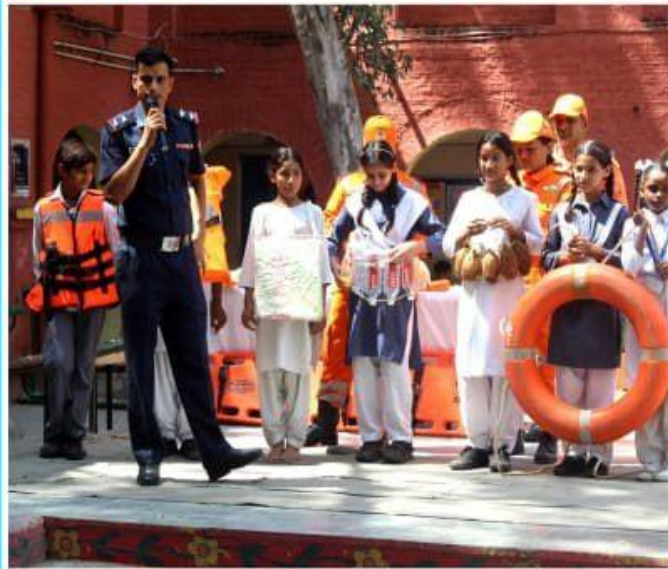




Prokram Jingshngaiñ ha Skul



Ka jingshnain ka skul



Jingpynithuh-

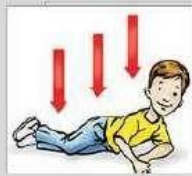
La khmih lynti ba ki khynnah kin pynlut bun ka por jong ki ha skul, bad ka skul kaba shngain ka long kaba kongsan bha ban pynthikna ia ka jingshngain bad jingbha jingmiat jong ki. Ka skul ka lah ban long ka jaka rieh na ka bynta ki khynnah skul, kaba iarap ia ki suki suki ban wanphai biang sha ka jinglong kaba rim. Namarkata, ka long kaba kongsan ban trei ia ki bynta jong ka skul kaba shngain.

Ka jinglehka ha ka por ba don ka ding

Stop.



Drop.



Roll.



KA DING

Kaei kaba dei ban leh Lada jia ba don ka ding: -

- * Pynkiew ia ka alarm & Pyntip ia u nongpyniaid/nongpyniaid skul.
- * Pynkynriah noh ia baroh na ki jaka ba marjan bad ka ding.
- * Pynduh ia ka ding da ki tiar kiba la don lypa (Tang haba ka long kaba bit ban leh kumta)
- * Ailad ia ki nongtrei, ki samla pule, bad ki nongwan jngohkai ban shim ia ki tiar (Tang haba ka long kaba shngain ban leh kumta).
- * Ha ka jingsawa jong ka jingpynbna, pynkynriah noh ia baroh ki nongtrei, ki samla pule bad ki nongwan jngohkai ha ka rukom kaba ryntih.
- * Khang ia baroh ki jingkhang bad ki jingkhang & Pynlip noh ia ka bording.
- * Lum ia ki roll jong ki kamra klas bad pynkynriah ia ki khynnah skul bad ki nongwan jngohkai lyngbaki lynti ba la buh sha ka jaka ba la buh ban ialang.
- Iarap ia ki nongtrei, ki samla pule bad ki nongwan jngohkai kiba don jingduna ha ki dkhot met ne kiba donkam kyrpang.
- * Pynlang ia ki khynnah skul ha ki kynhun bad buh dak ia ki kyrteng jong ki na ki roll.
- * To sah bad ki khynnah skul bad ap ia ka jingbthah kaba kham bniah na u nongpyniaid ia ki jingjia.

JUMAI

Kaei kaba dei ban leh ha ka por ba khiih jumai

1. Kaei ka jingleh kaba nyngkong jong phi lada jia ba phi sngew ia ki jingkhiih?

- Pynkup ia ka Khlieh jong phi da kaei kaei"



2. Kaei kaba hadien?

-Drop-jingtap-jingbat
3. Kumno phin leh ia ka Drop?

-To sah sngap jar!

Lada phi don hapoh iing, to sah hapoh iing.
Lada phi don shabar, to sah shabar.

-Lada phi don hapoh iing, ieng pyrshah ia ka jingkhang kaba don hajan ka pdeng jong ka iing, ieng ha ka jingkhang, lane rung hapoh ki tiar kiba khia (ka miej ne miej).

-Pynjngai na ki jingkhang bad ki jingkhang ba shabar.

-Lada phi don shabar, sah ha ki jaka ba lait jngai na ki lain bording ne kino kino kiba lah ban hap. Pynjngai na ki jingtei .

-Wat pyndonkam da ki ding, ki sharak ne kano kano ka ding. Ki lain gas kiba la pra bad ka ding kim ia khleh lang.

-Lada phi don ha ka kali, pynsangeh ia ka kali bad sah hapoh kali haduh ba u jumai un da sangeh.

-Wat pyndonkam ia ki lift .

-Kaei kaba dei ban leh hadien ka jingkhynñiuh jumai

-Peit bha ia lade bad ia kiwei lada ki don jingmynsaw.

Pynbiang ka first aid ia kino kino kiba donkam.



- Pynmeh ia ka radio. Wat pyndonkam ia ka phone lynda dei ka jingjia ba kyrkieh.

-Pynsah shabar na ki jingtei kiba la shah pynjulor.
-To sumar bha ha kylleng ki jaka ba la bthei bad ki tdem.

-Pyndonkam da ki boot ne ki juti kiba khlain khnang ban ym ot ia ki kjat jong phi.

