

NU LE NU HNGAKCHIA HNA I TUAR INNAK

Na co hnga ding thil i theih

2019



M . A . P

Migration & Asylum Project
An Initiative of The Ara Trust

Theihternak/Bia Hmaithi

India chung um mi nu le hngakchia, khua zei ram mi le zei bantuk miphun an si hmanhah, nu le pa sinak he a pehtlaimi sual tuah hmannak le nu le hngakchia kutthlalnak a tongmi hna cu India phung ningin a humhim hna. Asinain, hibantuk thil hi a tongtu hna nih theihternak an tuah dih lemlo.



India phung ningin india chung um mi nu le nu hngakchia vialte hna cu humhimnak a pek khawh hna nain, ralzaam le dornak a kawllio cuahmah mi nu le nu hngakchia hna nih cun, a rammi an si lo caah le an ram i kir ter than lai an phan ruangah an tuarinnak cu nawlgeitu sinah an chim ngam tawm lo.



Phung bantuk in na cohn-
ga dingmi na theih hi
nangmah le nangmah tha-
zang na peknak pakhat
asi.

Hi cauk nih hin na covo an
theihter lai i midang pa-
khat khat nih an tawn ve
tikah zeitindah kan bom-
chanh khawh lai ti an theih
ter lai

Bomhnak na herh asi ah-
cun an bawm kho tu ding
zung le phone numbat
zong a um chih.



Tleihhremnak

A hmasabik ah theih a herh ngai mi – tleihhremnak le tleihhrem timi hi zeidah asi ti kan zoh lai.

Tleihhrem mi nih duhnak/lungtlinnak telloin a chiatha, kaa, tawka ah pa chiatha, kut asi ah ke asi ah, thil dang pakhat khat hmangin va sawh piak hi tleihhrem timi cu asi.



Aa tlakmi lungtlinnak cu zeidah asi?

Kum 18 tang na si ahcun, lungtling dingin na hngakchia tuk rih, na pasal hmanh khi va siseh law.



Nangmah na silo ah midang pakhat khat nih fahnak maw thihnak an tuar ding ruangah na lung a tlin asi ah cun cucu lungtlinnak taktak asi lo.

Lungtlinnak kan timi hna hi, hi pawl nih an pek mi lungtlinnak cu lungtlinnak taktak asi lo,




Caan karlak i tthen chungah na pasal nih na lungtlinnak telloin nu-pa sinak an tuahpi ahcun tleihhrem asi.


Zu maw sii maw pakhat khat rit tuk I chiatha thleidan khawhnak na ngeih lo lio can.

Lungfim tein mi he chawnhbiak khawhlo lio.


Thluak hmanlo mi




An ka tleihhrem ahcun
khoika dah ka kal lai?




Siizung (Acozah siloah pumpak siizung)
ah alaka in vai zohter cun palik sinah
theihternak tuah colh ding.



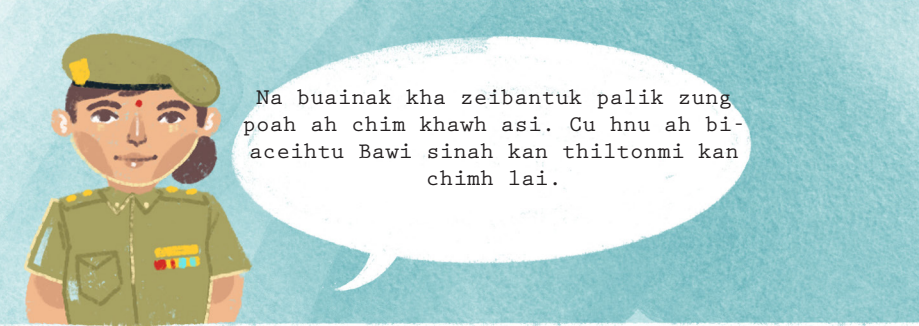
Palik nih na sining pawl kha lakin FIR
(buainak khumhluh) an in tuah piak lai
i, cun siizung ah I chek ding in in kal
pi lai.



