

# UNIVERSAL DECLARATION OF HUMAN RIGHTS

ကမ္ဘာလူ့အခွင့်အရေးကြေညာစာတမ်း

KUUM - KII K'CHAANG AH M'KOT CA BUUM

ချို တာသာပြန်



**UNIVERSAL DECLARATION OF HUMAN RIGHTS**

**ကမ္ဘာလူ့အခွင့်အရေးကြေညာစာတမ်း**

လူတိုင်းသည် ငွေ့သော တူညီသော အခွင့်အရေးများ ရှိကြောင်းကို ဖော်ပြရန်  
ပြုစုထားသော ကမ္ဘာလုံးဆိုင်ရာ လူ့အခွင့်အရေးကြေညာစာတမ်းကို  
၁၉၄၈ ခုနှစ်၊ ဇူလိုင်လ ၁၀ ရက်နေ့တွင် ဂျီနီဗာမြို့တွင် ဝေဖန်ကြေညာခဲ့သည်။  
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## Chü Leng (Introduction)

Kum 1948 December cha a gha hngüüp ung, (U.N. Assambly) ng'htoi kho-tu ng'cut noh, zum-äi, ng'ngaih m'chuk nak ah, (Human Rights) bü pang ng'ngaih hnga ki ah chang ngak chang ung om ki ah mong, kho-ghu zum pum ah chüt-gok khai m'süm, hmuh nak ah ca hmai gui ung hnguh vai nei. Shin ah (Historic) m'gong-ghüng khai bi-loh, bi-loh ma-mong cu, (U.N. Assembly) ng'htoi kho-tu ng'cut noh (Member Countries) ghun-kho kiong ng'pai gui am m'thein m'kan hlak gui cu, kho van ung phiüt ne tei vai, van ah hnguh nak thei vai ung lah, a mi hmat thei vai ah phi pyein hlak vai; ng'thu k'phlan peit gui vai; Ca m'thei-im gui lah m'thei-im hmün gui phung phung cuh ni pi khai. Ghung-kho nu cii, ghung-kho hta cii gui ah uk-chuk nak ah lam hlu ah kah chei-khoi en vai.

A cun ah ng'gui ah, ng'lei-kho chang ah bü lah ng'ngaih hnga nakci ne pyein ah ca cu, Angalik ung ka m'va ng'thu awn m'va noh a buk-phlan ah hlo ah, tuili-chang tuili-cho noh a hmat tui vai ah cho-chü awn zai na neh k'phlan ba k'son nei.

## M'gong m'cu (Preamble)

(Members of human family) Chang-pakhui ah pa ng' pai tu, a u ah phih, luh-lo püi ge ah (Dignity) cong-tai nak (Equal) tang tang nak ah lah (Inalienable) hloh-hmon khui-plok kah gah ah büpäng ng'ngaih-hnga nak cii gui (Recognition) zum bäi tu ah kiak cu, kho m'dek khan ah hla-thaü nak (Freedom), chin-khaü nak (Justice), a k'ding gei (Peace) lah ghin om nak ah a ng'zung pia (Foundation) ah kiak ki.

Chang ung a büpäng neh a ng'ngaih hnga ne a kiak, (contempt) hnguh-dam, hnguh-sim, kah tä-om, kah hlui-täü ah kiak ah phäh ah, (disregard) chang khuimah ah m'lung ng'hnga cuh chäük hleih, (outraged), (barbarous act) seit kat nget ngong vai lam ah ak hnga ng'hlat lok ki, cii phi m'thei gui pi.

A hlatha ah ng'thu ng'hta nak, a hlatha ah phaza sikho nak, küh ng'aü thui hmai lah dudong paca khan nak khai ah ghin on kho cuh ng'lei kho chang a van ah ng'zak hlü, a k'tai pi ah kiak cuh chü m'son pi ah a kiak phih ... (Highest aspiration)

(Oppression and tyranny) Zouka, sedam dukdei, m'gäüi sii, kalu tak ah, a mi kho süm lä ki ah chang gui noh, a mi ng'ngaih lo chum ah a va pam ah, (as a last resort) ng'tuk-lup hngu-pheng nak khai ah ling gai ne a mi kiak vai ah ng'zak hlü ung, (Law) thung m'cawi thung awn a u tah be neh m'cawi vai a kiak ah phih.../

Ghung kho gui ah a mi ng'lak ung, m'lung daw ng'ngaih ng'peit hnga hnga ah a mi hang thon vai chan peit gui ah phih...

