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HUEIYEN LANPAO

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ꯋꯥꯔꯤ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯌꯦꯛ ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯈꯨꯟꯒꯤ ꯆꯤꯗꯥꯏꯗ ꯃꯣꯇꯦ, ꯀꯣꯄꯨ ꯀꯧꯕ ꯑꯃ ꯂꯩ ꯃꯈꯣꯏꯒꯤꯗ
ꯆꯠꯂꯨꯁꯤ꯫

ꯑꯗꯨꯗꯤ ꯊꯨꯅ ꯆꯠꯂꯨꯁꯤ ꯂꯥꯛꯑꯣ,
ꯌꯣꯡ ꯍꯅꯨꯕ꯫ ꯑꯁꯨꯝꯇꯧꯅ ꯃꯈꯣꯏꯅꯤ ꯃꯣꯇꯦ, ꯀꯣꯄꯨꯒꯤ
ꯃꯅꯥꯛꯇ ꯂꯥꯛꯂꯝꯃꯤ꯫

ꯃꯣꯇꯦ ꯑꯦꯟꯗ ꯀꯣꯄꯨ (ꯑꯅꯥꯜ ꯐꯣꯛ ꯇꯦꯜ)
ꯁ꯭ꯇꯣꯔꯤ ꯑꯃꯁꯨꯡ ꯑꯥꯔꯠ : ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯄꯤꯔꯤꯕ ꯗꯣꯠꯁꯤꯡ ꯁꯝꯖꯤꯟꯅꯔꯒ,
ꯂꯥꯏ ꯑꯁꯤ ꯃꯄꯨꯡ ꯐꯥꯍꯜꯂꯨ
ꯏꯁꯥꯕꯨ ꯅꯨꯡꯁꯤꯕ ꯉꯝꯂꯕꯗꯤ ꯄꯣꯛꯅꯐꯝ ꯂꯝꯗꯝꯁꯨ ꯁꯣꯏꯗꯅ ꯅꯨꯡꯁꯤꯕ ꯉꯝꯒꯅꯤ
ꯅꯣꯛꯐꯦꯠ ꯇꯧꯕ ꯃꯥꯏꯊꯣꯉꯒꯤ ꯃꯔꯨꯝꯗ
ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝ ꯂꯨꯀꯥꯅꯟꯗ
ꯏꯟꯇꯔꯅꯦꯁꯅꯦꯜꯒꯤ ꯊꯥꯛꯇ ꯐꯥꯎꯒꯠꯂꯛꯂꯤꯕ ꯃꯣꯗꯦꯜ
ꯐ꯭ꯂꯦꯚꯣꯅꯣꯏꯗꯁꯤꯡ ꯑꯁꯤ ꯎꯍꯩ-ꯋꯥꯍꯩ ꯑꯝꯗꯤ ꯃꯅꯥ-ꯃꯁꯤꯡꯁꯤꯡꯗ ꯃꯍꯧꯁꯥꯅ
ꯌꯥꯎꯖꯕ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡꯅꯤ꯫ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡ ꯑꯁꯤꯅ ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ
ꯀꯦꯟꯁꯔ ꯉꯥꯛꯊꯣꯛꯄꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ ꯍꯥꯏꯕꯁꯤ ꯁꯥꯏꯟꯇꯤꯁꯁꯤꯡꯅ ꯆꯍꯤ
20ꯒꯤ ꯃꯃꯥꯡꯗꯒꯤ ꯈꯪꯗꯨꯅ ꯂꯥꯛꯂꯕ ꯋꯥꯐꯝꯅꯤ, ꯑꯗꯨꯕꯨ ꯃꯁꯤ ꯃꯇꯧ ꯀꯔꯝꯅ
ꯑꯣꯏꯍꯜꯂꯤꯕꯅꯣ ꯍꯥꯏꯕꯗꯨꯗ ꯃꯄꯨꯡ ꯐꯥꯅ ꯈꯪꯕ ꯉꯝꯗꯅ ꯂꯥꯛꯄꯅꯤ꯫
ꯍꯧꯖꯤꯛ ꯅꯧꯅ ꯆꯠꯊꯕ ꯁ꯭ꯇꯗꯤ ꯑꯃꯗꯒꯤ ꯈꯪꯕ ꯉꯝꯂꯦ ꯃꯗꯨꯗꯤ, ꯐ꯭ꯂꯦꯕꯣꯅꯣꯏꯗ
ꯗꯥꯏꯖꯦꯁꯟ ꯇꯧꯕꯗ ꯄꯨꯊꯣꯛꯄ ꯄꯣꯠꯊꯣꯛ ꯑꯃꯅ ꯑꯀꯛꯅꯕ ꯀꯟꯗꯤꯁꯟ
ꯑꯝꯒꯤ ꯃꯈꯥꯗ ꯀꯦꯟꯁꯔ ꯁꯦꯜ ꯒ꯭ꯔꯣꯊ ꯇꯧꯍꯟꯗꯕ ꯉꯝꯕ ꯃꯣꯂꯤꯀ꯭ꯌꯨꯂꯔ
ꯃꯦꯀꯥꯅꯤꯖꯝ ꯑꯃ ꯃꯃꯨꯡ ꯇꯥꯅ ꯎꯠꯈ꯭ꯔꯦ꯫
ꯁ꯭ꯇꯤꯗꯤ ꯑꯁꯤ ꯕ꯭ꯔꯨꯀꯤꯡꯁꯇ ꯂꯩꯕ ꯁꯁꯥꯎꯊ ꯗꯥꯀꯣꯇꯥ sCTeT ꯌꯨꯅꯤꯚꯔꯁꯤꯒꯤ
ꯇꯤꯝ ꯑꯃꯅ ꯄꯥꯡꯊꯣꯛꯄꯅꯤ꯫ ꯃꯈꯣꯏꯒꯤ ꯔꯤꯄꯣꯔꯠ ꯑꯗꯨ ꯀꯦꯟꯁꯔꯁ ꯀꯧꯕ
ꯖꯔꯅꯦꯜ ꯑꯃꯗ ꯍꯟꯗꯛꯇ ꯐꯣꯡꯂꯛꯈꯤꯕꯅꯤ꯫

ꯔꯤꯁꯥꯔꯆꯔꯁꯤꯡ ꯑꯗꯨꯅ ꯑꯍꯥꯟꯕꯗ ꯑꯁꯄꯤꯔꯤꯟ
