



Lairik Macha - 11

**INDIA GOVERNMENT-GI  
MARU OIBA  
YAIPHA THOUSIL-  
THOURANGSING**

**Government  
Schemes  
(Manipuri)**

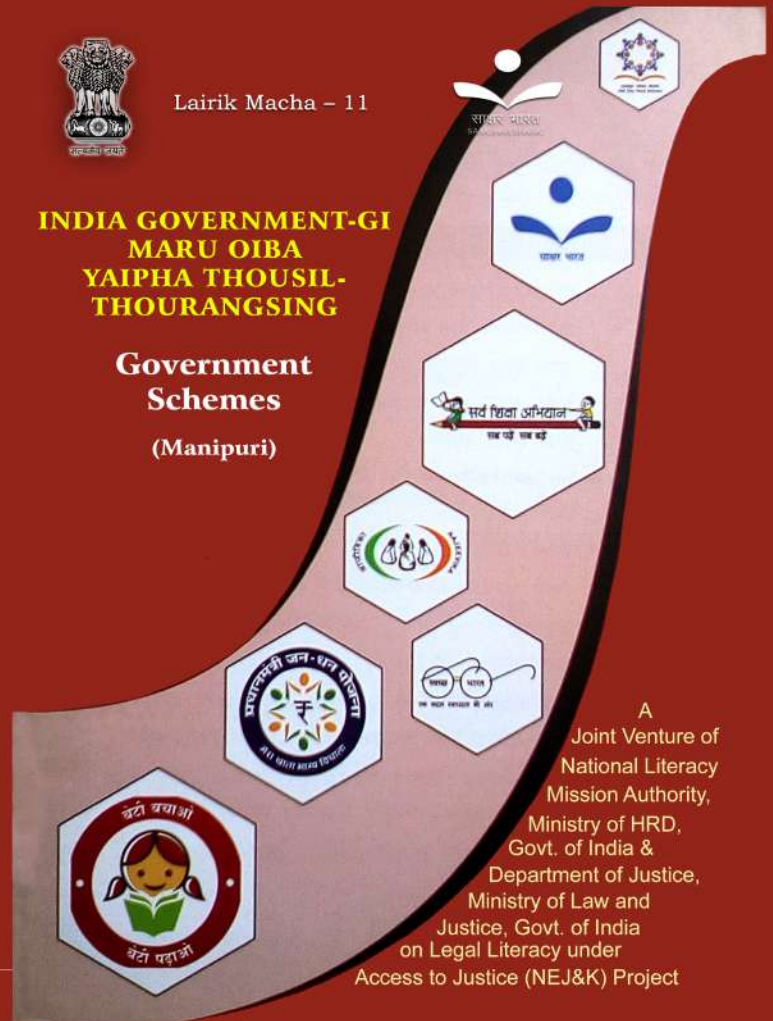


साक्षर भारत  
SAAKSHAR BHARAT

Translated and Printed by :  
State Resource Centre,  
NEHU, Shillong  
Under  
Access to Justice (NEJ&K) Project  
Department of Justice, Ministry of Law & Justice  
Govt. of India

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March, 2017



A  
Joint Venture of  
National Literacy  
Mission Authority,  
Ministry of HRD,  
Govt. of India &  
Department of Justice,  
Ministry of Law and  
Justice, Govt. of India  
on Legal Literacy under  
Access to Justice (NEJ&K) Project

## "THAAGAT WAHEI"

Ing-sok 2009 gi September thaada Saakshar Bharat Mission Indiada houdokkhi. Nupising gi literacy nemna leiba district 410 programme asigi manung chanli. Saakshar Bharat haiba programme sigi maru oibna focus touriba singdi rural women, Scheduled Castes, Scheduled Tribes amasung minority ni, Masida natana Programme asida basic literacy, equivalence programme, skills development programme amasung continuing education su yaori.

Literacy bu nungtigi thokliba thoudok-waathoksingga mari-leina hanaba amasung maheiroisingna thawai yaosinaba Interpersonal Media Campaign houdokkhi. Campaign asida Legal Literacy asi yamna maru oina thamlí.

Meeyamda Legal Literacy bu laina khanghanba ngamnaba mawongda, National Literacy Mission Authority (NLMA), Govt. of India na Legal Literacy gi machaaksing (material) Hindi londa hanna semkhi. Machaksing asi State Resource Centre, NEHU, Shillong na Department of Justice, Ministry of Law and Justice, Govt. of India gi mateng Louduna, Access to Justice Project for North-East and Jammu & Kashmir (A2JNEJ&K) gi makhada English londa handokkhi.

Mateng Pangbirakkhiba organisation amasung department punamakpu State Resource Centre, NEHU, Shillong na toubimal khangba utchari. Masigi Legal Literacy gi machak (material) asina common people singda legal awareness soidana piba ngamgani haina asa tou-e.

**B. Laltanpuia**  
Director

State Resource Centre  
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No.8/105/2016-MASLSA

Imphal, the 6<sup>th</sup> May, 2017

## **C E R T I F I C A T E**

This is to certify that Manipur State Legal Services Authority has vetted the Legal Literacy Materials consisting of **11 booklets** and **11 folders** in Manipuri Language developed by the State Resource Centre (SRC), North Eastern Hill University (NEHU), Shillong in collaboration with the Department of Justice, Ministry of Law & Justice, Government of India under Access to Justice Project for North Eastern States & Jammu and Kashmir. These materials are found to be satisfactory and would be of immense use in dissemination Legal Awareness to the grass-root level in the State.



