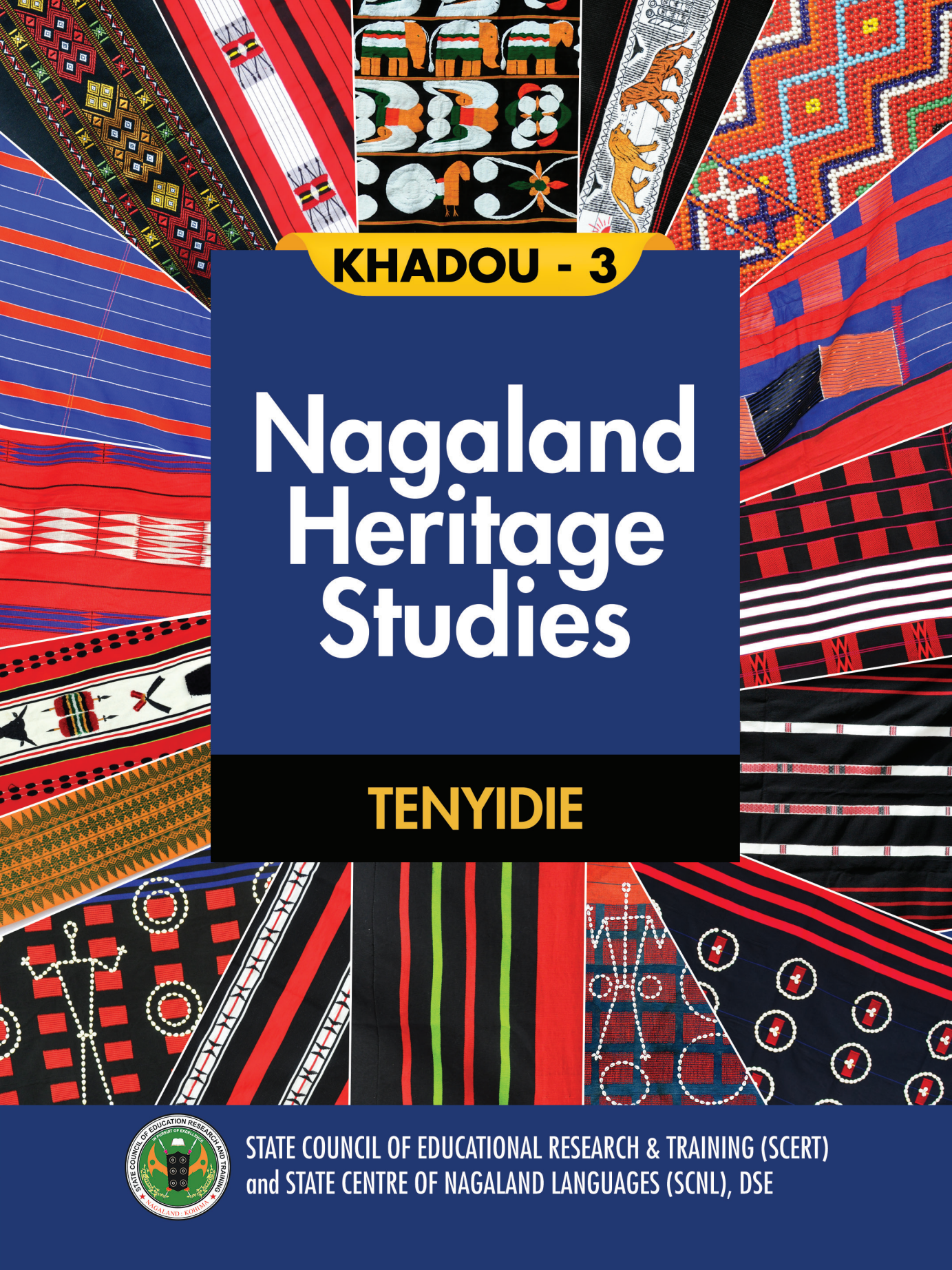




KHADOU - 3

Nagaland Heritage Studies

TENYIDIE



STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING (SCERT)
and STATE CENTRE OF NAGALAND LANGUAGES (SCNL), DSE



Nagaland Heritage Studies

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NAGALAND HERITAGE STUDIES | KHADOU 3 - TENYIDIE

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Illustrators: Vineizotuo Z. Tase, Tschumla Mongzar

FOREWORD

The Nagaland Heritage Studies (NHS) is a series of 18 officially recognized Nagaland languages from classes 1 up to 8. These books aim to teach the Nagaland Languages using local culture and heritage as its content base and also promote cultural richness of every tribe and community. The introduction of the Nagaland Heritage Studies in the State's schools from 2018 was in consonance with the guidelines of the National Curriculum Framework (NCF) 2005. The Nagaland Heritage Studies textbooks revised edition covers the learning needs of the students which have added meaningful illustrations. The NHS textbooks are evolving to better language learning of Mother Tongue which is the core basis of one's identity, history and culture.

The State Council of Educational Research and Training & SCNL would like to express gratitude to Professor D. Koulie for his contributions.

We would also like to acknowledge the Department of Arts and Culture, DIPR, all Literature Boards, Tribal Hohos, and the individuals concerned for their contributions towards the development of Nagaland Heritage Studies Textbooks.

The Council & SCNL also wishes to extend its gratitude to Smt. Kevileno Angami, Commissioner & Secretary, Government of Nagaland, SCERT and School Education for sharing valuable suggestions towards improving/updating of Nagaland Heritage Studies textbooks.

Lastly, appreciation goes to SCERT and SCNL team members who have worked hard in completing the NHS textbooks revision on time.

Dated: Kohima the 7th of November 2022.



THAVASEELAN K
Principal Director (IAS)
School Education, Nagaland, Kohima



N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

Kenei Dieyie

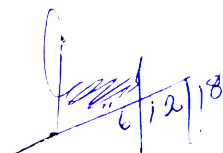
Nagamia teicie kekra leshümhasi jü di lhou kevor dze sü mechü si. Americamia dieliekevi liethoko teicie krie kerethepfü doki Nagamia kijü nu vor. Ukoe Britishmia kekua rüzhüpfü di vor zo derei leshümhasi mu dieliekeviu se Nagamia kijü nu leishü. Uko mhatho keviko lielie di Nagamia rei mhasi kephütsa thehie chü zo vor thie kelhou teiu tso. Rüna pete nu leshüki pesielie mu u nuonuo kemele khe thie we u kitiekinu nu lhou di leshümhasi sedeko silieliete.

