ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, THURSDAY, JANUARY 13, 2022 ꯁꯒꯣꯜꯁꯦꯟ, ꯋꯥꯛꯆꯤꯡꯒꯤ 11ꯅꯤ 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꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯁꯒꯣꯜꯁꯦꯟ, ꯖꯅ꯭ꯌꯨꯋꯥꯔꯤ 13, 2022, ꯏꯝꯐꯥꯜ
13 ꯁꯨꯕ ꯆꯍꯤ, 265 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯄ꯭ꯔꯤ-ꯄꯣꯜ ꯚꯥꯏꯑꯣꯂꯦꯟꯁ
ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯇꯤꯚ ꯐꯦꯜ ꯑꯣꯏꯔꯕ꯭ꯔꯥ
ꯚꯣꯠ ꯊꯥꯗꯅꯕꯒꯤ ꯃꯇꯝ ꯐꯥꯎꯕ ꯂꯥꯎꯊꯣꯛꯂꯕ 12ꯁꯨꯕ ꯃꯅꯤꯄꯨꯔ ꯂꯦꯖꯤꯁꯂꯦꯇꯤꯚ
ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤꯒꯤ ꯃꯤꯈꯜ, 2022ꯒꯤ ꯃꯥꯡꯑꯣꯏꯅꯅ ꯊꯣꯛꯆꯤꯜꯂꯛꯂꯤꯕ ꯄ꯭ꯔꯤ-
ꯄꯣꯜ ꯚꯥꯏꯑꯣꯂꯦꯟꯁꯁꯤꯡꯁꯤ ꯌꯥꯝꯃꯟꯈ꯭ꯔꯦ꯫ ꯆꯨꯝꯅꯒꯤ ꯉꯥꯏꯍꯥꯛ ꯆꯤꯟ
ꯈꯛꯇꯗ ꯑꯣꯟꯁꯤꯟꯗꯨꯅ ꯂꯥꯎꯅꯔꯝꯕꯗꯒꯤ ꯍꯦꯟꯗꯣꯔꯛꯇꯨꯅ ꯈꯨꯠ ꯌꯥꯎꯅꯔꯛꯂꯦ꯫
ꯃꯤ ꯁꯤꯕ ꯌꯥꯕ ꯊꯥꯡ-ꯇꯦꯟ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯁꯨ-ꯈꯨꯠꯂꯥꯏꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ
ꯅꯣꯡꯃꯩ ꯌꯥꯎꯔꯛꯄꯗꯒꯤ ꯃꯊꯛꯇ ꯊꯣꯛꯂꯤꯕ ꯊꯧꯗꯣꯛꯁꯤꯡꯁꯤꯁꯨ ꯂꯥꯟꯃꯩ ꯆꯥꯛꯄꯗꯧꯅ ꯁꯟꯗꯣꯔꯛꯂꯦ꯫ ꯍꯩꯔꯣꯛꯇ ꯏꯃꯨꯡ ꯑꯃꯗ ꯆꯪꯁꯤꯜꯂꯛꯇꯨꯅ ꯅꯣꯡꯃꯩ ꯀꯥꯞꯁꯤꯜꯂꯒ ꯃꯍꯩꯔꯣꯏ ꯅꯍꯥ ꯑꯃ ꯁꯤꯍꯟꯈ꯭ꯔꯒ ꯃꯍꯥꯛꯀꯤ ꯑꯄꯣꯛꯄ
ꯃꯄꯥꯕꯨꯅ ꯁꯣꯛꯍꯜꯂꯝꯕꯩ ꯊꯧꯗꯣꯛ ꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯊꯧꯗꯣꯛꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ
ꯅꯤꯡꯇꯣꯜ ꯄꯣꯝꯅꯕ ꯍꯟꯊꯔꯛꯇ꯭ꯔꯤꯉꯩꯗ ꯖꯅ꯭ꯌꯨꯋꯥꯔꯤ 9, 2022ꯒꯤ ꯅꯨꯃꯤꯗꯥꯡꯗ
ꯅꯣꯡꯃꯩ ꯀꯥꯞꯇꯨꯅ ꯃꯤ ꯍꯥꯠꯄꯒꯤ ꯊꯧꯗꯣꯛ ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ
ꯃꯅꯨꯡ ꯆꯜꯂꯤꯕꯁꯥꯃꯨꯔꯧꯗ ꯑꯃꯨꯛ ꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯍꯩꯔꯣꯛꯀꯤ ꯊꯧꯗꯣꯛꯇꯨꯗꯗꯤ
ꯃꯤꯑꯣꯏ ꯑꯃꯠꯇꯃꯛ ꯂꯩꯈꯤꯗꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯋꯥꯡꯒꯣꯏ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ
ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯑꯦꯟꯁꯤꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤꯕ ꯁꯥꯃꯨꯔꯧꯒꯤ ꯊꯧꯗꯣꯛꯇꯨꯗꯤ ꯃꯤꯑꯣꯏ
ꯑꯅꯤꯒꯤ ꯄꯨꯟꯁꯤ ꯃꯥꯡꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯅꯣꯡꯃꯩꯅ ꯀꯥꯞꯇꯨꯅ ꯃꯤ ꯍꯥꯠꯄꯒꯤ
ꯊꯧꯗꯣꯛ ꯃꯅꯝ ꯃꯅꯝ ꯊꯣꯛꯆꯤꯜꯂꯛꯂꯤꯕ ꯑꯁꯤꯗꯒꯤ ꯍꯪꯗꯕ ꯌꯥꯔꯛꯇ꯭ꯔꯤꯕꯗꯤ
ꯑꯁꯨꯝꯃꯥꯏꯅ ꯅꯣꯡꯃꯩ ꯀꯥꯞꯇꯨꯅ ꯃꯤ ꯍꯥꯠꯄꯒꯤ ꯊꯧꯗꯧꯁꯤ ꯁꯥꯃꯨꯔꯧꯁꯤꯅ ꯂꯣꯏꯔꯕ꯭ꯔꯥ?
ꯃꯈꯥ ꯇꯥꯅ ꯊꯣꯔꯛꯂꯣꯏꯗ꯭ꯔꯥ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯋꯥꯍꯪꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯒꯗꯧꯔꯤꯕ
ꯂꯩꯉꯥꯛ ꯑꯃꯁꯨꯡ ꯃꯁꯤꯒꯤ ꯂꯩꯅꯔꯤꯕ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟꯅ
ꯋꯥꯍꯪꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯁꯦꯡꯅ ꯑꯃꯁꯨꯡ ꯆꯨꯝꯅ ꯄꯤꯕ ꯉꯝꯒꯗ꯭ꯔꯥ? ꯃꯁꯤꯃꯛꯁꯨ
ꯑꯆꯧꯕ ꯋꯥꯍꯪ ꯑꯃ ꯑꯣꯏꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯍꯩꯔꯣꯛꯇꯒꯤꯅ ꯁꯥꯃꯨꯔꯧ ꯐꯥꯎꯕꯒꯤ ꯃꯤꯁꯤ
ꯃꯤꯅꯥꯒꯤ ꯊꯧꯗꯣꯛ ꯑꯅꯤꯁꯤꯒꯤ ꯃꯔꯛꯇ ꯅꯣꯡꯃꯩ ꯁꯤꯖꯤꯟꯅꯕ, ꯅꯣꯡꯃꯩ ꯀꯥꯞꯄꯒꯤ
ꯊꯧꯗꯣꯛ ꯑꯇꯩꯁꯨ ꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯆꯨꯝꯅ ꯃꯤꯁꯤ ꯃꯤꯅꯥ ꯌꯥꯎꯕ-ꯌꯥꯎꯗꯕ ꯅꯣꯡꯃꯩ ꯀꯥꯞꯄꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯊꯣꯛꯆꯤꯟꯈꯤꯕꯒꯤ ꯃꯊꯛꯇ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ
ꯑꯟꯗꯔꯒ꯭ꯔꯥꯎꯟꯗ ꯑꯥꯎꯠꯐꯤꯠꯁꯤꯡꯅ ꯃꯈꯣꯏꯒꯤ ꯑꯣꯏꯕ ꯑꯣꯐꯦꯟꯁꯤꯚꯁꯤꯡ
ꯆꯠꯊꯅꯔꯛꯄꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡꯁꯨ ꯊꯣꯛꯆꯤꯜꯂꯛꯂꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ
ꯏꯝꯄ꯭ꯔꯣꯚꯥꯏꯁꯗ ꯑꯦꯛꯁꯄ꯭ꯂꯣꯁꯤꯚ ꯗꯤꯚꯥꯏꯁ (ꯑꯥꯏ ꯏ ꯗꯤ) ꯑꯃꯁꯨꯡ ꯍꯦꯟꯗ
ꯒ꯭ꯔꯦꯅꯦꯗꯅꯆꯤꯡꯕ ꯌꯥꯎꯕ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯑꯁꯤ ꯃꯤꯈꯜ ꯃꯃꯥꯡꯗ ꯑꯣꯏꯕꯅꯤꯅ
ꯃꯁꯤꯡ ꯍꯦꯟꯒꯠꯂꯛꯀꯗꯕꯁꯨ ꯃꯥꯜꯂꯤ꯫ ꯊꯣꯔꯛꯂꯔꯣꯏ ꯍꯥꯏꯕ ꯅꯥꯈꯩ ꯁꯦꯡꯅ
ꯍꯥꯏꯕ ꯌꯥꯗ꯭ꯔꯤ꯫
ꯄꯨꯝꯅꯃꯛꯁꯤ ꯑꯣꯏꯔꯒꯗꯤ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟ ꯂꯩꯔꯤ
ꯑꯃꯁꯨꯡ ꯄꯥꯡꯊꯣꯛꯐꯝ ꯊꯣꯛꯄ ꯊꯕꯛꯁꯤꯡ ꯄꯥꯡꯊꯣꯛꯂꯤ, ꯄꯥꯡꯊꯣꯛꯂꯒꯗꯕ
ꯃꯤꯈꯜꯁꯤꯒꯤꯗꯃꯛ ꯂꯧꯈꯠꯐꯝ ꯊꯣꯛꯄ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡꯁꯤꯡ ꯂꯧꯈꯠꯂꯤ
ꯍꯥꯏꯗꯨꯅ ꯂꯩꯊꯣꯛꯄ ꯌꯥꯒꯗ꯭ꯔꯥ? ꯍꯪꯂꯨꯔꯕꯕꯨꯗꯤ ꯂꯧꯈꯠꯂꯤ, ꯇꯨꯃꯤꯟꯅ ꯂꯩꯊꯣꯛꯇꯦ
ꯁꯣꯏꯗꯅ ꯍꯥꯏꯔꯛꯀꯅꯤ꯫ ꯑꯗꯨ ꯑꯣꯏꯔꯒꯗꯤ ꯂꯧꯈꯠ-ꯂꯧꯈꯠꯅ ꯍꯪꯒꯥꯝ ꯆꯥꯝꯅꯕ
ꯄꯣꯂꯥꯡꯗꯒꯤ ꯏꯁꯤꯡ ꯂꯤꯠꯊꯈꯤꯕꯗꯧꯅ ꯊꯣꯛꯆꯤꯜꯂꯛꯂꯤꯕ ꯊꯧꯗꯣꯛꯁꯤꯡꯁꯤ
ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯁ꯭ꯋꯥꯏꯗ ꯂꯩꯉꯥꯛ ꯑꯃꯁꯨꯡ ꯍꯛꯊꯦꯡꯅꯅ ꯃꯔꯤ ꯂꯩꯅꯔꯤꯕ
ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠ ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟꯒꯤ ꯃꯥꯏꯀꯩꯗ ꯀꯩꯕꯨꯏ-ꯀꯩꯑꯣꯏꯕꯒꯤ
ꯎꯇꯣꯡ ꯑꯍꯣꯕꯗꯧꯅ ꯍꯣꯇ꯭ꯔꯣꯡ-ꯍꯣꯔꯦ ꯍꯥꯏꯕꯁꯤꯗꯤ ꯆꯨꯝꯂꯦ꯫ ꯍꯥꯏꯗꯕꯁꯨ
ꯌꯥꯔꯛꯇ꯭ꯔꯦ꯫ ꯑꯍꯣꯕ ꯂꯩꯇ꯭ꯔꯒꯕꯨ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯇꯅ ꯃꯤꯆꯝꯁꯤꯡꯕꯨ ꯅꯣꯡꯃꯩꯅ
ꯀꯥꯞ-ꯀꯥꯞꯇꯨꯅ ꯍꯥꯠꯄ ꯑꯃꯁꯨꯡ ꯁꯣꯛꯍꯟꯕꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯡ ꯊꯣꯔꯛꯀꯗ꯭ꯔꯥ?
