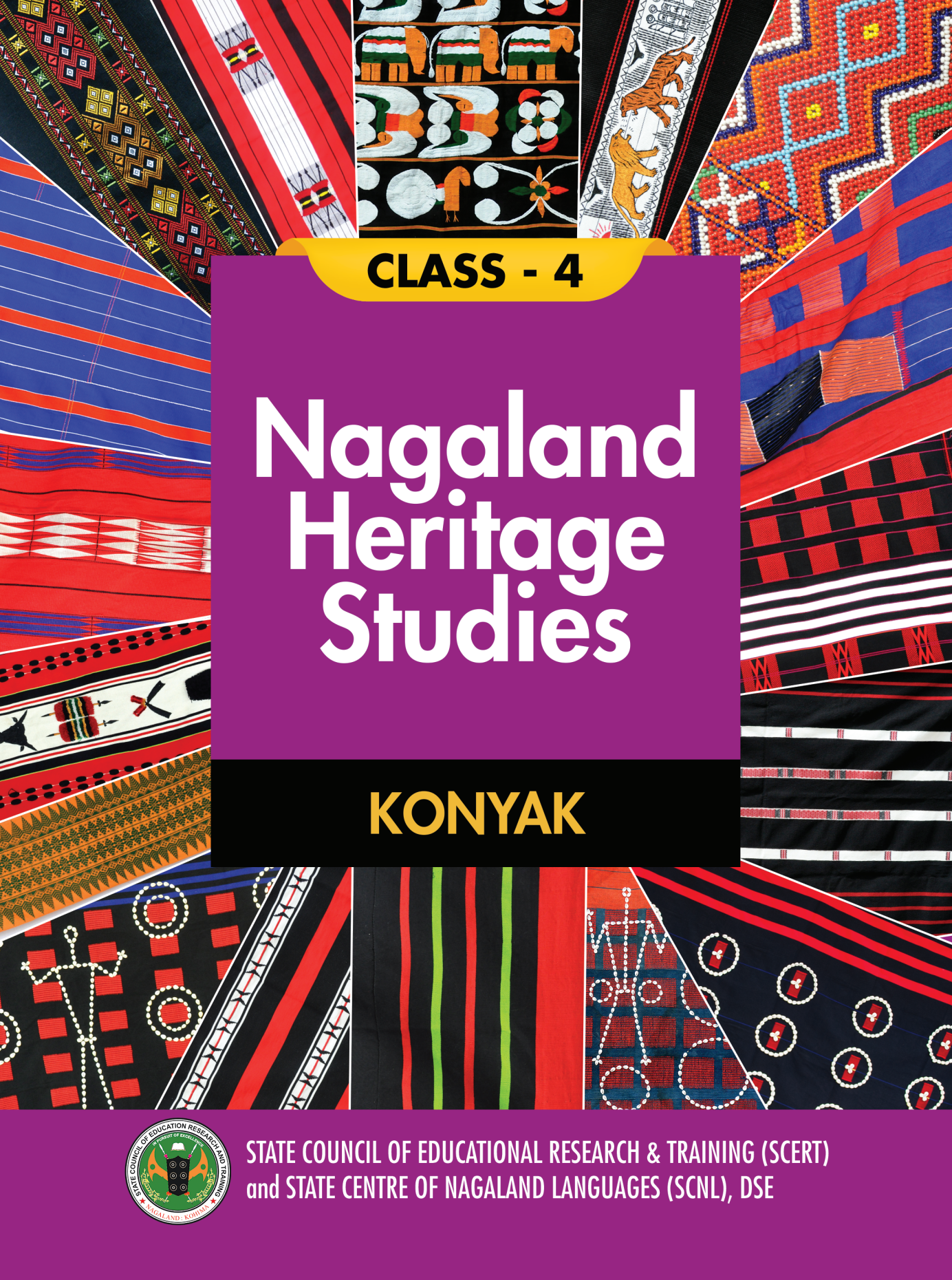


The background of the book cover is a collage of various traditional Nagaland textile patterns. These include geometric shapes like diamonds and zig-zags, stripes, and depictions of animals such as tigers and elephants. The colors used are primarily red, black, white, blue, and green.