(Smt. R.K. Memcha Devi)

Member Secretary

Manipur State Legal Service Authority



# **INDIA GOVERNMENT-GI MARU OIBA YAIPHA THOUSIL- THOURANGSING**

## **BETI BACHAO BETI PADHAO**

(NACHANUPEESINGBU LAIRIK TAMHALLU;  
MAKHOIGI PUNSHI KALLASI.**NNA**)

Indiagi apunba mee-sing asi (population) chahi kharagi mamangdagi nupa masing-ga nupi masing-gagi changon (ratio) asi khal mannadare. Nupa masingna 1000 oibada nupi masingna 943 oi. Maram asina 15<sup>th</sup> August, 2014 da Prime Ministerna "NACHANUPISINGBU LAIRIK TAMHALLU; MAKHOIGI PUNSHI KALLASI" hairiba thousil (scheme) asi laothok-khi. Thousil asibu thabakta onthokpa (implementation) amasung khongjel yangkhathanbagi thoudang asi (progress) Ministry of Women and Child Welfare da khusinnei, loinana Department of School and Literacy na mateng pangli.

## **Maru oiba Pandam:**

- # Nupi machagi masing yamna hanthaba District 100 da nupi pokpangi chang hengat-hanba.
- # Chahi 5 gi makhada leiba nupi machasing siba-gi chang chada 8 dagi 5 da hanthahanba.
- # Nupi macha singbu apha chinjak pijaba.
- # Nupi machasinggi lairik tambagi chang hengat-hanba.
- # Kumja 2017 gi manungda nupi machasinggi school khudingda tonganba amangshang/toilet leihanba.
- # Nupimachasing da mityeng karal taba (sexual harassment) dagi kannaba thourang loukhatpa.

## **Kari karamna tougani :**

- # Wakhallonda ahongba puranknaba khunai meeyam da wakhallousing tahannaba thouramsing pangthokpa.
- # Nupimachasing gi masing yamna hantharakliba phibam asida maru oiba mityeng thamlaga mapham khudingda pao sandoknaba laknagadabani.
- # Lanai lup (NGO), Panchayat, Village Authoritygi thoumisingi amadi lup kayagi mateng louraga nupi macha singbu khudong thiba tabadagi ngak-sennaba amadi ijjat hengatnaba thabaksing paikhatpa.
- # Mahei tamnabagi hak (RTE), SSA, lairik heibagi maana (scholarship) nachingba thourang kaya chumna paikhatpa.

## **PRADHAN MANTRI JAN DHAN YOJANA**

### **(MEEYAMGI PRADHAN MANTRI LAN- THUMGI THOUSIL)**

Ikai khumnarba Bharatki Prime Minister Shri. Narendra Modina 15 August, 2014 da PMJDY Thousil asi laothokkhi.

Thousl asigi Maru Oiba machaksingdi:

#### **PMJDY thousilgi kanabasingdi-**

- \* Sel amatta tingda (zero balance) na bank account hangba yare.
- \* **RuPay**-Debit card ki khudong chaba phangani.
- \* Lupa lakh 1 (ama) gi accidental insurance.
- \* Lupa lising 30 gi life insurance.
- \* Minimum balance ki mathou tadre.



- \* Account hangkhiba Tha 6 ki manungda ningthina sijinnarabadi, bank aduna overdraft ki khudong chaba piba yai.

### **Sel tingdana bank account hangba yahanba:**

- \* Chahi 10 bu surabadi kanagumba mee-oi amana account hangdokpa yare.
- \* Lairik heitaba mee-oisingsu account hangba yagani.
- \* Joint account (apunba account) oina hangbasu yagani.
- \* Hanna account hanglaba mee-oisingsu thousil asigi kannaba phang-gani.

### **Account hangbada chang-gadabasing:**

- \* Aadhar Card/ Aadhar number, karigumba nouna leipham (present address) hongba taragasu, masamakna anouba leipham adu masana (self certify) saktakchaba yai.

- \* Aadhar Card leitrabadi, Voter I.D. Card, Driving license, Pan Card, Passport amasung Job Card hairibasing asigi maraktagi saktak-che amana hekta yai, loinana che-changsing (documents) asida leipham yaorabadi saktak-che (identity proof) amasung leipham khangna-che (residential proof) su animak oiba yare.
- \* Kanagumba amana Government gi chatna-kanglonna sakhanglaba (legal document) leitrabasu mee-oi adu apikpa sintharon (small entrepreneur) gi kanglupta leibani haina saktakpa amasung makhagi che-chang sing asigi manungda amabu yaorabadi mahak account hangba yare:
  - State/Central Government gi sakhanglaba mihut (legislators-MLA/MP) amana, state/central gi Superintendent natraga Co-

ordinating Officer amana sak-taklaba karigumba cherol ama;

- Gazetted Officer na khutnam piraba (attested touraba) photo yaoba karigumba che-chang ama.