ꯃꯇꯝ ꯂꯣꯏꯁꯤꯜꯂꯛꯂꯕ ꯂꯩꯉꯥꯛꯁꯤ ꯂꯩꯔꯛꯈꯤꯕꯗꯒꯤ ꯕꯟꯗ/ꯕ꯭ꯂꯣꯀꯦꯗ/
ꯖꯦꯅꯔꯦꯜ ꯁ꯭ꯇ꯭ꯔꯥꯏꯛ ꯂꯩꯇꯕ ꯁ꯭ꯇꯦꯠ ꯑꯃ ꯑꯣꯏꯍꯜꯂꯦ꯫ ꯅꯨꯄꯤ ꯑꯉꯥꯡ
ꯌꯥꯎꯅ ꯃꯤꯌꯥꯝ ꯃꯁꯥ-ꯃꯁꯥꯒꯤ ꯃꯌꯨꯝꯗ ꯅꯦ-ꯇꯥꯅ, ꯏꯪꯅ ꯇꯨꯝꯖꯕ ꯐꯪꯂꯦ, ꯂꯣ
ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔ ꯐꯒꯠꯂꯦ ꯍꯥꯏꯗꯨꯅ ꯃꯤꯌꯥꯝ ꯇꯤꯟꯕ ꯊꯧꯔꯝ ꯈꯨꯗꯤꯡꯃꯛꯇ
ꯍꯥꯏꯗꯨꯅ ꯂꯥꯛꯄꯗꯨ ꯍꯧꯖꯤꯛꯇꯤ ꯀꯔꯤ ꯁꯥꯔꯦ꯫ ꯐꯔꯦ ꯍꯥꯏꯔꯤꯕ ꯂꯩꯉꯥꯛꯁꯤ
ꯂꯣꯏꯁꯤꯜꯂꯛꯄꯗ ꯃꯁꯥꯒꯤ ꯑꯁꯦꯡꯕ ꯃꯁꯛꯇ ꯍꯟꯖꯤꯜꯂꯛꯇꯨꯅ ꯂꯤꯟꯅ ꯃꯈꯨꯜ
ꯆꯪꯂꯝꯗꯥꯏꯗ ꯆꯨꯝꯃꯤ ꯍꯥꯏꯕꯗꯨꯒꯤ ꯐꯤꯚꯝꯗ ꯄꯨꯝꯅꯃꯛ ꯎꯠꯇ ꯘꯤ ꯍꯩꯔꯕ꯭ꯔꯥ
ꯍꯥꯏꯕꯒꯤ ꯋꯥꯍꯪ ꯆꯣꯡꯊꯣꯔꯛꯏ꯫ ꯃꯁꯤ ꯑꯣꯏꯔꯒꯗꯤ ꯅꯍꯥꯟꯃꯈꯦ ꯇꯧꯔꯝꯂꯤꯕ
ꯃꯌꯥꯝꯗꯨꯗꯤ ꯃꯅꯥꯅ ꯍꯩꯃꯥꯡ ꯁꯥꯔꯝꯕꯅꯤ ꯍꯥꯏꯔꯛꯂꯣꯏꯗꯕꯒꯤ ꯃꯔꯝ ꯂꯩꯕ꯭ꯔꯥ?
ꯑꯁꯤꯒꯨꯝꯕ ꯊꯧꯗꯣꯛꯁꯤꯡꯁꯤ ꯃꯈꯥ ꯇꯥꯅ ꯊꯣꯛꯍꯜꯂꯛꯄ ꯆꯨꯝꯂꯣꯏ꯫ ꯃꯔꯝꯗꯤ
ꯊꯣꯔꯛꯍꯟꯐꯝ ꯊꯣꯛꯇ꯭ꯔꯒꯁꯨ ꯊꯣꯛꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯈꯨꯠꯐꯝ ꯍꯟꯖꯤꯟꯅꯕ ꯌꯥꯕ
ꯄꯣꯠ ꯆꯦ, ꯂꯟ-ꯊꯨꯝ ꯈꯔ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯊꯣꯛꯄꯗꯒꯤ ꯍꯦꯟꯗꯣꯔꯛꯇꯨꯅ ꯑꯃꯨꯛ
ꯍꯜꯂꯛꯄ ꯌꯥꯔꯔꯣꯏꯗꯕ ꯑꯁꯤ ꯂꯝꯗꯝꯗ ꯊꯥꯈꯤꯕ ꯊꯋꯥꯏ ꯑꯍꯨꯝ ꯁꯨꯈ꯭ꯔꯕꯅꯤ꯫
ꯃꯇꯥꯡꯁꯤꯗꯗꯤ ꯇꯨꯃꯤꯟꯅ ꯂꯩꯊꯣꯛꯄ ꯑꯆꯨꯝꯕ ꯑꯣꯏꯔꯣꯏ꯫ ꯑꯎꯞꯄ ꯎꯅꯥ
ꯂꯣꯡꯊꯣꯛꯇꯨꯅ ꯁꯥꯃꯨꯔꯧꯒꯤ ꯊꯧꯗꯣꯛꯇ ꯆꯦꯟꯅꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯊꯨꯕ ꯃꯇꯝꯗ
ꯐꯥꯒꯠꯂꯨ꯫ ꯃꯤꯍꯥꯠꯄꯗ ꯁꯤꯖꯤꯟꯅꯕ ꯅꯣꯡꯃꯩ ꯔꯤꯀꯣꯚꯔ ꯇꯧ꯫ ꯂꯣꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯕ
ꯆꯩꯔꯥꯛ ꯐꯪꯍꯟꯅꯕ ꯃꯊꯧ ꯇꯥꯕ ꯊꯕꯛꯁꯤꯡ ꯄ꯭ꯔꯞ-ꯄ꯭ꯔꯞ ꯄꯥꯏꯈꯠꯂꯨ꯫ ꯄꯨꯛꯆꯦꯜ
ꯁꯦꯡꯅ ꯈꯨꯠꯁꯤꯟꯅꯕ ꯅꯁꯥ-ꯅꯁꯥꯒꯤ ꯅꯊꯧꯁꯤꯡ ꯄꯥꯡꯊꯣꯛꯎ꯫ ꯅꯁꯥꯗ ꯁꯤꯟꯅꯔꯤꯕ
ꯊꯧꯗꯥꯡꯁꯤꯡ ꯆꯞ ꯆꯥꯅ ꯂꯧꯈꯠꯇꯨꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯄꯨꯟꯁꯤ ꯀꯜꯂꯨ꯫ ꯂꯩꯕꯥꯛꯁꯤꯗ
ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟ ꯂꯩꯔꯤ, ꯂꯣ ꯆꯠꯅꯔꯤ ꯍꯥꯏꯕ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯈꯪꯍꯜꯂꯨ꯫
ꯉꯝꯗ꯭ꯔꯒꯅ ꯈꯣꯡꯕꯤ-ꯈꯣꯡꯅꯥꯎꯗꯒꯤꯅ ꯃꯀꯣꯛ ꯂꯨꯞꯂꯦꯟ ꯐꯥꯎꯕꯗ ꯂꯩꯔꯤꯕ
ꯃꯤꯀꯨꯞ ꯑꯃꯠꯇ ꯐꯥꯎꯕ ꯄꯟꯊꯔꯝꯗꯅ ꯐꯝ ꯊꯥꯗꯣꯛꯎ꯫ ꯃꯍꯨꯠ ꯁꯤꯟꯕꯤꯅꯕ
ꯐꯔ-ꯐꯔꯕ ꯑꯃꯁꯨꯡ ꯍꯩꯔ-ꯍꯩꯔꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯀꯣꯛꯊꯣꯡ ꯑꯃ ꯂꯩ꯫ ꯅꯈꯣꯏꯒꯤ
ꯃꯍꯨꯠ ꯁꯤꯟꯗꯨꯅ ꯂꯩꯕꯥꯛꯀꯤ ꯊꯧꯒꯥꯏ ꯁꯤꯟꯅꯔꯝꯃꯨ꯫ ꯂꯩꯕꯥꯛ ꯉꯥꯛꯍꯜꯂꯝꯃꯨ꯫
ꯍꯩꯇ꯭ꯔꯗꯤ, ꯉꯝꯗ꯭ꯔꯗꯤ ꯀꯣꯟꯁꯤꯟꯗꯨꯅ ꯂꯩꯒꯅꯨ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 33
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯖꯅ꯭ꯌꯨꯋꯥꯔꯤ 15, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯛ ꯄꯨꯡ 11
faUbgi mnuZd paUce Asigi Aofist nTtrB I-meL hueiyenliteraryquiz@
gmail.ꯆꯣꯃꯁꯤꯗ 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꯫

1| “ꯇꯥꯂꯣꯏ ꯃꯔꯨꯝꯕꯤ, ꯃꯄꯥꯔꯤ ꯅꯨꯡꯖꯥꯅꯕ, ꯃꯃꯣꯝ ꯅꯨꯡꯉꯣꯟꯕꯤ ꯃꯔꯜ ꯌꯥꯋꯥ
ꯄꯨꯖꯥꯎ ꯔꯣꯏꯕ ꯄꯨꯝꯅꯃꯥꯁꯨꯡ ꯑꯃꯜ ꯌꯥꯏꯊꯣꯡ ꯀꯨꯝꯕꯗ ꯋꯥꯏꯔ ꯂꯝꯖꯦꯜ ꯐꯤꯒꯨꯝ
ꯉꯥꯏꯔꯣꯏꯅꯗꯦ꯫ ꯒꯨꯔꯨꯃꯄꯥꯎꯇꯥꯛ ꯐꯪꯖꯕꯗ--ꯋꯥꯔꯝꯁꯅꯥ ꯃꯩꯈꯥꯡꯕꯗꯨꯝ ꯅꯥꯝꯄ꯭ꯔꯀꯥꯁ
ꯃꯌꯦꯛ ꯑꯍꯨꯝꯃꯥꯅ ꯋꯥꯛꯌꯩ ꯍꯤꯒ ꯑꯣꯏ, ꯂꯝꯂꯣꯏ ꯊꯧꯗꯣꯛ ꯈꯣꯜꯅ ꯈꯨꯃꯨꯅꯧꯒ ꯑꯣꯏ,
ꯋꯥꯆꯨꯝ ꯂꯜꯑꯣꯏꯅꯅ ꯃꯥꯅ ꯃꯥꯅ ꯅꯤꯡꯕꯗ ꯂꯥꯡꯑꯣꯟꯈꯤꯑꯦ꯫ ꯑꯁꯤꯒꯤꯗꯃꯛꯄꯨ
ꯒꯨꯔꯨꯁꯅꯥ ꯃꯥꯈꯣꯡꯈꯥꯗ ꯅꯣꯟꯅ ꯂꯟꯊꯣꯏ ꯇꯥꯟꯕꯕꯨ ꯊꯤꯟꯐꯔꯣꯏꯑꯦ” ꯋꯥꯍꯩ ꯄꯔꯦꯡꯁꯤꯡ
ꯑꯁꯤ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯂꯧꯊꯣꯔꯛꯄꯅꯣ?
