



Ka jingkilan met ka pynkhlaiñ ia ka bor pynleit jingmut wat ia ki khynnah

Bun na ki skul ha kine ki sngi kiba mynta haman la ki district jongka jylla ki lah don ia ki jingkilanmet kiba pher bapher (circular activities) bad ki khynnah skul ki long kiba smat ban iashim bynta ha kum kine ki jait jingialehkai. Kane ka long kawei ka lad ia ki khynnah b a kin long kiba smat ba sting ha skul. Ma la ki skul ki la buh hi ia ki klas kiba kyrpang na ka bynta ka physical education. Kane ka physical education ka long kum shi bynta na ki subject pule jong ki khynnah. Ka research ne jingwad bniah kaba la lam khmat da u Charles Hillman, uba dei u professor jong ka Kinesiology and community health bad uba long ruh u director jong ka Neurocognitive Kinesiology Laboratory ha Illinois, u ong ba ka jingkilanmet ka long kaba donkam bha na ka bynta ki khynnah skul namar ka kyntiew ia ka bor pyrkhat, ka bor pynleit jingmut namar kine ki lah ban wanrah ia u soh jong ka jingjop ha ka pule puthi jong ki.

“Ka thong jong kane ka jingpule bad jingwadbniah ka long ban peit thuh haduh katno ka bor pynleit jingmut ka iarap na ka bynta ki khynnah, ka jingkilan met kaba man la ka sngi ka iarap ban kyntiew ia ka bor pyrkhat ha ka por ba biang,” ong u Hillman. Kane ka jingkilanmet ka pynioh shibun ki jingmyntoi khamtam haka bor pyrkhat, jingpynleit jingmut bad ka jingjop ha ka pule ka puthi. Ka jingkilan met ka kynhtup ia ka rukom iaid, mareh bad kiwei kiwei de.

Ki jingmyntoi jingkilanmet ki khynnah : Lada ki khynnah ki kham long kiba jaituh, katto katne ki rukom kilan met kiba kham suk.

- Hikai ia ki kumno ban pynkhih ka met ka phad.
- Hikai ia ki ba kin pynher kot kudi sha ki park ne ki madan phlang.
- Hikai ia ki ba kin shad ha ki sur ba sngewtynnad ban sngap man la ka por ryngkat jingpynkhih met.
- Hikai ia ki ban ilehkai Table Tennis la ka long ha ki Indoor Games ne kajuh kum ki family games.
- Hikai ia ki kumno ban jngi ha ki pool barit .

Ki nong Australia ki shait sngewtynnad bha ban hikai ia kane ka jingkilanmet bapher bapher na ka bynta ki khun ki kti haduh kumba 60 minit man la ka sngi. La ong ruh ba ki khynnah nong Australia kim dei than ban pynlut por ha ki Electronic Media kum ka T.V, Computer, Games, Internet bad kiwei kiwei de, palat ia ka ar kynta ha ka shisngi, khamtam ha ki por mynsngi.

Ka jingkilanmet ka ailad bad pynioh ia kamet ka ba smat ba sting ban sngewtynnad, sngewkoit sngewkhiah. Ki khynnah kiba smat ba sting ki kham long kiba kmen, kiba koit kiba khiah bad ki kham iar ka jingmut jingpyrkhat. Ka iarap ruh ia ki khynnah ba kin long kiba shlur, kiba jai jai, ka jingburom ialade, ka mynsiem ban tur shakhmat ban ialeh pyrshah ia kino kino ki jingeh ban ioh jingjop ha baroh.

Ka kyntiew ruh ia ka jingkoit jingkhiah jong ka met jong ki khynnah ba kin long kiba khlaiñ bad kiba ioh bor bha, kin long kiba lah ban kyrshan ia ka jingsngaid jong ka met. Ka kyntiew ruh ia ka bor pyrkhat pyrdaiñ bad kiba lah ban ialeh pyrshah ia ki bor pyrkhat kiba sniew.

