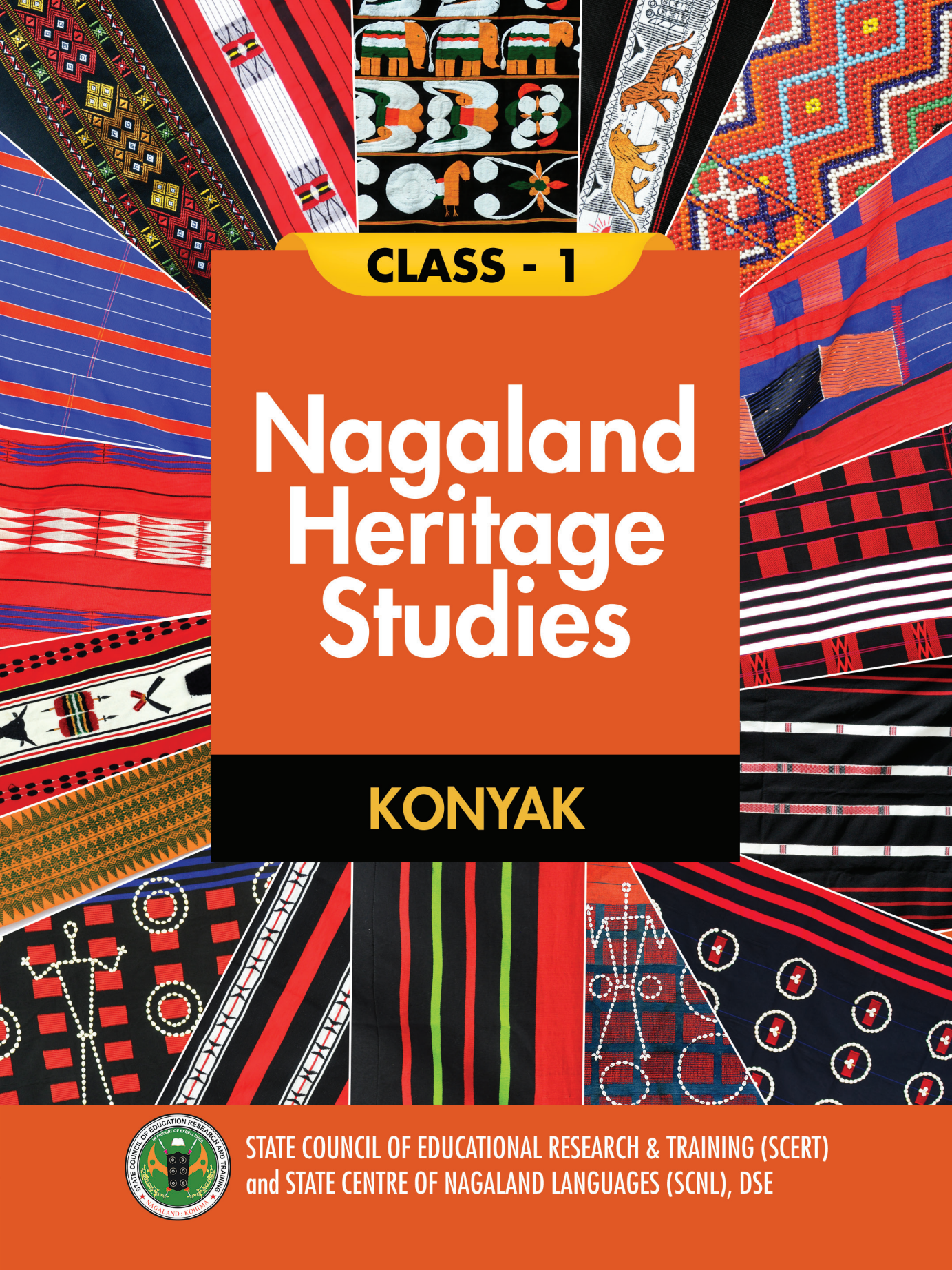




**CLASS - 1**

# Nagaland Heritage Studies

**KONYAK**



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





# Nagaland Heritage Studies

CLASS - 1

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

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**NAGALAND HERITAGE STUDIES | CLASS 1 - KONYAK**

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**Third Edition 2023**

**Illustrator: Imtinungsang Longchar**



# 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 7<sup>th</sup> of November 2022.**



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



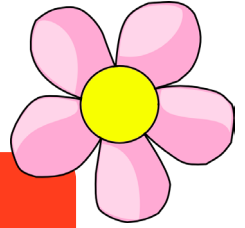
**N.CHUMCHANBENI KIKON**  
Director,  
SCERT, Nagaland, Kohima

# Süowang

Naga Heritage Studies (NHS) she min yange laipan nahalan-e eylak jingne laitep üla ngai ne tümpu te toman o yüong mongmei teihpu phei hatüo lai nyannang. Lintüpu wangpeang maapu mongme nyupuh ngao [Mother Tongue] Laitep a ülang shüyong she jon-e pei yangki. Hüpoi tüning me pei-e Naga jat moilan ngao me jakih üyin shin-e ling yang-e jonlak jingne State Council of Education Research Training [SCERT]-hei, Directorate of School Education, Nagaland, Kohima mepulanguage Officer, Assistantlanguage Officer heilanguage Assistantlan te lüm hño yange lingpu laitep üla ne mengnang. Hatüo laitep eypu kai-e nahalane yoi nyupuh ngao me yoi jatlipungao hei Nagapungao Wanglüm mei mei üpong tüo shingkülak üneo Naga ja hei ja pa me shipshapu ngai külakshe monghüme teihnang.



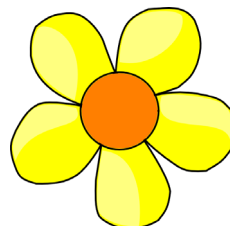
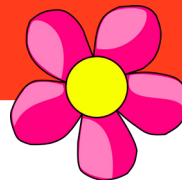
A. PEIHWANG KONYAK  
Konyak Literature Board  
Mon, Nagaland



## Ompulan

## Laipha

- |                              |    |
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| 1. Aikek hei ngaovüing       | 1  |
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# Süo - 1

## Aikek

### Shinglak müktakpe:

- 1.nang nyupuh ngao me aikek shinge yahlak.
2. Aikeklan ngao wüing ngaipu ülüm shinge yahlak.
3. Yoi ngao me khakshu-e ngao ngai oklak ülüm.

### Aikek hei ngaowüing

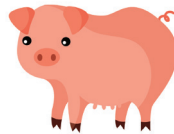
|    |   |     |    |   |    |    |   |       |
|----|---|-----|----|---|----|----|---|-------|
| Aa | = | aa  | Jj | = | je | Ss | = | es    |
| Bb | = | bi  | Kk | = | ke | Tt | = | ti    |
| Cc | = | ci  | Ll | = | el | Uu | = | eu    |
| Dd | = | di  | Mm | = | em | Vv | = | vi    |
| Ee | = | e   | Nn | = | in | Ww | = | teplo |
| Ff | = | ef  | Oo | = | o  | Xx | = | ex    |
| Gg | = | gho | Pp | = | pi | Yy | = | wai   |
| Hh | = | ih  | Qq | = | qu | Zz | = | zet   |
| li | = | ie  | Rr | = | ar | ÜÜ | = | ü     |

Aikek A mepu Z ngoipu mong me ngaipu ngao pha hei min phapu nokshalan nyan hüonang

