

Pynkyndit ka Langsning FC haduh 5-0 kol ia ka Mumbai FC ha ka Durand Cup 2026

Shillong, Nailar 04 : Ka kynhun ialehkai jong ka Langsning FC ka la ioh ban pynliem haduh 5-0 kol ia ka Mumbai FC ha ka jingiaikhun kaba nyngkong jong ka Durand Cup 2026 kaba long hynne ka janmiet ha madan JN Stadium Polo.

Kane ka dei ruh ka sien kaba nyngkong eh ia ka Langsning ba kan mih madan ha ka Durand Cup.

Ka jingiaikhun ha ka kylla step watla ka Langsning ka laioh bun tylli ki kabu ksiar hynrei kim shym la lah satia pat ban thep kol. Kumta tad haduh ban da kut ka por ialehkai, ka jingiaikhun ka la neh da mar 0-0 kol khlem da don mano mano ruh ba ioh ban thep kol.

Dei ynda la poi ka kylla



U rangialehkai ka Langsning FC hadien ba u la dep ban pynkiar lut ia ki rangapdien ka Mumbai FC bad khyrwiit ia ka bol sha kol jong ka liangpyrshah. (Dur Synñiang)

miet ba ka jingiaikhun ka la nangitynnad khamtam haba u S Ahmed jong ka Langsning u laioh ban thep ia ka kol kaba nyngkong ha ka minit kaba 51 bad pynbud biang pat ia ka kol kaba ar ha ka minit kaba 65.

Ha ka jingiaikhun kaba pyni ia ka jingkhlain bad ka jingstet jong ki rangialehkai ka Langsning, ka kynhun ka la ioh biang ia ka kol kaba lai na u W Ryngkhlem ha ka minit kaba 89, nangta ia ka kol kaba saw ha ka minit kaba 90+4 na u D Kassar bad ia ka kol kaba san bad kaba khatduh pat na u S Phawa ha ka minit kaba 90+5.

Ka jingiaikhun kaba bud kan dei pyrshah ia ka Nongkseh ha ka 06tarik mynta u bnai ha ka por 7:00 baje hi ha madan JN Stadium.

2 snem hadien ba buh mawnongrim u CM, la plie ia ka madan Artificial Turf ba 10.93 klur ha Umbuda



Nongpoh, Nailar 03 : Hadien 2 snem tam ba u Myntri Rangbah duh ka jylla u Conrad Sangma u la buh mawnongrim ban tei iaka madan Artificial Turf ba nyngkong ha Ri-Bhoi District, hapdeng ka jingkmn bad ka jingap khmih lynti na kiba bun ki samla lehka la lah ban plie paidbah noh ia katei ka madan kaba la tip kum ka Umbuda Artificial Football Turf haka Shnong Umbuda.

Ia katei ka madan kaba la tei haka rukom kaba paka haka jinglut kumba 10.93 klur la wan ban plie paidbah da u Bah Sosthenes Sohtun Myntri ka tnad C&RD bad GAD ka sorkar jylla haka jingdonlang u Bah Mayral Born Syiem MLA ka Nongpoh kum u symbud kongsan, u Bah Damanbait Lamare MLA ka Umroi, u Bah Banteidor Lyngdoh MLA ka Mawkynew ba dei ruh u President ka Shillong Sports Association, u Dr Abhishek Saini Deputy Commissioner ka Ri Bhoi, u Giri Prasad Superintendent of Police ka Ri-Bhoi, ki sahep sorkar naka district,

ki nongialam shnong, ki nongialam jong ki Sports Club bapther bapther ka District bad kiwei kiwei.

Ia katei ka madan yn peit bad khmih da ka Mawroh Umbuda Management Committee ban sumar bad kumjuh ruh ban pyniaid iaka.

Haba kren ha kane ka sngi naka liang u Bah Sosthenes Sohtun kum u kongsan bad u Bah Mayral Born Syiem kum u symbud kongsan kila ong ba kane ka long ka jingkyrkhu kaba khraw iaki samla ka district namar kane ka dei ka madan ialehkai kaba nyngkong ban siang da ki phlang plastic ba ki samla ka district kin ioh

ban kilan bad ban pyniaid ruh iaki tournament bapther bapther bad ai khublei ia baroh kiba la don bynta ban pynurlong ia kane ka project.

U Bah Sohtun kum u Myntri u la ong ba kane baroh kadei ka jingshimkhia jong ka sorkar MDA II hapoh ka jingialam u Conrad K Sangma ban kyntiew iaki kam ialehkai haka jylla bad ban wanrah iaki kam pynroi bapther bapther khamtam ban kyntiew iaki kam ialehkai sport shuwa ban pdiang iaka National Games haka jylla.

