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Ryngkat ki tamasa ngi donkam ban pynneh pynsah ruh ia ki riti ki dustur

Man la u snem ka jylla Meghalaya ka shongshit bad ka phuh ka phieng bha naduh u bnai Risaw haduh u bnai Kyllalylngkot namar ka dei ka aiom jong ki tamasa bapher bapher kaba khring ia ki nongwan ingohkai na kylleng ka pyrthei bad na ka ri India hi baroh kawei.

Kane ka dei ka aiom jong ki tamasa bapher bapher naduh ki tamasa jong ki jingleh niam leh rukom, ki tamasa ba pynlong ka sorkar, ki riew shimet ne ki seng bapher bapher. Dei ruh ha kine ki bnai ba ki nongwan shangkai suwari sha India ki tip bha shaphang ka jylla Meghalaya bad ym lah ban len mynta ka jylla ka la don ha ka map jong ka pyrthei ha ka liang ki kam jngohkai namar kat kiba wan sha India kin wad beit ia ka Meghalaya.

Tang kawei kaba kongsan kaba ngi dei ban kynmaw ba ha ryngkat kine ki jinglehkmen, ka shad ka mastieh, ngi donkam ruh ban ri kyndong ia ka akor ka burom bad ia ki riti ki dustur lajong. Namar teng teng dei ha kum kine ki jaka lehkmen ne ki jaka ba pynlong ia ki tamasa ba ki khun samla jong ngi ki thad burom ia ka long rynieng jong ki da ka jingia dih buaid bad tanglang teng teng haduh ba la i khlem akor wat tang ban peit ruh. ia ka jinglong kyrpang jong kano kano ka jaidbynriew la ithuh ha kum kine ki tamasa kumno ki ri kyndong ia ka akor ka burom bad ia ki riti bad ki dustur.

Ym lah ban len ka jylla Meghalaya ka dei kawei na ki jylla kaba riewspah bha ha ki riti ki dustur tynrai kat haduh ba u Lat ka jylla ruh u da iaroh ia kane ka jingriewspah ka riti ka dustur jongka jylla bad u la banjur ruh ba donkam ban pynneh pynsah ia kine ki riti bad dustur pateng la pateng. Ngì dei ban iaroh da shisha ia ki seng bapher bapher khamtam ka Seng Khasi kaba da shimkhia ban pynneh pynsah ia kine ki riti ki dustur jongka jaidbynriew. Kawei ba ka seng Khasi ka la leh ka long ban pynneh pynsah nam ia ki mawbynna da kaba pynieng haduh sawphew tylli ki Mawbynna ha Lum Sohpet bneng ha ka Sngi U Blei. Ki Mawbynna ki dei ki maw kiba kyrpang bad kyntang ha ka jingngeit jong u Khun Khasi Khara naduh hyndai hynthai. Ym dei ba bein ia kiwei kiwei ki Niam hynrei ka long pat ka jingshisha ba kiba tip shisha ka ki riti dustur tynrai ki dei kiba dang ngeit ha ka Niam Khasi.

Kiba bun kiwei pat kiba ngeit ha kiwei ki niam kim da tip thikna shuh ia ki riti bad dustur jong ngi ki Khasi. Kumta kaba kongsan ka long ba donkam ban don noh da ki kynja shlem ban ai jinghikai ia ki khun ki kti jongngi naduh ba ki dang rit ba kin tip shaphang ki riti bad dustur tynrai namar kiba bun mynta wat tang ban riam ia ka riam tynrai ruh kim nang shuh. Ngim dei ban sngewthuh bakla ruh ba haba ngi shah hikai ban tip ia ki riti ki dustur tynrai kam mut ba ngin kylla niam. Em la ngi dei ki Niam Khristan, ki Niam Khasi, ki Niam Hindu, ki Niam Muslim bad ter ter ka long kaba donkam ia ngi khamtam ia ki khun ki kti jongngi ba kin tip shaphang ki riti ki dustur tynrai khnang ba kan iai neh pateng la pateng lym kumta kaba sheptieng ka long ba ioh ki pateng kiba hadien kim tip shuh ia ka riti ka dustur tynrai ruh.

