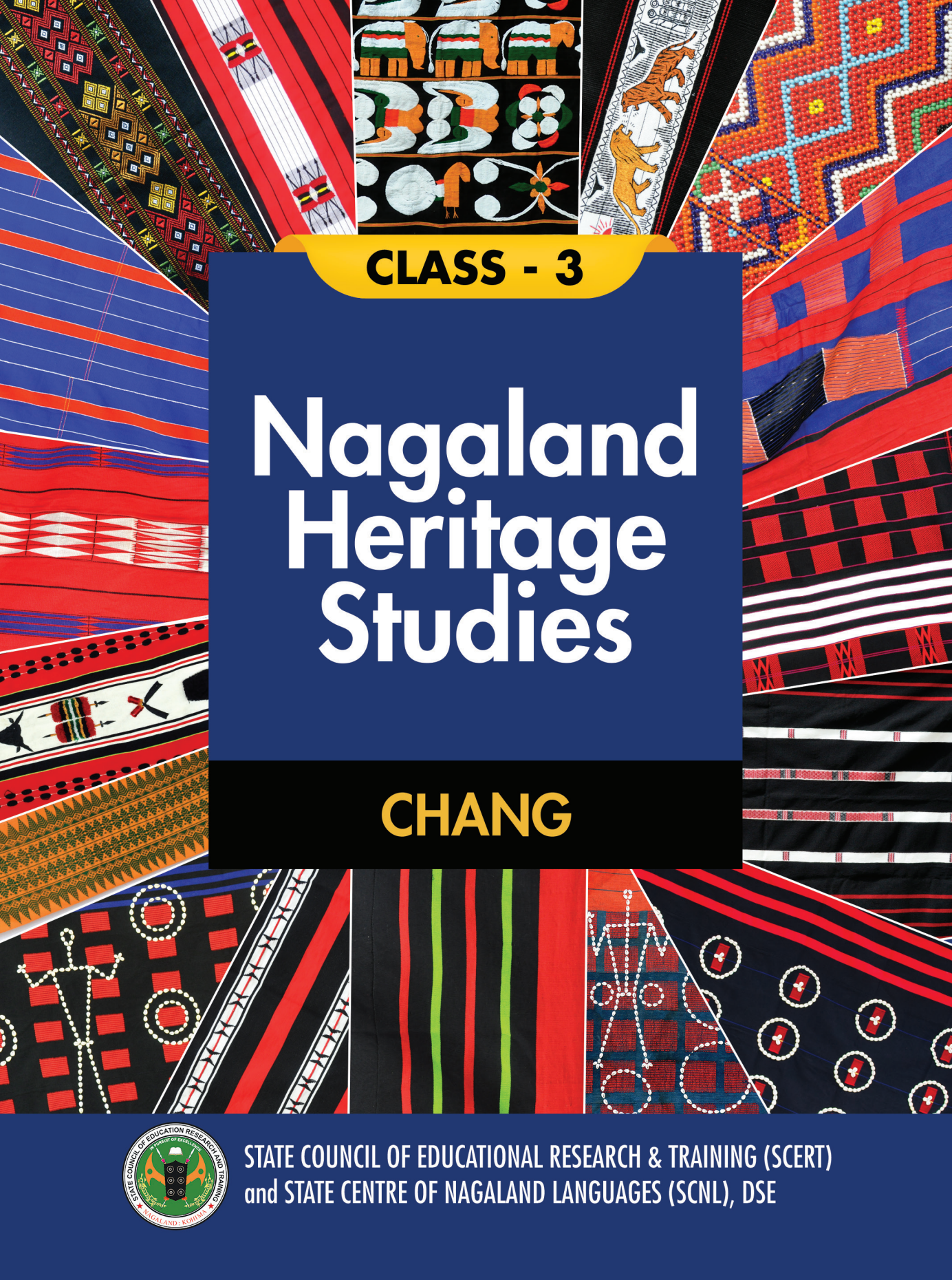




CLASS - 3

Nagaland Heritage Studies

CHANG



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 | CLASS 3 - CHANG

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Illustrators: Vineizotuo Z. Tase, Tsachumla 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

THENGÜH

Mütli cheeibü shensinge pendou to kongnyubou kho nyusem ngüh yem (Mother Tongue). Jembü nyusem ngühyem angebü müt khoji mütlieibü buleng a ayoda hoba langkei sünga himao thenyek yeman kilabü. Nyusem ngüh dola hoba wela angebü thükto laula ongkei athükbü müt juong kia. Khoei nashou che la jembü ngühyem laula, dola hoba wela ngela shanga chüma hoba leweshanga lenenlabü kho aeibou kongnyu kümthen ki.

Nagaland Governmen'tei 'Three Language Policy' kho thüksimin hapbo leweshanga jungeijung haula janthetan kia. Kho nyekchüha, 2018 po kaji Government si Private school pendoua lulu ngühyema Class 1 ka khangang Class VIII sühko Nagaland Heritage Studies (NHS) dogo haanbü takshat le jungeilabü. Haanbü le kho tou jungeiko kibü mother tongue takshat le kho chühetko, jakshaiko hoba kümetko SCERT, Nagaland danko luongtida. Kho dobü hoba sepeibü kümthen kho Language Officer shuonget ijkai lekei. Naga mütli ngühyem pendou shanga NHS a kibü tögü lensan pendou jettei ong kilabü. Kho tögü lulu ngühyema takshat le luongtibü kho Alternative English jeiko jungeilabü, tetlabü Alternative English kho akilabü.

SCERT kho Academic Authority of Nagaland ki hoba kho departmen'tei shean lenbü tögü ho haanbü takshat le luongtida. Chang Literature Board ei (CLB) ijkai leko ho le wean chüha hoba shedbü lapenbü hoba kongnyu jakshailabü kibü pendou maibouthamei kümetan luongtida. Ho le kabü lensan pendou nashousi shuongeti shokenko lennyu lenbou shuongeti lenenlabü dogo maanglem kia. Ho younaka nashousiei mubü hapssinge hapbü to yoko langkeia thüksimin yaangbü pailletla chüheilabü. Jembü ngühyem angelonga jembü shensinge maotida. Khoei nashousi wekoei jembü ngühyem to sanoujan hoba maangdak kiko ho le jungeila shanga thungeida.



