

Ka MSCPB kam ju don nongshun ka trei la kajong ka kam ong u

katba u dang don ha lynti sha Byrnihat ban leit jurip.

“Katba nga dang don ha lynti ban leit jurip sha Byrnihat, Nga la ioh pdiang ia ka phone call na ka Ophis ba ka la don kane ka jinglia ba sngewsih-ba ki runar bym lah ban tip ki la kawang petrol bomb ia ka Ophis” ula ong.

U Bah Chyrmang u pyntip ba mar mar hi ula wan phai noh sha Ophis bad bynrap ba katto katne na ki nongtrei kila iohi ia kine ki nongkawang petrol bom hynrei kim shym la lah ban pynithuh ia ki namar ba kila

Plie ka sorkar ia ka skhim sam laptop ia ki

bad ha kaba iadei bad ka ICSE, ISC bad CBSE, tang ki khynnah jong kito skul kiba don hapoh ka Jylla Meghalaya ki lah ban ioh ia kane ka skhim.

Ka Directorate of Infor-mation Technology and Com-munications ka la pynmih ia ka Provisional List ha ka website jong ka.

Ki samla pule kiba la ioh ia ki marks kiba iaryngkat ne kham heh hynrei ka kyrteng kam paw ha ka Website ki lah ban leit sha ka Directorate ryngkat bad ki marksset ba shisha jong ki, ka photo ID ba biang bad kiwei kiwei ki kot ki sla ban pynshisha ia ka jingkam jong ki.

Ka Sorkar ka plie ruh ka lad ban bishar hok ia la ki Marks hashwa 3 tarik Nailur, ong ka khubor na ka tnat sorkar.

Ai NoC ka NEHU ia baroh ar ngut ki

dei na ka Khasi Departmen, bad u kyrtong ka Voice of the People Party (VPP) Prof Batskhem Myrboh uba dei na ka Political Science Department.

Ka khubor ka iathuh ba ia kane ka rai la shim ha ka jingialang kyrkieh ba 88 jong ka Executive Council ka NEHU myn ha ka 30 tarik Naitung.

Ka shithi ba pynmih da u Joint Registrar ka pynthikna ba ka EC kala ai jingbit ia baroh arngut ki pro-fessor ba kin iakhun ia ka elekshon Lok Sabha.

U Prof Myrboh ula leit ban tied ia ka jingkhang ka lingkashari Meghalaya High Court ba kyrpad ban tuklar halor ka jingkynnoh pynslem ban ai NOC.

Da ka jingioh ia ka NOC, baroh arngut ki kyrtong kila long laituluid ban iaid ialap elekshon.

Ia ka elekshon shiteng samoi ka Shillong Lok Sabha la pynlong hadien ka jingkhlad noh u MP bad Pro-fessor ka NEHU Dr Ricky AJ Syngkon myn ha ka 19 tarik Rymphang mynta u snem.

Ka Shillong Lok Sabha constituency ka kynthup haduh 36 tylli ki Assembly constituency kiba don ha kylleng ka ri-lum Khasi bad Jaintia.

Ka sngi ki Shyieng Ki Mat- Dr Jerryson Bareh, Orthopaedic Society of Shillong

shynrong kaba ailad ia ngi ban iaid, ban mareh, bad ban trei ki kam jong ngi. Bunsien ngi khein sting ia ka jingkoit ka shyieng ha ki por samla jong ngi namar dei ha kane ka por ba ki shyieng ki nang iai heh bad ha kajuh ka por ki nang iai ioh bor kum ban pynkhreh ia ka lawei.

Dei kum ha kine ki por ba dang samla ba ngi dei ban tip kumno ban ai ka bor kaba paka ha ki shyieng ki kshah jong ngi namar katba nang heh ka rta ,haba sdang poi sha ki rta 35-40 snem, ka shyieng ka sdang ban troin bad sdang ban stang. Namarkata katno ba ngi lah ban pyntkhlain ia ka shyieng ha ki por ba dang kham samla kam pynneh ia ka jingkoit jingkhiah jong ka ban lait na ka jingpang shroin shieng kaba ngi khot Osteoporosis bad ki shyieng ki kloï ban kdiah tang haba ur malu mala ruh ha ki por ba la noh ka rta.

tap durkhmat.

