Imphal, wednesday, deceMBER 04, 2019 yuMskEs, poInugi 8 ni paNb, maliya kuMsiZ 3417 obT\lE mkEwkB

HUEIYEN LANPAO

Printed, published and owned by Soubam Niladhaja Singh, published from Sega Road Thouda Bhabok Leikai, Imphal West-795001, Manipur & printed at M/s. Kangleipak Printers, Sega Road, Thouda Bhabok Leikai, Imphal West- 795001, Manipur
Editor : Thounaojam Birdhaja, Telephone Nos. (0385)2440771, 2445104 (Advertisement), (0385)2445106 (Office), +91-(0)9774803145 (Readers Care Number), e-mail: hueiyen_lanpao@yahoo.co.in, hueiyen_lanpao@rediffmail.com

4
ꯋꯥꯔꯤ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯌꯦꯛ ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯈꯨꯟꯖꯥꯁꯤꯡꯗꯨ ꯑꯃꯃꯝ ꯆꯠꯅꯈꯤꯗꯨꯅ ꯀꯅꯥꯝꯇ
ꯂꯩꯍꯧꯔꯝꯈꯤꯗꯦ꯫

ꯇꯥꯏꯕꯪꯃꯤꯅ ꯃꯇꯦꯡ ꯄꯥꯡꯗ꯭ꯔꯕꯅꯤꯅ ꯑꯩ ꯎꯃꯪꯗ ꯆꯠꯂꯒ
ꯁꯥꯁꯤꯡꯒꯤ ꯃꯇꯦꯡ ꯂꯧꯔꯨꯔꯒꯦ꯫ ꯑꯁꯨꯝꯇꯧꯅ ꯈꯤꯅꯨꯒꯤ ꯃꯃꯥꯗꯨ ꯎꯃꯪꯗ ꯆꯪꯈꯤꯔꯝꯃꯤ꯫

ꯃꯣꯇꯦ ꯑꯦꯟꯗ ꯀꯣꯄꯨ (ꯑꯅꯥꯜ ꯐꯣꯛ ꯇꯦꯜ)
ꯁ꯭ꯇꯣꯔꯤ ꯑꯃꯁꯨꯡ ꯑꯥꯔꯠ : ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯄꯤꯔꯤꯕ ꯗꯣꯠꯁꯤꯡ ꯁꯝꯖꯤꯟꯅꯔꯒ,
ꯂꯥꯏ ꯑꯁꯤ ꯃꯄꯨꯡ ꯐꯥꯍꯜꯂꯨ
ꯃꯁꯤꯡ ꯊꯤꯅꯕ ꯍꯣꯠꯅꯕ:

