ꯇꯤꯜꯍꯧ ꯊꯥꯕꯒꯤ ꯆꯥꯅꯕ ꯃꯇꯝ, ꯃꯐꯝ, ꯂꯩꯕꯥꯛ ꯁꯦꯝꯕ, ꯍꯥꯞꯀꯗꯕ ꯍꯥꯔ, ꯆꯪꯒꯗꯕ ꯃꯔꯨꯒꯤ ꯆꯥꯡ ꯑꯃꯁꯨꯡ ꯆꯥꯔꯥ ꯍꯨꯟꯐꯝꯗ ꯂꯧꯈꯠꯍꯧꯒꯗꯕ ꯆꯦꯛꯁꯤꯟ ꯊꯣꯔꯥꯡꯁꯤꯡꯒꯤ ꯋꯥꯐꯝ ꯍꯧꯈꯤꯕ ꯅꯤꯡꯊꯧꯀꯥꯕ ꯅꯨꯃꯤꯠꯇ ꯀꯂꯝ ꯑꯁꯤꯃꯛꯇꯗ ꯊꯝꯖꯈ꯭ꯔꯦ꯫ ꯇꯤꯜꯍꯧꯒꯤꯗꯃꯛꯇꯗꯤ ꯃꯔꯨ ꯍꯨꯟꯕ ꯃꯇꯝꯗꯒꯤ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡ ꯀꯌꯥ ꯂꯧꯈꯠꯍꯧꯔꯕꯇꯗ ꯄꯣꯠꯊꯣꯛ ꯋꯥꯡꯅ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯃꯤ꯫ ꯅꯥꯄꯤ-ꯁꯤꯡꯕꯤ ꯉꯥꯛꯊꯣꯛꯄ :- ꯆꯥꯔꯥ ꯍꯨꯟꯐꯝꯗ ꯅꯥꯄꯤ ꯍꯧꯕꯒꯤ ꯆꯥꯡ ꯅꯦꯝꯂꯕꯁꯨ ꯇꯤꯜꯍꯧ ꯂꯤꯡꯊꯣꯛꯐꯝꯗꯗꯤ ꯅꯥꯄꯤ ꯌꯥꯝꯅ ꯀꯟꯕ ꯇꯣꯏꯅ ꯊꯦꯡꯅꯩ꯫ ꯇꯤꯜꯍꯧ ꯄꯥꯝꯕꯤꯁꯤꯡ ꯂꯤꯡꯊꯣꯛꯄ ꯀꯨꯏꯗ꯭ꯔꯤꯉꯩ ꯅꯧꯔꯤꯉꯩ ꯃꯇꯝꯗ ꯅꯥꯄꯤꯁꯤꯡ ꯄꯦꯡꯕ ꯑꯔꯥꯏꯕ ꯅꯠꯇꯦ꯫ ꯄꯥꯝꯕꯤꯒ ꯄꯥꯝꯕꯤꯒ ꯏꯟꯆꯤ ꯑꯍꯨꯝ ꯑꯃꯁꯨꯡ ꯄꯔꯦꯡꯒ ꯄꯔꯦꯡꯒ ꯏꯟꯆꯤ ꯇꯔꯨꯛ ꯊꯥꯞꯅꯅ ꯂꯤꯡꯂꯤꯕ ꯇꯤꯜꯍꯧ ꯃꯔ ꯊꯦꯟꯅ ꯇꯥꯔꯤꯕ ꯄꯥꯝꯕꯤꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯍꯧꯔꯤꯕ ꯅꯥꯄꯤꯁꯤꯡ ꯐꯣꯏꯗꯣꯛꯄꯗ ꯇꯤꯜꯍꯧ ꯄꯔꯦꯡ ꯌꯥꯎꯔꯛꯏ꯫ ꯇꯤꯜꯍꯧ ꯂꯤꯡꯊꯣꯛꯄꯒ ꯈꯨꯠꯂꯣꯟꯕ ꯉꯥꯏꯗꯅ ꯇꯤꯜꯍꯧꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯏꯟꯆꯤ 2/3 ꯊꯥꯅ ꯑꯀꯨꯞꯄ ꯆꯔꯨ ꯅꯠꯇ꯭ꯔꯒ ꯃꯦꯁꯤꯟꯅ ꯐꯧ ꯌꯩꯈꯤꯕꯗꯒꯤ ꯃꯣꯟꯊꯔꯕ ꯆꯔꯨꯁꯤꯡꯅ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯔꯛꯁꯤꯡꯗ ꯍꯥꯞꯆꯤꯟꯒꯅꯤ꯫ ꯃꯁꯤꯅ ꯅꯥꯄꯤ ꯍꯧꯕ ꯍꯟꯊꯍꯟꯕꯇ ꯅꯠꯇ ꯏꯁꯤꯡ ꯃꯥꯡꯕꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯟꯊꯍꯜꯂꯤ꯫ ꯃꯊꯪ ꯆꯍꯤꯗꯗꯤ ꯆꯔꯨꯗꯨꯅ ꯍꯥꯔ ꯑꯣꯟꯈ꯭ꯔꯒꯅꯤ꯫
ꯌꯥꯝꯅ ꯄꯥꯛ ꯆꯥꯎꯅ ꯊꯥꯕꯅ ꯆꯔꯨ ꯍꯥꯞꯄ ꯈꯨꯗꯣꯡ ꯆꯥꯗ꯭ꯔꯦ ꯍꯥꯏꯔꯒ Oxy Plus (Oxyfluorfen 23.5 EC) ꯃꯤꯂꯤꯂꯤꯇꯔ 20 ꯏꯁꯤꯡ ꯂꯤꯇꯔ 15 ꯈꯨꯗꯤꯡꯗ ꯌꯥꯟꯁꯤꯟꯕꯤꯔꯒ ꯅꯥꯄꯤ ꯃꯔꯨ ꯍꯦꯛ ꯄꯣꯛꯈꯥꯏꯕ ꯍꯧꯕ ꯃꯇꯝꯗ ꯀꯥꯞꯊꯣꯛꯀꯅꯤ꯫ ꯁꯉꯝ ꯑꯃ ꯆꯥꯎꯕ ꯇꯤꯜꯍꯧ ꯊꯥꯐꯝꯗ ꯍꯤꯗꯥꯛ ꯃꯤꯂꯤꯂꯤꯇꯔ 250 ꯆꯪꯒꯅꯤ꯫
ꯏꯁꯤꯡ ꯆꯟꯕ :- ꯏꯁꯤꯡ ꯀꯌꯥ ꯌꯥꯝꯅ ꯄꯤꯒꯅꯤ ꯍꯥꯏꯕꯁꯤ ꯂꯩꯕꯥꯛ ꯃꯈꯜ ꯑꯃꯁꯨꯡ ꯑꯏꯪ ꯑꯁꯥ ꯈꯦꯟꯅꯕꯒꯤ ꯃꯈꯥ ꯄꯣꯜꯂꯤ꯫ ꯑꯗꯨꯃꯛꯄꯨ ꯃꯍꯧꯁꯥꯅ ꯅꯤꯡꯊꯝ ꯇꯤꯜꯍꯧꯁꯤꯡꯁꯤ ꯅꯨꯃꯤꯠ 10-15 ꯐꯥꯎꯕ ꯀꯥꯟꯅ-ꯀꯥꯟꯅꯅ ꯏꯁꯤꯡ ꯆꯟꯕ ꯐꯩ꯫ ꯂꯩꯇꯥꯟ ꯂꯝ ꯑꯣꯏꯅ ꯇꯧꯕ ꯃꯐꯝꯗ ꯅꯨꯃꯤꯠ 15ꯅꯤ ꯈꯩꯟꯅꯅ ꯄꯤꯔꯕꯁꯨ ꯂꯩꯉꯣꯏ ꯂꯝ ꯑꯣꯏꯅ ꯇꯧꯕ ꯃꯐꯝꯗꯗꯤ ꯅꯨꯃꯤꯠ 10ꯅꯤꯗꯒꯤ ꯍꯦꯟꯅ ꯊꯦꯡꯊꯕ ꯐꯠꯇꯦ꯫ ꯍꯦꯟꯅ ꯈꯨꯗꯣꯡꯆꯥꯕꯗꯤ ꯄꯥꯔꯞ-ꯄꯥꯔꯞ ꯇꯧꯅ ꯇꯣꯏꯅ ꯄꯤꯕ ꯐꯩ꯫
ꯃꯉꯛ ꯆꯦꯠꯂꯕ, ꯂꯣꯛꯀꯗꯕ ꯅꯨꯃꯤꯠ 20ꯅꯤꯃꯨꯛ ꯋꯥꯠꯂꯤꯉꯩ ꯃꯇꯝꯗꯤ ꯇꯤꯜꯍꯧ ꯄꯥꯝꯕꯤꯁꯤꯡꯗ ꯏꯁꯤꯡ ꯄꯤꯕ ꯂꯦꯞꯀꯅꯤ꯫ ꯂꯣꯛꯂꯝꯗꯥꯏ ꯌꯧꯔꯕ ꯐꯥꯎꯕ ꯏꯁꯤꯡ ꯄꯤꯁꯤꯟꯕꯅ ꯇꯤꯜꯍꯧ ꯄꯥꯝꯕꯩꯁꯤꯡ
ꯀꯨꯏꯅ ꯂꯤꯕ ꯌꯥꯍꯟꯗꯦ꯫ ꯃꯇꯣꯟ ꯊꯣꯛꯍꯜꯂꯤ꯫
ꯂꯣꯛꯄꯥ :- ꯃꯍꯧꯁꯥꯅ ꯃꯔꯨꯗꯒꯤ ꯍꯨꯟꯕ ꯇꯤꯜꯍꯧꯁꯤꯡ ꯅꯨꯃꯤꯠ 140-150 ꯃꯨꯛ ꯁꯨꯔꯛꯄꯗ ꯇꯤꯜꯍꯧ ꯄꯥꯝꯕꯤꯁꯤꯡ ꯃꯄꯨꯡ ꯐꯥꯏ꯫ ꯑꯌꯥꯝꯕ ꯃꯅꯥꯁꯤꯡ ꯅꯥꯄꯨ ꯆꯪꯂꯛꯂꯕ ꯃꯇꯝ, ꯑꯁꯪꯕ ꯃꯅꯥ ꯌꯥꯎꯁꯤꯜꯂꯛꯇ꯭ꯔꯕ, ꯃꯉꯛ ꯆꯦꯠꯂꯕ ꯃꯇꯝꯗ ꯈꯥꯎꯕ ꯌꯥꯔꯦ꯫ ꯃꯅꯥ ꯀꯪꯁꯤꯜꯂꯛꯇꯨꯅ ꯃꯉꯛ ꯇꯦꯛꯊꯔꯕ ꯃꯇꯝꯗ ꯈꯥꯎꯕꯅ ꯀꯨꯏꯅ ꯊꯝꯕ ꯌꯥꯏ꯫ ꯂꯤꯕ :- ꯈꯥꯎꯔꯕ ꯇꯥꯟꯊꯣꯛꯂꯕ ꯇꯤꯜꯍꯧꯁꯤꯡ ꯂꯤꯗ꯭ꯔꯤꯉꯩꯗ ꯆꯌꯣꯜ ꯑꯃꯃꯨꯛꯇꯤ ꯐꯧꯗꯣꯛꯄ ꯆꯪꯏ꯫ ꯀꯪꯁꯤꯜꯂꯕ ꯇꯤꯜꯍꯧ ꯃꯅꯥꯁꯤꯡ ꯃꯔꯨꯔꯣꯝ ꯊꯪꯕ ꯃꯥꯏꯀꯩꯗ ꯃꯅꯥꯒꯤ ꯁꯔꯨꯛ ꯁꯦꯟꯇꯤꯃꯤꯇꯔ ꯑꯅꯤꯃꯈꯥꯏ (ꯏꯟꯆꯤ ꯑꯃꯃꯨꯛ) ꯈꯥꯛꯂꯝꯂꯒ ꯑꯍꯦꯟꯕ ꯃꯅꯥꯁꯤꯡ ꯀꯛꯊꯠꯀꯅꯤ꯫ ꯂꯥꯏꯅꯥꯅ ꯁꯣꯛꯂꯕ ꯇꯤꯜꯍꯧ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯂꯥꯏꯅ ꯀꯛꯊꯠ ꯈꯣꯠꯇꯠꯈꯤꯕ ꯄꯨꯝꯅꯃꯛ ꯈꯟꯗꯣꯛꯂꯕ ꯃꯇꯨꯡꯗ ꯑꯐꯕ ꯇꯤꯜꯍꯧꯁꯤꯡꯇꯃꯛ ꯈꯟꯗꯣꯛꯂꯒ ꯂꯤꯕ ꯅꯠꯇ꯭ꯔꯒ ꯌꯣꯟꯕ ꯌꯥꯔꯦ꯫ ꯁꯉꯝ ꯑꯃ ꯄꯥꯛ ꯆꯥꯎꯕ ꯃꯐꯝꯗ ꯇꯤꯜꯍꯧ ꯃꯔꯨ ꯀ꯭ꯋꯤꯟꯇꯜ 75-100 ꯐꯥꯎꯕ ꯊꯣꯛꯏ꯫
ꯆꯍꯤ ꯈꯨꯗꯤꯡꯒꯤ ꯊꯦꯡꯅꯔꯤꯕ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯈꯔ :- 1) ꯍꯨꯜꯂꯤꯕ ꯃꯔꯨꯁꯤꯡ ꯍꯧꯕꯒꯤ ꯆꯥꯡ ꯅꯦꯝꯕ : ꯃꯍꯧꯁꯥꯅ ꯇꯤꯜꯍꯧ ꯃꯔꯨ ꯀꯨꯏꯅ ꯊꯝꯕ ꯌꯥꯗꯦ, ꯍꯧꯒꯟꯗꯦ꯫ ꯆꯍꯤ ꯐꯥꯅ ꯊꯝꯕ ꯌꯥꯗꯦ꯫ ꯃꯃꯥꯡ ꯆꯍꯤꯒꯤ ꯃꯔꯨ ꯍꯟꯗꯛ ꯊꯥꯕꯗ ꯃꯥꯏ ꯄꯥꯛꯂꯣꯏ꯫ ꯃꯔꯨ ꯀꯥ ꯍꯦꯟꯅ ꯆꯪꯒꯅꯤ, ꯃꯁꯥ ꯐꯕ ꯄꯥꯝꯕꯤ ꯑꯣꯏꯒꯟꯗꯦ꯫ ꯂꯩꯔꯝꯗꯥꯏꯗ ꯌꯥꯝꯅ ꯃꯨꯟꯅ ꯌꯦꯡꯕ ꯆꯪꯏ꯫ ꯃꯔꯨꯁꯤꯡ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯑꯏꯪꯕ ꯃꯐꯝꯗ ꯊꯝꯒꯅꯤ꯫ ꯃꯔꯨ ꯑꯣꯟꯗꯔꯕꯤꯉꯩꯗ, ꯃꯔꯨꯁꯤꯡ ꯏꯁꯤꯡꯗ ꯄꯨꯡ ꯑꯅꯤꯗꯒꯤ ꯇꯔꯨꯛ ꯐꯥꯎꯕ ꯇꯤꯡꯒꯅꯤ꯫
2) ꯉꯟꯅ ꯃꯄꯥꯜ ꯁꯥꯕ : ꯉꯟꯅ ꯃꯄꯥꯜ ꯁꯥꯕꯅ ꯄꯣꯠꯊꯣꯛ ꯌꯥꯝꯅ ꯍꯟꯊꯍꯜꯂꯤ꯫ ꯃꯁꯤ ꯆꯥꯔꯥꯁꯤꯡ ꯊꯦꯡꯅ ꯂꯤꯡꯊꯣꯛꯄ, ꯂꯤꯔꯕ ꯆꯌꯣꯜ ꯇꯔꯨꯛ ꯍꯦꯜꯂꯕ ꯆꯥꯔꯥꯁꯤꯡ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕ ꯑꯃꯁꯨꯡ ꯇꯤꯜꯍꯧ ꯃꯄꯨꯡ ꯐꯥꯗ꯭ꯔꯤꯉꯩꯗ ꯗꯤꯒ꯭ꯔꯤ ꯁꯦꯜꯁꯤꯌꯁ 20ꯗꯒꯤ 25 ꯐꯥꯎꯕ ꯁꯥꯒꯠꯂꯛꯄ ꯃꯇꯝꯗ ꯃꯄꯨꯡ ꯐꯥꯗ꯭ꯔꯤꯕ ꯇꯤꯜꯍꯧ ꯄꯥꯝꯕꯤꯁꯤꯡꯅ ꯃꯄꯥꯜ ꯊꯤꯟꯒꯠꯂꯛꯏ꯫
ꯄꯥꯝꯕꯤꯒꯤ ꯃꯆꯤꯟꯖꯥꯛ ꯋꯥꯠꯄꯗꯒꯤ ꯃꯅꯥꯒꯤ ꯁꯥꯍꯧ ꯊꯤꯅꯕꯁꯤꯁꯨ ꯃꯄꯥꯜ ꯉꯟꯅ ꯂꯥꯛꯅꯕꯒꯤ ꯃꯔꯨ ꯌꯥꯝꯅ ꯑꯣꯏꯕ ꯃꯔꯝ ꯑꯃꯅꯤ꯫

