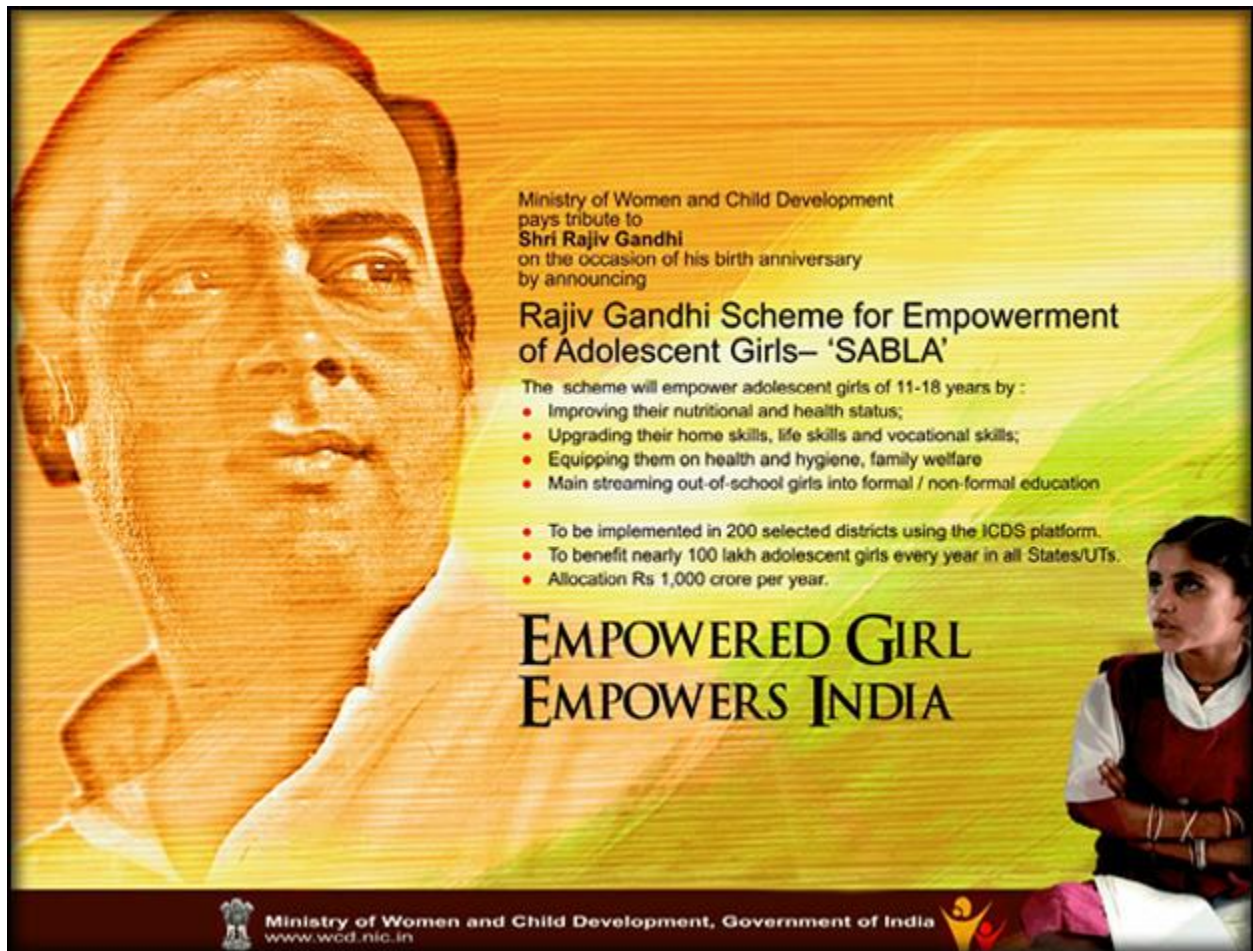


# MODULE ON SABLA



Ministry of Women and Child Development  
pays tribute to  
**Shri Rajiv Gandhi**  
on the occasion of his birth anniversary  
by announcing


**Rajiv Gandhi Scheme for Empowerment  
of Adolescent Girls- 'SABLA'**

The scheme will empower adolescent girls of 11-18 years by :

- Improving their nutritional and health status;
- Upgrading their home skills, life skills and vocational skills;
- Equipping them on health and hygiene, family welfare
- Main streaming out-of-school girls into formal / non-formal education

- To be implemented in 200 selected districts using the ICDS platform.
- To benefit nearly 100 lakh adolescent girls every year in all States/UTs.
- Allocation Rs 1,000 crore per year.

**EMPOWERED GIRL  
EMPOWERS INDIA**

 Ministry of Women and Child Development, Government of India  
[www.wcd.nic.in](http://www.wcd.nic.in)



**STATE INSTITUTE OF RURAL DEVELOPMENT & PANCHAYATI RAJ  
DURTLANG LEITAN : MIZORAM**

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## PERSONAL HYGIENE AND SANITATION

<b>Session</b>	<b>Personnal Hygiene and Sanitation. (Mahni hriselna)</b>
<b>Objective</b>	<b>Naupang te mahni hriselna ngaih pawimawh a ngaih zia hrilh hriatna.</b>
<b>Content</b>	<ul style="list-style-type: none"> <li>• Mimal hriselna pawimawhna leh tangkaina.</li> <li>• Mimal hriselna, tih tur, a chhan leh a tih dan tur.</li> <li>• Environment Sanitation: A tulna leh a pawimawhna.</li> <li>• Kawthalo enkawl dan.</li> </ul>
<b>Duration</b>	<b>Darkar 1.</b>
<b>Resources Person</b>	<b>Field Trainers (Mothers NGOs/Field NGOs) Master Trainers.</b>
<b>Training Method</b>	<b>Mimal Hygiene sawifiahna ‘flipcharts’ hmanga entir anih hnuah ORS chungchang sawihona leh a hman dan entir chhinna.</b>
<b>Learning Outcome</b>	<b>Hemi hnuah hi chuan hmeichhe naupang thanglai te chuan mimal faina leh ‘sanitation’ te hrisel nana a pawimawhna dan an hrethiam tawh ang a, kawthalo enkawl dan pawh hemi hnuah hi chuan an hrethiam tawh dawn a ni.</b>



## Salient Points

- Naupang leh thanglai chanve chuang te damlohna leh thihna te hi eitur, tui leh kut bawlhhlawh aṅanga natna hri darh avanga lo thleng thin an ni.
- Hriselna tha nei tur chuan mahni faina leh kan chenna chhehvel enkawl fai a pawimawh.
- Natna tam tak, a bikin kawthalo ang chi pheih hi chu hygiene ngaih pawimawhin dan theih a ni.

## Personnal Hygiene: Mimal hriselna

- Chaw eikham apiangin ngun taka ha nawh a, kam thuah ziah tur.
- Eitur siam dawn, eitur chhawp dawn leh ei hmawh kut fai taka sil tur a ni a, naupang te hrai hmawh kut kan sil fai ngei ngei tur a ni.
- Hmeichhe naupang thanglai chu ni khatah vawikhat tal a inbual tur a ni a, thawmhawh fai a inbel tur a ni.
- Hmeichhe naupang thanglai chuan hrik a neih loh nan sam fai takin a enkawl tur a ni.
- Kan tin te kan tanin tawi leh fai takin kan enkawl reng tur a ni.
- Hmeichhe naupang thanglai chuan thla tin thi an neih apiangin puan fai tak emaw 'sanitary pad' emaw an hmawh ngei ngei tur a ni.

## Sanitation

- Natna hrik darh tur venna pawimawh ber pakhat chu mihring leh ran ek ngun taka thehthang bo a ni. Mihring ek te chu ekin fai takah paih leh tihbo tur a ni a, ramsa ek te chu mihring chenna in, kal kawng leh naupang infiamna hnaivaiah a awm tur a nilo.
- Inthiar nan Inthiarna fel fai tak hman tur a ni.
- Ekin leh inthiarna te chu ngun taka tihfai fo tur an ni a, ekin te chu chhin awm an ni tur a ni a, hman zawh hnuah tihfai leh tur a ni.
- Natna hri darh tur lak aṅanga inveng turin inthiar zawha kut sahbawna fai taka sil a tha a, ransa leh eitur hel khawih hnuah pawh kut fai taka sil fo tur a ni.
- Tui leh Sahbawna kut kan sil hian natna hrik eitura darh tur leh ka a lut palh tur a ven theih a, ekin chhung leh eitur hel dahna bulah sahbawn hman mai theih dah reng tur a ni.
- Ke lawnga kal loh tur. Naupang te hian pawna an chhuah dawnin pheikhawh an bun thin tur a ni.

## Good Habits

- ❖ Zingah leh zan mut dawn apiangin ha nawh ziah tur.



- ❖ Nitin inbual fai a, thawmhnaw fai chauh hak tur.



- ❖ Kut tin tan a fai taka enkawl tur.



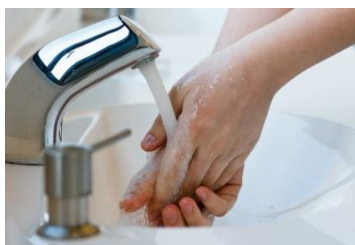
- ❖ Lu nguntaka suk ziah tur.



- ❖ Mit leh bengte tih fai ziah tur.



- ❖ Chaw ei hma, chaw eikham leh inthiar zawh a, sahbawn a kut sil fai tur.





# **PHYSICAL EXERCISE**

## PHYSICAL EXERCISE

<b>SESSION</b>	Physical Exercise
<b>OBJECTIVE</b>	Naupang thanglai te hriselna tha tak nei tura insawizawi zirtir, Meditation leh Yoga pawimawhna zirtir.
<b>CONTENT</b>	<ul style="list-style-type: none"> <li>• Physical Exercise pawimawhna leh thuna, harhvan pawimawhna.</li> <li>• Yoga, Meditation leh Physical Exercise kaltlanga rilru chhawk zangkhai pawimawhna.</li> <li>• Yoga leh Meditation tih dan zir dan.</li> <li>• Nitina kan nuna Yoga leh meditation hman thangkai dan.</li> </ul>
<b>DURATION</b>	Darkar 1
<b>RESOURCES PERSON</b>	Field trainers/Physical Exercise, Yoga leh Meditation bika in zir chhuak tawh Yoga Specialist te.
<b>TRAINING METHOD</b>	A taka exercise tih dan tur in zirtirna leh in entir na
<b>LEARNING OUTCOME</b>	Hemi hnuah hi chuan naupang te chuan Exercise, Yoga leh Meditation an nuna a pawimawh dan an hrethiam tawh ang a, Yoga leh Meditation tih dan tur engemaw chen an hre tawh dawn a ni





Oblique Crunches



Planks



Push Ups



Russian Twists



Side Lunges



Side Planks



Sit Ups



Split Jumps



Squats



Standing Calf Raises



Superman



Tricep Dips



Vertical Leg Crunches



Wall Push Ups



## Salient Points

- Physical Exercise hi taksa pumpui ti harhvangtu leh ti hrilseltu insawizawina ang zawng zawng te hi an ni. Tihrawl tih chak nan te, ‘cardiovascular system’ siam that nan te, infiamna a dinhmun sang zawk chan theih nan leh taksa rit lutuk tih zan nan leh rit tawk chauh a insiam nan bakah a nawm vang hrim hrimin mi tam takin Physical Exercise te hi an ti thin a ni.
- Hriselna tha nei tur chuan mumal taka taksa tiche a insawizawi hi tih tul makmawh a ni a, naupang te hi taksa tiche zawnga an chet fo loh chuan damloh an awlsam bik a ni.
- Tunlaia natna lar Zunthlum leh lung lam thalo kan tih te hi zan khat thil thua awm an nilo a, kan nunphung thalo avanga rawn awm an ni.
- World Health Organisation in an chhut dan chuan taksa sawizawina atang hian cancer chi thenkhat, (eg. Colon leh Breast cancer) Type II diabetes, stroke Osteoporosis, low back pain, stress, depression leh obesity te hi kan ti tlemin thui tak kan veng thei a ni.
- Naupang zingah hian ‘heart attack’ leh ‘stroke’ hi a thleng tamlo a, mahse hetiang natna lo awm tur hian naupan lai atangin a lo insiam tan tawh tih hriat a ni. Naupang harh lo tak te chu naupang harh zawk te nena tehkhin chuan an rit zawk hle tih hmuhchhuah a ni a, an ‘blood pressure’ a sang zawk a, an lung vengtu ‘Cholesterol’ tha chi ang pawh kha a tlem zawk daih tih hmuhchhuah a ni.
- Naupang thanglai te hi nitin darkar khat tal pawnah vak chhuakin harhvang takin awm se duh dan a ni a, duh dan chuan nitin hetiang hian che thin se a tha khawp mai.
- Infiamna leh taksa tiche zawnga khawsak leh chetna reng reng hi naupang te tana tul leh an tih makmawh a ni.
- Ke a chak taka kal, ball pet, hrui zuan leh infiamna ang chi reng reng te hi exercise ang veka ngaih an ni.
- Ke a school a kal leh dawrupuia kal bakah mahni in lama chet ngai tam taka chet hi naupang thanglai hriselna atana tangkai tak an ni.
- Naupang thanglai harhvang tak te hi an in zo a, thahrui an nei a, an ruhrel a rinawm a, an ‘blood pressure’ a tawk chauha awmin an rilrua an vei leh in ngaihtuah hahna a bo a, mahni inrin tawkna nasa leh zual an nei thin a ni.

## Physical Exercise

- Hunbi nei leh a tam thei ang bera insawizawi hian kan taksa a natna dotu “Immune system” a ti chak a, nunphung hman dikloh avanga natna awm thin lung thalo, cardiovascular disease, type 2 diabetes leh Obesity lakah min veng thei a ni.
- Insawizawi hian hriselna a ti tha a, depression awm tur a veng a, mahse inrin tawkna a siam bakah kan lan dan pawh thui takin a ti mawi thei a ni.
- Hmeichhe naupang thanglai tan infiamna hian an pawl thawhhona leh pawl siam thatna atan a tangkai a ni.
- Insawizawina mawlmang te ke a kal leh cycle a chuan te hi mitin tana tangkai leh tih fo chi an ni.



## Types of Exercise



**EXERCISE** kan tih te hi mihring taksa a an thawh dan a zirin chi thuma then an ni deuh ber a:

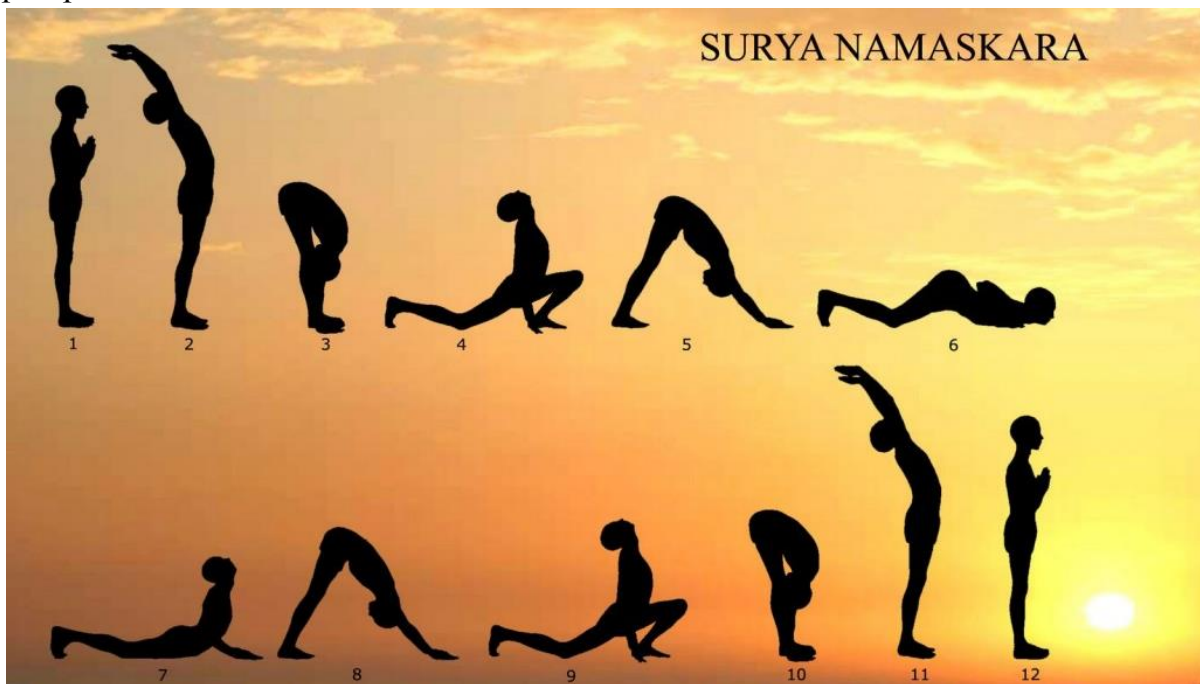
- **Flexibility Exercise** Taksa ti mar zawnga insawizawina ang chi “Stretching” hi tihrawl leh ruh inchuktuahna atan an t̄angkai hle.
- **Aerobic Exercise** Thirsakawr chuan, tuihleuh, ke a kal, lawng kar, tlan leh hiking bakah tennis khelh te hi thin leh chuap tan an t̄ha hle a ni.
- **Aneirobic Exercise** Rit chawi, functional training leh chak taka tlan te hian tihrawl an ti chak bawk.

## YOGA

**YOGA** hi Theapeutic an ti bawk a, Yoga a t̄anga natna t̄henkhat chhawk leh tihdam hial theiha an sawi te chu acidity, allergies, alzheimer disease, anaemia, anger, anxiety, arthritis, ashtma, back pain, bronchitis, cancer, chronic fatigue, colitis, common cold, constipation, depression, diabetes, epilepsy, eye problem, facial wrinkles, gastro intestinal disorder, headaches, heartburn, hepatitis, high blood pressure, hypersion tension, immune-diffeciency, impotence, menopause, menstrual cramps, migraine, nervouse, tension, obesity, osteoporosis, skin problem, slipped disk, sterility, stiffness, stress, insomnia leh thyroid te an ni.

### *Type of Yoga Poses:*

- **Seated Poses** – Heihi thawkna lam nghawng, insawizawina t̄angkai tak mai a ni a, intih hahdam nan leh ‘meditation’ atan pawh a t̄angkai hle a, Poses dang te tih hma a in tih lum nan leh a hmahruaiah an hmang fo t̄hin a, Seated Poses hi kan taksa awmdan leh kawngbawr siam t̄hat nan a t̄angkai hle a ni.
- **Standing Poses** – He post pawh hi posese dang te tih hma in ‘warm up’ nan a hman a ni fo t̄hin a, ke a ti chakin kawngbar a siamt̄ha a, taksa inbuk tawkna siamtu pawimawh tak a ni.
- **Inversion** – Hetiang Poses hi thisen kal siamt̄hatna t̄ha tak a ni a, rilru a ti hahdam a, hriselna a siamt̄ha bawk a, hei bakah hian upat harna nia ngaih a ni a, taksa inzo lo leh rit te tan a t̄angkai hle.
- **Relaxion and Restoration Poses** – Yoga a insawizawi tawpah muangchanga intih hahdam tur a ni a, hemi hmang hian taksa leh rilru hahdam taka awm tir tum tur a ni a, insawizawina a t̄anga thahrui kan tih chhuah “Energy” kha hemi hmang hian taksa pumpui kan fan chhuah tir tur a ni.



- **Counter Poses** – He yoga insawizawina hi a hma a pose kir san a Hnungzang ruh pawt mar zawnga insawizawina leh zangruh a pangngai a awm tir leh dan kha a ni.
- **Twist** – Hnung leh pum tihrawl tih chak nana insawizawina t̄ha tak a ni a, hnungzang ruh chetphung a ti zangkhai a, thisen kal a ti t̄ha bawk. Taksa han her vel na a t̄ang khan thisen tharlam thaah a insem darh t̄hin avangin kawchhunga taksa bung hrang tin te tan a t̄angkai hle.
- **Balancing Poses** – Heihi taksa inbuk tawk taka awm theih nana min t̄anpuitu t̄ha tak a ni a, taksa nghet leh inbuk tawk taka a awm khan ngaihtuahna a ding a, rilru pawh a fim t̄ha duh a ni.

- **Forward Bends** – Hemi pose hi hnung tluan tih mar na leh kaiha tha pawh mar nan a tha hle a, taksa hah tihreh nan leh ‘nervous system’ tih hahdam nan bakah rilru tih hahdam nan an hmang thin bawk a, ‘back bend’ ang deuh bawk khan heihi hnungzangruh tih zangkhai nan leh tih chak nan a tangkai hle.
- **Back Bends** – Yoga ah chuan he pose hi harsa leh khirh ber a ni awm e. Hnungzang leh zangruh a ti chakin a ti zangkhai a, ‘back bend’ hi taksa hmalam enkawl nan an hmang bawk thin a, a bikin awm bawr tih chak nan a tangkai hle.
- Mi tam tak chuan Yoga kaltlanga hriselna an neih dan an sawi thin a, Yoga kaltlang hian a intih danglam theih hle a, session khatah ringawt pawh naupang thanglai te chuan thawk dan leh ‘Meditaion’ leh ‘Chanting’ an zirin an ti thei a, Yoga hi hahdamna tha tak anih bakah a hlimawm a, a ti tir te tan phei chuan chona duhawm tak a tling ani.
- Meditation hi rilru lam insawizawina a ni a, naupang thanglai chuan rilru a ngaihtuahna sawrbingin hahdamna leh hriatna thuk zawk a nei thei a ni.
- Meditation a in enkawl dan leh in zirtir dan hrang hrang hnuaiah hian ‘spiritual’ leh ‘psychophysical’ dan phung hrang awmin hengte hian hriatna fiah zawk, ngaihtuahna fim zawk leh mahni in hriat chianna bakah rilru hahdam zawka in awm tir dan kawng chi hrang hrang a rawn hring chhuak thei a ni.

### Activity I – Practicing Yoga

#### *Instruction for Trainers*

A hmasa berin naupang chu Yoga pawimawhna tlanglawn zual zinga insawizawina leh ‘Breathing pattern’ zawm dan tur an hrih hmasa tur ani



- Asana insawizawina tin hian mahni taksa, ngaihtuahna dinhmun leh kan chhehvel min hriatchian tir leh zual a, Yoga exercise kan tih tirh atang khan ‘poses’ chi hrang hranga nuam kan tih zan thlenga tiin in warm up phawt a ngai ani.
- Yoga exercise tih lai reng rengin taksa ah na emaw dik hlel engemaw a awm tur a nilo.

### Yogic Exercise and Breathing



- Breathing (Thaw lak) hi Yoga insawizawinaah chuan a tel ngei ngei a, ‘pose’ tih lain thaw ip tur a nilo.
- Insawizawi lain hah taka thaw lak loh tur a ni a, insawizawi laia nasa taka thaw la chu a ti tu a hah tihna a ni a, a pose a thlak tur a ni.
- Yoga insawizawi tan reng rengin tupawhin vawithum thaw hip kaw kawk kin an ti thei tur a ni a,

he pose ah hian nuam an tilo anih chuan a aia rei thaw han la leh se, a la nuamlo fo anih chuan a pose chu a bansan vat tur a ni.

## Activity II – Meditation

A hmasa berin naupang chu hahdam taka ṭhu tura tiin muangchanga thaw la turin ti phawt rawh.

Chumi hnuah chuan hetiang a ti tur hian hrilh ang che -

- Boruak hip luh vaka thawk chhuak leh kaw kawk tur. Boruak hip lai khan an pum an sang chhuak ang a, an thawk chhuah laiin an ip te thung tur a ni. An thawk lai khan an dar zawi takin an dah tur a ni.
- A mit a chhing tur a ni.
- Tunah i hmun nuam tihna deuha awm angin i inngai tur a ni. Tlang emaw, park emaw, dil bulah emaw enghmun pawh nise a pawilo. I awmna a thil rawng te kha hmuh tum la, thil ri awm te chu hriat tumin tuifawn leh sava hram ri te pawh hriat tum ang che.
- I awmna rawng i hmua a riva i hre thei anih chuan hahdam takin i awm tihna a ni a, i lu leh dar vela hahna awm te khan i ke kaltlangin i ke aṭangin a chhuahsan ang che nga, i taksa chu hahdam takin a awm dawn a ni.
- Tunah 50 aṭanga 30 thleng a let zawngin chhiar ang che.
- I nuna i thil tawn zawng zawngah lawmthu sawi ang che.
- Tunah 30 aṭangin 10 a let zawngin chhiar leh ang che.
- Nitin chona a ṭha zawnga hmachhawn tur leh a tawp thleng turin remna leh thlamuanna bakah chakna duhna rilru pu ang che.
- Tunah 10 aṭang khan a let zawngin 1 thleng chhiar leh ang che.
- I mit meng la zir mar tawh rawh le.



# **FIRST AID**

## FIRST AID

<b>SESSION</b>	Physical Exercise
<b>OBJECTIVE</b>	Naupang thanglai te a tul huna First Aid pek dan zirtir (Khawi hmunah pawh First Aid pek ngai an awm chuan)
<b>CONTENT</b>	<ul style="list-style-type: none"> <li>• Eng nge First Aid?</li> <li>• First Aid Box-ah engte nge awm, eng tia hman tur nge?</li> </ul>
<b>DURATION</b>	Darkar 2
<b>RESOURCES PERSON</b>	Field trainers MNGOs/FNGOs (First Aid chung chang hria leh thiamte)
<b>TRAINING METHOD</b>	Zirtirna leh sawiho a, ataka entirna siam tur.
<b>LEARNING OUTCOME</b>	Naupang thanglaite chuan rikrum thilah emaw First Aid hmanna turah thiam takin a hmang thei ang.





## Salient Points

- First Aid hi hliam tawk leh damlo enkawlna hmasa ber a ni.
- Damlo leh hliam damdawi lam thiamna nei lovin mithiam zawk te an lo thlen hma a an lo enkawl lailawkna ang hi a ni.
- Inhliaamna langsar ber te chu lirthei chetsualna, tui tla, kang leh hmun sang atanga tla te an ni.
- Inhliaamna tam tam tak te hi nu leh pa an fimkhur a, an chhehvel an chik chuan ven theih an ni.
- Naupang leh thanglai te chu mei, stove leh khawnvar hnaiha an awmlon nan kan veng tur a ni.
- Naupang leh thanglai te khawih phakah chemte, bakcheh leh thil hriam te kan dah tur a nilo.
- Thil hmawma hak palh mai theih naupang khawih phakah kan dah tur a nilo.
- Poisons, Chemical, leh pesticides, damdawi, bleach, acid leh fuel tui chi reng reng chu kan dahna hriat mai theih turin kan chinchhiah ngei ngei tur a ni.
- Naupang te an chetsual lohna turin an infiamna hmun a him tur a ni.
- Kawng kan laiin naupang chu puitlingin a hruai tur a ni.
- Medical emergency leh accident angah rang takin fire station leh medical lam thiam te an number ah koh nghal tur an ni.

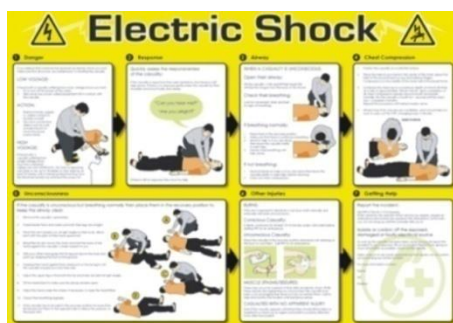
## Burns (Kang Enkawl Dan)

- Mi kawr hak lai a kang thut anih chuan rang takin chu pa chu puan chhah takin tuam nghal ang che.
- Taksa kang lai tih daih nan tui thianghlim leh vawt tha tam tak hmang nghal ang che.
- Kang laiah chuan a enkawlna damdawi a awm chuan hnawih nghal ang che.
- A durh anih chuan kang tawk chu Health Centre hnai berah hruai ang che.
- Kang tuar chu tui lam chi, Juices leh tui, chini tlem pawlh tam tak in tir ang che.



ADAM

## Electric Shock (Electric Man Enkawl Dan)



- Electrical hmanrua, electric hruai, plugs leh a points lai te hi fimkhur taka hman tur an ni.
- Electric man an awm chuan a man chu khawih nghal lovin a switch ah off hmasa ang che.
- Electric man chu a awm hle hle theilo emaw nikhua a hrelo emaw anih chuan doctor emaw, Health Centre hnai berah tlan pui nghal ang che.

## Road Accidents (Lirtheia Chesual Enkawl Dan)

- Kawng dunga kalin lirthei tlan hmachawn zawnga kal tur a ni.
- Kawng kan laiin mihring kalna tura siam chauh hman tur a ni.
- Kawng bulah infiam suh.
- Tawhsual tawk an awm a, a hliamna lai chu a lu emaw a hnungzangah emaw anih chuan a lu leh a ngawng ti che suh ang che.
- Hliam tawk chuan na a ti hle anih chuan a ruh a tliak a ni maithei a, a hliam lai chu tiche lovin damdawi thiam te ko nghal ang che.
- An taksa a pilh a, a auh emaw anih chuan a na lai chu tui vawtah chiah nghal ang che.
- Hliam chuan nikhua a hrelo anih chuan Health Centre hnai ber panpui nghal ang che.



## Drowning (Tui Tla Enkawl Dan)

- Tui tla mai tur i hmuh chuan hnuk chhuak nghal ang che.
- A ka leh a hnar chu chirh leh bawlhhlawhin a hnawh anih chuan puanfaiin hruk fai sak nghal ang che.
- Tui tla chu mut tir la, a pumah nem ang che, chumi hnuah bawh tir la, a hnungah tui ti chhuak turin nem leh ang che.
- Tui tla chu thaw mahse nikhua a hriat loh chuan a leiin a ka a hnawh loh nan saisirin mut tir tur a ni.
- Thawk harsa a tih chuan a zangthalin lu dak deuhin muttir la, a hnar hmet chip la a ka ah ham ang che, a awm bawr insep kang hial khawpin ham la, vawithum i chhiar hnuah chutiang chuan ham leh la, a pangngaia a thawk hma chuan ti ang che.
- First aid i pek zawh hnuah Health centre hnai berah hruai nghal ang che.



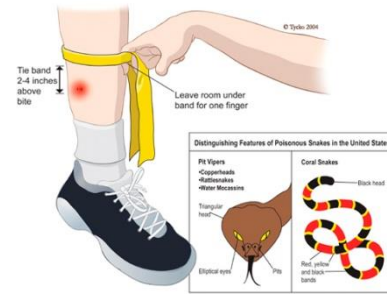
## Poisoning (Tur Ei Enkawl Dan)



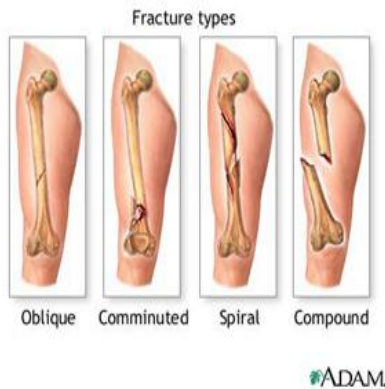
- Miin tur a ei anih chuan tih luak tum nghal ringawt suh, atan thil pawl zawk a thlen theih avangin.
- Tur chu chu pa kawr leh vunah a kai anih chuan a kawr chu hlip la, a taksa a tur awmna lai chu tuiin leih nghal ang che.
- A vun chu sahbawnin ngun takin vawi engemawzat sil ang che.
- Mi in a mita tur a ti lut palh anih chuan a mit chu minute 10 vel chung tui thianghlina tleuhin sil ang che.
- Chumi hnuah Health centre emaw damdawiin emaw panpui nghal la, a tur hman sample awmna bur pawh keng tel ang che.

## Snake Bite (Rul Chuk Enkawl Dan)

- Rul chukah chuan mi chuktu Rul chu um buai duh suh.
- Rul chukna chungah chuan puanin nghet takin tawn khalh la, a chukna laiah chuan zai kakin a tur ti chuak turin a thisen sawr chhuak ang che.
- Rul chuk chu muthilh tir loh tur.
- Rul lam tir thin te, Ojhas leh ramhmul damdawi hmanga tidam thei te pan buai lovin Health Centre panpui nghal ang che.



## Bruises and Broken Bones (Inhliam leh Ruh ti Tliak Enkawl Dan)



- Hnungzang ruh a chet loh nan a lu leh a hnung chelo thei ang berin awm tir tur.
- Ke leh ban awmdan diklo tak a a awm anih chuan a ruh a auh a ni maithei a, chutiangah chuan a kut leh ke chu Them emaw thing tlawn hmangin emaw che sawn theilo turin tawn belhbawm ang che.
- A hliam lai chu tiche lo la, rang takin damdawi thiam ko nghal ang che.

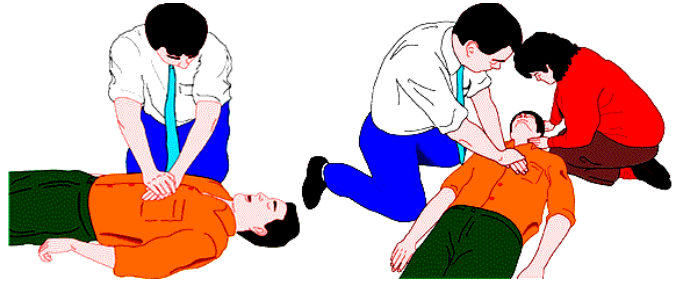
## Cuts/ Wound (Inzai leh Invit Palh Enkawl)

- A kak leh hliam lai chu tui leh 'antiseptic' a silfai nghal tur a ni.
- Hliam bul vel chu hruk hul tur a ni.
- Antiseptic hnawih hnuah a hliam lai chu puan fai tak emaw bandage emawa tuam tur a ni.
- Taksa kak leh hetiangah hliam reng reng chu damdawi thiam ten tha an tih chuan 'tetanus toxoid' a chiu nghal tur an ni.
- Hliam tawk chu a thisen a chhuak nasa hle anih chuan a hliam lai chu a awm chunglamah chaw kang la, a thisen chhuak a tawp hma chuan hmet ang che.
- Hliam tawk chu Health Centre rang takin panpui tur a ni.



## Choking (Thil Hak Enkawl Dan)

- Infiamna hmun leh muthmunah kawrkilh, beads, pawisa nawi, thlai chi leh theirah hnutchhiat mai mai loh tur.
- Tuin emaw thil engemaw a hak palh anih chuan khuh chhuah tir tum phawt la, a ti chhuak theilo anih chuan ti chhuak turin i theih angin tanpui nghal ang che.
- Nausen leh naupang in thil an hak anih chuan a ngawng leh a lua dawmin kun tir la, a hnungah beng la, a thil hak chu a la chhuak theilo anih chuan Health centre hnai ber panpui nghal ang che.



## Supplies Required in a First Aid Kit (First Aid tih nana Thil tul te)

- Adhesive bandages
- Dressing
- Sterile gauze pads
- Cotton
- Cotton clothes
- Roller bandages
- Triangular bandages
- Saline
- Antiseptic
- Antibiotic creams
- Scissors
- Blades
- Alcohol
- Thermometer
- Soap.



