ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, WEDNESDAY, NOVEMBER 03, 2021 ꯌꯨꯝꯁꯀꯩꯁ, ꯃꯦꯔꯥꯒꯤ 28ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3419 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
ꯌꯨꯝꯁꯀꯩꯁ, ꯅꯚꯦꯝꯕꯔ 03, 2021, ꯏꯝꯐꯥꯜ
13 ꯁꯨꯕ ꯆꯍꯤ, 198 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯐꯨꯗ ꯁꯦꯐꯇꯤ ꯑꯣꯐꯤꯁꯜꯁꯤꯡꯒꯤ ꯊꯕꯛ
ꯍꯩꯅꯤꯡꯂꯒ ꯀꯩꯃꯥꯡ ꯐꯝꯕ
ꯃꯍꯧꯁꯥꯗꯒꯤ ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯂꯥꯛꯄ ꯑꯆꯧꯕ ꯐꯦꯁꯇꯤꯚꯦꯜꯁꯤꯡꯒꯤ
ꯃꯅꯨꯡ ꯆꯜꯂꯤꯕ ꯗꯤꯋꯥꯂꯤ, ꯅꯤꯡꯉꯣꯜ ꯆꯥꯛꯀꯧꯕ, ꯈ꯭ꯔꯤꯁꯠꯃꯥꯁ
ꯄꯥꯡꯊꯣꯛꯀꯗꯧꯔꯦ, ꯅꯛꯁꯤꯜꯂꯛꯂꯦ꯫ ꯐꯦꯁꯇꯤꯚꯦꯜ ꯑꯍꯨꯝꯁꯤꯒꯤ
ꯃꯅꯨꯡꯗ ꯗꯤꯋꯥꯂꯤ ꯑꯃꯁꯨꯡ ꯅꯤꯡꯉꯣꯜ ꯆꯥꯛꯀꯧꯕꯗꯤ ꯅꯨꯃꯤꯠ ꯈꯔꯅꯤꯗ
ꯉꯥꯏꯁꯤꯜꯂꯛꯂꯦ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯨꯡꯗꯒꯤꯗꯤ ꯈ꯭ꯔꯤꯁꯠꯃꯥꯁ, ꯕꯥꯏ-
ꯕꯥꯏ, ꯅ꯭ꯌꯨ ꯌꯔ ꯑꯃꯁꯨꯡ ꯌꯥꯎꯁꯪꯅꯆꯤꯡꯕ ꯐꯦꯁꯇꯤꯚꯦꯜꯁꯤꯡ ꯃꯊꯪ-ꯃꯊꯪ
ꯂꯥꯛꯀꯗꯧꯔꯤꯅꯕꯤ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯍꯦꯜꯊ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ
ꯑꯃꯁꯨꯡ ꯂꯣꯏꯁꯪꯁꯤꯒ ꯈꯨꯠꯁꯝꯅꯅ ꯆꯠꯃꯤꯟꯅꯔꯤꯕ ꯗꯤꯖꯤꯒꯅꯦꯇꯦꯗ
ꯐꯨꯗ ꯁꯦꯐꯇꯤ ꯑꯣꯐꯤꯁꯔꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯃꯈꯣꯏꯒꯤ ꯁ꯭ꯇꯥꯐꯁꯤꯡ ꯑꯃꯨꯛ
ꯃꯊꯤ ꯐꯣꯡꯂꯛꯄ ꯍꯧꯔꯦ꯫ ꯑꯊꯨꯝ-ꯑꯍꯥꯎꯁꯤꯡ ꯌꯥꯎꯅ ꯆꯥꯅ-ꯊꯛꯅꯕ
ꯄꯣꯠꯂꯝꯁꯤꯡ ꯌꯣꯟꯕ ꯗꯨꯀꯥꯟ ꯑꯃꯁꯨꯡ ꯀꯩꯊꯦꯜꯁꯤꯡꯗ ꯃꯣꯡꯕ ꯍꯧꯔꯛꯂꯦ꯫
ꯑꯐꯕ ꯈꯣꯡꯊꯥꯡꯅꯤ, ꯇꯧꯒꯗꯕꯅꯤ, ꯇꯧꯐꯝ ꯊꯣꯛꯏ꯫ ꯇꯧꯗꯕ ꯌꯥꯗ꯭ꯔꯦ
ꯍꯥꯏꯗꯨꯅ ꯍꯩ-ꯔꯥ, ꯑꯊꯨꯝ-ꯑꯍꯥꯎꯁꯤꯡ ꯌꯥꯎꯅ ꯆꯥꯅ-ꯊꯛꯅꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ
ꯌꯦꯡꯁꯤꯟꯕ, ꯆ꯭ꯌꯦꯛ ꯇꯧꯕ ꯍꯧꯔꯛꯄꯅꯤ꯫ ꯄꯣꯠꯂꯝꯁꯁꯤꯡ
ꯑꯗꯨꯒꯤ ꯃꯦꯅ꯭ꯌꯨꯐꯦꯛꯆꯔꯤꯡ ꯗꯦꯠ, ꯑꯦꯛꯁꯄ꯭ꯌꯔꯤ ꯗꯦꯠ ꯆ꯭ꯌꯦꯛ
ꯇꯧꯔꯛꯄ ꯌꯥꯎꯅ ꯆꯥꯅꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯑꯗꯨꯒ ꯄꯣꯠꯌꯥꯟ ꯌꯥꯎꯕ꯭ꯔꯥ
(ꯑꯦꯗꯜꯇꯔꯦꯁꯟ ꯇꯧꯕ꯭ꯔꯥ) ꯍꯥꯏꯕ ꯌꯦꯡꯁꯤꯟꯕꯒ ꯂꯣꯏꯅꯅ ꯍꯥꯏꯖꯤꯅꯤꯛ
ꯑꯣꯏꯕ꯭ꯔꯥ/ ꯑꯣꯏꯗꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯁꯨ ꯌꯦꯡꯁꯤꯟꯕꯅꯤ꯫ ꯐꯖꯈ꯭ꯔꯕ ꯑꯃꯁꯨꯡ
ꯇꯉꯥꯏꯐꯗꯅꯁꯨ ꯇꯧꯐꯝ ꯊꯣꯛꯂꯕ, ꯇꯧꯗ꯭ꯔꯕꯁꯨ ꯌꯥꯗ꯭ꯔꯕ ꯊꯕꯛꯁꯤꯡꯅꯤ꯫
ꯑꯗꯨꯕꯨ ꯑꯁꯨꯛ ꯐꯖꯈ꯭ꯔꯕ ꯊꯕꯛꯁꯤꯡꯁꯤ ꯅꯍꯥꯟꯃꯈꯩ ꯄꯥꯡꯊꯣꯛꯇ꯭ꯔꯒ
ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩ ꯃꯇꯝꯗꯇ ꯄꯥꯡꯊꯣꯔꯛꯂꯤꯕ ꯀꯔꯤꯒꯤꯅꯣ? ꯆꯨꯝꯃꯤ, ꯍꯔꯥꯎ
ꯀꯨꯝꯃꯩꯒꯤ ꯃꯇꯝꯗꯅ ꯆꯥꯅ-ꯊꯛꯅꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯃꯍꯧꯁꯥꯒꯤ ꯅꯣꯔꯃꯦꯜ
ꯑꯣꯏꯕ ꯆꯥꯡꯗꯒꯤ ꯍꯦꯟꯅ ꯌꯣꯟꯕ, ꯂꯩꯕꯒꯤ ꯊꯕꯛ ꯇꯧꯅꯩ꯫ ꯀꯨꯃꯩ ꯐꯤꯑꯣꯡꯅꯤ
ꯍꯥꯏꯗꯨꯅ ꯃꯤ ꯑꯃꯅ ꯃꯤ 2/3ꯒꯤ ꯁꯔꯨꯛ ꯂꯣꯏꯅ ꯆꯥꯁꯤꯟ-ꯊꯛꯆꯤꯟꯕ
ꯌꯥꯕ ꯅꯠꯇ꯭ꯔꯒꯁꯨ ꯐꯦꯁꯇꯤꯚꯦꯜꯁꯤꯡꯗꯅ ꯀꯟꯖ꯭ꯌꯨꯝꯞꯁꯟꯒꯤ ꯆꯥꯡ ꯈꯔ
ꯃꯈꯩꯗꯤ ꯍꯦꯟꯒꯠꯂꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯆꯥꯅꯊꯛꯅꯕ ꯄꯣꯠꯂꯝꯁꯤꯡꯕꯨ
ꯆꯥꯁꯤꯟ-ꯊꯛꯆꯤꯟꯕꯗ ꯍꯥꯛꯆꯥꯡꯗ ꯂꯥꯏꯅꯥ ꯄꯣꯛꯍꯜꯂꯛꯄ ꯌꯥꯕ
ꯄꯣꯠꯂꯝꯁꯤꯡ ꯌꯥꯎꯕ꯭ꯔꯥ ꯅꯠꯇ꯭ꯔꯒ ꯌꯥꯎꯗꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯁꯤ ꯌꯦꯡꯍꯧꯕ ꯆꯪꯏ꯫
ꯑꯗꯨꯕꯨ ꯂꯥꯛꯅꯤꯡꯂꯤꯕ ꯋꯥꯐꯝꯗꯤ ꯆꯥꯅ-ꯊꯛꯅꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯑꯁꯤꯗꯤ
ꯐꯦꯁꯇꯤꯚ ꯁꯤꯖꯟꯗꯅ ꯑꯅꯧꯕ ꯃꯊꯦꯜ ꯈꯔꯒ ꯍꯥꯞꯀꯠꯅꯔꯛꯄꯒ
ꯂꯣꯏꯅꯅ ꯍꯥꯟꯅꯗꯒꯤ ꯆꯥꯡ ꯍꯦꯟꯒꯠꯅ ꯌꯣꯟꯅꯔꯛꯏ ꯑꯃꯁꯨꯡ ꯂꯩꯅꯔꯛꯏ
ꯍꯥꯏꯕꯒꯤ ꯋꯥꯅꯤ꯫ ꯍꯤꯡꯗꯕ ꯌꯥꯗꯕꯅꯤꯅ ꯅꯨꯡꯇꯤꯒꯤ ꯆꯥꯔꯤꯕ, ꯊꯛꯂꯤꯕ
ꯉꯥꯛꯇꯅꯤ꯫ ꯑꯗꯨ ꯑꯣꯏꯔꯒꯗꯤ ꯐꯦꯁꯇꯤꯚꯦꯜ ꯃꯌꯥꯗꯇ ꯂꯧꯈꯠꯂꯛꯄ
ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡ, ꯑꯇꯩ ꯃꯇꯝꯗꯅ ꯎꯆꯤ ꯃꯈꯨꯜꯗ ꯆꯪꯗꯨꯅ ꯂꯩꯕꯒꯤ
ꯐꯤꯚꯝꯁꯤꯗꯤ ꯍꯩꯅꯤꯡꯂꯒ ꯀꯩꯃꯥꯡ ꯐꯝꯕ, ꯍꯩꯅꯤꯡꯗ꯭ꯔꯒ ꯀꯩꯅꯤꯡ ꯐꯝꯕꯒꯤ
ꯊꯧꯑꯣꯡꯅꯤ ꯍꯥꯏꯔꯛꯂꯣꯏꯗꯕꯒꯤ ꯃꯔꯝ ꯂꯩꯕ꯭ꯔꯥ? ꯑꯁꯤꯒꯨꯝꯕ ꯃꯆꯤꯡ-
ꯃꯁꯣꯟ ꯅꯥꯏꯕ ꯃꯥꯟꯕꯒꯤ ꯊꯧꯑꯣꯡꯁꯤ ꯀꯟꯖ꯭ꯌꯨꯃꯔ ꯀ꯭ꯂꯕ ꯀꯥꯡꯕꯨꯗꯁꯨ
ꯍꯦꯛ ꯍꯦꯛ ꯀꯥꯡꯂꯛꯄꯒꯨꯝ ꯇꯧꯏ꯫ ꯍꯉꯣꯏꯅ ꯃꯀꯨꯝ ꯊꯥꯗꯇ ꯈꯣꯡꯕ,
