

SPL 2026: Lyngba u Daman pynliem ka Mawlai ia ka Nongkseh; Jop suk ka Langsning ia ka Laitkor

SHILLONG, Nailur 02: Ka Shillong Premier League 2026 ka la wanrah ar tylli ki C jingiaikhun ba itynnad hynne y ka sngi Balang, ha kaba ka K Mawlai ka la jop da 1-0 kol pyrshah ia ka Nongkseh katba ka Langsning, kaba bat ia ka nam lahduh, ka la pynjemkhnep da 6-1 kol ia ka Laitkor.

Ka jingialehkai ha ka por janmiet ha SSA Stadium, hapdeng ka Mawlai kaba la jop arsien ia ka nam lahduh, bad ka Nongkseh ka la long kaba iakhaid bha tad haduh ka khyllipmat ba la jan kut, ha kaba u Damanbhalang Chyne (90'+5) u la thep ia ka kol kaba itynnad na ka freekick ban pynjop bad pynsah ia ka Mawlai ha ka kyrdan ba ha khlieh duh jong ka miej.

Ka Nongkseh ka la rung sha kane ka jingiaikhun hadien ba shah rem da 1-0 ha



Shi bynta jong ka jingialehkai hapdeng ka Mawlai (rong jyrngam & stem) pyrshah ia ka Nongkseh (rong blue).

ka Shillong Lajong ha ka taiew ba la dep bad ka kyrmien ban wanphai biang da ka jingjop ban pynim biang ia ka jingiaikhun jong ka ha SPL, katba ka Mawlai kam pat shah rem haduh mynta bad ka thmu ban bteng ha kane ka rukom.

Katba ka jingiaikhun

hashwa kane ka la long kaba pher bak-ly-bak, ha kaba ka Langsning ka la pynjemkhnep ia ka Laitkor da 6-1 kol. U Mebanshngain Kurkalang (10', 12'), u Damonlang Pathaw (45'), Syed Ahmed (45'+4), u Samuel L Kynshi (84') bad u Rohan Manar (90'+4) ki la

pynkhihjar na ka bynta ka kynhun kaba bat ia ka nam lahduh, katba u Hamingbert Nongbet (54') u la thep ia ka shi kol na ka bynta ka Laitkor. Kane ka jingialehkai kadei kaba la shah pynkynriah naduh ka 28 tarik u Nailar namar ka jingjur u pyrthat.

Haba phai sha ka miej khein point, ka Mawlai ka lamkhmat ha khlieh duh da 10 point, ka iaryngkat bad ka Lajong hynrei ka don ia ka jingiapher kol (goal difference) kaba kham bha (da +7 la +4). Ka Langsning ka shong ha ka kyrdan ba lai da 9 point. Ka Nongkseh ka la hiar sha ka kyrdan ba hynriew da 4 point bad ka Laitkor ha ka kyrdan ba phra da 3 point.

Ka jingiaikhun ha kane ka sngi Palei kan long hapdeng ka Sawmer pyrshah ia ka Nangkiew Irat ha ka por 3:40 baje nohphai sngi.

2nd Division jong ka TSA: Khur jingjop ka longshiwiat, Lumkynter SC bad ka Myngkrem SC

JOWAI, Nailur 02: Ka longshiwiat, ka Lumkynter SC bad ka Myngkrem SC ki la jop ia la ki jong ki jingialehkai ha ka lypung phutbol (L) Joybell Suiam Memorial Football League 2026 kyrdan Second Division ba la pyniaid da ka Thadlaskien Sport Association, kiba la long hynne ka sngi Balang, ha madan Wahiajer Multi Sports Complex Stadium.

Ka jingiaikhun kaba nyngkong la sakhi ia ka longshiwiat kaba la wanphai na ka 2 kol ban pynliem ia ka Rynth Mynsngat da 3-2.

Ka Rynth Mynsngat ka la ioh ba kan lamkhmat haduh 2 kol tang hapoh 14 minit lyngba u Carlos Thubru (9') bad u Shaipyrkhat Siangshai (14').

Hynrei ka Longshiwiat ka la pyniakhaid shuwa ban jam sha ka por shongthait lyngba u Chanki Dkhar (41') bad u Chibor Phawa (43'). Nangta ha ka kylla miet u Daunibiang Lyngdoh (58') u la thep ia ka namtam kaba la rai ia ka namjop.

Haka jingiaikhun kaba ar, ka shi kol jong u Plielad Dkhar (46') ka la paw ba ka la biang ia ka Lumkynter SC

ban khur ia ka jingjop da 1-0 pyrshah ia ka Hunlang FC Rakabah.

Ha ka jingialehkai kaba khatduh, ka Myngkrem SC kala pynliem noh da 2-0 kol iaka Iawpynsin SC Wahiajer. Baroh ar tylli ki kol la thep da u Arisoki Khyndriam, kaba nyngkong haka minit ba 38 bud sa kaba ar ha ka minit kaba 49.

Ki jingiaikhun ha kane ka sngi Palei (03/09/2026): Por 10 baje mynstep ka Modymmai SC kan iakhun pyrshah iaka Maskut SC; Por 12 baje mynsngi ka Maia Club Wahiajer pyrshah iaka



Niriang pdienlum; ka jingialehkai ba khatduh ha ka por 2 baje nohphai sngi ka Tympang SC Wahiajer kan iakhun pyrshah iaka Iawthymblien SC.



Put your HIV knowledge to the test, can you find them all? Spot the words.

S	A	F	E	T	Y	D	A	A	N	P	C
V	H	I	V	T	E	S	T	W	E	R	M
H	E	V	R	S	H	Z	E	A	E	E	C
S	I	V	I	R	U	S	V	R	D	V	O
P	Y	V	O	A	R	T	T	E	L	E	N
S	G	P	S	E	H	S	H	N	E	N	S
A	O	Y	H	T	Q	I	S	E	S	T	E
I	A	B	L	I	A	Z	V	S	S	I	N
D	T	O	T	S	L	T	L	S	U	O	T
S	S	L	I	C	Q	I	U	Q	X	N	G
B	O	B	L	O	O	D	S	S	F	I	T
O	G	E	R	F	U	C	O	N	D	O	M
S	Y	R	I	N	G	E	R	D	O	O	C

Results: Safety, HIV Test, Virus, ART, EVTHS, Awareness, Needles, Prevention, Consent, AIDS, Syphilis, Blood, Condom, Syringe, HIV Status

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HIV & STI SUPPORT
1115
BREAKFREEINDIA

For information on HIV / AIDS
Dial Helpline Toll Free Number
1097
(Also available in Khasi language)





The following roads will remain closed during the stated timeframe

- ▶ **Mawkdok towards Sohra from Laitsohpliah (near Meili Resort)**
- ▶ **Mawkma towards Shillong-Sohra road**
- ▶ **Laitmawsiang, Laitryngew Roads towards Shillong-Sohra Road**
- ▶ **Dainthlen Junction**
- ▶ **Khliehshnong, Sohra towards Shhillong-Sohra Road**
- ▶ **Laitkynsew-Sohra Road via Mawmluh**
- ▶ **Lad Sohbar-Sohra Road**

ROAD CLOSURE

FRIDAY, 4th of SEPTEMBER 2026

4:30 AM to 10:00 AM