ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 18
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯃꯦ 31, ꯅꯤꯡꯊꯧꯀꯥꯕ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ
I-meL hueiyenliteraryquiz@gmail.com sid meL AoIn
ꯊꯥꯕꯤꯔꯛꯄ ꯌꯥꯒꯅꯤ꯫ ꯄꯥꯎꯈꯨꯝ ꯄꯤꯕꯤꯔꯛꯄ/ꯊꯥꯕꯤꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯤꯡ, ꯂꯩꯐꯝ,
ꯃꯍꯩꯒꯤ ꯊꯥꯛ ꯑꯝꯁꯨꯡ ꯀꯟꯇꯦꯛꯠ ꯅꯝꯕꯔ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯏꯕꯤꯔꯛꯎ꯫ ꯋꯥꯍꯪ
ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯄꯥꯎꯈꯨꯝ ꯆꯨꯝꯅ ꯅꯠꯇ꯭ꯔꯒ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯆꯨꯝꯅ ꯄꯤꯕꯤꯔꯛꯄ
ꯃꯤꯑꯣꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯗ꯭ꯔꯣ ꯑꯣꯠꯆꯔꯒ ꯂꯥꯏꯕꯛ ꯐꯕ ꯃꯤꯁꯛ ꯑꯃ ꯈꯟꯖꯒꯅꯤ꯫
ꯂꯣꯏꯅꯅ ꯈꯜꯂꯕ ꯃꯤꯁꯛ ꯑꯈꯨꯗ ꯃꯅꯥ ꯄꯤꯖꯒꯅꯤ꯫

1| ꯆꯍꯤ ꯌꯥꯡꯈꯩꯒꯤ ꯃꯃꯥꯡꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯃꯅꯤꯄꯨꯔꯤ ꯐꯤꯆꯔ ꯐꯤꯂꯝ
ꯎꯠꯈꯤꯕꯗꯨ ꯀꯔꯝꯕ ꯆꯍꯤꯒꯤ ꯀꯔꯤ ꯊꯥꯒꯤ ꯇꯥꯡ ꯀꯌꯥꯗꯅꯣ?
2| "ꯗꯥꯗꯥ ꯁꯥꯍꯦꯕ ꯐꯥꯜꯀꯦ ꯚꯥꯔꯠ ꯁꯤꯅꯦꯃꯥꯒꯤ ꯑꯄꯣꯛꯄ" ꯍꯥꯏꯕ ꯃꯅꯤꯄꯨꯔꯤꯗ
ꯍꯟꯗꯣꯛꯄ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯑꯗꯨ ꯀꯔꯤ ꯂꯣꯜꯗ ꯀꯅꯥꯅ
Ibno?

3| ꯑꯍꯥꯟꯕ ꯃꯅꯤꯄꯨꯔꯤ ꯚꯤꯆꯔ ꯐꯤꯂꯝꯅꯤ ꯂꯧꯅꯔꯤꯕ "ꯃꯇꯝꯒꯤ ꯃꯅꯤꯄꯨꯔ"
ꯍꯥꯏꯕ ꯐꯤꯂꯝꯁꯤꯒꯤ ꯑꯌꯥꯝꯕ ꯁꯔꯨꯛ ꯀꯗꯥꯏꯗ ꯁꯦꯠ ꯁꯥꯔꯒ ꯅꯝꯈꯤꯕꯒꯦ?
4| ꯓꯣꯍꯅ Warrington ꯍꯥꯏꯕ BBC ꯒꯤ Correspondent ꯑꯃꯅ
ꯃꯅꯤꯄꯨꯔꯤ ꯐꯤꯂꯝ ꯑꯃꯕꯨ “ꯁꯦꯜꯂꯨꯂꯣꯏꯗꯇ ꯏꯕ ꯁꯩꯔꯦꯡ" (Poem on
Celluloid) ꯍꯥꯏꯅ ꯁꯤꯡꯊꯥꯈꯤ꯫ ꯐꯤꯂꯝꯗꯨ ꯀꯔꯤ ꯐꯤꯂꯝꯅꯤ?
5| “ꯂꯥꯏꯔꯤꯛ ꯂꯥꯏꯁꯨ ꯀꯨꯝꯖꯥ ꯁꯥꯍꯤꯇ꯭ꯌ-ꯏꯇꯤꯇꯥꯁ" ꯍꯥꯏꯕꯁꯤ ꯀꯅꯥꯅ ꯏꯕꯅꯣ?

ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, WEDNESDAY, MAY 19, 2021 ꯌꯨꯝꯁꯀꯩꯁ, ꯀꯥꯂꯦꯟꯒꯤ 7ꯅꯤ 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꯫

ꯁꯅꯥꯇꯣꯟ ꯑꯊꯣꯛꯄꯝꯒꯤ ꯊꯧꯗꯣꯛ
ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟꯒꯤ ꯁꯤꯟꯊꯣꯡ ꯇꯥꯏꯑꯣꯟꯅꯕ ꯊꯣꯛꯂꯕ꯭ꯔꯥ
ꯁ꯭ꯇꯦꯠꯁꯤꯗ ꯍꯧꯖꯤꯛ ꯃꯊꯧ ꯄꯥꯡꯊꯣꯛꯂꯤꯕ ꯂꯣ ꯑꯦꯟꯐꯣꯔꯁꯤꯡ ꯑꯦꯖꯦꯟꯁꯤꯁꯤꯡꯒꯤ
ꯃꯅꯨꯡꯗ ꯃꯦꯟ-ꯄꯋꯥꯔ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯌꯥꯝꯕꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯕꯥꯛꯁꯤꯗ ꯆꯠꯅꯔꯤꯕ
ꯂꯣꯁꯤꯡꯕꯨ ꯃꯊ꯭ꯋꯥꯏ ꯄꯥꯜꯍꯟꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯑꯆꯧꯕ ꯊꯧꯗꯥꯡ ꯂꯧꯔꯤꯕꯁꯤ ꯍꯣꯝ
ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯀꯤ ꯃꯈꯥꯗ ꯂꯩꯔꯤꯕ ꯁꯤꯚꯤꯜ ꯄꯨꯂꯤꯁꯅꯤ꯫ ꯑꯗꯨꯒ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯂꯤꯁ
ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯁꯤꯒꯤ ꯐꯤꯚꯝꯁꯨ ꯃꯍꯧꯁꯥꯒꯤꯗꯨ ꯑꯣꯏꯗ꯭ꯔꯦ꯫ ꯕꯣꯔꯗꯔ ꯁ꯭ꯇꯦꯇ
ꯑꯃ ꯑꯣꯏꯕꯒꯤ ꯃꯊꯛꯇ ꯏꯟꯁꯔꯖꯦꯟꯁꯤ ꯁ꯭ꯇ꯭ꯔꯥꯏꯛꯗꯟ ꯁ꯭ꯇꯦꯠ ꯑꯃ ꯑꯣꯏꯕꯗꯒꯤ
ꯇꯉꯥꯏꯐꯗꯅ ꯀꯥꯎꯟꯇꯔ ꯏꯟꯁꯔꯖꯦꯟꯁꯤ ꯑꯣꯄꯔꯦꯁꯟꯁ (ꯁꯤ ꯑꯥꯏ - ꯑꯣꯞꯁ)ꯀꯤ
ꯊꯕꯛ ꯊꯧꯔꯝꯁꯤꯡ ꯄꯥꯏꯈꯠꯇꯕ ꯌꯥꯔꯛꯇꯕꯒ ꯂꯣꯏꯅꯅ ꯂꯣ ꯑꯦꯟꯗ ꯑꯣꯔꯗꯔ ꯃꯦꯟꯇꯦꯟ
ꯇꯧꯅꯕꯒꯤꯗꯃꯛ ꯂꯧꯈꯠꯂꯛꯄ ꯃꯣꯗꯔꯟꯅꯥꯏꯖꯦꯁꯟꯒꯤ ꯊꯕꯛ ꯊꯧꯔꯥꯡꯁꯤꯡꯒꯤ ꯃꯄꯥꯡꯒꯜ
ꯐꯖꯅ ꯀꯜꯂꯦ꯫ ꯑꯥꯔꯝꯁ ꯑꯦꯟꯗ ꯑꯦꯝꯃ꯭ꯌꯨꯅꯤꯁꯟꯗ, ꯁꯤꯒꯅꯦꯜꯁ, ꯒꯥꯔꯤꯗ ꯑꯃꯁꯨꯡ
ꯃꯊꯧ ꯇꯥꯕ ꯑꯇꯩ ꯄꯣꯠꯂꯝꯁꯤꯡꯗ ꯋꯦꯜ ꯏꯀ꯭ꯌꯨꯞ ꯑꯣꯏꯔꯦ꯫ ꯁ꯭ꯇꯦꯁꯟ, ꯑꯥꯎꯠ ꯄꯣꯁꯠ,
ꯀꯟꯇ꯭ꯔꯣꯜ ꯔꯨꯝ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯁꯦꯠ-ꯀꯞꯇꯧꯔꯦ꯫ ꯏꯁ꯭ꯇꯥꯕ꯭ꯂꯤꯁꯃꯦꯟꯠ ꯑꯃꯁꯨꯡ
ꯑꯦꯗꯃꯤꯅꯤꯁꯇ꯭ꯔꯦꯁꯟꯗꯁꯨ ꯃꯇꯝ ꯑꯃꯗ ꯏꯟꯁꯄꯦꯛꯇꯔ ꯖꯦꯅꯔꯜ ꯑꯣꯐ ꯄꯨꯂꯤꯁ
(ꯑꯥꯏ ꯖꯤ ꯄꯤ) ꯑꯃꯈꯛꯇꯅ ꯀꯝꯃꯥꯟꯗ ꯑꯦꯟꯗ ꯀꯟꯇ꯭ꯔꯣꯜ ꯇꯧꯔꯝꯕꯗꯨ ꯍꯧꯖꯤꯛꯇꯤ
ꯗꯤꯔꯦꯛꯇꯔ ꯖꯦꯅꯔꯦꯜ ꯑꯣꯐ ꯄꯨꯂꯤꯁ (ꯗꯤ ꯖꯤ ꯄꯤ) ꯑꯃꯅ ꯇꯧꯔꯦ꯫ ꯃꯍꯥꯛꯀꯤ ꯊꯕꯛ
ꯊꯧꯔꯝꯁꯤꯡꯗ ꯑꯦꯗꯤꯁꯅꯜ ꯗꯤ ꯖꯤ ꯄꯤꯁꯤꯡꯅꯁꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯁꯤꯜꯂꯦ꯫ ꯏꯁꯝ-
ꯁꯝꯕꯗ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯁꯤꯒꯤ ꯃꯄꯥꯡꯒꯜ ꯁꯤꯡꯊꯥꯅꯕ ꯌꯥꯅ ꯀꯟꯈꯠꯂꯦ꯫
ꯍꯤꯔꯝ ꯈꯨꯗꯤꯡꯃꯛꯇ ꯑꯦꯗꯚꯥꯟꯁ ꯑꯣꯏꯔꯦ꯫ ꯃꯇꯝꯒ ꯆꯨꯅꯕ ꯃꯣꯗꯔꯟ ꯄꯨꯂꯤꯁ
ꯍꯥꯏꯕꯗꯨꯒꯤ ꯆꯞ ꯆꯥꯕ ꯃꯁꯛ ꯑꯣꯏꯔꯦ꯫ ꯃꯁꯤ ꯄꯨꯝꯅꯃꯛ ꯄꯤꯛꯆꯔꯕꯁꯨ ꯁ꯭ꯇꯦꯠꯁꯤꯗ
ꯃꯥꯌꯣꯛꯅꯔꯛꯂꯤꯕ ꯁꯔꯀꯝꯁ꯭ꯇꯦꯟꯁ ꯃꯌꯥꯝꯁꯤꯒ ꯁꯥꯒꯣꯟꯅꯕ ꯌꯥꯔꯛꯇꯕꯗꯒꯤ
ꯉꯁꯤꯒꯤ ꯐꯤꯚꯝ ꯑꯃꯁꯨꯡ ꯊꯥꯛ ꯑꯁꯤ ꯌꯧꯅ ꯁꯦꯝꯒꯠꯂꯛꯇꯨꯅ ꯑꯣꯏꯍꯜꯂꯛꯂꯤꯕꯅꯤ꯫
ꯁ꯭ꯇꯦꯠꯁꯤꯒꯤ ꯂꯣ ꯑꯦꯕꯥꯏꯗꯤꯡ ꯁꯤꯇꯤꯖꯦꯟꯁꯤꯡꯒꯤꯗꯤ ꯌꯥꯝꯅꯃꯛ ꯂꯥꯏꯕꯛ ꯐꯕꯅꯤ꯫
ꯂꯩꯉꯥꯛꯀꯤꯁꯨ ꯆꯞ ꯆꯥꯕ ꯃꯁꯛ ꯎꯠꯊꯣꯛꯄꯅꯤ꯫
ꯑꯗꯨꯕꯨ ꯄꯨꯝꯅꯃꯛꯁꯤꯅ ꯃꯄꯥꯟꯊꯣꯡꯒꯤ ꯑꯣꯏꯕ ꯇꯉꯥꯏꯐꯗꯕ ꯃꯆꯥꯛ-ꯃꯊꯨꯝ ꯑꯃꯁꯨꯡ
ꯐꯤꯚꯝꯁꯤꯡꯒꯤ ꯑꯣꯏꯕ ꯋꯥꯅꯤ꯫ ꯅꯨꯡꯒꯤ ꯑꯣꯏꯕ ꯃꯁꯛꯇꯤ ꯂꯣ ꯑꯦꯟꯐꯣꯔꯁꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ
ꯑꯃꯒꯤ ꯄꯔꯁꯅꯦꯜ ꯑꯃꯗꯤ ꯃꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯔꯁꯤꯡꯒꯤ ꯑꯣꯕꯤꯗꯤꯑꯦꯟꯠ, ꯂꯣꯌꯦꯜ,
ꯏꯟꯇꯤꯜꯂꯤꯖꯦꯟꯠ, ꯀꯔꯦꯖꯤꯌꯁ ꯑꯃꯁꯨꯡ ꯏꯐꯤꯁꯦꯟꯁꯤꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ ꯀꯝꯗꯧꯕ?
