ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, SATURDAY, DECEMBER 19, 2020 ꯊꯥꯡꯖ, ꯄꯣꯏꯅꯨꯒꯤ 5ꯅꯤ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3418 obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ
2 HUEIYEN LANPAO

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ
ꯊꯥꯡꯖ, ꯗꯤꯁꯦꯝꯔ 19, 2020, ꯏꯝꯐꯥꯜ
12 ꯁꯨꯕ ꯆꯍꯤ, 236 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯄꯥꯎꯆꯦ ꯑꯁꯤꯗ ꯐꯣꯡꯖꯔꯤꯕ ꯋꯥꯔꯦꯡꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜ, ꯃꯤꯠꯌꯦꯡ ꯑꯏꯕ ꯃꯁꯥ ꯃꯁꯥꯒꯤꯅꯤ꯫ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯂꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯤꯠꯌꯦꯡꯒ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯔꯤ ꯂꯩꯅꯗꯦ꯫

ꯁꯤ ꯁꯤ ꯁꯤ ꯇꯔꯨꯛ
ꯃꯊꯧ ꯄꯥꯡꯊꯣꯛꯄ ꯂꯦꯞꯍꯟꯈꯤꯕꯁꯤ ꯀꯦꯁ ꯃꯁꯤꯡ ꯇꯁꯦꯡꯅꯃꯛ ꯍꯟꯊꯔꯛꯄꯒꯤꯔꯥ
ꯀꯨꯝꯖꯥ 2019ꯒꯤ ꯑꯔꯣꯏꯕ ꯁꯔꯨꯛꯇ ꯆꯤꯅꯥꯒꯤ ꯋꯨꯍꯥꯟ ꯁꯤꯇꯤꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯀꯣꯚꯤꯗ-19ꯒꯤ ꯀꯦꯁ ꯊꯦꯡꯅꯈ꯭ꯔꯕ ꯃꯇꯨꯡ ꯂꯩꯕꯥꯛ ꯑꯁꯤꯗ ꯆꯍꯤ ꯑꯁꯤꯒꯤ ꯖꯅ꯭ꯌꯨꯋꯥꯔꯤꯒꯤ ꯑꯔꯣꯏꯕ ꯁꯔꯨꯛꯇ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ ꯑꯁꯤ
ꯁꯟꯗꯣꯔꯛꯄ ꯊꯦꯡꯅꯈꯤꯕꯅꯤ꯫ ꯆꯍꯤ ꯑꯁꯤꯒꯤ ꯃꯥꯔꯆ 24ꯗ ꯃꯅꯤꯄꯨꯔꯗ ꯑꯍꯥꯟꯕ
ꯑꯣꯏꯅ ꯀꯣꯚꯤꯗ-19ꯒꯤ ꯀꯦꯁ ꯊꯦꯡꯅꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯗ ꯗꯤꯁꯦꯝꯕꯔ 18 ꯐꯥꯎꯕꯗ
ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯄꯨꯟꯕ ꯀꯦꯁ ꯃꯁꯤꯡ ꯂꯤꯁꯤꯡ 27 ꯍꯦꯟꯈ꯭ꯔꯦ꯫ ꯀꯣꯚꯤꯗ-19
ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯗꯨꯅ ꯂꯩꯈꯤꯗꯕ ꯃꯁꯤꯡꯁꯨ 300 ꯍꯦꯟꯈ꯭ꯔꯦ꯫ ꯍꯧꯈꯤꯕ ꯃꯥꯔꯆ ꯊꯥꯗ
ꯑꯍꯥꯟꯕ ꯀꯦꯁ ꯊꯦꯡꯅꯈ꯭ꯔꯕꯁꯨ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯣꯏꯅ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ ꯑꯁꯤꯅ
ꯃꯔꯝ ꯑꯣꯏꯔꯒ ꯖꯨꯂꯥꯏ 29ꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯃꯤꯑꯣꯏ ꯑꯃ ꯂꯩꯈꯤꯗꯕꯅꯤ꯫ ꯖꯨꯂꯥꯏ
ꯊꯥꯗ ꯃꯤꯑꯣꯏ 5, ꯑꯣꯒꯁꯠ ꯊꯥꯗ ꯃꯤꯑꯣꯏ 23, ꯁꯦꯞꯇꯦꯝꯕꯔ ꯊꯥꯗ ꯃꯤꯑꯣꯏ
39, ꯑꯣꯛꯇꯣꯕꯔ ꯊꯥꯗ ꯃꯤꯑꯣꯏ 101, ꯅꯕꯦꯝꯕꯔ ꯊꯥꯗ ꯃꯤꯑꯣꯏ 113 ꯑꯃꯁꯨꯡ
ꯗꯤꯁꯦꯝꯕꯔ 1ꯗꯒꯤ ꯗꯤꯁꯦꯝꯕꯔ 6 ꯐꯥꯎꯕꯗ ꯃꯤꯑꯣꯏ 25 ꯂꯩꯈꯤꯗ꯭ꯔꯦ꯫ ꯗꯤꯁꯦꯝꯕꯔ
18 ꯐꯥꯎꯕꯗ ꯂꯩꯈꯤꯗꯕ ꯃꯁꯤꯡ ꯄꯨꯟꯅ 332 ꯁꯨꯈ꯭ꯔꯦ꯫ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯄꯨꯟꯕ ꯀꯦꯁ
ꯃꯁꯤꯡꯅ 27,540 ꯁꯨꯈ꯭ꯔꯦ꯫ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯔꯝꯕꯗꯒꯤ ꯐꯒꯇꯂꯛꯄ ꯃꯁꯤꯡꯅ
25,371 ꯌꯧꯔꯦ꯫ ꯀꯦꯁ 1835ꯅ ꯑꯦꯛꯇꯤꯚ ꯑꯣꯏꯔꯤ꯫ ꯂꯩꯉꯥꯛꯅ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ
ꯑꯁꯤꯕꯨ ꯂꯥꯛꯁꯤꯟꯅꯕꯒꯤꯗꯃꯛ ꯊꯧꯔꯥꯡ ꯊꯧꯁꯤꯜ ꯀꯌꯥ ꯑꯃ ꯄꯥꯏꯈꯠꯂꯛꯈꯤꯕꯒꯤ
ꯁꯔꯨꯛ ꯑꯃ ꯑꯣꯏꯅ ꯍꯣꯝ ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯕꯒꯤ ꯑꯌꯥꯕꯁꯨ ꯄꯤꯈꯤꯕꯅꯤ꯫ ꯍꯣꯝ
ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯕꯒꯤ ꯑꯌꯥꯕ ꯄꯤꯈꯤꯕ ꯑꯁꯤꯅ ꯁ꯭ꯇꯦꯠ ꯑꯁꯤꯗ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ
ꯑꯁꯤ ꯇꯞꯅ ꯇꯞꯅ ꯂꯥꯛꯁꯤꯜꯂꯛꯄ ꯉꯝꯕꯒꯤ ꯄꯥꯝꯕꯩ ꯑꯃ ꯑꯣꯏꯈꯤꯕ꯭ꯔꯥ ꯍꯥꯏꯕꯒꯤ
ꯑꯈꯪ-ꯑꯍꯩꯁꯤꯡꯅ ꯌꯦꯡꯁꯤꯟꯕ ꯃꯊꯧ ꯇꯥꯔꯤ꯫

ꯀꯣꯚꯤꯗ-19 ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯕ ꯀꯦꯁ ꯃꯁꯤꯡ ꯂꯦꯞꯇꯅ ꯍꯦꯟꯒꯠꯂꯛꯄꯗꯒꯤ
ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯅ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ ꯑꯁꯤꯕꯨ ꯂꯥꯛꯁꯤꯟꯅꯕ ꯑꯃꯗꯤ ꯊꯦꯡꯅꯅꯕꯒꯤꯗꯃꯛ
ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔ (ꯁꯤ ꯁꯤ ꯁꯤ)ꯁꯤꯡ ꯍꯥꯡꯗꯣꯛꯈꯤ꯫

ꯑꯗꯨꯕꯨ ꯍꯧꯈꯤꯕ ꯑꯣꯒꯁꯠ ꯊꯥꯗꯒꯤ ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔꯗ ꯄꯦꯁꯦꯟꯠꯁꯤꯡ
ꯑꯦꯗꯃꯤꯠ ꯇꯧꯕꯒꯤ ꯆꯥꯡ ꯍꯟꯊꯔꯛꯄꯗꯒ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯈꯥꯗ ꯍꯥꯡꯈꯤꯕ ꯀꯣꯚꯤꯗ
ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔ ꯇꯔꯨꯛ ꯃꯈꯥ ꯇꯥꯅ ꯃꯊꯧ ꯇꯧꯔꯔꯣꯏ ꯍꯥꯏꯈ꯭ꯔꯦ꯫ ꯍꯦꯜꯊ ꯑꯦꯟꯗ
ꯐꯦꯃꯤꯂꯤ ꯋꯦꯜꯐꯦꯌꯔꯒꯤ ꯄ꯭ꯔꯤꯟꯁꯤꯄꯥꯜ ꯁꯦꯀ꯭ꯔꯦꯇꯔꯤꯅ ꯆꯦꯔꯌ ꯂꯧꯗꯨꯅ ꯉꯔꯥꯡ
ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯑꯅꯤꯁꯨꯕ ꯁ꯭ꯇꯦꯠ ꯏꯟꯇꯤꯒ꯭ꯔꯦꯇꯦꯗ ꯀꯣꯚꯤꯗ ꯀꯣꯑꯣꯔꯗꯤꯅꯦꯁꯟ
ꯃꯤꯐꯝꯅ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔ ꯇꯔꯨꯛ ꯈꯨꯗꯛꯇꯒꯤ ꯃꯈꯥ
ꯇꯥꯅ ꯃꯊꯧ ꯇꯧꯍꯟꯗꯅꯕ ꯋꯥꯔꯦꯞ ꯂꯧꯈꯤꯕꯅꯤ꯫ ꯃꯊꯧ ꯄꯥꯡꯊꯣꯛꯄ ꯂꯦꯞꯒꯗꯕ ꯀꯣꯚꯤꯗ
ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯏꯝꯐꯥꯜ ꯋꯦꯁꯠ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤ ꯃꯅꯨꯡ ꯆꯟꯕ
ꯃꯩꯇ꯭ꯔꯝꯗ ꯂꯩꯕ ꯌꯨꯅꯥꯀꯣ ꯁ꯭ꯀꯨꯜ, ꯂꯝꯐꯦꯜꯄꯥꯠꯇ ꯂꯩꯕ ꯑꯥꯔ ꯗꯤ ꯋꯤꯡ, ꯏꯝꯐꯥꯜ ꯏꯁꯠꯀꯤ
ꯈꯨꯃꯟ ꯂꯝꯄꯥꯛꯇ ꯂꯩꯕ ꯕꯥꯜ ꯚꯕꯟ, ꯊꯧꯕꯥꯜ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤ ꯋꯥꯡꯖꯤꯡꯗ ꯂꯩꯕ ꯂꯝꯗꯤꯡ
ꯍꯥꯌꯔ ꯁꯦꯀꯦꯟꯗꯔꯤ ꯁ꯭ꯀꯨꯜ, ꯅꯣꯅꯦ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤ ꯔꯦꯡꯄꯥꯡꯗ ꯂꯩꯕ ꯃꯣꯗꯦꯜ
ꯔꯦꯁꯤꯗꯦꯟꯁꯤꯑꯦꯜ ꯑꯃꯁꯨꯡ ꯆꯨꯔꯥꯆꯥꯟꯗꯄꯨꯔ ꯗꯤꯁꯇ꯭ꯔꯤꯛꯠꯀꯤ ꯅ꯭ꯌꯨ ꯂꯝꯀꯥꯗ ꯂꯩꯕ
ꯁꯠꯚꯕꯅꯥ ꯃꯥꯟꯗꯞꯇ ꯍꯥꯡꯂꯤꯕ ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔꯁꯤꯡꯅꯤ꯫ ꯃꯁꯤꯗꯁꯨ
ꯅꯠꯇꯅ ꯏꯝꯐꯥꯜ ꯑꯦꯌꯔꯄꯣꯔꯠꯇ ꯊꯨꯡꯂꯔꯕ ꯃꯄꯥꯟꯗꯒꯤ ꯂꯥꯛꯄ ꯄꯦꯁꯦꯟꯖꯔꯁꯤꯡ
ꯇꯦꯁꯠ ꯇꯧꯔꯔꯣꯏ꯫ ꯃꯄꯥꯟꯗꯒꯤ ꯂꯥꯛꯂꯒ ꯑꯦꯌꯔꯄꯣꯔꯠꯇ ꯊꯨꯡꯂꯕ
ꯄꯦꯁꯦꯟꯖꯔꯁꯤꯡꯒꯤ ꯃꯔꯛꯇ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯕꯒꯤ ꯆꯥꯡ ꯆꯥꯗ 2 ꯌꯧꯔꯛꯇꯕꯗꯒꯤ
ꯇꯦꯁꯠ ꯇꯧꯕꯒꯤ ꯊꯕꯛ ꯑꯁꯤ ꯂꯦꯞꯅꯕ ꯊꯧꯔꯥꯡ ꯄꯥꯏꯈꯇꯂꯛꯈꯤꯕꯅꯤ꯫ ꯍꯧꯈꯤꯕ
ꯅꯨꯃꯤꯠ ꯈꯔꯅꯤ ꯑꯁꯤꯗ ꯅꯣꯡꯃꯗ ꯀꯣꯚꯤꯗ-19 ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯕꯒꯤ ꯃꯁꯤꯡ
ꯑꯁꯤ 100 ꯌꯧꯔꯛꯇꯕ ꯑꯁꯤꯃꯛ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯂꯥꯏꯕꯛ ꯐꯕꯅꯤ꯫ ꯂꯥꯏꯅꯥ-ꯂꯥꯏꯆꯠ
ꯑꯁꯤ ꯇꯞꯅ ꯇꯞꯅ ꯂꯥꯛꯁꯤꯜꯂꯛꯄꯒꯤ ꯈꯨꯗꯝ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯕꯁꯨ ꯌꯥꯏ꯫ ꯅꯥꯀꯜ
ꯑꯃꯔꯣꯝꯗ ꯃꯤꯌꯥꯝꯅ ꯇꯦꯁꯠ ꯇꯧꯕ ꯊꯣꯛꯅꯔꯛꯇꯕꯗꯒꯤ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯕꯒꯤ
ꯃꯁꯤꯡ ꯑꯁꯤ ꯍꯟꯊꯔꯛꯄ꯭ꯔꯥ ꯍꯥꯏꯕꯁꯤꯁꯨ ꯈꯟꯅꯅꯤꯡꯉꯥꯏꯗꯤ ꯑꯣꯏꯔꯤ꯫ ꯍꯣꯝ
ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯕꯒꯤ ꯑꯌꯥꯕ ꯄꯤꯈꯤꯕꯗꯒꯤ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯔꯕ ꯃꯤꯑꯣꯏ
ꯑꯌꯥꯝꯕ ꯍꯣꯝ ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯗꯨꯅ ꯂꯩꯅꯔꯛꯈꯤꯕꯅꯤ꯫ ꯍꯣꯝ ꯑꯥꯏꯁꯣꯂꯦꯁꯟ
ꯇꯧꯕꯒꯤ ꯑꯌꯥꯕ ꯄꯤꯈꯤꯕꯗꯒꯤ ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯔꯕ ꯃꯤꯑꯣꯏ ꯑꯌꯥꯝꯕ ꯍꯣꯝ
ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯗꯨꯅ ꯂꯩꯅꯔꯛꯈꯤꯕꯅꯤ꯫ ꯍꯣꯝ ꯑꯥꯏꯁꯣꯂꯦꯁꯟ ꯇꯧꯅꯈꯤꯕꯗꯒꯤ
ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔꯁꯤꯡꯗ ꯑꯦꯗꯃꯤꯠ ꯇꯧꯕꯒꯤ ꯆꯥꯡꯁꯨ ꯍꯟꯊꯔꯛꯈ꯭ꯔꯦ꯫

