

# ZO ṬAWNG-4

PAWL LI ZIRLAI BU



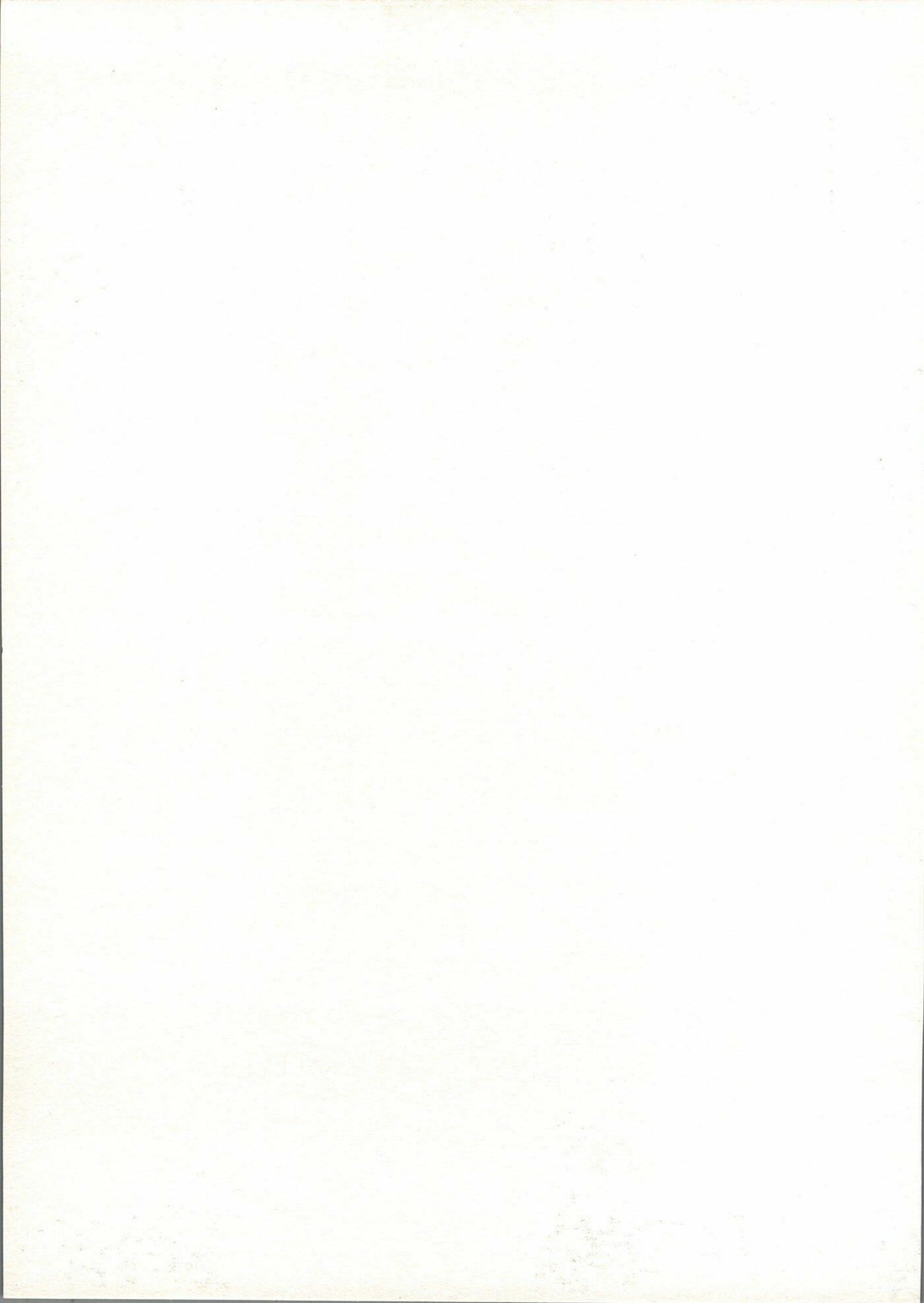
Directorate of Kok-borok & other Minority Languages

&

SCERT

Department of School Education

Tripura





# THE CONSTITUTION OF INDIA

## PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

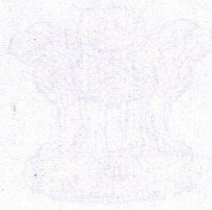
LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity;

and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the NATION;

IN OUR CONSTITUENT ASSEMBLY this twentysixth day of November, 1949, do hereby ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.



# THE CONSTITUTION OF INDIA PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly  
resolved to constitute India into a SOVEREIGN  
SOCIALIST SECULAR DEMOCRATIC REPUBLIC  
and to secure to all its citizens:

JUSTICE, social, economic and political;  
LIBERTY of thought, expression, belief, faith and  
worship;

EQUALITY of status and of opportunity;

and to promote among them all

FRATERNITY assuring the dignity of the  
individual and the unity and integrity of the

NATION;  
IN OUR CONSTITUENT ASSEMBLY this

twentieth day of November, 1949, do hereby  
ADOPT, ENACT AND GIVE TO OURSELVES

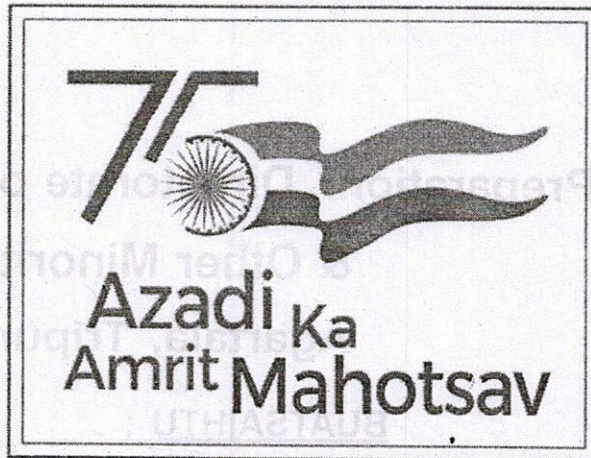
THIS CONSTITUTION

# ZO ṬAWNG

PAWL LI ZIRLAI BU

CLASS – IV

(KUKI-MIZO TEXT BOOK)



**DIRECTORATE OF KOK-BOROK AND OTHER  
MINORITY LANGUAGES  
&  
SCERT  
DEPARTMENT OF SCHOOL EDUCATION  
TRIPURA**

© S.C.E.R.T., Department of School  
Education

**First Edition : December, 2015**

**Reprint : December, 2016**

**Reprint : March, 2020**

**Reprint : March, 2022**

**Text Book Preparation: Directorate of Kokborok  
& Other Minority Languages  
Agartala, Tripura**

**BUATSAIHTU :**

**ZONUNPUII RALTE, MA (Mizo)**

**&**

**JESSY LALNUNPUIA, MA (Sociology)**

**Chhuahtu: S.C.E.R.T. Department of School Education**

**Printed at: Kalika Press PVT. LTD, Kolkata-700 006**

# THUHMAHRUAI

He zirlaibu hi naupangte'n zirna kawnga hma an lo sâwn theihna tur leh an tuipui theih ang tura buatsaih a ni a.

Tin, he lehkhabu hi naupangte tan hriatthiam a awlsam zâwk theihna turin thu mawl tê tê hman a ni bawk a. He zirlaibu chungah hian entîrna, hrihfiahna leh a then te chu a lem te nen entir a ni bawk.

He zirlaibu siam chungchângah hian thurâwn pe duh tân pêk theih reng a ni e.

Agartala, Tripura

March, 2022

Director

S.C.E.R.T., Agartala

# THUMMARUAI

The zithidu ni nappante' a zina kawa' jina an' lo' eam  
thina banen an' tujou their and tujou dute' a ni a

The, he lekhabu ni nappante' an' thittim a wileam  
zaw' thina tun' tu' mwe' ta' te' jina a ni pawk a. He zithidu  
chunagan' hian' entire' thittim' ten' a then' te' cin' a ten' to  
nen' en' a ni pawk.

He zithidu sian' chunagan' hian' thawa' ne' but' the  
pek' thittim' ten' a ni a.

