



सत्यमेव जयते

Gender Mainstreaming In Disaster Management



Prepared
for
State Disaster Management Authority, Meghalaya
By
Ms. Maitreyee Mukherjee

**Ka jingpyniaid kam haba wan ka lynshop
da kaba pyrkhath ia ka longkynthei
longshynrang**

**Ka Kot Batai
Da ka
Ms. Maitreyee Mukherjee**

**Meghalaya State Disaster Management Authority
C/O Directorate of Land Records and Survey
Lower Lachumiere, Shillong-793001
Phone: 0364-2503022 (0) 2502188
Fax: 0364-2226671 (0)
Email: eo.sdma-sdma@nic.in/ sdmadeptt007@gmail.com**

State Disaster Management Authority, Meghalaya, 2014

Sngewbha pyndonkam ia kane ka kot (Gender Mainstreaming in Disaster Management) 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:

Meghalaya State Disaster Management Authority
C/o Directorate of Land Records and Survey
Lower Lachumiere, Shillong-793001

Phone: 0364-2503022 (O) 2502188

Fax: 0364-2226671 (O)

Email: eo.sdma-sdma@nic.in/
sdmadeptt007@gamil.com

Compiled and Edited by: Ms. Maitreyee Mukherjee
C/o Mr. Madam Bhattacharjee
Near ICFAI University, Malki-Dhankheti,
Shillong, Meghalaya-793001

Cover: Mr. Surajit Bordoloi

Printed at: Eastern Panorama Offset, Keating Road, Shillong-1
Contact No.: 0364-2504885

KI JINGKDEW

Jingkdew	i-ii
Lamphang	iii
Jingsngewnguh	v

BYNTA I: KI JINGSHAH LYNSHOP BAD KI LAD BAN LEH HABA WAN KA LYNSHOP	1-6
1.1 Ki jingdonkam ba kyrkieh haba jia ka lanot	1
1.2 Ki kyrdan jong ka jingshim lad kaba kyrkieh	1
1.3 Ka lanot	1
1.4 Ki mat ba kongsan jong ki lanot	1
1.5 Ka jingktah na ki jingjia ba lanot	2
1.6 Ki jait jinglyngshop ka lanot	2
1.7 Ka jingktah na ka lanot	3
1.8 Ka jingma	4
1.9 Ki jingma	4
1.10 Ki lad jingiada na ka lanot	5
1.11 Ki jingpyniaid kam haba jia ka lanot: Ki kyrdan bad ka rukom pyntyllun ia ki kam	5

BYNTA II: KA JINGPYRKHAT IA KA LONGKYNTHEI LONGSHYNRANG HA KA POR KA JINGLYNSHOP KA LANOT	7-9
2.1 Ka jingpyniaid kam da kaba pyrkhat ia ka longkynthei longshynrang	7
2.2 Ki nongrim jong ka jingpynkhreh ia ki jingwan ka lanot da kaba pyrkhat ia ki kynthei bad shynrang	7
2.3 Ka jingmyntoi haba jurip kynthei shynrang ha ki jingpyniaid kam haba wan ka lanot	7
2.4 Ka jingktah ka lanot ia ki kynthei bad shynrang	7
2.5 Balei ki kynthei ki kham don jingma haba wan ka lanot	8
2.6 Ki kabu ia ki kynthei haba jia ka lanot	9

BYNTA III: KA JINGKITKHIA IA KA LONGKYNTHEI LONGSHYNRANG HA KI KHEP BA KYRKIEH HA KA POR BA AI JINGIARAP IA KI LANOT	10-15
3.1 Ka jingsam ia ki jingiarap	10
3.2 Ka jingpynbiang ia ki jingbam	10
3.3 Ban pynbiang ia ki jingdonkam jong ki kynthei	11
3.4 Ban pynbiang ia ki kynthei ha ka por poi bnai	11
3.5 Ka jingpynbiang ia ki jaka sah ba shipor	12
3.6 Ka jingpynbiang ia ki painkhana bad ki tiar sum	12
3.7 Ka jingpynbiang ia ki tiar ha ka jingkoit jingkhiah	13
3.8 Ka jingshngain bad jingiada ia ki kynthei bad khynnah	14
3.9 Ka jingshakri ha kaba ai jingiasyllok	15

BYNTA IV: KI JINGIARAP BA SHIPOR BAN KHYLLIE BIANG IA KA JINGIM	16-18
4.1 Ka jingpyniaid kam ha ki jaka sher dara bad ki jaka sah shipor	16
4.2 Ka jingsiew bailutksan bad ki lad ai jingiarap	16
4.3 Ka jingpynduh ia ka dustur ai jingiarap ia ki khlieh ka iing	17
4.4 Ki jingtip ia ki lad jingiarap	17
4.5 Ka jingioh ki khynnah ia ka pule puthi	18

BYNTA V: KI JINGIARAP KIBA KHAM SHIMPOR BAN TEI BIANG IA KA JINGIM	19-24
5.1 Ki jingshim rai ha ka ban tei ia ka jingim bad ban maramot ia kaba duh	19
5.2 Ka jingtei biang ia ki iing ban pynbiang ia ki jingdonkam jong ki kynthei bad ka iing	20
5.3 Ka hok longtraia ia ka jaka, ka iing bad ki jingdon jingem	20
5.4 Ka jingioh ia ki kabu kama jakpoh	21
5.5 Ban pynsngewthuh ia ki hok longbriew jong ki kynthei	21
5.6 Ka jingpynkhih bad pynkupbor ia ki kynthei ba kin lah ban pynpaw ia la ki jong ki hok longbriew manbriew	22
5.7 Ka jingiada ia ki kynthun ba don jingma bad ba dang sahdien	22
5.8 Ka jingiarap ia ki riwkynthei bad ki kynthei kiba dei khlieh jong ka iing, kiba don jingduna ki dkhot met bad kiba tymmen	23
5.9 Jingiada ia ki kynthei – ki lanot jong ka jingshah lyngshop bad kiba ngat ha ki jingialeh markynti	23

BYNTA VI: KA JINGBATAI KUMNO BAN PLAN DA KABA PYRKHAT IA KA LONGKYNTHEI LONGSHYNRANG BAD KATKUM KI SHNONG	25-32
6.1 Ka jingiarap na ki seng ka pyrthei shityllup	25
6.2 Ki jingiarap na ka ri	25
6.3 Ki jingpyniaid kam kiba kham kongsan	25
6.4 Ka jingpyniaid ia ki jaka sher dara	26
6.5 Ka jingioh ia ki lad jingshakri ha ka koit ka khiah	26
6.6 Ki song iarap ban siew ia ka bailutksan	27
6.7 Ki jaka sah shipor na ka bynta ki kynthei	28
6.8 Ki kabu kama jakpoh na ka bynta ki kynthei	29
6.9 Ka jingpynkup bor ia ki kynthei	30
6.10 Kajuh ka kabu bad ka jingshimbynta jong ki briew kiba don jingduna ha ki dkhot met	30



SHRI H.B.MARAK, IAS,
EXECUTIVE OFFICER
STATE DISASTER MANAGEMENT AUTHORITY
MEGHALAYA, SHILLONG



Lower Lachumiere
 Shillong-793001
 Phone-2503022/2502188
 Fax-0364-2503022
 Email: hubertmarak@gmail.com/ eo.sdma-meg@nic.in

Dated Shillong, 1st June, 2015

KA LAMKHMAT

Ka jingpyrkhat ia ka longkynthei longshynrang ka long kaba kongsan ha ka jingpyniaid kam haba jia ka lanot. Ka long kaba shongnia shuh shuh namar ki don bun ki jingshah niew shiliang khmat ia ka longkynthei longshynrang kiba ki briew ki ju mad hadien ka jingshah lyngshop ka lanot. Ka jingshah niew shiliang khmat ka kham jia ia ki kynthei namar la niew ia ki kum kiba tlot bad kiba don jingma tam na ki jingshah banbein ba har rukom ha ka imlang sahlang. Ka lanot ka ktah ruh ia ka longkynthei longshynrang kaba mut ba ka jingmad bad jingtynjuh hapdeng ki kynthei bad ki shynrang ka don la ka jong ka jingiapher. Khnang ban wanrah ka jingsngewthuh ia kiba donkti ha ki kam iarap ha ka por lanot, kane ka kot lyngkdop kaba iadei bad ka lanot da kaba pyrkhata ia ka longkynthei longshynrang kaba la pynkhreh da ka Ms.Maitreyee Mukherjee, Consultant, nga ngeit kan iarap ban pynsaphriang ia ka khubor.

Kane ka dei ka sien shon kaba nyngkong da ka Meghalaya State Disaster Management Authority (SDMA) bad nga kyrmen ba kane kan long ka atiar kaba kongsan na ka bynta ka bit ka biang jong ki kynthei bad shynrang bad kan long ruh ka jingiarap kaba khraw ia ki briew kiba donkti ha ki jingpyniaid kam haba jia ka jingshah lyngshop ka lanot.

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

Ms. Maitreyee Mukherjee



MSW, Tata Institute of Social Science (TISS)
Mumbai
MA, Development Studies and Gender, University of Leeds,
United Kingdom
maitreyee_8@rediffmail.com
maitreyee@hotmail.co.uk

Jingsngewnguh

Nga pynpaw ka jingsngewnguh ia ka *State Disaster Management Authority (SDMA)*, Meghalaya kaba la maitphang bad iatreilang ha ka jingpynkreh ia kane ka Kot Batai.

Ki ophisar jong ka SDMA ki la ai ka jingkyrshan kaba pura ha kaba pynlong doh pynlong snam ia kane ka kot. Nga pynpaw ka jingsngewnguh kyrpang ia ka jingkyrshan bad jingnoh synniang jong u Shri. H B Marak, IAS, Executive Officer, SDMA, Meghalaya uba la ai jingmut ha baroh ki liang ha kaba pynkreh ia kane ka kot. Ka jingpynshlur bad ka jingdonkti jong u ka la ai mynsiem shibun ia nga.

Ka jingsngewnguh kaba kyrpang ka leit ruh sha ki dkhot jong ki seng bym hap hapoh ka sorkar, ki sengbhalang bad ki seng kynthei kiba donkti ha ki kam iarap ha ka por ba wan ka jingshah lynshop kiba la ai ka por kaba kordor jong ki bad kiba la iasam lem ia ki jingshem jong ki bad ki jingai jingmut kiba iadei bad ka jingpyntreikam ia ki prokram bapher bapher ha ka por ba jia ka jingshah lynshop bad kiba iasam lem ia ki jingtip kiba iadei bad ki jingeh jong ki kynthei bad ki briew kiba don jingduna ha ki dkhot met. Ki la iarap shisha ia nga ba nga lah ban pynrung ia ki jingthoh bad ki kaiphod kiba iadei bad kane ka bynta.

Ka jingsngewnguh bad jingkhublei ka leit sha ki paidbah, shynrang, kynthei bad ki khynnah kiba la ailad ia nga ban ioh jingtip shaphang ki jingeh jingklusai kiba ki iakynduh ha ki jaka sher dara bad ki jaka sah shipor ha kylleng ka ri India. Nga la don bynta la palat shiphew snem bad ki seng kiba donkti ha kaba pyniaid bad pynkreh ki lad jingiarap haba jia ka lanot. Ka jingieng skhem bad jingshlur mynsiem jong ki ka la ai mynsiem shibun ia nga ha kaba pynkreh ia kane ka kot.

KI JINGSHAH LYN SHOP BAD KI LAD BAN LEH HABA WAN KA LYN SHOP

1.1 KI JINGDONKAM BA KYRKIEH HABA JIA KA LANOT

Ki lad ki lynti kiba kyrkieh ki kynthup ia ka por ha kaba ngi shim ia ki lad ki lynti ban iarap ban pynbiang ia ki jingdonkam jong ki briew, ban iarap ba kin ioh kama jakpoh bad ban iada ia ki jaka ki puta bad ki iing ki sem kiba lah ban kynthup ia ka por shwa ban jia ka lanot, ka jingmaham ia ka jingwan ka lanot, ka jingiarap ha ka por ka jinglynshop, bad ka por ban khyllie biang ia ka imlang sahang (Church World Service, 2000)

1.2 KI KYRDAN JONG KA JINGSHIM LAD KABA KYRKIEH

Ia ki jingshim lad ba kyrkieh lah ban bynta ha ki san rukom:

Ka jingwan syndet ka jinglynshop ka bor mariang: Ba wan na u jumai, eriong, bthei lum mihding bad jingshleu um. Kane ka lanot ka neh shipor.

Ka lanot kaba jia na ki kor ki bor: Ki aksiden kiba jia na ka daw ka jingbthei ka par umphniang, ka jinglait ka 'erbih bad bih niwkliar, ka jingthut ha ka liang ki lad ai jingtip, ka leit ka wan bad ki lad pynphriang khubor.

Ka jinglynshop kaba jia suki: Ka lanot na ka jinglynshop ka mariang kum ka jingrang tyrkhong bad ka jingbam khniang ki jingthung jingtep.

Ki lad jingiarap kiba shim por: Ka jingjutor bad jingduh ia ki iing ki sem bad ki jingdon jingem ki donkam ki lad jingiarap kiba shim por slem.

Ka jingsakma ki nongshong shnong: Kane ka dei na ka daw jong ka jingshim ia ki lad kiba kyrkieh ha kaba theh ki jingiarap.

Ki jingshimlad kiba kham jynjar: Kane ka dei na ka daw ki jingialeh markynti bad ki iadei bad ki thma pohiing, ki jingbyrngem byrsit bad ki jingshah banbein.

1.3 KA LANOT

Ka lanot ka thew ia ka por ka ia ha kaba ka jingjia, la ka long kaba jia na ki kam jong u briew ne kaba jia na ka mariang, ka wan kysan kysan lane ka wan suki suki kaba wanrah ka jingthut ha ka imlang sahang ha kaba ka don ka jingduh noh ia ki baieit bathoin, ki jingdon jingem ne ia ka spah ka mei mariang bad ka jingjia ka ktah ia ka imlang sahang kat haduh ba ka long kaba eh ban pyndap ne kyrshan tang na kaei kaba sah. (Kent, R., 1994)

Wat la ngi ju pyndonkam lang ia ka kyntien lanot bad jingjia ba donkam jingiarap kyrkieh, ngi dei ban sngewthuh ba ka lanot ka thew tang ia kawei ka jait jingshim lad ba kyrkieh.

Ia ka lanot ngi shim tang ha ka liang ka jingduh la ka long ia ka jingim briew ne ki jingdon jingem ne baroh ar. Ka lanot ka jia namar ka jingbym shim lypa ia ki lad ki lynti ban iada ne khanglad ia ki bad ka lah ban long na ka daw ka jinglong ka jaka ne na ka jinglot ki lad jingtip kumno ban iada.

