

SHAPHANG KA KOIT KAKHIAH

Ki jingbam ki don jingïadei bad ka jingkhlaïñ treikam ka jabieng!

Lehse baroh ngi la ïohsngew ïa ka jingong kaba naduh ñyndai, “kumba phi bam, kumta ruh phi long”. Tangba hato ka lah ban long pat kaei kaba ngi bam ruh ka ktah halor kumno ngi pyrkhat?

Ka jingpule bniah ba thymmai ka la ai jingshai shuh shuh ha kaba kyrshan ïa kata ka jinglong ba la slem bha ba kaba bam ïa ki jingbam ba tei ïa ka koit ka khiah ka lah ban don jingïadei ruh bad ka jingpynduna ïa ka jingma na ka jingring tlot ka bor pyrkhat bad bor kynmaw, ong ki stad pule bniah. Ka jingpule bniah, ïa kaba la pynmih mynta ka taïew hapoh ka journal Neu-rology, ka la ïarap shuh shuh na ka bynta ka jingsngew-thuh jong ngi shaphang ka jingdon jingïadei hapdeng ki jingbam ba kham bha ha kaba pynduna ïa ka jingma na ka jinglong klet bieij.



“Kane ka jingpule bniah ka la nang pynkhlaïñ ïa ka jingkyrshan na ka bynta ka jingai jingmut baroh ba kaba bam ïa ki jingbam ba ïahap bad tei ïa ka koit ka khiah ka lah ban long kaba myntoi na ka bynta ban pynduna ïa ka jingma jong phi na ka jingtlot ka bor jabieng”, ong u Dr Heather Snyder, uba long u Director jong ka Medical and Scientific Operations ha ka Alzheimer’s Association, u bym shym la don bynta ha kane ka jingpule bniah kaba thymmai. “Tangba, ki don shibun ki jait jingpang ba kham pher ha kaba khleh lang bad kaba im ïa kata ka jingim ba sumar ïa ka koit ka khiah kiba lah ban ïarap na ka bynta kane ka jingring tlot ka bor pyrkhat ne jabieng”.

Ym kumba long ki jingshem ba mynshuwa ha kaba ïadei bad kita ki jingbam ba kyrpang na ka bynta ban kyntiew ïa ka bor treikam jong ka jabieng, kane ka jingpule bniah kaba thymmai ka ai jingmut ba kaba kyntiew ne kham bam ïa ki jingbam ba bha baroh ka long ka bynta ba kongsan na ka bynta ban pynduna ïa ka jingma na ka jingklet bieij bad ka jingtlot ka bor pyrkhat.

Ki stad wad bniah ki la niew ia kita ki jingbam ba tei ia ka koit ka khiah kum kita ki jingbam ba khleh lang kham bun ki soh bad ki jhur, shana, dohkha, dih kiad malu mala bad pynduna ka jingbam doh saw (red meat). “Ka jingiapher ha ka jingwad bniah jong ngi ka long ba ngim shym kdew ïa kata ka jingbam ba kyrpang lane pyni ïa kata ka rukom bam kaba kyrpang”, ong u Dr Andrew Smyth, uba long u nongthoh ba lawkhmat jong kane ka jingpule bniah bad u stad nephrologist ha ka McMaster University hapoh Hamilton, Ontario Canada.

“Ngi shu kwah ban peit ne bishar ha ka kynhun bapher bapher jong ki brierw na baroh ka pyrthei bad shim jingkhein kaei ka jingma jong ki na ka bynta ka jingtlot ka bor pyrkhat ne jabieng ka lah ban long lada ki bam ïa kaei kaba kiba bun ki seng ne kynhun ki lah ban niew ba ki long kita ki jingbam ba tei ia ka koit ka khiah”, la bynrap u Smyth.

