

# HMEICHHIA TE LEH NAUPANG LAKAH THARUM THAWHNA

Dan anga i dikna chanvo hre rawh

2019



M . A . P

Migration & Asylum Project  
*An Initiative of The Ara Trust*



# THUHMARUAI

India dan chuan hnam chitin a mi hmeichhiate, ti duhdahna (eg. mipat hmeichhiatna lam tharum thawhna, dik loh taka inrah betna), tawk thin te chu humhim a tum ber ani. Mahse, buaina tam zawk hi chu thunei tute hnenah thlen a ni lo.



Abik takin, mahni dinhmun felfai taka hriatchian loh vanga, raltlan hotel leh in humhimna zawng hote chu an thil tawn leh an tawrhna te chu thawn let leh hlauh vangin an sawi chhuak ngam lo thin a. Nimahse, India dan chuan a ram chhunga awm te chu humhalh a tum zawk ani.



Mahni inthunun turin,  
i chanvo diktak i  
hrechiang hmasa ber  
tur ani.

Nangmah emaw, tu emaw,  
tihduhdahna tuar an awm  
chuan he lehkhabute hmang  
hian i chanvo leh i  
tihtheih tur a kawhhmuh  
thei dawn che ani.

Hemi atang hian a  
tanpui thei tu tur che  
pawl i be rawn thei  
dawn ani.



**Thilsual zingah rapthlak ber “PawngSual” a tangin kan tan dawn a. eng nge a nih?**

An rem tihna tel lova, hmeichhiat mipat lam hawi zawngah tihluhi emaw, taksa bung hrang hrang khawihsak luih.



## Remtihpui tur hian i tling tawk em?

Kum 18 aia i naupang a, i thutlukna siam turin i la naupang si a, mahse mipa kha i pasal a ni miau si.



I hlah avangin rem i tihpui ta a, achhan chu nangmah emaw, midang tu emaw in, thah emaw tihnat an tuar dawn sia.


Nangmah kha-  
1) thutlukna siam thei lo turin hrairuih i ni em.

2) chiang lo taka remtihna emaw,


3) rilru fim loh vanga rem tih lohna




Hetiang thil hi i pasalin ati a nih chuan “PawngSual” ani lo, mahse in chhungkhur tharumthawhna ani. Amaherawh chu, in nupa in cheng hrang chungin, i pasal in i rem tihna tel loh a, a ti a nih chuan Pawngsual a ni.




Pawngsual ka nih chuan, khawiah nge ka kal ang?




Damdawiin ah (sawrkar leh mimal) ah kalin, a thlawn in an lo check up anga, ti chuan police ho hnenah an hrialtir tur ani.




Police ho chuan i thusawite chu lo chinchhiahin, FIR siam angche. Chuan, nangmah kha in check up turin damdawiin ah an hruai ang che.



