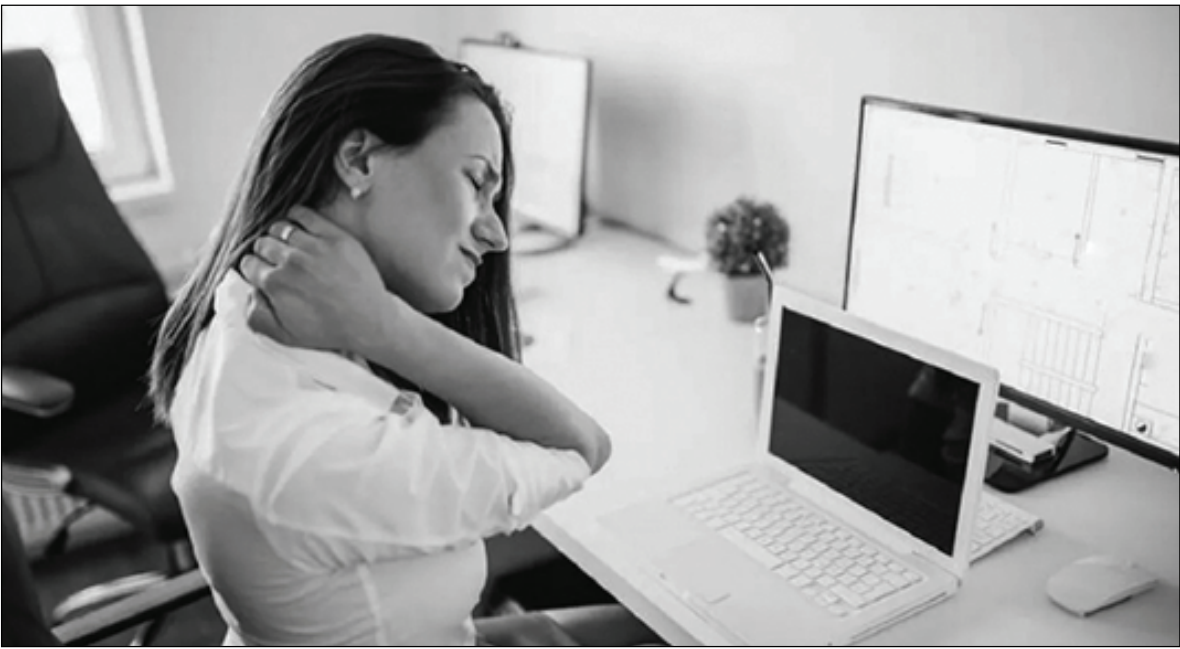




Ki sienjam ban pynduna ia ka jingkhia ka kam kiba trei shongseh hajuh

Lada phi thmu ban pynduna ia ka jingkhia katba phi dang pynbeit ia ka kam desk, phim dei marwei. Bun na ngi ngi iakynduh ia ka jingeh ban long kiba trei shitom bad ban jied ia ki jingbam kiba teimet hapteng ki sngi trei kiba shongthait. Ki kam desk ki lah ban pynlong ia ka ban long kaba eh ban long kiba trei shitom, hynrei kam dei kaba ym lah ban leh. Peit ia ki lad ki lynti ha baroh kawei ka sngi jong phi ban pynrung ia ka jingkhiih.

Hangne ka don ka jingbatai kaba hynriew sngi ryngkat bad ki buit kiba lah ban treikam ban iarap ia phi ban pynurlong ia ki thong jong phi ban pynduna ia ka jingkhia ha ka rukom kaba biang bad kaba neh. Ka sngi 1: Sdang da ka jingthmu kaba biang; Ai ia ka kam man la ka sngi bad shim ia ki sienjam ba rit. Sdang ia ka jingleit jong phi da kaba buh ia ki thong kiba shai. Ithuh ia ka jingkhia ka kam kaba phi thmu bad buh ia ki jingkhmih lynti kiba shisha. Pynbeit ia ki jingbam jong phi na ka bynta ka taiew ban wan, da kaba pynleit jingmut ha ki jingbam kiba bun ki jingbam kum ki jhur, ki protein kiba khlem shini, bad ki jingbam ba la shet. Pynthikna ba ka jaka trei jong phi ka long kaba biang na ka bynta ki jinglong kiba koit ba khiah—pynlong ia ka um kaba suk ban ioh bad weng noh ia kino kino ki jingbam kiba pynshoi.

