

A tawm pen mee thum vei khia kha ding hi teh.

Mipi Innpi



Meebung sin a eng (green) sung ah na mee khia in.

Minam Innpi



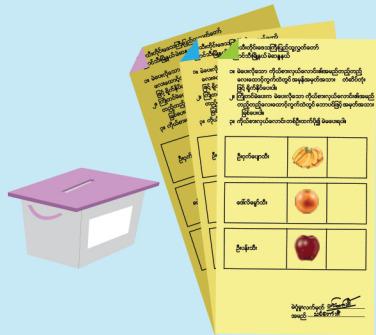
Meebung sin vanmel (blue) sung ah na mee khia in.

Gamkee Innpi

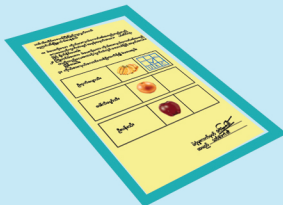
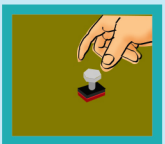


Meebung sin khayam (purple) sung ah na mee khia in.

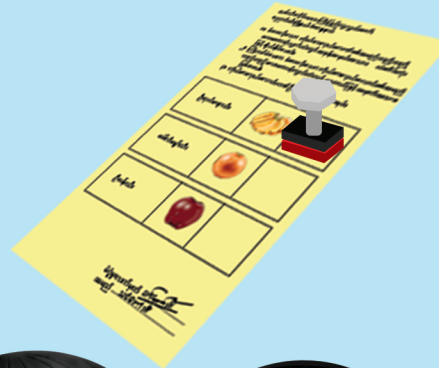
Gamkee minam palai tel khuan a nei na hih leh na mee pen khayam (purple) sin nei meebung sung ah khia in.



Na khat nop meekuang lui khat bek tel in, mee laidal tung ah seal lim tak tum in.



Na meetang nang bek in thei in.



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Kum 2020 kitelpi asawt lo in ki pan ta ding hi. Mee khat dan teng khat khit khat na en suk in.



Covid 19 hang in mee khat khuan tan lawh kei in.



Na ci anat leh innsung bek ah om in. Siavuan te khiang ah huh na ngen in.
 Khat leh khat piß ki hal un.
 Na puuah sim in muktum thuah in.
 Khat ki len kei un.
 Khat sawp lopi in na mai lawng lawng kei in.



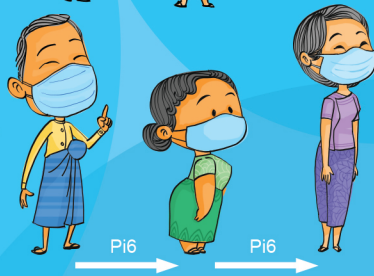
Bukkhuh ciang tissue (ahkl) na tongkawi tawh na kam le nak hubit in.
 Satpiang le tui zang in, na khut a tawm pen seconds 20 sawp den in.
 Zatzang tissue te ninbung sung ah limtak khia in. Na khut zong silsiang den in.

Meebuk sung na lut dan ding.

Meebuk mai a mee saziai sung ah na min numbat kan in.



A dang mee khia ding te tawh pi6 ki hal in om den in.



Muktuam thuah zia man tawh muktuam in.



Na khut tung ah laitui a ban loh lam meebuk cing te limtak lak in.



Hatlo ngalliam te leh huhsam mee khia te a om leh a mau masa sak in.



Meetang sanzia, seal tupzia leh mee khiazia

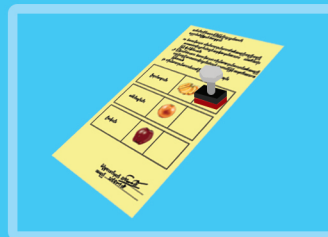
1. Sittel in – Meebuk sung a mee saziai tungah suaikaih gelh nang na laikung hong keng in. Laikung nong puak kei leh lungno bum khitsa (a om sa) laikung zang in.



2. Sangin – Meelaidal pia te khiang ah pai in na meelaidal tung ah suaikaih gelh in. Mipi Innpi ah mee khait na ding in, meetang ngen in.



3. Seal tum in – Meekhia na mun ah na piak nop kuanluipa a ding seal khat vei bek tum in na mee khia in.



4. Mee khia in – Na mee khep in, meebung sung ah khia in.



5. Ki pan pha kik in – Minam Innpi leh Gamkee Innpi a ding a tung a numbat 1 pan 3 dong nasep ngeina dan zui in mee khia in. Gamkee minam palai tel khuan a nei na hih leh na mee pen khayan (purple) sin nei meebung sung ah khia in.



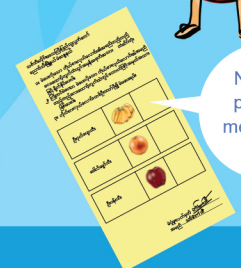
6. Mee na khiait khit leh na meleng ah laitui nuh na ding, a nuh pa khiang pai in. Na khut sil in. Seconds 30 ngak in. Pusuah na pan meebuk pualam pai khia in.



7. Tun mee pia khin teh.



Ciamteh in. Na piaknopmee kuang luipa gei a, mun awng ah seal tum in. Na mee khiait ma thukhat lakhat hang in na mee laidal a ki siat khak leh mee laidal thak ngen thei teh.



Na mee piaknop meekuang lui te