

UNIVERSAL DECLARATION OF HUMAN RIGHTS

ကမ္ဘာလူ့အခွင့်အရေးကြေညာစာတမ်း

KHUA VANNUAI MIHINGTE' THUNEIHNA TANGKOKHIATNA

ရိုမီး ဘာသာပြန်



Thumasa

1948 kum December 10 ni in Leitung gamte Kipawlna Khawmpi ah Leitungbup Khuavannuai Mihingte' Thuneihna kipsak in tangkokhia uh hi. Tua a tangkokhiat uh thute khempeuh kimtakin azom laimaite ah abanban in hongkipulak khia hi. Hih tangthu a ciinding, sepding aa geelkhiatte Leitungbup Kipawlna ah beelpawl gam leh mun khempeuhte ah gam ki-uknadan deidanna omsak selo in mikim in atheihzawh kimciat nading un, adiakiakin sanginn leh pilsinna mun khempeuh ah hih a thute hawmkhia sawn in, muhtheih dingin zong suangkha beh in gamki-ukna naingnganzi bulphuh in kideidan selo in simsakciat ding leh adeihnate zong kician takin kihilhsawn ngiatngiat dingin Leitungbup Kipawlna Khawmpi panin hong sawl uh hi.

Tua hi a, Kawlgam ah Mihingte Thuneihna Avaan Sawltaakte (Myanmar National Human Rights Commission) in zong hih Leitungbup Khuavannuai Mihingte Thuneihna pulakkhiatna lai pen Manglai pan in Kawllai in lepkhia in akiahawmkhia sawn ahi hi. Tua mah bangin en zong eikam ciat leh ei lai ciat tawh letkhia sawn in mipi theih nadingin hong kihawmkhia sawnsawn ahi hi.

Kawlgam ah Mihingte Thuneihna Avaan Sawltaakte

17 April 2013

Khuavannuai Mihingte' Thuneihna Tangkokhiatna

Thumapi

Leitung mihing innkuan khempeuh in pianpih thupitna leh liangko kikim-a thuneihnate aneih lam uh ciaptehsakna in leitung ah mikim ii suahtakna, diktan kikimna leh kilemna ii abulpi ahihmah bang in,

Mihingte thuneihnate kithupisimsaklo-in simmawh bawl sakna hangin mite lungsim tawng sukha in thangpaihna tawh ngongtatna piangsak ahih manin, suakta takin thu gentheih nading, upna leh kimuanna neihsak theih nading, lauthawanna leh giautauna omlo a nuntak theihna apiangsak leitung khat hong suahzawh na-in mikim ii lunggulh pen hi ci-in kipulakkhiata ahihmah bang in,

Aana nei khatin thumaanna omlopi in a utut in hong ukcipna thuaklahna pan atawpkhakna ah kilehdona ciangdong atunkikloh nadingin mihingte thuneihna pen upadi khutletna tawh hutzawh nading akisam ahihmah bang in,

Gam khat leh khat kikal ah kilawmtatna leh ki-itna akhantoh semsem nading akisam ahihmah bang in,

Leitung gambup Kipawlna ah alut gam mipite in mihingte' thuneihna abulpite ahizong in, mihingte' vaang neihna leh manphatna ahizong in, numei leh pasal liangko kikim in thuneihnate thupi lakin Leitungbup Kipawlna ii Kithukimna laipi sungah akikipsak khit ban-ah tangpi nuntakna manawt zawh nading leh suakta zawtham a nuntakzia khaisan zawh nading thupi kisa ahihmah bang in,

Leitung gambup Kipawlna beelpawl gamte in Leitungbup Kipawlna tawh mapang khawm in Leitung gambup vannaui mihingte thuneihna leh suahtakna bulphuh kawmin lapsang zawh nading thupi lak-in sep zawh nading kiciamsa ciat uh ahihmah bang in,

Hih kiciamna tangtunsak zawh nading in hih mihingte thuneihna leh suahtakna thute tel theih leh laksiamna in athupi pen ahi hi.

mikhempeuh kipawlkimna in hih Tangkokhiatna laipi pen atawntung in lungsim tawngah vomden in leitungbup ah tua thuneihnate leh suahtak theihna dingte zahtakciatin kihilhsawna tawh kitheisak sawn in hanciam ciat nading ahizong in, leitungbup kipawlna ah beelpawl gam khempeuh leh tua gamte ii thukhentheihna aana nuaiah om gamneute sungah gammite in tua thuneihna leh suahtaknate tangzaai lawhcingtakin theihpihna nei in azuihciat nading un gam khat dinmun leh gam khempeuh dinmun dong khantohsak nading vaihawmna tawh kithasan ciat nading ahizong in ngim in gam khempeuh leh miciteng in tangtun zawh nadingin mikim tawh kisai sepdingzia khatin **Leitunggambup Kipawlna Khawmpi** in **hih Leitung mihingte thuneihna Tangkokhiatna laipi** tu in hong pulakkhia uh ahi hi.

