

# EDITORIAL

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## La nang jot ka imlang sahlang ha Meghalaya

Ki kam thombor ia ki kynthei khynnah khamtam ki jingleh be-ijot ki la nang iai kynrei ha Meghalaya bad kane hi la ka kdew shai ia ka jingjot jong ka imlang sahlang bad ka jingjakhla ka jingmut jingpyrkhant jong kito kiba la iadon kti ha kum kine ki kam jaboh. La jan man la ka sngi, la ju mih ki jingujor halor ki jingshah leh be-ijot jong ki kynthei ha ki bynta bapher bapher ka jylla. Kaba kham sngew kyndit ka long ba kum kine ki kam beain ki la sdang ban kynrei wat ha ki nongkyndong kiba ngi ju pyrkhant ba kham bun na ki nongshong shnong ki dei kiba dang khuid dang shida haba ianujor bad ki briesha kiba shong ba sah ha ki jaka kiba la long sor khamtam ha Shillong.

Haba la pyrshang ban kham buddien, la lap ba kham bun na ki kynthei kiba la shah leh be-ijot ha kine ki sngi ki dei kiba dang hapoh 14 lane 15 snem ka rta bad wat kito kiba dang hapoh 10 snem ka rta. Ym lah shuh ban sngewthuh ha kano ka rukom kum kine kieki kieki wan jia ha imlang ka sahlang ha kane ka jylla jong ngi. Ym lah ban len ba lada ka jingujor ka mih na ki kynthei kiba naduh 18 snem ka rta shaneng, ki ju mih ruh ki jingsngew aratatieng ia la ki jong ki kmie ki kpa lane naba u briesha uba la kular ban shong hok lane ri hok u shu leh kam kai noh pynban.

Hynrei kumno pat ngin iakren halor ka jingshah leh be-ijot jong ki khullung khynnah kiba dang hapoh 10 snem ka rta. Ha kane ka rukom, ki briesha kiba la iadon kti ha kum ha kane ka kam jaboh ki lah ban pynksan ialade. Kaba kham sngew kyndit ka long ba wat u samla uba la palat ia ka 21 snem ka rta bad wat u rangbah briesha u dang nud ban shim kabu bad thombor ia ki khullung khynnah ha kaka jaka ban sngew ia ki kum ki khun lane ki para bad pyrsa lajeng. Ka jingkynrei jong kine ki kam jaboh ka la kdew shai ba ym don shuh ia ka jingiatip lem lane ka jingsngew para briesha.

Kawai pat ka bynta kaba ngi kwah ban kynthoh hangne ka long halor ka jingduna palat jong ka jingshah rai pynrem bad ka jingpynshitom katkum ka ain pyrshah ia kito kiba la iadon kti ha kum kine ki kam beain kaba long ka daw tynrai jong ka jingkhie rasong jong kine ki kam beain. Wat la ka jingujor halor ka jingshah leh be-ijot jong ki kynthei khynnah ka la long la jan man la ka sngi, hynrei ym ju kham iohsngew khoti halor ka jingshah rai pynrem bad ka jingshah set patok jong kito kiba la iadon bynta ha kine ki kam runar wat hadien ba ki la shah kem ha ki pulit. Ka jingkylly kaba mih mynta ka long hato ka jingduna palat jong ka jingpynshitom ia kito kiba la iadon kti ha kine ki kam jaboh wat hadien ba ki la shah kem ha ki pulit ka long namar ka jingbiang ka jingtohkit na ka liang ki pulit lane na kawai pat ka daw. Hynrei kawai ka bynta kaba ngi sngew donkam ban kynthoh hangne ka long ba lada na ka liang ki bor kiba dei peit ia ka ain ki shim sting halor ka jingkynrei jong ka jingshah leh be-ijot ki kynthei, ka imlang ka sahlang ka la don lypa hapdeng ka jingma kaba khraw.