1.4 KI MAT BA KONGSAN JONG KI LANOT

Ka lanot ka jia na kine ki daw harum:

- Ka jingbym lah ban tip lypa
- Ka jingbym pat sngewthuh bha
- Ka jingjia kaba ryngkhat ryngkhat
- Ka jingbym don ki lad jingiada
- Ka jingbym thikna
- Ka jingma

1.5 KA JINGKTAH NA KI JINGJIA BA LANOT

- Ka jingduh ia ki mynsiem briew
- Ka jingmynsaw
- Ka jingjulor/jingduh ia ki jingdon jingem, ka pisa tyngka, ki mar rep bad kiwei
- Ka jingthut ka rukom im
- Ka jingjulor ka mariang

1.6 KI JAIT JINGLYNGSHOP KA LANOT

Ki lanot ki lah ban long kiba jia na ka mariang ne kiba jia na ka jingleh u briew bad ki kynthup ia kine harum:

Ki lanot na ki kynja ba im

- Ka lanot kaba wan na ki khniang jingpang
- Ka jingpang kaba ioh na ka lyer ne um
- Ka dei na ka jingpyut ki mar rep
- Ka jingioh bih na ka bam bad kiwei

Ki lanot na ki kynja ba long bih

- Ka lyer bih bad ka jinglait ka bih niwkliar
- Ka jingbit jingpang jong ka khyndew bad ka jingbam khniang
- Ka jingjaboh jong ka um
- Ka jingioh bih na ka bam bad kiwei

Ka lanot na ka jinglong ne jingkhieh ka pyrthei

- U jumai
- Ka jingpait ne jingbthei ka dam
- Ka jingtwa khyndew bad ka umsaw

Ka lanot kaba jia na ka um bad ka jinglong ka suinbneng

- Ka eriong
- Erlangthari
- Ka jingshlei um
- Ka jinghap phria
- Ka jingbeh ka lyer khriat
- Ka jingtwa ki lum ior
- Ka lyer khluit
- Ka jingrang tyrkhong
- Ka eriong duriaw
- Ka tsunami

Ki lanot ba dei na ka jingleh u briew

- Ki aksiden rel
- Ki aksiden kali
- Ngam lieng
- Hap liengsuin
- Jingshlei um ha ki par
- Ka jingtwa ki par
- Ki kam lehnoh
- Ka jingphet shnong ki briew
- Ka jingtuid umphniang ha duriaw
- Ka jingpluh khlaw bad iing bad kiwei

1.7 KA JINGKTAH NA KA LANOT

Ka jingktah na ka jinglyngshop mariang ne kaba leh hi da u briew ka lah ban ktah jur ia ki paidbah bad ka mariang bad ka wanrah ia ka lanot kaba shyrkhei lada ym lah ban teh lakam.

Ki lanot na ka mariang

- Jumai
- Tsunami
- Jingbthei u lum mihding bad kiwei

Ki lanot ba leh hi u briew

- Ki aksiden ha ki karkhana
- Ki aksiden rel, kali bad liengsuin
- Ki jingthombor lehnoh
- Ki jingbthei ki dam um
- Ka jingpei ne jinglait jong ki jaboh ba long bih bad kiwei

Ki lanot ba ktah na ka mariang

- Ka jingshlei um
- Ka jingtwa khyndew
- Jingrang tyrkhong

1.8 KA JINGMA

Ka jingma ka dei ka jinglong kaba mih na ki daw ka jingktah ia ka bor met, ka shnong ka thaw, ka ioh ka kot bad ka jingkylla ka mariang kaba wanrah ka jingma ia ka imlang sahlang na kine ki jingshah lyngshop kiba shyrkhei (Living with risk, UNISRD 2002)

Ki dak jong ka jingma ki long ka jingduh ia ki jingdon jingem, ki hok, ki jingduh ia ka imlang sahlang bad ka jingshah banbein ha ka liang ka met bad ka pyrkhath pyrdain.

Ki briew kiba don jingma na ki jingshah lyngshop ka lanot:

- Ki longing kiba duk bad kiba duna ka ioh ka kot
- Ki longing ki bym don shuh ki kpa
- Ki longing kiba jngai na ka imlang sahlang
- Ki nongshong shnong kiba dang shu wan shong shnong shen, ki ba wan buhai shnong, ki bar jylla
- Ki nongshong shnong kiba la tymmen, ki khynnah bad ki samla
- Ki briew kiba don jingpang lane kiba duna ka bor jabieng bad kiba duna ki dkhot met
- Ki nongshong shnong ki bym pat rejistar ialade, ki phetwir, ki shipai thma kiba la shongthait
- Ki trai shnong bad ki kynhun bynriew rit paid
- Ki briew kiba sah ha ki jaka ba la mang kyrpang
- Ki nongshong shnong bym don iing don sem
- Ki longkmie

1.9 KI JINGMA

Ka jingma ka lah ban mih na ka jingjia kaba buh jingma lane ka jingduhnong (ka jingiap, jingmysaw, jingduh ia ki jingdon jingem, jakpoh, ka jingthut ka kama kajih lane ka jingjutor jong ka mariang) kaba mih na ka jingshah lyngshop ki bor mariang lane ki lanot kiba thaw hi u briew. (Reducing Disaster

United Nation Development Programme, 2004)

Kaba kham buh jingma = Briew+Jaka+Jingjia+Jinglong+Por

$$\text{Ka jingjot} = \frac{\text{Jinglynshop} \times \text{Jingma}}{\text{Ki jinglah ban shan}}$$

KA DUR KDEW



Ia ka jingiadei jong kine lah ban bynta kumne harum

$$\text{Ka Jingjot} = \text{Ka Jinglynshop} + \text{Ka Jingma}$$

1.10 KI LAD JINGIADA NA KA LANOT

- Ki dei ki lad ki lynti kiba la saindur ban pynduna ia ka jingjutor bad ban saindur ia ki lad ki lynti ban iarap ia ki briew kiba kham don jingma ban khyllie lane kyrshan ia ka im ka sah hadien ka jingshah ktah ha ka jingshah lyngshop.
- Ban shim ia ki lad ki lynti ha ka por ba jia ka jingshah lyngshop kaba kynthup ia ki jingshim lad shwa ban jia ka lanot, ha ka por ba jia bad hadien ba la jia ka lanot kumno ban pynkhreh lypa, ban pynduna ia ka jingjutor, ban iarap khyllie biang ia ka im ka sah.

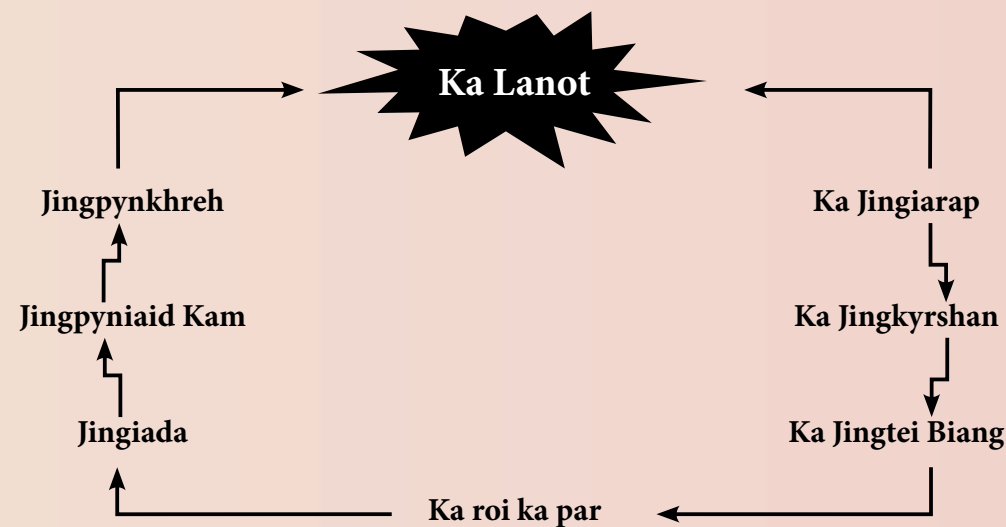
1.11 KI JINGPYNIAID KAM HABA JIA KA LANOT: KI KYRDAN BAD KA RUKOM PYNTYLLUN IA KI KAM

Ka shalyntem pyniaid kam haba jia ka lanot ka long ha kine ki kyrdan harum:

- Ka jingjia shah lyngshop: Kane ka thew ia ka por jong ka lanot kaba ktah ia ka imlang sahlang. Ka jingjutor ka long katkum ka por jong ka jingjia.
- Ki lad jingiarap: Kane ka thew ia ka bynta ba nyngkong hadien ka jingjia. Ki lad jingiarap kum ka bam, ka jainphong, ki dawai bad kiwei ki jingdonkam la sam sha ki paidbah.
- Ka jingiarap ban pynbiang jaka sah: Ka kynthup ia ka jingpynbiang ia ki jaka sah shipor bad ban pynbiang ia ki jingdonkam jong ki ba kin lah ban khyllie biang ia kaba la duh.
- Ka jingtei biang ia ka imlang sahlang: Ban ai biang ka jingim ia ki paidbah kumba ju long. Ka jingtei biang ia ki jaka kiba la shah ktah khnang ba ki paidbah ki lah ban leit phai sha la iing. Katba lah, dei ban iarap ia ki nongshong shnong ba kin ioh biang ia ka jingim kumba ki ju ioh ne kham bha ban ia kaba ju long. Kum ka nuksa, ki iing sah ba shipor, ki jingiarap pisa, ki lad jingsumar.

- Ki kam pynroi: Ha ka jingpyrshang ban khyllie biang ia kaba la duh ka don ruh ka kabu ban sdang ia ki prokram pynroi. Lah ban saindur ia ki prokram pynroi ban pynduna bad teh lakam ia ki jingjutor ne jingduh na ka lanot kiba lah ban jia hadien habud.
- Jingiada: Ka jingiada ka mut ka jingpynduna ne jingpyllait na ka jingma jingmysaw, ka jingiada na ka jingduh ia ka kamai kajih bad ia ki iing ki sem kaba lah ban mih na kum kine ki lanot.
- Ki jingshim lad: Ki jingshim lad ki mut kino kino ki kam kiba la shim ban teh lakam ne pynduna ia ka jingjutor. Ka jingshim lad ka lah ban long shwa, ha ka por ne hadien ka jingshah lyngshop, hynrei bunsien ka mut hi ia ki kam ban iada na kino kino ki jingshah lyngshop. Ka jingiarap ka lah ban long da ka bor briew ne lyngba ki jingtei, kum ki lad jingiada na ka jingshlei um lane ka jingpynkhlain ia ki jingtei. Ka lah ruh ban long ki lad jinghikai kumno ban iada na ki jingjutor haba wan ka jinglyngshop, bad ruh ban pyniaid ryntih ia ka jingpyndonkam ia ka khyndew ka shyiap bad ka jingai ia ka jingnang jingstad, nalor kiwei kiwei.
- Ka jingpynkhreh: Ia ki jingpynkhreh la leh ban pynap lypa haba wan ka jinglyngshop bad kine ki jingpynkhreh kin pynlah ia ki bor sorkar, ki shnong bad ki paidbah ba kin pyniaid kam shaid shaid ban pyllait na ki jingjia kiba sniew bad ba ki briew ki lah ban kyrshan ialade hapdeng jong ka lanot. Kane ka kynthup ia ka jingsaindur ia ki lad jingshakri ha ki por kiba kyrkieh, ban buh ia ki lad ai jingmaham, ban ai jinghikai ia ki nongai jingshakri, ban pynap lypa ia ki briew ha kaba ki lah ban ioh pyllait im bad ki plan ban pynkynriah ia ki nongshong shnong na ka jaka kaba jia ka lanot.

Ka Shalyntem Pyniaid kam haba jia ka lanot



BYNTA II

KA JINGPYRKHAT IA KA LONGKYNTHEI LONGSHYNRANG HA KA POR KA JINGLYNGSHOP KA LANOT

2.1 KA JINGPYNIAID KAM DA KABA PYRKHAT IA KA LONGKYNTHEI LONGSHYNRANG

Haba saindur ia ka jingpynkhreh ia ki prokram iarap haba wan ka jinglyngshop ngi donkam ban pyrkhata ia ka longkynthei longshynrang khnang ba ngi lah ban tip ia ki jingma kiba ki kynthei lane shynrang ki lah ban iakynduh haba wan ka lanot namar ka jingiapher ka bor bad ka jinglah jong ki ban shah ia kine ki lanot.

Ka jingiapher hapdeng kynthei shynrang ka long ha ki bun rukom, ha ka liang ka imlang sahlng bad ka met ka phad bad ka jinglah ki briew ban pyrkhata lypa, kumno ki pynkhreh bad ka jingialeh ban lait im bad khyllie pat hadien ka lanot (Valdes, H.M., 2002). Ka jingjurip ia ka longkynthei longshynrang namarkata, ka long kaba donkam khnang ban sngewthuh ia ki dak jingma bad ha kano ka rukom yn theh ki jingiarap ba ki lah ban kyrshan ialade.

2.2 KI NONGRIM JONG KA JINGPYNKHREH IA KA JINGWAN KA LANOT DA KABA PYRKHAT IA KI KYNTHEI BAD SHYNRANG

Ka jingpyniaid kam haba jia ka lanot da kaba pyrkhata ia ka longkynthei longshynrang ka dei ban long halor kine ki nongrim harum:

KI HOK KI KYNTHEI KI DEI KI HOK LONGBRIEW MANBRIEW, kumta, ki lad jingiarap kim dei ban long tang ia ki jingdonkam jong ki, hynrei ban pynthikna ba ngi iada bad kyntiew ia ki hok longbriew manbriew jong ki kynthei.

- Ka JINGIARYNGKAT KYRDAN hapdeng kynthei bad shynrang
- Ka JINGBYM LEH SHILIANG KHMAT ia ki kynthei

2.3 KA JINGMYNTOI HABA JURIP KYNTHEI SHYNRANG HA KI JINGPYNIAID KAM HABA WAN KA LANOT

Ka jingjurip kynthei shynrang ha ki jingpyniaid kam haba wan ka lanot ka iarap ban:

- Sngewthuh ia ki jingkylla ha ka jingiadei kynthei shynrang bad ban tip ia kita ki jingiapher ha ka por ba wan ka lanot
- Ban pynsngewthuh ia ki jingkylla kiba myntoi
- Ban pyniasnoh ia ki jingiarap kiba shipor bad ki thong kiban neh shirta
- Ban sngewthuh ia ki jingdonkam jong kine ki kynhun kiba donkam ka jingiarap
- Ban pynthikna ba ki lad jingiarap kim dei ban pynduh bor ia ka jinglah ki briew ban khie khlieh hi dalade

2.4 KA JINGKTAH KA LANOT IA KI KYNTHEI BAD SHYNRANG

Ki kamram bad jingkitkhlieh bapher bapher ba ki shynrang bad kynthei ki shim ha ka jingim jong

ki ba man ka sngi ka wanrah ka jingrapher hapdeng ka longkynthei longshynrang bad ka don ka jingktah ha ka por ba jia ka lanot.