ꯃꯇꯝ ꯀꯨꯏꯔꯕꯒꯤ
ꯃꯃꯥꯡꯗꯒꯤ ꯂꯩꯔꯛꯂꯕ ꯇꯨꯝꯊꯍꯟꯅꯕ
ꯄꯥꯝꯕꯩ ꯑꯃ ꯍꯥꯏꯔꯒꯗꯤ ꯃꯁꯤꯡ
100ꯗꯒꯤ ꯍꯧꯔꯒ ꯑꯁꯨꯝ-ꯑꯁꯨꯝ ꯍꯟꯊꯅ
ꯃꯁꯤꯡ ꯊꯤꯊꯔꯛꯄ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫
ꯄꯥꯝꯕꯩ ꯑꯁꯤ ꯀꯔꯝꯅ ꯀꯥꯟꯅꯔꯤꯕꯅꯣ
ꯍꯥꯏꯕꯁꯤ ꯃꯁꯤꯅ ꯕꯣꯔꯤꯡ ꯆꯨꯕ ꯑꯃꯗꯤ
ꯑꯋꯥꯕ-ꯅꯨꯡꯉꯥꯏꯇꯕ ꯋꯥꯈꯜꯗꯒꯤ
ꯅꯥꯊꯩꯍꯟꯕ ꯌꯥꯎꯅ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ
ꯃꯔꯝ ꯀꯌꯥ ꯂꯩ꯫
ꯆꯥꯕꯒꯤ ꯍꯩꯅꯕꯤ ꯍꯣꯡꯗꯣꯛꯄ:
ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯃꯔꯨꯑꯣꯏꯅ
ꯅꯨꯃꯤꯗꯥꯡꯒꯤ ꯃꯇꯝꯗ ꯆꯥꯈꯤꯕ ꯆꯤꯟꯖꯥꯛꯅ
ꯇꯨꯝꯕꯗ ꯏꯝꯄꯦꯛꯠ ꯑꯃ ꯄꯤ꯫ ꯈꯨꯗꯝ
ꯑꯣꯏꯅ ꯇꯨꯝꯂꯝꯗꯥꯏ ꯄꯨꯡ ꯑꯃꯒꯤ
ꯃꯅꯨꯡꯗ ꯆꯥꯛ ꯌꯥꯝꯅ ꯆꯥꯁꯤꯟꯕꯅ ꯃꯤꯑꯣꯏ ꯑꯗꯨꯅ ꯇꯨꯝꯊꯕꯗ ꯑꯀꯥꯏꯕ
ꯊꯣꯛꯍꯜꯂꯤ꯫ ꯆꯥꯛꯂꯦꯟ ꯑꯃ ꯆꯥꯕ ꯇꯨꯝꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯌꯥꯝꯗ꯭ꯔꯕꯗ ꯄꯨꯡ 2
ꯗꯒꯤ ꯑꯍꯨꯝꯐꯥꯎꯕ ꯆꯪꯏ꯫ ꯆꯥꯈꯤꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯇꯨꯝꯕ ꯂꯣꯏꯗ꯭ꯔꯤꯉꯩ ꯃꯇꯝꯗ
ꯍꯤꯞꯊꯕꯅ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯅꯠꯇ꯭ꯔꯒꯅ ꯑꯣꯅꯤꯡꯕ ꯊꯣꯛꯍꯟꯕ ꯌꯥꯏ ꯑꯃꯗꯤ
ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯈꯔꯗꯗꯤ ꯆꯥꯕ ꯇꯨꯝꯕꯒꯤ ꯄ꯭ꯔꯣꯁꯦꯁꯇ ꯊꯤꯟꯊꯍꯜꯂꯤ꯫
ꯐꯃꯨꯡꯗ ꯇꯨꯝꯕ ꯆꯪꯗ꯭ꯔꯤꯉꯩ ꯃꯃꯥꯡꯗ ꯆꯥꯈꯤꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯇꯨꯝꯅꯕꯒꯤ ꯃꯇꯝ
ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯄꯤꯕꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯩ꯫ ꯆꯞ ꯆꯥꯕ ꯃꯇꯝꯗꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯒ
ꯃꯤꯑꯣꯏ ꯑꯃꯒ ꯈꯦꯟꯅꯒꯅꯤ꯫
ꯀꯥꯒꯤ ꯑꯏꯪ-ꯑꯁꯥꯒꯤ ꯆꯥꯡ ꯆꯥꯅ ꯊꯝꯕ:
ꯇꯨꯝꯐꯝ ꯀꯥꯗ ꯌꯥꯝꯅ ꯁꯥꯃꯟꯕ ꯅꯠꯇ꯭ꯔꯒꯅ ꯌꯥꯝꯅ ꯏꯪꯃꯟꯕꯅ ꯇꯨꯝꯕꯗ
ꯌꯥꯝꯅ ꯆꯥꯎꯅ ꯑꯀꯥꯏꯕ ꯄꯤ꯫ ꯀꯔꯝꯕ ꯇꯦꯝꯄꯔꯦꯆꯔꯗꯅ ꯇꯨꯝꯕ ꯈ꯭ꯋꯥꯏꯗꯒꯤ
ꯅꯨꯡꯉꯥꯏꯕꯒꯦ ꯍꯥꯏꯕꯗꯤ ꯃꯤꯁꯛ ꯈꯦꯟꯅꯕꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯈꯦꯟꯅꯩ, ꯃꯔꯝ ꯑꯗꯨꯅ
ꯀꯔꯝꯕ ꯆꯥꯡꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯅꯨꯡꯉꯥꯏꯕꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯏꯁꯥꯅ ꯆꯥꯡ ꯌꯦꯡꯕ ꯇꯥꯏ꯫
ꯑꯗꯨꯕꯨ ꯅꯦꯁꯅꯦꯜ ꯁ꯭ꯂꯤꯞ ꯐꯥꯎꯟꯗꯦꯁꯟꯅ ꯔꯦꯀꯃꯦꯟꯗ ꯇꯧꯕꯒꯤ ꯃꯇꯨꯡꯏꯟꯅꯗꯤ
ꯇꯨꯝꯕꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯅꯨꯡꯉꯥꯏꯕ ꯇꯦꯝꯄꯔꯦꯆꯔ ꯑꯁꯤ 65°F ꯅꯤ ꯍꯥꯏꯔꯤ꯫
ꯇꯨꯝꯕꯗ ꯅꯨꯡꯉꯥꯏꯕ ꯄꯣꯖꯤꯁꯟ ꯊꯤꯕ:
ꯇꯨꯝꯕꯗ ꯅꯨꯡꯉꯥꯏꯕ ꯄꯣꯖꯤꯁꯟ ꯍꯥꯏꯕꯁꯤ ꯇꯨꯝꯕꯒꯤ ꯇꯉꯥꯏꯐꯗ꯭ꯔꯕ ꯃꯆꯥꯛ
ꯑꯃꯅꯤ꯫ ꯇꯨꯝꯕꯒꯤ ꯄꯣꯖꯤꯁꯟ ꯇꯣꯏꯅ ꯍꯣꯡꯕꯅ ꯇꯨꯝꯕ ꯀꯥꯏꯍꯜꯂꯤ꯫ ꯑꯗꯨꯕꯨ
ꯃꯐꯝ ꯆꯞ ꯆꯥꯕ ꯑꯃ ꯐꯪꯈ꯭ꯔꯕꯗꯤ ꯇꯨꯝꯊꯕꯗ ꯌꯥꯝꯅ ꯅꯨꯡꯉꯥꯏꯍꯜꯂꯤ꯫ ꯃꯤꯑꯣꯏ
ꯑꯌꯥꯝꯕꯅ ꯆꯦꯞꯂꯒ ꯇꯨꯝꯕ ꯑꯁꯤꯅ ꯈ꯭ꯋꯥꯏꯗꯒ ꯅꯨꯡꯉꯥꯏꯕ ꯄꯤꯖꯤꯁꯟ ꯑꯣꯏ꯫
ꯃ꯭ꯌꯨꯖꯤꯛ ꯇꯥꯕ:
ꯄꯥꯝꯕꯩ ꯑꯁꯤ ꯃꯤꯑꯣꯏ ꯈꯨꯗꯤꯡꯃꯛꯇꯗꯤ ꯀꯥꯟꯅꯕ ꯐꯪꯗꯕꯁꯨ ꯌꯥꯏ, ꯑꯗꯨꯕꯨ
ꯀꯅꯥꯒꯨꯝꯕ ꯈꯔꯗꯤ ꯇꯨꯝꯕ ꯆꯪꯗ꯭ꯔꯤꯉꯩꯗ ꯄꯨꯛꯅꯤꯡ ꯄꯣꯠꯊꯥꯍꯟꯕ ꯃ꯭ꯌꯨꯖꯤꯛ
ꯇꯥꯕꯗ ꯀꯥꯟꯅꯕ ꯐꯪꯏ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯈꯔꯗꯗꯤ ꯃ꯭ꯌꯨꯖꯤꯛ ꯇꯥꯕ ꯑꯁꯤꯅ
ꯑꯦꯟꯖꯥꯏꯇꯤ ꯑꯃꯗꯤ ꯇꯨꯝꯕ ꯌꯥꯗꯕ ꯊꯣꯛꯍꯟꯕꯁꯨ ꯌꯥꯏ, ꯑꯗꯨꯅ ꯏꯁꯥꯅ ꯏꯁꯥꯒꯤ
ꯐꯤꯚꯝ ꯈꯪꯗꯣꯛꯄ ꯃꯊꯧ ꯇꯥꯏ꯫
ꯇꯨꯝꯕ ꯆꯪꯗ꯭ꯔꯤꯉꯩꯗ ꯇꯣꯏꯂꯦꯠ ꯆꯪꯊꯣꯛꯍꯧꯕ:

ꯇꯨꯝꯂꯤꯉꯩꯗ ꯇꯣꯏꯂꯦꯠ ꯆꯪꯅꯤꯡꯂꯛꯄ
ꯍꯥꯏꯕꯁꯤ ꯇꯨꯝꯕ ꯀꯥꯏꯅꯕꯒꯤ ꯌꯥꯝꯅ
ꯆꯥꯎꯕ ꯃꯔꯝ ꯑꯃꯅꯤ꯫ ꯐꯃꯨꯡꯗ
ꯅꯨꯡꯉꯥꯏꯅ ꯇꯨꯝꯂꯤꯕ ꯑꯗꯨ ꯊꯥꯗꯣꯛꯂꯒ
ꯇꯣꯏꯂꯦꯠꯇ ꯆꯪꯕ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ
ꯅꯨꯡꯉꯥꯏꯇꯕ ꯊꯧꯑꯣꯡ ꯑꯃꯅꯤ꯫
ꯑꯗꯨꯒ ꯑꯃꯨꯛꯁꯨ ꯇꯣꯏꯂꯦꯠꯇ ꯆꯪꯕ
ꯌꯥꯝꯅ ꯃꯊꯧ ꯇꯥꯔꯛꯂꯕ ꯃꯇꯝ ꯑꯗꯨꯗ
ꯈꯥꯡꯖꯤꯟꯗꯨꯅ ꯂꯩꯕ ꯍꯥꯏꯕꯁꯤꯅꯁꯨ
ꯑꯃꯨꯛ ꯇꯨꯝꯕ ꯀꯥꯏꯍꯜꯂꯤ꯫ ꯃꯔꯝ
ꯑꯗꯨꯅ ꯇꯨꯝꯕ ꯆꯪꯗ꯭ꯔꯤꯉꯩꯗ ꯇꯣꯏꯂꯦꯠ
ꯆꯪꯊꯣꯛꯍꯧꯒꯗꯕꯅꯤ꯫
ꯑꯁꯥꯕ ꯅꯠꯇ꯭ꯔꯒꯅ ꯂꯨꯝꯕꯨ ꯂꯨꯝꯕꯨ
ꯁꯥꯕ ꯏꯁꯤꯡꯅ ꯏꯔꯨꯖꯊꯣꯛꯄ:
ꯑꯁꯥꯕ ꯅꯠꯇ꯭ꯔꯒꯅ ꯂꯨꯝꯕꯨ-ꯂꯨꯝꯕꯨ
ꯁꯥꯕ ꯏꯁꯤꯡꯅ ꯏꯔꯨꯖꯊꯣꯛꯄꯅ ꯍꯛꯆꯥꯡꯕꯨ
ꯄꯣꯠꯊꯥꯍꯟꯗꯨꯅ ꯇꯨꯝꯅꯕꯒꯤ ꯊꯧꯔꯥꯡ ꯇꯧꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯃꯁꯤꯅ ꯇꯨꯝꯂꯝꯗꯥꯏꯗ
ꯍꯛꯆꯥꯡꯒꯤ ꯇꯦꯝꯄꯔꯦꯆꯔ ꯐꯒꯠꯍꯟꯕꯗꯁꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫
ꯃꯦꯂꯥꯇꯣꯅꯤꯟ ꯁꯤꯖꯤꯟꯅꯕ:

