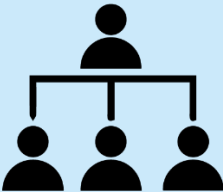


KHAWUI NGAHONG KHAMAYON PATROL TEAM WUI NGAHEO KHAVAI LAIRIK

Community Based Sustainable Forest Management for Water Resources Conservation

 Page 2	 Page 6	 Page 8
 Page 10	 Page 10	 Page 11
 Page 12	 Page 14	 Page 26

MAIYAN

1	LAIRIK HI KATHADA SHIJINRA	1
2	AUTHORITY BING KALA SĀKHARAN OTNGARUT	2
2.1	Patrolling Team	2
2.2	Khawui/Ramwui member bing	3
2.3	District Forest Department	3
2.4	Akap ākai/ khalen ngapai kakhui	3
2.5	Mi tukkakhui	4
2.6	Khangama khangashao li yangkasang	4
2.7	Kapeo khavā kala tukkakhui	4
3	KHAWUI KHARAR NGAHONGWUI YANZĀ	5
4	PATROL GROUP BINGNA SĀKI KAJI KALA SĀKHARAN OTNGARUTBING	6
4.1	Leiret	6
4.2	Informant networks	6
4.3	Patrolling	6
4.4	Data kazipkakhui	7
4.5	Kashok kazang chitheikhami	7
4.6	Mik rakngaska khavai tamkachithei	7
4.7	Ain khangāka	7
5	PATROL ĀNGARAN ĀNGAYEI KASEM KALA PATROL KAZAT OTNGARUT KUPKASANG	8
5.1	Patrol āngaran-āngayei	8
5.2	Patrol kupkasang	8
5.3	Maungkashung-mavākashung li yangkasang	8
6	PATROL AYURBING	9
6.1	Ngaran laga khavā	9
6.2	Khangaran maleila khavā	9
7	KHUTLAIBING	10
8	AIN CHONKHAMAKANA BINGLI YANGKASANG	11
9	PATROL KHAVĀ KALA AIN CHONKHAMAKAN WUI KASHOK KAZANG CHITHEIKHAMI	12
10	FIRST AID	14
10.1	Khare sāda yangkasang	14
10.2	Cardiovascular Pulmonary Resuscitation	15
10.3	Ashee katā	15
10.4	Akhamā khangatei	19

10.5	Phasã ālungli ashee longkahai	19
10.6	Mei kachui	20
10.7	Aragui katek	21
10.8	Sãna haida pitã kahai	22
10.9	Hu/ kathiri shaisang/mangsang kahai	23
10.10	Phara na khamakei	24
10.11	Malung chipã kahai	25
10.12	Phungung-phungvã kasã	26
11	CONTACT INFORMATION	27
12	NOTES	28

Lairik hiwui mashun katonga reserve sãkahaina. Lairik hiwui ākai semkhui laga yaokhami, lah azingli mikahai address hiwui eina rida khamayã makhuila namkakhui, electronic eina, mechanical eina namkhui laga apong ngatatei dawui eina ngayao khangasak masāpai mara.

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1 LAIRIK HI KATHADA SHIJINRA

Lairik hi patrol team bingna otpamli kazat tharan sākhangayi otngarut bingwui maramli chitheimiya.

Patrol team kajidana atam kachida lairik hi ākharip singzatshon phalungra.

Lairik hili **technical topic chiko zanga**:

- ✓ Shimplāk eina thuilaga district administration vāshungda sāki kaji kala sākhangayi bing tharzārik eina chitheimiya
- ✓ Patrol member bingwui eina kachikathā kachihān leikhala kaji chitheimiya
- ✓ Patrol group member bingwui ot kasāli sāki kaji kala sākharan otngarutbing tharzārik eina chitheimiya
- ✓ Patrol member bingna āngaran-āngayei kasem kala khamayon otngarut ngachang kasangli kathada sāra kaji meisā eina meikhai chitheimiya.
- ✓ Apong ngatateida eina patrol khava kala kathāda sara kaji chitheimiya
- ✓ Patrol khavali khuiphungki kaji khutlai kala kathāda ngasharda khuiphungra kaji chitheimiya
- ✓ Ain matung-makān laga kasā bingli kathāda sara
- ✓ Patrol khava kala ain chonkhamakan wui kashok kazang kathāda chithei mira kaji chitheimiya.
- ✓ Sāza kahai kala kazā kahai tharan kathāda first aid mira kaji chitheimiya



PHANINGUNG PHALUNGKI KAJI



Khangahā liva khangashar na phāmei

**Thingrong masātekrang lakha lah sāyur
masāthatrang lakha kharar ngahongwui
yanzā chonkhamakan rida thing haolu**



2 AUTHORITY BING KALA SĀKHARAN OTNGARUT

Patrolling teams na ngahong khangāk li administration li ngachon khami hi mana, ain matung-makān laga kasābing lah evidence ngapai kakhui li athumwui pangshap chiyakha maleimana.

Chiwui vāng ngahong li ain chonmakān kahai bingli local authority na yangkasang li patrol team bingna ngachonmida ngahong along li ain na makhamayā otsak masāngasak mara (Chikathāli yangkasangli Standard Operating Procedure li ngaheoyang ranu).

KHARAR NGAHONGWUI YANZĀ CHONKHAMAKĀN WUI MARAMLI FOREST WUI EINA MANINGLA APONG NGATATEIDAWUI EINA THEIKHUI KHAVAILA LEIYA. RAMNAO BINGNA PHĀP KATĀ THEISHINGKHUI KAHAI CHINA NGAHONG KHAMAYONA BINGLI MATHAMEIDA YANGSANGSHAPPA.

Ngahong wui yanzā chonmakān kahai tharan khipāna kala kachikathā shongrān parra kaji maramli patrol team na sākhangayi bing, hiwui eina yangkhuipaira:

Otngarut kala sākharan bingwui maramli chitheimidalei.

Authority	Sākhangayi bing
Authority hina khangatei bingli sāngasak khavai kaso khavai wui pangshap leiyai	Hi mipḥa kala group ākhana sāphalungki kaji otngarut na

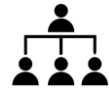
2.1 Patrolling Team

Authority bing:

- ✓ Ngahong kala khawui eina khaleṇ ngapaikhuida sāshiman mira.
- ✓ Sāthat kahai sā kala aragui eina ahui kathā ngahong kala khawui eina tukkhui.
- ✓ Ain matung makān laga kasā bingli chikathā masā khavai hāngchitheira kala athum kajichā wui identification khuira.
- ✓ Ramnao bingli ain na makhamaya ot masā ngasak mara.
- ✓ Ngahong mei kachui kala ain chonkhamakān otshot kashok tharan ramnao bingwui khangachon khuira.

Sākhangayi otngarut bing:

- ✓ Patrolling khavali zangshonra kala saklāk kahai tuishot kathok tharan ngalāngda khangachon khuira.
- ✓ Ain matung makān laga kasā otshot kashok kajida WRCC lah chuikhamei authority bing li chitheimira/ pao mira.
- ✓ Tukkhui kahai ngahong wui ot kala khutlai bing WRCC li misangra.
- ✓ Partolling report form chi kapisangser haira.