Ka sngi 2: Pynleit jingmut ha ki jingbam jem bad jingbam mynstep “Pynthymmai ia ki jingjied jingbam mynstep bad jingbam jem. Jied ia ki jingbam kiba bun ka protein kum ka yogurt Greek ryngkat bad ki soh lane ka jingbam ba la shna da u kew ba pura ryngkat bad u sohjew. Pynkhreh ia ki jingbam kiba teimet kum ki soh, ki soh, lane ki jingbam jhur ban buh ha ka miej jong phi. Kiar na ki jingbam ba thiang ne ki jingbam ba la shet, kiba lah ban pynlong ia ka jingduna bor hadien ha ka sngi.

Ka sngi 3: Ka jingai um bad ka jingbam kaba pyrkhat bha ka dei ban long ka motto jong phi “Pynlong ia ka um baroh shisngi da kaba buh ia ka bilor um ha ka miej jong phi bad thmu ban dih ym duna ia ka 8 tylli ki khuri ha ka shisngi. Pyndonkam ia ka jingbam kaba don jingmut—shim por ban shongthait ha ka por bam ban sngewtynnad ia ka jingbam jong phi, dih suki suki, bad sngap ia ki dak jong ka met jong phi ba phi thngan. Kiar na kaba bam katba dang trei khnang ban iada na ka jingbam palat.

Ka sngi 4: Shim por ban shongthait khyndiat ha baroh kawei ka sngi: Pynrung ia ki jingjahthait ba lyngkot ha ka sngi trei jong phi. Pynbeit ia ka por ban ieng, ban pynjrong, ne ban iaid lyngkot man la ka kynta. Kine ki jingsangeh kim pynduna tang ia ka por shong hynrei ki pynkiew ruh ia ka jingpynhiar mynsiem bad ka jingmih. Pyrkhat ban pyndonkam ia ka miej ieng ne ka bol pynskhem ban pyntreikam ia ki shyieng tynrai katba dang trei.

Ka sngi 5: Jied ia ka por bam ja miet kaba koit ba khiah“Pynlong ia ki jingjied kiba bniah ha ka por bam ja miet. Pynkhreh ia ki jingbam ba la shna ha iing ba la pyndap da ki jhur bad ki protein ba khlem shini. Lada bam shabar, jied ia ki salad ryngkat bad ka dohkha ba la shet lane ki soup ryngkat bad ki jingbam ba pura. Kiar na ki jingbam miet kiba heh bad kiba bun calorie kum ki jingbam ba la shet ne ki jingbam ba la shet, kiba lah ban wan rah ia ka jingtlot ha ka por mynstep.

Ka sngi 6: Pule ia ki buit ban pynduna ia ka jingkhuslai“Pyntreikam ia ki buit pynduna ia ka jingkhuslai ban kyrshan ia ka jingleit jingwan jong phi ban pynduna ia ka jingkhia. Pyndonkam ia ki jinglehkai pynhiar mynsiem kaba jylliew, ka jingpyrkhat, lane ka yoga ban pynduna ia ka jingkhuslai.

Ioh lum kamai ka ‘Haiwaan’ u Akshay palat T. 4 klur ha India, ha ka sngi kaba nyngkong

Ka phlim kaba la khmih lynti bha jong u aktor Akshay Kumar, ka Haiwaan, ka la mih ha ki jaka pyni baiskup ha kylleng ka ri India bad sha bar-ri ha ka 11 tarik u Nailur, 2026. Ka jingioh lum kamai kane ka phlim ka long T. 4.64 klur ha kaba kut jong ka sngi kaba nyngkong ha ka pytrthei baroh kawei.