ꯑꯇꯩ ꯃꯇꯝꯗꯅ ꯂꯩꯅꯨꯡꯗ ꯆꯪꯗꯨꯅ ꯂꯩꯕꯕꯨꯗꯤ ꯃꯈꯣꯏꯒꯤ ꯃꯆꯠꯅꯤ꯫ ꯑꯗꯨꯕꯨ
ꯍꯔꯥꯎ-ꯀꯨꯝꯃꯩ ꯂꯩꯔꯕꯁꯨ ꯂꯩꯇ꯭ꯔꯕꯁꯨ ꯆꯥꯅ-ꯊꯛꯅꯕ ꯑꯃꯁꯨꯡ ꯍꯤꯡꯕꯗ
ꯇꯉꯥꯏꯐꯗꯅ ꯆꯪꯕ ꯄꯣꯠꯂꯝꯁꯤꯡꯗꯤ ꯚꯦꯁꯇꯤꯚꯦꯜ ꯈꯛꯇꯗ ꯂꯩꯕ
ꯌꯣꯟꯕ ꯅꯠꯇꯦ꯫ ꯆꯥꯡ ꯈꯔꯗꯤ ꯍꯟꯊꯔꯝꯕ ꯌꯥꯏ ꯑꯗꯨꯕꯨ ꯅꯨꯡꯇꯤꯒꯤ
ꯇꯧꯅꯔꯤꯕ ꯊꯕꯛꯁꯤꯡꯅꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯄꯤꯛꯆꯔꯕꯁꯨ ꯖꯥꯠ-
ꯀꯨꯆꯨ ꯁꯨꯅ ꯂꯩꯃꯤꯟꯅꯔꯤꯕ ꯃꯅꯤꯄꯨꯔꯒꯤꯗꯤ ꯍꯔꯥꯎ ꯀꯨꯝꯃꯩꯁꯤꯡ ꯈꯔꯨꯛ
ꯍꯥꯡꯗꯅ ꯂꯩꯔꯤ, ꯄꯥꯡꯊꯣꯛꯅꯔꯤ ꯍꯥꯏꯕ ꯌꯥꯔꯤꯕꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯀꯣꯚꯤꯗ-19
ꯄꯦꯟꯗꯃꯤꯛꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯗꯨꯅ ꯃꯤꯌꯥꯝ ꯇꯤꯟꯒꯗꯕ, ꯄꯨꯟꯒꯗꯕ ꯃꯐꯝ
ꯏꯇꯥꯛ-ꯇꯥꯛꯄ, ꯈꯨꯟꯇꯥꯛ ꯂꯥꯟꯁꯤꯕꯒꯤ ꯋꯥꯅꯤ꯫ ꯄꯦꯟꯗꯃꯤꯛ ꯑꯁꯤ
ꯃꯥꯌꯣꯛꯅꯗ꯭ꯔꯤꯉꯩꯗꯗꯤ ꯈ꯭ꯋꯥꯏꯔꯝꯕꯟꯗ ꯀꯩꯊꯦꯜ ꯐꯥꯎꯕ ꯅꯨꯡꯇꯤꯒꯤ ꯃꯤꯅ
ꯆꯤꯛꯅ ꯆꯥꯏꯅꯕ ꯉꯝꯗꯅ ꯇꯤꯟꯗꯨꯅ ꯀ꯭ꯔꯤꯛ-ꯀ꯭ꯔꯤꯛ ꯏꯟꯅꯔꯤꯕꯅꯤ꯫
ꯑꯗꯨꯅꯗꯤ ꯅꯨꯃꯤꯠ ꯈꯨꯗꯤꯡꯒꯤ ꯍꯦꯜꯊ ꯑꯦꯛꯁꯄꯥꯔꯠꯁꯤꯡꯒ ꯈꯨꯠꯁꯝꯅꯕ
ꯐꯨꯗ ꯁꯦꯐꯇꯤ ꯑꯣꯐꯤꯁꯜ ꯑꯃꯁꯨꯡ ꯀꯟꯖ꯭ꯌꯨꯃꯔ ꯀ꯭ꯂꯕꯁꯤꯡꯒꯤ
ꯊꯧꯗꯥꯡꯁꯤꯡꯁꯤ ꯑꯀꯛꯅꯕ, ꯑꯔꯦꯞꯄ ꯃꯇꯝꯁꯤꯡ ꯈꯛꯇꯗ ꯇꯧꯒꯗꯕꯅꯤ
ꯍꯥꯏꯕꯗꯤ ꯑꯆꯨꯝꯕ ꯈꯣꯡꯊꯥꯡ ꯑꯣꯏꯔꯣꯏ꯫ ꯑꯗꯨꯕꯨ ꯃꯤꯌꯥꯝꯒ ꯍꯛꯊꯦꯡꯅꯅ
ꯃꯔꯤ ꯂꯩꯅꯔꯤꯕ ꯑꯦꯖꯦꯟꯁꯤꯁꯤꯡ ꯑꯁꯤꯅ ꯃꯉꯝ ꯁꯟꯗ꯭ꯔꯤꯕꯁꯤ
ꯃꯈꯣꯏꯒꯤ ꯑꯋꯥꯠ-ꯑꯄꯥ ꯀꯌꯥ’ꯃ ꯁꯣꯏꯗꯅ ꯂꯩꯔꯝꯒꯅꯤ꯫ ꯈꯨꯗꯝ
ꯑꯣꯏꯅ ꯃꯦꯟ-ꯄꯋꯥꯔ, ꯒꯥꯔꯤ, ꯃꯊꯧ ꯇꯥꯕ ꯃꯦꯁꯤꯟꯅꯔꯤꯁꯤꯡ ꯌꯥꯎꯅ
ꯏꯟꯐ꯭ꯔꯥꯁꯇ꯭ꯔꯛꯆꯔꯁꯤꯡ ꯃꯔꯥꯡ ꯀꯥꯏꯅꯃꯛ ꯂꯩꯇ꯭ꯔꯕꯁꯨ ꯇꯉꯥꯏꯐꯗꯕ
ꯃꯁꯤꯡ ꯐꯥꯎꯕ ꯁꯨꯅ ꯂꯩꯇꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯁꯣꯏꯗꯅ ꯃꯥꯌꯣꯛꯅꯔꯝꯒꯅꯤ
ꯈꯜꯂꯤ꯫ ꯃꯁꯤ ꯑꯣꯏꯔꯝꯕ ꯇꯥꯔꯕꯗꯤ ꯈꯨꯗꯣꯡꯆꯥꯗꯕꯁꯤꯡ ꯑꯁꯤ
ꯂꯩꯍꯟꯗꯅꯕ ꯂꯩꯉꯥꯛꯅ ꯍꯣꯠꯅꯕꯤꯒꯗꯕꯅꯤ꯫ ꯅꯨꯃꯤꯠ ꯈꯨꯗꯤꯡꯒꯤ ꯆꯠꯊꯕ
ꯑꯃꯁꯨꯡ PaZHoKp ꯉꯝꯗ꯭ꯔꯕꯨ ꯅꯠꯇ꯭ꯔꯒ ꯃꯊꯧ ꯇꯥꯗ꯭ꯔꯕꯁꯨ ꯆꯥꯡ ꯅꯥꯏꯅ
ꯇꯧꯕ ꯆꯨꯝꯒꯅꯤ ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯐꯨꯗ ꯁꯦꯐꯇꯤ ꯑꯣꯐꯤꯁꯜꯁꯤꯡꯒꯤ ꯊꯕꯛꯇ
ꯑꯦꯗꯚꯥꯟꯁ ꯏꯟꯇꯜꯂꯤꯒꯦꯟꯁ ꯏꯟꯄꯨꯠ ꯈꯣꯖꯤꯟꯅꯕꯒꯤ ꯀꯝꯄꯣꯅꯦꯟꯠ
ꯑꯃ ꯍꯥꯞꯆꯤꯟꯕ ꯐꯥꯎꯕ ꯀꯥꯟꯅꯒꯅꯤ ꯅꯠꯇ꯭ꯔꯕꯗꯤ ꯍꯧꯗꯣꯡꯅ ꯉꯥ ꯆꯥꯔꯤ,
ꯌꯦꯡꯂꯤ ꯍꯥꯏꯕꯒꯤ ꯐꯤꯚꯝ ꯇꯥꯒꯅꯤ꯫

ꯍꯛꯆꯥꯡ ꯐꯕ, ꯅꯥꯗ-ꯌꯦꯛꯇꯕ ꯄꯨꯟꯁꯤ ꯃꯍꯤꯡ ꯑꯃꯒꯤꯗꯃꯛꯇꯗꯤ ꯑꯐꯕ ꯆꯤꯟꯖꯥꯛ-ꯃꯇꯝ ꯆꯥꯅ ꯑꯃꯁꯨꯡ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯕ (ꯕꯦꯂꯦꯟꯁꯗ ꯗꯥꯏꯠ) ꯑꯁꯤ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯑꯗꯨꯅ Tufts ꯎꯅꯤꯚꯦꯔꯁꯤꯇꯌ ꯒꯤ Friedman School ꯒꯤ ꯊꯤꯖꯤꯜꯂꯣꯏꯁꯤꯡꯅ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯟꯠ ꯄ꯭ꯔꯣꯐꯥꯏꯂꯤꯡ ꯁꯤꯁꯇꯝ ꯑꯃ ꯁꯦꯝꯒꯠꯄ ꯉꯝꯈ꯭ꯔꯦ꯫ ꯃꯁꯤ 8,000 ꯗꯒꯤ ꯍꯦꯟꯅ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯒꯤ ꯃꯒꯨꯟꯁꯤꯡꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯁꯦꯜꯗ ꯄꯣꯖꯤꯇꯤꯚ ꯅꯠꯇ꯭ꯔꯒ ꯅꯦꯒꯦꯇꯤꯚꯀꯤ ꯑꯣꯏꯕ ꯑꯍꯣꯡꯕꯁꯤꯡ ꯀꯔꯝꯅ ꯊꯣꯛꯍꯟꯕꯒꯦ ꯍꯥꯏꯅ ꯅꯩꯅꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯅꯧꯕ ꯑꯃꯁꯨꯡ ꯃꯇꯤꯛ ꯆꯥꯔꯕ ꯁꯤꯁꯇꯝ ꯑꯃꯅꯤ ꯍꯥꯏꯔꯤ꯫
Tufts ꯀꯤ Friedman School of Nutrition Science and Policy ꯒꯤ ꯊꯤꯖꯤꯟ-ꯂꯨꯄ ꯑꯁꯤꯅ ꯄꯨꯊꯣꯔꯛꯂꯤꯕ ꯑꯅꯧꯕ ꯈꯨꯠꯂꯥꯏ ꯑꯁꯤꯅ ꯀꯟꯖ꯭ꯌꯨꯃꯔꯁꯤꯡ, ꯐꯨꯗ ꯀꯝꯄꯅꯤꯁꯤꯡ, ꯔꯦꯁꯇꯣꯔꯦꯟꯠꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯀꯥꯐꯤꯇꯤꯔꯤꯌꯥꯁꯤꯡꯅ ꯍꯛꯆꯥꯡꯗ ꯍꯦꯟꯅ ꯀꯥꯟꯅꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯈꯟꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯊꯣꯛꯄ ꯑꯗꯨꯒ ꯑꯣꯐꯤꯁꯜꯁꯤꯡꯅ ꯑꯐꯕ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯁꯟ ꯄꯣꯂꯤꯁꯤ ꯁꯦꯝꯕꯗ ꯑꯆꯧꯕ ꯃꯇꯦꯡ ꯑꯣꯏꯔꯒꯤ ꯍꯥꯏꯔꯤ꯫ ꯑꯅꯧꯕ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯟꯠ ꯄ꯭ꯔꯣꯐꯥꯏꯂꯤꯡ ꯁꯤꯁꯇꯝ ꯑꯁꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯦꯟꯅ ꯃꯆꯥ ꯇꯥꯔꯕ ꯑꯃꯁꯨꯡ ꯁꯥꯏꯟꯁꯀꯤ ꯑꯅꯧꯕ ꯇꯦꯛꯅꯣꯂꯣꯖꯤꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯔꯒ ꯄꯨꯊꯣꯛꯄꯅꯤ ꯑꯃꯁꯨꯡ ꯀꯟꯖ꯭ꯌꯨꯃꯔꯤꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯄꯣꯂꯤꯁꯤ ꯃꯦꯀꯔꯁꯤꯡꯗ ꯆꯃꯝꯅꯕ ꯂꯩꯍꯟꯗꯕꯁꯨ ꯉꯝꯂꯒꯅꯤ꯫ ꯆꯍꯤ ꯑꯍꯨꯝ ꯆꯨꯞꯅ ꯁꯦꯝꯒꯠꯂꯛꯈꯤꯕ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ‘ꯅꯦꯆꯔ ꯐꯨꯗ’ (ꯑꯣꯛꯇꯣꯕꯔ 14, 2021) ꯗ ꯄꯥꯎꯗꯝꯂꯛꯈꯤꯕꯅꯤ꯫
