

**NHTOI**

**1000**

**HKRUNLAM**

**1**

**Ma hkum Kanu ni hte  
ma chy jaw ai Kanu  
ni a matu hkam kaja  
lam hte htap htuk ai  
lu sha hkrang**

# Nhtoi 1000 hkrunlam maumwi mabyin ngu ai gaw hpa rai ta?

Nhtoi 1000 hkrunlam ngu ai gaw Kanbau jawng hte malu masha shalaw shalam gumhpraw hpung (LIFT) kaw nna madi shadaw da ai masing ni hta rawng ai akyu hkam sha lu ai mare kahtawng kata na shawa masha yawng a matu hkyen lajang da ai, galam mai ai sumla pa maumwi mabyin langai re. Ndai maumwi mabyin hta daw 2 lawm nna, lu sha n-gun hte seng ai lam madung ni a lam bawngban ai lam hpe myit sharawt ya na matu hte hpaji jaw na matu yaw shada ai. Hkum sha ngu nna pat hkum da ai htunghkying makam ni, masha kaba ni kaw nna ayan na, na ga ai (galoi mung n-jaw ai) shiga ni, ma Kanu lu sha n-gun, ma hkyeng hkalung hte ma kaji ni hpe malu masha jaw sha ai ladat ndai zawn re ai ni hpe nhtoi 1000 hkrunlam gaw shapraw madun dan da ai.

Nhtoi 1000 hkrunlam gaw madi shadaw ai wa kaw nna, shawa masha uhpung langai hpe shadan shapraw madun dan ai sumla hte rau madun ai maumwi mabyin langai re. Madat ai shawa masha kaw num la yawng, asak kaji kaba yawng mai shang lawm ai. Madat ai ni hpe maumwi mabyin ka-ang hta kalang, jahtum hta kalang madi shadaw ya ai wa kaw nna gasan n kau san ra ai.

Dai gasan ni gaw nhtoi 1000 hkrun lam hta lawm ai lam ni a lam hpe, bawng ban hpawng langai hta sa du madat ai shawa masha

ni a lapran hta sha-byin sha-ngun ai. Bawngban na matu gasan ni naw san mayu ai rai yang myit ra ai hku jai lang lu na matu gasan nkau ni hpe maumwi mabyin tsun wa ai dingyang hta kahtap bang da, madun da ai. Lama na aten nlu ai rai yang, kahtap bang da ai gasan ni hpe shalai kau mai ai. Bawngban hpawng hpe madi shadaw ya ai wa kaw nna hkang mat lu na matu karum kahtau byin sha-ngun na “shiga madung” ngu ai daw mung ndai laika buk hta rawng ai.

Marai 20 hta n-jan ai shawa masha hpawng hpe madi shadaw ya ai wa kaw nna, maumwi mabyin hpe shawng nnan hti dan ra ai. Bawngban na matu gasan ni san sa na rai yang, madat ai ni hpe marai 4-5 hpra uhpung kaji ni garan hpawng da ra ai. Uhpung kaji ni garan hpawng kau ai a marang e, hku hkau ganawn mazum ai lam, shang lawt ai lam hte, a-manu sha re ai makau grup yin langai hpe byin sha-ngu na re.

Maumwi mabyin gaw n-galu ai rai tim, bawngban na matu aten law law lu na matu ahkyak ai. Maumwi mabyin hpe hti dan, bawngban na matu aten hkying hkum 1 ngu nna masat mai ai. Lama na hkying hkum 1 lai mat tim, maumwi mabyin daw mi sha naw ngut ai rai yang, karum madi shadaw ya ai wa hku nna tsun dan bawngban nga ai daw hpe ngut hkra galaw kau nna, ngam nga ai maumwi mabyin hpe sha-ngut na matu, madat ai shawa masha ni hpe hpang kalang bai sa wa na matu aten bai jahtuk la mai ai. Maumwi mabyin hpe bawngban ai shaloi, masha hpawng langai hte langai lanyen ai lam, langai lawan ai lam ni n-bung ai. Dai majaw maumwi mabyin ngut ai du hkra, madat ai ni hte hkum ra na a-lang mung amyu myu shai chye ai.

## Yaw shada ai lam

Nhtoi 1000 hkruklam hpe ka ai a yaw shada lam gaw,

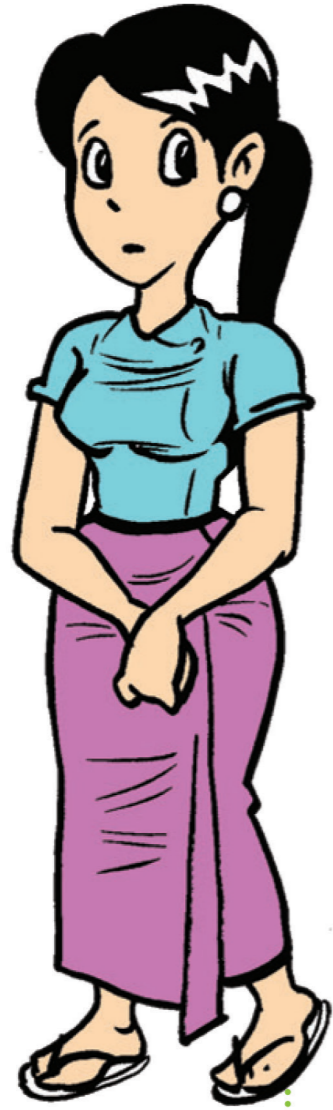
- Kanu hte ma a lusha n-gun hte seng nna, mare buga hta nga ai mung shawa masha ni nchye shi ai lam ni hpe jahpring ya na matu
- Maren buga kata hta nga ai ni yawng hpe asak pang num la n-garan ai sha, lusha n-gun hte seng ai tinang a mayak ni, myit tsang ai lam ni hpe shadan shapraw tsun sha-ngun nna, tinang hte asak pang bung ai ni hte rau bawngban tsun jahta ai lam hpe n-gun jaw na matu
- Karum kahtau ra wa yang, gaga masha kaw nna shiga ni, hpaji jaw ai lam ni hpe kahtap tam yu na matu shada da matsun ya ai lam hpe n-gun jaw na matu rai nga ai.

## Madi shadaw ya ai wa a daw

Madi shadaw ya ai wa gaw gasan ni hpe lam matsun hku jai lang let, shawa masha ni a lapran hta bawngban ai lam byin pru na matu karum ya ra ai. Shawa masha hpe ga shaga na ahkang jaw na matu, madi shadaw ai wa gaw ga kachyi myi sha shaga ra ai. Shawa masha ni kaw nna tinang a ningmu, gasan ni, myit tsang ai lam ni hpe tsun shapraw dan na matu kanung taw ai rai yang, kahtap jaw da ai gasan ni hpe san ra ai.

Mare buga masha ni hte hkruklam nna nhtoi 1000 hkruklam hpe tsun dan shagu, madi shadaw ai ni hkan nang hkan sa na matu hpaji jaw ai lam nkau hpe madun da ai.

- Mare bunga masha ni gaw tinang a dinghkrai hkap la ai lam ni hpe teng man ai hku hte wanglu wang lang tsun jahta gwi na, grai wa n-hkyik ra ai, makau grup yin langai hpe gin shalat u.
- Yawng a ningmu hpe hkungga lara di u.
- Mare buga masha ni tsun ai hta shut ai lam nga ai rai tim pyi, dingdun dawdan ai lam hkum galaw.
- Asan sha re ai lam matsun ai lam ni hpe jaw let, mare buga masha ni hku nna tinang hpa galaw ra na re hpe hkarak asan sha chyena na lam hpe shateng u.
- Tsun dan mat wa ai lam ni hpe nchye na ai rai yang gasan san na matu (sh) kahtap nna sanglang dan na matu hpyi shawn ai lam ni galaw hkra n-gun jaw lajin u.
- Uhpung kaji kaba hta hkan nna, masha yawng a-manu sha, dung lu na matu hkarak ram ai dam lada ai shara nga u ga.
- Mare buga masha ni gaw tinang madat taw ai maumwi mabyin hpe myit shang sha nga na matu, maumwi mabyin hpe apyaw sha rai nna, myit rawt ai hku hti dan u.
- Bawngban tsun jahta na matu aten law hkra jaw u. Maumwi hpe hti bawngban yu nga ai dingyang hta daw langai hpe bawngban ngut ai hte gaga daw de matut sa u.



Ma San Htwe



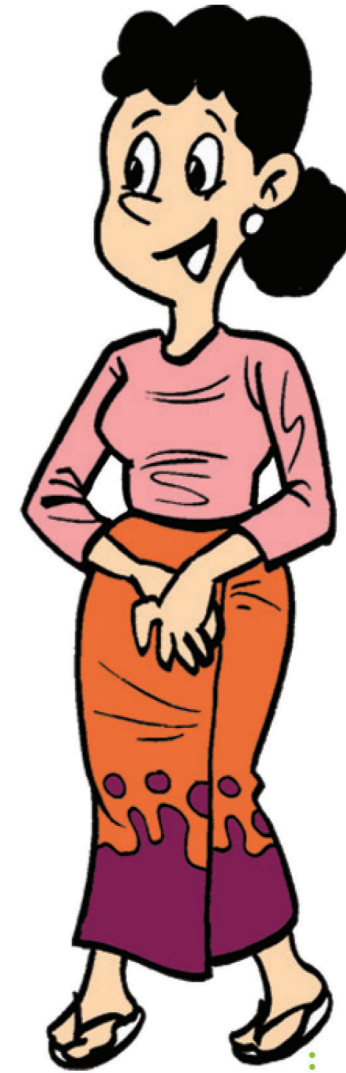
Ko Ta Htoo



Daw Taung Chyi



Ko Awng Myit  
(Hkai sun sara)



Ma Tuza  
(Ko Awng Myit  
a madu jan)



Daw – 1

# Ma hkum kanu hte ma chyu jaw ai kanu ni a matu hkam kaja lam hte htap htuk manu ai lu sha hkrang

Yaw shada lam

Ma hkum kanu hte ma chyu jaw ai kanu ni a matu amyu hkum sum hpa rai nna, hkam kaja lam hte htap htuk manu ai lu sha hkrang a lam machye machyang sharawt ya na matu.

Sharin ai lam hta karum ai arai ni (teaching aids)

- Maumwi mabyin laika buk
- Laika maisau pa gaman
- Nsam hke dan ni



Madi shadaw ai wa matsing na matu: maumwi mabyin a hpang jahtum hta shiga madung daw nga ai. Ndai shiga madung ni hpe hkrak chyechap nga na matu hkyen da nna, bawngban nga ai laman htap htuk ai aten shagu hta tsundan garan kachyen ya u. Shiga madung ni gaw bawngban taw nga ai laman hta byin pru wa chye ai, shut taw ai myit sumru ningmu ni hte shiga lamyi ni hpe sharai shading ya ai shaloi, nang hpe karum ya na ra ai.

Matsun ai lam

Madat ai ni hpe ndai hku sanglang dan u.

1. Nhtoi 1000 hkrunlam ngu ai maumwi mabyin langai hpe hti dan na re.
2. Na na aten hpe shana da u. (Maram yu yang, hkying hkum 1 ram na na rai tim, rau ai ten hta hkan nna aten hpe shayawm/ shajat ai lam galaw mai ai.)
3. Maumwi mabyin hpe hti dan taw ai shaloi, bawngban na gasan nkau hpe san na re.
4. Bawngban ai lam ni hpe uhpung kaji ni hte (sh) madat ai ni yawng hte galaw mat na re.
5. Ahkyak ai lam lama ma byin pru wa nna, atsawm sha bawngban na matu ra wa ai rai yang, madi shadaw ai wa gaw laika pa hta ka matsing da ra ai. Dai rai yang she, maumwi mabyin ngut mat ai shaloi, bai bawngban lu na re.



# 1

## Maumwi mabyin

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Ma San Htwe gaw lai wa sai shata 2 hta ma shangai ai. Ma shangai ngut ai hpang kaw nna, shi a lagaw lahkawng yan n-gun yawm nna lawu daw gari gawa byin taw ai. Ma San Htwe gaw shi a kanoi tsun ai yawng hpe madat mara nga dinglen hpa majaw ndai zawn hkam sha ra taw ai ngu ai hpe n-lu myit hkawn taw ai.



## Maumwi mabyi hpe nsen ja ja hti u.

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## Maumwi mabyi hpe nsen ja ja hti u.

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Myit ra ai hku lata mai ai jat bang da ai gasan ni.

- Ma San Htwe gaw sha a lagaw n-gun yawm ai (Lawu daw gari gawa byin ai) hte seng nna, myit tsang ra na kun?
- Ma San Htwe hpa majaw hkum lawu daw gari gawa byin ai ngu shadu ai kun?
- Ma San Htwe hpe gara hku karum lu na kun?







## 2

### Maumwi mabyin

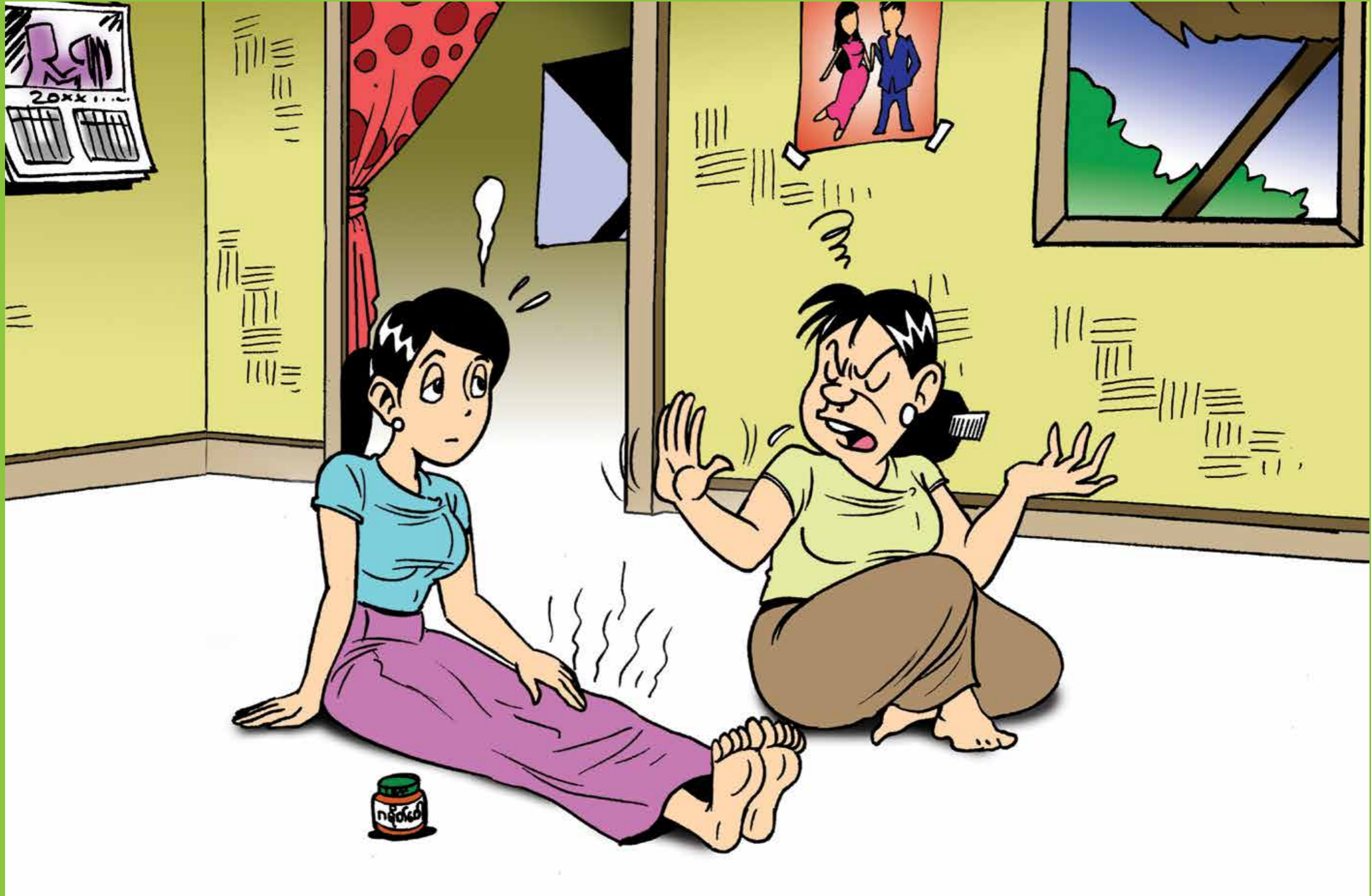
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Ma shangai ngut ai hpang shani hkan hta hka katsi ni, sapbya ni hte hkra hkrup yang lawu daw gari gawa byin chye ai ngu nna, shi a kamoi tsun ai. Dai majaw Ma San Htwe gaw hka katsi mung, sapbya mung tsep kawp nlang wa ai. Dai hta sha n-ga, Ma San Htwe gaw lu sha sha ai lam hta mung, kamoi hpaji jaw ai hte maren hkan nang hkan sa wa ai. Ma shangai ngut ai ten kaw nna, hpang bat 2 du hkra, shat, jum hte shingnam shaprut ai ntsin sha lu wa ai. Ya chyawm gaw, Ma San Htwe gaw gaga malu masha ni hpe jat nna sha wa sai. Rai tim, shapre ni, nga ni, namlaw namlap zawn re ai malu masha law law hpe n-sha shi ai.

### Myit ra ai hku lata mai ai jat bang da ai gasan ni.

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- Na mare buga hta ma hkum kanu hte ma chyu jaw ai kanu ni a malu masha hte seng nna, htunghkying ni, rit kawp ni nga ai kun? Nga jang tsun dan rit.
- Ma gun taw ai shaloi hte ma chyu jaw taw ai ten hta hpa hpe sha ra na, hpa hpe n-mai sha ai nga nna ndai zawn re ai num ni a dawdan ai lam ntsa hta gadai wa gaw up lu ai ahkang nga ai rai?



# 3

## Maumwi mabyin

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Ma San Htwe gaw kamoï a hpaji jaw ai lam ni hpe n-tsen wa ai. Ngai lawu daw gari gawa byin wa ai gaw malu masha ni hpe n-sha ai sha koi gam ai majaw kun ngu nna kamoï Daw Taung Chyi hpe san yu ai. Daw Taung Chyi gaw lawu daw gari gawa byin ai gaw malu masha koi gam ai majaw nre. Masha kaba ni gaw ma grai shangai ga ai. Mahkrum madup ni mung grai law taw sai. Nanhte hta mung lam shagu hta grau chye ai. Nanhte masha kaba ni a ga sha madat u ngu nna bai tsun ai. Nang ma gun ai shaloi, lusha law law n-sha na matu, law law sha yang ma grai kaba nna, shangai yak na ngu ngai tsun wa ai hpe naw dum ai nre i. Dai shaloi, na kamoï a ga nang madat wa ai majaw she, ma kachyi sha law hpe mayak manghkang n-nga ai sha atsawm lu shangai wa ai hpe matsing u ngu nna Daw Taung Chyi gaw bai shadum dat ai.