ꯀꯣꯚꯤꯗ ꯀꯦꯌꯔ ꯁꯦꯟꯇꯔ (ꯁꯤ ꯁꯤ ꯁꯤ) ꯇꯔꯨꯛ ꯃꯊꯧ ꯄꯥꯡꯊꯣꯛꯄ ꯂꯦꯞꯍꯟꯈꯤꯕ
ꯑꯁꯤ ꯀꯦꯁ ꯃꯁꯤꯡ ꯍꯟꯊꯔꯛꯄꯒꯤꯔꯥ ꯍꯥꯏꯕꯁꯤ ꯑꯦꯛꯁ꯭ꯄꯥꯔꯠꯁꯤꯡꯅ ꯀꯨꯞꯊꯅ
ꯌꯦꯡꯁꯤꯟꯕꯒꯤ ꯃꯊꯧ ꯇꯥꯗꯕꯗꯤ ꯅꯠꯇꯦ꯫ ꯑꯃꯨꯛ ꯍꯟꯅ ꯌꯦꯡꯁꯤꯟꯕꯅ ꯇꯨꯡꯗ
ꯊꯣꯔꯛꯀꯗꯕ ꯈꯨꯗꯣꯡꯊꯤꯕꯁꯤꯡꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄꯗ ꯃꯇꯦꯡ ꯑꯣꯏꯒꯅꯤ꯫

ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯑꯦꯗꯤꯇꯔ,
ꯕꯥꯃꯣꯟ ꯂꯩꯀꯥꯏ ꯕ꯭ꯔꯍ꯭ꯃꯄꯨꯔ ꯅꯍꯥꯕꯝ ꯕꯥꯁꯀꯦꯠꯕꯣꯜ ꯒ꯭ꯔꯥꯎꯅꯗ ꯑꯁꯤꯒꯤ ꯃꯃꯥꯡ
ꯄꯥꯉꯅ ꯂꯩꯔꯤꯕ ꯇꯁꯦꯜꯈꯣꯡꯒꯤ ꯑꯋꯥꯡꯂꯣꯝ ꯊꯪꯕ ꯁꯔꯨꯛꯀꯤ ꯂꯝꯕꯤ, ꯍꯥꯏꯔꯕꯤ ꯂꯝꯕꯤꯁꯤꯅ
ꯃꯃꯥꯡ ꯄꯥꯡꯅ ꯆꯠꯈ꯭ꯔꯒ ꯕ꯭ꯔꯍ꯭ꯃꯄꯨꯔ ꯁꯪꯒꯥꯏ ꯆꯨꯊꯦꯛ ꯐꯥꯎꯕ ꯆꯠꯂꯤꯕ ꯂꯝꯕꯤ ꯑꯁꯤ
ꯏꯀꯨꯏ ꯀꯨꯏꯗꯅ ꯆꯠꯂꯤꯕ ꯆꯍꯤ ꯑꯁꯤꯒꯤ ꯑꯣꯛꯇꯣꯕꯔ 12ꯗꯒꯤ ꯄꯛꯀꯥ ꯂꯧꯔꯝꯂꯒ ꯉꯁꯤ
ꯐꯥꯎꯕ ꯂꯣꯏꯁꯤꯟꯕꯤꯗꯅ ꯊꯝꯕꯤꯅꯤ꯫

ꯂꯩꯉꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯇꯣꯉꯥꯟꯕ ꯃꯔꯝ ꯀꯌꯥꯁꯨ ꯂꯩꯔꯝꯒꯅꯤ꯫ ꯁꯦꯝꯕꯤ-ꯁꯥꯕꯤꯔꯤꯕ ꯊꯕꯛ
ꯑꯁꯤꯁꯨ ꯐꯠꯇꯦ ꯍꯥꯏꯕꯗꯤ ꯅꯠꯇꯦ, ꯃꯁꯤ ꯃꯤꯌꯥꯝꯒꯤꯅꯤ ꯈꯪꯖꯩ꯫ ꯑꯗꯨꯕꯨ ꯂꯝꯕꯤꯒꯤ ꯅꯥꯛ-

ꯌꯦꯠꯇ ꯂꯩꯖꯔꯤꯕ ꯃꯤꯌꯥꯝꯒꯤ ꯑꯋꯥꯕ ꯑꯃꯠꯇꯪ ꯍꯥꯏꯔꯒꯗꯤ ꯂꯝꯕꯤꯁꯤ ꯁꯦꯝꯕ ꯃꯇꯝꯗ
ꯁꯤꯖꯤꯟꯅꯔꯕꯝꯕ, ꯆꯥꯏꯔꯝꯕ ꯂꯩꯉꯥꯡꯒꯤ ꯎꯐꯨꯜ-ꯋꯥꯏꯐꯨꯜꯅ ꯑꯇꯠ-ꯑꯈꯝ ꯂꯦꯇꯅ ꯆꯦꯜꯂꯤꯕ
ꯒꯥꯔꯤ ꯑꯆꯧꯕ, ꯃꯆꯥꯁꯤꯡꯒꯤ ꯃꯇꯨꯡ ꯏꯜꯂꯛꯄꯁꯤꯡ ꯑꯗꯨꯅ ꯏꯃꯨꯡ-ꯃꯅꯨꯡ, ꯐꯤꯔꯣꯜ, ꯃꯤ
ꯄꯨꯝꯅꯃꯛꯇ ꯑꯀꯥꯏꯕ ꯍꯥꯏꯕꯗꯨ ꯑꯣꯏꯍꯜꯂꯦ꯫ ꯎꯐꯨꯜ-ꯋꯥꯏꯐꯨꯜꯁꯤꯡ ꯑꯗꯤ ꯆꯦꯟꯗ꯭ꯔꯒꯗꯤ
ꯑꯗꯨꯝꯃꯛ ꯈꯥꯡꯗꯨꯅ ꯂꯩꯕ ꯌꯥꯕꯅꯤ꯫ ꯊꯧꯗꯣꯛ ꯑꯁꯤꯕꯨ ꯄꯦꯟꯗ꯭ꯔꯗꯨꯅ ꯉꯁꯤꯒꯤ ꯄꯥꯜꯂꯤꯕ
ꯂꯩꯉꯥꯛ ꯑꯁꯤꯒꯤ ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯋꯥꯔꯛꯁ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯗꯤ ꯂꯣꯀꯜ ꯑꯦꯝ ꯑꯦꯜ
ꯑꯦ/ꯃꯤꯅꯤꯁꯇꯔ ꯑꯅꯤꯅ ꯑꯊꯨꯕ ꯃꯇꯝꯗ ꯂꯣꯏꯁꯤꯟꯕꯤꯗ꯭ꯔꯤꯕ ꯂꯝꯕꯤꯒꯤ ꯁꯔꯨꯛ ꯈꯤ
ꯁꯦꯝꯕꯤꯗꯨꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯑꯋꯥꯕꯁꯤ ꯀꯣꯛꯍꯟꯕꯤꯌꯨ ꯍꯥꯏꯅ ꯏꯀꯥꯏꯈꯨꯝꯅꯖꯔꯤꯕ ꯃꯤꯅꯤꯁꯇꯔ
ꯑꯅꯤꯒꯤ ꯃꯐꯝꯗ ꯏꯀꯥꯏꯈꯨꯝꯅꯕ ꯎꯠꯆꯕꯒ ꯂꯣꯏꯅꯅ ꯄꯨꯛꯅꯤꯡ ꯆꯤꯡꯁꯤꯡꯟꯖꯔꯤ꯫

ꯑꯗꯣꯝꯒꯤ – ꯁꯣꯏꯕꯝ ꯁꯔꯠ, ꯕ꯭ꯔꯍ꯭ꯃꯄꯨꯔ ꯅꯍꯥꯕꯝ, ꯏꯝꯐꯥꯜ
ꯂꯝꯕꯤ ꯁꯦꯝꯕ ꯂꯣꯏꯁꯤꯟꯕꯤꯌꯨ
ꯑꯦꯗꯤꯇꯔꯗ ꯊꯥꯔꯛꯄ ꯆꯤꯊꯤ...