Sirei teicie kekra khenumia dieu nunu leshümhasi phrü tuo moketa la u krü u pfutsanuoko zhovi mu mhasi kekra pejüwazhie. Sirei menuorthorta kemonu Nagaland sorkari-e leshükephrümia bu u krü kelhouzho keviko silie di se perhei lalie kevi mharhü chülie di State Council of Educational Research and Training (SCERT) bu puo zha chü kephrüdako kese keba la u nei pekrei bawe. Kephrüca 'Nagamia Zhoue Dzephrüko' (Naga Heritage Studies) icüu chielie di kephrüda khadou 8-1 ketso se Alternative English üdi se kevor-u valiwaketuo pepikelie ze kephrü kekrekreicüko chiepie siekelhoumia dzevi medo kebako la Kepenuopfü thezie kekralie kelho chü bawe.

Tenyidie nu kephrü meza kevo ki u nuonuo bu si kezhüthoko siketuo mengu di kephrüdako kese keba silie di u khradi ba.

U krü die nunu u tsiepfumia zhoviko mu u kijü nu ngulieyakezha lheni kinyiko dze si pedelie tse Nagamia nuonuoko rei yiedi kekreamia ze kepeyie mu kemetsa volieketuo pemhi ba ketho.

Mhasi puoma kenyi hamhieko se u kelhoumhasi bodeko chülie di mia ketsekezieu chü phre volie üthienyü.



Prof. D Kuolie
Secretary General,
Ura Academy

Ngulieketuoko

Kephrü

Puolha

1. Mhaphrühuko (51-100)

1

2. Umo Zako - II

8

3. Puoteiko

12

4. U Nagaland/Districtko mu Yietseko

21

5. Dzeyie - Tso Puo mu Chiekru Puo Dze

24

6. U Krünuo Pfheneiko

28

7. Geizo - Huoyo Sashülie

34

8. U Khie U Mhou Nhaboko - I

36

9. U khie U Mhou Nhaboko - II

39

10. Phichümia Rhuhecü

44

KepHRÜ 1

MhaphrÜkhuko (51-100)

Kephrüu nu kemerüko:

1. MhaphrÜkhuko 51 – 100 ketso sikelie.
2. MhaphrÜkhuko keriekenuo sikelie.
3. MhaphrÜkhuko pu mu thu toukelie.
4. MhaphrÜkhuko pie puo zako ze kekhie sikelie.

Nhicuko cha kerünuo nunu kerükrietho-u medzi di mhaphrÜkhuko ketsau bu rierie mu kesieso di thushülie.



Hiepengou, MepfÜ, Hiedia, Ker, Ser

Nko keze mphrükhu 51-100 ketso phrü khe.

  - Hiepengouepuo

  - Hiesorouepuo

  - Hiepengouekenie

  - Hiesorouekenie

  - Hiepengouese

  - Hiesorouese

  - Hiepengouedia

  - Hiesorouedia

  - Hiepengouepengou

  - Hiesorouepengou

  - Hiepengouesorou

  - Hiesorouesorou

  - Hiepengouethenie

  - Hiesorouethenie

  - Hiepengouethetha

  - Hiesorouethetha

  - Hiepengouethepfü

  - Hiesorouethepfü

  - Hiesorou

  - Hiethenie

7 1 – Hietheniepuo

7 2 – Hietheniekenie

7 3 – Hietheniese

7 4 – Hietheniedia

7 5 – Hietheniepengou

7 6 – Hietheniesorou

7 7 – Hietheniethenie

7 8 – Hietheniethetha

7 9 – Hietheniethepfü

8 0 – Hiethetha

8 1 – Hiethethaepuo

8 2 – Hiethethaekenie

8 3 – Hiethethaese

8 4 – Hiethethaedia

8 5 – Hiethethaepengou

8 6 – Hiethethaesorou

8 7 – Hiethethaethenie

8 8 – Hiethethaethetha

8 9 – Hiethethaethepfü

9 0 – Hiethepfü

9 1

– Hiethepfüepuo

9 2

– Hiethepfüekenie

9 3

– Hiethepfüese

9 4

– Hiethepfüedia

9 5

– Hiethepfüepengou

9 6

– Hiethepfüesorou

9 7

– Hiethepfüethenie

9 8

– Hiethepfüethetha

9 9

– Hiethepfüethepfü

1 0 0

– Krie puo

Dojükecü:

A. Mhaphrükhu 51 – 80 ketso leshükhu nunu thulie.

B. Pekhrotsa mharhiko meholie. Mhaphrü zako thushülie.

1.



2.



3.



4.



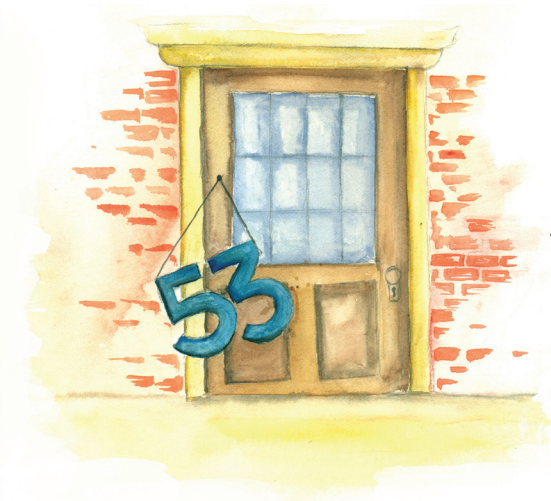
5.



6.



7.



