

UNIVERSAL DECLARATION OF HUMAN RIGHTS

ကမ္ဘာလူ့အခွင့်အရေးကြေညာစာတမ်း

Vawlei Pumpi Nuhrin Covo Cathanh

(လိုင်ဟားခါး)



Biahmaithi

1948 Dipa (December) 10 ah Ramkip Komh Bu Tonpumhnak (United Nations General Assembly) nih vawlei pumpi Nuhrin Covo Cathanh cu a fehter i a thanh. Cu Cathanh i a biafang hna cu a tanglei cahmai hna ah tling tein an lang.

Hi bantuk tuanbia lut rian a ÷uan dih hnu ah Ramkip Komh Bu Tonpumhnak (United Nations General Assembly) nih Ramkip Komh Buchungtel kha hi cathanh i a biafang vialte kha mizapi hngalhter ding le ram asiloah pengkip i ramkhel lei an sican ning a dotdot kha thleidannak um lo in sianginn le fimcawnnak bu hna kha a biapi ah chiah in cathanh kha phawtzamhter ding, hmuh khawhnak hmun ah tarter ding, relter ding le a sullam fianter ding ah kan ral fial cang hna.

Cu caah Myanmar National Human Rights Commission nih vawlei pumpi Nuhrin Cova Cathanh cu mirang holh in Kawl holh ah kan le hi kan hun phawtzamh cang.

Vawlei Pumpi Nuhriin Covo Cathanh

Biadomhnak

Minung dihlak nih i chuahpi mi limhang le tlukrualnak a um i hlonhcheh khawh a si lo mi covo hna theihhngalhpiaak cu hi vawlei cung ah zalennak, dinnak le daihnak ca ah a hrampi innkil lung a si caah siseh,

Nuhriin covo kha upat lo le zeirel lo cu minung i chiaṭha thleidan khawhnak kha a hrawh i a chiakha mi tuahsernak a rak chuahter caah siseh, zalong tein chimphuannak nawl, zalong tein zumhnak nawl, ṭihphannak le chanbaunak chung in luatnak nawl a co ting ding mi vawlei pakhat a hun chuahnak ding ci minung dihlak i a sang bik ruahchannak a si tiah thanh a si cang caah siseh,

NawIngeihnak kha hman in duhpoh uknak le namchuk le hremnak hna kha minung nih a hnu bik lam ah hmang in ral thawhnka tiang a chuah lonak ding ah nuhriin covo kha upadi nawIngeihnak in khampiak hrimhrim a herhh caah siseh,

Ram khat le ram khat i dawhria tein i pehtlaihnak a ṭhanchonak kha fehter ding ah aherh hrimhrim caah siseh,

Ramkip Komh (United Nations) chungtel rami hna nih a hrampi nuhrin covo, minung limhang le man ngeihnak, nu le pa tlukrual tein phunghram ah sehter a si ðhan i a kau deuh mi zalonnak chung ah zatlang nun ðhanchonak ding le minung nun ning a ðhat deuhnak kha hmuitinh a si cang caah siseh,

Ramkip Komh (United Nations) chungtel ram hna cu Ramkip Komh Bu (United Nation) he i komh in nuhrin covo le a hrampi zalonnak hna kha vawlei pumpi dihlak nih fak deuh in upat, zulh le hman ding in biakam cia a si cang caah siseh,

Cu nuhrin covo le zalonnak hmunkhat tein hngalh cu hi biakamnak tling khitkhet in zulhnak ding ah a biapi bik a si caah siseh,

Cu caah

Zapi Tonpumnak (General Assembly) nih a thanh mi cu “Hi Vawlei Pumpi Nuhrin Covo Cathanh” hi a si

Mikip, bukip nih hi Cathanh hi i cinken zungzal in vawlei pumpi dihlak ah cu covo le zalonnak hna kha cawnpiak le hngalhter i zuam ding ah siseh, Ramkip Komh Bu (United Nations) chungtel ram le cu ram nih a uk mi peng le ram chung mi hna nih cu covo le zalonnak hna kha kaupi in an hngalh an zulh nakhnga chungtel ram dot le ramkip dot ah a ðhangcho mi lam in ðuan le thachuah cio ding kha i tinh in ramkip mikip nih teinak an hmuh nakhnga mikip zohchun awk pakhat a si tiah zapi tonpumnak (General Assembly) nih hi Vawlei Pumpi Nuhrin Covo Cathanh hi atu ah a chuah.

