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**EVANGELIST TEACHERS' ORIENTATION 2021**

**Editor: Rev. Khamchinkhai**

Synod Kumpuon:

[Mathiu 6:10]

**NA GAM HING TUNG HEN**

# Khristian Tangkou

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# A sung thu

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Thusuo zosie Editor leh Zou Synod ngaidan ahi kimsih a, a suotute'n maw a kipuoh chiet ding uhi.

Thusuo dingte Editor kung a pieh ding ahi.



## Editorial

Awle i theisa bangun ning kum March ha a kipatin covid-19, natna ziehin khawvel pumpi ah lockdownte hing um in, ei gam ah zong nasatahin tami natna ziehin schoolte, biehinnte, officete leh silzousie phiel nawngkai gop in ang um hi. Thamlouin, it leh ngai tamtahn zong shina hanmuol ahing liem san uhi. Ahin, Mangpa Pasion in ei kikepzaw zieh leh hoina chitnate zieh hilouin kumtha melmuthei in ang umсах a bangzata a hampaha leh vangpha ita uoi chi kingaituo va-ui.

Tu in silzousie nidang bang a umtou ding in ang kisatou a, biehinnte, schoolte leh sildang dangte zong nidang bangin hing umkia (normal)- ding bangin ang um a Pasion kung ah lungdam thu igen uhi. Ahin, imaban uah leitung hing peitou ding khu eite thuneina leh thei khawl guol ahilou ziehin, ihun nei sunte khu Pasion loupina ding in zah isawm ding uhi. Leitung pen hoilam leh noplam sang in sietna leh buoinate hing pung deudeu ding ahithu i Bible uah imu bangun eima mimal, i innsung, hattuom leh igam ilei ua isepthei, ibawltheite uh silhoi silpha bawl na hinkhuo mang a panlatha chiet ding in ikingen uhi. I gensa bangun biehin kaitheilou a, iumlaiun ilung leng chiet ua, ahin kaithei hun a na kaite pen hoitah a nakai zingte ahiziehun lungkim deu ding un a gingtat um uhi. Tuaziehin, silhoi silpha isepthei hunte a sem a, iseptheilou ni leh hunte ang tun chieng a zong ikisielouna ding un idam sung huntomnou khat inei sun un theitop in panla chiet va-ui. Azieh ahileh, na dam tan ding na thei sih a, hun hoi/hunpha ineizing lou thei uhi.

# Thy tuomtuom leh Thumpi dingte



- Buoina kawm kal ah apeisa 21-24, January sungin Sabual leh Tuilaphai hattuoimte zintunna in ‘64<sup>th</sup> ZPYF General Conference’, Tuilaphai field ah Rev. Dr. Kh. Khaizakham speaker hina in, “Khanglai- Khrist a ding a kilamdanna” (Rome 12:2)- chi thupi tungton lawching tahin kimang zou hi.
- Apeisa dated 02-03, February sung in Evangelist teachers’ (Sangshie)-te Orientation, Office ah kinei hi. Tuanah, Assist. Prrofessor Khaiminlian, Rev. Dr. Hangpi Manlun leh Pa. Samuel Khamsuankhai-ten seminer paper tuomtuomte la un lawching tahin kinei hi. Tuanah regular leh grant sangshite zong kimtahan telthei chiet uhi.
- Dated 5<sup>th</sup>-7<sup>th</sup> February sungin “15<sup>th</sup> Mission Conference” Presbyterian Church of India, Tongdam ah, “Sun ahilai in ang sawlpa nasem va-ui” (Johan 9:4), chi thupi zangin lawching tah in kizang hi. Tuanah, Upa Ginlianmang, Upa Chinthawng, Rev. Zamlianpau, Rev. Dr. Hangpi Manlun leh Rev. Lamsuanthangten Pasian thu genna nei uhi. Tualeh, Upa. P. Nehgin of D. Phailian te innkuon in zong Synod tungton in hachin a Rs.3000/- (Sangthum), a missionary chawm ding un Synod ah ngetna ang bawl uhi. A miding lemtang Synod in amu hunhun un a chawm ding uhi.
- ZPYF-in High School mun ding a project inei uh P. Khupgou veng Emmanuel Khopi toh kizop/sah ah local lieng, mimal kiphalte leh Presbytery lieng a sum-le-pai kimute apatin Rs.7,00,000/- (Seven lakh) kipie zou hi. Synod in ahileh ning kumin plots li(4) ana leizouta hi.

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# KHRIST A KISIEMTHANA

(Bible Study: Rome 12:1-2)

- Pa. Samuel Khamsuankhai, M.Th

**Background:** Rome te kung a laithot/hah khu Paul laigel te lah a tuom vilvel khat ahia, Rome hattuom pen Paul na dindoh jong hilou Penticost ni a Jerusalem a nuajuiten Pasian thu ana gen lai ua piengtha te Rome apat hing kipan Jew mite'n Rome a akinua le ua ana dindoh uh hattuom ahia, Paul in ave ut mama, ave ut dan thu jong ana gen hi.

Alaibu pen ahileh, Mihing in Pasian ataisan a khrist tungtawn a Pasian leh mihing hing kilem kia in, tuazou a Jesu Khrist gingta Khristian te hin dingdan te khu Paul in ana gen ahi. Tuaban ah, kithoina kilat chieng in ahileh ahoi pen, athau pen, chite hi Pasian dei dan ana hi gige a Thuhun lui i etchieng, tuachima bang in Paul in jong tua kithoina silte bangma a siengthou ding a Pasian in eite ahing dei ahidan himi tang te tungtawn a imu thei hi. Hinanleh akikhiat na ahileh, Thuhunlui kithoina te tha in a uma, Gingtute kithoina ahileh Jesu Khrist shina tungtawn in kithoina hing ahita hi.

Tang. 1). *“Tuachi’n unaute aw, Pasian kunga na sapum uh, kithoina hing leh siengthou leh pomtah hi dinga kilan dingin*

*Pasian khotuona ziehin ka hing ngen ahi; tua khu na bawl ding ua kilawm mawng ahi.”*

Paul in Unaute aw achi poupou a ahileh ginna a unaute agenna ana hijing a, gingtu te ading a agen china jong ahi. Pasian kunga na sapum uh, kithoina hing leh siengthou leh pomtah hi dinga kilan dingin Pasian khotuona ziehin ka hing ngen, ana chi kia hi.