Aa



Ang



Ak



Aoha

C



Ching



Chahwan



Ee



Epp

Ff



Füo

Gg



Guh



Gho

Hh



Han



Hoi



Hon

Ii



Iy



Innyi

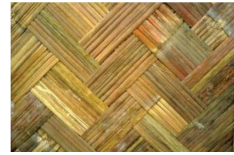
Jj



Ju



Jüo



Jan

Kk



Kui



Kahta



Küm

Ll



Lai



Luk



Lüm

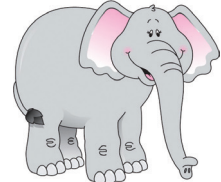
Mm



Mailang



Mahu



Meinyu

Nn



Naha



Nyah

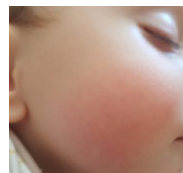


Nok

Oo



Oon



Om



Oo

Pp



Püm



Pe



Pekhao

Qq



Quilong

Rr



Rha

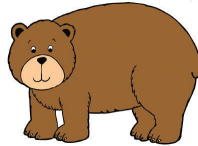


Ri

Ss



Shahnyu



Shüpnnyu



shang

Tt



Tah



Tiek



Tangpem

Uu



Uh

Vv



Vün



Vek



Vüntik

Ww



Wan



Wang

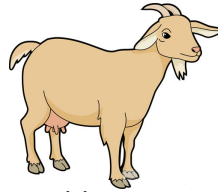


Wai

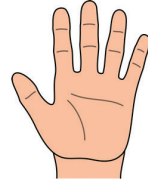
Yy



Yuh



Yon



Yak

Zz

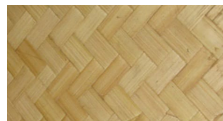


Zah

Üü



Üng



Üm



Ünyak

### Linglakan

A. Sño mepu aikek pheí ngaophalan wñn e ey-tñoh.

B. Nyupuh ngao me aikeklan shinge nyantñoh.

**C. Ükeng nyoite aikek hei ngaovüing shu-e hüntüoh.**

|          |       |          |       |
|----------|-------|----------|-------|
| <b>A</b> | _____ | <b>O</b> | _____ |
| <b>B</b> | _____ | <b>P</b> | _____ |
| <b>C</b> | _____ | <b>Q</b> | _____ |
| <b>D</b> | _____ | <b>R</b> | _____ |
| <b>E</b> | _____ | <b>S</b> | _____ |
| <b>F</b> | _____ | <b>T</b> | _____ |
| <b>G</b> | _____ | <b>U</b> | _____ |
| <b>H</b> | _____ | <b>V</b> | _____ |
| <b>I</b> | _____ | <b>W</b> | _____ |
| <b>J</b> | _____ | <b>X</b> | _____ |
| <b>K</b> | _____ | <b>Y</b> | _____ |
| <b>L</b> | _____ | <b>Z</b> | _____ |
| <b>M</b> | _____ | <b>Ü</b> | _____ |
| <b>N</b> | _____ |          |       |

**D. Aikeklan khakshupu nyoi me üyin shin-e nyantüoh.**

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

**E. Tüopa aikeklan pheii wangpu ngaokeklan leppu pheii nyantüoh.**

|            |             |
|------------|-------------|
| 1. A _____ | 6. H _____  |
| 2. P _____ | 7. S _____  |
| 3. T _____ | 8. V _____  |
| 4. Ü _____ | 9. O _____  |
| 5. M _____ | 10. R _____ |

## Süo - 2

# Lungtet (1-20)

Shinglak Müktakpe:

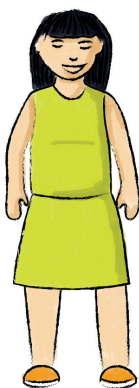
1. Lungtet minlan ja mepu ta te ngoi e shingyahtüoh.
2. Lungtetlan min ülüm khakshu e shingtüoh.
3. Lungtet minlan aikek shu e itüoh.
4. Lungtetlan hei noksalan min khakshupu pheii linglak.

Tüman e hatüo hem lok hah  
Naha ja, naha nyi  
Naha lüm, Konyak  
Naha püli, naha nga  
Naha wok, Konyak  
Naha nyit, naha tet  
Naha tu, Konyak  
Pün Konyak nahalan.

## Lungtet ey-pu shinghah



1- ja



2- nyi



3- lüm



4- püli



5- nga



6- wok





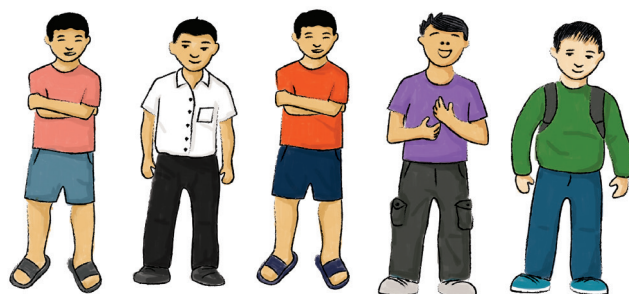
7- nyit



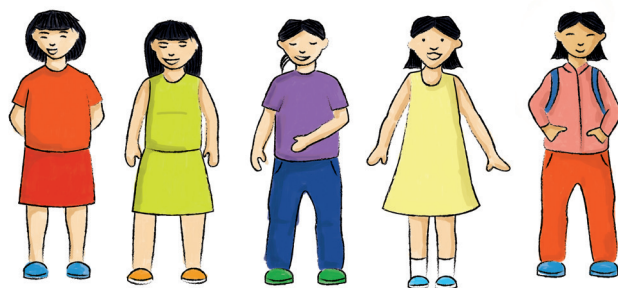
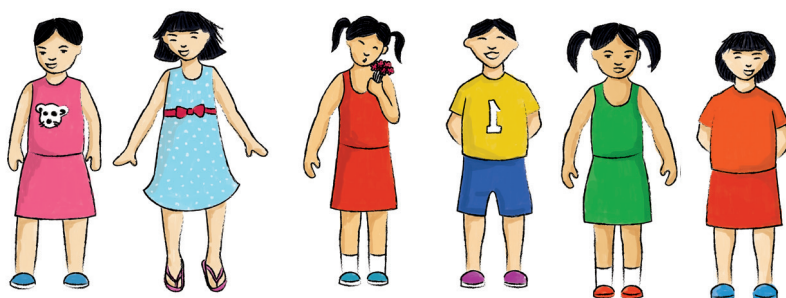
8- tet



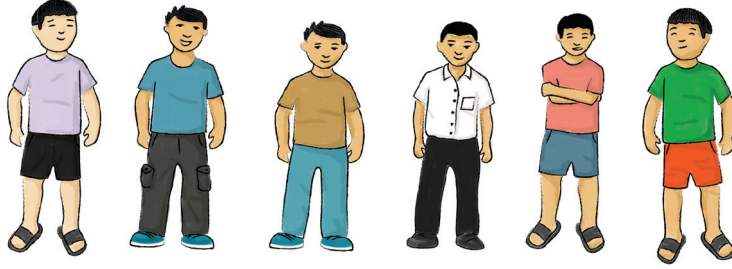
9- tu



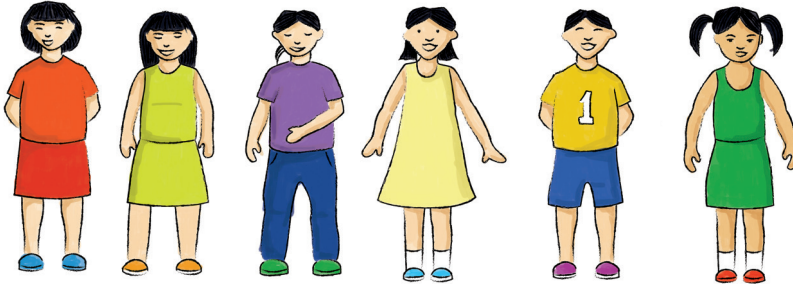
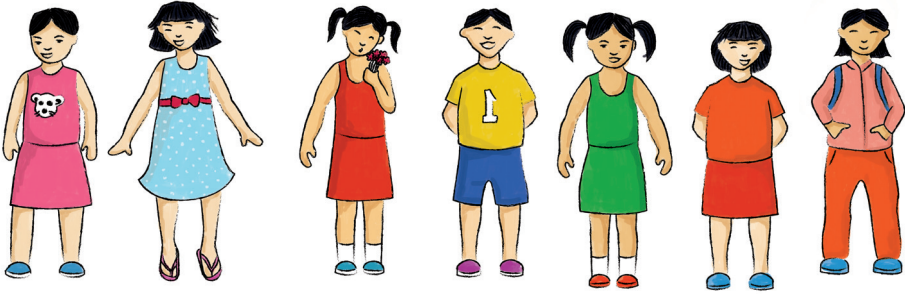
10- pün