ꯁꯤꯁꯇꯝ ꯑꯁꯤꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯁꯛꯇꯝꯁꯤꯡ ꯑꯗꯨꯗꯤ :-
1) ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯀꯥꯅꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ ꯑꯃꯁꯨꯡ ꯃꯥꯡ ꯇꯥꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ ꯑꯅꯤꯃꯛ ꯈꯟꯅꯕ (ꯍꯥꯟꯅ ꯄꯨꯊꯣꯛꯈꯤꯕ ꯁꯤꯁꯇꯝ ꯀꯌꯥꯗꯗꯤ ꯃꯥꯡ ꯇꯥꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ ꯃꯔꯝꯈꯛꯇꯗ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯃꯤ)꯫

2) ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯟꯠꯁꯤꯡ, ꯆꯤꯟꯖꯥꯛꯇ ꯌꯥꯎꯔꯤꯕ ꯃꯆꯜꯁꯤꯡ, ꯄ꯭ꯔꯣꯆꯦꯁꯤꯡ ꯀꯔꯦꯛꯇꯔꯤꯁꯇꯤꯛꯁꯤꯡ, ꯐꯥꯏꯇꯣꯀꯦꯃꯤꯀꯜꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯗꯤꯇꯤꯚꯁꯤꯡꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯔꯕ ꯁꯥꯏꯟꯁ ꯑꯃꯁꯨꯡ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ ꯁꯤꯖꯤꯟꯅꯔꯒ ꯄꯨꯊꯣꯛꯄꯅꯤ꯫ (ꯍꯥꯟꯅ ꯂꯩꯔꯝꯕ ꯁꯤꯁꯇꯝꯁꯤꯡꯗꯤ ꯃꯔꯨ ꯑꯣꯏꯅ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯟꯠ ꯈꯔꯈꯛꯇꯗ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯈꯤ) ꯑꯃꯁꯨꯡ
3) ꯆꯤꯟꯖꯥꯛ ꯄꯨꯝꯅꯃꯛ, ꯕꯦꯚꯔꯤꯖꯁꯤꯡꯕꯨ ꯑꯣꯕꯖꯦꯛꯇꯤꯚ ꯑꯣꯏꯕ ꯁ꯭ꯀꯣꯔꯤꯡ ꯇꯧꯔꯒ ꯌꯦꯡꯁꯤꯜꯂꯤ ꯑꯃꯁꯨꯡ ꯌꯥꯟꯁꯤꯟꯅꯕ ꯆꯥꯛꯂꯦꯟꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯐꯥꯎꯕ ꯆꯞ ꯃꯥꯟꯅꯕ ꯁ꯭ꯀꯣꯔ ꯑꯃ ꯁꯤꯖꯤꯟꯅꯔꯒ ꯌꯦꯡꯁꯤꯜꯂꯤ (ꯍꯥꯟꯅ ꯂꯩꯔꯝꯕ ꯁꯤꯁꯇꯝꯁꯤꯡꯅ ꯁꯕꯖꯦꯛꯇꯤꯚ ꯑꯣꯏꯕ ꯀꯥꯡꯂꯨꯞ ꯈꯥꯏꯗꯣꯛꯏ ꯑꯃꯁꯨꯡ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯕꯨ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯕ ꯁ꯭ꯀꯣꯔꯤꯡ ꯇꯧꯏ)꯫
ꯊꯤꯖꯤꯟꯕ ꯑꯁꯤꯗ ꯂꯨꯆꯤꯡꯈꯤꯕ ꯑꯃꯁꯨꯡ Friedman School ꯒꯤ ꯗꯤꯟ Dariush Mozaff arian n foZdoKpgi mtuZINn, “Once you get beyond ‘eat your veggies, avoid soda,’ the public is pretty confused about how to identify healthier choices in the grocery store, cafeteria, and restaurant,”> ꯃꯍꯥꯛꯅ ꯃꯈꯥ ꯇꯥꯅ ꯍꯥꯏ, ‘ꯀꯟꯖ꯭ꯌꯨꯃꯔꯁꯤꯡ, ꯄꯣꯂꯤꯁꯤ ꯃꯦꯀꯔꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯏꯟꯗꯁꯇ꯭ꯔꯤꯁꯤꯡꯅ ꯐꯥꯎꯕ ꯃꯤꯀꯨꯞ ꯈꯨꯗꯤꯡꯃꯛꯅ ꯍꯦꯟꯅ ꯐꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯈꯟꯅꯅꯕꯒꯤ ꯂꯝꯖꯤꯡ-ꯂꯝꯇꯥꯛꯄ ꯉꯝꯕ ꯑꯆꯝꯕ ꯈꯨꯠꯂꯥꯏꯁꯤꯡ ꯊꯤꯔꯤꯕꯅꯤ”꯫
ꯑꯅꯧꯕ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯁꯤꯁꯇꯝ ꯑꯁꯤ ꯁꯦꯝꯒꯠꯂꯕ ꯃꯇꯨꯡꯗ, ꯑꯃꯦꯔꯤꯀꯥꯟꯁꯤꯡꯅ ꯆꯥꯅꯔꯤꯕ ꯆꯤꯟꯖꯥꯛ ꯑꯃꯁꯨꯡ ꯕꯦꯚꯔꯤꯖ 8,032ꯒꯤ ꯃꯄꯨꯡ ꯐꯥꯔꯕ ꯅꯦꯁꯅꯜ ꯗꯦꯇꯥꯕꯦꯖ ꯑꯃ ꯁꯤꯖꯤꯟꯅꯔꯒ ꯆꯥꯡ ꯌꯦꯡꯈꯤ꯫ ꯃꯁꯤꯅ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ, ꯗ꯭ꯔꯤꯡꯛꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯌꯥꯟꯁꯤꯟꯅꯕ ꯆꯥꯛꯂꯦꯟꯁꯤꯡꯒꯤ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯍꯛꯁꯦꯜꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯑꯁꯄꯦꯛꯠꯁꯤꯡꯕꯨ ꯇꯥꯛꯂꯤꯕ ꯗꯣꯃꯦꯏꯟ ꯃꯥꯄꯜ ꯌꯥꯎꯔꯕ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯀꯔꯦꯛꯇꯔꯤꯁꯇꯤꯛ 54ꯗ ꯁ꯭ꯀꯣꯔ ꯁꯦꯝꯃꯤ꯫ ꯀꯔꯦꯛꯇꯔꯤꯁꯇꯤꯛ ꯑꯃꯁꯨꯡ ꯗꯣꯃꯦꯏꯟꯁꯤꯡꯗꯨ ꯑꯣꯕꯦꯁꯤꯇꯤ, ꯗꯥꯏꯑꯦꯕꯤꯇꯤꯁ, ꯀꯥꯔꯗꯤꯑꯣꯚꯥꯁꯀ꯭ꯌꯨꯂꯔ ꯄ꯭ꯔꯣꯕ꯭ꯂꯦꯝ ꯑꯃꯁꯨꯡ ꯀꯦꯟꯁꯔꯒꯨꯝꯕ ꯀ꯭ꯔꯣꯅꯤꯛ ꯗꯤꯖꯤꯖꯁꯤꯡ ꯑꯣꯏꯍꯜꯂꯛꯄꯗ ꯊꯧꯗꯥꯡ ꯂꯧꯔꯤꯕꯁꯤꯡ, ꯂꯣꯏꯅ-ꯂꯣꯏꯅꯅ ꯃꯔꯨ ꯑꯣꯏꯅ ꯃꯃꯥꯁꯤꯡ, ꯄꯤꯛꯂꯤꯕ ꯑꯉꯥꯡꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯍꯜ ꯑꯣꯏꯔꯕꯁꯤꯡꯗ ꯑꯟꯗꯔꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯁꯟꯒꯤ ꯈꯨꯗꯣꯡꯊꯤꯕꯁꯤꯡ ꯊꯣꯔꯛꯄ ꯌꯥꯕ ꯑꯗꯨꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯔꯒ ꯁꯟꯒꯠꯈꯤꯕꯅꯤ꯫ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯑꯁꯤ ꯒꯦꯁꯇ꯭ꯔꯣꯏꯟꯇꯦꯁꯇꯤꯅꯜ ꯍꯦꯜꯊ, ꯏꯝꯃ꯭ꯌꯨꯟ ꯐꯪꯛꯁꯟ, ꯕ꯭ꯔꯦꯟ ꯍꯦꯜꯊ, ꯕꯣꯟ ꯍꯦꯜꯊ ꯑꯃꯁꯨꯡ ꯐꯤꯖꯤꯀꯜ ꯑꯃꯁꯨꯡ ꯃꯦꯟꯇꯦꯜ ꯄꯔꯐꯣꯔꯃꯦꯟꯠꯁꯤꯡꯒꯨꯝꯕ ꯍꯤꯔꯝꯁꯤꯡꯗ, ꯇꯨꯡꯗ ꯊꯦꯡꯅꯔꯛꯀꯗꯕ ꯄ꯭ꯔꯃꯥꯟꯁꯤꯡꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯕ ꯑꯍꯦꯟꯕ ꯃꯆꯥꯛꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯁ꯭ꯀꯣꯔꯤꯡ ꯐꯪꯕ ꯌꯥꯅꯕꯒꯤꯗꯃꯛ ꯗꯤꯖꯥꯏꯟ ꯇꯧꯈꯤ꯫
ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯑꯁꯤꯗ ꯌꯥꯎꯔꯤꯕ ꯀꯥꯟꯅꯔꯕ ꯁꯤꯖꯤꯟꯅꯐꯝꯁꯤꯡꯗꯤ :
1) ꯐꯨꯗ ꯏꯟꯗꯁꯇ꯭ꯔꯤꯅ ꯍꯛꯆꯥꯡꯗ ꯍꯦꯟꯅ ꯀꯥꯟꯅꯔꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯁꯦꯝꯕ ꯑꯃꯁꯨꯡ ꯃꯤꯌꯥꯝꯅ ꯄꯥꯝꯅꯔꯕ ꯄ꯭ꯔꯣꯁꯦꯁ ꯇꯧꯔꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯁ꯭ꯅꯦꯛꯁꯤꯡꯒꯤ ꯃꯆꯜꯁꯤꯡꯕꯨ ꯅꯧꯅ ꯑꯃꯨꯛ ꯁꯦꯝꯗꯣꯛꯄꯗ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯀꯅꯤ;

2) ꯋꯥꯔꯛꯁꯥꯏꯠ ꯋꯦꯜꯅꯦꯁ, ꯍꯦꯜꯊꯀ꯭ꯌꯦꯔ ꯑꯃꯁꯨꯡ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯁꯟ ꯑꯦꯁꯤꯁꯇꯦꯟꯁ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝꯁꯤꯡꯒꯤ ꯃꯇꯦꯡꯅ ꯑꯦꯝꯄ꯭ꯂꯣꯌꯤꯁꯤꯡꯗ ꯐꯨꯗ ꯄꯔꯆꯦꯖꯤꯡ ꯏꯟꯁꯦꯟꯇꯤꯚꯁꯤꯡ ꯄꯤꯕ;
3) ꯄꯦꯀꯦꯖ ꯂꯦꯏꯕ꯭ꯂꯤꯡ, ꯇꯦꯛꯁꯦꯁꯟ, ꯋꯥꯔꯅꯤꯡ ꯂꯦꯏꯕꯜꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯌꯣꯟꯕ ꯌꯥꯗꯕꯒꯤ ꯑꯊꯤꯡꯕꯒꯨꯝꯕ ꯂꯣꯀꯜ ꯑꯃꯁꯨꯡ ꯅꯦꯁꯅꯜ ꯄꯣꯂꯤꯁꯤꯁꯤꯡꯒꯤꯗꯃꯛ ꯁꯥꯏꯟꯁ ꯁꯤꯖꯤꯟꯅꯕ
4) ꯔꯦꯁꯇꯨꯔꯦꯟꯠꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯁ꯭ꯀꯨꯜ, ꯕꯤꯖꯤꯅꯦꯁ ꯑꯃꯁꯨꯡ ꯍꯣꯁꯄꯤꯇꯥꯜ ꯀꯥꯚꯤꯇꯤꯔꯤꯌꯥꯁꯤꯡꯅ ꯍꯛꯁꯦꯜꯗ ꯍꯦꯟꯅ ꯐꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯄꯤꯕ ꯉꯝꯍꯟꯕ;
5) ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯁꯅꯜ ꯑꯃꯁꯨꯡ ꯏꯟꯗꯤꯚꯤꯖꯨꯑꯦꯜ ꯏꯟꯚꯦꯁꯇꯔꯁꯤꯡꯅ ꯏꯟꯚꯥꯏꯔꯟꯃꯦꯟꯇꯜ, ꯁꯣꯁꯜ ꯑꯃꯁꯨꯡ ꯀꯣꯔꯄꯣꯔꯦꯠ ꯒꯚꯔꯅꯥꯟꯁ (ꯏ ꯑꯦꯁ ꯖꯤ) ꯏꯟꯚꯦꯁꯠꯃꯦꯟꯠꯀꯤ ꯋꯥꯔꯦꯞꯁꯤꯡ ꯂꯧꯕꯗ
ꯂꯝꯖꯤꯡꯕ꯫

ꯆꯤꯟꯖꯥꯛ, ꯕꯦꯚꯔꯤꯖ ꯅꯠꯇ꯭ꯔꯒ ꯌꯥꯟꯁꯤꯟꯅꯔꯕ ꯆꯥꯛꯂꯦꯟ ꯈꯨꯗꯤꯡꯃꯛꯅ 1 (ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯟꯊꯅ ꯍꯛꯆꯥꯡꯗ ꯀꯥꯟꯅꯕ ꯗꯒꯤ 100 (ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯦꯟꯅ ꯀꯥꯟꯅꯕ) ꯐꯥꯎꯕꯒꯤ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯁ꯭ꯀꯣꯔꯤꯡ ꯑꯃ ꯐꯪꯏ꯫ ꯊꯤꯖꯤꯜꯂꯣꯏꯁꯤꯡ ꯑꯁꯤꯅ 70 ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯗꯒꯤ ꯍꯦꯟꯕꯁꯤꯡꯕꯨ ꯆꯥꯕꯗ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯀꯗꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯅꯤ ꯍꯥꯏꯅ ꯂꯦꯞꯄ ꯉꯝꯈꯤ꯫ ꯁ꯭ꯀꯣꯔ 31-69 ꯐꯥꯎꯕ ꯐꯪꯂꯤꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯅ ꯃꯌꯥꯏ ꯑꯣꯏꯔꯛꯄꯅ ꯆꯥꯒꯗꯕꯅꯤ, ꯑꯗꯨꯒ 30 ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯗꯒꯤ ꯍꯟꯊꯅ ꯐꯪꯂꯤꯕꯁꯤꯡꯗꯨꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯟꯊꯅ ꯆꯥꯒꯗꯕꯅꯤ ꯍꯥꯏꯅꯁꯨ ꯂꯦꯞꯊꯣꯛꯄ ꯉꯝꯈꯤ꯫
ꯃꯔꯨ ꯑꯣꯏꯕ ꯐꯨꯗ ꯀꯦꯇꯒꯣꯔꯤꯁꯤꯡꯗꯨꯒꯤ, ꯆꯥꯡꯆꯠꯀꯤ ꯑꯣꯏꯕ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯁ꯭ꯀꯣꯔꯁꯤ 43.2 ꯑꯣꯏꯔꯝꯃꯤ꯫

1) ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯅꯦꯝꯕ ꯁ꯭ꯀꯣꯔ ꯐꯪꯈꯤꯕꯁꯤꯡꯅ ꯁ꯭ꯅꯦꯛꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯊꯨꯝꯕ ꯗꯤꯖꯔꯠꯁꯤꯡ (ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔ 16.4)
2) ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯁ꯭ꯀꯣꯔ ꯋꯥꯡꯈꯤꯕꯁꯤꯡꯅ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡ (ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔ 69.1), ꯎꯍꯩ- ꯋꯥꯍꯩꯁꯤꯡ (ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔ 73.9, ꯑꯌꯥꯝꯕ ꯔꯣ ꯐ꯭ꯔꯨꯠꯁꯤꯡ 100ꯒꯤ ꯃꯌꯥꯗ ꯁ꯭ꯀꯣꯔ ꯇꯧꯈꯤ) ꯑꯃꯁꯨꯡ ꯂꯦꯒ꯭ꯌꯨꯝꯁꯤꯡ, ꯅꯠꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯔꯨ (ꯁꯤꯗ) ꯁꯤꯡ (ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔ 78.6)꯫
3) ꯕꯦꯚꯔꯤꯖꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯒꯤ, ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔꯁꯤ ꯆꯤꯅꯤ-ꯊꯨꯝꯍꯜꯂꯕ ꯁꯣꯗꯥꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯦꯅꯔꯖꯤ ꯗ꯭ꯔꯤꯡꯛꯁꯤꯡꯒꯤ ꯑꯣꯏꯕ 27.6 ꯇꯒꯤ 100% ꯎꯍꯩ-ꯋꯥꯍꯩ ꯅꯠꯇ꯭ꯔꯒ ꯃꯅꯥ ꯃꯁꯤꯡ ꯑꯣꯏꯕ ꯖꯨꯁꯁꯤꯡꯒꯤ ꯑꯣꯏꯅ 67ꯀꯤ ꯃꯅꯨꯡꯗ ꯂꯩ꯫
4) ꯆꯅꯥꯡ ꯌꯥꯎꯅ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡꯅ ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔ 43.2 ꯐꯪꯏ꯫
5) ꯁꯥ-ꯁꯟ, ꯌꯦꯟ-ꯉꯥꯅꯨ, ꯁꯃꯨꯗ꯭ꯔꯗꯒꯤ ꯐꯪꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯁꯤꯒꯤ ꯆꯥꯡꯆꯠꯀꯤ ꯁ꯭ꯀꯣꯔꯁꯤ ꯃꯊꯪꯁꯤꯠꯅ 24.9, 42.67 ꯑꯃꯁꯨꯡ 67.0 ꯅꯤ꯫
ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯑꯁꯤ ꯑꯍꯥꯟꯕ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯟꯠ ꯄ꯭ꯔꯣꯐꯥꯏꯂꯤꯡ ꯁꯤꯁꯇꯝ ꯑꯃꯅꯤ, ꯃꯔꯨ ꯑꯣꯏꯅ ꯌꯥꯟꯁꯤꯟꯅꯕ ꯆꯥꯛꯂꯦꯟꯁꯤꯡꯒꯤꯗꯃꯛ ꯃꯔꯨ ꯑꯣꯏꯔꯤꯕ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯕ ꯆꯤꯟꯖꯥꯛ ꯀꯥꯡꯂꯨꯞꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯀꯟꯁꯤꯁꯇꯦꯟꯠ ꯁ꯭ꯀꯣꯔꯤꯡ ꯁꯤꯖꯤꯟꯅꯕ ꯉꯝꯍꯟꯕꯅꯤ꯫ ꯈꯨꯗꯝ ꯑꯣꯏꯅ, ꯄꯤꯖꯥꯒꯤ ꯃꯇꯥꯡꯗ ꯑꯇꯣꯞꯄ ꯁꯤꯁꯇꯝ ꯀꯌꯥꯅ ꯒꯦꯍꯨ, ꯃꯤꯠ ꯑꯃꯁꯨꯡ ꯆꯤꯖꯁꯤꯡꯒꯤ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯁ꯭ꯀꯣꯔꯤꯡ
ꯑꯜꯒꯣꯔꯤꯗꯝꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯩ, ꯑꯗꯨꯕꯨ ꯆꯥꯕ ꯌꯥꯔꯕ ꯄꯤꯖꯥ ꯑꯗꯨꯃꯛꯀꯤ ꯑꯣꯏꯅꯗꯤ ꯂꯦꯞꯇꯦ꯫ ꯇꯣꯉꯥꯟ-
ꯇꯣꯉꯥꯟꯕ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯀꯟꯁꯤꯁꯇꯦꯟꯠ ꯁ꯭ꯀꯣꯔꯤꯡ ꯇꯧꯕꯁꯤꯅ ꯄꯨꯟꯅ ꯌꯣꯟꯒꯗꯧꯔꯤꯕ ꯑꯃꯁꯨꯡ
ꯆꯥꯒꯗꯧꯔꯤꯕ ꯆꯤꯟꯖꯥꯛ ꯑꯃꯁꯨꯡ ꯕꯦꯚꯔꯤꯖꯁꯤꯡꯒꯤ ꯀꯥꯟꯅ ꯄꯨꯊꯣꯛꯄ ꯑꯃꯁꯨꯡ ꯆꯥꯡꯗꯝꯅꯕꯗ ꯃꯇꯦꯡꯁꯨ
ꯑꯣꯏ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯐꯨꯗ ꯀꯝꯄꯥꯁ ꯑꯁꯤꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯍꯛꯁꯦꯜ ꯐꯍꯟꯕꯗ ꯑꯆꯧꯕ ꯊꯧꯗꯥꯡ ꯂꯧꯔꯛꯀꯅꯤ
ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫=

ꯐꯨꯗ ꯀꯝꯄꯥꯁ : ꯑꯅꯧꯕ ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯑꯦꯟꯠ ꯄ꯭ꯔꯣꯐꯥꯏꯂꯤꯡ ꯁꯤꯁꯇꯝ ꯍꯛꯆꯥꯡ ꯐꯅ ꯂꯩꯍꯟꯕꯗ ꯑꯆꯧꯕ ꯃꯇꯦꯡ ꯑꯣꯏꯒꯗꯧꯔꯤꯕ
ꯁꯥꯏꯟꯁꯀꯤ ꯈꯣꯡꯆꯠ
ꯀꯨꯟꯖꯣ ꯅꯥꯎꯔꯦꯝ
ꯀꯨꯟꯁꯨꯕ ꯆꯍꯤ ꯆꯥ ꯍꯧꯔꯛꯄꯗꯒꯤ ꯕ꯭ꯔꯤꯇꯤꯁꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯁꯔꯨꯛ ꯑꯌꯥꯝꯕ ꯂꯣꯏꯂꯝ ꯁꯟꯗꯣꯛꯇꯨꯅ
ꯃꯄꯥꯡꯒꯜ ꯀꯟꯈꯠꯂꯤꯉꯩ ꯑꯃꯗꯤ ꯁꯦꯜ ꯊꯨꯝ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯋꯥꯠꯇ ꯄꯥꯗꯅ ꯂꯩꯔꯤꯉꯩꯒꯤ ꯃꯇꯝꯗ ꯂꯩꯕꯥꯛ