Katkum ka jingong jong u nongbud khaï pateng phlim Sacnilk, kane phlim ka la lum pisa haduh T.3.00 klur ha India ha kylleng ki 7,224 tylli ki jaka pyni phlim ha ka sngi kaba nyngkong. Katba sha bar-ri, kane ka phlim ka la kamai haduh T.1.00 klur. Lada pyniasoh lang ia ki iew hapoh ka ri bad shabar ri, ka Haiwaan ka la poi sha ka jinglum pisa ha ka pytrthei baroh kawei kyllumlang ka long T.4.60 klur ha kaba kut jong ka sngi kaba nyngkong jong ka.

U Akshay Kumar dang shen u la paw ha ki kotkhubor haba ka phlim kaba la pawnam bha jong u ka “Welcome to the Jungle” ka la pynmih ia ki nombar kiba khlaiñ bha ha ka por ba sdang ia ka. U aktor nongpynbyrngia ba pawnmbha u la sdang ia ka jingiaid lynti jong u ha ka 25 tarik u Jylliew, 2026, da kaba kamai T.3.75 klur tyngka (T.4.50 klur kyllumlang baroh) ha kylleng ki 2,494 tylli ki jingpyni baiskup.

Ka phlim ka la lum ia ka jingkhiih kaba khraw ha ka sngi plie ba pura jong ka, ha ka 26 tarik u Jylliew, 2026, da kaba lum T.15.25 klur (kaba long 18.30 klur kyllumlang ha ka pytrthei) na ki 10,893 tylli ki jingpyni ryngkat bad ka jingbun briew kaba skhem ha ki jaka peit phlim kaba long 26%.

Ka khana jong ka phlim ‘Haiwaan’ kaba la direct da u Priyadarshan, ka dei ka phlim crime thriller jong u snem 2026. Ka Haiwaan, ka wanrah iatreilang u Saif Ali Khan bad u Akshay Kumar. Kane ka phlim ka dei halor u Shyam Rane, uba la ak da u Saif Ali Khan, u nongpyniaid ia ka kam maramot uba duna ka jingpeit bad u nongsumar uba la shah hikai ha ka kam ialehkai, uba shong ha kawei ka iingheh kaba jylliew ha Mumbai.

U Shyam, u la pynphriang ia ka jingiadei kaba jan bha bad u Chief Justice, uba la shongthait, u Pradhan ba la ak da u Boman Irani, uba sah ha kajuh ka jaka sah briew. Hynrei u nongbishar barim u kit ia ka jingkit kaba khia jong ka jingsngew pop bad ka jingmaham kaba shyrkhei ha kaba iadei bad u Parshuram, u nongshah pynngat barim uba la pyni da u Akshay Kumar, uba ka jingwanphai jong u ka byrngem ban pynpra ia ka jingim jong ki.

Treikam ki doctor ka Bihar da Flashlight mobile phone ha ka Operation ia ki ar ngut ki kynthei kiba armet

Ka jingpynlip bording ilektrik ba jan haduh 45 minit ka la ktah jur ia ka jingskhari ki doctor bad ki nongpang ha ki jaka sumar pang ha kylleng ka Bihar. Bad ka kynhun ki doctor ki la hap ban pynmeh ia ka flashlight mobile phone ha Jamui Sadar Hospital ha ka por ba dang leh ia ka operation ia ki ar ngut ki kynthei kiba armet. Kane ka la pynmih ka jingsngewkhia kaba jur ia ki a bor pyniaid jong ka hospital

Arngut ki longkmie kiba armet ki la shah sumar hapoh ki torchlight bad ki flashlight mobile phone ha Jamui Sadar Hospital jong ka Bihar myn ha ka Sngithohdieng. Ka jingthut ka bording ilektrik ha katei ka jaka sumar kaba la pynlong ia ki doktor ban duh bording haduh 45 minit eiei bad pyndonkam da torchlight bad flashlight mobile phone hapteng ka operation ia ki ar ngut ki kynthei ba armet.