### **Kadaida PMJDY gi account hangadage ?:**

- \* Bank amada nattraga Bank adugi masa (outlet) amada hekta hangba yai.
- \* PMJDY gi makhada hangba bank account di yamna laina amasung wadana karigumba mapham amada (town/city) hongdok-hongjil toubu (transfer toubu) yai.
- \* Thangja khudingi ayuk pung 8 dagi Numidang-wairam pung 8 phaoba bankta account hanghannaba camp sinnaba haikhrabanina, bank na attopa numitsingdasu asigumba campsing sinba yai.

## **SWACHH BHARAT ABHIYAN**

(INDIA LU-NANNA THAMNABA THOUSIL)

India da meesing billion amadagi henna lei. Mee-oising asina numit khuding gi amotakai kaya-kaya hundok-lee. Masi mapang amadi mahigi hundokhak ngaktani. Masigi mathakta, lamhangda khong hamjinba mayam amasu yaori. Thousil asi eikhoigi akoibagi phibham lu-nanna thamnaba amadi laina-tinna kayadagi ngakthoknaba gidamak Prime Minister na kumja 2014 gi October 20 da houdohkibani.

### **Pandam:**

- ◆ Lamhangda Khong hamjinba amasung hamba thingba.
- ◆ Sengdok-sengjin yaba (flush) amamgshang shaba.
- ◆ Khutna amangba paiduna sengdokpa/kothokpa pagi sinpham thingba.

- ◆ Mapang oiba amot-akai ningthina tasin-khomjinduna mapham chana akaknaba maphamda hundokpa.
- ◆ Hiramsgigi matangda masa-masana thabak tounaba meeyamda wakhal lousing tahanba.

### **Government (Leingak-Thouda) na loukhatpa khonhthangsing:**

- ◆ Mapham (city) 4041 da tangai phadaba lambi-sorok amot-akai kanglon chumna sengdoknaba thoudang sinnakhre.
- ◆ Khungangda lairabasing-gi amangshang sabada lemna senthang chada 80 pinaba laothok-khi.
- ◆ Iram-nala, akutpa phatta-houdi amadi amotpa mahi-manai (waste management) ningthina sengdok-chithoknaba thabak houhankhre.

### **Atei makha tana tougadabasing:**

- ◆ Sengdoknaba yaodaba amangshang sing sengdok-sengjil yaba pambei yaohanba.
- ◆ Yumda amangshang amadi irujapham sapham litrabadi, mapham chaba yenglaga meeyam-gee oina amangshang (public toilet), Irujapham (bathroom) sagatpa; masida nupisingbu mapan-ipan thokpa, khong-ham khut-ham, phisu-phijam amadi iruja-maithajaba phanghangadabani.

### **NATIONAL MEANS CUM MERIT SCHOLARSHIP SCHEME**

#### **(LAIRIK PHABA MAHEIROISINGGI TENGBANG GI THOUSIL)**

Khunai punsirol da sothana hingliba mee-oi kanglup singbu meeyamga mannaba thakta pukhatnaba kumja 2008 gi May thada houdok-khi.

### **Pandam:**

- ◆ Class VIII tamlakpa phaobagi marakta sel-thumgi phibham phattabadagi lairik phaba angangsingna mahei tamba lepkitabagi akiba mut-thatnaba lemna selgi tengbang pigani.
- ◆ Class XII amasung masigi mathakta lairik tamba ngamnaba ithil pinaba tengba piba.

### **Karam karamba mee-oisingda scholarship pigani :**

- ◆ Mahei tambada selgi tengbang (scholarship) pinaba tongan-tonganba state/Union territory sing-gi chakthung khakli.
- ◆ Chahida lupa 1,50,000/- tanba ngamdaba mama-mapa/ ahal-laman singgi maheiroi macha-masusingda pigani.
- ◆ Maheigi thak-thak ki matung inna Scholarship yenthokpigi Kanglon mari leinaba State Government-na semmi.

- ◆ Scholarship pigadaba maheiroi sing adu state government-na yengsillaga khangani.
- ◆ Scholarship adu maheiroisinggi masagi bank account-da hak-theng-nana happigani.
- ◆ State/Union territory sing-na thagatlakpangi matung inna 1 January 2013 dagi 31 March 2014 phaobada maheiroi 159127 khangattuna scholarship pikhare.

**SAASKSHAR BHARAT KARYAKRAM  
(INDIA DA MAHEI MASING HEIHANNABA  
THOURAM):**

Kumja 2009 gi September 8 da "Saakshar Bharat" houdokkhi. Chahi 15 gi mathakta leiba nupi-nupa mee-oi masing gi chada 80 lairik heihan-nabagi pandam phangnaba thousil asi houdokkhibani. Nupa amasung nupi-gi marakta leiba lairik heibagi khetnaba masing asi yamdrabada chada 10



hanthahanba haibasisu thourang asigi pandam amani.

Thouram asida khunggang-gi nupi, SC/ST, minority, OBC, da akhannaba mityeng thamduna amasung naharolsingda henna pukning chingsinaba, chingmee singna namna taba maphamda amasung lairik laisu heitaba maphamsing (District) singda henna khudong chaba pibani.

**Pandam:-**

**Thourang asigi maru oiba pandamsingdi :-**

- Chahi 15 amasung 15 gi mathakki nupa nupisingbu lairik laisu heibagi chang hengat-hanba.
- Tangai-phadaba mahei-masing (Basic Education) pibaga loinnana, anouba maheiroi sing puthoktuna makha tana lairik laisu tamthahannabagi wakhal pokhanba.