-Pynbud ia ka plan kyrkieh lane ia ki jingbthah jong u briew uba dei peit

-Khmih lynti ia ki jingkhiih hadien.

Eriong/Jingshlel Um: -

Ha ki jaka ba lah ban shah ktah ha ka eriong, ki nongpyniaid skul/ ki nongpyniaid skul ki dei ban pynlong ia ka jingiadei bad ki tnat treikam

Ki jingshakri (SES) bad pyntbit ialade bad ki kam bapher bapher kiba donkam hapoh kawei pa kawei ka "kyrdan pyntip".

-Lada ka jingshlel um ka la jan, pyntip kloil katba lah sha ka SES (Ki Jingshakri ba kyrkieh jong ka Jylla) bad ka ophis pule puthi jong ka thain CIS.

-Lada ka skul ka dang don briew, pynthikna ba ki khynnah skul bad ki nongtrei ki don ha ka jaka kaba jrong tam .

Ha kaba lah, pynthikna ba ia ki tiar bad ki jingthoh kiba rem dor dei ban pynkynriah sha jngai na ki um shlei um kiba la jan wan.

Pynthikna ba la pynduh noh ia ki jingma kiba lah ban mih na ka bording (kum ka nuksa, pyniakhlad ia ka jingpynbiang bording) (tang haba ka long kaba shngain ban leh kumta).

To sah ha ka jaka kaba shngain katba ka dang bteng ban ai jingiada.

Wat ailad iano iano ban rung shapoh ki um ba la shlei um.

Ka jingtwa khyndew:

Lada phi don ha ka jingma kaba khraw:

- Pynkylla noh mardor
- Khot ia ki pulit ne ki tnad pynlip ding .
- Ki dak jingmaham:
- Ka skul ka pynmih jingsawa
- Ki jingkhang bad ki mala ki kylla .
- Ki jingtwa ha ka jingtei ki dang plie
- Ki jingtwa ha ka khyndew ki paw .
- Ki jingkhang ne jingkhang kiba sngur ne jam ha ka sien kaba nyngkong .
- Ki kynroh shabar, ki lynti ia id kjat, ne ki jingkieng ki sdang ban tan noh na iing .

KA KYNTA KI TEAM SKUL:

Lah ban thaw ia ka Komiti Pyniaid ia ki jingjia ba sngewsih ha ki skul (SDMC) ban shim ia ki Plan bad ki kam kiba donkam, ha ka jingjia ba sngewsih kaba ym lah ban jia.
Ka SDMC ka lah ban don ia kine ki kynhun/kynhun harum:

1. Ka kynhun pyntip shaphang ki jingjia ba sngewsih.
-Pynwandur ia ki jingthoh jong ki tiar, ki kot lyngkdp, bad ki jingai jingmut kiba suk shaphang ki jingleh bad ki bym dei ban leh ha ki jingjia ba sngewsih bapher, ki jingialehkai ha surok bad ki "jinglehkai nukkad".
-Pynlong ia ki Jingpyni ban pynmih ia ka jingsngewthuh.
2. Ka kynhun pynphriang jingmaham bad jingtip
-Ka jingbuddien bad jingshim ia ki jingpynbna man ka por na ka TV/Radio/Internet halor ki jingma kiba lah ban mih kiba ka skul ka lah ban iakynduh, e.g. ka jinglong ka suinbneng ka kiew ha ka jingshleu um, ka jingtwa khyndew, ki eriong bad kiwei kiwei.
-Maham ia ka skul lada don ka jingjia ba kyrkieh da kaba pynsawa ia ka jingsawa/siren lane ha ka kor pynbna paidbah lane lyngba u nonglam khubor bad kiwei kiwei.
- Pynkhreh ia ki jingai jingmut/jingtip shaphang ka jingiada na ki jingjia ba sngewsih.
3. Ka kynhun ba iarap ia ki jingjia ba sngewsih
Ithuh ia ki jaka ba plie ha kaba ka skul ka lah ban ialum hadien ba la pynkynriah ha ka por ba donkam kyrkieh.
- Iarap ia ka Komiti Pynkhreh ban thaw ki lad ki lynti lada jia ba donkam ban pynkynriah briew ha ka por ba jur bha ka suinbneng.

4. Ka kynhun wad bad pyllait im
-Ka jinghikai man ka por ia ki dkhot jong ka kynhun halor ka jingpyntreikam ia ka jingpyllait im ia ki nongshah ktah.

- Ka jingtbit ha ka ai jingiarap nyngkong.
- Sdang ia ki kam pynlait im bad wad lada jia ba don ka jingjia ba sngewsih.
- Pyntip ia ka jaka jong kiba mynsaw sha ka kynhun ai jingiarap nyngkong.
- Pyntip ia ka jaka jong kiwei pat ki jingeh sha ka SDMC.

5. Ka kynhun ai jingiarap nyngkong
-Pynthikna ba ki tiar ai jingiarap ba nyngkong, ki kard kyrkieh bad ki kard koit ka khiah ki long kiba biang bad kiba pura man ka por.
-Ka jingtip ia ki jingdonkam ba kyrpang jong ki khynnah skul /nongtrei bad pynthikna ba katto katne ki dawai stock (lehse ki dawai 1-2 sngi) la buh ha skul bad la pynthymmai man ka por .
-Ai kam ia ki dkhot jong ka First Aid Team ban leit ryngkat bad ki kynhun wad bad pyllait im ha ka por ba ki wad.
- Iarap ban pynkynriah ia kiba mynsaw jur.