Kyntang iawai ngi kyntu ia ka sorkar ba kan plie ia ki jaka ai jinghikai shaphang ki riti ki dustur jong ki jaidbynriew bapher bapher kiba dei ki tynrai ha kane ka jylla Meghalaya kata naduh ki Khasi, ki Pnar, ki Garo bad kiwei kiwei khnang ban ym klet ne ban tip ia la ka jong ka riti ka dustur tynrai lajong. Dei tang lyngba kane ka shlem kaban iarap ia ki khun ki kti jongngi ba kin tip da shisha ia ka tynrai lajong namar ka donkam da shisha ban tip ia ka tynrai naduh ka riam ka beit, ka rwai ka siaw, ka put ka tem, ki jinglehniam bapher bapher khnang ba haba ngi mih khmat ia ka jylla sha kino kino ki lympung ngin tip kein ban pynpaw nam ia ka tynrai lajong. Namar kumba long mynta lehse lada leit sha kino kino ki jingialang baheh lada ym shah hikai lypa shwa ban leit lada ki phah ban riam da ka riam tynrai kiba bun kin ym tip wat tang kumno ban spong ruh.

Ka jingpyndonkam ia u дума ka pyniap kumba 10 lak ngut ki nong India man la u snem

Voluntary Health Association Meghalaya

Kum ki nongmihkhmat ba la jied ka Ri phi lah ban pyllait ia kiba bun.Ka jingbam dumadih sikret biri ka long kawei na ki jingktah bajur tam eh ia ka koit ka khiah ha ka History bad ka jaidbynriew. Ka dei kawei na ki daw jong ka jingiap jong kiba bun bad kaba nyngkong bad kaba shyrkhei tam ban thaw ia ki jait jingpang kiba lah ban kiar, ha ka pyrthei baroh kawei. Ha India, kumba 2500 ngut ki nong India ki iap man la ka sngi da ka jingpyndonkam ia kine ki дума. Ka ktah ia ka ioh ka kot ha la iing da kaba thied ia kito ki jait дума, ka jingduhnoh ia ka kamai kajih ha ka jingsumar ia ki jingpang bapher bapher, ka jinglut pisa ha ka jingsumar ha ki Hospital,dawai dashin bad ruh ha ka jingiap shiteng por jong ki mynsiem bakordor. Ka Ri India ka don la ka jong ka ain kaba paka, ka ain Cigarettes and Tobacco products Act (COTPA) 2003, la pyntreikam bad pynduna ia ka jingkitkhlieh ban pynurlong ia ka jingdawa jong ka Ri bad ruh ki Ri baroh kawei. Ka donkam ban pyntrei kam bad pynlong ain da ka jingbynrap lang bad kiwei ki policy ban pynduna ia ka jingpyndonkam ia u дума bad ruh ban iada ia ka koit ka khiah kiba bun balang ha ka Ri.

Kaei ba donkam ban leh?

Pyntreikam bad pynlong ain ia ki jingpyni dur ba don jingmaham ha baroh ki jingdih jingpyndonkam дума ki jingpyni dur ba ktah bad ba dap da ka jingshisha ban husiar bad yn bujli ha man la ka 12 bnai.

Ki jingpyni dur ba don jingmaham ha man la ki synduk ne jingsong дума ka wanrah ka jingtip ia kiba bun halor ka jingma jong u дума khamtam ia ki khynnah bad kito ki bym da nang sa stad. Kumba 25 tylli ki Ri kum ka Australia, New Zealand, Canada, Thailand, Brazil, UK bad Hongkong ki lah pyntreikam ia kine ki jingmaham ban pyni dur lyngba ki jingsop jingsong halor ka jingpyndonkam ia u дума.

Ki jingmaham lyngba ki jingpyni dur ha ki дума skret bad kiwei kiwei la pyntreikam ha Ri India naduh ka 31 May 2009 hadien ka order jong ka Supreme Court ha ka 6May 2009. Hynrei, kine kiba pynmih mynta ki long ki bym lah ban ai jinghikai/ jingtip lane ki bym da treikam eh katta katta ban pynlong ia u/ka brieve ban lait na ka jingma. Ki long ruh ki bym iadei lane bym iahap katkum ka jingiarai lang da ka India bad kiwei ki Ri ka pyrthei kaba dei ban long kumba 30%.