Ki ar ngut ki nongpang kiba armet kiba shah sumar ha kane ka hospital ki dei ka Pooja Kumari bad ka Anjani Kumari, ki dei kiba la shah pynkynriah noh na ka kamra kha khun sha ka jaka sumar, bad ki surgery ia ki la pyndep shakhmat ha ka por ba la thut ka bording bad jingbymtreikam ka generator ba ai kyrshan ia ka bording, la pyndonkam da ki torchlight bad flashlight mobile phone hapteng ki operation ia kine ki ar ngut ki longkmie ba armet, iathuh ki doktor.

Ki doktor kiba donbynta ha ka operation iak ine ki ar ngut ki nongpang baa ret ki long, ka Dr Shalini Kumari, u Dr Raghunandan bad u OT Assistant u Amit Kumar, bad ki la pyntip sha u Civil Surgeon bad u nongpeit ia ka Hospital halor katei ka jingjia.

Ka video la kynnoh ba ka pyni ia kawei na ki nongshah sumar hapteng ka jingtbeh jingshai da flashlight mobile phone bad torchlight. Ha katei ka dur, lah ban iohsngew ba u briew uba ring dur u ong, ka jaka treikam lip bording slem bha watla la pynpaw sha ki heh ophisar. Ha kane ka video la pyni ruh ia kawei ka nurse kaba theh ia ka flashlight mobile phone sha ka jaka surgery ban iarap ia ki doktor ban bteng ia ka jingsumar.



Ka Liengsuiñ u Zelensky ka lah “hajan” ban takhuh da ka drone

U Jonas Gahr Store, Myntri Rangbahduh jong ka Norway, u la iathuh ba ka liengsuin kaba kit ia u President ka Ukraine, u Volodymyr Zelensky na Moldova sha Oslo na ka bynta ka jingleit ontep ia u Syiem Harald jong ka Norway ha h ka Sngibalang ba la dep. Ka la jan shah takhuh hajan bha bad ka drone kaba syntiat pahara nasuiñ.

“Ka liengsuiñ jong u, ka la jan shah tynrah ha ka drone, ha ka por ba ka dang kiew na Moldova. Kata ka dei ka jingshisha kaba u la lai im.” ong u Store, ha ka tnat pathai khubor paidbah jong ka Norway, NRK. Um shym la ai jingtip shuh shaphang katei ka jingjia.

U Zelensky, u la poi ha Oslo, ha ka janmiet Sngiba-ar, ha kaba ula iakren bad u Store, u myntri pla tyngka, u Jens Stoltenberg bad u myntri kam bar ri, u Espen Barth Eide, halor ka jingiärap jong ki shipai jong ka Norway, kaba kynthup ia ka jingkyrshan iada na suiñ, bad ka jingiärap ia ki riew paidbah. Ha ka Sngibalang, u Zelensky, u la iadonlang bad shibun kiwei pat ki riew pawkhmat nabar ri, ha kaba iadon bynta ha ka jingleit ontep ia u Syiem Harald, uba la khlad noh ha ka 28 tarik Nailar, ha ka rta kaba 89 snem.



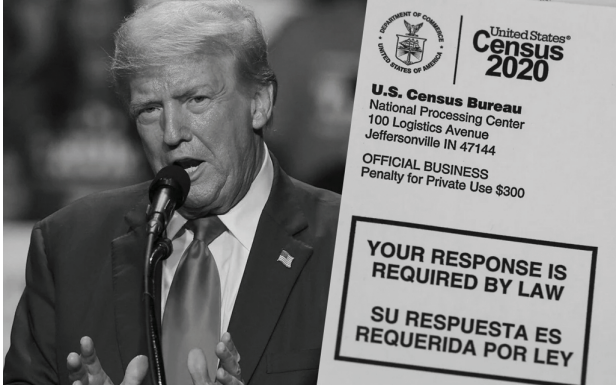
Pynbor u Trump ia ka jingpynkylla ia ka Cencus 2030 ban pynduh ia ki million ngut ki nongwan buhai shnong

U President ka America u Donald Trump u pynbor ia ka jingpynkylla ia ka jingkhein briew ne ka Cencus kaba lah ban kyntait da ki million ngut ki nongwan buhai shnong. Ki jingkylla ki pynkylla ia ka jingmut ba mynshuwa jong u Trump ia ki kyndon jong ka Cencus jong u snem 2020 ban pynrung ia ka jingkylli kaba mehding bha jong ka jinglong nongshong shnong nabynta ka sienjam ka Cencus jong u snem 2030 ban wan.

