

SHAPHANG KA KOIT KA KHIAH

Ka calcium kaba donkam ĩa ki shyieng ha ka koit ka khiah

Ka calcium ka dei kaba donkam bha na ka bynta ki jingthaw ba im, kumjuh ruh ĩa u brieve. Ka calcium ka ai ĩa ka met kaba koit ba khiah bad ka long kaba donkam eh khamtam na ka bynta ki shyieng. Ha baroh kawei ka met jong u brieve, kane ka calcium ka don haduh kumba lai pound. Kaba bun na kane ka calcium lah ban shem ha ki shyieng.

Kane ka calcium ka long kaba donkam bha na ka bynta ka jingpynneh pynsan bad pyneh ĩa ki shyieng. Ka shyieng ha ka met jong u brieve ka don ĩa kita ki kynja ksai doh katto katne ĩa kiba la tip kum ki Collagens bad kine ki ksai ki iasyriem bad kita ki kynja sainar ba rit bad lah ban pynkhun bad ki shong syrtap rben bha. Ka calcium ka shong ha kata ka jaka ha kaba kine ki ksai shyieng ki syndait lang.

Tangba ka jingdon jong ka calcium ha ka met ne ki shyieng jong u brieve ka iapher bad kylla katba nang heh nang san. Ha ka snem kaba nyngkong ne ha ka rta ba dang shi snem, ki shyieng jong ki khyllung ki don tang khyndiat eh ka calcium bad ki shyieng ki long kiba jem bha bad lah ban pynphai da kaba suk.

Ki khyllung na kata ka daw ki lah ban pynphai ĩa ka met ka phad bad ki kti ki kjat jong ki da kaba suk khlem da kdiah ki shyieng. Hynrei katba nang heh nang san ne nang iaw ka rta, ka calcium ka nang bun nang bun bad ynda la kot sha ka phra phew snem ka rta, ki shyieng jong u brieve ki lah ban don haduh 80 percent ka calcium. Dei na kata ka daw ki shyieng ki lah ban kdiah ne paıt da kaba suk.

Kawei na ki daw ba bunsien la ju pynbor ĩa ki khyllung khynnah ba kin dih shibun ka dud namar ba ka iarap ĩa ki shyieng jong ki. Ka dud ka dei kata ka jingbam kaba bun bha ka calcium, kaba ki khynnah ki donkam bha. Ha ka shi pawa ka dud masi, ka calcium ka don haduh kumba ar gram.

TYNGSHOP & PURON İaroh u Akshay ĩa u PM Modi na bynta ka jingpynkupburom ĩa ka C Sankaran Nair



U khlur Bollywood u Akshay Kumar u la ai khublei bad jingiaroh kaba khraw ĩa u Myntri Rangbahduh ka ri u Narendra Modi uba la burom ĩa ka pateng jong u nongiasaid aiń paidbah ba pawnam u C Sankaran Nair ha ka jingġalang paidbah ha Haryana ha ka 13 tarik mynta u bnai kaba long ruh ka sngi jongka jingġia shah siatbein ki riewpaidbah ba lui-lui ha ki bor sorkar shipai phareng ha u snem 1919. U Akshay, u la shim ĩa ka Instagram bad u la sam ĩa ka video jong u PM Modi, uba kynnaw ĩa ka jingiakhun ba shlur jong u Nair ha ka liang ka bor jongka aiń, pyrrshah ĩa ki nong Bilat, hadien ka jingshah pynġap ha Jallianwala Bagh.

"Khublei shibun Myntri Rangbahduh badon burom jong ka Ri Shri @narendramodi ji ba phi la kynnaw ĩa u Chettur Sankaran Nair ji uba khraw hakaaĩn bad ka jingnoh synńiang jong u sha ka jingġaleh laĩtluid jong ngi". "Ka long kaba kongsan haduh katta katta ba ngi kum ka jaitbynriew, khamtam ki samla ngi kheiń kor ĩa ki kynthei bad shynrang kiba khraw kiba la ġaleh shlur ban pynthikna ba ngin ring mynsiem laĩtluid ha ka ri laĩtluid jong ngi. Baroh ba ngim dei ban shim ĩa ka jinglaĩtluid jongngi kum ka jinglehkai," la thoh u Akshay.

