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"Kapa theng eini pumkhat ihi bang a amaho jong pumkhat
ahitheina ding un, Nangman amahohi hong in"

John. 17:11



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PATE NIKHO 20 June 2021

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Editorial...



**"OXYGEN!
OXYGEN!
OXYGEN!"**

Editorial

Amasatah in muntina um Kuki Christian chate jouse ahideh a KBC member ho jouse chungu i Pakaiyu Jesu Christa minin salaam kahinpe cheh uve. Ningkum March kichailam a pat tuni chana Covid natna hisen vannoti muntin aholinga, mi tampin thina atoa, tamtah sotpi akijen nungahung damdoh ahin, chule aban ban in Covid variant kiti aabahkaiya agam gama achom jep jep jong ahung umdoh tan lungdon aumleheh e.

Ahin, tukum Second wave a India sunga mi ahung hathina le athidan akivet a ahileh aki uilona (akibahna) alhangpia kimu chu, haikhoplou neiya haina hu (Oxygen) ngaicha geuva uma, government in jong pe jou louva mi tampi ahung thina chu imu uvin, chule imulou hou jong muntina thuthang hoa konin ijaubin ahi. Issue masa a ina minphah hou jong haina hu (oxygen) aphaicha a mulouva thi ahi tin akiseiyun, eimi adang city lah le midang-sadang jong ahiuve. India sunga kol-le-vai ho jong hitobang thina toh atam beh tan, meiya kigona chang jou talouva vadung lenhoa kileh lut a kilhohsah jong tampi aume ti jong thuso mihwa kona ijah u chu ahitai.

Hitobang dinmun ahi toh kilhonin, India in vannoi gamtina konin Oxygen ngaichatna le taona aneitoh kilhonin Oxygen le akisemna thei hole akikoina (cylinder) tampi kithopina ahung lut lut jengin, mi tampi huhdoh in aumun ahi. Alang khat a India in hitia kigotna lampang ana neilou jallun khutdo bangin aumtan, jumna le maimohna lentah ana toh un, India vaipo akiletsah

hoithoho mitmona akihoh doh in ahileh lungna chim jong aumdapoi. Amavang amaho sukhkel jeh a mi hijat athihi lungnat umtah ahi. Angaicha behlou Central Vista project a dinga 20,000 crore lut a amaho chenna ding leng inpi sahdoh ding bou boipiuva, asang aja athiho le athinalai dingho boipi lou va umin akihiuve.

Ahileh, ipi jeh a Oxygen hi hibanga lhasama ahita-dem tihi eihon chutia hetna sang akinei lou vangin, ahehon aseiyu le hiche hi twi (water) leh twikhanglen (ocean), thingna-louna (plants) tihoo kon ahive akitie. Twi ipi jeh a hah ham iti kit le amol amol le alhang alhang ivat chai gam phat uva twi putna thei umgam talou ahitan, haina thei hu (oxygen) hungkondohna jong bei tultula hinte. Eimihon lah khobol iponthouvin, government scheme muna dingin kho tampi isemun, lampi isemhouvin jong thing-le-song tampi isuhset u, abana thinglei ivat u, chule kivahna a ineiyu chemical mangcha a lei-set suhsetna inei hou hin khonunga itu-ichate ding kinepna umlouvin ilhatauve.

Pathen thu lhangsamhoa kona lhagao lamtoh kisaiyin, oxygen hi taona le Bible sim toh atekah un, hiche alhahsam teng chule lhagaova dammona le thina gei ato thei danho jong aseiyun adih lkeh jengin ahi. Mihem khat chu phatah a pilhing tah le damthei tah le hattah a ahinna dinga phatah a haina hu anei jinga, neh-le-chah phatah a aneh jing angaibangin, Pathen cha (Christian) khat chu taona le Bible sim jing le mitheng tetoh kiloikhomna (fellowship) anei jing ding angaiye. Hicheho alhahsama ahile hatmona anei ding, hichea kona hung dam moa, achesot jing le thithehi ahi ti ahi. Tahsa le lhagaova hingkhom ihiutoh kilhonin, khaiye, kipat uhitin, tahsa le lhagaova Oxygen umna thei le hinnathei/damna thei lungput le natoh pantau hite.

Lungluttah a simho jouse chungu Pathen vangboh chang cheh tauhen.

Christain Natoh

Hat man sanna ding in LHAITET GOLSEH lhai in

1 Corinthians 9:24-27

Sermon

Lhaitet golsehna akhu mijouse lhai cheh jia ahi, ahivang in khat touvin hat man asangjin ahi, hichu nanghon na het lou uham? Na san theina ding un lhai un. 25 – Chule kibot ima hijongle golseh jouvin tia, gut ten achun ati chung uva atibah u ijakaiya atimhat jiuve. Amaho chun lallukhuh kem mang thei lona a bol u ahin, eiho vang kem mang theilou lallukhuh loa ihiuve. 26- Hitia chu lhaiya ka hi, abidoi kichen louva lhai a ka hi poi, onghom lai chum a ka hi poi, 27- Ka ti hi ka chup ka chup jia ka thua ka nunsah ahi. Achuti loule midangho thu ka hil le nungle ajole keimatah ijemti'n lah louvin um khange.

Thumakai

June - July Iha sung Euro Cup le Copa America cup aum jinglai tah ahin mi tamtah in jankhang janvai chan'a iboi-pi cheh diu tahsan aum in ahi. Ipu ipate khang'a kangkap, kungkal, selkal, kibot le adang dang anabolhou chun kichep golseh kitiho hi nasatah'a ana khohsah uve ti akihedoh theiyn ahi. Christian natoh lolhin theina ding in Pathen thua lhaitet golseh thudol'a kitilkhoh ding hi thugil khat ahi.

Lhagao lhaitet golseh

Lhagao lam'a lhaitet golseh'a jao ding michu lhagaova van gam mi ahimasat diu ngaicha ahi. Van gam lutna dinga golseh um ahipon amavang van gam lut dinghon kipaman adelnau joh ahi. Tunia Pathen na itohnau jong aboncha lhaitet golseh ahin, chih

thei jep angai in ahi. Ajoleh mihem kipana ding le eima minthanna ding gelkhohnaa natong ana kihi khante. Ahilouleh lhacha na itohnuava Referee mut ding le ahahat ahahat lou anave ding Pathen nganselouva eihon mi chung'a Referee ikimutkhuh uva chule eihon mi chalohna jouse akhumkhana inasem khah uvem, hichu Pathen kin joh hiding ahi, Pathen chu eiho jouse golseh kitetnaa thutan (Judge) le kipaman hom dingpa ahi.

Lhagao lhaitet golseh lolhing dingho chu mun jouse, golnop jouse, idu jouse neh a chule in a um louva kholai jengseh'a um hilouva, lhagao lhaitet hatna dinga Bible sima, taona mana kigotna nasatah anei ding'u dol ahi. Lhagaova na itohnauva ikichih thei lou uleh ha lhai

a lhai, lhai choldesh ahivanga bidoi umlou, alhunna um lou hatman sang lou ding ihi khah theiyu ahi. Christiante hi lhagao thudol'a chonset akon chamllhat chu ihiu ahinai, ahinlah hiche chamllhat kitihi Pathen lhacha natoh le Pathen houdan inop nop'a toh thei le houthei tina hilou ahin Pathen in a thu (Bible) a eihil bang uva um ding ahi.

Lhaitet Golseh hi bolkel thei ahi

Lhaitetna hi achaina mun lhun ding ahi ti sehseh het hilouva, lhaitetna ahin mitamta in losapna anei thei uve ti jong hettha ding ahi. Israel mite chu phattheina tamta ana kipeh vang uvin agentheipi bep un ahi. Ajeh chu amahon alhunna ding'u mun kicheh'a del louva amaho nop dan tah'a lam ajot jeh'u ahi. Moh lhai lhai a mo bol bol vang'a lhaitet kijou ahipoi ti photchen ahi.

Tulai invang Pathen natohna ahipouleh dih le dih lou leh akhohpoi tia moh bol chap jeng hi mi tampi in akiboipi nom jin ahi. Sum jong akimu ding tengleh adih adihlou chule Pathen dei ahi le ahilou akikhol nom ji tapoi. Kivaihomna jong Pathen dei hiding hinam tiho jong akikhol nom jipon ahi. Eima in ibol thei pou leh, eima in pan ilah jou pou leh eima in ijo pouleh, eima lamkaina ahipouleh, eiman mi ikithujo pouleh

tia Pathen natohna panla jong hi kitam cheh cheh dan in aum in ahi. Ahin hichu Pathen deidan vang anahipon ahi.

