ꯑꯦꯗꯤꯇꯣꯔꯤꯌꯦꯜ IMPHAL, WEDNESDAY, OCTOBER 26, 2022 ꯌꯨꯝꯁꯀꯩꯁ, ꯍꯤꯌꯥꯡꯒꯩꯒꯤ ꯅꯣꯡꯃ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3420 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
ꯌꯨꯝꯁꯀꯩꯁ, ꯑꯣꯛꯇꯣꯕꯔ 26, 2022, ꯏꯝꯐꯥꯜ
14 ꯁꯨꯕ ꯆꯍꯤ, 186 ꯁꯨꯕ ꯃꯁꯤꯡ
ꯃꯤꯇꯩ/ꯃꯩꯇꯩꯒꯤ ꯑꯦꯁ ꯇꯤ
ꯂꯩꯉꯥꯛꯀꯤ ꯐꯤꯔꯦꯞ ꯂꯩꯇ꯭ꯔꯤ ꯍꯥꯏꯕꯅꯤ
ꯁꯦꯗ꯭ꯌꯨꯜꯗ ꯇ꯭ꯔꯥꯏꯕ ꯗꯤꯃꯥꯟꯗ ꯀꯃꯤꯇꯤ, ꯃꯅꯤꯄꯨꯔ (ꯑꯦꯁ ꯇꯤ
ꯗꯤ ꯁꯤ ꯑꯦꯝ) ꯅ ꯃꯤꯇꯩ/ꯃꯩꯇꯩꯕꯨ ꯂꯩꯕꯥꯛꯁꯤꯒꯤ ꯀꯟꯁꯇꯤꯇ꯭ꯌꯨꯁꯟꯒꯤ
ꯁꯦꯗ꯭ꯌꯨꯜꯗ ꯇ꯭ꯔꯥꯏꯕꯀꯤ ꯂꯤꯁꯠꯇ ꯆꯜꯍꯟꯒꯗꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯗꯤꯃꯥꯟꯗ
ꯇꯧꯔꯛꯂꯤꯕꯁꯤ ꯀꯨꯏꯔꯦ꯫ ꯆꯍꯤ 10 ꯍꯦꯟꯖꯤꯜꯂꯛꯂꯦ꯫ ꯂꯤꯁꯥꯡ ꯁꯤꯠꯅ
ꯆꯪꯁꯤꯜꯂꯛꯄꯗꯒꯤ ꯍꯧꯖꯤꯛꯇꯤ ꯑꯦꯁ ꯇꯤ ꯗꯤ ꯁꯤ ꯑꯦꯝꯒꯤ ꯈꯣꯡꯖꯪꯗ ꯂꯨꯞ
ꯀꯌꯥꯅ ꯁꯧꯒꯠꯅꯔꯛꯂꯦ꯫ ꯑꯦꯁ ꯇꯤ ꯂꯤꯁꯠꯇ ꯆꯟꯅꯕꯒꯤꯗꯃꯛ ꯇꯉꯥꯏꯐꯗꯅ
ꯆꯪꯂꯤꯕ ꯃꯤꯇꯩ/ꯃꯩꯇꯩꯒꯤ ꯑꯦꯊꯅꯣꯒ꯭ꯔꯥꯐꯤꯒꯤ ꯌꯥꯎꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯊꯦꯡꯕ
ꯁꯣꯁꯤꯑꯣ-ꯏꯀꯣꯅꯣꯃꯤꯛꯀꯤ ꯔꯤꯄꯣꯔꯠ ꯊꯥꯒꯗꯧꯔꯤꯕ ꯃꯅꯤꯄꯨꯔ ꯂꯩꯉꯥꯛꯅ
ꯔꯤꯄꯣꯔꯠꯁꯤꯡ ꯑꯁꯤꯕꯨ ꯊꯥꯅꯅꯕ ꯊꯧꯔꯥꯡꯕ ꯇꯧꯕ-ꯇꯧꯗꯕꯒꯤ ꯋꯥꯐꯝꯗꯤ ꯈꯪꯗꯦ꯫
ꯆꯪꯁꯤꯜꯂꯛꯂꯤꯕ ꯈꯣꯡꯖꯪꯁꯤ ꯐꯥꯎꯕꯗ ꯃꯁꯥ-ꯃꯔꯦꯡ ꯐꯟꯗꯣꯔꯛꯇꯨꯅ ꯃꯄꯨꯡ-
ꯃꯔꯩ ꯐꯥꯔꯛꯂꯦ ꯍꯥꯏꯕ ꯌꯥꯔꯦ꯫ ꯃꯄꯨꯡ ꯑꯣꯏꯅ ꯗꯦꯃꯣꯀ꯭ꯔꯦꯇꯤꯛ ꯑꯣꯏꯕ
ꯈꯣꯡꯖꯪꯁꯤꯡ ꯆꯪꯁꯤꯜꯂꯛꯄꯒꯤ ꯃꯈꯥ ꯇꯥꯔꯛꯄꯗ ꯍꯧꯖꯤꯛ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦ/

ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯁꯨꯡ ꯑꯦꯝ ꯄꯤꯁꯤꯡꯒꯤ ꯌꯨꯝꯗ ꯊꯣꯝꯖꯤꯟꯗꯨꯅ ꯍꯛꯊꯦꯡꯅꯅ
ꯗꯤꯃꯥꯟꯗꯁꯤ ꯇꯛꯁꯤꯟꯕ ꯃꯦꯃꯣꯔꯦꯟꯗꯝꯁꯤꯡ ꯃꯊꯪ-ꯃꯊꯪ ꯄꯤꯁꯤꯜꯂꯛꯂꯦ꯫

ꯃꯦꯃꯣꯔꯦꯟꯗꯝ ꯂꯧꯍꯧꯔꯤꯕꯁꯤꯡꯒꯤ ꯃꯥꯏꯀꯩꯗꯒꯤꯁꯨ ꯃꯈꯣꯏ ꯃꯁꯥꯒꯤ ꯑꯃꯁꯨꯡ
ꯃꯈꯣꯏꯅ ꯌꯥꯎꯔꯤꯕ ꯂꯩꯉꯥꯛꯀꯤ ꯑꯣꯏꯕ ꯑꯅꯤꯡꯕ ꯑꯄꯥꯝꯕ ꯐꯤꯔꯦꯞꯁꯤꯡꯁꯨ
ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯍꯪꯈ꯭ꯔꯦ, ꯄꯥꯎꯈꯨꯝꯁꯨ ꯄꯤꯅꯔꯛꯈ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ
ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯒꯤ ꯑꯣꯏꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯂꯥꯏꯕꯛ ꯊꯤꯔꯤꯕꯗꯤ ꯑꯣꯛꯇꯣꯕꯔ 23,
2022 ꯐꯥꯎꯕꯗ ꯃꯤꯅꯤꯁꯇꯔ ꯃꯔꯤꯒꯤ ꯌꯨꯝꯗ ꯊꯣꯝꯖꯤꯜꯂꯒ ꯃꯤꯅꯤꯁꯇꯔ 3 ꯗ
ꯍꯛꯊꯦꯡꯅꯅ ꯃꯦꯃꯣꯔꯦꯟꯗꯝꯁꯤꯡ ꯄꯤꯁꯤꯜꯂꯒ ꯍꯪꯈꯤꯕ ꯗꯤꯃꯥꯟꯗꯁꯤꯒ ꯃꯔꯤ
ꯂꯩꯅꯕ ꯋꯥꯍꯪꯁꯤꯡꯒꯤ ꯄꯥꯎꯈꯨꯝꯗꯤ ꯑꯃꯒ ꯑꯃꯒ ꯃꯥꯟꯅꯗꯦ꯫ ꯃꯤꯅꯤꯁꯇꯔ
ꯑꯃꯅ ꯑꯦꯁ ꯇꯤ ꯂꯤꯁꯠꯇ ꯆꯜꯍꯟꯕꯒꯤ ꯇꯉꯥꯏꯐꯗꯅ ꯆꯪꯂꯤꯕ/ꯃꯊꯧ ꯇꯥꯔꯤꯕ
ꯔꯦꯀꯃꯦꯟꯗꯦꯁꯟ ꯑꯁꯤ ꯑꯁꯥꯝꯒꯤ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯍꯤꯃꯟꯇ ꯕꯤꯁ꯭ꯋꯥ
ꯁꯔꯃꯅ ꯔꯦꯀꯃꯦꯟꯗ ꯇꯧꯒꯗꯕꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯐꯣꯡꯗꯣꯔꯛꯈ꯭ꯔꯦ꯫ ꯑꯇꯣꯞꯄ
ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯅꯗꯤ ꯗꯤꯃꯥꯟꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯃꯁꯥꯒꯤ ꯑꯣꯏꯕ ꯐꯤꯔꯦꯞ
ꯑꯃꯠꯇ ꯐꯣꯡꯗꯣꯛꯎ ꯍꯥꯏꯕ ꯌꯥꯈꯤꯗ꯭ꯔꯦ꯫ ꯃꯤꯌꯥꯝꯒꯤ ꯈꯣꯡꯖꯪꯁꯤ ꯑꯆꯨꯝꯕ
ꯑꯁꯦꯡꯕ ꯁꯣꯏꯗꯅ ꯃꯥꯏ ꯄꯥꯛꯀꯅꯤ ꯍꯏꯕꯗꯒꯤ ꯍꯦꯟꯅ ꯃꯈꯥ ꯇꯥꯕ ꯋꯥꯐꯝ
ꯑꯃꯠꯇ ꯐꯣꯡꯗꯣꯛꯎ ꯍꯥꯏꯕ ꯌꯥꯈꯤꯗ꯭ꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯑꯣꯛꯇꯣꯕꯔ 23, 2022 ꯗ
ꯄꯤꯁꯤꯟꯈꯤꯕ ꯃꯦꯃꯣꯔꯦꯟꯗꯝ ꯂꯧꯁꯤꯟꯈꯤꯕ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯃꯅꯗꯤ ꯃꯔꯝ
ꯆꯥꯕ ꯗꯦꯃꯥꯟꯗꯅꯤ, ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ ꯍꯥꯏꯕ ꯋꯥꯐꯝ ꯐꯥꯎꯕ ꯐꯣꯡꯗꯣꯔꯛꯈ꯭ꯔꯦ꯫
ꯑꯗꯨꯕꯨ ꯃꯍꯥꯛꯁꯨ ꯗꯤꯃꯥꯟꯗꯁꯤ ꯃꯤꯄꯨꯝ ꯇꯤꯡꯅ ꯈꯪꯅꯕ/ꯌꯥꯅꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯟꯅ
ꯆꯪꯁꯤꯟꯃꯤꯟꯅꯕ ꯄꯥꯝꯕꯒꯤ ꯋꯥꯐꯝꯗꯤ ꯐꯣꯡꯗꯣꯔꯛꯈ꯭ꯔꯦ꯫