msaBIddi ꯀꯨꯔꯥꯡꯕꯥꯟ ꯈꯛꯇꯅ ꯌꯥꯗꯕ, ꯃꯅꯨꯡ ꯑꯃꯁꯨꯡ ꯃꯄꯥꯟꯒꯤ ꯀ꯭ꯂꯥꯂꯤꯇꯤ ꯑꯃꯗꯤ
ꯀ꯭ꯋꯥꯟꯇꯤꯇꯤ ꯆꯞ ꯃꯥꯟꯅꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯕ ꯂꯩ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯐꯝ ꯂꯥꯛꯏ꯫ ꯑꯇꯩ ꯑꯥꯔꯝꯗ
ꯑꯃꯁꯨꯡ ꯑꯟ-ꯑꯥꯔꯝꯗ ꯐꯣꯔꯁꯤꯁꯤꯡꯕ ꯑꯦꯟꯇꯥꯏꯇꯜ ꯇꯧꯗꯕ ꯑꯃꯗꯤ ꯑꯦꯝꯄꯥꯋꯥꯔ
ꯇꯧꯗꯕ, ꯑꯦꯁꯥꯏꯟꯃꯦꯟꯠ ꯇꯧꯗꯕ ꯃꯔꯨ ꯑꯣꯏꯕ ꯊꯧꯗꯥꯡ ꯈꯔ ꯁꯤꯚꯤꯜ ꯄꯨꯂꯤꯁꯇꯗꯤ
ꯇꯧꯔꯤ꯫ ꯃꯁꯤ ꯃꯤꯅꯤꯁꯇ꯭ꯔꯤ ꯑꯣꯐ ꯍꯣꯝ ꯑꯃꯗꯤ ꯃꯤꯅꯤꯁꯇ꯭ꯔꯤ ꯑꯣꯐ ꯗꯤꯐꯦꯟꯁꯀꯤ
ꯃꯈꯥꯗ ꯂꯩꯔꯤꯕ ꯁꯦꯟꯇ꯭ꯔꯦꯜ ꯄꯦꯔꯥ ꯃꯤꯂꯤꯇꯔꯤ ꯐꯣꯔꯁ (ꯁꯤ ꯄꯤ ꯑꯦꯝ ꯑꯦꯐ)
ꯅꯠꯇ꯭ꯔꯒ ꯑꯥꯔꯃꯤꯁꯤꯡꯗ ꯐꯥꯎꯕ ꯑꯦꯟꯇ꯭ꯔꯨꯁꯠ ꯇꯧꯗꯕ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟꯒꯤ ꯊꯕꯛ
ꯊꯧꯔꯝꯁꯤꯡꯁꯤꯡꯅꯤ꯫ ꯃꯁꯤꯃꯛꯅꯁꯨ ꯑꯣꯔꯒꯅꯥꯏꯖꯦꯁꯟ ꯑꯁꯤꯒꯤ ꯃꯒꯨꯟ ꯊꯣꯏꯗꯣꯛ-
ꯍꯦꯟꯗꯣꯛꯅ ꯑꯇꯩ ꯑꯥꯔꯝꯗ ꯐꯣꯔꯁꯁꯤꯡꯗꯒꯤ ꯇꯣꯞ ꯇꯣꯞꯅ ꯍꯦꯟꯗꯨ ꯆꯠꯂꯤꯕꯅꯤ꯫
ꯑꯗꯨꯝ ꯑꯣꯏꯅꯃꯛ ꯍꯟꯗꯛ ꯃꯥꯔꯆ 15, 2021ꯗ ꯔꯤꯖꯅꯜ ꯏꯟꯁꯇꯤꯇ꯭ꯌꯨꯠ ꯑꯣꯐ
ꯃꯦꯗꯤꯀꯦꯜ ꯁꯥꯏꯅꯁꯦꯁ (ꯔꯤꯝꯁ) ꯀꯤ ꯕꯣꯏꯖ ꯍꯣꯁ꯭ꯇꯦꯜꯒꯤ ꯀꯥ ꯑꯃꯗ ꯊꯣꯛꯈꯤꯕ
ꯊꯧꯗꯣꯛꯇꯨꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ ꯂꯣ ꯑꯦꯟꯐꯣꯔꯁꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ ꯑꯁꯤꯅ ꯃꯇꯝ ꯆꯥꯅ
ꯃꯦꯟ-ꯄꯋꯥꯔ ꯃꯌꯥꯝ ꯏꯟꯚꯣꯜꯕ ꯂꯧꯗꯨꯅ ꯂꯧꯈꯠꯂꯛꯂꯤꯕ ꯊꯧꯗꯣꯛꯇꯨꯒꯤ ꯃꯇꯥꯡꯗꯗꯤ
ꯂꯣ ꯑꯦꯟꯐꯣꯔꯁꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ ꯑꯁꯤꯅ ꯃꯇꯝ ꯆꯥꯅ ꯃꯦꯟ-ꯄꯋꯥꯔ ꯃꯌꯥꯝ ꯏꯟꯚꯣꯜꯕ
ꯇꯧꯗꯨꯅ ꯂꯧꯈꯠꯂꯛꯂꯤꯕ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟꯒꯤ ꯊꯕꯛꯁꯤꯡ ꯑꯁꯤ ꯊꯧꯗꯣꯛꯁꯤꯒꯤ
ꯃꯇꯥꯡꯗ ꯁꯦꯝꯈꯤꯕ ‘ꯖꯁꯇꯤꯁ ꯐꯣꯔ ꯁꯅꯥꯇꯣꯟ ꯑꯊꯣꯄꯝ’ ꯅꯇꯇ꯭ꯔꯒ ꯂꯩꯈꯤꯗ꯭ꯔꯕ
ꯑꯦꯝ ꯕꯤ ꯕꯤ ꯑꯦꯁ 5ꯁꯨꯕ ꯁꯦꯃꯤꯁꯇꯔꯒꯤ ꯃꯍꯩꯔꯣꯏ ꯑꯁꯤꯒꯤ ꯏꯃꯨꯡꯒꯤ ꯃꯤꯑꯣꯏ,
ꯃꯍꯥꯛꯀꯤ ꯃꯔꯤ-ꯃꯇꯥ, ꯃꯔꯨꯞ-ꯃꯄꯥꯡꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯂꯝꯗꯝꯁꯤꯒꯤ ꯃꯤꯌꯥꯝꯅ ꯄꯦꯟꯕ
ꯄꯦꯟꯗꯕꯒꯤ ꯋꯥꯐꯝꯗꯨꯅ ꯅꯥꯀꯜꯗ ꯊꯝꯈ꯭ꯔꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯂꯣꯅ ꯄꯤꯕ ꯄ꯭ꯔꯣꯚꯤꯖꯟ
ꯃꯌꯥꯝꯗꯨꯅ ꯄꯦꯟꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯒꯗ꯭ꯔꯥ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫ ꯂꯣ-ꯑꯦꯟꯐꯣꯔꯁꯤꯡ ꯑꯦꯖꯦꯟꯁꯤ
ꯍꯥꯏꯕꯁꯤꯗꯤ ꯊꯧꯖꯤꯜꯂꯒ ꯆꯠꯀꯗꯕ ꯅꯠꯇꯦ꯫ ꯀꯅꯥꯒꯨꯃꯕ ꯄꯋꯥꯔ ꯑꯃꯒꯤ ꯄ꯭ꯔꯦꯁꯔꯗ
ꯆꯠꯀꯗꯕꯁꯨ ꯅꯠꯇꯦ, ꯗꯤꯛꯇꯦꯗ ꯇꯧꯒꯗꯕ ꯅꯠꯇ꯭ꯔꯒ ꯇꯧꯍꯟꯒꯗꯕꯁꯨ ꯅꯠꯇꯦ꯫
ꯊꯣꯛꯂꯤꯕ ꯊꯧꯗꯣꯛꯇꯨꯒꯤ ꯐꯦꯛꯠꯁ ꯑꯃꯁꯨꯡ ꯁꯔꯀꯝꯁ꯭ꯇꯦꯟꯁꯦꯁ ꯏꯚꯤꯗꯦꯟꯁꯤꯡ
ꯑꯗꯨꯗ ꯌꯨꯝꯐꯝ ꯑꯣꯏꯔꯒ ꯔꯦꯒ꯭ꯌꯨꯂꯔ ꯀꯦꯁ ꯑꯦꯐ ꯑꯥꯏ ꯑꯥꯔ ꯑꯃ ꯔꯦꯖꯤꯁꯇꯔ
ꯇꯧꯗꯨꯅ ꯂꯧꯈꯠꯀꯗꯕꯅꯤ, ꯃꯗꯨꯒꯤ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟ ꯆꯠꯊꯒꯗꯕꯅꯤ꯫ ꯐꯣꯔꯦꯟꯁꯤꯛ
ꯑꯦꯛꯄꯥꯔꯠꯁꯤꯡꯅ ꯄꯤꯔꯛꯄ ꯏꯚꯤꯗꯦꯟꯁꯁꯤꯡꯒ ꯇꯣꯠꯁꯤꯟꯅꯔꯒ ꯊꯧꯗꯣꯛꯇꯨꯒꯤ
ꯁꯀꯔꯀꯝꯁ꯭ꯇꯦꯟꯁꯦꯁ ꯏꯚꯤꯗꯦꯟꯁꯁꯤꯡ ꯁꯥꯒꯠꯀꯗꯕꯅꯤ꯫ ꯃꯗꯨꯒꯤ ꯆꯦꯟ ꯑꯣꯐ
ꯏꯚꯤꯗꯦꯟꯁꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟ ꯄꯔꯤꯗꯨꯗ ꯊꯧꯗꯣꯛ ꯑꯗꯨꯒꯤ ꯀꯦꯁꯀꯤ
ꯃꯊꯧ ꯇꯥꯕ ꯃꯆꯥꯛꯁꯤꯡ ꯃꯊꯟꯇ ꯐꯟ-ꯐꯟ ꯆꯣꯡꯈꯠꯂꯛꯀꯗꯕꯅꯤ꯫ ꯏꯁꯤꯡꯗ ꯊꯥꯔꯤꯕ ꯏꯜ
ꯁꯣꯟꯒꯠꯂꯛꯄꯗ ꯉꯥ ꯃꯌꯥꯝ ꯌꯥꯎꯔꯝꯕ ꯑꯗꯨꯝꯃꯥꯏꯅ ꯄꯨꯜꯂꯞ ꯂꯧꯈꯠꯂꯒ ꯇꯨꯡꯒꯣꯟꯗ
ꯅꯝꯁꯤꯟꯕ ꯉꯝꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯏꯜ ꯁꯣꯟꯕ ꯈꯨꯗꯤꯡꯒꯤ ꯉꯥ ꯂꯛꯀꯅꯤ ꯍꯥꯏꯕꯗꯤ
ꯂꯩꯇꯦ꯫ ꯏꯁꯤꯡꯗꯨꯗ ꯉꯥ ꯂꯩꯕ ꯂꯩꯇꯕꯒꯤ ꯃꯈꯥꯁꯨ ꯄꯣꯟꯒꯅꯤ, ꯉꯥ ꯂꯩꯔꯒ ꯂꯛꯂꯛꯇ꯭ꯔꯒꯅ
ꯁꯣꯟꯕ ꯍꯩ-ꯍꯩꯇꯕꯒꯤꯗꯁꯨ ꯃꯇꯨꯡ ꯏꯟꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯗꯨꯒꯨ ꯁꯅꯥꯇꯣꯟ ꯑꯊꯣꯛꯄꯝꯒꯤ
ꯊꯧꯗꯣꯛꯁꯤꯗꯤ ꯃꯃꯜ ꯌꯥꯝꯕ, ꯃꯔꯨ ꯑꯣꯏꯕ ꯉꯥ ꯃꯈꯜ ꯈꯔ ꯁꯣꯏꯗꯅ ꯏꯜꯗ ꯌꯥꯎꯔꯛꯀꯅꯤ
ꯊꯥꯖꯩ꯫ ꯑꯗꯨꯅ ꯁꯣꯟꯒꯠꯄꯗ ꯏꯜꯗꯒꯤ ꯂꯥꯟꯅ ꯆꯣꯡꯊꯣꯛꯈꯤꯗꯅꯕ ꯍꯣꯠꯅꯐꯝ ꯊꯣꯛꯄ꯭ꯔꯥ
ꯈꯜꯂꯤ꯫ ꯏꯜ ꯁꯣꯟꯒꯠꯂꯛꯄ ꯃꯇꯝꯗꯁꯨ ꯈꯣꯡꯖꯤ ꯃꯔꯤꯃꯛ ꯅꯥꯟꯊꯣꯛꯂꯒ ꯍꯪꯒꯦꯟ
ꯉꯥꯛꯇ ꯌꯥꯎꯔꯛꯄꯒꯤ ꯐꯤꯚꯝꯗꯨꯁꯨ ꯇꯥꯍꯜꯂꯣꯏꯗꯕꯅꯤ꯫ ꯃꯔꯝꯗꯤ ꯃꯍꯥꯛ ꯃꯁꯥ ꯃꯊꯟꯇ