(Rev. Dr. Wongto Chingmak)
Chairman
Chang Literature Board

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LENSAN 1

WELANG (51-100)

Ditletlabü Nyekchüh:

1. Welang nyen shuong (51 ka 100) ngela.
2. Welang nyen shuong tükde theneithenko ngela.
3. Welang nyen shuong laula hoba dola ngela.
4. Welang hoba khoeibü nyen shuong jitila.

Nashousi tuibü ka loubü sühko dolang kuan kibü kho thenei-thenko jinkuashi :



Anjinsem, Saoche, Saonyi, An, Khujin

Senei 51 ka 100 sühko welang hoba welangeibü nyen
shuong wela hoba laula ngeako:

51

– Anjinsemtوحة

61

– Saosemtوحة

52

– Anjinsemtunyi

62

– Saosemtunyi

53

– Anjinsemtosem

63

– Saosemtosem

54

– Anjinsemtolei

64

– Saosemtolei

55

– Anjinsemtongao

65

– Saosemtongao

56

– Anjinsemtolak

66

– Saosemtolak

57

– Anjinsemtonyet

67

– Saosemtonyet

58

– Anjinsemtoset

68

– Saosemtoset

59

– Anjinsemtogü

69

– Saosemtogü

60

– Saosem

70

– Anjinlei

7 1 – Anjinleitoche

7 2 – Anjinleitonyi

7 3 – Anjinleitosem

7 4 – Anjinleitolei

7 5 – Anjinleitongao

7 6 – Anjinleitolak

7 7 – Anjinleitonyet

7 8 – Anjinleitoset

7 9 – Anjinleitogü

8 0 – Saolei

8 1 – Saoleitoche

8 2 – Saoleitonyi

8 3 – Saoleitosem

8 4 – Saoleitolei

8 5 – Saoleitongao

8 6 – Saoleitolak

8 7 – Saoleitonyet

8 8 – Saoleitoset

8 9 – Saoleitogü

9 0 – Anjinngao

9 1 – Anjinngaotoche

9 2 – Anjinngaotonyi

9 3 – Anjinngaotosem

9 4 – Anjinngaotolei

9 5 – Anjinngaotongao

9 6 – Anjinngaotolak

9 7 – Anjinngaotonyet

9 8 – Anjinngaotoset

9 9 – Anjinngaotogü

1 0 0 – Saongao

THAILEI

A. Welang 51 ka 80 sühko dopemei doashi.

B. Phanga kuan kibü soupüp to chühashi hoba welang dopemei doashi:

1.



2.



3.



4.



5.



6.



7.



C. Welang 81 ka 100 sühko dopemei doashi.

D. Welang si nyen shuong jitiashi:

82	Anjinleitoche
52	Saosemtolei
63	Anjinngaotongao
71	Saosemtosem
59	Anjinleitosem
90	Saoleitonyi
88	Anjinsemtogü
95	Anjinngao
73	Saoleitoset
64	Anjinsemtonyi

**E. Kuan kibü welang kho juongbou ka shibou to
theneithenko dongaiashi:**

Saosemtongao	Anjinleitogü	Anjinngaotoset
Saosemtonyi	Saolei	Anjinngaotolak
Saosemtolei	Anjinleitonyet	Anjinngaotogü
Saosemtoche	Anjinleitaset	Anjinngaotonyet
Saosemtosem	Anjinleitolak	Saongao

LENSAN 2

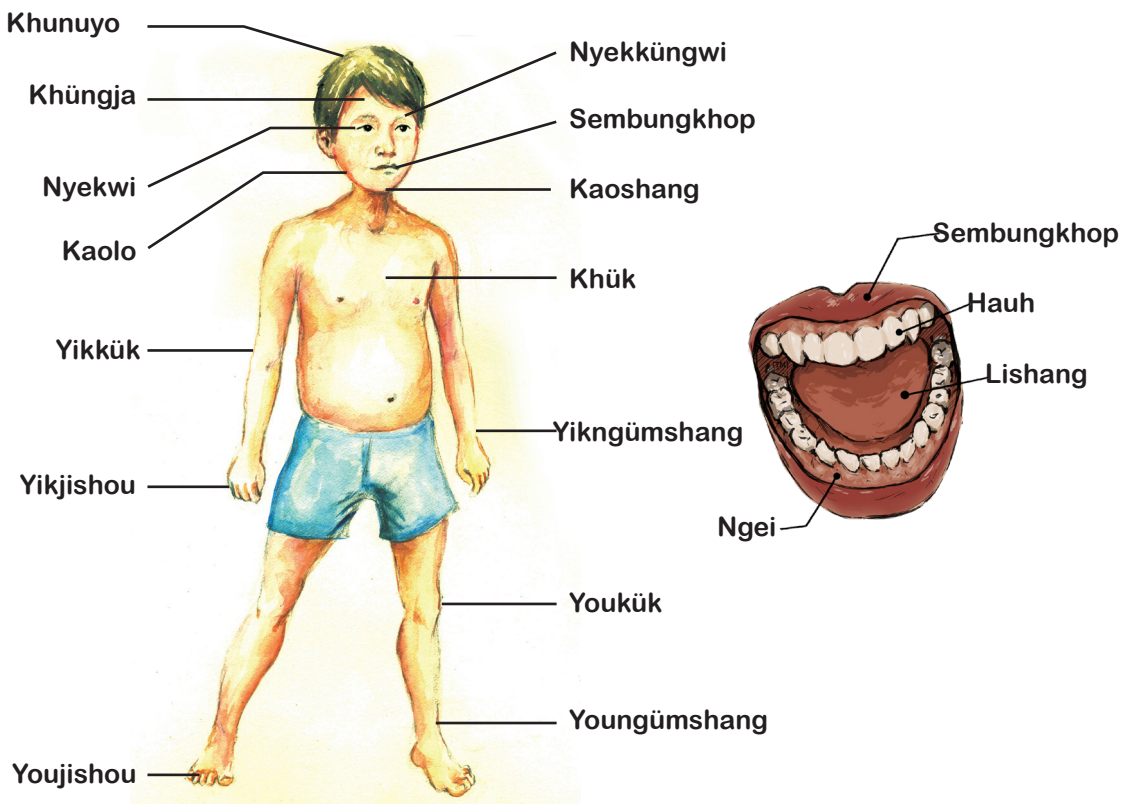
SENEIBÜ MANG A JANYINBÜ- II

Ditletlabü Nyekchüh:

