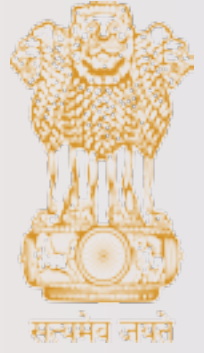


Dos and Don'ts on Various Hazards Garo Version



State Disaster Management Authority, Meghalaya, 2014

Ia chapa ka-gimin kitap-ko nang-ni u-ianiko aro skia poraianiko baridapatna jakkalbo aro iani bidingo chingna u-iatpilbo.

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Dated Shillong, the 1st June, 2015

AGANSOANI

Meghalaya A-dok dingtang dingtang dakgipa kenbegnigipa a-sel obosta sokanirangko chagrongronga jekai Banggria, Rang-gitik Chi Bana Ong-a, A-a Ruronga/ Be-grua, Wa-al, Mikka Riprapa/Kimpreta. Indakgipa rang-gitik a-sel obosta sokanina chel-chakaniko daksona nangchotmota. Bang-a stateholder-rangan Ma-manti kenbegnigipa A-sel Obosta Sokani Somoio Dakna Nanggni aro Nanggijanirang-ni bidingo ma-sina nanga. Ia chonbegipa kitap, Ma-manti kenbegnigipa A-sel Obosta Sokani Somoio Dakna Nanggni aro Nanggijanirang-ko Meghalaya State Disaster Management Authority, manderangna indakgipa rang-gitik a-sel obosta sokani somoirango aro chagrongani somoirango simsak-nirokani aro chel-chakanirangko u-ie ra-enba daksona-ka-sona man-a gita bikotaha. Meghalaya State Disaster Management Authority, Consultant, Shri Surajit Bordoloi, neng-bee ia chongipa kitap-ko tariaha aro iana Anga biko mitelpilna namnika. Anga ka-donga je ia chongipa kitap Stakeholder-rangna u-ibataniko on-an baksanaba uamangko indakgipa a-sel obosta sokanirango tarisamsona dakchakgen.

(Shri. H B Marak, IAS)
Executive Officer
State Disaster Management Authority

BAK 1

MEGHALAYA A·DOK-O A·SEL OBOSTA SOKANIRANG

Meghalaya a-sel obosta sokna altubegipa A·dok ong-a aro banggria, chi bana, balminduri dakgipa a-selrang sokronga. 1897 bilsio A·dok-o dal-begipa banggrianiko aro uandaken uni ja·mano bang-bea banggrianirangko chagrongaha, maina India-o banggrianio Meghalaya, Zone V-o ga-aka. Chi Bana, Rang-gitik Chi Bana Ong-ani, wa-al, a-a ruronga/be-grua, balminduri aro koila a-kol be-gruanirang batanggimin bilsirango sokronggipa a-sel ong-a jechin A·dok-o bilongbee nok-jamrangko nosto ka-aha aro janggirangko gimaataha. Unigimin A·dok, ia a-sel obosta sokani somoio nosto ong-anirangko komiatna gita chanchisamsoaniko aro tarisamsoaniko dakna nanga. Iako dakanio, SDMA bon-chotachibara ia chongipa kitap, Ma-manti Kenbegnigipa A-sel Obosta Sokani Somoio Dakna Nanggni aro Nanggijanirang-ko A·dok-o, mikangchi sokgnigipa a-sel obostarangna songsalo nambate tarisamsoaniko dakna aro janggi aro nok-jam gimaaniko komiatna man-a gita tariaha.

Disaster Management Act, 2005

DM-ara namroro-siloroanio neng-nikani ong-a; A·dok-ni namroro-siloroanio pangchakesa chanchisamsoani aro tarisamsoanirangko dakna nanga. A-sel obosta sokanichi namroro-siloroanio tang-doaniko champenga aro ia a-sel obostao ga-akgipa manderangna cholrangkoba komiata. Mandeni janggina, mongsongbate be-en-bilgrigipa dolrangna, ia a-sel sokanirang kengnirangko ra-baa. Government of India (GoI)-ni 'The DM Act, 2005'-ko niam dake ra-gatani ja·mano, Meghalaya Sorkari DM Act, 2005-ni ning-o DM Rules, 2010-ko bikotaha. Unbaksana 2013 bilsio taridaptaigipa DM Policy-ko A·dok-ona ra-baaha aro Disaster Management Plan, 2014-koba ru-utgijaan matchotgnok.

The Meghalaya State Disaster Management Authority

The Disaster Management Act, 2005 jekon 2008 bilsio Government Notification on-ahachim uo gnanggipao pangchakenba The Meghalaya State Disaster Management Authority-ko a-bachengataha. Ian A·dok-ode a-sel obosta sokanirangni bidingo simsak-nirokaniko dakgipa chubatsranggipa bak ong-a. Meghalaya State Disaster Management Authority-ko A·dok-ni Chief Minister-chi dila aro iano sak sku memborrhang gnang, jemangan mongsonggipa Department-rangni Cabinet Minister-rang ong-a aroban iani Chief Executive Officer-ara Chief Secretary ong-a. Meghalaya State Disaster Management Authority-ni kam ka-anio dakchakani on-a gita 2008 bilsio Chief Secretary-ni Chairmanship aro mongsonggipa Department-rangni sak bri Principal Secretary-rangni ning-o State Executive Committee-ko bikotaha.

Meghalaya State Disaster Management Authority-ni kam ka-chakani biapko bikotna nangchongmotaha. Ia bon-chotachibara, Meghalaya State Disaster Management

Authority Secretariat-ko 2011 bilsio, Directorate of Land Records and Survey, Lower Lachumiere, Shillong head-ni ning-ao Executive Officer-chi jean Director of land Records and Survey ong-achim, a-bachengataha. Meghalaya State Disaster Management Authority, A-dokni aro Ma-mong Sorkarini dakchakachi pilak disaster management kamrangko A-dok-o a-bachengatgipa ong-a.

