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ꯁꯒꯣꯜꯁꯦꯟ, ꯖꯨꯂꯥꯏ 14, 2022, ꯏꯝꯐꯥꯜ
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ꯑꯦꯗꯃꯤꯁꯟꯒꯤ ꯁꯦꯜꯌꯥꯝ
ꯑꯃꯨꯛꯇ ꯄꯨꯜꯂꯞ ꯂꯧꯗꯕ ꯌꯥꯗꯕ꯭ꯔ
ꯕꯣꯔꯗ ꯑꯣꯐ ꯁꯦꯀꯦꯟꯗꯔꯤ ꯑꯦꯖꯨꯀꯦꯁꯟ ꯃꯅꯤꯄꯨꯔ (ꯕꯣꯁꯦꯝ) ꯅ
ꯂꯧꯗꯨꯅ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯆꯠꯂꯤꯕ ꯆꯍꯤ 2022 ꯒꯤ ꯍꯥꯏ ꯁ꯭ꯀꯨꯜ ꯂꯤꯚꯤꯡ
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ꯕꯣꯔꯗ ꯑꯣꯐ ꯁꯦꯀꯦꯟꯗꯔꯤ ꯑꯦꯖꯨꯀꯦꯁꯟ, ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ
ꯄꯥꯡꯊꯣꯔꯛꯐꯝ ꯊꯣꯛꯄ, ꯇꯧꯐꯝ ꯊꯣꯛꯄ ꯊꯕꯛꯅꯤ, ꯃꯆꯠꯅꯤ꯫ ꯑꯗꯨꯕꯨ
ꯑꯦꯛꯖꯥꯃꯤꯅꯦꯁꯟ ꯑꯁꯤꯕꯨ ꯃꯥꯏ ꯄꯥꯛꯂꯛꯂꯕ ꯅꯨꯄꯥꯃꯆꯥ ꯑꯃꯁꯨꯡ ꯅꯨꯄꯤꯃꯆꯥ
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ꯐꯤ, ꯊꯥꯒꯤ ꯇ꯭ꯌꯨꯁꯟ ꯐꯤ, ꯌꯨꯅꯤꯐꯣꯔꯝꯒꯤ ꯃꯃꯜ, ꯁ꯭ꯀꯨꯜ ꯕꯦꯖꯀꯤ ꯆꯥꯔꯖ,
ꯚꯦꯟ ꯅꯠꯇ꯭ꯔꯒ ꯁ꯭ꯀꯨꯜ ꯕꯁꯀꯤ ꯑꯇꯣꯡꯃꯜ, ꯐꯥꯏꯅꯦꯜ ꯑꯦꯛꯖꯥꯃꯤꯅꯦꯁꯟꯒꯤ
ꯃꯃꯥꯡꯗ ꯁ꯭ꯀꯨꯜ/ꯁ꯭ꯀꯨꯜꯗꯨꯅ ꯁꯤꯟꯖꯗꯨꯅ ꯄꯥꯡꯊꯣꯛꯆꯒꯗꯕ ꯃꯈꯜ
ꯀꯌꯥꯒꯤ ꯇꯦꯁꯠ/ꯇꯔꯃꯤꯅꯦꯜ ꯑꯦꯛꯖꯥꯃꯤꯅꯦꯁꯟꯁꯤꯡꯒꯤ ꯐꯤꯅꯆꯤꯡꯕꯁꯤꯡ
ꯌꯥꯎꯔꯤ꯫ ꯑꯀꯛꯅꯕ ꯃꯍꯩꯁꯪ (ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯁ꯭ꯀꯨꯜ) ꯑꯃꯗ ꯃꯤꯡ ꯆꯜꯂꯨꯕ
ꯃꯇꯝꯗ ꯍꯥꯏꯔꯤꯕ ꯂꯧꯐꯝ ꯊꯣꯛꯄꯅꯤ, ꯂꯧꯒꯗꯕꯅꯤ ꯑꯃꯁꯨꯡ ꯄꯤꯒꯗꯕꯅꯤ
ꯍꯥꯏꯔꯤꯕ ꯁꯦꯟꯐꯝꯁꯤꯡꯁꯤ ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯅ ꯂꯧꯏ꯫ ꯂꯧꯁꯅꯨ,
ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯒꯤꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯑꯣꯖꯥꯁꯤꯡꯒꯤ ꯊꯥꯒꯤ ꯇꯣꯂꯣꯞ
ꯄꯤꯗꯕ ꯌꯥꯔꯣꯏ꯫ ꯑꯣꯖꯥꯁꯤꯡꯗ ꯅꯠꯇꯅ ꯅꯟ-ꯇꯤꯆꯤꯡ ꯁ꯭ꯇꯥꯐꯁꯤꯡꯒꯤ
ꯃꯔꯛꯇ ꯀ꯭ꯂꯥꯁꯔꯨꯝ ꯀ꯭ꯂꯤꯅꯔ ꯌꯥꯎꯅ ꯆꯧꯀꯤꯗꯥꯔ ꯐꯥꯎꯕ ꯌꯥꯎꯔꯤꯕꯅꯤ꯫
ꯇꯉꯥꯏꯐꯗꯕ, ꯇꯤꯆꯤꯡ ꯃꯦꯇꯔꯤꯑꯦꯜꯁꯤꯡ ꯆꯪꯂꯤꯕꯅꯤ꯫ ꯀꯅꯥꯒꯨꯝꯕ ꯁ꯭ꯃꯥꯔꯠ
ꯀ꯭ꯂꯥꯁꯀꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯩꯕ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯗꯗꯤ ꯃꯩ ꯆꯪꯂꯤꯕꯅꯤ꯫ ꯃꯇꯝꯒ
ꯆꯨꯅꯕ ꯃꯦꯆꯤꯅꯔꯤꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯔꯤꯕꯅꯤ꯫
ꯑꯗꯨꯕꯨ ꯑꯉꯥꯡ ꯑꯃꯅ ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯁ꯭ꯀꯨꯜ ꯑꯃꯗ ꯀ꯭ꯂꯥꯁ ꯏꯂꯚꯦꯟ
ꯇꯝꯅꯕꯒꯤꯗꯃꯛ ꯑꯦꯗꯃꯤꯁꯟ ꯇꯧꯔꯛꯄ ꯃꯇꯝꯗ ꯆꯪꯐꯝ ꯊꯣꯛꯄ
ꯁꯦꯜꯁꯤꯡꯅꯤ, ꯄꯤꯐꯝ ꯊꯣꯛꯄ ꯐꯤꯁꯤꯡꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯑꯃꯨꯛꯇꯗ ꯁꯦꯜꯌꯥꯝ
ꯑꯃ ꯆꯣꯝꯂꯞ ꯂꯧꯕꯗꯤ ꯆꯨꯝꯕ꯭ꯔ? ꯂꯧꯐꯝ ꯊꯣꯛꯄꯗꯒꯤ ꯂꯧꯔꯤꯕ ꯁ꯭ꯀꯨꯜ
ꯑꯣꯊꯣꯔꯤꯇꯤꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤꯕꯨꯗꯤ ꯑꯆꯨꯝꯕ ꯑꯣꯏꯒꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯃꯨꯛꯇꯗ
ꯄꯤꯐꯝ ꯊꯣꯛꯄ ꯌꯥꯝꯂꯕ ꯐꯤꯁꯤꯡ ꯄꯨꯜꯂꯞ ꯄꯨꯊꯣꯛꯆꯕ ꯉꯝꯖꯗꯕ
ꯃꯍꯩꯔꯣꯏꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯃꯈꯣꯏꯒꯤ ꯃꯃꯥ-ꯃꯄꯥ, ꯒꯥꯔꯗꯤꯌꯟꯁꯤꯡꯒꯤꯁꯨ
ꯈꯟꯕꯤꯕ/ꯌꯦꯡꯕꯤꯕ ꯆꯨꯝꯂꯣꯏꯗ꯭ꯔ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯅꯤ꯫ ꯑꯦꯗꯃꯤꯁꯟꯒꯤ
ꯃꯇꯝꯗ ꯑꯦꯀꯥꯗꯦꯃꯤꯛ ꯀꯦꯂꯦꯟꯗꯔ ꯑꯃꯒꯤ ꯂꯧꯐꯝ ꯊꯣꯛꯄꯁꯤꯡ
ꯁꯤꯠ-ꯅꯥꯟꯅ ꯂꯧꯍꯧꯕꯅꯕꯨꯗꯤ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯒꯤ ꯑꯣꯊꯣꯔꯤꯇꯤꯗ ꯁꯦꯟꯐꯝ
ꯑꯃ ꯁꯣꯏꯗꯅ ꯈꯪꯒꯅꯤ꯫ ꯃꯍꯩꯔꯣꯏꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯃꯈꯣꯏꯒꯤ ꯃꯃꯥ-ꯃꯄꯥ
ꯑꯣꯏꯕꯁꯤꯡꯗꯁꯨ ꯀꯣꯝꯒꯅꯤ, ꯈꯨꯌꯥ ꯇꯨꯁꯤꯠꯍꯟꯒꯅꯤ꯫ ꯉꯝꯂꯕꯕꯨꯗꯤ ꯌꯥꯝꯅ
ꯐꯩ꯫ ꯑꯗꯨꯕꯨ ꯉꯝꯗꯕ ꯌꯥꯎꯔꯛꯂꯕꯗꯤ ꯀꯝꯗꯧꯕ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯍꯪ ꯆꯣꯡꯊꯣꯔꯛꯏ
ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯊꯥ 10 ꯒꯤ ꯁ꯭ꯀꯨꯜ ꯕꯁ/ꯚꯦꯟꯒꯤ ꯑꯇꯣꯡꯃꯜ
ꯃꯥꯡꯖꯧꯅꯅ ꯄꯨꯜꯂꯞ ꯂꯧꯗ꯭ꯔꯕꯁꯨ ꯊꯥ/ꯊꯥꯒꯤ ꯂꯧꯕ ꯌꯥꯏ꯫ ꯇ꯭ꯌꯨꯁꯟ ꯐꯤꯁꯨ ꯃꯇꯝ
ꯃꯇꯝꯒꯤ ꯑꯣꯏꯅ ꯂꯧꯕ ꯌꯥꯏ꯫ ꯏꯟꯇꯔꯅꯦꯜ ꯑꯦꯛꯖꯥꯃꯤꯅꯦꯁꯟꯁꯤꯡꯒꯤꯁꯨ
ꯑꯗꯨꯃꯉꯥꯏ꯫ ꯑꯦꯗꯃꯤꯁꯟ ꯐꯤ ꯐꯥꯎꯕꯗ ꯌꯥꯝꯂꯕꯅꯤꯅ ꯑꯍꯨꯝ ꯃꯔꯤ
ꯊꯣꯛꯅ ꯈꯥꯏꯗꯣꯛꯂꯒ ꯇꯥꯡꯀꯛ ꯅꯥꯏꯅ ꯄꯤꯕꯒꯤ ꯑꯌꯥꯕ ꯐꯥꯎꯕ ꯄꯤꯕꯤꯕ
ꯌꯥꯏ꯫ ꯊꯧꯑꯣꯡꯁꯤꯅ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯦꯖꯨꯀꯦꯁꯟ ꯁꯦꯛꯇꯔꯗ ꯄ꯭ꯔꯥꯏꯚꯦꯠ
ꯁ꯭ꯀꯨꯜꯁꯤꯡꯅ ꯆꯍꯤ ꯀꯌꯥꯒꯤ ꯃꯃꯥꯡꯗꯒꯤ ꯂꯧꯔꯛꯂꯤꯕ ꯊꯧꯗꯥꯡꯁꯤꯡ ꯍꯦꯟꯅ
ꯋꯥꯍꯟꯊꯣꯛ ꯂꯩꯍꯟꯒꯅꯤ ꯍꯥꯏꯅꯤꯡꯏ꯫ ꯍꯣꯏ, ꯃꯍꯩꯔꯣꯏ ꯑꯃꯅꯁꯨ ꯄꯤꯐꯝ
ꯊꯣꯛꯄ, ꯄ꯭ꯔꯥꯏꯚꯦꯠ ꯁ꯭ꯀꯨꯜ ꯑꯃꯅꯁꯨ ꯂꯧꯐꯝ ꯊꯣꯛꯏ ꯍꯥꯏꯕꯁꯤꯡ ꯑꯃꯨꯛꯇꯗ
ꯄꯨꯜꯂꯞ ꯂꯧꯍꯧꯕꯅ ꯁ꯭ꯀꯨꯜꯁꯤꯡꯒꯤꯗꯤ ꯑꯆꯧꯕ ꯑꯦꯗꯚꯥꯟꯇꯦꯖꯁꯤꯡ ꯐꯪꯕ
ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯑꯃꯨꯛꯇꯗ ꯁꯦꯜꯌꯥꯝ ꯄꯨꯊꯣꯛꯆꯕ ꯉꯝꯗꯕꯁꯤꯡꯗꯗꯤ ꯅꯥꯍꯤ
ꯇꯥꯕꯒꯨꯝ ꯊꯣꯛꯍꯟꯕ ꯌꯥꯎꯔꯦ ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯥꯔꯛ ꯌꯥꯝꯅ ꯐꯪꯕ ꯃꯍꯩꯔꯣꯏꯁꯤꯡ
ꯄꯨꯊꯣꯛꯄ ꯉꯝꯕ ꯃꯍꯩꯁꯪꯅꯤ ꯍꯥꯏꯔꯒꯁꯨ ꯇꯝꯕꯤꯃꯜ ꯂꯧꯕꯗ ꯁꯦꯟꯗꯣꯡ
ꯍꯦꯟꯅ ꯊꯤꯕ ꯃꯥꯟꯕꯒꯤ ꯐꯤꯚꯝꯗꯤ ꯑꯣꯏꯍꯟꯅꯤꯡꯗꯦ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 45
1) "ꯇꯅꯧ ꯇꯅꯧꯕꯤ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯗꯤ ꯀꯔꯝꯕ
ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
2) "ꯗ ꯒꯥꯏꯗ: ꯂꯝꯖꯤꯡꯕ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯤ
ꯂꯥꯏꯔꯤꯛꯇꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯅꯣ?
3) "ꯁꯥꯕꯟ ꯌꯨꯝꯐꯝ" ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ?
4) "ꯁꯣꯜꯂꯕ ꯀꯣꯛꯁꯤꯗ ꯄꯨꯕꯗꯤ ꯉꯝꯖꯗ/ꯄꯦꯟꯕ ꯅꯥꯏꯗꯅ ꯊꯛꯆꯤꯜꯂꯨꯔꯦ/ꯅꯪꯒꯤ
ꯃꯥꯏꯊꯣꯡꯒꯤ ꯀꯜꯂꯕ ꯌꯨꯒꯤ ꯅꯤꯁꯥ꯫/ꯑꯍꯤꯡ ꯆꯨꯞꯄ ꯈꯥꯡꯖꯩ ꯆꯩꯅꯥ, ꯅꯤꯡꯖꯔꯨꯕꯒꯤ/
ꯍꯟꯗꯣꯛꯇꯨꯅ/ꯂꯥꯟꯖꯈꯤꯗꯕ ꯆꯤꯟꯁꯤꯗꯒꯤ/ꯅꯪꯒꯤ ꯅꯃꯤꯡ/ꯂꯦꯞꯄ ꯂꯩꯇ꯫"
ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯛꯅꯥꯏꯔꯕ ꯀꯕꯤ ꯑꯃꯒꯤ ꯁꯩꯔꯦꯡꯅꯤ꯫ ꯀꯕꯤ ꯑꯁꯤ ꯀꯅꯥꯅꯣ,
ꯃꯍꯥꯛꯀꯤ ꯀꯔꯝꯕ ꯂꯥꯏꯔꯤꯛꯇ ꯌꯥꯎꯕ ꯀꯔꯤ ꯃꯃꯤꯡ ꯊꯣꯟꯕ ꯁꯩꯔꯦꯡꯅꯣ?
5) "ꯅꯨꯔ ꯕꯦꯒꯝ" ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯖꯨꯂꯥꯏ 15, ꯏꯔꯥꯏ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ ꯏ-ꯃꯦꯜ
hueiyenliteraryquiz@gmail.com ꯁꯤꯗ ꯃꯦꯜ ꯑꯣꯏꯅ ꯊꯥꯕꯤꯔꯛꯄ
ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ, ꯃꯍꯩꯒꯤ ꯊꯥꯛ
ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ
ꯄꯨꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ ꯃꯤꯑꯣꯏꯁꯤꯡ
ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫ ꯂꯣꯏꯅꯅ
ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

INBA ASIA GLOBAL (International Natural Bodybuilding Association, Asia) [arg INBA INDIA xg agG\li aSkr wkiFOdsryjgq 2022 INBA MANIPUR STATE LEVEL NATURAL BODYBUILDING (& FITNESS) CHAMPIONSHIP

ꯏꯔꯝꯗꯝ ꯀꯪꯂꯩꯄꯥꯛꯅ ꯕ꯭ꯔꯤꯇꯤꯁꯀꯤ ꯃꯈꯨꯠꯇꯒꯤ ꯅꯤꯡꯈꯥ ꯇꯝꯈꯤꯕ ꯀꯥꯎꯉꯝꯂꯔꯣꯏꯗꯕ ꯅꯨꯃꯤꯠ - ꯑꯣꯒꯁꯠ 14 ꯗ ꯄꯥꯡꯊꯣꯛꯂꯒꯅꯤ꯫ ꯃꯁꯥ-ꯃꯎ ꯐꯕꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤ ꯁꯒꯣꯜꯕꯟꯗ ꯏꯄꯨ ꯃꯣꯏꯔꯥꯡ ꯍꯅꯨꯕ ꯀꯃ꯭ꯌꯨꯅꯤꯇꯤ ꯍꯣꯜꯗ ꯄꯥꯡꯊꯣꯛꯆꯒꯅꯤ꯫
ꯍꯥꯏꯔꯤꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯁꯥ ꯃꯎ ꯐꯕꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤꯗ ꯌꯥꯎꯒꯗꯕ ꯀꯥꯡꯂꯨꯞꯁꯤꯡ (Categories) Kgirg : [okEqr A) Junior Natural Body Building Category: 4 height groups ꯂꯩꯒꯅꯤ꯫ ꯒ꯭ꯔꯨꯞ ꯃꯔꯤꯁꯤꯗꯒꯤ ꯑꯍꯥꯟꯕ ꯇꯥꯔꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯃꯨꯛ ꯆꯥꯡꯗꯝꯅꯗꯨꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃ ꯈꯟꯒꯠꯇꯨꯅ ꯑꯣꯚꯔꯑꯣꯜ ꯃꯤꯡꯊꯣꯜ ꯄꯤꯒꯅꯤ꯫ [egKbqr B) Senior Natural Body Building Category: 4 height groups mpxeg! ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯗꯁꯨ ꯑꯍꯥꯟꯕ ꯃꯅꯥ ꯐꯪꯂꯕꯁꯤꯡ ꯑꯃꯨꯛ ꯆꯥꯡꯗꯝꯅꯗꯨꯅ ꯑꯣꯚꯔꯑꯣꯜ ꯃꯤꯡꯊꯣꯜ ꯄꯤꯒꯅꯤ꯫ [obAKbqr, C) Women's Natural Physique (Bodybuilding) Open Category ꯂꯩꯒꯅꯤ꯫ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯗ ꯅꯨꯄꯤꯖꯥ ꯑꯣꯏꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯈꯨꯗꯤꯡꯃꯛ ꯌꯥꯎꯕ ꯌꯥꯒꯅꯤ ꯆꯍꯤ ꯑꯃꯗꯤ [elA [_kixg SlEeq FAre! ajgKbqr D) Women's Natural Fitness Open Category ꯂꯩꯒꯅꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯗꯁꯨ ꯑꯅꯦꯝ ꯑꯋꯥꯡ ꯑꯃꯗꯤ ꯆꯍꯤꯒꯤ ꯈꯥꯏꯗꯣꯛꯄ mpfl! aZkKbqr E) Men’s Master Natural Bodybuilding Open Category mpxeg! ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯗ ꯌꯥꯎꯕꯤꯒꯗꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗꯤ ꯆꯍꯤ 40 ꯑꯃꯗꯤ 40 ꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯕ ꯅꯨꯄꯥ KkEejOTKgi [OTxrqeg! [jOTq fjbdKbq F) Men's Natural Physique Open Category mpxeg! Men's Natural Physique Open Category Kg Kjbd \kxrq ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯃꯁꯤꯡ ꯌꯦꯡꯂꯒ ꯍꯥꯏꯠꯀꯤ ꯗꯤꯚꯤꯖꯟ ꯊꯝꯂꯛꯄ ꯌꯥꯕꯒꯤ ꯐꯤꯚꯝꯗ ꯂꯩꯔꯤ꯫ ꯀꯦꯇꯤꯒꯣꯔꯤꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯑꯅꯦꯝ ꯑꯋꯥꯡꯒꯤ ꯐꯤꯚꯝ (ꯍꯥꯏꯠ) ꯃꯈꯥꯗ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯊꯝꯖꯔꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯀꯦꯇꯤꯒꯣꯔꯤ ꯑꯃꯗꯤ ꯚꯤꯖꯟꯁꯤꯡ ꯑꯁꯤ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯃꯁꯥ ꯃꯁꯥꯒ ꯆꯥꯟꯅꯖꯕ ꯑꯅꯦꯝ ꯑꯋꯥꯡ ꯑꯃꯗꯤ ꯆꯍꯤꯒꯤ ꯐꯤꯚꯝ ꯌꯦꯡꯗꯨꯅ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤꯗ ꯌꯥꯎꯅꯕ agi vEKgEqg\b afA vke! 2022 INBA MANIPUR STATE LEVEL NATURAL BODYBUILDING (& FITNESS) CHAMPIONSHIP \kBegiq elvjlM [OTe ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤꯗ ꯌꯥꯎꯅꯕꯒꯤ ꯑꯦꯄ꯭ꯂꯤꯀꯦꯁꯟ ꯐꯣꯔꯝ ꯃꯈꯥꯗ ꯊꯝꯖꯔꯤꯕ WOE ꯅꯝꯕꯔꯁꯤꯡ ꯑꯁꯤꯗꯒꯤ ꯐꯪꯕꯤꯕ ꯌꯥꯒꯅꯤ ꯉꯁꯤꯗꯒꯤ (ꯖꯨꯂꯥꯏ 14 ꯗꯒꯤ)꯫
2022 INBA MANIPUR STATE LEVEL NATURAL BODYBUILDING (& FITNESS) CHAMPIONSHIP ꯑꯁꯤꯗ ꯌꯥꯎꯕꯤꯒꯗꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯁꯛꯇꯥꯛꯆꯦ (ꯑꯥꯏꯗꯦꯟꯇꯤꯇꯤ ꯀꯥꯔꯗ), ꯑꯅꯦꯝ ꯑꯋꯥꯡ (ꯍꯥꯏꯠ) ꯑꯃꯗꯤ ꯆꯍꯤꯅꯆꯤꯡꯕ ꯑꯔꯣꯏꯕ ꯌꯦꯡꯁꯤꯟꯕꯒꯤ ꯊꯧꯔꯝ ꯑꯣꯒꯁꯠ 12 ꯒꯤ ꯑꯌꯨꯛ ꯄꯨꯡ 8 ꯗꯒꯤ 12.30 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯁꯒꯣꯜꯕꯟꯗ ꯏꯄꯨ ꯃꯣꯏꯔꯥꯡ ꯍꯅꯨꯕ ꯀꯃ꯭ꯌꯨꯅꯤꯇꯤ ꯍꯣꯜꯗ ꯄꯥꯡꯊꯣꯛꯆꯒꯅꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯏꯁꯥ ꯏꯁꯥꯒꯤ ꯁꯛꯇꯥꯛꯆꯦ (ꯑꯥꯙꯥꯔ/ꯑꯥꯏꯗꯦꯟꯇꯤꯇꯤ ꯀꯥꯔꯗ) ꯗ ꯂꯣꯏꯅꯅ ꯃꯇꯝ ꯆꯥꯅ ꯌꯧꯕꯤꯔꯛꯎ꯫ ꯁꯛꯇꯥꯛꯆꯦ (ꯑꯥꯏꯗꯦꯟꯇꯤꯇꯤ ꯀꯥꯔꯗ), ꯑꯅꯦꯝ ꯑꯋꯥꯡ ꯑꯃꯗꯤ ꯆꯍꯤꯅꯆꯤꯡꯕ ꯌꯦꯡꯁꯤꯟꯅꯕꯒꯤ ꯊꯧꯔꯝ ꯑꯁꯤ ꯑꯣꯒꯁꯠ 13 ꯗ ꯇꯧꯕ ꯌꯥꯕꯅꯤ ꯑꯗꯨꯕꯨ ꯅꯨꯃꯤꯠꯁꯤꯗ ꯁꯥꯟꯅꯔꯣꯏ ꯀꯌꯥ ꯑꯃꯁꯨ ꯑꯇꯣꯞꯄ ꯃꯁꯥ-ꯃꯎ ꯐꯕꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯃꯗ ꯁꯔꯨꯛ ꯌꯥꯒꯗꯕ ꯂꯩꯕꯅ ꯂꯥꯛꯄꯗ ꯈꯨꯗꯣꯡꯆꯥꯔꯣꯏꯗꯕ ꯐꯤꯚꯝ ꯂꯩꯕꯗꯨꯅ ꯃꯈꯣꯏꯒꯤꯁꯨ ꯈꯨꯗꯣꯡ ꯆꯥꯒꯗꯕ ꯌꯦꯡꯖꯗꯨꯅ ꯑꯣꯒꯁꯠꯀꯤ ꯇꯥꯡ 12 ꯗ ꯑꯣꯏꯅ ꯌꯩꯈꯠꯆꯕꯅꯤ꯫