- Nouna mahei tamkhatlakliba maheiroi singda ma-ong marin naina takpi-tambiduna meerak til-hanba.
- Khunai asibu henna phagat-hallaknaba, makha tana awangba thakki maheimasing tambagi khudongchaba piba.

### **Saakshar Bharat Karyakram maru oibadi:-**

- Thouram asigi manungda, chahi 15 suraba amasung masigi mathakta leiba lairik heitraba ching-mee, apikpa phurup amadi khunaida sothana hingliba mee-oising da henna kannaba mityeng thambani.
- Thouramsida nouna tangai-phadaba maheimasing (Basic Education) tamkhatlakliba maheiroisingbu khut-sha heibagi mahei, sillam-sintha kanglon (Technical Education) amasung makha tana awangba thakki mahei tamnaba wapham yao-ri.

- Masana mahei tamna-tamna khut-sa heinaba mahei masing tambaga loinnana kathoktuna thabak touba ngamlaknaba thourangsu yaori.
- Thouram asi thabakta onthoknaba khungang singda meeyamgi mahei tampham Shang (Public Education Centre) lingkhatkadabani.
- Thouram asida mai paklaba mee-oisinda NIOS na sakkhang-che (certificate) pigani.
- Leptana mahei takpi-tambiba (continuous training), Karamna chatharibage yengsinnaba (monitoring), amadi liklam chumhannaba (evaluation) yengsinbagi thabaksing loukhatkani.

### **Bharat Saakshar gi Mahei Khuttam:**

**1. Basic Literacy Program** (tang-ngai phadana mayek chathanba)- Chahi 15 amasung masigi mathakta leiba lairik

heitrabasingbu pung 200 lairik takpigani amasung pung 100 amana mahakna heiriba chang aduda leiba mannaba thakki mahei class aduda tamba ngamjanaba paring samjinnabagi (bridge course) lairik khutak takpigani.

**2. Basic Education Program (Tang-ngai phadaba mahei-masing heihanba)**– Pung 300 mayek chatnaba hotnaraba matungda nouna mahei tamkhatlakliba mee-oidu makha tana lairik tamba yai. Nouna mahei tamkhatlakliba maheiroising amadi mahei tamba tokluraba mee-oisingna Class VIII ki thak nattraga masiga mannaba class ta makha tamthaba ngamnaba takpi-tambigani.

**3. Vocational and Technical Education (Sintha mahei amadi sillam-sintak kanglon mahei)**- Nouna mahei tamkhatlakliba maheiroisingda vocational amadi technical education tambiduna thabak phanghannabagi khudong chabasu pigani.

**4.** Thouram asigi pandamdi lairik tamhanba/lairik heiba khunai ama semgatpani. Nouna mahei tamkhatlakliba maheiroisingda lairik tamba hengatnaba lairik, ee-pao khangjanaba machak mathumsing pigadabani.

**JAN SHIKSHAN SANSTHAN  
(MEEYAMGI MAHEI TAMNABAGI LUP)**

Jan Sikshan Sansthan na district ki thakta mee-oi kayabu *Sintha Mahei* (vocational training) takpi-tambinaba hotnari. Leibaksida vocational training centre 271 leire. Masi Ministry of Human Resource Development (School Education) Government of India amasung Literacy Departmentna mapung oiba thoudang loubani. Masi sahar (urban), semi-urban (sahar manba) amasung khungang gi lamsingda lingkhatle.

**Pandam:**

- Chahi 15 dahi 35 gi manungda leiba nahasingda chamna shenthok lambel amamam (informal entrepreneurship training) phangnaba takpi-tambiba.
- Sahar amsung Khungganggi lairik heitaba, SC, ST OBC, nupi, nupimachasing, supham-nompham khangdana wana hingliba mee-oisingda thabak pinaba hotnaba.

**Thourang:**

Thourang asigi makhada tongan-tonganba makhalgi amasung hiramda training mayam ama pangthokkhre. Training adu mapung phana loikhiba mee-oisingda shakhang-che pikhi. "Jan Shikshan Sansthan" na naharolsingbu thabak pinnaba, aphaba makhalgi larik-laisu tamjanaba thourang paikhatli. Masina lanai amadi leibakki chaga (income) hengat-hanbada mateng pang-ee.

## **SARVA SHIKSHA ABHIYAN**

Kumja 2001 da tangai-phadaba maheimasin (Primary Education) bu meeyamda henna manung hutchinna khanghannaba amadi pakthok-chaothoknaba pandam da thousil asi paikhat-khibani.

- National Education Policy 2005 gi matung inna ojasing bu takpi-tambinaba amadi mahei-kanglon thousil (academic program) sem-sanaba thabak paikhatpa.
- SC, ST, apikpa phurupki mee-oi, pangan, tengbang mathou taraba nattraga miraibiraba angangsing, lam leijadraba sinmising amadi makhoigi angang loinana nupi machasingda tangai-phadaba maheimasin tamnabagi khudong chaba asi phanghangani.
- Nupisingsu chap manaba khudong chaba pinaba ma-ongda aonba mahei-param (syllabus) semgadabani.