Kithoina hi Greek ham in *qusian zosan* akichi a, tuakhu sil um ngai mong mong lou ana hi a, Greek te leh Roman ten jong ana neilou uh. Kithoina himhim khat pen ahileh ashid ding, Pasian kung a pia khiet ding chi ana hijing a, hinanleh Paul in hitah a na sapum uh kithoina hing hi ding in kilan un ana chi hi. Tuapen,

nahinna uh Mangpa a ding in pekha un ana china ana hijo hi. Khenkhat ten Pasion ading a kipe khia ichichieng in, missionary a dinga kuon, Bible jil ding, Pastor hiding, evangelist ding sese khu Pasion ading a kipe khia in ingai ua, tuate mai khu Pasion a ding a kipeh khia ana hisese lou dan hive o. I hinkhuo a Pasion deilam a hing khu Pasion a ikipia theina ahi. Paul in “na sep na bol in, na ne na dawn hitaleh siljou sie Pasion thupi na ding in bawl un” ana chi hi. Tuami khu jong Pasion a ding a isa pum khu kithoina hing anahijing hi.

Bang chi dan a kithoina hithei ding e ichichieng in. Ei te hinkhuo tungtawn ah Jesu Khrist vahna ahing kilang ding a, I hinkhuo a Jesu Khrist ahing va chieng in ei a um Jesu Khrist khu kithoina ana hilaijang hi. Tuami khu in ivahna mute kung ah hundamna tunthei hi. Nang kithoina hilou in, Nang Jesu khrist na hinkhuo a nasulat khu Jesu Khrist kithoina pen Pasion in ana pom anahi laizang zaw hi.

Siengthou ichichieng in Greek ham in chini a um a, *agion* leh a *gnoj* ahia. A umzie ahileh

*Agion* ichi chieng in dembei china ahi a, *hagnos* ichi chieng Pasion mai a ding thei ding a siengthou china ana hikia hi. Himi *hagnos* in lungsim siengthou na lam ana gen a, hinanleh *Agion* ichi chieng in ahileh lungsim mai hilou a tahsa a siengthoua, dembei, genbang lou a umna china ana hi hi. Himi tang ah Paul in *Agion* ana jang a, tuami ahileh genbanglou, dembei a hinkhuo jah ding ahidan agenna ahi hi. Himi hinkhuo apoimo na mama ahileh, genbang a um mi khat in Khrist vah na asulang thei sih a, miten ama ah Jesu Khrist amuthei sih uhi. Tuajiah in hinkhuo jahdana siengthou apoimo dan sawlltah Paul in ana gen hi.

Kagen be ut khat kia ahileh, tuni'n mite hundamna khu kei nnasep hisih na chi kha maithei, gingtute zousie pen Pasion gam keh lien ding a thupieh te ihi ua, tuakhu athu a iva gen theilou ta in jong ihinkhuo a latsah apoimo dan Paul in agenna ahi.

Tualeh, Pomtah ichi hi Greek ham in *euva,reston* akichi a, a umzie ahileh Pasion lungkimna ana hidan hi. Tuni'n ihinkhuo kien talei Pasion a

ding in pomtah ahinai, Pasion lungkimna ahinai. Kingaituo tha vai, tun'n i hindan, ikhoheidan, i innsung mi ngel, i u inau jong alungkim sah zoulou leh Pasion lungkimna bangchi'n ihisah zou diei? Gingu hinkhuo ichi khu mohmai anahilou dan hi. Gingat mai a hunlou ahia, iginna khu Pasion a ding a pomtah ahingai ana hi dan hi. Tuachilou in ginna shi inei kha ding jau huoi mama hive aw. I hindan thukhat in koita vai, ikikhop dan te, ileengkhawm dan te, i innveng ibawl dan ah, i unau i bawl dan ah, Khristmas/ Kumtha imante dan ah, Pasion ading in pomtah ahinai chi khu ngaisut tham ching mama hi.

Himi tang topna ah, ei Bible ah, tuakhu na bawl ding ua kilawm mawng ahi, akichia, hinanleh Greek Bible a ka etchieng in dihla deu kasa a, translation dihtah khu tuakhu Hagau a nanasep uh ahi chi hijo ding dan ahi. Agen ut umzie ahileh, na hingkhuo ua, na sapum uh, kithoina hing, siengthou leh pomtah ahi ding khu Hagau a nnasepna uh ahi achina ahidan ahi. Eite'n hagau a a nnasep ichichieng in, lim a laam sese a, Amen chi sese ding

dan in ina koi a, tuamai ana hilou dan ave, ihagau mi hina jong i hinkhuo tungtawna kithoina hing, siengthou leh pomtah hi tungtawna sulat thei ana hidan hi.

Gingtute'n Pasion Hagau itang chiet a, tuami hagau in Pasion a ding a hin ding dan ahing theisah jel a, humi ijah lou leh iginna pen ashi ana hiding dan ahi. Tuaban ah, ei ham a nnasep silbawl chipen Greek Bible a himi tang ah, *latreian* ana jang a, himi thumal Greek dictionary in agen dan in ahileh, himi *latreian* kammal eiten nnasep chia ile pen uh, a umzie mi khat a ding a ahinkhuo jousie kipumpieh, eg., suoh te apute uh kung a akitulut na uh toh tekah in ana gen a. Nnasep maimai hilou in kipumpiehna, jong ana hidan ahi. Amin a sep ding ahijieh sem hijo lou in kipumpieh kom a Hagau zousie Mangpa ading a pekhia achina ahi. Tuami khu tahsa a, isapum Pasion a ding a ipieh khiet pen in ana etsah dan ahi.

Tuazieh in tuni'n Biehinn mun, guoh hilou a, i nnasepna mun khat pou pou a, hinkuo jousie, i khohei dan itat dan ah, Pasion a ding a i sapum, kithoina hing,

siengthou leh pomtah ahikhu gingu hinkhuo ading in alou theilou ahia, gingu ihina etsahna jong ahi a, tuaban ah, Pasion Hagau nei ihidan jong a ensah kia hi. Tuamai hilou in i tahsa a Pasion a ding a ikipiekhiet na in Hagau a nna sem ihidan jong a ensah kia hi.

Tang 2). “*Tam leitung hindan toh kituoh in um sih unlen, hinanleh Pasion deilam hoi leh pomtah leh hoi bukim bang ahiei chi na thei chienna dingun na lungsim uh atha a um in hing lamdang zawta un.*” Himi tang hi Saptan jong lekhiat hasa ana sa mama u’khat ahia, azieh pen, ei ham a “kituoh in um sih unlen”, achi pen hi thummal khat a English in confronted chi’n ana let khe mai a, Greek ham in hi *suschmatizesqe* ahia, aumzie ahileh kiheng koi lele, thangkhit bang a rong heng lele ana china in Greek Dictionary in ana gen hi. Tuaban ah Greek Bible a tam leitung chia kilet pen khu *aiwni* – Hun chi’n ana kigel kia hi. Tuazieh in himi’n agen ut pen khu. Tam hun a sil tuomtuom te ah na lungsim te heng koi lele sin, kihei koi lele sin, khovel a

sil tuomtuom te ah na mit nga sin achina ana hidan ahi. Agen ut pentah ahileh.. khovel a ginna chituomtuom ten, mipil misiem ten khovel huntouh kituoh in thuhil dihluo tamtah ahing gen ua, tamte lah apat kiveng un, Laisiengthou ah kibulphu in pilvang un. Hun pei dan dungzui in thutha tampi um ding a, tuate lah a kiveng un chia Rome mi te kung a Paul in ana genna zong ahi.

