

Nu leh pa hetdia poimo –Korona natna jeh a chate vending dan Ngailut nuleh pate ho,

Tulai hin natna phalou korona len jeh in chapang alen aneo hinkho asu boi in kichat nan aki dim tan ahi.

Hijeh chun hiche ho akon a boldinga poimo hochu:

- 1.Chate ho chu hiche natna toh kisai a phate cha a houlim bol piding.Ama ho kum toh kitoh a ahethi ding uva hilding chuleh kichat leh ling lau tah a hil lou din jong apha
- 2.Chapang ho chu ihou lim piteng alhoh uvin aban phah thei ding chan leh ahethi ding chan bou uva houlim piding.Akhuti lou leh ahethiem thei lou dinguchephat teng ata tah a thilsoh um sanga sang jo a akilah uva kichat na a dim dinguchi
- 3.Ahi thei chana Tv kiti ho chuleh thusoh jat2 chom2 ho moh vetsah sah lou in apha,achung uva kichat naleh tijat na a adim lou nading uvin chesang chun akichat nau chu phaten houlim pi chu apha
- 4.Nang nahin nachate ahin vetlhah a naum khah tah u jong leh,niseh kiman chah na chu ache ngai banga chesah ding in apha, tekah nan niseh a kichep golseh bol jing ding hichun mihem lung thim asu hallin hatna ape thei in ahi
- 5.Kisuh halna jat chom2 bolding hi thilpha ahi adeh in vetlhah a achoma umho din.Hiche hin mihem kinep naleh hatna chuleh apha bou gelna thei lungthim jong apen ahi.Tekah nan neh leh chah sem,drawing jih,ikom ivel ho toh kihou mat jing ding tiho hi ahi
- 6.Ikom ivel toh kihou mat jing kijah to jing , kisuh hal na jat chom2 bol hohin mihem lungthim asu nom in chuleh tah sa jong adam sah thei in ahi.Hiche natna danger tah kilah son ding kichat na lungthim ho venna dinga bolding ahi.Chuleh chapang hohi aloi apai hiche natna neiho kitho pi ding dan lampi hilding tekah nan phone a kihou sah,Purim matana akot phunga koi peh tiho vel hi ahi
- 7.Chate toh kihou thei nading leh alung thimu hetna thei ding lampi hochu ann hon khom pi,Tv vetkhom pi,tiul chekhom tiho hi ahi chuleh hichun kipana jong ape thei e
- 8.Tot bol nuikhom tiho jong hin mihem lungthim asu nomin hah sat naho ahai mil sah thei e

9. Chapang aha kichat deh set a alung thim pe nom lou hochu nuleh pan phate cha a vetkol ding ahi. Ama ho tobang chu phatea houlim pi a ipi ki bolpeh a phaham tiho chu dohding. Kichat tijat suhlhah nadinga hai dan jat chom2 bolsah ahilou leh bolkhom piding chuleh kiloi khom pi jing ding ahi

10. Kitho pi ngai cha ho chun oijapi/pu ham ,adviser nu/pa, psychology nu/pa nadoh thei u ahi

Nu leh pa hina dolla chate hiche natna toh kisai a aphalama mijouse damthei nadinga pan la khom cheh u hite