## Class Activities

### Activity I – Tying Bandages



## SAFE DRINKING WATER: TUI IN TUR THIANGHLIM

### Salient Points:-

- Tui hi kan nunna atana pawimawh a ni a, eitur neilovin ni engemaw chen chu kan nung thei a, mahse tui tello chuan rei kan khawsa theilo a, kan taksa za a 60 hi tui a ni.
- India ah hian mi za a 42 chauhin tui thianghlim in tur an hmu pha a, kum tin mi maktaduai 1.8 chu kawthalo leh tui hri avang tein an thi thin a, tam tak chu tui bawlhhlawh a natna hri avanga damlovin heng zingah hian kawthalo hri, mitliam leh 'typhoid' te pawh a tel a, heng natna lakah hian awlsam tein a inven theih a ni.
- Tui thianghlim chauh kan in tur a ni. Tui in tur chu bawlhhlawh tinreng lakah a thianghlim tur a ni. Tui in tur leh eisiamna tur chu tui chhunchhuah thuk tak leh tlanganga tuihna atanga lak an ni tur a ni.

### Uses of Water (Tui Hmanna Te)

- In atan.
- Inbualfai nan.
- Insuk nan.
- Eisiam nan.
- Irrigation atan.



### Purification of Water (Tui Tih Thianghlim)

- Tui chu 'bacteria', 'parasites' leh 'virus' laka fihlim leh thianghlim a ni tur a ni.
- Mahni inah pawh awlsam tein hmanraw changkang ngailovin tui kan ti thianghlim thei a ni.
- Tuia bawlhhlawh tam zawk te hi thlitfim theih vek an ni.
- Tui chhuanso hian natna thlentu rannung te a tihlum vek thei a ni.

Tui tih thianghlim dan awlsam deuh pahnih chu **Tui chhuanso leh thlitfim** a ni.

- A hnuaiia kan rawn tarlan ang hian awlsam tein tui chhuanso leh thlitfim dan chu a tih mai theih a ni.
- 'Bleaching powder' hmangin 'chlorination' a tih theih bawk a, tui dahthat rei deuh tawh pawh 'Chlorine tablets' a tih thianghlim mai theih a ni.
- Chlorine tablet 1(0.5gram) hi tui litre 20 sawngbawl nan a tawh hle a, tui litre 20 chu a dahna fai tak chhungah tui thianghlim hmanga i thlitfim hnuah dah lut la.
- Chlorine tabet 1 thlak la, seconds reilote chawh la, darkar chanve vel nghah leh hnuah a in mai theih tawh a ni.

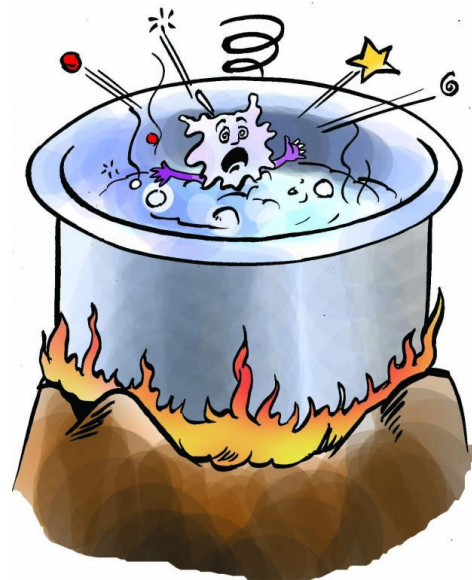
## Storage of Water (Tui Dahthat Dan)

- Tui tih thianghlim tawh chu a dahna a that loh chuan a bawlhhlawh leh mai theih thin avangin a dahna ah fimkhur hle tur a ni.
- Hriat atana tha chu tui kan dahna chu a chhin phui tha tak a ni tur a ni a, kan tui dahna chu chhin neilo anih chuan puan fai takin kan khuhin a chungah thlengin kan delh hnan leh mai tur a ni.

## Handling

- Tui tih thianghlim tawh sa chu fimkhur taka sawngbawl tur a ni a, tui chu kuta khawih loh tur a ni a, tui kan tih bawlhhlawh loh nan a suah chhuah nan pawh no beng sei deuh nei hman a tha hle.
- Tui dahna chu a bawlhhlawh loh nan kan silfai fo tur a ni.

**(Tuna kan sawi te kha i zawm chuan tui thianghlimlo atanga natna hri darh thin te lakah chuan i him ngei ngei ang)**



## DIARRHOEA MANAGEMENT (KAWṬHALO ENKAWL DAN)

### Salient Points

Natna tam tak zinga kawṭhalo kan tih hi mihring eka natna hrikin an thlen ṭhin a ni a, chutiang hrik chu kan tui in tur leh chaw eitura an lo kai leh kan eitur siamna leh a suah chhuahna ah te an lo kai khan khawṭhalo a rawn thlen ṭhin a ni.

### Diarrhoea (Kawṭhalo)

- Ek mumal lo leh tui taka kan ek chhuah hian kawṭhalo kan ti ṭhin.
- Kawṭhalo hian taksa a tui tlakchhamna thlenin heihi a hlauhawm hle.
- Kawṭhalo hi natna ani mai lo a, natna dang inkhuar tawh entir tu a ni thei.
- Kawṭhalo a ek hnu lawkah a hma a pum na kha a zia deuh thei a.
- Naupang te hi puitling aiin an tui mamawhna puhruk vat loh phei chuan kawṭhalo avangin an thi hma zawk a ni.
- Kawṭhalo hi naupang te taksa a eichhiatna avanga tlakchhiatna bul inṭanna a ni ṭhin.

### Cause of Diarrhoea (Kawṭhalo Lo Awm Chhan)

- Bacteria/Viral Infection: Eitur thianghlimlo leh tui kaltlang a kan taksa chhunga bacteria/ Virus ṭhenkhat lut ṭhin te chu kawṭhalo lo inṭanna an ni.
- Eitur hlui tawh ei leh khawsak dan thianghlimlo avangin kawṭhalo a awm thei bawk.
- Kawṭhalo hi ‘parasites infection’ aṭangin a awm ṭhin bawk.
- Food intolerance - Mi ṭhenkhat zingah eitur chi ṭhenkhat pai ṭawih theilo an awm ṭhin a, an pai theihloh zingah chuan bawngnute a lactose leh sugar te pawh telin hei hian kawṭhalo a thlen ṭhin a ni.

### Home Treatment for Diarrhoea (In Lama Kawṭhalo Enkawl Dan)

- Mahni ina thil tuiril lam ei tam.
- Oral Dehydration Solution (ORS)
- Continued feeding
- Continued breastfeeding.

### What is ORS? (Engnge ORS chu?)

ORS (Oral Rehydration Salts) hi chi ro leh tui thianghlim chawhpawlh aṭanga siam a ni a, kawṭhalo avanga taksa aṭanga tui chhuak nasa luahlan tua hman ṭhin a ni.



## How is ORS prepared? (Engtia Siam tur nge?)

1. ORS chun no thianglim takah dah la, ORS bawma a hman dan tur an ziah chu en hmasa la, a tawk chauhin tui pawlh la, tui pawlh tlem lutuk chuan kawthalo a tizual thei zawk a ni.
2. Tui chauh pawlh ang che. ORS chu bawngnhnute nen pawlh loh tur a ni a, soup, thei tui emaw soft drinks eng chi mah pawlh loh tur a ni.
3. Ngun takin chawkw phawt la, no fai tak atangin naupang kawthalo chu in tir la, um hmang suh ang che.





# **NUTRITION**

## BASICS OF NUTRITION



### Salient Points

#### Why do we need food? (Engvanga eitur mamawh nge kan nih?)

- Eitur awm lovin nunna a awm theilo.
- Eitur hi mihring than chhohna kawnga taksa in siamna leh rilru lam puitlinna kawnga pawimawh ber a ni a, chuvangin nau piang hlim, naupang thanglai, nau pai lai leh nau pai rual te bakah upa lam te tan pawh a pawimawh vek a ni.
- Naupang hriselna tur chuan eitur in buk tawk a pawimawhin thil tul makmawh a ni.

### Functions of Food

#### *Physiological Functions (Taksa in a Mamawh Chhan)*

- Chakna "Energy" min pe tu a ni.
- Taksa thanna leh taksa bung hrang te insiam nana engkima pawimawh a ni.
- Natna laka min vengtu pawimawh tak a ni.

### ***Psychological Functions (Rilru Lam a Nghawng Dan)***

- Ngaihtuahna leh rilru a kan mamawh nia kan hriat puitlintu a ni.
- Ngaihthatna min siamsak tu a ni.

### ***Social Functions (Khawtlang a Nghawng Tel Dan)***

- Mi chi hrang hrang hui khawmtu niin ngaihndan leh thil tha tih inhrilh tawna siamtu tha tak a ni.

### **Balanced Diet (Eitur Inbuk Tawk)**

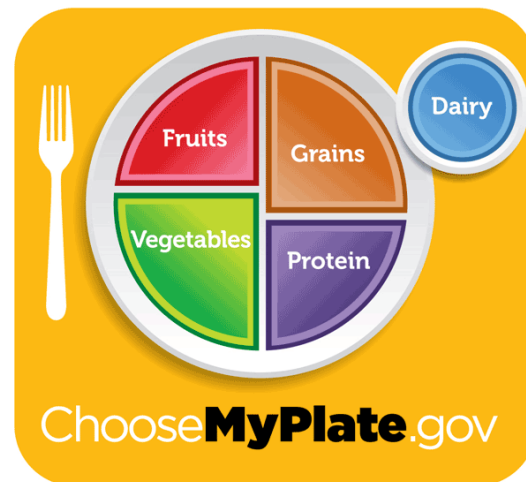
Balance diet kan tih hi taksa thang mek in than leh hmasawn zel nana a mamawh thahrui pe chhuak thei tur nitina protein, mineral leh vitamin te inpawlh tawk taka kan dawn thin hi a ni.

A hnuai mite hi kan taksa in than zel nana a mamawh te chu an ni:-

- Carbohydrates (Thahrui siamtu)
- Proteins (Taksa siamtu)
- Fats (Thahrui siamtu leh vitamin thenkhat taksain a lo dawnna kawnga tanpuitu)
- Vitamins (Min vengtu)
- Minerals (Min vengtu)
- Tui.

### **Food Groups**

1. Cereal leh Millets
2. Pulses leh Legumes
3. Vegetables (Thlai hnah hring, thlai bul nei leh tubers leh thlai dang te)
4. Thei
5. Bawnghnute leh bawnghnute aṅanga thil siamte.
6. Sa, Sangha & Poultry
7. Chini leh Jaggary (Gur)
8. Fats leh Oils
9. Nuts leh Oilseeds.



### Sources and Functions of Essential Nutrients

Nutrients	Sources (A awmna te)	Functions (Tangkaina te)
<b>1. Carbohydrates</b>	<ul style="list-style-type: none"> <li>Cereals, Millets, Tubers, (Patotoes, Sweet patotoes Yam, Topica, Colacasi (Arbi) Sugar, jaggery (Gur)</li> </ul>	<ul style="list-style-type: none"> <li>Taksa a thahruai siamtu a ni.</li> </ul>
<b>2. Proteins</b>	<ul style="list-style-type: none"> <li>Pulses, Legumes, Bawnghnute, cheese, curds, nuts, oilseeds, sa, sa thin, sangha leh artui.</li> </ul>	<ul style="list-style-type: none"> <li>Taksa a siamthain tihrawl bakah thisen siamtu ber pakhat ani a, Chaw pai tawhna kawngah a tangkai a, natna hri do letna kawngah a pawimawh hle.</li> </ul>
<b>3. Fats</b>	<ul style="list-style-type: none"> <li>Butter, Ghee, vegetable oils, leh thau, oilseeds, nuts leh Soya bean.</li> </ul>	<ul style="list-style-type: none"> <li>Thahruai siamtu pawimawh tak anih bakah vitamin thenkhat taksa in a hman theih tura siamtu leh fatty acids siamtu pawimawh tak a ni.</li> </ul>
<b>4. Vitamins and minerals</b>	<ul style="list-style-type: none"> <li>Thlai hnah hring leh eng chi. (Entir nan Spinach, carrots, cabbage, Mai) Thlai tharlam, thei hring leh thei rawng eng chi, bawnghnute leh bawnghnute atanga siam lam chi bakah fortified foods.</li> </ul>	<ul style="list-style-type: none"> <li>Taksa ti hriseltu pawimawh tak a ni.</li> </ul>

### Importance of Vitamins and Minerals

Nutrients	Sources (A awmna te)	Functions (Ṭangkaina te)
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>• Thlai hnah hring duk chi (Entirman, Spinach, Mint, Radish hnah, drumstick hnah, curry hnah leh Coriander) thlai rawng eng chi, mai, Theihai hmin, Thingfanghma, leh carrot.</li> <li>• Bawhnute, bawnghnute aṭanga siam, butter leh Ghee</li> </ul>	<ul style="list-style-type: none"> <li>• Eichhiat vanga mittel tur a veng,</li> <li>• Taksa a natna dotu a ti chak a, pem leh hliam pun tur a veng bawk.</li> </ul>
<b>Vitamin B Complex</b>	<ul style="list-style-type: none"> <li>• Cereals, pulses, legumes, thlai hnah hring, artui, bawnghnute, leh bawnghnute aṭanga thil siam te</li> </ul>	<ul style="list-style-type: none"> <li>• Heng vitamin zingah hian taksa mumal taka a than theih nana ṭanpuitu leh natna laka taksa vengtu tam tak a awm a ni.</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>• Citrus fruits, Guava, Amla (Sunhlu) Serthlum, Grapes leh Tomato</li> </ul>	<ul style="list-style-type: none"> <li>• Taksa in natna hrik a dona kawnga lo bei lettu ṭanpuitu pawimawh tak a ni a, natna hri dona kawnga ṭangkai tak a ni.</li> <li>• Taksa in Iron a lo dawnsawna a thawk hlawk tak a ni a, rang taka taksa hliam tihdamna ah pawh a ṭangkai hle.</li> </ul>
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>• Nghapui thau, Cod Liver oil, Butter, Artui leh Ni eng</li> </ul>	<ul style="list-style-type: none"> <li>• Ruh siamtu pawimawh tak a ni.</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>• Wheat germ, Vegetable oil, Whole Grains</li> </ul>	<ul style="list-style-type: none"> <li>• Taksa aṭanga bawlhhlawh leh taksa tana hlauhawm paih chhuahna kawnga ṭangkai tak a ni.</li> </ul>
<b>Calcium</b>	<ul style="list-style-type: none"> <li>• Vegetables (Spinach, mustard greens) ragi, cheese, Bawnghnute, Curds leh Buttered bawnghnute.</li> </ul>	<ul style="list-style-type: none"> <li>• Ha leh ruh siamna kawnga pawimawh tak a ni.</li> </ul>
<b>Iron</b>	<ul style="list-style-type: none"> <li>• Thlai hnah hring (Spinach, methi), Legumes, sa leh Arsa</li> </ul>	<ul style="list-style-type: none"> <li>• Thisen siamtu pawimawh a ni.</li> </ul>
<b>Iodine</b>	<ul style="list-style-type: none"> <li>• Iodized salt ( iodized chi)</li> </ul>	<ul style="list-style-type: none"> <li>• Goitre" Awrpuar" leh natna dang laka min vengtu a ni.</li> </ul>

## **Increased Nutritional Need During Adolescence (Thanglaiin Eitur Tha an Mamawh Tam Chhan)**

Odolescence kan tih hi naupang puitling tura taksa leh riltu lama chak taka an than chhoh lai, puitlinga chhiar an nih hma si hi a ni a, hemi hun chhung hian Adloescence te hian an puitlin huna an rihna tur za a 50, san lama za a 20 leh an puitlin huna an ruhrel tur za a 50 an neih hman avangin nutrition lam an mamawhna a sang hle a ni. Hetiang hun tawng mek hmeichhe naupang te pawhin thla tin thi an neih dawn avangin hun dang zawng aiin Iron an mamawhna a sang a, an ruh ti chak turin calcium hun dang aiin an mamawh hnem baw a, Adolescence laia eitur dik leh awm tawk an ei khan an puitlin hunah nasa takin a tanpui dawn a ni.

### **Reason for poor nutrition of adolescent girls (Hmeichhe tleirawl thanglai ten eitur tha tawk an ei loh fo chhan)**

- Chhungkua leh khawtlanga Odolescence laia Nutrition pawimawhna an hriatthiam tawklloh vang.
- Economic vanga eitur tha neih zawh loh vang.
- Thlai hring leh thei ei tam tawk loh vang.
- Eitur chhum leh sawngbawl dan thalo leh hrisel tawk loh vang.
- Adolescence laia lan nalh duh avanga chaw nghei leh dieting tih uar lutuk vang.
- Chhungkua a eitur rual khai loa dawn a nih vang leh hmeichhe tleirawl thanglai ten eitur tha an mamawh ang tawk an dawn loh vang.
- Social thil vang a ni thei a, hmechhia leh nuin chhungkua a mipa te ei bang chauh an ei phak avangin.
- Thingtlang ah chuan hmeichhe fa ten nu hnute kham khawp an hnek thin loh vang a ni fo.
- Rilru hahna leh enghelh neih avanga chaw eituina an hloh avangin.

## **Nutritional Defeciencies In Adolescents And Its Prevention (Thanglai zinga eitur tlakchhamna leh a ven dan)**

### **Anaemia (Thisen tlak chhamna)**

#### **Causes (A Chhan)**

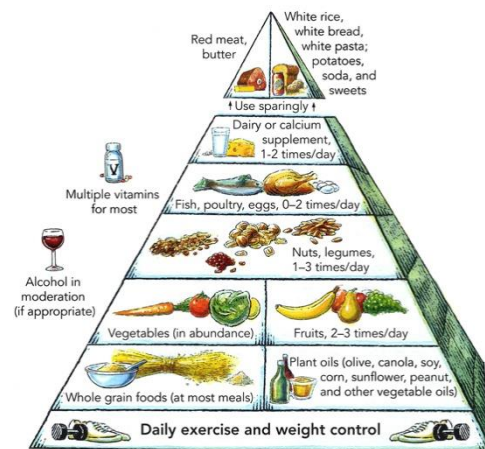
- Iron, folate leh eitur Vitamin C tamna ei tawk loh vang.
- Hookworm (Rulhutkawm?) pai vang.
- Iron ei tam tawk loh vang.
- Thla tin thi neih a thisen chhuak vang.
- Malaria benvawn neih vang.

### ***Sign and Symptoms (A Landan leh a Hnathawh Dan):***

- An thaw a chham hma
- An lu a hai awlsam.
- Lu na.
- Kut leh ke a vawt.
- Vun, tin leh mit a dangin thisen a awmlo.
- An chaw ei a tuilo.

### ***Consequences (A Nghawng)***

- Hnathawh an peihlovin an daih rei lo.
- Nu nih laia thih mai a hlauhawm.
- Impaired Cognitive functioning (Ngaihtuahna fim lo?)



### ***Prevention and Treatment (A Ven Dan leh A Enkawl Dan)***

- Iron tamna thlai hnah Spinach, mint, raddish hnah leh drumstick hnah eitam tur a ni a, artui chhung mu, sangha, sa thin leh sa pangngai ei tam tur a ni.
- Thil ei zingah Vitamin C telna Guava, Amla (Sunhlu), serthlum, thlai hnah hring te telh tam tur a ni.
- Chaw ei ruala coffee leh thingpui in loh tur a ni a, iron tablets ei atanga darkar khat a ral hma chuan coffee leh thingpui in loh tur.
- Mahni hriselna ngaih pawimawh tur a ni a, eitur sawngbawlina kawngah pawh thianghlim taka chet tur a ni.
- Rulhut laka inven nan pheikhawk leh slipper bun reng tur a ni a, rulhut vanga harsatna tawka inhriatna a awm chuan Iron damdawi ei hmain engkim ngun taka finfiah hmasak tur.
- Hma taka pasal neih loh tur a ni a, fa pawh pai nghal mai loh a tha.
- Chhengkaw him nan malaria pai thosi an inthlah punna ang chi reng reng chu ngun taka enfiah a tih chhiat zel tur a ni.
- Hunbi neiin Iron leh Folic acid tablets ei tur a ni.

## **Vitamin A Deficiency (Vitamin Tlakchhamna)**

### ***Causes (A Chhan)***

- Vitamin A tamna chaw ei tlem vang.
- Kawthatlohna, acute respiratory tract infections leh measles awm fo atangin a awm thei.
- Nu hnute tui hmasa a hnek loh vang.
- A hun taka hnute hnek loh vang.
- Hnute mumal taka hnek loh vang.

### ***Signs and Symptoms (A Landan Chhuah Dan)***

- Night blindness
- Dry eyes (mit ro?)
- Dry skin (vun ro)

### ***Prevention and Treatment***

- Vitamin A tamna thlai hnah hring, eng, sen ang chi (Mai, Carrots, Spinach, Mint, Radish hnah, Drumstick hnah) Thingfanghma, Theihai, Bawnghnute leh Bawnghnute aṅanga siam, Artui, Sangha leh Sa thin te ei tam tur a ni.
- Ghee, oil leh butter te ei tam tur.

### ***For Child (Naupang Tan Bik)***

- A hma thei ang berin hnute hnek tir tur.
- Nu hnute tui hmahruai naute hnek tir tur.
- Thla 6 an nih pawhin hnute pek tur a ni a, hemi hnuah pawh hnute pek chhunzawm reng rih tur?

## **Iodine Deficiency Disorder (Idd) (Iodine Tlakchhamna)**

### ***Cause (A Chhan)***

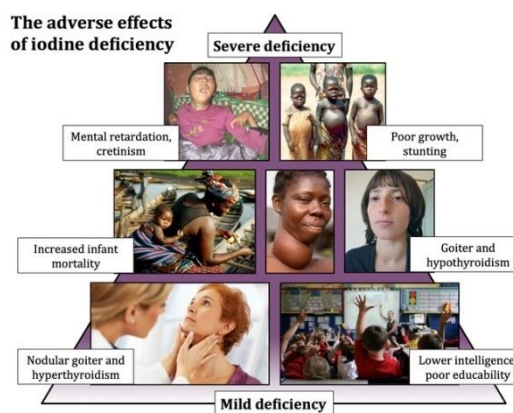
- Taksa in iodine a tlakchham vang.
- Eitur leilung iodine nei chau tak aṅanga thar chhuah ei ṅhin avangin.
- Iodise chi ṅangkaina hriat loh vang.

### ***Signs and Symptoms (A Lan Chhuah Dan)***

- Nghawng a vung,
- Mitmu a pawng chhuak.
- An harhlo, an ngui thin.

### ***Consequencies as (A Nghawng)***

- Goitre ah a chang thei.
- Rilru kimlohna leh beng ngawna.
- A hun loa nau hrin leh nau tih tlak thlengin a thlen thei a ni.



## **Prevention of Iodine Deficiency Disorder (Idd) (Iodine Tlakchham avanga Harsatna Thlen Thei Pumpelh Dan)**

- Iodised Chi chauh hman tur
- Tuipui lam aṅanga man thin eitur chu a lei thei ta chuan ei tam a tha.



# HEALTHY COOKING AND EATING HABITS (EITUR SIAM DAN LEH EI DAN HRISEL)



## Salient Points

### Method to Improve the Nutritive Quality of Food.

#### Instructions for Instructors:

Training programme ñan ni hmasa ber ah, thlai hring silfai tur, tichuan nikhat vel tui thianghlim ah chiah phawt tur. A ni hnihna ah puan huh in ñawnin pho kan tur. Ni thumna ah, a zung lo ño ñan dan chu hrihfhiah tur. Chaw siam dan dang hrihfhiah laiin heng thlai lo ñiak tharte hi midang tem tir chin tur.

**Sprouting** an tih dan phungah hian thlai chi kha puan huhah tuamin an rawn ñiah a, an rawn ño chhuah thlengin an khai ñhin a ni.

#### *Benefits of Sprouting (Sprouting Thatna te)*

- Vitamin B leh C Complex a tam phah duh bik.
- Hetiangah thlai thar ei hian ek khal a awm lovin gas insiam pawh a tlem bik.



**Fermentation** ah hi chuan cereals leh pulses kha an rawt sawm pawlh a, zan riaka dahin hei hian Vitamin C leh B Complex a siam tam duh bik a ni.

**Enrichment of Food** ah hian eitur chi hnih emaw a aia tam emaw kha pawlhin taksa in Nutrition a mamawh tih tamna kawnga pawimawh tak a ni.

Kan chaw eitur kan tih hrisel leh zual theihna kawng ñhenkhat chu a hnuai mi ang hi a ni.

- Bekang dip leh Wheat dip chawhpawlh hian protein a pai tam zual hle.
- Ragi dip leh Wheat dip chawhpawlh hian calcium siam tam duh hle.
- Bajra dip leh Wheat dip chawhpawlh hian Wheat ah khan Iron a tih tam phah hle.
- Amla (Sunhlu) pho ro hi dal leh kan chawhmeh thlai ang chiah te khan telh ila Vitamin C siamtu ñha tak a ni.
- Hetiang bawh hian carrot pawh pho rovin kan eitura Vitamin A tih tam nan hman theih a ni.
- Dawra an zawrh Iodised chi te hi hman berah kan nei tur a ni.

### ***Benefits of Enrichment of Food (Eitur tih Chak Thatna te)***

- Kan eiturah Nutrients chi hrang hrang a ti tam.
- Kan taksa in a hma aia tam Nutrients a dawn phah.
- Hun danga kan ei ngailoh Nutrients kan taksa in a dawn phah.
- Naupang in eitur an duh ngailoh an dawn phah thei bawk.

### **Cooking**

#### ***Benefits of Cooking (Chhum Hmin Thatna)***

- Chhum hian kan eitur a ti nemin pai tawih a ti awlsam.
- Chhum hian natna hrik hlauhawm a tihlum thei.
- Uluk taka chhum thiam chuan kan eitura nutrition te tangkai takin a chhawr theih a ni.



#### ***Nutrients Lose During Cooking (Eitur Chhum avanga Hriselna kan Hloh Theih te)***

- Eiturah hian Vitamins leh Nutrients tam tak a awm a, hengte hi a chan lai leh sil na bakah sa lutuka chhum chuan a bo vek thei a ni.
- Thlai sin te te a kan chan a kan sil leh hian a hriselna pai tam tak kan tibo thei a ni.
- Thlai chan dan diklo leh a sil dan dikloah chuan Vitamin B group tam tak kan paih bo thei a ni.
- Thlai chan leh silnaah hian vitamin tam tak a bo thei a ni.

## **Vitamin Retention\* by cooking method**

<b>Boiling</b>	<b>40-75%</b>	<b>Roasting</b>	<b>53-90%</b>
<b>Steaming</b>	<b>75-90%</b>	<b>Pressure Cooking</b>	<b>90-95%</b>

[www.foodrenegade.com](http://www.foodrenegade.com)

\* C & B vitamins

- Sa lutuka chhum hian thlai hriselna tam tak a bo thei.
- Nutrients tih chhiat awlsam ber te chu silfai mai theih Vitamin B Complex leh Vitamin C te an ni a, sil nasat lutuk te, pawlawh lutuka dah te, Ni sa a dah te leh engadah te hian a hriselna pai tam tak a bo thei a ni.
- Thau pai vitamin Vitamin A, D, E leh K te hi an ral mawh deuh.
- Protein te hi a chhumna a tang ringawtin a bo mawh a, mahse chhum rei lutuk chu a tha chuanglo.
- Legumes chhum a tang hian Mineral tam tak a chhuak thei a, mahse Vitamin ang em erawh chuan tihbo fai a awl lo hlauh.

### *Cooking Tips*

- Eiur chhum dan mumal tak hian Mineral bo tur thui takin a veng a ni.
- Thlai hel leh tharlam fai taka sil a, a hela ei a hrisel hle.
- Buhfai pawh hi vawihnih bak sil loh tur.
- Buhfai chiahna chu a chhum nan hman leh a pawl lo.
- Buhfai leh thlai chhumna tur tui chu paih then ngailo turin in hmin tawk chiah hman tur a ni.
- Buhfai, Dal leh thlai chhumna tui chu a tam lutuk chuan Soup ah hman mai tur a ni a, a nihloh pawhin chhang hmeh nan a hman theih a ni a, a chhan pawh tuia thil kan chhuan so reng rengin a hriselna pai kha a tuiah a kal vek thin vang a ni a, chuvangin a tui paih ringawt khan a hriselna pai tam tak kan paih tihna a ni.
- Thlai tharlam chauh ei a tha.
- Eitur ah Cereals leh Pulses lam telh hram thin tur a ni.
- Thlai leh thei te chu chan hma a sil tur a ni a, i chhum hma lawkin chan thin ang che.
- Pressure cooker a eitur chhum hian Vitamin C chhuak tur a veng.
- Eitur chhum nan Thirbel pawh hman theih a ni.
- Eitur rei tak chhum loh tur.
- Bawnghnute atanga 'paneer' siam reng rengin a tui chu paih lovin chhang hmeh nan hman leh mai tur ani.
- Thlai hringte chu kan chhum laiin kan chhin ngei ngei tur a ni. A hmin hma a, hriselna a chhuak bo lo bawk.
- Thil sa lutuk hian Nutrients thenkhat Vitamin C ang te hi a tichhe thei a, eitur siam zawhah ser tui sawr hlek thin a pawilo bawk.



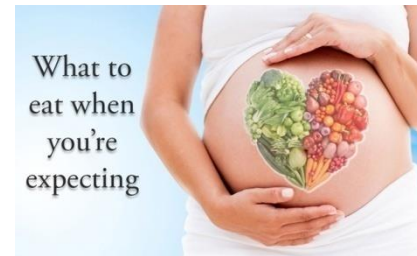
# NUTRITION DURING PREGNANCY AND LACTATION

(Nau pai lai leh nau hnute pek laia eitur tha pawimawhna)

## Salient Points:-

### Pregnancy (Nau Pai Laiin)

- Eitur inbuk tawk leh chi hrang hrang taksa mamawh pe thei ei ang che.
- Nikhatah vawi 4 vawi 5 thil ei tur a ni.
- Rai lai chuan Cereals, Pulses, bawnghnute leh bawnghnute atanga siam lam leh thlai thar leh thlai hring ei tam tur a ni.
- A lei zo tan chuan sa, sangha leh artui ei tam tur.
- Energy pe thei Oil leh Ghee ei tam tur.
- Iodise chi hlir hman tur.
- Tui in tam tur.
- Nau pai laia luak chhuak leh luak ching tan pawh eitur thlah loh tur a ni a, ei tlem a, ei ngun mai tur a ni.
- Nau pai laiin eitur eng chi mah thlah kher loh tur, mahse zu leh vaihlo lam chu thlah vek tur.



### Lactation (Nau Hnute Pek Lai)

- Nau pawm lai chuan a chaw ei thin panngai bakah khan nitin chaw a ei tam a ngai thin.



- Nau pawm lai chuan hun dang aihnute tui siam thei tur protein(Quality sang)a mamawh a,whole grain, cereals, pulses, dal, bawnghnute, curd, thlai hnah hring lehtheirah a ei tam tur a ni a,iodised chi chauh eiturah hman tur a ni bawk.
- Nau pawm lai chuan tui lam in tam tur.
- Nau pawm lai chuan eitur rim na leh thak ei loh tur a ni a,calorie pai tam Ghee, nuts etc ten taksa rihna an siam belh theih avangin a ei tur a nilo.
- Nau pawm laia nau paiin a eitur mamawh ang a ei loh chuan ama taksain a hnuah a tuar thei a ni.
- Nau pawm lai chuan ei theih deuh vek a ni.
- Nau pawm lai chuan nau a neih atanga thla 6 chhung chu a hnute a tam zawk nan Anganwadi atanga 'supplementary food' an pek chu a ei thin tur a ni.

## BREAST FEEDING (NAU HNUTE PEK)

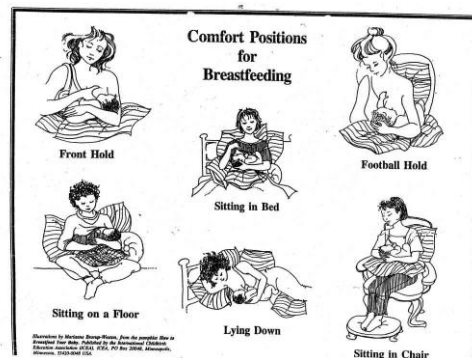


### Instruction for Teachers

He session hi flipchart nena tih tur a ni a, nu hnute tui chu engnge anih a, a pawimawhna sawi tan tur a ni a, Flipchart hmanga inhrilhfhah tur.

### Flipchart No 1

Nu hnute tui hi nausen tana a chaw tur liau liau, a ei hmasak ber tur a ni. Nausen in thla 6 chhunga a energy leh nutrients a mamawh zawng zawng chu a nu hnute aṅanga dawngin hemi hun chung hian a taksa in a mamawh hriselna zawng zawng chu a nu hnen aṅanga dawngin kum hnihna thla 3 hmalam thlengin a mamawh a la dawng tur a ni.



### Flipchart No 2

#### Colostrum and its Importance (Nu hnute tui hmasa leh a pawimawhna)

- Nu in nau a pian aṅanga a hnute aṅanga nau in a hnek chhuah hmasak ber kha Colostrum a ni.
- Colostrum hi a hrisel avangin paih mai chi a nilo.
- Colostrum hi hngang deuh leh rawng eng deuh a ni a, Protein, Vitamin A leh nausen natna lak aṅanga vengtu tha tak pai a ni a, nau a pian aṅanga ni hnih aṅanga ni 4 thleng hetiang hi a awm thin a ni.
- Nu in zunthlum leh anaemia (Thisen tlakchhamna) a neih chuan Colostrum insiam dan hi engemaw chen a nghawng thei a ni.

**Flipchart No 3****Exclusive Breastfeeding and its importance (Nau hnute chauh rin tir leh a pawimawhna)**

- Exclusive Breastfeeding chu naute hnena nu hnute chauh pek tihna a ni a, nausen chu eitur dang emgmah tui tiamin pek tur a nilo.
- National Guidelines ah chuan nausen chu thla 6 a tlin hma chuan hetiang a enkawl tur hi a ni tih tarlan a ni.
- Nausen chu hnute tui bak peloa thla 6 chhung enkawl anih chuan 'gastrointestinal infection' lakah vengin a thanna kawngah pawh nasa takin a tanpui dawn a ni.

**Flipchart 4****Advantage of breastfeeding (Nau hnute pek thatna te):-**

- Nu hnute tui hi pai tawih a awlsam hle.
- Nu hnute hian natna thenkhat kawthalo leh respiratory infection lak a tanging nausen chu a veng thei a ni.
- Nau in hnute a hnek khan a khabe leh a ha insiamna kawngah thui tak a tanpui.
- Nau in nu hnute hma tak a hnek khan nausen khan nu taksa lumna a chhim nghal thin.
- Hei hian nausen leh Nu inkarah inzawmna leh inkungkaihna nghet tak a siam thin.
- Nu hnute hi nausen tana hnek mai awlsam, him leh a lum dan tawh chauh, sum sen ngailo a ni.

