



Na meetang nang bek in thei in.

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

Meebuk sung na lut dan ding.

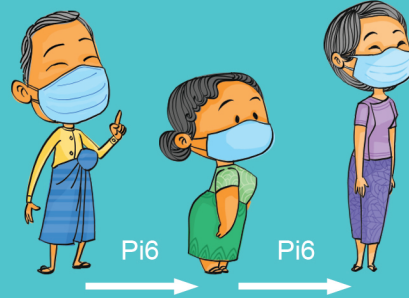
Meebuk mai a mee sazian sung ah na min numbat kan in.

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.



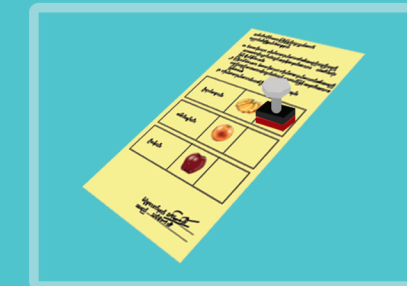
Meetang sanzia, seal tupzia leh mee khiatzia

1. Sittel in – Meebuk sung a mee sazian 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 – Meekhiat 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.

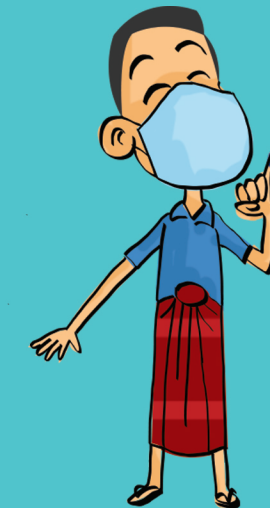
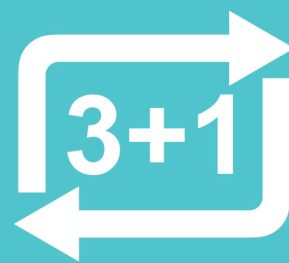


5. Ki pan pha kik in – Minam Innpi leh Gamkee Innpi a ding a tung a numbat 1 pan 3 dong nasep ngeina dan zui in mee khia in. Gamkee minam palai tel khuan a nei na hih leh na mee pen khayana (purple) sin nei meebung sung ah khia in.

6. Mee na khiat khiat 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 khiat ma thukhat lakhat hang in na mee laidal a ki siat khak leh mee laidal thak ngen thei teh.



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



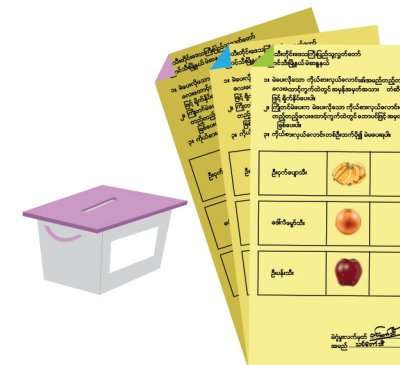
Meebung sin vanmel (blue) sung ah na mee khia in.

Gamkee Innpi

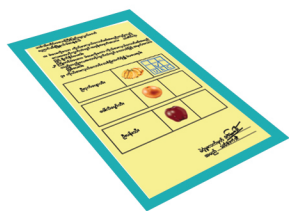


Meebung sin khayana (purple) sung ah na mee khia in.

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



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



Na ci anat leh innsung bek ah om in. Siavuan te khiang ah huh na ngen in.

Khat leh khat pi6 ki hal un.

Na pusuah sim in muktuam thuah in.

Khut ki len kei un.

Khut sawp lopi in na mai lawng lawng kei in.

Bukkhuh ciang tissue (ahki) na tongkawi tawh na kam le nak hubit in.

Satpiang le tui zang in, na khut a tawm pen seconds 20 sawp den in.

Zatbang tissue te ninbung sung ah limtak khia in. Na khut zong silsiang den in.

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