6. Ka kynhun iada na ka ding
-Pynthikna ba ki tiar pynlip ding (ki tiar pynlip ding, bad kiwei kiwei) ki long kiba treikam bha bad ba ki nongtrei ki la ioh jinghikai ha kaba pyndonkam ia ki.
- Ithuh & pynthikna ba baroh ki jingma kiba lah ban mih na ka jingkhynñiuh jumai ki bym dei ki jingtei kiba lah ban long ka daw jong ka ding (i.e. ki jaka test dawai, ki jaka bam, ki jaka buh um ba shit) ki long kiba la pynskhem bha.

7. Ka kynhun nongap ia ka jaka
- Iatreilang bad ka Planning Committee, u nongpyniaid skul bad ki bor District ban thaw ia ka rukom pyllait bad pyntip ia kane ka rukom sha ki kmie ki kpa bad ki nongtrei.
-Pynkhreh ia baroh ki jaka rung bad jaka mih

8. Ka kynhun pynneh ia ki Bus (na ka bynta kawei pa kawei ka Bus)

- Pyntreikam ia ka polisi jong ka skul na ka bynta ka jinghie jumai/jingjia katba ki khynnah skul ki dang leit ne wan na skul.
- Lada ka jinglong jong ki bus bad ki lynti leit jingleit ki ailad ban ia id ki bus, ia id shakhmat da kaba husiar.



L

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C

SAFETY



Ka Rukon leh CPR

C Phone ia EMS
P Ka jingleh CPR
R lai Purshang



Pan jing iarap bad pyntip ia ka EMS



Pyntikna ba dang ring mynsiem ne, dang tiet ne em u klong snam bad ka lait ne em ka lynti ring mynsiem



Lada ym Khieh Buh ia kit ha shadem ban sdang ia ka CPR

Kynmaw ia kine ki kyndon CPR

Ryngbad bad Khyannah

Pressure -30 (100/min)
Rescue Breath -2
Depth -2"



Khyllung rit

Pressure -30 (100/min)
Rescue Puff -2 (Puff)
Depth -1.5"



Iaipyrshang ban leh CPR haduh da poi ka EMS

Ka kynhun ialeh pyrshah ia ki jingjia ba sngewsih ha ri (NDRF)

Tehlakam ia ka Jingmih snam



jingjia ba

sngewsih ha ri (NDRF)

Dei ban deng beit ia ki tiar iada met
kum ka latex goves



Shuwa ban the ia ka bandage sait ia ka jaka ba mynsaw
da ka um khaid.

Apply Driect pressure ha ka
jingmysaw



Pynkiew ia ka jingmysaw shalor ka kyrdan jong
ka dohnud

Pyndonkam ia ka pressure point ha ki
jaka pressure point kum ba pyni .



Pyndonkam da ka dawai pyniap khniang bad pyndonkam da ka
bandage



मेरा खयाल

nidm
Towards disaster free India

Ka kynhun ialeh pyrshah ia ki jingjia ba sngewsih ha ri
(NDRF)



Katno ka Skul jong phi ka
Shngain?

HOW SAFE IS MY SCHOOL?



nidm
Towards disaster free India

Ka sngi pynduna ia ki jingjia ba sngewsih

Ka sngi pynduna ia ki jingjia ba sngewsih, kaba la rakhe man la u snem, ka shakri ban pynsngewthuh shaphang ka jingpynduna ia ki jingma na ki jingjia ba sngewsih bad pynshlur ia ki brieve bad ki sorkar ban iashim bynta shithrem ha kaba tei ia ka jinglah ban ialeh pyrshah.

Ka bor pyniaid ia ki jingjia ba sngewsih ki la pynlong ia ka National Focus Day on School Safety (Chhanjapdvans Thvabne Kl) ha ka 10 tarik u Lber, 2012 da ka jingthmu ban kyntiew ia ka jingsngewthuh shaphang ka jingiada na ki jingjia ba sngewsih bad ban pynkhlain ia ka jingpynkhreh ia ki skul.

* tip ia ki jingjia ba sngewsih

jingma, jinglong rit paid

* ka jingtei aa

* Ka jingsuk bad jingsuk .

Ka jingjia ba sngewsih ha skul bad ka jinghikai.

* rukom maham

Ka kalendar jong ka skul.

Ka jinglehkai.

* Ki khynnah kiba shah ktah ha ka jingjia ba sngewsih

* Ka jingbuh ha ka jingmut ia ka jingduna ha ki dkhot met.

Ka jingwan jong ka test ban ialeh pyrshah ia ki jingjia ba sngewsih ha ki skul



Mano ba serious ia u Scooch Parsha?

La jan man la u snem da ki spah ngut ki khynnah skul ki shah ktah ha ki jingjia ba sngewsih jong ka mariang/ba la pynlong da u brieve.

La ngeit ba u jumai ha Gujarat ha u snem 2001 u la pyniap ia 971 ngut ki khynnah skul bad 31 ngut ki nonghikai.

Ka jingpluh ding ha Kum ba konam ha u snem 2004 ka la wanrah ia ka jingtwa jong ki 1,884 tylli ki iing, ha kaba 94 ngut ki khynnah ki la iap.

Ha u snem 1997, 24 ngut ki khynnah ki la iap ha ka jinghap jong ka bos ha ka wah Yamuna ha North Delhi.

Palat 100 ngut ki khynnah ki la iap ha ka ding Dabwali jong u snem 1995.

Kane ka pynlong ia ka ban long kaba donkam ban pynduna ia ka jinglong rit paid jong ki skul lyngba ki jingiarap kiba la shna bad ki bym shna.

Ki plan jingiada jong ki skul ki don ka bynta kaba kongsan ha kane.

Ki mat ba kongsan jong ka jingshngain ha skul

*Ka jingpynroi ia ka jingtip shaphang ki jingjia ba sngewsih.