ꯃꯦꯂꯥꯇꯣꯅꯤꯟ ꯑꯁꯤ ꯇꯨꯝꯅꯕꯒꯤ ꯍꯣꯔꯃꯣꯟ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯃꯁꯤ ꯇꯨꯝꯅꯤꯡꯕ
ꯑꯃꯗꯤ ꯎꯏꯅꯤꯡꯕ ꯐꯥꯎꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯍꯛꯆꯥꯡ ꯃꯅꯨꯡꯗ ꯃꯍꯟꯇ ꯄꯨꯊꯣꯛꯆꯩ꯫
ꯊꯨꯅ ꯑꯃꯗꯤ ꯅꯨꯡꯉꯥꯏꯅ ꯇꯨꯝꯊꯕ ꯌꯥꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯁꯄ꯭ꯂꯤꯃꯦꯟꯠ ꯑꯃ
ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕꯁꯨ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯃꯁꯤ ꯁꯤꯖꯤꯟꯅꯗ꯭ꯔꯤꯉꯩ ꯃꯃꯥꯡꯗ ꯗꯣꯛꯇꯔ
ꯑꯃ ꯇꯥꯟꯅꯕꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯩ꯫
ꯅꯨꯡꯉꯥꯏꯅ ꯐꯃꯨꯡꯗ ꯇꯨꯝꯕ:
ꯅꯦꯁꯅꯦꯜ ꯁ꯭ꯂꯤꯞ ꯐꯥꯎꯟꯗꯦꯁꯟꯅ ꯅꯧꯅ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯁꯔꯚꯦ ꯑꯃꯗ
ꯔꯦꯁꯄꯣꯟꯗꯦꯟꯠ 10ꯒꯤ ꯃꯅꯨꯡꯗ 9ꯅ ꯃꯈꯣꯏꯅ ꯇꯨꯝꯅꯕꯒꯤꯗꯃꯛ ꯃꯈꯣꯏꯒꯤ
ꯃꯣꯝꯄꯥꯛ ꯑꯗꯨ ꯇꯉꯥꯏꯐꯗꯅ ꯄꯣꯠꯁꯛ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯔꯤꯄꯣꯔꯠ ꯇꯧꯈꯤ꯫
ꯅꯨꯡꯉꯥꯏꯕ ꯃꯣꯟꯄꯥꯛ ꯑꯃ ꯂꯩꯗꯨꯅ ꯁꯤꯖꯤꯟꯅꯕꯅ ꯇꯨꯝꯕꯒꯤ ꯀ꯭ꯋꯥꯂꯤꯇꯤ
ꯐꯒꯠꯍꯟꯕꯗ ꯌꯥꯝꯅ ꯃꯇꯦꯡ ꯄꯥꯡꯒꯅꯤ꯫
ꯑꯔꯥꯡꯕ ꯈꯣꯟꯖꯦꯜ ꯇꯥꯍꯟꯗꯕ:
ꯈꯣꯟꯖꯦꯜ ꯍꯥꯏꯕꯁꯤꯅ ꯇꯨꯝꯕ ꯀꯥꯏꯍꯜꯂꯤ, ꯇꯨꯝꯊꯅꯕ ꯍꯣꯠꯅꯕꯗꯁꯨ ꯑꯄꯟꯕ
ꯄꯤ, ꯑꯃꯗꯤ ꯑꯔꯥꯡꯕ ꯃꯐꯝꯗ ꯇꯨꯝꯂꯕꯗꯤ ꯇꯨꯝꯕꯒꯤ ꯀ꯭ꯋꯥꯂꯤꯇꯤ ꯍꯟꯊꯍꯜꯂꯤ꯫
ꯀꯨꯝꯖꯥ 2016ꯇ ꯆꯠꯊꯈꯤꯕ ꯁ꯭ꯇꯗꯤ ꯑꯃꯗ ꯄꯥꯔꯇꯤꯁꯤꯄꯦꯟꯠꯁꯤꯡ ꯌꯨꯝꯗ
ꯇꯨꯝꯕꯗꯒꯤ ꯍꯣꯁꯄꯤꯇꯥꯜꯗ ꯇꯨꯝꯕꯅ ꯌꯥꯝꯅ ꯀꯥ ꯍꯦꯟꯅ ꯅꯨꯡꯉꯥꯇꯕ ꯍꯦꯜꯂꯤ
ꯍꯥꯏꯕ ꯈꯪꯈꯤ꯫ ꯃꯁꯤ ꯌꯨꯝꯒ ꯌꯦꯡꯅꯔꯨꯕꯗ ꯍꯣꯁꯄꯤꯇꯥꯜꯗꯗꯤ ꯂꯥꯡꯕꯒꯤ ꯆꯥꯡ
ꯍꯦꯟꯕꯒꯤꯅꯤ ꯍꯥꯏꯅ ꯔꯤꯁꯥꯔꯆꯔꯁꯤꯡ ꯑꯗꯨꯅ ꯈꯪꯕ ꯉꯝꯈꯤ꯫
ꯌꯨ ꯀꯥ ꯍꯦꯟꯅ ꯊꯛꯂꯣꯏꯗꯕꯅꯤ:
ꯇꯨꯝꯂꯝꯗꯥꯏꯗ ꯌꯨ ꯆꯥꯡ ꯌꯥꯝꯅ ꯊꯛꯄꯅ ꯇꯨꯝꯕꯗ ꯑꯀꯥꯏꯕ ꯊꯣꯛꯍꯜꯂꯤ꯫
ꯌꯨ ꯊꯛꯄꯅ ꯄꯣꯠꯊꯥꯐꯝ ꯈꯪꯗꯕ ꯑꯃꯗꯤ ꯑꯣꯅꯤꯡꯕ ꯐꯥꯎꯍꯜꯂꯤ, ꯃꯁꯤꯅ ꯃꯔꯝ
ꯑꯣꯏꯔꯒ ꯇꯨꯝꯊꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯊꯤꯟꯊꯍꯜꯂꯤ꯫
ꯃꯍꯧꯁꯥꯒꯤ ꯑꯣꯏꯕ ꯃꯑꯣꯡꯗ ꯇꯨꯝꯊꯈꯤꯕ ꯍꯥꯏꯕꯁꯤꯅ ꯄꯨꯛꯅꯤꯡ-ꯋꯥꯈꯜ
ꯑꯃꯗꯤ ꯍꯛꯆꯥꯡꯕꯨ ꯃꯄꯨꯡ ꯐꯥꯅ ꯄꯣꯠꯊꯥꯍꯟꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯕ ꯄꯥꯝꯕꯩꯅꯤ꯫