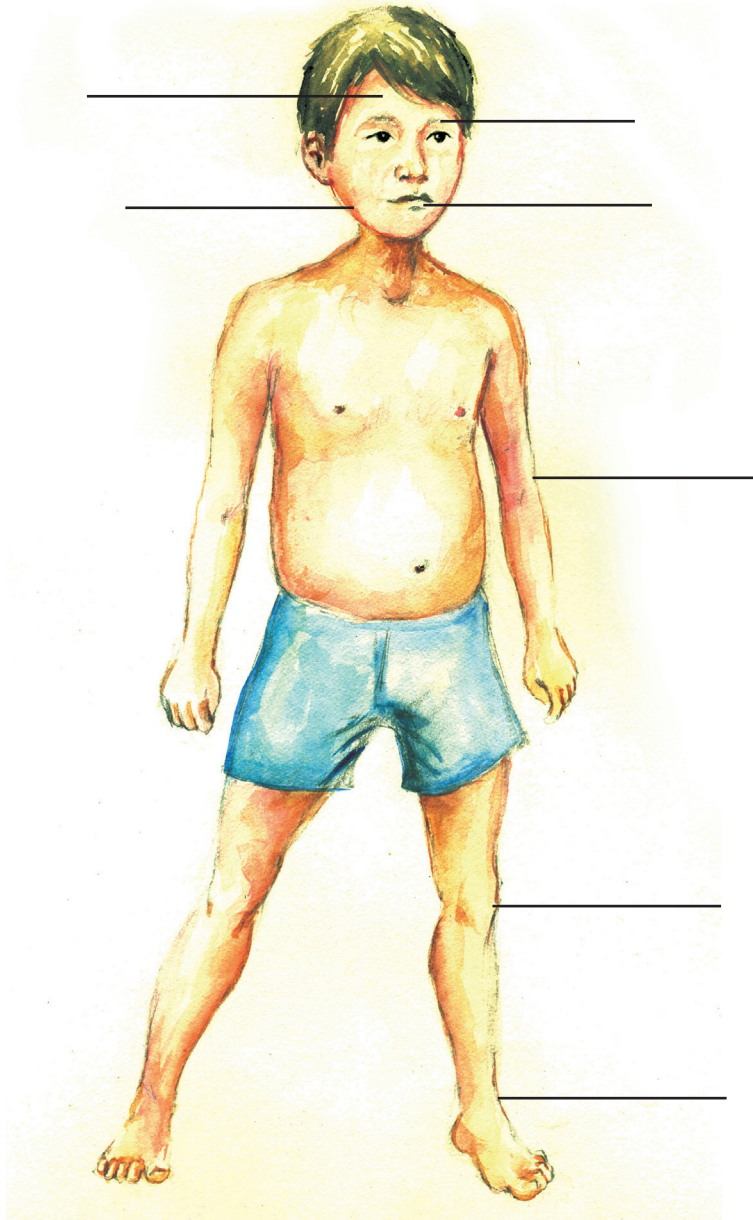
1. Mang a janyinbü nyen shuong ngela.
2. Mang a kibü janyinbü shenla.
3. Janyinbü nyen shuong laula hoba dopemei wela ngela.
4. Lensan ka phebü jongaienla.

Hai! Thangbou shuong, ngo Somba nyenkei.

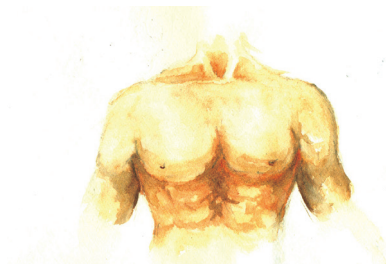
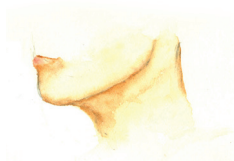
Senei seneibü mang a phangphanga janyinan kibü khübü kho ngeko.



A. Soupüp a seian kibü kaoen a nyen jinashi:



B. Soupüp to chühashi hoba khoeibü nyen doashi:



C. Jenanouna mütche pienashi hoba mang a janyinbü den lulu kibü nyi ditletbü shanga lenashi.

D. Ngühlin maisho ditenko weashi hoba dolang apenbü shentiashi:

1. Ngeibü you a kho 5 pang kia. YOU _ I _ H _ U
2. Ngeibü yik khoei nopla thükda. _ IK _ ÜK
3. Ngeibü yik a kho 5 pang kia. Y _ K _ _ S _ OU
4. Ngei kho changbou a samda. _ A _ H
5. Kho ngeibü nyek thüka kia. N _ _ K _ I

E. Dolang shuong khüka mang kabü nyen shuong 10 lamenashi:

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

F. Mangeibü soupüp kümashi hoba nyi ngebü nyen shuong jinashi.

LENSAN 3

SANJIH

Ditletlabü Nyekchüh :

1. Sanjih nyen shuong ngela hoba shenla.
2. Sanjih shuongeibü haang ngela hoba lenenla.
3. Lensan ashedtiko kaangpang hoba ditenko wela.
4. Lensan ka phebü jongaienla.

Po a sanjih lei kida. Khübü kho Semluong, Sulang, Chaüjih hoba Poang.

1. Semluong jih a lemada.



Chipen bungla khangda.
Bamang a phatuk shuong piyuda.

2. Sulang a chanyuei juokda hoba aeibou lemada.



Chalou louda hoba nangnak tuida.
Sulang a mütshuonget dei juongpang yungda.

3. Chaüjih a kham lousühdä.



Buyikdeiyik yuida hoba eletda.

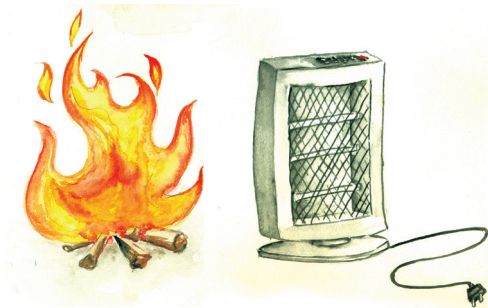
4. Poang a aeibou khamda.



Chalou tuida hoba nangnak louda.
Kaoen ata nin lenda.

THAILEI

A. Soupüp to chühashi hoba khübü to paplepbü sanjih nyen doashi:



B. Phebü habü ho jongaiashi:

1. Sulang sanjih a chalou hoba nangnak lai kida?
2. Chaüjih a buyikdeiyik lai yeida?
3. Ai sanjih a chipen bung khangda?
4. Poang sanjih a chalou hoba nangnak lai kida?

C. Kala maikubü sanjih khoto phatbü soupüp che küman laü nangashi.

D. Soupüp (A) hoba sanjih (B) jitiashi:

A

B

1.



Chaüjih

2.



Poang

3.



Sulang

4.



Semluong

E. Soupüp weko to chühashi hoba kho ai sanjiheibü yingkeije dopem 20 ka 30 thüng jinko panthet (paragraph) che pang doashi:

1.



2.



3.



4.



LENSAN 4

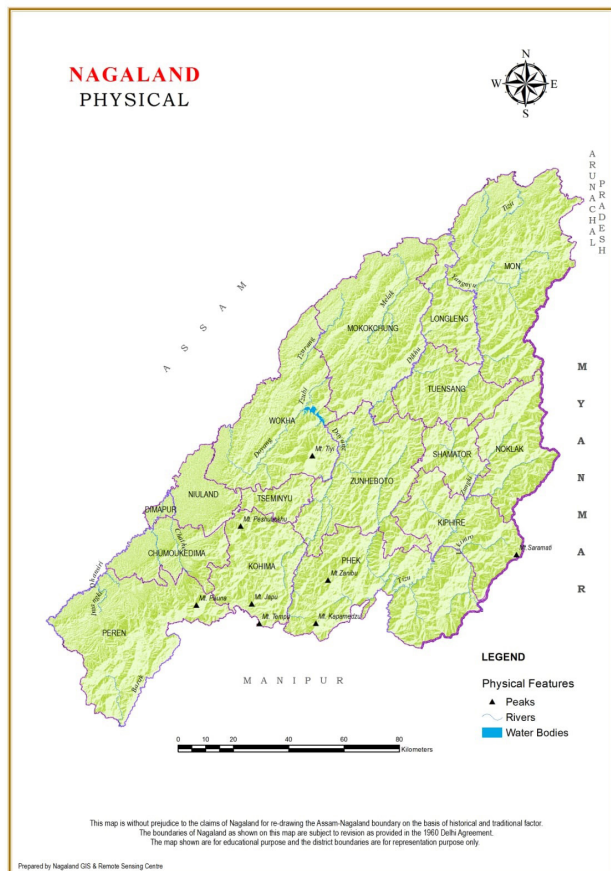
NGEIBÜ NAGALAND (Districts hoba Mütli)

Ditletlabü nyekchüh:

1. Nagaland State ladang hapbei hoba leibülepbü ngela.
2. District anthüklak eibü nyen ngela.
3. Mütli phang 17 kibü khoeibü nyen ngela hoba haoen laobou district a kida ngela.
4. Kaophai shean lenbü – Chaang, Chanep, Nebphei hoba Chaphei ngela.
5. Lubü mütli ngeyula maangtak kitila.

Nagalandei 1963 poa Chasetlit 1st nyet State hapbei. Nagalandeibü leibülepbü State shuong kho chanep aenei Assam, chaang aenei Myanmar, nebphei aenei Arunachal Pradesh hoba chaphei aenei Manipur dogo kia.

Sen state a district anthüklak kia. Khübü kho Kohima, Dimapur, Peren, Wokha, Zunheboto, Phek, Kiphire, Mokochung, Noklak, Tuensang, Mon, Longleng,



Chümoukedima, Tseminyu, Niuland, Noklak hoba Shamator. Nagalandeibü Capital kho Kohima.

District anthüklak khünei mütli phang 17 kida. Khübü kho Angami, Ao, Chakhesang, Chang, Khamniungan, Kuki, Konyak, Kachari, Lotha, Phom, Pochury, Rengma, Sümi, Sangtam, Yimkhiong, Tikhir hoba Zeliang. Mütli phang wekoei lulueibü kihanglehang, ngühyem hoba neisimei kia.

Nagalandeibü kaophai pendou kho 16, 579 sq. kms yingkei. 2011 census a mütshaang lühpak pendouei 19.79 lakh thüng kia. 2011 census a Nagaland a webüdobü lühpak (Literacy rate) kho 79.55% thüng kia.

THAILEI

A. Phebü habü ho jongaiashi:

1. Nagalandei State ladang hapbei?
2. Nagalandeibü leibülepü State nebphei, chaphei, chaang hoba chanep aenei ai ong ki?
3. Kaibü districteibü leibülepü nebphei, chaphei, chaang hoba chanep aenei ai ong ki? (Nagaland map to chühen doshi)
4. Nagaland a mütli phang lading ki?
5. Nagalandeibü district anthüklak khoeibü nyen doashi.

B. Nagaland map kümashi hoba laü nangashi. Khünei district 16 pendaoueibei nyen doan jinashi.

C. Kaibü lennyu lenbouei ngühlin wean lenbü shuong titashi hoba ngühlin weko a Tükde (T) ayingsi Aying (A) dogo doashi:

1. Nagaland a district 16 kia.
2. Dimapur kho Nagalandeibü capital.

3. Sangtam mütli phang kho Tuensang hoba Kiphire district ham a kia.
4. Tseminyu district a Rengma mütli kida.
5. Nebphei aenei Nagalandeibü leibülepü State kho Assam.

D. Ashenbü a shentiashi:

1. Nagalandeibü kaophai pendou kho _____ yingkei.
2. 2011 census a mütshaang lühpak pendouei _____ thüng kia.
3. 2011 census a Nagaland a webüdobü lühpak (Literacy rate) kho _____ thüng kia.

E. Titbü Kümthen

Phanga doan kibü Naga mütli phang kho lennyu lenbouei khüpeilangei che ka che to kaangpang weashi. Wejinei nashousi shuongei laobou mütli nyen titlaji khünei seiashi.

Lotha	Kuki
Phom	Khamniungan
Konyak	Chang
Yimkhiung	Kachari
Sangtam	Tikhir
Zeliang	Chakhesang
Sümi	Ao
Rengma	Angami
Pochury	

F. Kümthen:

Lübü mütli phang pennyi to ngeyuashi hoba hameibü ngühyem a habü ho ngeashi :-

- i) No ao nyenkei?
- ii) No lai ki?

