

Asian Games 2026

Jop lut ka India ia ki takma ksiar ha ka iakop siat khnam ki kynhun

Pynthikna ka kynhun shijur ia ka bhah ban iashim bynta ha ka Olympics 2028.

AICHI, Nailur 30: Ka India ka la jop ia baroh lai tylli ki takma ksiar ha ka jingiakop siat khnam jong ki kynhun (compound archery team event) ha ka Asian Games 2026 hynne ka sngi Balang, ha kaba ka Chikitha Taniparthi bad u Sahil Jadhav ruh ki la ioh ia ka bhah ban iashim bynta ha ka LA 2028 Olympics.

Ka Chikitha bad u Sahil ki la pynliem noh ia ka kynhun shijur jong ka Republic of Korea, ka Park Jungyoon bad u Choi Yonghee ha ka shoot-off hadien ba ka jingiakhun takma ksiar ka la iakhaid mar 157-157.

Baroh arngut ki nong India ki la kamai 10 point ha ka shoot-off, katba ka Park Jungyoon ka la sdang da kaba kamai 10 shuwa ba u Choi Yonghee un kamai 9 katba ka India ka la khur syndon ia ka jingjop da 20-19 ha kane ka jingiakhun kaba la long ha Okazaki Chuo Sogo Park Multipurpose Square ha Aichi.

Ka jingjop ka la pynthikna ia ka bhah jong ka India ban ioh iashim bynta ha ka jingiakop siat khnam ba mar shijur (compound mixed team archery) ha LA 2028.

Kane ka jingjop ka dei ka takma ksiar kaba ar jong ka Chikitha ha kane ka sngi hadien ba ka la iasoh lang ryngkat ka Jyothi Surekha Vennam bad ka Prithika Pradeep ban iada ia ka takma ksiar ha ka Women's Compound Team event.

Pynliem ka India ia ka South Korea ban poi sha ka phainal ha ka hockey ki kynthei



JAPAN, Nailur 30: Ka India ka la pynliem noh ia ka South Korea da 2-0 ha ka semifinal jong ka jingialehkai hockey ki kynthei ha ka Asian Games 2026 hynne ka sngi Balang ban pynthikna ia ka jingiakhun phainal pyrshah ia ka China.

Ka China ka la pynliem ia ka Japan lyngba ka penalty da 4-2 ha kawei pat ka semi final.

Haba phai sha ka jingiakhun, ka India ka la pynsyrrwa kai bun tylli ki kabu pynkhihjar jong kane ka jingialehkai ha Gifu Prefectural Green Stadium, khamtam na ki Penalty Corner ha ki ar tylli ki kylla ba nyngkong. Kumjuh ruh na ka iakto katne ki jingpyrshang thep kol kiba thikna jong ka India.

Ka jingtrei shitom jong ka India ka la urlong ha ka kylla ba lai, ha kaba ka Ishika ka la thep na ka Penalty Corner ban kpynlamkhmat ia ka India.

Ka India ka la pynjlan ia ka kol lamkhmat ha ka kylla kaba saw lyngba ka Salima Tete.

Kane kan dei ka kabu ia ka India ba kan khur ia ka takma ksiar ba nyngkong namar kam pat ju jop ha ka jingialehkai Hockey jong ki kynthei ha ka Asian Games naduh u snem 1982.



(najrong shapoh) Ka kynhun jong ki shynrang, kynthei bad ki shijur jong ka India kiba la jop takma ksiar ha ka iakop siat khnam jong ki kynhun ha ka Asian Games.

Kine ki lai ngut ki nong India ki la pynliem noh ia ka People's Republic of China da 238-234 ha ka phainal, kaba iaryngkat ia ka world record da 24 tylli ki khnam ha ka jingiakhun jong ka

women's compound team.

Ka Jyothi bad ka Prithika ki la long kiba khlem jingduna ha ka phainal, da kaba kamai 10 ha baroh 8 tylli ki khnam ba ki la pyrshang, katba ka In-

dia ka la pyndep duna tang ar point na ka 240 point kaba lah ban kamai.

Kane kadei ruh ka takma ksiar kaba saw jong ka Jyothi Surekha ha ka Asian Games. Ka la jop ia ka nam lahduh ha ka Women's Individual, Women's Team bad Mixed Team ha Hangzhou ha u snem 2023.

Ka India ka la pynkut ia ka sngi da kaba jop lut ia ki jingiakhun jong ki kynhun, ha kaba u Sahil, u Ganesh Mani Ratnam Thirumuru bad u Kushal Dalal ki la pynliem ia ka China da 238-237 ha ka phainal jong ki shynrang.

