



# SIAMSIN JOURNAL

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## *Editorial.....*

Amasapen in Siamsin Journal Executive Board sik-le-tang in simtute navek un 'SIAM SIN CHIBAI'.

Awle, kumlui leh tuhun a i Covid 19 Pandemic ziak a i Pawlpi Journal hun bangtan hiam i khawh nung in, tu in NEW EDITION tu 'NOUKHA' (August) a panthei nawn a i din man in lungdam thu k'on gen hi.

I Pawlpi thulu, "SIN IN, SEM IN, ZUN IN" chih bil a bat kawm in, Siamsinna lam

awlmoh masa a nei in, huai dungzui in i Journal deihtoh leng Siamsinthe awlmohna, Siamsinna lam khansak semna leh kithuzak tuahna kongkhak ahih phawk kawm in, Siamsinna vai Thuhoih leh Manpha, Zodawn leh Zogam, Vaigam leh Sapgam a i Siamsin momnoute mite tung a leng dingkhop a i Nam i Gam ading a Assets hoihtak a hong suah uh leng deihsak thu ka hon gen ahi.

Tu Contemporary World ah Technological Age in hon tuamkhum ahihna ah Technology khang hat mahmah ahihna toh kiton in, Online tungtawn a kithuzak tuahna leh Online discussion chihte bang i neihtheih na tungtawn in I pilna – siamna uh behlap in phatuam mahmah hi.

Hun paisa hun ah i Chairman, Standing Committee, Life Member te'n thupina gam hon zotsan ua, suun mahmah i hi chih leng ka hon taklang hi. Amaute i Pawlpi adi'a khuam muanhwaitak ahihna uh, a pilna-siamnate uh, a tha -le- zung uh i Pawlpi ltna

ziak a siit nei hetlou a pawlpi adia ahon contribute nate uh haihvual ahi kei hi. Huaite ban ah i Covid ziak a i heutu damlou a omlelte leng a hong damsiang pah uh i deihsak in i thumna uh leng ahi.

I maban ah PLATINUM JUBILEE ding toh kisai bang leng thanophuai mahmah in ngaklahuai tuntun mahleh, i Covid 19 Pandemic leh lockdown in tu dinmun in i lung hon liapsak mahmah mai a, i thumna uah phawk chiat lehng chih leng i kingen ahi.

Ka siamsin pih u-le-naute, i Gam i zun keileh kua ta'n hong zun ding hiam? Mahatma Gandhi in, "*A Nation that is capable of limitless sacrifice is capable of rising to limitless heights. The purer the sacrifice the quicker the progress*" ana chih mah bang in eimah hihtheihna lam chiat ah pan lathak tek ni. 'Siamsinna mah Pibawl ni'! Ka kipak.

*-Alex Siamgouthang Guite,  
Editor, Siamsin Journal*

# Lai Gelhdan Tangpi

Dr. Tualchin Neihisial ©PLS, Chapellane, Hfangtam Lamka

-(SJ Last issue June 2020 sutzopna)-

## 10. FIRST PERSONAL PRONOUN:

Mangkaangte' neih louh I neih tungtuan uh **first personal pronoun** ahi hi. **Exclusive** ah 'ka', 'kou' cih leh **inclusive** ah 'ei', 'i' cihte I neih tungtuan uh ahi.

Hiai a 'i' pen Mangkaangte a 'I' toh akhiakna leh akawk kibang lou ahihman in, thuvual [sentence] kipatna lou peuhmah ah laimal neu [lower case/ small letter] zat diing ahi.

- Our house i) Ka inn uh (exclusive)
- ii) I inn uh (inclusive)

[**Ciamteh diing. Inn** [house] cihna ah 'n' athuah a zat in simkhelh a omsak kei pen hi. '**An**' [food] toh kisai ah bel **an neek** theih cihlouh, lapau ah **an-bang itna** cih louh ngaal, thu dang kaw k thei a om louhman in 'a' hiam 'n' hiam athuah a koih kism lou hi].

"a" + pronoun ahihleh hal [kaalhal] diing [Etn- **amah a pai hi, amau a seem uh hi**] (Exception: **ahi hi** ah gawm diing)

"a" + verb ahihleh hal diing [Etn- **apai hi, a sim hi, a seem hi, a ne hi, a dawng hi** addg]

"a" + noun ahihleh hal diing [Etn- **van giksa hi, a siiksakol a hawl hi** addg]

## 11. SUBJECT CINCORDS: "A", "KA", "NA", "I", "UH" ZATZIA:

"a" + adverb ahihleh gawm diing [Etn- **atawntung in, anisim in, akaalsim in, a khasim in, akumsim in, akhangsim in** addg]

"a" + adjective ahihleh gawm diing [Etn- **ahoih, apha, asia, anu, apa, apil, asiam, ahau, azawng**, addg]

"a" + preposition ahihleh gawm diing [Etn- **atung, anuai, agei, apaam, anawl, asiik, akhang** addg]

Condition nei "**if**" kici peuhmah aki-zompoh kammal toh gelhmat diing ahi hi. [**etn- aleh, ahihleh, ualeh, keileh** addg]

[a] Penglam kahi [**khial**]  
Penglam ka hi [**dik**]

[b] Mauzuang nahi hi [**khial**]  
Mauzuang na hi hi [**dik**]

[c] Unau khat ihi hi [**khial**]  
Unau khat i hi hi [**dik**]

*Lai gelhdan tangpi*

Ciamteh in: “a” ah “a” leh “hi” gawm diing; *ka hi/na hi* cihte ah hal diing.

“*Theihnadiing*”, “*Painadiing*”, “*sepnadiing*” cih toh kisai gelhdan 3te lak ah –

[a] “Theihna diing”, “paina diing”, “sepna diing”.

[b] “Theih nadiing”, “pai nadiing”, “sep nadiing”.

[c] “Theih na diing”, “pain a diing”, “sep na diing”.

Atung a gelhdan leh gawmdan kibang lou thumte lak ah [a] atangpen leh adikpen ahi hi.

**First person concord ‘ka’** (kei *ka* pai) leh **second person concord ‘na’** (nang *na* pai) leh **first person** (plural inclusive concord) ‘*i*’ (ei *i* pai) cih te ah *ka*, *na* leh *i* a kizang khial mun mahmah hi. A verb/ a noun toh gelhmat louh diing ahi hi.