Ha ka jingkren jong u, u PM u la pynkynnaw ĩa ka jinglong shlur jong u Nair ban ġeng pyrrshah ĩa ka hima phareng hadien ka jingshah pynġap ha Jallianwala Bagh, ha kaba ki shipai phareng ki la siat ĩa ki riew paidbah ki bym don tiar ha Amritsar ha ka 13 tarik İaiong, 1919, kaba la pynmih ĩa ka jingbitar jong ka ri bad pynkhih ĩa ka jingiakhun ban ġoh ĩa ka jinglaĩtluid.

"U lah ban ġoh mad ĩa ki jingsuk baroh, hynrei da ka jingpynshlur jong u Jallianwalah Bagh, u la pynmih ĩa ka sur pyrrshah ĩa ki kam be-ġot ki kem banbein ki lah ringkoidi jong ki phareng. La weng noh ĩa u na ka kam jong u. U dei na Kerala bad ka jingġia ka la ġia ha Punjab. U Sankaran Nair kum u nongiasaid aiń ba khraw bad ba shlur u la pynthikna ba ka sorkar Bilat ka dei ban wan rah sha ka ġingbishar halor ka jingġia ha ka 13 tarik İaiong, 1919. Kane une u riew shlur u la pyni ĩa kaei kaba ka jingġiatylli bad ka jinglong brieve ka mut ha ka jingshisha. Ngı dei shisha ban shim jinghikai na u Sankaran Nair," la ong u PM Modi".

U PM Modi u la kyntu ruh ĩa ki paidbah ba kin kynnaw ĩa ki jingnoh synńiang jong u Nair bad ban ġoh jinghikai kiba shlur kiba kordor na ka jingim jong u.

"Ki paidbah ka Punjab, Haryana, bad Himachal Pradesh ki dei ban tip shaphang u Sankaran Nair. Uwei pa uwei u rangbah bad khynnah u dei ban tip ĩa ki jingnoh synńiang jong u. U long u nongpynshlur uba khraw," u la bynrap.

Kaba kham pawnam ka long ba u khlur Bollywood u Akshay Kumar u dang wanrah ĩa ka phlim 'Kesari 2', ha kaba yn ġohi ĩa u ha kaneka phlim ban wan ha ka bynta shaphang ka jingim jong batbit aiń bad ba shlur jong u Sankaran Nair.

U Akshay hynnin ka Snginyngkong u la leit jingoh ĩa ka Amritsar bad u la pynphriang jingtip shaphang kane ka phlim phlim jongukaba dei shaphang u riew khraw riewshlur u Nair bad u lapypnaw ka jingkmn kaba pura. U la pynlong ruh ĩa ki jingleit nguh jingduwai ha Golden Temple ryngkat ki paralok ba ĩa ak lang kynthup ka Ananya Panday bad u R Madhavan.



U Pushpajit Purkayastha ubalashah kem haorka bamsap DB stock

Kem ka CBI ĩa arngut ha ka kam bam sap DB stock ba T. 400 klur

Guwahati, İaiong: Ka Central Bureau of Investigation (CBI) ha ka 13 tarik İaiong, 2025, ka la kem ĩa arngut ki riew shimet, u Pushpajit Purkayastha bad u Sandeep Gupta, ha Guwahati, hadien ka jingtohkıť kaba la pynpaw ĩa ka jingdonkti kaba khraw jong ki ha ka kam thok M/s DB Stock Consultancy kaba la pynġaid ha Guwahati da u nongthoh khubor.

La lap ba u Pushpajit Purkayastha uba dei u Branch Manager barim jong ka Axis Bank ha Rehbari Branch ha Guwahati u la ġatreilang bad ka DB Stock Consultancy ban pan pisa na ki paidbah da ki jingkular kaba heh kaba la kot T. 400 klur.

Ka jingtohkıť ka la pynpaw ba ha ka jingġiasnohkti lang bad u nongthaw jingmut u Deepankar Barman, u la pynngop ĩa ki nongthied bank bad kiwei kiwei ki nongbei tyngka ban bei tyngka ha kane ka skhim lyngba ki jingkular ba ġalam

bakla jong ka jingmih kaba itynnad bad kaba thikna.

U la ġoh jingmyntoi be-aiń kaba khraw ha ka dur jong ka komishon, namar ba u la wanrah ĩa ki nongbei tyngka ki bym don pop ha ka kynhun jong ki skhim thok.

U Pushpajit u la pynġaid ĩa ki klient bad ki nongbei tyngka kiba don ha Mumbai bad Guwahati, da kaba pyndonkam bakla ĩa ka kyrdan jong u ban pynsuk ĩa kine ki kam thok.