2.2 Khawui/Ramwui member bing

Authorities:

- ✓ Ramnao bingli ain na makhamaya ot kaja thing kaphã, thing kahât, sã khareng kala ngahong mei kathot masã ngasak khavai ramwui eina makãnshok ngasak mara.
- ✓ Ain matung makãn laga ot masã ngasak mara kala chikathã kasã bingwui khutlai bing evidence wui vãng ngapaikhuida WRCC li misangra.

Sākhangayi otngarut bing:

- ✓ Khawui ngahongwui alungli ain chonkhamakãn otsak kasã katonga WRCC lah patrolling team li chithei mira.
- ✓ Kapo lah khangakao athi shurda ngahong li patrol khavã lah ngahong mei kachui sãshit khavai khavãli zangra
- ✓ Ngahong ngāk khavai kha wui chãn khangazek li vāzangra.

2.3 District Forest Department

Authority bing:

- ✓ Ain chonkhamakan otshot li yangsang khavai chuikhamei authority bingli misangra.
- ✓ Ngahong wui yanzã chonkhamakãn tharan khali chãnngazek ngahotra.

Sakhangayi otngarut bing:

- ✓ Ain chonmakan kahai tharan chi tharsang khavai chuikhamei authority li report mira
- ✓ Ain chonmakan kahai tharsang khavai ramnao bingli ngachonmira.

2.4 Akap ākai/ khale n ngapai kakhui

Khalen/akap ākai kala kathi sã

- (1) Khale n sanghai kasa apam chilli violation report kupsang phalungra.
- (2) Khale n chi kharaimi haora kala evidence wui vãng ramli khiungra.
- (3) Kathi sã chi kotphum haora, chi maning akha WRCC li khiung mira.
- (4) Khale n khangatei sangkahai/makasang phãshok khavai apam kuimareida kapeoyangra.
- (5) Ramli hankhaung eina khale n bing chi WRCC li evidence wui vãng misangra.





Thing hāt khavai āpam, kachonshim kala chainsaw



- (1) Akhavā maleila thing hātkhavai khutlai ngahongli haisa akha chi evidence wui vāng WRCC li khuiung mira.
- (2) Thing hāt khavai khutlai bing chi private wui ot ngasā kahaiwui vāng legal authority bing māngna sāshimānki kajina.

2.5 Mi tukkakhui

Ain chonkhamakan bingli khihana tukkhuira?

Forest ranger bing maningla mi matukkuhipai mana kala athum maningla ngathingngahān khavai phungung-phungvā sākhavai mashun malei mana.



2.6 Khangama khangashao li yangkasang

- ✓ Malung thuida khalei mili mavānganai mara.
- ✓ Evidence wui vāng amā namkhui khavai sāra.
- ✓ Mipā chilli malung khavāt suitā khavai khararchan sāra.
- ✓ Nathum mi tarākha zatsā lala mipā chilli masāmajit mara.
- ✓ Kalikhada kalā kashi shokkapai leihai akha, ngalan haora. Khangama khangashao li mazang mara.
- ✓ Ramli hanungda forest ranger lah police wui khangachon ungkhuira.



2.7 Kapeo khavā kala tukkakhui

- ✓ Kachikathā shimkhur na sā rengkhavai khutlai, sāhui/sāragui lah thing kathā shimli ngathum kahai pao samphang akha forest ranger li pao mida kapeova laga tukkhuira.
- ✓ Patrol team na pao khuimaronra, kha shim-shimli zanglaga makepeovāpai mana.
- ✓ Khawui ngahong li hunakhawui ngayin khavai shimnao semkahai chilli kapeopaiya kaja chi khamayā mazangla semkahaina.



3 KHAWUI KHARAR NGAHONGWUI YANZÃ

Kajichã ramwui ngahong ngãk khavai khalatta wui yanzã leiya. Chikathã yanzã chi azingli kapisangda ngaheo khavai sãda shijinra:

1	
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Notes



4 PATROL GROUP BINGNA SÃKI KAJI KALA SÃKHARAN OTNGARUTBING

Patrol group member kala WRCC member bingna patrol vãkhavai ãngaran-ãngayei kasem kala ot kasã tharan azingli mikahai hili ngaheo laga sãra:

4.1 Leiret



- **Leiret phãkhuira kala patrol zatkhavai shongpong semra.**
Ngahong li yangsang/mayon khavai kala patrol zatkhavai wui ãngaran-ãngayei semkhavai patrol group member bingna lairek, kala athumna vãki kaji shongpong bing semkhuira. Shongpong chili zatta patrol khavã li shongpong kadhar la phãkhui mamarra. Hankhaung tharan District Project Management Unit member bingna shongpong bingchi digitized map li ãmachut sãsang haira. Kala hina patrol vãkhavai wui ãngaran-ãngayei semkhavai ngasãra.

4.2 Informant networks



- **Informant network semkhuira**
Patrol member bingna athumwui ot sãkhavai leiret azingli khalei ngasotnao kala shimkhur mibing hokhuida kashap eina tangda athumwui eina pao khuimaronra. Athumwui detail la katonga kapikhui haira kala athumwui eina pao samkaphang chi violation report sheet li kapisang haida, chiwui athi shurda Standard Operating Procedure activate sãra lah WRCC li pao mira.

4.3 Patrolling



- **Kumkhali patrol vãkhavai ãngaran-ãngayei mati shida kasemli zangra.**
WRCC lah District Project Management Unit li ngarum laga patrolling vãkhavai angaran-ãngayei kasemli zangra.
- **Patrol khava thang chiwui ãngaran-ãngayei kasem lila zangra.**
WRCC li ngarumda patrol member bingna ãngaran-ãngayei kasemli zangra kala chiwui khak tãkmi kahaiwui thili patrol vãkhai sãra.
- **Patrol vãra**
Angaran ãngayei semkahai kala sãmi khavai kapo athi shurda patrol member bingna sãran chi sãra.



4.4 Data kazipkakhui



- **Ain na makhamayã ot kasã katonga phãshokra**
Patrol khavali ain na makhamayã ot sãkhasã katonga patrol group bingna phãshokra.
- **Informant network bingwui eina pao khuimaronra**
Patrol group bingna kashap eina tangda informant network bingwui eina pao khuimaronra.

4.5 Kashok kazang chitheikhami



- **Patrol khavai kala ain chonmakãn kahai wui report khami li reporting protocol shijinra.**
Patrol group member bingna athumwui ot kasã kala ain chonmakãn kahai ot kasa tukkakhui bing katonga ngarakzak eina Standard Operating Procedure shikajin zangda kashok kazang chitheimira. Patrol kala violation form katonga kuplãk eina kapisangra.

4.6 Mik rakngaska khavai tamkachithei



- **Ain na makhamayã ot kasã bingli mik rakngasak khavai tamchitheira**
Ain chonkhamakãn bingli patrol group bingna athumwui ningrin kala athumna sãda khalei chi khiwui vãng kasã khala kaji mathãlãk eina hãngchitheira.
- Ramnao bingli atam-atamli khararchan sãngarumra kala khawui ngahong khangãk wui maramli mathãda hãngchitheira.