wkiFOdsryjgq [okEq 2022 INBA MANIPUR STATE LEVEL NATURAL BODYBUILDING (& FITNESS) CHAMPIONSHIP [Kg KDflG mlzlM [OTcjqKb ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯒ꯭ꯂꯣꯕꯦꯜꯒꯤ ꯆꯠꯅꯕꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯏꯟꯗꯤꯌꯥꯗ ꯂꯩꯔꯤꯕ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯈꯨꯗꯤꯡꯃꯛꯅ ꯁꯔꯨꯛ ꯌꯥꯕꯒꯤ ꯑꯌꯥꯕꯁꯨ ꯊꯝꯂꯤ꯫ ꯏꯟꯗꯤꯌꯥꯗ ꯅꯠꯇꯦ, ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛꯀꯤ ꯁꯥꯟꯅꯔꯣꯏ ꯂꯥꯛꯂꯕꯁꯨ ꯑꯗꯨꯝ ꯌꯥꯎꯕ ꯌꯥꯍꯟꯒꯅꯤ꯫ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ, ꯌꯨ ꯑꯦꯁ ꯑꯦꯒꯤ ꯀꯦꯂꯤꯐꯣꯔꯅꯤꯌꯥ ꯁ꯭ꯇꯦꯠꯇ ꯄꯥꯡꯊꯣꯛꯄ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯀꯦꯄꯤꯇꯦꯜ ꯁꯤꯇꯤ ꯄꯥꯡꯊꯣꯛꯄꯗ ꯑꯇꯣꯞꯄ ꯁ꯭ꯇꯦꯠꯇꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯗ ꯅꯠꯇꯅ ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛꯇꯒꯤ ꯂꯥꯛꯄ ꯁꯥꯟꯅꯔꯣꯏꯁꯨ ꯑꯗꯨꯝ
ꯌꯥꯎꯕ ꯌꯥꯍꯜꯂꯤ꯫ ꯑꯩꯍꯥꯛꯀꯤ ꯑꯣꯁꯇ꯭ꯔꯦꯂꯤꯌꯥꯒꯤ ꯃꯔꯨꯞ Ken ꯙꯍꯀꯀ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯐꯝ ꯑꯌꯥꯝꯕꯗ ꯆꯠꯇꯨꯅ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜ, ꯅꯦꯁꯅꯜ ꯂꯦꯚꯦꯜ ꯅꯠꯇ꯭ꯔꯒ ꯏꯟꯇꯔꯅꯦꯁꯅꯜ ꯂꯦꯚꯦꯜꯗ ꯄꯥꯡꯊꯣꯛꯄ ꯑꯃ ꯍꯦꯛꯇ ꯌꯥꯎꯔꯨꯏ꯫ ꯃꯁꯤꯗ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤ ꯁ꯭ꯇꯦꯠ ꯂꯦꯚꯦꯜꯅꯤ, ꯅꯦꯁꯅꯜ ꯂꯦꯚꯦꯜꯅꯤ ꯍꯥꯏꯕꯒꯤ
ꯈꯦꯟꯅꯕ ꯊꯝꯗꯦ꯫

ꯃꯁꯤꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯔꯝꯗꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯒ꯭ꯂꯣꯕꯦꯜ ꯑꯁꯤ ꯅꯦꯆꯔꯦꯜꯕꯨ ꯄꯥꯝꯖꯕ, ꯅꯦꯆꯔꯦꯜꯕꯨ ꯁꯧꯒꯠꯄꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯃꯗꯤ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯈꯨꯗꯤꯡꯃꯛꯄꯨ ꯏꯃꯨꯡ ꯑꯃꯠꯇꯒꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯒꯨꯝ ꯈꯟꯕꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯂꯩꯕ ꯑꯗꯨꯅꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯋꯥꯈꯜꯂꯣꯟ ꯂꯩꯕ ꯑꯃꯗꯤ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯕ ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯆꯥꯗꯨꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯆꯥꯡꯗꯝꯅꯐꯝ ꯑꯣꯏꯕꯅꯤ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ, ꯄꯤ ꯑꯦꯟ ꯕꯤ ꯑꯦꯒꯤ ꯆꯥꯡꯗꯝꯅꯕ ꯈꯨꯗꯤꯡꯃꯛ ꯈꯠꯅ-ꯆꯩꯅꯕ ꯑꯃꯠꯇ ꯌꯥꯎꯗꯅ ꯌꯥꯝꯅ ꯏꯪꯅ ꯇꯞꯅ ꯍꯔꯥꯎ ꯃꯤꯅꯣꯛ ꯇꯝꯅ ꯅꯨꯡꯁꯤꯅꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯉꯝꯂꯤꯕ꯫
ꯍꯥꯏꯔꯤꯕ ꯑꯁꯤꯒꯨꯝꯕ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯁꯤꯃꯛ ꯍꯟꯗꯛ ꯄꯥꯡꯊꯣꯛꯀꯗꯧꯔꯤꯕ ꯑꯍꯥꯟꯕ 2022 INBA MANIPUR STATE LEVEL NATURAL BODYBUILDING (& FITNESS)

