

Dos and Don'ts
on
Various Hazards
Khasi Version



State Disaster Management Authority, Meghalaya, 2014

Sngewbha pyndonkam ia kane ka kot (DOs and DONTs on Various Hazards) kum ka lad ban pynphriang ia ka pule puthi ryngkat bad ki jingai jingmut jong phi. Pyntip sha ngi iaka jingiarap bad jingmyntoi jong kane ka kot.

Publisher:

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Printed at: Eastern Panorama Offset, Keating Road, Shillong-1
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KI JINGKDEW

| | |
|--|--------------|
| KI JINGKDEW | i-ii |
| KA LAMPHANG | iii |
| LYNNONG - 1 KYLLUM IA KA JINGJIA SHAH LYNGSHOP HA MEGHALAYA | 1-2 |
| Disaster Management Act, 2005 | 1 |
| Ka Meghalaya State Disaster Management Authority | 1 |
| LYNNONG - 2 JUMAI | 3-7 |
| Ha shwa u jumai | 3 |
| Ha ka por ba khynniuh jumai | 4 |
| Wat ju pyndonkam ia ka lift | 4 |
| Lada phi don shabar | 5 |
| Lada don ha ka kali ba dang iaid | 6 |
| Hadien u jumai | 6 |
| LYNNONG - 3 KA JINGSHLEI UM | 8-9 |
| Ki jingiada kiba lah ban shim | 8 |
| Ha ka por ba shlei um | 8 |
| Lada phi hap ban mih na iing, kynmaw ia ki buit bad jingbatai | 9 |
| LYNNONG - 4 KA JINGSHLEI UM HA KI SHNONG | 10-11 |
| Shwa ban shlei um | 10 |
| Haba jia ka jingshlei um | 10 |
| Wat leh | 11 |
| LYNNONG - 5 KA JINGTWA KHYNDEW | 12-14 |
| Ki jaka kiba kham jia ka jingtwa khyndew | 12 |
| Ki jaka kiba lait na ka jingtwa khyndew | 12 |
| Ki jinglong kiba lah ban iohi shwa jong ka jingtwa khyndew | 12 |
| Ki lad jingiada ba phin shim ha ka por ba twa khyndew | 14 |
| LYNNONG - 6 KA JINGPLUH DING | 15-17 |
| Ka jingpluh ding ha ki jingtei kiba jrong | 15 |
| Lada ka jaka mih ka dap tdem ne shah khangkdong ha ka ding | 15 |
| Lada ym treikam ka alarm ha ka jingtei | 15 |
| Lada don tdem ha iing kaba bun mala | 16 |
| Ka jingpluh ding ka iingshetja | 16 |

| | |
|--|--------------|
| Kiba dei ban leh bad bym dei ban leh ha iingshetja | 16 |
| Ki bym dei ban leh | 17 |
| Ki jingtip kiba donkam | 17 |
| LYNNONG - 7 KA LEILIEH BAD U PYRTHAT | 18-19 |
| Ka jingma ha ka por ba pom pyrthat | 18 |
| Lada don shabar iing | 18 |
| Lada don hapoh iing | 19 |
| First Aid | 19 |
| Ka jingshisha halor u pyrthat bad ki khanatang | 19 |
| LYNNONG - 8 KA 'ERIONG | 20-22 |
| Kiba dei bad bym dei ban leh shwa ka aiom 'eriong | 20 |
| Haba sdang khie ka 'eriong | 20 |
| Ki lad jingiada | 21 |
| Haba don jingbthah ban phet jaka | 21 |
| Ki lad ban shim hadien ka 'eriong | 22 |
| LYNNONG - 9 KA SYNDUK THEP IA KI JINGDONKAM HABA JIA KA LANOT | 23-24 |



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Dated Shillong, the 1st June, 2015

KA LAMPHANG

Ka Jylla Meghalaya ka hap ban iaid lyngba bun ki jingshah lyngshop kiba shyrkhei kum ki jumai, ki jingshlei um, ki jingtwa khyndew, ka jingpluh ding, jingpom pyrthat bad 'eriong bad kiwei kiwei. Ka long kaba donkam ban don ka jingpynkhreh bad jingtip khnang ban pynduna ia ki jingjulor na kum kine ki jingshah lyngshop. Ki paidbah ki dei ban don jingtip kiei kiba dei ban leh bad bym dei ban leh haba jia ki jingshah lyngshop ha ka jylla. Ka Meghalaya State Disaster Management Authority ka la pynmih ia kane ka kot lyngkdop ban tip kiei kiba ki dei ban leh bad bym dei ban leh haba jia ki jingshah lyngshop ban iarap ia ki briew ba kin nang bad sngewthuh kumno ban leh ha ki khep kiba kyrkieh kiba ki lah ban iakynduh. U Surajit Bordoloi, Consultant, Meghalaya State Disaster Management Authority u la trei shitom ban pynkhreh ia kane ka kot lyngkdop ia kaba nga pynpaw ka jingsngewnguh ia u. Nga kyrmen ba kane ka kot lyngkdop kan iarap ban pynphriang ia ki jingtip bad jingsngewthuh ia ki paidbah khnang ba ka jingpynkhreh haba jia ka lanot kan long kaba janai.

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LYNNONG 1

KYLLUM IA KA JINGJIA SHAH LYNGSHOP HA MEGHALAYA

Ka jylla Meghalaya ka dei ka jylla kaba ngat ha kiba bun jait ki jingshah lyngshop bad kiba kham kynrei eh ki dei ka jingkhynniuh jumai, jingshlei um, ka eriong bad kiwei. Ka jylla ka la mad ia u jumai uba radbah ha ka snem 1897 bad kiba bun ki jumai kiba heh bad kiba rit kumjuh namar ka Meghalaya ka hap ha ka Zone V, kaba mut ka jylla kaba khie jumai borabor. Ha ki khyndiat snem, ngi la mad ruh ia ki jingshah lyngshop kum ka jingshlei um, ka jingtyllep ka umsaw, ka jingpluh ding, ka jingtwa khyndew, ka eriong bad ka jingkhyllem ki par dewiong bad bun ki briew ki la duh ei ia la ka jingim bad ki jingdon jingem jong ki. Ka la dei ka por, namarkata, ia ka jylla ban phai khmat kumno ban plan, ban pynkhreh bad ban pynbiang ki lad jingiarap ban teh lakam ia ka jingjulor haba jia ka lanot. Dei kane kaba la pynlong ia ka SDMA ban pynkhreh ia kane ka kot lyngkdop halor kiei kiba dei ban leh bad bym dei ban leh haba jia ki lanot ban ai ka jingtip ia ki nongshong shnong ba kin nang ban pynkhreh ialade khnang ban pynduna ia ka jingiap briew bad jingduh ia ki jingdon jingem, bad ban pynlong ia ka imlang sahlang kaba ieng skhem bad kieng atiar bha haba jia kum kine ki jingshah lyngshop hadien habud.