ꯊꯧꯔꯤ ꯌꯥꯜꯂꯒ ꯁꯤꯖꯕꯅꯤ ꯍꯥꯏꯔꯒꯁꯨ ꯃꯍꯥꯛꯀꯤ ꯃꯈꯨꯠ ꯑꯅꯤ ꯇꯨꯡꯕꯨꯟꯅꯔꯝꯃꯤ
ꯍꯥꯏꯔꯤ꯫ ꯃꯈꯨꯠ ꯇꯨꯡꯕꯨꯟꯅꯔꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯅ ‘ꯁꯨꯏꯁꯥꯏ ꯕꯥꯏ ꯍꯦꯡꯒꯤꯡ’ ꯒꯤ ꯊꯧꯗꯣꯛ
ꯀꯝꯃꯤꯠ ꯇꯧꯕ ꯌꯥꯒꯗ꯭ꯔꯥ? ꯃꯁꯤꯒꯤꯁꯨ ꯃꯊꯛꯇ ꯄꯥꯔꯇꯤꯀ꯭ꯌꯨꯂꯔ ꯁ꯭ꯄꯣꯠ ꯑꯣꯏꯔꯤꯕ
ꯃꯍꯥꯛꯀꯤ ꯀꯥꯗꯨꯗ ꯂꯩꯕ ꯄꯣꯠꯁꯤꯡ ꯃꯐꯝ ꯀꯥꯏꯔꯝꯃꯤ ꯍꯥꯏꯕꯒꯤ ꯃꯊꯛꯇ ꯃꯁꯥꯒꯤ ꯄꯥꯔꯠ
ꯈꯔꯗꯁꯨ ꯏ ꯊꯣꯛꯅ ꯁꯣꯛꯂꯝꯕ ꯌꯥꯎꯏ꯫ ꯀꯥ ꯃꯅꯨꯡꯗꯁꯨ ꯏ ꯂꯩꯕ ꯐꯨꯔꯤꯠ ꯑꯃ ꯂꯩꯔꯝꯃꯤ
ꯍꯥꯏꯕꯒꯤ ꯔꯤꯄꯣꯔꯠ ꯆꯤꯐ ꯖꯨꯗꯤꯁꯜ ꯃꯦꯖꯤꯁ꯭ꯇ꯭ꯔꯦꯠ, ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠꯀꯤ ꯀꯣꯔꯠꯇ
ꯁꯕꯃꯤꯠ ꯇꯧꯔꯛꯄꯗ ꯐꯣꯡꯗꯣꯔꯛꯈꯤꯕ ꯂꯩꯈ꯭ꯔꯦ꯫ ꯃꯔꯝ ꯑꯁꯤꯒꯤ ꯊꯧꯗꯣꯛꯁꯤꯒꯤ
ꯃꯇꯥꯡꯗ ꯀꯟꯁꯔꯟ ꯄꯤ ꯑꯦꯁꯅ ꯑꯟ-ꯅꯦꯆꯔꯜ ꯗꯦꯊꯀꯤ ꯀꯦꯁ ꯑꯣꯏꯅ ꯂꯧꯈꯠꯂꯒ
ꯃꯁꯤꯒꯤ ꯏꯟꯚꯦꯁꯇꯤꯒꯦꯁꯟ ꯆꯠꯊꯔꯤꯕꯅꯤ ꯍꯥꯏꯔꯤꯕꯁꯤꯒꯤ ꯊꯧꯑꯣꯡꯁꯤ ꯂꯧꯈꯠꯐꯝ
ꯊꯣꯛꯄ, ꯄꯥꯡꯊꯣꯛꯐꯝ ꯊꯣꯛꯄ ꯑꯆꯨꯝꯕ ꯊꯕꯛꯇ ꯇꯥꯏꯑꯣꯟꯅꯔꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯍꯪ
ꯊꯣꯔꯛꯂꯤꯕꯅꯤ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯌꯨꯝꯁꯀꯩꯁ, ꯃꯦ 19, 2021, ꯏꯝꯐꯥꯜ
13 ꯁꯨꯕ ꯆꯍꯤ, 033 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯑꯐꯕ ꯆꯤꯟꯖꯥꯛ ꯆꯥꯕꯒ ꯂꯣꯏꯅꯅ ꯇꯨꯝꯕ, ꯆꯥꯕ ꯃꯇꯝ ꯅꯥꯏꯕ, ꯍꯛꯆꯥꯡ ꯁꯥꯖꯦꯜ ꯇꯧꯕ ꯑꯃꯗꯤ ꯑꯐꯕ ꯋꯥꯈꯜ ꯈꯟꯕ ꯄꯨꯝꯅꯃꯛ ꯑꯁꯤ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ, ꯅꯨꯡꯉꯥꯏꯅ ꯍꯤꯡꯅꯕꯒꯤ ꯂꯥꯏꯋꯥꯅꯤ ꯍꯥꯏꯅꯔꯤ꯫ ꯃꯁꯤ ꯇꯁꯦꯡꯅꯃꯛ ꯆꯨꯝꯂꯕ ꯀꯛꯅꯤꯡꯉꯥꯏ ꯌꯥꯎꯗ꯭ꯔꯕ ꯋꯥꯐꯝꯅꯤ꯫ ꯑꯁꯤꯒꯨꯃꯕ ꯀꯥꯡꯂꯣꯟ ꯆꯨꯝꯅ ꯆꯠꯄ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯋꯥꯐꯝꯁꯤꯡ ꯑꯁꯤ ꯃꯤ ꯑꯃꯅ ꯃꯁꯥꯒꯤ ꯂꯤꯆꯠ ꯁꯥꯖꯠꯇ ꯁꯦꯝꯗꯣꯛꯆꯕ ꯉꯝꯕ ꯉꯥꯛꯇꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯁꯤꯒꯤ ꯃꯊꯇ ꯃꯤꯑꯣꯏ ꯑꯃꯒꯤ ꯍꯛꯁꯦꯜ ꯑꯃꯗꯤ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯂꯥꯏꯅꯥ ꯇꯤꯜꯅ ꯆꯦꯟꯗꯅ ꯍꯤꯡꯕꯗ ꯒꯦꯅꯦꯅ ꯂꯧꯔꯤꯕ ꯊꯧꯗꯥꯡꯁꯨ ꯑꯃꯅꯤ꯫ ꯃꯤꯑꯣꯏꯕ ꯌꯥꯎꯅ ꯃꯥꯂꯦꯝꯁꯤꯗ ꯂꯩꯔꯤꯕ ꯃꯤꯠꯅ ꯎꯕ ꯐꯪꯗꯕꯗꯒꯤ ꯍꯧꯔꯒ ꯑꯍꯤꯡꯕ ꯊꯋꯥꯏ ꯄꯥꯟꯕ ꯄꯨꯝꯅꯃꯛꯄꯨ ꯁꯥꯒꯠꯂꯤꯕ ꯁꯦꯜꯒꯤ ꯃꯅꯨꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯗꯤ ꯑꯦꯟ ꯑꯦ ꯍꯥꯏꯕꯁꯤꯅ ꯑꯍꯤꯡꯕ ꯖꯤꯕ ꯑꯃꯒꯤ ꯃꯁꯛ ꯃꯑꯣꯡ ꯑꯃꯗꯤ ꯄꯥꯡꯊꯣꯛꯂꯤꯕ ꯊꯕꯛ
ꯊꯧꯑꯣꯡꯁꯤꯡ ꯂꯦꯞꯂꯤ꯫ ꯑꯁꯤꯒꯨꯝ ꯁꯦꯜꯒꯤ ꯃꯅꯨꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯗꯤ ꯑꯦꯟ ꯑꯦꯒꯤ ꯑꯀꯛꯅꯕ ꯕꯥꯁꯦ pair sequence ꯑꯃꯕꯨꯅꯒꯦꯅꯦ ꯍꯥꯏꯔꯒ ꯈꯪꯅꯩ꯫ ꯍꯧꯖꯤꯛ ꯂꯥꯛꯂꯤꯕ ꯋꯥꯐꯝꯗꯤ ꯆꯍꯤ ꯁꯥꯡꯅ ꯍꯥꯏꯕꯗꯤ ꯆꯍꯤ 105ꯀꯤ ꯃꯊꯛꯇ ꯍꯤꯡꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯗꯤ ꯑꯦꯟ ꯑꯦꯗ ꯀꯔꯝꯕ ꯑꯈꯟꯅꯕ ꯃꯒꯨꯟ ꯆꯦꯟꯕꯗꯒꯤ ꯃꯈꯣꯏꯅ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯕ ꯉꯝꯂꯤꯕꯅꯣ ꯍꯥꯏꯕꯁꯤꯅꯤ꯫
ꯅꯧꯅ ꯊꯤꯖꯤꯟꯕ ꯑꯃꯗ ꯕꯩꯒ꯭ꯌꯥꯅꯤꯛꯁꯤꯡꯅ ꯆꯍꯤ 105 ꯍꯦꯟꯅ ꯄꯨꯟꯁꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯗꯤ ꯑꯦꯟ ꯑꯦꯗ ꯀꯔꯤꯒꯨꯝꯕ ꯑꯁꯣꯏ ꯑꯉꯥꯝ ꯌꯥꯎꯔꯛꯄ ꯃꯇꯝꯗ ꯃꯁꯥ ꯃꯇꯣꯝꯇ ꯁꯦꯝꯖꯤꯟꯕ ꯉꯝꯕꯒꯤ ꯑꯉꯛꯄ ꯃꯒꯨꯟ ꯆꯦꯟ ꯊꯦꯡꯅꯔꯦ ꯍꯥꯏꯔꯤ꯫ ꯃꯈꯣꯏꯅ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯒꯦꯅꯣꯃꯦ ꯍꯥꯏꯕꯗꯤ ꯑꯄꯨꯟꯕꯒꯦꯅꯦ ꯒꯤꯁꯦꯇꯄꯨꯗꯦꯆꯣꯗꯤꯅꯒ ꯇꯧꯗꯨꯅ ꯃꯈꯣꯏꯅ ꯃꯇꯧ ꯀꯔꯝꯅ ꯆꯍꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯑꯅꯥꯕ ꯀꯌꯥ ꯃꯥꯌꯣꯛꯅꯕ ꯉꯝꯕꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯎꯠꯂꯤ꯫ ꯃꯔꯝꯗꯤ ꯑꯍꯜ ꯑꯣꯏꯔꯛꯄ, ꯆꯍꯤ ꯌꯥꯝꯁꯤꯜꯂꯛꯄ ꯍꯥꯏꯕꯁꯤ ꯂꯥꯏꯅꯥ ꯀꯌꯥ ꯂꯥꯛꯄ ꯍꯧꯅꯁꯥꯅꯤ꯫