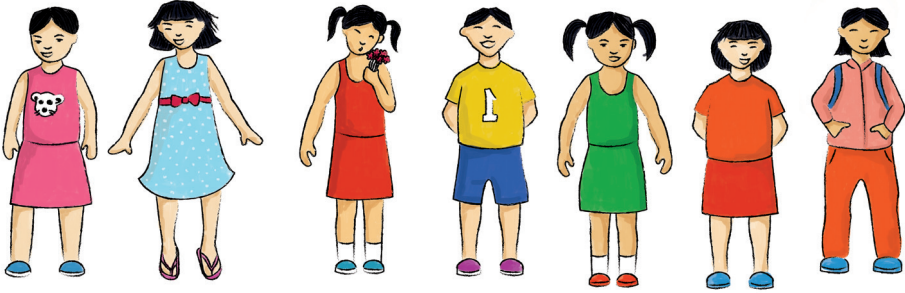
11- pünmüja



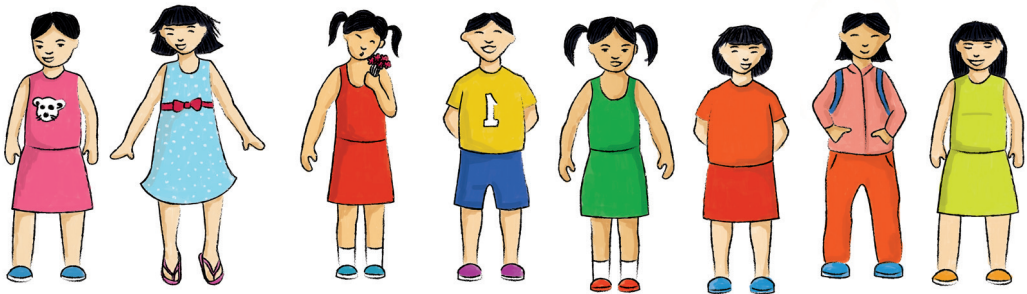
12- p nm ny 



13- p nm l m

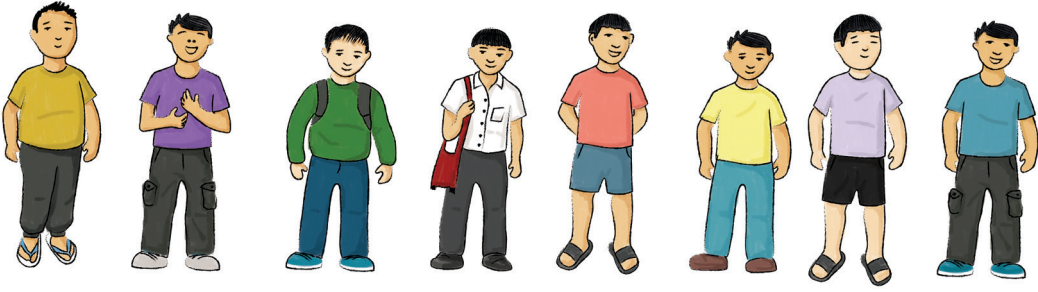


14- pünmüpüli

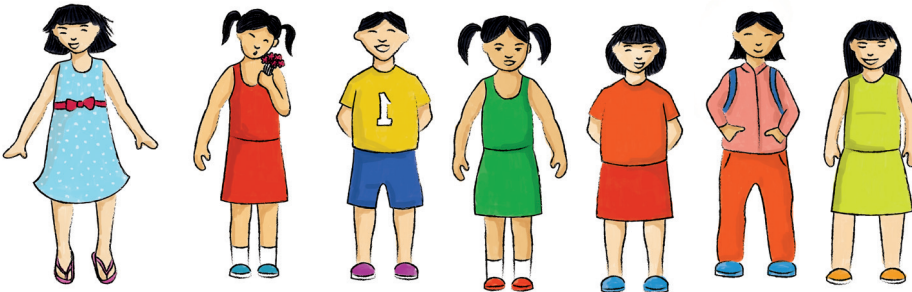


15- pünmünga

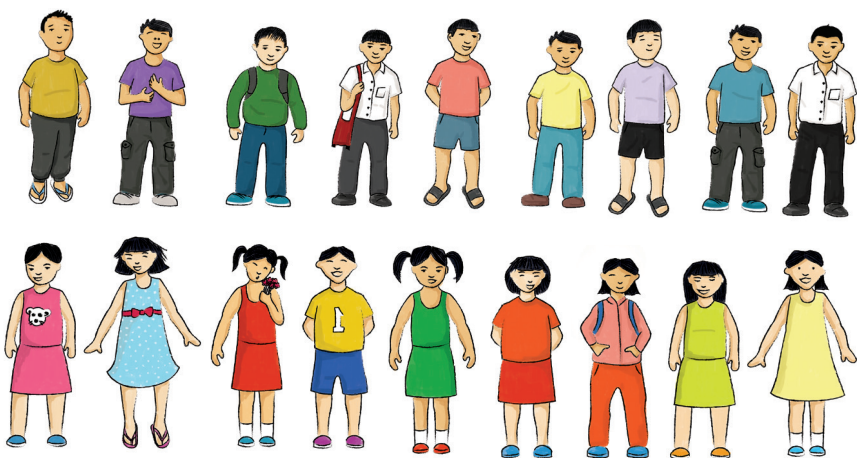




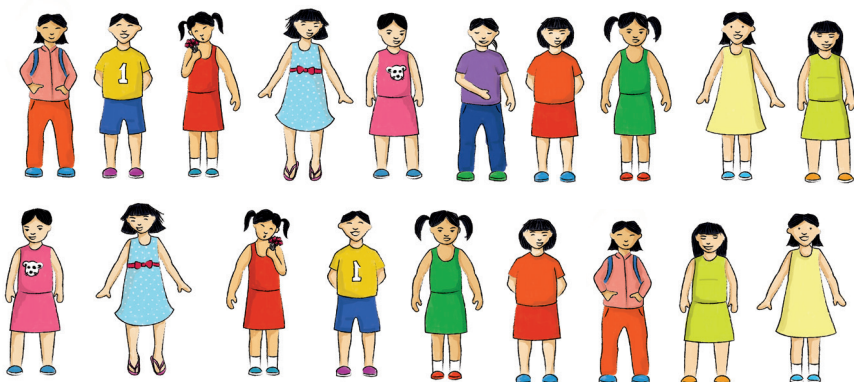
16- pünmüwok



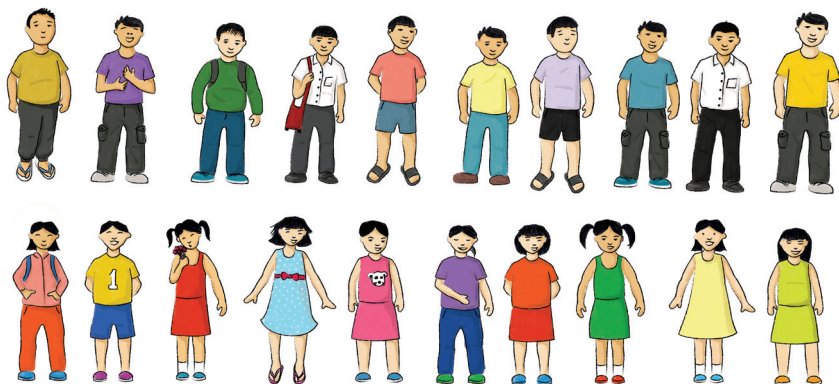
17- pünmünyit



18- pünmütet



19- pünmütü



20- ta

## Linglaklan

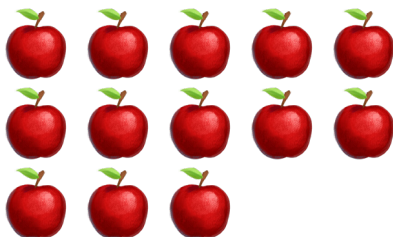
A. Üphang me ngohpu noksalan te leiyange lungtet hangshin ngoh tüo lungted min ngaopha ngao me nyantüoh. Ja a nyan e hüonang:

1.



pün

2.



3.



4.



5.



6.