U Bah Mayral Born Syiem kum u MLA u la pynpaw ka jingsngewkmen ba nalog katei ka madan

artificial turf mynta ka madan Synthetic Athletic track ka dang iaid shaphrang ha Pahamsyiem kaba dei ka project ba palat 14 klur ban dang kyntiew shuh shuh iaka kam lehka haka district bad ka jylla.

La pynkut ia kane ka sngi da ka jinglehka paralok hapdeng ka kynhun ki MLA XI pyrshah iaka Officers XI kaba la pynshongshit iaki paidbah da ka jingshim bynta shithrem ki MLA ka jylla bad kumjuh ruh ki ophisar naka district bad hapdeng ka jingiaikhun kaba jur ka Officers XI kala lah ban pynliem noh iaka MLA XI da 3-1 kol.



Ki khynnah skul jong ka St. Peters SS Mawpat kiba shah pynkup burom. (Dur Synñiang)

Hakasien banyngkong khurtakma ka St. Peter's SS Mawpatha ka Judo

Shillong, Nailar 03 : Ka dei ka sien kaba nyngkong eh ba ki khynnah pule ka St. Peter's Secondary School, Mawpat, Shillong kiba leit mihkhmat ia ka skul ha ka Inter school East Khasi Hills District Judo Championship 2026 ban ioh khur haduh 7 tylli ki takma, kata lai tylli ki takma ksiar, kawei ka takma rupa bad lai tylli ki takma rnong.

Ha ka lympung ialehkai ba la pynhap pyrda ha ka 01tarik Nailar da ka East Khasi Hills Judo Association ki khynnah skul jong ka St. Peters kiba ioh khur takma ksiar ki long u Jesteen Marak, ka Ebina Kharkrang bad u Raphael Terren Warjri. Katba ka Lawanda Shisha Kharkongor ka la ioh khur ia ka takma rupa bad lai ngut kiwei pat kiba la ioh khur ia ka takma rnong ki long ka Amity Nongrum, u Raphael Marwein bad u Jesteen Marak.

Kum ka jingsngewnguh bad ka jingai mynsiem ia ka jingwanrah burom jong kine ki khynnah, ki bor pyniaid jong ka skul ki la pynkup burom ha ka jingialang kaba la long ha ka 03 tarik Nailar, 2026 da u Principal u Fr. John Paul Lyngdoh ryngkat ka jingsakhi lang ki nonghikai, ki khynnah skul bad u Head Coach u Bah Balamphrang Kharkongkor.

Ha kane ka sngi, ka skul ka la pynkup burom ruh ia u Hamedamanbha Kharkongor u khynnah skul uba la ioh ia ka nam Best Player ha ka lympung ialehkai Basketball North East Championship ba la pynlong da ka Salesian Youth Movement.

Mynta yn sdang ka kylla ba-ar jong ka Shillong Premier League, yn iaknieh ka Rangdajied bad Sawmer

Shillong, Nailar 03 : Ka kylla ialehkai kaba ar (second Round) jong ka Shillong Premier League 2026 kan sdang biang mynta ka sngi Ba-ar, ha kaba ki artylli ki kynhun ba khlainbor jong ka Rangdajied United FC bad ka Sawmer SC kin ia mih madan ban ia knieh ia ki lai point ba pura.

Kane ka jingiaikhun kan long ha ka por 4:00 baje nohphai sngi ha madan SSA Stadium, First Ground, Polo.

Haba kyrtiang dien ha ka kylla iakhun ba nyngkong , ka Sawmer SC ka la mad ia ka namrem kaba long tang da 1-0 hakmat ka lahdud ha samoi ialehkai ba la dep, ka Langsning FC. katba ka Rangdajied United FC hapdeng ka jingiaikhun kaba tyngeh ka la lah ba kan iakhaid da mar shi kol bad ka MLP FT.



Kum ka kynhun, ka Rangdajied ka dei ka klob kaba wan ba-ar kumba hynniew sien ha kane ka lympung bad ban rah teng shisien ha ka samoi ialehka 2013.

Ha kane ka samoi ialehkai kaba mynta, kum ka klob ka la pyrshang ban pynkhlain ia la ka kynhun ha kaba u Dameki Khongstia

u dei u khynnah ialehkai ba kysai bad ba tbit tam ryngkat ka jingdon u Henryford Nongneng uba la wan na Shillong Lajong FC, kaba la iarap ban kham pynskhem bha shadien ia kane ka kynhun.