CLASS - 4

Nagaland Heritage Studies

KONYAK



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



Nagaland Heritage Studies

CLASS - 4

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

NAGALAND HERITAGE STUDIES | CLASS 4 - KONYAK

Copyright © SCERT & SCNL, DSE 2018

Third Edition 2023

Illustrator: Arien, Tatsimu Trakha, Ruokuoselhou Miachieo

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

SÜOWANG

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



A. PEIHWANG KONYAK
Konyak Literature Board
Mon, Nagaland

OMPULAN

SÜO

LAIPHA

1. Toishüo me wangngoipu	1
2. Lungtet (ha mepulakh ngoipu)	5
3. Nagaland mepu kahmüoh kahdang hei yengyinlan	8
4. Minyong phapu	13
5. Sopfünuopungao	16
6. Nagaland me kakhüm Yengwaipu	18
7. Tüman phen me ngohpu yinmoklan	21
8. Pei pheii lingpu yak- ai	25
9. Mongmei Noksha	30
10. Pan (Morung)	34
11. Kui hei Ak nyipungao	38

süo 1

Naga toishüo me wangngoipu

Shinge yahlak müktakpe:

Toishüo me Naga wangngoi-e meipu jeng shingyah.

2. Toishüo kai e wangngoi ngohlak ülüm shinglak.
3. Naga nyoi ngoh wanglüm ümei ükeng nyu shinglak.
4. Süo jeng mei e shingyang pheii me tongpulan te shülan she janlak.
5. Nyi hüo-e teingaopu kai-e ngaolak ülüm shinglak.
6. Ngaokek üla shingyahlak.



Naga wanglüm ülang me muh jon peipu a toilingpu kai e wangngoipu ngohnang. Britishlan hei alao Nagaland te peipulan e Naga-a yüonge toi ngang lingpu jat she iyangki. Naga wanglüm me toi yülingpu te hahlak-a wüolak üja she i ngoh. Tüman Nagapuheipalan a toiling yange ngohpu jat. Iman me toi te shangnyakpu hei ngao jaipu ngoh yangki.

Tüman e tüman phin me ngohpu kahta mapu yoi yoi toilingpu ngingang. Toimei lingpu lepi e ponpu ngao ilak wongpong. Toimei lingpu me yüonge yongpu, yesheküma a yüonge shuipu she yenang. Toilingpu jingne tümane hanghi tüo tüopa üyong pa ne yüji. Tüman te lingne tümpu toi-a innyaipu phei mongpha e linglak wongpong.



Tümane ling ok jangpu toi üiha-e lingkülak she aoepo yüteihlak. Tüman nok üo nok shüo jao e anglak, pe sha hümpu shinglak. Yoi wan hei sheng waolak, nyimo shüopu shinglak. Tümane Nyu palan hei yupilan te jümlak wongpong.

Tüman aoepo toilingpu te tah wüo hah. Toimei lingpu üme a jinte meinang üneo wüngnang. Tüman-e hatüo Naga wanglüm te pon hah üneo lingne nganghah.

Ngaokek te leppu nyantüoh:

1. pupalan — üwangpu hipak me ngohpulan.
2. Puwanglüm --- kahtalan e ütinglak e jon peipu.
3. Wüolak — ütüm ja yelinglak lingpu, püohpu.
4. Tümhanpu — kahtalan pa me yoi yoi ne ütpu.
5. Wangngoipu — wangshim hüolak nyoingoh.

LINGLAKLAN

A. Tongpulan te jantüoh:

1. Naga wanglüm me ülangne jon peipu a hanghi shi?
2. Tümane tüman toi a hangke linglak?
3. Hanghi lüm menange toi ling oklak?
4. Hanghi kaie Naga yang she shing ngohpu shi?
5. Lintepu hipak me hanghi te wüolak she i ngohpu she?