Golseh akhun mi tamta lhai jongleh abonchauvin hatman asang pouve, kitihi geldoh jing vang ngai ding dan ahi. Pathen natoh hi kichepna thei jong ahipon kichatpi ding jong ahipon, hatman san theina ding'a toh ding joh ahi. Hiche hatman san theina ding'a chu abidoi kicheh'a lhai ding eima kitim them ding chule thutanpa (Pathen lunglhainaa) pan lah ding ahin, mihemte lunglhailhainaa pan lah ding hilou ahi.

Thuchaina:

Tahsa lam lhaitet golseh'a panlaho jouse hin phat chomkhat kah'a minthanna le kipana (amon mang thei, kipaman) sanna ding'a lhai ahiuvin ahi. Eihon isan ding'u hi mon mang theilou toitheilou kipaman ahin hichu tonsot'a inei ding'u ahitai. Alhai dan adihlouleh mu lou ding chule thacholsah bep ana hiding ahi. Pathen lunglhainaa Bidoi kicheh, lhaidan dih le lhunna mun lhun teina ding'a lhaitet golseh'a panlah hi athupi pen ahi. Hatman isan theina ding uvin lhajing uhiute.

Courtesy :- Thilphabol

COVID-19 NATNA LE LUNGTHIM DAMTHEINA

(Covid-19 and Mental Health)

Dr Kimneihat Elizabeth Vaiphei

ARTICLE

THUMAKAI

Vannoi losoh Corona natna jeh in mihem tamtah in lam chom chom in hahsatna, gentheina le lunghemna itoh jing tauvin ahi. Covid 19 Virus (natna hit) hi tahsa sukha natna hit ahivangin mihem adammo tengleh tahsa jengseh hilouvin alungthim jeng jong nasatah in atongkha jin, lunggimna, tijatna, hahsatnaho ahinlhut jing theiyin ahi.

Mihem tahsa sukha natna hit in mihem lungthim chan asukkhah jeng thei ahitoh lhon in hiche thudol vetchilna nei ding hi mihem ding'a phatchomna hitei ding ahi. Vannoi losoh Covid -19 natna hin thil tamtah asukha in, nop bangin hinkho akimang thei tapon, ahunglhung ding imasang hinkho ding akisei thei tapon, midang to akikiloikhom thei tapon, ineh holna/ina tohna/ ilekhasimna ijakai jouse jong ahin sukha tan, hiche chungchon chun, tulai thusoh lasoh nitin'a kija jin-gho jonghin eisu lunggim lleh jeng thei uvin ahi. Oxygen um lou, hospital ong talou, lockdown/ curfew um jing, mihem sang tamtah in thina toh ta, hiche chungchonna Fungus, Vaccination kiti thudol in mihem lungthim'a ngaitona jatchom chom ahinpeh bebe in tijatna, lungkhamna le lunghannaho akibe sah jing in ahi.

Kimkhat chu ngailai lai sopi, nu leh pa, ji le cha, loi le golte, lamkai le adang dang tamtah in eina dalhah ujong kium inte. Eima insungmi mong sukha hih jongleh ihetkhah mi, ihoubung mi, iveng sung mi, iki naipi tamtahte asukkhah tamtah aum jeng tan ahi. Nidang bang louvin, thina dinmun tohte jong athilong kitoupi thei ta lou, insunga pohlut phal hita lou, lhanmol lang'a mi lhomcha bou che thei, thi-op lenkhom umthei talou, kivil tonna hahsa ta, hicheho hin

insung'a thina, manna le dammona tohho lungthim akasahbea kilhembi joulouva nikho sot tah-tah aumnau phat ahung lhung tan ahi.

VANNOI NATNA LAH'A MIHEM LUNGTHIM DINMUN PHABEP

Mihem in natna le hahsatna akito jinglaiyin lungthim jatchom chom le tahsa dinmun jatchom chom akitoh theiyin ahi. Vetsahna in-lungkhamna, tijatna ahiloule anatna thua kilungkham kham

jeng, ilunggel noplou, kikipah thei beh ta lou, kichim/ kiningtel, chang kigelna, jan ihmu thei lou, ilunggel bei thei lou, lunghang bai, lhase pai, thanopna nei jou talou, lunglutna nei jou talou, ni-danga thanopnaho jong thanom jou talou, thil phalou khat hung lhung inte tia kicha, khatvei veile diplhaji, op natna, ulchim soh, mong tah'a um theilou, Covid thuso (athijat, anajat vaccine le adang dangho) vetna abou phat tamtah kisumang ji ahitai.

Hicheho tobang hi tulai vannot losoh natna hit umlaiya mihem hinkhoa aum thei thil ahinan ahinlah mihemte in apomdan le ageldan ithep pou leh eima lungthim sukha louva jong hinkho bit tah'a mandoh thei ahi kit in ahi. Ahinlah lungthim natna nikho ahung sot khah'a eima mopohna le natohnaho jeng jong ahin suhboi khah tahleh Lungthim damna khohsahna lam'a thepna nei (Mental Health Professional-ho) kom'a aphot chaa kithopina kithum ngai ahi.

Mihem ding'a tahsa damtheina ngaichat ahijing bang'a lungthim damtheina jong ngaicha le ngaikhoh jing ahi. Lungthim damtheina (Mental Health) thu akisei tengleh kimkhat in lungthim dammona neiho chu alungthim boi, a-ngol, a-vat le chengkhat lah'a siki vat tiho pouvin lunggel ana kinei nom jin ahi. Hicheho jengseh chu hilouvin jat chom chom'a ki-

musitna le kigelkhelna jong aum jing theiyin ahi.

VANNOI NATNA LAH'A LUNGTHIM DAMTHEI DINMUN PHABEP

Lungthim damthei tah'a hinkho mangho chun boina le hahsatna ato jinglai uvin jong agel them uvin chule athoh jou jiuvin ahi. Vetsahna in – ami hina le athilbol theina kihetthem'a panla jing thei, hahsatna le boina hung lhung jongleh phatah'a kiveng'a chule boinahona ana lethuh jou, nitin anatohna le amopohnahoa lolhing tah'a pang jing, chule midangte ding'a mi phachom ana hi jing thei nalaiho ahiuvin ahi. Tulai ahin lungthim natna (mental health condition) apung jing tan, hiche hin thil tamtah asukha thei in ahi, ahideh in, lekha simna, natohna, midang to kiloi dan; insungmi, loi le gol, houbung mite, chuleh khosung'a kimanchahnaho jong asukha jing theiyin ahi. Ingaitonateu hi adih joulouna ana tam jin ahi. Kimkhat in jachatna lang in akilan mi kom'a seido ngamlou in athoh uvin, khenkhat in ahileh eima mitmo jeh leh lhahsam jeh ahi tin agel uvin ahi. Abang khat in doi le kao bol, akibum, Pathen tahsan lou jeh le pappo dan in-jong ana ki gel jin ahi.

Ahinlah hichea het ding khat chu lungthim natna (mental illness) hi tahsa dammona dang ineithe bang uva um thei thil ahi. Doi le kao jeh ahijing po'n, eima mitmo jeh jong ahi poi. Lungthim natna

(mental illness) hin koima khen chom anei pon, chapang hihen pilhing hileh, ahao avai, pengthah le pengthah lou, numei le pasal ti'n a khen pon, akoi akoi in anei thei cheh ahi. Kipa umtah chu hiche lungthim natnaho hi jendamd thei ahin, imahet'a imajen leh ma dam ding tina ahi. Lungthim natna hi mihem khat hinkhoa jat chom chom'a kilangdoh thei ahi. Kimkhat chu aboihoi behseh ahiloujeh in aphot dungjuiya dam jong aum in ahi. Kimkhat vang chu akhohse l'eh jeng jong aum in, amaho chu Hospital mun'a jen angai ji tauvin ahi. 2020 kum'a Global Burden of Diseases tohphon dungjuiyin India gamsung'ah mihem 197.3 million in lungthim natna anei uve akitin ahi. Hicheho chu aha nat jep le a-ol nat jep vang um diu ahinai.