4.7 Ain khangãka



- **Enforcement action active sãkhavai Standard Operating Procedure chi shijinra**
- Ain chonkhamakan tukkakhui kajidali Standard Operating Procedure shijin laga enforcement action activate sãra, ain chonkhamakan ot sãkida leidalei kaji pao samkaphang tharanla chithãda sãpapamra.
- **Khalen katonga kazipkhuida sãkhayãngmi haora.**
- Patrol khavali samkaphang khalei kathã katonga Patrol groups bingna pheitãmira.



5 PATROL ĀNGARAN ĀNGAYEI KASEM KALA PATROL KAZAT OTNGARUT KUPKASANG

Kum ākhali mati shida patrol group bingna patrol vākhavai āngaran-āngayei semra. Kala chi masingkārang lakha WRCC li misangra. Patrol member bingna āzingli mikahai chizākhami chiwui athi shurda mayonra:

5.1 Patrol āngaran-āngayei

- Patrol āngaran āngayei semkahai chiwui athi shurda zatra.
- WRCC na patrol member bingli athumwui vāki kaji shongpong kala chiwui ningrin chi chitheimira.
- Patrol member bingna singvāki kaji, khaung-khavā sākhavai, kashak-kazā, khutlai kala lairik kathā ngaransangra.



5.2 Patrol kupkasang

- Patrol khava, ain chonmakān kahai kala evidence report form bing chi yangkazakra.
- Patrol Report Form bing chi WRCC li misangra.
- Patrol form chili shoi sāsang haira.
- Atam wui sheet chili kapisang haira.

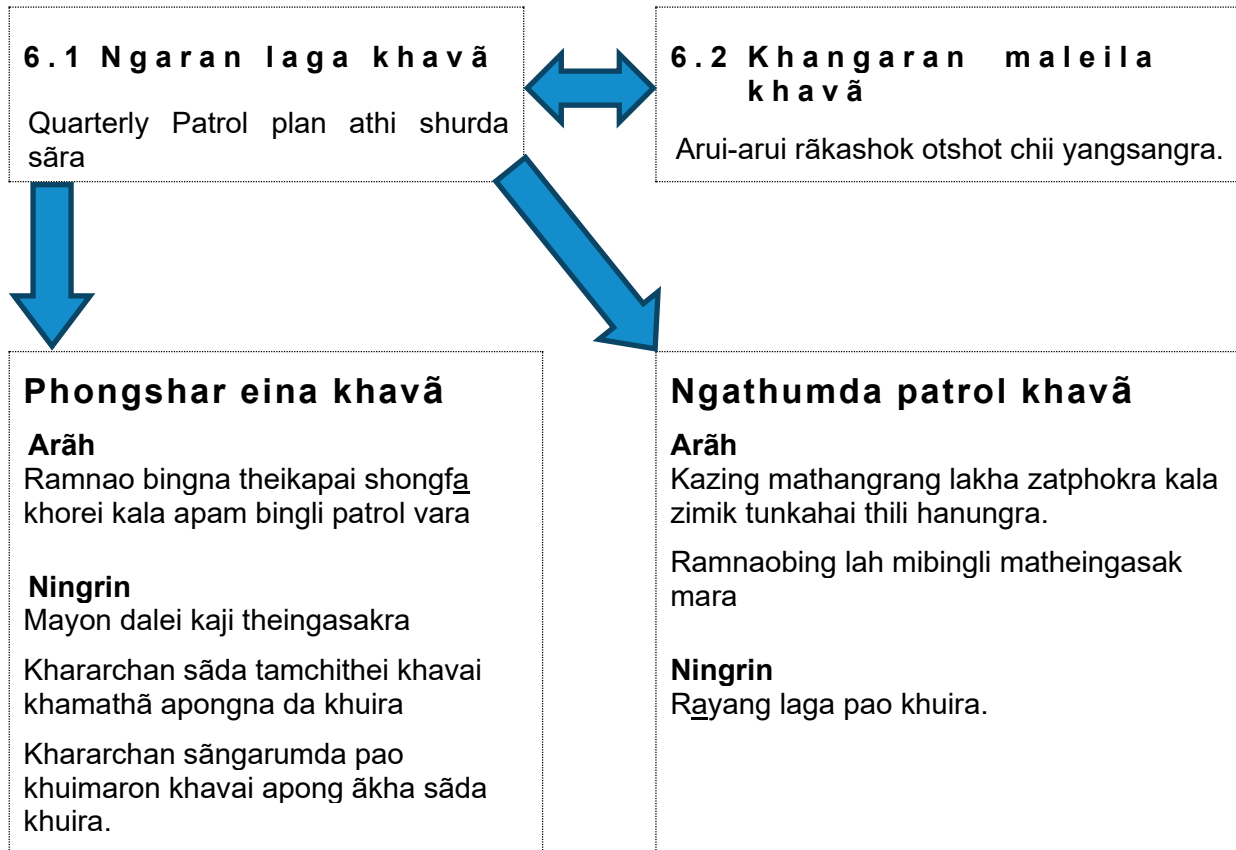
5.3 Maungkashung-mavākashung li yangkasang

- Kalikhada patrol member bingna ot kasāli mavāthu lah, zingyat na mamathā mada mavāpaithui akha:
 - WRCC li pao mira
 - Village Patrol Group khangatei maleikhala kaji yangra.
 - Maleisā akha patrol khavā ngasām haida khangatei atamli vākhavai ngaranra.
 - District Project Management Unit li pao mira.



6 PATROL AYURBING

Patrol vākhavai āngaran āngayeī kasā kala khava tharan athumwui ningrin chi ungshungpai khavai, patrol member bingna azingli mikhavai chiwui athi shurda sāra:



Ngahong wui yanzā chonkhamakan tukkhui khavai patrol khava tharan azingli mikahaibing hi mayon phalungra:

- Ain chonkhamakān ot kasā tukkhui khavai, ningsanglāk eina khangānā hina mathāmeithui kaji apong na. Patrol khava tharan khararchan masāngarok mara. Mi avavā na meter 10 shakha matak laga kazat hina phameithuiya kaja chithāhai akha khararchan masāngarok mara.
- Patrol khava tharan ngaironda zatra kala ningkhamaong kathei kajida kuplāk eina yangzangra. Ngaironda kazat hina mathālāk eina kala peida theikhui/yangkhui pai meiya.



7 KHUTLAIBING

Patrol member bingna patrol khavali singkhavā khutlai bing ngasharlāk eina singra. Azingli chizami kahaibing chilli yanglaga chiwui athi shurda sāda patrol khava tharan khutlai peida singzat phalungra kala chi ngasharda singra:

- ✓ Meina machuiki kaji, meikhut makaza, kazing marosangki kaji, tara kaphong tharān tara mazangki kaji kala āka-ākai mazangki kaji apamli khutlai chi hokthāng haira.