Haduh jan san snem, ki stad pule bniah ki la bishar bniah ïa ka rukom mlïen bam jong ki 27,860 ngut ki rangbah bad longkmie ha kylleng sawdong 40 tylli ki ri. Na ka daw jong ki jingiapher jong ki dong ne jaka ba ki wan, ïa ki nongiashim bynta ha kane ka jingpule bniah la kylli shaphang katno baroh ki bam ïa kita ki jingbam bapher bapher ba don lang ha ka thup jong kita ki jingbam ba tei ïa ka koit ka khiah bad ki jingbam ba ktah ïa ka koit ka khiah bad nangne ki ïoh ïa kita ki point.

“Kum ka nuksa, lada ki nongiashim bynta ki bam ïa kita ki jingbam ba long standard ne bha ba kynthup ïa ki soh bad ki jhur ha ka shi sngi, ki lah ban ïoh ïa ka score ne ka point kaba kham heh. Ka long pat mar khongpong na ka bynta kito kiba jied ïa ki jingbam bym tei ïa ka koit ka khiah ne ba ktah ïa ka koit ka khiah”, ong u Snyth.

Ia ki nongiashim bynta la tynjuh halor kata ka jingkhlaïñ ne shemphang ka bor pyrkhat bad bor kynmaw, ha kaba sdang jong ka jingpule bniah, nangta sa shisien hadien ar bad san snem.

Ki result ne ki jingshem ki kdew ba ki nongiashim bynta kiba bam ïa kita ki jingbam ba bha bad bha tam na ka bynta ka koit ka khiah ki long 24% kham duna ka jingma na kaba mad ïa kata ka jingtlot ka bor jabieng ne bor pyrkhat haba nujor bad kito kiba duna ban bam ïa ki jingbam ba tei ïa ka koit ka khiah.

Kine ki brierw ki long kiba kham im tymmen khyndiat ha ka rta, kham long smat long sting, kham niar ba kin dih duma bad don ïa ka BMI kaba kham rit ne duna.

Ngi sngewtynnad ha kaba bishar ïa kane ka kynhun ba kyrpang kiba don ha ka jingma kaba kham jur na ka jingbam ba ktah ïa ka shadem ne klongsnam namar ki lah ban don ruh ïa ka jingma na ka jingring tlot ka bor pyrkhat, ong u Smyth.



La pynpra ïa ka IIHM ba kyntur trei be-ain ha ka jaka bymhok ha Silsako bad wanrah jingshleium, ong u Myntri

Guwahati: Kum shi bynta ban pynkynriah ïa ki brierw ha ki jaka markhap rud wah hajan ka Silsako Beel ïa kiba lakynnoh ba ki la kyntur kamjaka be-aiñ, ka Guwahati Metropolitan Development Authority (GMDA) hynne ka sngi ka la jam shakhmat ban pynpra ïa ia ki iing ba shna be-aiñ kynthup ïa ka jaka pule jong ka Indian Institute of Hotel Management (IIHM) kaba don ha Cachal kabalatei ha ka jaka bym hok bad ki jingtei ki long ki jingkhlad ïa ka jingtuid ka um bad wanrah jingshleium ba jur ha ki snem kiba la dep.

U myntri ka Assam Hous-ing & Urban Affairs u Jayanta Mallabaruah haba ïade ïa ka sinjam shakhamt ka jingpynpra ïa ki iing kiba tei be-aiñ haki jaka bymhok, kaba long shi bynta ka jingpynpora ïa ki jingtei be-aiñ, u laong,kasorkar ka shonghok ban ioh biang ïa ki jaka ba shah dakhor bad kam trai be-aiñ ha ka thaiñ Silsako Beel, kaba don jingma ïa ka mariang bad ïa ka lawei jongka pateng ban wan da ki brierw shimet nongkyntur jaka be-aiñ, ki jaka treikam, bad wat ki tnad sorkar kli shong hok ban shah pynpra bad beh krad bad pyn-

kynriah mardor da ka bor sorkar ka bor jongka aiñ pyrshah ïa jingklun bymhok na bynta ka ban tyngai ïa ka jinglong hok ïa ka khyndew ka shyiap.