ꯄꯥꯎꯈꯨꯝꯁꯤꯡ ꯑꯁꯤꯅ ꯇꯥꯛꯄꯗꯤ ꯑꯣꯛꯇꯣꯕꯔ 23, 2022 ꯐꯥꯎꯕꯗꯤ ꯑꯦꯁ
ꯇꯤ ꯗꯤ ꯁꯤ ꯑꯦꯝꯅ ꯃꯤꯌꯥꯝ ꯑꯃꯁꯨꯡ ꯂꯨꯞꯁꯤꯡꯒ ꯈꯨꯠꯁꯝꯅꯗꯨꯅ ꯆꯪꯁꯤꯜꯂꯛꯂꯤꯕ
ꯈꯣꯡꯖꯪꯁꯤꯒꯤ ꯃꯇꯥꯡꯗ ꯆꯞ ꯆꯥꯕ ꯐꯤꯔꯦꯞ ꯑꯃ ꯂꯩꯇ꯭ꯔꯤ ꯍꯥꯏꯕꯅꯤ꯫ ꯍꯣꯏ,
ꯅꯨꯃꯤꯠꯁꯤ ꯐꯥꯎꯕꯗ ꯃꯦꯃꯣꯔꯦꯟꯗꯝ ꯄꯤꯁꯤꯟꯈ꯭ꯔꯤꯕ ꯃꯤꯅꯤꯁꯇꯔꯁꯤꯡꯁꯤ
ꯍꯥꯟꯅ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯣꯏꯔꯛꯄꯒꯤ ꯑꯦꯛꯁꯄꯔꯤꯑꯦꯟꯁ ꯂꯩꯇ꯭ꯔꯤꯕ
ꯗꯤꯃꯥꯟꯗꯁꯤꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯋꯥꯐꯝꯁꯤꯡ ꯐꯣꯡꯗꯣꯛꯅꯕꯒꯤ ꯑꯌꯥꯕ (ꯑꯣꯊꯣꯔꯥꯏꯖ
ꯇꯧꯕ) ꯂꯩꯔꯝꯗꯕꯁꯨ ꯌꯥꯏ꯫ ꯑꯗꯨꯕꯨ ꯑꯦꯁ ꯇꯤ ꯗꯤ ꯁꯤ ꯑꯦꯝꯅ ꯁꯤꯟꯗꯨꯅ
ꯑꯣꯛꯇꯣꯕꯔ 13, 2022 ꯗ ꯄꯥꯡꯊꯣꯛꯈꯤꯕ ꯃꯤꯌꯥꯝꯒꯤ ꯃꯤꯐꯝꯅ ꯈꯟꯅ-

ꯅꯩꯅꯔꯒ ꯗꯤꯃꯥꯟꯁꯤ ꯐꯪꯅꯅꯕ ꯑꯦꯝ ꯑꯦꯜ ꯑꯦ/ꯃꯤꯅꯤꯁꯇꯔꯁꯤꯡꯒꯤ ꯌꯨꯝꯗ
ꯊꯣꯝꯖꯤꯜꯂꯒ ꯃꯦꯃꯣꯔꯦꯟꯗꯝꯁꯤꯡ ꯄꯤꯁꯤꯜꯂꯒꯅꯤ ꯍꯥꯏꯅ ꯃꯥꯡꯖꯧꯅꯅ
ꯂꯥꯎꯊꯣꯛꯈ꯭ꯔꯕꯅꯤꯅ ꯂꯩꯉꯥꯛꯀꯤ ꯃꯥꯏꯀꯩꯗꯒꯤ ꯃꯐꯤ ꯁꯦꯝꯗꯨꯅ ꯁꯦꯝ ꯁꯥꯍꯧꯐꯝ
ꯊꯣꯛꯇꯕ꯭ꯔꯥ? ꯇꯉꯥꯏꯐꯗꯅ ꯃꯊꯧ ꯇꯥꯔꯤꯕ ꯔꯦꯀꯃꯦꯟꯗꯦꯁꯟꯁꯤꯡ ꯊꯥꯅꯤꯕꯨ
ꯍꯥꯏꯔꯕꯁꯨ ꯊꯥꯔꯣꯏꯕꯨ ꯍꯥꯏꯔꯕꯁꯨ ꯆꯞ ꯆꯥꯅ ꯉꯥꯅꯤ-ꯏꯁꯤꯡꯅꯤ ꯍꯥꯏꯕꯗꯨꯃꯗꯤ ꯅꯥꯈꯩ ꯁꯦꯡꯍꯟꯐꯝ ꯊꯣꯛꯇꯕ꯭ꯔꯥ? ꯃꯁꯤꯅ ꯇꯥꯛꯄꯗꯤ ꯑꯦꯁ ꯇꯤ ꯗꯤ ꯁꯤ ꯑꯦꯝꯅ
ꯗꯤꯃꯥꯟꯗꯁꯤ ꯇꯥꯜꯂꯗꯨꯅ ꯆꯍꯤ 10 ꯒꯤ ꯃꯃꯥꯡꯗꯒꯤ ꯈꯣꯡꯖꯪ ꯆꯪꯁꯤꯜꯂꯛꯒꯁꯨ
ꯍꯧꯖꯤꯛ ꯐꯥꯎꯕꯗ ꯂꯩꯈꯤꯕ ꯂꯩꯉꯥꯛꯁꯤꯡꯗꯨꯒꯤ ꯃꯅꯥꯀꯣꯡꯗꯁꯨ ꯍꯥꯞꯈꯤꯗꯦ꯫
ꯍꯧꯖꯤꯛ ꯂꯩꯔꯤꯕ ꯂꯩꯉꯥꯛꯅꯁꯨ ꯍꯥꯞꯇ꯭ꯔꯤ ꯍꯥꯏꯕꯒꯤ ꯃꯌꯦꯛ ꯁꯦꯡꯂꯕ ꯈꯨꯗꯝꯅꯤ꯫
ꯃꯁꯤꯗꯤ ꯆꯨꯝꯗꯦ꯫ ꯌꯦꯁ ꯅꯠꯇ꯭ꯔꯒ ꯅꯣ ꯍꯥꯏꯕꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯍꯥꯏꯒꯗꯕ ꯑꯃ
ꯍꯥꯏꯕ ꯆꯨꯝꯒꯅꯤ ꯅꯠꯇ꯭ꯔꯕꯗꯤ ꯂꯨꯞ ꯃꯌꯥꯝ ꯑꯃꯁꯨꯡ ꯃꯤꯌꯥꯝ ꯌꯥꯎꯁꯤꯜꯂꯛꯂꯕ
ꯈꯣꯡꯖꯪꯁꯤꯅ ꯍꯦꯟꯅ ꯀꯟꯁꯤꯜꯂꯛꯂꯕꯗꯤ ꯃꯗ꯭ꯋꯥꯏꯗ ꯊꯣꯔꯛꯀꯕꯗꯁꯤꯡꯗꯨ
ꯅꯣꯡꯊꯛꯇ ꯇꯤꯜ ꯁꯤꯠꯀꯠꯂꯒ ꯃꯥꯏꯗ ꯇꯥꯏ ꯍꯥꯏꯕꯒꯤ ꯊꯧꯗꯧ ꯇꯥꯔꯛꯀꯅꯤ꯫

ꯌꯥꯅꯤꯡꯏ ꯌꯥꯏꯕ ꯉꯝꯗꯕ, ꯍꯥꯏꯔꯣꯏꯗꯕ, ꯃꯔꯝ ꯆꯥꯗꯕ ꯗꯤꯃꯥꯟꯗꯅꯤ ꯍꯥꯏꯔꯒꯅ
ꯁꯦꯡꯅ ꯍꯥꯏꯔꯣ꯫ ꯃꯤꯇꯩ/ꯃꯩꯇꯩꯅ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯂꯝ ꯄꯨꯝꯅꯃꯛꯀꯤ ꯃꯄꯨ
ꯑꯣꯏꯕ ꯐꯪꯗ꯭ꯔꯦ ꯑꯃꯁꯨꯡ ꯃꯤꯁꯤꯡ ꯍꯟꯊꯔꯛꯂꯦ ꯍꯥꯏꯔꯒꯇ ꯌꯥꯔꯣꯏ ꯍꯥꯏꯕ
ꯑꯣꯏꯔꯒꯁꯨꯅ ꯐꯣꯡꯅ ꯍꯥꯏꯔꯣ꯫ ꯗꯤꯃꯥꯟꯗ ꯇꯥꯜꯂꯤꯕꯁꯤꯡꯒ ꯍꯦꯛꯇ ꯃꯤꯃꯥꯡ
ꯊꯣꯛꯅ ꯋꯥꯐꯪꯅꯊꯣꯛꯅꯕ, ꯂꯩꯈꯥꯏ ꯇꯥꯊꯣꯛꯅꯕ ꯆꯨꯝꯂꯣꯏꯗ꯭ꯔ? ꯀꯥꯎꯁꯨ ꯀꯥꯎꯗꯕ,
ꯆꯣꯡꯁꯨ ꯆꯣꯡꯗꯕ ꯁꯒꯣꯜꯒꯤ ꯐꯤꯚꯝꯗꯤ ꯇꯧꯔꯨꯅꯨ꯫

ꯍꯨꯏꯌꯦꯟ ꯂꯥꯟꯄꯥꯎ ꯂꯤꯇꯔꯦꯔꯤ ꯀ꯭ꯋꯤꯖ-52
1) ‘‘ꯃꯩꯗꯤꯡꯉꯨ ꯆꯤꯡꯊꯪꯈꯣꯝꯕꯥ ꯔꯥꯖꯔꯁꯤ ꯚꯥꯒ꯭ꯌꯆꯟꯗ꯭ꯔ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ
ꯀꯅꯥꯅ ꯈꯣꯝꯖꯤꯟꯕꯅꯣ?

2) ‘‘ꯑꯃꯪꯕ ꯅꯣꯡꯂꯛꯀꯤ ꯅꯣꯡꯊꯥꯡ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ ꯀꯅꯥꯅꯣ
ꯑꯃꯁꯨꯡ ꯀꯔꯝꯕ ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?
3) ‘‘ꯅꯤꯔꯃꯂꯥ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯑꯣꯔꯤꯖꯤꯅꯦꯜ ꯀꯅꯥꯅ ꯏꯕꯗꯒꯤ ꯃꯅꯤꯄꯨꯔꯤꯗ
ꯀꯅꯥꯅ ꯍꯟꯗꯣꯛꯄꯅꯣ?

4) ‘‘ꯕꯔꯥꯛ ꯇꯨꯔꯦꯜ ꯇꯣꯔꯕꯥꯟꯗ” ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯃꯅꯤꯄꯨꯔ ꯃꯄꯥꯟ ꯂꯝꯒꯤ
ꯑꯏꯕ ꯑꯃꯒꯤꯅꯤ꯫ ꯑꯏꯕ ꯑꯁꯤ ꯀꯅꯥꯅꯣ ꯑꯃꯁꯨꯡ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤ ꯀꯔꯝꯕ
ꯃꯈꯜꯒꯤ ꯂꯥꯏꯔꯤꯛꯅꯣ?

5) ‘‘ꯕꯤꯔ ꯇꯤꯀꯦꯟꯗ꯭ꯔꯖꯤꯠ ꯁꯤꯡꯍ” (1973) ꯀꯧꯕ ꯂꯥꯏꯔꯤꯛ ꯑꯁꯤꯒꯤ ꯑꯏꯕ
ꯀꯅꯥꯅꯣ?