Disaster Management Act, 2005

Ki lad ki lynti ban iada na ki jingshah lyngshop ki don bun rukom bad kiba shitom ban pyntreikam; ka jingpynkhreh bad ka plan ban ai ka jingiarap ki long ha ki bun rukom bad kiba ia id ryngkat ryngkat bad ka mariang ha ka jylla. Ki jingshah lyngshop kiba khah khah ki wanrah ia ka jingduhnong bad ki lanot bunsien kim don bun ki lad ki lynti ban lait na kata. Ki jingshah lyngshop ha ki bor ka mariang ki kham ktah eh ia ka jingim jong kito kiba shong ba sah ha ki jaka ba jur ka jingshah lyngshop. Hadien ba ka Sorkar India ka la pynlong ain ia ka Disaster Management Act, 2005, ka Sorkar Meghalaya ka la saindur ia la ki jong ki rul ba la tip kum ka Disaster Management Rules, 2010 ki ban don hapoh ki kyndon jong ka Disaster Management Act, 2005. Ka sorkar jylla ka la pynthymmai ruh ia ka Disaster Management Policy ha ka snem 2013 bad ka Disaster Management Plan, 2014.

Ka Meghalaya State Disaster Management Authority

La buh ia ka Meghalaya State Disaster Management Authority katkum ki kyndon jong ka Disaster Management Act, 2005 da ka jingpynbna jong ka sorkar ha ka snem 2008. Ka dei ka seng kaba hakhlieh duh ha ka jylla ban pyniaid ia ki kam kiba iadei bad ki jingshah lyngshop. Ia ka Meghalaya State Disaster Management Authority la khlieh da u Myntri Rangbah ka jylla bad ka kynthup ia khyndai ngut ki dkhot kiba dei ki Myntri sorkar jong ki tnat treikam bapher bapher bad u Chief Secretary kum u Chief Executive Officer. Khnang ban iarap ia ka Meghalaya State Disaster Management Authority ha ka

jingtreikam jong ka, la thung ia ka State Executive Committee ha ka snem 2008 hapoh ka jingialam jong u Chief Secretary kum u Shongknor bad saw ngut ki Principal Secretary jong ki tnat treikam ba hakmat eh.

Ka long kaba donkam ban buh ia ka ophis jong ka Meghalaya State Disaster Management Authority ba kan pyniaid ia ki jingtreikam jong ka kiba man ka sngi. Namarkata, la buh ia ka ophis jong ka Meghalaya State Disaster Management Authority Secretariat ha ka ophis jong ka Directorate of Land Records and Survey, Lower Lachumiere, Shillong ha ka snem 2011 ban khlieh da u Executive Officer uba long ruh u Director of Land Records and Survey. Ka Meghalaya State Disaster Management Authority ka don ka jingkitkhlieh ban pyniaid ia ki kam kiba iadei bad ki lad iarap haba jia ki jingshah lyngshop ia kaba la bei pisa da ka Sorkar Jylla bad ka Sorkar India.

LYNNONG 2

JUMAI



Ym ju don ba lah ban tip ia ka jingkhie u jumai. "U jumai um ju pyniap, ki jingtei kiba synjor ki pyniap."

HA SHWA U JUMAI:

Pynshlur ia ki paidbah ba kin shna lypa ia ka plan iada na ka bynta ki bahaiing namar lada ki ap haduh ban da khynniuh u jumai, ka lah ban dier por eh. Dei ban pynshlur ia ki paidbah ban shim ia kine ki lad jingiada harum:

- Buh ia kine ki tiar ha ka jaka kaba kyrpang bad kaba suk ban ioh: ka umdih ha ki bilor, ki jingbam ki bym pyut ne sma, ka synduk first-aid, ka torchlight, ka radio bateri bad ki bateri.
- Hikai ia ki bahaiing kumno ban pynlip ia ka bording elektrik, gas bad kiwei.
- Wad lypa ki jaka ha iing kiba lah ban long kum ki jingiada ha ka por khynniuh jumai.
- Kan kham suk ban phone ia kiba phi ithuh ha ka por jumai. Buh lypa ka nombar phone jong ki bahaiing ne paralok. Lada ki baiasah lang ki iasapra hadien u jumai bad ym lah ban phone, dei ban phone sha ki bahaiing ne paralok. Ia ka jaka sah bad nombar phone jong ita i bahaiing ne paralok dei ban ai ha baroh ki dkhot ka iing.
- Sumar bha ia la ka iing.
- Kan bha ban pyndait ia ka iing jong phi da ki tiar kiba lah ban iada ha ka por jumai. Pynkhlain ia ka nongrim iing bad ki kynroh khnang ba ka iing jong

phi kan lah ban ieng skhem ha ka por khyన్నిuh jumai. Phi lah ban iasyllok bad u kontraktor bad bud ia ki kyndon shna iing.

- Lah ruh ban pynkhlain ia ki jingtei kiba rim ne ki bym dei skhem.

HA KA POR BA KHYNNIUH JUMAI:

Ngim ju tip ha kano ka por u wan u jumai. Teng teng, khyndiat sekhon shwa ban wan u jumai, ka ju don ka jingsawa kumba tyllun kaba long ka dak jong ka jingwan u jumai. Kito ki khyndiat sekhon ki lah ban ai ka lad ia phi ban phet sha ka jaka kaba shngain.