# 4

## Maumwi mabyin

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Laiwa sai bat ni hta nta sun wang kata hta dangdi dangdep ai hkai sun wunkat lung na matu Ma San Htwe a madu wa Ko Ta Htoo hpe mare buga comiti kaw nna lata dat ai.







# 5

## Maumwi mabyin

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Nta shawng na ga shara hta namlaw namlap ni hkai na matu, Ko Ta Htoo wunkat lung sa na nga majaw, dai shiga hpe na ai hte Ma San Htwe hte Daw Taung Chyi ni grai arawng la kabu ma ai. Namlaw namlap ni hpe dut nna, shang gumhpraw shajan lu tam na matu mung Daw Taung Chyi myit mada ai.

## Myit ra ai hku lata mai ai jat bang da ai gasan ni

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- Na mare buga kaw nta sun wang kata hta sun hkai ai lam ni galaw ma ai kun? Dai lam hpe tsun dan rit.
- Nta sun wang na hkai sun hpe gadai lit la ai rai? Nta wang kata hta hpa hpun ni hpe hkai na ngu ai hpe gadai dawdan ai rai?
- Nta sun wang kata na hkai sun hta namlaw namlap ni hte laning mi tup hkai let shu la na matu byin mai ai kun?
- Na sun wang kata hta hkai sun nga ai rai yang, shu la lu ai ni yawng hpe dut kau ai kun (sh) nta masha ni sha na matu ngam da ai kun?



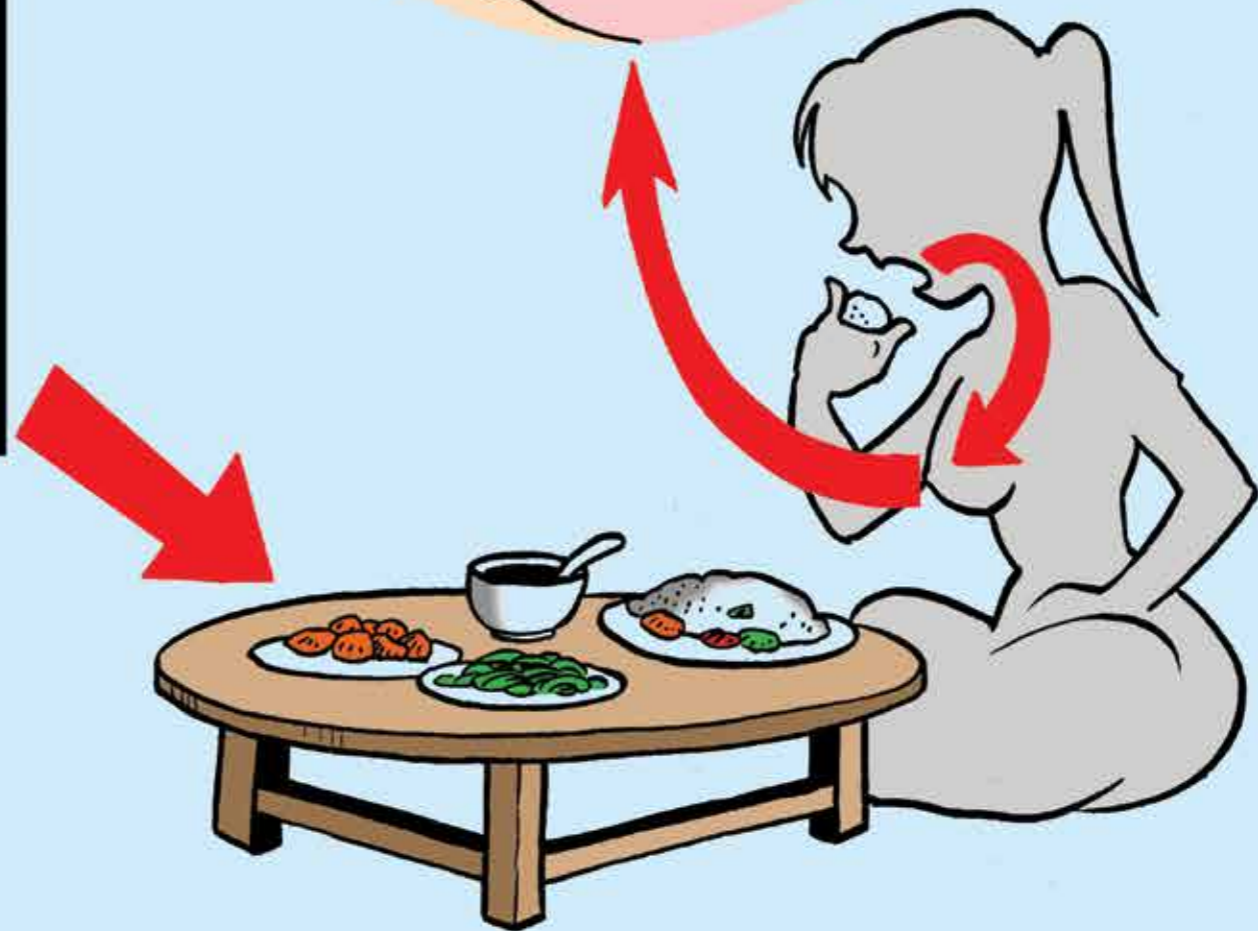
# 6

## Maumwi mabyin

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Lani mi hta Ko Ta Htoo gaw wunkat lung ngut nna, nta de bai wa ai. Shi sharin hkam la wa ai latjet ni a lam nkau hpe Ma San Htwe hpe bai tsun dan ai. Hkai sun sara Ko Aung Myit gaw namlaw namlap hkai ai lam ni hpe tsun dan ngut ai hpang, lu sha uhpung 3 ting kaw nna lu sha ni hpe sha na matu ahkyak ai. Dai zawn sha yang she masha ni gaw hkam kaja kung hpan na re ngu nna sharin ya ai.





# 7

## Maumwi mabyin

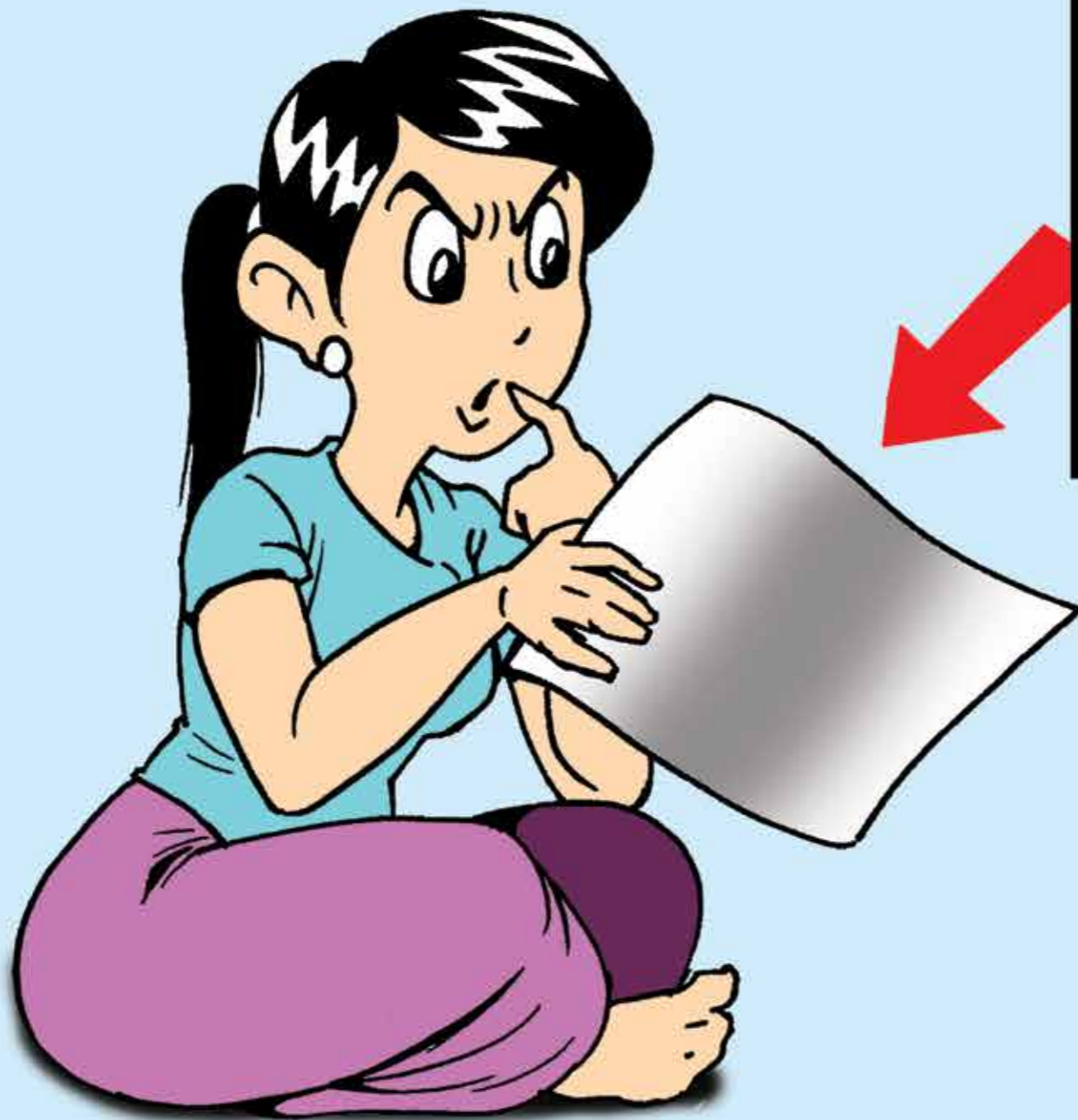
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Lu sha uhpung 3 ni gaw (shat, hkausoi, hkaulan muk ndai zawn re ai) n-gun shabyin ai lu sha uhpung, (shan, nga, di amyū myu, sha-pre amyū myu ndai zawn re ai) hkumhkrang hpe gaba rawt shangun ai lu sha uhpung, (nta wang kata hta hkai na matu yaw shada da ai namsi namsaw hpan hkum hkra, namlaw namlap hpan hkum hkra ndai zawn re ai) ana zinli hpe makawp maga ya ai lu sha uhpung ni rai nga ai. Ma hkum kanu hte ma chyū jaw ai kanu ni gaw lu sha hpe shawoi na hta grau nna sha ya ra ai. Dai hta sha n-ga, lu sha uhpung 3 ting kaw nna lu sha ni hpe mung shani shagu sha ya ra ai. Dai rai yang she, tinang sha dat ai lu sha n-gun ni gaw, kanu a chyū kaw nna ma de du mat na rai nga ai. Ma a matu ra ai lu sha n-gun ni yawng hpe kanu a chyū kaw nna lu la na matu, ma chyū jaw ai kanu ni gaw amyū hpan hkum nna hkam kaja lam hte htap htuk ai lu sha ni hpe sha ya ra ai.