B. Shupu hei yeshupu nyantüoh.

1. Tümane innyaipu phei toilinglak yang.
2. Tüman toilinglak te wüolak yang.
3. Tümane Naga nyoi ngoh wanglüm ümei jonlak yang.
4. Nyimmeipu toilan a yüonge yongnang yeshekümaa yüong shuinang.
5. Tümane tüman nyupalan hei yupilan te yüjümlak yang.

C. Linglak toi.

Class mepu nahalan yoi yoi khung ne tümtüoh. Jei lei-e ükhung ütüm makmoi ne tamtüoh. Ütüm a noksha shitne tümtüoh, ütüm a lai anglak hei shotlak jao ne tüm tüoh, ütüm a laipan taküp hei tawo üneo noküo nokshüo jao ne tümtüoh.

D. Nangphei pangpu pa te ngaotüoh Noksa te leitüoh hüyangenang phei ngohpupa te noksa me nyan ngohpu jeng itüoh.

Leppu :

Nang : Tou kiyangpu shekolan-a hangtai
pu she teihnangki?

Janyipupa : tao-e teihpu a iman a kahte
tanang.



1



2



3



4



5



6

SUO 2

Lungtet ha mepulakh ngoipu

Shinge yahlak müktakpe:

1. Nang nyupuh ngao me lungtet ha heilakh shingyahtüoh.
2. Nyupuh ngao me nyihjeih she lungted ha heilakh jeng teingaotüoh hüyange jimpu hei winpu shingyahtüoh.
3. Lungted min ha heilakh English ngao mepu nyupuh ngao me lüptüoh.
4. Nyanlak hei ngaolak jingne hüopu ülüm shu-e jontüoh.

English ngao me 1000 te one thousand she nyiknang. Hüyange tüman ngao me _____ she nyiknang.

Pha e ngohpu leppu te leitüoh.

1000	=	haja ja
2000	=	haja nyi
3000	=	haja lüm
4000	=	haja püli
5000	=	haja nga
6000	=	haja wok
7000	=	haja nyit
8000	=	haja tet
9000	=	haja tu
10,000	=	haja pün. Haja pün me peipu te hüke nyiklak:
20,000	=	haja ta
30,000	=	haja tülüm
40,000	=	haja tüli
50,000	=	haja tunga
60,000	=	haja tüwok
70,000	=	haja tünyit

80,000 = haja tütet

90,000 = haja tütu

Tüophei me,lakh ngoilak (100000) tüman nyupuh ngao me o English me ipu kihe muhlakh she inang.

LINGLAKLAN

A. Nyan e ngohpu lungtetlan min nyantüoh:

1. 1500 = _____
2. 2000 = _____
3. 4005 = _____
4. 9990 = _____
5. 9,00,000 = _____

B. English me nyan e ngohpu ngaoleng nyupuh ngao me lüptüoh:

1. John has five thousand rupees. He bought a mobile phone with three thousand two hundred. Now he has only one thousand eight hundred left.
2. There are nine thousand marbles in the box. Mary added two thousand more marbles into the box. Now the box has eleven thousand marbles in it.

C. Ükhung A hei ükhung B jeptüoh.

A	B
Lungtet	Lungtet min
20,00,000	lakh nyi
40,000	haja tüli
1020	haja pheï ta
10,000	haja pün
3,50,000	lakh lüm haja tünnga
7563	haja nyit ghonga tewok me lüm

D. Tongpulan te shu-e jantüoh.

1. Nangpuhpu wangpeang min itüoh?
2. Nang laipan te taipu wangpeang min itüoh?
3. Tüningpu wangpeang min itüoh?
4. Ngoikulak wangpeang min itüoh?

E. Nyipang yang-e pha-e ngohpu ngaolenglan ngao ngai-e eytüoh.

1. Haja tapün phei haja ta shüi kuma-a haja tünga phei ja kih ngaikulak.
2. Laipan me shuko haja nyi nütan haja nyi min nyane ngohnang.
3. Haja tünga phei haja tünga shüi kümaalakh ja phei ja kih ngalkülak.
4. Covid lem tak a wang 2019 December me ngaiwang yangki.