2| “ꯁ꯭ꯔꯤꯁ꯭ꯔꯤ ꯒꯣꯕꯤꯟꯗꯖꯤ ꯕꯁꯟꯇ ꯍꯣꯂꯤ ꯂꯤꯂꯥ ꯁꯩꯁꯛ ꯁꯩꯔꯦꯡ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ
Asi knan Ibno?
3| “ꯏꯆꯦ ꯕꯤꯅꯣ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ
ꯂꯥꯏꯔꯤꯛꯅꯣ?
4| “ꯐꯤꯃꯟ ꯈꯨꯟꯕ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀ꯭ꯔꯤꯁ꯭ꯅꯃꯣꯍꯟꯅ
ꯍꯟꯗꯣꯛꯄꯅꯤ꯫ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯑꯗꯨ ꯀꯅꯥꯅ ꯀꯔꯤ ꯂꯣꯜꯗ
ꯏꯕ ꯀꯔꯤ ꯃꯃꯤꯡ ꯀꯧꯕ ꯂꯥꯏꯔꯤꯛꯅꯣ?
5| “ꯃꯤꯀꯨꯄ ꯈꯔꯗꯨꯏ ꯄꯨꯟꯁꯤꯒꯤ ꯃꯍꯥꯎ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ
ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

ꯂꯥꯛꯂꯤꯕ ꯏꯔꯝꯗꯝꯒꯤ 12ꯁꯨꯕ ꯃꯅꯤꯄꯨꯔ ꯂꯦꯖꯤꯁꯂꯦꯇꯤꯚ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤ ꯏꯂꯦꯛꯁꯟ ꯑꯁꯤꯒꯤ ꯃꯥꯡꯑꯣꯏꯅꯅ ꯃꯅꯤꯄꯨꯔ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯊꯥꯛꯇ ꯅꯦꯆꯔꯦꯜ ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯑꯦꯟꯗ ꯐꯤꯠꯅꯦꯁ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯏꯝꯐꯥꯜ ꯃꯅꯨꯡꯗ ꯄꯥꯡꯊꯣꯛꯂꯒꯅꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯍꯥꯏꯕꯗꯤ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯕ ꯗꯥꯏꯠ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯆꯥꯍꯩꯗꯕ, ꯋꯥꯔꯜꯗ ꯑꯦꯟꯇꯤ-ꯗꯣꯄꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ ꯑꯃꯁꯨꯡ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯀꯝꯃꯤꯇꯤꯅ ꯊꯤꯡꯂꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ (anabolic steroids, ꯍꯣꯔꯃꯣꯅꯦ, insulin, diuretics) ꯅꯆꯤꯡꯕ ꯑꯁꯤ ꯁꯣꯛꯂꯨꯗꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯆꯥꯡꯗꯝꯅꯕꯒꯤ ꯐꯝꯕꯥꯛ ꯑꯁꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯏꯟꯗꯤꯌꯥ ꯑꯃꯗꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯨꯆꯤꯡꯕ ꯃꯈꯥꯗ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯕ꯭ꯔꯥꯟꯆꯅ ꯄꯥꯡꯊꯣꯛꯀꯗꯕꯅꯤ (International Natural Bodybuilding Association, Manipur Branch).
ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜꯒꯤ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯂꯕꯁꯨ ꯃꯁꯤꯅ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯑꯍꯥꯟꯕ ꯆꯥꯡꯗꯝꯅꯕꯗꯤ ꯑꯣꯏꯗ꯭ꯔꯦ꯫ ꯀꯨꯝꯖꯥ 2017ꯇ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠ ꯑꯣꯏꯔꯤꯕ ꯗꯥ. ꯉꯥꯡꯕꯝ ꯁꯥꯟꯇꯤꯀꯨꯃꯥꯔ ꯃꯤꯇꯩꯒꯤ ꯂꯨꯆꯤꯡ ꯃꯈꯥꯗ ꯃꯍꯥꯛꯅ ꯉꯝꯖꯕ ꯍꯣꯠꯅꯖꯗꯨꯅ ꯍꯧꯖꯤꯀ ꯍꯧꯖꯤꯛ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯐꯝꯁꯨ ꯄꯥꯏꯕꯤꯔꯤꯕ ꯊꯧꯕꯨꯔꯦꯜ ꯈꯔꯒ ꯈꯨꯠꯁꯝꯅꯗꯨꯅ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯣꯏꯅ ꯅꯦꯁꯅꯜ ꯂꯦꯚꯦꯜꯗ “Legendary Maipak and ꯙꯔ. Ngangbam National Level Natural Bodybuilding and Fitness Championship” INdiyagi ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯑꯍꯥꯟꯕ ꯃꯁꯥ ꯃꯎ ꯐꯕꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤ ꯄꯥꯡꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯗꯨꯗ ꯏꯔꯝꯗꯝ ꯃꯅꯤꯄꯨꯔ ꯑꯃꯗꯤ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯁ꯭ꯇꯦꯠ ꯀꯌꯥꯗꯒꯤ ꯅꯦꯆꯔꯦꯜ ꯁꯥꯟꯅꯔꯣꯏ 10 ꯍꯦꯟꯕꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤ ꯑꯗꯨꯒ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯁ꯭ꯇꯦꯠꯁꯤꯡꯗꯒꯤ ꯖꯖꯁꯤꯡꯁꯨ ꯂꯥꯛꯇꯨꯅ ꯁꯔꯨꯛ ꯌꯥꯕꯤꯈꯤ꯫ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯈꯣꯡꯆꯠ ꯑꯁꯤꯒꯤ ꯃꯈꯥ ꯇꯥꯔꯛꯄꯗ ꯀꯨꯝꯖꯥ 2018ꯗ ꯕꯦꯡꯒꯂꯣꯔꯗ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯏꯟꯗꯤꯌꯥ ꯑꯣꯐꯤꯁꯜꯂꯤ ꯍꯥꯡꯗꯣꯛꯇꯨꯅ ꯀꯔꯅꯥꯇꯥꯀꯥ ꯃꯆꯥ, ꯔꯘꯨꯅꯟꯗꯟꯕꯨ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠ ꯑꯣꯏꯅ ꯍꯥꯞꯇꯨꯅ ꯆꯍꯤꯗꯨꯃꯛꯇꯗ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯏꯟꯗꯤꯌꯥ ꯑꯣꯐꯤꯁꯜꯁꯨ ꯄꯥꯡꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯃꯁꯤꯒꯤ ꯃꯈꯥ ꯇꯥꯔꯛꯄꯗ ꯀꯨꯝꯖꯥ 1018ꯗ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ, ꯄꯤ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯋꯥꯔꯜꯗ ꯑꯃꯗꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯨꯆꯤꯡ ꯃꯈꯥꯗ ꯑꯍꯨꯝꯁꯨꯕ ꯄꯦꯁꯤꯐꯤꯛ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯕꯦꯡꯒꯂꯣꯔꯗ ꯄꯥꯡꯊꯣꯛꯈꯤ꯫ ꯑꯥꯏꯅ ꯑꯦꯟ ꯄꯤ ꯑꯦ ꯏꯟꯗꯤꯌꯥ ꯅꯦꯁꯅꯜ ꯑꯃꯗꯤ ꯑꯍꯨꯝꯁꯨꯕ ꯑꯦꯁꯤꯌꯥ ꯄꯦꯁꯤꯐꯤꯛ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯅꯤꯃꯛꯇ ꯏꯔꯝꯗꯝ ꯀꯪꯂꯩꯄꯥꯛ/ꯃꯅꯤꯄꯨꯔꯒꯤ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯑꯣꯚꯔꯑꯣꯜ ꯃꯤꯡꯊꯣꯜꯁꯤꯡ ꯑꯃꯗꯤ ꯄ꯭ꯔꯣꯐꯦꯁꯅꯜ ꯀꯥꯔꯗ ꯐꯪꯕꯒꯤ ꯃꯊꯛꯇ ꯅꯦꯁꯅꯜꯗ ꯇꯤꯝ ꯔꯟꯅꯔꯁ ꯑꯞ ꯐꯪꯂꯛꯈꯤ ꯑꯗꯨꯒ ꯑꯦꯁꯤꯌꯥ ꯄꯦꯁꯤꯐꯤꯛ ꯏꯟꯇꯔꯅꯦꯁꯅꯜꯗꯅ ꯇꯤꯝ ꯆꯦꯝꯄꯤꯌꯟꯁꯨ ꯂꯧꯔꯛꯈꯤꯕꯅꯤ꯫ ꯏꯟꯇꯔꯅꯦꯁꯅꯜꯒꯤ ꯊꯥꯛꯇ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯗꯨꯗ ꯏꯔꯝꯗꯝꯒꯤ ꯅꯦꯆꯔꯦꯜ ꯆꯥꯟꯅꯁꯣꯏ 4/5ꯁꯨ ꯄ꯭ꯔꯣꯐꯦꯁꯅꯦꯜ ꯀꯥꯔꯗ ꯐꯪꯗꯨꯅ ꯀꯨꯝꯖꯥ 2018ꯗ ꯌꯨ ꯑꯦꯁ ꯑꯦꯒꯤ ꯂꯥꯁ ꯚꯦꯒꯥꯁ ꯁꯤꯇꯤꯒꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ, ꯄꯤ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯂꯤꯄꯤꯌꯥꯗ ꯌꯧꯔꯤꯕꯒꯤ ꯏꯟꯚꯤꯇꯦꯁꯟꯁꯨ ꯐꯪꯈꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯈꯨꯠꯌꯧꯅꯈꯤꯕ ꯑꯃꯗꯤ ꯁꯦꯜ ꯊꯨꯝꯒꯤ ꯐꯤꯚꯝ ꯆꯥꯈꯤꯗꯕꯅ ꯃꯈꯣꯏꯅ ꯌꯨ ꯑꯦꯁ ꯑꯦꯗ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯂꯤꯝꯄꯤꯌꯥ ꯌꯥꯎꯕ ꯉꯝꯈꯤꯗꯦ꯫
ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯍꯥꯏꯔꯤꯕ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯀꯤ ꯃꯁꯥꯟꯅ ꯑꯃ ꯑꯣꯏꯅ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯣꯂꯤꯝꯄꯤꯛꯅ ꯂꯧꯁꯤꯟꯕ ꯌꯥꯕꯒꯤ ꯇꯥꯟꯖꯥ ꯐꯪꯈ꯭ꯔꯕꯅꯤ꯫ ꯑꯩꯍꯥꯛ ꯏꯁꯥꯃꯛ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯀꯝꯃꯤꯇꯤꯒꯤ ꯃꯈꯥꯗ ꯁꯤꯟꯈꯤꯕ ꯁꯥꯎꯊ ꯀꯣꯔꯤꯌꯥꯒꯤ ꯁꯤꯇꯤꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ 2002 ꯄꯨꯁꯥꯟ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯃꯁꯨꯡ 2006 ꯗꯣꯍꯥ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯅꯤꯃꯛꯇ caINij ꯇꯥꯏꯄꯩꯒꯤ (ꯇꯥꯏꯋꯥꯟ)ꯒꯤ ꯃꯍꯨꯠ ꯁꯤꯟꯗꯨꯅ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃ ꯑꯣꯏꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯥꯏꯕꯛ ꯊꯤꯕꯗꯤ ꯋꯥꯔꯜꯗ ꯒꯦꯝꯁ ꯑꯃꯗꯤ ꯃꯊꯛꯇ ꯄꯟꯖꯔꯤꯕ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯅꯤꯃꯛꯇ ꯗꯣꯄꯤꯡ ꯇꯦꯁꯠ ꯇꯧꯕꯗ ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯁꯥꯟꯅꯔꯣꯏ ꯀꯌꯥ ꯑꯥꯏ ꯑꯣ ꯁꯤꯅ ꯊꯤꯡꯂꯕ ꯁ꯭ꯇꯦꯔꯣꯏꯗꯅꯆꯤꯡꯕ
ꯗ꯭ꯔꯒꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯔꯝꯕ ꯊꯦꯡꯅꯕꯗꯒꯤ ꯋꯥꯔꯜꯗ ꯒꯦꯝꯁ ꯑꯃꯗꯤ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯒꯁꯇꯒꯤ ꯂꯧꯊꯣꯛꯈꯤꯕꯅꯤ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ 2006 ꯗꯣꯍꯥ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁꯀꯤ ꯃꯇꯨꯡꯗꯒꯤꯗꯤ ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯍꯥꯏꯔꯤꯕ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯑꯗꯨꯝ ꯂꯧꯊꯣꯛꯈ꯭ꯔꯦ ꯋꯥꯔꯜꯗ ꯒꯦꯝꯁ ꯑꯃꯗꯤ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯅꯤꯃꯛꯇꯒꯤ꯫ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯃꯗꯤ ꯋꯥꯔꯜꯗ ꯒꯦꯝꯁꯇꯒꯤ ꯂꯧꯊꯣꯛꯈ꯭ꯔꯕꯅꯤꯅ ꯅꯦꯁꯅꯜ ꯒꯦꯝꯁꯇꯒꯤꯁꯨ ꯂꯧꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯇꯥꯏꯋꯥꯟ ꯅꯦꯁꯅꯜ ꯒꯦꯝꯁꯇ ꯏꯁꯥꯃꯛ ꯑꯍꯨꯝꯂꯛ ꯊꯣꯛꯄꯗ ꯑꯍꯨꯝꯂꯛ ꯃꯅꯥ ꯐꯪꯗꯨꯅ ꯆꯍꯤ ꯑꯅꯤ ꯑꯅꯤꯒꯤ ꯑꯣꯏꯅ ꯁꯦꯜ ꯈꯔ ꯈꯔ ꯐꯪꯕ ꯉꯝꯖꯔꯝꯕꯗꯣ ꯑꯗꯨꯝ ꯐꯪꯕ ꯉꯝꯈꯤꯗ꯭ꯔꯦ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯇꯥꯏꯋꯥꯟ ꯅꯦꯁꯅꯜ ꯒꯦꯝꯁꯇꯒꯤ ꯂꯧꯊꯣꯛꯈꯤꯕꯅ꯫ ꯏꯟꯗꯤꯌꯥꯗꯁꯨ ꯃꯗꯨ ꯃꯉꯥꯏ꯫ ꯃꯁꯤ ꯀꯅꯥꯅ ꯑꯣꯏꯍꯜꯂꯤꯕꯅꯤ ꯍꯥꯏꯔꯒꯗꯤ ꯗ꯭ꯔꯒ ꯁꯤꯖꯤꯟꯅꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯁꯤꯅꯅꯤ ꯍꯥꯏꯅ ꯊꯝꯖꯒꯦ꯫ ꯐꯤꯚꯝ ꯑꯁꯤꯗ ꯂꯩ ꯍꯥꯏꯗꯨꯅꯁꯨ ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯍꯥꯏꯔꯤꯕ ꯃꯁꯥꯟꯅ ꯑꯁꯤꯒꯤ ꯇꯨꯡꯒꯤ ꯑꯁꯥ ꯂꯩꯇ꯭ꯔꯦ ꯍꯥꯏꯅ ꯂꯧꯕꯗꯤ ꯂꯥꯟꯒꯅꯤ꯫ ꯍꯥꯟꯅꯒꯨꯝ ꯑꯦꯁꯤꯌꯟ ꯒꯦꯝꯁ ꯑꯃꯁꯨꯡ ꯋꯥꯔꯜꯗ ꯒꯦꯝꯁꯇ ꯑꯃꯨꯛ ꯍꯟꯖꯤꯟꯍꯟꯗꯨꯅ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯀꯤ ꯃꯁꯥꯟꯅ ꯑꯃ ꯑꯣꯏꯍꯟꯁꯤ ꯍꯥꯏꯔꯕꯗꯤ ꯂꯝꯕꯤ ꯑꯃꯗꯤ ꯂꯩꯔꯤ꯫ ꯂꯝꯕꯤ ꯑꯗꯨꯗꯤ ꯀꯝꯄꯤꯇꯤꯁꯟ ꯈꯨꯗꯤꯡꯃꯛꯇ ꯋꯥꯔꯜꯗ ꯑꯦꯟꯇꯤ ꯗꯣꯄꯤꯡ ꯑꯦꯖꯦꯟꯁꯤꯒꯤ ꯆꯠꯅ ꯀꯥꯡꯂꯣꯟꯁꯤꯡ ꯏꯟꯗꯨꯅ ꯗ꯭ꯔꯒ ꯇꯦꯁꯠ ꯇꯧꯔꯤꯕ ꯑꯥꯏꯑꯦꯟ ꯕꯤ ꯑꯦ (ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯅꯦꯆꯔꯦꯜ ꯕꯣꯗꯤꯕꯤꯜꯗꯤꯡ ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟ) ꯑꯁꯤꯅꯤ꯫ ꯃꯁꯤꯒꯤ ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟ ꯑꯁꯤ ꯅꯠꯇꯅ ꯑꯇꯩ ꯑꯇꯣꯞꯄ ꯂꯝꯕꯤ ꯑꯃꯃꯨꯛ ꯂꯩꯇ꯭ꯔꯦ꯫ ꯃꯔꯝ ꯑꯁꯤꯅꯅꯤ ꯑꯩꯍꯥꯛ ꯏꯁꯥꯃꯛꯅ ꯀꯟꯅ ꯍꯣꯠꯅꯖꯗꯨꯅ ꯑꯥꯏꯑꯩꯟ ꯕꯤ ꯑꯦꯒꯤ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯆꯥꯡꯗꯝꯅꯕꯒꯤ ꯏꯍꯧꯕꯨ ꯄꯨꯔꯛꯇꯨꯅ ꯅꯦꯆꯔꯦꯜ ꯐꯝꯕꯥꯛꯁꯤꯡ ꯍꯥꯡꯗꯣꯛꯈꯤꯕ꯫ ꯉꯁꯤꯗꯤ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯩꯕꯥꯛ ꯀꯌꯥꯗ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯣꯐꯤꯁꯤꯑꯦꯜꯂꯤ ꯍꯥꯡꯗꯣꯛꯄꯗ ꯅꯠꯇꯅ ꯏꯟꯗꯤꯌꯥꯗꯁꯨ ꯂꯩꯔꯦ ꯂꯣꯏꯅꯅ ꯏꯔꯝꯗꯝ ꯀꯪꯂꯩꯄꯥꯛ/ꯃꯅꯤꯄꯨꯔꯗꯁꯨ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯕ꯭ꯔꯥꯟꯆ ꯂꯩꯗꯨꯅ ꯂꯥꯛꯂꯤꯕ ꯃꯥꯔꯆ ꯊꯥ ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯅꯤꯄꯨꯔ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜꯗ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯁꯥ ꯃꯎ ꯐꯕꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯄꯥꯡꯊꯣꯛꯀꯗꯧꯔꯤ꯫ ꯇꯁꯦꯡꯕꯗꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜ ꯑꯁꯤ ꯆꯠꯂꯤꯕ jnyuBwari ꯊꯥ ꯑꯁꯤꯒꯤ ꯇꯥꯡ 29, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯇ ꯄꯥꯡꯊꯣꯛꯀꯅꯤ ꯍꯥꯏꯅ ꯇꯧꯔꯝꯕꯅꯤ ꯑꯗꯨꯕꯨ ꯑꯣꯃꯤꯀ꯭ꯔꯣꯟ ꯍꯥꯏꯔꯤꯕ ꯂꯥꯏꯆꯠ ꯑꯁꯤ ꯌꯧꯁꯤꯜꯂꯛꯄꯗꯒꯤ ꯗꯤ ꯁꯤꯅ ꯑꯌꯥꯕ ꯄꯤꯗꯕꯗꯒꯤ ꯌꯩꯊꯣꯛꯈꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯣꯃꯤꯀ꯭ꯔꯣꯟꯒꯤ ꯐꯤꯚꯝꯁꯤ ꯍꯦꯛ ꯅꯦꯝꯊꯈꯤꯕꯗ ꯁꯨꯡꯁꯣꯏ ꯁꯣꯏꯗꯅ ꯄꯥꯡꯊꯣꯛꯅꯕ ꯁꯦꯝ ꯁꯥꯔꯤ꯫
ꯂꯣꯏꯁꯤꯜꯂꯛꯄꯗ, ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯏꯍꯧꯁꯤꯗ ꯏꯔꯝꯗꯝꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯕꯨ ꯑꯃꯗꯤ ꯃꯁꯥ ꯃꯎ ꯐꯥꯕꯒꯤ ꯃꯁꯥꯟꯅ ꯑꯁꯤꯕꯨ ꯁꯧꯒꯠꯄꯤꯕ, ꯅꯨꯡꯁꯤꯕꯤꯕ ꯏꯔꯩꯆꯥꯁꯤꯡꯅ ꯂꯩꯃꯤꯟꯅꯕ, ꯈꯪꯅ-ꯆꯥꯟꯅꯕ ꯏꯆꯥ, ꯏꯁꯨ, ꯃꯔꯨꯞ ꯃꯄꯥꯡ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯕꯨ ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯐꯝꯕꯥꯛ ꯑꯁꯤꯗ ꯁꯔꯨꯛ ꯌꯥꯍꯟꯅꯕ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄꯤꯌꯨ ꯂꯣꯏꯅꯅ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯏꯍꯧ ꯀꯣꯛꯇ ꯊꯥꯡꯒꯠꯇꯨꯅ ꯈꯣꯡꯖꯪꯂꯤꯕ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯕ꯭ꯔꯥꯟꯆꯄꯨꯁꯨ ꯁꯧꯒꯠꯄꯤꯌꯨ ꯍꯥꯏꯅ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠ ꯑꯃ ꯑꯣꯏꯅ ꯃꯌꯥꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯄꯨꯅꯦꯝꯖꯔꯤ꯫ ꯃꯈꯥ ꯇꯥꯕ, ꯑꯀꯨꯞꯄ ꯋꯥꯔꯣꯜꯁꯤꯡ ꯈꯪꯕꯤꯅꯤꯡꯕ ꯂꯩꯔꯕꯗꯤ ꯅꯦꯆꯔꯦꯜꯗ ꯏꯍꯧꯕꯨ ꯑꯐꯕ, ꯑꯆꯨꯝꯕ ꯂꯝꯕꯤꯅꯤ ꯈꯟꯗꯨꯅ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯕ꯭ꯔꯥꯟꯆꯄꯨꯁꯨ ꯁꯧꯒꯠꯄꯤꯌꯨ ꯍꯥꯏꯅ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠ ꯑꯃ ꯑꯣꯏꯅ ꯃꯌꯥꯝ ꯄꯨꯝꯅꯃꯛꯅ ꯄꯨꯅꯦꯝꯖꯔꯤ꯫ ꯃꯈꯥ ꯇꯥꯕ, ꯑꯀꯨꯞꯄ ꯋꯥꯔꯣꯜꯁꯤꯡ ꯈꯪꯕꯤꯅꯤꯡꯕ ꯂꯩꯔꯕꯗꯤ ꯅꯦꯆꯔꯦꯜ ꯏꯍꯧꯕꯨ ꯑꯐꯕ, ꯑꯆꯨꯝꯕ ꯂꯝꯕꯤꯅꯤ ꯈꯟꯗꯨꯅ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯕ꯭ꯔꯥꯟꯁꯒꯤ ꯊꯧꯕꯨꯔꯦꯜꯁꯤꯡꯒ PUa ꯐꯥꯎꯅꯕꯤꯌꯨ꯫
