Imphal, sunday, ꯁꯦꯄꯇꯦꯃꯕꯦꯔ 29, 2019 ꯅꯣꯡꯃꯥꯏꯖꯤꯡ, ꯃꯦꯔꯥꯒꯤ ꯅꯣꯡꯃ ꯄꯥꯟꯕ, ꯃꯥꯂꯤꯌꯥ ꯀꯨꯝꯁꯤꯡ 3417 obT\ꯂꯩ ꯃꯀꯩꯋ꯭ꯀ

HUEIYEN LANPAO

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ꯋꯥꯔꯤ ꯑꯃꯁꯨꯡ ꯈꯨꯠꯌꯦꯛ ꯁꯝꯁꯟ ꯁꯂꯥꯝ
ꯃꯆꯥꯅꯨꯄꯤ ꯏꯟꯗꯨꯄ꯭ꯔꯚ ꯂꯧꯕ ꯀꯥꯁꯥꯔꯒꯤ ꯅꯤꯡꯊꯧ ꯀ꯭ꯔꯤꯁꯅꯥꯆꯟꯗ꯭ꯔꯒꯤ
ꯃꯇꯦꯡ ꯂꯧꯗꯨꯅ ꯆꯧꯔꯖꯤꯠꯇ ꯂꯥꯟꯗꯥꯔꯛꯂꯝꯃꯤ꯫

ꯃꯥꯔꯖꯤꯠꯅ ꯆꯧꯔꯖꯤꯠꯇ ꯆꯍꯤ 5 ꯍꯦꯜꯂꯛꯇꯨꯅ ꯃꯥ ꯑꯃꯨꯛ ꯅꯤꯡꯊꯧ
ꯑꯣꯏꯔꯒꯦ ꯍꯥꯏꯕꯗ ꯃꯇꯝ ꯈꯔꯥ ꯉꯥꯏꯈꯣ ꯍꯥꯏꯔꯛꯂꯝꯃꯤ꯫