Itligi University of Bolgna gi Department of Experimental Diagnostic and Speciality Medicine gi Associate Prof. Paolo ꯘꯥꯔꯥꯒꯅꯥꯅꯤ ꯅ ꯂꯨꯆꯤꯡꯕ ꯊꯤꯖꯤꯟꯕ ꯀꯥꯡꯕꯨ ꯑꯃꯗꯤ ꯁ꯭ꯋꯤꯠꯖꯔꯂꯦꯟꯗꯒꯤ Lausanne ꯗ Nestle Research ꯏꯅꯁꯇꯤꯇꯨꯇꯦ ꯀꯤ Patrick ꯙꯦꯁꯆꯣꯃꯕꯦꯁ ꯒꯤ ꯑꯄꯨꯟꯕ ꯀꯥꯡꯕꯨ ꯑꯃꯅ semi supercentenarians haIbdii chi 105 AMdi msigii mHKt lEb miAoI ꯑꯗꯨꯒ supercentenarians ꯍꯥꯏꯕꯗꯤ ꯆꯍꯤ 110ꯒꯤ ꯃꯊꯛꯇ ꯄꯨꯟꯁꯤꯕ ꯃꯤꯑꯣꯏ 81 ꯑꯗꯨꯒ ꯆꯥꯎꯔꯥꯛꯅ ꯆꯥꯡꯆꯠꯇ ꯆꯍꯤ 68 ꯁꯨꯔꯕ ꯃꯤꯑꯣꯏ 36ꯀꯤ ꯖꯦꯅꯦꯇꯤꯛꯁ ꯅꯩꯅꯈꯤ꯫ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯕ꯭ꯂꯗ ꯁꯦꯝꯄꯜ ꯂꯧꯗꯨꯅ ꯒꯦꯅꯣꯃꯦ sequencing ꯅꯩꯅꯕꯗ ꯈꯦꯟꯅꯕ ꯈꯔ ꯎꯕ ꯐꯪꯈꯤ꯫ ꯃꯈꯣꯏꯅ ꯍꯟꯗꯛ ꯐꯪꯂꯤꯕ ꯗꯥꯇꯥ ꯑꯁꯤ ꯍꯥꯟꯅ ꯃꯃꯥꯡꯗ ꯅꯩꯅꯈꯤꯕ ꯆꯍꯤ 100ꯒꯤ ꯃꯊꯛꯇ ꯄꯨꯟꯁꯤꯇ ꯏꯇꯥꯂꯤꯌꯟ 333ꯒꯤ ꯃꯔꯝꯗ ꯐꯪꯈꯤꯕ ꯒꯦꯅꯦꯇꯤꯆ ꯗꯥꯇꯥ ꯑꯗꯨꯒ ꯆꯥꯟꯅꯅ ꯐꯪꯈꯤ꯫ ꯐꯪꯂꯤꯕ ꯗꯥꯇꯥ ꯁꯤꯡ ꯑꯁꯤ ꯄꯨꯟꯅ ꯅꯩꯅꯗꯨꯅ ꯌꯦꯡꯕꯗ ꯒꯦꯅꯦꯇꯤꯆ variability ꯑꯁꯤꯅ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯒꯦꯅꯦ
ꯑꯍꯨꯝꯒꯤ ꯃꯊꯧꯗ ꯑꯍꯣꯡꯕ ꯂꯥꯛꯄ ꯊꯦꯡꯅꯈꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯊꯧꯑꯣꯡ ꯑꯁꯤ ꯆꯥꯡꯆꯠꯇ ꯆꯍꯤ 68 ꯁꯨꯔꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗꯗꯤ ꯎꯕ ꯐꯪꯈꯤꯗꯦ꯫
ꯊꯤꯖꯤꯟꯕ ꯑꯁꯤꯗ ꯑꯁꯤꯒꯨꯃꯕ ꯆꯍꯤ 105 ꯑꯃꯗꯤ 110ꯒꯤ ꯃꯊꯛꯇ ꯂꯩꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗ ꯍꯛꯆꯥꯡ ꯇꯤꯁꯨ ꯈꯔꯗ STKL7ꯑ ꯒꯦꯅꯦ ꯒꯤ ꯃꯊꯧ ꯍꯦꯟꯒꯠꯄ ꯊꯦꯡꯅꯈꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯒꯦꯅꯦ ꯑꯁꯤ ꯁꯦꯜ ꯑꯃꯕꯨ ꯃꯁꯥ ꯃꯎ ꯐꯅ ꯊꯝꯕꯗ ꯃꯇꯦꯡ ꯒꯦꯅꯦ ꯅꯤ꯫ ꯃꯁꯤꯅ ꯗꯤ ꯑꯦꯟ ꯑꯦꯗ ꯑꯃꯥꯡ-ꯑꯇꯥ ꯊꯣꯛꯄ ꯃꯇꯝꯗ ꯃꯗꯨ ꯃꯇꯧ ꯀꯔꯝꯅ ꯃꯥꯡꯍꯟꯈꯤꯒꯗꯒꯦ ꯍꯥꯏꯕꯗꯨ ꯃꯁꯥ ꯃꯊꯟꯇ ꯃꯊꯧ ꯄꯥꯡꯊꯣꯛꯄ ꯉꯝꯍꯜꯂꯤ꯫ ꯂꯣꯏꯅꯅ ꯁꯦꯜ ꯃꯅꯨꯡꯗ ꯍꯛꯆꯥꯡ ꯁꯣꯛꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ reactive oxygen ꯒꯤ ꯆꯥꯡ ꯈꯜ ꯆꯥꯅ ꯊꯝꯕꯗ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯊꯧꯑꯣꯡ ꯑꯁꯤ ꯀꯦꯟꯁꯔ ꯑꯃꯗꯤ ꯑꯇꯩ ꯂꯥꯏꯅ ꯑꯣꯏꯍꯟꯕ ꯉꯝꯗꯦ꯫ ꯃꯁꯤꯅ ꯃꯈꯣꯏꯕꯨ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯍꯟꯕꯒꯤ ꯃꯔꯝ ꯑꯣꯏꯍꯜꯂꯤ꯫
ꯑꯇꯣꯞꯄ ꯑꯃꯅ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯇꯤꯁꯨ ꯈꯔꯗ COA1 ꯒꯦꯅꯦ ꯒꯤ ꯃꯊꯧꯗ ꯍꯟꯊꯔꯛꯄ ꯊꯦꯡꯅꯈꯤ꯫ ꯘꯦꯅꯦ ꯑꯁꯤꯅ ꯁꯦꯜꯒꯤ nucleus ꯑꯃꯗꯤ energy ꯁꯨꯡꯐꯝ AoIrib mitochondria haIrib cell organelle Anigi mrKt cuMn paU faUnb ꯉꯝꯍꯂꯂꯤ꯫ ꯑꯍꯜ ꯑꯣꯏꯁꯤꯜꯂꯛꯄ ꯃꯇꯝꯗ COA1 ꯒꯦꯅꯦ ꯒꯤ expression ꯀꯔꯤꯒꯨꯝꯕꯗ ꯍꯦꯟꯒꯠꯂꯛꯂꯕꯗꯤ ꯆꯣꯂꯣꯔꯦꯆꯇꯥꯂ ꯆꯥꯅꯆꯦꯔ ꯑꯣꯏꯔꯛꯅꯕꯒꯤ ꯃꯔꯝ Aoiribni꯫ ꯑꯗꯨꯕꯨ ꯆꯍꯤ 105 ꯑꯃꯗꯤ 110ꯒꯤ ꯃꯊꯛꯇ ꯍꯤꯡꯕ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯁꯤꯗ COA1 ꯒꯦꯅꯦ ꯒꯤꯒꯦꯅꯦ expression ꯍꯦꯟꯒꯠꯂꯛꯄ ꯊꯦꯡꯅꯗꯦ ꯍꯥꯏꯔꯤ꯫

ꯑꯗꯨꯒ ꯃꯤꯑꯣꯏ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯗ ꯑꯇꯣꯞꯄ ꯑꯍꯨꯝꯁꯨꯕ ꯒꯦꯅꯦ BLVRA ꯍꯥꯏꯔꯤꯕ ꯑꯁꯤꯒꯤ ꯒꯦꯅꯦ expression ꯍꯦꯟꯒꯠꯂꯛꯇꯨꯅ ꯒꯦꯅꯦ ꯑꯁꯤꯒꯤ ꯃꯊꯧ ꯍꯦꯟꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯊꯦꯡꯈꯤ꯫ BLVRA ꯒꯦꯅꯦ ꯑꯁꯤꯁꯨ ꯍꯛꯆꯥꯡꯒꯤ ꯁꯦꯜꯁꯤꯡꯕꯨ ꯑꯃꯥꯡ ꯑꯇꯥ ꯊꯣꯛꯍꯟꯕ ꯉꯝꯕ ꯔꯤꯑꯦꯛꯇꯤꯚ ꯑꯣꯛꯁꯤꯖꯦꯟꯁꯤꯡ ꯃꯥꯡꯍꯟꯕ ꯉꯝꯕ ꯒꯦꯅꯦ ꯃꯈꯜ ꯑꯃꯅꯤ꯫ ꯑꯗꯨꯅ BLVRA ꯒꯦꯅꯦ ꯒꯤ ꯃꯊꯧ ꯐꯖꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯉꯝꯕ ꯑꯁꯤꯁꯨ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯅꯕꯒꯤ ꯃꯔꯝ ꯑꯃ ꯑꯣꯏꯔꯤ꯫
ꯊꯤꯖꯤꯟꯕ ꯀꯥꯡꯕꯨ ꯑꯁꯤꯅ ꯃꯈꯥ ꯇꯥꯅ ꯃꯤꯑꯣꯏ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤꯒꯤ ꯒꯦꯅꯦ ꯗ mutation ꯊꯣꯛꯄꯒꯤ ꯆꯥꯡꯁꯨ ꯅꯩꯅꯗꯨꯅ ꯌꯦꯑꯕ ꯃꯇꯝꯗ ꯃꯈꯣꯏꯅ ꯍꯤꯡꯂꯤꯉꯩ ꯃꯇꯝꯗ ꯆꯍꯤ ꯃꯇꯥꯡꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯒꯦꯅꯦ mutation ꯊꯣꯛꯄꯒꯤ ꯆꯥꯡ ꯌꯦꯝꯅ ꯅꯦꯝꯏ꯫ ꯃꯁꯤꯅ ꯃꯈꯣꯏꯕꯨ ꯍꯥꯔꯠꯀ ꯃꯔꯤ ꯂꯩꯅꯕ ꯑꯃꯗꯤ ꯑꯇꯩ