LENSAN 5

THUNYU HOBA SAN (Naga aubakyukbak ngühli)

Ditletlabü Nyekchüh:

1. Lensen kho ditenko kaangpang wela.
2. Haanbü ngüh shuong ngela hoba khübü kho ngüh joyujinei hoba dojinei jungeila.
3. Ngühli shanga pheylenyula, ngühli a nyilabü kibü kho ditenga hoba Saneibü songsihuon ditenga.
4. Ngühli shanga lenyulauyula.
5. Aubakyukbak ngühli lamenga hoba wela aei maangtaktila.
6. Ngühli ngühthen thenan lenbü ngüheibü jongsak aei maitila.

Pisibou jihsinhai a Thunyu che shushou che to dei yungla hanghangko hauko ong kikei. Nyet che, haoei shushou kho ngasutham hapbei. Khoei haoei khauangko laukei, “Haukiyaangki Thunyuieibü dei kho aei ngasutikei? Kü tokei thükkabou ayingsi ngo tügübüei ong ho tügü küman kilabü.” Haoeibü dei aei ngasutikeije kho phanenchühla shanga haoei Saosak la ngühkhüm kukei. Saosak kho deikük aeto lambo angkei. Khünei

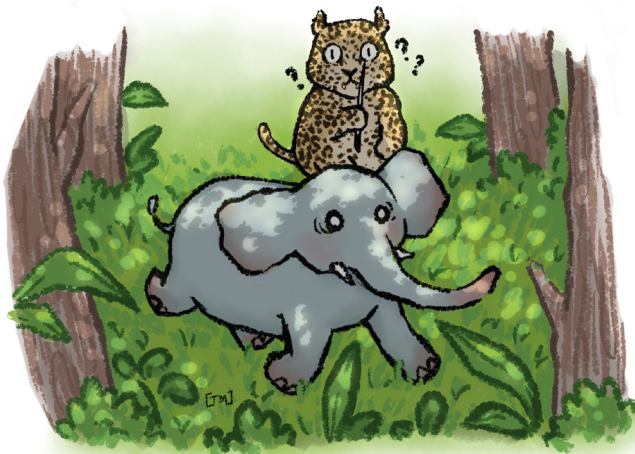


haoei San cheei deikou a khün thuko hapbei. Saosak kho San jungto haukei hoba laukei, “Hai, Haukiyaangki Thunyu kato aeibou khauangda. Nyi khün thübü ka haoeibü dei ngasutham aptia. Hao to thükkabou ayingsi hao tügübüei ong ho tügü kümla thüklabü dogo Thunyuei laukei.”



Sanei haoei khün thübü ka chühangtikei hoba haoeibü mang ka wi kaangbü, yaangbü hoba simbü che jangenkei. Haoei kho Saosak la kukei hoba laukei, “Hauashi hoba haukiyaangki Thunyu to haoeibü wi kho ngeibü wi tokei yaangen hoba kaangen kilouje pheashi.”

Saosak Thunyu jungto ngaikei hoba laukei, “O Haukiyaangkibou Thunyu, kaibü dei ngasutibou kho ngei haüyua”. Hobaje haoei Saneibü wi kho Thunyu la kukei hoba laukei, “ Sanei haoeibü wi che kuakei hoba kaibü wi kho haoeibü wi tügütham yaangen hoba kaangen kilouje ngemang sühda.”



Thunyuei Saneibü wi to chühkei hoba haoeibü mang a wi akisapbo hanpang kibü to chühngaikéi. Hao aeibou hatkei. Ho meisiau khoje aeibou yaangbü hoba hatlamoklabü che kilabü dogo haoei

dambei. Khoyam hao lamang to wenjung satkei hoba kho shushou to ladangkei aloungai.

A. Phebü jongaiashi:

1. Ho ngühli a ai meisiau ong ki?
2. Thunyu aila khauangkei?
3. Shushou kho aoei ngasutikei?
4. Saosakei San to ai laukei?
5. Haukiyaangkibou Thunyu to San hatlou?
6. Haukiyaangkibou Thunyu la Sanei ai ngühnop kungaikei?
7. Ngühli thonbua ao aoto hatkei?

B. Ngühlin 'Tükde' si 'Aying' doashi:

1. Thunyu Saosak to khauangkei. _____
2. Shushou kho Sanei ngasutida. _____
3. Thunyu tokei thükkabou ayingsi hao tügübüei ong dei ngasutida thüklabü. _____
4. Sanei haoeibü wiei Saosak to sepbei. _____
5. Thunyuei Saneibü wi hapbei hoba aeibou hatkei.

C. Ngühtet tükdebüa seijinashi:

1. Shushou

(a) Deikük hanbü	()
(b) Shumang	()
(c) Deikhün	()
2. Ngasubü

(a) Langdei	()
(b) Asaopobü dei	()
(c) Koshikbü dei	()

3. Haukiyaangki

- (a) Kaangbüsekbü ()
- (b) Hemaibü ()
- (c) Koplinbü ()

4. Hatbü

- (a) Khauangbü ()
- (b) Müheihaibü ()
- (c) Mokbü ()

5. Wi hanpang

- (a) Wi shangtüngtham kibü ()
- (b) Wi shükshüklükshük kibü ()
- (c) Wisakshou ()

D. Ngühlin che pangei doashi:

(a) Ho ngühli a khangbü aenei ai shanga lenda.

(b) Ngühli lom a ai shanga lenda.

(c) Ngühli thonbüa ai shanga lenda.

E. Ho ngühli nyi ngebü tügü kaibü Class la lenashi.

LENSAN 6

SENEIBÜ NEISIMEI HOBA HELE

Ditletlabü Nyekchüh:

1. Sen mütlieibü neisimei hoba hele nyen shuong ngela.
2. Lensen shuokenko wela.
3. Lensen ka phebü jongaila thükla.
4. Lensen ngühlin lansenbouei lenenla.
5. Seneibü hoba müphangeibü neisimei hoba hele sanouko hoba soumo kuko kila.