ꯃꯊꯛꯇ ꯄꯤꯔꯤꯕ ꯋꯥꯍꯪꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯄꯥꯎꯈꯨꯝ ꯑꯣꯛꯇꯣꯕꯔ 30, ꯅꯣꯡꯃꯥꯏꯖꯤꯡ
ꯅꯨꯃꯤꯠꯀꯤ ꯑꯌꯨꯡ 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 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꯫

ꯏꯟꯁꯦꯛꯠꯁꯤꯡꯗ ꯍꯧꯕ ꯃꯁꯔꯨꯝꯅ ꯑꯦꯟꯇꯤ-ꯚꯥꯏꯔꯜ ꯑꯃꯁꯨꯡ ꯑꯦꯟꯇꯤ-ꯀꯦꯟꯁꯔꯒꯤ ꯑꯅꯧꯕ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯁꯨꯡꯕ ꯉꯝꯍꯜꯂꯛꯀꯗꯧꯔꯤ
ꯁꯣꯏꯕꯝ ꯑꯦꯀꯦꯟꯗ꯭ꯔ
AFC Instructor, Head of Youth Development
NRL FA, Numaligarh, Assam

ꯃꯊꯥꯏ ꯊꯥꯏꯅꯉꯩꯗꯒꯤꯃꯁꯔꯨꯝꯕꯨ ꯍꯤꯗꯥꯛ-ꯂꯥꯡꯊꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯔꯛꯂꯤ꯫ ‘ꯐꯥꯗꯔ ꯑꯣꯐ ꯃꯦꯗꯤꯁꯤꯟ’ ꯍꯥꯏꯅ
ꯈꯪꯅꯔꯤꯕ ꯍꯤꯄꯣꯀ꯭ꯔꯦꯇꯤꯁꯅ 450 ꯕꯤ ꯁꯤ ꯏꯗ Fomes fomentarius ꯍꯥꯏꯔꯤꯕ ꯃꯁꯔꯨꯝ ꯑꯁꯤꯕꯨ ꯑꯦꯟꯇꯤ-
ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ ꯑꯣꯏ ꯑꯃꯁꯨꯡ ꯑꯁꯣꯛꯄ ꯃꯐꯝꯁꯤꯡꯗ ꯃꯍꯤꯛ-ꯃꯇꯥꯏ ꯆꯪꯗꯅꯕꯒꯤꯗꯃꯛ ꯁꯤꯖꯤꯟꯅꯕꯗ ꯀꯥꯟꯅꯩ ꯍꯥꯏꯅ ꯐꯣꯡꯗꯣꯛꯂꯝꯃꯤ꯫ 5 ꯁꯨꯕ ꯆꯍꯤ ꯆꯥꯒꯤ ꯑꯜꯀꯦꯃꯤꯁꯠ Tao ꯊꯣꯅꯒꯖꯤꯅꯒ ꯅ ꯂꯤꯡ ꯖꯤ (ꯘꯥꯅꯣꯗꯦꯔꯃꯥ ꯂꯨꯆꯤꯗꯨꯃ) ꯑꯃꯁꯨꯡ ꯖꯨ ꯂꯤꯡ (ꯙꯦꯅꯗꯔꯣꯄꯣꯂꯌꯄꯣꯔꯨꯁ umbellatus) ꯌꯥꯎꯅ ꯃꯁꯔꯨꯝ ꯀꯌꯥꯕꯨ ꯍꯤꯗꯥꯛ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯕꯒꯤ ꯃꯇꯥꯡꯗ ꯐꯣꯡꯗꯣꯛꯂꯝꯃꯤ꯫ ꯅꯣꯔꯊ ꯑꯃꯦꯔꯤꯀꯥꯗ ꯑꯍꯥꯟꯕ ꯑꯣꯏꯅ ꯈꯨꯟꯗꯥꯈꯤꯕ ꯃꯤꯁꯤꯡꯅ ꯄꯐꯝꯁꯔꯨꯝ (Calvatia ꯒꯦꯅꯨꯁ) ꯕꯨ ꯑꯁꯣꯛꯄ ꯃꯐꯝꯁꯤꯡ ꯊꯨꯅ ꯐꯖꯤꯟꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯁꯤꯖꯤꯟꯅꯈꯤ꯫ ꯑꯁꯨꯝꯅ ꯃꯇꯝ ꯑꯃꯗ ꯀꯥꯟꯅꯔꯕ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯑꯣꯏꯅ ꯁꯤꯖꯤꯟꯅꯔꯝꯕ ꯃꯁꯔꯨꯝꯁꯤꯡꯒꯤ ꯃꯔꯝꯗ ꯆꯍꯤ ꯆꯥ ꯀꯌꯥ ꯀꯥꯎꯊꯣꯛꯂꯨꯔꯒ ꯃꯇꯨꯡꯗ ꯃꯣꯗꯔꯟ ꯃꯦꯗꯤꯁꯤꯟ ꯑꯁꯤꯅ ꯅꯧꯅ ꯅꯤꯡꯁꯤꯡꯂꯛꯇꯨꯅ ꯃꯁꯤꯒꯤ ꯃꯔꯝꯗ ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯑꯣꯏꯕ ꯃꯑꯣꯡꯗ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯊꯕꯛ ꯀꯌꯥ ꯄꯥꯏꯈꯠꯅꯔꯛꯂꯤ꯫