Ka jingpyrkhing ia kajingdih дума ha Ri India . Kaei ba donkam ban leh?

Katkum ka jingiohi ha ki Packet ba song ia ki jingbam khaini ne Suparai (Gutka), ka jingmaham lyngba ki jingpyni dur ka don tang kumba 10% haduh 20% ka jingshon ia ki jingmaham ha ki ym ia ki 40% khamtam ha ka bynta ba shakhmat jong ka Packet .

Ka kamram jong phi.

Ki dur jingmaham ki dei ban long kiba iahap ki dur ba shai bad kiba heh khnang ban lah ban ai jingtip halor ka jingsniew jong ka jingpyndonkam ia u дума katkum ka Section 7 jong ka ain Cotpa. Kine ki jingmaham ki dei ban paw kumba 50% ha baroh arliang jong ka jingsong bad ka jingpynkylia/ pynpher /bujli ia ka 12 bnai.

Da kaba buh jingmut ba ki jingmaham pynidur ha ki jingsong дума kin pher/kylla man la u snem, kiwei ki set jong ki jingmaham pyni dur ki dei ban jied kyrpang bad bniah bha hadien ban ianujor bad kiwei pat ki Ri.

Ka Sorkar ka dei ban khmih bad pyndonkam ia ka ain bad ban pynshitom ia kito kiba pynkhein ia ki ain ba la buh.

Ka jingpyndonkam ia ki kyntien kum “Light”, “Mild”, lane “Low Tar” ha ki packet sikret ki long kiba ialam bakla bad donkam ban khang pynduh syndon ia kine ki nong thied lane ki nongpyndonkam ki sngew ba kum kine ki nongpynduna ia ka jingma ia ka koit ka khiah. Kine ki kyntien kiba ialam bakla ha ki packet sikret ne ha kiwei lah mana ne khang (Banned) hapoh ka section 7 jong ka ain COTPA, kumta kin ym dei ban paw halor ki packet sikret.

Ka jingkhang ia ka jingpyni advertisement bad iada ia ki khynnah bad samla ban pyndonkam/dih дума .

Baroh ki jingpyni dur Advertisement, jingpynkiew ia ka die ka thied bad ka jingbei tyngka halor ka jingpyndonkam дума lah khang ha ka Ri India. Hynrei, bun ki kompeni die дума ki pynmih ia ki jingpyni advertisemen ba thymmai khnang ban pynngop ia ki khynnah samla lyngba ki jingpynmih jong ki jingdie kiba kham itynnad bad kiba khring. Hynrei, hadien kine ki jingpyrkhing bad jingkhang ia kine ki Rngpyni dur acvertisement ruh ki dang don ba iai pyni ia kine khnang ban lah ban shalan bad ban die ia kine ki дума ba bun jait.

Bah D. Pakyntein.

Baroh ki bym dei ki trai shnong, la shim ia ki kum ki nongwei, bad kim lah ban wan rung ne shong beain ha kino kino ki bynta ka Ri India, bad ka don ka jingiapher hapteng ki nongphet-wir (refugees) bad kiba rungтуh bad shong beain (illegal migrants).

Ha u snem 2017, ka Ministry of Home Affairs, kat kum ka shithi No.24013/29/Misc./2017-CSR.111 (i) dated the 8th August 2017, ka lah bthah ia ki Chief Secretary, jong baroh ki sorkar jylla bad ki Union Territory Administration, ban khmih/ithuh ia kita kiba shong beain, bad la ai bor ruh ban kem bad ban ieh ia kaba donkam, kat kum ka section 4 of Passport (Entry to India) Act 1920, section 14 of Foreigners Act 1946.

Ka jingjyllei kine ki nongwei da ki phew-phew snem, ka ktah shibun ia ka Ri India baroh kawei, namar ki bam ia ka bhah ki trai shnong, don na kine ki nongwei, kim salia ban lehia ki kam sniew, naduh ka khaai drok, ka pyniap brieve, ka shalan brieve, ki kam lehnoh, bad ki lauruh ban pynjop election ia ki katto-katne ki party/kyrtong, kiba iada bad sngewjan bad ki.