## Ka Jylli Ki Khraw Pyrkhant

Ka bynta kaba kongsan eh ba u kpa u lah ban leh na ka bynta ki khun jong u ka long ban ieit ia ka kmie jong ki -Theodore M. Hesburgh

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## KI ÆW NONGREP: KABA KYRSHAN ÆA KI RUKOM BAM TYNRAI JONG

### KI JAITHBYNRIEW RITPAID NA KA BYNTA KA BAM HA KA LAWAI

Ka bam kaba long ka jingdonka ba kongsan tam jong man uwei pa uwei u briesha. Ka long ka lynti ka ban pyni bad ban iatai iakren halor ki jingma jong ka jing-nang tlor ha ka jingdon ia ki jingthaw ba im ha ka mariang bad ban wanrahia ki jingdonka ban pynkhlaia ia ki rukom ba dang bteng haduh mynta bad ruh ban pynkhie im biang ia kiba ym ju leh shuh. Lyngba ki jingjaiakren, ki jingpynpaw pyrthei bad ki jingiasam markylliang ia ki rukom pynmih ia ki jait jingbam tynrai, ka rukom bam bad rukom pynkhreia ia, yn lah ban pynpaw bad pyntip sha kylleng ia ki jingstad bad jingkhlaia ha ka deiti tynrai jong ka jaithbynriew bapher bapher. Kawai na ki lad ba lab ban leh ia kane ka long ka Æw Ki Nongrep kaba lah ban pynphriang jingtip shaphang ka rukom bam tynrai jong ka jaithbynriew, khamtam ha kaba iadei bad ki kynbat bym ju da kham Ænewkor kiba long ki jhur khlaw ba lah ban bam. Kiba kum kine ki rynsan ai jingtip ki long kiba kongsan halor ki jingshisha kiba ym ju pynpaw haba ia kren shaphang ka thaiñ Shatei lam Mihngi jong ka ri, kyrrang ia ka jylla Meghalaya ba kine ki thaiñ ki long ym tang kiba riew-sphah ka jingdon ia ki jingthung bad ki kynbat ba bun jait ha ka mariang, hynei ki long ruh kiba lah ban pynmih ia bun jait ki mar rep. Ia kane la iathuh ha ka NESFAS da uwei u riew wadbniah na Czechoslovakia, u Lukas Pawera uba long u riew stad Science ha ki jait kynbat (Ethno- Botanist) na ka skulbah Czech University of Life Sciences kaba don ha Prague, uba la wan sha Shillong ban iarap ha ka jingsaindur ia ka rukom lum thup ha ki jingthoh shaphang ki jait jingthung bad ki kynbat ba bun jait jong ka jylla Meghalaya Hadien ba la ia kren bad ka kynhun jong ka NESFAS la pynlong pat ia ka kam wadbniah ha ka shong Khweng na ka bynta ban sngewthuh la ka jingthum ba pnytillun ia kane ka Project kan biang ne em.

Kum kiwei pat ki shong ha Bhoi, ka shong Khweng ka don ha pdeng ki lum rit, ha pneh ka them kaba jrong ha ka lynter kaba la tap da ka dewsoh. Ki rong ba byrtem ha baroh arliang ki lynter kane ka them ki khring ia ki khmat na ki jingitynnad ka mariang. Kum ka jingitynnad ka mariang hi ha kane ka jaka, ki briesha kane ka shonong ruh ki long kiba smat ba sting bad kiba nang ban kynshew kyndi. Ha ka mini-FGD (Focus Group Discussion) kaba long ka lympung iatai hapdeng ki kynhun, ka kynhun ka NESFAS ka lah ban lum thup ia ki kyrteeng jong ki 140 tylli ki jait jingthung (kiba kynthup ia ki mar rep ha la ki jait, ki jait jhur khlaw bad ki jingthung ba long jinghaw jingber). Lyngba ki jingshem ha kia por ba la dep ha kane ka shonong, kata naduh u snem 2013, ka la paw shai ba ki la don kumba 10 na ka 100 ki jait jingthung kiba dang jah bad ia kane la lah ban pynbeit lyngba ki jingtip ba la ioh na ki nongai jingtip ba kongsan eh, kata, na ki nongrep hi. Ka thup lum jingtip kaba khatduh kan pynthika ia ki jingtip ba donkam baroh ba la pynbiang pura ha kaba la kynthup lut ia ki jingtip ba bniai kiba long ki jingtip ba kongsan.