## Myit ra ai hku lata mai ai jat bang da ai gasan ni.

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- Na mare buga hta ma chyū jaw ai kanu ni n-mai sha ai lu sha nga ai kun? Dai lailen hpe nang myit hkrum ai kun? Hpa majaw myit hkrum ai kun? Hpa majaw myit n-hkrum ai kun?



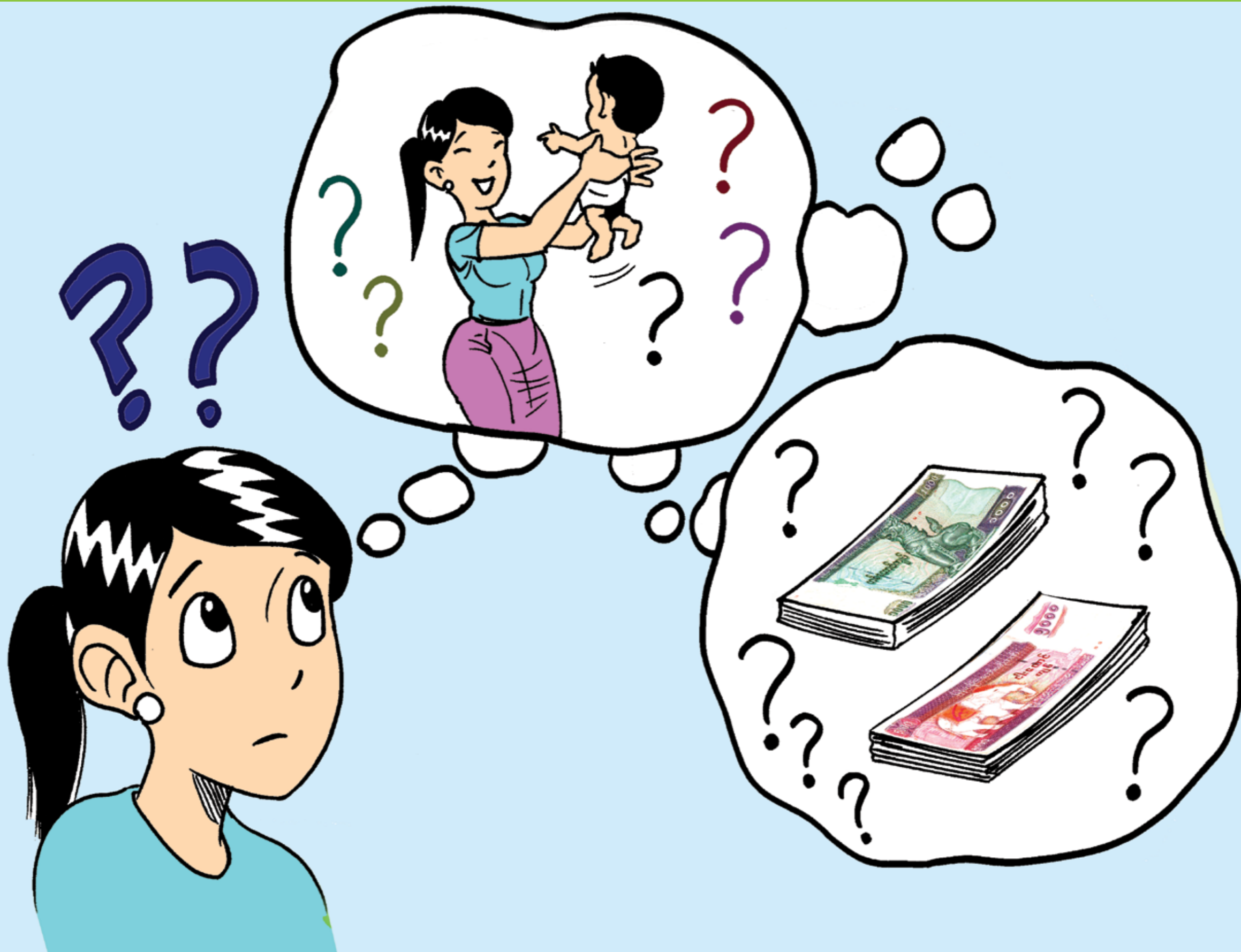


# 8

## Maumwi mabyin

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Ma San Htwe gaw ndai lam ni hpe na ai hte grai nan myit shang sha mat ai. Shi gaw Ko Ta Htoo la wa ai lu sha uhpung 3 ndau garan laika pa hpe hkaja yu nna, shi hpe n-gun grau sha-byin shangun na hpaji jaw ai lam ni hpe hkan nang hkan sa mayu wa ai. Rai tim, ndai hku hkan nang hkan sa ai rai yang, kamo hpe n-gawn n-sawn galaw ai zawn san mat na kun ngu nna bai myit tsang taw ai.



# 9

## Maumwi mabyin

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Shi gaw lu sha grau hkum hkra sha ai rai yang, shi a hkam kaja lam mung, shangai ai kaw nna kaji tek taw ai chyu chyu ai ma a hkam kaja lam mung grau hkrak wa na kun ngu nna chye mayu wa ai. Lu sha hpe grau hkum ai hku sha ai rai yang, gumhpraw grau ma na hpe mung tsang ai.



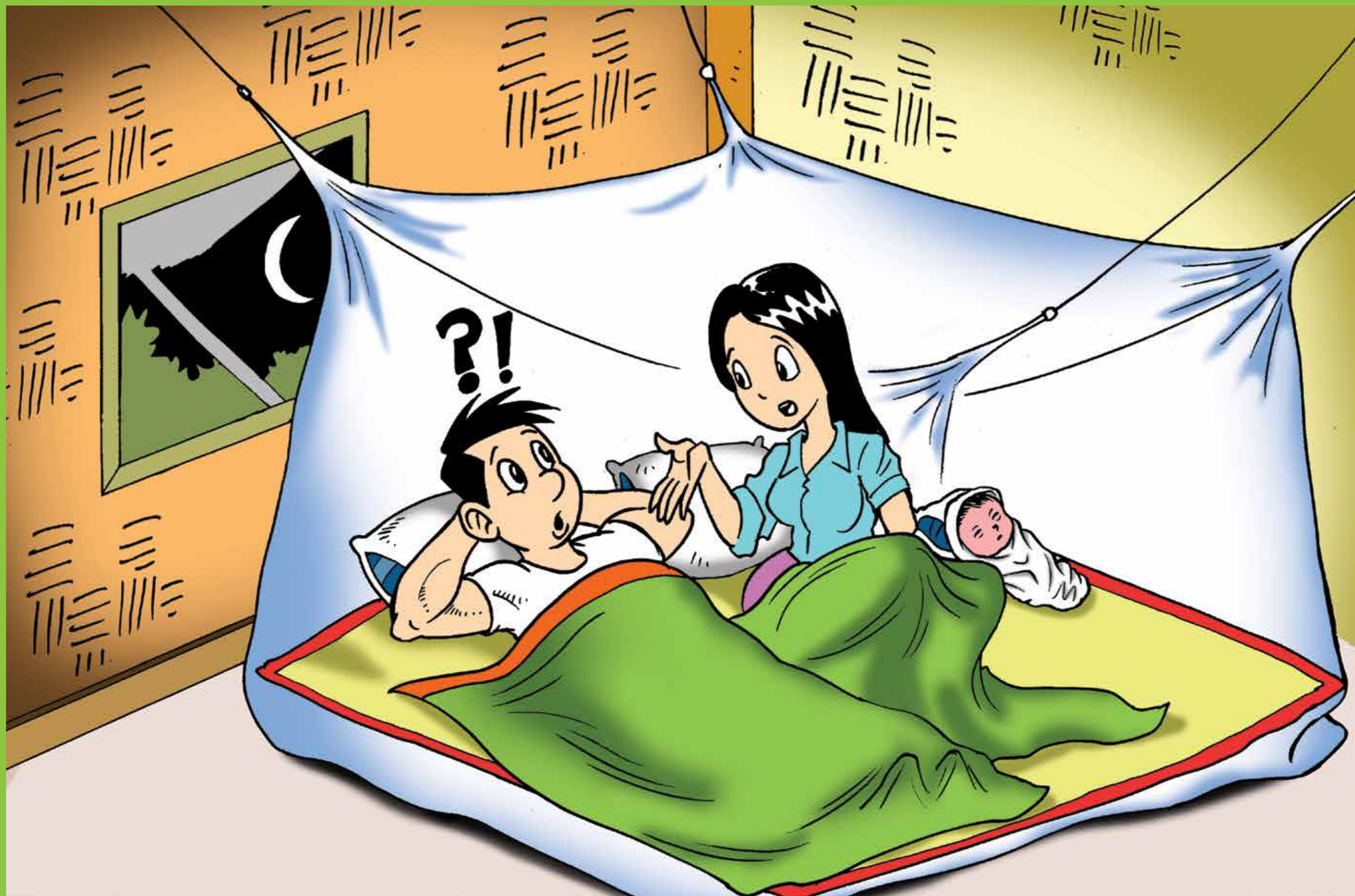
Ndai shara hta maumwi mabyin hti ai hpe jahkring kau nna, madat taw ai ni hte rau bawngban jahta u. Bawngban jahta na matu aten minute 15-20 daram na na re. Bawngban jahta ngut ai hpang maumwi mabyin hpe matut hti u.