Director

Agatha Thora

SECRET Agatha

MAR 01 2022



# ACHHUNGA THU AWMTE

## ZIRLAI

## PHEK

1. TRIPURA-A ZIRNA SIKUL HMASABER	9
2. TRIPURA RAM CHANCHIN TLANGPUI	12
3. ZO HNAM TOBUL LEH THLANG AN TLAK DAN	16
4. KAN HNAM PUANZAR	19
5. MI HMINGTHANG JAWAHARLAL NEHRU	22
6. DR. A.PJ.ABDUL KALAM	26
7. PASALṬHA CHAWNGBAWLA	30
8. MI CHAK THATHRUMA	34
9. UNAU PATHUM	36
10. BERAM VUN SIN	38
11. ZO HNAM THENKHATTEN KAN RANVULH HMING KAN SAWI DAN	41
12. THUZIAK DAN DIK	42
13. MALSAWMNA DAWNG TURA KOHNA	46
14. AIA UPATE ZAH THIAMIN	49
15. SUAL LEH ATNA DO TURIN	53
16. KA NU HMANGAIHNA	55

ACHTUNG! DIESE SEITE

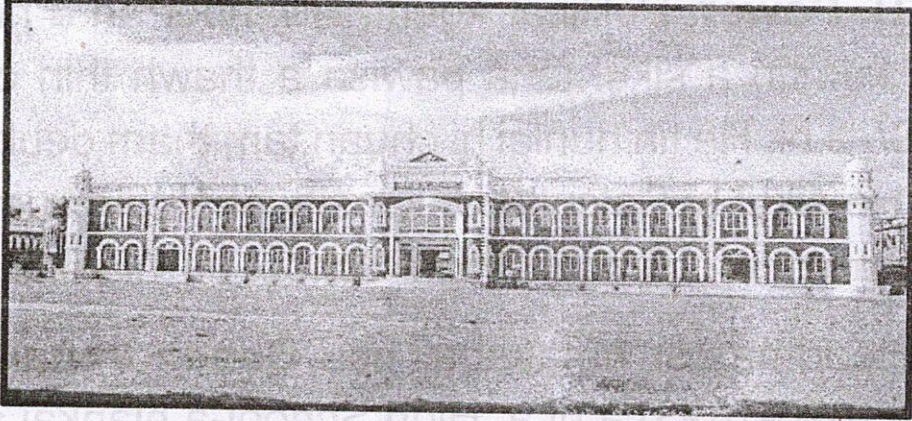
SEITE

TITEL

9	1. TRIPURA-A-ZIRNA SIKIL HMASABER
12	2. TRIPURA RAM CHAK PHIN TLANGPUL
16	3. ZO HNAM TORUL LEH THANG AN TLAK DAN
19	4. KAN HNAM PUANZAR
22	5. MI HNING THANG JAWAHARAL NEHRU
26	6. DR. ALI ABDUL KALAM
30	7. BASAL THA CHAWNG BAWLA
34	8. MI CHAK THATHIRUMA
36	9. UNAU PATHUM
38	10. BERAM VUN SIN
	11. ZO HNAM THEKHATTEN KAN RANVULH
41	HNING KAN SAWI DAN
42	12. THUZIK DAN DIK
46	13. MALSAMINA DAWNG TURA KOHNA
49	14. AIA UPATE ZAH THAMIN
53	15. SUAL LEH ATNA DO TURIN
55	16. KANU HMANCAHINA

# ZIRLÂI – 1

## TRIPURA – A ZIRNA SIKUL HMASABER



Tripura—a zirna sikul ding hmasaber chu ‘**Umakanta Academy**’ a ni a, Agartala hmuna awm a ni. Kum 100 (centenary) a tlinna chu **December ni 15, 1990** khan lawm a ni. Khuallian atan India ram President R.Venkataraman sawm a ni. Kum **1872** - vel khan Reng Lal **Maharaja Bir Chandra Manikya**-an he sikul hi a din a ni.

A tirah chuan he sikulah hian zirtirtu pali an awm a, pahnihin English subject an zirtir a, pahnih dangin Bengali leh Sanskrit subject an zirtir thung a ni. Reng Lal fate leh a mi pawimawh fate’n lehkha zir nan an hmang a ni. Senso zawng zawng deuh thaw hi Reng Lalin a tuma, tlem

azawng mi thahnemngaite'n an thawh ve chauh a ni.

He sikul hi a tirah chuan sikul committee te'n an enkawl a, sikul committee President hmasa ber chu **A.W.B. Power**, Political Agent, Hill Tiperrah a ni. Reng Lalin kumtin a sikul tana pawisa a thawh thin chu Rs. **1,350/-** a ni. He tih hunlai hi chuan tam tham deuh tak tur a ni. He sikul hi Calcutta University phalnain kum **1890, December ni 15** khan High School-ah hlankai a ni a.

Headmaster hmasaber chu **Debendranath Roy**, M.A. (1890-1893) a ni a, High School-a hlankai a nih ni hian zirlai naupang **33** lai an awm a ni. Zirlai naupangte'n fee pek ngai lovin a thlawnin lehkha an zir a.

He sikul hi a tira a hming chu '**Agartala High School**' tih a ni a, Reng Lal Minister, **Umakanta Das**, I.C.S. hming chawiin kum 1904-ah khan 'Umakanta Academy' tiin Reng Lalin a thlak ta a ni. Kum 1919, November ni 10 khan Rabindranath Tagore (National Anthem Phuahtu) pawhin he sikul hi a lo tlawh tawh bawk a ni. A sikul building hi kum 1904 khan sak a ni a, tun thlengin tih danglam a la ni lo. A khat-tawka siamthat (repair) thin a ni.

## TIH TURTE

### Heng zawhnate hi han chhang teh :

1. Tripura sikul hmasaber kha engtik kum a din nge a nih?
2. Tripura sikul hmasa ber dintu kha tunge ni?
3. Tripura-a sikul hmasaber hming hmasa kha engnge?
4. Reng Lalin sikul tana pawisa kumtina a thawh thin zat kha engzat nge?
5. Agartala High School hi tu hming chawia thlak nge a nih?

## ZIRLÂI - 2

# TRIPURA RAM CHANCHIN TLANGPUI

Tripura hi India hmarchhak lama awm a ni a. Zo hnam ho chuan '**Rengpui Ram**' tiin an sawi thin. Tripura kan tih hi tun hma chuan '*Hill Tiperrah*' tih a ni thin a. Kum 1920, November ni 17 khan 'The State of Hill tiperrah' tih chu 'Tripura' tiin Renglal sorkar chuan a lo thlak ta a ni. Tin, March ni 9, 1942-ah '*Tripura Durbar*' tih pawh '*Tripura Government*' tiin an lo thlak leh ta bawk a ni.



Tripura ram zau zawng hi **10,492 sq.km.** a ni a. Adung sei zawng hi **183.5 km.** niin, avang hlai zawng hi **112.7 km.** a ni bawk. Tripura ram hian sir thumah Bangladesh riin, achhak lamah Assam leh Mizoram-te a ri leh bawk a ni.

Tripura ram hmun 100-a thena hmun 60 vel hi tlangram a ni a. Tlangsang zual deuh paruk a awm a, chungte chu

- 1. *Jampui Tlang* (939 metres)
- 2. *Sakhan Tlang* (782 metres)
- 3. *Atharamura* (435 metres)
- 4. *Longtarai Tlang* (379 metres)
- 5. *Baramura* (253 metres)
- 6. *Debtamura* (Baramura nen hian Tlang inzawm an ni.)

Tin, Tripura ramah hian Lui tih tham deuh deuh sawm an awm a, chungte chu-

- 1. *Manu* (167 km.)
- 2. *Khowai* (166 km.)
- 3. *Gumti* (133 km.)
- 4. *Deogang* (132 km.)
- 5. *Dhalai* (117 km.)
- 6. *Longai* (98 km.)
- 7. *Juri* (79 km.)
- 8. *Muhuri* (64 km.)
- 9. *Howrah* (53 km.)
- 10. *Fenni* (a sei zawng chiah hriat a ni lo.)

Tripura ram hi sik leh sa thua ram lum ve deuh tak a ni a. Sik leh sa tehna aṅanga tehin chawhrualin 26 – 36 degree celsius vel a ni ṭhin a, kum khat chhungin chawhrualin ruahtui 2500 mm velin ruah a sur ṭhin a ni. Tripura – ah chuan kum khat chhunga sik leh sa hi hun li ah ṭhen a ni a, hetiangin-

1. *December - February* : *Thlasik (Winter)*
2. *March - May* : *Nipui (Summer)*
3. *June - September* : *Fur (Rainy)*
4. *October – November* : *Favang (Autumn)*

Tripura state khawpui (capital) chu **Agartala** a ni a, Tripura ah hian mihring **36,71,032** (2011 Census) an cheng a ni. Tripura hi district hrang hrang pariatah ṭendarh a ni a, chungte chu – *North Tripura, West Tripura, South Tripura, Dhalai, Unakoti, Gumati, Khowai, Sipaihijala*-te an ni. Heng district hrang hrangte hi Sub-Divisions sawmhnihpalthum(23)-ah ṭendarh leh bawk a ni.