*Ka jingma, ka jinglong rit paid bad ka jingbishar bniah ia ki jingma.

* Ka jingpahara kaba la shna bad kaba khlem shna.

* Ka jingpynwandur ia ki jaka bad ki marpoh khyndew.

* Ka jingthaw bad jinghikai ia ka komiti bad ka kynhun treikam jong ka jingpyniaid ia ki jingjia ba sngewsih ha ki skul.

* ka rukom ai jingmaham .

* Ki map jong ki skul, ki plan ban pynkynriah, bad ki kalendar jong ki kam pynkhreh.

* Ka jinglehkai.

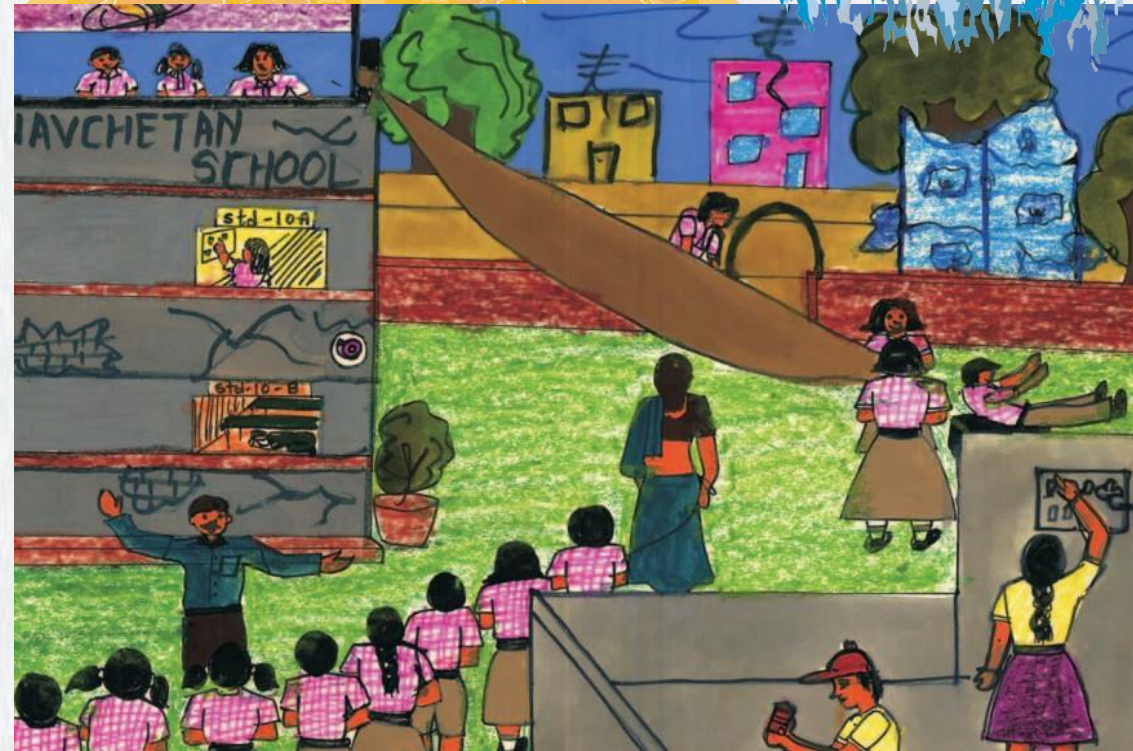
Ka jingkyrshah ha ka jingmut jingpyrkhat ia ki khynnah kiba shah ktah ha ka jingshah pynjulor.

* Da kaba shim khia ia ka jingduna ha ki dkhot met bad ki jingdonkam katkum ka shynrang bad kynthei.

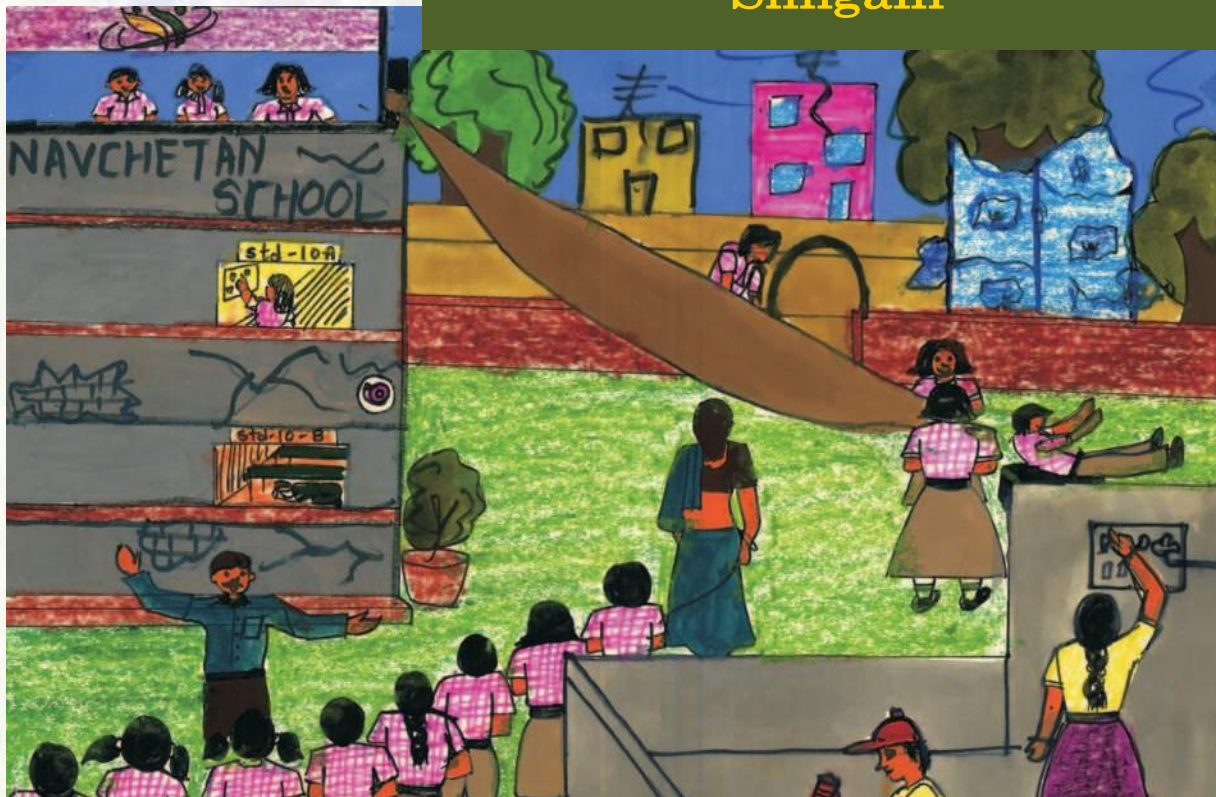
* Ka jingpeit bniah man ka por ia ka plan pyniaid ia ki jingjia ba sngewsih ha ki skul bad ka jingpeit bniah ia ki jingma kiba lah ban mih na ki jingjia ba sngewsih.