La lap ba u nongshah kynnoh, u Sandeep Gupta, uba dei u agent ba kongsan bad u aggregator jong ka DB Stock Consultancy, u la ġateh lok bad u Deepankar Barman, uba shah kynnoh masterman bad kiwei ki paralok, ha kaba pyntrei-kam ĩa ka DB Stock, kaba dei ka skhim thep pisa beaiń.

U la pynġaid ĩa ki klient bad ki nongbei tyngka na Dibrugarh, da kaba phah ĩa palat 350 ngut ki nongthied bad pan pisa na ki da ki jingkular lamler ba kin ġoh

ĩa ka jingmih kaba heh. Ha ka jingtohkıť la lap ba u la kamai da ki lak tyngka kum ka commission na ka DB Stock Consultancy na ka bynta ki referral bad ki de-posit ba la lum lyngba ka network jong u.

Ka CBI ka la dep mudui da ka mukotduma pyrrshah ĩa u nongshah kynnoh ba kongsan jong katei ka kam thok, u Deepankar Barman, ryngkat bad ka lok jongu, ka Monalisha Das, ki kmie ki kpa jong u, ka Chabin Barman bad ka Deepali Barman, bad u Mukesh Agarwal, uba dei u Chartered Accountant.

U Deepankar Barman, u trai jong ka DB Stock, u shah kynnoh ba u la thok bad thok ĩa palat 10,000 ngut ki brieve ha kylleng ka ri, palat T. 400 klur, da kaba pynngop ĩa ki ban thep pisa ha ka skhim thep pisa kaba thok khlem aiń ryngkat bad ki jingpynthikna lamler jong ka jingthep pisa kaba heh kaba la buh thikna bad hadien kata ban pynkheiń ĩa kine ki pisa.

'Ym don skhim na ka bynta ki ward ba pyrrshah': Kren pynmih jingkulmar jingmut u MLA ka Digboi, pynrem ki sengbhalang



Tinsukia, İaiong: Katba ka Assam ka dang pynkhreh shakhmat na ka bynta ka elekshon Panchayat ka ban wan, ka jingkren kaba la pynkulmar jingmut da u MLA ka Digboi u Suren Phukan ka la pynmih ĩa ka

jingkynthoh kaba jur bad ka la saphriang ha ki social media kaba u kam da kaba ong, "Ym son skhim na bynta ki ward kiba pyrrshah".

La ġathuh ba u Phukan u la kren ĩa kane ha ka jingġalang elekshon jong u ha

Makum Gorkha Samaj Naamghar ha Tinsukia district, u la ong ba ki dkhot ka liangpyrrshah kin ym ġoh ĩa kino kino ki skhim sorkar.

U la pynshisha ĩa ka jinglong jong u da kaba ong, "Ka liangpyrrshah kam don sorkar ne president. Kumta, kim dei hok ban ġoh ĩa ki skhim ne ki jingmyntoi na kino kino ki skhim sorkar."

Ka jingkynthoh kaba la pynmih jingġakynad, ki jingsngewkhia halor ka jingsam hok ĩa ki skhim jingġarap paidbah bad ka jingpynlong saiń pyrrthei ĩa ki jingmyntoi ha ki kam pynroi.

U Phukan u la pynpaw ba ka rai mano ban ġoh ne bym ġoh ĩa ki skhim ka shong ha u, kaba la pynjur shuh shuh ĩa ka jingkynthoh na ki seng bhalang ĩa ka jingkren pynkulmar jingmut jong u ĩa ki paidbah nongshong shong.

Ka Greater Tipraland 'kaba lah ban long shaduh Bangladesh': Pradyot Manikya



Agartala, İaiong: U khun syiem jong ka Tripura, u Pradyot Kishore Manikya Debbarma, u la ongha ka sngi Nyngkong ba ka Greater Tipraland ka long kaba lah ban don shaduh Bangladesh, haba kheiń ĩa ka jingbun ki trai ri trai muluk kiba shong ba sah ki trai shnong trai muluk ha u pud u sam jong ka jylla haduh ki bynta ka Bangladesh.

U la kyntu ĩa ka Sorkar

India ban pynkupbor ĩa ki trai ri trai muluk jong ka Tripura kiba shong ba sah ha kane ka jylla bad kiba sah ha khappud shaduh sha shiliang pud ha Bangladesh.