B. Pha e ngohpu toilüm hei lungtet khakshu e jeptüoh üne-o min phatüoh:

Lungtet

Toilüm

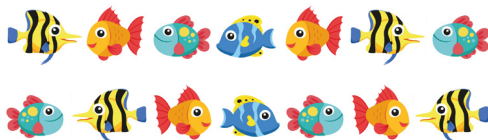
Lungtet minlan

3



Lum

14



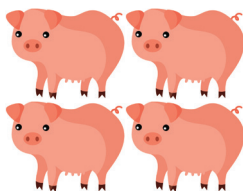
8



20



4



11





C. Lungtet ja mepu ta te ngoi e ngao me nyantüoh.

D. Pha-engohpu lungtetlan üjoi me wange üyin shin-e nyantüoh.

8, 4, 2, 6, 20, 10, 5, 18, 1, 16, 14, 3, 7, 9, 11, 15, 12, 17, 13, 19.

E. Pha-e ngohpu lungtetlan üyong me wange üyin shin-e nyantüoh

8, 4, 2, 6, 20, 10, 5, 18, 1, 16, 14, 3, 7, 9, 11, 15, 12, 17, 13, 19.

F. Lungtetlan yenangpu ükeng nyoite lungtet shu-e hantüoh.

|    |    |    |    |    |
|----|----|----|----|----|
| 1  |    | 3  |    | 5  |
|    | 7  |    | 9  |    |
| 11 |    | 13 |    | 15 |
|    | 17 |    | 19 |    |

## Süo - 3

### Hat mong mepu nyih-lan

#### Shinglak Müktakpe:

1. Hatmong mepu nyihlan min shinglak.
2. Hat mepu nyihlan khakshu e ey-yah.
3. Hat mepu nyihlan eypu ulam shu e shinglak.
4. Hat mong mepu nyihlan jeang tong wantelanta e janlak.

#### Nyihlan

Hatmong ja me nyih nyit ngohnang

Tüolan a :

1. Hatnyoi - Sunday
2. Hatja - Monday
3. Hatnyi - Tuesday
4. Hatlüm - Wednesday
5. Hatpüli - Thursday
6. Hatnga - Friday
7. Hatwok - Saturday

Shongna hatja nyih nyishüo mo lingnang.

Hatnyi nyih hahying shakshinnang,

Hatlüm nyih nyimo shingnang,

Hatpüli nyih ya noksha makmoi e jaoshinang,

Hatnga nyih nyimo te iron phanang,

Hatwok nyih pesha hümnang,

Hatnyoi nyih toloimeinang.

## Linglaklan

A. Nyan ngohpu shongna noksa te lei yange üphangme Tongpulan te jantüoh.

1. Shongna aope nyi shüonang shi?



2. Aope shongna hahying shakpu shi?



3. Aope shongna nyi shingnang shi?



4. Aoape shongna nok jaoshinang shi?

---

5. Aoape shongna nyimo te iron phanang shi?

---



6. Shongna aoape pesha hümnang shi?

---

7. Shongna aoape toloimeinang shi?

---



**B. Ngaoleng üshüolin nyantüoh:**

1. Hatnyi nyih a \_\_\_\_\_ pheï me peinang.
2. Hatpüli nyih a \_\_\_\_\_ hei \_\_\_\_\_  
nyi pa me ngohnang.
3. Hatwok nyih a \_\_\_\_\_ shüo me peinang.
4. \_\_\_\_\_ a hat me üwangpa nyih ngohnang.
5. \_\_\_\_\_ a hat me üküm pa nyih ngohnang.

**C. Hatmong mepu nyihlan min itüoh. Tüophei menangjing laitep me nyan angtüoh.**

**D. Hatmong mepu nyihlan khakshu-e üyin shin-e nyantüoh.**

|          |  |
|----------|--|
| Hatnga   |  |
| Hatja    |  |
| Hatnyoi  |  |
| Hatnyi   |  |
| Hatwok   |  |
| Hatlüm   |  |
| Hat püli |  |

**E. Hatmong mepu nyihlan phin-e nyantüoh.**

|                 |          |
|-----------------|----------|
| <b>Hatnyoi</b>  | <b>4</b> |
| <b>Hatnga</b>   | <b>1</b> |
| <b>Hatja</b>    | <b>7</b> |
| <b>Hat püli</b> | <b>5</b> |
| <b>Hatwok</b>   | <b>2</b> |
| <b>Hatnyi</b>   | <b>6</b> |
| <b>Hatlüm</b>   | <b>3</b> |

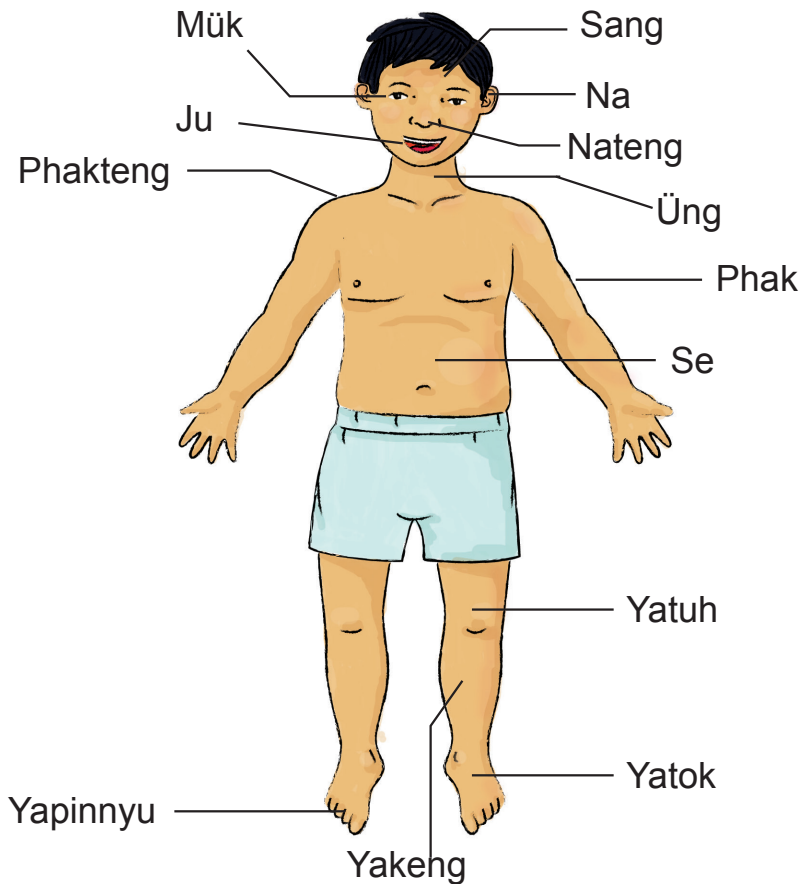
# Süo - 4

## Üpüm - I

### Shinglak müktakpe:

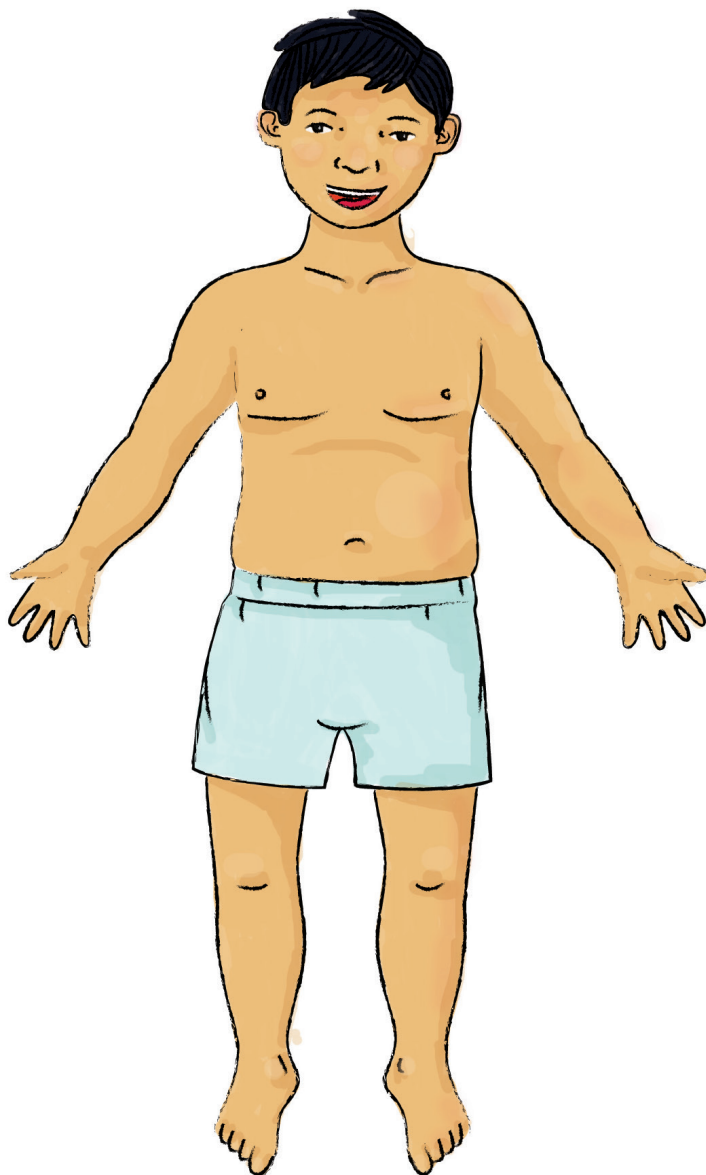
1. Püm tangta mepu meitüm minlan shing e yahtüoh.
2. Püm tangta mepu meitümlan it-e nyantüoh.
3. Minlan aikek khakshu e ngao me eytüoh.
4. Tongpulan te janlak.
5. Nyüoleipu te woilak.