Ki Plan jong ka jingshngain jong ki skul ha baroh ki skul: La khot ia ki skul ha kylleng ka ri ban thaw ia ki plan jong ka jingshngain jong ki skul kiba iadei bad ki mat ba kongsan. Ki skul ba la jied ki ioh khunam hapoh kane ka skhim.



Pynlong ia ka Skul kaba Shngain



Ka Jingshngain ha ki skul: Ki mat ba kongsan

- Ka jingpynroi ia ka jingtip shaphang ki jingjia ba sngewsih.
- Ka jingma, ka jinglong rit paid bad ka jingpeit bniah ia ki jingma.
- Ki jinglong jingman jong ka jingpahara ba la shna bad bym shna bad ka jingpynwandur ia ki marpoh khyndew.
- Ka jingthaw bad jinghikai ia ki komiti bad ki kynhun treikam ba iadei bad ki jingjia ba sngewsih ha ki skul.
- Ka rukom pyntip.

- Ka jingjia ba sngewsih ka lah ban wan ha kano kano ka por, kumta shim ia ki lad jingiada shwa ba kan slem palat.
- Balei ka jingshngain ha ki skul ka long kaba kongsan?
- Man la u snem da ki spah ngut ki khynnah ki shah ktah ha ki jingkhynñiuh jumai, ki jingshleu um, ki jingpluh ding bad kiwei kiwei ki jingjia ba sngewsih.
- La sdang skul ha Dabwali (Haryana) ha u snem 1995.
- Kumba 200 ngut ki samla pule ki la iap ha katei ka jingpluh ding.
- U jumai ha Bhuj ha u snem 2001 u la pyniap ia 971 ngut ki khynnah skul bad 31 ngut ki nonghikai.
- Ha u snem 2004, 94 ngut ki khynnah ki la iap ha ka jingpluh ding ha Kumbakonam (Tamil Nadu).
- 24 ngut ki khynnah ki la iap hadien ba kawei ka bos ka la hap ha ka wah Yamuna ha Delhi.
- Da ki hajar ngut ki khynnah skul bad ki nonghikai ki la iap, mynsaw ne shah ktah ha ka jingtwa jong ka tsunami ha u snem 2004.
- Ha u snem 2007, ka jingjia aksiden lieng ha ka por ba leit skul ha Kerala, ka la pyniap ia 15 ngut ki khynnah skul bad 3 ngut ki nonghikai.
- Kane ka donkam ia ka jingpynbha ia ki skul lyngba ki jingiarap ba la shna bad ki bym shna.
- Ka jingpynduna ia ka jinglong rit paid ka kylla long kaba donkam.
- Ki map skul, ki plan pynkynriah bad ka kalendar jong ki kam pynkreh, ki jinglehakai mock, ka jingkyrshan ha ka jingmut jingpyrkhat ia ki khynnah ha ki jingjia ba sngewsih, da kaba shim khia ia ka jingduna ha ki dkhot met bad ki jingdonkam katkum ka shynrang bad kynthai, ka jingpeit bniah man ka por bad ka jingpeit bniah ia ka plan ba pura jong ka jingpyniaid ia ki jingjia ba sngewsih ha ki skul ki long kiba donkam.

NDRF

Ka kynhun ialeh pyrshah ia ki jingjia ba sngewsih ha ka ri

Ki jingkhynñiuh jumai kim pyniap briew, hynrei ki jingtei kiba la shna sniew ki pyniap kham bun ki briew.

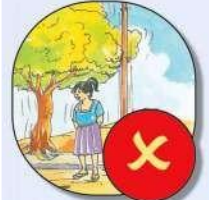
Ha shwa ka jingkhynñiuh jumai:

-Tip bha ia ka seismic zone jong ka jaka jong phi, bishar bniah ia ka jingpynbha ia ka iing jong phi (lada don) bad pynthikna ia ka jingiarap jong u civil engineer ba tbit ban pynlong ia ka iing jong phi kaba lah ban ialeh pyrshah ia ka jingkhieh jumai katkum ka Indian Standard Code (I.E.S.: 1893-2002).

