

KI KAM JNGOHKAI PYRTHEI

Hato ka tдем duma ka ktah ia ki thied snam jong ki khyllung

La bun bun sien ki stad wad bniah ki la ong ba ym tang kito kiba dih duma ki don jingma na ki jingshitom hynrei wat kito ki brierw bym dih duma hynrei kiba ioh ban ring mynsiem ia ka tдем duma jong kiwei ruh ki don na ka jingma kaba khraw. Ia u duma la niew ruh ba u don jingiaidei bad kiba bun ki jait jingpang, naduh ki jingpang klongsnam haduh jingpang bampong. Ha kane ka sien kaba mynta, ki stad wad bniah ki la ong ba ka jingioh ring mynsiem ia ka tдем duma jong kiwei ka lah ban wanrah ia ka jingthut ne jingsniew treikam ba neh slem ha ki thied snam jong ki khyllung khyunnah, ha kaba pnyntymmen klo khlem pat dei por ia ki tyndong snam jong ki da kumba palat lai snem. Ka jingktah ne jingpynsnew-naduh kaba pynrben ia ki kynroh jong ki tyndong snam-ka kyntiew ia ka jingma na ki jingshitom heart attack bad stroke ha ka jingim kaba hadien habud jong ki, ki la ong ha ka European Heart Journal.

Ha ka jingwad bniah jong ki ia palat 2,000 ngut ki khyunnah ba ha ka rta lai haduh 18 snem, ka jingma ka mih lada baroh lang ka kmie bad u kpa ki doh duma.



Ki stad ki la ong ba ym shym don kano kano ka bynta ne lad jong ka jingshngaiñ na kaba ioh ring ia ka tдем duma jong kiwei. Kane ka jingwad bniah ka la jam shuh shuh kham shakhmat bad pyni ba kane ka jingioh ring tдем duma ka lah ban wanrah ia ka jingthut ne jingsniew bym lah satia ban pynkhiah ha ki tyndong snam jong ki

khyunnah kaba kyntiew ia ka jingma jong ki na ki jingshitom ba ktah ia u klongsnam hadien habud. Ka jingwad bniah, ia kaba la pynlong hapoh Finland bad Australia, la iohi ba ka pynpaw ia kita ki jingktah ia ka met ka phad ha ka jingheh jingsan ha kito ki iing ba dap da ka tдем duma-wat la ka long kaba ym lah satia ban pynthikna la kiwei kiwei pat ki daw ruh ki don bynta na ka bynta kane.

Ki jingleh ultrasound scan ki la pyni ia ki khyunnah kiba ki kmie ki kpa jong ki baroh ar ngut ki dih duma ba ki don kita ki jingkylla ha ki kynroh jong u tyndong snam ba kongsan ba iaiaid lyngba na ryndang haduh khlieh. Katba kita ki jingiapher ha kata ka jingrben jong ki carotid intima-media ka long ka bym da heh haduh katta katta, hynrei ki long kiba lah ban lap kumba 20 snem hadien haba ki khyunnah ki la kot ia ka jinglong rangbah ne samla, ong ki nongtohit.

Ka nongthoh ia kane ka jingwad bniah, Dr Seana Gall, na ka University of Tasmania, ka la ong "ka jingwad bniah jong ngi ka pyni ba ka jingioh ban ring ia ka tдем duma jong kiwei ha ka por ba dang rit ka wanrah ia ka jingktah ne jingthut bym lah ban pynkylla ha ka rukom wandur jong ki thied snam. Ki kmie ki kpa lane wat kito kiba pyrkhat na ka bynta ban ioh khun, ki dei ban kein noh ia ka jingdih duma. Kane ym tang ba kan wanrah biang ia ka koit ka khiah jong ki hi hynrei kan iada ruh ia ka koit ka khiah jong ki khun jong ki ha ka lawei". Kine ki jingshem ki lum jingkhieñ halor kiwei kiwei pat ki daw kiba lah lehse ban batai halor kane ka jingdon jingiaidei, kum- la ki khyunnah ki leit hi dalade shajan jong ki nongdih duma, tangba kine ki jingshem ki neh kumjuh khlem kylla. Tangba, lada tang iwei napdeng ka kmie ne u kpa ki dih duma ia kane ka jingktah ym shym la iohi-ka lah lehse ban long namar ba ka jingioh ring tдем duma kam da jur palat.

Ka Dr Gall ka la ong "ngi lah ban shu antad ba ka jingmlieñ ban dih duma jongno jongno hapoh iing ba don tang iwei i rangbah ba dih duma ka iapher. Kum ka nuksa, kita ki kmie ne kpa ki lah lehse ban dih duma da kaba mih shabar kham jngai na ka longiing, kumta ka pyniduna ia ka jingioh ban ring ia ka tдем duma. Tangba, ngim shym don ia kum kane ka jinglum jingkhieñ, kane ka dei tang ka jingbatai antad". Khlem da niew tang, ki stad ki la ong ba ia baroh ki khyunnah dei ban iada na ka second-hand smoke ne ka tдем duma ba dih kiwei.