3) ꯈꯥꯎꯔꯕ ꯃꯇꯨꯡ ꯏꯀꯨꯏ ꯀꯨꯏꯗ꯭ꯔꯤꯉꯩꯗ ꯇꯤꯜꯍꯧ ꯃꯇꯣꯟ ꯊꯣꯛꯄꯁꯤꯁꯨ ꯌꯥꯎꯗꯅꯕ
ꯈꯥꯎꯔꯝꯗꯥꯏꯗ ꯂꯩꯕꯥꯛꯇ ꯏꯅꯤꯜ ꯋꯥꯡꯗꯕ; ꯂꯣꯛꯂꯝꯗꯥꯏꯗ ꯂꯩꯕꯥꯛꯇ ꯅꯥꯏꯇꯔꯕꯣꯖꯦꯟ ꯋꯥꯡꯗꯕ
ꯑꯣꯏꯒꯅꯤ꯫ ꯃꯁꯤꯒꯤꯗꯃꯛ ꯆꯦꯛꯁꯤꯟꯒꯅꯤ꯫

ꯂꯝꯗꯝꯁꯤꯒꯤ ꯂꯩꯕꯥꯛꯁꯤꯡꯗ ꯅꯦꯃꯥꯇꯣꯗ (ꯂꯩꯕꯥꯛꯇ ꯂꯩꯕ, ꯄꯥꯝꯕꯤꯗ ꯂꯥꯏꯅꯥ ꯊꯣꯛꯍꯟꯕ ꯉꯝꯕ
ꯇꯤꯜ) ꯇꯥꯕꯒꯤ ꯆꯥꯡ ꯅꯣꯡꯃ ꯅꯣꯡꯃꯒꯤ ꯍꯦꯟꯒꯠꯂꯛꯂꯤꯕꯁꯤꯇꯤꯜꯍꯧ, ꯆꯅꯝ ꯊꯥꯕꯅ ꯍꯟꯊꯍꯟꯕ
ꯉꯝꯃꯤ ꯍꯥꯏꯕ ꯋꯥꯐꯝꯁꯤꯡꯁꯨ ꯅꯤꯡꯁꯤꯡꯖꯅꯤꯡꯏ꯫=

ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, MONDAY, OCTOBER 18, 2021 ꯅꯤꯡꯊꯧꯀꯥꯕ, ꯃꯦꯔꯥꯒꯤ 13ꯅꯤ 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
ꯅꯤꯡꯊꯧꯀꯥꯕ, ꯑꯣꯛꯇꯣꯕꯔ 18, 2021, ꯏꯝꯐꯥꯜ
13 ꯁꯨꯕ ꯆꯍꯤ, 182 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯂꯧꯃꯤꯁꯤꯡꯒꯤ ꯀꯥꯈꯜ
ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ
ꯇꯛꯅꯕꯒꯤ ꯃꯊꯧ ꯇꯥꯍꯟꯐꯝ ꯊꯣꯛꯄ꯭ꯔꯥ

‘ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ’ ꯕꯨ ꯊꯥꯖꯕ, ꯄꯥꯝꯖꯕ, ꯂꯥꯏꯅꯤꯡ ꯂꯤꯆꯠꯁꯤꯕꯨ ꯆꯠꯆꯕ
ꯃꯤꯑꯣꯏꯁꯤꯡꯕꯨ ꯒꯚꯔꯟꯃꯦꯟꯠ ꯑꯣꯐ ꯏꯟꯗꯤꯌꯥꯒ ꯅꯦꯁꯅꯜ ꯀꯝꯃꯤꯁꯟ
ꯐꯣꯔ ꯃꯥꯏꯅꯣꯔꯤꯇꯤꯖ (ꯑꯦꯟ ꯁꯤ ꯑꯦꯝ) ꯑꯦꯛꯠ, 1992 ꯒꯤ ꯁꯦꯛꯁꯟ 2
(ꯁꯤ) ꯒꯤ ꯃꯈꯥꯗ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯃꯥꯏꯅꯣꯔꯤꯇꯤ ꯔꯤꯂꯤꯖꯟꯁꯀꯤ ꯂꯤꯁꯠꯇ
ꯆꯜꯍꯟꯅꯕ ꯗꯦꯜꯂꯤꯒꯤ ꯃꯔꯤ ꯂꯩꯅꯕ ꯃꯤꯅꯤꯁꯇ꯭ꯔꯤꯗ ꯍꯥꯏꯕꯤꯌꯨ, ꯁ꯭ꯇꯦꯠ
ꯒꯚꯔꯟꯃꯦꯟꯠꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯔꯦꯛꯀꯃꯦꯟꯗꯦꯁꯟ ꯇꯧꯕꯤꯌꯨ ꯍꯥꯏꯗꯨꯅ
ꯇꯛꯁꯤꯜꯂꯛꯂꯤꯕ ꯑꯁꯤꯕꯨ ꯇꯧꯔꯛꯍꯟꯐꯝ ꯊꯣꯛꯄ ꯊꯕꯛꯂ ꯍꯥꯏꯕꯅꯤ꯫
ꯃꯁꯤꯒꯤꯗꯃꯛꯇ ꯀꯝꯃꯤꯇꯤ ꯑꯣꯟ ꯏꯟꯀ꯭ꯂꯨꯖꯟ ꯑꯣꯐ ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ
ꯏꯟ ꯗꯤ ꯂꯤꯁꯠ ꯑꯣꯐ ꯃꯥꯏꯅꯣꯔꯤꯇꯤ ꯔꯤꯂꯤꯖꯟꯁ ꯑꯣꯐ ꯏꯟꯗꯤꯌꯥ (ꯁꯂꯥꯏ
ꯃꯤꯔꯦꯜ), ꯏꯝꯐꯥꯜꯒꯤ ꯀꯟꯚꯤꯅꯔ ꯑꯃꯁꯨꯡ ꯀꯣ-ꯀꯟꯚꯤꯅꯔꯁꯤꯡꯅ
ꯑꯣꯛꯇꯣꯕꯔ 14, 2021 ꯗ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔꯒ ꯎꯅꯗꯨꯅ ꯑꯏꯕ ꯆꯦꯔꯣꯜ
ꯑꯃ ꯐꯥꯎꯕ ꯄꯤꯁꯤꯟꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯋꯥꯐꯝ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗꯁꯨ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ
ꯃꯄꯤ-ꯃꯄꯥ ꯑꯣꯏꯔꯤꯕ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔꯗ ꯎꯅꯗꯨꯅ ꯇꯛꯁꯤꯟꯕꯒꯤ
ꯃꯊꯧ ꯇꯥꯍꯜꯂꯤꯕ ꯀꯔꯤꯒꯤꯅꯣ ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ
ꯍꯥꯏꯕꯁꯤ ꯂꯝꯗꯝꯁꯤꯒꯤ ꯃꯤꯌꯥꯝꯒꯤ ꯌꯦꯜꯍꯧ ꯂꯥꯏꯅꯤꯡ ꯑꯃ ꯑꯣꯏꯗꯨꯅ
ꯂꯥꯛꯂꯕꯅꯤ ꯍꯥꯏꯕꯁꯤ ꯑꯔꯤꯕ ꯂꯥꯏꯔꯤꯛ, ꯄꯨꯋꯥꯔꯤ, ꯄꯨꯌꯥꯒꯤ ꯋꯥꯐꯝ
ꯅꯠꯇꯅ ꯉꯁꯤ-ꯉꯁꯤꯃꯛ ꯃꯤꯠꯅ ꯁꯪ-ꯁꯪ ꯎꯗꯨꯅ ꯂꯩꯔꯤꯕ ꯂꯥꯏꯅꯤꯡꯅꯤ꯫
ꯃꯁꯤꯕꯨ ꯄꯥꯝꯖꯗꯨꯅ ꯆꯠꯆꯕ ꯃꯤꯑꯣꯏ ꯀꯥꯡꯂꯨꯞ ꯑꯃ ꯐꯣꯡꯅ ꯂꯩꯔꯕꯅꯤ꯫
ꯃꯁꯤꯒꯤꯁꯨ ꯃꯊꯛꯇ ꯀꯨꯝꯖꯥ 1981ꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯒꯤ
ꯃꯤꯀꯣꯛ ꯊꯤꯕ (ꯁꯦꯟꯁꯁ) ꯇꯁꯨ ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ ꯑꯁꯤ ꯑꯇꯩ ꯂꯥꯏꯅꯤꯡ ꯂꯤꯆꯠ (ꯂꯝꯕꯦꯜ) ꯁꯤꯡꯒꯨꯝꯅ ꯇꯣꯉꯥꯟꯕ ꯂꯥꯏꯅꯤꯡ ꯑꯃ ꯑꯣꯏꯅ
ꯈꯛꯈꯪꯕ ꯍꯧꯈ꯭ꯔꯅꯤ꯫ ꯑꯗꯨꯒ ꯂꯩꯕꯥꯛꯁꯤꯗ ꯁꯦꯝꯗꯨꯅ ꯆꯠꯅꯍꯜꯂꯛꯂꯤꯕ
ꯑꯣꯛꯇꯣꯕꯔ 23, 1993ꯒꯤ ꯅꯦꯁꯅꯜ ꯀꯝꯃꯤꯁꯟ ꯐꯣꯔ ꯃꯥꯏꯅꯣꯔꯤꯇꯤꯖ
(ꯑꯦꯟ ꯁꯤ ꯑꯦꯝ) ꯑꯦꯛꯠ, 1992 ꯒꯤ ꯁꯦꯛꯁꯟ 2 (ꯁꯤ) ꯒꯤ ꯃꯈꯥꯗ
ꯍꯥꯏꯔꯤꯕ ꯑꯦꯛꯠꯁꯤꯕꯨ ꯆꯠꯅꯕ ꯍꯧꯍꯟꯈꯤꯕ ꯆꯍꯤꯁꯤꯗꯒꯤ ꯍꯧꯅ
ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡꯕꯨ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯃꯥꯏꯅꯣꯔꯤꯇꯤ ꯔꯤꯖꯤꯖꯟꯁꯤꯡꯒꯤ
ꯂꯤꯁꯠꯇ ꯆꯜꯍꯜꯂꯛꯄ ꯍꯦꯟꯗꯣꯛꯅ ꯌꯥꯔꯕꯅꯤ꯫