**To Mother (Nu tan):-**

- Nau hnute hnek tir khan nau neih zawha thi chhuak vak tur lakah nu kha a veng thei.
- Nu in nau hnute a hnek tir khan amahah lungawina thlenin mahni inrin tawhna a neih phah thin.
- Nauvin hnute a hnek khan a nu kha hnute leh chhul cancer lakah thui tak vengin an thi hul hma lutuk tur a veng bawh.

**Flipchart No 5****How much and how often should the infant be fed? (Nau chu engtia zingin nge hnute hnek tir tur?)**

- Nau piang hlim chu darkar 2 danah pawh hnute pek mai tur a ni a, hei aia zing pawh hi a tul chuan a pawh lo.
- Nu chuan a hnute chu a inchhawkin minute 10 a tanga minute 15 te a hnek tir tur a ni.
- Thla 2 a tanga thla 3 an tlin thlengin nausen chu ni khatah hnute vawi 6 a tanga vawi 8 hnek tir tur a ni.

## Flipchart No 6

### Signs of Under and Over feeding (Hnute khamlo leh hnem tam lutuk hriat theihna)

#### Sign of Underfeeding (Hnute khamlo hriat theihna)

Nausen vun chu a pian atanga thla 1 thlengin a zur a, a hmai a sin bawk a, hnute a hnek zawh chauhah pawh nausen chuan kham awm hmel a pu chuanglo.

#### Signs of Overfeeding (Hnute kham hriat theihna)

Nau hnute kham lutuk chu an hnute hnek zawhah an luak vak thei a, an ek a tui thei bawk. Nausen tam tak chuan an irh rualin tui an phuh chhuak thei bawk a, heihi luak nen a in anglo a ni.

## Flipchart No 7

### Breastfeeding positions



This is the classic 'front hold' or 'cradle position'.



The 'underarm position' shown above is also known as the 'footy hold'. It's possible to feed twins together in this position.



The 'lying down' position is particularly good for mothers who have had a caesarean section or if one's bottom is sore after the birth.

## Flipchart No 8



#### Signs of good attachment are

- Chin touching breast
- Mouth wide open
- Lower lip turned outward
- More areola visible above than below the mouth
- No pain

#### Signs of poor attachment are

- Chin separated from the breast
- Mouth looks closed
- Lower lip pointed forward
- More areola visible below the mouth and lower lip
- Feel pain

### Instruction for Trainers

Tunah chuan participants te kan society in nau hnute pek dan bikah chin dan thalo emaw leh a kaihnauih thil te zawh nise. Sawihona - comments leh suggestions te chu khaikhawm nise.



## Flipchart No. 9

MYTHS (Kan Lo Hriat Dan)	FACTS (Thudik)
Colostrum chu paih tur.	Colostrum chu nausen tana hrisel anih avangin pek ngei ngei tur a ni.
Prelactial te hi an tha. (Khawizu, Gripe water, Tui chini pawlh leh Swarna Prashan)	Prelactial te hi nausen tan an thalo.
Nau pian atanga ni 3 ni 4 chhung hnute tui a awm ngailo.	Nausen te hian an pian tirhah pawh an laihruai atangin mamawh tam tak an la khawl thei a, an pian tirhah nausen pum a la tet avangin Colostrum tam lo (5-15ml) hnek tir a tawk hle a, hetiangam tamlo pek an nih chuan nausen chuan thawk leh thil lem a thiam zui mai a ni.
Thla 3 hnuah chuan nausen hnute pek hian natna laka venhim theihna a nei tawhlo.	Nausen natna lak atanga hnute tuiin a ven theih hun chhung hi an pian atanga thla tlemte chhung niin a lang a, Nu hnute hi a chhuah chhung chuan 'anti-infective' leh 'immune modulator' a keng tel reng a, mihring taksa in natna laka a inven theihna hi kum 2 tanga kum 4 an tlin hma chuan a la puitling lova ngaih anih avangin nausen thanglai mek mamawh chu nu hnute ah hian tam tak a awm tih hriat tur a ni.
Kum 2 hnua nausen hnute pek hi a nihphung a nilo a, nu te a inghahna diklo a thlen thei.	Naupangin a nu hnute a hnek rei avanga a nu ah awmlo thleng inngat anga sawi hi a finfiahna engmah hmuh tur a awmlo a, Research na atanga a lan dan chuan Naupang hnute hne rei te chu an rualpui te aiin an inring zawk tih hmuhchhuah a ni.
Nu hnute hmurin a tawrh loh nan a pek hun ngaih pawimawh tur.	Naute hnute pek dan hi nu vun dinhmunah a inghat thui hle a, nu hnute hmurin a tuar kan tih hi chu naute hnute hnek tir dan leh awmdan dikloh vang a ni thei a, heihhi thul lo a sil leh 'lotion' leh 'cream' hnawih vang a ni thei bawk. Hunbi neia hnute hnek tir hian hnute hmur a ti na lo a, hnute pek hun chhung a ti reilo zawk a ni.
Nu in taksa a 'Infection' a neih chuan nau hnute a pek a ti tawp tur a ni.	Nu in in kai chhawn theih 'Infection' pawh nei se enkawl theih chi anih chuan nausen tan a pawina a awm hriat a nilo. Natna dinhmun hriatchian anih chuan nausen chuan a nu hnute chu a hnek tur ang a lo hne daih tawh a, chuvangin a nu damdawi hman 'antibodies' a dawn ve theih nan nausen chuan hnute chu a hnek zawm zel tur a ni.
Nausen mit liam chuan hnute an hne zui tur a nilo.	Ni 3 atanga Ni 5 chhunga nausen mitliam chu a hnute hnek tlem vang a ni maithei a, heihhi 'starvation jaundice' an ti bawk a, nausenin hnute a hnek tam poh leh a 'bile' dinhmun a tha zawk dawn a, darkar 12 atanga 48 chhunga a 'bile' dinhmun chuan 'bilirubin 20 a kai lo anih chuan a hnute hnek chu tih tawp tur a ni chuanglo.
Hnute te chu an hnute tui a tlem duh.	Nu nau pawm hnute tui tam lam chu a fa pawmin a mamawh dana a zirin a insiam thin. Nausen in hnute vawikhata a hnek leh darkar 24 chhung a hnek ral hnawh khat leh tura a insiam dan chu a hnek ngun dan leh nu hnute ruah chian danah a inghat a, hnute len lamah a inghat lo. Nausenin hnute a hnek nguna a hnute bawm a ruah ngun poh leh hnute a insiam chak mai a, hnute len lam hi chu hnute tui dahna len leh lenloh entirna mai a ni zawk a, nausen nu hnute lian vaklo nei chuan nausen nu hnute nei lian deuh te aia hnute an hnek ngun deuh erawh chu a ngai maithei a ni.
Hnute hnek tir hian nau pai leh tur a veng.	Nausen in hnute an hnek hian nau pai tur a veng ngei a tih theih loh a, hmeichhia nausen hnute tuia chawm reng chu nau a hriat atanga thla 6 hnu thlengin a thi hul mahse midang te ang bawkin nau pai mai theihna an nei a ni.

## COMPLIMENTARY FEEDING AND CHILD CARE PRACTICES

### Salient Point

#### Care of New Born (Nau Piang Hlim Enkawl Dan)

- Nausen chu lum tha taka tuam tur.
- Ni 7 chhung chu bual loh tur.
- A pian veleh hnute pe la, thil dang engmah tui tiamin pek loh tur.
- Damlo hnaih tirh suh
- A pian tirah buk nghal ang che.
- Kg 2.5 aia a zan chuan uluk leh zualin enkawl ang che.



#### *Instructions for Trainers*

Hmeichhe tleirawlhote nau piang hlim tana natna hlauhawm an kaitheih dan zawh nise. Natna hlauhawm lo lan chhuah dan sawiho leh hrilhfiah ni bawk se.

**JAUNDICE (Mitliam):-**Nau piang hlim reng reng hi an pian ni hnihnaah chuan an kal a puitlin tawk loh avangin an vun a eng deuh thin a, mahse, an pian tirh atanga a vun a eng a, a kut phah leh ke phah a eng anih chuan rang takin doctor thiam hriattir nghal tur a ni. Nausen ke leh kut hi a en leh en loh en dan chu naute kut leh ke kha minute reilote chhung han hmet la, thisen in a luahlan leh nghal mai em nge a eng hlen reng tih reiloteah a hriat theih a ni.

**POOR ACTIVITY AND LETHARGY (Chauhna leh chet peihlohna):-** Nau piang hlim te hian an mit an chhing deuh reng thin a, mahse han khawih deuh chuan an meng ve mai thin bawk a, a tira nausen aw rawl tha tak chu a taha a, a awm a zawi a, hnute hnek a harsat a, a zawi riau anih chuan damdawi thiam hriattir thuai tur a ni, Hetiang ang nausen te hi pumraw tereuhte leh thla kimlo a piang an ni fo a, an taksa ah 'infection' a awm emaw, vawt a tih vanga hetiang a awm pawh a ni maithei bawk. Nausen pianghlim te harh van dan hi an nguai leh thut dan nena chik reng tur a ni.

**BREATHING DIFFICULTY (Thawk harsa):-** Rang taka nausen a thawk a, a thaw chu minute khata vawi 60 aia tam emaw anih a, a awm hnuailam leh pum chunglam chhung siah che a awm a, a rum nghet nghet a, a lei leh a hmui a duk chuan a dinhmun a thalo hle tih hriat tur a ni a, nausen thaw ran dan chu a muthilh lai leh a chawlh hahdam lai leh hnute a hnek zawh hnuah a hriat a awlsam ber a ni.

**HYPOTHERMIA:**-Hmun vawt leh luma nausen tin te chuan Hypothermia, Low Temperature hi an tawk thei vek a, nausen in hetiang harsatna a nei em tih hre tur chuan a ke artui hnuai kha i kut hnunglamin han khawih la, a pum khawih leh ang che. A pum aia a ke hnuai a vawt zawk anih chuan naute chuan taksa vawt lutuk ‘hypothermia’ an tih chu a tawk tan mek tihna a ni maithei a,hetiang an awm chuan nausen chuan khawvawt avanga natna awlsam tea a kai theih bakah ‘energy’ a mamawhna a san phah dawn bawk a ni.



**DELAYED PASSAGE OF STOOL AND URINE (An zungin en ek har):**- Nau piang hlim te hi an pian aṅanga darkar 24 leh darkar 28 chhungin an ein an zung ngei ngei tur a ni a, nausen hrisel chu ni khat chhungin vawi 8 aṅanga vawi 12 lai pawh a e maithei ,a nausen chuan hnute a hnek that a, a harh chuan heihi nausen hrisel danphung a ni tih hriat tur a ni.

**VOMITING (Luak):**-Nausen tam zawk te hian hnute an hnek hnuah hnute khal an irh chhuak fo ṅhin a,heihi hnute ruala boruak an lemin hnute khal nena a rawn ham chhuah leh ṅhin a ni a,mahse a irh/ luak chu a reh theilo a,a hah a, a rawng a hring leh eng deuh anih chuan damdawi thiam panpui nghal tur a ni.



**EXCESSIVE EIGHT LOSE (Rihna hlah):**-Nausen piang hlim te hian an pian tirha an rihna za a 8 aṅanga 10 lai te an hloh leh ṅhin a, mahse ni 7 aṅanga ni 10 chhungin ngai ah awh leh mai ṅhin a,amaherawh chu an rihna an hloh hnem lutuk emaw, ngai an awh lawk lo emaw anih chuan nausen chu a damlo emaw hnute a khamlo emaw tihna a ni.Natna khirh tam tak chu hriat mai an harsat thin vangin nau piang hlimah chuan hmuh hmaih an ni fo ṅhin a,nausen awmdan dik leh dikloh chu Nu leh Pain ngun taka chik a damdawi

thiam te a ṅul anga rawn vat tur a ni.

**DIARRHOEA (Kawthalo):**-Nausen chu a ngui a, a ek a nem telh telh chuan ngaituah vat tur a ni. Nausen tam tak chu hnute an hnek laiin an e ṅhin a, mahse, an rihna a pung thung a, hnute ring nausen te hi nausen chaw dang ei te aiin an e ngun zawk a,Nu in a damdawiina ‘laxatives’ leh thei ṅhenkhat, Theihai ang chi te an ei chuan nau hnute hne lai chu a ek a nem zual duh a,ngaihthat lohna tur a awmlo. Nausen kawthalo erawh chu damdawia enkawl a ngaih bakah a taksa aṅanga tui chhuak nasa hnawh khahna kha rang takin a mamawh ṅhin a ni.

**CYANOSIS OR BLuish DISCOLORATION (Vun duk):-**Nausen vun rawng a duk khan CYANOSIS an ti thin a,heihi thisen ntlakcham avanga takas hmun thenlai rawn duk hi a ni a,nausen pian atanga ni tlemte chhung chu a nih dan tur phung a ni ve fo thin, vawt an tih phei chuan hetiang hian anawm ve fo bawk. Mahse, taksa hmun thenkhat duk chi khat ‘Central Cyanosis’hi chu hlauhawm chinchhiahna a ni thung a,hmui leh lei atangin a lang chhuak ber a,Central Cyanosis hi thawkna leh lung lam thalo ti langtu a ni a, rang taka enkawl ngai chi a ni.

## Activity 2

### *Instructions for Trainers*

Nausen chunga thil pawl thleng thei sawiho anih hnuah nausen chaw leh hnute pek dan chu sawiho tur a ni a, hetiang tih dawn hian hmeichhe naupang te chu pawl 4 ah then darh ula, ‘flipchart’ leh ‘marker’ pe theuh ang che. Group tin te chu nausen hnute pek dan hranpa theuh ziah tir la, nausen thla 6, thla 6 atanga thla 12 leh kum 1 atanga kum 2 atanga kum 2 atanga kum 5 inkar enkawl dan a hranpa theuhin ziah tir ang che.

## WHO Recommendation for Feeding Young Children (WHO in naupang te chaw pek tha a tih dan)

### At Birth (Pian Tirah)

- A rang thei ang berin nausen chu hnute pek tur, duh dan chuan an pian atanga darkar chanve chhunga pek ngei ngei tur.
- Pre lacteal an tih, khawizu, tui leh bawnghnute leh tui pek loh tur ani a, hnute tui chauh pek tur.
- Colostrum paih miahloh tur.



### Birth to 6 Months (Pian atang Thla 6 Chhung)

- Nausen chu thla 6 a tlin hma chuan hnute lo chu pek loh tur. Tui takngial pawh pek loh tur.
- Chhun leh zannah nausen chu a duh zat zat hnute hnek tir tur. Darkar 24 chhungin wawi 8 atanga wawi 24 tal hnute hnek tir tur a ni.
- Nausen a chet sek a, a kut a hne emaw, a hmui a tih chet chuan hnute a hne duh tihna a ni fo.
- Hnute lehlam i hnek tir hmain a hnek lai a hne fai vek phawt tur a ni.
- Nausen hian a nu hnute in a tuihalna leh riltamna a puhruk vek avangin tui leh thil tuiril dang engmah a hre hrang lo a, hun engremaw chen chhung a mamawh lo bawk.

### At 6-9 Months (Thla 6 atanga Thla 9 Inkar)

- Hetiang hunah hian ‘porridge’ emaw chaw rawtsawm emaw fian hnih fian thum vel ni khatah wawi 2 wawi 3 tal eitir tum ang che.
- Chu chu 125 ml anih thlengin ti tam hret hret ang che.
- Thla 8 ah chuan nausen chu amaha in hrai thiam turin tanpui ang che.
- Nuts (Thei pil sak):- grapes, carrot etc te chu an hak theih avangin a khawih phakah dah suh.
- A chaw ei kar lakah a ka a tui chuan wawi hnih khat kan tarlan ang kha eitir pe ang che.

### At 9-12 Months (Thla 9 aṭanga Thla 12 Inkar)

- Nausen chu chaw rawtsawm amah pawha a ei theih tur no chanve vel ni khatah wawi 3 aṭanga wawi 4 pek tur.
- Chaw ei kar lakah hetiang hi vawihnih vel pek tur a ni.
- Ama thleng ngei aṭangin dawhthei taka hraiin a mita enin hmangaih taka be chungin hrai ṭhin ang che.
- A eitur ah chauh a rilru a pek theih nan ngaihtuahna la peng thei dang a bulah siam loh tur.
- Nawr lui lo la,ei bang neih tir suh ang che.
- A eiturah thahrui siam thei a tam zawk nana eiturah chuan ‘ghee’ leh ‘oil’ tlem pawlh sak la,a tlem deuh chuan tam zawka heihhi pek belh mai tur a ni.

### 1-2 Years (Kum 1 aṭanga Kum 2)

- Nausen chu a duh hun hunah hnute pek tur a ni a, kum 2 a pelh hnu thleng pawha pek mai tur.
- Ni khatah chaw hrisel tak chawhpawlh leh rawt sawm wawi 3 wawi 4 pein a kar lakah eitur dang a duh chuan pe bawk ang che.
- Eitur chi hrang hrang pe ṭhin ang che.
- Naupang chu chaw a ei duh nan pui ang che.

### 2-5 Years (Kum 2 aṭanga Kum 5)

- Chungkaw chaw ang eitur tan ve theih a ni tawh a, a chaw ei kar lakah vawihnih tal eitur hrisel tak pe ang che.
- Eitur chi hrang hrang pe la,a ei duh loh anih chuan a ei duh nan eichhin tir dan ngaihtuah rawh.
- Naupang chu chaw ei luih tir suh.A kum, pumrua leh a chetdan a zirin eitur pe ang che.

### Safe Food Preparation and Hygiene (Eitur Him leh Hriselna)

- Eitur siam hma, naupang chaw a hrai hma leh inthiar zawhah sabawna kut sil ngei ngei tur.
- Tui thianglim chauh in tur a ni a, tui chu chhin neiah dahin a suah chhuah nan no beng nei hmang ang che.
- Naupang no leh fian chu hman hmain tuiso a i chhuanso sak loh pawhin sahbawnin fai taka sil hmasak tur.
- Feeding Bottle te hi tihfai an harsat avangin a hman loh theih hram chuan hman loh tur.
- Eitur chu bungbel faiah chauh siam tur a ni a, eitur chu siam hmain ngun taka sil hmasak tur a ni a,sa, arsa, artui leh lui sa ang te pheih chu ngun taka sil tur an ni a,eitur siamsa chu ei hma a chhuan so leh phawt tur a ni.
- Eibang chu uluk takin chhin la, chu chu eizawhah fridge ah dah tur a ni a, darkar 2 chuang dah vawh thatloh, ‘room temperature’ a dah chu paih nghal tur.



**KEY MESSAGE TO MOTHER ABOUT CARE OF YOUNG CHILD**  
**(Nu te hnena nausen enkawl dan tur chungchanga ngenna. Heihi box chhunga awm ni mahse hetiang hian karawn siam a ni)**

- Nausen te hi an Pian atanga kum 2 chhungin an thluak a thang chak ber a, chuvangin naupang te chu an thluak sawizawi turin an infiam tam tur a ni a, an che tamin an beng hriatna pawh an hmang tangkai tur ani a, an thil hmuh leh khawih te pawh tangkai taka an hman thiam theih nan chhungten an kaihruai tur a ni.
- Naupang chu tawng, ngaihthlak leh infiamna hmangin a hriatna tuaihriam turin kan tanpui tur a ni.
- Hrisel lohna hian naupang thanna leh hmasawna tam tak a ti thuanthu thei a, naupang a hrisel theih nan 'immunization' ngai pawimawh ang che.
- Naupang chu taksa a harsatna chauh nilova a rilru lama buaina a tawh loh nan venghim la, mahni inrin tawkna nei turin kawng engmkimah kawng dap pui ang che.



### Solving Feeding Problem (Nau Hrai Dan)

Feeding Problems	Solution
<b>Age Group: Birth to 6 six months</b>	
1. Mother is not Breastfeeding Exclusively (Nu in hnute chauh a pe lo).	<ul style="list-style-type: none"> <li>- Chhun leh zanah vawi 8 tal hnute pek tur.</li> <li>- Nausen chu glucose tui, thingpui, bawnghnute, porridge leh tui takngial pawh pek loh tur. Hetiang pek hian nu hnute a naupang natna laka venghimtu kha a ti dalin a ti chaklo thei a ni.</li> </ul>
2. Mother feels she does'nt have enough breast milk (Nu in hnute tui nei tam tawk lovin a inhria)	<ul style="list-style-type: none"> <li>- Hnute tui ti tam tur chuan naute chu hnute a pe ngunin a hma aia reiin a pe thin tur a ni.</li> <li>- Chhun leh zanah hnute a pe tur a ni.</li> <li>- Nu chuan thil a eitamin thil tui pawh a in tam tur a ni.</li> </ul>
3. Mother goes out to work and is unable to feed the child (Nu chu a chhuah a ngaih thin avangin nausen duh angin hnute a pe theilo).	<ul style="list-style-type: none"> <li>- Nu chuan hna a thawh hmian naute chu hnute a pe fo tur a ni a, a haw hnuah pawh pein zanah pawh a pe tur a ni.</li> <li>- A theih chuan Nu chuan naute chu a hnathawhnah hruaiin a chawlh theih veleh hnute a pe thin tur a ni.</li> <li>- A awmlah hlana pek turin a hnute chu a sawr thei bawng ang.</li> </ul>
4. Mother has flat or retracted nipples and cannot feed the child (Nu hnute hmur a tlum tlat avangin hnute a pe theilo).	<ul style="list-style-type: none"> <li>- NU chuan a hnute hmur siamtha turin oil nen a enkawl tur a ni a, (Mustard oil hman loh tur) hetiang hian ni khatah vawi 3 a tanga vawi 4 tal a ti thin tur a ni.</li> <li>- Hetianga a tih hnu ni 2 ni 3 ah pawh a hnute hmur a tha thei chuanglo anih chuan doctor pan turin hrilh ang che.</li> </ul>
5. Mother has sore nipples or swelling on the breast (Nu hnute chu a thip in a vung )	<ul style="list-style-type: none"> <li>- Doctor pan turin hrilh tur.</li> <li>- Hnute chu darkar 2 danah sawr tur.</li> <li>- Hnute chu a 'infected' anih chuan hnute tui chu paih tur a ni.</li> </ul>
6. Child is fed by bottle (Nausen chu bottle hmanga hnute pek a ni)	<ul style="list-style-type: none"> <li>- Nu chu bottle hmang tawhlo tura hrilh tur, a pawh thei a ni.</li> <li>- Nausen chu a riltam apiangin hnute hnek tir tur a ni a, a hnek duh chung chu hnek tir tur.</li> <li>- Hnute tui chuan ngai awh leh tura ni 2 ni 3 a awh theih avangin nausen chu bawnghnute no leh fian fai tak hmanga hrai tur a ni.</li> </ul>
7. Baby Is Unable To Take Breastfeed:-(Naute In Nu Hnute A Hne Theilo)	<ul style="list-style-type: none"> <li>- Hnute a hnek dan emaw a awm dan emawah fel lo a awm ani maithei a, doctor emaw hetiang thiam Health Worker hnena kal turin hrilh ang che.</li> </ul>

FEEDING PROBLEMS (Nau hrai laia harsatna awm thei te)	Solution
<b>Age group: Thla 6 aṅanga Thla 12 inkar</b>	
1. Child is given diluted animal milk (Nausen chu bawnghnute pawlh dal tawh pek a ni).	<ul style="list-style-type: none"> <li>– Hnute tui ti tam turin nau chu hnute zing leh rei zawkin pek tur a ni.</li> <li>– Ran hnute reng reng chu tih dal loh tur a ni.</li> <li>– Nu in ran hnute chu a tak lutuka a hria anih chuan hnute a hnek tir zawhah tui lawng pe mai rawh se.</li> </ul>
2. Mother has discontinued breastfeeding. She considers child is too old to breastfeed (Nu in nausen chu hnute hne tura upa tawha a hriat avangin a hnute pek a ti tawp.)	<ul style="list-style-type: none"> <li>– Kum 2 an nih thlengin nau chu hnute pek theih an ni.</li> <li>– Nitin nausen chu darkar 2 aṅanga darkar 3 hnute hnek tir tur ani a, ni 3 ni 4 hnuah chuan hnute tui a rawn awm leh mai ang.</li> </ul>
3. Completnetray food is not being given (Eitur dang nausen chu pek tel a nilo)	<ul style="list-style-type: none"> <li>– Nu hnenah chuan hnute tui chauh a tawk tawhloh avangin eitur dang nausen hnena pek a ngai tih hrilh tur.</li> <li>– Eitur awm nem rawt sawm ‘oil’ leh ‘ghee’ a tihhmin te, thlai(peas, carrots) oil a sawngbawl leh thei rawt sawm, (Balhla, Chiku Theihai leh Thingfanghma) te pek tur a ni.</li> <li>– Oil pawlh ‘Kichari’ emaw ‘dal’ chhum hmin buh leh oil nen a pek tel tur a ni.</li> </ul>
4. Child does not want to eat complementary foods (Naupang in chaw dang a ei duhlo)	<ul style="list-style-type: none"> <li>– Naupang chu a ei duh thin ber pe ang che.</li> <li>– Naupang chu fiamin chaw a ei laia a eitur a ngaihtuah loh nan a ngaihtuahna lak pen sak ang che.</li> <li>– Naupang chu tih tam deuh anih chuan a nu a inpek zawh a, a dawhtheih a ngai a, eitur chu a indawta ei tirin a duh hma chuan hetiang a tih tur hi a ni.</li> </ul>
5. Child spits out the food given (Naupangin a eitur a chhak leh zel)	<ul style="list-style-type: none"> <li>– Eitur chu a ka chhungah ngei barh thin ang che.</li> </ul>
<b>Age group: thla 12 aṅanga kum 2 inkar.</b>	
1. Child is not actively fed (Naupang chu mumal taka eitur pek a nilo)	<ul style="list-style-type: none"> <li>– A nu emaw an chhungkaw zinga tu ber emaw chuan nau chaw eitur chu a buaipui tur a ni.</li> <li>– Naupang chaw eitur chu chhungkaw eitur nen a hranpa a dah tur a ni.</li> <li>– Naupang chu a chaw ei zawh tir vek tur a nilo.</li> </ul>
2. Child does not take family foods (Naupangin chhungkaw ei ang a duhlo)	<ul style="list-style-type: none"> <li>– Chhungkaw chawhmeh dal, thlai leh sa,artui leh buh te chu hmin taka siam tur an ni.</li> <li>– Naupang eiturah chuan hmarcha lam leh spices telh loh tur a ni a.</li> <li>– Naupang ei duh zawng ngaihtuah tur.</li> <li>– Snacks (biscuits, chikki, besan, ladoo leh fried patato) te pek fo tur.Hnute a la hne anih chuan chaw panngai a ei hnuah chauh hnute pek tur a ni.</li> </ul>



<b>Age group: Kum 2 aṅanga Kum 5 inkar</b>	
1. Child is not hungry (Naupang chu a riltam lo)	<ul style="list-style-type: none"> <li>– A tui tih leh duh zawng berin thlem ang che.</li> <li>– Naupang chu snack (biscuits, channa, groundnut, chikki, besan laddoo leh fried patato) pek fo tur.</li> <li>– Naupangin tum khata chaw a ei tam duhloh chuan ni khatah vawi 5 tal chaw ei tir tur a ni.</li> </ul>
2. Family is poor and cannot give snacks between meal (Chhungkaw rethei, chaw bak hmawmsawm pe theilo an ni)	<ul style="list-style-type: none"> <li>– Anganwadi aṅanga ‘Supplementary nutrition’ lain naupang chu pe thin rawh se.</li> <li>– Chaw pawh ni khata tum 3 pe lovin vawi 5 pe rawh se.</li> </ul>
3. Child is under nourished (naupangin ei tha a hmu tawklo)	<ul style="list-style-type: none"> <li>– Chaw a ei apiangin a ei tih tam tur.</li> <li>– Eitur dak tha leh oil tel pek thin tur.</li> <li>– Eitur pek ngun tur.</li> <li>– A chawei kar lakah Snacks (Anganwadi centre aṅanga dawn biscuits, chikki, chana, ground nut, laddoo, panjiri, friend patotos leh thei rah) te pek fo tur.</li> </ul>



## Immunisation (Natna hrik laka invenna)

National immunisation schedule for Infant, Children and Pregnant Women (Ram puma naupang, hmeichhia leh raipuar te tana natna laka invenna)

Vaccine	When to give	Dose	Route	Site
<b>For Pregnant Women</b>				
TT-1	Early in pregnancy	0.5 ml	Intra-muscular	Upper arm
TT-2	4 weeks after TT-1*	0.5 ml	Intra-muscular	Upper arm
TT-Booster	If received 2 TT doses in a pregnancy within last 3 yrs*	0.5 ml	Intra-muscular	Upper arm
<b>For Infants</b>				
BCG	At birth or as early as possible till one year of age	0.1ml (0.05 ml till 1mth age)	Intra-dermal	Left upper arm
Hepatitis B	At birth or as early as possible within 24 hours	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
OPV-0	At birth or as early as possible within the first 15 days	2 drops	Oral	Oral
OPV 1, 2 & 3	At 6 weeks, 10 weeks and 14 weeks	2 drops	Oral	Oral
DPT 1, 2 & 3	At 6 weeks, 10 weeks and 14 weeks	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
Hep B 1, 2 & 3	At 6 weeks, 10 weeks and 14 weeks	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
Measles	9 completed months-12 months	0.5 ml	Sub-cutaneous	Right upper arm
Vitamin-A (1 <sup>st</sup> dose)	At 9 months with measles	1 ml (1 lakh IU)	Oral	Oral
<b>For Children</b>				
DPT Booster	16-24 months	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
Measles 2nd dose	16-24 months	0.5 ml	Sub-cutaneous	Right upper arm
OPV Booster	16-24 months	2 drops	Oral	Oral
Japanese Encephalitis**	16-24 months	0.5 ml	Sub-cutaneous	Left upper arm
Vitamin-A*** (2 <sup>nd</sup> to 9 <sup>th</sup> dose)	16 months. Then, one dose every 6 months up to the age of 5 years	2 ml(2 lakh IU)	Oral	Oral
DPT Booster	5-6 years	0.5 ml	Intra-muscular	Upper arm
TT	10 years & 16 years	0.5 ml	Intra-muscular	Upper arm

VACCINE, FOR PREGNANT WOMEN: TT-1..... (A chart anih avangin siam sual a hlauhawm a, a landan ang hian a thiam copy chhuah tir mai a tha zawk ang)

## Malnutrition (Ei Chhiat)

Instruction for Trainers: Flipchart hmangin naupang eitur tha hmulo te dinhmun entir a, kwashiorkor leh marasmus in an lohna zirtir tur a ni.

### Kwashiorkor (Protein tlakchham avanga natna awm theite)

- A rih lam beisei aia za a 60 tlem a ni fo (Oedema dinhmun a zirin)
- A hniam hle ang.
- A nguai.
- A hmai a bial.
- A sam a tlemin a chul.
- Oedema-Tui tlingkhawm avangin a ke a vung
- A vun a dum thliah a,a pilh sam hle bawk.



### Marasmus?

- A lu a lianin sam a nei tlem hle.
- A hniamin a zang bawk.(Beisei aia za a 60 in a rihna a hniam thin)
- A vun rawng a diklo a, a pilh sam hle.
- Tihrawl a neilo a, a nakruh te pawh a lang thei.
- A nguaiin a chhehvela thil engmah a ngaihtuah peihlo.
- A harhlo,a awmdan ngai ngaiin darkar tam tak meng lovin a awm thin.
- A chawei a tuilo, thil a ei duhlo a,a chhak chhuak ngai bawklo.
- Tar an ang duh hle.



## Common Ailments and its Prevention (Natna Tlanglawn thenkhat leh a Enkawl Dan)

### FEVER (Khawsik)

- Khawsik hi natna a nilo a, natna ti lang tu mai a ni. Mahse, natna dang rawn tilangtu anih avangin ngaithah tur a ni hauhlo.
- Naupang taksa lum dan thununtu khawl te hi an nih tur an an la nilo a, hei vang hian khaw awmdan a zirin an taksa lum dan pawh a inthlak fo thin a ni. An taksa lum dan chu a sang thutin a tlahniam leh thut thei bawk.
- An taksa lumna a san chhoh (99.4.Degree centigrade chin) vang main an damlo tihna a ni chuanglo a, mahse an chet nasat dan leh pindan lum vang te pawhin an taksa lumna a sang vak thei bawk a ni.
- High Fever can Cause (Khawsik sang chuan hengte hi a thlen thei):
  - Febrile Convulsion:-Hetianga an awm chuan an taka thunun theilovin an che zawk zawk a, an phu zawk zawk thin.Naupang chu nikhaw hrelodin a awm thei bawk a, hetianga an awm chhung hi a reilo a, seconds tlemte a ni tlangpui thin.
    - Hetiang hunah hi chuan naupang chu pawm kan loh tur
    - Khumah a zangthalin mut tir tur.
    - A leiin a thawkna a dal lohna turin a saisira a lu dah tur.
  - Naupang chu hetianga a awmin Doctor hnena hruai tur:
    - Naupang chu a thin a chhia a.
    - A luak a chhuak a, a luak chuan.

### *I tih ve theih*

- Pindan dai nuam tawk chauhin siam ang che.Tukverh hawng la,fan a awm chuan naupang chu chhem daih tir tur.
- Zangkhai taka thuam hak tirin puan pawh zangkhai tak sin tir ang che.
- Naupang chu kal san suh.
- Tui huhin a nghawng, hmai leh ban chhunglam bakah a ke hruk sak tur.
- A khawsik tih reh nana ‘paracetamol’ emaw doctor in an chawh ang che i pek hmain a pek dan tur an tih chu ngun takin enfiah hmasak tur a ni.



### Vomiting (Luak)

Luak hi natna a nilova, mahse natna rawn tilangtu a ni a awmna chhan ni thei te chu:

- Infection vang.
- Pum lam dikloh vang leh rilru hahna leh hlauhthawna neih vang.
- Zin kawnga ruih vang.



### Vomiting in small babies (nausen luak)

- Nausen tam tak chuan an thil lem tam tak an luak chhuak leh thin, heihi luak panngai a nilo a, nausen tana paw a ni ngai lemlo.
- Projectile vomiting – Hetianga luak ah hi chuan na takin nausen kha a luak a, a eitur a luak chhuak leh vek thin a, ‘dehydration’ leh rihna tlak hniamna thlenin nausen tan a paw thei a ni.

Seek medical help if (A hnuai a mi ang hi a thleng anih chuan damdawi thiam pun nghal tur)

- A luak hnuah pawh a nawm chuan loh chuan.
- A zawna vawi 2 vawi 3 a luak emaw nikhata vawi 3 aia tam a luak chuan.
- Luak bakah khawsik leh kawthalo in a tlakbuak tan chuan.
- Hmel dang, chau, riltam silo nguai taka a awm chuan.

Naupang chu a la naupan poh leh damdawi thiam pan ran tur a ni a, khawsik leh luak chu luak nena a inzawm reng phe chuan rang taka doctor pan pui tur a ni.