Patrol team kajidana teomeithuida :

- ✓ Patrol Handbook ākha
- ✓ First aid kit ākha
- ✓ Patrol Information Sheet 03-05
- ✓ Notepad ākha
- ✓ Pencil eina ball pen khani
- ✓ Tara makazang document case ākha
- ✓ Torch ākha kala battery peida singzatra
- ✓ Emergency call sākhavai Mobile phone ākha singzatra
- ✓ Phinām/khara-khareng sāshat khavai khainao ākha singra



Notes



8 AIN CHONKHAMAKANA BINGLI YANGKASANG

Ain matung-makãna laga sãkasa bingli khangasang tharan patrol member bingna azingli mikahai hiwui athi shurda yangsangra:

- **Zakmai chitheira**

Ain matung makãna laga sãda khalei mipã chilli mathãda ngahãnlaga vãsamphangra kala na khipãkhala kaji hãngkachithei eina ngasoda nali COSFM eina village patrol kha wui ngahong khangãk li yangsang khavai kapangsang kahaina kaji hãngchitheira. Sãpai akha nali kapangsang kahaina kaji chithei khavai lairik la khuishok chitheira.

- **Standard Operating Procedure Protocol shijinra**

Standard Operating Procedure li sangmihaida khalei number chi khuilaga patrol member ãkhana WRCC li call sãra kala khangatei ãkhana mipã/mibing chilli khararchan sãmi sãra.

- **Hãngkachithei/ tamkachithei**

Patrol group member bingna COSFOM project wui maramli hangchitheida, hi kha na ngahong mayon khavai kala ngahong wui lan ngasharda shijin khavai mayãmi kahaina kaji hãngchitheira.

- **Ain matung makãna laga masã khavai pora.**

Ain matung makãtung makãna laga sãda khalei mipã chilli chikathã masã khavai kapo eina ngasoda ana sãtek/sãthat kahai thing, sã hkt. zangda ãna singkasã khutlaibing evidence wui vãng misang khavai hangara. **Matailãk kahai ãkhana** hi kapo/kahãng mana khak katã lah kakaso maningmana kala ain chonmakãna kahai mipã china manganãsang akha patrol member bingna phãhaira da khuida kakhane khuikhangayi pheikar khuira.

- **Sãpai akha mipã chiwui maramli ngathingkhuira**

Mipã chiwui maramli, kala kachi kathã ram/khawui eina khala kaji ngathingkhuira kala chi violation form li kapisang haira. Kalikhada chilila mahensang akha phãhaira da khuida chiwui thili khuikhangayi azingli mikahai pheikar khuira.

- **Ain chonmakãna kahai chi kapikhui haira**

Atungli mikahai pheikarbing chi khuikahai thili kashap eina tangda ãna sãkahai saikora chi kuplãk eina kapikhui kala patrol zatluira, chi maning akha WRCC wui eina khangachon pohai sãakha, chiwui chiza khami ngaraira.

Patrol khavã kala ain chonkhamakan wui kashok kazang chitheikhami



9 PATROL KHAVÃ KALA AIN CHONKHAMAKAN WUI KASHOK KAZANG CHITHEIKHAMI

Patrol zat kaphok li patrol sheet li kapisang haira. Ain matung makãn laga kasã tukkakhui katonga (i) Violation report sheet li kapisangra, kala (ii) patrol sheet li kapisangra. Evidence la zangakha, violation report sheet chi evidence report eina ngasoda misangra.

PATROL KHAVAILI CHIZA KHAMi KALA PATROL KAZATLI RECORD KASã

Patrol mazatrang lakha :

- Teomeithuida patrol informatin sheet phangã, violation record tharã, Violation exhibits record, kolom/ pencil, paper chichãpshan khavai plastic clips kathã khuiphungra. Otbing chi tarã mazangki kaji plastic ãkhaoli khuiphungra;
- Patrol vãki kajibing chiwui kathãna china patrol mavãrang lakha kapisang khangayi katonga kapisang haira.

Patrol kazat atamli:

- Ngaran kazak kahai athi shurda patrol vãki kaji shongpong chilli vãra;
- Ngahong wui ain chonkhamakan phãkashok tharan:
 - Patrol information sheet chiwui zimiksho, atam kala apam kapisang khavaipam chi kapisangra, (# 1,2,3.....);
 - Patrol information sheet chili kathãda ain chonmakanhao (Ngahong wui lam ngaheikhui kahai, ain matung makãn laga thing kahãt, sã khareng, ngahong wui lan phãkakhui, mei thing kaphã lah NFTP kazip kakhui, ngahong mei kathot) kaji hi kapisang khavaipam li kapisangra (azingli khalei page li yangmiranu)
 - Ain chonkhamakanna kala kathãda chonmakanhao khala kaji kapisang khavaipam chilli X da kapisang haira.
 - Violation Record semra kala chili khangashik khalei kapisang khangayi kapisangra. Kalikhada patrol information sheet chiwui, ain chonmakan kahaipã wui column li X da kapisanghai saakha violation record li ain chonmakãn kahaipã chiwui ãming kala shoi khui;
 - Patrol information sheet chiwui violation exhibits column li X da sanghaisa akha Violation exhibits wui record semra.
 - Horhai laga yamkahai akha chiwui violation exhibit chi khui kala chi patrol kupsang kahai thili WRCC li misangda athumwui sãkashap alungli sãkapai sãmira.
 - Yangkhavã li theikakhui (matailãk eina ain na makhamayã ot kasã tukkakhui kala sãhai kasabing) katonga kapisang haira.

Patrol khavã kala ain chonkhamakan wui kashok kazang chitheikhami



Patrol khavali amã namkhuira (Camera/ smartphone katha singzatsã akha):

- Ain matung makãn laga sãkasa (thingrong nganaozao eina sãtekhai kasa, khale sanghai kasa, motorsaw, kachonshim semhai kasa, thing sãtekhai kasa, ngahong wui lam ngaheikhuihai kasa, khale li sã mankasa, ngahong li mei thotkasa hkt.) wui amã namkhuira.

Patrol kupsang kahaiwui thili:

- Patrol information sheet, violation record, Violation exhibits wui record chi hanluida yanglaga, darkar kasã kapisang khangayi chi kapisangra;
- Patrol Information Sheet kala khangatei record bingli patrol group chiwui kathãna china shoi sãsang haira;
- Ain matung makã laga sãkahai, violation exhibit kala khangatei record bingchi patrol khavã kupsang kahai thili WRCC li misangra;
- Patrol khava hanung kahai thili patrol information sheet katonga WRCC li misangra.



10 FIRST AID

First Aid, kaji hi accident lah medical emergency khalei tharan professional emergency care khami bingna mayangsangrang lakha kalā kashi shokkakai tharan mipā/mibing chilli kankhui khavai ngalāngda yangsang khami chilli kahāngna.