Article 1

Minung vialte hi zalong tein hrin an si i limhang le covo aa tluk tein an ngei dih. Khuaruah thiamnak le chiaþa thleidan thiamnak kha an i chuahkehpi cio mi a si caah u le nau lungput in pakhat le pakhat an i pehtlaih awk a si.

Article 2

Hi Cathanh chung i a um mi covo le zalennak vialte hi phun, muici, nu le pa, holh, biaknak, ramkhel iseh a dang ruahnak lei siseh, rami phun siseh, zatlang thawhkehnak, chaw le va, hrinsornak siseh, a dang sining ti mi hna zeibantuk thleidannak hmanh um lo in mikip nih an tinco dih. Cu pin ah mi pakhat a umnak ram le peng cu a luat mi UNO zohkhenh mi, mahte aa uk lo mi, a sang bik uknak tang ah a um tiah rikhiah mi a si zong ah ramkhel, nawlgeihnak, ram khat le ram khat an sining hna kha i cherhchan in thleidannak zehmanh tuah lo ding.

Article 3

Mikip nih takpum nunnak, luatnak le humhimnak covo an ngei.

Article 4

Ahohmanh sal ah siseh, sinum ah siseh tlaih si hlah seh, sal zuat le sal chawleh cu zeibantuk muisam hmanh a si ah khamh siseh.

Article 5

Ahohmanh hrem si hlah seh; zohchia, minung phung lo le limhang zor lak in tuahto le dantat si hlah seh.

Article 6

Mikip nih upadi hmai ah minung pakhat a si tiah khua zehmun poh ah theihhngalh piaknak covo an ngei.

Article 7

Upadi hmai ah mi vialte an i tluk dih i thlendannak zehmanh um lo in upadi huhphenhnak i thluk cio tein hmuhnak nawl an ngei. Hi thawngthanhnak a buar mi thleidannak le cu bantuk thleidannak forhfialnak chung in huhphenhnak kha tlukrual tein hmuh khawhnak nawl an ngei.

Article 8

Ram uknak phunghram nih siseh, upadi nih siseh, a pek mi hrampi covo a buar mi tuahsernak chung in ngawIngeitu biaceihnak zung nih luatternak covo mikip nih an ngeih.

Article 9

Ahohmanh biaceih lo in tlaihkhih, thongthlak asiloah ramchung in thawl si hlah seh.

Article 10

Mikip nih amah covo le rian ah sual an puhnak ruang i biaceih a si tik ah a luat mi le hmai a zoh lo mi biaceih zung nih mizapi hmai ah ding tein biaceihpiaknak nawl i tluk khitkhet tein a ngei.

Article 11

1. Sualnak pakhat khat in tazacuai a si mi mikip nih mizapi hmai biaceihnak ah upadi ning in a soal tiah biakhiah a si hlan lo poh cu ka soal lo tiah ruahnak nawl a ngei i cu biaceihnak ahcun aa runven nakding ah a herh mi aamakhannak dihlak a ngei.

2. Sualnak a tuah lio ah ramchung upadi ning in siseh, ram khat le ram khat upadi ning in siseh, sualnak a si lo mi tuahsernak asiloah tuah tlohnak ruang ah sualphawt si hlah seh. Sualnak a tuah lio caan i hman mi dantatnak nakin a fak deuh in dantat si hlah seh.

Article 12

Ahohmanh amah pumpak zalonnak, a chungkhar, a innlo siseh, a calutchuak siseh phung ning loin hnahnawh pek le a limhang le a min thatnak soisel si hlah seh. Mikip nih cu bantuk hnahnawh le soiselnak chung in upadi huhphenhnak covo an ngei.

Article 13

1. Mikip nih an ramri chung cio ah zalong tein thialkam le umnak covo an ngei.

2. Mikip nih amah a ram telhchih in zei ram poh chuahtak le a ram ah kir thannak covo an ngei.

Article 14

1. Mikip nih hremnak intuar ruang ah ramdang kawl le i dornak covo an ngei.

2. Ramkhel lei a si lo mi hremnak siseh, Ramkip Komh (United Nations) nih aa tinh mi le a phungphai he aa kalh mi tuahsernak ruang ah a chuak taktak mi thil a si ahcun hi covo hi hal awk a si lai lo.