BAK 2

BANGGRIA



Banggriani soknasio gita mamung chinrang dongsoja. "Banggriachi manderangni janggiko gimaatja, mangrakgijagipa building-rangsa."

BANGGRINA SKANG:

Noktangtangni manderangna chel-chakani aro naljokani cholrangko daksochina manderangna didianiko on-bo maina uamang a-a moana senge dongaiode, ja-manchakdugaskagnok. Chel-chakani aro naljokani cholrangko tarisamsanio iarangkoba simsake donsokchina didianiko on-bo:

- Iarangko pangnan nengragipa aro soknagipa biapo donrongbo: botol-o ringani chi, nosto ong-gijagipa cha-anirang, first-aid kit, torch-light aro battery-chi chalaigipa radio unbaksana battery-rangko ra-dape donbo.
- Nokdangni manderangna bijoli aro gas-rangko maikai bon ka-na nangachim uko skibo.
- Banggriani somoio nape dongna ba naljokaniko on-gipa biapko sandie donsobo.
- Banggriani somoio chel-gipa biapchina phone ka-na altunaba donga. Nangmitingo dakchakaniko am-atna gita songni ba biapni chel-kalao donggipa ripeng ba nokdangni mande ba maharirangko sandie donsobo. Bangriani ja-mano nokdangni manderang mabrangjokode ba saksa sakgipinko sandigriko man-jaode, uamang ua agansoe dongimin mande/ma-drang maharina u-iatna man-gen.

- Ua mande/maharini dongchakenggipa biap aro phone nombor nokdangni sakanti mandeon dongna nang-gen.
- Noktangko simsake chel-chake rakkibo.
- Banggriana an-tangni noktangko taridapsobo/nok pangchakanirangko mangrakbatatanichiba banggriano naljokaniko on-gen. Namgipa contractor-ko sandienba uni agan-ku-pattianiko ra-e nok mangrakbatatani cholko dakbo.
- Kutcha nok-koba taridape mangrakbatatna man-aia.

BANGGRIA JA-MANO:

Banggria sokna am-aniko ma-sisona amja maina ong-na am-ani chinrang dongrongja. Basakode banggriani sokna skang adita second-rango gamsorongja. Ia adita second-rangon na-a naljokgipa biapona re-jitna somoiko man-gen. Banggriani somoio adita naljoke rakkiani cholrangko ka-mao on-a.

- Mangrakgipa biapo an-tangko naljoke rakkibo. Table ba gipin mangrakgipani ka-mao nape dongbo; asongchongombo, asongbo, ba a-a-nokkra sambae dongbo. Nang-ni an-tangko chel-chake rakkie donggipa il-engenchimode rang-san jitna man-a gita tarisamsoe dongbo.



- Mangrakgipa naljokaniko on-gipa dong-jagenchimode, pakma mangrakkalgipani sambao asongchong-gome ba asonge dongbo. Be-en tang-rurajana gita a-a-nokkrao nang-ni jak-ko pangchake dongbo.
- Do-galcholrango chadenge dongnabe. Bilongbee mojimanichi do-garang rak-e chipa gita dakenba nang-ko bilongbee saknaa man-atnaba gnang . Bilbaenggipa bosturangba nang-o nangnaba gnang.
- Kelkirang, ainarang, lekka donchakgiparang aro gipin jrimbegipa bosturangoni chel-tange dongbo.
- Na-a palango ong-genchim ong-ode, unoni re-jitgija an-tangko balis aro gombolrangchi pindape dongbo.
- Nokningo ong-genchim ong-ode a-palchi ong-katna jotton ka-nabe.

MAMUNG SALOBA LIFT-KO JAKKALNABE.



- Banggriani ja-mano, bangbanggipa biapona sokna gita jangkerangko jakkalbo.
- Na-a kutcha nok-o dong-genchim ong-ode, nambatgipa cholde bangbanggipa biap jeon bolrang, bijoli ba telephone silitingrang dongjachim, uona jitbo.



- Mangrake rikgimin building ning-ao ong-genchim ong-ode, re-jitgija unon dongaibo.



- Mangrakgijagipa nok-o ong-genchim ong-ode, sepangbatgipa cholrangko ra-enba man-a dipet a-palchina ta-rake ong-katbo.

A-PALO ONG-GENCHIM ONG-ODE:

- Buildingrangoni, ramarango kadegipa light-rangoni, aro kadegipa bijoli silitingrangoni bangbanggipa biapona chel-e dongbo. Bangbanggipa biapona sokjokko, mojima dontongkujana kingking unoni re-jitgija dongbo.



- Nang-ni nok nosto ong-jokode, na-a unoni ong-katna nanggnok. Ong-katna skang chi, cha-anirang, samrang, nangchongmotgipa bosturang aro mongsonggipa lekbarangko sandie ra-bo.
- Bijoli siliting dingdee dongenggipa biaprangchi re-angnabe aro bijoli silitingo nange dongenggipa silni bosturangko mamung saloba rim-dapnabe.
- Nosto ong-gipa ba be-grugimin building-rangchi napangtainabe aro nosto ong-gimin nokrangoni chel-tange dongbo.

RE-ENGGIPA GARIO ONG-ODE

- Building-rang, bolrang, re-ekgipa ramarang, ba bijolini siliting-rangoni chel-e salangbo, unija-mano gariko neng-takatenba gari ning-aon dongbo. Mojimani dontongman-ani ja-mano, simsakbee re-chakataibo. Banggrianichi nosto ong-gimin dolongrang ba dochakatgipa ramarangko gelbo.



BANGGRIMAN-ANI JA-MANO

Banggria matchotman-ani ja-mano gisik ra-na nanggnirangko ka-mao on-enga. Banggria matchotman-ani ja-mano nang-ni simsakanirangko dakanichi nang-ni janggina naljokaniko on-gen.

- Be-gimin ruronggiminrangoni aro jabolrangoni chel-chakaniko man-a gita juta/chappal-rangko ganbo.
- Skanggipa mojimangchengani ja-mano, mojimtaianina simsakani aro chel-chakaniko daksobo. Mojimtaigipa ta-rakjagenchim aro bilakjagenchim ong-ode, mangravgija dongenggipa nok-rangko be-atna ba be-gruatna ama. Banggriman-ani ja-mano mojimtaiani skanggipa kontarango, salrango, antirango, ba jarango ong-taiani chol gnang.
- Wa-al kamanirangko nie nibo aro mombati ba lentenrangko so-ani pal torchlight-ko jakkalbo.
- Nang-ni dongchakenggipa building nosto ba mamung dakeba kenani gri ong-genchim ong-ode, ning-on dongkuaibo aro radio-o agan-ku-pattie on-anirangko name knatimbo. Building mangraka mangravgijaniko na-a

name ma-sijagenchim ong-ode, rang-sanan unoni ong-katbo. Mamung saloba ga-ake dongenggipa bijolini silitingko dangtapnabe.

- Saknaa man-gipa ba jokna man-gija dongenggipa manderangko jokatbo. Nanggiparangna first aid-ko on-bo. Bilongbee saknaa man-gipa manderangna saknaani a-sel obosta sokdapani cholrang dongjaskalde, uamangko de-jitnabe. Indaka obostarango, dakchakaniko sandibo.
- Nang-ni noksulrangna jemangan dingtangmancha dakchakaniko nang-genchim-bakgitchakrang, budepa-butsuma, aro be-en-ni gita bilgrianiko man-gipa manderangna dakchakna nanganiko pangnan gisik ra-bo.
- Nang-ni battery-chi chalaigipa radio-o mongsonggipa u-iatanirangko knatime dongbo.
- Nosto ong-gimin building-rangoni chel-tange dongbo.
- Kenani gri ong-aha ine bil gnggiparangni aganmanani aro ge-etani ja-manosa noktangona re-angpilbo. Pakgimin samrang, bleach-rang ba gipin wa-al kamna altugiparangko rang-sanan ripake rongtate donbo. Gas ba gipin chemical-rangni gon-ko man-genchim ong-ode, ua biapko watbo. Almirah ba bostu chipe dongiparangko simsakbeesa kulibo.
- Gas-ni gon-ko man-genchim ong-ode, kelkirangko kulienba ta-rake building-oni ong-katbo. Gas cylinder-ni kosako donggipa switch-ko bon ka-bo.
- Bijoli chi chalaigipa ostro ba bosturangni nosto ong-aniko name sandibo-wal-misi tanganiko, chotomgimin silitingko nikode ba maiba kamani gon-ko man-genchim ong-ode, main fuse box-oniko bijoliko bon ka-e donbo. Chi-o ga-dapesa naa fuse box-ona sokna nang-genchim ong-ode, electrician-ni agan-ku-pattianiko ra-chengbo.
- Chi watgipa nala aro chi ra-bagipa nolrangni nosto ong-a ong-janiko nibo. Chi watgipa nala nosto ong-aha ine ma-sigenchim ong-ode, paikanako jakkalnabe. Chi ra-bagipa pipe-rang nosto ong-genchim ong-ode, tap-ni chi-ko jakkalnabe.
- Nangchongmotana agrede telephone-ko jakkalnabe.
- Banggriani a-selo nokdangni manderang dingtangrikaona ba ekgrikaona sokgenchim ong-ode (ian ong-na ama maina salo dal-gimin manderang an-tangni kamtangtango aro bi-sarang skulo), a-sel ong-manani ja-mano gronggrikna man-pilna gita maiba cholko chanchiamsobo. A-dokni/A-jani a-palo dongenggipa ma-drang mahari ba ripengko nang-ni "nokdangni gronggrikpilani chol" dakchina aganbo. Ua mandeni bimung, dongchakenggipa biap aro phone nomborarangko nokdangni pilak manderangan man-a nang-gen.

BAK 3

CHI BANA



JA-RIKNA ARO SIMSAKNA NANGANIRANG

- Mikka waani aro rang-gitik chi bana ong-anina simsaksochina agananiko radio/TV-o knatime dongbo. Gipin manderangnaba u-iatbo.
- Nanggitikao jakkalna man-gipa bostuko tarie donbo jeon iarangba dongchapna nang-gen: radio/transistor, torch, gitichae bree dongimin battery-rang, first aid box unbaksanaba samrang, ORS, ran-gipa cha-anirang, ringani chi, dislai, mombati aro gipin jakkaltogipa bosturang.
- Kerosene-ni Lenten, budurang, rubber tube, chatta aro wa-ani gol-dikrangko nang-ni nokko tarie donbo. Nang-ni tangka-paisa, gamchatgipa gananirang, mongsonggipa lekka-panjarangko naljokgipa biapo chipe donbo.
- Nokkoni ong-katna skang bijoli aro gas-rangko bon ka-e donbo.
- Chi bana ong-anio nosto ong-na kragipa bijolichi chalaigipa bosturangko chukala biapona ra-doe donbo.
- Chi bana ong-ani a-selo chi nokkona napdopiljana gita chi watgipa nalarango Check Valves'-ko tekbo.

CHI BANA ONG-ANI SOMOIO:

- Rang-gitik chi bana ong-anina simsaksobo. Rang-gitik chi bana ong-gen ine nikode, rang-sanan chukala biapona jitbo. Ge-etani ba jitna agananina senge dongainabe. Jol dake rang-gitik chi bana ong-gipao ong-onnabe; ian kenbegnigipa ong-a.