ꯋꯥꯐꯝ ꯑꯃꯅ, ꯁ꯭ꯇꯦꯔꯣꯏꯗꯁ ꯑꯃꯗꯤ ꯆꯥꯍꯩꯗꯕ, ꯋꯥꯔꯜꯗ ꯑꯦꯟꯇꯤ ꯗꯣꯄꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ ꯑꯃꯗꯤ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯀꯝꯃꯤꯇꯤꯅ ꯊꯤꯡꯂꯒ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯁꯥꯟꯅꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗꯤ ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯐꯝꯕꯥꯛ ꯑꯁꯤꯗ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃ ꯑꯣꯏꯅ ꯁꯔꯨꯛ ꯌꯥꯕꯤꯒꯅꯨ꯫ ꯗꯣꯄꯤꯡ ꯇꯦꯁꯠ ꯇꯧꯕꯗ ꯐꯥꯔꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗꯤ ꯃꯁꯥ ꯃꯁꯥꯒꯤ ꯐꯣꯇꯣꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯃꯤꯡ ꯃꯊꯥ ꯂꯣꯏꯅ ꯍꯥꯞꯇꯨꯅ ꯃꯤꯌꯥꯝꯗ ꯈꯪꯍꯟꯒꯅꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ, ꯄꯤ ꯑꯦꯟ ꯕꯤ ꯑꯦꯒꯤ ꯋꯦꯕꯁꯤꯇꯦ: Naturalbodybuilding.ꯆꯣꯃ ꯒꯤ ꯍꯣꯜ ꯑꯣꯐ ꯁꯦꯝ ꯄꯦꯖꯗ ꯍꯥꯞꯄꯅꯤ꯫ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯁꯥꯟꯅꯕꯅ ꯇꯨꯡ ꯀꯣꯏꯅ, ꯍꯛꯆꯥꯡ ꯐꯅ, ꯅꯨꯡꯉꯥꯏꯅ ꯄꯨꯟꯁꯤ ꯂꯦꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯕ ꯀꯥꯎꯐꯗꯦ꯫=

ꯑꯍꯥꯟꯕ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯄꯥꯡꯊꯣꯛꯂꯒꯅꯤ

– ꯗꯥ. ꯉꯥꯡꯕꯝ ꯁꯥꯟꯇꯤꯀꯨꯃꯥꯔ –

ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯅ ꯊꯦꯡꯈꯥꯡ ꯀꯌꯥꯔꯛꯇ ꯑꯀꯥ ꯑꯀꯨꯝ ꯅꯥꯏꯗꯨꯅ ꯏꯊꯛ ꯏꯄꯣꯝ ꯁꯥꯍꯨꯝ ꯀꯟꯕ, ꯁꯣꯟꯕ ꯂꯩꯈ꯭ꯔꯕꯁꯨ ꯉꯁꯤ ꯐꯥꯎꯕꯗꯤ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯍꯤꯡꯂꯤ꯫ ꯍꯤꯡꯂꯤꯕ ꯈꯨꯍꯤꯡ ꯑꯁꯤ ꯃꯍꯧꯁꯥꯒꯤ ꯃꯇꯧ ꯑꯗꯨꯃꯛꯇꯤ ꯑꯣꯏꯗ꯭ꯔꯦ꯫ ꯃꯇꯨ ꯃꯃꯥꯟ ꯏꯈꯤꯡ ꯈꯤꯡꯗ꯭ꯔꯦ ꯍꯥꯏꯕꯁꯤꯗꯤ ꯍꯥꯏꯖꯤꯟꯕ ꯅꯠꯇꯦ, ꯃꯤꯄꯨꯝ ꯇꯤꯡꯅ ꯍꯥꯏꯅꯕꯅꯤ꯫ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯅ ꯂꯩꯔꯝꯕ ꯐꯤꯚꯝꯗꯒꯤ ꯈꯔ ꯑꯦꯀꯦꯗꯦꯃꯤꯛ ꯑꯦꯄ꯭ꯔꯣꯆ ꯑꯃꯗ ꯆꯪꯁꯤꯟꯗꯨꯅ ꯃꯁꯥꯕꯨ ꯉꯥꯛꯊꯣꯛꯆꯅꯕ ꯍꯣꯠꯅꯕ ꯍꯥꯏꯕꯁꯤꯒꯤ ꯃꯊꯧ ꯀꯟꯅ ꯇꯥꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯇꯝ ꯃꯇꯝꯗꯨꯒꯤ ꯂꯨꯆꯤꯡꯕ ꯑꯣꯏꯈꯤꯕꯁꯤꯡꯅ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯈꯟꯅ-ꯅꯩꯅꯕ ꯑꯃꯗꯤ ꯃꯗꯨꯕꯨ ꯂꯝꯗꯝꯁꯤꯒꯤ ꯁ꯭ꯀꯣꯂꯔꯁꯤꯡꯗ ꯌꯧꯍꯟꯗꯨꯅ ꯃꯃꯨꯠ ꯇꯥꯅ ꯅꯩꯅꯔꯒ ꯑꯐꯕ ꯁꯖꯦꯁꯟ ꯀꯌꯥ ꯂꯧꯅꯕ ꯄꯥꯟꯗꯝꯗ ꯊꯧꯔꯝ ꯀꯌꯥ ꯁꯤꯟꯈꯤ꯫ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫ ꯗꯦꯂꯤꯒꯦꯠ ꯃꯁꯤꯡ ꯌꯥꯝꯃꯟꯗꯨꯅ ꯑꯋꯥꯕ ꯌꯥꯝꯅ ꯑꯣꯏꯈꯤ꯫ ꯑꯍꯥꯟꯕꯗ ꯑꯔꯌꯥꯟ ꯊꯤꯑꯦꯇꯔꯒꯤ ꯍꯣꯜ ꯍꯥꯏꯗꯨꯅ ꯁꯤꯟꯈꯤꯕꯅꯤ꯫ ꯆꯥꯎꯈ꯭ꯔꯕ ꯍꯣꯜ ꯑꯗꯨ ꯃꯤ ꯆꯟꯈꯤꯗꯦ꯫ ꯑꯗꯨꯕꯨ ꯃꯇꯝꯗꯨꯗ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯌꯥꯎꯕ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯑꯤꯑꯣꯏꯗꯤ ꯑꯣꯏꯅ ꯎꯈꯤꯗꯦ꯫ ꯃꯈꯧꯏꯗ ꯃꯗꯨꯒꯤ ꯀꯥꯟꯅꯕ ꯑꯃꯗꯤ ꯃꯗꯨꯒꯤ ꯑꯄꯥꯝꯕ ꯂꯩꯈꯤꯗꯦ꯫ ꯃꯗꯨ ꯀꯥꯟꯅꯗꯕ ꯑꯃꯒꯨꯝ ꯂꯧꯈꯤ꯫ ꯑꯁꯦꯟ ꯑꯔꯥꯡ ꯑꯣꯏꯔꯤꯕ ꯑꯩꯕꯨꯁꯨ ꯀꯔꯦꯝꯅꯈꯤ꯫ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡ ꯑꯉꯛꯄ ꯑꯃ ꯑꯣꯏꯈꯤ꯫ ꯃꯈꯣꯏꯗ ꯌꯥꯎꯔꯤꯕ ꯅꯥꯄꯜ ꯑꯗꯨꯅ ꯃꯥꯡ ꯊꯥꯔꯒ ꯁꯦꯃꯤꯅꯥꯔ ꯑꯗꯨꯕꯨ ꯃꯔꯨ ꯑꯣꯏꯅ ꯂꯧꯈꯤꯗꯦ꯫ ꯌꯥꯎꯕꯤꯅꯕ ꯍꯥꯏꯔꯕꯁꯨ ꯇꯥꯕꯤꯈꯤꯗꯦ꯫ ꯑꯅꯤꯁꯨꯕ ꯑꯣꯏꯅ ꯖꯋꯥꯍꯔꯂꯥꯜ ꯅꯦꯍꯔꯨ ꯗꯥꯟꯁ ꯑꯦꯀꯥꯗꯦꯃꯤ ꯍꯣꯜꯗ ꯑꯃꯨꯛꯁꯨ ꯁꯤꯟꯈꯤ꯫ ꯃꯗꯨꯗꯁꯨ ꯊꯋꯥꯏ ꯌꯥꯎꯅ ꯊꯣꯏꯅ ꯌꯥꯎꯕꯤꯈꯤꯗꯦ꯫ ꯑꯩ ꯏꯁꯥꯃꯛꯇꯅ ꯁ꯭ꯇꯦꯠꯀꯤ ꯂꯦꯚꯦꯜꯗ ꯁꯤꯟꯈꯤꯕ ꯁꯦꯃꯤꯅꯥꯔ ꯑꯁꯤ ꯑꯅꯤꯔꯛꯅꯤ꯫ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯈꯣꯡꯆꯠ ꯇꯠꯇꯅꯕꯒꯤꯗꯃꯛ ꯑꯅꯧꯕ ꯑꯥꯔꯇꯤꯁꯠ ꯀꯌꯥ ꯄꯨꯊꯣꯛꯅꯕ ꯑꯃꯗꯤ ꯃꯈꯣꯏꯗ ꯏꯊꯤꯜ ꯄꯤꯅꯕꯒꯤꯗꯃꯛ ꯋꯥꯔꯛꯁꯣꯞ ꯊꯥ ꯑꯃ ꯆꯨꯞꯅ ꯑꯩ ꯏꯁꯥꯅ ꯃꯄꯨꯡ ꯑꯣꯏꯅ ꯁꯤꯟꯗꯨꯅ ꯁ꯭ꯇꯦꯠ ꯒꯦꯠ ꯍꯥꯎꯁ ꯋꯥꯏꯗꯨꯅ ꯄꯥꯡꯊꯣꯛꯈꯤ꯫ ꯃꯇꯝꯗꯨꯗ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯂꯝꯗꯒꯤ ꯄꯥꯝꯖꯕ ꯅꯍꯥ ꯀꯌꯥ ꯂꯥꯛꯈꯤ꯫ ꯑꯗꯨꯒꯨꯝꯕ ꯋꯥꯔꯛꯁꯣꯞ ꯑꯗꯨꯗꯁꯨ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯃꯔꯝꯗ ꯇꯥꯛꯄꯤꯅꯕ, ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯑꯣꯏꯕ ꯑꯦꯛꯇꯤꯡ ꯃꯦꯊꯣꯗꯣꯂꯣꯖꯤ ꯑꯁꯤꯕꯨ ꯃꯨꯟꯅ ꯈꯪꯕ ꯍꯟ-ꯍꯟꯗꯨꯅ ꯊꯤꯕꯗ ꯊꯣꯏꯅ ꯂꯩꯈꯤꯗꯦ꯫ ꯃꯁꯥ ꯃꯁꯥꯒꯤ ꯄꯔꯐꯣꯔꯃꯦꯟꯁꯇꯤ ꯄꯪꯇꯧꯗ ꯇꯧꯕ, ꯃꯤꯌꯥꯝꯅꯁꯨ ꯌꯥꯝꯅ ꯌꯥꯕ ꯑꯗꯨꯒ ꯀ꯭ꯂꯥꯁ ꯑꯣꯏꯅ ꯂꯧꯗꯨꯅ ꯑꯅꯧꯕ ꯂꯥꯛꯂꯤꯕꯁꯤꯡꯗ ꯇꯝꯕꯤꯕꯒꯤ ꯊꯕꯛ ꯑꯁꯤꯃꯗꯤ ꯏꯍꯥꯡ ꯍꯥꯡꯈꯤ꯫ ꯃꯤ ꯂꯩꯈꯤꯗꯦ꯫ ꯃꯇꯝ ꯃꯇꯝꯒꯤ ꯑꯣꯏꯕ ꯁꯦꯃꯤꯅꯥꯔ ꯄꯥꯡꯊꯣꯛꯈꯤꯕꯁꯤꯡꯗ ꯊꯣꯏꯗꯣꯛꯅ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯅ ꯈꯪꯅꯤꯡꯅ ꯌꯥꯎꯕ ꯀꯌꯥ ꯊꯣꯏꯅ ꯂꯩꯈꯤꯗꯦ꯫ ꯃꯁꯤꯒꯤ ꯆꯥꯎꯔꯥꯛꯄ ꯃꯔꯝꯗꯤ, ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯍꯥꯏꯕ ꯑꯔꯠ ꯐꯣꯔꯝ ꯑꯁꯤ ꯃꯈꯣꯏ ꯃꯈꯧꯏꯅ ꯇꯧꯔꯤꯕ ꯈꯔ ꯑꯗꯨꯅ ꯂꯣꯏꯔꯦ, ꯃꯈꯣꯏꯅ ꯇꯧꯔꯤꯕꯗꯨ ꯌꯥꯔꯦ ꯍꯥꯏꯅ ꯈꯟꯕ ꯑꯃꯗꯤ ꯃꯈꯣꯏ ꯑꯁꯤ ꯃꯤꯌꯥꯝꯅ ꯌꯥꯔꯕꯅꯤ ꯍꯥꯏꯅ ꯃꯁꯥꯅ ꯂꯧꯖꯗꯨꯅ, ꯃꯁꯥ ꯃꯊꯟꯇꯅ ꯅꯥꯄꯜ ꯌꯥꯝꯅ ꯀꯥꯕꯒꯤ ꯃꯑꯣꯡ ꯑꯃꯒꯤ ꯃꯃꯤ ꯑꯗꯨꯅꯤ꯫ ꯃꯁꯤ ꯄꯨꯝꯅꯃꯛꯇ ꯑꯣꯏꯔꯝꯗꯕꯗꯤ ꯌꯥꯏ, ꯑꯗꯨꯕꯨ ꯑꯌꯥꯝꯕꯅꯗꯤ ꯃꯁꯤꯒꯤ ꯐꯤꯚꯝ ꯑꯁꯤꯗꯒꯤ ꯍꯦꯟꯗꯦ꯫
ꯑꯃꯔꯣꯝꯗ ꯃꯇꯝ ꯑꯃꯒꯤ ꯃꯁꯛ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡ ꯑꯁꯤ ꯀꯥ ꯍꯦꯟꯅ ꯂꯥꯏꯔꯤꯛ ꯂꯥꯏꯁꯨꯔꯣꯝꯗ ꯊꯥꯛ ꯄꯪꯋꯥꯡ ꯋꯥꯡꯕ ꯑꯣꯏꯗꯕꯒ ꯑꯁꯤꯅꯁꯨ ꯑꯗꯨꯒꯨꯝꯕ ꯑꯦꯀꯥꯗꯦꯃꯤꯛ ꯑꯦꯛꯁꯔꯁꯥꯏꯖ ꯑꯁꯤ ꯊꯣꯏꯟ ꯄꯥꯝꯗꯕ ꯑꯃꯗꯤ ꯌꯥꯎꯔꯨꯔꯒꯁꯨ ꯍꯥꯏꯅꯔꯤꯕ, ꯉꯥꯡꯅꯔꯤꯕ ꯀꯌꯥ ꯑꯗꯨꯗ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯑꯣꯏꯕ ꯑꯣꯄꯤꯅꯤꯌꯟ ꯊꯝꯕ ꯉꯝꯗꯕꯅꯁꯨ ꯑꯣꯏꯕ ꯌꯥꯏ꯫ ꯏꯁꯦꯡ ꯁꯦꯡꯅ ꯍꯥꯏꯔꯕꯗ ꯃꯤꯔꯛ ꯆꯪꯕꯗ ꯃꯁꯥꯗ ꯍꯪꯒꯣꯏꯖꯕ ꯑꯃ ꯏꯐꯥꯎ ꯐꯥꯎꯕꯒꯨꯝꯕ ꯑꯃ ꯑꯣꯏꯈꯤ꯫ ꯃꯁꯤꯅꯁꯨ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯅ ꯌꯪ ꯌꯪ ꯂꯥꯎꯅ ꯃꯇꯤꯡ ꯂꯩꯔꯤꯉꯩ ꯃꯇꯝꯗ ꯇꯧꯍꯧꯒꯗꯕ ꯊꯧꯁꯤꯜ ꯀꯌꯥ ꯅꯤꯡꯊꯤꯅ ꯇꯧꯔꯝꯈꯤꯗꯦ꯫ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯅ ꯁꯥꯅꯈꯤꯕ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯂꯤꯂꯥ ꯀꯌꯥꯒꯤ ꯁ꯭ꯀ꯭ꯔꯤꯞꯠ ꯃꯐꯝ ꯈꯪꯅ ꯊꯝꯅꯗꯦ꯫ ꯏꯔꯤꯕꯁꯤꯡꯁꯅꯨ ꯃꯈꯣꯏꯒꯤ ꯁ꯭ꯀ꯭ꯔꯤꯞꯠ ꯑꯗꯨ ꯄ꯭ꯔꯤꯟꯠ ꯇꯧꯊꯣꯛꯇꯨꯅ ꯐꯣꯡꯗꯣꯛꯄꯒꯤ ꯋꯥꯐꯝ ꯂꯩꯈꯤꯗꯦ꯫ ꯇꯧꯕꯒꯤꯕꯨꯗꯤ, ꯃꯇꯝ ꯑꯗꯨꯗ ꯑꯩꯈꯣꯏꯅ ꯁꯨꯝ ꯌꯦꯡꯂꯛꯄꯗ ꯊꯦꯡꯅꯔꯛꯄ ꯑꯦꯛꯁꯞꯔꯤꯑꯦꯟꯁꯀꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯑꯍꯜ ꯂꯃꯟꯁꯤꯡ ꯑꯗꯨꯅ ꯑꯅꯧꯕ ꯂꯤꯂꯥ ꯑꯃ ꯄꯨꯊꯣꯛꯅꯕ ꯍꯣꯠꯅꯕꯗ ꯃꯇꯝꯗꯨꯒꯤ ꯑꯏꯕ ꯁꯔꯗꯤ, ꯃꯈꯣꯏꯒꯤ ꯂꯤꯂꯥꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯔꯥꯏꯇꯔ ꯑꯗꯨꯕꯨ ꯊꯝꯂꯒ, ꯃꯆꯤ ꯑꯃꯗ ꯇꯨꯃꯤꯟ ꯐꯝꯂꯒ ꯃꯥꯅ ꯃꯥꯅ ꯊꯣꯛꯄ ꯏꯕꯒꯤ ꯍꯩꯅꯕꯤ ꯑꯃꯁꯨ ꯂꯩꯔꯝꯃꯤ꯫ ꯌꯥꯝꯅ ꯃꯇꯝ ꯆꯪꯅ ꯑꯃꯗꯤ ꯋꯥꯈꯜ ꯈꯜꯂꯒ ꯏꯕ ꯔꯥꯏꯇꯔꯁꯨ ꯂꯩꯈꯤꯗꯕ
ꯅꯠꯇꯦ꯫ ꯑꯗꯨꯒꯨ ꯄꯥꯔꯇꯤꯒ ꯇꯤꯟꯅꯔꯛꯄ ꯄꯥꯔꯇꯤꯁꯤꯡꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯗꯨꯒ ꯐꯝꯃꯤꯟꯅꯔꯒ ꯏꯕ ꯔꯥꯏꯇꯔꯁꯨ ꯂꯩꯈꯤ꯫ ꯌꯥꯝꯅ ꯉꯜꯂꯤꯉꯩ ꯃꯇꯝꯗ ꯏꯔꯝꯕ ꯑꯏꯕ ꯈꯔ - ꯖꯤ ꯁꯤ ꯇꯣꯡꯕ꯭ꯔꯥ, ꯑꯊꯣꯛꯄꯝ ꯇꯣꯝꯆꯧꯅꯆꯤꯡꯕꯁꯤꯉ ꯑꯁꯤꯗ ꯃꯈꯣꯏꯒꯤ ꯁ꯭ꯀ꯭ꯔꯤꯞꯠ ꯑꯗꯨ ꯌꯥꯝꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯃꯇꯝꯗꯨꯒꯤ ꯈꯨꯟꯅꯥꯏꯒꯤ, ꯃꯤꯌꯥꯝꯒꯤ, ꯁꯣꯁꯜ ꯁꯤꯁꯇꯝꯒꯤ ꯍꯣꯡꯂꯛꯂꯤꯕ ꯀꯌꯥ ꯑꯗꯨ ꯑꯅꯧꯕ ꯋꯥꯍꯟꯊꯣꯛ ꯑꯃ ꯄꯤꯗꯨꯅ ꯋꯥꯔꯤ ꯄꯔꯤꯡ ꯁꯦꯝꯒꯠꯇꯨꯅ ꯅꯣꯛꯄ, ꯀꯞꯄ, ꯈꯟꯅ-ꯅꯩꯅꯕ, ꯄꯥꯎꯖꯦꯜ, ꯀꯨꯝꯃꯩ ꯃꯊꯦꯜ ꯁꯨꯅꯥ ꯍꯥꯄꯇꯨꯅ ꯏꯕꯤꯔꯛꯄ ꯉꯥꯛꯇꯅꯤ꯫ ꯃꯗꯨꯒꯤ ꯈꯨꯗꯝ ꯍꯥꯏꯕꯕꯨ ꯔꯥꯏꯇꯔꯁꯤꯡ ꯑꯗꯨꯅ ꯐꯣꯡꯕꯤꯔꯝꯂꯤꯕ ꯂꯥꯔꯤꯛꯁꯤꯡꯗ ꯌꯦꯡꯂꯒꯁꯨ ꯑꯗꯨꯝ ꯃꯤꯌꯥꯝꯅ ꯈꯪꯕꯤꯔꯤꯕ ꯑꯗꯨꯅꯤ꯫ ꯃꯈꯣꯏꯒꯤ ꯃꯇꯨꯡꯗ ꯊꯣꯔꯛꯄ ꯔꯥꯏꯇꯔꯁꯤꯡ - ꯉꯥꯏꯔꯥꯡꯕꯝ ꯏꯕꯣꯍꯜ, ꯊꯥꯡꯖꯝ ꯕꯤꯔꯆꯟꯗ꯭ꯔꯅꯆꯤꯡꯕ ꯀꯌꯥ ꯑꯃꯁꯨ ꯂꯩꯔꯤ꯫ ꯑꯣꯖꯥ ꯕꯤꯔꯆꯟꯗ꯭ꯔꯗꯤ ꯃꯍꯥꯛꯀꯤ ꯂꯤꯂꯥꯒꯤ ꯁ꯭ꯀ꯭ꯔꯤꯞꯠ ꯑꯌꯥꯝꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯣꯏꯅ ꯐꯣꯡꯗꯣꯛꯇꯨꯅ ꯊꯝꯕꯤꯔꯝꯈꯤ꯫ ꯃꯁꯤꯃꯛ ꯌꯥꯝꯅ ꯂꯥꯏꯕꯛ ꯐꯕ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯕ ꯌꯥꯏ꯫ ꯑꯁꯨꯝꯅ ꯃꯇꯨꯡ ꯃꯔꯤ ꯃꯔꯤ ꯂꯥꯛꯈꯤꯁꯤꯡ - ꯏꯕꯣꯝꯆꯥ, ꯔꯨꯄꯆꯟꯗ꯭ꯔ, ꯆꯥꯅꯥ ꯂꯨꯈꯣꯏ, ꯔꯥꯖꯦꯟ ꯇꯣꯏꯖꯥꯝꯕ, ꯗꯤꯅꯦꯁꯅꯆꯤꯡꯕ ꯃꯌꯥꯝ ꯑꯃ ꯂꯩꯔꯤ꯫ ꯂꯣꯏꯅꯃꯛ ꯄꯟꯕꯒꯤ ꯈꯨꯗꯣꯆꯥꯕ ꯆꯥꯗꯕ ꯂꯩꯕꯅ ꯁꯨꯅꯗꯤ ꯄꯟꯖꯗ꯭ꯔꯦ, ꯈꯔꯈꯛ ꯃꯌꯥꯝꯗ ꯅꯤꯡꯁꯤꯡꯕ ꯅꯨꯡꯉꯥꯏꯅꯕ ꯊꯝꯖꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯌꯥꯝꯕ ꯔꯥꯏꯇꯔꯁꯤꯡ ꯑꯌꯥꯝꯕ ꯂꯥꯏꯔꯤꯛꯁꯤꯡ ꯐꯣꯡꯕꯔꯣꯝꯗꯗꯤ ꯀꯌꯥ ꯀꯟꯅ ꯇꯧꯈꯤꯗꯦ꯫ ꯆꯥꯅ ꯂꯨꯈꯣꯏ ꯑꯃꯗꯤ ꯔꯥꯖꯦꯟ ꯇꯣꯏꯌꯥꯝꯕꯗꯤ ꯂꯥꯏꯔꯤꯛ ꯈꯔ ꯐꯣꯡꯕ ꯍꯧꯔꯛꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯤꯂꯥ ꯈꯨꯗꯤꯡꯃꯛ ꯐꯣꯡꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯩꯇꯕꯅꯔꯥ ꯀꯩꯅꯣ ꯊꯦꯡꯅꯗꯦ꯫ ꯔꯥꯏꯇꯔꯁꯤꯡ ꯑꯁꯤꯅ ꯏꯕꯤꯈꯤꯕ ꯂꯤꯂꯥꯁꯤꯡ ꯌꯥꯝꯅ ꯐꯖꯕ ꯑꯃꯗꯤ ꯅꯩꯅꯕ ꯌꯥꯝꯅ ꯅꯨꯡꯉꯥꯏꯕ ꯂꯤꯂꯥ ꯉꯥꯛꯇꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯊꯣꯏꯅ ꯃꯗꯨꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕꯗꯨꯃꯗꯤ ꯐꯪꯗ꯭ꯔꯦ꯫