Tripura hi **January ni 21, 1972** khan India ram state puitlingah hlankai a ni a, a ram zau zawng hi India ram state zingah 26-na niin, mihring cheng tam lamah India ram state zingah 21-na a ni bawk a ni.



## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Tripura hming hmasa kha engnge ni? Tripura ram zau zawng sq.km. engzatnge?
2. Tripura rama tlangsang zual deuh deuh parukte kha han sawi teh.
3. Tripura-a Lui lian deuh zual sawm te kha han sawi teh.
4. Engtik kumah nge Tripura hi State puitlingah hlankai a nih? Kum 2011 Population census-ah Tripura-a mihring cheng zat kha engzat nge?
5. Tripura-a Districts hrang hrang hmingte kha han sawi teh.

ZIRLÂI - 3  
ZO - HNAM ṬOBUL  
LEH  
THLANG AN TLAK DAN

**An ṭobul** : Sinlung hi China rama awm a ni a. Hmanlai chanchin chhui mite (historian) chuan tunlaia **Great Wall of China** kan tih mai, China Bangpui khi kan pi leh pute siam a ni a; mahse, China ram chhunga an awm chu sal ang maia chhawr zui an nih tak avangin chhuahna an zawng a, Bangpui hnuaiah chuan an ker kua a, chuta ṭang chuan an chhuak ta a, chu chu Chhinlung kan tih tak hi a ni e, an ti a. A dik hmel viauin a lang a ni. China Bangpui siam laia an tihretheih avanga lo chhuak nia an sawi lain, harsatna dang vanga lo chhuak an nih zawk erawh a rinawm. A chhan chu China Bangpui khi BC 23 vela sak niin an chhui a, kan pipute chanchin han chhuiin hetih hunlai hi sawi theih leh hriat theih phak kan nei lo hle a; chuvangin, Chhinlung (Ranglong ṭawngin 'Khurpuitabum') atanga an lo chhuah hi AD 1000 vel emaw, a hma lam hret niin a lang a ni.

**Thlang an tlak dan:** Heng Zo-hnam – *Kaipeng, Molsom, Hrangkhawl, Sakechep, Ranglong, Chorai, Darlong, Hmar, Kuki leh Mizo* Tripura state chhunga chengte hian ṭawng hrang hrang hmangin thawnthute pawh an nei theuh va. An thawnthute chu a inang tlangpui deuh vek a ni. Chhura thawnthute, Mauruangi thawnthu te leh thil dang dang a inang hlawm a. Hei hian hnam khat an nih tih a lanchiantir hlein bul thuhmun an nei tih a lan chiantir tel nghal bawk a ni. Burma ram aṭangin Manipur, Tuiruang lui hnarah an lo chhuk a, Tuiruang lui zawhin Sylhet-ah awmhmun an khuar ta a. Lusei (Mizo)-te'n tuna Mizoramah khian awmhmun an khuara, midang zawng chu thlang an tla ta a. Hmar ho hi thlang an tla thui deuh va, tuna Assam chhung North Cachar Hills velah awmhmun an khuar ta niin a lang. Anni Hmar chauh ni lovin, Hrangkhawl leh Zo-hnam chi dang dang pawh an awm a. Mizoram leh a chhehvel – Manipur, Cachar, Tripura leh Burma ramri velah darhsarh takin an awm ta a. Manipur lamah hian *Kom, Aimol, Chiru, Paite, Simte, Gangte, Vaiphei, Hmar* chi leh a dangte an awm bawk a. Anni pawh mahni ṭawng nei hrang vek an ni. Mahse, heng hnam hrangte hi ṭawng dang

deuh mahse an inhre pawh thei deuh vek a. Hei hian bul thuhmun leh hnam thuhmun an nih a lanchiantir hle a ni. Tin, heng Zo-hnam hrang hrangte ɣawng hman hi ɣawng chhui mite chuan 'Tibeto Burman' an ti a ni.

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. 'Sinluṅ' hi khawi rama awm nge?
2. Zo- hnam hrang hrang Tripura ram chhunga awm te kha han sawi teh.
3. Sinlung hi in zirlaibu in a sawi danin engtia lo awm nge ni?
4. Manipur rama Zo-hnam hrang hrang awm te kha han sawi teh.
5. Zo-hnam hrang hrang lo chhuahna bul kha engnge an tih kha?

## ZIRLÂI - 4

# KAN HNAM PUANZAR (Our National Flag )

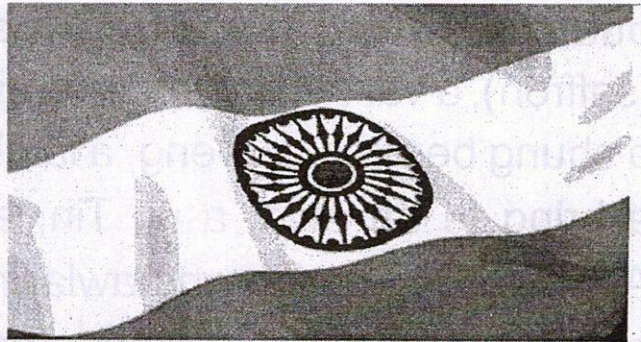


Kan hnam puanzar (Our National Flag) hi, India mipuite leh a ram chhinchhiaha a ni. Kan hnam puanzar chu rawng chi-thum, intiat vek, killi neia siam a ni. Kan hnam puanzar rawng chi hrang hrangte chu:- a sen-eng (saffron), a var (white) leh a hring (green) te an ni. Tichuan a chung berah a sen-eng, a laiah a var leh a hnuai berah a hring te an awm a ni. Tin, a laia rawng varah hian Ashoka Chakra (Bawngtawlailir ke) țang sawmhnih leh pali (24) a intial vekin (rawng pawlin) a awm bawk a ni.

Dr.S.Radhakrishnan, India ram Vice President hmasa berin kan hnam puanzar chu hetiang hian a hrilhfiah a, "A chung bera rawng sen-eng hian mahni țanghma hailo, thilphal, țan bik neilo, bansanna leh thlahna a entir a,

a laia rawng var hi chuan êng (light), kawng dik leh thutaka min hruaitu tur a nih a entir a, a hnuai bera rawng hring hi chuan kan ram leilung, thing leh maute leh lui tuite hi kan nunna hnar an niin keini mihringte nen hian inzawmna thûk tak an nei a ni tih a entir bawk a, a laia Ashoka Chakra (bawngtawlwailir ke) hian dikna leh rinawmna nena he hnam puanzar hnuaia dingte hi awm tur kan ni tih a entir a ni,” a ti a ni.

Kan hnam puanzar zahlohna emaw hmuhsitna emaw tilangte chu ‘Flag Code Of India’ dan hnuaiah hrem theih an ni a, sum tam tak chawitir emaw Jâil tantir thleng pawhin hrem theih an ni. Chuvangin kan hnam puanzar hi a hman lohna



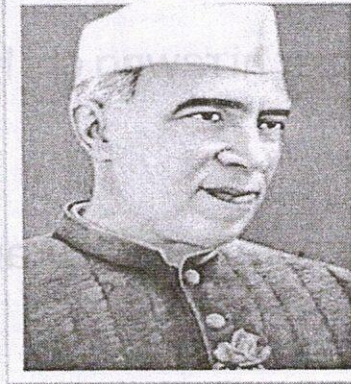
tur hun leh hmuna hman loh tur a ni. Kan hnam puanzar hman theihna hmun leh hunte chu sorkar office leh zirna sikulahte, ni bîk (Independence Day/Republic Day, etc.,) ah te hman (zar) theih a ni. Chuvangin, kan hnam puanzar hi kan zahin kan ngaihlu-in kan ngai pawimawh tur a ni.

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Kan hnam puanzar hi rawng chi hrang hrang engzat nge?
2. Kan hnam puanzar rawng chi hrang hrangte kha han sawi teh.
3. Ashoka Chakra (Bawngtawlailir ke) khan tang engzat nge a neih?
4. Kan hnam puanzar hrilhfiaktu kha tunge?
5. Kan hnam puanzar zahlohna emaw hmuhsitna emaw tilang chu eng hnuaiah nge hrem theih a nih kha?