- ◆ *Kakipaak* ci lou in *Ka kipaak* cih diing;
- ◆ *Kainn* ci lou in *ka inn* cih diing;
- ◆ *Kapa* ci lou in *ka pa* cih diing;
- ◆ *Kanu* ci lou in *ka nu* cih diing;
- ◆ *Kagang* ci lou in *ka gang* cih diing;
- ◆ *Kanuphal* ci lou in *ka nuphal* cih diing;

- ◆ *Kamaakpa* ci lou in *ka maakpa* cih diing;
- ◆ *Kau* ci lou in *ka u* cih diing;
- ◆ *Nanna* ci lou in *na nna* cih diing;
- ◆ *Kapi* ci lou in *ka pi* cih diing;
- ◆ *Nanau* ci lou in *na nau* cih diing;
- ◆ *Inu ipa* ci a gelh lou in *i nu i pa* ci a gelh diing ahi;
- ◆ *Kangaihsun* ci a gelh lou in *Ka ngaihsun* ci a gelhzawk diing ahi;

**12. ADJECTIVE ZATNA:**

(i) English Grammar bang lou in ei pau, ei lai ah noun khit [nung] ah adjective in zui hi. English ah *Red Sea*, Paite/Tedim ah *Tuipi San* cih ahih bang in, *meel hoih*, *tui siang*, *puan san*, *mai san*, *mai puang*, *tuipi vom*, *tuipi si*, *mi lian*, *sing sang*, *gam nuam*, *gam thupi*, *minam thupi* leh addg.

*A zawi tawn lou lah dik veve:* A hoihna hiam asiatna hiam ahih-keileh ahihna a gen-ot nop ciang in, noun ma a **adjective** pai masa a, a noun sik-le-taang in ‘a’ hong kizang hi.

**Etsakna:**

- ◆ A lamdang itna [itna lamdang].
- ◆ A minthang mahmah Peter in mi tampi a piangthaksak hi.

-(sutzop ding)-

*General Article:***SIAMSINPAWLPI PLATINUM JUBILEE**

Agelh: *Lalthanghlun Guite,*  
*Chairman, SSPP Platinum Jubilee Celebration Committee*

Siamsinpawlpi Platinum Jubilee (13.1.1947 to 13.1.2022) lop ding ngimna in General Headquarters in committee member ding hon guante un meeting thum vei neihna hun ah dehsakna leh muanna thupitak toh Chairman dia tel leh guan in ka om hi. Huchi in meeting nei zel in lop dingdan leh panlak dingdan tangpi guhgelna hiai anuai a bang a neih ahi.



**Khatna:-** Platinum Jubilee SOUVENIR suahkhiak ding. Mi kiphah leh phatuamngai mi 75 telkhiak a amau mikhat in Rs.5,500/- chiat toh a souvenir suahkhiak ding. Hiai mi 75te inkuan limlak souvenir a tuansak ding ban ah publisher ahi ngal ding ua hiai souvenir pen free a hawm ding.

**Nihna:-** I nam sung a kiakniam naziak leh huai apan tun ding nawna ding sui ding in Fact Finding Team bawlkhiak ding Amau Jubilee lopna a mipi approval la in huai pen pomna leh phuanzakna neih ding chih ahi.

**Thumna:-** Lopna 13.1.2022 ni a thupi theipen a neih ding Phit lam mi 1000 to 5000 lam dupdup ding, Mizo lasiam leh Meitei lasiamte Paite la saksak ding. Eilak a lasiamte toh hih dupdup ding.

**Lina:-** Bugget ding in Rs.24,00,000/- guan ahi.

SEPKHIAKDAN:

1. Souvenir Board guanfel hita. Meeting 4vei ki neita a, sponsor tu dite ngaihtuah lallel ahihban ah article saplel ahi.
2. Fact Finding Team dinkhiak himahleh amau hiai na golpi sem ding a chingzou kisalou in ki dinkhawl lallel hi.
3. Covid 19 pandemic ziak in i kisakkhawlina hun ding sung 2020 leh 2021 kumkim val i buaitou hi. Huaiziak in lop dupdup leh fund kaihkhawm bangle ki dinkhawl mai hi.

THUKHITNA leh THUKUP:

Hiai atung a dinmun tan a kiding lel hita i hihman in va laitawp ding lah

*General Article: SSPP Platinum Jubilee*

hilou lah lohsam tak a lop teitei ding lah hilou chih ngaihtuahna toh anuai abang thukup ka hon bawl hi:

- 1) SSPP Platinum Jubilee Souvenir pen tua panlakdan mah in paitou henla,
- 2) Fact finding team pen mimal chiat i lohsapnate suithak in huai apan dinkhiakna ding mohpuakna lachi-at phot in,
- 3) Raja Goukthothang Guite, NE India singtangmite lak apan British Kumpi apan Independence sual masapen apuankhiakna neih a, Imphal Jail, British ukna nuai a khumlup Memorial Stone honkhiakna neih hi henla,
- 4) I District a MLA Constituency 6 a din sawm tengteng a policy uh leh a sepkiak sawm uh genna hun

leh ngaihkhiaakna hun 12.1.2022 in SSPP in ki organised henla,  
 5) 13.1.2022 ni in i music band leh i lasiamte Lamka Joint Headquarter makaihna in limited member te'n lopna leh ankuang umna nei in huai a telding sepna leh heutu sum-le-pai a ki ningching mi 300 ki telkhia henla amau mi khat in Rs.2,000/- in i platinum lopna hon sponsor uh henla amaute ban ah tha- leh- zung leh siamna ziak a sum thohlou a uaptu ding, award-ees, volunteers, lasiam, band group, nungak tangval 200 vel toh hih ziahziah mai in pat apan tawptan kuaman pailou in lam dupdup maile, Pathian in lem asakleh.

.....