Kane ka Project wadbniah ka pynpaw ba ha ki jaka ba itynnad jong kane ka thaiñ ki don ruh ki jingbam ba bun jait ki ma hih khamtam ha ki kper kiba ha ki kyrrong iing. Kaba kham shon jingmut ka long ba ki don bun jait ki jhur khlaw kiba mih ha la ki aiom ha ki sawdong sawkun jong ki iing ki sem. Ki katto katne ki jait jhur khlaw kiba la lum jingtip ha ka thup jingthoh ha ka jingjurip wadbniah ki long u Tyrkhang, Jatalo, Jamahet, Jalampu, Jawma, Jarlut, Jajew, Jalisong, Jatlar, Jajew (rob rob), Jajew (ding), Jarain, Lapong murit, Lapong nai, Lungsieb bad kiwei kiwei. Ki nongshong shnong ha kine ki jaka tip ia ka jingkordor jong kine ki jait jhur khlaw, kumta ki sumar tyngkai a kine ki jhur khlaw kiba mih ha ki rud pynthor kba. Kaei kaba kham pynpaw ha ki jingianujor ka long haba u Pawera u iathuh ka kiba kum kine ki juh hi ki jait jhur khlaw ki la jah rongai noh na ki pynthor kba ka Indonesia. Kane ka long katkum ka jingwadbniah jong u ha ki ri ba Shathie phang Mihngi jong ka dewbah Asia. Ka dawbah halor kane ka jingduh jait ki jhur khlaw na ki khap pynthor ha Indoneisa ka long na ka jingpyndonkam ia ki dawai pyniap khniang da ki nongrep. Ha ka shonong Khweng pat la shem ba kine ki jhur khlaw kiba mih, ki plung bad man bha. Nalar u khaw Khasi ka rep, ki briesha kane ka shonong ki ioh ruh ia ki jhur khlaw bad ki dohka ha na ki khap jong ki pynthor kba bad na ki nur um kiba iaid narud pynthor kaba pynpaw ba ki briesha hangne ki ioh lai jait ki mar bam, kata, u Khaw, u Jhur bad ka Dohkha, tang na ki lyngkha kba. Une u nongwadbniah u la sngew shoh jingmut shibun halor kane ka rukom ioh ia ki jingbam ba bun jait tang na kawei ka kam rep jong kane ka shonong kaba u ong ba ka lah ban long kaba khlaibor ha ka jingpynmih ia ki jingbam ba tei met bad ban lait na ka jingkyrdhu.