U Myntri u lakdew pyni nuksa ruh da kaba ong, “Lada u ‘A’ u trai khyndew longhok ïa ka jaka puta ki sakhi ki dulir u shah klun bymhoh,wat hadien ki pateng byunriew u A u don hok ban kam bad hol longtrai ïa ka khyndew ka shyiap ka jakaputa pateng la pateng pyrshah ïa ki nongklum dakhor bymhok ‘X’ ne ‘Y’ ne ‘Z’ kiba klun bymhok.Kumta ruh ka sorkar ka shonghok ba ioh biang ïa ki jaka ba shonghok.

“Ki bor synshar ki ong, ki jingwan rung tuh khlem ki sakhi longtrai longhok ka longkaba be-aiñ badkim donhok ban kam bymhok ïa ka hok longtrai jong kiwei lane lynbga kita ki dulir longtrei lehthoj bym hok kitali sor ban pynksan bymhok lakaklong hasor ne khapsorne ha ki nongkyn-dong.

U Jayanta Mallabaruah u la ïada ïa kane ka jingleh da kaba ong, “Ka Guwahati ka don ïa ka jaka ba

longshyiaphaki jaka rudwah kaba heh bha kaba la khot ka Silsako,hynrei kammut ba ka jaka longsyiaopkan long ka jaka laitlan ban klun,dakhor bad kam trai bym hok. Hynrei ha ki por ba la leit noh ki laleit,ka hok longtrai ka ing bad ka ksan halor ka hoklongtraïïa ka jaka puta bad ka khyndew ka shyiap laka dei ka hok ki longtrai riew shimet kumjuh ka hok longtrai ka sorkarialakajong ka jaka.

Ka jingpynkynriah, kaba la sakhi ïa ka jingkyrshan kaba khlaïñ jong ka bor synshar, ka thmu ban pynphai biang ïa ka jingtuid um ba man ka sngi ym ban shah khanglad ïa ka lynti ïaid ba hok jong ka um. Katto katne ki jingpynpra iing ki la dep ban sdang ha kine ki bnai ba la dep, kaba la ktah ïa ki jaka sah bad ki jaka khaii kumjuh ki jaka pule.

Ki heh sorkar ki la pynshai ba la pynmih ïa ki jingpynbna sha baroh ki nongshong shnong, bad la bud ryntih katkum ki jingbthah jong ka Gauhati High Court na bynta ka jinglong hok jong kiba shonghok ïa ka jaka puta kiba dei hok.

Ïoh kem ki pulit ka Manipur ïa u nongai jinghikai pyntriem ha Myanmar jong ka senglehnoh PREPAL



Imphal: Ki bor pahara jong ka Jylla Manipur ki la ïoh kem ïa uwei u snar lehnoh People’s Revolutionary Party of Kangleipak (PREPAK) uba dei u shipai ai jinghikai haki kam pyntriem jong ka seng ha ka jingkhryna kaba jur ha Imphal East district ha ka 19 tarik mynta u bnai.

Urei u nongai jinghikai kam pyntriem jong ka

PREPAK u dei uba la tip kyrteng kum u Konjengbam Tomba Singh uba la sin kyrteng kum u Laingam (38 snem ka rta), uba shong ba sah ha Kontha Ahallup Makha Leikai.

Katkum ki tyllong khubor ba thikna, u Singh u dei u shipai uba la pyndep ïa ka jigshah hikai pam pyntriem ha ktem jong ka

seng ha Myanmar bad u la wanphai sha Manipur hadien ba u la pyndep ïa ka jinghikai bad u don bynta ruh ha kai jingsma ai jinghikai ïa ki dkhot jongka kynhun ka seng kaba donha Tanal ha Myanmar.

Ki bor pulit ki la pynpaw ba u Singh u dang ïai bteng ha ki kam barieh bad u la don bynta ha ki kam ai jingshikai na ka bynta ki dkhot ka PREPAK.