**PAITE PAU A MONTH OF THE YEAR TE:**

- |                     |                      |                      |                    |
|---------------------|----------------------|----------------------|--------------------|
| 1). <b>January</b>  | - <b>Doutakha.</b>   | 7). <b>July</b>      | - <b>Dipikha.</b>  |
| 2). <b>February</b> | - <b>Doupikha.</b>   | 8). <b>August</b>    | - <b>Noukha.</b>   |
| 3). <b>March</b>    | - <b>Zingkha.</b>    | 9). <b>September</b> | - <b>Kaukha.</b>   |
| 4). <b>April</b>    | - <b>Gamkha.</b>     | 10). <b>October</b>  | - <b>Vulkha.</b>   |
| 5). <b>May</b>      | - <b>Tangsihkha.</b> | 11). <b>November</b> | - <b>Phalkha.</b>  |
| 6). <b>June</b>     | - <b>Khodoukha.</b>  | 12). <b>December</b> | - <b>Tunsikkha</b> |

*General Article:***KIHANTHAWNNA***Gelhtu: Vungzamuan Valte, IRS, New Delhi*

Tulai khawvel dinmun toh kituak deuh a kichou ngaita ahi a, nidanglai hunte leh, koute khawng malam leh kou hunlaite khawng khinglawta achih theih ding hi. Hita mahleh, huaihun laite khawng kigen chim theilou ahinna ah neu chik chik

bek genkhak louh theih ahi zel kei hi. Suanglaipek mukhalou leh suangmuat khawng zong a kuankhaloute dinmun tawh, phutuan de a, farsing keu halkuang a laisim khaloute dinmun ahoih dan khawng ki genchim theilou hial ahi hi. Nitak chiang a khua mial lua ahieh chia, innsung nasan mial gaivek ahi mai a, zing thawh baih a, nisuah ma a khawvak philhphelh nuai a laisim khawng nuam lawdan ahi hi. I tate mahmah leng kithuzawh zoulou leh kilunglut sak zoulou a kichi mai a, lou nasep, louvat, bawngchin, gamlak a giah leh khualzin chihte khawng i genpih chiangin “a nopchituak e” chimaimah uhi.

Hampathuai takin pawl 5 lak ka sim lai un (1975 ) huailai a Singngat bialtu MLA Pu T. Gougin hahpanna ziakin Electric (kawlpHEMEIVAK) ka mupha ua, ahon dawn zangkhai khopmai. Huaipen a kigen mangmawhte lak a khat ahi a, Lamka to Singngat leng lampi pucca in bawlsuak a, water supply tanpha a bawlkhia a politician diktak khat a kineih khak ziakin kikouzang tuan mahmah mai hi. Huaiziak khawng

mah ahi ding a, Lamka apat Singngat a school hong kai hialthok bang tamkuam tak om uhi.

Ute laibu zatsa khawng tawi nepnop kawm a school kikai ahi a, uniform puanak ngou khat kum 2 leh 3 bang kisen maidan ahi hi. Nasep tawh school kai kithuah ahi tangpi mai a, michih in puakkhop buaina kinei chiat ahi mai a, school kaisuak theilou bang leng tamkhop om uhi. Huchia, khawsak a haksat luat mahmah ziakin khenkhatte sepaih ding a kuankhe mai khawng ka om ua, kei leng pawl 9 ka simlai in sepaih kilak a kuankhakna bang kanei tei a, ahon deih vanglak ua, himahleh vangphat huaitakin ka kuan khata kei hi. Sepaih a pension theihna khawvel kipalkha ahi a, tu khawng a ka ngaituah thakthak chiangin “Pathian in a honpi na thupi hina maizen e” ka chichi mai hi.

Tulai khawvel ah, khangthakte a dingin sinlai hoieh taktak muhding a om ngei ding a, huaita aban ban in gen sin leng chidan ihi.



*General Article: Kihanthawwna*

## A. HAMPHA KISAK DING AHI:

Nektawm zong a khawsa ihi hia, nu leh pate' lawh nei a khawsa ahi uhia....tulai dinmun i et chiangin facilities hoih taktak inei chiat ta ua, anei leh neiloute kikar kigamla lawmlawm khollou hi. Khekor tawkek teng a tai gonggong muh ding i om nawn sam ua maw! Nunglam a taw in mit 2 nei ahon chih hial ding uh om khollou ding nahi uh, kipahdan siam ding ahi. Mihingte hinkhua ah nopni leh dahni om thei zelzel ahi a, ahau te leng hau den lou, a zawngte leng zawng den lou uh ahi chih itheih angai a, lungsim siangthoutak nei a hinkhua i manawh ding uh ahi hi. Theihtawp suah a panlate mah alohching nu/pa ahong hiding ua, mit a muhtheih leng tampitak ikim ikiang uah aom thamtham uhi. Kei zaw huchi khachi ka hi, chia kingaih siatna hun ahi kei, khawvel in ahon paikhen san ma in hunhoih naneih lai in panla in, na nah-lawh ding na kilawh khiak ding ahi, nu-le-pate hihtheih a tam kei hial.

## B. HUN SUANGMANTHAM AHI:

Ki naupang den theilou, ki tuailai den theilou, i tha – leh - taksa leng hat den lou, i khuak leng hat den lou ahi chih thei ni. Hunhoih ineih sungin thuakgimna tawh panla chiat ni, mite' nungdelhtu hilou a, mite'n ahon nungdelh ding ua pan

lak ding ahi hi. Tuailai thahat lai in ngaplouh taktak inei kei ua, huai hun pen a phatuam thei pen ding a zat i sawm ding uh ahi hi. Selfish deuh a gamtat akulna ah, nang maban ding khualna ziaka huchibang a gamtat leng khawksa sese ken, miteng kisupak zou tu-anlou ahi chih thei in. Na hun mansakte sut neuhneuh kawm in kalsuan khialkhial lechin, maban neitak a nasep silbawl khat peuhpeuh nei nahih naknak leh zaw, lam tuamtuam ah alohching pa/nu na hong hi ngeingei ding hi.

## C. KHAMTHEIH-GUIHTHEIH APAT KIVENG SIAM IN:

Hiaite gensau ngailou in kou hunlai 1970's inleng om thamtham ta ahi hi. Petrol hip churchur, nganja hip khu hluahhluah, sleeping pills ne, khamtheih kikap etc tampitak omta hi. Mihing lungsim leh ngaihtuahna "nervous system" khoihkha ahi ua, ahai lawh leng om ahi uhi. A sihlawh leh taksa lam a hatlou a buailawh tamtak om bok uhi. Chinzongsat khak neih ziak a khanvualte phalou tampitak om ahi ua, slavery chikhat ahihna ah tuaklut louh hamham ahohi hi. Tulai ngial inhoh, khamtheih chituam tuam tampitak omta ahihna ah, kivensi-am poimoh mahmah ahi a, lawm leh khanvual thuahna lam ah pilvan kul petmah ahi hi. Lawm hoihloute

*General Article: Kihanthawna*

nutsiat ngam angai a, lawm hoihlou neih a HELL a lut sangin, khenngam a damna neih ahoih zaw hi. Numei nasan khamtheih hih zong-sang omta ahi ua, pilvan kankan omlou ahi hi.