ꯏꯒꯅꯤ꯫

ꯃꯥꯌꯦꯞ ꯄꯥꯟꯗꯨꯅ ꯂꯥꯎꯏ ꯆꯥꯎꯕꯒꯤ ꯏꯃꯨꯡꯗꯨ ꯃꯤꯑꯣꯏ ꯑꯍꯨꯝ
ꯄꯣꯖꯤꯇꯤꯚ ꯑꯣꯏꯔꯦ꯫ ꯏꯃꯨꯡ ꯑꯁꯤ ꯀꯟꯇꯦꯟꯃꯦꯟꯠ ꯖꯣꯟ
ꯑꯣꯏꯔꯦ꯫ ꯃꯁꯤꯒ ꯏꯔꯣꯏꯅꯅ ꯂꯩꯔꯛ ꯆꯪꯐꯝ ꯃꯆꯤꯟꯗ ꯆꯦ
ꯊꯠꯇꯨꯅ ꯀꯟꯇꯦꯟꯠꯃꯦꯟꯠ ꯖꯣꯟꯅꯤ ꯍꯥꯏꯕ ꯈꯪꯍꯜꯂꯦ꯫ ꯃꯁꯤꯅꯤ
ꯀꯣꯚꯤꯗ-19ꯒꯤ ꯌꯥꯝꯅ ꯇꯟꯕ꯫ ꯂꯩꯀꯥꯏꯅ ꯉꯥꯉꯅꯩ, ꯌꯨꯝꯗ ꯅꯤꯡꯊꯤꯅ
ꯂꯩꯒꯦꯗꯤ ꯍꯥꯏꯗ꯭ꯔꯗꯅ ꯃꯈꯣꯏꯅ ꯂꯩꯀꯥꯏ ꯑꯁꯤ ꯆꯦꯟꯊꯍꯜꯂꯦ꯫

ꯃꯈꯣꯏꯒꯤ ꯏꯃꯨꯡꯒꯤ ꯃꯤꯁꯤꯡ ꯑꯁꯤ ꯍꯥꯏꯅ ꯇꯥꯅꯕ ꯌꯥꯗꯦ꯫

ꯃꯈꯣꯏꯒꯤ ꯏꯃꯨꯡꯗ ꯆꯪꯂꯨꯔꯅꯨ, ꯁꯝꯅꯔꯨꯔꯅꯨ! ꯃꯁꯤꯅꯤ ꯍꯩꯅꯗ꯭ꯔꯤꯕ꯫

ꯃꯈꯣꯏ ꯑꯁꯤ ꯂꯩꯀꯥꯏꯒꯤ ꯃꯥꯡꯅꯕ ꯃꯤ ꯉꯥꯛꯇꯅꯤ꯫ ꯃꯁꯤ
ꯉꯥꯛꯇꯅꯤ ꯉꯥꯡꯅꯗꯧꯔꯤꯕ, ꯐꯅ ꯑꯃꯠꯇ ꯉꯥꯡꯅꯔꯣꯏ꯫ ꯃꯀꯣꯏꯒꯤ
ꯏꯃꯨꯡꯒꯤ ꯋꯥꯔꯤꯅ ꯄꯨꯝꯇꯥꯎ ꯇꯥꯎꯒꯗꯧꯔꯤꯕꯅꯤ꯫ ꯍꯌꯦꯡꯋꯥꯏ ꯇꯨꯡ
ꯐ aUb ꯃꯤ ꯅꯨꯡꯁꯤꯅꯔꯣꯏ, ꯄꯨꯟꯁꯤꯟꯅꯔꯣꯏ ꯍꯥꯏꯕꯐꯥꯎ ꯃꯥꯜꯂꯤ꯫

ꯀꯩꯁꯨ ꯇꯧꯖꯗꯕ ꯂꯩꯀꯥꯏ ꯑꯁꯤ ꯃꯈꯣꯏꯅ ꯆꯦꯛꯁꯤꯟꯗꯗꯅ ꯑꯋꯥꯕ
ꯇꯥꯍꯜꯂꯦ꯫ ꯃꯈꯣꯏꯅ ꯂꯩꯀꯥꯏꯗꯒꯤ ꯃꯄꯥꯟ ꯊꯣꯛꯄ, ꯃꯄꯥꯟꯗ
ꯂꯥꯏꯔꯤꯛ ꯇꯝꯕ ꯑꯗꯨꯒ ꯋꯥꯕꯅ ꯑꯩꯈꯣꯏꯅ ꯋꯥꯕ! ꯂꯩꯀꯥꯏꯅ ꯉꯥꯡꯅꯕ
ꯋꯥꯅꯤ꯫ ꯂꯩꯀꯥꯏꯅ ꯉꯥꯡꯅꯅꯤꯡꯕ ꯃꯑꯣꯡꯗ ꯄꯪꯉꯥꯉꯗ ꯉꯥꯡꯅꯔꯅꯤ꯫

ꯆꯨꯝꯕ ꯂꯥꯟꯕꯅ ꯋꯥ ꯑꯃ꯫ ꯔꯦꯗꯤꯑꯣ, ꯇꯤ ꯚꯤ ꯑꯃꯗꯤ ꯐꯦꯁꯕꯨꯛ
ꯌꯦꯡꯎꯔꯦ ꯀꯤꯖꯩ꯫

ꯃꯤꯅ ꯃꯥꯌꯦꯞ ꯄꯥꯜꯂꯒ ꯂꯥꯎꯕ, ꯃꯤꯅ ꯇꯤꯟꯅꯔꯨꯅꯨ, ꯆꯪꯅꯔꯨꯅꯨ
ꯍꯥꯏꯕꯤꯕ, ꯃꯤꯅ ꯃꯤꯋꯥ ꯉꯥꯡꯕꯤꯕ, ꯃꯤꯅ ꯐꯠꯇꯅ ꯁꯤꯊꯗꯨꯅ ꯉꯥꯡꯕꯤꯕ
ꯑꯁꯤꯃꯨꯛ ꯈꯣꯏꯗꯧ ꯁꯤꯛꯄ ꯂꯩꯇ꯭ꯔꯕꯅꯤ꯫ ꯃꯤꯋꯥ ꯉꯥꯡꯅꯕ, ꯃꯤ ꯍꯨꯟꯕ, ꯃꯤ ꯁꯤꯊꯕ ꯍꯥꯏꯕ ꯑꯁꯤꯁꯨ ꯇꯥꯏꯕꯪ
ꯃꯤꯅ ꯌꯥꯝꯅ ꯄꯥꯝꯖꯕ, ꯌꯥꯝꯅ ꯅꯨꯡꯉꯥꯏꯖꯕ ꯍꯩꯅꯕꯤ ꯃꯈꯜ ꯑꯃꯅꯤ ꯍꯥꯏꯕ ꯌꯥꯏ꯫ ꯀꯣꯚꯤꯗ-19 ꯃꯅꯨꯡ ꯑꯁꯤꯅ
ꯍꯦꯜꯂꯦ ꯃꯇꯝ ꯂꯦꯝꯅ ꯐꯪꯕ, ꯃꯄꯥꯟ ꯊꯣꯛꯇꯅ ꯑꯁꯨꯝ ꯌꯨꯝꯗ ꯂꯩꯔꯕꯅꯤꯅ ꯋꯥꯈꯜꯅ ꯅꯦꯒꯦꯇꯤꯚ, ꯂꯩꯀꯥꯏꯅ
ꯄꯣꯖꯤꯇꯤꯚ!

ꯀꯣꯚꯤꯗ-19 ꯅꯥꯔꯕꯗꯤ ꯃꯤ ꯑꯁꯤ ꯁ꯭ꯋꯔ ꯐꯨꯅꯒꯠꯇꯨꯅ ꯕꯣꯝ-ꯕꯣꯝ ꯗꯨꯇꯨꯅ ꯁꯤ ꯍꯥꯏꯕ ꯑꯃ ꯃꯤꯌꯥꯝꯒꯤ
ꯋꯥꯈꯜꯗ ꯂꯩꯅꯈ꯭ꯔꯦ꯫ ꯆꯥꯏꯅꯥꯗ ꯀꯣꯚꯤꯗ-19 ꯅꯥꯕ ꯍꯧꯔꯛꯄꯗ ꯔꯦꯜꯋꯦ ꯁ꯭ꯇꯦꯁꯟꯗ, ꯕꯁ ꯁ꯭ꯇꯦꯟꯗ, ꯂꯝꯕꯤꯗ,
ꯑꯣꯐꯤꯁꯇ ꯃꯤ ꯀꯌꯥ ꯕꯣꯝ-ꯕꯣꯝ ꯇꯨꯗꯨꯅ ꯃꯈꯣꯡ ꯐꯤꯗ꯭ꯔꯤꯡ-ꯐꯤꯗ꯭ꯔꯤ ꯀꯥꯎꯔ-ꯀꯥꯎꯔꯒ ꯁꯤꯕꯒꯤ ꯚꯤꯗꯤꯑꯣ
ꯀ꯭ꯂꯀꯞ ꯀꯌꯥ ꯎꯕ ꯐꯪꯈꯤ꯫ ꯃꯗꯨꯃꯛ ꯍꯦꯛ ꯑꯣꯏꯔꯕꯗꯤ ꯀꯣꯚꯤꯗ ꯑꯁꯤ ꯊꯋꯥꯏ ꯌꯥꯝꯅ ꯃꯥꯡꯅꯤꯡꯉꯥꯏ
ꯑꯣꯏꯕ ꯂꯥꯏꯅꯥꯅꯤ ꯍꯥꯏꯅ ꯂꯩꯅꯈ꯭ꯔꯦ꯫ ꯃꯗꯨꯒꯤ ꯈꯨꯠꯁꯤ ꯑꯗꯨꯗꯤ
ꯀꯅꯥ ꯑꯃꯠꯇꯅ ꯄꯥꯝꯗꯕꯅꯤꯅ꯫ ꯀꯅꯥꯅꯁꯨ ꯄꯥꯝꯅꯤ ꯍꯧꯖꯤꯛꯇ
ꯅꯣꯛꯃꯤꯟꯅꯔꯝꯃꯒ ꯆꯥꯛ ꯆꯥꯔꯒ ꯊꯣꯛꯈ꯭ꯔꯒ ꯂꯝꯕꯤꯗ ꯕꯣꯝ-

ꯕꯣꯝ ꯇꯨꯔꯒ ꯁꯤꯔꯦ ꯍꯥꯏꯔꯕꯗꯤ ꯑꯦ ꯀꯌꯥꯝ ꯀꯨꯏꯅ ꯍꯤꯡꯗꯧꯔꯤ
ꯍꯥꯏꯕ ꯋꯥꯍꯪ ꯂꯥꯛꯄ ꯇꯥꯕꯅꯤ꯫ ꯃꯗꯨꯒꯤ ꯃꯑꯣꯡꯗꯨ ꯑꯣꯏꯔꯕꯗꯤ
ꯃꯥꯂꯦꯝꯁꯨ ꯐꯅ ꯌꯥꯝꯅ ꯇꯨꯝꯂꯅꯤ꯫

ꯃꯤꯌꯥꯝꯗ ꯂꯩꯅꯔꯤꯕ ꯂꯥꯏꯅꯥ ꯑꯁꯤꯒꯤ ꯋꯥꯈꯜꯗꯤ ꯌꯥꯝꯅ ꯂꯧꯅꯒꯟꯕ,
ꯅꯛꯅꯅ ꯂꯦꯞꯄ ꯌꯥꯗꯕ, ꯃꯥꯁꯛ ꯎꯞꯀꯗꯕ, senitaijr ꯌꯥꯝꯅ
ꯁꯤꯖꯤꯟꯅꯗꯕ ꯌꯥꯗꯕ ꯂꯥꯏꯅ ꯑꯃꯅꯤ꯫ ꯀꯤꯗꯕ ꯌꯥꯗ꯭ꯔꯕ ꯂꯥꯏꯅꯥꯅꯤ,
ꯄꯥꯎꯆꯦꯅ, ꯇꯦꯂꯤꯚꯤꯖꯟꯅ, ꯔꯦꯗꯤꯑꯣꯅ, ꯐꯦꯁꯕꯨꯛꯅ, ꯇ꯭ꯋꯤꯇꯔꯅ
ꯂꯥꯏꯅ ꯑꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯄꯥꯎ ꯀꯌꯥ ꯐꯣꯡꯂꯛꯄꯗ ꯀꯝꯂꯥꯛꯀꯥꯁꯦ
ꯊꯛ-ꯊꯛ ꯅꯤꯛꯇꯕ ꯉꯝꯅꯗꯦ꯫ ꯑꯩꯗꯪꯗꯤ ꯍꯤꯡꯅꯤꯡꯉꯤꯗ ꯃꯤ ꯑꯇꯩ
ꯑꯇꯩ ꯂꯣꯏꯅ ꯈꯤꯈ꯭ꯔꯕꯁꯨ ꯉꯥꯏꯍꯥꯛ ꯂꯩꯇꯅ ꯈꯜꯂꯛꯏ, ꯃꯅꯤꯄꯨꯔꯗ
ꯑꯍꯥꯟꯕꯒꯤ ꯑꯣꯏꯅ ꯑꯅꯥꯕ ꯑꯃ ꯑꯅꯤ ꯌꯥꯎꯔꯛꯄ ꯃꯇꯝꯗ
ꯃꯅꯤꯄꯨꯔ ꯄꯨꯝꯕ ꯂꯣꯏꯔꯦꯗꯅ ꯈꯟꯅꯈꯤ꯫ ꯃꯅꯤꯄꯨꯔ ꯄꯨꯝꯕ
ꯃꯅꯤꯡ ꯃꯃꯥꯡ ꯆꯤꯡꯗꯨꯅ ꯈꯥꯡꯈꯤ꯫ ꯂꯥꯏ ꯈꯨꯔꯨꯝꯅꯈꯤ꯫ ꯑꯅꯥꯕ ꯃꯤ
ꯑꯅꯤꯒꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯐꯤꯚꯝ ꯔꯦꯗꯤꯑꯣꯒꯤ ꯄꯥꯎꯗ ꯂꯦꯞꯇꯅ
ꯐꯥꯎꯕ ꯄꯤꯈꯤ꯫ ꯂꯥꯏꯅ ꯑꯁꯤ ꯀꯩꯗꯥꯃ ꯇꯧꯗꯧꯔꯤ ꯈꯟꯅꯈꯤ꯫

hOjiKi ꯂꯥꯏꯅꯥ ꯑꯁꯤ ꯂꯤꯁꯤꯡ ꯂꯤꯁꯤꯡ ꯍꯟꯈ꯭ꯔꯦ꯫ ꯁꯤꯂꯤꯡ
ꯀꯨꯟꯒꯤ ꯃꯊꯛ ꯌꯧꯔꯃꯥꯜꯂꯦ꯫ ꯃꯅꯤꯄꯨꯗ ꯃꯍꯧꯁꯥꯒ ꯃꯥꯟꯅ ꯁꯝꯗꯤ
ꯌꯨꯡꯈꯠꯅꯗ꯭ꯔꯦ, ꯑꯗꯨꯕꯨ…꯫