Üphang me pha-e ngohpu noksa te hasi photüoh





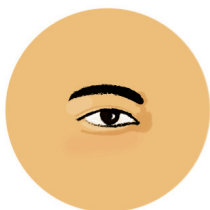
Üphang me pha e ngohpu noksa,te leiyange shang, phaktang,  
Mük, yatuh Na, Nateng hei julan ton hüotüoh.



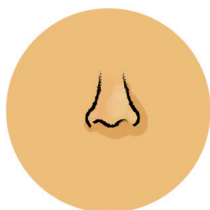
## Linglaklan

A. Pha-e ngohpu laipha 24 mepu noksa te leiyange pümtangta mepu meitamlan min eytüoh

B. Püm tangta meitüm minlan nyantüoh.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_

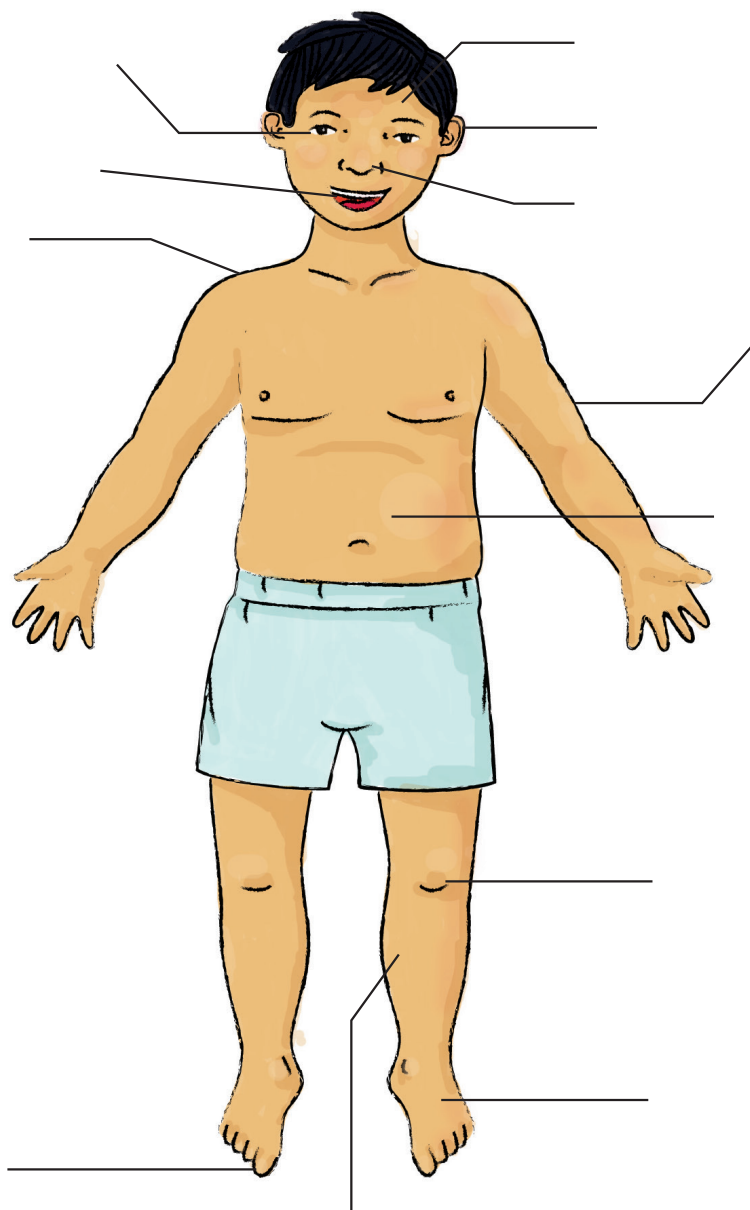


5. \_\_\_\_\_

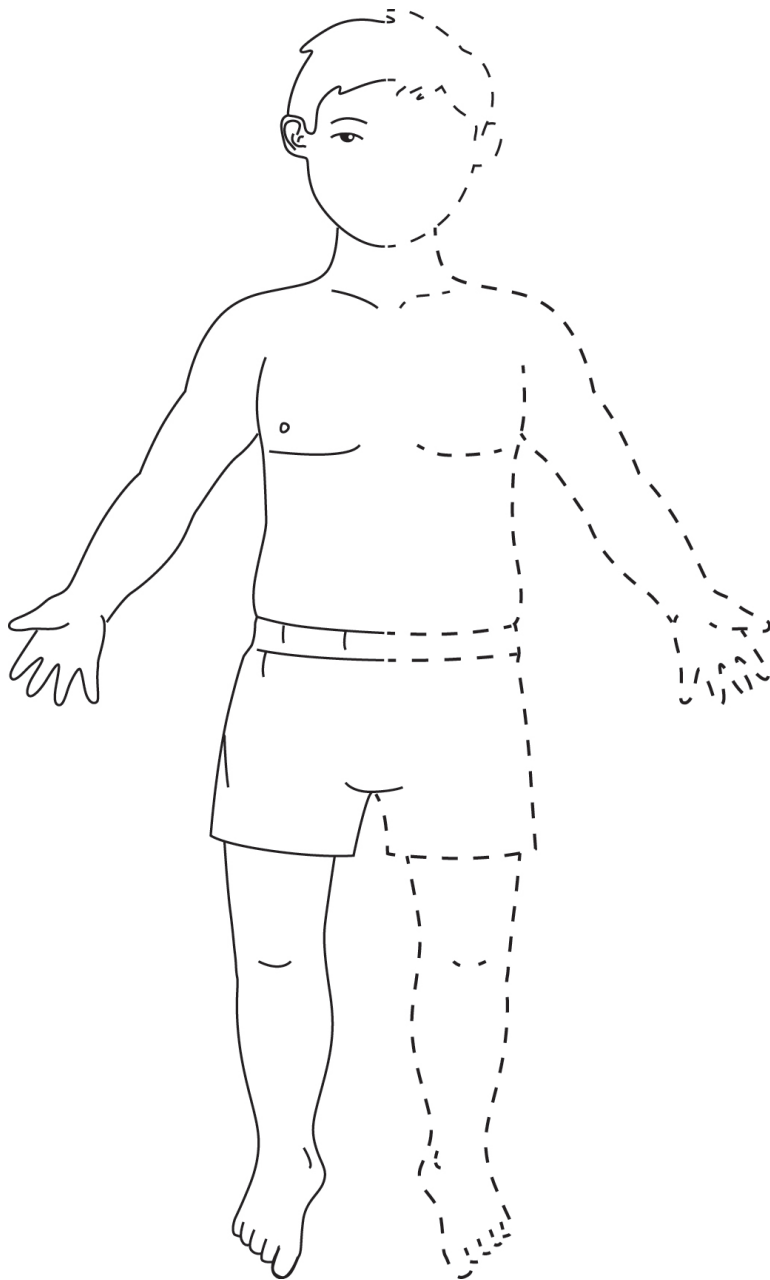


6. \_\_\_\_\_

C. Püm tangta mepu yoiyoi meitümlan min nyantüoh.



**D. Noksa nyan shoyang pheí me püm tangta meitümlan wein hño yang e nyantüöh.**



# Süo - 5

## Tenok

### Shinglak muktakpe:

1. Nok mong mepu yoiyoi tüplan min shing yahtüoh.
2. Tüplan min aikek khakshupu pheï ngao tehu.
3. Nokmong me ngohpu toinanlan min khakshu e ey-tüoh.
4. Tongpu te ngao me jan tehu.