F. Ngaolenglan ngao ngai-e ey yange shupupa nyantüoh.

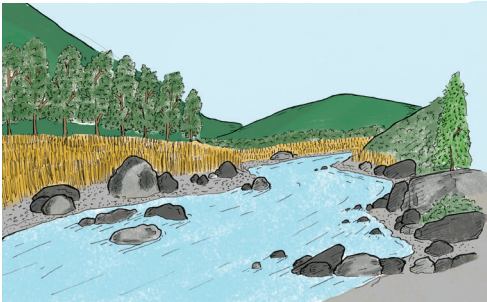
1. Mt.Japfü kahtang a meters 3048 dao ngohnang üneo Mt Saramati a meters 3840 dao-e ngohnang.
2. Dhansiri yengyin a km 352 lüo-e ngohnang. Immi pa me ampu pa shülüopu shi?
3. Kohima mepu Delhi nyi pa lüm a km 2255 jai-e ngohnang. Üneo kohima mepu Mon te ongkümaa km 327 jai-e ngohnang. Ampu pa nyoi shüjaipu shi?

SUO 3

Nagaland kahmüoh kahdang hei yengyinlan

Shinge yahlak müktakpe:

1. Shinge yahlak jingne süo yüong mei eytüh.
2. Ngaokek üla shingyah yangenang nying nying te ngaoleng lingtüh.
3. Ükhung hei nyipang tüm yange ngaopu kai-e ngaolak ngaolüm shing yahlak.
4. Nyanlak hei ngao me ngaolak jingne ülam hüopu kihe mongte ong yahtüh.
5. Nagaland mepu kahmüoh kahdang hei yengyinlan jeng shingyah
6. Ngaolak ülam yüong mei shinglak jingne ükhong tei ngaopu me meitüm yahne ngangyah.
7. Juteih wanpan ümei pheite woipu kaie shülü she shingyahlak.



Akoi wokha me ngohpu yha üküo pheü hño ne tai ngoh. Yha üküo Anok hei yha ünyei Ape üneo ünyei üha peterlan yha ngihu teihngoh. Iman Doyang yengyin nah me picnic hahlak jingne taitüm ja tümeh ngoh.

Picnic me

Akoi-e yengyin te yüonge monghah-e kün. Yha e yeng te yaphei kaotüh, kaotüh-yange yoi küo tangte phet winyange hatüo yengyin a yüong lüonangkü-a she tong?

Üm Nagaland me shülüopupa yengyin üja she i. Hüpoi, Nagaland me ülao yengyin üyong yome Dikhu ja ne ngohnang. Dikhu a Mokokchung District hei Longleng hei Mon District mong me yin tanang. Dimapur menange ngipu Dhansari yengyin ngohnang. Zunheboto hei Phek District pa me yinpu Tizu yengyin ngohnang. Üneo Mokokchung District mepu Milak yengyin o ngohnang. Noklak,



Shamator hei Kiphire pa te yin tapu yengyin te Zungki she minnang.

Akoi –e yha state me ngohpu toilüm maapu yeshing pe ngohpu yang she yashan e teih, oküo hümaa tao hame ngoh wante leilak nyoijing ütüm ngoh ya shi? Tiyi kahdang te tüman ong oklak hüpoingang nyi yüong nyailak üja.nang nyi shü jong küme tai hahma. Wokha nyoï me shetaopu kahdang ne ngohnangja. Tüo kahtüo jeng me ülüm mapu i ngohnangja.Tüophei me i-e Akoi te Nagaland me shedaopu kahdang shingya she tong? Oküo tüopa tao shingnangki. Kiphire mepu Saramati kahtüo-a meter 3840 daopu üja.



