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## AMC Area Unlock 1.0 (1st - 16th Oct 2021)

**Aizawl, the 1st October 2021 :** Pu Lalnunmawia Chuango, Chairman, State Executive Committee chuan Disaster Management Act, 2005 hnuai Section 22(2)(h) & 24 (l)-in thuneihna a pêk angin a hnuai a mi ang hian ni 03.10.2021 atanga ni 16.10.2021 zanlai dar 12:00 tlenga AMC Area leh Mizoram chhung hmun danga hman tur COVID-19 inkaihhruaina Order chu vawiin 01.10.2021 hian a tichhuak.

### A. AMC AREA CHHUNGA INKAIHHRUAINA

1. Hemi hun chhúng hian loh theih loh thilah lo chuan pawn chhuah leh inlenpawh loh tur a ni. Building khata in hrang hrang lúahte pawh intlawhpawh loh tur a ni.
2. Hemi hun chhunga inkaihhruaina chu a hnuai tarlan ang hian kalpu tur a ni.

Sl. No.	Activities	Kalpu dan tur
1	Zirna In leh Training Institutes	<ol style="list-style-type: none"> <li>1. <u>Zirna in:</u> hawn phal loh.</li> <li>2. <u>Training</u> _____ institut A hmuna leng zat chai (50% seating capacity) It khatin hawn phal a ni.</li> </ol>
Sl. No.	Activities	Kalpu dan tur
2	Board Exam, recruitment exam, adt.	Sawrkar phalna nei tan chauh phal a
3	Sakhaw Biak In leh Inkawm	<ul style="list-style-type: none"> <li>• 1. CAB khauh taka zawm chur Pathianni/ Sabbath ni chhunah E In-a leng zat chanve (50% seat capacity) aia tam lovin Kohh Inkawm pangngai neih phal a r zing leh tlai ṭawngṭai inkha pawh phal a ni.</li> <li>• 2. Kohhran Inkhawmpui chl lamah neih phal a ni.</li> </ul>

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		<p>capacity) emaw mi 200 aia tam (a tlem zawk zawk) tel phal a ni.</p> <ul style="list-style-type: none"> <li>• b) COVID-19 symptoms neite Inkhawmpui-ah hian tel loh tur a</li> <li>• c) CAB khauh taka kenkawh zawm tur a ni. A thlengtu kohhr in LLTF te phungbawma sawi CAB/ SOP Implementation Committee an din ang.</li> <li>• d) Inkhawmpui-ah hian na benvawn nei leh kum upa hrise chak tawh lote a theih chin chii awl ni se.</li> <li>• e) Tlai lam ruai buatsaih loh tu ni.</li> <li>• 3. Inkhawmna-ah te hian zai p a ni lo.</li> </ul>
4	Inneih inkhawm leh Mitthi Vuina	<p>Phal a ni.</p> <p>Inkhawm neihna hmun-a leng chanve (50% seating capacity) emaw 50 aia tam lo (a tlem zawk zawk).</p> <p>Ei leh in sem phal a ni lo.</p>
5	Picnic spot	<p>Hawn phal a ni.</p> <p>CAB uluk taka zawm chungin hawn p a ni. Amaherawhchu, tum khatah mi aia tam punkhawm phal a ni lo.</p>
6	Public park	<p>CAB uluk taka zawm chungin pu park awmna LLTF te phalna-a ha phal a ni.</p>
Sl. No.	Activities	Kalpui dan tur
7	Sports practice (indoor & outdoor)	<p>Phal a ni. Indoor-ah mi 20 aia tam lo outdoor-ah mi 50 aia tam lo.</p> <p>Sports practice-ah COVID-19 symptom nu an tel tur a ni lo.</p>
8	Zing/Tlai walking leh cycling exercise	Phal a ni.
9	Sports inelna, tournament, adt. (indoor & outdoor)	<p>Entu awm lovin phal a ni.</p> <p>Event neihna hmuna leng zat chanve (5 capacity) emaw mi 50 aia tam lo (a tl zawk zawk) tum khata punkhawm phal a</p>
10	Gym	<p>Phal a ni.</p> <p>A hnuaia inkaihhruaina hi khauh ta an zawm tur a ni.</p>



