

# KA JINGHIKAI BAN SUMAR IA KI DIENG



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सत्यमेव जयते

# KUMNO BAN PYNNEH PYNSAH IA KI DIENG....

Ban pyntikna ba u dieng ba la thung un long uba seiso, dei ban sumar sukher bha ia u hadien ba la dep ban thung. Lada sumar sukher bha ia u dieng u lah ban lait na shibun ki jingpang jingshitom bad u lah ruh ban ai shibun ki jingmyntoi ia phi bad ia ka mariang. Da kaba bud ia ki kyndon jinghikai ba la ai ha kane ka kot lyngkdop haduh kumba lai (3) snem, u dieng yn ioh ia ka jingsumar kaba biang bad kumta yn lah ban heh bad san pura. Hadien lai (3) snem ba la thung ia u dieng, dei ban leit peit na ka por sha ka por ioh kum don kino kino ki jingpang bad ha kaju ka por dei ruh ban ai um ia u ha ki por ba tyrkhong.

## SNEM BA NYNGKONG:

**Ha u snem banyngkong hadien ba la dep thung ia u dieng, dei ban bud ia kine ki jinghikai harum...**

- 1. Ka Um** - Dei ban peit ba ka khyndew kadei ban sngem kumba shi inshi eiei na sla khyndew, kata ha ki thied.
- 2. Ka sboh sla iap** - Buh da ki sla iap kumba lai (3) ne (4) inshi narud jong u dieng khlem da pynkynduh ha u metbah jong u dieng . Ka jinghe jong ka bynta ba buh ia ki sla iap kadei ban long saw shah ia ka jingheh jong u tynrai dieng. Wat pyndonkam da ki sbuh ba la khleh dawai.
- 3. Ngor ne weng ia ki tnad iap** - Tang lada donkam.
- 4. Pyndonkam da u kynja siej ban kyrshan ia u dieng** - tang lada donkam.
- 5. Peit bniah** - la ka jing pynjot jong ki niut ki nier, ka jing pynjot ki brier, ne na ki mrad.
- 6. Peit bniah** - loh don ki khniang kiba pynsniew ia u dieng bad kiwei ki dieng ba don sawdong jong u. lakynduh ia ki riew shaphang ki dieng lada don kum kine ki jingeh.
- 7. Wat ju leh** - Wat ju ai sboh dawai. Lada ai sboh dawai ia ki dieng kiba dang shu rah tynrai ka lah ban pyn tyrkhong ia ki thied.
- 8. Weng** - la baroh ki jait niut ne ki jyrmi kiba kyllain ia u dieng ban iada na ka jingshah teh ia u dieng.

## SNEN BA AR:

### U snem ba ar hadien ba la dep thung ia u dieng.....

1. **Ka Um** - Dei ban leit peit ia u dieng man la ka por bad ai um bha ia u. Dei ban leh ia kane naduh ka aiom pyrem haduh ka aiom synrai.
2. **Ka sboh sla iap** - Dei ban ai biang ia kane ka sboh man ka pyrem khnang ba ka jingrben jong ka kan long kumba lai ne saw inshi.
3. **Ngor ne weng** - la kino kino ki niut ne ki jyrmi kiba teh ia u dieng.
4. **U Ngor ne weng ia ki tnad iap** - Tang lada donkam.
5. **Peit bniah** - Peit bniah ia u dieng jong phi thung bad ruh ia ki dieng kiba donsawdong u dieng jong phi ioh don kino kino ki kynja jingpang ne ki kynja khniang kiba lah ban pynsniew ia u dieng jong phi. Leit ban kynduh ia u Forestor ne u nong sumar dieng lada kum kane ka jingeh ka wan ja.

## SNEM BALAI:

### U snem balai hadien ba la dep thung ia u dieng.....

1. **Ka Um** - Kane ka dei ka por ha kaba u dieng u dang sei thied. Kumta donkam ban ai um bha naduh ba sdang ka aiom pyrem haduh ka aiom synrai, ban pyntikna ba ka khyndew kan sngem.
2. **Ka sboh sla iap** - Dei ban ai biang ia kane ka sboh ha ka aiom pyrem.
3. **U Ngor ne weng ia ki tnad iap** - Tang lada donkam. Kynmaw ban leh ia kane shuwa ban sdang ka aiom slap.

#### 4. Peit Bniah

- Peit bniah ioh don kino kino ki jingpang ne ki khniang kiba lah ban pynsniew ia u dieng jong phi bad leh ia kaba donkam lada don kum kita.

#### **Ka jingai sboh**

- Lada phi la dep ban jied ia ka jaka kaba paka ban thung ia u dieng kam da long kaba donkam ban ai sboh na bynta ba u symbai yn im ne ba yn heh yn san.
- Ka jingai sboh ka donkam tang lada duna sboh ha ka khyndew bad kane kan iarap ban pynjrmgam ia ki sla dieng.
- Lada long kaba lah, dei ban phah test ia ka khyndew ban tip lada donkam ne em ban ai sboh ia ka khyndew, bad lada long kumta,
- Dei ban ai ia ka sboh thik da ka jingthew kat kumba donkam.
- Ka jing phah test ia ka khyndew kan ai jingtip shaphang ka pH jong ka khyndew ia kaba lah ban pynkylla sha kaba biang da kaba ber ia ka shun phret.
- Ki dieng donkam ia ka pH kyndew ba hapdeng 5.0 – 6.0. Ka khyndew kaba don duna ne palat ia kane ka pH kan ym long ban thung ia ki dieng bad ka jingai sboh kan long lehnohei.