D. TECHNOLOGY LAM TAWH KISAI:

Neih le lam, tukthei taithei neih ziak a buaina piangthei tampitak om ahi a, pilvan mahmah ding ahi hi. Poimoh loupi a bike a kikhawh fuafua theite khawng kuaman ngaisang nawnlou ahi uh chih thei ni. Tulai dinmun ah technology kikheng thithe ahihna ah vanzat changkang taktak suak zungzung mai ahi a, tuailaite a dingin mihip theihna leng ahi ngeingut hi. Phone suakthak teng na neih a bang phatuam la? Chih ngiah-tuahna na neih keileh a buai ding pa nahi mai hi. Technology ahong sang deuhdeuh a, a poimoh Chiang chu catch up angai him ahi, hitamah leh, va tech savvy luat ziak a sum a thawn a sensen theihna atam a, online payment bawl ziauziau pa na hihleh, sumnak hoitak na neih masak ngai dingdan ahi hi. Electronic vanzat thakthak neih a, hobby danpian a haichilh mihing khat ihih khak ding lauhuaipi khat ahi hi. Ei khosakna a a phatuam ding tan a zatdan siam a poimoh penpen a, a theilou lua dan a om heihui leng

miphaklouna ahi zel hi.

E. SOCIAL MEDIA LAM:

Social Media a hat mahmah mai a, tulai hunin hia media a tellou leh theiloute chu miphalou tuk a kikoih ahita mai hi. A zatdan siam kitamlou hial ahi a, politician i tam mahmah mai ua amhaihuai zenin apiang lou dingpi buaipih in ichiak kheukhou mai uhi. Pa Chinkhenthang in “Gam omlou kituh” achih pen thei gige kawm in, Paite te khawvel ah i mangthang zenzen kei ding ua, va kulmut luatna ding leng omlou ahi hi. Social Media a kinaknak ziaka piang ding om hileh banghiam khat bek zawlgaita ding hi, tua chu tumkik gaita bang mahmah!

Hiai medium kha phatuampi khat ahi a, kithuzakna leh siamsinna lam a vanzat poimoh a zatdan siam i sawm dingdan uh ahi hi. Khangthak leh tuailai te'n phatuam thei pen in hon zang thei le uchin achih huai khop mai. Hun heksak mahmah khat ahi a, ahuntawk itheih keileh manthat vai mahmah leuleu ahi hi.

Hiai teng khawng tu leh tu a i gen theih hihen la, hun hoih leh thawveng zaw i muh ngei ka lamena, i sutzop touh theih zel uh ka beisei hi.

Success Stories:

## MUNIBA MAZARI

*(Pakistani activist, Anchor, Artist, Model, Singer, You tuber leh Motivational speaker)**Alettu: Valentina Khuptong, Jt. Secretary, I&PR, SSPP GHQ*

Muniba Mazari ahiehleh 3rd March 1987 in Rahim Yar Khan, Pakistan ah pi-ang hi. Ama mintawn ahiehleh Muniba Mazari Baloch ahi a, numei melhoih, piltak leh duangching hi in, laasak leh talent tuamtuan leng nei hi. Islam sahkhua zui a, aneulai in Army Public School ah ana kai in, laisimna sang zaw lam Bachelor of Fine Arts (BFA), Pakistan ah ana sunzom hi.

Khovel bildoh phak leh theihphak a hong omdan - kalbi haksah leh zahlak huaitak himahleh hiaite teng palsuah khia hi. Kum 2021 sunglel in Mazari in a lohkhiah zah sum a tuat in ah 1million-3million pha zou hi!

Mazari in ahiehleh a laisimna zou siang man lou in kum 18 aphakma in Khurram Shahzad toh ana kiteng uhi. Nupa hinhua nuamtak a zang a aom lai un, 27th February 2008 in Mazari leh a pasal Khurram, Quetta khua apat Rahim Yar Khan khua zuan a gari a atailai un, a pasal gari heklai ihmu kha in accident nasatak ana tuak uhi. Hiai ziaik in Mazari in a taksa tung ah liam na tampi ana tuak hi. A baanguhte tan in, a awmguh, liangguh leh nungguhte leng liam a, huai ban ah a tuap leh a sinte leng suk khak in om hi. A tua-hsiat lai un ahiehleh ambulance muh

di leng omlou ahiehman in Jeepsy nung ah puak in om a, nasatak a thuak kawm a, hiaite tengteng a pal suah ziaik in "Iron Lady of Pakistan" chih minvuah in ana om hi. Kum 2 sung vingveng lupna ngak in ki-enkol in omdan a, a liamna dangte awlawl in dam mahleh, a khete pen ngeina bang a zattheih nawn louh in a hinhua hong kilamdangta hi. Hichia hun haksatak a tuah lai in, a pasal Khurram inleng mimuh nawn lou maimah in a hong kikhen uhi. Kum 21 lek hipan in khovel ngeina dante zangthei nawn lou in om mahleh, hiai hunte ah a ngaihtuahna sau pipi, lunglennate akipan akiheikhiat na ding in lemgelh lam ana pan hi. Hiai lemgelh lam ahiehleh leh Mazari in "Kei hon hihhing tu" ana chi hial hi. A natna thuakte apan, lemgelh in a natna athuakte kilawmsak/cheimawisak hi in gen a, midang tampi natna thuak a omte toh leng kitheihshiamna leh kinaih semna piangsak chi hi.

*Success Stories:* Muniba Mazari

Hiaibang dinmun a tuah touhte'n Mazari hinkhua lamdangtak a hei in khovel a Activists minthang khat hong hi khia in, numei leh naupang haksatna leh deidanna thuakte bang hasot leh dinpih in, lauh louhdan ding toh a haksatna /natna tuahte uh gumtak a thuak ding ahindhante khawng panlakpih hi.