## Bawngban ai lam

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- Amyu hpan hkum hkra lawm ai lu sha ni a hkrat jarit hte seng nna, Ma San Htwe gaw hpa majaw myit tsang ai rai? Na mare buga hta ndai hku byin chye ai kun?
- Ma San Htwe gaw shi kamoit hte seng nna, hpa ni hpe myit tsang ai rai?
- Na mare buga na masha kaba ni gaw ma hkum kanu hte ma chyu jaw ai kanu ni hpe gara hku hpaji jaw ma ai rai?
- Dai hpaji jaw ai lam ni hpe nang gara hku shadu ai rai?
- Na mare buga hta masha kaba ni a hpaji jaw ai lam hpe n-hkan yang hpa ni byin chye ai rai?
- Hkam kaja lam hte htap htuk ai lu sha ni hpe Ma San Htwe sha lu na matu, anhte ni hparan karum ya lu na lam n kau mi hpe tsun dan rit.
- Ndai maumwi mabyin hpa matut byin na ngu shadau ai rai?





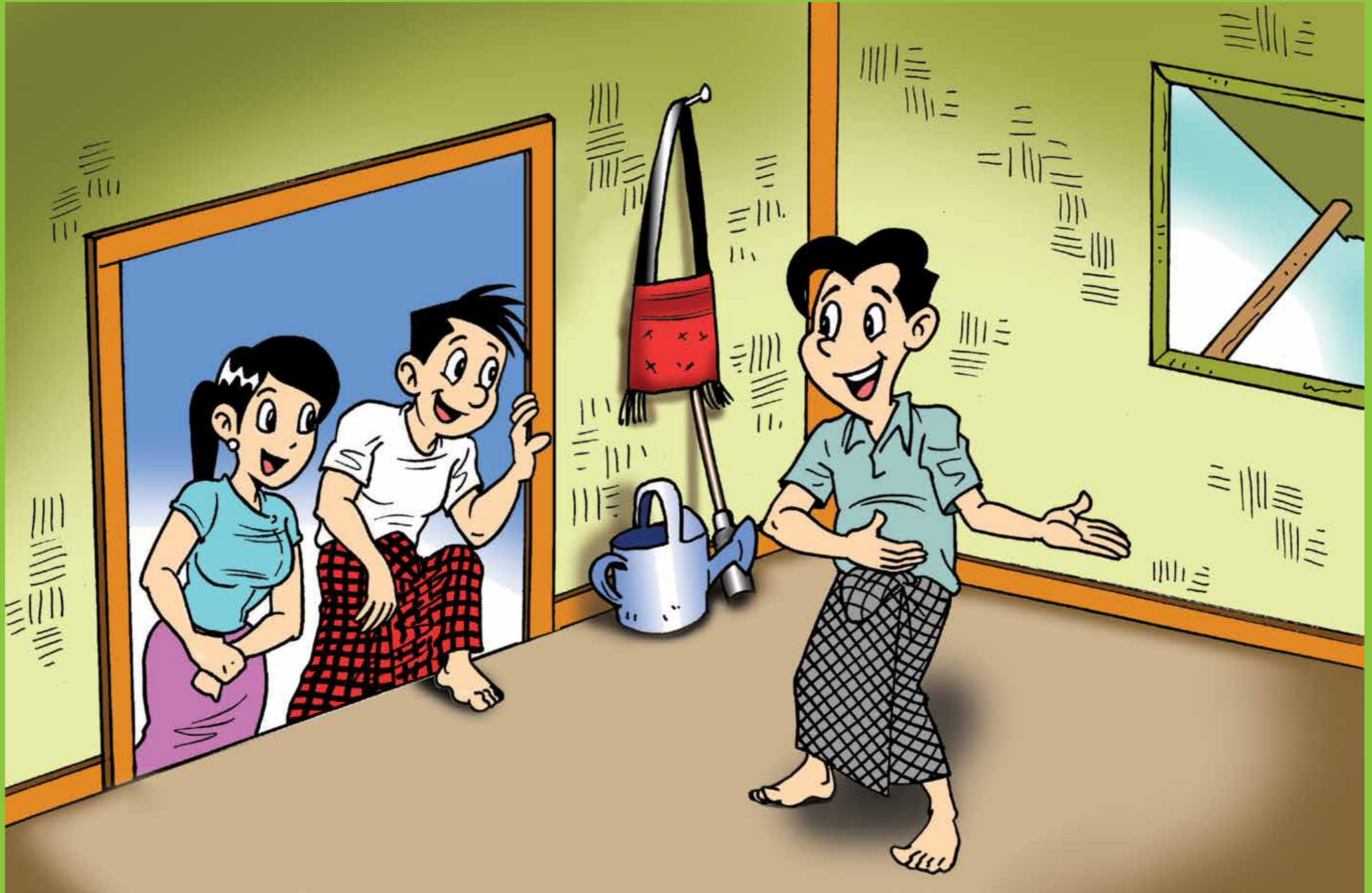
# 10

Maumwi mabyin

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Ma San Htwe gaw shi a myit ru myit tsang ai lam ni hpe shi madu wa hpe tsun dan nna bawngban yu ai. Ko Ta Htoo gaw shi a kanu hpe ndai lam ni n-tsun shi yang, hkai sun sara Ko Awng Myit hte shawng bawngban yu na matu hpaji jaw ai.