“Ki video CCTV ki pyni ba ki don arngut ki brieve, hynrei ia ki durkhmat jong ki la tap noh. Ngi la dep ban ujur ia ka ejahar ha Laitumkhras Police Station” ula ong.

Kat kum ka jingtohkhit bala ioh lum da ka Board, ki don arngut ki brieve ba suba, kiba la wan da la ki jong ki scooty bad arngut ki la wan rung sha phyllaw ka ophis.

“Kat kum ka khubor ba ngi iohi, kine ki brieve kila wan da artylli ki scooty. Arngut kila wan rung sha

phyllaw. Ngam lah ban onge eiei palat ia kata namar ka jingtohkhit ka dang iaid. Ngim don jingiashun badno badno ruh, kumta ngam tip lada ka don ne em ka jingiadei bad kano kano ka jingjia” ong u Bah Chyrmang.

Ula pyntikna ba ym shym la don mano mano ruh ba mynsaw ha kane ka jingwan thombor.

“Ia uwei u petrol bom la kawang marjan ka kamra treikam u Senior Scientific Assistant-donbok u khlem lei lei satia” ula ong.

Kyrpad ia ki paidbah ban iaishah haduh u bnai Risaw ban ia phylliew jingmut bad ka komiti

ka 28 tarik u bnai naitung 2026 ka la leit iakynduh ia u symbud myntri rangbah ka jylla, u bah Sñiawbhalang Dhar ban buddien ia ka dorkhas ba la buh myn ha ka 22 tarik u bnai jylliew 2026, halor kane ka phang la pynkymnaw ruh ia ka presen-tation ba la dep aiti sha u myntrirangbah ka jylla kaba kane ka seng dewiong ka la pypnaw ba ka kwah bad dawa ruh ban don ka Special Legal Frame Work For Regulating Small Scale Scientific Under-ground Coal Mining hapoh ka jylla Meghalaya, la ong ba halor kane ka bynta u myntri rangbah ka jylla u la shimkhia bad tang hapoh shiphew sngi hadien ka jingiakynduh u Myntri Rangbah u la laleit iakynduh ia u Myntrika sorkar pdeng uba dei peit ia ka kam dewiong bad u myntri rangbah u la ong ba kan sa don kata ka Delication of Power ka ban ai bor ia ka jylla na ba bynta ban pyniaid iew ia u dewiong, shuh shuh u myntri rangbah ka jylla u la ong ruh ba ka sorkar pdeng ka la kular ban don kawei ka committee na ka bynta ban iit bniah ia ki jingdonkam baroh ha ka bynta ba iadei bad ka

jingtih ia u dewiong da kata kaba ki ong ka Small Scale Scientific Underground Coal Mining.

‘Ngi la ioh ruh ia ka noti-fication myn ha ka 15 tarik u naitung 2026 bad ki dkhot jong ka committee ki kynthup naduh ki heh kiba na ka Min-istry of coal jong ka sorkar India, la don ruh u Technical director na ka Ministry of Coal, don ruh ki nongmihkhmat na ka Central Mines Planing and Decide In-stitute jong ka sorkar pdeng, u Director General of Mine and Safty uba don ka jaka treikam ha Shillong lem bad u nongmihkhmat uba napoh ka jylla ba jied da ka sorkar, lem bad ki expert na ka Sus-tainable Division na ka Min-istry of Coal bad ka kamram jong ka committee ka long halor ki hynniewtylli ki mat ban iakren bad iatai kata ban pyntikna banpynurlong ia ka rukim tih dewiong kaba tip kum ka Small Size Coal De-posit ha ki jaka ba long trai da ki trai khyndew bad ia kane ruh yn wanrah hapoh ka aini na ba bynta ban iada ia ki nongtrei dewiong bad kumjuh ruh ban iada ia ka mariang, kawei pat ka mat ka long ban

Une u Member Secre-tary ula buh jingkylli ia ka daw ha lynti kane ka jingpynlong sohpdung ia ka MSPCB.