ꯂꯥꯏꯅꯥ ꯑꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯄꯥꯎꯈꯨꯝ ꯇꯥꯕꯗ ꯃꯁꯤ ꯅꯥꯔꯛꯇꯅꯕ
ꯀꯥꯞꯊꯣꯛ ꯍꯤꯗꯥꯛ (ꯚꯦꯛꯁꯤꯟ) ꯑꯗꯨꯒ ꯅꯥꯈ꯭ꯔꯒ ꯂꯥꯌꯦꯡꯅꯕ
ꯍꯤꯗꯥꯛ ꯂꯩꯇꯦ ꯇꯥꯅꯔꯝꯃꯤ꯫ ꯂꯥꯏꯕꯛ ꯌꯥꯝꯅ ꯐꯕꯅ ꯃꯤ ꯀ꯭ꯔꯣꯔ ꯆꯥꯝꯃꯥ ꯀꯨꯟꯊ꯭ꯔꯥꯃꯉꯥ ꯂꯩꯕ ꯏꯟꯗꯤꯌꯥꯗ
ꯀ꯭ꯔꯣꯔ ꯑꯃ ꯌꯧꯅ ꯅꯥꯕ ꯉꯝꯗ꯭ꯔꯤ꯫ ꯌꯥꯝꯅꯕꯨ ꯅꯥꯕꯨ ꯅꯥꯗꯦ ꯍꯥꯏꯔꯤ꯫ ꯑꯗꯨꯒ ꯃꯤ ꯂꯥꯈ ꯈꯔꯈꯛꯇꯪ ꯅꯥꯖꯕ
ꯑꯁꯤꯗ ꯃꯤꯁꯨ ꯂꯥꯈ ꯈꯔꯈꯛꯇꯪ ꯑꯃꯨꯛ ꯁꯤꯕꯅꯤ ꯌꯥꯝꯅ ꯁꯤꯗꯦ ꯍꯥꯏꯅ ꯍꯥꯏꯕ ꯃꯥꯟꯕ ꯌꯥꯎꯏ꯫ ꯅꯣꯡꯃꯗꯤ
ꯍꯦꯟꯒꯠꯂꯛꯂꯤꯕ ꯑꯅꯥꯕ ꯃꯁꯤꯡꯁꯤ ꯂꯤꯁꯤꯡ 70/80 ꯈꯛꯇꯅꯤ ꯍꯥꯏꯔꯤ꯫ ꯌꯥꯝꯅ ꯂꯥꯏꯕꯛ ꯐꯩ꯫ ꯑꯄꯨꯟꯕ
ꯃꯤ ꯀ꯭ꯔꯣꯔ ꯆꯥꯝꯃꯥ ꯀꯨꯟꯊ꯭ꯔꯥꯃꯉꯥꯒ ꯌꯦꯡꯅꯕꯗ ꯈꯨꯠꯅꯦꯝ ꯑꯃꯅꯤ꯫ ꯀꯥꯞꯊꯣꯛ ꯍꯤꯗꯀꯛ, ꯂꯥꯏꯀꯟ
ꯍꯤꯗꯥꯛ ꯌꯧꯅꯔꯛꯇ꯭ꯔꯤꯉꯩ ꯑꯁꯤꯗꯁꯨ ꯑꯅꯥꯕꯅ ꯊꯨꯅ ꯊꯨꯅ ꯐꯒꯠꯂꯛꯄ ꯑꯝꯗꯤ ꯂꯥꯏꯅ ꯑꯁꯤꯅ ꯗꯥꯏꯔꯦꯛꯠ
ꯃꯤ ꯁꯤꯍꯟꯗꯕꯒ ꯌꯦꯡꯅꯔꯨꯔꯒꯗꯤ ꯂꯩꯀꯥꯏ ꯑꯃꯗ ꯑꯅꯥ-ꯑꯌꯦꯛ ꯌꯥꯎꯔꯛꯄꯗ ꯅꯣꯛꯅꯕꯤꯕ, ꯁꯤꯊꯕꯤꯕ,
ꯆꯩꯕꯤꯕ, ꯊꯤꯅ ꯉꯥꯡꯅꯕ, ꯁꯣꯁꯜ ꯁ꯭ꯇꯤꯒꯃꯥ ꯑꯁꯤ ꯃꯍꯤꯛꯀꯤ ꯃꯍꯨꯠ ꯃꯤꯅ ꯃꯍꯤꯛ ꯑꯣꯜꯂꯛꯄꯅꯤ꯫

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ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯊꯣꯏꯗꯣꯛ-ꯍꯦꯟꯊꯣꯛꯅ ꯌꯥꯎꯕꯒꯤ ꯃꯊꯛꯇ ꯑꯦꯟꯁꯥꯡ ꯑꯣꯏꯅꯁꯨ ꯌꯥꯝꯅ
ꯄꯥꯝꯅ ꯊꯣꯡꯗꯨꯅ ꯑꯃꯁꯨꯡ ꯁꯤꯡꯖꯨ ꯑꯣꯏꯅꯁꯨ ꯆꯥꯟꯅꯕ ꯄꯥꯝꯕꯤꯅꯤ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯍꯥꯏꯔꯤꯕꯁꯤ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ
ꯍꯥꯏꯔꯤꯕ ꯄꯥꯝꯕꯤ asi ꯏꯪꯂꯤꯁꯇ ꯚꯥꯏꯟ ꯁ꯭ꯄꯤꯅꯤꯆ (Vine ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ ꯀ꯭ꯂꯥꯏꯝꯕꯤꯡ ꯁ꯭ꯄꯤꯅꯤꯆ
(Climbing ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ ꯀ꯭ꯔꯤꯄꯤꯡ ꯁ꯭ꯄꯤꯅꯤꯆ (Creeping ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ ꯕꯨꯐꯦꯂꯣ
ꯁ꯭ꯄꯤꯅꯤꯆ (Buffalo ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ ꯏꯟꯗꯤꯌꯥꯟ ꯁ꯭ꯄꯤꯅꯤꯆ (Indian ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ
ꯃꯥꯂꯥꯕꯥꯔ ꯁ꯭ꯄꯤꯅꯤꯆ (Malabar ꯁꯄꯤꯅꯥꯆꯍ) ꯅꯠꯇ꯭ꯔꯒ ꯁꯥꯏꯂꯣꯟ ꯁ꯭ꯄꯤꯅꯤꯆ (Ceylon ꯁꯄꯤꯅꯥꯆꯍ)
ꯅꯠꯇ꯭ꯔꯒ ꯍꯤꯟꯗꯤꯗꯥ ꯄꯣꯏ (Poi), ꯆꯥꯏꯅꯤꯖꯗ ꯁꯦꯟ ꯆꯣꯏ (Saan ꯆꯍꯣꯌ) ꯅꯠꯇ꯭ꯔꯒ ꯁꯥꯟ ꯆꯣꯏ (Xan

ꯆꯍꯣꯌ) ꯅꯠꯇ꯭ꯔꯒ ꯁꯥꯟ ꯁꯣꯏ (ꯈꯍꯥꯅ tsoi), ꯖꯄꯥꯅꯤꯖꯗ ꯁꯨꯔꯨꯃꯨꯔꯥꯁꯥꯀꯤ (Tsurumurasaki), ꯂꯦꯇꯤꯟ
ꯑꯃꯦꯔꯤꯀꯥꯗ ꯁ꯭ꯄꯤꯅꯥꯀꯥ ꯆꯥꯏꯅꯥ (Espinaca ꯆꯍꯤꯅꯥ) ꯅꯠꯇ꯭ꯔꯒ ꯁ꯭ꯄꯤꯅꯥꯀꯥ ꯗꯤ ꯃꯥꯂꯥꯕꯥꯔ (Espinaca

ꯗꯦ ꯃꯥꯂꯥꯕꯥꯔ), ꯄꯣꯔꯇꯨꯒꯤꯖꯗ ꯑꯦꯛꯁꯄꯤꯅꯥꯐ꯭ꯔꯦ ꯏꯟꯗꯤꯌꯥꯅꯣ (Expinafre indiano) ꯍꯥꯏꯅ ꯀꯧꯏ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯈꯜ 2 ꯂꯩ꯫ ꯑꯍꯥꯟꯕꯒꯤ ꯃꯁꯜ ꯑꯗꯨꯅ ꯄꯥꯝꯕꯤ ꯑꯗꯨꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ
ꯃꯈꯣꯛ ꯑꯗꯨ ꯃꯆꯨ ꯁꯪꯇ꯭ꯔꯤꯛ ꯁꯪꯉꯤ ꯂꯣꯏꯅꯅ ꯉꯧꯔꯨꯅꯕ ꯃꯆꯨꯒꯤ ꯑꯀꯨꯞꯄ ꯂꯩ ꯃꯌꯥꯝ ꯄꯥꯝꯕꯒꯤ ꯃꯇꯣꯟꯗ
ꯑꯁꯥꯡꯕ ꯃꯈꯣꯛꯇ (ꯈꯄꯤꯀꯦ) ꯁꯥꯠꯂꯤ꯫ ꯍꯥꯏꯔꯤꯕ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯃꯈꯜ ꯑꯁꯤꯒꯤ ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ
ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯗ ꯕꯥꯁꯦꯂꯥ (Basella alba L.) ꯑꯦꯜꯕ ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯗꯨꯒ ꯑꯇꯣꯞꯄ
ꯑꯗꯨꯅ ꯄꯥꯝꯕꯤ ꯑꯁꯨꯒꯤ ꯃꯈꯣꯛ ꯑꯃꯁꯨꯡ ꯃꯅꯥ ꯑꯗꯨ ZzaZb ꯃꯆꯨ ꯑꯣꯏ꯫ ꯂꯣꯏꯅꯅ ꯂꯩꯁꯤꯡ ꯑꯁꯨꯁꯨ ꯃꯆꯨ ꯑꯗꯨ
ꯉꯥꯡꯇꯛ ꯇꯧꯏ꯫ ꯍꯥꯏꯔꯤꯕ ꯃꯈꯜ ꯑꯁꯤꯒꯤ ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯕꯣꯇꯥꯅꯤꯀꯦꯜꯒꯤ ꯑꯣꯏꯕ ꯃꯃꯤꯡꯅ
ꯕꯥꯁꯦꯂꯥ ꯔꯨꯕ꯭ꯔꯥ (Basella ꯔꯨꯕꯔꯥ L.) ꯍꯥꯏꯅ ꯀꯧꯏ ꯑꯃꯁꯨꯡ ꯕꯥꯁꯦꯂꯦꯁꯤ (Basellaceae) ꯁꯥꯒꯩꯒꯤ
ꯃꯅꯨꯡ ꯆꯜꯂꯤ꯫ ꯕꯣꯇꯥꯅꯤꯁꯠ ꯑꯌꯥꯝꯕꯅꯗꯤ ꯍꯥꯏꯔꯤꯕ ꯃꯈꯜ 2 ꯑꯁꯤ ꯃꯆꯨ ꯈꯦꯟꯅꯖꯕꯗꯗꯤ ꯁ꯭ꯄꯤꯁꯤꯁꯇꯤ
ꯑꯃꯈꯛꯇꯅꯤ꯫ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯍꯟꯊꯣꯛꯇꯤ ꯑꯦꯂꯕ ꯑꯃꯁꯨꯡ ꯔꯨꯕ꯭ꯔꯥ ꯑꯅꯤꯁꯤ ꯆꯞ ꯃꯥꯟꯅꯩ ꯍꯥꯏꯕꯅꯤ꯫ ꯑꯗꯨꯕꯨ
ꯕꯣꯇꯥꯅꯤꯁꯠ ꯈꯔꯅꯗꯤ 2ꯃꯛ ꯑꯁꯤ ꯇꯣꯉꯥꯟꯕ ꯁ꯭ꯄꯤꯁꯤꯁꯁꯤꯡꯅꯤ ꯍꯥꯏꯅ ꯄꯤꯔꯤ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯃꯔꯤ ꯆꯠꯄ (Vine) ꯆꯍꯤ ꯑꯃ ꯅꯠꯇ꯭ꯔꯒ ꯑꯅꯤ ꯄꯨꯟꯁꯤꯕ ꯑꯊꯣꯠꯄ
ꯄꯥꯝꯕꯤ ꯃꯆꯥꯅꯤ꯫ ꯄꯥꯃꯕꯤ ꯑꯁꯤ ꯈꯥ ꯊꯪꯕ ꯑꯦꯁꯤꯌꯥꯒꯤ ꯂꯝꯗꯝꯁꯤꯡ ꯃꯔꯨ ꯑꯣꯏꯅ ꯅꯣꯡ ꯌꯥꯝꯅ ꯇꯥꯕ ꯑꯁꯥꯕ
ꯃꯥꯂꯥꯕꯥꯔꯒꯤ ꯂꯝꯗꯝꯁꯤꯡ ꯑꯃꯁꯨꯡ ꯁ꯭ꯔꯤꯂꯪꯀꯗꯒꯤ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ ꯍꯥꯏ ꯄꯥꯎꯗꯝꯂꯤ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ
ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯥꯏꯅꯥꯒꯤ ꯑꯌꯥꯝꯕ ꯃꯐꯝꯁꯤꯡ ꯑꯐ꯭ꯔꯤꯀꯥ, ꯀꯂꯝꯕꯤꯌꯥ, ꯐꯤꯖꯤ, ꯄꯣꯂꯤꯅꯦꯁꯤꯌꯥ ꯑꯃꯁꯨꯡ ꯋꯦꯁꯠ
ꯏꯟꯗꯤꯖꯒꯤ ꯃꯐꯝꯁꯤꯡꯗ ꯃꯍꯧꯁꯥꯒꯤ ꯑꯣꯏꯕ ꯃꯑꯣꯡꯗ ꯍꯧꯖꯩ ꯍꯥꯏꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯤꯡ ꯂꯩ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ
ꯏꯁꯤꯡ ꯏꯅꯤꯜꯒꯤ ꯆꯥꯡ ꯋꯥꯡꯅ ꯌꯥꯎꯕ ꯂꯩꯉꯣꯏꯅ ꯅꯝꯕ ꯇꯥꯕ ꯂꯩꯕꯥꯛ-ꯂꯩꯁꯥꯗ ꯌꯥꯝꯅ ꯆꯨꯁꯤꯟꯅ ꯊꯥꯕ ꯌꯥꯏ꯫ ꯊꯥꯈ꯭ꯔꯕ
ꯃꯇꯨꯡ ꯅꯨꯃꯤꯠ 35ꯗꯒꯤ 45 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯂꯣꯛꯄ ꯌꯥꯏ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯃꯁꯨꯡ ꯃꯇꯣꯟ ꯑꯗꯨ ꯑꯦꯟꯁꯥꯡ ꯑꯃꯁꯨꯡ ꯁꯤꯡꯖꯨꯒꯤ ꯃꯆꯜ (Green