(ꯑꯁꯤꯇꯥꯏꯜꯁꯦꯂꯤꯁꯥꯏꯂꯤꯛ ꯑꯦꯁꯤꯗ)
ꯅ ꯃꯇꯧ ꯀꯔꯝꯅ ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ
ꯀꯦꯟꯁꯔꯒꯤ ꯔꯤꯁꯛ ꯍꯟꯊꯍꯟꯕ
ꯉꯝꯕꯒꯦ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟꯈꯤ꯫ ꯃꯗꯨꯗ 2,
4, 6-ꯇ꯭ꯔꯥꯏꯍꯥꯏꯗ꯭ꯔꯣꯛꯁꯤꯕꯦꯟꯖꯥꯏꯛ
ꯑꯁꯤꯗ (2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦ) ꯀꯧꯕ
ꯁꯦꯂꯤꯁꯥꯏꯂꯤꯛ ꯑꯦꯁꯤꯗ ꯗꯤꯔꯥꯏꯚꯦꯇꯤꯚ
ꯑꯃꯅ ꯀꯔꯝꯅ ꯀꯦꯟꯁꯔ ꯁꯦꯜ ꯒ꯭ꯔꯣꯊ
ꯇꯞꯊꯍꯟꯕꯒꯦ ꯍꯥꯏꯕꯁꯨ ꯎꯠꯈꯤ꯫
ꯃꯈꯣꯏꯅ 2, 4, 6-ꯕꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯒꯤ
ꯅꯦꯆꯔꯦꯜ ꯁꯣꯔꯁ ꯀꯔꯤ ꯂꯩꯕꯒꯦ ꯊꯤꯅꯕ ꯋꯥꯔꯦꯝꯅꯈꯤ꯫
ꯃꯈꯣꯏꯅ ꯊꯤꯖꯤꯟꯕꯗ ꯐ꯭ꯂꯦꯕꯣꯅꯣꯏꯗꯁꯤꯡ ꯗꯥꯏꯖꯦꯁꯠ
ꯇꯧꯕꯗ ꯄꯨꯊꯣꯛꯄ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡ ꯑꯗꯨꯁꯨ 2, 4,
6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯅꯤ ꯍꯥꯏꯕ ꯈꯪꯂꯛꯈꯤ꯫
ꯐ꯭ꯂꯦꯕꯣꯅꯣꯏꯗꯁꯤꯡ ꯑꯁꯤ ꯏꯟꯇꯦꯁꯇꯥꯏꯗꯅ ꯍꯦꯛ ꯆꯪꯈꯤꯕꯒ ꯀꯥꯏꯊꯕ
ꯍꯧꯏ꯫ ꯃꯈꯣꯏꯁꯤꯡ ꯑꯁꯤ ꯀꯣꯂꯣꯟ ꯌꯧꯔꯛꯄ ꯃꯇꯝꯗ ꯒꯠ ꯕꯦꯛꯇꯔꯤꯌꯥꯁꯤꯡꯅ
ꯑꯃꯨꯛ ꯃꯈꯥ ꯇꯥꯅ ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠꯁꯤꯡꯗ ꯀꯥꯏꯊꯍꯜꯂꯤ꯫
ꯄ꯭ꯔꯣꯁꯦꯁꯁꯤꯡ ꯑꯗꯤ ꯑꯣꯕꯖꯥꯔꯕ ꯇꯧꯔꯒ ꯁꯥꯏꯟꯇꯤꯁꯠꯁꯤꯡꯅ ꯍꯥꯏꯔꯤ
ꯃꯗꯨꯗꯤ ꯐ꯭ꯂꯦꯕꯣꯅꯣꯏꯗꯁꯤꯡꯗ ꯑꯦꯟꯇꯤ ꯀꯦꯟꯁꯔ ꯏꯐꯦꯛꯠꯁꯤꯡ ꯌꯥꯎꯔꯤꯕ
ꯑꯁꯤ ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠꯁꯤꯡ ꯑꯁꯤꯅꯤ꯫ ꯃꯣꯂꯤꯀ꯭ꯌꯨꯜ 2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦ
ꯑꯁꯤꯁꯨ ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯔꯛꯇꯒꯤ ꯑꯃꯅꯤ꯫
ꯐ꯭ꯂꯦꯚꯣꯅꯥꯏꯗꯁꯤꯡꯅ ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ ꯀꯦꯟꯁꯔ ꯅꯥꯕꯒꯤ ꯆꯥꯡ
ꯍꯟꯊꯍꯜꯂꯤꯕ ꯑꯁꯤ ꯄꯦꯔꯦꯟꯠ ꯀꯝꯄꯥꯎꯟꯗ ꯑꯗꯨꯅ ꯅꯠꯇꯦ, ꯀꯝꯄꯥꯎꯟꯗ
ꯑꯗꯨ ꯀꯥꯏꯊꯔꯛꯄꯗꯒꯤ ꯑꯣꯏꯔꯛꯂꯤꯕ ꯄꯣꯠꯁꯛ ꯑꯗꯨꯅꯅꯤ ꯍꯥꯏꯅ ꯑꯩꯈꯣꯏꯅ
ꯂꯧꯏ ꯍꯥꯏꯅ ꯁ꯭ꯇꯗꯤ ꯑꯗꯨꯒꯤ ꯁꯤꯅꯤꯌꯔ ꯑꯊꯔ ꯖꯌꯥꯔꯥꯃꯥ ꯒꯨꯅꯥꯖꯦꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫
ꯑꯅꯧꯕ ꯁ꯭ꯇꯗꯤ ꯑꯁꯤ ꯀꯣꯂꯣꯟ ꯅꯠꯇ꯭ꯔꯒꯅ ꯔꯦꯛꯇꯝꯒꯤ ꯀꯦꯟꯁꯔ