Islamabad, November 2014 in, TEDx kichi ten thugenna asai nate uah, Mazari in chialna mu a, huai a athugen ten mipi hiip mahmah hi. 'Lametna'(HOPE) thu gen tangpi a, hinkhua kichi kuamah in mawk tawpsan mai louh ding ahihdan naktak in tangkoupih hi. Hiai a athugente ahihleh atek-akhang in bildoh ua, ama thugente ahihleh a gam ua mi tuamtuam omte 'AW' hongsuak in, azakha peuhmah pahtak loh mahmah hi. Hiai nung in Mazari in mun tuamtuam leh mipi mai ah a wheelchair a tu in, paithei kei mahleh gam tuamtuamte ah khualzin kual in thugenna neitouzel hi.

Mazari in ahihleh naupang tagah leh vualphaloute panpihna pia in, laizilna lamte ngai poimoh mahmah hi. Athugen leh thilhihte'n mi theihphak suah a, huaiziak mah in

British Broadcasting Corporation (BBC) in leng 100 Women for 2015 in numei ettontak 100 khovel pumpi a atelkhiat nalak uah telkha hi. Telkhiat a omnung in, United Nations (UN) inleng National Ambassador for UN Women Pakistan ding in ana tel uhi. Forbes inleng 30 under 30 2016 kichi list abawl na uah Mazari leng telkhiat in omkha hi.

Hichi bang tuahsiatna nasatak athuak kawm inleng Mazari kingai se mai lou a, hinna manphat dante theisem leh midangte panpih theihna a ahonzat zawk ziak in, mitamtakte'n thupi sa mahmah uhi. Taksa kahiang tuamtuamte bukim leh hoihtak a zatttheih lai a om a, hinkhua akilawm didan leh amanpha pen a zang thei di'n kiasuan tuah chiat ni. Mazari in ahihleh 2011 in atapa di'n Nael Mazari ana la ta hi.

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*Siamsinpawlpi Activities:*

**ORIENTATION & MOTIVATIONAL TALKS NEIH IN OM:**

Hunpaisa April 15, 2021 zinglak dak 10:00AM in, SSPP Residential School, Nghathal ah, Orientation & Motivational talks programme zatna om in, PuThanglalmuan Hauzel, President SSPP GHQ in thugenna leh thilpiak piakkhiaakna nei a,



Pi Mercy Khaute, Asst. Professor, Department of Law, University of Delhi in, school naupang Pawl 9 & 10-te' lakah, hanthawwna leh siamsinte' sin ding poimoh tuamtuam sakte genna nei hi. Hiai hun ah SSPP GHQ a kipan in Pu Nengzalian Tonsing, Vice President (Internal) leh Pu Benson Jamlianmang Guite, Vice President (External) banah, Pu Kungbiaklian Khuptong, Finance Secretary, SMC in uap uhi.

**EXECUTIVE HEADS ACTIVITIES NEIHNA (7:30 AM-11:30AM) REPORT:**

Tarik 26/7/2021 in zingkal in, SSPP Complex, Siloam Veng, Bungmual ah kingakkhawm masa in, huai akipan pawtkhia in Dorcas Road zuisuk a ...



◆ **Pu Thangboi Tombing** , Joint Secretary Info. & Public Relations (I&PR), tenna inn Ebenezer Academy Campus, New Lamka (H) ah dam lou ki-enkol (tulai natna / hiipi) a-om vehna leh api (apa 'Pianna nu) in nisim July 24, 2021 a, atangtawn mun ding hon zotsan nung ah siatvatna leh a damlaite vehna va kinei hi.

◆ **Pu Rev. Dr. Khen P Tombing** Emeritus, SSPP leh Principal, Rayburn College, tenna inn Hebron Veng, New Lamka (H) ah tulai hiipi ziak a ki-enkol lel, khuttawlian lian lou toh vehna va kinei a, ahong damsua hpah ding i deihsak petmah.

### *Siamsinpaolpi Activities:*

- ◆ **Pu T. Hanglamthang** Life Member SSPP leh term (2018-2021) a Standing Committee Member & Siamsin Foundation Trust (SFT) a Vice Chairman ana hi ngei, tulai hiipi ziak a District Hospital ah etkol in omlol hi. Taksa a kimuhtuah ding a lemtang lou man in a tenna innmun Gochinkhup veng, New Lamka (G) ah hun sau lou va kizang hi.
- ◆ **IGNOU** vai toh kisai etzuina hi ding in, **Pu T. Awnzagen** Principal (i / c), Lamka College leh Life Member ah ih ban ah GHQ term (2018-2021) a Central Election Commission (CEC) a member, a tenna inn Hiangtam Lamka va kipa in houlimna manphatak kinei in singpi kidawnkhawm hi.
- ◆ **Siamsin Emporium** leh **Hatchery** ding bawlna pailol etkhiakna kinei nawn leuleu hi. Hiai hun ah **SSPP Tower** Building, Hiangtam Lamka tulpaan kai niipniap a omta, pua-hphat poimoh mahmah siatna mun diakte sepzek a om leng progress etkhiakna kinei bok hi.
- ◆ Huan ah, **MoRTH** apan inspection team (Tipaimukh Road) hong paite moral support leh pressure piakzek hoih leh phattuumna nei di'a lam-en in a khualtamna mun uh **Pu N. Nengzasuan**, Member Standing Committee (2021-2024) Tenna inn Bungmual ah sawt lou va kimu hi. Hiai hun ah, tutan a nasep zohsate uh adik leh tang a enkai ding leh lamlian bawlna a quality specification kipia bang geih a semsuaah a, quality compromised bawl mai lou ding in ngetna leh thehihsakna kibawl hi. Poimoh om hun ah Pawlpi'n nna hoih sepna ah nungthuap di'a mansa a om ahihdan leng zaksakna kibawl ngal hi.

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### **SSPP RESIDENTIAL SCHOOL CL-X RESULT 2021:**

**First Division**— M. Ginlalmuan, Betty Vungdeihching, Reuben Ramngaihthang Samte, Chingbiakmawi, Ginlungmuan, Thangbiehkiem, Niangngaihkiem, Chingzoukim, Zamngaihlian, M. Kamsianpau, Chingremmawi, Manlunzou, Nianglawmkim, Niangzenlian, Chinglianmawi, Lamchoihoih, Ngaigouniang, Ningsuanvungi, Tualsangiam Guite

**Second Division**—Nialthianmawi, V. Niangmuankim, Khaiminhau Khongsai, Paubiaklian, Chingngaihkim, Chingsiangai, Luanhoihkim, ChiingaihkimChingsanglawm, Manthianven, Gousanglian, Pauginsang, Sangmuan, Thangtuplian, Lunminlian, Zenkhansuan, Niangngaihching, Vungnunmawi, Vungthiansiam, Wanreipar Japui Chiru, Lianmuan Guite, Hoihzahat, Khualsonding Guite, Pausanglun.