ꯌꯥꯝꯕꯨꯡ? ꯏꯅꯥꯎ
ꯏꯕꯨꯉꯣ ꯃꯇꯝ ꯈꯔꯥ
ꯉꯥꯏꯈꯣꯀꯣ꯫

ꯑꯗꯨꯕꯨ ꯕꯤꯁꯅꯨꯄꯨꯔꯒꯤ ꯂꯥꯟꯐꯝꯗ ꯃꯙꯨꯆꯟꯗ꯭ꯔ ꯂꯥꯟ ꯄꯣꯕꯗ
ꯅꯠꯇꯅ ꯃꯊꯋꯥꯏ ꯃꯥꯡꯈꯤꯔꯝꯃꯤ꯫

ꯆꯍꯤ ꯇꯔꯦꯠ ꯈꯨꯟꯇꯥꯛꯄ
ꯑꯥꯔꯠ ꯑꯃꯁꯨꯡ ꯀꯂꯔ : ꯁꯝꯁꯟ ꯁꯂꯥꯝ

- ꯅꯥꯅꯤ luPa ꯐꯨꯗꯣꯡꯕ ꯅꯣꯛꯐꯗꯦꯒꯤ ꯊꯧꯔꯝ
ꯀꯨꯏꯈꯤꯗ꯭ꯔꯤꯕꯣꯏ ꯅꯤꯡꯂꯨꯏ ꯅꯣꯛꯐꯗꯦꯅ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯐꯥꯒꯤꯒꯤ ꯃꯌꯥꯛ ꯑꯃ
ꯄꯨꯗꯨꯅ ꯁꯥꯐꯣꯡꯂꯛꯈꯤꯕꯕꯗꯨ꯫ ꯃꯇꯝꯗꯨꯗ ꯀꯦꯁꯦꯠ ꯌꯣꯟꯕ ꯗꯨꯀꯥꯟꯁꯤꯡꯗꯒꯤ
ꯈꯣꯡꯂꯛꯄ ꯑꯣꯗꯤꯑꯣ ꯀꯦꯁꯦꯠ ꯅꯣꯛꯐꯗꯦꯅ ꯂꯝꯕꯤ ꯑꯆꯠ-ꯑꯑꯣꯛꯁꯤꯡꯕꯨ ꯗꯨꯀꯥꯟ
ꯃꯄꯥꯗ ꯇꯥꯔꯒ ꯁꯤꯊ-ꯁꯤꯊ ꯅꯣꯛꯈꯤꯕꯗꯨ ꯃꯤꯠꯁꯤꯗ ꯁꯪ-ꯁꯪꯅ ꯎꯔꯤ꯫ ꯃꯅꯤꯄꯨꯔꯗ
ꯄꯨꯛꯆꯦꯜ ꯇꯤꯡꯅ ꯃꯤꯕꯨ ꯐꯖꯅ ꯅꯣꯛꯍꯟꯈꯤꯕꯁꯤꯡꯁꯤ- ꯐꯥꯒꯤꯒꯤ ꯅꯤꯡꯊꯧꯔꯦꯜ ꯑꯣꯏꯅ
ꯂꯩꯕꯤꯔꯝꯕ ꯑꯣꯏꯅꯥꯝ ꯕꯥꯕꯨ, ꯇꯈꯦꯜꯂꯝꯕꯝ ꯆꯥꯎꯕ, ꯃꯌꯥꯡ ꯏꯝꯐꯥꯜ ꯇꯣꯝꯕꯤꯅꯆꯤꯡꯕ
ꯑꯣꯖꯥꯁꯤꯡ ꯑꯁꯤꯅꯤ꯫ ꯃꯈꯣꯏꯗ ꯅꯠꯇꯅ ꯑꯇꯩ ꯃꯌꯥꯝ ꯑꯃꯁꯨ ꯂꯩꯔꯤ, ꯂꯣꯏꯅꯃꯛ
ꯃꯤꯡ ꯄꯟꯗ꯭ꯔꯦ꯫ ꯃꯈꯣꯏꯒꯤ ꯐꯥꯒꯤꯒꯤ ꯑꯣꯗꯤꯑꯣ ꯀꯦꯁꯦꯠ ‘ꯏꯄꯣꯝ’ ꯅ ꯃꯤꯄꯨꯝ
ꯈꯨꯗꯤꯡꯕꯨ ꯄꯨꯛꯂꯤ ꯄꯥꯏꯍꯟꯈꯤꯕ ꯃꯇꯝꯅꯤ꯫ ꯂꯖꯥ ꯑꯍꯜꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯃꯇꯝ
ꯂꯣꯏꯁꯤꯜꯂꯛꯇꯨꯅ ꯊꯨꯞꯈ꯭ꯔꯕ ꯃꯇꯨꯡꯁꯤꯗꯗꯤ, ꯑꯅꯧꯕ ꯐꯥꯒꯤ ꯄꯨꯕ ꯅꯍꯥꯁꯤꯡ ꯉꯥꯛꯇꯅ
ꯃꯈꯜ ꯃꯊꯦꯜ ꯀꯌꯥꯒꯤ ꯋꯥꯔꯤ ꯃꯆꯥ-ꯃꯆꯥ, ꯊꯧꯗꯣꯛ ꯃꯆꯥ-ꯃꯆꯥ ꯑꯃꯗꯤ ꯃꯇꯧ ꯇꯝꯕꯒꯤ
(ꯃꯤꯃꯤꯀ꯭ꯔꯤ) ꯐꯥꯒꯤꯅ ꯉꯥꯏꯍꯥꯛ ꯉꯥꯏꯍꯥꯛꯇ ꯑꯣꯏꯔꯁꯨ ꯅꯣꯛꯍꯜꯂꯛꯈꯤꯕ꯫ ꯃꯈꯣꯏ
ꯈꯔꯥ ꯑꯁꯤ ꯅꯠꯇ꯭ꯔꯗꯤ ꯊꯣꯏꯗꯣꯛꯅ ꯃꯅꯤꯄꯨꯔꯗ ꯅꯣꯛꯅꯕꯒꯤ ꯃꯆꯥꯁꯤ ꯊꯣꯏꯅ
ꯂꯩꯇ꯭ꯔꯦ꯫ ꯅꯣꯡ ꯉꯥꯟꯕꯗꯒꯤ ꯊꯣꯛꯂꯤꯕ ꯑꯋꯥ-ꯑꯅꯥ, ꯃꯁꯤ-ꯃꯤꯅꯥ, ꯃꯤꯍꯥꯠ-ꯃꯤꯄꯨꯟ
ꯀꯌꯥ ꯑꯁꯤꯒꯤ ꯃꯔꯛꯇ ꯆꯥꯅꯤꯡꯉꯥꯏ-ꯁꯨꯅꯤꯡꯉꯥꯏ ꯂꯩꯇꯕꯒꯤ ꯈꯝ ꯊꯦꯡꯅ ꯋꯥꯈ꯭ꯔꯕ
ꯃꯇꯝꯁꯤꯗꯁꯨ ꯀꯔꯤꯗ ꯌꯦꯡꯂꯒ ꯅꯣꯛꯇꯧꯔꯤꯕꯅꯣ? ꯅꯣꯛꯇꯕꯗꯤ ꯌꯥꯗꯦ, ꯅꯣꯛꯄ
ꯍꯥꯏꯕꯁꯤꯗꯤ ꯁꯤꯗ ꯍꯤꯗꯥꯛꯅꯤ, ꯄꯨꯟꯁꯤ ꯅꯨꯡꯁꯥꯡꯅꯕꯅꯤ, ꯂꯥꯏꯅ ꯇꯤꯜꯅ ꯆꯪꯗꯅꯕꯅꯤ,
ꯑꯃꯒ ꯑꯃꯒ ꯅꯨꯡꯁꯤ ꯂꯤꯄꯨꯟꯅ ꯄꯨꯟꯃꯤꯟꯅꯅꯕꯅꯤ, ꯑꯗꯨꯕꯨ ꯅꯣꯛꯅꯕꯩ ꯃꯆꯥꯛꯇꯤ
ꯂꯩꯇ꯭ꯔꯦ-ꯀꯝꯗꯧꯅ ꯅꯣꯛꯀꯅꯤ? ꯑꯩꯈꯣꯏ ꯃꯤꯌꯥꯝꯕꯨ ꯈꯔꯗ ꯑꯣꯔꯁꯨ ꯅꯣꯛꯍꯟꯕꯤꯔꯤꯕ
‘ꯅꯣꯛꯐꯗꯦ’ ꯀꯥꯡꯕꯨꯁꯤꯕꯨ ꯇꯔꯥꯏꯅ ꯂꯧꯔꯨꯕ ꯌꯥꯔꯤꯕ꯭ꯔꯥ?