Ka sorkar kmie, ka la buh thong ban pyndep noh kloï ia ka jingker ba paka (anti cut-anti climb fencing) kaba mut (ka jingker ka ba ym lah ot-ymlahkiew) namar lada ki masi, ne muid ki lah ban rung sha Bangladesh, kan eh aïu ia ki nongwei ban wan rung katba mon?

Ka kamram jong phi.

Ka dei ban don ka jingkhang jingpyrkhing halor ka jingpyni dur (Advertisement) jong ki jingdih дума bad ruh ka jingpyni dur pateng. Kane ka long kaba hap ban pyrkhing hapoh ka ain COTPA section kaba 5.

Kiwei pat ki kyndon ain kiba khlain ryngkat bad ka ingpyrkhing kaba skhem lah donkam ban pyntreikam khnang ban khanglad ia ki Kompeni ban pyndonkam jingpyni dur ha ki jain phong, ki jingktah jingpain bad ha ki jingialehkai.

Pynlong ia ka jylla nongbah, ki District ki jaka ba lait na ka tдем дума.

Ka long kaba lah pynshisha bad pynthikna da ki stad Science ki jaka paidbah bad jaka trei kiba lait na ka tдем дума ki iada ia ki nongshong shnong na ka jingma jong ka tдем kaba mih na ki nongdih дума.

Ha ka pythei baroh kawei, ki ain pynduna tдем lah pyndonkam bad pyrkhing bha ban ioh bun ki jingkyrshan bad jingiaroh . Ka Ri Egypt, UK, France, Hongkong. Ireland, Scotland, Uruguay ki long ki bym don tдем ne lait na ka tдем дума.

Ka jingpyrkhing ia ka jingdih дума ka Ri India kaei ba donkam ban leh?

Ka ain pynduh tдем lah pyntreikam ha Ri India ha ka 2 tarik u Risaw 2008 kaba pyrkhing bad khnang pyndonkam дума ha ki jaka paidbah bad jaka trei. Une u long uwei u mawjam jong ka Sorkar India bad baroh ki jaka paidbah kum ki ophis ne ki bym dei ophis ruh, ki jaka pule, ki hospital, ki dukan heh bad bar, ki hotel, ki kad liengsuiñ, ki library, ki jaka bam bad ki jaka dih (Bar) lah pyndonkam ia kane ka ain bad kum ki jaka ba lait na ka tдем дума.

Ka kamram jong phi

Dei ban pynshlur ia kiba bun ki nongbah, District bad ki nongkyndong ban pynlong ia ka Ri kaba lait na ka tдем дума katkum ka kyndon ain hapoh ka section kaba 4 jong ka COTPA.

Ka jingpyrkhing bad jingmaham ba thikna ka long kaba donkam ban wanrah ka jingtip ia ki trai, ki manager bad ki nongtrei jong ki ophis sorkar bad ki bym dei ki ophis sorkar; khnang ban khanglad ia ka jingdih дума ha kum kine ki jaka. Ka jingtah ha ka jaka ba shai ia ki kyndon. Ym shah dih sikret-дума hangne ka long be-ain khamtam ha ka jaka rung ne jaka mih jong baroh kine ki jaka. Kane ka dei ban don ka jingheh kaba 60x30 cm ei ei .

Ka jingleit jurip barabor da ki nongbatai ia kitei ki jaka kan iarap ban pynshitom ia kito kiba pynkheiiñ ain. Ka dei ban don ka jingleit khura leit jurip khamtam ia ki jaka pynbyrngia kiba pynkheiiñ ia ka ain.

Ka dei ban don ka jingleitkhura leit jurip da ka sorkar ryngkat bad ka jingiatreilang jong Ki Sengbhalang bad ki nongpathai khubor ban wanrah ne ai jingtip ia ki paidbah lyngba ka jingai jinghikai, jingiatreilang ban leit sha jurip sha ki jaka bapher bapher, ban khmih ia ka jingiadei bad ruh ban pynbha ia ki jingeh ba ia kynduh ha ka por ba pyntreikam ia ka.

