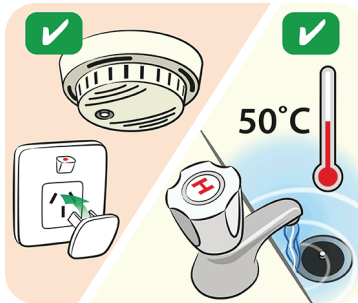


# Innchung himnak: hmanthlak in langhternak

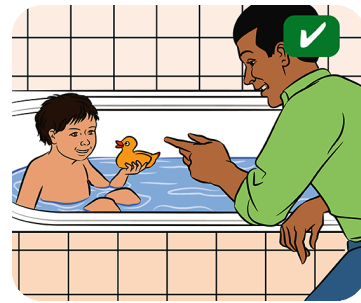
## Inn himnak: mei, sii le ti



Meikhu hngaltu seh pawl le ngakchia himnak caah mei sawhnak kua phihnak bunh. Tikholhnak khan i tilum chuahnak kha a tambik 50°C leng saat ter hlah.

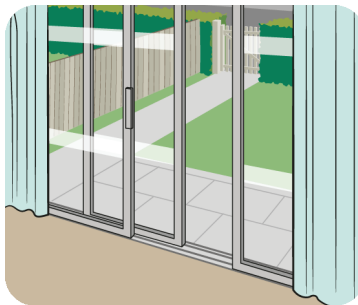


Meilah, meitek, sii pawl le inn i hmanmi sivai pawl bianaah seh sii, innthianhnak le kholhtawlnak thilri pawl kha a himnak ah chia hna.

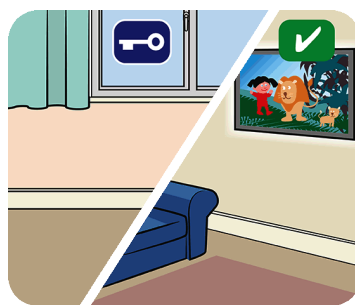


Ngakchia pawl ti pawng an um le ngakchia no pawl ti an i kholh caan paoh ah kut in phak khawhnak le mit in hmuh khawhnak ah um peng.

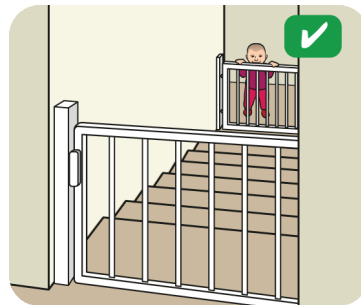
## Innka, thlangawng le hleihlak himnak



Thlangawng le innka pawl ah a **himmi thlangawng** pawl bunh asiloah inn hlun pawl i thlangawng le innka pawl ah thlangawng kuai khamnak caah benhmi palasattik thlangawng (shatter-resistant film) pawl kha benh. Mit he aa cannak i thlangawng cungah hmaanthlak aa telmi catlap benh.



**Thlangawng pawl hrenh hna.** Thutdan pawl le a dang thilri pawl kha thlangawng pawngah chia hna hlah. TV nih na fa a tlak le a nenh lonak lai vanpang ah hrenh asiloah benh.

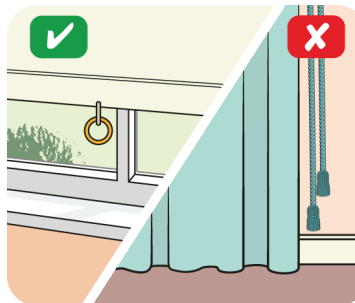


Hlei kainak le tumnak, veranda luhnak ah a khamtu kutka bunh.

## Inn ah tihnungmi thil pawl



A zumharmi pawl kha ngakchia pawl phak khawhlonak ah chia. Na fa nih a dolhkhawhmi thil hmetete asiloah a hnar, a hnakhaw, a mit chung tehna ah a senh khawhmi thil hmetete pawl kha ngiat piak.



Ingerhnak khamnak caah innka zar le thlangawng zar hri pawl kha cm 5 nak tawi in tom/beu hna.



Lakhrnak thil har ton tikah chawhnak phone nambar pawl le adang santlaimi phone nambar pawl kha telephone pawngah thlai hna. Na caah a himmi inn sernak kha kau law ruahnak le ralrinnak pekmi pawl rel.