U Sahil u la long uba khlem jingduna ha baroh kawei ka final, da kaba kamai 10 point ha kawei pa kawei na ki 8 tylli ki khnam ba u la pyrshang. Ka China ka la lamkhmat da 179-178 hynrei ka India ka la lah ban kamai 10 point ha baroh 6 sien lynter ki jingpyrshang ban knieh ia ka nam lahduh da tang kawei ka poiñ.

Kane ka jingjop ka la ai ia baroh arngut ka Chikitha bad u Sahil ar tylli ki takma ksiar ha ka shi sngi bad ka mut ba ka India ka la lah ban iada ia lai tylli na ki san tylli ki nam lahduh ha ka jingialehkai compound archery ba ka la jop ha Hangzhou 2023. Ia ki takma shimet jong ki shynrang bad kynthei yn sa rai hadien.

Mynta ka India ka wan ha ka kyrdan ba 8 ha ka miej jingkheĩn da kaba khur 60 tylli ki takma: ba kynthup ia 10 tylli ki ksiar, 21 tylli ki rupa bad 29 tylli ki rnong.

Thaw histori ka Neeru bad u Kynan ha ka Mixed team Trap Shooting

JAPAN, Nailur 30: Ka Neeru Dhandu bad u Kynan Chenai ki la thaw histori ia ka ri India da kaba jop ia ka nam lahduh ha iakop siat jong ka Mixed team Trap ha ka Asian Games 2026 hynne ka sngi Balang, ha kaba ki la khur ia ka takma ksiar da ka rekod jong ka dewbah Asia ha ka jingiakhun kaba la long ha Aichi Prefecturel General Shooting Gallery.

Kane kadei ka takma ksiar kaba nyngkong eh jong ka India ha ka Mixed team Trap shooting ha ka histori jongka Asian Games. Ia kane ka jingiakop la sdang nyngkong ha Jakarta 2018 hynrei la weng noh pat ia ka ha ka sienjam ba pynlong ha Hangzhou 2023.

Kine ki shijur ki nong India ki la lah ban siat haduh 34 tylli ki thong ha ka phainal ban pyndep tam da ar tylli ki thong ia ka Ray Basil bad u Mohammed Al-Rumaihi na Qatar kiba la khur ia ka takma rupa, kiba la siat pyndep 32 tylli ki



thong.

Na ka bynta ka Neeru Dhandu, kane kadei ka takma ksiar kaba ar jong ka ha ka iakop siat hadien ba ka la jop ruh ia ka nam lahduh ha ka Women's Individual Trap shooting tang hynnin ka sngi Ba-ar. Ka la iarap ruh ia ka India ban khur takma rupa ha ka Women's Trap Team Event.

Kumta ka Neeru ka la pyndep ia ka jingiashim bynta jong ka ha ka Asian Games 2026 da ar tylli ki takma ksiar bad kawei ka

takma rupa bad kylla long ka nongsiat suloi shotgun ba nyngkong eh jong ka ri India ban jop ar tylli ki nam lahduh ha kawei ka sienjam jong ka Asian Games.

Katba u Kynan, u la bynrap sa kawei pat ka takma ksiar ha ka jingialehkai Asian Games jong u. Une u nongialehkai ba 35-snem u la jop nam lahduh ha ka Men's Trap Team bad takma rnong ha ka jingiakop ba marwei ha ka sienjam ba ladep ha Hangzhou.

Ha ka Women's 60kg boxing, ka Priya Ghanghas ka la shah rem noh da 1-4 ban hap hun ia ka takma rnong. Nangta u Kapil Pokhariya u la bynrap sa kawei ka takma rnong hadien ba rem ha u lahduh jong ka pyrrthei u Turabek Khabibullaev da 1-4 ha ka semi final jong ka Men's 90kg boxing.

Ha ka Wrestling, u Sunil Kumar u la jop ia ka jingiakhun na ka bynta ka takma rnong ban plie ia ka jingkheĩn khur takma jong ka India ha kane ka jingialehkai.

Tad haduh kane ka khubor, ka India ka wan ha ka kyrdan ba 8 ha ka miej jingkheĩn da kaba khur 60 tylli ki takma baroh: 10 tylli ki ksiar, 21 tylli ki rupa bad 29 tylli ki rnong.