ꯃꯁꯤꯅ ꯃꯥꯏꯀꯩ ꯑꯃ ꯑꯣꯏꯔꯒ, ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡ ꯑꯁꯤꯅ ꯍꯧꯖꯤꯛ ꯇꯧꯕ ꯌꯥꯕ ꯌꯥꯝꯅ ꯂꯩꯔ꯫ ꯉꯁꯤ ꯉꯁꯤꯈꯛꯀꯤ ꯈꯟꯕ ꯅꯠꯇꯕ, ꯇꯨꯡꯗ ꯀꯔꯤ ꯂꯥꯛꯀꯗꯒꯦ, ꯀꯔꯤ ꯑꯣꯏꯔꯛꯀꯗꯒꯦ ꯍꯥꯏꯕ ꯋꯥꯈꯜ ꯃꯤꯠꯌꯦꯡ ꯌꯥꯝꯅ ꯁꯥꯟꯅ ꯌꯦꯡꯕ ꯑꯃ ꯃꯊꯧ ꯇꯥꯔꯤ꯫ ꯍꯣꯡꯂꯛꯂꯤꯕ ꯃꯤꯌꯥꯝꯒꯤ ꯋꯥꯈꯜ, ꯑꯣꯏꯔꯛꯂꯤꯕ ꯃꯥꯂꯦꯝꯒꯤ ꯐꯤꯚꯝ ꯑꯁꯤꯗ ꯑꯩꯈꯣꯏꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯇ꯭ꯔꯦꯗꯤꯁꯟ ꯑꯃꯗꯤ ꯀꯜꯆꯔꯕꯨ ꯁꯦꯟꯅꯕ ꯋꯥꯔꯛꯂꯕ ꯃꯇꯝ ꯑꯁꯤꯗ ꯑꯁꯨꯛ ꯐꯖꯈ꯭ꯔꯕ ꯃꯅꯤꯄꯨꯔꯒꯤꯗꯤ ꯑꯇꯥꯡꯕ ꯄꯔꯐꯣꯔꯃꯤꯡ ꯑꯥꯔꯠ ꯐꯣꯔꯝ ꯑꯃ ꯑꯣꯏꯔꯤꯕ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯅ ꯂꯦꯡꯗꯅ ꯑꯁꯨꯝ ꯂꯩꯌꯨ ꯍꯥꯏꯕ ꯌꯥꯔꯛꯇꯕ ꯌꯥꯏ꯫ ꯃꯗꯨ ꯉꯥꯛꯊꯣꯛꯅꯕ ꯀꯥꯡꯂꯣꯟ ꯈꯔ ꯁꯦꯝꯒꯠꯍꯧꯕ ꯃꯊꯧ ꯇꯥꯏ꯫ ꯏꯟꯗꯤꯚꯤꯖꯨꯑꯦꯂꯤꯁꯠ ꯑꯣꯏꯗꯅ, ꯁ꯭ꯇꯦꯠꯁꯤꯒꯤ ꯂꯟꯒꯩ ꯑꯃ ꯑꯣꯏꯅ ꯈꯜꯂꯒ ꯐꯤꯚꯝ ꯃꯌꯦꯡ ꯇꯥꯈꯤꯗꯕꯅ ꯀꯔꯤ ꯀꯔꯤ ꯇꯧꯍꯧꯕ ꯌꯥꯕꯒꯦ ꯍꯥꯏꯕ ꯑꯁꯤ ꯌꯥꯝꯅ ꯃꯃꯨꯠ ꯇꯥꯅ ꯈꯟꯅꯕ ꯃꯊꯧ ꯇꯥꯔꯤ꯫ ꯍꯧꯖꯤꯛ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯄꯥꯔꯇꯤ ꯃꯁꯤꯡ ꯌꯥꯝꯁꯤꯜꯂꯛꯇ꯭ꯔꯦ, ꯂꯩꯔꯤꯕ ꯈꯔ ꯑꯁꯤꯁꯨ ꯑꯈꯟꯅꯕ ꯑꯅꯤ ꯑꯍꯨꯝ ꯅꯠꯇꯅꯗꯤ ꯂꯤꯂꯥ ꯆꯠꯄ ꯉꯝꯗ꯭ꯔꯦ꯫ ꯄꯥꯔꯇꯤ ꯃꯁꯤꯡ ꯍꯦꯟꯒꯠꯅꯕ, ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯕꯨ ꯑꯃꯨꯛ ꯍꯟꯅ ꯃꯄꯥꯡꯒꯜ ꯀꯟꯈꯠꯍꯟꯅꯕ ꯍꯣꯠꯅꯍꯧꯗ꯭ꯔꯕꯗꯤ ꯇꯨꯡꯗ ꯌꯥꯝꯅ ꯑꯋꯥꯕ ꯑꯣꯏꯔꯛꯄ ꯌꯥꯕꯒꯤ ꯑꯀꯤꯕ ꯂꯩꯇꯕ ꯅꯠꯇꯦ꯫ ꯑꯗꯨꯅ ꯍꯧꯖꯤꯛ ꯂꯩꯔꯤꯕ AarTisT ꯑꯁꯤꯅ ꯄꯨꯛꯆꯦꯜ ꯆꯥꯎꯊꯣꯛꯄ ꯑꯃ ꯃꯊꯧ ꯇꯥꯒꯅꯤ꯫ ꯃꯃꯤꯡꯇꯒꯤ ꯑꯣꯏꯅ ꯂꯩꯕ ꯂꯤꯂꯥ ꯄꯥꯔꯇꯤ ꯈꯔꯒ ꯆꯍꯤꯒꯤ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯚꯦꯁꯇꯤꯕꯦꯜꯗ ꯕꯦꯁꯠ ꯄ꯭ꯂꯦ, ꯕꯦꯁꯠ ꯑꯦꯛꯇꯔ/ꯑꯦꯛꯇ꯭ꯔꯦ ꯑꯝꯗꯤ ꯑꯇꯩ ꯃꯅꯥ ꯃꯍꯨꯝ ꯐꯪꯂꯦ ꯍꯥꯏꯅ ꯆꯥꯎꯊꯣꯛꯄꯒꯤ ꯃꯇꯝ ꯑꯗꯨ ꯅꯠꯇ꯭ꯔꯦ꯫ ꯃꯃꯥꯡꯉꯩꯗꯒꯤ ꯃꯇꯝꯗꯗꯤ ꯂꯤꯂꯥ ꯄꯥꯔꯇꯤ 20ꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯗꯨꯅ ꯌꯥꯝꯅ ꯑꯀꯟꯕ ꯀꯝꯄꯤꯇꯤꯁꯟ ꯇꯧꯅꯔꯝꯃꯤ꯫ ꯃꯗꯨꯗ ꯃꯅꯥ ꯐꯪꯂꯛꯄꯗꯨ ꯃꯃꯜ ꯌꯥꯝꯅ ꯌꯥꯝꯂꯝꯃꯤ꯫ ꯍꯧꯖꯤꯛꯇꯤ ꯄꯥꯔꯇꯤ ꯃꯁꯤꯡ ꯌꯥꯝꯂꯛꯇ꯭ꯔꯦ꯫ ꯀꯝꯄꯤꯇꯤꯁꯟꯁꯤ ꯑꯁꯨꯝ ꯑꯁꯨꯝ ꯄꯤꯛꯁꯤꯜꯂꯛꯂꯦ꯫ lMejeL ꯆꯦꯟꯃꯤꯟꯅꯕ ꯃꯤ ꯌꯥꯎꯗꯅ ꯐꯔꯁꯠ ꯇꯥꯕꯗ ꯈꯨꯕꯥꯛ ꯃꯁꯣꯜ ꯍꯧꯔꯛꯇ꯭ꯔꯦ꯫ ꯑꯗꯨꯅ ꯃꯁꯤꯒꯨꯝꯕ ꯑꯁꯤꯗ ꯑꯩꯈꯣꯏꯅ ꯅꯨꯡꯉꯥꯏꯊꯣꯛꯇꯨꯅ ꯄꯦꯟꯊꯣꯛꯇꯨꯅ ꯂꯩꯊꯣꯛꯄ ꯃꯇꯝ ꯑꯣꯏꯗ꯭ꯔꯦ꯫ ꯀꯔꯝꯅ ꯂꯩꯀꯥꯏ ꯂꯩꯀꯥꯏꯗ ꯍꯥꯟꯅꯒꯨꯝ ꯂꯤꯂꯥ ꯆꯠꯀꯗꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯑꯈꯟꯅꯕ ꯃꯤꯐꯝ ꯐꯝꯗꯨꯅ ꯈꯟꯅꯍꯧꯕ ꯆꯨꯝꯒꯅꯤ꯫ ꯃꯇꯝ ꯑꯃꯗ ꯃꯅꯤꯄꯨꯔꯤ ꯊꯤꯑꯦꯇꯔꯒꯤ ꯆꯥꯎꯔꯕ ꯃꯐꯝ ꯂꯩꯔꯝꯃꯤ꯫ ꯍꯧꯖꯤꯛꯁꯨ ꯂꯩꯔꯤ꯫ ꯃꯥꯂꯦꯝꯗ ꯊꯤꯑꯦꯇꯔꯅ ꯃꯅꯤꯄꯨꯔꯕꯨ ꯃꯁꯛ ꯇꯥꯛꯂꯤ꯫ ꯑꯗꯨꯕꯨ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯊꯏꯑꯦꯇꯔꯒꯤ ꯐꯤꯚꯝꯗꯤ ꯑꯣꯗꯤꯑꯦꯟꯁꯁꯤꯡꯒ ꯌꯥꯝꯅ ꯂꯥꯞꯊꯣꯛꯅꯔꯛꯄ ꯑꯣꯏꯅ ꯎꯕ ꯐꯪꯂꯦ꯫ ꯃꯁꯤ ꯑꯐꯕ ꯈꯨꯗꯝ ꯑꯃ ꯅꯠꯇꯦ꯫ ꯍꯞꯇꯥꯒꯤ ꯑꯣꯏꯅ ꯇꯧꯔꯝꯕ ꯊꯏꯑꯦꯔ ꯍꯣꯜ ꯍꯧꯖꯤꯀꯇꯤ ꯎꯠꯄ ꯉꯝꯗ꯭ꯔꯦ꯫ ꯑꯣꯗꯤꯑꯦꯟꯁ ꯂꯥꯛꯇ꯭ꯔꯦ꯫ ꯏꯟꯚꯤꯇꯦꯁꯟ ꯇꯧꯔꯕ ꯐꯥꯎꯕꯗ ꯌꯦꯡꯕ ꯆꯠꯇꯕꯒꯤ ꯐꯤꯚꯝ ꯂꯥꯛꯂꯕ ꯑꯁꯤꯗ ꯊꯤꯑꯦꯇꯔꯒꯤ ꯋꯥꯔꯀꯔꯁꯤꯡ ꯃꯄꯥꯡꯒꯜ ꯌꯥꯝꯅ ꯁꯣꯟꯊꯈ꯭ꯔꯦ꯫ ꯃꯁꯤꯒꯤ ꯐꯤꯚꯝ ꯑꯁꯤ ꯁꯣꯏꯗꯅ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯗꯁꯨ ꯅꯣꯡꯃ ꯇꯥꯔꯛꯄ ꯌꯥꯔꯤꯕꯅꯤ꯫ ꯑꯗꯨꯅ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯑꯩꯈꯣꯏꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯐꯤꯚꯝ ꯑꯁꯤ ꯆꯦꯠꯅꯕ ꯍꯣꯠꯅꯍꯧꯕ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ =

ꯆꯥꯏꯊꯣꯔꯛꯄ ꯋꯥꯈꯜ
ꯅꯔꯦꯟꯗ꯭ꯔ ꯅꯤꯡꯉꯣꯝꯕ
ꯅꯤꯡꯁꯤꯡꯕꯒꯤ ꯊꯣꯡꯅꯥꯎꯗ - 60
(ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯑꯃꯗꯤ ꯑꯩ)