ZIRLÂI – 5  
MI HMINGTHANG  
JAWAHARLAL NEHRU



India ram hruaitu lian leh hmingthang tam tak zinga pakhat chu Jawaharlal Nehru-a hi a ni. Pu Gandhi-a tih lovah chuan hruaitu ropui ber a ni hial awm e. Pu Nehru-a chu Allahabad khuaah ni **14, November, 1889** khan a lo piang a. A pa chu Motilal Nehru-a niin, chhungkua ropui leh hausa, India ram hruaitu zinga mi a ni bawk a ni.

Kum sawm leh panga a nihin a pa-in Sapram (England)-ah lehkha zir turin a tir a. Chutah chuan kum sarih lai lehkha a zir a. Pu Nehru-a hian Sapṭawng pawh a thiam em em a. Sapramah hian lehkha chang ni lovin thil dang tam tak a zir tel ngal a. India ram hnufual zia



hriain chawikan a chak em em a. Politics lam a ngaihven ve tan ta a. Pu Gandhi-a te'n India ram zalenna an sual tih a hriatin an pawla tel ve chu a chak em em a. Nakin lawkah chu pawl chu a zawm ve ta a. Pu Gandhi-a hnungzuitu rinawm tak a ni ta a ni. India ramin sapho (British) lakah zalenna a hmuh theih nan mahni hna pawh thawk hman lovin a bei a, India ram hmun hrang hrangah a zinkual reng a. Vawi sawm aia tam Lung Inah a tang a. Mahse, chu chuan a tizam chuang lo a ni. India ramin zalenna a lo neih a, sawrkar a lo din khan Pu Nehru-a chu India ram Prime Minister hmasaber a ni a. **A thih, ni 27 May, 1964** thlengin a tang a ni.

Pu Nehru-a hi India ram mai ni lo ram dang pawhin an ngaisang a, a hming a thang em em a ni. Pu Nehru-a hi ram hruaitu ropui chauh a ni lova, lehkha ziaktu hmingthang tak a ni tel bawk a ni. Pu Nehru-a nun hian India ram changkan nan leh inpumkhatna'n theihtawpa bei theuh turin min fuih reng a ni.

Pu Nehru-a hian naupang a ngaina thei em em a. Mi neinung leh ngilnei chhungkua an ni a. Anaupang lai chuan a pian champha a lo thlen apiangin amah (Nehru-a) buk tawk chiah zelin mi retheite hnenah wheat

an sem thin a ni. India sawrkar pawhin a pianchampha hi 'Naupangte Ni' (Children's Day) –ah a hmang ta nghe nghe a ni.



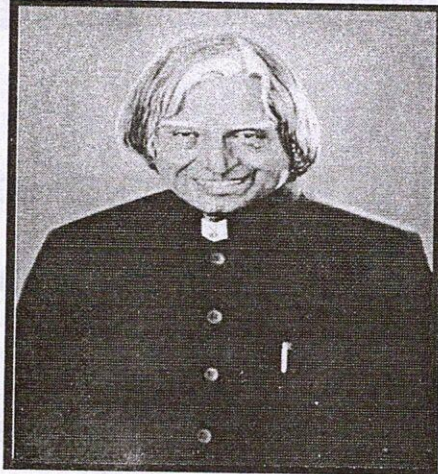
## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Nehru-a pa hming kha han sawi teh.
2. Nehru-a pian ni, thla leh kum leh pianna khua kha han sawi teh.
3. Pu Nehru-a pian ni hi India sawrkarin eng ni atan nge a hman kha?
4. Pu Nehru-a thih ni, thla leh kum kha han sawi teh.
5. Kum engzat a nihin nge Nehru-a kha a pa-in Sapramah lehkha zirtura a tirh? Sapramah khan kum engzat nge lehkhā zira a awm?

ZIRLÂI – 6

**Dr. A.P.J. ABDUL KALAM**  
(1931-2015)



Dr. A.P.J. Abdul Kalam-a hi a hming pum chu **Avul Pakir Jainulabdeen Abdul Kalam**-a a ni. Kum **1931, October ni 15** khan Chennai-a khaw pakhat, Dhanushkodi an tihah a lo piang a, unau zinga a naupang ber a ni. A pa hming chu Jainulabdeen Marakayar-a a ni a, a nu chu Ashiamma Marakayar-i a ni. Dr. A.P.J. Abdul Kalam-a te chhungkua hi chhungkaw rethei tak a ni.

Dr. A.P.J. Abdul Kalam-a chu Samiyar School-ah zirna bul a ãan a, Rameswaram khuaa Swartch High School-ah a lut leh a. High School a zawh hnu chuan

Tiruchi khuaa St. Joseph College atangin B.A. a zo va, chumi hnu chuan Madras Institute of Technology atangin a tui zawng tak mai Aeronautical Engineering-ah Diploma-a zo leh ta a ni.

Madras Institute of Technology-a a thil zir a zir zawh hnu chuan Dr. APJ. Abdul Kalam-a chuan Bangalore-a Hindustan Aeronautics Limited (HAL) chu a zawm a, 'Aeronautical Engineer' a lo ni ta a ni. Dr. A.P.J. Abdul Kalam-a chu mi rilru tha tak mai leh mite lainatna thinlung pu thuk tak mai hi a ni. Nu leh pa thuawih tak niin, zirtirtute thu pawh a awih tha hle a ni. Nu leh pa leh zirtirtute thu awih tak a nih avang chuan Scientist hmingthang tak a lo ni ta a, India ram sawrkar pawhin nihna pawimawh tak tak a chelh tir thin a ni. Dr. A.P.J. Abdul Kalam-a chu Missile siamna lama India ram tihmasawntu pawimawh tak a nih avangin '**Missile Man of India**' tia koh hial a ni. A hnathawhna lamah a hming a that em avangin kum 1997 khan India rama India mite chawimawina sang ber '**Bharat Ratna**' hial a lo dawng ta a ni.

Dr. A.P.J. Abdul Kalam-a chu India ram President sawm leh pathumna ni turin **July ni 25, 2002** khan

President atan lak luh a ni a, he hna hi rinawm takin **kum 2007, July ni 25** thleng khan a thawk a ni. Dr. A.P.J. Abdul Kalam-a hian naupangte a ngainain a be peih em em thin a. Sikul tlawh tura sawmtu an awm phawt chuan a hnar ngai lo a, naupangte hmel hmuh leh thlir chu a thlahlel thin a, a ning ngai lo a ni. Kum 2010 October Ni 31, a pian champha kum 79 a tlinna chu United Nation Organisation in **Khawvel Zirlaite Ni** (World Students' Day) ah a puang a ni.

July ni 27, 2015 khan Indian Institute of Management, Shillong ah thusawina neia mi zirtir tura a lo kal chu a thusawi lai luhaiin a tlu a, damdawiin Bethany Hospital ah hruai nghal a ni chungin hemi zan hian lungphu chawlin a boral ta a ni.

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Dr. A.P.J. Abdul Kalam-a hming pum sawi la, a pian ni, thla leh kum te sawi bawk rawh.
2. Dr. A.P.J. Abdul Kalam-a nu leh pa hming sawi rawh.
3. India mite chawimawina sang ber Dr. A.P.J. Abdul Kalam-a'n a dawn kha sawi la, engtik kumah nge a dawn sawi bawk rawh.
4. Dr. A.P.J. Abdul Kalam-a kha India ram President engzatna nge anih? President atana an lakluh ni, thla leh kum sawi bawk rawh.
5. Dr. A.P.J. Abdul Kalam-a khan engnge a ngainat em em thin kha?

## ZIRLÂI - 7

# PASALṬHA CHAWNGBAWLA

Chawngbawla chu Chhakchhuak hnam a ni a. Mi ria deuh, nun tlang tak a ni. Mizo pasalṭha niin, 'Zo Hnam Khawvel' ah a hming a thang nasa em em a ni.

Chawngbawla chu mi uangthuang lo deuh mai a ni a. Vawikhat chu an inkawm khawmnaah mikhual pakhat hian mi huaisen leh pasalṭha a nih hre hlek lovin, "Nang ṭhiana, sabawp engzatnge i man tawh le?," a han ti a. Ani chuan, "Sabawp man sawi tham ka nei lo," a tih pawh chuan hmusit deuh tak chung hian a zawt nawn sek mai a. Chawngbawla chuan a ning ta deuh va, "Vawikhat chu savawm ram tla bawp ka man a; sakei chho sâng kai lai bawp ka man bawk a; chungte chauh chu a ni ka la man ni, lungthu pawh ka la kim lo," a ti ta a. A zawttupa chu a zak a, a kal ta vang vang mai a ni.