SPL 2026: Lait ka Rangdajied na ka jingma da kaba pynliem ia ka Mylliem

SHILLONG PREMIER LEAGUE 2026									
Clubs	MP	W	D	L	GF	GA	GD	Pts	
1 Langsning	7	5	1	1	16	4	12	16	
2 Mawlai	7	4	3	0	10	1	9	15	
3 Shillong Lajong	7	4	2	1	10	6	4	14	
4 Nongkseh	7	4	1	2	14	4	10	13	
5 Rangdajied Utd	7	3	1	3	11	11	0	10	
6 Meghalaya Police	7	3	1	3	13	15	-2	10	
7 Sawmer	7	3	0	4	10	12	-2	9	
8 Nangkiew Irat	8	2	2	4	6	9	-3	8	
9 Laitkor	7	2	0	5	7	21	-14	6	
10 Mylliem	8	0	1	7	6	20	-14	1	

Shi bynta jong ka jingialehkai hapdeng ka Rangdajied (*rong blue*) pyrshah ia ka Mylliem (*jersey rong saw & lieh*) hynne ka sngi Balang, katba sha kawei pat ka liang ka miej kheĩn point bad kyrdan jong ki klob bapher bapher haka SPL 2026.

SHILLONG, Nailur 30: Ka Rangdajied United ka la pynthikna ia ka jaka jong ka ban iashim bynta ha ka Shillong Premier League ha u snem ban wan da kaba pynliem noh ia ka Mylliem da 3-1 kol ha ka jingiakhun hynne ka sngi Balang ha SSA Stadium.

Ha kajuh ka por, kane ka resol kamut ruh ba ka Mylliem kaba la shah rem hynñiew sien na ki 8 tylli ki jingialehkai ha kane ka samoi kan shah sloit noh sha ka First Division ha u snem 2027.

Ka Rangdajied ka la pynkhihjar lyngba u Mebannangkiew Thabah (39'), u Pasborlang Khonglikong (84') bad u Franky Dkhar (90'+2), katba u Shaibor Nongrum (71') u la thep ia ka shi kol jong ka Mylliem.

Kane ka jingjop ym tang ba ka pyllaĩt ia ka Rangdajied na ka jingma ban hiar kyrdan hynrei ka la kyntiew ruh ia ka kynhun sha ka kyrdan ba san na ka kyrdan ba phra ha ka miej kamai point. Mynta ka RUFC ka la ioh ban kamai 10 poiñ, ka iakhaid bad ka Meghalaya Police hynrei da ka jingiapher kol kaba kham bun (da 0 la -2). Katba ka Mylliem ka dang sah sha trai duh jong ka miej da tang kawei ka point (1) bad kan iaineh hajuh wat lada ka jop ia ka jingiakhun kaba khatduh kaba dang sah.

Haba phai sha ka jingialehkai, u Mebannangkiew u la duh ia ka kabu ksiar ban pynkhihjar ha ka minit kaba 28

TSA 2nd Division: Jop ka Mopliang RC Dreaming bad Lad Mukhla mar shikol

JOWAI, Nailur 30: Ka Mopliang RC Dreaming bad ka Lad Mukhla ki la jop ia la ki jong ki jingialehkai ha ka lypmung phutbol (L) Joybell Suaim Memorial Football League 2026 jong ka kyrdan Second Division bala pyniaid da ka Thadlaskieñ Sport Association, ba la long hynne ka sngi Balang (30 tarik, Nailur) ha Wahiajer Multi Sports Complex Stadium.

Haba phai sha ka jingiakhun kaba nyngkong (Group Stage) ka Mopliang RC Dreaming kala jop da 1-0 kol iaka Mukhla Nongrim, ia katei ka shikol na ka Mupliang RC Dreaming la thep da u Ram Phawa (10').

Haka jingiakhun kaba ar ka (Pre Quarter) ka Lad Mukhla kala jop da shikol (1-0) iaka Moobakhon Tyllilang, ia katei ka shikol naka Lad Mukhla la thep da u Pyrkhatbha Suna (69').

La pyntip ka jingiakhun ha kane ka sngi Palei (01/10/2026): (Pre Quarter) Por 10 baje mynstep ka Mukhla Sohshrieñ kan iakhun pyrshah iaka Mupliang Good Will FC; Por 12 baje mynsngi ka Kremmysiang pyrshah iaka Rynthi Mynsngat; katba ha ka Por 2 baje nohphai sngi ka Namdong Christian Club pyrshah iaka Mynkrem.