**Third Division**—Nil.

Total Candidate—43: 1<sup>st</sup> Div.—19; 2<sup>nd</sup> Div.—24 ; 3<sup>rd</sup> Div.—Nil; Pass percentage—100%

*Siamsinpawlpi Activities:***DR. LORHO S PFOZE, MP OUTER MANIPUR TOH SI-AMSINPAWLPI KITHUAH KHAWMNA**

Tuni nisim July 14, 2021 in Dr. Lorho S. Pfoze in District Hospital ading Oxygen Concentrator peding a Lamka hongphad ding chih leh SSPP Com-



plex ah Siamsinpawlpi heutute hong munuam chih thu zak toh kiton in, SSPP GHQ in athu bohzuina kinei zui ngal a, MP Dr. Lorho ahong ngal leh, Guite Road (NH 102B) extension kibawllel etkhiakpihna leng neih diing kilunggulh in, hiai diing in arrangement bawlsak ding a ngetna kibawl ngal hi.

Hiai toh kisai, July 14, 2021 zing dak 10:00AM vel in, Lamka ahong tuntouh uh toh kiton in, Pu Thanglalmuan Hauzel, President SSPP GHQ makaihna in, SSPP GHQ, JHQ Lamka, Branch-te toh Guite Road (NH 102B) lam ah taisuak tou ngal in S.Geltui tan va kitaitou a, huai ah, Press/media-te banah NHIDCL a heutu liante toh kihou khit in Mata Dam kiang a Martyr Park ah kum 2015 a, Manipur Government in 3 Bills ziak a hinna ana mansuah Martyr-te zahna in paak piakna nei a, huaikhit in, Siamsinpawlpi Complex, Siloam Veng, Bung-mual ah vaidawanna kikhopna neiphik kawm in annkuang umpihna kinei hi.

Hiai hun ah SSPP GHQ in thilpiak tuamtuam akineih ban ah, Siamsinmite' a diing a Learning Centre khat SSPP Complex ah bawlsak diing in ngetna kipia hi. Hiai hun zat sung in, Dr. Lorho in thugenna sau lou hun zang hi. Aman agenna ah, thil tuamtuamte ziak in kibat louhna om zel mahleh, kikhen thei kihi lou chi a, 'Politics pen Biakinn a lut diing hi lou a, Biakinn akipan hong pawt diing ahi zaw' chi hi.

SSPP Complex a hun zatzoh in SSPP Residential School ah pawl tuamtuamte toh kihouna hun sau lou zang in, DTC Hall ah District Hospital a zat diing Oxygen Concentration piakkiakna hun zang hi. Huai zoh in, Lanva Model High School a Building Block thak honna nei a, Only Grace Home a om nau-pangte vehna leng nei ngal hi.

*Career Guidance:*

## KIPAHPIHNA

Unaunu **Dr. Ngaibiakching**, d/o T. Chinkhopau, Bungmual a teeng in, Manipur University a, South East Asian Studies



(*International Relation*) a Guest Faculty a ding in appointment ana mu hi. Hiai sepna a muh ma in Rayburn College a Political Science Department a Faculty leng ahi. I Kipahpih mahmah a, lamzang tak a hon septouh theih dehsak thu i khak hi.

Unaunu **Dr. Kimthianmuang Guite**, MBBS, d/o Upa M Chinsuan Guite, IES, Superintending Engineer, AIR (CCW), Guwahati in, MPSC saina nuai ah 2018 kum in Medical Officer ana gelh ching a, appointment leng mu khinta hi.



zagin & Niangzaman, 1st MR Imphal a om in, JNIMS akipan in MBBS ana ana zoukhia hi. Lohchinna amuh i kipahpih mahmah a, maban ah ahong lamzan touhzel i khak hi.



Unaupa **Samuel Paumuanlal** S/o Upa Dr. J. Songoukham Samte & Thongkhanchiin,



Hiangtam Lamka (Rank 64) leh

Unaupa **Kimroumuan Langel** S/o L Pauthuam & Nemngur, New Bazar, Lamka, Churachandpur (Rank 87)



te'n lohchinna ahon muh uh, a siamsinpihte adi'n ettontak leh phathuai kisa mahmah hi.

Unaunu **Dr Mary Lianbiakmawi Guite @ Mawite Guite** d/o M. Chin-



Career Guidance:

## KIPAHPIHNA

**PG COURSE SINTHEIH TA DING:**

Rayburn College, New Lamka, Churachandpur District, Churachandpur, Manipur in PG Courses sintheihtad ding lemsakpihna apaisa tarik July 26, 2021 in muta hi.

Prof. S. Jibonkumar Singh, Director, College Development Council, Manipur University, Canchipur, Imphal in lemsakpihna apiak dungzui in tu Academic session 2021-2022 akipan subject thum— History; Political Sciences and Commerce te sintheihtad ding hi. I nam igam khantouhna ahihban ah siamsinte a dia thu kipahhuai mahmah ahihman in kipahpihthu I genthakthak ahi.

**KOREAN LANGUAGE AH PHD ZOUKHIA**

Unaupa

**Langkhankhup**

**Ngaihte** s/o Rev. Dr. Luaichinthang of Bungmual in Korean University, South Korea apan Korean Language Education ah PhD zoukhia. Korean Language Education a PhD ngah India ah leng tam nailou ding hi.. Korea University bel khovel a University hoih top 50 lak a 3na in pang zou hi.

**Unaupa Langthianmung Vualzong**

s/o Pu (L) V. Tualkhangin & Pi Lalluii, Zoar veng, Bungmual in Jawaharlal Nehru Uni-



versity nuai ah Doctorate Degree anangah, aman ahihle a thesis gelh *“Constructing Roads through protected areas in India: A study of Law and Environmental ethics”* chih zang in doctorate degree lukhu khuksak in ana om hi. Jawaharlal Nehru University ahihle tulel in India pumpi a ding a University hoihpen 3na in pang hi.

Unaupa

**Chinsangmuan**

**Guite** s/o Pa

Chinkhenthang Guite, Elim Veng, New Lamkain tutung Meghalaya



Board of Secondary Edn (MBOSE) nuai a Class -XII (Arts) Result suak ah St. Anthony's Higher Secondary School, Shillong apat Rank 10 (Merit List) na a pang in zoukhia chihthu kiza. Kipahpih mahmah hang!