Ha u bnai Risaw, 2024, u la lah ban khring ban pyn-rungdkhot thymmai ha ka kynhun bad ai jingshikai ha ktem treika jong ka seng ha Myanmar.

Ki bor pahara ki la ioh kem ia u ha ki jingleit khyrna u kynditkynsan ïa ka iingsah ong u ha. Mynta u don hapoh ka aiñ.

Leit ingoh bad bteng ki jingïarap ki sengsamla bad sengbhalang ïa ki lanot pluh iing ha Kawying

Itanagar: Ka Adi Baane Kebang (ABK), ryngkat bad ki kynhun samla pule bad ki seng samla shnong ka thaiñ - Adi Students’ Union bad Seng Samla Adi Baane Kebang (ABKYW) ki la leit ingoh ïa ki longiing kiba dang shu shah ktah ha ka jingjingkhong khaït ha ka jingpluh ba shyrkhei ha ka shnong Kaying ha Siang district ha ka Sngisaitjaiñ, da kaba pynpaw ïa ka jingïatylli bad sam ïa ki tiar jingïarap ba donkam na bynta ki lanot kiba shah ktah ha katei ka jingjia ba sngewsiih.

Ka kynhun jongka ABK ba la ïalam da u presi-dent u Tanon Tatak, kynthup ka vice presi-dent ka Olen Megu Damin, u president ka ABKYW u Okï Dai, u president ka AdiSU u Jirbo Jamoh, bad kiwei ki nongkitkam pdeng na ki lai tylli ki seng ki la ïakynduh ïa ki longiing kiba shah ktah, ki la ïasam ïa ki kyntien pynntgen, bad ki la sam ïa ki tiar jingïarap jingkyrshan ïa kalongiing kynthup ki marbam bad kiwei ki jingdonkam baman la ka sngi.

U president ABK u Tatak u la pynthikna ïa ki jingbteng ka jingai jingkyrshan ki jingïarap ïa ki longiing ha ki sngi ban wan,kibaladuh lut ïa baroh ki jingdon jingim.

“Ki jingjia ba sngewsiih ha ka jingpluh ba shyrkhei ka dei kajingktah kaba sngewsiih kthang, bunsien watki or sorkarki lehklet ha ki sngi ban wan laitnoh shisien jong ka jingpyni ïa ki jingïarap bailut-ksan,hynrei ka jingmat ka jingkordiy ba man ka sngi ka long ka jingiamrem bad kaba sngewmyllung ha ka jingim brierw” u la ong. YU la bynrap dakaba ong, “Ngi, ka ABK bad ka jaitbynriew Adi, ngi ieng tylli bad ki paidbah ka Kaying ha kane ka kynta jong ka jingsngewsiih nabynta ki jingïarap ba khlem kut. To ai ba bum kine ki jingjia kiba pynsngewsiih kin ym jia shuh,” u la ong.

U vice president Olen Megu Damin, ha ka khubor ba pynsngewsih kaba la sam hadien, u la ïathuh biang ïa ka jingïathuh khana kaba pynsngewsih na katei ka shnong. Katkum ka jingïathuh jong ki nongshong shnong, namar ba ka ding ka la sdang ban bthei ha kawei ka iing, katei ka kynthei jong katei ka iing ka la mareh sha ki iing ba marjan ban wad jaka rieh. Kaba phylla ka long ba kawei pa kawei ka iing kaba markhap ki ingkhong

Maham ka skulbah UK ïa ki samla pule riewspah ba ñiewpoh ïa kiba duk

Ka University of Edinburgh, ka la ai jingmut ïa ki samla pule kiba riewspah, ba kin sangeh noh ban leh kum kiba peitpoh bad ban kiar na kaba kren beïñ ïa ki rukom ring sur kren jong ki para klas kiba wan na ki longiing kiba kham duna ka jingïoh. Kane ka jingpynïaid ka long ban thaw ïa ka jinglong kaba kham kynthup lang ïa ki samla pule kiba la shah pdiang hapoh ka prokram pynheh ïa ka jingïashim bynta jong ka skulbah, kaba ailad ïa ki samla pule na ki jaka ba duk ban rung da ki jingdonkam kiba kham duna.

