

LOCKDOWN

AVANGA TAKSAA HARSATNA AWM THEITE



1. Ei leh In mumal lo.
2. Mut tam lutuk emaw mut theih loh.



3. Taksa na them thum.
4. Lu na leh lu hai.
5. Chau ngawih ngawih.
6. Pum nuam lo, ek harsat leh kawtha lo.



7. Che châng peih lo.
8. Awm hle hle thei lo.

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AVANGA RILRUA HARSATNA AWM THEITE

1. Thinchhiat
2. A thim zawng ngaihtuah nasat
3. Chi-aina (anxiety)
4. Hlah thutna
5. Mang ṭha lo neih
6. Rilru tawt/thaw-ipik
7. Ngaihtuahna kal ding ṭha thei lo
8. Thu tlukna siam harsat
9. Thinhrik (stigma) anga inhriatna
10. Hlahthawna leh inrinhlelhna
11. Thil nuam tih ṭhin nuam tih tawh loh



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AVANGA HARSATNA ENKAWL DAN

1. Taksa sawizawi
2. Mut that
3. Hunbi neia nunphung ngel nghet neih
4. Mi dang nena inkungkaihna/inbiakpawhna (social media leh phone) neih that leh mite tana inpek.
5. Hun tawn dan azira insiam rem thiam
6. Taksa tana tha ngaihtuah chungga ei/in tihthat
7. Infiamna hlimawm neih thin (play/humor)
8. Chhel taka tuar chhuah
9. Ni tina lawmnate ziah chhuah
10. Hahdam dan zir (<https://youtu.be/RT32jjzF784>) leh (<https://youtu.be/uoQPI8RNQHA>)
11. Ni khatah vawi 2-3 bak Covid-19 chungchang thu en/hriat tum loh.
12. Tawngtaina



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