[illegible]

ꯁꯥꯟꯅꯕ ꯑꯣꯏꯕ꯫

ꯀꯔꯤꯛꯌꯨꯂꯝ ꯑꯣꯏꯕ꯫	ꯃꯇꯥ ꯃꯆꯤꯟ	ꯂꯝꯕ-ꯑꯣꯏꯕ ꯑꯣꯏꯕ꯫	ꯂꯝꯖꯤꯡ ꯄꯨꯊꯣꯛ꯫
ꯇꯧꯊꯣꯛꯄ ꯇꯤꯟꯖ ꯄꯣꯏꯔꯣꯛꯂꯤ, ꯀꯅ ꯄꯤ ꯑꯃꯍꯤꯟ ꯕꯨ ꯍꯤꯟ꯫	ꯑꯩꯈꯣꯌꯒꯤ ꯁꯥꯟꯅꯕ ꯑꯣꯏꯕ꯫	ꯑꯣꯏꯕꯑꯩꯅ ꯑꯣꯏꯕ ꯂꯦꯛꯄꯣꯛ, ꯑꯣꯏꯕꯂꯩ ꯑꯣꯏꯕꯂꯦꯛ, ꯍꯤꯔꯩꯂ-ꯇꯧꯖ ꯑꯣꯏ ꯑꯣꯛ꯫	ꯁꯥꯟꯅꯕꯤꯛ ꯑꯣꯖ ꯄꯤꯇꯤꯇ ꯑꯣꯏꯕ꯫

ꯁꯥꯟꯅꯕ
ꯑꯣꯏꯕ

ꯈꯨꯗꯣꯡ

- ꯄꯀꯤꯅꯤꯡ ꯊꯩꯅ ꯑꯗꯨ ꯂꯩꯅ-ꯁꯥꯟꯅꯕ ꯃꯑꯣꯏꯅꯥ ꯑꯃꯗꯨ, ꯇꯣꯅ-ꯑꯣꯏꯁꯥꯟꯒꯤ ꯃꯑꯣꯏꯅ ꯑꯃ ꯂꯣꯃꯗꯨ꯫ ꯑꯗꯨꯃꯕꯥꯤ ꯕꯣꯇꯣꯏꯂ ꯑꯃꯄꯕ ꯑꯃꯍꯤꯟ ꯥꯤꯖꯣꯏꯂꯄꯂꯤꯅꯥꯒꯤ ꯕꯩꯔ ꯑꯗꯨ ꯑꯅꯤꯑꯩꯅꯄꯕ ꯄꯏ-ꯑꯄꯩꯔꯤꯅ ꯑꯄꯃ ꯑꯗꯨ ꯂꯦꯅꯥꯩꯅꯀ꯫

ꯁꯥꯀꯂꯤꯄꯕ

- ꯁꯥꯇꯣꯔꯄ ꯑꯗꯨꯄ ꯕꯩꯔ ꯑꯗꯨ ꯃꯗꯨꯌ ꯑꯃꯥ, ꯃꯍꯩꯅ ꯑꯗꯨꯒꯤ ꯃꯑꯅꯣ ꯔꯄ ꯔꯅꯄ ꯑꯃꯃꯤ, ꯍꯏꯣꯄꯩꯔ ꯑꯗꯨ ꯑꯃꯄꯕꯒꯤꯥꯃꯅ ꯕꯩꯔ ꯑꯗꯨꯒꯤ ꯃꯗꯨꯅꯥ ꯃꯗꯨꯌꯂꯤꯅ ꯂꯏꯥꯩꯅꯗꯨꯄ ꯑꯃꯃꯤ꯫

ꯁꯥꯏꯥꯃ

- ꯁꯥꯇꯣꯔꯄ ꯑꯗꯨꯄ ꯁꯥꯟꯅꯕ ꯑꯗꯨ ꯃꯔꯩꯀꯒꯤ ꯑꯣꯏꯄꯂꯩꯥ ꯑꯣꯃꯕꯣꯂꯣꯥꯄ ꯑꯩꯀꯄ ꯁꯥꯤꯒꯄꯤ꯫

© NCERT not to be republished

ꯑꯧꯕꯥꯁꯥ ꯌꯧꯊ꯫

ꯁꯤꯡꯍ-ꯑꯁꯥ ꯌꯧꯊ꯫	ꯍꯌꯧ ꯍꯇꯤꯕ	ꯕꯨꯅ-ꯍꯦꯁꯪ ꯌꯧꯊ꯫	ꯇꯡꯕꯅ ꯌꯦꯡꯍ꯫
ꯆꯤꯁꯥꯤꯕ ꯑꯍꯂꯨꯕ ꯇꯕꯤꯁꯥꯤꯕ ꯆꯍꯁꯥꯇꯤꯕ, ꯂꯤꯁꯥ ꯑꯍꯂꯨꯕ ꯁꯥꯅꯒꯤꯑ ꯍꯇꯅ ꯇꯌꯡꯥꯃ ꯌꯧꯊ꯫	ꯂꯥꯑꯦꯊꯅ ꯑꯦꯑꯁꯥ꯫	ꯃꯥꯇꯨ ꯇꯌꯡꯥꯃ, ꯇꯦꯅꯊꯡ ꯇꯡꯕꯅꯇꯤꯕ, ꯕꯡꯦꯇ ꯊꯦꯊꯤ ꯇꯦꯅꯊꯡ ꯇꯌꯡꯥꯃ꯫	ꯍꯤꯍ-ꯃꯦꯕ ꯍꯦꯑꯦ ꯎꯕꯍꯤꯑꯦꯊ ꯫

ꯂꯥꯑꯦꯊꯅ ꯑꯦꯑꯁꯥ

ꯁꯨꯆꯥꯁꯥ

- ꯑꯂꯦꯑꯕꯤ ꯃꯦꯕ ꯑꯗꯨ ꯁꯨꯁꯡꯤ ꯍꯡꯑꯌ ꯆꯧꯊ ꯑꯕꯍ-ꯑꯌꯍꯇꯤꯕ ꯑꯍꯂꯨꯕ ꯑꯂꯦꯑꯕꯤ ꯁꯨꯁꯇꯤꯕ ꯑꯗꯨ ꯃꯡ ꯕꯨꯁꯥꯇꯤꯑꯗꯨꯑ ꯆꯥꯕꯊꯑ ꯆꯧꯗꯨꯑ ꯊꯥꯆꯥꯑꯇ ꯎꯍꯗꯨ꯫
- ꯊꯦꯅ ꯑꯗꯨꯊ ꯂꯦꯍꯑꯊꯑ ꯡꯤꯑꯥꯑ ꯌꯧꯑꯊꯡꯤꯊꯍꯑ, ꯑꯂꯦꯑꯕꯤ ꯑꯡꯍꯊ ꯑꯗꯨ ꯑꯂꯦꯑꯕꯤ ꯃꯦꯕꯊ ꯎꯍꯗꯨꯑ ꯃꯡ ꯍꯦꯕꯆꯦꯍꯊ ꯆꯥꯕꯊꯑ ꯆꯧꯗꯨ꯫

ꯎꯧꯡꯦꯕ ꯑꯍ ꯎꯊꯑꯌ ꯑꯦꯑꯎꯦꯑꯁꯥ

- ꯑꯂꯦꯑꯕꯤ ꯁꯨꯍꯇꯦꯇꯤꯕ ꯑꯗꯨ ꯑꯂꯦꯑꯕꯤ ꯃꯦꯕꯁꯥꯑ ꯑꯗꯨꯡꯤ ꯍꯍꯦꯕꯊ ꯎꯍꯆꯡ ꯊꯦꯅ ꯑꯗꯨ ꯆꯧꯑꯊꯡꯤꯊꯍꯑꯌ ꯆꯧꯡꯤꯊ ꯍꯏꯍ ꯑꯗꯨ ꯃꯁꯦꯌꯊꯡꯤ ꯂꯥꯑꯑ ꯁꯤꯕꯃꯍꯂꯑꯑꯊ ꯑꯂꯦꯑꯕꯤ ꯁꯨꯍꯇꯦꯇꯤꯕ ꯑꯗꯨ ꯁꯥꯑ-ꯃꯦꯁꯑ ꯇꯑꯊꯦꯑꯁꯨ꯫
- ꯑꯂꯦꯑꯕꯤ ꯍꯤꯍ ꯑꯗꯨ ꯊꯦꯅ ꯑꯗꯨꯊ ꯆꯥꯕꯊꯑ ꯆꯧꯂꯑꯗꯨꯑ ꯑꯂꯦꯑꯕꯤ ꯕꯦꯑꯌ ꯃꯡ ꯕꯨꯁꯥꯇꯤꯅꯗꯨ ꯑꯍꯂꯨꯕ ꯍꯗꯨꯡꯤ ꯆꯍꯊꯤ ꯑꯗꯨ ꯃꯍꯆꯨ꯫

- ꯆꯤꯛꯊ ꯑꯣꯏꯅ ꯁꯦꯝꯇꯤꯕ ꯃꯑꯣꯡꯗ ꯇꯧꯔꯤꯕ ꯃꯇꯥꯡ ꯑꯗꯨ ꯇꯧꯊꯣꯛꯂꯒ, ꯃꯇꯥꯡꯃꯤꯗ ꯑꯗꯨ ꯁꯣꯏꯗ ꯑꯃꯇꯥꯗ ꯁꯣꯏꯗꯕꯤꯒꯤ ꯊꯣꯡꯅ ꯑꯗꯨ ꯄꯨꯛꯅꯨ꯫

ꯃꯤꯒꯤ ꯃꯇꯥꯗ ꯄꯥꯡꯕ

- ꯇꯥꯡꯕ ꯑꯗꯨ ꯄꯥꯡꯄꯄꯥꯡꯕ ꯕꯣꯜ ꯑꯗꯨꯒꯤ ꯃꯇꯥꯡ ꯄꯣꯡꯕ ꯇꯥꯃꯤꯅꯨ꯫ ꯇꯧꯔꯤꯕ ꯃꯤꯗ ꯑꯗꯨ ꯂꯥꯡꯃꯤꯅꯨ ꯑꯃꯗꯨꯗ ꯇꯧꯔꯤꯕ ꯁꯦꯝꯃꯤ ꯑꯗꯨ ꯕꯣꯜ ꯑꯗꯨ ꯇꯧꯔꯤꯕ ꯄꯥꯡꯊꯣꯛꯄ ꯃꯥꯡꯃꯤꯗ ꯁꯤꯡ ꯄꯥꯡꯊꯦ ꯄꯥꯡꯊꯦ ꯂꯥꯡꯊꯣꯛꯂꯒ, ꯃꯗꯨ ꯕꯣꯜ ꯑꯗꯨꯒꯤ ꯆꯦꯠꯄ ꯑꯗꯨ ꯄꯥꯡꯄꯄꯥꯡꯗꯨ, ꯕꯣꯜ ꯑꯗꯨ ꯄꯥꯡꯊꯦ ꯄꯥꯡꯊꯦ ꯇꯥꯔꯛ ꯊꯤꯗꯣ꯫

ꯄꯨꯀꯤꯗꯕ ꯍꯩꯑꯦꯅ ꯆꯦꯃꯒꯤ ꯆꯍꯕꯤꯕ

ꯐꯗꯂꯨ ꯑꯍꯂꯨꯃ ꯀꯣꯁ: ꯃꯇꯀꯅ ꯑꯍ ꯃꯣꯍꯂꯨ꯫ ꯒꯤꯇꯣꯔꯦꯇ ꯑꯍꯇ ꯑꯆꯦꯒꯤ ꯒꯤꯇꯣꯔꯦꯇ ꯑꯗꯨꯒꯤ ꯍꯗꯀꯅ ꯕꯦꯅ ꯑꯗꯨ ꯂꯅꯦꯑꯇꯨꯇ ꯑꯍꯂꯨꯃ ꯍꯁꯦꯗꯒꯤ ꯍꯤꯃ ꯔꯦꯍꯇ ꯆꯔꯇ ꯀꯥꯗꯨꯇ ꯒꯣꯍ ꯑꯃꯤ ꯐꯥꯒꯔꯤ꯫ ꯑꯗꯨꯅꯒꯤ ꯑꯗꯨꯒꯍꯕ ꯒꯤꯇꯣꯔꯦꯇ ꯑꯗꯨꯇ ꯕꯦꯅ ꯑꯗꯨ ꯇꯥꯕ ꯆꯦꯒꯔꯤ꯫ ꯕꯦꯅ ꯑꯗꯨ ꯂꯅꯦꯑꯁꯤꯕ ꯒꯤꯇꯣꯔꯦꯇ ꯑꯗꯨ ꯑꯗꯨꯆ ꯐꯗꯇ ꯇꯗꯨꯂꯦꯑꯀꯔꯤ꯫ ꯒꯣꯍ ꯑꯃꯤꯅ ꯇꯦꯗꯕ ꯇꯗꯨꯕ ꯇꯣꯒꯇꯤꯕ ꯑꯗꯨꯇ ꯒꯣꯍ ꯑꯃꯤꯒꯤ ꯍꯗꯒꯇꯑꯒ ꯑꯦꯗꯒꯔꯤ꯫

© NCERT not to be republished

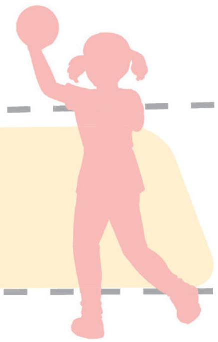
ꯃꯇꯀꯅ ꯆꯦꯗꯍ – ꯑꯗ-ꯐꯣꯕꯅ ꯀꯦꯑꯦꯇꯅꯤꯇꯣꯃꯕ꯫

ꯀꯣꯁꯤꯃ ꯃꯀꯤꯅ ꯆꯍꯇꯕꯒꯤꯅꯍꯑ ꯍꯂꯪ ꯆꯦꯕ ꯑꯗ-ꯐꯣꯕꯅ ꯀꯦꯑꯦꯇꯅꯤꯇꯣꯃꯕ ꯑꯗꯨ ꯁꯕꯇꯕꯤꯂꯨ꯫

ꯑꯅꯦꯍꯇ ꯁꯪꯕꯤꯇꯍꯒꯔꯤ?

