ꯒ꯭ꯔꯦꯖꯨꯑꯦꯠ’ꯇꯤ ꯑꯣꯏꯔꯒ ꯊꯕꯛ ꯐꯪꯍꯧꯗ꯭ꯔꯕ ꯑꯩꯒꯤ ꯃꯔꯨꯞ
ꯑꯃꯒꯤꯗ ꯊꯣꯛꯄ ꯊꯧꯗꯣꯛ ꯑꯃꯒꯤ ꯑꯁꯦꯡꯕ ꯋꯥꯔꯤꯅꯤ ꯋꯥꯔꯦꯡ
ꯑꯁꯤꯒꯤ ꯁꯩꯍꯧ (ꯋꯥꯍꯧꯗꯣꯛ) ꯑꯣꯏꯅ ꯏꯒꯦ ꯈꯜꯂꯛꯂꯤꯕ꯫ ꯇꯁꯦꯡꯕꯗꯤ,
ꯃꯍꯥꯛ ꯐꯪꯍꯧꯗꯕ ꯅꯠꯇꯦ, ꯇꯧꯍꯧꯗꯕꯅꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯑꯄꯣꯛꯄ (ꯄꯥꯕꯨꯡ)
ꯗꯨ ꯂꯩꯉꯥꯛꯀꯤ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯃꯗ ꯊꯕꯛ ꯃꯆꯥ ꯑꯃ ꯇꯧꯔꯝꯃꯤ꯫

ꯀ꯭ꯂꯥꯁ ꯑꯥꯏꯠ ꯐꯥꯎꯕ ꯄꯥꯁ ꯇꯧꯍꯧꯗꯕ ꯄꯥꯕꯨꯡꯅꯤ ꯍꯥꯏ, ꯃꯍꯥꯛꯅ ꯊꯕꯛ ꯑꯃ ꯐꯪꯂꯛꯄꯗꯨ ꯃꯤꯅ ꯉꯛꯅꯈꯤ- ꯄꯥꯕꯨꯡ ꯃꯁꯥꯃꯛꯅ ꯂꯤꯕꯅꯤ꯫ ꯉꯁꯤꯁꯨ
ꯍꯤꯡꯂꯤ꯫ ꯇꯧꯕꯕꯨꯗꯤ ꯍꯩ-ꯁꯤꯡꯂꯕ ꯄꯥꯕꯨꯡꯒꯤ ꯃꯀꯨꯕꯣꯛꯇꯨꯅ ꯁꯤꯟ-

ꯂꯥꯡꯂꯒ ꯇꯧꯍꯟꯈꯤꯕ ꯖꯥꯠꯅꯤ, ꯃꯇꯝꯗꯨꯗ꯫ ꯃꯀꯨꯕꯣꯛꯇꯏ ꯊꯥꯡꯊꯍꯧꯕ ꯍꯩ-

ꯁꯤꯡꯕꯗꯨꯅ, ꯃꯍꯥꯛꯅ ꯊꯕꯛ ꯄꯣꯠꯊꯥꯔꯝꯗꯥꯏ ꯃꯇꯝꯗꯨꯗ ꯃꯊꯛ ꯊꯣꯡꯕ
ꯑꯣꯐꯤꯁꯔꯁꯤꯡꯗ ꯍꯥꯏꯖ-ꯆꯠꯆ ꯇꯧꯗꯨꯅ ꯊꯕꯛ ꯑꯃ ꯇꯧꯍꯟꯅꯕ ꯁꯤꯟ-

ꯂꯥꯡꯈꯤ꯫ ꯊꯕꯛ ꯃꯆꯥꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯃꯍꯥꯛꯅ ꯇꯧ ꯌꯥꯈꯤꯗꯦ, ꯃꯆꯟꯅꯨꯄꯤꯗꯨꯕꯨ ꯇꯧꯍꯟꯈꯤ꯫ ꯊꯕꯛꯇꯨ ꯐꯪꯂꯕ ꯃꯇꯨꯡꯗ ꯃꯆꯟꯅꯨꯄꯤꯗꯨ ꯑꯣꯐꯤꯁꯥꯔ ꯑꯃꯗ ꯑꯣꯡꯈꯤ꯫ ꯉꯁꯤꯁꯨ ꯅꯨꯡꯉꯥꯏꯔꯤ꯫ ꯃꯍꯥꯛꯇꯤ ꯊꯕꯛ ꯐꯪꯍꯧꯗꯗꯨꯅ ꯀꯔꯕꯥꯔ
ꯇꯧꯗꯨꯅ (ꯗꯨꯀꯥꯟ ꯐꯝꯂꯒ) ꯍꯤꯡꯅꯅꯕ ꯂꯥꯟꯊꯦꯡꯅꯔꯤ꯫ ꯉꯁꯤꯡꯁꯨ ꯊꯕꯛ
ꯇꯧꯗꯦ꯫ ꯑꯗꯨꯕꯨ ꯃꯆꯥꯁꯤꯡꯗꯨ ꯐꯠꯇꯕ ꯌꯥꯎꯗꯦ꯫ ꯁꯨꯕ ꯅꯣꯝꯕ ꯂꯣꯏꯅ
ꯀꯜꯂꯤ꯫ ꯃꯣꯏ’ ꯄꯥꯕꯨꯡꯒꯤ ꯃꯇꯝꯗꯨꯗ ꯂꯩꯔꯝꯕ ꯄꯨꯛꯆꯦꯜ ꯆꯥꯎꯕ, ꯁꯦꯜ ꯆꯥꯗꯕ, ꯃꯤꯅꯨꯡꯁꯤ ꯈꯪꯕ ꯑꯣꯐꯤꯁꯔꯗꯨꯒꯨꯝ ꯑꯃꯠꯇ ꯂꯩꯇ꯭ꯔꯦ ꯉꯁꯤꯗꯤ꯫

ꯐꯅ ꯅꯨꯡꯁꯤꯕ, ꯅꯛꯅꯕ ꯏꯃꯨꯡ ꯑꯣꯏꯔꯁꯨ’ ꯂꯦꯝꯅ ꯊꯕꯛ ꯍꯥꯞꯄꯤꯒꯦ

SE ꯑꯃꯠꯇ ꯊꯣꯛꯂꯛꯈꯤꯗꯔꯦ;- ꯃꯥꯅ ꯇꯠꯇꯅ ꯁꯣꯟꯕꯅꯤ꯫

ꯃꯥꯒꯤ ꯃꯆꯥꯅꯨꯄꯥ ꯑꯍꯜꯗꯨꯒꯤ ‘ꯖꯤꯑꯣ-ꯃꯣꯕꯥꯏꯜ ꯁꯥꯔꯒꯤꯁ’ ꯀꯤ
ꯐ꯭ꯔꯦꯟꯁꯥꯏꯁꯤ ꯑꯣꯐꯤꯁ ꯑꯃ ꯍꯥꯡꯅꯅꯕ ꯆꯦ-ꯆꯥꯡ ꯊꯥꯒꯠꯈꯤꯕꯒ ꯄꯥꯎ
ꯑꯃ, ꯉꯁꯤ ꯃꯉꯥ ꯇꯔꯥꯅꯤꯒꯤ ꯃꯃꯥꯡꯗ ꯇꯝꯂꯛꯈꯤꯕꯅꯤ꯫ ꯄꯨꯂꯤꯁ
ꯚꯦꯔꯤꯐꯤꯀꯦꯁꯟ ꯑꯃ ꯗꯔꯀꯥꯔ ꯑꯣꯏ ꯍꯥꯏꯕ’ꯃꯁꯨ ꯍꯥꯏꯈꯤꯒꯨꯝ ꯇꯧꯏ꯫

ꯂꯣꯏꯔꯕ꯭ꯔ ꯈꯜꯂꯨꯕꯅꯤ꯫ ꯀꯨꯏꯔꯕꯒꯤ ꯇꯨꯡ WOE ꯇꯧꯔꯛꯇꯨꯅ ꯃꯆꯥꯅꯨꯄꯥꯗꯨ
ꯉꯔꯥꯡ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟ’ꯗ ꯆꯠꯂꯨꯏ ꯍꯥꯏ꯫ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟ
ꯑꯗꯨꯒꯤ ꯁꯦꯀꯦꯟ ꯑꯣꯐꯤꯁꯔ ꯑꯗꯨꯅ, ꯍꯣꯠꯅꯕ ꯀꯟꯕ ꯑꯉꯥꯡꯗꯨꯒꯤ ꯃꯇꯦꯡ ꯄꯥꯡꯕꯤꯕ, ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄꯤꯕꯏ ꯃꯍꯨꯠꯇ ꯀꯤꯍꯟ ꯈꯪꯍꯟ
ꯇꯧꯗꯨꯅ ꯃꯦꯟꯇꯦꯜ -ꯍꯔꯥꯁꯃꯦꯟ ꯄꯤꯔꯛꯄꯒꯤ ꯋꯥꯔꯤꯗꯨ ꯉꯁꯤ ꯑꯌꯨꯛ
ꯂꯥꯛꯇꯨꯅ, ꯃꯊ꯭ꯋꯥꯏ ꯅꯨꯡꯉꯥꯏꯇꯅ ꯄꯥꯎꯗꯝꯂꯦ꯫

‘ꯅꯣꯏꯗꯤ ꯄꯨꯂꯤꯁꯅ ꯀꯧꯕ ꯐꯥꯎꯕ ꯂꯥꯛꯀꯅꯤ ꯈꯟꯗꯕ ꯌꯥꯝ’ ꯐꯥꯎꯕ
ꯖꯥꯠꯅꯤꯅꯦ ꯍꯥ’ ꯑꯣꯐꯤꯁꯔꯗꯨꯅ ꯍꯥꯏꯔꯛꯄꯖꯥꯠꯅꯤ꯫

‘ꯁꯥꯔ= ꯄꯥꯎ ꯍꯦꯛ ꯇꯥꯕꯒ ꯂꯥꯛꯆꯔꯤꯕꯁꯤꯅꯤ, ꯇꯥꯛꯄꯤꯔꯤꯕꯁꯤꯕꯨ
ꯀꯔꯤꯅꯣ?’

‘ꯉꯁꯤ ꯀꯧꯕꯁꯤꯒꯤ ꯅꯠꯇꯦꯅꯦ, ꯑꯥ ꯃꯃꯥꯡꯉꯩꯒꯤ ꯋꯥꯔꯤꯅꯤ꯫’

‘ꯃꯃꯥꯡꯉꯩ, ꯀꯔꯝꯕ ꯊꯧꯗꯣꯛꯇ ꯑꯣꯏꯕꯤꯔꯕꯅꯣ ꯁꯥꯔ? ꯑꯩꯈꯣꯏ
ꯏꯃꯨꯡꯁꯤꯗꯗꯤ ꯄꯨꯂꯤꯁ ꯆꯦꯟꯅꯕ, ꯈꯠꯅ-ꯆꯩꯅꯕꯒꯤ ꯋꯥꯊꯣꯛꯇꯤ
ꯀꯩꯁꯨ ꯊꯣꯏꯗꯣꯛꯄ ꯂꯩꯈꯤꯗꯕꯔ ꯈꯟꯖꯩ, ꯆꯍꯤ ꯅꯧꯖꯔꯕꯁꯨ ꯃꯌꯨꯝ ꯅꯧꯅ
ꯄꯥꯜꯂꯨꯕ, ꯃꯤꯒꯤ ꯃꯤꯔꯛ ꯇꯤꯜꯂꯨꯕ, ꯁꯤꯟꯐꯝ ꯄꯥꯏꯔꯨꯕꯅ ꯃꯤꯕꯨ ꯆꯤꯈꯣꯡ
ꯅꯥꯎꯈꯣꯟꯅ ꯋꯥ ꯉꯥꯡꯗꯤ ꯍꯩꯔꯕ ꯑꯉꯥꯡꯅꯤ꯫

‘ꯈꯠꯅ-ꯆꯩꯅꯕ, ꯍꯥꯠꯅ-ꯁꯨꯅꯕ ꯅꯠꯇꯦꯅꯦ꯫ ꯅꯪꯒꯤ ꯅꯈꯨꯔꯥꯔ-ꯅꯇꯣꯟꯂꯥ,
ꯆꯍꯤꯃꯨꯛꯀꯤ ꯃꯃꯥꯡꯗ ꯒꯥꯔꯤꯅ ꯊꯣꯝꯖꯤꯜꯂꯝꯗꯨꯅ, ꯍꯣꯁꯄꯤꯇꯥꯜꯗ
ꯄꯨꯈꯠꯈꯤꯕ, ꯄꯨꯂꯤꯁ ꯀꯦꯁ ꯑꯃ ꯂꯩꯈꯤꯕꯔ?

‘ꯂꯩꯈꯤ ꯁꯥꯔ꯫ ꯑꯩꯈꯣꯏ ꯀꯀꯥꯅꯤ꯫ ꯀꯣꯟꯊꯣꯡꯃꯛꯇꯗ ꯍꯛꯆꯤꯛ
ꯂꯥꯡꯂꯤꯉꯩꯗ ꯊꯣꯝꯖꯤꯜꯂꯈꯤꯕꯅꯤ꯫ ꯌꯥꯝ-ꯊꯤꯅ ꯁꯣꯛꯇꯨꯅ ꯍꯣꯁꯄꯤꯇꯥꯜꯗ
ꯊꯥ ꯑꯃꯅꯤ ꯍꯦꯟꯅ ꯂꯩꯈꯤ ꯁꯥꯔ꯫ ꯃꯈꯣꯡ ꯌꯦꯠ’ꯇꯨ ꯍꯧꯖꯤꯛꯁꯨ ꯌꯣꯠ
ꯐꯨꯝꯂꯤꯕꯅꯤ꯫ ꯅꯤꯡꯊꯤꯖꯅ ꯆꯠꯄ ꯉꯝꯗ꯭ꯔꯤ ꯉꯁꯤꯁꯨ’꯫

‘ꯑꯗꯨ ꯄꯩꯁꯥ ꯈꯔꯥ ꯄꯤꯔꯒ ꯌꯥꯁꯤꯟꯅꯈ꯭ꯔꯗꯥꯏꯅꯦ’? ꯑꯩꯗꯤ ꯊꯣꯏꯅ ꯃꯨꯟꯅ ꯈꯪꯖꯍꯧꯗ꯭ꯔꯦ, ꯕꯕꯥꯒ ꯑꯩꯒꯅ ꯁꯥꯈꯤ ꯑꯣꯏꯈꯤꯒꯨꯝ
ꯇꯧꯕꯅꯤ’꯫

‘ꯑꯗꯨꯅꯤ꯫ ꯑꯣꯏꯈꯤꯕꯅꯤ꯫ ꯃꯇꯥꯡꯗꯨꯗ ꯑꯩꯈꯣꯏꯅ ꯅꯣꯏꯕꯨ ꯍꯟꯖꯤꯟ- ꯍꯟꯖꯤꯟ ꯀꯧꯕꯗ ꯂꯥꯛꯈꯤꯗꯕ ꯀꯔꯤꯒꯤꯅꯣ? ꯅꯣꯏ ꯌꯥꯝ ꯐꯥꯎꯕ꯭ꯔꯣ? ꯁꯪꯒ
ꯌꯥꯝ ꯇꯧꯕ꯭ꯔꯣ?”

‘ꯋꯥꯔ= ꯃꯇꯝꯗꯨꯗ ꯑꯩꯈꯣꯏꯗꯤ ꯍꯣꯁꯄꯤꯇꯥꯜꯗꯇ ꯂꯩꯕꯗꯨꯗ..’ ‘ꯅꯆꯤꯟ ꯈꯨꯝꯅꯨ꯫ ꯅꯪ ꯀꯔꯤ ꯊꯕꯛ ꯇꯧꯒꯦ?

‘ꯀꯔꯤꯃꯠꯇ ꯇꯧꯖꯗꯦ ꯁꯥꯔ= ꯀꯦꯃꯦꯔꯥꯃꯦꯟ ꯑꯣꯏꯅ ꯏꯌꯥꯝꯕ
ꯑꯃꯒ...’

‘ꯅꯄꯥꯗꯤ’?

‘ꯕꯕꯥꯁꯨ ꯌꯨꯝꯗ ꯁꯨꯝ ꯗꯨꯀꯥꯟ ꯃꯆꯥ ꯑꯃ ꯐꯜꯒ ꯂꯩꯖꯕꯅꯤ’꯫

‘ꯑꯗꯨ... ꯍꯧꯖꯤꯛꯇꯛꯤ ꯅꯄꯥ-ꯅꯆꯥ ꯑꯅꯤꯃꯛ ꯀꯣꯔꯠ ꯀꯥꯕ
ꯇꯥꯕꯅꯤꯅꯦ’...꯫

ꯑꯣꯊꯣꯔꯤꯇꯤ ꯑꯃꯒ ꯅꯝꯍꯪ-ꯅꯝꯍꯪ ꯍꯪꯖꯤꯜꯂꯛꯄ,
ꯍꯥꯏꯖꯤꯜꯂꯛꯄꯗꯨꯗ ꯑꯉꯥꯡꯗꯨ ꯇꯧꯐꯝ ꯈꯪꯗ ꯑꯍꯤꯡꯆꯨꯞꯄ ꯆꯪꯗꯨꯅ ꯂꯩꯈꯤ
ꯍꯥꯏ꯫ ꯀꯩꯗꯧꯁꯤꯒꯦ? ꯑꯩꯒ ꯇꯥꯅꯕ ꯂꯥꯛꯄꯅꯤ꯫ ꯃꯄꯥ-ꯃꯆꯥ ꯑꯅꯤꯃꯛ
ꯑꯩꯅ ꯄꯨꯛꯅꯤꯡ ꯐꯥꯊꯈꯤ- ꯊꯣꯏꯅ ꯂꯨꯅ ꯈꯜꯂꯨꯅꯨ, ꯀꯦꯁ ꯑꯗꯨ ꯍꯧꯖꯤꯛꯁꯨ
ꯃꯈꯥ ꯆꯠꯊꯔꯝꯂꯕ, ꯆꯍꯤ ꯑꯃ ꯍꯦꯟꯅ ꯇꯨꯃꯤꯟ ꯂꯩꯔꯤꯕꯁꯤ ꯂꯩꯔꯝꯂꯣꯏ,
ꯀꯣꯔꯠꯀꯤ ꯁꯝꯃꯣꯟ ꯂꯥꯛꯂꯒꯅ ꯍꯥꯏꯐꯝ ꯊꯣꯛꯄ ꯍꯥꯏꯔ’ ꯂꯣꯏꯔꯦ꯫

ꯍꯧꯖꯤꯛ ꯖꯤꯑꯣ-ꯐ꯭ꯔꯦꯟꯁꯥꯏꯁꯤ-ꯁꯦꯟꯇꯔ ꯑꯃ ꯍꯥꯡꯕꯒꯤ ꯄꯨꯂꯤꯁ
ꯚꯦꯔꯤꯐꯤꯀꯦꯁꯟ ꯔꯤꯄꯣꯔꯠ ꯑꯃ ꯂꯧꯅꯅꯕ ꯃꯈꯣꯏꯒꯤ ꯃꯇꯦꯡ
ꯗꯔꯀꯥꯔ ꯑꯣꯏꯕꯗꯨꯗ, ꯃꯈꯨꯠꯇ ꯊꯥꯎ-ꯊꯨꯝ ꯈꯖꯤꯛꯇꯪ ꯊꯣꯛꯅꯅꯕ ꯄꯥꯝꯕꯩ
ꯊꯤꯔꯛꯄꯅꯤ꯫ ꯌꯥꯅ-ꯌꯥꯅꯕ ꯍꯣꯠꯅꯕ ꯇꯥꯕꯅꯤ꯫ ꯃꯁꯤꯅꯤ, ꯃꯅꯤꯄꯨꯔ=

ꯀꯔꯞꯁꯟ ꯂꯩꯇ꯭ꯔꯕ ꯃꯅꯤꯄꯨꯔ= ꯁꯦꯟꯖꯥ ꯊꯨꯝꯖꯥ ꯇꯧꯗ꯭ꯔꯕ ꯂꯩꯄꯥꯛ= ꯂꯝꯐꯦꯜꯒꯤ ꯕꯁ-ꯔꯦꯖꯤꯁꯇ꯭ꯔꯥꯔ ꯑꯣꯐꯤꯁꯇ ꯅꯣꯡꯃ ꯉꯥꯏꯍꯥꯛꯇꯪ
ꯂꯦꯡꯕꯤꯔꯨꯆꯣ- ꯑꯇꯩ ꯑꯣꯐꯤꯁꯇ ꯇꯧꯅꯕ ꯑꯔꯣꯟ-ꯑꯊꯨꯞ, ꯄꯤꯊꯣꯛ-

ꯄꯤꯁꯤꯟꯒꯤ ꯊꯕꯛꯇꯨ ꯃꯐꯝꯗꯨꯗꯗꯤ ꯑꯐꯣꯡꯕꯅꯤ꯫ ꯀꯦꯟꯁꯔ ꯅꯥꯗꯨꯅ
ꯃꯨꯝꯕꯥꯏꯒꯤ ꯇꯥꯇꯥ ꯃꯦꯃꯣꯔꯤꯑꯦꯜ ꯍꯣꯁꯄꯤꯇꯥꯜꯗ ꯂꯥꯌꯦꯡ ꯆꯠꯊꯔꯤꯕ, ꯑꯩꯅ ꯈꯪꯖꯕ ꯃꯅꯤꯄꯨꯔ ꯒꯚꯔꯟꯃꯦꯟꯠ ꯑꯦꯝꯄ꯭ꯂꯣꯌꯤ ꯑꯃꯗꯤ
ꯑꯦꯝꯄ꯭ꯂꯣꯏꯁꯤꯡꯒꯤ ꯂꯣꯏꯅꯕꯤ’ ꯃꯠꯇꯗ ꯐꯅ ꯌꯥꯝꯃꯤ ꯃꯦꯗꯤꯀꯦꯜ
ꯔꯤ- ꯑꯦꯝꯕꯔꯁꯃꯦꯟꯠ-ꯕꯤꯜ ꯁꯦꯀ꯭ꯔꯦꯇꯔꯤꯌꯦꯠꯀꯤ ꯐꯥꯏꯅꯥꯟꯁ
ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ’ꯇ ꯊꯥ ꯀꯌꯥ (ꯆꯍꯤ ꯐꯥꯕꯁꯨ ꯌꯥꯎꯌꯦ ꯍꯥꯏ) ꯄꯟꯗꯨꯅ
ꯂꯩꯔꯛꯂꯤꯕ꯫ ꯈꯨꯠꯄꯥꯏ ꯁꯦꯜꯅ ꯊꯣꯡ ꯁꯥꯗꯨꯅ ꯂꯥꯜꯍꯟꯗ꯭ꯔꯕ, ꯕꯤꯜꯁꯤꯡ ꯑꯗꯨꯅ ꯃꯊꯪ-ꯃꯊꯪ ꯄꯟ ꯀꯌꯥ ꯂꯥꯜꯂꯛꯇꯨꯅ ꯁ꯭ꯇꯦꯠ-ꯇ꯭ꯔꯤꯖꯔꯤ ꯑꯃꯗꯤ ꯕꯦꯡꯛ ꯌꯧꯔꯛꯇꯨꯅ ꯁꯦꯜ ꯑꯣꯟꯕꯒꯤ ꯃꯪꯗꯤ ꯃꯪꯗꯕꯅ ꯐꯒꯅꯤ꯫ ꯑꯩꯒ ꯂꯨꯅ ꯇꯤꯟꯅꯕ
ꯃꯔꯨꯞ ꯑꯃꯅꯗꯤ ꯍꯥꯏꯔꯛꯏ... ‘ꯃꯔꯨꯞ= ꯍꯟꯗꯛꯇꯤ ꯑꯩ ꯌꯦꯡꯒꯦ
ꯍꯥꯏꯗꯨꯅ ꯌꯦꯡꯂꯤꯕꯅꯤ, ꯑꯣꯐꯤꯁꯔ-ꯑꯦꯝꯄ꯭ꯂꯣꯁꯤꯡ ꯑꯁꯤꯅ ꯐꯦꯜꯂꯣ-

ꯑꯦꯝꯄ꯭ꯂꯣꯁꯤ-ꯑꯋꯥꯕ ꯇꯥꯔꯕꯁꯤꯡꯒꯤꯗꯃꯛ ꯀꯌꯥꯝ ꯈꯟꯕꯤꯕꯒꯦ?...