ꯉꯁꯤꯗꯤ ꯅꯣꯛꯐꯗꯦ ꯆꯍꯤ 25ꯁꯨꯕꯒꯤ ꯁꯤꯜꯚꯔ ꯖꯨꯕꯤꯂꯤ (ꯂꯨꯄꯥ ꯐꯨꯗꯣꯡꯕ) ꯊꯧꯔꯝ,
ꯍꯧꯈꯤꯕ ꯁꯦꯞꯇꯦꯝꯕꯔ 25, 2019 ꯗ ꯂꯝꯌꯥꯅꯕ ꯁꯪꯂꯦꯟꯗ ꯃꯥꯏ ꯄꯥꯛꯅ, ꯍꯔꯥꯎ
ꯇꯌꯥꯝꯅ ꯄꯥꯡꯊꯣꯛꯈ꯭ꯔꯦ꯫ ꯊꯧꯔꯝ ꯑꯗꯨꯗ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯂꯩꯈꯤꯗ꯭ꯔꯕ ꯀꯣꯃꯦꯗꯤꯌꯟ-
ꯑꯦꯜ ꯙꯅꯕꯤꯔ ꯑꯃꯗꯤ ꯑꯣ ꯃꯪꯒꯤꯕꯨ ꯏꯀꯥꯏ ꯈꯨꯝꯅꯕ ꯎꯠꯇꯨꯅ ꯈꯨꯗꯣꯜꯄꯣꯠ ꯄꯤꯈꯤ꯫
ꯂꯣꯏꯅꯅ ꯑꯦꯁ ꯑꯩꯆ ꯍꯦꯃꯟꯇ, ꯇꯤ ꯑꯩꯆ ꯊꯣꯏꯊꯣꯏ, ꯖꯤ ꯒꯨꯅ ꯁꯔꯝꯃꯗꯁꯨ ꯏꯀꯥꯏ
ꯈꯨꯝꯅꯕ ꯎꯠꯇꯨꯅ ꯑꯁꯤꯅ ꯃꯄꯨꯡ ꯑꯣꯏꯕ ꯊꯧꯔꯃ ꯑꯣꯏꯈꯤ꯫ ꯊꯧꯔꯝ ꯑꯗꯨꯗ ꯁ꯭ꯔꯤ
ꯀꯔꯥꯝ ꯁ꯭ꯌꯥꯝ, ꯑꯣꯟꯔꯦꯕꯜ ꯃꯤꯅꯤꯁꯇꯔ ꯄꯤ ꯗꯤ ꯑꯦꯁ ꯑꯃꯗꯤ ꯀꯟꯖ꯭ꯌꯨꯃꯔ
ꯑꯦꯐ꯭ꯌꯦꯔꯁꯅ ꯆꯤꯐ ꯒꯦꯁꯠ, ꯑꯦꯁ ꯑꯩꯆ ꯅꯕꯥ ꯁꯔꯝꯃ , ꯀꯣ-ꯑꯣꯔꯗꯤꯅꯦꯇꯔ,
ꯗꯤꯄꯥꯔꯠꯃꯦꯟꯠ ꯑꯣꯐ ꯑꯥꯔꯠ ꯑꯦꯟꯗ ꯀꯜꯆꯔꯅ ꯄ꯭ꯔꯁꯤꯗꯦꯟꯠ ꯑꯃꯗꯤ ꯊꯥꯡꯖꯝ
ꯑꯔꯨꯟ, ꯁꯣꯁꯜ ꯋꯥꯔꯀꯔꯅ ꯒꯦꯁꯠ ꯑꯣꯐ ꯑꯣꯅꯔ ꯑꯣꯏꯅ ꯁꯔꯨꯛ ꯌꯥꯈꯤ꯫ ꯊꯧꯔꯝꯒꯤ
ꯃꯅꯨꯡ ꯆꯟꯅ ꯅꯣꯛꯐꯗꯦꯒꯤ ꯑꯅꯧꯕ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡꯅ ꯃꯤꯃꯤꯀ꯭ꯔꯤ ꯃꯆꯥ-ꯃꯆꯥ
ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯑꯔꯥꯛꯄꯁꯤꯒꯤ ꯄꯨꯛꯅꯤꯡ-ꯋꯥꯈꯜꯗ ꯂꯩꯔꯝꯕ Tension,
Anxiety, Depression ꯄꯨꯝꯅꯃꯛ ꯂꯧꯊꯣꯛꯇꯨꯅ ꯃꯄꯨꯛꯅꯤꯡ ꯄꯦꯟꯅ
ꯄꯦꯟꯅ ꯅꯣꯛꯍꯟꯈꯤ꯫
ꯃꯤꯃꯤꯀ꯭ꯔꯤ ꯍꯥꯏꯕ ꯑꯁꯤ ꯏꯇꯣꯞ ꯇꯣꯞꯄ ꯃꯈꯜꯒꯤ ꯐꯥꯒꯤ ꯃꯇꯥ ꯑꯃꯅꯤ꯫ ꯃꯔꯤꯜ
ꯏꯈꯥ ꯈꯥꯗꯕ ꯐꯥꯒꯤ ꯖꯥꯇꯥ ꯑꯃ ꯑꯣꯏꯔꯕꯁꯨ, ꯑꯔꯇꯤꯁꯠ ꯑꯗꯨ ꯃꯤꯒꯤ ꯄꯨꯛꯂꯤꯕꯨ ꯄꯥꯏꯗꯨꯅ
ꯁꯥꯟꯅꯕ ꯉꯝꯈꯤꯕꯒꯤ ꯃꯇꯤꯛ ꯃꯌꯥꯏ ꯑꯃꯗꯤ ꯆꯦꯜꯂꯕꯅꯤ꯫ ꯃꯁꯤꯅꯤ ꯄꯤꯊꯣꯔꯛꯄ
ꯍꯥꯏꯕꯁꯤ꯫ ꯄꯤꯊꯣꯛꯄꯁꯤꯒꯤ ꯃꯊꯛꯇ ꯇꯦꯅꯤꯡ ꯑꯃꯒ ꯍꯥꯞꯆꯤꯜꯂꯕꯗꯤ ꯀꯔꯤ