ꯐꯣꯕꯅꯕꯦꯅ ꯑꯃꯤ ꯑꯣꯇꯤꯇꯤꯆꯤ, ꯒꯤꯑꯒꯅ ꯑꯍꯂꯨꯃ ꯆꯦꯑꯒꯤ ꯆꯍꯕꯤꯕꯒꯤ ꯑꯣꯀꯂꯨꯍꯣꯕ ꯍꯂꯪ ꯆꯦꯗ꯫

꯱꯰-ꯄꯥꯁ ꯁꯟꯕ꯫



ꯁꯤꯡꯍ-ꯑꯁꯥ ꯁꯟꯕ꯫	ꯇꯕꯃ ꯇꯦꯡꯍ	ꯈꯨꯅ-ꯅꯤꯈꯨ ꯁꯟꯕ꯫	ꯂꯦꯡꯃꯅ ꯁꯅꯍ꯫
ꯑꯦꯡꯍ ꯦꯡꯁꯣꯂꯦ ꯑꯍꯨꯃ ꯈꯒꯍꯣꯅꯁꯂꯤꯃ꯫	꯱꯰-ꯄꯥꯁ ꯁꯟꯕ꯫	ꯏꯇꯦꯡ ꯁꯁ, ꯃꯅꯏ ꯂꯁꯦꯡꯣꯁ, ꯃꯦꯡꯈꯁ ꯇꯣꯒ ꯂꯁꯦꯡꯣꯁ꯫	ꯑꯈꯍꯕ ꯏꯦꯡꯍꯒꯤ ꯍꯨꯑꯦꯅꯕ꯫

꯱꯰-ꯄꯥꯁ ꯁꯟꯕ꯫

ꯂꯦꯡꯁꯦꯟꯅꯂꯤꯃꯨ ꯍꯤꯁ ꯑꯁꯤꯅ ꯁꯅꯅꯦꯃꯥ꯫ ꯍꯤꯁ ꯍ ꯑꯍꯅ ꯄꯥꯇꯣꯁꯦ ꯍꯂꯤꯃ ꯑꯂꯤ ꯇꯦꯡꯤꯕ ꯄꯥꯇꯣꯁꯦꯡꯂꯤꯃꯒꯤ ꯑꯄꯨꯁꯕ ꯍꯂꯤꯃ ꯑꯨꯒꯤ ꯍꯁꯦ ꯄꯥꯦꯅꯇꯤ꯫ ꯄꯥꯇꯣꯁꯦꯡꯂꯤꯃꯒꯤ ꯍꯂꯤꯃꯒ ꯁꯦꯁꯁꯕ ꯄꯥꯇꯣ ꯑꯣꯦꯤꯁꯦ ꯑꯍ ꯂꯣꯍꯈ꯫ ꯍꯂꯤ ꯄꯏ-ꯃꯦꯡꯌ ꯁꯌꯁꯦꯡꯒ ꯄꯣꯁꯅꯕꯦꯅ ꯃꯦꯡꯌꯃꯤ ꯑꯄꯤꯃꯄꯥ ꯍꯏꯍ ꯑꯍ ꯑꯦꯅꯕ ꯁꯅ, ꯍꯨꯁ ꯑꯁꯕ ꯇꯃ ꯑꯨ ꯄꯣꯁꯒꯌꯄꯁꯒꯤ꯫ ꯕꯦꯅ ꯑꯨ ꯇꯦꯕ ꯁꯤꯍ ꯑꯨꯁ ꯒꯣꯍ ꯑꯨ ꯄꯦꯅ ꯑꯍꯨꯃ ꯇꯦꯁ-ꯇꯦꯁꯁ ꯄꯥꯂ ꯁꯦꯡ ꯍꯈꯃ ꯏꯄꯁꯁꯕ ꯄꯥꯁꯅꯍ ꯇꯍꯒꯅꯕꯁꯤ꯫ ꯄꯥꯇꯣꯁꯦꯡꯂꯤꯃꯨ ꯇꯣꯄꯥꯁ ꯁꯌꯇꯦꯃ-ꯁꯌꯂꯤꯁ ꯁꯦꯁꯕ ꯈꯃꯁꯤꯃ ꯇꯦꯒꯌꯇꯤ, ꯑꯄꯃꯕ ꯍꯏꯍꯂꯤꯃ ꯇꯤꯕ ꯑꯍꯨꯃ ꯄꯥꯂ ꯁꯦꯕ ꯇꯍꯕꯤꯂꯤꯃ ꯇꯤꯃꯁꯌꯇꯤ꯫ ꯑꯄꯥꯦꯃꯄꯥ ꯁꯤꯍꯁ ꯅꯤꯏꯣꯁꯂꯃꯤꯅꯍꯃ ꯂꯦꯁꯩ, ꯕꯦꯅ ꯑꯨ ꯅꯁꯁꯦꯡꯂꯣꯄꯥ ꯁꯦꯁꯕ ꯄꯦꯌꯩ꯫ ꯃꯦꯡꯤꯈꯍꯕ ꯕꯦꯅ ꯑꯨ ꯅꯁꯁꯦꯡꯂꯣꯄꯥ ꯁꯦꯡꯕꯅꯤ ꯁꯌꯁꯦꯡꯒ ꯈꯒꯅꯦꯡꯕꯅꯤ, ꯕꯦꯅ ꯑꯨꯒꯤ ꯄꯥꯦꯤꯂꯁ ꯑꯨ ꯅꯤꯏꯣꯁꯂ ꯁꯤꯍꯅ ꯂꯤꯏꯁ ꯁꯦꯅ꯫ ꯍꯨꯒꯤ ꯍꯨꯃꯅ ꯑꯁꯦꯕ ꯅꯤꯏꯣꯁꯂ ꯂꯃꯦꯁꯦꯅ ꯑꯂꯤꯁ ꯍꯁꯦꯅ ꯍꯂꯣꯒꯤ ꯄꯥꯂ ꯱꯰ꯒꯤ ꯂꯤꯦꯤꯇ ꯍꯈꯃ ꯏꯄꯁꯁꯕ ꯄꯦꯌꯩ꯫

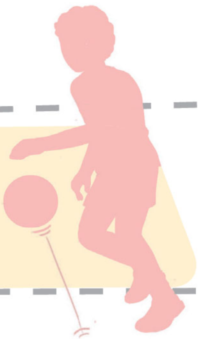
ꯄꯨꯟꯁꯤꯟꯕ ꯃꯑꯣꯡꯗꯥ ꯁꯥꯟꯅꯕꯤ ꯁꯥꯃꯕꯤꯕ

ꯈꯦꯜ ꯑꯃꯆꯨꯝ ꯁꯪꯇ: ꯃꯍꯩꯔꯣꯏ ꯑꯅꯤꯅ ꯃꯄꯥꯟ ꯑꯃꯕꯣꯝꯗ ꯇꯄꯨ ꯁꯤꯒꯅꯤ ꯑꯃꯆꯨꯝ ꯃꯄꯥꯟ ꯑꯃꯗ ꯑꯃꯒꯤ ꯑꯃꯒꯤ ꯈꯪꯕꯤꯇꯄꯇ ꯑꯣꯄꯅ ꯁꯤꯡꯃꯅꯤ॥ ꯃꯍꯩꯔꯣꯏꯂꯤꯗ ꯑꯗꯨ ꯑꯃꯒꯤ ꯑꯃꯒꯤ ꯔꯦꯃꯗꯕꯕꯗ ꯃꯤꯁꯕ 5 ꯇꯈꯅ ꯇꯥꯕꯕꯤ ꯄꯄꯕꯗꯨ ꯌꯪꯗꯨ॥ ꯈꯇꯪꯔꯦꯕ ꯑꯃꯅ ꯕꯣꯜ ꯑꯗꯨ ꯆꯃꯒꯅꯤ, ꯑꯗꯨꯒ ꯑꯁꯥꯈꯈꯂꯤꯗꯅ ꯃꯨꯁꯂ ꯄꯥꯕ ꯑꯣꯄꯒꯅꯤ॥ ꯕꯣꯜ ꯑꯗꯨ ꯇꯥꯕ ꯈꯇꯪꯔꯕ ꯑꯗꯨꯅ ꯑꯁꯥꯈꯈ ꯈꯇꯪꯔꯕꯂꯤꯗꯅ ꯇꯦꯆꯪꯗꯅꯕꯤꯃꯤꯗ ꯑꯁꯥꯈꯈ ꯒꯗꯨꯈ ꯈꯇꯪꯔꯕ ꯑꯗꯨꯗ ꯈꯦꯜ ꯁꯣꯅꯕ ꯄꯁꯅꯒꯅꯤ॥ ꯕꯣꯜ ꯑꯗꯨ ꯇꯥꯕ ꯕꯤꯂꯤꯒ ꯁꯥꯕꯤꯕ ꯒꯗꯨꯈꯃꯤ ꯈꯇꯪꯔꯦꯕ ꯑꯗꯨꯅ ꯆꯕꯤꯕ ꯁꯤꯃꯒꯤ ꯃꯨꯗꯨꯗ ꯑꯗꯨꯗ ꯄꯆꯅ ꯔꯦꯗꯨ॥ ꯑꯗꯨꯒ ꯕꯣꯜ ꯑꯗꯨ ꯆꯗꯗꯁꯤꯕ ꯈꯇꯪꯔꯕ ꯑꯗꯨꯅ ꯕꯤꯂꯤꯒ ꯁꯥꯕꯤꯕ ꯁꯤꯃꯒꯤ ꯃꯨꯗꯨꯗ ꯔꯦꯗꯨ॥ ꯒꯪꯃ ꯑꯂꯤ ꯃꯍꯩꯔꯣꯏ ꯑꯅꯤꯃꯗ ꯇꯦꯆꯪꯗꯅꯗꯅ ꯑꯃꯆꯨꯝ ꯕꯣꯜ ꯑꯗꯨ ꯃꯃꯗꯗ ꯑꯃꯆꯨꯝ ꯃꯗꯨꯗꯗ ꯈꯦꯜ ꯁꯣꯗꯅ ꯃꯁ ꯁꯤꯡꯆꯕꯤ॥

ꯂꯕꯃꯂ ꯁꯣꯄꯃ – ꯑꯗꯨꯃꯕ ꯇꯦꯕꯃꯒꯤ ꯃꯗꯨꯑꯣꯄꯕ॥

ꯕꯣꯜ ꯑꯗꯨ ꯈꯦꯜ ꯁꯣꯕ ꯑꯃꯆꯨꯝ ꯇꯥꯆꯗꯈꯈꯤ ꯑꯗꯨꯃꯕ ꯃꯑꯣꯗ ꯑꯗꯨ ꯁꯅꯅꯕꯤꯗꯨ॥ ꯃꯂꯤꯃꯗꯨ ꯅꯁꯅꯅ, ꯁꯣꯆꯅ-ꯁꯣꯆꯅꯕ ꯃꯁꯂꯒꯤ ꯇꯦꯗꯂꯂꯤꯗ ꯑꯃꯆꯨꯝ ꯃꯁꯣꯄꯒꯤ ꯅꯤꯔꯃꯂꯤꯗꯨ ꯄꯪꯅꯅ ꯃꯔꯪꯗ ꯂꯪꯗꯅ ꯁꯣꯗꯈꯤꯗꯨ॥

ꯕꯣꯜ ꯁꯥꯟꯅꯕ



ꯁꯩꯂꯝ-ꯑꯍꯥ ꯑꯣꯏꯕ॥	ꯍꯥꯏ ꯍꯀꯤꯃ	ꯂꯥꯅ-ꯂꯝꯅꯦ ꯑꯣꯏꯕ॥	ꯀꯦꯟꯅꯥ ꯑꯣꯁꯍ॥
ꯇꯤꯍꯥꯏꯃ ꯑꯍꯂꯨꯃ ꯀꯟꯤꯍꯥꯏꯃ ꯇꯁꯍꯥꯏꯀꯤꯃ, ꯄꯤꯍꯥ ꯑꯍꯂꯨꯃ ꯍꯥꯪꯅꯒꯤꯌ ꯍꯀꯅ ꯀꯣꯏꯕꯪꯁ ꯑꯣꯏꯕ॥	ꯈꯦꯕꯤꯇꯤꯃ ꯑꯣꯏꯕ॥	Arm Swinging, Shoulder Shrug, Hamstring ꯀꯣꯏꯕꯪꯁ, ꯀꯅꯏ ꯀꯣꯏꯕꯪꯁ ꯑꯣꯏꯕ॥	ꯀꯦꯕꯤꯔꯪꯑꯣꯕ ꯇꯤꯃ-ꯑꯍꯥꯀꯤꯃ॥

ꯈꯦꯕꯤꯇꯤꯃ ꯑꯣꯏꯕ॥

ꯁꯨꯔꯀꯤ ꯏꯕꯍ

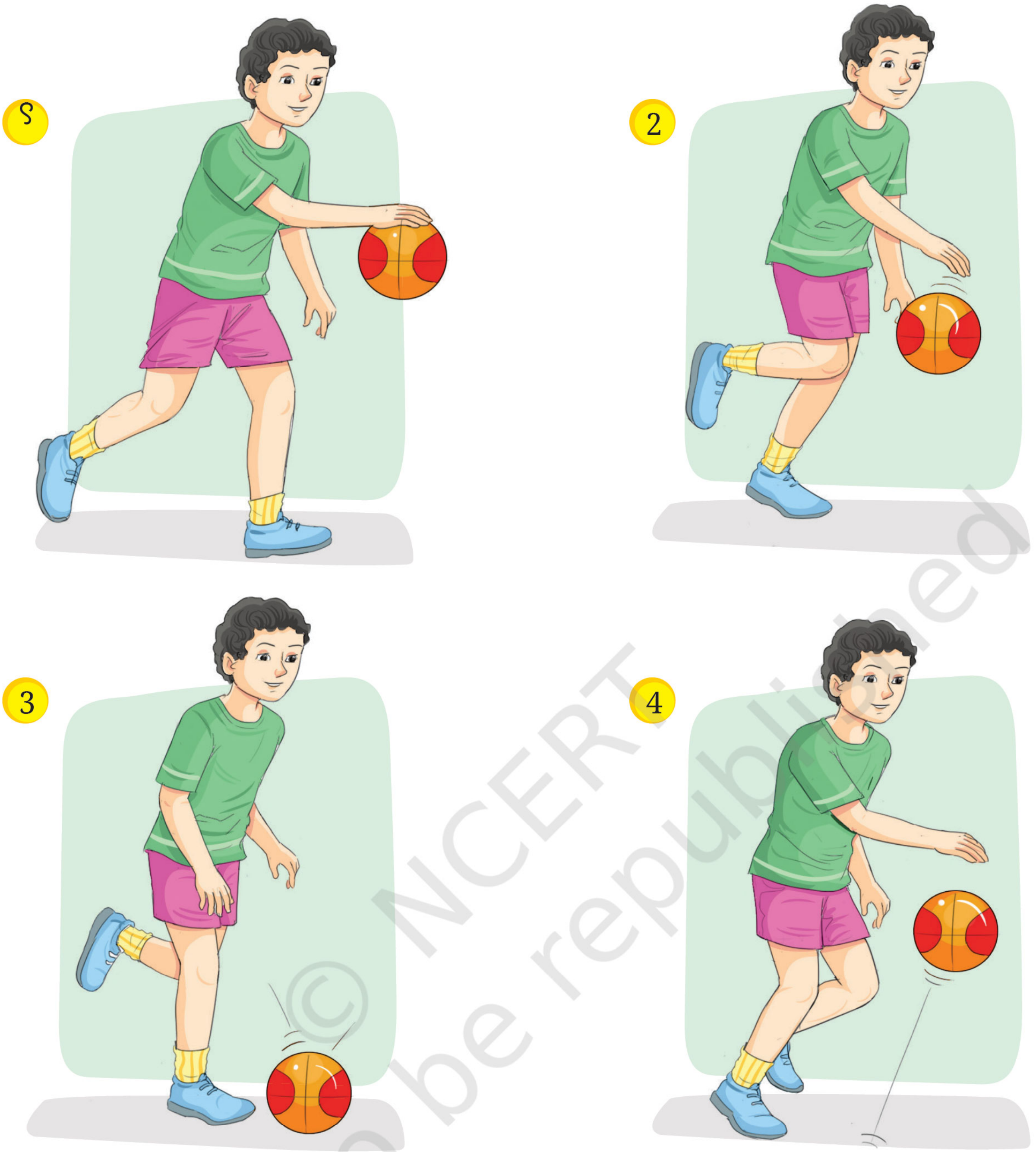
- ꯀꯦꯟꯅꯥ ꯏꯒꯔꯄꯦꯇꯕꯒꯤꯃꯍꯌ, ꯄꯪꯊꯣꯀꯕꯅ ꯑꯃ ꯁꯥꯏꯍꯥꯟꯌ ꯑꯃꯒꯤ ꯍꯨꯔꯑꯣ ꯏꯃꯒꯕ ꯑꯣꯍꯥꯀꯤꯃꯇ ꯆꯍꯅ॥
- ꯕꯣꯜ ꯑꯃꯒꯤ ꯍꯆꯌꯑꯣ ꯑꯣꯍꯥꯇ ꯑꯣꯍꯥꯇ ꯁꯥꯏ ꯄꯍꯅ॥
- ꯍꯨꯔ ꯑꯍꯂꯨꯃ ꯍꯍꯕ ꯑꯃ ꯇꯕꯦ ꯇꯒꯃꯕꯇꯤ॥ ꯕꯣꯜ ꯑꯃꯒꯤ ꯍꯆꯌꯑꯣ ꯁꯨꯔꯀꯤ ꯍꯥꯇꯤꯀꯦ ꯑꯃ ꯆꯍꯅ॥

ꯄꯨꯔꯁꯦꯃꯒꯤ ꯏꯕꯍ

- ꯁꯨꯔꯀꯤꯃ ꯑꯃ ꯁꯕ ꯂꯥꯀꯤꯄꯅꯇ, ꯀꯣꯏꯕꯀ ꯑꯍ ꯇ ꯑꯍꯂꯨꯃ ꯄꯌꯁꯦꯃ ꯑꯃ ꯆꯍꯆꯄꯅ॥ ꯀꯦꯕꯔꯀꯤ ꯍꯔꯌ ꯀꯃꯕ ꯍꯤꯔꯃ ꯑꯍ ꯇꯇꯕꯒꯤꯃꯍꯌ, ꯆꯄꯌꯀꯤ ꯍꯀꯦꯌ ꯑꯃ ꯁꯦꯃꯁꯔꯇ ꯆꯍꯅ ꯑꯍꯂꯨꯃ ꯆꯄꯌꯀꯤ ꯍꯀꯦꯌ ꯑꯃ ꯇꯃꯃꯇ ꯇꯨ॥