- Mari-mata, mama-mapa, oja, maheiroising amadi meeyamda maheimasing tamnabagi hak asi pak-sanna khanghannaba mityengda thousil asi paikhatkadabani.

### **Kri kari yaoriba:**

- Right to educate asi meeyamgi tangai-phadaba hak (fundamental right) ni.
- Leibak sin thungna Kasturba Gandhi Valika Vidyalaya kaya lingkhatle. Masida SC, ST amasung apikpa phurup (minority) gi nupimachasing mayum (residential school) oina leiraga mahei tamnabani ni. Houjik chourakna asigumba mahei-shang 3600 leibaksida chalairi.
- Nupi machasing na secondary amasung higher secondary thak phaoba mahei tamjaba phangnaba national programesing loukhatle.



- School pumbada angangsing da machi oiba chinjak phanghannaba mid-day-meal gi khuthangda chara walhalli.
- Hpujik leibaksida Phidamnapham oiraba mahei-loishang (model school) 6000 tongan-tonganba block ki thakta lingkhatnaba thourang leire.

### **MID-DAY MEAL (NUNGTHIN TALLAKATA CHARA WALHANBA)**

Lairaba amasung thousabidraba imung gi angangsing na mahei tampham-shang (school) da lairik tamba lakpada makhoida machi oiba chinjak soidana (nutritional food) phanghannabagi pandamda thousil asi Ingkumja 1995 gi August 15 da houdokhibani. Masi kumja 2008-2009 dagidi National Mid-Day Meal haina khangnarakkhre.

#### **Pandam:**

- ◆ Angang sing mabuk lamlaga lairik tamba

yade, maram aduna makhoibu chak lamhalloidabani.

- ◆ Anganggi masa-mawu phahan-gadabani.
- ◆ School-da angang singhgi masing hengat-hanba.
- ◆ Akhanna Nupi macha sing bu chekshinba amasung puk-thanna chak pijaba.
- ◆ Masigi thourang asida nupising bu chakthongbi oina thabak touhangadabani.

### **Mid day meal da kari-kari Phanghanbage:**

- ◆ Chanaba mahei-marong 100gm pigadabani.
- ◆ Mana-masing gi sarukna 50 gram.

### **Primary level da:**

- ◆ 450 Kilocalories.
- ◆ 12 gram protein.

### **Secondary level da:**

- ◆ 700 Kilocalories.
- ◆ 20 gram protein pigada bani.

### **Atopa khudongchaba sing**

- ◆ Drinking water (thaknaba apha eeshing) phanghanba.
- ◆ Khut-sa (hand) hamnaba khudong chaba piba.
- ◆ Atoppa potchei sing chak chaba matamda haksel phanaba (hygiene) amasung lu-nannaba thourang sing leigadabani.
- ◆ Chaba matam da taru-tananba

### **Government amadi atoppa lupsing gi thoudang:**

- ◆ Central amasung State Government na senjang khudingmak puthokkani.
- ◆ Mother Association, Nehru Yuva Kendra, Panchayat, Co-operation gi mateng chang-i.

- ◆ Akaknaba mapham da Chak-khum shemba amasung soraki khudong chaba leiba.
- ◆ Mathou taba mateng.
- ◆ Mee 2-3 (1 oja ama) na apha-phata, lunanba asina chingba yengsingani.
- ◆ Deputy Commissioner na tharakpa phamnaiba (official) singna lak tuna yengsingani.

### **Complain leirabadi kari tougani:**

- ◆ Khunaisida leiriba kanaguma lup amana Mid-Day Meal asi yengsinba yai.
- ◆ Toll free telephone da natraga a-iba wakat thangatpa yai.

### **RASHTRIYA MADHYAMIK SHIKSHA ABHIYAN**

Secondary level da maheiroisingda khara henna khumang chaosinba/phagatpa mahei-masin tamba phanghannaba ing-

kumja 2009 da thousil asi houdokkhi aduga 2009-2010 ta thabak oina paikhatkhi.

**Pandam:**

- ◆ Yamdrabada maheiroi chada 75 ming chalhanba.
- ◆ Mayai oiba thak ki mahei-masin tamba (secondary education) hengat hanba.
- ◆ Khunaigi selmitlonda khetnaba(socio-economic difference) amasung atei attopa khonglou-palhoubu leitana mahei-masing tambada mannaba thak leihanaba.
- ◆ 12<sup>th</sup> suba chahi manga (5) gi thousil loisillakpa kumja 2017 da mayai oiba thak ki mahei-masing tamba haibasi mipum tingna suksoi soidana phanghannaba hotnaba.

**Thousil asigi kannaba:**

- ◆ Government na linhkhatpa ashram school (leita-lairabagi School) sing bu

primary dagi secondary level phaoba pukhatnaba hotnaba.

- ◆ Chahi 14 dagi 18 phaobada leiba apikpa phurup, khunaida sothahouraba mee-oi kanglup ki maheiroisingbu Class VIII-XII ta ming chalhannaba hotnaba.

### **Government ki thoudang:**

- ◆ Thousil asibu thabakta onthoknaba kangbu (agency) da government na selgi tengbang piba.
- ◆ Tonganba lairik takpinaba ka (extra class room), chang-yeng ka (laboratory), Lairikki pukkei (library), art, amasung khut-sa heibagi sinpham ka (craft room), amang-shang (toilet), thaknaba aphaa eesing, ojasing gi leipham ka leihanba.

