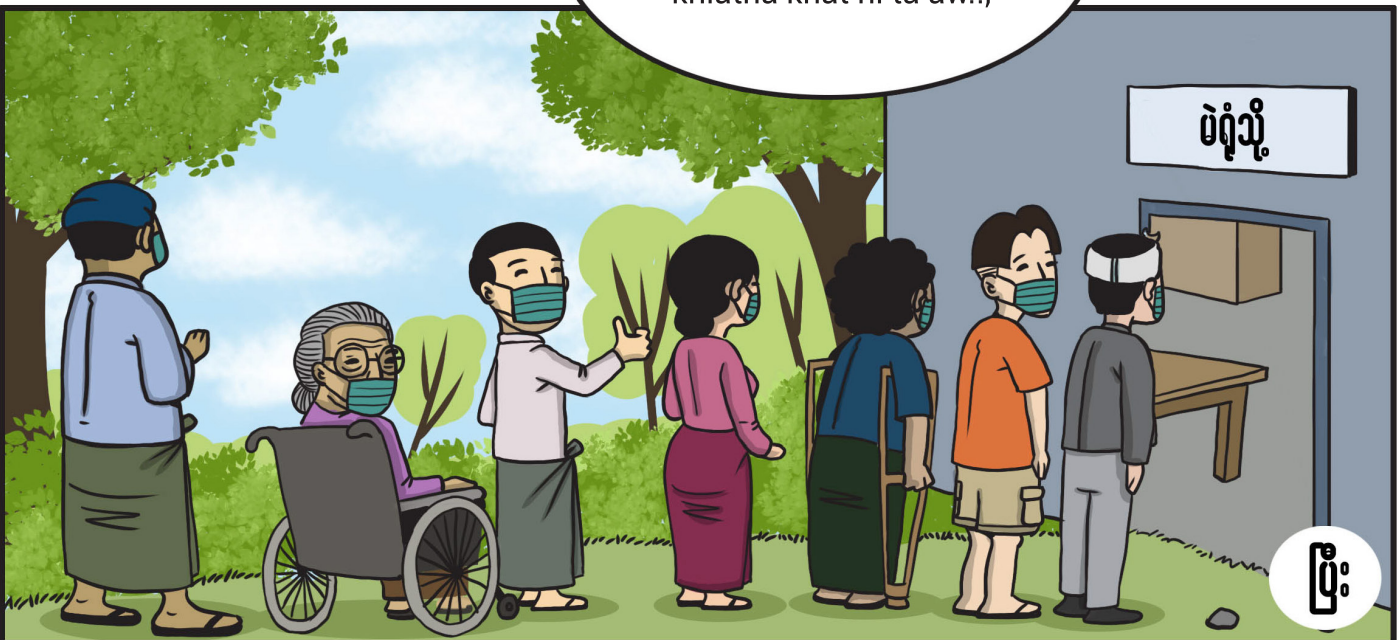
Democracy I cih pen alim
mah mah Mohhingka
a bat kul ai ve ta aw, aki
bang lo kipawl na tuam
tuam pan in, tua teng
aki gawm ciang, a picing
kipawl na limci khat hong
piang khia ding hi.



Tuni ka theih khat thu te akizang thei thu vive ahih lam ka thei hi.
Aki bang lo ngaihsutna, muhna te pen I sang siam ding thupi mah
mah hi.



Hi mah, Democracy sung a
kikel na in, hamphatna kipat
khatna khat hi ta aw..,



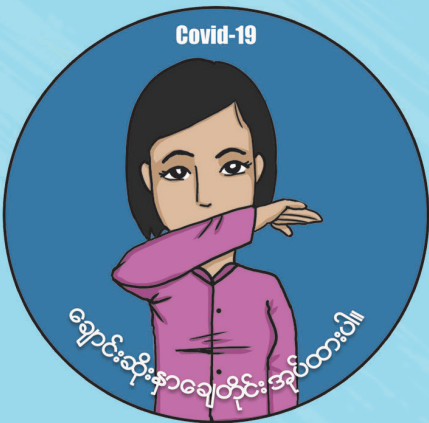
သင်နှင့် အခြားသူများအား Covid-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



သင်၏လက်ကို ဆပ်ပြာရေ(သို့) လက်သန့်ဆေးရည်ဖြင့် မကြာခဏဆေးပါ



သင်၏မျက်စိ၊ နှာခေါင်းနှင့်ပါးစပ်ကို လက်နှင့် ထိခြင်းမှရှောင်ကျဉ်ပါ



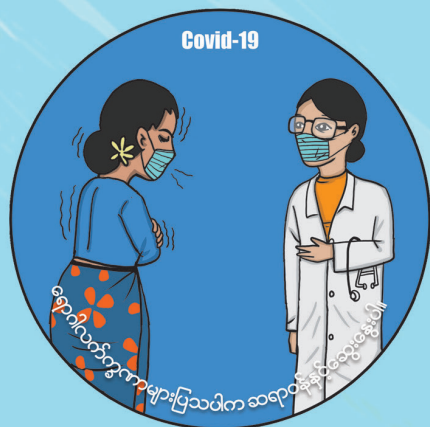
ချောင်းဆိုး၊ နှာချေသည့်အချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ



အခြားသူများနှင့် ၆ ပေအကွာတွင် နေထိုင်ပါ



နှာခေါင်းစည်း တပ်ထားပါ



သင့်တွင် ရောဂါလက္ခဏာရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှုအကူအညီများရယူပါ

#ဘေးကင်းလုံခြုံစွာဖြင့်တစ်ဦးနှင့်တစ်ဦးအဆက်အသွယ်မပြတ်နေထိုင်ပါ