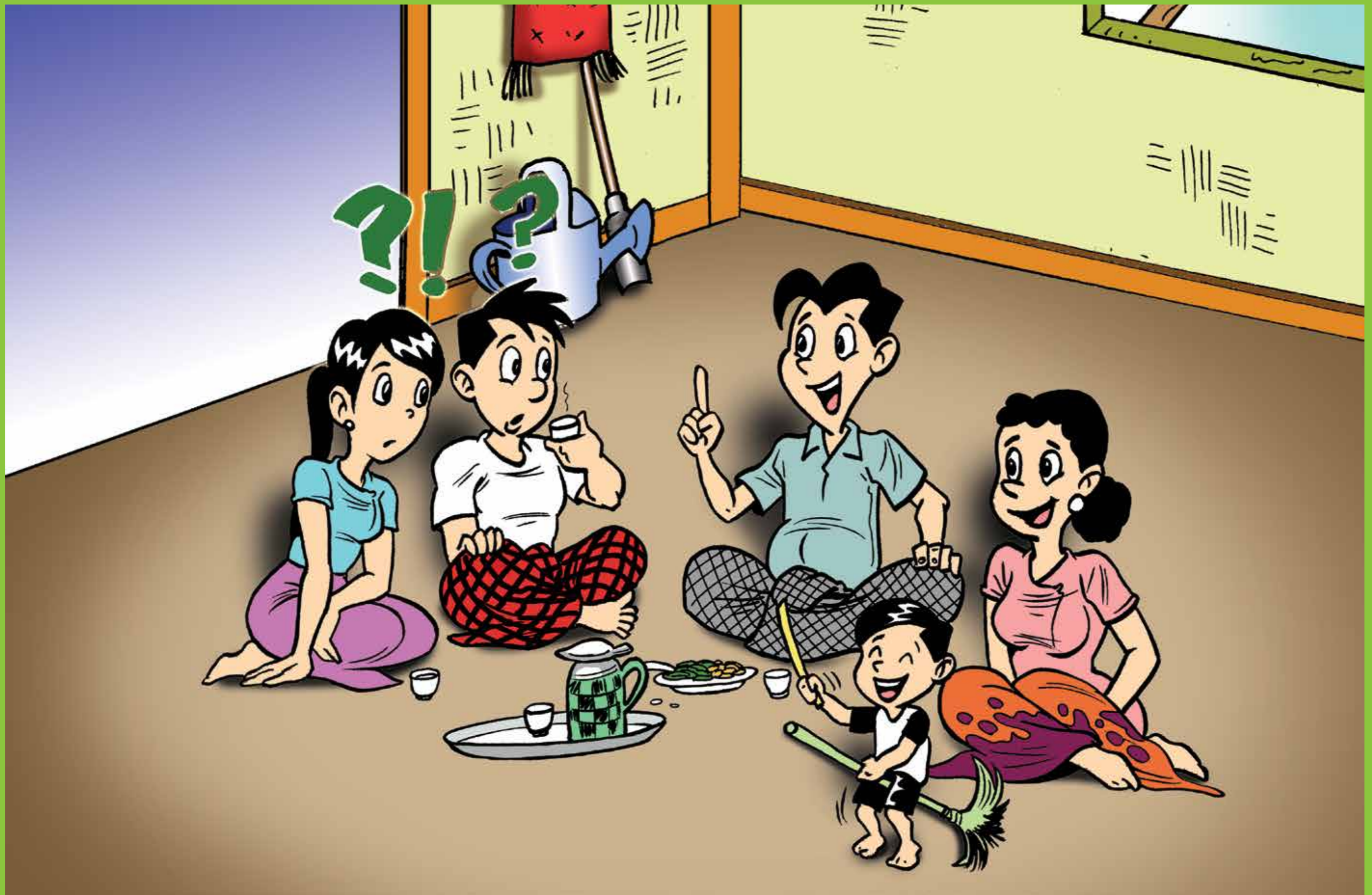


# 11

Maumwi mabyin

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Dai hte, shan la yan mare kata kaw nga ai hkai sun sara Ko Awng Myit a nta de sa chyai yang, Ko Awng Myit hte shi a madu jan Ma Tuza gaw kabu kara hkap tau ma ai.



# 12

## Maumwi mabyin

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Ma Tuza gaw shi ma gun ai shaloi hte ma chyu jaw ai aten ni kaw na mahkrum madup ni, shi sha wa ai lu sha amy myu a lam ni hpe tsun dan ai. Shi galoi mung gara hku hkam kaja kung hpan ai lam, ma mung gara hku atsawm sha gaba wa ai lam, ndai zawn re ai lam ni hpe tsun dan ai. Ma hkum nnan gun ai aten kaw nna, ma 2 ning hpring ai ten du hkra aten ladaw gaw ma langai mi kaba bawng ring wa na matu ahkyak di ai aten re. Ndai hpe nhtoi 1000 hkrulam ngu sha-ga nna, dai aten ladaw laman kanu mung ma mung atsawm sha lu sha sha na matu grai ahkyak ai ngu sang lang dan ai. Ma San Htwe gaw kamoi a hpaji jaw ai lam ni hte seng nna bai myit tsang ai. Kamoi a ga hpe n-madat nna n-gawn n-sawn galaw ai zawn byin mat na mung tsang ai ngu tsun dan ai. Dai ma-jaw, masha kaba ni a matu yaw shada ai mare buga masha ni hpe hpaji jaw ai zuphpawng langai galaw nna, hkam kaja lam hte seng ai lu sha ni a lam hte seng nna bawngban tsun jahta yang hkrak na kun ngu nna, Ko Awng Myit hpe shi a madun jan Ma Tuza gaw hpaji jaw ai. Dai hpaji jaw ai lam hpe yawmg myit hkrum ma ai.

## Myit ra ai hku lata mai ai jat bang da ai gasan ni.

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- Mare buga masha ni hpe hpaji jaw ai zuphpawng galaw na ngu ai myit manawn hte seng nna nang gara hku shadu ai rai?
- Mare buga masha ni hpe hpaji jaw ai zuphpawng kaw ma hkum kanu ni hte ma chyu jaw ai kanu ni a matu hkam kaja lam hte seng ai lu sha ni a lam tsun dan na matu nang gadai hpe saw shaga na rai?
- Masha kaba ni shang lawm ging ai kun? Shanhte sa wa na ngu nna nang shadu ai kun?





# 13

## Maumwi mabyin

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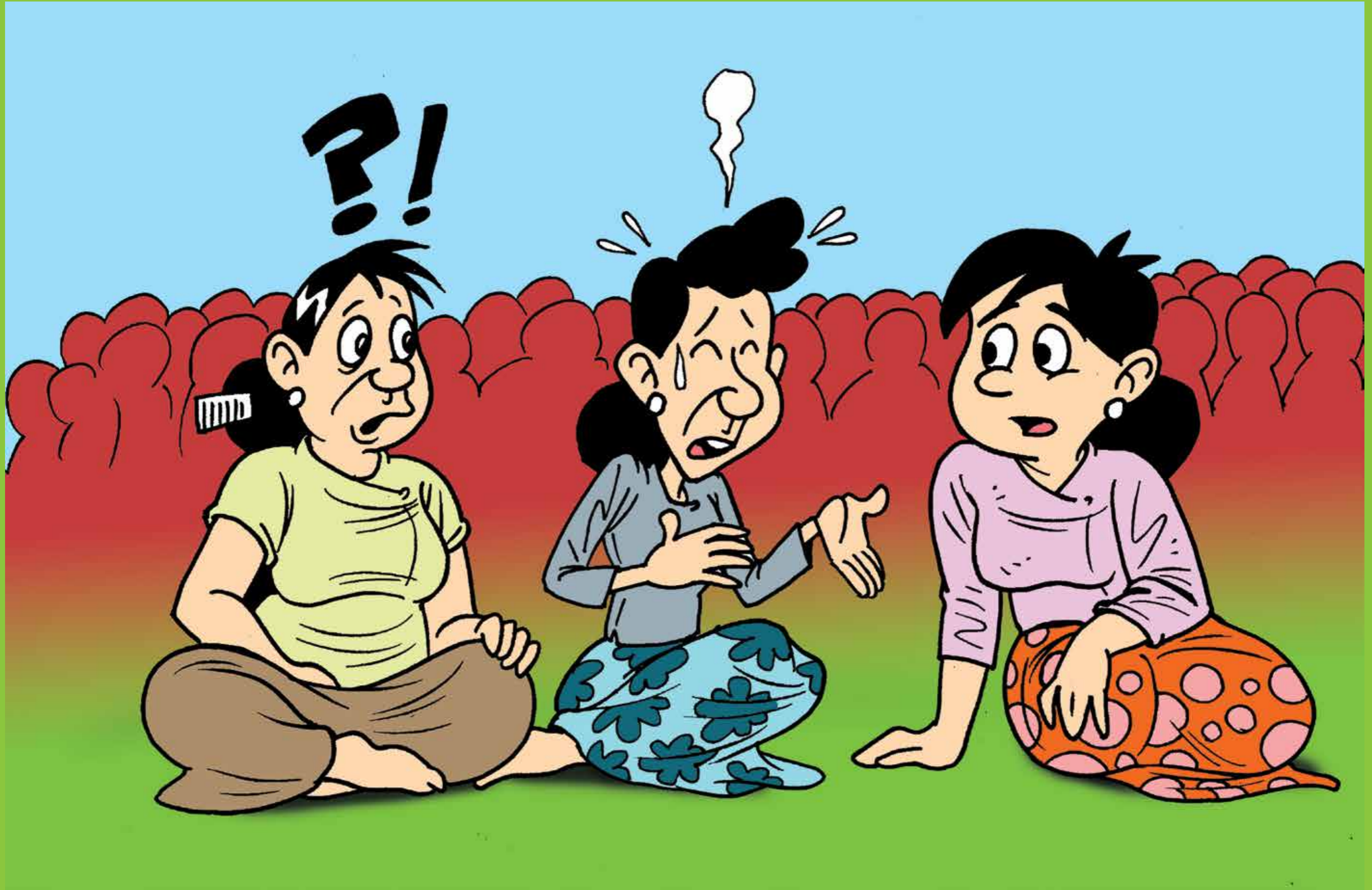
Ywa Taya mare kaw mare buga masha ni hpe hpaji jaw ai zuphpawng langai galaw ai. Ndai zuphpawng hpe lajang ai ni gaw hkai sun wunkat sara Ko Awng Myit hte buga ma shangai tsi saranum ni rai nga ai. Zuphpawng kaw hkam kaja lam hte htap htuk ai lu sha ni a ahkyak ai lam, grau nna ma hkum kanu ni hte ma chy jaw ai kanu ni sha ra ai lu sha ni a lam hpe tsun jahta ma ai.

## Myit ra ai hku lata mai ai jat bang da ai gasan ni.

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- Ma San Htwe a matu mare buga shawa masha ni a karum kahtau gaw a hkyak ai kun?  
Hpa majaw ahkyak ai rai? Hpa majaw n-ahkyak ai rai?







# 14

## Maumwi mabyin

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Ndai zuphpawng hta Daw Taung Chyi sa lung ti mung, shi na ai lam ni a tsa n-tsen ai. Asak pang bung ai gaga hpawmi dinggai ni gaw wunkat sara hte ma shangai saranum ni gaw prat hpaji chye ai ni re majaw anhta hta grau chye ma ai. Anhte a num kasha ni mung lawu daw gari gawa byin a zinli hpe hkam sha nga ma ai. Ma ni mung nau n-kaba ma ai ngu nna tsun taw ma ai hpe Daw Taung Chyi na hkrup ai.



