

VOL - III ISSUE 7



EVERMORE

FITNESS
& HEALTH

POEM

LIFE
SKILLS

MIZO THLALATU HMASA
KT ZAMA
CHANCHIN

NATURE
WATCH

Cruising





AVAZ RECIPE
Mission Veng,
Near Thakthing Bus Stand
Phone : 9862371379





https://www.instagram.com/mcmag_official/



<https://www.facebook.com/MovieCornerMagazine/>

MOVIE CORNER MAGAZINE

moviecornermagazine.com

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2018

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From the Editor's desk

-maꝑirtira



Kan ti nek nek a, August 2018 chu kan lo hmang ral leh dawn ta reng mai a, MC Magazine editorial board te pawh kan buai tluang zel a, duh ang pawhin kan chhuah zing thei lo a, mahse theihtawp chu kan chhuah ve zel a, kan inhriatthiam a ngai a ni e. Tun issue ah hian kan insta story a vote kan lak aꝑangin Life Skills lam hawi article kan rawn chhawp chhuak thar a. Hriselna lam leh fitness lama kan hriat tur ɰangkai tak tur article a awm bawk. A tam thei ang bera chhiartuten kan magazine min lo share sak tur che u in kan ngen che u bakah, in feedback ɰha tak tak te kha comment ah emaw, message ah emaw rawn sawi zel ula, sawiselna lam a ni emaw, fakna lam ani emaw, engpawh mai kha kan kal zelna tur atan a ɰangkai em em a, chhiartute tan theihtawp a min ɰan tir tu an lo ni ɰhin a, a hlu em em a ni. Election kum te a ni bawk nen, kan vote hlu tak hmangin kan ram hruiatu tur kan thlang tih hre reengin, ngaihtuahna ngun taka sengin vote thlak thei turin inbuatsaih lawk ɰeuh ang u.

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-mawia chawngthu

‘Life Skill’ tih tawngkam hi ilo hre ve tawh maithei. Tunlaiah tleirawl te leh puitling ngei te pawhin life skills training neiin mi thiam te hnen atangin hetiang lam hawi inzritirna hi an neiin an ngai pawimawh chho viau zel a ni. Mahse enge a nih i hria em?

Mihring te hi kan damchhung hian mumal taka khawsa tur leh nunphung pangai tak nei tur chuan thiamna (skills) hrang hrang kan neih a ngai a ni. Chhungkaw pangai ah chuan nu leh pa te hian an thiamna hrang hrang hi an fa te hnenah zirtirin an fa te puitlin theihna turin an pui tur ti hi chu kan hre vek awm e. Thiamna kan tih hian lehkhazir thiamna lampang a ni lo. School pawna kan hman tangkai zawk tur thiamna hrang hrang hi a kawz zawk a ni. Tunlaiah hian thiamna a sangin zirlai te pawh an zirnaah chuan an hlawhtling viau mai zel a ni. Nimahsela hetiang changkanna karah hian mi tam tak chuan rual an pawl thiam lo a, ngaihzawng an nei thiam lo a, mahniah khawsaa inenkawl turin thiamna an neilo a, harsatna emaw buaina an tawhin engtia hmachhawn tur nge tih an hrelo fo ta mai a. Heng avang tak hian life skills inzirtir hi a pawimawh em em a ni.

#MC Readers Choice

What new content would we like to see on MC Magazine?

TOP 5
COLUMN
17%

LIFE SKILLS
FOR YOUTH
83%

Hmanlai kan Mizo society ah kha chuan hmeichhia te'n an nu te hnen a'angin an nun dan tur an zir a, mipa te chuan Zawlbuk a'angin an awm dan tur te an zir a ni. Heng bakah hian nu leh pa te, pi leh pu te, chhung dang te leh thenawm hnai te a'angin khawtlanga khawsak dan tur kha an zir thin a ni. Tunlaiah erawh chuan chhungkua kan awm hrang diat diat tawh a, thenawm te nen lah a hma angin kan inpawh tawhlo sawt em em a ni. Nu leh pa te chuan fa te chu thil tam tak an zirtir theih rualin engkim an zirtir theilo a, an tlin biklo a ni. Chumi a nih avang chuan naupang tam tam, an kum mila thiamna neilo

an awm ta nawk mai a ni. Hei hian chhung kaw tamtakah buaina a siam chho mek zel.