A ṭawng dan reng rengah a chapo ngai lo va, a damchhunga a uan ve deuh bera an sawi chu, "Ka aia huai chu lu zuar an ni, damchhuak an awm ngai lo," a tih hi a ni.



Vawikhat chu Lalsavunga khua Sialhmûr chu Chawngbawla te khua hian an rûn a, an haw leh lam Sialhmur Pasalṭha Nghatebaka (Chawngzîka Chawngthu) chuan a ûm zui a, fei te'n an khawh vei ṭhin a. Nakinah chuan Chawngbawla chuan kawng kawiah a lo chang a, Nghatebaka chu a lo kâp hlum ta a ni. A sawi ang ngeiin amah aia huai chu lu zuar an lo ni ngei mai.

Vawikhat leh chu Nghalchang hliam hi a awm a. “Nghalchang hliam lakah chuan mi inchhan hman a ni ngai lo” tia sawi ṭhin a ni. Chawngbawla chuan inchhan hman a nihzia lantîr a tum ta a. Tawktarh atân naupang a hmang a. Naupang chu lak tum chuan nghalchang chuan a rawn phin pheï ta thut mai a. Midang chuan rang em em hian an hria a. Chawngbawla erawh chuan a hmui a lo chhawk hman reng a ni.

Chawngbawla chu pasalṭha a nih avângin khumlaizawlah a thih a inring ngai lova. Mahse, ama khum ngeiah a thi dawn ta mai a. *“Khumlaizawla ka thi mai tur hi ka va hreh tak em!”* a ti hial a ni.

## Thuhar hrilhfiahna

Pasalṭha - Mi huaisen, hmêlma leh sakawlh lakah pawh mite chhan ngam.

Lu zuar - Thih châk ang maia inbarh, intawktarh.

Tawktarh - Tihlum turte duh zâwng tak tar lan, thlêmtu atâna tar lan.

Sabawp man - Sa kâptu dawta sa chung a kut thlâk hmasa ber emaw, hmu hmasa ber emaw-in sabawp an man ṭhîn.



## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Chawngbawla'n eng sabawp nge a man?
2. Sialhmur pasaltha kha tunge ni? Tuin nge that ta?
3. Nghalchang hliam lakah khan Chawngbawla khan engnge a tawktarh?
4. Chawngbawla kha eng hnam nge a nih?
5. Chawngbawla mizia kha eng ang nge ni?

## ZIRLÂI - 8

# MI CHAK THATHRUMA

Mi chak, huaisen leh pasalṭha Thathruma hi, 'Laitui' hnam a ni a, a chanchin an sawi dan chuan Thathruma hi mi chak tak niin lungpui, âr in tiat vel chawi zo khawp a chak a ni, an ti.

Thathruma hian sa pel nan raw (mau) thalah siamin sakhi te hi a kap tlang zawk zawk ṭhîn a ni. A thal hmang bawk hian sai te pawh a kaphlum ṭhîn a, sakei te pawh thingtuai malpui tiat velin a khawh hlum thei a ni.

Vawikhat chu Darlianpuia, mi lian leh chak tak, a ban pawh malpui tiat vel nen hian an inhmu sual a. Darlianpuia hian sangha a man laiin Thathruma hian a han rum ṭhaih a. Darlianpuia chuan, "Tu hmeichhiain nge maw thawmrawn nei chu le?," a han ti a. Thathruma chuan, "Chutia hmeichhia mi han tih chu le! Rawn chhuak ta che," a han ti ve a. Tichuan, raw hmunah chuan buanzawl an sat a, raw bulte chu an fik ta hmawk hmawk mai a. Khua a mite chuan chutia mi chak leh chak intih chu a ṭha lo ve tiin an ṭhelh ta a ni. Tun thlêng pawhin Thathruma thlahte hi mi chak a sawi an la ni zêl a ni.

## TIHTURTE

### Heng zawhnate hi han chhang teh:

1. Thathruma kha eng hnam nge?
2. Thathruma khan lungpui eng tiat vel nge a chawi zawh?
3. Thathruma kha tu nen nge an inhmuh sual? Tutenge an in tibuai kha thelh ta?



## ZIRLÂI – 9

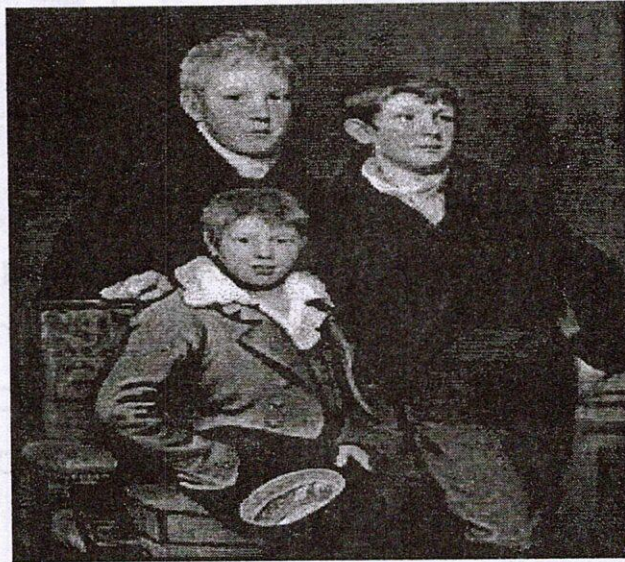
# UNAU PATHUM

Hmanlai hian loneitu thawkrim tak hi a awm a. Grep huan a siam a, chu chuan kumtinin rah a chhuah hnem thei êm êm thîn a. Fapa pathum a nei a, mahse an pa chu tumah chuan a hnathawhnaah an tanpui ngai lo va. A fapate chu engmah ngaihtuah ngai lova awm ve mai mai thîn an ni a. Chuvang chuan loneitupa chuan an hmalam hun tur a thlirsak a, an la retheih tur ziate a ngaihtuah a, a rilru a tilungngai êm êm thîn a ni.

Nikhat chu, loneitupa chu a tar tawh êm avâng chuan a damlo ta a. A fapa te chu kovin an hnenah, “Ka fapa duhtakte u, ka hun tawp a thleng dawn ta a, thil pakhat hrih ka duh che u a; Chu chu ka grep huanah hian rohlu tak inphûmrû a awm a, ka thih hunah in lai chhuak dawn a nia,” a ti a. Chu thu chu a sawi zawh chuan a thi ta a.

An pa thih chungchanga an tih tur hrang hrang an tih hnu chuan, a fapate chuan grep huan chu an lai tan ta a. An vaia an laih hnu pawh chuan engmah an hmu ta lo va. Mahse, chung lei an laih avângte chuan an thlâite

chuan a lo ngeih phah ta êm êm a. An pa damlai ai chuan chung an thlaite chu nasa takin an lo rah tam ta zawk a. Tichuan, an pain ro inphûmrû a tih awmzia chu an lo hre ta a. Kan taimak phawt chuan kan lo hausa ang a, rohlu tam tak kan lo nei thei dawn a ni tih an lo hre ta a ni.



**Zirtir tum :** *Taimakna leh thawhrimna hi kawng engkima hlawhtlinna bul a ni.*

### **TIH TURTE**

#### **Heng zawhnate hi han chhang teh:**

1. Loneitu thawkrim tak khan eng huan nge a siam?
2. Loneitupa khan fapa engzat nge a neih?
3. He thawnthu hian min zirtir tum han sawi teh.

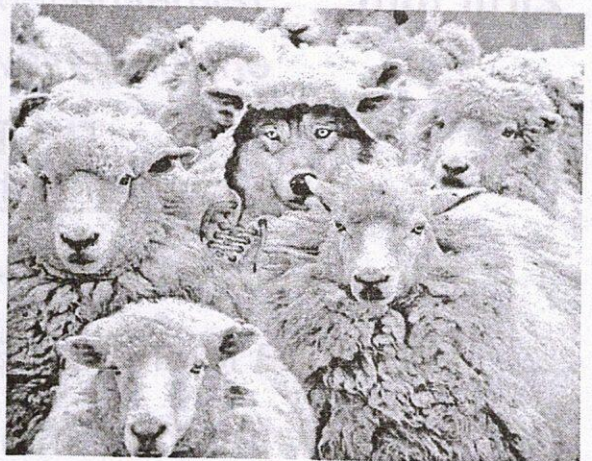
## ZIRLÂI – 10

# BERAM VUN SIN

Ṭumkhat chu Chinghnia hi a awm a, a rilṭam hle mai a. Tichuan, ramhnuaiah sa ei tur zawngin a kal ta a. Ramhnuai tawpah thingtlang khaw te taktê a thleng ta a. Chutah chuan beram rual hlim taka awm chu hla deuh aṭang chuan a hmu ta a. Beram rual lamah chuan a kal lai chuan, beram vun kal kawngah chuan a chhar ta a. Beram vun a han hmuh chuan thil ṭhalo tih a tum ta a. Chu beram vun sin chuan an zingah chuan a kal a, awlsam tê a man theih a inring a ni.