Ka tдем duma ka lah ban neh ha ka lyer haduh kumba ar kynta shiteng ei ei wat lada plie jingkhang iit. Ka lah ban don hangta wat lada phim iohi ne sma ia ka. Kane ka tдем duma ba la pynmih da ki nongdih duma ka don palat ia ka 4,000 jait ki dawai, katto katne na ki la tip ba ki thaw ia ka cancer. Ki khyunnah ba ioh ring ia ka tдем duma kiwei ki don ka jingma kaba khraw na ka jingpang sahiaw bad jyrroh bad suh khriat, kumjuh ruh ka jingiap kynsan ha jynthiah, meningitis bad ki jingshitom ba ktah ia ki shkro: Ka Doireann Maddock, kaba long ka senior cardiac nurse ha ka British Heart Foundation, ka la ong "Ia kita ki jingktah jong ka tдем duma ia ka koit ka khiah la tip bha, tangba kane ka jingwad bniah ka jam kham shakhmat bad pyni ba ka lah ban ktah bad pynsnew khlem ia ki thied snam jong ki khyllung khlem da lah ban pynkhiah bad kyntiew ia ka jingma na ki jingshitom klongsnam ha ka jingim kaba hadien habud.

TYNGSHOP & PURON

Kum u snar dakaid u Bobby Deol ha ka phlim thymmai bad ka Alia Bhatt

UBobby Deol, uba la pynshoh bieñ ia kiba bun ki nongpeit kai lyngba ka phlim ba thymmai 'Animal' kum dakaid Abrar Haque bad u thmu ban shim biang ka bynta kum u riew dakaid ha ka phlim thymmai bad ka



puron Alia Bhatt jong ka karkhna pynmih phlim Yash Raj Films. "Ka jingdon bynta u Bobby Deol ha ka YRF Spy Universe kan lah ban khriang bha ia ki riew ieit phlim, ha kaa ka phlim u Bobby kum u runar u long u nongshun ban pynjot thiw ia ki kam babha jong Alia Bhatt ha, kaba pyni shynna ba u nongshun u jop pyrkhat ia ka jingbha, ong u Aditya Chopra.

Ha kane ka phlim ba thymmai ka kynhun kam pat shyem la lah ban ai ia ka kyrteng ba thikna bad ki la ong, yn sa pynbna ia ka kyrteng ba thikna jong ka ka phlim hadien ba lakhmih bishar kaba bniah. Ka phlim ban wan jong u Bobby bad ka Alia kan long ka phlim kaba 7 jong ka YRF Spy Universe hadien ka 'Ek Tha Tiger', 'Tiger Zinda Hai', 'War', 'Pathaan', 'Tiger 3' bad 'War 2'.



Ki heh nongialam ka seng Congress halor ka khajna

"Ym lehdonbor halor ka T 3,500 klur" ka khajna: ong ka Tax ia ka Congress

New Delhi, Lber: Ha ka jingioh jingmab ka jingkmien kaba khraw ia ka Congress ha ka jingpynkhreh shakhmat ia ka elekshon Lok Sabha, ka tnat lum khana jong ka sorkar Pdeng ha ka iathuh hakmat ka Supreme Court hynne ka sngi ba kam shym la don satia kano kano ka jingshim khia pyrkhat politik ia kano kano ka seng liangpyrshah kum ka seng Congress ha kaba iadei bad ka psia palat T 3,500 klur jong kane ka seng, hynrei ka dei ka kamram bad ka hok jong ka tnat lum khajna kaba shonghok ban ioh lum ia ka khajna bakane ka seng ka la leh thok lum thok da kaba kiar ia ki kyndon siew khajna.

Ka jinglum kajna ka long salonsar ia baroh ki nongsiew khajna, ym kano kano ka jingshimkhia pynidkam lehdonbor pyrkhat ia kano kano ak seng liangpyrshah ne kano kano ka kynhun lane iano iano ruh ki riew shimet nongsiew khajna. Ha kaba iadei ba kane ka mat, ka iingbhar ka la ong ba kan sa khmih bisahr biang ha ka 24 tarik banwan jong u bnai Naitung. Ka Congress ka la pynsngew sha ka Supreme Court hadien ba ka la ioh pdiang ia ki notices na ka tnat Income Tax, ha ka jingkhmih ia ki jingsiew ia ki khajna na ka pisa na ka jingdon jingiohlum pisa kaba la kor baroh T 3,567 klur. Kane ka seng sañi-pyrthei liangpyrshah ka la

kynnoh ba ka seng liangpyrshah na BJP ka dei ka "tax terrorism" bvad la kynnoh ba ka sinjam jingshimkhia jong ka Income Tax department ka long kum ka jingpyrkhat ban khanglad ia ka seng ha kaba iadei bad ki jingdonkam pisa ha ki jinglut jingsep ha ka jingpynkhreh shakhmat ia ki elekshon.