Khen 1

Mihingte khempeuh pen thupitak leh thuneihna tawh suakta tak leh akibangin a kipiangciat ahi hi. Asia apha khentel thei thungaihsutna neiciat uh ahihman in khat le khat sanggam unau hihna lungsim tawh kikhawlh ding hi.

Khen 2

Mikim in minam hang, cilesa mel hang, numei pasal hang, kampau hang, biakna upna hang, gam ki-ukna thupaizia leh lungsim puakzia hang, gammi ahihkeh pianna puahna hang, neih-le-lam hang, beh-le-phung hang leh adang nuntakzia hang cih bangin kideidanna omsak seloh ding hi. Tua ban-ah agam uh ki-ukna dan hang, thukhenzia hang, leitung gamte lak ah aniam asanna bulphuhna hang, a gam uh in ukna aana neihna ah asuakta gam hihna hang, midangte ukna hang, amau leh amau ki-uk khalo gam hihna hang zongin ahihkeileh adang paulap nei in kideidanna omsaklo ding hi.

Khen 3

Mikim in nuntakna ah, zalen suahtakna leh ama taksa bittak in lungmuan theih nading thu nei ciat hi.

Khen 4

Akuamah peuhmah sila saltang ahihkeileh sawltak dingin koih theilo ding; sal suahtakna, sal zuak leh kileina namkimte khempeuh kikhaamding hi.

Khen 5

Akuamah peuhmah bawlsiatna leh khelbawl a, gitlohna tawh gentheihsakna leh mihingdan hilo liangin mi vaangkiamsak zahdong a kibawlsiatna leh dan kipiaknate kizanglo ding hi.

Khen 6

Mikim in upadi tawh kizui in mihing khat hihna bang a mun khempeuh ah theihpihna nei ciat hi.

Khen 7

Mi khempeuh in upadi vai ah akikimciat ban uah, upadi in huamkim in hutna ah kideidanna omsak se-lo ding hi. Hih tangko thukimna sungah a om thute deidan a palsatna leh kideidan sak thei holhthawh hasuannate a omloh nading in upadi in humbit ding hi.

Khen 8

Mi khempeuh in gam-ukna thubullet sung leh adang upadi khempeuh sungah akikoiksa mikim thuneihna bulpite apalsatna hangin apiang supna baina athuakte in a gam sung uah aana nei thukhen zumpi in diktak in lepkik theihna acingtaak phatuam sakna ngah thei ding hi.

Khen 9

Akuamah peuh athu matlap omlopi in kimat le kihenna, gampua ah hawlkhiat mawkmawkna kithuaksak lo ding hi.

Khen 10

Mikim in ama thuneihna, vaipuakte sepna leh khialhna hanga thubawlna a thuak khakna ah thu khensat nading akisap ciangin mimai enlo a, a diktat leh aana nei thukhen zum khatpeuh ah mipite mai-ah thusitna nei in thu kikhensat sakna ngah thei ding hi.

Khen 11

(1) Mipi mai-ah upadi ombangin thu kisit in mawh tatak hi cih akiciat masiah amah leh amah kihut theihna akim in nei ahih manin akuamah peuh mawh neilo in kingaihsun phot ding hi.

(2) Mi khat peuh agam uh upadi leh leitung gamte upadi tawh ahizong in mawhsak theih nading thu ahihkei nakleh thu limsim saklo a thukhen sak mawkmawk cih om theilo ding hi. Amawh hial leh zong tua thu apian hun laitak a omzah dan piaknading sang a kilawmlo leh a uangzaw in dan kipialo ding hi.

Khen 12

Akuamahpeuh ii aituam vai, a inn a lo vai, innkuanpihte vai leh laikhak kizopna vaite ah ut thu mawkmawk tawh athu omlopi in kinawngkaisak thei loding hi. Ama minsiat puamsiat nading in zong kibuluh thei mawkmawk lo hi. Tua bangin kinawngkai sakna leh kibuluhnate upadi in khaam hi.

Khen 13

(1) Mikim in amau gamgi huam sungah ut bangbangin lal thei, teeng thei hi.

- (2) Mikim in ama' gam leh gam khat pepeuh ah lalkhia thei, a gam uh zuankik thei hi.