Vannoi losoh Covid natna in aniveichanna mihemte ahinsuhkhah hin hinkho tamtah ana lamang in, ingai lai/ideilai ten eina dalhah phat tengleh hinkho man dan le lungput dan jatchom chom ana um jin ahi. Hicheho chu- kingong, ima kingaito theilou, ijakai janmang bang'a kigel, adih ding'a ngaito theilou, pohnatna le lhasetna dim jing, ama le ama ki oimo jing, hiche chu ana sei man taleng, hiche chu ana bol man taleng, hiche lang achun ana ki pui man tale, tia kisih leh themmo ki channa jing, midang chung'a lunghanna, ium khompote moh lungnat khum, thil umdan le thil

sohho jong kilungnatpi pi thei, ijakai tizatna jeng'a kila, achesa le athisaho kimang mat jing'a amaho toh umkhom jing bang'a kigel, ana moulemte pen nikho, thini nikho geldoh jing, achesaho la deiho, amaho toh umkhom lai le lenkhom lai avel'a geldoh kit jing tiho aki nei thei jin ahi. Ingai ten eina dalhah phatleh, lungthim dinmun hi kibang soh hel lou maithei ahin, athohdan le thil umdan khenkhat te chu ahile:

- Pom theilou: Thil hunglhungho kitahsan joulou, kipom thei loulai.
- Pelthei ding'a gel: Na chung'a thillhungho jeh'a da kisa mama, bol thei neilouva kigel, hichehohi ana lhung lou hitale o tia gel. Chuleh hiche thillhung pen hi jatchom jep in hinkho ana mang henlang achom jep in thil ana ki bol kihiti lou ding hija tia gel'a adinmun peltheiding'a lunggel neinaho aum theiyin ahi.

• **Lunghanna:** Lunghanna aum thei in, ilunghanna hi ajat jat ahithe in: Ingai pen in eidalhah jeh in aki lunghang thei in, hoitah in akijen poi tia jong lunghan thei ahin, ahilouleh eima injong ana ki jen manlouva, ana kive man lou tia jong lungnopmo thei ahin, chule kholai'a thil umte/umdante jeh'a jong lunghanna nei thei ahi.

• **Lunghahna:** Lung nopmona, lhasetna, ima ngaito ngap lou chule ima bol ngaplouva hinkho mang.

• **Santheina:** Ipi kisei in kigel jong

le asoh chu asoh ahitai, ahilouleh eidalha ding chun eidalhah ahitai mihem ngaina ahi tia santheina lungthim neina ahi.

LUNGHEMMNAINEINAAHETTHEM DING LE PAN LAH DING DAN PHABEP

1. Lungthem dingdan dan aum chompoi: Lhaset val ni, ka nopni, thoh hah isah dehset nikho jong um ding ahi. Aum dan dan leh ahung dan dan'a pom ding in kigong in. Hiche nikhoa chu nang in thil hung lhungcho chu na kihetmo sah'a chule na lunggel na suhneo lou ding ahi. Hinkhoa thil hung lhung dungjuia apom dan le alahdan themtah'a ana um ding hi thilpha tah ahi, ajeh chu hitia hi lungthemna hinkho man ding ahi tina dan kicheh aum chompoi.

2. Nangle nang phat kipe'n: Lung natna le lungthemho hi akidodoh kitna ding in phat alut ji'n, abang leh hapta khat, abang leh alha le akum in alut jing ahi. Hiche phat lut dingho hi eima le eima in kihet them'a phat jong kipeh ding ahi.

3. Changlhat ding go hih in: Ilungthem lai nikho tengleh kahlah kom kom leh changlhat ding akideiyin, midang toh umkhom'a kihoulim khom ding jong ana kinom jipon ahi. Hichu adih anahijipon chujeh in midang toh kiloikhom, kihoulim khom chule houbung mi le loi le paite toh kivop jing hi eima damna ding joh ahi.

4. Kidodohna ding natoh: Ahi thei

chan in, phatchom khat (10-15 minutes beh) hijongleh in akon potdoh'a kihuilha ding, pahcha twi chap ham, Bible sim ham, taona neiham, la ngai ham, in kom dung'a gah va le ham ahiloule ibol nom khat bol'a phat chomkhat kisuhlip jin apha.

5. Loi le gol ngaitahho akon panpi thum ding: Lungkham le lungnat jeh'a hahsa nasah val'a boi na kisah thim leh loi le gol ngaitahho kom'a panpi thum pai jeng in. Tulai lockdown to kilhonna tahsaa kimu ahahsat jingle phone/video calls beh'a panpi ngeh in apha.

6. Anneh twidon phatea bolding: Ithoh nat lai tah leh an du louna phat hung lhung jing ahi, ahinlah dumo lkeh jong leuhen tahsa le lungthim hatna ding'a an neh twidon kiham bol tei angaiyin ahi.

7. Ihmut: Lungkham le lungnat laiya ihmud chim ding hi damdohna ding lampi hoipen khat ahi. Lupna na ihmud sao jong leh khoh sa hih in, na tahsa le lungthim damna thei ahi. Abang leh ijan mang uvin ana mollemsate jong akimang mat jin ahi. Hichu ase in la hih in, janmang ijin neithe thei leh ilungthim hung ki do doh go ahitai ti hetheina ahijoi.

8. Na tahsa cha lohsah in: Itahsa jong hi chat louva aum sot tengleh ana kondan thei le lungthim sukhathai ahi. Chujeh in ahithe channin kah lah jouse in na tahsa chaloh sah jin, vah le jin, ki je jin,

chule na tahsa sutheng jing in.

VANNOI NATNA LAH'A LUNGTHIM
DAMTHEINA DING'A PANLAH
DING DAN

Phatbih kisem tup in:

Na hinkhoa jui ding phatbih (Routine) hoitah kisem in. Nitin lekha simna, natohna chule ithanopna khat le ni jao sah'a tahsa kisuhalnahonei jing apha.

Ihmut:

Mihing tahsa leh lungthim ding in ihmud chim hi angaikhoh l'eh in ahi. Ihmut chimset ding chule aphatcha cha ihmud ding hi apha. Ihmut phat le tho phat hi nitin'a akito thei leh hoi ding ahi. Sun a ilhohbuh hatah'a kiseng hin jan ihmud nopna apha thei ahi.

Na lhoh sat sah hih in:

Ahithe channa ihmud masang'a nidan khat sung beh Covid thusho vetlou ding apha in. Khatvei veile ithu hetho hin ihmudmona le lungkhamna eipe thei jiuvin, ahithe channa Social Media/news a pat kikangse ding jong aphan ahi.

Lunglutna:

Na hinkhoa na lunglutna le na thanopnaho jong phat chom khat khat beh pe jin, hichun na lungthim asuhhat thei ding ahi.

Seidohna:

Hinkhoa hahsa isahte le ilungthim sung'a ipohlel thu le laho ahithe channa itahsan mi kom'a seidoh

got ding ahi, hichun lungthim asuh jang ding ahi.

Kisuhhal:

Tahsa damtheina le lungthim damtheina ding'a sao tah hai (deep breathing) le thip beh'a lungthim'a ngaitona nei (meditation) jong thilpha ahi.

Midang kithopina:

Na jo kham kham in midangho panpina ding in panla jing in, hichun lungsung kipana ahinpeh ding ahi.

Lunglahna theiya kon kiven ding:

Hinkhoa hahsatna le lunggimna chule hinkho suboi jingho ahung lhun masang'a kigo sa le kiveng tah'a um angaiyin ahi. Na hinkhoa na thepna le na boltheinaho mang cha inlang na lunglahna thei thu le laho chu lethuh jing in.

Midang toh kikhaoguijopna:

Vannoi leisetna ahing theijouse imacha achangeh'a hing jou ding akium lou toh lhon'a eima jong midang toh kikhaoguijopna nei jing angaiyin ahi.

Dr Kimneihas Elizabeth Vaiphei

Assistant professor, Department of Psychiatric Social Work
National Institute of Mental Health and Neuro Sciences (NIMHANS),
Institute of National Importance
Bengaluru, India.

Email: kim3478@nimhans.ac.in,
vaiphei1@gmail.com

COVID VACCINATION

THUDOL

Dr. M. Thongkhosei Haokip

ARTICLE

Thumakai

Ningkum March kichailama a pat Coronavirus kiti damlouna khat amin choma Covid-19 vannoi pumpi alosoh (pandemic) toh kilhonin a venbitna dingin vannoiya government hon agamsung cheh u lock-down aphongun, che le valena ahithe i tapon, bazaar akikah in, school le mipi kititna theiho akikah soh hel tan, aboi l'heh jeng tan ahi. Mipi damna ding le amasaa banga hinkho aumkit theine dingin ningkuma pat in athem achingho'n damdoi/lou (medicine) sem ahung kitet un, kumlhung keiyin apha taset imaho gancha chung hihen mihem chung hile apatep un, apha tmona akimu lou toh kilhonna agam agama kihom jalla vannoi gam jousea mijouse kikap a, hiche damlouna hi suhbei ding ti ahi. Ahin, hitobang thilpha-tah a tohguon aum vangin mi kimkhat in aselam tah in aseiyun, mipi hi ahoh chavaiyun, alam alama lamkaiho jeng jong ginchat le kinep umlou tah in kikap nomlou/ngamlouvin aum sah tauvin, mi jouse damtheina dinga lou kitem chu kikap sah louva thisah tei ding tihi mi kimkhat kisah boina danin ahung kilang tai. Hitihoh jeh a chu hiche hung kijih/hung kithot ahi.