-Jied ar tylli ki jaka "ba shngain" kiba suk ban poi. Kine ki lah ban long hapoh ka miej ne ka miej kaba skhem, lane pyrshah ia ka jingkhang kaba hapoh. Pyntreikam ban pynhap, tap bad bat ha kawei pa kawei ka jaka kaba shngain la kumno kumno shisien shibnai.

-Pynlong ia ki jingialang/seminar ban iasam bad tip ia ki lad jingiada ba kongsan shaphang ki jingkhynñiuh jumai ha iing, skul ne jaka trei.

-Pack ia ki tiar ban im na ka jingkhynñiuh jumai. Ka dei ban don ia baroh kaba phi donkam ban pynthikna ia ka jingshngain bad jingsuk jong phi la kumno kumno lai sngi. Ym shym la antad ba kan don ka jingkhie jumai na ka bynta mynta ka sngi. Wat sngap ne pynphriang ia ki khubor lamler



DURING

• If you are indoors, drop, hold and stay in place, protecting your head with a pillow (More at www.india.gov.in and other online services, network for information).

• If you are outdoors, find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there until the shaking stops.

• If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped. Avoid bridges, flyovers, or ramps that might have been damaged by the quake.

• In a high-rise building, expect the fire alarms and sprinklers to go off. Check for an extinguisher and use it if you can. Do not use elevators, stairs, or escalators and do not rush to the exit.

• In a coastal area, move to higher ground and listen to tugboat warnings (details at www.ndhkaunhavaanpad.com and www.tsunamiwarnings.com).

• If you are in mountainous areas be alert and move away in case of landslides, falling rocks and other debris.

Hadien ka jingkhynñiuh jumai.

-Khmih bha ialade bad ia kiwei lada ki don jingmysaw bad wat pyndonkam ia ka telephone ban phone ia kiba haing hasem bad ki paralok. Khot ia ka jingiarap jong ki doktor tang. Iaid shakhmat da kaba husiar bad peit bniah ia kiei kiei kiba ym sngur sawdong jong phi.

-Sngap ia ka radio bad TV na ka bynta ki jingtip kiba kyrkieh bad ki jingpyniaid jingiarap (peit www.ndhkaunhavaanpad.com bad www.ndhkaunhavaanpad.com na ka bynta ki jingtip ba kham bniah).

-Peit bha ia ki lain bording kiba la shah pynpra ne ki lain gas kiba la shah pynpra bad jngai na ki jaka ba la shah pynjutor. Lada ka jingkhieh ka dang bteng, la khmih lynti ia ka jingkhieh hadien.

-Pynjngai na ki mast kiba la shah pynjutor. Ka jingkhieh kaba jur ka lah ban pynjutor shuh shuh ia ki jingtei bad pynlong ia ki jingtei kiba la tlot ban twa.

-Wat pyndonkam ia ka bike/kali jong phi ha kylleng ki jaka ba la shah pynjutor.

-Pynlong ia ka plan ban leit peit ia ka iing ka sem jong phi hadien ka jingkhie jumai, lane lada phi hap ban pynkynriah ia la iing, text ia ki ban pyntip shano phi leit.



बीच में क्या

Jumai

कम:

D-Duck: Dem khrup.

C (Cover) -Ka jingtap: Tap ialda tham tanm ia ka khlieh .

H (Hold)-Bat: Bat ia kaei-kaei kaba don ka jan khamtam ia ka mejj
ne shuki



D

Hangno hangno ba phi don,
dem khrup ha ki kti bad ki
kjat jong phi.

C

Hangno hangno ba phi don,
dem khrup ha ki kti bad ki
kjat jong phi hapoh mejj ne
shuki bad tap ia ka khlieh

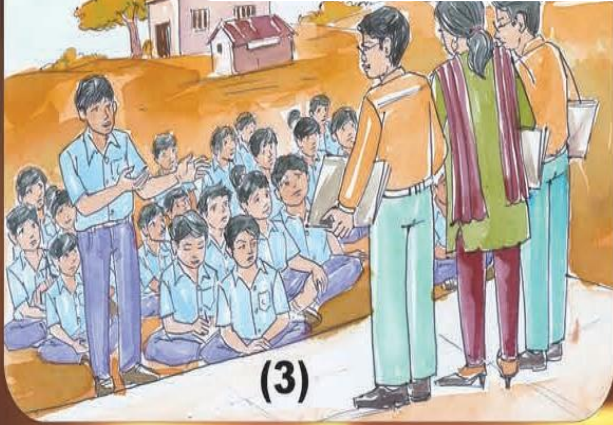


H

Ab bad bad ia ki kjat jong ka
miej/ka jaka rieh da kaba
skhem. Pynkhreh ban iaid bad
ka haduh ba ka jingkhieh kam
sangeh.

Ka kynhun ialeh pyrshah ia ki jingjia ba sngewsih ha ka ri (NDRF)

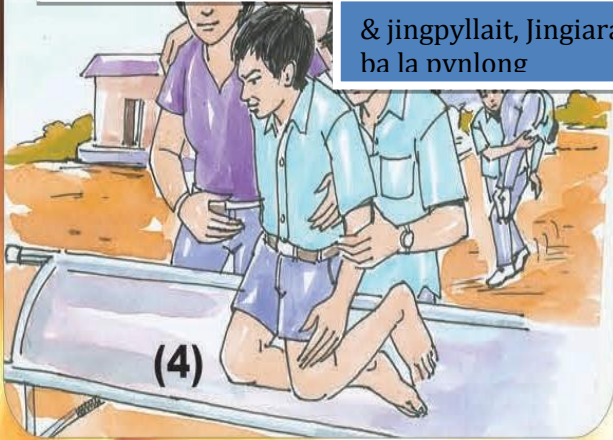
Ka Jingialang ha ka Jaka ba la buh Kyrpang



(3)

Ka jing pyntip da ki dkhot ka kynhun sha ki iingshakri dvnlio ding.