“Balei ba pynlong sohpdung ia ka Ophis jong ngi? Ngi dei tang ki nongtrei kiba trei jar jar, ngim shym la leh eiei” ula ong.

Ki Pulit bad ka kynhun Forensic ki la leit sha katei ka jaka bad ki la lum ia ki sakhi sabut. Ia ka ejahar la ujur ha Laitumkhras Police Station bad ka jingtohkhit mynta ka la iaid shakhmat.

Ym hun ki MDC ka liang pyrshah ia ka rukom bhah pisa ia ka 16 Finance

ki dei ban ioh beit haduh 15 percent, ha ka jingiakren jong ki bad u CEM ula kular ban pynbeit ia kane lyngba ka Committee Joint PP hapoh ka 5 tarik mynta u bnai, u ma Andrew ula kren shai lada don ka jingleh shilliang kim sa shim da kiwei pat ki sien jam ban pyrshah ia kane.

U ma Jamshaphrang Pohtam ula ong na kane ka 16th Finance Commission baroh ki Constituency ki dei ban ioh iaka, khnang ban ioh pyntreikam ia ki skim hapoh ki Constituency la jong, kaba

phylla pat ynda kila ioh ia ka proposal ka jingai bhah sha ki MDC ka liang pyrshah kala duna shaba palat eh na kaba la mang 28.5 klur sha ka JHADC, hynrei kila bhah tang mar 20 lak sha ki. Namar ia kiwei ki 19 ngut ki para MDC naka liang synshar kila ioh haduh 1.36 klur marwei.

Kila buh ruh ka jingkyrpad na u CEM dei ban pynioh beit haduh 50 lak marwei na ka bynta ban pyniaid ia ki jingdonkam jong ki paidbah haki Constituency, naka liang jong ki kum ki



MDC ka liang pyrshah kin ap ia kane haduh ka 5 tarik bad lada kam urlong kin shim ia ka sien jam namar kam don kano kano ka jingkdew ha kane ka skim ban pynduna ia ki MDC ka liang pyrshah.

Ka jingbhah pisa ia ki

MDC naduh ka liang synshar bad kumjuh ia ka liang pyrshah ki dei ban long kumjuh hi “ngim ailad ia kum kine ki rukom treikam dei ban pynkut noh shi syndon hapoh ka Council”, la ong u ma Jamshaphrang Pohtam.

sa don ka jingialang ha Shillong lane sha ki jaka tih dewiong kiba ki dkhot ka committee kin sa leit jingoh bad ha kata ka por ki seng dewiong naduh ka State Co-ordination Forum ba kynthup baroh ki seng tih dewiong kiba don hapoh ka jylla kin sa ioh ka lad ban ia phylliew jingmut bad ka committee, shuh shuh la ong ba kane ka committee ba la thung da ka sorkar India ka la kyrpad ban ai ka kaiphot hapoh lai bnai bad kata naduh ka 15 tarik u bnai

naitung haduh ka 15 tarik u bnai risaw 2026 bad hapdeng jong kane ka por la shah ban ai ia ka Interim Report hadien shi bnai shiteng ban dup pynkloi ia kane ka kam, kumta na ka liang ka Jaiñtia Coal Miners and Dealers As-sociation ka kyrpad ia ki paidbah ban long kiba iaishah haduh kane ka por ba la buh kata haduh ka 15 tarik u risaw 2026.

Ha kajuhka por ka JCMDA ka ai khublei ia u Myntri rangbah ka jylla, u

Conrad Sangma kumjuh ruh ia u Symbud Myntri rangbah ka jylla, u bah Sñiawbhalang Dhar kiba la shim khia ia ka kam tih dewiong ban ioh ban pyllait noh na ka jingshah khang tih dewiong kaba naduh u snem 2014, ka seng ka ai khublei ruh ia ki heh sorkar kiba ia donbynta lang ha kane ka kam kiba la ai buit, ai bor bad ai mynsiem bad ka seng ka ngeit skem ba ka sorkar jylla kan shim khia ia kane ka kam dewiong.

