ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, SATURDAY, OCTOBER 01, 2022 ꯊꯥꯡꯖ, ꯃꯦꯔꯥꯒꯤ 6 ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3420 obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ 2 HUEIYEN LANPAO

ꯄꯥꯎꯆꯦ ꯑꯁꯤꯗ ꯐꯣꯡꯖꯔꯤꯕ ꯋꯥꯔꯦꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜ, ꯃꯤꯠꯌꯦꯡ ꯑꯏꯕ ꯃꯁꯥ ꯃꯁꯥꯒꯤꯅꯤ꯫ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯌꯦꯡꯒ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯔꯤ ꯂꯩꯅꯗꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯊꯥꯡꯖ, ꯑꯣꯛꯇꯣꯕꯔ 01, 2022, ꯏꯝꯐꯥꯜ
14 ꯁꯨꯕ ꯆꯍꯤ, 164 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 50 ꯀꯤ ꯄꯥꯎꯈꯨꯝ
1) “ꯃꯅꯤꯄꯨꯔ ꯒꯧꯔ ꯂꯤꯂꯥ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
:- ꯁ꯭ꯔꯤꯃꯇꯤ ꯊꯣꯛꯆꯣꯝ ꯅꯤꯡꯉꯣꯜ ꯕ꯭ꯔꯤꯟꯗꯥꯁꯥꯕꯤ ꯗꯦꯕꯤ, ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ 2008꯫
2) E.F. Watling ꯅ ꯏꯪꯔꯥꯖꯤꯗ ꯍꯟꯗꯣꯛꯄ, The Theban ꯄꯂꯥꯌꯁ, Penguin Books, 1947 ꯇ ꯐꯣꯡꯈ꯭ꯔꯕ King Oedipus ꯇꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯅꯥꯅ
ꯍꯟꯗꯣꯛꯄꯅꯣ?

:- ꯈꯥꯏꯗꯦꯝ ꯅꯕꯀꯨꯃꯥꯔ ꯁꯤꯡꯍ, ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ 1976꯫
3) “ꯃꯅꯣꯔꯃꯥ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
:- ꯑꯏꯕ - ꯇꯤ ꯕ꯭ꯔꯖꯒꯣꯄꯥꯜ ꯁꯔꯃ꯫
4) “ꯑꯄꯤꯛꯄ ꯅꯨꯡꯁꯥ ꯁ꯭ꯋꯔ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯅꯥꯅ ꯏꯕꯅꯣ?
:- ꯑꯏꯕ- ꯕꯨꯙꯤꯆꯟꯗ꯭ꯔ ꯍꯩꯁ꯭ꯅꯥꯝꯕꯥ, ꯂꯥꯏꯔꯤꯛꯀꯤ ꯃꯈꯜ ꯋꯥꯔꯤꯃꯆꯥ, ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ
2006>

5) “ꯑꯩꯅ ꯏꯁꯩ ꯁꯛꯂꯒ ꯁꯛꯂꯤꯕ/ꯑꯩꯅ ꯂꯥꯎꯔꯒꯁꯨ ꯂꯥꯎꯔꯤꯕ/ꯐꯅ ꯃꯥꯟꯅꯔꯤ ꯑꯩꯒꯤ ꯈꯣꯟꯗꯥꯒꯁꯨ/ꯀꯅꯥꯅꯣ ꯁꯛꯎꯗꯕ ꯅꯍꯥꯛꯄꯨ” ꯁꯩꯔꯦꯡ ꯃꯇꯦꯛ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯕ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ ꯁꯩꯔꯦꯡꯗꯒꯤ ꯂꯧꯊꯣꯛꯄꯅꯣ?
:- ꯑꯏꯕ- ꯍꯤꯖꯝ ꯏꯔꯥꯕꯠꯅ ꯏꯕ ꯁꯩꯔꯦꯡꯒꯤ ꯂꯥꯏꯔꯤꯛ 'ꯁꯩꯗꯝ ꯁꯩꯔꯦꯡ' ꯗ ꯌꯥꯎꯕ ꯁꯩꯔꯦꯡꯅꯤ꯫ ꯁꯩꯔꯦꯡꯒꯤ ꯃꯃꯤꯡ 'ꯈꯣꯟꯊꯥꯡ' ꯑꯍꯥꯟꯕ ꯐꯣꯡꯕ-1929꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-51
1) “ꯂꯝꯖꯤꯡꯕ” (1967) ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ
ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
2) “ꯇꯠꯂꯕ ꯌꯣꯜꯍꯤꯡꯂꯛꯇ ꯁꯝꯖꯤꯟꯅꯕ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ
ꯀꯅꯥꯅ ꯏꯕꯗꯒꯤ ꯀꯅꯥꯅ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯍꯟꯗꯣꯛꯄꯒꯦ?
3) “ꯍꯧꯒꯠꯂꯣꯅꯦ ꯆꯥꯟꯅꯕꯤ ꯊꯣꯡ ꯍꯥꯡꯗꯣꯛꯂꯣ” ꯀꯧꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯃꯄꯥꯟ
ꯂꯝꯒꯤ ꯑꯏꯕ ꯑꯃꯅ ꯏꯕꯅꯤ꯫ ꯑꯏꯕ ꯑꯁꯤ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ
ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

4) “ꯌꯤꯃꯨꯡ ꯀꯣꯛꯐꯥꯏ ꯁꯧ꯫ ꯐꯗꯤꯐꯔꯥꯂꯩ꯫ 10 ꯆꯥꯛꯊꯝ꯫ ꯆꯥꯒꯨꯝ ꯈꯨꯖꯥꯝꯂꯇ꯫ ꯆꯥꯛꯈꯨꯝ
ꯂꯨꯈꯥꯛ ꯋꯥꯏꯇꯩꯅ꯫ ꯐꯛꯂꯥꯡ ꯃꯤꯔꯥꯡꯈꯥ꯫ ꯂꯀꯥꯡ ꯃꯥꯔꯤ ꯌꯥꯜ꯫ ꯂꯥꯀꯨꯝ ꯁꯤꯡꯒꯨꯝ꯫ ꯐꯨꯂꯩ
ꯔꯥꯕꯥꯗ꯫ ꯁꯤꯗꯕꯤ ꯑꯩꯅ ꯃꯥꯏ ꯑꯣꯟꯁꯟꯗꯗꯦꯌ꯫” ꯋꯥꯍꯩ ꯄꯔꯦꯡ ꯈꯔ ꯑꯁꯤ ꯀꯔꯤ
ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯂꯧꯊꯣꯔꯛꯄꯅꯣ?