& jingpyllait, Jingiarap ha la nvnlong



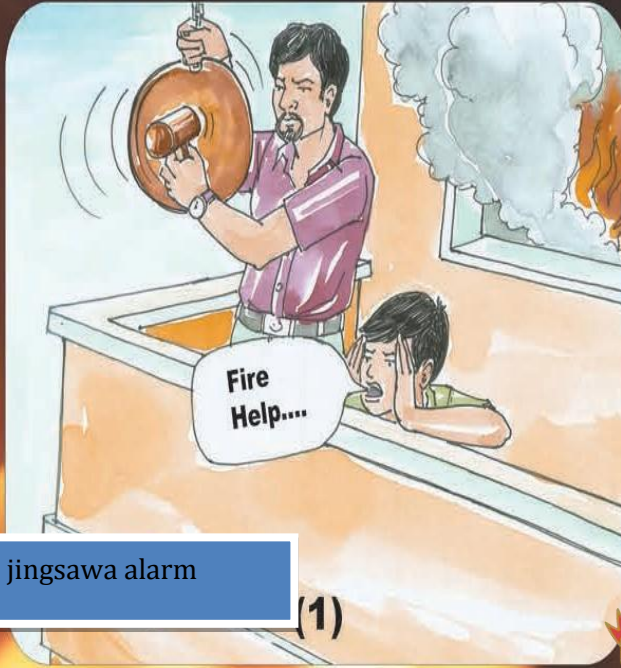
(4)

Jingniew ia ki Khyannah



Ka jingsawa alarm

(1)



Ka jingpynkynriah ia ka jaka hapoh ka jingpeit bniah

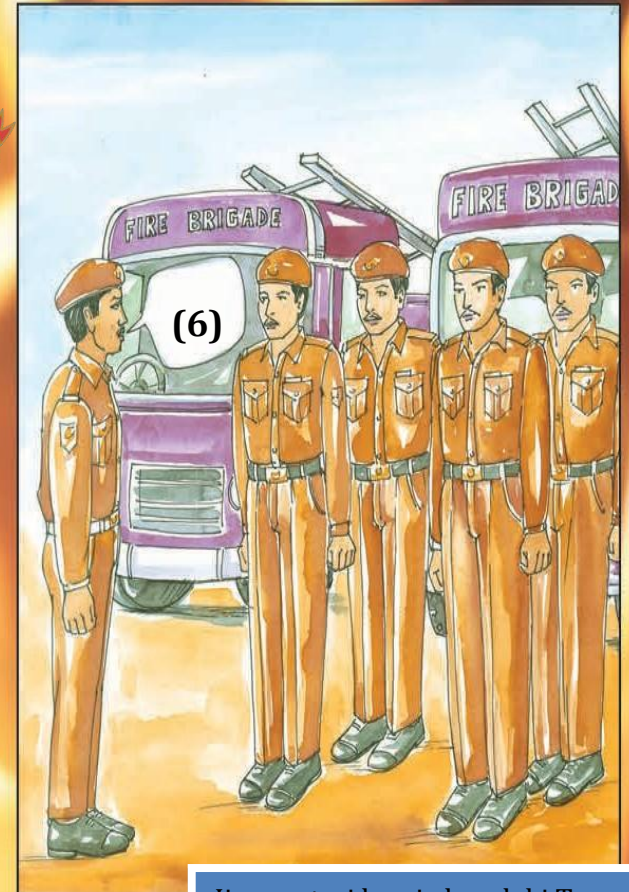


(2)

KA JINGPYNBNA IA KA DRILL BAN IADA NA KA DING NA KA BYNTA KI SKUL



NDRF



(6)