Ban pynjari ia ka jingdie jingthied ia ki jingdih дума, jingbam дума ia kiba hapoh ka 18 snem ka rta.

Ha ka jingwad bniah lah lap ba ki khynnah samla ha India ki ju pyrshang ban mad ia u дума/ sikret ban long kyрни ia u. Katkum ka tnad ba dei khmih ia ka koit ka khiah bad ka longling longsem jong ka Sorkar India (Ministry of Health and Family Welfare), ka lap ba kumba 37 na ka shispah ki khynnah ha Ri India ki sdang ka jingdih sikret/дума shuwa ban dap 10 snem ka rta bad man la ka sngi ki don kumba 5500 ngut ki khynnah kiba dang sdang ban dih дума/sikret.

Ka jingpyndonkam ia kiwei pat ki jingdih/ jingbam bym pynmih tдем kum ki gutka,\supari, khaini bad kiwei kiwei lah pyndonkam kham bun da ki khynnah rit namar ka jingbym don ka jingpyrshah bad lah ban ioh da kaba suk, ha kajuha ka por ki long kiba tad dor, suk ban pyndonkam kiba la pynjur ia ka jingpyndonkam salonsar.

* Ka jingdie ia ki sikret/дума da ki bad ia ki khynnah rit, ka jingdie hapoh 100 jam jong ki jaka pule, lah khang bad pyrkhing ha Ri India hynrei donkam ka jingkhmih bad jingpyrkhing kaba paka ban iada ia ka jingpynkheiiñ ia kine ki kyndon.

Ka kamram jong phi

* La lap ba kane ka ain la pynkhein ha man ki jaka. Ka jingpyrkhing kaba bniah kan iada ia ka jingdie дума/sikret ia ne da ki khynnah ba hapoh 18 snem ka rta kaba long katkum ka kyndon kaba 6 jong ka ain COTPA.

* Baroh ki dukan heh bad dukan rit kiba die ia ki дума/ sikret ki dei ba da ioh ia ki kyndon ba shai bad ba khlain. Kim dei ban die ia kine ha ki khynnah rit bad ki dei ban da tah ne pynpaw shai ia ka jingmaham kaba kum ka jingheh ba 60x 30

Ki Nongwei

Kine ki nongwei, ba wan rungтуh, na kiwei ki jylla, ba markhap bad ka Bangladesh, ki poi kylleng ka Ri, tang shipor, ki ioh Adhar da kaba shisha ne da kaba leh thok, nangta sa ki Epic, ki Ration Card, bad kiwei ki kot ki sla ban pynskhem,ba ki dei ki nong India.Shisien ba ki biang ki kot ki sla,ym lah shuh ban khang ia ki ba kin wan rung sha ka jylla jong ngi, bad shitom bha ban ithuh la ki dei ki nongwei ne ki nong India. Dei hangne ba donkam bha ia ka Inner Line Permit (ILP), ka ban iada ruh ia ka Meghalaya kaba don syndah bad ka Bangladesh kumba 443 Km. Don kibaongba ka ILP kanktah ia ka jngoh kai pyrthei, kan ktah kumno, hato ki tourist, ki bie� haduh katno ban wan rung beain?Ka long kaba bakla ban pyniaryngkat ia ki tourist ba wankai khyndiat sngi bad ki brieve kiba wan ban kamai, bad ban shong duh. Ka ILP kam khang iano iano, ban wan, ka dei ba ka jylla kan ioh jingkheiiñ bad ban tip mano ba rung, katno sngi kin ioh shong, bad lano ki hap leitphai.

Ki jingkynrum-kynram, ha Bangladesh, ki la ktah ia ka ioh ka kot,sangeh sa ka USA ban ai pisa. Lah kulmar jingmut ki nongsynsar, haba ym don pisa te ka kam ka jam ruh ym don. Haba kumta, ki nong Bangla, kin sa pyrshang jubor ban wan rung tuh sha ri India. Don ki seng saiñ pyrthei ha Ri India, ki ongba ka dei ka kamram jong ka sorkar kmie, ban pyrkhing ha ki thaini border, kane kadei kaba bakla shingun, ki lah dei ban shim nuksa na ka jylla Meghalaya kaba sngewthuh,ba ym dei

cm kaba thoh, “Ka jingdie ia ki дума/sikret ia ki khyn nah hapoh ka 18 snem ka rta ka long be ain bad balah ban pynshitom.”