(Peoples of the United Nations) Ng'htoi ghung-kho-om chang gui noh (UN Charter) ung ah chū khan gui chang ah bū nh'ngaih (Zu ng'leng-khän nak ah kiak ciah) chang ah cong tai (Hlūngtai) ah lah a pum phumah ciah, a kiak phih... Pami lah hngumi a ni ng'tūi a ni suum goi ng'coih kha-thūk ci ah a mong gui cuh m'thai bam ä; natah chan k'klii ah hang chan hang maang nak vai lah hla-tha lo dām dām ci ah hngun m'ghin nak pian vai cun phih ng'ngaih m'khän pūi te ah a kiak cun phih... Ng'htoi kho kiong ng'pai (Member states) gui noh (United Nations) ghunkho ng'htoi nu awn ng'pong tu ne chang ah büpā lah ng'ngaih hnga nak lah (Human Rights) lah (Fundamental Freedoms) ng'leh pian nak ah kiak ci ahhlatha nak gui cuh ng'lei kho chang van noh m'nai u ne a mi lāk vai ah phäh ah chū-khan a mi that e ah phih...

Shin ah chang ah büpäng ng'ngaih hnga nak cii gui, a u ahon noh tah a sing-chah vai cuh (Pledge) chū-khän, m'gong ng'bäi te m'chüüp/phleh vai ah phäh ah, ma momg k'däm pi bāih ah a kiak ah phäh ah phih...

Chang pang, ng'htoi ki ni pang (Society) noh, sin ah thă-hla nak cuh, a ng'sün ah m'lung ung gum ne, (All Nations) ghun kho a van ung, a cun ah büpäng ng'ngaih hnga nak gui lah a hla-tha nak gui (respect) m'nai tu khai gui ah (teaching) m'thei m'thang (education) m'theileh bet m'cäi nak on, m'lungitha m'cüm neh a mi om kia lo tu vai ah phäh ah phih...

(Member States) Ng'htoi-kho kiong ng'pai gui lah a cun gui ah uk-chuk nak akka ung om ci ghunkho hta chang gui noh phih, a cun ah büpäng ng'ngaih hnga nak lah hla-tha nak gui, zu chük va gok ci ah lah ng'chüüp peng ci ah (recognition) sū-ngak u neh, m'täp neh läk hlak gui vai ahphih, (National and International) ghung kho chang hlu ah lah khui kho pang hlu ah, ng'ngaih tüh k'thai gui on tot-lo hlak gui vai phih, bü lung neh a kho pang. chang a van ah hang bä nak vai, ng'htoi-kho-tu ng'cut noh sin ah kho chang ah büpäng ng'ngaih hnga nak thă-hla nak cu tu bäih, sincha zah m'dang neh a thă-hla nei.

A mong (1)

Chang hngunmah a van cuh, hla-tha tug e neh ng'tüi ci gui. (Dignity & Rights) Hlüntai nak lah büpäng ng'ngaih hnga nak phih ng'coih lo pui ge ki gui. Ng'ngaihtüh hnguhhmat nak lah k'ni k'se m'khai m'cha nak (M'sim m'chuk nak) on phih ng'küm ng'khouk lo ge ki gui noh nu be phäi nau gui ng'tüi ah a mi om kia vai kiak ki.

## A mong (2)

Chang pang cuh pakhui, müihla, a k'hngu a k'paü. pakhui ng'thu chü, phaza zum nak, ghun kho uk-chuk nak ah lam (Political options) ng'ngaih khaü gui ghunkho chang kah cuh ung a ng'tüi om lo ah ng'son lam, a khohmah, a pakhuimah lah hlüngtai dümbang ci gui m'täi neh m'khoi m'cha khei-chei nak aa om en vai lah sin ah thä-hla nak ung hmuh gui ah (Rights) bü lah ng'ngaih lah hla-tha nak cii gui a van kho na tu khai.