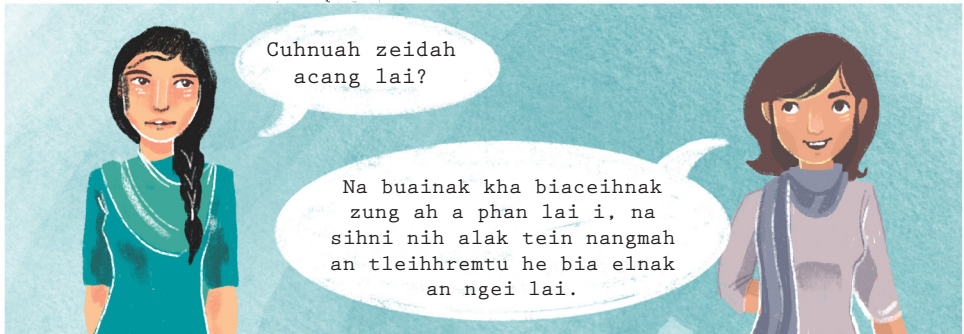
NGO asiloah sihni hna nih palik zung
asiloah siizung ah an in kal pi lai. An
bawm kho tu ding hna NGO chawn-
hkhawhnak nambat hna cu hi cauk a
donghnak lei ah a um lai.



Tette an hmuhkhawhnak dingah
Siizung i nai zoh ter hlan poah
cu thilri I thlen le I kholhtawl
rih lo ding



Na buainak kha zeibantuk palik zung
poah ah chim khawh asi. Cu hnu ah bi-
aceihtu Bawi sinah kan thiltonmi kan
chimb lai.

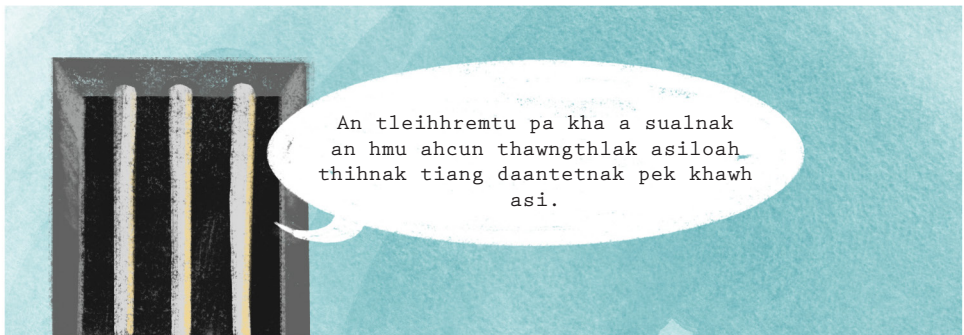


Cuhnuaah zaidah
acang lai?

Na buainak kha biaceihnak
zung ah a phan lai i, na
sihni nih alak tein nangmah
an tleihhremtu he bia elnak
an ngei lai.



Tette pek ding na ngeih asi
zongah, biaceihntu Nu kha
khan dang teah na pek awk
asi.



An tleihhremtu pa kha a sualnak
an hmu ahcun thawngthlak asiloah
thihnak tiang daantetnak pek khawh
asi.



Na sihni hmangin phaisa
zong na cawi ter khawh.

Nupa sinak leiin i fahternak adang hna

Tleihhrem lawng si-
loin, nu hna nih nupa
sinak leiah fahnak
tampi an tong.



Nupa sinak lei i
fahnak kan timi
hna cu:



Duh lo buin i tongtham

– Nu lunglinnak telloin le an caah um nuam lo tiang i Pa nih a va tongtham mi khi asi.



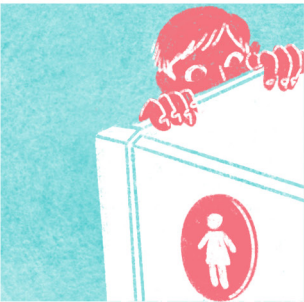
Duh lo buin Nupa sinak

rak timhtuah – Pa nih Nu duhnak telloin Nupa sinak hman pi khawh peng dingin timhtuahnak ngeih mi khi asi.