ꯑꯣꯏꯒꯅꯤ꯫ ꯃꯤꯃꯤꯀ꯭ꯔꯤꯅ ꯁ꯭ꯇꯦꯞꯄꯤꯡ ꯁ꯭ꯇꯣꯟ ꯑꯣꯏꯔꯒ ꯑꯥꯔꯇꯤꯀꯤ ꯇꯥꯏꯕꯪꯗ
ꯆꯣꯡꯁꯤꯜꯂꯛꯇꯨꯅ ꯉꯁꯤꯗꯤ ꯐꯥꯒꯤꯒꯤ ꯑꯆꯧꯕ ꯐꯤꯗ ꯑꯃ ꯐꯪꯗꯨꯅ ꯃꯐꯝ ꯆꯥꯎꯅ
ꯆꯥꯎꯅ ꯀꯜꯂꯕ ꯑꯥꯔꯇꯤꯁꯠ ꯐꯅ ꯌꯥꯝꯅ ꯃꯅꯤꯄꯨꯔꯗꯁꯨ, ꯕꯣꯜꯂꯤꯔꯨꯗ/ꯍꯣꯂꯤꯔꯨꯗꯇꯁꯨ
ꯌꯥꯎꯅꯔꯦ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯀꯣꯃꯦꯗꯤꯌꯥꯟ ꯑꯌꯥꯝꯕ ꯃꯤꯃꯤꯀ꯭ꯔꯤ
ꯑꯥꯔꯇꯤꯁ ꯑꯣꯏꯅ ꯍꯧꯔꯛꯁꯤꯕꯅꯤ꯫ ꯈꯔꯗꯪ ꯄꯟꯕ ꯌꯥꯕꯗ- ꯅꯣꯔꯦꯜꯂ ꯚꯦꯅꯨ ꯃꯥꯙꯕ
(ꯗꯤꯁꯦꯝꯕꯔ 28,1932-ꯖꯨꯟ 18-2018) ꯍꯥꯏꯕ ꯑꯁꯤ ꯋꯥꯔꯥꯡꯒꯜ, ꯍꯥꯏꯗ꯭ꯔꯕꯥꯗꯇ
ꯄꯣꯛꯈꯤꯕꯅꯤ꯫ ꯃꯍꯥꯛ ꯃꯁꯥꯒꯤ ꯆꯍꯤ 16ꯁꯨꯕꯗꯒꯤ ꯃꯤꯃꯤꯀ꯭ꯔꯤ ꯑꯥꯔꯇꯤꯁꯠ ꯑꯣꯏꯅ
ꯃꯤꯌꯥꯝꯅ ꯁꯛ ꯈꯪꯕ ꯍꯧꯔꯛꯈꯤꯕꯅꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯁꯤꯡꯊꯥꯅꯤꯡꯉꯥꯏ ꯑꯣꯏꯕ ꯑꯈꯟꯅꯕ
ꯄꯥꯔꯐꯣꯔꯃꯦꯟꯁꯀꯤꯗꯃꯛ ꯏꯟꯗꯤꯌꯥ ꯒꯚꯔꯟꯃꯦꯟꯠꯅ ꯃꯍꯥꯛꯄꯨ ꯀꯨꯝꯖꯥ 2001
ꯗ ꯄꯗꯃꯁ꯭ꯔꯤ ꯑꯦꯋꯥꯔꯗ ꯄꯤꯗꯨꯅ ꯏꯀꯥꯏ ꯈꯨꯝꯅꯈꯤ꯫ ꯃꯁꯤꯗꯒꯤ ꯍꯦꯟꯗꯣꯛꯇꯨꯅ
ꯑꯟꯙꯥ ꯄ꯭ꯔꯗꯦꯁꯀꯤ ꯃꯇꯝ ꯑꯃꯒꯤ ꯆꯤꯐ ꯃꯤꯅꯤꯁꯇꯔ ꯑꯣꯏꯔꯝꯕ ꯄꯤ ꯚꯤ
ꯅꯔꯁꯤꯃꯍꯥ ꯔꯥꯎꯅ ꯅꯣꯃꯤꯅꯦꯠ ꯇꯧꯗꯤꯅ ꯀꯨꯝꯖꯥ 1972-1976 ꯐꯥꯎꯕꯥ ꯑꯦꯝ ꯑꯦꯜ
ꯑꯦ ꯑꯃ ꯑꯣꯏꯅ ꯑꯦꯁꯦꯝꯕ꯭ꯂꯤꯗꯥ ꯐꯝꯈꯤ꯫ ꯑꯟꯙ꯭ꯔꯥ ꯄ꯭ꯔꯥꯗꯦꯁꯇ ꯂꯩꯕ ꯀꯀꯥꯇꯤꯌꯥ
ꯌꯨꯅꯤꯚꯔꯁꯤꯇꯤꯅ ꯃꯍꯥꯛꯄꯨ ꯑꯣꯅꯔꯦꯔꯤ ꯗꯥꯛꯇꯔꯦꯠ ꯗꯤꯒ꯭ꯔꯤ ꯐꯥꯎꯕ ꯄꯤꯈꯤ꯫ ꯃꯍꯥꯛꯅ
ꯂꯩꯈꯤꯗ꯭ꯔꯕ ꯃꯇꯝꯗ, ꯁ꯭ꯇꯦꯠꯀꯤ ꯊꯥꯛꯇ ... ꯐꯥꯎꯕ ꯄꯥꯡꯊꯣꯛꯈꯤ꯫ ꯃꯍꯥꯛꯀꯤ ꯃꯇꯨꯡꯗ
ꯂꯥꯛꯈꯤꯕ ꯑꯥꯔꯇꯤꯁꯠ ꯀꯌꯥ- Raju ꯈꯔꯤꯚꯥꯁꯇꯥꯚꯥ, ꯑꯁꯍꯥꯅ Qureshi,
Sufiyan Sheikh, Sakeel Siddique, Moin Akhtar, Sunil
Gover, Bharati Singh, Sugandha Mishra, Sanket
Bhosle, Sudesh Bhosle, Kapil Sharma, Sunil Pal,