ꯀꯔꯝꯅ ꯌꯥꯝꯅ ꯂꯥꯏꯅ ꯇꯨꯝꯊꯒꯗꯒꯦ?- 2
ꯂꯧꯁꯤꯡ ꯄꯨꯛꯀꯩ / ꯈꯣꯝꯖꯤꯟꯕ: ꯀꯩꯊꯦꯜꯂꯥꯛꯄꯝ ꯈꯨꯃꯟꯉꯝꯕ
1| ꯕꯔꯂꯤꯟꯒꯤ ꯆꯦꯛꯄꯜ ꯊꯨꯒꯥꯏꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯅꯣꯡꯄꯣꯛ ꯑꯃꯁꯨꯡ ꯅꯣꯡꯆꯨꯞ
ꯖꯔꯃꯅꯤ ꯄꯨꯟꯁꯤꯟꯈꯤ꯫ ꯃꯗꯨꯗ ꯅꯣꯡꯄꯣꯛ ꯖꯔꯃꯅꯤꯒꯤ ꯃꯍꯨꯠꯁꯤꯟꯗꯨꯅ
ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯔꯝꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃꯗꯤ ꯆꯍꯤ ꯑꯃꯗ
ꯁ꯭ꯇꯦꯔꯣꯏꯗ (Steriod) ꯒ꯭ꯔꯥꯝ 3,955 ꯆꯥꯈꯤ ꯍꯥꯏꯅ ꯈꯪꯂꯛꯈꯤ, ꯃꯍꯥꯛ
ꯑꯗꯨ ꯀꯅꯥꯅꯣ?
2) ꯑꯩꯍꯥꯛ ꯑꯅꯤꯁꯨꯕ ꯃꯦꯒꯥ ꯃꯔꯥꯊꯟꯗ ꯅꯨꯄꯥꯒꯤ ꯆꯍꯤ 50ꯒꯤ ꯒ꯭ꯔꯨꯞꯇ ꯑꯅꯤꯁꯨꯕ
ꯇꯥꯈꯤ꯫ ꯑꯩꯒꯤ ꯏꯃꯃꯤꯡ ꯄꯤꯌꯨ꯫
3) ꯋꯤꯟꯇꯔ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯁꯂꯥꯂꯣꯝ (SLALOM)ꯒꯤ ꯊꯧꯔꯝꯗ ꯑꯦꯊꯂꯦꯠ
ꯑꯝꯗꯤ ꯄꯣꯖꯤꯁꯟ ꯑꯍꯨꯝꯒꯤ ꯃꯅꯨꯡ ꯆꯟꯕ ꯉꯝꯈꯤꯗꯕꯗꯒꯤ ꯅꯤꯡꯕ ꯀꯥꯏꯈꯤ꯫
ꯃꯔꯝ ꯑꯗꯨꯅ ꯂꯝꯊꯨꯡꯐꯝ ꯌꯧꯒꯗꯕ ꯃꯤꯇꯔ ꯑꯃꯔꯣꯝꯗ ꯉꯥꯏꯔꯕ ꯃꯐꯝꯗꯒꯤ
ꯐꯝꯊꯔꯒ ꯂꯝꯊꯨꯡꯐꯝ ꯂꯣꯝꯗ ꯃꯅꯤꯡ ꯑꯣꯜꯂꯒ ꯂꯝꯊꯨꯡꯐꯝ ꯑꯗꯨ ꯂꯥꯟꯊꯣꯛꯈꯤ꯫
ꯃꯍꯥꯛ ꯑꯗꯨ ꯀꯅꯥꯅꯣ?
4) ꯃꯅꯤꯄꯨꯔꯗ ꯂꯩꯔꯤꯕ ꯀ꯭ꯂꯕ, ꯁ꯭ꯀꯨꯜ, ꯀꯣꯂꯦꯖꯇ ꯁ꯭ꯇꯦꯠꯀꯤ ꯑꯣꯏꯕ ꯁꯥꯟꯅꯕꯒꯤ
ꯂꯨꯞꯅꯆꯤꯡꯕ ꯑꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯍꯧꯈꯤꯕ ꯆꯍꯤ ꯅꯤꯐꯨ (40)
ꯑꯁꯤꯗ ꯆꯍꯤꯒꯤ ꯑꯣꯏꯅ ꯀ꯭ꯔꯣꯁ ꯀꯟꯇ꯭ꯔꯤ ꯂꯝꯖꯦꯜ
(Cross Country Race) ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯃꯅꯥ
ꯃꯊꯨꯝ ꯑꯃꯗꯤ ꯁꯥꯔꯇꯤꯐꯤꯀꯦꯠꯅꯆꯤꯡꯕ ꯌꯦꯟꯊꯣꯛꯄ
ꯑꯃꯒꯤ ꯃꯃꯤꯡ ꯄꯤꯌꯨ꯫
5) ꯎꯠꯂꯤꯕ ꯁꯛꯇꯝ ꯑꯁꯤ ꯀꯅꯥꯅꯣ?

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯁ꯭ꯄꯣꯔꯠꯁ ꯀꯨꯏꯖ-108
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯗꯤꯁꯦꯝꯕꯔ 15,
ꯅꯣꯡꯃꯥꯏꯖꯤꯡ ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯛꯀꯤ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ
Asigi Aofist nTtCrg hueiyensportsquiz@gmail.