Nu duh lo buin apiakaa

zohter – Nu duhnak telloin taklawng hmanthlak le apiakaa zoh ter zong khi an si.



Athlitein mi bih hman

– Pa nih Nu lunglinnak telloin, athlitein, takkolholh lio, thil I thlen lio, zun-ek lio va bih hman, hman rak thlak le video rak zeh hna khi an si.

Pel – Pa nih a thlitein nu

va zulhdawi, va chawnhbiak, seh thilri (electronically) hmang in va tuaitam khi asi.

Duh lo buin mipi lakah

hniipuan phoihter – Nu duh lo buin pa nih mibu hmai le midang hmaiah hniipuan phoihter khi an si.



Nangmah na siloah midang pakhat nih hibantuk nan ton asi ahcun, na kal khawhna cu hi ka hna hi ansi.

Palik nih na sining pawl kha lakin FIR (buainak khumhluh) an in tuah piak lai i, a herh asi ahcun siizung ah alak tein i chek dingin an in kal pi lai



NGO (abu riantuantu) le Lawyer (sihni) nih palik zung asiloah siizung ah an in ka pi lai.



Palik sinah catial in asiloah nangmah va kal in na va tan/chim khawh. Na va tan/chim mi cu an in ttialkhumh piak lai.

Cuhnuaah biaceihthu Bawi sinah na thiltonmi na chimh lai.

Tleihhrem buainak bantuk thiamthiam in, na buainak kha biaceihnak zung ah a phan lai i, na sihni nih alak tein nangmah an buaihnahtu he bia elnak an ngei lai.

Na buainak tonmi he ai tlak mi
tette pek awk na ngeih asi ahcun,
biaceihtu Nu kha khan dang teah na
pek awk asi.



A sualnak an hmu ahcun
thawngthlak daantetnak
pek khawh asi.



Inn chungkhar i sikvelhnak



Thazaang hmangin i hrawhhrlnak – Tukvelh, chuih, i hliamkhuai, thilak tiang dingin i tukvelhnak tibantuk ansi.



Duhnaloin diri-amhnak hmanpi – Duhnaloin diri-amhnak hmanpi timh, duhnaloin apiakaa zoh ter tibantuk ansi.

Hrocernak in thinlung fahter – Ningzahternak,, nehsawhnak, fa nei khawhlo ruangih sualphawtnak tibantuk hi ansi.



Khuasak tuntuknak a tha lo lei in mer – Inn chungkhar nih a herhmi thilri hmanh pek duhlo, mah siannak telloin thilmansung zuar piak, nangmah le hngakchia tthawldaw-inak, riantuan ding hmanhah an sianhlo tibantuk hi ansi.



Hibantuk inn chungkhar sikvelh buai-bainak tuahtu hi na pasal, na pasal nu le pa, na nu le pa cun na chuahpi na unau zong ansi kho.



Na inn chungkhar asiloah na theihhngalhmi inn chungkhar sikvelh buai-bainak na hmuh tikah zei dah na tuah lai?

A hliamkhuaimi nih anainak bik cem cozah siizung ah man lo tein I zohter khawh si. Siizung lei zongnih an in khirh lai lo.



Nu a bawmkhotu chawnkhawh nak nambat (1091) asiloah abu riantuantu (NGO) asiloah palik na chawnkhawh, nan sang a ummi humhinnak lei riantuantu bawmh nan hal khawh.



Nawlngeitu nih na chimmi/tannak an in tialkhumh piak lai, aherh asi ahcun siizung ah an in kal pi lai i chikhat dornak hmun zong an in kawhhmuh lai.



Asinain ka inn chungkhar nih an ka theih ahcun ka cungah ze i thil an tuah lai ti ka ttih.

Nawlngeitu hna nih na umnak sang biaceihnak zung ah hnangante le himtein na um khawhnak nga an in bawmh lai.



Cuti asi ahcun:



An vollpamhtu sinin hnahnawhnak na tong ti lailo.