ꯁꯥꯂꯥꯗ) ꯑꯃ ꯑꯣꯏꯅ ꯃꯥꯂꯦꯝꯒꯤ ꯃꯐꯝ ꯀꯌꯥꯃꯔꯨꯝꯗ ꯄꯥꯝꯅ ꯆꯥꯅꯩ꯫ ꯂꯝꯗꯝ ꯈꯔꯗꯗꯤ ꯎꯔꯣꯛꯁꯨꯝꯕꯂ ꯄꯥꯝꯕꯤ
ꯑꯁꯤ ꯑꯦꯟꯁꯥꯡꯒꯤꯗꯃꯛꯇ ꯄꯥꯛ ꯁꯟꯅ ꯊꯥꯅꯩ꯫ ꯎꯔꯣꯀꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯗ ꯑꯥꯂꯨ ꯈꯔ ꯄꯥꯅ ꯁꯣꯏꯖꯤꯜꯂꯒ
ꯉꯥ ꯑꯌꯥꯏꯕ ꯈꯔ ꯍꯥꯞꯇꯨꯅ ꯊꯣꯡꯕ ꯆꯝꯊꯣꯡ ꯑꯗꯨ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯍꯥꯎ ꯂꯩ ꯑꯃꯁꯨꯡ ꯁꯤꯡꯒꯨꯝ-ꯁꯤꯡꯒꯨꯝ
ꯀꯥꯂꯦꯟꯒꯤ ꯃꯇꯝꯗ ꯄꯥꯝꯅ ꯆꯥꯅꯩ꯫

ꯕꯤꯒ꯭ꯌꯥꯟꯒꯤ ꯄꯥꯎꯗꯝ ꯑꯃꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯎꯔꯣꯛꯁꯨꯝꯕꯂ ꯄꯥꯝꯕꯤ ꯒ꯭ꯔꯥꯝ 100ꯗ ꯌꯥꯎꯕ ꯃꯔꯨ ꯑꯣꯏꯕ
ꯆꯤꯟꯖꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯀꯥꯔꯕꯣꯍꯥꯏꯗ꯭ꯔꯦꯠ 3.4, ꯐꯦꯠ ꯒ꯭ꯔꯥꯝ 0.3, ꯄ꯭ꯔꯣꯇꯤꯟ ꯒ꯭ꯔꯥꯝ 1.8,
ꯀꯦꯜꯁꯤꯌꯝ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 0.74, ꯑꯥꯏꯔꯟ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 1.2, ꯃꯦꯒ꯭ꯅꯦꯁꯤꯌꯝ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 65, ꯃꯦꯡꯒꯥꯅꯤꯖ
ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 0.74, ꯐꯣꯁꯐꯣꯔꯁ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 52, ꯄꯣꯇꯥꯁꯤꯌꯝ ꯃꯤꯂꯤꯒ꯭ꯔꯑꯝ 510, ꯖꯤꯡꯛ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ
0.43 ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯚꯤꯇꯥꯃꯤꯟꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯊꯤꯌꯥꯃꯤꯟ (Vitamin B1) ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 0.05,
ꯔꯥꯏꯕꯣꯐ꯭ꯂꯦꯕꯤꯟ (Vitamin B2) ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 0.15, ꯅꯤꯌꯥꯁꯤꯟ (Vitamin B3) ꯃꯤꯂꯤꯒ꯭ꯔꯑꯝ 0.5,
ꯚꯤꯇꯥꯃꯤꯟ

B6 ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 0.24, ꯐꯣꯂꯦꯠ (Vitamin B9) ꯃꯥꯏꯀ꯭ꯔꯣꯒ꯭ꯔꯥꯝ 240, ꯚꯤꯇꯥꯃꯤꯅ ꯑꯦ ꯃꯥꯏꯀ꯭ꯔꯣꯒ꯭ꯔꯥꯝ
400, ꯚꯤꯇꯥꯃꯤꯟ ꯁꯤ ꯃꯤꯂꯤꯒ꯭ꯔꯥꯝ 102 ꯑꯁꯤꯅꯆꯤꯡꯕꯅꯤ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤꯗ ꯌꯥꯎꯕ ꯑꯦꯅꯔꯖꯤꯒꯤ ꯆꯥꯡ
ꯑꯁꯤ ꯀꯤꯂꯣꯀꯦꯂꯣꯔꯤ 19ꯅꯤ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯅꯩꯈꯑꯏꯕꯗ ꯅꯠꯇ꯭ꯔꯒ ꯁꯨꯒꯥꯏꯕꯗ ꯅꯪ-ꯅꯪ ꯂꯥꯎꯕ
ꯃꯍꯤ (Mucilage) ꯑꯃ ꯊꯣꯛꯏ ꯑꯃꯁꯨꯡ ꯍꯥꯏꯔꯤꯕ ꯃꯍꯤ ꯑꯁꯤꯗ ꯊꯨꯅ ꯇꯨꯃꯕ ꯉꯝꯕ ꯐꯥꯏꯕꯔ ꯑꯁꯤ ꯆꯥꯡ
ꯋꯥꯡꯅ ꯌꯥꯎꯕꯒꯤ ꯄꯥꯎꯗꯝ ꯂꯩ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯑꯦꯟꯁꯥꯡ ꯑꯣꯏꯅ ꯊꯣꯡꯗꯨꯅ ꯆꯥꯕꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯊꯣꯏꯗꯣꯛꯅ
ꯀꯥꯟꯅꯕ ꯄꯤꯕ ꯉꯝꯃꯤ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯇꯤꯜꯍꯣ, ꯆꯅꯝ, ꯃꯣꯔꯣꯛ ꯑꯇꯦꯛꯄꯒ ꯑꯆꯥꯊꯥꯎꯗ ꯉꯧꯗꯨꯅ ꯌꯥꯝꯅ
ꯍꯥꯎꯕ ꯃꯊꯦꯜ ꯑꯃ ꯑꯣꯏꯅ ꯆꯥꯅꯩ. ꯃꯅꯥ ꯑꯁꯤ ꯑꯇꯣꯞꯄ ꯑꯦꯟꯁꯥꯡ ꯊꯣꯡꯕꯗ ꯊꯥꯛꯇꯨꯅ ꯃꯍꯤ ꯑꯗꯨ ꯅꯪ-ꯅꯪ ꯂꯥꯎꯅꯕ
ꯍꯥꯞꯅꯩ꯫ ꯃꯅꯥ ꯑꯗꯨ ꯏꯁꯤꯡꯗ ꯐꯨꯠꯂꯒ ꯂꯧꯕ ꯃꯍꯤ ꯑꯗꯨ ꯆꯥꯕ ꯇꯨꯝꯅꯕ ꯃꯍꯤ ꯑꯣꯏꯅ ꯊꯛꯂꯩ. ꯐꯤꯂꯤꯄꯤꯟꯁꯇꯗꯤ
ꯎꯇꯥꯟ (ꯎꯇꯇꯥꯅ) ꯍꯥꯏꯔꯤꯕ ꯑꯦꯟꯁꯥꯡ ꯑꯁꯤ ꯊꯣꯡꯕꯗ ꯎꯔꯣꯛꯁꯨꯃꯕꯜ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯅꯥ ꯑꯁꯤ ꯃꯔꯨ ꯑꯣꯏꯕ
ꯃꯆꯜ ꯑꯃ ꯑꯣꯏꯅ ꯍꯥꯞꯅꯩ꯫ ꯀꯔꯅꯥꯇꯥꯀꯥꯗꯗꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯊꯩꯕꯣꯡꯒꯤ ꯃꯔꯨꯒ ꯊꯣꯡꯕ ꯕꯁꯥꯂꯦ ꯁꯣꯞꯄꯨ ꯁꯥꯔꯨ
ꯍꯥꯏꯔꯤꯕ ꯑꯦꯟꯁꯥꯡ ꯑꯁꯤ ꯄꯥꯝꯅ ꯆꯥꯅꯩ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤꯒꯤ ꯃꯇꯣꯟ ꯑꯃꯁꯨꯡ ꯃꯅꯥ ꯑꯗꯨ ꯀꯨꯞꯅ
ꯀꯛꯂꯒ ꯁꯪꯒꯣꯝ ꯑꯐꯝꯕꯗ ꯇꯣꯠꯁꯤꯜꯂꯒꯁꯨ ꯆꯥꯅꯩ꯫ ꯕꯦꯡꯒꯣꯜꯗꯗꯤ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯗꯤ ꯑꯁꯤ ꯃꯥꯏꯔꯦꯜ
ꯑꯃꯁꯨꯡ ꯉꯥ ꯊꯣꯡꯕꯗ ꯃꯆꯜ ꯑꯃ ꯑꯣꯏꯅ ꯍꯥꯞꯅꯩ꯫ ꯚꯤꯌꯦꯠꯅꯥꯝꯗꯗꯤ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯋꯥꯏꯈꯨꯒ ꯊꯣꯡꯗꯨꯅ ꯌꯥꯝꯅ
ꯍꯥꯎꯕ ꯑꯦꯟꯁꯥꯡ ꯑꯃ ꯑꯣꯏꯅ ꯆꯥꯅꯩ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯑꯁꯤ ꯁꯦꯕꯣꯠꯀ ꯊꯣꯡꯕꯗꯁꯨ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯍꯥꯎ ꯂꯩ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯀꯦꯂꯣꯔꯤ ꯑꯃꯁꯨꯡ ꯐꯦꯠ ꯌꯥꯝꯅ ꯍꯟꯍꯟ ꯌꯥꯎꯕ ꯑꯗꯨꯒ ꯚꯤꯇꯥꯃꯤꯟ, ꯃꯤꯅꯔꯦꯜ
ꯑꯃꯁꯨꯡ ꯑꯦꯟꯇꯤ-ꯑꯣꯛꯁꯤꯗꯦꯟꯠꯀꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯌꯥꯎꯕ ꯃꯔꯝꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯕ ꯆꯤꯟꯖꯥꯛꯀꯤ
ꯃꯅꯨꯡꯗ ꯑꯃꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯩ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤꯗ ꯍꯤꯗꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯁꯤꯡ ꯊꯣꯏꯗꯣꯛꯅ ꯁꯤꯡꯊꯥꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯅ
ꯌꯥꯎꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯅ ꯃꯤꯠ ꯑꯃꯗꯤ ꯎꯟꯁꯥ ꯑꯁꯤ ꯐꯖꯅ ꯊꯝꯕ ꯉꯝꯃꯤ꯫