C. Mhaphrükhu 81-100 ketso leshükhu nunu thulie.

D. Mhaphrükhuko mu puo zako rhie kemezeshülie.

82	Hietheniepuo
63	Hiesourouedia
71	Hiethethaekenie
59	Hiepengouekenie
90	Hiethepfü
88	Hietheniese
95	Hiethethaethetha
52	Hiethepfüepengou
73	Hiesorouese
64	Hiepengouethepfü

E. Mhaphrükhuko kekrau bu rierie mu kesieso di thu voshülie.

Hiesorouepengou	Hietheniethepfü	Hiethepfüethetha
Hiesorouekenie	Hiethetha	Hiethepfüesorou
Hiesorouedia	Hietheniethenie	Hiethepfüethepfü
Hiesorouepuo	Hietheniethetha	Hiethepfüethenie
Hiesorouese	Hietheniesorou	Krie puo

Kephrü 2

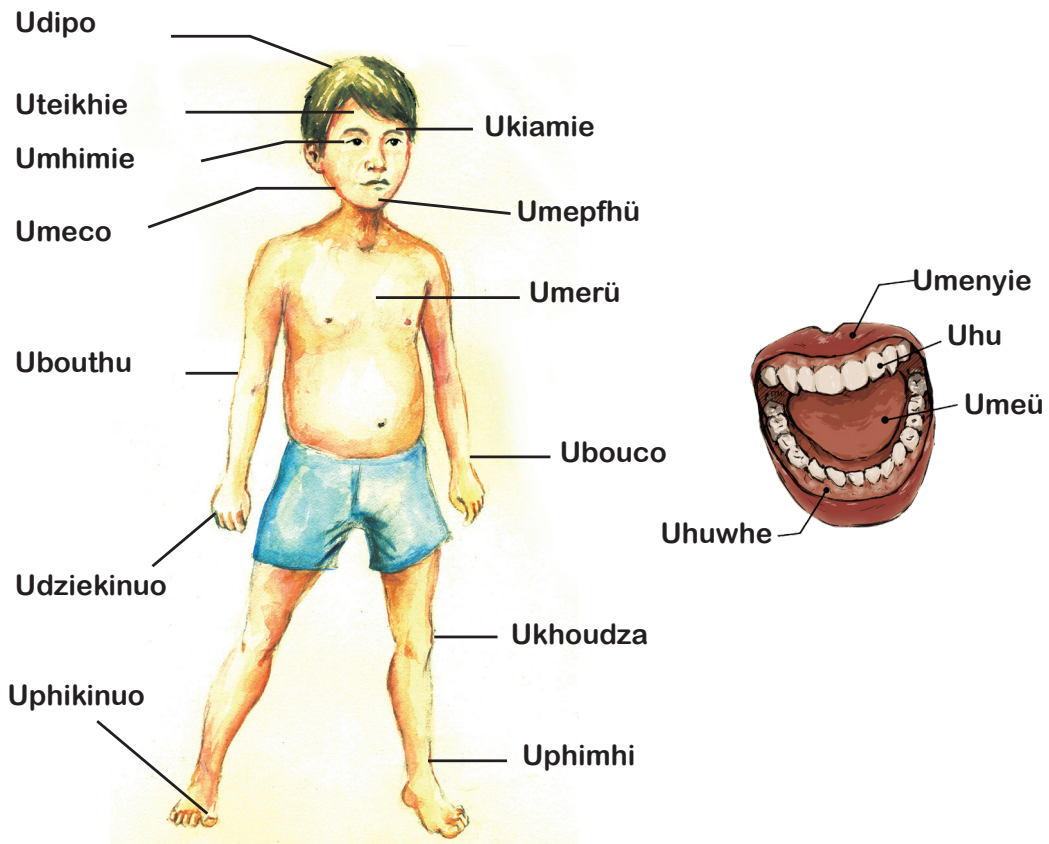
Umo Zako - II

Kephrüu nu kemerüko:

1. Umo za kekrekreiekcüko sikelie.
2. Umo za kekrekreiekcüko si kekrekkelie.
3. Umo zako pu mu thu toukelie.
4. Kephrüu medzi di ketsokeshüko pu toukelie.

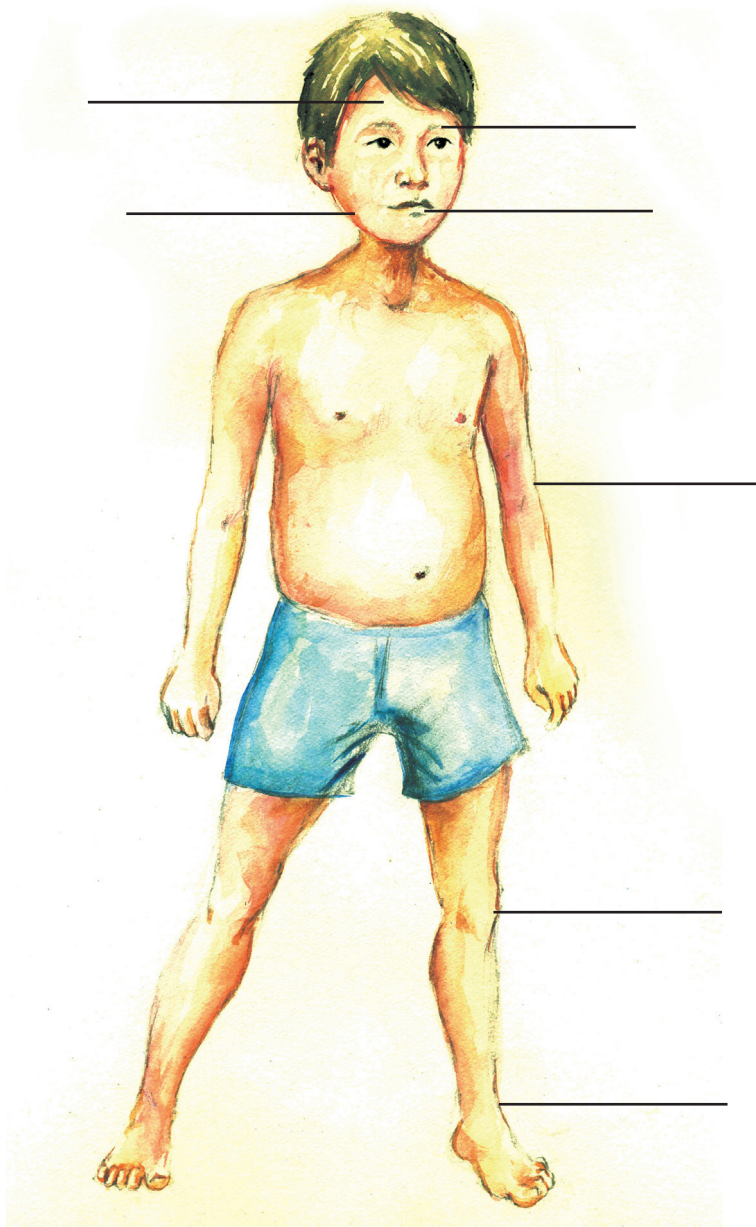
Hello a zeko. A za Azo.