ꯍꯟꯗꯛꯇꯤ ꯑꯩ ꯁꯦꯜꯁꯨ ꯄꯤꯔꯣꯏ, ꯇꯥꯅꯁꯨ ꯇꯥꯟꯅꯔꯣꯏ...’꯫ ꯃꯥꯔꯆ 31 ꯗꯤ ꯍꯧꯈ꯭ꯔꯦ꯫ ꯑꯃꯨꯛꯇꯪ ꯍꯪꯂꯨꯒꯦꯗꯤ ꯈꯜꯂꯝꯕꯅꯤ, ꯃꯥꯒꯤꯗꯨꯕꯨ ꯌꯥꯈ꯭ꯔꯕꯔ? ꯊꯥꯖꯕꯗꯤ ꯋꯥꯠꯈꯤꯕꯅꯤ꯫ ꯑꯇꯣꯞꯄꯒꯤ ꯑꯋꯥꯕ ꯈꯪꯕꯤꯕ ꯑꯦꯝꯄ꯭ꯂꯣꯌꯤ,
ꯃꯅꯤꯄꯨꯔꯗꯕꯨ ꯂꯩꯔꯝꯒꯗ꯭ꯔ= ꯅꯔꯦꯟꯗ꯭ꯔ ꯃꯣꯗꯤꯅ ꯃꯅꯤꯄꯨꯔꯗ ꯂꯥꯛꯂꯝꯕ,
ꯏꯀꯣꯏ ꯀꯣꯟꯕꯒꯤꯗꯨꯗ ꯕꯤ ꯖꯦ ꯄꯤ ꯂꯩꯉꯥꯛꯁꯤꯅꯗꯤ ꯍ ꯥꯏꯈꯤꯕꯒꯨꯝ
ꯇꯧꯈꯤ- ꯃꯅꯤꯄꯨꯔꯗ ꯁꯦꯟꯖꯥ-ꯊꯨꯝꯖꯥ ꯂꯥꯛꯁꯤꯟꯕ ꯉꯝꯂꯦ꯫ ꯑꯗꯨꯕꯨ ꯁꯥꯔ
ꯕꯤꯔꯦꯟꯅ ꯍꯥꯏꯈꯤꯕ-’ꯑꯣꯐꯤꯁꯔꯁꯤꯡꯒꯤ ꯇꯦꯕꯜꯗ ꯐꯥꯏꯜ ꯑꯃꯠꯇ
ꯅꯣꯡꯃꯗꯩ ꯍꯦꯟꯅ ꯄꯟꯍꯜꯂꯣꯏ’ ꯍꯥꯏꯕꯗꯨꯃꯗꯤ ꯃꯥꯏ ꯄꯥꯛꯅ ꯄꯥꯡꯊꯣꯛꯄ
ꯉꯝꯂꯦ ꯍꯥꯏꯅ ꯀ꯭ꯂꯦꯏꯝ ꯇꯧꯕꯗꯤ ꯀꯅꯥꯃꯠꯇꯒꯤ ꯆꯤꯟꯗꯒꯤ ꯇꯥꯈꯤꯗꯦ꯫

ꯀꯔꯞꯁꯟ ꯊꯤꯡꯕ ꯊꯤꯡꯗꯕꯒꯤ ꯋꯥ ꯈꯜꯂꯨꯕ, ꯂꯝꯕꯤꯒꯤ ꯆꯤꯗꯥꯏꯗ
ꯊꯦꯠꯂꯝꯕ ꯑꯅꯧꯕ ꯂꯩꯉꯥꯛꯁꯤꯅ ꯇꯧꯈꯤꯕ ꯊꯕꯛꯁꯤꯡꯒꯤ ꯑꯦꯆꯤꯚꯃꯦꯟꯠ
ꯅꯤꯡꯁꯤꯡꯗꯕ ꯉꯝꯂꯛꯇꯦ꯫ ꯃꯃꯥꯡꯒꯤ ꯂꯩꯉꯥꯛ ꯃꯇꯝꯗꯨꯗ ꯇꯧꯈꯤꯕ
ꯁꯦꯟꯖꯥ-ꯊꯨꯝꯖꯥ, ꯍꯨꯔꯥꯟ-ꯆꯤꯟꯊꯤ, ꯃꯌꯥꯏ ꯀꯥꯕ ꯗ꯭ꯔꯒ ꯂꯜꯂꯣꯟꯕꯒꯤ _

ꯥꯊꯣꯛꯅꯆꯤꯡꯕ ꯃꯌꯥꯝꯗꯨ ꯃꯈꯥ ꯆꯠꯊꯗꯕꯔ ꯅꯠꯇ꯭ꯔꯒ ꯑꯉꯝꯕꯁꯤꯡꯒ
ꯃꯥꯟꯅꯔꯒ ꯇꯧꯈꯤꯕꯔ-ꯐꯥꯕ ꯄꯨꯟꯕꯏ ꯋꯥꯊꯣꯛꯇꯨ ꯇꯥꯈꯤꯗꯕ ꯀꯨꯏꯔꯕꯗꯨ
ꯍꯟꯗꯛ ꯑꯃꯨꯛ ꯇꯥꯔꯛꯂꯦ꯫ ꯈꯜꯂꯛꯏ-ꯊꯕꯛꯁꯤꯡ ꯑꯗꯨ ꯃꯈꯥ ꯑꯗꯨ
ꯃꯈꯥ ꯑꯗꯨꯝ ꯆꯠꯊꯔꯝꯕꯖꯥꯠꯅꯤ꯫ ꯐꯥꯈꯤꯕ ꯗ꯭ꯔꯥꯒ ꯃꯌꯥꯝꯗꯨ ꯀꯗꯥꯏꯗ
ꯀꯩꯗꯧꯉꯩ ꯃꯥꯡꯍꯟꯈꯤ? ꯅꯠꯇ꯭ꯔꯒꯅ ꯀꯅꯥꯒꯤ ꯃꯤꯠꯌꯦꯡ ꯃꯈꯥꯗ
ꯀꯗꯥꯏꯗ ꯆꯦꯛꯁꯤꯟꯅ ꯊꯝꯂꯤꯕꯒꯦ? ꯈꯪꯗꯦ, ꯃꯌꯥꯝꯗꯨ ꯑꯇꯣꯞꯄ
ꯂꯜꯂꯣꯟꯕ ꯑꯃꯒꯤ ꯂꯜꯂꯣꯟꯄꯣꯠ ꯑꯣꯏꯅꯈ꯭ꯔꯕꯖꯥꯠꯂ- ꯏꯅꯧ ꯅꯧꯕ _

ꯥꯊꯣꯛꯇ, ꯅꯣꯡꯃꯩꯒꯤ ꯃꯇꯥꯡꯅ ꯂꯩꯄꯥꯛ ꯉꯥꯛ-ꯁꯦꯟꯒꯗꯕ ꯅꯣꯡꯃꯩ ꯄꯥꯏꯕ
ꯁꯤꯐꯥꯏꯁꯤꯡꯒꯤ ꯅꯣꯡꯃꯩ ꯊꯝꯐꯝꯗꯒꯤ ꯅꯣꯡꯃꯩ ꯃꯥꯡꯈ꯭ꯔꯦ ꯍꯥꯏꯕ’ꯃ
ꯇꯥꯔꯛꯂꯤꯕ= ꯑꯉꯛꯄ ꯊꯧꯗꯣꯛꯃꯛꯇꯅꯤ ꯂꯝꯗꯝꯁꯤꯗ ꯊꯣꯛꯂꯤꯕ꯫

ꯂꯣꯟꯅ ꯅꯣꯡꯃꯩ ꯄꯥꯏꯔꯒ ꯁꯦꯔꯥꯟ ꯇꯨꯔꯥꯟ ꯇꯧꯕ ꯀꯥꯡꯕꯨ ꯑꯗꯨꯗ ꯃꯁꯥꯅ
ꯄꯥꯏꯔꯒ ꯂꯩꯄꯥꯛ ꯉꯥꯛꯀꯗꯕ ꯅꯣꯡꯃꯩꯗꯨ ꯑꯍꯦꯟꯕ ꯁꯦꯟꯐꯝ ꯄꯥꯝꯗꯨꯅ \

ꯣꯟꯕꯏ ꯊꯕꯛ ꯆꯠꯊꯕ ꯁꯤꯐꯥꯏ-ꯑꯣꯐꯤꯁꯔ ꯌꯥꯎꯔꯕꯖꯥꯠꯂꯥ? ꯀꯤꯔꯦ ꯑꯩꯗꯤ
ꯂꯩꯄꯥꯛꯁꯤꯗ ꯂꯩꯗꯧꯕ꯫ ꯑꯅꯥꯕꯕꯨ ꯀꯟꯅꯕ ꯂꯥꯌꯦꯡꯁꯪꯒꯤ ꯗꯥꯛꯇꯔꯅ ꯑꯅꯥꯕ
ꯍꯥꯏꯕ ꯖꯥꯠꯁꯤꯁꯨ ꯂꯜꯂꯣꯟꯄꯣꯠ ꯑꯣꯏꯅ ꯎꯔꯛꯂꯕ, ꯃꯤꯕꯨ ꯀꯟꯕ’ꯗꯨꯗꯒꯤ
ꯁꯦꯟꯗꯣꯡꯗꯨꯅ ꯍꯦꯟꯅ ꯃꯔꯨ ꯑꯣꯏꯅ ꯎꯔꯛꯂꯕ ꯂꯝꯗꯝꯁꯤꯗ ꯂꯩꯔꯨꯕ ꯃꯤꯑꯣꯏ ꯑꯩꯈꯣꯏꯁꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯅꯤ꯫ ꯃꯃꯜ ꯆꯪꯅ
ꯁꯥꯒꯠꯂꯛꯂꯤꯕ ꯍꯣꯁꯄꯤꯇꯥꯜꯁꯤꯡ-ꯃꯥꯔꯀꯦꯠ ꯄ꯭ꯂꯦꯁ ꯑꯃꯃꯝꯅꯤ꯫

ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯍꯥꯏꯕꯁꯤ ꯊꯃꯣꯏꯒꯤ ꯌꯥꯝꯅ ꯂꯨꯕ ꯂꯥꯏꯅꯥ ꯃꯈꯜꯅꯤ,
ꯃꯇꯝ ꯆꯥꯅ ꯊꯤꯡꯍꯧꯗ꯭ꯔꯕꯗꯤ ꯑꯃꯗꯤ ꯂꯥꯏꯌꯦꯡꯍꯧꯗ꯭ꯔꯕꯗꯤ ꯂꯥꯏꯅꯥ
ꯑꯁꯤꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯃꯃꯜ ꯌꯥꯝꯂꯕ ꯄꯨꯟꯁꯤ ꯑꯁꯤ ꯂꯣꯏꯍꯟꯈꯤꯕ \

ꯥꯏ꯫

ꯊꯃꯣꯏꯒꯤ ꯃꯆꯤꯟꯖꯥꯛ ꯄꯤꯅꯕ ꯍꯥꯏꯕꯗꯤ ꯊꯃꯣꯏꯗ ꯏ ꯄꯤꯅꯕ
ꯏꯒꯤ ꯎꯇꯣꯡ ꯑꯅꯤ ꯂꯩ, ꯑꯃꯅ ꯔꯥꯏꯠ ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯥꯔꯇꯔꯤ ꯑꯗꯨꯒ ꯑꯇꯣꯞꯄ ꯑꯃꯅ ꯂꯦꯐꯠ ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯥꯔꯇꯔꯤ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯏꯒꯤ
ꯎꯇꯣꯡ ꯑꯅꯤ ꯑꯁꯤ ꯐꯨꯜꯂꯛꯄ ꯃꯇꯝꯗ ꯊꯃꯣꯏꯅ ꯃꯆꯤꯟꯖꯥꯛ ꯍꯥꯏꯕꯗꯤ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯕ ꯉꯝꯂꯛꯇꯦ, ꯑꯁꯤꯒꯨꯝꯕ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯕ ꯉꯝꯂꯛꯇꯕ ꯃꯇꯝꯁꯤꯗ ꯗꯔꯀꯥꯔ ꯌꯥꯝꯅ ꯂꯩꯕ ꯑꯣꯛꯁꯤꯖꯦꯟꯁꯨ ꯊꯃꯣꯏꯅ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯕ ꯚꯝꯂꯛꯇꯦ꯫ ꯃꯃꯩꯊꯪꯗ ꯊꯃꯣꯏꯅ ꯃꯊꯧ ꯇꯧꯕ
ꯉꯝꯂꯛꯇꯗꯨꯅ ꯂꯦꯞꯈꯤꯕ ꯌꯥꯏ, ꯃꯁꯤꯕꯨ ꯑꯩꯈꯣꯏꯅ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯕ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯏꯒꯤ ꯎꯇꯣꯡ ꯐꯨꯟꯗꯨꯅ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯍꯟꯂꯤꯕꯁꯤ, ꯃꯔꯝ ꯃꯔꯝꯕ ꯃꯔꯝꯗꯒꯤꯅꯣ ꯍꯥꯏꯗꯨꯅ ꯈꯪꯃꯤꯟꯅꯁꯤ:

1꯫ ꯆꯨꯔꯨꯠ-ꯃꯦꯔꯤ ꯇꯣꯏꯅ ꯊꯛꯄ, ꯀ꯭ꯋꯥ ꯖꯔꯗꯥ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯆꯥꯕ,
ꯍꯤꯗꯥꯛ ꯃꯅꯥ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯎꯝꯕ:

ꯍꯤꯗꯥꯛ ꯃꯅꯥ ꯁꯤꯖꯤꯟꯅꯕꯗꯒꯤ (ꯏꯍꯨꯃꯖꯖꯍ Use) ꯁꯦꯀꯦꯟ
ꯅꯤꯄꯥꯜ ꯈꯨꯗꯤꯡꯒꯤ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯗꯤ ꯁꯤꯔꯤ꯫ ꯏꯟꯗꯤꯌꯥꯅ
ꯄ꯭ꯔꯤꯊꯤꯕꯤꯒꯤ ꯑꯣꯏꯅ ꯍꯤꯗꯥꯛ ꯃꯅꯥ ꯁꯤꯖꯤꯟꯅꯕꯗ ꯑꯅꯤꯁꯨꯕ ꯊꯥꯛꯇ ꯂꯩꯔꯤ꯫