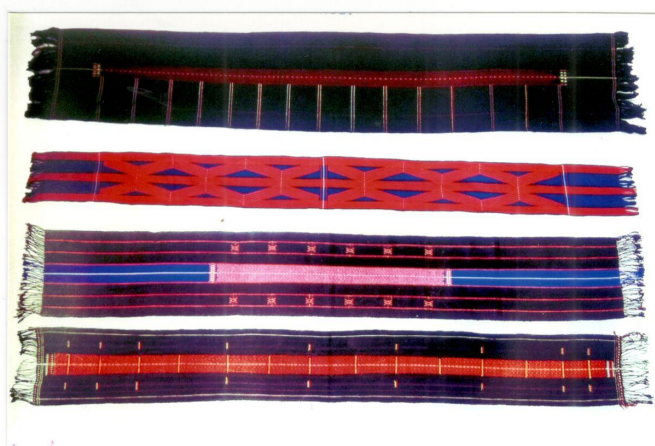


Küsieibü nyen Chingmak hoba Mansa. Yaksaei 'saonei' neida hoba bousuei 'pinei' neida.

Kün yaksaei yūkset leda hoba khoto ‘shuishubü’ dogo lauda. Yaksa shuongeti khutui tuida, loyak hoba nūngnūng yakda, chinyu hoba chikhap khapda hoba auwinom chida.



Kün bousuei helekun handa, thuokji chida, saohauhmeihauhyakda, khūngkhap khapda, neihom homda, phelomo shouda, neishou leda hoba youshang shangda.



Yaksa shuongeti khutui tuida.



Bousu shuonget helehun handa.

Bousuei insiaubu hoba aih jungda. Khübü kho kümsilei kümla, meishiaushila hoba lasimei ka khümenla shanga jungda.

THAILEI

A. Phebü ho jongaiashi:

1. Kaibü mütliet yaksa shuonget neibü neinyu lenashi.
2. Kaibü mütli bousuei ai nei neida?
3. Yaksaei lebü yukset to ai lauda?
4. Bousuei thedanga lebü nei khüto ai lauda?
5. Bousuei mang a hambü nei khüto ai lauda?
6. Bousuei ngüm a ai yakda?
7. Yaksaei khu a tuibü nei khoto ai lauda?
8. Hele kho ai jihsinhai a leda?

B. Tükdebü jongaibüa seijinashi:

1) Yaksaei lebü hanbü nei.

- a) Khutui b) Yükset c) Neinyu d) Neishou

2) Bousuei youngamshang a khapbü.

- a) Khüngkhap b) Phelomo c) Youshang d) Neishou

3) Bousuei mang a hambü nei.

- a) Neihom b) Pinei c) Neishou d) Youshang

4) Yaksaei phüm a khapda.

- a) Chikhap b) Chinyu c) Auwinom d) Nüngnüng

5) Bousuei khu a handa.

- a) Neishou b) Saohauh c) Thuokji d) Helekhun

6) Yaksaeibü neinyu.

- a) Yükset b) Shuishubü c) Saonei d) Pinei

C. Sangkuphelam

Müphang müsaoeibü neisimei ayingsi hele yoka kala
aeibou maikubü che lenashi. Nyi kho aila maikuda?
Kaibü jenanouna chela lenashi.

**D. Kaibü mütlieibü neisimei che kümashi hoba laü
nangashi.** (Bousu shuonget bousu nei hoba yaksa
shuonget yaksa nei)

**E. Kaibü class a pisibou kihangkisong lamthen che
huiletashi. Kho lamthen to ka mütlieibü shensingee
neisimei ayingsi hele lean loushi. Nyi lebü
shensingeeibü tetsita/ ngühtet hoba nyi kho aila
maikuta kho shanga kaibü jenanouna shuong la
lenashi.**

F. Soupüp shuong to chühashi hoba kho ai mütli phangeibü yingkeije jitiashi:



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


LENSAN 7

TOKEI HANSHO AEI

Ditletlabü Nyekchüh :

1. Chipüp ho yeneiyeenko wela hoba maangponei thükla.
2. Chipüp hoeibü ngühtet ditenshuokenla, lauyula hoba dola ngela.

Tokei hansho aei dambuko

Tokei hansho aei thounouko

Tokei hansho aei sanouko

Hoba tokei hansho aei amai apbuko

Tokei hansho aei kuko

Tokei hansho aei ditenkuko

Tokei hansho aei pendoua

Kho onou, hemai hoba teishikbü.

Kelhoukhrieno Savi



THAILEI

A. Chipüp ho saan saan a, müt nyi pangei hoba mütpeimei weashi.

B. Habü hoeibü ngühtet ngeashi :-

1. Dambuko - At shanga ayingsi aijiche shanga ditenkula
2. Thounouko - Sanou hoba maangmai kümsilei lenla
3. Sanouko - Maangmai lenla, thounoula
4. Amai apbuko - Shedtimashikbü shanga ap kula ayingsi maan apla
5. Ditenkuko - Sangle lenla
6. Onou - Sanou, haülabü

C. Nyi lai sanouko, amai apbuko hoba ditenkuko kila kho shanga tuisho doashi.

D. Phanga kuan kibü ngüh jinan ngühlin longtiashi hoba khübü kho kaibü class la kaangpang wean lenashi.

Dambuko	Thounouko	Onou
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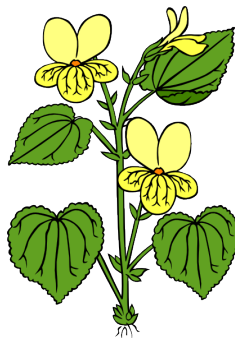
LENSAN 8

SEN KAIJEMBO KIBÜ BUSIDEI - I

Ditletlabü Nyekchüh :

1. Bunyu a janyinbü nyen shuong ngela.
2. Lensan wela hoba shuokenla.
3. Busidei shenla hoba nyen ngela.
4. Bu shanga lenenla hoba ainei jungeilaje lansenbouei ngühlin doanla.
5. Busideieibü kongnyu hoba amenlabü hangsilam ngela.
6. Lensan kabü ngüh jungeiko ngühlin dola ngela.

Sen kaijembo kibü busidei phang juong senei hapda. Haoenkei hak hinda hoba chingda. Haoen ka bupon haanbü yemda. Busidei kho sen shanga aeibou kongnyu. Bunyu at loubüyaangbü kida. Atji hanbü hoba naünaübü kida.