ꯉꯥꯛꯊꯣꯛꯄꯗ ꯒꯠꯇ ꯐ꯭ꯂꯦꯚꯣꯅꯣꯏꯗ ꯀꯥꯏꯊꯕꯗ ꯄꯨꯊꯣꯛꯄ 2, 4, 6- ꯇꯤ ꯑꯩꯆ
ꯕꯤ ꯑꯦꯅ ꯀꯔꯝꯅ ꯃꯇꯦꯡ ꯄꯥꯡꯕꯒꯦ ꯍꯥꯏꯅ ꯊꯤꯖꯤꯟꯕ ꯑꯍꯥꯟꯕ ꯁ꯭ꯇꯗꯤꯅꯤ꯫
ꯀꯣꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯔꯦꯛꯇꯝ ꯑꯁꯤ ꯂꯥꯔꯖ ꯏꯟꯇꯦꯁꯇꯥꯏꯟꯒꯤ ꯁꯔꯨꯛ
ꯑꯃꯅꯤ꯫ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯁꯤꯟꯈꯤꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯗꯥꯏꯖꯦꯁꯠ ꯇꯧꯕꯒꯤ ꯏꯀꯣꯟ
ꯀꯣꯟꯕ ꯇꯥꯡꯀꯛ ꯑꯁꯤ ꯒꯠ ꯕꯦꯛꯇꯔꯤꯌꯥꯁꯤꯡꯒꯤ ꯃꯇꯦꯡꯒꯤ ꯃꯇꯦꯡꯒ
ꯂꯣꯏꯅꯅ ꯀꯣꯂꯣꯟꯗ ꯇꯧꯏ꯫ ꯃꯁꯤꯗꯒꯤ ꯑꯃꯨꯛ ꯂꯦꯝꯍꯧꯕ ꯁꯔꯨꯛꯁꯤꯡ ꯑꯗꯨꯅ
ꯑꯃꯥꯡꯕ ꯑꯣꯏꯅ ꯊꯣꯛꯈꯤꯅꯕꯒꯤꯗꯃꯛ ꯔꯦꯛꯇꯝꯗ ꯀꯨꯝꯈꯤꯒꯅꯤ꯫
ꯁꯦꯟꯇꯔ ꯐꯣꯔ ꯗꯤꯖꯤꯖ ꯀꯟꯇ꯭ꯔꯣꯜ ꯑꯦꯟꯗ ꯄ꯭ꯔꯚꯦꯟꯁꯟ (ꯁꯤ ꯗꯤ
ꯁꯤ) ꯀꯨꯝꯖꯥ 2016ꯀꯤ ꯁ꯭ꯇꯦꯇꯤꯁꯇꯤꯛꯁꯀꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ
ꯀꯦꯟꯁꯔ ꯑꯗꯤ ꯌꯨꯅꯥꯏꯇꯦꯗ ꯁ꯭ꯇꯦꯠꯁꯇ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯌꯥꯝꯅ ꯅꯥꯒꯟꯕ ꯀꯦꯟꯁꯔ
ꯃꯈꯜꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯔꯤꯁꯨꯕꯅꯤ꯫
ꯀꯨꯝꯖꯥ 2016 ꯗ ꯌꯨ ꯑꯦꯁꯇ ꯃꯤꯑꯣꯏ 141,270ꯗ ꯀꯣꯂꯣꯟ ꯅꯠꯇ꯭ꯔꯒꯅ
ꯔꯦꯛꯇꯝꯒꯤ ꯀꯦꯟꯁꯔꯅ ꯅꯥꯕ ꯊꯦꯡꯅꯈꯤ, ꯑꯗꯨꯒ ꯂꯥꯏꯅꯥ ꯑꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ
ꯃꯤꯑꯣꯏ 52,286 ꯁꯤꯍꯟꯈꯤ꯫
ꯑꯅꯧꯕ ꯁ꯭ꯇꯗꯤ ꯑꯗꯨꯗ ꯔꯤꯁꯥꯔꯁꯔꯁꯤꯡ ꯑꯗꯨꯅ ꯊꯦꯡꯅꯈꯤ ꯃꯗꯨꯗꯤ, 2,
4, 6- ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯒꯤ ꯏꯐꯦꯛꯠ ꯀꯔꯤ ꯂꯩꯕꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯇꯦꯁꯠ ꯇꯧꯗꯨꯅ
ꯌꯦꯡꯕ ꯃꯇꯝꯗꯗꯤ ꯏꯐꯦꯛꯠ ꯑꯍꯨꯝꯗ ꯕꯥꯏꯟꯗ ꯇꯧꯕ ꯉꯝꯃꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯤꯛ
ꯃꯌꯥꯏ ꯑꯁꯤꯅ ꯀꯦꯟꯁꯔ ꯕ꯭ꯂꯣꯛ ꯇꯧꯕ ꯉꯝꯒꯗ꯭ꯔꯥ ꯍꯥꯏꯅ ꯃꯈꯣꯏꯅ ꯈꯜꯂꯝꯃꯤ꯫
ꯑꯗꯨꯕꯨ ꯃꯈꯣꯏꯅ ꯀꯣꯂꯣꯟ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡꯗ 2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ
ꯑꯦꯒꯤ ꯏꯐꯦꯛꯠ ꯀꯔꯤ ꯂꯩꯕꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯇꯦꯁꯠ ꯇꯧꯗꯨꯅ ꯌꯦꯡꯕ
