IMPHAL, WEDNESDAY, APRIL 12, 2023 \bAKspK, Kcgqbxg 21/22eg wkEq, akmg\k sbAKgi 3421
ꯄꯥꯎꯆꯦ ꯑꯁꯤꯗ ꯐꯣꯡꯖꯔꯤꯕ ꯋꯥꯔꯦꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜ, ꯃꯤꯠꯌꯦꯡ ꯑꯏꯕ ꯃꯁꯥ ꯃꯁꯥꯒꯤꯅꯤ꯫ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯌꯦꯡꯒ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯔꯤ ꯂꯩꯅꯗꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯌꯨꯝꯁꯀꯩꯁ, ꯑꯦꯄ꯭ꯔꯤꯜ 12, 2023, ꯏꯝꯐꯥꯜ
14 ꯁꯨꯕ ꯆꯍꯤ, 344 ꯁꯨꯕ ꯃꯁꯤꯡ

obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ 2 ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-63
1) ‘‘ꯈꯨꯔꯣꯏ ꯍꯥꯎꯔꯥ ꯂꯝꯂꯥꯡꯇꯣꯡ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ?
2) “ꯅꯪꯒ ꯑꯩꯒ ꯑꯃꯠꯇꯅꯤ” ꯃꯃꯤꯡ ꯊꯣꯟꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ
ꯂꯥꯏꯔꯤꯛꯅꯣ ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
3) “ꯄ꯭ꯔꯚꯨ! ꯑꯩ ꯈ꯭ꯔꯤꯁꯠꯃꯥꯁ ꯌꯥꯎꯖꯔꯔꯣꯏ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ
ꯏꯕꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
4) “ꯑꯔꯣꯏꯕ ꯁꯩꯔꯦꯡ” ꯃꯃꯤꯡ ꯊꯣꯟꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ
ꯑꯏꯕ ꯀꯅꯥꯅꯣ? ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ ꯑꯃꯁꯨꯡ
ꯀꯅꯥꯅ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯍꯟꯗꯣꯛꯄꯒꯦ?
5) “ꯂꯝꯃꯨꯛꯅꯔꯦ ꯑꯩꯍꯥꯛꯇꯤ/ꯃꯥꯡꯈ꯭ꯔꯦ, ꯑꯩꯒꯤ ꯂꯝꯕꯦꯜ꯫/ꯊꯥꯡꯉꯝꯗꯔꯦ
ꯈꯣꯡ ꯑꯁꯤ;/ꯀꯗꯣꯝꯗꯅꯣ, ꯀꯗꯥꯏꯅꯣ, ꯆꯠꯀꯗꯕ ꯑꯩꯒꯤ ꯂꯝꯕꯦꯜ/
ꯁꯨꯛꯂꯕ, ꯃꯝꯂꯕ, ꯃꯣꯠꯂꯕ ꯁꯤꯃꯦꯇ꯭ꯔꯤ ꯃꯌꯥꯏꯁꯤꯗ꯫ ꯁꯩꯔꯦꯡ ꯃꯇꯦꯛ
ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ ꯑꯃꯒꯤ ꯁꯩꯔꯦꯡ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ
ꯂꯧꯊꯣꯔꯛꯄꯅꯤ꯫ ꯀꯕꯤ ꯑꯁꯤ ꯀꯅꯥꯅꯣ? ꯃꯍꯥꯛꯀꯤ ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯕ
ꯂꯥꯏꯔꯤꯛꯀꯤ ꯀꯔꯝꯕ ꯁꯩꯔꯦꯡꯗꯒꯤ ꯂꯧꯊꯣꯔꯛꯄꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯄ꯭ꯔꯤꯜ 15, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ
I-meL hueiyenliteraryquiz@gmail.com sid meL

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꯫

ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯗꯕ ꯌꯥꯎꯔꯛꯂꯦ
ꯂꯩꯉꯥꯛꯅ ꯍꯦꯟꯅ ꯆꯦꯛꯁꯤꯟꯒꯗꯕꯅꯤ
ꯍꯧꯈꯤꯕ ꯃꯥꯔꯆ, 2023 ꯗ ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯂꯩꯉꯥꯛꯅ ꯃꯈꯣꯏꯒꯤ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯥꯌ
Odf ꯂꯥꯟ ꯍꯧꯕ ꯄꯤꯄꯜꯁ ꯗꯤꯐꯦꯟꯁ ꯐꯣꯔꯁ (ꯄꯤ ꯗꯤ ꯑꯦꯐ) ꯀꯤ ꯃꯊꯛꯇ ꯑꯀꯟꯕ ꯎꯀꯥꯏ ꯇꯛꯊꯔꯛꯈ꯭ꯔꯦ꯫ ꯄꯤ ꯗꯤ ꯑꯦꯐꯀꯤ ꯍꯥꯏꯗꯑꯥꯎꯠ/ꯀꯦꯝꯞ
ꯂꯩꯕ ꯃꯐꯝꯁꯤꯡꯗ ꯂꯩꯈꯥꯗ ꯆꯪꯁꯤꯟꯗꯨꯅ ꯑꯦꯇꯦꯛ ꯇꯧꯕ/ꯊꯨꯒꯥꯏꯅꯕ ꯍꯣꯠꯅꯕꯒꯤ
ꯃꯊꯛꯇ ꯅꯣꯡꯊꯛꯇꯒꯤ ꯍꯦꯂꯤꯀꯣꯞꯇꯔ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯕꯣꯝ ꯍꯩꯊꯈ꯭ꯔꯦ꯫
ꯅꯣꯡꯃꯩ ꯀꯥꯞꯁꯤꯟꯈ꯭ꯔꯦ꯫ ꯃꯁꯤꯒꯤ ꯃꯇꯨꯡꯗ ꯐꯥꯏꯇꯔ ꯕꯣꯃꯔ ꯖꯦꯠ ꯐꯥꯎꯕ
ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯄꯤ ꯗꯤ ꯑꯦꯐꯀꯤ ꯀꯥꯗꯔꯁꯤꯡ ꯄꯥꯛꯇꯛꯅꯅ ꯂꯣꯏꯁꯤꯟꯅꯕ
ꯍꯣꯠꯅꯈ꯭ꯔꯦ꯫ ꯂꯥꯜꯍꯧ ꯂꯨꯞꯁꯤꯒꯤ ꯀꯦꯝꯞ ꯀꯌꯥ ꯃꯩ ꯊꯥꯗꯣꯛꯈ꯭ꯔꯦ꯫ ꯇꯧꯁꯅꯨ, ꯑꯃꯅ
ꯆꯨꯝꯕ ꯅꯠꯇ꯭ꯔꯒ ꯂꯥꯟꯕꯒꯤ ꯋꯥꯐꯝ ꯅꯥꯀꯜꯗ ꯊꯝꯂꯒ ꯂꯩꯕꯥꯛ ꯑꯃꯒꯤ ꯂꯩꯉꯥꯛꯄꯨ