Ipjeh a kikap ding ham?

Amasapen thudoh donbut nan, eima le ivella ho hoidohna dinga kikap ding ahi ti ahi. Covid-19 jeh a million 2 vel thi ahitan, kikap hin athithe i tampi ho ahuh thei ahi ti sumil pou hite. Hiche toh kisaiya patepna kikap (clinical trials) ho imacha boilouvin (safe) aumin ahi. World Health Organization (WHO) in kivenna dinga mijouse kikap dinga ase i toh kilhonin vannoi leiset a Gam khangt'ou jouse kikap a lock-down jong ol olin aladoh tauvin ahi. India sung jenga tumasanga

akhohpena kihe – Maharashtra, Delhi, Karnataka, Gujarat kitihon mass test le vaccination abol jeh uva tuhin lockdown alhakang pan tauvin ahi. Ikipap diuhi Government thungaina ahin, government kiti chu Pathen tun ahijeh a mipi'n alhendoh theiyu ahi. Mipi setna dinga amahon ima abol lou beh diu ahi, ajeh chu amaho jong mipi ahieve. Abraham Lincoln in democracy thudola ahilchenna a: "The government of the people, by the people, and for the people" ati toh l'honin India jong democratic

kivaipohna a jong dih ahi. Chule, tahsanna a ibulpihou – ABM, CBCNEI, MBC lamkaihon jong kikap dingin aseiyun ahi. Chukit leh, Pathena kona ichanu se le pha hetna lungthim manchah a, Ahideh a tahsan chate le KBC context a seidinga chu Pastor le workerho, missionary le evangelist hole mipi kelngoiho khat a dinga vetjui thei na dinga pohdoh ngai ahi.

Tuchana koikoi kikap hitam?

India mite a dinga lou ahung kisemdoh toh kilhonna amasapena kikap ho chu frontline workers ho tichu doctor, nurse, paramedic, police, army, journalists ho ahivu. Amahohi adamlou toh kisin/kinai pen ahui toh kilhonna kivenbit na dinga kikap ahivu. Lha khat lhania thi ding hile chung a kiseiho jouse thisoh diu ahitai. Ahin, tuni chanin athipouvin, thimalah adamcheh cheh jouve. Akikap saho leh akikap manlou tampi jong athida pouve. Aban thop a kikap ho chu ahi leh

kum 45 a pat a achunglam ho le ahideh a India sunga government noiya civil natong ho – Judges ho, Civil servants le technocrats ho, MLA/Minister ho, etc ahivu. Athumna a tutua hi kum 18 apat achunglamaho kikap thei tading, chapangho dinga jong atotoh u dose kap thei, chule mipi (civil populace/mass) kikap ding hi ahitai. Keima tah jong kakikap in, chule kain-

sungmi le tohkhompi phabep jong kakikap uve.

Ipjeh a Mi kikap nom lou ham?

Tulaiya Social media khang ahito kilhona facebook, twitter, whatsapp, chule adang dang hoa kona hitobang kikap aphanasanga aphanloudan joh mi kichem phabep a konin milham hon tijatna anei tauvin ahi. Pathen thu ijat a akilhangsap vanga atamjopihi damun chedinga kigo kiti tobangin, kikapna a aphanasanga asetna joh mihon atahsan joh uhi ima alamdang chu ahipoi. Ahin, hiche tahsan holah a pankhah ding chu vangset umjo hinte. Kimkhat vanghi akikap saho alungvai le alohso, athabei, kitiho jeh in akichai. Tumasang jep ineolaiya cholera, malaria, typhoid ahiloule adanghon mi tampi chung a natche aumteng mipi jouse kikap a, aban pom, dammopi jong tampi ana umthou ahiye. Ahin, hetding khat vang chu hiche kikap jeh a thi kitihi tunichana kijalou ahin, aume tia seihon asemthu u ahibouve. Kimkhat in Bible thutoh amehbeh gouvin, hiche jong hi Pathen thu kiman-gkhel/kile khel hiding ahin, eima ginchat le tahsan chu Bible in aseiyu kitihi kichat umtah ahi. Khonung le mi tampi lheplah jalla gotna pohgihi tampi akise ding u ahi ti akihet pouvin ahi. Adhaar Card thudola jong hitia hi anadouv u ahin, ahi/ahilou lunggel thei jousen ihecheh uve.

Tua jong abul abal umlou, chule akitimatna jong aumlouhi het angaiye.

India te Vaccine Ipi ham?

Covid damlouna jong amun le ajang in akikhelin, tekahna a UK gama chun variant khat akimun hichu Alpha asah un, South Africa gama anatna chomjep chu Beta variant asah un, India a kimu natna chom jep chu Delta variant asah uve. Hiho chu Greek te alphabet ho mina asah u ahi. Tutua India in amite akapna hi nisim 16 January 2021 a pat in Oxford-Astra Zeneca vaccine kiti Serum Insitute of India noiya kisem Covishield le Covaxin kiti Bharat Biotech te sem chu akimange.

Hiche supply ho alhinlou toh kilhonin Russia tea India a Dr Reddy's Laboratories s kisem Sputnik V le Moderna vaccine ho amangun ahi. Chuleh, European Medical Council hon India te lou Covishield hi India gama kimu Delta variant suhdamna dinga phatah ahi atiuvin aseiphalheh uve.

Ikikap louva ahile ahung lhung thei ipi um em?

Tule tuhin hiche mong ti umhih lai jong le akikap ho dinga akikaplou ho kichat na um ding ahin, mihing le mithi umkhom theilou banga akikap louho chu chanvou tampi achaa diu hungum

khante. Mundanga kapding lou umlou ahilouleh lhasam ahin, eihoa kona akitol manga angaicha/athumho dinga akitol manga khonunga kap kap jong le hen kikapna ding ineilou khah ding tijat aume. Thil jousen phat anei ahin, eihoa dinga alemchan pet le lou kap ding akido pet hi ikilah cheh uva kikap cheh dinghi ikakaiya dinga aphotna hiding ahi.

Thukhum khana

Coronavirus hihen lang adang hijongleh Pathen tilou adangin eihuh theiyu ahipoi. Ahin pathen jeng ngense louva eihon iboltheiyu bol ding jong ahi. Hitobang ahung lhun tah toh kilhonna kivenna phapen loiya kisei chu phat pha kichoh a agang pena kikap ding, hiche bou ngense louva ipotdoh le muhtom (mask) kitoma, ikhut tui le sabona kisiljinga, milah a napnit ahilou le chilset mohbol louva, mito jong kinaibeh seh a toukhom-dinkhom louva, kikhut santo sanga kilemtona adang bol ding tiho hi chondan pha le eima keo hilouva midang dinga kivenna phatah hidingin ginchat ahi. Hichehi houbung lah hihen kikhopna munho lah a jong chepi ding hi tu le khonunga dinga damtheina le machaalna hinte.

Rev.Dr. M. Thongkhosei Haokip
General Secretary, KB



May – June, 2021 Chan a STS Machalna

Pathen lungset jalin tuni chanin KBC in Pathen natoh (Ministry) lentah khat a ineiyu STS a natoh ihung machal toupeh-uvun, hiche dungjui chun, masanga toh machalna anakiso ho ban jomin May – June, 2021 chan a toh machalna ho ahung kitah lang kit in ahi.



1. Graduation Service

STS thusim a dia B. Th simchai masapen (First batch) ho kum masa (2020) a amasapen a dia Graduation Service anakibol banjom in aban a simchai (Second batch) ho chu Course chai themvetna (Final examination) anakibolsah jouvin, 8th May, 2021 nikho chun Graduation Service anakibol peh tauve.

2. Construction

Tuchan a STS ibolnau mun hi temporary campus hinalai jongle alou theilou (bol lou le toh lou theilou) jeh a boltei ding thil tampi aumin, hicheho lah a chun tukum (2021) kumbul langa Dining Hall cum Kitchen khat anakisah chai banjomin tuchan hin Staff Quarters khat kisachai tan, chule Men's Hostel ding khat jong Foundation akisem chaitan ahi. Hiche Construction work ho hi sum le pai sentam lou teina dia ahithe chan a Faculty ho le staff hon lung le tha kipan a kisa ahi.

3. Furniture

Alou thei louva ngaicha (aumlou/ neilouva hitheilou) lupna, touna le lekhasimna ding chair, table, bech le adangho jong jochanin akisembe/ akichoh be jingin, tulai tah hi Student hon aumnau room a lekhasimna a aman diu table ho hatah a akisem laitah ahi. Koitobang STS gelkhohna jal a lunglen tah a, asem man umlouva table ho eihung semhuva, in (Hostel) eihung sah hu diu mistry ho ngaichat aum lheh jenge.