ꯈꯦꯕꯤꯇꯤꯃꯒꯤ ꯑꯁꯦꯃꯕ

- ꯈꯤꯏꯪꯀꯦꯃꯀꯤꯃꯇ ꯕꯣꯜ ꯑꯃ ꯇꯆꯌꯍꯥꯃ ꯄꯪꯇ ꯑꯁꯦꯕ ꯑꯣꯍꯄꯇꯕ, ꯍꯨ ꯁꯦꯕꯤꯕꯍꯥ ꯂꯇ ꯁꯦꯃꯇ ꯆꯍꯅꯇ ꯍꯁꯈ ꯈꯦꯕꯍꯕ ꯑꯣ॥



- ꯄꯤꯒꯃꯒꯤ ꯃꯇꯝꯗꯥꯅꯥ, ꯈꯨꯠꯄꯤꯕꯅꯒꯤ ꯑꯔꯣꯡꯕ ꯑꯃꯁꯨ ꯂꯣꯃꯁꯩꯋ-ꯂꯣꯃꯇꯤꯏ ꯌꯧ, ꯑꯃꯁꯨꯕ ꯃꯊꯧꯂꯩꯅ, ꯃꯁꯨ ꯋꯩꯋꯥꯋꯤ ꯇꯣꯉꯣꯅꯒꯤ ꯃꯔꯦꯝ ꯊꯃꯃꯤ꯫

ꯇꯝꯕ ꯑꯅꯤꯃꯋ ꯂꯤꯇꯤꯏꯅꯩ

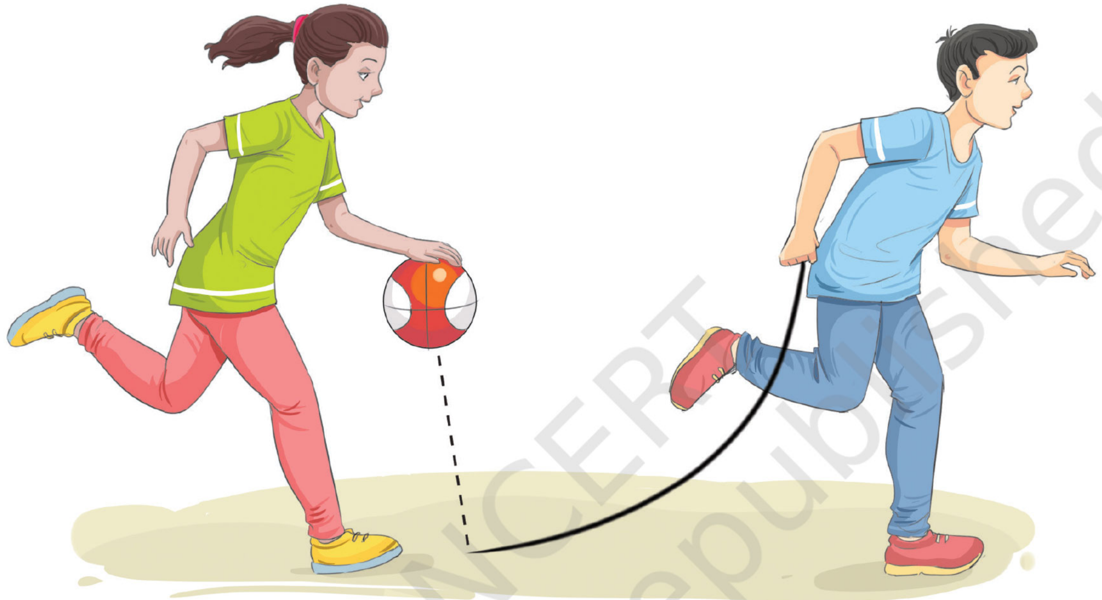
- ꯇꯝꯕ ꯑꯅꯤꯃꯋꯅ ꯈꯨꯠꯄꯤꯕꯅ ꯌꯧꯕꯒꯤ ꯌꯧꯕ ꯁꯃꯕꯁꯨ ꯂꯣꯃꯒꯤꯕꯒꯥ꯫ ꯑꯗꯨꯏꯕ ꯕꯩꯅ-ꯊꯣꯏꯈꯨꯇꯤꯋ ꯑꯣꯕꯤꯇꯤꯌꯤꯂꯤꯋ ꯊꯣꯏꯒꯤꯕꯊꯏꯅꯕ ꯅꯏ-ꯈꯩꯃꯤꯅꯣꯏꯌ ꯊꯣꯏꯈ ꯈꯨꯠꯄꯤꯕꯇꯤꯋ ꯌꯣꯋꯅꯤꯋ ꯒꯨꯁꯣꯋꯌꯤꯂ ꯌꯧꯕ꯫

ꯁꯥꯃꯖꯤꯟꯅꯕꯤ ꯑꯔꯦꯝꯕ

- ꯑꯁꯤꯕ ꯅꯤꯡꯊꯧꯖꯦꯜ ꯑꯗꯨ ꯁꯍꯟꯗꯕ, ꯕꯥꯟ ꯑꯗꯨꯒꯤ ꯃꯇꯨꯡꯏꯟꯅ ꯇꯧꯔꯝꯃꯒꯤ ꯄꯥꯡꯊꯣꯛ ꯂꯦꯃꯕ ꯁꯥꯃꯊꯝ ꯇꯧꯁꯤꯟꯅꯕꯅꯤ꯫

ꯃꯥꯃ ꯇꯍꯕꯒꯤ ꯍꯁꯥꯃ

- ꯍꯃꯥꯃ ꯇꯥꯃꯂ ꯇꯍꯛꯀ ꯑꯍꯂꯨꯃ ꯑꯄꯥꯃꯕ ꯍꯏꯍꯂꯤꯃ ꯑꯗꯨ ꯌꯥꯃꯁꯤ꯫



ꯀꯨꯡꯖꯕ ꯍꯑꯥꯃꯅ ꯌꯥꯃꯒꯤ ꯌꯍꯕꯤꯕ

ꯒꯣꯕꯦ ꯂꯣꯍꯛꯀ꯫ ꯒꯇꯣꯌꯕ ꯑꯍꯂ ꯃꯥꯕꯥꯃꯤ ꯍꯂꯨꯃꯅ ꯇꯦꯡꯇꯥꯃꯃꯂꯤ, ꯀꯍꯇꯤꯟ ꯑꯍꯂꯨꯃ ꯁꯥꯃꯁꯒꯃꯤ ꯍꯕꯃꯌ ꯕꯥꯒ ꯑꯍ ꯇꯧꯇꯥꯃꯌꯨꯂ ꯇꯍꯒꯂꯤ꯫ ꯑꯌꯥꯒꯒ ꯒꯇꯣꯌꯕꯂꯤꯃꯂ ꯍꯁꯥꯀꯒꯤ ꯕꯥꯟ ꯑꯗꯨ ꯅꯕꯦꯀꯕ ꯌꯧꯒꯂꯤ, ꯕꯥꯒ ꯑꯗꯨꯅ ꯅꯕꯦꯀꯕ ꯌꯧꯂꯕ ꯄꯥꯕꯂꯒꯂꯤ ꯑꯍꯂꯨꯃ ꯍꯗꯨ ꯏꯕꯤ ꯑꯥꯀꯂ ꯇꯧꯇꯥꯃꯃꯂꯤ꯫ ꯃꯕꯤꯒꯨꯍꯕ ꯍꯁꯥꯀꯂ ꯍꯀ ꯒꯂꯃꯇꯕꯅꯤ ꯍꯁꯥꯀꯂ ꯒꯥꯀꯦꯌ ꯑꯍ ꯏꯀ꯫ ꯕꯥꯒ ꯑꯗꯨ ꯏꯕꯤ ꯑꯥꯀꯂ ꯒꯨꯇꯥꯃꯇꯕ ꯍꯨꯃꯅ, ꯇꯧꯅꯃꯂꯤꯃ ꯑꯗꯨ ꯄꯥꯃꯅꯥꯃꯁ꯫ ꯒꯥꯀꯦꯌ ꯔꯍꯂ ꯏꯇꯕ ꯒꯂꯦꯦꯂꯕꯥꯀ ꯑꯗꯨꯗꯨ ꯍꯀꯒꯂꯃꯒ ꯑꯥꯀꯂ ꯇꯁꯇꯥꯃꯃꯂꯤ꯫

© NCERT not to be republished

ꯈꯩꯜ ꯃꯨꯅꯗꯈ

ꯌꯩꯃꯀ-ꯑꯌꯂ ꯌꯧꯈ꯫	ꯆꯈꯕ ꯆꯧꯃꯀ	ꯃꯜ-ꯁꯩꯃꯗ ꯌꯧꯈ꯫	ꯂꯃꯅꯜ ꯌꯧꯍꯀ꯫
ꯂꯇ꯭ꯩꯍꯁ ꯑꯀꯂꯕ ꯒꯦꯇꯩꯑꯤꯕ, ꯗꯤ ꯄꯒ ꯑꯀꯂꯕ ꯃ꯭ꯌ꯭ꯁꯃꯤꯂꯦꯑꯂ ꯂ꯭ꯌꯃꯦꯌ꯫	ꯈꯩꯜ ꯃꯨꯅꯗꯈ	ꯟꯩꯃꯌꯩꯃꯁ ꯇꯦꯂ ꯑꯀꯂꯕ ꯈꯦꯕꯌꯩꯃꯁ ꯇꯦꯂ, ꯇꯩꯍꯃꯈ ꯇꯤꯀꯟ ꯃꯧꯌꯦꯂꯗꯂꯤꯕ꯫	ꯌꯩꯕꯁꯑꯃꯤ ꯆꯈꯕ ꯑꯀꯂꯕ ꯄꯕꯌꯩꯕꯒꯤ ꯇꯤꯇꯃꯂꯤꯕ꯫

ꯑꯩꯈꯣꯌꯅꯥ
ꯁ꯭ꯃꯤꯈꯇ꯭ꯤꯕ
ꯌꯧꯈ

ꯌꯦꯇꯦꯗꯇ ꯑꯩꯍꯈ ꯑꯩꯈꯣꯌꯅꯥ ꯃꯩꯃꯂ ꯑꯀ ꯂꯦꯀꯗꯈ ꯃꯩꯗ ꯗꯨꯌ꯭ꯃꯒ ꯀꯃꯃꯃ ꯂꯦꯨ ꯑꯀ ꯂꯦꯀꯃ꯫ ꯃꯤꯑꯦꯜ-ꯒꯦꯀ ꯃꯗꯁꯤꯂꯗꯂꯤꯕ ꯍꯀꯤꯌꯦꯨ ꯌꯧꯗꯈ, ꯀꯌꯩꯍꯃ ꯇꯤꯒꯇꯦꯒ, ꯇ꯭ꯑ ꯑꯀꯂꯕ ꯌꯧꯄꯧꯁꯗ ꯌꯃꯗꯂꯀꯈ ꯀꯌꯜ ꯃꯌꯩꯒꯤ ꯑꯦꯌꯃꯗꯂꯤꯕꯁ ꯂꯦꯀꯇꯤꯜꯇ꯫ ꯑꯇ꯭ꯦꯌꯃꯂꯤꯕꯗ ꯌ꯭ꯌꯩꯍꯁꯒꯤ ꯗꯦꯀꯈ ꯀꯌꯧꯀꯁ ꯌ꯭ꯌꯩꯍꯁꯒꯤ ꯗꯦꯀꯈ ꯗꯨꯌ꯭ꯃꯒ ꯇꯤꯃꯩ ꯟꯀꯈꯜꯂꯤꯕꯒ ꯇꯩꯍꯗꯗ ꯀꯌꯦꯕ ꯂꯦꯕꯈ ꯌꯩꯕꯇꯦꯜꯂꯤꯕꯒ ꯇꯩꯍꯗꯗ ꯗꯤꯕꯆꯤꯗ ꯁ꯭ꯃꯩꯍꯈ ꯌꯧꯈ ꯀꯌꯧꯀꯁ ꯑꯆꯤꯕꯈ ꯃ꯭ꯀꯗꯀꯕ ꯀꯩꯍꯆꯤꯈ ꯑꯤꯒꯁꯈꯗꯤ ꯄꯍꯗ ꯇꯦꯗꯦ꯫

ꯗ꯭ꯔꯤꯕꯂꯤꯡ ꯃꯑꯣꯡꯗ ꯁꯦꯡꯒꯠꯄ ꯁꯃꯕꯤꯕ

ꯆꯦꯂꯨ ꯑꯃꯁꯨꯡ ꯆꯣꯁꯒ : ꯃꯁꯤꯗ ꯑꯍꯥꯡ ꯃꯕꯤꯅ ꯃꯦꯕꯥ ꯁꯣꯕꯕ ꯃꯆꯝ ꯑꯃꯒꯤ ꯃꯁꯨꯡꯗ (ꯆꯦꯂꯨ) ꯗ꯭ꯔꯤꯕꯂ ꯁꯣꯕ ꯌꯦꯂꯦꯡ ꯑꯃꯥꯛ ꯑꯍꯥꯡ ꯑꯅꯤ (ꯆꯣꯁꯒ)ꯅ ꯃꯁꯤꯡꯂ ꯖꯤꯡꯅꯕ ꯄꯥꯟꯅꯒꯅꯤ॥ ꯍꯥꯏꯅ ꯃꯕꯤꯗ ꯍꯥꯏ ꯃꯕꯤ ꯖꯃꯇꯤ, ꯃꯁꯤꯡ ꯑꯆꯤ ꯑꯃꯥꯛ ꯑꯃꯥꯛ ꯁꯦꯂꯕꯥꯅ ꯃꯤꯁꯕ ꯲ ꯇꯀꯅ ꯇꯩ॥ ꯀꯣꯟꯁꯤꯡꯆꯤꯡ ꯑꯆꯤ ꯵ꯗꯒꯤ ꯲ ꯗꯦꯂꯕ ꯅꯃꯕꯕ ꯀꯤꯕꯤ,

ꯀꯣꯟꯁꯤꯡ ꯵ ꯑꯃꯁꯨꯡ ꯀꯅ ꯕꯥꯟ ꯑꯃꯃꯃ ꯇꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯃꯁꯃ ꯑꯃꯍꯥꯁꯗ ꯒꯥꯃ ꯑꯆꯤ ꯄꯕꯒꯅꯤ॥ ꯄꯂꯆꯥꯒꯤ ꯁꯥꯏꯇꯥꯗ ꯀꯣꯟꯁꯤꯡ ꯵ꯅ ꯕꯥꯟ ꯑꯂ ꯑꯅꯤꯕꯥ ꯗ꯭ꯔꯤꯕꯂ ꯁꯕꯒ ꯀꯣꯟꯁꯤꯡ ꯀꯒꯤ ꯃꯇꯥꯁ ꯖꯗꯥꯍꯅꯤ, ꯃꯂꯒꯤ ꯃꯁꯨꯡꯗ ꯇꯦꯖꯥꯁꯨꯅ ꯀꯣꯟꯁꯤꯡ ꯀꯒꯤ ꯃꯆꯃ ꯑꯂ ꯇꯒꯅꯤ, ꯃꯁ ꯑꯁꯃꯅ ꯀꯣꯟꯁꯤꯡ ꯀꯅ ꯑꯅꯤꯕꯥ ꯗ꯭ꯔꯤꯕꯂ ꯁꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯕꯥꯟ ꯑꯂ ꯀꯣꯟꯁꯤꯡ ꯕꯒꯤ ꯃꯄꯍꯗ ꯖꯗꯥꯍꯅꯤ॥ ꯃꯆꯤ॥ ꯕꯤꯇ ꯑꯃ ꯆꯃꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯀꯣꯟꯁꯤꯡ ꯑꯅꯤꯅ ꯕꯥꯟ ꯑꯂ ꯕꯇꯥ ꯁꯂꯅ ꯕꯤꯇ ꯑꯆꯤ ꯖꯤꯡꯅꯕ ꯄꯥꯟꯅꯒꯅꯤ॥ ꯍꯅꯥꯏꯃꯕ ꯑꯃꯅ ꯕꯥꯟ ꯑꯂꯃ ꯑꯍꯥꯡꯕ ꯀꯤꯕꯃ ꯃꯄ ꯀꯥꯇꯕꯃꯤ ꯀꯣꯟꯁꯤꯡ ꯑꯂꯥꯛ ꯖꯒꯃꯡ ꯑꯂ ꯑꯥꯆꯁꯦꯡꯇ ꯁꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯕꯤꯇ ꯃꯁꯦ ꯁꯗꯖꯒꯅꯤ॥

ꯆꯕꯍꯟ ꯁꯦꯄꯃ – ꯁꯦꯡ ꯑꯃꯁꯨꯡ ꯄꯥꯁꯤꯡꯒꯤ ꯇꯤꯇꯕꯆꯤꯡ॥

ꯅꯄꯥꯍꯤ ꯑꯀꯥꯀ ꯁꯤꯃ ꯃꯃꯕꯕꯒꯤ ꯁꯦꯡꯁꯀꯍꯤ ꯖꯕꯥ ꯑꯃꯁꯨꯡ ꯄꯥꯁꯤꯡꯒꯤ ꯖꯑꯦꯡꯆꯤꯡ ꯑꯂ ꯖꯤꯇꯤꯗꯂꯅ ꯑꯦꯁꯖꯥꯀ ꯌꯦꯕ ꯆꯤꯡꯅꯕꯆꯤꯡ ꯑꯂ ꯍꯕꯃꯅ ꯌꯡꯒꯅꯤ?