Kane ka rukom kilanmet ka iarap bha na ka bynta ka jingbha jong ka sniehdoh. Haden ba la dep leh ia kino kino ki jingkilanmet. Ka sniehdoh ka kham bha bad kham phyrnai. Kane ka long na ka daw jong ka jingmih ka syep ba jaboh shabar jong ka sniehdoh. Ka iarap ban pynioh ia ka sniehdoh kaba bha namar ka pyntuid ia ka snam kaba khuid sha ka sniehdoh bad kumjuh ia ka oxygen bad kiwei de ki nutrients. Ka kyntiew ia ka jinglong ka akor ka ba bha ha skul lane ha iing ruh kumjuh, kiba jai jai bad kiba don akor, ki kham kiar bad lait na ki kam kiba sniew kum kaba dih duma ne sikret, drugs bad kiwei kiwei de ki jingsniew.

Hadien 30 snem, lap ia u Boss barim ka kynhun dakaid u Duane Davis, ka jingiap shah siat u Tupac Shakur

UBoss barim jong ka kynhun dakaid, u Duane "Keffe D" Davis, u la shah kynnoh ba u la pynlong ka jingpyniap ia u star Rapper u Tupac Shakur lai phew snem mynshwa, kata ha ka 7 tarik Nailur; 1996, ha Las Vegas. U Shakur u dang don 25 snem ka rta ha ka por ba u la shah pyniap ha ka por ba u dang kiew bha kum uwei na ki sur nongrwai rap ba pawnam tam jong ki snem ha kata ka por. U la die palat 75 million tylli ki record ha kylleng ka pyrthei.

Ka jury ka la lap ba u Davis u la donkti ha ha ka kam pyniap briew da ka tiar pyniap briew ha kaba iadei bad ka jingiap jong u khlur rwai rap ha ka jingshah siat ha ka kali ha Las Vegas ha ka 7 tarik u Naiwieng 1996. Ki nongmudui ki la kynthoh ha ka jingbishar ba watla u Davis, uba dei u nongialam barim jong ka kynhun dakaid ha kylleng ki bynta ki surokbah jong ka South Side Compton Crips, um shym la siat ia ka suloi ban pyniap ia u Shakur, hynrei u la hukum ia ki nongbud dakaid jong u uba dei u pyrsa kur jong u, u Orlando Anderson ban pyndonkam ia ka suloi na ka bynta katei ka jingpyniap ia u Shakur.



Ki la iathuh ha ka iingbishar ba u Davis u la thmu ia kane ka jingsiat kum ka jingpynshitom beiñ shim jingim hadien ba une u pyrsa kur jong u, u Anderson u la donkti ha ka jingiakynad bad u Shakur bad ka kynhun rwai Rapper jong u ha Las Vegas tang katto katne kynta shwa ban pyniap ia u. Haduh 30 snem, katei ka jingmukotduma ka la sah ha ka jingbishar kaba long kawei na ki mukotduma kaba la sahteng slem bha kum ka umpjah bad kaba pawnam ha America. Kane ka dei ka sien kaba nyngkong ba ka iingbishar kan pynbna ia ka rai halor kane ka mukotduma.

Da kaba phong da ka sopti rong iong, u Davis, uba la kynjoh 63 snem ka rta mynta, u la ieng ha ka kamra bishar jong ka Las Vegas, katba dang pule ia ka rai. U la ong ba un uJOR, katba ki bahaiing hasem jong u Shakur ki jaw ummat bad ki sngap jar jar ia ka rai jong ka iingbishar. Kane ka jingshah pyniap u Shakur ka la jia ha ka por ba don ka jingiakhun kaba jur bha hapteng ki jingrwai rap jong ka East Coast bad West Coast bad kaba la jia ruh hapteng ki jingiakynad kaba jur bha hapteng ki kynhun rwai Hip-hop ka Bloods bad Crips kaba la don ki tynrai kabi jylliew bha ki jingiakynad ha katei ka por.