ꯁꯤꯡꯅꯗꯨꯅ ꯆꯦꯂꯦꯟꯖ ꯇꯧꯔꯒ ꯂꯥꯟ ꯍꯧꯔꯛꯂꯕꯗꯤ ꯂꯩꯉꯥꯛꯇꯨꯅ ꯃꯗꯨꯕꯨ ꯅꯝꯊꯗꯨꯅ
ꯂꯥꯛꯁꯤꯟꯅꯕ ꯍꯣꯠꯅꯔꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯃꯁꯥꯅ ꯇꯥꯕꯅꯤ꯫ ꯏꯟꯗꯤꯌꯥꯗꯁꯨ ꯃꯁꯤꯒꯤ
ꯂꯩꯉꯥꯛꯅ ꯃꯈꯣꯏꯗ ꯁꯤꯡꯅꯔꯛꯄ ꯑꯃꯁꯨꯡ ꯂꯥꯟ ꯍꯧꯔꯛꯄꯁꯤꯡꯕꯨ ꯊꯨꯞꯆꯤꯟꯗꯨꯅ
ꯂꯣꯏꯁꯤꯟꯅꯕ ꯑꯀꯟꯕ ꯊꯕꯛꯁꯤꯡ ꯂꯧꯈꯠꯂꯤꯕꯁꯤꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯒꯤꯗꯤ
ꯃꯈꯣꯏꯒꯤ ꯂꯩꯕꯥꯛꯇ ꯊꯣꯛꯆꯕ ꯅꯥꯀꯜ ꯑꯅꯤꯒꯤ ꯃꯨꯛꯅꯕꯁꯤꯡ ꯑꯣꯏꯔꯕꯁꯨ
ꯊꯧꯗꯣꯛꯁꯤꯡꯗꯨ ꯃꯅꯤꯄꯨꯔꯒ ꯁꯥꯏꯖꯤꯟ ꯂꯣꯟꯅꯕ, ꯅꯛꯅꯅ ꯑꯃꯁꯨꯡ ꯇꯥꯏꯅꯅ ꯂꯩꯕ
ꯃꯐꯝꯗ ꯊꯣꯔꯛꯄꯅꯤꯅ ꯅꯥꯀꯜ ꯑꯅꯤꯒꯤ ꯂꯥꯟꯗꯒꯤ ꯍꯤꯡꯍꯧꯅꯕꯒꯤꯗꯃꯛ ꯊꯋ

kT ꯄꯨꯔꯒ ꯁꯥꯐꯒꯗꯕ ꯃꯐꯝ, ꯊꯪꯅꯕ ꯂꯩꯕꯥꯛꯇ ꯆꯪꯁꯤꯜꯂꯛꯄ/ꯆꯦꯟꯁꯤꯜꯂꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯃꯁꯥꯅ ꯇꯥꯕꯅꯤ꯫ ꯊꯧꯗꯣꯛꯁꯤ ꯃ꯭ꯌꯥꯟꯃꯥꯔ ꯅꯠꯇ꯭ꯔꯒ ꯏꯟꯗꯤꯌꯥ
ꯈꯛꯇꯗ ꯊꯣꯛꯄ ꯅꯠꯇꯦ ꯃꯥꯂꯦꯝꯒꯤ ꯂꯩꯕꯥꯛ ꯀꯌꯥꯗꯁꯨ ꯊꯣꯛꯏ꯫ ꯃꯈꯥ ꯇꯥꯅꯁꯨ
ꯊꯣꯔꯛꯈꯤꯒꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯁꯤꯒꯨꯝꯕ ꯊꯧꯗꯣꯛꯁꯤ ꯊꯣꯛꯏ ꯍꯥꯏꯗꯨꯅ ꯂꯩꯕꯥꯛ
ꯑꯃꯗꯒꯤ ꯆꯦꯟꯁꯤꯜꯂꯛꯄ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛ ꯑꯃꯗ ꯂꯣꯟꯅ
ꯂꯩꯁꯤꯜꯂꯒ ꯂꯩꯕꯥꯛꯇꯨꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯣꯏꯁꯤꯟꯕꯒꯤ ꯊꯧꯑꯣꯡꯗꯤ ꯆꯨꯝꯗꯦ,
ꯇꯧꯅꯗꯦ꯫ ꯊꯥꯡꯒꯩꯁꯦꯡꯅ ꯂꯩꯕꯥꯛ ꯑꯃꯒꯤ ꯃꯤꯑꯣꯏ ꯈꯔꯅ ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛ
ꯑꯃꯒꯤ ꯁꯤꯇꯤꯖꯟ ꯑꯣꯏꯅ ꯑꯣꯟꯁꯤꯜꯂꯛꯄ ꯇꯥꯔꯒꯁꯨ ꯂꯩꯕꯥꯛ-ꯂꯩꯕꯥꯛꯇꯨꯒꯤ
ꯑꯣꯏꯅ ꯂꯩꯖꯔꯤꯕ ꯃꯁꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯣꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯇꯧꯒꯗꯕꯅꯤ꯫
ꯀꯟꯗꯤꯁꯟ ꯈꯔꯒꯤ ꯃꯈꯥꯗ ꯆꯠꯊꯒꯗꯕꯅꯤ꯫ ꯃꯁꯤ ꯅꯠꯇ꯭ꯔꯒꯗꯤ ꯉꯝꯈꯩ ꯂꯥꯟꯅ
ꯆꯪꯁꯤꯜꯂꯛꯄꯁꯤꯡꯒꯤ ꯑꯣꯏꯅꯗꯤ ꯂꯩꯕꯥꯛ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯑꯣꯏꯕ ꯑꯊꯤꯡꯕꯁꯤꯡ
ꯂꯩꯅꯩ꯫ ꯑꯗꯨꯕꯨ ꯀꯟꯗꯤꯁꯟ ꯈꯔꯗ ꯂꯩꯕꯥꯛ ꯈꯔꯒꯤ ꯑꯣꯏꯅ ꯌꯥꯅ-ꯀꯥꯡꯂꯣꯟꯅꯆꯤꯡꯕ
ꯁꯦꯝꯂꯒ 'ꯔꯤꯐ꯭ꯌꯨꯖꯤ' ꯑꯣꯏꯅ ꯂꯧꯔꯒ ꯃꯇꯝ ꯈꯔꯒꯤ ꯑꯣꯏꯅ ꯆꯪꯖꯐꯝ ꯄꯤꯕꯁꯨ
ꯌꯥꯎꯏ꯫ ꯑꯗꯨꯕꯨ ꯏꯟꯗꯤꯌꯥꯅ ꯑꯁꯤꯒꯨꯝꯕ ꯐꯤꯚꯝꯁꯤ ꯆꯠꯊꯅꯕꯒꯤꯗꯃꯛ
ꯂꯩꯕꯥꯛ ꯈꯔꯒꯤ ꯑꯣꯏꯅ ꯌꯥꯅ-ꯆꯦꯔꯣꯜꯗ ꯁꯔꯨꯛ ꯌꯥꯕ ꯂꯩꯕꯥꯛ ꯑꯃ ꯑꯣꯏꯗ꯭ꯔꯕ
ꯐꯥꯎꯕꯗ ꯌꯨꯅꯤꯌꯟ ꯂꯩꯉꯥꯛꯅ ꯄꯤꯔꯛꯄ ꯄꯥꯎꯇꯥꯛꯇꯒꯤ ꯃ꯭ꯌꯥꯟꯃꯥꯔꯗꯒꯤ
ꯂꯥꯟꯖꯦꯟꯅꯔꯛꯄꯁꯤꯡꯒꯤꯗꯃꯛ ꯂꯧꯈꯠꯄ ꯌꯥꯕ ꯊꯕꯛꯁꯤꯡꯒꯤꯗꯃꯛ
ꯃꯤꯅꯤꯁꯇꯔ ꯑꯍꯨꯝ ꯌꯥꯎꯕ ꯀꯦꯕꯤꯅꯦꯠ ꯁꯕ ꯀꯃꯤꯇꯤ ꯐꯥꯎꯕ ꯁꯦꯝꯈ꯭ꯔꯦ꯫
ꯏꯟꯁꯄꯦꯛꯇꯔ ꯖꯦꯅꯔꯦꯜ ꯑꯣꯐ ꯄꯨꯂꯤꯁ (ꯏꯟꯇꯦꯂꯤꯖꯦꯟꯁ) ꯑꯃꯁꯨꯡ
ꯑꯦꯁ ꯄꯤ (ꯏꯃꯤꯒ꯭ꯔꯦꯁꯟ) ꯗꯁꯨ ꯁꯤꯟꯅꯕ ꯌꯥꯕ ꯊꯕꯛꯁꯤꯡ ꯁꯤꯟꯅꯗꯨꯅ ꯃ꯭ꯌ
kEakjrxg ꯆꯪꯂꯛꯄꯁꯤꯡꯒꯤ ꯇꯦꯝꯄꯔꯔꯤ ꯁꯦꯜꯇꯔ ꯍꯣꯝꯁꯤꯡ ꯁꯥꯒꯠꯄ
ꯍꯧꯔꯦ꯫ ꯊꯧꯔꯥꯡꯁꯤꯁꯨ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯑꯃꯈꯛꯇꯗ ꯄꯥꯏꯈꯠꯄ ꯅꯠꯇꯦ,
ꯀꯦꯕꯤꯅꯦꯠ ꯁꯕ-ꯀꯃꯤꯇꯤꯗ ꯌꯥꯎꯕ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯍꯨꯝꯅ ꯃꯔꯤ ꯂꯩꯅꯕ ꯁꯤꯚꯤꯜ
ꯑꯃꯁꯨꯡ ꯄꯨꯂꯤꯁꯀꯤ ꯑꯣꯐꯤꯁꯜꯁꯤꯡꯒ ꯂꯣꯏꯅꯅ ꯇꯦꯡꯅꯧꯄꯜ, ꯆꯥꯟꯗꯦꯜ ꯑꯃꯁꯨꯡ
ꯆꯨꯔꯥꯆꯥꯟꯗꯄꯨꯔ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯇ ꯃꯊꯪ-ꯃꯊꯪ ꯆꯠꯇꯨꯅ ꯄꯥꯏꯈꯠꯂꯛꯈꯤꯕꯅꯤ꯫
ꯇꯦꯡꯅꯧꯄꯜ ꯑꯃꯁꯨꯡ ꯆꯥꯟꯗꯦꯜꯒꯤꯅ ꯇꯦꯝꯄꯔꯔꯤ ꯁꯦꯜꯇꯔ ꯍꯣꯝꯁꯤꯡ ꯅꯧꯍꯧꯅ
ꯁꯥꯔꯒ ꯆꯨꯔꯥꯆꯥꯟꯗꯄꯨꯔ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤꯅ ꯁꯤꯡꯍꯥꯠ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟꯒꯤ
ꯀꯝꯄꯥꯎꯟꯗꯗ ꯂꯩꯕ ꯕꯦꯔꯦꯛ ꯃꯔꯤꯗ ꯃꯤꯑꯣꯏ 200 ꯔꯣꯝ ꯆꯟꯒꯗꯕꯅꯤꯅ
ꯃꯁꯤꯗ ꯂꯩꯍꯟꯅꯕ ꯊꯧꯔꯥꯡꯁꯤꯡ ꯂꯧꯈꯠꯂꯛꯂꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯆꯩꯔꯛꯁꯤꯗ
ꯆꯨꯔꯥꯆꯥꯟꯗꯄꯨꯔꯒꯤ ꯈꯨꯜ ꯑꯃꯗ ꯄꯤꯛꯂꯤꯕ ꯑꯉꯥꯡ 7, ꯅꯨꯄꯤ 10 ꯌꯥꯎꯅ ꯃ꯭ꯌ
kEakj ꯃꯆꯥ 23 ꯂꯣꯟꯅ ꯂꯩꯁꯤꯜꯂꯝꯕꯗꯒꯤ ꯑꯦꯄ꯭ꯔꯤꯜ 6, 2023 ꯗ ꯐꯥꯒꯠꯈ꯭ꯔꯦ꯫ ꯊꯧꯗꯣꯛꯁꯤꯃꯛꯇꯤ ꯊꯣꯛꯍꯜꯂꯛꯐꯝ ꯊꯣꯛꯇꯕ ꯊꯧꯗꯣꯛꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯆꯤꯡꯒꯤ
ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯗꯦꯄ꯭ꯌꯨꯇꯤ ꯀꯃꯤꯁꯅꯔ/ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ
ꯃꯦꯖꯤꯁꯇ꯭ꯔꯦꯠꯁꯤꯡꯅ ꯃꯥꯡꯖꯧꯅꯅ ꯑꯣꯔꯗꯔ/ꯅꯣꯇꯤꯐꯤꯀꯦꯁꯟ ꯊꯣꯛꯇꯨꯅ ꯃ꯭ꯌ
kEakjxg ꯃꯤꯑꯣꯏꯁꯤꯡ ꯂꯩꯉꯥꯛ ꯈꯪꯍꯟꯗꯅ ꯆꯪꯖꯐꯝ ꯄꯤꯗꯅꯕ ꯈꯪꯍꯟꯈꯤꯕ
ꯂꯩꯈ꯭ꯔꯕꯅꯤ꯫ ꯂꯣꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯑꯀꯟꯕ ꯆꯩꯔꯥꯛ ꯄꯤꯒꯅꯤ ꯍꯥꯏꯈ꯭ꯔꯕꯅꯤ꯫
ꯑꯗꯨꯕꯨ ꯃꯥꯡꯖꯧꯅꯅ ꯈꯪꯍꯟꯈ꯭ꯔꯕ ꯐꯥꯎꯕꯗ ꯆꯠꯊꯔꯛꯂꯤꯕꯁꯤꯅꯗꯤ ꯈꯨꯟꯖꯥꯁꯤꯡꯒꯤ
ꯃꯔꯛꯇ ꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯗꯕ ꯌꯥꯎꯔꯦ ꯍꯥꯏꯕꯅꯤ꯫ ꯆꯨꯔꯥꯆꯥꯟꯗꯄꯨꯔꯒꯤ ꯊꯧꯗꯣꯛꯁꯤ
ꯍꯟꯗꯛꯅ ꯑꯍꯥꯟꯕꯁꯨ ꯅꯠꯇꯦ꯫ ꯐꯤꯚꯝꯁꯤ ꯌꯧꯔꯛꯂꯕꯗꯤ ꯂꯩꯉꯥꯛꯅ ꯍꯥꯟꯅꯗꯒꯤ
ꯍꯦꯟꯅ ꯌꯥꯝꯅ ꯆꯦꯛꯁꯤꯟꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩꯔꯦ ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯂꯣꯒꯤ ꯃꯇꯨꯡ
ꯏꯟꯕ ꯊꯕꯛꯁꯤꯡꯁꯨ ꯆꯞ ꯆꯥꯅ ꯂꯧꯈꯠꯍꯧꯕ ꯆꯨꯝꯒꯅꯤ꯫

ꯃꯅꯤꯄꯨꯔꯤꯗ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤ ꯅꯠꯇ꯭ꯔꯒ ꯁꯧꯒ꯭ꯔꯤ ꯑꯉꯥꯡꯕ, ꯏꯪꯂꯤꯁꯇꯅ roselle ꯍꯥꯏꯅ ꯈꯪꯅꯔꯤꯕ ꯑꯁꯤꯒꯤ ꯁꯥꯏꯟꯇꯤꯐꯤꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗꯤ Hibiscus ꯀꯃꯨꯛꯃꯗꯡꯇꯇ ꯃ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯍꯩ ꯑꯅꯤꯃꯛ ꯑꯦꯟꯖꯥꯡ ꯑꯣꯏꯅ ꯆꯥꯅꯕꯈꯛꯇ ꯅꯠꯇꯅ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅꯁꯨ ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯤ꯫ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯕ ꯁꯣꯔꯁꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯌꯨꯇ꯭ꯌꯨꯕ ꯆꯦꯅꯦꯜꯁꯤꯡꯗ ꯊꯥꯗꯣꯛꯅꯔꯛꯄ ꯄꯥꯎꯗꯝꯁꯤꯡꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯗ ꯀꯥꯟꯅꯕ ꯄꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯔꯤꯕꯁꯤꯡꯗꯤ : 1) ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯂꯩꯅꯥ ꯑꯉꯥꯡꯕ (ꯀꯦꯂꯤꯛꯁ ꯑꯃꯁꯨꯡ ꯄꯦꯇꯥꯜ) ꯑꯁꯤ ꯀꯪꯍꯜꯂꯒ ꯆꯥ ꯑꯣꯏꯅ ꯊꯛꯄꯁꯤꯅ ꯏꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯝ ꯐꯒꯠꯍꯜꯂꯤ, ꯃꯁꯤꯗ ꯑꯦꯟꯇꯤ-ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ ꯑꯃꯁꯨꯡ ꯑꯦꯟꯇꯤꯕꯦꯛꯇꯔꯤꯑꯦꯜꯒꯤ ꯃꯒꯨꯟꯁꯨ ꯌꯥꯎꯏ;
2) ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯅ ꯇꯣꯡꯁꯥ ꯑꯃꯁꯨꯡ ꯊꯥꯒꯤ ꯈꯣꯡꯀꯥꯞ ꯂꯥꯛꯄꯗ ꯅꯥꯕꯅꯆꯤꯡꯕ ꯐꯍꯜꯂꯤ;
3) ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯆꯥꯗ ꯌꯥꯎꯔꯤꯕ protocatechuic ꯃꯖꯡꯛ ꯑꯁꯤꯗ ꯑꯦꯟꯇꯤ- ꯇ꯭ꯌꯨꯃꯔ ꯑꯃꯁꯨꯡ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯀꯤ ꯃꯒꯨꯟꯁꯤꯡ ꯌꯥꯎꯏ; 4) ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯍꯟꯊꯍꯟꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ; 5) ꯍꯛꯀꯤ ꯏꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯠꯍꯜꯂꯤ, ꯑꯗꯨꯅ ꯆꯥꯕ ꯇꯨꯝꯍꯟꯕ, ꯀꯤꯗꯅꯤꯗ ꯅꯨꯡ ꯂꯩꯕ ꯃꯤꯁꯤꯡꯗꯁꯨ ꯀꯥꯟꯅꯕ ꯄꯤ ꯑꯃꯁꯨꯡ ꯀꯣꯂꯣꯔꯦꯛꯇꯜ ꯀꯦꯟꯁꯔꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯃꯤ; 6) ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯁꯤꯡ ꯌꯥꯎꯕꯁꯤꯅ ꯀꯤꯗꯅꯤ ꯑꯃꯁꯨꯡ ꯐꯤꯔꯥꯛꯄꯨ ꯉꯥꯛ-ꯁꯦꯟꯗꯨꯅ ꯊꯝꯃꯤ ꯑꯃꯁꯨꯡ 7) ꯚꯤꯇꯥꯃꯤꯟ ꯁꯤ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯌꯥ ꯑꯃꯁꯨꯡ ꯌꯥꯔꯤ-ꯌꯥꯈꯣꯡ ꯐꯅ ꯊꯝꯃꯤ꯫