Ka sorkar Trump ka tyrwa ban pynkylla thymmai bha ia ka jingkheñ briew jong ka U.S. Census kaba ju jia shisien shiphew snem kaba lah ban iehnoh lane kyntait ia ki million ngut ki nongwan buhai shnong katkum ka kyrdan bad ki jingtip ba kongsan jong ka jaitbynriew kiba wan buhai shnong bad ka jaitbynriew tynrai nylla, kaba buh jingma ia ka jingai ia ki jaka pyra ka khyndew ka shyiap bad ia ka map thep vote jong ka ri.

Ki jingkylla kiba lah ban mih, kiba la pynbna ha ka Sngibalang, kin kyntait ia ki nongwan buhai shnong ki bym don kot don sla, ki nongwad jaka rieh bad kino kino ki bym don kyrdan jingpynshisha ba pura. Katto katne ki jingkylli shaphang ka jingbun briew na ka kot jingkylli tynrai ruh yn sa pynduh noh. Ka pynkylla thymmai ia ka jingmut ba mynshuwa jong u Trump ka wanrung nabynta ka sienjam jingkein briew jong u snem 2030 ban wan.

Ka U.S. Census Bureau, ha ka jingthoh ha ka website jong ka Federal Register, ka la kynthoh ba “ki nongwei be-aiñ (nalar kiwei pat) kim dei ban shah kynthup ha ka jingkheñ jingdiah, namar kim dei ki nongshong shnong ba shisha, ki dkhot jong ka seng saiñ hima sima, lane ki briew kiba don ‘ka jaka sah ba man ka sngi’ ha ka ri America. Ka dang pyrkhat ruh ban nixing ia ki jingkylli kiba iadei bad ki briew kiba pynithuh ialade kum shi bynta jong kata ka imlang sahlang LGBTQ+ jaitbynriew.



25 snem hadien ka 9/11: ka jingwad ia ka jingkiew bad jinghiar ka al-Qaeda

Ha kine ki 25 snem naduh ba ki lehnoh al-Qaeda ki la knieh ia ki liengsuiñ kit briew bad pynher leit tynrah sha ki jingtei tower ba pawnam jong ka World Trade Centre jong ka New York bad sha ka Pentagon. Kane ka kynhun ba la seng da u Osama bin Laden ha ka pynmih ia ki jingiatreilang bad ka la pynmih ia ki jingthombor ha kylleng ka pyrthei. Watla ka la mad ia ki jingeh, khamtam eh ia ka jingshah pyniap jong u Bin Laden ha u snem 2011 ha ki shipai US bad ka jingmih jong ka Islamic State kum ka nongialeh pyrshah, ki stad ki ong ba ka al Qaeda ka dang shakri kum ka lad jingkyrshan bad ai mynsiem ia ki lehnoh ha kiba bun ki thaiñ, khamtam ha Africa.

Ka Al Qaeda ka la mih kum ka seng lehnoh ba iaid lyngba ki ri ha kaba kut jong ki snem 1980 hapoh ka jingialam jong u Bin Laden, u lehnoh ba riewspah ba la kha ha Saudi uba la iarap ban lum bad ai jingkyrshan ia ki nongtrei mon sngewbha ki Arab kiba ialeh pyrshah ia ka jingwan hiar thma ka Soviet ia ka Afghanistan hadien u snem 1979. Ka Al Qaeda ka la kylla long ka jaka pynkhiih ia ki lehnoh kiba kwah ban seng ia ka jingsynshar Islamist kaba eh bad kiba iasam ia ka jingshun kaba iadei bad ka ri America, Israel bad ki sorkar ba iatreilang bad ka ri America. U Bin Laden u la shah knieh noh ia ka jinglong trai shnong jong ka Saudi ha u snem 1994 bad la beh noh ia na Sudan ha u snem 1996.