10.1 Khare sādā yangkasang

Sāza kahi mipā chi mathing da ngahānpai dalei akha kala ashee tarākha shokta manglā shiman kapai malei akha:

- Patrol team li ngasokazatta bingli first aid kit khuirā ngasakra.
- Leidalei akha khalatta ngāk khavai khangashar pheikar katonga khuiira: Pānghon leisa akha pānghon sangkhuiira.
- Mipā chilli ngahānra: Kathāda sāza khala kala kathāda kazā khala kaji, allergy kasā, ari shikajin, ridawui eina kagazā leikasā/maleikasā, kachikathā kashak-kazā zāsang/mangsang, kala kathāda rāshokhao khala kaji ngathingkhuiira.
- Kuitungyāng eina thuilaga pheimareng tāshungda mathālāk eina yangra: ākui eina ākahung, yārtui, āmathik eina awuk, khāishang, pheithei kala pheikhum, āpang kala āpangmareng kathāli khamā kaza/makaza yangmira.
- Kathāda sāza khala, kala nana training khuikakai, nawui kathei athi shurda yangsangmira.

Sāza kahi mipā chi mangahānrar akha:

Mipā chilli panglāk eina hora, aming thei akha aming eina hora, Chili manahānkā akha, mipā chiwui yārtui li kaphe laga panglāk eina holuiira kala khak kasui/makasui yangra. Second 5-10 shākha ngahankakā/mangahānkakā, khak kasui/makasui yangra.

Mipā chi khak suisa akha:

- Mikakai emergency number li call sākavai mi chihora kala first aid kit khuiira.
- Chili nganing kasābingwui eina kathāda shokkakai kala kaji ngahānkhui/ngathingkhuiira.
- Akui eina thuilaga pheimareng tāshungda sākaza/masākaza yangra.
- Nana training khuikakai kala nana kathei athi shurda mipā chiwui condition li yanglaga ngachonmira.
- Khamā zākakai azak mathei akha mipā chilli arāp shong khareizang mira.

Mipā chi khak masuithura akha:

- Emergency number li call sākavai mi chihora kala first aid kit khuirā.
- Mipā chilli ashāt/ khamashā apamli matheida chipet zangra.
- Cardiovascular Pulmonary Resuscitation sāmira. (Amathik li namlaga haophokra).
- Mathiranga kaji azak kaja khak kasui matheirang lakha eina tangda, lah train sākazak kahi medical responder bing marārang lakha eina tangda Cardiovascular Pulmonary Resuscitation hi sāmira.



10.2 Cardiovascular Pulmonary Resuscitation

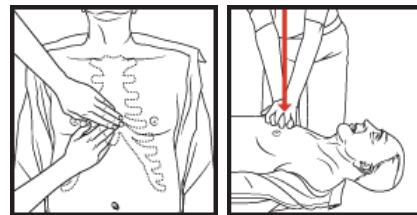
1. Phone sada khangachon khuira

Mipā chi ngahānkakā/ mangahān kaka yanglaga mipā chi mangahānthura akha kala khak masui akha, lah khangachāwui thāda khak masui akha Standard Operating Procedure protocol shijin laga phone eina call sāra kala mipā chiwui ngalemli hanungda yangsangra. Sapai akha mipā chiwui ngalemli phone chi speaker mode eina hailaga yangsangra, kaja kasang kharei, medical professional bingna hāngchithei mamanda ngachon khami ngavāya.



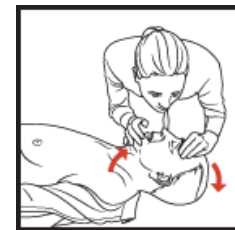
2. Amathikli nammira

Mipā chi khangachāwui thāda khak masui akha, mamakhāshok akha, lah mangathā akha, āmathik alungthungli (pāngmareng khani eina amathik wui aragui chilli parlaga) thumrā shida nammira. Thaklāk eina kala panglāk eina minute ākhali shākha-shākha makā shakhawui chang eina nammira.



3. Malisang khami

Akui kharei laga āmakhā khāngkāda, ānatang singshānhai kala āwui ākhamor chi nawui khamor eina sākham laga āmathik mamachungkārang laga eina tangda nammira. Khanishida khak suisang mira, khaksui ākhali second ākha shākha zang ngasakra.



10.3 Ashee katā

Ayārli ashee shoktalei akha

Background

Kasāng kharei ashee kashok hi khamā teomeikha zākahai, teomeikha kaheozā kahai hkt. wui eina rāshoka.

Kha ashee kashok hi khamā zakshida zākahai, āthingreirā chatkahi, chansam sāda rokpaira chat kahai kathāwui eina shokpaiya kala chikathā chi kalā shikapaila leiya.

Kajikathā khamā kaza hi ahui ngarahut laga ākhari-ākharā li sāza kahai- chansam sāda khai eina ngashum kahai; aragui teksang kahai wui eina rāshokpaiya.

Ashee kashok



Sāzā kahai āzak– āzak matheikhui khararla ngavāya

Khamā zāhai laga marihun/ thinghun tosanghai kasa/mazang kasa, ahui sining kahai, ahui kaheotor kahai, sāzā kahaipam li ashee mazatlui kaji, makuinen kahai, shairanra tarākha kashok.



Kathāda ngachonmi paira.

1. Sāzā kahai ākhama chili singshantitra

Ākhama chili singshantitra. Ari eina sākamthā kahai chonsā kathar eina singshantitra kala chi mathātung khavai bandage eina romkhamra.

Ashee mansasām akha, **ATAM MASHIMAN NGASAKLA**, romkhavai kachā maphānganao mara, kha mipā chiwui āpang eina singshan ngasakra, kalikhada ākhalatta masingrar akha nawui pang eina singshānmira.

2. Akhama chili marihun/thinghun ngathān dalei akha

Thinghun/marihun chi **MASUTSHOKPAI MANA** kha chonsi eina marihun/thinghun chi kuimareida romphin mira, kha marihun/thighun chili manamshanpai mana.

Roller pandage eina ngaziplāk eina romshan mira, chimaning akha marihun/thinghun chili pressure mami khavai mathāda romsangmira.

3. Sāzā kahaipam chi khāngkāmira

Khaishang li khamā zākahai akha, chili ashee kashok suitā khavai ākhama zākahai chi chuimeida khāngkāmira.

Pāngli sākazā akha, pang hokthāng khavai kachon kharā neisangmira.

Kashap eina tangda mipā chiwui ashee lah sāsakra kathāli masāzā mara. Sapai akha shijin laga horhaoki kaji pānghon sangra, chi maning akha plastic katha shijinra.

Kalikhada ashee lah sāsakra li singzāhai akha kathākwui alungli sāpon kala tarā eina pheotāra.

Kalikhada kazāt mankhui kapai ningkhamaong leihai akha kathāk wui alungli doctor li ngasankhuira.

Ākhama chilli panglāk eina singshanra



DO NOT remove the foreign object, but apply padding on either side.



Sāzā kahaipam chi chuimeida khāngkā mira





4. Sāza kahaiyā mipā chili ngasamkhui ngasakra.

Pāngli ranu, phasākai khangatei li ranu ashee katā ngasām ngasak khavai mipā chili āwui pamkapai/pikapai maong eina minute 10 shākha ngasāmkhui ngasakra.