ꯃꯊꯛꯇ ꯄꯟꯈ꯭ꯔꯤꯕ ꯀꯥꯟꯅꯕꯁꯤꯡꯁꯤꯗ ꯅꯠꯇꯅ, ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯅ ꯀꯥ ꯍꯦꯟꯅ ꯅꯣꯏꯔꯕ ꯃꯤꯁꯤꯡꯒꯤ ꯐꯦꯠ ꯍꯟꯊꯍꯟꯗꯨꯅ ꯍꯛꯆꯥꯡꯒꯤ ꯑꯔꯨꯝꯕ ꯍꯟꯊꯍꯟꯕꯁꯨ ꯉꯝꯃꯤ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯥꯡꯗꯁꯨ ꯁꯣꯔꯁ ꯀꯌꯥꯗ ꯐꯪꯏ꯫ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯅ ꯑꯔꯨꯝꯕ ꯍꯟꯊꯍꯟꯕꯒꯤ ꯃꯇꯥꯡꯗ [OKfDjlmg\kxg Royal Melbourne Institute of Technology (RMIT) University ꯒꯤ ꯊꯤꯖꯤꯟ-ꯂꯨꯞ ꯑꯃꯅ ꯊꯤꯖꯤꯟꯈꯤꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯑꯃ "ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯖꯔꯅꯦꯜ ꯑꯣꯐ ꯐꯨꯗ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ" (ꯗꯤꯁꯦꯝꯕꯔ 23, 2022) ꯐꯣꯡꯗꯣꯔꯛꯈꯤ꯫ ꯃꯁꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯄꯥꯎꯗꯝ ꯑꯃ ꯊꯝꯖꯒꯦ꯫
FgcgE mbN [Kge KgmO KyxDjgr \kBjgq phenolic compound (ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠ ꯀꯝꯄꯥꯎꯟꯗ) ꯁꯤꯡ ꯑꯃꯁꯨꯡ hydroxycitric ꯃꯖꯡꯛ ꯅ ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡ ꯁꯦꯝꯂꯛꯄꯗ ꯊꯤꯡꯕꯒꯤ ꯃꯇꯥꯡꯗ ꯊꯤꯖꯤꯟꯈꯤ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯐꯦꯠ ꯍꯦꯟꯖꯤꯟꯅ ꯆꯥꯕ ꯃꯇꯝꯗ ꯐꯦꯠ ꯑꯗꯨꯅ ꯁꯦꯜꯁꯤꯡꯗ ꯇꯨꯡꯁꯤꯜꯂꯛꯏ; ꯑꯁꯨꯝꯅ ꯇꯨꯡꯁꯤꯜꯂꯛꯂꯤꯕ ꯐꯦꯠꯁꯤꯡꯅ ꯁꯦꯜꯁꯤꯡ ꯑꯗꯨꯕꯨ adipocyte ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡꯗ ꯑꯣꯟꯊꯣꯔꯛꯏ꯫ ꯑꯦꯗꯤꯄꯣꯁꯥꯏꯠꯁꯤꯡꯁꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯑꯦꯅꯔꯖꯤ ꯑꯃꯁꯨꯡ ꯆꯤꯅꯤꯒꯤ ꯆꯥꯡꯕꯨ ꯔꯦꯒ꯭ꯌꯨꯂꯦꯠ ꯇꯧꯕꯗ ꯇꯉꯥꯏꯐꯗꯕ ꯑꯃ ꯑꯣꯏ꯫ ꯑꯗꯨꯝ ꯑꯣꯏꯅꯃꯛ ꯂꯧꯁꯤꯜꯂꯤꯕ ꯑꯦꯅꯔꯖꯤ ꯑꯗꯨꯅ ꯁꯤꯖꯤꯟꯅꯈꯤꯕ ꯑꯦꯅꯔꯖꯤꯗꯒꯤ ꯍꯦꯜꯂꯛꯄ ꯃꯇꯝꯗ, ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡꯒꯤ ꯃꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯆꯥꯎꯕꯒꯤ ꯆꯥꯡ ꯍꯦꯟꯒꯠꯂꯛꯇꯨꯅ ꯑꯣꯕꯦꯁꯤꯇꯤ ꯑꯣꯏꯍꯜꯂꯛꯏ꯫ ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯍ꯭ꯌꯨꯃꯦꯟ ꯁ꯭ꯇꯦꯝ ꯁꯦꯜꯁꯤꯡꯅ ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡ ꯑꯣꯟꯈꯤꯗ꯭ꯔꯤꯉꯩꯒꯤ ꯃꯃꯥꯡꯗ ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯛꯠꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯍꯥꯏꯗ꯭ꯔꯣꯛꯁꯤꯁꯥꯏꯇ꯭ꯔꯤꯛ ꯑꯦꯁꯤꯗꯀ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯅ ꯇ꯭ꯔꯤꯠ ꯇꯧꯔꯝꯃꯤ꯫ ꯁꯦꯜꯁꯤꯡꯗꯨ ꯍꯥꯏꯗ꯭ꯔꯣꯛꯁꯤꯁꯥꯏꯇ꯭ꯔꯤꯛ ꯑꯦꯁꯤꯗꯀ ꯇ꯭ꯔꯤꯠ ꯇꯧꯕ ꯃꯇꯝꯗ ꯑꯦꯗꯤꯄꯣꯁꯥꯏꯠꯁꯤꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯐꯦꯠꯁꯤꯡꯒꯤ ꯆꯥꯡꯗ ꯑꯍꯣꯡꯕ ꯂꯩꯔꯝꯗꯦ ꯑꯗꯨꯕꯨ ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯛꯠꯁꯤꯡꯒ ꯇ꯭ꯔꯤꯠ ꯇꯧꯕ ꯃꯇꯝꯗꯗꯤ ꯀꯟꯇ꯭ꯔꯣꯜ ꯁꯦꯜꯁꯤꯡ (ꯇ꯭ꯔꯤꯠ ꯇꯧꯈꯤꯗꯕ ꯁꯦꯜꯁꯤꯡ) ꯗ ꯌꯥꯎꯔꯤꯕ ꯐꯦꯠꯀꯤ ꯆꯥꯡꯗꯒꯤ ꯆꯥꯗ 95 ꯍꯟꯊꯕ ꯊꯦꯡꯅꯔꯝꯃꯤ꯫ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯊꯕꯛ ꯑꯁꯤ ꯃꯄꯨꯡ ꯑꯣꯏꯅ ꯄꯤ ꯑꯩꯆ ꯗꯤꯒꯤ ꯃꯍꯩꯔꯣꯏ ꯃꯅꯤꯁꯥ ꯁꯤꯡꯍꯅ ꯄꯥꯡꯊꯣꯛꯈꯤꯕꯅꯤ