Kloi ka Meghalaya bad iakynduh ia ka Assam ban iatreilang halor

U Symbud Myntri Rangbah ula ong ba ula dep kren ia u Myntri Rangbah ba dei ban pynlong noh mardor ia ka jingialang bad u Myntri Rangbah ka Assam. “Nga lah dep ong ia u Myntri Rangbah ba ngin iakynduh ia u Myntri Rangbah ka Assam.

Ngin iakren bad ngin ia pynbeit lang. Ngim don hangne ban ia kynnoh iwei ia iwei pat. Ngi don hangne ban trei na ka bynta ki paidbah” ula ong.

U Ma Sniawbha ula banjur ba baroh ar ki sorkar ki don ia ka histori ban ia shimkhia lang ia ki jingeh khamtam ia kito kiba iadei bad ki lad pyniasoh ha ka leit ka wan.

“Nga kren shai ba lada ka don kano kano ka jingeh ha ki surok ne surokbah, ngi kum ka sorkar ne baroh ar ki sorkar, ngin ia pynbeit lang. Kam don kano kano ka jingeh” ula bynrap.

Halor ka jingkylli hato katei ka jingialang kaba la tyrwa, u Ma Sniawbha ula ong ba ka jingiakren kan long ha ka rukom kaba biang ban wad ia ki lad ki lynti kiba biang tam ban iaid shakhmat.

“Baroh ar ngin sa iakynduh bad ngin sa iakren ha ka rukom kaba biang. Ngin pyrshang ban wad ia ki lad kiba biang tam. Ngi lah long kiba kloi ban leh ia katei” ula ong.

Ka seng ka phah hiar shuki ia u Professor Barik na bynta baroh

ka daw ka saiñ pyrthei hynrei na ka bynta ka bha ka miat jong baroh ki samla pule bad ki college kiba pyniasoh bad NEHU, ym tang na ka bynta jong kita ki seng kiba don hapoh NEHU.

U Bah Roy u la ong ba ka Min-istry of Education ka Sorkar Pdeng haba ka kyntiew kyrdan ia u Professor S K Barik ka la pynkheini ia ki kyndon aini ka NEHU namar ha ka jaka ban phah shimti shipor ia u Senior Most u Pro-fessor R Khongsdier, kat bym pat ioh ia u VC ba pura kaba lah ban dang shim por.

Kaba jubab ia ki jingkylli halor ka jingbym don ryngkat jong ka HYC ha ki 2 ne 3 snem ba iakhih pyrshah ia u Professor Shukla, u Presi-dent ka HYC u la ong ba ki dkhot ka seng naduh kitei ki por ba don ka jingiakhiih kaba jur ha NEHU ki la donlang

ban ai mynsiem ia ki samla pule bad mynta ka kynti ruh ka seng ka mih sha khmat namar la iohi ba naduh la la kut ka samoi treikam u VC barim u Professor Shukla ha

ka 26 tarik ym don kita ki seng ha NEHU kiba mih shakhmat ban pyrshah ia ka jingpynkheini aini bad kyndon haba ka Ministry of Education ka aiti ia u Profes-sor S K Barik ban pyniaid ki kam ka NEHU shipor.

U la ong ba kitei ki seng ki la kam ruh ba la tyrwa ia u Pro-fessor R Khongsdier ban shimti ia ka kam VC haduh 3 sien hynrei um treh kumno mynta pat la pyrshah ia u Professor Barik, u Bah Roy u la buh jingkylli ba kumno u Professor Khongsdier don shimti ia ka shuki haba dangdon jingiakhiih bad kynrum kynram.

Kumta u la ong ba ka jingkwah ban shimti u Profes-sor S K Barik ia ka kam Incharge VC ka pymi ba ka dei tang ka kam pynsngewbha bad na ka bynta ka jingmyntoi jongno jongo.

Kumta ula ong ba ka seng ka kloï ban iatai bad ka NEHUSU bad NEHUTA halor kane ka mat, hynrei pynpaw pat ba ka seng ka ieng halor ka nongrim ban ym ailad ia ka jingpynkheini ia NEHU Act

bad ki Statutes jong ka.