ꯎꯔꯣꯛꯁꯨꯝꯕꯂ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯔꯕꯗꯤ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯏꯗ ꯌꯥꯎꯔꯤꯕ Red Blood Cell

(RBC) ꯑꯁꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯍꯦꯟꯒꯠꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯕꯒꯤ ꯄꯥꯎꯗꯝꯁꯨ ꯂꯩ꯫ ꯃꯤꯔꯣꯜꯕꯤ ꯃꯃꯥꯅ ꯐꯣꯂꯦꯠ
ꯍꯥꯏꯔꯤꯕ ꯚꯤꯇꯥꯃꯤꯟ ꯑꯁꯤ ꯋꯥꯠꯄꯗꯒꯤ ꯑꯉꯥꯡ ꯑꯗꯨꯗ ꯊꯣꯛꯀꯟꯕ Neural Tube ꯙꯦꯐꯦꯆꯇꯁ ꯑꯁꯤꯗꯒꯤ
ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤꯗꯨ ꯑꯦꯟꯁꯥꯡ ꯑꯣꯏꯅ ꯇꯣꯏꯅ ꯆꯥꯔꯕꯗꯤ ꯀꯟꯕ ꯉꯝꯒꯅꯤ ꯍꯥꯏꯅ ꯑꯈꯪ ꯑꯍꯩꯁꯤꯡꯅ
ꯍꯥꯏꯔꯤ꯫ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯕꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯏꯒꯤ ꯈꯣꯡꯖꯦꯜ ꯆꯥꯡ ꯅꯥꯏꯅ ꯊꯝꯗꯨꯅ ꯍꯥꯔꯠꯀꯤ
ꯃꯊꯧ ꯐꯖꯅ ꯇꯧꯍꯜꯂꯤ꯫ ꯄꯥꯎꯗꯝ ꯑꯃꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯔꯕꯗꯤ
ꯃꯤꯑꯣꯏꯕꯒꯤ ꯁꯔꯨ ꯄꯥꯊꯕ ꯑꯃꯗꯤ ꯃꯄꯥꯡꯒꯜ ꯁꯣꯟꯊꯕ (Osteoporosis) ꯑꯁꯤꯗꯒꯤ ꯉꯥꯛꯊꯣꯛꯄ
ꯉꯝꯒꯅꯤ꯫ ꯈꯣꯡ ꯍꯥꯝꯕ ꯌꯥꯗꯕ ꯑꯃꯗꯨꯡ ꯗꯥꯏꯕꯦꯇꯤꯁ ꯂꯥꯏꯅꯥꯗꯁꯨ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯑꯁꯤ ꯄꯤꯖꯕꯗ ꯌꯥꯝꯅ
ꯀꯥꯟꯅꯩ꯫ ꯑꯅꯧꯕ ꯄꯥꯎꯗꯝꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ROS (Reactive Oxygen Species) ꯑꯁꯤ ꯌꯥꯎꯕ ꯃꯔꯝꯅ
ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ ꯆꯥꯡ ꯅꯥꯏꯅ ꯆꯥꯕꯅ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯊꯨꯅ ꯑꯍꯜ ꯑꯣꯏꯁꯤꯜꯍꯟꯕ ꯑꯁꯤꯗꯒꯤ ꯇꯞꯊꯍꯟꯕ
ꯉꯝꯒꯅꯤ꯫ ꯑꯗꯨꯕꯨ ꯆꯦꯛꯁꯤꯟꯕꯤꯒꯗꯕꯗꯤ ꯏꯁꯤꯡ ꯃꯔꯤꯗ ꯅꯨꯡ ꯂꯩꯒꯟꯕ ꯃꯤꯑꯣꯏꯅꯗꯤ ꯎꯔꯣꯛꯁꯨꯝꯕꯜ ꯄꯥꯝꯕꯤ
ꯑꯁꯤ ꯆꯥꯕꯤꯔꯣꯏꯗꯕꯅꯤ ꯍꯥꯏꯅ ꯑꯈꯪ ꯑꯍꯩꯁꯤꯡꯅ ꯆꯦꯛꯁꯤꯟ ꯋꯥ ꯊꯝꯂꯛꯂꯤ꯫

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ꯑꯄꯪꯕꯅ ꯂꯥꯏꯗ ꯀꯠꯂꯤ, ꯑꯁꯤꯡꯕꯅ ꯂꯥꯏ ꯂꯥꯠꯂꯤ ꯍꯥꯏꯔꯤꯕꯅꯤ꯫ ꯌꯨꯝ-ꯌꯨꯝꯗ ꯂꯥꯏ ꯂꯥꯠꯅꯩ, ꯂꯥꯏ ꯈꯨꯔꯨꯝꯕ ꯍꯩꯕ-

ꯍꯩꯇꯕ ꯈꯥꯏꯗꯣꯛꯏ꯫ ꯂꯥꯏ ꯑꯣꯛꯅꯕꯒꯤ ꯂꯥꯏ ꯇꯥꯏꯅꯕ ꯍꯩꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅ ꯃꯌꯨꯝꯗ ꯂꯥꯏꯒꯤ ꯁꯪ ꯁꯥꯔꯒ ꯁꯦꯜ
ꯇꯥꯟꯕꯁꯨ ꯂꯩꯔꯤ꯫ ꯃꯥꯏꯕ ꯁꯥꯕ ꯍꯥꯏꯔꯤꯕꯁꯤ ꯂꯣꯛ ꯊꯨꯡꯕ, ꯁꯥꯀꯠ-ꯉꯥꯟꯈꯠꯄ ꯑꯗꯨꯇꯪ ꯂꯥꯌꯦꯡꯕꯒꯤ ꯅꯠꯇꯕꯗ
ꯁꯥꯏꯀꯤꯌꯥꯇ꯭ꯔꯤꯛꯀꯤ ꯂꯥꯌꯦꯡꯕꯁꯨ lERMmi ꯍꯥꯏꯕꯅꯤ꯫ ꯂꯥꯏꯁꯪ ꯃꯌꯥꯝ ꯌꯥꯝꯂꯕꯅꯤꯅ ꯃꯈꯜꯁꯤꯡ ꯑꯁꯤ ꯆꯥꯎꯕ
ꯈꯦꯟꯅꯕꯗ ꯌꯦꯡꯂꯁꯨ ꯌꯥꯔꯤ꯫ ꯁꯦꯜ ꯌꯥꯝꯅ ꯀꯠꯄꯅ ꯆꯥꯎꯅ ꯁꯥꯔꯦ, ꯁꯦꯜ ꯄꯥꯏꯗꯕꯅ ꯄꯤꯛꯅ ꯁꯥꯔꯦ꯫ ꯂꯥꯏꯒꯤ
ꯃꯇꯤꯛ ꯃꯉꯝꯅ ꯅꯠꯇꯦ, ꯂꯥꯏ ꯁꯦꯟꯅꯔꯤꯕꯁꯤꯡꯒꯤ ꯇꯦꯛꯅꯤꯛ ꯑꯃꯅꯅꯤ꯫ ꯍꯧꯖꯤꯛꯇꯤ ꯌꯣꯟꯇꯍꯧꯛꯅꯕꯒꯤ
ꯋꯥꯐꯝ ꯂꯥꯛꯂꯕꯅꯤ꯫ ꯃꯥꯏꯕꯤ ꯆꯪꯕ ꯇꯟꯅꯕ, ꯂꯥꯏ ꯂꯥꯠꯄ ꯇꯟꯅꯕꯗꯒꯤ ꯂꯥꯏ ꯂꯥꯠꯄ ꯏꯃꯨꯡꯗ ꯃꯌꯨꯝ ꯄꯥꯟꯕ ꯇꯟꯅꯕ
ꯌꯥꯎꯅꯔꯛꯂꯕꯅꯤ꯫ ꯂꯥꯏꯁꯤꯡꯁꯤ ꯃꯔꯥꯏꯕꯛ ꯊꯤꯕ ꯌꯥꯎꯔꯛꯂꯕꯅꯤ꯫ ꯁꯦꯟꯅꯕꯤꯅꯕ ꯂꯩꯇꯕ ꯌꯥꯎꯔꯕꯅꯤ꯫

ꯑꯄꯣꯛꯄ ꯈꯨꯔꯨꯝꯕ ꯊꯤꯡꯂꯝꯂꯤꯕꯅꯤ, ꯑꯍꯤꯡꯗ ꯃꯤꯅ ꯎꯈꯤꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯂꯣꯟꯅ ꯈꯨꯔꯨꯝꯅꯔꯝꯃꯤ꯫ ꯅꯤꯡꯕ
ꯊꯨꯡꯅꯕ ꯂꯥꯜꯂꯣꯡ ꯌꯥꯠꯄꯅꯤ, ꯋꯥꯈꯜ ꯊꯥꯊꯕꯅꯤ꯫ ImuZgii ꯑꯄꯣꯛꯄ, ꯁꯥꯒꯩꯒꯤ ApoKa, ꯈꯨꯟꯇꯤ ꯑꯄꯣꯛꯄ,
ꯄꯣꯛꯂꯦꯟ ꯄꯣꯛꯄ ꯍꯥꯏꯗꯨꯅ ꯃꯌꯥꯝ ꯈꯥꯏꯗꯣꯛꯅꯕꯁꯨ ꯌꯥꯎꯅꯔꯤ꯫ ꯑꯄꯣꯛꯄꯒꯤ ꯃꯤꯇꯝ ꯁꯥꯔꯒ ꯂꯥꯠꯄ, ꯂꯥꯏ
ꯇꯣꯉꯥꯟ ꯆꯥꯕꯒꯤ ꯃꯑꯣꯡ ꯃꯥꯟꯕꯁꯨ ꯌꯥꯎꯅꯔꯤ꯫ ꯎꯃꯪꯂꯥꯏ ꯂꯥꯠꯄꯗꯒꯤꯗꯤ ꯑꯄꯣꯛꯄ ꯈꯨꯔꯨꯝꯕꯅ ꯍꯦꯟꯅ ꯂꯨꯅ ꯂꯧꯅꯕꯁꯨ
ꯌꯥꯎꯅꯔꯤ꯫ ꯂꯥꯠꯄꯒꯤ ꯃꯑꯣꯡꯁꯨ ꯎꯃꯪ ꯂꯥꯏꯗ ꯁꯥꯔꯦꯜ ꯀꯠꯄꯒ ꯃꯥꯅꯅꯕꯒꯨꯝ ꯇꯧꯏ꯫

ꯂꯥꯏ ꯍꯥꯏꯕꯁꯤ ꯏꯄꯥ-ꯏꯄꯨ ꯑꯣꯏꯅ ꯂꯥꯠꯄꯅꯤ ꯍꯥꯏꯕꯁꯤꯗꯤ ꯑꯄꯣꯛꯄ ꯈꯨꯔꯨꯝꯕꯗꯤ ꯈꯪꯕ ꯉꯝꯒꯅꯤ꯫ ꯁꯥꯒꯩ
ꯃꯌꯥꯝꯒꯤ ꯄꯣꯛꯂꯦꯟ ꯄꯣꯛꯄ ꯍꯥꯏꯔꯕꯗꯤ ꯎꯃꯪ ꯂꯥꯏꯗ ꯇꯥꯔꯛꯏ꯫ ꯀꯔꯤꯒꯤ ꯊꯤꯡꯂꯝꯂꯤꯕꯅꯣ ꯍꯥꯏꯕ ꯈꯪꯂꯛꯄꯒ
ꯂꯣꯏꯅꯅ ꯐꯣꯡꯅ ꯑꯄꯣꯛꯄ ꯈꯨꯔꯨꯝꯅꯕꯗꯤ ꯌꯥꯎꯔꯛꯂꯦ꯫ ꯑꯄꯣꯛꯄ ꯈꯨꯔꯝꯕꯗꯤ ꯍꯩꯇ꯭ꯔꯤ ꯍꯥꯏꯒꯅꯤ, ꯄꯪꯌꯦꯠꯇ
ꯌꯦꯠꯅꯔꯤ, ꯑꯇꯣꯟꯕꯤ ꯐꯨꯡꯒꯥ, ꯌꯥꯏꯃꯒꯤ ꯐꯨꯡꯒꯥ, ꯑꯍꯜꯒꯤ ꯐꯡꯒꯥ ꯄꯤꯕꯥ ꯃꯨꯟꯅꯕ ꯇꯣꯛꯅꯗ꯭ꯔꯤ꯫ ꯌꯨꯅꯤꯇꯤ ꯂꯩꯇ꯭ꯔꯤ
ꯍꯥꯏꯔꯤꯕꯅꯤ, ꯂꯥꯏ ꯂꯥꯠꯄ ꯍꯩꯇ꯭ꯔꯤꯕꯅꯤ꯫ ꯃꯤ ꯄꯨꯟꯁꯤꯟꯅꯕ ꯍꯣꯟꯕꯕꯨ ꯂꯥꯏ ꯂꯥꯠꯄ ꯀꯧꯏ꯫ ꯁꯦꯜ ꯇꯥꯟꯕ ꯑꯣꯏꯅ ꯂꯥꯏ
ꯂꯥꯠꯄ ꯂꯥꯏꯗꯤ ꯂꯩꯉꯥꯛꯀꯤ ꯂꯥꯏ ꯅꯠꯇꯦ꯫ ꯂꯥꯏꯕꯨꯡꯒꯤ ꯆꯠꯅꯕꯤꯗꯨ ꯂꯝꯕꯤꯗ ꯊꯣꯛꯂꯛꯄ ꯌꯥꯗ꯭ꯔꯤ- ꯁꯣꯛꯠ-ꯁꯝꯅꯕ
ꯌꯥꯗꯕ ꯂꯥꯏ ꯌꯥꯃꯅ ꯂꯩꯔꯤ꯫ ꯂꯥꯏ ꯃꯔꯛꯇ ꯁꯦꯀ꯭ꯌꯨꯂꯔꯤꯖꯝ ꯆꯪꯂꯨꯕ ꯌꯥꯗ꯭ꯔꯤ꯫ ꯁꯣꯁꯤꯌꯦꯂꯤꯖꯝ ꯌꯥꯗꯕ ꯂꯥꯏ ꯌꯥꯎꯔꯤ꯫