ꯍꯤꯗꯥꯛ ꯃꯅꯥ ꯁꯤꯖꯤꯟꯅꯕꯅ ꯍꯛꯆꯥꯡꯗ ꯀꯔꯤꯃꯇ ꯀꯥꯟꯕ ꯄꯤꯕ
ꯅꯠꯇꯦ꯫ ꯏꯗꯥ ꯌꯥꯎ ꯇ꯭ꯔꯥꯏꯒ꯭ꯂꯤꯔꯔꯥꯏꯗ ꯋꯥꯡꯈꯠꯟꯕ, ꯏ ꯆꯦꯟꯕꯒꯤ
ꯎꯇꯣꯡ ꯃꯅꯨꯡ ꯑꯁꯤ ꯊꯥꯒꯠꯂꯛꯄ, ꯑꯃꯗꯤ ꯏꯗ ꯌꯥꯎꯔꯤꯕ ꯁꯦꯜ ꯃꯌ
ꯥꯝꯁꯤ ꯏꯒꯤ ꯎꯇꯣꯡ ꯃꯅꯨꯡꯗ ꯅꯞꯥꯤꯟꯕ ꯑꯃꯗꯤ ꯆꯦꯜꯍꯟꯕ ꯉꯝꯗꯕ
ꯑꯁꯤꯅꯤ꯫ ꯑꯗꯨꯅ ꯏ ꯒꯤ ꯎꯇꯣꯡ ꯑꯁꯤ ꯐꯨꯟꯖꯤꯟꯕ ꯑꯃꯗꯤ ꯊꯥꯒꯠꯂꯛꯄ
ꯃꯌꯥꯝꯁꯤꯅ ꯑꯦꯊꯦꯔꯣꯁꯀꯦꯂꯣꯔꯣꯁꯤꯁ (Atherosclerosis)
ꯑꯃꯗꯤ ꯕ꯭ꯂꯠ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯍꯟꯕ, ꯑꯁꯤꯅꯆꯤꯡꯕ ꯊꯣꯛꯍꯟꯂꯤ꯫

ꯑꯗꯨꯅ ꯊꯃꯣꯏꯒꯤ ꯏ ꯎꯇꯣꯡ ꯑꯅꯤ ꯑꯁꯤ ꯐꯨꯟꯖꯤꯟꯂꯛꯄꯗꯒꯤ ꯊꯃꯣꯏꯅ ꯏ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯐꯪꯗꯕꯒꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯑꯁꯤ ꯊꯣꯛꯂꯛꯄꯅꯤ꯫

ꯆꯨꯔꯨꯞ ꯕꯦꯔꯤ ꯇꯣꯏꯅ ꯊꯛꯄꯅ ꯊꯕꯥꯛꯇ ꯃꯤꯍꯨꯟ ꯆꯣꯡꯕ, ꯀꯣꯛ ꯉꯥꯎꯕ,
ꯇꯨꯝꯕ ꯌꯥꯍꯟꯗꯕ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯊꯣꯛꯍꯟꯂꯤ꯫

2꯫ ꯐꯠꯇꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕ: ꯑꯇꯦꯛꯄ ꯁꯥ-ꯉꯥ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯆꯥꯕ
ꯑꯃꯗꯤ ꯃꯔꯦꯛ ꯃꯍꯥꯎ ꯌꯥꯝꯅ ꯌꯥꯎꯕ ꯁꯦꯆꯨꯔꯦꯇꯦꯠ ꯐꯦꯠ ꯆꯥꯁꯤꯟꯕ, ꯃꯁꯤꯒꯨꯝꯕ ꯆꯤꯟꯥꯖꯛ ꯑꯁꯤꯅ ꯍꯛꯆꯥꯡꯗ ꯆꯪꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯏꯗ \

ꯥꯎꯕ ꯀꯣꯂꯦꯁꯇꯔꯣꯜ ꯑꯁꯤ ꯌꯥꯝꯅ ꯋꯥꯡꯍꯟꯂꯤ꯫ ꯀꯣꯂꯦꯁꯇꯔꯣꯜ
ꯋꯥꯡꯕꯁꯤꯅ ꯏꯒꯤ ꯎꯇꯣꯡꯗ ꯐꯨꯟꯖꯤꯟꯂꯛꯄ ꯑꯃꯗꯤ ꯊꯥꯒꯠꯂꯛꯄ ꯇꯧꯔꯛꯏ꯫ ꯃꯃꯩꯊꯪꯗ ꯔꯥꯏꯠ ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯃꯗꯤ ꯂꯦꯐꯠ ꯀꯣꯔꯣꯅꯦꯔꯤ
ꯑꯥꯔꯇꯔꯤ ꯑꯅꯤꯁꯤꯗ [l[Ojfkrxg(Aorta) ꯃꯄꯨꯡ ꯐꯥꯅ
ꯆꯦꯟꯗꯗꯨꯅ ꯊꯝꯃꯣꯏꯗ ꯏ ꯄꯤꯕ ꯋꯥꯠꯂꯛꯏ ꯑꯃꯗꯤ ꯑꯣꯛꯁꯤꯖꯦꯟꯁꯨ ꯐꯪꯕ ꯉꯝꯂꯛꯇꯦ, ꯊꯝꯃꯣꯏꯅ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯂꯛꯇꯕ ꯃꯇꯝꯗꯨꯗ ꯃꯊꯧ
ꯇꯧꯕꯁꯨ ꯂꯦꯞꯈꯤꯕ ꯌꯥꯏ꯫ ꯃꯁꯤꯕꯨ ꯑꯩꯈꯣꯏꯅ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯔꯦ ꯍꯥꯏꯅ
ꯈꯣꯅꯩ꯫ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯅꯔꯤꯕꯊꯥꯎꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯅꯥ ꯃꯁꯤꯡꯗꯒꯤ ꯁꯥꯕ
ꯃꯔꯨ ꯑꯣꯏꯅ ꯅꯨꯃꯤꯠꯂꯩ ꯃꯔꯨꯗꯒꯤ ꯁꯦꯝꯕ, ꯅꯨꯡ ꯍꯋꯥꯏ ꯃꯔꯨꯗꯒꯤ ꯁꯦꯝꯕ, ꯍꯪꯒꯥꯝ ꯃꯔꯨꯗꯒꯤ ꯁꯦꯝꯕ, ꯆꯣꯔꯐꯣꯟ ꯃꯔꯨꯗꯒꯤ ꯁꯦꯝꯕ, ꯊꯥꯎꯁꯤꯡ ꯆꯥꯕꯅ
ꯍꯦꯟꯅ ꯐꯩ꯫ ꯂꯩꯀꯥꯏꯒꯤ ꯆꯥꯛꯆꯥ ꯍꯩꯖꯥꯅꯕ ꯇꯣꯏꯅ ꯌꯥꯎꯕꯒꯤ ꯊꯕꯛꯁꯤ
ꯍꯟꯊꯕꯤꯒꯗꯕꯅꯤ꯫

3. ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ:- ꯃꯁꯤꯕꯨ ꯑꯩꯈꯣꯏꯅ ꯁꯥꯏꯂꯦꯟ ꯀꯤꯜꯂꯔ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯑꯅꯥꯕꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯗ ꯀꯣꯛ ꯆꯤꯛꯄ,
ꯀꯣꯛ ꯂꯨꯝꯕ, ꯀꯣꯛ ꯉꯥꯎꯕ, ꯊꯕꯥꯛ ꯅꯥꯕ, ꯃꯤꯍꯨꯟ ꯆꯣꯡꯕ, ꯁ꯭ꯕꯔ
ꯍꯣꯟꯕ ꯋꯥꯕ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯄꯤꯔꯝꯗꯅ ꯀꯍꯛ ꯃꯅꯨꯡꯗ ꯏ ꯊꯣꯛꯇꯨꯅ
ꯑꯩꯈꯣꯏꯒꯤ ꯄꯨꯟꯁꯤ ꯑꯁꯤ ꯂꯣꯏꯈꯤꯕ ꯌꯥꯏ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ ꯑꯁꯤꯕꯨ ꯁꯥꯏꯂꯦꯟ ꯀꯤꯜꯂꯔ ꯍꯥꯏꯅ ꯈꯪꯅꯩ꯫ ꯕ꯭ꯂꯗ
ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ ꯑꯁꯤꯅ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯕꯒꯤ ꯆꯥꯡ ꯑꯁꯤ ꯌꯥꯝꯅ _

ꯥꯡꯍꯟꯂꯤ꯫ ꯏꯒꯤ ꯎꯇꯣꯡꯁꯤꯡꯗ ꯄ꯭ꯔꯦꯁꯔ ꯌꯥꯝꯅ ꯋꯥꯡꯕꯁꯤꯅ ꯊꯝꯃꯣꯏ
ꯍꯛꯆꯥꯡꯒꯤ ꯃꯐꯝ ꯑꯇꯩꯗ ꯏ ꯀꯥꯞꯊꯣꯛꯈꯤꯕ ꯃꯇꯝꯗ ꯃꯄꯥꯡꯒꯜ \

ꯥꯝꯅ ꯋꯥꯍꯜꯂꯤ ꯑꯃꯗꯤ ꯊꯕꯛ ꯀꯥ ꯍꯦꯟꯅ ꯇꯧꯍꯜꯂꯤ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ
ꯑꯣꯏꯗꯨꯅ ꯊꯝꯃꯣꯏꯅ ꯊꯕꯛ ꯇꯧꯕ ꯂꯦꯞꯈꯤꯕ ꯌꯥꯏ꯫ ꯑꯗꯨꯒꯤꯁꯨ
ꯃꯊꯛꯇ ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯥꯔꯇꯔꯤ ꯑꯅꯤꯁꯤꯗꯁꯨ ꯀꯣꯂꯦꯁꯇ꯭ꯔꯣꯜ \

ꯥꯎꯕꯒꯤ ꯆꯥꯡ ꯍꯦꯟꯒꯠꯍꯟꯗꯨꯅ ꯐꯨꯟꯖꯤꯟꯂꯛꯄ ꯑꯃꯗꯤ ꯊꯥꯒꯠꯂꯛꯄ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯊꯣꯛꯍꯟꯗꯨꯅ ꯊꯝꯃꯣꯏꯅ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯍꯟꯗꯦ
ꯑꯃꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯊꯍꯛꯍꯜꯂꯤ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ
ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯗꯅꯕ ꯃꯇꯝ ꯆꯨꯞꯄꯗ ꯍꯣꯠꯅꯕꯤꯌꯨ꯫

4꯫ ꯏꯁꯤꯡ ꯄꯨꯛꯆꯠꯀꯤ ꯂꯥꯏꯅꯥ ꯗꯥꯏꯕꯦꯇꯤꯁ: ꯏꯟꯗꯤꯌꯥꯗ
ꯃꯤꯑꯣꯏ ꯃꯉꯥꯒꯤ ꯃꯅꯨꯡꯗ ꯑꯃꯗꯤ ꯂꯥꯏꯅꯥ ꯑꯁꯤꯗꯒꯤ ꯑꯋꯥꯕ ꯇꯥꯔꯤ꯫

ꯃꯁꯤꯒꯤ ꯂꯥꯏꯅꯥ ꯑꯁꯤꯅ ꯏꯗ ꯆꯤꯅꯤ ꯌꯥꯝꯅ ꯌꯥꯎꯗꯨꯅ ꯑꯄꯤꯛ ꯑꯄꯤꯛꯄ
ꯏꯒꯤ ꯎꯇꯣꯡ ꯃꯌꯥꯝꯁꯤꯗ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯆꯦꯟꯕ ꯉꯝꯂꯛꯇꯦ꯫ ꯏꯒꯤ
ꯎꯇꯣꯡꯗꯁꯨ ꯆꯤꯅꯤ ꯑꯁꯤ ꯇꯨꯝꯁꯤꯟꯗꯨꯅ ꯁꯦꯜ ꯃꯌꯥꯝꯁꯤ ꯅꯞꯁꯤꯟꯅꯕ ꯑꯃꯗꯤ ꯑꯃꯒ ꯑꯃꯒ ꯂꯣꯟꯁꯤꯟꯅꯗꯨꯅ ꯏ ꯃꯄꯪ ꯁꯦꯝꯂꯛꯄ ꯑꯁꯤ ꯊꯣꯛꯂꯛꯏ꯫ ꯑꯗꯨꯅ ꯃꯤꯠꯇ, ꯍꯥꯔꯠꯇ, ꯀꯤꯗꯅꯤꯗ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯐꯪꯕ
ꯉꯝꯂꯛꯇꯦ꯫ ꯀꯣꯔꯣꯅꯔꯤ ꯑꯥꯔꯇꯔꯤꯁꯤꯡꯗ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯆꯦꯜꯍꯟꯗꯦ
ꯑꯃꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯑꯁꯤ ꯊꯣꯛꯍꯜꯂꯤ꯫ ꯑꯗꯨꯅ ꯏꯗ ꯌꯥꯎꯕ ꯆꯤꯅꯤ
ꯑꯁꯤ ꯃꯇꯝ ꯆꯨꯞꯄꯗ ꯋꯥꯡꯗꯅꯕ ꯍꯣꯠꯅꯕꯤꯌꯨ꯫