ꯑꯗꯨꯒ ꯃꯍꯥꯛꯀꯤ ꯁꯨꯄꯔꯚꯥꯏꯖꯔꯅ
RMIT ꯒꯤ ꯐꯨꯗ ꯔꯤꯁꯔꯁ
ꯑꯦꯟꯗ ꯏꯅꯣꯚꯦꯁꯟ ꯁꯦꯟꯇꯔꯒꯤ
ꯄ꯭ꯔꯣꯐꯦꯁꯔ ꯕꯦꯅꯨ ꯑꯙꯤꯀꯥꯔꯤꯅ
ꯑꯣꯏꯈꯤ꯫
ꯍꯧꯖꯤꯛ ꯍꯧꯖꯤꯛ ꯑꯣꯕꯦꯁꯤꯇꯤ
ꯂꯥꯌꯦꯡꯕꯗ ꯁꯤꯖꯤꯟꯅꯔꯤꯕ
ꯄꯥꯝꯕꯩꯁꯤꯡꯁꯤ ꯄꯨꯟꯁꯤ ꯃꯍꯤꯡ
ꯁꯦꯝꯗꯣꯛꯄ ꯑꯃꯁꯨꯡ ꯍꯤꯗꯥꯛ
ꯊꯥꯕꯅꯤ꯫ ꯍꯤꯗꯥꯛ ꯊꯥꯕꯅ ꯀꯥꯟꯅꯕ
ꯄꯤ, ꯑꯗꯨꯕꯨ ꯃꯈꯣꯏꯒꯤ ꯁꯥꯏꯗ
ꯏꯐꯦꯛꯠꯁꯤꯡ ꯂꯩ, ꯈꯨꯗꯝ
ꯑꯣꯏꯅ ꯕ꯭ꯂꯗ ꯄ꯭ꯔꯦꯁꯔ ꯍꯦꯟꯒꯠꯍꯟꯕ ꯅꯠꯇ꯭ꯔꯒ ꯀꯤꯗꯅꯤ ꯑꯃꯁꯨꯡ ꯐꯤꯔꯥꯛꯀꯤ ꯃꯊꯧꯗ ꯑꯄꯟꯕ ꯄꯤꯔꯛꯄ ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯛꯠ ꯑꯁꯤꯅ ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡ ꯁꯦꯝꯂꯛꯄꯗ ꯑꯄꯟꯕ ꯄꯤꯕꯗ ꯅꯠꯇꯅ ꯍꯤꯗꯥꯛꯁꯤꯡꯒꯤ ꯁꯥꯏꯗ
ꯏꯐꯦꯛꯠꯁꯤꯡꯗꯒꯤ ꯅꯥꯊꯩꯗꯨꯅ ꯆꯠꯍꯟꯕꯁꯨ ꯉꯝꯃꯤ ꯍꯥꯏꯅ ꯑꯙꯤꯀꯥꯔꯤꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠ ꯌꯥꯝꯅ ꯌꯥꯎꯕ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡ ꯑꯁꯤ ꯄꯣꯂꯤꯐꯤꯅꯣꯜꯁꯤꯡ
ꯍꯥꯏꯔꯒꯁꯨ ꯈꯪꯅꯩ꯫ ꯃꯈꯣꯏꯁꯤꯅ ꯑꯣꯕꯦꯁꯤꯇꯤ ꯂꯥꯌꯦꯡꯕꯗ ꯁꯤꯖꯤꯟꯅꯔꯤꯕ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯈꯨꯗꯝ [OTe Olistat [aKbi Liraglutide sg KkTr TWldGKgiKg mpoEre ꯂꯥꯌꯦꯡꯕꯒꯤ ꯃꯇꯥꯡꯗ ꯍꯧꯖꯤꯛ ꯀꯟꯅ ꯊꯤꯖꯤꯟꯅꯔꯤꯕ ꯂꯝ ꯑꯃꯅꯤ꯫ ꯄꯣꯂꯤꯐꯤꯅꯣꯜꯁꯤꯡꯁꯤ ꯃꯅꯥ-ꯃꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯎꯍꯩ-ꯋꯥꯍꯩꯒꯨꯝꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡꯗ ꯐꯪꯏ꯫ ꯃꯈꯣꯏꯁꯤ ꯆꯥꯕ ꯃꯇꯝꯗ ꯃꯈꯣꯏꯗ ꯌꯥꯎꯔꯤꯕ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯁꯤꯡ ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡ ꯃꯅꯨꯡꯗ ꯊꯣꯛꯂꯤꯕ ꯀꯥꯟꯅꯗꯕ ꯑꯣꯛꯁꯤꯖꯦꯟ ꯔꯤꯑꯦꯛꯁꯟꯁꯤꯡꯕꯨ ꯊꯤꯡꯗꯨꯅ ꯑꯍꯜ ꯑꯣꯏꯁꯤꯟꯕꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯂꯥꯏꯅꯥꯁꯤꯡꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫
ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯊꯤꯖꯤꯟꯈꯤꯕ ꯑꯁꯤꯗ, ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯗ ꯌꯥꯎꯔꯤꯕ ꯄꯣꯂꯤꯐꯤꯅꯣꯜꯁꯤꯡ ꯑꯁꯤꯅ ꯍꯤꯗꯥꯛꯁꯤꯡꯒꯤ ꯃꯇꯧꯒꯨꯝꯅ ꯆꯥꯕ ꯇꯨꯝꯍꯟꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯑꯦꯟꯖꯥꯏꯝꯁꯤꯡꯕꯨ ꯊꯤꯡꯏ꯫ ꯄꯣꯂꯤꯐꯤꯅꯣꯜꯁꯤꯡꯅ ꯊꯤꯡꯂꯤꯕ ꯆꯥꯕ ꯇꯨꯝꯍꯟꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯂꯤꯕ ꯑꯦꯟꯖꯥꯏꯝ ꯑꯗꯨ ꯂꯤꯄꯦꯖ ꯀꯧꯏ꯫ ꯑꯦꯟꯖꯥꯏꯝ ꯑꯁꯤꯅ ꯐꯦꯠꯁꯤꯡꯕꯨ ꯑꯄꯤꯛꯄ ꯃꯣꯂꯨꯀ꯭ꯌꯨꯜꯁꯤꯡꯗ ꯊꯨꯒꯥꯏ꯫ ꯑꯁꯨꯝꯅ ꯊꯨꯒꯥꯏꯔꯕ ꯃꯣꯂꯤꯀ꯭ꯌꯨꯜꯁꯤꯡꯗꯨ ꯊꯤꯔꯤꯜ ꯐꯥꯎꯔꯒ ꯍꯛꯆꯥꯡꯅ ꯆꯨꯞꯁꯤꯟꯈꯤ꯫ ꯑꯁꯨꯝꯅ ꯆꯨꯞꯁꯤꯟꯈ꯭ꯔꯤꯕ ꯐꯦꯠꯁꯤꯡ ꯑꯁꯤꯅ ꯌꯥꯝꯈꯠꯂꯛꯂꯒ ꯐꯦꯠ ꯁꯦꯜꯁꯤꯡꯗ ꯑꯣꯟꯊꯣꯛꯈꯤ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯂꯤꯄꯦꯖ ꯍꯥꯏꯔꯤꯕ ꯑꯦꯟꯖꯥꯏꯝ ꯑꯁꯤꯕꯨ ꯊꯤꯡꯗꯨꯅ ꯐꯦꯠ ꯑꯗꯨ ꯆꯨꯞꯁꯤꯟꯕ ꯉꯝꯍꯟꯗꯦ ꯑꯗꯨꯒ ꯑꯃꯥꯡꯕ ꯑꯣꯏꯅ ꯀꯣꯂꯣꯟ ꯐꯥꯎꯔꯒ ꯍꯛꯆꯥꯡꯒꯤ ꯃꯄꯥꯟꯗ ꯊꯥꯗꯣꯛꯈꯤ꯫ ꯑꯁꯨꯝꯅ ꯍꯛꯆꯥꯡ ꯃꯅꯨꯡꯗ ꯐꯦꯠꯀꯤ ꯆꯥꯡ ꯍꯦꯟꯒꯠꯍꯟꯗꯕꯅ ꯅꯣꯏꯕꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯔꯛꯏ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯄꯣꯂꯤꯐꯤꯅꯣꯜꯁꯤꯡ ꯑꯁꯤꯗꯤ ꯄꯥꯝꯕꯤꯗꯒꯤ ꯐꯪꯕꯅꯤꯅ ꯁꯥꯏꯗ ꯏꯐꯦꯛꯠ ꯂꯩꯍꯟꯗꯦ, ꯀꯔꯤꯒꯨꯝꯕ ꯂꯩꯔꯒꯁꯨ ꯌꯥꯝꯅ ꯍꯟꯊꯩ ꯍꯥꯏꯅ ꯃꯅꯤꯁꯥꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫
ꯊꯤꯖꯤꯟꯕ ꯑꯁꯤꯒꯤ ꯃꯈꯥ ꯇꯥꯔꯛꯄꯗ ꯂꯨꯞ ꯑꯁꯤꯅ ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯗꯒꯤ ꯂꯧꯊꯣꯔꯛꯄ ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯠꯁꯤꯡꯁꯤ ꯀꯦꯞꯁꯨꯜꯒꯤ ꯃꯑꯣꯡꯗ ꯁꯦꯝꯂꯒ ꯐꯪꯍꯟꯅꯕ ꯄꯥꯟꯗꯝ