ꯑꯁꯤꯒꯨꯝꯕ ꯃꯁꯔꯨꯝꯁꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ Cordyceps ꯀꯥꯡꯂꯨꯞꯀꯤ ꯃꯁꯔꯨꯝꯁꯤꯡ ꯑꯁꯤꯁꯨ ꯃꯃꯤꯡ ꯆꯠꯂꯤ : ꯃꯈꯣꯏꯒꯤ ꯁ꯭ꯄꯣꯔꯁꯤꯡꯅ ꯏꯟꯁꯦꯛꯠꯁꯤꯡꯕꯨ ꯏꯟꯐꯦꯛꯠ ꯇꯧꯍꯟꯗꯨꯅ ꯍꯥꯠꯇꯣꯛꯏ ꯑꯗꯨꯒ ꯏꯟꯁꯦꯛꯇꯤꯡꯗꯨꯒꯤ ꯍꯛꯆꯥꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯃꯆꯜꯁꯤꯡ ꯆꯥꯗꯨꯅ ꯃꯄꯨꯡ ꯐꯥꯅ ꯍꯧꯕ ꯉꯝꯃꯤ꯫ ꯅꯧꯅ ꯊꯤꯖꯤꯜꯂꯛꯈꯤꯕꯗꯒꯤ ꯈꯪꯅꯔꯛꯂꯤꯕꯗꯤ ꯀꯣꯔꯤꯁꯦꯞꯁꯤꯡꯅ ꯑꯩꯈꯣꯏꯒꯤ ꯏꯝꯃ꯭ꯌꯨꯟ ꯁꯤꯁꯇꯝꯕꯨ ꯁ꯭ꯇꯤꯃ꯭ꯌꯨꯂꯦꯠ ꯇꯧꯍꯜꯂꯤ ꯑꯃꯁꯨꯡ ꯃꯦꯇꯥꯕꯣꯛ ꯄ꯭ꯔꯣꯕ꯭ꯂꯦꯝꯁꯤꯡ ꯂꯥꯌꯦꯡꯕꯗ ꯀꯥꯟꯅꯕ ꯄꯤ ꯍꯥꯏꯕꯅꯤ꯫ ꯂꯣꯏꯅ-ꯂꯣꯏꯅꯅ ꯃꯁꯤ ꯑꯦꯟꯇꯤ-ꯏꯟꯐ꯭ꯂꯦꯃꯦꯇꯔꯤ, ꯑꯦꯟꯇ-ꯑꯦꯖꯤꯡ, ꯑꯦꯟꯇꯤ- ꯀꯦꯟꯁꯔ, ꯑꯦꯟꯇꯤꯕꯦꯛꯇꯔꯤꯑꯦꯜ ꯑꯣꯏ ꯍꯥꯏꯕꯁꯨ ꯈꯪꯅꯔꯛꯂꯦ꯫ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯀꯥꯟꯅꯔꯕ ꯀꯝꯄꯥꯎꯟꯗꯁꯤꯡꯗ ꯌꯥꯎꯔꯤꯕ ꯀꯥꯟꯅꯔꯕ ꯀꯝꯄꯥꯎꯟꯗꯤꯡꯒꯤ ꯃꯅꯨꯡꯗ ꯕꯥꯏꯑꯣꯑꯦꯛꯇꯤꯚ ꯑꯣꯏꯔꯤꯕ ꯆꯣꯔꯗꯌꯆꯦꯄꯤꯅ ꯑꯁꯤꯁꯨ ꯑꯃꯅꯤ꯫ ꯑꯗꯨꯒꯅ ꯀꯣꯔꯤꯁꯦꯄꯤꯟꯗꯒꯤ ꯑꯦꯟꯇꯤ-ꯚꯥꯏꯔꯜ ꯑꯃꯁꯤꯡ ꯑꯦꯟꯇꯤ-ꯚꯥꯏꯔꯜ ꯑꯃꯁꯨꯡ ꯑꯦꯟꯇꯤ- ꯀꯦꯟꯁꯔꯒꯤ ꯍꯤꯗꯥꯛꯁꯤꯡ ꯁꯨꯡꯅꯕꯒꯤ ꯃꯪ ꯃꯪꯅꯔꯛꯈꯤ꯫ ꯑꯗꯨꯕꯨ ꯃꯁꯔꯨꯝ ꯀꯥꯡꯂꯨꯞ ꯑꯁꯤ
ꯃꯍꯧꯁꯥꯗ ꯌꯥꯝꯅ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯕ ꯅꯠꯇꯦ ꯑꯗꯨꯒ ꯃꯈꯣꯏꯕꯨ ꯂꯦꯕꯇ ꯈꯨꯠꯁꯦꯝꯒꯤ ꯄꯥꯝꯕꯩꯅ
ꯍꯧꯍꯟꯕ ꯍꯥꯏꯕꯁꯤꯁꯨ ꯑꯔꯥꯏꯕ ꯑꯃ ꯑꯣꯏꯔꯝꯗꯦ꯫ ꯑꯗꯨꯅ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯒ ꯃꯔꯤ
ꯂꯩꯅꯕ ꯁꯥꯏꯟꯇꯤꯐꯤꯛ ꯔꯤꯁꯔꯁ ꯄꯥꯡꯊꯣꯛꯄꯗ ꯑꯄꯟꯕ ꯑꯃ ꯑꯣꯏꯔꯝꯃꯤ꯫ ꯑꯗꯨꯕꯨ
ꯁꯥꯎꯟ ꯀꯣꯔꯤꯌꯥꯒꯤ Chungbuk National ꯎꯅꯤꯚꯦꯔꯁꯤꯇꯌ ꯒꯤ ꯄ꯭ꯔꯣꯐꯦꯁꯔ Mi
Kyeong Lee ꯑꯃꯁꯨꯡ ꯙꯔ ꯑꯌꯃꯥꯅ Turk ꯌꯥꯎꯕ mhaKKi ꯊꯤꯖꯤꯟ ꯂꯨꯞꯅ
ꯃꯁꯔꯨꯝ ꯑꯁꯤꯒꯤ ꯃꯍꯨꯟꯕꯨ ꯃꯥꯡꯍꯟꯗꯅꯃ ꯃꯁꯔꯨꯝ ꯑꯁꯤꯕꯨ ꯍꯧꯍꯟꯅꯕꯒꯤ ꯄꯥꯝꯕꯩ
ꯑꯃ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯂꯦ ꯍꯥꯏꯔꯤ꯫ ꯋꯥꯐꯝꯁꯤ ‘ꯐ꯭ꯔꯟꯇꯤꯌꯔꯁ’ ꯏꯟ ꯃꯥꯏꯀ꯭ꯔꯣꯕꯥꯏꯑꯣꯂꯣꯖꯤ’
(ꯑꯣꯛꯇꯣꯕꯔ 19, 2022) ꯗ ꯐꯣꯡꯗꯣꯔꯛꯈꯤꯕꯅꯤ꯫
ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯑꯁꯤ Nucleoside analogues ꯑꯣꯏ ꯍꯥꯏꯕꯗꯤ ꯑꯦꯟꯇꯤ-
ꯚꯥꯏꯔꯜ ꯑꯦꯖꯦꯟꯠꯁꯤꯡꯅꯤ ꯑꯗꯨꯒ ꯑꯩꯆ ꯑꯥꯏ ꯚꯤ ꯏꯟꯐꯦꯛꯁꯟ, hepataitis ꯕꯤ ꯚꯥꯏꯔꯁ,
ꯍꯦꯄꯥꯇꯥꯏꯇꯤꯁ ꯁꯤ ꯚꯥꯏꯔꯁ, ꯍꯔꯄꯤꯁ ꯁꯤꯝꯂꯦꯛꯁ ꯚꯥꯏꯔꯁ ꯑꯃꯁꯨꯡ ꯚꯥꯔꯤꯆꯦꯂꯂꯥ-
ꯉꯣꯁꯇꯦꯔ ꯚꯥꯏꯔꯁ ꯏꯟꯐꯦꯛꯁꯟꯁꯤꯡ ꯂꯥꯌꯦꯡꯕꯗ ꯁꯤꯖꯤꯟꯅꯕ ꯌꯥꯏ꯫ ꯀꯝꯄꯥꯎꯟꯗ ꯑꯁꯤ
ꯁꯥꯏꯇꯣꯇꯣꯛꯁꯤꯛ ꯅ꯭ꯌꯀ꯭ꯂꯤꯌꯁꯥꯏꯗ ꯑꯅꯥꯂꯣꯒ ꯑꯃꯁꯨ ꯑꯣꯏ ꯍꯥꯏꯕꯗꯤ ꯀꯦꯟꯁꯔꯒ
ꯃꯥꯌꯣꯛꯅꯕ ꯉꯝꯕ ꯍꯤꯗꯥꯛ ꯑꯃꯅꯤ꯫ ꯍꯧꯖꯤꯛ kMPaUNd ꯑꯁꯤ ꯈꯨꯠꯁꯦꯝꯒꯤ ꯄꯥꯝꯕꯩꯅ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯂꯦ ꯑꯗꯨꯕꯨ ꯁꯦꯜ ꯌꯥꯝꯅ ꯆꯪꯕ ꯊꯧꯑꯣꯡ ꯑꯣꯏꯕꯅ ꯈꯨꯗꯣꯡꯆꯥꯗꯕ ꯀꯌꯥ ꯃꯥꯌꯣꯛꯅꯔꯤ꯫ ꯑꯗꯨꯅ ꯂꯦꯕꯇ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯕꯨ ꯃꯔꯥꯡ ꯀꯥꯏꯅ, ꯑꯔꯥꯏꯕ ꯄꯥꯝꯕꯩꯅ ꯍꯧꯍꯟꯕ ꯍꯥꯏꯕꯁꯤꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯐꯒꯗꯕ ꯑꯃ ꯑꯣꯏ꯫
ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯁꯤ ꯃꯍꯧꯁꯥꯅ ꯂꯦꯕꯇ
ꯕ꯭ꯔꯥꯎꯟ ꯔꯥꯏꯁꯀꯨꯝꯕ ꯒ꯭ꯔꯦꯏꯅꯁꯤꯡꯗ
ꯍꯧꯍꯜꯂꯤ꯫ ꯑꯁꯨꯝꯅ ꯐꯨꯗ ꯒ꯭ꯔꯦꯏꯟꯁꯤꯡꯗ
ꯊꯧꯔꯛꯄ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯗꯒꯤ
ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟꯁꯤ ꯐꯪꯕꯒꯤ ꯆꯥꯡꯁꯤ
ꯌꯥꯝꯅ ꯅꯦꯝꯂꯝꯃꯤ ꯃꯇꯥꯡꯁꯤꯗ ꯄꯟꯕ
ꯌꯥꯔꯤꯕ (ꯃꯇꯥꯡꯁꯤꯗ ꯄꯟꯕ ꯌꯥꯔꯤꯕꯗꯤ
ꯍꯤꯗꯥꯛꯁꯤꯡꯕꯨ ꯑꯔꯥꯏꯕ ꯃꯑꯣꯡꯗ ꯆꯥꯀꯡ
ꯌꯥꯝꯅ ꯁꯨꯡꯕ ꯍꯥꯏꯕꯁꯤꯅ ꯍꯤꯗꯥꯛꯁꯤꯡꯕꯨ
ꯍꯣꯡꯅ ꯐꯪꯅꯕꯒꯤ ꯄꯥꯝꯕꯩꯅꯤ)꯫ ꯃꯁꯤꯒꯤ ꯑꯣꯏꯕ
ꯌꯥꯔꯤꯕ ꯃꯔꯝꯗꯤ ꯒ꯭ꯔꯦꯏꯟꯁꯤꯡ ꯑꯁꯤꯗ
ꯌꯥꯎꯔꯤꯕ ꯌꯥꯝꯗꯕ ꯄ꯭ꯔꯣꯇꯤꯟꯒꯤ ꯆꯥꯡꯁꯤꯅ
ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡꯕꯨ ꯃꯕꯨꯛ ꯊꯜꯍꯟꯕ
ꯉꯝꯂꯝꯗꯕ ꯌꯥꯏ꯫ ꯑꯗꯨꯅ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ
ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯕ
ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡ ꯍꯧꯍꯟꯅꯕꯒꯤꯗꯃꯛ
ꯂꯤ ꯑꯃꯁꯨꯡ ꯃꯍꯥꯛꯀꯤ ꯊꯤꯖꯤꯟ ꯂꯨꯞꯅ
ꯂꯦꯕꯇ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡꯕꯨ ꯃꯄꯨꯡ
ꯃꯔꯩ ꯐꯥꯅ ꯍꯧꯍꯟꯗꯨꯅ ꯕꯥꯏꯑꯣꯑꯦꯛꯇꯤꯚ
ꯀꯝꯄꯥꯎꯟꯗ ꯑꯁꯤꯒꯤ ꯆꯥꯡ ꯌꯥꯝꯅ ꯐꯪꯕ
ꯌꯥꯅꯕꯒꯤ ꯄꯥꯝꯕꯩ ꯊꯤꯕ ꯍꯧꯔꯛꯈꯤ꯫
ꯃꯈꯣꯏꯅ ꯃꯤꯅ ꯆꯥꯅꯔꯤꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡ
(ꯀꯧꯖꯦꯡ, ꯍꯥꯔꯧ, ꯊꯔꯥꯏꯀꯣꯛꯄꯤ,
ꯀꯨꯝꯖꯦꯡ, ꯀꯥꯡꯆꯦꯛꯅꯆꯤꯡꯕ) ꯗ
ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯕꯨ ꯍꯧꯍꯟꯅꯕꯒꯤꯗꯃꯛ
ꯈꯟꯅꯔꯝꯃꯤ, ꯑꯗꯨꯒ ꯀꯔꯝꯕ ꯆꯥꯕ ꯌꯥꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡꯅ ꯃꯁꯔꯨꯝ ꯑꯁꯤꯒꯤ ꯃꯇꯤꯛ ꯆꯥꯔꯕ ꯆꯤꯟꯖꯥꯛ ꯄꯤꯕ ꯉꯝꯕꯒꯦ ꯍꯥꯏꯕꯗꯨꯒꯤ ꯃꯔꯝꯗ ꯊꯤꯖꯤꯜꯂꯝꯃꯤ꯫
ꯏꯟꯁꯦꯛꯠ ꯃꯈꯜ ꯇꯔꯨꯛ ꯍꯥꯏꯕꯗꯤ ꯀ꯭ꯔꯤꯀꯦꯠ, ꯁꯤꯜꯛꯋꯔꯝ ꯄ꯭ꯌꯨꯄ, ꯃꯤꯜꯋꯔꯝ, ꯒ꯭ꯔꯥꯁꯍꯣꯄꯔ, ꯋꯥꯏꯠ-ꯁ꯭ꯄꯣꯇꯦꯗ ꯐ꯭ꯂꯋꯔ ꯆꯦꯏꯐꯔ ꯂꯥꯔꯚꯥ ꯑꯃꯁꯨꯡ ꯖꯄꯥꯅꯤꯁ ꯔꯥꯏꯅꯣꯁꯔꯁ ꯕꯤꯇꯜꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯗꯨꯅ ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯀꯣꯔꯤꯁꯦꯞꯁꯤꯡꯕꯨ ꯊꯥ ꯑꯅꯤ ꯆꯨꯞꯅ ꯍꯧꯍꯜꯂꯝꯃꯤ ꯑꯗꯨꯒ ꯃꯈꯣꯏꯗ ꯌꯥꯎꯔꯤꯕ ꯕꯥꯏꯑꯣꯑꯦꯛꯇꯤꯚ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟꯒꯤ ꯆꯥꯡ ꯌꯦꯡꯂꯝꯃꯤ꯫ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯗꯨ ꯃꯤꯜꯋꯔꯝ ꯑꯃꯁꯨꯡ ꯁꯤꯜꯛꯋꯔꯝ ꯄ꯭ꯌ upasiZd ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯦꯟꯅ ꯍꯧꯔꯝꯃꯤ ꯑꯗꯨꯒ ꯆꯦꯏꯐꯔ ꯂꯥꯔꯚꯥ ꯑꯃꯁꯨꯡ ꯒ꯭ꯔꯥꯁ ꯍꯣꯄꯔꯁꯤꯡꯗꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯟꯊꯅ
ꯍꯧꯔꯝꯃꯤ꯫ ꯑꯗꯨꯕꯨ ꯈꯜꯂꯝꯕꯒꯤ ꯇꯥꯏꯑꯣꯟꯅꯕꯗ, ꯀꯣꯔꯗꯤꯁꯦꯞꯁ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯔꯕꯁꯨ
ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯌꯥꯎꯕꯒꯤ ꯆꯥꯡ ꯅꯦꯝꯕ ꯊꯦꯡꯅꯔꯛꯂꯝꯃꯤ꯫ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯗ꯭ꯔꯕꯁꯨ
ꯖꯄꯥꯅꯤꯖ ꯔꯥꯏꯅꯣꯁꯔꯁ ꯕꯤꯇꯜꯁꯤꯡꯅ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯦꯟꯅ ꯄꯨꯊꯣꯛꯄ
ꯉꯝꯂꯝꯃꯤ꯫ ꯃꯈꯣꯏꯅ ꯄꯨꯊꯣꯛꯂꯤꯕ ꯆꯥꯡꯁꯤ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯍꯟꯊꯅ
ꯄꯨꯊꯣꯛꯄ ꯁꯤꯜꯛꯋꯔꯝ ꯄ꯭ꯌꯨꯄꯥꯅ ꯄꯨꯊꯣꯛꯂꯤꯕꯗꯨꯗꯒꯤ ꯁꯔꯨꯛ 34 ꯍꯦꯜꯂꯝꯃꯤ꯫ ꯆꯥꯕ
ꯌꯥꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡꯗ ꯍꯧꯕ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡꯗ ꯌꯥꯎꯕ ꯀꯣꯔꯤꯁꯦꯄꯤꯟꯒꯤ ꯆꯥꯡꯅ
ꯕ꯭ꯔꯥꯎꯟ ꯔꯥꯏꯁꯇ ꯍꯧꯕ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡꯗ ꯌꯥꯎꯕꯗꯒꯤ ꯁꯔꯨꯛ ꯆꯥꯃꯔꯣꯝ ꯍꯦꯜꯂꯝꯃꯤ
ꯍꯥꯏꯅꯁꯨ ꯂꯤꯅ ꯐꯣꯡꯗꯣꯛꯂꯤ꯫
ꯂꯨꯞ ꯑꯁꯤꯅ ꯃꯈꯥ ꯇꯥꯅ ꯊꯤꯖꯤꯜꯂꯛꯄꯗꯒꯤ ꯈꯪꯕ ꯉꯝꯂꯛꯈꯤ ꯃꯗꯨꯗꯤ ꯀꯣꯔꯤꯁꯦꯄꯤꯟ
ꯄꯨꯊꯣꯛꯄꯒꯤ ꯆꯥꯡꯁꯤ ꯄ꯭ꯔꯣꯇꯤꯟꯒꯤ ꯃꯈꯥ ꯄꯣꯟꯗꯦ ꯑꯗꯨꯕꯨ ꯐꯦꯠ ꯌꯥꯎꯕꯒꯤ ꯃꯈꯥ ꯄꯣꯜꯂꯤ꯫
ꯐꯦꯠꯁꯤꯡꯒꯤ ꯃꯔꯛꯇꯁꯨ Oleic acid ꯍꯦꯟꯅ ꯌꯥꯎꯕꯁꯤꯅ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯍꯦꯟꯅ
ꯄꯨꯊꯣꯛꯅꯕꯒꯤ ꯃꯔꯝ ꯑꯃ ꯑꯣꯏ꯫ ꯖꯄꯥꯅꯤꯖ ꯔꯥꯏꯅꯣꯁꯔꯁ ꯕꯤꯇꯜꯁꯤꯡꯗ ꯑꯣꯂꯤꯛ
ꯑꯦꯁꯤꯗ ꯌꯥꯎꯕꯒꯤ ꯆꯥꯡꯁꯤ 10.8% ꯅꯤ ꯑꯗꯨꯒ ꯁꯤꯜꯛꯋꯔꯝ ꯄ꯭ꯌꯨꯄꯥꯗꯅ 0.4% ꯈꯛꯇꯅꯤ꯫
ꯃꯈꯥ ꯇꯥꯔꯛꯄꯗ ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯀꯣꯔꯤꯁꯦꯄꯤꯟ ꯄꯨꯊꯣꯛꯄꯒ ꯃꯔꯤ ꯂꯩꯅꯔꯤꯕ ꯖꯤꯟ ꯑꯦꯛꯄ꯭ꯔꯦꯁꯟꯗ ꯑꯣꯂꯤꯛ ꯑꯦꯁꯤꯗ ꯇ꯭ꯔꯤꯠꯃꯦꯟꯠ ꯇꯧꯗꯨꯅ ꯆꯥꯡꯌꯦꯡꯁꯤꯡ ꯄꯥꯡꯊꯣꯛꯈꯤ꯫ ꯑꯣꯂꯤꯛ ꯑꯦꯁꯤꯗꯇ ꯍꯧꯕ ꯃꯁꯔꯨꯝꯁꯤꯡꯗ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯕꯥꯏꯑꯣꯁꯤꯟꯊꯦꯁꯤꯁꯀ ꯃꯔꯤ ꯂꯩꯅꯕ ꯖꯤꯟꯁꯤꯡꯗꯨ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯌꯥꯝꯅ ꯌꯥꯎꯕ ꯊꯦꯡꯅꯔꯝꯃꯤ꯫ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟꯒ ꯃꯔꯤ ꯂꯩꯅꯕ ꯖꯤꯟꯁꯤꯡ ꯍꯦꯟꯒꯠꯂꯛꯄꯒ ꯆꯨꯅꯕ ꯃꯑꯣꯡꯗ ꯑꯣꯂꯤꯛ ꯑꯦꯁꯤꯗ ꯑꯁꯤ ꯌꯥꯎꯗꯕ ꯃꯐꯝꯗ ꯍꯧꯕ ꯃꯁꯔꯨꯝꯁꯤꯡꯒ ꯆꯥꯡꯗꯝꯅꯕꯗ ꯑꯣꯂꯤꯛ ꯑꯦꯁꯤꯗ ꯇ꯭ꯔꯤꯠꯃꯦꯟꯠ ꯇꯧꯕꯅ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯌꯥꯎꯕꯒꯤ ꯆꯥꯡꯁꯤ 51.4% ꯍꯦꯟꯒꯠꯍꯟꯕ ꯉꯝꯃꯤ ꯍꯥꯏꯕꯗꯨꯁꯨ ꯈꯪꯕ ꯉꯝꯈꯤ꯫ ꯑꯗꯨꯅ ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟ ꯍꯦꯟꯅ ꯄꯨꯊꯣꯛꯄ ꯉꯝꯅꯕꯒꯤꯗꯃꯛ ꯀꯣꯔꯤꯁꯦꯞꯁꯁꯤꯡ ꯍꯧꯍꯟꯕꯗ ꯑꯣꯂꯤꯛ ꯑꯦꯁꯤꯗ ꯍꯦꯟꯅ ꯌꯥꯎꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡ ꯁꯤꯖꯤꯟꯅꯕ ꯃꯊꯧ ꯇꯥꯏ ꯍꯥꯏꯅ ꯂꯤꯅ ꯍꯥꯏꯔꯤ꯫
ꯀꯥꯟꯅꯩ ꯍꯥꯏꯅ ꯈꯪꯂꯕ ꯄꯥꯝꯕꯤꯁꯤꯡꯕꯨ ꯂꯦꯞꯇ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯍꯟꯕ ꯉꯝꯗꯕꯅ ꯀꯥꯟꯅꯔꯕ ꯍꯤꯗꯥꯛ ꯀꯌꯥ ꯁꯨꯡꯕꯗ ꯈꯨꯔꯧ ꯆꯦꯟꯕꯒꯨꯝ ꯊꯣꯛꯂꯤꯕꯁꯤ ꯑꯅꯧꯕ ꯑꯃꯗꯤ ꯑꯣꯏꯗ꯭ꯔꯦ꯫ ꯃꯊꯛꯇꯁꯨ ꯄꯟꯖꯈ꯭ꯔꯦ ꯃꯗꯨꯗꯤ ꯀꯦꯟꯁꯔꯒꯨꯝꯕ ꯂꯥꯌꯦꯡꯅꯕꯒꯤ ꯍꯤꯗꯥꯛ ꯑꯃ ꯍꯣꯡꯅ ꯐꯪꯍꯟꯒꯦ ꯍꯥꯏꯕ ꯇꯥꯔꯕꯗꯤ ꯑꯔꯥꯏꯕ ꯃꯑꯣꯡꯗ ꯍꯤꯗꯥꯛ ꯁꯨꯡꯕ ꯉꯝꯕ ꯇꯥꯏ꯫ ꯆꯨꯡꯕꯨꯛ ꯅꯦꯁꯅꯜ ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤꯒꯤ ꯊꯤꯖꯤꯟ ꯂꯨꯞ ꯑꯁꯤꯅ ꯄꯨꯊꯣꯔꯛꯂꯤꯕ ꯀꯣꯔꯁꯤꯁꯦꯞꯁꯤꯡꯁꯨ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯍꯧꯍꯟꯕꯒꯤ ꯄꯥꯝꯕꯩ ꯑꯁꯤꯅ ꯂꯝꯗꯝꯁꯤꯗ ꯑꯅꯧꯕ ꯑꯥꯁꯥ ꯑꯃꯗꯤ ꯄꯤꯔꯦ꯫ ꯑꯗꯨꯕꯨ ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯁꯤꯡꯅ ꯀꯔꯝ ꯀꯔꯝꯕ ꯃꯆꯤꯟꯖꯥꯛ ꯍꯦꯟꯅ ꯃꯊꯧ ꯇꯥꯕꯒꯦ ꯍꯥꯏꯅ ꯃꯈꯥ ꯇꯥꯅ ꯊꯤꯖꯤꯟꯕꯒꯤ ꯃꯊꯧꯗꯤ ꯇꯥꯔꯤ꯫ ꯑꯇꯣꯞꯄ ꯑꯃꯔꯣꯝꯗꯅ ꯃꯍꯧꯁꯥꯗ ꯆꯥꯕ ꯌꯥꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡ ꯌꯥꯝꯅ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯐꯪꯕ ꯅꯠꯇꯦ꯫ ꯑꯗꯨꯅ ꯑꯇꯣꯞꯄ ꯃꯔꯥꯡ ꯀꯥꯏꯅ ꯐꯪꯕ ꯏꯟꯁꯦꯛꯠꯁꯤꯡꯗ ꯍꯧꯍꯟꯅꯕꯒꯤ ꯄꯥꯝꯕꯩ ꯊꯤꯕꯒꯤ ꯃꯊꯧꯁꯨ ꯇꯥꯔꯤ ꯍꯥꯏꯅ ꯂꯤꯅꯥ ꯃꯈꯥ ꯇꯥꯅ ꯍꯥꯏꯔꯤ꯫=