Tuaban ah, khovel sietna chituomtuom te a nahinkhuo jang lou in Pasion deilam hoi leh pomtah leh hoi bukim na theichienna digun na lungsim uh atha a um in hing lamdang zawta un, achi hi. Agennum tah pen khu khovel tahsa deidan a pei hinonlou in Khrist deidan in peijo un achina ahimai hi.

Ahileh hitah a Pasion deilam hoi leh pomtah leh hoi bukim na theichienna dingun na lungsim uh atha a um in hing lamdang zawta un achi khu bang agenna adiei chi en kia vai. Greek Bible a i etkia leh hitah a na theichienna ding un achipen hi, *dokimazein* ana kijang a, tuami umzieh ahileh, ahinana hi. *To prove* china ana hi hi. Agen ut pen ahileh, Pasion deilam hoi

leh pomtah leh hoi bukim bang ahiei chi na theichienna dingun, hijolou dingin, Pasian dalam hoi leh pomtah leh hoibukim na prove/na etsah thei na ding un na lungsim uh atha a um in hing lamdang zawta un, achina ana hijo dan hi. Tami hi, hindan tha, Hagau hinkhuo ijah na in Pasian deilam bol ihidan leh pomtah leh hoi bukim ihina pen ahing sulat jot ding dan ahi. I theisiam ding ahinonsih a itheisiam jou a Hagau hinkhuo a i prove/i etsah joh ding dan ana hita hi.

Tuaban ah, ei atha chia ileh saptan New achi ukhu Greek ham in chini (2) ana umkia a, *Neos* leh *kainos* ahia, *Neos* ichi chieng in huntha genna ahi a, hinanleh *kainos* ichi chieng in mitha, siemtha agenna ana hi hi. Himi

tang ah *kainos* ajang a, tuami in imi hindan atha ding achina ana hi. Hindan tha Jesu Khrist nua jui ihileh kisiem tha a Pasian a ding a kithoina siengthou hiding apoimo dan agenna ahi.

**Thukhum sin:** Tam Rome 12:1-2 ahileh hoi tah a isim chieng in, tang 1 sung teng khu mimal ki et tha na ding in Paul in ana giel a, tang 2 ah, i khotang, khovel, leh hun pei dan, i kiim i pam a thu um te a ilungsim subuai lou a Khrist leh a Llasiengthou a dingkip ding a Paul in ahing hanthawn na ana hi. Tuazieh in gingu ikichi leh mimal a kisiemtha apoimo a, tualeh khovel leh hun pei dan toh kituo a sil hing um te le thu hing umte apat kiven poimo mama ahidan ahing hil hi.

## LUNG DAM THUGENNA

Pu. Ginsuanhau Zou, MLA 60/AC Singngat & Chairman MANIREDA in Synod Office Compound suongphana ding in Rs. 2,00,000/- (Two lakhs) kiphaltah a ang piehna tungton in lungdam thu i gen uhi. Tu in nasep kipan lel a, a tam sem semkhe thei zingin ama leh a innsung mite Pasian in mapui zingta hen.

# SILHOI BAWL IN

- *Upa Khupsuankham*

(Sam 37:3 “Mangpa muong inlen silhoi bawl in tuachiin gamsusng ah nateng ding a, bitah in na um ding hi”).

**1). Thumapui:** I Mangpa Jesu zong leitung a alenlai in damloute asudam a, mittaw te khuo amusah a, kengbaite leh zeng te zong asudam a, kum 12 siluong numei asudam chi imu mabang in, tulai ei Jesu nuazui ten zong i Mangpa silhoi bawlte pansan in Kumtha 2021 ahi toh kitawn in silhoi ibawl ding uhi. Silhoi nabawl mi khenkhate bawl dan en va-ui.

2). Mikhat singpi noukhat lenlon na dawn sah zong silhoi bawl nahi a, lampi a pei eisang a kinaw zawte lampi ot zong silhoi bawl ahia, kari a tuong inua a hing peite akin zaw deute lampi ot zong silhoi bawl ahia, mi loulai a ganta suoh nawh dohsah zong silhoi bawl ihi uhi. Tubanah, ATM booth a sum la ding eisang a kinaw zawte leh eisang a Upa zaw leh tehse te masatsa zong silhoi bawl ihia, mikhat kari bahara ipiehsah zong silhoi bawl ihi hi. Eisang a upa zawte touna ot zong silhoi bawl ihi uhi. Eiten Good Friday Khristmas, Palm Sunday, kitenna, mouhahna, Anniversary, kumtha birthday leh vaiguon dangdang ah silhoi ibawl ua, silhoi ahi, ibawl ding ma uh hi a, bangma bawl sih nanlei zong koiman siemmaw ang tansih ding

a, hinanleh abawl a ibawl uh khu mite dinga silhoi bawl ihina uh ahi. Mikhat ka lungsiet hi ichi a ama dinga bangma ipieh vanuh sih u'leh ei silhoi bawl miten ang bangchi thei ta ding uoi?

3). Tehsiepu khat in Pharmacy khat a damdawi alei leh asum kiching zou talou in agei a ding, tangval khat in adamdawi man zousie apiehsiang sah leh kidang asa taseng a, akipah a, Pasian ni chiin in koima gen ngailou in Biehinn akai chi thu iza ua, tam tangvalpa siloi bawl ziehin adamsung in Biehinn akai zing hi.

Pu Douzathang Haokip, Lambulane Imphal a um athagui leh agu ataang nat ziehin RIMS Hospital Rehability Imphal a um a, alupna, anua ma asah leh ahanga china umte a et leh apanpi

nuom a, ama lah thou theilou in akunga um atanu kung ah numeng aw sum bangza inei nalai ei? chia adoh leh atanu in Rs. 500 achia, apa'n isah ihang iziet ivei lam a lumte zakhat khat in vaban pieh tan achia, atanu in ava pie Rs. 100 maimai aneita giap uhi. A zingni in Pu Douzathang Haokip seppi te'n sum hing kidong khawm in Rs. 15,000/- in ave ua, Pu Douzathang Haokip zong dam in apawt a annasep contract basis a aseppen rugular appointment amu a, akum 2 nua in atapa khat in Assistant Professor nnasep amu hi. Tam Pu Douzathang Haokip in silhoi ana bawl ziehin a innsung in lawchinna anga uh chi thu iza uhi. Nupa khat atate lomsawm toh kihuihtha ding apawt ua, nitah lam in pape huon a vah ding in ticket akat uleh asum uh kichinglou in anua a mikhat in aguh in athei a, ticket katman ding teng apie a, a innkuon un pape huon ah noptah in hun nop amang ua, nitah lam in a inn uah kipahtah in aki leh kiata uhi. Mikhat silhoi bawl ziehin tam innkuon te'n hunnop amang thei uhi.