Chinghnia chu beram zingah a luh chuan, beram vengtupa chuan beram emaw tiin khawchhungah chuan beram dang rual chuan a khalh lut ta a. Beram in-ah chuan a dah a, kawngkhar chu a khar nghal





a. Chutih lai chuan beram vengtupa nupui chu a lo haw a, “Vawiin chu zanriah atan engmah siam tur kan nei lo. Chuvangin, beram pakhat hi min talhsak rawh,” a ti a.

Beram vengtupa chu beram dahna in-ah chuan a kal a, a beram thau awm ber chu a zawng a, insiam danglam chinghnia chu hre lovin, hreipui chuan a chekhlum ta a. Chinghnia chu a nunrawn em avang chuan amah chuan a tuar ta a ni. Chinghnia chuan beram chu ei a tum a, mahse beram vengtupa te nupa tan chaw a lo nih phah ta zawk hloh a ni.

**Zirtir tum:** *Midangte tihchhiat tum hi mahniin chhiat phah nan kan hmang duh chawk a ni.*

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Engin nge beram vun kha sin?
2. Chinghnia khan engnge thah a tum kha?
3. Chinghnia khan hla deuh hlek aṅanga a hmuh kha engnge ni?
4. He thawnthu hian engnge min zirtir a tum?

## ZIRLÂI – 11

# ZO-HNAM THENKHATTE'N KAN RANVULH HMING KAN SAWI DAN

Tripura rama cheng Zo-hnam thenkhatte'n kan ranvulh hming kan lam dan hrang hrangte chu –

<u>MIZO</u>	<u>DARLONG</u>	<u>KUKI</u>	<u>HRANGKHAWL</u>
Sial	Sial	Sial	-
Lawi	Silawi	Lawi	-
Bawng	Sehrat	Sarat/Tawpe	-
Vawk	Vawk	Vawk	-
Kel	Kel	Kel	-
Ui	Ui	Ui	-
Beram	Beram	Beram	-
Zawhte	Mengte	Lawimeng	-
Varak	Varak	Varak	-
Ar	Ar	Ar	-

## ZIRLÂI – 12

# THUZIAK DAN DIK

Lehkha ziak reng reng hi a dan dik taka ziak chu a chhiar a nuam bika, chuvangin a dan dik taka ziah thiam hi kan zir ngei ngei tur a ni.

Tunah chuan **Tawpna te, Kawma te, Zawhna te** leh **Hawrawppui hmanna** - te chauh kan zir ang:

1. **TAWPNA (.)** : Hei hi saptawngin 'Fullstop' an ti a. Thusawi tawngkam tawp apiangah dah thin tur a ni.

*Entirnan : Vawiinah sikul kan kal.*

2. **KAWMA ( , )** : Hei hi saptawngin 'Comma' an ti. He chhinchhiahna hi chu thusawi laia reilotê chawlhna lai apiangah dah thin tur a ni.

*Entirnan : Tichuan, mipuite chu a hmuhin tlangah a kal chhova, tin, a thu a, zirtirte a hnenah an lo kal a.*

3. **ZAWHNA (?)**: He chhinchhiahna hi saptawngin 'Question Mark' an ti a, thu zawhna tawngkam tawp apiangah dah thin tur a ni.

*Entirnan* : *I dam em? Engnge i tih dawn?*

4. **HAWRAWPPUI HMANNA** :

Hawrawppui chu A, AW, B, CH, D, E, F,..... angte hi an ni a. Hengah hian dah ngei ngei tur a ni.

a. **Thuziak tanna apiangin**:

Tawpna chhinchhiahna dah hnua thuziak tan leh dawn hian hawrawppui a ziah tan ngei ngei tur a ni.

*Entirnan*: *Sanga hi naupang fel tak a ni. Lehkha a zir taima hle a, a nu leh pa thu a awih bawk a.*

*Thiante pawh a tibuai ngai lo.*

b. **Thil hming bik bulah**:

Thil hming leh mihring hming bik bulah leh thil hming lamtawiah hawrawppui dah ngei ngei tur a ni.

*Entirnan*: *Darchawi, Hmunpui, Mawia, Germany, USA, UK, MGNREGA.*

**c. Hla tlar bulan:**

Hla tlar bul reng rengah hawrawppui dah thin tur a ni.

**Entirnan:** *Isu, i thu ka ngaihtuahin,  
Ka lo lawm em em thin;*

**d. Pathian hming chu Hawrawppui a ziah tan ngei ngei tur a ni.**

**Entirnan:** *Pathian, Lalpa, Isua, Krista,  
Jehova, Immanuela, Remna Lal,  
Chungnungbera.*

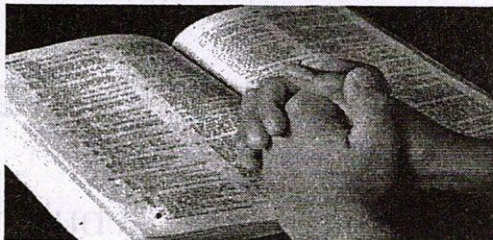
## TIHTURTE

### Heng zawhnate hi han chhang teh:

1. Mihring hming leh thil hming bik bulah eng hawrawp nge dah tur? Entirna pe rawh.
2. Thuzawhna tawngkam tawpah eng chhinchhiahna nge dah thin tur? Entirna pahnih pe rawh.
3. Thusawi tawngkam tawp apiangah eng chhinchhiahna nge dah tur? Entirna pe bawk rawh.
4. Thusawi laia reilote chawlhnaah eng chhinchhiahna nge dah thin tur? Entirna pe rawh.

## ZIRLÂI - 13

# MALSAWMNA DAWNG TURA KOHNA



*I Petera 3: 10-12*

**Chang 10 - na.** Nunna hmangaih duh leh Ni ðhate  
hmuh duh chuan Sual lakah a lei vêng  
ðha sela, A hmui pawh ngamthlêmna  
thu sawi lo turin vêng ðha rawh se.

**Chang 11 - na.** Sual hawisanin thil ðha ti rawh se;  
Remna zawngin um zêl rawh se.

**Chang 12 - na.** Lalpa mit chu mi felte chungah a fu a,  
A beng pawh an ðawngðaina lamah  
a chhi si ðhîn a;  
Amaherawhchu, Lalpa hmêl chu  
thil tisualtute chungah a awm thîn,"  
tih a ni si ðhin a.



## **Thuhar hrilhfiahna:**

Nunna hmangaih duh : chatuan nunna neih  
duh

Ni thate hmuh duh : vanneihna dawng duh

Ngamthlemna : mi rilru hriat duh  
vanga, mi fak der

Sual hawisan : sual tih bânсан

Mit fu : en reng

Beng chhi : ngaithla reng

Lalpa hmêl : Pathian thinurna

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Nunna hmangaih duh leh ni thate hmuh duh chuan engnge an tih tur kha?
2. 'Sual hawisan' hi engtihna nge ni?
3. Lalpa mit chu tute chungah nge a fûk thin kha?

# ZIRLÂI – 14

## AIA UPATE ZAH THIAMIN

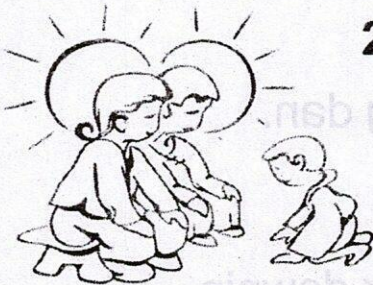
- Liandala

1. Aia upate zah thiamin,

An thute awiin zawm fo rawh;

Pipute ro thil hlu a ni,

Aia upate zah thiam rawh.



2. An hnial ngai lo aia ute,

Inngaitlawmin zawl dawh fo rawh;

An sual ngai lo aia ute,

I thang tha ang duap kai fo rawh.

3. Khawi lo niah vah chhuah te hian,

Tar leh upate awl tum rawh;

Tanpui ngai awma an awm chuan,

Tlawmngai langin tanpui zel rawh.



4. Ruaitheha chaw kil ho te hian,  
Bar hmasatu an ni ngai lo;  
Upa berin an bar hma chuan,  
Naupangin an bar khalh ngai lo.