- Rieh. Rieh hakhrum miej ne ki tiar kiba skhem, dem khohsiew, shong lane dem ha madan. Bat skhem ia ki kjat jong ki miej, shuki ne jingthiah. Phet noh nangta lada kata ka jaka ka sdang ban khih.



- Lada ym don jingda kaba khlain, dem khohsiew lane shong lyngngeit ha madan ha syndah ka kynroh. Buh ia ki kti ha madan ban nym khih.
- Wat ju ieng ha jingkhang. Ka jingkhieh kaba jur ka lah ban pynlong ia ki jingkhang ban khang syndet bad pynmysaw ia phi. Phi lah ban shah sangoh ha ki tiar kiba hap.
- Wat ju ieng hajan jingkhangiit, ki iitkhmih, ki jaka buh kot bad kiwei ki jaka kiba buh ia ki tiar kiba khia.
- Lada phi don ha jingthiah, shongkhop bad tap ialade da ki syngkhlieh bad ki nep.
- Wat ju mareh shabar lada phi don hapoh iing.



WAT JU PYNDONKAM IA KA LIFT

- Haden ba la sangeh ka jingkhynniuh, iaid na ki mawkyndon ban poi sha ka jaka ba kylluid.



- Lada phi sah ha ki iing thapdap ne iing bym skhem, kaba phi lah ban leh ka long ban leit sha ka jaka ba kylluid bym don dieng ne sainar elektrik ne sainar telephone.
- Lada ka jingtei ka long kaba skhem, shong beit hangta, wat khih.



- Lada phi don ha ka jingtei kaba synjor, mih wut wut bad leit sha ka jaka kaba shngain.



LADA PHI DON SHABAR:

- Leit sha ka madan bakylluid jngai na ki jingtei, ki bording bad ki sainar elektrik. Haba phi la poi ha ka jaka ba kylluid, shong ne ieng beit haduh ban da jah ka jingkhynniuh.



- Lada ka iing jong phi ka la julor bun, phi donkam ban mih noh. Rah ia ka umdih, ka bam, ki dawai, ki tiar bad ki kot ki sla kiba donkam shwa ban mih.
- Kiar na ki jaka kiba don ki sainar elektrik kiba la dkut bad wat ktah ia ki kynja nar kiba don hasyndah ne dei sainar.
- Wat rung shuh sha ki jingtei kiba la julor bad leit jngai na ki jingtei kiba la julor bun.

LADA DON HA KA KALI BA DANG IAID

- Niah sha ka jaka kaba kylluid jngai na ki jingtei, ki dieng, ki jingkieng najrong surok lane sainar elektrik, sangeh bad shong beit ha kali. Ynda kut ka jingkhynniuh, niah husiar ia ka kali. Kiar na ki jingkieng ne ki jaka iaaid kiba kynjang kiba lah ban julor na u jumai.



HADIEN U JUMAI

Hadien u jumai, phi dei ban buh ha ka jingmut ia kine harum. Ka jinghusiar jong phi hadien u jumai ka lah ban iada ia phi na ki jingmysaw.

- Phong ki juti/slipar ban iada ia ki kjat na ki lyngkhot lyngkhai ne synrum
- Hadien u jumai uba jur, husiar na ki jumai rit kiba lah ban khie. Wat la um da jur eh, ki jumai rit ki lah ban nang pynjulor bad ki lah ban pynkhyllum ia ki jingtei kiba la synjor lypa. Ki jumai rit ki lah ban khie khyndiat kynta, sngi, taiew lane hadien katto katne bnai hadien u jumai uba jur.
- Da peit bha ia ki jingjulor ka bording elektrik bad pyndonkam ia ka torchlight ha ka jaka u mombati lane lynten.
- Lada ka iing kaba phi sah ka dang bha bad skhem hadien u jumai, shong beit hapoh bad sngap ia ki jingpynbna bad ki khubor ha ka radio. Lada phim thikna ia ka jingjulor jong ka jingtei, ka bha ba phi mih noh. Wat ju ktah ia ki sainar elektrik kiba la dkut.
- Iarap ia ki briew kiba mynsaw ne ba shah tap. Ai jingsumar wut wut lane first aid lada donkam. Wat ju pynkynriah ia ki briew kiba la mynsaw jur lait tang lada ka don ka jingma. Ha kum kine ki khep, wad ki lad jingiarap.
- Kynmaw ban iarap ia ki paramarjan kiba lah ban donkam ka jingiarap ba kyrpang – ki khunlung, kiba la tymmen bad ki briew kiba don jingduna ha ki dkhot met.
- Sngap ia ka radio bateri ia kino kino ki jingtip kiba kyrkieh.
- Dei ban phet jngai na ki jingtei kiba la julor.

- Leit phai sha la iing tang lada ki bor ba dei peit ki ong ba ka la shngain. Pynkhuid ia ki dawai kiba hoit ha madan, ki bleach lane gas lane ki umphniang ba lah ban kem ding. Phet jngai lada phi sma gas lane umphniang lane ki dawai ba long bih. Plie biang biang ia ki duli buh tiar bad jaka buh jain.
- Lada phi sma gas lane sngew kumba lait lyer ka gas, plie kloia ia ki jingkhangiit bad phet na iing. Pynlip ia u jingplie uba don hajrong jong ka top gas.
- Peit ioh don ki jingthut ne jingsniew jong ki waiar elektrik – lada phi iohi ia ki phliah ding, ki sainar ba dkut lane sma ing ding, pynlip ia ka ding elektrik na synduk ring ding elektrik. Lada phi hap ban iuh um ban poi sha ka synduk pyndait fuse, phone ne khot ia ki nongtrei bording bad pan jingmut na ki.
- Peit bha ia ki nur tuid jakhlia lane paip um ioh don ka jingjulor. Lada phi suba ba ka nur tuid jakhlia ka la julor, wat pyndonkam ia ka painkhana. Lada ki paip um ki julor, wat pyndonkam ia ka um na kor.
- Pyndonkam ia ka telephone tang ha ki khep kiba kyrkieh.
- Lada ki bahaiing ki iasapra ha ka por jumai (ka lah ban long ha ka por mynsngi haba kiba la san ki don ha jingtrei bad ki khun ki dang don ha skul), shna ia ka plan kumno ban iakynduh lang hadien u jumai. Ong ia ki bahaiing kiba don sha kawei ka jylla lane distrik lane ki paralok ban long kum ki nongpyniakynduh. Pynthikna ba baroh shi-iing ki iatip ia ka kyrtereng, jaka sah bad nombar phone jong ita i briew.