ꯃꯇꯝꯗꯗꯤ ꯏꯐꯦꯛꯠ ꯑꯃꯠꯇ ꯂꯩꯕ ꯊꯦꯡꯅꯈꯤꯗꯦ꯫
2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯒꯤ ꯃꯔꯝꯗ
ꯃꯃꯥꯡꯗ ꯆꯠꯊꯈꯤꯕ ꯁ꯭ꯇꯗꯤꯁꯤꯡ
ꯊꯤꯖꯤꯟꯈꯤꯕ ꯑꯃꯗ ꯈꯪꯕ ꯉꯝꯈꯤ
ꯃꯗꯨꯗꯤ, ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠ ꯑꯁꯤ ꯑꯦꯁ
ꯑꯦꯜ ꯁꯤ 5ꯑꯦ8 ꯀꯧꯕ ꯇ꯭ꯔꯥꯟꯁꯄꯣꯔꯇꯔ
ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯃꯒꯤ ꯃꯇꯦꯡ ꯌꯥꯎꯗ꯭ꯔꯒꯗꯤ
ꯁꯦꯜꯁꯤꯡꯗ ꯆꯪꯕ ꯉꯝꯗꯦ꯫
ꯑꯗꯨꯕꯨ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡꯅ
ꯖꯤꯅꯦꯇꯤꯛ ꯃ꯭ꯌꯨꯇꯦꯁꯟ ꯑꯃꯒꯤ ꯃꯇꯦꯡꯅ
ꯇ꯭ꯔꯥꯟꯁꯄꯣꯔꯠ ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯗꯨꯕꯨ ꯃꯊꯧ ꯇꯧꯍꯟꯗꯕ
ꯉꯝꯃꯤ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯒ꯭ꯔꯣꯇꯦꯛꯇꯤꯕ
ꯏꯐꯦꯛꯠ ꯑꯃ ꯄꯤꯗꯨꯅ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡ ꯑꯗꯨ
ꯌꯥꯝꯅ ꯊꯨꯅ ꯃꯁꯤꯡ ꯌꯥꯝꯈꯠꯍꯟꯅꯕ ꯃꯆꯥꯛ ꯑꯃ ꯑꯣꯏꯍꯜꯂꯤ
ꯍꯥꯏꯅ ꯒꯨꯅꯥꯖꯦꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫
ꯑꯦꯁ ꯑꯦꯜ ꯁꯤ 5ꯑꯦ8 ꯑꯦꯛꯁꯄ꯭ꯔꯦꯁ ꯇꯧꯕ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡ
ꯌꯥꯎꯕꯅꯤꯡꯕ ꯇꯦꯁꯠ ꯈꯔꯅ 2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦ ꯑꯁꯤ ꯇ꯭ꯔꯥꯟꯁꯄꯣꯔꯠ
ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯦꯛꯁꯄ꯭ꯔꯦꯁ ꯇꯧꯕ ꯁꯦꯜꯁꯤꯡꯗ ꯆꯪꯕ ꯉꯝꯗꯦ ꯍꯥꯏꯕ ꯈꯪꯈꯤ,
ꯑꯗꯨꯕꯨ ꯃꯗꯨ ꯑꯦꯛꯁꯄ꯭ꯔꯦꯁ ꯇꯧꯕꯗ ꯁꯦꯜꯁꯤꯡꯒꯤ ꯃꯔꯝꯗꯗꯤ ꯈꯪꯕ ꯋꯥꯈꯤ꯫
ꯔꯤꯁꯥꯔꯆꯔꯁꯤꯡꯅ ꯍꯥꯏ ꯃꯗꯨꯗꯤ, 2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯅ ꯀꯦꯟꯁꯔ
ꯊꯤꯡꯕꯗ ꯇ꯭ꯔꯥꯟꯁꯄ꯭ꯔꯣꯇꯔ ꯑꯁꯤ ꯃꯊꯧ ꯇꯥꯏ ꯍꯥꯏꯕꯁꯤ ꯁ꯭ꯇꯗꯤꯒꯤ ꯔꯤꯖꯜꯠꯁꯤꯡ
ꯑꯁꯤꯅ ꯇꯥꯛꯂꯤ꯫
ꯒꯨꯅꯥꯖꯦꯅ ꯍꯥꯏ, ꯐ꯭ꯂꯦꯚꯣꯅꯣꯏꯗ ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠꯁꯤꯡꯅ ꯀꯦꯟꯁꯔ ꯉꯥꯛꯊꯣꯛꯄꯗ
ꯃꯇꯦꯡ ꯄꯥꯡꯕꯒꯤ ꯃꯑꯣꯡ ꯑꯅꯤ ꯂꯩꯔꯝꯕ ꯌꯥꯏ꯫ ꯑꯍꯥꯟꯕ ꯃꯑꯣꯡ ꯑꯗꯨꯅ
ꯁꯦꯜ ꯗꯤꯚꯤꯖꯟ ꯇꯧꯕꯒꯤ ꯆꯥꯡ ꯇꯞꯊꯍꯟꯗꯨꯅ ꯏꯝꯃ꯭ꯌꯨꯟ ꯑꯣꯏꯔꯕ ꯁꯦꯜꯁꯤꯡ