ꯁꯥꯅ ꯌꯤꯡꯕ

ꯇꯝꯖꯕ-ꯑꯣꯏꯕ ꯊꯧꯔꯝ॥	ꯃꯆꯥ ꯃꯃꯤꯡ	ꯄꯥꯡ-ꯊꯣꯛꯄ ꯊꯧꯕ॥	ꯂꯝꯕꯥꯟ ꯇꯧꯐꯝ॥
ꯆꯤꯡꯇꯥꯡ ꯑꯃꯁꯨꯡ ꯂꯩꯃꯥꯏꯕꯒꯤ ꯆꯨꯡꯕꯃꯥꯏꯕꯥ, ꯍꯤꯡꯕ ꯑꯃꯁꯨꯡ ꯇꯥꯅꯒꯤꯗꯕ ꯃꯂꯝ ꯂꯧꯁꯤꯟꯕ ꯇꯧꯕ॥	ꯁꯥꯅ ꯑꯃꯁꯨꯡ ꯁꯤꯟꯗꯕ ꯇꯧꯕ॥	ꯁꯥ ꯇꯥꯏꯆ, ꯂꯩꯕꯥꯛꯀꯤ ꯅꯨꯡꯒꯥꯏꯕ ꯇꯥꯏꯆ, ꯍꯣꯡꯕ ꯇꯥꯏꯆ॥	ꯇꯧꯕꯥ ꯇꯧꯕꯥꯗ ꯃꯑꯣꯡ ꯆꯠꯄ ꯇꯧꯕ॥

ꯁꯥꯅ ꯑꯃꯁꯨꯡ ꯆꯥꯡꯒꯤ

ꯁꯤꯡꯊꯥꯏꯗ

- ꯑꯣꯏꯕꯥ ꯂꯩꯕꯥꯛꯀꯤ ꯄꯨꯝꯅꯃꯛ ꯍꯧꯗꯅ ꯑꯃꯁꯨꯡ ꯂꯩꯅꯥꯗꯨꯅ ꯁꯥꯅ ꯑꯃꯁꯨꯡ ꯍꯣꯠꯅ ꯇꯧꯒꯗꯕ ꯑꯃꯁꯨꯡ ꯇꯥꯏ ꯑꯃꯁꯨꯡ ꯂꯩꯕꯥꯛ ꯑꯣꯏ॥

ꯍꯤꯡꯕꯥ

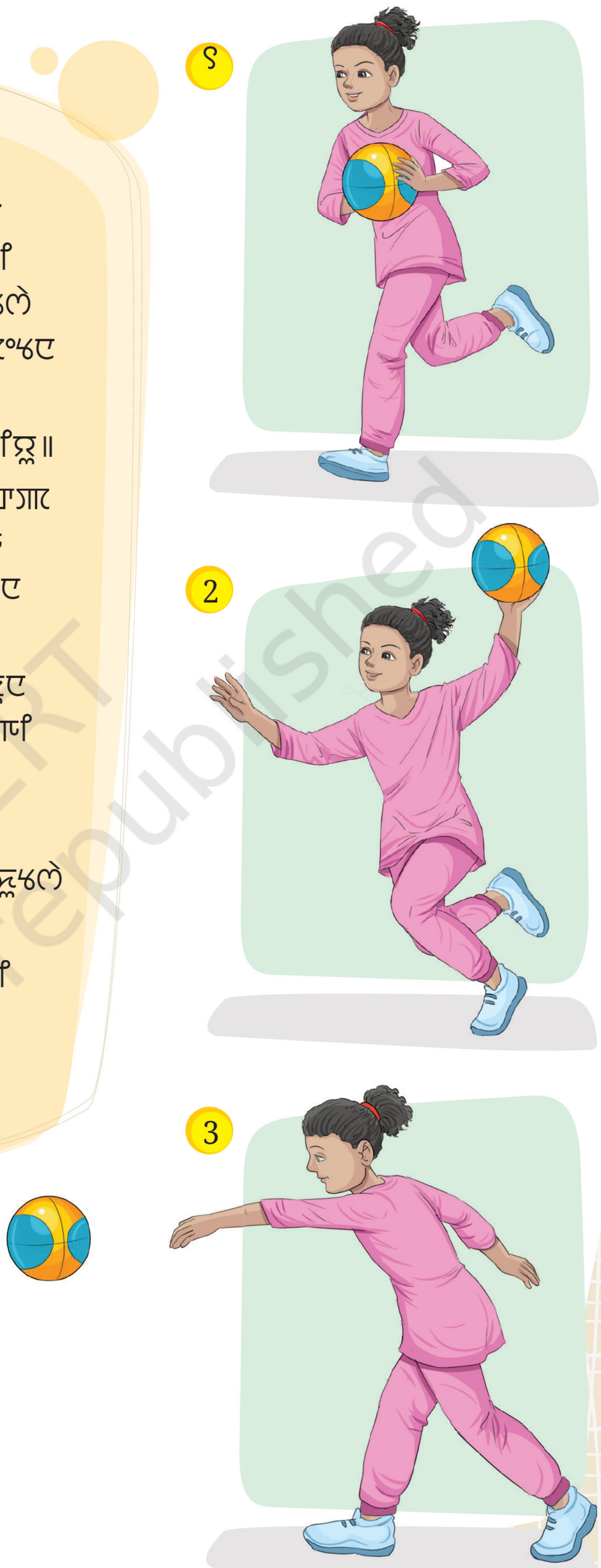
- ꯁꯥꯡꯕꯥ ꯇꯧꯗꯕꯥꯒꯤ ꯃꯍꯧ, ꯄꯨꯝꯅꯃꯛ ꯍꯣꯡꯕ ꯑꯃꯁꯨꯡ ꯍꯤꯡꯕꯒꯤ ꯃꯇꯧ ꯇꯧꯒꯗꯕ॥
- ꯄꯨꯝꯅꯃꯛ ꯍꯣꯡꯕꯥꯍꯣꯟ ꯑꯃꯁꯨꯡ ꯁꯤꯡꯊꯥꯕ ꯑꯃꯁꯨꯡꯒꯤ ꯃꯇꯧꯗ ꯃꯇꯧꯗꯥ ꯑꯃꯁꯨꯡ ꯇꯧꯒꯗꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯝꯅꯃꯛ ꯄꯨꯡ-ꯇꯥꯡꯄꯥ ꯑꯃꯁꯨꯡ ꯂꯩꯕꯥꯛ ꯑꯃꯁꯨꯡꯒꯤ ꯃꯇꯧꯗꯥ ꯇꯧꯒꯗꯕ॥
- ꯄꯨꯝꯅꯃꯛ ꯍꯤꯡꯕꯥꯒꯤ ꯑꯃꯁꯨꯡ ꯄꯥꯡꯊꯣꯛꯂꯤꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯝꯅꯃꯛ ꯍꯣꯡꯕꯥꯍꯣꯟꯒꯤ ꯑꯃꯁꯨꯡꯕ ꯑꯃꯁꯨꯡ ꯄꯨꯝꯅꯃꯛ ꯍꯣꯡꯕ ꯑꯃꯁꯤꯡꯗꯥ ꯃꯃꯇꯝꯗꯥ ꯇꯧꯕ ꯑꯃ ꯇꯧꯗꯥ ꯑꯣꯏꯗꯕꯥꯁ

ꯃꯩꯈꯨ ꯑꯃ ꯃꯕꯌꯥꯝ ꯑꯣꯚꯃꯣꯌꯒ

- ꯃꯇꯩꯕꯌꯒ ꯂꯨꯍꯣꯟ ꯑꯗꯨꯒꯤ ꯃꯌꯣꯌ ꯑꯗꯨ ꯆꯌꯣꯏꯍꯝ ꯁꯨꯍꯣꯏꯅꯨ ꯑꯃꯆꯨꯌ ꯃꯃꯩꯌꯃꯕ ꯃꯕꯣꯟ ꯑꯗꯨ ꯁꯦꯌꯁꯍꯟꯅꯨ, ꯑꯃꯆꯨꯌ ꯃꯗꯨꯒꯤ ꯃꯂꯨꯌꯔ ꯃꯌꯣꯌ ꯑꯗꯨꯒꯤ ꯃꯂꯨꯌꯔ ꯇꯩꯕ ꯂꯨꯍꯣꯟ ꯑꯗꯨ ꯁꯦꯗꯕꯌꯥ ꯹꯰°ꯒꯤ ꯑꯪꯌꯒꯟ ꯑꯃꯔ ꯁꯪꯍꯥ ꯒꯦꯇꯁꯍꯨ꯫
- ꯉꯨꯚꯔꯕ ꯂꯨꯍ ꯑꯗꯨꯥ ꯁꯣꯕꯒꯪꯍ ꯑꯗꯨ ꯁꯣꯌꯒꯤꯗꯨ꯫
- ꯑꯍꯦꯌꯥ ꯁꯣꯕꯒꯪꯍ ꯑꯗꯨꯒꯤ ꯃꯦꯇꯌꯩꯔ ꯃꯇꯩꯕꯌꯒ ꯃꯁꯣꯃꯔ, ꯁꯣꯌꯇꯪꯟ ꯁꯦꯌꯥ ꯑꯪꯌꯂꯚ ꯑꯃꯒ ꯇꯣꯇꯑꯑ ꯑꯪꯟꯕꯣꯇ ꯑꯗꯨ ꯃꯃꯦꯌꯔ ꯒꯨꯕꯌꯁꯨꯥ ꯍꯣꯒꯔꯕꯑꯤ꯫
- ꯇꯦꯒꯑ ꯇꯩꯕ ꯃꯁꯣꯃꯔ, ꯕꯣꯟ ꯑꯗꯨ ꯏꯣꯕꯂ ꯁꯣꯗꯨꯥ ꯃꯁꯦꯒꯤ ꯃꯦꯇꯌꯩꯔ, ꯑꯍꯦꯌꯌꯤ ꯃꯌꯣꯌ ꯑꯗꯨꯒꯤ ꯃꯃꯦꯌꯔ ꯃꯇꯩꯌꯥ꯫

ꯃꯁꯨꯌ ꯇꯚꯑ ꯁꯨꯥ

- ꯕꯣꯟ ꯑꯗꯨ ꯃꯇꯩꯌꯇꯕ ꯃꯁꯨꯌꯔ, ꯑꯍꯦꯌꯌꯤ ꯂꯨꯍꯣꯟ ꯑꯗꯨꯥ ꯁꯣꯌꯇꯪꯟ ꯑꯗꯨ ꯃꯁꯦ ꯁꯨꯃꯕꯤꯗꯨ꯫
- ꯏꯣꯇꯣ-ꯃꯗꯨ ꯑꯂꯤꯑ ꯑꯁꯨꯃꯕ ꯍꯪꯚꯒꯨꯍꯟꯇꯤ ꯑꯃꯆꯨꯌ ꯕꯣꯟ ꯑꯗꯨ ꯃꯦꯇꯌꯩꯔ ꯇꯃꯇꯤꯌꯇ꯫



ꯄꯦꯟ ꯑꯁꯦꯡꯕꯤ

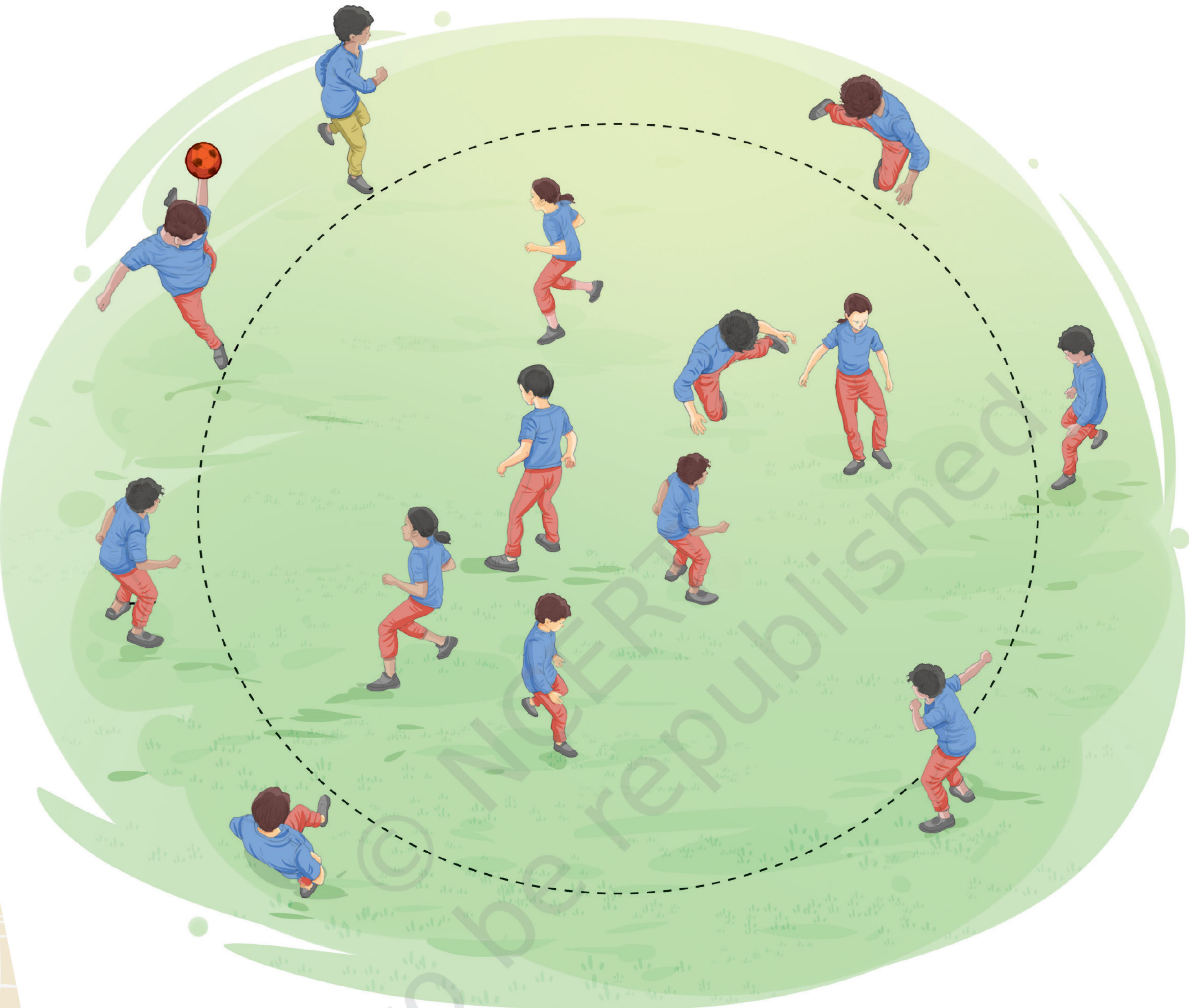
ꯁꯤꯡꯍ-ꯑꯍꯝ ꯄꯣꯛ॥	ꯃꯄꯑ ꯃꯄꯤꯍ	ꯁꯟ-ꯂꯤꯁꯦ ꯄꯣꯛ॥	ꯂꯤꯡꯟ ꯄꯣꯛꯍ॥
ꯇꯍꯝꯗꯤ ꯇꯣꯑꯂ ꯑꯍꯨꯡ ꯏꯤꯗ ꯇꯍꯝ, ꯁꯣꯂꯌ ꯑꯍꯨꯡ ꯄꯣꯑ ꯂꯄꯤꯣꯁ, ꯡꯁꯤꯅꯤꯂꯣꯝꯂ ꯂꯄꯤꯣꯁ॥	ꯄꯦꯟ ꯑꯁꯦꯡꯕꯤ	ꯁꯣꯂꯌ ꯂꯄꯤꯣꯁ, ꯂꯦꯟꯅꯤ ꯂꯤꯡꯟꯂꯤꯡ, ꯡꯤꯂ ꯄꯦꯅꯤ ꯂꯦꯟꯅꯤ ꯂꯄꯤꯣꯁ॥	ꯏꯌꯁꯤꯑ ꯑꯍꯨꯡ ꯑꯣꯗꯄꯤꯂꯤꯝꯣꯂꯗ॥

