ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 21
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯖꯨꯂꯥꯏ 15, ꯁꯒꯣꯜꯁꯦꯟ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ 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 ꯑꯝꯁꯨꯡ
ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ
ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ ꯃꯤꯑꯣꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ
ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫ ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯈꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

1| ꯋꯥꯈꯜ ꯃꯆꯨ-ꯃꯆꯨ, ꯁꯛꯇꯝ ꯃꯈꯜ-ꯃꯈꯜ ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
2| ꯄꯨꯟꯁꯤꯒꯤ ꯃꯔꯨꯙ꯭ꯌꯥꯟ ꯍꯥꯏꯕꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ ꯑꯃꯁꯨꯡ ꯑꯏꯕꯅ ꯀꯅꯥꯅꯣ?
3| ꯈꯣꯡꯖꯤ ꯃꯈꯣꯜ ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
4| ꯁꯨꯔꯖꯀꯥ ꯁꯥꯇꯋꯥ ꯘꯣꯔꯥ ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ ꯑꯃꯁꯨꯡ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯔꯤ ꯃꯃꯤꯡ ꯍꯥꯏꯅ
ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯒꯦ?

5| “ꯍꯩꯔꯦꯝ ꯆꯥ ꯅꯨꯔꯥ ꯑꯇꯦꯡꯕꯤ, ꯂꯥꯏꯖ ꯏꯗ ꯁꯤꯕꯤꯌꯨ ꯃꯄꯥꯟꯅ ꯀꯣꯔꯧ ꯅꯨꯃꯤꯠ ꯃꯥꯄꯟꯅꯤ ꯁꯨꯅ ꯊꯤꯕꯕꯨ
ꯊꯤꯈꯪꯗꯔꯕꯗ ꯀꯣꯔꯧ ꯅꯨꯃꯤꯠ ꯇꯔꯥꯅꯤ ꯁꯨꯕꯗ ꯈꯣꯏꯅꯧ ꯃꯇꯥ ꯉꯥꯏꯔꯣꯏꯅꯥꯏꯅ ꯇꯥꯛꯂꯩ; ꯑꯗꯨ ꯅꯣꯡꯒꯤꯕꯨ
ꯍꯩꯔꯦꯝ ꯂꯦꯃꯇꯥꯛꯑꯣ ꯇꯧꯅ ꯀꯧꯑꯦ꯫" ꯋꯥꯍꯩ ꯄꯔꯦꯡ ꯑꯁꯤ ꯀꯗꯥꯏꯗꯒꯤ ꯂꯧꯊꯣꯔꯛꯄꯅꯣ?

ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, WEDNESDAY, JULY 07, 2021 ꯌꯨꯝꯁꯀꯩꯁ, ꯏꯉꯥꯒꯤ 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꯫

ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯊꯕꯛ ꯊꯨꯖꯤꯟꯁꯤ
ꯄꯣꯠꯂꯨꯝ ꯄꯨꯔꯤꯉꯩꯗ ꯈꯣꯡꯁꯨ ꯄꯨꯟꯁꯤꯜꯂꯒꯨꯝꯁꯤ
ꯍꯧꯖꯤꯛ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯤꯌꯥꯝꯅ ꯀꯣꯛꯊꯣꯡꯅꯔꯤꯕꯁꯤ ꯀꯣꯚꯤꯗ-19
ꯄꯦꯟꯗꯃꯤꯛꯀꯤ seKeNd ꯋꯦꯚꯅꯤ꯫ ꯇꯌꯥꯡ-ꯇꯌꯥꯡꯕ ꯄꯣꯠ ꯑꯃ ꯃꯃꯤꯡꯇꯒꯤ
ꯑꯣꯏꯅ ꯀꯣꯛꯇ ꯊꯣꯟꯒꯠꯂꯒ ꯄꯨꯕ ꯅꯠꯇꯦ꯫ ꯆꯨꯝꯅꯇꯒꯤ ꯏꯄꯤꯗꯦꯃꯤꯛ ꯑꯃꯁꯨ
ꯅꯠꯇꯦ, ꯄꯦꯟꯗꯃꯤꯛꯅꯤ꯫ ꯅꯨꯃꯤꯠ ꯈꯨꯗꯡꯒꯤ ꯂꯦꯞꯇꯅ ꯁꯤꯔꯛꯄꯅ ꯖꯨꯂꯥꯏ 5, 2021
ꯐꯥꯎꯕꯗ ꯃꯤꯑꯣꯏ 1,204ꯒꯤ ꯄꯨꯟꯁꯤ ꯃꯥꯡꯍꯟꯈ꯭ꯔꯕ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯂꯨꯝꯕ ꯄꯣꯠꯂꯨꯝꯅꯤ꯫
ꯑꯗꯨꯕꯨ ꯄꯨꯔꯤꯕ ꯄꯣꯠꯂꯨꯝꯁꯤ ꯀꯔꯝꯀꯥꯟꯗ ꯃꯇꯧ ꯀꯔꯝꯅ ꯀꯣꯛꯊꯛꯇꯒꯤ ꯊꯥꯡꯊꯗꯨꯅ
ꯁ꯭ꯇꯦꯠꯁꯤꯒꯤ ꯃꯤꯌꯥꯝ ꯅꯦ-ꯇꯥꯒꯗꯒꯦ ꯍꯥꯏꯕ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯃꯔꯝꯗꯤ ꯀꯣꯚꯤꯗ-19
ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯔꯛꯂꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯒꯤ ꯍꯛꯆꯥꯡꯗꯒꯤ ꯂꯥꯏꯅꯥꯁꯤ ꯁꯦꯠꯇꯣꯛ
ꯈꯥꯏꯗꯣꯛꯇꯨꯅ ꯂꯧꯊꯣꯛꯂꯒ ꯂꯪꯊꯣꯛꯈꯤꯕ ꯉꯝꯕ ꯍꯤꯗꯥꯛ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯒꯗꯤꯗꯤ
ꯄꯨꯊꯣꯛꯇ꯭ꯔꯤ꯫ ꯍꯧꯖꯤꯛ ꯇꯧꯔꯤꯕ ꯍꯥꯏꯕꯕꯨ ꯄꯣꯖꯤꯇꯤꯚ ꯍꯦꯛ ꯑꯣꯏꯔꯛꯞꯒ
ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯗꯨꯅ ꯂꯩꯕ, ꯚꯤꯇꯥꯃꯤꯟ-ꯁꯤ ꯑꯃꯁꯨꯡ ꯖꯤꯡꯛꯅꯆꯤꯡꯕ ꯍꯤꯗꯥꯛ ꯈꯔ
ꯆꯥꯕ, ꯊꯛꯆꯥꯡꯒꯤ ꯑꯣꯛꯁꯤꯖꯦꯟꯒꯤ ꯆꯥꯡ ꯀꯨꯞꯁꯦꯟ ꯁꯦꯟꯅꯕꯅꯤ꯫ ꯑꯁꯨꯝꯃꯥꯏꯅ
ꯇꯧꯗꯨꯅ ꯂꯩꯔꯤꯉꯩꯒꯤ ꯆꯩꯔꯛꯇ ꯁꯤꯝꯄꯇꯣꯃꯦꯇꯤꯛ ꯑꯣꯏꯔꯛꯂꯒ ꯍꯣꯁꯄꯤꯇꯥꯜꯗ ꯄꯨꯕ,
ꯃꯗꯨꯗꯁꯨ ꯐꯤꯚꯝ ꯁꯣꯛꯆꯤꯜꯂꯛꯂꯒꯅ ꯏꯟꯇꯦꯟꯁꯤꯚ ꯀꯦꯌꯔ ꯌꯨꯅꯤꯠ (ꯑꯥꯏ ꯁꯤ ꯌꯨ) ꯗ
ꯊꯝꯂꯒ ꯊꯋꯥꯏ ꯀꯜꯍꯧꯅꯕ ꯍꯣꯠꯅꯕꯒꯤ ꯊꯕꯛꯁꯤꯡꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯁꯥꯊꯤꯔꯤꯕ ꯀꯣꯚꯤꯗ-
19ꯒꯤ ꯃꯥꯌꯣꯛꯇ ꯃꯁꯤꯗꯒꯤ ꯂꯥꯞꯊꯣꯛꯅꯕ ꯄꯥꯝꯕꯩ ꯑꯃꯠꯇ ꯂꯩꯇꯕꯗꯤ ꯅꯠꯇꯦ꯫
ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯗ꯭ꯔꯤꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯕꯨ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯍꯜꯂꯛꯇꯅꯕꯒꯤꯗꯃꯛ
ꯄ꯭ꯔꯣꯇꯣꯀꯣꯜ ꯃꯌꯥꯝ ꯂꯩꯔꯤ꯫ ꯃꯤꯌꯥꯝ ꯇꯤꯟ/ꯄꯨꯟꯕ ꯃꯐꯝꯗ ꯆꯪꯗꯕ, ꯂꯥꯞꯊꯣꯛꯅ
ꯂꯩꯕ, ꯍꯦꯟꯗ ꯁꯦꯅꯤꯇꯥꯏꯖꯔ ꯅꯠꯇ꯭ꯔꯒ ꯁꯥꯄꯣꯟ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯈꯨꯠ ꯇꯣꯏꯅ ꯍꯥꯝꯕ,
ꯐꯦꯁ ꯃꯥꯁꯀ ꯁꯣꯏꯗꯅ ꯎꯞꯄ/ꯁꯤꯖꯤꯟꯅꯕ ꯑꯃꯁꯨꯡ ꯁꯣꯁꯜ ꯗꯤꯁꯇꯦꯟꯁꯤꯡ
ꯆꯦꯛꯁꯤꯟꯅ ꯉꯥꯛꯄꯅꯤ꯫ ꯊꯕꯛꯁꯤꯡ ꯑꯁꯤꯅ ꯂꯥꯏꯅꯥ ꯑꯁꯤꯒꯤ ꯇꯉꯥꯏꯐꯗꯅ ꯇꯧꯗꯕ
ꯌꯥꯗ꯭ꯔꯕ ꯄ꯭ꯔꯥꯏꯃꯥꯔꯤ ꯄ꯭ꯔꯤꯀꯣꯁꯟꯅꯔꯤ ꯃꯤꯖꯔꯁꯤꯡꯅꯤ꯫ ꯁꯦꯀꯦꯟꯗꯔꯤ ꯑꯣꯏꯕ
ꯈꯔꯒ ꯍꯦꯟꯅ ꯃꯄꯥꯡꯒꯜ ꯀꯟꯕ ꯊꯕꯛꯅ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯒꯤ ꯑꯣꯏꯅ ꯆꯍꯤ 18
ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯔꯕ ꯃꯤꯑꯣꯁꯤꯡꯕꯨ ꯀꯣꯚꯤꯗ ꯚꯦꯛꯁꯤꯟꯒꯤ ꯐꯔꯁꯠ
ꯑꯃꯗꯤ ꯁꯦꯀꯦꯟꯗ ꯗꯣꯖꯒꯤ ꯍꯤꯗꯥꯛ ꯀꯥꯞꯊꯣꯛꯄꯅꯤ꯫ ꯍꯧꯖꯤꯛ ꯃꯥꯌꯣꯛꯅꯔꯤꯕ
ꯐꯤꯚꯝꯁꯤꯡ ꯑꯁꯤꯒꯤꯗꯃꯛꯇꯗꯤ ꯍꯥꯏꯔꯤꯕ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡꯁꯤꯡꯁꯤ ꯂꯧꯈꯠꯇꯕ/
ꯄꯥꯡꯊꯣꯛꯇꯕ ꯁꯨꯡꯌꯥ ꯌꯥꯗ꯭ꯔꯕ ꯊꯕꯛꯁꯤꯡꯅꯤ꯫ ꯃꯁꯤꯗꯒꯤ ꯇꯝꯊꯤꯔꯕ ꯀꯣꯚꯤꯗ-19
ꯄꯦꯟꯗꯃꯤꯛ ꯑꯁꯤꯕꯨ ꯂꯥꯟꯊꯦꯡꯅꯔꯛꯂꯤꯕ ꯒꯚꯔꯟꯃꯦꯟꯠ, ꯃꯁꯤꯒꯤ ꯍꯦꯜꯊ
ꯋꯥꯔꯤꯌꯔ ꯄꯨꯝꯅꯃꯛꯅꯁꯨ ꯍꯤꯗꯥꯛ ꯀꯥꯞꯊꯣꯛꯄꯅ ꯑꯃꯠꯇ ꯉꯥꯏꯔꯕ ꯄꯥꯝꯕꯩꯅꯤ ꯍꯥꯏꯕ
ꯋꯥꯐꯝ ꯐꯥꯎꯕ ꯐꯣꯡꯗꯣꯔꯛꯂꯕꯅꯤ꯫