ECI Haika Pate Camp a speaker dingin Pastor Onkho achiel ua, lasa dingin Nh. Hoineilam chiel in ava haw ua,

vaiguon aman zouzou un Lamka zuon dingin ang kinuale ua, Saikot aphah un lampi siet ziehin a peisuoh thei tasih ua, Pasal khat Active atuong lai pasal pan, Pastorpa kung ah kari peisuoh theilou chi ding a kang na ngah a kang kham leh na khawl sih ua, hing zui un chin azawpi a, lamlienpi tan ah apei a ama pen hattah in akikhawta hi. Tam pasal pan silhoi bawl ziehin Pastorpa te buoilou in inn atung thei uhi. Tua pasal pa koi e chi zong athei sih uhi. Eima ding mai a silhoi bawl ding ahisah a, midang a ding zong silhoi ibawl ding ahi chi ang theisah a, miten kei a dingin bang ang bawlsah diei? chilou in mite a ding a silhoi bang ka bawlthei aum ei ichi zaw ding uhi.

4). Proverb 11:17: I etleh khoutuona nei mite eima hinna mama a dingin silhoi bawl ahia, hinanleh mitatsete pen ama tahsa tung ngei ah lunggimna atugsah chi imu uhi. Proverb (thupil) khat ma in tambang in achi hi.

4.i). Naikal khat a hun na nopman ut leh tomkhat imu in. 4.ii). Nikhat nopsah ding na ut leh ngaman in kuon in. 4.iii). Hakhat nopsah ding na utleh jinei in. 4.iv). Kumkhat nopsah ding na ut leh lou hou in. 4.v). Na hinkhuo



pumlum a nopsah na ut leh silhoi bawl in.

Pasal khat Office kai ding a Car toh guo lah a atai leh amai ah nungah 2 alutung ua guo dal dingin a bang utoh kidalkawm a pei amu a, acar kotta (window) a hong a satin lien lui 2 a khuh ding un apie hi. Pastorpa innlam a akilekia in alawmpa khat in Satinlien atha 2 nangma ding ahi chi'n a car sung ah akoi hi. Pastorpa silhoi bawl ziehin nungah tegel guo kotlou in, innlam apei uh chi iza uhi.

5). Pasal napang genthei khat a school fee ding aneilou ziehin khawpi sung ah zuothei thei azuo kawikai a, gim sengseng in innkhat a alut leh nungah khat ana um a, ama nun bang e? achi leh naupang pan ka dangtaa e a chi a, tua nungahnu'n nou dim khat bawgnawi adawn sah a, tuabep in naupang pa atha hing kiham kia in avanzua bangkhai teng azua kiata hi. Hun tomlou kal in tua bawgnawi pie nungahnu khu ang chinata a, Hospital minthang khat ah admit abawl ua, Dr. Howait Kelly in adam masang in azen a, tua nungahnu khu ang damta a, akizenna sum bei (Hospital bill) zousie doctor pa'n abanban a aet

et leh tua azennu nungahnu in asang zou sih ding chi athei bep in alungkhampi taseng a atawpna penpen ah tambang in ana kigiel hi:- "Paid in full with one glass of Milk" (Bawgnawi noukhat in nungahnu kizenna sum bei teng a pesiengta chi'n akigiel a, doctor pan suoi akaita hi). Tua nungahnu in bawgnawi adawnsah pa khu Dr. Howeit Kelly ama zenpa ahia. Nungahnu in silhoi abawl ziehin ga thupi tah akilaw doh ta hi. Pieh hun ding alemtan lai tah in mi tung ah silghoi bawl in, na kisia lou na dingin.

1964 a Class (viii) ka exam a in class (vi) Exam numei khat toh ka toukhawm a, ang dohmun sieng ziehin keima ka dawn sieng manlou ding ka zau a answer script kala a, bawl ding teng ka bawlsah zou in a submit a akipeita hi. Kum1973 in Alipur Hospital Kachar Hill District a Operation ka kibawl lai in "U Khupsuankham ang chi aw khat ka za a, ka ngaisut sut leh ka exam a ka toupinu ana hi kha hi. Ama pen TB Ward lam a duty in ang pangkha a, ka lungsim a ka ngaisutna um khu mi ipanpi te khu Pasian in itung ah ang sulang hi, chi khu ahi".

6). Gen. 12:1-3 i etleh Pasion in, “Abraham aw nam thupitah in hing siem vang in guol hing jawl vang in, na min zong thupisah vang, tualeh nang khu guoljawlna nahi ding hi. Tualeh ang hing guoljawlte guoljawl vangin, nang hing hamsiette hamsiet vang in, nangma apat leitung a nam zousie guoljawl in um va uh” ach hi. Tuaziehin midang a ding a silhoi ibawl leh Pasion in ang guoljawl ding chi imu ua, i silhoi bawl khu mdiang ten zong agensawn thei dingin silhoi bawl chiet vai. Etsahna ding in.

1). Ankam lawm 3 Rs. 6/- a nupi me zua ten azua uh kizawngsah in tengkhat veuvou hadeh in ideh kankan ua Rs.5/- in ilei ua, van lei fuh, vanlei siem in ikingai ua, tua khu silhoi bawl hilou hi. Rs. 90/- man pen Rs. 10/- pen isilhoi bawlnan zang ulei tua me zua nupi nu’n aphattuompi ding hi. 2). Dawr (dukan)-khenkhat ah fixed price in rs. 500/- 1000/- pen deh sese lou in ahausu te dandang bangin ipie uhi, piehlou ding china vang ahisih hi. 3). Ann hotel a ineh chieng un deh vaselou in ahausu dandan bang in ipie uhi.

I tenna uh Manipur ahia, police ten silhoi lou kumpite vankham leh adangdang a silhoi lou news or TV te ah ang kisuo cheingin ei singtang mite silhoi lou bawl atam pen in akilang hi. I thupi pansan in “Mangpa muong inlen silhoi bawl in tuachi’n gamsung ah nateng ding a bittah in na um ding” chia eiten Pasion muong ibang ua, silhoi bawl ding lamlam idon khasih u hi. Tualeh mi zousie kung ah bawl zou sih nanlei zong ikim ipam a te kung beh ah silhoi bawl vai, I seppi lawm leh guolte, inamsung ah, i hattuum sung ah, sang naupangten zong i school ah, i college ah nikhat a silhoi khat chiet bawl ulei igam khangtou ding, lungmong in gamsung ah iteng ding uhi.