Tao-e hatüo a toman G.k lai mepu shingki, yüong meinangki. Kahtüo nyi shepupa shedaopu a ümpu pa shi? Akoi ütün ja teih ngoh yange Japfü kahtüo she I wante yha üküo-e yeji, phek District Meluri nyoï mepu meters 3066 daopu Mollen kahtüo üja. Kohima mepu Japfu kahtüo a lüm shepupa üja she iyangki. Pauna kahtüo a püli shepupa ne ngohnang üneo Peren District me ngohnang. Üküme ne tüman Tiyi kahtüo ngohnang.

Tüman Nagaland me kahdanglan ma e ngohnang hüpoi, Ünyeï e nyihning hei hah ne yekei she nyiknangki. Akoi-e yha üküo Anok te tenyihnange jümpu kai-e ülüm maapu shingyangki she mingyong phapu ngao iyang pheï me Akoi hei iman nyihning nükhah ne tai.

Hatüo ngaokeklan shing yahtüoh:

1. Oküo- Oküo she yoi nyu pheipuhpu nütanlan te nyiknang.
2. Onyei- Onyei she yoi pa pheipuhpu shükolan te nyiknang.
3. Doyang- Doyang a Nagaland mepu shülaopupa yengyin.
4. Saramati- Saramati a Nagaland me kahtüo shütaopupa ne ngohnang.
5. Dikhu - Dikhu a Nagaland me yengyin shüyongpu ne ngohnang.

LINGLAKLAN**A. Nyan ngohpu kahdang hei District shue jeptüoh.**

Kahdang	District
Mollen	Kohima
Saramati	Phek
Tiyi	Wokha
Pauna	Kiphire
Japfü	Peren

B. Süo ey yange ükeng nyoi me shupu hüntüoh.

1. Nagaland mepu yengyin shülüopupa -a _____.
2. _____ yengyin a Zunheboto hei Phek kaie yinnang.
3. Dhansiri yengyin a _____ kai-e yinnang.
4. Nagaland mepu Mt. Saramati a yengching mepu meters _____ dao e ngohnang.
5. _____ a Nagaland me kahdang daopume nyi shepupa ne ngohnang.

C. Tongpulan te shue jantüoh.

1. Nomching heinang ngohpu nyoi phe shüopu yengyin min ja itüoh?
2. Nomching heinang ngohpu nyoi phe shü opu kahtüo ja min itüoh.

D. Mary nokshalan picnic hah ne tai-e ngoh. Iman picnic ngohpu

jeang shinglak jingne,ngaoshüoh hei ngaojing leihkheih ngohpu ngaoleng üyinshin e yetüoh.

1. Payong e nokshalan van me nyoijing ngoitüoh.
2. Iman-e yengneng me üm a nyam.
3. Hüpoi tüo me aowo yeshot.
4. Yoi towel yahyange nyi hei mo jeilei.
5. Nahalan e yoi nyikhok tümta.
6. Yha- e nahalan te loiyange sheta la yange khülap yingyah she i.
7. Iman khongkümpu yeng me won ngoh.
8. Nyuyong shong lüoyange hahying tümta tam.
9. Tüo shaome nyuyonge moilan-e yoi yengsheng hün ya she tong.

E. Nagaland map hei Districtlan nyan yange üphang me nyanpulan a ame ngohnang shi?

SARAMATI

JAPFÜ

PAUNA

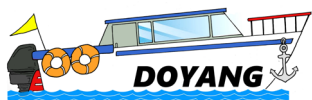
TIYI

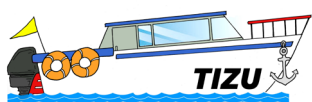
MOLLEN



F. Mary a yesheng me onge yeng me kem kümaa ampu nyoï ngoilak shi?











G. Ükhung maapu jamshe, shotyange picnic te tailak taitüm ja lingtüh ampu kün te tailak itüh, nange hanghe yahyange tailak, tüome hang linglak. Tüo lilinang class pheï ngaotüh.

süo 4

MINYONG PHAPU

Shingeyahlak müktakpe:

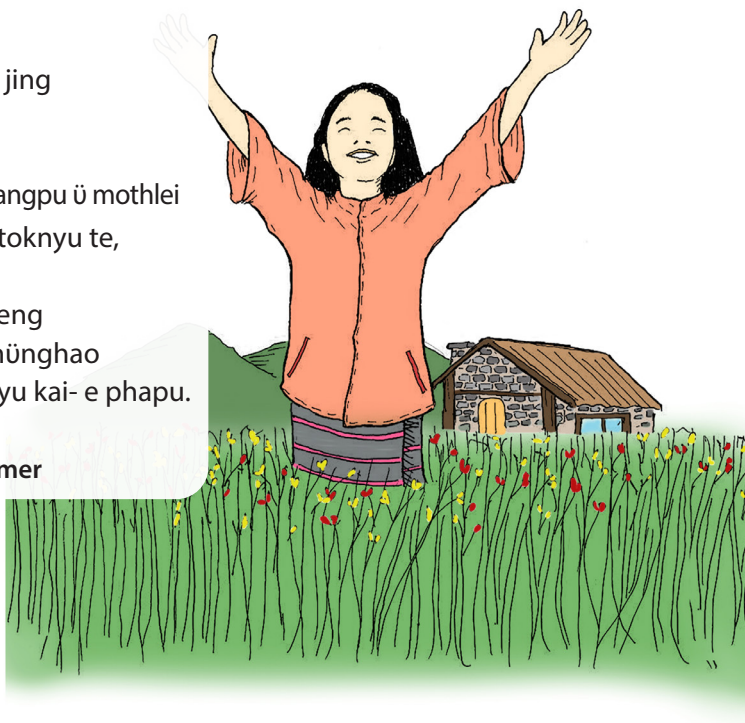
1. Tüopa hemngao üngyinshien eypu oklak.
2. Tüopa hemngao mongte onge yahlak üneo nyanpu oklak.
3. Tongpulan te janpu oklak.
4. Üyin shienlak ngaokeklan shinge yahtüoh.
5. Nyan e ngohpu hei ngaome ipu nyüo-e leipu kih e mongte ong yahlak.

MINYONG PHAPU

ü yake ngaokülak
üneo yihnoonlak
Tüo kahnyingwangha
Hatüo üyinwangha
Hatüo üyin kahtoknyu jing

üyak e üyin me anglak
Tüopa yalah e sa yange angpu ü mothlei
Hatüo pha tümpu kahtoknyu te,
üyak e ilak
Hatüo moiheimanpu jeng
It shempu yenangpu hünghao
Monghümpu kahtoknyu kai- e phapu.

Jungmayangla Longkumer



Pha-e ngohpu ngaokeklan te leppu shinge yahtüoh.

- | | |
|-----------------------|--|
| 1. Minyongphapu | - Monghah-e yihlupu hüöpu. |
| 2. Kahnyingwangha | - Khoihe yü i okpu ngaipu. |
| 3. Mothlei | - Pupa e angpu nokjing kahphei hei toinyunanha hayim hei huyimlante phapu. |
| 4. Sa | - Wu phei jaja ülam jam e sapu. |
| 5. Hünghao ne phapu | - Kahta ütam te mongmeipu kai e phapu. |
| 6. It shempu yenangpe | - Hulan she itpu yünangpe phapu yejema a linge tumpu. |

LINGLAKLAN

A. Tüopa hemngao ükhung hei nyi pang üneo yoi sha-a eitüoh.

B. Hemngao me ngohpu minyongphapu jing juteih khoih e ipu ngaolenglan ngai e Nyantüoh.

Ja- a linge hüonang - "Ü yak e ngao külak
üneo yihnonlak....."

C. Üyinshien elakpu ngaokek she üwüng jakih elakpu ngaokeklan te ipu ngohnang.

Leppu - hok, ok, shak,lak,

Pha e ngohpu ngaokeklan te üyin shienlakpu ngaokeklan nyantüoh:

1. Shai 2. Kah 3. Tak.

Shai - Shai lingküma a ngin tai ne ngainang.

Kah - kah me tah nyin tüki.

Tak - Tak ngohpulang tüki.