Inn in thawldawi khawh ansi.



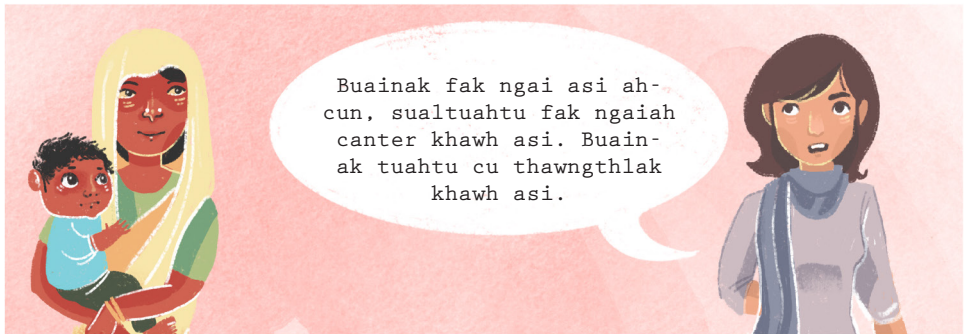
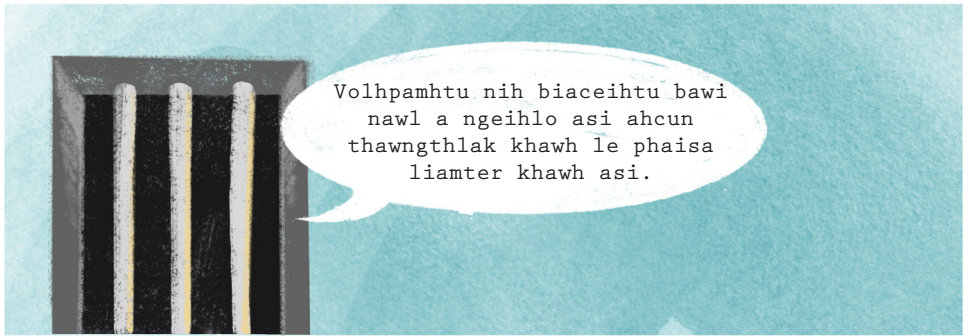
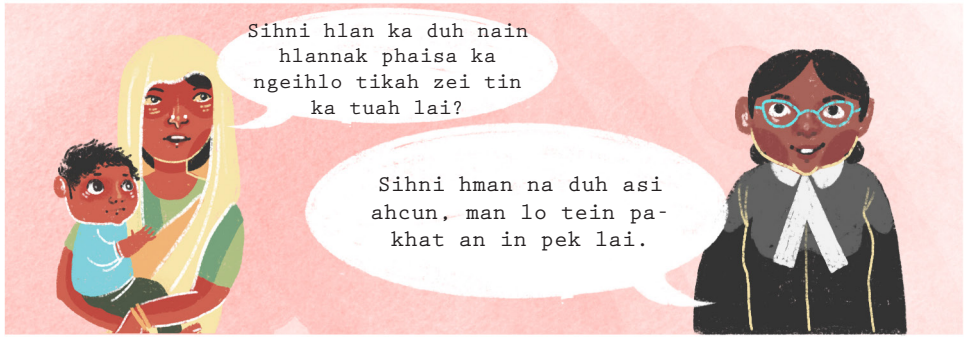
Na inn ah na um than kho cang.



Rulhletnak phaisa na dong kho.



Na fa le zohkhenh khawhnak nawl na ngei than lai.



Duh naloin pasal ngeihter.

Nu hngakchia asiloah Nu pakhat a duh naloin pasal an ngeihter asi ahcun – cucu inn chungkhar sikvelh buaibainak phun khat asi (Domestic Violence Act). Nu hngakchia asiloah nu pakhat khihhren bu in pasal ngeihter khi sual lian tuk pakhat asi.