ꯑꯇꯣꯞꯄ ꯂꯥꯏꯅ ꯀꯌꯥꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ ꯉꯝꯍꯜꯂꯤ ꯍꯥꯏꯔꯤ꯫

ꯑꯁꯨꯝꯅ ꯊꯤꯖꯤꯜꯂꯤꯕ ꯀꯥꯡꯕꯨ ꯑꯁꯤꯅ ꯆꯍꯤ 105 ꯑꯃꯗꯤ 110ꯒꯤ ꯃꯊꯛꯇ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯂꯤꯕ
ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯁꯥꯗ ꯄꯣꯛꯄꯗꯒꯤ ꯌꯥꯎꯖꯔꯛꯂꯕ ꯒꯦꯅꯦ ꯑꯃꯗꯤ ꯍꯤꯡꯂꯤꯉꯩ ꯃꯇꯝꯗ ꯊꯣꯛꯄ
ꯒꯦꯅꯦ mutation ꯒꯤ ꯊꯧꯑꯣꯡ ꯑꯅꯤꯃꯛ ꯃꯃꯨꯠ ꯇꯥꯅ ꯅꯩꯅꯗꯨꯅ ꯃꯈꯣꯏꯅ ꯄꯨꯟꯁꯤ ꯁꯥꯡꯅ ꯍꯤꯡꯕꯒꯤ
ꯃꯔꯝ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫=

“ꯆꯍꯤ 105 ꯑꯃꯗꯤ ꯃꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯄꯨꯟꯁꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯒꯤ ꯗꯤ ꯑꯦꯟ ꯑꯦꯒꯤ ꯑꯉꯛꯄ ꯃꯒꯨꯟ”
ꯗꯥ. ꯑꯣꯏꯅꯥꯝ ꯑꯔꯨꯟꯀꯨꯃꯥꯔꯤ
ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯕꯣꯛꯁꯤꯡ ꯆꯦꯝꯄꯤꯌꯟ ꯍꯨꯔꯥꯟꯕꯒꯤ ꯖꯦꯜꯗ ꯊꯝꯕ
ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯋꯥꯀꯠ, ꯃꯤꯌꯥꯝꯒꯤ ꯈꯣꯜꯂꯥꯎ, ꯄꯥꯎꯗꯝ ꯑꯃꯁꯨꯡ ꯑꯇꯩ-ꯑꯇꯩ
ꯕꯣꯛꯁꯤꯡ, ꯑꯄꯂꯤꯝꯃꯤꯛꯀꯤ ꯁꯥꯟꯅꯕꯒꯤ ꯊꯧꯔꯝꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯤꯌꯥꯝꯅ ꯄꯥꯝꯅꯕ
ꯊꯧꯔꯝ ꯑꯃꯅꯤ꯫ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯃꯃꯥꯡꯉꯩꯗ ꯈ꯭ꯔꯁꯠ ꯃꯃꯥꯡ ꯆꯍꯤ 776ꯇ ꯍꯧꯔꯛꯈꯤꯕ ꯆꯍꯤ ꯑꯁꯤꯗꯗꯤ
ꯆꯍꯤ 4/4 ꯂꯩꯔꯒ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯀꯤ ꯃꯔꯨ ꯑꯣꯏꯕ ꯊꯧꯔꯝ ꯑꯃ ꯑꯣꯏꯔꯝꯃꯤ꯫
ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯒꯨꯝ ꯍꯛꯆꯥꯡꯒꯤ ꯑꯔꯨꯝꯕꯒꯤ ꯃꯇꯨꯡ ꯏꯟꯅ ꯀꯦꯇꯦꯒꯣꯔꯤ ꯍꯥꯏꯔꯕꯗꯤ ꯀꯥꯡꯂꯨꯞ
ꯃꯥꯟꯅꯕꯁꯤꯡ ꯂꯝꯕꯥ ꯇꯧꯅꯍꯟꯕ ꯅꯠꯇꯦ꯫ ꯑꯉꯝ-ꯑꯉꯝꯕ ꯊꯤꯅꯍꯟꯕꯅꯤ꯫ ꯈ꯭ꯔꯁꯠ ꯃꯃꯥꯡ 484ꯒꯤ
ꯑꯣꯂꯤꯝꯄꯤꯛꯇ ꯂꯣꯀ꯭ꯔꯤ ꯀꯧꯕ ꯂꯩꯕꯥꯛ ꯑꯃꯒꯤ ꯌꯨꯊꯥꯏꯃꯁ ꯀꯧꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃꯅ ꯈ꯭ꯔꯁꯠ ꯃꯃꯥꯡ 484ꯗ ꯕꯣꯛꯁꯤꯡ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯕꯒꯤꯗꯃꯛꯇ ꯃꯍꯥꯛꯀꯤ ꯁꯛꯇꯝ ꯁꯥꯔꯒ ꯁꯤꯇꯤ ꯑꯗꯨꯗ ꯆꯍꯤ 600 ꯍꯦꯟꯅ ꯃꯍꯥꯛꯄꯨ ꯏꯔꯥꯠꯂꯝꯃꯤ꯫ ꯃꯍꯥꯛ ꯈꯛꯇ ꯅꯠꯇꯅ ꯃꯇꯝ ꯑꯗꯨꯗ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯆꯦꯝꯄꯤꯌꯟꯁꯤꯡꯕꯨ ꯃꯍꯥꯛ ꯃꯍꯥꯛꯀꯤ ꯂꯩꯉꯥꯛꯅ ꯂꯩꯕꯥꯛꯀꯤ ꯁꯦꯜ ꯃꯌꯦꯛꯇ ꯃꯈꯣꯏꯒꯤ ꯁꯛꯇꯝ ꯍꯛꯄꯤꯗꯨꯅ ꯏꯀꯥꯏ ꯈꯨꯝꯅꯔꯝꯃꯤ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯅꯤꯡꯁꯤꯡꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯔꯕ ꯊꯧꯗꯣꯛ ꯃꯌꯥꯝ ꯑꯃ ꯑꯩꯈꯣꯏꯒꯤ ꯅꯥꯀꯣꯡꯅ ꯇꯥꯔꯤ ꯑꯃꯗꯤ ꯃꯤꯠꯅ ꯎꯔꯤ꯫ ꯍꯧꯖꯤꯛꯀꯤ ꯃꯇꯝꯗ ꯑꯩꯈꯣꯏꯅ ꯀ꯭ꯌꯨꯕꯥꯒꯤ ꯐꯦꯂꯤꯛꯁ ꯁꯥꯚꯣꯟ ꯐꯦꯕꯔ, ꯇꯤꯑꯣꯐꯤꯂꯣ ꯁ꯭ꯇꯦꯚꯦꯟꯁꯟ ꯑꯃꯁꯨꯡ ꯑꯃꯦꯔꯤꯀꯥꯒꯤ ꯖꯣꯁꯦꯐ ꯐ꯭ꯔꯦꯖꯔꯅꯆꯤꯡꯕ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯃꯗꯤ ꯋꯔꯜꯗ ꯆꯦꯝꯄꯤꯌꯟꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯄꯥꯎꯆꯦꯁꯤꯡꯗꯒꯤ, ꯔꯦꯗꯤꯑꯣ ꯑꯃꯁꯨꯡ ꯇꯦꯂꯤꯚꯤꯖꯟꯗꯒꯤ ꯈꯪꯅꯔꯦ꯫ ꯃꯈꯣꯏꯒꯤ ꯃꯔꯝꯗ ꯃꯈꯣꯏ ꯀꯔꯝꯅ ꯍꯧꯔꯛꯈꯤꯕ ꯁꯥꯟꯅꯔꯣꯏꯅꯣ, ꯋꯔꯜꯗ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯃꯗꯤ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯕ ꯉꯝꯅꯕ ꯀꯔꯝꯅ ꯍꯣꯠꯅꯔꯛꯈꯤꯕ, ꯀꯔꯝꯕꯥ ꯑꯣꯖꯥꯅ ꯇꯝꯕꯤꯔꯛꯄꯒꯦ, ꯆꯦꯝꯄꯤꯌꯟꯁꯤꯡ ꯑꯁꯤ ꯂꯥꯏꯔꯕ ꯏꯃꯨꯡꯗ ꯄꯣꯛꯂꯛꯄ ꯁꯥꯟꯅꯔꯣꯏ ꯅꯠꯇ꯭ꯔꯒ ꯏꯅꯥꯛ ꯈꯨꯟꯕ ꯏꯃꯨꯡꯒꯤ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯀꯔꯝꯅ ꯊꯥꯛ ꯑꯁꯤ ꯌꯧꯅꯕ ꯍꯣꯠꯅꯔꯛꯈꯤꯕꯒꯦ ꯍꯥꯏꯕ ꯏꯟꯈꯠꯂꯛꯂꯤꯕ ꯅꯨꯄꯥꯃꯆꯥ- ꯅꯨꯄꯤꯃꯆꯥꯁꯤꯡ ꯁꯪꯅꯤꯡꯕꯒꯤ ꯃꯇꯝꯅꯤ꯫ ꯑꯩꯈꯣꯏ ꯈꯪꯂꯦ ꯃꯗꯨꯗꯤ ꯌꯨ ꯑꯦꯁ ꯑꯦ ꯑꯁꯤ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯅꯨꯡꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯇꯤꯛ ꯃꯒꯨꯟ ꯂꯩꯕ, ꯃꯍꯩ-ꯃꯁꯤꯟ ꯍꯩꯕ, ꯂꯂꯣꯟ ꯏꯇꯤꯛ ꯇꯧꯕ, ꯏꯟꯗꯁꯇ꯭ꯔꯤꯖ ꯃꯇꯤꯛ ꯆꯥꯅ ꯂꯩꯕ ꯁꯤꯅꯦꯃꯥ ꯅꯝꯕꯗ ꯁꯦꯜ ꯌꯥꯝꯅ ꯐꯪꯕ ꯁꯥꯟꯅ-ꯈꯣꯠꯅꯕꯗ ꯃꯀꯣꯛ ꯊꯣꯡꯕ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯀꯣꯛꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯔꯤꯕ ꯂꯩꯕꯥꯛꯀꯤ꯫