Ka seng ka la ong ba kane ka long kawei na ki jingpynthut jingkhanglad ia ki jingiam lynti na bynta ki ki elekshon bad ka la kyntu jur ia ka Election Commission ba kan tuklar lem halor kane ka mat.

Dang shen, ki bor ba halor jong ka tnat lumkhajna ki la iathuh ba la dep sei kumba T 135 klur ka seng Congress na ki account jong ka khlem da siew biangpor ia ki khajna ha ki snem ba la dep bad kane ka pyni ba ka liaid lait bad kiar ia ki jingsiew khajna.

Haba kane ka case ka la poi sha ka Supreme Court u nongbhar ba la ialam da u Justice BV Nagarathna hynne ka sngi, u Solicitor General Tushar Mehta u la ong, ka central agency kam shym la shimkhia leh donbor iano iano ruh la ka long pyrkhat ia ka seng liangpyrshah jong ka Congress ha kum kane ka por jingpynkhreh ia ki elekshon, hynrei ka dei ka kamram bad ka hok jong ka tnat Lum khajna ban iohlum ia ka khajna ba ka seng

ne kano kano ka kynhun ne riew shimet nongsiew khajna kim shym la siew satia ia ka khana bad lehthok iaiaid lait ia ki kyndon siew khajna.

"Ki bor ba halor jongka tnat lum khajna ki la dep ai lad ba kin jied ban siew shuwa 20 per cent ha u snem 2024, kaba long T 135 klur ka khajna ban crore ban pynlah ia ka Congress ba kan siew suki suki ia ka jingdawa khajna ba T 1,700 klur. Namarkata, lada ka kam don ka jingjied ban dang shen shuwa khyndiat ia ka khajna ki kyndon ka aiñ kim shah bans ei pyndonkam pisa bad ka jingsei ba dang shen T 135 klur ka long kaba be-aiñ. Namarkata, lada ka kam don ka jingleh donbor bad ym shym la shimkhia leh donbor hynrei ka dei ka kamram bad ka hok ka tnat lum khajna ba kan dei ban ioh ia ka bhah khajna ym ka jingleh donbor.

Haba mihkhamat ia ka Congress ha iingbhar, u Senior Advocate Abhishek Singhvi u la ong, ka tnat sorkar Pdeng ka la dep lum T 135 klur da ki jingpyniashnoh ia ki nongkynti "Ngim shym la dei ka kynhun ioh-hon, hynrei tang ka seng sañi-pyrthei."

Pyniap u kpa dakaid ia ka kurim bad ar ngut ki khun



Ka heprit Manvi kaba la khald noh hadien ba la bam lehkmien ia u cake Birthday

Lucknow, Iaiiong: U rangbah ba 32 snem uba long ruh u longkmie jong ki ar ngut ki khun, u la leh ia ki kam bymman ba shyrkhei pyrkhat ia ki dkhot ka iing ka sem ha kaba u la kshih iap ia la ka jong ka tnga hakhamt ka jingsakhi ki khun bad u la pyniap ruh ia ki ar ngut ki khun ha iing ba ki sah tang shi kamra ha thaini ka nongbah Lucknow bad u la ieh syndet ia ki metiap ha ki lai sngi laimiet ba u sah haduh ba la mih ka jingsma, ong ki pulit hynnin ka sngi.

Une u longkpa dakaid ha ki kam bymman ki kam pyniap brierw la ithuh kyrteng kum u Ram Lagan, katba ka tnga jongu ba u la kshih iap la ithuh kyrteng kum ka Jyoti kaba 30 snem ka rta halor ka jingsuba jong u ba ka don

jingiaieit bad uwei pat u shynrang. Hadien ba u la kshih iap ia ka, u la pyniap ruh ia baroh ar ngut ki khun ba dang rit, ka Payal (ba dang 6 snem) bad u Anand (ba dang 3 snem) ba ka iing sahwai ba tang shi kamra bad ym shym la don mano manor uh ban tip shaphang kane ka kam bymman jong u ban pynitip sha ki pulit.

Kane ka la jia ha ka thaini Saravan Nagar jong ka nognbah Lucknow ba ki sah ha ka dong Bijnor. U Ram Lagan u la iapoikha bad ka Jyoti ha ki 7 snem tam ba la lah. La mih ka jingsuba sniew jong u la ia ka jong ka kurim ba ka don jingiaieit bad uwei pat u shynrang. Kane ka jingsuba sniew ka la ialam ia u sha ka jingiaikynad ba jurbha

man ka por bad shaduh u pud jong ka jingshim jyndat ia ka jingim jongka. Kane ka jingjia ba sngewtriem ka la jia ha ka 28 tarik u lber;" ong u TS Singh, u Deputy Commissioner of Police (South).