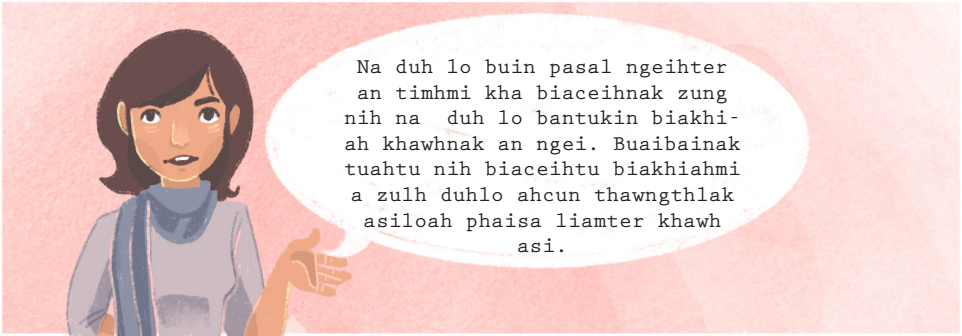


Ka duh naloin pasal ngei dingah timhtuah ka si ahcun zeidah ka tuah lai?

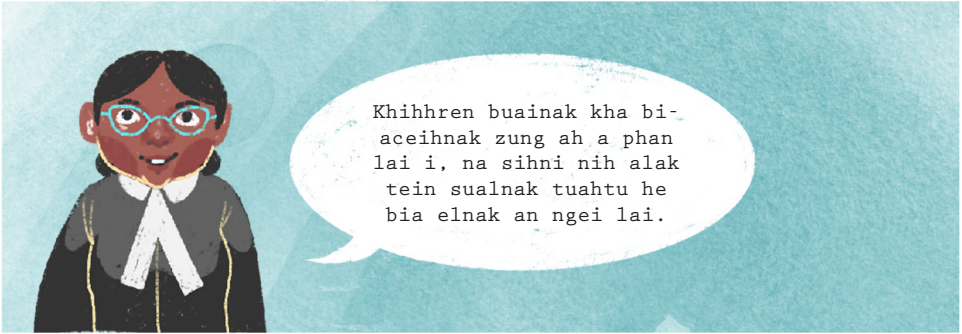
1) Nu a bawmkhotu chawnkhawh nak nambat (IOGI) asiloah 2) abu riantuantu (NGO) asiloah 3) palik na chawnh khawh. Nan sang a ummi humhimnak lei riantuantu bawmh nan hal khawh. Nan sang biaceihnak zung na panh khawh.



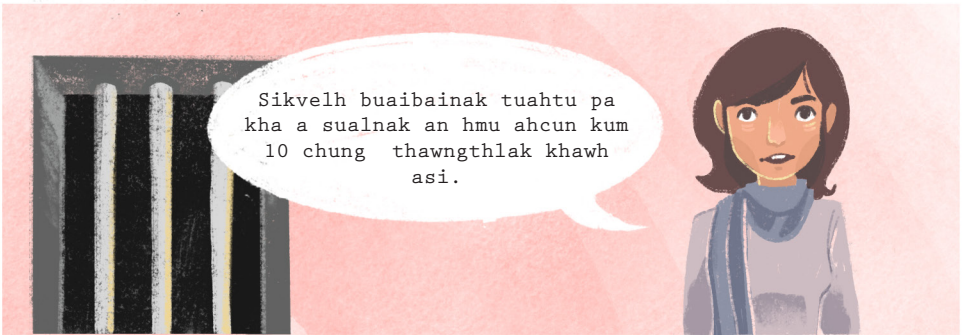
Nangmah na siloah na theihhngalhmi khihhren buin pasal ngeihter an timh ahcun anainak bik palik zung ah na chimh/tan khawh (FIR). Abu riantuantu asiloah, sihni zong na panh khawh.