5. Pianpui u zawkte an zah ngai,  
Chun leh zua dawl saisenteta'n  
U zawkin naute an dawm ngai,  
Chu chu van hnuai hringmi leng dan.

6. Aia upa i biak dawnin,  
Koh dan awmin kamtha hmang  
rawh;  
"Ka pi, ka pu, ka u," tiin,  
"Ka nu, ka pa, ka ni," emaw.

7. Luang zel ang che Zoramah hian,  
 Rangkachak aiin i hlu zawk;  
 Cham reng ang che kan thinlungah,  
 Ṭhangthar nun dan zel timawi rawh.

**Thu har hrilhfiahna:**

- |              |   |                                       |
|--------------|---|---------------------------------------|
| Hnial        | - | awih duh lo.                          |
| Zawldawh     | - | inngaitlawm, dawi zawk chan<br>chang. |
| Duap kai     | - | a tlawm zawk anga awm<br>peih.        |
| Khawi lo nih | - | ramvak, ram kal.                      |
| Kil          | - | chaw ei tura ṭhu.                     |
| Pianpui      | - | unau.                                 |
| Chun         | - | nu.                                   |
| Zua          | - | pa.                                   |
| Dawl         | - | putu, dawttu.                         |
| Sual         | - | insualpui.                            |
| Saisen       | - | nausen.                               |

- Kam ṭha - ṭawngkam ṭha, ṭawngkam mawi.
- Ṭhangthar - mihring lo piang zela lo seilian.
- Van hnuai hringmi leng - leia mihring.

## TIH TURTE

### Heng zawhnate hi han chhang teh:

1. Aia upate chu eng angin nge kan ngaih ang le?
2. Hla phuahtuin "Ro thil hlu" a tih chu engnge ni?
3. Aia upate kan biak in eng ang ṭawngkam nge kan hman ang?
4. Mahni aia nau zawkte engtin nge kan enkawl ang?

## ZIRLÂI - 15

# SUAL LEH ÂTNA DO TURIN

Râingama

1. Sual leh âtna do turin,  
Sikul naupang ka lo ni;  
Thiamna leh finna zirin,  
Nitin sikulah ka kal.  
Kán ram leh hnam chawimawiin,  
Theihtâwpin ka țang anga,  
Chung Pathian malsâymsakna,  
Țawngțaiin ka dil zêl ang.

2. Hmâna pipute hriat loh,  
Finna rohlu ka chhar ta;  
Mi rethei leh riangvaite,  
Vul lai sâng thing ang an pâr,  
Kan Zo tlâng nuam takah hian,  
Finna leh ropuinate,  
Muanna, remna, hmangaihna,  
Lâwmna pâr ang vul rawh se.

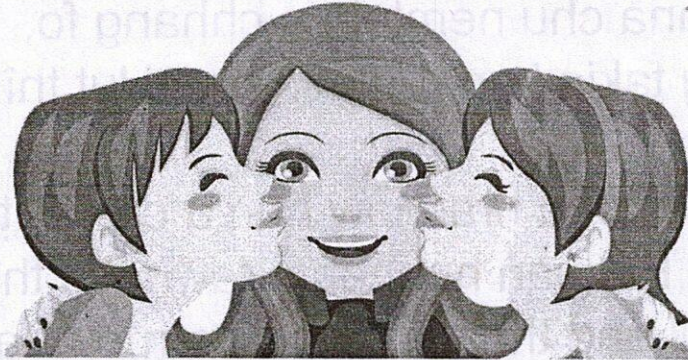
## TIH TURTE

### Heng zawhnate hi han chhang teh :

1. 'Sual leh âtna do turin' tih hla kha tu phuah nge?
2. Thiam leh finna zawngin khawiahnge kan kal ðhin?
3. Engvângin nge lehkha kan zir?
4. Heng thu hmang hian sentence han siam teh:  
***sikul, rethei, thiamna, remna, ðawngtai***



ZIRLÂI - 16  
KA NU HMANGAIHNA



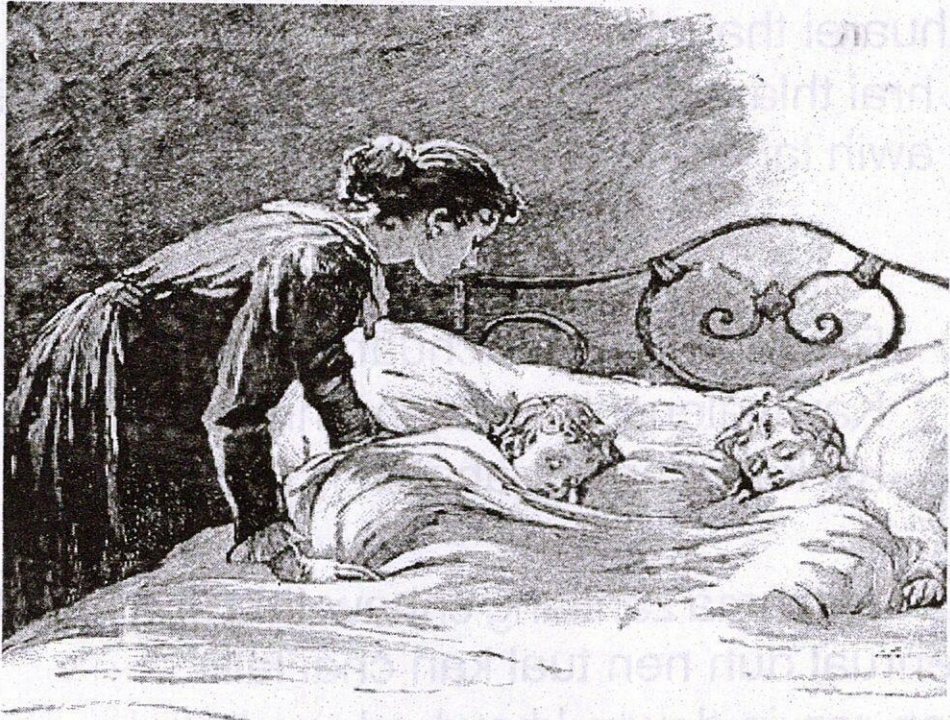
*Kaphleia*

1. Ka nu hmangaihna pâr ang chul ngai lo,  
Khuarei thanglen hian a tichuai lo;  
A hrai thlang kawrvai khua hnawma lêng hi,  
A awih lai ngaiin a kun nghiai thîn.

Khua a lo tlaiin kan run a lo eng a,  
Rauthlain chutah chuan ka haw thîn;  
Kawlvalenchham a tang hian ka thlîr a,  
Ka kalna apiangah min hruai thîn.

2. Ka theih hma zantiang chhawrthla eng hnuaiah,  
Lenrual duh nen tual kan chai laiin;  
Kan rap in tlawm khawharte nghaka,  
A hraileng tawnah beng a chhi thîn.

3. Ka nu mei eng thlir zêlin ka haw thîn,  
A lovin sum hmun thim ka ngam lo;  
Ka kohna chu nemtein a chhang fo,  
Muang takin kan run min hruai lut thîn.
4. Zantiangah a hrai haw hun a chhiar thîn,  
Chung Pathian hnenah a țawngțai thîn;  
Kumsul ang thar leh rawh se run nuamah,  
Chun leh hrai damte'n an intawh leh nan.



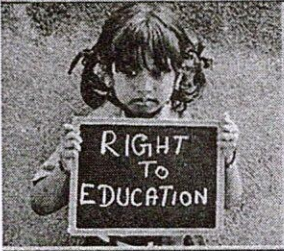
## Thuhar hrilhfiahna:

Hrai	-	fa, fassen
Kawrvai	-	vai, hnamdang
Run	-	In
Rauthla	-	thlarau, thla
Chun	-	nu
Kumsul	-	kum khat, kum vei, kum ral
Chhawrthla	-	thla, thla fang
Zantiang	-	zan lam
Kawlvalenchham	-	hla tak, ram hla tak
Rap in	-	mau hmanga sak In

## TIH TURTE :

### A kar awl dahkhat rawh:

1. A hraileng tawnah \_\_\_\_\_ a chhi ̣ḥṇ.
2. Ka nu hmangaihna \_\_\_\_\_ chul ngai lo.
3. Ka kohna chu \_\_\_\_\_ a chḥng fo.
4. Chung Pathian hnenah a \_\_\_\_\_ ̣ḥṇ.
5. \_\_\_\_\_ chutah chuan ka haw ̣ḥṇ.