Ka sakhi ba kongsan ha katei ka mukotduma, ka dei ka kyntien jong u Davis hi, ha kaba u la kam bunsien bad jingphla paidbah ba u don hapoh katei ka kali Cadillac ronglieh, na kaba la siat ia ki suloi lyngba ka hukum jong u pyniap ia u Shakur: U la iathuh ha ki bor pyniaid halor ka bynta jong u ha ka jingiap jong u Shakur ha ka jingiakren barieh jong ki pulit ha u snem 2008 kaba iadei bad ka jingiap jong u para nongrwai rap u Notorious B.I.G., uba ka kyrteng bashisha jong u ka dei u Christopher Wallace. U Davis u la pynshai shuh shuh ia ka bynta jong u ha ka kot jingkynmaw jong u ha u snem 2019, ka Compton Street Legend.

Pyniap kpa ia u khla leopard da ka wait prat phlang bad ki speh ban pynlait im ia u khun

Ha ka jingiakhun kaba la jia ryngkhat bha kaba la tip kum *"Man vs Wild"* ha Gujarat ha Gir Somnath district, u rangbah uba la 60 snem ka rta u la pyniap ia uwei u khla leopard da ka wait prat phlang bad da u speh ba nehbha ban pynlait im ia la u khun na tyngam u khla uba la wan thombor khlem poi pyrkhat ia ki baroh arngut.



Kane ka la jia ha ki thain Una jong ka Gir Somnath district ha Gujarat ha ka janmiet Sngithohdieng jong ka taiew ba la lah. U Babubhai Naranbhai Vaja u dang shongkai ha ka sem kaba don ha phyllaw iing ba la tap kahdum.

U khla leopard u la wan mih kynsan bad kynrup ia u. Haba u la iohsngew ia ka jingpyrta jong u kpa jong u, u khun jong u uba dang 27 snem ka rta, u Shardul, u la mareh mar mar na kamra jong ka iing. Nangta uta u khla u la iehnoh ia Babubhai bad u la phai bad hiar thma ia u Shardul.

Haba u Babubhai u la iohi ia la u khun ha ki tyngam jong u khla leopard, u la ththombor iakhun pyrshah da ka wait prat phlang bad da u speh ba nep bha hajan ka iing sah bad u la pyniap ia u khla. "Haba nga dang thiah ha ka sem mynmiet, u khla u la wan mih kynsan. Haba nga la pyrta ban pyntieng ia u, u la wan tur bad kynrup ia nga bad u dait ia nga na ryndang. Nga la pyrta ban khot ia u khun jong nga," la ong u Babubhai.

"Haba u khun jong nga u la wan, u khlaw u la pynlait noh ia nga bad u la thombor ia u khun. Haba nga pyrshang ban pyllait im ia u khun na tyngam jong u khlaw, u khla u la thombor biang ia nga. Kane ka la jia bunsien. Hapteng ka jingiakhun ban iada bad pynlait im ia la u khun, nga la shim pyndonkam da ka wait prat phlang bad u speh bad hapteng ka jingiakhun nga ioh ban pyniap ia u khla. Haden kata ka jingjia, nga la pyntip sha ka tnad khlaw," u la on.

Baroh arngut u kpa bad u khun ki la mynsaw jur ha katei ka jingjia bad ki la shah sumar nyngkong ha ka hospital sorkar kaba don ha Una bad hadien pat sha ka hospital shimet ban ioh ia ka jingsumar kaba kham bniah. Kane kala jia taiew nyngkong u bnai Kyllalyngkot, 2026.

Mar ia ioh jingtip na ka liang jong ka kynhun ka tnad Forest ka la poi mar mar sha katei ka jaka bad la kurup ia ki tiar ba la pyndonkam pyniap ia u khla. Ia ka met iap jong u khla la phah ban leh ia ka post-mortem. Ha kajuh ka por, na ka liang ka tnad khlaw ka la register jingujor pyrshah ia u Babubhai bad u Shardul halor ka jingpyniap ia u mrad khlaw.