5. Medical khangachon khuira

Khamā chi mazakshi akha kala mipā chi car li tongpai dalei aka, kathākwui alungli local wui doctor li phungvāda chili ngahāmira.

Khamā zakshida sāzahai akha kala mipā chi zakshida kazāhai akha kathāk wui alungli ambulance hosangra, chi maning akha medical professional wui khangachon khuira.

Ambulance kharā ngarai dalei lakha mipā chiwui kagazā zakshiksang/mathā kasang la yangmira.

6. Kamā romphing kahai chili ashee ngayenshokhai akha

Rida romphin kahai chiwui tungli khangatei chonshi romshanlura. Apam chili towel lah chikathā chonsa khamanak eina romshanmira.

Ashee kashok mangasām akha, ashee rurkahai chonshi chi kharaimi haida khagatei kathar eina romsangmira. Ashee shokshon kaji hi chonshi chi khamā zakahaipam chiwui eina nganaishok kahaiwui vāng ngasāpaiya.

Khamā romphin kahai chili ashee ngayenshokhai akha



Saotā laga sākaza

Saotā laga sākaza hi matailāk eina ākui, āmathik, ākahung, āwuk kala khaishang kathāli sāzazar lāka.

Kathāda ngachonmira

Ambulance horā mira, maning akha nganaimeithuida leikasa professional medical wui khangachon khuira.

1. Tākshan/shirensanhaida khalei chi khāngshokmira

Sāpai akha shirensānda/ tākshānda khalei chi khāngshokmi haora kaja sāngda haivāhai akha mangahākhui kapai ngavāya.

Kasāngda tākshan/shirensān laga leikahai akha khāngshok khareoda first aid mikhavai ngaranra kaja shirensan kahai chi khāngkashok tharan kashuirak eina ning kashimān kala awui condition zakshisanghai paiya.



2. Akhamã zakahai chilli yangsangmira

Yanglaga khamã zakshimeida sãza kahai bingli rimeida yangsangra.

Ashee shoktalei akha chonsã kathar eina ãkhama chilli romphin mira.

Kazãda khalei mipã chilli ãna pamkapai kachã eina pamzang khavai khãngsing mira kala sãza kahaipam chilli khãngkasing tharan chonsã khamanak eina ngasin mira.

Pheipãng sãza kahai akha mipã chilli khãngkatom mida ãkhalatta li mangatha ngasak mara.

Ambulance khara ngarai mamanda mipã chi kazãsang khomei/ phasang khomei mathãda yangmira.

Nashee kapun

Akui li sãza haida ashee katã akha, chansam sãda akui kaikahai akha, ambulance horãra, chimaning akha nganaimeithui kaji medical professional bingli hokhuira.

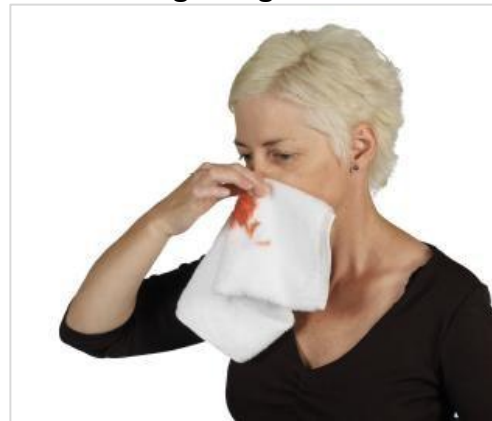
Kathãda ngachonmipaira

1. Singshan laga shaizangra kala ngasamkhuira.

Kagazã mipã chiwui akui mangãli shaizang laga nãtãng singshanhai laga ãkhamor eina khak suingasakra kala chithãda minute tharã-maka shakha pamngasakra.

Kagazã mi chilli pam ngasakra kala nashee kapun mangasãmrang lakha eina tangda ngasãmkhui ngasakra. Tara khamakui simkhui kahai chonshi shijin paiya.

Mathãlãk eina singshan laga, shaizangda ngasamkhuira



Minute maka shakhawui thilila nashee kapun mangasãm akha singshãnda khalei chi machihohai mara kala ambulance hokhuira..

2. Nashee kapun ngasãm kahai thili

Mipã chilli pung khani-kathum napkui masi ngasak mara kaja napkui kasi china ashee tãngasakluhai paiya..



10.4 Akhamā khangatei

Ahui kaheotor kahai (graze)

Kathāda ngachonmi paira

Ngaironda sāpon, maning akha machirā eina sāmāthāmira.

Akhama chilli khamakhao ākhā zangsa akha, ākham chi sāponrā/ machirā li haidalei lakha, mipā chilli ngaironda samathāshok ngasakra.

Samatha kahai chi kamanakka chonshi eina mittheng haira.

Romkaphin darkar sāakha mamānuishānki kaji chonshi kathar eina parhai laga bandage eina neikham haira.

Ahui kaheotor kahai (graze)



Sāsakra ngarung kahai ākhamā

Kathāda ngachonmira

- Akhamā chi lumrāsā kahai sāponra eina sāmāthāra kala surshokmira kaja alungli Tetanus ākā zangsāpaiya.
- Akhamā chi maromphinrang lakha mathāda mittheng kazak haira.
- Akhama chi romkaphin darkar sāakha chonsā khangacho eina rommi haida thangkachida shinmi chingra.

Tetanus ari kāpkhavai local wui doctor li ngasanra.

10.5 Phasā ālungli ashee longkahai

Alungli ashee shokkahai hi first aid khami bingwui vāng theikhuiki kaji saklāka. Hikathā hi ākhamā leilaga lah maleila shokpaiya kala hi saklāka kaja surgery masāla mangahāmirar mana.

Ithuwui thingreirā chatkahai/ngawokkhai kahai tharān alungli ashee shokta alungli longhaora. Hikathā hi gari na takkaza, tākatung eina ākuili ngapoza kahai, āmathik li sāza kahai lah awuk li sāza kahaiwui eina rāshokka. Hikathā hi khamalo, ngachirra, machorra lah āpai kathāli ashee kazangwui eina theikhuipaiya.

Theikhui kapaiya azakbing – katonga matheikharar ngavāya

- Khak thaklāk eina masuirarla kasui
- Rāchangshon kahai
- Khāyeng khamakhā li ashee zanglaga āmalao eina makhā kashok, ashee zanglaga coffee amalao thada malokashok, maripai thada ngachir kashok, khe thada zikrik eina ngashui katā hi eina theipaiya.



- Azak mahāngchāng kahai, makuinen kahai kala ahuili shairanra kashok eina theikhuipaiya.

Kathāda ngachonmira

Mipā chilli ngasāmkhui ngasakra

- Mipā china ringphālāk eina pamkapai apong eina pamngasak khavai khāngsingmira.
- Masik ngasak khavai kachon fasangmira.
- Ana pi/pamda khalei chi mangacham akha, makui akha lah sānāhai akha azingli kachon ākha hamsangmira. e.g. shongfa li leisā akha phahon hammira.

Ambulance hokhui mira, chimaning akha medical professional bing hokhui laga ngachonmira.