ꯁꯥꯟꯅꯕꯒꯤ ꯂꯝꯗ ꯃꯇꯝꯅ ꯑꯍꯣꯡꯕ ꯀꯌꯥ ꯄꯨꯔꯛꯄꯒ ꯏꯔꯣꯏꯅꯅ ꯐꯨꯠꯕꯣꯜ ꯃꯁꯥꯟꯅꯕꯨ ꯑꯍꯣꯡꯕ ꯀꯌꯥ ꯄꯨꯔꯛꯂꯦ꯫ ꯁꯝꯅ ꯍꯥꯏꯔꯕꯗ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯂꯝꯗꯝꯁꯤꯗꯗ ꯅꯠꯇꯅ ꯃꯐꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯄꯥꯝꯅ ꯁꯥꯟꯅꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯃꯁꯤꯡ ꯌꯥꯝꯅ ꯍꯦꯟꯒꯠꯂꯛꯂꯦ꯫ ꯃꯁꯤ ꯀꯔꯤꯅꯅꯣ? ꯃꯥꯂꯦꯝꯗ ꯃꯤꯌꯥꯝꯅ ꯈ꯭ꯋꯥꯏꯗꯒꯤ ꯄꯥꯝꯅꯕ ꯑꯃꯗꯤ ꯌꯦꯡꯕꯗ ꯂꯩꯕꯥꯛ ꯃꯆꯥ ꯇꯥꯕ ꯃꯁꯥꯟꯅꯅꯤ ꯍꯥꯏꯅ ꯂꯧꯅꯔꯤꯕ ꯐꯨꯠꯕꯣꯜ ꯍꯥꯏꯕ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯃꯥꯂꯦꯝꯒꯤ ꯂꯩꯕꯥꯛ ꯈꯨꯗꯤꯡꯗ ꯃꯔꯥ ꯇꯥꯈ꯭ꯔꯕ ꯃꯁꯥꯟꯅ ꯑꯃꯅꯤ꯫ ꯏꯔꯝꯗꯝ ꯑꯁꯤꯗꯁꯨ ꯃꯁꯥꯟꯅ ꯑꯁꯤ ꯌꯥꯝꯅ ꯁꯥꯟꯅꯔꯤ ꯑꯃꯗꯤ ꯄꯥꯝꯅꯕꯁꯨ ꯅꯣꯡꯃ-ꯅꯣꯡꯃꯒꯤ ꯍꯦꯟꯒꯠꯂꯛꯂꯤ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯑꯩꯒꯤ ꯑꯅꯤꯡꯕ ꯑꯃꯠꯇ ꯍꯥꯏꯖꯔꯝꯒꯦ-"ꯏ am a Football Coach as Football is the most popular and watched gentlemen's game in the modern world so as..." Ekendra.