5) “ꯅꯤꯡꯁꯤꯡꯂꯤ ꯍꯧꯈ꯭ꯔꯕ ꯃꯇꯝꯗꯣ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ
ꯑꯃꯗꯤ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕꯤ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯣꯛꯇꯣꯕꯔ 15, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯡ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ ꯏ-ꯃꯦꯜ
hueiyenliteraryquiz@gmail.com sid meL AoIn HabirKp
ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ, ꯃꯍꯩꯒꯤ ꯊꯥꯛ
ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫
ꯋꯥꯍꯪ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫
ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-50 ꯒꯤ ꯑꯆꯨꯝꯕ ꯄꯥꯎꯈꯨꯝ ꯊꯥꯕꯤꯔꯛꯄꯁꯤꯡꯗꯤ
1) ꯊꯤꯌꯥꯝ ꯔꯥꯖꯦꯟꯗ꯭ꯔ ꯂꯨꯋꯥꯡ, ꯊꯥꯡꯃꯩꯕꯟꯗ ꯊꯥꯎ ꯀꯝꯄ꯭ꯂꯦꯛꯁ - (2,3,4)
2) ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯕꯨꯙ, ꯆꯤꯡꯉꯥꯃꯈꯥ ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯂꯩꯀꯥꯏ - (1,2,3,4,5)
3) ꯊꯣꯡꯒ꯭ꯔꯥꯝ ꯔꯣꯃꯦꯟ ꯃꯩꯇꯩ, ꯀꯩꯔꯛ ꯇꯣꯃꯥꯜ ꯃꯈꯣꯡ - (2)
4) ꯍꯩꯁ꯭ꯅꯥꯝ ꯃꯥꯏꯀꯦꯜ, ꯁꯤꯡꯖꯃꯩ ꯆꯤꯡꯉꯥꯃꯈꯥ ꯅꯤꯡꯊꯧꯖꯝ ꯂꯩꯀꯥꯏ - (1,4)
5) ꯃꯣꯏꯔꯥꯡꯊꯦꯝ ꯒꯪꯒꯨꯂꯤ, ꯀꯛꯆꯤꯡ ꯇꯨꯔꯦꯜ ꯋꯥꯡꯃ ꯅꯤꯡꯊꯧ ꯄꯔꯦꯡ - (1,2,4)
6) ꯇꯣꯡꯕ꯭ꯔꯝ ꯖꯤꯕꯣꯟ, ꯂꯥꯡꯖꯤꯡ ꯑꯆꯧꯕ ꯃꯈꯥ ꯂꯩꯀꯥꯏ - (1,2,4)
7) ꯊꯥꯡꯖꯝ ꯄ꯭ꯔꯦꯝꯀꯨꯃꯥꯔ, ꯆꯔꯥꯡꯄꯥꯠ ꯃꯅꯤꯡ ꯂꯩꯀꯥꯏ - (1,3,4,5)
8) ꯑꯅꯟꯗꯀꯨꯃꯥꯔ ꯈꯨꯟꯖꯥꯃꯌꯨꯝ, ꯇꯥꯎꯊꯣꯡ ꯑꯌꯨꯡꯕ ꯃꯌꯥꯏ ꯂꯩꯀꯥꯏ - (1,2,3,4)
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-50 ꯒꯤ ꯋꯤꯟꯅꯔ
ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯕꯨꯙ, ꯆꯤꯡꯉꯥꯃꯈꯥ ꯃꯥꯏꯁ꯭ꯅꯥꯝ ꯂꯩꯀꯥꯏ
ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ 50 ꯒꯤ ꯁꯦꯜꯒꯤ ꯃꯅꯥ ꯑꯁꯤ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯕ ꯃꯤꯑꯣꯏ
ꯑꯁꯤꯒ ꯕꯦꯡꯛ ꯑꯦꯀꯥꯎꯟꯠꯇ ꯑꯣꯏꯅ ꯍꯥꯞꯆꯤꯟꯖꯔꯒꯅꯤ꯫

ꯋꯥꯔ ꯑꯣꯟ ꯗ꯭ꯔꯒꯁ ꯀꯦꯝꯄ꯭ꯌꯦꯟ
ꯑꯣꯄꯔꯦꯁꯟ ꯃꯥꯏ ꯄꯥꯛꯂꯦ, ꯑꯅꯥꯕ ꯁꯤꯔꯦ
ꯋꯥꯔ ꯑꯣꯟ ꯗ꯭ꯔꯒꯁ ꯀꯦꯝꯄ꯭ꯌꯦꯟꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯅ ꯀꯨꯝꯖꯥ 2018 ꯗꯒꯤ
ꯆꯠꯊꯔꯛꯈꯤꯕꯅꯤ꯫ ꯈꯣꯡꯊꯥꯡ ꯑꯁꯤꯃꯛ ꯊꯥꯡꯂꯛꯇꯕ ꯌꯥꯗꯕꯗꯒꯤ ꯊꯥꯡꯂꯛꯈꯤꯕꯅꯤ꯫
ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯁꯤꯡꯒꯤ ꯃꯥꯌꯣꯛꯇ ꯁꯣꯛꯅꯗꯕ ꯌꯥꯗ꯭ꯔꯕ ꯂꯥꯟ ꯑꯃ ꯑꯣꯏꯕꯗꯒꯤ
ꯁꯣꯛꯅꯔꯛꯂꯤꯕꯅꯤ꯫ ꯍꯧꯖꯤꯛꯁꯨ ꯂꯦꯞꯇꯅ ꯆꯠꯊꯔꯛꯄꯗꯒꯤ ꯆꯍꯤ 4 ꯐꯥꯖꯤꯜꯂꯛꯂꯦ꯫
ꯃꯁꯤꯒꯤ ꯀꯥꯟꯅꯕꯁꯨ ꯐꯪꯕ ꯍꯧꯔꯦ꯫ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯆꯤꯡ ꯑꯃꯗꯤ ꯇꯝꯒꯤ ꯃꯤꯌꯥꯝꯅ
ꯁꯧꯒꯠꯅꯔꯛꯂꯦ꯫ ꯑꯗꯨꯕꯨ ꯁꯣꯛꯅꯔꯛꯂꯤꯕ ꯂꯥꯟꯁꯤꯗ ꯑꯔꯨꯕ ꯑꯅꯥꯕ ꯃꯤꯑꯣꯏ ꯑꯃ
ꯆꯨꯝꯅꯇ ꯍꯤꯗꯥꯛ ꯄꯤꯖꯕ, ꯍꯤꯗꯥꯛ ꯀꯥꯞꯄꯤꯕꯗꯅ ꯀꯔꯤꯁꯨ ꯇꯧꯗꯕ ꯑꯗꯨꯒ ꯃꯍꯥꯛꯀꯤ
ꯍꯛꯆꯥꯡꯗ ꯂꯩꯔꯤꯕ ꯑꯅꯥꯕꯗꯨ ꯃꯄꯨꯡ ꯐꯥꯅ ꯃꯉꯣꯟꯗꯒꯤ ꯁꯦꯠꯇꯣꯛ ꯈꯥꯏꯗꯣꯛꯅꯗꯨꯅ
ꯐꯍꯟꯅꯕ ꯑꯣꯄꯔꯦꯁꯟ ꯇꯧꯔꯨꯕꯗꯅ ꯑꯣꯄꯔꯦꯁꯟꯗꯤ ꯃꯥꯏ ꯄꯥꯛꯂꯒ ꯑꯅꯥꯕꯅꯤ ꯍꯦꯛꯇ
ꯍꯤꯡꯗꯕ, ꯁꯤꯕꯒꯤ ꯐꯤꯚꯝꯗ ꯂꯥꯛꯂꯤꯕꯁꯤꯕꯨ ꯀꯔꯤꯒꯤꯅꯣ? ꯂꯥꯟꯁꯤ ꯍꯧꯒꯠꯂꯛꯄꯗ
ꯃꯄꯥꯡꯒꯜ ꯈꯔ ꯁꯣꯜꯂꯝꯂꯕꯁꯨ ꯍꯧꯖꯤꯛꯇꯤ ꯃꯅꯤꯄꯨꯔꯗꯒꯤ ꯃꯌꯥꯏ ꯀꯥꯕ ꯏꯜꯂꯤꯒꯦꯜ
ꯗ꯭ꯔꯒꯁꯤꯡ ꯃꯔꯨ ꯐꯪꯅ ꯃꯨꯠꯊꯠꯄ ꯉꯝꯕꯒꯤ ꯆꯞ ꯆꯥꯕ ꯄꯥꯡꯒꯜ ꯂꯩꯔꯦ ꯍꯥꯏꯕ ꯌꯥꯔꯕꯅꯤ꯫
ꯂꯥꯟꯃꯤ ꯃꯁꯤꯡ ꯌꯥꯝꯂꯦ, ꯈꯨꯠꯁꯨ ꯈꯨꯠꯂꯥꯏ ꯃꯇꯤꯛ ꯆꯥꯔꯦ ꯑꯃꯁꯨꯡ ꯃꯇꯝꯒ ꯆꯨꯅꯔꯦ꯫ ꯂꯥꯟ
ꯄꯥꯡꯕꯤꯅꯕ ꯃꯌꯥꯝꯁꯨ ꯊꯣꯔꯛꯂꯦ, ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯂꯩꯔꯦ꯫ ꯑꯣꯏꯔꯤꯕ ꯐꯤꯚꯝꯁꯤꯗꯕꯨ ꯋꯥꯔ
ꯑꯣꯟ ꯗ꯭ꯔꯒꯁ ꯀꯦꯝꯄ꯭ꯌꯦꯟ ꯑꯁꯤꯕꯨ ꯗꯥꯛꯇꯔꯅ ꯑꯅꯥꯕ ꯂꯥꯌꯦꯡꯕꯗ ꯑꯣꯄꯔꯦꯁꯟꯗꯤ
ꯃꯥꯏ ꯄꯥꯛꯂꯦ, ꯑꯅꯥꯕꯗꯤ ꯁꯤꯔꯦ ꯍꯥꯏꯕꯒꯤ ꯊꯧꯗꯧꯁꯤꯕꯨ ꯊꯧꯔꯛꯍꯟꯐꯝ ꯊꯣꯛꯄ ꯊꯧꯗꯣꯛꯂ
ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯁꯤꯗꯤ ꯆꯨꯝꯗꯦ꯫ ꯀꯣꯟꯖꯦꯡ ꯀꯣꯛꯐꯥꯏꯅ ꯅꯣꯝꯈꯩ ꯅꯣꯝꯂꯒ ꯃꯅꯪꯒꯜꯗ
ꯃꯔꯨꯝ ꯄꯨꯏ ꯍꯥꯏꯕꯗꯨꯒꯤ ꯐꯤꯚꯝꯗ ꯇꯥꯍꯜꯂꯛꯄ ꯂꯥꯟꯒꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯑꯀꯟꯕ ꯂꯥꯟꯁꯤ
ꯁꯣꯛꯅꯔꯤꯉꯩꯒꯤ ꯆꯩꯔꯛ ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯁ ꯑꯣꯚꯦꯔꯗꯣꯖꯗ ꯏꯟꯈꯠꯂꯛꯂꯤꯕ ꯅꯍꯥꯁꯤꯡ
ꯁꯤꯕꯒꯤ ꯊꯧꯗꯣꯛꯁꯤ ꯍꯟꯗꯛ ꯃꯔꯛ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯊꯣꯛꯆꯤꯜꯂꯛꯂꯤ꯫ ꯁꯦꯞꯇꯦꯝꯕꯔ
27, 2022 ꯒꯤ ꯑꯌꯨꯛ ꯑꯉꯟꯕꯗ ꯗꯤ ꯑꯦꯝ ꯀꯣꯂꯦꯖ ꯀꯦꯝꯄꯁꯇꯀꯤ ꯅꯣꯡꯄꯣꯛ ꯊꯪꯕ
ꯆꯦꯛꯄꯜ ꯃꯅꯥꯛꯇ ꯅꯍꯥ ꯑꯃ ꯁꯤꯔꯒ ꯂꯩꯔꯝꯈꯤ꯫ ꯊꯪꯅꯕ ꯅꯨꯃꯤꯠ ꯁꯦꯞꯇꯦꯝꯕꯔ 28
ꯒꯤ ꯅꯨꯡꯊꯤꯜ ꯄꯨꯡ 1 ꯔꯣꯝ ꯇꯥꯔꯛꯄꯗ ꯀꯛꯆꯤꯡ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟꯒꯤ ꯃꯅꯨꯡ ꯆꯟꯕ
ꯁꯣꯔꯥꯒꯤ ꯀꯥꯕꯔꯁ꯭ꯇꯥꯟ ꯃꯌꯥꯗꯁꯨ ꯅꯍꯥ ꯑꯃ ꯁꯤꯔꯒ ꯂꯩꯔꯝꯈꯤ꯫ ꯂꯩꯈꯤꯗ꯭ꯔꯕ ꯑꯅꯤꯃꯛ
ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯁ ꯑꯣꯚꯦꯔꯗꯣꯖꯗꯒꯤ ꯑꯣꯏꯒꯅꯤ ꯆꯞ ꯆꯥꯕ ꯈꯨꯗꯝ-ꯆꯥꯡꯗꯝꯁꯤꯡ
ꯐꯪꯈꯤ꯫
ꯑꯗꯨꯕꯨ ꯊꯧꯗꯣꯛ ꯑꯅꯤꯁꯤꯗꯒꯤ ꯆꯣꯡꯊꯣꯔꯛꯂꯤꯕ ꯋꯥꯐꯝꯗꯤ ꯃꯅꯤꯄꯨꯔꯗꯒꯤ ꯃꯌꯥꯏ
ꯀꯥꯕ ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯁꯤꯡ ꯃꯔꯨ ꯐꯪꯅ ꯃꯨꯠꯊꯠꯇꯨꯅ ꯏꯟꯈꯠꯂꯛꯂꯤꯕ ꯅꯍꯥꯔꯣꯜꯁꯤꯡꯒꯤ
ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯄꯨꯟꯁꯤ ꯀꯟꯅꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯁꯣꯛꯅꯔꯛꯂꯤꯕ ꯂꯥꯜꯂꯛꯁꯤꯗꯁꯨ
ꯀꯜꯍꯧꯒꯗꯧꯔꯤꯕ ꯅꯍꯥꯁꯤꯡ ꯕꯣꯝ-ꯕꯣꯝ ꯇꯨꯗꯨꯅ ꯁꯤꯖꯤꯜꯂꯛꯄ ꯑꯁꯤꯕꯨ ꯆꯨꯝꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯅꯤ꯫
ꯂꯥꯟꯁꯤ ꯃꯥꯏ ꯄꯥꯛꯅꯅꯕ ꯂꯩꯖꯕ ꯄꯥꯡꯒꯜ ꯄꯨꯊꯣꯛꯇꯨꯅ ꯁꯣꯛꯅꯔꯒ ꯃꯥꯏ ꯄꯥꯛꯂꯕ ꯃꯇꯨꯝꯗ
ꯇꯨꯡꯒꯤ ꯌꯨꯝꯕꯤ ꯑꯣꯏꯔꯛꯀꯗꯧꯔꯤꯕ ꯅꯍꯥꯁꯤꯡ ꯑꯃꯠꯇ ꯂꯩꯔꯝꯗ꯭ꯔꯒꯗꯤ ꯂꯥꯟ ꯃꯥꯏ
ꯄꯥꯛꯄꯒꯤ ꯋꯥꯍꯟꯊꯣꯛ ꯃꯄꯨꯡ ꯐꯥꯈꯤꯒꯗ꯭ꯔꯥ? ꯂꯧꯁꯨ ꯂꯣꯏꯕ, ꯁꯟꯁꯨ ꯂꯣꯏꯕꯒꯤ ꯊꯧꯗꯧ ꯇꯥꯍꯜꯂꯛꯄ ꯆꯨꯝꯂꯣꯏ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯂꯥꯟ ꯁꯣꯛꯅꯔꯤꯉꯩ ꯃꯔꯛꯇ ꯑꯁꯤꯒꯨꯝꯕ
ꯊꯧꯗꯣꯛꯁꯤ ꯊꯣꯔꯛꯇꯅꯕ ꯍꯣꯠꯅꯕꯁꯨ ꯂꯥꯟ ꯑꯁꯤꯒꯤ ꯁꯔꯨꯛ ꯑꯃ ꯑꯣꯏꯍꯟꯒꯗꯕꯅꯤ꯫
ꯂꯥꯟ ꯁꯣꯛꯅꯔꯤꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯃꯄꯥꯟꯗꯒꯤ ꯃꯅꯤꯄꯨꯔꯗ ꯄꯨꯁꯤꯜꯂꯛꯄ ꯏꯜꯂꯤꯒꯦꯜ
ꯗ꯭ꯔꯒꯁꯤꯡ ꯊꯤꯡꯗꯨꯅ ꯐꯥꯒꯠꯄꯒ ꯊꯕꯛ ꯈꯛꯇꯗ ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯁꯤꯡ ꯊꯤꯡꯗꯨꯅ