Vangam itun chiengin ipilna i siemna ihausatnate a nuomman isan ding uh ahisih a, midangte ding a silhoi ibawlte apat a nuomman isan ding uh ahi bou hi. Mangpa Jesu’n ka min a sil neunou khat nabawl ua migentheite na panpi uh khu keima tunga bawl nahi uhi achi hi (Matt. 25:40). Paul in silhoi bawl khu haichi tu bangin agen a, lungkelou leh chintah lou a

silhoi ibawl uleh ahuntah a aga i at ding uh ana chi hi. Ei gingtute khu hagau lam a lou neitute bang ihi uhi, achi hi. Mi na inn a ang haw a singpi tuilum nana dawn sah zong silhoi bawl nahi a, agil akiel a ann na nehsah zong silhoi bawl nahia, apoimaw leh na inn

a na giehsah zong silhoi bawl na hi. Tualeh mikhat thugenn nagen hatpi zong silhoi bawl nahi, silhoi bawlsa ten ibawl zom zel ua, abawl khanilouten zong ibawl pat chiet dingun i kichiel uhi.

Mangpa'n Simtute zousie hing guoljawlta hen, Amen.

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# CHILD PSYCHOLOGY

*and*

# TEACHING METHOD

- *Khaiminlian, Asst. Professor*

## 1). Thumapui.

Tuni hun a i Zou Synod huongsung a Sangshiete lah a tam Seminar paper "Child Psychology and Teaching Method" luikhie thei ding a damna hing pie i Mangpa Pasion min ka phat masa a, deisahna hing pie i Synod lamkaite tungah lungdamthu ka gen hi. I thupi uh eiham in "Naupang lungsim leh lai hil ding dan" chiin kahing letkhie hi. Child Psychology (Naupang lungsim) khu gendan tuomtuom um nanleh 'Naupang lungsim leh umdan zilna/theina' ichi ding hi (American Psychological Association). Naupang hing khandan, alunglutna, a dei leh deilou silte, a kimawl na, damtheina, khotang a kihaldan, a thanuomnate leh adangdang a hinkhuo zousie khu tam 'naupang lungsim' in a tunkhawm sieng hi. Misiem mipilte'n naupang hinkhuo khu khantouna chituom tuom 5 (five stages of development) in ana khen uhi. Tam i vaiguon ah thudang tampi genlou in naupangte lungsim leh ngaituona theisiem a, aphatuom theipen ding a amaute lai ihil dingdan uh ikikum ding uhi.

## **2).SANGNAUPANGTE KHU GROUP 5 IN KAHING KHEN HI.**

### **2.i).Naupang kum 4-5 te lungsim leh umdan:**

Tam naupangte khu a tahsa uh kxanhoi laitah ahiman in tanglou a um khinkhien theiloute ahi uhi. Amaute theisiem thei ding ham leh kammalte zah a poimaw mama mai a, amu teng uleh bil a azah teng uh khu azil uh ahingal hi. Lunglut tah a na thugen/na laihil a ngaikhiet hun ding uh khu Period khat sung in minute 3-7 (10 tan zong hithei) vel ahi ding a, Upate'n "Sia a sat lai in sat in" achi pen uh ahimai hi. A lungsim kihon hun chet ua apoimaw na hil ding teng hoitah a guoltuohsa diem a na koi ding ahi. Naupang neunou ahijieh un ihmud zong apoimaw ua, ihmud (Sleeping period) hun zong bawlsah ding ahi. Na thugen sang in na umdan apat in a zil tamzaw ua, tuaziehin na umdan, gamtat khohei dan in amaute hinkuo a haichi tuzing nahi chi thei in. Action a silbawlp pen a deidan uleh kipahna uh ahi.

### **2.ii).Kum 6-8:**

Amaute'n a tangpi in 8-15-minute vel lunglut leh lungsim kihawngtah in na thugen

a ngaikhe ding uhi. A khut a kengte uh a tangsah zing ding ua, ahi ding mawng ahi. Sil ngaito in ana suongtuo ua, sil kigente khu a lungsim un ana suongtuo zel uhi. Tuaziehin akung ua ithugente khu pilvang tah a gen ding ahi. Poimaw mama khat khu agen utte uh genna hun pieh ding ahi. Phat leh pahtawi ding a ut mama ua, a hoina uh gending isuikhiet ding ahi. School lou mun dang a imu chieng a zong ittah a houpi poimaw mama hi.

### **2.iii).Kum 9-11:**

A ngaituona uh a hiem a, sil ahibang tah a thei a ut uhi. A kilawm dan a phuohtawm zuol maimai thute in alungsim uh azou sih hi. A lungkimlou uh ahiei ichi lai in ana kipah man zel uhi (and vice-versa). A khanguol lah ua asiemlou, ahatlou ahiei ahoilou ahiei a gentena zahpen in alungsim uh anasah mama a, bolvot lou ding ahi. Milien leh mithupi te a ngaisang mama ua, ami ngaisangte uh umdan a enzui uhi. (Nang a sangshiepa/sangshienue ahing ngaisang in na umdan ahing enzui uoi.... Na naupangte lah a khatbeh in ahing etzui uh poimaw hi). Numei in a numei tanpi ma a ngaina ua, pasal

in a pasal hipi ma a ngaina uhi. Tuaziehin numei leh pasal kizom a toukhom sahlou ding ahi. A lawm-le-guolte bawlte a bawl ut ua, zong a bawl tangpi uhi.

### **2.iv).Kum 12-14:**

Tam hun ah amauh ma akingaisah pen uhi. A chang in kinepna sang leh tup-le-ngim thupi tahtah anei ua, hinanleh amauh kimuonngamna (Self Confidence) a tasam mama uhi. Tam hun a amauh-le-amauh kimuonngamna ding lampi bawlsah siem ngai a, poimaw mama hi. Tami dingin amauh ‘temhiemna’ theikhietpi ngai hi. Amauh khanguolte toh kithuoh/kipawlkhawm nuom asapen ua, midang (nu-le-pa tel in) sang in lawm-le-guol te thugen ala zaw uhi. Nu-le-pa tung ah itna a langsah sih ua, innsung ah atangpi in lungthah bai ut uhi. Amaute kepna ah a lawm-le-guolte uh theikhiet teitei ding ahi. Sil tangtah a ahibang a gen ding, hil ding ahi uhi. Amauh ngaidan leh deidante zong ngaikhiet sah teitei ding ahia, lawm-le-guol dan a kithuohpi ding ahi uhi.

### **2.v).Kum 15-17:**

Tahsa leh lungsim a pichinlam manaw leh silbangkim ngaituo ahi uhi. A kihil chiengin a ngai

ut lou bang nan uleh adap in alunghimaw ua, a ngai veve uhi. Siemna leh theina aneite uh midangte mai a suhlat a thanuom lamtah uh ahi. Pichingtou pai dingte ahiman un a TALENT uh theikhiet a pichinsuo sawm ding ahi. A thugente uh ahoilou ahisih nahleh zuipi hamham ahoi hi. Lawm-le-guol tampi nei nan uleh lawmhoipen (best friend) ding mi khat a lungsim tengteng uh a genkhiet theina dinguh apoimaw uhi. Tuaziehin lawm hoipen zong anei chiet uhi. Lawmngai/Numei leh pasal kal a itna khu atangpi in tam hun ah akipan a, pilvangtah a Pasian thu a pui a hil ding a poimaw mama hi.