La ai ïa ki samla pule kiba kham riewspah ïa ki jingbthah kumno ban pynduna ïa ki “jingleh donbor hapoh ka skulbah,” kynthup:

- Kiar na kaba leh sniew.
- Wat shim ba kiwei ki don kajuh ka jingshem ha ka longiing.
- Kiar na kaba pynïadei ïa ka spah bad ka jingstad ne ka jingtrei shitom.
- Pynleit jingmut ha ki jingsngewtynnad bad ki thong jong ki brierw ban ïa ka tynrai jong ki.

Ki nongtrei kin ïoh ruh ïa ka jinghikai halor ka jingsngewppher ktien, bad ka skulbah ka la pdiang ïa ki jingeh kiba dang ïaid shakhmat kiba ïadei bad ka klas ha ka jaka pule. Ka skulbah ka la pynpaw ba ki samla pule naduh ki kyrdan ba pdeng haduh ba kham poh ha ka imlang sahlang ki sngew ba kim don jaka, kaba ktah ïa ka jingsngew jong ki.

Nalor kata, la lap ba palat 70% ki samla pule ha ka skulbah Edinburgh ki wan na England, ha kaba 40% ki dei kiba la leit pule ha ki skul shimet. Ha kawei pat ka jingjia kaba ïadei bad kane, ka Oxford University ka la shah kynthoh dang shen hadien ba uwei u samla pule, u Alexander Rogers, u la khlad noh na ka jingpynïap ïalade, kaba la ïathuh ba ka dei namar ka jingshah kyntait hadien ka jingkynnoh bym shym la pyntip. Ka jingtohkït ka la lap ba ka “jingpynsangeh ïa ka kolshor” ha ka campus ka la don bynta ha ka rai jong u ban shim ïa ka jingim lade.



Sngewsiih ka brierw, ka pyndonkam ïa ka placard ban kiar na ki scooter elektrik Ola

Kawei ka longkmie ha Bengaluru, ka Nisha Gowri, ka la maham ïa ki brierw, ba kim ïadei ban thied ïa ka Ola electric scooter, namar ka jingeh kaba ka la ïakynduh bad katei ka scooter. Ka la buh dak ha ka scooter jong ka ba ka dei ka “kali ar shaka kaba khlem jingmyntoi” bad ba ka jingthied ïa kane kan pynlong ïa ka jingim kaba eh. Ka la sam ïa ka dur jong kane ha ki social media, bad ka la kloï ruh ban ïoh ïa ka jingkynthoh kaba bun.

Ka Nisha ka ong ba ka Scooter jong ka ka don shibun ki jingeh, kum ka jingsniew bunsien bad ki jingeh ha ka software, wat hadien ba ka la siew pura bad ap palat shibnai ban ïoh ïa ka. Kiwei pat ki brierw online ruh ki la ïasam ïa ki jingujor jong ki shaphang ki Scooter Ola, da kaba ong ba ki don ïa kijuh ki jingeh.

Kane ka long hadien kawei pat ka jingjia ha Karnataka ha kaba uwei u customer u la thang ïa kawei ka service centre jong ka Ola, kaba pyni ba bun ki brierw ki sngewsiih ïa ka jingshakri jong kane ka kompeni. Katba ka Ola Electric ka la kren pyrshah ïa katei ka jingjia pluh.