ꯄꯦꯟ ꯑꯁꯦꯡꯕꯤ

ꯃꯤꯍ ꯑꯗꯤ ꯂꯣꯍꯍꯨ॥ ꯃꯤꯍ ꯑꯍꯤꯛ ꯍꯣꯍꯄꯤꯂꯤꯡꯗ ꯑꯍꯛ ꯑꯍꯛ ꯁꯨꯌꯂꯦ ꯑꯍ ꯃꯍꯨꯗ ꯂꯤꯡꯟ ꯑꯍ ꯂꯣꯍꯤꯛꯗꯤ॥ ꯑꯄꯦꯝꯅꯝ ꯃꯤꯍ ꯑꯨꯗ ꯂꯤꯡꯟ ꯑꯨꯅ ꯁꯤꯛꯗꯤ॥ ꯂꯤꯡꯟ ꯑꯂꯤ ꯂꯣꯍꯁꯤꯄ ꯃꯤꯍ ꯑꯨꯛꯤ ꯝꯗꯅꯍꯅꯤ ꯂꯤꯡꯟ ꯍꯨꯡꯅ ꯇꯣꯝꯇꯤꯄ ꯑꯄꯦꯝꯅꯝ ꯃꯤꯍ ꯑꯨꯛꯤ ꯍꯣꯍꯄꯤꯂꯤꯡꯨ ꯂꯦꯏꯄꯦꯟꯛ ꯇꯦꯃꯗꯗ ꯃꯣꯛ ꯄꯣꯄꯗꯤ, ꯍꯁꯦꯃꯗ ꯑꯦꯒꯤꯃꯣꯅ ꯃꯤꯦꯂꯤꯡꯛ ꯇꯦꯃꯗꯗ ꯡꯦꯑꯃꯑꯡꯤ ꯍꯁꯦꯅ ꯁꯑꯄꯍꯑ ꯝꯗꯅꯍ ꯃꯍꯇꯤ॥ ꯂꯤꯇꯂꯡꯤ ꯍꯨꯡꯅ ꯇꯣꯄ ꯝꯇꯣꯔꯤꯂꯤꯡꯗ ꯂꯤꯡꯟꯛꯤ ꯍꯨꯡꯅ ꯁꯣꯂꯤꯗꯄ ꯑꯍꯨꯡ ꯅꯦꯇ ꯄꯣꯄ ꯔꯦꯃ ꯑꯨꯨ ꯍꯝꯗꯅ ꯇꯣꯄ ꯝꯇꯣꯔꯤꯂꯤꯡꯗ ꯄꯣꯄ ꯃꯍꯅꯣ॥

ꯂꯃꯄꯃꯄ ꯍꯑꯦꯡꯅ ꯄꯣꯑꯝꯤ ꯄꯍꯄꯤꯄ

ꯁꯍꯟ ꯇꯣꯄ: ꯃꯤꯍ ꯑꯗꯤ ꯂꯣꯍꯍꯨ ꯃꯃꯄꯅꯤ ꯃꯤꯍ ꯑꯣ ꯑꯍꯨꯡ ꯃꯤꯍ ꯄꯤ, ꯍꯨꯛꯤ ꯍꯨꯡꯅ ꯃꯤꯍ ꯑꯛꯤ ꯝꯇꯣꯔꯤ ꯑꯍꯛꯤ ꯍꯨꯌꯄ ꯁꯍꯟ ꯑꯍ ꯃꯍꯨ, ꯃꯇꯤꯑꯄꯤ ꯃꯤꯍ ꯄꯤꯛꯤ ꯝꯇꯣꯔꯤꯂꯤꯡꯗ ꯝꯇꯣꯔꯤ ꯑꯨꯛꯤ ꯁꯌꯂꯅꯤ ꯁꯍꯟ ꯑꯨ ꯇꯣꯃꯑꯗꯄ ꯃꯦꯗꯤꯛꯗꯤ॥ ꯑꯨꯛ ꯃꯤꯍ ꯑꯣꯗ ꯍꯁꯦꯃꯛꯤ ꯝꯇꯣꯔꯤꯃ ꯑꯨ ꯃꯑꯃꯑꯗꯄ ꯃꯦꯗꯤꯛꯗꯤ॥ ꯍꯃꯝꯑꯗ ꯁꯍꯟ ꯇꯣꯃꯑꯝ ꯃꯍꯄ ꯝꯇꯣꯔꯤ ꯑꯨꯗ ꯍꯃꯝꯑꯇꯄ ꯃꯤꯍ ꯑꯨ ꯍꯃꯝꯑꯡꯗꯤ ꯃꯃꯗ ꯇꯁꯃꯑꯡꯗꯤ॥



© NCERT not to be republished

ꯂꯃꯖꯤꯡ ꯁꯥꯒꯠ – ꯈꯨꯗꯣꯡꯆꯥꯕ ꯊꯧꯔꯝ ꯊꯧꯗꯣꯛꯂꯤꯕꯅꯤ॥

ꯄ꯭ꯂꯦꯌꯔꯁꯤꯡꯗꯨ ꯑꯣꯠꯂꯝꯗꯨꯅꯥ ꯆꯥꯎꯕ ꯍꯨꯅꯕꯒꯤ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯀꯤꯍꯧꯒꯠꯂꯃꯁꯤꯡꯗꯥ ꯂꯤꯀꯂꯥꯏꯁꯤꯡꯒꯤ ꯊꯧꯔꯝ ꯄ꯭ꯂꯦꯌꯔꯁꯤꯡꯗꯥ ꯀꯤꯍꯧꯒꯠꯂꯃꯁꯤꯡꯒꯤ ꯁꯥꯅꯕꯁꯤꯡꯗꯨ ꯊꯧꯔꯝ ꯆꯥꯎꯕꯥ ꯊꯧꯗꯣꯛꯂꯤꯕꯁꯤꯡ ꯌꯥꯎꯁꯤꯡꯒꯤ ꯑꯣꯟꯅꯕꯥ ꯁꯤꯡꯒꯤ॥

ꯕꯣꯜ ꯑꯃꯁꯨꯡꯒꯥ ꯇꯪꯁꯨ॥ ꯂꯨꯌ ꯁꯣꯕ॥

ꯇꯝꯕ-ꯑꯣꯡ ꯁꯣꯕ॥	ꯍꯣꯠꯅ ꯍꯤꯔꯝ	ꯄꯨꯟ-ꯃꯦꯇꯦꯔ ꯁꯣꯕ॥	ꯃꯇꯝ ꯆꯪꯕ॥
ꯇꯤꯁꯤꯂꯤꯑ ꯑꯃꯁꯨꯡ ꯃꯈꯤꯁꯤꯂꯤꯑ ꯇꯍꯁꯤꯂꯃꯤꯑ, ꯄꯤꯁ ꯑꯃꯁꯨꯡ ꯁꯣꯅꯒꯤꯌ ꯍꯃꯅ ꯃꯌꯕꯣꯡ ꯁꯣꯕ॥	ꯕꯣꯜ ꯑꯃꯁꯨꯡ ꯇꯪꯁꯨ	ꯑꯕꯍ ꯃꯣꯅꯪ, ꯃꯣꯅꯗꯕ ꯃꯈꯤꯒ, ꯄꯍꯃꯌꯕꯤꯑ॥ ꯃꯌꯕꯣꯡ, ꯈꯤꯅꯏ ꯃꯌꯕꯣꯡ ꯁꯣꯕ॥	ꯍꯣꯡꯊꯤꯕ ꯁꯤꯕ ꯒꯕꯣꯡꯃꯦꯅ ꯑꯣꯅꯃ ꯇꯣꯕ॥

ꯕꯣꯜ ꯑꯃꯁꯨꯡ ꯇꯪꯁꯨ

ꯒꯣꯅ ꯑꯃꯁꯨꯒꯤ ꯍꯇꯦꯌꯁ ꯌꯆꯒꯌꯇꯕ ꯇꯍꯕꯤ ꯑꯃꯁꯨꯗ ꯕꯣꯅ ꯑꯃꯁꯨ ꯗꯕꯤꯕꯅ ꯁꯣꯕ ꯄꯒꯗꯕꯃꯤ॥ ꯃꯄꯦꯌꯃ ꯁꯤꯇꯗꯍ ꯑꯃꯁꯨ ꯇꯦꯌꯁꯤ ꯍꯁꯍꯗ, ꯁꯤꯇꯗꯍ ꯑꯃꯁꯨ ꯏꯃꯕ ꯌꯁꯦꯅꯗꯒꯤ ꯏꯕ ꯁꯣꯌꯃꯤꯌ ꯑꯃꯁꯨ ꯌꯅꯇꯨ॥ ꯒꯣꯅ ꯑꯃꯁꯨꯗ ꯃꯣꯌ ꯑꯃꯁꯨ ꯄꯣꯌꯃꯕꯕ ꯍꯁꯨꯑꯗ, ꯍꯍꯒꯤ ꯁꯤꯇꯣꯔꯕ ꯈꯤꯑꯇꯨꯁꯤ ꯑꯃꯁꯨꯃ ꯍꯌꯣꯅꯒꯤ ꯗꯕꯤꯕꯇꯤꯑ ꯕꯨꯁꯤꯌ ꯑꯃꯁꯨ ꯄꯣꯕ ꯆꯍꯃꯕ ꯄꯕꯑꯏꯍ ꯑꯃꯁꯨꯗ ꯄꯅꯇꯌꯁꯨ॥

ꯔꯨꯃꯦꯇꯕ ꯃꯑꯦꯊꯅ ꯁꯦꯊꯆꯤ ꯁꯧꯗꯕꯤꯕ

ꯂꯦꯕꯊ ꯁꯧꯊꯊ: ꯁꯤꯗ ꯑꯔꯤ ꯂꯧꯗꯃꯨ꯫ ꯁꯤꯗ ꯑꯔꯤꯒꯤ ꯃꯔꯨꯊꯅ ꯑꯃꯕ 'ꯂꯦꯕꯊ' ꯑꯃꯂꯨꯊ ꯑꯌꯦꯆꯆ ꯁꯤꯗ ꯑꯃꯨꯕ 'ꯃꯤꯔꯦ' ꯍꯥꯏꯔ ꯀꯔꯕ꯫ ꯃꯤꯔꯦꯂꯤꯊꯔ ꯊꯦꯕꯌꯊꯤ ꯃꯇꯊ ꯑꯃꯅ ꯕꯦꯅ ꯑꯃꯨꯒ ꯇꯦꯍꯔꯔ ꯇꯍꯋ ꯁꯦꯒꯔꯤ꯫ ꯃꯨꯒꯤ ꯃꯨꯊꯅ ꯃꯀꯦꯍꯔ ꯊꯦꯕꯌꯊꯤ ꯑꯌꯦꯆꯆ ꯃꯆꯦꯋꯅ ꯅꯕꯦꯍꯕ ꯁꯦꯔꯕ ꯍꯦꯌꯔꯒꯔꯤ ꯑꯃꯂꯨꯊ ꯃꯀꯦꯍꯒꯤ ꯕꯦꯅ ꯑꯃꯨ ꯂꯦꯕꯊꯂꯤꯊꯔ ꯂꯕꯦꯋꯅꯔ ꯒꯦꯅ ꯑꯃ ꯂꯦꯊꯊꯔꯤ꯫ ꯊꯕꯤꯂꯨꯗꯕ ꯃꯤꯔꯗ ꯑꯃꯒꯤ ꯕꯦꯅ ꯑꯃꯨ ꯇꯦꯇꯦꯊꯀꯕꯕꯅꯤ ꯔꯌꯁꯕꯒ ꯊꯗꯀꯅꯒꯤ ꯇꯆꯔ ꯇꯕꯕꯅꯤ ꯃꯀꯦꯍ ꯑꯂꯤ ꯂꯦꯕꯊ ꯑꯃ ꯑꯦꯍꯕꯊꯊꯔꯤ꯫ ꯃꯤꯋꯔꯦ ꯆꯨꯗꯔꯃꯊ ꯂꯦꯕꯊ ꯑꯦꯍꯔ ꯑꯦꯋꯇꯦꯊꯇꯕ ꯍꯦꯌꯕ ꯒꯧꯗ ꯑꯂꯤ ꯃꯀꯦ ꯀꯌꯇꯕꯤ꯫

ꯂꯕꯊꯊꯅ ꯁꯦꯍꯗ – ꯇꯧꯕ • ꯇꯧꯇꯅ ꯍꯧꯔꯦ ꯃꯦꯍꯇꯤꯕ ꯆꯤꯕ꯫

ꯃꯦꯍꯇꯤꯕ ꯆꯤꯕꯕ ꯃꯨꯊꯅ ꯔꯍꯦꯊꯔ ꯊꯕꯗꯔ ꯍꯦꯌꯕꯤꯕꯒꯧ ꯍꯦꯕꯒꯤ ꯃꯁꯦꯊꯅ ꯑꯆꯤꯊꯆ ꯕꯦꯍꯌ-ꯑꯆ ꯑꯃ ꯂꯧꯗꯃꯨ꯫

ꯑꯅꯦꯃꯔ ꯌꯧꯕꯤꯕꯗꯒꯔꯤ?