ꯋꯥꯐꯝꯁꯤꯅ ꯇꯥꯟꯖꯥꯁꯤꯒꯤ ꯑꯆꯨꯝꯕ ‘ꯅꯤꯗ ꯑꯣꯐ ꯗꯤ ꯑꯋꯔ’ ꯑꯣꯏꯔꯛꯄꯗꯒꯤ
ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯊꯕꯛꯁꯤꯗ ꯈꯨꯔꯨꯞ ꯊꯥꯗꯨꯅ ꯊꯥꯗꯨꯅ ꯆꯦꯟꯈꯠꯂꯛꯂꯤ꯫
ꯒꯚꯔꯟꯃꯦꯟꯠꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯁꯤꯡꯗ ꯂꯩꯔꯤꯕ
ꯄꯕ꯭ꯂꯤꯛ ꯍꯦꯜꯊ ꯁꯦꯟꯇꯔ (ꯄꯤ ꯑꯩꯆ ꯁꯤ) ꯑꯃꯁꯨꯡ ꯔꯤꯖꯅꯜ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯃꯦꯗꯤꯀꯦꯜ ꯁꯥꯏꯟꯁꯦꯁ (ꯔꯤꯝꯁ) ꯑꯃꯗꯨ ꯖꯋꯥꯍꯔꯂꯥꯜ ꯅꯦꯍꯔꯨ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯃꯦꯗꯤꯀꯦꯜ ꯁꯥꯏꯟꯁꯦꯁ (ꯖꯦꯅꯤꯝꯁ) ꯌꯥꯎꯅ ꯍꯣꯁꯄꯤꯇꯥꯜꯁꯤꯡꯗ ꯄꯔꯃꯤꯅꯦꯟꯠ
ꯚꯦꯛꯁꯤꯅꯦꯁꯟ ꯁꯦꯟꯇꯔꯁꯤꯡ ꯍꯥꯡꯗꯣꯛꯈ꯭ꯔꯦ꯫ ꯑꯦꯟ ꯖꯤ ꯑꯣ, ꯁꯤ ꯑꯦꯁ
ꯑꯣꯁꯤꯡꯒꯁꯨ ꯈꯨꯠꯁꯝꯅꯗꯨꯅ ꯃꯥꯁ ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯊꯕꯛ ꯑꯁꯤꯒꯤ ꯈꯣꯡꯖꯦꯜ
ꯌꯥꯡꯁꯤꯟꯍꯟꯅꯕ ꯑꯀꯟꯕ ꯊꯕꯛꯁꯤꯡꯁꯨ ꯂꯦꯞꯇꯅ ꯆꯠꯍꯔꯛꯂꯤ꯫ ꯊꯕꯛꯁꯤ ꯃꯥꯏ
ꯄꯥꯛꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯍꯤꯗꯥꯛꯁꯤ ꯀꯥꯞꯊꯣꯛꯄ ꯌꯥꯔꯕ ꯃꯤꯑꯣꯏ ꯄꯨꯝꯅꯃꯛ ꯁꯨꯅ
ꯏꯍꯥꯟ ꯍꯥꯟꯅ ꯀꯥꯞꯊꯣꯛꯄ ꯉꯝꯕ ꯑꯦꯝꯕ꯭ꯂꯤ ꯀꯟꯁ꯭ꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤꯗ ꯁꯦꯜꯒꯤ
ꯃꯅꯥ ꯄꯤꯒꯅꯤ ꯍꯥꯏꯅ ꯐꯥꯎꯕ ꯂꯥꯎꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯈꯨꯔꯥꯏ ꯑꯃꯁꯨꯡ ꯍꯩꯔꯣꯛ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ
ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤꯗꯗꯤ ꯃꯁꯤꯒꯤ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦꯁꯤꯡꯅ ꯃꯤꯄꯨꯝ ꯇꯤꯡꯅ ꯍꯤꯗꯥꯛ
ꯀꯥꯞꯊꯣꯛꯅꯕꯒꯤ ꯄꯥꯟꯗꯝꯗ ꯚꯦꯛꯁꯤꯅꯦꯁꯟ ꯕꯁ ꯑꯃꯁꯨꯡ ꯚꯦꯟ ꯑꯃꯃꯝ ꯃꯥꯒꯤ ꯃꯥꯒꯤ
ꯑꯦ ꯁꯤꯒꯤ ꯃꯤꯌꯥꯝꯗ ꯂꯦꯝꯅ ꯄꯤꯈ꯭ꯔꯦ꯫ ꯚꯦꯛꯁꯤꯟꯁꯤ ꯀꯥꯞꯄꯗ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄ
ꯑꯣꯏꯅ ꯀꯔꯤꯒꯨꯝꯕ ꯍꯤꯗꯥꯛ ꯀꯥꯞꯂꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯂꯩꯈꯤꯗꯕ ꯊꯣꯛꯂꯕꯗꯤ ꯁꯦꯜꯒꯤ
ꯇꯦꯡꯕꯥꯡ ꯄꯤꯒꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯐꯝ ꯐꯥꯎꯕ ꯋꯥꯡꯖꯤꯡ ꯇꯦꯟꯊꯥꯒꯤ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦꯅ
ꯂꯥꯎꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯍꯥꯏꯕꯗꯤ ꯑꯃꯠꯇ ꯉꯥꯏꯔꯕ ꯄꯥꯝꯕꯩꯅꯤ ꯍꯥꯏꯔꯤꯕꯁꯤꯗ ꯄꯨꯝꯅꯛꯅ
ꯊꯋꯥꯏ ꯌꯥꯎꯅ ꯍꯣꯠꯅꯔꯛꯂꯦ꯫ ꯊꯕꯛꯁꯤ ꯂꯦꯞꯇꯅ ꯃꯈꯥ ꯆꯠꯍꯔꯛꯂꯤ꯫