- Chi jokgipa nalarango aro culvert-rangoni chel-tange dongbo.
- Chipurangna simsakbo; rang-gitik chi bana ong-ani somoirango chipu sua man-ani a-selrang bang-ronga.
- Bijoli sala man-anioni naljokna gita bijoli-ko songchakgipa krong aro ga-ake dongenggipa bijoli silitingrangoni an-tangko chel-tange rakkibo.
- Sosigimin bijolichi chalaigipa ostro ba bosturangko skatang chalainabe – jakkalna skang name dake nichengbo.
- Ritgimin aro chek-gimin chi-kosa ringbo.
- Joksalgijagipa chi-o ma-manti sabisirangko ong-katatna ba sabisi ong-atgipa jo-ongrang ba-naba gnang. Sakamgenchim ong-ode, sana bananiko dakbo.
- Chun aro bleaching powder-ko wilwila biapo satbo.

Nokko watna nang-genchim ong-ode, iarangko pangnan gisik ra-bo:

- Joksalgipa chiko batnabe, inch dok mang ta-rake joksalenggipa chi nang-ko man-pakna ama. Chi-ko batna nang-genchim ong-ode, joksalgijagipa chi gitasa batbo. Chi batmitingo nang-ni mikkango a-a rak-a aro nom-aniko nina gita gol-dik-ko jakkalbo.
- Chi bana ong-enggipa biapo gari chalainabe. Nang-ni samtangtangchin chi bana re-emung chi tang-dobagenchim ong-ode man-a dipet rang-sanan gari-oni ong-katenba chukala biapona re-jitbo. Chi bana ong-gipa nang-ko aro nang-ni gariko ta-raken man-pakangaigen.

BAK 4

JILLARANGO CHI BANA ONG·ANI



CHI BANA ONG·NA SKANG

- Nalarango jabol, plastic bag aro plastic botolrangko galnabe.
- Mikka wana am·aniko agansamsoaniko name knatimbo.
- Ka·magipa biaprangoni chukala naljokalgipa biaprangona jitbo.
- Sakanti mandean an·tangtang baksan lanten, cha·anirang, ringani chi, ran·gipa ba·ra·cholarang aro mongsonggipa lekka·panjarangko biap jitmitingo ra·bitbo.
- Nokni chukala biapo gamchatgipa bosturangko gate ba de·jite donbo.

CHI BANA ONG·ANI SOMOIO

- Bijoli aro gas·rangko bon ka·e donbo aro nakate dongenggipa silitingrangko dangtapnabe.
- Aganritinggipa kattarangko knachaknabe aro aganpile gipatnabe.
- Chi bana ong·gipao ong·onabe maina nalarangni jabol, to, chemical·rang aro gipin bosturangchi ia chi·ko moilarara dakatnaba gnang.
- Chi·o ong·one batna nang·genchim ong·ode, tu·gipa chi, nalani a·kol ba a·klokrango gipujana gita gol·dik·ko jakkalbo.
- Bijoli silitingrangoni chel·tange dongbo, bijoli chi gita re·a. Bijoli siliting ga·ake donggenchim ong·ode, power company/Agency·rangna u·iatbo.

- Chi bana ong·ani ja·mano ong·katna skang name ni·chengbo, a·a·nokkroa ja·bolrara gapaigen jeon be·gimin botolrang, matsramgipa bosturang, gojalrang dongnaba gnang. A·a·nokkrarang aro jang·kerang a·mang aro jabolrangchi pindapani a·selo rimilnaba gnang.

DAKNABE

- Joksalgipa chi·ko batnabe – chi bilakaniko ma·sina neng·a, aroban tu·gijagipa ta·rake jokenggipa chi nang·ko ga·akatna ama.
- Chi bana ong·gipa gita gari chalaianabe – Chi tang·doa tang·onaniko na·a ma·sijanaba gnang aroban adha metre ong·gipa chi bana gariko man·pakna ama. Chi bana ong·o gari chalaianichi wilwilao donggipa biaprangko nosto ong·batroroata.
- Choligipa engineer nikuja skalde mamung saloba an·tangari bijolico chalaipiltaiatnabe. Gas jokanina simsakbo – ta·makku/cigarette·rangko ringnabe ba mombati, lanten, ba bangbango wa·al so·nabe.
- Ceiling sosigenchim ong·ode uno rakate dongiparangko jakkalnabe ba chalaianabe. Oldrugipa ceiling·rangoni chel·tange dongbo.
- Rakgipa sosigipa a·a·nokkroa chadenge mamung saloba TV, VCR, CRT terminal·rangko ba gipin bijolichi chalaigipa bosturangko chalaianabe.
- Ka·magipa kuturio skonge dongenggipa chi·ko rang·sande sate galnabe. Chi·ko ta·rake sate galgenchim ong·ode pakmarangna dugapile sinjetani ong·naba gnang.

BAK 5

A·A RURONGANIRANG



A·A RURONGNA ALTUGIPA BIAPRANG

- A·a rurongimin biaprang
- A·rongrong/a·solsol dakgipa biaprang
- Dal·gipa chi nala·o gnunggipa kolgipurang
- A·gatgimin gitcam biaprang
- A·bri a·silangrang
- Leach field septic system·rangko jakkalgipa a·brirang

A·A RURONGGIJAGIPA BIAPRANG

- Rakgipa nangdimgipa ro·ongrang jerangan skangrangno jitkuja
- A·a chugipa biaprangoni chel·e donggipa biaprang
- A·bri kuchoto donggipa biaprang jerangan a·rongrong ba on·chokgipa biaponi chel·tanga

DAL·BEA A·A RURONGANI SOKNA SKANG SOKGNIGIPA CHINRANG

- Pangnaba a·a sosigijagipa biaprango chimik ong·katani ba chi jokanirang
- A·a, ramarang ba pakmarangni breta
- Pangchakgimin biaponi a·a jita