## *Career Guidance:*

# KIPAHPIHNA

Dr. Chingbiaklun Shoute in MS (OBS & Gynae) ah PG ana zoukhia hi.



Zanzek in Dr. Chingbiaklun Shoute in University of Delhi apan MS (Obstetrics & Gynaecology) ah PG ana zoukhia hi. Amah ahihleh, Hiangtam Lamka apan Pu Letchinhang Shoute, EE (BRO), Ministry of Defence a sem leh Pi Zamnu te tanu ahi.

Hiai banah, apaisa 1-5 July, 2021 sung in, IFCPC INDIA 2020ne a '17<sup>th</sup> World Congress for Cervical Pathology and Colposcopy' hun ah, Dr. Chingbiaklun in ama telna Theme ah Oral Presentation ah 1na in ana la in, citation leh cash award Rs. 10K leng ana sang hi.

Dr. Shoute ahihleh Maulana Azad Medical College, Delhi apan MBBS zoukhia hi a, aban, PG zil a GTB Hopital a a omlaitak in Covid-19 hipi 2<sup>nd</sup> Wave in Delhi khopi nuai kha a, hiai hun haksa ah, eilam mi tampi in phattuampih mahmah uh ahihdan mi

tuamtuan apan kiza hi.

Hiai bang lohchinna nei leh phattuam ngaihna suahte, I gam leh nam adia gou manpha hi ua, I kipahpih petmah hi.



Zogam Bamboo Works (ZBW) Proprietor Mr. Ginkhanpau Vualnam in 7<sup>th</sup> August, 2021 ni in Minister Conference Hall, Manipur Secretariat, North Block, Imphal ah Directorate of Handlooms and Textiles, Government of Manipur in, State Award on the category of Cane & Bamboo (Lunch Tiffin) for the year 2020-2021 nuai ah "Outstanding Crafts-person 2020-21" piak a a om banah Certificate of Honour, Cash Award of Rs. 1.00 lakh leh puan leng ana sang hi. Amah ahihleh tulel a SSPP GHQ nuai a HRD Joint Secretary lenleh leng ahi. I kipahpih petmah hi.

*Health Column:***HAND SANITIZER***Dr. Thongsuanmung Guite*

- ⇒ **Topic houchik leh I theih chiat sa uh ahi.**
- ⇒ **Himahleh, hand sanitizer tungtang neikha detail zaw deuh in en leng I ut hi.**
- ⇒ **Hand sanitizer zat dik poimoh mahmah hi. Natna apan hon vengthei ahihman in.**
- ⇒ **Hand sanitizer chi tuamtuum om a, huaite tuh – Liquid (tui) leh Gel sanitizer ahi.**

**GEL LEH LIQUID SANITIZER KOI HOIH ZAW AHIA?**

- Liquid tuh Gel sanitizer sang in a nasep in a kin zaw hi. Tuaziak in, natna <15 seconds sang a tawm zaw sung in that thei hi.
- Gel sanitizer in, natna hik thahna di'n second 30 tan la hi.
- Tuaziakin, natna kitak a that thei I deih le bel Liquid sanitizer zat theih hi.
- Liquid sanitizer pen Gel sang in kin zaw mahleh, natna thah na ding in hoih tuaktuak zel uhi. Liquid pen kinzaw chihthu manel hi.
- Gel sanitizer I zat khit chiang in I khut ah baang den (residue) om thei hi. Liquidte bel a keu chiang in bangmah bang (residue) tu-anlou in mangvek hi. Baang denlou I deihleh Liquidte zatding ahi.
- Liquid pen tui ahih dungzui in I nuai khaklough na munte ah leng

ana luang hi. Khutchin kal leh khutzung kalte ah ei nuai luat ngailou in luanglut pah thei hi.

- Gel bel tui dan hilou ahihman in, I nuai khakna munmun ah omlel hi. Tuaziak in, khutchin leh khutzung kalte ah eimah in hoihtak a nuai lut sese ngai hi.
- Huaiziak in, khut sot nuai peihlou, gamtang molmolte a ding in liquidte toh kituak pen leng kilawm hi.
- Bangteng hileh, eitoh I kituah pih di pen zat ding hilel hi.

**COMPOSITION:**

- Sanitizer brand te lak ah hoihpen chih theih chet omkei mahleh, alcohol 60% apat tunglam ahihna leh zat theih vek hi.
- WHO-te'n bel Sanitizer-Ethylene Alcohol 80% leh Isopropyl Alcohol 75% recommend uhi.
- WHO-te recommend zui zou leng

## *Health Column: Hand Sanitizer*

bel hoihpén ding bang hi.

- CDC & FDA te'n ahiehleh 60% alcohol tan bek ahieh ding chih ahi.
- Methanol a kibolte zatlouh ding ahi. Methanol bel mihingte toh ki haw thei ahiehmanin – luaksuak, lung-am, lu-na chihthe omsak thei hi.

Q&A:

Q: Expiry date om hiam?

A: Hi om. A bawm ah expiry date (a hun bei) kigelh ding hi. I lei dek chiang leh zat dek chiang a etzui pahpah ding ahi.

Q: Expired (hun beisa) sate zat theih lai hiam?

A: Zat theih lai hi. Himahleh, a phat-tuamna tam zaw beita ding ahiehman in, natna deih bang in thatzou nonlou ding hi.

Q: Car/Gari sung ah hand sanitizer koih theih hiam?

A: Koih theih himahleh gari sung lum (hot) ahiehman in, sanitizer sesak thei pah hi. Gari sung ah I koihte sot koihlou in zang bei pahpah thei leng hoih ding hi.

NISA KHOH SAKLOUH DING AHI:

- FDA recommend dungzui in, 15-30 degree Celsius kikal ah koih ding chih ahi. A lum tawp in 40 degree Celsius tunglam pelhlouh ding chih ahi.

