



Ai dawh ngaimi Hriangtlang an timi khuate pakhat ah khuanu khuapa hna cu dai tein khua an sa ti hna.



Kungkung, Mawimawi, Parku le Mengku zong mah cu khua ahcun an um hna i, an hngakchiat lio tein ai theihngalmi hawikom an si hna. Zarhte ni zingka ah dawr ah kal ti ding in an tiam hna. Lam ai tonnak in Mawimawi, Parku le Mengku nih an hngah lio hna ah, Kungkung cu an sin ah a va tli i.



Kan khua pawng ah cakei ai chok tiah Facebook ah an tarmi kha nan hmu dih cang hna maw?

Haha

Haha

A hawi le pawl a van hmuh hna ahcun a baa cang i, lau nawn khin hngakchia leng (wheelchair) kha a van zoh. Mawimawi, Parku le Mengku cu thi dengmang in an ni.



Hi bantuk thawngpang hna Facebook ah na hmuhnak men in maw na zumh khawh colh ko lai?

Nangngai hi, sicun Facebook si lo le midia ah ka hmuh mi thawngpang an dik le dik lo cu zeitin dah ka theih khawh lai?



An hawikom an za tein dawr lei ah an kal ti hna.

Na biahal mi kha hal awktlak bia bak a si. Kei zong **COVID-19** he pehtlai in zeï bantuk thawngpang hi dah a dik i, zeï bantuk hi dah a dik lo mi a si tiah thleidan kai harh tuk ve. Sibawi a tuanmi ka unu nih a ka chimhnak ahcun thawngpang kan rel tik poah ah, ho nih dah a tial i a tarmi a si timi kha hlat hmasa bik ding a si a ti. Cun a chim rihmi cu, COVID kongkau hna hi account deu ai tuahmi le tuanvo ngei lo mi nih an karh ter tuk tiah a ti.



Bia chokvai pakhat kan chim rih hna la mu. Thimnak ah cuh ai tim ve mi nu pawl kong Facebook ah an tialmi kha nan hmu cang maw?

Heh, Facebook ahcun thawngpang cu a tam tuk hen cu, zeï bantuk kha dah na chim duhmi a si?



A dikmi bak a si. Thawngpang kan theihmi pawl hi a dang midia ah an tialmi thawngpang a hram he zohchun ti zong a herh. Mah lawng ahcun mah hi thawngpang hi a dikmi a si maw, thawngpang thar a si maw ti bantuk pawl kha tha tein kan theih khawh lai. Kei cu Facebook in ka theihmi COVID he pehtlai in thawngpang thar poah a dik le dik lo hngalhnak ding ah Ngandamnak le Celhleknak Vuanci Zung (Ministry of Health and Sport) an website ah ka va zoh peng.



Kungkung nih Facebook i a hmuhmi thawngpang kha zohter ding ah a Fawn hmai kha a dang a hawi le pawl cu a van zoh ter hna.

ဒီမှာတွေ့လား





A ra dingmi thimnak ah nu ai cuhmi pawl kha thimfung nan pek hna hlan ah, thimfung petu pawl nih tha tein ruahcia ding mi

2020 thimnak ah nu pawl nih tainak an hmuh a si ahcun, Hluttaw ah hmunhma an laknak ding kong he pehtlai in khuatlang hruaitu pawl nih an thin a phannak kong an chim cio.

Thawngpang hram pakhat nihcun, “nu pawl cu anmah an tuahkel a si mi inn rian le chungkhar zohkhenh ah an buai khim cang. Nu pawl cu innchungkhar rian a tuanmi an si caah, MP nih an tuan ding mi rian an tuan kho sual lai lo ti kan phang” tiah a ti.

Mah bantuq khuatlang hruaitu pawl nih nu ai cuhmi cu thimfung pek lo ding in an forhfiat hna i, nu pawl nihcun ram thanchonak le bia khiahnak tha tein an tuah kho lai lo tiah ruah a si. Khuatlang hruaitu pakhat cu mah kong he pehtlai in bia an hal i, a lehmi hna cu “Kan ram caah thanchonak hmuh na duh a si ahcun thimfung na thlak hlan ah voi hnih nai ruah hmasa ta a hau” tiah a ti.