- Gipin rikdapgipa ba songdoe rikgiminrangni gitcingani aro/ba nokchipakna gitcingbaa
- A·a nokkra aro krongrangni gitcingani ba bretani, chi pipe·rang aro gipin a·ningo dape dongiminrangni breta
- Telephone krong, bol, guare aro bera kagiminrangni gitcinga
- A·a ba rama naptromanga
- Chibol ba chiringrangni chi ta·rake ditdoa
- Kelki do·garangni tekna aro ona man·gija dake meligija chang·ketani
- Knaronggijarangko kna·ani, jekai bol beani ba ro·ong nangtingrikani, a·a rurongbaani chin ong·gen. Bang·gija a·a ruronganichi dal·bea a·a be·gruaniona sokgen. Be·grugipa a·a ta·raken ruronggen aro iana chinkoba ma·sisojawa.
- A·a rurongani a·bachengjokode ba sokbaengjokode ka·sine gam·na a·bachengenba gam·rorobagen
- Ta·rake rang·san mikka jimbee wapretanina simsakbena nanga, mongsongbate ru·utbee mikka waani ja·mano

Gisik Rana Nanggnirang

- Jronggimin ba chi baksa re·chapenggipa a·mang pangnan chidare ba a·kawe gitasa jokronga, indiba ian ka·sne bangbanggipa biaprangona gipangrononaba gnung. Iarang battanggimin somoirango ong·ronggipa biaprango ong·rongbata.
- A·a be·grua/rurongani aro a·mang jrongenba jokaniara mamung dakeba chinko mesoksoja. A·bri·oni ro·ong aro ma·manti jabolrang bilakbee rongrongchapani aro re·chapanichi ramao dongsogipako nosto ka·ronga. Ia ka·mao on·gipa naljokani cholrangko tarisamsobo

- A·silang rongronggipa biaprango aro a·kawe jolrango ba biaprango bolrangko ge·bo aro RETAINING WALLS·ko rikbo.
- A·mang jronge jokgipa biaprango, building·rangni wilwila biaprango joke katangchina gita dare·ko kitbo.
- Gisik ra·bo: Na·a a·mang jokenggipako watatna gita guare ba dare·ko rikgenchim ba kitgenchim ong·oba, aro dare gita jokanggipa nang·ni noksul·ni barionasa sokangode, na·an uni bari ba a·a·ona nosto ong·aniko ra·baanina gamna nangnaba gnung.

A·A RURONGMITINGO SIMSAKNA NANGGNIRANG

Building ning-ao ong-genchim ong-ode:

- Na·a maiba dakenba ja·manchaka ba nokkoni ong·katna jokjagenchim ong·ode, man·genchim ong·ode building·ni gadang gipinona gadoangbo. A·a rurongenggipa ba a·mang jabol jokbaenggipa-tang·baenggipa ramaoni an·tangko chel·tange naljoke rakkianichi janggirangko jokatna man·a.
- Nokningon dongaibo.
- Table ba mangrakgipa bostuni ka·mao an·tangko chel·chake dongbo.

A·palo ong-genchim ong-ode:

- A·a rurongenggipa ba a·mang jokenggipa ramaoni chel·tange dongbo.
- Ramaoni chel·tange chukalgipa biapona katbo.
- Ro·ong ba gipin jabolrangni tang·baengako niksogenchim ong·ode, bolgrim ba building sambaona katangbo.
- Katna somoi man·srapjagenchim ong·ode, asongchong·gome dongenba an·tang skotengko chel·chake rakkibo.
- Na·a dare ba nala sambao ong·genchim ong·ode, chi tang·doani aro tang·onanina aroban chi grikaoni a·mangrara dakanina simsake dongbo. Ian badeaba kosakgipa biapo a·a rurongani a·sel ong·naba gnanng, unigimin simsakbee dongbo.
- Gari chalaimiting ong·ode simsakbebo. Ramasamrango gatgipa a·arang rurongna altubea. Ramasamo a·a ko·rakani ba bretani, a·mang jokani, ro·ong ga·akani aro gipin jabolrang jokani chinrangko nirorobo.

A·a rurongani ja·mano:

- A·a ruronggipa biaponi chel·tange dongbo maina a·a rurongman·ahaoba rurongtaiani chol gnanng.
- A·a ruronggipa biaponiko, rurongchakgipa biapona agre sambadugae re·anggija, saknaa man·gipa ba a·a rurongdapa man·gipa manderangko sandibo. Jokatenggipa manderangna saknaa ba a·a rurongdapa man·gipa manderang gnanganiko u·iatbo aro biapko mesokatbo.
- Radio/television·o nanga u·iatanirangko knatimbo.
- Telephone aro bijoli siliting ga·akananiko aro chi pipe·rang be·tonganirangko u·iatbo.
- Cylinder·rangoni gas jokaniko name nibo.
- Building nosto ong·anirangko nibo.

BAK 6

WA·AL KAMANI



JELENGGIPA WA·AL

- Do·gako chipenba nang·ni dongchakenggipa nokkoni simsakbee ka·sne ong·katbo.
- Donggenchim ong·ode, baranggao gnanggipa fire alarm·ko gam·atbo, ba gipinrangko simsakchina gita u·iatbo.
- Jang·kerang gita building·oni ong·katbo.
- Wa·al kamitingo mamung saloba elevator·ko jakkalnabe.

ONG·KATNA DONGIPA DO·GACHOL·O WA·AL KAMGENCHIM BA WAL·KURARA DAKGENCHIM ONG·ODE

- Do·gako tekgija salkipe donbo.
- Wal·kumikmike dongenggipako tang·atna gita sosigipa towel·ko do·gachol ka·mao donbo.
- Emergency fire service nombor·ona phone ka·enba nang·ni dongchakenggipa gittim aro biapko aro unbaksana wa·al kama aro wal·kumikani a·selo ong·katna man·jaengaha ine na·a uamangna u·iatbo. Na·a uamangni daksona·ka·sona agananiko name knatimbo.

NANG·NI DONGCHAKENGGIPA BUILDINGO GNANGGIPA FIRE ALARM GAMCHANGODE

- Do·gako kulina skang nang·ni jakpa janggilchi do·gako rime nichengbo.

Do-ga ding-bomode ba ding-genchim ong-ode, do-gako kulinabeha.