Ka Jingpynkhriat ba ngam shaduh shyieng

Ka jingpyni thymmai ha ka Titanic Museum ha Tennessee ka ailad ïa ki nongwan jingohkai ban sngew ïa ka um kaba khriat kaba ki nongleit nongwan jong ka Titanic ki la ïakynduh ha ka por ba jia ka jingshah pynjulor ha ka snem 1912. ïa ka um la pynkhriat haduh -2°C, kajuh ka jingpjah kum ka duriaw Atlantik ha ka por ba ka lieng ka ngam. Ka video jong ki brierw kiba pynngam ïa ki kti jong ki ha ka um thah ka la pawnam bha ha ka internet, kaba pyni ïa ka jingkyndit jong ki halor ka jingkhriat kaba jur bha. Ka jaka buh jingthoh, kaba long ka dur jong ka Titanic kaba heh shiteng, ka ai shibun ki jingïakynduh kiba ïashem lang. Ki nongwan jingohkai ki lah ban ïaid halor u mawkyndon ba shu pynwandur, ban ïohi ïa ki model jong ki iing rit kiba don ha ka kyrdan ba nyngkong, bad wat ban sngew kumno kan long lada ïatyingkhuh bad u lum thah.

TYNGSHOP & PURON U Rohman Shawl bad ka paralok barim ka Sushmita Sen

U Rohman Shawl bad ka Sushmita Sen, ki lah ban nym long shuh ki paralok ba janai ne ban eh junom sha ka thong shitnag ban eh junom, hynrei ka jingidei paralok ka dang bteng bad sam lang ki dur ha ki social media haka jingïadei paralok ba jantam hapdeng kine ki arngut. Kine ki arngut ki la sdang ban ïakynduh ha u snem 2018 bad ki la khot ïa ka quits ha u snem 2021. Wat hadien ba ki la ïakhlad noh, ki la ïai bteng ban ïadei bha. Ha ka jingshisha, ki nongkyrshan ki ju ïohi ïa ki ba ki ïaidkai lang, kaba la pynmih ïa ki khubor ïakynduh biang palat ïa ka shisien. Hynrei ym don uwei ruh na ki uba la pynthikna eiei haduh mynta.

Ha ka jingïakren ba dang shen bad ka Instant Bollywood, u Rohman, u la plie shaphang ka Sushmita bad kaba sngewtynnad ka long ba ïa kren shaphang ki mawkordor. Haba la kylli ïa u hato u la ju ai sngewbha ïa ka kawei ne u la ïoh ïa kawei na ka, u Rohman u la jubab da kaba rkhie, “Ngam lah ban siew ïa u mawkordor, ngam lah ban siew ïa u mawkordor jong ka, Khublei, ngan sa leh thikna.”

Ka Sushmita Sen kam dei tang ha kino kino ki mawkordor. Ka la ïoh ïa ka jingsngewtynnad, bad ka long kaba heh. Ka Rohman Shawl ka la ïathuh, “Ka don ïa u mawkordor uba ka ieit eh - u long 22 karat. Kan shim por shibun ban kamai kat kata ka dor, hynrei ka long kaba kloï.

Ka Sushmita Sen, ka la pynthikna ba ki la ïakhlad noh ha u snem 2021, da kaba thoh ha ka Instagram. Ka la ïasam ïa ka dur bad u Rohman bad ka la thoh, “Ngi la sdang kum ki paralok, ngi dang long paralok!! Ka jingïadei ka la kut slem bha...ka jingieid ka dang sah!” Naduh katei ka por, la ju ïohi ïa ka Sushmita Sen bad u Rohman Shawl ba ki ïadon lang ha ki jingïalang bad ha ki jingïalang jong ka iing ka sem. Kam long kaba phylla ba ki nongkyrshan ki dang kwah tip ïa ka jinglong jong ki mynta, hynrei baroh arngut ki la jied ban sngap jar ha kata ka liang.

Katba u Rohman Shawl ruh u dang wad ïa ki lynti kiba thymmai ha ka jingim jong u. U la ak phlim nyngkong eh ha u snem ba la dep da ka phlim Tamil kaba kyrteng ka Amaran. U la ak kum u nongialeh pyrshah ha ka phlim, bad la pdiang sngewbha ïa ka jinglehkai jong u. Na ka liang jong ka Sushmita Sen ka dei kaba la ïohi khatdud ha ka show kaba la tip kyrteng kum ka Taali: Bajaungi Nahi, Bajwaungi.