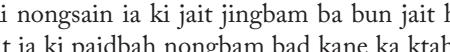
Haba phai sha ki briesha ba shong ba sah ha ki jaka sor, ban iakren shaphang ka rukom pynmih ia bun ki jingbam ha la ki jait na ka kam rep, bunsien hi kim tip eiei ia kita bad kane ka long ruh khamtam ia ki jait jhur khlaw. Ka daw ba kongsan ka long ba ki nongrep kiba tip ia ki jait kynbat ba long jingbam kim kloai ban iasam ia la ki jingtip ne ban iathuh kuma. Kumba long ha kiwei ki jaka ha ka pyrthei, ia kiba kum kine ki jait jingbam la ju Ænewba ki dei ki jingbam jong kiba duk. Ki ba kum kine ki jingsngew ki wanrahia ka jingniew iapher lyngba ka jait jingbam hapdeng para briesha. Hynrei kiba kum kine ki kynbat ka long kiba kongsan na kiba bun ki daw. Kawai na ki jinglong ba kyrpang jong kine ki jait kynbat ka long ba ki lah ban khie im pat ha la ka aiom wat hapdeng ki jingbymbiang ha ka jinglong ka suiñ bneng. Haka jingpule bniah ba dang iaid shaphang jong ka FAO ha Nongtraw, East Khasi Hills ki nongshong shnong ki iathuh ha ka kynhun wadbniah jong ka NESFAS ba ki jhur khlaw kiba mih ha ka thaiñ jong ki, ki long kiba lah ban shah wat hapdeng ki jingkylly ha ka jinglong ka suiñ bneng, kataba long ba kine ki kynbat ka lah ban khie im pat wat hapdeng ki jingkylly ba bun jait. Ki jingkylly ba khalah kaha ka jinglong ka suiñ bneng ki long ka dawbah kiba ktah ia ka rep ka riang bad ia ki jingthung jingtep ki bym lah ban kyraha kine ki jingkylly. Ka lawei jong ka rep ka riang ka don jingiadei bad ka ktah ia baroh kiba shanah tylly ha ka, naduh ki nongrep, ki nongkhai, ki nongsain ia ki jait jingbam ba bun jait ha ki karkhana na ki mar rep, kaba ktah pat ia ki paidbah nongbam bad kane ka ktah ia ka longbriew manbriew ha baroh kawai. Ki jingthung kiba da thung janai ha kine ki sngi ki dei kito kiba ju mih

pathar ha ki por ba mynshwa. Namara keta, ki jhur khlaw ki don ia ka bynta ba kongsan ha ka jingpynbiang bam ia ka mynta bad ka lashai.