- Do-ga ka-sine dongaigenchim ong-ode, do-gako kulienba wal-kua donga donggijaniko nibo. Wal-kugenchim ong-ode, ong-katnabe.
- Ong-kate nio wal-ku dongjagenchim ong-ode, do-gako chipe donenba ong-katbo. Jang-kerang gitasa ong-katbo aro mamung saloba elevator-ko jakkalnabe.

NANG-NI DONGCHAKENGGIPAON WAL-KUGENCHIM ONG-ODE

- Wal-ku ka-mao man-a dipet a-a nokkroa an-tango one dongbo.
- Nang-ni telephone sambao tape dongimin Fire Emergency Nombor-ona phone ka-bo aro wal-kuani a-selo naa ong-katna man-jaengaha ine uamangna u-iatbo.
- Nang-ni dongchakenggipa nok-o nokde (balcony) dong-genchim ong-ode aro unoni nionato wa-al kama dongjagenchim ong-ode, nokkoni ong-katbo.
- Ka-mao wa-al kamgenchim ong-ode, kelki-ona re-angenba dakchakchina gita manderangna a-bokatbo. Kelkirangko kulinabe indiba uni samba dongbo.
- Ka-mao wa-al kamjagenchim ong-ode, kelki-ona re-angenba kulibo. Kuligimin kelki sambao dongbo.
- Nang-ni uno donganiko ine manderangna ma-siatna gita bed sheet, towel ba gombol-ko kelki-o dingdebo.

BABILSIO WA-AL KAMANI

Nang-ni nok-o song-na ritna gita maidagipa stove ba bostuko jakkala uko ma-sie ra-na nanga – gas, bijoli, aro kerosene ba jerangon am-bolko jakkala. Stove-ni a-selon nang-ni babilisio wa-al kamani obostarang sokronga. Song-manani ja-mano rang-sanan bijoli ba gas stove-ni switch ba gas valve-ko bon ka-bo. Electric burner ka-sinkujana dipetde ding-e dongkamaia aro ian kenbeani ong-a. Am-bolko jakkalgipa chankolba kenbeani ong-a maina wal-kirang tange dongkuaia. Am-bolchi chankolo wa-al so-mitingo wal-misirang tangjana gita chankol kosako pindapesa wa-al so-rongbo. Song-man-ritmanjokko, pangnan chi-ko satkikienba wa-alko kmite galrongbo. Babilisio wa-al so-gipa sambao kamninggipa bosturang jekai kerosene-rangko donnabe.

BABILSIO DAKNA NANGGNIRANG

- Song-a-ritmitingo kniko ki-sangchipak kabo aro wa-al cha-bakna altugipa chola-ba-ra-ko ganabe.
- Wa-al so-enggipa ba stove-ni burner-ona balpongajana gita kelki-ni pordar-rangko kae donrongbo.

- Wa-al so-o ching-ningjagenchim ong-o aro song-manahani ja-manoba gas burner-ko rang-sanan bon ka-e donrongbo.
- Dawa rim-chakani ga-tongko stove-ni jatchiona jitatbo aro bi-sarangni sokgijao donatbo.
- Ga-soltape wa-al-o ga-akjana gita pangnan a-a-nokkrako ran-e rakkibo.
- Dislai-rangko bi-sarangni sokgijao donrongbo.

DAKNA NANGGIJANIRANG

- Towel ba babilisio jakkalgipa ba-rarangko stove burner sambao donnabe.
- Song-miting-ritmitingo oldrugipa chola-ba-rarangko ganabe, aroban song-mitingo stove kosakoni an-tangko chel-tange rakkibo.
- Stove kosako bostu donchakanio mamung saloba bosturangko donnabe.
- Tima-ko ba kamninggipa bostu gninggipa tima-rangko stove sambao donnabe.
- Chongipa bi-sarangko ding-gipa oven-ni do-gako kulie donenggipaoni chel-tange rakkibo. Uamang uano ga-akenba wa-al kama man-ani chol bang-bea.
- An-tangko ding-bomatna gita stove-o mamung saloba dan-danabe.
- Towel-rangko mamung saloba jakpra dake jakkalna nangja. Wa-al cha-bakningnaba gnanng.
- Bijoli watchagipa kol-o mamung saloba dingtang dingtang biljolichi chalaigipa bosturang ba extension cord-rangko jakkaldamnabe. Cord ba plug-rang ding-a amchakjaenba wa-al kamnaba gnanng.
- To-ko wa-al kamanio chi-ko jakkalna nangja. Baking soda, kari ba ma-ketgipa pindapani takkon-kosa jakkalbo. Baking soda-ko pangnan stove sambao donrongbo.

KU-PATTIANIRANG

- Fire Service-rangni nomborko telephone sambao dona nanga aro iako nokdangni pilak manderangnan ma-siatbo.
- Wa-al kama jelaniko champengna gita nang-ni tuchakenggipa kuturini do-gako chipesa turongbo.
- Na-a iako ma-siama je nang-ni chola-ba-rarango wa-al cha-bakjokko katna nangja aro na-a – “NENG-TAKBO-TUGITILBO-ROMROMBO”.

BAK 7

MIKKA RIPRAPA/GOERA GOA ARO MIKKA KIMPRETA



MIKKA KIMPRETO KENBEANIRANG

Bilsiantion mikka kimpretani a-selo adita sak manderangan saknaa aro janggi gimaaniko man-ronga. Mikka kimpretmitingo bang-bate saknaa man-anirangde telephone jakkale bijoli nanganichi ong-bata. Mikka kimretmitingo ia simsaksoanirangko daksobo:

Nang-ni nokna nanggipa lightning conductor-rangni bidingo electrician-o ku-pattianiko ra-bo.