ꯑꯗꯨꯕꯨ ꯃꯇꯥꯡꯁꯤꯗ ꯖꯨꯂꯥꯏ 5, 2021ꯗ ꯆꯤꯡꯃꯩꯔꯣꯡꯗ ꯂꯩꯕ ꯃꯅꯤꯄꯨꯔ ꯕꯦꯞꯇꯤꯁꯠ
ꯀꯟꯚꯦꯟꯁꯟꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯀꯣꯚꯤꯗ-19 ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯅꯣꯡꯃꯒꯤ
ꯑꯣꯏꯕ ꯑꯦꯗꯚꯣꯀꯦꯁꯤ ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝ ꯀꯝ ꯄꯦꯅꯦꯜ ꯗꯤꯁꯀꯁꯟꯗ ꯁꯔꯨꯛ ꯌꯥꯈꯤꯕ
ꯅꯦꯁꯅꯜ ꯍꯦꯜꯊ ꯃꯤꯁꯟ, mniurgi ꯁ꯭ꯇꯦꯠ ꯃꯤꯁꯟ ꯗꯤꯔꯦꯛꯇꯔ ꯗꯥ. ꯑꯦꯟ
ꯁ꯭ꯌꯥꯝꯖꯥꯏꯅ ꯐꯣꯡꯗꯣꯛꯈꯤꯕ ꯋꯥꯐꯃꯁꯤꯡꯗꯨ ꯇꯔꯥꯏꯅ ꯂꯧꯕ ꯆꯨꯝꯂꯣꯏ꯫ ꯗꯤꯔꯦꯛꯇꯔꯅ
ꯐꯣꯡꯗꯣꯛꯈꯤꯕꯗꯨ ꯍꯧꯖꯤꯛ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯣꯏꯅ ꯀꯣꯚꯤꯗ ꯚꯦꯛꯁꯤꯟ ꯀꯥꯞꯊꯣꯛꯄ ꯌꯥꯔꯕ
ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯃꯁꯤꯡ ꯂꯥꯈ 19 ꯂꯣꯝ ꯂꯩꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯅꯨꯃꯤꯠꯇꯨ ꯐꯥꯎꯕꯗ ꯍꯤꯗꯥꯛꯁꯤ
ꯀꯥꯞꯊꯣꯛꯈꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯃꯁꯤꯡꯗꯤ ꯇꯪꯈꯥꯏ ꯌꯧꯗ꯭ꯔꯤ ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯁꯤ
ꯑꯣꯏꯔꯒꯗꯤ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯈꯣꯡꯂꯩ ꯊꯨꯅ ꯚꯦꯛꯁꯤꯅꯦꯁꯟ ꯇꯧꯕ ꯌꯥꯔꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯁꯤ
ꯄ꯭ꯔꯞ-ꯄ꯭ꯔꯞ ꯁꯨꯅꯕ ꯍꯤꯗꯥꯛꯁꯤ ꯀꯥꯞꯊꯣꯛꯍꯧꯁꯤ ꯍꯥꯏꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯅꯨꯡꯇꯤꯒꯤ
ꯀꯣꯚꯤꯗ-19 ꯀꯝꯃꯟ ꯀꯟꯇ꯭ꯔꯣꯜ ꯔꯨꯝꯗꯒꯤ ꯊꯣꯔꯛꯂꯤꯕ ꯔꯤꯄꯣꯔꯠꯁꯤ ꯌꯦꯡꯂꯨꯔꯕꯗꯤ
ꯚꯦꯛꯁꯤꯅꯦꯟ ꯇꯣꯕꯒꯤ ꯃꯁꯤꯡꯁꯤ ꯄꯦꯟꯅꯤꯡꯉꯥꯏ ꯑꯧꯏꯗ꯭ꯔꯤ꯫ ꯍꯥꯏꯕꯗꯤ ꯍꯤꯗꯥꯛ
ꯀꯥꯞꯍꯣꯛꯄꯒꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯅꯦꯝꯂꯤ꯫ ꯃꯁꯤꯗꯤ ꯅꯨꯡꯇꯤꯒꯤ ꯊꯦꯡꯅꯔꯤꯕ ꯑꯅꯧꯕ
ꯄꯣꯖꯤꯇꯤꯚ ꯀꯦꯁ ꯃꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯂꯥꯏꯅꯥꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯁꯤꯍꯜꯂꯤꯕ
ꯃꯤꯁꯤꯡꯒ ꯌꯦꯡꯅꯔꯨꯕꯗ ꯄꯨꯛꯅꯤꯡ ꯂꯨꯝꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯗ꯭ꯔꯤ꯫ ꯃꯁꯤ ꯑꯣꯏꯔꯒꯗꯤ
ꯀꯔꯤ ꯀꯔꯝ ꯇꯧꯔꯒ ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯆꯠꯊꯔꯛꯂꯤꯕ ꯊꯕꯛꯁꯤ ꯍꯦꯟꯅ
ꯊꯨꯖꯤꯟꯍꯟꯕ ꯌꯥꯒꯗꯒꯦ ꯍꯥꯏꯕꯁꯤꯗ ꯈꯟꯊꯕ, ꯈꯟꯅ-ꯅꯩꯅꯕ ꯆꯪꯂꯤ꯫ ꯃꯁꯤꯒꯤꯗꯃꯛ
ꯚꯦꯛꯁꯤꯅꯦꯁꯅ ꯁꯦꯟꯇꯔꯁꯤꯡꯒꯤ ꯃꯁꯤꯡ ꯍꯦꯟꯒꯠꯍꯅꯕ, ꯁꯦꯟꯇꯔꯁꯤꯡꯒꯤ
ꯃꯊꯛꯇ ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯒꯤ ꯃꯣꯕꯥꯏꯜ ꯅꯠꯇ꯭ꯔꯒ ꯐ꯭ꯂꯥꯏꯪ ꯇꯤꯝ ꯅꯠꯇ꯭ꯔꯒꯅ ꯔꯦꯄꯤꯗ
ꯚꯦꯛꯁꯤꯅꯦꯁꯟ ꯐꯣꯔꯁ ꯁꯦꯝꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩꯔꯦ꯫ ꯍꯤꯗꯥꯛ ꯀꯥꯞꯊꯣꯛꯄ ꯌꯥꯔꯕ
ꯃꯤꯄꯨꯝ ꯈꯨꯗꯤꯡꯃꯛꯁꯣꯏꯗꯅ, ꯑꯃꯠꯇ ꯆꯤꯠꯊꯗꯅ ꯚꯦꯛꯁꯤꯅꯦꯁꯟ ꯇꯧꯕ ꯌꯥꯍꯟꯅꯕ/
ꯉꯝꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯊꯕꯛꯁꯤꯕꯨ ꯃꯦꯟꯗꯦꯇꯔꯤ ꯑꯣꯏꯅꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕꯁꯨ ꯂꯩꯔꯦ
ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯑꯗꯨꯒ ꯚꯦꯛꯁꯤꯅꯦꯁꯟꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯑꯔꯥꯟꯕ ꯏꯟꯐꯣꯔꯃꯦꯁꯟ
ꯄꯤꯕ, ꯅꯦꯒꯦꯇꯤꯚ ꯏꯝꯄꯦꯛꯠ ꯊꯣꯛꯍꯟꯗꯨꯅ ꯄꯦꯟꯗꯃꯤꯛꯀꯤ ꯂꯨꯝꯂꯕ ꯄꯣꯠꯂꯨꯝꯁꯤꯕꯨ
ꯌꯥꯡꯍꯟꯒꯗꯧꯔꯤꯕ ꯊꯕꯛꯁꯤꯗ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯈꯣꯡ ꯑꯅꯤꯃꯛ ꯄꯨꯟꯁꯤꯟꯕꯒꯤ
ꯊꯧꯑꯣꯡꯁꯤꯡꯕꯨ ꯊꯣꯛꯍꯟꯗꯅꯕ ꯍꯣꯠꯅꯕ ꯆꯪꯏ ꯍꯥꯏꯅꯤꯡꯏ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯌꯨꯝꯁꯀꯩꯁ, ꯖꯨꯂꯥꯏ 07, 2021, ꯏꯝꯐꯥꯜ
13 ꯁꯨꯕ ꯆꯍꯤ, 082 ꯁꯨꯕ ꯃꯁꯤꯡ

Together we can make a world where cancer no longer means living with fear, without hope, or worse. - Patrick Swayze ꯀꯦꯟꯁꯔ ꯍꯥꯏꯕꯁꯤ ꯃꯥꯂꯦꯝꯗ ꯃꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯌꯥꯝꯅ ꯍꯥꯠꯄ ꯂꯥꯏꯅꯥꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯑꯃꯅꯤ꯫ ꯋꯔꯜꯗ ꯍꯦꯜꯊ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ, ꯍꯧꯈꯤꯕ ꯀꯨꯝꯖꯥ 2020ꯗ ꯃꯤ ꯃꯤꯂꯤꯌꯟ 10 ꯃꯨꯛꯀꯤ ꯄꯨꯟꯁꯤꯕꯨ ꯀꯦꯟꯁꯔꯅ ꯄꯤꯈꯝꯅꯍꯟꯈꯤ ꯍꯥꯏꯔꯤ꯫ ꯆꯍꯤꯁꯤꯃꯛꯇꯗ ꯃꯤ ꯃꯤꯂꯤꯌꯟ 1.80ꯅ ꯊꯕꯣꯝꯕꯤ, 935,000ꯅ ꯀꯣꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯔꯦꯛꯇꯝ, 830,000ꯅ ꯐꯤꯔꯥꯛ, 769,000ꯅ ꯆꯥꯛꯈꯥꯎ ꯑꯃꯁꯨꯡ 685,000ꯅ ꯈꯣꯝꯒꯤ ꯀꯦꯟꯁꯔꯅ ꯃꯔꯝ ꯑꯣ-