Hatüo a phong-jong



Hatüo a Shinjing түп



Hatüo a-yengyüo түп



Hatüo a Shotjing түп

## Linglaklan

A. Sūo me pha ngohpu noksalan te ey leiyange tüolan wongpong jeng nyantüoh.

B. Hatüo ngao shingyah yange üngwüne eyyange nyantüoh.



Television



Nyeshoh



Yengtük



Sangje



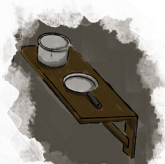
khülep tük



Müojao



Jemjai khok



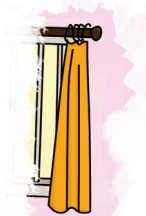
Pangha



Shotjing nyoi



Vün-jak nyoi



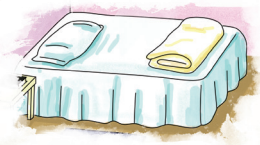
shongnyi



Noksa nemlak



Jupeang sheng



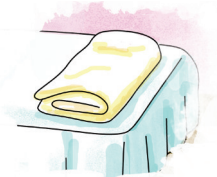
Nyamnyi



khao

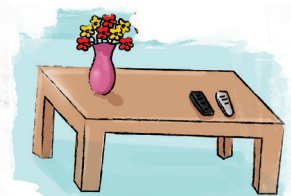
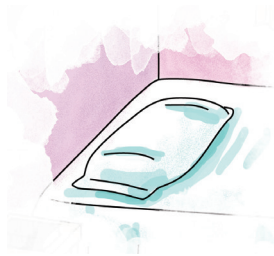
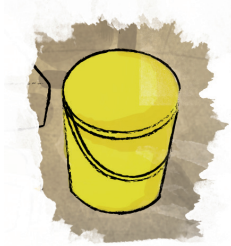
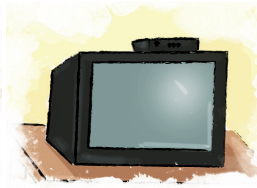
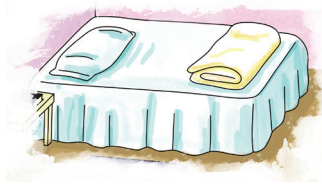


Yengsheng



Shinleng nyi

C. Noksa-lan te lei yange khakshupu tüp nyoi me angtüoh.



**Shinjing tüp**

**Shotjing tüp**

**Phong-jong**

**Yengyüo nyoi**

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D. Ngaopu

Numan class mepu eihalan pheii nenok menang shelengpu nyoiijing jeng ngaoleng ja hei nyi yahyange ngaotüoh.

# Süo - 6

## Wangpeang mepu leykenglan



Shinglak müktakpi:

1. Wangpeang mepu leykenglan shingyahtüoh.
2. Leykenglan min khakshupu me ngaotehu.
3. Wangpeang mepu leykenglan min yephünpe shing yahtüoh.
4. Tongpu te shelan she jantüoh.

## Nyihit 2023

| Wangtu Ley |    |   |    |    |    | Tai Ley  |   |    |    |    |    | Tepwi Ley |   |    |    |    |    |
|------------|----|---|----|----|----|----------|---|----|----|----|----|-----------|---|----|----|----|----|
| Hat Ja     | 30 | 2 | 9  | 16 | 23 | Hat Ja   |   | 6  | 13 | 20 | 27 | Hat Ja    |   | 6  | 13 | 20 | 27 |
| Hat Nyi    | 31 | 3 | 10 | 17 | 24 | Hat Nyi  |   | 7  | 14 | 21 | 28 | Hat Nyi   |   | 7  | 14 | 21 | 28 |
| Hat Lum    |    | 4 | 11 | 18 | 25 | Hat Lum  | 1 | 8  | 15 | 22 |    | Hat Lum   | 1 | 8  | 15 | 22 | 29 |
| Hat Püli   |    | 5 | 12 | 19 | 26 | Hat Püli | 2 | 9  | 16 | 23 |    | Hat Püli  | 2 | 9  | 16 | 23 | 30 |
| Hat Nga    |    | 6 | 13 | 20 | 27 | Hat Nga  | 3 | 10 | 17 | 24 |    | Hat Nga   | 3 | 10 | 17 | 24 | 31 |
| Hat Wok    |    | 7 | 14 | 21 | 28 | Hat Wok  | 4 | 11 | 18 | 25 |    | Hat Wok   | 4 | 11 | 18 | 25 |    |
| Hat Nyoi   | 1  | 8 | 15 | 22 | 29 | Hat Nyoi | 5 | 12 | 19 | 26 |    | Hat Nyoi  | 5 | 12 | 19 | 26 |    |

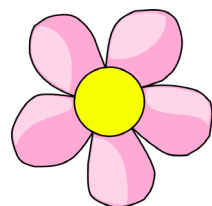
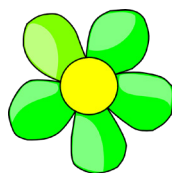
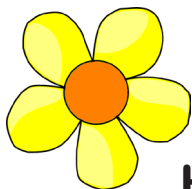


| Aoleng Ley |   |    |    |    | Lengha Ley |          |    |    |    | Phonglong Ley |          |   |    |    |    |    |
|------------|---|----|----|----|------------|----------|----|----|----|---------------|----------|---|----|----|----|----|
| Hat Ja     | 3 | 10 | 17 | 24 | Hat Ja     | 1        | 8  | 15 | 22 | 29            | Hat Ja   | 5 | 12 | 19 | 26 |    |
| Hat Nyi    | 4 | 11 | 18 | 25 | Hat Nyi    | 2        | 9  | 16 | 23 | 30            | Hat Nyi  | 6 | 13 | 20 | 27 |    |
| Hat Lum    | 5 | 12 | 19 | 26 | Hat Lum    | 3        | 10 | 17 | 24 | 31            | Hat Lum  | 7 | 14 | 21 | 28 |    |
| Hat Püli   | 6 | 13 | 20 | 27 | Hat Püli   | 4        | 11 | 18 | 25 |               | Hat Püli | 1 | 8  | 15 | 22 | 29 |
| Hat Nga    | 7 | 14 | 21 | 28 | Hat Nga    | 5        | 12 | 19 | 26 |               | Hat Nga  | 2 | 9  | 16 | 23 | 30 |
| Hat Wok    | 1 | 8  | 15 | 22 | 29         | Hat Wok  | 6  | 13 | 20 | 27            | Hat Wok  | 3 | 10 | 17 | 24 |    |
| Hat Nyoi   | 2 | 9  | 16 | 23 | 30         | Hat Nyoi | 7  | 14 | 21 | 28            | Hat Nyoi | 4 | 11 | 18 | 25 |    |

| Ley A    |    |   |    |    |    | Tanglaley |   |    |    |    |        | Aonyeley |    |    |    |    |    |
|----------|----|---|----|----|----|-----------|---|----|----|----|--------|----------|----|----|----|----|----|
| Hat Ja   | 31 | 3 | 10 | 17 | 24 | Hat Ja    | 7 | 14 | 21 | 28 | Hat Ja | 4        | 11 | 18 | 25 |    |    |
| Hat Nyi  |    | 4 | 11 | 18 | 25 | Hat Nyi   | 1 | 8  | 15 | 22 | 29     | Hat Nyi  | 5  | 12 | 19 | 26 |    |
| Hat Lum  |    | 5 | 12 | 19 | 26 | Hat Lum   | 2 | 9  | 16 | 23 | 30     | Hat Lum  | 6  | 13 | 20 | 27 |    |
| Hat Püli |    | 6 | 13 | 20 | 27 | Hat Püli  | 3 | 10 | 17 | 24 | 31     | Hat Püli | 7  | 14 | 21 | 28 |    |
| Hat Nga  |    | 7 | 14 | 21 | 28 | Hat Nga   | 4 | 11 | 18 | 25 |        | Hat Nga  | 1  | 8  | 15 | 22 | 29 |
| Hat Wok  | 1  | 8 | 15 | 22 | 29 | Hat Wok   | 5 | 12 | 19 | 26 |        | Hat Wok  | 2  | 9  | 16 | 23 | 30 |
| Hat Nyoi | 2  | 9 | 16 | 23 | 30 | Hat Nyoi  | 6 | 13 | 20 | 27 |        | Hat Nyoi | 3  | 10 | 17 | 24 |    |