Khen 14

- (1) Mikim in gentheih bawlsiatna athuak khak loh nadingin gamdang khat peuhpeuh ah sutpom thei hi.
- (2) Gam-ukna vai tawh ahilo thu leh Leitung Gambup Kipawlna ii ngimna leh thubulphuhte palsatna tawh apiang thute ah atung a thuneih theihnate paulam in zattheihna thu omlo hi.

Khen 15

- (1) Mikhempeuh in gam khat teitei ii gammi khat suah theihna nei hi.
- (2) Akua peuhmah in a gammi khat suahna leh kheltheihna thu kinialsak theilo ding hi.

Khen 16

- (1) Akumcingasa pasal leh numeite in a minam hang, a gammi hihna hang, ahihkeileh biakna hang tawh ciangtan paulap zong selo-in kiteeng thei, inn leh lo suang thei hi. Kiteenna, kiteen hun sung leh kikhen kibalna thu ah akikim in thuneihna nei uh hi.

- (2) Kiteen a sawm tegel ii utna leh lungkimna bek mah tawh kiteeng ding uh hi.
- (3) Innkuan in mihingte nuntak khuasakna ah abulpi pen hi a, a khua-le-tui leh kumpite ii hutna leh venna ngah ding hi.

Khen 17

- (1) Mikim in a mimal in ahizong in midangte tawh kipawlin ahizong in neih-le-lam neikhawm thei hi.
- (2) Kuama' neihsa neih-le-lamte athu omlopi in kisutkhia mawkmawk theilo hi.

Khen 18

Mikim in suakta tak-in thu ngaihsun thei, lungngai thei, upna leh biakpiakna neithei hi. Hih thuneihnate ah ama biakna, upna leh a suahtakna ah a ut bangbang in anuntakpih upna pen akheelthei hi. Amah guak ahih keileh veeng leh paam, innsak innkhang tawh kipawl in ama biakna leh upna pen mipi mai leh aituam in suakta takin pulak thei, genkhia thei, hih thei, zui thei, bia thei leh zang thei hi.

Khen 19

Mikim in suakta takin lungsim geel a ngaihsutna leh thugen khiat theihna nei hi. Tua thuneihnate pen kuamah kinawngkaisakna omse lo-in upmawh sansat theihna ah a gam a lei kikhen lo-in thu leh la, kan thei, sang thei, puaksawn thei hi.

Khen 20

- (1) Mikim in lungmuang suaktatak in kithuahkhawm thei, kipawlkhawm thei hi.
- (2) Kipawlkhopna khat pepeuh ah lut dingin kuamah hahtang in kisawl theilo hi.

Khen 21

- (1) Mikim in amau gam kumpi' vaihawmna sungah tangtak in amah teekteek in ahihkeileh zong ama teel taangmi khat peuhpeuh tung tawn in kizom thei hi.
- (2) Mikim in amau gam ah kumpina sem dingin akibang in luttheihna nei hi.
- (3) Mipi deihna in kumpi aana neihna ii abulpi hi. Tua mipi deihna pen ahunhun a kiteelna tatak tawh kilangsak ding hi. Kiteelna ah zong mikim in asimtham in me piasak ahihkeileh tuatawh akibang leh suakta lungkim takin me pia ding hi

Khen 22

Mikim in mihingte kipawlna khua leh tui khat aa teen khopna sungah kihel ahihmah bangin khua leh tui ii humbit muanhuaina a neih khit banah a gam ii hanciamna ahizong in leitung gamte panpihna tawh ahizong in, i gam ii neih leh lam tha leh ngal zui in hanciam kilamzia tawh kizawitawn in a ma' vaang neihna leh gamtat luheek zia suaktatak in a khantoh nading in omloh pelmawh akisapna ah neihna, mipi omdan leh ngeina lam thuneihnate avek in zeek theihna nei hi.

Khen 23

- (1) Mikim in nasep ciat ngah theihna, nasep deih teeltheihna, akilawm akituak leh alem asakpen nasepna mun ngahtheihna leh nasep neilo ahikhakloh nading in humbitna ngahthei hi.
- (2) Mikim in kideidanna omlo in akibang nasepna ah a thaman kikim ding hi.
- (3) Nasep a sem khempeuh in amah leh a innkuanpihte aadingin mihing khat ii vaang neihna tawh akituak in nuntakhop nading akicing sak sep thaman akilawm zah in a ngah theih ban-ah, akisam laite ah zong mite panpihna ngah thei lai hi.
- (4) Mikim in ama kitaksapna tuamtuamte ah kivaanna dingin nasemte kipawlkhopna neihna ah kihel in kizom ding hi.

