

LOCKDOWN

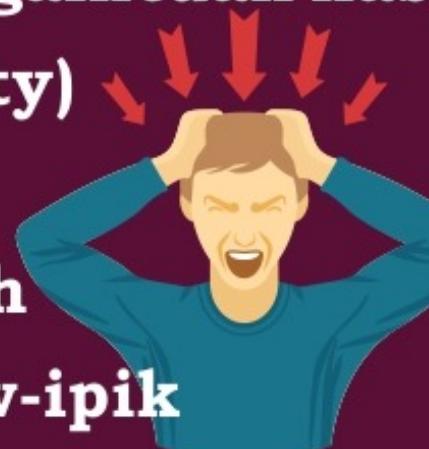
**AVANGA TAKSAA
HARSATNA AWM THEITE**



- 1. Ei leh In mumal lo.**
- 2. Mut tam lutuk emaw mut theih loh.**
- 3. Taksa na ȑhem ȑhum.**
- 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. Hlauh 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) a n g a
inhriatna**
- 10. Hlauhthawnna leh inrinhlehnna**
- 11. Thil nuam tih ṭhin nuam tih
tawh loh**

**Committee on Covid- 19
Psychological and Social Guidance, GoM**

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AVANGA HARSATNA ENKAWL DAN

1. Taksa sawizawi
2. Mut ṭhat
3. Hunbi neia nunphung ngel nghet neih
4. Mi dang nena inkungkaihna/inbiakpawhna (social media leh phone) neih ṭhat leh mite tana inpek.
5. Hun tawn dan azira insiam rem thiam
6. Taksa tana ṭha ngaihtuah chunga ei/in tihtthat
7. Infiamna hlimawm neih ṭhin (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. Ṭawngṭaina



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