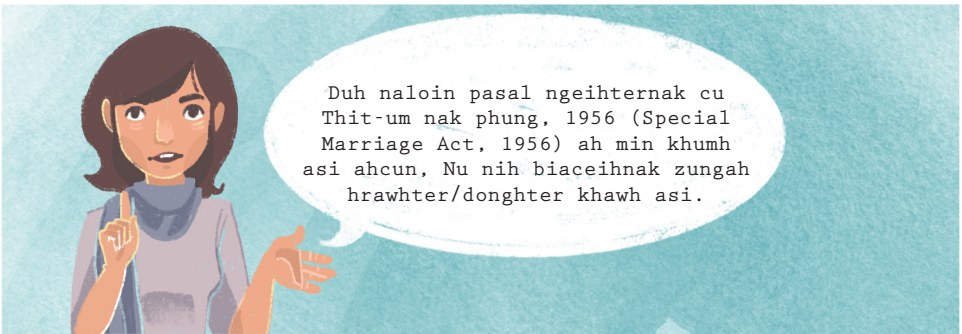
Na duh lo buin pasal ngeihter an timhmi kha biaceihnak zung nih na duh lo bantukin biakhi-ah khawhnak an ngei. Buaibainak tuahtu nih biaceihtu biakhihmi a zulh duhlo ahcun thawngthlak asiloah phaisa liamter khawh asi.



Khihrehn buainak kha bi-aceihnak zung ah a phan lai i, na sihni nih alak tein sualnak tuahtu he bia elnak an ngei lai.



Sikvelh buaibainak tuahtu pa kha a sualnak an hmu ahcun kum 10 chung thawngthlak khawh asi.



Duh naloin pasal ngeihternak cu Thit-um nak phung, 1956 (Special Marriage Act, 1956) ah min khumh asi ahcun, Nu nih biaceihnak zungah hrawhter/donghter khawh asi.

Riantuannak hmun i Nu-Pa sinak lei i hnahnawh i peknak

Riantuannak hmun i Nu-Pa sinak lei i hnahnawh i peknak timi cu:

A herhlo i taksa tong-htham



Nu-Pa si duhnak lei hoih in chawnhbiak



Nu-Pa sinak kong ceihhnawh



Apiakaa zohter asiloah hei kuat




Hi bantuk nunzia cu hi bantuk hin a cang kho, na rian kongah midang he ai khat loin thil danglam deuh i biakamnak/hrocernak, asiloah riantuannak hmunah um khua nuam lo in va tuah.

Ka chimh/tan asi ahcun ka rian in chuah ka si lai maw?

Na si lailo, Nu-Pa sinak lei i hnahnawh pek nasi i na chimh/tan ruangah na rian an in chuah lai lo.






Nangmah nasiloah midang pakhat khat nih cattialnak in va chimh/tan piak khawh asi. Theihpitu min le na chimh/tan duhmi tlamtlingtein na tial lai i thla 3 chungah na va ap lai.



Na chimhnak/tannak le tuah te dingmi hna cu an in humhim piak lai.



Riantuannak nih Internal Complaints Committee (ICC) a ngeih asi ahcun ICC ah Chimh/tan khawh asi. ICC an ngeih lo ahcun Local Complaints Committee (LCC) ah chimh/tan khawh asi. LCC an ngeih lo asi cun Metropolitan Magistrate asiloah Judicial Magistrate ah chimh/tan khawh asi

Na chimh/tan mi an in pom piak asi ahcun hnahnawh an petu kha an in chimhhrin piak lai, ngeihthiam halnak ca a ttial lai, a rian a kai kho lai lo asiloah a rian in an chuah lai. Hnahnawh an petu pa sinin lehrulhnak phaisa na dong kho men.

Hlawhhlng riantuannak



Hlawhhlng riantuan timi cu phaisa, ei-din asiloah inn hlanman caah a taksa a zuartu khi asi. Nu cheukhat cu phaisa hmuhnak dang an ngeihlo tikah duhthimnak dang ngeilo ruan-gah hlawhhlng rian an tuan.