- Ka jingbym iaryngkat ha ka trei ka ktah hapdeng ki shynrang bad ki kynthei ka la nang tynrong ha ki kynthei ia ki jingtrei bad jingkitkhlieh ha ki por ba jia ka lanot.
- Haba ki shynrang ki iap ne mynsaw ne leit sha kiwei pat ki jaka ban wad kam, dei ki kynthei kiba shim marwei ia ka jingkitkhlieh ia ka iing ka sem bad ban bsa bad sumar ia la ki khun, ia kiba pang ba shitom bad kiba la tymmen bad ban pyntngen ia ka jingduh jong ka iing ia kiba ieit ba thoin bad ki jingdon jingem.
- Ha ka por ba jia ka lanot, wat la ka don ka jingeh ha ka kamai jakpoh, ki kabu ki duna bha ia ki kynthei. Kane ka long namar ki shynrang ki don ka lad ban leit sha kiwei ki jaka ban wad kamai kum ha ka jingpynbiang ia ki iing sher dara lane ki kam maramot ia ki jaka sah, katba ki kynthei pat ki hap ban shong ban sah bad la ki bahaiing.
- Ha ka por ba jia ka lanot, wat la baroh, shynrang bad kynthei ki shah ktah ha ka lanot, ka jingjia ka kham ktah ia ka bor pyrkhath pyrdain jong ki kynthei namar ka jingma kaba ap ia ka longing. Ka jingpra bad jingsakma ki longing bad ka imlang sahleng haba jia ka lanot ka kham pynklusai bad ban khia ia ki kynthei.
- Ka jingbym suidniew ia ka longkynthei longshynrang ha ki jaka shong ki phetwir bad ki jaka ai jingiarap ka la nang pynklusai ia ki kynthei (kum ka jingbymdon ki jaka ba ki lah ban pyndonkam shimet, ka jingbym don ki lad jingiada bad kiwei) bad ka jingkit kaba khia bad jingklusai (ka jingeh ban pynbiang ia ka longing ha ka jaka sah shipor, ka jingjngai jong ki jaka tong um, ka jingbym don ki jaka ba ki kynthei ki lah ban pyndonkam hi bad kiwei).
- Ka jingjynjar ha ka ioh ka kot namar ka lanot ka pynbor ia ki kynthei ba kin hap ban die ia la ki jingdon jingem bad ki mar kordor bad ki ksiar ki ksah.
- Ki jingshah lyngshop ha ka lanot ka pynlong ia ki kynthei ba kin shaniah tylli ha ki shynrang bad kane ka buh jingma ia ki na ka jingshah banbein (ki kynthei ki lah ban shah die ne pyniaid nuti, ki khynnah samla rit ki shah pynbor shongkurim ia ki shynrang kiba la iap lok) bad jingshah lehbein ha iing ha sem (namar ka jingklusai kaba ki shynrang ki mad bunsien ka lam sha ka jingshah shoh shah lehbein ki kynthei).

2.5 BALEI KI KYNTHEI KI KHAM DON JINGMA HABA WAN KA LANOT

Wat la ki jingshah lyngshop ki ktah ia ka imlang sahleng baroh kawei, ki kynthei ki kham don jingma haba wan ka lanot namar ki lad jingiarap bad ki jingdonkam ka kham iapher hapdeng ki shynrang bad kynthei la ka long ha iing ha sem ne ha ka imlang sahleng.

- Ki kynthei kim da kham ioh ia ki lad jingiarap kum ki kor ioh khubor lyngba ka internet, ka leit ka wan, ki jingtip, ki buit trei kam kynthup ia ka jingnang jingstad, ka jinglongtraia ia ka khyndew ka shyiap bad kiwei ki kabu ka ioh ka kot, ka jingioh ban mih shabar na la iing, ban ioh ia ki iing ki sem bad ka kam ka jam, ka jingshim rai halade, ka jinglaitluid na ki kam thombor.
- Ki kynthei ki kham duna ha ka liang ka rep kam riang, ka jingtreikam lajong bad ban ioh ki lad kamai kajih, haba ki trei ruh, ka jingioh ka long kaba rit bad kim ioh ia kiwei ki jingmyntoi kum ka lad jingsumar lane ban don bynta ha ki seng jong ki nongtrei. Kaba kham shah ktah eh na ka lanot

ka dei ka rep ka riang, kumta kham bun ki kynthei kim don kam don jam hadien jong ka lanot.

Namar ki kynthei ki don ka jingkitkhlieh ia ki kam iing kam sem kum kaba sumar ia ki khun bad kaba sumar ia ki tymmen ki kro lane kiba duna ki dkhot met, kim ioh laitluid ban phet shnong ban leit wad kam wad jam hadien ka lanot.

- Ki shynrang bunsien ki ju mih na shnong, bad ieh shadien ia ki longing kiba peit da ki kynthei. Kumta ka jingbym peiphang ia kane ka jingshisha bad ka jingbankhia shuh shuh da ka jingkha jingpun jong ki kynthei ka mut ba ki kynthei kim da ioh lad ban mihkhmat ha ka imlang sahleng bad kumta kim ioh pura ia ki jingdonkam jong ki.
- Namar bun ki iing ki sem ki julor na ka lanot, bun ki longing ki hap ban leit sah sha ki jaka shong shipor hynrei ha kine ki jaka, ki jingdonkam ba man ka sngi ki duna bha. Ka jingkitkhlieh jong ka kynthei ka nang khia namar ka hap ban pynbiang ia ka bam ka dih nalor ba kam ioh laitluid ban leit wad ia kiwei pat ki lad kamai kajih.
- Haba ka jingdon jingem bad ka lad kamai jong ki kynthei ka la duh, ka don ka jingktah ia ki namar ba kim ioh lad ban dawa na iing.
- Ka jingbun ki longing kiba long khlieh da ki kynthei bad namar kiba bun kiba shong ha ki jaka sah shipor ki dei ki kynthei, ka jingshah thombor bad shah lehbein jong ki kynthei ka nang kiew.
- Wat la ki lad ai jingiarap kiba wan ki kham pyrkhath ia ka koit ka khiah ki kynthei kum kiba iadei bad ka kha ka pun bad shongkha shongman, hynrei ki dang don ki jingduna ha ki lad sumar bad kumta ka koit ka khiah ki kynthei ka shah ktah bha.

2.6 KI KABU IA KI KYNTHEI HABA JIA KA LANOT

Wat la ngi sngew bad iohi ba ki kynthei ki shah ktah bha ha ki jingshah lyngshop jong ka mariang, hynrei kine ki ai ruh ka kabu ksiar ia ki kynthei ba kin iasaid bad pynkylla ia ka jingmut jingpyrkhat kiba iadei bad ka bor bad iktiar ki shynrang bad kynthei ha ka imlang sahleng.

- Ki kynthei ki la pynshisha ba ki lah ban kyrshan ialade haba wan ka lanot. Hadien ka eriong duriaw Mitch ha ka snem 1998, ki kynthei ha Guatemala bad Honduras ki tei hi ia la ki iing, ki tih ia ki pung um bad ki nala, ki ring um hi bad ki shna ia ki jaka rieh shipor.
- Wat hapdeng ka jingpyrshah ki shynrang, ki kynthei ki la pyni ba ki kwah ban kner bad shimbynta ha ki kam kiba ngi khein ba ki dei ki kam shynrang. Kane ka lah ban wanrah ka jingkylla ha ka imlang sahleng kaba ju pyrkhath ba ki kynthei ki long kiba duna bor.
- Ki kynthei ki don ka sap bad ki lah ban lum lang ia ki nongshong shnong ban pyntyllun ia ki kam haba wan ka lanot. Ki thaw ia ki kynhun bad ki nongtrei na ka bynta ka bha ka miat bad ka jingdonkam jong ka imlang sahleng. Kane ka jingpynkhih ia ki nongshong shnong ka long kaba kongsan tam ha kaba pynkhreh lypa ia ka jingwan ka jinglyngshop bad kaba pynkhreh ia ki lad jingiarap haba wan ka lanot.

BYNTA III

KA JINGKITKHIA IA KA LONGKYNTHEI LONGSHYNRANG HA KI KHEP BA KYRKIEH HA KA POR BA AI JINGIARAP IA KI LANOT

Ha ka por ba theh ia ki lad jingiarap, ki seng kiba trei ha kaba ai jingiarap ki dei ban kham pyrkhath ia ka longkynthei longshynrang ha kine ki liang harum:

3.1 KA JINGSAM IA KI JINGIARAP

- Kynthup lang ia ki kynthei ha ka kynhun ai jingiarap. Ki seng kynthei ki dei ban don lang hakmat ha ka por ba plan, pyntreikam bad pyniaid ia ki jingsam bam. Ym dei ban pynbun than ia ki shipai bad pulit haba pynpoi ia ki jingbam khamtam hadien jong ka lanot.
- Dei ban kham shim khia ban pynpoi ia ki jingbam sha ki kynthei namar ha kiba bun ki shnong, ki kynthei ki kham salia ne lehrain ban leit shim ia ki lad jingiarap. Ha Pakistan, hadien jong u jumai jong u Risaw 2005, bun ki longing kiba long khlieh da ki kynthei kim ioh ia ki lad jingiarap namar ha ka ri Muslim, la khang ia ki kynthei ban mih paidbah khlem da synran da ki shynrang.
- Dei ban pynshlur ia ki kynthei ba kin leit shim hi dalade ia ki lad jingiarap.
- Ki jaka sam jingiarap ki dei ban don la ka jong ki painkhana ia ki kynthei, ka jaka ban ioh umdih bad ki jaka shong kiba tngen bad kiba la sher dara.
- Ha ki jaka ai jingiarap, dei ban buh la ka jong ka jaka ieng ia ki kynthei, khamtam ha ki kynhun bynriew ki bym shah ia ka jingiadonlang kynthei shynrang.

3.2 KA JINGPYNBIANG IA KI JINGBAM

- Dei ban pynbiang ia ki jingbam ha kata ka rukom ba ki lanot kim dei ban iapthngan, thynrang lane khrew.
- Ka rukom sam bam ka dei ban iaryngkat, kaba beit bad kaba burom ia ki hok longbriew manbriew.
- Dei ban sam ia ka bam sha baroh kiba la duh noh ia ka jakpoh na ka jingshah lyngshop, ia kito kiba la duh kama jakpoh bad ym tang ia kito kiba la duh ia la ki bahaiing hasem.
- Ka jingsam jingbam bad umdih ka dei ban long kaba ia id ryntih bad kaba biang ia baroh tad haduh ba kito kiba shah ktah kin da lah ban im biang kumba ju im. Kane ka lah ban shim por kham slem kat haduh ba ki lanot kin lah ban tei biang ia la ka jingim.
- Ki nongsam bam ki dei ban burom ia ka longbriew manbriew jong kiba shah ktah na ka lanot ha kaba kim dei ban ailad ban poi u pud haduh ban da iashoh tang ha kaba iaknieh bam lane ba ki lanot kin sngew kum ki nongkhrong.
- Ki kynthei ki dei ban long ki nongpdian ia ki jingbam ban pynthikna ba ki shynrang kin nym die ia ki jingbam ban ioh pisa ban thied kiad.
- Dei ban pynbiang bam ia ki longkmie ba armet bad kiba dang aibuin, ki riwkynthei, kiba la tymmen, ki khunswet bad kiba duna ki dkhot met tad haduh ba kin da lah ban pynbiang bam hi dalade.
- Ka jingbam ka dei ban biang bad kaba khuid ban bam.

Dei ban phikir bha ba ka jingbam kam dei ban ktah ia ka riti dustur jong ki lanot bad ban pynbiang katkum ka rukom bam jong kita ki jaitbynriew.

- Dei ban iasyllok bad ki kynthei kiba kumno ki jait jingbam ban ai lane ki jait jingbam kiba kumno yn sam.
- Dei ban da phikir bha ban kynthup ia ki jingbam kum ki cereal, ki dai bad ki jingbam ba don khlein khnang ban biang ki jingbam tei met ia ki briew kiba shah ktah.
- Ia ki longing kiba don ki khun rit, dei ban pynbiang ia ki dud tin ha ka song jingbam namar ha ka por ka jingeh ne jingkordit, ki longkmie kiba ai buin ki don jingeh ban pyndap ne pynbiang buin ia la ki khun.

3.3 BAN PYNBIANG IA KI JINGDONKAM JONG KI KYNTHEI

Haba shim ia ki rai kumno ban pynbiang ia ki lad jingiarap, ki seng kiba trei ia kane ka kam ki dei ban iasyllok bad ki kynthei namar ki sngewthuh ia la ki jingdonkam bad jong ki bahaiing jong ki. Katto katne ki jingdonkam ba kyrpang jong ki kynthei ki long:

- Ka umdih
- Ki jingbam tei met
- Ki kynja jingbam ne dawai kiba don ia ki jingtei met kum ki vitamin, iron bad kiwei
- Ki jingbam khunlung bad ki dud tin
- Ki tiar ia ki khunlung kum ki napkin, ki nep bad ki jainphong
- Ki jaka thiah (tusok, jain siang thiah, nep, syngkhlieh)
- Ki jain kiba ki ju phong (ki jain tynrai kum ki jain pien, ki jain da khlieh, hijab, salwar kameez, sari bad kiwei)
- Ki jain poh bad ki soptipoh
- Ki jain syaid
- Ki jainphong ia ki khynnah
- Ki tiar pynkhuid kum ki kot pynkhuid painkhana, sabon, shampoo
- Ki jain niad sum
- Ki kynphad sop poi bnai/jain kjit um bad ki jain lieh ba khuid namar kiba bun ki kynthei kim ju mlien ban sop poi bnai da ki kynphad kiba ju die ha iew
- Ki dawai ne tiar pynjlan khun, ki musari
- Ki dawai pyniap pyrjong
- Ki iitkhmat, ki tiar ban iohsngew, ki diengduh

3.4 BAN PYNBIANG IA KI KYNTHEI HA KA POR POI BNAI

Hadien ka jingshah lyngshop, dei ban pyrkhath bha ia ka por poi bnai ki kynthei. Haba sam ia ki kynphad poi bnai bad ki jain poh, ki seng ai jingiarap ki dei ban pyrkhath ban pyllait ia ki kynthei na kano

kano ka jinglehrain bad jingshah kren bein. Namar ba ki kynthei ki kham salia ban iathuh ha ki shynrang ia ki jingdonkam ba shimet jong ki, dei ban peit bha ba:

- Ki shynrang kim dei ban don bynta ha kaba sam ia ki jain ne kynphad sop poi bnai bad ki jain poh
- Dei ban shah tang ia ki kynthei ban sam ia ki jain ne kynphad sop poi bnai bad ki jain poh
- Pynbiang ia ki jain bad ki jaka sait ia ki kynthei kiba poi bnai

3.5 KA JINGPYNBIANG IA KI JAKA SAH BA SHIPOR

- Baroh kiba donkam jaka sah ki dei ban ioh ia ki jaka sher dara kiba shipor, kam pher la ki don ne kim don ki iingsah lajong shwa ban jia ka jingshah lyngshop. Kum ka nuksa, ha Thailand, kiba lait im na ka jingshah lyngshop ki bym don jingpynshisha ba ki long trai ia ka iing shwa ka jingwan ka tsunami, kim shym ioh ia ki jaka sah kiba shipor.
- Kine ki jaka sher dara ki dei ban don ki kamra ba biang bad ki jaka kiba lah ban pyndonkam na ka bynta ki jingdonkam ba shimet
- Man ki longing ki dei ban don la ka jong ka jaka sah katkum ka jingheh jong ka longing
- Ki shijur ba la shongkurim bad ki khynnah ki dei ban don la ki jong ki kamra
- Dei ban pynbiang ia ki jaka khreh ia ki kynthei bad ki kamra ban ai buin
- Ym ju dei ban sher dara lane shna iing mar syndait bad kiwei khnang ba ki longing ki lah ban pyndonkam shimet
- Dei ban peit bha ia ka jaka ban sher dara. Ym ju dei ban tei ha ki jaka ba long lum namar ka don jingma na ka jingtwa khyndew lane ban shna ha ki jaka them kiba lah ban shlei um ha ka por slap.
- Ia ki dara dei ban pynskhem da kaba teh ne pyndait bha khnang ba ki kynthei kin kham sngew shngain ban sah.
- Haba sam ia ki dara, dei ban pyrkhath ia ki riewkynthei, ki longing kiba long khlieh da ki kynthei, ki longing kiba long khlieh da ki shynrang kiba don jingduna ha ki dkhot met ne bor pyrkhath pyrdain bad kiba la tymmen da kaba leit sam dalade ha man ki longiing.
- Ki jaka sah shipor, kynthup ia ki dara ki dei ban long kiba bha bad kiba biang ban sah. Ha ka por jong ka jingshah lyngshop, ki kynthei ki kham pynlut por ha ki jaka sher dara ban peit bad sumar ia la ki khun. Dei ban pynduh noh ia ki dara kiba la rim kiba tap shiliang namar kim don jaka ban khieh ban ksar. Dei ban pyndonkam da ki dara kiba don bad ki jingkhang ba lait lyer. Dei ban don ki kor pynpjah ne pynsyaid khnang ban pynbiang ia ka jingkhriat jingshit ha ki dara. Lada ym don, ki lah ban khriat ha ka por tlang bad khluit ha ka por lyiur.

3.6 KA JINGPYNBIANG IA KI PAINKHANA BAD KI TIAR SUM

Ka long kaba donkam ban wanrah ia ka khuid ka suba bad ban pynbiang ia ki painkhana namar haba kim don ka ktah bha ia ka koit ka khiah jong ki kynthei.

- Ki kynthei ki dei ban ioh borabor ia ka um kaba khuid ban sum bad sait ialade. Ka jingioh um khuid ka dei ban long la kumno kumno 15 litre iwei i briew shisngi na ka bynta ban dih, ban shet bad ban pynkhuid ialade.

- Ka jingingai na kano kano ka iing sha ka jaka tong um kam dei ban palat ia ka 500 mitar.
- Dei ban sumar bha ia ki tyllong um bad ki paip um khnang ba ka um kan mih bha man ka sngi.
- Ki kynthei ki dei ban don la ka jong ka painkhana bad jaka pynkhuid ialade.
- Ki painkhana bad ki kamra sum ki dei ban don kynroh, ki jingkhang ba skhem kiba lah ban khang tala bad ka jaka tuid um kaba biang. Ki painkhana ki dei ban long kiba kdup ba ki kynthei ki lah ban pyndonkam khlem don nongiohi briew.
- Dei ban shna ia ki painkhana bad ki kamra sum da ki tiar kiba khlain ban nym lah ban pynpei thliew.
- Kumba 20 ngut ki briew ki lah ban pyndonkam kawei ka painkhana. Ki nongpyniaid ia ki jaka sher dara bad ki nongsah ha kine ki jaka ki dei ban sumar bad pynkhuid bha ia ki painkhana ban khanglad ia ka jingsaphriang ki khniang jingpang kiba ioh na ki skain bad ki pyrjong.
- Dei ban pynbiang ia ka jaka bret ia ki tiar pynkhuid ialade.
- Hapoh ki camp, ki painkhana bad ki kamra sum kim dei ban jngai na ki jaka sah (50 mitar) bad ki dei ban don ka bording kaba khlain khnang ba ki kynthei kin sngew shngain.
- Ki lynti iaid sha ki painkhana bad ki kamra sum ki dei ban biang bording ban shngain ki kynthei.
- Dei ban don ka jaka sait jain la ka jong ia ki kynthei ba ki lah ban sait bad thad ia ki jainpoh bad ki jain poi bnai.
- Dei ban pynbiang ka jaka phongjain ia ki kynthei bad ki kamra aibuin khun.

3.7 KA JINGPYNBIANG IA KI JINGSHAKRI HA KA KOIT KA KHIAH

Ka hok ban ioh ia ki jingshakri ha ka koit ka khiah ka dei ka hok tynrai ba la pynkup lyngba ka Article 25 jong ka Universal Declaration of Human Rights, 1948.

- Dei ban ai ki jingshakri ha ka koit ka khiah ia baroh ki briew kiba shah ktah ha ka lanot khlem da khein ia ki kyrdan ne jaitbynriew, ki trai shnong ne bym dei trai shnong, kiba don ia ka insuran ne bym don.
- Ki longkmie ba armet bad ki longkmie ba don khunrit ki dei ban ioh jingsumar ei hadien ba la kha khun bad ia ki longkmie ba armet bad ban pynbiang ia ki jingbam tei met.
- Dei ban pynbiang ia ki vitamin bad ki jingbam tei met ia ki longkmie ba armet bad kiba dang aibuin.
- Dei ban buh ia ki jaka kiba khuid bad kiba shngain ban kha khunlung.
- Dei ban don ki doktor ba sumar ia kiba armet bad kiba pynkha khunlung khnang ban pynthikna ia ka koit ka khiah jong ka kmie bad i khunlung.
- Ki longkmie kiba kha khunlung hadien ka lanot ki dei ban ioh ka jingsumar kaba kham kyrpang ha ka liang ka koit ka khiah ialade bad i khunlung bad ban ioh ruh ki jingiasyllok kiba janai namar kine ki longkmie ki kham don jingma namar ka jingkordit jingklusai kaba ki mad ha ka por ba jia ka lanot.
- Dei ban pynbiang ki dawai dashin ia ki longkmie kiba aibuin kiba la duh noh ia la ki khun ha ka

lanot bad ban iarap ban pynrngat ia ka buin jong ki.

- Dei ban pynbiang kloik katba lah ia ki dawai bad ki tiar pynjlan khun.
- Ki nongtrei jong ka koit ka khiah kin ai ki jingshakri jong ki da kaba leit jngoh ia ki jaka sah shipor, ki iing sher dara bad ki shnong kiba shah ktah ha ka lanot.
- Dei ban kynthup ia ki nongsumar kynthei ha ka kynhun leit ai jingsumar.
- Dei ban ai biang por ia ki dawai bad tika ia ki khunlung ban iada na ki jingpang bad ki khniang jingpang kiba ki lah ban ioh dang khunlung.
- Ki kynthei ki dei ban ioh ka lad ban leit sha ki jaka sumar kiba paka.
- Ki kynthei kiba thiah hospital ki dei ban ioh jaka sah hadien ba ki la mih na hospital bad ym dei ban phah mih ia ki na hospital lada kim don jaka ban leit. Don napdeng jong ki kiba lah ban dkoh na ka jingshah lyngshop ha ka lanot.

3.8 KA JINGSHNGAIN BAD JINGIARAP IA KI KYNTHEI BAD KHYNNAH

Ka jingthombor ia ki kynthei bad ka jingleh bein ia ka longrynieng ki kynthei ka kiew bha ha ka por ba jia ka lanot. Hynrei, namar ka jinglehrain ioh shah kyntait ha ka imlang sahleng, bun ki kynthei kim shlan ban pyntip sha ki bor ka ain. Ka jingkieu jong ka jingkyrri dih kiad bad ka jingdih ia ki kynja ba pynbuaid ka nang kyntiew ia ki kam thombor bad ki kam beijot ha ki jaka sher dara bad ki camp.

- Donkam ban seng ia ki Vigilance Committee ha ki shnong ban kynthup ia ki kynthei ban long kum ki ophisar ki ban peitngor khnang ban ai ka jingshngain ia ki kynthei.
- Kine ki committee ki dei ban buh ki kynja jingthoh ban bthah ne hikai khnang ban iada na ki jingthombor ia ki kynthei bad khynnah.
- Ki kynthei ki dei ban ioh jinghikai ban pyntip ne ai jingmaham haba iohi ba ka lah ban don ka jingthombor ha ki jaka sher dara.
- Ban ai jingshngain ha ki jaka sher dara, donkam ban don ki ophisar pulit kynthei lane ki shipai kynthei.
- Kine ki ophisar pulit kynthei ki dei ban don hapoh ki jaka sher dara ban buh jingthoh bad pynbeit ia kino kino ki jingujor shah thombor jong ki kynthei ha kine ki jaka bad ban peitngor ioh don ki jingthombor ia ki hok jong ki kynthei ha kine ki jaka.
- Dei ban don nongpahara miet ha kine ki jaka sher dara.
- Ki nongpahara (shynrang bad kynthei) ki dei ban ioh jinghikai bad sngewthuh ia ki jingeh jong ki kynthei khnang ban iarap ia kito kiba donkam jingiarap.
- Dei ban buh ki lad ki lynti pahara ha ki jaka sher dara bad ki shnong ban iada ia ki kynthei bad ki khynnah kynthei na ka jingshah rahbor bad ki jingpynbor ban iaaid nuti, ban die met bad ban khaii ban die ia ki dohjem.
- Donkam ban buh ia ki jaka iasyllok ia ki kynthei kiba ngat ha ka lanot shah thombor bad kiwei ki jingshah banbein.
- Dei ban pynbiang ki jingshakri ha ki kam ain khlem donkam siewdor ia ki kynthei kiba la shah thombor.

- Dei ban ai jingiada kaba pura ia ki lanot shah thombor bad ban synran bad sakhi haba ki leit ban ujur.
- Dei ban ioh ban eksamin bha ia ka koit ka khiah ha ka por ba ki leit ujur ia ki jingshah thombor.
- Ki kynthei ki dei ban ioh ban leit ujur haba don ka jingshah thombor.
- Dei ban pynsngewthuh ia ki kynthei shaphang ki hok lajong ban lait na ki jingshah thombor, ka jingshah lehbeijot bad ka jingthombor ia ka pyrkhath pyrdain jong ki.
- Dei ban pyntip ia ki kynthei ia ki lad iarap kiba don haba ki shah thombor (kum ka ain, ki jingujor ha ki pulit, ki lad jingsumar, ki jingiasyllok, ki kynhun kiba ai jingiarap).
- Dei ban seng ia ki kynhun jong ki kynthei kiba iarap dalade ialade hapoh ka jaka sher dara khnang ban ai mynsiem bad kyrshan ia ki kynthei kiba la shah ktah ha ki jingthombor.
- Dei ban buh ia ki Vigilant Group ki ban kynthup ia ki kynthei bad shynrang ba kin iarap haba don ka jingshah thombor.
- Ki pulit, ki nongtrei sorkar bad ki nongtrei seng bhalang ki dei ban shimkhia ia ki jingujor haba don ka jingshah thombor bad ki jingshah banbein bad shim ki lad ban pynioh ia ki jingiarap ia ki kynthei.
- Dei ban khang ban die kiad hapoh ki jaka sher dara.
- Pynbha ia ki bording bad pynbiang ki kali ban leit ban wan na ki jaka sher dara sha kiwei ki jaka kum ki skul, ki jaka ieng bos, ki ieu bad ki dukan.
- Ki nongthaw ain jong ka sorkar ki dei ban jurip bniah ia ka jingjop jong ki lad jingiarap jong ki shwa ba kin pyntreikam ia ki policy kum ka jingtyrwa jingiarap pisa ban pynduh khun ia ki kynthei lyngba ki jingpuid bad ki jingiarap pisa ia kiba dang shongkurim shen. Kum kine ki policy ki wanrah ki jait jingthombor ia ki kynthei, kum ka jingpynbor ban pynduh khun bad ban pynbor shongkurim.

3.9 KA JINGSHAKRI HA KABA AI JINGIASYLLOK

- Dei ban ai ka jingiasyllok ia ki kynthei bad ki khynnah, ki riewkynthei, kiba la tymmen bad ki kynthei kiba duna ki dkhot met kumno ba kin lah ban lait ne ioh jingtngen na ki jingklusai ki jingsngewsih namar ka lanot.
- Ki nongiasyllok kynthei ki dei ban don hajan ban ai ki jingshakri jong ki ha ka ban iasyllok. Dei ban buh ia ki jaka iasyllok ha ki jaka sher dara bad ki jaka sah shipor.
- Ka jingsumar ia kiba shah ktah ha ka bor pyrkhath pyrdain bad ki jingklusai kam dei ban long tang ha kaba ai dawai, hynrei dei ban pynkhiah lyngba ki jingiasyllok bad ki jingkyrshan bad jingai mynsiem.
- Dei ban seng ia ki Self Help Group na ka bynta kito ki kynthei kiba shah thombor ban ai ka jingtngen bad jingkyrshan iwei ia iwei pat. Ki kynthei ki lah ban pynkhiah ialade haba ki donkti lang ban iarap iwei ia iwei.
- Dei ban ai ka jingkyrshan bad jingtngen bad jingiarap ha kaba wad/ithuh ia ki bahaiing kiba la iap ne kiba jah noh.

BYNTA IV

KI JINGIARAP BAN KHYLLIE BIANG IA KA JINGIM

Ka jingdonbynta jong ki kynthei ha kaba pyniaid ia ki camp bad ki jaka sher dara ka long kaba donkam ban pynthikna ba ki kynthei ki bit ki biang. Haba ym don ba sngap ia ki jingud jingnam jong ki kynthei ka mih ka jingduna, la ka long ka jingduna ha ki painkhana bad ki kamra sum ia ki kynthei. Kane ka wanrah ka jingshah banbein ka longrynieng bad ka jingthombor. Ka jingduna ki kamra shet ka pynlong ruh ia ki kynthei ban shet ban tiaw ha ki jaka ki bym shngain bad bym khuid bad ka mih sa ka jingpluh bad kem ding.