| Noklütley |    |   |    |    |    | Shüopaanley |   |    |    |    |         | Shüoümley |    |    |    |    |    |
|-----------|----|---|----|----|----|-------------|---|----|----|----|---------|-----------|----|----|----|----|----|
| Hat Ja    | 30 | 2 | 9  | 16 | 23 | Hat Ja      | 6 | 13 | 20 | 27 | Hat Ja  | 4         | 11 | 18 | 25 |    |    |
| Hat Nyi   | 31 | 3 | 10 | 17 | 24 | Hat Nyi     | 7 | 14 | 21 | 28 | Hat Nyi | 5         | 12 | 19 | 26 |    |    |
| Hat Lum   |    | 4 | 11 | 18 | 25 | Hat Lum     | 1 | 8  | 15 | 22 | 29      | Hat Lum   | 6  | 13 | 20 | 27 |    |
| Hat Püli  |    | 5 | 12 | 19 | 26 | Hat Püli    | 2 | 9  | 16 | 23 | 30      | Hat Püli  | 7  | 14 | 21 | 28 |    |
| Hat Nga   |    | 6 | 13 | 20 | 27 | Hat Nga     | 3 | 10 | 17 | 24 |         | Hat Nga   | 1  | 8  | 15 | 22 | 29 |
| Hat Wok   |    | 7 | 14 | 21 | 28 | Hat Wok     | 4 | 11 | 18 | 25 |         | Hat Wok   | 2  | 9  | 16 | 23 | 30 |
| Hat Nyoi  | 1  | 8 | 15 | 22 | 29 | Hat Nyoi    | 5 | 12 | 19 | 26 |         | Hat Nyoi  | 3  | 10 | 17 | 24 | 31 |

Shangtang me nyanyang ngohpulan a wangpeng mepu leekenglan minngohnang.



Hatüo me wangpeang ja me Leykeng pün  
menyi ngohnang

Tüolan a:

1. Lekeng Ja - Wangtu ley  
January

2. Lekeng Nyi- Tai ley  
February

3. Lekeng Lüm- Tepwe ley  
March

4. Lekeng Püli- Aoleng ley  
April

5. Lekeng Nga- Lengha ley  
May

6. Lekeng Wok- Phonglong ley  
June

7. Lekeng Nyit- Ley-a  
July

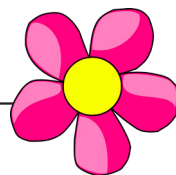
8. Lekeng Tet- Tangla ley  
August

9. Lekeng Tu- Aonye ley  
September

10. Lekeng Pün- Noklüt ley  
October

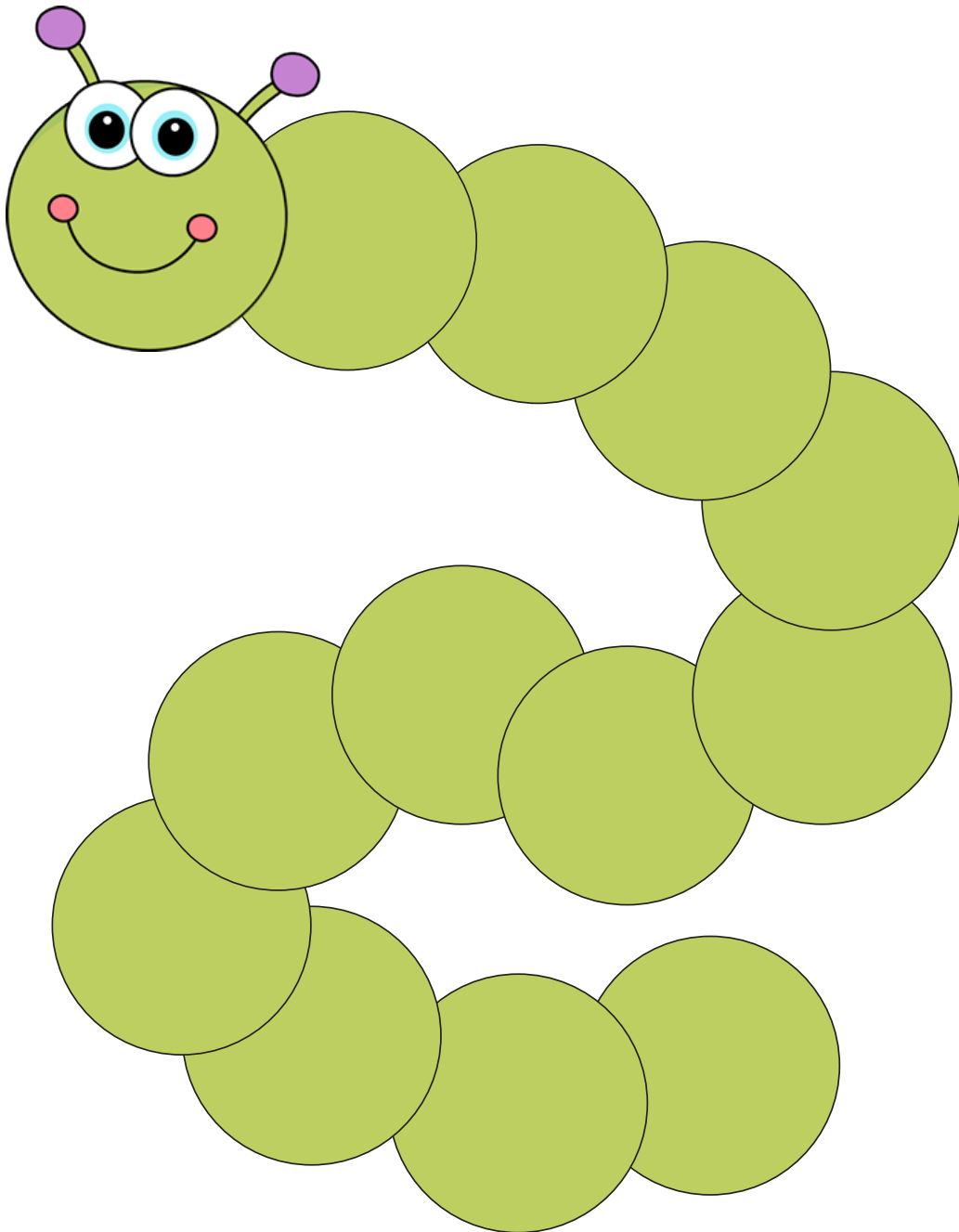
11. Lekeng Pün müja- Shüopaan ley  
November

12. Lekeng Pün mü Nyi- shüoöm ley  
December



## Linglaklan

A. Wangpeang ja mong mepu leykeng pünmenyi min nyantüoh.



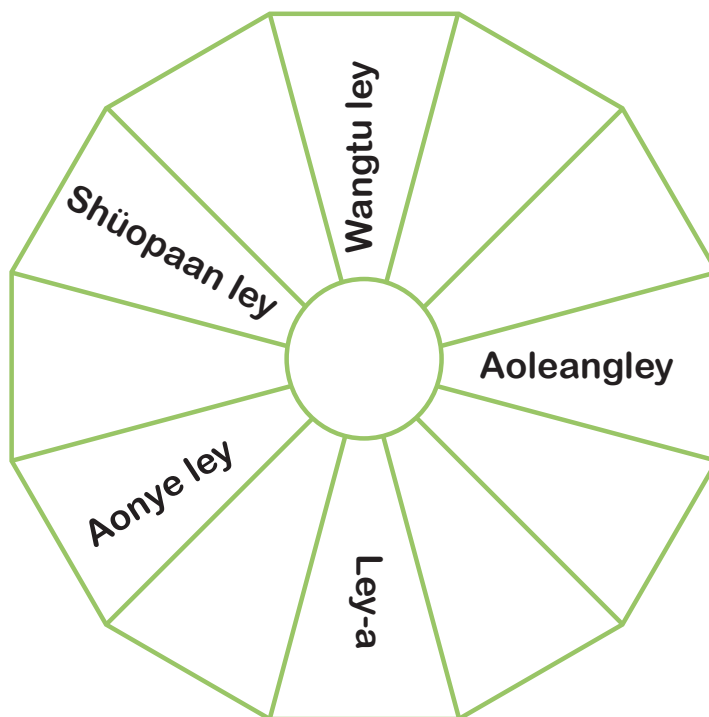
B. Hanghipa leykeng tüophei me peinangshi.