D. Tongpulan te jantüoh.

1. Tüopa hemngao 'Minyongphapu' me, hemngao nyan nyu e hanghi te yihnoon hupu shi?
2. Poem nyannyu e hanghi üyin me anghupu shi?
3. 'Ünyak e ilak, hatüo moiheimanpu jeng' she hem-ngao nyannyu e hanghi te leppu shi?

süo 5

SOPFÜNUOPUNGAO

An Angami Folktales

Shinge yahlak müktakpe:

1. Hatüo süo yüonge mei- e shinge yah okpu phei eyoklak.
2. Ngaokek üla shinge yahlak üneo tüolan pheinang nyingnying te ngaoleng lingpu oklak.
3. Ükhung tei ngaopu kai- e, ngao ngaopu ülong lailak wongpong.
4. Nyan e ngohpu hei ngaome ipu nyüo-e leipu kih mongte ong yahlak.
5. Sopfünuopungao shinge yahlak.
6. Tüopapungao me yaphen yang e tongpulan te janpu oklak.

Sopfünüo a Rüsoma ching mepu sheko ja, yha Mao nyoï mepu nütan ja phei nok ne meng, üneo tüo nyoï me ngohne tai. Nok ne mengpu üla hipak me ite yüonge nümno e angyangki üneo yha nao japuh. Tüoyangpoi, nütan pa e ülao shüko ngi ne wangyangki. Yaja hipak yüonge ngoi te phei me nütan pa e sopfünuo te nok mepu jang e tei.

Tok me naopuh yange, lüm ngilak jingne wengtan han түp me vün pah yang phei hei jon yange i yayonge tai. Sopfünuo nütan pa tüopa vün te lei hüyang kahdang ja kaiyang phei me vün tee ye ngi pelak.

Lüm me i jon yang phei vün mahpu phei jümshe hao e ta, hüyang tüo nyoï me Sopfünuo li-e mah. Naotak ha i nyu mang dangte shom-e ong hüyang e i nyu hempalakwaan e түp-e nao-o li e mah. Hatüo nyi mang yashanyalilakne yonge meng e ngai. Sopfünuo e jon ngohpu wengtan han o pe ne jong e ngai üneo yashanlak ne alao peilan kih e üdang te jong e yü-ongpe üphang te jong e ta yangki.

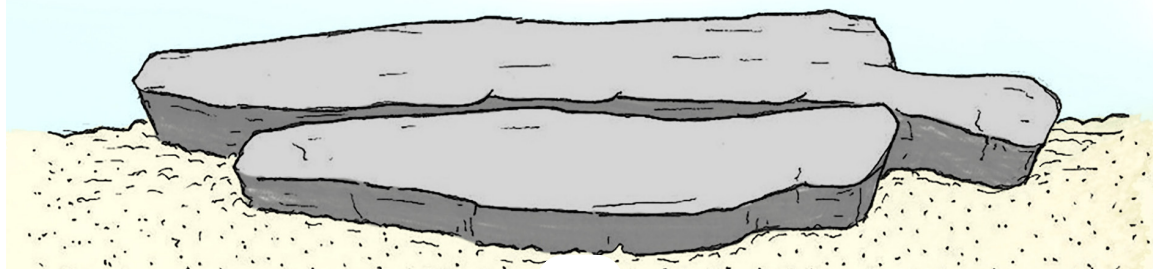




Sopfünuo nokshalan üneo i nütan palan e sopfünuo hei iha nyi te hangkenang, tüopa yüshing pe ngoh. Hipak yüong lüo e, sopfünuo mepu hango ngaolan yejaipu jingne, sopfünuo inyu hei ipa nyi i nütan pa chingte sopfünuo yüm e ngoi. Tüome, sopfünuo hei i ha nyi nok mepu taiyang pheih me hipak yüonge ngoi tepu üneo nütanpa ülao shüko pheih nyi she nok ne mengpu jai yange yüong e yashan.