ꯏꯔꯒ ꯁꯤꯈꯤ ꯍꯥꯏꯔꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ
ꯁꯥꯊꯤꯔꯕ ꯂꯥꯏꯅꯥꯁꯤꯗꯒꯤ ꯀꯟꯕ
ꯉꯝꯅꯕꯒꯤꯗꯃꯛ ꯃꯈꯜ-ꯃꯈꯥ ꯀꯌ-
agi ꯂꯥꯌꯦꯡ ꯄꯊꯥꯞꯁꯤꯡ ꯊꯤꯖꯤꯜꯂꯤꯕ
ꯁꯥꯏꯟꯇꯤꯁꯠꯁꯤꯡꯅ ꯄꯨꯊꯣꯔꯛꯂꯤ꯫
ꯃꯈꯣꯏꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯁ꯭ꯋꯤꯠꯖꯔ-
ꯂꯦꯟꯗꯒꯤ ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤ ꯑꯣꯐ
ꯖꯤꯅꯤꯚꯥ (ꯌꯨ ꯑꯦꯟ ꯑꯥꯏ ꯖꯤ ꯏ)
ꯑꯃꯁꯨꯡ ꯌꯨꯅꯥꯏꯇꯦꯗ ꯁ꯭ꯇꯦꯠꯁꯀꯤ
ꯍꯔꯚꯔꯗ ꯃꯦꯗꯤꯀꯦꯜ ꯁ꯭ꯀꯜꯒꯤ
ꯁꯥꯏꯟꯇꯤꯁꯠꯁꯤꯡꯅ ꯏꯝꯃ꯭ꯌꯨꯅꯣ-
ꯊꯦꯔꯥꯄꯤꯅ ꯊꯣꯛꯍꯟꯕ ꯍꯨ ꯀꯥꯍꯟ-
ꯕꯒꯤ ꯃꯦꯀꯥꯅꯤꯖꯝ ꯑꯗꯨꯕꯨ ꯃꯁꯛ
ꯈꯪꯗꯣꯛꯂꯒ, ꯀꯦꯟꯁꯔ ꯂꯥꯌꯦꯡꯕꯒꯤ
ꯊꯕꯛꯇ ꯍꯦꯟꯅ ꯁꯥꯐꯕ ꯑꯃꯁꯨꯡ ꯀꯥꯟꯅꯕ ꯄꯤꯕ ꯉꯝꯕ ꯄꯥꯝꯕꯩ ꯑꯃ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯂꯦ ꯍꯥꯏꯅ “ꯁꯥꯏꯅꯁ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯂꯣꯖꯤ” (ꯖꯨꯂꯥꯏ 2, 2021) ꯅ ꯄꯥꯎꯗꯝꯂꯤ꯫
ꯍꯧꯈꯤꯕ ꯆꯍꯤ ꯈꯔꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯅ ꯀꯦꯟꯁꯔ ꯂꯥꯌꯦꯡꯕꯒꯤ ꯂꯝꯗ ꯑꯅꯧꯕ ꯌꯥꯑꯣꯜ ꯑꯃ ꯄꯨꯔꯛꯄ ꯉꯝꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯝ ꯑꯣꯏꯅꯃꯛ, ꯃꯁꯥ-ꯃꯎ ꯐꯔꯤꯕ ꯇꯤꯁꯨꯁꯤꯡꯗ ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ ꯔꯤꯑꯦꯛꯁꯟꯁꯤꯡ ꯊꯣꯔꯛꯄꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ, ꯑꯅꯥꯕ ꯈꯔꯗ ꯃꯇꯝ ꯆꯨꯄꯄꯒꯤ ꯑꯣꯏꯅ ꯂꯥꯌꯦꯡꯕ ꯂꯦꯞꯄꯒꯤ ꯃꯊꯧ ꯇꯥꯔꯛꯄ ꯌꯥꯎꯏ꯫ ꯑꯁꯨꯝꯅ ꯍꯨ ꯀꯥꯌꯟꯕꯒꯤ ꯃꯔꯝꯁꯤ ꯏꯈꯪ ꯈꯪꯅꯗꯅ ꯂꯥꯛꯈꯤ, ꯑꯗꯨꯅ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤ ꯁꯤꯖꯤꯟꯅꯕꯗ ꯑꯆꯧꯕ ꯄꯜ ꯑꯃ ꯑꯣꯏꯔꯛꯂꯝꯃꯤ꯫ ꯌꯨ ꯑꯦꯟ ꯑꯥꯏ ꯖꯤ ꯏ ꯑꯃꯁꯨꯡ ꯍꯔꯚꯔꯗ ꯃꯦꯗꯤꯀꯦꯜ ꯁ꯭ꯀꯨꯜꯒꯤ ꯁꯥꯏꯟꯇꯤꯁꯠꯁꯤꯡꯅ ꯃꯥꯡ-ꯇꯥꯛꯅꯤꯡꯉꯥꯏ AOirb ꯏꯝꯃ꯭ꯌꯨꯟ ꯔꯤ- ꯑꯦꯛꯁꯟꯁꯤꯡ ꯑꯃꯁꯨ ꯇ꯭ꯌꯨꯃꯔ ꯁꯦꯜꯁꯤꯡꯕꯨ ꯃꯥꯡꯍꯜꯂꯤꯕ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯦꯜꯁꯤꯡꯒꯒꯤ ꯃꯔꯛꯇ ꯂꯩꯔꯤꯕ ꯈꯦꯟꯅꯔꯤꯕꯁꯤꯡꯗꯨ ꯄꯨꯊꯣꯛꯄꯗ ꯃꯥꯏ ꯄꯥꯛꯄ ꯉꯝꯈ꯭ꯔꯦ꯫ ꯏꯝꯃ꯭ꯌꯨꯟꯒꯤ ꯃꯦꯀꯥꯅꯤꯖꯝ ꯄꯨꯝꯅꯃꯛ ꯃꯥꯟ-ꯅꯔꯕꯁꯨ ꯁꯔꯨꯛ ꯁꯌꯥꯔꯤꯕ ꯁꯦꯜꯁꯤꯡꯒꯤ ꯃꯁꯤꯡꯗꯤ ꯈꯦꯟꯅꯩ꯫
ꯑꯅꯥꯕ ꯃꯤ ꯑꯃꯒꯤ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯝꯕꯨ ꯄꯥꯛ-ꯁꯟꯅ ꯁ꯭ꯇꯤꯃꯨꯂꯦꯁꯟ ꯇꯧꯕꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯔꯒ, ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯅ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯒꯤ ꯄꯨꯟꯁꯤꯕꯨ ꯀꯟꯕ ꯉꯝꯃꯤ꯫ ꯂꯥꯏꯕꯛ ꯊꯤꯔꯤꯕꯗꯤ, ꯃꯈꯣꯏꯁꯤ- ꯒꯤꯁꯨ ꯐꯠꯇꯕ ꯃꯍꯩꯁꯤꯡ ꯑꯗꯨꯃꯛ ꯂꯩꯔꯤ꯫ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯤꯇꯝꯕꯨ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯀꯟꯅ ꯑꯦꯛ-ꯇꯤꯚꯦꯠ ꯇꯧꯕ ꯃꯇꯝꯗ ꯊꯣꯔꯛꯂꯤꯕ ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ ꯔꯤꯑꯦꯛꯁꯟꯗꯨꯒꯤ ꯍꯨ ꯆꯦꯟꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯂꯩ ꯑꯗꯨꯒ ꯀꯔꯤꯒꯨꯝꯕ ꯃꯇꯝꯗ ꯃꯁꯥ-ꯃꯎ ꯐꯔꯤꯕ ꯇꯤꯁꯨꯗ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯊꯣꯛꯍꯜꯂꯤ ꯍꯥꯏꯅ ꯌꯨ ꯑꯦꯟ ꯑꯥꯏ ꯖꯤ ꯏ ꯐꯦꯀꯜꯇꯤ ꯑꯣꯐ ꯃꯦꯗꯤꯁꯤꯟ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯣꯐ ꯄꯦꯊꯣꯂꯣꯖꯤ ꯑꯦꯟꯗ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯂꯣꯖꯤ ꯑꯃ-ꯁꯨꯡ ꯁꯦꯟꯇꯔ ꯐꯣꯔ ꯇ꯭ꯔꯥꯟꯁꯂꯦꯁꯅꯜ ꯔꯤꯁꯔꯁ ꯏꯟ ꯑꯣꯡꯀꯣ-ꯍꯤꯃꯥꯇꯣꯂꯣꯖꯤ ꯑꯣꯏꯔꯤꯕ ꯃꯥꯏꯀꯦꯜ
ꯄꯤꯇꯦꯠꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫

ꯃꯔꯝ ꯑꯁꯤꯅ ꯊꯤꯖꯤꯟ-ꯂꯨꯞ ꯑꯁꯤꯅ ꯀꯦꯟꯁꯔꯕꯨ ꯃꯥꯡꯍꯟꯕ ꯉꯝꯕ ꯄꯥꯝꯗꯕ ꯄꯥꯎꯈꯨꯝꯒꯤ ꯃꯔꯛꯇ ꯂꯩꯔꯤꯕ ꯈꯦꯟꯅꯕꯁꯤꯡꯗꯨ ꯈꯪꯗꯣꯛꯄ ꯄꯥꯝꯂꯝꯃꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯏꯝꯃ꯭ꯌꯨꯟꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯅꯤꯁꯤꯒꯤ ꯃꯔꯛꯇ ꯂꯩꯔꯤꯕ ꯈꯦꯟꯅꯕꯁꯤꯡꯗꯨ ꯆꯞ ꯆꯥꯅ ꯈꯪꯗꯣꯛꯄ ꯉꯝꯂꯕꯗꯤ ꯍꯦꯟꯅ ꯁꯥꯐꯕ ꯑꯃꯁꯨꯡ ꯍꯨ ꯀꯥꯍꯟ-ꯕꯒꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯍꯟꯊꯕ ꯂꯥꯌꯦꯡ-ꯄꯊꯥꯞ ꯑꯃ ꯑꯣꯏꯒꯗꯧꯔꯤꯕꯅꯤ꯫
ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯍꯨ ꯀꯥꯍꯟꯕꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯃꯗ, ꯃꯥꯀ꯭ꯔꯣꯐꯦꯖ ꯑꯃꯁꯨꯡ ꯅꯌ-ButrBofiL ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯏꯝꯃ꯭ꯌꯨꯟꯒꯤ ꯁꯦꯜ ꯃꯈꯜ ꯑꯅꯤꯁꯤꯅ ꯃꯁꯥ-ꯃꯎ ꯐꯔꯤꯕ ꯇꯤꯁꯨꯁꯤꯡꯕꯨ ꯃꯥꯡ-ꯇꯥꯛꯍꯟꯕꯤ ꯊꯧꯗꯥꯡ ꯂꯧꯕꯒꯨꯝ ꯇꯧꯏ, ꯑꯗꯨꯕꯨ ꯃꯈꯣꯏꯅ ꯀꯦꯟꯁꯔꯒꯤ ꯁꯦꯜꯁꯤꯡꯕꯨꯗꯤ ꯍꯥꯠꯄꯒꯤ ꯃꯊꯧ ꯇꯧꯗꯦ꯫ ꯑꯇꯣꯞꯄ ꯑꯃꯔꯣꯝꯗ, ꯗꯦꯟꯗ꯭ꯔꯥꯏꯇꯤꯛ ꯁꯦꯜꯁꯤꯡꯒꯤ ꯀꯥꯡꯂꯨꯞ ꯃꯈꯜ ꯑꯃꯅꯗꯤ ꯃꯁꯥ- ꯃꯎ ꯐꯔꯤꯕ ꯇꯤꯁꯨꯁꯤꯡꯕꯨ ꯃꯥꯡ-ꯇꯥꯛꯍꯟꯕꯒꯤ ꯃꯍꯨꯠꯇ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡꯕꯨ ꯃꯥꯡ-ꯇꯥꯛꯍꯟꯕꯒꯤ ꯊꯧꯗꯥꯡ ꯂꯧꯏ꯫ ꯃꯥꯏꯀꯦꯜ ꯄꯤꯇꯦꯠꯅ
ꯐꯣꯡꯗꯣꯛꯄꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ, ꯏꯝ-
ꯃ꯭ꯌꯨꯅꯣꯍꯦꯔꯥꯄꯤꯁꯤꯡꯅ ꯏꯝꯃꯌ-
BuN ꯁꯤꯁꯇꯝꯕꯨ ꯃꯊꯧ ꯂꯧꯍꯟꯕ
ꯉꯝꯕ ꯑꯈꯟꯅꯕ ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡ
ꯄꯨꯊꯣꯛꯍꯜꯂꯤ ꯑꯗꯨꯒ INfleBme-
ꯇꯔꯤ ꯊꯣꯛꯍꯜꯂꯤ ꯍꯥꯏꯔꯤ꯫ ꯀꯦꯟ-
ꯁꯔꯒꯤꯗꯃꯛꯇꯗꯤ, ꯑꯁꯤꯒꯨꯃꯕ
ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡꯁꯤ ꯀꯥꯟꯅꯩ ꯃꯔꯝ-
ꯗꯤ ꯃꯈꯣꯏꯅ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡꯕꯨ
ꯃꯥꯡ-ꯇꯥꯛꯍꯟꯕꯒꯤꯗꯃꯛ ꯏꯝ-

ꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯝꯕꯨ ꯃꯊꯧ ꯇꯧꯍꯜ-
ꯂꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯁꯥ-ꯃꯎ ꯐꯔꯤꯕ
ꯇꯤꯁꯨꯁꯤꯡꯗ ꯑꯁꯤꯒꯨꯝꯕ ꯄ꯭ꯔꯣ-
ꯇꯤꯟꯁꯤꯡꯅ ꯃꯥꯡ-ꯇꯥꯛꯍꯜꯂꯛꯏ꯫

ꯑꯁꯤꯒꯨꯃꯕ ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡꯅ ꯂꯧꯔꯤꯕ ꯊꯧꯗꯥꯡ ꯑꯁꯤꯕꯨ ꯈꯪꯂꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏꯕ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯃꯍꯥꯛꯅ ꯃꯈꯥ ꯇꯥꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫

ꯗꯦꯟꯗ꯭ꯔꯥꯏꯇꯤꯛ ꯁꯦꯜꯁꯤꯡꯁꯤ ꯇꯥꯡꯅ ꯐꯪꯏ, ꯑꯗꯨꯒ ꯃꯥꯀ꯭ꯔꯣꯐꯦꯖ ꯑꯃꯁꯨꯡ ꯅ꯭ꯌꯨꯇ꯭ꯔꯣꯐꯤꯜꯁꯤꯡ ꯁꯤꯗꯤ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯐꯪꯏ꯫ ꯃꯥꯀ꯭ꯔꯣꯐꯦꯖ ꯈꯔꯗꯤ ꯃꯤꯇꯝꯂꯛꯇꯨꯅ ꯄꯤꯕꯨꯛꯅꯨꯡꯗ ꯂꯩꯔꯤꯉꯩꯗꯒꯤ ꯍꯧꯔꯒ ꯀꯌꯥꯠ ꯑꯌꯥꯝꯕꯗ ꯌꯥꯎꯔꯛꯏ ꯑꯗꯨꯒ ꯃꯗꯨ ꯄꯨꯟꯁꯤ ꯆꯨꯞꯄꯒꯤ ꯑꯣꯏꯅ ꯑꯗꯨꯝ ꯌꯥꯎꯏ꯫ ꯍꯥꯟꯅ ꯈꯟꯅꯔꯝꯕꯒꯤ ꯑꯣꯟꯅ-ꯇꯩꯅꯕꯗ, ꯑꯁꯤꯒꯨꯃꯕ ꯃꯥꯀ꯭ꯔꯣꯐꯦꯖꯁꯤꯡꯅ ꯏꯟꯐ꯭ꯂꯦꯃꯦꯁꯟꯕꯨ ꯊꯤꯡꯕ ꯇꯧꯗꯦ ꯑꯗꯨꯕꯨ, ꯏꯝꯃ꯭ꯌꯨꯅꯣ- ꯊꯦꯔꯥꯄꯤꯁꯤꯡꯅ ꯏꯊꯤꯜ ꯄꯤꯗꯨꯅ, ꯃꯈꯣꯏꯅ ꯃꯁꯥ-ꯃꯎ ꯐꯔꯤꯕ ꯇꯤꯁꯨꯁꯤꯡꯕꯨ ꯃꯊꯧ ꯇꯧꯍꯜꯂꯛꯄ ꯃꯇꯝꯗ, ꯃꯈꯣꯏꯅ ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡ ꯄꯨꯊꯣꯔꯛꯏ꯫ ꯃꯈꯣꯏꯁꯤꯅ ꯑꯃꯨꯛ ꯅꯌꯨꯛ ꯅ꯭ꯌꯨꯇ꯭ꯔꯣꯐꯤꯜ-ꯁꯤꯡꯕꯨ ꯃꯊꯧ ꯇꯧꯍꯟꯗꯨꯅ ꯍꯨ ꯀꯥꯍꯟꯕꯒꯤ ꯊꯕꯛ ꯄꯥꯡꯊꯣꯛꯏ꯫ ꯑꯗꯨꯅ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯒꯤ ꯐꯠꯇꯕ ꯃꯍꯩꯁꯤꯡꯁꯤ ꯀꯣꯛꯍꯟꯅꯕꯒꯤꯗꯃꯛ, ꯅ꯭ꯌꯨꯇ꯭ꯔꯣꯐꯤꯜꯁꯤꯡꯕꯨ ꯃꯊꯧ ꯇꯧꯍꯟꯗꯅ ꯊꯝꯕ ꯍꯥꯏꯕꯁꯤ ꯗꯔꯀꯥꯔ
ꯑꯣꯏ꯫

ꯊꯤꯖꯤꯟ-ꯂꯨꯄ ꯑꯁꯤꯅ ꯎꯆꯤꯁꯤꯡꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯆꯥꯡꯌꯦꯡꯁꯤꯗ, ꯃꯈꯣꯏꯅ ꯐꯪꯂꯛꯂꯤꯕ ꯃꯈꯩ ꯑꯁꯤ- ꯕꯨ ꯖꯤꯅꯦꯇꯤꯛꯀꯤ ꯄꯥꯝꯕꯩꯅ ꯁꯦꯝꯗꯣꯛ-ꯁꯥꯗꯣꯛꯂꯒ ꯎꯆꯤꯁꯤꯡꯒꯤ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯝꯗ ꯑꯍꯣꯡꯕ
ꯂꯥꯛꯍꯟꯈꯤ꯫ ꯅ꯭ꯌꯨꯇ꯭ꯔꯣꯐꯤꯜꯁꯤꯡꯅ ꯍꯨ ꯀꯥꯍꯟꯕꯗ ꯗꯔꯀꯥꯔ ꯑꯣꯏꯕ, ꯑꯦꯇꯤ ꯑꯦꯟ ꯑꯦꯐ- α ꯒꯨꯝꯕ
ꯄꯣꯠꯁꯛ ꯈꯔ ꯄꯨꯍꯣꯛꯏ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯍꯥꯟꯅꯗꯒꯤ ꯍꯧꯅ ꯑꯔꯊ꯭ꯔꯥꯏꯇꯤꯁ ꯅꯥꯔꯕ ꯃꯤꯁꯤꯡꯗ
ꯁꯤꯖꯤꯟꯅꯔꯝꯕ, IMyBuNn ꯄꯤꯔꯛꯄ ꯄꯥꯎꯈꯨꯝꯕꯨ ꯁꯦꯝꯗꯣꯛꯄ ꯉꯝꯕꯔ, ꯇꯤ ꯑꯦꯟ ꯑꯦꯐ-α ꯕꯨ ꯊꯤꯡꯕ
ꯉꯝꯕ ꯍꯤꯗꯥꯛꯁꯤꯡꯅ ꯀꯦꯟꯁꯔꯕꯨ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯍꯦꯔꯥꯄꯤꯅ ꯂꯥꯌꯦꯡꯕꯗ ꯊꯣꯔꯛꯄ ꯌꯥꯕ ꯐꯠꯇꯕ ꯃꯍꯩꯁꯤꯡꯗꯨ
ꯐꯪꯗꯅꯕꯒꯤꯗꯃꯛ ꯁꯤꯖꯤꯟꯅꯕ ꯌꯥꯔꯒꯅꯤ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟ-ꯂꯨꯞ ꯑꯁꯤꯅ ꯐꯣꯡꯗꯣꯔꯛꯂꯤ꯫=