A-PALO ONG-GENCHIM ONG-ODE

Mikka riprapani second 10-ni ja-mano mikka kimreta gamaniko na-a knagenchim ong-ode, uan kilometre gittam mang chel-ao ong-a. Mikka riprapa ja-mano kimpretani gam-anina komie somoi ra-genchim ong-ode, uan sepangjolo ong-a, uni gimin man-a dipet ta-raken an-tangna chel-chakgnigipa biapko sandibo:

- Nokking rakgipa (sil rakgipaniko tarigipa gari) gari ning-o ba mangrakgipa building-ni ning-ao nape dongbo, indiba chongipa bangbanggipa nokranggo ba tambu ping-giparangode chake dongnabe.
- Bang-gija bolrangni gisepo (ba bol pangsao) chake dongnabe.
- Chakna gita biap man-jagenchim ong-ode, bamgopbo (one, ja-ako apan done), man-ode kolgipu ba a-klok daka biapo. Be-en ba skoteng sambao silni bostu dong-genchim ong-ode uko ra-galbo. Dalgape tugitile dongnabe indiba na-a an-tangko ua biapo chu-batgipa bostu gita ong-atskanabe.

- Nang-ni kni ba kmilrang chadogenchim ong-ode ba na-a sepanggipa ro-ongrango, fencing-rango gamaniko knagenchim ong-ode, unoni ta-rake jite katbo. Walode maiba bostuko goera gona am-engjokode ua bostu tangsime ching-naba gnang.
- Mikka kimpretmitingo lekka do-rengrangko watnabe.
- Silni milsi bipong, chatta ba silni bosturangko jakkalnabe
- Silni krong, fencing, ba-ra ramchakgipa silitingrangoni chel-tange dongbo.
- Cycle-rangko salnabe ba nokking grigipa ba bangbanggipa garirango songrenabe.
- Gari chalaigenchim ong-ode, ka-sne salenba bolrang, bijoli silitingrangoni chel-tange dondikbo aro gari ning-ao (sil rakgipaniko tarigipa gari) ba pucca building-o nape dongbo, indiba silni bakrangko mamung saloba dangtapnabe.
- Chi-o ong-genchim ong-ode, rang-san uoni ong-katbo.
- Ring-o ong-genchim ong-ode, chi rikkamona ta-rake choangenba rikgimin nok gnanggipao chakebo.

NOKNINGO ONG-GENCHIM ONG-ODE

- Mikka kimpretani sokna skang, radio aro television-ona ra-anggipa bijoliko bon ka-e donbo. Computer-ni modem aro bijoliko bon ka-e donbo.
- Pordarangko salkripe donbo aro kelkirang, bijolichi chalaigipa bosturang ba gipin silni bosturangko (jekai Geysers, bostu su-galchakani ba bijolichi chalaigipa bosturang) jakkalnabe.
- Telephone-ko jakkalnabe. Nangchongmota somoio, dikdiksana mangmang jakkalaibo, (mamung saloba silni, rakgipa ba cement aro an-chengchi rikgiminko dangtapnabe) aroban cement ba tiles angimin nokkrao ja-rara chadenge dongnabe.

FIRST AID

Goe goa man-gimin manderangna, sana bananiko on-gipa manderang sokbakujana kingkingde, rang-sanan ka-tong/ka-bak-ko nol-bo aro ku-sik gita ku-sik-ona balwako on-sobo.

GOERA GOANI KAKKET ONG-ANI ARO BEBE RA-ANIRANG

- Goera gojokode, manderang ching-ja ba krampilede kamrongja indiba ka-tong aro rang-sitaniosa nangchakeronga.

- 30% mang manderang goera goa man-anichi janggi galronga, aroban mongsongbate first aid-ko somoi gita ong-a bewalo on-ode ruutbea bilsina ja-a jak kora ong-e ba be-en-ni bak il-engna man-gija donganiko nikrongbreja ba indaka obostarang komibea.
- Nang-ni chola ba-ra sosigenchim ong-ode goera goanichi saknaa man-ani komigen, maina bang-bata bijolini bil-an nang-ni be-en gita re-gija sosigipa chola ba-rarang gitasa re-anggen.
- Goera gojokode, bang-bata changon, apsan biapon chang-sana bate goronga.

BAK 8

BALMINDURI



BALMINDURI KARI SOKNA SKANG KA-SONA NANGANI ARO KA-SONA NANGGIJANIRANG:

- Nokko dakdapna-taridapna nanganirangko name sandie nibo, rokreke dongenggipa tiles-rangko mangrakatbo aro kelki do-garangko mangrake taridapatbo.
- Nok sambao donggipa sigimin bol aro sigimin bol cheksi-rangko den-e supee galbo; il-engna aro ra-galna altugipa bosturang jerangan balwa bilakjokko man-pakangna altuachim uarangko mangrake kae ba sinjete donbo. Bang-gija bolni dokdarangko nengraa biapo tarie donsamsobo jedakode nangmiting somoio glass-ni kelkirango champenge dona man-gen.
- Kerosene gape rue dongimin lenten, battery-chi chalaigipa torch-rang aro battery-rangko tarisamsoe donbo.
- Be-na altugipa building-rangko rue galbo.
- Radio-na battery-rangko chu-onga gita bree chimonge donbo.
- Nanggitika somoina sogijagipa cha-anirangko bree donsobo.

BALMINDURI A-BACHENGJOKKO

- Radio-ko knatimbo (All India Radio station-rang mikka wana a-manirangko u-iatsoronga aro manderangna mikraksoaniko on-a).
- Simsake mikkrake dongna agananirangko nirokrokbo. Iachin na-a

tarisamsuaniko dakna gita somoiko man-gen.

- Sakgipin manderangnaba u-iatsamsobo.
- Aganjojoani kattako namrenge ra-aibo aro indakgipa kattarangko gipatroronabe; jajajiji ong-ani aro jagoksoanirangko komiatgen.
- Sorkari ba bil-o gnanggipa manderangni u-iatanirangkosa bebe ra-bo.
- Jensalo na-a nang-ni dongchakenggipa bak-ona balminduri sokbana am-ani koborko man-sojok, na-a nang-ni ka-rongenggipa kamrangko ka-aibo indiba radio-o agananirangkoba knatimrorobo.
- Konta 24-nade simsaksoaniko dakbo maina balminduri konta 24-ni gisepon soknaba gnang.