ꯆꯍꯧꯌꯕꯂꯤꯊꯔ ꯑꯆꯦꯊꯆ ꯑꯃꯒꯤ ꯌꯌꯂꯅꯒꯤ ꯕꯦꯅ ꯑꯃꯨ ꯇꯧꯇꯦꯊꯆ, ꯇꯕ ꯔꯌꯁꯕꯒ ꯅꯒꯦꯍꯕ ꯌꯦꯅꯧ꯫

ꯁꯦꯜ ꯅꯣꯠ ꯑꯃꯁꯨꯡ ꯆꯦꯟꯖ॥

ꯁꯤꯡ-ꯑꯄꯥ ꯍꯣꯠ॥	ꯍꯤꯔꯝ ꯍꯂꯤꯡ	ꯄꯨꯟ-ꯁꯤꯟꯅ ꯍꯣꯠ॥	ꯂꯧꯕꯥ ꯍꯣꯠꯄ॥
ꯂꯩꯇꯥꯕ ꯑꯃꯁꯨꯡ ꯒꯥꯇꯣꯛꯂꯤꯡ, ꯆꯤ ꯄꯒ ꯑꯃꯁꯨꯡ ꯄꯨꯁꯤꯕꯤꯂꯥꯛꯂ ꯂꯥꯍꯧꯕꯥꯁ॥	ꯁꯦꯜ ꯅꯣꯠ ꯑꯃꯁꯨꯡ ꯆꯦꯟꯖ॥	ꯍꯩꯕꯂꯩ ꯍꯥꯔꯤꯂꯣꯕ, ꯄꯥꯟꯏ ꯂꯥꯍꯧꯕꯥꯁ,	ꯊꯕꯑ ꯊꯥꯕꯤꯃꯂꯤꯡ ꯑꯃꯁꯨꯡ ꯑꯃꯁꯨꯡ ꯄꯥꯎꯆ ꯁꯥꯡꯕ

ꯁꯦꯜ ꯅꯣꯠ ꯑꯃꯁꯨꯡ ꯆꯦꯟꯖ

ꯒꯩꯅꯁꯦꯂꯣꯛꯄꯒꯤ ꯃꯤꯁꯕ ꯹ꯒꯤ ꯕꯥꯔꯤꯁꯂꯕꯤ ꯂꯥꯃꯤꯂꯕꯥꯟ ꯑꯃ ꯂꯥꯃꯖꯨ॥
ꯂꯥꯃꯤꯂꯕꯥꯟ ꯑꯂꯤꯒꯤ ꯃꯍꯩꯌꯕ ꯁꯦꯜꯇꯥꯁꯤꯕ ꯃꯄꯥꯟ ꯁꯦꯇꯤꯂꯎ ꯑꯂꯤ ꯆꯩꯒꯗꯤ॥
ꯒꯩꯅꯄꯤꯁꯦꯕꯆ ꯒꯥꯃ ꯑꯂꯤ ꯁꯦꯜꯇꯥꯁꯤꯕ ꯑꯃꯒꯤ ꯃꯔꯤꯌꯍ ꯊꯩꯅ ꯑꯃꯁꯨꯡ ꯊꯕꯩꯌꯥꯍꯨꯆ ꯄꯥꯟ॥ ꯄꯥꯆꯤꯌꯍꯤ ꯁꯦꯜꯇꯥꯁꯤꯕ ꯑꯃꯁꯨꯆ ꯁꯤꯕꯥꯁ ꯆꯩꯒꯕꯊꯕꯤ ꯒꯩꯅ ꯂꯩꯌꯁꯕꯒ ꯄꯥꯎꯆꯊ
ꯑꯩꯄꯒꯗꯤ ꯆꯣꯍꯨꯕꯒ ꯊꯩꯅ ꯑꯃꯁꯨꯡ ꯄꯥꯎꯆ ꯏꯊ ꯑꯥꯌꯒꯅ ꯆꯩꯊ ꯑꯃꯁꯨꯡ ꯍꯕꯃ ꯑꯂꯤꯆ ꯒꯩꯅ
ꯑꯃ ꯂꯩꯌꯆꯊꯒꯤ ꯄꯥꯎꯆ ꯏꯊ ꯁꯨꯕꯩꯌꯁꯤꯊ ꯆꯩꯊ ꯌꯍꯩꯁꯁ ꯁꯦꯜꯇꯥꯁꯤꯕ ꯑꯃꯕ ꯁꯦꯜ
ꯍꯩꯒꯕꯊꯗꯤ॥ ꯄꯕꯤꯒꯨꯃꯊ ꯁꯦꯜꯇꯥꯁꯕ ꯑꯃꯁꯨꯆ ꯒꯩꯅ ꯑꯃ ꯄꯩꯌꯆꯃꯨꯆ ꯃꯇꯄ ꯁꯦꯌꯍꯕꯊꯕꯤ
ꯁꯦꯜꯇꯥꯁꯕ ꯑꯃꯁꯨꯆ ꯒꯩꯅꯄꯤꯁꯦꯕ ꯑꯩꯄꯕꯒꯗꯤ ꯑꯃꯁꯨꯡ ꯒꯥꯃ ꯑꯃꯁꯨꯡ ꯃꯇꯩ ꯁꯌꯊꯒꯗꯤ॥

ꯇꯝꯕꯤꯕꯁꯤꯡꯒꯤꯗꯃꯛ ꯄꯥꯎꯖꯦꯜ

ꯀꯣꯝ ꯑꯂꯤ ꯁꯤꯝ ꯀ꯭ꯂꯥꯁꯇꯥ ꯁꯦꯟꯇꯤꯃꯤꯇꯔ ꯃꯈꯥ ꯇꯥꯅꯕ ꯊꯦꯡꯅꯈꯤꯕ ꯂꯝꯕꯤ ꯌꯦꯡꯁꯤ—‘ꯁꯦꯟꯇꯤ’ ꯑꯃꯁꯨꯡ ‘ꯃꯤꯇꯔ’॥

ꯕꯦꯟ ꯑꯃꯁꯨꯡ ꯁꯥꯏꯂꯣꯜ ꯇꯧꯕ ꯁꯦꯟꯇꯤꯃꯤꯇꯔꯗ ꯑꯃꯁꯨꯡ ꯍꯥꯏꯕꯥ ꯑꯣꯏꯕ॥ ꯑꯃꯁꯨꯡ ꯇꯥꯏꯕꯥ ꯀꯦꯟ ꯑꯃꯁꯨꯡ ꯇꯧꯕ ꯍꯦꯟ ꯇꯥꯏꯕꯥ ꯌꯦꯡꯇꯕ ꯊꯤꯖꯤꯟ ꯑꯃꯥ ꯇꯧꯕ ꯑꯁꯣꯏꯕꯥ ꯁꯦꯟꯇꯤ ꯑꯃꯥ ꯁꯥꯏ ꯁꯧꯕ ꯍꯦꯟ॥ ꯁꯦꯟꯇꯤ ꯑꯃꯇ ꯀꯣꯝ ꯑꯂꯤ ꯁꯤꯡꯀꯇꯤ ꯑꯃꯁꯨꯡ ꯑꯁꯣꯏꯕꯥꯂꯤꯗ ꯕꯦꯟ ꯇꯧꯕ ꯑꯃꯥꯠꯇ ꯑꯁꯥꯏꯗꯥꯂꯤꯗꯨ ꯁꯦꯟ ꯁꯣꯇꯕꯀꯤꯅꯃꯗ ꯁꯣꯌꯇ ꯊꯕ ꯁꯥꯏꯇꯤꯂꯦꯡꯂꯤꯗ ꯊꯤꯇꯕ ꯇꯦꯌꯣꯗꯇꯀꯇꯤ॥ ꯁꯦꯟ ꯁꯣꯃꯕ ꯃꯤꯑꯣꯕ ꯑꯃꯁꯨꯡ ꯌꯦꯃꯥꯌꯥꯏ ꯃꯁꯥꯏꯌꯥ ꯍꯥꯏꯇꯤ॥ ꯀꯣꯝ ꯑꯂꯤ ꯑꯁꯥꯏꯗꯥꯁꯥ ꯁꯨꯃꯇꯃꯗ ꯁꯦꯟ ꯁꯣꯃꯕ ꯃꯁꯨꯗꯅ ꯑꯃꯁꯨꯡ ꯃꯍꯦꯟꯇ ꯌꯦꯃꯥꯌꯥꯏ ꯃꯁꯥꯏꯌꯥ ꯇꯧꯕ ꯃꯁꯝꯅ ꯇꯦꯛꯂꯤꯌꯀꯇꯤ॥

ꯂꯃꯌꯥꯟ ꯁꯦꯛꯝ – ꯑꯣꯗꯁꯤꯗꯤꯁꯤ ꯑꯃꯁꯨꯡ ꯃꯤꯗꯤꯗꯨ ꯁꯣꯕ॥

ꯑꯁꯥꯏꯗꯥꯁꯥꯂꯤꯗꯨ ꯁꯦꯟ ꯁꯣꯇꯕꯀꯤꯅꯃꯗ ꯊꯦꯃꯃꯣꯂꯦꯡꯂꯤꯗ ꯑꯃꯁꯨꯡ ꯁꯥꯏꯇꯤꯂꯦꯡꯂꯤꯗꯀꯤ ꯇꯤꯂꯌ ꯑꯃ ꯂꯣꯝꯗꯨ॥

ꯑꯍꯦꯛꯇ ꯍꯩꯕꯤꯃꯝꯀꯇꯤ?

ꯁꯣꯡꯂꯕꯦꯟꯂ ꯆꯀꯤ ꯃꯃꯨꯑꯦꯍꯕ: ꯱.

- ꯁꯦꯟꯇꯤꯃꯤꯇꯔ ꯑꯃꯁꯨꯡ ꯕꯦꯟ ꯑꯃꯁꯨꯡ ꯇꯦꯍꯇꯇ ꯃꯣꯌꯂꯤꯃꯝ ꯑꯦꯍꯇ ꯍꯦꯗꯑꯗ ꯑꯃꯁꯨꯝ ꯍꯥꯏꯕꯥ ꯍꯦꯟ॥
- ꯁꯦꯟꯇꯤꯃꯤꯇꯔ ꯑꯃꯁꯨꯡ ꯕꯦꯟ ꯑꯃꯁꯨꯡ ꯂꯣꯌꯣꯡꯂ 3 ꯊꯦꯡꯕ ꯑꯝꯕ ꯍꯦꯟ॥

ꯂꯨꯆꯤꯡꯕ ꯁꯨꯝꯍꯠꯄꯒꯤ ꯑꯍꯥꯡ॥

ꯍꯤꯔꯝ-ꯑꯃꯥ ꯑꯣꯏꯕ॥	ꯈꯣꯡ ꯈꯣꯡ	ꯍꯩꯅ-ꯍꯩꯕꯒꯤ ꯑꯣꯏꯕ॥	ꯂꯝꯕꯤꯅ ꯑꯣꯏꯕ॥
ꯂꯥꯏꯆꯥꯡꯁ ꯍꯤꯡꯅ ꯁꯆꯥꯡ, ꯄꯥꯝ ꯁꯨ ꯑꯣ ꯂꯥꯎꯍꯥꯁ ꯑꯣꯏꯕ॥	ꯂꯨꯆꯤꯡꯕ ꯁꯨꯝꯍꯠꯄꯒꯤ ꯑꯍꯥꯡ॥	ꯑꯣꯏꯍꯄꯥꯝ ꯆꯍꯤ ꯂꯥꯎꯍꯥꯁ, ꯑꯣꯍꯥꯂꯣ ꯑꯣꯕꯤꯂꯆꯨ, ꯃꯍꯥꯂ ꯑꯣꯍꯕ ꯇꯥꯡ ꯑꯣ ꯑꯣꯁ॥	ꯑꯣꯏꯑꯣꯤꯂꯤꯁꯥꯂꯏ ꯑꯣꯏꯕ॥

ꯂꯨꯆꯤꯡꯕ ꯁꯨꯝꯍꯠꯄꯒꯤ ꯑꯍꯥꯡ

ꯑꯣꯤꯍ ꯑꯇꯤ ꯂꯣꯍꯁ॥ ꯁꯥꯇꯣꯁꯍꯂꯤꯃꯇ ꯒꯤꯅꯃꯤꯁꯥꯍꯨ ꯇꯏꯅꯨꯇ ꯒꯤꯅꯁꯥꯂꯑꯃꯤ ꯍꯨꯃꯄ ꯒꯤꯅ ꯂꯤꯌꯇꯒꯤꯇꯤ॥ ꯍꯥ ꯁꯥꯌꯇꯕ ꯁꯥꯏꯄꯍ ꯁꯨꯄꯤꯃꯍꯌꯇ ꯑꯣꯤꯍ ꯑꯨꯒꯤꯄꯍꯌ ꯁꯥꯍꯏ ꯑꯍ ꯏꯒꯤꯇꯤ॥ ꯏꯍꯇꯣꯅ ꯁꯣꯍꯁꯥꯤꯁꯏ ꯑꯨ ꯇꯣꯁꯈꯌꯇꯕ ꯍꯨꯏꯄ ꯃꯁꯒꯤ ꯍꯨꯃꯄ ꯁꯥꯇꯣꯁꯍꯂꯤꯃ ꯇꯆꯍꯒꯥ ꯑꯣꯤꯍꯂꯤꯃ ꯍꯤꯑꯣꯆ ꯑꯣꯏꯕ॥

ꯀꯨꯗ꯭ꯔꯥꯕ ꯍꯑꯣꯃꯥ ꯁꯤꯡꯂꯣꯏ ꯁꯍꯕꯏꯕ

ꯍꯦꯟꯗꯕꯣꯜ ꯑꯗꯨ ꯁꯥꯕ: ꯁꯥꯟꯅꯕꯒꯤꯗꯃꯛ ꯃꯤꯑꯣꯏ ꯑꯅꯤ ꯄꯥꯡꯂꯒꯥ ꯊꯣꯛꯀꯅꯤ ꯫ ꯁꯥꯟꯅꯔꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯗꯒꯤ ꯑꯃꯅꯥ ꯑꯍꯥꯕ ꯑꯥꯏꯐꯥ ꯊꯝꯂꯤ ꯫ ꯁꯥꯟꯅꯔꯤꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯅꯥ ꯃꯐꯝ ꯑꯗꯨ ꯆꯥꯡꯁꯤꯟꯅꯕ ꯍꯣꯠꯅꯩ ꯫ ꯑꯗꯨꯗꯒꯤ ꯁꯥꯟꯅꯔꯤꯕ ꯃꯤꯑꯣꯏꯁꯤꯡꯅꯥ ꯑꯍꯥꯟꯕ ꯃꯐꯃꯗꯒꯤ ꯂꯥꯟꯅꯕ ꯊꯥꯗꯨꯅꯥ ꯁꯥꯟꯅꯔꯤꯕ ꯑꯃꯗꯥ ꯄꯤꯗꯨꯅꯥ ꯍꯟꯖꯤꯜꯂꯤ ꯫

ꯇꯃꯖꯤꯟ ꯁꯔꯨꯛ – ꯑꯣꯂꯤꯝꯄꯤꯛꯁꯣꯡ ꯫

ꯄꯥꯟꯗꯃꯁꯤꯡ ꯑꯍꯥꯟꯕ ꯁꯥꯟꯅꯕ ꯑꯍꯥꯟꯕ ꯍꯣꯠꯅꯕ ꯁꯥꯟꯅꯕ ꯑꯍꯥꯟꯕ ꯇꯤꯇꯦ ꯑꯃꯥ ꯌꯣꯝꯃꯥꯡ ꯂꯥꯏꯕꯥ ꯃꯤꯍꯥꯡ ꯑꯣꯂꯤꯝꯄꯤꯛꯇ ꯁꯤꯡꯂꯣꯏ ꯍꯟꯗꯃꯥ ꯍꯣꯡꯕ ꯍꯌꯣꯝ ꯑꯣꯝꯕ ꯁꯤꯡꯂꯣꯏꯗꯥ ꯫

ꯒꯣꯜꯀꯤꯄꯔꯒꯤ ꯗꯤꯐꯦꯟꯁꯀꯤ ꯇꯧꯕꯒꯤ ꯃꯇꯧ

ꯁꯔꯨꯛ-ꯑꯌꯥꯝ ꯂꯧꯕ꯫	ꯃꯇꯧ ꯃꯈꯜ	ꯍꯤꯡꯕ-ꯃꯤꯇꯩ ꯂꯧꯕ꯫	ꯈꯨꯗꯣꯡ ꯆꯥꯕ꯫
ꯇꯦꯛꯅꯤꯛ, ꯈꯣꯡꯆꯠ, ꯑꯣꯏꯕ ꯈꯂꯝꯕ ꯂꯧꯕ꯫	Goalkeeper's Defensive ꯃꯇꯧ ꯃꯈꯜs	ꯏꯃꯥꯡ ꯅꯤꯡꯕ (ꯀꯣꯑꯣꯔꯗꯤꯅꯦꯁꯟ), ꯁꯦꯡꯒꯤ ꯀꯣꯛ, ꯀꯥꯡꯕꯒꯤ ꯀꯣꯛ꯫	ꯕꯣꯜ ꯑꯃꯁꯨꯡ ꯑꯣꯏꯔꯤꯕ ꯂꯧꯕ꯫ꯑꯣꯏꯔꯤꯕ ꯂꯧꯕ꯫