La die lilam ia ka jaiñphong jong ka Princess Diana ha California

Ka jaiñ phong rong jngum bad rong iong ba la phong da ka Princess diana ha ki snem 1980 khlieh, la lah ban die lilam haduh 11 shah ban ia ka dor ba la buh ban die ha ka jaka die lilam kaba don ha California. Ka Julien's Auction kaba don ha Beverly Hills kaba pyniaid ia ka iew die lilam ka la pynitip ba la lah ban die haduh 11 lak 43 hajar US Dollar.

Ka Princess Diana ka la phong ia kane ka jaiñ, kaba la thaini da ki khlar ha Florence, Italy ha Iaiiong 1985, bad kumjuh ha Vancouver, Canada ha u Jymmang 1986.

Khubor ba kham phylla

Ka khun dkhooh ba rieh ha u dieng Khristmas hapoh iing ha US



Kawei ka longiing ha United States ka la kyndit ban lap ia i khun Dkhooh iba rieh hapoh ki tnat jong u dieng Khristmas uba don hapoh ka iing jong ki. Katkum ka Sky News, kawei ka longiing ha Kentucky ki la pynkhreh pynkhruh ia u dieng Khristmas hapoh iing lah 4 sngi mynta. Ia itei ki khun sim la lap da u nongpynkhuid iing u Bob Hayes uba la iohi ia ki tnat dieng kiba khieh. Katei ka longiing ka la ong ba itei i khun dkhooh i la rieh hapoh utei u dieng khlem don ba iohi namar ba ka rong jong i ka ialong kumjuh bad ki tnat dieng.

"Nga don lai tylli ki kdew. Ngi pyndonkam ia kane ka kamra khlem sangeh, ngi ia peit TV, ka kamra shet ruh ka don mar syndah, ym ju iohi dak ei ei," ong ka Michele White. Ka la pynitip ba u Hayes, uba dei u trai jong ka Magic Carpet Cleaning, u la don ha ka iing jong ki ha ka por ba ym don brierw hapoh iing, ba u la iohi ia itei i sim kumta u la shondur bad phah sha ka White. "Nga la kyndit. Ngam nang ong ei ei shuh shiphang," ka la ong.

Katkum ka Fox News, ka White ka la ong ba ha kaba nyingkong ka dang pyrkhat ba u Hayes u la shu leh kai bad ka sim kaba la iap. Hadien u Hayes u la ioh ban shim noh ia ita i khun shim Dkhooh na u dieng Khristmas bad buh ha iwei i dieng lyngkhot.

Rakhe dap 30 snem ka rta ka brierw kaba lyngkot tam ha ka pyrthei



Ka Jyoti Amge, ka brierw ba lyngkot tam ha ka pyrthei, dang shen ka la rakhe ia ka sngi kha ba 30 snem jong ka. Katkum ka Guinness World Records (GWR), ka Jyoti ka don tang 62.8 cm ka jingirong bad la kha ia ka ha ka 6 tarik u Nohprah, 1993. Ka la ong ba ka jingaisngewbha kaba bes tam ba ka la ioh pdiang ka dei ha ka sngi ba ka dap 18 snem ka rta, ha kaba ka kynhun jong ka GWR ki la wan kyndit ha ka iing jong ngi ban pynbna paidbah ia ka kum ka brierw kaba lyngkot tam ha ka pyrthei. Ka website jong ka Jyoti ka la pynbna ba ka Jyoti ka la iashimbynta ha ka samoi kaba saw jong ka "American Horror Story: Freak Show" ha u Nailar 2014.

Haba kren halor ka jingrakhe sngi kha jong ka, ka Jyoti, kaba dei na ka shmong Nagpur, ka la iathuh ba ka la don ka sien ba ka la ioh da u Cake uba kat ka ryñieng jong ka hi: "U Cake sngi kha ba jrong kat ka ryñieng jong nga, la ai sngewbha da ki paralok jong nga na Amerika," ka la ong ha ka GWR. Ka Jyoti ka la ioh ruh ia ka lad ka kabi ban shang kai sha kiba bun ki ri naduh ba ka la jop ia World Record.

Ha u snem 2012, ka la iaikynduh markhamat bad u brierw uba lyngkot tam ha ka pyrthei, u Chandra Bahadur Dangi ha London. U don 54.6 cm (21.5 in), u Dangi u dei u rangbah brierw uba nyingkong eh ban kham lyngkot ryñieng ia ka Jyoti, ia kaba ka Jyoti kam pat ju iaikynduh brierw mymno mymno. U dangi u la khald noh ha u snem 2015.