ꯑꯁꯤꯒꯤ ꯀꯣꯅꯨꯡ ꯂꯟꯗꯟ ꯁꯍꯔꯗ ꯀꯨꯝꯖꯥ 1908ꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯃꯔꯤꯁꯨꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁ ꯍꯧꯗꯣꯛꯀꯗꯕꯗꯒꯤ ꯅꯨꯃꯤꯠ ꯈꯔꯅꯤ ꯋꯥꯠꯂꯤꯉꯩꯗ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯑꯗꯨ ꯃꯥꯏ ꯄꯥꯛꯅ ꯄꯥꯡꯊꯣꯛꯅꯕꯒꯤꯗꯃꯛ ꯆꯍꯤ ꯑꯁꯤꯒꯤ ꯖꯨꯂꯥꯏ 19ꯗ ꯂꯟꯗꯟ ꯁꯍꯔꯒꯤ ꯂꯥꯏꯈꯨꯔꯨꯝꯐꯝ ꯁꯦꯟꯠ ꯄꯥꯑꯣꯜꯁ ꯀꯦꯊꯦꯗ꯭ꯔꯦꯜꯗ ꯂꯥꯏꯈꯨꯔꯨꯝꯕꯒꯤ ꯊꯧꯔꯝ ꯑꯃ ꯄꯥꯡꯊꯣꯛꯈꯤ꯫ ꯊꯣꯔꯝ ꯑꯗꯨꯗ ꯄꯦꯟꯁꯤꯜꯚꯥꯅꯤꯌꯥꯒꯤ ꯕꯤꯁꯣꯞꯅ ꯋꯥ ꯉꯥꯡꯕꯗ "The important thing in the Olympic Games is not so much to have been Victorious as ꯇꯣ ꯍꯥꯚꯦ ꯇꯥꯀꯦꯅ ꯄꯥꯔꯇ" ꯍꯥꯏꯕ ꯋꯥꯍꯩꯁꯤꯡ ꯑꯁꯤ ꯁꯤꯖꯤꯟꯅꯈꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯋꯥꯍꯩ ꯄꯔꯦꯡ ꯑꯁꯤ ꯕꯦꯔꯣꯟ ꯗꯤ ꯀꯣꯕꯔꯇꯤꯟ (Baron-ꯙꯦ-Coubertin) ꯅ ꯃꯃꯜ ꯌꯥꯝꯕ ꯋꯥꯍꯩ ꯄꯔꯦꯡ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯈꯤ꯫ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯑꯗꯨ ꯆꯠꯊꯔꯤꯉꯩꯗ ꯃꯍꯥꯛꯅ ꯑꯃꯨꯛꯀ ꯍꯟꯅ ꯐꯖꯍꯟꯅꯤꯡꯗꯨꯅ ꯃꯤꯌꯥꯝꯗ ꯃꯔꯨ ꯑꯣꯏꯕ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯋꯥꯈꯜꯂꯣꯟꯅꯤ ꯍꯥꯏꯅ ꯈꯪꯍꯟꯅꯤꯡꯗꯨꯅ ꯑꯁꯨꯝꯅ ꯍꯥꯏꯔꯝꯃꯤ “ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯀꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯣꯠꯇꯤ ꯃꯥꯏ ꯄꯥꯛꯄ ꯑꯗꯨ ꯅꯠꯇꯦ, ꯁꯔꯨꯛ ꯌꯥꯕ ꯑꯗꯨꯅꯤ꯫ ꯃꯇꯧ ꯑꯁꯨꯝꯅ ꯄꯨꯟꯁꯤꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯄꯣꯠꯇꯤ ꯃꯥꯏ ꯄꯥꯛꯄ ꯅꯠꯇꯦ, ꯇꯧꯏꯒꯨꯝꯕꯁꯨꯡ ꯂꯥꯟꯊꯦꯡꯅꯕ ꯑꯗꯨꯅꯤ꯫”
ꯋꯥꯍꯩꯁꯤꯡ ꯑꯁꯤꯅ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯅꯨꯡꯒꯤ ꯑꯣꯏꯕ ꯏꯆꯦꯜꯁꯤꯡ ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕ ꯈꯪꯍꯜꯂꯤ, ꯑꯩꯈꯣꯏꯒꯤ ꯂꯝꯕꯦꯜ ꯇꯥꯛꯄꯤꯔꯤ, ꯃꯤꯑꯣꯏꯕꯒꯤ ꯄꯨꯟꯁꯤꯒꯤ ꯂꯝꯕꯦꯜ ꯇꯥꯛꯄꯤꯔꯤ, ꯃꯤꯑꯣꯏꯕꯒꯤ ꯄꯨꯟꯁꯤꯗ ꯃꯔꯤꯜ ꯆꯨꯝꯅ ꯂꯥꯟꯊꯦꯡꯅꯕꯅ ꯃꯥꯏ ꯄꯥꯛꯄꯗꯒꯤ ꯍꯦꯟꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯁꯍꯔ ꯑꯁꯤꯒꯤ ꯁꯦꯐꯔꯗꯁ-ꯕꯨꯁ ꯀꯧꯕ ꯃꯐꯝꯗ ꯁꯥꯕ ꯍ꯭ꯋꯥꯏꯠ ꯁꯤꯇꯤ ꯁ꯭ꯇꯦꯗꯤꯌꯝꯗ ꯃꯤꯑꯣꯏ ꯂꯤꯁꯤꯡ ꯂꯤꯁꯤꯡꯅ ꯑꯦꯊꯂꯦꯇꯤꯛꯁꯀꯤ ꯊꯧꯔꯝ ꯌꯦꯡꯂꯝꯃꯤ꯫ ꯑꯅꯧ ꯑꯅꯧꯕ ꯁꯥꯟꯅꯕꯒꯤ ꯊꯧꯔꯝꯁꯤꯡꯁꯨ ꯍꯥꯞꯆꯤꯜꯂꯝꯃꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯇꯥ ꯂꯪꯕꯁꯨ ꯑꯃꯅꯤ꯫ ꯇꯥ ꯂꯪꯕꯒꯤ ꯃꯈꯜ ꯑꯅꯤ ꯂꯩꯔꯝꯃꯤ ꯑꯃꯅ ꯐ꯭ꯔꯤꯁ꯭ꯇꯥꯏꯜ ꯖꯦꯚꯂꯤꯟ ꯀꯧꯏ꯫ ꯍꯤꯔꯝ ꯑꯁꯤꯒꯤꯗꯤ ꯑꯦꯊꯂꯤꯠ ꯑꯃꯅ ꯂꯪꯒꯗꯧꯔꯤꯕ ꯇꯥ ꯑꯗꯨꯒꯤ ꯄꯥꯏꯅꯤꯡꯕ ꯃꯐꯝ ꯑꯃꯗ ꯍꯦꯛꯇ ꯄꯥꯏꯔꯒ ꯂꯪꯕ ꯌꯥꯏ꯫ ꯑꯇꯣꯞꯄ ꯑꯃꯅ ꯍꯧꯖꯤꯛ ꯂꯪꯅꯔꯤꯕ ꯃꯑꯣꯡ ꯑꯁꯤꯗꯅꯤ꯫ ꯇꯥ ꯂꯪꯕ ꯃꯇꯝꯗ ꯈꯨꯠꯄꯥꯏꯐꯝ ꯍꯥꯞꯂꯤꯕ (ꯂꯪꯅ/ꯊꯧꯔꯤꯅ ꯌꯦꯠꯂꯤꯕ ꯃꯐꯝ) ꯑꯗꯨꯗ ꯄꯥꯏꯔꯒ ꯆꯦꯜꯂꯒ ꯂꯪꯒꯗꯕꯅꯤ꯫ ꯁ꯭ꯋꯤꯗꯦꯟꯒꯤ ꯐꯨꯠ 6 ꯏꯟꯆꯤ 3 ꯋꯥꯡꯕ ꯁ꯭ꯇꯣꯛꯍꯣꯜꯝꯗ ꯄꯨꯂꯤꯁ ꯑꯣꯏꯕ ꯏꯔꯤꯛ ꯂꯦꯝꯃꯤꯡꯅ ꯇꯥ ꯂꯪꯕ ꯃꯈꯜ ꯑꯅꯤꯃꯛꯇ ꯃꯀꯣꯛ ꯑꯣꯏꯗꯨꯅ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜ ꯑꯅꯤ ꯂꯧꯕ ꯉꯝꯈꯤ꯫ ꯑꯦꯊꯂꯤꯠ ꯑꯁꯤꯅ ꯍꯧꯖꯤꯛ ꯆꯠꯅꯔꯤꯕ ꯃꯈꯜꯒꯤ ꯇꯥ ꯂꯪꯕꯗ (ꯐ꯭ꯔꯤꯁ꯭ꯇꯥꯏꯜ ꯅꯠꯇꯕ) ꯃꯤꯇꯔ 54.825 ꯊꯥꯞꯅ ꯂꯪꯗꯨꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯔꯦꯀꯣꯔꯗ ꯊꯨꯒꯥꯏꯈꯤ꯫
ꯏꯔꯤꯛ ꯂꯦꯝꯃꯤꯡꯒꯨꯝꯅ ꯃꯍꯥꯛꯀ ꯂꯥꯛꯃꯤꯟꯅꯕ ꯑꯃꯦꯔꯤꯀꯥ ꯃꯆꯥ ꯃꯥꯔꯇꯤꯟ-ꯁꯦꯔꯤꯗꯥꯟꯁꯨ ꯗꯤꯁꯀꯁ ꯂꯪꯕꯗ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜ ꯑꯅꯤ ꯐꯪꯈꯤ꯫ ꯇꯥ ꯂꯪꯕꯗ ꯃꯑꯣꯡ ꯑꯅꯤ ꯊꯣꯛꯅ ꯂꯝꯕ ꯇꯧꯅꯈꯤꯕꯒꯨꯝꯅ ꯗꯤꯁꯀꯁ ꯂꯪꯕꯗꯁꯨ ꯃꯑꯣꯡ ꯑꯅꯤꯗ ꯂꯝꯕꯥ ꯇꯧꯅꯍꯜꯂꯤ꯫ ꯃꯗꯨꯗꯤ ꯒ꯭ꯔꯤꯛ ꯁ꯭ꯇꯥꯏꯜ ꯗꯤꯁꯀꯁ ꯑꯇꯣꯞꯄ ꯑꯃꯅ ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯗ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯦꯊꯂꯦꯇꯤꯛꯁ ꯐꯦꯗꯔꯦꯁꯟꯅ ꯑꯌꯥꯕ ꯄꯤꯔꯤꯕ ꯗꯤꯁꯀꯁꯀꯤ ꯃꯑꯣꯡ ꯑꯔꯨꯝꯕ ꯀꯤꯂꯣꯒ꯭ꯔꯥꯝ ꯑꯅꯤ ꯑꯃꯁꯨꯡ ꯂꯩꯕꯥꯏꯗ ꯍꯦꯛꯄ ꯁꯔꯀꯜ ꯑꯃꯒꯤ ꯃꯅꯨꯡꯗꯒꯤ ꯂꯪꯍꯟꯕ ꯑꯗꯨꯅꯤ꯫ ꯒ꯭ꯔꯤꯛ ꯁ꯭ꯇꯥꯏꯜꯒꯤ ꯗꯤꯁꯀꯁ ꯂꯪꯐꯝ ꯑꯗꯨ ꯂꯩꯃꯥꯏꯗꯒꯤ ꯈꯔ ꯋꯥꯡꯈꯠꯍꯜꯂꯤ꯫ ꯋꯥꯡꯈꯠꯂꯤꯕ ꯃꯐꯝ ꯑꯗꯨ ꯃꯃꯥꯡꯂꯣꯝꯗ ꯂꯣꯏꯔꯣꯏ ꯂꯣꯏꯔꯣꯏ ꯉꯝꯊꯩ꯫ ꯗꯤꯁꯀꯁ ꯂꯪꯕ ꯃꯇꯝꯗ ꯂꯦꯞꯂꯒ ꯗꯤꯁꯀꯁ ꯑꯗꯨ ꯈꯨꯠꯇꯒꯤ ꯊꯥꯗꯣꯛꯀꯗꯕꯅꯤ꯫ ꯍꯛꯆꯥꯡ ꯂꯦꯡꯕ ꯌꯥꯗꯦ ꯍꯥꯏꯕꯗꯤ ꯍꯛꯆꯥꯡ ꯂꯩꯗꯨꯅ (ꯔꯣꯇꯦꯁꯟ) ꯇꯧꯗꯨꯅ ꯂꯪꯕ ꯌꯥꯗꯦ꯫ ꯃꯈꯜ ꯑꯅꯤꯃꯛꯇ ꯃꯥꯔꯇꯤꯟ ꯁꯦꯔꯤꯗꯥꯟꯅ ꯃꯀꯣꯛ ꯑꯣꯏꯔꯝꯃꯤ꯫

