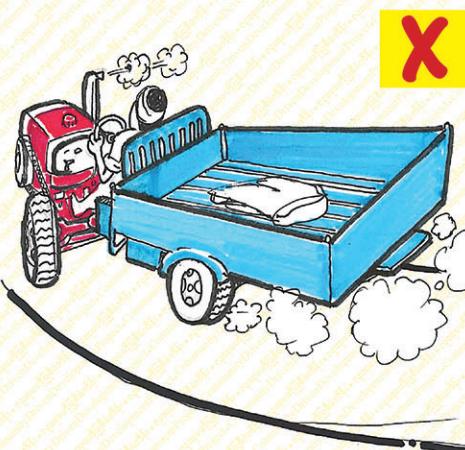




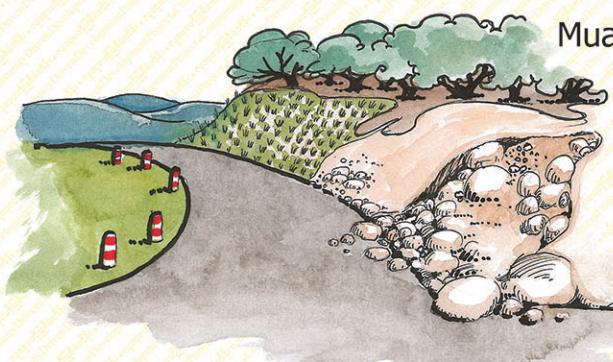
## Mipi' Deihna Bulphuh Simanking Nasep

# Lamna Leh Puakkikna Te ah Zuih Ding Thukhun Tuam Tuam



### 1. Gamlumna Khiam In

Simanking nasep ciang midangte a nawngkaaisak loh na ding in a gamlum lo thei pen ding in geel ding.



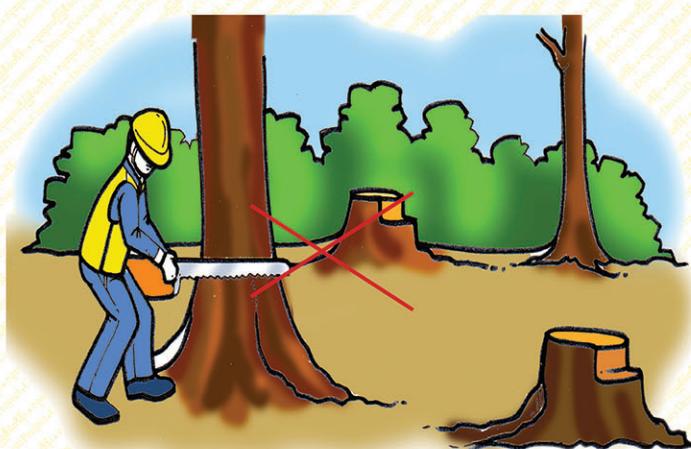
### 2. Leihoihte tui in a taih loh na ding in keem in

Mualpang te a leihoiht tui in a taih loh nading gampa, singkungte suan ding. Lamna dingmun teh a kul te, leikeu lai in sep ding in geel in. Tui hoihtak a luan theih na ding bawl in. A keen luat leh ippi, pheek cih te kipah thei hi.



### 3. Huih niin a lauhuai dan

Lamna te hang in huih a nit loh na ding in leitang tuibuak inla, cement te pawl pen a ki siin thei ding ih vahawm ding.

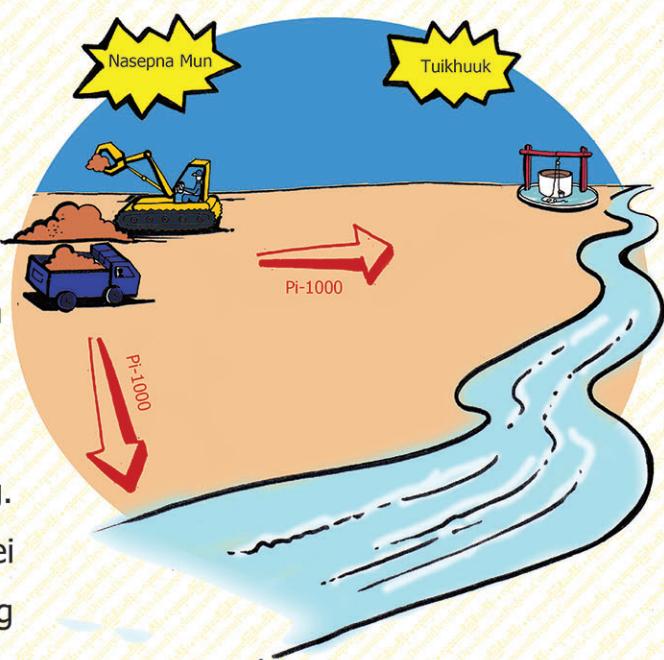


### 6. Cidamna leh Khamuanna

Cidamna leh khamuanna ngahna ding in kidaal khol ding, nasem te zatding kidaalna vante zang ding, lamna mun te hoihtak a auum ding.

### 4. Tuinaak te a suksiat khak loh na ding

Lamna nasep te hang in tuinaak te a suksiat khak loh nang ahi zong in, aluanna kikhel sak loh nading ahi zong in, kidawm in sem ding. Ek, niin leh gu apiangsak thei na te tui sung ah paai lo ding



### 5. Paih Ding Van te

Nasepna mun pan paih ding niin te pen olno tak in paai kei in. Niin te khol in na paih sawm leh gun, lui, bual te tawh a tawm pen meter 300 ki gamlat na ah paai in. Set sathau na zat leh, sathau a baang puansia te, sathau khaihna te leh zat khitsa sathau te pen hoih tak ih paai in.



### 7. Adang Pelh Ding Thu Te

Nasepna mun pan thuneite, nasem ten nasepna kiim a om singkungte phuuk lo ding, Anteh theipuamte susia lo ding, sa beng lo ding, ganhing singkung te khawm theilio ding hi.

Ciangtanna tawh akituaklo van hel pih te Gentehna- Haak tam a kihel lua inn zuut na zate zang lo ding. Tangvan leh ngeina inn te a kisiat loh na ding in kidawm ding