ꯃꯃꯥ ꯃꯄꯥ ꯑꯣꯏꯕꯁꯤꯡꯅ ꯄꯤꯛꯂꯤꯕ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯃꯈꯨꯠ ꯁꯝꯗꯨꯅ ꯁꯥꯟꯅꯕꯨꯡ ꯇꯝꯅ ꯊꯤꯟꯅꯔꯛꯂꯤ, ꯃꯁꯤ ꯀꯔꯤꯒꯤꯅꯣ? ꯐꯨꯠꯕꯣꯜꯒꯨꯝꯅ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯃꯆꯥꯁꯤꯡꯕꯨꯁꯨ ꯃꯤꯌꯥꯝꯅ ꯃꯁꯛ ꯈꯪꯕ (ꯄꯣꯄ꯭ꯌꯨꯂꯔ) ꯑꯃꯗꯤ ꯂꯩꯕꯥꯛ ꯃꯆꯥ ꯇꯥꯕ (ꯖꯦꯟꯇꯜꯃꯦꯟ) ꯑꯣꯏꯕ ꯄꯥꯝꯕꯒꯤꯔꯥ? ꯑꯗꯨꯗꯁꯨ ꯅꯠꯇꯅ ꯃꯥꯏ ꯄꯥꯛꯂꯕ ꯐꯨꯠꯕꯣꯜ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃꯗꯤ ꯇꯨꯡꯒꯤ ꯄꯨꯟꯁꯤꯗ ꯃꯄꯨꯡ ꯃꯔꯩ ꯐꯥꯕ, ꯃꯇꯤꯛ ꯆꯥꯕ, ꯅꯨꯡꯉꯥꯏ ꯌꯥꯏꯐꯕ ꯄꯨꯟꯁꯤ ꯃꯔꯦꯜ ꯑꯃꯁꯨ ꯎꯕ ꯐꯪꯅꯔꯛꯄ ꯑꯁꯤꯅꯁꯨ ꯑꯣꯏꯕ ꯌꯥꯏ꯫ ꯁ꯭ꯋꯥꯏꯁꯤꯗ ꯈꯟꯅꯕ ꯌꯥꯕ ꯋꯥꯐꯝ ꯑꯃꯇꯪ ꯊꯝꯖꯒꯦ- ꯃꯃꯥ ꯃꯄꯥꯁꯤꯡꯅ ꯃꯈꯣꯏ ꯃꯈꯣꯏꯒꯤ ꯄꯤꯛꯂꯤꯕ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯑꯐꯕ ꯁ꯭ꯀꯨꯜꯗ ꯂꯥꯏꯔꯤꯛ ꯇꯝꯕ ꯊꯥꯔꯤꯕ ꯀꯔꯤꯒꯤꯅꯣ? ꯑꯐꯕ ꯁ꯭ꯀꯨꯜꯗ ꯀꯔꯤ ꯀꯔꯤ ꯀꯅꯥ-ꯀꯅꯥ ꯂꯩ. ꯁꯀꯕꯨꯜ ꯕꯤꯜꯗꯤꯡ ꯐꯖꯕꯒꯤꯔꯥ, ꯗ꯭ꯔꯦꯁ ꯀꯣꯗ ꯐꯖꯕꯒꯤꯔꯥ ꯅꯠꯇ꯭ꯔꯒ ꯐꯖꯕ ꯕꯁ/ꯀꯥꯔꯁꯤꯡꯗ ꯇ꯭ꯔꯥꯟꯁꯄꯣꯔꯇꯦꯁꯟ ꯇꯧꯕꯒꯤꯔꯥ? ꯅꯠꯇ꯭ꯔꯒ ꯑꯐꯕ ꯑꯣꯖꯥꯁꯤꯡ ꯂꯩꯕꯒꯤꯔꯥ? ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯑꯩꯒꯤ ꯃꯣꯠꯇꯣ(Motto) ꯑꯃꯇꯪ ꯐꯣꯡꯗꯣꯛꯆꯔꯝꯒꯦ ꯃꯔꯝꯗꯤ ꯐꯨꯠꯕꯣꯜ ꯀꯣꯆ ꯑꯃꯒꯤ ꯃꯁꯥꯒꯤ ꯑꯣꯏꯕ ꯃꯣꯠꯇꯣ ꯑꯃꯃꯝ ꯂꯩꯒꯅꯤ, ꯑꯗꯨꯒ ꯑꯩꯒꯤ ꯃꯣꯠꯇꯣꯗꯤ :- "Quality Coaches ꯄꯔꯣꯗꯨꯆꯦ quality ꯄꯂꯥꯌꯦꯔꯁ, Quality ꯄꯂꯥꯌꯦꯔꯁ ꯄꯔꯣꯗꯨꯆꯦ quality performance. Quality performance produce quality results as Football is a ꯔꯦꯁꯨꯂꯇ oriented ꯘꯥꯃꯦ." ꯑꯗꯨꯅ ꯍꯪꯅꯤꯡꯂꯤꯕ ꯐꯨꯠꯕꯣꯜꯕꯨ ꯇꯝꯕꯤꯒꯗꯧꯔꯤꯕ ꯂꯖꯥ (ꯀꯣꯆ) ꯑꯗꯨ ꯀ꯭ꯋ aliti ꯀꯣꯆ ꯑꯃ ꯑꯣꯏꯔꯕꯔꯥ? ꯑꯣꯏꯗ꯭ꯔꯒꯗꯤ ꯀ꯭ꯋꯥꯂꯤꯇꯤ ꯄꯔꯐꯣꯔꯃꯦꯟꯁ ꯄꯤꯕ ꯉꯝꯕ ꯁꯥꯟꯅꯔꯣꯏ ꯄꯨꯊꯣꯛꯄ ꯌꯥꯔꯗ꯭ꯔꯥ? ꯉꯁꯤꯒꯤ ꯃꯣꯗꯔꯟ ꯁꯣꯁꯥꯏꯇꯤꯗꯗꯤ ꯄ꯭ꯔꯣꯐꯦꯁꯅꯦꯜ ꯅꯦꯆꯔ ꯑꯃꯁꯨꯡ ꯑꯦꯠꯇꯤꯆ꯭ꯌꯨꯗꯇ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯂꯒ ꯇ꯭ꯔꯦꯅꯤꯡ ꯇꯧꯕ ꯇꯥꯏ ꯅꯠꯇ꯭ꯔꯕꯗꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯇꯨꯡꯒꯤ ꯄꯨꯟꯁꯤ ꯇꯝꯕ ꯉꯝꯂꯣꯏ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯃꯔꯨ ꯑꯣꯏꯕ ꯑꯦꯁꯄꯦꯛꯠ ꯍꯥꯏꯕꯗꯤ ꯐꯨꯠꯕꯣꯜ ꯁ꯭ꯀꯤꯜꯗ ꯑꯈꯟꯅꯕ ꯃꯤꯠꯌꯦꯡ ꯊꯝꯕ ꯑꯃꯗꯤ ꯃꯤꯠꯌꯦꯡ ꯆꯪꯕ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯑꯗꯨꯅ ꯀꯔꯝꯕ ꯆꯍꯤꯒ ꯆꯥꯟꯅꯕ ꯇ꯭ꯔꯦꯅꯤꯡ ꯄꯤꯕ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯐꯨꯠꯕꯣꯜꯗ ꯑꯩꯈꯣꯏꯅ ꯇꯝꯕꯒꯤ ꯂꯦꯚꯦꯜ ꯑꯁꯤ ꯑꯅꯤ ꯊꯣꯛꯅ ꯈꯥꯏꯗꯣꯛꯄ ꯌꯥꯏ ꯃꯗꯨꯗꯤ (1) ꯒ꯭ꯔꯥꯁ-ꯔꯨꯠ ꯂꯦꯚꯦꯜ ꯑꯃꯁꯨꯡ (2) ꯌꯨꯊ ꯂꯦꯚꯦꯜꯅꯤ꯫ ꯒ꯭ꯔꯥꯁ-ꯔꯨꯠ ꯂꯦꯚꯦꯜ ꯑꯁꯤ ꯑꯃꯨꯛꯁꯨ ꯐꯦꯁ ꯑꯅꯤ ꯊꯣꯛꯅ ꯈꯥꯏꯗꯣꯛꯄ ꯌꯥꯏ ꯃꯗꯨꯗꯤ (1) ꯗꯤ ꯐꯟ ꯐꯦꯖ, ꯃꯁꯤꯅ ꯆꯍꯤ 6 ꯇꯒꯤ 10 ꯃꯨꯛꯀꯤ ꯂꯦꯡꯒꯥꯁꯤꯡ ꯑꯃꯗꯤ (2) ꯗꯤ ꯐꯥꯎꯟꯗꯦꯁꯟ ꯐꯦꯖ, ꯃꯁꯤꯅ ꯑꯃꯨꯛ ꯆꯍꯤ 11 ꯗꯒꯤ 13 ꯒꯤ ꯃꯈꯥꯒꯤ ꯂꯦꯡꯒꯥꯁꯤꯡꯅꯤ꯫ ꯑꯁꯨꯝꯅ ꯌꯨꯊ ꯂꯦꯚꯦꯜꯗꯁꯨ ꯐꯦꯖ ꯑꯅꯤ ꯊꯣꯛꯅ ꯈꯥꯏꯗꯣꯛꯄ ꯌꯥꯏ ꯃꯗꯨꯗꯤ (1) ꯗꯤ ꯐꯣꯔꯃꯦꯇꯤꯚ ꯐꯦꯖ, ꯃꯁꯤꯅ ꯆꯍꯤ 14 ꯗꯒꯤ 16 ꯒꯤ ꯃꯈꯥ ꯑꯃꯗꯤ (2) ꯗꯤ ꯐꯥꯏꯅꯦꯜ ꯐꯦꯖ, ꯃꯁꯤꯅ ꯆꯍꯤ 17 ꯃꯈꯥꯗꯒꯤꯅ 20 ꯒꯤ ꯃꯈꯥꯒꯤ ꯂꯦꯡꯒꯥ ꯑꯁꯨꯝꯅ꯫
ꯀꯜꯝ ꯑꯁꯤꯅ ꯈꯔ ꯇꯦꯟꯅ ꯒ꯭ꯔꯥꯁ-ꯔꯨꯠ ꯂꯦꯚꯦꯜ ꯈꯛꯇꯒꯤ ꯃꯔꯝ ꯏꯊꯣꯛꯆꯔꯒꯦ ꯍꯥꯏꯕꯗꯤ ꯐꯟ ꯐꯦꯖ ꯑꯃꯁꯨꯡ ꯐꯥꯎꯟꯗꯦꯁꯟ ꯐꯦꯖ ꯐꯨꯠꯕꯣꯜ ꯀꯣꯆ ꯑꯃ ꯑꯣꯏꯅ ꯐꯦꯖ ꯑꯅꯤ ꯑꯁꯤꯒꯤ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯕꯣꯜ ꯇꯝꯕꯤꯕ ꯑꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯃꯔꯝꯗꯤ ꯆꯍꯤ 9 ꯗꯒꯤꯅ 12 ꯐꯥꯎꯕ ꯑꯁꯤ ꯒꯣꯜꯗꯟ ꯌꯔ ꯑꯣꯐ ꯐꯨꯠꯕꯣꯜ ꯂꯔꯅꯤꯡ ꯍꯥꯏꯗꯅ ꯂꯩꯕ ꯃꯔꯝꯅ ꯀꯣꯆ ꯑꯩꯈꯣꯏꯅ ꯆꯥꯟꯅꯕ ꯄ꯭ꯂꯥꯟꯅꯤꯡ, ꯄ꯭ꯔꯣꯁꯦꯁ ꯑꯃꯗꯤ ꯃꯦꯊꯣꯗꯣꯂꯣꯖꯤ ꯄꯔꯝ ꯆꯨꯝꯅ ꯇꯝꯕꯤꯕ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯄꯤꯛꯂꯤꯕ ꯑꯉꯥꯡꯁꯤꯡ ꯑꯁꯤꯗ ꯇꯝꯕꯤꯒꯗꯕ ꯑꯁꯄꯦꯆꯇ/Topic, M.C. Ps. ꯃꯈꯣꯏꯒꯤ ꯆꯍꯤꯁꯤꯅ ꯑꯉꯥꯡꯁꯤꯡ ꯑꯁꯤꯅ ꯇꯧꯕ ꯉꯝꯕ (ꯑꯕꯤꯂꯤꯇꯌ) ꯃꯈꯣꯏꯒꯤ ꯐꯤꯚꯝ (Appearance) ꯑꯃꯁꯨꯡ ꯇꯥꯛꯄꯤ-ꯇꯝꯕꯤꯕꯗ ꯉꯥꯡꯅ-ꯁꯛꯅꯔꯤꯕ ꯂꯣꯜ (Communication) ꯑꯃꯗꯤ ꯃꯈꯣꯏꯅ ꯂꯥꯏꯅ ꯈꯪꯕ ꯉꯝꯅꯕ ꯎꯠꯄꯤꯕ (Demonstration) ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫
ꯐꯟ ꯐꯦꯖꯗ ꯑꯉꯥꯡꯁꯤꯡꯒꯤ ꯂꯦꯡ-ꯑꯣꯠꯄ (Physical ꯃꯣꯚꯦꯃꯦꯅꯇ) ꯑꯃꯗꯤ ꯍꯛꯆꯥꯡꯒꯤ ꯑꯔꯨꯝꯕ (Body Weight) ꯑꯋꯥꯡꯕ (Height) ꯇꯞꯅ ꯇꯞꯅ ꯄꯥꯡꯒꯜ ꯀꯟꯈꯠꯂꯛꯅꯕꯁꯨ (ꯒꯔꯣꯋ ꯁꯇꯔꯣꯅꯒꯦꯔ) ꯑꯁꯤꯁꯨ ꯈꯪꯅ ꯄ꯭ꯂꯥꯟꯅꯤꯡ ꯇꯧꯕ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯐꯦꯖ ꯑꯁꯤꯗ ꯆꯪꯗ꯭ꯔꯕ ꯌꯥꯗ꯭ꯔꯕ ꯃꯣꯠꯇꯣ ꯁ꯭ꯀꯤꯜꯁ ꯑꯃꯗꯤ ꯇꯣꯉꯥꯟ ꯇꯣꯉꯥꯟꯕ ꯇꯦꯛꯅꯤꯛ ꯇꯝꯕꯤꯅꯕ ꯗ꯭ꯔꯤꯜꯁ, ꯀꯣ-ꯑꯣꯗꯤꯅꯦꯁꯟ, ꯀꯝꯃ꯭ꯌꯨꯅꯤꯀꯦꯁꯟ ꯑꯃꯁꯨꯡ ꯕꯦꯂꯦꯟꯁꯀꯤ ꯗꯤꯚꯦꯂꯞꯃꯦꯟꯠꯀꯤꯗꯃꯛ ꯇꯝꯕꯤ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯐꯨꯠꯕꯣꯜꯗ ꯌꯥꯝꯅ ꯇꯣꯏꯅ ꯇꯆ ꯇꯧꯕ (Maximum