ꯀꯦꯟꯁꯔ ꯂꯥꯌꯦꯡꯕꯗ ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯒꯤ ꯑꯅꯧꯕ ꯁꯥꯏꯑꯣꯟ
ꯁꯥꯏꯟꯁꯀꯤ ꯈꯣꯡꯆꯠ
ꯀꯨꯟꯖꯣ ꯅꯥꯎꯔꯦꯝ

‘ꯑꯣꯃꯦꯒꯥ - ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗꯀꯤ ꯐꯪꯐꯝ ꯑꯃꯁꯨꯡ ꯀꯥꯟꯅꯕꯁꯤꯡ
ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯍꯥꯏꯕꯁꯤ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯐꯪꯗꯕ ꯗꯥꯏꯌꯤꯇꯔꯤ ꯁꯄ꯭ꯂꯤꯃꯦꯟꯠꯁꯤꯡꯗꯒꯤ ꯐꯪꯕ
ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯃꯅꯤ꯫ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗꯀꯤ ꯃꯈꯜ ꯑꯍꯨꯝ ꯂꯩ :- alpha-ꯂꯤꯅꯣꯂꯦꯅꯤꯆ
acid (ALA), eicosapentaenoic acid (EPA) AmsuZ docosahexaenoic acid
(ꯙꯊꯑ) ꯅꯤ꯫ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯅ ꯆꯤꯟꯖꯥꯛꯇꯒꯤ ꯐꯪꯂꯤꯕ꯫ ꯑꯜꯑ ꯈꯔꯕꯨ EPA ꯗ ꯑꯣꯟꯊꯣꯛꯂꯕ
ꯃꯇꯨꯡꯗ ꯙꯊꯑ ꯗ ꯑꯃꯨꯛ ꯑꯣꯟꯊꯣꯛꯄ ꯉꯝꯂꯕꯁꯨ ꯆꯥꯡ ꯌꯥꯝꯅ ꯅꯦꯝꯕ ꯃꯔꯝꯅ ꯍꯛꯆꯥꯡꯗ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤꯒꯤ
ꯆꯥꯡ ꯋꯥꯡꯍꯟꯅꯕꯒꯗꯤꯃꯛꯇ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯁꯄ꯭ꯂꯤꯃꯦꯟꯠꯁꯤꯡꯗꯒꯤ ꯃꯇꯦꯡ ꯂꯧꯕ ꯃꯊꯧ ꯇꯥꯔꯤ꯫

ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤꯒꯤ ꯐꯪꯐꯝꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯃꯊꯧ ꯇꯥꯕꯒꯤ ꯆꯥꯡ :- (1) ꯉꯥꯗꯕ ꯐꯪꯕ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ:- ꯌꯨꯔꯣꯄꯤꯌꯟ ꯐꯨꯗ ꯁꯦꯐꯇꯤ ꯑꯦꯖꯦꯟꯁꯤꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯃꯗ EPA ꯑꯃꯁꯨꯡ ꯙꯊꯑ Asii ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 250ꯒꯤ ꯆꯥꯡꯗ ꯍꯛꯆꯥꯡꯗ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯆꯥꯡ ꯑꯁꯤꯒ ꯊꯟꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥꯁꯤꯡꯒ ꯑꯅꯤꯒꯤ ꯃꯔꯛꯇ ꯌꯥꯝꯅ ꯆꯥꯎꯅ ꯃꯔꯤ ꯂꯩꯅꯩ꯫ ꯆꯥꯡ ꯑꯁꯤꯃꯛ ꯊꯥꯎ ꯌꯥꯎꯕ ꯉꯥ ꯍꯥꯞꯇꯥ ꯑꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯑꯅꯔꯤꯛꯀꯤ ꯆꯥꯡꯗ ꯆꯥꯕ ꯃꯇꯝꯗ ꯐꯪꯕ ꯉꯝꯃꯤ꯫ ꯋꯔꯜꯗ ꯍꯦꯜꯊ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯒꯤ ꯃꯇꯨꯡꯏꯟꯅꯗꯤ ꯅꯣꯡꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯍꯛꯆꯥꯡꯗ ꯐꯪꯍꯜꯂꯤꯕ EPA ꯑꯃꯁꯨꯡ ꯙꯊꯑ ꯒꯤ ꯆꯥꯡ ꯑꯁꯤꯅ ꯊꯝꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥ ꯀꯣꯔꯣꯅꯔꯤ ꯍꯥꯔꯠ ꯗꯤꯖꯤꯖ ꯑꯃꯁꯨꯡ ꯏꯁ꯭ꯀꯦꯃꯤꯛ ꯁ꯭ꯇ꯭ꯔꯣꯛꯇꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ ꯍꯥꯏꯅ ꯐꯣꯡꯗꯣꯂꯤ꯫ ꯂꯣꯏꯅꯅ ꯃꯅꯥ-ꯃꯁꯤꯡ ꯈꯛꯇꯃꯛ ꯆꯥꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯑꯜꯑ ꯌꯥꯎꯕ
ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯃꯔꯥꯏ ꯀꯥꯏꯅ ꯆꯥꯅꯅꯕꯒꯤ ꯄꯥꯎꯇꯥꯛꯁꯨ
ꯄꯤꯔꯤ꯫ ꯉꯥꯒꯤ ꯊꯥꯎꯗ ꯌꯥꯎꯕ ꯅ-3 LC-PUFA ꯅ
ꯍꯥꯔꯠ ꯑꯃꯁꯨꯡ ꯁ꯭ꯀꯦꯂꯦꯇꯜ ꯃꯁꯜꯒꯤ ꯃꯦꯝꯕ꯭ꯔꯦꯟꯗ
ꯏꯔꯥꯏ-ꯂꯥꯏꯅ ꯆꯪꯁꯤꯟꯗꯨꯅ ꯍꯛꯆꯥꯡ ꯁꯥꯖꯦꯜꯅꯆꯤꯡꯕ
ꯇꯧꯕ ꯃꯇꯝꯗ ꯍꯛꯆꯥꯡ ꯄꯨꯝꯕꯗ ꯑꯃꯗꯤ ꯍꯥꯔꯠꯗ
ꯃꯊꯧ ꯇꯥꯕ ꯑꯣꯛꯁꯤꯖꯦꯟꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯍꯜꯂꯤ꯫
ꯉꯥꯗꯤꯒꯤ ꯐꯪꯕ ꯊꯥꯎꯅ ꯏꯔꯥꯏꯊ꯭ꯔꯣꯁꯥꯏꯠꯇ ꯅ-3 LC
PUFA ꯌꯥꯎꯕꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯦꯡꯒꯠꯍꯜꯂꯤ ꯂꯣꯏꯅꯅ
ꯍꯛꯆꯥꯡ ꯀꯥ-ꯍꯦꯟꯅ ꯋꯥꯕ, ꯆꯣꯛꯊꯕ ꯃꯇꯝꯗ ꯍꯥꯔꯠ
ꯕꯤꯠ ꯔꯦꯠꯁꯨ ꯍꯟꯊꯍꯜꯂꯤ꯫ ꯈꯤꯅꯒꯦꯔ P ꯑꯃꯁꯨꯡ
ꯃꯍꯥꯛꯀꯤ ꯀꯥꯡꯕꯨꯅ ꯊꯤꯖꯤꯟꯕꯗ ꯉꯥꯒꯤ ꯊꯥꯎꯅ ꯄ꯭ꯂꯥꯁꯃꯥ
ꯅꯣꯔ-ꯏꯄꯤꯅꯦꯐ꯭ꯔꯤꯟ ꯑꯃꯁꯨꯡ ꯊ꯭ꯔꯣꯝꯕꯣꯖꯦꯟ ꯕꯤ-
ꯇꯨ ꯁꯦꯝꯒꯠꯂꯛꯄꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯍꯜꯂꯒ ꯄ꯭ꯂꯥꯖꯃꯥ
ꯔꯦꯅꯤꯟꯒꯤ ꯃꯊꯧꯅ ꯍꯦꯡꯅꯒꯠꯂꯛꯄ ꯊꯦꯡꯅꯈꯤ꯫
ꯍꯥꯏꯄꯔ-ꯂꯤꯄꯣꯄ꯭ꯔꯣꯇꯤꯅꯦꯃꯤꯌꯥ ꯅꯥꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗ ꯉꯁꯒꯤ ꯊꯥꯎꯅ ꯑꯦꯊꯦꯔꯣꯊ꯭ꯔꯣꯝꯕꯣꯇꯤꯛ ꯑꯣꯏꯔꯛꯄꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯟꯊꯍꯜꯂꯤ꯫
2) ꯑꯜꯒꯦꯜꯗꯒꯤ ꯚꯪꯕ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ :- ꯑꯜꯒꯤ ꯈꯔꯥ, ꯈꯨꯗꯝ ꯑꯣꯏꯅ Ulkenia ꯁꯄ., Schizochytrium ꯁꯄ. ꯅꯆꯤꯡꯕꯁꯤꯡꯗ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗꯀꯤ ꯃꯈꯥ ꯑꯃ ꯑꯣꯏꯔꯤꯕ ꯙꯊꯑ ꯑꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯏ꯫ ꯔꯣꯛꯐꯦꯜꯂꯔ ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤꯒꯤ ꯀꯥꯡꯕꯨ ꯑꯃꯅ ꯀ꯭ꯂꯤꯅꯤꯀꯦꯜ ꯇ꯭ꯔꯥꯏꯌꯜ ꯆꯠꯊꯗꯨꯅ ꯊꯤꯖꯤꯟꯕ ꯑꯃꯗ ꯑꯜꯒꯜ ꯙꯊꯑ ꯒꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕ ꯊꯥꯎꯒꯤ ꯁꯄ꯭ꯂꯤꯃꯦꯟꯠꯅ ꯀꯥꯔꯗꯤꯌꯣ
ꯃꯦꯇꯥꯕꯣꯂꯤꯛ ꯔꯤꯁꯛꯀꯤ ꯃꯥꯔꯀꯔ ꯈꯔ ꯌꯥꯝꯅ ꯀꯥꯟꯅꯕ ꯃꯑꯣꯡꯗ ꯑꯍꯣꯡꯕ ꯂꯥꯛꯄ ꯎꯕ ꯐꯪꯈꯤ꯫ ꯚꯣꯂꯤꯟꯇꯤꯌꯔ 49ꯗ ꯆꯠꯊꯈꯤꯕ ꯊꯤꯖꯤꯟꯕ ꯑꯁꯤꯗ VLDL (ꯚꯦꯔꯤ ꯂꯣ ꯗꯦꯟꯁꯤꯇꯤ ꯂꯤꯄꯣꯄ꯭ꯔꯣꯇꯤꯟ) ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯐꯠꯇꯕ ꯃꯈꯜꯒꯤ ꯀꯣꯜꯁ꯭ꯇꯦꯔꯜꯒꯤ ꯆꯥꯎꯕ ꯍꯟꯊꯔꯛꯄ, LDL (ꯂꯣ ꯗꯦꯟꯁꯤꯇꯤ ꯂꯤꯄꯣꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯃꯁꯨꯡ ꯊꯙꯜ ꯒꯤ (ꯍꯥꯏ ꯗꯦꯟꯁꯤꯇꯤ ꯂꯤꯄꯣꯄ꯭ꯔꯣꯇꯤꯟ ꯆꯥꯎꯕꯅꯤ (ꯁꯤꯉꯦ) ꯍꯦꯟꯒꯠꯂꯛꯄ ꯊꯦꯡꯅꯈꯤ꯫ ꯂꯣꯏꯅꯅ VLDL ꯑꯃꯁꯨꯡ TAG ꯒꯤ (ꯇ꯭ꯔꯥꯏ-ꯑꯦꯁꯥꯏꯜ-ꯒ꯭ꯂꯥꯏꯁꯦꯔꯜ) ꯆꯥꯡ ꯍꯟꯊꯔꯛꯄ, ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ, ꯍꯥꯔꯠ ꯔꯦꯠ, ꯑꯣꯛꯁꯤꯗꯦꯇꯤꯚ ꯁ꯭ꯇ꯭ꯔꯦꯁꯅꯆꯤꯉꯕꯁꯨ ꯍꯟꯊꯔꯛꯄꯅ ꯑꯜꯒꯦꯜ ꯙꯊꯑꯑꯁꯤ ꯉꯥꯒꯤ ꯊꯥꯎꯁꯤꯡꯒ ꯆꯥꯡꯗꯝꯅꯕ ꯌꯥꯅ ꯐꯩ ꯍꯥꯏꯕꯗꯨ ꯈꯪꯕ ꯉꯝꯈꯤ꯫
3) ꯄꯥꯝꯕꯤꯗꯒꯤ ꯐꯪꯕ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ :- ꯃꯊꯧ ꯇꯥꯕ ꯑꯜꯑ ꯒꯤ ꯆꯥꯡ ꯑꯁꯤ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯅꯔꯤꯕ ꯆꯤꯟꯖꯥꯛ, ꯈꯨꯗꯝ ꯑꯣꯏꯅ - ꯊꯣꯏꯗꯤꯡ ꯑꯉꯧꯕ ꯑꯃꯁꯨꯡ ꯑꯃꯨꯕ, ꯍꯩꯗꯨꯒ, ꯅꯨꯡꯍꯋꯥꯏꯅꯆꯤꯡꯕꯁꯤꯡꯗꯒꯤ ꯐꯪꯏ꯫ Kaul N ꯒꯤ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯁꯥꯏꯟꯇꯤꯁꯠ ꯀꯌꯥꯒꯤ ꯀꯥꯡꯕꯨꯅ ꯆꯠꯊꯕ ꯑꯇꯦꯟꯕ ꯃꯇꯝꯒꯤ ꯇ꯭ꯔꯥꯏꯌꯜ ꯍꯥꯏꯕꯗꯤ ꯍꯥꯞꯇ ꯇꯔꯨꯛꯇꯒꯤ ꯇꯔꯥꯅꯤꯊꯣꯏ ꯐꯥꯎꯕꯒꯤ ꯃꯇꯝꯗ ꯑꯜꯑ ꯑꯁꯤ ꯅꯣꯡꯃꯗ ꯒ꯭ꯔꯥꯝ 1.2 ꯗꯒꯤ3.6ꯀꯤ ꯆꯥꯡꯗ ꯄꯤꯖꯕꯅ ꯅꯣꯟ-ꯐꯦꯇꯜ ꯃꯥꯏꯌꯣꯀꯥꯔꯗꯤꯌꯜ ꯏꯟꯐ꯭ꯔ aKsNdgi ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯕ ꯊꯦꯡꯅꯈꯤ꯫ ꯊꯣꯏꯗꯤꯡ ꯑꯉꯧꯕꯒꯤ ꯑꯔꯨꯝꯕꯒꯤ 35%ꯗꯤ ꯊꯥꯎ ꯑꯣꯏ ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ 55% ꯅ ꯑꯜꯑ ꯑꯣꯏ꯫ ꯊꯥꯎ ꯑꯁꯤꯅ ꯄ꯭ꯂꯥꯖꯃꯥꯗ ꯌꯥꯎꯕ ꯑꯜꯑ ꯑꯃꯁꯨꯡ EPA ꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯦꯡꯒꯠꯍꯜꯂꯤ꯫ ꯊꯥꯎ ꯃꯈꯜ ꯑꯁꯤꯗ ꯌꯥꯎꯕ ꯑꯜꯑ ꯒꯤ ꯗꯣꯖ ꯑꯁꯤ ꯅꯣꯡꯃꯗ ꯒ꯭ꯔꯥꯝ 14ꯒꯤ ꯃꯊꯛꯇ ꯄꯤꯖꯗꯨꯅ ꯆꯠꯊꯕ ꯆꯥꯡꯌꯦꯡꯗ ꯏꯟꯐꯜꯃꯦꯇꯔꯤ ꯃꯥꯔꯀꯔꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯄ꯭ꯂꯦꯠꯂꯦꯠꯀꯤ ꯄꯩꯁꯤꯟꯕ ꯊꯟꯊꯍꯜꯂꯤ ꯂꯣꯏꯅꯅ ꯄ꯭ꯂꯦꯠꯂꯦꯠ ꯑꯦꯛꯇꯤꯚꯦꯇꯤꯡ ꯏꯟꯍꯤꯕꯤꯇꯔ-1 ꯑꯃꯁꯨꯡ ꯕ꯭ꯂꯤꯗꯤꯡ ꯇꯥꯏꯝ ꯍꯦꯡꯒꯠꯍꯟꯗꯨꯅ ꯊꯝꯃꯣꯏꯒꯤ ꯃꯄꯥꯡꯒꯜ ꯀꯟꯈꯠꯍꯜꯂꯤ꯫ ꯅꯨꯡꯍꯋꯥꯏꯗꯒꯤ ꯐꯤꯕ ꯙꯊꯑ ꯑꯃꯁꯨꯡ ARA ꯒꯤ (arachidonic acid) ꯐꯣꯔꯃꯨꯂꯥꯅ ꯃꯃꯥꯒꯤ ꯁꯪꯒꯣꯝꯒ ꯆꯥꯡ ꯃꯥꯅꯅꯅ ꯁꯦꯝꯂꯒ ꯑꯄꯤꯛꯄ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯄꯤꯖꯕ ꯃꯇꯝꯗ ꯇꯣꯇꯜ ꯔꯦꯗ ꯕ꯭ꯂꯗ ꯁꯦꯜ ꯑꯃꯁꯨꯡ ꯄ꯭ꯂꯥꯖꯃꯥ ꯐꯣꯁꯐꯦꯂꯤꯄꯤꯛꯗꯁꯤꯡꯗ ꯙꯊꯑ ꯑꯃꯁꯨꯡ ARA ꯒꯤ ꯆꯦꯟꯊꯣꯛ-ꯆꯦꯟꯁꯤꯟ ꯇꯣꯕꯒꯤ ꯆꯦꯡ ꯍꯦꯡꯒꯠꯍꯜꯂꯤ ꯍꯥꯏꯅ ꯊꯥꯐꯐꯃꯥꯅ ꯑꯃꯁꯨꯡ ꯃꯍꯥꯛꯀꯤ ꯀꯥꯡꯕꯨꯅ Lipids ꯖꯔꯅꯦꯜꯗ ꯐꯣꯡꯕ ꯑꯥꯔꯇꯤꯀꯜ ꯑꯃꯗ ꯐꯣꯡꯗꯣꯔꯛꯂꯤ꯫