### Cold and Cough (Hritlang leh Khuh)

- **Hritlang** hi natna tlanglawn tak a ni a, khawvawt avang leh intuam lum loh vang nilovin virus vanga rawn awm a ni.
- Natna do theihna nei tlem te chuan natna dang ‘bronchitis’, ‘pneumonia’ (Awmna leh khawsik) bakah beng na an nei awlsam a, hetiang an awm phe chuan ngaituah vat tur an ni:
  - Ni 1 hnu pawha a khawsik a la reh theihloh chuan.
  - Hnar atanga tuihnang hring leh rawng eng a chhuah chuan.
  - Khuh hnawk leh thawk harsa taka an awm chuan.
  - Hrawk thip.
  - Beng na leh an beng a chhet deuh chhu chuan.
  - Harhlo tak a an awm a, an chaw eituina an hloh in.



**COUGH** – Khuh reh theilo kan tih ang hi hritlang atanga rawn awm tan ani tlangpui a, ‘ashma’, ‘bronchitis’ emaw ‘pneumonia’ emaw avang pawhin a awm thei baw a, chuvangin mahni thua damdawi inchawh mai tur a nilo. I khuh ruala khawsik a rawn awm a, thawk zawnga hrawk a rik a, thawk a harsat a, rang tak tak a i thawk chuan rang takin doctor pan nghal ang che.

### Precaution during cold (Hritlan laia in enkawl dan tur)

- Thil tui lam in tam tur a ni a, chaw pawh ei hun dang aia zingin ei tur.
- Doctor in ei an khap anih loh chuan serthlum tui, ‘curd’ leh buh ang chi te hnawl mai tur a nilo.
- Pindan chung boruak ti lum turin towel tuiluma chiah khai a tha hle.
- Hnar thlawr hian reilote hahdamna thlen mahse a hnuah hnar chung a ti ro zawk thin.

**Adolescent Reproductive  
And  
Sexual Health (ARSH)**

## REPRODUCTION CYCLE AND MENSTRUAL HYGIENE (Nau pai dan leh thi neih kawnga in enkawl dan)

### Salient Points:-

#### *Instructions for Trainers:-*

#### **Perceptions of adolescent girls**

Hmeichhe naupang thanglai chu hrisel taka nau pai dan leh thi an neih laia an in enkawl dan zawt ang che.

Chumi hnuah an ngaihndan diklo te hrilhfhiahin scientific taka hemi kawng an hriat loh te chu hrilhfhiah ang che.

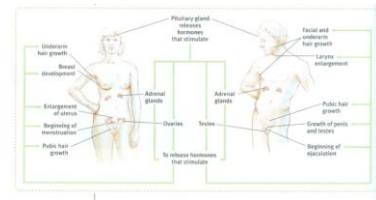
### Adolescent Years: Physical Change during Adolescent

ADOLESCENCE naupang kan tih te hi naupana kalsana puitlin an tan chhoh lai hun vel hi ani.

ADOLESCENCE hi kum 10 leh kum 19 inkarah intan chhovin hetiang hunah hian taksa chu hetiang hian a insiam danglam thin ani:-

#### **GIRLS**

- Hnute hmuh theihin a thang lian a,(Hetieng hunah hian hmeichhe naupang tam tak chuan an hnute na an ti thin)
- An khel a lian zual a.
- Zak hnuai leh serh velah hmul a rawn to a.
- A hma aiin a sangin a pumrua pawh a lian thin a ni.
- Arngneng an nei bawk thin.



#### **BOYS**

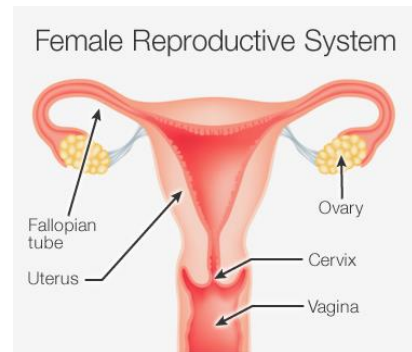
- Hmeichhia ang bawkin a sang zawngin an thang thin.
- A zakhnuai, serh, awm leh ke velah hmul a rawn to a, thenkhat phei chuan hmuihmul leh khabe hmul te pawh an zuah tan thin.
- An taksa a thlan leh oil chhuahna a hma aiin a thawk nasa a, arngeng pawh hmaiah an nei tan thin.
- A lo sek sawt thin a.
- An serh leh tilmu chu a hma aiin a thang lian bawk.
- An aw pawh a lo danglam a, an aw bawm a insiam danglam tak avangin an aw pawh a rawn thum zual thin a ni.

#### **Activity Body Mapping**

Sexual development in hrilh hre turin hmeichhe tleirawl thanglai te chu "Body mapping" hmanga kaihhruai tur an ni. Body Mapping hi chhuatah emaw lekhka lian takah emaw 'chalk' hmanga entir mai theih a ni. Hmeichhe thanglai te chu taksa awmdan ziah tir tur an ni a, sexual organ leh nau paina taksa bung hrang lem te pawh ziah tir tur a ni a, he group activity ah hian tui taka hmeichhia te chu an tel theihna turin 'facilator' chuan hma a la tur a ni.

## Female Reproduction System

Hmeichhe nau paina "Reproduction system" ah chuan a then chu a taska chhunglamah awmin a then chu a pawn lamh a awm thung a, pawn lama hmuh theih te chu 'serh pawn zawk leh chhung zawk, "Mawn", "Serh kawngka", "Zun kawngka" te an ni a, chhunglamah chuan Serh, fallopian Tubes( Chi kawng) chhul, leh chi bawm te a awm vethung a, chi bawmah chuan TUI awmin hengte hi hmeichhia kum 12 aṅanga kum 18 an nih khan a rawn puitling a, a hmingah **Menarche** an ti ṅhin a ni. Fallopian tube te hi tereuh te an ni a, hmeichhe TUI puitling tawhin chhul an panna kal kawng a ni.



Chhul pian hmang hi Pear thei ang deuh a ni a, a chhunga nausen insiam 'foetus' chu thla tam tak chhung ngun taka lo mikhualin a chep deuh hunah pawh a ṅul dan angin a insiam rem mai a ni.

Reproductive organ pawn leh chhunglam inpawhna kal kawng hi 'Vagina'( Birth canal) an ti a ni

**Hmeichhia in thi a han neih tan khan an taksa in kalphung danglam a tawn avangin a mumal lovin hunbi thliahin thi a nei thlap thlap lo maithei.( menarche) kan tih a fel hnuah pawh kum 1 aṅanga kum 2 hnuah thi neih a mumal chauh**

## Menarche and Menstruation

Hmeichhia te hian kum 12 aṅanga kum 18 inkarah thi an nei tan deuh ber a, heih 'Menarche' tih a ni a, mahse hmeichhia ten thi an neih hun hi a in anglo vek a, kum 45 an nih chuan an thi neih a tawp tlangpui tawh ṅhin a, heih 'MENOPAUSE'(Thi hul) an ti thung a, hmeichhia te MENOPAUSE hun hi a in ang vek lo bawk. Thla tin hmeichhe chuan a chi bawm aṅangin tui pakhat a ti chhuak a, hei hian fellopian tubes kaltlangin chhul ah a lut a, hetih hunlaia mipa nena an inpawl chuan hmeichhia chu a rai awlsam hle a ni.



Naute insiam lai chuan chaw ṅha tak a neih theih nan a awmna chhul chuan thisen leh tuihnang tam tak a siam chhuak a, chhul panga hmeichhe tui a awm laia mipa chi in a rawn tawn fuh chuan nauteah a insiam ṅhin a ni.

Nau a insiam leh si loh chuan chhul panga thisen leh tuihnang chu kehin serh aṅangin a rawn chhuak a, chu chu 'Menstruation' (Thi nei) kan tih hi a ni a, ni 4 ni 5 chhung hmeichhia chuan thi an nei tlangpui ṅhin a ni.

**Hmeichhia te hian an puitling tawha ngaih hnuah pawh thi an nei vek hranpa lo. a kum phulo a a taksa a insiam pawhin ngaihthat lohna tur hranpa a awmlo, kum 16 thleng pawha thi a la neihloh erawh chuan doctor rawn tur a ni.**

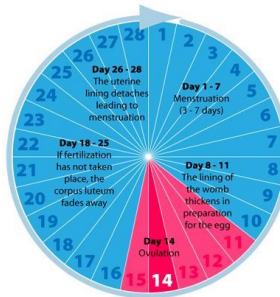


**Activity: Role Play**

**Instruction for Trainers:**

Trainers chuan hmeichhe tleirawl entirna ti duh te hnenah thil kalhmang a hrilhfiah ang a, Role Play an tih zawh hnuah an point pawimawh chu an sawiho leh tur a ni.

(Page 77 atanga 79 hi lemchan anih vangin ka siam lo. Flip chart 1. Female Reproductive Organs leh Flipchart 2. Menstrual Cycle lem hi a thiam ziah tir mai tur a ni.)’



**Flip Chart 3: Hygienic Practice During Menstruation**

**HYGIENIC PRACTICE DURING MENSTRUATION**

**(Thi neih laia in enkawl dan hrisel)**

- Nitin chetdan phung panngai tih chhunzawm vek tur
- Serh bawr vel fai taka vawn tur.
- Nitin inbual fai ngei tur.
- Inthiar zawhah phei chuan uluk taka intih fai tur. Intih pilh a hlauhawm vangin hmalam atanga hnuailam zawnga intih fai tur a ni.
- Kawrhnuai fai chauh hak tur.
- Cotton kawr/pad leh sanitary napkin hman/ hak tur.
- I puan/Sanitary pad a huh anih a, hman a nawm loh chuan thlak nghal la, ni khatah wavi 2 wavi 3 thlak ang che.
- Puan leh pad huh chu hmun thimah zar ro suh, hrikin a bawh palh a hlauhawm.
- Puan chu tui fai taka suin Ni saah ngei pho ro la, Ni eng chuan a bawmtu hrik a awm chuan a tihlum mai ang.
- Puan chu bag fai taka dahin bag chu hmun thianghlimah bawk dah tur a ni.

**Care During Menstruation: (Thi neih lai a Fimkhur Ngaihna te)**

**Diet**



Thi neih laia eitur chungchangah hian thu leh hla a tam hle a, hmun thenkhatah chuan bawngnute leh thei lam eiloh tur an ti a, hmeichhia te hian thla tin thi an neih avangin thisen tam tak an hloh a, chuvangin ‘Iron’ ti tam thei thlai hring hnah ang chi an ei tam ngei ngei tur a ni.

## Mental Tension

Hmeichhia/nula te hi thi an neih lai hian rilru in kamki deuhin an awm fo thin a, a chhan ber pakhat nia ngaih theih chu thi neih chungchang chiangkhang taka an hriat loh vang a ni thei. Chhngaw tam takah chuan hmeichhe thi nei te chu a hranga thut tir an nih thin bakah Choka leh temple ah te pawh luh khap an ni thin a, hei hian mahni in ngaih hniamna nasa tak a siam thin a, hmeichhia te hian hmangaihna leh hriatthiamna englai pawhin an mamawh a, thi neih laia an laka ngaihndan duhawmlo awm fo thin te hi kan tih danglam a ngai a ni.



## Cleanliness



Hmeichhe thi neih lai hian an chhul kawngka (Cervix) a inhawn avangin awlsam tein natnain an chhul chhung leh an tui a han pawh thei a, hemi veng tur hian nitin inbual fai ngei ngei tur a ni. Serh leh a vel pawh tui leh sahbawn nen fai taka sil thin tur a ni. Insil nan leh inhruk nana puan an hman chu fai taka suk hnuah Ni sa ah phoro tur a ni a, thi neih laia puan failo hman chuan natna a thlen thei a ni.

Khawpui liana hmeichhe tleirawl tam tak ‘Slum Area’ a chengte chuan an puan hman pho chhuahna tur Ni sa an hmu phalo a, hei vang hian puan bal an hmang fo thin a, hei hian Uterus (Chhul) ah natna a thlen thei a, ‘infection’ dang pawh thlengin serh bawr vel a thakin khawihli te pawh a awm phah thei a ni.

### Use of sanitary Pads/Cloth

- Thi an neih laiin hmeichhia te chu fimkhur leh uluk takin an in enkawl reng tur ani. Thisen chhuak hrufai nan leh tuam nan ‘sanitary pad’ hman ngei ngei tur.
- Sanitary pad atan hian puan hlui fai tak chu thlep nawnin a hman theih ani.
- Pad chu a huh vele thlak zel tur a ni.
- Pad hman hnu chu sahbawna fai tka suk hnuah Ni saah phoro ngei ngei tur a ni.
- Zun zawh hnu leh pad thlak zawh vele insil fai nghal zel tur.
- I pad hman hnu chu i phoro hnuah ‘plastic bag’ (Polythene fai leh phui pawh a pawilo ang) fai takah hman leh hun hma chuan dahthat theih a ni.

**Flip Chart 4: Some Common Problems during Menstruation:- Thi neih laia hmeichhe tam zawk harsatna tawh thin te.**

<b>Common Problems Faced by Girls during Menstruation</b>		
<b>Problem (Harsatna)</b>	<b>Symptoms (A nat chhuah dan)</b>	<b>What can be done (A Enkawl dan)</b>
Dysmenorrheal or painful periods caused due to contraction of the Uterus to empty itself. (Chhul a thi chhuaktur duh anga a chhuah theihloh vanga na)	Pum hnuai a na a,rit deuh hnuk ang te pawhin a hriat thin.	Tui sa water bottle a dah a deh tur. ANM/Doctor rawn tur.
Heavy bleeding (Thisen chhuak nasa)	Ni khatah sanitary pad 4/5 tal hman tur.Thisen chhuak chu ni 7 aiin a rei thei a, kar 3 danah pawh thi a chhuak leh thei bawk. Thi khar a chhuak thin.'Anemia' a ang duh hle.	Hahdam taka awm tur.Anemia do thei tur 'Iron' tamna chaw ei tam tur a ni a, IFA tablets pawh ei bawk tur. Serh bawr fai taka vawn tur. Chauh vanga engmah a tih theihloh chuan doctor rawn tur a ni.
Pre Menstrual Stress	An huatthu a chhia, an zia a inthlak thut thut, Depression an nei nasa, rilru manganna an nei thin.	Harh taka awm tum tur a ni a, mahni tuina tak hna thawh tum a tha.
Irregular Periods or less amount of Blood : (Thi nei mumal lo leh thi tlem) <ul style="list-style-type: none"> <li>An thi neih hmasak chu hormonal inbuk tawklohna vanging mumal lo deuhin thi chhuak dangin a zui leh thin.</li> <li>An taksa a zang lutuk a, rilru lamah fim lohna a awm thin.</li> <li>Thi chhuah tlem chhan chu Anemia a ni thei.</li> </ul>	An thi neih hun inkar chu ni 42 lai te a ni thei. <ul style="list-style-type: none"> <li>Thi neih chhung hi ni h nih khat lek anih bkah thisen chhuak a tlem hle.</li> <li>Anemia natna a ni maithei bawk.</li> </ul>	<ul style="list-style-type: none"> <li>Thi neih hun a mumal loh reng emaw MENERCHE hnu kum khatah pawh a rawn lan leh chuan doctor rawn tho tur.</li> <li>Insawiselna dang a awm chuan doctor rawn tur.</li> <li>Iron tamna chaw ei tam tur a ni a, IFA ei tel tur a ni.</li> </ul>
Cessation of Menstration. <ul style="list-style-type: none"> <li>Hmeichhia in kum 45 a tlin thlengin thi a nei thin a, hemi hnuah hian MENOPAUSE avangin a tawp hlen thin.</li> </ul>	MENOPAUSE hma a thi neih a tawp chuan nau pai vang,rilru lam buai lutuk vang, eichhiat lutuk vang, natna engemaw vang, 'psychiatric' emaw 'endocrinal' harsatna vang emaw a ni thei.	Doctor rawn a tha ber.

## Salient Points

### Delayed Menstruation (Thi Nei Har)

Nula tinah MENARCHE kan tih lan hun hi a in anglo vek a, nula chuan kum 18 anih pawha thi a la neihloh chuan doctor rawn tur a ni a, Thi neih har chhan hi ei that tawkhloh vang leh Hormone inbuk tawkhloh vang a ni thei a, hetiang hi nula in a tawkhloh chuan damdawi thiam te rawn vat tur a ni.

### Abdominal Pain during Menstruation (Thi Neih laia Pum na)

Hmeichhe thi nei chuan dan tlangpuiin a pum leh a hnungah na a nei chawkh thin a, a hun taka inthiar, eitur inbuk tawkhloh leh kham khawp chawkh leh insawizawina hahdam chi hmangin heih engemaw chen a tihreh theih a, na tihreh nan hian ramhmul damdawi thenkhat hman a ni bawkh thin.

**Herbal Home Remedy** (Heta an tawng leh thlai hming te hi mizo tawng hriat anih meuhloh avangin ka siam lo mai)

### Excessive Bleeding during Menstruation (Thi neih laia Thi Chhuak Nasa Lutuk)

Hmeichhia te hian ni 4 atanga ni 5 thleng thi an nei tlangpui a, thla khatah tum hnih thi an nei thei bawkh. Hetianga hmeichhe thisen chhuak hnem chu eitur tha a dawn leh si loh chuan 'Anemia' a vei pah thei a ni. Thi neih rei leh nei ngun lutuk hi eitur tha tawkhloh dawn loh vang leh 'Hormone' in buk tawkhloh vang a ni thei a, 'Uterine gland' (Chhul chhunga gland) fello emaw 'reproductive tract' ah fel hlel a awm vang a ni thei bawkh.

Hmeichhe thenkhat chuan Copper T an hman thin avangin thi anih tur aia tamin a chhuak thin a, (heih hmeichhe la naupang pasal nei tawh siah a ni duh bik) hmeichhia in hetiang harsatna a tawkhloh chuan a chhan hriat chian vat tum tur.

### Common Beliefs Related to Menstruation (Thi neih laia ngaihdan tlanglawn te)

Hengte hi thi neih chungchanga ngaihdan awm thin te an ni:

- Hmeiche thi hi a tenawm
- Hmeichhia chu thi an nei laia an bawlhhlawh avangin Choka leh temple ah an lut tur a nilo.

### Social Perspective

#### *Instruction for Trainers:*

Hmeichhe thi neih chungchanga puithuna atthlak, pi leh pu te hunlai atanga lo chin thin tawh, a thatlohna lai te sawiho nise. Science hmanga chinfel theih a nih zawkh zia sawiho bawkh nise.

**Management of Menstruation: (Thi neih laia In Enkawl Dan)**

- Hmeichhia chuan a thi neih hun a hre reng tur a ni.
- Hmeichhe tin te chuan harsatna engemaw an tawh thut loh nan an thi neih hun chu calender siamin an chhinchhiah tur a ni.
- Thi neih ni tak hriat reng tur.
- Thi neih dawn chuan pad ah reng tur a ni a,thi neih leh hun tur awm hun atan pawh inrin reng tur.
- Pad chu fel fai taka paih tur.Puan emaw lehkha emawa fel taka fun a, bawlhhlawh bawma paih tur.
- Pad hman hnu halaral hi a thehthang dan tha ber a ni.
- Pad hman hnu ekin chhungah paih loh tur, a hnawh ping palh thei.

**Compiled and Adapted From Tih Hi Ka La Kher Lo**



## SEX EDUCATION, RTI/STI AND HIV/AIDS

### Salient Points

- Sex Education hian a huam zau hle a, mihring te serh leh a kaihnawih chungchang te, chi inthlah dan te, inpawl dan te, hrisel zawka awm theih dan, rilru lama inkungkaihna, reproductive Rights, mawhpurhna, abstinence, invenna leh mipat hmeichhiatna kawnga mihring te nungchang leh khawsak dan sawina a ni.
- Sex Education hi "Sexuality Education" tih a ni bawk a, sexuality bakah family planning, reproduction (nau insiam hma, pai tan, insiam chhoh hnu leh nausen an nih hnu leh an pian thlengin), mipat hmeichhiatna kan hman dan leh inpawl na aṅanga natna kan kai theih "Sexually Transmitted Infection (STIs)" leh hemi laka inven dan leh nau pai lo tura inven dan thlengin a huam vek a ni.
- AIDS leh RTI a awm tak vangin sex education pawimawhna hi a sang ta hle a, Sex education hi mihring pung chak lutuk tur in ven nan leh hmeichhia ten fa an hrin duh zat chungchanga an dikna an puan chhuahna kawnga hmahruaitu pawimawh tak a ni chho ta a, Sex Education mumal taka inpek hian sex lama fimkhur a ngaih dan leh hma taka hmeichhia te tana nau pai mai na tur aṅangin a veng nasa hle a ni.

### What is RTI/STI (Engnge RTI kan tih leh STI te hi?)

RTI/STI an hriat dan te I zawt hmasa dawn nia.

### Flip Chart 1

#### What is RTI/STI

(Serh bawra infection chi hrang hrang leh Reproductive Tract Infection (RTI) kan tih te hian fa neih leh zelna tur kawngah pawh thui tak mihring te a nghawng thei a, in enkawl dan uluk loh avangin hmeichhe nau la neilo te pawh a nghawng thei bawk a, Infection kan tih hi natna kai te nena inpawl na aṅangin a inkai theih a, "GENITAL ULCER" kan tih ang te hi a rawn awm theih phah thin a ni.

Sexually Transmitted Disease (STIs) kan tih te ti mipat hmeichhiatna hman aṅanga inkai chhawn theih natna an ni a, thalai thang chho mek leh mipat hmeichhiatna hmang nasa ten ab kai nasat ber natna a ni a, STIs hian taksa ah natna tam tak a thlen thei a, STIs zingah hian HIV pawh telin thalai kum 15 aṅanga kum 25 inkarah a hluar hle a, hei ai hian hmeichhia naupang deuh zingah pheichuan a hluar hle a ni.)



**Flip Chart 2: Why are Adolescents Vulnerable to HIV Infection. (Engvangin nge Adolescent te zingah HIV natna kai a awlsam bik?)**

**Flip Chart 2**

**Why are Adolescents Vulnerable to HIV Infections**

- Adolescent te hian an chungah engmah thleng theilo tura ngaihna na neih thin avangin hlauh nei manglo a thil tih an ching tlat a ni.
- Adolescent te hian natna kai lo tura inveng turin hriatna leh tawn hriat an nei tlem thin.
- Adolescent te hian thil hlauhawm an hre mai mawh a, mipat hmeichhiatna kawnga kalkawng dik zawh nachang an hrelo fo.
- Aia upa ten an enkawl dan, ruihhlo chin vang leh zu , retheihna, exploitation, leh serh leh sang eng eng emaw avangin Adolescent te hian an tana pawl leh hlauhawm an ti palh fo.
- Adolescent te hian an tana hlauhawm leh pawl hrilh hriatna an dawng lo fo thin a, sum leh pai leh khawsak harsatna avangin hetiang lam hian an beng a thleng phalo thin bawk.
- Adolescent mipat hmeichhiatna lama phusa tak te chuan chin chang hrelo a mi ngaih an hlauh avangin an tana himna kawng hre turin aia upa leh nu leh pa te thu pawimawh an zawt duhlo fo.
- Dinhmun in anlohna avanga hriattirna pawimawh dawn anih loh thin avangin hmeichhe tleirawl te tan hlauhawm tam tak a awm phah thin.

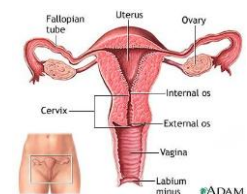
**Instruction for Trainers**

In thu sawi khawmna a tel te hnenah chuan an thian ten an serh a thak thin thu leh tui chhuak te a awm thin leh awmlah an sawi em tih loh zawt la, sawi hovin hrilhfiah ang che.

**Vaginal Discharge (Serh aṭanga Tui chhuak)**

Ka, Hnar leh beng aṭang te hian tui leh bawlhhlawh kan ti chhuak fo thin a, hetiang bawk hian serh aṭangin tui chhuak a awm thin a, heih thil thleng tlanglawn tak a ni. Serh aṭanga tui chhuak hi taksa mahnia a intih faina kawng pakhat mai ani. Thil thleng fo leh natna entir tu a ni kherlo a, mahse, hmeichhia te serh aṭanga tui chhuak tam lam erawh chu a in ang vek kher lo a, thla 1 hi hmun thumah thenin tui chhuah dan chu a hnuaia mi ang hian a hmuh theih a ni.

1. Pre-Ovulatory( Thi neihlai)
2. Ovulatory Phase(Thi neih hun chung)
3. Post Ovulatory Phase.Ovulatory Phase ah hian tui var chhuak a tam zual a, hemi hun laia tui chhuak hi a fimin nal leh hngang deuh a ni thin bawk.



**NOTE:** Kan sawi tak hi Adolescent hmeichhia te chu hrethiam tura hrilhfiah tur an ni.

Hmeichhe serh aṭanga tui chhuak chu rimchhia leh tihreh har tak anih erawh chuan an doctor rin ber hnenah an in entir vat tur a ni.

**Personal Hygiene and Menstrual Hygiene  
(Mahni Hriselna bakah Hrisel taka Thi neih dan)**

**Personal Hygiene hi RTIs dan nana pawimawh ber pakhat a ni.**

- Nitin inbual tur.
- Thawmhnaw fai nitin hak tur.
- Thawmhnaw huh chu NI sa ah pho ro tur.
- Hmeichhia te chuan hetih hun chung hian an serh fai taka enkawlin hul tha takin an dah tur a ni a, chuti anih loh chuan thak leh natna dang te pawh a thlen thei a ni.



- Zunna kaw (Uretral) bul lawkah serh kua leh mawngkua a awm avangin zun zawhah insil fai ngei ngei tur a ni a, ek zawhah pawh insil ngei ngei tur a ni a, mahse in nuai khan hnunglam atanga hmalama nuai lovin hmalam atangin hnunglamah nuai tur a ni.

**Flip Chart 3: Case Studies**

Hmeichhe tleirawl, kum 13 mi a serh a thak thin a, bawhlawh a rawn chhuak thin bawk a. Tin, thi neih lain inbual loh tur tiin hrilh a ni bawk a

***Instruction for Trainers***

A chungka kan sawi tak khi enge chhan zawh diat dia ni se.

**Flip Chart 4**

**Factors that increase the risk of RTIs (RTIs thlen hma tir thei tu te)**

- Hriselna hniam hrim hrim vang
- In enkawl ngun loh vang
- Thi neih laia hriselna hniam vang.
- Nau neih leh nau tih tlak bakah IUCD vuah laia fimkhur tawh loh vang.

**Factors that increase the risk of STIs**

- Inveng loa inpawlna vang
- Kawppui pakhat aia tam neih vang
- Seh bawra natna vei, chhul lam thalo leh serh chianglo inpawlna avangin awlsam tein a awm thei bawk.



## Flip Chart 5: Symptoms of RTIs leh STIs

### Flip Chart 5

#### Adolescent zingah

- Serh bawr ulcer (Sores?/Pan)
- Zun zawngin serh chu kang ang deuhin a thip thin.
- Serh bawr a vung thin.
- Serh leh a chhehvel a thak thin.

#### Adolescent hmeichhia te zingah

- Serh aṭangin a hunloah tui chhuakin a chang chuan a thi a, thi loh chang a awm bawk.
- Pum hnuailam a na thin,
- Inpawl laiin na an ti thin.

#### Adolescent mipa te zingah

- An serh aṭangin a hun loah chi a tla mai thin.

Tuna kan rawn tarlan te hi sawi tlan hnuah RTIs leh STIs laka kan him theih nan Flip Chart 6 hi zir ho leh tur a ni.

### Flip Chart 6

#### Prevention of RTIs and STIs (RTIs leh STIs lka inven dan)

- Serh bawr fai takin enkawl ngei ngei tur
- Hmeichhia te chuan thi neih laia in enkawl uluk an zir ngei ngei tur a ni.
- Mipat hmeichhiatnaah an fimkhur tur a ni a, kawp lawr a pawl thei tih an hre tur a ni.
- Mipat hmeichhiatna kawnga pawimawh an hre tur a ni.
- STI vei an hriatchian chu mipat hmeichhiatna an hman pui tur a nilo.
- Serh aṭanga tui chhuak ang chi reng reng ngaihthah tur a nilo.
- Mahni mai bakah kan mi kawp te hriselna kan ngai pawimawh tur a ni.
- Nau hrin dawnin damdawiin ah emaw anih loh pawhin mithiam ngei chhar tir ngaih pawimawh tur a ni.
- Nau tih tlak dawn palh pawhin a him ngei tih chian hmasak tur.

## HIV/AIDS

### Salient Points

- HIV hi Virus avanga natna inkai chhawn theih a ni.
- HIV kai leh kai lo chu an thisen enfiah aṅanga hriat theih a ni a, thisena HIV hrik pai chu HIV Positive tih an ni.
- HIV hian Acquired Immuno Deficiency Syndrome(AIDS) thlenin he natna kai tawh chu a taksa a natna hrik do tu an chet theihloh avangin nunna tan hlauhawm natna dangin a chim buai thuai ṅhin a ni.

### Difference between HIV and AIDS (HIV leh AIDS danglamna)

Acquired Immuno Deficiency Syndrome (AIDS) kan tih hi Human Immunodeficiency Virus (HIV) natna rei tak kai tawh te sawina ani ber a, HIV kai hnuah AIDS natna hi kum 8 aṅanga kum 10 hnuah te a rawn lang tan chauh thei bawk a, HIV kai te hi engmah insawiselna neilovin kum tam tak an awm thei a, mahse ram changkang lo leh ṅhlanglai meka HIV kai te erawh chu an dam reilo deuh zawk ṅhin a ni.



### How do People get Infected with HIV (Miin engtin nge HIV an kai thin?)

HIV hi mipa leh hmeichhia condom tello a an inpawl a, serh aṅanga tuihnang chhuak aṅangin an in kai deuh ber a, khawvel pumpuiah hian HIV tam zawk hi mipa leh hmeichhe inpawlna aṅanga in kai chhawn a ni ber a, ram changkang ṅhenkhatah chuan mipa leh mipa inpawlna aṅangin he hrik hi an in kai darh nasa hle a, HIV hi hriau HIV kai te hman hnu hman leh aṅang leh thisen inpekna aṅang te pawhin an inkaichhawng a, nu HIV vei chuan a nau paiah a kai chhawng theiin nau a hrin hnu leh a neih lai emaw hnute a pek aṅang in emaw pawh HIV hi a fa hrinah chuan a kai chawng thei bawk a ni.

A chungka kan tarlan tihloh ah hi chuan HIV hi in kai chawn theih a nilo. HIV hi in chibai, zin ho, bungbel pakhat intawm leh inkuah leh INFAWH aṅangin a inkai chawn theihloh a, Thosei seh aṅanga in kai chhawn theih anga sawi hi thu diklo a ni a, tui leh boruakah a leng darh theilo bawk a ni.

### HIV CAN BE TRANSMITTED THROUGH...



Sexual Contact



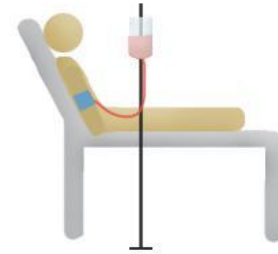
Pregnancy, Childbirth & Breast Feeding



Injection Drug Use



Occupational Exposure



and rarely,  
Blood Transfusion/Organ Transplant

**Flip Chart 7****HIV is Trasmitted through ( HIV hi hetiang inkai theih hi a ni...)**

- Mahni anpui emaw, mipa emaw hmeichhia emaw invenna tello a, serh, mawngkua leh Oral sex neihpuia inkai chhawn theih a ni.
- HIV kai thisen inpekna hnu hman leh hetiang lam kaihahnawih inpek chhawng aṭanga in kai chhawn theih a ni.
- Nu HIV kaiin nau a pai lai, a hrin lai leh hnute a a chawm chhung in a kai chawng thei a ni.
- HIV kai hman hnu hriau a inchiu leh vun pilhkhawpa hetiang hrik kai te hman hnu hman chu in kai chawna pakhat a ni.

**HIV is not transmitted through (HIV chu hetiang inkai chhawn theih a nilo..)**

- HIV kai chibai aṭangin.
- HIV kai te khawih hnu khawih aṭangin.
- Towel, linen, bungbel leh thuam intawm aṭangin.
- Toilets (Inthiarna) bualin intawm leh an chenna hnua dil leh luia chenin.
- Chaw leh thil ei nana thleng leh no intawm aṭangin.
- Hriau thianghlim hmanga thisen pekin.
- Thosi seh aṭangin
- HIV natna vei enkawl leh khawih aṭangin.
- Inkuah leh infawh aṭangin.
- HIV kai te nena infiam leh zin ho aṭangin.
- Boruak, tui leh eitur ah a hrik hi a darh theilo.

**Flip Chart 8****Signs and Symptoms of AIDS (AIDS kai lan chhuah dan)**

- Taksa rihna za a 10 zet a tlak hniamin.
- Thla khat aia tam kua a thalo thei.
- Thla khat chuang khawsik in a tlakbuak thei.
- Nghawng, zakhnuai leh kap a thal be a vung thei.
- An chau ngawih ngawih.
- Thla khat chuang an khuh a reh theilo thin.
- Heng a lan chhuah dan kan tarlan zinga thenkhat hian a ruala a bawh buai chuan AIDS avanga natna a kai tan tihna a ni maithei.

Mahse, kan tarlan harsatna vei te hi HIV kai an ni kherlo thei bawk a, HIV Positive te chu kan natna tarlan te lakah hian kum tam buai lovin an awm thei a, kan tarlan loh symptom pawh hi tam tak a la awm thei a ni.

He session hi RTIS/HIV/ AIDS chunchanga insawi thaihna leh thudik khaikhinin tih tawp tur a ni.

Myth	Fact
The top partner during vaginal and anal sex is at low risk for HIV (Serh leh mawngkua a inpawl laia a chung a awm zawk tan HIV kai a har zawk)	HIV hrik hi seh bawra pilh leh hliam tereuh te te a tang pawhin taksa ah a lut thei a, Syphilis leh Herpes natna vei sa te tan phei chuan kai a awlsam zual a, inpawl lai hian a tu ve ve tan pawh a hlauhawm dan thuhmun reng a ni.
Oral sex has low risk for HIV (Oral sex a tang chuan HIV kai a awlsam lo deuh)	Heihi a dik vek lo.inpawl na panngai ai chuan tlem chuan a hlauhawm nep deuh a, mahse, a him chuanglo a, STD dang 'gonorrhoea' awlsam taka in kaichhawn theih a ni.
If you have an STI you'll see it and know it. (STI i kai anih chuan i hmuin in hra mai ang.	Hrihi a diklo, STI natna tam tak hi hriat mai an harsa a, symptom lang nghal mai lo tam tak a awm a ni.
Skin to skin contact isnt enought. You only get an STI from semen (Vun in nawkna ringawt nilovin mipa chi a tang chauhin STI a in kai chawn theih.)	He ngaih dan hi a diklo,chi leh thisen in STIs thenkhat chu thehdarh thei mahse natna thenkhat 'syphilis' leh 'herpes'te hi chu vun in nawkna a tang chauh lo pawha inkai theih a ni.Entir nan 'herpes' kha a rawn than len khan vunah pan angin a rawn lang chhuak a, chumi chuan i vun a nek emaw, i ka leh hmun hnawng deuh lai, i hrawk ang te a nawk palh chuan kai mai theih a ni a,vun a tang a pan chhuah hma hauh pawhin a inkai chhawn theih a ni.
The Pill prevents STIs. (Damdawi mum,nau pai tur venna ang chi te hian STI darh tur an veng thei)	Birth Control Pill kan tih te hi nau pai palh tur ven nana siam an ni a, inpawl na a tang a natna inkai chhawn natna an veng theilo.