Cambridge Dictionary chuan life skills chu '*mitin nuna nitina kan mamawh thiamna*' tiin a sawifiah a ni. Mihring te'n nitina kan mamawh thiamna te chu enge ni ta ang le? UNICEF chuan heng life skills te hi thuang thumah a then a –

1. Cognitive Skills
2. Personal Skills
3. Interpersonal Skills



Cognitive Skills

kan tih chuan kan rilru ngaihtuahna hman thiamna hi a ni. Nitina kan khawsaknaah hian thil hrang hrang kan tawng a, heng kan thil tawn teah hian a thenah chuan dunthlan tur te (decision-making), harsatna sutkian (problem-solving) ngaih chang te a ngai a ni. Thil ho te anga kan ngaih – rawngbawl te, insuk te, pawisa hman dan tawk thiam te, computer hman thiam te, dilna (application) ziah te, khawl chhe siam te, motor tyre ke thep thlak thiam te leh thil dang dang te hi cognitive skills ah a tel a ni. Heng zawng zawngah hian harsatna (problem) kan tawng a, chumi harsatna sutkian (problem-solving) dan kan thiam a ngai a ni.

Personal Skills

kan tih chu mahni inhriatchian hi a ni. Hei hi a pawimawh em em a, a khat tawka mahni dinhmun inennawn (self introspection) neih a ngai a ni. 'Tuna ka khawsak dan hi ka tana tha tur a ni em? Ka nihna tha thei ang ber ka ni em? Ka thiltum te ti hlawhtling turin ka thawk nasa tawk em? Ka thil tih mek hian keimahah nghawng tha lam nge thalo lam a neih?' tih te hi kan inzawh nawn fo a ngai a ni. Heng bakah hian mahni infuih thiam te, eng chenah nge tan ka lak ang a, eng chenah nge ka duhtaw ang tih te, engtikah nge ka ngaihdana ka fan tlat ang tih te, engtikah nge ka fanhmun ka sawhsawn ang tih te hi kan hriat reng a ngai a ni.



Interpersonal Skills

kan tih chu midang te nena kan khawsak ho theihna tura thiamna kan neih hi a ni. Tumah hi mahnia khawsa thei kan awm lo a, mahni duhzawng leh ngaihpawimawh zawng ringawt lak vung lutuk te hi a thalo. Midang ngaihchan thiam te, an sawiloh tawngkam (body language) hriatthiam te, mi biak thiam te, hotu leh zuitu nih thiam te hi mi tinin thiam kan mamawh a ni. Heng bakah hian thian kawm thiam leh ngaihzawng neih thiam te pawh hi interpersonal skills ah a tel a ni.

Khawvel changkang chho mek zelah hian mihring te khawsak hi a hautakin a harsa telh telh dawn tih chu a chiang reng a. Thiamna a sang ang a, zirna leh hna lamah pawh tun aia sang zawk leh tha zawk kan thawh chhoh telh

telh a ngai dawn a. Heng avang te hian thalai te hian mahni dinhmun kan inhriat reng a, kan vela midang awmte nena kan khawsak ho dan tur te hi kan thiamna turin life skills hrang hrang te hi kan zir a, a taka hman a ngai a ni.

CUISINE

-stanley

CHINGIT LEH VAWKSA REP

Thenkhat tan chuan a maksak viau maithei a, mahse a ei tawh ten an zawngchhang chawk zel chu chingit leh vawksa rep a ni. Assam ramah hun rei vaklo hmang in Assamese hnam hrang hrang ei leh in te kan bihchiang ve a, Mizoin kan duh tur deuhva ka rin ka rawn tarlang dawn ani.

Mamawhte:

- Chingit - Tel 1 (tel lian vak a ngai lo)
- Vawksa Rep - ½ kg
- Purun Sen - Pum 1
- Purun Var - Pum 4
- Dhania - Tel 1 (₹10 man vel)
- Hmarcha pangai/phut (optional)

Siam Dan:

Vawksa rep hi pan te te in phek hlai thei ang ber tho siin han chan la, kan bel phek ah tel tel lovin han kang hmin la. Chumi i kan lai mek chuan chingit leh dhania hnah hi sin te te in chan la, chutiang bawkin purun sen leh var pawh chu han chan ve leh bawk la.

I zawh hnu chuan, sumah purun var chu deng la, vawksa rep kan hmin pawh chu han deng tel la, i den pah chuan thil dang chu i telh vek anga, han deng sawk la, awm tawka i hriat hunah chi thlak la, hmarcha nen(optional); chuan han deng leh deuh hrih la. A in chawhpawlh tha tawka a i hriat hunah plate ah han dah chhuak la, ei theih a ni nghal mai.



