

Na ka pynthor ktieh sha ka madan ialehkai, pynkylla ki ar ngut ki samla



U Bah Jesland Roy Nongsiej u ba khap ia u ribbon dang plie paidbah ia ka madan Futsal ba la shna da ki ar ngut ki samla ba la buh kyrteng K&K Football Arena ha Shnong Nonglang. (Dur : Mawphor)

Mawkyrwat, Iaiiong 01: Kum shibynta ban kyntiew ia ka kam ialehkai hapoh jong ka South West Khasi Hills District, ha ka 30 tarik u Lber, 2024 la plie paidbah ia ka K&K Football Arena kawe i na ki madan jingialehkai Futsal ha Shnong Nonglang, South West Khasi Hills District ha kaba u bah Jesland Roy Nongsiej u la long kum u kongsan.

Ia kane ka madan ialehkai la pyntrai da ki ar ngut ki samla kiba la buh ia ka kyrteng 'K&K' ha ka jingmang pisa kaba 50 lak ei ba bad la plie paidbah da u bah Jesland Roy Nongsiej kum u kongsan ryngkat ka

jingiadon lang u bah P. Wanniang kum u symbud kongsan. Shuh shuh ia kane ka madan la ai kyrteng K&K Football Arena kaba mut 'Ken & Ki' ha ka jingsien kyrteng bad kiba ka kyrteng pura jong ki ka long u Cannyson Nikton Marbaniang bad u B a n s h a n b o k l a n g Khardeaws kiba long ruh ha kajuh ka por k um ki trai jong ka madan.

U bah Jesland Roy Nongsiej haba kren kum u kongsan u la pynpaw ka jingaihubei na ka bynta ki ar ngut ki samla jong ka dong ka thain kiba la buh da ka kyrteng "K&K" kiba la

don shisha ia ka jingiohi jngai ban leh ei ei na ka bynta ka jingmyntoi jong ki nongialehkai khamtam eh ka ban long ruh ka jingaimynsiem ruh wa ia kito ki rangbah kiba la sdang ban noh ka met ba kin ioh biang ka lad ka lynti ban ialehkai lyngba ka jingshna jong ki samla ia ka madan ialehkai Futsal.

Shuh shuh u la ong ruh ba kine ki ar ngut ki "K&K" ki la thaw ruh ia ka history hapoh jong ka South West Khasi Hills District kaba ma ki ki la shna ia kane ka madan ialehkai Futsal ha kane ka jaka kaba hap ha Shnong Nonglang. Namarkata, u la ong ruh ba kum ka sorkar ka

dei ban ai ka jingkyrshan kaba pura ia kum kine ki samla kiba don shisha ka jingthmu ba bha ban kyntiew ia ka dong ka thain lyngba ki bynta bapher bapher katkum ka jinglah jong ki.

"Ha kano kano ka jingjop jong u bried don ka longknie bad kumta ruh ha kano kano ka jingjop jong u khun ne ka khun don ki kpa kiba kyrshan na sha lyndet", pynkymaw u bah Jes bad kumta ruh ha ka jingjop jong ki ar ngut ki "K&K" ka long da shisha ka jingkyrshan ba rad bah jong ki kpa jong ki. U la ong ruh ba lyngba ka jingpyni lynti jong kine ki ar ngut ki "K&K" kan sa

pynpyrkat ruh ia kiwei ki samla kiba la nang la stad bad kiba biang ka kamai ka kajih ba kin leh ei ei ia ka dong ka thain lyngba da kiwei pat ki lad ki lynti kiba khambha.

U don ruh ka jingkyrmen ba lyngba kane ka madan Futsal kan sa long ka jingkyrkhu ia ki khunsamla jong ka dong ka thain bad kham kyrypang ia kito ki samla kiba la sdang ha ki jingmlin kiba sniew namar lada ma ki kin mih shakmat ban wan kilanmet lyngba ki jingialehkai kan sa long kawe i ka lad ba ma ki kin lait na ki jingsniew ba bun jait.

Kiba ia donglang ha kane ka sngi ki long naduh u bah P. Wanniang, General Secretary ka MDSA kum u symbud kongsan, kiba ha iing jong ki ar ngut ki samla kiba la pyntrai ia ka madan, bad ki 'riew rangbah kiba la shah khot sngewbha. Ka jingrwei kyrypang na u samla Valdony Mawlot bad kumjuh ruh ka jingialehkai paralok.