Johny Lever, Sonu Nigam, Purvi Sinha, Jaswant
ꯈꯤꯅꯍꯥ, Vijay ꯏꯁꯋꯥꯔꯂꯥꯂ Pawar (VIP), ꯈꯨꯗꯦꯁꯍ ꯅꯆꯤꯡꯕ
ꯌꯥꯝꯅ ꯂꯩꯈ꯭ꯔꯦ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯑꯣꯏꯅꯁꯨ ꯃꯤꯃꯤꯀ꯭ꯔꯤ ꯑꯥꯔꯇꯤꯁ ꯑꯦꯁꯣꯁꯤꯑꯦꯁꯟ,
ꯃꯨꯝꯕꯥꯏ ꯍꯥꯏꯕ ꯑꯃꯁꯨ ꯃꯈꯣꯏꯒꯤ ꯋꯦꯜꯐ꯭ꯌꯦꯔꯒꯤꯗꯃꯛ ꯑꯈꯟꯅꯕ ꯊꯧꯔꯥꯡ ꯀꯌꯥ
ꯂꯧꯈꯠꯄꯁꯨ ꯂꯩꯈ꯭ꯔꯦ꯫ ꯃꯅꯤꯄꯨꯔꯗꯗꯤ ꯐꯥꯒꯤ ꯌꯣꯛꯈꯠꯅꯕ ꯍꯣꯠꯅꯖꯔꯤꯕ ꯅꯣꯛꯐꯗꯦꯒꯤ
ꯀꯥꯡꯕꯨ ꯑꯁꯤꯗ ꯀꯔꯤ ꯇꯧꯈ꯭ꯔꯕꯒꯦ ꯑꯃꯗꯤ ꯀꯔꯤ ꯇꯧꯅꯤꯡꯂꯤꯕꯒꯦ ꯍꯥꯏꯕꯁꯤ
ꯑꯆꯧꯕ ꯋꯥꯍꯪ ꯑꯃ ꯑꯣꯏꯅ ꯂꯩꯔꯤ꯫ ꯉꯥꯏꯍꯥꯛ ꯀꯧꯔꯒ ꯉꯥꯏꯍꯥꯛ ꯅꯣꯛꯄꯗꯒꯤ
ꯍꯦꯟꯅ ꯑꯥꯔꯇꯤꯁꯠꯁꯤꯡ ꯑꯁꯤꯒꯤ ꯑꯃꯗꯤ ꯐꯥꯒꯤꯅ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯗ ꯂꯧꯔꯤꯕ
ꯊꯧꯗꯥꯡ ꯀꯌꯥ ꯑꯁꯤ ꯌꯦꯡꯂꯒ ꯃꯁꯤ ꯊꯑꯣꯏꯅ ꯌꯣꯛꯈꯠꯅꯕ ꯀꯩꯁꯨ ꯊꯣꯏꯗꯣꯛꯄ
ꯃꯤꯠꯌꯦꯡ ꯆꯪꯗꯕꯗꯧꯅ ꯇꯧꯔꯤ꯫ ꯃꯁꯤꯒꯨꯝꯕ ꯃꯤꯠꯌꯦꯡ ꯑꯁꯤꯗꯒꯤ ꯈꯔꯥ ꯊꯩꯗꯣꯛꯂꯒ
ꯅꯨꯡꯁꯤꯕꯤꯕ ꯃꯤꯠꯌꯦꯡ ꯑꯃ ꯌꯦꯡꯕꯤꯗꯨꯅ ꯇꯧꯕ ꯌꯥꯕ ꯀꯔꯤꯅꯣ ꯈꯔꯥ ꯇꯣꯍꯟꯕ ꯐꯩ꯫
ꯃꯁꯤ ꯅꯣꯛꯐꯗꯦꯒꯤ ꯋꯥ ꯅꯠꯇꯅ ꯇꯨꯡꯒꯤ ꯈꯨꯟꯅꯥꯏ ꯑꯁꯤꯒꯤꯗꯃꯛ ꯊꯣꯏꯗꯣꯛꯅ
ꯀꯥꯟꯅꯔꯕ ꯊꯧꯁꯤꯜ ꯑꯃ ꯑꯣꯏꯔꯁꯨ ꯄꯨꯊꯣꯛꯂꯤꯕꯅꯤ꯫ ꯃꯁꯤ ꯑꯔꯥꯏꯕ ꯅꯠꯇꯦ,
ꯃꯈꯣꯏꯒꯤ ꯄ꯭ꯂꯦꯠꯐꯣꯔꯝ ꯄꯨꯗꯨꯅ ꯃꯈꯣꯏꯕꯨ ꯄꯥꯔꯐꯣꯔꯃꯦꯟꯁ ꯄꯤꯍꯟꯕ ꯍꯥꯏꯕꯁꯤ