LYNNONG 3

KA JINGSHLEI UM



KI JINGIADA KIBA LAH BAN SHIM

- Sngap ia ka radio/TV ia ka khubor jinglong jong ka suinbneng bad ki jingmaham ia ka jingtyllep ka umsaw. Pyntip lang ia kiwei ruh.
- Pynbiang lypa ia ki jingdonkam kiba kongsan jong ka iing kynthup ia ka radio/transistor, torch, ki bateri, ka synduk first aid ryngkat bad ki dawai, ORS, ki jingbam tyrkhong, ka umdih, ka jingpruid, ki mombati bad kiwei ki tiar kiba donkam.
- Buh lypa ha iing ia ka lynten sharak, ki tyllai, ki tyndong jri, ka shatri bad ki siej. Buh bha ha ka jaka ba shngain ia ka pisa, ki jingdeng ba kordor, ki jingdon jingem, ki kot ki sla ba donkam bad kiwei.
- Pynlip ia ka bording bad ka gas shwa ban mih na iing.
- Kynrong ne shna hajrong ia ka jaka shet jingshet, ka kor pynkhluit um bad ki jaka pyndait bording elektrik lada ka jaka ba phi sah ka dei kaba ju jia ka jingshlei um.
- Buh ia ki 'check valves' ha ki jaka pyntuid jakhlia ban khanglad ia ka um kaba shlei na kaba tuid sha ki nala jong ka iing jong phi.

HA KA POR BA SHLEI UM:

- Long husiar na ka jingtyllep ka umsaw kaba lah ban jia. Lada ka jingtyllep ka umsaw ka lah ban wan, phet wut wut sha ka jaka ba kynjang. Wat ap ia ki jingbatai ne jingpynbna ban phet jaka. Wat ju leit sha ka umsaw, ka long

kaba mynsaw.

- Wat leit shajan ki nur pyntuid jakhlia, ki thliew, ki nur, ki nur heh ba pyntuid um bad kiwei.
- Husiar bha na ki bsein namar ka jingshah puh bsein ka kynrei bha ha ka por ba tyllep ka umsaw.
- Phet jngai na ki paia elektrik bad ki sainar elektrik kiba hap ha madan ban iada na ka jingshah bat bording.
- Wat ju pyndonkam ia ki tiar elektrik kiba jhieh – phah peit ia ki shwa ba phin pyndonkam.
- Pyndonkam da ka umdih kaba la shet bad kaba la pjiar bha.
- Ka jinglang ka um ka lah ban pynkha ia ki khniang jingpang kiba lah ban ioh na ka um. Lada jia ba shitom, wad ia ki lad jingsumar.
- Pyndonkam ia u powdar bleaching bad ka shun ban pyniap ia ki khniang jingpang na ki sawdong sawkun.

Lada phi hap ban mih na iing, kynmaw ia ki buit bad jingbatai:

- Wat ju iaid lyngba ka um kaba tuid. Lada ka umtuid ka jylliew hynriew inshi phin sa kyllon. Lada phi hap ban iaid hapdeng um, iaid na ka jaka kaba ka um kam tuid. Pyndonkam da u dieng ban peit ia ka jingskhem jong ka khyndew.
- Wat ju niah kali ha ka jaka ba shlei um. Lada ka um ka shlei sawdong jong phi, ieh ia ka kali bad phet shaba kynjang lada phi don lad. Maphi bad ka kali jong phi ka lah ban shah rong ha ka um.

LYNNONG 4

KA JINGSHLEI UM HA KI SHNONG



SHWA BAN SHLEI UM

- Wat ju bret pathar ia ki niut ki synrum, ki pla plastik, ki bilor plastik ha ki nur.
- Sngap ia ki khubor shaphang ka jinglong ka suinbneng.
- Phet na ki jaka them bad leit sha ki jaka kiba kham long shngain.
- Pynthikna ba iwei pa iwei ki don ia ka lynten, torch, ki jingbam, ka umdih, ka jainphong ba rkhiang bad ki kot ki sla ba donkam ha ka por ba ki phet iing ne shah pynkynriah jaka.
- Buh baroh ki jingdon jingem ha ka jaka ba kynjang.

HABA JIA KA JINGSHLEI UM

- Pynlip ia ka elektrik bad ka gas bad wat ktah ia ki waiar ba dkut.
- Wat ju ngeit bieit ia ki hamsaia bad wat ju pynphriang ia ki khubor hamsaia.
- Kiar na ka um kaba shlei namar ka lah ban long kaba la bit da ka jaboh, ka umphniang, ki dawai bih lane kiwei ki kynja dawai.
- Lada phi hap ban iaaid lyngba ka um, pyndonkam da u dieng lane u diengshan khnang ban lait na kaba liat ha ka um ba jylliew lane ha ki thliew lane ki nala.
- Kiar na u lain bording, namar ka bording ka lah ban iaaid lyngba ka um. Dei ban pyntip mar mar sha ki bor ba dei peit ia ka bording lada don ki paia sam bording kiba kyllon.

- Da peit shwa ban iaaid hadien ka jingshlei um, ka madan ka lah ban dap da ki lyngkhot lyngkhai kum ki bilor pait, ki tiar ba nep, ki prek bad kiwei. Ka madan kaba tap da ka ktieh bad ki lyngkhot lyngkhai ka lah ban btuit.
- Sngap ia ka radio lane telebison ia ki jingtip bad ki khubor kiba thymmai.