Nko keze umo za kekreküko phrü khe.

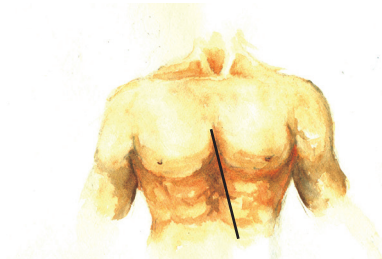
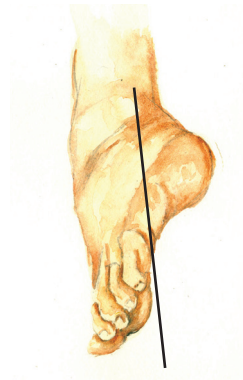
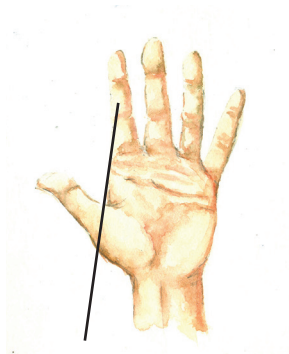
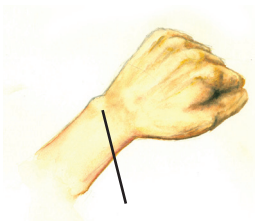


Dojükecü:

A. Umo za kekreicüko thushülie.



B. Umo za hako thushülie.



C. N zemia puo kedalie sidi umo zatho sikelieko kepushülie.

D. Diechako phrüşhü di süu kedipuo pu ba shi-e chieshülie.

1. U phizhünie nu pengou pengou ba phreya. U __ HI __
__ N __
2. Udzie ketseketuo la hau se morosuo. U __ __ THU
3. Udziezhünie nu pengou pengou ba phreya. UD __ __
KI __ O
4. Teisonhie kezüya. __ H __
5. Umhinie mho nu baya. U __ I __ I __

E. Bouhou nu umo zatho 10 pfhüşhülie.

O	U	N	I	K	I	H	P	U
S	H	A	Z	F	Ü	U	V	A
U	U	T	E	I	K	H	I	E
B	G	L	U	B	O	U	C	O
O	D	U	M	E	R	Ü	G	P
U	Ü	U	H	U	W	H	E	L
T	U	M	E	C	O	J	W	Ü
H	M	A	N	P	U	M	E	Ü
U	K	H	O	U	D	Z	A	K

F. Umo rhilie di puo za kekreiekcüko thushülie.

KepHRÜ 3

Puoteiko

Kephrüu nu kemerüko:

1. Puotei kekreikecüko sikelië.
2. Puotei kekreikecüko rhi si kekreikelie.
3. Kephrüu puoca silie mu puotou di phrü petokelie.
4. Kephrüu medzi di ketsokeshüko kela sikelië.

Teicie puo nu puotei kekreikreikecü dia baya.
Süko liro Bayie, Metsü, Therü mu Teiso.

1. Bayie teiki tei le partaya.



Nyiepu pou partaya.
Santou pruo tezie whi baya.

2. Metsü teiki tei le setaya.



Teisozha cha mu teizeizha dzütaya.
Teile teiki themiako dzü krie pekra setaya.

3. Therü teiki tei meku za lertaya.



Hateiki seinyüko pie sedetaya.

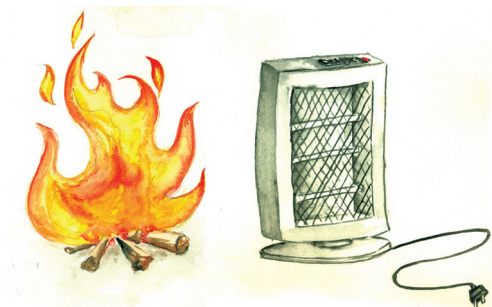
4. Teiso teiki tei mekutaya.



Teisozha dzü mu teizeizha chataya.
Thechü huora pekrie krütaya.

Dojükecü:

A. Mharhiko meho di puotei puotouu puo khro thushülie.



B. Ketsokeshüko kelashülie.

1. Metsü teiki teisozha mu teizeizha kikemhietaya ga?
2. Therü teiki seinyüko kikemhietaya ga?
3. Kicükipuo nyiepouko pou partaya ga?
4. Teiso teiki teisozha mu teizeizha kikemhietaya ga?

C. Puotei n keneitho-u rhishü di puozie pie kenheshülie.

D. Mirhiko pie puoteiko ze rhie kemezeshülie.

A

B

1.



Therü

2.



Teiso

3.



Metsü

4.



Bayie

E. Puotei kekreikreicü mirhiko meho di puo dze dieca 20-30 mese pie nethe puopuo thushülie.

1.



2.



3.



4.



U Nagaland/Districtko mu Yietseko

1. Kicükipuo Nagaland State pesielie shicü mu Nagaland state siezanuoko sikelie.
2. District 16 – ko za sikelie.
3. Yietse 17-ko za mu süko lhouyakezha districtko sikelie.
4. U die nunu Niathu, Niakra, Peso mu Pekhro sikelie.
5. Yietse kekreamia dze si nyükelie.

NAGALAND
PHYSICAL

ARUNACHAL PRADESH
MANIPUR

MON
LONGLENG
TUENSANG
SHIMON
KIPHIRE
ZUNHEBOTO
WOKHA
NULAND
DIMAPUR
CHUMUKEDIMA
PEREN
KOHIMA
PHEK
Mt. Nishankh
Mt. Zingha
Mt. Abo
Mt. Kotham
Mt. Saramet

LEGEND

Physical Features
▲ Peaks
~ Rivers
Water Bodies

0 10 20 40 60 80 Kilometers

This map is without prejudice to the claims of Nagaland for re-drawing the Assam-Nagaland boundary on the basis of historical and traditional factor.
The boundaries of Nagaland as shown on this map are subject to revision as provided in the 1960 Delhi Agreement.
The map shown are for educational purpose and the district boundaries are for representation purpose only

Prepared by Nagaland GIS & Remote Sensing Centre

district Kerekenie nu baya. Sükosü Angami, Ao, Chakhesang, Chang, Khiamniungan, Kuki, Konyak, Kachari, Lotha, Phom, Pochury, Rengma, Sümi, Sangtam, Tikhir, Yimkhiung mu Zeliang. Yietse puopuocü puo thuo puo kelhouzho, puo pfhe puo die mu puo pfhe puo nei ba phreya.