U Pradyot, uba dei ruh u nongseng jong ka Tipra Motha Party, u la kren ĩa kitei ki kyntien haba kynthoh tyngeh ĩa ki riew shimet ha Bangladesh kiba la hiar thma ĩa ki dukan kum ka KFC, Pizza Hut, bad Bata

hapteng ka jingjur ka jinghiar thma jong ki Israel ha Gaza ha kine ki khyndiat sngi ba la dep.

Ha ka X, u Pradyot u la thoh ba tang ki riew sheptieng kin thombor ĩa ka KFC, Pizza Hut, bad Bata ban pyni ĩa ka bor jong ki.

"Ki don da ki lak ngut ki nong Bangladesh kiba kamai jakpoh da kaba trei shabar ri ha kine ki dukan lane da kaba pynbiang ĩa ki jaiń kiba la pyndonkam da ki ri Sepngi. Kane ka jingmut jingpyrkhat ka dei kaba pynkhuslai ĩa ngi ha North-east namar kine ki brieve ki sah tang katto katne mail na ngi bad ki kwah ban ġohi ba ngi don ha duriaw sha shiliang pud, da kaba bun ki brieve jong ngi ki shong hangta," u la ong.

Leit jngikai ka kmie dngiem ha ka pung jngi ha California

Ki nongshong shnong jong ha ka thaiń shathie jong ka California ki la pynlait ĩa kawei ka video ha kaba la ġohi ba ka kynhun ki dngiem ka la wan kai ha ka bynta ba shadien jong ka ġing jong ki ban ailad ĩa ka kmie jong ki ba kan jngi ha ka pun jngi.

İa katei ka video la pynlait ha Instagram da u @RICKYMARTINEZ87 ha kaba la pyni ba ka kmie dngiem bad ar tylli ki khun dngiem ki la wan shajan katei ka pung jngi ha ka jaka sah brieve ha Monrovia.

Ha katei ka video la ġohi ba ka kmie dngiem ka la kiew ha jrong ka pung bad sdang ban jngi katba ki khun jong ka ki la shong ha ka madan rkhiang ban peitkai ĩa ka kmie.

Hadien katei ka ġohi ba kitei ki dngiem ki la kiew ha uwei u dieng uba heh uba don ha katei ka jaka bad khlong ĩa u ha shwa ba kin mih noh na katei ka jaka.

Ha katei ka video kaba la pynlait ha Instagram la thoh, ki dgiem ki bun bha ha kane ka jaka, hynrei ban ġoh ĩa ka longġing ki dngiem ba don lang ki khun kiba dang rit ka long kaei kaei kaba ym pat ju ġohi.

Pynshai ka kompeni halor ka jingpaw ba kynsha ha suiń bneng ha San Francisco K a jingpaw kaba kynsha ha suiń bneng kaba suba ba dei ki ding laser ha San Francisco ka la wanrah ka jingsah lyngngoh ĩa ki paidbah hadien ba ki dur bad video ki la saphriang online ha shwa ban lah ban pynshisha ba ki dei tang ki jingtrei jong ki kompeni ban pynbiang ĩa ki lad ġada. Kitei ki light kiba ha ka rong jngum bad jyrngam ki dei kiba la ġohi ha suiń bnenghajan ka Coit Tower ha ka miet sngi Nyngkong.

Ka jingpaw kitei ki light ka la wanrah ka jingsah lyngngoh bad ka jing shong syier jong ki nongshong shnong kiba la pynlait ruh ĩa ki dur ha Reddit, ha shwa ba uwei na kiba don bynta ban leh ĩa kitei kiei kiei baroh un wan sha khmat ban batai ka la don ka jingġa batai para paidbah halor ka jingpaw kitei ki light.

U Barrett Lyon, u Chief executive officer jong ka kompeni kaba tip kyrteng ka MegaLasers bad ruh uba dei ruh u khliehduh ka laiń teknoloji halor ki lad ġada ha Tarsal, u la pynshai ba kitei ki light laser kiba 400-watt ki dei kiba leh test ha jaka pynieng kali jong ka Coit Tower ha shwa ban pyni paidbah ĩa ki ha ka jingġalang jong katei ka kompeni ka ban sa long.