ꯑꯗꯨꯕꯨ ꯃꯃꯥꯡꯗ ꯂꯩꯉꯥꯛ ꯄꯥꯏꯈꯤꯕ ꯀꯥꯡꯕꯨꯅꯁꯨ ꯇꯧꯔꯝꯗꯦ꯫
ꯍꯧꯖꯤꯛ ꯂꯩꯔꯤꯕ ꯇꯔꯝ ꯂꯣꯏꯁꯤꯜꯂꯛꯂꯕ ꯒꯚꯔꯟꯃꯦꯟꯠ ꯑꯁꯤꯅꯁꯨ
ꯇꯧꯗꯦ꯫ ꯃꯁꯤꯗꯒꯤ ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡꯕꯨ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯃꯥꯏꯅꯣꯔꯤꯇꯤ
ꯔꯤꯂꯤꯖꯟꯒꯤ ꯂꯤꯁꯠꯇ ꯆꯜꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯁꯦꯝꯈꯤꯕ ꯀꯝꯃꯤꯇꯤꯒꯤ
ꯊꯧꯄꯨꯕꯁꯤꯡꯅ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯇꯛꯁꯤꯜꯂꯛꯄꯅꯤ꯫ ꯃꯁꯤꯗꯤ ꯆꯨꯝꯗꯦ
ꯍꯥꯏꯕꯅꯤ꯫ ꯃꯅꯤꯄꯨꯔ ꯄꯤꯛꯆꯔꯕꯁꯨ ꯁ꯭ꯇꯦꯠ ꯑꯃꯒꯤ ꯊꯧꯒꯥꯏ ꯄꯨꯕ
ꯍꯥꯏꯕꯁꯤ ꯊꯕꯛ ꯑꯉꯥꯡ ꯅꯠꯇꯦ ꯍꯥꯏꯕ ꯈꯪꯏ꯫ ꯊꯕꯛꯁꯤꯡ ꯑꯁꯤꯒꯤ
ꯃꯅꯨꯡꯗ ꯀꯣꯚꯤꯗ-19 ꯄꯦꯟꯗꯃꯤꯛꯅ ꯑꯋꯥ ꯃꯩꯁꯥ ꯂꯥꯡꯍꯜꯂꯛꯄꯁꯨ ꯆꯍꯤ
ꯑꯅꯤ ꯐꯥꯖꯤꯜꯂꯛꯀꯗꯧꯔꯕꯅꯤ꯫ ꯈꯣꯡꯍꯥꯏ ꯆꯥꯗꯕ ꯇꯥꯡꯀꯛ ꯀꯌꯥꯕꯨꯗꯤ
ꯃꯥꯌꯣꯛꯅꯔꯝꯕ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯒꯤ ꯃꯄꯨ ꯑꯣꯏꯔꯤꯕ
ꯗꯦꯜꯂꯤ ꯂꯩꯉꯥꯛ (ꯁꯦꯟꯇ꯭ꯔꯦꯜ ꯒꯚꯔꯟꯃꯦꯟꯠ) ꯅ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ
ꯃꯤꯌꯥꯝꯒꯤ ꯌꯥꯏꯐꯅꯕꯕꯨ ꯑꯣꯏꯔꯣ ꯊꯕꯛ, ꯄꯣꯂꯤꯁꯤ-ꯄ꯭ꯔꯣꯒ꯭ꯔꯥꯝ ꯑꯃ
ꯂꯧꯈꯠꯂꯛꯄꯗꯗꯤ ꯃꯇꯝ ꯆꯥꯅ ꯈꯪꯍꯧꯐꯝ ꯊꯣꯛꯇꯕ꯭ꯔꯥ? ꯍꯥꯟꯅ ꯈꯪꯐꯝ
ꯊꯣꯛꯏ꯫ ꯂꯣꯏꯅꯅ ꯁ꯭ꯇꯦꯠ ꯂꯩꯉꯥꯛꯅ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯤꯌꯥꯝꯒꯤ ꯀꯥꯟꯅꯕ,
ꯑꯣꯏꯖ-ꯑꯣꯏꯊꯛꯁꯤꯡ ꯀꯗꯥꯏꯗ ꯀꯔꯤ ꯂꯩꯔꯤꯕꯒꯦ ꯍꯥꯏꯕꯁꯤꯗꯤ
ꯄꯥꯛꯊꯗꯨꯅ ꯍꯨꯃꯥ-ꯍꯨꯃꯥ ꯊꯤꯗꯨꯅ ꯃꯤꯀꯨꯞ ꯅꯥꯍꯨꯝ ꯁꯤꯡꯅ ꯂꯩꯒꯗꯕ ꯅꯠꯇ꯭ꯔꯥ?
ꯃꯁꯤꯒꯤꯗꯃꯛ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯣꯏꯁꯪ ꯃꯌꯥꯝ ꯂꯤꯡꯗꯨꯅ ꯃꯤꯌꯥꯝꯒꯤ
ꯊꯕꯛꯁꯤꯡ ꯇꯧꯔꯤꯕ ꯅꯠꯇ꯭ꯔꯥ? ꯑꯗꯨꯕꯨ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯍꯨꯠꯅꯤ, ꯋꯥꯌꯦ-
ꯊꯧꯗꯥ ꯈꯨꯠꯄꯥꯏꯅꯔꯤꯕꯅꯤ ꯍꯥꯏꯔꯒ ꯍꯥꯏꯔꯒꯇ ꯇꯥꯕ, ꯅꯤꯔꯒꯇ ꯄꯤꯕꯒꯤ
ꯊꯧꯑꯣꯡꯁꯤꯗꯤ ꯃꯤꯌꯥꯝꯒꯤ ꯂꯩꯉꯥꯛ ꯆꯨꯞꯂꯤ ꯍꯥꯏꯕꯗ ꯃꯇꯤꯛ ꯆꯥꯔꯦ ꯍꯥꯏꯗꯨꯅ
ꯂꯧꯒꯗ꯭ꯔꯥ? ꯃꯃꯤꯠꯇ ꯈꯨꯗꯣꯝꯕꯤꯅ ꯍꯦꯛ ꯊꯤꯟꯗ꯭ꯔꯤꯕ ꯐꯥꯎꯕ ꯈꯪꯗꯕ,
ꯇꯧꯗꯕꯒꯤ ꯃꯇꯝꯁꯤꯒ ꯆꯨꯅꯗ꯭ꯔꯕ ꯂꯩꯕꯥꯛ ꯂꯩꯉꯥꯛꯂꯣꯟ ꯑꯁꯤꯕꯨ ꯃꯅꯤꯄꯨꯔꯒꯤ
ꯃꯤꯌꯥꯝꯅ ꯀꯌꯥꯝ ꯀꯨꯏꯅ ꯍꯛꯊꯦꯡꯅꯈꯤꯒꯗꯒꯦ? ꯑꯁꯤꯒꯨꯝꯕ ꯊꯧꯗꯧꯁꯤ
ꯃꯈꯥ ꯇꯥꯅꯊꯣꯛꯍꯜꯂꯛꯄ ꯆꯨꯝꯂꯣꯏ꯫ ꯃꯤꯌꯥꯝꯒꯤ ꯂꯩꯉꯥꯛ ꯍꯥꯏꯕꯁꯤꯗꯤ
ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯁ꯭ꯇꯦꯠ ꯑꯃꯁꯨꯡ ꯌꯨꯅꯤꯌꯟ ꯇꯦꯔꯤꯇꯣꯔꯤꯁꯤꯡꯒꯤ
ꯃꯔꯛꯇ ꯍꯤꯗꯥꯟꯅꯒꯗꯕꯅꯤ꯫ ꯅꯆꯥ ꯂꯧꯊꯣꯛꯎ, ꯏꯆꯥ ꯁꯨꯝꯒꯦ ꯍꯥꯏꯕꯗꯒꯤ
ꯍꯦꯟꯗꯣꯔꯛꯇꯨꯅ mniur ꯃꯤꯌꯥꯝꯒꯗꯤꯃꯛꯇꯅꯤ ꯍꯥꯏꯔꯒꯗꯤ ꯃꯃꯤꯠꯇꯨ
ꯐꯥꯎꯕ ꯀꯣꯠꯊꯣꯛꯂꯒ ꯏꯃꯤꯠꯇ ꯊꯥꯞꯆꯤꯟꯒꯦ ꯍꯥꯏꯕꯒꯤ ꯁ꯭ꯄꯤꯔꯤꯇꯤ ꯑꯗꯨ
faub ꯆꯦꯟꯒꯗꯕꯅꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯀꯝꯃꯤꯇꯤ ꯑꯣꯟ ꯏꯟꯀ꯭ꯂꯨꯖꯟ ꯑꯣꯐ
ꯁꯅꯥꯃꯍꯤ ꯂꯥꯏꯅꯤꯡ ꯏꯟ ꯗꯤ ꯂꯤꯁꯠ ꯑꯣꯐ ꯃꯥꯏꯅꯣꯔꯤꯇꯤ ꯔꯤꯂꯤꯖꯟꯁ
ꯑꯣꯐ ꯏꯟꯗꯤꯌꯥꯅ ꯍꯟꯗꯛ ꯇꯛꯁꯤꯜꯂꯛꯂꯤꯕ ꯋꯥꯐꯝꯁꯤ ꯆꯥꯝꯃꯗ ꯆꯥꯝꯃ
ꯄꯟꯊꯗꯅ ꯊꯕꯛꯇ ꯑꯣꯟꯊꯣꯛꯍꯟꯕ ꯌꯥꯔꯕ ꯗꯤꯃꯥꯟꯗꯅꯤ꯫ ꯂꯩꯉꯥꯛꯁꯤꯅ
ꯊꯦꯀꯣꯏ ꯅꯥꯀꯣꯏ ꯇꯧꯕꯗꯤ ꯂꯥꯏꯔꯗꯅ ꯆꯤꯟꯗ ꯄꯟꯕ ꯐꯥꯎꯕ ꯉꯝꯂꯔꯣꯏꯗꯕ
ꯁꯦꯞꯇꯦꯝꯕꯔ 21, 1949ꯒꯤ ꯃꯔꯖꯔ ꯑꯦꯒ꯭ꯔꯤꯃꯦꯟꯠ, ꯑꯣꯛꯇꯣꯕꯔ
15, 1949ꯒꯤ ꯊꯧꯗꯣꯛ ꯑꯃꯁꯨꯡ ꯑꯥꯔꯝꯗꯐꯣꯔꯁꯦꯁ ꯁ꯭ꯄꯦꯁꯜ ꯄꯋꯥꯔꯁ
ꯑꯦꯛꯠ (ꯑꯐꯁꯄꯥ), 1958ꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ deLigi ꯂꯨꯆꯤꯡꯕꯁꯤꯡ
ꯅꯥꯀꯣꯡ ꯋꯥꯏ ꯆꯤꯜꯍꯜꯂꯨꯆꯣ ꯍꯥꯏꯕꯗꯤ ꯅꯠꯇꯦꯗꯅ꯫ ꯃꯔꯝ ꯆꯥꯕ ꯑꯃꯁꯨꯡ
ꯃꯁꯤꯒꯤ ꯑꯦꯛꯠꯇꯁꯨ ꯌꯥꯗꯨꯅ ꯂꯩꯖꯔꯕꯅꯤ꯫ ꯊꯦꯡꯊꯍꯟꯅꯤꯡꯗꯦ, ꯄꯟꯊꯗꯅ
ꯊꯕꯛ ꯄꯥꯏꯈꯠꯍꯧꯍꯟꯅꯤꯡꯏ꯫

ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥꯗ ꯐꯪꯂꯤꯕ ꯏꯁꯤꯡ ꯏꯆꯝꯗ ꯍꯥꯏꯕꯗꯤ ꯊꯨꯝꯍꯤ ꯆꯦꯟꯗꯕ ꯏꯁꯤꯡꯗ ꯍꯩꯅꯕ ꯉꯥꯒꯤ ꯃꯁꯤꯡ ꯑꯁꯤ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯌꯥꯝꯃꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯇꯨꯔꯦꯜꯁꯤꯡ ꯃꯔꯨ ꯑꯣꯏꯅ ꯏꯁꯤꯡ ꯏꯆꯦꯜ ꯑꯍꯨꯝꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ (1) ꯕꯥꯛ-ꯕ꯭ꯔꯍꯃꯄꯨꯇ꯭ꯔ (2) ꯀꯂꯥꯗꯥꯟ ꯑꯃꯁꯨꯡ (3) ꯆꯤꯟꯗꯋꯤꯟ ꯑꯁꯤꯅꯤ꯫ ꯃꯐꯝꯁꯤꯡ ꯑꯁꯤꯗꯒꯤ ꯑꯅꯧꯕ ꯉꯥ ꯉꯥꯝꯃꯔꯣꯝ ꯍꯦꯟꯅ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯒꯤ ꯕꯩꯒ꯭ꯌꯥꯅꯤꯛꯁꯤꯡ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯂꯩꯕꯥꯛꯀꯤ ꯕꯩꯒ꯭ꯌꯥꯅꯤꯛꯁꯤꯡꯅ ꯄꯨꯊꯣꯛꯈ꯭ꯔꯦ ꯑꯃꯗꯤ ꯆꯤꯅꯗꯋꯤꯟꯒꯤ ꯏꯁꯤꯡꯗ ꯐꯪꯕ ꯉꯥ ꯅꯤꯐꯨꯃꯥꯊꯣꯏ ꯑꯇꯣꯞꯄ ꯃꯐꯝꯗ ꯐꯪꯗꯦ ꯍꯥꯏꯕ ꯈꯪꯕ ꯉꯝꯂꯦ꯫ ꯃꯁꯤꯗꯁꯨ ꯅꯠꯇꯅ ꯕ꯭ꯔꯍꯃꯄꯨꯇ꯭ꯔꯒꯤ ꯏꯁꯤꯡꯗ ꯐꯪꯕ ꯉꯥ ꯀꯨꯟꯇꯔꯦꯠ ꯑꯇꯣꯞꯄ ꯃꯐꯝꯁꯤꯡꯗ ꯐꯪꯗꯦ ꯍꯥꯏꯕꯁꯨ ꯈꯪꯕ ꯉꯝꯂꯦ꯫
ꯀꯂꯥꯗꯥꯟꯒꯤ ꯏꯁꯤꯡꯗꯤ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕ ꯐꯖꯅ ꯊꯤꯖꯤꯟꯕ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯃꯊꯛꯇ ꯄꯟꯖꯈꯤ ꯋꯥꯐꯝꯁꯤꯡ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤꯗ ꯄ꯭ꯔꯣꯐꯦꯁꯔ ꯑꯣꯏꯅ ꯂꯩꯕꯤꯔꯝꯕ ꯋꯥꯏꯈꯣꯝ ꯕꯤꯁ꯭ꯋꯅꯥꯊꯅ ꯀꯨꯝꯖꯥ 2017ꯇ ꯐꯣꯡꯈꯤꯕ ꯔꯤꯄꯣꯔꯠꯀꯤ ꯃꯇꯨꯡꯏꯟꯅꯅꯤ꯫ ꯀꯂꯥꯗꯥꯟꯒꯤ ꯏꯁꯤꯡ ꯑꯁꯤꯗ ꯉꯥ ꯃꯈꯜ ꯆꯅꯤꯔꯣꯝ ꯂꯩꯔꯝꯒꯅꯤ ꯑꯃꯗꯤ ꯉꯥ ꯃꯈꯜ ꯀꯨꯟꯃꯨꯛ ꯑꯃꯗꯤ ꯑꯇꯣꯞꯄ ꯃꯐꯝꯁꯤꯡꯗ ꯐꯪꯗꯕ ꯉꯥ ꯃꯈꯜ ꯑꯣꯏꯒꯅꯤ ꯍꯥꯏꯅꯁꯨ ꯄꯥꯅꯔꯤ꯫
ꯄ꯭ꯔꯣꯐꯦꯁꯔ ꯕꯤꯁ꯭ꯋꯅꯥꯊꯅ ꯀꯨꯝꯖꯥ 2017ꯇ ꯐꯣꯡꯈꯤꯕꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥ ꯑꯁꯤꯗ ꯉꯥ ꯃꯈꯜ 318 ꯐꯪꯏ꯫ ꯃꯈꯣꯏꯁꯤꯡ ꯑꯁꯤ ꯖꯦꯅꯦꯔꯥ 113ꯒꯤ ꯃꯅꯨꯡ ꯆꯜꯂꯤ ꯑꯃꯗꯤ ꯐꯦꯃꯤꯂꯤꯅ 36ꯅꯤ꯫ ꯉꯥ ꯃꯈꯜ 229ꯅ ꯕ꯭ꯔꯍꯃꯄꯨꯇ꯭ꯔꯗ ꯇꯥꯕ ꯏꯁꯤꯡꯁꯤꯡꯗ ꯐꯪꯏ, 103ꯅ ꯆꯤꯟꯗꯋꯤꯟꯗ ꯇꯥꯕ ꯏꯁꯤꯡꯁꯤꯡꯗ ꯐꯪꯏ ꯑꯃꯁꯨꯡ 27ꯅ ꯀꯂꯥꯗꯥꯟꯒꯤ ꯏꯁꯤꯡꯁꯤꯡꯗ ꯐꯪꯏ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯐꯪꯂꯤꯕ ꯉꯥ ꯃꯈꯜ ꯑꯃ ꯀ꯭ꯔꯤꯇꯤꯀꯦꯜꯂꯤ ꯏꯟꯗꯦꯟꯖꯔ ꯑꯣꯏꯔꯦ, ꯉꯥ ꯃꯈꯜ ꯇꯔꯥꯍꯨꯝꯗꯣꯏꯅ ꯏꯟꯗꯦꯟꯖꯔ ꯑꯣꯏꯔꯦ ꯑꯗꯨꯒ ꯉꯥ ꯃꯈꯜ ꯀꯨꯟꯊ꯭ꯔꯥꯃꯔꯤꯅ ꯚꯜꯅꯔꯦꯕꯜ ꯑꯣꯏ꯫ ꯂꯤꯁꯠ ꯀꯟꯁꯔꯟ ꯑꯃꯗꯤ ꯏꯚꯥꯂ꯭ꯌꯨꯑꯦꯁꯟ ꯇꯧꯗꯕ ꯉꯥꯒꯤ ꯃꯈꯜꯁꯨ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯌꯥꯝꯂꯤ꯫ ꯏꯚꯥꯂ꯭ꯌꯨꯑꯦꯁꯟ ꯇꯧꯗꯕꯒꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯔꯝꯅ ꯊꯤꯖꯤꯟꯕ ꯋꯥꯠꯄꯒꯤ ꯗꯦꯇꯥ ꯐꯪꯗꯕꯅꯅꯤ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯉꯥꯒꯤ ꯃꯔꯝꯗ ꯊꯤꯖꯤꯟ ꯍꯨꯝꯖꯤꯟꯕꯒꯤ ꯊꯕꯛꯁꯤꯡ ꯑꯁꯤ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯗꯔꯀꯥꯔ ꯑꯣꯏꯔꯤ꯫

ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯁ꯭ꯇꯦꯠ ꯑꯁꯤ ꯂꯩꯕꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯄꯋꯥꯔ ꯍꯥꯎꯁꯅꯤ ꯍꯥꯏꯅ ꯍꯥꯏꯅꯔꯤ꯫ ꯁꯦꯟꯇ꯭ꯔꯦꯜ ꯏꯂꯦꯛꯇ꯭ꯔꯤꯁꯤꯇꯤ ꯑꯣꯊꯣꯔꯤꯇꯤꯅ ꯍꯥꯏꯕꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯕ꯭ꯔꯍꯃꯄꯨꯇ꯭ꯔ ꯇꯨꯔꯦꯜꯗ ꯄ꯭ꯔꯣꯖꯦꯛꯠ 168 ꯄꯥꯏꯈꯠꯇꯨꯅ 63,328 ꯃꯦꯒꯥꯋꯥꯠꯀꯤ ꯏꯂꯦꯛꯇ꯭ꯔꯤꯛ ꯄꯋꯥꯔ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯒꯅꯤ꯫ ꯇꯧꯏꯒꯨꯝꯕꯁꯨ ꯗꯥꯝ ꯀꯌꯥ ꯇꯨꯔꯦꯜꯁꯤꯡꯗ ꯁꯥꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯉꯥ ꯃꯈꯜ ꯀꯌꯥ ꯃꯥꯡꯈꯤꯕ ꯌꯥꯕꯒꯤ ꯑꯆꯧꯕ ꯃꯔꯝ ꯑꯃ ꯑꯣꯏꯔꯤ꯫ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯏꯊꯥꯏ ꯕꯔꯥꯖꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯉꯥ ꯀꯌꯥ ꯇꯨꯔꯦꯜꯁꯤꯡꯗ ꯀꯥꯔꯛꯄ ꯉꯝꯗꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯑꯃꯗꯤ ꯉꯥ ꯀꯌꯥꯒꯤ ꯃꯔꯨꯝ ꯀꯣꯛꯐꯝ ꯃꯥꯡꯍꯟꯈꯤꯗꯨꯅ ꯉꯥ ꯀꯌꯥꯒꯤ ꯃꯁꯤꯡ ꯍꯟꯊꯔꯛꯂꯤ꯫
ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯄꯦꯡꯕ, ꯉꯥꯇꯣꯟ, ꯁꯔꯦꯡꯈꯣꯏꯕꯤꯅꯆꯤꯡꯕ ꯉꯥ ꯀꯌꯥ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯏꯁꯤꯡꯁꯤꯡꯗ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯃꯇꯝ ꯑꯃꯗ ꯐꯪꯂꯝꯃꯤ꯫ ꯇꯧꯏꯒꯨꯝꯕꯁꯨ ꯍꯧꯖꯤꯛꯇꯤ ꯍꯥꯏꯔꯤꯕ ꯉꯥꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯁꯤꯡ ꯑꯁꯤ ꯃꯍꯧꯁꯥꯒꯤ ꯑꯣꯏꯕ ꯏꯁꯤꯡꯁꯤꯡꯗ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯍꯟꯊꯔꯛꯂꯤ꯫ ꯉꯥꯒꯤ ꯕꯥꯏꯑꯣꯗꯥꯏꯚꯔꯁꯤꯇꯤꯗ ꯁꯣꯛꯍꯟꯕ ꯌꯥꯕ ꯑꯆꯧꯕ ꯄ꯭ꯔꯣꯖꯦꯛꯠ ꯈꯨꯗꯤꯡꯃꯛ ꯃꯅꯤꯡ-ꯃꯈꯥ ꯇꯧꯅ ꯑꯃꯗꯤ ꯇ꯭ꯔꯥꯟꯁꯄꯔꯦꯟꯠ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯏꯟꯚꯥꯏꯔꯟꯃꯦꯟꯠꯇꯦꯜ ꯏꯝꯄꯦꯛꯠ ꯑꯦꯁꯦꯁꯃꯦꯟꯠꯀꯤ ꯗꯔꯀꯥꯔ ꯑꯣꯏ ꯑꯃꯗꯤ ꯍꯥꯟꯅ ꯁꯥꯈ꯭ꯔꯕ ꯗꯥꯝꯁꯤꯡ ꯑꯁꯤꯁꯨ ꯆꯦꯛꯁꯤꯟꯅ ꯌꯦꯡꯁꯤꯟꯕ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯑꯋꯥꯡ ꯅꯣꯡꯄꯣꯛ ꯏꯟꯗꯤꯌꯥ ꯑꯁꯤꯗ ꯐꯪꯂꯤꯕ ꯉꯥꯁꯤꯡ ꯑꯁꯤ ꯀꯜꯍꯧꯅꯕ ꯍꯣꯠꯅꯗ꯭ꯔꯕꯗꯤ ꯑꯩꯈꯣꯏ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯑꯣꯏꯕ ꯑꯆꯧꯕ ꯑꯃꯥꯡꯕ ꯑꯣꯏꯔꯒꯅꯤ꯫ ꯃꯔꯝ ꯑꯗꯨꯅ ꯌꯥꯝꯅ ꯊꯦꯡꯗ꯭ꯔꯤꯉꯩ ꯑꯁꯤꯗ ꯆꯦꯛꯁꯤꯟ ꯊꯣꯔꯥꯡ ꯂꯧꯈꯠꯄ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯆꯦꯛꯁꯤꯟ ꯊꯧꯔꯥꯡꯁꯤꯡ ꯑꯁꯤ ꯂꯧꯈꯠꯅꯕꯒꯤꯗꯃꯛ ꯕꯩꯒ꯭ꯌꯥꯅꯤꯛꯁꯤꯡ, ꯄꯣꯂꯤꯇꯤꯀꯦꯜ ꯄꯥꯔꯇꯤꯁꯤꯡ, ꯂꯩꯉꯥꯛꯀꯤ ꯑꯃꯗꯤ ꯂꯩꯉꯥꯛꯀꯤ ꯅꯠꯇꯕ ꯂꯣꯏꯁꯪꯁꯤꯡ ꯄꯨꯟꯅ ꯈꯟꯅ-ꯅꯩꯅꯗꯨꯅ ꯂꯧꯈꯠꯄ ꯌꯥꯕ ꯊꯧꯔꯥꯡꯁꯤꯡ ꯂꯧꯈꯠꯄꯒꯤ ꯗꯔꯀꯥꯔ ꯑꯣꯏꯔꯤ꯫ ꯊꯧꯔꯥꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯈꯥꯗ ꯃꯤꯆꯝ ꯃꯤꯌꯥꯝ ꯈꯨꯗꯤꯡꯃꯛꯄꯨꯁꯨ ꯃꯥꯡꯁꯤꯜꯂꯛꯂꯤꯕ ꯉꯥꯁꯤꯡ ꯑꯁꯤꯕꯨ ꯀꯟꯕꯒꯤ ꯃꯊꯧ ꯇꯥꯕ ꯑꯗꯨ ꯈꯪꯍꯟꯕ ꯗꯔꯀꯥꯔ
ꯑꯣꯏ꯫

ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄꯟꯖꯅꯤꯡꯕ ꯑꯃꯅ ꯉꯥꯒꯤ ꯃꯈꯜ ꯈꯦꯟꯅꯕꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯉꯥꯒꯤ ꯀꯥꯟꯅꯕ ꯑꯁꯤ ꯑꯁꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯌꯥꯝꯈ꯭ꯔꯦ꯫ ꯈꯨꯗꯝ ꯑꯣꯏꯅ ꯍꯥꯏꯔꯕꯗ ꯆꯥꯅꯅꯕ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕ, ꯂꯩꯇꯦꯡꯒꯤ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕ, ꯁꯥꯟꯅꯕꯒꯤ (ꯁ꯭ꯄꯣꯔꯠꯁ ꯐꯤꯁꯖꯔꯤꯖ) ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕ ꯑꯃꯗꯤ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕ ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯍꯥꯏꯔꯤꯕꯁꯤꯡ ꯑꯁꯤ ꯃꯤꯑꯣꯏ
ꯈꯨꯗꯤꯡꯃꯛꯅ ꯁꯨꯒꯥꯏꯅ ꯈꯪꯍꯟꯕꯁꯨ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ =

ꯃꯤꯄꯨꯝ ꯇꯤꯡꯅ ꯄꯤꯖꯕ ꯀꯣꯟꯅꯔꯕ ꯃꯇꯨꯡꯗ (ꯐꯨꯗ ꯁꯤꯀ꯭ꯌꯨꯔꯤꯇꯤ) ꯑꯩꯈꯣꯏꯗ ꯂꯥꯛꯂꯤꯕ ꯋꯥꯈꯜ ꯑꯁꯤ ꯃꯆꯜ ꯁꯨꯕ, ꯃꯆꯤ ꯑꯣꯏꯕ (ꯅ꯭ꯌꯨꯇ꯭ꯔꯤꯁꯅꯦꯜ ꯁꯤꯀ꯭ꯌꯨꯔꯤꯇꯤ) ꯆꯤꯟꯖꯥꯛꯁꯤꯡ ꯐꯪꯍꯟꯕ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯇꯉꯥꯏꯐꯗꯅ ꯆꯪꯕ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯃꯆꯜꯁꯤꯡ ꯆꯥꯡ ꯆꯥꯅ ꯑꯃꯗꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯄꯥꯝꯕꯤꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯝꯗꯝ ꯑꯁꯤꯗꯁꯨ ꯊꯥꯕꯗ ꯄꯛꯅꯔꯕ ꯀꯤꯟꯋꯍ (Quinoa) ꯄꯟꯕ ꯌꯥꯏ꯫
ꯊꯣꯡꯗꯣꯛꯂꯕ ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃ ꯍꯥꯏꯕꯗꯤ ꯆꯥꯎꯔꯥꯛꯅ ꯒ꯭ꯔꯥꯝ 185ꯗ ꯌꯥꯎꯒꯗꯕ ꯃꯆꯤ ꯑꯣꯏꯕ ꯆꯤꯟꯖꯥꯛꯀꯤ ꯃꯆꯜꯁꯤꯡ :- ꯄ꯭ꯔꯣꯇꯤꯟ ꯒ꯭ꯔꯥꯝ 8, ꯃꯁꯤꯡꯒꯤ ꯁꯔꯨꯛ (ꯐꯥꯏꯕꯔ) ꯒ꯭ꯔꯥꯝ 5, ꯃꯍꯥꯎ (ꯐꯦꯠ) ꯒ꯭ꯔꯥꯝ 4, ꯆꯅꯥꯡ ꯑꯃꯗꯤ ꯆꯤꯅꯤꯒꯤ ꯁꯔꯨꯛ (Carbs) ꯒ꯭ꯔꯥꯝ 39, ꯁꯛꯇꯤ ꯄꯤꯕꯒꯤ ꯆꯥꯡ 222 ꯀꯦꯂꯣꯔꯤ ꯑꯣꯏ꯫
ꯀꯤꯟꯋꯥꯍꯗ ꯌꯥꯎꯔꯤꯕ ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯁꯤ ꯃꯤꯑꯣꯏꯕꯅ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯑꯦꯃꯤꯅꯣ ꯑꯦꯁꯤꯗ ꯃꯈꯜ 9 ꯃꯨꯛ ꯁꯨꯅ ꯌꯥꯎꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯀꯝꯄ꯭ꯂꯤꯠ ꯄ꯭ꯔꯣꯇꯤꯟ ꯍꯥꯏꯅꯁꯨ ꯈꯪꯅꯩ꯫ ꯑꯇꯣꯞꯄ ꯃꯍꯩ ꯃꯔꯣꯡ (ꯒ꯭ꯔꯦꯟ) ꯁꯤꯡꯒ ꯃꯥꯟꯅꯗꯕ ꯃꯑꯣꯡꯗ ꯀꯤꯟꯋꯍꯗ ꯂꯌꯁꯤꯅꯦ ꯀꯧꯕ ꯑꯦꯃꯤꯅꯣ ꯑꯦꯁꯤꯗ ꯑꯁꯤ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯌꯥꯎꯏ꯫ ꯃꯅꯥ ꯃꯁꯤꯡ ꯆꯥꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯄ꯭ꯔꯣꯇꯤꯟ ꯐꯪꯅꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯕ ꯄꯥꯝꯕꯩꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯀꯤꯟꯋꯍꯁꯨ ꯑꯃꯅꯤ꯫
ꯑꯇꯣꯞꯄ ꯃꯍꯩ ꯃꯔꯣꯡꯁꯤꯡ (ꯒ꯭ꯔꯦꯟꯁ) ꯒ ꯌꯦꯡꯅꯕꯗ ꯀꯤꯟꯋꯍꯗ ꯌꯥꯎꯔꯤꯕ ꯃꯁꯤꯡ (ꯐꯥꯏꯕꯔ) ꯑꯁꯤ ꯆꯥꯡ ꯋꯥꯡꯏ꯫ ꯊꯣꯡꯗꯣꯛꯂꯕ ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃꯅ ꯃꯤ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯃꯁꯤꯡ (ꯐꯥꯏꯕꯔ) ꯒꯤ ꯁꯔꯨꯛꯀꯤ ꯆꯥꯗ 15 ꯒꯨꯝꯕꯒꯤ ꯆꯥꯡ ꯄꯤꯕ ꯉꯝꯏ꯫ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯃꯁꯤꯡ (ꯐꯥꯏꯕꯔ)ꯒꯤ ꯁꯔꯨꯛ ꯆꯥꯡ ꯆꯥꯅ ꯆꯥꯕꯅ ꯈꯣꯡ ꯍꯥꯝꯕ ꯅꯨꯡꯉꯥꯏꯍꯜꯂꯤ, ꯀꯣꯂꯦꯁꯇꯦꯔꯣꯜꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯍꯜꯂꯤ, ꯕꯤ ꯄꯤ ꯋꯥꯡꯕꯗꯒꯤ ꯍꯟꯊꯍꯟꯕꯒ ꯂꯣꯏꯅꯅ ꯄꯨꯛ ꯀꯨꯏꯅ ꯀꯪꯗꯨꯅ ꯌꯥꯝꯅ ꯆꯥꯁꯤꯟꯒꯗꯕꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯇꯨꯅ ꯅꯣꯏꯈꯠꯍꯟꯗꯦ꯫
ꯀꯤꯟꯋꯍꯗ ꯌꯥꯎꯔꯤꯕ ꯄ꯭ꯔꯣꯇꯤꯟ ꯑꯁꯤꯗ ꯘꯂꯨꯇꯦꯅ ꯀꯧꯕ ꯃꯆꯥꯛ ꯑꯃ ꯌꯥꯎꯗꯦ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯒꯦꯍꯨꯅ ꯁꯦꯝꯕ ꯄꯣꯠꯂꯝꯁꯤꯡ ꯆꯥꯕ ꯌꯥꯗꯕ ꯃꯤꯑꯣꯏꯁꯤꯒꯤꯗꯃꯛ ꯀꯤꯟꯋꯍꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫
ꯃꯊꯛꯇ ꯄꯟꯈ꯭ꯔꯤꯕ ꯃꯆꯤ ꯑꯣꯏꯕ ꯃꯆꯜꯁꯤꯡ ꯑꯁꯤꯗ ꯅꯠꯇꯅ ꯀꯤꯟꯋꯍ ꯑꯊꯣꯡꯕ
ꯀꯞ ꯑꯃꯗ ꯃꯦꯒꯅꯤꯁꯤꯌꯝ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 118 ꯌꯥꯎꯗꯨꯅ ꯃꯤ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯃꯦꯒꯅꯤꯁꯤꯌꯝꯒꯤ ꯁꯔꯨꯛꯀꯤ ꯆꯥꯗ 58 ꯒꯨꯝꯕ ꯄꯤ꯫ ꯃꯦꯒꯅꯤꯁꯤꯌꯝꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯌꯥꯎꯕ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯑꯦꯟꯖꯥꯏꯝꯁꯤꯡ ꯃꯊꯧ ꯇꯧꯍꯟꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯂꯣꯏꯅꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯁꯦꯜ ꯈꯨꯗꯤꯡꯗ ꯃꯦꯒꯅꯤꯁꯤꯌꯝ ꯌꯥꯎꯔꯤ꯫ ꯃꯦꯒꯅꯤꯁꯤꯌꯝ ꯅꯦꯝꯅ ꯌꯥꯎꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕꯗ ꯕꯤ ꯄꯤ ꯋꯥꯡꯕ, ꯊꯝꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥ ꯃꯈꯜ, ꯇꯥꯏꯞ ꯇꯨ ꯇꯥꯏꯕꯦꯇꯤꯁ ꯑꯃꯗꯤ Migraine ꯁꯤꯡ ꯊꯣꯛꯍꯟꯕ ꯌꯥꯏ꯫

ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃꯗ ꯌꯥꯎꯕ ꯃꯦꯡꯒꯥꯅꯤꯁ ꯑꯁꯤ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 1.17 ꯒꯨꯝꯕ ꯑꯣꯏꯗꯨꯅ ꯃꯤ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯔꯤꯕ ꯑꯄꯨꯟꯕ ꯁꯔꯨꯛꯀꯤ ꯆꯥꯗ 30 ꯔꯣꯝ ꯄꯤ꯫ ꯃꯁꯤꯅ ꯍꯛꯆꯥꯡꯕꯨ ꯃꯄꯨꯡ ꯃꯔꯩ ꯐꯥꯍꯟꯕ ꯑꯃꯗꯤ ꯍꯛꯆꯥꯡ ꯃꯅꯨꯡꯗ ꯄꯥꯡꯊꯣꯛꯂꯤꯕ ꯊꯕꯛ ꯊꯣꯔꯝꯁꯤꯡ (ꯃꯦꯇꯥꯕꯣꯂꯤꯖꯝ) ꯗ ꯇꯉꯥꯏꯐꯗꯅ ꯆꯪꯕꯒ ꯂꯣꯏꯅꯅ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯑꯦꯟꯖꯥꯏꯝꯁꯤꯡꯅ ꯃꯊꯧ ꯇꯧꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃꯗ ꯑꯥꯏꯔꯟ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 2.76 ꯌꯥꯎꯗꯨꯅ ꯅꯨꯄꯥ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯔꯤꯕ ꯑꯥꯏꯔꯟꯒꯤ ꯁꯔꯨꯛꯀꯤ ꯆꯥꯗ 34.5 ꯒꯨꯝꯕ ꯑꯗꯨꯒ ꯅꯨꯄꯤ ꯑꯃꯒꯤ ꯆꯥꯗ 15.33 ꯒꯨꯝꯕ ꯄꯤ꯫ ꯑꯥꯏꯔꯟ ꯑꯃꯗꯤ ꯏꯗ ꯌꯥꯎꯕ ꯍꯦꯃꯣꯒ꯭ꯂꯣꯕꯤꯟ ꯍꯥꯏꯕꯗꯨꯒꯤ ꯁꯔꯨꯛ ꯑꯃ ꯑꯣꯏꯅ ꯌꯥꯎꯔꯤꯕꯅꯤ꯫ ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃꯗ ꯐꯣꯂꯦꯠ ꯀꯧꯕ ꯚꯤꯇꯥꯃꯤꯟ ꯕꯤ ꯀꯥꯡꯂꯨꯞꯀꯤ ꯄꯣꯠꯂꯝ ꯑꯁꯤ ꯃꯥꯏꯀ꯭ꯔꯣꯒ꯭ꯔꯥꯝ 77.7 ꯌꯥꯎꯗꯨꯅ ꯃꯤ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯐꯣꯂꯦꯠꯀꯤ ꯁꯔꯨꯛꯀꯤ ꯆꯥꯗ 18 ꯒꯨꯝꯕ ꯄꯤ꯫ ꯐꯣꯂꯦꯠ ꯑꯁꯤ ꯃꯤꯔꯣꯟꯕꯤ ꯅꯨꯄꯤꯁꯤꯡꯗꯗꯤ ꯀꯥ ꯍꯦꯟꯅ ꯃꯔꯨ ꯑꯣꯏ ꯑꯗꯨꯒ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯐꯣꯂꯦꯠꯀꯤ ꯆꯥꯡ ꯆꯥꯅ ꯆꯥꯕꯅ ꯀꯦꯟꯁꯔ ꯑꯃꯗꯤ ꯄꯨꯛꯅꯤꯡ ꯁꯣꯟꯊꯕꯒꯤ ꯂꯥꯏꯅꯥ (ꯗꯤꯄ꯭ꯔꯦꯁꯟ) ꯒꯤ ꯆꯥꯡ
ꯍꯟꯊꯍꯜꯂꯤ꯫
ꯃꯊꯛꯇ ꯄꯟꯈ꯭ꯔꯤꯕ ꯑꯁꯤꯗ ꯅꯠꯇꯅ ꯀꯤꯟꯋꯍ ꯀꯞ ꯑꯃꯗ ꯌꯥꯎꯕ ꯃꯆꯤ ꯑꯣꯏꯕ ꯃꯆꯜ ꯑꯁꯤ ꯑꯣꯟꯊꯣꯛꯅ ꯌꯥꯝꯈ꯭ꯔꯦ꯫ ꯃꯁꯤꯗ ꯃꯤ ꯑꯃꯅ ꯅꯣꯡꯃꯗ ꯗꯔꯀꯥꯔ ꯂꯩꯕ ꯑꯄꯨꯟ ꯀꯣꯞꯄꯔꯒꯤ ꯆꯥꯗ 18, ꯖꯤꯡꯛꯀꯤ ꯆꯥꯗ 13, ꯄꯣꯇꯥꯁꯤꯌꯝꯒꯤ ꯆꯥꯗ 9, ꯚꯤꯇꯥꯃꯤꯟ ꯕꯤ 1, ꯕꯤ 2 ꯑꯃꯁꯨꯡ ꯕꯤ 6ꯀꯤ ꯆꯥꯗ 10, ꯐꯣꯁꯐꯔꯁꯀꯤ ꯆꯥꯗ 28 ꯑꯃꯗꯤ ꯑꯅꯦꯝꯕ ꯆꯥꯡꯗ ꯀꯦꯜꯁꯤꯌꯝꯅꯆꯤꯡꯕ ꯀꯌꯥ ꯑꯃꯁꯨ ꯌꯥꯎꯔꯤ꯫ ꯑꯁꯨꯝꯅ ꯐꯣꯁꯐꯔꯁ ꯑꯃꯁꯨꯡ ꯀꯦꯜꯁꯤꯌꯝ ꯌꯥꯎꯕꯁꯤꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯁꯔꯨ ꯑꯃꯗꯤ ꯌꯥ ꯐꯅ ꯊꯝꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫
ꯀꯤꯟꯋꯍꯗ ꯚꯤꯇꯥꯃꯤꯟ ꯏꯁꯤꯡ, ꯑꯣꯃꯦꯒꯥ 3 ꯐꯦꯠꯇꯤ ꯑꯦꯁꯤꯗ ꯑꯃꯗꯤ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯁꯤꯡꯁꯨ ꯌꯥꯎꯏ꯫
ꯘꯂꯨꯇꯦꯅ ꯌꯥꯎꯗꯕ ꯃꯍꯩ ꯃꯔꯣꯡ (ꯒ꯭ꯔꯦꯟ) ꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯀꯤꯟꯋꯍꯅ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯀꯤ ꯃꯒꯨꯟ ꯆꯦꯟꯕ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯦꯜꯂꯤ꯫ ꯃꯁꯤꯗ ꯌꯥꯎꯔꯤꯕ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠꯒꯤ ꯃꯒꯨꯟ ꯆꯦꯟꯕ ꯚꯤꯇꯥꯃꯤꯟ ꯏ ꯑꯁꯤꯅ ꯊꯝꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥ ꯀꯦꯟꯁꯔ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯀ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯥꯏꯅꯥ ꯑꯃꯅ ꯅꯥꯒꯗꯕꯗꯒꯤ ꯍꯟꯊꯍꯜꯂꯤ꯫ ꯂꯣꯏꯅꯅ ꯀꯤꯟꯋꯍꯗ ꯌꯥꯎꯔꯤꯕ ꯑꯦꯟꯇꯤꯑꯣꯛꯁꯤꯗꯦꯟꯠ ꯑꯣꯏꯕ Quercelin ꯑꯃꯁꯨꯡ Kaempterol ꯅ ꯀꯦꯟꯁꯔ, ꯗꯥꯏꯕꯦꯇꯤꯁ, ꯊꯝꯃꯣꯏꯒꯤ ꯂꯥꯏꯅꯥ ꯉꯥꯛꯊꯣꯛꯄꯒ ꯂꯣꯏꯅꯅ ꯍꯛꯆꯥꯡꯗ ꯂꯥꯏꯅꯥ ꯊꯣꯛꯍꯟꯒꯗꯕ ꯃꯍꯤꯛꯁꯤꯡꯅ ꯆꯪꯂꯛꯄꯗ Quercetin ꯅ ꯍꯛꯆꯥꯡꯒꯤ ꯉꯥꯛꯊꯣꯛꯄꯒꯤ ꯁꯛꯇꯤ ꯍꯦꯟꯒꯠꯍꯜꯂꯤ꯫
ꯀꯤꯟꯋꯍꯗ ꯑꯇꯩ ꯃꯍꯩ ꯃꯔꯣꯡꯗ ꯌꯥꯎꯕ ꯆꯥꯡꯗꯒꯤ ꯌꯥꯝꯅ ꯍꯦꯟꯅ ꯋꯥꯡꯕ ꯑꯣꯃꯦꯒ 3 ꯐꯦꯠꯇꯤ
ꯑꯦꯁꯤꯗ ꯌꯥꯎꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯍꯛꯆꯥꯡꯗ ꯀꯥꯟꯅꯕ ꯀꯌꯥ ꯄꯤꯔꯤ꯫
ꯍꯛꯆꯥꯡꯗ ꯃꯆꯤ ꯑꯣꯏꯕ ꯃꯆꯜ ꯀꯌꯥ ꯄꯤꯔꯕ ꯑꯗꯨꯗ ꯂꯝꯗꯝ ꯑꯁꯤꯗꯁꯨ ꯃꯥꯏ ꯄꯥꯛꯅ ꯊꯥꯕ
ꯌꯥꯔꯕ ꯀꯤꯟꯋꯍ ꯄꯥꯝꯕꯤꯁꯤꯡ ꯊꯥꯗꯨꯅ ꯂꯧꯃꯤꯁꯤꯡꯅ ꯁꯦꯟꯊꯣꯛ ꯍꯦꯟꯒꯠꯍꯟꯅꯕ ꯍꯣꯠꯅꯕꯒꯤ
ꯃꯇꯝ ꯌꯧꯔꯦ꯫=

ꯇꯨꯡꯒꯤ ꯃꯤꯔꯣꯜꯒꯤꯗꯃꯛꯇ ꯂꯝꯗꯝ ꯑꯁꯤꯗ ꯐꯪꯂꯤꯕ ꯉꯥꯁꯤꯡꯕꯨ ꯀꯜꯍꯧꯁꯤ
ꯀꯤꯟꯋꯍ ꯆꯥꯕꯅ ꯍꯛꯆꯥꯡꯗ ꯄꯤꯕ ꯀꯥꯟꯅꯕꯁꯤꯡ

– ꯗꯥ: ꯌꯨꯝꯅꯥꯝ ꯕꯦꯗꯖꯤꯠ –

– ꯗꯥ. ꯋꯥꯏꯈꯣꯝ ꯖꯤꯇꯦꯟ –

ꯗꯣ: ꯑꯦꯝ ꯊꯣꯏꯊꯣꯏ
ꯇꯤꯜꯍꯧ ꯊꯥꯕꯗ ꯆꯦꯛꯁꯤꯟꯅꯤꯡꯉꯥꯏ ꯈꯔ
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 28
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯣꯛꯇꯣꯕꯔ 30, ꯊꯥꯡꯖ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔ ꯏ-ꯃꯦꯜ
hueiyenliteraryquiz@gmail.com sid meL AoIn
ꯊꯥꯕꯤꯔꯛꯄ ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ,
ꯃꯍꯩꯒꯤ ꯊꯥꯛ ꯑꯃꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ
ꯈꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯗꯨꯗꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫
ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯗꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

1| ꯖꯥꯇꯤ ꯀꯧꯕꯤ ꯁꯛꯍꯦꯟꯕꯤ/ꯂꯩꯔꯥꯡꯂꯛꯇꯒꯤ ꯑꯊꯣꯏꯕꯤ/ꯄꯥꯝꯃꯨꯕꯩ ꯆꯦꯡꯂꯧ ꯎꯕꯔꯥ/
ꯅꯨꯖꯥ ꯑꯩꯉꯣꯟꯗ ꯇꯝꯃꯨꯕ” ꯍꯥꯏꯕ ꯃꯤꯌꯥꯝꯅ ꯌꯥꯝꯅ ꯄꯥꯝꯅ ꯇꯥꯅꯔꯤꯕ ꯑꯔꯤꯕ ꯏꯁꯩ
ꯑꯁꯤꯒꯤ ꯁꯩꯔꯦꯡꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯔꯤ ꯗ꯭ꯔꯥꯃꯥꯗ ꯁꯛꯈꯤꯕ ꯏꯁꯩꯅꯣ?
2| ꯔꯕꯤꯟꯗ꯭ꯔꯅꯥꯊ ꯊꯥꯀꯨꯔꯅ ꯏꯔꯝꯕꯁꯤꯡꯗꯒꯤ ꯈꯟꯒꯠꯂꯒ ꯃꯅꯤꯄꯨꯔꯗ
ꯍꯟꯗꯣꯛꯂꯒ ꯄꯨꯊꯣꯔꯛꯄ “ꯔꯕꯤꯟꯗ꯭ꯔ ꯂꯩꯆꯜ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ
ꯑꯐꯣꯡꯕꯒꯤ ꯃꯃꯤꯡ ꯍꯥꯏꯌꯨ꯫
3| “ꯏꯐꯦꯜ ꯇꯋꯥꯔ ꯃꯈꯣꯡꯗ ꯀꯪꯂꯩ ꯊꯣꯛꯄ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ
ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
4| “ꯂꯝ ꯑꯁꯤꯗ ꯂꯩꯕ ꯃꯔꯨ ꯃꯔꯨ ꯑꯣꯏꯕ ꯆꯤꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯇꯣꯞꯅ ꯇꯣꯞꯅ
ꯏꯔꯝꯕ ꯂꯥꯏꯔꯤꯛ ꯀꯌꯥ ꯊꯦꯡꯅꯖꯩ꯫” ꯑꯁꯤꯒꯨꯝꯕ ꯂꯥꯏꯔꯤꯛꯁꯤꯡ ꯑꯁꯤꯗꯒꯤ
ꯈꯔꯃꯈꯩ ꯄꯨꯟꯁꯤꯜꯂꯒ ꯄꯨꯊꯣꯔꯛꯄ ꯂꯥꯏꯔꯤꯛ ꯑꯗꯨ ꯀꯔꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
5| “ꯂꯩꯄꯥꯛꯀꯤ ꯃꯨꯔꯇꯤ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ
ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?