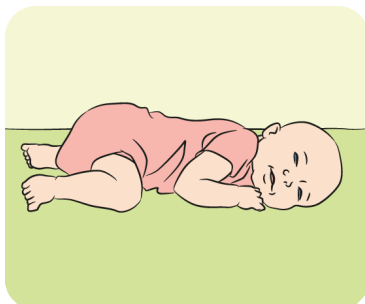


Paw in bawhnak

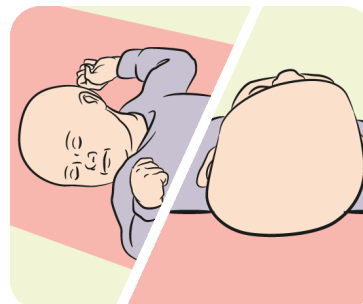
Zeiruangahdah paw in bawhnak hi a biapit



Na fa nih a paw le kiu hman in a bawh kha paw in bawhnak ti cu a si. Paw in bawhnak nih na fa a upat tikah a lu, hngawng le cunglei takpum thawnnak a bawmh. Na fa nih nifatin a paw in voi tawnawn a bawh lengmang ding a si.

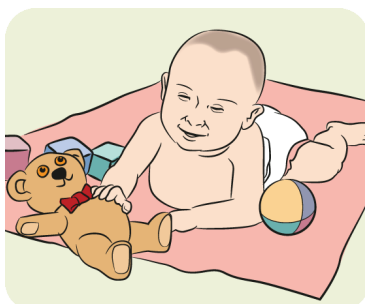


Paw in bawhnak kha na fa a chuah ni tlawmpal in nifatin a lentecelhnak phunkhat ah ser. Zarh tlawmpal a si khan nikhat ah voi 2-3 hrawng a caan dangdang ah paw in bawhnak kha minit 1-2 tibantuk rau in tuah ter. Na fa nih nikhat ah minit 10-15 tiang a hun tuah khawhte lai.



Thakkadal in ih, paw in lentecelh. Ngakchia cu an ih tikah an thakkadal in pungsan pakhat in saupi an it tawn. Mah nih khan an lu a perh ter khawh. Paw in bawhnak nih mah zong kha a kham khawh.

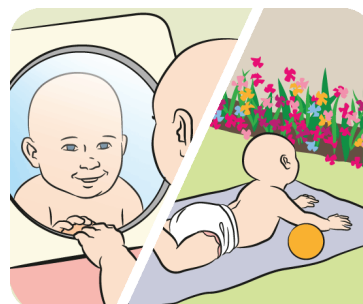
Paw in bawhnak tuahning



Na fa pawngah a himmi thilri le lentecelhnak pawl chia. A hmaika ah pakhat hnu pakhat in thawn hna. Mah nih khan a lu cawl, cawi le mer dingah a ral a that ter lai.



Tuang cung i na fa pawngah ah khan i bual ve. Hmanthlak a ummi cauk asiloah mekazin pawl kha kau hna. Mah nih khan nau a mit thazaang a thawnter i huammi zong a ngeihter.

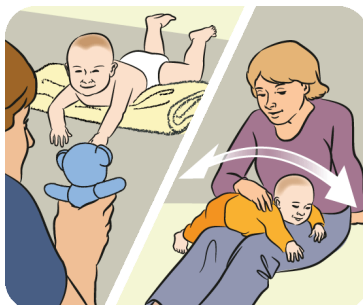


Na fa nih a mah le mah aa hmuh khawhnak pawngah a kuai kho lomi thalang chia. Paw in bawhnak kha **hmun dangdang** ah tuah ter. Bianaah puan phahpiak in innleng zong ah na tuahter khawh.

Paw in bawhnak kha a duhmi le nuamnak siding in tuah



Biaruahnak le hlasaknak, a keng ah muainak asiloah a kut thlingzatnak tibantuk in na fa a pawng na um kha hngalh ter.



Na fa nih **tuang ah a bawh duh lo** ahcun, zualmi taval cung, na phe i asiloah pumpululh nganpi cungah bawh ter.



Paw in a bawh caan ah nau kha tha tein zohkhenh. A vun thawn deuh le a cawlcangh khawh deuh khan cun a pawng i tihnungmi thil pawl thial piak hna.