Cun kon ah, chang tumat ku ah ng'len ng'chah nak ah ghun kho (Kah cun ung) a kho k'hlang hei, a mät ah uk-chuk nak on hla-tha tu hnga (Kah cun ung) ng'htoi-kho pang nu noh ngäng ne a ghun a m'hteï ah ghun kho (Kah cun nung) (non-self governing) a kho a mät noh kah m'hteï kah thei phia hnging phak ki (Kah cun ung) uk-chuk nak ah aanaa m'sah paipait ah kho ghun-kho gui ah a kiak ung phih, a cun ah ghun kho ah kkoh ah thung m'cäwi (kah cun ung) khuikho päng (International) ah kah gui noh a mi thung nak ah m'cäi-thung boh ng'leh ng'khän nak tu neh khei-chei ah kah ci vai.

## A mong (3)

Chang päng cuh a ghin om tu vai, a hla-tha ah a om tu vai, ng'ä-ng'cai kükiok nak kah om en ci ah a om tu vai.

## A mong (4)

M'gana nak, täkphan düit vai chang säm ah, a u phih kah kiak nak vai. A I hlu ah kia vai hleih phih, chang hlumhlei nak phung phung cuh kah cii en nü vai (All forms of slave trade).

## A mong (5)

A chang-po ah kah hngu tu neh m'ge-gein vai nak . ghaatghum dukdei nak chang on kah tang neh a chang-po ah m'lung thüi a thang sek khai ah ka cun ung a khosüm khai ah m'vuuk ah a u phih kah kiak nak vai.

## A mong (6)

Chang pang cuh, m'cäwithung (Law) ah hnguh ah chang pum na-nah a ng'düih cuh, a hoi kho kho ah phih sümngak nak (recognition) peit vai.

## A mong (7)

M'cäwi-thung ah hnguh ah chang a van cuh täng täng zop ci gui. M'cäwi-thung ah m'täng m'täng neh a ghun-pan nak cun phih khoi-chei nak kah om en nü ciah, k'cho nak nak khai gui. Sin ah thä-hla nak a chü m'kha guk then gui m'dii neh (Discrimination) khoi-chei tu hnga ah boh, a cun ah khoi-chei tu hnga vain eh pot u k'kleng ah kiak nak cun boh ng'coih (gui ki) neh ghuntäm m'thei vai ah kiak cun phih k'cho nak khai gui.

## A mong (8)

Chang pang cuh kho ghun (constitution) chang m'thei nak ah m'cäwi lam k'tung noh boh m'cäwi thung noh boh, a k'cho nak hlak nak (a ng'tüi püi ge ah) a bü a ng'ngaih gui m'chei m'souk peit ah a kiak ung, cun ah chang ah ghunkho ng'koungim un ka ban oh a m'cha m'lang a m'koung hlak noh a ni pi vai ah a ku-man ba peit vai.

## A mong (9)

A u düüt phi pha ng'ghüt, chun mit, kah cun ung a long hei, a kho hei ah got-täm ah kah kia hlak vai.

## A mong (10)

Chang pang am (rights) a büpäng a ng'ngaih hnga nak lah (obligations) a bi loh mamong gui, a mamong nak a chü m'cha peit nak ung boh (Independent) a ng'ngaih ngai tu hnga neh (Impatial) kum-kem ah kah kia en ciah, ng'koung ng'dang nak (tribunal) tumat ku noh changhli ah hngu ng'zak tu ah (fair) chin-khäu ciah chü-thäh hnga m'cun neh täng zop khai a ci cuh k'cho nak tu khai.



## A mong (11-1)

Kioi-hlei nak I ku on, kpuk neh mang hlak ah kai püi ah chang a u phih, m'vuuk nak m'cäwithung on ng'gui ciah changhli ah ng'zak tu mät ah chüsan, ng'si ng'cäi, hnga m'cun ah cii ahchang cuh phia hleih ng'htiim neh zam vai ng'tüi ah ng'lang hleih ng'ghung ki cuh a kioi-hleih a ng'dang lo va chüt chang katmah ah kah ngngaih vai.

(11-2) Act or omission) Kioi-hleih zah mät ung, khuikho m'cäwithung kah cun ung khuikho pang (national or International law) hlu ah (Act or Omission) kiak neh kiak kah boh, kiak vai hlü kah kiak ah nong ah boh kiak ki cuh, m'kat vai mong ciah kah va kia lo läi hleih, a u phih m'kat vai kah va kia lo khai.

Kioi-hlei kho-htük zah ge ung (penalty) m'vuuk hlak vai hlü te ah-tah m'tiah neh a u chang am phih a vuuk vai kah ci vai.

## A mong (12)

Kamah (privacy) on ng'pin-khon ciah a mong ung ni, a k'piuim, a kionghui ah ka ni a guk then a m'do ah chüt ciah (Interference) hngaa m'kioi, kho-ghon ah kiak nak lah (Attack upon honour & reputation) a bä a maang, a ng'ming ng'thang nak piein m'seit neh m'dii ah chang a u phih. (Law) m'cäwithung ah ghun-pan ng'vong nak zi-hngei khai kiak ki.

## A mong (13)

- (a) A u phih a ghunkho ah khan ah, a hlatha ah ng'kon ghüi neh, piuim neh om hnging ki.

(b) A u phih a ng'tüi om nak ah ghunkho mah ah, a I ghunkho phih hteh-täü neh, pang ban eh phih kia hnging ki.

#### A mong (14)

(a) M'ge kho khen nak ah, ng'zi ng'pem nak tu vai, khohmün gui sui-täü neh gah hlan hteit hton neh om tu hnging.

(b) Ghunkho hngung ng'tuk püi ah kioi-hlei nak ah phih kah va kia lo ciah lah (United Nations) ghunkho ng'htoi nu ah bü ceng lam k'tung gui hngung ng'tuk püi ciah phih kah va kia lo ciah, kioi-hlei hmün gi ah phäh ah chang kioi-hlei gui ng'zi ng'pem tu hlak gui vai cuh. a khan ung (14-1) ka on kah täng ciah hmat vai.

#### A mong (15)

(a) Cheng pang cuh a I ghunkho ah phih ghunkho chang ng'hlui ng'bah tu hnging ki.

(b) A u pang tah khuikho chang ah a ng'hlui bah nak te cuh, kah chihleih kah lak ba peit vai. Pakhui tumat khui na tu ne tah, pakhui hei va khui nak hlü ah a ng'ngaih ung kah dam nak vai.

#### A mong (16)

(a) Chuceimah nhguk khai khokum lo nak ki ah pami nhgumi ni gui cuh, a khui hei zum ag phaza kah täng neh khäntai nak kah om en ciah ng'khap ni neh, a ni kiong khui hlüüm nineh om khai goi. A ni ng'khañ thai a ni om ghom lah a ni ng'cha ng'tai va kum ci ah, a nig ah mang, a ni ng'bo ng'pai gui vai cuh a täng täng nak khai goi.

(b) Ng'khap khai goi ah a ni ng'zum hnga hnga ung nei m'khah goi vai.

(c) Kionghui cuh a ng'tüi om lo nak tün kho htük ah kiak ki. Ng'htoi om chang lah ghunkho ah ghunpan m'htei m'htang nak ung, cun ah kiong khui cuh om khai ah kiak ki.

### A mong (17)

(a) Chang pang ung a mät changpa tumat bang noh phih, k'hli ng'htoi neh phih khoh-tang gui khohmah na hnging ki gui.

(b) A u tah, a khohmah nak ah khoh-tang gui cuh ka chin hleig guh peit ah kah ci vai.

### A mong (18)

Chang pang ung a hlathta ah ng'ngaihtüh nak hnging ni se, veih käu m'khai m'cha nak hnging lah zum phäh phäh ah KPG zum m'nai hnging ci gui cuh om ci. A cun ah hlatha nak gui ung kaa, mät ah m'nai ah bhahta kah cun ung zum nak htük cu a hlahta ah ng'ngaih m'hlat neh zum nak m'thong hnging ah kon ah, a chang sing k'hti ah boh, kli on ng'pong ne boh, zum äp sihkho ah phaya ah a mong cuh kho chang k'hli ah hnguh ng'zak kah boh, khi chei ne boh hlatha na neh a m'thein a m'thei. a sihkho m'hlüng m'tai tu hlak vai lah, m'äwi ah lam gui m'thein neh läk tu hlak vai cii gui cun phih küm tu zop ciah kiak ci.

## A mong (19)

Chang pang ung ng'ngaih m'theing nak lahpiein m'tung nak cuh hlatha neh ng'gui ci goi. Vântom khoihlleh kah om neh a hlatha ah ng'ngaih m'hteng nak ah kon ah sim ng'zak hnguh (Information) nak lah ng'ngaih khâu (Opinions) nak gui cuh a ng'müng thohleh hlak nak (Media) ah a lam tumat ku ung ka noh a zum m'dang neh...

(Seek) sui/täu (receive) la/laak neh (Impart) hei k'son tub a nak ung, I noh aa vântom en ah I noh aa sung pang en ah cii gui phih ng'bok ng'bem (Included) tu ci.

## A mong (20)

(a) Chang pang cuh a kiäpnep ah ng'htoi nak ung, ng'bum tu hnging ki lah (Association) ng'ngaih täng ki ni ng'htoi phih a hlatha ah m'htoi ah ci hnging ki.

(b) Ng'ngaih täng (Association) ki ni ng'htoi ung a boi tu cheng geng vai ah kah kia vai.

## A mong (21)

(a) Chang pang cuh (Government of his country) a pakhui kho ukchuk nak ung a ge ahghiäng phong tüih täk nak phih, kah cu ung a hlatha ah (Per chosen representatives) ghü ceng chang m'düih hlu ah ka noh boh ngo tu ne tängpang thekphia nak ung bi tu ki ah kiak khai.

(b) Chang pang cuh a mät ah ghun kho ah khan ung (Public service) chang ng'hloh hngih ah a ng'ghon tu (access) vai cuh a u awn phih täng täng tu khai.

(c) Kho maang ah ghun aa cuh, ghunkho chang hngumi pami gui ah (will) lah m'lung hnga ung ng'leh ng'khän vai kiak khai. Chang pang cumpäng tu neh a zum am mepe tu khai ah kiak ki. Ng'thup ng'thung (Secretly) ne bi lam (Procedure) na neh mepya m'sän tu ah boh, a cun ah lam nak bă pan neh a hlatha ah mepya m'suum tu ah boh, a khäu khan nak ah kum, cha, hngüüp a küm pang lo ah cii ah täng pang bi loh nak ung, htüm m'hteh ci ah (Genuine) ghu ceing nak ung, m'lung ngaih te cuh phleh tu ah kiak khai.

## A mong (22)

Chang pang ung, chang hli hngu ah a ghin lu ghun m'hteí nak cuh a gah tu vai. A ghin a om nak tu a ghun kho ah a thukhat lah a ng'bühng'bei ah cii ah, khuikho ah hta lah a khuimah nak a bã a ng'chang vai hlü ciah biloh gah mang vai ng'cong ng'iot tu vai, ng'son lo püi ah thung gui m'táp vai phih.

## A mong (23)

(a) Chang päng cuh bi a bi tu vai, a zum ah bi ghü ne a bi tu vai, bã hlak khai ung bi tuk khai lah kah ng'hloh ng'hngih tu hlak ah kah kia en khai, kham peit vai.

(b) Chang päng ung m'khoi m'cha nak kah om en hleih bi goi a täng cii ah gah goi phih a täng vai.

(c) Ng'hloh ng'hngih ciah a u phih a mät lah a k'chuhta tu ah hngun ghin nak vai chin neh pang m'za khai ah a bi cheng cu a gah tu vai. Hlühnga hman läi hleih, chang gun nak ah a hmun lam ah ka on khaptu peit ah cii vai.

(d) A chang pang ung a mät ah khohmah nak hngun m'düng pe khai hlumlei ng'htoi (Trade Union) m'htoi hnging ki, ng'htoi ne phih kia hnging ki.

## A mong (24)

Ih nak lah ng'düm nak m'cha phäh phäh vai lah mi ng'düm nak ah kho hngüüp gui mah mah ah a ng'cheng do khai. Mi ng'düm vai lah ng'song vai cu a chang sing noh k'cho nak khai.

## A mong (25)

(a) A mät lah a k'chuhta ah phäh mah ah m'lung zeigai gong neh ghin hlei nak vai, tuiei, hluhlak, piuim hlü hleih pumhla kuhman nak lah po chang m'düih thoh guh thon nak cuh chin hleih a gah tu vai.

(b) Nu nu ah kia neh, hta hmo ah kia neh ghin ki guiam, hlü hnga ah m'hteij nak a om vai. Hta hmo a van chucei mah neh hta nau nak phih, kah chucei mah neh htanau nak ah a kiak ung phih, a u a hon ghun pan man ng'tüi ah m'täng m'täng ne cii vai.

## A mong (26)

(a) A u ung phih ng'thei ng'thang nak tu a om vai. Pong nak ma ung ka noh leng nak cii gui (Primary) a khan güt a lä ah ng'thei khai. (Primary education compulsory) auh a u a honk ah poi en ci ah ng'thei cheng geng khai. (Technical lah professional) cun phih ng'thei hlak gui neh ci vai. Cun ah tah hlüng pi ciah ng'thei nak kai khai ka vai läi, a ng'thei ng'thang bä pi neh a kiak ah ci ah gah khai, ci peit vai.

(b) Changnu (Personality), chang veih m'htah cii ah küm be ng'hlän nak vai lah (human rights) chang ah büpäng ng'ngaih hnga nak lah ng'zungpia ciah hlatha nak gui cuh, a zum m'nai nak (respect) a k'thamah (Strngthening) hlak vai ah phäh ah nei ng'thei ng'thang cuh a kiak vai kiak ki. Ghun kho gui ah ng'lak ung ng'ngaih ng'hmat nak, m'lung shok pai nak (tolerance) lah teihpüi nak (Friendship) pakhui nak ki lah phaza zum ki ni gui ah phih m'lung ng'ngaih ng'hmat nak han chan vai lah ghunkgo ng'htoinu ah diimgei kho a pong püi a k'düng vai ah phäh ah phih.

(c) Hta hmo gui a mi ng'thei ng'thang hlü vai ghü ceing m'sei peit nak vai ung nupa nak kin oh lam leh ah a ni kiak vai.

## A mong (27)

(a) Chang päng cuh ng'htoi k'hliah hngu ah k'hli ah kiak ah a hlatha ah kia tu neh m'ung ze hlei hteek khai. Tüipian ah k'phiumlam lah m'thai lam gui phih a mi kiak ah a hlatha ah kia tu neh ng'chang gäk gäk ciah (Science) ng'ngaih tüh k'thai, suilei k'thai gui ah lut lo püi ah htungmang vai gui cuh phih ng'tei ng'pai tu khai.

(b) Chang päng cuh a ng'ngaihtüh a hnguhhmat on pong pui neh (Scientific) lam ah a tüipian, a gukthen, a thephia a I phi a kiom ah chüüt kaih gui, sehlak, suntah ci gui ung kaa m'hleh m'khoi gui cuh a gah vai.

A mong (28)

Chang päng cuh sinah thähla nak ung gukthen ah bü lah ngt'ngaih ah päng nak lah hlatha nak gui m'chüüp k'hling khai noh, chang hlu ah boh, ghunkho päng onng'hnguh ng'hmat hlu ah boh ci hnging ki.

A mong (29)

(a) Chang päng cuh, chang k'hli ah hngu ah ng'con tu k'bät neh nei, a pumah nak (Ng'ming ng'thang nak) cuh ah latha ah lah a ng'khän ah ng'chang ciah kiak khai. A ng'con nak tu gui am a süm a hmat nak a bi vai cuh mamomg nak ki.

(b) Mät cuh mät ah bü lah nh'ngaih m'dang ah kiak ah hlo ah, chang hei gui ah ng'ngaih tu cun phih (Recognition & Respect) sümngak nuh m'nai tub a vai ah phäh ah phih.



Democracy zum cini ung, chin khău vai hlu ciah om kho m'kiom vai, khli ah m'lung zeï kho ding khohmsh neh a kiak vai ah phäh ah, m'cäwithung noh khäät neh a k'bo k'pai ah ci k'pai ah ci bang ah kiak khai.

A mong (30)

Ghunkho tumat ah phäh ah boh, ng'htoi chang ah phäh ah boh, chang tumat ah phäh ah boh, a cun ah kia hnging ci ah sin ah m'thein nak ung kaa, a I düt phi a hei ah k'phlan ah kah cii vai.