ꯆꯣꯃ ꯗ ꯃꯦꯜ ꯑꯣꯏꯅ ꯊꯥꯕꯤꯔꯛꯄ 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꯫

ꯒ
65ꯁꯨꯕ ꯅꯦꯁꯅꯦꯜ ꯁ꯭ꯀꯨꯜ ꯒꯦꯝꯁ 2019ꯗ ꯁꯔꯨꯛ ꯌꯥꯒꯗꯕ ꯐꯦꯟꯁꯤꯡ ꯁꯥꯟꯅꯔꯣꯏ ꯏꯝꯐꯥꯜ ꯊꯥꯗꯣꯛꯈ꯭ꯔꯦ
ꯏꯝꯐꯥꯜ, ꯗꯤꯁꯦꯝꯕꯔ 3(ꯑꯩꯆ ꯑꯦꯟ ꯑꯦꯁ):
ꯃꯍꯥꯔꯥꯁꯇ꯭ꯔꯥꯒꯤ ꯅꯥꯁꯤꯛꯇ ꯂꯥꯛꯂꯤꯕ ꯗꯤꯁꯦꯝꯕꯔ
8ꯗꯒꯤ 10 ꯐꯥꯎꯕ ꯆꯠꯊꯒꯗꯕ 65ꯁꯨꯕ ꯅꯦꯁꯅꯦꯜ
ꯁ꯭ꯀꯨꯜ ꯒꯦꯝꯁ ꯐꯦꯟꯁꯤꯡ ꯌꯨ-17 ꯕꯣꯏꯖ ꯑꯦꯟꯗ
ꯒꯥꯔꯜꯁ 2019ꯒꯤꯗ ꯃꯅꯤꯄꯨꯔ ꯔꯤꯄ꯭ꯔꯖꯦꯟꯠ
ꯇꯧꯗꯨꯅ ꯁꯔꯨꯛ ꯌꯥꯒꯗꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯉꯁꯤ
ꯃꯍꯥꯔꯥꯁꯇ꯭ꯔꯥꯒꯤꯗꯃꯛ ꯏꯝꯐꯥꯜ ꯊꯥꯗꯣꯛꯈ꯭ꯔꯦ꯫
ꯁꯔꯨꯛ ꯌꯥꯁꯤꯕ ꯌꯨ-17 ꯌꯣꯏꯖꯀꯤ ꯐꯣꯏꯜ
ꯏꯚꯦꯟꯠꯇ ꯀꯥꯡꯄꯣꯛꯄꯤꯗꯒꯤ ꯑꯦꯁ ꯋꯥꯁꯤꯡꯇꯟ,
ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯇꯒꯤ ꯇꯤ ꯑꯩꯆ ꯙ꯭ꯔꯨꯕ, ꯇꯤ ꯑꯩꯆ
ꯚꯤꯁ꯭ꯋꯥꯅꯥꯊ, ꯑꯦꯁ ꯄꯦꯇꯔꯁꯟ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫
ꯆꯍꯤ 17 ꯃꯈꯥꯒꯤ ꯅꯨꯄꯥꯃꯆꯥꯒꯤ ꯏꯄꯤ ꯏꯚꯦꯟꯠꯇ
ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯇꯒꯤ ꯗꯕꯂꯤꯌꯨ ꯁꯇꯤꯁ, ꯑꯦꯁ
ꯆꯤꯡꯈꯩꯉꯥꯟꯕ, ꯏꯝꯐꯥꯜ ꯏꯁꯠꯇꯒꯤ ꯑꯣꯀꯦ ꯗꯤꯡꯀꯥꯁ,
ꯑꯦꯝ ꯆꯤꯡꯂꯦꯝꯕꯥ ꯁꯔꯛ ꯌꯥꯈꯤ꯫
ꯆꯍꯤ 17 ꯃꯈꯥꯒꯤ ꯅꯨꯄꯤꯃꯆꯥꯒꯤ ꯐꯣꯏꯜ
ꯏꯚꯦꯟꯠꯇ ꯗꯕꯂꯤꯌꯨ ꯁꯣꯅꯤꯌꯥ, ꯑꯦꯜ ꯅꯤꯔꯃꯥꯂꯥ, ꯏ
ꯁꯣꯅꯤꯌꯥ; ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯇꯒꯤ ꯗꯌꯥꯔꯥꯅꯤ ꯑꯦꯟ
ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫
ꯆꯍꯤ 17 ꯃꯈꯥꯒꯤ ꯅꯨꯄꯤꯃꯥꯒꯤ ꯏꯄꯤ ꯏꯚꯦꯟꯠꯇ
ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯇꯒꯤ ꯑꯦꯜ ꯁꯟꯗ꯭ꯔꯤꯀꯥ, ꯄꯤ ꯑꯩꯆ
ꯕꯤꯖꯤꯌꯥ, ꯇꯤ, ꯄ꯭ꯔꯦꯇꯤꯌꯥꯔꯥꯅꯤ; ꯏꯝꯐꯥꯜ ꯏꯁꯠꯇꯒꯤ
ꯄꯤ ꯑꯔꯤꯅꯥ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫
ꯆꯍꯤ 17 ꯃꯈꯥꯒꯤ ꯅꯨꯄꯤꯃꯆꯥꯒꯤ ꯁꯥꯕ꯭ꯔꯤ
ꯏꯚꯦꯟꯠꯇ ꯏꯝꯐꯥꯜ ꯏꯁꯠꯇꯒꯤ ꯑꯦꯜ ꯑꯕꯦꯁꯅꯥ,
ꯑꯦꯜ ꯑꯝꯕꯤꯀꯥ; ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯇꯒꯤ ꯄꯤ ꯑꯩꯆ
ꯕꯣꯕꯤ ꯗꯦꯚꯤ, ꯚꯥꯇꯤꯀꯥ ꯑꯩꯆ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫

ꯑꯍꯥꯟꯕ ꯑꯣꯗꯦꯁꯤꯌꯁ ꯀꯞ 2019
ꯍꯨꯏꯀꯞ ꯑꯦꯐ ꯁꯤ, ꯕꯤ ꯋꯥꯏ ꯕꯤ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥ ꯃꯥꯏ ꯄꯥꯛꯈ꯭ꯔꯦ
ꯏꯝꯐꯥꯜ, ꯗꯤꯁꯦꯝꯕꯔ 03(ꯑꯩꯆ ꯑꯦꯟ ꯑꯦꯁ):
ꯑꯣꯗꯦꯁꯤꯌꯁ ꯒ꯭ꯔꯨꯞ ꯅꯤꯡꯊꯧꯅꯥꯏꯅ ꯁꯤꯟꯗꯨꯅ ꯅꯣꯕꯦꯝꯕꯔ 25ꯗꯒꯤ ꯌꯥꯏꯔꯤꯄꯣꯛ
ꯅꯤꯡꯊꯧꯅꯥꯏ ꯒ꯭ꯔꯥꯎꯟꯗ ꯆꯠꯊꯔꯤꯕ ꯑꯍꯥꯟꯕ ꯑꯧꯗꯥꯁꯤꯌꯁ ꯀꯞ 7 ꯑꯦꯁꯥꯏꯗ ꯚꯤꯂꯦꯖ
ꯑꯣꯄꯟ ꯐꯨꯠꯕꯣꯜ ꯇꯨꯔꯅꯥꯃꯦꯟꯠ 2019ꯒꯤ ꯉꯁꯤ ꯁꯥꯟꯅꯈꯤꯕ ꯃꯦꯠꯆꯇ ꯍꯨꯏꯀꯞ ꯑꯦꯐ
ꯁꯤꯅ ꯉꯥꯔꯤꯌꯥꯟ-ꯑꯦꯕꯨ ꯄꯥꯟꯖꯜ 2-1ꯗ, ꯕꯤ ꯋꯥꯏ ꯕꯤ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥꯅ ꯑꯦꯁ ꯑꯥꯏ ꯁꯤ-
ꯁꯤꯡꯒꯥꯕꯨ ꯄꯥꯟꯖꯜ 3-0ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈ꯭ꯔꯦ꯫ ꯉꯁꯤꯒꯤ ꯑꯍꯥꯟꯕ ꯒ꯭ꯔꯥꯎꯟꯗ ꯍꯨꯏꯀꯞ
ꯑꯦꯐ ꯁꯤ ꯑꯃꯁꯨꯡ ꯉꯥꯔꯤꯌꯥꯟ-ꯑꯦ ꯂꯝꯕꯥ ꯇꯧꯈꯤ꯫ ꯃꯦꯠꯆ ꯑꯁꯤ ꯍꯦꯛ ꯍꯧꯕꯒ ꯍꯨꯏꯀꯞ
ꯑꯦꯐ ꯁꯤ ꯑꯃꯁꯨꯡ ꯉꯥꯔꯤꯌꯥꯟ-ꯑꯦ ꯌꯥꯝꯅ ꯅꯤꯡꯊꯤꯅ ꯂꯝꯕꯥ ꯆꯥꯅ ꯁꯥꯟꯅꯕ ꯍꯧꯔꯛꯈꯤ꯫
ꯍꯦꯛ ꯍꯧꯕꯒ ꯑꯦꯇꯦꯛꯠ ꯀꯌꯥ ꯆꯠꯊꯅꯈꯤ꯫ ꯁꯥꯟꯅꯕꯒꯤ ꯃꯤꯅꯠ 5 ꯆꯠꯄꯗ ꯉꯥꯔꯤꯌꯥꯟ-
ꯑꯦꯒꯤ ꯑꯦꯀꯥꯎꯟꯠ ꯃꯣꯍꯃꯗ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 7 ꯅ ꯆꯟꯈꯤ꯫ ꯍꯨꯏꯀꯞ ꯑꯦꯐ ꯁꯤꯒꯤ
ꯃꯥꯏꯀꯩꯗꯒꯤ ꯑꯍꯦꯟꯕ ꯄ꯭ꯔꯦꯁꯔ ꯄꯤꯗꯨꯅ ꯌꯥꯝꯅ ꯀꯟꯅ ꯁꯥꯟꯅꯔꯛꯈꯤ꯫ ꯁꯥꯟꯅꯕꯒꯤ
ꯃꯤꯅꯠ 46 ꯆꯠꯄꯗ ꯗꯕꯂꯤꯌꯨ ꯀ꯭ꯂꯤꯟꯇꯟ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 8ꯅ ꯑꯀꯥꯎꯟꯠ ꯍꯥꯡꯗꯨꯅ
ꯄꯥꯟꯖꯜ 1-1ꯗ ꯃꯥꯟꯅꯍꯟꯈꯤ꯫ ꯑꯃꯨꯛꯁꯨ ꯁꯨꯞꯅꯇꯒꯤ ꯃꯤꯅꯠ 2 ꯈꯛ ꯀꯥꯟꯅꯔꯒ
ꯃꯦꯠꯆꯀꯤ ꯃꯤꯅꯠ 48 ꯆꯠꯄꯗ ꯍꯨꯏꯀꯞ ꯑꯦꯐ ꯁꯤꯒꯤ ꯑꯅꯤꯁꯨꯕ ꯒꯣꯜ ꯗꯕꯂꯤꯌꯨ
ꯄꯨꯅꯤꯀꯥꯟꯇꯥ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 17ꯅ ꯆꯟꯗꯨꯅ ꯁ꯭ꯀꯣꯔ 2-1ꯗ ꯃꯥꯡꯖꯤꯜ ꯊꯥꯈꯤ꯫ ꯉꯥꯔꯤꯌꯥꯟ-
ꯑꯦꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯁꯣꯠꯊꯔꯤꯕ ꯁ꯭ꯀꯣꯔ ꯑꯗꯨ ꯍꯟꯗꯣꯛꯄ ꯉꯝꯗꯕꯅ ꯍꯨꯏꯀꯞ ꯑꯦꯐ
ꯁꯤꯅ ꯉꯥꯔꯤꯌꯥꯟ-ꯑꯦꯕꯨ ꯄꯥꯟꯖꯜ 2-1ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈꯤ꯫ ꯑꯅꯤꯁꯨꯕ ꯒ꯭ꯔꯥꯎꯟꯗ ꯕꯤ ꯋꯥꯏ
ꯑꯦꯐ ꯋꯥꯏ ꯅꯤꯁꯅꯨꯅꯍꯥ ꯑꯃꯁꯨꯡ ꯑꯦꯁ ꯑꯥꯏ ꯁꯤ ꯁꯤꯡꯒꯥ ꯂꯝꯕꯥ ꯇꯧꯈꯤ꯫ ꯃꯦꯠꯆ ꯑꯁꯤ
ꯕꯤ ꯋꯥꯏ ꯑꯦꯐ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥꯅ ꯕꯣꯜ ꯍꯦꯟꯅ ꯄꯥꯏꯗꯨꯅ ꯁꯥꯟꯅꯔꯛꯈꯤ꯫ ꯁꯥꯟꯅꯕꯒꯤ
ꯃꯤꯅꯠ 8 ꯆꯠꯄꯗ ꯖꯦꯝꯁꯟ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 10ꯅ ꯕꯤ ꯋꯥꯏ ꯑꯦꯐ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥꯒꯤ
ꯑꯦꯀꯥꯎꯟꯠ ꯍꯥꯡꯈꯤ꯫ ꯃꯈꯥ ꯇꯥꯅ ꯕꯤ ꯋꯥꯏ ꯑꯦꯐ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥꯅ ꯕꯣꯜ ꯍꯦꯟꯅ ꯄꯥꯏꯗꯨꯅ
ꯁꯥꯟꯅꯔꯛꯄꯅ ꯁꯥꯟꯅꯕꯒꯤ ꯃꯤꯅꯠ 18, 36 ꯆꯠꯄꯗ ꯁꯅꯥꯊꯣꯏ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 15,
ꯄ꯭ꯔꯦꯝꯀꯨꯃꯥꯔ ꯖꯔꯁꯤ ꯅꯝꯕꯔ 4ꯅ ꯃꯊꯪꯁꯤꯠꯅ ꯒꯣꯜ ꯑꯃꯃꯃ ꯆꯟꯗꯨꯅ ꯄꯨꯟꯅ ꯁ꯭ꯀꯣꯔ
3 ꯁꯨꯍꯟꯈꯤ꯫ ꯃꯦꯠꯆ ꯑꯁꯤꯗ ꯑꯦꯁ ꯑꯥꯏ ꯁꯤ-ꯁꯤꯡꯒꯥꯅ ꯁꯣꯠꯊꯔꯤꯕ ꯁ꯭ꯀꯣꯔꯁꯤꯡ
ꯑꯁꯤ ꯐꯨꯒꯠꯅꯕ ꯍꯣꯠꯅꯔꯕꯁꯨ ꯑꯗꯨꯃꯛ ꯉꯝꯗꯕꯅ ꯕꯤ ꯋꯥꯏ ꯑꯦꯐ ꯋꯥꯏ ꯕꯤꯁꯅꯨꯅꯍꯥꯅ
ꯑꯦꯁ ꯑꯥꯏ ꯁꯤ ꯁꯤꯡꯒꯥꯕꯨ ꯄꯥꯟꯖꯜ 3-0ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈꯤ꯫