**3). SANGSHIE nasep khu sepna lah a ‘sepna zatathuoi’ (noble profession) ahi.** Sangshie nasep khu ‘mihing siemna’ ahiman in manpha mama hi. Tam sepna manpha khu bangchibang a gasuo leh lawching sah thei ding ihiei chi kikum vai.

### **4). SANGSHIE IN A BAWL LEH THEI DINGTE:**

4.1).“Lesson plan’ bawl a zui ding ahi. 4.2). Naupangte’n a deidan uh a utdan te uh theikhiet teitei ding ahi. 4.3).“Be a Role Model”. Amaute bang a umthei

som in. 4.4). Na naupangte amin uh thei inlen, a min chiet un han in. 4.5). A innsung dinmun uleh a innten-khosah dan uh zong thei in. 4.6). Kisingsahna (Preparation) umlou a class na lah ding ahisah. Na class khu 45 minutes ahileh dahkal khat (1 hour) beh nakisahkhol ding ahi. 4.7). Naupangte'n atheisiemlou uh ahing doh ngamlou uleh Sangshie lawching kihilou ahi.

**4.8). Naupangte'n dohna/dohding (Question) khatbeh ahing bollou leh azieh 2 um ding ahi.** .i). Na simmun hil abawn a thei uh, gen belap ding umlou china ahithehi hi. ii). A theilou seng zieh ua doh ding theilou uh zong ahithehi uhi. Tambang hun ah Naupangte'n dohna ahing dohlou zieh uh khu a nina (ii) pen zieh ahinuom hi.

4.9). Naupangte lah a theibai (Fast learner) leh a thei zekai (Slow learner) um ahi chi theizing kawm a laihiil ding ahi. 4.10). Class na lah pat masang in na simmun lah ding toh kituohin na naupangte minute 1-2 sung in kithalopsah (Motivate) in. 4.11). Naupang zousie kibang chiet in bawl in. Deisah tuom leh huotbawl tuom

nei sin. 4.12). Naupang zousie in a zah chiet ding un na aw (voice) ngaisah in. 4.13). Naupangte seat rotation bawlsah ahoi hi. Kalkhatin khatvei zel hileh (last line te first line ah chia kitawl vadiel ding). 4.14). Na laihiil sung in munkhat mai a ding den ahiei, touden ahiei in um sinlen, room sung ah vah kimvel in. 4.15). Naupangte a mit uh enzing in (eye contact). 4.16). Na class lah sungin naupangte'n athei leh theilou uh etkhietna in Formative Assessment leh Summative Assessment zang in [Class na lah kimlai vel in na hilsate apat dohna bawl in (Formative Assessment). A simmun pumpi (Lesson/unit) nazaw chieng in dohna bawl kia in (Summative Assessment). 4.17). Class na zaw chieng in Home work/Home Assignment pieh manghil sin. 4.18). Naupangte dohna nabawl chiengin pilvangtah in bawl inlen, na naupang koi ahiei khat in 'Sir/Madam in ka guolte lah a ahing muolphou sah ahi' achi louna ding un pilvang in. 4.19). Naupang guolphou lou deu a na theite khatvei vei dohna nuom, adawanna a theinopte dong zel in (Positive discrimination ahi).

**5). Naupangte'n lai nahil zaw chieng a athei uleh atheilou uh tena ding in Benjamin Bloom in 1956 kum in tena 6 ana pie a, Junior Basic School leh Junior High School mai ahijeh un tena 3 bou ikikum ding hi.**

**5.1). Remember (chiemte):**

Tam 'chiemte' in alaibu a um dohna tomte ahuopdeu hi. Dohna (definition), mi min, siltun ni leh kum (dates) te ana chiemte ua agen thei uh ahiei, a giel theite uh khu 'chiemte' ichi hi. A laibu a umsa a chiemte uh ahimai hi.

**5.2). Understand (thei na):** Tam 'thei na in a laibu a um a dohna sauzaw deute theina a huop deu hi (Mihing khat in ahinna ding a atulmaw bangteng ahiei....? Basic needs... etc....).

**5.3). Apply (Atah a zang):** Simmun nahil pen atah in azang theina uoi chi etna ahi. Sienthou dingdan nahil a, inn a ann neh ding chieng ahiei a khut asillou leh atah a

zang lou china ahia, simmun athei ding bang a theilou ahiding hi. A ksil ding chieng in a utlou in a kap nalai ei.... Sangshie manpha, naupangte tahsa lam mai hilou, hagau hinkhuo a bulphuttu manpha hidingin Mangpa'n hing guoljawl chietta hen. Kipah ing.

*(Note- Tami Seminer paper khu atung a igen bangun Assist. Professor Pa. Khaiminlian in Evangelist Teachers'Orientation a, a seminer paper ahi a, sangshieten naupangte lai ahil ding dan uh (teaching method) leh naupangte mizie leh lungtang puohdan (Child Psychology) thei ding dan kiizilsahna ahi. Tualeh, tami paper khu Sunday school sangshieten naupangte Psychology theina leh lai hilna ding a phatuom mama ding a thei ahiziehin ang kisuo ahi. Tuaziehin, Evangelist teachers te leh sangshieten phattuompi chiet ding ikinem uhi ).*

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# Media Technology

~ Rev. Lamsuanthang

**1). Thumapui.** Tulai khovel peidan khangtou hat mama a teng ihi man in, Khanglai or i taten bang sai ua bang bawl uh chi theipi poi maw mama hi. Tulai a michin hinkhuo a thupi pen phone ahi a, hoina zong tam mama a, a hoilou na zong nasa tah a um ahi. I taten a phone ua bang khoi ua bang teng tham uh a, tua in a hinkhuo uah bang chi nna sem chi pen thei poimaw mama hi. Kumching nailou phone toi phone a addict mu ding tampi um hi.

Tate phone hoi mama i leisah tan chau imawpuohna hilou in, kepbit sah zong imawpuoh na uh ahi. Social Media, whatapp, facebook leh a dang dang bang chin a zang ua, ahoilam in na zang uai a sia lam in a zang uai chi leh silsia bawl bawl nana a zang uai chi et chet a thei chiet poimaw mama hi. Tuaban ah nang mama in zong na phone bang chin na zang ei chi ki-et chet poimaw mama mai hi.

Tulai khovel khu khang tou mama pei/hat mama a teng te ihi ta uhi. Media technology khang kichi ta ahi. Innkuon ah izi/pasal/taten bang sai a bang bawl chi pen koima kitheipi ta lou. Mani dei dan leh hoisah dan chiet a ki khosa ta Jesu hing pei

kia ding chivel gelpha hi nawn lou leitung a teng den ding um den ding kisah na lungtang kinei tua ziah in i topic tuina te uh zong “how to live a successful life” chi vel hita ahi.