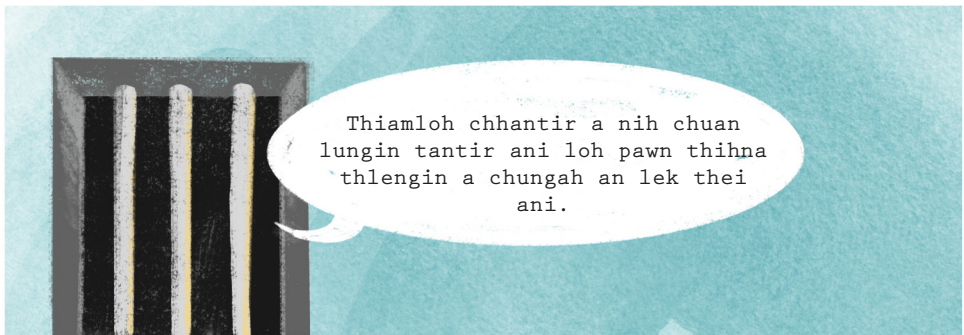
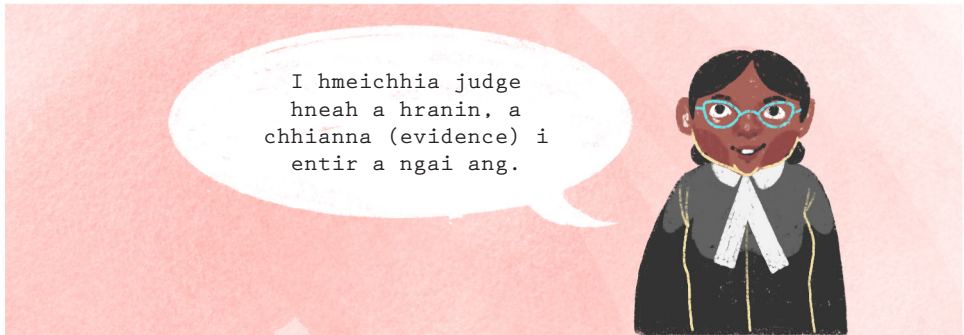
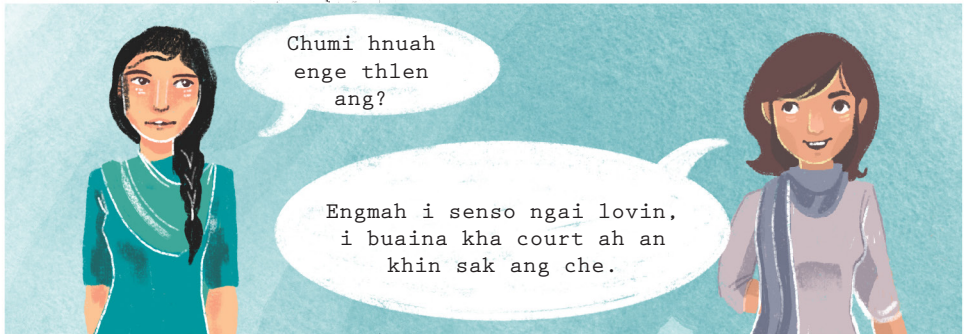
Tlawmngai Pawl (NGO) te leh ukil (lawyer) ten, damdawiin lam leh police hote chu an dawrpui thei angche. Tin, tlawmngai pawl te i biak duh chuan he lehkhabu ah hian biak theihna tur number a awm ani.



Doctor in an lo endik hma loh chu in silfai lo leh silhfen thlak lovin, i awm tur ani.



khawi hmun police stationah pawh engtik hunah i hriattir (complaint) i thetlut thei.



# MIPAT HMEICHHIATNA LAMA THARUMTHAWHNA CHI DANG DANG TE

Hmeichhia te hian  
Pawngsual bakah hian  
mipat hmeichhiatna  
kawngah tharum  
thawhna tam tak an  
tawk thin ani.

Mipat hmeichhiat  
tharum thawhna ah  
ngaih theihthe.





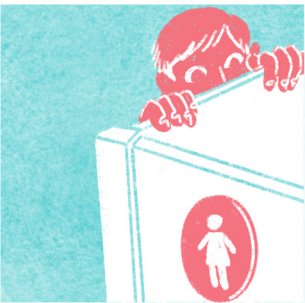
An duh loh chung a mipa  
in hmeichhia khawih  
luihna.



Hmeichhia te remtihna tel  
lova, mipa hmeichhiatna  
hman luihpui.



Zahmawh rawng kai film  
emaw, a lem (thlalak)  
hmeichhia te en luihtir.



Hmeichhia te phalna tel  
lo a, inbual lai, silhfen  
thlak lai, inthiar lai hote  
thlalak e maw, video e  
maw thehdarh sak.



Mipa in hmeichhia te  
rem tihna tel lova zuiruk  
reng te, khawl hmanga  
biak rengte.



Vantlang hmaah tihlu-  
ihna vanga hmeichhiate  
an thuamhnav haklai  
pelhtir leh tihmualpho  
tum.



Nangmah emaw, i hmelhriat tute emaw, he tiang thil tawk an awm chuan hengah hian I kal thei ang.

Police ten i thusawiho an lo chinchhiah anga, FRI an siam sak ang che. Tichuan, a tul dana zirin damdawiinah an hruai ang che.