Ka Brazil Football Con-

EJH DFA: Jop ka Sutnga SSCC haka Super Division, iakhaid ka jingiakhun 1st Division

JOWAI, Nailur 30: Ka lypmung ialehkai phutbol jong ka kyrdan “Super Division” bad ka 1st Division League 2026 bala pyniaid daka East Jaintia Hills District Football Association (EJH DFA) kaba la long

mynta ka sngi 30 tarik Nailur ha madan Artificial Diengshynrum, Khliehriat.

Haba phai sha ka jingiakhun jong ka 6th Kyrmen Shylla Contribution Trophy League Stage 2026 haka kyrdan “Super

Division” ka kynhun ialehkai jong ka Sutnga SSCC kala jop da tang 1-0 kol iaka Thangsakai Tiger SC, bad ia katei ka shikol la thep da u Kamkhosat Hoikip (30').

Katba haka jingiakhun jong ka Thomas Nongtdu Memorial Trophy haka kyrdan First Division League 2026 hapdeng ka Sutnga Mission SSCC pyrshah iaka Bataw YWSC ka la kut ha ka jingiakhaid da mar 2-2 kol. Ka Sutnga Mission ka la pynkhihjar lyngba u Ahe to Swa (54') bad u Flowerson Pala (71'), katba u Lengskhem Suchiang (20') bad u Close Suchiang (60') ki la thep na ka bynta ka Bataw YWSC.

Naba mynsaw yn duh ialehkai u Raphinha na ka bynta ka Brazil pyrshah ia ka India

NEW DELHI, Nailur 30: U Raphinha, rangialehkai ba shakhmat jong ka Brazil, un nym lah ban don bynta bad ka kynhun ha ka jingialehkai paralok pyrshah ia ka India, ban long ha ka 03 tarik Risaw, namar la suba ba u la mynsaw ka kjat kamon jong u.

Une u rangialehkai ba 29 snem ka rta, u la shah pynshong noh tang hadien katto katne por ba u la pynkhihjar na ka penalty ha ka jingjop kaba da 4-2 kol pyrshah ia ka Australia hynnin ka sngi Ba-ar.

Ka Brazil Football Con-

federation (CBF) ka la pynthikna ba la pynshong noh ia u Raphinha namar ka jingshitom ha ki dohksah.

Ka jingmynsaw jong u Raphinha ka long ka jingduh nong kaba khraw ia ka kynhun jong u Carlo Ancelotti, haba pyrkhat ba une u rangialehkai ba shakhmat u la mad ia ka jingsdang kaba seisoh bha ha ka samoi ialehkai jong u. U la thep 12 kol ha ki hynñiew tylli ki jingialehkai ha ka La Liga na ka bynta ka Barcelona, ha ryngkat bad lai tylli ki bol

pashat thep kol lane assist.

La khmih lynti ba ka kynhun kan nym jied ia u nongbujli, katba u Raphinha un leit phai biang sha Barcelona ban ioh ia ka jingsumar kaba kham bñiah.



UEFA Nations League: Ar tatien u Ronaldo ia ka jingiakhun pyrshah ia ka Denmark

PORTUGAL, Nailur 30: U Cristiano Ronaldo u don ha ka jingartatien na ka bynta ka jingialehkai UEFA Nations League jong ka Portugal pyrshah ia ka Denmark ha kane ka sngi Palei, ha kaba ki khubor ki iathuh ba um da sngewtynnad ia u coach ba thymmai u Jorge Jesus.

Une u rangialehkai ba 41 snem ka rta, u la shah iehnoh ha ben shong ha ka por ba ka Portugal ka la jop da 2-1 pyrshah ia ka Norway ha ka Sngi U Blei, ha kaba u Goncalo Ramos ka AC Milan u la mih bujli ha ka jaka jong u.

Ka Portuguese Football Federation ka la ong ba une u nongthep kol ba bun tam ha ka jingialehkai phutbol bar ri, um shym la kilanmet bad ka kynhun naduh ka jingialehkai ba la dep, da kaba kilanmet marwei ha gym.

U Ronaldo, uba la thep 146 tylli ki kol na ka bynta ka ri, u dang beh ban kynjoh sha ka thong kaba 1,000 kol ha ka jingialehkai phutbol, bad mynta u dang kynjoh 979 tylli ki kol.

Haba phai sha ka Nations League, ka Portugal ka lamkhmat ia ka Group A4 da 6 point hadien ar tylli ki jingialehkai, da kaba tam 3 point ia ka Denmark bad ka Norway, katba ka Wales ka wan shatrai duh da 0 point. Ka Portugal kan pdiang ia ka Norway ha ka sngi U Blei ha ka jingialehkai ba khatduh jong kane ka FIFA international window.