Nagaland-e puo kijü sq. kms. 16,579 ba. Teicie 2011 nuolhoutsüphrü nu puo nuolhou so 19.79 ba. Teicie 2011 nuolhoutsüphrü nu thu mu phrü sikecü krieza 79.55 ba.

Dojükecü:

A. Hako kelashülie:

1. Kicükipuo Nagaland State pesielie ga?
2. Peso, Pekhro, Niathu mu Niakratsa Nagaland siezanuoko za thushülie?
3. Peso, Pekhro, Niathu mu Niakratsa district za thushülie? (Nagaland kijü mharhi-u meholie)
4. Nagaland nu yietse kitsuo ba ga?
5. Nagaland nu district Keresorouko za thushülie?

B. Nagaland kijü mirhi rhishülie di puozie pie kenheshülie. Mirhiu nu district keresorouko (16) za thushülie.

C. Kepethamia diecha phrükeshöko rünyülie di 'puotou' mo 'kekrü'shi-e thushülie.

1. Nagaland nu district 16 ba.
2. Dimapur-e Nagaland seluoba-u.
3. Sangtamko-e Tuensang mu Kiphire district-nie nu lhouya.
4. Rengmako Tseminyu nu lhouya.
5. Nagaland tierie pekhrotsa liro Assam ba.

D. Thechü kemethuoko nu diecako thu tseishülie.

1. Nagaland-e puo kijü _____ ba.
2. Teicie 2011 nuolhoutsüphrü nu puo nuolhou _____ ba.
3. Teicie 2011 nuolhoutsüphrü nu thu mu phrü sikecü krieza _____ ba.

E. Rünyükecü mhatho.

Kepethamia bu bouhou nu keba Nagamia yietseko lukihaki nu puo puo di pete phrü petoshülie.

Kephrünuomia bu süu rünyü di yietse za sikelieko rhieshülie.

Lotha	Kuki
Phom	Khiamniungan
Konyak	Chang
Yimkhiung	Kachari
Sangtam	Tikhir
Zeliang	Chakhesang
Sumi	Ao
Rengma	Angami
Pochury	

F. Chüketuo:

Yietse kekreamia kenie pfhülie di unie ki nu mha hako dojülie:

1. Uko kikemhie di “N za supuo ga?”
Mu
2. “Vi ba zo mo?” icü u die nunu puya ga?

KepHRÜ 5

Tso Puo mu Chiekru Puo Dze (Nagamia Dzeyie)

Kephrüu nu kemerüko:

1. Puoca si tou di thedzeu phrü puotoukelie.
2. Diesako si toulie di kepu nu mu kethu nu sekelie.
3. Thedzeu puotou nunu lephralie. Süsie thedzeu nu kethekrekecüu silie mu Chiekru-u do kevi sikelie.
4. Thedzeu kepukeshü sie u kele pu la parlie kevi chükelie.
5. Dzeyie kekrei phrü la nyükelie.
6. Die pukecü dorhüko sikelie.

Thiedzü va puo Tso puo teisonhie vo rücü puo nu dzü krie seiya.

Siru khunhie puo puoe dzüu kriebo ba di ngulie. Süla puoe puo nei mo se di sie, “Supuo Tso Kekuo-u dzü pekriewate ga? A ki kezhamia morei a ze ketoucümia zo kemosie hau chülie kenjü!” idi puoe Khurhü puo ketsepie supuo dzüu pekriewa ba shikecü pfhüta.



Süla Khurhü-ue rücüu tsütsa kho. Sitse puoe Chiekru puo rücüu khie nu puo ki ho ba di ngulie. Khurhü-ue Chiekru-u penuo phi di sie, “He! Tso Kekuou n gei puo nei mothor bate. No rünyo thiecü la puo dzü bie pekriewa bate. Puo ki kezhamia morei puo ze ketoucümia zo kemosie hakemhie chülie kenjü üdi puoe pu bate” idi Khurhü-ue puta. Sitse Chiekru-ue tosie puo mehoshü di puomie puo zoupie Khurhüu tsüshü di sie, “No vo di Tso Kekuou ketsoshücie puomie a mie kemhie meluo mu meguo ba mo mo shi” ita.



Süla Khurhü-ue Tso-u ki la vo di sie, “O! Tso Kekuou a n

dzü bie pekriewa kebau ze kesewate,” ishü. Sidi puoe Chiekru-u mieu khapie Tso-u tsüshü di pucü, “Puoie puomie puo ketseshü n tsü mu n mie rei puomie kemhie meluo mu meguo ba mo mo shiekcü si nyüya le” sishü.



Tso-ue Chiekru-u mieu mehoshü di puo thuo puomie mehoshü ru puomie-e tsathor mu nyhanyhaketa la michieta. Puoe khunuo hau zha mu kemeriecü puota meciete idi lepie michie seta. Sidi puoe ta ketsa nu vota mu süsie rücü khiera puo ngu sa mota.

Dojükecü:

A. Ketsokeshüko kelashülie:

1. Thedze hanu kebako za thushülie.
2. Kedipuo la Tso-u puo nei mota ga?
3. Supuo dzüu pekriewa ba ga?
4. Khurhüu Chiekru-u ki kedipuo pu ga?
5. Chiekru-u Tso Kekuou preite me?
6. Chiekru-u dielie kicüpuo ketsepie Tso Kekuou tsü ga?
7. Thedze thelanu supuo supuo preita ga?