**2). Social media and technology in hing pum tuom in langkhat lam ah hinkhuo nuam sah mama a langkhat lam ah a diah in khanglai hinkhua pen susie mama mai hi.** I Kristian hinkhuo ngei ah zong tam izah siam lou leh Jesu Christ a ding a manpha ki hi thei lou ding a, tammi social media leh technology in hing ne mang thei ahi. Adieh in tuni a i gen ut khu facebook, whatapp, instergram, mobile games leh a tuomtuom ahi. Tulai tam te tungton khanglai leh

nupi/papi hinkhuo ah nasa tah in kingaisietna (depression) tam tah tun hi.

Tam 21st. Century khu i thei in i thei siemlou zong in social networking leh media technology khang hita a tam in hing khoi kha chiet ahi. Naupang te lah hil ngailou a pieng khom hi leh kilawm ta ahi. I Innsung i et chieng in LED hoi hoi, Computer, refrigerator, Gas, hoi hoi a kidem in i innsung uh tamten a luodim ta uhi. Kum 5 or 6 peita a Nokia sa bieu bou te khu tuchieng in smart phone in heng sieng in michin in toi sieng ta hi. Khanglai genlou nupi te nasan kiselfie thei tam mama hi. Hot water challenges chivel migam ah um eigam zong hing sukha ding a gintat ahi. Tumasang lai a Games jauhuai tah mai Blue Whale games vel i thei kha ding uh ka gingta hi. Tam social networking leh Media technology in ang khoikha a impact khu thupi mama i mimal hinkhuo ah kasha zieh in kana sui sui jel a tunin zong kang teel a tam khu i zah siem a iphattuompi i sietpi ding uh deilou na ziah ahi.

Tualeh, Steve Jobsin in “Technology pen i hinkhuo sunuom tu dinga bawl ahi.” Ana chi ahi. “to help us in our daily

living” ei pen nuomsah khop lou hing susie thei ahi jieh in thei poimaw mama ahi. Eite izah dan uh Bieninn vel kai kitop nai lou limlah vel thot khe man ana um jel uhi.

### **3 ). BANGZIEH A TECHNOLOGYZAH PILVAN NGAI E.**

**3.i). Isolation hing tun:** Isolation ichi chieng in kituom koina ahi. En vengveng lei nidanglai banga innkuon kihou va dial i umna uoi ? Mi inn a iva vah leh atapa Tv/ Cartoon or phone toh buoi a inn neipa phone ah ham anu Tv en serial etc a buoi changkang gawp innkuon kikap diel diel um thei nawn lou hi. Tamte zieh in ikikaal uh kigam la gawp hi. Mihing khu khat-le-khat kikum ding kipawllim ding a Pasian in a hing siem ah ia, Sapten Social being a chi uh ahi. English ten tam toh kisai a ana thupi gen mama uh “no man is an island” ana chi uh ahi (Mihing island banga ama tang in a hing thei sih ) chi ahi. Mihingpen social interaction hing tom deudeu a ihamsatna ikipahna kikap tuo na ahing tom deudeu chieng in Psychology ten mihing damsot lou chi uh ahi. Kichimat na tom seng i tate i houpi leh a chang chieng a amaw bang mai

uh. Sapten emotional need kinei mihing tua khat-le-khat i kipieh tua lou chieng in ki shi bai mama chi uh ahi.

### **3.2). Mi lah ah um ding dan**

**kithei non lou:** Kihoulim dingdan jong kithei non lou tulai society khu hichi hita ei, naupang ten en ta un a mi zatat lou dan uh ..... nidang teacher te ki jau dan... tulai a kikhanglaisah mama ten social skill zong nasatah a na lah uh ahi. Teenager kichi poupou ana en ua, MTV culture a hing mawh uh lamdang mama kibang chiet hi mai USA, France, Singapore etc kibang chiet mawh ahi. Khovel pumpi a teenager te khu ki bang uh TV, Youtube a a ette dan hi suah mai a tangpi in. Tuazieh a social skill nei non lou mi inn a a haw leh zong phone hi mai mi toh kihou thei a kium non lou mi buoipi ding lungtang um non lou da huai mama ahi. I thei ding khat uh khu phone jah or fb, whatapp te jah didan ikihil sang in Bible jah didan kihil lei a hoi zaw mama va chi ka ngai sun jel hi. Pasion thu kihil nawnlou seng seng in technology kihil hang a tua te ma hing pot kia in English ten ‘Garbage in and garbage out’ ana chi uhi. A lut ma hing pot doh hi lel ahi. Tv i en a tualou

chieng in phone ah fb, whatapp ki khoi tuachienga bang chi tua I et teng teng un hing control hi lel ahi. Mikhat in “Katapa cartoon en seng seng tom khat cartoon te um dan a hing um” achi hi. Azieh khu amu uh hing pot ahi Example a Korian Movies a hing tun ma sang in sam taang chel chol um khollou hi. A hing tung a tang jeng jung mai. Ka school kai lai a nih a tualloute pen maw kimusit mama mai a, ama uh zong jum mama uhi. Ahin, tun pen a bang chi ei tam khu Korean Movie affect ahi. Tuazieh a technology a hoi mama lai a ahoi lou mama na a um hi.

**4). Obesity:** Khenkhat te a thau a thau ding khenkhat a gong a gong ding tulai a modelar or mi chei ten a define dan uh khu ‘thin is beautiful’ a chi uhi. Tuazieh a numei khen khat gong chi tah a hing gong uh. Khenkhat lah Tv maai maimai ah tou sengseng leh phone ha khoi sengseng ihi jieh ua thau tahtah a pong thau jel kia. Innmai a kimawl non lou a thaa uh zang non lou a khutjung chau tang ahi chieng a thau dan hoi lou a thau a tam a tam khenkhat lah a aan kam uh tui nawn lou sil a et et te un a lungsim uh control seng ahi chie aankam tui nawn lou hi.

### **5). Depression kingaisietna tun:**

Tam khu a poi maw mama ahi. Mi status fb vel a min dam ah, a nopnop a hoi hoi updates, min gari tha puon aah tha nei, mi tua mun a haw kei haw lou vel chieng a khen khat in eima hinkhuo toh ana kicompare mawh ta, tua chia i lungsim a kei bangchi? Kei nel nol pi? I theilou kal a tuatan a zong affect um ahi. Fb vel khu mi tengteng in nuom kisa a vele, Mothers or Fathers day vel chienga fb a nu-le-pa it lou um lou 'I love my mom' etc atahtah a lah kem zong kem pei lou ki hi chiet ahi da huai mama hi.