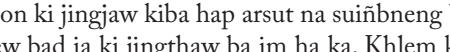
Ki jhur khlaw ki lah ruh ban iarap ha kaba pynbha ia ka rukom ioh ia ka bam ba tei met. Kawai na ki lad kaba lah ban thew ia ka jingioh ia ka bam ba tei-met ha kano kano ka longing ka long na ka rukom bam ia ki jait jingbam ba bun jait ia kaba la tip kum ka DDS (Dietary Diversity Score). Kaei ka rukom lum jingtip ka long ka bym rem dor bad kaba lah ban tip klooi lyngba ka jait jingbam kiba longing ka bam ha ki 24 kynta ba la lah. Ia kane la leh da kaba pynbynta ia ki jait jingbam ha thi thup, kum ki shyieng symbai kum u khaw, u kew, u krai bad kiwei kiwei, ki tynrai jingthung ba rong lieh bad kynja phan, ka Kait, u Dai bad ki kynja Shana, ki Soh-ot ne ki soh ba ju bam ia ki shyieng, ka dud bad ki jingmih na ka, ka doh, ka doh-syiar bad ka dohkhla, ka pyleng, ki jhur sl- jyrngam bad kiwei kiwei de ki jait soh jait jhur kiba don bun ia ka vitamin-A. U briesha u donkam ban bam la kumno kumno ia san jait na ki jingbam ba la kdew haneng ba lah ban Ænew ia u ba u la bam ia ki jingbam ba tei ia ka koit ka khia. Ki jhur khlaw ki long kiba rem dor bad ki long pat kiba tei bha ia ka jingkoit jingkhiah jong ka met da kaba bam ia ki. Hynrei, kar haduh mynta la shem ba kine ki long ki jait jingbam ba la kham shah kyntait bad ba ym ju kham pyn-donkam ia kiba la tip kum ki Neglected and Underutilized Species (NUS). Ha ka jingthoh ba la pynmih da ka tnad wadbniah ia ki jingmyntoi jong ki kynbat, kaba la ai kyrteng (haba pynkyla sha ka Khasi) "Ka jingiale pyrshah ia ka jingduk, jingthung bad jingbymbiang ka bam ba tei met da kaba pyndonkam ia ki jait jhur ba hap ha ka thup NUS-ki jingdonkam bad diengpyrkiang ha ka lynti jong ka jingaid shaphrang", u Padulosi, u Thompsons bad u Rudejer, ha u snem 2013 ka la pynpaw ba ki jhur kiba hap ha ka thup NUS ki long kito kiba ym ju da kham pynleit jingmut ne ban khring jingmut ia ki nong wadbniah ha ka rep ka riang, ia ki nongsara jingthung bad ia ki nongsaindur ia ki rukom treikam. Kine ki long ki jingbam kiba shu mih hi khlem da thung janai ne ba shu mih pathar ha ki sha kiar iing bad kiba ym ju kham die ne pyniaid Ænew ia ki kum ki mar bam, ki NUS ki lah ban long kiba khlaibor ha kaba pynbiang ia ka bam, ban pynduna ia ka jingduk jingkyrdhu bad kiba lah ban shan bad pynneh ia ka jingiaibeng ha ki kum pynmih mar rep. Kaei ka long na ka daw ba bun na ki jait jhur kiba hap ha ka thup NUS ki long kiba lah ban pynjuh ilalade bad ki jingkylly bym da jurnt ha ka jinglong ka suiñ bneng, ki long ruh kiba tei met bad katto katne ka ki, ki long kiba don ia ka bor ban kyntiew ia ka jingpynmih ia ki jhur ba kham phylla ha iew bad kiba lah ban kyntiew ia ka ioh ka kot ki nongrep bad ki nongshong shnong. Ki jhur khlaw NUS ki don ka jingiadei kaba jan bha bad ka lariti jong ka jaka ba ki mih ki san bad ka jingpyndonkam kynrei ia ki ka lah ban pynkylly ia ka jingthoh bad pynkup bor ia ka jaitbynriew ba ritpaid. Ka NESFAS ryngkat bad ki kynhun ba iatrei lang bad ka. Ki iatrei ha kaban kyntiew ia ka rukom ioh ia ki jingbam ba tei met bad ban pynkylly ia ka rukom bam tynrai ha ka jylla Meghalaya. Lyngba kane ka sienjam, ka NUS ka lah ban leh ia ka bynta kaba kongsan.

Da ka jingthum ba kyntiew bad ai jingiaroh halor kane ka bynta ba ki jhur khlaw bad kiwei de ki jait jingbam tynrai ki don ia ka bynta ba khray ha kaban pynbha ia ka rukom bam bad ha kaban kyntiew ia ka ioh ka kota, ka Northeast Slow Food and Agro-biodiversity Society ba la tip kum ka NESFAS ryngkat bad ka Social Service Centre (SSC), ha ka 25 tarik u Naitung 2018 ka la khot sngewbha ia ki kynhun jong ki nongrep ban wan die ia la ki mar beit beit sha ki nongbam khlem da don ki nongkhai hapdeng ki ban kurup bhah ia ka jingjhong jong ki. Hangne, la kham phai khmat sha ki mar rep kiba don jingiadei bad ka lariti ka thaiñ kiba long shi bynta na ki jait jingbam ba ki briesha ka jylla ki ju bam bad da kane ka rukom yn lah ban kyntiew ia ka kamai kajih da kaba tyngkai ruh ia ka jingpynbiang ia ki mar bam ryngkat ka bam ba tei met. Kiba bun na ki jhur ba la wanrah ki long ki jhur khlaw kiba ki briesha ha ki jaka sor ki tip ban bam kaba la khring shibun ia ki nongwan sha kane ka lympung. Phra tylly ki shonong kiba kynthup ia ka Mawmuthoh, Mawpyrshong, Rapleng, Jongksha, Lamsain, Laitdiengsai bad Nongtraw ka la wan iashim bynta ha kane ka lympung pyni nam bad die ia ki jhur khlaw bad ka shonong Khweng ruh ka la iadonbynta lang ha kaba la wanrah ia ki jhur khlaw kum u Jali, Ja-tira, Ja-ut, u Tyrikhang, ka Lungsieb, ka Wang-panai bad kiwei kiwei. Sa kawai de ka jingmih ba kongsan na kane ka lympung ka long ka sienjam ban pynlong ia ki nongthied nongbam ba kin long ruh ki nongpynmih lang ia ki mar (Co-producers) ka ban pruid dak ia ka bor jong ki nongthied ym tang ka kin long ki nongpyndonkam hynrei ba kin sngewthuh bad Ænewkor ia kito kiba pynmih ia ki marbam ba ki ioh-kumno ki pynmih bad ia ki jingeh ba ki iakynduh na kane ka kum. Namarkata, ki nongthied ki long ka bynta ba kongsan ha kane ka jingpynmih mar bad ha kane ka rukom ka pynkup bor ia baroh arliang, kata ia ki nongpynmih mar bad ia ki nongthied. Ka jingpyndonkam ia kaba kum kane ka lympung kan iai long tista barabor ha kaba la khmih lynti ba bun shu shuh ki nongrep kin wan iashimbynta.