B. Diechako nu puotou mu puotou mo ikecü thushülie.

1. Tso-u Khurhüu gei puo nei mota. _____
2. Chiekru-ue rücüu bie pekrieshüşü ba. _____
3. Tso-u ki kezhamia morei puo ze ketoukecümia rübei dzüu bie pekrielie kevi zo. _____
4. Chiekru-ue puo mie pie Khurhüu zeshü. _____
5. Tso-u Khurhüu mie ngushü di michieta. _____

C. Puoca puotou kebako nu zasi hau (✓) khashülie.

1. Rücü

- | | |
|---------------|---------|
| (a) kerü kecü | () |
| (b) rüzie | () |
| (c) dzükhau | () |

2. Dzükrie

- | | |
|-----------------------------|---------|
| (a) kecieki | () |
| (b) rünyo pie dzü bie perhu | () |
| (c) dzüsa | () |

3. Kekuo

- | | |
|------------------------|---------|
| (a) kuo/meteti | () |
| (b) zivi | () |
| (c) puomie kejü khunuo | () |

4. Kede

- (a) unou meye ()
- (b) merü ()
- (c) mia ketshükecü ()

5. Thanhya

- (a) thavi ()
- (b) thakhie ()
- (c) thasuo ()

D. Diecha puopuo thushülie:

(a) Thedze puo sedeu:

(b) Thedze puo metsuo-u:

(c) Thedze puo thelau:

E. N khadou nunu thedzeu pu keyie lashülie.

Kephrü 6

U Krünuo Pfheneiko

Kephrüu nu kemerüko:

1. U krünuo pfhenei zako sikelie.
2. Kephrüca cau si tou di phrükelie.
3. Kephrücau medzi di ketsokeshüko kelashükelie.
4. Diecha kerüu nunu kephrücau kepu sikelie.
5. U thuo u krünuo pfhenei mu seyie kekreamia pfheneiko khrie mu rhu sikelie.



Hanie za liro Balie mu Abunuo.
Hiekoe pfhenei hakemhieko seya.

Thenumia teicie 5 nunu vo teicie 12 ketso kipuo neikhro nei menei, kekra vachi mu pfhemhou dzieya. Siro tacü morei cüzie pie u vo khaya. Thenumia teicie 13 mu sükezie ki rüü za parlie tse kekra vachi mu loramhoushü chiecha se sedetaya. Teicie 16 nunu 20 morei rüü parta tse ketei vachi di loramhoushü se u chie chaya. Hau teiu nu rüünuoko loramhoushü dzieya. Rüünuomia teicie 20 mu sükezieta ro ketei vachi di pfhemhou se u chie chataya.





Thepfumiae terha pie u mo gei rha pfüya. Uko lohe dzieya. Uko keshünei meneiya. Thepfumia bu seyakezha rütsonyie kro puo liro tsüphie, zunuopa, dziepa, cüzie, chiecha, ziemie mu phiso.

Thepfumia u tsü gei tsüphie mu tsüla seya.



Thepfumiae zhie, rüngou mu pezhü seya. Uko uko mhatho nu, rühoukecü nu mu ngumvümia dzie nunu u yalieketuo la rünyie hako seya.

Dojükecü:

A. Hako kelashülie:

1. Thenumia pfhedzieko za thushülie.
2. Thepfumia pfhedzieko za thushülie.
3. Thenumia chiechako za thushülie.
4. Thepfumia nei puo za thushülie.
5. Thepfumia seyakezha themo-rütso-u za thushülie.
6. Chiepha sü kedipuo ga?
7. Thepfumia u tsü gei seyakezhau üse kedipuo üya ga?
8. We kicükipuo u pienyie hako seya ga?

B. Puoca puotou kebako nu zasi hau (✓) khashülie:

1. Thenumia u mo pekhrotsa seyakezhau.
a) terha b) chiecha c) keshünei d) kecü
2. Thepfumia se u phi nu seyakezhau.
a) kenye b) pfhe c) phiso d) dziepa
3. Thepfumia u mo pesotsa rhapfüyakezhau.
a) terha b) dziepa c) zhie d) tsüphie
4. Thenumia u dzie nu seyakezhau.
a) pfhe b) khorü c) pezhü d) kethuo
5. Thepfumia u tsü gei seyakezhau
a) rüngou b) tsüla/tsüphie c) kecü d) terha
6. Thenumia dzieyakezha pfhe.
a) chiecha b) kenye c) cüzie d) loramhoushü

C. Kerüchükecü mhatho.

Yietse kekreamia pfhenei n kenei puo pushülie. No kedipuo la süu n nei ga? N zemia puo ze di kepushülie.

D. U krünuo pfheneiko donu nu pfhenei yopuo rhishülie sidi puo za thushülie. (Thepfuko bu thepfumia pfhemeneiko mu thenuko bu thenumia pfhemeneiko rhilie)

E. Nie khadou nu u krünuo pfhemenei se kepekiekecü teisoza puo keseshülie. Sünhie nie thuo nie krünuo pfhemenei morei pienyie puo se phre vorlie. Ketherü di nie zemia ki pfhemenei morei pienyie süu dze, puo kemeyie mu no kedipuo la süu n neiya shi-e kepushülie.

F. Mirhiko mehoshülie sidi yietseko pie mirhiko ze kemezeshülie.



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


KepHRÜ 7

Huoyo Sa (Geizo)

Kephrüu nu kemerüko:

1. Giezo-u rükhre, pfhephra kekhokekeko phrü sikelie.
2. Geizo bodeu silie di pu mu thukelie.

Huoyo sashülie

Huoyo le pesou sashülie

Huoyo rükhie sashülie

Huoyo khrie sashülie

Tsiu huoyo vaketsü sashülie

Huoyo mephruo sashülie

Huoyo si pesou sashülie

Mhakehoupuorei huoyo sashü ro

Süu thezhü, zivi mu mouya.

Kelhoukhrienuo Savi



Dojükecü:

A. Geizo-u krotse/dziese mu miali idi phrüşhülie.

B. Die hako ca silie.

1. Le pesou - u nou nu mha medo sekecü.
2. Rükhie - rüguo mehokecü, yakecü.
3. Khrie - mia khriekecü.
4. Vaketsü - huoniehüo kejo vakecü.
5. Si pesou - mha puo si pevikuokelie.
6. Thezhü - kevazhükecü, u krukecü.