4.1 KA JINGPYNIAID KAM HA KI JAKA SHER DARA BAD KI JAKA SAH SHIPOR

- Dei ban thung ia ki kynthei ha ki kynhun ne komiti ba pyniaid ia ki Camp.
- Dei ban pynshlur ia ki kynthei ban don bynta lang haba shim ia ki rai ha ki jaka sher dara.
- Dei ban iasylok bad ki kynthei kumno ban pynwandur bad shna ia ki jaka sher dara bad ki jaka sah shipor.
- Ki bahaiing shynrang ki dei ban mihkhmat ha ka jaka ki bahaiing kynthei ha ka jingpyniaid kam ha ki jaka sher dara
- Ia ki jingialang ban iakren ia ki jingpyniaid kam ha ki camp dei ban pynlong ha ba lait por ki kynthei (ym dei ha ka por janmiet ne mynmiet)
- Lada katkum ka dustur, ki kynthei kim ju leit sha ki jingialang shnong ne jingialang ha ki jaka sah shipor dei ban leit iakynduh ia ki marwei marwei khnang ban tip ia ki jingsngew ne jingaimut jong ki.
- Dei ban don ki bor ban pynbeit ia ki jingeh hapoh ki jaka sher dara kiba mih namar ka jingbymbiang ka rukom sam ia ki lad jingiarap.

4.2 KA JINGSIEW BAILUTKSAN BAD KI LAD AI JINGIARAP

- Ki skim siew bailutksan ki dei ban long kiba iaryngkat bad kiba shai. Dei ban pynbiang ki bailutksan ia baroh kiba shah ktah ha ka lanot; la ka long ia kito kiba la duh ia ki lad kamai bad ki kam ne kito kiba la duh ia ki jingdon jingem.
- Ka sorkar bad ki seng ai jingiarap ki dei ban pynbiang mar katjuh ki lad jingiarap khlem da niew shiliang iano iano ruh bad ki dei ban shim ia ki lad treikam kiba shai bad kiba beit kum ha kaba pynbna paidbah ia ka lis jong ki lanot bad ka lis jong ki nongioh myntoi.
- Ia ka jingsiew bailutksan, dei ban ai ha iwei pa iwei ym ia ki khlieh jong ka longing.
- Ia ka jingsiew bailutksan dei ban ai ia baroh shilok. Dei ban siew ia ka bailutksan ha ka jaka kynshew pisa kaba don kyrteng baroh shilok, lada dei ia ki brieve kiba la shongkurim.
- Ka jingsiew bailutksan ia ka jingduh ia ki jingdon jingem kum ka iing/lieng/ki tiar donkam dei ban long katban biang ban bujli ia kaba la duh. Ka jingsiew bailutksan kaba biang ka iarap ia ki brieve ba kin tei biang ia la ka jingim bad sdang ban kamai.
- Ha ki khep ba jia ka lanot, ym da donkam ia ka sertiphikiet iap ban ioh ia ka bailutksan namar ka jingduh noh ia kiba haiing. Ha India, haba da ki hajar ki brieve ki jah hadien ka tsunami, ki

kynthei ki bym lah ban pynshisha ia ka jingiap ki lok jong ki kim shym ioh ia ki jingiarap pisa.

- Lada ki khun shynrang kiba la shongkurim ki ioh ia ka hok ban ioh ia ki lad jingmyntoi (ka hok ban dawa bailutksan na ka jingjulor ka iing), ki khun kynthei kiba la shongkurim kiba sah bad la ki kmie ki kpa ruh ki dei ban don ia kajuh ka hok.
- Ki bor sorkar kim dei ban ai khim eh ia ka por ban aplai ia ki lad jingiarap bad bai lutksan namar ki lanot ki lah ban nym pyndep ha ka por ba la buh namar ki lah ban don ha hospital, ban pyndep ia ka niam ka rukom jong kiba la iap lane lada dei ha ki thain nongkyndong ki lah ban ioh slem ia ki jingtip kiba iadei bad ka jingioh ia ki lad jingiarap.
- Haba theh ia ki lad jingiarap pisa, dei ban peit lang ruh ia ka hok jong ki brieve kiba shong ha ki iingwai lane kito kiba trei ia ki kam jong ki na ki iing ne jaka ba shu wai.

4.3 KA JINGPYNDUH IA KA DUSTUR AI JINGIARAP IA KI KHLIEH KA IING

- Ia ka jingkyrshan, kynthup ia ki jingsiew pisa, dei ban ai marwei marwei, ym ia ki khlieh jong ka iing. Ha Thailand, ka sorkar ka siew arshah ia ki longing ha kaba tep ia ki shynrang ban ia ki kynthei namar ki ong ba ki shynrang ki dei ki khlieh jong ka iing.
- Ka sorkar bad ki seng ai jingiarap kim dei ban shim ia i khlieh jong ka iing kum ki nongdawa ia ka bai lutksan. Ha India, ka jingiarap pisa ba iap khun la ju ai ia ki shynrang lait noh lada u lok u iap ha ka tsunami. Kane ka pynlong ia ki shynrang ban pynlut ia ka pisa iarap ha ka kiad bad ha kiwei ki kam ki bym iadei bad ka jingdonkam ha iing.
- Dei ban weng noh ia ka kyntien 'khlieh jong ka iing' na ki jingpyniaid ain bad ki polisi treikam jong ka sorkar, kynthup ia ki kot ki sla kiba donkam.

4.4 KI JINGTIP IA KI LAD JINGIARAP

- Dei ban ai ia ki khubor bad ki jingtip shaphang ki lad jingiarap pisa, kynthup ia ki rukom aplai ban ioh ia kita ki jingiarap sha ki lanot kiba sah ha ki camp, ki jaka sah shipor bad kito kiba shong shabar jong ki jaka sher dara, kynthup ia kito kiba sah ha ki hospital bad ki shnong ba kyndong, ki khlaw bad ki jaka lum.
- Dei ban kitkhia ban pynpoi ia ki jingtip sha ki kynthei kiba sah ha ki jaka sher dara namar ki don ki kynhun bynrieve ha kaba ki kynthei kim ju shimbynta ha ki jingialang paidbah ha kaba la ju pynbna ia kine ki jingtip.
- Dei ban ai ki jingtip ha ki jait ktien kiba ki brieve ki nang bad ha ki kyntien kiba suk ban sngewthuh.
- Dei ban kitkhia ban ai ia ki jingtip sha kito ki shnong kiba dang sahdien ka jingnang jingstad bad ki nongtrei kynthei ki dei ban don bynta ha ka ban ai ia kita ki jingtip.
- Ka jingai ia ka jingtip kaba iadei bad ki kam/ki ram/ki jingiarap pisa kiba don na ka bynta ki kynthei ban sdang ia ki lad kamai kum ka kam shna tusok, ka kam shna khiew bad kiwei ki kam kiba rit bad dei ban ai beit tang ha ki kynthei ym lyngba ki kurim jong ki lane ki bahaiing shynrang jong ki.
- Dei ban sam ia ki jingtip ia ki kynthei ki bym lah ban ioh ia ki jingtip namar ka jingshah teh ha ka riti ka dustur lane ka niam bad ka jingiarap ka dei ban long ruh ia kito ki bym shym lah ban aplai ia ki lad jingiarap namar ka jingbym ioh ia ki jingtip.

4.5 KA JINGIOH KI KHYNNAH IA KA PULE PUTHI

Ka pule puthi bad kiwei ki kam pynbyrngia ia ki khynnah ka dei kawei ka jingsngewkhia jong ki longkmie haba wan lyngshop ka lanot, khamtam haba duh ia ka skul. Ban pynbiang ia kane ka jingdonkam jong ki longkmie:

- Dei ban pynbiang ia ki hall bad ki jaka shnong khnang ba ki khynnah ki lah ban sdang biang ia la ki jingpule.
- Dei ban ai khlem siewdor ia ka bam, ki jainphong skul, ki kot bad ki jingdonkam ha skul.
- Dei ban maramot ne pynkynriah mar mar ia ki jaka pynlong skul.
- Ki jaka sah shipor ki dei ban don hajan jong ki skul.
- Dei ban pynbiang ia ka leit ka wan jong ki khynnah sha skul khlem donkam siewdor.

BYNTA V

KI JINGIARAP KIBA KHAM SHIMPOR BAN TEI BIANG IA KA JINGIM

Ban pynbiang ia ki jingdonkam jong ki kynthei, ka sorkar bad ki seng ai jingiarap ki dei ban kynthup ia ki kynthei ha ki jingiasyllok bad ki jingshim rai: naduh ka jingpyniaid ia ki camp bad ki disaster management committee haduh ki kynhun ki ban rai ia ki lad treikam. Ka long kaba donkam ba ki kynthei kiba shah ktah ha ka lanot kin shimbynta lang la ka long ha shnong ne ha ka ri ha baroh ki liang kiba iadei bad ka jingkyrshan ia ka jingim hadien ka lanot. Ki kynthei ki dei ban noh synniang ym tang ha ki kam kiba iadei bad ki kynthei, hynrei ki dei ruh ban donbynta ha ki kam shnong kam thaw da kaba iatrei lang bad ki shynrang. Ki seng ai jingiarap ki dei ban shimkhia ban pynsngewthuh ia ki kynthei namar ki don ki jaitbynriew kiba ju pyniakhlad ia ki kam shynrang bad kam kynthei bad ka jingshah teh ha ka niam ka dustur, ki kynthei kim ioh ia ki jingiarap wat ha ka bam ruh, ynnai iakren ia ka jingshimbynta jong ki ha ki jingialang paidbah ban pynpaw ia ki jingeh jong ki.

5.1 KI JINGSHIM RAI HA KA BAN TEI IA KA JINGIM BAD BAN MARAMOT IA KABA DUH

- Dei ban kynthup ia ki kynthei ha baroh ki jingshim rai, la ka long ha ka ri ne ka jylla bad ha ki jingpyniaid shnong, ki seng ai jingiarap, ka sorkar, ki seng jong ka pyrthei bad ki seng bhalang ha shnong bad ki dong.
- Ki jingtreikam jong ka sorkar ha kaba iadei bad ka jingiarap bad jingtei biang ia ka jingim jong ki lanot ki dei ban kham pyrkhath bha ia ka longkynthei longshynrang.
- Ka dei ban don ka jingiatreilang hapdeng ki seng ai jingiarap kiba donkti ban tei biang ia ka jingim bad ban tei biang ia ki shnong ki thaw khnang ba kin lah ban trei kham janai na ka bynta ki briew kiba shah ktah khlem da khein la ki dei ki trai shnong, ki bar shnong, ki nongtong dohkha kiba la rejistar ne bym pat rejistar, bad ki kynhun bynriew rit paid.
- Hadien ka lanot, dei ban buh ia kawei ka kynhun kaba peit tang ia ka bha ka miat jong ki kynthei ba kin ioh ban peit ia ki kam kiba dei bad ki kynthei.
- Baroh ki jingshim rai kiba iadei bad ki lanot ki dei ban long kiba shai, kiba hok, kiba iaryngkat bad kiba khuid.
- Dei ban iasyllok bad ki lanot, khamtam ki kynthei, ha ki rai kiba iadei bad ka jingim jong ki: naduh ka jingkhang ia ki camp bad ki jaka sah shipor, ka jingpynkynriah bad pynwandur ia ki iing haduh ki lad pynmih kam bad ka kamai kajih.
- Ka jingpynkynriah ia ki shnong kiba shah ktah ka dei ban long da ka jingmynjur lang jong ka shnong bad ym dei ban pyniasnoh bad ki kyndon ai jingiarap, kum ka nuksa, lada ki briew kim kynriah jaka shong kin nym ioh ia ki bailutksan na ka bynta ki iing kiba la julor ne duh.
- Ha ka por ba pynkynriah jaka bad khang ia ki camp bad ki jaka sher dara, ki kynthei ki dei ban ioh ia ki jingtip kiba paka ia ka por ba kin mih. Ka jingeh kaba iadei bad ka jinglum ia ki mar ki mata ka dei ka jingkitkhlieh jong ka kynthei bad ki donkam shibun ka por ban plan katkum ka jingdonkam jong ka iing jong ki.
- Dei ban iarap ban pynioh bynta ia ki kynthei kiba na ki jaitbynriew kiba ki kynthei ki shah teh kyndon bha ha ka imlang sahlang bad ia kane dei ban leh lyngba ka jingiarap ban jop ia kita ki jingpyrkhing.

- Ka jingpynkup bor ia ki kynthei ha ki ri kiba ki kynthei ki shah teh kyndon kum ka Indonesia bad Pakistan ka donkam ka jingtrei shitom ban lait na kiba bun ki diengpyngkiang ha kaba thaw ia ki lad treikam bad ki ain, khamtam ha kaba weng ia ki ain kiba pyrkhing ia ka ia id ka ieng bad ka jingleh jingkam jong ki kynthei.

5.2 KA JINGTEI BIANG IA KI IING BAN PYNBIANG IA KI JINGDONKAM JONG KI KYNTHI BAD KA IING

Dei ban iasyllok bad ki kynthei shaphang ki jingdonkam haba tei ia ki iing bad kiwei ki jingdonkam bad ha ki kam kiba iadei bad ka jingpynwandur ia ka iing:

- Ka jait iing, ka jingpynwandur bad ka jingheh katkum ka longing.
- Ki iing ki dei ban don ki painkhana, ki kamra sum bad ki kamra shet.
- Ki iing ki dei ban don ka um kaba biang bad ki jaka pyntuid jakhlia bad ka bording.
- Ki iing ki dei ban long kiba shngain, kiba lait na kaba iohi briew bad kiba da ia ka burom jong ki kynthei.
- Ka jingpynwandur ia ka iing ka dei ban long katkum ka rukom im, ka kamai kajih bad ki kam jong ki kynthei.
- Ki jingtei iing ki dei ban long ha ka rukom ba ki lah ban leit sha la ki kam ki jam, ba suk ban poi sha ki jaka sumar, ki skul bad kiwei ki lad jingshakri. Ym dei ban oh dor than ia ka bai kit bai bah.
- Dei ban pyrkhata ia ki jingkyrpad jong ki kynthei ia ka rukom ai jaka bad ka jingshna iing kum ka jingpynkha iing na ka bynta ki longing kiba heh bad kiba bun paid.
- Dei ban iada na ka jingleh shiliang, ka jingnoh mon bad jingniew bein jong ki bor sorkar – la ka long ha ka sorkar ne bor shnong kiba dei ban ai jaka ban shna iingsah.