touches) ꯉꯝꯕꯒꯤꯗꯃꯛ ꯐꯟ-ꯑꯣꯔꯤꯑꯦꯟꯇꯦꯗ ꯑꯦꯁ ꯑꯦꯁ ꯖꯤ ꯑꯣꯔꯒꯅꯥꯏꯖ ꯇꯧꯕ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯃꯁꯤꯗ ꯏꯆꯝ ꯆꯝꯕ ꯔꯣꯜ ꯑꯃꯗꯤ ꯌꯥꯝꯅ ꯋꯥꯍꯟꯕ ꯑꯦꯛꯁꯔꯁꯥꯏꯖꯨ ꯃꯑꯣꯡ ꯆꯨꯝꯅ ꯇꯥꯛꯄꯤ-ꯇꯝꯕꯤꯕ ꯇꯉꯥꯏꯐꯗꯦ꯫ ꯐꯥꯎꯟꯗꯦꯁꯟ ꯐꯦꯖꯇꯗꯤ ꯇꯥꯛꯄꯤ ꯇꯝꯕꯤꯕꯒꯤ ꯃꯑꯣꯡ ꯍꯥꯏꯕꯗꯤ ꯇ꯭ꯔꯦꯅꯤꯡ ꯃꯦꯊꯣꯗ ꯑꯁꯤ ꯈꯖꯤꯛ ꯍꯣꯡꯗꯣꯛ-ꯍꯣꯡꯖꯤꯟ ꯇꯧꯕ ꯇꯥꯏ꯫ ꯃꯔꯝꯗꯤ ꯆꯍꯤ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄ꯭ꯂꯦꯌꯔꯒꯤ ꯐꯤꯖꯤꯀꯦꯜ ꯒ꯭ꯔꯣꯊ ꯍꯥꯏꯕꯗꯤ ꯑꯋꯥꯡꯕ ꯑꯃꯁꯨꯡ ꯑꯔꯨꯝꯕ ꯍꯦꯟꯒꯠꯂꯛꯞ ꯃꯔꯝꯅ ꯂꯣꯗ ꯌꯥꯝꯗꯅ ꯈꯔ ꯈꯔ ꯍꯦꯟꯒꯠꯄ ꯑꯃꯁꯨꯡ ꯏꯟꯇꯦꯟꯁꯤꯇꯤꯗꯤ ꯌꯥꯝꯅ ꯅꯦꯝꯅ ꯄ꯭ꯂꯥꯅꯤꯡ ꯇꯧꯕ ꯇꯥꯏ꯫
ꯐꯦꯖ ꯑꯁꯤꯗ 2 Vs 2 ꯑꯃꯗꯤ 3 Vs 3 ꯑꯁꯨꯝꯅ ꯀꯝꯄꯤꯇꯤꯁꯟ ꯇꯝꯕꯤꯕ ꯗꯔꯀꯥꯔ ꯑꯣꯏ, ꯃꯇꯥꯡ ꯑꯁꯤꯗ Tactic ꯍꯥꯏꯕꯁꯤ ꯀꯔꯤꯅꯣ ꯍꯥꯏꯕꯁꯤ ꯃꯃꯨꯠ ꯇꯥꯅ ꯇꯥꯛꯄꯤꯕ ꯑꯃꯗꯤ ꯏꯟꯗꯤꯚꯤꯖꯨꯑꯦꯜ ꯇꯦꯛꯇꯤꯛꯀꯤ ꯃꯔꯝꯗ ꯃꯥꯁꯇꯔ ꯑꯣꯏꯅꯅꯕ ꯐꯔꯁꯠ ꯇꯆꯀꯤ ꯃꯔꯨ ꯑꯣꯏꯕꯗꯨ ꯃꯆꯥ ꯈꯥꯏꯅ ꯈꯪꯍꯟꯕ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯃꯁꯤꯗ ꯀꯣꯆꯅ ꯏꯟꯗꯤꯚꯤꯖꯨꯑꯦꯜ ꯇꯦꯛꯇꯤꯛꯁ ꯑꯃꯗꯤ ꯒ꯭ꯔꯨꯞ ꯇꯦꯛꯇꯤꯁ ꯑꯅꯤꯒꯤ ꯈꯦꯟꯅꯕ ꯑꯗꯨ ꯃꯁꯛ ꯊꯣꯛꯅ ꯇꯥꯛꯄꯤꯕ, ꯊꯕꯛꯅ ꯎꯠꯄꯤꯕ ꯍꯥꯏꯕꯗꯤ ꯗꯦꯃꯣꯟꯁꯇ꯭ꯔꯦꯠ ꯇꯧꯗꯨꯅ ꯊꯣꯋ ꯇꯣ ꯁꯆꯥꯅ ꯇꯍꯦ ꯍꯣꯔꯤꯉꯣꯅ ꯍꯥꯏꯕꯗꯨ ꯃꯁꯤꯅꯤ ꯍꯥꯏꯗꯨꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯃꯤꯠꯃꯥꯡꯗ ꯇꯁꯦꯡ-ꯇꯁꯦꯡꯅ ꯎꯠꯄ ꯑꯗꯨ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯃꯁꯤ ꯈꯪꯗ꯭ꯔꯕꯗꯤ ꯃꯥꯒꯤ-ꯃꯥꯒꯤ ꯑꯅꯤꯡꯕ ꯑꯄꯥꯝꯕ ꯃꯑꯣꯡꯗ ꯁꯥꯟꯅꯈ꯭ꯔꯕꯗꯤ ꯇꯤꯝ ꯇꯦꯛꯇꯤꯛꯁꯇ ꯃꯥꯏ ꯄꯥꯛꯄ ꯉꯝꯂꯣꯏ꯫ ꯃꯔꯝꯗꯤ ꯐꯨꯠꯕꯣꯜ ꯍꯥꯏꯕ ꯃꯁꯥꯟꯅ ꯑꯁꯤꯗꯤ ꯇꯤꯝ-ꯋꯔꯛꯅꯤ ꯑꯗꯨꯅ ꯇꯤꯝ ꯇꯦꯛꯇꯤꯛꯁꯇꯁꯨ ꯃꯃꯨꯠ ꯇꯥꯅ ꯅꯩꯅꯕ, ꯈꯪꯍꯟꯕ ꯌꯥꯝꯅꯃꯛ ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ ꯍꯧꯖꯤꯛ ꯏꯟꯗꯤꯌꯥꯗ ꯌꯨ-13 ꯒꯤ ꯑꯥꯏ ꯂꯤꯒꯀꯤ ꯀꯝꯄꯤꯇꯤꯁꯟ ꯍꯧꯔꯕꯅꯤ ꯐꯦꯖ ꯑꯁꯤꯒꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯏꯟꯗꯤꯚꯤꯖꯨꯑꯦꯜ, ꯒ꯭ꯔꯨꯞ ꯑꯃꯗꯤ ꯇꯤꯝ ꯇꯦꯛꯇꯤꯛꯁ ꯑꯁꯤ ꯄ꯭ꯔꯦꯛꯇꯤꯀꯦꯜꯂꯤ ꯃꯆꯥ ꯈꯥꯏꯅ ꯈꯪꯅ ꯍꯥꯏꯕꯁꯤ ꯇꯧꯗꯕ ꯌꯥꯗ꯭ꯔꯕ ꯃꯊꯧ ꯑꯃꯅꯤ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯄ꯭ꯔꯣꯐꯦꯁꯅꯦꯜ ꯀꯣꯗ ꯑꯃ ꯑꯣꯏꯅ ꯑꯁꯨꯝꯅ ꯍꯥꯏꯅꯤꯡꯏ mdudi- "If we (team) can play some good transition in a match, it will be very much ꯕꯦꯅꯦꯐꯤ cial in our team." ꯑꯗꯨꯗꯅꯗꯤ Transition ꯗ ꯀꯔꯤ ꯗꯔꯀꯥꯔ ꯑꯣꯏ ꯑꯃꯁꯨꯡ ꯃꯗꯨ ꯀꯔꯝꯅ ꯊꯕꯛꯅ ꯑꯣꯟꯊꯣꯛꯀꯅꯤ (Implementation) ꯍꯥꯏꯕꯗꯨꯁꯨ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗ ꯈꯪꯍꯟꯕ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫
ꯐꯦꯖ ꯑꯅꯤ ꯑꯁꯤꯗ (ꯐꯟ ꯑꯦꯟꯗ ꯐꯥꯎꯟꯗꯦꯁꯟ ꯐꯦꯖ) ꯇꯥꯛꯄꯤ ꯇꯝꯕꯤꯕ ꯃꯇꯝꯗ ꯀ꯭ꯋꯥꯂꯤꯐꯥꯏꯗ ꯑꯣꯏꯔꯒ ꯀꯣꯆ ꯑꯃꯒꯤ ꯃꯊꯧ ꯃꯉꯝ (Role) ꯑꯁꯤ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯃꯔꯝꯗꯤ ꯑꯆꯨꯝꯕ ꯑꯁꯦꯡꯕ ꯋꯥꯈꯜꯂꯣꯟ "The ꯃꯣꯃꯦꯅꯇ of Truth" ꯍꯥꯏꯕꯁꯤ ꯃꯁꯥꯟꯅ ꯑꯁꯤꯗ ꯀꯔꯝꯅ ꯑꯃꯗꯤ ꯀꯔꯝꯕ ꯃꯇꯝꯗ ꯁꯤꯖꯤꯟꯅꯒꯅꯤ ꯍꯥꯏꯕꯗꯨ ꯃꯌꯦꯛ ꯁꯦꯡꯅ ꯇꯥꯛꯄꯤ-ꯇꯝꯕꯤꯕ ꯈꯪꯍꯟꯕ ꯆꯪꯏ, ꯀꯔꯤꯒꯤ ‘ꯗꯤ ꯃꯣꯃꯦꯟꯠ ꯑꯣꯐ ꯇ꯭ꯔꯨꯊ’ ꯍꯥꯏꯔꯤꯕꯅꯣ, ꯀꯔꯝꯅ ꯄ꯭ꯔꯦꯛꯇꯤꯀꯦꯜꯂꯤ ꯄꯥꯡꯊꯣꯛꯀꯅꯤ ꯍꯥꯏꯕꯗꯨꯅꯤ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯒꯤ ꯋꯥꯈꯜꯗ ꯂꯩꯍꯟꯕꯅꯤ꯫ ꯃꯗꯨꯅ ꯑꯣꯄꯣꯅꯦꯟꯠꯇ “ꯏꯂꯤꯃꯦꯟꯠ ꯑꯣꯐ ꯁꯔꯄ꯭ꯔꯥꯏꯖ” ꯑꯃ ꯄꯤꯅꯅꯕ ꯂꯦꯡ-ꯑꯣꯠꯄ (ꯃꯨꯚꯃꯦꯟꯠ) ꯗꯔꯀꯥꯔ ꯑꯣꯏ꯫ (ꯌꯥꯝꯅ ꯁꯥꯡꯅ ꯁꯟꯗꯣꯛꯅ ꯏꯖꯔꯔꯣꯏ ꯃꯔꯝꯗꯤ ꯃꯁꯤ ꯌꯥꯝꯅꯃꯛ ꯁꯥꯡꯗꯣꯛꯈ꯭ꯔꯒꯅꯤ, ꯃꯇꯥꯡ ꯆꯥꯅ ꯀꯣꯟꯅ ꯑꯃꯨꯛ ꯏꯖꯔꯛꯂꯒꯦ)꯫ ꯃꯇꯝ ꯑꯁꯤꯗ ꯀꯣꯆꯁꯤꯡꯅ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯀꯥ ꯍꯦꯟꯅ ꯇꯥꯛꯄꯤ ꯇꯝꯕꯤꯔꯣꯏꯗꯕꯅꯤ꯫ (Over ꯋꯥꯆꯍꯦꯗ or over load) ꯃꯁꯤꯅ ꯃꯈꯣꯏꯗ ꯆꯣꯛꯊꯕ (fatique and ꯁꯇꯔꯦꯁꯁ) ꯊꯣꯛꯍꯟꯕ ꯌꯥꯏ꯫ ꯅꯣꯡꯃꯒꯤ ꯄꯥꯔꯥ (ꯇꯣꯄꯤꯛ/ꯑꯦꯁꯄꯦꯛꯠ/ꯊꯤꯝ) ꯑꯗꯨꯈꯛꯇꯃꯛ ꯑꯔꯥꯏꯕ ꯑꯃꯗꯤ ꯅꯨꯡꯉꯥꯏꯕ ꯃꯑꯣꯡꯗ ꯃꯦꯖꯔ ꯀꯣꯆꯤꯡ ꯄꯣꯏꯟꯠꯁꯤꯡꯁꯨ ꯃꯊꯪ ꯃꯅꯥꯎ ꯅꯥꯏꯅ (ꯂꯣꯖꯤꯀꯦꯜꯂꯤ) ꯇꯥꯛꯄꯤ ꯇꯝꯕꯤꯕ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅꯃꯛ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯇꯥꯛꯄꯤ-ꯇꯝꯕꯤꯕꯒꯤ ꯃꯑꯣꯡ-ꯃꯇꯧ ꯀꯔꯝꯕ ꯄꯥꯝꯕꯩ (ꯃꯦꯊꯣꯗꯣꯂꯣꯖꯤ) ꯅ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯊꯨꯅ ꯋꯥꯈꯜ ꯇꯥꯒꯅꯤ ꯑꯃꯗꯤ ꯈꯪꯍꯟꯒꯅꯤ ꯃꯈꯣꯏꯒꯤ ꯇ꯭ꯔꯦꯅꯤꯡ, ꯇꯤꯆꯤꯡ ꯑꯦꯟꯗ ꯏꯠꯁ ꯀꯟꯁꯦꯞꯠ ꯑꯗꯨ ꯃꯄꯨꯡ ꯐꯥꯍꯟꯒꯅꯤ ꯍꯥꯏꯕꯅꯆꯤꯡꯕꯁꯤꯡ ꯑꯁꯤ ꯀꯣꯆꯅ ꯃꯍꯥꯛꯀꯤ ꯄ꯭ꯔꯤ- ꯄ꯭ꯂꯥꯟꯅꯤꯡꯗ ꯃꯃꯤ ꯇꯥꯍꯟꯕ (ꯔꯦꯐ꯭ꯂꯦꯛꯠ) ꯆꯪꯏ꯫ ꯁꯥꯟꯅꯔꯣꯏ ꯑꯃꯃꯝꯗꯒꯤ (ꯏꯟꯗꯤꯚꯤꯖ꯭ꯌꯨꯑꯦꯜ) ꯅ ꯃꯄꯨꯡ ꯑꯣꯏꯕ ꯇꯤꯝ ꯑꯃ ꯁꯦꯝꯒꯠ ꯁꯥꯒꯠꯄꯗ (Team as a ꯋꯍꯣꯂꯦ) ꯆꯪꯕ ꯃꯆꯥꯛꯁꯤꯡꯗꯨ (ꯑꯂꯂ measures) ꯆꯤꯠꯊꯗꯅ ꯑꯃꯃꯝꯇ ꯑꯣꯏꯕ ꯁꯦꯝꯒꯠ-ꯁꯥꯒꯠꯄ ꯆꯪꯏ ꯃꯗꯨꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯅ ꯑꯐꯕ ꯄꯔꯐꯣꯔꯃꯦꯟꯁ ꯄꯤꯕꯗ ꯃꯇꯦꯡ ꯑꯣꯏ꯫ ꯑꯩꯈꯣꯏꯅ ꯁꯥꯟꯅꯔꯣꯏꯁꯤꯡꯗ ꯂꯦꯡꯗꯕ ꯍꯥꯏꯕꯗꯤ ꯍꯣꯡꯗꯣꯛ-ꯍꯣꯡꯖꯤꯟ ꯂꯩꯇꯕ (Permanent) Performance ꯑꯃ ꯂꯩꯅꯅꯕ ꯐꯤꯠꯅꯦꯁꯀꯤ ꯃꯆꯥꯛꯁꯤꯡ (ꯀꯝꯄꯣꯅꯦꯟꯠꯁ) ꯑꯗꯨꯒꯤ ꯃꯊꯛꯇ SAQ ꯒꯤ ꯇ꯭ꯔꯦꯅꯤꯡ ꯄꯤꯕꯁꯨ ꯌꯥꯝꯅ ꯀꯥꯟꯅꯒꯅꯤ ꯈꯜꯂꯤ꯫ ꯐꯨꯠꯕꯣꯜ ꯃꯁꯥꯟꯅꯗ ꯀꯣꯆ ꯑꯃꯗꯤ ꯄ꯭ꯂꯦꯌꯔꯁꯤꯡꯅ ꯃꯁꯥꯅ ꯃꯁꯥꯕꯨ ꯊꯥꯖꯕ (ꯀꯟꯐꯤꯗꯦꯟꯁ) ꯑꯃ ꯂꯩꯍꯟꯕ ꯆꯪꯏ꯫ ꯄ꯭ꯂꯦꯌꯔꯅ ꯀꯣꯆꯄꯨ ꯊꯥꯖꯕ ꯍꯥꯏꯕꯁꯤ ꯀꯣꯆꯇꯨꯅ ꯇꯧꯔꯤꯕ ꯄ꯭ꯂꯥꯟꯅꯤꯡ ꯑꯃꯗꯤ ꯇ꯭ꯔꯦꯅꯤꯡ/ꯄ꯭ꯔꯦꯛꯇꯤꯁ/ꯀꯣꯆꯤꯡꯗꯨꯒꯤ ꯃꯈꯥ ꯌꯥꯝꯅ ꯄꯣꯜꯂꯤ꯫ ꯄ꯭ꯂꯦꯌꯔꯁꯤꯡꯅ ꯌꯥꯝꯅ ꯊꯥꯖꯕ ꯇ꯭ꯔꯦꯅꯤꯡꯗ ꯄꯥꯔꯇꯤꯁꯤꯄꯦꯠ ꯇꯧꯔꯕꯗꯤ ꯃꯗꯨꯒꯤ ꯃꯃꯤꯗꯨ ꯃꯈꯣꯏꯒꯤ ꯄꯔꯐꯣꯔꯃꯦꯟꯁꯇ ꯇꯥꯕ ꯉꯝꯃꯤ꯫ ꯄ꯭ꯂꯦꯌꯔ/ꯁꯥꯟꯅꯔꯣꯏ ꯈꯨꯗꯤꯡꯃꯛꯅ ꯄ꯭ꯂꯦꯌꯤꯡ ꯄꯤꯠꯆꯇ ꯃꯐꯝ ꯑꯇꯝ ꯄꯨꯝꯅꯃꯛꯇ ꯕꯣꯜꯒꯤ ꯑꯥꯁꯥ ꯇꯧꯒꯗꯕꯅꯤ (Expect) ꯑꯗꯨꯅ RandohaIbdi to create space and play on the space AsuMn mfM mtM can Amdi Sxn ꯃꯨꯚꯃꯦꯟꯠ ꯇꯧꯕ ꯇꯥꯏ꯫ ꯃꯇꯥꯡ ꯑꯁꯤꯗ ꯑꯩꯈꯣꯏꯅ (ꯀꯣꯆ) Velocity introducetObsu ꯌꯥꯏ ꯂꯣꯏꯅꯅ ꯏꯅꯇꯦꯅꯁꯤꯇꯌ and Volume of TrainingAsi ꯌꯥꯝꯅ ꯆꯦꯛꯁꯤꯟꯅ ꯏꯝꯄ꯭ꯂꯤꯃꯦꯟꯠ ꯇꯧꯕ ꯌꯥꯝꯅꯃꯛ ꯇꯉꯥꯏꯐꯗꯦ꯫ ꯃꯔꯤ ꯂꯩꯅꯕ ꯍꯧꯔꯛꯐꯝ (Reference/Source) : FIFA Bulletin, AFC ꯏꯅꯁꯇꯔꯨꯆꯇꯣꯔ Manual and SAQ Soccer.=