C. No mha kikemhiekecü kro puo nunu mia khrie, mia kejo va mu mia nou silie vi shi le menuo di thushülie.

D. Diecako pie diecha huo chüshülie sidi süko n khadou pete la phrü petoshülie.

Le pesou,

Rükhie,

Thezhü

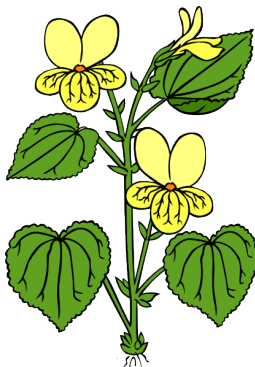
Kephrü 8

U Khie U Mhou Nhaboko - I

Kephrüu nu kemerüko:

1. Nhaboko rhiu mu puo zathoko sikelië.
2. Kephrücau phrü mu puo ca sikelië.
3. U thuo u die nunu u khie u mhou seiboko pfhü kekrei se par di puo za thukelië.
4. Seiboko mu süko se kedipuo chüya shi-e süko dze pukelië.
5. Seiboko kemeyie cau silie mu süko rüguo, peselië morokesuo sikelië.
6. Kephrüca nunu dieko separ diecha chü sikelië.

We u khie u mhou nhako puo rhi kekrekreikecü ngu baya. Nhabokoe puo kerheiro kenyi vie puo. Ukoë ha mu rüchü memie baya. Uko rei kruolieya. Nhaboko u la se morokesuo se kro puo. Nhaboko huo zha mu meteiya. Kekrei huo we cü mu mekreya.





Rüpruo (Alder)



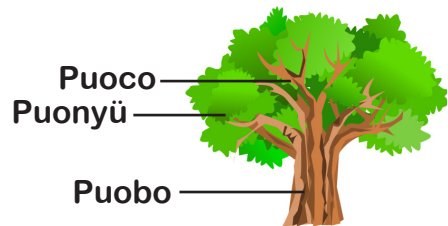
Tehou (Pine)



Leiteitsa (Banyan)

Nhabo kezhako:

Nhaborükrie, zhamumeteikecükö üse seibo üya. Süko puoco kra se baya. Süko doutoupfü thaya. Seibo metsuo ki üse puobo iya zo. Seiboe teisü, nhasi mu seidei/seigeila khashüya



U khie u mhou seibo ngulieyakezha kro puo liro:

Phrie (Oak), Rüpruo (Alder), Tehou (Pine), Chiede (Fig), Liteitsa (Banyan), Zomhou (Naga Tenga), Pfhü (Walnut), Ganya (Mechinga), Ciehuhusenuo (Gooseberry), Shühuo (Orange), Miakrüciehu (Peach), Plom (Plum) mu Chievü (Simul).

Dojükecü:

A. Nhaboko puo rhilie di puo gei zatho kekreikecükö tha mu thushülie.

B. Hako kelashülie:

1. N khie n mhou seibo ngulieyakezha kro puo za thushülie.
2. N khie n mhou nhasi ngulieyakezha kro puo za thushülie.
3. Seidei mu seigeila khashüyakezha seibo huo za thushülie.
4. Seibo puo mha kimhiecüko nu seya ga?
5. Kiüdi seibo üse kerheiro nyi üte ga?
6. We seibo pete wiwa ro kimhietatuo ga?

C. Riehoubou nu dielou khakeshüko pie thechü kemethuoko nu thushülie.

Nhasi, teisü, pfhü, leiteitsa, ha, memie

1. Ciehusenuoe _____ bo puo.
2. Seibo kezha puo teisü khashüyakezhau
üse _____ bo isiya.
3. _____ boe nhasi mu seigeila khashüya .
4. Seiboe teinia nu _____ khapie u tsüya.
5. Seibokoe kerheiro kenye vie puo kekreamonyü ukoe
_____ mu _____ bayakecü la.

D. Dielou hako pie diecha chüshülie:

Zha, cü, rükrie, memie, nhasi, teisü, seibo, mekre.

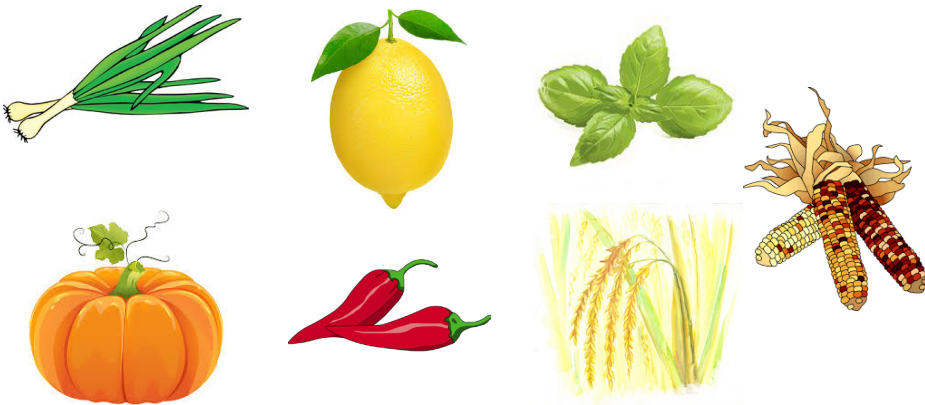
E. Nie teiboura nu seinyü kekreamcüko huo pakengupie n leshüda nu kulie di süko za thushülie.

Kephrü 9

U Khie U Mhou Nhaboko - II

Kephrüu nu kemerüko:

1. Kephrücau phrü mu sikelie.
2. U thuo u die nunu u khie u mhou nhabo kecüko pfhü kekrei separ di puo za thu sikelie.
3. U khie u mhou tsase, nhamenge, rokra, mu boreiro ngulieyakezhako si kekreilieketuo.
4. Nhabo kecüko kese zhoko sikelie.
5. U thuo u die silie kerüü nunu nhabo kecüko dze pukelie.



Nhabo kecükoe seiboko ki cüya.

Uko bokoe mese mu mekre.

Uko rükrie phiya mo.

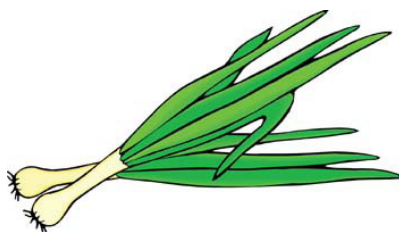
Tsaseko, nhamengenuo, boreiro mu rokra hakoe nhabo kecüko.

Tsase:



Tsasekoe nhabo kecüko. Hako puo bo mu puo cokoe cü, mese mu meteiya. Neipounuobo, shühuobo, ruomvübo, hakoha u khie u mhou nguliekezha tsasekote.

Nhamenge:



Nhamengeko rei nhabo kecü zo. Uko boko mene mu pejoya. Uko thekhrü huoyo rübei la lhouyakezha zo. Nyietso, rüphie, telha mu shüdzha hako u khie u mhou ngulieyakezha nhamengekote.