5.3 KA HOK LONGTRAI IA KA JAKA, KA IING BAD KI JINGDON JINGEM

- Ka sorkar ka dei ban bishar bha ia ka rukom sam jaka ia ki paidbah kiba hap ban kynriah jaka na ka jaka ba jia ka jingshah lyngshop.
- Dei ban shna ia ki ain bad ki buit treikam kiba pynthikna ba ki kynthei ki don kajuha hok ia ka jaka bad jingdon jingem ban ailad ia ki ban long trai bad ioh pateng ia ka jaka na la ki kurim/ki kpa.
- Dei ban pynthikna ba ki kurim bad ki khun kynthei ki ioh pateng ia ka jaka bad jingdon jingem ha kito ki kynhun bynriew kiba don ia ka riti ka dustur bad ka niam kaba khlain ha kaba ka jingioh pateng ia ki jingdon jingem ka leit sha u para ne hynmen jong u kurim ba la khlad lada dei bym don khun shynrang.
- Dei ban pynthikna ba ka jingdon jingem na ka dowry kaba dei jong ka kynthei ka leit biang sha ka kynthei.
- Dei ban bishar sani ban kyntait ia kata ka jingkein khlieh ka iing namar ba ki kynthei ki lah ban duh ia la ki hok ban ioh ia ka jaka kaba ki long trai shwa ban wan ka lyngshop.
- Dei ban pynshlur bad ithuh ia ka hok jong ki shikurim ban longtrai lang ia ka jaka, ka iing bad ki jingdon jingem. Ki polisi treikam kiba thymmai kiba la shim hadien ka lyngshop ki dei ban pynduh ia ka riti dustur ban aibor ia ki shynrang. Kum ka nuksa, ka jaka kaba la mang ban bujli

ia ka jaka kaba ki la duh na ka lanot, dei ban rejistar ha ka kyrteng jong baroh shlok ym ban ai hok tang ia u (shynrang) khlieh jong ka iing.

- Ha ki jingiakajia kiba lah ban mih na ka daw jong ka lyngshop, ka sorkar ka dei ban burom ia ki hok jong ki kynthei ia ka jaka, ka jingdon jingem bad ka iing bad iada ia ki na ki jingshah thombor bad ki jingshah beh iing.

5.4 KA JINGIOH IA KI KABU KAMAI JAKPOH

- Ha ki jingpyniaid kam ban khyllie biang ia ka jingim bad maramot ia ki jingdon jingem hadien ka lanot, ki jingiarap ai kam bad lad pynmih kam na ka bynta ki kynthei ki dei ban don khnang ba ki lah ban pynbiang ia ka bam, bad ban pynioh bynta ia ki kynthei na ki spah mariang ban kyntiew ia ka jingim jong ki ha shnong.
- Ki prokram ban kyntiew biang ia ka im ka sah ki dei ban kham long kyrpang ia ka jingpynkup bor ia ki kynthei ha ka liang ka ioh ka kot bad ai ha ki ia ki lad kamai kajih. Ha ki khep ba jia ka lanot, ki kynthei kiba la duh noh ia la ki lok/ki nongkamai ki shem jingeh ban ioh ia ki lad kamai namar ki kabu treikam ki don tang na ka bynta ki shynrang.
- Dei ban ai jingiarap ha ka dur ki grant barit ia ki kynthei ba ki lah ban sdang biang ia ki lad kamai kiba ki ju don shwa ban jia ka lanot kum ka jingshna jingbam, shet bam ban die, suh jain, shna tyllai bad kiwei.
- Dei ban pynioh jingiarap pisa, ki tiar ki tar na ka bynta ki kynthei khnang ba ki lah ban trei ia ki kam kiba pynim ia ki, ban pynbiang ki tiar ki tar bad ban iarap pyniaid iew ia ki.
- Dei ban ailad ia ki kynthei ban ioh jinghikai ia ki buit treikam kiba thymmai khnang ba ki lah ban wad ia kiwei pat ki lad kamai.
- Dei ban iarap ia ki kynthei ba ki lah ban ioh ia ki ram ne jingiarap seng kam na ki bank.
- Dei ban kyrshan bad pynshlur ia ki bank bad ki jaka ai ram, ki jaka khaii pateng ba kin buh ki jaka treikam kyrpang ban ai jingiarap pisa ne iarap bei tyngka bad ai jingmut ia ki longkmie kiba sah ha ki thain ba jia ka lanot kumno ban seng ia ki kam rit.
- Dei ban bishar bad eksamin bad shim jingkein ia ki lad jingkyrshan ha ki kam ki jam ban pynthikna ba ka ram kam dei ban nang pynban khia bad ruh ban peit ioh don ka jingpyndonkam bakla ia ki mar poh khyndew ban khaii pateng.
- Ki bank bad kiwei ki jaka ai ram ki dei ban ailad ia ki briew kiba shim ram shwa ban jia ka lanot ba kin siew suki suki kham hadien ia ka ram ka shah.
- Ka sorkar ka dei ban thaw ia kiwei ki lad kamai jakpoh ia ki paidbah kiba la shah pynkynriah jaka khnang ba kito ki briew kin ioh ki lad ban kamai, ban ioh ia ki lad jingsumar, ka pule puthi bad kiwei ki lad jingshakri.
- Ki kynthei ki dei ban peit hi bad longtrai ia ki jingri jingdup ha ki jaka sher dara bad ki jaka sah shipor khnang ba ki lah ban ioh dud na ki jingri jong ki.

5.5 BAN PYNSNGEWTHUH IA KI HOK LONGBRIEW JONG KI KYNTHI

Ki seng kynthei ki dei ban shim kabu na ki jingialeh ban pynkhie im biang ialade ban pynduh ia ka riti dustur aibor ia ki shynrang bad ban hikai ia ki kynthei shaphang ki hok longbriew manbriew: naduh ka hok ban don ka national identity card, ka bank account la ka jong haduh ka hok ban don la ka jaka

bad ki jingdon jingem.

- Dei ban pynlong ki prokram pynsngewthuh ia ki kynthei ia ki hok longbriew ha ki jaka sher dara bad ha ki iingsah jong ki lada ym lah ban iakynduh ha kiwei ki jaka kiba biang na ka bynta ki kynthei.
- Dei ban hikai ki buit treikam ia ki kynthei khnang ba ki lah ban ialeh pyrshah ia ki jingeh kum ki khlieh jong ka iing namar ka jingiap noh jong ki shynrang, ka jingjah rngai lane ka jingbym lah ban trei.
- Dei ban hikai ki buit treikam kiba thymmai ia ki bahaiing shynrang khnang ba ki lah ban shim ia ki jingkitkhlieh ban sumar ia ki khun na ka daw ka jingkhlad, jingjah rngai lane ym lah trei shuh jong ki bahaiing kynthei.
- Dei ban kyrshan ia ki khunswet kynthei da ki lad jingtreikam bad ban hikai kumno ba kin sumar hi ialade hadien ka jingkhlad noh ki kmie ki kpa lane ki bahaiing jong ki.
- Dei ban pynlong ki prokram pynsngewthuh ba ka jingpynshong kurim jubor ia ki kynthei kiba hapoh 18 snem ka rta ka long kaba beain bad ban shah pynshitom ha ka ain.
- Dei ban ai ka jinghikai ia ki nongpyniaid camp bad shipai iada shaphang ka longkynthei longshynrang.

5.6 KA JINGPYNKHIH BAD PYNKUPBOR IA KI KYNTHI BA KIN LAH BAN PYNPAW IA LA KI JONG KI HOK LONGBRIEW MANBRIEW

Ka jinglum lang bad pynkupbor ia ki kynthei kiba shah ktah na ka lanot ka long kaba donkam ban iada ia la ki hok, khamtam ha ki riti ki dustur kiba aihok tang ha ki shynrang bad kaba pynduh hok ia ki kynthei. Ha Aceh bad Pakistan, ki nongialam niam ki dang pynduh lad shuh shuh ia ki kynthei da kaba kynnoh ia ki ba ki dei ka daw ka jingwan ka lanot namar ka jingleh bym hok bym khuid jong ki. Nalor kata, ha Aceh, ki pynjari ia ki ain Islam kiba pyrkhing bha da kaba buh ia ki pulit ain ban bom ia ki kynthei namar ba kim kup ia la ka khlieh. Namar kane, bun ki kynthei kim nud wat ban mih na la iing, bad ban pynpaw ia la ki jong ki jingeh bad ki jingdonkam. Ka long kaba donkam namarkata ba:

- Dei ban thung ia ki seng kynthei bad ban don ka jingiatreilang hapdeng ki seng kynthei ban ialap ia ki hok longbriew manbriew jong ki kynthei ha ki kkep ba jia ka lanot.
- Ki kynthei kiba shah ktah ha ka lanot kin ialum hi hapdeng jong ki ban dawa ia la ki jong ki hok bad kyrshan iwei ia iwei.
- Dei ban shim ia ki lad ban ialap ban weng noh ia ki ain kiba pyrkhing ia ka iaaid ka ieng jong ki kynthei.

5.7 KA JINGIADA IA KI KYNHUN BA DON JINGMA BAD BA DANG SAHDEN

Ka sorkar ka don ka kamram ban kyntiew, burom bad pynurlong ia ki hok longbriew manbriew jong ki briew kiba shah ktah ha ka lanot khlem da khein ia ka longkynthei longshynrang, ka kynthun bynriew, ka jaitbynriew, ka jinglong traishnong, ka niam, ka jingbuhai shnong, kiba la rejistar ne bym pat rejistar bad kiwei.

- Ia ki lad jingiarap haba jia ka lanot dei ban pynshong nongrim da kaba pyrkhata ia ka longbriew manbriew bad ka jingsngew para briew.
- Ka sorkar bad ki seng ai jingiarap ki dei ban donbynta ha kaba theh ki lad jingiarap bad khyllie

biang ia ka im ka sah jong ki khlem da khein ne niew shiliang iano iano ruh, la ka long na ka jaitbynriew, niam, karta ne kiwei.

- Ka sorkar bad ki seng ai jingiarap ki dei ban shimkhia ban pynpoi ki lad jingiarap sha ki kynthun ba dang sahdien kum ki briew kiba nabar shnong, ki dalit, ki kynthun niam kiba rit, kiba iaaid nuti, ki nongtrei ia ki kam rit kum ki nongtong dohkha khnang ba ki lah ban ioh ia ki jingdonkam jong ki kum ka bam, ka um, ka jaka sah bad ki lad jingsumar.
- Dei ban lum lang ia ki kynthei ban ialap ia ki mat treikam kiba pynthikna ia ka hok jong ki kynthei, kum ki nongbylla kiba wan nabar shnong, ki kynthei dalit, ki briew bym dei na ka jylla, ki kynthei kiba wan na ki kynthun bynriew ritpaid, ki gypsy, ki kynthei kiba trei ha ki jait kam bapher bapher bad kiwei.
- Ym dei ban niew shiliang ia ki kynthei kiba dei ki nongbylla nabar jylla, la ki don kot don sla ne ym don bad ki dei ban ioh ia ki jingiarap kum ka bam, ka jaka sah bad ki jingsumar.
- Ka sorkar kam dei ban kem ne pynphai shnong noh ia ki nongtrei kiba wan nabar ha ka por ba jia ka lanot.
- Ka sorkar ka dei ban iada ia ki nongbylla nabar shnong da kaba bishar biang ia ki ain bad ki rukom rejistar ban pynthikna ba ki nongbylla nabar shnong ki ioh lad ban rejistar katkum ka ain.
- Ka sorkar ka dei ban shim ia ki lad ban iada ia ki nongbylla kynthei kiba wan nabar shnong na kaba shah banbein bad shah thombor ha iing ne jaka trei.

5.8 KA JINGIARAP IA KI RIEWKYNTHI BAD KI KYNTHI KIBA DEI KHLIEH JONG KA IING, KIBA DON JINGDUNA KI DKHOT MET BAD KIBA TYMMEN

Dei ban shim khia ban pynpoi ki lad jingiarap sha ki riewkynthei bad ki kynthei kiba dei ki khlieh jong ka iing, kiba don jingduna ki dkhot met bad kiba la tymmen. Ha ki katto katne ki kolshor, ki riewkynthei ki shah tait ha ka imlang sahlang bad ki shah banbein bad kine ki lah ban duh ia ki lad jingiarap.

- Ha ki kolshor ha kaba ki kynthei ki shah pyrkhing bha, dei ban pynthikna ba ki lad jingiarap ki poi sha kito kiba don jingduna ki dkhot met, ki tymmen bad ki longkmie kiba long khlieh jong ka iing.
- Dei ban iada ia ki hok longtraai jong ki riewkynthei ia ka iing, ka jaka bad jingdon jingem (kiba sah riewkynthei shwa ban jia ka lanot ne na ka daw jong ka lanot) bad dei ban iada ia ki longing kiba long khlieh da ki kynthei.
- Ha ki camp bad ki jaka sah shipor, dei ban shna ia ki painkhana bad ki kamra sum ha ka rukom ba ki briew kiba don jingduna ha ki dkhot met ki lah da kaba suk ban pyndonkam.
- Lada ki camp kim don ki jingdonkam na ka bynta ki briew kiba don jingduna ha ki dkhot met, dei ban pynbiang ia ki jaka sah kiba kham kyrpang na ka bynta jong ki.
- Dei ban pynbiang kloie katba lah ia ki tiar iarap kum ki diengduh, ki tiar pyniohsngew, ki iitkhmat bad kiwei.

5.9 JINGIADA IA KI KYNTHI – KI LANOT JONG KA JINGSHAH LYNGSHOP BAD KIBA NGAT HA KI JINGIALEH MARKYNTI

Ki kynthei – kiba long ki sohpdung ha ki jingialeh markynti ki dei kiba don jingma tam bad ki

lah ban shah iehbein, shah thombor bad shah banbein ha ki kynhun ialeh pyrshah. Dei ban shim khia ban pynbiang ki lad jingiarap bad ki lad jingiada.

- Ka sorkar bad ki seng ai jingiarap jong ka pyrthei khamtam ka UN ki dei ban ialeh shitom ban wanrah ka jingsuk hapdeng ki kynhun kiba ialeh markynti.
- Dei ban pynkut kloï katba lah ia ki jingtreikam jong ki shipai ha ki jaka ba jia ka lanot.
- Dei ban pynpoi kloï katba lah ia ki seng ai jingiarap sha ki jaka ba jia ka lanot.
- Dei ban ailad ia ki briew ban iaïd laitluid bad ban sam ia ki lad jingiarap.
- Ym dei ban khanglad ia ki briew na kaba wad ia ki lad kamai kum na duriaw, khlaw, ki jaka rep khang ba ki lah ban ioh bam.
- Ym dei ban buh ia ki shipai ha ki IDP camp ban wanrah jingshngain khamtam lada ki dei ki shipai kiba don hapdeng ka jingialeh markynti. Ha Sri Lanka, ka jingdon jong ki shipai sorkar ha ki camp ka wanrah ka jingiap jong ki riwpaïdbah haba ki lehnoh Tamil Tigers ki thom pyrshah ia ki shipai sorkar.