ꯑꯃꯅ ꯍꯦꯛꯇ ꯇꯧꯕ ꯌꯥꯒꯗꯕ ꯅꯠꯇꯦ꯫ ꯑꯗꯨꯅ ꯅꯣꯛꯐꯗꯦꯒꯤ ꯑꯣꯏꯅ ꯂꯩꯔꯤꯕ
ꯑꯥꯔ ꯀꯦ ꯂꯤꯂꯝꯁ ꯑꯃꯗꯤ ꯅꯣꯛꯐꯗꯦ ꯀꯜꯆꯔꯦꯜ ꯐꯥꯎꯟꯗꯦꯁꯟꯗ ꯃꯔꯤ ꯂꯩꯅꯕ
ꯄꯨꯝꯅꯃꯛꯁꯤꯡꯅ ꯃꯤꯠꯌꯦꯡ ꯆꯪꯕ ꯆꯨꯝꯒꯅꯤ꯫
ꯐꯥꯒꯤ ꯍꯥꯏꯕ ꯑꯁꯤ ꯃꯤꯑꯣꯕꯒꯤ ꯄꯨꯟꯁꯤꯗ ꯌꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏ꯫ ꯍꯛꯆꯥꯡ
ꯉꯥꯝꯂꯛꯇꯕ ꯃꯇꯝꯗ ꯍꯤꯗꯥꯛ ꯆꯥꯔꯒ ꯍꯛꯆꯥꯡ ꯅꯨꯉꯥꯏꯕꯒꯨꯝ ꯋꯥꯈꯜ nuzairKtb
ꯃꯇꯝꯗ ꯐꯥꯒꯤ ꯑꯃꯅ ꯋꯥꯈꯜꯒꯤ ꯅꯨꯡꯉꯥꯏꯇꯕ ꯄꯨꯝꯅꯃꯛ ꯐꯍꯜꯂꯤ꯫ ꯇꯁꯦꯡꯅꯃꯛ
ꯐꯥꯒꯤ ꯍꯥꯏꯕꯁꯤ ꯍꯤꯗꯥꯛ ꯃꯈꯜ ꯑꯃꯅꯤ, ꯈꯦꯟꯅꯔꯤꯕ ꯍꯥꯏꯕꯕꯨ ꯍꯤꯗꯥꯛ ꯍꯥꯏꯕꯁꯤꯅ
ꯅꯥꯔꯕ ꯆꯥꯕꯅꯤ, ꯐꯥꯒꯤ ꯍꯥꯏꯕ ꯍꯤꯗꯥꯛ ꯃꯈꯜ ꯑꯁꯤꯗꯤ ꯅꯥꯗ꯭ꯔꯤꯉꯩꯗ ꯆꯥꯔꯁꯨ ꯁꯨꯛꯅ
ꯅꯥꯍꯟꯗꯦ, ꯅꯥꯔꯒ ꯆꯥꯔꯁꯨ ꯑꯅꯥꯕ ꯐꯍꯜꯂꯤ꯫ ꯍꯔꯥꯎ ꯇꯌꯥꯝꯕ ꯍꯥꯏꯕꯁꯦ ꯅꯨꯡꯁꯤꯅꯕꯒꯤ
ꯑꯍꯥꯟꯕ ꯁꯔꯨꯛꯅꯤ, ꯅꯣꯛꯃꯤꯟꯅꯕ ꯍꯥꯏꯕꯁꯤꯅ ꯑꯅꯤꯁꯨꯕꯅꯤ꯫ ꯃꯁꯤꯕꯨ ꯌꯥꯎꯗ꯭ꯔꯕꯗꯤ
ꯅꯨꯡꯁꯤꯅꯕ ꯂꯩꯔꯣꯏ꯫ ꯌꯨꯅꯤꯇꯤ ꯄꯨꯔꯛꯄ ꯉꯝꯂꯣꯏ꯫ ꯂꯩꯁꯥꯕꯤꯅ ꯄꯥꯈꯪ ꯎꯔꯒ ꯅꯣꯛꯐꯦꯠ
ꯇꯧꯗꯗꯨꯅ ꯁꯨꯛꯇꯣꯛꯅꯔꯒꯗꯤ ꯀꯥꯏꯗꯩ ꯑꯅꯤꯗꯨ ꯅꯨꯡꯁꯤꯅꯔꯛꯀꯅꯤ꯫ ꯅꯣꯛꯐꯦꯠ
ꯇꯧꯅꯕꯗꯒꯤ ꯋꯥꯈꯜꯒꯤ ꯂꯝꯖꯦꯜ ꯊꯥꯗꯨꯅ ꯐꯨꯔꯨꯞꯁꯤꯡ ꯑꯁꯤ ꯄꯨꯟꯅ ꯆꯥꯃꯤꯟꯟꯕ,
ꯄꯨꯟꯅ ꯅꯣꯛꯃꯤꯟꯅꯕ ꯉꯝꯂꯣꯏ꯫ ꯁꯨꯛꯇꯣꯛꯅꯔꯕꯗꯤ ꯊꯥꯡ ꯁꯠꯅꯔꯛꯀꯅꯤ,
ꯅꯣꯛꯃꯤꯟꯅꯔꯕꯗꯤ ꯀꯣꯟꯅꯔꯛꯅꯤ꯫