## FAMILY PLANNING

### Salient Points

#### What is family? (Chhungkua kan tih hi eng nge ni?)

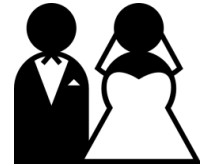
Chhungkua kan tih hi mihring awmkhawm society chhungmu leh lairil ber kan ti thei awm e,hetah hian in hmangaihna, in duhsakna,eitur, tui thianghlim in tur, chawlh hahdamna, thawmhawm inbel tur leh inthiarna in ngaihtuah sak te a khaikhawm deuh vek a ni.



Early marriage-India danah hian hmeichhia pasal nei thei leh kum tling china ngaih chu kum 18 an ni a, mahse kum 21 hnuah chauh pasal nei se duthusam a ni. Hmeichhia ten hma taka pasal an neih chhan hi a chhan tam tak awmin thenkhat chu hengte hi an ni:

#### Family compulsion for early Marriage (Chhungkaw tam takin an fanu pasal an neih hma tir chhan)

- Inneih hma a mipat hmeichhiatna an hman hlauhna vang.
- Hmeichhe fa hi chhung tam tak chuan hnawksaka an ngaih vang a ni.
- Reteihna leh an thuam chhawm tur in harsatna a thlen thin avangin.
- Upa zawk te nawrna avanga mipat hmeichhiatna him tawklo tih palh avang te.
- Adolescent mipat hmeichhiatna kawnga vauna tawk an awm thin avangin.



#### Implications of early conception after marriages (Hma taka pasal neihin nghawng thalo a neih theih te)

- Zirna lamah duh anga an kal theihloh bakah hna thawhna turah harsatna an tawk thin.
- Thu tlukna siam an harsat.
- Adolescent hmeichhia te tan nau veia thih mai a hlauhawm.
- Hma takah an pian hmang a danglam a,an itawmna a bo thin.

#### Activity: Role play/ Discussion

(Thawnthu ang deuh a ni a, siam ngaiyah ka dah lo)

### Activity 2

#### Family Planning Methods

##### Flip Chart 1

Family planning chu i kawppui nena mipat hmeichhiatna in hman dan tur sawi dun a ni ber a, heng zingah hian nau eng hunah nge in pai ang a, fa neih zat tur leh nau hrin in harsat avanga in buaina sawi dun leh duh hun hma a nau pai lo tura inven te, duhloh laia nau pai palh a, tih tlak tur em ni ang? tih bakah mi fa enkawl tura lak mai tur em ni ang? tih chungchang te pawh a huam vek a ni.

## Flip chart 2

### Diffrent type of Contraceptive Measure (Rai lo tura invenna hmanraw chi hrang hrang te)



**Male Condom:** Condom hi Latex thelret a siam a ni a, Inpawl hmain mipa serh ah vuah a ni a, hmeichhe serh a chi lut tur a dan avangin nau pai tur venna tha tak a ni a, nau pai palh tur vengtu pawimawh tak anih bakah a tu ve ve pawh STIs leh HIV laka a ven bawk avangin a tha hle.

#### Advantages (A thatna te)

- A rintlak bakah hman a awlsam
- Hmuh a awlsam a, a man a tlawm bawk.
- Side Effects a awmlo.
- Mipa in him taka inpawlna nei turin tihtur a neih phah a, family planning atana a rahbi pawimawh tak a ni.

#### Limitations (A duh khawp lohna te)

- Tih thler palh a awl, a hman thanglo zingah a ni zual.
- Hmun thenkhat chuan a dahthat leh paihnah harsatna a awm thei.
- Hman turin hmeichhe dawr lungawi hmasak a ngai.
- Hmeichhia in thuneihna an nei phalo.

**Combined Oral Contraceptive Pills for Women** – Hetiang damdawi hunbi neia ei thin hmeichhia te chu nau pai palh lakah an him hle a, mahse, hetiang hman thin adolescent tan phe chuan mumal taka damdawi thiam te rawna in entir nawn fo a ngai thin.

#### Advantages (A thatna te)

- Nitina ei chuan a rintlak hle.
- Hman mai awlsam leh duh hun huna bansan mai theih a ni.
- Bansan hnuah pawh ngaiawh leh turin buaina awmlo, thla tlemteah hmeichhia chu a pangngai leh mai.
- Chhul leh Uterus cancer palh tur vengtu tha tak a ni.
- Thi neih laia thi chhuak nasa lutuk tur a veng.
- Thi neih hunbi a siamtha.



#### Limitations (A that tawkllohna te)

- Nu nau hnute pe lai chu an hnute tui a tih tlem avangin nau pawm atanga thla 6 chhung chuan hman loh tur.
- Side Effecta awm ve a, thenkhat chu an lu a na a, an luak a chhuakin vun duk leh hnute nawmllohna te an tawk thei a ni.

Note: Adolescent hetiang pills hman reng reng chu damdawi thiam chawh ani ngei tur a ni a, an in entir chhunzawm ngei ngei tur a ni bawk.

**Intra-Uterine Contraceptive Device (IUCD/IUD Copper-T)** – Heihi plastic leh dar sen chi a siam nem tak leh Inches 1 leh a chanve vela sei a ni a, doctor leh Health Worker thiam ten hmeichhe chhulah dahin nau pai tur invenna hmanraw lar tak a ni.



**Advantages (A thatna te)**

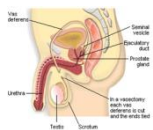
- Kum 3 chung zet nau pai tur a veng thei.( An IUD hman a zirin)
- Pills te anga theinghilh palh a awm ve theilo hi a thatna a ni.
- Hun rei tak thleng nau pai tur a veng thei.
- Duh hun hunah damdawi lam thiam lak chhuah tir mai theih a ni.
- Lak chhuah vele hmeichhia chuan ngai a awm leh nghal thin.
- Hnute tui a ti tlem chuanglo.
- A hmangtu in a dang a hman belh fo a ngai ve lo.

**Limitation (Duh khawp lohna te)**

- Nau la pailo tan hman theih a ni ve lo.
- STIs/HIV lakah t̄angkaina engmah a neilo.
- Dah tur leh la chhuak turin mithiam kher pun an ngai.
- Hmeichhia ‘pelvic Inflammation disease’ nei leh inpawlna at̄anga natna vei tan hman theih a nilo.
- Side Effect, "Nghawng" a nei ve a,he hmanrua an hman at̄ang hian hmeichhe tam tak chuan thla engemawzat chung a hma aia nasa leh reiin thi an nei thin a ni.

**Permanent Methods**

**Female Sterilisation (Tubectomy)** – Hetiangah hian chi kawng kha an tan hnuah a hmawr kha an tawn phui leh thin a, ‘laproscopic sterilisation’ ah chuan mipa chi leh hmeichhe tui an intawn theih lohna turin chi kawng kha "Ring" hmangin an hrek ping thung thin a ni.



**Male Sterilisation (Vasectomy)** – Mipa Baw a chi a luh lohna turin a ‘Vas deferens’ kha an tan hnuah an suih phui leh thin a ni.

**Flip Chart 3: Emergency Contraception**

**What is Emergency Contraception? (Emergency Contraception chu engnge anih?)**

Inveng lova inpawl palhna avanga nau pai tur venna awmchhun chu Emergency Contraceptives a ni.

Emergency Contraceptives Pills (ECPs) te hi inpawl aṅanga darkar 72 chhunga ei tur a ni a, Adolescent te chuan nau pai tur inven nan RCPS hi an hmang tur a nilo. Mipat hmeichhiatna hman kawnga an mawh leh an tih tur leh tih loh tur hrilhfiat an ni tur a ni. Adolescent mipat hmeichhiatna kawnga harvang tak chuan inven nan kawng dangah pawh an mahni veng tel thei thil an hmang thin tur a ni.



**How does it work?**

Flip Chart 4: Effectiveness of the Contraceptive Methods

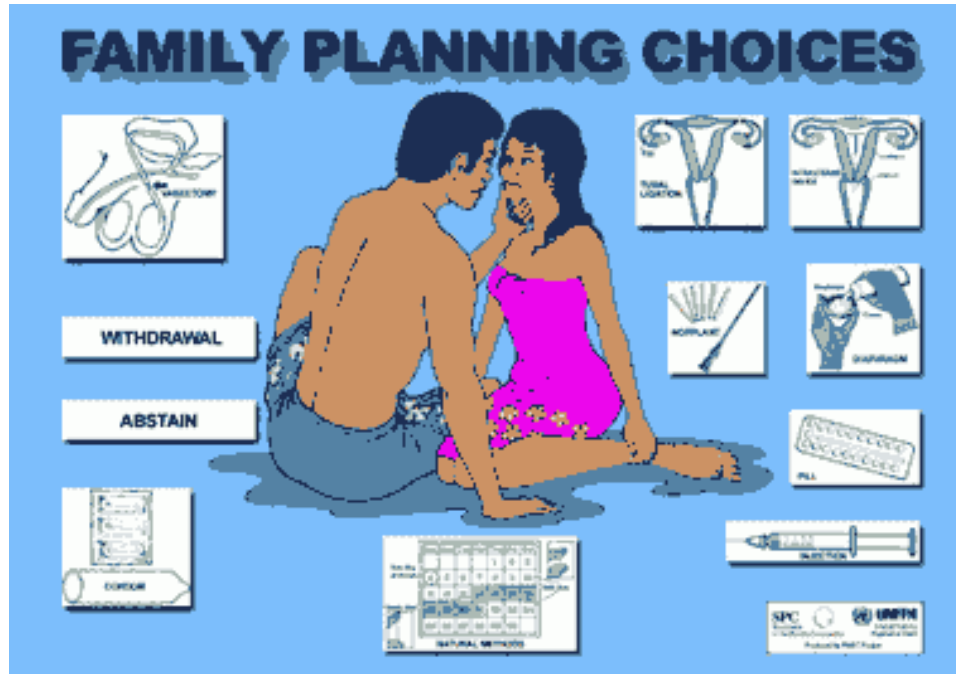
Contraceptive method (Rai lo tura invenna chi hrang hrang te)	A hmangtu tur	Adolescent kawppui nei tawh tan	Adolescent kawppui la neilo tan	STI/HIV laka vengtu
Male Condom	Mipa	A ṭha a, mahse mipa thuah a inghat thui	A ṭha, mahse mipa kuta inghat bawk a ni a	dik taka hman chuan STI/HIV laka vengtu ṭha tak a ni
Female Condom	Hmeichhia	A ṭha viau a, mahse hmuh mai harsa a ni a	A ṭha mahse hmuh mai a harsa a	Adolescent kawppui neilo tan pawh, dik taka hman chuan STI/HIV laka venghimtu ṭha tak a ni
Spermicides	Hmeichhia	Hei pawh hi thil tha, mahse, thil vang a ni a	Hei pawh hi thil tha, mahse, thil vang a ni a	STI/HIV laka ven theihna engemaw chen chu a nei ve
Combined Oral Pills/Mini Pills	Hmeichhia	A ṭha	A ṭha	STIs/HIV lakah ṅangkaina a neilo
IUCD/IUD/Coppert-T	Hmeichhia	Hmeichhia nau la neilo tan hman a remlo a	A ṭha lo	STIs/HIV a venglo
Vasectomy	Mipa	Tih loh tur	Tih loh tur	STIs/HIV lakah ṅangkaina a neilo
Tubectomy	Hmeichhia	Tih loh tur	Tih loh tur	STIs/HIV a lakah venhim theihna engmah a neilo



## Activity: Recapitulation

Adolescent hmeichhia chuan a hnuaia harsatna hi tawk se engtia tih tur nge zawt ang che.

- Inpawl laia Condom a dawk palh emaw a thler palh in emaw.
- A duhlo chung a pawl a tawka pawngsual emaw a tawh in.
- Invenna tel lovin an inpawl a, nau pai a duh si lo a.
- Tichuan he session chu family Planning pawimawhna chungchang zawtin ti tawp zui ang che.



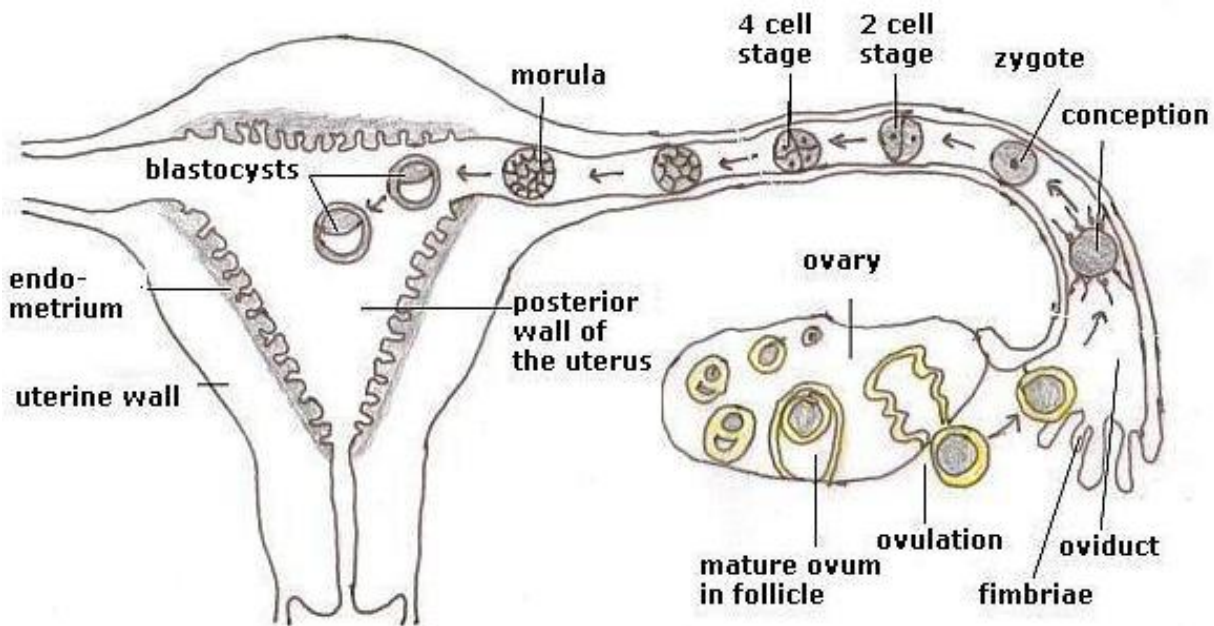
## PLANNED PARENTHOOD (FA NEIH DAN LEH CHHUNGDAW INDIN DAN)

### Salients points

India ah hian dan anga nupui pasal nei tur chuan hmeichhia in kum 18 an tlin a ngai a, mipa in kum 21 an tlin a ngai bawk a, heta kum bithliah aia naupanga inneih reng reng chu khap tlat a ni a, ha dan bawhchhia a innei te chu dan anga hrem theih an ni.

### Flip Chart 1: Conception

Sexual Intercourse:-Mipa serh khawng tha hmeichhe serh chhung thun hi sexual intercourse a ni a, mipa leh hmeichhia an inpawl khan mipa serh atang khan chi maktaduai tam tak chhuakin mipa chi chu "Cervix"( Chhul kawngka) ah lutin 'uterus'(Chhul) ah an chho leh a, fellopian tube ah hmichhe tui an han zawng a, hmeichhe chi a lo awm chuan mipa chi nena inkawpin nau sen tur chu a lo insiam ta a, nausen pakhat siam tur hian chi maktaduai tel thawk chhuak mahse pakhat bak a ngailo a ni.



Fertilisation/ Impregnation:- Hmeichhe 'tui' cell chu mipa chi nena an intawn khan nausenah an insiam ta thin a, mipa chi a 'X' emaw "Y" Chromosome kha hmeichhe chi nena an intawn khan nausen insiam dan tur leh mipa nge hmeichhia tur tih thlenga a hriltu ber a ni.

Nausen a han insiam khan nausen 'genetic' kha a insiam fel nghal vek a, mipa nge hmeichhia tur tih pawh a insiam nghal bawk a, hmeichhia hian 'X' Chromosomes chauh a thawh theih avangin (Hmeichhia chu XX an ti a) an chi chu "Y" in a rawn luhkhung

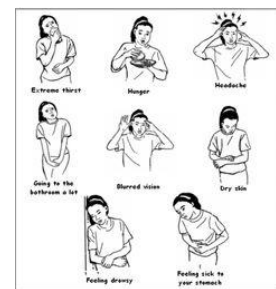
anah chuan nausen chu mipa ani ang a,"X" in ch u chu a rawn luhkhung anah chuan nausen chu hmeichhia ah a insiam thung dawn tihna a ni.

**Implantation:-**Mipa chi in a rawn 'fertilized" tui chu fellopian tube ah kalin chhul pangah betin an insawh nghet ta a, chhul pang hi a nem thain thla tin a insiam danglam thin a, hmeichhe tui mipa tuiin a rawn siam puitlin tak chuan a pawn lamah kawr ang deuh insiamin chutah chuan tui hngah a insiam a, a chhungah chuan nausen rawn insiam tan chu a cheng ber thin a,he hunah hian nausen 'placenta'( Nau hlam) pawh a insiam nghal a,chumi leh nu nena an inzawmna laihruai kaltlang chuan a nu hnen atangin nausen chuan chaw a dawng thin a,nausen insiam lai chu chhul chhungah chuan thla rei tak a insiam hnuah nausen angin a rawn piang chhuak ta thin a ni.

**Flip Chart 2: Signs of Pregnancy (Nau pai lan tanna)**

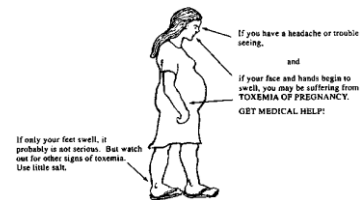
**Signs and Symptoms during the early stage of pregnancy (Nau pai tirha a lan chhuah dan te)**

- Thla tin thi a hul.
- Zing leh tlaiah luak chhuaka an awm bakah an luak fo bawk.
- An zung ngun,
- Hnute a lian zual.



**Danger sign in Pregnancy (Naupai laia hlauhawm chhinchhiaha te)**

- Nau pai laia thi put, nau neih laia thi chhuak nasa lutuk leh neih hnuah thi chhuak tam lutuk.
- Nau pai lai leh neih dawn thla a thawk harsa khawpa 'Anaemia' avanga buai.
- Nau pai laia khawsik sang leh neih atanga thla khat chhunga khawsik sang tak neih.
- Taksa khur(Tlun), khaw hmuh fiahlo, lu na, luak leh ke vung thut thut.
- Darkar 12 chhuang nau vei.
- Nau vei silo a, tui bawm keh.



**NOTE:** Kan rawn tarlan ang te hi nau pai laiin an vei/tawk emaw anah chuan rang takin damdawi thiam te hnenah hruai tur an ni.

**Flip Chart 3: Needs of Pregnant women.**

A pregnant women needs:( Raipuar te chuan hengte hi an mamawh a ni)

- Eitur tha leh hrisel.
- Kham khawpa mut leh chawlh hahdam
- Mimal hriselna ngaih pawimawh.
- Thuam leh pheikhawk bun nuam
- An rilru lam hahdam nana puih.
- In entir tura Antenatal Clinic vawi 3 tal tlawh a, 'iron folic acid tablets' (tablets 100 aia tlemlo) laka 'Tetanus toxoid injection' vawihnih tal tih ngei ngei tur.



- Him taka nau a hrin theih nan PHC emaw Nursing home ah tal nau neih tir tur.
- Nu rintlak anih thein nana tanpui leh nausen piang hlim enkawl pui.

#### Flip chart 4

#### Do's and Don't for pregnant Woman (Raipuar tana tih tur leh tih loh tur te)

##### Do's (Tih tur te)

- AWW/ANM/PHC Nursing Homeah te in register ngei ngei tur.
- Nau a pai tih a hriat veleh mumal takin a in entir tur a ni.
- IFA tablets 100 ei bakah kar 4 ațanga kar 6 inkarah TT Injection tumhnih tal a la tur a ni.
- Zan tin darkar 8 tal a muhil tur a ni.
- Chhunah darkar 2 tal a mu emaw a hahchawl tal tur a ni.
- Mahni hriselna bakah serh bawr uluk takin an enkawl tur a ni.
- Nasa lova insawizawi tur a ni a,ni khatah darkar chanve tal kein a kal tur a ni.
- Thawmhawm thawl leh hak nuam inbelin pheikhawk pawh a hniam a bun tur a ni.
- Thil tui lam in tam tur a ni a,aitur pawh thahrui pe thei ang chi bakah taksa siam thei leh natna laka veng thei chi a tam thei nang ber ei tur.
- Thlai hnah hring chi leh thei lampang ei tam tur a ni a, bawnghnute pawh a theih chuan in hram hram tur.
- Hlahhawm leh pawl thei thil a rawn lan chhuah chuan damdawiin pan vat tur.
- A neihna hmunah ngei nau neih tum tur.



##### Don'ts (Tihloh tur te)

- Thil rit tak tak chawi leh phurh loh tur.
- Zu in loh tur, nausen tan a pawl thei.
- Cigarettes leh bidi zuk leh sahdah hmuam leh thial te chu nausen tan bakah nu tan pawha pawl thei an ni.
- Doctor te rawn lovin damdawi leh ramhmul damdawi ei mai mai loh tur.
- Sam dumna ang chi hman loh tur ani a, rannung thahna hlo 'pesticides' emaw 'herbicides' emaw pawh khawih loh tur a ni.
- Hlahhawm chhinchhiahna palzut loh tur.
- Thiamna neilo nau chhar tir loh tur.
- Pheikhawk leh sleeper bun lova awm loh tur.



**Flip Chart 5**

**Possible Health Consequences-Teenage Pregnancy**

**(Tleirawl laia nau pai avanga thil pawl thleng thei te)**

<b>Mothers Health</b>	<b>Nausen pianghlim hriselna a nghawng dan</b>
<p><b>During Pregnancy (Naupai laia nu hriselnain a tawrh theih dan te)</b></p> <ul style="list-style-type: none"> <li>• Taksa than zelna a ti buai.</li> <li>• Anaemia awm thei chu taksa chak lohna avangin a zualkai thei.</li> <li>• Nau chhiat a hlauhawm.</li> <li>• Nau a puitling lo palh thei.</li> <li>• Nau pai thla 7 chhung thi a put palh thei.</li> <li>• A hun hma a nau vei.</li> <li>• Nau har leh nghawng thalo dang.</li> <li>• Nau neih hnuah pawh buaina tam tak a awm thei.</li> </ul>	<ul style="list-style-type: none"> <li>• Pre maturity</li> <li>• An pian tirah an zang hle.</li> <li>• Kar 4 pawh an tlin hmain an thi duh.</li> <li>• An zan bakah fu ke a kimlo palh duh.</li> <li>• Hma a sawn chak lovin hei hian hrisel lohna thlenin thihna a thlen fo thin.</li> </ul>
<p><b>Nau neih hnuah</b></p> <ul style="list-style-type: none"> <li>• Hypertension( Thisen sang) a awm thei.</li> <li>• Nau neih hnuah thi put a awm leh thei.</li> <li>• Serh leh zun kawng infection a awm duh a,hei hian hrisel lohna leh thihna hial a thlen thei a ni.</li> </ul>	<ul style="list-style-type: none"> <li>• Nu in duh anga a enkawl theihloh avangin an hriselna a pan a, an thi mai thin.</li> </ul>

**Flip Chart 6**

**Socio Economic Consequencies of Teenage pregnancy**

**(Naupang te a nau pai in khawtlanga a nun a nghawng dan)**

<b>ADOLESCENT GIRL</b>	<b>CHHUNGKUA LEH KHAWTLANGA A NGHAWNG DAN.</b>
<ul style="list-style-type: none"> <li>• Puitling nih hma si a, nun zalen leh hlimawm a hman lo.</li> <li>• Ama mimal nun leh zalenna in nasa takin a tuar.</li> <li>• Zirna a chhonzawm theilo hma.</li> <li>• Eizawna tura thiamna paw chhuak turin zirna hun remchang a neih loh phah.</li> <li>• Mahni inrin tawka nei turin intuaihriamna hun a neilo.</li> <li>• Mahni in ngaihnepa a pian phah thin.</li> </ul>	<ul style="list-style-type: none"> <li>• Fanau enkawlnaah a fel lo a, a mawhphurhna a zo lo.</li> <li>• Nau enkawl a thiamlo.</li> <li>• Chu chuan damdawi a in enkawlna kawngah senso a ti tam</li> <li>• Hrisel lohna avangin chhungkaw sum a nghawngin lak luh a tlem phah.</li> <li>• Eitur hrisel leh zirna tha duh angin a pe chhuak theilo.</li> <li>• Nunphung a hniam a, khawtlangah hma a sawn lo.</li> <li>• Rilru lamah beidawna thlenin nunphung pawhin a hniam phah thin.</li> </ul>

Pregnancy myths and facts hi a hma a kan tarlan nual tawh avangin tarlan leh a ngailo.

# **LIFE SKILLS (NITIN NUNA PAWIMAWH TE)**

## KNOWING MYSELF

### Session 1: My Abilities, My Skills.

#### Objectives

- Hmeichhia Adolescent kan tih rual te chuan an mahni chakna an hre tur a ni a, engah nge an rin tlak a, eng thilah nge inghah ngamna an nih an hre tur a ni.
- Hmeichhe Adolescent chin te chuan an thiante hnen aʔangin an nihna pho chhuah tlak chin te an hmuh dan an dawng tur a ni.
- Adolescent hmeichhia te chuan hmeichhia an nih avanga an lawm chhan an sawi thei tur a ni.
- Adolescent hmeichhia te chuan an mahni a chhe zawnga hekna lakah ngaihndan fim tak an nei thei tur a ni.
- Adolescent hmeichhia te chuan an eng thiamna leh rintlakna nge tih chak leh zual an duh an sawi thei tur a ni.



#### Salient Points

- Naupang tam tak nunkhaw hrehawm taka hmang te chuan mahni inrin tawkna an neilo fo a, an mahniin min rawn hmuh dan leh min teh dan chu a tha vek lo maithei bawk a, mahni kan inhmuh dan hi naupan laia hrilh kan nih danah thui tak a inghat ʔhin a, eng ang mi nge kan nih hrilh hriat kan nih hnuah chuan kan hriat hauhlohin chumi chu kan changchawi nasa duh hle a ni.



- A entirna tha deuh pakhat chu hmeichhe tleirawl chho mek chuan mahni hmelchhe hle a inngaihna a nei a, chuvang chuan mahni inrin tawkna nei lovin midang anga fing ve tawk lovah a inngai nghet tlat maithei. mahse, anihna takah chuan chu tleirawl chu midangin chutiang chuan an lo en hauhlo maithei a, a inhmuh hniam angin midangin an lo hmu ve kher lo maithei a, heta tang hian kan puitlin hma leh kan than chhoh laia kan inhmuh danin min kaihruai thui zia a chiang hle a ni.
- Nula tleirawl te chuan an chakna leh an mahni a thil duhawm awmte chu chiang taka an hriat a ʔul a, an mahni nihna chu an hmel leh pian mai piah lamah an hobby leh an thiamna neih aʔang tein an chhut thin tur a ni....
- Hmeichhe tleirawl te hian midang te ka aʔanga an mahni chungchanga tawngkam duhawm leh fakna lam hawi an dawn fo a paiwmawh hle a, hei hian an mahni a inrin tawklohna leh ngaihndan thalo lo intuh tawh nasa taka rawn luahlanin a hma aia eng leh duhawm zawngin thil an thlir thei tawh dawn a ni.

- He session ah hian hmeichhe tleirawl te chu an mahni inbih letna hun pek an ni a, chumi kawngah chuan midang te aia danglam, mahni a chakna leh theihna nei leh midang te chakna neihloh ang chakna dang leh thiamna nei an ni tih hre thei tura in ngaihtuahna hun pek an ni a, nula chu midang te nena intehkhin tur an ni lo tih hriattir tur a ni a, mitin hian hnathawhna, chhungkaw nun leh khawtlangah tih theih kan nei theuh tih kan hre tur a ni.
- He session hian nula tleirawl te chu nasa taka sawiselna laka inveng thei turin a pui dawn a, an mahni an in rin tawkllohna lak aṭangin a kai chhuak dawn bawk a, mahni inrin tawkna leh ngaihngam zawka khawvel an hmachhawn theihna turin kawng a kawhmuh dawn a ni.
- Session neihna boruak chu haadam leh nuam tak a nih a ngai a, insawiselna boruak a a awm tur a nilo a, session zawhah facillator chuan kal khawm te hnenah chuan hetiang hian thu a zawt thei dawn a ni:-
  - Mahniah engemaw an duh zawng hmuhchhuah a harsa em? engnge a harsat loh chhan leh a harsat chhan?
  - Midang te thatna hmuhchhuah a awlsam em? Eng nge awlsam zawk? engnge a chhan ni ang?
  - Midangin an chanchin tha leh lawmawm hliir an ziah chu engtin nge an ngaih?
  - Engvangin nge mi thenkhatin an lakah tawngkam mawilo tak tak an chhak chhuak thin? Engtin nge a nghawng?
- He session aṭang hian mahni leh midang te chakna leh felna hriat thiam pui pawimawhna in hai chhuak dawn a ni.

### Activity 1: I love Myself

(Heihi chu Lemchan ang deuh anih avangin siam ngaiyah ka ngailo a, ka siam lo. Ngaih pawimawh chuan la siam leh theih ani ang, mahse a tifiyah chuangin ka hre lo ê Mahni pawha siam chawp mai theih a ni.)





## Session 2: My Beliefs and My values (Mahni hlutna leh kan pawm zawng)

### Objectives

- Adolescent hmeichhia te chuan an mahni hlutna hre chiangin an sawi chhuak thei tur a ni.
- Hmeichhe tleirawl te chuan khawih theih tam tak aiin hmuh theihloh in hlutna a nei fo tih an hre chhuak dawn a ni.
- Adolescent hmeichhia te chuan hlutna leh nungchang inkungkaihna an zir chian theih phah ang.
- Adolescent hmeichhia te chuan thil engemaw tih nana tha leh zung an hman dan leh chumi in a hneh dan leh a thunun dan pawh an hre chhuak dawn a ni.

### Salient Points

- Kan thil hlut leh kan rin te hian kan nungchang thui taka kaihruaiin kan nungchang insiamna ber pakhat a ni.
- Kan chungkua, Community society leh a dang kan entawn ber tura kan ngaih thin te chuan chung ngaihkan leh rinna te chu a rawn siam chhuak thin a ni.
- Values kan tih chu mitinin kan thuvawn, kan pawm 'Principles' leh nunphunga kan pawm tlan te tihna a ni a, miin a nuna pawimawh bera a pawm leh a thil duh leh tana tangkai nia a hriat te khaikhawmna kan ti thei awm e.
- Values kan tih chu kan hlawhchham leh hlawhtlinna tehna te pawh a ni thei bawk a, mahse mi tam zawk chuan he dinhmun hi kan dai leh dai loh kan hre mai thiam thin lo a, mahni invawrh san nan leh intih phur nan lek phei chuan hman kan thiamlo hle.
- Values kan tih hi inkalh thei tak a ni bawk a, Thil tam tak kan hlut leh kan ngaihsan nia kan hriat te chuan hlimna kan duh chu min pe thei thinlo a, kan thil hlut tam tak chuan keimahni mai bakah kan hmangaih te tan pawh harsatna a thlen thei thin thung a, chuvangin engnge kan value tih kan chian a, a tul chuan thlak nachang pawh kan hriat a ngai ani.
- Khawvel thil hlutna hian hlimna min thlen lo maithei.
- Thiante, chhungte hmangaihna te, rinawmna te, zirtirna te, dikna te leh taimakna te kan hlut anih chuan chawp leh chilh a hun rei zawk daih hlimna kan duh avangin kan mamawh leh lo hlut thin tam tak kan thlah thlak a ngaih chang a awm tih kan hriat a tha awm e.
- 'My Life Auction' Activity hian naupang te chu engnge an tana tha ber leh eng nge a chhan tih a hriat tir thei dawn a, dimdawi taka zawhna siamin facilitator chuan naupang te chu an duh thlan tirin an value chu engnge anih a, engvang nge? tiin a zawt tur a ni.



- Hetiang hian naupang ho chu ti ti pui tur a ni.
  - Engnge an hlut a?eng nge an ngaihhlut loh deuh?
  - Hlimna hmuh beiseina avangin an thlan chu thlang an ni em? tih zawt la a, chhan zawt bawk ang che.
  - Mihring te hian thil chi hrang hrang tumkhatah an ngaihlu thei em? thil ngaihhlut zawng te chu hun inher zelah a danglam thei em?

(Activity 1: My life Auction. Instruction for Instructors. a No 1,2,3,4,5, Option A and B bakah Question and Discussion, Adaption etc te hi Play leh chan chawp ngai anih avangin ka siam lo. Phek 118-122)

**Session 3: My Life Experience pawh hi play lam anih bakah a pawimawh dan a sang lo a, ka tilo.**

## GENDER SENSIVITY

### (MIPA LEH HMEICHHE THLIARNAIN A NGHAWNG THEIH DAN TE)

#### Salient Points

- Gender "A nu leh a pa thliarna" kan tih hi khawtlang leh nunphungin kan thliar dan a ni a, mipa leh hmeichhia erawh chu an taksa aṅanga rawn insiam danglam nghal an ni.
- Mipa leh hmeichhia nihna te hi pianpui anih avangin tih danglam theih an nilo. Hetiang bawh hian khawvel pumpuia hmeichhia leh mipa te hian in an lohna an nei vek a ni.
- Gender hi sawi danglam theih a ni a, culture tinah en dan a inthlak chang a awm fo a ni.
- Mipa naupang leh hmeichhe naupang te an inkawma an khawsak 'pa' leh 'nu' dan chu "Gendering" tih a ni.
- Culture hrang hrangin mipa leh hmeichhe naupang an hlut dan a in anglo a, hei vang hian a mipa leh hmeichhe hna thawh dan tur pawh an theihna leh nihna a zirin an tih danglam sak ṭhin a ni.'
- Culture ṭhenkhatah chuan a nu leh a pa chu thui tak inanga en an nih bakah thliar hran pawh an ni hranpa lo a, mipa leh hmeichhia te chu khawsak dan phung in ang veka khawsa tura beisei an ni a, an in anlohna chu an chung a dan chelek anih dan leh an khawsakna" Region" te chauh a ni.
- Gender hi thuneitu sang leh lal zawk te thliar hranna aṅanga awm thei a ni bawh a, mahse, Sex hi chu a nilo thung. Thlahtu te aṅanga in rochun kal hmangah chuan mi ṭhenkhat leh thil ṭhenkhat te hlutna leh chungnun zawkna leh hniam zawkna chu thliar hran sa vek a ni. Mipa leh hmeichhia te chu chi hnih a then an ni a, mipa te chu hmeichhia aia sang sa a dah an nih avangin hemi chungchangah hi chuan sawi thui vak tur a awmlo.
- Hnam tin zingah mipa te hi hmeichhia te aia chak leh huaisen zawka ngaih an ni a, hmeichhia te chu nun pawh nem zawk leh inchhung khur enkawl tur sa a dah an ni thin.
- Mipa leh hmeichhe thliar hranna hi mihring nuna bet tlat anih laiin "Gender" erawh chu a nihna putu a zirah a inghat ṭhin a ni.