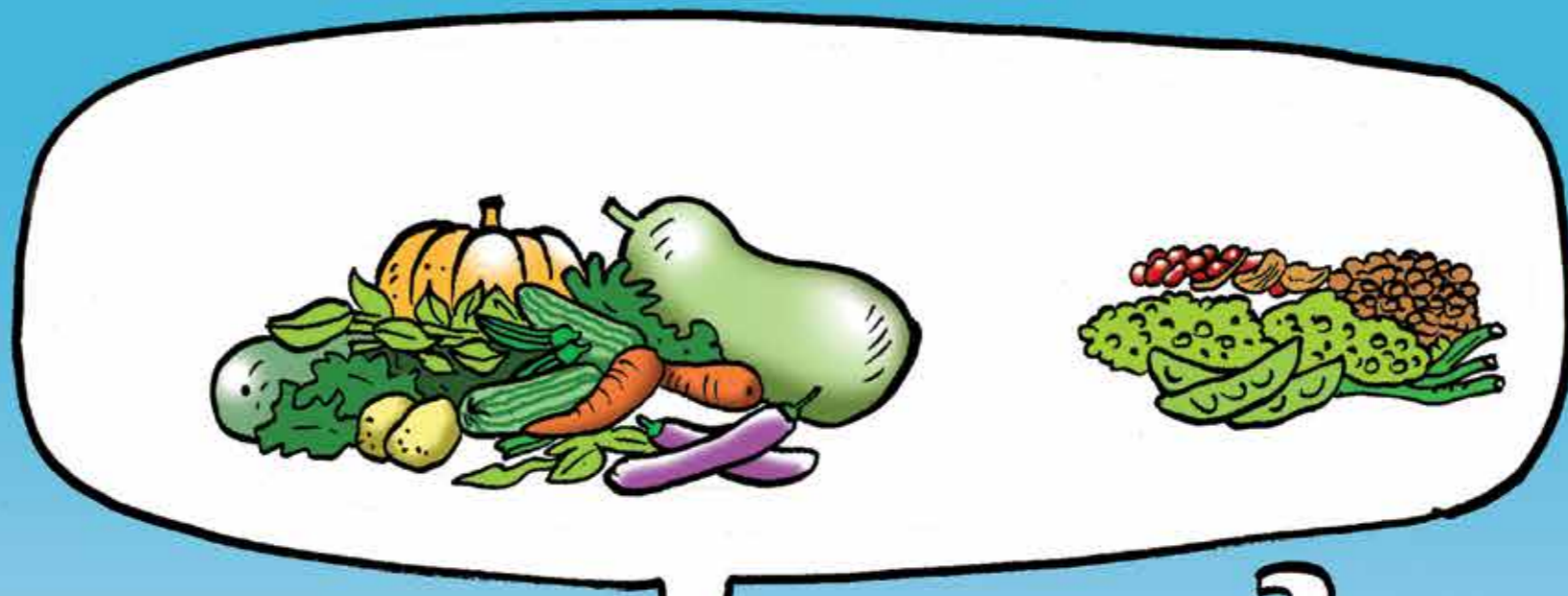
# 15

Maumwi mabyin

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Nta wa ai lam kaw, hkai sun wunkat hte mare buga shawa  
zuphpawng hta bawngban tsun jahta wa ai lam ni hpe Ma San  
Htwe hte Ko Ta Htoo gaw Daw Taung Chyi hpe bai tsun dan ma ai.  
Zuphpawng kaw nna hpaji jaw ai lam ni hte maren amyau hpan grau  
hkum ai lu sha ni hpe Ma San Htwe sha chyam yu yang kaja na  
kun ngu nna Daw Taung Chyi hpe sadi kaba tawn nna hpaji jaw ma  
ai.





# 16

## Maumwi mabyin

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Nta sun wang kata na namlaw namlap law law hpe nta masha ni sha na matu, grau nna Ma San Htwe sha na matu yan da nna, hkam kaja lam hte grau htap htuk ai lu sha ni hpe gumhpraw law law n jai ra ai sha, sha lu na lam ladat ni hpe tam na matu, Gashadaw: manap muk hpalap ni hpe mari na malai, namsi namsaw ni hpe mari na matu. Makau grup yin kaw shi hkrai shi tu ai sha mai ai tsit ai nsam rawng ai namlaw namlap nkau hpe di la nna shadu sha na matu, shan, nga ni hpe n-lu mari yang, shapre ni hpe grau sha na matu, hkai sun wunkat sara Ko Awng Myit gaw hpaji jaw ai ngu nna Ko Ta Htoo gaw tsun dan ai. Daw Taung Chyi gaw hpaji jaw ai lam ni hpe hkan galaw yu na matu myit hkrum dat ai.

## Myit ra ai hku lata mai ai jat bang da ai gasan ni.

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- Na mare buga kaw madu wa ni gaw tinang a madu jan hte nta masha ni hpe amyuu hpan hkum nna, hkam kaja lam hte htap htuk ai lu sha ni sha lu na matu madi shadaw ma ai kun? Madi shadaw gying ai kun? Gara hku madi shadaw gying ai rai?







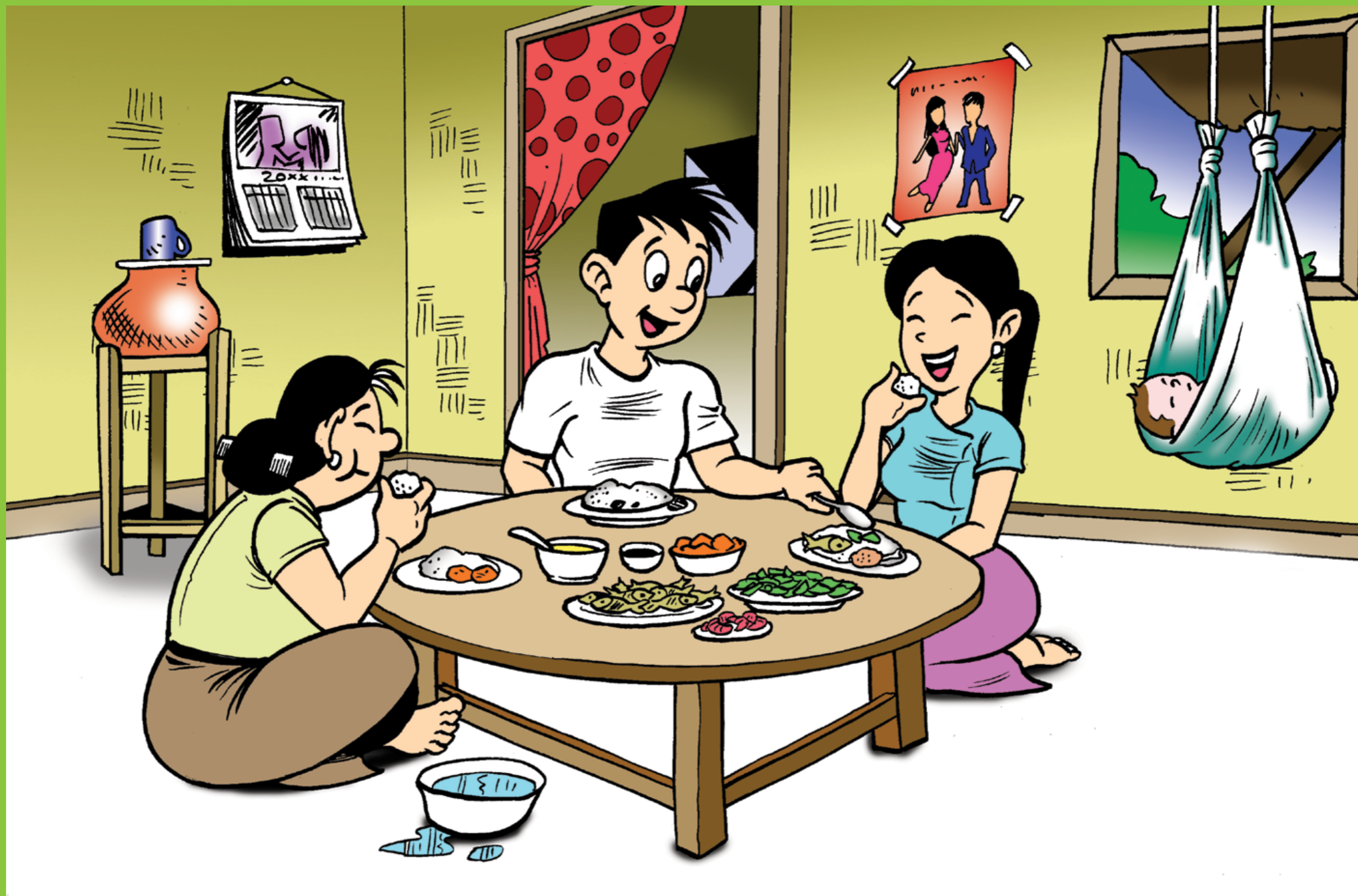


17

Maumwi mabyin

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Rai tim, Daw Taung Chyi n-tsen ai lam ni naw nga shi ai.