Jingpyntrei kamia baroh ki Team



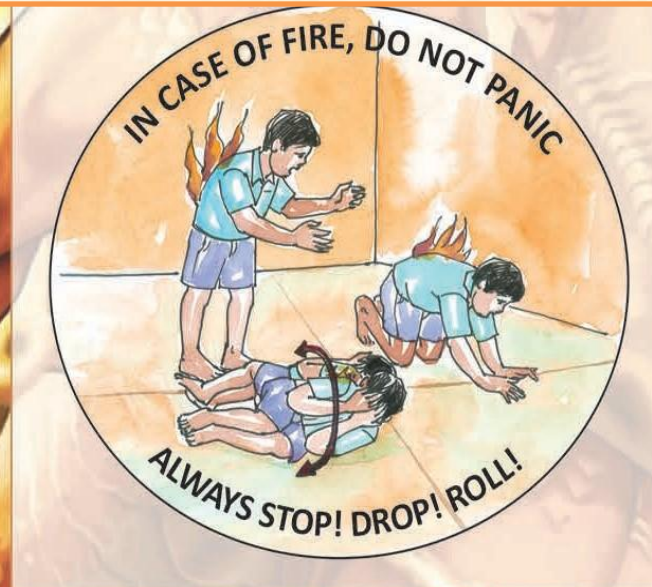
KI JINGAI JINGMUT BA KYLLUM
SHAPHANG KA JINGSHNGAIN BAD
JINGIADA NA KA DING

- Pynlong ia ka plan jong ka ding na ka bynta ka skul bad pynthikna ba baroh ki tip ia ka.
- Bud beit ia ki kyndon shna iing ban pynneh pynsah ia ka skul jong phi.
- Pynbeit ia ka alarm ding lada jia ba don ka jingjia ba kyrkieh (pyntreikam ia ka rukom pynbna da ka kti) bad pyntip ia baroh lada jia ba mih ding.
- Pynmien ban ia id ha ka lynti phetwir jong phi da kaba khang ia ki khmat ha ki por ba thikna.
- Baroh shi katta to buh khuid ia ki lynti phet jong phi khnang ban lait na kino kino ki jingkhnglad.
- Pynsah ia ki jaka buh bad ki jaka trei kiba lait na ki jaboh. Ki nongtrei ha ka jaka bam ki dei ban shim khia bha haba ki trei ha ka kamra bam.
- Don beit ka tiar ai jingiarap kaba la pynkhreh na ka bynta kano kano ka jingjia ba kyrkieh. Pynsah ia ka synduk ai jingiarap nyngkong ha ka jaka kaba lah ban ioh.
- Pynsah ia ki tiar kiba lah ban kem ding kum ka umphniang, ki tyndong gas bad kiwei kiwei ha ki jaka ba ki khynnah skul kim lah ban ioh.
- Lada jia ba kem ding, dei ban weng noh mardor ia ki tiar elektrik na ka jaka.
- Peit ia ki wire kiba la rim bad ki tiar elektrik kiba la jot ha ki por ba thikna.
- Pyntip ia kino kino ki jingma sha u nongtrei bording jong phi.
- Pynlong ia ki tiar pynlip ding ha ka jinglong kaba treikam bad nang kumno ban pyndonkam ia ki.
- Hikai ia ki khynnah ia ki kyndon ban iada na ka ding

- laid na ki klas khlem da sngewtieng bad shong shngain

HA KA JINGJIA JONG KA DING:

- lada ialade bad ia ki paralok jong phi – to sngap jar, wat nym tieng.
- Pynsawa ia ka alarm bad pyntip ia baroh.
- Pyndonkam ia ka lynti mih kaba jan tam ne kaba kyrkieh.
- Khang lut ia ki jingkhng bad ki jingkhng kiba don shadien jong phi.
- Pyndonkam ia ki step, wat pyndonkam ia ka lift.
- Wat ju ieng, hynrei to rung beit shapoh khyndew bad tap ia ka khmat jong phi.
- Khring ia ka jingpyrkhat jong ki nongpyllait im da kaba pynmih ia ka jingsawa kaba jam

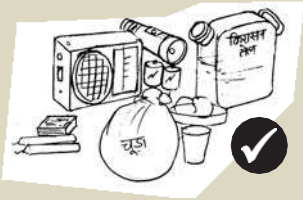


LADA DON KIBA KEM DING:

- Baroh shi katta to sangeh(stop), pynhap(Drop), bad pynkhih (Roll) ha madan ban pynlip ia ka ding.
- Na ka bynta kano kano ka jingjia ba sngewsih ha ka ding, phone mardor ia ki bor pynlip ding ha u nombar 101, uba laitluid, bad kynmaw ia kine harum: To long kiba sngap jar haba pyntip ia ka jingjia sha ka tnad pynlip ding.
- Ai ia u nongkhot ia ka kyrteng bad ka jaka sah kaba dei.
- Ai ia u nombar ba iakynduh.
- Ai jingtip shaphang ka jait jingjia ba kyrkieh, ka jinglong jong ka ding bad ka tynrai jong ka.
- Ai jingtip shaphang ki jaka ba marjan.
- Ai jingtip shaphang ka lynti kaba lyngkot bad kaba suk ban leit sha ka jaka ba jia, ka ban iarap ia ki nongpynlip ding ban poi bad pyndep ia ka kam jong ki da kaba suk bad kaba paka.
- Pyni ia baroh ki nombar jingkyrshan ba kyrkieh bad buh ia ki map jong ka jingpynkynriah ha baroh ki mala bad ha ki jaka ba kongsan.
- To sumar bha ia lade, ia ki paralok bad ia ka skul jong phi.

Jingshlei Um

- Lada phi don ha ki jaka ba shah ktah ha ka jingshlei um te pyndonkam da ka Sensilla average.
- Baroh ki dkhot jong ka iing kin sa tip shaphang ka jaka jong ka jaka ba shngain kaba jan tam.
- La shet lane Prakshoriala Pati Lal ban dih ha ka por shlei um.
- Lada phi lah, phi lah ruh ban sngewbha.



- Ynda phi sngew kwah, dih ia ka sha, ka umsoh apple bad ka um jhur.
- Jied ia ka Acriso va Delivision na ka bynta ki jingtip, jingmaham, bad jingbthah ha ka por ba jur ka jingshlei um.
- Ka thliw jong u Siddi ka dei ka Fidra kaba sniew jong u hi.
- Lada phi hap ban leh kumta sa slide bad pynroi ia ki bol ha ka polythene.
- Nyngkong eh, la shna ia ka jar spinach ha ka jar, ia ki tiar bad ki tiar kiba donkam la buh bha ha ka jaka kaba lait.
- Ia ka ryndang dieng la pyndonkam ban peit ia ka jingkhlain jong ka khyndew jong ka jaka shong jong u briew shwa ban shong ha ka nongrim/ka dewbilat.
- Ki khynnah kim dei ban ialehkai shabar hajan ki um ba tuid.
- Wat pyrshang ban pyntuid ia ka um slap lada phim tip ia ka jingjylliew jong ka um.
- Tang shu poi ka khubor shlei um ha kum kine ki ri, ki ioh mardor ia u Atti .
- Wat pyndonkam ia ki tiar elektrik khlem ka jingmynjur jong ki, lym kumta ki lah ban shah kurup.
- Ka don ka jingialang jong ka jaitbynriew kaba la shah pynshlei ha ka um shlei um.
- Ngam shimkhia ia ki khubor lamler bad ym don ba sngewthuh.