ꯐꯥꯒꯤ ꯍꯥꯏꯕꯁꯤ ꯂꯜ ꯂꯝꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯈꯦꯟꯅꯕ ꯃꯑꯣꯡ ꯂꯩꯕꯗꯤ ꯌꯥꯏ꯫
ꯑꯗꯨꯕꯨ ꯏꯀꯣꯟ ꯍꯦꯛ ꯀꯣꯟꯕꯗ ꯃꯤꯕꯨ ꯐꯖꯅ ꯅꯨꯡꯉꯥꯏꯅ ꯅꯣꯛꯍꯟꯕ ꯍꯥꯏꯕꯁꯤꯅ
ꯐꯥꯒꯤꯒꯤꯗꯤ ꯑꯔꯣꯏꯕ ꯄꯟꯊꯨꯡꯅꯤ꯫ ꯃꯅꯤꯄꯨꯔꯒꯤ ꯑꯣꯏꯅꯗꯤ ꯐꯥꯒꯤ ꯍꯥꯏꯕꯁꯤ
ꯃꯤꯌꯥꯝ ꯃꯔꯛꯇꯒꯤ hOrKi꯫ ꯁꯥ-ꯎꯆꯦꯛꯀꯤ ꯁꯪꯒꯨ-ꯁꯪꯒꯨ, ꯃꯤꯑꯣꯏꯕ ꯀꯥꯡꯂꯨꯞ
ꯀꯥꯡꯂꯨꯞꯀꯤ ꯁꯤꯜꯂꯝ-ꯁꯤꯟꯊꯥ, ꯁꯥꯖꯠ, ꯋꯥꯉꯥꯡ-ꯁꯥꯉꯥꯡ ꯀꯌꯥꯒꯤ ꯃꯑꯣꯡ-
ꯃꯇꯧꯗꯒꯤꯁꯨ ꯐꯥꯒꯤꯒꯤ ꯑꯅꯧꯕ ꯃꯁꯛ ꯁꯥꯒꯠꯂꯛꯏ꯫ ꯐꯥꯒꯤ ꯍꯩꯕꯁꯤꯡ ꯃꯗꯨꯒꯨꯝꯕ
ꯀꯌꯥꯗꯨꯗꯒꯤ ꯐꯥꯒꯤ ꯁꯨꯡꯅꯕ ꯋꯥꯈꯜ ꯊꯥꯗꯅꯩ꯫ ꯁꯤꯟꯁꯨ-ꯁꯪꯗ, ꯂꯧꯕꯨꯛꯇ, ꯀꯩꯊꯦꯜꯗ,
ꯍꯣꯇꯦꯜꯗ ꯐꯥꯒꯤ ꯃꯌꯥꯝ ꯑꯃ ꯊꯣꯔꯛꯏ꯫ ꯃꯤꯌꯥꯝ ꯄꯨꯝꯅꯃꯛ ꯐꯥꯒꯤ ꯇꯧꯅꯗꯨꯅ
ꯍꯛꯆꯥꯡꯒꯤ ꯆꯣꯛꯊꯕ ꯄꯨꯝꯅꯃꯛ ꯐꯍꯜꯂꯤ꯫ ꯑꯃꯒ ꯑꯃꯒ ꯅꯨꯡꯁꯤꯅꯍꯜꯂꯤ꯫
ꯐꯥꯒꯤ ꯍꯥꯏꯕꯁꯤ ꯌꯥꯝꯅ ꯇꯉꯥꯏꯐꯗꯕ ꯑꯃꯅꯤ꯫ ꯐꯥꯒꯤ ꯌꯥꯎꯗꯅ ꯃꯤꯅꯥ ꯍꯤꯡꯕ
ꯉꯝꯅꯗꯦ꯫ ꯑꯗꯨꯅꯕꯨ ꯃꯥꯂꯦꯝꯒꯤ ꯑꯣꯏꯕ ꯐꯥꯎꯔꯕ ꯀꯣꯃꯦꯗꯤꯌꯟ ꯆꯥꯔꯂꯤ ꯆꯦꯞꯂꯤꯅ
haIrMlibni-“A day without laughter is a day wasted”
ꯍꯥꯏꯅ꯫ ꯃꯃꯤꯡ ꯂꯩꯔꯕ ꯔꯥꯏꯇꯔ ꯔꯕꯤꯟꯗ꯭ꯔꯥꯅꯥꯠ ꯇꯦꯒꯣꯔꯅꯁꯨ ꯍꯥꯏꯔꯝꯃꯤ “
ꯅꯣꯡꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯃꯤꯀꯨꯞ ꯑꯃꯇꯪ ꯑꯣꯏꯔꯕꯁꯨ ꯅꯣꯛꯀꯗꯕꯅꯤ”꯫ ꯍꯧꯖꯤꯛꯀꯥꯅꯗꯤ
ꯅꯣꯛꯅꯕꯒꯤꯗꯃꯛ ꯀ꯭ꯂꯥꯕ ꯂꯤꯡꯗꯨꯅ ꯃꯌꯥꯝ ꯄꯨꯟꯅ ꯄꯨꯟꯅ ꯋꯥ-ꯋꯥ ꯅꯣꯛꯅꯕ ꯊꯧꯔꯥꯡ
ꯄꯥꯏꯈꯠꯅꯔꯛꯂꯕ ꯃꯇꯝꯅꯤ꯫ ꯏꯟꯗꯤꯌꯥꯒꯤ ꯃꯐꯝ ꯈꯔꯗꯁꯨ ꯀꯥꯔ ꯇꯣꯡꯗꯨꯅ
ꯏꯃꯨꯡ ꯃꯅꯨꯡ ꯄꯨꯟꯅ-ꯄꯨꯟꯅ ꯂꯥꯛꯂꯒ ꯀ꯭ꯂꯕ ꯃꯅꯨꯡꯗ ꯆꯪꯂꯒ ꯃꯔꯝ ꯆꯥꯕꯥ-ꯆꯥꯗꯕ
ꯊꯧꯑꯣꯏꯅ ꯅꯣꯛꯄ ꯇꯝꯂꯤꯕꯅꯤ꯫ ꯑꯗꯨꯅꯗꯤ ꯅꯣꯡꯃꯒꯤ ꯃꯅꯨꯡꯗ ꯐꯥꯒꯤ ꯍꯥꯏꯕꯁꯤ
ꯀꯌꯥꯗ ꯃꯃꯜ ꯌꯥꯝꯈ꯭ꯔꯕꯅꯣ? ꯃꯁꯤ ꯑꯩꯈꯣꯏ ꯁ꯭ꯋꯥꯏꯒꯤ ꯂꯨꯆꯤꯡꯕꯁꯤꯡ ꯑꯁꯤꯅ
ꯀꯌꯥꯝ ꯌꯥꯝꯅ ꯈꯪꯂꯤꯕꯒꯦ? ꯃꯅꯤꯄꯨꯔꯗ ꯐꯥꯒꯤ ꯒꯤ ꯀꯥꯟꯅꯕ ꯃꯔꯤ ꯂꯩꯅꯕꯁꯤꯡꯒꯤ
ꯃꯥꯏꯀꯩꯗꯒꯤ ꯀꯔꯝꯕꯗ ꯑꯈꯟꯅꯕ ꯊꯧꯔꯥꯡ ꯂꯧꯈꯠꯂꯤꯕꯒꯦ? ꯅꯩꯅꯕ ꯌꯥꯕ ꯑꯃꯗꯤ
ꯄꯥꯎꯈꯨꯝ ꯊꯤꯔꯤꯕ ꯋꯥꯍꯪ ꯉꯥꯛꯇꯅꯤ꯫
ꯄꯨꯝꯅꯃꯛꯁꯤꯡ ꯑꯁꯤ ꯌꯦꯡꯂꯒꯗꯤ ꯅꯣꯛꯐꯗꯦꯒꯤ ꯑꯥꯔꯇꯤꯁꯠ ꯄꯨꯝꯅꯃꯛꯁꯤꯡ
ꯑꯁꯤ ꯃꯃꯜ ꯌꯥꯝꯅ ꯌꯥꯝꯃꯤ꯫ ꯑꯇꯥꯡꯕ ꯂꯥꯟ ꯉꯥꯛꯇꯅꯤ꯫ ꯃꯈꯣꯏꯕꯨ ꯏꯆꯪ ꯊꯧꯍꯟꯕ
ꯑꯃꯗꯤ ꯑꯔꯠꯀꯤ maikEd ꯃꯃꯥꯏ ꯃꯃꯤꯠ ꯄꯥꯡꯕ ꯉꯃꯅꯕ ꯑꯈꯟꯅꯕ ꯇ꯭ꯔꯦꯅꯤꯡ
ꯑꯃꯗꯤ ꯍꯣꯠꯅꯕ ꯌꯥꯝꯅꯕ ꯆꯪꯂꯤ꯫ ꯃꯁꯤꯁꯨ ꯅꯣꯛꯐꯦꯗꯦ kLcreeL ꯐꯥꯎꯟꯗꯦꯁꯟꯅ
ꯃꯇꯝ ꯃꯇꯝꯒꯤ ꯑꯧꯏꯅ ꯃꯁꯀ ꯊꯣꯛꯄ ꯊꯧꯔꯥꯡ ꯀꯌꯥ ꯂꯧꯈꯠꯂꯛꯀꯅꯤ ꯍꯥꯏꯅ
ꯊꯥꯖꯕ ꯊꯝꯖꯒꯦ꯫ ꯃꯇꯝ ꯆꯨꯞꯄ ꯅꯣꯛꯐꯗꯦ ꯌꯥꯏꯐꯔꯁꯅꯨ꯫