BYNTA VI

KA JINGBATAI KUMNO BAN PLAN DA KABA PYRKHAT IA KA LONGKYNTHEI LONGSHYNRANG BAD KATKUM KI SHNONG

6.1 KA JINGIARAP NA KI SENG KA PYRTHEI SHITYLLUP

- Dei ban thaw ia ka seng jong ki kynthei ki ban iarap ha ka por ba wan hap ka lanot ha kaba kine ki kynhun kin lah ban leit sha ki jaka ba shah ktah ban ai jingmut bad jingiarap ia ki sorkar bad ki seng iarap ha kita ki jaka kumno ban pyniaïd ia ki kam da kaba pyrkhata ia ka longkynthei longshynrang.
- Dei ban don ka kot batai kaban kham pyrkhata ia ki jait jingiarap ia ki kynthei ha kaba ki kynhun pyllait im ki lah ban pynbiang mar mar ia ki jingdonkam kiba kongsan ia ki lanot.
- Ki polisi treikam kiba kham pyrkhata ia ki kynthei haba wan ka lanot ki dei ban poi sha baroh ki sorkar bad ki sengbhalang kiba shim ia ka bynta ba kongsan haba wan lyngshop ka lanot.
- Ki jaka trei ba bun ki shynrang kum ki shipai ki dei ban leh ia ka kamram tang ha kaba pyllait im. Baroh ki jingpyniaïd kam bad ki jingsam ia ki lad jingiarap, khamtam ha kaba pyniaïd ia ki jaka sher dara dei ban pyniaïd da ki sengbhalang ne ki seng jong ki paidbah ha kaba ki kynthei ki dei ban don la kumno kumno mar shiteng.

6.2 KI JINGIARAP NA KA RI

- Mar ia dep jia ka lanot, dei ban thung kloï ia ki komiti kiba trei na ka bynta ki kynthei bad shynrang bad ki lad jingiarap sha kine ki komiti kin kham long na ka bynta ki jingdonkam ki kynthei.
- Dei ban ai ka jinghikai ia ki dkhot jong kine ki komiti ha kaba ki lah ban tip ia ki jingdonkam jong ki kynthei ha ka por ka jinglyngshop ka lanot.

6.3 KI JINGPYNIAID KAM KIBA KHAM KONGSAN

- Ki jingiarap ha ka liang ka bam ki dei ban long katkum ka kolshor jong ki briew kiba shem lanot bad kim dei ban long kijuh shi kijuh: wat pyrkhata ba ki briew kin bam ia u shaw man ka sngi da ki bun bun bnai. Ki seng kynthei ki dei ban long ki bynta pdeng ha kaban plan, pyntreikam bad pyniaïd ia ki kam sam jingbam.
- Ki jingiarap ha ka liang ka bam kiba kham kongsan kum ka dud bad ka shini dei ban ai borabor tad haduh ba ki lanot kin sdang ban kamai ban pyndap ialade. Ia ki longing kiba don khun, khamtam ki khun rit, dei ban pynbiang beit ia ka dud. Nalor kata, ki kynthei, khamtam kiba armet, ki riwkynthei, ki tymmen bad ki khynnah bym don kmie shuh ki dei ban ioh jingiarap ha ka liang ka bam tad haduh ban da thikna ba kine ki briew ki la lah ban kamai ne ieng ha la ki jong ki kjat.
- Dei ban sam ia ka bam da kaba don ia ka mynsiem sngew briew. Ym dei ban pynlong ia ki briew ba kin khroh ne sngewnguh ia ka bam ba ki ioh ne ba kin khrong bam na ki nongpyniaïd ia ki jaka sher dara.
- Dei ban pynshlur ia ki kynthei ba kin leit shim hi ia ki jingiarap. Ki jaka sam jingiarap ki dei ban don ki painkhana, ka um bad ki jaka shong kiba da sngi.
- Ha ki kynhun bynriew kiba kham pyrkhing ia ka jinglum lang kynthei shynrang, dei ban buh la u

jong u lain ia ki kynthei khnang ba kin ioh ia ki jingiarap bad sngew suk ban ieng ha ki jaka sam jingiarap.

6.4 KA JINGPYNIAID IA KI JAKA SHER DARA

- Dei ban seng ia ki komiti kiban pyniaid ia ki jaka sher dara kiban kynthup ia ki kynthei khnang ba ki para kynthei kin sngew shngain. Kine ki komiti ki dei ban saindur ia ki jingbthah ne jingbatai da ka ktien ne jingthoh kaba batai ia ki lad ban leh pyrshah ia ki kam thombor ia ki kynthei bad ki khynnah. Dei ban ai jinghikai ia ki kynthei kumno ba kin nang ban ai jingtip ne jingmaham lada don ki jingthombor ha ki jaka sher dara.
- Dei ban buh ki nongap pahara ha ki jaka sher dara. Kine ki nongpahara (ki lah ban dei ki shynrang bad ym da donkam hi ruh ia ki shynrang) ki dei ban ioh jinghikai ba kin sngewthuh ia ki jingeh jong ki kynthei bad ki dei ban pyni ba ki don ka mynsiem iarap haba ki kynthei ki wan pan jingjngiarap, ym ba ki kynthei kin sngew tieng.
- Dei ban sumar bha ia ki jaka sher dara khnang ba kan nym shah ktah ha u slap ne ior bad ruh kaba lait na ka jingma na ki nongthombor.
- Ki jaka paidbah, kum ki lynti ia, ki jaka sait bad ki jaka ialehka ki dei ban biang ka jingshai bad kin long kiba shngain na ka bynta ki kynthei, ki tymmen bad ki khynnah.
- Dei ban iasyllok bad ki lanot shaphang ka por bad ka jingkhah noh ia ki jaka sah shipor bad ki jaka sher dara. Ki kynthei ki dei ban ioh ia ki jingtip kiba thikna shaphang ka por ban kynriah. Ka jingkitkhlieh ban lum ban lang bad ban pynbit pynbiang ka shong ha ka kynthei kumta ki donkam ka por ban plan katkum ka jingdonkam jong ka iing.
- Dei ban pynbiang la ki jong ki painkhana bad ki kamra sum na ka bynta ki kynthei.
- Ki painkhana bad ki kamra sum kim dei ban jngai na ki jaka sah ba ki dei ban long kiba shai khnang ba ki kynthei ki lah ban pyndonkam miet la bad sngi khlem da sheptieng ia ka jingshah thombor.
- Ki tiar ba pyndonkam ha ki painkhana bad ki kamra sum ki dei ban long kiba khuid bad ym dei ban pyndonkam bakla ia ki.
- Dei ban peit kyrpang ban sam ia ki dara sha ki riewkynthei, ki kynthei ba dang samla, ki longing kiba khlieh da ki shynrang kiba don jingduna ha ki dkhot met ne bor pyrkhath pyrdain bad ki tymmen da kaba leit sam ha man ki iing.
- Dei ban pynduh noh ia ki dara kiba tap shiliang namar ka kham shitom ban khieh ban ksar. Dei ban pyndonkam da ki dara kiba thymmai kiba don ki jingkhah rung lyer. Dei ban don ki kor pynpjah ne pynsyaid ha ki dara. Lym kumta ka lah ban khriat ha ka por tlang bad shit palat ha ka por lyiur bad kan kham pynjnjar ia ki kynthei kiba shong beit ha ki dara.
- Dei ban don ki jaka buh jain bad nep ha ki dara khnang ba kin lait na kaba jhieh bad jot.
- Ki dara ki donkam ki tiar pyndait kiba skhem ba ki kynthei kin sngew shngain ban shong.

6.5 KA JINGIOH IA KI LAD JINGSHAKRI HA KA KOIT KA KHIAH

- Ha ki liang ka jingthoh jingiarap, ka long kaba donkam ban don ki jaka kiba lah ban ai ka kynja jingiasyllok lane ki Trauma Care Centre na ka bynta ki shynrang, ki kynthei bad ki khynnah.

- Ki kynthei kiba sngew khuslai bad sngew kordit, khamtam kito kiba la duh noh ia la ki kurim bad ki khun, ki donkam ka jingiarap kaba kyrpang, khamtam ban ai mynsiem ia ki ba kin iasnoh lang bad ki para shnong. Dei ban buh ia ki nongiarap na ki jaka sher dara ba kin iarap ia ki nongtrei ka koit ka khiah kiba wan nabar.
- Dei ban kham kitkhia ia ki kynthei kiba armet bad ki kynthei kiba dang shu ioh khun bad ban buh da ki nongsumar kiba la tbit. Ki nongtrei kynthei jong ka koit ka khiah ki dei ban don ha man ki camp bad ki lah ban leit ha man kawei pat kawei ka dara ban peit ia ka koit ka khiah jong ki briew.
- Pynthikna ba ki lad jingsumar kiba ia da ki kali ki dei ban don ki nongsumar ha ka liang ka kha ka pun bad ki lad pynjlan khun.
- Ki nongtrei ha ka liang ka kam sumar kiba ju trei ha ki shnong ki dei ban don ha ka por ba jia ka lanot kum ki anganwadi centre bad ki nongpynkha khun.
- Kyntiew ia ka koit ka khiah da kaba kham pyrkhath ia ki longkmie bad ki kmieit.
- Haba hikai shaphang ka koit ka khiah pynsngewthuh ruh ia ki jingma na ki kam thombor ia ki kynthei. Lum ki tyllong na ki seng kynthei kiba kner ia ki jingiarap sha kiwei ki kynthei kiba shah ktah ha ki kam thombor bad ki jingshah lyngshop ha ka lanot.
- Ai ka jinghikai ia ki nongai jingshakri kiba iarap ia ki briew kiba shem sngewsih bad khia ka jingmut jingpyrkhat namar ka jingshah lyngshop, da kaba kham pyrkhath ia ki kynthei kiba long khlieh jong ka iing, ki kmieit kiba sumar ia ki khunswet, ki longkmie kiba shem jynjar, ki kynthei kiba la duna ki dkhot met, ki riewkynthei bad ki shynrang kiba la duh noh ia ki kurim, ki nongrep bad kito kiba don jingma na kaba bthat ia la ka jingim.
- Bhah ia ki lad sumar ia ki kynthei kiba duna ki dkhot met kiba tei biang ia ka jingim hadien u jumai, ki kynthei kiba la duh noh ia ki dkhot met bad kito kiba mynsaw bad dkoh. Kyrshan ia ki nongsumar kum ka jingiarap ban sumar ia ki, ka jingiarap pisa bad ka jingiasyllok bad jingai mynsiem.
- Pynbiang bha ia ki lad sumar ia ki kynthei kiba la san namar ka koit ka khiah jong ki ka long kaba donkam na ka bynta ka iing.
- Dei ban pynbna paidbah ia ki song iarap ha ka dur jong ki dawai dashin bad dei ban ai ha ki jaka sumar namar ki longing kiba shem jynjar ki sngeweh ban ioh ia ki dawai dashin ha ka por ba jia ka lanot. Dei ban buh ka plan ha ki jaka ai jingsumar namar kan iarap ia ki nongsumar ba kin ithuh bad iarap ia kito kiba dei hok ban ioh ka jingmyntoi. Ia ki kynthei kiba duna ki dkhot met dei ban pynkynriah sha ki jaka sumar kiba kham kyrpang kiba la biang ki tiar sumar na ka bynta jong ki. Wat lada long kumno kumno ruh, ym dei ban pynbor ia ki ba kin shong ha ki jaka sher dara.

6.6 KI SONG IARAP BAN SIEW IA KA BAILUTKSAN

- Dei ban plan bha ia ki song iarap siew bailutksan katkum ka jingdonkam ba kyrpang jong ki kynthei, khamtam kito kiba kham shem shitom kum ki riewkynthei, ki kynthei kiba dang marwei bad ki kynthei kiba don jingduna ha ki dkhot met lane ki kynthei kiba don ki kurim ne ki shynrang kiba don jingduna ha ki dkhot met. Nalor kata, dei ban sngewthuh janai ia ka riti aibor ha ki shynrang bad dei ban shna ia ki mat treikam ban khanglad ia ka jingleh shiliang ia ki kynthei.

- Haba siew ia ka bai lutksan, dei ban pynthikna ba ki kynthei kiba ioh ia ka pisa kin bat bad pyniaid hi ia ka pisa. Dei ban buddien bad ailad ia ki seng kynthei ba kin pynthikna ba ka jingmyntoi ka leit sha kiba dei hok ban ioh ia ki jingiarap.
- Lada ki khun shynrang kiba la shong kurim ki don ka hok ban ioh bailutksan, kum haba julor ki iing, ki khun kynthei kiba la shongkurim kiba sah bad ki kmie ki kpa ruh ki dei ban ioh kajuh ka hok.
- Ki polisi treikam kiba thymmai kiba la thaw hadien ka lanot kim dei ban ai jaka ia kita ki dustur aibor ha u shynrang. Kum ka nuksa, ka jaka kaba la mang ban bujli ia kaba la duh ha ka jingshah lyngshop, dei ban long trai da baroh shilok, ym ban ai bor tang ia u (shynrang) khlieh jong ka iing.
- Ki seng kynthei ki dei ban pyndonkam ki jaka kiba la mang kyrpang hadien ka lanot ban hikai ia ki kynthei shaphang ki hok longbriew manbriew jong ki: naduh ka hok ban don ka national identity card, ka bank account bad ki hok ia ka khyndew ka shyiap bad ban pynduh ia ki riti dustur ai bor ha u shynrang.