Haba phai sha ka Sawmer SC, na ka jingiaikhun kaba la dep ka wat ba nyngkong ka la lah shisha ba kan sei ia ka buit ialehkai ba kysai jong ka, kaba don ruh ki khep ba i kumba kan lah ban pynkyndit ia ka Langsning.

Kum ka kynhun, ka Sawmer SC ka don ruh ia ki kato katne ki rang ialehkai ba thymmai ba ka la pynrung sha la ka kynhun kum u Raikutshisha Buam bad u Banteilang Lyngdoh, bad ha kane ka jingiaikhun ka shi kol ba ki la shah thep ha ka Langsning FC ka dei tad haduh ka minit kaba 81.

3rd Division: Jop ka Cham Cham SC, Maya Club Umkiang bad Youngstar SC Huroi

Jowai, Nailar 03: Ka jingialehkai phubol jong ka kyrdan 3rd Division 2026 League Stage bala pyniaid daka East Jaiñtia Hills District Football Association (EJHDDFA) kaba la long mynta ka sngi 3 tarik u Nailar, 2026 ha madan Artificial Ground Diengshynrum, Khliehriat.

Haba phai sha ka jingiaikhun kaba nyngkong Cham Cham SCSC kala jop

da 3-0 kol iaka Shymplong SCSC, ia kitei ki kol na ka Cham Cham SCSC la thep da u Roymon Phawa haka minit ba 10, u Wanme Phawa haka minit ba 18 bad u Viklies Phawa haka minit ba 80+1.

Haka jingiaikhun kaba ar ka Maya Club Umkiang kala jop da 5-0 kol ia ka Kuliang YWSC, ia kitei ki kol na ka Maya Club Umkiang la thep da u Kermiki Pala haka minit

ba 1,10,73 & 80 bad u Suna Kassar haka minit ba 40-1.

Kata ha ka jingiaikhun kaba lai ka Youngstar SSC Huroi kala jop da 2-1 Moopala SC, ia ki kol na ka Youngstar SC Huroi la thep da u Lawan Pynkmen Khongmalah haka minit ba 26 bad u Wanlamborlang Lamin haka minit ba 55. Ia ka shikol na ka Moopala SC la thep da u Einguh Syrti ha ka minit ba 11.

Rah ka Sacred Heart Boys Mawlai ia ka nam lahdud ha ka EKHD Judo Championship



Ka thei ialehkai Judo kaba la ioh ia ka nam kum nongialehkai ba kysai ha ka lympung.

Shillong, Nailar 01 : Ka kynhun ialehkai jong ka Sacred Heart Boys Secondary School, Mawlai ka la rah ia ka nam lahdud ha ka Inter-School East Khasi Hills District Judo Championship 2026 kaba la pynhap pyrda noh ha ka 01tarik mynta u bnai.

Ia ka kyrdan ba ar ha kane ka lympung la ioh da ka Valley View Secondary School, Pynthorumkhrah, katba Gandhi Bundyadi Hindi High School, Golf

Link, ka la wan ha ka kyrdan ba-lai.

Ha ka liang jong ka Best Judo Player, ha ki shynrang la jied ia Rochester Wahlang na Sacred Heart Boys Higher Secondary School, katba ha ka liang ki kynthei kane ka nam ka leit sha Daphika Kharnaidu na Sacred Heart Boys Higher Secondary School.

Ia ka lympung la pynhap pyrda da u President ka East Khasi Hills Judo Association, Bah

Balamphang S. Kharkongor, ha ka jingdonlang u General Secretary, Samla Sabinus Jasain, ki Executive Members jong ka Association, ki Principal bad ki nonghikai na ki 12 tylli ki skul kiba la wan shim bynta.

Na ka liang ki bor pyniaid ki la ong ba kane ka Championship ka long ban pynshlur bad plie lad ia ki samla pule ba kin pynpaw ia ka sap ialehkai Judo ba ki don bad ban kyntiew ia kane ka jingialehkai ha ka distrik.

Da ki 39 tylli ki takma pynkut ka India ia ka lympung aireng ia ka Commonwealth Games ha Glasgow



Ka thei iakura ka India ka Jaismine Lamboria kaba dang kaweh ia ka lama ka Ri ha ka sngi pynhap pyrda ia ka 23rd Commonwealth Games (CWG ha OVO Hydro, Glasgow, Scotland.

Glasgow, Nailar 03 : Ka India ka la pyndep ia ka Commonwealth Games 2026 ha Glasgow da kaba khur 39 tylli ki takma, kynthup 13 tylli ki takma ksiar, 17 rupa bad 9tylli ki takma rnong, ban wan ha ka kyrdan kaba saw ha ka miej khur takma na ka jingialehkai boxing, judo, weightlifting, athletics bad para-athletics.