### **Thousil asigi maruoiba sing:**

- ◆ Maheiroi amadi oja gi chang-on asi 18:1 oihanba.

- ◆ Mathematics, science amasung english subject ta akhannaba mityeng thamba.
- ◆ Ojasing bu training piba.
- ◆ E-pao gi sillam amadi computer sijinna-nabagi khudong chabasing phanghanba.
- ◆ Nupi macha sing gi tonganba amangshang saba.

## **MAHILA SAMAKHYA**

### **(NUPISING GI THAK WANGKHATNABA THOURANG)**

Thourang asi maru oina paikhatpagi maramdi khunaida nupising gi phibam amasung thak asi wangkhat-hannaba ahongba ama puraknabani. Thourang asi National Education Policy amasung nupisingbu mahei-masing heihallaga henna thoudang louhanba ngamnaba paikhatpani.

#### **Pandam :**

- ◆ Khungangda leiriba nupising bu maheimasin heihanbaga loinana masana masagi pangan sagatchaba ngamhanba.

- ◆ Nupigi lup semgatlaga makhoi masel watannaduna achum-aran, mihut khanba, mahei-masing tamnaba, sinpham/thabak phangba ngamnaba amadi haksel gi matang nachingba warep loujaba ngamnaba.
- ◆ Lanai amasung khunaigi lup, khungangi panchayat, imung-manung amasung miyamda asigumba thourang asi pak sanna khanghannaba thouram kaya pangthokpa.
- ◆ Maru oina angang amadi nupi machasing lairik tamba tokkhrabasing (drop out) bu mapung phana mahei tamhanba.

### **Thourang asigi kayatsing:**

- ◆ Houjik Andhra Pradesh, Assam, Bihar, Jharkhand, Chattisgarh, Karnataka, Kerala, Gujarat, UP, Uttarakhand nachingba state 10 da thourang asi paikhatkhre. Thourang asina district 126 ki khungang 42398 konsinli.



- ◆ Thourang asigidamak thabak touriba nupisingbu “sahayogini” haina khangnei. Asigumba thoumee 50000 na nupi lakh 140 da kannaba piri.
- ◆ Thourang asigi makhada khunaida nupa-nupi thak mannana leihannaba, nupisingda aain gi mahei-masin amadi phangpham thokpa haksing gi matangda wakhal-lousing piri.
- ◆ Thourang asi Ministry of Human Resource Development gi khuthangda chathabani.

### **SABLA YOJANA**

#### **(INKHATLAKPI NUPIMACHASING GI YAIPHA THOURANG)**

Kumja 2000 dagi India Government gi Ministry of Women and Child Development na nupi machasing gi tongan-tonganba yaipha-thourang kaya paikhatlakli. Masida chahi 11 dagi 18 phaobagi manungda leiba masa inhkatlaklibi nupimacha sing gi masa-

mawu phagatnaba machi oiba chinjak pijaba, haksel phahanba punsirol (life skills), yumda sinpham nainaba (home skills) amadi sel-thumgi phibam phagatnaba vocational skills (senthok-lambi) hengathannaba takpi-tambiba yaori. Leibak asigi district 200 da inkhatlaklibi nupimachasingbu haksel, masa-mawu phanaba, yaipa-yumbal amadi government na piriba tongan-tonganba kannabasing gi hiramda ningthina khanghannaba thabaksing loukhatle.

**Pandam :**

- ◆ Chahi 11 dagi 18 phoubada leiriba inkhatlaklibi nupi macha singda haksel amadi machi oiba chinjakki maramada takpiduna lousing hengat-hanba.
- ◆ Inkhatlaklibi numachasingbu masana masabu sakti hengathanba amasung maromdom lepchaba ngamhanba.

- ◆ Makhoida haksel, hakchang phana leinaba, machi oiba chinjak ki lousing, yumban punsiga inkhatlakpa matamga mari leinaba, angang yok-thakpa amadi imung pubaga mari leinaba hiramasingda wakhal-lousing piba.
- ◆ Government na paikhatliba miyangi yaiphanaba thabak-thouramsing haibadi post office, bank, police station, analayeng loishang (PHC & CHC) nachingba gi kannaba amadi khudong chaba kayagi matangda ee-pao amasung wakhal-lousing na-pu tanaba takpi-tambiba.
- ◆ Lairik tamba tokhraba nupimachasingbu amuk mahei-masing (formal/non-formal) tamhanduna khunaigi ichelda puruaktuna tinhanba.
- ◆ Makhoina yum-yumda sujaba sinphamsing gi sillam henna phagatnaba, punsiroigi hiram khanghanba loinana National Skill Development Program

(NSDP) ga khutsamnaraga makhoigi hingnaba gi senthok-lambi oinaba sintha (vocational skills) heihanba.

**Thourang asi kanagidamaktano:**

Districtsing asida, chahi 11 dagi 14 phaobagi anungda leiriba lairik tamba tokhrabi inkhatlaklibi nupimasing gi damak thourang asi paikhatpani.

