

Kow iung müa chakkham



English

Health

Kow iung müa chakkham

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English

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শ্রেষ্ঠা সুকন্যা কাঞ্জী

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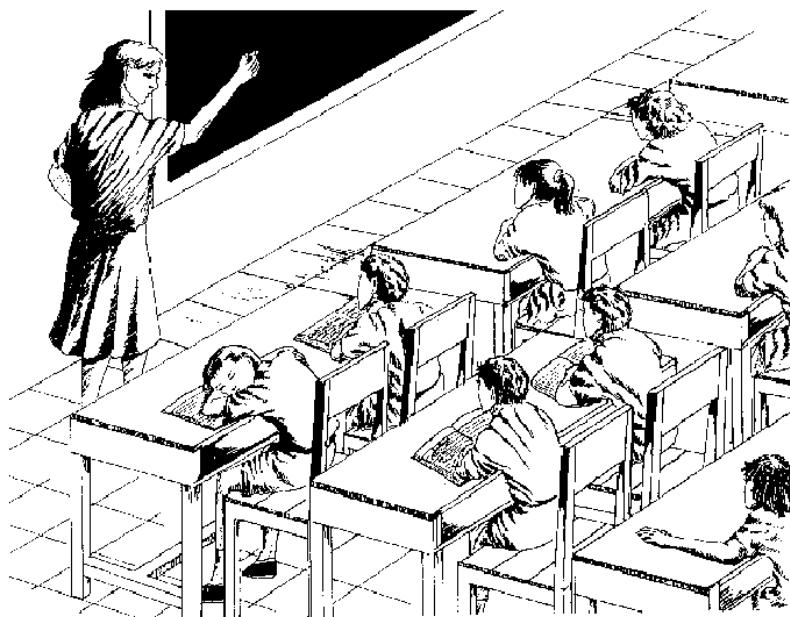
Hung dak kowi kowh kua uowi lowk mih kowi dow Menpa pami maru uowi lowkia. Aia dow nami kua kowi amasi hai achauüa preia hown uowi khai. Aia kowh chapa Chowngrau pami dow riat ning khowk chekhai, now aia kowh chama Sawngpau pami dow taruk ning chekhai.



Menpa kowh masi dow lainowmma bowm khai.
Naiawng rakowi aia dow adikma mih lup
nowng chang dowi chekhai.



Now ahua Menpa paw Iainowmma krau di
khai. Naiawng rakowi aia dow laih kowi
kownowng chang lup dowi chekhai.



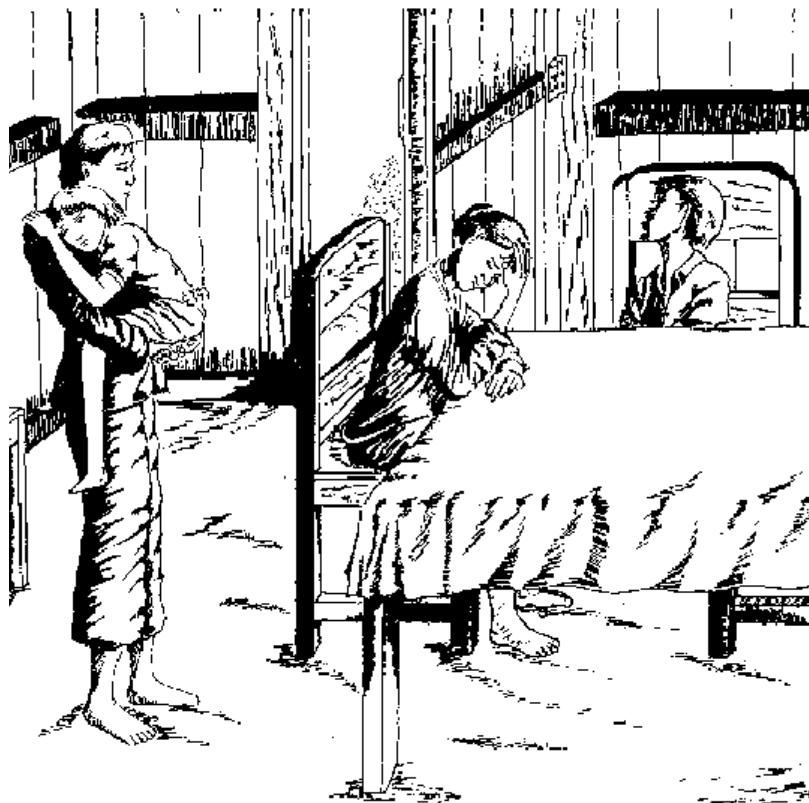
Achapa dow chasang lainowmma salik khai,
aia dow sara thüng sang mih khin khe
chasangra rum kowi mui khai. Naiawng
rakowi aia sawnchakuü pretaing chi khowk
chepaw aia dow taingchow reng tak chekhai.