### **6). Ihmut tom seng (Poor sleep habit):**

Ihmut thei louna whatapp or fb apat thu tuomtuom information hing tung den jankhovah a et ding um i huoh/ brain khawldam or rest ngaita lou. Tuaban ah screen light in i tahsa uh imutna bawl tu Melatonin subuai in ihmud suohna teng beisah keukeu kichi hi. Khanglai te zingkal kithou ngai nawn lou aah hing khuon chieng a imu pan avele maw. Tuazieh a kigim den kijoi den naap toh ki bang khau lou kihi ahi. Attention zong kip e thei lou Khanglai maw 8 hrs a imut ngeingei di doctor ten achi uhi. Eite kihi thei lou

kigim den I khan di ngaina a lungsim leh tahsa a kikhanglou whatapp group i join en lei .... Jan nua a mishi, kikhai lum ki post ..... Nupi khen khat bang phone a poimaw lou a hamham kipost den a sui zong hi nawn lou ahi lou leh a guh a sui dap na hi uh ama chi ut huai hi. Ahi chi den te khu a guh sui tam mama kichi. Papi khat or nupi khat na hi leh na pasal or na ji it ding.

### **7). Lake of sexual bounderies/ Gamgi neilou a thang tatna:**

Passal khen khat in numei naupang deudeu mai in fb a kanute um lou tuni hing vah vechia jaan sot nua a hing inbox chi uh hi. Khatpan a genna khu ken thei ngai votlou ahi vanga ama hing thei mama chi ahi. Boundries um non lou. Dated 17 August 2018 nia Zogam.Com a TK Jam Khulai in a sil post khat Pilvang in Fb ac khong na neih leh na min dik mah zang in .A huchi kei leh na naute nanu, napa toh na ki houkhiel kha di uh.Natanu bang nungak chin na bang hiam bawl kha de. Huchi bang deu in a dang le, chin ang post a dih kasa sim mama hi. Tulai hichi phiel/hichi ahita hi. Zan sot nua a nungah te papi toh ki-text nupi/ papi nungah tangval toh ki-text ngaisut tham

ahi leh “Krist a dinga manpha kihi ngailou ding ahi.” I kal ah sexual boundaries bei sah or jumna chieng um non lou. Tuni tan a video call umta kihou hou uh in necked in hing kishow in chi khat in ana screenshot hing kilang tha a zieh khu ama uh kaal kilem non lou khat in hing ha doh tuakhu Vedio leak kichi ahi a pilvang mama ngai ahi. Khanglai khen khat bang aw lapawlsa jou chet a phone en ngal ..... kihita hi ei. Pasian thu sanga khovel sil tam seng tuate hing pot doh ahita hi aw.

**8). Constatant Distruction/ Bawl ding pen bawl kha lou lungsim mang:** Buoipi ding pen buoipi kha lou in lungsim a phone, computer um den ahi chieng in sildang ngaisah man lou. Tuaziae in hunmanpha (opportunity)-tampite mangsah (miss) gige ihi uhi. Tam in i laisim na hing subuoi mama ahi. Thamlou in nute jong phone or seriel i buaipei kal in pasal/ji attention pe man lou in mi kitam mama ta ahi.

**9). Addiction:** Khamthei leh silchin dangdang te chau addict thei hilou in technology zong addict thei a atuachi te pen no.4, wy, zu, addict te toh kibang veve

ahi. BBM British Researchers ten 2008 in tam te khu Nomophobia chin a min vaw uhi. Tam khu “Mobile umlou chienga um maimai theilou (restless)” anxiety when they have no access to mobile technology” chi phone um lou leh mi maw bang a hawl jungjung mai tam khu nomophobia ahi. Tamkhu phone umlou a umthei himhim lou china ahi.

**10). Voilance/Thagum sua khohsa lou:** Kisuolna/kihauna, Numei Pawngsuolna (rape) thagum suona, chite internet, Tv, Youtube ah kien en in thagum suo kho kisa lou leh khosah dite khosah louna pung hulhul i tamta uhi. Tam te zieh in tam bang hing pieng ahi:-

10.a). Hiamngamna mulkim huai top khoh te zong mulkim huoi sah thei louna (“immune numb to the horror of violence).

10b). Thagum suona pen buoina suh vengna ding a ngaisut na (gradually accept violence as a ways to solve problems). 10.c). Youtube leh Movie a a et et te uh a tahtah a chien uh (imitate the violence they observe on youtube&movies).

### **11). Ahi leh bang chin iki veng ta diai le:**

Eima kithunun a, tate te dia zong et ton tah ipoimaw uhi. Ahin fb, whatsapp, instegram etc khu a sia ahi ichi na hi pai lou hi .Ahin i zah dan in a tung a i gente teng hoi louna hing tun thei ahizieh in pilvaang pen hing ngai mama hi.(1 Kor.10:23), tate kunga a gen bangbang in bawl in, chi chau hi lou in ka bawl bangbang in bawl in chi thei nu-le-Pa kipoimaw a, tuazieh in social media na zah dan tung ton in na tate jilsah na hi.

Tualeh, khawllam (machine)-silte zah louna ahi lou leh technology zah louna or non technological zone nei kipoimaw mama hi. Tami toh kisai in innkuon dining room bang, ki houlim lai bang a zahlou a offline a um hoi mama ding hi. Tua leh a da huai mama khat khu Pasion Biehna a phone call hing pei tua la a chapou deu a ham ziehzieh chi bang

kitam hi. Tamte bang inn ah nuasia mai lei bang a chi diei chi ut huoi hi.

Innkuon kipol leh kituana subuoi in zah da lei, Mobile, whatsapp, facebook leh a dangdang nahtah a zahna inn sungah kipawlkhawm leh houlim diel diel chite um thei nawnlou hi. Tuazieh in tam media leh technology khu mimal leh innkuon Pasion biehna subuoitu ahi lou ding ahi.

### **12). Thukhitna:**

Nidanga imu pha lou thei zong i thei khah loute i khanglai hinkhuo uh leh i inn sung uah hing tung ahi jieh in i khut zung vel ah i toi ta uh hi. Tam bang te a zang siam ten manpha tah a zang ten nasa tah in phat tuom mama in zang in kaam (job)- muna hinkhuo kisiemna hoina in a zang ua Jesu Christ a ding in gimnam tui hi thei jel uh ahi ei ten bang chin i zang uai le????

## **ZPWf Column:**

### **December 09, 2020 to February 02, 2021 tan a TUNNU LIMBEL PANPINA PETE:**

1. Nu Donneiching, Central Church	Rs.	500
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56. Tongdam Recharge, Anntang	Bag	1
57. Pu Ginsuanhau, MLA 60 Singngat A/C Chairman, MANIREDA, Anntang	Bag.	5

*(Adihlou khate Office a suhdih thei zing ahi.)*

*Petu zousie Mangpa'n ale tampi in hing guolzawl sem ta hen.*

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