U Lyon u la ong ba kitei ki laser ki dei ki ban sa paw biang ha ka taiew ka ban wan. U la ong ba kitei ki laser, ba la ai kyrteng ki "The Architect," ki dei kiba lah ban ġohi na ka jing ġgai kaba 12 mer. U la ong ruh ba ka kompeni ka la ġoh jingbit na ki nongtrei kiba dei kmih jong ka nongbah bad ruh ka Federal Aviation Administration ha shwa ba kin pyntrei kam ĩa kitei ki Laser.

"Ka dei ka projek kaba sngewtynnat kaba sngew shutia, hynrei ka dei ruh ka jingop kaba la wanrah jingkmn ha kaba ġadei bad ki lad ġada ha ka kompeni jong ngi," ong u Lyon ha ka jingġakren bad ka SFGate. "Ngı la ġoh ĩa ki jingkylli na kiba bun ha katei ka nongbah halor ka jingpaw jong kine ki light."



Leit weng ki nongtrei ka tnat pynlip ding ĩa u kuratia na Starbucks

Ha kawei ka jingġia, ki nongtrei ka tnat pynlip ding ha Florida ki la shah khot ban wan sha ka jaka bam Starbucks ban weng ĩa uwei u nongwan kai uba la wan ġaid na jingkhang jong katei ka jaka bam, u kuratia. Ki nongtrei ka North Port Fire Rescue ha ka jingthoh kaba ki la pynlait ha social media ki la ong "sa kawei pat ka sngi ha ka kam" ha ka por ba ki nongtrei ki la shah khot ban wan sha katei ka jaka kaba don ha ka nongbah.

Ha katei ka jingthoh la ong ki nongtrei "ki la kyndit thret" ha ka por ba ki la lap ba ka daw kaba la pynlong ĩa utei u kuratia ban wan sha katei ka jaka ka long ba u sma coffee bad u kwah ban wan dih coffee.

"Hadien ba ngi la khot lang ĩa ki pulit ka North Port, ngi la lah ban weng ĩa uteu u kuratia bad leit buh sha ka pung kaba kham pajih na katei ka jaka bam," thoh ki nongtrei ka tnat pynlip ding. "Mano ban tip ba ka step jong ngi kan long kaba i shyrkhei bha? Kynnaw paidbah, wat lada phi don hapteng ka jingleit mareh kai step, phi dei ban pynkhreh lypa ba phin lap ĩa kiei kiei kiba phim poi pyrkhat ban lap! To da ġa ġaid ĩa ġeng ha ryngkat ka jingphikir ban laĩt na ka jingma," kdew katei ka jingthoh.



Tyrwa ka kompeni ban siew \$2,000 ĩa kino kino kiba peit 12 tylli ki phlim ka Hallmark

Kawei ka kompeni pyni phlim ka la ai kawei ka jingtyrwa kaba kyrpang na ka bynta ki phlim ban mih ha ka Christmas, ha kaba ka jingtyrwa ka long ba ki brieve kiba lah ban peit haduh ban ruh ban ai jingġiaroh ĩa 12 tylli ki phlim Hallmark kin ġoh ĩa ka khusnam kaba T. 2,000 dolar. Ka kompeni BloomsyBox ka la ong ba ka la jied ĩa ki brieve ki ban ġoh pdiang ruh ĩa ki jingdih ba khluit kum u kophi bad ar jur ki muja syaid ba kin ġoh ĩa ka jingsngew aram met ha ka por ba ki peit phlim.

"Ngı la shna ruh ĩa tiar kiba lah ban ai jingpyn syaid ha kaba ki brieve kin lah ban shah ĩa ka jingkhriat," pynshai ka website jong katei ka kompeni. Kiba sngewtynnat ĩa ki phlim kin lah ban ai jingġiaroh lane kren eiei halor ka phlim kaba ki peit, ha kaba kin batai thik pa thik.

Ki phlim kiba la shah jied na ka bynta katei ka khusnam ki long ka The Most Wonderful Time of the Year (2008), Crown for Christmas (2015), The Nine Lives of Christmas (2014), Christmas Getaway (2017), Journey Back to Christmas (2016), Ghosts of Christmas Always (2022), Family for Christmas (2015), Christmas Under Wraps (2014), Three Wise Men and a Baby (2022), A Royal Christmas (2014), Northpole (2014) bad ka The Christmas Train (2017).

Nalor ka khusnam kaba T. 2,000 dolar kito kiba la shah jied kin ġoh pdiang ruh ĩa ka jingġoh peit phlim ei kaba 12 bnai.