Recipe te hi Tested and Good Taste Approve vek an ni e – Ed Board.

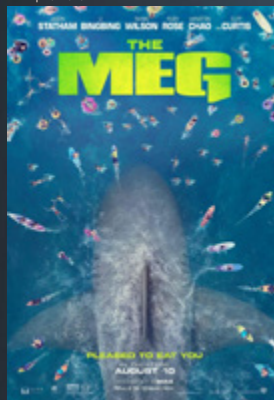
AS ON WEEKEND AUG 17 - AUG 19

TOP BOX OFFICE

1. Crazy Rich Asians
\$25.0M



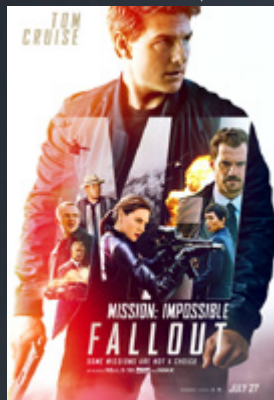
2. The Meg
\$21.2M



3. Mile 22
\$13.6M



4. Mission: Impossible -
Fallout \$10.5M



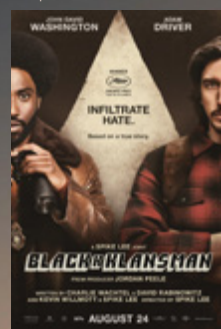
5. Alpha
\$10.4M



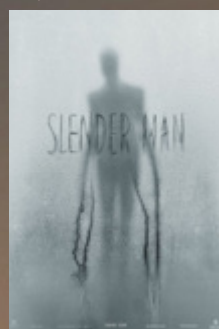
6. Christopher Robin
\$8.9M



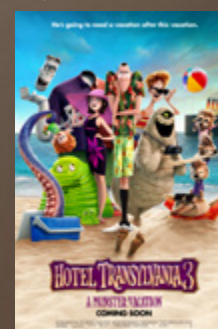
7. BlackKkKlansman
\$7.0M



8. Slender Man
\$5.0M



9. Hotel Transylvania 3:
Summer Vacation \$3.7M



10. Mamma Mia!
Here We Go Again \$3.4M



MIZO MUSICAL FILM

NI THAR DUHAWM

DJ Lalvenhimi Audio Album & Musical Film

Kum thum kalta aṭanga buaipui lo ni tawh 'Ni Thar Duhawm' DJ Lalvenhimi Audio Album & Musical Film, rawlkhawlhna eng eng emaw avanga shooting neih lawk theihloh chu peihfel a ni ta! Hla pariat vel awmin music video pangngai ang nilovin musical film angin DJ Lalvenhimi hi changtunoi ni nghal bawkin, lam hmuhdawm tak te nena he film hi buatsaih a ni a, a hmuhdawm hle tura beisei a ni. Ber-thla lamah release theih tura ruahman a ni a, nghahhlelh awm tawh tak a ni. Lo ngaichang ve ngei ang che!

COMING SOON



THE COVERGIRL
AHRUAITEI
(VANLALHRUAITLUANGI)





PUIPUUI

(LALHRIATPUII)





Evermore

“Evermore” hi poetry leh photography collection a ni a. Candle-i hian a writing lam a chang a, Niji hian a photographs hi a contribute a. A lehkhahu content en reng reng hian an inkar chemistry that dan leh he partnership fuh zia a hriat mai a. Chu bak ah, visual art leh writing combine tur a idea an nei leh tihlawhtling tur a an tha sen zawng zawng te hi a fakawm a. A writing bik hi simple leh chhiar nuam deuh si rilru khawih tak tak a ni hlawm. Photographs ho pawh lung ti leng tak tak, hmuh nuam tak tak a ni a, chhiar nawn reng tlak lehkhahu a ni.

-jacqueline zote





FITNESS & HEALTH

-emmanuel h. khawlhing

Kan insawizawi (physical fitness) nan hian exercise chi li(4) a awm a, chungte chu:

1. Cardiovascular Endurance
2. Muscular Endurance
3. Muscular Strength
4. Flexibility

Hengte hi a mal te te hmang a insawizawi theih a nih ang chiah in a vai emaw chi hnih thum emaw hmang pawh a insawizawi nana hman kawp theih a ni a; heng exercise te hnathawh dan hi han bel chiang zel ila.