ꯑꯗꯨ ꯂꯣꯀꯦꯠ ꯇꯧꯅꯕ ꯑꯃꯗꯤ ꯀꯦꯟꯁꯔ ꯁꯦꯜꯁꯤꯡꯕꯨ ꯃꯥꯡꯍꯟꯅꯕ ꯈꯨꯗꯣꯡꯆꯥꯕ
ꯑꯃ 2, 4, 6-ꯇꯤ ꯑꯩꯆ ꯕꯤ ꯑꯦꯅ ꯁꯦꯜ ꯗꯤꯚꯤꯖꯟ ꯇꯞꯊꯍꯟꯗꯨꯅ ꯀꯦꯟꯁꯔ
ꯉꯥꯛꯊꯣꯛꯄꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯑꯣꯏꯔꯝꯕ ꯌꯥꯏ, ꯑꯁꯨꯝ ꯇꯧꯕ ꯑꯁꯤꯅ ꯁꯦꯜꯁꯤꯡ
ꯑꯗꯨꯗ ꯃꯈꯣꯏꯒꯤ ꯗꯤ ꯑꯦꯟ ꯑꯦꯗ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯀꯌꯥ ꯌꯥꯎꯕꯁꯤꯡ ꯑꯗꯨ
ꯔꯤꯄꯤꯌꯔ ꯇꯧꯅꯕ ꯃꯇꯝ ꯍꯦꯟꯅ ꯐꯪꯍꯜꯂꯤ꯫
ꯀꯔꯝꯕ ꯒꯠ ꯕꯦꯛꯇꯔꯤꯌꯥꯅ ꯐ꯭ꯂꯦꯚꯣꯅꯣꯏꯗꯁꯤꯡꯗꯒꯤ ꯃꯦꯇꯥꯕꯣꯂꯥꯏꯠꯁꯤꯡ
ꯄꯨꯊꯣꯛꯄꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯔꯤꯁꯥꯔꯆꯔꯁꯤꯡ ꯑꯗꯨꯅ ꯊꯤꯖꯤꯟꯕ ꯇꯧꯈ꯭ꯔꯦ꯫
ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ ꯀꯦꯟꯁꯔ ꯉꯥꯛꯊꯣꯛꯄꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯉꯝꯕ
ꯄ꯭ꯔꯣꯕꯥꯏꯑꯣꯇꯤꯛꯁꯤꯡ ꯁꯦꯝꯕ ꯌꯥꯕꯒꯤ ꯑꯣꯏꯊꯣꯛꯄ ꯂꯩ ꯍꯥꯏꯕꯁꯤ ꯃꯈꯣꯏꯅ
ꯈꯪꯕ ꯉꯝꯂꯦ꯫

ꯎꯍꯩ ꯑꯃꯁꯨꯡ ꯃꯅꯥ-ꯃꯁꯤꯡꯗ ꯌꯥꯎꯕ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡꯅ ꯃꯇꯧ ꯀꯔꯝꯅ ꯀꯣꯂꯣꯔꯦꯛꯇꯦꯜ ꯀꯦꯟꯁꯔ ꯉꯥꯛꯊꯣꯛꯄꯒꯦ
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
ꯑꯐꯥꯎꯕ ꯃꯤꯁꯀ ꯑꯃ ꯑꯣꯏꯔꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯏꯆꯝ-

ꯆꯝꯕ ꯃꯤꯑꯣꯏꯗꯒꯤ ꯇꯣꯞ-ꯇꯣꯞꯄ ꯃꯒꯨꯟ ꯈꯔꯗꯤ ꯂꯩꯕꯅ ꯑꯐꯥꯎꯕ ꯃꯤꯁꯛ
ꯑꯃ ꯑꯣꯏꯕ ꯉꯝꯕꯅꯤ ꯍꯥꯏꯕꯁꯤ ꯃꯥꯂꯦꯝꯒꯤ ꯑꯐꯥꯎꯕ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯅ ꯎꯠꯇꯨꯅ
ꯂꯥꯛꯈ꯭ꯔꯕꯅꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗꯁꯨ ꯆꯍꯤ ꯌꯥꯝꯅ ꯅꯧꯅ ꯁꯛꯅꯥꯏꯕ ꯑꯣꯏꯔꯛꯄ
ꯃꯤꯑꯣꯏ ꯀꯌꯥ ꯑꯃꯁꯨ ꯂꯩꯇꯕ ꯅꯠꯇꯦ꯫ ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝ ꯂꯨꯀꯥꯅꯟꯗ ꯆꯍꯤ ꯌꯥꯝꯅ
ꯅꯧꯔꯤꯕ ꯃꯜꯇꯤ ꯇꯦꯂꯦꯟꯠ ꯑꯣꯏꯕ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯃꯣꯗꯦꯜ
ꯑꯃꯗꯤ ꯗꯤꯔꯦꯛꯇꯔ ꯑꯃꯅꯤ꯫ ꯌꯥꯏꯁꯀꯨꯜ ꯃꯣꯏꯔꯥꯡꯈꯣꯝ ꯕꯣꯀꯨꯜꯃꯈꯣꯡꯗ
ꯄꯣꯛꯈꯤꯕ ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝ ꯂꯨꯀꯥꯅꯟꯗ ꯀꯦ ꯑꯦꯁ ꯑꯩꯆ ꯕꯤꯃꯜ ꯑꯃꯗꯤ ꯗꯥ.