Ambulance ngarai mamanda:

- Phasā li ākhamā khangatei zakahaibing yangsangmira.
- Kashan-kachon khangazi bing raishokmi haora matailāk eina ākhahung kala ākashan li ngacho ngasakra.
- Yāruili mapukham ngasak mara.
- Kagazā mi chili ninglum ngasakra.
- Mipā chilli mashai/mazā/mamang ngasak mara kala meikaji kathā mashei ngasak mara.

10.6 Mei kachui

Teomeikha ngator kahai (ahui teomeika ngator kahai, sining kahai, sasakra ngarung kahai):

1. Ngator kahai apam chi tara khamakui eina pheora, chimaning akha phām parkāra.
2. Ngator kahai apam chilli chonshi kathar kala khanim eina romkhamra.
3. Ngachināhai akha mangachi khavai hāngchitheira.
4. Ngator kahaipam chilli butter, thao lah cream kathā mateikāpai mana.



Zakshida chuikahai (e.g., haklāk eina chuikahai kala āhui kāngkahai):

1. Chuikahai apam chiwui kashan-kachon raishokmi haora, āhui chuikahaipam chiwui kashan-kachon chichāpsokmi haora.



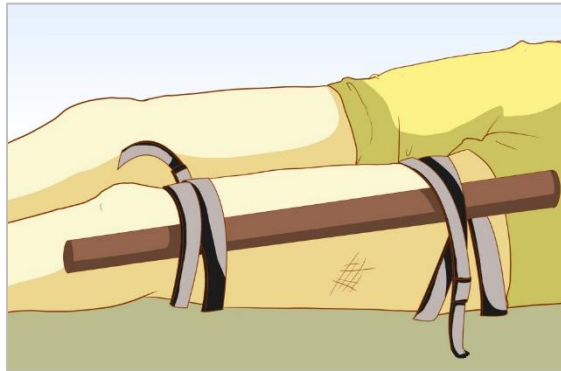
2. Tharzārik kahai chonshi (sapai akha kachon khanim) eina chuikahai asā katonga fakham mira.
3. Ngachināhai akha mangachi khavai hāngchitheira.
4. Ning mathing dalei akha, zamkhor makazang atheira kathā mimangra.

10.7 Aragui katek

Aragui tekkahai chi kashap eina tangda thinghun kathā khalapshanmira. Aragui tekkahai china nerve khara tochat kapai, khamataiya athingreira tochat kapai leiya kala china ning shimān kahai lah kathi-kasār la rāshokpaiya. Aragui tekkahapam chi kashap eina tangda mangatha ngasak mara.

Aragui tekkahai chi semsangmira.

Khangashei suitā khavai kala tekkahai chi mashungkhui khavai ngaironda khareitung mira. Pāngwui aragui tekhai akha, kala pāngthei chi zantāhai akha, pāngthei chi khāngkā mida pang chi khangachā pamli khareitungmira. Hi mipā chiwui vāng chotlākki kaji thāda theisā nala awui khangashei chi hina suitāmei ngasakra.



Thinghun kathā khalapshan mira: Aragui tekkahai chi khareimi kahaiwui thili, ngatatei kahai inch ākha kathā kahak thinghun kathā khalapkāmira. Hi thingphāng reokhui laga shijin paiya. Thingphāng bingchi, aragui tekkahai chiwui khuimareidali khalapkāmira. Tekkahai aragui chi āyārli shokhai akha, chikathā khikha masāmara).

Nylon khara eina thingphāng bing chi khalapkāra, kala thingphāng bingchi mangarak ngasak mara. Hi nylon khara, ramon, kuitei hkt. eina neimi paiya. Thingphāng bingchi mangarak ngasak mara kha, ngazipnā maji mara kaja ngazipnāhai akha ashee mazatlui kaji shokpaiya. Hi matailāk eina arishang li makhuivārang lakha eina tangda khāngshap khavai wui vāngna.

Ngachinā kahai yangmira: Aphei āpang tekkahai chi thingphāng eina khalapkāmi kahai thili, mipā chi ngachinā haira/mangachi mana kaji yangra. Hi azak mahāngchang kahai, khaksui thalāk eina suithui kahaiwui eina theikhui paiya.

Mipā china, āna ringphālāk eina pamkhui kapai maong eina pamkhavai khāngsing mira kala phasā mamakui ngasak mara, kala tara mimangra.

Sāza kahaiya mipā chilli arishangli khuivāra: Phei tekkahai mili mazat ngasakpai mana, kha pang tekkahai bingli ngasinmi laga ngaironda zatngasak lala kakai maleimana. Pheipāng tekkahai, mathāda ngahākhui ki kaji hi ngalāngda arishang li khuikhavā kala medical professional bingna yangsang khami hina phāmeithuiya.



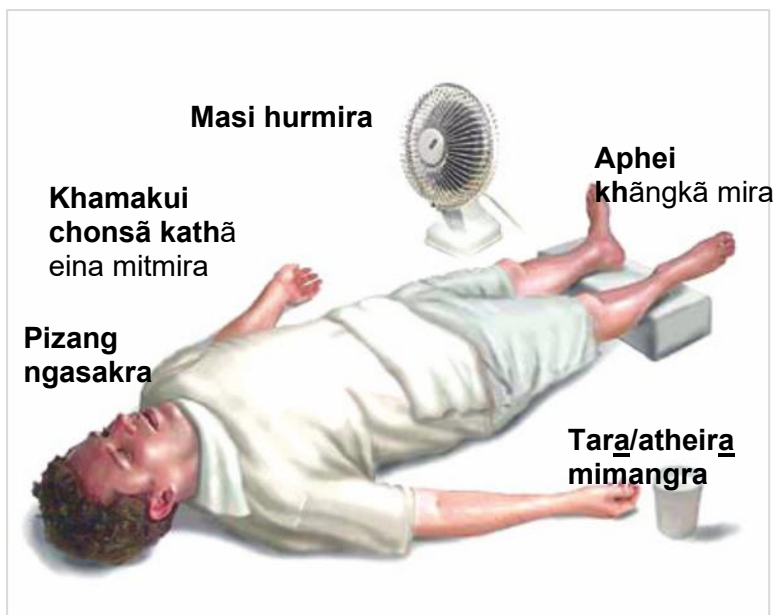
10.8 Sāna haida pitā kahai

Sāna haida pita kahai hi medical emergency na kala ngalāngda mayangsang akha kalā kashila shokpaiya.

Sāna haida pita kahaina kaji kathāda theikuipaira:

- ✓ Ning pangapā haora
- ✓ Chima-chimā haora
- ✓ Ning maphākhului mara
- ✓ Shairanra mashokmara kala naolāk eina ning shimān haora.

Kathāda yangsangmira:





10.9 Hu/ kathiri shaisang/mangsang kahai

Theikhui kapai apong chiya:

Khakhã li ari nganamra, morchai ngator haira, khak masuirar mara kala maloshokra.

Kathãda sãra:

- ✓ Mipã chiwui khaksui/ãkharok li yangra.
- ✓ Maloshok akha, rokpaira masãkammi mara. Akhamor kala ãkharok masãmathãmirang lakha nawui pang chonshi eina neihaira. Thingnã-rahã kashai wui eina kazã kahai akha thingnã-rahã chi arishangli khuivãchitheira.
- ✓ Mipã chilli maningrãk ngasak mara. Kala uishong ngareizang laga pizang ngasakra.
- ✓ Kathiri chi kashan-kachon li heikãhai akha, chi raishokmida ngalãngda tarã eina ngasatã haora.



Masãki kaji:

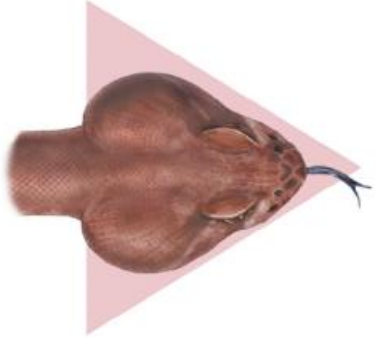
- ✓ Doctor na kahãng maningla mipã chilli mamaloshok ngasak mara kaja kapanga hu shaikasang/mangkasang li kharok chuikahai thãda malokashok lila chuipaiya.
- ✓ Ning shimãn kahaiya mi chilli khikha mamishaipai mana.
- ✓ Doctor na sãlu kaji maningla chambra arã, vinegar kathã eina hu chi sãshiman khavai masãmara..
- ✓ Katongali shijinpaiya kaji antidote kathã mashijin phalung mara.
- ✓ Kathiri shaisang/mangsang haira kaji ningmaong akha chiwui azak theikhui khavai mangarai nganao mara.





10.10 Phara_a na khamakei

Hu kazang phara_a (triangle shape)



Hu makakā phara_a



Hu kazang phara_a makei kahai
achon (Ahāchon khani māng kāra)



Hu makhalei phara_a na khamakei
achon (Ahāchon kachungka kāra)



Phara_a na makei kahaili khangahā



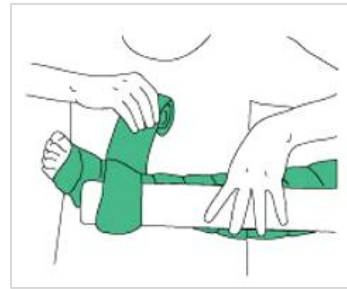
Makeikahai āphei/āpang chilli
bandage eina panglāk eina
neishanmira. Kha ashee mathāda
zatngasak khavai pangnā maneishan
mara.



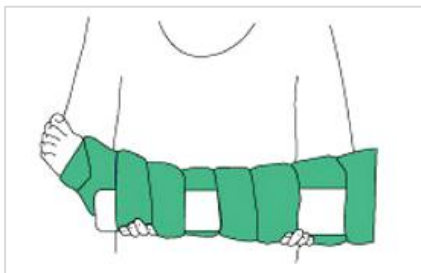
Pheimareng/ pangmareng eina romphok
laga kashap eina tangda athunghong
romkā mira.



Mipā chilli kashap eina tangda mangathā ngasak mara, pheipāng makhāngkāmi mara.



Bandage eina rommi kahai thili makeizā kahai āphei/āpang chi mangathā khavai thinghun eina khalapkā mira. Pangtheili makei kahai akha kharā neilaga pang hokthāng khavai masāsang mira.



Mangathā ngasak mara kala arishang li khuivāra. Minute tharāda phangā kajida, hunakha wui vāng bandage chi khalāmi laga masakāmi luira.



Makeikahai āpam chi marimkhaipai mana kala khamor eina zimshok khavai masapai mana.

Makeizā kahaipam chi mamakui ngasak mara.

Sapai akha phungung phungvā kasā tharan mipā chilli khumkor li phungra. Ali kashap eina tangda mazat ngasakpai mana.

10.11 Malung chipā kahai

Malung kachipā/ kashuinā kahai hi matailāk eina khamā zakshilāk eina sāza kahai kala ning kateo eina rāshokka. Theikhui kapai chiya:

- ✓ Ahui makuinen kahai
- ✓ Kasikthei tarākha kashok
- ✓ Azak mahāngchāngvā kahai
- ✓ Khak mathāda masuikhui kharar

Chikathā mili ngachon khami tharan sāki kaji:

- ✓ Mipā chilli ngayaizang ngasakra.
- ✓ Khak suipai khavai sāmira.
- ✓ Maloshok akha, akui khareimida āmakha azingshong mashunzang ngasakra.
- ✓ Aphei khāngkā mira.
- ✓ Mipā chilli phasā mamakui ngasak mara.
- ✓ Mangachi ngasak khavai khararchan sāmira.





10.12 Phungung-phungvã kasã

Aragui tekkahai lah kathiri shaisang/mangsang kahai mili nganaimeithuida khalei shongfa li phungshokra. Mi kayãkha leisã khala kajiwui athi shurda azingli mikahai arãh hi shijin paiya.

Mi khani na kakhãng



Mi ãkhana kaphung





11 CONTACT INFORMATION

District Project Management Unit

Tel:

Office:

Contact person:

Divisional Forest Office, Forest Department

Tel:

Office:

Contact person:

District Hospital

Tel:

Office:

Contact person:

NGO

Tel:

Office:

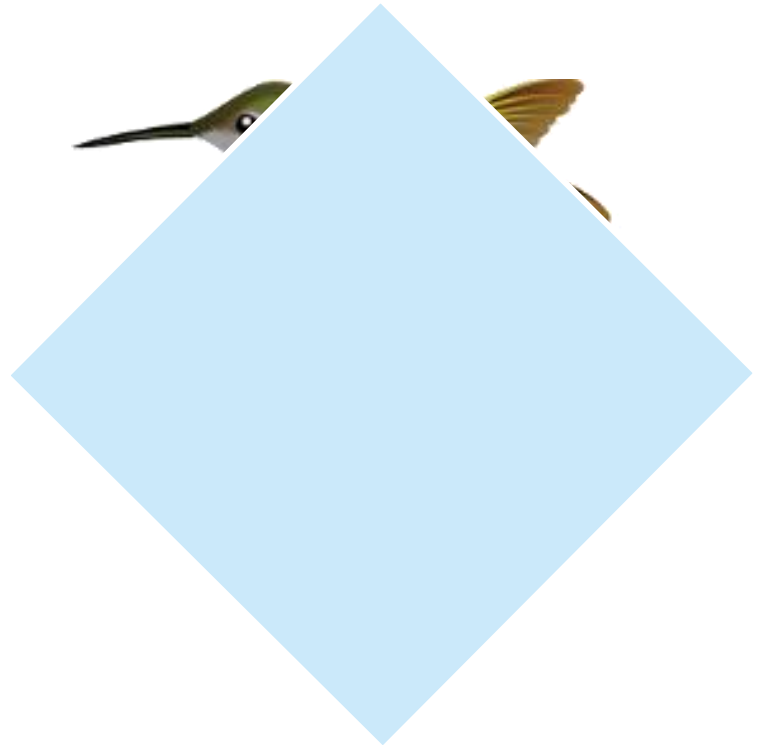
Contact person:



12 NOTES

NOTES





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