‘ꯐꯨꯠꯕꯣꯜ ꯇ꯭ꯔꯦꯅꯤꯡꯗ ꯃꯤꯠꯌꯦꯡ ꯑꯃ’

ꯕ꯭ꯔꯥꯎꯟ ꯔꯥꯏꯁ, ꯁꯤꯜꯛꯋꯔꯝ, ꯋꯥꯏꯠ-ꯁ꯭ꯄꯣꯇꯦꯗ
ꯈ꯭ꯂꯋꯔ ꯆꯦꯏꯐꯔ ꯂꯥꯔꯚꯥ, ꯃꯤꯜꯋꯔꯝ, ꯖꯄꯥꯅꯤꯖ
ꯔꯥꯏꯅꯣꯁꯔꯁ ꯕꯤꯇꯜ, ꯒꯔꯥꯁ ꯑꯃꯁꯨꯡ ꯀ꯭ꯔꯤꯀꯦꯠꯇ ꯍꯧꯕ
ꯀꯣꯔꯗꯤꯁꯦꯞꯁꯤꯡꯗ ꯌꯥꯎꯕ ꯀꯣꯔꯤꯁꯦꯄꯤꯟꯒꯤ ꯆꯥꯡꯕꯨ
ꯃꯊꯪꯁꯤꯠꯅ ꯇꯥꯛꯂꯤꯕ ꯆꯥꯔꯠ
ꯏꯟꯁꯦꯛꯠ ꯑꯃꯗ ꯍꯧꯔꯤꯕ ꯀꯣꯔꯗꯤꯁꯦꯞꯁ ꯃꯈꯜ ꯑꯃ
ꯀꯣꯔꯗꯤꯁꯦꯄꯤꯟꯒꯤ ꯀꯦꯃꯤꯀꯜ ꯁ꯭ꯇꯔꯛꯆꯔ