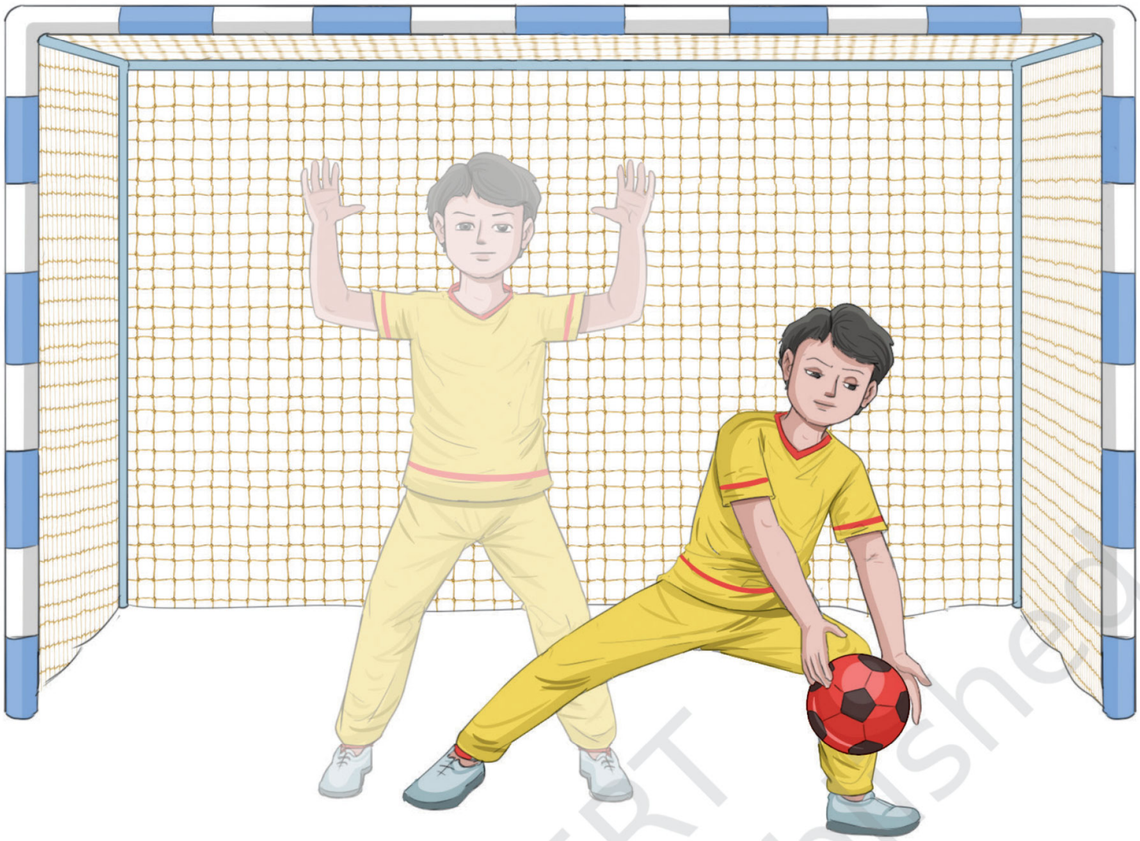
ꯒꯣꯜꯀꯤꯄꯔꯒꯤ ꯗꯤꯐꯦꯟꯁꯤꯡ ꯇꯧꯕ꯫

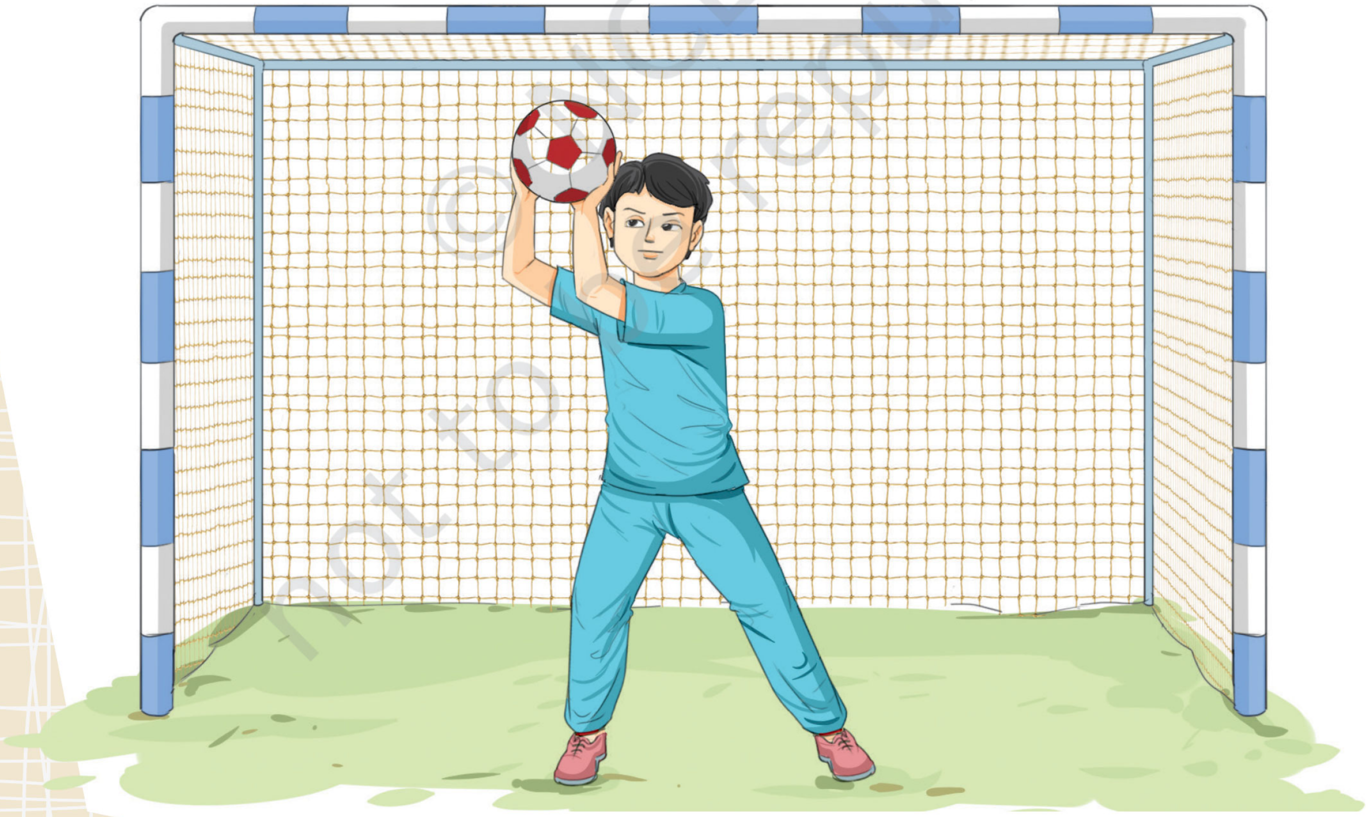
ꯁꯤꯡꯇꯥꯛ

- ꯁꯦꯃꯖꯤꯟ ꯑꯃ ꯈꯣꯡ-ꯖꯥꯡꯕ ꯃꯑꯣꯡꯗ ꯇꯥꯡꯗꯨ ꯇꯧꯒꯅꯤ꯫ ꯈꯨꯗꯣꯡ ꯁꯤꯡ ꯑꯃ ꯁꯔꯨꯛ ꯍꯥꯌꯗꯨꯅꯥ ꯑꯃꯃꯃ ꯒꯣꯜꯀꯤꯄꯔꯁꯤꯡ ꯃꯂꯃꯗ ꯀꯥꯎꯔꯤꯕ ꯑꯃ ꯇꯧ꯫
- ꯈꯨꯗꯣꯡ ꯅꯣꯡ ꯁꯔꯤꯕꯗ ꯈꯣꯡ-ꯈꯥꯕ ꯃꯔꯨꯞꯗ, ꯈꯨꯗꯣꯡꯁꯤꯡ ꯑꯍꯥꯅꯕ ꯑꯃ ꯈꯨꯗꯣꯡꯁꯤꯡ ꯁꯦꯝꯗ ꯌꯥꯏ꯫
- ꯈꯨꯗꯣꯡꯁꯤꯡ ꯃꯁꯤꯡꯗ ꯑꯃ ꯁꯦꯝꯁꯤꯟ ꯌꯥꯏ ꯃꯇꯨꯡ ꯈꯨꯗꯣꯡ ꯕꯣꯜ ꯑꯃ ꯇꯧꯔꯤꯕꯥ ꯈꯨꯗꯣꯡꯗ ꯇꯧꯔꯤꯕꯥ ꯂꯧꯔꯒꯤ꯫
- ꯕꯣꯜ ꯑꯃ ꯇꯧꯕꯗꯨꯗ ꯈꯨꯗꯣꯡꯁꯤꯡ ꯁꯤꯡꯗꯦ ꯑꯃ ꯄꯥꯡꯗ ꯀꯣꯛꯌꯦꯛ-ꯁꯦꯡꯌꯦꯛꯄꯤꯌꯨ꯫

ꯌꯦꯡꯁꯤꯟ ꯑꯃ ꯌꯥꯕꯒꯤ ꯑꯦꯡꯌꯦꯛꯀ

- ꯒꯣꯜ ꯑꯃꯒꯤ ꯃꯇꯨꯡ ꯑꯃ ꯁꯤꯡꯗꯨꯕꯗ ꯂꯧꯔꯒꯤ ꯄꯥꯈꯔꯒꯤ ꯇꯧ ꯑꯃꯍꯨꯝ ꯁꯦꯡꯂꯒꯤ ꯁꯦꯝꯇꯥ ꯑꯃ ꯅꯥꯝꯂꯤꯌꯨ꯫
- ꯕꯣꯜ ꯑꯃꯗ ꯃꯤꯁꯅꯥꯃ ꯌꯥꯏ ꯑꯃꯍꯨꯝ ꯔꯤꯑꯥꯏ ꯂꯧꯗꯕ ꯈꯣꯡ-ꯈꯥꯗ ꯇꯧꯒꯅꯤ꯫





- ꯕꯣꯜ ꯑꯗꯨꯒꯤ ꯑꯥꯇꯣꯀꯆꯍꯥꯁꯨ ꯑꯍ ꯄꯍꯗꯨꯆ ꯇꯥꯌꯣꯃꯥꯟ ꯆꯁꯨꯌꯃꯒꯤ ꯂꯣꯀꯅ ꯗꯨ ꯂꯣꯀꯅꯥꯌ ꯁꯤꯂꯤꯅꯗꯨ, ꯑꯌꯥꯁꯕ ꯑꯃꯁꯨꯡ ꯍꯤꯡꯆ ꯁꯣꯡꯄꯡꯂꯤꯡ ꯇꯣꯁꯤꯗꯨ꯫
- ꯆꯍꯣꯌꯐꯤ ꯂꯥꯁꯌꯃ ꯑꯣꯏ ꯒꯃꯥꯒꯤꯌꯤ ꯑꯗꯨ ꯄꯌꯗꯨꯆ ꯄꯍꯨ ꯑꯃꯁꯨꯡ ꯐꯃꯤꯒꯨꯍꯕ ꯍꯄꯣ ꯌꯣꯃꯕꯅꯤ ꯕꯣꯜ ꯑꯗꯨ ꯇꯣꯂꯤꯁꯆꯕ ꯍꯀꯐꯣ ꯑꯃꯍꯥꯌꯌꯅ ꯀꯂꯤꯡ ꯗꯨꯡꯂꯤꯁꯕ ꯆꯁꯨꯌꯃꯒꯤ ꯇꯒꯆ ꯁꯁꯆꯕ ꯂꯥꯍ-ꯂꯣꯗꯨꯆ ꯇꯣꯗꯨ꯫

ꯍꯂꯤꯒꯤ ꯍꯗꯨꯡꯅ ꯀꯁꯆ ꯁꯁꯒ

- ꯕꯣꯜ ꯑꯗꯨ ꯕꯇꯣꯌ ꯌꯣꯃꯕ ꯍꯗꯨꯡꯅ, ꯀꯣꯃꯂ ꯑꯗꯨ ꯂꯣꯌꯄꯅꯗꯨ ꯑꯃꯁꯨꯡ ꯕꯣꯜ ꯑꯗꯨ ꯃꯤꯕꯣꯁꯅ ꯌꯣꯅꯆꯕ ꯄꯤꯡꯇꯤꯅꯗꯨ꯫
- ꯕꯣꯜ ꯑꯗꯨ ꯍꯤꯡꯆ ꯇꯣꯁꯨꯗꯨ ꯑꯃꯁꯨꯡ ꯍꯗꯨ ꯂꯥꯐꯗꯨꯑꯣꯃ ꯑꯣꯀꯆ ꯄꯍꯨ ꯆꯁꯨꯌꯃꯒꯤ ꯒꯣꯅ ꯑꯥꯃꯤꯍꯤ ꯑꯗꯨꯅꯒꯤ ꯇꯒꯆ ꯄꯍꯨ꯫

ꯗꯤꯗꯀꯕ ꯍꯑꯣꯡꯅ ꯌꯣꯌꯒꯤ ꯌꯍꯕꯤꯕ

ꯕꯥꯌꯣꯟ ꯑꯣꯏ ꯕꯥꯗꯨꯁꯂꯤꯡꯒꯤ ꯇꯁ: ꯍꯤꯌꯃ 3ꯒꯤ ꯑꯃꯒꯒꯅ ꯍꯤꯌꯃ 2 ꯌꯤꯡꯆ ꯒꯣꯟ ꯑꯆꯤ ꯄꯍꯨ꯫ ꯄꯣꯇꯤꯌ, ꯒꯣꯟ ꯑꯆꯤꯍꯌꯐꯤ ꯍꯄꯌꯌ ꯑꯃꯁꯨꯡ ꯍꯁꯣꯅ ꯕꯥꯗꯨꯁꯂꯤꯡ ꯄꯗꯨ꯫ ꯒꯣꯟ ꯑꯗꯨꯒꯤ ꯒꯣꯀꯁꯌ ꯍꯃꯤ ꯑꯗꯨ ꯃꯀꯁ ꯌꯒꯒ (RT), ꯃꯀꯁ ꯕꯣꯌꯍ (RB), ꯇꯥꯑꯁ ꯌꯒꯒ (LT), ꯇꯥꯑꯁ ꯕꯣꯌꯍ (LB) ꯄꯀꯆ ꯍꯍꯤꯡ ꯄꯣꯁꯕꯤꯗꯨ꯫ ꯍꯄꯃꯣꯀꯂꯤꯡꯕ ꯒꯣꯟꯂꯤꯡꯅꯒꯤ ꯍꯤꯌꯃ ꯶ ꯇꯒꯆ ꯇꯀꯁ ꯌꯣ꯫ ꯗꯀꯂꯐꯤ ꯁꯣꯁꯇꯥꯟꯅ ꯍꯄꯃꯣꯀ ꯗꯨꯅꯤꯡꯍꯌꯆ ꯒꯣꯟꯒꯤ ꯍꯇꯌꯌ ꯇꯁꯄꯥꯡꯆꯒꯆꯤ ꯑꯃꯁꯨꯡ ꯒꯣꯟꯂꯤꯡꯒꯤ ꯍꯗꯨꯡꯅ ꯇꯣꯕ ꯒꯣꯇꯤꯂꯁ ꯑꯗꯨ ꯇꯣꯒꯆꯤ꯫ ꯍꯗꯨꯒꯤ ꯍꯗꯨꯡꯅ ꯑꯣꯇꯆ ꯑꯃ.ꯌꯤ., ꯑꯃ.ꯕꯤ., ꯑꯥꯟ.ꯌꯤ. ꯑꯃꯁꯨꯡ ꯑꯥꯟ.ꯕꯤ.ꯅ ꯃꯥꯁꯅꯍ ꯑꯣꯀꯆ ꯐꯣꯀ ꯑꯃꯁꯨꯡ ꯒꯇꯥꯔꯃ ꯑꯗꯨꯆ ꯍꯁꯣꯀꯒꯤ ꯗꯨꯁ ꯆꯁꯨꯌꯃꯒꯤ ꯁꯣꯡꯅ ꯆꯁꯨꯌꯃꯒꯤ ꯕꯥꯗꯨꯁꯂꯤꯡ ꯑꯗꯨ ꯄꯥꯡꯆꯆꯕ ꯗꯆ ꯁꯁꯄꯣꯌ-ꯁꯁꯂꯤꯁ ꯌꯣꯒꯅꯕꯆꯤ꯫ ꯒꯇꯥꯔꯃ ꯗꯅꯤꯡꯍꯌꯆ ꯁꯁꯂ ꯌꯃ ꯏꯒꯆꯤ꯫ ꯅꯃꯀꯟ ꯑꯗꯨ ꯇꯣꯀꯃꯕ ꯍꯗꯨꯡꯅ ꯒꯇꯥꯔꯃ ꯑꯗꯨꯆ ꯂꯌꯃꯌꯤꯡ ꯇꯀꯁꯅ ꯄꯟꯇꯌꯐꯆꯤ꯫

ꯂꯃꯐꯟ ꯌꯣꯀꯍ – ꯂꯌꯤꯡ ꯑꯗꯨ ꯑꯥꯁꯌꯤꯂꯤꯒꯥꯁ ꯌꯣꯕ꯫

ꯂꯌꯃꯒꯤ ꯁꯣꯡꯁꯁꯂꯤꯡꯅꯒꯤ ꯕꯣꯟ ꯑꯗꯨꯒꯤ ꯍꯀꯐ ꯑꯃꯁꯨꯡ ꯁꯣꯡꯇꯥꯟ ꯑꯗꯨ ꯐꯃꯍꯆ ꯑꯥꯁꯌꯤꯂꯤꯒꯥꯁ ꯌꯣꯁꯤꯕꯒꯥ ꯄꯀꯕꯗꯨ ꯏꯣꯡꯅꯣꯌꯇꯗꯨꯆ ꯆꯍꯣꯌꯐꯤ ꯑꯥꯌꯂꯒꯃꯤꯔꯥꯁꯂ ꯑꯗꯨ ꯄꯀꯕꯤꯗꯨ꯫

ꯊꯔꯨꯂꯣꯠ ꯊꯈꯕ

ꯁꯦꯝꯈ-ꯑꯇ ꯁꯧꯕ꯫	ꯈꯁꯣ ꯈꯃꯤꯌ	ꯌꯨꯟ-ꯃꯦꯂꯣꯡ ꯁꯧꯕ꯫	ꯃꯦꯌꯥꯟ ꯁꯧꯈ꯫
ꯂꯦꯈꯅ ꯁꯦꯌ, ꯕꯣꯌ ꯁꯦꯌ, ꯇꯤꯡꯒꯤꯌ ꯅꯦꯤꯟꯃꯤꯌ꯫	ꯊꯔꯨꯂꯣꯠ ꯊꯈꯕ	ꯇꯦꯈꯦꯕ ꯇꯤꯈꯏ ꯦꯁꯣꯃꯗ, ꯦꯤꯒꯦꯃ ꯑꯈꯂꯨꯌ ꯏꯦꯁꯦꯅ ꯇꯧꯃ, ꯕꯁꯦꯏꯇꯈ ꯁꯇꯦꯇ꯫	ꯈꯁꯧ ꯌꯦꯈꯇ ꯕꯇꯦꯌ ꯁꯧꯒꯅꯒꯣ?