Boreiro:



Nhabo huoe thachü mu puo rübei tha pedoulieya mo. Ukoe nhabo kekrei morei sei kekrei pie uko tou morosuoya. Nhabo hako üse boreiroko isiya. Nhabo hako puorei chüya. Puoreiko vo sei kekreiko vüreilie di puo tou metei se baya. Bel, tsütuo, iskus, rücü mu paes, khube hakoe u khie u mhou ngu bayakezha boreirokote.

Rokra:



Nhabo huo kijü nu kra vozhyüya. Nhabo hako üse rokra isiya. Nhabo hako puo bo thachüya. Ukoe tha pedoulieya mo. Rümo mu dzümou liro u khie u mhou rokrakote.

Dojükecü:

A. Hako kelashülie:

1. No cüyakezha nha puore kethengu huo za thushülie.
2. Boreiroko puosi morei puonyü cüyakezha huo za thushülie.
3. Rokra si cüyakezha kenie za thushülie.
4. No n ki ki tezie chüya me? Süra nu mha kikecü kro puo pelhou baya ga?

B. Diecha hako ketho mo moshi-e pushülie.

1. Tsasekoe ba pechalieya mo.
2. Boreirokoe metei di puo thuo tha pedoulieya.
3. Nyietso ha nhamenge puo.
4. Tsasebokoe mene mu pejoya.
5. Rokrabokoe sei kekrei pie uko tou morosuoya.

C. N khiera ga, nhasi, ganyü no cüyakezhako thulie di se puobou puo kruthokecü nu thushülie.

Tsase	Nhamenge	Boreiro	Rokra

D. Die pukecü mhatho

N Khieümhon nguliekezha nhabo kehoupuorei (Tsase, Nhamenge, Boreiro, Rokra) se khadou nu vorlie. Diecha 2 morei 3 nunu süu nhabo kikemhiekekü puo shi mu puo kесе zho huo kepushülie.

E. Chü dojükecü tei:

Kepethamia kekhuohi se di mha hako chülie:

- **Thechü puo pfhülie di süu pie nie khadou tezie chülie.**
- **U ra ngulieyakezha nha tsiako mu nhaboko pelhoulie.**
- **Khadou nunu nhicuko ketsepie krotse peli chülie di uko bu ketherü tezieu mezalie.**
- **Tezie nunu ngukelieko pie kezalie morei ze pie khadou kinyi chülie vi.**

KepHRÜ 10

PHICHÜMIA RHUKECÜ

Kephrüu nu kemerüko:

1. Nagamia zho keviko sikelie.
2. Phichümia rhuhecü doko sikelie.
3. U zho keviko rüguo se balie morokesuo sikelie.
4. Kephrüu puoca si di phrükellie.
5. Dieca kesa sikelie.

Nagamia zhovi
kekra baya. Süko
u pfutsanuokoe se
u petha vor. Zhovi
süko donu phichümia
rhuhecü sü puo.

U Nagamia kelhouzho
nu phichümia rhu
morokesuo cha kekra
nunu thashüya.

Phichümia puo kibou
nu tuo ler ro we sie
thalie di theba periepie
puo tsüşhü morosuo.



Phichümia puo die pu tha
ro, we tsei di puo pfhe
rünyü morosuo.

Thehouko nu we
phichümia bu die pu
riekecü pfhelie morosuo.



We kehoukipuorei phichümia
kelu rie morosuo.



We phichümia u tarho pevikeshüko ze mu medzilie morosuo.



We chülie kevi pete nu, phichümia khruohi morosuo.

**Zhovizhoko sü kelhouzho kayie nu u kinyi zo. We süko
mhakipuorei rükra mota morei pejüwa suo.**

Phichümia rhukeshü geinu u kelhouzho rüguose balieya.

Dielou cako:

1. U puotsanuoko - u puonuoko puoko.
2. Zhovi - thezho kevi.
3. Therhu - huoniehwo rhukecü, mia bu rhulie kesü.
4. Medie - mia rüchü shürheiekcü.
5. Kelhouzho kayie - u dze u se.

Dojükecü:

A. Ketsokeshüko kelashülie:

1. Phichümia kibou nu keler ki no kedipuo chü morosuo ga?
2. Phichümia puo die pu bakecü ki no kimhie morosuo ga?
3. Nagamia kelhouzho kevi kikemhiekcü puo u puotsanuokoe se u pethashü ga?
4. Kedipuo la we Nagamia kelhouzho keviko rükra mota morei pejüwa suo ga?

B. Kethocü nu 'u' mu kameda diephrako nu 'mo' idi thushülie:

1. We medie di phichümia rüchü rie morosuo. _____
2. We phichümia khruohi suo. _____
3. We phichümia die ze morosuo. _____
4. We phichümia chatha keviko ze suo. _____

C. Dieca kesa sikelieko pie thechü kemethuoko nu thushülie

zhovi, kelhouzho kayieko, therhu, upfutsanuoko-e, medie

1. Chüpahimia mia kelukecü ha _____ khakeshü zasi.
2. A krü-e _____ pie a pethashü.
3. Teicie kekra voketa ki _____ rüna hau sedeshü.
4. U krünuo _____ rüguolie morosuo.
5. Puoe mia pete gei _____ seya.

D. Bouhou nu mia rhuhecü mu mia rhu kemo thezho kropuo khapie ba. Süko phrühülie sidi thezhoko kho kekrei pie pekhrotsa bouhou puotou-u nu khashülie.

Mia ze mha kezakecü
'N pezie'

Dieca 'N pezie rei', 'A kejo' mu
hakemhieko pukecü

Die kemedie mu keviko pukecü

Mia rhiehecü

Mia die pukeba ki mia pfhe rünyühecü Mha mehouhecü

Thezhoko varhuohecü

Kerhuko lukihaki kelhouhecü

U thuo u mesa chükelie

Mia prülikecü

Mha puo pienyü kebau ngulie moketa Puotei se toukelie
ki u nou meyieketa

Mia Rhuhecü	Mia Rhu kemo

E. Kecapushülie:

Krotse chülie di phichümia rhuhecü cayie kekrei kro puo separ kecapushülie.



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Iodine deficiency disorder is the single most common cause of preventable mental retardation and brain damage.

"Consume only Iodized Salt"