5꯫ ꯐꯝꯖꯤꯟꯗꯨꯅ ꯊꯕꯛ ꯇꯧꯕ: ꯃꯇꯝ ꯆꯨꯞꯄꯗ ꯐꯝꯖꯤꯟꯗꯨꯅ ꯊꯕꯛ ꯇꯧꯕ (Sedentary Job) ꯑꯁꯤꯅ ꯍꯥꯛꯆꯥꯡꯁꯤ ꯂꯦꯡꯕ ꯈꯣꯠꯄ
ꯇꯧꯗꯕꯗꯒꯤ ꯏꯒꯤ ꯎꯇꯣꯡꯁꯤꯡꯗ ꯏ ꯃꯄꯪ ꯂꯩꯔꯛꯇꯨꯅ ꯏ ꯑꯁꯤ ꯃꯄꯨꯡ
ꯐꯥꯅ ꯆꯦꯟꯕ ꯉꯝꯂꯛꯇꯦ꯫ ꯃꯁꯤꯒ ꯂꯣꯏꯅ ꯂꯣꯏꯅꯅ ꯀꯣꯂꯦꯁꯇꯔꯣꯜꯁꯨ ꯋꯥꯡꯂꯕꯗꯤ ꯏꯒꯤ ꯎꯇꯣꯡꯁꯤꯡꯗ ꯏ ꯃꯄꯪ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯂꯩꯔꯛꯏ ꯑꯗꯨꯅ
ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯥꯔꯇꯔꯤꯁꯤꯡꯗꯨꯗ ꯏ ꯃꯄꯨꯡ ꯐꯥꯅ ꯆꯦꯟꯕ ꯉꯝꯂꯛꯇꯦ
ꯑꯃꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯊꯣꯛꯍꯜꯂꯤ꯫ ꯃꯁꯤ ꯊꯣꯛꯇꯅꯕ ꯍꯛꯆꯥꯡꯁꯤ
ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯂꯦꯡꯕ ꯈꯣꯠꯄ, ꯍꯧꯒꯠꯂꯒ ꯆꯠꯄ ꯑꯃꯁꯨꯡ
ꯑꯦꯛꯁꯔꯁꯥꯏꯖ ꯇꯧꯕꯤꯒꯗꯕꯅꯤ꯫

6꯫ ꯍꯛꯆꯥꯡ ꯌꯥꯝꯅ ꯅꯣꯏꯕ, ꯑꯣꯕꯦꯁꯤꯇꯤ:- ꯍꯛꯆꯥꯡ ꯌꯥꯝ ꯅꯣꯏꯕꯅ
ꯍꯛꯆꯥꯡꯒꯤ ꯑꯔꯨꯝꯕ ꯍꯦꯜꯍꯜꯂꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯐꯤꯚꯝ ꯑꯁꯤꯗ
ꯏꯁꯥꯗ ꯌꯥꯎꯕ ꯐꯦꯠ (Fat) ꯑꯁꯤ ꯀꯥ ꯍꯦꯟꯅ ꯌꯥꯎꯔꯛꯏ ꯑꯃꯗꯤ
ꯂꯥꯏꯅꯥ ꯀꯌꯥꯃꯔꯨꯝꯒꯤ ꯃꯀꯣꯟ ꯁꯥꯐꯝ ꯑꯣꯏꯔꯛꯏ꯫ ꯁꯝꯅ ꯍꯥꯏꯔꯕꯗ
ꯕ꯭ꯂꯠ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ, ꯏꯁꯤꯡ ꯄꯨꯛꯆꯠꯀꯤ ꯂꯥꯏꯅꯥ, ꯀꯣꯂꯦꯁꯇꯔꯣꯜ
ꯋꯥꯡꯕ, ꯁꯤꯟꯗ꯭ꯔꯣꯝ ꯑꯦꯛꯁ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯂꯩꯔꯛꯄ ꯌꯥꯏ꯫ ꯏꯁꯥꯒꯤ
ꯆꯍꯤ 40 (ꯅꯤꯐꯨ) ꯍꯥꯏꯔꯛꯄ ꯃꯇꯝꯗ ꯍꯥꯏꯔꯤꯕ ꯃꯌꯥꯝꯁꯤ ꯂꯩꯔꯕꯗꯤ
ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯕꯒꯤ ꯆꯥꯡ ꯑꯁꯤ ꯌꯥꯝꯅ ꯋꯥꯡꯅ ꯂꯩ꯫ ꯑꯩꯈꯣꯏꯅ
ꯈꯪꯖꯤꯟꯕꯤꯒꯗꯕ ꯑꯃꯅ ꯍꯛꯆꯥꯡ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯕꯅ ꯂꯟ-ꯊꯨꯝ \ꯥꯝꯅ ꯐꯪꯒꯗꯕ ꯅꯠꯇꯦ, ꯄ꯭ꯔꯃꯣꯁꯟ ꯀꯥꯒꯗꯕ ꯅꯠꯇꯦ, ꯁꯛ ꯀꯥ ꯍꯦꯟꯅ
ꯐꯖꯒꯗꯕ ꯅꯠꯇꯦ ꯑꯗꯨꯅ ꯉꯟꯇꯥꯅ ꯆꯥꯕ ꯊꯕꯄ ꯍꯟꯊꯕꯤꯗꯨꯅ ꯑꯈꯪ ꯑꯍꯩ
ꯃꯌꯥꯃꯒ ꯇꯥꯅꯗꯨꯅ ꯂꯥꯏꯌꯦꯡꯕꯤꯍꯧꯒꯗꯕꯅꯤ ꯅꯠꯇ꯭ꯔꯕꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ
ꯇꯧꯗꯨꯅ ꯄꯨꯟꯁꯤ ꯑꯁꯤ ꯉꯟꯇꯥꯅ ꯂꯣꯏꯈꯤꯕ ꯌꯥꯏ꯫

7꯫ ꯑꯦꯛꯁꯔꯁꯥꯏꯖ ꯇꯧꯗꯕ: ꯑꯩꯈꯣꯏꯅ ꯍꯛꯆꯥꯡꯁꯤ ꯆꯥꯡ ꯅꯥꯏꯅ
ꯑꯦꯛꯁꯔꯁꯥꯏꯖ ꯇꯧꯗꯨꯅ ꯊꯝꯒꯗꯕꯅꯤ, ꯃꯔꯝꯗꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯏ ꯑꯁꯤ
ꯃꯐꯝ ꯈꯨꯗꯤꯡꯃꯛꯇ ꯃꯄꯨꯡ ꯐꯥꯅ ꯆꯦꯟꯕ ꯉꯝꯅꯕꯅꯤ꯫ ꯍꯛꯆꯥꯡꯁꯤ
ꯂꯦꯡꯕ ꯈꯣꯠꯄ ꯇꯧꯗ꯭ꯔꯕꯗꯤ ꯏꯒꯤ ꯎꯇꯣꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯏ ꯑꯁꯤ
ꯅꯪꯁꯤꯜꯂꯛꯄ ꯑꯃꯗꯤ ꯇꯨꯡꯁꯤꯟꯗꯨꯅ ꯂꯩꯕꯗꯒꯤ ꯃꯄꯪ ꯑꯣꯏꯔꯛꯇꯨꯅ
ꯀꯣꯔꯣꯅꯦꯔꯤ ꯑꯥꯔꯇꯔꯤꯁꯤꯡ ꯑꯁꯤ ꯐꯨꯜꯖꯤꯟꯂꯛꯇꯨꯅ ꯊꯃꯣꯏꯗ ꯏ
ꯃꯄꯨꯡ ꯐꯥꯅ ꯄꯤꯕ ꯉꯝꯂꯛꯇꯦ ꯑꯃꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯔꯛꯏ꯫

ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏꯅ ꯅꯣꯡꯃꯗ ꯌꯥꯝꯗ꯭ꯔꯕꯗ ꯄꯨꯡ ꯈꯔꯔꯣꯝꯗꯤ ꯍꯛꯆꯥꯡ ꯁꯥꯖꯦꯜ ꯇꯧꯗꯨꯅ ꯅꯠꯇ꯭ꯔꯒ TISOM ꯀꯣꯏꯕꯅꯆꯤꯡꯕ ꯇꯧꯕꯤꯒꯗꯕꯅꯤ꯫

ꯍꯛꯆꯥꯡ ꯁꯥꯖꯦꯜ ꯇꯧꯗ꯭ꯔꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗꯨꯅꯤ ꯊꯃꯣꯏꯅ ꯌꯥꯝꯅ
ꯁꯥꯎꯔꯤꯕꯁꯤ ꯑꯃꯗꯤ ꯅꯨꯡꯁꯤꯗꯕꯁꯤ꯫

8꯫ ꯂꯥꯡꯇꯛꯅꯕ ꯋꯥꯈꯜ: ꯃꯅꯤꯄꯨꯔꯗꯗꯤ ꯃꯤꯑꯣꯏ ꯑꯌꯥꯝꯕꯗꯤ
ꯂꯥꯡꯇꯛꯅꯕ ꯋꯥꯈꯜꯗ ꯇꯥꯎꯗꯨꯅ ꯂꯩ꯫ ꯋꯥꯈꯜ ꯅꯨꯡꯉꯥꯏꯇꯕꯒꯤ ꯃꯔꯝ ꯀꯌ
ꯥꯃꯔꯨꯝꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯃꯥ ꯃꯄꯥ ꯑꯣꯏꯕꯁꯤꯡꯗ ꯅꯨꯡꯁꯤꯖꯔꯕ ꯃꯆꯥꯁꯤꯡꯅ
ꯄꯨꯕ ꯊꯥꯡꯕ ꯉꯝꯂꯣꯏꯗꯕ ꯗꯤꯃꯥꯟ ꯀꯌꯥꯃꯔꯨꯝ ꯇꯧꯁꯤꯟꯕ ꯑꯃꯗꯤ ꯉꯥꯡꯅꯕ ꯌꯥꯗ꯭ꯔꯕ, ꯍꯥꯏꯕ ꯏꯟꯗ꯭ꯔꯕ ꯃꯄꯨꯡ ꯐꯥꯔꯕ ꯃꯆꯥꯁꯤꯡ, ꯈꯪꯅꯕ \

ꯨꯝꯂꯣꯟꯅꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒ ꯅꯨꯡꯉꯥꯏꯅꯗꯕ, ꯂꯩꯀꯥꯏꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯒ
ꯋꯥꯈꯜ ꯃꯥꯅꯗꯕ, ꯊꯕꯛ ꯇꯧꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯀꯤ
ꯄ꯭ꯔꯣꯃꯣꯁꯟ ꯀꯥꯍꯧꯗꯕ ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯂꯥꯡꯇꯛꯅꯕ ꯋꯥꯈꯜ ꯂꯩꯕꯅ
ꯊꯕꯥꯛꯇ ꯃꯤꯍꯨꯜ ꯆꯣꯡꯕ, ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯋꯥꯡꯕ, ꯇꯨꯝꯕ ꯌꯥꯗꯕ ꯑꯃꯗꯤ
ꯁꯣꯔ ꯍꯣꯟꯕ ꯋꯥꯕ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯊꯣꯛꯍꯜꯂꯤ꯫

9꯫ ꯂꯥꯏꯐ ꯁ꯭ꯇꯥꯏꯜꯗ ꯁꯣꯏꯖꯤꯜꯂꯛꯄ: ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ
ꯆꯥꯕ ꯊꯛꯄꯗ ꯆꯥꯡ-ꯅꯥꯏꯗꯕ, ꯇꯨꯝꯕ ꯌꯥꯔꯛꯇꯕ ꯑꯁꯤꯅꯆꯤꯡꯕ ꯇꯧꯔꯛꯇꯨꯅ ꯄꯨꯟꯁꯤ ꯑꯁꯤ ꯅꯨꯃꯤꯠ-ꯊꯥ ꯃꯁꯛ ꯈꯪꯂꯛꯇꯕ ꯍꯥꯏꯕꯗꯨ
ꯑꯣꯏꯔꯛꯏ꯫ ꯁꯝꯅ ꯍꯥꯏꯔꯕꯗ ꯑꯌꯨꯛꯀꯤ ꯑꯃꯗꯤ ꯅꯨꯃꯤꯗꯥꯡꯒꯤ ꯆꯥꯕꯁꯤ
ꯃꯇꯝ ꯅꯥꯏꯅ ꯆꯥꯕ ꯑꯃꯗꯤ ꯇꯨꯝꯕꯒꯤ ꯃꯇꯝꯁꯤ ꯆꯥꯡ ꯅꯥꯏꯕꯤꯒꯗꯕꯅꯤ꯫