4. Library Development

Library kiti hi College khat a dinga athupi pen, atingpi gu tobang khat ahin, hiche hi nasa tah a khansah loule suh hoi lou thei hilou thil ahijeh in hatah in akiboipi in, tuchan hin Library a lekhabu 15000 (fifteen thousand books) vel akikoi lut tan ahi. Hiche banjom a jong hatah a Library suh let be jing angai jeh in tukum sunga din jong masang jep chun dangka 1,50,000/- (One lakh fifty thousand) man lekhabu akichoh be kit in ahi.

5. Affiliation

College khat kiti chu Recognize/ Affiliation beiya hithei lou ahijeh in, STS hi Senate of Serampore College (University) noiya din Affiliation hatah in akidelin, hiche dungjui chun Affiliation mutheina dinga Senate of Serampore langa kon a suh bulhit louva khoh ahin ngeg hou suh bulhit teina ding natoh hatah in akiboipi in ahile, Pathen panpina jal in, Covid-19 Second Wave khohset jeh a Comission team ho tahsa tah a ahung thei tah lou jeh un, Virtual Commisison/ Zoom Meeting dingin hatah in Request anakiblin ahile, hichena dinga bolding ho eihin hetsah dungjuyun hatah in anakiboipi kit in, hicheho chu pha ahinsah phat un 8th June, 2021 nikho chun College governing Board ho le Faculty ho panna in Virtual Commission/ Zoom Meeting eihinbol piuvin, hiche meetinga chu lolhinna akinei dung juiyin STS hi Senate of Serampore in Provisional Affiliation eipetauvin, Provinal Affiliation imutauvin ahi: Pathen thangvah in umhem!

6. B. Th Entrance Test & Interview

Covid-19 Second Wave ahung khohset tah jeh in STS a B. Th simna ding Application Form anakilha banga koiman ahinbol thei tah lou jeh in, akhohsah mong monga Phone a Contact hinbol tho mi phabep TEB Member ho le Faculty hon Entrance Test le Interview anakibolin, tukum Academic Session thah (2021 – 22) a din pasal 4 le numei 1 agomin mi 5 Admission bol thei din anakila tan ahi. Amin cheh-uvn kimin phah tahih jongle amaho chu: KBC Gambih No. 3 a Pangjanga kon Numei 1, Gambih No. 4 a Gelbunga kon pasal 1, Gambih No. 7 a Kotlen a kon

pasal 1, Gambih 13 a Chehjanga kon pasal 1, Gambih No. 19 a S. Saisijanga kon pasal 1 ahieve.

7. Houbungho jouse le Convention pumpi henga tepna le taona

KBC houbung miho jouse, worker ho jouse, elected member/ho jouse le Convention pumpin ihet themlou-uva khoh tah khat chu: Theological College khat pilhing tah a kitung doh kiti hi thu le la le natoh dan a Convention kitol tohna dinga kibal phuna munpi le khompi pen hung hiding ahi, ti hi sumil louva, STS hi Theological Institution pilhing tah khat a tundoh lolou akhoh lheh jeng tan ahi. Hijeh chun, Convention in Project tampi igon hou lah a STS hi gelkhoh pen (Top priority) a ikoi tah diuva, hichena dinga hi lung le tha, sum le paiya gelkhoh tah le hongphal tah a pan hatah a ilah-va, pilhing tah a itundoh loi louvu akhoh lheh jeng tan ahi.

8. STS Share

STS anei le apu ihieve ti hetna a, kumkhat a dinga houbung mi Baptized member khat a dangka 30/- (Rupees thirty) bou itojiu hi tuchan a Convention a share ipoh houlah a alhompen hinalai maithei ahi. Hijeh chun, ahingel khoh a tuchan a STS Share hinpedoh ho chung a Pakai minin kipa thu sangtah iphonguvin, tuchan a hinpelou lai hon jong ihingel khoh-uva ihin peh doh tah diuvin avelin Pakai minin temna le taona ahung kinei kit in ahi.

9. Tu le tua ngaichat khoh thil phabep

Angaicha khoh ho dungjuia na kitong doh ho le kitong banjom ho chung chonin STS a dia tu le tua ngacha khoh tah thil phabep ho chu ahile

- Library a Student ho manding Computer 5
- Office a ding Colour Printer hoitah/ phatah khat
- Worship service ho le lasahna hoa manding Keyboard phatah khat
- Generator hat tah khat
- Sound system (Amply, sound box, microphone etc)

Chunga ngaichat khoh kisei ho hi koitobang khat Pakai min a STS gelkhohna le ngailutna jal a alung laigil tongkha a akisei ho lah a khat beh a hin pan lange, tia hongphal tah a hung kipedoh khat tou beh jong hung umdoh le kipa thanop umlheh jengin tin, STS machal lheh jengin te. Ahung kipedoh dingho Pathein ajat jan phat thei boh tauhen!

Principal, STS

CENTRE CHURCH LE GAMBIH-HO

GAMBIH NO.1

C/C New Lambulane: Lhadou, nisim 30 nikho in Elija Prayer Mountain, Gothol muna C/C New Lambulane BoD cheng, Church Pastor Rev. S. Vaiphei lamkaina n An-ngol taona lolhing tahn anabol tauvin ahi. Anngol taokhomna sung chun Houbung sung le Convention sunga Covid19 a dammona neiho, Doctors, Nurses leh Medical Deptt. a natong ho jouse ding, Home Deptt. a natong Police ho leh Govt. service bolho ding, Simlai ho, Chate naote ho leh Nungah Gollhang ho ding, Nu leh pate ho chuleh akum tam upaho ding, Houbung lamkai ho jouse ding, Houbung Budget lolhin thei nading leh Tohgon ho jouse tohdoh thei nading chuleh EPM Care-taker Evan. Jilkhulun Haokip le tahsa damlouva um Pu Hillun Haokip, Gothol Haosapu din jong taona aneikhom in ahi. Taokhom kichai nunga neh le chah tuitah einehsah u S/S Superintendent, Pi Julie Dounge chuleh tomngai tah a pan hungla BoD member jouse chungah kipathu akiseiye. - Church Secretary, C/C New Lambulane, Imphal



Kipathu seina: Lhadou nisim 18, 2021 nikho in C/C New Lambulane, Mission Secy., Gambih No.1 Secretary leh Convention Auditor hijing Pu Seikholen Lupho, Covid19 natna a damlou chu Pathenin itaonao asangin Shija Hospital a konin ahung doh tai. Ama Hospital aum sunga sum leh pai a kithopina hinnei ho jouse leh taona lam a pan hinla jouse chungah kipathu akiseiye. Ahung dam thengsel theina din taonan geldoh jingu hite. - Church Pastor, C/C New Lambulane, Imphal

C/C Langol: Nisim 13/06/2021, Pathen nikho in in BoD Langol C/C makaina noiyah Covid19 jeh a hahsatna toh houbung mi phabep,



relief thil (viz; An-chang, ah-lu chuleh Dal phabep) hopdohna aki neiyin ahi. Hiche kin sunga chun Rev. Thongkhongam Haokip, Church Pastor in ahungkhom ho tahsa leh lhagaova thahat jing dinga tilkhouna aneitoh lhonnin Pathen henga tao pehna jong aneijin ahi.
- Church Secy. C/C Langol

C/C Haokip Veng: C/C Haokip Veng sunga Nute taona lam a kiloikhom hon Pathenni sun nidan 12 seh leh Covid19 a dammo ho dingin taokhomna leh tokhomna anei jingun, Pathen min'a atodoh-u sum chun Hospital a um C/C New Lambulane Houbung mi Rev. Lamkeng Lhouvum, Pu Seikholen Lupho chuleh Gl. Stephen Paominlen Haokip chengho vetna leh taopehna aneijun ahi. Pathenin athilpha bolnau chungah phatthei bohjing taohen. -Rev. S. Vaiphei, Church Pastor, C/C New Lambulane.

GAMBIH NO.3

Pangjang B/Church Head Deacon mollem: Tulha, nisim 20, 2021 Pate nikho in ngailut umtah Pu Seikhola Kipgen, Head Deacon, Pangjang Baptist Church, KBC Gambih No.3 in atahsa damlouna akon damdoh jou talouvin, leiset natna le gim genthei thoh talou din, Pa henga choldo din eina dalha tauve. Adalhah insungmite Pathenin lhamon jing taken.



C/C Molkon Bazar: Tulha nisim 28,

2021 nikho in C/C Molkon Bazar, Pastor Seikholen Kipgen leh aloinu in Houbung min in Covid19 natna a damlou Rev. Lamkeng Lhouvum vilna leh kithopina anei lhonnin ahi.