Ka jingwanrah lang ia ki nongthied (kiba long ki paidbah salonsar) bad ia ki nongpynmih mar (ki nongrep) ha kawai ka lympung ka long kawai na ki sienjam ba la shum da ka NESFAS bad ki kynhun ba iatrei lang bad ka na ka bynta ban pynsngewthuh paidbah halor ki rukom bam tynrai jong ka jaitbynriew bad u synniang ba kane ka noh ha ka ban pyndap ban, ban pynbiang ia ka bam ba tei met bad kynthoh iai ka ioh ka kota bad ia ka jingkoyt jingkhiah. Ha kajuh ka por ruh kane ka lympung ka ailad ia ki nongrep ba kin iohnong da ka dor kaba ma ki hi ki buh ka ban kyntiew shi katdei ia ka ioh ka kota jingki. Ka NESFAS ka tip shai kdar ba kane ka long tang ka sienjam kaba rit kaba mut ba ka don ka lad ban pyniar shuh shuh ia ka jingsan jong ka. I jingjaw barit im lah ban pynlong ia ka duriaw bah hynrei ia ka duriaw bah a pynlong da ki million ki jingjaw kiba hap arsut na suiñbneng ban pynkuid bad pynjahr jrah ia ka khynrew bad ia ki jingthaw ba im ha ka. Khlem kita ki jingjaw iwei pa iwei yn ym don duriaw bah bad yn ym don jingim.



### Shithi sha u Editor



## Wan pyni sner khaiñ ka BSNL tang ar sngi ha Nongnah jongngi

Ka jingpynsangeh kynsan ka Aircel Company ia ka ban wan ai network ha kane ka snem kaba la leit noh ka la pynlong jingduhnong kaba khraw ia ka paidbah ha Thain Nongnah, Mawpud, Pyndanwar bad kiwei kiwei ki shonong kiba la dep na kane ka tlong. Haba leit sha kiwei ki shonong kiba la dep na kane ka tlong. Haba leit sha kiwei ki shonong kiba la dep na kane ka tlong ki jingkorei ia ki paidbah. Hangne hapoh Nongnah u la shu ieng kai u tower uba la jan kot shieng ka bneng u bym shym la myntoi eiei ruh em. Ka leyr khuid ka la khulusai/ud na ka jingdon une u tower khlem ai jingmyntoi eiei ruh em. Ka leyr khuid ka la khulusai/ud na ka jingdon une u tower khlem ai jingmyntoi eiei ruh em.

Ki paidbah ki la kmen sha bym don pyrthei shuh ba ka liang jong ka Bharat Sanchar Nigam Limited ka la wan ai network tang ha ki ar sngi kata ha ka 27 & 28 tarik Jylliew 2018. Ng