ꯁꯨꯖꯦꯇꯥ ꯑꯦꯂꯥꯡꯕꯝ ꯑꯅꯤꯒꯤ ꯏꯇꯣꯟ-ꯇꯣꯟꯕ ꯃꯆꯥꯅꯨꯄꯥꯅꯤ꯫ ꯄꯤꯛꯂꯤꯉꯩ
ꯃꯇꯝꯗꯒꯤ ꯇꯦꯂꯤꯄ꯭ꯔꯦ, ꯗꯣꯀ꯭ꯌꯨꯃꯦꯟꯇꯔꯤ, ꯁꯣꯔꯠ ꯐꯤꯂꯝ ꯗꯤꯔꯦꯛꯠ ꯇꯧꯕ
ꯍꯧꯔꯛꯈꯤ꯫ ꯂꯣꯏꯅꯅ ꯃꯣꯗꯦꯂꯤꯡꯒꯤ ꯂꯝꯗꯁꯨ ꯈꯣꯡꯗꯥꯕ ꯍꯧꯔꯛꯈꯤ꯫ ꯀꯨꯝꯖꯥ
2019ꯗ ꯄꯨꯊꯣꯛꯈꯤꯕ 'ꯃꯩꯇꯥꯟ ꯑꯔꯥꯕ' ꯍꯥꯏꯔꯤꯕ ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯑꯍꯥꯟꯕ
ꯄꯨꯊꯣꯛꯈꯤꯕ ꯐꯤꯂꯝ ꯑꯁꯤꯗ ꯁ꯭ꯇꯦꯠ ꯑꯦꯋꯥꯔꯗ ꯑꯣꯏꯅ ꯕꯦꯁꯠ ꯗꯤ-
ꯔꯦꯛꯇꯔ, ꯕꯦꯁꯠ ꯀꯦꯃꯔꯥꯃꯦꯟ, ꯕꯦꯁꯠ ꯁꯄꯣꯔꯇꯤꯡ ꯑꯦꯛꯇꯔ
ꯑꯃꯗꯤ ꯕꯦꯁꯠ ꯗꯦꯕꯤꯗ ꯐꯤꯂꯝ ꯑꯣꯏ ꯗꯤ ꯏꯌꯔꯅꯆꯤꯡꯕ ꯂꯤꯗꯤꯡ
ꯑꯦꯋꯥꯔꯗ ꯃꯉꯥ ꯐꯪꯕ ꯉꯝꯂꯛꯈꯤ꯫ ꯑꯉꯥꯡ ꯑꯣꯏꯔꯤꯉꯩꯗꯒꯤ ꯍꯧꯅ
ꯃꯣꯗꯦꯂꯤꯡꯒꯤ ꯂꯝ ꯑꯁꯤꯗ ꯆꯪꯕ ꯄꯥꯝꯗꯨꯅ ꯂꯥꯛꯁꯤ ꯑꯗꯨꯕꯨ ꯆꯍꯤ
ꯅꯧꯔꯤꯕ ꯃꯔꯝꯅ ꯄꯥꯝꯂꯕꯁꯨ ꯃꯇꯝ ꯈꯔ ꯉꯥꯏꯔꯕ ꯇꯨꯡ ꯑꯍ-
aNb ꯀꯕꯤꯇꯥ ꯀꯩꯁꯥꯝꯅ ꯂꯝ ꯑꯁꯤꯗ ꯄꯨꯁꯤꯟꯕꯤꯔꯛꯈꯤꯕꯅꯤ
ꯍꯥꯏꯅꯁꯨ ꯐꯣꯡꯗꯣꯔꯛꯈꯤ꯫
ꯂꯨꯀꯥꯅꯟꯗ ꯈꯦꯇ꯭ꯔꯤꯃꯌꯨꯝ ꯃꯣꯗꯦꯂꯤꯡꯒꯤ ꯂꯝꯗꯁꯨ ꯇꯥꯏꯇꯜ
ꯀꯌꯥ ꯑꯃꯁꯨ ꯂꯧꯔꯛꯈ꯭ꯔꯦ꯫ ꯒꯨꯋꯥꯍꯥꯇꯤꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ
ꯒꯔꯅꯤꯌꯔ ꯃꯦꯟ ꯃꯦꯒꯥ ꯃꯤꯁꯇꯔ ꯅꯣꯔꯊ ꯏꯁꯠ ꯏꯟ- ꯗꯤꯌꯥ 2019ꯗ ꯃꯤꯁꯇꯔ ꯏꯟꯗꯤꯌꯥ ꯏꯅꯇꯔꯅꯦꯁꯅꯦꯜ
ꯇꯥꯏꯇꯜ ꯐꯪꯗꯨꯅ ꯋꯤꯟꯅꯔ ꯑꯣꯏꯈꯤ꯫ ꯐꯤꯂꯝꯒꯤ ꯂꯝꯕꯤꯗ
ꯑꯃꯗꯤ ꯃꯣꯗꯦꯂꯤꯡꯒꯤ ꯂꯝꯗ ꯂꯥꯛꯄ ꯃꯇꯝꯗ ꯑꯋꯥꯕ
ꯀꯌꯥ ꯑꯃꯁꯨ ꯊꯦꯡꯅꯈꯤ ꯑꯗꯨꯕꯨ ꯄꯨꯟꯁꯤꯒꯤ ꯇꯧꯗꯕ ꯌꯥꯗꯕ
ꯊꯧꯗꯥꯡ ꯑꯃꯅꯤ ꯈꯟꯅ ꯇꯧꯔꯛꯄꯅ ꯃꯤꯌꯥꯝꯅ ꯈꯖꯤꯛ ꯈꯪꯕ
ꯍꯧꯔꯛꯄꯅꯤ ꯂꯣꯏꯅꯅ ꯉꯁꯤ ꯃꯤꯌꯥꯝꯅ
ꯁꯛꯈꯪꯅꯕꯤꯔ- ꯗꯨꯅ ꯈꯖꯤꯛ
ꯃ a ꯏ ꯄ a K ꯄ ꯉꯝꯂꯛꯄꯄ
ꯑꯁꯤ ꯃꯍꯥꯛ- ꯀꯤ ꯍꯧꯔꯛ-
ꯐꯝ ꯄꯣꯛ- ꯅꯐꯝ ꯂꯝꯗꯝ
m n i p u r,
ꯑꯄꯣꯛꯄ-ꯑꯄꯣꯛ-