Tlawmngai pawl (NGO) leh Ukil ten police leh damdawiin lam an dawr pui thei bawk che.



Police hote hnenah i thuhla kha lehkha ziakin emaw, nangmah ngei kalin i va sawi thei a, an lo chinchhiah sak angche.

Chumi hunch i magistrate hnenah i thuhla kha i hriattir leh tur ani.

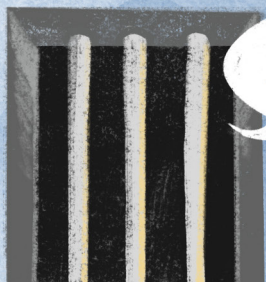


Pawng sualna thuhla nen khan a in anga, court ah thlen ani ang a, tichuan a khingtu in pawikhawihtu kha a khin sak dawn che a ni, senso ngai lovin.

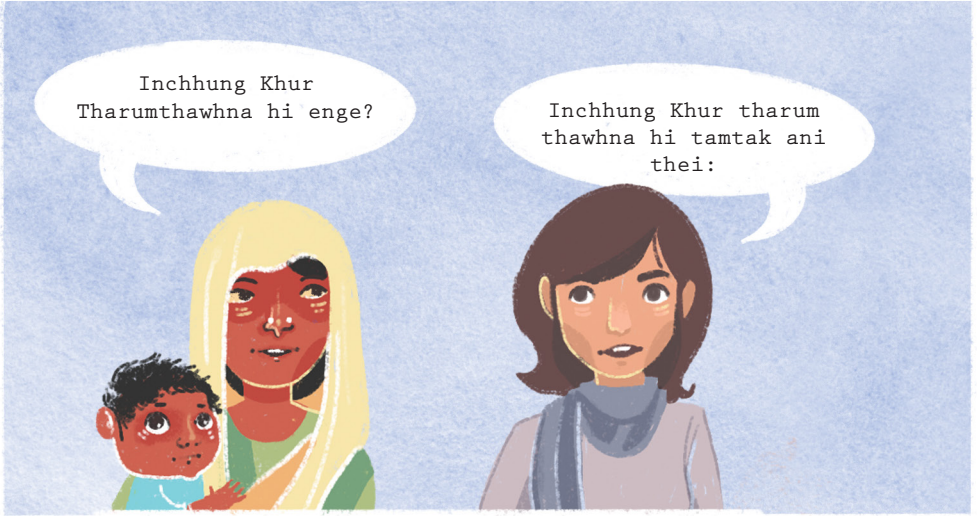
A thiltih soal a zirin, a thuhla  
chhianna kha, i hmeichhia  
magistrate hnenah a hranpa in i  
hriattir a ngai ang.



Thiam loh chhantir a  
nih chuan lung in ah  
tantir a ni ang.



# INCHHUNG KHUR THARUM THAWHNA



Tharum thawhna (hmanna) leh thah in vo na.



Mawi lo taka zahmawh rawng kai enluhpui, mipat hmeichhiatna hma luihpui.

Intihmualpho, inhmuhisit, Dawt a in puh.



Nupui te hnathawh phal si lo a, mahni inchhung thil neihte hralh zo a, nupui fa nau te in atanga hnawh chhuah.



I inchungkhur a i chenpuite zing atangi buaina leh tharumthawhna pawh tamtak i tawk thei a ni.



Heng thilte hi keimah emaw, midangin tawk ta se, engtia tihtur nge?

In hliam an awm chuan damdawiina kal ngal tur ani anga, Tumah in he tiang thil thleng tuarte hi an lo hnawl thei lo ang.



Hmeichhia lam tanpuitute (1091), Tlawmngai Pawl emaw, Police hote bia la, Anihloh pawn, i awmna hmunah he tiang lam tanpui tute be pawp ngal ang che.



Thuneitute i chanchhin i sawi zawng  
zawngte chu an lo chinchhiah ang a,  
Tichuan, Damdawiin lamah atul dan a  
zirin an kalpui ang che. Tin, inhuman  
an ngaihtuah sak bawk ang che.



Ka chhungten an  
hriatchhuah chuan  
engthil nge lo thleng  
ang tih ah ka buai?