**Thourang asida yaoriba maru oiba thabaksingdi:**

- ◆ Iron and folic acid tablet yenthokpa.
- ◆ Chang naina health check-up toubu amasung tungda makha tana laiyengbiba.
- ◆ Haksel amasung machi oiba chinjakki hiramda takpiba.
- ◆ Law na piba hak (legal rights), e-pao gi kanglup amadi luchingba oibagi maru oiba waphamsing hiramda takpi-tambiduna mangal phaanghanba.

## **Thourang asigi thabak paikhatpa:**

- ◆ ICDS ki khuthangda Anganwadi Centres, Gram Panchayat, School, Community, PHC ga khutsamnaraga thourang asi thabak oina changsingani.
- ◆ Leibakpokpa amadi thangja (Tuesday & Saturday) khudingda pung 2 dagi 3 phaoba nupi machasingna marup sing ga unnahangani, makhoi punna thabak touminnaba, wari sannahanbagi gi tanja pigadabani.
- ◆ Kanglup (Groups) semduna inkhatlakliba nupimachasing gida oiba takpi-tambinaba (training) thouram singani.
- ◆ Kanglup amada nupimacha 15 dagi 25 phaoba yaohanba yai.
- ◆ Kanglup amada nupimacha masel gi marakta chahi mannaba masel mata sannahanba amadi marup ani (2) semgathangani.

- ◆ Marupsing asina Anganwadi bu function toubada mateng panghanba.
- ◆ Tha ahum (3) khudingda inkhatlaklibi nupimachasing gi oiba numit “Kishori Divash” thouram pangthokkani. Masida iron, folic acid asinachingba hidak langthaksing yenthokhangani. Nupimacha khuding gi Haksel gi boi (health card) amamam semlaga maduda makhoigi haksel gi waramsing loina isinhangani.
- ◆ Kishori Divash numit asida mama-mapa, mabung-maopua, oja-guru amadi khunai thoumi sing barton touduna saruk yahangani.

**JANANI SURAKSHA YOJANA  
(MAMA OIBISING GI PUNSI NGA-K-SENNABA  
THOURANG)**

Ministry of Health na Rural Health Mission gi khuthangda thouram kaya paikhatli. Maskhoising adugi manungda

“Janani Suraksha Yojana” asisu mama oibising gi punsu ngak-sennaba thourang amani. Masi sahar amadi khungang animakta chatnare.

**Pandam:**

- ◆ Mama amasung macha siba gi chang hantha hanba.
- ◆ Yaipha-yumbal thourang mai pakhanba.

**Thourang asi kanagino:**

- ◆ Angang pokpa haibasi government hospital nattraga government na sakhangba ana-layengshangda pokhanba.
- ◆ BPL oirabadi chabokpagi thabak adu hei-singlabi nattraga trained mid wife/ANM na tougani.

**Thourang asigi kannaba phangnaba pambeising:**

- ◆ Government hospital/PHC da mirollabi nupising registration tougani.

- ◆ Government natraga government na sakhangba ana-layengshangda chabokkani.

### **Thourang asigi kanaba.**

#### **Khungangi lamda:**

- ◆ Government hospital da chabokpa matamda da nupi aduna ₹ 1400 phang gani.
- ◆ ASHA workers sing na tengbang-sel ₹ 300 phang gani.
- ◆ Chabokpa matamda mamaduna ₹ 300 amadi ₹ 600 punna phang gani.

#### **Sahar gi lamda :**

- ◆ Government hospital da chabokpada ₹ 1000 phang gani.
- ◆ Layengshang da masa yengthokpa (check up) matam ASHA na ₹ 200 amasung Chabokpada tengbagi ₹ 200 punna lupa ₹ 400 fang gani.



## **Karam-na khudong chaba phanga-ni:**

- ◆ Mirollabi nupi aduna anakpada leiba angalwadi, PHC, government hospital, governmentna shakhanglaba da register tougani.
- ◆ Mobile no., bank account number, aadhaar card registration toubada pisingani.
- ◆ ASHA workers, trained touraba nurse, mid wife na tengbangani.
- ◆ Khungang khuding da ASHA worker amamam lei.
- ◆ Khudongchaba karamna phangani haibasi lemna touba yaba telephone dagi khangba yai.
- ◆ Athu-akai matamda ambulance loubayai.

Henna akuppa warolsingdi maheiloishangsing da leiba khunai Thoumi (prerak)

nattraga ANM/ ASHA workersing amadi public information centre daga khangba yai.

**NATIONAL RURAL LIVELIHOOD  
MISSION-NRLM  
(RASHTRIYA GRAMIN AJIVIKA MISSION)**

Thourang asi khungangsingda leiriba lairaba imung (BPL) singda hingnabagi pambei phanghanduna lairaba koknaba paikhatpa thourang amani. Masi humangmal na tallakpa selphamna ijat leina hingba amadi thabak pijaba ngamnabagi damak ta semkhiba thourangni.

**Pandam:**

- Khungang gi lairaba imung sing (BPL) maming pareng ama samba.
- Masana masabu thabak pijanaba ngamnabagi damak takpi-tambiba.
- Masana masabu thabak pijanaba ngamnabagi damak senthang amadi selgi tengbang piba.