ꯑꯌꯨꯛ ꯆꯥꯛ ꯍꯦꯛ ꯇꯣꯛꯄꯒ ꯊꯕꯛ ꯇꯧꯕꯤꯔꯣꯏꯗꯕꯅꯤ, ꯄꯨꯡ 1 (ꯑꯃ)
ꯔꯣꯝꯗꯤ ꯄꯣꯠꯊꯗꯨꯅ ꯂꯩꯕꯤꯒꯗꯕꯅꯤ, ꯑꯌꯨꯛꯀꯤ ꯃꯇꯝꯗ ꯈꯣꯡ ꯍꯥꯝꯕꯗ
ꯃꯇꯝ ꯁꯥꯡꯅ ꯂꯦꯇ꯭ꯔꯤꯟꯗ ꯂꯩꯕꯤꯔꯣꯏꯗꯕꯅꯤ꯫ ꯈꯣꯡ ꯍꯥꯝꯕ ꯅꯨꯡꯉꯥꯏꯅꯕ
ꯃꯅꯥ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯆꯥꯕꯤꯒꯗꯕꯅꯤ ꯑꯃꯗꯤ ꯗꯥꯛꯇꯔꯒ ꯇꯥꯅꯔꯒ
ꯈꯣꯡ ꯍꯥꯝꯕ ꯌꯥꯅꯕ ꯍꯤꯗꯥꯛ ꯆꯥꯕꯤꯒꯗꯕꯅꯤ꯫ ꯅꯨꯃꯤꯠ ꯈꯨꯗꯤꯡꯒꯤ
ꯎꯍꯩ-ꯋꯥꯍꯩ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯆꯥꯕꯤꯒꯗꯕꯅꯤ꯫ ꯇꯨꯃꯕ ꯃꯇꯝꯗ ꯂꯣꯡꯊꯣꯛꯅ
ꯍꯤꯞꯄꯤꯒꯗꯕꯅꯤ ꯑꯃꯗꯤ ꯑꯣꯏꯔꯣꯝꯗ ꯆꯦꯞꯄꯤꯔꯣꯏꯗꯕꯅꯤ꯫ ꯆꯍꯤ
ꯌꯥꯝꯁꯤꯜꯂꯛꯂꯕ ꯑꯃꯗꯤ ꯄꯥꯡꯒꯜ ꯁꯣꯜꯂꯛꯂꯕ ꯃꯇꯝꯗ ꯗꯂꯥꯟ
ꯃꯊꯛꯇ ꯂꯩꯕꯁꯤꯁꯨ ꯌꯥꯔꯤꯕ ꯃꯈꯩ ꯇꯧꯕꯤꯔꯣꯏꯗꯕꯅꯤ, ꯍꯪꯒꯠ ꯍꯟꯗꯥ,
ꯀꯨꯝꯊꯣꯛ ꯀꯨꯝꯁꯤꯟꯗꯨ ꯑꯋꯥꯕ ꯇꯥꯕꯁꯨ ꯌꯥꯎꯏ꯫

ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯑꯁꯤ ꯊꯣꯛꯍꯜꯂꯣꯏ ꯑꯃꯗꯤ ꯊꯤꯡꯗꯕ \

ꯥꯗꯦ ꯍꯥꯏꯔꯕꯗꯤ ꯃꯊꯛꯀꯤ ꯐꯠꯇ꯭ꯔꯕ ꯃꯔꯝ ꯀꯌꯥꯃꯔꯨꯝ ꯑꯁꯤ
ꯊꯥꯗꯣꯛꯄꯤꯒꯗꯕꯅꯤ ꯑꯃꯗꯤ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡ ꯃꯌꯥꯝꯁꯤ ꯃꯇꯝ ꯆꯥꯅ
ꯂꯧꯕꯤꯍꯧꯒꯗꯕꯅꯤ꯫ ꯑꯁꯨꯝꯅ ꯇꯧꯗꯨꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯄꯨꯟꯁꯤ ꯑꯁꯤ \

kArDjqr vog 100 rg ebiZkTe ogiq ZAeq oOGeagEeKg! Love your Heart, Heart is your life.Û

ꯁꯣꯏꯕꯝꯆꯥ ꯏꯟꯗ꯭ꯔꯀꯨꯃꯥꯔ
ꯁꯣꯔꯣꯛ ꯅꯣꯔꯦꯟ
IMPHAL, THURSDAY, APRIL 05, 2018 ꯁꯒꯣꯜꯁꯦꯟ, ꯁꯖꯤꯕꯨꯒꯤ 20 ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3415 ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
2 SOjgmOM HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ

...ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯆꯤꯊꯤ...

ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯕ ꯑꯦꯗꯤꯇꯔ,
ꯃꯤꯑꯣꯏꯕꯅ ꯃꯁꯥ ꯃꯁꯥꯅ ꯇꯧꯖꯔꯨꯕ
ꯊꯕꯛꯀꯤ ꯃꯍꯩ ꯁꯣꯏꯗꯅ ꯐꯪꯅꯕ ꯉꯥꯛꯇꯅꯤ꯫

ꯐꯪꯂꯤꯕ ꯃꯍꯩ ꯈꯨꯗꯤꯡ ꯑꯐꯕ ꯑꯣꯏꯕ ꯌꯥꯏ,
ꯐꯠꯇꯕꯁꯨ ꯑꯣꯏꯕ ꯌꯥꯏ ꯐꯪꯗꯅ ꯈꯛ ꯇꯣꯛꯇꯦ꯫

ꯃꯩ ꯄꯥꯏꯔꯒ ꯃꯩꯁꯥ ꯐꯥꯎꯏ, BE ꯄꯥꯏꯔꯒ ꯑꯏꯪꯕ
ꯐꯥꯎꯏ꯫ ꯑꯁꯨꯝꯅ ꯊꯕꯛ ꯈꯨꯗꯤꯡꯒꯤ WM ꯂꯣꯏꯅ
ꯂꯩ꯫ ꯑꯗꯨꯅ ꯏꯪꯒ꯭ꯔꯥꯖꯤ ꯄꯥꯎꯔꯧꯗ ‘ꯑꯦꯖ ꯌꯨ KO KO

ꯁꯦꯜ ꯌꯨ ꯔꯤꯞ’ ꯍꯥꯏꯗꯨꯅ ꯂꯩꯔꯝꯂꯤꯕꯅꯤ꯫ ꯑꯐꯕ
ꯊꯕꯛꯀꯤ ꯃꯍꯩꯅ ꯃꯒꯨꯟ ꯂꯩꯕ ꯑꯐꯕ ꯃꯍꯩ WIT!

ꯐꯠꯇꯕ ꯊꯕꯛ ꯇꯧꯔꯨꯔꯒ ꯐꯠꯇꯕ ꯃꯍꯩ ꯑꯗꯨꯝ

WIT! ꯔꯠꯇꯅꯀꯔꯅ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯒꯤ ꯃꯄꯣꯠ
ꯃꯆꯩ ꯃꯨꯟꯗꯨꯅ ꯑꯃꯗꯤ ꯃꯤꯑꯣꯏ ꯀꯌꯥ ꯍꯥꯠꯇꯨꯅ
ꯃꯄꯥꯃꯃꯥ, ꯃꯇꯨ-ꯃꯆꯥ ꯊꯥꯛꯂꯝꯃꯤ꯫ ꯃꯍꯥꯛꯀꯤ
ꯂꯦꯞꯇꯅ ꯆꯠꯊꯔꯛꯄ ꯊꯕꯛ ꯑꯁꯤꯅ
ꯅꯣꯡꯃꯗꯤ ꯅꯥꯔꯗ ꯃꯨꯅꯤ ꯊꯦꯡꯅꯕꯒꯤ ꯈꯣꯡꯐꯝ
ꯂꯥꯛꯂꯝꯃꯤ꯫ ꯅꯥꯔꯗ ꯃꯨꯅꯤꯒꯤ ꯃꯄꯣꯠ ꯃꯆꯩ
ꯂꯣꯏꯅ ꯃꯨꯟꯕꯤꯔꯦ꯫ ꯃꯔꯝ ꯑꯗꯨꯗ ꯅꯥꯔꯗ ꯃꯨꯅꯤꯅ
ꯑꯩꯉꯍꯟꯗꯒꯤ ꯃꯨꯜꯂꯤꯕ ꯄꯣꯠꯁꯤꯡ ꯑꯁꯤ
ꯀꯔꯤ ꯇꯧꯅꯕꯅꯣ? ꯃꯁꯤꯗ ꯔꯠꯇꯅꯀꯔꯅ ꯍꯥꯏ,
ꯑꯩꯒꯤ ꯏꯃꯨꯡ ꯊꯥꯛꯅꯕꯅꯤ ꯃꯈꯣꯏꯒꯤ ꯃꯄꯨꯛ
ꯊꯟꯅꯕꯅꯤ꯫ ꯑꯗꯨꯗꯤ ꯃꯗꯨꯒꯤ ꯇꯦꯛꯆꯥꯛꯀꯤ
ꯃꯍꯩ ꯀꯅꯥꯅ ꯐꯪꯒꯅꯤ꯫ ꯊꯕꯛ ꯈꯨꯗꯤꯡꯃꯛ ꯃꯍꯩ
ꯐꯪꯗꯅ ꯈꯛ ꯇꯣꯛꯇꯦ꯫ ꯉꯁꯤꯒꯤ ꯃꯥꯂꯦꯝꯒꯤ
ꯁꯥꯟꯅꯕꯨꯡꯗ ꯃꯦꯗꯜ ꯀꯌꯥ ꯂꯧꯔꯤꯕ ꯄꯨꯝꯅꯃꯛ
ꯃꯈꯣꯏꯒꯤ ꯍꯣꯠꯅꯕꯒꯤ ꯃꯍꯩꯅꯤ꯫ ꯑꯩꯈꯣꯏꯅ
ꯅꯨꯡꯇꯤꯒꯤ ꯄꯨꯟꯁꯤꯗ ꯁꯤꯖꯤꯟꯅꯔꯤꯕ ꯄꯣꯠ
ꯈꯨꯗꯤꯡ ꯑꯋꯥꯡꯕ ꯊꯥꯛꯀꯤ ꯗꯤꯁꯀꯚꯔꯤꯁꯤꯡ
ꯑꯃꯗꯤ ꯏꯟꯚꯦꯟꯇꯔꯤꯁꯤꯡꯒꯤ ꯑꯆꯧꯕ
ꯈꯨꯗꯣꯜꯅꯤ, ꯃꯈꯣꯏꯒꯤ ꯍꯣꯠꯅꯕꯒꯤ ꯃꯍꯩꯅꯤ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯃꯌꯥꯝꯁꯤ ꯈꯟꯖꯤꯜꯂꯨꯔꯒ ꯉꯁꯤ
ꯑꯩꯈꯣꯏꯅ ꯇꯧꯅꯔꯤꯕ ꯊꯕꯛꯀꯤ ꯃꯍꯩ ꯂꯥꯛꯇꯕ
ꯌꯥꯔꯣꯏ꯫ ꯃꯗꯨꯒꯤ ꯃꯍꯩ ꯂꯥꯛꯄ ꯃꯇꯝꯗ ꯑꯩꯈꯣꯏ
ꯀꯔꯤ ꯑꯣꯏꯅ ꯇꯨꯡꯗ ꯂꯥꯛꯀꯅꯤ ꯈꯟꯅꯕ ꯆꯪꯏ꯫

ꯉꯁꯤꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯑꯐꯕ ꯃꯍꯩ ꯂꯥꯛꯄ ꯃꯇꯝꯗ
ꯑꯩꯈꯣꯏ ꯀꯔꯤ ꯑꯣꯏꯅ ꯇꯨꯡꯗ ꯂꯥꯛꯀꯖꯅꯤ
ꯈꯟꯅꯕ ꯆꯪꯏ꯫ ꯉꯁꯤꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯑꯐꯕ
ꯃꯍꯩ ꯐꯪꯒꯗꯕ ꯊꯕꯛ ꯀꯌꯥ ꯇꯧꯕꯤꯅꯕ ꯍꯣꯠꯅꯕꯅ
ꯇꯨꯡꯒꯤ ꯃꯤꯔꯣꯜꯗ ꯈꯨꯗꯣꯜ ꯑꯣꯒꯗꯧꯔꯤꯕꯅꯤ꯫

ꯃꯊꯪꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯇꯧꯕꯤꯔꯝꯕ ꯊꯕꯛꯀꯤ ꯃꯍꯩ
ꯉꯁꯤ ꯑꯩꯈꯣꯏꯅ ꯐꯪꯂꯤꯕꯅꯤ꯫ ꯐꯠꯇꯕ ꯏꯁꯨ ꯀꯌꯥ
ꯃꯥꯍꯍꯟꯕ ꯂꯩꯄꯥꯛꯀꯤ ꯌꯥꯏꯐꯅꯕ ꯏꯁꯨ ꯀꯌꯥꯗ ꯃꯍꯩ
ꯐꯪꯅꯕ ꯍꯣꯠꯅꯐꯝ ꯊꯣꯛꯏ꯫ ꯃꯤꯈꯜꯗ ꯌꯦꯡꯂꯨꯔꯕꯁꯨ
ꯃꯤꯈꯜ ꯂꯣꯏꯔꯒ ꯐꯠꯇꯕ ꯐꯜꯒꯤ ꯃꯔꯝꯗ
ꯑꯩꯈꯣꯏꯅ ꯅꯨꯡꯅꯥꯡꯕ ꯐꯥꯎꯏ꯫ ꯇꯁꯦꯡꯕꯗꯤ ꯑꯩꯈꯣꯏ
ꯂꯩꯕ ꯇꯥꯔꯕ ꯃꯗꯨꯒꯤ WM ꯐꯪꯕꯗ ꯐꯠꯇꯕ ꯉꯥꯛꯇ
ꯑꯣꯏꯒꯅꯤ꯫ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯗ-ꯊꯛꯇꯅ ꯈꯥ
ꯆꯤꯛꯇꯨꯅ ꯑꯐꯕ ꯃꯍꯩ ꯐꯪꯅꯕ ꯍꯣꯠꯅꯕ ꯃꯇꯝꯗ
ꯑꯐꯕ ꯃꯤꯍꯨꯠꯀꯤ ꯃꯍꯩ ꯑꯩꯈꯣꯏꯅ ꯁꯣꯏꯗꯅ
ꯐꯪꯃꯤꯟꯅꯒꯅꯤ꯫ ꯄꯩꯁꯥꯒꯤ ꯂꯥꯡꯗ ꯊꯨꯗꯨꯅ ꯐꯠꯇꯕ
ꯍꯩꯅꯕꯤ ꯑꯣꯏꯔꯤꯕ ꯃꯤꯑꯣꯏꯕꯕꯨ ꯁꯧꯒꯠꯄꯅ
ꯑꯩꯈꯣꯏꯅ ꯅꯤꯡꯉꯝꯗꯕ ꯂꯥꯛꯄꯅꯤ꯫ ꯑꯩꯅ ꯑꯩꯅ
ꯇꯧꯖꯕꯅ ꯑꯩꯅ ꯐꯪꯕꯅꯤ ꯍꯥꯏꯕ ꯑꯁꯤꯃꯛ ꯆꯨꯝꯃꯤ
ꯍꯥꯏꯕꯁꯤ ꯃꯤꯌꯥꯝꯅ ꯌꯥꯅꯕ ꯋꯥꯐꯝ ꯇꯁꯦꯡꯅ
ꯑꯣꯏꯔꯕꯗꯤ ꯑꯐꯕ ꯃꯍꯩ ꯐꯪꯅꯕ ꯑꯐꯕ
ꯊꯕꯛꯇꯃꯛ ꯇꯧꯕꯒꯤ ꯍꯩꯅꯕꯤ ꯊꯝꯁꯤ꯫

ꯑꯗꯣꯝꯒꯤ -

ꯑꯦꯝ ꯊꯝꯕꯧ, ꯀꯛꯆꯤꯡ ꯈꯨꯟꯅꯧ
ꯊꯕꯛꯀꯤ ꯃꯍꯩ
ꯑꯁꯥꯕ ꯁꯤ ꯗꯤ ꯑꯦꯅ ꯁꯦꯜ ꯂꯧꯊꯣꯛꯄ
ꯄꯤ ꯗꯕ꯭ꯂꯤꯌꯨ ꯗꯤꯅ ꯍ꯭ꯋꯥꯏꯠ ꯄꯦꯄꯔ ꯄꯨꯊꯣꯛꯄ ꯇꯉꯥꯏꯐꯗꯦ
ꯂꯩꯕꯥꯛ ꯑꯁꯤꯒꯤ ꯑꯣꯏꯅ ꯁꯦꯜ ꯊꯨꯝ ꯁꯤꯖꯤꯟꯅꯕ ꯅꯠꯇ꯭ꯔꯒ ꯆꯥꯗꯤꯡ ꯇꯧꯕꯒꯤ ꯃꯑꯣꯡ ꯑꯁꯤ ꯌꯥꯝꯅ ꯉꯜꯂꯤꯉꯩ ꯃꯇꯝꯗꯒꯤ ꯍꯧꯅ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔꯒꯤ ꯂꯣꯏꯔꯝꯗꯥꯏꯈꯛꯇꯗ ꯌꯥꯡꯁꯤꯟꯕ ꯑꯣꯏꯅ
ꯇꯧꯏ꯫ ꯂꯩꯉꯥꯛ ꯑꯃ ꯆꯂꯥꯏꯕ ꯍꯥꯏꯕꯁꯤ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔꯈꯛꯇꯗ ꯆꯂꯥꯏꯕ ꯅꯠꯇꯦ, ꯆꯍꯤ ꯆꯨꯞꯄ
ꯊꯕꯛ ꯇꯧꯔꯤꯕꯅꯤ꯫ ꯇꯧꯔꯤꯕ ꯊꯕꯛꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯆꯠꯐꯝ ꯊꯣꯛꯄ, ꯄꯤꯐꯝ ꯊꯣꯛꯄ
ꯁꯦꯟꯐꯝꯁꯤꯡ ꯃꯇꯝ ꯆꯥꯅ ꯄꯤꯊꯣꯛꯄ ꯍꯥꯏꯕꯁꯤꯅ ꯊꯕꯛ ꯑꯗꯨꯒꯤ ꯊꯕꯛ ꯑꯗꯨꯒꯤ ꯃꯥꯏꯀꯩ ꯇꯥꯛꯄꯗ
ꯅꯠꯇꯅ ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯅ ꯊꯕꯛ ꯇꯧꯏ ꯍꯥꯏꯕꯒꯤ ꯈꯨꯗꯝ ꯑꯃꯁꯨ ꯑꯣꯏꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯩꯉꯥꯛꯀꯤ
ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯑꯣꯏꯅ ꯁꯦꯜ ꯆꯥꯗꯤꯡ ꯇꯧꯅꯕ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯇ ꯄ꯭ꯔꯄꯣꯖꯦꯜ
ꯊꯥꯒꯠꯂꯛꯄꯁꯤ ꯃꯥꯔꯆ ꯊꯥꯒꯤ ꯂꯣꯏꯔꯝꯗꯥꯏ ꯈꯛꯇꯗ ꯑꯣꯏꯅ ꯇꯧꯏ꯫ ꯃꯁꯤ ꯀꯔꯝ ꯇꯧꯔꯤꯕꯅꯣ ꯍꯥꯏꯕ ꯑꯈꯪ
ꯑꯍꯩꯁꯤꯡꯅ ꯀꯨꯞꯅ ꯅꯩꯅꯕ ꯆꯪꯏ ꯑꯃꯁꯨꯡ ꯃꯇꯨꯡ ꯇꯥꯔꯛꯄꯗ ꯑꯁꯤꯒꯨꯝꯕ ꯊꯕꯛ ꯃꯇꯧ ꯑꯁꯤ ꯇꯧꯗꯅꯕ ꯊꯧꯁꯤꯜ
ꯄꯨꯊꯣꯛꯄ ꯆꯪꯏ꯫ ꯌꯥꯝꯅ ꯉꯜꯂꯤꯉꯩ ꯃꯇꯝ ꯍꯥꯏꯕꯗꯤ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔ ꯂꯣꯏꯒꯗꯕ ꯊꯥ 2 ꯋꯥꯠꯂꯤꯉꯩꯗ
ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯃꯤꯅꯄꯨꯔꯒꯤ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯃꯀꯣꯛꯁꯤꯡꯗ ꯃꯔꯤ ꯂꯩꯅꯕ
ꯐꯥꯏꯜꯁꯤꯡ ꯈꯨꯗꯛꯇ ꯊꯥꯒꯠꯂꯛꯅꯕ ꯈꯪꯍꯜꯂꯛꯈꯤ꯫ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯁꯤꯅ ꯐꯥꯏꯜ ꯀꯧꯈꯠꯂꯤꯕꯒꯤ ꯃꯔꯝ
ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔ ꯃꯌꯥꯗ ꯆꯅꯩꯅꯕ ꯊꯣꯛꯇꯅꯕꯅꯤ ꯍꯥꯏꯅ ꯐꯥꯎꯕ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯄꯟꯕ ꯊꯦꯡꯅꯈꯤ꯫

ꯑꯗꯨꯕꯨ ꯂꯨꯔꯤꯕ ꯋꯥꯍꯪ ꯑꯃꯗꯤ ꯂꯩꯉꯥꯛ ꯑꯁꯤꯒꯤ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯃꯊꯥꯡ ꯑꯅꯤ ꯅꯥꯏꯕ ꯊꯧꯁꯤꯜ ꯑꯃ
ꯆꯠꯅꯈꯤꯕꯗꯒꯤ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯁꯤꯡꯒꯤ ꯁꯦꯜ ꯀꯥꯏꯊꯣꯛ ꯀꯥꯏꯁꯤꯟꯗ ꯑꯄꯟꯕ ꯑꯣꯏꯗꯨꯅ ꯂꯩꯔꯤ꯫ ꯈꯨꯗꯝ
ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔ ꯃꯃꯥꯡꯗ ꯁꯦꯜ ꯀꯥꯏꯊꯣꯛꯅꯕꯒꯤ ꯑꯌꯥꯕ ꯄꯤꯕꯤꯅꯅꯕ ꯊꯥꯒꯠꯈꯤꯕ
ꯄ꯭ꯔꯄꯣꯖꯦꯜ ꯐꯥꯎꯕ ꯁꯦꯜ ꯂꯩꯇꯦ ꯍꯥꯏꯗꯨꯅ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯐꯥꯖꯤꯜꯂꯒ ꯊꯝꯈꯤ꯫ ꯃꯁꯤꯗꯒꯤ
ꯍꯦꯟꯗꯣꯛꯂꯗꯨꯅ ꯑꯦꯝꯄ꯭ꯂꯣꯏꯁꯤꯡꯒꯤ ꯄꯦ ꯑꯦꯅꯣꯃꯦꯂꯤ ꯁꯦꯝꯗꯣꯛꯄꯤꯅꯕ ꯊꯥꯔꯛꯄ ꯋꯥꯀꯠꯁꯤꯡꯒꯤ ꯃꯇꯨꯡ
ꯏꯟꯅ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯑꯦꯄ꯭ꯔꯨꯚꯦꯜ ꯄꯤꯕꯤꯅꯕ ꯑꯋꯥꯡꯕ ꯑꯣꯐꯤꯁꯜꯁꯤꯡꯗ ꯍꯥꯏꯖꯔꯕ ꯐꯥꯎꯕꯗ
ꯁꯦꯜ ꯊꯨꯝꯒꯤ ꯐꯤꯚꯝ ꯐꯠꯇꯦ ꯍꯥꯏꯗꯨꯅ ꯄꯦ ꯑꯦꯅꯣꯃꯦꯂꯤꯁꯤꯡ ꯑꯗꯨ ꯁꯦꯝꯗꯣꯛꯄ ꯃꯇꯥꯡ ꯆꯥꯗꯦ ꯍꯥꯏꯗꯨꯅ ꯊꯝꯂꯤ꯫

ꯑꯁꯨꯝꯅ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯌꯥꯝꯕꯒꯤ ꯄ꯭ꯔꯄꯣꯖꯦꯜꯁꯤꯡ ꯃꯇꯝ ꯆꯥꯅ ꯊꯥꯔꯒꯁꯨ ꯁ꯭ꯇꯦꯠ ꯑꯁꯤꯒꯤ ꯁꯦꯜ ꯊꯨꯝꯒꯤ
ꯐꯤꯚꯝ ꯐꯠꯇꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯗꯨꯅ ꯇꯥꯟꯖꯥ ꯌꯦꯡꯂꯒ, ꯆꯥꯗꯤꯡ ꯌꯦꯡꯂꯒ ꯁꯦꯜ ꯊꯥꯗꯣꯛꯄꯒꯤ ꯆꯠꯅꯕꯤ ꯑꯃ
ꯂꯩꯔꯛꯂꯤ꯫ ꯑꯉꯝ ꯑꯊꯧꯁꯤꯡꯅ ꯑꯀꯟꯕ ꯃꯤꯠꯌꯦꯡ ꯆꯪꯕ ꯐꯥꯏꯜ ꯑꯣꯏꯔꯒꯗꯤ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯇ
ꯅꯣꯡꯃ ꯐꯥꯅ ꯄꯟꯕ ꯉꯝꯗꯦ꯫ ꯃꯁꯤꯅ ꯇꯥꯛꯂꯤꯕꯗꯤ ꯍꯧꯖꯤꯛꯁꯨ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯇ ꯃꯤꯆꯪ
ꯃꯤꯈꯥꯏ ꯅꯥꯏꯕ, ꯁꯛ ꯃꯥꯏ ꯌꯦꯡꯂꯒ ꯊꯕꯛ ꯇꯧꯕꯒꯤ ꯆꯠꯅꯕꯤ ꯑꯃ ꯂꯩꯔꯤ꯫ ꯃꯁꯤꯃꯛꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ
ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔ ꯃꯌꯥꯗ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯇꯉꯥꯏꯐꯗꯕꯁꯤꯡ ꯀꯥꯏꯊꯣꯛꯍꯧꯅꯕ
ꯐꯥꯏꯜ ꯃꯌꯥꯝ ꯊꯣꯝꯖꯤꯜꯂꯛꯄꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯕ ꯌꯥꯏ꯫ ꯏꯝꯐꯥꯜꯗ ꯐꯣꯡꯕ ꯄꯥꯎꯆꯦ ꯑꯌꯥꯝꯕꯗ ꯀꯣꯡꯒ꯭ꯔꯦꯁꯀꯤ
ꯂꯨꯆꯤꯡꯕꯁꯤꯡꯅ ꯁꯥꯁꯤꯟꯅꯕ ꯆꯦꯛ ꯗ꯭ꯔꯣꯋꯦꯜ ꯑꯣꯊꯣꯔꯤꯇꯤ (ꯁꯤ ꯗꯤ ꯑꯦ) ꯅ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔꯒꯤ
ꯆꯤꯜꯂꯕ ꯃꯇꯝ ꯃꯅꯨꯡꯗ ꯂꯨꯄꯥ ꯂꯥꯈ ꯀꯌꯥ ꯂꯧꯊꯣꯛꯈ꯭ꯔꯦ ꯍꯥꯏꯅ ꯆꯥꯔꯖ ꯇꯧꯕ ꯋꯥꯐꯝꯁꯤꯡ ꯐꯣꯡꯂꯛꯄ ꯊꯦꯡꯅꯔꯦ꯫