ꯐꯥꯒꯠꯄꯒꯤ ꯊꯕꯛ ꯈꯛꯇ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯕ ꯆꯨꯝꯗꯦ꯫ ꯃꯌꯥꯏ ꯀꯥꯕ ꯗ꯭ꯔꯒꯁꯤꯡ
ꯁꯤꯖꯤꯟꯅꯕ ꯃꯤꯑꯣꯏ ꯄꯨꯝꯅꯃꯛ ꯂꯧꯈꯠꯂꯒ ꯔꯤꯍꯦꯕꯤꯂꯤꯇꯦꯁꯟ ꯁꯦꯟꯇꯔꯁꯤꯡꯗ
ꯊꯝꯒꯗꯕꯅꯤ꯫ ꯇꯉꯥꯏꯐꯗ꯭ꯔꯕꯗꯤ ꯗ꯭ꯔꯒ ꯃꯈꯥ ꯇꯥꯅ ꯁꯤꯖꯤꯟꯅꯗꯕ ꯌꯥꯗꯕ ꯗ꯭ꯔꯒ
ꯌꯨꯖꯔꯁꯤꯡ ꯌꯥꯎꯔꯕ ꯐꯥꯎꯕꯗ ꯑꯄꯤꯛꯄ ꯗꯣꯖꯗ ꯍꯟꯊꯍꯟꯕ ꯌꯥꯕ꯭ꯔꯥ? ꯅꯠꯇ꯭ꯔꯒ
ꯑꯇꯣꯞꯄ ꯍꯛꯆꯥꯡꯗ ꯀꯥꯟꯅꯕ ꯃꯦꯗꯤꯁꯤꯟꯁꯤꯡꯅ ꯃꯍꯨꯠ ꯁꯤꯟꯕ ꯌꯥꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯗꯨꯁꯨ
ꯌꯦꯡꯁꯤꯜꯂꯒ ꯃꯊꯧ ꯇꯥꯕ ꯊꯕꯛꯁꯤꯡ ꯄꯥꯏꯈꯠꯀꯗꯕꯅꯤ꯫ ꯅꯧꯅ ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒ
ꯁꯤꯖꯤꯟꯅꯔꯛꯇꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯁꯨ ꯁꯤꯖꯤꯟꯔꯛꯇꯅꯕ ꯊꯤꯡꯍꯧꯒꯗꯕꯅꯤ꯫ ꯍꯥꯟꯅꯗꯒꯤ
ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯕꯨꯁꯨ ꯀꯟꯇ꯭ꯔꯣꯜ ꯇꯧꯔꯕꯗꯤ ꯃꯅꯤꯄꯨꯔꯅ ꯇ꯭ꯔꯥꯟꯖꯤꯠ ꯔꯨꯠ
ꯈꯛꯇꯃꯛ ꯑꯣꯏꯔꯛꯀꯅꯤ꯫ ꯃꯇꯝꯗꯨꯗꯗꯤ ꯁꯣꯛꯅꯔꯛꯂꯤꯕ ꯂꯥꯟ ꯑꯁꯤ ꯈꯣꯡꯂꯩ ꯊꯨꯅ
ꯃꯥꯏ ꯄꯥꯛꯄꯒꯤ ꯂꯝꯕꯤꯗ ꯁꯣꯏꯗꯅ ꯆꯪꯁꯤꯜꯂꯛꯀꯅꯤ꯫ ꯃꯔꯝꯁꯤꯡ ꯑꯁꯤꯅꯅꯤ ꯊꯕꯛ
ꯈꯨꯗꯤꯡꯃꯛ ꯑꯐꯕꯅꯤ, ꯀꯥꯟꯅꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯍꯦꯛꯇꯃꯛ ꯄ꯭ꯔꯞ-ꯄ꯭ꯔꯞ, ꯍꯣꯕꯦ-ꯍꯣꯕꯦꯗ
ꯇꯧꯁꯤꯜꯂꯨꯕ ꯌꯥꯔꯛꯂꯣꯏ꯫ ꯅꯤꯡꯊꯤꯖꯅ ꯄꯣꯔꯝ-ꯄꯣꯃꯤꯠ ꯌꯥꯠꯊꯣꯛꯂꯒ ꯆꯪꯁꯤꯟꯕꯒꯤ
ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩꯑꯦ꯫ ꯏꯜꯂꯤꯒꯦꯜ ꯗ꯭ꯔꯒꯀꯤ ꯃꯥꯌꯣꯛꯇ ꯆꯪꯁꯤꯜꯂꯛꯄ ꯂꯥꯟꯁꯤꯁꯨ
ꯑꯗꯨꯃꯉꯥꯏ, ꯂꯥꯟꯊꯦꯡ-ꯂꯥꯟꯊꯣꯡ ꯃꯃꯨꯠ ꯇꯥꯅ ꯃꯥꯡꯖꯧꯅꯅ ꯈꯪꯗꯣꯛꯂꯒ ꯁꯣꯛꯅꯕꯒꯤ ꯂꯥꯟꯖꯪ
ꯆꯠꯊꯒꯗꯕꯅꯤ꯫ ꯂꯥꯟ ꯁꯣꯛꯅꯔꯤꯉꯩꯗ ꯗ꯭ꯔꯒ ꯑꯣꯚꯦꯔꯗꯣꯖꯗ ꯁꯤꯕꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯃꯈꯥ
ꯇꯥꯅ ꯊꯣꯔꯛꯍꯟꯗꯅꯕ ꯍꯣꯠꯅꯧ꯫ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯅꯕꯗꯤ ꯆꯠꯊꯔꯛꯄ ꯊꯕꯛ ꯑꯣꯏꯔꯕꯁꯨ
ꯑꯍꯣꯕꯁꯤꯡ ꯑꯁꯤ ꯂꯩꯍꯟꯗꯅꯕ ꯍꯣꯠꯅꯍꯟꯅꯤꯡꯏ ꯍꯥꯏꯕꯅꯤ꯫

“ꯃꯩꯔꯥꯕ ꯅꯪ ꯊꯦꯡꯅ ꯊꯦꯡꯅ ꯍꯜꯂꯛꯀꯅꯨ ꯃꯇꯝ ꯐꯠꯇꯦ” ꯅꯍꯥꯜ ꯃꯩꯔꯥꯕꯗ ꯑꯩꯅ ꯍꯥꯏꯈꯤ꯫ ꯃꯥꯅ ꯈꯨꯝꯃꯤ, “ꯀꯔꯤꯅꯣ ꯕꯥꯕ, ꯃꯇꯝ ꯐꯠꯇꯕ ꯍꯥꯏꯕꯕꯨ? ꯑꯩ ꯃꯗꯨꯒꯤ ꯋꯥꯍꯟꯊꯣꯛ ꯈꯪꯗꯦ꯫ ꯃꯇꯝꯕꯨ ꯐꯠꯇꯕ ꯂꯩꯕ꯭ꯔꯥ?”
ꯏꯆꯥꯅꯨꯄꯥꯅ ꯊꯦꯡꯅ ꯍꯜꯂꯛꯄꯒꯤ ꯏꯄꯥ-ꯏꯆꯥ ꯅꯨꯡꯇꯤꯒꯤ
ꯉꯥꯡꯅꯩ, ꯁꯥꯅꯩ, ꯃꯔꯩ ꯌꯦꯠꯅꯩ꯫ ꯃꯗꯨ ꯑꯩꯅ ꯌꯥꯅꯤꯡꯗꯦ꯫
ꯅꯣꯡꯃ ꯀꯥꯡꯗꯅ ꯇꯥꯕ ꯐꯪꯂꯝꯃꯤ ꯇꯥꯍꯩꯗ꯭ꯔꯕ ꯋꯥꯔꯤ ꯀꯌꯥ꯫ ꯅꯨꯃꯤꯠ
ꯈꯨꯗꯤꯡꯒꯤ ꯐꯣꯡꯕ ꯄꯥꯎꯆꯦꯁꯤꯡꯗ ꯃꯤꯍꯠ ꯊꯤꯅ ꯍꯥꯠꯄꯤꯔꯕ
ꯁꯛꯐꯝ ꯀꯥꯏꯔꯕ ꯑꯁꯤꯕ ꯀꯌꯥꯒꯤ ꯐꯣꯇꯣꯒ ꯀꯣꯟꯅꯕ ꯄꯥꯎꯗꯝ
ꯀꯌꯥ ꯀꯌꯥ ꯌꯥꯎꯔꯝꯃꯤ꯫ ꯃꯗꯨ ꯎꯔꯨꯔꯒ ꯄꯥꯈꯪ ꯃꯆꯥ ꯐꯥꯒꯠꯂꯛꯄꯗ
ꯉꯥꯏꯖꯔꯤꯕ ꯑꯩꯒꯤ ꯏꯐꯝꯗ ꯌꯨꯝꯗ ꯁꯨꯝ ꯂꯩꯕꯁꯨ ꯑꯗꯨꯒ
ꯆꯠꯊꯣꯛꯄꯁꯨ ꯑꯀꯤꯕ ꯑꯃ ꯐꯥꯎꯔꯝꯃꯤ꯫ ꯃꯤꯍꯨꯜ ꯆꯦꯡꯒꯨꯝ
ꯆꯦꯡꯒꯥꯅꯗꯨꯅ ꯂꯥꯛꯈꯤ꯫ ꯃꯇꯝ ꯑꯃ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯅꯣꯡꯃ
ꯀꯥꯡꯗꯅ ꯊꯣꯛꯂꯝꯕ ꯑꯗꯨꯒꯨꯝꯕ ꯇꯝꯊꯤꯔꯕ ꯊꯧꯗꯣꯛꯁꯤꯡꯗꯨꯅ
ꯊꯋꯥꯏ ꯀꯌꯥ ꯀꯌꯥꯕꯨ ꯄꯨ ꯄꯨꯗꯨꯅ ꯆꯠꯈ꯭ꯔꯦ꯫ ꯊꯥꯕꯜꯒꯤ ꯃꯆꯨ ꯑꯃꯗꯤ
ꯅꯨꯡꯁꯥꯒꯤ ꯃꯉꯥꯜ ꯏꯒꯤ ꯃꯆꯨ ꯑꯣꯏꯔꯝꯃꯤ꯫ ꯑꯩꯒꯤ ꯋꯥꯔꯤ ꯑꯁꯤ
ꯆꯍꯤ ꯀꯨꯟ ꯃꯇꯨꯡꯁꯤꯗ ꯄꯣꯛꯄ ꯑꯉꯥꯡꯁꯤꯡꯅꯗꯤ ꯁꯥꯖꯤꯟꯕ
ꯋꯥꯔꯤ ꯃꯥꯜꯂꯒꯅꯤ꯫ ꯃꯈꯣꯏ ꯑꯁꯤ ꯉꯁꯤꯗꯤ ꯀꯌꯥꯒꯤ ꯃꯇꯤꯛ
ꯂꯥꯏꯕꯛ ꯐꯔꯤꯕ!