Ka Australia ka la bat ia ka kyrdan kaba nyngkong da 171 tylli ki takma, bud ka England da 110, bad ka Canada da 62 tylli. Watla ka Scotland ruh ka la khur 39 tylli ki takma, hynrei ka India ka la wan hakhamat namar ka bun ki takma rupa.

Ha kane ka lympung, 122 ngut ki nongialehkai ki la mihkhmat ia ka India, bad 38 ngut na ki ki la ioh takma. U Gulveer Singh u la long tang

ma u u nongialehkai India uba khur ar tylli ki takma, kata ha ka 5,000m bad 10,000m.

Ka boxing ka la long kawei na ki jingialehkai kaba seisoh tam ia ka India, da kaba khur 10 tylli ki takma, kynthup 7 tylli ki ksiar. Ha athletics ruh, ka India ka la ioh takma rupa bad rnong ha ki jingialehkai bapther bapther.

Ha ka boxing, ka India ka la khur haduh 10 tylli ki takma, kynthup 7 ksiar bad 3rupa, kaba long ka jingkhur takma kaba bun tam da kano kano ka ri ha ka boxing ha kawei ka Commonwealth Games. Ki nongjop takma ksiar ki kynthup ia Jaismine Lamboria, Sakshi Chaudhary bad Preeti Pawar.

Ha ka judo, ka India ka la khur 3 tylli ki takma, kynthup ia ki takma ksiar

kiba la thaw ia ka histori thymmai. Ka Asmita Dey bad u Harsh Singh ki la long ki nongialehkai ba nyngkong jong ka India ban khur takma ksiar ha ka judo ha ka Commonwealth Games. Ha ka weightlifting, ka Mirabai Chanu ka la khur takma ksiar ha ka thup kiba 48kg, bad da kane ka la long ka

nongialehkai India kaba ar ban khur takma ksiar ha ki lai tylli ki Commonwealth Games linter.

Ha ka athletics, u Gulveer Singh u la khur takma rupa ha ka 10,000m bad takma rnong ha ka 5,000m. Da kine, u la long u nongialehkai track and field India banyngkong ban khur

ar tylli ki takma shimet ha kawei ka Commonwealth Games. U Tejaswin Shankar pat u la khur takma rnong ha ka decathlon, kaba long ka takma decathlon banyngkong eh ia ka India ha kane ka lympung.

Ha ka para-athletics, ki nongialehkai India ki la khur 7 tylli ki takma, kynthup 3

tylli ki ksiar. Ka Sharmila Dhankar ka la khur takma ksiar ha ka shot put F57, katba u Dilip Gavit u la khur ksiar ha ka 100m T47.

Hadien ka jingkut jong ka lympung ha Glasgow, mynta ka jingiaid lynti ka phai sha Ahmedabad, kaba la pynkhreh ban pynlong ia ka Commonwealth Games 2030.

Tang na ka rynsan ia kura haduh 7 tylli khur takma Ksiar ka India

Glasgow, Nailar 03 : Ka India ka la ioh ka jingjop kaba khraw ha ka rynsan ia kura (Boxing) ha ka Commonwealth Games 2026, da kaba khur 7 tylli ki takma ksiar ha ki thup ialehkai ia kura bapther bapther.

Ha ki kynthei, ka Sakshi Chaudhary ka la khur takma ksiar ha ka thup ba 51kg hadien ba ka la pynliem ia ka Ruby White na England. Ka Preeti Pawar ka la jop ha ka 54kg da kaba pynliem ia ka Scarlett Savannah Delgado na Canada, katba ka Jaismine Lamboria ka la khur ksiar ha ka 57kg hadien ba ka la pynliem ia ka Michaela Walsh na Northern Ireland.

Ka Priya Ghanghas ka la ioh takma ksiar ha ka 60kg da

kaba jop ia ka Marie-Bathoul Al-Ahmadih na Canada, katba ka Arundhati Choudhary ka la khur ksiar ha ka 70kg hadien ba ka la pynliem ia ka Chantelle Reid na England.

Ha ka liang ki shynrang, Sachin Siwach u la khur takma ksiar ha ka 60kg hadien ba u la pynliem ia u Tryagain Morning Ndevelo na Namibia. Ankush Panghal pat u la khur ia ka takma ksiar ha ka 80kg da kaba jop ia u Dimeji Shittu na England.

Kine ki 7 tylli ki takma ksiar ki la noh synñiang ban pynlong ia ka boxing kawei na ki jingialehkai kaba seisoh tam ia ka India ha kane ka Commonwealth Games 2026.