GAMBIH NO.4

Pi Tinkhoneng Haokip in eidalha

tauve: Lhamul, nisim 3, 2021, nidan 08:15pm vel chun Loagos Children Home, Sipijang, KBC No. 4 aum Pi. Tinkhoneng Haokip, W/o (Late) Rev. Tongkholun Haokip ahinkho ana beitai. Amahi tutua C/C Tuibong Church Pastor, Rev. Lunkholal Haokip penna nu ahi. A-innepu Late Rev. Tonglun Haokip kivuina K. Molpi B/ Church, KBC Gambih No.19 munna alongdamsa vuilemna kin akibol in ahi. Adalhah insung mite ho Pathenin lungmonna pe taken.



GAMBIH NO.5

C/C Kangpokpi: Pathen hatna jallin achesa nikho phabep sung chun Shalom Theological Seminary a Myanmar akon simlai mi 3 ho leh STS a manchah ding Computer choh nadin kithopina ana peuvn, Manipur Theological College a Myanmar-mi, simlai 2 chuleh MTC jong kithopina ana peuvn ahi. Abanin, tahsa damlouva um KWS Bangalore Pastor, Rev. Silas Jangminlen Boipu Haokip, Evan. Helun Chongloi chuleh Rev. Lamkeng Lhouvum cheng jong vilna le taop-ealna aneijun, Lhakehtasa Rev. Kamboi Chongloi inneipi, Pi Ngailhing Chongloi mollemna chungah Saikul muna C/C Kpi. BoD chengin



ngailut vetsahnan pan aga lauvn, aumtalou Rev.Dr. Hawlngam Haokip le aumtalou Pi Nemvah Lhouvum, M/o Rev. Lamkeng Lhouvum tompon khu le insungmite lungmon din jong ana kalsong kitnun ahi. -Church Pastor C/C Kpi.

Ng. Nienga Singson, Retd. Staff, KBC Office in eina dalha tauve:

Keithelmanbi MC Colony, Chullou veng Ward No.1 a cheng Ng. Nienga Singson, Retd. Staff KBC Office, tahsa dammona a konin damdoh jou talouvin, Lhadou nisim 18, 2021, jinglam nidan 7:00

velchun innsung mite, Keithelmanbi Solam B/Church a houbung mite chule atohkhompi aloi apai dalhan Pa koma choldo masa din aleiset hinkho ana lhatai. Adalhah innsung mite adeh a ahingpa apa (tehse) in lungmonna anei theina dingin Pathen henga taonan kop jing ute. A dalhah insung mite jouse Pathenin lungmonna pe taken. -Pastor KBC Gambih. 5

Ng. HatMary Haokip kiengnei dinga lhahdoh hita: Kelthelmanbi Baptist Church (KBC No. 5) mun a Gambih Pastor, Pr. Thangminlal Haokip in Ng. HatMary Haokip, Lecturer Shalom Theological Seminary, akieng neina dingin lhahdohna kin leh vangthum pehna ana neita. Pathen puihoina jallin Lhadou nisim 10, 2021 (Vanghomni) in tohkhompi KSBC akon Ng Hatmary @Mary Haokip Danthenga jineina dingin Insung mite leh Houbung miten Vailhahna leh maicham sempehna Gambih Pastor Thangminlal Haokip makainan Apa Pathen, Chapa Pathen chu leh Lhagaotheng Pathen min in Lhahdohna Program lolhing tah in ana kibolpeh tai. Hiche program lolhinsah dinga hungkon KBC Office Staffs, toohkhompi Pakai lhacha ho chuleh sopi ule nao jouse chungah kipathu akiseiye. -Pastor Gambih no.5

Kholen B/Church AHLU KUT: Lhadou nisim 13, 2021 nikho in Kholen Baptist Church in Pathen phathei bohna jalla lousoh-ga chungah Pathen thangvahna anivei channa AHLU KUT anamang tauvin ahi. Pathen thangvahna maicham Gambih Pastor Thangminlal Haokip makainan Gambih Executive cheng le khovel houbung lamkaiho pannan houbung mite toh Kut lolhing tahin akimang in ahi. Pathenin houbung mite le lousoh-ga phatthei bohjing taken. -Pastor Gambih no.5

L.S. Sehjang B/Church AHLU KUT: Tulha, nisim 27, 2021 nikhon Gambih Pastor Thangminlal Haokip minister hinnan, L.S. Sehjang



B/Church in akum 2 lhinna AHLU KUT lolhing tahin amang chai tauve. Hiche Kut ahin Gambih No.5 Executives le Houbung lamkai chengin jong pan ahung lauvin program anomlheh jenge. Ahlu Kut a Houbung miten ahlu ahin todoh jat Kgs. 855 alhing in, Program a hunglha lamkai cheng jong ahlu Kg. 10 cheh akipen ahi. akihom

moh chengse vang New Church building plan project adin akijoh in asum akikoi tup tai. Pathenin L.S. Sehjang houbung umpi jing taken.

Nikho 160 sunga Holy Bible 5 vei simchai: Keithelmanbi Solam B/ Church, KBC Gambih No. 5 houbung akon NI. Khupneichong Kipgen in Lha 5 le nikho 9 sungin Holy Bible apumpin 5 vei (5 times) ana sim jouvin ahi. Tolbol, nisim 20, 2021 in ana sim pan in Lhadou, nisim 29, 2021 in asimchai in ahi. Amahin kumseh le Holy Bible hi vel ijat hamkhat ana lehlha jingin, aphot jouse hi Bible simna a aman jing jengji ahi. Pathenin phathei boh jing taken.

GAMBIH NO.7

Loibol Kholen Guest House sahchai hita: Kipa umtah in Loibol Kholen houbung in guest house kilomtah asadoh tauvin ahi. Thinglhang gam guest house dinga hoitah le vet lomtah ahitai. Cement plaster phatah a kibol chuleh attached bathroom le toilet pucca a kibol ahi. Hitobang tohgon phatah molso jou Loibol Kholen houbung ikipa piuve. Ijakaiya lolhinna eipeu Pathenin mapui jingu henlang Hou-inn loupitah tohgon anei-u jong sasoh dingin phatthei bohjing tauhen. - Gambih Pastor

Khoripok B/Church a Tahsan Twilutna: Nisim 6/6/2021 (Pathenni)



nikhon KBC Gambih No. 7 hopsunga um Khoripok houbung sunga sopi mi sagi (7) in Gambih Pastor, Pr. Letkhoson Haokip khut in tah-



san phudet vetsahnan twilutna ananei tauvin ahi. - Gambih Pastor Baptism Program @Joupi B/Church: Tuni nisim 27/6/2021 (Sunday) nikhon KBC No. 7 hopsunga um Joupi houbunga um sopi mi 6 in gambih pastor kinthempu khut'a Tahsan Tuilutna (Baptize) achang tauvin ahi. Amaho jal'a Joupi houbung ahung khantou ding ikinep nau ahi. Hatchungnung Pathen in naote ho cheng mapui jing ta hen. - *Gambih Pastor*

C/C Lambung Joujangtek Pastor's Quarter sah machal jing: KBC No. 7 hopsunga um Centre Church Lambung Joujangtek Pastor quarter



sahna amachal jingin ahi. Hettthei khat chu Joujangtek houbung hi Centre Church ahina kum khat val bep bou ahi nalaiye. Pastor-pa le atohkhompi ho tom panna jallin houbung sunga khantou le macha-lna tampi aki muthei jin kipapi aumlehe e. Hiche quarter jotheng ahi tengleh New Church Building Project jong sutjom paiding tohgon aneyyun ahi. Pathenin tohgon lentah tah anei hou amolso theina diuvn phatthei bohjing tauhen. - *Gambih Pastor*

Kilhahna Kin: Tuni nisim 26/6/2021 (Misemni) nikhon KBC No. 7 hopsunga um Khoken houbung mi (L) Pu Jampu Haokip le NI. Lhaingah chanu, Ng. Ngahneithem Haokip, Hou dantheng a kiengnei dingin kilomtah in lhadohna akinei tai. Kinthempu'n Pr. Letkhoson Haokip (Gambih Pastor KBC No. 7) apangin ahi. Hettthei din; Ng. Thethem penna anu NI. Lhaingah Haokip hi tu le tua KBC no. 7 Women Dept. Chairperson panmun tuhjinglai ahi. Pathenin Ng. Ngahneithem Haokip minu lolhing tah le Christian insung nomtah semdoh din Pathenin mapui jing taken. - *Gambih Pastor*

GAMBIH NO.8

C/Church Twibong: KBC C/C Twibong in achesa Lhadou, nisim 7, 2021 nikhon KBC Office munna staffs le family umho ngailutna le

gelkhohna jallin anchang le anme tampi in panpina le kithopina aneyun ahi. Hitobang thilpha hinbol C/C Twibong houbung mite Pathenin phatthei bohjom jing tauhen.