		<p>a ni.</p> <ol style="list-style-type: none"> <li>2. Gym capacity 50% aia tam tum kh workout loh tur a ni.</li> <li>3. Mahni towel, bottle, shaker mamawh thil dangte mahni-a inkен a ni.</li> <li>4. Social distancing zawm tur a ni.</li> <li>5. Gym kal turte chu COVID-19 vaccine dose khat tal la tawh an ni tur a n COVID-19 symptom neite an tel tur a lo.</li> </ol>
11	Mipui punkhawm-anniversary, birthday, adt.	<p>Punkhawmna tur veng LLTF te remtihna tan phal a ni.</p> <p>Punkhawmna hmuna leng zat chanve (5 seating capacity) emaw mi 50 aia tam lo tlem zawk zawk).</p> <p>Ruai buatsaih phal a ni lo.</p>
12	A huhova pawn chhuah (Lui kal, trekking, hiking, adventure sports, adt.)	CAB uluk taka zawm chungin a huhova 20 aia tam lo tan phal a ni.
13	Construction works (mimal, leh sawrkar hnathawh)	CAB uluk taka zawm chungin hawn pha ni.
Sl. No.	Activities	Kalpui dan tur
14	MGNREGA, MPLAD, MLALAD, SIPMIU, Smart City	CAB uluk taka zawm chawn phal a ni.
15	Quarry, kawng laih, lei dawh, adt.	Phal a ni.
16	Huan, lo, sangha dil, ran vulh, adt.	Phal a ni.
17	Hospital, nursing home, clinic, laboratory, Blood donation leh blood bank	Phal a ni.
18	Child and women helpline service, OST center, OSC, ART centre	Phal a ni.
19	Nau pai, nausen pawmlai leh naupang te hnena nutrition (chaw tha) sem bakah nutrition sem tur godown atanga phurh chhuah leh sem darh	Phal a ni.
20	COVID-19 vaccination leh immunization programme dangte,	Phal a ni.

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	veterinary hospital, dispensary, clinic, AI, Zoo, hatchery, Feed mill/Ran chaw leh Slaughter House	
22	Bank, Non-banking financial institutions, insurance, ATM, post office leh postal services	Phal a ni.
23	Petrol/Diesel filling station leh LPG distribution/ godown	Phal a ni.
24	Dawr bungrua leh zawrh thil dahkhawmna/godown	Phal a ni.
25	1. FCS&CA Department/FCI hnuia godown	1. Phal a ni.
	1. Fair Price Shop (ration dawr)	1. FSP (ration dawr) te LLTF ten ruahmann siam angin hawn ang.
26	Bawngnute sem leh lakkhawm, chanchinbu sem	Phal a ni.
Sl. No.	Activities	Kalpui dan tur
27	Private security service	Phal a ni.
28	Print & electronic media, telecommunication, internet service, broadcasting leh cable service	Phal a ni.
29	Sanitation & solid waste management (hmunphiat leh bawlhhlawh paih te huamin), septic tank service (ek paih)	Phal a ni.
30	PWD, P&E leh PHE hnuia operation & maintenance hna leh mimal tui chawite	Phal a ni.
31	Bungraw load leh unload hna	Phal a ni. Zan Curfew hun chhun DC-in ruahmannna a angin.
32	Kawng laka lirthei chhia siamtute. (Hei hian automobile dealer leh workshop hnathawkte a huam ang).	Phal a ni.
33	Courier service, e-commerce leh home delivery. State pawn leh State	Phal a ni.