Like



Comment

Send



write a comment



An hawikom an za tein in a lawngmi cabuai pakhat ah an van thu hna i sabuti an van cah

Ehee, kei zong kan hnu ah mah kong kha mi nih lakphak dawr ah an chim ka theih ve.

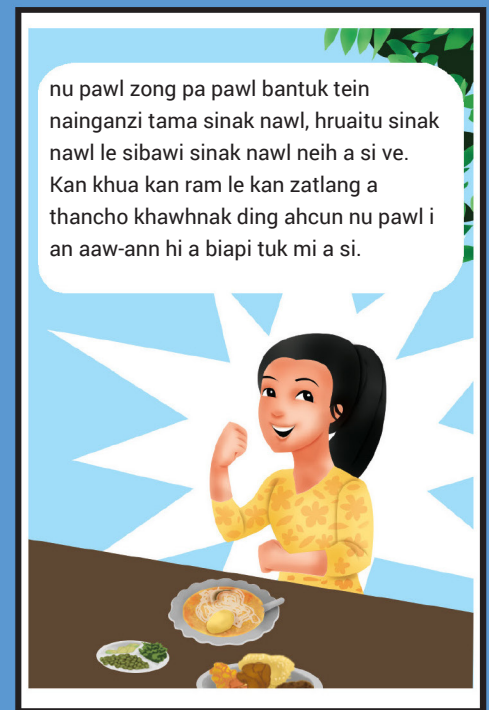
a dik, mah kha thawngpang kha phuah copmi a si. Cun um rih, mah kha thawngpang a hram kha khoika in dah a rat?

Mah kha thawngpang kha a dikmi a si hrim hrim lo.

မုန့်လင်းခါးအကြော်နဲ့ လေးပွဲပေးပါ။



Mah hi thawngpang hi midang nih ruat huaha lo in an thlah cio sual a si ahcun zeitin dah kan tuah lai? Mah ti ning a si ahcun, nu ai cuhmi pawl kha mi nih thimfung pek lo ding in forhfiat nak zong ah a cang kho.



nu pawl zong pa pawl bantuq tein nainganzi tama sinak nawl, hruaitu sinak nawl le sibawi sinak nawl neih a si ve. Kan khua kan ram le kan zatlang a thancho khawhnak ding ahcun nu pawl i an aaw-ann hi a biapi tuk mi a si.

A si. Kan hnu Leah, UEC an Facebook cahmai ka va zoh. An nih nihcun thimnak ah nu le pa i rual tein i kuh a bia pitnak kong zong an au pi.

kan khua pawng ah cakei ai chok an timi thawngpang bantuk kha a si ko kuh. Thawngpang kan theihmi hi a dik maw dik lo, a si kho maw si kho lo ti bantuk kha a dang thawngpang hram hna he zohchun ti hnu lawng ah, a dik maw, thawngpang thar a si maw ti bantuk kan i fiang kho lai. Cun kan hmuhmi thawngpang zong tuanvo ngeitu sin in a ra mi thawngpang a si maw si lo Tahchunnak ah – thimnak kong he ai pehtlaimi a si ahcun UEC sin in ti zong i fian a hau.

Cun, mah hi thawngpang hi khoika in dah a rami a si ti zong ruah a herh. Tu zong a fiang ko hen hi, hi thawngpang a chuah tertu zong hi, thimfung thlatu nih tanh hleimi ngei in thimfung thla hna seh ti a duh caah a si.

Thimnak ni kan phak hlan chung poah cu mah kha bantuk thawngpang tampi a chuak rih men lai. A dik lo mi thawngpang chuah ter le bia chokvai pawl chuah ter ti bantuk pawl khi mu.

a si, a si, mah kha a dik.



Mah bantuk thawngpang dik lo nih mi an lung a buai ter hna i, thleidannak tiang a chuah pi khawh. Mah bantuk thawngpang kha kan zatlang caah thathnemnak a um lo bantuk in democracy lei ah a kal chuahmah mi kan Kawlrang ca zong ah ze hmanh thathnemnak a um lo.