ꯃꯅꯤꯄꯨꯔ ꯄ꯭ꯔꯗꯦꯁ ꯀꯣꯡꯒ꯭ꯔꯦꯁ ꯀꯃꯤꯇꯤ (ꯑꯦꯝ ꯄꯤ ꯁꯤ ꯁꯤ) ꯒ ꯚꯥꯔꯇꯤꯌ ꯖꯅꯇꯥ ꯄꯥꯔꯇꯤ (ꯕꯤ ꯖꯦ ꯄꯤ)
ꯃꯅꯤꯄꯨꯔ ꯁ꯭ꯇꯦꯠ ꯌꯨꯅꯤꯠꯀ ꯀꯌꯥꯃꯨꯛ ꯁꯥꯊꯤꯅ ꯌꯦꯛꯅꯕ ꯑꯣꯏꯔꯕꯒꯦ ꯍꯥꯏꯕꯕꯨ ꯊꯣꯔꯛꯂꯤꯕ ꯋꯥꯊꯣꯛ ꯑꯁꯤ
ꯃꯤꯌꯥꯝꯗ ꯐꯣꯡꯣꯛꯄꯒ ꯂꯣꯏꯅꯅ ꯀꯣꯡꯒ꯭ꯔꯦꯁꯅ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯣꯏꯔꯤꯕ ꯅꯣꯡꯊꯣꯝꯕꯝ ꯕꯤꯔꯦꯟꯕꯨ

WA ꯊꯥꯗꯣꯛꯅꯕ ꯗꯤꯃꯥꯟ ꯐꯥꯎꯕ ꯇꯧꯔꯤ꯫ ꯀꯣꯡꯒ꯭ꯔꯦꯁꯅ ꯃꯔꯥꯜ ꯁꯤꯔꯛꯂꯤꯕꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯀꯤ
ꯄ꯭ꯔꯤꯟꯁꯤꯄꯥꯜ ꯁꯦꯀ꯭ꯔꯦꯇꯔꯤ (ꯐꯥꯏꯅꯥꯟꯁ) ꯕꯤꯅꯤꯠ ꯖꯣꯁꯤꯅ ꯋꯥꯛꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯀꯤ ꯀꯃꯤꯁꯅꯥꯔꯗ
ꯏꯈꯤꯕ ꯂꯦꯇꯔ ꯑꯃꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯔꯒꯅꯤ꯫ ꯂꯦꯇꯔ ꯑꯗꯨꯁꯨ ꯄꯥꯎꯆꯦꯁꯤꯡꯗ ꯀꯣꯄꯤ ꯑꯃꯃꯝ ꯐꯪꯍꯟꯈꯤ꯫

ꯂꯦꯇꯔ ꯑꯗꯨꯗ ꯄꯜꯂꯤꯕ ꯃꯔꯨꯑꯣꯏꯕ ꯋꯥꯐꯝꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯑꯁꯥꯕ ꯁꯤ ꯗꯤ ꯑꯦ ꯁꯤꯖꯤꯟꯅꯔꯝꯕꯒꯤ ꯋꯥꯊꯣꯛ
ꯑꯁꯤ ꯀꯨꯞꯅ ꯊꯤꯖꯤꯟꯅꯕ ꯏꯝꯐꯥꯜ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟꯗ ꯊꯥ ꯑꯁꯤꯒꯤ 1 ꯗ ꯀꯝꯄ꯭ꯂꯦꯟ ꯑꯃ ꯊꯥꯡꯒꯠꯈ꯭ꯔꯦ꯫

ꯃꯥꯔꯆ ꯊꯥꯒꯤ ꯃꯅꯨꯡꯗ ꯁꯕ ꯑꯂꯣꯀꯦꯁꯟ ꯊꯣꯛꯈꯤꯕ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯗꯨꯒꯤ ꯁꯤ ꯗꯤ ꯑꯦꯁꯤꯡꯅ ꯅꯧꯅ
ꯚꯦꯔꯤꯐꯤꯀꯦꯁꯟ ꯆꯠꯊꯕꯒ ꯂꯣꯏꯅꯅ ꯇꯉꯥꯏꯐꯗꯕ ꯊꯕꯛꯁꯤꯡ ꯂꯧꯈꯠꯀꯗꯕꯅꯤ ꯍꯥꯏꯅꯁꯨ ꯄꯥꯎꯇꯥꯛ ꯄꯤꯔꯤ꯫

ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯤꯃꯦꯟꯠꯀꯤ ꯑꯌꯥꯕ ꯌꯥꯎꯗꯅ ꯊꯥꯗꯣꯛꯂꯝꯕ ꯁꯤ ꯗꯤ ꯑꯦꯁꯤꯡ ꯊꯦꯡꯅꯔꯕꯗꯤ ꯃꯗꯨꯒꯤ ꯁꯕ
ꯑꯦꯂꯣꯀꯦꯁꯟ ꯊꯣꯛꯇꯅꯕ, ꯆꯦꯛ ꯀꯥꯏꯊꯣꯛꯇꯅꯕ ꯑꯃꯗꯤ ꯁꯦꯜ ꯄꯤꯊꯣꯛꯈꯤꯕ ꯂꯩꯔꯒꯅ ꯍꯜꯂꯛꯅꯕꯁꯨ
ꯄꯜꯂꯤ꯫ ꯐꯥꯏꯅꯥꯟꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯃꯥꯔꯆ ꯊꯥ ꯃꯅꯨꯡꯗ ꯊꯥꯗꯣꯛꯈꯤꯕ ꯁꯤ ꯗꯤ ꯑꯦ ꯈꯨꯗꯤꯡꯃꯛ ꯑꯇꯦꯟꯕ
ꯃꯇꯝꯒꯤ ꯃꯅꯨꯡꯗ ꯈꯪꯍꯟꯖꯒꯦ ꯍꯥꯏꯅ ꯆꯤꯊꯤ ꯑꯗꯨꯗ ꯄꯜꯂꯤ꯫ ꯃꯁꯤꯒ ꯂꯣꯏꯅ ꯂꯣꯏꯅꯅ ꯁꯤ ꯗꯤ ꯑꯦꯅꯤ ꯍꯥꯏꯕ
ꯈꯔꯁꯨ ꯆꯤꯊꯤ ꯑꯗꯨꯒ ꯂꯣꯏꯅꯅ ꯋꯥꯛꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯇ ꯊꯥꯔꯛꯄꯗ ꯅꯦꯁꯅꯦꯜ ꯍꯥꯏꯋꯦ 150 (ꯆꯨꯔꯆꯥꯟꯄꯨꯔ
ꯂꯝꯕꯤ) ꯁꯦꯝꯅꯕꯒꯤꯗꯃꯛ ꯂꯨꯄꯥ ꯂꯥꯈ 44.72 ꯀꯥꯏꯊꯣꯛꯈꯤꯕ ꯑꯃꯁꯨꯡ ꯃꯥꯔꯆ 30 ꯗ ꯂꯨꯄꯥ ꯀ꯭ꯔꯣꯔ 1.69
ꯀꯥꯏꯊꯣꯛꯈꯤꯕꯅꯆꯤꯡꯕꯁꯨ ꯌꯥꯎꯔꯤ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄꯟꯖꯅꯤꯡꯕ ꯋꯥꯐꯝꯗꯤ, ꯑꯣꯄꯣꯖꯤꯁꯟꯗ ꯂꯩꯔꯤꯕ
ꯀꯣꯡꯒ꯭ꯔꯦꯁꯅ ꯂꯥꯎꯔꯛꯂꯤꯕ ꯑꯁꯤꯁꯨ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯁꯟꯅ ꯃꯈꯣꯏ ꯗꯄꯤꯕ ꯊꯧꯗꯥꯡꯒꯤ ꯁꯔꯨꯛ ꯑꯃꯅꯤ
ꯍꯥꯏꯅ ꯂꯧꯔꯕꯁꯨ ꯌꯥꯏ꯫ ꯇꯧꯕꯗꯗꯤ ꯁꯥꯁꯤꯟꯅꯕ ꯁꯤ ꯗꯤ ꯑꯦ ꯁꯤꯖꯤꯟꯅꯔꯒ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯗ ꯁꯦꯟꯐꯝ ꯀꯌꯥꯝ
ꯌꯥꯝꯅ ꯀꯥꯏꯊꯣꯛꯈ꯭ꯔꯕꯒꯦ ꯍꯥꯏꯕꯁꯤ ꯆꯞ ꯆꯥꯅ ꯈꯪꯕ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯀꯥꯏꯊꯣꯛꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯐꯥꯕꯒꯤ ꯃꯑꯣꯡꯁꯨ
ꯃꯥꯜꯂꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯆꯌꯦꯠꯅꯕ ꯋꯥꯐꯝ ꯀꯌꯥ ꯂꯩꯕꯅ ꯁ꯭ꯇꯦꯠꯀꯤ ꯄꯕ꯭ꯂꯤꯛ ꯋꯥꯛꯁ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯆꯍꯤ
ꯑꯁꯤꯒꯤ ꯐꯥꯏꯅꯥꯟꯁꯤꯑꯦꯜ ꯏꯌꯔ ꯍꯥꯏꯕꯗꯤ ꯃꯥꯔꯆ ꯊꯥꯗ ꯊꯥꯗꯣꯛꯈꯤꯕ ꯁꯤ ꯗꯤ ꯑꯦ ꯑꯃꯁꯨꯡ ꯀꯥꯏꯊꯣꯛꯈꯤꯕ
ꯁꯦꯟꯐꯝꯁꯤꯡꯒꯤ ꯑꯣꯏꯕ ꯍ꯭ꯋꯥꯏꯠ ꯄꯦꯄꯔ ꯑꯃ ꯃꯤꯌꯥꯝꯗ ꯄꯨꯊꯣꯛꯄꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩꯔꯦ꯫ ꯃꯁꯤꯃꯛꯅ
ꯍꯧꯖꯤꯛꯃꯛꯀꯤ ꯑꯣꯏꯅ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯦꯟ ꯕꯤꯔꯦꯟꯕꯨ WA ꯊꯥꯗꯣꯛꯅꯕ ꯗꯤꯃꯥꯟ ꯇꯧꯕꯃꯛꯇꯤ ꯐꯖꯕ
ꯋꯥꯠꯂꯤ ꯍꯥꯏꯖꯅꯤꯡꯏ꯫

ꯑꯉꯛꯄ ꯂꯝ ꯑꯃꯒꯤ ꯑꯉꯛꯄ ꯋꯥꯔꯤ
ꯍꯥꯔꯠ ꯑꯦꯇꯥꯛ ꯏꯖ ꯄ꯭ꯔꯤꯚꯦꯟꯇꯦꯕꯜ

‘‘ꯄ꯭ꯔꯤꯊꯤꯕꯤꯗ ꯆꯍꯤ ꯑꯃꯗ ꯌꯥꯝꯗ꯭ꯔꯕꯗ ꯃꯤꯑꯣꯏ ꯃꯤꯂꯤꯌꯟ 17.3 ꯔꯣꯝꯗꯤ ꯊꯝꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯁꯤꯔꯤ’’

‘‘ꯏꯟꯗꯤꯌꯥꯗ ꯆꯍꯤ 1ꯗ ꯃꯤꯑꯣꯏ ꯃꯤꯂꯤꯌꯟ 2 ꯔꯣꯝꯗꯤ ꯍꯥꯔꯠ ꯑꯦꯇꯦꯛ ꯇꯧꯗꯨꯅ ꯑꯋꯥꯕ ꯇꯥꯔꯤ’’

10 = ꯏꯃꯗꯃ
(Amada Phun)