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	hmanga order lawk sa te pek (home delivery) leh e-commerce	beisei an ni.
34	Ina thil siam (home based industry) - carpentry, steel fabrication, bakery, puan thui, puan tahna, adt.	Phal a ni.
35	Damdawi Dawr	Hawn phal a ni.
36	Hawkers stall	Hawn phal a ni. Zing dar 5:00 leh tlai dar 6:00 inkarah hawn theih a ni ang.
37	Thlai chi/ thlai tiak leh Agriculture/ Horticulture kaihhnawih bungraw zawrhna	<b>Hawn phal a ni.</b>
Sl. No.	Activities	Kalpui dan tur
38	Tourist Lodge, Hotel, Homestay leh khualbuk dangte	Hawn phal a ni.
39	Restaurants	Hawn phal a ni. A hmuna leng zat chanve (5 seating capacity) chin phal a ni.
40	Eichawp dawr	Hawn phal a ni. Zing dar 5:00 leh tlai dar 6:00 inka hawn theih a ni ang.
41	Bazar leh Dawr	Hawn phal a ni. Zing dar 5:00 leh tlai dar 6:00 inka hawn theih a ni ang.
42	Mizoram Sawrkar Office-te	A pangngaia kal tur a ni.
43	Office dangte	1. Mizoram Legislative Assembly Secretariat chuan an kal dan an ruahman ang. 2. Central Sawrkar office te chuan pangngaiin an kal ang.
44	Court leh Judiciary	Gauhati High Court (Aizawl Bench) a hnuaiia Court te chu High Court ruahmanna a siam angin an kal ang.
45	Kohhran/sakhaw hrang office	A pangngaiin an kal thei ang.
46	Private company/ office -	A pangngaiin an kal thei ang.

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Lirtnei tian dan

Sawrkarien iuimal Lirtnei (two wheeler), Public Transport Vehicle (Bus, Taxi, 2-wheeler taxi leh adt.) Bungraw phur motor in tlân chhâ dan tur SP (Traffic)-in a ruahman ar

 

A chunga activity tarlan-ah te khian Covid Appropriate Behaviour (CAB) uluk taka zawm tur a ni a, dawr/sumdawnna hmun/commercial vehicle, adt-a thawk te hi a theih chin chinah Covid vaccine dose khat tal la tawh an ni tur a ni.

### 1. AMC AREA PAWN INKAIHHRUAINA

1. Mizoram hmun dangah chuan Deputy Commissioner (DC) ten an District chhunga COVID-19 hri len dan dinhmun azirin inkaihhruaina an siam ang.

### 2. Zirna in hawn chungchang

COVID-19 active case awm lohna veng/khua-ah te chuan Deputy Commissioner (DC)-in District level-a H&FW Department/School Education Department/ H&TE Department/ Social Welfare Department (WCD) hotute leh VLTF te berawnin zirna in (educational institutions) an hawng thei ang a, a concerned Department ten inkaihhruaina (SOP) an siam angin an kal ang.

### 3. Sakhaw Biak In-a inkhawm leh Inkawmpui chungchang

1. CAB khauh taka zawm chungin Pathianni/ Sabbath ni chhunah Biak In-a leng zat chanve (50% seating capacity) aia tam lovin Kohhran Inkawm pangngai neih phal a ni a, zing leh tlai țawngtai inkhawm pawh phal a ni.
2. Kohhran Inkawmpui chhun lamah neih phal a ni.
3. Inkawmpui neihna hmun Biak In-a leng zat chanve (50% seating capacity) emaw mi 200 aia tam lo (a tlem zawk zawk) tel phal a ni.
4. COVID-19 symptoms neite chu Inkawmpui-ah hian tel loh tur a ni.
5. CAB khauh taka kenkawh leh zawm tur a ni. A thlengtu kohhran-in VLTF te phungbawma sawmin CAB/ SOP Implementation Committee an din ang.
6. Inkawmpui-ah hian natna benvawn nei leh kum upa hriselna chak tawh lote a theih chin chinah awl ni se.

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## 1. MIZORAM PUMA HMAN TUR INKHUAHKHIRHNA DANGTE

### 1. Vaccination

Mipui vantlang kan lo him zawk nan COVID-19 vaccine la la lo zawng zawngte chu Sawkar-in a thlawnna vaccine lakna a ruatah te a hma thei ang bera vaccine la tura ngen leh beisei an ni.

### 2. Zin veivah chungchang

- a) Tul bikah chuan zin veivah phal a ni. Zin veivah nan hian mimal lirthei leh passenger phur lirthei (commercial passenger vehicle) te hman phal a ni.
- b) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo. Lirthei khalhtute leh an phurh ten mask/ hmai tuamna an vuah vek tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni.