CHAMPIONSHIP ꯑꯁꯤꯗꯁꯨ ꯁꯣꯏꯗꯅ ꯃꯤꯌꯥꯝꯅ ꯎꯕ ꯐꯪꯕꯤꯒꯅꯤ ꯍꯥꯏꯅ ꯊꯝꯖꯒꯦ꯫ ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯑꯦꯁꯤꯌꯥ ꯒ꯭ꯂꯣꯕꯦꯜꯒꯤ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠꯀꯤ ꯊꯧ ꯄꯨꯖꯗꯨꯅ ꯏꯁꯥꯃꯛꯁꯨ ꯂꯥꯞꯂꯕ ꯇꯥꯏꯋꯥꯟꯗꯒꯤ ꯂꯥꯛꯇꯨꯅ ꯄꯥꯡꯊꯣꯛꯆꯒꯗꯧꯔꯤꯕ ꯑꯁꯤꯒꯨꯝꯕ ꯅꯦꯆꯔꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯆꯥꯡꯗꯝꯅꯕꯒꯤ ꯏꯍꯧ ꯑꯃꯗꯤ ꯅꯦꯆꯔꯦꯜ ꯑꯣꯏꯅ ꯁꯥꯟꯅꯖꯕ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡ ꯑꯁꯤꯕꯨ ꯏꯔꯝꯗꯝꯗꯒꯤ ꯈ꯭ꯋꯥꯏ ꯄꯨꯝꯅꯃꯛꯅ ꯂꯦꯡꯕꯤꯔꯛꯇꯨꯅ ꯄꯨꯛꯅꯤꯡ ꯊꯧꯒꯠꯄꯤꯌꯨ ꯑꯃꯗꯤ ꯁꯧꯒꯠꯄꯤꯌꯨ ꯍꯥꯏꯅ ꯈꯨꯕꯥꯝ ꯆꯥꯡꯖꯧ ꯇꯔꯥ ꯂꯣꯟꯅꯅ ꯄꯥꯎꯗꯝꯖꯔꯤ꯫ ꯆꯥꯡꯗꯝꯅꯕ ꯑꯁꯤꯗ ꯌꯥꯎꯔꯤꯕ ꯀꯦꯇꯤꯒꯣꯔꯤꯁꯤꯡ, ꯗꯤꯚꯤꯖꯟꯁꯤꯡ ꯑꯃꯗꯤ ꯑꯦꯄ꯭ꯂꯤꯀꯦꯁꯟ ꯐꯣꯔꯝ WIWA ꯃꯣꯕꯥꯏꯜ ꯅꯝꯕꯔꯁꯤꯡ ꯃꯈꯥꯗ ꯊꯝꯖꯔꯤ :
A) Junior Natural Body Building Category: * 4 Groups:
1) SHORT: Up to & including165 cm (5'5").
2) MEDIUM: Up to & including 170 cm (5'7").
3) TALL: Up to & including 175 cm (5'9").
4) SUPER TALL: Above175 cm (5'9")
* 1 ꯣꯆꯅꯗꯃꯦꯦ
B) Senior Natural Body Building Category: * 4 Groups:
1) SHORT: Up to & including165 cm (5'5")
2) MEDIUM: Up to & including 170 cm (5'7")
3) TALL: Up to & including 175 cm (5'9")
4) SUPER TALL: Above175 cm (5'9")
* 1 ꯣꯆꯅꯗꯃꯦꯦ
C) Women's Natural Physique (Bodybuilding) Open Category
D) Women's Natural Fitness Open Category
E) Master Natural Bodybuilding Open Category (40 years and above) F) Men's Natural Physique Open Category

ꯑꯦꯄ꯭ꯂꯤꯀꯦꯁꯟ ꯐꯣꯔꯝꯒꯤꯗꯃꯛ ꯃꯣꯕꯥꯏꯜ ꯅꯝꯕꯔꯁꯤꯡ ꯑꯁꯤꯗ ꯀꯟꯇꯦꯛꯠ ꯇꯧꯕꯤꯌꯨ :
9774791824 / 9856460221 / 9612346332 / 9862038745.=

ꯃꯃꯥꯡꯗꯁꯨ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯂꯣ ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔꯒꯤ ꯐꯤꯚꯝꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕ ꯆꯠꯄꯗ ꯀꯌꯥꯃꯨꯛ ꯌꯥꯝꯅ ꯈꯨꯗꯣꯡꯆꯥꯗꯕꯒꯦ ꯑꯃꯗꯤ ꯄꯨꯟꯁꯤ ꯑꯁꯤ ꯀꯌꯥ ꯌꯥꯝꯅ ꯁꯤꯡꯅꯗꯨꯅ ꯃꯤꯌꯥꯝꯒꯤ ꯊꯧꯒꯜ ꯇꯧꯗꯨꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕ ꯆꯠꯂꯤꯕꯅꯣ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯥꯡꯗ ꯋꯥꯐꯝ ꯈꯔ ꯁꯥꯃꯤꯟ ꯑꯣꯏꯅ ꯊꯝꯖꯈ꯭ꯔꯦ꯫ ꯉꯁꯤꯁꯨ ꯃꯈꯥ ꯇꯥꯅ ꯈꯖꯤꯛꯇꯪꯒ ꯅꯤꯡꯁꯤꯡ ꯄꯔꯩ ꯂꯥꯛꯇꯨꯅ ꯃꯤꯌꯥꯝꯗ ꯊꯝꯅꯕ ꯍꯣꯠꯅꯖꯒꯦ꯫ ꯀꯨꯝꯖꯥ 1980 ꯍꯧꯔꯛꯄ ꯑꯃꯗꯤ ꯃꯗꯨꯗꯒꯤ ꯈꯔ ꯆꯠꯊꯔꯛꯄ ꯆꯍꯤ ꯍꯥꯏꯖꯕ ꯇꯥꯔꯦ ꯀꯨꯝꯖꯥ 1985/86 ꯀ ꯌꯧꯔꯛꯄꯗꯒꯤꯗꯤ ꯃꯅꯤꯄꯨꯔꯗ ꯍꯥꯟꯅ ꯂꯩꯔꯝꯕ ꯂꯣ ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔꯒꯤ ꯐꯤꯚꯝ ꯑꯁꯤ ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯀꯌꯥꯝ ꯍꯣꯡꯂꯛꯂꯕꯒꯦ ꯍꯥꯏꯕꯁꯤ ꯈꯪꯅ ꯍꯣꯡꯏ ꯍꯥꯏꯖꯕ ꯇꯥꯔꯦ꯫
ꯃꯇꯝꯗꯨꯗ ꯂꯥꯜꯍꯧꯕꯒꯤ ꯑꯦꯛꯇꯤꯚꯤꯇꯤꯖ ꯑꯁꯤ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯀꯟꯈ꯭ꯔꯦ꯫ ꯂꯥꯜꯍꯧꯕꯁꯤꯡꯅ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯗ ꯑꯅꯧꯕ ꯑꯑꯣꯟꯕ ꯑꯃ ꯄꯨꯔꯛꯅꯕ ꯏꯟꯗꯤꯌꯥꯟ ꯂꯥꯟꯃꯤꯒꯤ ꯃꯊꯛꯇ ꯂꯥꯟ ꯀꯟꯅ ꯁꯣꯛꯅꯔꯛꯄ ꯃꯇꯝꯅꯤ꯫ ꯂꯥꯟ ꯑꯗꯨꯒꯤ ꯄꯟꯉꯥꯛ ꯑꯣꯏꯅ ꯁ꯭ꯇꯦꯠ ꯄꯨꯂꯤꯁ ꯐꯣꯔꯁꯁꯤꯡꯁꯨ ꯌꯥꯎꯁꯤꯜꯂꯛꯇꯨꯅ ꯍꯦꯟꯅ ꯁꯥꯊꯤꯕ ꯐꯤꯚꯝ ꯑꯃꯗ ꯂꯥꯛꯄ ꯍꯧꯔꯛꯈꯤ꯫ ꯃꯇꯝ ꯑꯗꯨ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯁꯨ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯃꯄꯥꯡꯒꯜ ꯀꯟꯈꯠꯂꯛꯄ ꯃꯇꯝꯅꯤ꯫ ꯃꯇꯝꯗꯨꯗ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕ ꯃꯐꯝ ꯈꯨꯗꯤꯡꯗ ꯂꯥꯜꯍꯧꯕ ꯅꯍꯥꯔꯣꯜꯁꯤꯡꯒꯤ ꯑꯦꯛꯇꯤꯚꯤꯇꯤꯁꯤꯡ ꯑꯁꯤ ꯅꯨꯡꯇꯤꯒꯤ ꯎꯔꯛꯂꯦ ꯍꯥꯏꯕ ꯇꯥꯏ꯫ ꯂꯤꯂꯥ ꯀꯟꯅ ꯁꯥꯟꯅꯔꯤꯉꯩꯗ ꯅꯍꯥꯔꯣꯜꯁꯤꯡ ꯈꯨꯠꯂꯥꯏ ꯄꯥꯏꯗꯨꯅ ꯂꯥꯛꯈꯤ꯫ ꯑꯣꯗꯤꯑꯦꯟꯁꯅ ꯏꯀꯣꯏ ꯀꯣꯏꯅ ꯐꯝꯗꯨꯅ ꯂꯦꯞꯇꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯔꯤꯉꯩꯒꯤ ꯃꯔꯛꯇ ꯆꯪꯁꯤꯜꯂꯛꯇꯨꯅ ꯃꯈꯣꯏꯒꯤ ꯑꯄꯥꯝꯕ ꯑꯅꯤꯡꯕ ꯃꯤꯌꯥꯝꯗ ꯊꯝꯅꯤꯡꯕ ꯋꯥꯁꯤꯡ ꯑꯗꯨ ꯃꯥꯏꯀ꯭ꯔꯣꯐꯣꯟꯗ ꯍꯥꯏꯒꯅꯤ꯫ ꯀꯔꯤꯒꯨꯝꯕꯗ ꯆꯦꯖꯥꯏ ꯆꯥꯏꯕ ꯍꯥꯏꯅ ꯌꯥꯝꯅ ꯀꯟꯅ ꯆꯠꯅꯔꯝꯃꯤ꯫ ꯃꯗꯨꯒꯤ ꯆꯦꯖꯥꯏ ꯑꯗꯨ ꯆꯥꯏꯊꯣꯛꯀꯅꯤ꯫ ꯃꯇꯝꯗꯨꯗ ꯈꯔ ꯀꯤꯒꯟꯕ ꯀꯥꯡꯕꯨꯗꯤ ꯂꯤꯂꯥꯗꯨ ꯌꯦꯡꯗꯅ ꯃꯌꯨꯝ ꯃꯌꯨꯝꯗ ꯍꯟꯅꯈꯤꯕ ꯀꯣꯡꯒꯥꯏꯅꯤ꯫ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯔꯒ ꯁ꯭ꯇꯦꯠꯀꯤ ꯄꯨꯂꯤꯁ ꯑꯃꯗꯤ ꯑꯥꯔꯃꯤ ꯃꯇꯝꯗꯨꯗꯗꯤ ꯖꯦ ꯀꯦ ꯑꯥꯔꯃꯤ ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯁꯥꯊꯤꯕ ꯀꯥꯡꯕꯨ ꯑꯃ ꯂꯩꯔꯝꯃꯤ꯫ ꯃꯈꯣꯏꯗꯨ ꯌꯥꯝꯅ ꯇꯝꯊꯤ꯫ ꯑꯩꯒꯤ ꯋꯥꯐꯝꯁꯤ ꯃꯔꯤ ꯂꯩꯅꯕꯁꯤꯡꯅ ꯇꯥꯕꯤꯔꯒꯗꯤ ꯁꯣꯏꯗꯅ ꯅꯨꯉꯥꯏꯇꯕ ꯐꯥꯎꯒꯅꯤ꯫ ꯃꯁꯤꯗꯤ ꯌꯥꯝꯅ ꯆꯝꯅ ꯅꯤꯡꯁꯤꯡꯂꯒ ꯍꯥꯏꯖꯕꯅꯤ ꯋꯥꯔꯧꯕꯤꯒꯅꯨ꯫ ꯃꯈꯣꯏꯒꯤꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯃꯊꯧ ꯇꯧꯖꯕꯅꯤ꯫ ꯃꯗꯨꯗ ꯌꯦꯠꯂꯨꯕ ꯊꯤꯡꯂꯨꯕꯒꯤ ꯋꯥ ꯅꯠꯆꯗꯦ꯫ ꯀꯅꯥꯅꯕꯨ ꯃꯇꯝꯗꯨꯗ ꯖꯦ ꯀꯦ ꯑꯥꯔꯃꯤ ꯂꯥꯛꯄ ꯃꯇꯝꯗ ꯃꯃꯥꯡ ꯊꯠꯇꯨꯅ ꯋꯥ ꯉꯥꯡꯕ ꯉꯝꯒꯗꯧꯔꯤꯕꯅꯣ? ꯀꯜꯂꯦ ꯊꯧꯔꯦ ꯍꯥꯏꯕ ꯑꯃꯠꯇ ꯃꯈꯣꯏꯒꯤ ꯃꯃꯥꯡꯗ ꯋꯥꯍꯩ ꯑꯃ ꯐꯥꯎꯕ ꯃꯔꯩ ꯈꯠꯄ ꯉꯝꯕ ꯅꯠꯇꯦ꯫ ꯃꯈꯣꯏꯗꯤ ꯑꯁꯦꯡꯕꯅꯤ ꯈꯪꯗꯦ, ꯁꯦꯡꯗꯕꯅꯤ ꯈꯪꯗꯦ, ꯆꯤꯡꯅꯩ ꯍꯥꯏꯗꯨꯅ ꯊꯣꯛ ꯐꯥꯒꯅꯤ, ꯍꯥꯠꯀꯅꯤ꯫ ꯐꯥꯈ꯭ꯔꯒ ꯃꯌꯨꯝꯗ ꯍꯜꯂꯛꯈꯤꯗꯕ ꯀꯌꯥ ꯑꯃ ꯂꯩꯈꯤ꯫ ꯃꯁꯤꯒꯤ ꯋꯥꯔꯤꯁꯤꯃ ꯅꯥꯀꯜꯗ ꯊꯩꯗꯣꯛꯆꯔꯒꯦ꯫ ꯃꯇꯝꯗꯨꯗ ꯑꯥꯔꯃꯤꯁꯤꯡꯒꯤ ꯑꯦꯛꯇꯤꯚꯤꯇꯤꯖꯁꯨ ꯑꯉꯛꯄ ꯑꯃꯅꯤ꯫ ꯑꯗꯨꯅ ꯃꯌꯥꯝꯁꯤ ꯌꯥꯝꯅ ꯀꯤꯅꯩ꯫ ꯂꯥꯜꯍꯧꯕ ꯅꯍꯥꯔꯣꯜ ꯂꯥꯛꯈ꯭ꯔꯦ ꯇꯥꯕꯒ ꯀꯅꯥꯅ ꯄꯤꯕ ꯄꯥꯎꯅꯣ ꯈꯪꯗꯦ, ꯁ꯭ꯇꯦꯠ ꯄꯨꯂꯤꯁꯁꯨ ꯑꯗꯨ ꯃꯉꯥꯏ, ꯑꯥꯔꯃꯤꯁꯤꯡꯁꯨ ꯑꯗꯨ ꯃꯉꯥꯏ ꯃꯔꯤ ꯃꯔꯤ ꯍꯦꯛꯇ ꯊꯨꯡꯂꯔꯒꯅꯤ꯫ ꯑꯗꯨꯒ ꯂꯤꯂꯥ ꯌꯦꯡꯂꯝꯂꯤꯕ ꯃꯌꯥꯝꯗꯨ ꯃꯆꯤ ꯂꯦꯡꯕ ꯌꯥꯔꯣꯏ ꯍꯥꯏꯅ ꯂꯥꯎ ꯈꯣꯡꯗꯨꯅ ꯇꯧꯔꯒ, ꯑꯃꯃꯝꯇ ꯑꯣꯏꯅ ꯆꯦꯛ ꯇꯧꯗꯨꯅ ꯑꯣꯟꯊꯣꯛꯄ ꯐꯤꯚꯝ ꯑꯃꯗ ꯆꯠꯊꯔꯝꯃꯤ꯫ ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕ ꯆꯠꯄ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ ꯔꯤꯁꯛ ꯂꯩꯕ ꯑꯃ ꯑꯣꯏꯔꯛꯈꯤ꯫ ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕꯁꯤ ꯃꯐꯝ ꯑꯃꯗꯤ ꯃꯇꯝ ꯌꯦꯡꯗꯨꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯂꯩꯕꯥꯛ ꯃꯤꯌꯥꯝꯅꯗꯤ ꯑꯩꯈꯣꯏꯕꯨ ꯅꯨꯡꯁꯤꯕꯤꯕꯅꯤꯅ, ꯂꯤꯂꯥꯁꯤ ꯄꯪꯀꯧꯗ ꯀꯧꯕ ꯂꯥꯛꯈꯤ꯫ ꯃꯇꯝꯗꯨꯗꯗꯤ ꯂꯤꯂꯥꯒꯤ ꯈꯣꯡꯆꯠ ꯑꯁꯤꯁꯨ ꯑꯉꯛꯄ ꯑꯃꯅꯤ꯫ ꯂꯤꯂꯥ ꯌꯥꯝꯅ ꯇꯧꯅꯩ꯫ ꯀꯅꯥꯒꯤ ꯁ꯭ꯋꯁꯇꯤ ꯄꯨꯖꯥ, ꯅꯥꯍꯨꯠ-ꯅꯥꯔꯦꯡ, ꯂꯨꯒꯨꯟ ꯊꯥꯡꯕ, ꯑꯉꯥꯡ ꯃꯃꯤꯡ ꯊꯣꯟꯕ, ꯂꯨꯍꯣꯡꯕ, ꯁꯔꯁ꯭ꯋꯇꯤ ꯄꯨꯖꯥ, ꯗꯨꯔꯒꯥ ꯄꯨꯖꯥ, ꯀꯥꯡ, ꯕꯤꯁ꯭ꯋꯀꯔꯃ ꯄꯨꯖꯥ, ꯌꯨꯝ ꯁꯪꯒꯥꯕ, ꯁ꯭ꯀꯨꯜ ꯁꯪꯒꯥꯕ, ꯊꯣꯡ ꯁꯪꯒꯥꯕ ꯂꯤꯂꯥꯒꯤ ꯂꯤꯂꯥ ꯉꯥꯛꯇꯅꯤ꯫ ꯂꯩꯀꯥꯏ ꯃꯤꯌꯥꯝꯅꯁꯨ ꯂꯤꯂꯥ ꯇꯧ ꯌꯨꯝꯕꯨꯗ ꯅꯠꯇ꯭ꯔꯒ ꯊꯧꯕꯨꯗ ꯏꯟꯁꯤꯟꯒꯅꯤ꯫ ꯑꯇꯣꯞꯄ ꯃꯈꯜ ꯑꯃꯠꯇꯒꯤ ꯀꯨꯝꯃꯩ ꯀꯧꯅꯗꯦ꯫ ꯂꯤꯂꯥꯗ ꯂꯣꯏꯅ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯅꯕ ꯃꯇꯝ ꯑꯃꯁꯨ ꯀꯟꯅ ꯑꯣꯏꯈꯤ꯫ ꯑꯗꯨꯒꯤꯁꯨ ꯃꯊꯛꯇ, ꯂꯩꯀꯥꯏ ꯂꯩꯀꯥꯏ ꯈꯨꯗꯤꯡ, ꯈꯨꯟ ꯈꯨꯟ ꯈꯨꯗꯤꯡꯗ ꯂꯤꯡꯂꯤꯕ/ꯂꯩꯔꯤꯕ ꯀ꯭ꯂꯕ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟꯁꯤꯡ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯗꯤꯚꯂꯞꯃꯦꯟꯠ ꯇꯧꯅꯕꯒꯤ ꯊꯧꯔꯥꯡ ꯑꯃ ꯀꯟꯅ ꯂꯥꯡꯂꯛꯄ ꯃꯇꯝꯗ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯁꯤ ꯆꯦꯔꯤꯇꯤ ꯑꯣꯏꯅ ꯌꯥꯝꯅ ꯀꯟꯅ ꯁꯥꯟꯅꯔꯛꯄ ꯃꯇꯝꯅꯤ꯫ ꯑꯗꯨꯅꯅꯤ ꯑꯩꯅꯁꯨ ꯃꯃꯥꯡꯗ ꯂꯩꯀꯥꯏ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯆꯥꯎꯈꯠ ꯊꯧꯔꯥꯡꯗ, ꯁ꯭ꯄꯣꯔꯁꯠ, ꯑꯇꯩ ꯍꯤꯔꯝ ꯀꯌꯥꯗ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯅ ꯑꯆꯧꯕ ꯊꯧꯗꯥꯡ ꯂꯧꯗꯨꯅ ꯂꯩꯀꯥꯏ ꯀ꯭ꯂꯕꯁꯤꯡꯒ ꯈꯨꯠꯁꯝꯅꯗꯨꯅ ꯌꯥꯝꯅ ꯀꯟꯅ ꯍꯣꯠꯅꯔꯛꯈꯤ ꯍꯥꯏꯅ ꯊꯝꯖꯈꯤꯕꯗꯨ꯫ ꯃꯗꯨꯒꯨꯝꯕ ꯀꯌꯥꯒꯤ ꯂꯤꯂꯥ ꯈꯣꯡꯆꯠ ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏꯁꯤ ꯅꯣꯡꯃꯇ ꯁꯪꯗꯕ ꯃꯇꯝ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯈꯤꯕꯅꯤ꯫
ꯀꯨꯝꯖꯥ 1990 ꯌꯧꯔꯛꯄꯗꯗꯤ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯂꯣ ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔꯒꯤ ꯐꯤꯚꯝꯁꯨ ꯐꯠꯂꯛꯈꯤꯗꯦ, ꯑꯗꯨꯒ ꯃꯅꯤꯄꯨꯔꯤ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥꯒꯤ ꯈꯣꯡꯆꯠꯇꯁꯨ ꯑꯗꯨꯃꯛ ꯂꯦꯞꯈꯤꯗꯦ꯫ ꯃꯇꯝꯁꯤꯗꯅꯤ ꯑꯩꯅ ꯋꯥꯔꯤ ꯑꯃꯈꯛ ꯃꯌꯥꯝꯗ ꯊꯝꯖꯅꯤꯡꯂꯤꯕ꯫ ꯃꯇꯝꯗꯨꯗ ꯁꯦꯟꯇ꯭ꯔꯦꯜ ꯑꯦꯁ ꯄꯤ ꯍꯥꯏꯗꯨꯅ ꯏꯝꯐꯥꯜꯒꯤ ꯑꯣꯏꯕ ꯑꯄꯨꯟꯕ ꯑꯦꯁ
ꯄꯤ ꯑꯃ ꯂꯩꯔꯝꯃꯤ꯫ ꯃꯗꯨ ꯁꯥꯔ ꯑꯍꯟꯊꯦꯝ ꯔꯣꯃꯦꯟꯅ ꯑꯦꯁ ꯄꯤ ꯑꯣꯏꯕ ꯃꯇꯝꯅꯤ꯫ ꯁꯔꯁꯤ ꯄꯨꯛꯆꯦꯜ ꯌꯥꯝꯅ ꯆꯥꯎꯕ ꯃꯤꯁꯛꯅꯤ꯫ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡꯕꯨꯁꯨ ꯌꯥꯝꯅ ꯂꯨꯅ ꯇꯧꯕꯤ꯫ ꯁꯔꯒꯤ ꯊꯕꯛꯀ ꯃꯔꯤ ꯂꯩꯅꯕ ꯁꯤꯟꯊꯥ ꯑꯃꯅꯤ꯫ ꯃꯗꯨꯒꯤ ꯃꯥꯏꯀꯩ ꯑꯗꯣꯝꯗꯗꯤ ꯌꯥꯝꯅ ꯀꯨꯞꯅ ꯈꯪꯖꯗ꯭ꯔꯦ꯫ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯤꯂꯥ ꯄꯥꯔꯇꯤꯁꯤ ꯁꯔꯅ ꯌꯥꯝꯅ ꯅꯨꯡꯁꯤꯅ ꯇꯧꯕꯤ꯫ ꯆꯍꯤ ꯈꯨꯗꯤꯡꯒꯤ ꯁꯔꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯤꯂꯥꯁꯤ ꯑꯍꯨꯝ ꯃꯔꯤꯔꯛꯇꯤ ꯁꯣꯏꯗꯅ ꯀꯨꯝ ꯈꯨꯗꯤꯡꯒꯤ ꯀꯧꯗꯨꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯤꯂꯥꯁꯤ ꯌꯦꯡꯕꯤ꯫ ꯃꯔꯨ ꯑꯣꯏꯅ ꯌꯥꯎꯁꯪꯁꯤꯃ ꯁꯣꯏꯗ꯭ꯔꯦ꯫ ꯀꯥꯡ ꯃꯅꯨꯡ, ꯑꯗꯨꯒ ꯑꯇꯩ ꯍꯤꯔꯝ ꯀꯌꯥꯗ ꯁꯨꯡꯁꯣꯏ ꯁꯣꯏꯗꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯂꯤꯂꯥꯁꯤ ꯀꯧꯗꯨꯅ ꯍꯦꯛ ꯍꯦꯛ ꯌꯦꯡꯕꯤꯕꯅꯤ꯫ ꯁꯔ ꯍꯦꯛ ꯂꯥꯛꯇ꯭ꯔꯤꯈꯩ ꯑꯩꯈꯣꯏ ꯂꯤꯂꯥ ꯍꯧꯗꯦ꯫ ꯁꯔ ꯍꯦꯛ ꯂꯥꯛꯄꯒ ꯌꯥꯔꯦ ꯍꯥꯏꯔꯀꯥꯟꯗꯨꯗ ꯂꯤꯂꯥ ꯍꯧꯖꯩ꯫ ꯊꯋꯥꯏ ꯇꯥꯅ ꯌꯦꯡꯕꯤꯕꯅꯤ꯫ ꯌꯥꯝꯅ ꯅꯨꯡꯁꯤꯖꯔꯤꯕꯗꯤ, ꯑꯩꯈꯣꯏꯁꯤ ꯁꯔꯒꯤ ꯌꯨꯝꯗ ꯂꯤꯂꯥ ꯇꯧꯕ ꯃꯇꯝꯗ ꯆꯥꯛꯁꯨ ꯌꯥꯎꯅ ꯄꯤꯖꯩ꯫ ꯑꯗꯨꯁꯨ ꯁꯔꯅ ꯑꯦꯟꯖꯥꯡꯒ ꯌꯦꯟꯕꯤꯗꯨꯅ ꯄꯤꯖꯕꯤꯈꯤꯕꯗꯨ ꯑꯩꯅ ꯁꯨꯡꯀꯥꯎ ꯀꯥꯎꯕ ꯉꯝꯖꯗꯦ꯫ ꯑꯗꯨꯅꯅꯤ ꯑꯩꯅ ꯁꯔꯒꯤ ꯄꯨꯛꯆꯦꯜ ꯌꯥꯝꯅ ꯆꯥꯎꯕ, ꯃꯤꯅꯨꯡꯁꯤ ꯌꯥꯝꯅ ꯂꯩꯕ ꯑꯃꯗꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡꯕꯨ ꯊꯃꯣꯏ ꯁꯦꯡꯅ ꯅꯨꯡꯁꯤꯕꯤꯕ ꯃꯤꯁꯛ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯄꯟꯖꯔꯤꯕꯁꯤ꯫ ꯃꯁꯤꯒꯤ ꯈꯨꯗꯝ ꯆꯥꯡꯗꯝ ꯑꯃꯁꯨ ꯃꯈꯥ ꯇꯥꯅ ꯄꯤꯖꯒꯦ꯫ ꯑꯩꯈꯣꯏꯕꯨ ꯂꯨꯅ ꯇꯧꯕꯤꯕꯒꯤ ꯃꯇꯤꯛ ꯑꯩꯈꯣꯏꯁꯨ ꯁꯔꯗ ꯑꯣꯏꯅꯖꯗꯨꯅ ꯍꯥꯏꯔꯣꯏꯗꯕ ꯋꯥ ꯍꯥꯏꯖꯈꯤ꯫ ꯑꯇꯩ ꯋꯥ ꯅꯠꯇꯦ꯫ ꯑꯩꯈꯣꯏꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯕ ꯆꯠꯄꯗ ꯊꯦꯡꯅꯔꯤꯕ ꯑꯥꯔꯃꯤꯒꯤ ꯑꯋꯥꯕ ꯀꯌꯥ ꯑꯁꯤ ꯈꯔꯗ ꯑꯣꯏꯔꯕꯁꯨ ꯀꯣꯛꯅꯕ ꯍꯥꯏꯗꯨꯅ ꯃꯔꯤ ꯏꯔꯩ ꯂꯩꯅꯗꯅ ꯁꯔꯗ ꯑꯩꯈꯣꯏꯒꯤ ꯑꯥꯏꯗꯦꯟꯇꯤꯇꯤ ꯀꯥꯔꯗ ꯑꯃꯃꯝꯗ ꯄꯤꯕꯤꯌꯨ ꯍꯥꯏꯅ ꯏꯁꯥꯃꯛꯅ ꯍꯥꯏꯖꯈꯤ꯫ ꯁꯔꯅ ꯅꯣꯛꯈꯤ꯫ ꯅꯈꯣꯏꯒꯤ ꯑꯥꯏ ꯀꯥꯔꯗꯄꯨ ꯑꯩꯅ ꯀꯔꯝꯅ ꯄꯤꯒꯗꯧꯔꯤꯕꯅꯣ? ꯁ꯭ꯇꯦꯠ ꯀꯂꯥ ꯑꯦꯀꯥꯗꯦꯃꯤꯒꯨꯝꯕ, ꯑꯥꯔꯠ ꯑꯦꯟꯗ ꯀꯜꯆꯔ ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯒꯨꯝꯕꯅ ꯄꯤꯒꯗꯕꯅꯤ꯫ ꯃꯗꯨ ꯑꯩꯅ ꯄꯤꯕꯗ ꯅꯥꯇꯩ ꯆꯥꯔꯣꯏ ꯍꯥꯏꯅ ꯁꯔꯅ ꯁꯥꯎꯕꯒꯤ ꯃꯍꯨꯠꯇ ꯅꯣꯛꯇꯨꯅ ꯍꯥꯏꯕꯤꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯩꯈꯣꯏꯅ ꯂꯝꯕꯤ ꯆꯠꯄꯗ ꯊꯦꯡꯅꯔꯤꯕ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯀꯌꯥ ꯑꯗꯨꯒꯤ ꯌꯦꯡꯂꯒ ꯀꯔꯤꯒꯨꯝꯕ ꯈꯔꯗꯗꯤ ꯇꯧꯕꯤꯌꯨ ꯍꯥꯏꯅ ꯀꯟꯅ ꯍꯥꯏꯖꯕꯗ ꯁꯔꯅ ꯁꯖꯦꯁꯟ ꯑꯃ ꯇꯧꯕꯤꯔꯛꯈꯤ꯫ ꯐꯔꯦ ꯅꯈꯣꯏꯒꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡꯒꯤ ꯃꯃꯤꯡ ꯃꯊꯥ, ꯂꯩꯀꯥꯏ, ꯗꯤꯇꯦꯜꯁ ꯑꯣꯏꯅ ꯄꯤꯔꯛꯂꯣ ꯍꯥꯏꯅ ꯍꯥꯏꯕꯤꯕꯗꯒꯤ ꯑꯩꯅ ꯇꯥꯏꯞ ꯇꯧꯔꯒ ꯑꯩꯈꯣꯏꯒꯤ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡꯒꯤ ꯂꯤꯁꯠ ꯑꯃ ꯄꯤꯖꯈꯤ꯫ ꯃꯗꯨ ꯁꯔꯅ ꯃꯔꯤ ꯂꯩꯅꯕ ꯄꯨꯂꯤꯁ ꯁ꯭ꯇꯦꯁꯟ ꯈꯨꯗꯤꯡꯃꯛꯇ ꯏꯟꯀ꯭ꯋꯥꯔꯤ ꯇꯧꯍꯜꯂꯕ ꯃꯇꯨꯡꯗ ꯁꯔꯅ ꯁꯔꯇꯤꯐꯤꯀꯦꯠ ꯀꯨꯝꯕꯒꯤ ꯃꯑꯣꯡꯗ ꯆꯦ ꯑꯃ ꯏꯕꯤꯈꯤ꯫ ꯃꯗꯨꯗꯤ ꯃꯈꯣꯏꯁꯤ ꯅꯍꯥꯔꯣꯜ ꯈꯣꯡꯊꯥꯡ ꯑꯥꯔꯇꯤꯁꯠ ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟꯒꯤ ꯑꯩꯅ ꯃꯁꯛ ꯈꯪꯕ ꯑꯥꯔꯇꯤꯁꯠ ꯉꯥꯛꯇꯅꯤ ꯍꯥꯏꯕ ꯋꯥꯔꯣꯜ ꯑꯁꯤ ꯏꯕꯤꯔꯒ ꯁꯔꯒꯤ ꯁꯤꯒꯅꯦꯆꯔ ꯃꯈꯥꯗ ꯇꯧꯔꯒ ꯁꯤꯜ ꯅꯝꯃꯒ ꯄꯤꯈꯤ꯫ ꯃꯗꯨ ꯑꯥꯏ ꯀꯥꯔꯗꯁꯨ ꯅꯠꯇꯦ, ꯑꯗꯨꯕꯨ ꯃꯗꯨ ꯑꯣꯟꯊꯣꯛꯅ ꯀꯥꯟꯅꯈꯤ꯫ ꯃꯇꯝꯗꯨꯗ ꯁꯔꯁꯤ ꯌꯥꯝꯅꯁꯨ ꯃꯃꯤꯡ ꯂꯩꯕ ꯑꯦꯁ ꯄꯤ ꯑꯃ ꯑꯣꯏꯈꯤꯕꯅ ꯑꯥꯔꯃꯤ ꯄꯔꯁꯅꯦꯜꯁꯤꯡꯅ ꯌꯥꯝꯅ ꯕꯦꯕꯥꯔ ꯇꯧꯈꯤ꯫ ꯑꯥꯔꯃꯤ ꯊꯦꯡꯅꯕ ꯃꯇꯝꯗ ꯑꯩꯈꯣꯏꯅ ꯁꯔꯅ ꯄꯤꯕ ꯆꯦꯗꯨ ꯎꯠꯂꯤ꯫ ꯃꯗꯨꯗ ꯑꯩꯈꯣꯏꯁꯤ ꯉꯥꯏꯍꯥꯛ ꯑꯆꯝꯕ ꯋꯥꯍꯪ ꯄꯥꯎꯍꯪꯅꯔꯒ ꯑꯗꯨꯝ ꯊꯥꯗꯣꯛꯏ꯫ ꯑꯩꯈꯣꯏꯗ ꯑꯆꯧꯕ ꯄꯥꯝꯕꯩ ꯑꯃ ꯑꯣꯏꯈꯤ꯫ ꯃꯁꯤ ꯁꯔꯗ ꯑꯩꯈꯣꯏꯅꯗꯤ ꯍꯥꯏꯖꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯑꯩꯅ ꯋꯥꯔꯤ ꯄꯔꯤꯡ ꯑꯁꯨꯝ ꯅꯤꯡꯁꯤꯡꯖꯔꯛꯄꯗ ꯋꯥꯔꯤ ꯑꯁꯤꯒꯤ ꯇꯥꯡꯀꯛ ꯑꯁꯤ ꯀꯥꯟꯕ ꯆꯨꯝꯗꯦ ꯈꯟꯗꯨꯅ ꯃꯤꯌꯥꯝꯗꯁꯨ ꯄꯥꯎꯗꯝꯖꯔꯤꯕ ꯑꯁꯤꯅꯤ꯫ ꯃꯗꯨꯗꯒꯤꯗꯤ ꯑꯩꯈꯣꯏꯁꯤ ꯀꯅꯥꯃꯠꯇ ꯀꯤꯗꯕꯒꯤ ꯋꯥꯈꯜ ꯑꯃ ꯈꯟꯕ ꯍꯧꯔꯛꯈꯤ꯫ ꯑꯥꯔꯃꯤ ꯃꯋꯥ ꯂꯧꯗꯦꯒꯥꯏꯅ ꯆꯤꯟꯅ ꯊꯣꯛꯅ ꯐꯥꯎꯕ ꯄꯟꯕ ꯌꯥꯎꯔꯤꯕꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯁꯔꯒꯤ ꯆꯦꯗꯨ ꯑꯩꯈꯣꯏꯗꯗꯤ ꯃꯍꯥꯚꯥꯔꯠꯀꯤ ꯀꯔꯅꯒꯤ ꯀꯄꯆ ꯀꯨꯟꯗꯜ ꯍꯥꯏꯕ ꯊꯥꯡ-ꯇꯦꯟ ꯆꯪꯕ ꯉꯝꯗꯕꯗꯨꯒ ꯆꯞ ꯍꯦꯛ ꯃꯥꯟꯅꯈꯤꯕꯅꯤ꯫ ꯃꯗꯨ ꯄꯥꯏꯗ꯭ꯔꯤꯉꯩꯒꯤ ꯃꯃꯥꯡꯗꯗꯤ ꯑꯥꯔꯃꯤ ꯊꯦꯡꯅꯕꯗ ꯃꯤꯍꯨꯟꯁꯤ ꯆꯦꯡꯒꯨꯝ ꯆꯦꯡꯒꯥꯅꯕꯅꯤ꯫ ꯏꯔꯣꯜ ꯑꯃꯠꯇ ꯆꯨꯝꯅ ꯉꯥꯡꯕ ꯉꯝꯗꯕꯅꯤ꯫ ꯋꯥꯍꯪ ꯄꯥꯎꯍꯪꯕꯗ ꯈꯨꯝꯃꯤ ꯍꯥꯏꯕꯩ ꯋꯥꯅꯤ ꯃꯤꯠꯇꯤ ꯃꯣꯏꯒꯤ ꯅꯣꯡꯃꯩ ꯃꯇꯣꯟ ꯑꯃꯗꯤ ꯅꯣꯡꯃꯩ ꯃꯇꯣꯟꯗ ꯌꯥꯎꯔꯤꯕ ꯁꯪꯒꯤꯟꯗꯨꯗ ꯌꯦꯡꯂꯤꯕꯅꯤ꯫ ꯀꯩꯗꯧꯔꯛꯀꯗꯒꯦ ꯍꯥꯏꯅ꯫ ꯅꯥꯇꯩꯁꯨ ꯌꯥꯝꯅ ꯆꯥꯔꯝꯗꯦꯗ꯫ ꯋꯥꯕꯒꯥꯏ ꯀꯩꯔꯛꯇ ꯂꯩꯕ ꯑꯥꯔꯃꯤ ꯀꯦꯝꯞ, ꯋꯥꯏꯈꯣꯡꯒꯤ ꯑꯥꯔꯃꯤ ꯀꯦꯝꯞ, ꯊꯧꯕꯥꯜꯒꯤ ꯑꯥꯔꯃꯤ ꯀꯦꯝꯞ, ꯈꯣꯡꯖꯣꯝ ꯃꯈꯥꯗ ꯂꯩꯕ ꯑꯥꯔꯃꯤ ꯀꯦꯝꯞ, ꯃꯌꯥꯝ ꯑꯁꯤ ꯈꯔ ꯍꯦꯟꯅ ꯁꯥꯊꯤꯕ ꯀꯥꯡꯕꯨ ꯉꯥꯛꯇ ꯇꯥꯕꯅꯤ꯫ ꯃꯣꯏꯕꯨ ꯊꯦꯡꯅꯔꯕ ꯀꯩꯅꯣꯝꯗꯤ ꯑꯗꯨꯝ ꯇꯧꯔꯦ꯫ ꯑꯃ ꯅꯠꯇ꯭ꯔꯒ ꯑꯃ ꯍꯦꯛꯇ ꯍꯥꯏꯖꯤꯟꯗꯨꯅ ꯑꯩꯈꯣꯏꯁꯤ ꯑꯣꯟꯊꯣꯛꯄ ꯋꯥꯈꯜꯒꯤ ꯑꯃꯗꯤ ꯄꯨꯛꯅꯤꯡꯒꯤ ꯑꯋꯥꯕꯗꯒꯤ ꯍꯦꯟꯗꯣꯛꯇꯨꯅ ꯃꯇꯝꯁꯤ ꯌꯥꯝꯅ ꯃꯥꯡꯍꯟꯕꯖꯥꯠꯅꯤ꯫ ꯍꯥꯏꯗꯣꯛꯂꯒ ꯐꯖꯗ꯭ꯔꯕꯒꯤ ꯋꯥꯅꯤ꯫ ꯑꯩꯈꯣꯏꯁꯤ ꯐꯥꯔꯒ ꯅꯣꯡꯉꯥꯟꯕ ꯐꯥꯎꯕ ꯗꯤꯜ ꯂꯦꯟꯗꯨꯅ ꯁꯔꯛꯇ ꯂꯩꯕ ꯌꯥꯎꯈ꯭ꯔꯕꯅꯤ꯫ ꯃꯣꯏꯁꯤ ꯂꯩꯕꯥꯛꯀꯤ ꯊꯕꯛꯄꯨꯗꯤ ꯇꯧꯔꯤꯕꯅꯤ, ꯂꯣ ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔ ꯉꯥꯛꯂꯤꯕꯅꯤ ꯍꯥꯏꯕꯕꯨ ꯃꯑꯣꯡ ꯌꯥꯝꯅ ꯇꯥꯖꯗꯕ ꯌꯥꯝꯅ ꯌꯥꯎꯈꯤ꯫ ꯑꯗꯨꯅ ꯃꯇꯝꯗꯨꯗ ꯃꯈꯣꯏꯒꯤ ꯑꯍꯦꯟꯕ ꯑꯦꯛꯠ ꯀꯌꯥ ꯑꯗꯨꯅꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯃꯊꯛꯇ ꯌꯥꯝꯅ ꯁꯥꯎꯅꯈꯤꯕꯅꯤ꯫ ꯅꯍꯥꯔꯣꯜ ꯃꯁꯤꯡ ꯍꯦꯟꯒꯠꯄ ꯐꯥꯎꯕ ꯌꯥꯎꯔꯤꯕꯅꯤ꯫ ꯅꯨꯉꯥꯏꯔꯤꯕꯗꯤ ꯃꯣꯏꯒꯤ ꯑꯦꯛꯁꯟ ꯀꯌꯥ ꯑꯗꯨꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯑꯅꯧꯕ ꯂꯤꯂꯥ ꯄꯨꯊꯣꯛꯄꯗꯁꯨ ꯃꯇꯦꯡ ꯌꯥꯝꯅ ꯑꯣꯏꯈꯤ꯫ ꯃꯈꯜ ꯃꯊꯦꯜꯒꯤ ꯋꯥꯔꯤ ꯀꯌꯥ ꯊꯣꯛꯇꯨꯅ ꯃꯤꯌꯥꯝꯗ ꯑꯩꯈꯣꯏꯅ ꯂꯤꯂꯥ ꯁꯥꯟꯅꯗꯨꯅ ꯎꯠꯆꯈꯤꯕꯗꯨꯅꯤ, ꯁꯤꯗꯤ ꯑꯩꯅ ꯍꯥꯏꯖꯤꯟꯕ ꯅꯠꯇꯦ꯫ ꯃꯤꯌꯥꯝꯅ ꯑꯗꯨꯝ ꯎꯕꯤꯗꯨꯅ ꯂꯥꯛꯈ꯭ꯔꯕꯗꯨꯅꯤ꯫ ꯁꯨꯃꯥꯡ ꯂꯤꯂꯥ ꯍꯥꯏꯁꯤꯃꯛꯇꯕꯨ ꯃꯇꯝ ꯃꯇꯝꯗꯨꯒꯤ ꯈꯨꯟꯅꯥꯏꯗ ꯊꯣꯛꯄ, ꯂꯥꯛꯄ ꯆꯦꯟꯖ ꯃꯌꯥꯝꯁꯤꯡ ꯑꯃꯗꯤ ꯃꯇꯝꯗꯨꯒꯤ
ꯃꯤꯌꯥꯝꯗ ꯐꯥꯎꯕ ꯏꯊꯤꯜ ꯀꯌꯥ ꯑꯗꯨꯗ ꯁꯥꯗꯣꯡꯂꯒ ꯋꯥꯔꯤ ꯁꯦꯝꯗꯨꯅ ꯂꯤꯂꯥ ꯑꯣꯏꯅ ꯏꯅꯕ ꯉꯥꯛꯇꯅꯤ꯫ ꯑꯗꯨꯅ
ꯑꯩꯈꯣꯏꯁꯨ ꯃꯇꯝꯗꯨꯗ ꯊꯣꯛꯈꯤꯕ ꯋꯥꯊꯣꯛ ꯂꯥꯟꯊꯣꯛ ꯀꯌꯥ ꯑꯗꯨꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯕ ꯂꯤꯂꯥ ꯀꯌꯥ ꯁꯦꯝꯗꯨꯅ
ꯃꯤꯌꯥꯝꯗ ꯂꯥꯟꯊꯣꯛꯆꯈꯤꯕꯅꯤ꯫=

ꯆꯥꯏꯊꯣꯔꯛꯄ ꯋꯥꯈꯜ
ꯅꯔꯦꯟꯗ꯭ꯔ ꯅꯤꯡꯉꯣꯝꯕ
ꯑꯥꯏ ꯑꯦꯟ ꯕꯤ ꯑꯦ ꯃꯅꯤꯄꯨꯔ ꯆꯦꯝꯄꯤꯌꯟꯁꯤꯞꯀꯤ ꯀꯦꯇꯤꯒꯣꯔꯤ ꯑꯃꯗꯤ ꯗꯤꯚꯤꯖꯟꯁꯤꯡ
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- ꯗꯥ. ꯉꯥꯡꯕꯝ ꯁꯥꯟꯇꯤꯀꯨꯃꯥꯔ -