Wan rung kynsan ka leopard hapoh dukan die kyiad ha sor Rajasthan, mynsaw 3 shwa ban ioh kem hadien 5 kynta

Kawei ka khla leopard kaba la iaid poi wir na kawei ka khlaw ka la rung kyndit kynsan shapoh kawei ka dukan die kyiad ha ka distrik Tonk jong ka Rajasthan, la mih ka jingsyier jingtieng bad thombor ia ki brieve kiba don hapoh ka dukan.



Kane ka la jia ha Snginyngkong jong ka taiew ba la dep bad u la pynmysaw ia lai ngut ki brieve shwa ban ioh kem bad pyllait im ia u hadien ka jingiakhun kaba la neh haduh san kynta. Ka la jia ha ka por 8:45 baje mynstep ha ka nongbah Todaraisingh. Ka khla leopard ka la thombor nyngkong ia uwei u nongtrei mon sngewbha jong ka tnat khlaw (a forest volunteer), ha shwa ba kan rung shapoh iew ba bun brieve bad hadien ka la rung rieh tngen hapoh kawei ka dukan die kiad.

Katcum ka jingiathuh ki heh ka tnad khlaw, la iohi nyngkong ia kane ka khla leopard ba ka buhrieh ha ki khlaw kiba don hajan ka sor.

U forest volunteer, u Rakesh Mali, u la leit ban jurip ia katei ka jaka, hadien la donba pyntip da ki nongshong shnong, hynrei utei u mrad, u la lynshop kynrup kynsan ia u, ha kaba u la mynsaw ki kjat. Nangta ka la mareh haduh 400 meter shapoh iew.

Kiba la iohi da la ki jong ki khmat, ki iathuh katei ka khla ka la thombor nyngkong eh ia u Fateh Lal Koli (40 snem), uba shongkai shabar ka dukan kiad ha shuwa ba kan rung riehtngen shapoh ka dukan. Nangta ka la pynmysaw ia u nongdie jingdie uba dang 25 snem ka rta u Sanjay Gurjar, uba la ioh ban phet krad da kaba mareh shabar watla u la mynsaw shah trud ha ki tyrsim khlaw na khmut, ingdong bad kiwei ki bynta jong ka met jong u.

Katba ka khla ka dang sah hapoh dukan, ki nongshong shnong ki la pynhiar stet ia ka jingkhang jong ka dukan na shabar, kaba la khanglad ia ka khla ban lait phet bad thombor kham jur ia ki brieve. Ia kiba mynsaw la pynkit noh mar mar sha Hospital.

Katba u Rakesh Mali u la ioh ia jingsumar ha la ka jong ka jaka, ia u Sanjay Gurjar bad u Fateh Lal Koli la phah noh sha ka jaka sumar kaba kham heh namar ka jingjur ka jingmysaw jong ki. Kham hadien la lah ban ioh kem bad set hapoh ka ruhnar shuwa ban aiti sha ki bor ka tnat ba dei peit.

Pyni paidbah ia u phan uba jrong haduh 11 phut bad 3 inchi

Kawei ka longkmie kaba na North Carolina kaba la pyni paidbah ia u phan uba ka thung uba jrong haduh 11 phut bad 3 inshi uba la shah jied kum u phan uba jrong tam ha ka pyrthei da Guinness World Records.



Ka Cecelia Smith jong ka Nebo, ha ka ilaka McDowell, ka la ong ba ka la sdang ban rep bad pynneh ia utei u phan, uba ka la khot kyrteng da u Gertrude, ha u Rymphang jong u snem 2023, bad ka la sdang ban suba ba u phan uba ka la thung un lah ban dei u phan uba jrong tam ha k pyrthei.

Ka Smith ka la ong ba mynta ka la ioh pdiang ia ka syrnot ba la pynthikna ba u Gertrude u dei u phan uba jrong tam ha ka pyrthei hadien ba la thew ia u bad lap ba u don 11 phut bad 3 inshi ha u Naitung jong u snem uba la dep.

U Gertrude u la knieh noh ia ka rikod barim na u phanuba jrong tam ba la pynmih ha UK uba jrong 89 phut bad 4.1 inshi.