Title: House

By: Maisnam Lanthoi Chanu
Class: KG Sec: A Roll No. 10
School: Kids’ Foundation

Title: Goku
By: Khundongbam Victor
Class: IV Sec : B Roll No. 11
School: Kids’ Foundation

Title: Shiroy Lily
By: Salam Srinibas Meitei
Class: III Sec : C Roll No. 8

School: Smart Universal Academy (Sekmaijin Khunou)

Title: A Boy
By: Saiman
Class: III Sec : C Roll No. 12
School: Smart Universal Academy

Title: A Japanese Girl
By: Joyshree Asem
Class: V Sec : A Roll No. 11
School: Kids’ Foundation

Title: Siroy Lily
By: Anoubam Roshes Sharma
Class: III Sec: C Roll No. 13
School:

Title: A Race Car
By: Andrix Kangabam
Class: II Sec: C Roll No. 31
School: Kids’ Foundation

Title: Bird
By: N. Malemthoibi
Class: III Sec : C Roll No. 44
School: Standard Robarth Higher Sec. School

Title: Scenery
By: Irom Jonash
Class: II Sec : D Roll No. 11
School: S.R.H.S.S

Title: Cute Druga Maa
By: Wayenbam Precious
Class: II Sec : A Roll No. 52
School: Kids’ Foundation

Title: Flower
By: L . Langlen Chanu
Class: III Sec : C Roll No. 17
School: Smart Universal Academy

Title: Scenery
By: Subanda Yengkhom
Class: III Sec. B Roll No. 23
School: Smart Universal Academy