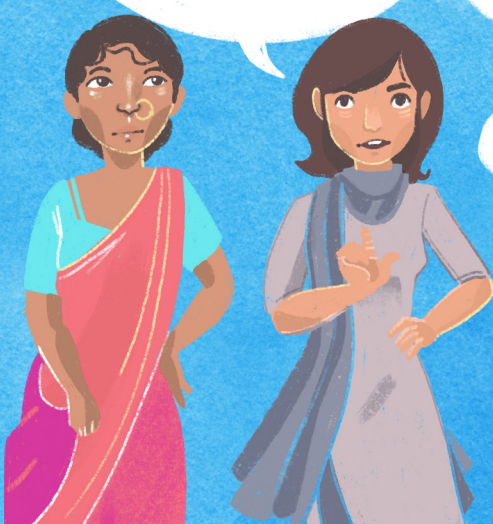
Hlawhhlng rian hi India ram ahcun sual puhin daantet khawh an silo.



Zei tiang asi ahkhin dah sualpuh daantet khawh ansi?

Hlawhhlng riantuannak he ai pehtlai mi sualpuh daantet khawh mi cheukhat:


Hlawhhlng riantuannak inn a ngeitu asiloah a zohkhenhtu,

An illustration of two women standing against a blue background. The woman on the left is wearing a red and pink sari over a light blue top. The woman on the right is wearing a grey dress with a blue shawl. They are both looking towards the right.


Hlawhhlng aukhawmtu le
hlahw pek in mi kaw
piak tu,

Hlawhhlng riantuan
dingin mi va tlahkhih
piak asiloah

Hlawhhlng caah mipi
lakah mi va kaw
piak hna an si.

An illustration of the woman in the grey dress and blue shawl, looking slightly to the right.

Hlawhhlng nu a hlang tunih
mizapi umnak hmun i a sualpi asi
ahcun sualpuh daantet khawh asi,
a hlanmi nu kha kum 18 tang asi
ahcun sualpuh daantet khawh asi.

An illustration of the woman in the grey dress and blue shawl, looking forward with her hand raised as if speaking.

Patling pakhat kha hlawhhlng nu
hlahw rinhin asin a um ahcun cu pa cu
sualpuh khawh asi ve.

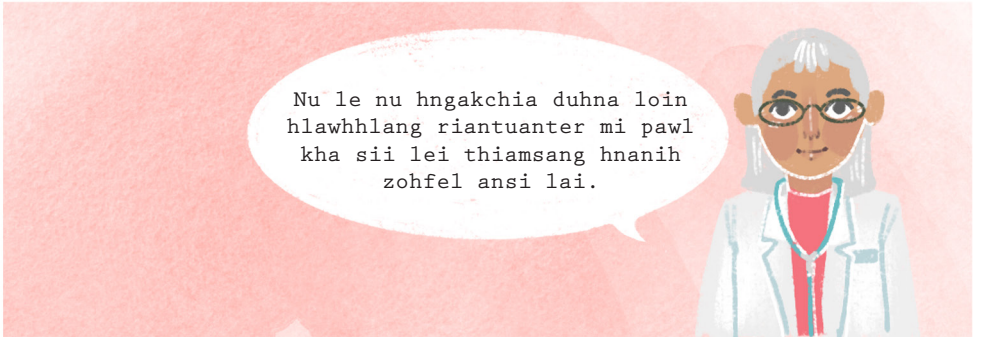
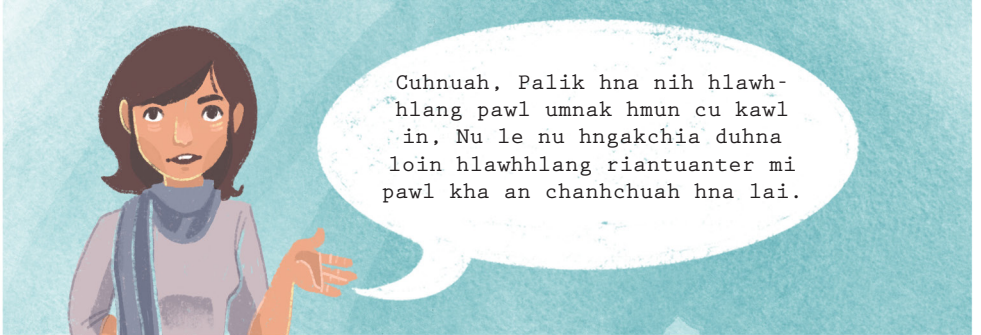


Nangmah nasiloah na thei-
hhngalhmi cubantuk dirhmun
an um ah khoika dah na kal
lai

Palik nih na sining pawl kha lakin
FIR (buainak khumhluh) an in tuah
piak lai i, siizung ah alak tein i chek
dingin an in kal pi lai.