Article 15

1. Mikip nih ram pakhatkhat i ram mi sinak covo an ngei.

2. Ahohmanh phungning lo in ram mi a si nak lakpiak si hlah seh. Ram mi a si nak thlen khawhnak covo zong kha kham si hlah seh.

Article 16

1. Kum a tling cang mi pa le nu hna nih miphun, ram mi asiloah biaknak ti mi rikhiahnak um lo in thitvatnak le chungkhar derhnak covo an ngei. An i thitum lio ah siseh, nu le va an si lio ah le an i then tik ah siseh aa tluk tein covo an ngei.

2. Thitumnak cu thitum aa tim mi ngaknu le tlangval hna i lungthote hnatlak cikceknak lawng in tuah a si lai.

3. Chungkhar cu mibupi pakhat i a kokek le a hrampi bute pakhat a si caah minupi le cozah huhphenhnak hmuhnak nawl an ngei.

Article 17

1. Mikip nih anmah lawng in siseh midang he hrawm in siseh chaw le va ngeih khawhnak nawl an ngei.

2. Ahohmanh phung ning loin a chawva chuhlakpiak si hlah seh.

Article 18

Mikip nih zalong tein khuaruahnak, chiaṭha thleidannak le biaknak covo an ngei; hi covo ah hin a biaknak siseh, a zumhnak siseh zalong tein thlennak, amah lawng in siseh, mizapi he i komh in siseh, mizapi hmai ah siseh amah lawng in siseh a biaknak siseh a zumhnak siseh, zalong tein cawnpiaknak, tuahsernak, biaknak le ulhnak in langhternak hna an i tel.

Article 19

Mikip nih zalong tein khuaruahnak le chimphuannak covo a ngei; hi covo ah hin zalong tein le hnahnawhnak um lo tein khuaruahnak le ramri khiahnak um lo in thawng le ruahnak hna kha thawngthanhnak (Media) pakhat khat poh kha hmang in kawlsuat, lak le thanhnak hna zong an i tel.

Article 20

1. Mikip nih zalong tein le dai tein pumhkhawmhak le hawikomhnak covo an ngei.
2. Ahohmanh hawikomhnak bu ah hramhram in telter a si lai lo.

Article 21

1. Mikip nih dengteo in siseh, zalong tein thim mi Palai sinak in siseh, a ram cozah ah tel khawhnak covo an ngei.
2. Mikip nih a ram cozah rianṭuan ding ah aa tluk mi covo an ngei.
3. Cozah nawlŋgeihnak ah mizapi duhnak cu a hrampi a si lai; cu mizapi duhnak cu caanhmante le thiang tein tuah mi thimnak ah langhter a si lai i cu thimnak cu mizapi an i tel mi le aa tluk mi thimfung peknak a si lai i thimfung cu a thli tein peknak in siseh cu bantuk zalong thimfung thlak lam in siseh tuah a si lai.

Article 22

Mizeipoh hi mibupi chung i chungtel pakhat a si ve caah zatlang humhimnak covo a ngeih pin ah cu humhimnak cu ramchung thachuahnak le ramkip he i komhnak in siseh bu le mah cozah cio i an thazang ning in siseh a limhang le zalong tein a ðhancho nakding ah a herh mi chawva, zatlang le nunphung covo ngeihternak nawl an ngei.

Article 23

1. Mikip nih rianþuannak, zalong tein rian thimnak, a ding i aa remcaang mi rian hmunhma hmuh khawhnak le rian ngeih lo nak in huhphenhnak covo an ngei.

2. Mikip nih thleidannak zehmanh um lo in aa tluk mi rian ca ah aa tluk mi thlahlawh hmuhnak covo an ngei.

3. Rian a ðuan mi kip nih amah le a chungkhar hna minung limhang he aa tlak in an nunnak ding ah a ding i aa tlak mi thlahlawh hmuhnak covo a ngeih pin ah a herh ahcun zatlang huhphenhnak lam dang in chapchihnak covo a ngei fawn.