## Flip Chart 1

### Difference between sex and gender (Sex leh Gender in an lohna)

Sex	Gender
<ul style="list-style-type: none"> <li>Sex hi chu pian chhuah hma aṅanga mipa leh hmeichhia te inkara danglamna awm sa a ni.</li> </ul>	<ul style="list-style-type: none"> <li>Hnam nunphung leh khawtlang in khawi hmun emaw a mipa leh hmeichhia te an mawhphurhna leh an khawsak dan tur phung a duan sak kalphung chu Gender tih a ni.</li> </ul>

## Flip Chart 1

### Difference between sex and gender characteristics

Sex	Gender
<ul style="list-style-type: none"> <li>Heihi biological an ti bawk.</li> <li>Pathian siam sa a ni.</li> <li>Tih danglam theih a nilo</li> <li>Mitinah a hranpa in "sexidentity" a nei vek.</li> <li>Lal zawk te ruahmana a awm ngawt thei a nilo.</li> <li>Thlak deanglam mai awlai lo tak a ni.</li> </ul>	<ul style="list-style-type: none"> <li>Khawtlang leh hnam nun in a chher a ni.</li> <li>Khawtlang in an siam a ni.</li> <li>A danglam fo thei.</li> <li>System nei a ni.</li> <li>Thuneitu zawk ruahmana aṅanga awm thei a ni.</li> <li>Harsa viau mahse tih danglam theih a ni.</li> </ul>

(Flip chart 3 hi pawimawh lutuk lova ka hriat avangin ka paih.phek 126)

## Flip Chart 4

Explain each issue in detail:

**Prenatal Sex Selection** (Nau insiam thla 4 an tlin hma a mipa nge hmeichhia hriat tuma beih)

- Prenatal Sex selection hi nau la pianglo mipa nge hmeichhia tih hre tura an enchhinna hi a ni a, he kalhmang hi PCPNDT Act, 2003 in a khap tlat a ni.
- Mipa leh hmeichhe nausen intam hleih lutukna hian hmeichhia te chung a hlei lenna thlenin pawngsual, in rukbona leh nupui intawm "Polyandry" thlengin a chhuah phah thei a ni.

## Nutrition (Ei leh In chungchang)

- Research aṅanga an hmuhchhuah dan chuan mipa fa aiin hmeichhe fa te hian hnute an hne tlem zawkin an hne reilo deuh zel a ni.



- Hmeichhe naupang te hian an mamawh ang an eitur belhchhahna 'Supplementary food' an ei tam tawk lo fo.

Hmun tam takah hmeichhe naupang te hi mipa te aiin eitur chhia leh tlem zawk pek an ni fo thin. Mipa fa te chu eitur tam zawk pek an nih thin bakah hmeichhia te aiin cereals, fats, bawnghnute, sugar leh thei te pawh an dawng hnem zawk fo thin a ni.

## Health & Health Care (Hriselna huang)

- Adolescent hmeichhia te chuan ram pumpui tih theih deuhthawah mipa aiin thisen an tlachham nasa zawkin an than pawh a thu zawk fo thin.
- Nau neih theihloh chungchangah pawh a mawh chu mipa ni thin mahse hmeichhia te mawhpuh an ni fo thin.
- Hmeichhe tam tak chuan RTIs/ STIs an vei thin a, mahse, an zahzum leh in kil tawih vang bakah an duh anga an chet chhuah mai theih thin loh avangin an mamawh ang enkawlna an dawnglo fo thin.
- India ah hian ei that tawklohna, nau pai ngun lutuk leh 'infection' chi hrang hrang avangin hmeichhe tam tak an thih phah thin.
- Mipa naupang leh patling te hian hmeichhia te aiin damdawia enkawlna an dawng rang zawk thin a, hmeichhia te aiin damdawi tha an dawng chawkwawk a, hmeichhe damlo te ai chuan mipa damlo te tan sum sen a tam zawkwawk thin.

## Mobility Marriage and Early Child-Bearing (Hma taka nau neih leh a nghawng te)

- Hmeichhia te chuan naupang tein pasal( Kum 18 hmalam a ni fo) neiin kum tlemte in Nu an ni mai a,hei vang hian an khawsak phung nasa taka hrek a ni thin a ni.



## Education (Zirna Lam)

- Sawrkarin hma la ve bawkwawk thin mahse ram pumah hmeichhe school kal tura inziak lut an tam lo a, chungkaw rethei a hmeichhe naupang tam tak chuan harsatna avangin school an kal thui theilo a, an zirna hniam hian an hriselna pawh thui tak engemaw zawngin a nghawng thin a ni.

## Work Participation (Hnathawh phung)

- Hmeichhe naupang te hian hna an thawkwawk tan hma hle a, thingtlangah phei chuan an nau te enkawl, eirawngbawl, thil tih fai leh ran chaw leh thingtuah lak khawm leh an lo a hna thawh an tan hma thin hle a ni.



## Crime Against Women (Hmeichhe chung a hlei lenna)

- Hmeichhia te hian pum chhunga an insiam aʔangin tharum thawhna an hmachhawn kan ti thei ang.
- Hmeichhia te chung a sualna leh hleilenna, pawngsual, mipat hmeichhiatna kawnga hnathawhna hmuna in rikrapna, mahni in chhunga in rikrapna leh khawlaia in chhahh nawmna hi a hluar nasa sawt hle a ni.
- Mipat hmeichhiatna lam hawia rahbehna leh tihluhna ang chi chu khaw te a cheng leh chhungkaw rethei ten an tawk nasa duh a, hmeichhe dinhmun tlachhe tak leh nawhchizuar fate dinhmun phei chu hemi kawngah hian a hniam hle a ni.



### Flip Chart 5

Hmeichhe nausen te hi an insiam tan tirh aʔanga hmeichhia an nih avanga an chung a tharum thawhna leh rahbeh an nih bik dan chu hetiang hian a sawi theih awm e.

#### Pre-natal (Pum chhunga thla 4 an tlin hma)

- Pianhmain hmeichhe fa tur chu tih tlak an ni fo thin.

#### Infancy (Naupan lai (Sen deuh lai))

- Hmeichhe nausen in tihlum an tawk nasa.
- Enkawlna, eitur hrisel, health care leh zirna kawngah duhsak an nilo fo.

#### Childhood (Naupan lai)

- Naupan laia nupui pasal neih tir an ni fo.
- Mipat hmeichhiatna kawnga tih duhdahna an tawk nasa.
- In zawrh luih tir an ni fo.
- Enkawlna, eitur tha, health care leh zirna tha an dawng ngailo.

#### Adolescent (Pasal la neilo)

- Khawih buai leh chhahh an tawk nasa.
- Pawngsual a hlauhawm.
- Hnathawhna a mipat hmeichhiatna hawia tihbuai an tawk fo.
- Tihluhna a inzawrh tir.
- Midang hnena hralh an tawk thei (Trafficking)
- Nau pai hma aʔanga kut tawrhna leh nau tih tlak thlengin harsatna an tawk thei.
- Rukbo leh hralh bo tawh a hlauhawm.



### Youth and Adulthood (Puitlin hnu)

- Inehhanga kut an tuar fo.
- Pasal te pawngsual an tawk thei.
- Thuam chhawm dukhawp loh avanga tih duhdah leh thah an tawk thei.
- Nau pai laia kut tuar an awm fo.
- Duhlo chung nau pai tir.
- Inthahna.
- Hnathawhn a hmeichhiat mipat lam hawia tihbuai.
- Khawih buai leh pawngsual.
- Enkawlna fel leh mumal, eitur tha, health care leh zirna duh anga pek an ni manglo.
- Pasal te tlanbo san an tawk fo bawk.



### Old Age (Upat hnuah)

- Upa te hian tih duhdah an tawk fo (Mipa aiin hmeichhia ten hemi kawngah hian tih duhdah an tawk nasa zawk)
- Hmeithai ten tih duhdah an tawk duh.
- Mipat hmeichhiatna lam hawia vauna.
- Enkawlna, Eitur tha leh damdawia enkawlna duh ang an hmulo thin.

## DECISION MAKING (THU TLUKNA SIAM)

### Session 1: What influences our decision?

(Engyanga thu tlukna siam thin nge kan nih?)

(Objectives hi a hnua point hriatthiam ti hartu anih theih zawk avangin ka telh lo)

#### Salient Points

#### Activity 1: Taking Risk (Ngaihtuah chianglo a thil tih ringawt)

- Thil awmdan kan hmachhawn thiam a, mahni kan in hriatchian chuan a chhanna leh hmachhawn dan fel fai tak kan nei thei a ni.
- ṭhanglei 'Adolescent' te hian an tan pawha pawi thei leh hlauhawm nungchang an nei palh thei a, chemte ken fo te leh mi hnawksak deuh nena insual te leh mahni inveng lova in mutpui mai mai te pawh a tel a, ( Hmeichhe kum 15 chunglam tan bik ni tel se) mi kan hriat ngailoh lak aṭanga tanpuina dawn, zana mahni chauh a haw, thil ruk, ruihhlo hnim, zu in, midang sawi chhiat, hriat ngailoh kut aṭanga tangka dawn leh exam na a entawn ang chi te hi nungchang thalo leh 'taking risk; huang chhunga awm vek an ni.
- Adolescent te chu hetiang nungchang an put chuan an tana a pawi theih zia hrilh hriat tur.
- Thu tlukna kan siamna kawngah hian inhuam chin kan neih ve a ngai a, hmeichhe ṭhanglei te phei chuan an thu tlukna in a hnua a nghawng nasat theih zia ngun taka an ngaihtuah thiam a pawimawh a, thu tlukna fel tak siam thiam hmeichhia chu an thu tlukna rah pawi thei lakah a him dawn a ni.



#### Activity 2: Choosing Behaviour (Puitlinna kawng)

- Hmeichhia te hian mahni a thu tlukna siam mai turin inghah ngamna thlawptu an neilo fo thin. Dan tlangpuiin puitling dangin an tana thu tlukna an siam lai chuan naute lem duh duh a kawih her theih" Puppet" ang maia awmtura ngaih an ni ṭhin a, midang in thu tlukna siam sak pawh nise hmeichhia te chuan a zawm leh zawm lohah thu tlukna an siam ve thei a, chuvangin thu tlukna dik siam turin an nungchang nen an zawm tur thu tlukna chu a inrem em tih an ngaihtuah ve theiin an ngaihtuah tur ani.
- Hmeichhia te hian duh thlanna an neih thiam a pawimawh hle a, an duh thlan tur that leh that lohna hrethiam tura an ngaihtuahna an hman hnua an tana tha tur chu an thlang thiam tur a ni.



## Activity 1: Taking Risks

### *Instruction for Instructors*

1. Adolescent hmeichhia te hnenah chuan dinhmun hlauhawm kan hmachhawn thin te kan en ho tur thu hrilh la, nitin hlauhawm 'risk' kan la thin a, kawngpui kan kan lai leh bus a chuan hman tuma kan um thin bakah infiamna hlauhawm tak te pawh kan khel thei tih hrilh la, nitina kan 'risk' lak thenkhat te hi kan tana pawh thei an nih avangin a theih angin kan ti tlem hram tur a ni tih hrilh ang che.
2. Adolescent hmeichhia te chu engnge 'Risk' awmzia zawt ang che. Risk inhlauhawm hleih theih dan te pawh hrilh la, hmeichhia te chu risk in hlauhawm hleih dan zawt leh la, hemi hnu hian amah emaw a thiante pawhin nitin hlauhawm an hmachhawn theih dan sawipui la, hetiang risk an lak laia an awmdan zawt bawk la, an awmdan chu hetiang hi ani maithei a ni:
  - An phur in an zauthau.
  - Engkim ti thei leh chak hlein an inhria.
  - A hunlai chuan nuam an ti. Hetiang tih ching te zinga tel nuam an ti/ an hlau.



(No 3 hi chu a hma a kan tarlan tawh avangin ka siam nawn kher lo)

## Sesion 2: How do we make decisions that are safe? (Thu tlukna him engtin nge kan siam ang?)

### Objectives

- Adolescent hmeichhia ten ngun taka thil an ngaihtuah a, thu tlukna him an siam theih phahna tur a ni.
- Adolescent hmeichhia chuan a thu tlukna chuan amah mai nilovin mi dang te pawh a nghawng tel thei tih a hre dawn a ni.
- Adolescent hmeichhia te chuan sex hman thuai a thatlohna hriain a inven dan pawh an hriat phah dawn a ni.

### Salient Points

- Hmeichhe dinhmun hlauhawm leh derthawng taka ding te chuan thu tlukna him leh fel taka siam dan an ngaihtuah thiam tur a ni.
- Hmeichhe naupang te hian an thu tlukna chuan hun rei takah a la nghawng dawn tih an chhut phak loh avangin thu tlukna thalo an siam phah fo thin a ni.
- Mipa hmeichhiatna kawnga hmanhmawh loh hi hmeichhia chuan a la tih chhin ngailoh chuan thil pawimawh leh tha tak a ni.
- Invenna tel lo a inpawlina hian hriselna kawngah nasa takin min nghawng thei a, rai a hlauhawm a, STIs/RTIs leh HIV/AIDS kai a hlauhawm a, chuvangin hetiang vei te nena inkawp hi khawtlang in an duhloh thil a ni bawka, nu leh pa leh chungkua bakah khawtlang pawm loh thil anih avangin hemi chungchanghian thu tlukna siam thiam a pawimawh hle.
- Mahse, puitlinga chhiar chiah an ni hma si, Adolescent lai hian tupawhin thil tih chhin chakna lian tak an nei vek thin tih kan hre tur a ni.
- Hmeichhe tam tak chuan hnial thei ni mahse an mipa kawp ten an mahni hmangaih tawka loh avanga an kalsan mai an hlauh avangin sex hman an hnial fithla zo thin lo. Heta tang hian Adolescent hmeichhia te tan chuan pasal neih hma leh pasal neih hnua thu tlukna fng tak siam thiam turin an ngaihtuahna an sen thiam a ngai tih a lang thei a ni.

### Activity 1: Delaying Sex (Sex hman har)

#### *Instruction for Instructors*

1. Heihi hmeichhe kum 15 chunglam tan bik a ni a, an bulah sex hman har chungchang sawiin sex hman har leh pasal neih hma a inven tih chu engnge pawimawhna tih leh eng nge tha zawka ang tih sawipui ang che.

## 2. Sex Hman Loh Chhan Awm Thei Te

- Inneih hma a sex hman chu an dan a nilo (Sakhuana thil leh an culture a bet ani)
- Ka chhungte duh dan a nilo.
- Rai hlahv vang.
- HIV/STI hlahv vang.
- Ka la inpeih lo.
- Amah ah ka la chianglo.
- Kan inkuahin kan infawp thei a, sex hman kher a tul lo.
- Thian inkawm ngeih kan nih avangin kan la nghak thei.

## 3. Sex Hman Chhan Awm Thei Te

- Mi pawhin an ti vek alawm.
- Ka hmangaih alawm.
- Ka chhin ve chak reng reng.
- Pakhat zawkin ti tura a hmin theih avangin.
- In thlahvthlak mai hlahv vang.

## 4. Adolescent hmeichhe hnenah chuan sex hman har chu thil awlsam anih loh dan hrilhfiiah tur a ni a, inven dan kawng pawimawh thenkhat chu hengte hi an ni.

- Eng chen nge i inhuam Chiang la, ngaihswal tur zawngin engmah sawi suh.
- Mi hriat ngailoh lirtheiah in phurh tir suh.
- A falin awmpui suh
- A Tawngkam thlumah awk buai suh.
- Thil pek engmah la su.
- Tlang taka i duhloh thu sawi mai tur.
- Zu in suh, in thunun theihna a tibo.

(Hemi dawta Tips for Instructors leh Best Response games hi mahni pawha kan hriat sa leh ruahman chawp theih anih avangin ka kal kan)

## 5. Mipain hmeichhia sex hmang tura an thlem dan tam tak zinga thenkhat chu hengte hi an ni a, heta tang hian hmeichhia chuan inven dan tur a ngaihtuah thiam tur a ni a, Instructors te nen an sawi ho tur a ni.

1. I duh ve reng a, mahse i hlau mai mai anih kha.
2. Min ringlo em ni? AIDS leh natna hri ka kai emaw i ti a ni maw?
3. Ka duh ang i zawm loh chuan kan inthen mai a ngai ang.
4. Ka hmangaih che a, min hmangaih ve lo em ni?
5. Eng paw mah a thleng lo ang, i rai teuhlo em mai.
6. Kan innei dawn tho a, inneih hma a vawikhat chauh tih chu a paw hleinem.
7. I chhin ve chak lo emaw ni le?
8. Kan mudun tawh tho a, engnge i tan tlat a?
9. Mi pawhin an ti vek tho alawm.
10. Vawikhat chauh kan ti chhin dawn nia.

(Session 3.Solving problems leh Problems and solution te hi play ang chi deuh leh common sense pawha hriat sa an nih avangin ka kal kan. Phek 141)

## Session 4: We can Change Behaviour

### Objectives

- Adolescent hmeichhia chuan nungchang thlak chu thil awl nilo mahse theihloh a nilo tih a hriat phah dawn a ni.
- Adolescent hmeichhia te chuan hre hauhloa an nungchang thlak lo tura an inhmun dan a hriat dawn a ni.
- Adolescent hmeichhia te chuan an nun khua an thunun theih bakah an thiltih mawh chu an mahni phurh tur ani tih hriat phah dawn a ni.

### Salient Points

#### Activity 1: Excuses, Excuses (Chhuanlam, Chhuanlam)

- Chhuanlam kan siam thin hian kan hmalam hun leh nungchang siamna nasa takin a dip dal thin a ni.
- Chhuanlam siam hi thil awl tak a ni a, mahse kan siam hmain kan nunphung leh awmdan a nghawng theih dan leh khawsak dan phung duhawmlo a siam chhuah theih dan kan ngaihtuah hmasak fo a ngai a ni.



#### Activity 2: Open Door, Closed Door.

- Thalai tam tak chuan an harsatna tawh thin te chu midang vanga puhin a siamthatna kawng awm tawhlo a ngaihna an nei thin a, hetiang ngaihdan an neih chung chuan an nunah awmze neia insiam danglam tura phurna leh inrin tawkna a awm mawh tawh thin hle a ni.
- Hmeichhia te hian harsatna te hi chinfel theih an ni tih an hriat a tha a, nungchang leh thil thlir dan pawh hetiang bawk hian a tih danglam theih tih an hre tur a ni a, hemi kawngah hian kan chhungte leh thian hnai ten min tanpui fo thei a ni.
- Thu tlukna tha leh fing siam tur chuan kan hma a kan tawn tur chu rilru zau tak pua thlir chungin rinhlelhna lo lut thei pawh kan thlitfim thiam a ngai a, hetiang dinhmun hriatthiamna kawngah hian kan chhungte leh kan thian ten thui tak min pui thei bawk a ni.

#### Activity 1: Excuses Excuses

1. Hemi chungchang sawihonaah chuan Instructors chuan kan nunphunga tih danglam ngai awm thei mahse kan la tih chhin si loh sawi chhuak hmasa phawt sela. Nunphung leh nungchang thlak danglam thei tura kan inhawn chu thil pawimawh leh tul makmawh a ni. Hemi hnua hian a khat tawka chhuanlam kan siam thin te kan thlir kir dan tur kan sawiho leh tur a ni.
2. Chhuanlam kan siam thin te list chu ziak chhuakin hmeichhia te hnenah chuan sem chhuak la, an chhiar laiin an in ngaihtlak sak tawn tur a ni a, zawhna te pawh tawngkam a inzawh bawk tur a ni.

3. Hemi hnuah hian kan zir chhuah kan hman zui loh te leh a chhan te sawiin midang te hnen atanga fuihna kan dawn te pawh kan sawiho tur a ni. Entir nan:-
- Nunphung tih danglam kan duhlo.
  - Intih danglam a la hunlo.
  - Kan thatchhiat vang.
  - A pawimawhna kan la hre tawk lo.

#### List of Excuse (Chhuanlam kan siam thin te)

- Tih ka lo tum tawh thin.
- A tha a mahse a inremin ka hrelo.
- Midangin min nuh ang.
- Hmang turin ka la inpeih lo.
- Hun dangah ni rawh se.
- Midangin an tum chhin ka lo hmu tawh alawm.
- Hun ka neilo.
- Ka la tihchhin ngailoh a ni.
- Ka buaipui tur thil a nilo.
- I dik ani maithei, mahse....
- Intih danglam vel chu a buaithlak mai mai.
- Ka la ngaihtuah ang.
- Ka tih laiah hian harsatna ka la tawk hleinem.
- Ka dinhmun hi a danglam bik alawm.



#### Question for Discussion (Sawiho tur zawhna te)

- A chung a chhuanlam te hi i hriat hnu an ni em?
- I thian thenkhat ten hetiang hian chhuanlam an siam ngai em?
- Hetianga chhuanlam an siam hian engtin nge i awm a, engtin nge i khawsak thin?
- Kan tarlan ang hian tunhma in i lo chhang tawh thin em?

#### Activity 2: Open Door, Closed Door. (Heta No 1 & 2 a First paragraph chin hi paih a ni)



Nula leh hmeichhia ten harsatna lian tak an tawh chang chuan an thinu r a, tih ngaihna an hrelo thin a, khawvelin an tana thil tha tak tak a rawn chhawp chhuah sak theih (Open door) te chu an chang dawnlo a in hriatna an nei a, khawvelin an tan engkim a thup bo thin (Closed Door) ah an ngai thin ani. (Chart ah ka pakai nghal.)

Closed Door	Open Door
Ka lehkha zir ka bansan a ngai maithei a ni.	Zirna chuan mahni mai nilovin chhungkaw tana changkanna a thlen dan tur chhungte sawipui tur.
Ka farnu chuan a pasal nei tur ka tihbuai avangin min mawhpuh ngei ang.	Hlim taka innei tur chuan inzah tawna leh in hriatthiam tawna a tul ani.
Ka chhungte hian ka kawppui tur awlsam takin an dap chhuak tawh hauhlo ang.	Chhungkaw tam takin zirna an ngaih pawimawh avangin kawppui tur hmuh chu thil harsa a nilo ang.
ka nu leh pa chuan sawi chhiatna chu an hmachhawn a ngai dawn anih hi.	I nu leh pa chu an harsat manganah chhungte dang nen thlawpin in tanpui tur a ni.

### Question for Discussion

- Kawngkhar (Door) chu hawn a harsa em?
- Ngaihtuahna fim leh fng takin midang harsatna a chingfel thei ang em?
- Nula te hian midang te harsatna chu an sawifel pui thei ang em?
- HIV kai tawh te nula te hian an tanpui thei ang em?



## Sesion 5: My Goals (Tum mumal/Mumal lo)

### Objectives

- Adolescent hmeichhia te chuan nakin hun leh chawpchilh maia hlen chhuah leh puitlin tur thil ruahman dan an hriat phah ang a,an tum hlen chhuak tura harsatna lo awm te paltlang dan an hriat phah dawn a ni.
- Adolescent hmeichhia te chu an nakin hun tur a nghawng dawn avangin an duh leh tum thlan chungchangah an fimkhur phah ang.
- Adolescent hmeichhia te chuan an hmalam panna kawnga harsatna chinfel dan tur paltang dan an ngaihtuah thiam phah ang.
- Adolescent hmeichhia te chuan an mawphurhna hriaiin an hun lo awm tura a tha zawnga kal kawng sial dan an hriat phah ang.

### Salient Points

#### Activity 1. How do I set my Goals (Engtin nge ka tum ram chu ka pan ang?)

- Tum mumal neih hi a pawimawh hle a,hetiang neilo mi chuan an nuna tum mumal neilovin thli in hnim a chhem len ang mai an ni a,buaina nasa tak tawh phahin chhياتna nasa tak an tawk thei bawk a ni.
- Tum (Goal)neih hi a hnuaiia kaihhruaina hmanhian tih theih a ni:
  - I tum chu thlang fel rawh (Thil awm ang a ni em? ka hlawkpuiin ka thatpui ang em? tih erawh chu ngaihtuah hmasak ngei ngei tur)
  - I tum hlen chhuak tur chuan eng harsatna nge ka hmachhawn theih tih ngaihtuah la,a chinfel dan awm thei a ni em? tih ngaihtuah nghal bawk tur.
  - Engte nge ka tum hlen chhuah nana ka neih( Tunge min pui ang? pawisa ka nei tawk em? Eng thiamna nge ka neih? tih ka tum a zirin ngaihtuah tur)
- Tum hlen chhuah tur chu hun rei tak nghah ngai thil pawh a ni thei a, chutiang anih chuan awmze nei takin hunbi neia tih chin tur in bithliah fel tur a ni .



#### Activity 2: A 'Mantra' for Trying.

- Tum mumal leh fel neih hi thil harsa leh thiam taka ngaihtuah ngai a ni a,mahse, chu aia pawimawh chu harsatna awm pawh nise sut tlang theih leh a lo himloh palh a thlak thlang leh mai theih chu a ni.
- Pawimawh ber chu beidawn loh a ni. Vawikhat hlawhchham a beidawng mai lovin hlawhtlin hma a beih chu thil pawimawh ber a ni.
- Tum fel leh tha thlan chhuah bakah harsatna fel taka chinfel dan ngaihtuah thiam chu thil pawimawh tak a ni.

### Activity 1: How do i set my goal? (Heta No 1 hi Practical leh tih buaithlak anih avangin ka kal kan a, No 2 ah ka luh san nghal)

No 2. Nula te chu Tum (Goal) pahnih tal nei turin ti la, chung zinga pawimawh zualah hengte hi hmang ang che:

- Health Goals.
- Emotional Goals.
- Relationship Goals.
- Education Goals.



Health	Gutka ka ei thin hi ni khat/ni hnih/ kar khat chhung ka bansan ang a, thlai hring hnah ka ei tam ang.
Relationship	Ka thianpa buaina a min hnuk lut tu chu tun kar hi chuan nitina hmu lovin nikhat chauh ka hmu ang, kan inkungkaihna tih tawp ka duh avangin.
Emotional	Ka unaupa in min tihbuai leh hunah pawh thinur lo turin ka insum tlat ang, a nihloh pawhin ka thunun theihna ka hmang mai ang.
Education	Ka homework hi naktuka tih tum lovin zaninah ka zo tur a ni.

No 3 ka paih a, Question for Discussion ah ka lut,

(Activity 2: A 'Mantra' (According to ones belief) for Trying atanga Question and Discussion thleng paih a ni. A Pawimawh lo)

#### Question for Discussion

Adolescent hmeichhia te chu kan tarlan atang te hian engnge an zir chhuah zawt la, tum (Goal) neih pawimawhna te sawipui ang che.

**(Linking Learning with Life hi ka kal kan, a Pawimawh lo.)**

**Activity 2: A "Mantra" ( According to one's beilef) for trying.**

#### *Instruction for Instructors*

1. Adolescent hmeichhia te chu ti ti puiin an theihtawp an chhuah chung pawhin an nunah harsatna tam tak anla tawk dawn tih sawipui la, engtin nge an ngaihtuah na chu kalpui zel an tum zawt la, hmeichhia te chu tha taka an nunkhua an hman theih nan a tha zawnga ke pen tura rilru put a pawimawh zia hrilh ang che.
2. **Alternate Activity:** Facilitator chuan hmeichhia te fuih nan chuan mi hmingthang beidawng mai mai ngailo te chanchin hrilh se, entirna pakhat atan chuan India leh South Africa a Ukil hna thawh tum, mahse hlawhchham ta leh British te kut atanga India zalenna sual chhauktu anih chhoh dan te leh Helen keller chanchin te sawipui tur a ni.



Positive Thought → Positive Feeling → Positive Action (NO 3 HI A HINDU THIL DEUHA KA PAIH)



## COMMUNICATION (INBIAK PAWH DAN PHUNG)

### Session 1: We Speak with our Bodies.

#### Salient Points

#### Activity 1: Act to Meet

- Inbiak pawhna (Communication) hi tawngkam leh tawngkam lo a ni thin.
- Tawngkam lova inbiakna chu zaizir, taksa chet dan, awmdan leh hmel put dan bakah mitmeng hmanga thu inhrilhna ang te hi an ni.
- Tawngkam lova inbiaknaah hian thum inbel, sam put dan leh chhinchhiahna te pawhin awmzia a nei thei bawk a ni.
- Tawngkam lova inbiakna hi ‘Silent Communication’ tih a ni bawk a, nitina indawrna leh inkawmna a pawimawh tak a ni.
- Tawngkam lova inbiakna hi tawngkam ang thova pawimawh ani a, mahse tawngkama inbiakna leh tawngkam lova inbiakna hman pawlh hian indawrna a tibuai thei a, hmeichhe tam tak chuan an thusawi anglo takin tawngkam nilo chetzia in thildang an sawi thin si avangin a lo ngaihthlatu leh lo dawngsawngtu chuan thu dik tak dawnsawn a harsat phah a, a lo ngaihthlatu chuan hlawk nana a tel theih chang te pawh a awm ve bawk.

#### Activity 2: Choosing Whom to talk to (Kan biak tur thlan thiam a ngai)

- Dan tlangpuiin kan mi rin leh kan ngaisan te kan be deuh ber thin. kan thusawi ngun taka ngaihthla a, ngaihndan sawilo a beng dawh thin te chu kan ngaina in an bula thusawi nuam kan ti a, kan ngaihndan leh thusawi ngaihthlatu te, min fuih tu te, tha taka min thlawp tu te bula thusawi chu nuam kan ti thin.
- Mi kan thusawi ngaihthla lo a, min en duhlo leh nghah ngai, kan awm lai pawha thil dang tih daih ching leh kan thusawi pawhchah ching leh thurawn tawngkam thlum lo tak taka min pe thin te chu kan ngaina ngailo.

**(Activity 1: Act to Meet atanga Question and Discussion thleng hi kal kan a ni)**

## Activity 2: Choosing whom to talk to (Biak tur tunge?)

### *Instruction for Instructors*

1. Adolescent hmeichhia te nen chuan communication tha awm tura pawimawh sawi ho ula, inbiak pawhna that hunlai chu eng hun nge tih zawt bawk la, inbiak pawhna communication a that chhan zawtin a hma a inbiakna leh indawrna atana a that chhan nia i hriat list siam ang che.
2. An list chu hetiang deuh hi a ni maithei.
  - i. Thusawi ngun taka in ngaihthlak sak tur.
  - ii. Thusawi laia in fuih tur.
  - iii. Zawhna leh chhanna awmze nei siam tur.
  - iv. Taksa chetdan hman tel a pawimawh.
  - v. Feedback sawi dawn pawhin hawihhawm leh fel taka sawi tur.

Hmeichhia te chu pawl 3 emaw pawl 4 ah emaw then hrangin pawl tin chu an harsatna neih theih te zawtin an harsatna chingfel tura an pan tur awm ang te sawipui la. An thusawi chu midang hnena an sawi chhawn kher a ngailo tih hrilh la, sawiho tur an ngaihtuah chhuak theilo anih chuan an vaia an harsatna tawn fo thin engemaw an ngaihtuah zui atan hrilh la, chumi hnuah a tul dan anga an pan tur Nu leh pa, Thian, zirtirtu, NGO Worker emaw AWW.ANM, ASHA emaw hming ziahna i pe leh dawn a nia.

Chumi hnuah chu group chuan engvanga ‘CHUMI, ‘ ‘KHAMI"chu pan tur nge an nih an sawiho leh tur a ni. Hmeichhe ho hnenah chuan chung mite an biak dan leh an thu an dawnsawn dan ngun taka ngaihtuah turin hrilh ang che. Ngun taka thu dawnsawn an thiam em? tih an mahni chu zawt la, an mi biak te an dawr hnuah eng angin nge an awm zawt bawk ang che.

(Hemi dawt paragraph hi chu Play ang chi anih avangin ka kal kan)

Ngun taka ngaihthla thin te thusawi chu hetiang hi a ni fo thin.

- Ka thusawi ngun takin a ngaihthla
- Min zahderna a lantir.
- Ka ngaihtuahna chhungril ber pawh min hriatpuiin ka hria.

Ngaihthla ngun ve duhlote thusawi chu hetiang hi a ni duh hle.

- Ka harsatna nen ka pan a, mahse ka thusawi an ngaihthla lo.
- Mi pawh a en lo.
- Min nghah tir reng.
- Thildang min tihsan daih.
- Thusawi laiin min tibuai.



### **Question for Discussion**

- Mi thenkhat biak an nawm viau laia thenkhat biak a nawm loh chhan eng nge ni ang? Example siam rawh.
- Mi i va rawn khan thurawn dik a pe ziah chein i ring em?

## Session 2: Effective Communication (In dawr dan phung)

### Objectives

- Heta tang hian Adolescent hmeichhia te chuan mi chi hrang hrang te hian thuneihna in anglo tak tak an neih avangin an indawr dan a nghawng thei tih an hriat phah dawn a ni.
- Adolescent hmeichhia te chuan an awmdan a ‘kawlhrawn’ dan leh ‘inkiltawih’ dan chuan an dinhmun thui tak a nghawng thei tih an hre dawn bawk a ni.
- Adolescent hmeichhia te chuan mi hneh theihna ‘ assertive skill’ chuan an mahni dinhmun derthawng thei chu nasa takin a chawi kang dawn tih an hre chhuak ang a, mi laka in kiltawih leh kawlhrawng taka thil sawi silovin hemi hmang hian fiahfel leh chiang takin thu an sawi thei dawn tih an hriat phah dawn a ni.

### Salient Points

#### Activity 1: Our Behaviour-Passive, Agressive or Assertive.

(Kan nungchang, in kiltawih, kawlhrawng, rin ngam)

- Thiltihtheihna leh dinhmun hian mi kan dawr dan thui tak a nghawng thei. Chuvangin mi kan biak dan chu passive, Agressive emaw Assertive emaw a ni thei.
- Passive Communication ah chuan midang pawisawi hlau taka thusawi kan nih thin avangin midang thu a lal zawk fo a, an dinhmun a san zawk phah thei bawk.
- Passive Communication a thusawi lain a sawitu chu a nui ker kerin, a che sek thei a, hre lo anga awm chang neiin a tawng a zawiin a ban thei hle bawk.
- Agressive Behaviour kan tih hi chu Passive letling thawk a ni a, hetiang a thusawi thin te chuan midang te rilru leh ngaihndan pawh ngaihtuah lovin an duhdan an sawi tlang mai thin a ni.
- Passive Behaviour ah hian inbiak laia au chhuah, chal chuar, mi rel leh tharum hmanga midang rikrap mai te pawh a tel a ni.
- Assertive Communication hmangtu te chu passive leh Agressive inkarah awmin an mamawh leh sawi duh chu a tha zawngin midang mamawh leh an ngaih pawimawh hnawl sak silovin a sawi chhuak thin a ni.
- Assertive Communication hmang thin tu chu hetiang a tawng lai chuan tawngkam chiang leh fiah fel takin a tawng a, mawilo ni silo mahni inring tawk taka thusawiin midang te thusawi a ngaihthla a, an zawhna pawh zah der leh chiang takin a chhang thin a ni.