C. Ükeng nyoi te ngao hüntüoh.

| Lintüpu leykeng | Hatüopa leykeng       | Ngoi külakpa leykeng |
|-----------------|-----------------------|----------------------|
| Noklutley       | Shüopanley            | Shüo-ümley           |
|                 | Tanglaley             |                      |
|                 | Tailey                |                      |
|                 | Phonglong<br>Phongley |                      |
|                 | Wangtuley             |                      |
|                 | Aoleangley            |                      |
|                 | Aonyeley              |                      |
|                 | Tepweley              |                      |
|                 | Noklutley             |                      |

D. Ükeng nyoi me shupu ngao hüntüoh.



# SÜO - 7

## Ü Noksha - I

Shinglak Müktakpe:

1. Nyupuh ngaomenangpa,nang nyu,nang jei,nang nyalan te nyiklak ülüm shingyahtüoh.
2. Min khakshu ngai e eytüoh.
3. Süo me ngohpu kih e tongpulantelantaa jantüoh.
4. Noksha ja she hanghi te nyikpu tüo shingyahtüoh.



Tao-a Aying

Tao-a tenok pheijüm e ngohnang

Noksha ja she kahta ükhung jüm e ngohpu te inang,

Tüolan a noksha ja me jüm e ngohpulan.



Hatüo-a tenok üpa, ünyu, Üjei, hei ünya lan ngohnang, Toman jüm e noksha ja me ngohnang, Toman a mongmei shei e ngohpu noksa ja ngohnang.



Üpa a kahhümpa



Ünyu a noksa nümno nyu,  
I man e üte künpu phei püo e tükhang

A. Tongpulan te jantüoh:

1. Nenok me kahta hangshin ngohnangki?
2. Aying I-pa a hanglingnangki?
3. Aying I-nyu a hanglingnangki?
4. Aying I-nya I-jeilan ngoh ya?
5. Noksha kahtalan ja hei ja pa me künpu hei püo tükpu ngoh ya?

B. Noksa kahtalan min lei-e nyantüoh.

Üpa, Ünyu,Ünya, hei Üjei

1. Hatüo a \_\_\_\_\_



2. Hatüo a \_\_\_\_\_



3. Hatüo a \_\_\_\_\_



4. Hatüo a \_\_\_\_\_

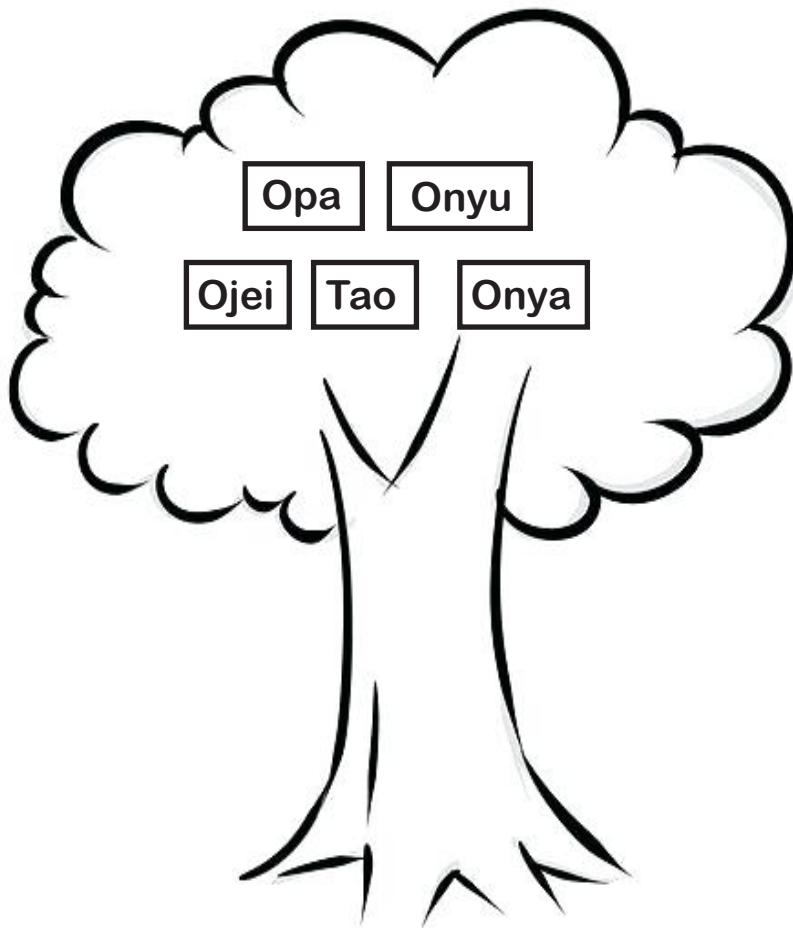




### C. Teingaopu

- i) Nenok noksha menange hanghe pa toimok wanglam jon tüo jeng class mepulan pheï meitam yah-e ngaotüoh.
- ii) Nang shimnyu shimpalan pheï nenok noksha mepunange shelengpu kahta jeng ngaotüoh.

D. Nenok noksha pe ne lingtüoh. Leppu a tüome ngohnang.



# Süo - 8

## Nyah joiha

### Shinglak Müktakpe:

1. Hemngao shupu pheï ngao heipu-ngao wanglüm hei üng jampu wanglüm.
2. Hemngao mpu shingyah okpu pheï tongpulan te jantüoh.

Yengmong mepu nyahlan  
Ja, nyi, lum,  
Yengmong mepu nyahlan,  
Shokta, Shokta, Shokta,  
Yengmong mepu nyahlan,  
Lüngleï wokem,  
Yengmong mepu nyahlan,  
Taitüoh, taitüoh, taitüoh.

### Linglak

- A. Hemngao ükhung e üneo she nyi e mongme ey-tüoh.
- B. Hem ngao me ngohpu noksa ülüm nyi lingtüoh, hüyange hasi photüoh.

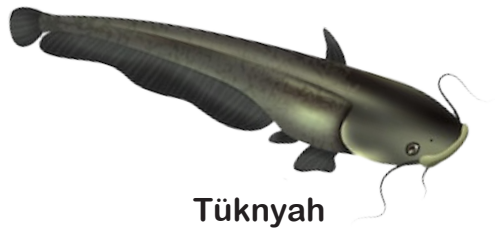
**C. Tongpulante jantüoh.**

1. Hemngao me nyahlan hangshin nyan-e ngohnangki?
2. Yeng me nyahlan hang lingpu shi?

**D. Nyahlan a yoi yoi she ngohnang, tüomenange üting me ngipu pate ükam phatüoh**



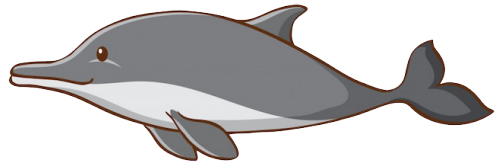
**Nyahpu**



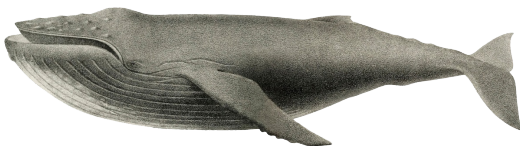
**Tüknyah**



**Mackerel**



**Dolphin**



**Nyahmih**



**Salmon**







**STATE COUNCIL OF EDUCATIONAL  
RESEARCH & TRAINING (SCERT)**

**STATE CENTRE OF  
NAGALAND LANGUAGES (SCNL), DSE**



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

**"Consume only Iodized Salt"**