ꯄꯤ, ꯌꯨꯝꯒꯤ
ꯑꯍꯜ-ꯂꯃꯟꯁꯤꯡ
ꯑꯃꯗꯤ ꯑꯣꯖꯥꯁꯤꯡꯗ
ꯀ꯭ꯔꯦꯗꯤꯠ ꯄꯤꯅ-

iZI ꯍꯥꯏꯅꯁꯨ
ꯐꯣꯡꯗꯣꯔꯛ -

ꯈꯤ꯫ ꯀꯅꯥꯒꯨꯝꯕ
ꯃꯤꯑꯣꯏ ꯈꯔꯗꯤ
ꯗꯣꯛꯇꯔ, ꯏꯟ-
ꯖꯤꯅꯤꯌꯔ, ꯁꯥꯏꯟ-
ꯇꯤꯁ, ꯕ꯭ꯌꯨꯖꯤꯅꯦꯁ
ꯇꯥꯏꯀꯨꯟꯗ ꯑꯃꯗꯤ
ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟ
ꯄ꯭ꯔꯣꯐꯦꯁꯟ -
ꯁꯤꯡꯗ ꯃꯥꯏꯄꯥꯛ-

ꯇꯨꯅ ꯊꯕꯛ ꯇꯧꯕ
ꯄꯥꯝꯕꯒꯤ ꯃꯪꯂꯥꯟ
ꯃꯪꯅꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯇꯣꯞ-
ꯇꯣꯞꯄ ꯃꯪꯂꯥꯟ ꯑꯃꯁꯨ ꯂꯩꯇꯕ
ꯅꯠꯇꯦ꯫ ꯇꯨꯡꯗ ꯃꯁꯥꯃꯛ ꯑꯐꯕ,
ꯊꯥꯖꯕ ꯌꯥꯕꯃ ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯕ
ꯃꯤꯁꯛ ꯑꯃ ꯑꯣꯏꯕꯒ ꯂꯣꯏꯅꯅ
ꯑꯥꯔꯠꯀꯤ ꯂꯝꯕꯤꯗ ꯁꯛ-
ꯅꯥꯏꯕ ꯃꯤꯁꯛ ꯑꯃ ꯑꯣꯏꯗꯨꯅ
ꯄꯣꯛꯅꯐꯝ ꯂꯝꯗꯝ ꯃꯅꯤꯄꯨꯔ-
ꯒꯤ ꯀꯔꯤꯒꯨꯝꯕ ꯈꯔ ꯇꯧꯔꯝꯗꯨꯅ
ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯊꯧꯗꯥꯡ
ꯂꯧꯔꯝꯕꯅ ꯃꯍꯥꯛ-
ꯀꯤ ꯑꯆꯧꯕ ꯃꯪ-
ꯂꯥꯟ ꯑꯃ
ꯑꯣꯏ-

ꯔꯤ꯫ ꯂꯥꯛꯀꯗꯧꯔꯤꯕ ꯀꯨꯝꯖꯥ 2020ꯗ ꯄꯥꯡꯊꯣꯛꯀꯗꯧꯔꯤꯕ ꯃꯤꯁꯇꯔ ꯏꯟ-
ꯇꯔꯅꯦꯁꯅꯦꯜꯗꯁꯨ ꯂꯨꯀꯥꯅꯟꯗ ꯁꯔꯨꯛ ꯌꯥꯒꯗꯧꯔꯤ꯫
ꯂꯨꯀꯥꯅꯟꯗꯒꯤ ꯑꯣꯏꯅ ꯃꯃꯥꯅꯕꯨ ꯊꯣꯡꯕ ꯑꯦꯟꯖꯥꯡ ꯑꯣꯏꯔꯕꯗꯤ ꯑꯦꯟꯖꯥꯡ ꯑꯃ
ꯍꯦꯛꯇ ꯑꯣꯏꯁꯅꯨ ꯃꯗꯨꯅ ꯃꯍꯥꯛꯀꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯄꯥꯝꯖꯕ ꯑꯦꯟꯖꯥꯡ ꯑꯣꯏꯔꯤ꯫
ꯀꯔꯤꯒꯨꯝꯕ ꯂꯥꯏꯕꯛ ꯐꯗꯅ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯣꯏꯕ ꯐꯪ-
ꯂꯕꯗꯤ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯑꯥꯔꯠꯀꯤꯗꯃꯛ ꯐꯤꯂꯝꯒꯤ ꯁ꯭ꯀꯨꯜ