Nüngsa
(Alder Tree)



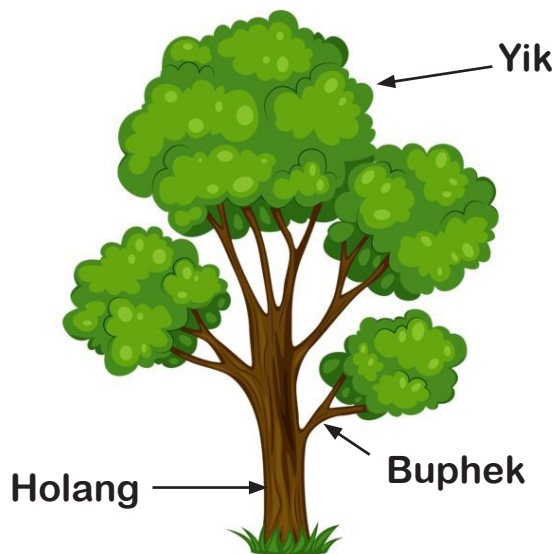
Wansatbu
(Pine Tree)



Chongbu
(Banyan Tree)

Bunyu

Bu loubüyaangbü to
bunyu dogo lauda.
Bu a buphek juong
phekda.
Haoen hau kiko
kaangkhühtham loda.
Haoenla bulo
kaangkhühbü kida.
Bunyu lom khoto holang
dogo lauda.



Bunyuei senla yei maibü kuda, buhek hekkuda hoba
jüklabü bu hapda. Yembu (Oak), Nüngsa (Alder), Wansatbu
(Pine), Bumai (Bonsum), Chongbu (Banyan), Lakhek
(Walnut), Laken (Amla/ Gooseberry), Jempen (Orange),
Ngong (Mechinga/ Zanthoxylum Rhetsa) Shongpe (Wild
Apple) khübü kho seneibü yam a kia.

A. Bulong che kümashi hoba janyinbü jinashi.

B. Phebü habü ho jongaiashi:

1. Kaneibü yam a kibü bu nyen at doashi.
2. Nyi ngebü buhek nyen at doashi.
3. Jüklabü hoba wa latbü bu nyen at doashi.
4. Bu aishanga ong jungeida?
5. Bu langkei kida dogo lai ngeda?
6. Senei bu wapan shemtisi ai yingla?

C. Phanga kuan kibü ngüh jinan ashenbüa shentiashi:

buhek, chingda, loubüyaangbü, lakhek, chongbu

1. Laken bunyu a _____ hekda.
2. Senla yemekoubü kubü bunyu yaangbü khoto _____ lauda.
3. _____ bua hek hekda hoba wa kei latda.
4. Bunyu _____ khoei sen chanyuei juokbü ka khümenda.
5. Busideieikei hak hinda hoba _____.

D. Ngühpem habü ho jungeiko ngühlin kümashi:

yaangbü, hanbü, loubü, chingda, buhek, yei, bu, naünaübü

E. Leweshang nyangko kibü buyik phang lulu thakan sungashi. Buyik kho kaibü le a thipashi hoba khoeibü nyen doashi.

LENSAN 9

SEN KAIJEMBO KIBÜ BUSIDEI- II

Ditletlabü Nyekchüh:

1. Lensen kho wela hoba shuokenla.
2. Seneibü ngühyem a bunyemdeinyem nyen shenko ngela.
3. Busidei, bunyemdeinyem, sang, kao a süngbü hoba bunyu a khuibü janyinbü nyen ngela.
4. Bunyemdeinyem shanga kongnyu at ngela.
5. Bunyemdeinyem shanga lansanbou ngüh at lenenla.



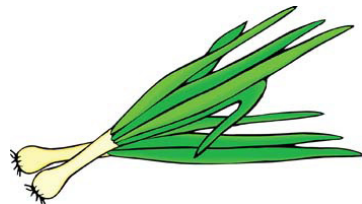
Bunyemdeinyem kho bunyu to hanbou kida.
Khoeibü kung kho hanbüshou hoba näunaütham kida.
Khübü kho loubüyaangbü yeiko achingda.
Khübü kho busangshou, kesiaong, bu a khuibü, kao a süngbü bunyemdeinyem.

Busangshou



Busangshou kho lubü busidei tügü loubü yaangbü akida. Khübü khoeibü kung kho hanpang, kaangkhühtham, bukhop pekletham hoba phek phekan kida. Busangshou ateibü nyen- jakchipen, haijepbü jempem hoba bi khübü khoto lauda.

Kesiaong



Kesiaong kho tuian hanen kida. Khübü kho lit shisho ayingsi poshou salang kida. Youshou, longkhok, khokshou hoba monshu tügübü shuong to kesiaong dogo lauda.

Bua khuibü



Lü a hekbü kesiaong kho lubü bu to khuian ayingsi khapen ong hekda. Khübü kho haoen lulu aloanda. Khübü to bu a khuibü kesiaong dogo lauda. Bu a khuibü lü at bu to kaiko khuida hoba at jijikomei hatlepbo khuida. Antalas, simo, pengana, shumei, iskos, semlühek, nyapashik, yanglou tügübü shuong to khuibü kesiaong dogo lauda.

Kaoa süngbü



Kesiaong at kao a süngda. Khübü khoeibü lü kho enyeitham kida hoba haoen lulu tangshaitham aloanda. Jilimo hoba khetham tügübü kho kao a süngbü kesiaong.

A. Phebü ho jongaiashi:

1. Nyi shaubü ponlem hibü sang / kesiaong nyen at doashi.
2. Bunyu a khuibü senei shaubü buhek / buyik nyen at doashi.
3. Kao a süngbü hek senei shaubü nyen at doashi.
4. Kaneibü chüm a bamang kilou? Khonei nyi ai ong kekei?

B. Ngühlin habü ho Tükte si Aying lenashi:

1. Kesiaong kho posilit shisho ong kida.
2. Lü a hekbü kesiaong haoen lulu tangsheitham loanda.
3. Bi kho busangshou.
4. Kao a süngbü kesiaong kangkhühtham loanda.
5. Bu a khuibü kesiaong khuila shanga thuibü mangsühda.