Shuh shuh u nongialam ka HYC u la iathuh ruh ba ha ka por ba dang don ka jingiakhiih hapoh NEHU u Professor S K Barik u la leit ban shimti ia ka shuki incharge Vice Chancellor hynrei tang shi sngi u la shah buh jingkylli ha ka Ministry of Education ba nangno u la ioh ka bor ban shong ha ka shuki VC, kumta kumno hi ruh u Professor nalar ba u la dei uba senior most u treh ban shimti ia ka shuki wat la u dei hok ban shimti, naba ha katei ka por ka dang don ka jingiakhiih pyrshah ia u Professor Shukla.

Kumta halor kane u Bah Roy u la ong ba ka seng ka la phah ruh da ka jingthoh sha u Secretary ka Higher Edu-cation ka Ministry of Educa-tion ba un tih bniah halor kano ka nongrim ba ka Min-istry ka la ai hukum ban phah shimti ia ka shuki VC ba shipor ia u Professor S K Barik nalar ba la pynkheini ia ki aini jong ka NEHU bad ia ki statues jong ka.

Katkum ka kyndon 163 jong ka BNSS, 2023 la khang

pyrthei bad ki nongwan kai ki la shet jingbam ha ki rud surok, ki lay-by, ki jaka peitkai, ki jaka ba lait bad kiwei kiwei ki jaka bym shym la buh kyrpang, khamtam ha shilynter ka surok Shillong-Sohra-Shella bad kiwei kiwei ki surok hapoh ka Sohra Civil Sub-Division.

La iohi ba kum kine ki kam ki la pynlong ia ka jingbret khlem da pyrkhata ia ki jaboh jabaiñ, ki plastic, ki bilor, ki pliang ba lah ban pyndonkam tang shisien, ki tiar song bad kiwei kiwei ki jaboh jabaiñ, kaba wanrah ia ka jingpynjot ia ka mariang, kaba pynmih jingeh ia ki paidbah, kaba khring ia ki mrad, kaba khanglad ia ka jingiaid laituluid jong ki kali bad ka jingpynjot ia ki jingitynnad ka thain.

Ka bor synshar ha la kdew shuh shuh ba ka jingpyndonkam ia ki tyndong LPG, ki tyndong shet umphiang sharak, ki dieng thang bad kiwei kiwei ki ding ba plie ha kum kine ki jaka ka buh jingma kaba khraw ia ka jingpluh ba shu jia ryngkhat bad ka jingpluh khlaw, da kaba buh jingma ia ki khlaw ki btap, ki jingthung jingtep, ki mar ki mata paidbah, ka jingim brieve bad ka mariang.

Katkum kane, ka hukum ka khang ia kino kino ki brieve ne ki kynhun brieve ban shet jingshet, pynkhreh jingbam, pynmeh ia shet kano ka ding, ne pyndonkam ia ki tyndong LPG, ki stove, barbecue grills, ki dieng thang, ki jaka shet jingshet ne kino kino ki tiar shet jingshet ne ki tiar pynkhluid ha kano kano ka rud surok, ki jaka ieng kali,

ka buh ia ka jingeh kaba khraw ha ki shyieng bad ki mat kiba kit ia ka jingkhia kum ki khohsiew, ki skhep, bad U syngkai bad ka nang pyntroin shuh shuh ia ki. Ka jingpynduna ia ka jingkhia ka pynduna ia ka jingkit ki shyieng badki mat bad ka pynneh ia ka bor jong ki.

4. Ka rukom ieng bad ka jingtreikam - Ha ka juk digi-tal jong ngi kaba mynta, ngi pynlut por da ki kynta ban dem khup ha ki miej, ki phone, bad ki laptop jong ngi.

Ka rukom shong bym biang jong ngi ka pynsynjor ia ka syngkai, U ryndang bad ki tyrypeng.

Ka jingiada ka long kaba kongsan- Ki jingpang jong ki shyieng bad ki mat, lah ban ong ba ki dei “ki jingpang ba sngap jar” namar ki sdang suki suki haduh ba kin da troin bad poi sha ka jingkdiah shyieng tang shu bakla malu mala bad ki

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U Vitamin D u iarap ban shim ia u calcium na ka kpoh