ꯂꯥꯏꯒ ꯃꯤꯒ ꯌꯥꯅꯗ꯭ꯔꯤ꯫

ꯃꯤꯀꯤꯊꯤꯁꯤꯡꯅ ꯂꯥꯠꯄ ꯂꯥꯏꯅꯥ ꯍꯧꯅ ꯂꯩꯕ ꯍꯧꯅꯗꯦ꯫ ꯑꯗꯨꯅꯕꯨ ꯂꯝꯕꯤꯗ ꯐꯨꯅꯕ ꯌꯥꯎꯅꯔꯛꯂꯤꯕꯅꯤ꯫ ꯅꯤꯡꯕꯗ
ꯐꯨꯔꯨꯞ ꯃꯨꯠꯄ ꯂꯥꯏꯕꯨ ꯅꯤꯡꯕ ꯍꯧꯅꯔꯤꯕ꯭ꯔꯥ? ꯁꯔꯣꯏ-ꯉꯥꯔꯣꯏ ꯍꯥꯏꯕꯁꯤ ꯐꯠꯇꯕ ꯂꯥꯏ ꯑꯣꯏꯅ ꯂꯧꯕ ꯌꯥꯗꯦ꯫ ꯚꯣꯠ
ꯀꯥꯒꯦ ꯍꯥꯏꯔꯕꯗꯤ ꯃꯤꯌꯥꯝ ꯑꯃ ꯄꯤꯖ-ꯄꯤꯊꯛ ꯇꯧꯗꯕ ꯌꯥꯗ꯭ꯔꯤꯕꯅꯤ꯫ ꯃꯤ ꯂꯣꯏꯅꯕ ꯍꯩꯇ꯭ꯔꯒ ꯚꯣꯠ ꯀꯥꯗ꯭ꯔꯤꯕꯅꯤ꯫

ꯁꯔꯣꯏ ꯈꯥꯡꯕꯒꯤ ꯑꯦꯟꯁꯥꯡ ꯅꯥꯄꯤ ꯈꯥꯏꯕꯒ ꯌꯥꯎꯁꯪꯒꯤ ꯑꯦꯟꯁꯥꯉ ꯅꯥꯄꯤ ꯈꯥꯏꯕꯒ ꯀꯔꯤꯗ ꯃꯥꯟꯅꯔꯤꯕ, ꯀꯔꯤ
ꯈꯦꯟꯅꯔꯤꯕ ꯈꯪꯕ ꯇꯥꯔꯛꯂꯤ꯫ ꯈꯨꯟꯖꯥꯎꯅꯕ-ꯂꯩꯆꯥꯎꯅꯕ ꯂꯥꯠꯄ ꯍꯥꯏꯕꯁꯤ ꯊꯕꯛꯅ ꯎꯠꯀꯗꯧꯕꯅꯤ, ꯁꯦꯜ ꯌꯥꯝꯅ ꯆꯥꯒꯦ
ꯍꯥꯏꯕꯒꯤ ꯂꯥꯏ ꯂꯥꯠꯄ ꯌꯥꯎꯕ ꯍꯧꯅꯗꯦ, ꯑꯗꯨꯅꯕꯨ ꯂꯩꯕꯥꯛ ꯃꯨꯠꯅꯕ ꯇꯧꯔꯤꯕꯅꯤ ꯍꯥꯏꯔꯛꯂꯤꯕꯅꯤ꯫ ꯂꯥꯜꯂꯕꯗꯤ ꯂꯥꯏ
ꯂꯥꯠꯄ ꯇꯣꯛꯅꯗꯧꯕꯅꯤ, ꯂꯥꯏ ꯂꯥꯠꯄꯗ ꯅꯝꯐꯎ-ꯍꯥꯐꯨ ꯌꯥꯕ ꯅꯠꯇꯦ꯫ ꯂꯥꯏ ꯂꯥꯠꯄ ꯍꯩꯇ꯭ꯔꯒ ꯏꯄꯥ-ꯏꯄꯨ ꯅꯤꯡꯕꯅꯤ ꯍꯥꯏꯕ
ꯌꯥꯕꯁꯨ ꯅꯠꯇꯦ꯫

ꯐꯨꯔꯨꯞ ꯑꯃꯒꯤ ꯂꯥꯏꯅꯤꯡꯗ ꯌꯥꯎꯁꯤꯜꯂꯒ ꯃꯄꯥ-ꯃꯄꯨꯒꯤ ꯂꯥꯏꯅꯤ ꯍꯥꯏꯕꯗ ꯆꯩ ꯊꯥꯡꯕ ꯉꯝꯅꯔꯛꯂꯤꯕꯅꯤ꯫ ꯃꯤ
ꯃꯨꯛꯁꯟ ꯃꯥꯟꯕ yaurKlibsi ꯏ ꯃꯨꯛꯁꯟ ꯌꯥꯎꯔꯝꯕꯁꯨ ꯌꯥꯔꯤꯕꯅꯤ꯫ ꯂꯝꯗꯝ ꯑꯁꯤꯗꯗꯤ ꯃꯨꯛꯁꯟ ꯆꯪꯗꯕ ꯃꯤꯕꯨ
ꯂꯩꯔꯝꯗꯧꯕ ꯃꯥꯟꯗꯦ, ꯄꯨꯋꯥꯔꯤꯅ ꯇꯥꯛꯄꯅꯤ꯫ ꯏꯁꯥ-ꯏꯁꯥꯒꯤ ꯈꯨꯟꯊꯣꯛꯂꯣꯟ ꯈꯪꯅꯔꯕꯗꯤ ꯌꯦꯠꯅꯐꯝꯕꯨ ꯂꯩꯇ꯭ꯔꯕꯅꯤ꯫

ꯋꯥꯈꯜꯗꯤ ꯄꯥꯛꯊꯣꯛꯅꯕ ꯆꯪꯏ, ꯃꯣꯅꯥꯔꯀꯤꯖꯝ ꯊꯥꯗꯣꯛꯅꯕ ꯇꯥꯔꯤ꯫ ꯃꯗꯨ ꯅꯠꯇ꯭ꯔꯤꯃꯈꯩ ꯄꯨꯟꯅ ꯂꯩꯃꯤꯟꯅꯕ

hESoroidOri꯫ ꯄꯨꯟꯗꯕ ꯌꯥꯗꯕ ꯍꯥꯏꯕ ꯂꯩꯇꯦ, ꯄꯨꯜꯂꯕꯅꯤ, ꯄꯨꯟꯕꯗꯨ ꯍꯩꯇꯕ ꯌꯥꯎꯔꯕꯗꯤ ꯈꯨꯃꯥꯡ ꯆꯥꯎꯁꯤꯅꯕ
ꯉꯝꯗꯅ ꯃꯐꯩꯗ ꯌꯦꯠꯅꯗꯨꯅ ꯂꯩꯅꯔꯤꯕꯁꯤꯅꯤ꯫

ꯆꯤꯡꯗ ꯀꯥꯕ ꯌꯥꯗꯦ ꯍꯥꯏꯔꯤꯕꯁꯤ ꯄꯨꯟꯕ ꯍꯩꯇꯦ ꯍꯥꯏꯕꯅꯤ, ꯃꯤ ꯑꯃꯁꯤ ꯌꯨꯝꯅꯥꯛ ꯃꯥꯟꯅꯗ꯭ꯔꯤꯕꯁꯤ ꯄꯨꯟꯕ
ꯂꯣꯏꯗ꯭ꯔꯤꯕꯒꯤꯅꯤ꯫ ꯃꯃꯤꯡ ꯊꯣꯟꯕꯁꯨ ꯍꯩꯇ꯭ꯔꯤ ꯍꯥꯏꯕ ꯌꯥꯔꯤ꯫ ꯅꯣꯡꯊꯛꯇꯒꯤ ꯇꯥꯔꯛꯄꯁꯨ ꯑꯣꯏꯁꯅꯨ, ꯂꯝꯗꯝ
ꯑꯁꯤꯗ ꯂꯥꯛꯂꯕꯗꯤ ꯂꯥꯝꯗꯝ ꯑꯁꯤꯒꯤ ꯆꯠꯅꯕꯤ ꯉꯥꯛꯀꯗꯧꯕꯅꯤ꯫ ꯑꯇꯣꯞꯄꯒꯤ ꯄꯨꯁꯤꯜꯂꯛꯄ ꯌꯥꯐꯝ ꯊꯣꯛꯇꯦ꯫

ꯏꯄꯥꯅꯤ-ꯏꯄꯨꯅꯤ ꯍꯥꯏꯔꯒ ꯌꯨꯝꯗ ꯂꯥꯠꯆꯕꯗꯤ ꯌꯥꯐꯝ ꯊꯣꯛꯏ, ꯃꯤꯌꯥꯝꯒꯤ ꯂꯝꯕꯤ ꯊꯠꯄ ꯂꯥꯏ ꯑꯃꯠꯇ ꯂꯝꯕꯤꯗ
ꯊꯣꯛꯂꯛꯄ ꯌꯥꯐꯝ ꯊꯧꯛꯇ꯭ꯔꯦ꯫ ꯃꯇꯝ ꯌꯥꯝꯅ ꯃꯥꯡꯏ, ꯑꯇꯣꯞꯄ ꯐꯨꯔꯨꯞꯀꯤ ꯔꯥꯏꯠ ꯃꯥꯡꯍꯜꯂꯤ꯫ ꯂꯩꯉꯥꯛꯅ ꯂꯥꯏ
ꯂꯥꯠꯄ ꯌꯥꯎꯕꯒꯨꯝꯅ ꯇꯧꯕꯒꯁꯨ ꯂꯥꯜꯂꯤ꯫ ꯂꯥꯏꯒꯤ ꯃꯤꯡꯗꯤ ꯃꯤꯒꯤ ꯔꯥꯏꯠ ꯃꯥꯡꯍꯜꯂꯤꯕ ꯀꯌꯥꯅꯤ, ꯂꯥꯏꯅ ꯂꯝꯕꯤ
ꯊꯠꯄ ꯌꯥꯝꯅ ꯇꯣꯏꯕ ꯂꯝꯗꯝꯅꯤ꯫ ꯂꯩꯉꯥꯛꯄꯁꯤꯡꯁꯨ ꯂꯥꯏꯗ ꯉꯥꯎꯅꯔꯤ꯫ ꯂꯥꯏ ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕꯒꯤ ꯋꯥꯔꯦꯞ ꯂꯧꯕꯗꯤ
ꯉꯝꯗꯅ ꯂꯥꯏ ꯄꯪꯅꯤꯡ-ꯅꯤꯡꯕ, ꯄꯪꯂꯥꯠ ꯂꯥꯠꯄꯅ ꯀꯔꯤꯁꯨ ꯑꯆꯨꯃꯕ ꯄꯨꯔꯛꯄ ꯉꯝꯂꯣꯏ꯫ ꯑꯃꯨꯛꯅ ꯃꯄꯥ-ꯃꯄꯨꯅꯤ
ꯍꯥꯏꯒꯅꯤ ꯐꯨꯔꯨꯞ ꯃꯥꯟꯅꯗꯕꯗꯅ ꯆꯥꯛ ꯄꯤꯖꯔꯒ ꯊꯦꯝꯂꯒ ꯇꯥꯏꯕꯪꯄꯥꯟꯒꯤ ꯂꯥꯏꯅꯤ ꯍꯥꯏꯕ ꯌꯥꯅꯕ ꯍꯣꯠꯅꯕꯁꯨ ꯂꯩ꯫