6.7 KI JAKA SAH SHIPOR NA KA BYNTA KI KYNTHEI

- Ia ki jaka sher dara jong ki kynthei dei ban pyniaid hi da ki kynthei. Ym lah ban pdiang ba ki shynrang, khamtam ki shipai, kin pyniaid ia ki kynthei.
- Ki nongshong nongsah kynthei ki dei ban ioh jingtip bad ioh ban ai jingmut ha baroh ki jingshim rai.
- Ym dei ban ai jaka ia ki shynrang kiba dang marwei ha ki jaka sher dara kiba la mang ia ki kynthei bad ki bahaiing jong ki. Ki shynrang, wat la ki dei ki bahaiing, kim dei ban ioh ban shong ban sah ryngkat bad ki kynthei hapoh ki jaka sher dara.
- Dei ban ailad ia ki briew ban wan jngoh ia ki jaka sher dara jong ki kynthei bad ki kynthei ki dei ban ioh ban kner ka kti ka jingiarap sha kiwei pat. Kane ka lah ban buh jingeh bha namar bun ki kynhun shim kabu ki lah ban iakynduh ia ki kynthei, hynrei dei ban pynthikna ia ka jaka sah kaba shngain ia ki kynthei.
- Namar bun ki jaka sah shipor ki kylla neh shirta, dei ban kham pyrkhath ia ka jingshngain jong ki kynthei ha kine ki jaka, kum ka jingbuh ia ka bording elektrik kaba shai, ka jingiada da kaba buh ia ki camera, ka jingiada ia ka jinglong shimet jong ki bad kiwei.
- Pynbiang ka jaka bad ki jingshakri ha ki jaka sher dara ban sumar ia kito kiba lait im, hynrei kiba la dkoh bad ruh ia kiba ri ba sumar ia ki.
- Ai jingshngain ia ki kynthei da kaba ai pata iing ha ka kyrteng jong ka lok bad u lok.
- Haba rai ia ka jingaishong ha ki iing thymmai, kham pyrkhath ia ki kynthei kum ki ba la phet lok, ki riewkynthei kiba la iap lok, ki kynthei kiba duk tasam bad ki bym don kam don jam, ki kynthei kiba kham sahdien ha ka imlang sahlang bad kiwei. Ia kane yn leh da kaba iamir lang bad ki kynthei kiba tip bha shaphang jong ki.
- Ai kam ia ki kynthei ha ki kam kiba iadei bad ka kam shna iing. Ai ka jinghikai kaba iadei bad kata ka kam. Wad ia ki kynthei kiba don jingtip jingnang ban ai jinghikai halor ki prokram kum ki enjinier kiba peit ia ka kam shna iing.
- Ai kontrak ia ki kam kiba la long trai da ki kynthei bad ai bynta lang ia ki kynthei kiba long ki

riewshemphang ha ka kam tei jingtei.

- Ai bynta ia ki kynthei ha ki jingshim rai kiba iadei bad ka jingmang jaka sah ia ki briew, ka jingshna ia ki iing, ka jingpynwandur ia ki iing thymmai bad jingtei ia ki iing shnong.
- Iatrei lang bad ki kynthei na shnong ha kaba plan ia ki iing kiba lah ban pynduna ia ka kam iing jong ki kynthei bad ruh ban kyntiew ia ka im ka sah bad ka trei ka ktah jong ki kynthei bad ki bahaiing jong ki.

6.8 KI KABU KAMAI JAKPOH NA KA BYNTA KI KYNTHEI

- Ki nongioh myntoi ki dei ban don jingtip bad jingshemphang ia ki polisi treikam bad ki prokram kiba don na ka bynta ka jingmyntoi jong ki. Ki dei ban ioh ka kabu kaba la tyrwa ha ki. Lym kumta, lada khein kyllum, bun ki kynthei kim don jingtip ne jingshemphang kumno ban ioh ia ki kabu kiba don na ka bynta jong ki kum ki jinghikai treikam.
- Dei ban ai ka jinghikai ia ki buit treikam bad kiwei ki kam lajong kum ka kam ri jingri, ka kam suhjain kam thain jain bad kiwei.
- Lada dei ki kynthei kiba kamai kajih, dei ban plan ha ka rukom kaba dei bad kaba kham long laitluid.
- Pyntreikam ia ki lad iarap ban khyllie ia ka jingduhnong jong ki kynthei kiba shaniah ia ka kam ka jam na ka spah ka mei mariang, kum ki nongtong mluh, ki nongrep, ki nonglum bthing. Shim khia ban pynmih ne pynbha biang ia ki tyllong kiba ki lah ban ioh ia ka kamai kajih kum ka tyllong um, ki pung mluh, ki jaka buh ki symbai rep bad kiwei.
- Peit ba ki nongtrei kam lajong bad ki kynthei kiba trei na iing ki ioh ia ka ram bad ki grant ban bujli ia ki tiar kiba la julor, ban pynbiang ka jaka trei, ki tiar, ka ram, ka baiseng, ka jingpyniaid iew ia ki mar bad kiwei ki lad kamai.
- Pyniar ia ki kabu treikam ki kynthei bad ki kabu kamai khnang ban kyntiew ia ka ioh ka kot jong ki longing bad ki shnong.
- Namar ba ki kynthei ki dei kiba hakmat eh ki nongpyndonkam bad nongsumar ia ka ioh ka kot, twad jingmut ia ki jingkylla kiba donkam ban pyntreikam kum ki jingdon jingem, ki jaka bad kiba donkam ban pynbha ne bujli kum ki jaka pynlang umslap ha ki iing ki sem bad ha ki shnong, ka jaka buh jingbam mrad bad kiwei.
- Bishar bniah ia ki bainong trei, ki jinghikai bad ka jinglong ka jaka trei ha ki projek ai jingiarap bad peit haduh katno ka ktah ia ki kynthei bad ki khyannah kynthei.
- Peit ia ka jingktah ka ioh ka kot ia ki kynthei na ka jingrang tyrkhong bad jumai kum ka jingthut ka iew ka hat, ka jingduh ia ki nongthied nongpet, ka jinghap ban die noh ia ki jingdon jingem, ka jinghap ban phet shnong, ka jingbun ki longing ba long khlieh da ki kynthei, ki jingduh ia ki lad kamai kajih bad kiwei.
- Shim jingkhein ia ka jingdon ki kynthei bad shynrang ha ki kam pynroi kum ka jingdon ki kynthei ha ki kam shna jingshna, ka jingdon ki kynthei ba duna ki dkhot met kiba la ioh ia ki jinghikai, ki grant pisa ba la lah ban siew bad ki ram kiba ki kynthei ki ioh bad kiwei.
- Shim jingkhein ia ka jinglah jong ki kynthei ban shim bynta bad ioh jingmyntoi na ki song jingiarap ha ka ioh ka kot kum ka nuksa, haduh katno ki kynthei ki ioh laitluid ban iaaid ban ieng haba ianujor bad ki shynrang? Hato ki jaka sumar khunlung ki treikam? Hato ki jingshakri ha ki

jaka sumar ki treikam na ka bynta ban sumar ia ki bahaiing kiba mynsaw?

- Shim jingkein ia baroh kiba phi la jurip. Lum bad buh jingkein ia ki khnang ban sngewthuh ia ki jingduna.

6.9 KA JINGPYNKUP BOR IA KI KYNTHEI

Ka jingtip jingshemphang bad jingtip bit treikam jong ki kynthei ki long ki atiar kiba donkam tam ia ki shnong bad ki longing kiba shem jynjar ban tei biang ia la ka jingim. Khnang ban ai kabu lyngba kine ki sap treikam jong ki, ki nongiarap ha ka por lanot ki dei ban iatrei lang bad ki kynthei da kaba kynmaw ba ka jingdonkam kaba khraw tam jong ki nonglait im ka dei ka jingpynkupbor bad ka jingtrei shitom.

- Pynrung ia ki lad iarap ha ki shnong haba wan ka lanot. Wad jingtip kaei ba ki kynthei ki trei bad iatreilang bad ki, bad pyndonkam ia ki ha ki por baroh.
- Peit ba ki kynthei kiba kham tip kham shemphang ia ki mat kiba iadei bad ki kynthei kin donbynta haba shim ia ki rai kiba kongsan, ki rai kumno ban sam bad pyndonkam ia ki phon iarap kiba la noh synniang bad ruh ki phon iarap jong ka sorkar.
- Plan bha mynta da kaba iasyllok bad ki kynthei kiba don ha ki jaka kiba shah ktah, ki kynthei kiba don ha ka bor sorkar bad ki kynthei kiba trei na ka bynta ka bha ka miat. Ai bynta lang ia ki. Pynkhlain ia ki jingiatreilang hapdeng ki seng bad ki ophis kiba theh ia ki jingiarap ha ka por ka jingshah lyngshop.
- Pynlong ia ki jingialang kumno ban plan ban tei biang ia ki shnong ki thaw bad ai bynta lang ia ki kynthei, kum ka nuksa da kaba pynbiang ki nongri nongsumar khun bad ka jingpynbiang ia ki leit ka wan ha ka por bad jaka ba ki kynthei ki suk ban leit.
- Ban bishar bniah bad iarap ia ki kynthei ha kaba iadei bad ki kam ain kum ka jaka ban shna iing, ka lad kama kajih bad ka jingiadei shiing shisem.
- Ban bishar bniah ia ki kam theh jingiarap bad ka rukom im rukom sah ioh don ka jingleh shiliang kaba lah ban mih hadien habud, kum, ka jingbankhia palat ka jingkitkhlieh ha ka kynthei namar ka jinghap ban bate ia ka jingkitkhlieh ha iing, ha jaka trei bad ha shnong.
- Ka jingkyrshan ia ki jingkitkhlieh jong ka kynthei kum ki shakri ha la iing bad ha ki jaka trei, ka jingiadei bad ki nongai kam bad ban pynkhlain ia ki mat treikam kiba lah ban pynsuk na ka bynta kito kiba aplai ia ki lad jingiarap, ban kynriah sha ka iing thymmai, ban iarap ia ki bahaiing kiba mynsaw bad ban kyntiew ia ka jingiadei shiing shisem.
- Ban pynioh ka stipend ne ki lad jingiarap pisa na ka sorkar sha ki nongri nongsumar ia kiba haiing katkum ka jingdonkam ha ka por basdang biang ia ka jingim kaba thymmai khnang ban kyrshan ia ki nongsumar bad ruh ban bteng ia ka jingsumar ia kiba mynsaw, ki khynnah ki bym don nongpeit nongri bad kiba duna ki dkhot met.
- Ban bishar bniah bad pynthikna ba ka jingsam ia ki lad jingiarap hapoh ka longing ka dei ban iaryngkat.

6.10 KAJUH KA KABU BAD KA JINGSHIMBYNTA JONG KI BRIEW KIBA DON JINGDUNA HA KI DKHOT MET

Ka jingkhmih ia ka bha ka miat jong ki kynthei bad shynrang ka kynthup ruh ia ka jingiarap ban ai bynta lang bad ban kham pyrkhata ia ki jingdonkam jong ki briew kiba shem shitom ban khih ban

ksar, ban iohsngew, ban iohi, ban iakren bad ban ioh jingnang jingtip.

Ha ki por baroh, ki briew kiba don jingduna ki dkhot met ki shah leh shiliang, bad kine ki briew ki nang kordit ha ki por ba wan hap ka lanot. Ki kynthei kiba don jingduna ki dkhot met ki kham kordit tam ha ki por lanot. Ka dei namarkata ban pyrkhata ia ki jingdonkam ba kyrpang jong kum kine ki briew ha ka jingpyniaid ia ki kam bad ki jingiarap ha ka por lanot, khnang ba ki lah ban bat ia ka burom ka ijot ha la iing bad ha shnong bad ba ki lah ban pynurlong ia la ki jong ki hok.

- Ban pynthikna ia ka jingaryngkat kyrdan bad ka jingiada ia ka hok longbriew manbriew, haba wan hap ka lanot, ka long kaba donkam ban pyrkhata kyrpang ia ki kam kiba iadei bad ki briew kiba don jingduna ki dkhot met bad ruh ban leit rah ia ki mat kiba iadei bad kine ki briew hakmat ki bor bad ki seng jong ka pyrthei bad ka ri.
- Ha kaba iadei bad ka jingsam ia ki tiar iada ia ki lanot, dei ban peit ba ki briew kiba don jingduna ki dkhot met kim dei ban shah iehnoh bein ne shah leh shiliang khmat. Ka jingthut ha ka bor met, ka jingiadei bad ka imlang sahlang, ka ioh ka kot ka ktah shibun ia ki briew kiba don jingduna ki dkhot met. Ka lah ruh ban don ka jingleh shiliang tang na ka daw ka jingduna khamtam haba ki lad jingiarap ki duna. Kane ka wanrah ka jingbym biang ha ka rukom ai jingiarap kaba neh shirta sha kine ki briew wat shwa ban wan ka lanot bad kito kiba duna ki dkhot met namar ka lanot.
- Dei ban ithuh ia ki briew kiba don jingduna ki dkhot met ha ka por shwa ban jia ka lanot kynthup ia ka jait jingduna bad kiei ki jingdonkam jong ki ha ka por bad hadien ka lanot. Ka long kaba donkam ban tip ia ki diengpyngkiang kiba kine ki briew ki iakynduh ha ka jingpyrshang ban pynkynriah ia ki na ka jaka kaba buh jingma ha ka por ba wan ka lanot.
- Dei ban ai jinghikai bad pyrshang ia ka rukom pynkynriah ia ki briew kiba don jingduna ki dkhot met bad ruh ban ai jinghikai bha ia ki lad iasngewthuh da kaba hikai ia ki jingiakren da kaba shu pyni dak bad ka rukom spel dak da ki shympriah kti, ka jingpyndonkam da ki tiar ban iaaid ban khih, ka rukom pynkynriah ia ki briew kiba duna ki dkhot met. Hadien ba wan ka lanot, ka long kaba donkam ruh ban kynthup lang ha ka kynhun pyllait im ia ki briew kiba la ioh jinghikai kumno ban iarap ia kito kiba don jingduna ha ki dkhot met.
- Dei ban buh ki rukom ai jingmaham ne jingpynbna paidbah khnang ba ki briew kiba don jingduna ki dkhot met ki lah ban iohsngew ne ioh jingtip. Ka rukom ai jingmaham ka lah ban long da ka jingpynbna ha man ki thiew iing da ki nongtrei sorkar, ki nongpynlip ding lane kiwei ha ki jingjia shah lyngshop, ki rukom kren da kaba shu pyni dak ia kito ki briew kiba duna ka bor iohsngew, ki tiar ai khubor ia ki briew kiba duna ka bor sngew bad bym lah kren bad kiwei.
- Dei ban don ki kali bad ki jingbthah kumno ban pynkynriah ia ki briew kiba don jingduna ha ki dkhot met kiba donkam ia ka jingiarap.
- Ha ka jingpyllait im bad jingiarap, donkam ban don ki dawai dashin, ki tiar iarap bad ki jinghikai kumno ban pynbiang ia ki jingdonkam jong ki briew kiba don jingduna ki dkhot met. Ki don kiba donkam ka pla pynlang umpynjhieh, ki pump insulin, ki diengduh lane ki wheelchair. Ki nongai jingiarap ki dei ban kieng atiar bha bad ioh jinghikai kaba janai kumno ban pyndonkam ia kine ki tiar.
- Ki nongiarap bad ki nongtrei ha ki camp bad ki jaka ai jingsumar ki dei ban don ki jinghikai ha kaba iarap bad sumar ia kiba duna ki dkhot met khnang ba kan kham pynsuk ia ki ban sngewthuh ia ki jingdonkam jong kine ki briew ha ki jaka ba ri ba sumar ia ki.
- Ki jaka sher dara bad ki jaka sumar ki dei ban bit ban biang na ka bynta ki briew kiba duna ki dkhot met. Kum ka nuksa, dei ban don ki ryanan balah ban kiew da kaba suk bad ia ki painkhana