Thuneituten a rang lamin  
tualchung rolreltute  
dawrin, chhawmdawlna leh  
humhimna an ngaihtuah  
sak ang che.



**Hetiang hian  
thupek chhuah  
theih ani.**



**Ti buaitu che kha tihbuai  
tawh lo tur che in hriattir a  
ni ang.**



**In atangi hnawhchhuah ani  
ang.**



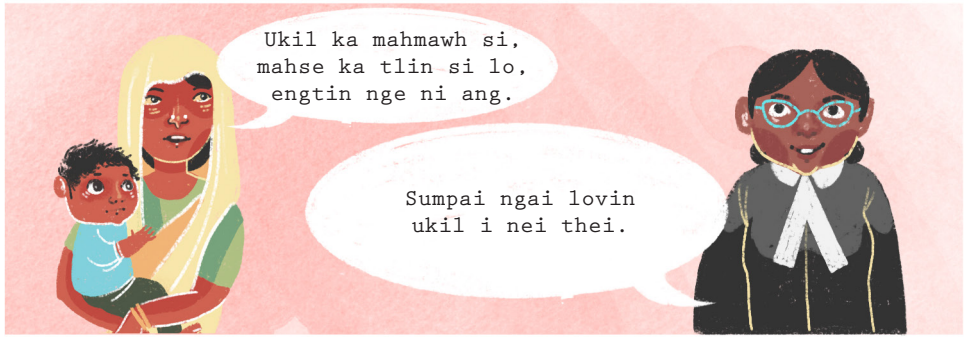
**In inah ngei i kir  
leh thei ang.**



**Chhawmdawlna  
sumpai pek i ni ang.**

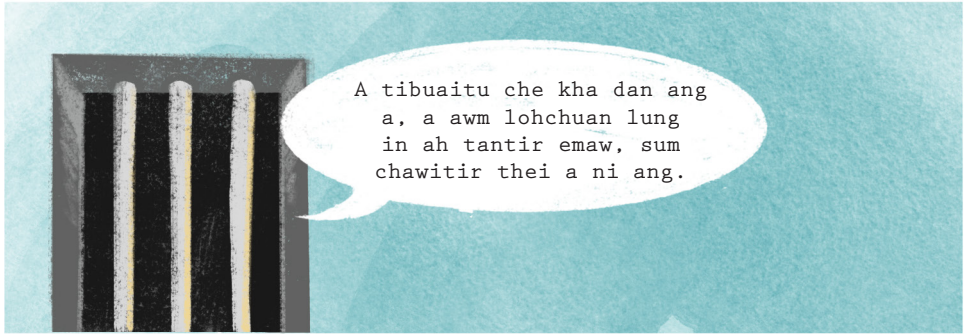


**I fate i awmpui  
zui thei ang.**

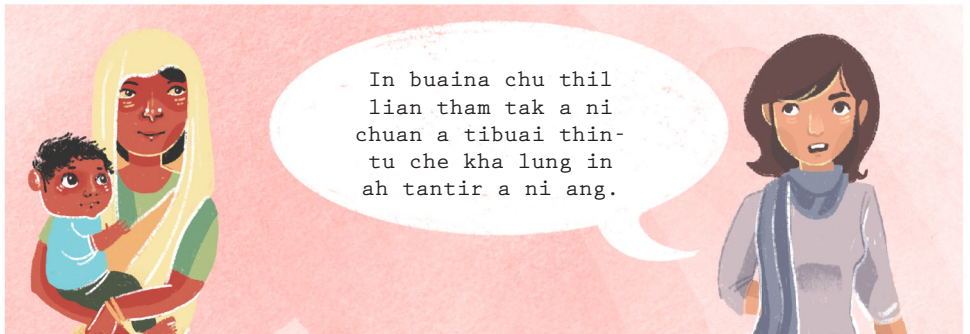


Ukil ka mahmawh si,  
mahse ka tlin si lo,  
engtin nge ni ang.

Sumpai ngai lovin  
ukil i nei thei.



A tibwaitu che kha dan ang  
a, a awm lohchuan lung  
in ah tantir emaw, sum  
chawitir thei a ni ang.



