

VAWK RAI LAI LEH RAI HNU A ENKAWL DAN

Vawkpui rai lai reng reng enlawi uluk a ngai. Inpawltir hun atanga no an neih hma hun chhung hi rai/pregnancy period/gestation period tih a ni. Inpawl tir hnu a Vawkpui a hur leh tawh loh chuan a rai ngei a ni tih a hriat theih. Vawkpui a lo hur chuan inpawltir ni hi Kalendar/Diary ah emaw chhinchhiah ngei ngei tur a ni. Hemi kan tih chuan No a hrin hun tur a chhutchhuah theih a, a lo inrinlawk theih thin a ni. Vawkpui rai hun chhung hi Ni 114 (Thla thum Kar thum leh Ni thum) a ni a mahse hei aia hma emaw tlai hret ah pawh No an hring thei. Hemi hun chhung zawng hian Vawkpui hian a No pai hre reingin ama taksa in a mamawh a enkawl bakah a chhul a awm No engemaw zat a enkawl ve reng thin. Chuvangin,

Vawkpui rai hun chhung chuan chaw tha, Vitamins leh Minerals pek uar a tha, a bikin No an hrin hma kar hnihna a pek uar bik a tha. Hei hian Vawkpui hnute tui a tihtam phah thei a ni.

NO HRIN HMA A VAWKPUI LO ENKAWL DAN

1. Vawkpui rai chu a hran a khung/dah thin a tha.
2. No a neihna hmun/In chu antiseptic/tuisen/phenyl a uluk taka lo silfai lawk thin tur ani.
3. Buhpawl/Buara thianghlim chhawp thin a tha.
4. Hemi hun chhung hian chaw tha, Vitamin leh tui thianghlim pek thin a tha.

VAWKPUI NO VEI LAN/HRIAT DAN

1. Vawkpui Serh a lian/vung
2. Vawkpui serh a lang sen
3. An awm hle hle thei lo/tei sek
4. Chaw an ei tlem
5. Vawkpui hnute hmur a tang tan a darker 24 chhungin hnute tui a hmeh/sawr chhuah theih.
6. No neih na tur Bu an chhep thin.

NO HRIN LAIA VAWKPUI ENKAWL DAN

1. Darkar 1-6 chhungin Vawkpui in No a hringfel tlangpui thin.
2. Vawkpui tamzawk chu buaipui hranpa ngai lovin awlsam takin No an hring.
3. Thlasik hun laia No hring te chu vawt lutuk laka venhim a tha.

4. No hrin harsat emaw No hring chhuak thei lo
Vawkpui an awm chuan a thiamte rawn vat a
tha.
5. Vawkpui chhul chu a tla fel em tih uluk taka en
thin a tha.
6. No a hrin zawh hnu ah Vawkpui chu tui lum
pip pep intir/chhawpsak thin tur ani.
7. No a neih atanga a Ni hnih na ah Vawkpui chu
zawi zawi in a chaw ei thin ang pangai pek
tawh tur ani.
8. No an hrin zawh hnuah Vawkpui hian natna
chikhat Metritis Mastitis Agalactia (MMA)
Syndrome hi an vei duh hle a, hetiang natna hi
Vawkpui in an lo vei chuan an tho thei lo a, an
pang a lumin an khua a sik thin. Mi thiamte
rawn vat a finthlak.



**VAWK RAI LEH NO NEIH HNU A ENKAWL
DAN**



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