ALLERGY:

- Sanitizer ziaik in allergy nei tamkei mahleh om zeuhzeuh hi.
- Natna thahna dia kihel-Chlorhexidine, agim namtui na dia kihel damdoi , a colour omsak na dia kihel damdoite toh kihuat ziaik in allergy omthei hi.
- Sanitizer ah Alcohol 60% tunglam om ahiehman in, hiai alcohol in I vun ne thazoh mahmah a, I vun keusak in, allergy piangsak thei hi.
- Tua ziaik in, sanitizer allergy neite'n hand moisturiser hoihtak zat ding ahi. Hand sanitizer I zat khit a hong keu chiang in moisturiser nuh pat ding ahi.
- Allergy nei in neiloute ding a hoihpén tuh – ahiehtheih liai leh sahbon leh tui ah khutsil zawk ding ahi. Sanitizer bel khutsil nang omlouh chiang a zat lel ding ahi.

HAND SANITIZER ZAT CHIANG IN:

- Tawm chik khut a la cheuh in nuai khemkhem chihthe phatuam zou-lou ahiehman in, tamdeuh lak pah a khutte nuai ding ahi.
- Khut nuai chiang in nuai khaklough na mun omsaklou sawm ding ahi.
- Hand rubbing technique zuih teitei sawm ding ahi. Kintak a mawk nuai molmol louh ding ahi. I nuai khaklough nate ah virus om bang

*Health Column: Hand Sanitizer*

- hileh si-khalou ding ahihman in.
  - Seconds 20 tan bek nuai teitei ding ahi.
  - Sanitizer nuai zoh a keu ma in puan a nul khiak chihte chiing ken. Na khut ah keusak in.
  - Sanitizer bawm na hon zoh chiang in siin (close) pahpah in. Damdoi a kibawl ahihmanin, hu-the thei in, a phattuumna bei thei hi.
- .....

**Siamsinpawlpì General Headquarters 2021 -2024**

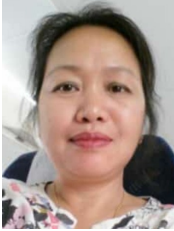
CABINET MEMBERS				
SN	MIN	HIHNA	OMNA	MOBILE NO.
1.	Thanglalmuan Hauzel	President	Zion Veng	9089590489
2.	Nengzalian Tonsing	VP (Intl.)	D. Phailian	7005169054
3.	Jamlianmang Guite	VP (Extl.)	Hiangtam Lamka	8730819850
4.	Thangzamang Ngaihte	Gen Secy	Bungmual	9089801571
5.	G. Tuankhansuan	AGS (Intl.)	Elim Veng	8413947657
6.	Sum Paulson Khuptong	AGS (Extl.)	Zion Veng	8132825682
7.	Nemy Lalnem Tombing	Fin. Secy.	Hebron Veng	9741717532
DEPARTMENTS:				
I. HUMAN RESOURCES DEVELOPMENT:				
1.	Lunminthang Samte	Secretary	Hebron Veng	9615945308
2.	Khamminthang Tonsing	Jt. Secy.	College Veng	8974605768
3.	V. Ginkhanpau	Jt. Secy.	Zenhang Lamka	8787679149
4.	M. Paumuansang	Jt. Secy.	Elim Veng	9599560463
5.	S. Ngaihvang Guite	Jt. Secy.	Vengnuam South	9615741080
6.	Hatnunnem	Jt. Secy.	Vengnuam	8415080109
7.	G. Kamzaman	Jt. Secy.	Elim Veng	8119047205
8.	Manlunching	Jt. Secy.	Dorcas Veng	8787714413
9.	K. Lianvangou	Jt. Secy.	Hiangtam Lamka	9089401826
10.	Thangsuanlal Valte	Jt. Secy.	Zenhang Lamka	9903305618
II. INFORMATION & PUBLIC RELATIONS:				
1.	George Thangmuansang	Secretary	Zion Veng	9856855196
2.	Alex Siamgouthang Guite	Jt. Secy.	Vengnuam	9612523135
3.	Thangsangkham	Jt. Secy.	Bungmual	8258888893
4.	C. Lunkim	Jt. Secy.	Vengnuam	7629047471
5.	T. Thangboi	Jt. Secy.	Hebron Veng	9862873745
6.	Chinmuanthang Guite	Jt. Secy.	Vengnuam	9615202948
7.	K. Tualsangthang	Jt. Secy.	Zion Veng	8730808524
8.	K. Vunghoihmawi	Jt. Secy.	Zenhang Lamka	7005525552
9.	Vungthianmuang	Jt. Secy.	Vengnuam	9612530170

*Siamsinpawlpi Activities:*

**SIAMSINPAWLPI GENERAL HEADQUARTERS  
STANDING COMMITTEE MEMBERS (2021-2024)**

<b>S/N</b>	<b>Designation</b>	<b>Name</b>	<b>Address</b>
1	<i>Chairman</i>	James K. Guite	<i>Elim Veng, New Lamka</i>
2	<i>Vice Chairman</i>	Sanga R. Laingek	<i>Imphal</i>
3	<i>Secretary</i>	Pumshong Hangshing	<i>Elim veng, New Lamka</i>
4	<i>Asst. Secretary</i>	K. Doukhum	<i>Nghathal, Lamka</i>
5	<i>Member</i>	Demngaihkim Dousel	<i>Hiangtam Lamka</i>
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24	<i>Member</i>	Dr. N. Lalzagou	<i>D.Phailian, Lamka</i>
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	<i>(i) President SSPP GHQ</i>		
	<i>(ii) SSPP GHQ apan palai 6</i>		
	<i>(iii) SSPP HQ/JHQ/Block/Branch apan palai 2</i>		

Obituary: (SUUNNA)



**Pi Niangngaihman**  
w/o T. Liansangvung, Aizawl  
SSPP Life Membership No. 200  
*Sihni:* October 05, 2020

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**Pu Vungkhum Guite**  
h/o Gouzangai, Central Lamka  
SSPP Life Membership No. 125  
*Sihni:* April 22, 2021

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**Pu Ricky Vanlallawm Guite**  
h/o Hekim Guite, Nehru Marg  
SSPP Life Membership No. 18  
*Sihni:* November 05, 2020

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**Pi V. Ngaimuankim**  
w/o Vungzamuan Valte, New Delhi  
SSPP Life Membership No. 112  
*Sihni:* May 26, 2021

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**Pu S. Thangzalang**  
of Chiengkongpang, Lamka  
SSPP Life Membership No. 181  
*Sihni:* December 18, 2020

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**Pu T. Hanglamthang**  
h/o C.T. Khumi, Gouchinkhup veng  
SSPP Life Membership No.128  
*Sihni:* July 27, 2021

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