In buaina chu thil  
lian tham tak a ni  
chuan a tibuai thin-  
tu che kha lung in  
ah tantir a ni ang.

# TIHLUIHNA VANGA INNEIHTIRNA

Hmeichhia te tih luihna avanga pasal neih luih tir an nih chuan, chuchu dan kalh ani. Rukbo hnuah tih luihna in pasal neih tir a nih chuan, chuchu tual thah a ni.



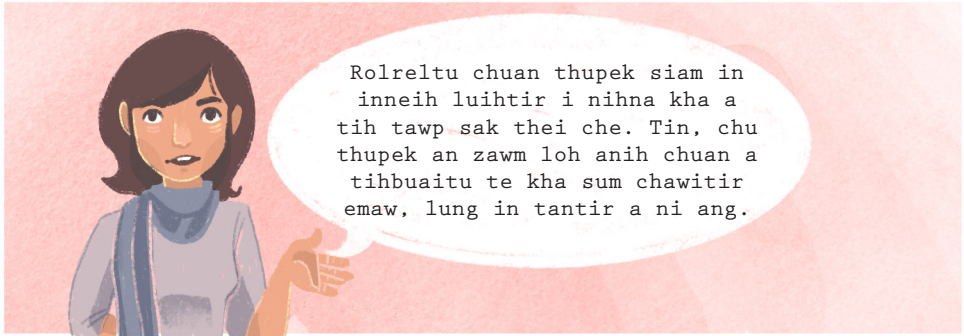
In neih luih  
tirna ka chung a  
thlenin, engtin  
nge ka tih ang?

1. Hmeichhia lam tanpuitu (women helpline) 1091
2. Tlawngai Pawl (NGO)
3. Police an ni lo pawn, Tualchhung roreltutu i be rawn thei bawk ang.

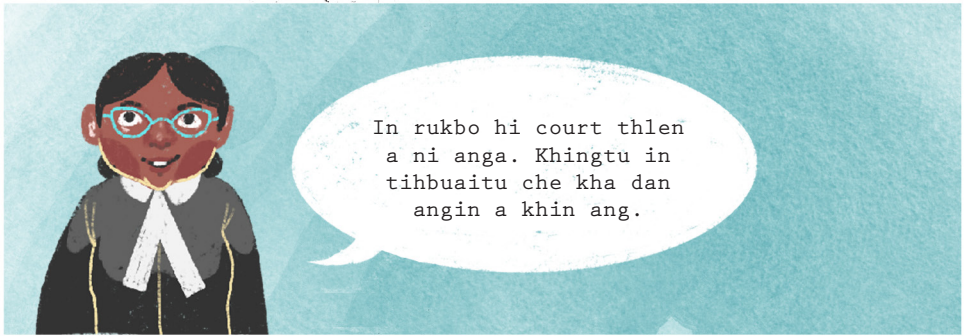


Mi tu emaw inneih luih tirtura, rukbo an awm a ni chuan Police station hnai ber ah FRI siamin va hriattir tur. Tlawmngai Pawl leh Ukil ten an tanpui thei ang che.