A dik mi a si ka hawi. Kan ram ah a ummi minung hnarcheu i, an aaw-aan kha aiawh piak lo in hnon piak cu a si kho bak lo mi a si.

Thil kan hmuh ning le kan ruah ning hi kan za tein kan i dang cio. Cun, hodah thim kan duh timi kong ah thathnemnak a chuahpi khomi i ceihhmainak zong a um a herh mi a si.

Cun, khawika dah a thaw bikmi sabuti dawr a um ti zong.

A ngaingai ti ahcun, a tu bantuk thawngpang hi ze hmanh ah rel awk a tlak mi a si lo. Tin hna usih law, mah hi kong he pehtlai in kan khuami pawl kha va chim hna usih law a tha hnga lo ma?

Kan tuah khawh hmasa cemmi cu mah hi thawngpang hi a dik lo, Facebook ah hi thawngpang hi karh ter (share) lo ding le duhnak pek (like) lo ding in kan chimh hna lai.

Tuah awk a tlak tuk mi a si.

Um rih uh, zeidah kan va chimh kun hna lai.



Cun, thimnak ni kan phak hlan tiang chung poah cu mah hi bantuk thawngpang hi tampi a ra peng rih lai ti zong ralrin kan pek hna lai. Cun kan i ralrin dingmi cu

- (1) Thawngpang a hram hlat ding
- (2) An langhter mi a konglam nak tamdeuh in rel ding
- (3) a tial tu hlat ding le
- (4) thawngpang an laak nak a hram kha hlat ding ti pawl.

- (5) A ni thla hlat ding
- (6) copo in an tarmi a si sual hnga maw ti zong hlat ding
- (7) thawngpang nih tanh hlei mi a ngei maw ti zong hlat ding
- (8) a dongnak ah mithiam sang pawl hal ding.

Thawngpang thar kong he pehtlah in theih a duhmi nih UEC i an Facebook cahmai
<https://www.facebook.com/uecmyanmar/>
 ah zoh khawh a si ti zong chimh chih ding.



A tha, sicun mah kong pawl hi kan khua mi pawl, kan hawi le pawl, kan chungkhar le hmundang kadang ah a um mi sin tiang a phaknak ding ah chimrel cio hna u sih.

Mah lawng ahcun, kan za tein kan khuatlang ah thawngpang tha tein a thei kho mi kan si lai, cun thimnak caan chung ah, pakhat le pakhat kan i lawh lo nak le kan i dannak cung ah ai upat kho mi kan si hna lai.



သင့်နှင့်အခြားသူများအား COVID-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



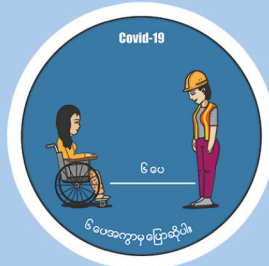
သင်၏လက်ကို ဆပ်ပြာ၊ ရေ သို့မဟုတ် လက်သန့် ဆေးရည် နှင့် မကြာခဏ ဆေးပါ။



သင်၏မျက်စိ၊ နှာခေါင်းနှင့် ပါးစပ်ကို လက်နှင့် ထိခြင်းမှ ရှောင်ကျဉ်ပါ။



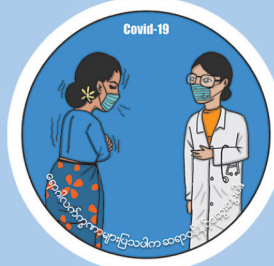
ချောင်းဆိုး နှာရေ သည် အချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ။



အခြားသူများနှင့် ၆ ပေ အကွာတွင် နေထိုင်ပါ။



နှာခေါင်းစည်း တပ်ထားပါ။



သင့်တွင် ရောဂါလက္ခဏာ ရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှု အကူအညီများ ရယူပါ။

ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် နေထိုင်ပါ။



၂၀၂၀ ရွေးကောက်ပွဲတွင် ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် ပါဝင်ကြပါမို့။