CHEL-CHAKSOANI CHOLRANG

- Glass-ni kelkirango dokdarangko dondapsobo ba shutter-rangko ra-one donsobo.
- A-palni do-garangna mangraggipa pangchakanirangko tarisobo.
- Nang-o bolni dokdarang dongjagenchim ong-ode, glass be-chemchewaniko champengna gita riting riting dake chitgimin lekkako glass-o tapbo. Indioba ian glass be-anikode champengna man-ja.
- Cha-anirang jekon song-gija cha-na man-aiachim uarangko bree donbo. Name gripe dona man-gipao chi-rangko chimonge donbo.
- Nang-ni kerosene-ni lenten, torch-rang aro gipin emergency light-rangko simsake tarie donsobo.
- Chonchonggipa aro balwa rakao man-pakangna kragipa bosturangko kuturio name tarie chipe donbo.
- Balwa balbaenggipa ramao dongsoenggipa mikkangni do-ga aro kelkirangkosan ona man-aianiko nibo.
- Bi-sarang aro butchuma budeparang jemangan dingtang cha-anirangko nangachim uamangnaba cha-anirangko simsake chimongsoe donbo.
- Balminduri jatchigipa nang-ni nok kosak gitan balanggenchim ong-ode, balwarang on-tisa tom-tomnaba gnang aro mikkarang adha konta mangna wanaba gnang. Ia somoimitingo a-palchi ong-katnabe; maina iani ja-manon bilakbegipa balwarang mikkangchini balbaskagen.
- Bijolini main switch-rangko bon ka-e donbo.

- Jagoknabe aro gisikko tom-tome rakkibo.

CHEL-CHAKGNIGIPA BIAPONA JITNA GE-ETANIKO MAN-GENCHIM ONG-ODE

- Nang-na aro nang-ni nokdangni manderangna adita salrangna cha-anirangko chu-onga gita chipe ra-bitbo. lanon samrang, bi-sa bakgitchak aro bi-sarangna ba budepa butchumarangnaban dongchapna nang-gen.
- Ge-etgimin gita nang-ni songo ba jolo tarisogimin dongchakani biapona re-jitangbo.
- Nang-ni gamjin aro nokna jajrengnabe.
- Dongchakani biapko nitimenggipa mandeni agan-ku-pattiani aro ge-etanirangko name knatimbo.
- Nang-ko ua tarigimin dongchakenggipa biaponi jitna aganjaskalde da ong-kata.

BALMINDURI ONG-MANANI JA-MANO

- Nang-ko nang-ni nokkona re-angna man-pilgnok ine aganani ba ge-etaniko man-kujana kingkingde ua dongchakenggipa biapon dongkuaibo.
- Sabisirangoni chel-chakaniko man-a gita na-a an-tangko tikka ba bijirangko subo.
- Songgimin krongrangoni chotomgipa ba dingdetenggipa silitingrangoni gelbo.
- Na-a gari chalaina nang-genchim ong-ode, simsakbee chalaibo.
- Nang-ni nok a-paloniko be-giminrang aro jabolrangko rongtalate donbo.
- Balmindurini a-selo chong-motgipa nang-na nosto ong-anirang sokaaniko bil-o gnanggiparangna u-iatbo.

BAK 9

FAMILY DISASTER KIT



Kit-o ming dok bosturang dongna nang-gen, uarangara Ringani Chi, ran-gipa cha-anirang, First aid Box, Chola-ba-rarang aro Tuchakanina jakkalgipa bosturang aro gipin jakkaltogipa nanggipa bosturanko jerangkon na-a nokkoni ong-katna nangjoko nang-genchim, uarangko kena ba chilna man-gipa jola ba bag-o chipe donbo.

1. FIRST AID KIT-O IARANGBA DONGCHAPNA NANG-GEN

- Roller bandage-rang, kilchap packet-sa, Noksik ge-gittam dakgipa bandage-rang (triangular bandages).
- Greng be-anina dal-a aro chongipa kagopani (Wa-a/bolniko tarigimin).
- Chongipa kenchirang.
- Antiseptic solution (jekai, Dettol, Savlon). Antiseptic cream (jekai, Soframycin, Neomycin), Pain killers tablet-rang (jekai, Paracetamol)
- Oral re-hydration (ORS).
- Chlorine tablet-rang.
- Gipin samrang.

2. **RINGANI CHI:** Be-gijagipa ba bretna altugijagipa botol-rango brae dongimin ringani chi.

3. **CHAANI:** Soninggijagipa cha-anirang jekai biscuit-rang, song-gija rang-san cha-jolna man-aigipa cha-ani packet-rang, ran-atgimin bolni biterang, aro gipin ringanirang.

4. **BOSTURANG:** Disposable plate-rang, chamos-rang, cup-rang, battery-chi chalaigipa radio, torch aro ra-dapgimin battery-rang, mombati aro dislai, whistle, plastic sheet-rang.
5. **BA-RA-CHOLA ARO TUCHAKANINA NANGGIPA BOSTURANG:** Komibeoba sakprak mandenan ganani chola-ba-ra aro jutarang, gombol-rang, bed sheet-rang, rain coat aro Chatta.
6. **JAKKALTOGIPA GIPIN NANGGIPA BOSTURANG:** Dud powder, bi-sana diapers aro samrang, Ka-tong aro High Blood pressure-na chel-chakaniko on-gipa samrang, insulin injection aro Dal-gimin manderangna chosmarang.
7. **NOKDANGNI GAMCHATGIPA LEKKA-PANJARANG:** Gamjin man-rikaniko see dongipa lekka (Will), Insurance, Stock Bond, election ID card, ration Card, Passport, Bank-ni lekbarang, skul aro college certificate-rang, Atchiani/Bia ka-ani/Siani certificate-rang.