Ka jingpyrkhing ba skhem bad ba khlaini ia ki jaka pule ban die la ki auma/sikret hapoh ka 100 jam jong ka jaka pule Dei.ban tah ne pyni ia ka jingmaham.” La mana ia ka jingdie ia ki sikret/дума bad kiwei ki jait дума jingbam hapoh jong ka 100 jam jong u pudu sam kane ka jaka pule, ka long kaba be ain. Dei ban don da ka kynhun ain ba janai ban khanglad ia kane khamtam ka jingdie ia kito ki jingbam дума kiba rit, ba tad namar kine lah shna kyrpang ban pynngop ia ki khynnah rit.

Ka khajna ia ki jingdih dumalsikret dei ban pynkiew bad pynbha bad pyntreikam ha baroh ki jait jingdih/jingbam дума bad khanglad ruh ia ki jingwan seng kam kiwei ki nongwei ha kum kine ki kam pynmih дума.

*Ki sakhi sabut kiba la pynpaw da ka WHO ki pynshlur ban pynmih ia ki khajna ha baroh ki jait дума/sikret jingbam kum kawei na ki lad pynduna.

Ki jingeh jong ka jingkyрни ia u дума ha Ri India ka la nangpynjot shuh shuh ia ki kompeni shna дума bad ka jingpahuh bad jingpyndonkam ia u. Ki khajna ki pher na uwei u jait jingbamjingdih дума sha uwei pat. Ka jingsngewthuh ba u ibiri lah pyndonkam da uba duk bad ka jingshna bad jingpynmih ia kiwei pat ki jingdonkam bun ki nongtrei. Donkam kyrkieh ban pynthymmai pynbha ia ki polisi ha kaba iadei bad ka khajna.

Ki rukom lum khajna kiba mynta dei ban pynbha bad pynthymmai ban warah ia baroh ki jait pynmih дума hapoh ka jinglum khajna ba biang. Ka khajna ba paka bad ia ki mar ba shalan lane ki good and service (GST) dei ban pynkup ha baroh ki jait jingdie дума kan weng noh shisyndon ia ka jingleit lum khajna ia ki biri bad kiwei ia kiwei ki jingpynmih дума kiba rit kiba ria. ka wanrah ruh ia ka jingkylla ha ka khajna ia ka jingbam дума ki bym pynmih tдем.

Lada donkam ban pynbha ia ka rukom lum khajna ba kyrpang bad ba ryntih ka pynduna ruh ia ka jingplee lad iaka jingpyndonkam da kaba wanrah ia ka jingioh pisin bad ruh ban iarap pynduna ia ka jingduk kiba bun. Ka pynduna ruh ia ka jingplee lad ia ka jingpyndonkam daki khynnah bad kiwei kiwei kiba pyndonkam дума.

Shuh shuh ka jingshalan na bar ri ha India ia u дума / sikret bad ka jingbei tyngka jong ki bar Ri lane ka Foreign Direct Investment (FDI), dei ban khang syndon lynda kumta kin poi ki jait sikret, biri bad kiwei ki jait jingdie дума ba thymmai bad ba tad . Kan wanrah bad pynlong ruh ia ka Ri India ha ka dewbah Asia ka iew die дума ba iaid iew.

Ki sakhi bad satar na kiwei pat ki Ri ka pyni na ka jingpynkiew bad jingpynbna ia ka khajna die durma ka long kawei ka lad i pynmih pisa ia kiwei ki prokram ban kyntiew ia ka koit ka khiah.