ꯀꯨꯝꯖꯥ 1904ꯗ ꯁꯦꯟꯠ ꯂꯨꯏꯒꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯇ ꯃꯍꯥꯛꯅ ꯑꯀꯟꯕ ꯂꯝꯕꯥ ꯇꯧꯅꯔꯤꯕ ꯅꯨꯄꯥꯗꯤ ꯃꯔꯩꯕꯥꯛꯇꯒꯤ ꯂꯥꯛꯃꯤꯟꯅꯕ ꯔꯥꯜꯐ ꯔꯣꯖꯅꯤ꯫ ꯃꯈꯣꯏ ꯑꯅꯤꯃꯛ ꯃꯤꯇꯔ 39.28 ꯂꯪꯗꯨꯅ ꯍꯥꯏꯕꯗꯤ ꯐꯨꯠ 128 ꯏꯟꯆꯤ 10 ꯃꯈꯥꯏ ꯂꯪꯗꯨꯅ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯔꯦꯀꯣꯔꯗ ꯊꯨꯒꯥꯏꯔꯝꯃꯤ꯫ ꯃꯈꯣꯏ ꯑꯅꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯀꯣꯛ ꯑꯣꯏꯕ ꯑꯃ ꯈꯟꯅꯕ ꯃꯈꯣꯏ ꯑꯅꯤꯕꯨ ꯑꯍꯨꯝꯂꯛ ꯑꯃꯨꯛ ꯂꯪꯍꯟꯕꯗ ꯃꯥꯔꯇꯤꯅ ꯁꯦꯔꯤꯗꯥꯟꯅ ꯃꯤꯇꯔ 38.97 ꯂꯪꯗꯨꯅ ꯃꯀꯣꯛ ꯑꯣꯏꯈꯤ꯫ ꯃꯊꯪꯒꯤ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁ 1908, ꯂꯟꯗꯟ ꯁꯍꯔꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕꯗꯁꯨ ꯅ꯭ꯌꯨ ꯌꯣꯔꯛꯀꯤ ꯄꯨꯂꯤꯁ ꯃꯦꯟ ꯑꯣꯏꯅ ꯊꯕꯛ ꯇꯧꯔꯤꯕ ꯃꯥꯔꯇꯤꯟ ꯁꯦꯔꯤꯗꯥꯟ ꯊꯧꯔꯝ ꯑꯁꯤꯗ ꯃꯀꯣꯛ ꯑꯣꯏꯈꯤ꯫ ꯒꯦꯝꯁꯤꯡ ꯑꯁꯤꯅ ꯉꯜꯂꯤꯉꯩꯒꯤ ꯃꯇꯝꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯃꯇꯝꯗ ꯑꯅꯧ ꯑꯅꯧꯕ ꯊꯧꯔꯝꯁꯤꯡ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝ ꯗꯤꯁꯤꯄ꯭ꯂꯤꯟ ꯑꯃ ꯑꯣꯏꯅ ꯍꯥꯞꯆꯤꯜꯂꯛꯏ ꯑꯃꯗꯤ ꯃꯤꯌꯥꯝꯅ ꯄꯥꯝꯅꯗꯕ ꯍꯥꯏꯕꯗꯤ ꯃꯥꯂꯦꯝ ꯁꯤꯟꯕ ꯊꯨꯡꯅ ꯁꯥꯟꯅꯔꯝꯕꯗꯒꯤ ꯃꯇꯝꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯃꯤꯌꯥꯝꯅ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯗ꯭ꯔꯕ ꯃꯁꯥꯟꯅꯁꯤꯡ ꯒꯦꯝꯁ ꯑꯁꯤꯗꯒꯤ ꯇꯞꯅ ꯇꯞꯅ ꯂꯧꯊꯣꯛꯈꯤ꯫ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯕꯦꯖꯕꯣꯜ, ꯀ꯭ꯔꯤꯀꯦꯠ, ꯕ꯭ꯔꯀꯦꯠ, ꯖꯤꯎ ꯗꯤ ꯄꯣꯁ, ꯂꯥꯀ꯭ꯔꯣꯁꯅꯆꯤꯡꯕ ꯃꯁꯥꯟꯅꯁꯤꯡ ꯑꯁꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯃꯁꯥꯟꯅ ꯑꯃ ꯑꯣꯏꯔꯝꯕꯗꯒꯤ ꯇꯞꯅ ꯇꯞꯅ ꯂꯧꯊꯣꯛꯈꯤ꯫ ꯂꯧꯊꯣꯛꯈꯤꯕ ꯃꯁꯥꯟꯅꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯔꯛꯇ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯒꯣꯜ ꯀꯥꯡꯖꯩ, ꯄꯣꯂꯣꯁꯨ ꯑꯃꯅꯤ꯫ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯃꯁꯥꯟꯅ ꯑꯃ ꯑꯣꯏꯅ ꯀꯨꯝꯖꯥ 1900ꯗ ꯄꯦꯔꯤꯁꯇ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯅꯤꯁꯨꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯇ ꯊꯧꯔꯝ ꯑꯃ ꯑꯣꯏꯅ ꯌꯥꯎꯍꯟꯈꯤꯕꯗꯤ 1908 (ꯂꯟꯗꯟ), 1920 (ꯑꯟꯠꯔꯋꯦꯞ), 1924 (ꯄꯦꯔꯤꯁ), 1936 (ꯕꯔꯂꯤꯟ) ꯑꯣꯂꯤꯝꯄꯤꯛ ꯐꯥꯎꯕ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯁꯥꯟꯅ ꯑꯃ ꯑꯣꯏꯈꯤ꯫ ꯃꯇꯨꯡ ꯇꯥꯔꯛꯄꯗ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯇꯒꯤ ꯂꯧꯊꯣꯛꯈꯤ ꯃꯔꯝꯗꯤ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯁꯦꯜ ꯌꯥꯝꯅ ꯆꯪꯕ ꯃꯔꯝꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯐꯝ ꯁꯤꯟꯕ ꯊꯨꯡꯅ ꯁꯥꯟꯅꯕ ꯉꯝꯗꯦ, ꯂꯥꯏꯔꯕ ꯂꯩꯕꯥꯛꯁꯤꯡ ꯁꯒꯣꯛ ꯀꯥꯡꯖꯩ ꯁꯥꯟꯅꯕ ꯉꯝꯗꯦ꯫ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯄꯦꯔꯤꯁ ꯒꯦꯝꯁꯇ 1900ꯗ ꯌꯥꯎꯍꯟꯈꯤꯕꯗ ꯂꯩꯕꯥꯛ 6ꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫ ꯃꯈꯣꯏ ꯑꯗꯨꯗꯤ ꯒ꯭ꯔꯦꯠ ꯕ꯭ꯔꯤꯇꯦꯟ, ꯌꯨ ꯑꯦꯁ ꯑꯦ, ꯁ꯭ꯄꯦꯟ, ꯐ꯭ꯔꯥꯟꯁ, ꯃꯦꯛꯁꯤꯀꯣ ꯑꯃꯁꯨꯡ ꯑꯌꯔꯂꯦꯟꯗꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯩꯕꯥꯛꯁꯤꯡ ꯑꯁꯤꯗꯒꯤ ꯂꯥꯛꯄ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯗꯨ ꯃꯁꯤꯡ ꯁꯨꯗꯕ ꯑꯃꯗꯤ ꯃꯈꯣꯏꯒꯤ ꯁꯒꯣꯜ ꯄꯨꯔꯛꯄꯗ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯃꯔꯝꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯗꯨ ꯄꯨꯟꯁꯤꯟꯅꯔꯒ ꯇꯤꯝꯁꯤꯡ ꯁꯦꯝꯂꯒ ꯑꯊꯣꯏ ꯑꯍꯦꯟ ꯇꯥꯟꯅꯕ ꯑꯗꯨ ꯆꯠꯊꯈꯤ꯫ ꯃꯗꯨꯗ ꯒ꯭ꯔꯦꯠ ꯕ꯭ꯔꯤꯇꯦꯟ, ꯌꯨ ꯑꯦꯁ ꯑꯦ ꯑꯃꯁꯨꯡ ꯑꯌꯔꯂꯦꯟꯗꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯄꯨꯟꯅ ꯁꯦꯝꯕ ꯀꯝꯕꯥꯏꯟꯗ ꯇꯤꯝ ꯑꯃꯅ ꯃꯀꯣꯛ ꯑꯣꯏꯈꯤ꯫ ꯑꯅꯤꯁꯨꯕ ꯇꯥꯈꯤꯕ ꯇꯤꯝ ꯑꯗꯨꯁꯨ ꯒ꯭ꯔꯦꯠ ꯕ꯭ꯔꯤꯇꯦꯟ, ꯁ꯭ꯄꯦꯟ ꯑꯃꯁꯨꯡ ꯌꯨ ꯑꯦꯁ ꯑꯦꯅ ꯁꯦꯝꯕ ꯇꯤꯝꯅꯤ꯫
ꯍꯧꯈꯤꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯤꯡꯗ ꯑꯃꯦꯔꯤꯀꯥ ꯃꯆꯥꯁꯤꯡꯅ ꯃꯤꯇꯔ 100ꯒꯤ ꯂꯝꯖꯦꯜꯗ ꯃꯀꯣꯛ ꯇꯥꯈꯤ ꯑꯗꯨꯕꯨ ꯍꯟꯗꯛꯀꯤ ꯂꯟꯗꯟ ꯒꯦꯝꯁ ꯑꯁꯤꯗꯗꯤ ꯏꯪꯂꯦꯟꯗꯒꯤ ꯖꯦꯝꯁ ꯔꯦꯛꯇꯔꯅ ꯂꯝꯖꯦꯜ ꯑꯁꯤꯗ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜꯒꯤꯗꯃꯛ ꯈꯥ ꯑꯐ꯭ꯔꯤꯀꯥꯒꯤ ꯔꯦꯅꯤꯒꯥꯜꯗ-ꯋꯥꯜꯀꯔꯒ ꯑꯀꯟꯕ ꯂꯝꯕ ꯇꯧꯅꯕꯗ ꯔꯦꯅꯤꯒꯥꯜ-ꯋꯥꯜꯀꯔꯅ ꯁꯦꯀꯦꯟꯗ 10.8ꯗ ꯂꯝꯁꯥꯡ ꯑꯗꯨꯕꯨ ꯍꯥꯟꯅꯒꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯔꯦꯀꯣꯔꯗꯀ ꯃꯥꯟꯅ ꯆꯦꯟꯗꯨꯅ ꯂꯝꯖꯦꯜ ꯑꯗꯨ ꯊꯣꯏꯈꯤ꯫ ꯃꯗꯨꯗ ꯏꯪꯂꯤꯁꯀꯤ ꯚꯥꯕꯛꯅ ꯍꯔꯥꯎꯗꯨꯅ ꯃꯀꯣꯛꯇ ꯎꯞꯂꯤꯕ ꯇꯨꯄꯤ ꯑꯃꯁꯨꯡ ꯒ꯭ꯔꯣꯒ꯭ꯔꯥꯝ ꯌꯥꯎꯕ ꯆꯦꯁꯤꯡ ꯂꯪꯁꯤꯟꯗꯨꯅ ꯃꯍꯥꯛꯄ ꯊꯥꯒꯠꯄ ꯐꯣꯡꯗꯣꯛꯈꯤ꯫ ꯑꯃꯦꯔꯤꯀꯥꯒꯤ ꯖꯦꯝꯁ ꯔꯦꯛꯇꯔꯅ ꯑꯅꯤꯁꯨꯕ ꯑꯃꯁꯨꯡ ꯀꯥꯅꯥꯗꯥꯒꯤ ꯔꯣꯕꯔꯠ ꯀꯔ ꯀꯧꯕ ꯑꯃꯅ ꯑꯍꯨꯝꯁꯨꯕ ꯇꯥꯈꯤ꯫ ꯔꯣꯕꯔꯠ ꯀꯣꯔꯅ ꯃꯤꯇꯔ 200ꯒꯤ ꯂꯝꯖꯦꯜꯗꯗꯤ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜ ꯐꯪꯈꯤ꯫
ꯂꯟꯗꯟ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯑꯁꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯄꯨꯋꯥꯔꯗ ꯄꯨꯛꯅꯤꯡ ꯆꯤꯡꯁꯤꯟꯕ ꯊꯧꯗꯣꯛ ꯀꯌꯥꯃꯨꯛꯁꯨ ꯌꯥꯎꯔꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯇꯤꯝ ꯇꯔꯦꯠꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤꯕ ꯃꯦꯗꯂꯦꯌ ꯔꯤꯂꯦꯅꯤ꯫ ꯃꯁꯤꯗ ꯑꯍꯥꯟꯕꯒꯤ ꯂꯝꯖꯦꯜꯂꯣꯏ ꯑꯅꯤ ꯑꯗꯨꯅ ꯃꯤꯇꯔ 200/200 ꯆꯦꯜꯍꯜꯂꯤ; ꯑꯍꯨꯝꯁꯨꯕ ꯑꯗꯨꯅ ꯃꯤꯇꯔ 400 ꯑꯃꯗꯤ ꯃꯔꯤꯁꯨꯕ ꯂꯝꯖꯦꯜꯂꯣꯏ ꯑꯗꯨꯅ ꯃꯤꯇꯔ 800 (200, 200, 400) ꯃꯗꯨꯗ ꯃꯈꯨꯠꯇ ꯄꯥꯏꯔꯒ ꯁꯤꯟꯅꯅꯕ ꯆꯩ (ꯕꯦꯇꯣꯟ) ꯑꯗꯨ ꯄꯥꯏꯗꯦ, ꯃꯁꯤꯒꯤ ꯃꯍꯨꯠꯇ ꯃꯈꯨꯠꯀ ꯃꯈꯨꯠꯀ ꯁꯣꯛꯅꯍꯜꯂꯤ꯫=

- ꯂꯩꯁꯥꯡꯊꯦꯝ ꯑꯖꯤꯠ -

ꯂꯟꯗꯟ ꯁꯍꯔꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ - 1908
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 29
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯅꯕꯦꯝꯕꯔ 15, ꯅꯤꯡꯊꯧꯀꯥꯕ
ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔ
I-meL hueiyenliteraryquiz@gmail.com sid meL AoIn
ꯊꯥꯕꯤꯔꯛꯄ ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ,
ꯃꯍꯩꯒꯤ ꯊꯥꯛ ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ
ꯈꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫
ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

1| “ꯊꯥꯞꯅꯔꯤꯕ”ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ? ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ
ꯂꯥꯏꯔꯤꯛꯅꯣ?
2| “ꯃꯄꯥꯔꯤ ꯂꯩꯔꯥꯡꯇꯣꯟꯗ ꯁꯥꯠꯄ ꯁꯤꯡꯂꯦꯟꯇꯣꯟꯗ ꯄꯣꯛꯄ ꯎꯅꯧ ꯀꯣꯟꯗꯦꯜ
ꯀꯣꯟꯅ ꯍꯨꯟ ꯁꯂꯦꯟ ꯂꯥꯏꯐꯥꯜ ꯊꯤꯟꯕ, ꯈꯣꯏꯌꯝ ꯂꯥꯏꯄꯣꯛ ꯁꯪꯁꯪꯕ ꯆꯦꯡꯂꯧ
ꯁꯛꯅ ꯍꯦꯟꯕ, ꯄꯨꯅꯨꯡ ꯂꯤꯟꯅ ꯉꯥꯟꯕ, ꯈꯣꯏꯌꯝ ꯂꯥꯏꯕꯨ ꯅꯤꯡꯕꯒꯤ ꯀꯣꯂꯣꯏ
ꯃꯃꯤꯡꯊꯣꯗꯤ ꯕ꯭ꯔꯁꯀꯦꯇꯨ ꯇꯧꯅ ꯀꯧꯑꯦ꯫ ꯕ꯭ꯔꯁꯀꯦꯇꯨ ꯚꯛꯇ ꯋꯥꯔꯤ
ꯂꯝꯗꯥꯡꯁꯥꯡꯕꯨ ꯍꯌꯥ ꯂꯥꯎꯅ ꯁꯩꯊꯤꯔꯛꯀꯦ꯫” ꯋꯥꯍꯩ ꯄꯔꯦꯡꯁꯤꯡ ꯑꯁꯤ ꯀꯔꯤ
ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯂꯧꯊꯣꯛꯄꯅꯣ?
3| ꯕ꯭ꯔꯤꯟꯗꯥꯕꯟꯂꯥꯜ ꯕꯔꯃꯥꯒꯤ “ꯃꯨꯒꯌꯅꯤ” ꯍꯥꯏꯕ ꯎꯞꯅ꯭ꯌꯥꯁ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ
ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯗꯨꯅ ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯒꯦ?
4| “ꯒꯤꯇꯥ ꯕꯅꯕꯥꯁ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
5| “ꯃꯍꯥꯚꯥꯔꯠꯀꯤ ꯁꯀꯨꯅꯤ ꯑꯃꯁꯨꯡ ꯁꯀꯨꯅꯤꯒꯤ ꯋꯥꯁꯛ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ
ꯀꯅꯥꯅ ꯏꯕꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?