Khen 24

Mikim in akilawm zah tawh kituak in a nai ciangtan zah nasep sep hun a ngah theih ciat ban-ah ahun hun in khasum tawh, awl hun leh tawngak hun zong nei thei hi.

Khen 25

(1) Mikim in amah leh a innkuanpihte tawh cidam lungnuam a nuntak nopsak theih nading, annek tuidawn, silh leh teen, inn leh lo, cidam nading in zatui zaha tawh kivaan nading leh khat leh khat kilunghimawhna tawh nuntak nuam khat dingin ngah thei hi. Tua banah nasep neihlohciang, cidam lohciang, zawngkhal ciang, meigon ciang, teek-le-guai hun ciang, ahihkeh amah mahmah akikep zawh nonloh hun ciang, annek tuidawn a giautau ciangin zong kitasam tuan hetlo in a lungmuan theih nading ngah thei hi.

(2) Nauneih nupi hunciang leh naupangte in kep leh khoi akisap phat laitak hun in huh ding kisas phadiak hi. Ngeina bang a kiteen kigiahna pan ahizong in, kiteenna omlopi in ahizong in apiang naupang khempeuh in akikim in kidon kikep kihua in ngah ding hi.

Khen 26

(1) Mikim in pilsinna nei thei ding hi. Pilsinna ah a tawmpen in laisim ding patcilna leh abulpi lam-ah akhawnkhong in sin thei hi. Patcilna primary sang ciang peuhmah pello a mikim in pilna kisinsak ding hi. Siamsil sinna leh nuntak kivakna ding pilsinna pen a ut peuh peuh in sin in, a tansang lam pilsinna ahibleh apilsiamna uh tawh kizui in kideidanna omsak lo-in kikim in sin thei kim ding hi.

(2) Pilsinna in mihingte' omzia ahuamkim in a khangtosak ahih ban-ah mihingte' thuneihnate leh suahtakna bulpite thupilaak in thapiak sawn nading ahi hi. Pilsinna in gam khempeuh ah, minam phung leh tang ahihkeileh biakna pawlte ah khat leh khat kitheihciamna, kithuak siamna leh ki-it kingaihna ahihkeh biakna upna lam ah kitelsiamna, kilawmtatna khantoh-sak nading ahihban-ah kilemna leh daihna a om tawntung zawh nading in Leitungbup Kipawlna ii a vaihawmna ah zong panpih thapiak masawnsakna hi ding hi.

(3) Nu leh Pa te'n atate un bang pilsinna lam sinsak huai hiam cih a teelsak masa thei ahi uh hi.

Khen 27

(1) Mikim in amau khua-le-tui ciat ah a zat uh ngeinate ah nuamtak in bual in, lasak leh laamna ah nuamsa in, natethu pilsinna lahna ah zong a mainawtna leh a hamphat lawhna teng a tangkha thei hiding hi.

(2) Mikim in natethu sin pilna pan hitaleh, lailam nasep pilna pan hitaleh lasak leh laam siamna pan hitaleh, amah teekteek ii pilna leh siamna tawh asepkhiatna leh a matutzawhna hangin min neihna leh met ngahnate tang thei hi.

Khen 28

Mikim in hih Tangko khiatna Laipi sungah akipulakkhia ahi thuneihmate leh suahtaknate peelhem om lo-in a tangtunsuak sak zawh nading in amau sung leh leitung gam tuamtuam dongin minvawh thupiak sawlna neitheiding hi.

Khen 29

(1) Mikim in ama pianzia noptak leh a picing sak thei pen ahi ama omna khua leh tui tungah vaipuakna tavuan a nei hi.

(2) Ama thuneihna leh suahtakna thute a zat ciangin mikim in midangte thuneihna leh suahtaknate zong theihciam in thukhualna tawh ahizongin, democracy nuntak paizia a zang khuasakna munte ah gamtat hoih nading, mipite paidan siamna leh phattuum nading a piangsak zo a hih nading in upadi tawh a kiphalzah ciang bek zang ding hi.

(3) Tua akilawmzah phalna leh suahtaknate pen Leitung Gam khempeuh Kipawlna (UN) ii ngimna leh thubullette tawh kilehbulh in zang ngeilo ding hi.

Khen 30

Hih Tangkokhiatna Laipi sungah akihel thuneihna leh suahtakna a siat theih nading ngimna tawh gam khat ading hitaleh, mi pawlkhat ading in hitaleh, milip ading in hitaleh, kihel in sem thei lel hi ci-in deihlak khiatse theilo ding hi.