WAT LEH

- Wat ju iaaid lyngba ka um kaba tuid – phim thikna ia ka bor jong ka bad ka um kaba jyndong bad tuid stet ka lah ban pynkyllon ia phi.
- Wat niah kali ha ka jaka ba shlei um. Phi lah ban nym iohi ia ka riat ne them bad tang shiteng mitar ka um ka lah ban rong ia ka kali jong phi.
- Haba phi niah lyngba ka um kaba shlei phi lah ban nang pynjulor ia ki jingdon jingem ne tiar kiba don hajan.
- Wat ju pyndait biang ia ka bording katba u enjiniar um pat wan peit. Peit bha ioh ka gas ka lait lyer – wat ju pyndonkam ia ki mombati kiba dang mih tdem lane kiba la pyndonkam, ki lynten lane ka ding.
- Wat ju pynmeh ia ki tiar kiba pyndait ha sad lada ka sad iing ka jhieh. Kiar na ki sad iing kiba la jhieh ne kiba la jrein um.
- Wat ju pyndonkam ia ka TV, VCR, CRT lane kiwei ki tiar ba pyndonkam da ka bording haba phi ieng ha ka madan kaba jhieh, khamtam ha ka madan dewbilat.
- Wat ju pyntuid ne pynkhuid mar mar ia ka um kaba lang ha khrum. Lada pynrngat kloia ia ka um ka lah ban pyntlot ne pynsynjor ia ki kynroh iing.

LYNNONG 5

KA JINGTWA KHYNDEW



KI JAKA KIBA KHAM JIA KA JINGTWA KHYNDEW

- Ha ki jaka kiba la jia teng ka jingtwa khyndew
- Ha lane ha tduh jong ki thiep
- Ha lane ha tduh jong ka thliew tih nur heh
- Ha tduh ne kliar jong ka jaka theh khyndew
- Ha tduh ne kliar jong ka thiep kaba la tih pyrshing
- Ka jaka theh khyndew kaba la pyndonkam kum ka jaka bret jakhlia

KI JAKA KIBA LAIT NA KA JINGTWA KHYNDEW

- Ki mawsiang ki bym pat ju pynkynriah mynshwa
- Ha ki jaka kiba madan jngai na ki jaka kiba noh pyrshing
- Ha kliar lane shilynter jong ki riat kiba don kham jngai na ki tduh riat

KI JINGLONG KIBA LAH BAN IOHI SHWA JONG KA JINGTWA KHYNDEW

- Ki umpohliaw, ka khyndew kaba pjjar um lane sngem ha ki jaka ki bym ju jhieh mynno mynno ruh
- Ki jingorpait lane ki jingat kiba phylla ha madan, ki jaka ia id kjat lane ki kynroh

- Ka jingtuid jong ka khyndew na ka jaka kaba ju don
- Haba noh shiliang ki jingshna kum ki baranda lane ki jaka shongkai shabar bad ka jingkyndew jong ka iing
- Ka jingnoh lane orpait jong ka madan dewbilat bad ki nongrim, ka jingpait jong ki jaka pyniaid paip um bad kiwei ki tiar kiba pyniaid napoh khyndew
- La jingnoh jong ki nar telephone, ki dieng, ki kynroh bad ki jingker
- Ka jingngam jong ki surok
- Ka jingkiew jong ka wahduid bad ka jingrong ia ka umktieh
- Ka jingskhem jong ki jingkhang bad jingkhangiit kaba pyni ba ki jingkhang ki sahkut
- Ka jingsawa kaba phylla, kum ka jingkdiah jong ki dieng lane ka jingtyngkhuh jong ki mawsiang kaba pyni ia ka jingtuid jong ka khyndew. Ka jingtuid jong ka umktieh lane ki jakhlia ka lah ban jia shwa ban twa khyndew. Ki jakhlia bad ktieh ki lah ban tuid stet bad teng teng khlem kano kano ka jingpyni dak
- Ka jingkyrhuh na jngai kaba nang jam katba ka jingtwa khyndew ka nang hajan
- Husiar ba ka jingwan kynsan u lapbah tang shiphang ka long kaba ma khamtam hadien ka jingslap jur kaba neh bunsngi bad ka jingsngem ka mariang

Kiei kiba phi dei ban kynmaw

- Ka jingtuid ktieh ka lah ban tuid kum ka nala, hynrei kan pyiar haba poi sha them. Ka ju kham jia ha ki jaka kiba la ju jia teng ka jingtwa khyndew
- Ka jingtwa khyndew bad ka jingtuid ktieh ka ju jia khlem kano kano ka jingpyni dak. Ka bor jong ki mawsiang, ka khyndew lane ki jaka kiba tuid shathem ki lah ban pynjulor ia kiba wit hapdeng. Shim ia kine ki lad jingiada.

- Buh lypa ka jingda ha ki thiep bad shna ia ki kynroh
- Ha ki jaka ba tuid ktieh, shna ia ki nur lane ki kynroh iada ban pyniaid sha sawdong ka jingtei
- Kynmaw: Lada phi tei ia ka kynroh ban pyniaid ia ka jingtuid ka jakhlia bad kata ka ktieh ka tuid sha ka jaka jong ki paramarjan phi lah ban shah siew kuna ne hap shim jingkitkhlieh

KI LAD JINGIADA BA PHIN SHIM HA KA POR BA TWA KHYNDEW

Lada don hapoh ka jingtei:

- Lada phi don ha iing, phet sha ka mala kaba ar lada long. Kiar na ka lynti jong ka jingtwa khyndew lane ka jingtuid jong ka jakhlia ban iada ia la ka jingim
- Shong beit hapoh iing
- Rieh ha khrum miej lane ka tiar dieng kaba skhem bad khlain

Lada phi don shabar:

- Pyrshang ban kiar na ka lynti ba twa khyndew lane ba tuid ktieh
- Phet sha ka jaka kaba kynjang jngai na ka lynti twa khyndew
- Lada hap ki mawsiang lane ki jakhlia, phet sha ka jaka rieh kaba hajan kum ki dieng ne jingtei
- Lada ym lait phet, thiah pynkhun ialade ha madan bad iada ia la ka khlieh
- Lada phi don hajan wahduid lane nur, peit bha ia ka jingkiew ne jinghiar jong ka um bad na ka jingkylla na ka umsngur sha ka umktieh. Kum kine ki jingkylla ki pyni ba ka don ka jingtwa khyndew shaneng wah. Phet mar mar na kata ka jaka
- Long husiar bha haba phi niah kali. Ka nur ha lynti bad rud surok ki kham don jingma na ka jingtwa khyndew. Peit bha ia ka surok ioh don ki rud kiba la pra ne kyllon, ioh don ka jingtuid ktieh, jinghap maw lane ki dak jong ka jingtuid ka jakhlia.