Now achama Sawngpau dow kua kowi kowh
akeng ngeuüa iawng achürma nadowi chekhai.
Aia dow atungma krau khai.



Now Menpa hai amasi iüah dow, "A-i
kimchakuüa mih klangiungma cha hawmh
chakan dowi chekhai, naiawng rakowi krau
mih chekhai," padow katuak khai. Nami
hownia amatni dow ahuma chahawm büah
khai. Now amatchi dow chowngrau hai
sawngpau iüah kowi mih ahuahuma pechaah
hawm khai.



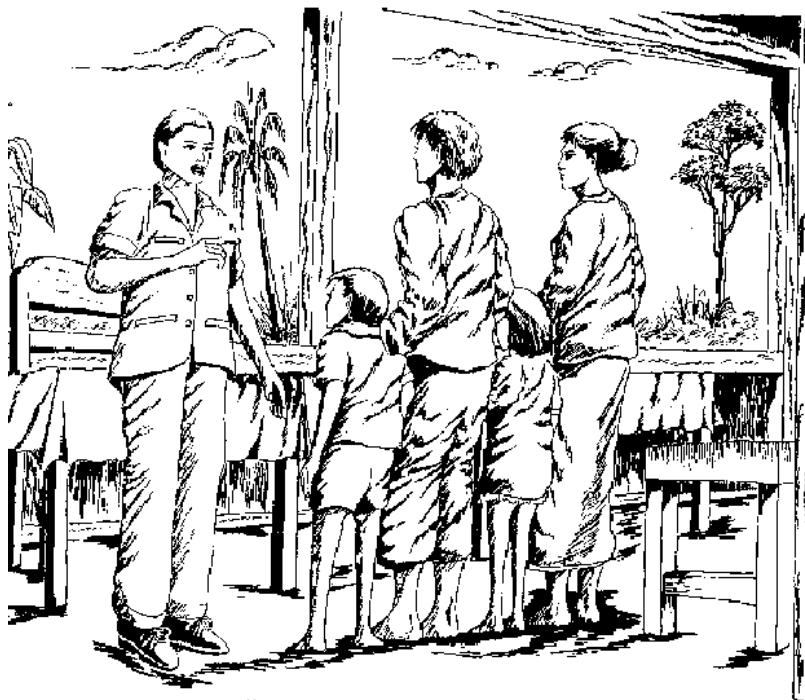
Ahuma hawm chak kung kowi paw Menpa
kowh kimchakuüa dow krau reng tak chekhai.



Amatni kua kowi krawi chaing rawka mih
maru uang mih khin khe Menpa dow aia
kimchakuüa kowi tawi chaingah kown mih nau
khai. Now rawka chaing mih maru dow amatni
kowi chaingla khai.



Now nami rawka chaing mih maru dow amatni
kowi chaingah mih khin khe amatni buk kowi
dow tawng rawka paw uowi dowi mih khi pe
khai.



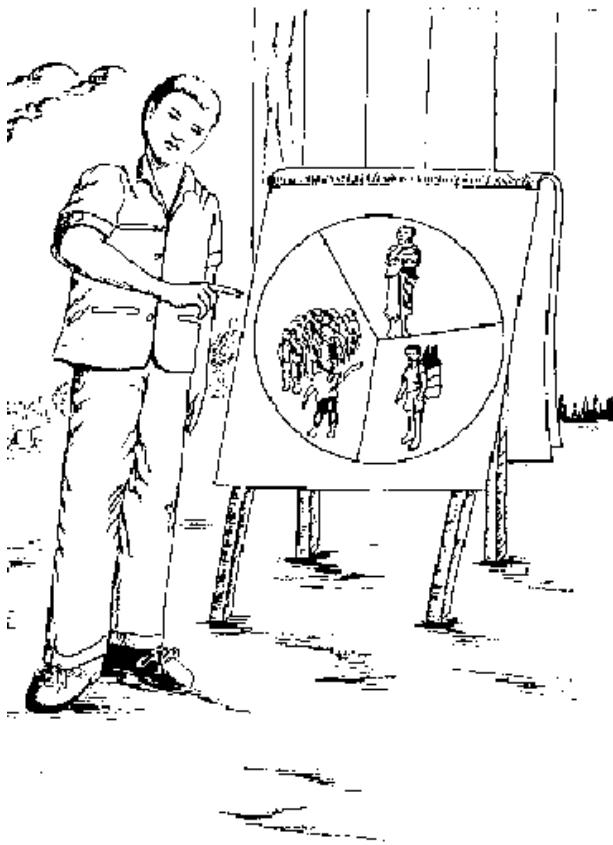
Now rawka chaing mih maru tekpe mih, "Enni dow hawm chak khin kowi klangiungma cha hawm dowi chekhai," pakhai. Nami laiklow ta hanow amatni dow lünta mih, "Klangiungma cha hawm pami auan tawng chow?" pabüah kahi.

Nakhok khe rawka chaing mih maru tekpe mih, "Nami auan dow chakkham iung nachan kown takla," pape khai.



Now Menpa tekpe mih, "Aning dow mu du pat chi cha hawm," pakhai.

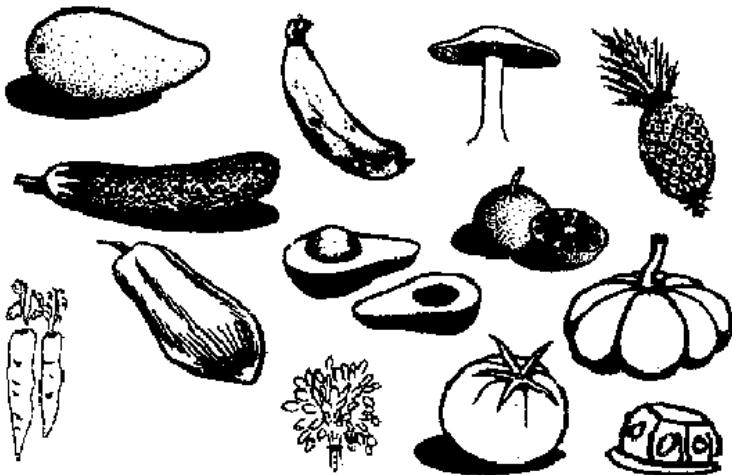
Nakhok khe rawka chaiang mih maru tekpe mih, "Mu du pat enni cha hawm pache dow chakkham iung enni cha mih nadowi tak chekhai," pape khai.



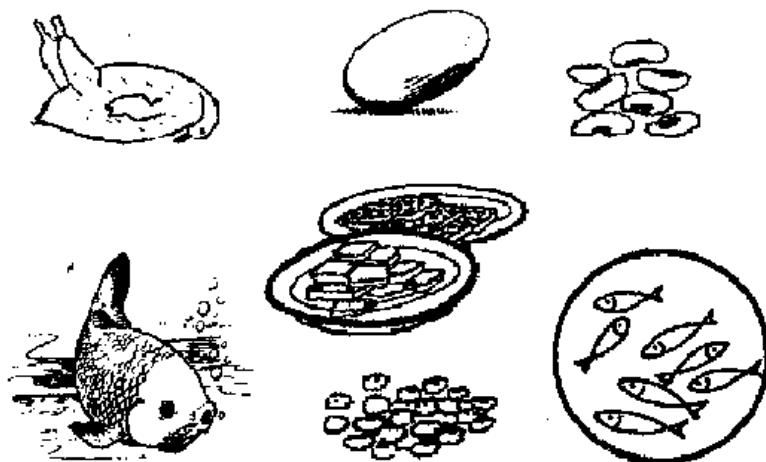
Now rawka chaing mih tekpe mih,"Chakkham iung kowi dow aiung mih süa uowi sum chap, nami dow: kür müa, kow iung lakiung müa hai iuksown müa chekhai," pakhai.



Kala kür kown mih chakkham dow: Hæwm,
prenbawng, mawuih, semaing hai kawm
chekhai.



Now kala kowiung lakiung kown mih dow:
Pramna, be uih, kachawl, surchow mintau uih,
pentaka uih, prinding uih, sapsa uih, uihphum
uih latma uih kowi chekhai.



Now awr iuk awr sownla kown mih dow: Dal,
uadui, dam hai chaknga chekhai.



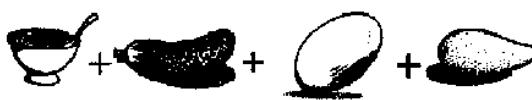
Now rawka chaing mih maru dow Menpa hai
aia kimchakuüa kowi nakham iawntui kown
mih paw tekla pe khai. Kow naiuk nasownla
kown mih kowi kowh lak-e mih sarui dow
iawtui kowi uowi chekhai.

**Langlak keah mih chakkham +
Pram na+ Chaknga + Uihak =**

**Kowiung
lakiung müa
chakkham**



**Kowiung
lakiung müa
chakkham**



**Kowiung
lakiung müa
chakkham**



**Kowiung
lakiung müa
chakkham**

Naiawngün kawiung lakiung müa chakkham
dow tangah mih ming kowi kowh chakkham
kowi enni naka kown. Now nami klen kowi
kowh iung müa dow iawntui enni nakhamla
kown.



Khin kowi klangiungma cha hownia bowt now
Menpa hai aia kimchakuüa dow kow aiungma
uang phaw khai bowt.