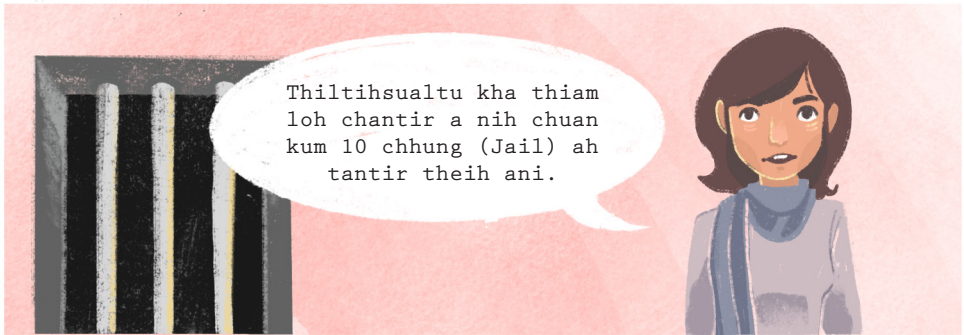




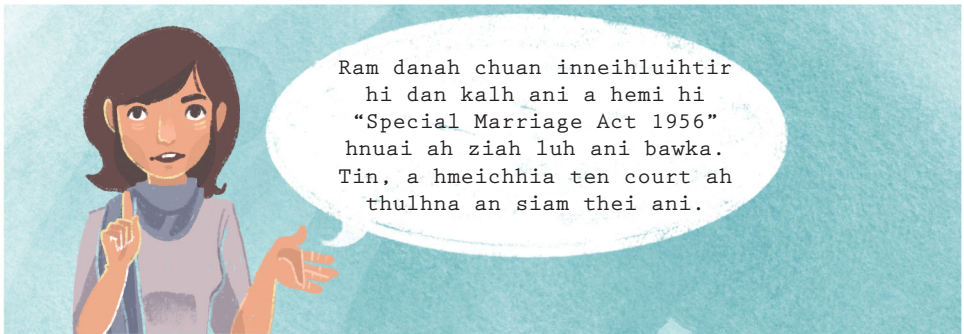
Rolreltu chuan thupek siam in inneih luihtir i nihna kha a tih tawp sak thei che. Tin, chu thupek an zawm loh anih chuan a tihbuaitu te kha sum chawitir emaw, lung in tantir a ni ang.



In rukbo hi court thlen a ni anga. Khingtu in tihbuaitu che kha dan angin a khin ang.



Thiltihsualtu kha thiam loh chantir a nih chuan kum 10 chhung (Jail) ah tantir theih ani.



Ram danah chuan inneihluihtir hi dan kalh ani a hemi hi "Special Marriage Act 1956" hnuai ah ziah luh ani bawka. Tin, a hmeichhia ten court ah thulhna an siam thei ani.

# HNATHAWHNA HMUNAH MIPAT HMEICHHIATNA LAMA INTIH LUIHNA

Hnathawhna hmunah mipat hmeichhiantna lama intihluihna tih hian heng nunchang duhawm lo taktak te hi a huam tel ani. Chungte chu:

Taksa indehtir luihna



Sumpai thildan hmanga mipat hmeichhiantna hmanpui

Mipat hmeichhiantna lam hawizawnga lehkha thawn inhmuhntir




Sex lam hawizawnga thlalak in thawn leh in hmuhtir

He tiang thil thleng hi hnathawhna hmun nihphung pawh ani mai thei a, hnathawhna sehvel tan harsatna pawh a thlen thei bawk.



Heng thilte ka sawisel avang hian hna ka hloh a em?


Hetiang chungchang sawiselna felfai tak i neih avang hian i hna atangin ban i ni lo ang.



Hemi sawiselna chungchang hi thla thum chhungin theh luh tur ani ang, kimchang takin a hriatpuitute nen tarlan tur ani ang.



Hemi sawiselna hi vawngthat tlat ani ang.



Internal Complaint Committee (ICC)  
Local Complaint Committee (LCC)  
Metropolitan Magistrate or the Judicial  
Heng ho hnenah hian theh luh thei ang.

I sawiselna a zirin court in a lo pawmpui che chuan thilti sualtu kha dan angin hremna pek a ni ang. Ngaihdam dilna emaw, hnathawhna ah khuahkhirhna pek leh a hna atanga bantir a ni ang.

Thiltisualtu hnen atangin zangnadawmna sum i dawng thei bawk.

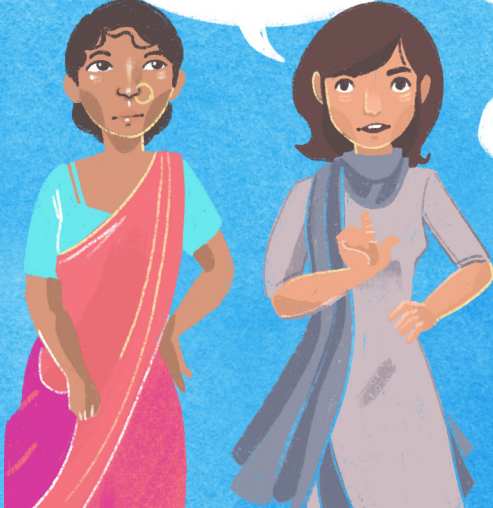
# NAWHCHIZAWRHNA



Eizawna dang neihloh vanga mipat hmeichhiantna cam eizawna a tan hmanga, an nitin khawsakna atan hman hi ani.

Dan naranin nawhchizuarhna hi India ramah chuan hrem theih a ni lo.




A 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 standing against a blue background.


Nawhchizuar te mahni  
thuhnuaia dah a, an  
mikualte atanga hlawkna  
lo tel.

Hmeichhia nawhchizuar  
tur hrim hrim a, rukbo  
emaw ruahman.

Vantlang hmaah  
a mawilo taka  
nawhchizawrhna lam  
hawi thil tih.

A woman with dark hair, wearing a grey dress and a blue shawl, is shown from the chest up against a teal background.

Ual au taka mipat hmeichhiatna  
kaihhnawih lam thil tih hi dan  
kalh ani a, kum tling lo (kum  
18 hnua) mipat hmeichhiatna  
hmanpui hi man theih ani.

A woman with dark hair, wearing a grey dress and a blue shawl, is shown from the chest up against a teal background, gesturing with her right hand.

Kum tling tawh mipa  
nawhchizuar nen chhengdun a,  
nawh chi zawrh atanga asum lak  
luh lo hmanpui leh lo chenpui  
hi sual a ngaih ani.

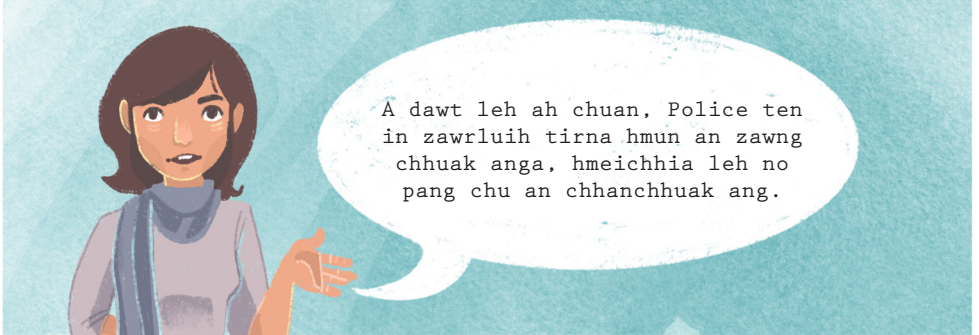


Keimah emaw tu emaw ka hmelhriat hetiang dinhmun a ding ila, tu nge ka pan ang?

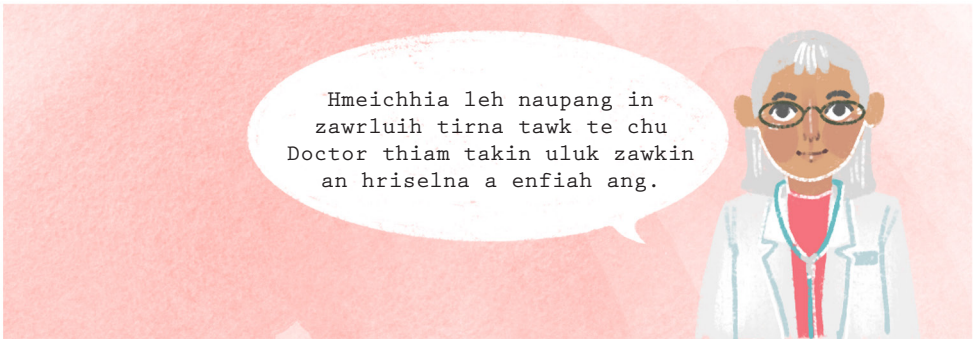
Police in I harsatna an ziahluh sak che anga, FRI an ziahluh sak bawk angehe chumi hnuah damdawiinah a thlawnin an check up tir ang che.



NGO leh Ukil ten Police station ah leh damdawiin ah an kalpui ang che.