Ia ka jingialang la pyniaid da u bah Downingstar Marweiñ bad ka jingkren khublei na u bah Cannyson Marbaniang.

Yn iaknieh namlahduh ka Rymbai Shkenshyria bad ka Thun FC haka Tournament Pdengshakap



Jowai, Lber 31: Ka lypung ialehkai phutbol kaba la tip da ka 10th Secondary School Football Tournament 2023-24, ba la pynlong daka Dorbar Shnong Pdengshakap, ha kane ka sngi saitiain jong ka taiew bala dep ka la ioh ban pyndep ia ka jingialehkai Semi-Final ba khatduh hapdeng ka YFC Trangblang pyrshah iaka Thun FC, ha kaba ka Thun FC ka la khur ia ka jingjop da 2-1 kol.

Haba phai sha ka jingiakhun, dei ka YFC Trangblang kaba la ioh pynkhihjar nyngkong lyngba u Joseph haka minit ba 40 bad ban lamkham ruh ia ka jingialehkai ha ka kylla step.

Hynrei tang kumba katto katne por ba la ia id ki minit ha ka kylla miet, ka Thun FC kala ioh pynphai lyngba u F. Syndai haka minit kaba 65 shuwa ba u Zaza un thep ia ka

kol pynjop ha ka minit ba 69. Kumta lyngba kane ka namjop ka kynhun Thun FC kala ioh ban buh jaka ialade ha ka final jong kane ka Tournament. Lah ban kdew hangne ba ki kynhun ban iaknieh ia ka namlahduh ha kane ka Tournament ki long hapdeng ka Rymbai Shkenshyria SC bad ka Thun FC.

Naka liang jong ka Tournament Committee Pdengshakap lyngba ka kyrwoh bala phah da u Sports Secretary bah Oriswell Khyriem sa shisien ka khot bad wer lang ia baroh ki pait iet football jong ka thain ban wan sakhilang iakane ka jingialehkai Final.

Ka Cash Award Scheme ka atiar ban pynshlur ia ki nongialehkai

Shillong, Iaiiong 01: Ka tnat Sports & Youth Affairs jong ka sorkar jylla ka la pynbna ba ka Cash Award Scheme na bynta ki nongialehkai Sports (sportsperson) ha u snem 2022 ka long kum ka atiar ban pynshlur ia ki nongialehkai (athlete) bad ki coach kiba la seioh ha ki kyrdan ialehkai jong ki. Naduh ba la pyntrikam, palat 3500 ngut ki nongialehkai sport kumjuh ruh ki coach na ki 30 tylli ki jait jingialehkai (Sporting Discipline) ki la iohpdiang ia kane ka khunsam, ha kaba ka jinglut ka la kot 6 klur.

Ha kaba iadei bad ka jingkynthoh ba la wan na katto katne ki dkhot Associations, na ka liang jong ka Directorate of Sports & Youth Affairs ka la pynbna ba kan iai bteng ban wan jingmyntoi bad lad jingiarap sha ki nongialehkai lyngba kane ka Scheme.

Shuh shuh, na ka liang jong ka Department ka la shimiti ban khmnh bñiah khang ban pynthikna ia kiba dei hok ban ioh khnang ban long kaba ia id beit watla don katto katne ki application kiba la phah sha ka Department. Tang ha u Rymphang



2024, palat 1300 ki khunsam pisa (cash award) ba la kot haduh 2 klur la ioh ban pynlut, kyntup ruh ia ka jingsam khunsam ba dang shen ha ka 14 tarik u Lber, 2024. Kin nang don shuh kum kine ki ryngsan ki ban sa pynbna ha kine ki bnai ban wan na bynta ban pynkup burom ia baroh ki kyrteng

ship Scheme kadei kawe i pat ka atiar kaba ka sorkar ka la shim ban pynshlur ia ki khynnah ialehkai ka jylla Meghalaya. Lyngba kane, la mang 60,000 shi snem (Rs. 5000 shi bnai). Kumba 350 ngut ki nongialehkai Sport ka jylla ki la ioh jingiarap lyngba kane ka Scholarship na bynta u snem 2024-25.

La pynyip ruh ba ki nongialehkai ki lah ruh ban leit phah ia ki application sha ka Directorate of Sports & Youth Affairs lyngba ki kyrteng ba la dep register ha ka Sports Association for training/travel/logistics funding support.