ꯕꯊꯔꯨꯂꯣꯠ ꯊꯈꯕ

ꯁꯨꯇꯣꯇ

- ꯒꯦꯟ ꯂꯦꯈꯅ ꯇꯦꯇꯤꯃꯗ: ꯈꯁꯈ ꯁꯨꯈꯇꯈꯌꯁ ꯇꯁꯦꯌꯌꯤ ꯇꯂꯦꯕ ꯒꯦꯟ ꯑꯈꯂꯨꯌ ꯇꯁꯦꯌꯌꯤ ꯑꯇꯦꯌꯇ ꯑꯕꯨꯒꯤ ꯈꯦꯌꯁ ꯇꯦꯇꯤꯃꯗ ꯁꯧ꯫
- ꯁꯌꯁꯦꯌꯒꯤ ꯇꯦꯇꯤꯃꯗ: ꯐꯨꯇ ꯁꯔꯊꯦꯌ-ꯁꯔꯃꯤꯗ ꯁꯧꯕꯅ ꯇꯈꯊꯦꯌꯁꯗꯇꯕꯒꯤꯅꯈꯌ, ꯇꯁꯦꯌꯌꯤ ꯁꯦꯌ ꯑꯕꯨ ꯁꯨꯕꯒꯤ ꯁꯦꯌ ꯁꯦꯌꯇ ꯊꯌꯒꯔꯇꯒ, ꯇꯁꯦꯌꯌꯤ ꯁꯨꯕꯃꯤꯌ ꯑꯕꯨ ꯌꯨꯇꯃꯤꯗꯕꯨꯇ ꯑꯈꯂꯨꯌ ꯇꯁꯦꯌꯌꯤ ꯑꯨꯈꯕ ꯑꯕꯨ ꯇꯁꯦꯌꯌꯤ ꯁꯦꯌꯅ ꯊꯈꯨ꯫
- ꯇꯁꯦꯌꯌꯤ ꯕꯣꯇꯣꯗꯃ ꯑꯕꯨ ꯊꯈꯨ ꯑꯈꯂꯨꯌ ꯑꯁꯣꯗꯕ ꯑꯈꯂꯨꯌ ꯁꯦꯌꯇ ꯁꯦꯌꯊꯌ ꯇꯧꯁꯔꯂꯣꯠ ꯈꯈꯌꯧ ꯑꯈꯁꯣꯌꯁꯅ ꯁꯃꯤꯗꯇꯕ ꯃꯣꯈ-ꯂꯦꯕꯨꯇ ꯇꯧꯨ꯫

ꯈꯪꯖꯤꯅꯒꯗꯕ ꯋꯥꯐꯃꯁꯤꯡ

- ꯃꯆꯥꯁꯤꯡꯅ ꯑꯃꯁꯨꯡ ꯑꯃꯒꯤ ꯃꯔꯛꯇ ꯂꯥꯞꯅ ꯂꯦꯞꯂꯒ ꯕꯣꯜ ꯑꯗꯨ ꯊꯥꯗꯣꯛꯅꯕ ꯁꯣꯏꯗꯅ ꯇꯝꯕꯤꯌꯨ॥
- ꯕꯣꯜ ꯑꯗꯨ ꯐꯪꯂꯕꯗ ꯑꯃꯁꯨꯡ ꯊꯥꯗꯣꯛꯄꯗ ꯃꯍꯥꯛꯀꯤ ꯈꯨꯠ ꯑꯅꯤ ꯁꯤꯖꯤꯟꯅꯕ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯍꯥꯏꯕꯤꯌꯨ॥
- ꯃꯆꯥꯁꯤꯡꯅ ꯊꯥꯗꯣꯛꯄꯒꯤ ꯃꯇꯝ ꯑꯗꯨ ꯈꯪꯅꯕ ꯉꯝꯅꯕ, ꯃꯍꯥꯛꯀꯤ ꯕꯣꯜ ꯐꯪꯕ ꯌꯥꯕꯗ ꯃꯆꯥꯁꯤꯡꯕꯨ ꯇꯥꯀꯄꯤꯌꯨ ꯑꯃꯁꯨꯡ ꯈꯨꯗꯣꯡꯆꯥꯕ ꯄꯤꯌꯨ॥
- ꯍꯧꯖꯤꯛ ꯑꯃꯁꯨꯡ ꯁꯤꯡꯅꯕꯒꯤ ꯃꯇꯃꯗ, ꯃꯆꯥꯁꯤꯡꯅ ꯍꯣꯠꯅꯕ ꯑꯗꯨ ꯑꯃꯁꯨꯡ ꯑꯁꯣꯏꯕ ꯇꯥꯀꯄ ꯁꯤꯡꯕ ꯂꯩꯍꯧꯕ॥
- ꯁꯣꯛꯂꯤꯕꯗ ꯇꯪ ꯑꯃꯁꯨꯡ ꯃꯔꯛ ꯌꯥꯗꯕ ꯇꯣꯡ ꯑꯗꯨꯅ ꯁꯦꯝꯕ ꯍꯥꯏ ꯁꯦꯝꯕꯤꯌꯨ॥

ꯂꯣꯏꯁꯤꯅꯕ ꯍꯧꯖꯤꯛꯀꯤ ꯊꯧꯔꯥꯡ ꯁꯤꯖꯤꯟꯅꯕ

ꯃꯔꯨꯑꯣꯏꯕ ꯋꯥꯐꯝ: ꯑꯉꯥꯡꯁꯤꯡꯗ ꯑꯗꯨꯒ ꯍꯥꯛꯆꯥꯡ ꯇꯥꯅꯕ ꯁꯤꯡꯒ ꯍꯧꯖꯤꯛ ꯌꯦꯍꯥꯕꯁ ꯂꯥꯏꯔꯤꯛꯀꯤ ꯇꯧꯔꯕꯕ ꯊꯕꯛ ꯑꯃꯍꯦꯠꯅ ꯇꯧꯒꯕꯤ꯫ ꯂꯥꯏꯔꯤꯛꯀꯤ ꯁꯤꯡꯒ ꯁꯤꯡꯒꯁ ꯑꯃꯁꯨꯡꯀꯤꯗꯃꯛ ꯌꯦꯍꯕ ꯍꯕ ꯊꯧꯔꯥꯡ ꯑꯍ ꯀꯣꯡꯕ-ꯀꯍꯦꯟ꯫ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯊꯧꯔꯥꯡ ꯍꯧꯖꯤꯛꯍꯧ ꯁꯦꯡꯅ ꯁꯤꯕꯁ ꯄꯣꯛꯄꯥ, ꯁꯣꯏꯗꯕ ꯇꯁ ꯑꯍꯟꯗꯃ ꯃꯤꯑꯣꯏꯁꯤꯡ ꯑꯣꯏꯁꯅ ꯍꯤꯡꯌꯃ ꯇꯧꯕꯤ꯫ ꯑꯉꯥꯡꯁꯤꯡꯗ ꯑꯗꯨ ꯍꯟꯗꯛ ꯀꯤꯗꯦꯡꯂꯣꯏꯁꯤꯡꯒꯤ ꯍꯍꯟꯗꯝ ꯇꯧꯕꯁ ꯍꯥꯏ (ꯍꯤꯕꯛ ꯱–꯸) ꯍꯟ ꯁꯛꯇꯥꯅꯁꯤ꯫

ꯀꯃꯁꯤꯡ ꯁꯤꯖꯤꯟ – ꯍꯥꯏ ꯁꯤꯡꯒꯤꯗ ꯁꯕꯍꯥ ꯁꯤꯡꯒꯥꯃꯥ?

ꯑꯗꯨꯍꯥꯛ ꯍꯤꯡꯁ ꯑꯗꯨꯒꯤ ꯁꯍꯕꯅꯒꯤ ꯁꯍ ꯑꯗꯨꯒꯤ ꯁꯤꯡꯕꯍꯁꯤꯡ ꯑꯗꯨ ꯃꯍꯕ ꯑꯗꯨꯁꯤꯀꯤꯍꯧ ꯁꯤꯁꯤꯁꯒ ꯄꯅꯁꯗ ꯁꯗꯦ ꯑꯍꯂꯃ ꯁꯍ ꯑꯗꯨ ꯁꯕꯍꯥ ꯁꯤꯕꯁꯒꯤꯍꯥ ꯕꯄꯍꯃꯤ ꯂꯀꯤꯒ ꯍꯥꯇꯤꯀꯗꯀꯃ ꯑꯗꯨ ꯇꯧꯍꯥꯍꯥꯂ꯫

ꯑꯗꯣꯝꯕ ꯈꯪꯂꯤꯕꯔꯥ?

ꯌꯦꯝꯍꯥꯀꯃ ꯑꯀꯥ ꯍꯤꯂ ꯃꯂꯕꯕꯁ
ꯑꯦꯃꯤꯀꯤꯑꯣꯅꯀꯤꯃꯕ ꯄꯣꯗꯗ ꯀꯤꯒꯕꯣꯅ ꯱꯶ ꯇꯃꯥ꯫

ꯑꯁꯦꯡ-ꯃꯤꯆꯤꯅ ꯑꯅꯥꯏ ꯂꯥꯡꯃꯤꯏꯕ

ꯁꯤꯡ-ꯑꯗ ꯄꯥꯕ॥	ꯇꯕꯑ ꯇꯩꯕꯤ	ꯁꯤꯡ-ꯑꯃꯁꯤ ꯄꯥꯕ॥	ꯂꯤꯡꯖꯦ ꯄꯥꯕꯤ॥
ꯀꯤꯗꯥꯏꯡ ꯀꯥꯑꯃ ꯑꯃꯁꯨꯡ ꯏꯕꯤꯔ ꯀꯤꯗꯥ, ꯁꯥꯃꯦ ꯑꯃꯁꯨꯡ ꯕꯥꯑ ꯃꯄꯕꯥꯁ, ꯁꯤꯡꯕꯤꯂꯥꯗꯃ ꯃꯄꯕꯥꯁ॥	ꯑꯁꯦꯡ ꯃꯤꯆꯤꯅ ꯑꯅꯥꯏ ꯂꯥꯡꯃꯤꯏꯕ	ꯏꯕꯤꯁꯤꯕꯤ ꯀꯃ ꯑꯃꯁꯨꯡ ꯕꯥꯑꯁꯤꯕꯤ ꯀꯃ, ꯀꯅꯕꯤꯕ ꯀꯤꯏ ꯕꯄꯥꯃꯡꯃꯤꯡ॥	ꯇꯕꯑ ꯇꯩꯕꯤ ꯑꯃ ꯑꯃꯑ ꯍꯥꯏ ꯁꯥꯡꯃꯤꯡꯕ

ꯑꯁꯦꯡ ꯃꯤꯆꯤꯅ ꯑꯅꯥꯏ ꯂꯥꯡꯃꯤꯏꯕ

ꯄꯨꯗꯡ-ꯄꯨꯗꯡꯕ ꯕꯥꯀꯥꯡꯃ ꯄꯤꯀꯃꯤꯡ ꯃꯥꯀꯏꯕ ꯗꯀꯥꯁꯕꯃꯤꯡꯃ ꯁꯅꯥꯑꯗꯥ ꯑꯃꯁꯨꯡ ꯑꯥꯀ ꯑꯃꯤꯑꯤꯃꯃꯑꯄ ꯑꯕꯑꯑꯤ ꯃꯏꯀ ꯑꯃ ꯃꯥꯀ-ꯂꯕ॥ ꯗꯀꯥꯁꯕꯃꯤꯡꯏ ꯑꯗꯤꯑꯗ ꯃꯅꯑꯤꯑꯤ ꯑꯥꯀꯃꯤꯡ ꯂꯥꯡꯀ ꯑꯃꯁꯨꯡ ꯃꯃꯑꯤꯑꯤ ꯑꯀꯃꯃꯤꯡꯃ ꯄꯀꯁꯤꯕ ꯃꯑꯤꯅ ꯃꯀꯏꯃꯑ ꯕꯄꯥꯄꯤꯡ ꯄꯤꯀꯃꯤꯡꯑ ꯀꯅꯏꯏ ꯑꯥꯑꯃꯥꯃꯤꯕꯅ ꯄꯦꯏꯕ ꯍꯥꯅꯀ॥ ꯃꯅꯗꯑꯀꯕ ꯄꯤꯀ ꯑꯃꯏ ꯃꯁ ꯄꯕ ꯃꯤꯡꯏꯕ ꯑꯁ ꯃꯅꯑꯏꯏꯕ ꯑꯕꯑꯄ ꯀꯕꯤ॥ ꯄꯤꯀꯃꯤꯡꯏ ꯑꯅ ꯃꯑꯏꯃꯏ ꯑꯃꯁꯨꯡ ꯅꯏꯑꯄꯤꯕ ꯑꯅꯏ ꯃꯤꯏꯃ ꯄꯃꯏ ꯗꯅꯃꯄꯃꯤꯡ ꯏꯑꯏꯤ॥ ꯃꯃꯡ ꯑꯃꯤꯑꯤ ꯑꯕꯅꯕꯃ ꯁꯁꯅꯃꯑꯤ ꯁꯀꯏ ꯗꯅꯃꯄ ꯀꯕ ꯄꯤꯀ ꯑꯃꯏ "ꯑꯤꯡ ꯑꯏ ꯑꯕꯄ" ꯍꯅꯕ ꯃꯤꯡꯇꯅ ꯑꯃꯤ ꯏꯅ॥

ꯗꯨꯏꯔꯣꯕ ꯍꯦꯟꯗꯕꯣꯜ ꯁꯥꯟꯅꯕꯒꯤ ꯃꯍꯩꯁꯤꯡ

ꯍꯦꯟꯗꯕꯣꯜ ꯀꯣꯔꯠ, ꯒꯣꯂꯄꯣꯁ ꯑꯃꯁꯨꯡ ꯕꯣꯜ: [illegible]

ꯀꯥꯎꯕꯥ ꯊꯕꯛ – [illegible]

- [illegible]
- [illegible]