ꯊꯝꯂꯤ꯫ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯠꯁꯤꯡꯁꯤ
ꯑꯄꯤꯛꯄ ꯒꯨꯂꯤꯁꯤꯡꯗ
ꯑꯣꯟꯊꯣꯛꯂꯒ ꯆꯥ ꯑꯣꯏꯅ ꯊꯛꯄꯒꯤ
ꯃꯑꯣꯡꯗ ꯁꯦꯝꯕꯁꯨ ꯌꯥꯏ ꯍꯥꯏꯔꯤ꯫
ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯛꯠꯁꯤꯡꯅ
ꯊꯨꯅ ꯑꯣꯛꯁꯤꯗꯥꯏꯖ ꯇꯧꯏ, ꯑꯗꯨꯅ
ꯀꯦꯞꯁꯨꯜꯒꯤ ꯃꯑꯣꯡꯗ ꯁꯦꯝꯕꯁꯤꯅ
ꯀꯨꯏꯅ ꯊꯝꯕ ꯌꯥꯍꯟꯕꯗ ꯅꯠꯇꯅ,
ꯃꯈꯣꯏꯅ ꯍꯛꯆꯥꯡ ꯃꯅꯨꯡꯗ
ꯊꯥꯗꯣꯔꯛꯄ ꯑꯃꯁꯨꯡ ꯍꯛꯆꯥꯡꯅ
ꯆꯨꯞꯁꯤꯟꯈꯤꯕꯁꯨ ꯂꯥꯛꯁꯤꯟꯕ
ꯉꯝꯍꯟꯒꯅꯤ ꯍꯥꯏꯅ ꯑꯙꯤꯀꯥꯔꯤꯅ
ꯐꯣꯡꯗꯣꯛꯂꯤ꯫=

ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯀꯥꯟꯅꯕꯁꯤꯡꯁꯤ ꯄꯪꯍꯥꯏ ꯍꯥꯏꯖꯤꯟꯕ ꯑꯣꯏꯔꯝꯗ꯭ꯔꯦ
ꯁꯥꯏꯟꯁꯀꯤ ꯈꯣꯡꯆꯠ
ꯀꯨꯟꯖꯣ ꯅꯥꯎꯔꯦꯝ
(ꯑꯣꯏ) ꯀꯟꯇ꯭ꯔꯣꯜ ꯑꯦꯗꯤꯄꯣꯁꯥꯏꯠ ꯍꯥꯏꯕꯗꯤ ꯇ꯭ꯔꯤꯠ ꯇꯧꯗꯕ ꯑꯦꯗꯤꯄꯣꯁꯥꯏꯠꯁꯤꯡꯗ ꯐꯦꯠ ꯗ꯭ꯔꯣꯄ꯭ꯂꯦꯠꯁꯤꯡꯅ ꯇꯨꯡꯁꯤꯟꯗꯨꯅ ꯂꯩꯕ
(ꯌꯦꯠ) ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤꯒꯤ ꯐꯤꯅꯣꯂꯤꯛ ꯑꯦꯛꯁꯇ꯭ꯔꯦꯛꯠꯁꯤꯡꯅ ꯇ꯭ꯔꯤꯠ ꯇꯧꯔꯕ ꯃꯇꯨꯡꯗ ꯐꯦꯠ ꯗ꯭ꯔꯣꯄ꯭ꯂꯦꯠꯁꯤꯡ ꯌꯥꯝꯅ ꯍꯟꯊꯔꯛꯄꯗꯨ ꯎꯠꯄ
ꯁꯤꯂꯣ ꯁꯧꯒ꯭ꯔꯤ
ꯁꯃꯥꯖꯒꯤ ꯃꯍꯤꯛ ꯑꯣꯏꯕ ꯂꯝꯆꯠ
ꯑꯩꯈꯣꯏ ꯃꯤꯑꯣꯏꯕꯅ ꯇꯥꯟꯅꯔꯤꯕꯁꯤ ꯑꯐꯕ
ꯃꯤꯡꯆꯠ ꯐꯪꯕ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯃꯁꯤ ꯐꯪꯅꯕ ꯍꯣꯠꯅꯕ
ꯃꯇꯝꯗ ꯂꯥꯏꯔꯤꯛ ꯂꯥꯏꯁꯨ ꯃꯄꯨꯡ ꯐꯥꯅ ꯍꯩꯕ, ꯂꯝꯆꯠ-ꯁꯥꯖꯠ, ꯋꯥꯉꯥꯡ-ꯁꯥꯉꯥꯡ ꯅꯤꯡꯊꯤꯖꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯃꯤꯒꯤ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯍꯥꯏꯕꯁꯤ ꯁꯦꯜ ꯈꯛꯀꯤ ꯋꯥ ꯅꯠꯇꯅ ꯄꯥꯡꯒꯜ-ꯊꯧꯅ ꯑꯃꯗꯤ ꯂꯧꯁꯤꯡ ꯀꯌꯥꯁꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯕ ꯌꯥꯏ꯫ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯠ ꯑꯣꯏꯔꯕ ꯂꯣꯀꯜ ꯕꯣꯗꯤꯗꯒꯤ ꯍꯧꯔꯒ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯄꯥꯔꯂꯤꯌꯥꯃꯦꯟꯠꯀꯤ ꯐꯤꯗꯥ ꯐꯪꯂꯕ, ꯒ꯭ꯔꯥꯝ ꯄꯟꯆꯥꯌꯠꯀꯤ ꯃꯦꯝꯕꯔ, ꯄ꯭ꯔꯙꯥꯟ, ꯖꯤꯂꯥ ꯄꯔꯤꯁꯠ ꯀꯌꯥ ꯑꯃ ꯆꯤꯡꯒꯤ ꯑꯣꯇꯣꯅꯣꯃꯁ ꯗꯤꯁꯇ꯭ꯔꯤꯛ ꯀꯥꯎꯟꯁꯤꯜꯒꯤ ꯃꯤꯍꯨꯠꯁꯤꯡ, ꯃ꯭ꯌꯨꯅꯤꯁꯤꯄꯥꯜꯒꯤ ꯀꯣꯔꯄꯣꯔꯦꯇꯔ, ꯀꯥꯎꯟꯁꯤꯜꯂꯔ ꯑꯃꯗꯤ ꯋꯥꯔꯗ ꯃꯦꯝꯕꯔꯁꯤꯡ ꯀꯌꯥ ꯑꯁꯤ ꯂꯣꯀꯜ ꯕꯣꯗꯤꯒꯤ ꯑꯣꯏꯕ ꯃꯤꯌꯥꯝꯒꯤ ꯌꯥꯏꯐꯅꯕ ꯍꯥꯏꯗꯨꯅ ꯃꯤꯌꯥꯝꯅ ꯌ krbe ꯃꯥꯒꯤ ꯃꯥꯒꯤ ꯃꯐꯝ ꯃꯐꯝꯗꯨꯒꯤ ꯑꯣꯏꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯠ ꯑꯣꯏꯔꯕꯅꯤ꯫ ꯄꯤꯔꯤꯕ ꯃꯇꯝꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯅ ꯂꯝꯗꯝ ꯑꯗꯨꯒꯤ ꯃꯤꯌꯥꯝꯒꯤꯗꯃꯛ ꯑꯋꯥꯠ ꯑꯄꯥ ꯁꯦꯝꯒꯠ-ꯁꯥꯒꯠꯄ, ꯆꯥꯛꯊꯨꯡ ꯐꯤꯊꯨꯡꯅꯕ ꯍꯣꯠꯅꯕ ꯃꯇꯝꯗ ꯏꯆꯥ-ꯃꯤꯆꯥ ꯌꯣꯡꯂꯩ ꯃꯦꯂꯩ ꯅꯥꯏꯕ, ꯄꯥꯔꯇꯤꯒꯤ ꯈꯦꯟꯅꯕ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯕ ꯀꯌꯥ ꯀꯅꯥ- ꯀꯅꯥꯒꯨꯝꯕꯒꯤ ꯀꯥꯡꯂꯨꯞ ꯐꯨꯔꯨꯞ ꯅꯥꯏꯕ ꯑꯁꯤꯗꯤ ꯌꯥꯝꯅ ꯇꯧꯍꯩꯗꯕ ꯊꯕꯛ ꯑꯃꯅꯤ꯫ ꯆꯥꯡ ꯌꯥꯝꯅ ꯅꯦꯝꯂꯕꯁꯨ ꯃꯗꯨꯅ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯕꯨ ꯚꯤꯛꯇꯤꯝ ꯑꯣꯏꯍꯜꯂꯤ ꯍꯥꯏꯕꯁꯤꯃꯗꯤ ꯁꯍꯔꯗ, ꯈꯨꯡꯒꯪꯗ, ꯆꯤꯡꯈꯣꯡꯗ, ꯆꯤꯡꯌ kr, ꯆꯤꯡꯅꯨꯡ ꯃꯥꯅꯨꯡꯗ ꯈꯨꯟꯗꯥꯔꯤꯕꯁꯤꯡꯗ ꯃꯥꯌꯣꯛꯅꯕ ꯌꯥꯎꯗꯕ ꯅꯠꯇꯦ꯫ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯃꯒꯤ ꯃꯦꯝꯕꯔ ꯅꯠꯇ꯭ꯔꯒ ꯑꯣꯐꯤꯁ ꯕꯤꯌꯔꯔ ꯑꯃ ꯑꯣꯏꯗꯨꯅ ꯊꯕꯛ ꯇꯧꯔꯒ ꯃꯗꯨꯒꯤ ꯃꯔꯨꯝꯗ ꯑꯇꯣꯞꯄ ꯁ꯭ꯀ꯭ꯔꯤꯟ ꯑꯃ ꯊꯥꯗꯔꯒ ꯊꯕꯛ ꯇꯧꯕ ꯀꯌꯥꯁꯨ ꯌꯥꯎꯗꯕ ꯅꯠꯇꯦ꯫ ꯇ꯭ꯔꯦꯠ ꯌꯨꯅꯤꯌꯟ ꯀꯌꯥꯒꯤ ꯃꯦꯝꯕꯔ ꯑꯃꯗꯤ ꯑꯣꯐꯤꯁ ꯕꯤꯌꯔꯔ ꯀꯌꯥꯒꯤꯗꯃꯛ ꯌꯥꯏꯐꯅꯕ ꯃꯇꯝ ꯃꯇꯝꯒꯤ ꯑꯣꯏꯕ ꯊꯧꯗꯣꯛ ꯋꯥꯊꯣꯛ ꯑꯗꯨ ꯀꯅꯥꯗ ꯍꯥꯏꯔꯒ ꯊꯕꯛ ꯑꯣꯏꯅ ꯑꯣꯟꯊꯣꯛꯄꯤꯔꯛꯀꯅꯤ ꯍꯥꯏꯕ ꯑꯃ ꯃꯃꯨꯠ ꯇꯥꯅ ꯈꯪꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯇ꯭ꯔꯦꯠ ꯌꯨꯅꯤꯌꯟꯁꯤꯡꯒꯤ ꯂꯤꯗꯔ ꯑꯃꯗꯤ ꯊꯧꯄꯨꯔꯤꯕꯁꯤꯡ ꯃꯄꯨꯡ ꯐꯥꯅ ꯂꯥꯏꯔꯤꯛ ꯂꯥꯏꯁꯨ ꯍꯩꯕ, ꯃꯁꯥꯒꯤ ꯏꯟꯇꯤꯒ꯭ꯔꯤꯇꯤ ꯂꯩꯕ, ꯀꯃꯥꯟꯗꯤꯡ ꯑꯣꯏꯕ ꯈꯛ ꯅꯠꯇꯅ ꯄꯔꯁꯅꯦꯂꯤꯇꯤꯁꯨ ꯋꯥꯡꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯃꯗꯨ ꯅꯠꯇꯅ ꯉꯥꯏꯍꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯈꯔ ꯅꯠꯇꯅ ꯁꯤꯟꯃꯤ ꯃꯤꯌꯥꯝꯒꯤ ꯊꯦꯡꯅꯔꯤꯕ ꯄ꯭ꯔꯣꯕ꯭ꯂꯦꯝ ꯀꯌꯥ ꯑꯗꯨꯕꯨ ꯃꯃꯨꯠ ꯇꯥꯅ ꯈꯪꯗꯅ ꯋꯥꯈꯜꯅ ꯁꯥꯒꯠꯄ, ꯃꯤꯅ ꯉꯥꯡꯈꯤꯕ ꯈꯔ ꯇꯥꯔꯒ ꯍꯦꯟꯅ ꯈꯪꯕ, ꯍꯦꯟꯅ ꯍꯩꯕ ꯁꯥꯕꯒꯤ ꯊꯕꯛ ꯇꯧꯕ ꯀꯌꯥꯁꯨ ꯌꯥꯎꯗꯕ ꯅꯠꯇꯦ꯫ ꯁꯤꯟꯃꯤ ꯀꯌꯥꯕꯨ ꯑꯦꯋꯦꯔꯅꯦꯁ ꯄꯤꯔꯤꯕ ꯂꯦꯕꯔ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ ꯀꯌꯥ ꯃꯤ ꯈꯣꯝꯗꯨꯅ ꯁꯦꯜ ꯇꯥꯟꯕ, ꯁꯤꯟꯃꯤ ꯅꯠꯇꯕ ꯀꯌꯥ ꯁꯤꯟꯃꯤꯒꯤ ꯃꯤꯡꯗ ꯋꯥꯈꯜ ꯂꯧꯁꯤꯡ ꯄꯤꯔꯤꯕ ꯀꯌ krb ꯂꯧꯁꯤꯟꯕ, ꯇꯥꯁꯤꯟꯕ ꯉꯝꯂꯣꯏꯗꯧꯕ ꯀꯌꯥꯕꯨ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯕ ꯋꯥꯔꯀꯔ ꯑꯦꯖꯨꯀꯦꯁꯟ ꯁꯦꯟꯇꯔ ꯀꯌꯥꯗ ꯆꯠꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯂꯩꯕꯥꯛꯀꯤ ꯁꯦꯜ ꯃꯥꯡꯍꯟꯕ, ꯃꯥꯒꯤ ꯃꯥꯒꯤ ꯇ꯭ꯔꯦꯠ ꯌꯨꯅꯤꯌꯟ ꯑꯗꯨꯒꯤ ꯃꯤꯡꯆꯠ ꯊꯤꯅꯕ ꯍꯣꯠꯅꯕ ꯑꯁꯤ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯅꯤ꯫ ꯃꯇꯝ ꯑꯃꯒꯤ ꯁꯦꯟꯇ꯭ꯔꯦꯜ ꯕꯣꯔꯠ ꯐꯣꯔ ꯋꯥꯔꯀꯔ ꯑꯦꯖꯨꯀꯦꯁꯟ ꯉꯁꯤꯅ ꯗꯥꯠꯇꯣꯄꯟꯠ ꯊꯦꯡꯒꯔꯤ ꯅꯦꯁꯅꯦꯜ ꯕꯣꯔꯠ ꯐꯣꯔ ꯋꯥꯔꯀꯔꯁ ꯑꯦꯖꯨꯀꯦꯁꯟ ꯍꯥꯏꯅ ꯃꯃꯤꯡ ꯑꯣꯜꯂꯕ ꯀꯌꯥꯅ ꯑꯃꯗꯤ ꯚꯤ ꯚꯤ ꯒꯤꯔꯤ ꯅꯦꯁꯅꯦꯜ ꯂꯦꯕꯔ ꯏꯟꯁꯇꯤꯇ꯭ꯔꯨꯠ ꯅꯣꯏꯗꯥꯅ ꯁꯤꯟꯃꯤ ꯃꯤꯌ kAqb ꯏꯁꯥꯒꯤ ꯍꯛ, ꯂꯧꯒꯗꯧꯕ ꯊꯧꯗꯥꯡ ꯀꯌꯥ ꯃꯆꯥ ꯈꯥꯏꯅ ꯈꯥꯏꯅ ꯑꯩꯅ ꯑꯩꯅ ꯂꯩꯔꯤꯕ ꯐꯥꯔꯝ ꯑꯗꯨꯒꯤ ꯃꯤꯡꯆꯠ ꯍꯦꯟꯒꯠꯍꯟꯕ, ꯄꯣꯠꯊꯣꯛ ꯆꯥꯊꯣꯛ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯄꯨꯊꯣꯛꯂꯒ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯃꯗꯤ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯏꯖꯠ ꯑꯣꯟꯕ ꯁ꯭ꯀꯣꯂꯔ ꯀꯌꯥ, ꯔꯤꯁꯣꯔꯁ ꯄꯔꯁꯟ ꯀꯌꯥꯅ ꯄꯨꯡ ꯑꯃ ꯆꯪꯅ ꯃꯥꯒꯤ ꯃꯥꯒꯤ ꯁꯕꯖꯦꯛꯇ ꯑꯦꯛꯁꯄꯔꯠꯁꯤꯡꯅ ꯉꯥꯡꯂꯤꯕ-ꯁꯛꯂꯤꯕ, ꯇꯥꯛꯂꯤꯕꯗꯨ ꯂꯧꯁꯤꯜꯂꯒ ꯑꯩꯒꯤ ꯑꯩꯒꯤ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯗꯨꯒꯤ ꯁꯤꯟꯃꯤ ꯈꯨꯗꯤꯡꯃꯛ ꯇ꯭ꯔꯦꯅꯤꯡ ꯌꯥꯎꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯩꯇꯕꯅ ꯂꯤꯗꯔ ꯑꯣꯏꯕ ꯈꯔꯗ ꯄꯤꯔꯛꯄ ꯑꯗꯨꯅ ꯃꯥꯒꯤ ꯃꯥꯒꯤ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯒꯤ ꯃꯦꯝꯕꯔ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯃꯐꯝꯗ ꯁꯟꯗꯣꯛꯅꯕ ꯇꯧꯕꯅꯤ ꯍꯥꯏꯕ
ꯑꯁꯤ ꯃꯥꯡꯖꯧꯅꯅ ꯍꯥꯏꯈꯤꯕ, ꯇꯥꯛꯈꯤꯕ ꯉꯥꯛꯇꯅꯤ꯫
ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯂꯣꯏꯁꯪ ꯀꯌꯥꯗ ꯂꯩꯕ, ꯃꯔꯛꯇ
ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯗꯨꯕꯨ ꯂꯥꯟꯅ ꯃꯤꯌꯥꯝꯅ ꯎꯅꯕ, ꯃꯤꯌꯥꯝꯗꯒꯤ ꯂꯥꯞꯊꯣꯛꯈꯤꯅꯕ ꯁꯤꯜꯂꯕꯗꯤ ꯃꯗꯨ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯒꯤ ꯃꯍꯤꯛ ꯑꯣꯏꯔꯕꯅꯤ꯫ ꯈꯨꯟꯅꯥꯏ ꯑꯃ ꯃꯄꯨꯡ ꯐꯥꯅ ꯁꯥꯟꯇꯤ ꯂꯩꯅ ꯆꯥꯎꯈꯠꯄ ꯑꯃꯒ ꯑꯃꯒ ꯋꯥꯈꯜ ꯇꯥꯃꯤꯟꯅꯅ ꯈꯣꯡꯖꯦꯜ ꯌꯥꯡꯅ ꯆꯠꯀꯦ ꯍꯥꯏꯔꯕꯗꯤ ꯑꯩ ꯑꯩ ꯋꯥꯈꯜ ꯇꯥꯕ ꯆꯪꯏ꯫ ꯑꯩ ꯐꯠꯇꯅ ꯃꯤ ꯐꯔꯣ ꯍꯥꯏꯕ ꯌꯥꯕ ꯍꯧꯅꯗꯦ꯫ ꯑꯩꯈꯣꯏ ꯄꯨꯝꯅꯃꯛꯅ ꯈꯪꯃꯤꯟꯅꯒꯗꯧꯕ ꯑꯃꯅ ꯑꯩꯕꯨ, ꯃꯥꯕꯨ, ꯃꯤꯕꯨ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯃꯇꯨꯡꯗ ꯑꯩꯅ ꯀꯔꯤ ꯇꯧꯔꯤ, ꯃꯥꯅ ꯀꯔꯤ ꯈꯣꯡꯊꯥꯡ ꯂꯧꯔꯤ, ꯃꯤꯁꯤꯡꯅ ꯀꯔꯤ ꯆꯠꯅꯔꯤ ꯍꯥꯏꯕ ꯄꯨꯝꯅꯃꯛꯄꯨ ꯃꯤꯑꯣꯏ ꯂꯤꯁꯤꯡ-ꯂꯤꯁꯤꯡ, ꯂꯥꯈ-ꯂꯥꯈꯅ ꯌꯦꯡꯗꯨꯅ ꯂꯩꯔꯤ ꯍꯥꯏꯕꯁꯤ ꯈꯣꯡꯊꯥꯡ ꯑꯃ ꯊꯥꯡꯗ꯭ꯔꯤꯉꯩ, ꯐꯤꯔꯦꯞ ꯑꯃ ꯂꯧꯗ꯭ꯔꯤꯉꯩ ꯃꯥꯡꯑꯣꯏꯅꯅ ꯈꯟꯊꯍꯧꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕꯗꯨꯅꯤ꯫ ꯑꯩꯅ ꯇꯧꯕꯅ ꯃꯐꯔꯦ, ꯑꯩꯅ ꯇꯧꯕꯅ ꯃꯔꯣꯏꯔꯦ ꯍꯥꯏꯕ ꯋꯥꯈꯜꯗꯤ ꯂꯩꯕꯥꯛ ꯑꯃꯗ, ꯁ꯭ꯇꯦꯠ ꯑꯃꯗ ꯇꯣꯉꯥꯟ-ꯇꯣꯉꯥꯟꯕ ꯂꯣꯏꯁꯪ ꯀꯌꯥꯗ, ꯇ꯭ꯔꯦꯠ ꯌꯨꯅꯤꯌꯟ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯗ ꯑꯃꯁꯨꯡ ꯁꯤ ꯑꯦꯁ ꯑꯣꯁꯤꯡꯗ ꯌꯥꯗꯦ꯫ ꯑꯩꯈꯣꯏ ꯈꯨꯗꯤꯡꯃꯛ ꯄꯨꯟꯅ ꯈꯟꯅꯕ-ꯅꯩꯅꯕ ꯑꯃ ꯆꯪꯏ꯫ ꯏꯪꯔꯥꯖꯤ ꯋꯥꯍꯩꯗ ꯍꯥꯏꯔꯒꯅ ꯀꯂꯦꯛꯇꯤꯚ ꯔꯦꯁꯄꯣꯟꯗ ꯇꯉꯥꯏꯐꯗꯦ꯫ ꯉꯁꯤ ꯏꯁꯤꯡ ꯐꯪꯗꯕꯒꯤ ꯑꯋꯥꯕ ꯃꯥꯌꯣꯛꯅꯔꯤꯕ ꯂꯧꯎ-ꯁꯤꯡꯎꯔꯤꯕ ꯃꯐꯝ ꯀꯌꯥꯁꯨ ꯃꯇꯝ ꯑꯃꯗ ꯄꯥꯝꯂꯧ ꯎꯔꯝꯃꯤ ꯑꯗꯨꯕꯨ ꯎꯃꯪ-ꯋꯥꯃꯪ ꯀꯣꯛꯊꯣꯛꯄ ꯑꯁꯤꯅ ꯏꯁꯤꯡ ꯐꯥꯖꯤꯟꯗꯨꯅ ꯊꯝꯕ ꯉꯝꯗ꯭ꯔꯦ꯫ ꯆꯍꯤ 50/100ꯒꯤ ꯃꯃꯥꯡꯗꯗꯤ ꯆꯤꯡꯒꯤ ꯃꯔꯨꯗ ꯅꯣꯡ ꯇꯥꯈ꯭ꯔꯕꯗꯤ ꯍꯌꯦꯡ ꯍꯪꯖꯤꯠꯇꯤ ꯇꯨꯔꯦꯜ ꯍꯧꯔꯛꯂꯒꯅꯤ ꯍꯥꯏꯅ ꯑꯍꯜ-ꯂꯃꯟ, ꯏꯄꯥ-ꯏꯄꯨꯅ ꯍꯥꯏꯅꯕ-ꯉꯥꯡꯅꯕ ꯇꯥꯍꯧꯅꯕ ꯉꯥꯛꯇꯅꯤ ꯉꯁꯤꯒꯤ ꯆꯍꯤ 60/70 ꯁꯨꯔꯕ ꯏꯆꯤꯜ ꯏꯅꯥꯎ ꯄꯨꯝꯅꯃꯛ꯫ ꯉꯁꯤꯗꯤ ꯃꯗꯨꯒꯤ ꯇꯣꯉꯥꯟꯕ ꯂꯝꯕꯤ ꯑꯃꯗ ꯄꯥꯝꯂꯧ ꯎꯕ ꯐꯪꯗ꯭ꯔꯦ꯫ ꯆꯤꯡꯗ ꯎꯄꯥꯜ ꯍꯧꯗꯕꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯏꯟꯚꯥꯏꯔꯟꯃꯦꯟꯠꯇ ꯌꯥꯝꯅ ꯆꯥꯎꯅ ꯁꯣꯛꯍꯜꯂꯤ꯫ ꯄꯥꯝꯂꯧ ꯎꯕ ꯇꯥꯛꯅꯕꯒꯤ ꯍꯥꯏꯕ-ꯉꯥꯡꯕꯒꯤ ꯀꯥꯊꯣꯛꯂꯤꯕ ꯌꯥ ꯎꯝꯁꯤꯜꯂꯛꯄ ꯅꯪꯗ꯭ꯔꯤꯉꯩꯗ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯅ ꯆꯤꯡꯃꯥꯏ ꯀꯌꯥ, ꯆꯤꯡꯁꯥꯡ ꯅꯥꯄꯣꯝ ꯀꯌꯥ, ꯃꯅꯨꯡ ꯍꯟꯖꯤꯟꯕ ꯂꯣꯛꯅꯨꯡ ꯀꯌꯥꯗ ꯍꯧꯕ ꯎꯄꯥꯜꯁꯤꯡ ꯌꯥꯟꯊꯠꯇꯨꯅ ꯃꯍꯧꯁꯥꯒꯤ ꯈꯜꯗ ꯑꯀꯥꯏꯕ ꯀꯌꯥ ꯊꯣꯛꯍꯜꯂꯤ꯫ ꯃꯁꯤꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯅꯕ ꯂꯩꯉꯥꯛ ꯑꯃꯁꯨ ꯁꯤ ꯑꯦꯁ ꯑꯣꯁꯤꯡꯅꯁꯨ ꯂꯦꯞꯄ ꯅꯥꯏꯗꯅ ꯍꯣꯠꯅꯔꯤ꯫ ꯂꯥꯏꯕꯛ ꯊꯤꯔꯤꯕꯗꯤ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯗ ꯆꯥꯛ ꯆꯒ꯭ꯔꯤꯡ ꯑꯃꯅ ꯆꯦꯡ ꯆꯦꯡꯀꯣꯛ ꯑꯃ ꯃꯥꯡꯍꯜꯂꯤ ꯍꯥꯏꯕ ꯑꯗꯨꯒ ꯆꯞ ꯃꯥꯟꯅꯕ ꯃꯑꯣꯡꯗ ꯑꯐꯕ ꯅꯨꯡꯉꯥꯏꯕ ꯂꯩꯕꯥꯛ ꯃꯤꯌꯥꯝꯒꯤ ꯊꯕꯛ ꯇꯧꯕꯗ ꯃꯄꯨꯛꯆꯦꯜ ꯁꯦꯡꯗꯕ ꯃꯍꯤꯛ ꯀꯌꯥꯅ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯒꯤ ꯃꯥꯌꯣꯛꯇ ꯊꯕꯛ ꯇꯧꯕꯁꯤꯅ ꯆꯥꯎꯈꯠ ꯈꯣꯡꯊꯥꯡꯗ ꯈꯨꯔꯧ ꯊꯥꯡꯕꯈꯛꯇ ꯅꯠꯇꯅ ꯑꯩꯈꯣꯏ ꯑꯩꯈꯣꯏꯒꯤ ꯐꯨꯔꯨꯞ ꯑꯁꯤꯒꯤ ꯇꯨꯡꯒꯤ ꯌꯨꯝꯕꯤꯔꯦꯜ ꯑꯣꯏꯔꯛꯀꯗꯧꯕ ꯀꯌꯥ ꯑꯃ ꯂꯥꯟꯅ ꯂꯥꯟꯅ ꯂꯝꯖꯤꯡꯈꯤꯗꯨꯅ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯕꯨ ꯆꯤꯡꯊꯨꯔꯒ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯑꯄꯦꯟꯕ ꯑꯣꯏꯔꯤꯕ ꯑꯁꯤꯕꯨ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯒꯤ ꯃꯍꯤꯛꯅꯤ ꯍꯥꯏꯕꯗ ꯀꯔꯤ ꯀꯥꯏꯕꯒꯦ? ꯑꯩꯒꯤ ꯃꯣꯠꯇꯗꯤ ꯃꯤ ꯐꯠꯇꯕꯅ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯗ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯁꯦꯜ ꯇꯥꯟꯅꯕ ꯍꯣꯠꯅꯕ ꯑꯃꯁꯨꯡ ꯅꯠꯇꯕ-ꯑꯣꯏꯗꯕ ꯅꯝꯊꯥꯛ ꯀꯌꯥꯅ ꯂꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯃꯤꯑꯣꯏ ꯀꯌꯥ ꯀꯌꯥꯕꯨ ꯑꯃꯥꯡꯕ ꯀꯣꯝꯗ ꯆꯤꯡꯊꯕꯤꯔꯤ ꯍꯥꯏꯕ ꯑꯁꯤꯃꯗꯤ ꯄꯨꯝꯅꯃꯛꯅ ꯈꯪꯅꯔꯕ ꯉꯥꯛꯇꯅꯤ꯫ ꯑꯔꯥꯟꯕ ꯇꯧꯕ ꯃꯤꯑꯣꯏ ꯀꯌ ke ꯊꯕꯛ ꯍꯥꯞꯄꯤꯒꯅꯤ, ꯋꯥꯅꯣꯝꯕꯤꯒꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯉꯁꯤꯗꯒꯤ ꯆꯍꯤ 4/5ꯒꯤ ꯃꯃꯥꯡꯗ ꯂꯧ ꯁꯉꯝꯗ ꯂꯨꯄꯥ ꯂꯥꯈ 5/6 ꯇ ꯌꯣꯜꯍꯟꯕꯤꯔꯦ꯫ ꯑꯗꯨꯒ ꯊꯕꯛ ꯍꯥꯏꯗꯣꯛꯄ ꯃꯇꯝꯗꯅ ꯊꯕꯛ ꯑꯗꯨ ꯈꯜꯂꯛꯇꯕꯅ ꯑꯌ kAq ꯑꯣꯏꯔꯤ꯫ ꯊꯕꯛ ꯈꯜꯂꯛꯇꯕꯁꯤꯡꯅ ꯂꯧꯁꯨ, ꯁꯦꯜꯁꯨ, ꯃꯇꯝꯁꯨ ꯃꯥꯡꯂꯦ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯀꯌꯥ ꯑꯁꯤ ꯃꯇꯝ ꯆꯥꯅ ꯆꯨꯝꯊꯣꯛꯂꯒ ꯃꯈꯣꯏꯗꯒꯤ ꯂꯥꯞꯅ ꯂꯩꯔꯒ ꯑꯩꯈꯣꯏꯒꯤ ꯅꯍꯥꯔꯣꯜ ꯀꯟꯁꯤ, ꯈꯨꯟꯅꯥꯏꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯃꯍꯤꯛꯁꯤꯡ ꯐꯥꯗꯣꯛꯁꯤ ꯅꯠꯇ꯭ꯔꯒꯗꯤ ꯆꯍꯤ ꯈꯔꯒꯤ ꯃꯇꯨꯡꯗ ꯑꯩꯈꯣꯏꯒꯤ ꯈꯨꯟꯅꯥꯏꯁꯤ ꯄꯨꯠꯊꯈꯤꯕꯗꯒꯤ ꯀꯥꯈꯠꯄ ꯉꯝꯗꯕ ꯈꯨꯟꯅꯥꯏ ꯑꯣꯏꯈꯤꯒꯅꯤ꯫=

- ꯖꯀꯦꯀꯋꯙꯖꯐꯀꯟ \ꯕꯑꯦꯀꯑ -