A dawl leh ah chuan, Police ten in zawrluih tirna hmun an zawng chhuak anga, hmeichhia leh no pang chu an chhanchhuak ang.

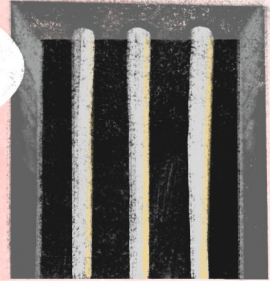


Hmeichhia leh naupang in zawrluih tirna tawk te chu Doctor thiam takin uluk zawkin an hriselna a enfiah ang.



Roreltu in an himna tur a ngaihtuah sak  
theia, an mahni pawhin roreltu hnenah  
Hmunhima awm tir turin lehkha ziakin an  
dil thei.

Thiltihsualtu kha  
thiam loh chanter a  
nih chuan (Jail) ah  
tantir theih ani.



# **THIL HMANHMAWH THLAK AWM HUNA BIAK THEIHNA TUR**

Police: 100

Damlo hruaina motor: 102

Hmeichhia tanpuina:

1091 (Hmeichhia lunggaite tanpuina)

181 (Inchhung Khur Tharum Thawhna)

Naupang tanpuina: 1098

Mi zuirukhmang laka tanpuina: 1096

## **HMAN TANGKAI THEIH DANGTE**

Ramchung Hmeichhiate tanpuitu: 011-2322845

Ramchung mipuite mihring dikna chanvo tana tanpuitu: 011-23385368 /  
9810298900

## **DELHI CHHUNGA TANPUI THEITUTE**

Delhi hmeichhiate tanpuitu: 011-23370597 / 23379181

Delhi hmeichhia pawngsualte tanpuina: 011-23370557

Delhi hmeichhia te Mobile thubuaia tanpuina: 1800-11-9292

## **DELHI CHHUNGA TANPUITU PAWL THENKHATTE**

Tihtur Bikhiah chin awm lo Doctor teho

(Darkar 24 chung damdawi nena tanpuina, hmeichhia te tan awmna leh thurawn pekna):

18001021075 / 011-27642481

Shakti Shalini (hmeichhiate awmna, an buainaa inrawlhna leh thurawn pekna):

011-24373737 / 24372437

Jagori (thurawn pekna leh hmeichhiate tanpuina):

011-26692700 / 8800996640

Naupangte Dikna Chanvo humhimtu HAQ Centre (Naupangte Hmeichhiate/  
Mipatna chungchanga tihduhdahna):

011-26677412

Naz Foundation (LGBTQI (Hmeichhiate/Mipatna chungchanga mianlohna  
neiteho) tana tanpuina leh HIV/AIDS natna neitute tan tanpuina):

011-26321830 / 011-40793156



## **UNHCR THAWHPUI PAWLTE**

### **Socio-Legal Information Centre (SLIC)**

576, Masjid Road, Jangpura,  
New Delhi - 110014

Phones: 011-24374501 / 011-24379855

Email: [contact@hrln.org](mailto:contact@hrln.org)

### **Bosco**

Building No. 1-1/6A, Temple Road,  
Bhogal, Jangpura,  
New Delhi – 110014  
Phones: 011-24377910  
Email: [suiningr@gmail.com](mailto:suiningr@gmail.com)

147-A Khirki Village,  
Opposite Select Citywalk Mall,  
New Delhi – 110017  
Phones: 011-29542507  
Email: [afatima07@gmail.com](mailto:afatima07@gmail.com)

WZ- 83 Budella, Vikaspuri,  
Near DG-2 Flats,  
Opposite Community Centre,  
New Delhi – 110084  
Phones: 011-45724804 / 011-45724805  
/ 011-45724806

## **MIN BIAKPAWH THEIHNA TUR**

Migration & Asylum Project  
(Mipemte & Himna Zawngtute tan puihna)  
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New Delhi – 110017  
Hours: Monday to Friday / 9.30am to 5.30pm  
Phones: 9711128603 / 011-41325408  
Email: [office@aratrust.in](mailto:office@aratrust.in)  
Website: [www.migrationandasylumproject.org](http://www.migrationandasylumproject.org)

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