### **Thourang asi knagino:**

- Nupi/Nupa masa-masada nattraga makhoigi lupta (SHG) ta selgi tengbang piba.
- Khudongchaba kannaba phangadouriba mee-oi adu lairabagi pankhei makhada leiba (BPL) imung oigadabani.
- Masida chada 100% BPL imung, chada 50% na nupising, chada 15% apikpa kanglup (minority), chada 3% na namma soinairabasing gi mee-oising oigani.
- Thabak pinaba maphamsing (employment centre) lingkhatlaga makhoida senthang amadi atei tengbangsing pigani.

### **Thourang asigi makhada kannaba phangnaba mathou tabasing:**

- Kannaba phangadaba mee-oising asi lairabagi pangkhei makhada leiba imungsing oigani.

- Apunba khangatkadaba mee-oising gi manungda 70% di BPL oigani.

### **Thourang asigi kannabasingdi:**

- Semlaba lup (SHG) amada Corpus Fund oina lupa 10,000 dagi 15,000 phaubada (70% BPL imung) pigani.
- Meeyam (general) gi SHG nattraga lanai mee-oi amada ₹ 15,000, SC/ST gi SHG or lanai mee-oi amada ₹ 20,000 lemna senhang pigani.
- Lup (Group) amadagi henbadana yamlabada ₹ 2.50 lac lemna senhang (subsidy).
- Lairaba imungsingda lanai mme-oi nattraga amada SHG da senhang pigadabasing gi manung da chada 70 di BPL da pigani.
- Lanai mee-oising takpi-tambinaba (training) gi senhang ₹ 7500 pigani.

- Group/SHG kina ₹ 10,000 pithagani.
- SHG lingkhatnaba amasung chaokhatnaba gidamak Lanai lup (NGOs)/khunai lup (CBOs)/khunai phaona lup (Community Coordinator)/thabak toubiribasing (Facilitators)/Animator singda senthang ₹ 10,000 pigani.

### **Atopa maru oiba waramsing:**

- Self Help Group semba. Group singbu choukhatnaba gi senthang, wakhal-lousing, pothok yonnaba keithen thibada (marketing) su mateng pangba.
- Mahousagi punsi mahing bu phibam henna phagathanba.
- Khunja singbu masana masabu thabak pijaba ngamhannaba hotnahanba.

## **NISHULK VIDHIK SAHAYATA (LEMNA AAIN GI TENGBANG PIBA)**

Leibaksida hingliba meekok khudingmak amaga amaga chap mannabaga loinana meepum khudingna laina achumba wayel phangpham thok-i. India gi leingak-pathap (constitution) ki tangkak 39(A) gi matung inna, sel leitaba/lairabadagi kanna amata bu achumba wayel phanghandana tokpa yade. Pandam asi mapung phana phangnabagidamak Central, State amadi District ki thakta Legal Aid pinanaba sem-sare. State amada High Court tagi houraga block level phaoba legal aid ki lupsing lingkhatle.

### **Pandam:**

Lairaba, khunaida sotthana hingliba mee-oi kanglup amasung pambei leijadraba mee-oising na makhoigi hak phangnaba natraga makhoigi mayokta wayen-shangda wakatlakpada case thengnanaba makhoida

lemna aangi tengbang (free legal aid) pigani.

### **Free Legal Aid ta yaoriba Matengsingdi:**

- ◆ Ukil nekpagi sel.
- ◆ Wayen-shang da wakatpada changadaba sel.
- ◆ Che-chang namba, Xerox toubu amadi lon handokapagi chading pumba pugani.
- ◆ Wayel-shang gi yathang lounaba amadi atei changadaba sel pumba puba.
- ◆ Khanghou-Uhoubasingna sakhi pibagi chading piba.

### **Kanana Tengbang Phangadage:**

- ◆ SC/ST.
- ◆ Otpi-neibibadagi awa-cheina phanglaba mee-oi (victim) loinana namduna meenai naithang (bonded labour) oihallaba natraga magi leipham dagi tanthokpiraklaba.

- ◆ Nupi amadi angangsing.
- ◆ Soinairaba / angaoba.
- ◆ Mahousagi khutsemna khudongthiba (natural calamity)nanghanbirabasing, kanglup masel khatna-cheinabada awa-cheitheng phanglabasing, factory da atek-akai thokpadagi awaba/khudong thiba taraba mee-oising.
- ◆ Keisum-shangda da nattraga wakhalgi lainana nabadagi laiying-shang (mental hospital) da leiraba anabasing.
- ◆ Chahi amada ₹ 1,00,000 dagi tana senthok lakpa mee-oising.

**Karamna lemna aaingi tengbang phanga-ni:**

- ◆ Lemna aaingi tengbang loupnamdagi phangba anamba haija-cheda nattraga chejam da iba haija-cherol da nasagi ming, leipham, phurup, senthok nachingba sengna melu.



- ◆ Wathok (case) adugi akuppa warol mesillu.
- ◆ Saktak-Che (photo copy) ama haplaga mari leina maphamdugi, Member Secretary, District Legal Services Authority/Chief Judicial Magistrate (CJM) natraga Member Secretary, Manipur State Legal Services Authority, High Court Complex natraga Legal Aids Clinic amada hekta pisillu, karigumbada D.C. Office natraga wayen-shang amada hekta tannabasu yai.
- ◆ Mapungpana khangna bagi damak khung gang gi Gram Panchayat natraga Information Centre/Meeyamgi Mahei Lup (Lok Siksha Kendra) gi Prerak, State Law Department asina chingbada pang gni.

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