# 18

## Maumwi mabyin

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Bat hpang loi mi na ai hpang, Ma San Htwe gaw grai hkam kaja zet let wa ai. Shanhte ni yawng gaw shat sha saboi kaw rau dung nga nna, amyu hpan hkum ai lu sha ni hpe sha taw ma ai. Ma San Htwe hte shi a kasha mung grau hkam kaja kung hpan wa ma ai majaw, wunkat sara a lakjet ni gaw jaw na re ngu nna Daw Taung Chyi masat ai. Hpawmi dinggai ni rai tim mung hpaji ningnan ni hpe naw sharin hkam la mai nga ai ngu nna Daw Taung Chyi yin la hkam la mat ai.



Maumwi mabyin daw (1) ngut sai. Madat ai ni hte bawngban tsun jahta u. Bawngban tsun jahta na aten minute 15-20 daram na na re.

## Bawngban ai lam

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- Ma langai gaw kanu kaw nna lu sha n-gun hpe gara hku lu la na kun? Kanu langai a lusha ai lam gaw shi a ma ntsa gara hku akyu nga ai kun?
- Na mare buga hta lu sha hpan amyu myu hpe masha shagu lu la mai ai kum?
- Lu sha uhpawng (3) ting kaw na lu sha ni hpe shani shagu sha na nga yang, gumhpraw grau ma na kun?
- Hkam kaja lam hte grau htap htuk ai lu sha ni hpe gumhpraw law law n-jai ra ai sha, sha lu na lam ladat ni nga ai ngu nna hkai sun wunkat sara gaw hpaji jaw wa ai. Dai hpe nang myit hkum ai kun? Nang hte na mare buga na ma sha ni galaw lu na lam ladat n-kau gaw hpa rai na kun?
- Ma San Htwe gaw shi kamoi a myit sawn ai lam hpe san na matu grai shakut wa ra ai. Lama na, na mare buga kaw nang gaw masha kaba ni hte myit sawn ai lam n-bung taw ai rai yang, shanhte hpe nang maga lawm wa hkra gara hku zinlum la na rai ta?





Madat ai ni hpe maumwi mabyin dingyang hta na wa chye wa ai lam ni yawng hpe bai dinglik yu sha-ngun u.

## Dinglik yu ai lam

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- Madat taw ai ni hpe marai 4-5 hpe uhpung mi, uhpung kasha ni garan hpawng u. Maumwi mabyin dingyang hta na wa chye wa ai myit shangsha na zawn re ai ahkyak ai lakjet ni a lam hpe uhpung kaji ni hta bawngban jahta sha-ngun u. Minute kachyi mi bawngban ngut ai hpang, uhpung kaji kata hta bawngban wa ai lakjet lahkawng hpra hpe gaga uhpung ni de bai garan kachyan ra na re ngu nna tsun u.
- Uhpung kaji ni gaw tinang bawngban wa ai lakjet ni hpe bai garan kachyan taw ai shaloi hta, garan kachyan nga ai lam ni hpe laika maisau pa ntsa hta madi shadaw ya ai wa gaw hkan ka da u. Uhpung kaji langai hte langai tsun ai lam 2 gaw, gasi n-bung ai rai tim, lachyum bung taw jang, lakjet langai hku nna pawng ka u.
- Uhpung shagu kaw nna, garan kachyan ngut ai hpang madi shadaw ai wa gaw lawu na gasan ni hpe san nna yawng hpe shanglawm bawngban jahta sha-ngun u. Bawngban wa ai lakjet ni hpe gara hku mu mada ai kun? Myit hkrum ai kun? Hpa gasan ni naw san mayu ai kun? Tsun mat wa ai kaw ahkyak ai lakjet ni law ai kun?

- Bawngban tsun jahta ai lam ngut ai hpang, gara lakjet gaw tinang a matu (sh) tinang dinghku a matu ahkyak dik (sh) lachyum rawng dik htum ngu sha du ai rai ngu nna marai langai hpra hpe san u. Tinang a matu (sh) tinang dinghku hpe karum ya na matu anhte ni langai hkrai hku nna hpa lu galaw ya na rai ngu nna san u.

Ga shaga na manang langai hpe tam nna, tinang a matu (sh) tinang dinghku a matu akyu nga ai lakjet hpe tatut jai lang na matu, tinang yaw shada da ai lam yawm htum langai a lam hpe garan kachyan u. Dai ngut ai hpang, tinang a ga shaga na manang gaw shi myit da ai lam ni hpe tinang hpe bai garan kachyan sha-ngun u ngu nna tsun u.

- Madi shadaw ya ai wa gaw, shawa masha kaw nna tinang myit hte tsun dan mayu ai ni nkau hpe shaga la nna, tinang galaw na yaw shada da ai lam ni hpe shawa masha ni hpe garan kachyan sha-ngun mai ai.

Ma hkum gun taw ai aten hte ma chyu jaw taw ai aten hta kanu a lu sha n-gun hte seng ai shiga madung ni

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1. Ma hkum kanu hte ma chyu jaw ai kanu ni gaw n-gun rawng na matu hte sai n-gun yawm ai lam hpe makawp maga na matu, hkam kaja dap de sa nna, vitamin B dat/ folic acid tsi hkyep ni hpe la nna lu ra ai.
  - Kanu ni gaw ma hkum gun ai shaloi vitamin B dat grau ra

wa ai. Sai n-gun yawm ai lam hpe makawp maga na matu hte, ma mung kanu mung hkam kaja nga na matu vitamin B dat/ folic acid tsi hkyep lu ya na matu ahkyak ai.

- Ma hkum kanu hte ma chyu jaw ai kanu ni gaw vitamin B dat/ folic acid tsi hkyep hpe hkam kaja dap magam gun ni kaw nna hpyi la ra ai.
- Vitamin B dat/ folic acid tsi hkyep ni hpe shata 6 tsi lu na aten hpring ai du hkra lu ai shaloi, ma shangai ngut mat ai aten du hkra matut lu ra chye ai.

2. Ma hkum kanu ni gaw n-gun rawng na matu, shani shagu lu sha ma mi jat nna sha ra ai.

- Ma hkum kanu ni gaw lu sha hpe n-mai shayawm sha nna, shawoi sha nga ai hta grau sha ra ai. Hpa majaw nga yang, ma hkum kanu gaw tinang a matu sha n-ga, tinang a hkum kata hta kaba bawngring taw nga ai ma kaji a matu mung lu sha n-gun jahpring ya ra taw nga ai majaw re.
- Num langai gaw ma hkum gun taw ai ten hta lu sha law lam hkra n-sha ai rai yang, shi nan hte shi a kasha mung jamjau chye ai. Lu sha koi gam ai lam a majaw (pawng 5 ongza 8 lawu) pawng nhpring ai mani, grai kaji tek ai mani hpe shangai chye ai. Pawng 5 ongza 8 lawu shangai ai ma ni gaw ana zinlin byin ai, lu sha n-gun ra kadawn ai, ndai zawn re ai hkam kaja lam ra kadawn ai n-kaja ai akyu ni hpe grau hkam sha ra chye ai.
- Ma hkum kanu ni gaw lu sha amyu myu, grau nna dusat kaw na lu ai lu sha (Shan, pu sin, chyu, di amyu myu), nsam hkum ai namsi namsaw hte namlaw namlap ni hpe sha ra ai. Tsit ai namlap ni hta sha n-ga, htoi ai

hkyen ai nsam rawng ai namsi namsaw ni hte namlaw namlap ni gaw hkam kaja lam a matu grai hkrak ai.

- Tinang a dinghku kata na ma hkum kanu gaw hkam kaja lam hte htap htuk ai lu sha hpe law hkra lu sha na matu madu wa, masha kaba ni hte nta masha ni hte lit nga ai.

3. Kanu mung ma mung hkam kaja nga na matu chyu jaw ai kanu gaw lani mi hta lu sha (2) kahtap nna grau sha ra ai.

- Lu sha sha ai kaw nna kanu lu la ai lu sha n-gun ni gaw kanu a chyu kaw nna shi a ma hkyeng hkalung de du ai. Kanu gaw lu sha hpe amyu hpan hkum hkra sha ai marang e, ma kaji hpe grau kaja ai lu sha n-gun hpe jahpring ya lu ai. Mungkan ntsa na hkam kaja ai kanu shagu gaw lu sha hpan amyu hkum hkra hpe myit mu myit hkut let sha ma ai.
- Ma shangai ngut ai hte kalang ta chyu jaw ai kanu ni gaw lu sha amyu hpan hkum hkra matut sha ra ai. Grau nna dusat kaw na lu ai lu sha (Shan, pu sin, chyu, di amyu myu), namsi namsaw hte namlaw namlap ni hta sha n-ga, tsit ai namlaw namlap ni hpe mung matut nna sha ra ai. Sanghpaw si chyamin, lamung si chyamin, hkrang pawt hkyeng hte wa hkum si zawn re ai htoi ai hkyen ai nsam rawng ai namsi namsaw hte namlaw namlap ni gaw chyu jaw ai kanu ni sha na matu grai hkrak kaja ai.
- Tinang a dinghku kata na ma hkum kanu hpe madi shadaw na matu madu wa, masha kaba ni hte nta masha ni hte lit nga ai. Madi shadaw lu na lam langai gaw chyu jaw ai kanu ni hpe shanhte ni ra nga ai amyu hpan hkum ai lu sha ni hpe sha sha-ngun ai lam rai nga ai.

Htuk shabra ai wa

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Malawm ni (members)

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Madi shadaw ai ni

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**Livelihoods and Food Security Trust Fund**