#### **Ban tehlakam naka jingpur ki sanium bad ki niut**

- Dei ban peit ba yn ym don kino kino ki sanium bad niut shuwa ban thung dieng.
- Ki dieng rit ba dang shylluit, lada ym sumar bha bunsien ki shah tyllep ha kiwei ki jingthung kiba la heh bad kiba don marjan.
- Ka jingiakhun ban ioh sngi bad ban ioh jaka ka lah ban ktah jur ia ki dieng rit ba dang shylluit bad kane ka pynsuki ia ka jingheh kaba lah ban wanrah ia ka jingiap noh jong u dieng.
- Ka sanium bad ki niut kiba pur palat pud ki ktah jur haba ialeh ban thung dieng thymmai.
- Lah ban teh lakam ia ki jingthung jingtep bym kwah da kaba prat niut, da kaba pyndonkam ia ki tiar ot niut, ne da kaba ai dawai kynbat ba pyniap ia kita ki jait jingthung jingtep.

#### **Katto katne na ki lad bym donkam dawai, ban teh lakam ia ki khniang bad ki jingpang ha ki jaka thung dieng ba thymmai:**

- **Ban tip ia ki daw**

Shuwa ban shim ia ki sienjam ban tehlakam ia ki khniang bad ki khniang jingpang dei ban pyntikna ba kine ki dei shisha ki jingeh kiba ha khmat eh. Ka jingtip shaphang ki khniang bad ki khniang jingpang kan iarap ia phi ban tip lada ki jingpynsniew kiba la mih la kidei na ka daw jong ki khniang bad ki khniang jingpang ne lada kidei na ka jingduna jong ki sboh khyndew ne ka jingshah ktah na ka mariang. Ka jingdon jong ki kot ba thoh

shaphang kine ki jingtip kan iarap shibun iaphi ha kaban tip tikna. Ka jingithuh shai ia kine ki jingeh kadei ka bynta ba nyngkong tam na ka bynta ban teh lakam ia kine ki jingeh bad khanglad ba kine ki jingeh kin wan jia biang sa shisien pat hadien. Ki lad ki lynti long kumne harum:

- 1. Ka jingngor ne weng ia ki tnad iap kiba lah ban pynsniew ia u dieng:** Kane ka long ka lad ba suk tam bad kaba ju kham pyndonkam da ki briew ha kaba iadei bad ka jingsumar ia ki dieng. Da kaba weng ia ki tnat ba la iap, ne ki bym khlain bad kiba lah bam khniang, kan iarap ban khanglad ia ki khniang ba kin pur ha u dieng jong phi.
- 2. Ka khyndew ba shait ba khlain:**ka jingsumar ia ka khyndew da kaba pyndonkam ia ki lad ki lynti bym ktah ia ka mariang kan ai ia ki jingthung ia ka bam ba biang. Ki jingthung kiba ioh ia ka bam ba biang, kumba long ki briew, ki lah ban iakhun pyrshah ia ki jingpang. Kumta ka long kaba kongsan ban sumar ia ka khyndew. Hynrei, lada phi sumar ia ka khyndew dei ban leh ha kata ka rukom ban ym ktah ne pynkylla ia ka jinglong jong ka khyndew, kata ia ka jingsboh jong ka bad ki phew hajar ki kynja jingim kiba don hapoh jong ka. Ka jingsumar ia ka khyndew ka kynthup ia ka jingai sbob ba man la ka por , ka jingai sbob mrad bad ki nuit ki nier. Ka thong ka long ban:

- Dei ban pynbiang ia ka jingdon jong ki sbob niut kiba lah ban pynbha ia ka khyndew.
- Ban bsa ia ki jingim ba im ha ka khyndew.
- Ai jingbam ba tei ia ki jingthung jingtep.

Katba ki sbob dawai ki l kumba ki iarap ia ka heh ka san ki dieng, ka jing pyndonkam ia ki ka wanrah ruh ia ki jingktah ba sniew. U jingthung u lah ban l kumba u shait u khlain hynrei, namar ka jingjur ka jingdon ka 'nitrogen' ba mih na ki sbob dawai, kaba wanrah ia ka jingheh jingsan ba stet, kane ka khring pat ia ki khniang.

- 3. Ka jingkhuid jingsuba:** Lada shu ieh kumto ia ki jingthung ne tnat dieng ba la iap ne dang im, kane kan pyn saphriang ia ki khniang sha kiwei ki jingthung ban dang thung. Dei ban pynkhuid ia kine bad bret noh shawei. Ia kane lah ban leh da kaba tep ia ki hapoh kyndew. Kane ka lah ban pyniap ia katto kane ki khniang bad ha kajuh ka por kan pynmih ia ka sbob kaban pynbha ia ka khyndew. Katto kane na ki khniang ki lah ban dang sah. Lada dang sngew artatien, ia kita kiba phi sngew ba ki dang shah ktah dei ban shu thang noh.
- 4. Ban thung ia kiwei ki jait jingthung ba lah ban iarap ia u jingthung jong phi:** Da kaba thung lang ia kiwei pat ki jait jingthung ne dieng ki lah ban iada ia kiwei pat ki jait jingthung na ki khniang bad jingpang. Kane ka lah ban long na ka daw ba kita ki khniang ki salia ban wan namar ka jingdon jong kine kiwei ki jingthung ne lehse ba ki khniang ki kham sngewtynnad ban leit ha kita kiwei pat ki jingthung ban ia u jingthung ba phi, phi thung.