C. Senei shaubü shiksile, buhek, yikkhüh khübü kho doan kibü seikubü phanga doashi:

Busangshou	Kesiaong	Kaoa süngbü	Bua khuibü

D. Nyi hapbü bunyemdeinyem, busangshou, lü a hekbü, kao a süngbü kesiaong kaibü class to sungbashi. Kho kesiaong shanga lenashi hoba khoeibü thuibü maibü shanga ngühlin 2 ayingsi 3 jungeiko lenashi.

E. Kümthen:

Kaneibü lenbou ka pheko habü ho kümashi:

- Kaneibü Classei kaoen che pienan khonei shiksile keashi.
- Kelangaonglang souko hapbü at khünei keashi.
- Shuong thangjamen jihjiha anepnangko mouashi.
- Kho ka luongbü pendouei janlabü ayingsi Class namlam shanga yaklabü.

LENSAN 10

NOUSHOU JAISHOU LA SOUMO KUBÜ

Ditletlabü Nyekchüh:

1. Nagabüeibü songmaidomai ditenga / ngela.
2. Noushou jaishou la soumo kubü hangsilam ngela.
3. Songsido maibü jungeila ngela.
4. Lensan ditenga hoba atoknokko wela.
5. Ngüh haanbü ngela.

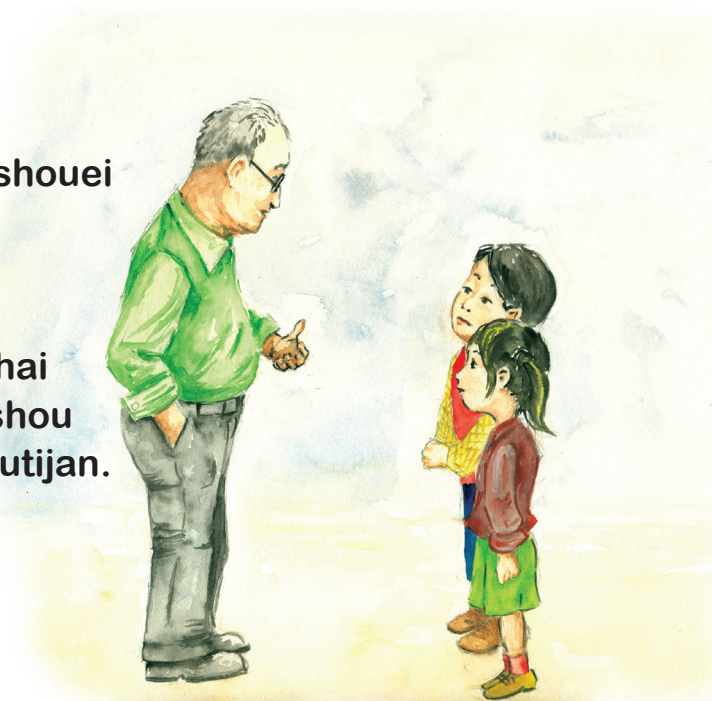
Nagabü to songsido maibü juong kia. Kho shanga seneibü pisibouei lenko louda. Khübü yoka noushou jaishou shuong la soumosouhat kubü kho kongnyubou.

Sen Nagabü
shuongeti noushou
jaishou la hangsilam
juonga soumo kuko
jungeida. Ladang
noushou jaishou
chüm to lotlajet senei
haoen la setshang
kukkujan.



Ladang noushou jaishouei
ngüh laulaje, senei
sangsembo titjan.

Kambüshaibü jihsinhphai
a senei noushou jaishou
shuong la shaang lautijan.



Noushou jaishou
shuong to senei
shaang joyujan.



Senei chingbü shuongeibü songlen titjan hoba ngüha lejan.



Ainei ong yingasikei senei chingbü shuong to thuiyuko kijan.

Songmaidomai kho seneibü pisibou phetphan. Senei khübü kho ladangkei amajan hoba amaotijan.

Seneibü noushou jaishou shuong la soumo kubü song kho senei amaotiko jungeijan.

Ngühtet:

1. Kambüshaibü – Lamthen lela yoshaibü
2. Song – Jungeihaang
3. Soumo – Souhat kubü
4. Sangsembo – Ngüh üangko semele kibü
5. Pisongbousong – Shaangütbü jungeihaang

THAILEI

A. Phebü ho jongaiashi :

1. Noushou jaishou chüm to lotjinei senei ai kümjan?
2. Chingbüei ngüh lenjinei senei ai kümjan?
3. Songmaidomai kho ai yingkei?
4. Nagabüebü song maibü kho senei aila amako jungeila?

B. Phanga doan kibü ngüh khonei tükdebüa ‘ T ’ hoba shedbüa ‘ A ’ dogo jinashi :-

1. Noushou jaishou shuong to senei shaang chaangmai to laujan. _____
2. Noushou jaishou to senei athuijan. _____
3. Chingbü to senei ngüha lejan. _____
4. Chingbüebü songlen senei atitjan. _____

C. Nyi ngüh haanbü ditletbü kho ashenbü a jinan shentiashi:

song, pisongbousong, sangsembo, soumo, kambüshaibü

1. _____ kuko sepai shungei sungletkei.
2. Ngeibü jenanouna yoa _____ maibü jungeila ngeibü nyusibouei lenkei.
3. Hao _____ a aeibou maangtakkei.

4. Seneibü _____ amaotiko jungeilabü kho
aeibou kongnyu.
5. Lennyu lenbouei lensan lenjinei _____ titshi.

**D. Mü la soumo kubü hoba soumo akubü thechüh
at phanga lenakei. Weashi, janyinashi hoba
soumo kubü hoba soumo akubü kaoen a janyinan
doashi:**

Janyubü	‘Sanoudaman’, ‘Amai apbushi’ hoba ‘Thumai’ dogo laubü
Eaaoabü hoba sanou ngüh laubü	Mü to कांग phangko laubü
Müei ngüh laujinei sangsembo titbü	Aeilamaeiphopbü
Ngühkhüm ajungeibü	Odsinot tekan apbü
Asaopobü sakteisaopobü	Shedbü tangtikusi khauangko jongaibü
Nyi mangsühbü ühüpsi khauangbü	Jihsiphai jungeibü

SOUMO KUBÜ	SOUMO AKUBÜ

E. Sangkuphelam :

Chingbü shuong la soumosouhat kulabü hangsilam at
shanga sangkuphelam kiashi.



STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING (SCERT)

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

“Consume only Iodized Salt”