Na ka liang jong ka tnat ba dei khmih ia ka Sport ka kyntu ia ki nongialehkai ki sport bapher bapher kumjuh ruh ki coach jong kiba bun ki sports association ba kin wad jingtip ba kham bñiah bad ban phah ia ki application sha ki ophisar ka association/district sports ban pynthikna ba baroh kin ioh jingiarap lyngba kane ka scheme.

SPL 2023 : Jemkhnep ka Sawmer ha ka Mawlai, khyrwit hat trick u Donlad Diengdoh



Shillong, Iaiiong 01: Ka lahduh jong ka samoi ba ladep ka lypung SSA Shillong Premier League Division, ka Mawlai SC ka iai bteng ban pynpaw ia ka jingkhilaiñbor da kaba pynliem kput ia ka Sawmer SC da 7 - 2 kol ha ka jingialehkai kaba long hynne ka sngi ha SSA Stadium, Polo.

Ha kane ka jingiakhun, u Donlad Diengdoh u la kylla long u namtam da kaba khyrwit lai kol na bynta ka kynhun kaba dei artad ka hat trick kaba ar mynta ka samoi, katba u Fairming Suting-u wei pat u rangialehkai ka Mawlai- u la ioh ban thep ar kol.

la nang ai jingkyrmen ia ka kynhun ban khur ia ka jingjop.

Wat hadien ba ka kynhun ka la kyrmen ban khur pura ia ki lai point hynrei pynban ka la bteng ban pynkhih sa lai tylli ki kol kiba la wan lyngba u Fairming Suting ha ka 73 bad 86 minit nangta na u Kevin Rymbai ha ka 75 minit.

Shuwa ban khylliap ia ka por ka Sawmer SC ka la iohlad ban pynphai shi kol na u Rusel L Nongkynrih ha ka 88 minit, hynrei kane kam shym la lah iarap pyllait ia ka kynhun na ka namrem. Lyngba kane ka namjop ka Mawlai ka shong ha ka kyrdan ba nyngkong ryngkat ki 7 point naki 3 sien iakhun bad kam pat shym la shah rem naba jop ar sien bad iakhaid shi sien, katba ka Sawmer na ki 3 sien iakhun kam pat shym la khur wat tang shi point kaba la pynlong ia ka kynhun ban hiar sha traiduh ka miej.

Mynta ka sngi yn bteng biang ia ka wat balai ka SPL, bad ka jingiakhun kan long hapdeng ka Nangkiew Irat SC pyrshah ia ka Langsning FC ha ka por 3 baje nohphaisngi ha madan SSA Ground, Polo.

Lah ban kdew ba ka jingiakhun ha ka kylla miet ka Mawlai ka la nang iohbor bad dei ha ka minit ba 57 ba u Donlad Diengdoh u la ioh ban thep ia ka hat trick kaba

ba dei khmih ia ka Sport ka kyntu ia ki nongialehkai ki sport bapher bapher kumjuh ruh ki coach jong kiba bun ki sports association ba kin wad jingtip ba kham bñiah bad ban phah ia ki application sha ki ophisar ka association/district sports ban pynthikna ba baroh kin ioh jingiarap lyngba kane ka scheme.

Nalor ka Cash Awards Scheme, ka Sports Scholar-

ship Scheme kadei kawe i pat ka atiar kaba ka sorkar ka la shim ban pynshlur ia ki khynnah ialehkai ka jylla Meghalaya. Lyngba kane, la mang 60,000 shi snem (Rs. 5000 shi bnai). Kumba 350 ngut ki nongialehkai Sport ka jylla ki la ioh jingiarap lyngba kane ka Scholarship na bynta u snem 2024-25.

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KA KLISARIN BA NYLLA TAM
Phi lah ban ioh mynta ka SMOOTH GLYCERIN IP

Ka jingsumar ba pura iaphi ha kane ka tlang

✓ Kan iada ia ka sniehdoh jong phi ha ka por khriat.

✓ Na bynta ka sniehdoh bajem.

✓ Ka jingsumar ba pura ia ki kjat bad khongdong jong phi.

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Ba un long uba san pura tang ha ka 5 bnai da u dawai kuli PIGROW

KI JINGMYNTOI:
* Khleh lang u kuli bad ka jingbam
Te u sniang jongphi un heh arshah

* U PIGROW u don ia ka Vitamin kaba donkam, ka dawai pynbang bam bad ki minirals
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