ꯑꯗꯨꯕꯨ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯗ ꯂꯥꯏꯔꯕ, ꯊꯕꯛ ꯐꯪꯗꯕ, ꯂꯥꯏꯔꯤꯛ ꯍꯩꯇꯕ ꯃꯤꯑꯣꯏ ꯂꯤꯁꯤꯡ ꯂꯤꯁꯤꯡ ꯂꯩꯔꯤ꯫ ꯃꯤꯑꯣꯏ ꯀꯌꯥꯃꯨꯛꯀꯤ ꯃꯌꯨꯝ ꯂꯩꯇꯦ, ꯂꯝꯕꯤꯒꯤ ꯃꯇꯥꯏꯗ ꯇꯨꯝꯃꯤ꯫ ꯂꯥꯏꯔꯕꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯅꯨꯡꯗꯒꯤ ꯅꯨꯄꯤ-ꯅꯨꯄꯤ ꯀꯌꯥꯃꯨꯛ ꯁꯥꯟꯅ-ꯈꯣꯠꯅꯒꯗ ꯊꯋꯥꯏ ꯌꯥꯎꯗꯨꯅ ꯑꯣꯂꯤꯝꯃꯤꯛꯀꯤ ꯆꯦꯝꯄꯤꯌꯟ ꯑꯣꯏꯈꯤꯕ ꯀꯌꯥ ꯌꯥꯎꯔꯤ꯫ ꯃꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯖꯦ ꯁꯤ ꯑꯣꯚꯦꯟꯁꯁꯨ ꯑꯃꯅꯤ꯫ ꯀꯨꯆꯨ ꯃꯨꯕ ꯖꯦꯁꯤ ꯑꯣꯋꯦꯟꯁ ꯀꯨꯝꯖꯥ 1936ꯇ ꯕꯔꯂꯤꯟꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ 11ꯁꯨꯕ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯒꯦꯝꯁꯇ ꯑꯦꯊꯂꯦꯇꯤꯛꯁꯀꯤ ꯊꯧꯔꯝꯗ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜ ꯃꯔꯤ ꯐꯪꯗꯨꯅ ꯃꯥꯂꯦꯝꯗ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯃꯃꯤꯡ ꯆꯠꯄ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯣꯏꯗꯨꯅ ꯃꯃꯤꯡ ꯌꯥꯝꯅ ꯆꯠꯈꯤ ꯑꯗꯨꯕꯨ ꯑꯃꯨꯛꯀ ꯍꯦꯟꯅ ꯃꯃꯤꯡ ꯆꯠꯈꯤꯕꯗꯤ ꯖꯔꯃꯅꯤꯒꯤ ꯆꯥꯟꯆꯦꯜꯂꯔ ꯑꯦꯗꯣꯜꯐ ꯍꯤꯇꯂꯔꯅ ꯃꯍꯥꯛꯄꯨ ꯑꯃꯨꯕ ꯃꯤꯑꯣꯏ (ꯅꯦꯒ꯭ꯔꯣ) ꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯃꯍꯥꯛꯄꯨ ꯊꯑꯣꯏꯅ ꯇꯧꯈꯤꯗꯕ, ꯏꯀꯥꯏꯕ ꯄꯤꯈꯤꯕ ꯑꯗꯨꯅꯤ꯫ ꯃꯍꯥꯛꯅ ꯂꯣꯡꯖꯝꯞ ꯆꯣꯡꯕ ꯍꯧꯔꯛꯄꯗ ꯍꯤꯇꯂꯔꯅ ꯃꯍꯥꯛꯀꯤ ꯐꯝꯐꯝꯗꯒꯤ ꯍꯧꯒꯑꯣꯅ ꯆꯠꯈꯤ, ꯃꯗꯨꯗ ꯑꯣꯋꯦꯟꯁ mHwaBI ꯅꯨꯡꯉꯥꯏꯈꯤꯗꯦ꯫ ꯃꯗꯨꯅ ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯃꯍꯥꯛꯅ ꯆꯣꯡꯂꯤꯕ ꯑꯗꯨ ꯁꯣꯏꯗꯨꯅ ꯆꯣꯡꯐꯝꯗ (Take off board) ꯇ ꯃꯈꯣꯡ ꯍꯦꯟꯖꯤꯜꯂꯨꯕꯗꯒꯤ ꯃꯅꯤꯔꯛ diskwaBlifaI ꯑꯣꯏꯈꯤ꯫ ꯃꯗꯨꯗ ꯃꯍꯥꯛꯅ ꯂꯝꯕꯥ ꯇꯧꯅꯔꯤꯕ ꯖꯔꯃꯅꯤ ꯃꯆꯥ ꯂꯣꯡ ꯂꯠꯖꯅ ꯃꯍꯥꯛꯀꯤ ꯃꯅꯥꯛꯇ ꯆꯪꯁꯤꯜꯂꯛꯇꯨꯅ ꯑꯁꯨꯝꯅ ꯍꯥꯏꯔꯝꯃꯤ, ꯅꯍꯥꯛ ꯍꯤꯇꯂꯔꯕꯨ ꯌꯥꯝꯅ ꯁꯥꯎꯔꯦ, ꯑꯗꯨꯅ ꯄꯨꯛꯅꯤꯡ ꯌꯥꯝꯅ ꯇꯞꯊꯧ꯫ ꯃꯍꯥꯛꯅ ꯑꯁꯨꯝꯅꯁꯨ ꯍꯥꯏꯈꯤ ꯃꯗꯨꯗꯤ ‘ꯅꯍꯥꯛ kwaBlifayiZs ꯃꯥꯔꯛ ꯑꯁꯤ ꯇꯞꯅ ꯆꯣꯡꯂꯕꯁꯨ ꯑꯗꯨꯃꯛ ꯌꯧꯒꯅꯤ, ꯍꯥꯏꯗꯨꯅ ꯂꯣꯡꯖꯝꯞ ꯆꯣꯡꯐꯝ ꯑꯗꯨꯗꯒꯤ ꯈꯖꯤꯛꯇꯪ ꯆꯠꯊꯣꯛꯂꯒ ꯇꯥꯋꯦꯜ ꯑꯃ ꯊꯝꯂꯒ ꯃꯐꯝ ꯑꯗꯨꯗꯒꯤ ꯆꯣꯡꯕꯗ ꯃꯍꯥꯛ ꯂꯥꯏꯅꯥ kwaBlifayiZ ꯑꯗꯨ ꯌꯧꯈꯤ ꯑꯃꯗꯤ ꯑꯊꯪꯒꯤ ꯅꯨꯃꯤꯠꯇ ꯐꯥꯏꯅꯦꯜꯗ ꯑꯣꯋꯦꯟꯁꯅ ꯑꯍꯥꯛꯕ ꯑꯃꯗꯤ ꯂꯣꯡ ꯂꯠꯖꯅ ꯑꯅꯤꯁꯨꯕ ꯇꯥꯈꯤ꯫

ꯃꯈꯣꯏ ꯑꯅꯤꯃꯛ ꯃꯄꯨꯟꯁꯤꯒꯤ ꯑꯣꯏꯅ ꯊꯥꯟꯅꯕ ꯌꯥꯗ꯭ꯔꯕ ꯃꯔꯨꯞ ꯑꯣꯏꯈꯤ꯫
ꯑꯅꯤꯁꯨꯕ ꯂꯥꯟꯖꯥꯎꯗ ꯂꯣꯡꯂꯖ ꯑꯦꯐ꯭ꯔꯤꯀꯥꯗ ꯖꯔꯃꯅꯤꯒꯤ ꯂꯥꯟꯃꯤ ꯑꯣꯏꯅ ꯂꯥꯟ ꯁꯣꯛꯅꯕ ꯆꯠꯈꯤ꯫ ꯃꯐꯝ ꯑꯗꯨꯗꯒꯤ ꯃꯍꯥꯛꯅ ꯖꯦꯁꯤ ꯑꯣꯋꯦꯟꯁꯇ ꯆꯤꯊꯤ ꯏꯔꯛꯈꯤ ꯃꯗꯨꯗ ꯌꯥꯎꯔꯤꯕꯗꯤ ꯃꯍꯥꯛ ꯂꯥꯛꯐꯝꯗ ꯁꯤꯔꯕꯗꯤ, ꯖꯔꯃꯅꯤꯗ ꯂꯩꯕ ꯃꯍꯥꯛꯀꯤ ꯃꯆꯥꯁꯤꯡ ꯑꯗꯨ ꯌꯦꯡꯁꯤꯟꯕꯤꯌꯨ ꯍꯥꯏꯈꯤ꯫ ꯃꯍꯥꯛ ꯂꯥꯟꯗ ꯁꯤꯈꯤ꯫ ꯂꯥꯟ ꯂꯣꯏꯔꯕ ꯆꯍꯤ ꯀꯌꯥꯃꯨꯛꯀꯤ ꯃꯇꯨꯡꯗ ꯂꯇꯖꯒꯤ ꯃꯆꯥꯅꯨꯄꯥ ꯂꯨꯍꯣꯡꯕꯗ ꯑꯣꯋꯦꯟꯁ ꯖꯔꯃꯅꯤ ꯇꯥꯟꯅ ꯆꯠꯇꯨꯅ ꯂꯣꯡꯂꯇꯖꯒꯤ ꯃꯆꯥꯅꯨꯄꯥꯒꯤ ꯕꯦꯁꯠ ꯃꯦꯟ ꯑꯣꯏꯈꯤ꯫
ꯃꯃꯤꯡ ꯆꯠꯂꯒ ꯑꯦꯊꯂꯤꯠ ꯑꯁꯤꯒꯤ ꯃꯁꯨꯅꯨꯄꯤꯕꯨ ꯂꯨꯍꯣꯡꯈꯤꯕ ꯍꯦꯟꯅꯔꯤ ꯇꯤꯜꯃꯦꯟ ꯀꯧꯕ ꯑꯃꯦꯔꯤꯀꯥ ꯃꯆꯥ ꯑꯁꯤ ꯅꯣꯡꯃꯩ ꯍꯨꯔꯥꯟꯕ ꯀꯥꯡꯂꯨꯞ ꯑꯃꯒꯤ ꯃꯦꯝꯕꯔꯅꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯃꯍꯥꯛ ꯕꯣꯛꯁꯤꯡ ꯊꯤꯟꯅꯕ ꯇꯝꯂꯝꯃꯤ ꯑꯃꯁꯨꯡ ꯃꯁꯥꯟꯅ ꯑꯁꯤꯗ ꯌꯥꯝꯅ ꯍꯩꯁꯤꯡꯂꯝꯃꯤ꯫ ꯃꯔꯝ ꯑꯁꯤꯅ ꯃꯍꯥꯛꯅ ꯀꯨꯝꯖꯥ 1984ꯗ ꯂꯣꯁ ꯑꯦꯟꯖꯦꯜꯁꯇ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯣꯂꯤꯝꯄꯤꯛꯇ ꯁꯔꯨꯛ ꯌꯥꯕꯗ ꯀꯣꯟꯅꯊꯪꯗ ꯋꯔꯜꯗ ꯍꯦꯚꯤꯋꯦꯠ ꯕꯣꯛꯁꯤꯡ ꯁꯦꯝꯄꯤꯌꯟ ꯃꯥꯏꯛ ꯇꯥꯏꯁꯟꯕꯨ ꯑꯅꯤꯔꯛ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈꯤ꯫ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯑꯊꯣꯏ ꯑꯍꯦꯟ ꯇꯥꯟꯕ ꯑꯗꯨ ꯂꯣꯁ ꯑꯦꯟꯖꯦꯜꯁꯀꯤ ‘ꯁ꯭ꯄꯣꯔꯠꯁ ꯑꯦꯔꯦꯅꯥ’ ꯍꯥꯏꯅ ꯈꯪꯅꯕ ꯃꯐꯝ ꯑꯗꯨꯗꯅꯤ꯫ ꯃꯁꯤ ꯃꯍꯥꯛꯀꯤ ꯃꯌꯨꯝꯗꯒꯤ ꯀꯤꯂꯣꯃꯤꯇꯔ 5 ꯔꯣꯝ ꯂꯥꯞꯄꯤ꯫ ꯃꯍꯥꯛꯅ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯑꯗꯨꯒꯤ ꯁꯦꯃꯤꯐꯥꯏꯅꯦꯜꯗ ꯏꯇꯥꯂꯤꯒꯤ ꯑꯦꯟꯖꯦꯂꯣ ꯃꯨꯁꯣꯅꯦꯕꯨ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯔꯕ ꯃꯇꯨꯡꯗ ꯀꯦꯅꯥꯗꯥꯒꯤ ꯋꯤꯂꯤꯌꯝ-ꯗꯤ-ꯋꯤꯠꯄꯨ ꯐꯥꯏꯅꯦꯜꯗ ꯄꯣꯏꯟꯠ 5-0ꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯗꯨꯅ ꯃꯀꯣꯛ ꯑꯣꯏꯈꯤ꯫
ꯑꯣꯂꯤꯝꯄꯤꯛ ꯑꯁꯤ ꯖꯨꯂꯥꯏ 28ꯗ ꯍꯧꯗꯣꯛꯄꯒꯤ ꯊꯧꯔꯝ ꯄꯥꯡꯊꯣꯛꯄꯒꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯃꯩꯔꯥ ꯄꯨꯗꯨꯅ ꯂꯩꯕꯥꯛ 140ꯒꯤ ꯑꯦꯊꯂꯤꯠꯁꯤꯡꯒꯤ ꯃꯃꯥꯡꯗ ꯁ꯭ꯇꯗꯤꯌꯝ ꯑꯃꯨꯡꯗ ꯃꯩꯔꯥ ꯄꯥꯏꯗꯨꯅ ꯆꯦꯟꯁꯤꯜꯂꯛꯇꯨꯅ ꯑꯣꯂꯤꯝꯄꯤꯛ ꯍꯧꯕꯒꯤ ꯃꯩꯔꯥ ꯆꯨꯈꯠꯈꯤꯕꯤ ꯑꯃꯦꯔꯤꯀꯥꯒꯤ ꯒꯤꯅꯥ ꯍꯦꯝꯍꯤꯜꯒ ꯅꯨꯡꯁꯤꯅꯗꯨꯅ ꯂꯨꯍꯣꯡꯈꯤ꯫ ꯒꯤꯅꯥ ꯍꯦꯝꯍꯤꯜ ꯑꯃꯦꯔꯤꯀꯥꯒꯤ ꯀꯨꯆꯨ ꯃꯨꯕꯥ ꯖꯦ ꯁꯤ ꯑꯋꯦꯟꯁꯀꯤ ꯃꯁꯨꯅꯨꯄꯤꯅꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯃꯄꯨꯕꯣꯛ ꯖꯦ ꯁꯤ ꯑꯣꯋꯦꯟꯁ ꯀꯨꯝꯖꯥ 1936ꯇ ꯕꯔꯂꯤꯟꯒꯤ ꯑꯣꯂꯤꯝꯕꯤꯛꯇ ꯁꯅꯥꯒꯤ ꯃꯦꯗꯜ ꯃꯔꯤ ꯂꯧꯈꯤꯕ ꯃꯥꯂꯦꯝ ꯄꯨꯝꯅꯃꯛꯅ ꯈꯪꯅꯔꯕ ꯁꯥꯟꯅꯔꯣꯏꯅꯤ꯫ ꯍꯦꯅꯔꯤ-ꯇꯤꯜꯃꯦꯟ ꯕꯣꯛꯁꯤꯡ ꯊꯤꯟꯅꯕꯗ ‘ꯄ꯭ꯔꯣꯐꯦꯁꯅꯦꯜ’ ꯗ ꯈꯣꯡꯗꯥꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯍꯥꯛ ꯊꯕꯛ ꯑꯁꯤꯗ ꯃꯥꯏ ꯄꯥꯛꯈ꯭ꯔꯕꯁꯨ ꯊꯣꯏꯗꯣꯛ ꯍꯦꯟꯗꯣꯛꯄ ꯍꯥꯏꯕ ꯑꯗꯨꯗꯤ ꯑꯣꯏꯈꯤꯗꯦ꯫

ꯃꯍꯥꯛ ꯀꯨꯝꯖꯥ 1992ꯗ ꯕꯣꯛꯁꯤꯡ ꯃꯁꯥꯟꯅꯗꯒꯤ ꯄꯣꯊꯥꯔꯕ ꯃꯇꯝꯗ ꯃꯍꯥꯛꯅ 31ꯔꯛ ꯊꯤꯟꯅꯈꯤꯕꯗ 25ꯔꯛ ꯃꯥꯏ ꯄꯥꯛꯈꯤ, 6ꯂꯛ ꯃꯥꯏꯊꯤꯕ ꯐꯪꯈꯤ꯫ ꯃꯍꯥꯛꯅ ꯄꯣꯊꯥꯔꯕ ꯃꯇꯨꯡ ꯃꯍꯥꯛꯅ ꯂꯩꯇ-ꯂꯥꯏꯔꯕ ꯃꯉꯥꯡꯁꯤꯡꯕꯨ ꯃꯇꯦꯡ ꯄꯥꯡꯕꯗ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯈꯤꯕꯗ ꯅꯠꯇꯅ ꯈꯨꯗꯣꯡꯊꯤꯔꯕ ꯑꯉꯥꯡꯁꯤꯡꯕꯨ ꯁꯦꯜ ꯄꯤꯂꯗꯨꯅ ꯃꯇꯦꯡ ꯄꯥꯡꯏ꯫ ꯃꯈꯣꯏꯗ ꯑꯐꯕ ꯄꯥꯎꯇꯥꯛ ꯄꯤꯕꯤꯔꯝꯃꯤ꯫ ꯃꯍꯥꯛꯅ ꯀꯝꯃ꯭ꯌꯨꯅꯤꯇꯤ ꯌꯨꯊ, ꯁ꯭ꯄꯣꯔꯠꯁ ꯑꯃꯁꯨꯡ ꯑꯥꯔꯠ ꯐꯥꯎꯟꯗꯦꯁꯟꯁꯤꯡꯗ ꯆꯠꯇꯨꯅ ꯁꯦꯜꯒꯤ ꯃꯇꯨꯡ ꯄꯥꯡꯈꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯄꯨꯟꯁꯤꯒꯤ ꯈꯣꯡꯆꯠ ꯑꯗꯨ ꯍꯣꯡꯈꯤ꯫ ꯃꯍꯥꯛꯅ ꯑꯍꯥꯟꯕꯗ ꯗ꯭ꯔꯒ ꯆꯥꯔꯝꯃꯤ, ꯍꯨꯔꯥꯟ ꯆꯤꯟꯊꯤ ꯇꯧꯕ ꯌꯥꯎꯔꯝꯃꯤ ꯑꯃꯗꯤ ꯐꯨꯅ-ꯆꯩꯅꯕ ꯌꯥꯝꯅ ꯄꯥꯝꯃꯂꯝꯃꯤ꯫ ꯃꯃꯩꯊꯪꯗ ꯃꯍꯥꯛꯅ ꯑꯐꯕ ꯊꯕꯛ ꯇꯧꯕꯒꯤꯗꯃꯛ ꯃꯥꯂꯦꯝ ꯄꯨꯝꯕꯅ ꯃꯍꯥꯛꯄꯨ ꯊꯥꯒꯠꯅꯔꯤ꯫ ꯑꯗꯨꯕꯨ ꯑꯋꯥꯕꯗꯤ ꯃꯍꯥꯛ ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕ ꯊꯕꯛ ꯑꯃꯇꯥ ꯐꯪꯗ꯭ꯔꯤ꯫ ꯃꯁꯤꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯃꯍꯥꯛꯅ Credit Card ꯑꯁꯥꯕ ꯑꯁꯥꯕ ꯑꯃ ꯁꯤꯖꯤꯟꯅꯔꯝꯕꯒꯤ ꯃꯔꯥꯜꯗ ꯃꯍꯥꯛꯄꯨ ꯖꯦꯜꯗ ꯊꯝꯈꯤ꯫ ꯃꯍꯥꯛꯅ ꯖꯦꯜꯗ ꯂꯩꯇ꯭ꯔꯤꯉꯩꯗ ꯑꯇꯣꯞꯄ ꯗꯟꯗꯤ ꯑꯃ ꯂꯥꯛꯈꯤ ꯃꯗꯨꯗꯤ ꯃꯍꯥꯛꯅ ꯅꯨꯄꯥ ꯑꯃꯕꯨ ꯅꯥꯏꯠ ꯀ꯭ꯂꯕꯀꯤ ꯃꯄꯥꯟꯗ ꯅꯣꯡꯃꯩꯅ ꯀꯥꯞꯇꯨꯅ ꯍꯥꯠꯈꯤꯕꯒꯤ ꯃꯔꯥꯜꯗ ꯐꯦꯜꯗ ꯊꯝꯈꯤ꯫ ꯀꯨꯝꯖꯥ 2002ꯗ ꯖꯦꯜꯗ ꯂꯩꯔꯨꯔꯕ ꯃꯇꯨꯡꯗ ꯀꯨꯝꯖꯥ 2004ꯗ ꯖꯦꯜꯗꯒꯤ ꯊꯥꯗꯣꯔꯛꯈꯤ꯫ ꯃꯍꯥꯛꯅ ꯀꯨꯝꯖꯥ 1984ꯒꯤ ꯑꯣꯂꯤꯝꯄꯤꯛꯀꯤ ꯐꯥꯏꯅꯦꯜꯗ ꯃꯥꯏꯊꯤꯕ ꯄꯤꯈꯤꯕ ꯕꯣꯛꯁꯔ ꯋꯤꯜꯂꯤ-ꯗꯤ-ꯋꯤꯠ ꯀꯧꯕ ꯅꯨꯄꯥ ꯑꯗꯨ ꯎꯀꯤꯜ ꯑꯣꯏꯔꯝꯗꯨꯅ ꯃꯍꯥꯛꯄꯨ ꯀꯨꯏꯅ ꯋꯥꯔꯤ ꯁꯥꯟꯅꯔꯝꯃꯤ꯫=

ꯀꯣꯔꯣꯅꯥꯚꯥꯏꯔꯁ ꯃꯔꯛꯇ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯒꯤ ꯊꯧꯗꯥꯡ
ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯑꯦꯗꯤꯇꯔ,
ꯃꯃꯥꯡꯒꯤ ꯀꯨꯝꯖꯥ 2020 ꯑꯃꯗꯤ ꯆꯠꯂꯤꯕ ꯀꯨꯝꯖꯥ 2021 ꯑꯁꯤ ꯏꯔꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯍꯧꯒꯠꯂꯛꯂꯤꯕ ꯇꯨꯡꯒꯤ ꯌꯨꯝꯕꯤꯔꯦꯜ ꯑꯣꯏꯒꯗꯧꯔꯤꯕ mhEroisiZgi ꯑꯣꯏꯅꯗꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯂꯥꯏꯕꯛ ꯊꯤꯕ ꯆꯍꯤ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯒꯗꯧꯔꯤ꯫ ꯍꯧꯈꯤꯕ ꯆꯍꯤꯗ ꯂꯥꯏꯔꯤꯀ ꯇꯝꯕ ꯌꯥꯗꯕꯗꯒꯤ ꯃꯍꯩꯔꯣꯏ ꯀꯌꯥ ꯃꯥꯡꯕ ꯌꯥꯕꯒꯤ ꯐꯤꯚꯝ ꯂꯩꯔꯨꯔꯕ ꯃꯇꯨꯡ ꯀꯣꯚꯤꯗ-19ꯒꯤ ꯋꯦꯚꯁꯨ ꯇꯞꯅ ꯇꯞꯅ ꯍꯟꯊꯔꯛꯇꯨꯅ ꯑꯦꯗ꯭ꯌ ukesN ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠꯅ ꯀꯟꯅ ꯍꯣꯠꯅꯗꯨꯅ ꯇꯦꯜꯂꯕ ꯃꯇꯝ ꯈꯔꯗ ꯑꯣꯖꯥꯁꯤꯡꯅ ꯁꯤꯂꯦꯕꯁ ꯂꯣꯏꯅꯕꯒꯤꯗꯃꯛꯇ ꯑꯉꯝꯕ ꯊꯥꯛꯇ ꯍꯣꯠꯅꯈꯤ꯫ ꯕꯣꯁꯦꯝ ꯑꯃꯁꯨꯡ ꯀꯣꯁꯦꯝꯒꯤ ꯑꯔꯣꯏꯕ ꯄꯔꯤꯛꯁꯥꯁꯨ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯒꯤ ꯏꯟꯇꯔꯦꯁꯠꯇ ꯆꯍꯤ ꯃꯥꯡꯗꯅꯕꯒꯗꯤꯃꯛꯇ ꯄꯥꯡꯊꯣꯛꯅꯕ ꯁꯦꯝ ꯁꯥꯕ ꯂꯣꯏꯈꯤ ꯑꯗꯨꯕꯨ ꯈꯪꯍꯧꯗꯦ ꯀꯔꯝꯕ ꯁꯦꯟꯅꯍꯧꯗꯕ ꯃꯤꯀꯨꯞꯇ ꯚꯥꯏꯔꯁ ꯑꯁꯤꯅ ꯁ꯭ꯇꯦꯠ ꯑꯁꯤꯗ ꯌꯧꯁꯤꯜꯂꯛꯈꯤꯕ꯫