ꯅꯣꯡꯃꯅ ꯃꯤꯅꯨꯡꯁꯤ ꯌꯥꯎꯗ꯭ꯔꯕ ꯅꯣꯡꯃꯩ ꯅꯠꯇ꯭ꯔꯒ
ꯃꯤꯀꯨꯞꯇ ꯁꯤꯡꯀꯨꯞ ꯁꯥꯍꯟꯕ ꯉꯝꯕ ꯕꯣꯝꯒꯤ ꯈꯌꯥꯠꯇ ꯀꯅꯥ
ꯑꯃ ꯇꯥꯈꯤꯅꯤ꯫ ꯑꯃꯝ ꯑꯊꯦꯡꯗ ꯑꯩꯈꯣꯏꯕꯨ ꯏꯁꯥ ꯄꯥꯏꯗꯨꯅ
ꯆ꯭ꯌꯦꯛ ꯇꯧꯔꯛꯀꯅꯤ, ꯑꯥꯏꯗꯦꯟꯇꯤꯇꯤ ꯀꯥꯔꯗ ꯄꯨꯊꯣꯛꯀꯅꯤ,
ꯄꯔꯦꯡ ꯁꯥꯅ ꯂꯦꯞꯀꯅꯤ, ꯐꯝꯃꯨ ꯍꯥꯏꯕꯗ ꯐꯝꯒꯅꯤ,
ꯁꯟ ꯁꯥꯎ ꯍꯥꯏꯔꯒ ꯁꯟ ꯁꯥꯒꯅꯤ꯫ ꯈꯨꯝꯅꯕ ꯄꯥꯡꯒꯜ
ꯂꯩꯇ꯭ꯔꯦ, ꯑꯩꯈꯣꯏ ꯂꯩꯃꯥꯏꯗ ꯃꯥꯏ ꯂꯨꯛꯊꯒꯅꯤ꯫ ꯁꯤꯒꯗꯧꯔꯕ
ꯍꯥꯃꯦꯡꯒꯨꯝꯅ꯫ ꯀꯔꯤꯒꯨꯝꯕꯗ ꯀꯥ ꯍꯦꯟꯕ ꯃꯊꯣꯡ ꯍꯨꯛꯇꯕ
ꯀꯅꯥ ꯑꯃ ꯑꯣꯛꯅꯔꯨꯕꯗ ꯈꯖꯤꯛꯇꯪ ꯈꯨꯝꯕ ꯍꯩꯇꯗꯨꯅ
ꯅꯠꯇ꯭ꯔꯒ ꯄꯥꯈꯠꯇꯨꯅ ꯁꯣꯏꯅ ꯈꯨꯝꯂꯨꯕꯗ ꯍꯦꯛ ꯊꯪꯅꯕ ꯃꯤꯀꯨꯞꯇ ꯑꯩꯈꯣꯏꯗ ꯀꯔꯤ ꯇꯧꯔꯛꯀꯗꯒꯦ ꯍꯥꯏꯕ ꯈꯪꯕ ꯉꯝꯅꯗꯦ꯫ ꯃꯗꯨꯕꯨ ꯌꯥꯖꯅꯕꯒꯤꯗꯃꯛ ꯍꯔꯥꯎꯅ ꯁꯦꯝ ꯁꯥꯗꯨꯅ ꯂꯩꯕ ꯅꯠꯇꯅ ꯀꯔꯤꯁꯨ ꯄꯥꯝꯕꯩ ꯂꯩꯇꯦ꯫
ꯃꯇꯝ ꯑꯗꯣ ꯃꯤꯆꯝꯁꯤꯡꯒꯤ ꯋꯥꯀꯠ ꯇꯥꯕꯤꯅꯕ ꯂꯩꯈꯤꯗꯦ꯫ ꯇꯥꯕꯤꯒꯗꯕ ꯃꯈꯣꯏꯒꯤ ꯅꯥꯀꯣꯡꯗ ꯑꯩꯈꯣꯏꯒꯤ ꯋꯥꯀꯠ ꯆꯪꯂꯝꯕꯗꯤ ꯌꯥꯏ ꯑꯗꯕꯨ ꯋꯥꯀꯠ ꯑꯗꯨꯒꯤ ꯃꯔꯝꯗ ꯃꯈꯣꯏ ꯀꯔꯤ ꯑꯃꯠꯇꯗꯤ ꯇꯧꯕ ꯉꯝꯂꯝꯗꯦ꯫ ꯀꯅꯥ ꯑꯃꯠꯇꯅ, ꯀꯔꯤ ꯑꯃꯠꯇꯁꯨ, ꯀꯅꯥ ꯑꯃꯠꯇꯒꯤ ꯇꯧꯕ ꯉꯝꯈꯤꯗꯦ꯫ ꯄꯥꯎꯆꯦꯁꯤꯡꯗ ꯍꯥꯞꯈꯤꯕ ꯑꯀꯤ ꯇꯨꯖꯨꯡꯂꯕ ꯊꯧꯗꯣꯛꯁꯤꯡꯒꯤ ꯋꯥꯔꯤꯁꯤꯡ ꯑꯗꯨꯒ ꯄꯥꯔꯨꯔꯒ ꯁꯨꯞꯅꯇꯪꯒꯤ ꯃꯗꯨ ꯊꯣꯛꯈ꯭ꯔꯦ ꯍꯥꯏꯅ ꯈꯪꯖꯕ ꯑꯗꯨꯇꯃꯛꯅꯤ ꯃꯇꯝꯗꯨꯗ ꯑꯩꯈꯣꯏꯅ ꯉꯝꯈꯤꯕ꯫ ꯏꯒꯤ ꯂꯧꯈꯣꯡꯒꯤ ꯏꯔꯥꯎꯈꯣꯜ ꯇꯥꯔꯤ ꯉꯁꯤꯁꯨ ꯅꯥꯀꯣꯡ ꯑꯅꯤꯁꯤꯗ꯫ ꯏꯪꯕꯅ ꯌꯨꯝꯗꯒꯤ ꯃꯄꯥꯟ ꯊꯣꯛꯅꯤꯡꯗ꯭ꯔꯕ ꯑꯍꯤꯡ ꯀꯌꯥ꯫ ꯅꯨꯃꯤꯗꯥꯡ ꯈꯨꯗꯤꯡ ꯑꯩꯒꯤ ꯌꯨꯝꯒꯤ ꯀꯤꯂꯣꯃꯤꯇꯔ ꯇꯔꯦꯠ/ꯅꯤꯄꯥꯜꯒꯤ ꯑꯀꯣꯏꯕꯗ ꯂꯩꯕ
ꯃꯐꯝꯁꯤꯡꯗ ꯅꯣꯡꯃꯩ ꯔꯥꯎꯟꯗ ꯀꯌꯥ ꯀꯥꯞꯅꯕ ꯇꯥꯔꯝꯃꯤ꯫ ꯑꯩꯒꯤ ꯀꯥꯒꯤ ꯊꯣꯡ ꯊꯣꯡꯅꯥꯎ ꯅꯠꯇ꯭ꯔꯒ ꯂꯩꯃꯥꯏ ꯑꯁꯤ ꯕꯣꯝ ꯄꯣꯛꯈꯥꯏꯕꯒꯤ ꯃꯈꯣꯜꯗ ꯀꯌꯥꯔꯛ ꯅꯤꯛꯈ꯭ꯔꯕꯅꯤ꯫
ꯃꯈꯣꯜ ꯊꯣꯛꯇ꯭ꯔꯕ ꯄꯨꯂꯤꯁꯀꯤ ꯒꯥꯔꯤꯁꯤꯡꯅ ꯅꯨꯃꯤꯗꯥꯡ ꯂꯝꯕꯤꯗ ꯍꯪꯒꯠ
ꯍꯟꯗꯥ ꯊꯧꯔꯛꯄꯒꯤ ꯃꯩꯉꯥꯜꯗ ꯂꯝꯗꯝ ꯑꯁꯤꯕꯨ ꯃꯌꯦꯛ ꯁꯦꯡꯅ
ꯎꯈ꯭ꯔꯕꯅꯤ꯫ ꯅꯨꯃꯤꯗꯥꯡꯒꯤꯅ ꯋꯥꯔꯤ ꯑꯃ, ꯑꯌꯨꯛꯀꯤ ꯏꯈꯦꯡ
ꯑꯃ, ꯅꯨꯡꯊꯤꯜꯒꯤꯅ ꯊꯧꯗꯣꯛ ꯑꯃ꯫ ꯃꯇꯝ ꯑꯗꯣ ꯑꯍꯤꯡ
ꯑꯣꯏꯔꯛꯀꯅꯤ ꯈꯟꯕꯗ ꯑꯋꯥꯕ ꯑꯃꯅꯤ꯫ ꯑꯍꯤꯡꯒꯤ ꯇꯣꯉꯥꯟꯕ
ꯃꯁꯛ ꯑꯃ ꯑꯣꯏꯈꯤ꯫ ꯊꯥꯅꯤꯜꯒꯤ ꯐꯖꯐꯝ ꯑꯃꯗꯤ ꯆꯟꯅꯐꯝ
ꯂꯩꯈꯤꯗꯕ꯫ ꯑꯍꯤꯡꯒꯤ ꯇꯣꯉꯥꯟꯕ ꯃꯁꯛ꯫ ꯑꯩꯗꯤ ꯑꯀꯤꯕꯗꯨ
ꯉꯁꯤꯁꯨ ꯂꯩꯔꯤ꯫ ꯑꯩꯒꯤ ꯏꯁꯥꯗ ꯐꯥꯎꯈꯤꯕ ꯑꯀꯤꯕ ꯑꯃꯗꯤ
ꯆꯣꯡꯈꯤꯕ ꯃꯤꯍꯨꯜ ꯑꯗꯨ ꯍꯟꯊꯗ꯭ꯔꯤ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕ꯫
ꯃꯩꯔꯥꯕ ꯉꯁꯤꯁꯨ ꯃꯃꯥꯟꯅꯕꯒꯤ ꯌꯨꯝꯗꯒꯤ ꯊꯦꯡꯅ ꯍꯜꯂꯛꯄꯗ
ꯅꯥꯆꯨꯡꯕ ꯑꯃꯠꯇ ꯄꯣꯛꯇꯦ꯫ ꯃꯍꯥꯛꯅ ꯈꯜꯂꯝꯕ ꯌꯥꯏ ꯂꯝꯗꯝ
ꯑꯁꯤ ꯌꯥꯝꯅ ꯁꯥꯟꯇꯤ ꯂꯩꯕ ꯂꯝꯗꯝ ꯑꯃꯅꯤ꯫ ꯑꯩꯒ ꯃꯥꯒ ꯌꯥꯝꯅ
ꯁꯥꯊꯤꯅ ꯋꯥꯈꯜꯂꯣꯟ ꯃꯥꯟꯅꯗ꯭ꯔꯦ꯫ ꯃꯍꯥꯛ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ
ꯁꯦꯝꯗꯣꯛꯇꯕ ꯄꯨꯋꯥꯔꯤ ꯑꯃ ꯄꯥꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯃꯁꯤ ꯑꯩꯅ
ꯐꯃꯨꯡꯗ ꯍꯤꯞꯅ ꯍꯤꯞꯅ ꯈꯟꯕ ꯋꯥꯈꯜꯅꯤ꯫ ꯅꯨꯃꯤꯗꯥꯡ
ꯍꯥꯏꯕꯁꯤ ꯃꯥꯅ ꯌꯥꯝꯅ ꯂꯥꯏꯅ ꯈꯜꯂꯤꯌꯦ꯫ ꯅꯨꯃꯤꯗꯥꯡ
ꯑꯁꯤꯅ ꯑꯃꯨꯛ ꯍꯟꯅ ꯃꯆꯤꯡ ꯍꯧꯔꯛꯂꯣꯏ ꯍꯥꯏꯅꯤꯡꯉꯥꯏ
ꯂꯩꯇꯦ꯫ ꯑꯩꯅ ꯅꯨꯃꯤꯗꯥꯡꯕꯨ ꯀꯤꯗꯕ ꯂꯩꯇꯦ꯫ ꯅꯨꯃꯤꯗꯥꯡ, ꯑꯩ
ꯑꯍꯥꯟꯕꯗ ꯅꯨꯃꯤꯗꯥꯡꯕꯨ ꯌꯥꯝꯅ ꯀꯤꯖꯔꯝꯃꯤ ꯑꯗꯨꯗꯒꯤ ꯑꯩꯅ
ꯄꯥꯈꯪ ꯐꯥꯔꯕ ꯃꯇꯝꯗ ꯅꯨꯃꯤꯗꯥꯡꯅ ꯑꯩꯕꯨ ꯀꯤꯍꯟꯕ ꯑꯃꯨꯛ
ꯉꯝꯂꯛꯈꯤꯗꯦ꯫ ꯅꯨꯃꯤꯗꯥꯡꯕꯨ ꯑꯩꯅ ꯅꯨꯡꯉꯥꯏꯔꯕ ꯁꯥꯟꯅꯄꯣꯠ
ꯑꯃ ꯑꯣꯏꯅ ꯅꯤꯡ ꯇꯝꯅ ꯁꯥꯟꯅꯈꯤ꯫ ꯃꯩꯔꯥꯕꯅ ꯂꯝꯗꯝ
ꯑꯁꯤ ꯁꯥꯟꯇꯤ ꯌꯥꯝꯅ ꯂꯩꯕ ꯅꯨꯡꯉꯥꯏꯔꯕ ꯂꯝꯗꯝ ꯑꯃꯅꯤ
ꯍꯥꯏꯅ ꯈꯟꯕꯒꯨꯝꯅ꯫ ꯑꯃꯨꯛ ꯑꯣꯏꯔꯛꯈꯤ ꯇꯝꯊꯤꯔꯕ
ꯑꯍꯤꯡꯁꯤꯡ꯫ ꯑꯩ ꯀꯥꯏꯅꯊꯪꯗ ꯃꯇꯝ ꯀꯌꯥ, ꯀꯨꯝꯖꯥ ꯀꯌꯥ
ꯃꯪꯂꯥꯛꯅꯗꯕ ꯑꯍꯤꯡ ꯌꯥꯎꯈꯤꯗꯦ ꯍꯥꯏꯕ ꯉꯝꯈꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯨꯡꯗ ꯃꯪꯂꯥꯛꯅꯕ ꯇꯞꯅ ꯇꯞꯅ ꯐꯕ ꯍꯧꯔꯛꯈꯤ ꯑꯩ꯫