ꯁꯥꯎꯊ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ 2019-20
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯅꯨꯄꯥ ꯑꯃꯁꯨꯡ ꯅꯨꯄꯤꯒꯤ ꯚꯣꯜꯂꯣꯕꯣꯜ ꯇꯤꯝ ꯄꯥꯀꯤꯁꯇꯥꯟ ꯑꯃꯗꯤ ꯅꯦꯄꯥꯜ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯗꯨꯅ ꯒꯣꯜꯗ ꯃꯦꯗꯜ ꯂꯧꯕ ꯉꯝꯈ꯭ꯔꯦ
ꯄꯣꯈꯥꯔꯥ, ꯗꯤꯁꯦꯝꯕꯔ 03 (ꯑꯦꯖꯦꯟꯁꯤ):
ꯅꯦꯄꯥꯜꯅ ꯌꯨꯝꯕꯨ ꯑꯣꯏꯗꯨꯅ ꯂꯩꯕꯥꯛ
ꯑꯗꯨꯒꯤ ꯁꯤꯇꯤ ꯄꯣꯈꯥꯔꯥꯗ ꯄꯥꯡꯊꯣꯛꯄ 13
ꯁꯨꯕ ꯁꯥꯎꯊ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁꯀꯤ ꯉꯁꯤ
ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯚꯣꯜꯂꯤꯕꯣꯜ ꯏꯚꯦꯟꯠꯀꯤ ꯅꯨꯄꯥ
ꯑꯃꯁꯨꯡ ꯅꯨꯄꯤꯒꯤ ꯐꯥꯏꯅꯦꯜꯗ ꯏꯟꯗꯤꯌꯥꯅ
ꯃꯊꯪ ꯁꯤꯠꯅ ꯄꯥꯀꯤꯁꯇꯥꯟ ꯑꯃꯁꯨꯡ ꯅꯦꯄꯥꯜ
ꯃꯥꯏꯊꯤꯕ ꯄꯤꯗꯨꯅ ꯒꯣꯜꯗ ꯃꯦꯗꯜ ꯂꯧꯈ꯭ꯔꯦ꯫
ꯅꯨꯄꯥꯒꯤ ꯚꯣꯜꯂꯤꯕꯣꯜ ꯐꯥꯏꯅꯦꯜ
ꯃꯦꯠꯆ ꯑꯗꯨꯗ ꯃꯃꯥꯡ ꯒꯦꯝꯁꯀꯤ
ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯔꯤꯕ ꯏꯟꯗꯤꯌꯥꯅ
ꯄꯥꯀꯤꯁꯇꯥꯟꯒ ꯂꯝꯕ ꯇꯧꯅꯔꯛꯄꯗ
ꯌꯥꯝꯅ ꯊꯥꯖꯗꯕ ꯃꯑꯣꯡꯗ ꯑꯍꯥꯟꯕ ꯁꯦꯠ
ꯑꯗꯨ ꯏꯟꯗꯤꯌꯥꯗꯒꯤ ꯄꯥꯀꯤꯁꯇꯥꯟꯅ
ꯍꯦꯟꯗꯨꯅ 25-20 ꯗ ꯊꯣꯏꯈꯤ꯫ ꯑꯗꯨꯕꯨ
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯗꯨꯅ
ꯐꯖꯕ ꯍꯦꯜꯂꯛꯄꯗꯒꯤ ꯑꯅꯤꯁꯨꯕ ꯁꯦꯠ
ꯑꯗꯨ ꯌꯥꯝꯅ ꯍꯦꯟꯗꯨꯅ 25-15ꯗ ꯊꯣꯏꯈꯤ꯫
ꯄꯥꯀꯤꯁꯇꯥꯟꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ 3ꯁꯨꯕ
ꯁꯦꯠ ꯑꯗꯨꯗ ꯀꯥ ꯍꯦꯟꯅ ꯐꯖꯕ ꯉꯝꯈꯤꯗꯦ꯫
ꯏꯟꯗꯤꯌꯥꯅ 25-17ꯗ ꯊꯣꯏꯗꯨꯅ ꯁꯦꯠ
2-1ꯗ ꯃꯥꯡꯖꯤꯜ ꯊꯥꯔꯕ ꯃꯇꯨꯡ 4ꯁꯨꯕ
ꯁꯦꯠ ꯁꯥꯟꯅꯕꯗ ꯌꯥꯝꯅ ꯂꯝꯕ ꯃꯥꯟꯅꯈꯤ꯫
ꯄꯥꯀꯤꯁꯇꯥꯟꯅ ꯀꯟꯅ ꯍꯣꯠꯅꯈꯤꯕ 4ꯁꯨꯕ
ꯁꯦꯠ ꯑꯗꯨꯗ ꯇꯤꯝ ꯑꯅꯤꯃꯛ 25-27ꯗ
ꯊꯣꯏꯔꯒ ꯒꯣꯜꯗ ꯃꯦꯗꯜ ꯂꯧꯕ ꯉꯝꯈꯤ꯫
ꯏꯚꯦꯟꯠ ꯑꯗꯨꯒꯤ ꯅꯨꯄꯤꯒꯤ ꯐꯥꯏꯅꯦꯜꯗ
ꯏꯅꯗꯤꯌꯥꯅ ꯌꯨꯝꯕꯨ ꯅꯦꯄꯥꯜꯒ ꯂꯝꯕꯥ
ꯇꯧꯅꯈꯤ꯫ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯒꯤ ꯃꯃꯥꯡꯒꯤ
ꯒꯦꯝꯁꯇꯁꯨ ꯏꯟꯗꯤꯌꯥꯅ ꯒꯣꯜꯗ ꯃꯦꯗꯜ
ꯂꯧꯈꯤ꯫ ꯑꯍꯥꯟꯕ ꯁꯦꯠ ꯑꯗꯨ ꯅꯦꯄꯥꯜꯕꯨ
ꯏꯟꯗꯤꯌꯥꯅ 26-17ꯗ ꯊꯣꯏꯈꯤ꯫ ꯑꯗꯨꯕꯨ
ꯑꯅꯤꯁꯨꯕ ꯁꯦꯠꯇ ꯅꯦꯄꯥꯜꯅ ꯐꯖꯕ
ꯍꯦꯜꯂꯛꯇꯨꯅ 25-23ꯗ ꯊꯣꯏꯗꯨꯅ ꯁꯦꯠ
ꯑꯃꯃꯝ ꯃꯥꯟꯅꯗꯨꯅ ꯂꯩꯈꯤ꯫
ꯑꯍꯨꯝꯁꯨꯕ ꯁꯦꯠꯇ ꯏꯟꯗꯤꯌꯥꯒꯤ
ꯇꯤꯝꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯑꯁꯣꯏꯕ ꯀꯌꯥ
ꯌꯥꯎꯕꯗꯒꯤ ꯅꯦꯄꯥꯜꯒꯤ ꯃꯈꯨꯠꯇ 21-
25ꯗ ꯃꯥꯏꯊꯤꯈꯤ꯫ ꯏꯟꯗꯤꯌꯥꯅ 4ꯁꯨꯕ ꯁꯦꯠ
ꯑꯗꯨꯗ ꯌꯥꯝꯅ ꯀꯟꯅ ꯍꯣꯠꯅꯗꯨꯅ 25-20ꯗ
ꯊꯣꯏꯔꯕ ꯃꯇꯨꯡ 5ꯁꯨꯕ ꯁꯦꯠ ꯑꯗꯨ ꯅꯦꯄꯥꯜꯕꯨ
ꯈꯨꯗꯣꯡꯆꯥꯕ ꯑꯃꯠꯇ ꯄꯤꯗꯕ ꯃꯈꯩ 15-
6ꯗ ꯊꯣꯏꯗꯨꯅ ꯐꯥꯏꯅꯦꯜ ꯑꯗꯨ ꯁꯦꯠ 3-2ꯗ
ꯃꯥꯏ ꯄꯥꯛꯂꯒ ꯒꯣꯜꯗ ꯃꯦꯗꯜ ꯂꯧꯈꯤ꯫
ꯑꯦꯊꯂꯦꯇꯤꯛꯁ-
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯉꯁꯤ
ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯦꯊꯂꯦꯇꯤꯛꯁꯀꯤ ꯒꯣꯜ
ꯃꯦꯗꯜ4, ꯁꯤꯜꯚꯔ 4 ꯂꯣꯏꯅꯅ ꯕ꯭ꯔꯣꯟꯖ 2
ꯐꯪꯈꯤ꯫ ꯅꯨꯄꯤꯒꯤ ꯍꯥꯏꯖꯝꯞꯇ ꯏꯟꯗꯤꯌꯥꯒꯤ
ꯑꯦꯊꯂꯤꯠ ꯑꯦꯝ ꯖꯤꯁꯅꯥꯅ ꯃꯤꯇꯔ 1.73
ꯆꯣꯡꯗꯨꯅ ꯒꯣꯜ ꯐꯪꯈꯤ꯫ ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛ
ꯑꯁꯤꯒꯤ ꯔꯨꯕꯤꯅ ꯌꯥꯗꯕꯅ ꯃꯤꯇꯔ 1.69
ꯆꯣꯡꯂꯒ ꯕ꯭ꯔꯣꯟꯖ ꯐꯪꯈꯤ꯫
ꯅꯨꯄꯤꯒꯤ ꯃꯤꯇꯔ 100ꯒꯤ ꯂꯝꯖꯦꯜꯗ
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯔꯆꯅ ꯁꯨꯁꯤꯟꯇꯅ
ꯁꯦꯀꯦꯟꯗ 2.16 ꯆꯣꯡꯂꯒ ꯁꯤꯜꯚꯔ
ꯂꯧꯈꯤ꯫
ꯅꯨꯄꯥꯒꯤ ꯃꯤꯇꯔ 1500ꯒꯤ ꯂꯝꯖꯦꯜꯗ
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯖꯌꯀꯨꯃꯥꯔꯅ ꯒꯣꯜ ꯑꯗꯨꯒ
ꯑꯖꯤꯠ ꯀꯨꯃꯥꯔꯅ ꯁꯤꯜꯚꯔ ꯂꯧꯈꯤ꯫ ꯅꯨꯄꯤꯒꯤ
ꯃꯤꯇꯔ 10,000 ꯂꯝꯖꯦꯜꯗ ꯀꯕꯤꯇꯥ ꯌꯥꯗꯕ
ꯁꯤꯜꯚꯔ ꯐꯪꯍꯧꯈꯤ꯫ ꯂꯣꯏꯅꯅ ꯅꯨꯄꯤꯒꯤ
ꯃꯤꯇꯔ 1500ꯒꯤ ꯂꯝꯖꯦꯜꯗ ꯏꯟꯗꯤꯌꯥꯒꯤ
ꯆꯟꯗꯥ ꯑꯃꯁꯨꯡ ꯆꯤꯇ꯭ꯔꯥꯅ ꯁꯤꯜꯚꯔ ꯑꯃꯁꯨꯡ
ꯕ꯭ꯔꯣꯟꯖ ꯐꯪꯈꯤ꯫