## Activity 2: I and You: Using “I feel” Statements

- Hmeichhia te chuan kan tarlan tawh ang khan thu an sawia in kil tawih " Passive' tak veka an sawi chhuah chuan an mamawh leh an duh tam tak chu an hlohin hriatpui lohin a awm thei tih an hre tur a ni.
- A lehlamah chuan kan tarlan tawh anga Agresive' taka thu kan sawi chuan midang te nena inzahna leh indawrna tha a awm theilovin in kungkaihna tha kan nei thei dawnlo a ni.
- Hmeichhia te chuan Assertive thiamna hmangin " I feel" ti tawngkam hmangin statement siam chhin se, Assertive Statement ah hian bung thum a awm a, chungte chu:-
  - Ka ngaihdan chuan.... (Nang tih tawngkam a hmang tur a nilo)
  - Chumi hun leh a chhan...
  - Ka duh dan chuan... (Nangin ti la? emaw, i ti tur ani,tih emaw tawngkam nilovin)

## Activity 3: Saying “No” and Meaning it (Including saying “No” to Persuasion)

- Hnam nunphung aţang chuan hmeichhia te hi aia upa te zah thiam tur leh an biak danah pawh hawihhawm tura ngaih an ni a,hmeichhia te chu aia upa te an dawrna kawnga "Assertive' lova 'Passive' tura ngaih an ni a, heng thil pahnih avang pawh hian hmeichhia te chuan an mahni tana pawl theiah pawh "ka duhlo" an tih thiam loh chuan an tan a pawl thei a ni.
- Thil ru tura insawmna, exam a entawn tura in thlem, ruihhlo ti tura sawmna leh leng chhuak tura sawmna ah chuan hmeichhia te chuan kan tarlan tawh ang khan" Assertive' takin an duhlona an sawi chhuah a dik ber a ni.
- Hei bakah hian a ʈul chuan hun pawh khawtlai dan an hriat a ngai ve bawk a,ka lo ngaihtuah anga, nakinah ka hrilh ang che, tih tawngkam an hman a ngaih hun te pawh a awm a ni.
- Dinhmun thenkhatah chuan rawtna siam vein an thiante rawt ang nilovin kalna tur leh tih tur te pawh an rawt belh thei bawk.
- Hmeichhe tam tak chuan hemi kawnga harsatna an tawh chuan aia upa an mi rin zawng an rawn tur a ni.

## Activity 1: Our Behaviour- Passive, Agresive or Assertive

(Kan nungchang, inkiltawih, kawlhrawng, rin ngam)

### *Instruction for Instructors*

1. Adolescent hmeichhia te chu kan rawn tarlan tak nungchang zir dan i hrilh ang a,hmeichhe tam zawk chuan 'Assertive behaviour' chu an hriat loh vang leh an tih ngailoh anih avangin "Passive behaviour' chu an nunphung ber ani maithei a, 'Agresive' awmzia zawt la, hemi hnuah hian 'Assertive' behaviour'nih phung i zir pui leh dawn a ni.

2. Faciliator chuan “Movies kan en thei ang em?” tia zawhna a siam hnuah ‘Passive’ awin "Engah nge ka chhuah i phal loh? " a ti leh ang a, he thu hi zawite a sawiin a sawi lai hian a ke lam bihin a ke chuan lei a thai kual tur a ni.Hmeichhia te chu engnge an hmuh zawtin eng nungchang ber nge chhinchhiah turin hrilh la.Chumi hnuah chuan engemaw an tih duhloh tih ngai si an hmachhawn a an awmdan tur zawt la, (hetah hian an mi dawr tur chu an hmachhawn tur a nilo)

An ngaidan list chu hetiang deuh hi a ni maithei.

- Tawng zawi.
- Zawite a nui kar kar.
- Trawng ban.
- Hmai hup.
- A ruka thinrim.
- Midang be duhlo.
- Thusawi hrelo der.
- Tih tur theihngihlh.
- Damloh phah.



Hmeichhia te hnenah chuan hetiang awmdan hi passive Behaviour anih thu hrilh la,hetiang an awm chuan mahni in thu tlukna an siam theilo a, midang siam sak an nghak thin tih hrilh ang ceh.

3. Hemi hnuah hian facilitaor chuan a hma ang bawk khan “Movies kan en thei ang em?” tia zawhna a siam hnuah "Engah nge ka chhuah i phal loh? "Agressive’ takin a ti leh ang a,hmeichhia te chu an thil hmuh dan chhinchhiah tir leh la,hemi hnuah hian engemaw an tih duhloh tih ngai si an hmachhawn a an awmdan tur zawt leh ang che.

Hmeichhe ho list siam chu hetiang hi a ni maithei:

- An au vak.
- Chal chuar.
- Midang ngei tura tawng leh rel.
- An hnunglma mi chanchin sawi.
- Kut lek chhuak a, kut zungchal hmuh.
- Chupa chu sawisel a-engmah a hrethiam lo, rem min tihsak ngailo tia sawisel.
- Ka tih leh hunah i hre khawp ang tia inhrosak.
- Tharum thawh leh chezia lantir.

Hmeichhia te hnenah chuan hengte hi "Agressive behaviour"ani tih hrilh la, hetiang nungchang nei te chuan midang te an dawnlovin an rilru put dan tur an chhutsak lo tih hrilh la,chu chu Agressive Behaviour nei ten an ngaih pawimawh loh thin vang a ni tih hrilh bawk ang che.

4. Adolescent hmeichhia ‘Aggressive behaviour’ nei te chu pindan kil khata ding tura hrilhin ‘Passive Behaviour’ neite chu kil lehlma ding turin hrilh bawk a, chungnungchang pahnih inpawlh neite chu pindan laiah ding turin hrilh leh ang che.
5. Hmeichhe group hrang hrang te chu hetiang nungchang a lo awm chhan zawt la, engtin nge an duh leh ngaimawh an sawi chhuah ang tiin an duh dan zawt la, an sawi duh chu tawngkam mai nilovin an taksa chezia pawha tilang turin hrilh ang che.

#### ASSERTIVE BEHAVIOUR

- Nghet takin an ding.
- Aw fiah takin an chhuah thin.
- Inring tak mahse mawilo ni silovin an tawng chhuak thin.
- Ngil takin hmalam an en thin.
- An taksa pawh a tawk chauhin an ti che thin.
- Midang thusawi an ngaihthla.
- Zawhna fel leh fiah takin an chhang.
- An thusawi chu “Ka” tiin an tan thin.

Hmeichhe group te hnenah chuan chu chu ‘Passive’ leh ‘Aggressive behaviour’ nilovin ‘Assertive behaviour’ anih dan hrilhfiah ang che.

(Question for Discussion atanga Linking Learning with Life tih thleng hi a hma ami nen a in ang deuh vek a kalphung dang mai anih avangin ka kal kan.)

### **Activity 3: Saying ‘No’ and Meaning it (Including saying no to Persuasion)**

#### ***Instruction for Instructors***

1. Adolescent hmeichhia te hnenah chuan dinhmun hlauhawma an dinlaia hnial theih a pawimawh zia hrilh ang che. Dinhmun hlauhawm te chu engnge an nih sawipui la. Hmeichhia te hnenah chuan dinhmun hlauhawm a an ngaih te list chu dilin "ka duhlo" tih a pawimawh zia sawipui ang che.

List chu hetiang hi a ni maithei;

- Thil ruk.
  - Sex hnial.
  - Exam a enruk.
  - Ruihhlo lakah.
  - Mi hriat ngailoh leh mi ngainat loh nena len chhuah.
  - Thil ruk sa kawl.
  - Inneihna chungchangah.
2. Adolescent hmeichhia te chu hetiang laka an thian ten thlemna an lo hnial dan zawt la, “Ka duhlo” an ti em? an ti anih chuan engtin nge an hnial dan zawt ang che.
  3. Hetiang dinhmunah hi chuan Puitling leh ti tak taka “Ka duhlo” tih a ngai a, a tul chuan chulai hmun chu chhuahsan nghal mai tur tih hrilh ang che.
  4. “Ka duhlo” tih tawngkam mai bakah taksa chetzia in lantir tur a ni a, heihi hmeichhia te hnenah hian uluk taka zirtir tur a ni.

5. Hemi hnu hian hmeichhia te chu a mal mal ko chhuakin “Ka duhlo” an tih dan leh an taksa chezia a an lantir dan entir ang che.

**Question for Discussion:**

Hmeichhia te chu “Ka duhlo” tih hrehawm an ti em zawt rawh.

- Harsa an ti em? engvanga harsa ti nge an nih?
- An mahni emaw an mi hriat tuin emawin “ka duhlo” an ti tawh ngai em?
- “Ka duhlo” an tih chu engtia chhan let nge an nih thin?
- An hlawkpui em? engvanga hlawkpui nge, hlawkpui lo nge an nih?

Hmeichhia te hnenah chuan “Ka duhlo” tih hi dinhmun a zir chauh a hman tur anih dan hrilh bawk ang che.

6. Adolescent hmeichhia te hnenah chuan an duhloh chung thil tih luih tir an tawk tawh em tih zawt la. Hetianga ti luitu hi an thian leh mipa leh hmeichhe upa zawk emaw puitling emaw an ni maithei a, hemi hi an tawk anih chuan sawipui la, engtin nge an chhan dan zawt bawk ang che.
7. Hmeichhia te chu an harsatna hrang hrang tawha chhan dan in zir tawh kha sawi pui la, a ÷ul chuan inthiar fihlim nghal a pawimawh dan sawipui ang che.

(Hemi hnuaiia Plus atanga Linking Learning with Life thleng hian a hma a miah a chian vek tawh avangin ka siam lo)

## STRESS MANAGEMENT (RILRU TAWT/HAH LEH A THUNUN DAN)

### Session 1: Stress and Mental Health (Rilru Hahna leh Ngaihtuahna Hrisel)

#### Objective

- Adolescent hmeichhia chuan ‘Enghelhna’ Stress a lo awm chhan an hriat phah thei dawn a ni.
- Adolescent hmeichhia chuan rilru lama hlimna a neih theih nan ‘stress’ laka fihlim dan a hriat phah thei dawn a ni.

#### Salient Points

#### Activity 1: Aggression Volcano (Thintawtna puak keh)

- Stress kan tih hi ngaihtuahna leh taksa hah lutuk avanga thleng thei a ni a, rilru tawtna “Tension” hi englai pawha rawn chhuak mai thei reng a ni a,hei hian rilru pikna leh enghelh lian tak rawn siamin chu chuan in nghirngghona leh mihring te inkarah inrem lohna a ti chhuak thei a,"stress' kan tih hian enghelh tihreh duh avanga puak chhuah chian maina leh zu leh ruihhlo a tluk luhna a thlen thei bawk ani.
- Stress chu thunun anih loh chuan thinurna leh ‘depression’ a thlen thei a, rilru buaina thlengin a awm thei a ni.Entir na tha tak chu bel chhin phui taka tui chhuan ang a ni a, tui a so khan tuihu nasa tak chhuakin tui chu a rawn baw chhuak ta thin a ni.
- Adolescent tam tak chuan an nunna ‘stress’ thlen thei thil tam tak an tawt thin a, hmeichhia te chuan an nuna ‘stress’ thlen thei leh taksa leh nungchang thleng a nghawng thei te an hriat a pawimawh hle a ni.
- Stress kan tih awm chhan hi pawnlam atanga rawn intan a ni deuh ber thin a,mahse kan thunun theih a ni fo thin.Thil rawn thleng reng reng chu kan thunun theih vek an ni hauhlo a, mahse a lo dawnsawn dan erawh chu keimahniah thui tak a inghat a, thil ngun taka ngaihtuah thiamna, mahni in hriatchianna,a hlawk zawng leh fiamthu ang deuh te a ngaihtgfuahna hman thiam, harsatna chinfel dan thiamna leh keimahni thiamna chi hrang hrang te chu stress laka kan invenna anih theih rualin stress hnawh kianna hmanraw pawimawh tak a ni thei bawk ani.

#### Activity 2: Role Play

- Stress kan tihin min tlakbuak lo beih dan pahnih awmin pakhat chu a harsat dan lo beih let tawp leh chu ‘stress’ lo thlentu tlansan tawp mai te chu an ni a,"Stress"a lo thlen dawn khan tlanchhiat emaw a harsatna rawn thlentu beih emaw chu kawng pahnih a ni a. mahse, heng thil pahnih te hian harsatna atangin min chhawk lo fo a, rilru atangin kan harsatna tawh kha a nawt reh thei chuanglo a ni.
- Adolescent te hian dinhmun thaw ipik ‘Stressful situation’ chi hrang hrang hmachhawn dan an hre tur a ni.Chung zingah chuan "Communication", "Reflection" leh mahni rualpui te nena ‘Interaction’ neih, Hobby thenkhat, rimawi ngaihthlak, milem ziah leh thil tih awlsam deuh te chu an telh thei awm e. Thian leh chhungkhat te nena sawi ho pawhin tangkaina tam tak a nei thei bawk a ni.



- Facilitator chuan hetiang hian hmeichhia te chu discussion neih pui turin a sawm tur a ni.
  - Helaia kan rawn tarlan tak nena enin Stress chu engvanga rawn awm nge ni ang?
  - Stress in a tihbuai chu tunge?
  - Stress hian engtin nge mihring a nghawng?
  - Stress chinfel danah engnge pawimawh ber ang?
  - Thil tih awm a ni em?
  - Stress chinfel nan hian eng thil dang nge la tih theih ang?
- Facilitator chuan hmeichhia te hnenah chuan an mahni a ‘stress’ chi hrang hrang ‘physical’ ‘emotional’ leh ‘behaviour’ zawnga a nghawng dan zawt la, engtin nge an chinfel ang zawt la, practical technique kan zir tawh atang khan eng ber nge tha ang sawipuiin ‘stress’ an tawh leh hunah hmang tawh turin hrilh ang che.

(Time Required leh Materials)

### Activity 1: Agression Volcano (Thintawtna puak keh)

1. He session ah hian ‘Stress’ chiang zawka chhuin rilru lam a nghawng dan kan en dawn a, volunteer 5 hnenah ‘stress’s in a nghawng avanga an hmel put dan tur chi hrang hrang niawm ang lantir turin ti ang che. ‘Stress’ hi thil duhawmlo engemaw tak kan tawna kan taksa in a lo chhan dan a ni ber a, hmeichhia te hnenah chuan ‘stress’ chu chhunglam leh pawn lam atanga rawn intan thei ani tih hrilhin nula te chu an exam dawn an zir tawk loh avangin ‘stress’ ( Internal factor) emaw a pa a ruih avang leh a bengchhen buai avangin ( External factor) ‘Stress’ a nei thei tih hrilh hria ang che.
2. Hmeichhia te hnenah chuan card pathum " Physical", "Emotional" leh " Behavioural" tih inziahna pe la, ‘Stress’ awm theihna thil te zawtin a hnuaiia zawhna te hi eng ber nge an nih zawt ang che.
  - An taksa in ‘Stress’ a tawhin engtin nge an awm zawt rawh.
  - An rilru lama "Stress" an tawhin engtin nge an awm?
  - Behaviour" Nungchang nghawng zawng" a ‘Stress’ an tawhin engtin nge an awm zawt bawk rawh.

### An chhanna ni thei te chu henge hi an ni:

- i. Taksa (Physical) a nghawng dan, an thaw a rangin thawk harsa an ti a, an mu theilo a, an luakin an khur thei bawk.’
- ii. Rilru “Emotional” lama ‘stress’ an tawh chuan an rilru a nguai a, an thin a chhia, an chau, an tawt up up a, an vin hle bawk.
- iii. ‘Stress’ in nungchang " Behaviour’ lama min nghawng chuan thin a chhia a, thil an ei vak vak a, thenkhatin engmah an ei theilo a, an mu nghek nghek a, mahse an chau tho thin a ni..

**Stress:** Mihring nuna tawt up up leh thaw ipik taka min siamtu chhunglam leh pawnlam aṅanga awm thin a ni.

**Multiple Stress:** Heihi vawilehkhata Stress rawn thlen tir tu a ruala awm thei te an ni a, (Eg: nu leh pa thihna, homework ka ti lova, midang ta ka entawn avangin man ka ni a, ka thianpa a thinur phah baw si)

**Physical Stress:** Hriselna chianglo (Eg: lu na, khawsik etc) Stress belhchhahtu.

**Overload:** Stress inbelh khawm nasa in zia a tih danglam vek ang hi ‘Overload’ an ti a, an ‘stress’ tawh avangin hetiang tawh hi chuan thil thalo tak tak tiin ruihhlo leh zu te tiin midang an tibuai baw thin.

**Agression Peak:** ‘Stress’ in tawh khawm sosang in a vawrtawp a thlen khan hetiang hian a hming an phuah thin a ni.

Hemi entirna chu bel chhin phui taka tui chhuan ang a ni a, tui a so hunah chuan tui hu chhuakin tui chu chhuatah a baw chhuak mai dawn a, hetiang bawh hian ‘Stress’ chu enkawl mumal anih loh chuan thinurna leh ‘Depression’ ah te a inletin rilru buainna hial pawh a thlen thei a ni.

### Question for Discussion

Heng zawhna te hi hmeichhe ho chu sawi ho turin hrih ang che.

- Miin ‘agression’ vawrtawp a thlen hunah engtin nge an awm?
- Stress intan chho mek hi engtin nge kan hriat theih ang?
- Stress intan mek chu engtin nge kan tih hniam theih ang?

### Activity 2: Role play

#### *Instruction for Instructors*

1. Adolescent hmeichhia te chu ‘stress’ an tawh palh pawha an tih nep theih dan tur leh an tih tawp theih dan tur zawt la, ‘Stress’ beih dan leh a awm chhan zawt la, "Stress" beih dan chi hnih kan sawi tawh te kha a that loh dan kan sawi ho tawh avangin engtia tih nge tha ang? tih sawipui ang

A entir nan: Kawng dang la awm theite chu heng te hi an ni.

Communication, Replection, mahni rualpui te nena sawi khawm, hobby chi hrang hrang music, lem ziah leh nuam an tih zawng tih, a theih chuan an chhungte leh thiante nena an harsatna sawiho a hlawk hle tih hmeichhia te chu hrih ang che.

2. Hmeichhia te chu pawl hran tlem te te in sem darh la, ‘stress’ an lo do dan tur lemchan nen tih chhin tir ang che.

**(Question for Discussion hi siam ngailo ah ka ngai.)**

## Session 2: Coping with Stress (Thintawt/hahna chinfel dan)

### Objectives

- Adolescent hmeichhia te chuan an thil lo tawn leh hriat tawh thin in “stress” a rawn siam chhuah te chinfel dan an sawi thiam phah dawn a ni.
- Adolescent hmeichhia chuan ‘relaxtion training’ dan hmangin ‘stress’ thlen thei ngaihtuahna chu a thunun thei dawn a ni.
- Adolescent hmeichhia chuan tunhma a midang te nena an inkawpna atanga tawn hriat duhawmlo an lo neih tawh leh rilru tibuai thenfai dan an hriat phah bawk ang.

### Salient Points

#### Activity 1: A drop in the Bucket

- Stress hi mitin nitin nunphunga tel ve a ni a, pawnlam thil atanga thleng leh kan thunun theih a ni chawk a, thil thleng chu kan thunun theih emaw theihloh emaw pawh nise min nghawng dan tur erawh chu kan thunun theih thil a ni thung.
- Hmeichhia te chuan an ngaihdan an up beh vek chuan ‘stress’ a thlen theih dan leh him tak sia hemi chinfel dan an hriat a ngai a ni.
- Stress tih reh dan hi kawng hrang hrang awmin tha tak pakhat chu ngaihtuahna sawrbinga insawizawi’ Meditation” ani a, hei hian rilru mai nilovin taksa a ti hahdam thei a ni.



#### Activity 2: Blow up the Baloon (Baloon hmanga entirna)

- Hmeichhia te nen chuan kan rilru natna tam tak kan up beh luih tlat chuan a rei hnu leh kan up sen tawhloh hnuah ‘pressure cooker’ ang maia a puah keh theih thu sawi khawmin chutiang hun a thlen chuan kan inthunun thei tawh dawnlo tih sawiho ula, mahse, kan rilru leh ngaihtuahna kan hrechiang anih chuan keimahni leh midang te tana pawl lovin kan puah keh hmain kan in paih thawl thei tih kan inhrilh tur a ni.
- Kan mi rin ber te hnena kan ngaihtuahna leh vei zawng sawi chhuah thin hi a pawimawh hle a, kan thil tawn leh mi tuemaw chung a lungawilohna leh thinurna kan neih chuan a in chhek khawm hnem lutuk hma leh thunun theihloha a puah hma a sawi chhuah dan thiam a pawimawh hle.
- Hmeichhia te chuan Ngaihtuahna fim leh hriatna chu ‘stress’ laka kan him nana kan hriatthiam a pawimawh tih an hre tur a ni a, kan rilru put hmang kan hriat chian chuan a thunun pawh a awlsam zual thin a ni.

## Activity 1: A drop in the Bucket

### Meditation exercise (Rilru/ngaihtuahna hmanga insawizawina)

Adolescent hmeichhia chu hahdam taka thu tur leh a mit chhing turin hrilh la, thuk taka thaw lak nan leh insawizawi nan Yoga insawizawina engemaw hmang turin hrilh la, hetiang hian tih tur a ni:



Thuk takin thawk la ang che. I thaw in i taksa a chhuahsan dan te pawh chu i hre tur a ni. I koki, ban leh ke te chu hahdam takin awm tir rawh. An vaia hahdam taka i dah avangin an chauhna chuan muangchangin an chhuahsan ang a, chhunglamah nuam tihna i nei tan ang a, chu dinhmun chu theih chen hman tum ang che. Muangchangin i rawn harh chhuak leh a,, i ban i ke leh nghawng bakah i hmai te chu a awmdan i hre leh ang a, muang changin meng chhuak la, ding chhuak turin i inpeih leh tawh a, minute hnih khatah hmeichhia chu a ding chhuak leh thei tawh mai ang.

(Hemi hnu a No 1 leh No 2 bakah The Story, Adaptation leh Question and Discussion hi tangkai lemlo anih avangin ka siam lo. Hemi atan hian rilru lam insawizawina a pawimawh vek avangin a tir lama Yoga insawizawina te kha an tangkai hle ang.)

### Activity 2: Blow up the Baloon (Baloon hmanga entirna)

1. Hmeichhia te chu ti ti puin an rilru natna tam tak an up beh thi n dan sawipui la, hetiang rilru natna tam tak an up beh khawm hian Pressure cooker ang mai ani a, kan thunun theilo a, a puak mai thin ani tih sawipui la, mahse kan rilru leh ngaihtuahna mumala kan hriat chuan keimahni leh midang te tana pawl awm lovin kan sawi chhuak thei tih hrilh ang che.
2. Baloon lain ham la, hmeichhia te hnenah chuan a chhunga boruak chu an rilru natna thenkhat ang anih thu hrilh la, hmeichhia te chuan an rilru natna sawi chhuak lova an up tlat avangin hmeichhe rilru ah chuan a lian tial tial a, chung ngaihtuahna te chu hlim lohna, thinurna leh hlauhna te pawh an ni maithei. Hmeichhia te hnenah chuan baloon chu i ham zel chuan engtin nge a awm ang tih zawt la, (A puak dawn a ni) hmeichhia chuan a lungawilohna engmah a sawi chhuah duhloh avangin baloon chu i ham zel ang a, hmeichhia in engkim a la thup tlat avangin baloon chu i ham chhonzawm ang a, hmeichhe thinur tawpah baloon chu a puak tawh mai dawn a ni.



Baloon dang ham leh la, hmeichhe ho hnenah chuan an zinga pakhat chu nimina a thian darkar tam tak a nghah thlawn avanga a thinur dan ngaihtuah tur leh baloon chhung chu a rilru anga ngai turin hrilh la, mahse, a tukah hmeichhia chuan a thian hnenah chuan a lungawilo thu a sawi chhuah tak avangin a thinurna pawh a dai ta deuh ta a, hei vang hian baloon a thinurna in up lian tur pawh chu a lian zel lova, a thiannu chu damlohna avanga damdawiina a buai thu a hriat hnuah phei chuan hmeichhe thinurna chu a kian tak vek avangin ballon a boruak in up sa pawh chu a chhuak thep ta vek a ni.

3. Hmeichhia te chu maimitchhing tur leh baloon chauh chu ngaihtuah turin ti la, baloon chhungah chuan an hlim lohna, thinurna leh hlauhna te chu inthun khawm vek angin an ngaihtuah tur a ni. An ngaihtuahna avang chuan ballon chu a lian tial tial a, mahse tu emaw an harsatna sawipui tur an hmuh avangin baloon chhunga an ngaihtuahna in up chu a te hret hret a, hmeichhia te chu an rilru a nuam tial tial a, an rilru natna a kiam tial tial a, a tawpah chuan baloon chu a thep a, thliin a len bo ta a, hetiang chiah hian hmeichhia te rilru a 'stress' in up chu a paih thawl dan an hriat chuan tihreh theih a ni tih hrilh ang che.



### Sesion 3: Games and recreation for Better Health (Hriselna that zawk nan infiamna)

#### Salient Points

- Stress avanga buaina tireh tura hmanraw pawimawh ber zingah hian infiamna, ‘recreational exercise’ leh ‘relaxation exercise’ te hi a pawimawh ber pakhat an ni.
- Infiamna leh ‘recreation’ hmanga insawizawina hi a nuamin hlimna mihring nunah a rawn thlen thin a, midang te nena kan inkungkaihna siamthain mahni inrin tawkna leh theihna nasa takin a ti sang thin bawk a ni.
- Hmeichhia te hnenah chuan Sport leh insawizawina atanga hlawkna tel tur chuan ‘International Standard’ danah chuan kar khat chungin vawi 3 minute 20 vel zel thaw chham deuhthawa insawizawi tur tih hrilh la,hetiang dinhmuna ding te finfiahna chu “Talk Test” an ti a,an insawizawi laia tawng pawh tawng hlei theilova an hah chuan he standard hi an zawm tha tihna a ni a, heihi taksa ti hrisel tur leh ti ‘fit’ tur chuan a hniam ber leh tih makmawh a ni tih hrilh bawk ang che.
- Hmeichhia te chuan hriselna tha nei tur chuan hunbi neia kan insawi zawi a ngai tih an hre tur a ni a, insawizawina chu a hma aia uar sauh sauh tur a ni bawk a, a awmzia chu, kar tin a hma kar aiin an tlanchakinan tlan hla tur tihna a ni a, hetiang bawk hian insawizawina dang pawh an ti thin tur a ni.
- Infiamna leh insawizawina hian rilru lam hriselna a keng tel bawk a,, insawizawi tha chu a lung a ti chakin a hrisel a, taksa ah thau a tlem a, a tawk chauhin taksa a rit a, taksa bung hrang dang te tan pawh hriselna tha tak a ni bawk.
- Heng insawizawina te hian kan taksa bakah kan rilru lam nasa takin a ti hrisel in kan taksa a ‘stress’ awm tir thei tu ‘chemical’ chu a tihniam ani.Insawizawina leh infiamnain kan nunah hlimna nasa tak a thlen thei a ni tih hi discussion neih tur a ni a, hlimna mai bakah kan theihna leh mahni inrin tawkna pawh nasa takin a ti sang thei tih an hre bawk tur a ni.

#### Activity 1: Seed Technique

1. Hmeichhe ho hnenah chuan ni khat, darkar 24 chhunga thil chi hrang hrang tia hun an hman dan sawipui ang che.
2. Hmeichhe ho chu thil chi hrang hrang, entir nan Cooking, insuk, tui chawi, school a hun an hman dan leh an mut dan bakah thil ei nan leh infiam nana hun an hman dan zawt ang che.
3. Hmeichhia te chu pawl 2 ah then la, pawl tin hnenah chuan darkar 24 an chhinchiahna tur seeds, beads leh hnah pe la,an thil ken 24 chu nikhata hun awm zat darkar 24 anga ngai turin hrilh bawk la.
4. Tichuan ni khat an thil tih zat leh thil pakhat tih nana an hun hman zat chhiar tir la, hemi hmang hian ni khata an hun hman dan a hriat theih dawn ani.
5. An tih zawh vek hunah thil chi hrang hrang tih nana hun an hmanral dan chartin in siam zui dawn a ni.

(Question and Discussion leh a hnunga bung dang te hi a hma lawka kan sawi tawh ang deuh kha anih avangin ka kal kan.)



## LEADERSHIP (HRUAITU NIHNA)

### Session 1: Defining leadership, appreciating self as leader (Hruaitu sawifiahna leh mahni in kan tlin ang em? tih infiahna)

#### Objective

- Adolescent hmeichhia te chuan hruaitu ten midang te nunphung pawh ti danglam thei khawpa hruaitu nihna neih dan an hriat phah ang.
- Adolescent hmeichhia te chuan an mahni in hruaitu ni tura chakna leh theihna an neih dan an hre thei ang.

#### Salient Points

- Hruaitu "Leader" sawifiah dan awlsam ber chu hetiang hi a ni.
  - Midang te dikna, chakna leh felna a hre thin.
  - Khawtlang nunphung, in enkawl dan leh kalphung a ti danglam thin.
  - Hlawkna awm thei leh hamthatna te a enkawl thiam.
- A tawi zawngin han sawi ila, Leader chuan midang te chakna leh felna chu pawmpui thiamin hmasawn turin a kaihruai thin. Midang te nena thawh ho an thiam a, an thil dawn te a hlawk thei ang bera hman an thiam thin bawk.



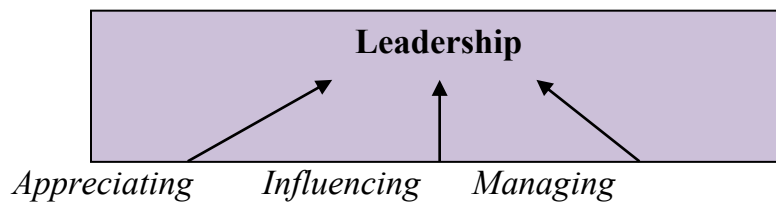
## Activity 1: Group Discussion

### Explain the Concept and type of Leadership on the Flip chart.

Hruaitu han tih hian sawi dan tam tak a awm a, a sawi dan awlsam ber chu hetiang hi a ni;

- Midang te chakna, dikna leh theihna a pawm thiam.
- Khawtlang nun, kalphung leh inenkawl dan thui tak a thunun thin.
- A thil dawn leh hlawkna hmuh te a chhawr tangkai thiam.

A tawi zawngin han sawi ila, Leader chuan midang te chakna leh felna pawmpui thiamin hmasawn turin a kaihruai thin. Midang te nena thawh ho a thiam a, a thil dawn te a hlawk thei ang bera hman a thiam thin bawkw ani.



## Activity 2: Group Discussion and Presentation-Appreciating Self as leader

- Hmeichhia te chu a hma a hruaitu nihphung kan sawi dan chungchang kha ngaihtuah ho turin ti ang che.
- Hmeichhe tin te chu flip chart ah hruaitu ni tlaka inhriat ve na an neih ang te ziak turin hrih ang che.
- Hmeichhia te chu midang te hma a an ngaihndan sawi chhuak ngam turin fuih rawh.
- Ngun taka in ngaihtuah ho hnuah in vaia khawtlang tan pawh chawr tlak a chher hriam theih tur hruaitu nihna "quality" a hman tlaka in inngaihna theuh sawi zui ang che u.



## Session 2: Group Behaviour, Activity Stories leh Activity 3. (page 181, 183 & 184)

Objectives: Heihi a ÷ulin kei chuan ka hrelo a, mahse, a ÷ul chuan siam leh theih tho a ni a, a pawimawh dan a pawimawh lutuk lo. A vai ( A Hindu riau)



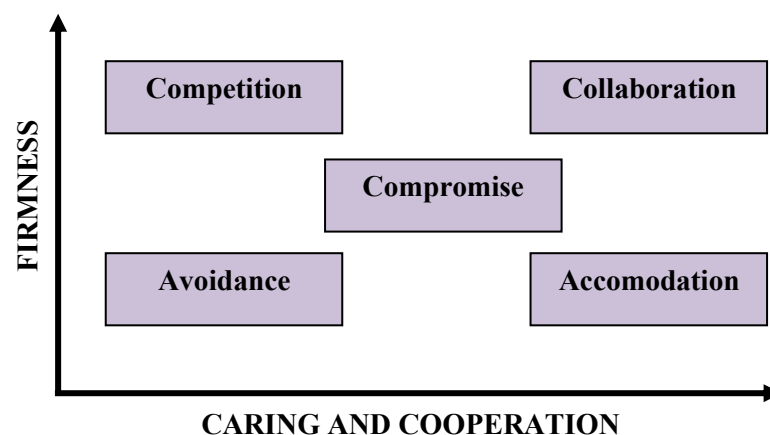
### Session 3: Handling Conflicts

#### Ojectives

- Adolescent hmeichhia te chuan harsatna thenkhat chinfel theih/ theihloh mimal leh pawlin an buaipui te nihphung an hriatthiam phah ang.
- Adolescent hmeichhia te chuan pawl thiltih na a tel dan leh an tangkai ve dan tur an hriatthiam phah ang.

#### Salient Points

- Mitinin harsatna an hmachhawn dan hi a in anglo vek a ni.
- Miin a harsatna hmachawn leh do let dan chu a hnuai a thil 5 ang te hi an ni mai thei - Competition, (In elna), Avoidance, (Pehhelna), Collaboration, (Thurualpuina), Compromise (Inremsiamna), emaw Accomodation( Lo pawmpuina) te an ni maithei. Thil awmdan a zirin heng zinga pahnih aia tam emaw pawh an hmang maithei a, a hnuai a diagram a thil pahnih(caring and Cooperation leh (b) Firmness ah hian Conflict Mode chu a hmuh theih a ni.



- Conflict resolution Mode chu hetiang hian a sawifiah theih ang.
  - **Accomodation (Lo pawmpuina):** Heihi 'Unassertive' leh 'Uncooperative mode' a ni a, midang te duhdan pawmpui duh vangin mahni duh dan pawh an hnawl thin.
  - **Avoidance (Pehhelna):** Hei pawh hi 'Unassertive' leh 'Uncooperative mode' tho a ni a, hetah hi chuan harsatna chu hmachhawn lovin a pehelna zawngin chu hun lo thleng tur chu a tawlh hlat san thin a ni.
  - **Competition (In elna):** Heihi 'Agressive' (kawlhrawng) taka hmalakna leh 'Uncooperative' tho a ni a, hetah hi chuan midang te hmang tangkaiin mahni tana tha tur leh a duh dan a bawhzui a, a thiltih theihna chu dinhmun siam nan a hmang a, an dinhmun leh nihna chu ama ta tura ngaiin a hauh tlat thin.
  - **Compromise (Inremsiamna):** Heihi 'Competing' leh 'Accomodating' inkara awm a ni a, thil harsatna chu peh hel lova hmachhawnin 'colloborating' ang em erawh chuan a inbarh lut lo thung a, harsatna chu a lai atanga thlir a chinfel dan tur a ngaihtuah thin a ni.

- **Collaboration (Thawh hona):** Heihi 'Asserive' leh 'cooperative' kan tih kha a ni a, buaina leh harsatna chu a bul aṅanga hriat a tum a, midang te nena thawk ho a midang te harsatna hre reng a, an mahni nena inrem chung sia chinfel dan kawng a dap ṭhin a ni.

**(Activity 1: Game: Knotty problem aṅanga Linking Learning with life hi siam kher lo pawhin a hma a sentences aṅanga hriatthiam theih anih bakah "Play" leh hriatthiam harsa anih avangin ka kal kan)**

## HOME MANAGEMENT (CHENNA IN ENKAWL DAN)

- Home management chu kan chenna in enkawl, siamthat leh cheibawl tihna a ni.
- Mi tam zawk chuan Home management chu "Maintenance" angah an ngai maithei a, mahse, kan chenna in atanga hlawkna tam thei ang ber hai chhuah a kawk ber zawk ani.
- Adolescent hmeichhia te chuan an sum lakluh, hun hman dan leh nikhata an hun hman dan an chhut in an hrethiam tur a ni bawk.

### ***Instructor for Trainers***

Trainer te chuan Adolescent hmeichhia te chu an tangka lakluh "Income" an hrethiam em? tih a zawt phawt ang a, an chhanna chu ziak chhuakin an sawiho tur a ni. An ngaihtuahna ti nghet turin 'case study' siamsak a tha hle ang.

### **What is income? (Engnge Income chu?)**

- Income chu hunbi tuk chhunga mi tuin emaw a hnathawhna leh sumdawna emaw atanga a lakluh sawina a ni a, tangka a teh a ni deuh ziah bawk.
- Income chu hunbi tuk chhunga miin a hlawh, hlep, tangka pung leh in luah man a lakluh zawng zawng te hi an ni.

(Case Study-1. hi ka kal kan)

### **Flip chart 1**

#### **Advantages of Supplementary Income**

##### **(Kawng dang atanga sum lakluh thatna te)**

- Achievement of family income (Chhungkaw tin zawn ber tih hlawhtlinna)
- Overcome inflation (Thil man sang laka himna)
- Secure future (Hmalam hun him)
- Catering to large family (Chhunkhaw rual tana thlamuanna a ni)

### **Flip chart 2**

#### **Way of Supplementary Income**

##### **(Kawng dang atanga sum lakluh)**

- Adopting Income Generating activities (Sum lakluhna kawng dang siam)
- Hna panngai bak thawh.
- Fing taka peipun.
- Sum khek thiam

### **Budgeting (Sum lakluh/hman chhuah chhutna)**

Budgeting hi sum lakluhna chhuta a hman dan tur chhinchhiah leh hi a ni a, sum hman ral dan leh a khawl dan te pawh a huam vek a ni.

## Types of Household records (Mahni ina chhinchhiah dan te)

### There are three type of household records:

- Daily account (Nitina sum hman leh lakluh chhut dan)
- Weekly and Monthly Accounts (Kar tin leh thla tina sum hman leh lakluh)
- Annual accounts (Kum tina sum hman leh lakluh zat)

### Advantages of keeping records (Sum hman leh pek chhuah chhinchhiah thatna te)

- Ho mai mai a sum khawhral tur invenna a ni.
- ṭullo a hmanral a tlem phah.
- Chhungkaw ngaimawh lei dawnin a pawimawh.
- Kan thil lei duh ṭhenkhat a sum ngai tur zat chhut thiam a awlsam phah.

Hetieng hian Sum hmandan chung chang hi Register emaw note bu-ah emaw siam mai tur a ni.

### Sample of Daily Accounts

Date	Item Purchased	Quantity	Amount spent

### Weekly and Monthly Accounts

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1 <sup>st</sup> Week								
2 <sup>nd</sup> Week								
3 <sup>rd</sup> Week								
4 <sup>th</sup> Week								
Total								

### Annual Accounts

Month	Income	Expenditure	Balance/Savings
Jan			
Feb			
March			
April			
May			
June			
July			
Aug			
Sept			
Oct			
Nov			
Dec			
Total			
<b>Total Savings</b>			

## Saving and Investment (Sum khawl leh peipun)

### *Instruction for Instructors*

Participants te hnenah chuan Saving awmzia an hria em tih zawt la, Adolescent hmeichhia ten sum khawl thatna an sawi te chu ziak chhuak la, an sum khawl a pun theih dan tur zawt ang che.

### What are savings? (Engne sum khawl chu?)

Saving kan tih chu kan tangka thawh chhuah a sum faia khawl leh Post office emaw bank emaw a khawl te sawina ani a, Government Bond a khawl pheih hi chu a him hle a ni.

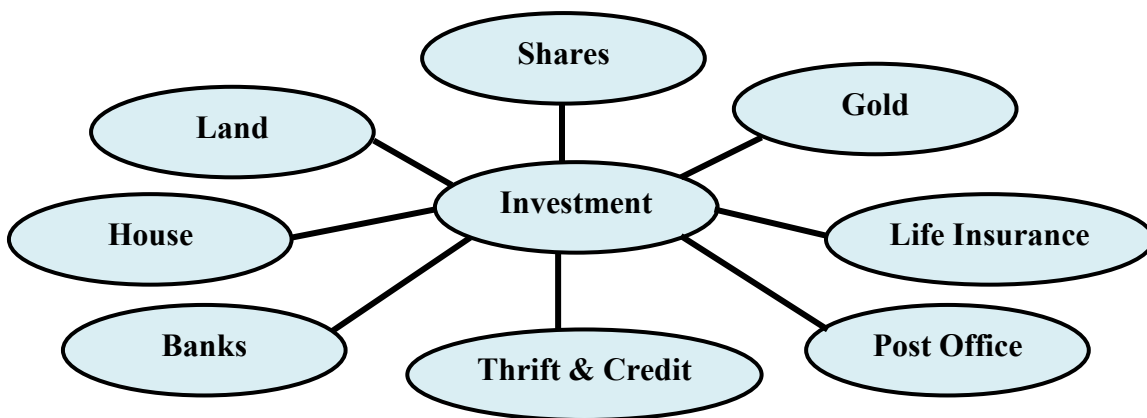
### Advantages of Savings

- Chhungkaw mamawh puhrukna anih theih bakah fate lehkha zir zel nan a pawimawh.
- Rikrum thilah a tangkai hle.
- Upat hnua inghah nan.
- Khawsak pangai taka awm theihna.

### What is Investment (Engnga Investment chu)

Investment chu bank leh corporation a kan tangka a pung awm tura kan dah ang hi a ni a, Investment ah hian tangka nilo thildang pawha tih theih a ni a, entir nan ram lei leh rangkachak atang te pawha tihpun theih a ni a, Investment hi security atan pawha tih theih a ni bawk.

### Method of Investments



### Time Management

Time management hi Ni kan hman dan mumal taka ruahmanna leh kalphung mai a ni. Hemi hmang hian nikhata hun awm tur ngun taka bithliahin thil tul leh kan ngaih pawimawh felfai takin a chhinchhiah theih thin a ni.





**GUIDANCES**  
**ON**  
**ACCESSING PUBLIC SERVICES**

## GUIDANCES ON ACCESSING PUBLIC SERVICES

### Session- Opening and Managing Bank account (Phek 201) (Objectives chauh lak a ni a, a bak chu a chungah a awm vek)

**Objectives:** Session tawpah chuan trainee chuan bank account hawn a pawimawh na a hre dawn a, bank account hawng tura pawimawh leh tih tur indawt dan te pawh a hriat phah dawn a ni.

#### Salient Points

- Bank account hi tangka venhimna tha mai nilovin awlsam te a lak chhuah theih tho a ni.
- Tumahin tunlaiin tangka fai tam tak tak an paipawn ngai tawhlo. Chuvangin kan tangka te chu bank a dah a tha ber a, heihi ‘debit cards’ leh ATM hmangin rang taka lak chhuah mai theih an ni a,pawisa tihbo hlau lovin ‘debit card’ kengin duh hun hunah a lak chhuah mai theih a ni.
- Bank Account hi chi hrang hrang a awm a, heng account chi hrang hrang hre tur hian zir ve deuh erawh chu a ngai a, chumi hnuah kan tana tha ber tur chu hman mai tur a ni.
- Bank Account hawng tur chuan bank hrang hrang te chu kan chik hmasa phawt ang a,an inzawrh dan leh an ruahmnate kan hre hmasa bawh tur a ni a,bank kan thlan lai chuan kan hnathawhna leh in lam atanga biak pawh mai theih an nih leh nih loh chian tel bawh tur a ni.
- Bank kan thlan fel hnuah chuan bank in an mahni dawrtute tana an tih theih te kan hre kim leh ang a, chumi hnuah chuan account kan hawn dan tur kan ngaihtuah tawh tur a ni.
- Account hawng tur chuan bank ah chuan kan hming, pian ni leh kum leh thla, chenna leh ID eng eng emaw kan neih a ngai a.
- Account neitu chuan bank dan zam an zawm a ngaiin an mawh an hre ve tur a ni.Account kan hawn khan bank nen khan thil pawimawh ber te zinga mi ‘Tangka’ kaltlanga indawrna kan siam fel tihna a ni a,chuvangin kan theih ang chen chen kan hriat chian a ngai a ni.
- Account hawn hunah chuan a hawngtu chuan awlsam tein tangka a dahin a la chhuak thei tawh ang a,ATM nen pheih chuan awlsam tein tangka a lak chhuah theih a ni.
- Bank account hawn hi ngun taka ngaihtuah lawk anih chuan engmah harsa a awmlo.



## Session - Opening and Operating an Account in the Post Office

### Objectives:

Session tawpawh trainee chuan Post office a account hawn pawimawhna leh tangka khawh theih dan chi hrang hrang a hriat phah dawn a ni. (Phek 203 a Chart chhunga a dang te hi a chhungah a awm vek avangin ka kal kan)

### Salient Points

Post Office hi India rama inzar pharh zau ber an ni hial awm e, Postal hnathawk te hian India ram hmun kil khawr ber berah pawh hma an la a, Bank te aia an in zar pharh zau avangin sawrkar chuan dakina tangka khawh theih dan tur ruahmna hi a siam ta a,hei vang hian thingtlang kil khawr ber bera chengte pawhin ‘Income Account’ leh ‘Saving Account’ an neih theih phah a, kil khawr deuha cheng tan chuan bank a account neih aiin Dakina neih a tha zawk maithei.

Post Office ah hian account pahnih a awm a:

- 1) Post office Monthly Income Accounts-
- 2) Post Office saving Account

#### • Post office Monthly Income Accounts

He account ah hian miin sum tam tham tak dahin thlatin a pung an mamawh lei nan an la chhuak leh thin a ni. Hei vang hian hna atanga chawl tawh leh kut tualleichham te tan a tangkai hle.An account ah chuan tangka dah lutin a hlawkna chu ngaihtha takin an nghak mai thin a, thla tin hetiang hian an tangka pung la chhuakin an ring thei a, mi tam tak chuan an hna an bansan hnu leh an kum a tam hnuah hetiang hian tangka dahin eizawn buai ngailovin an ring tawh mai thin ani.

### How to Invest (Sum peipun dan)

Tupawh hetiang account hawng duh chuan Head Post office/ Sub Post office ah sum fai emaw, ‘demand draft’ emaw ‘cheque’ in emaw an tan mai thei a,lehkha pawimawhah engkim ziak felin an tangka dahluh tur zat nen an ziak ang a, hemi hmanga an tih fel hnuah an lo bithliah ang zat kha thla tin an la chhuak mai dawn a ni.

### Who can Invest (Tuin nge peipung ang?)

- Puitling chin.
- Puitling 2-3 pawhin a Joint in an ti thei.
- Naupang kum 10 chin.
- Naupang kum tlinglo emaw rilru kimlo emaw aiawhtu.

### **Maturity and Rate of Interest**

(Hengte hi tunlaiah an la hmang em tih ka hre biklo, a dik tawhlo maithei a, Post office ah chian hma chuan tarlan mai chi a ni lo ang. Zotea)

- Kum 6 awh account, kum tina za a 6 a pung anih chuan thla tin a pung lak chhuah theih a ni ang.
- Kum 1 hnuah "Premature Encashment" hmanga a pung lak theih a ni.
- Kum 1 atanga kum 3 thleng tangka za a 3 pung ang chi chu 'premature enclosure' hmangin tih tawp theih a ni?
- Kum 3 hnua Account chu a hun hma a khar anih chuan za a 1 Post Office in an chawitir thei.
- Account a puitlin hunah a Invest nawn leh theih.
- Account a tangka lak chhuah theih lak lova a awm chuan kum 2 thleng 'Earning saving' a dah theih a ni.
- Account chu India ram Post office khawiah pawh sum senglo a sawn theih a ni.
- Nomination facility hman theih a ni.
- Thla tina account atanga pawisa pung lak theih chu chu Post office a saving ah dah leh nghal zel theih a ni bawk.
- Account a sum dah tur hun a tawp hnuah bonus angin sum dah za a 5 pek theih an ni bawk.

### **Amount of Investment (Hei pawh hi a dik tawhlo maithei)**

Tangka peipun tur chu Rs 1500 aia tlem a ni tur a nilo, a tam lamah chuan Single Account ah Rs 4.5 lakh tal a ni tur a ni a, Joint Account ah chuan Rs 9 lakh anih a ngai a, naupang kum tlinglo tan Rs 3 lakh thleng a ni.

### **Tax Benefits (Chhiah thenkhat laka awlna)**

- Account a tangka dah te hi section 80c tlawhchhanin 'rebate' lakah an him
- Tangka te chu 'Wealth tax' lakah an him.
- Tax Deduction at Sources (TDS) lakah a him bawk.

### **Post Office Saving Accounts (hei pawh hi a dik tawhlo ang)**

Post office a Saving account hi bank a saving account nen a in ang hle a, hun rei deuh emaw hmanhmawh deuha tangka tam tham hman leh duh thut dahthat lailawkna tha tak a ni a, Post Office a tangka dah erawh hi chu thingtlang lama chengte tan a tangkai thung hle a, hemi kawngah hi chuan bank hian a tluklo ti ila a dik awm e.

### **How to open Account (Account hawn dan)**

Post office ah hian a tlem berah Rs 20 in account hawn theih a ni a, mi pakhat tan a tam berah cheng nuai 1 in hawn theih a ni bawk a, mi 1 aia tam Joint account hawng tur chuan cheng nuai 2 tal an dah a ngai a, hetah hian 'maturity period' a awmlo a, he account hi hawn a awlsam hle a, clerk kaltlangin awlsam tein account hi hawn mai theih a ni.

### Who can open an account (Tunge account hawng thei ang?)

Single account hi puitling emaw naupang kum 10 chin pawhin hawng theiin naupang erawh chuan ‘guardian’(Aiawhtu puitling) a neih a ngai thung a, nupang rilru chianglo account hawn sak tur pawhin ‘guardian’ a ngai a,mi pahnih pathum pawhin Joint Account an hawng thei a ni.

### Withdrawal of Money (Tangka lak chhuah dan)

Account atang chuan englai pawhin tanka a lak chhuah mai theih a,mahse, minimum balance ah Rs 50 tal account ah a awm a ngai a, ‘cheque’ a la chhuak thin phei chuan Rs 500 tal an account ah an neih a ngaih a ni.

### Interest paid (A punna awm thei te)

Tangka dah pun dan hi a khat tawkin Reserve bank of India in a ti danglam fo thin a,a pung chu thla tina ‘balances’ leh kum khata a dinhmun a zira teh a ni thin a,dan tlangpuiin za a 4 a ni tlangpui thin .

Account ah hian ‘nomination’ leh ‘tax benefits’ te pawh a tel thin bawk.



## Session- Lodging an First Information Report or FIR

(Hetah hian a hnuai chart a Objective tih chauh hirawn sawifiah a ni a, a bak hi chu a hnuah a lang chiang leh vek tho a, tarlan a ngailo)

### Objective

He session zawhah hi chuan ‘participants’ te chuan FIR pawimawhna hriain a ÷ul chuan FIR thehluh an thiam tawh dawn a, FIR thehluh loha pawitheite pawh an hriat phah dawn a ni.

### Salient Points

- FIR hi thil awmdan police te hnena thehluh hmasak ber ÷hin anih avangin a hming pawh hetianga phuah hi a ni. FIR hi police in dan bawhchhiatna ÷henkhat chanchin an dawn hnua hemi chungchang an ziahna document a ni a, police te chuan ‘Cognizable offences’ an tih ang chu thu an dawn hnua FIR siamin Warrant pawh tel lovin pawikhawihthu chu an man thei a, court ÷tupek kher lo pawhin an mahni duhthuin an chhui zui thei bawk a, ‘Non Cognizable Offence’ ah chuan police te chuan court ÷tupek lo chuan anmahni duhthuin engmah an chhui zui a thiango thung a, mi an man thei heklo ani.
- FIR hi ‘Cognizable offences’ kan tih tuartu ten police hnena an hriattirna lehkha a ni bawk a, FIR tih a ni na a, tawngkam pawha police hnena thlen theih a ni a, mahse FIR hi ziak a ni tlangpui a, Telephone a in hrih hriatna pawh FIR a ngaih theih tho a ni.
- FIR hi dan bawhchhiatna chhui tura hmalak tanna leh rorelna dik kenkawh anih theih nana rahbi pawimawh hmasa ber a ni.
- Mi tupawhin ‘Cognizable offences’ an tih a hmuh emaw a hriat emaw chuan police hnenah FIR a thehluh thei a, dan bawhchhiatna avanga a tuartute chauh kha FIR thehluh tu tur an ni chuango a, police officer pawhin ‘Cognizable offences’ a hria emaw a hmu emaw anih chuan FIR a siam thei bawk a ni.
- FIR thehluh thei tu chu hetiang hi an ni:
  - \* Dan pawmzam theih loh chin harsatna leh buaina tawktu chuan a chungapawikhawihthu lakah FIR a thehluh thei.
  - \* Dan bawhchhiatna hmutu chuan FIR a thehluh thei.
- Section 154 of the Criminal Procedure Code, 1973 a FIR ziah leh thehluh dan a inzhiah dan chu hetiang hi a ni:-
  - \* ‘Cognizable offences’ tih anih a, thu tawngkama dawn anih veleh police te chuan ziaakin an chhinchhiah nghal tur a ni.
  - \* Police te hnena chu hriattirna thlentui nih chuan police te chu i thusawi an ziah dan i benghriata chhiar chhuak leh tura phut theihna dikna i nei tih hria ang che.



- \* Police ten an chhinchhiah zawhah a thu thlentü chuan a hming a ziah hnan tur a ni.
- \* Thu thlentü chuan a hming a ziah hnan hmáin police in an chhinchhiah dan chu a sawi ang ngei a ni em?tih a chian thin a tha hle ang.
- \* Ziak leh chhiar thiamlo police te hnenah thil awmdan rawn thlentü chuan a sawi ang ngeiin an ziak tih a chian hnuah a kut veilam kutzungpui thla in a nem hnan tur a ni
- \* FIR Copy chu police in an pe lo che anih chuan dil la,a copy tangka senglo a i kawl ve chu i dikna a ni.
- Section 157, Criminal procedure code, 1973 ah chuan police te hnenah FIR thelloh ni mahse a hnuaiá mi ang hi anih chuan an bawhzui lo thei tih tarlan a ni.
  - \* Case chu pawl tham anih loh chuan .
  - \* Chhuina tur chhan tha tawk awma an hriat loh chuan.

Mahse, police te chuan hetiang thil a thlenga an chhui lo anih chuan an chhui loh chhan chu chinchhiahin FIR siamtu pawh chu an hriih ngei ngei tur a ni.

- FIR a tarlan tel tur.
  - \* FIR thehluttu hming leh chenna adress.
  - \* Chhiatna leh vanduaína thlenna hun, hmun leh darkar.
  - \* Chhiatna thlen dan hriat theih anga kimchangin.
  - \* Chhiatna leh Incidents thlenna a telve te hming leh pianhmang hriat theih dan tur.
  - \* Thu hretu an awm anih chuan an hming.
- Police hnenah thu diklo leh rintlaklo engmah kan thlen ngai tur a nilo a,police hnena thu diklo thelloh chu dan hmanga hrem theih a ni.
- Police hnenah statement chianglo leh rintlak loh sawi lo la,thudik pawh uar lutukin sawi lo la,a diklo zawngin engmah sawi ngai suh ang che.
- FIR chu police in an lo ziak lut duhlo anih chuan Superintendent of police( SP) emaw a aia lal DIG leh IG te hnenah kal mai tur a ni a,an hnenah FIR ziah luh anih loh dan chu thlen mai tur a ni a, kal hman loh chuan ziaikin lehkha pawhin hriattir mai theih a ni bawh.

FIR chu lo ziah luh anih loh chuan lungawiloh thu chu police te chungá rorel thei court thuneitute hnenah thlen mai theih a ni bawh a, hei bakah hian State leh National level china Human Rights Commission hnenah thlen theih a ni bawh.



## AWARENESS ABOUT LEGAL RIGHTS

(Phek 208 Objective tihloh hi chu a chhungah tarlan vek anih avangin kal kan a ni)

### Objective

Adolescent hmeichhia ten an dikna an din chhuahpui ngamna tur leh an mahni hum him nana dan siam anih dan zau zawka an hriat theihna tur.

### Cultural and Educational Rights (Zirna leh hnam dana kan dikna leh chanvo)

- Kan ram dan “Constitution” hian khua leh tui tin te hi kan hnam tawng, ziah dan leh hnam nunphung theuh humhalh turin dikna min pe theuh a ni.
- Kan Constitution hnuaiiah hian khua leh tui tin te chu eng hnam leh sakhaw zawm pawh ni ila, in en hranna awm miahlovin sawrkar emaw sawrkar tanpui education Institution reng renga lut turin dikna min pe vek a ni.
- Kan ram dan hian sakhua tlem leh hnam tlem zawt te chu an mahni duhthua inzirna tur Institution siam turin phalna leh dikna a pe a ni.
- Kan ram danpui chuan ram puma naupang kum 6-14( A la dik emaw ka hrelo. Zotea) inkar te chu zirna an bansan loh nan an tan ‘Compulsory education’ kalpui anih tur thu leh zirna hi mitin dikna leh chanvo anih thu a puang a ni.

### Rights to Equality (Midang te nena kan intluk tlanna)

- Kan Constitution chuan khua leh tui tin te chu dan hma a intluk vek an nih thu tarlangin in ang vekin danin a ven thu a puang bawka, khua leh tui tin te hi Dan hmaah chuan, eng hnam, sakhua, mipa emaw hmeichhia emaw pawh nise an intluk vek tih tarlang a ni.
- Kan ram danpui chuan khua leh tui tin te hi sawrkar hnuaiia eng hna pawh zawng tur leh thawk turin dikna min pe vek a ni.



### Rights to freedom (Dan hnuaiia kan zalenna)

- Kan Constitution chuan a khua leh tui te chu a hetiang dikna leh zalenna hi a pe vek a ni.
  - Ngaihdan sawi theihna leh puan chhuah theihna.
  - Buaina siamlo leh ralthuam kenglova punkhawm theihna.
  - Association leh Union din tura dikna.
  - India ram khawi hmun pawh duh duh a tlawh phalna.
  - Eng hna leh eizawna pawh thawh min phalsak bakah sumdawna ang chi pawh khua leh tui te chu an duh ang ang an tih a phalsak bawka a ni.

## Right to Life and Personal Liberty

(Constitution in dam tur leh zalen tura dikna min pek)

- Kan Constitution chuan khua leh tui tin te chu man leh duh thu a in hren ngawtna lakah min veng a, hemi awmzia chu dan tlawhchhan lo chuan tumah man leh hren theih an nilo tihna a ni.

**To Enforce a Fundamental right you can file a petition in the supreme court or in the High Court. (Fundamental Rights kenkawhna kawnga i lungawilo anih chuan Supreme Court emaw High Court ah emaw i thlen thei ang)**

## Right to Vote (Vote thlak tura kan dikna)

- India khu leh tui kum 18 chin chunglam te chuan inthlanna a vote thlak turin dikna an nei vek a ni.
- Vote list ah i hming a awmlo palh emaw, hmun dangah i insawn palh emaw anih chuan Ectoral Registration Officer hnenah i hming ziah luh tir turin in hriattir nghal ang che.’

## Right to Information (Kan duh hre tura kan dikna)

The Right to Information Act, 2005 dan hnuaiah India khu leh tui zawng zawng te chuan sawrkar, municipal bodies, panchayat emaw Government aided body te kalphung leh an chanchin a hriat duh a neih chuan Public Information office ah fee cheng 10 pein a zawhna an thehlu thei a, mahse Below Poverty Line (BPL) hnuaia awm te tan chuan fee chawi a ngailo a, mahse BPL an ni tih hriattirna cerificate an nei tur a ni.

## Right to Education (Lehkha zir tura kan dikna)



- Lehkha zir tura dikna hi mihringte dikna awmsa zinga telh a ni a, naupang zawng zawng ten lehkha an zir theih nana an dikna leh an chanvo a ni a, primary education mai nilovin secondary education thlenga an in zir theih nana an dikna anih rualin hei hian zirna sang higher education te pawh a huam tel vek ani.
- Hei bakah hian zirna level zawng zawnga inthlei bikna hnawl tura ruahmanna Right to Education hian huam telin chu chuan zirna atanga mitinin hlawkna an tel theih na tur te pawh a fun tel vek a ni.

**The Right to Education hian Freedom of Education a huam tel vek bawka ni.**

### **Prohibition of Child marriage Act (Kum tlinglo inneih tir khapna)**

- Naupang kum tlinglo, hmeichhia kum 18 hnuailam leh mipa kum 21 hnuailam inneih tirna hi Child marriage ani.
- Mipa kum 21 chin hmeichhia kum 18 aia naupang nupuia nei chu dan hnuai hrem theih a ni a, lungina tan tir theih anih bkah cheng nuai khat thleng chawi tir theih a ni. Hetiang thil a awm chuan police ah FIR thehluh theih a ni a, hmeichhe nu leh pa bakah an chungten inneih hi an phal emaw, an khap lo emaw, inneihna chu puithiamin hre reng chung a hlen chhuah pui chuan an vaiin dan anga hrem theih an ni a, inneihna lawmpui tu te pawh chu dan anga hrem theih an ni bawk.
- Hmeichhe kum tlinglo pasal neih luih tir chuan a duh chuan an family court (Dist Court ah emaw) an inneihna chu awmze neilo a puan sak turin a ngen thei a, kum 18 hnuailam hmeichhia chuan an inneihna sut leh turin a nu leh pa leh a ‘guardians’ a tir thei bawk a, kum 20 a tlin hma chuan he dan hnuai hian a inveng thei a, hetiang thil a ti anih chuan pasal anga an neih nena an fa enkawl na leh amah a in enkawl na tur mipa hnen atang chuan a dil thei a, a pasal chu kum 18 hnuailam anih pheih chuan a nu leh pa hnen atangin amah leh a fate tan chawmdawl na a dil thei a, an fate chu dan anga inneihna pangaia nupa kara a piang anga pawm an ni bawk ang.
- A bikin khawpui chhungah chuan tupawhin naupang kum tlinglo inneih tur chu Judicial magistrate/ District magistrate, First Class te hnenah thlenin an ti tawp thei a, naupang kum tlinglo inneihna veng tur hian state tam tak chuan Child Marriage Prevention Officers a ruat a, henge te hi a tul chuan pan mai tur an ni.

### **Child Labour Act (Naupang kum tlinglo hnathawka chhawr khapna dan)**

- Naupang kum 14 hnuailam chu hna chi hrang hrang 14 leh thil siamna chi 57 a chhawr khap an ni a, henga naupang chhawr lui te chu dan anga hrem theih an ni a, thla 3 atanga kum khat thleng lungin tan tir theih an ni a, cheng 10000 atanga cheng 20000 thleng chawi tir theih an ni bawk.
- Naupang chhawr theihna danin a phal chinah chuan an mahni venhimna turin khuahkhirhna siam a ni a, naupang chuan ni khatah darkar 6 aia tam hna a thawk tur a nilo a, hei hian hnathawk tura a nghah chhung te pawh huamin darkar 3 hna a thawh hnuah darkar 1 tal chawlhna hun siam sak tur a ni a, naupang te chu tlai lam dar 7 atanga zing lam dar 8 inkarah engmah thawh tir loh tur an ni a, naupang hna thawh tir thin te chu kar khatah ni khat tal chawlhna hun siam sak tur an ni a, heng dan te hi zawm anih loh chuan naupang chhawrtu chu thla khat lungin tan leh cheng 10000 chawia hrem theih a ni.
- Naupang chhawr chungchangah hian tu pawhin Judicial magistrate first class (Khawpuia cheng tan Metropolitan magistrate) hnenah hekna an thehluh thei a, Labour Inspector leh police te pawhin an thlen thei bawk a ni.
- Naupang te chu hna hlauhawm, an taksa leh rilru tihbuai theihna a chhawr khap tlat a ni.



### **Immoral Traffic (Prevention) Act (Nawhchizawrna lam hawi khapna dan te)**

- He dan hnuaiiah hian mihring te nawhchizuar tura dap, thlem, rawih,phurh kual, an awmna sawn leh lo kawl bakah lo dawnsawn khap tlat ani.
- Tu pawhin nawhchizawrhna hmuna inzuar an hria anih chuan District magistrate (District Collector emaw Deputy Commissioner), Sub Division Magistrate (Sub Division officer an ti bawk) emaw Judicial magistrate 1st class hnenah emaw an thlen thei a, magistrate chuan chu inzawrha hmuna lut turin police officer te thu a pe thei a, inzawrhna hmuna mi chu hruai chhuakin an hrenna aṅanga chhuah turin thu a lo pe thei bawk a ni.

### **Domestic Violence Act**

#### **(Mahni inchung khura kut inthlakna leh in rikrap khapna dan)**

He dan hi hmeichhia an mahni inchung kutthlak tuar thin leh rikrapna tawk thin te venna a ni a, hetiang harsatna tawk hmeichhia chuan Judicial magistrate 1st Class (Metropolitan magistrate) hnenah a lungawilohna a thlen thei a, dan chuan hetiang lak aṅang hian a lo venghim dawn a ni:

- a) In vauna leh kut inthlakna, inhliamna leh a taksa tana hlauhawm leh hliam tawh theihna lak aṅang leh mipat hmeichhiatna lam hawia vauna leh rilru ti hrehawm zawnga beihna leh chungkaw sum leh pai dinhmun buai avanga vauna lak aṅang a veng dawn a ni.
- b) Tih duhdahna, kut tawrhna leh amah leh a chungten thuam chhawm chungchanga vauna a tawh theih lakah a veng dawn bawk a ni.

Kan rawn tarlan tak te khan in rahbehna leh insitna, mawilo taka in koh leh in chham leh in elsen na lakah vengin a bikin Fa neih theihloh avang emaw mipa fa neih theihloh avanga rikrapna leh tih duhdahna lakah a veng dawn a, hmeichhe chungte lak aṅanga vauna leh kut thlak a vau an tawhna lakah pawh he dan hian a hum bawk ang. Hei bakah hian he dan hian mipa in inchung bungrua, thil neih dang, in leh in enkawlina tur thil a duh anga a thehthang tur leh hmeichhe hman ve tur a dang tur thlengin a khapin a veng thei bawk.

Hemi chungchangah hian court chuan hetiang hian thupek a chhuah thei-

- a) Hekna thehlut tu chu a mi hek lakah venhimna a pe thei.
- b) Hmeichhia chu ama in chung emaw chutianga an cheng anih chuan a duh anga a khwasak zel theih nan a hum bawk ang.
- c) Amah leh a fate enkawl na atana tangka ngai bakah damdawia in enkawlina man te, sum lakluh thin tawp ta ai te, a thil neih tih riral leh tihchhiat man ang hu pe let leh turin hmeichhe chungah hlei lentu chu thu a pe thei bawk a ni.
- d) Fate kawl lailawk turin a ti thei.

Hmeichhia pasal nei tawh chauh nilovin mipa nena innei anga lo khawsa tawh thin te pawhin Court humhimna leh tanpuina hi an dil thei a, hmeichhe pasal then leh chuan a pasal chhungte laka venhimna court ah a dil thei bawk ani.

### **Dowry Prohibition Act (Thuam chhawm tur khuahkhirna dan)**

- Thuam chhawm (Dowry) mipa hnena chhawm luh leh lo dawnsawn hi dan kalh a ni.
- Thuam chhawm keng tura intih leh lo dawnsawn chu dan hmanga hrem theih a ni.
- A hremna chu kum 5 thleng lungin tan leh cheng 15000 chawi a ni thei.
- Thuam chhawm tura phutna a awm chuan Innei lo mahse police hnena thlen theih a ni.

### **Preconception and Prenatal Diagnostic Technique Act (PC-PNDT)**

#### **(Nu puma nausen sex hriat khapna dan)**

- Nau pian hma a mipa nge hmeichhia tih finfiah hi dan phal loh a ni a, hetiang ti chu kum 3 lungin tan tir leh cheng 10000 chawi tir theih a ni.
- Chhungkaw khata chengte chu pa ber, nu ber leh makpa leh monu te pawh nise he dan bawhchhiat an tum chuan dan anga hrem theih an ni.
- He dan kengkawh tur hian state tinah thuneitu dah an ni a, an ni hian court ah hetiang dan bawhchhia chu hekin an bawhzui thei a, he dan bawhchhia an awm chuan tupawhin Judicial magistrate 1st Class hnenah an thlen thei a, mahse, chutiang hekna a thehluh hma chuan a thiltih tur chu a thehluh hma ni 30 aia tlai lovah thuneitu “Appropriate Authority” hnenah a hriattir hmasa tur a ni.

### **Sub-section 4 in Section 46 of the Code of Criminal Procedure, 1973**

“Dan danglam bik tak tihlohah chuan hmeichhia te chu khaw thim hnu leh khawvar hma a man tur an nilo, chutiang thil danglam a thleng anih chuan hmeichhe police officer chuan dan bawhchhiatna bialtu judicial magistrate hnenah a thil tih tum dan leh phalna dilna ziakin a thehlut hmasa tur a ni”

### **Law on arrest, under the Code of Criminal Procedure**

Hmeichhia te chu police in ni tlak hnu leh ni chhuah hma chuan an man ngawt tur a nilo. Hmeichhia chu he hun chhunga an man duh anih chuan police officer chuan Judicial Magistrate hnenah phalna an la hmasa ang a, hmeichhia chu hmeichhe police officer ngeiin a man tur a ni bawk.