Hadien ka jingtwa khyndew:

- Kiar na ka jaka ba twa, ka lah ban dang don ka jingtwa
- Peit ioh don ki briew kiba mynsaw ne shah tap ha ka khyndew, tangba wat leit hi sha ka jaka ba twa. Ialam ia ki nongpyllait im sha kata ka jaka.
- Sngap ia ka radio/teleshon na ka bynta kino kino ki jingtip
- Peit ioh don ki sainar ne paia kiba dkut ne khyllan kum ki lain telephone, elektrik, ki paip um bad pyntip sha ki bor ba dei peit
- Peit ioh don jinglait lyer ka gas na ka top
- Peit ia ki jingtei ioh don ka jingjulor

LYNNONG 6

KA JINGPLUH DING



KA JINGPLUH DING HA KI JINGTEI KIBA JRONG

- Suki suki mih na la iing, da khang ia ka jingkhang
- Pynmeh ia ka alarm kaba don hajan ka jaka mih, lada don, lane shu halla ban maham ia kiwei
- Phet na iing da kaba pyndonkam ia ki mawkyndon
- Wat ju shong da ka lift ne elevator ha ka por ba pluh ding

LADA KA JAKA MIH KA DAP TDEM NE SHAH KHANGKDONG HA KA DING

- Mih na jingkhang heh hynrei wat khang ia ka
- Ban pynjah ia ka tdem, buh ia ka tawlia ba jhieh ha trai jong ka jingkhang
- Phone ia ki pulit ka tnat pynlip ding bad iathuh ia ki ia ka nombar jong ka iing bad pyntip ba phi shah kdong ha ka tdem bad ding. Ka long kaba donkam ba phin shah shkor bad leh ia kaei kaba ki bthah ia phi

LADA YM TREIKAM KA ALARM HA KA JINGTEI

- Shwa ba phin mih na jingkhang, ktah ia ka jingkhang da ka lymmen kti. Lada ka jingkhang ka khluit ne syaid, wat plie ia ka jingkhang
- Lada ka jingkhang ka pjah, plie khyndiat bad peit ia ka lynti iaid. Lada phi iohi tdem ha ka jaka mih, wat mih na iing

- Lada ym don tдем, sa mih bad khang ia ka jingkhang. Iaid na ki mawjingkieng, wat ju pyndonkam ia ka elevator

LADA DON TDEM HA IING KABA BUN MALA

- Dem beit ha madan hapoh jong ka tдем
- Phone ia ki pulit ka tnat pynlip ding ia kaba dei ban tah hapoh ka telephone jong phi, phone ruh ia ki pulit bad kiwei ki nongai jingshakri kiba donkam bad pyntip ba phi shah kdong ha ka tдем
- Lada phi don baranda bad ym don ding ha ki mala kiba shapoh, mih shabar
- Lada don ka ding ha ki mala kiba shapoh, leit sha jingkhangiit bad pan jingiarap. Wat ju plie ia ka jingkhangiit hynrei ieng hajan ka jingkhangiit
- Lada ym don ding ha ki mala kiba shapoh, leit sha jingkhangiit bad plie. Ieng hajan ka jingkhangiit
- Wah ia ka jain siangthiah, tawlia ne blanket shabar jingkhangiit ban pyni dak ia ki brieu ba phi don hangta

KA JINGPLUH DING KA IINGSHETJA

Ka long kaba donkam ban tip kaba kumno ka ding shet jingshet kaba phi pyndonkam ha iing – gas, elektrik bad umphniang sharak lane da ka dieng. Ka stove ka dei kawei na ki daw ba kongsan jong ka jingpluh ha iingshetja bad ka lah ban kem ding. Ia ka ding shet jingshet da ka elektrik bad ka gas pynthikna ba phi pynlip noh mar ia dep shet. Ka jaka shet elektrik ka khluit bad katba kam pat pjah, ka lah ban don jingma. Lada pyndonkam shet jingshet da ka dieng ka lah ban buh jingma namar ki phliah ding ki sah. Haba pynmeh ding ha dpei lane da ka dieng, tap nalor haba phi pynmeh ia ka dpei khnang ba ki phliah ding kin nym sied. Hadien ba la dep shet, kynshait da ka um ban lip ka ding. Wat ju buh hajan ding ia ki tiar kiba kem ding kum ka umphniang sharak.

KIBA DEI BAN LEH BAD BYM DEI BAN LEH HA IINGSHETJA

- Teh bha ia u shniuh bad wat ju phong ia ki jain ba kem ding haba phi shet jingshet
- Da teh bha ia ki pyrda kiba wah ha jingkhangiit hajan ka jaka shet khnang ba kin nym her sha ka jaka ba don ding
- Da pynlip bha ia ka gas lada phim pynmeh ding bad da khang bha hadien ba la dep shet
- Pynphai ia ka jaka rah ia u khiew sha pdeng jong ka stove bad peit ba ki khunlung khynnah kin nym ioh ban ktah

- Peit ba ka madan kan rkhiang khnang ba phin nym btuit bad ur ha ka ding
- Buh bha ia ka jingpruid ban nym ioh ki khunlung khynnah

