

Naupawinak le Kut Pahnihnak Kuak/Akhu

Pahnihnak Kut Tihunnak Kuak/Akhu

- Ngakchia cu a zapi tein aa sersiam dih hlaan ah tuan tuk ah hrinnak
- Hrin tik ah a khing tlawm tuknak, ngakchia cu pumtling tein hrin a si hmanh ah
- Bawhte thihnak (naurawhnak, a thicia in hrinnak, silole Ruahlo Bawhte Thihnak Hmelchunhnak-SIDS)
- Chuahka chambaunak (thinlung lei chambaunak, hmur le hmur chambaunak pawl)

Amthang ah kuak/vape zukiinnak nih
Amthang ah kuak/vape zukiinnak nih pawl cu a zumi minung pawl he khua an sa ti kho. naupawi lio ah bawhte khamhnak ding ah inn le mawtaw cu kuak/vape a umlomi hmun ah sernak kong le ngakchia inn ah tinpi tik ah a himmi hmun ser ding ceihnak thok ding ah naupawinak cu caan tha tuk a si.

Ngakchia le keimah caah Kuak/Vape a Thiannak

- Na inn le mawtaw ning in kuak/vape thian ter
- Kuak/vape a zu liomi minung pawl sin in a hlatnak ah kal
- Na chungkhar silole hawikom pawl kha i ngolnak kong chim hna
- Minung pawl nih kuak/vape an zukiinnak inn le mawtaw pawl kha hrial hna