### 3. Veng/Khaw Bil Inkhuahkhirhna

1. He order/inkaihhruaina-in a huam baka veng/khaw bil bik tana inkhuahkhirhna khauh zawk neih tul tihna a awm chuan, a chhan leh vang chiang taka ziakin LLTF/VLTF ten an awmna District Deputy Commissioner hnenah rawtna an siam thei ang.
2. LLTF/VLTF ten he Order-in a siam bak pelin anmahni thuin veng/ khaw bil inkhuahkhirhna hrarpa curfew/ lockdown/ Containment Area/ Restricted Area an puang tur a ni lo.
3. Kawngpuiin a paltlang khua/veng ten an khaw/veng kaltlanga khaw/veng danga kal tur zin veivak te leh an lirthei an dang tur a ni lo.

### 4. Bungraw Chawkluh Leh State chhunga Thiar Chungchang

1. State pawn aṭanga bungraw lakluh nan phalna hrarpa lak ngai lovin lakluh theih a ni ang. Amaherawhchu, mCOVID-19-ah an in-register vek tur a ni.
2. Bungraw lak luh phurtute (driver leh handyman) hi entry point-ah uluk takin screening kalpui chhunzawm a ni ang. Bungraw phur motor-ah reng reng hian midang (passenger) an chuang tur a ni lo.
3. State pawn aṭanga bungraw lak luh phurtu (driver leh handyman) te chu an kalphung pangngai angin khaw dāiah anmahniin eirawng an inbawl ang a, khaw chhungah midang nen inchiahpiah lovin an bungrua an unload zawh veleh an let leh nghal ang. An bungrua unload chhung hian midang te aṭanga feet ruk (6) tala hla-ah an awm tur a ni.

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a ni lo.

5. AMC Area pawnah chuan Mizoram-a bungraw awmsa emaw siam chhuah/tharte thiar chungchangah inkhuahkhirhna a awm lovang.
  
1. Public Distribution System (PDS) hnuiai ration dawr/retailer-a pek chhuah tur buhfai, chini leh khawnvartui phur motor te chu FCS&CA Department in Delivery Order/Despatch Challan a pek chhuah, la nung mek an ken chuan phalna hrarpa ngai lovin Mizoram chhungah bungrua an thiar thei ang.
2. A chunga tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2342520, mobile 7628072785 leh whatsapp 9366331931) leh COVID-19 (Medical) helpline number (Toll free 102, landline 0389-2323336, 0389- 2322336 leh 0389-2318336)-ah telephone-in an harsatnate an thlen thei ang.
3. Covid-19 hri laka kan himna tur atan mitin hian tih tur pawimawh tak kan nei theuh va. Chung tih tur leh zawm tur COVID Appropriate Behaviour (CAB) te chu **Annexure-I** ah tarlan a ni a, mitinin zawm theuh tur a ni.
4. District Magistrate ten zan curfew (**8:00 PM** to 4:00 AM) an puang ang a, CrPC Section 144 hmangin Order an chhuah ang.
5. Mizorama lo luh, quarantine, adt. chungchanga inkaihruaina chu **Annexure-II** ah tarlan a ni.
6. **State Level Expert Team on COVID-19 Management-in a rawt angin mipui nghawng tam lo thei ang berin Deputy Commissioner ten an District chhungah Micro Containment Zone emaw inkhuahkhirhna dang a țul dan azirin colony/ building/ apartment chauh huamin an puang thei ang a, Micro Containment Zone emaw inkhuahkhirhna dang emaw puanah te chuan Deputy Commissioner-in thupek a siamte khauh taka zawm tur a ni.**
7. He thupek zawm lote chu Disaster Management Act, 2005, Section 51 atanga 60 leh the Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020 leh IPC Section 188 hmangin hrem theih an ni.

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**Attachment:**

 MENU**mCOVID-19****BACK****GOVERNMENT OF MIZORAM DEVELOPED BY**

Stay Home. Keep Social Distance.Mizoram State e-Governance Society  
(A Government of Mizoram Undertaking)