KI BYM DEI BAN LEH

- Wat ju buh ia ka tawlia lane jainsop khiew hajan ka stove ne ding
- Wat ju phong ki jain kylluid haba phi shet, bad wat ju tare tiar najrong stove ha ka por ba phi dang shet
- Wat ju buh ei ei ha ki jaka buh tiar ne almari hajrong jong ka stove
- Wat ju buh hajan ka stove ia ki tyndong synreit dawai lane ki synduk ba buh ia ki tiar ba meh ding
- Wat ju shah ia ki khynnah ban wan hajan ding. Ki lah ban ing ne khluit ne ur hajan dpei ne atoskhana
- Wat ju dem hajan ka stove ban pynsyaid ialade
- Wat ju pyndonkam ia ki tawlia kum ki jain sop khiew. Ki lah ban kem ding
- Wat ju pynkhia than ia ka jaka pynmeh bording da kiwei ki waiar jrong ne ki tiar pynmeh ding. Ki waiar lane plug ki lah ban khluit bad kem ding
- Wat ju pyndonkam um ban pynlip ia ka ding kaba bit umphniang. Pyndonkam da u baking soda, mluh lane jingtap kaba skhem. Dei ban buh ia u baking soda hajan ka stove

KI JINGTIP KIBA DONKAM

- Dei ban buh hajan telephone ia ka nombar phone jong ka tnat pynlip ding khnang ba baroh shi-iing kin tip ia u nombar
- Thiah da kaba khang ia ka jingkhang ban iada na ka jingpur jong ka ding
- Phi dei ban tip ba phim ju dei ban phet ne mareh lada ki jain jong phi ki kem ding hynrei phi dei ban “SANGEH-THIAH-TYLLUN”

LYNNONG 7

KA LEILIEH BAD U PYRTHAT



KA JINGMA HA KA POR BA POM PYRTHAT

Man ka snem, bun ki briew ki iap lane mynsaw na ka daw jong ka leilieh bad u pyrthat. Bun ki mynsaw na ka daw jong ka jingshah bat elektrik ha ka por ba ki dang shna ia ka telephone ha ka por ba jur ka leilieh bad pyrthat. Haba jur ka leilieh bad u pyrthat phi dei ban shim ia ki lad jingiada harum:

Dei ban iasyllok bad ki nongshna bording ia ki lad jingiada na ka leilieh bad u pyrthat.

LADA DON SHABAR IING

Lada phi iohsngew ia u pyrthat 10 sekhon hadien ka jingba ka leilieh, u pyrthat u don tang kumba 3 kilomitar na phi. Katba ka por ka nang lyngkot, ka jingpom u pyrthat ka nang hajan, phi dei ban wad jaka rieh mar mar:

- Wad jaka rieh ha ka kali kaba don ka jingtap kaba rben ba skhem lane ki jingtei kiba skhem hynrei phi dei ban kiar na ki jingtei kiba rit jingkhong lane ki dara jain
- Wat ju rieh ha trai jong khyndiat tylli ki dieng ne uwei u dieng
- Lada jngai na kano kano ka jaka rieh, shu shong kynrong, pynsyndait ia ki kjat ha kano kano ka jaka ba long thliw. Weng ia ki tiar nar na khlieh/met. Wat ju thiah pyllup hynrei kiar na kaba long hajrong eh
- Lada u niuhkhlieh u ieng kyntriang lane phi iohsngew ka jingsawa na ki mawsiang, ki jingker bad kiwei phet bran bran. Ha ka por mynmiet, ka jingshai rong blu kan pyni dak ia ka tiar ne mar kaba lah ban shah pom pyrthat

- Wat ju pynher kotkudi ha ka por ba pom pyrthat
- Wat ju bat ia u ryngwiang khwai, shatri lane ki kynja nar
- Phet jngai na ki paia nar, ki jingker, u sainar thad jain bad kiwei
- Wat ju niah baisikil lane shong ha ki kali ki bym don jingtap
- Lada niah kali, niah suki ne pynieng ia ka kali jngai na ki dieng, ki lain bording, shong khop ha ki kali kiba don ka jingtap kaba skhem lane ha ki jingtei kiba khlain hynrei wat ju ktah ia ki kynja nar
- Lada don ha um, phet bran bran na um
- Lada don ha ka lieng, phet sha ryngkew sha ka jaka rieh

LADA DON HAPOH IING

- Shwa ban wan ka eriong, pynlip lane phut ia ki lain bording jong ka radio bad telebishon. Phut ia ki modem jong ka kompiwtor bad ki lain bording power line
- Ker ia ki pyrda bad wat shong hajan jingkhangiit, ki tiar elektrik, paip bad kiwei ki jingpyndait nar (wat ju pyndonkam ia ka kor pynkhluit um ne geyser, ka jaka sait kti lane kiwei ki tiar elektrik)
- Kiar na kaba pyndonkam ia ka telephone. Ha ki khep jong ka jingshah lyngshop, wat ju kren slem ha ka phone (wat ktah ia ka nar, mawit lane dewbilat) bad wat ju ia id tang ka kjat suda ha ka madan dewbilat ne ba siang tile

FIRST AID

Mar mar phi dei ban kyrshut ia ka bynta jong u klongsnam bad pynring mynsiem da kaba pyrsad para shyntur ia ki lanot kiba mynsaw na ka jingpom pyrthat bad ap haduh ban da wan ki nongsumar

KA JINGSHISHA HALOR U PYRTHAT BAD KI KHANATANG

- Haba shah pom pyrthat, ki briew kim ju thaba lane shah sdieh tyrkhong hynrei ka jingktah ka long tang ia u klongsnam bad ka rukom ring bad pynhiar mynsiem
- Tang kumba 30 na ka 100 ki briew ki iap na ka jingshah pom ha ka leilieh bad u pyrthat hynrei kham niar ban don kiba duh ia ki dkhot met khamtam haba ioh biang por ia ka jingsumar
- Lada ki jain phong jong phi ki jhieh, phi lah ban lait na kaba mynsaw lada shah pom leilieh namar ka bording kam lah ban rung lyngba ki jain jhieh
- Ka leilieh bad u pyrthat ki lah ban bom palat shisien ha kajuha ka jaka

LYNNONG 8

KA 'ERIONG



KIBA DEI BAD BYM DEI BAN LEH SHWA KA AIOM 'ERIONG:

- Peit bha ia ka iing, pyndait bha ia ki tile kiba la synjor bad maramot ia ki jingkhang bad jingkhangiit
- Pom noh ia ki tnat dieng kiba la iap lane ki dieng iap kiba don hajan iing; teh skhem ia ki mar kiba lah ban pynkynriah kum ki thup dieng, ki tin sop iing, ki mawit, ki synduk bret niut, ki signboard bad kiwei kiba lah ban her haba jur lyer
- Buh lypa ia ki lyntang khnang ba lah ban kyrshan ia ki jingkhangiit lada donkam
- Buh lypa ia ka lynten sharak, ki torchlight ba pyndait bateri bad ki duli rit kiba rkhiang
- Pynpra noh ia ki jingtei kiba la julor
- Buh lypa ia ki bateri na ka bynta ka transistor
- Buh lypa ia ki jingbam kiba tyrkhong bym pyut ban pyndonkam tang ha ki khep kiba donkam

HABA SDANG KHIE KA 'ERIONG

- Sngap ia ka radio (ka All India Radio ka ju ai ia ki jingmaham ia ka jinglong ka suinbneng)
- Iai sngap ia kino kino ki khubor jingmaham. Kane kan iarap ia phi ban

pynkhreh lada wan ka 'eriong

- Pyntip lang ia kiwei ruh
- Wat ju sngap ia ki hamsaia bad wat ju pynphriang ia ki; kane kan iarap ban nym pynlamwir ia ki paidbah
- Ngeit tang ia ki khubor jong ka sorkar
- Haba ka don ka khubor khie 'eriong ha ka jaka jong phi, bteng ban trei ia la ki kam tangba da sngap bha ia ki jingmaham na ka radio
- Long husiar bha ha ki 24 kynta namar ba ka jingmaham khie 'eriong ka mut ka jingma ka dei hapoh 24 kynta

KI LAD JINGIADA

- Kyrshan ia ki jingkhangiit lane pyndait ia ki jingkhang iada 'eriong
- Kyrshan bha ia ki jingkhambah kiba mih shabar
- Lada phim don lyntang, tah da ki kot sada ha ki iit ban lait na ki iit pait. Tangba kine ki lah ban nym khanglad ia ka jingpait jong ki iit
- Buh bun ki jingbam kiba lah ban bam khlem shet. Buh tam ia ka umdih ha ki khiew buh um ba la tap bha
- Pynthikna ba ki lynten sharak, ki torch bad kiwei ki jingtbeh jingshai ki treikam bad buh hajan jong phi
- Dei ban set bha ia ki tiar kiba rit bad sting kiba lah ban her haba jur lyer
- Peit ba ki jingkhangiit bad ki jingkhang bah lah ban plie na ka liang kaba pyrshah ia ka liang ba wan ka lyer
- Pynbiang ia ki bam na ka bynta ki khynnah bad kiba la san kiba donkam ia ka jingbam ba kyrpang
- Lada ka tyllong jong ka 'eriong ka iaid na iing jong phi, kan don ka jingsangeh beh lyer bad u slap la kumno kumno shiteng kynta. Ha kane ka por, phim dei ban mih na iing, namar hadien kata, ka lyer kaba beh kyrthep kan beh na sha shiliang
- Pynlip ia baroh ki switch elektrik ha iing
- Long jai jai

HABA DON JINGBTHAH BAN PHET JAKA

- Pynbiang ia ki jingdonkam na ka bynta ialade bad ki bahaiing ban dap

katto katne sngi. Kine ki kynthup ia ki dawai, ki jingbam ba kyrpang ia ki khunlung bad ki khynnah rit lane kiba la san

- Leit sha ka jaka rieh kaba biang lane ki jaka sher dara kiba la pynbiang ha shnong
- Wat ju khuslai ia la ki jingdon jingem
- Haba don ha jaka sher dara, bud ia ki jingbthah jong kiba peit ia kata ka jaka
- Shong beit ha kata ka jaka haduh ban da pyntip ba phi lah ban leit phai

KI LAD BAN SHIM HADIEN KA 'ERIONG

- Phi dei ban shong beit ha ka jaka sher dara tad haduh ban da pyntip ba phi lah ban leit phai sha iing
- Mar mar phi dei ban phah injek ne dih dawai ban khanglad ia ki khniang jingpang
- Kiar na ki sainar kiba hap ne noh na ki paia pyniaid bording
- Lada phi hap ban niah kali, niah biang biang ia ka
- Pynkhuid ia ki niut ki nier na ki sawdong sawkun jong phi
- Ai ka jingtip kaba biang ia ka jingduhnong jong phi sha ki bor ba dei peit

LYNNONG 9

KA SYNDUK THEP IA KI JINGDONKAM HABA JIA KA LANOT



Hynriew tylli ki tiar kiba dei ban buh ha ka synduk, kita ki long ka um, ki jingbam tyrkhong, ka synduk first aid, ki jainphong bad ki jaka thiah bad kiwei ki tiar donkam bad buh ia ki ha kawei ka pla ban rah haba phi hap ban phet jaka.

1. KA SYNDUK FIRST AID KAN KYNTHUP IA KINE KI TIAR HARUM

- Ka bandage kyllain, kynphad, bandage laidong
 - Ki jingkyrshan kiba rit bad baheh (ba shna da u siej/dieng)
 - Ki khanshi rit
 - Ki dawai antiseptic (kum ka Dettol, Savlon), ka antiseptic cream (kum ka Soframycin, Neomycin), dawai pynjah ktha (kum u Paracetamol)
 - Oral Re-hydration (ORS)
 - Ki kuli Chlorine
 - Kiwei ki dawai
2. **KA UM:** Buh ia ka um ha ki bilor bym pait
 3. **JINGBAM:** Buh ia ki jingbam bym sniew kum ki biskit, ki bam song kiba lah ban bam khlem shet, ki soh tyrkhong, ki jingdih bad kiwei
 4. **KI TIAR BA DONKAM:** Ki pliang, shamoit, pela ba lah ban bret hadien ba la dep pyndonkam, ka radio bateri, ka torch bad ki bateri, mombati bad jingpruid, ka jingput, ki jingker plastic bad kiwei