ꯑꯄꯪꯕ ꯉꯥꯅ ꯂꯥꯡꯗ ꯊꯨꯕ ꯃꯁꯥꯅ ꯇꯥꯕꯅꯤ꯫ ꯇꯤꯟꯊ꯭ꯔꯣꯛ ꯆꯥꯅꯤꯡꯂꯨꯕꯗꯒꯤ ꯈꯣꯏꯗ ꯊꯨꯕꯅꯤ꯫ ꯄꯥꯔꯇꯤ ꯍꯣꯡꯂ-

ꯍꯣꯡꯂꯒ ꯚꯣꯠ ꯂꯦꯞꯄꯁꯤꯡꯅ ꯉꯥꯡꯕꯗ ꯍꯣꯕꯒ ꯂꯥꯏ ꯍꯣꯡꯂ-ꯍꯣꯡꯂꯒ ꯅꯤꯡꯕꯁꯤꯡꯅ ꯉꯥꯡꯕꯗ ꯍꯣꯡꯂꯛꯄꯒ
ꯀꯔꯤꯗ ꯈꯦꯟꯅꯔꯤ꯫ ꯀꯔꯤꯁꯨ ꯈꯩꯟꯅꯕ ꯂꯩꯇꯦ ꯍꯥꯏꯅ ꯂꯧꯕꯁꯨ ꯌꯥꯏ꯫ ꯃꯈꯣꯏꯅ ꯌꯥꯝꯂꯒꯅ ꯂꯩꯕꯥꯛꯇꯨ ꯍꯣꯡꯈꯤꯕꯇꯅꯤ,
ꯍꯣꯡꯈꯤꯕꯗꯒꯤ ꯃꯨꯠꯈ꯭ꯔꯤꯕꯅꯤ꯫ ꯂꯩꯕꯥꯛ ꯃꯨꯠꯅꯕ ꯅꯤꯡꯕ ꯂꯥꯏꯅꯤꯡ ꯂꯥꯜꯂꯤ ꯍꯥꯏꯕꯗꯨꯅꯤ, ꯑꯗꯨꯕꯨ ꯂꯩꯇ꯭ꯔꯕ ꯂꯥꯏꯗꯨꯅꯤ꯫

ꯂꯩꯕꯥꯛ ꯁꯦꯝꯕꯒꯤ ꯂꯥꯏ ꯂꯥꯠꯅꯔꯝꯕꯅꯤ, ꯂꯩꯕꯥꯛ ꯃꯥꯡꯂꯕꯗꯤ ꯂꯥꯏ ꯅꯤꯡꯕꯁꯨ ꯇꯣꯛꯈꯤꯕ ꯇꯥꯕꯅꯤ꯫ ꯂꯥꯏ ꯌꯥꯎꯗꯕ
ꯂꯩꯕꯥꯛ ꯑꯃ ꯁꯥꯒꯠꯄ ꯉꯝꯅꯕ ꯂꯥꯏ ꯂꯥꯠꯄ ꯇꯣꯛꯅꯕ ꯌꯥꯕꯅꯤ꯫ ꯃꯗꯨꯗ ꯃꯥꯏ ꯄꯥꯛꯅ ꯆꯠꯊꯕ ꯂꯩꯕꯥꯛ ꯂꯩꯔꯕꯅꯤ꯫

ꯂꯥꯏ ꯂꯥꯠꯄ ꯇꯣꯛꯄ ꯉꯝꯅꯗ꯭ꯔꯒ ꯂꯦꯕꯥꯛ ꯃꯨꯠꯄꯅ ꯐꯕ꯭ꯔꯥ ꯈꯟꯊꯅꯕ ꯇꯥꯔꯛꯂꯤ꯫ ꯂꯥꯏ ꯊꯥꯗꯣꯛꯄ ꯉꯝꯗ꯭ꯔꯒ
ꯂꯩꯕꯥꯛ ꯊꯗꯣꯛꯄ ꯇꯥꯔꯛꯂꯤꯕꯅꯤ꯫ ꯂꯥꯏ ꯊꯥꯖꯕ ꯍꯥꯏꯕꯁꯤ ꯋꯥꯈꯜ ꯂꯥꯏꯅꯥꯅꯤ, ꯇꯨꯡꯒꯤ ꯃꯤꯔꯣꯜꯅ ꯃꯄꯥ-ꯃꯄꯨꯗ ꯊꯥꯖꯕ
ꯂꯩꯔꯛꯇꯕꯁꯨ ꯌꯥꯔꯤꯕ ꯈꯨꯟꯅꯥꯏꯅꯤ꯫ ꯂꯥꯏꯒꯤ ꯋꯥꯔꯤ ꯌꯥꯎꯔꯤꯃꯈꯩ ꯄꯟꯕ ꯌꯥꯔꯣꯏ, ꯂꯥꯏ ꯌꯥꯎꯗ꯭ꯔꯕꯗꯤ ꯄꯨꯜꯂꯒ
ꯂꯩꯖꯔꯕꯅꯤ꯫ ꯂꯩꯕꯥꯛꯃꯨꯠꯈ꯭ꯔꯕꯁꯤ ꯂꯥꯏ ꯊꯥꯖꯕꯒꯤꯅꯤ꯫

ꯈꯠꯅ-ꯆꯩꯅꯔꯤꯕ, ꯄꯨꯟꯕ ꯌꯥꯅꯗ꯭ꯔꯤꯕꯁꯤ ꯂꯥꯏ-ꯂꯥꯏꯗ ꯂꯩꯔꯦꯗꯅ꯫ ꯂꯩꯁꯨ-ꯂꯩꯇ꯭ꯔꯕ ꯂꯥꯏꯁꯤꯡꯁꯤ ꯀꯌꯥ ꯁꯥꯊꯈ꯭ꯔꯕꯅꯣ,
ꯂꯥꯏꯅ ꯅꯠꯇꯦ ꯊꯥꯖꯕ ꯑꯃꯅꯅꯤ꯫ ꯊꯥꯖꯕ ꯍꯥꯏꯕꯁꯤ ꯍꯣꯡꯕ ꯌꯥꯕ ꯑꯃꯅꯤ, ꯇꯣꯛꯄꯁꯨ ꯌꯥꯕ ꯑꯃꯅꯤ꯫ ꯍꯣꯡꯅꯔꯤꯕꯅꯤ,
ꯇꯣꯛꯅꯔꯤꯕꯅꯤ, ꯑꯔꯨꯕ ꯅꯠꯇꯦ꯫ ꯇꯣꯛꯅꯤꯡꯗꯕꯁꯤꯡꯅ ꯑꯔꯨꯕꯅꯤ ꯍꯥꯏꯖꯕꯇꯅꯤ꯫ ꯅꯤꯡꯕꯒꯤ ꯅꯤꯡꯕ ꯃꯥꯂꯦꯝꯁꯤ
ꯅꯨꯡꯁꯤꯕꯒ ꯂꯣꯏꯅꯅ ꯃꯤꯑꯣꯏꯕ ꯈꯨꯅꯅꯥꯏꯁꯤ ꯅꯤꯡꯕꯗ ꯍꯥꯟꯅꯒꯤ ꯂꯥꯏꯅꯤꯡ ꯅꯤꯡꯕꯗꯤ ꯇꯣꯛꯅꯈꯤꯕ ꯇꯥꯕꯅꯤ꯫

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ꯂꯥꯏ ꯅꯤꯡꯕ ꯍꯥꯏꯕꯔꯥ, ꯂꯥꯏ ꯂꯥꯠꯄ ꯍꯥꯏꯕꯔꯥ - 5
ꯍꯤꯗꯥꯛ ꯀꯥꯟꯅꯔꯕ ꯄꯥꯝꯕꯤꯁꯤꯡ : ꯎꯔꯣꯛꯁꯨꯝꯕꯜ
ꯅꯕꯀꯨꯃꯥꯔ ꯑꯣꯏꯅꯥ
ꯃꯍꯤꯛ ꯅꯠꯇ꯭ꯔꯒ ꯃꯤꯍꯤꯛ?

ꯋꯥꯏꯔꯨ-ꯋꯥꯏꯔꯨꯕꯗ

- ꯗꯥ. ꯍꯨꯏꯗ꯭ꯔꯣꯝ ꯕꯤꯔꯀꯨꯃꯥꯔ -

ꯁꯤ ꯑꯦꯁ ꯑꯥꯏ ꯑꯥꯔ : ꯅꯣꯔꯊ ꯏꯁꯠ ꯏꯟꯁ꯭ꯇꯤꯇ꯭ꯌꯨꯠ
ꯑꯣꯐ ꯁꯥꯏꯟꯁ ꯑꯦꯟꯗ ꯇꯦꯛꯅꯣꯂꯣꯖꯤ, ꯂꯝꯄꯍꯦꯜꯄꯥꯠ
ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ - 8
ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯗꯤꯁꯦꯝꯕꯔ 30, ꯌꯨꯝꯁꯀꯩꯁ ꯅꯨꯃꯤꯠꯀꯤ
ꯑꯌꯨꯛ ꯄꯨꯡ 11 ꯐꯥꯎꯕꯒꯤ ꯃꯅꯨꯡꯗ ꯄꯥꯎꯆꯦ ꯑꯁꯤꯒꯤ ꯑꯣꯐꯤꯁꯇ ꯅꯠꯇ꯭ꯔꯒ ꯏ-ꯃꯦꯜ

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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) ꯃꯅꯤꯄꯨꯔꯤ ꯁꯥꯍꯤꯇ꯭ꯌꯗ ꯃꯁꯦꯛ ꯃꯉꯥꯜ ꯅꯥꯏꯔꯤꯕ ꯑꯏꯕ ꯑꯃꯅ ‘ꯐꯥꯒꯤ ꯉꯥꯏꯍꯥꯛ ꯅꯣꯛꯅꯕ
ꯄꯣꯠꯊꯥꯅꯕ ꯑꯌꯥꯡꯕ ꯃꯆꯜ ꯑꯣꯏꯕꯇ ꯅꯠꯇꯦ ꯑꯆꯨꯃꯕ ꯑꯃꯗꯤ ꯑꯁꯦꯡꯕ ꯐꯣꯡꯗꯣꯛꯅꯕ
ꯍꯛꯂꯕ ꯈꯨꯠꯂꯥꯏ ꯑꯃꯁꯨꯅꯤ’ ꯍꯥꯏꯔꯝꯃꯤ꯫ ꯑꯏꯕꯗꯨ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯃꯥꯅ ꯍꯥꯏꯔꯝꯃꯤꯕꯁꯤ
(ꯌꯥꯎꯐꯝ) ꯀꯗꯥꯏꯗꯅꯣ?

2) ꯗꯤ ꯐ꯭ꯂꯦꯃꯤꯡ ꯁ꯭ꯋꯣꯔꯗ ꯐꯣꯔꯑꯦꯕꯔ ꯑꯟꯁꯤꯗꯦꯗ ꯍꯥꯏꯅ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯐꯣꯡꯈꯤꯕ
ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔꯗ ꯀꯔꯤ ꯃꯃꯤꯡ ꯀꯧꯗꯨꯅ ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯒꯦ ꯑꯃꯗꯤ
ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

3) ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯃꯔꯝꯗ ꯃꯅꯤꯄꯨꯔꯤꯗ (ꯕꯪꯒꯥꯂꯤ ꯃꯌꯦꯛꯇ) ꯏꯕ ꯂꯥꯏꯔꯤꯛꯁꯤ
ꯀꯔꯤꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯕꯒꯦ ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯆꯍꯤꯗ ꯐꯣꯡꯕꯅꯣ?

4) ꯃꯅꯤꯄꯨꯔꯤ ꯋꯥꯔꯤꯃꯆꯥꯒꯤ ꯂꯥꯏꯔꯤꯛ ꯀꯔꯝꯕ ꯆꯍꯤꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯄꯨꯊꯣꯔꯛꯄꯒꯦ?

AIbn knano?

5) “ꯁꯨꯟ ꯇꯔꯪꯒꯤ ꯃꯊꯛꯇ/ꯃꯩꯔꯥꯒꯤ ꯃꯁꯛ ꯀꯨꯝꯅ/ꯉꯥꯟꯅꯁꯥꯅ ꯂꯩꯔꯤꯕꯤ ꯅꯪꯕꯨ/ꯄꯥꯏꯃ ꯑꯩꯅ
ꯅꯨꯡꯆꯪꯕꯤ/ꯇꯤꯜꯂꯥꯡ ꯈꯣꯏꯗꯥꯕꯤꯕꯨ ꯊꯣꯛꯂꯔꯦ,/ꯄꯦꯝꯃ ꯅꯪꯕꯨ ꯀꯅꯥꯅꯣ?” ꯌꯥꯝꯅ ꯁꯤꯡꯊꯥꯅꯔꯤꯕ
ꯁꯩꯔꯦꯡ ꯑꯃꯗꯒꯤ ꯂꯧꯊꯣꯔꯛꯄ ꯃꯇꯦꯛꯅꯤ꯫ ꯀꯔꯤ ꯁꯩꯔꯦꯡꯗꯒꯤꯅꯣ?