ꯑꯃ ꯂꯤꯡꯈꯠꯄ ꯄꯥꯝꯃꯤ꯫ ꯂꯣꯏꯅꯅ ꯑꯥꯔꯠꯀꯤ ꯂꯝꯗ ꯂꯩꯔꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ
ꯊꯦꯡꯅꯔꯤꯕ ꯑꯋꯥꯕꯁꯤꯡ ꯀꯣꯛꯅꯕꯒꯤ ꯊꯕꯛ ꯀꯌꯥ ꯑꯃ ꯄꯥꯏꯈꯠꯄ ꯄꯥꯝ-
ꯃꯤ ꯍꯥꯏꯅ ꯐꯣꯡꯗꯣꯔꯛꯈꯤ꯫ ꯏꯟꯈꯠꯂꯛꯂꯤꯕ ꯅꯍꯥꯁꯤꯡꯅ ꯃꯇꯝꯒꯤ ꯆꯠꯅꯕꯤ
ꯌꯥꯎꯕꯗꯤ ꯐꯩ ꯑꯗꯨꯕꯨ ꯆꯠꯅꯕꯤ ꯌꯥꯎꯔꯨꯕ ꯇꯨꯡ ꯃꯗꯨꯒꯤ ꯑꯐ-ꯐꯠꯇ ꯈꯪꯂꯗꯨꯅ ꯏꯁꯥꯅ
ꯏꯁꯥꯕꯨ ꯃꯁꯛ ꯈꯪꯗꯨꯅ ꯀꯔꯤ-ꯀꯔꯝꯕ ꯊꯕꯛ ꯇꯧꯒꯗꯕꯅꯣ ꯑꯃꯗꯤ ꯏꯁꯥꯒꯤ
ꯊꯧꯗꯥꯡ ꯀꯔꯤꯅꯣ ꯈꯪꯅ ꯆꯠꯍꯟꯅꯤꯡꯏ ꯍꯥꯏꯅꯁꯨ ꯍꯧꯔꯛꯂꯤꯕ ꯅꯍꯥꯔꯣꯜꯁꯤꯡꯗ
ꯃꯦꯁꯦꯖ ꯄꯤꯔꯛꯈꯤ꯫ ꯑꯐꯕ ꯃꯇꯧ ꯇꯝꯕꯗꯤ ꯐꯩ ꯑꯗꯨꯕꯨ ꯐꯠꯇꯕ ꯃꯇꯧ ꯇꯝꯕꯗꯤ
ꯏꯁꯥꯒꯤ ꯃꯥꯡꯖꯕ ꯅꯠꯇꯅ ꯀꯔꯤꯁꯨ ꯀꯥꯅꯕ ꯂꯩꯇꯦ꯫
ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯑꯣꯏꯅ ꯐꯖꯕ ꯀꯜꯆꯔ ꯀꯌꯥ ꯑꯃ ꯂꯩꯇꯕ ꯅꯠꯇꯦ ꯑꯗꯨꯕꯨ
ꯑꯃꯨꯛꯀ ꯍꯦꯟꯅ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯐꯖꯔꯕ ꯀꯜꯆꯔ ꯑꯁꯤꯗ ꯍꯦꯟꯅ ꯊꯣꯏꯅ
ꯃꯥꯂꯦꯝꯅ ꯃꯇꯧ ꯇꯝꯅꯔꯛꯅꯕꯒꯤꯗꯃꯛ ꯁꯣꯁꯥꯏꯇꯤ ꯑꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯀꯂꯔ
ꯌꯦꯡꯊꯤꯕꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ, ꯅꯣꯛꯅꯕꯅꯆꯤꯡꯕ ꯊꯕꯛꯁꯤꯡ ꯑꯁꯤ ꯁꯦꯝꯗꯣꯛ-

ꯇꯨꯅ ꯂꯝ ꯑꯃꯗ ꯍꯦꯛ ꯑꯣꯏꯁꯅꯨ
ꯅꯧꯅ ꯆꯪꯂꯛꯂꯤꯕ ꯃꯤꯑꯣꯏ
ꯑꯗꯨꯗ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄꯒꯤ
ꯆꯠꯅꯕꯤ ꯑꯗꯨ ꯂꯩꯍꯟꯅꯤꯡꯏ꯫
ꯋꯥꯈꯜꯂꯣꯟ ꯑꯗꯨ ꯍꯦꯛ ꯂꯝꯗꯝ
ꯑꯁꯤꯗ ꯆꯥꯗ70 ꯐꯥꯎꯕꯒꯤ ꯆꯥꯡꯗ
ꯌꯧꯔꯛꯂꯕꯗꯤ ꯅꯨꯡꯉꯥꯏ-ꯌꯥꯏꯐꯕ
ꯑꯃꯗꯤ ꯋꯦꯜ ꯁꯤꯚꯤꯂꯥꯏꯖꯦꯁꯟ
ꯑꯃ ꯁꯣꯏꯗꯅ ꯑꯣꯏꯔꯛꯀꯅꯤ
ꯍꯥꯏꯕꯒꯤ ꯑꯆꯧꯕ ꯊꯥꯖꯕ ꯂꯩ ꯍꯥꯏꯅꯁꯨ
ꯃꯍꯥꯛꯅ ꯐꯣꯡꯗꯣꯔꯛꯈꯤ꯫