4. Mikip nih a chawva huhphenhnak ding ah rianþuantu bu sernak le i telnak covo an ngei.

Article 24

Mikip nih aa dawhtlak mi rianṭuan caan rikhiah piaknak le thlahlawh he zeimaw caan ah zungkhar ni telhchih in dinhnak le i manhnak covo an ngei.

Article 25

1. Mikip nih rawl, fenh-aih hnipuan, inn le ngandamnak zohkhenhnak le a herh mi zatlang bawmhchanhnak hna telh in amah le a chungkhar ngandam le hngam tein an um khawh nakding ah a zatawk nuncan khuasak khawhnak covo a ngeih pin ah rian ngeih lo nak, zawtfah, pum tlamtlin lo, nuhmei pahmei sinak, tar le amah nih a tuah khawh lo mi khuasak tintuk chanbaunak hna an um sual ahcun humhimnak covo zong an ngei.

2. Hringtu nu sinak le ngakchia sinak nih a hlei in a zohkhenh le bawmhchanhnak nawl a ngei. Ṭhitum in siseh, ṭhitum lo in siseh hrin mi ngakchia vialte zong cu bantuk zatlang huhphenhnak nawl an ngei.

Article 26

1. Mikip nih fimcawnnak covo an ngei. Fimcawnnak cu a lak in a si lai i a tlawmbik taangniam le a hramthawk dot ah a si lai. Taangniam fimcawnnak cu cawn lo khawh lo a si lai. Sehlei le pawcawmnak lei fimthiamnak cu cawn khawh dih a si lai, taang sang deuh fimcawnnak cu cawn khawh dih a si lai; taang sang deuh fimcawnnak zapi in an thiamnak cung ah hngat in cawn khawh a si lai.

2. Fimcawnnak cu minung fimthiamnak tling khitkhet in a ðhancho nakding le nuhrin covo le a hrampi zalonnak hna upta le ðhanchonak hmaithlak in cawnter a si lai. Fimnak nih cun ramkip, phunkip, biaknak bu kip chung ah theihthiamnak, ngaihthiamnak le hawikomhnak a ðhanchoter lai i daihnak a um nakhnga Ramkip Komh (United Nations) a rian ðuannak hna kha a karhchoter lai.

3. Hringtu nu le pa cu an fale pek awk fimnak phun kha thim chungnak covo an ngei.

Article 27

1. Mikip nih mibu a nunphung chung ah zalong tein i teltum, zungmawi (Arts) i nuamhpi le science ðhanchonak le a theipar i hrawm ve nak covo an an ngei.

2. Mikip nih amah fimthiamnak in a chuak mi science lei thil siseh, caholh lei thil in siseh, zungmawi lei thil in siseh a chuak mi minṭhatnak le a santlaihna hna kha huhphenhna covu an ngei.

Article 28

Mikip nih hi thawngthanhna chung i a um mi covu le zalonna a tlam a tlinte kho mi zatlang le ramkip phunglam hmuhna nawl an ngei.

Article 29

1. Mizeipoh hi a umna mibu chung lawng ah amah sining tling tein ṭhanchote khawh a si caah cu mibu cung ah ṭuanvo an ngei.

2. Mah covu le zalonna hna kha hman tik ah mikip nih midang covu le zalonna kha theihhngalh le upatpiak awk ah siseh, Zauk Phung (Democracy) mibu chung ah a ding i a herh mi umtu ziaza, mizapi dai tein umna le ṭhanchonak a pe khotu a si awk ah siseh upadi ning lawng in ṭuanna nawl a ngei.

3. Hi covo le zalonnak hna hi zeithil kong hmanh ah Ramkip Komh (United Nations) i aa tinh mi le a hrampi phungphai he aa kalh in hman lo ding a si.

Article 30

Ram pakhat ca ah siseh, mibu pakhat ca ah siseh, mi pakhat cah ah siseh hi Cathanh chung i a um mi covo le zalonnak hrawhral i tim in thil pakhat khat tuahnak ah i tel ding asiloah mah hrimhrim nih tuahnak nawl a um tiin hi Cathanh chung cafang pakhat kha a sullam ngeihter hlah.