ꯉꯁꯤꯗꯤ ꯀꯣꯚꯤꯗ-19ꯒꯤ ꯀꯦꯁ ꯃꯁꯤꯡ ꯂꯦꯞꯇꯅ ꯍꯦꯡꯒꯠꯂꯛꯄꯅ ꯃꯍꯧꯁꯥꯒꯨꯝ ꯀ꯭ꯂꯥꯁ ꯇꯧꯕ ꯑꯃꯗꯤ ꯄꯔꯤꯛꯁ ꯇꯧꯕꯒꯤ ꯋꯥꯐꯝ ꯃꯇꯝ ꯈꯔꯗꯤ ꯑꯣꯏꯊꯣꯛꯀꯅꯤ ꯊꯥꯖꯗ꯭ꯔꯦ꯫ ꯑꯣꯏꯔꯤꯕ ꯐꯤꯚꯝ ꯑꯁꯤꯅ ꯑꯗꯨꯃꯛ ꯃꯈꯥ ꯆꯠꯊꯈ꯭ꯔꯕꯗꯤ ꯆꯍꯤ ꯆꯨꯞꯄ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯗꯒꯤ ꯐꯤꯚꯝꯗ ꯂꯩꯔꯤ꯫ ꯐꯤꯚꯝ ꯑꯁꯤꯗ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯒꯤ ꯄꯨꯛꯅꯤꯡ ꯋꯥꯈꯜꯗꯗꯤ ꯑꯗꯨꯛꯀꯤ ꯃꯇꯤꯛ ꯁꯣꯛꯍꯟꯕ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯔꯤ꯫ ꯃꯔꯨ ꯑꯣꯏꯟ ꯀ꯭ꯂꯥꯁ ꯇꯦꯟ ꯑꯃꯗꯤ ꯇ꯭ꯋꯦꯜꯕ ꯊꯥꯒꯗꯧꯔꯤꯕ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯒꯤ ꯃꯐꯝꯗ ꯍꯦꯟꯅ ꯂꯥꯡꯇꯛꯅꯕ ꯐꯥꯎꯔꯝꯒꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯅꯈꯣꯏꯗ ꯍꯥꯏꯅꯤꯡꯕꯗꯤ ꯅꯈꯣꯏꯅ ꯇꯝꯂꯕꯤ ꯀ꯭ꯂꯥꯁꯁꯤꯡ ꯑꯗꯨꯒꯤ ꯄꯔꯤꯛꯁ ꯁꯨꯡꯁꯣꯏ ꯁꯣꯏꯗꯅ ꯇꯧꯒꯅꯤ, ꯃꯤꯀꯣꯛ ꯊꯣꯡꯗꯕ ꯌꯥꯗꯦ ꯈꯟꯅ ꯂꯥꯏꯔꯤꯛꯇ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯅ ꯍꯣꯠꯅꯁꯤ ꯫ ꯄꯔꯤꯛꯁꯥ ꯀꯦꯟꯁꯦꯜ ꯇꯧꯔꯛꯄ ꯅꯠꯇ꯭ꯔꯒ ꯄ꯭ꯔꯣꯃꯣꯁꯟ ꯄꯤꯔꯛꯄꯒꯤ ꯋꯥꯈꯜ ꯊꯥꯗꯣꯛꯁꯤ꯫ ꯏꯟꯇꯔꯅꯦꯠꯀꯤ ꯌꯨꯒ ꯑꯁꯤꯗ
ꯃꯁꯤꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯧꯗꯨꯅ ꯈꯪꯗꯕ ꯈꯨꯗꯤꯡꯃꯛ ꯊꯤꯗꯨꯅ ꯈꯪꯗꯣꯛꯅꯕ ꯍꯣꯠꯅꯁꯤ꯫ ꯀꯔꯤꯒꯨꯝꯕꯗ ꯃꯗꯨꯗ ꯋꯥꯈꯜ ꯇꯥꯔꯛꯇ꯭ꯔꯕꯁꯨ ꯅꯍꯥꯛꯀꯤ ꯃꯅꯥꯛ ꯅꯛꯄ ꯅꯍꯥꯛꯄꯨ ꯇꯥꯛꯄꯤ ꯇꯝꯕꯤꯕꯤ ꯉꯝꯕ ꯏꯌꯥꯝꯕꯁꯤꯡ, ꯑꯍꯜ-ꯂꯃꯟꯁꯤꯡ ꯑꯃꯗꯤ ꯑꯣꯖꯥ-ꯒꯨꯔꯨꯁꯤꯡꯒꯤ ꯃꯇꯦꯡ ꯂꯧꯁꯤ꯫ ꯃꯍꯩꯔꯣꯏ ꯑꯣꯏꯔꯤꯉꯩꯗꯒꯤ ꯄꯨꯟꯁꯤꯗ ꯍꯪꯕ ꯏꯀꯥꯏꯔꯣꯏꯗꯕꯅꯤ꯫ ꯈꯪꯂꯒ ꯍꯩꯔꯒ ꯄꯣꯛꯂꯛꯈꯤꯕ ꯀꯅꯥꯕꯨ ꯌꯥꯎꯕꯒꯦ? ꯉꯁꯤ ꯅꯈꯣꯏꯒꯤ ꯃꯥꯡꯗ ꯎꯔꯤꯕ ꯂꯥꯏꯔꯤꯛ-ꯂꯥꯏꯁꯨ ꯍꯩꯔꯕ ꯑꯣꯖꯥ-ꯒꯨꯔꯨꯁꯤꯡ, ꯑꯣꯐꯤꯁꯔꯁꯤꯡ ꯅꯈꯣꯏꯒꯨꯝꯅ ꯍꯧꯔꯛꯈꯤꯕ ꯉꯥꯛꯇꯅꯤ꯫ ꯈꯪꯗꯕ ꯀꯌꯥ ꯑꯗꯨꯕꯨ ꯈꯣꯝꯖꯤꯟꯗꯨꯅ ꯈꯪꯅꯕ ꯍꯣꯠꯅꯔꯕ ꯃꯇꯨꯡ ꯉꯁꯤꯒꯤ ꯊꯥꯛ ꯑꯁꯤ ꯌꯧꯔꯛꯈꯤꯕ ꯉꯥꯛꯇꯅꯤ꯫ Akaub ꯍꯥꯏꯕꯁꯤꯁꯨ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯄꯣꯛꯄꯗꯒꯤ ꯌꯥꯎꯔꯛꯂꯕ ꯃꯒꯨꯟ ꯑꯃꯅꯤ꯫ ꯃꯁꯤ ꯂꯩꯔꯝꯕꯒꯤ ꯑꯩꯁꯣꯏ ꯃꯤꯑꯣꯏꯕꯅ ꯑꯃꯒ ꯑꯃꯒ ꯂꯩꯃꯤꯟꯅꯕ ꯉꯝꯂꯤꯕꯅꯤ꯫ ꯃꯁꯤ ꯍꯥꯏꯗꯨꯅꯁꯨ ꯅꯍꯥꯛꯅ ꯇꯥꯟꯁꯤꯟꯖꯔꯤꯕ ꯂꯧꯁꯤꯡ-ꯒ꯭ꯌꯑꯟꯁꯤꯡꯗꯤ ꯌꯥꯔꯤꯕꯃꯈꯩ ꯀꯥꯎꯗꯅꯕ ꯍꯣꯠꯅꯁꯤ꯫ ꯅꯨꯡꯇꯤꯒꯤ ꯇꯣꯏꯅ ꯎꯔꯤꯕ, ꯄꯥꯏꯔꯤꯕ ꯄꯣꯠ ꯈꯨꯗꯤꯡꯃꯛꯀꯤ ꯃꯃꯤꯡ ꯀꯥꯎꯗꯕꯒꯨꯝ ꯅꯍꯥꯛꯅ ꯇꯝꯂꯤꯕ ꯂꯥꯏꯔꯤꯛꯁꯤꯡ ꯑꯗꯨꯁꯨ ꯇꯣꯏꯅ ꯄꯥꯗꯨꯅ ꯀꯥꯎꯗꯅꯕ ꯍꯣꯠꯅꯁꯤ꯫
ꯁ꯭ꯇꯦꯠ ꯑꯁꯤꯒꯤ ꯃꯐꯝ ꯑꯌꯥꯝꯕꯗ ꯀꯔꯐꯤꯌꯨ ꯊꯝꯈꯤꯕꯅ ꯃꯔꯝ ꯑꯣꯏꯗꯨꯅ ꯌꯨꯝꯗꯒꯤ ꯃꯄꯥꯟ ꯊꯣꯛꯇꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯑꯁꯤ ꯂꯧꯔꯒ ꯅꯍꯥꯛꯀꯤ ꯇꯨꯡꯒꯤ ꯄꯨꯟꯁꯤꯒꯤꯗꯃꯛ ꯑꯃꯗꯤ ꯂꯥꯛꯀꯗꯧꯔꯤꯕ ꯄꯨꯟꯁꯤꯒꯤ ꯆꯥꯡꯌꯦꯡꯁꯤꯡꯗ ꯃꯥꯏ ꯄꯥꯛꯅꯕꯒꯤꯗꯃꯛ ꯃꯍꯩꯗ ꯄꯨꯛꯅꯤꯡ ꯆꯪꯁꯤꯟꯅꯕ ꯍꯣꯠꯅꯧ꯫ ꯄꯔꯤꯛꯁꯥ ꯀꯦꯟꯁꯦꯜ ꯇꯧꯕ ꯅꯠꯇ꯭ꯔꯒ ꯄ꯭ꯔꯃꯣꯁꯟ ꯄꯤꯕ ꯃꯇꯝꯅ ꯄꯨꯖꯔꯛꯀꯅꯤ꯫ ꯅꯍꯥꯛ ꯉꯁꯤ ꯈꯪꯖꯤꯟꯖꯈꯤꯕ, ꯇꯥꯟꯁꯤꯟꯖꯈꯤꯕ ꯂꯧꯁꯤꯡ-ꯒ꯭ꯌꯥꯟꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯄꯔꯤꯛꯁ ꯇꯧꯗ꯭ꯔꯕꯁꯨ ꯅꯍꯥꯛꯀ ꯄꯨꯟꯁꯤꯒꯤ ꯑꯣꯏꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯑꯔꯦꯝꯕꯗ ꯃꯇꯝ ꯃꯥꯡꯍꯟꯒꯅꯨ, ꯀꯣꯔꯣꯅꯥꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯂꯧꯔꯒ ꯑꯋꯥꯕ ꯀꯌꯥꯕꯨ ꯃꯥꯌꯣꯛꯅꯕ ꯉꯝꯅꯕ ꯍꯣꯠꯅꯔꯁꯤ꯫ ꯃꯔꯛ ꯑꯁꯤꯗ ꯃꯍꯩꯔꯣꯏꯁꯤꯡꯗ ꯂꯥꯡꯇꯛꯅꯒꯗꯕ ꯑꯔꯥꯟꯕ ꯄꯥꯎ ꯑꯃꯗꯤ ꯗꯣꯀ꯭ꯌꯨꯃꯦꯟꯠꯁꯤꯡ ꯁꯣꯁꯜ ꯃꯤꯗꯤꯌꯥꯗ ꯁꯟꯗꯣꯛꯄꯁꯨ ꯇꯧꯔꯣꯏꯁꯤ꯫
ꯑꯗꯣꯝꯒꯤ – ꯃꯥꯏꯕꯝ ꯁꯣꯃꯦꯟ, ꯂꯥꯡꯃꯩꯊꯦꯠ ꯃꯌꯥꯏ ꯂꯩꯀꯥꯏ

- ꯂꯩꯁꯥꯡꯊꯦꯝ ꯑꯖꯤꯠ -