ꯃꯥꯕꯨ ꯑꯃꯨꯛꯇꯪꯗꯤ ꯑꯩ ꯂꯝꯗꯝꯁꯤꯒꯤ ꯄꯨꯋꯥꯔꯤ ꯈꯪꯍꯟꯕ ꯄꯥꯝꯃꯤ꯫ ꯑꯍꯤꯡ ꯑꯁꯦ ꯂꯣꯏꯗ꯭ꯔꯤ ꯃꯥꯒꯤ ꯃꯆꯠ ꯍꯣꯡꯗ꯭ꯔꯤ꯫ ꯑꯍꯤꯡꯕꯨ ꯁꯥꯟꯅꯕ ꯄꯥꯝꯂꯨꯈꯤꯅꯨ ꯅꯪ ꯑꯉꯥꯡ ꯌꯥꯝꯅ ꯑꯣꯏꯔꯤ ꯍꯥꯏꯕ ꯈꯪꯍꯟꯅꯤꯡꯂꯤ꯫ ꯉꯁꯤ ꯐꯪꯂꯤꯕ ꯊꯥꯕꯜꯅ ꯄꯨꯝꯉꯧ ꯐꯤꯉꯧ ꯐꯧꯔꯕ ꯑꯉꯥꯡꯕ ꯃꯆꯨ ꯀꯣꯛꯂꯕ ꯑꯍꯤꯡ
ꯑꯁꯤ ꯑꯣꯏꯅꯇ ꯃꯈꯣꯏꯅ ꯈꯜꯂꯤ꯫

ꯃꯍꯥꯛ ꯍꯧꯖꯤꯛꯁꯨ ꯍꯜꯂꯛꯇꯔꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤ ꯃꯃꯤꯠ ꯄꯥꯡꯕꯗ ꯉꯥꯏꯔꯤꯕ ꯃꯥꯅ ꯃꯄꯨꯡ ꯐꯥꯅ ꯎꯕ ꯐꯪꯗ꯭ꯔꯤ꯫ ꯃꯥꯅ ꯈꯜꯂꯤꯕ ꯑꯁꯤ ꯀꯔꯤꯅꯣ? ꯑꯍꯤꯡꯒꯤ ꯇꯣꯉꯥꯟꯕ ꯃꯁꯛ ꯑꯃ ꯂꯩꯔꯤ ꯃꯥꯅ ꯈꯪꯅꯤꯡꯐꯝ ꯊꯣꯛꯇꯕꯔꯥ? ꯃꯈꯣꯏꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯑꯁꯨꯝꯅ ꯍꯦꯛ ꯍꯦꯛ ꯈꯪꯅꯤꯡꯗ꯭ꯔꯤꯕꯁꯤ
ꯀꯔꯤꯒꯤꯅꯣ?=

ꯑꯍꯤꯡꯒꯤ ꯇꯣꯉꯥꯟꯕ ꯃꯁꯛ
ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ
ꯋꯤꯗ ꯍꯥꯏꯕꯗꯤ ꯍꯥꯖꯣꯡꯕ ꯄꯥꯝꯕꯤ ꯑꯃ ꯑꯣꯏꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔꯗ ꯑꯗꯨꯃꯛ ꯃꯔꯥꯡ
ꯀꯥꯏꯅ ꯍꯧꯕ ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯂꯛꯇꯒꯤ ꯅꯣꯡꯈ꯭ꯔꯪ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯁꯨ ꯑꯃꯅꯤ꯫
ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯏꯪꯂꯤꯁꯇ ꯚꯔꯒꯦꯠ ꯂꯤꯐ-ꯐ꯭ꯂꯋꯔ (Virgate leaf-ꯐꯂ ower) ꯅꯠꯇ꯭ꯔꯒ
ꯁꯤꯗ ꯑꯟꯗꯔ ꯂꯤꯚ (Seed under leaf), ꯁꯪꯁꯀ꯭ꯔꯤꯠꯇ ꯇꯟꯗꯃꯔꯦꯜ (Tandameral),
ꯍꯤꯟꯗꯤꯗ ꯅꯠꯇ꯭ꯔꯒ ꯑꯌꯨꯔꯕꯦꯗꯤꯛꯀꯤ ꯑꯣꯏꯕ ꯚꯨꯃꯤꯑꯥꯝꯂꯥꯀꯤ (Bhumyaamlaki), ꯑꯁꯥꯃꯤꯖꯗ ꯕꯣꯟ-ꯕꯥꯕ꯭ꯔꯤ (Bon-ꯕꯥꯕꯔꯤ), ꯃꯔꯥꯊꯤꯗ ꯚꯨꯏꯑꯦꯚꯥꯂꯤ (Bhuiavali) ꯅꯠꯇ꯭ꯔꯒ ꯃꯣꯊꯤ ꯚꯨꯏꯑꯥꯝꯚꯥꯂꯤ (Mothi bhuiaamvali), ꯇꯥꯃꯤꯜꯗ ꯄꯥꯇꯔ ꯅꯦꯜꯂꯤ (Patar ꯅꯦꯂꯂꯤ), ꯒꯨꯖꯔꯥꯇꯤꯗ ꯃꯣꯇꯤꯚꯣꯟꯌꯥꯟꯃꯥꯂꯤ (Motibhonyaanmali), ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗ ꯐꯥꯏꯅꯂꯥꯟꯊꯁ ꯁꯤꯝꯛꯄ꯭ꯂꯦꯛꯁ (Phyllanthus ꯁꯤꯃꯄꯂꯦꯪ Retz.) ꯅꯠꯇ꯭ꯔꯒ ꯐꯥꯏꯂꯥꯟꯊꯁ ꯚꯔꯒꯦꯠꯁ (Phyllanthus Virgatus ꯓ.R. et ꯘ. Forst.) ꯅꯠꯇ꯭ꯔꯒ ꯐꯥꯏꯂꯥꯟꯊꯁ ꯐꯤꯂꯤꯀꯥꯎꯂꯤꯁ (Phyllanthus ꯐꯤ licaulis Benth.) ꯅꯠꯇ꯭ꯔꯒ ꯐꯥꯏꯂꯥꯟꯊꯁ ꯕꯦꯀ꯭ꯂꯦꯔꯤ (Phyllanthus ꯕꯦꯆꯀꯂꯦꯔꯤ Mull. ꯑꯔꯒ.) ꯅꯠꯇ꯭ꯔꯒ ꯃꯦꯀ꯭ꯔꯤꯌꯥ ꯑꯣꯚꯦꯂꯤꯀꯣꯐꯣꯂꯤꯌꯥ (Macraea ovalifolia Wight.) ꯅꯠꯇ꯭ꯔꯒ ꯃꯦꯂꯟꯊꯦꯁꯤꯌꯥ ꯔꯨꯄꯦꯁꯇ꯭ꯔꯤꯁ (Melanthesa ꯔꯨꯄꯦꯁꯇꯔꯤꯁ Miq.) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯌꯨꯐꯣꯔꯕꯤꯌꯦꯁꯤ (Eupharbiaceae) ꯁꯥꯒꯩꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯁꯥꯒꯩ ꯑꯁꯤꯗ ꯆꯟꯕ ꯑꯇꯣꯞꯄ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯥꯝ ꯄꯝꯕꯤ ꯈꯔꯗꯤ - ꯍꯩꯒ꯭ꯔꯨ ꯄꯥꯝꯕꯤ ꯍꯥꯏꯕꯗꯤ ꯏꯟꯗꯤꯌꯥꯟ ꯁꯨꯖꯕꯦꯔ (Phyllanthus emblica Gaertn.), ꯀꯦꯒꯦ ꯄꯥꯝꯕꯤ ꯍꯥꯏꯕꯗꯤ ꯀꯦꯁꯇꯔ ꯁꯤꯗ (Ricinus ꯆꯣꯃꯃꯨꯅꯤꯁ L.), ꯀꯤꯍꯣꯔꯤ ꯄꯥꯝꯕꯤ ꯍꯥꯏꯕꯗꯤ ꯁ꯭ꯇꯥꯔ-ꯒꯨꯖꯕꯦꯔꯤ (Phyllanthus acidus (L.) Skeels) AsinciZbni>