Lunghempina: Lhadou, nisim 21, 2021, nidan 11:50pm chun vangset umtah in Pi Ngailhing Chongloi W/o Rev. Kaikhokam Chongloi, Former Secretary, Men Dept. KBC in Covid19 natna jehin District Hospital, Churachandpur munna eina dalha tauve. Tuhin M. Thingjabong C/C a Church member Ihingset ahiuve. Pathenin adalhah a-inneipu le achate thum lungmonna pejing taken.

Women Dept. in LRC Shopping Line thensona neita: Lhadou, nisim 29, 2021, nikho in Women Department KBC in Income Generation na-

dinga Lydia Resource Centre mai a Dukan inn asah u jotheng ahitoh Ihonnin thensona anei tai. Ms. Lhingboi Kipgen, KBC Women Secretary, LRC Warden, Weaving Instructor chuleh jillai chapang phabep jaonan Rev. Pillar Paosei Haokip in inn thensona kin alan ahi.



GAMBIH NO.9

H. Mongjang Baptist Church Hou-in thah lutna: Lhamul, nisim



1,2021 Vanghomni in H. Mongjang Baptist Church, KBC Gambih No.9 ah Hou-in thah lutna kin akimang tai. Hiche Hou-in thah thensona kin a chun Gambih Pastor, Rev. Ngulkhopao Haokip Kin Thempu'n apange. Pathenin houbung puikhang jinghen.

GAMBIH NO.11

Pastors' Day lolhingtah a kimang: KBC Gambih No.11 in Lhatun sung chun Pastor Nikho lolhing tahin akimang tai. Hiche nikho a nei

tokhom kidongdoh hochu Gambih Executive Committee phatsah dungjuin Gambih sunga um Pastor ho ngailut thilpeh in akipen ahi. Akiye Pastor hochu ahileh; Retd. Pastor Holthang Haokip, Retd.



Pastor Letsei Touthang, Rev. P.P. Haokip, Gambih Pastor chuleh Pastor Ngamboi Haokip, Pastor C/C Sangaikot cheng ahivu.

- Gambih Pastor

Govajang Kids' English School: Kuki Baptist Convention Education Policy noiya gam hahsa a um chapang ho lhagao leh tahsa lam a



hetna-chihna aneitheh teina diuva School ana kiphutdoh ho amchal pantai. KBC Gambih No. 11 Govajang Kids' English School (KES) a jong kumkim themvetna lolhing tahin akichai tai. Jilkung ho leh School Board member ho tompa jallin simlai jong akibe jingin, tuhin simlai chapang 94 alhing tai. - Gambih Pastor

GAMBIH NO.12

Holy Matrimony: Lhadou, nisim 13, 2021 (Pathenni) in Twilelon B/ Church a cheng Gl. Jangkhogin Lungdim leh Sajik Tampak akon Ng. Julie Niansianchiin Mantuang in hou dantheng in kichenna aneilhon tai. Hiche kichenna kintheng a chun Pakai lhacha Pastor. Lunlal DOUNGEL (Pastor, KBC Gambih No. 12) in apa Pathen, chapa Pathen chuleh lhagaotheng Pathen minin jaangopna kin alan ahi. - Pr. Lunlal DOUNGEL Gambih No. 12

GAMBIH NO.13

BYD Khengjoi B/Church in Guitanlou Bible simna anabol: Pathen lungsetna jallin Lhadou, nisim 11, 2021 nilhah lam nidan 6:00 in Baptist Youth Department, Khengjoi Baptsit Church in Pathen Lekhabu Theng (Holy Bible) guitan louvin anasim pan un ahi.

GAMBIH NO.15

Environment Day toh kisaiya thingkeh phunna um: Tulha, Lhadou hi Environment toh kisai lha ahitoh Ihonnin Centre Church Chavangphai Houbung lamkai chengin jong Hou-inn mun a, nisim 11/6/2021 nikho in gamsunga environment aphatcheh ding khohsahna jallin thing li-keh akiphut in, bodoh le suhset ahilou na dingin phatechan Guard jong akisempeh in ahi.

Kipana Maicham: Manipur Sorkar noiya tohmun ana ngah jing, tu le tua Dr. Colvin Academy a Accountant hi, Pu Thangboi Haokip in Pathen phatthei bohna jallin Govt. Service amu tai. Alohinna chungah kipa maicham semna kin a Gambih Pastor, Rev. Thanglen Haokip kin thempun apangin ahi. KBC Worker khat ahina chungah kipapina sangtah akineiijin chuleh tohmun dungjuiya kikhen ding jong thomhao um akisan ahi. Pathenin KBC dingin mangjom jing hen. - *Gambih Pastor*



Gl. Thangminlen in Civil Engineering (B.Tech.) chaitya: Sahei B/Church, Moreh a



um Pu Ngamlet le NI. Ngaija chapa Gl. Thangminlen in 4yrs.Course, NIT, Langol, Imphal munna Civil Engineering (B.Tech) lolhing tahin ahin chai tai. KBC chuleh ahideh a gambih sunga degree sangtah nei gollhang khat akineibe na chungah Gambih in sangtah in kipapina aki-

neije. Lolhinna Maicham a Rev. Thanglen Haokip, Gambih Pastor kin thempun apangin ahi. - *Gambih Pastor*

GAMBIH NO.16

Gambih Pastor le a-insungmite thilpha bol: World Environment Day nisim, 5/6/21, in Rev. Thangkhomang Haokip, Pastor KBC Gambih

No.16 le a-insungmi ten jong Gambih Pastor Quarter le akimvel dunga thingkeh le pahcha chi chomchom atu-uvini ahi. "Lhagao thubou hilouvin leiset damtheina dingin jong Pakai lhacha hon tohding aneiyee." ti natoh a ahin hilchen jehin ama le a-insungmite chungapachatna sangtah akipen ahi. "No plant no water, No water no life" hi tukum Environment Day a amaho insung in achepiu slogan ahi.

Kipapina Thuphon: Gl. Jangminthang @ Joseph Haokip, Chahmol B/Church hi tu le tua KBC Gambih No. 16 a Youth Secretary ahi. Achesa lha-masa lang chun Moreh Victory Cross, taona mol a anngol



taona ana mang in, hiche toh kilhon in nisim 3/6/2021 nikho in alou buh uvah anngol taona mang dingin ana kondoh kitnin, boina imacha umlouvin lolhingsel le damsel in nisim 10/6/2021, nikho in inn ahunglung kit tai. Nam chuleh KBC sungah aniseh in khandong tampin Pathen lunghanna aboldoh jing laitah a aman hitia pontho tahle tomngai taha Pathen henga kigimbol pum'a hapta khat anngol taona anei hi aga

a-umtei ding kinepna lentah akineiyin ahi. Pathenin ahinkho sunga damna le lolhinna pejing hen, chule hisanga lenjo boldohtheina le tohdohtheina pejing hen. -Rev. T. Thangkhomang Haokip, Pr. KBC No.16

Gambih 17 Lakhan B/Church mun a Pate Nikho kimanna



GAMBIH NO.20

Vang thumpehna Maicham: Lhadou, Nisim 25, 2021, nikho in S.L. Zougam Baptist Church a Pu Letthang Haokip (Haosapu) sopi ngaitah, NI. Ngaineo Lhungdim vangthumpehna le maicham sempehna kin akibol in ahi. Pastor Seiboi Haokip, Gambih Pastor KBC No. 20, Kin Thempu hinan mon umtah maicham lolhingsel in ana chelhai. NI. Ngaineo Pathenin phatthei boh jing taken. – Gambih Pastor

MENTAL HEALTH CRASH COURSE

KBC sung'a worker mi 60 valho chun June 14 apat in 28 sung chun Online (Zoom) mang cha in Mental Health (Lungthim damtheina) lampang kihilna lolhing tah in ana nei tauvin ahi.

Hiche thua hetgilna nei Dr Kimneihat Elizabeth Vaiphei, Assistant professor, Department of Psychiatric Social Work, National Institute of Mental Health and Neuro Sciences (NIMHANS), Institute of National Importance, Bengaluru, India, Ms Grace Nunnem, M.Phil PSW, NIMHANS, Ms Olive Tesong, M.Phil PSW, NIMHANS, Pu Thangminlun Vaiphei, Dy Directo, ECC, Bangalore, amaho cheng mihil in anapang uvin ahi.

Hiche kichuhna achun alhangpi in mihemte lhagao damna jeng hilouva tahsa le lungthim damna angaichatnaho le ipiti kimu theiya chule lungthim dammona neiho jong ipiti houlimpia chule iti lam dol'a jen ding ham tiho abonchan ana seikhom uvin ahi.

Pathen phatsah ahileh hiche kichuhna a ana kiseiho chule adang dangho gopkhom'a houbung mite jouse sim thei ding'a Lungthim Damtheina thudol lekhabu neocha hijongleh ahung kisemdoh ding jong kinepna lentah akineiyin ahi.

Pathen in hiche kichuhna jao jouse alenggam na atohnuava umpi jing uhenlang chule hiche thugil eina hil'u lamkaiho jouse chung'a jong kipa thu sang tah in iphong uvin ahi.

Kbc online painting

COMpetition

Nisim 28th June 2021 nikho a Kbc online painting competition ana kibol na a chun

Mr. Paominsang Haokip

s/o Ngohsei Haokip

of Leijang Khopi, in lolhinna ahin mu in first prize ana kisan tan ahi. Amaban ah jong Pathen in lolhinna hinpejing taken.



KUKI CHRISTIANTE LAH'A AMASAPENHO

1. 1982 kum in KBC Sunga Nepali Fellowship masapen Hengbung Houbung a ana kibol e.
2. 988 kum in United Sapormeina Houbung mun a KBC Mission Fellowship masapen ana kibol e.
3. April 10, 1978 nikho in Rev. Seikholet Singson, in New Lambulane a Inning songphu abol in chule KBC Centre Church masapen phudohna jong anei tai.
4. 6th July, 1979 nikho in Rev. Seikholet Singson, KBC Acting General Secretary in Branch Centre Church Singngat chu KBC pumpi a Branch Centre Church masapen ding in thensona ana neitai.
5. 1990 kum apat in Evan. D. Athang Haokip chu KBC Missionary Nepal
6. 1988 kum in Evan. R.K. Brahman chu Nepali Evangelist Licentiate masapen in ana kibol e.
7. 1990 kum in Ms Kimbem Haokip Book Seller masapen hina in KBC Book Room ana kihongdoh e.
8. 1991 kum in Pu Paokholun Haokip chu Development Secretary masapen in ana kigoi e.
9. 1986 kum in Pu Thongsei Haokip Manger masapen hina in Twinou mun a Vangphat Community Development Project ana kihongdoh e.
10. 1977 kum in Pastor Laljakai Kipgen chu KBC Retd. Pastor ho lah-a President kaidoh masapen in ana kilhengdoh e.

~ Courtesy : KBC Thuchinbu

TAHSA LEH LHAGAO PUIHINGTHEI THUGOLHO

Achesa pute-pate minthanna ho'a chengden louva potdoh phat ahite. Achesa minthanna kiletsahpi leh saki putna putding aphot chuomna umlou ahitai. Eima ho bolthei leh minche na-thei dingjoh gella bolpan phat ahitai. Het manlou kah'a dalhah ihidiu kichat umtah ahi.

Chihna thepna holbe, hetbe, leh kipachuh nadin avaigei aum poi. Najil nuom leh nahet nuomchu itih phat hizongle bolteitei jeng in, kishinna umlou beh ding ahi. Pension jouva lekha simbe/lekha sut/social service/charity /hou thulam hetbe holbe dinga kisah boina thil phatah ahi. Kumtam nung, ahilouleh aphot ana vaigeita zongleh ilunglutna thil khat bolding hi avaigei umlou ahi.

Mihem dinga damtheina thil mantampen ahi. Damthei nahi tahsa, lungthim chuleh midangtoh kitohdella umthei

Damtheina din nchding dol nch, don dingclof don, cxercise boljing chuleh kicholdo ding dolla kicholdo angaijc. Tahsa nat-na umho aphatcha kijan ding koisot louding ahi.

Eima kitahsan (self confidcnce) na umlouvin ima akibol doh jou-poi. Eima kitahsan theina dingin Scf Improvcment lekha hasim ding, kivoppi mi kilhem themding, miseise, milungneo leh ase-lam jeng muho'a kon kikangse angai je.

Eima kithujona (Self discipline) hi galjona khat ahi. Jingtho ding, pot-tho ding, gunchu ding, ijo tokah'a avel vella bolding kitiho jouse zonghi eima i-kithujo jou louleh a thonsa /failsa hiding ahi. Ama kithujo jou michun lolhinna tamtah aneiding ahi.

~ Courtesy: Kalbi 40

Servanthood Quotes

A noble leader answers not to the trumpet calls of self promotion, but to the hushed whispers of necessity."

~ Mollie Marti

The ear of the leader must ring with the voices of the people.

~ Woodrow Wilson

... the king [leader] is a paid servant and enjoys the resources of the state together with the people.

~ Chanakya

If you can't handle others' disapproval, then leadership isn't for you.

~ Miles Anthony Smith,

Serving others prepares you to lead others.

~ Jim George

Organizations exist to serve. Period. Leaders live to serve. Period.

~ Tom Peters

Everybody can be great, because everybody can serve.

~ Martin Luther King Jr

The miracle is not that we do this work, but that we are happy to do it.

~ Mother Teresa.

The best way to find yourself is to lose yourself in the service of others.

~ Mahatma Gandhi

It has generally been my experience that the very top people of truly great organizations are servant-leaders.

~ Stephen Covey

A good leader cares enough to give his or her best people feedback.... And that's how I'd describe my leadership: servant leadership.... I've always been trained with the inverted pyramid, where the customer is on top.

~ John Donahoe

Courtesy- Kalbi 40

CONDOLENCE MESSAGE



Pu Paokai Haokip (1935-2021)

The Kuki Baptist Convention condoles Pu Paokai Haokip, Former MP Lok Sabha, Outer Manipur (1967-1977), who received the heavenly call on June 6, 2021 at his residence in Saitu Village, Kangpokpi District Manipur.

Pu Paokai Haokip has contributed a lot in Christendom. He was a member of Constitution Drafting Committee in Kuki Baptist Convention in 1988. As a Parliamentarian, he introduced "Rules of Procedure" (Article No. XLVII) for General Assembly Manual. The article was amended and followed till date.

He was admired for his strength of character and faith in God. It is a great loss for Christian in general and KBC in particular. While we will miss him forever, we give thanks and gratitude to God the giver of life for his life and contributions. We continue to pray to God for peace and comfort for the bereaved family. "Precious in the sight of the LORD is the death of his faithful servants," (Psalms 116:15).

In His service,

*Rev. Dr. M. Thongkhosei Haokip,
General Secretary,
Kuki Baptist Convention*

LUNGHEM PI NA



Pi Nemvah Lhouvum



Ng. Nienga Singson



Pu Holkhomang Kipgen



Pi Ngailhing Chongloi

Vangset umtah in Ngaito phahlou leh gelphahlou vin ingailut tah u Pi Nemvah Lhouvum tutua Mission Secretary eipohpeh u Rev. Lamkeng apenna anu in RIMS hospital ah tahsa domlouna a kon in damdoh jouta louvin 4th June 2021 jinglam nidan 8:30 vellin angailut cheng dalhan ana chemasa tan aban in ingailut tah u tohkhompi lui Miss Nienga Singson in dommona jeh in 18th June 2021 nikhon a chenna mun Keithelmanbi MC Colony mun ah eina mollemsan kit uvin aban in 26th, 4:30am donin Evan. Paolam Kipgen, (Pastor Pheidinga Meitei Baptist Church) ahingpa apa (L) Holkhomang Kipgen in eina dalha kittauve, tohkhompi Rev. Kaikhokam Chongloi angaitah aloinu Nu Ngailhing Chongloi in jong dammona khohtah jeh in Churachandpur hospital a akijen na akon in domdoh jouta louvin June 28th 2021 nikhon eihin dalhakit taovin ahileh, convention in adalhah insung miteu lunghempi na sangtah akineipi in, phamo akisan bolpehthei akineipon hijong leh amaho cheng in tuphat kah sunga eina dalhah nau chung ah hin chena lhongpi a boldingdol ho jousen jong ana kibol in lhamon na thu anakisei cheh in pohnatna jal in KBC Thuso mangchan hiche lunghempina thuthot hi ahung kineikit in ahi, Chung Pathen in amaho jouse insunga adalhah cheng lhamonna hinpe jotading in itaouve.

Editorial Board
KBC Thuso

KBC Event
"Environment Day"
toh kilhon a
Gambih 15
a Lamkai hon
jong
Thingphung keh
tuna ana nei.



KBC Gambih No. 5

10th June 2021 | Time: 10:00 AM



Ng Hatmary @Mary Haokip Danthenga jinei ding Vailhahna 10th Jun 2021

Post Regd. MNP/81
Regd No. 18134/88



8th May, 2021 STS Graduation Service (2nd Batch)

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