Ka jingthmu ba kongsan ban khanglad ia uduma naduh tynrai ha ki rukom bapher ha kvlleng ka Ri India.Katkum ka jingitñ bniah jong ka sorkar Ka tnad Indian Railways, Arm force, National Cadet Corps (NCC) bad National ghwayAuthority jong ka Indireda ki lah ban leh ia ka bynta kaba kongsan da kaba kysphan pisa ka bynta kane ka jingthmu na ka bynta kito ki kompeni shna biri-siket kaba shongdor kumba katto katne sha ki bvnta bapher bapher jong ka ri ban pyntip paidbah ia ka jingktah ka khajha ba la lum da ka sorkar (kum ka khaina ba la buh da kaba pyniadei lok bad ki lad pathai khubor,

Ban pvniar ia ki jaka trei ki ban pynsan ia u дума ha kylleng ka jylla. Ban bam ban dih дума dei tang ka jingmlien bad ka thong ban pynsangeh kum da sngshakri ka long kaba donkam ha kaba uwei pa uwei bad ka Sorkar ki dei ban don ka ain Ha ki ri kum ka India kaba kynrei bha kiba dih дума donkam ban tehlakam ia ka jingdih дума.

Kaba donkam ban leh na phi:

Ki jaka trei ban pynsangeh ia ki jaka dih дума la buh ban pyndonkam ha ki bynta bapber bapher jong ka ri da kaba ia trei lang bad ka tnad ka koit ka khiah bad ka WHO hvnrei ia kine donkam ban ia kyntiew shuh shuh. Ki PHC, CHC ki dei ban don ki dawai, ki jingai jinghikai bad jingpyntip paidbah ban teh lakam iaka jingdih дума.Baroh ki nongialam jong ki ASHA, ki nongtrei Anganwadi ki nongtrei community health bad selfhelp group ki dei ban long kiba shim khia ha kaba mana ban pyndonkam Baroh ki nongialam jong ki ASHA. , ki nongtrei Anganwadi ki nongtrei community health bad selfhelp group ki dei ban long kiba shim khia ha kaba mana ban pyndonkam ia u дума haba iakren bad u nongpang nongwad jingiarap. la ki jingmana paidbah lah ban leh da kaba suk ha kano kano ka jaka paidbah, la ha sor ne nongkyndong. Ki jingiaphylliew jingmut ha ki skul, kolej ha ki jaka trei bad office sorkar ka long kaba donkam. (Phaidien)

tang ki sorkar jylla ban snohkti lang, hynrei ka dei ka kamram jong baroh ki nongshong snong ban peitngor.

Ha kine ki khyndiat sngi, ka America, ka la teh bad thep, hapoh liengsuiñ ia kita ki nong India, ba leit rung tuh. Don kiba pyrshah ia ka America ba ka leh tohmet, bad ba ka India, ka shu sngap jar nalar ba ki tip bha ba ka India kamlah ban tuklar ia ki ain jong kiwei ki Ri, kumjuh ruh, ym don balah ban tuklar ia ki ain ka Ri India. Baroh kine ki dei ki kren politics suda, ba ym don ishu shuh da kiwei pat. Mano ba phah ia ki ban rung beain sha ri kiwei, bad kiei ki kam ba ki lah leh ha katei ka ri? Hato haba phah phai ia ki nongwei sha Bangladesh, yn ai da ki liengsuiñ ba remdor? da ka bam paidbah ne na 5-star hotel? da ka um ne da ka kiad kaba rem dor? da ki bam paidbah ne da ki night super ba don tv. Hap phikir bha, ioh ki pynklumar, ne kyrdem ia ki shuki hapoh liengsuiñ ne kali.Ym sngewdei ruh ban thep along ia ki, namar sa ka jinglut kaba bun, ban bsa bad sumar ia ki.

Barabor, kito kiba wan sha ka jylla jong ngi,lah bun-bun snem, ki khlem wan ban shong pynglad, hynrei ki wan ban sengkam seng jam, ne wad bylla. Lah sakhi, ba ki lahnang bun nangbun, ym dei ba pyrshah ia ki, hynrei hap pyrkhat shuwa na ka bynta ki trai jylla namar ka lah ktah ba la ioh ka kot, ka bylla sngi ka jong ki. Haba kumne, ym leh shuh kumno? Don hi ki lad ki lynti lada ki District Council, bad sorkarjylla, kin kham pyrkhing ne khang syndon ia kaba ai Trading bad Labour Licence, bad kan long ka jingkyrkhu ia ki trai jylla kiba duk kiba rangli.(Phaidien)