ꯅꯣꯡꯈ꯭ꯔꯪ ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯍꯤ ꯑꯃ ꯅꯠꯇ꯭ꯔꯒ ꯑꯅꯤꯔꯣꯝꯇꯃꯛ ꯄꯨꯟꯁꯤꯕ, ꯐꯨꯠ ꯑꯅꯤ ꯐꯥꯎꯕ ꯋꯥꯡꯇꯛ ꯇꯧꯕ, ꯃꯈꯣꯛ ꯑꯗꯨ ꯎꯒꯨꯝꯅ ꯈꯔ ꯀꯟꯇꯛ ꯇꯧꯕ ꯑꯄꯤꯛꯄ ꯄꯥꯝꯕꯤ ꯑꯃꯅꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯏꯆꯝ ꯆꯝꯕ (ꯈꯤꯃꯄꯂꯦ) ꯁꯦꯟꯇꯤꯃꯤꯇꯔ 1.5 ꯗꯒꯤ 3 ꯐꯥꯎꯕ ꯁꯥꯡꯕ ꯑꯗꯨꯒ ꯃꯤꯂꯤꯃꯤꯇꯔ 6 ꯇꯒꯤ 9 ꯐꯥꯎꯕ ꯄꯥꯛꯄ ꯃꯔꯝꯅ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯒꯤ ꯁ꯭ꯄꯤꯁꯤꯁ ꯑꯗꯨ ꯁꯤꯝꯄ꯭ꯂꯦꯛꯁ ꯍꯥꯏꯅ ꯊꯣꯟꯈꯤꯕꯅꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯒꯤ ꯃꯈꯣꯛ ꯑꯗꯨ
ꯅꯥꯄꯨ ꯃꯆꯨ ꯆꯪꯂꯞꯅ ꯉꯥꯡꯕ ꯃꯆꯨ ꯑꯣꯏ꯫ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯍꯩ ꯑꯗꯨ ꯃꯤꯂꯤꯃꯤꯇꯔ 3 ꯗꯒꯤ 3.5 ꯔꯣꯝ ꯆꯥꯎꯅ ꯃꯇꯨꯝ ꯇꯥꯔꯞ ꯇꯧꯏ (ꯗꯦꯄꯔꯦꯁꯁꯦꯗ-ꯒꯂꯣꯕꯣꯁꯦ) ꯑꯃꯁꯨꯡ ꯍꯦꯛ ꯌꯦꯡꯕꯗ ꯍꯩꯒ꯭ꯔꯨ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯍꯩꯒꯤ ꯃꯑꯣꯡ ꯃꯥꯜꯂꯤ꯫

ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯁꯥꯕ ꯇ꯭ꯔꯣꯄꯤꯀꯦꯜ ꯑꯃꯁꯨꯡ ꯈꯔ ꯁꯥꯕ ꯁꯕ-ꯇ꯭ꯔꯣꯄꯤꯀꯦꯜꯒꯤ ꯃꯐꯝꯁꯤꯡ ꯃꯔꯨ ꯑꯣꯏꯅ ꯑꯦꯁꯤꯌꯥ ꯑꯃꯁꯨꯡ ꯄꯦꯁꯤꯐꯤꯛꯀꯤ ꯂꯝꯗꯝꯁꯤꯡꯗ ꯃꯍꯧꯁꯥꯒꯤ ꯑꯣꯏꯅ ꯍꯧꯖꯩ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯋꯥꯡꯕ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡ, ꯕꯣꯔꯅꯤꯑꯣ, ꯕꯥꯡꯂꯥꯗꯦꯁ, ꯀꯝꯕꯣꯗꯤꯌꯥ, ꯆꯥꯏꯅꯥ, ꯐꯤꯖꯤ, ꯂꯥꯎꯁ, ꯁꯨꯗꯥꯟ, ꯃ꯭ꯌꯥꯟꯃꯥꯔ, ꯅꯦꯄꯥꯜ, ꯄꯥꯀꯤꯁꯇꯥꯟ, ꯅꯤꯀꯣꯕꯔ ꯏꯊꯠ, ꯐꯤꯂꯤꯄꯤꯟꯁ, ꯑꯣꯁꯇ꯭ꯔꯦꯂꯤꯌꯥ, ꯁ꯭ꯔꯤ ꯂꯪꯀꯥ, ꯇꯥꯏꯋꯥꯟ, ꯊꯥꯏꯂꯦꯟꯗ, ꯚꯤꯌꯦꯠꯅꯥꯝ, ꯅꯣꯡꯆꯨꯞ ꯊꯪꯕ ꯍꯤꯃꯥꯂꯣꯏꯒꯤ ꯃꯐꯝꯁꯤꯡ ꯑꯁꯤꯗ ꯍꯧꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯂꯩ꯫
ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯍꯩꯗ ꯑꯣꯛꯁꯥꯂꯤꯛ ꯑꯦꯁꯤꯗ (Oxalic acid) haIrib yeNsiL paMbi (Oxalis species) d yaUrib kMPaUNd Adu yaUI> ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯀꯨꯏꯔꯕ ꯃꯇꯝꯗꯒꯤ ꯃꯈꯜ ꯃꯈꯥ ꯀꯌꯥꯒꯤ ꯑꯅꯥ-ꯂꯥꯌꯦꯡꯗ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯤ꯫ ꯐꯤꯂꯤꯄꯤꯟꯁꯇꯗꯤ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯐꯖꯅ ꯆꯥꯝꯊꯣꯛꯂꯒ ꯁꯨꯒꯥꯏꯔꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨꯅ ꯃꯤꯠꯇ ꯆꯥꯡ ꯅꯥꯏꯅ ꯗ꯭ꯔꯣꯞ ꯑꯣꯏꯅ ꯍꯥꯞꯇꯨꯅ ꯃꯈꯜ ꯀꯌꯥꯒꯤ ꯃꯤꯠꯀꯤ ꯂꯥꯏꯅꯥꯁꯤꯡ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯑꯃ ꯑꯔꯨꯝ-ꯂꯥꯏꯍꯧ ꯇꯧꯔꯕꯗꯤ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤ ꯁꯨꯒꯥꯏꯗꯨꯅ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯄꯤꯊꯛꯞꯗ ꯊꯣꯏꯗꯣꯛꯅ ꯀꯥꯟꯅꯕ ꯐꯜ ꯐꯪꯒꯅꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯑꯁꯦꯝꯕ ꯃꯍꯤ ꯑꯗꯨ ꯑꯁꯣꯛ-ꯑꯄꯟ ꯇꯧꯕ ꯑꯃꯗꯤ ꯑꯄꯥꯠꯄꯗ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯕꯗ ꯐꯒꯠꯍꯟꯕ ꯉꯝꯕꯒꯤ ꯃꯊꯛꯇ ꯇꯨꯁꯤꯟꯗꯨꯅ ꯇꯣꯡꯁꯥ ꯀꯥꯏꯗꯨꯅ ꯑꯃꯗꯤ ꯁꯤꯡꯂꯤ ꯊꯨꯞꯄꯗꯁꯨ ꯆꯩꯅꯥ ꯑꯗꯨ ꯃꯄꯨꯡ ꯐꯥꯅ ꯍꯟꯊꯍꯟꯕ ꯉꯝꯒꯅꯤ꯫ ꯑꯇꯣꯞꯄ ꯄꯥꯎꯗꯝ ꯑꯃꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨ ꯁꯨꯒꯥꯏꯔꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯅꯥꯄꯨ ꯀꯥꯕꯒꯤ ꯂꯥꯏꯅꯥ (ꯖꯣꯟꯗꯤꯁ) ꯑꯃꯁꯨꯡ ꯏꯁꯤꯡ ꯄꯨꯛꯆꯠꯀꯤ ꯂꯥꯏꯅꯥ (ꯗꯥꯏꯕꯦꯇꯤꯁ) ꯑꯁꯤꯗ ꯂꯥꯌꯦꯡ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅ ꯀꯨꯏꯔꯕ ꯃꯇꯝꯗꯒꯤ ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯤ꯫ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ, ꯂꯩ ꯑꯃꯁꯨꯡ ꯃꯍꯩ ꯑꯗꯨ ꯖꯤꯔꯥ (ꯀ꯭ꯌꯨꯃꯤꯟ) ꯑꯃꯁꯨꯡ ꯆꯤꯅꯤ ꯑꯉꯧꯕ ꯈꯔꯒ ꯂꯧꯔꯒ ꯄꯨꯟꯅ ꯁꯨꯒꯥꯏꯃꯤꯟꯅꯔꯒ ꯁꯦꯝꯕ ꯃꯆꯜ ꯑꯗꯨ ꯅꯣꯔꯣꯔꯤꯌꯥ ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯕꯦꯛꯇꯔꯤꯌꯥ ꯍꯤꯡꯀꯨꯞꯅ ꯅꯨꯄꯥ ꯑꯃꯁꯨꯡ ꯅꯨꯄꯤꯒꯤ ꯐꯤꯅꯨꯡꯒꯤ ꯁꯔꯨꯛ ꯍꯥꯏꯕꯗꯤ ꯁꯦꯛꯁꯇꯒꯤ ꯅꯥꯏ ꯃꯥꯟꯕ ꯃꯆꯨꯝ ꯇꯥꯕ ꯑꯗꯨꯗ ꯄꯤꯖꯗꯨꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯁꯣꯇꯥ ꯅꯥꯒꯄꯨꯔ (Chota Nagpur) ꯂꯩꯕ ꯇ꯭ꯔꯥꯏꯕꯦꯜ ꯀꯥꯡꯂꯨꯞ ꯑꯃꯅ ꯅꯖꯨꯄꯤꯒꯤ ꯈꯣꯝꯗ ꯃꯌꯤ ꯆꯠꯄ ꯑꯃꯗꯤ ꯆꯦꯈꯥꯏꯕꯗ ꯑꯃꯗꯤ ꯈꯣꯝꯗ ꯅꯥꯏ ꯆꯥꯗꯨꯅ ꯄꯣꯝꯈꯠꯄ ꯑꯃꯗꯤ ꯅꯥꯕꯗ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯥ ꯑꯗꯨ ꯀꯨꯞꯅ ꯇꯛꯈꯥꯏꯔꯒ ꯁꯦꯝꯕ ꯃꯣꯂꯣꯝ ꯑꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯇꯩꯗꯨꯅ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯑꯉꯥꯡꯗ ꯐꯨꯒ꯭ꯔꯤ ꯊꯨꯡꯗꯨꯅ ꯌꯥꯝꯅ ꯍꯥꯛꯀꯆꯕꯗ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯗꯨꯒ ꯕꯠꯇꯔ (Butter) ꯍꯥꯏꯕꯗꯤ ꯃꯥꯈꯟꯒ ꯄꯨꯟꯅ ꯇꯛꯈꯥꯏꯃꯤꯟꯅꯔꯒ ꯁꯦꯝꯕ ꯃꯣꯂꯣꯝ ꯑꯗꯨꯅ ꯆꯥꯡ ꯅꯥꯏꯅ ꯅꯣꯡꯃꯗ ꯑꯍꯨꯝꯂꯛ ꯇꯩꯗꯨꯅ ꯂꯥꯌꯦꯡꯕ ꯌꯥꯏ꯫ ꯕꯤꯒ꯭ꯌꯥꯟꯒꯤ ꯑꯣꯏꯕ ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯑꯇꯦꯛꯄ ꯃꯅꯥꯗ ꯑꯦꯟꯇꯤꯁꯦꯞꯇꯤꯛ (ꯑꯅꯇꯤꯁꯦꯄꯇꯤꯆ) ꯍꯥꯏꯕꯗꯤ ꯂꯥꯏꯅꯥ ꯀꯌꯥꯃꯔꯨꯝ ꯄꯣꯛꯍꯟꯕ ꯉꯝ ꯕ ꯍꯤꯡꯀꯨꯞꯁꯤꯡ ꯍꯥꯏꯕꯗꯤ ꯃꯥꯏꯀ꯭ꯔꯣꯑꯣꯔꯒꯅꯤꯖꯝꯁꯤꯡ ꯃꯄꯨꯡ ꯐꯥꯅ ꯉꯥꯛꯊꯣꯛꯄ ꯑꯃꯗꯤ ꯍꯥꯠꯄ ꯉꯝꯕꯒꯤ ꯃꯒꯨꯟꯁꯤꯡ ꯌꯥꯎꯏ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯑꯉꯥꯡꯁꯤꯡꯒꯤ ꯄꯨꯛꯅꯨꯡ ꯑꯃꯁꯨꯡ ꯊꯤꯕꯣꯡ-ꯊꯤꯔꯤꯜꯗ ꯇꯤꯜ ꯂꯩꯕꯗꯒꯤ ꯑꯉꯥꯡ ꯑꯗꯨ ꯆꯤ ꯊꯨꯡꯗꯨꯅ ꯃꯌꯥꯡ ꯌꯥꯝꯅ ꯀꯪꯕ ꯍꯥꯏꯕꯗꯤ ꯃꯥꯜꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯁꯟ (Malnutrition) ꯇꯧꯕ ꯑꯗꯨꯗ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤ ꯁꯨꯒꯥꯏꯔꯒ ꯁꯦꯝꯕ ꯍꯤꯗꯥꯛ ꯑꯗꯨ ꯆꯥꯡ ꯅꯥꯏꯅ ꯄꯤꯊꯛꯇꯨꯅ ꯂꯥꯌꯦꯡꯕꯒꯤ ꯆꯠꯅꯕꯤ ꯑꯗꯨ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯇ꯭ꯔꯥꯏꯕꯦꯜ ꯀꯥꯡꯂꯨꯞ ꯈꯔꯅ ꯑꯔꯤꯕ ꯃꯇꯝꯗꯒꯤ ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯤ ꯍꯥꯏꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯊꯥꯏꯂꯦꯟꯗꯗꯤ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯗꯒꯤ ꯁꯦꯝꯕ ꯍꯤꯗꯥꯛ ꯑꯗꯨꯅ ꯐꯤꯔꯥꯛꯀꯤ ꯂꯥꯏꯅꯥꯁꯤꯡ ꯂꯥꯌꯦꯡꯅꯩ꯫ ꯚꯥꯅꯨꯋꯥꯇꯨ (Vanuatu) ꯍꯥꯏꯔꯤꯕ ꯂꯝꯗꯝ ꯑꯗꯨꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯅꯣꯡꯈ꯭ꯔꯪ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯥ ꯒꯨꯒꯥꯏꯔꯒ ꯁꯦꯝꯕ ꯃꯣꯂꯣꯝ ꯑꯗꯨ ꯅꯨꯄꯤꯅ ꯑꯉꯥꯡ ꯄꯣꯛꯂꯝꯗꯥꯏꯗ ꯅꯨꯄꯤ ꯑꯗꯨꯒꯤ ꯑꯉꯥꯡꯊꯣꯡ ꯑꯗꯨꯗ ꯇꯩꯕꯗ ꯑꯉꯥꯡ ꯑꯗꯨ ꯄꯣꯛꯍꯟꯕꯗ ꯑꯁꯣꯏ-ꯑꯉꯥꯝ ꯊꯣꯛꯍꯟꯗꯦ ꯍꯥꯏꯅ ꯄꯥꯎꯗꯝꯂꯤ꯫=

ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯅꯣꯡꯈ꯭ꯔꯪ # 361

– ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ –
ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ ꯏꯁꯠ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯐꯦꯜꯄꯥꯠ