

REPORT ON DISSEMINATION OF VITAL INFORMATION ON COVID 19

Dissemination of vital information on Covid-19 to rural areas: The outbreak of Covid-19 has resulted in a number of response actions in the form of awareness programmes, monetary contributions to relief funds, preparation of masks and sanitizers etc. If one looks at the Indian scenario it is apparent that in spite of efforts made by the government there is a good number of people who remain unreached in terms of awareness about the new virus. In our state, the Government and NGO’s have made an all-out effort to reach out to all its people. It is the task of all responsible citizens to strengthen the arms of the authority by playing an active role in the combat against virus. Hence, the Biochemistry department of Government Zirtiri Residential Science college has taken up the challenge of bringing awareness to the rural areas by preparing a comprehensive information on the virus in the local vernacular. The information will be published in:

- a. A local newspaper titled *Venghlun Palai* at Venghlun, Lunglei
- b. YMA weekly newsletter Titled MYMA at Chhingchhip Mualpui

1) HRANGTURZO : 26th April 2020

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Thu ziak

COVID-19 (Coronavirus) lakah him kan duh em?
By - Department of Biochemistry : Govt. Zirtiri Residential Science College
Aizawl, Mizoram.

Tūnlāia khawvêl ram hrang hrang 193 zinga ram 180 lai mai rûntu, mi 2,745,469 chuang teh meuh vei chhinchiiah tawh leh mi 191,791 chhuang nunna latu (24th April, 2020) hripui Covid-19 an tih mai chanchin hi i han belchiang phawt teh ang. Hritlāng thlen thintu virus hrik chi khat, *Coronavirus* hi an zirchianna hmasa ber chu kum 1960 kha a ni a. Kum 2003 thleng khân he virus chhūngkaw zinga chi 5 zet chu hmuhchhuah belh a ni a. Chūng virus zinga pakhat chu kum 2002-a mi tam tak nunna suattu **SARS (Severe Acute Respiratory Syndrome)** an tih kha a ni a. Khami tum khân khawvêl hmun hrang hrangah mi 8,000 zet chu he hri hian a man a, mi 800 vêlin an thihpui a ni. *Coronavirus* chi dang leh chu kum 2012-ah a leng leh a. Middel East atanga intan nia an hriat avāngin **MERS (Middle East Respiratory Syndrome)** an tih a. He hri hi ram 27 chuangah tai darhin, mi 850 vêl zetin nunna an lo chhān phah tawh bawk a ni. He coronavirus chhūngkaw zingah hian tūna kan buaipui mēk Covid-19 hi a thāwm a la na ber awm e.

Virus hi engnge a nih le?
Virus hi thilnung ni chiah si lo, nung lo han tih tur ni bawk si lo, a lai laklawha awm an ni e, tin an sawi thin a. Chumi awmzia chu anmahni ngawta an awm chuan nunna nei lo ang main an then kual mai a; thilnung taksa chhūnga an luh erawh chuan muhil kaiharh thut ang main an inthlahpung ngāhl chiah chiah thei a ni. Virus chi azirin an 'dam' rei zawng hi a inang lo hē a. Covid-19 hi mihring ka leh hnar kaltānga taksa a luh chuan hrawk atāngin chuapah a lūt thla a, hetah hian inthlahpung chiamin chuap hñathawh a tibuai thei a. Thisen atāngin a insem darh thei bawk a, hei hian kawthalo leh chaw pai tawihna kawnga harsatnate leh taksa bung hrang hrang lung te, thin te leh kal hñathawh te pawh a tikhaw lo ngāhl thei a ni. A tlangpuiin a veitu mi 80% vêlah chuan hritlāng pangngai angin a lang chhuak a, mi 15%- ah chuan hrawkñā leh thawk harsatnate lo awmin, pneumonia a thlen a. Mi 5%-ah chuan taksa peng pawimawh kan tarlan tāk te hi hna thawk thei

loin a siam a, an thihpui thin a ni.

Coronavirus (Covid-19) hi engtia inkaichhawn nge?
Mithiamte chhūt dân chuan mihringte inkaichhawn dân tlanglawn ber chu hetiang hian a ni:
(1) Damlo emaw, a hrik pai mēk emaw khuh leh hachhchaw si per lo dawn atāngin.
(2) Damlo emaw, a hrik pai nēn inhñaihchih taka awm dun a, taksa insik atāng leh inchiabai atāngin.
(3) Bungrua, bungbêl leh hmanraw danga hrik lo awm khawih palh a, kut sil fai lova mit, hñar leh ká khawih atāngin.

Engtin nge a lo lanchhuah thin?
Hēng a hñuaia mite hi min a hrik a kai a tanga ni 2-14 chhūnga a lo lanchhuah dân tlangpui chu a ni:
(1) Khawsik, (2) Hrawk nā, hrawk ro, (3) Khuh vak vaka bawhlawh chhuak lo chi (khu ro), (4) Thawk lama harsatna, (5) Taksa chauhna, sil thēm thūm, (6) Pum nuam lo, kawthalo. (chhunzawm a ni ang)

Damdawi Veng Branch YMA an April 19, Pathianni khân an ch huamchhūnga chhūngkua, ei tur ngchānga harsatna tawk mēk te an amunte enñahin an thawh kual a, ei chūngchānga thēma harsa zual deuh lāngkaw 19 thlangchhuakin, buhfai, alu leh tēl eng emaw zāt an pe. Hemi i hian Branch sum Rs. 12,000 vêl an g ral a ni.

Thubuai siamsak
Tūn hñuaia Vietnamese nia rin, ngdara ni 21 khunghran (quarantine) Home Ministry-in hriain, Mizoram rkār chu hmā la turin a hriattir.
Khung hran hun (quarantine od) a zawh tawh avāngin April 23, gani khân Lalthanmawia, OC, anlaiphai Police Station hovin E. Lung, h hian la tura kaltir an ni a, Foreigner hmangin thubuai (case) siamsak a ni ni ni vêk hian Serchhipah phurh thlāk āl a ni.

COVID-19 LAKA KAN CHHUNGKUA, CHAWTLANG LEH RAM A HIM THEIH NAN SAWRKAR-IN THUPEK AN CHHUAHE THUAWH TAKIN I ZAWM HRAM HRAM ANG U

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2) PENIEL : 19th April 2020

 <p>Kristian Thalai Pawl Mualpui Branch: Chhingchhip mualpuikt@gmail.com www.facebook.com/mualpuikt</p>	<p>25 years Estd. 25th March, 1995</p> <p>PENIEL Pathia hmel</p> <p>2020 Kumpuan : 'Midang tana malsawmna nih'</p>	<p>THUPUI Zawngbawl tura chhandam</p> <p>KTP Thil tunte :-</p> <ol style="list-style-type: none"> 1. Issa Krista rinna leh amah anna kawaga thalaite hruai. 2. Kohhran kut lee ni tura thalaite buatsaih. 3. Kohhran hnathawh thiputlin. 4. Krista Chanchin Thapuan darh.
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Volume XXV No. 14 Kar Tin Chhuak April 19, 2020 Pathianni (P-1)

Kan Biak In sak hma chu duh angin chhunzawm hleirhei lo mah ila VLTF te phalna leh Kohhran Building Committee-te hmaknain a theih ang ang a chhunzawm zel a ni a. Tunah hian a ban tur 14 phuar zawh tawh niin ban khur pawh engemawzat lah zawh a ni tawh bawh.

Nitin Building Committee leh KTP bakah Pavalai leh Kohhran Hmeichhe lam atengin hnatiang neih thin a ni a. Karleh lamah nawh a theih ang ang a thawh chhoh leh tum

COVID-19 (Coronavirus) lakah him kan duh em?

Tunlaia khawvel ram hrang hrang 193 zinga ram 180 lai mai runtu, mi 9,52,000 chuang teh meuh vei chhinchhiah tawh leh mi 48,000 chhuang nunna latu (2nd April, 2020) hripui Covid-19 an tih mai chanchin hi i han belchiang phawt teh ang. Hritlang thlen thintu virus hrik chi khat, *Coronavirus* hi an zirchianna hmasa ber chu kum 1960 kha a ni a. Kum 2003 thlang khan he virus chhungkaw zinga chi 5 zet chu hmuhchhuah belh a ni a. Chung virus zinga nakhat chu kum 2002-a mi tam tak nunna saatt SARS (Severe Acute

Volume XXV No. 14 Kar Tin Chhuak April 19, 2020 Pathianni (P-4)

(...COVID-19 (Coronavirus) lakah him kan duh em? chhunzawmna)

Mizoramah pawh hian nungchate kan la vehin ramsa kah kan la ching hle mai a; sapu kawr tawh ru a sundawng thinte pawh an awm tih hriat a ni. Khawvel ram ropui leh thil tithei ber ber pawhin an ngam loh, mitlawnga hmuh tham loh khawpa hrik te reuh te he Covid-19 hripui hi mihrinten kan tih loh tur kan tih avanga lo awm ni ta se, hetiang hripui dang leng leh chiam thei lakah hian engtin nge kan inven ang? Ramsate chenna tichereu zel lovin humhalh ila, a theih chin chinah an sa ei te pawh hi bansan tun tlang teh ang u. Tichuan, hetiang buaina lian lo thlang leh thin hi kan pumpelh theih ngei a rinawm a ni.

Department of Biochemistry
Govt. Zirtiri Residential Science College

3) VENGHLUN PALAI : 19th April 2020

<p>VENGHLUN</p>  <p>PALAI</p>	<p>YMA THILTUM</p> <ul style="list-style-type: none"> • Hunawl hman that • Zofate hmasawmna ngaituah • Kristian nundan tha ngaihsan <p>An Official Organ of Branch YMA Venghlun</p>
<p>VOL-XXXIX ISSUE NO-3, 19th APRIL, 2020 (PATHIANNI) BR. YMA VENGHLUN CHANCHINBU PHEK 1 - NA</p>	

COVID19 LAKA HIM I DUH EM?

Article

• Department of Biochemistry
Govt. Zirtiri Residential Science College
Aizawl, Mizoram.
Motto : *Lighted to Lighten*

Tunlaia khawvel ram hrang hrang 193 zinga ram 180 lai mai runtu, mi 2,276,359 chuang teh meuh vei chhinchhiah tawh leh mi 156,118 chuang nunna latu (18th April, 2020) hripui Covid-19 an tih mai chanchin hi i han belchiang phawt teh ang. Hritlang thlen thintu virus hrik chi khat, *Coronavirus* hi an zirchianna