## শিশুদের অবৈতনিক ও বাধ্যতামূলক শিক্ষার অধিকার আইন, ২০০৯ এবং রাজ্য বিধি, ২০১১ - তে বর্ণিত শিশুদের মুখ্য অধিকারসমূহের তালিকা :-

- ৬ (ছয়) থেকে ১৪ (চোদ্দো) বৎসরের প্রত্যেক শিশুর প্রাথমিক শিক্ষা শেষ না হওয়া পর্যন্ত পার্শ্ববর্তী কোনো বিদ্যালয়ে অবৈতনিক ও বাধ্যতামূলক শিক্ষা গ্রহণ করার অধিকার থাকবে।
- ৫ম শ্রেণি পর্যন্ত ভর্তির ক্ষেত্রে পার্শ্ববর্তী বিদ্যালয়ের দূরত্ব ১ কিলোমিটার এবং ৬ষ্ঠ থেকে ৮ম শ্রেণি পর্যন্ত ভর্তির ক্ষেত্রে উচ্চ প্রাথমিক বিদ্যালয়ের দূরত্ব ৩ কিলোমিটারের অধিক হবে না।
- যে শিশু প্রাথমিক শিক্ষা শেষ করতে পারেনি অথবা কোনোদিন বিদ্যালয়ে ভর্তি হয়নি সে বয়সানুসারে যথোপযুক্ত শ্রেণিতে ভর্তি হতে পারবে।
- স্থানান্তরকরণের শংসাপত্রের ভিত্তিতে প্রত্যেক শিশু যে-কোনো সরকারি এবং সরকারি অনুদানপ্রাপ্ত বিদ্যালয়ে ভর্তি হতে পারবে।
- বিদ্যালয়ে ভর্তি হওয়ার সময়ে ৬ থেকে ১৪ বৎসরের কোনো শিশুকে মেধা যাচাইয়ের জন্য কোনো ভর্তি পরীক্ষা নেওয়া যাবে না।
- শিশুকে বা তার মাতাপিতা বা অভিভাবককে কোনো বিদ্যালয় বা ব্যক্তিবর্গকে কোনো প্রকার ক্যাপিটেশন / ডোনেশন দেওয়ার প্রয়োজন হবে না।
- SC / ST / OBC / RM এর মধ্যে যারা BPL পরিবারের অন্তর্ভুক্ত এবং অন্যান্য BPL শ্রেণিভুক্ত শিশুদের বাড়ির পার্শ্ববর্তী বেসরকারিভাবে পরিচালিত সরকারি অনুদানপ্রাপ্ত এবং অনুদানবিহীন বিদ্যালয়ে ১ম শ্রেণিতে ভর্তির ক্ষেত্রে মূল আসন সংখ্যার কমপক্ষে ২৫ শতাংশ ভর্তির সুযোগ পাবে।
- ৬ থেকে ১৪ বৎসরের প্রত্যেকটি শিশু প্রাথমিক শিক্ষা শেষ না হওয়া পর্যন্ত তাকে কোনো শ্রেণিতে আটকে রাখা যাবে না বা বিদ্যালয় থেকে বহিষ্কার করা যাবে না।
- প্রতিটি শিশুর কোনো প্রকার শারীরিক ও মানসিক নির্যাতন ব্যতিরেকে ৮ম মান পর্যন্ত শিক্ষা পাওয়ার অধিকার থাকবে।
- প্রয়োজনে ছাত্র-ছাত্রীদের নিয়মিত পাঠ গ্রহণ ছাড়াও শ্রেণিকক্ষে অতিরিক্ত পাঠগ্রহণের সুযোগ থাকবে।
- ৬ থেকে ১৪ বৎসরের পাঠরত প্রত্যেক শিশু সরকারি এবং সরকারি অনুদানপ্রাপ্ত বেসরকারি বিদ্যালয়ে প্রত্যেকটি কর্মদিবসে মধ্যাহ্ন-আহার পাবে।
- বয়সের প্রমাণপত্রের অভাবে কোনো শিশুকে বিদ্যালয়ে ভর্তি করতে অস্বীকার করা যাবে না।
- শিশুদের অবৈতনিক ও বাধ্যতামূলক আইন, ২০০৯-এ উল্লিখিত অধিকারসমূহ যদি লঙ্ঘন করা হয় তবে প্রতিটি শিশু বা তার মাতাপিতার অথবা অভিভাবকের স্থানীয় কর্তৃপক্ষের কাছে প্রতিবিধান চেয়ে অভিযোগ দায়ের করার অধিকার থাকবে।
- স্থানীয় কর্তৃপক্ষকে তিন মাসের মধ্যে অভিযোগ সম্পর্কে সিদ্ধান্ত নিতে হবে।
- প্রত্যেক শিশু অষ্টম শ্রেণি পর্যন্ত শিক্ষা সমাপ্ত হওয়ার পর সংশ্লিষ্ট বিদ্যালয় প্রধানের শংসাপত্র পাবে।



রাজ্য প্রকল্প অধিকর্তা, সর্বশিক্ষা অভিযান রাজ্য মিশন, ত্রিপুরা,  
বিদ্যালয় শিক্ষা দপ্তর, ত্রিপুরা সরকার কর্তৃক প্রচারিত।



## বিদ্যালয়ে সংশোধিত সাপ্তাহিক সাধারণ খাদ্যতালিকা

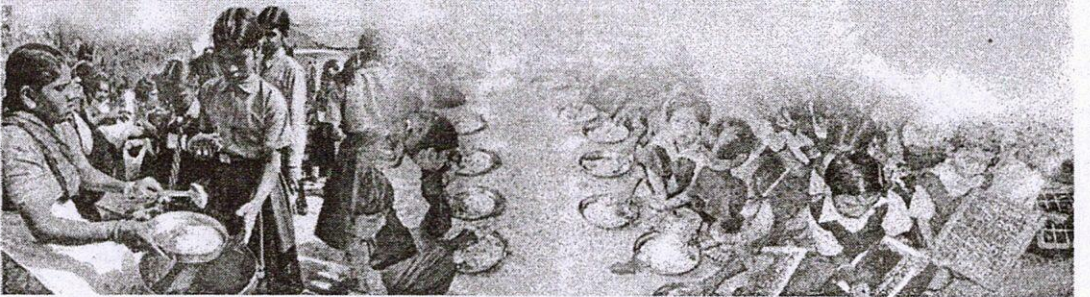
ত্রিপুরা রাজ্য সরকারের কঠোর ব্যবস্থাপনা ও তত্ত্বাবধানে ১ সেপ্টেম্বর ২০০৬ থেকে প্রতিটি সরকারি ও সরকারি অনুদানপ্রাপ্ত বিদ্যালয়সমূহে মধ্যাহ্নকালীন আহারে সপ্তাহে দু-দিন ডিমসহ বিভিন্ন সাপ্তাহিক সাধারণ খাদ্যতালিকা চালু করে। বিদ্যালয়ের এম টি এ-এর প্রত্যক্ষ তত্ত্বাবধানে এবং গ্রাম ও শহরের পি আর আই সংস্থার সক্রিয় অংশগ্রহণে দৈনন্দিন খাদ্যের গুণাগুণ ও উহার পুষ্টিমূল্য সুনিশ্চিত করা হয়।

১৩ জুন ২০১১ থেকে মধ্যাহ্নকালীন আহার প্রকল্পের অন্তর্গত প্রচলিত সংশোধিত সাপ্তাহিক খাদ্য তালিকা নিম্নরূপ -

সোমবার	-	খিচুড়ি
মঙ্গলবার	-	ভাত ও ডিমের তরকারি
বুধবার	-	ভাত ও সবজি
বৃহস্পতিবার	-	ভাত ও ডিমের তরকারি
শুক্রবার	-	ভাত ও সবজি
শনিবার	-	পায়েস / খিচুড়ি / ভাত ও সবজি (বিদ্যালয় কর্তৃপক্ষের সিদ্ধান্ত অনুযায়ী যে-কোনো একটি)

বর্তমান খাদ্যতালিকার পুষ্টিমূল্য

ক্যালোরির পরিমাণ	-	প্রতিদিন ৫১৪ কিলো ক্যালোরি
প্রোটিনের পরিমাণ	-	প্রতিদিন ২২ গ্রাম
ক্যালসিয়ামের পরিমাণ	-	প্রতিদিন ৫৬ মিলিগ্রাম





**Keep your school  
and home clean.  
Keep your house  
and School green.**



**Azadi Ka  
Amrit Mahotsav**