ꯇꯥꯏꯀ꯭ꯋꯥꯟꯗꯣ-
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯂꯥꯜꯊꯥꯝꯄꯨꯅꯥꯄꯨꯋꯥ,
ꯂꯥꯜꯐꯥꯛ ꯖ꯭ꯋꯥꯂꯥ ꯑꯃꯁꯨꯡ ꯗꯦꯅꯤꯌꯜ
ꯂꯥꯂꯨꯝꯊꯥꯉꯥꯅ ꯅꯨꯄꯥꯒꯤ ꯇꯤꯝ ꯄꯣꯝꯆꯦꯗ
ꯒꯣꯜ ꯃꯦꯗꯜ ꯂꯧꯕ ꯉꯝꯈꯤ꯫ ꯂꯣꯏꯅꯅ
ꯑꯅꯤꯁꯨꯕ ꯒꯣꯜ ꯃꯦꯗꯜ ꯑꯗꯨꯅ ꯅꯨꯄꯥꯒꯤ
ꯄꯦꯌꯔ ꯄꯣꯝꯆꯦꯗ ꯒꯧꯔꯕ ꯁꯤꯡꯍ
ꯑꯃꯁꯨꯡ ꯍꯔꯁꯥ ꯁꯤꯡꯒꯥꯅ ꯒꯣꯜ ꯂꯧꯕ
ꯉꯝꯈꯤ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯇꯣꯞꯄ
ꯁꯤꯜꯚꯔ ꯃꯦꯗꯜ 6 ꯑꯃꯒ ꯂꯣꯏꯅꯅ
ꯕ꯭ꯔꯣꯟꯖ ꯃꯦꯗꯜ ꯑꯃꯁꯨꯡ ꯐꯪꯕ ꯉꯝꯈꯤ꯫
ꯁꯨꯇꯤꯡ-
ꯅꯨꯄꯤꯒꯤ ꯃꯤꯇꯔ 10ꯒꯤ ꯑꯦꯌꯔ
ꯔꯥꯏꯐꯜ ꯏꯚꯦꯟꯠꯇ ꯏꯅꯗꯤꯌꯥꯅ ꯇꯤꯝ
ꯑꯃꯁꯨꯡ ꯏꯅꯗꯤꯚꯤꯖꯨꯑꯦꯜꯅ ꯒꯣꯜ ꯃꯦꯗꯜ
ꯂꯧꯕ ꯉꯝꯈꯤ꯫ ꯃꯦꯍꯨꯂꯤ ꯒꯣꯁꯅ ꯑꯅꯧꯕ
ꯔꯦꯀꯣꯔꯗ ꯑꯃꯁꯨ ꯊꯝꯕ ꯉꯝꯈꯤ꯫

ꯁꯤꯜꯚꯔ ꯑꯃꯁꯨꯡ ꯕ꯭ꯔꯣꯟꯖ ꯑꯗꯨꯁꯨ
ꯁ꯭ꯔꯤꯌꯥꯟꯀꯥ ꯑꯃꯁꯨꯡ ꯁ꯭ꯔꯤꯌꯥ ꯑꯒꯔꯋꯥꯜꯅ
ꯂꯧꯈꯤ꯫
ꯐꯨꯠꯕꯣꯜ-
ꯏꯟꯗꯤꯌꯥꯒꯤ ꯅꯨꯄꯤꯒꯤ ꯐꯨꯠꯕꯣꯜ
ꯇꯤꯝꯅ ꯉꯁꯤ ꯁꯥꯟꯅꯈꯤꯕ ꯑꯍꯥꯟꯕ ꯃꯦꯠꯇ
ꯃꯥꯜꯗꯤꯞꯄꯨ ꯄꯥꯟꯖꯜ 5-0ꯗ ꯃꯥꯏꯊꯤꯕ
ꯄꯤꯈꯤ꯫ ꯃꯅꯤꯄꯨꯔꯗꯒꯤ ꯍꯧꯈꯤꯕꯤ ꯉꯥꯉꯣꯝ
ꯕꯥꯂꯥꯅ ꯄꯥꯟꯖꯜ 2, ꯗꯥꯡꯃꯩ ꯒ꯭ꯔꯦꯁ, ꯃꯅꯤꯁꯥ
ꯑꯃꯁꯨꯡ ꯖꯕꯥꯃꯅꯤꯅ ꯄꯥꯟꯖꯜ ꯑꯃꯃꯝ
ꯆꯟꯈꯤ꯫ ꯊꯥ ꯑꯁꯤꯒꯤ 5ꯗ ꯁ꯭ꯔꯤ ꯂꯪꯀꯥꯒ
ꯊꯦꯡꯅꯒꯗꯧꯔꯤ꯫
ꯈꯣꯈꯣ-

ꯅꯨꯄꯥ ꯑꯃꯁꯨꯡ ꯅꯨꯄꯤꯒꯤ ꯈꯣꯈꯣ
ꯇꯤꯝꯅ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯃꯦꯠꯆꯁꯤꯡ
ꯃꯥꯏ ꯄꯥꯛꯇꯨꯅ ꯁꯦꯃꯤ ꯐꯥꯏꯅꯦꯜ ꯌꯧꯕ
ꯉꯝꯂꯤ꯫

Participating Country Gold Silver Bronze Total

Nepal 23 9 12 44
India 15 16 9 40

Sri Lanka 5 14 27 46

Pakistan 4 11 12 27

Bangladesh 4 4 20 28
Maldives 1 0 0 1

Bhutan 0 0 3 3