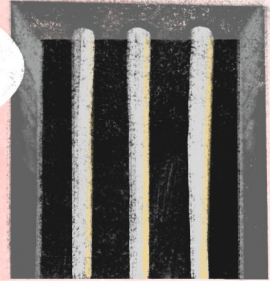
NGO (abu riantuantu) le Lawyer
(sihni) nih palik zung asiloah siizu-
ng ah an in kal pi lai.





Biaceihtu nih hlawhhlant pawl kha him-
nak an pek khawh hna. Hlawhhlant hna
nih biaceihtu sinah a himnak inn ah um
kho dingin cattial in nawl khawh ansi.

Sualtuhtu kha a
sualnak an hmuh
ahcun thawngthlak
khawh asi.



Herhtuk lio I chawnh khawh nak nambat

Palik: 100

Siizung mawtaw: 102

Nu bawmhkhawhnak

1091 (tihphannak a tontu Nunih chawnhkhawhnak)

181 (Inn chungkhar buainak tong mi ca)

Hngakchia bawmhkhawhnak: 1098

Mi pel/zulh hmang chimh/tan khawhnak nambat: 1096

Chawnhkhawhnak adang pawl

National Commission for Women: 011-2322845

National Human Rights Commission: 011-23385368 / 9810298900

Delhi chung chawnhkhawhnak

Delhi Commission for Women: 011-23370597 / 23379181

Delhi Commission for Women Rape Helpline:

011-23370557 (tleihhrem tongtu caah)

Delhi Commission for Women Mobile Helpline: 1800-11-9292

Delhi chung abuin riantuantu pawl

Doctors Without Borders

(nazi 24 chung siizung lei bawmhnak, Nu hna caah dornak inn le a tha lei caah chimhrin):

18001021075 / 011-27642481

Shakti Shalini (Nu hna caah dornak inn, tihphannak ton can I bawmhtu le a tha lei caah chimhrin):

011-24373737

Jagori (a tha lei caah chimhrin le Nu pawl caah a herh ningin bawmh):

011-26692700 / 8800996640

HAQ Centre for Child Rights(hngakchia nu-pa sinak lei harnak a tongtu ca):

011-41077977

Naz Foundation (LGBTQI pawl caah bawmhnak petu le HIV/AIDS zawt-nak a ngeimi hna ca bawmhtu):

011-26321830 / 011-40793156

UNHCR he riantuanti mi zung hna
Socio-Legal Information Centre (SLIC)

5576, Masjid Road, Jangpura,
New Delhi - 110014

Phones: 011-24374501 / 011-24379855

Email: contact@hrln.org

Bosco

Building No. 1-1/6A, Temple Road,
Bhogal, Jangpura,
New Delhi – 110014

Phones: 011-24377911 / 9711303056

Email: ngnagarock@gmail.com

147-A Khirki Village,
Opposite Select Citywalk Mall,
New Delhi – 110017

Phones: 011-29542507 / 9990460686

Email: afatima07@gmail.com

A/292, Gali No. 9,
Wazirabad Village,
New Delhi - 110018

Phones: 9555086886 / 9718603798

Email: sajoap@gmail.com

WZ- 83 Budella, Vikaspuri,
Near DG-2 Flats,
Opposite Community Centre,
New Delhi – 110084

Phones: 011-45724804 / 011-45724805
/ 011-45724806

Na kan pehtleih khawhnak ding

Migration & Asylum Project
B-41, First Floor, Soami Nagar,
New Delhi – 110017

Hours: Monday to Friday / 9.30am to 5.30pm

Phones: 9711128603 / 011-41325408

Email: office@aratrust.in

Website: www.migrationandasylumproject.org

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