1

Cardiovascular Endurance:

He exercise hi insawizawi na ah chuan mi tam zawkin an exercise hman/tih nasat ber a ni. A exercise hming ang chiah hian Lung/Heart tan a ni a. He exercise hi kum naupang ber aṅga a upa ber, infiam mi leh nileng a office a ṭhu a hnathawk te pawhin a an mamawh ber a ni bawh a ni. Mihring hi kan lung a chak ṭhat emaw kan lung a 'FIT' emaw chuan mi hrisel pangai tak kan ni a. Natna tamtak a bik takin NCD (non-communicable disease) hi lung hrisel tawh loh avanga kan neih a ni ṭhin a ni.

Eng tin nge Cardiovascular Endurance chu kan tih ang:

Insawizawina chi hrang hrang - Walk, Stepping, Jogging, Cycling, Swimming, Dancing, Step Aerobic class leh a dangte hmangin a insawizawi theih a. Lung natna Doctor in an enkawl mekte chu a hranpa thlap a Doctor rawn hrih phawt tur a ni ang a. Chutiang ni lo hrisel pangai tan chuan hetiang hian tih tur a ni ang.

Scientific deuh hlekin han sawi zau ila - Kan Lungphu/marphu/heart beat hi Maximum heart beat aṅga tehin 60% velah minute 15-20 tal session khat chung in ni thei se.

A chhut chhuah dan: $220 - \text{Age} = \text{MHR}$ (Maximum Heart Rate)
 $\text{MHR} \times .60 = \text{Desire Heart Rate}$

Tluanga chu kum 25 a ni a, Cardiovascular Exercise a ti mek a. Heart rate monitor sana a nei a, a monitor hmang ṭangkai chuan exercise a tum ta a hetiang hian a chhut ang.

$$220 - 25 = 195 \text{ (maximum Heart Rate)}$$

$$195 \times .60 = 117$$

Tichuan Tluanga chuan a zing walk hun ah a heart rate chu 117 beat per minute bawh vel a dah in a exercise chu a monitor tawh dawn a ni.

A nih leh Heart Rate monitor te kan nei si lo a. Scientific deuh hi kan hrethiam si lo, eng tin nge kan tih ang. Talk Test a awm a, hetah hian kan exercise lai khan ṭawng ṭha



2

Muscular Endurance:

He hi tihrawl bik a kaww deuh nang a, Cardiovascular Endurance hi neih ve ngei ngei a ngai baww. Kan lung 'FIT' tha tak tur a kan sawizawi ang chiah kan kan TIHRAWL pawh hi kan sawizawi ve a ni. Long distance running, Marathon te, Walking te, Road Cycling, Weight Training te leh a dangte hmangin a insawizawi theih a. Lung bakah tihrawl kan khawih tel tawh a ni.



3

Muscular Strength:

A hming atang pawh hian insawizawi dan tur a hriat theih mai a. Tihrawl tih chak kha a ni deuh mai a ni. Weight Training hian tihrawl kan tichak a. Chu bak ah Sprinting te, Jumping te, Grappling/Inchai leh a dang te hmang in tihrawl a tih chak leh theih a ni.



4

Flexibility:

Flexibility nei tha deuh Mizo tawng hmanga kan han sawi hian 'ani chu a zawi tha baww a' tih tawngkam hi kan hmang mai thina. Mizo tawngkam tlanglawna sawi dan kan neih em em lo vangin Flexbile/Flexibility tiha sawi pawh hian a chiah thawkhat viau maia. Flexibility kan han tih hian taksa khawng lo, nasa taka in stretch thei hi a ni deuh mai a. Kan ruh leh ruh in zawm na, kan Joints tha taka a chet theih ang tur a ti che a, tihrawl pawh a fan tur ang a fan that thei tirtu ti ila kan hrethiam mai awm e. Flexibility atan a exercise tih theih lar zual te chu :

1. Yoga
2. Mobility Exercises
3. Stretching
4. Foam Roller

Heng bak ah hian Physiotherapist te hnen atang pawh in insawizawi theih dan kawng tam tak kan zirin kan hriat belh thei a ni.



theilo khawp a hah, awm in then hlawp hlawp khawp a thaw ang nilovin, exercise laia tawng tluang pangngai a tawng thei tho si a exercise tih kha a ni leh deuh mai. Entirnan naupang han hmang ta ila. Naupang duh taww a an han inum kaww zawr zawr hian ah hah lutuk an tawng tha hlei thei lo a, kut phar meuh in "lo ngawi lawk, ka la hah lawk" an tih laia awm vawr lawp lawp a an thawk ang hi. Chutiang chi ah tawh chuan kan Heart Rate hi 70-80% heart beat per minute a lo ni tlangpui tawh thin a. Chuatiang em em a sang chuan tih loh tur. Infiammi emaw tum bik nei a exercise kan ni te a nih loh chuan.

Kan taksa in chaw tha a mamawh ang bawkin insawizawi pawh hi a mamawh em em a. Chaw tha fah ringawta kan sawizawi leh si loh chuan natna hlauhawm tak tak kan nei phah thei a ni.

Taksa insawizawi that a, chaw tha kan ei tel baww chuan kan taksa a lo hrisel in kan nitin hna ah nasa zawkin hna kan thawh phah thei a, hun kan hman hlaww phah thei hle dawn a ni. Zau mut a tui mai bakah ngaihtuahna fim leh taksa chak tha kan lo nei thei baww dawn a ni.



VAIHLO HMANIN TAKSA A TIHCHHIAT THEIH DAN LANGSAR ZUALTE

CANCER A THLEN TE

Thisen

Hnar leh ka bawr

Hrawk bawr

Chaw kawng

Chuap

Thin

Pumpui

Ril bawh

Kal

Chhul (hmeichhia)

Zun kawng

Phing

NATNA DANG A THLEN TE

*Thluaka thisen zam
chat (stroke)*

Mit naute paw

Lungna benvawn

Thisen zam natna

Khuh benvawn

Source : US Surgeon General's Report 2004

VAIHLO SIM DUHTE TAN

District Hospital zawng zawngah leh Mizoram State Cancer Institute, Zemabawkah Tobacco Cessation Clinic pan theihin a awm e.

NATIONAL TOBACCO CONTROL PROGRAMME, MIZORAM

DEAR LIFE

-esther vl khawngaihi

*Dear life,
What am I supposed to do ?
Why am I so sad and fragile ?
What is life ?
What do I live for ?*

*Dear life,
I' am lonely and fatigued !
Arousing general attention and laughter !
Everything seems so dark !
I' am choked up !*

*Dear life,
didn't even know how to tell.
Hostile attitudes eye's upon mine's,
several voices shouted;
loser ! loser ! loser !*

*Dear life,
I got scared; scared of everything,
Scared of abandoned; scared of life,
But not that much scared;
To take away my own life.*

*Though you hurts !
Though you scared !
Though you frightened !
The better; greater 'I' will come back !
said she; **dear life.***

MIZO THLALATU HMASA

K.T. ZAMA

CHANCHIN

-didini tochhawng

K.T Zama hi Tualte khaw chhuak niin, Dokhama fa 16 zinga a naupang ber a ni. Champhai M.E School-ah lehkha a zir a, high school a zir zawh hmain Burma-ah kalin sipaiah a in pe a, chutah chuan photography hi alo hmelhriat tan a, Battalion Photographer a ni nghe nghe a ni. Kum 1960 khan Burma sipai hna chu bansanin Mizoramah a rawn let leh a, Aizawl-ah rawn in bengbelin Zion Street, Dawrpui Vengah dawr/stuido a hawng a, hemi hnu lawk hian Jail Road, Dawrpui (tuna Jail Veng kan tih) ah a in sawn leh a ni. K.T Zama hi Mizorama Studio chhunga thlalak ti lar tu hmasa ber zinga mi a ni. Rambuai kum 1966 - 1968 chhung khan Manipur ah a tlanchhia a, Aizawla a rawn let leh hnuah thlalaka a eizawna chu a chhunzawm leh a; vanduaithlak takin bawrsawmnain a tlak buak vangin kum 1972 khan a boral a. A dawr hi a tupa (a farnu fa) Liankhuma'n a enkawl chhunzawma, kum 2017 thleng khan Treasury Square Aizawl ah, K.T Zama Studio hming hian dawr an siam chhunzawm a ni.





Image source : Liankhuma, Venghlui

NATURE WATCH

Vamam / Vapaw

Common name : *Grey Headed Myna*



VAMAM / VAPAW
Photographed by
Kima Hnamte

Landscape Photo

REIEK KAI LUI
Photographed by
Zara Fanai



