

4. Singkung, meikhuam le sik van khat peu hpeuh gei ah om kei in.



5. Guah tam mahmah laitakin kek kia thei ahih manin phone le, sik le dat tawh kibawl vante na pum tungah kem kei in.

Huihpi nungah gamtatzia ding

1. Donghu nasep le kisiatna puahkikna ah thuneite tawh mapang khawm in.



2. A kipuk, a hoi, a kitan meikhuamte, meikhaute singhiang singbakte inn kisiatna nai ah om kei in. Tua dan a omleh thuneite zasak in la, amau tawh puah in mapang khawm in.



3. Liamna baina na neihleh siavuan siamahte kiang kilak in.



4. Amah le amah kikem siamlo (naungek naupangte, naupaite, ta ngek neite, a cidamsianglote, khanghamte) te huhna a kisap leh na hih theih zah in huh in.



5. Belhthei ding buk a kisap leh thuneite kiang ngen in.

Gentheih dongtuahna a om leh kizopna ding
Ministry of Social Welfare, Relief and Resettlement
 23 Zumpi, Nay Pyi Taw
 24 hrs kizopna ding, 067-3404666, 067-3404777
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Ministry of Social Welfare, Relief and Resettlement



Huihpi nun ciang kikepzia ding theihhuaithute



Myanma gam mun khempeuh ah Khuakhal kipat hun, khuakhal sung le tuk kipat hun ciangin khuahun lum tektek a, khaulummeilom piangin sun/nitaklam in meivom kai thei hi. Tua meivomte kikhinna dung zui in pingpei kipeina, huihpi nunna, van ging, khua phia, kek kia, gial kia le guah tai zu thei hi.

Huihpi nun cianga kigin kholhhuai thute

- 1. Innte muanhuai le muanhuailo vel ding, a muanhuai dingin puah ding.



- 2. Huihpi a thuak zo dingin akisam bangin khuam le zawlte behlap ding.
- 3. Khuambulte a muanhuai keileh sikkhu ambul bawlin lei ah kipsak ding.
- 4. Sikkang tungkhuh ahileh a nawllamte siktukilh tampi tawh kilh in. Bi tungkhuh ahileh gua tawh hoihtak tep in la, naangkhaule sikkhaute tawh kip takin khih in.



- 5. Innkawmte, kongkhakte, tawlette a kho mahmah dingin bawl khol in.
- 6. Inn kim inn pam a ahiang kitan thei ding singkungte phuk in.



- 7. Inn sunga a kipuh thei, a kia thei, a kitam thei vante hoihtak seng in. Mei akangsak thei ding vante a kisam bangin kiging khol in.
- 8. A kisam pak ding vante, nek le dawn le lai thupite nang mahmah in kem in.
- 9. Thu phamawh a om leh Innkuan in kituahkhiatna dingmun, lampi le kitun tua hkik nadingmunte gel khol in. Gen khol in.



Huihpi nun laitak kidop ding thute

- 1. Huihpi a nun ciangin nin le vante len in ong khaleh lauhuai ahih manin a kisam mahmah thu ahih keileh pusuak kei in.



- 2. Kongkhakte tawlette hoih takin khak in. Tawlet mante saphuklaikaw tawh akkeng limin mat in.



- 3. Tawlet man tawh a kigamla theithe in om in.

- 4. Huih a hat luatleh sabuai nuai ahih keileh a kho mahmah ding nate nuai ah bu in.



- 5. Thu phamawh ahih keileh na phone zang kei in.

Huihpi nun hun, gial kia, guahpi zuk hun ciangin phawk ding thute

- 1. Lo lai, zang lai peuh ah om kha kei in. Ahih theih laiteng inn sungah om in.



- 2. Paikhia loh phamawh ahih zenzenleh cycle lukhu bangin lukhu a khauh khu in. Puan a sak theithe silh in.
- 3. TV, Radio, cooker, mei puan taihna, mei tawh a kisai limlim khak gai in. A khau potkhia in.