ꯑꯣꯃꯦꯒꯥ-ꯊꯔꯕꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯁꯤ ꯑꯇꯣꯞꯄ ꯖꯤꯕꯁꯤꯡ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯁꯃꯨꯗ꯭ꯔꯒꯤ ꯁꯥ ꯁꯤꯜ ꯑꯃꯁꯨꯡ ꯋꯥꯏꯈꯨ ꯑꯃꯗꯤ ꯈꯖꯤꯡꯒꯤ ꯀꯥꯡꯂꯨꯞ ꯀ꯭ꯔꯤꯁ꯭ꯇꯦꯁꯤꯟꯒꯤ ꯃꯅꯨꯡ ꯆꯟꯕ ꯑꯟꯇꯥꯔꯛꯇꯤꯛ ꯀ꯭ꯔꯤꯜꯅꯆꯤꯡꯕꯁꯤꯡꯗꯁꯨ ꯐꯪꯏ꯫
ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯑꯁꯤ ꯍꯛꯆꯥꯡꯗ ꯁꯣꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ꯭ꯔꯥ? ꯌꯨ ꯑꯦꯁ ꯐꯨꯗ ꯑꯦꯟꯗ ꯗ꯭ꯔꯒ ꯑꯦꯗꯃꯤꯅꯁꯇ꯭ꯔꯦꯁꯟꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯅꯣꯡꯃꯗ EPA ꯑꯃꯁꯨꯡ ꯙꯊꯑ ꯒꯤ ꯑꯄꯨꯟꯕ ꯒ꯭ꯔꯥꯝ ꯑꯍꯨꯝ ꯑꯗꯨꯒ ꯑꯇꯣꯞꯄ ꯗꯥꯏꯌꯤꯇꯔꯤ ꯁꯄ꯭ꯂꯤꯃꯦꯟꯠ ꯂꯣꯏꯅꯔꯕꯗ ꯅꯣꯡꯃꯗ ꯒ꯭ꯔꯥꯝ ꯑꯅꯤꯗꯒꯤ ꯍꯦꯜꯂꯣꯏꯗꯕꯅꯤ ꯍꯥꯏꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫ ꯇ꯭ꯔꯥꯏꯒ꯭ꯂꯥꯏꯁꯦꯔꯥꯏꯗ ꯅꯦꯝꯕꯁꯤꯡꯗ
ꯑꯍꯦꯟꯕ ꯗꯣꯖ ꯄꯤꯖꯅꯩ ꯑꯗꯨꯕꯨ ꯃꯁꯤ ꯗꯥꯏꯇꯔꯒꯤ
ꯄꯥꯎꯇꯥꯛ ꯑꯃꯒꯤ ꯃꯈꯥꯗ ꯁꯤꯖꯤꯟꯅꯒꯗꯕꯅꯤ ꯅꯠꯇ꯭ꯔꯒ
ꯒ꯭ꯂꯤꯗꯤꯡꯒꯤ ꯄ꯭ꯔꯣꯕ꯭ꯂꯦꯝ ꯑꯃꯁꯨꯡ ꯏꯝꯃ꯭ꯌꯨꯟ ꯐꯪꯁꯟꯗ
ꯑꯀꯥꯏꯕ ꯂꯥꯛꯄ ꯌꯥꯏ꯫ ꯑꯇꯣꯞꯄ ꯃꯥꯏꯜꯗ ꯑꯣꯏꯕ
ꯁꯥꯏꯗ ꯏꯐꯦꯛꯁꯤꯡꯗꯤ- ꯆꯤꯟꯕꯥꯟ ꯃꯅꯨꯡꯗ ꯍꯩꯅꯗꯕ
ꯃꯍꯥꯎ ꯐꯥꯎꯕ, ꯁ꯭ꯋꯔ ꯅꯝꯊꯤꯕ, ꯊꯕꯥꯛ ꯁꯥꯕ, ꯄꯨꯛ
ꯅꯨꯡꯉꯥꯏꯇꯕ, ꯈꯣꯡ ꯍꯥꯝꯊꯕ, ꯀꯣꯛ ꯆꯤꯛꯄ, ꯑꯣꯅꯤꯡꯕ
ꯑꯃꯁꯨꯡ ꯅꯝꯊꯤꯕ ꯍꯨꯃꯥꯡ ꯆꯦꯟꯕꯁꯤꯡꯅꯤ꯫
ꯀꯥꯟꯅꯕ ꯀꯌꯥꯃꯔꯨꯝꯒꯤ ꯃꯊꯛꯇ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ
ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗꯅ ꯑꯉꯥꯡꯁꯤꯡꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ
ꯁꯦꯝꯒꯠ ꯁꯥꯒꯠꯄꯗ ꯑꯃꯗꯤ ꯃꯁꯥ-ꯃꯎ ꯐꯍꯟꯗ
ꯃꯇꯦꯡ ꯑꯣꯏ꯫ ꯅꯍꯥ-ꯑꯍꯜꯁꯤꯡꯗ ꯀꯦꯟꯁꯔ, ꯑꯍꯜ
ꯑꯣꯏꯁꯤꯜꯂꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯠ ꯎꯁꯤꯜꯂꯛꯇꯕ,
ꯃꯤꯇꯀꯤ ꯄꯤ ꯋꯥꯠꯄ ꯃꯔꯝꯅ ꯃꯤꯠ ꯀꯪꯕꯒꯤ ꯂꯥꯏꯅꯥ
ꯑꯃꯗꯤ ꯔꯨꯃꯥꯇꯣꯏꯗ ꯑꯔꯊ꯭ꯔꯥꯏꯇꯤꯁꯅꯆꯤꯡꯕ ꯂꯥꯏꯅꯥꯁꯤꯡꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟꯕ ꯀꯌꯥꯗꯒꯤ ꯈꯪꯕ ꯉꯝꯃꯤ꯫ ꯃꯔꯝꯗꯤ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯑꯁꯤ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ reina, ꯕ꯭ꯔꯦꯟ, ꯁ꯭ꯄꯔꯝ ꯑꯃꯁꯨꯡ
ꯃꯁꯜ ꯁꯦꯜ ꯃꯦꯝꯕ꯭ꯔꯦꯟꯁꯤꯡꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯆꯥꯛ ꯑꯣꯏ꯫ ꯃꯤꯑꯣꯏ ꯂꯣꯏꯅꯃꯛꯇ ꯅꯠꯇ꯭ꯔꯕꯁꯨ ꯃꯤꯑꯣꯏ ꯈꯔꯗꯗꯤ ꯑꯣꯃꯦꯒꯥ-ꯊ꯭ꯔꯤ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗꯅ ꯑꯜꯖꯥꯏꯃꯔ, ꯗꯤꯃꯦꯟꯁꯥ ꯑꯃꯁꯨꯡ ꯋꯥꯈꯜꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯥꯏꯅꯥ ꯀꯌꯥꯗꯒꯤꯁꯨ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯕꯒꯤ ꯔꯤꯄꯣꯔꯠ ꯇꯧꯅꯔꯤ ꯑꯗꯨꯕ ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯁꯤꯒꯤ ꯃꯈꯜꯁꯤꯡꯗꯅ
ꯕ꯭ꯔꯦꯟꯗ ꯄꯤꯔꯤꯕ ꯏꯐꯦꯛꯁꯤꯡꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ ꯍꯦꯟꯅ ꯃꯈꯥ ꯇꯥꯅ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩꯔꯤ꯫ =

- ꯗꯣ. ꯂꯩꯃꯄꯣꯛꯄꯝ ꯇꯤꯀꯦꯟꯗ꯭ꯔ -

ꯃꯥꯏꯀꯦꯜ ꯁ꯭ꯇ꯭ꯔꯥꯅꯣ
ꯄꯨꯟꯁꯤꯒꯤ ꯇꯥꯡꯀꯛ ꯗꯔꯀꯥꯔ ꯑꯣꯏꯕꯑꯜꯑ ꯒꯤ ꯆꯥꯡ
ꯄꯣꯛꯄꯒꯤ ꯊꯥ 12 0.5ꯒ (ꯑꯄꯨꯟꯕ omega-2)*
ꯆꯍꯤ 1-3 0.7ꯒ
ꯆꯍꯤ 4-8 0.9ꯒ
ꯆꯍꯤ 9-13 ꯐꯥꯎꯕꯒꯤ ꯅꯤꯄꯥꯃꯆꯥ 1.2ꯒ
ꯆꯍꯤ 9-13 ꯐꯥꯎꯕꯒꯤ ꯅꯨꯄꯤꯃꯆꯥ 1.0ꯒ
ꯆꯍꯤ 14-18 ꯐꯥꯎꯕꯒꯤ ꯅꯤꯄꯥ 1.6ꯒ
ꯆꯍꯤ 14-18 ꯐꯥꯎꯕꯒꯤ ꯅꯨꯄꯤ 1.1ꯒ
ꯅꯤꯄꯥ ꯅꯍꯥ 1.6ꯒ
ꯅꯨꯄꯤ ꯅꯍꯥ 1.1ꯒ
ꯃꯤꯔꯣꯟꯂꯤꯕꯤ ꯅꯨꯄꯤ 1.4ꯒ
ꯃꯕꯨꯛ ꯄꯤꯊꯛꯂꯤꯕꯤ ꯃꯃꯥ 1.3ꯒ
(source: NIH- National Institutes of Health)
ꯏꯝꯃ꯭ꯌꯨꯅꯣꯊꯦꯔꯥꯄꯤꯅ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯊꯣꯛꯍꯜꯂꯤꯕ ꯐꯤꯔꯥꯛꯀꯤ
ꯃꯥꯀ꯭ꯔꯣꯐꯦꯖꯁꯤꯡꯅ ꯊꯥꯗꯣꯔꯛꯄ ꯄ꯭ꯔꯣꯇꯤꯟꯁꯤꯡ
ꯏ ꯎꯇꯣꯡꯁꯤꯡ
ꯃꯥꯏꯀꯦꯜ ꯄꯦꯇꯤꯠ