Aope sopfünuo pheipulan e Sopfünuo hei iha nyi te yüm e tai yahpeih, iman e yong nyi tow. Tüo pa yong nyi a Sopfünuo nütanpa e vüntee üküm ne ngi elakpu nyoi ne ngoh. Tüopa yong nyi a lungmei kahta ja üneo nahaja le-e ngoh. Tüophei iman e hatüo yong nyi a Sopfünuo hei i ha nyi yang she ütinglak e teih.

Sopfünuo noksha kahtalan e tüopa ngaolan jai ne tüm wante, Rüsoma ching nopo e tüopa yong nyi chingte yah yelak jingne taisheng yah. I man e aope tüopa yong lei ne ngang yah peih, yüonge wongnangpu yip nyeih pei, üneo üyongpa yong a popu nehoy yü ok. Tüokhei aope iman e tüopa yong nyi ja ne sa yahpeih, meiyang shangshih yenangpe yong a tei ok yangki, hüyangge tünyih te ngoi she tüopa yong a Rüsoma ching me ngohnang.



Pha e ngohpu ngaokeklan te leppu shinge yahtüoh.

1. Hüo ne - Kahta ütäm phei yatuh shao kih e hüopu.
2. puh nyoi - Kahtalanpuhpu nyoiching.
3. Naotakha - Düm hah nao.
4. Yashanyali - Ümeang ne jiyah ümei ne jiyah teih e yüngohpu ngai wangpu.
5. Shopu - Taitüm ja yah ngohpu üküm te ngoipu.

LINGLAKLAN

A. Tongpulan te jantüoh.

1. Söpfünüo a aohi shi?
2. Hangne Söpfünüo yoi ching te leihyepu shi?
3. Söpfünüo hei i ha nyi ching te leihye wante hangke shepu shi?
4. Söpfünüo hei i ha nyi yam taiwante i nyu hei-i pa nyi hanghi shinge yahpu shi?
5. Rüsoma ching kahtalan e yong nyi a Rüsoma chingte hangke yahye okpu shi?

B. Nange shinge yahpu ngaokeklan ükeng ngoilan te hüntüoh.

Naotak ha	Rüsoma	vün	üphang	nyak-e ngoh	shinge yah
-----------	--------	-----	--------	-------------	------------

1. Söpfünüo a _____ ching mepu sheko ja.
2. Tok me _____ puh yange söpfünüo wengtan han tüt me vün pah yange yayonge tai.
3. Lam me i jon yang phei _____ mahpu phei jümshe hao-e ta yange tüt nyoi me i li-e mah.
4. Yashanlak ne ülüo pelan kih- e üdang te jong e ye-ong pe _____ te jong e ta.
5. Noksha kahtalan e tütöpa yong a Söpfünüo hei iha nyi she _____
6. Yaning me tütöpa phao a leilak jingne _____

C. Class mepungao ilak nyih it yange laipa kaie laipan nahalan ükhung ne tamlak üneo ükhung lili epungao ilak.

D. Laipa e üphangme phae ngohpu ngaokeklan ilak, tüowantenange jaipu Ngaokeklan te ükam lingtüoh.

Rüsoma	mongtak	vün-ongpu
Puh nyoi	ma yahpu	kahdang
Heampa leakwan	shom	üyoi üla
Peei	ü dang	yong

E. Üphang me phae ngohpu ükhok jon yangepungao ilak jingne shung yah hah. Süo me pha ngohpu sopfunüopu ngao me yaphun yange 'B' phei tingpu ükhok menange shingpu kihe janyah.nange alüopungao to hücke ngangpu oklak.

A	B
Ütümja Ükengnyu a aohi shi?	
Yahupu Ükengnyu hanghipa yahhupu shi?	
Hüpoi Hanghe Shangshih shi?	
Hümaa Shangshih a hangkelanpu shi?	
Tüopheime Ükum ne hang ngaipu shi?	

süo 6

NAGALAND ME KAHHÜMPU WANGLÜM

Shinge yahlak müktakpe:

1. Hatüo süo yüonge mei e shinge yah okpu pheiy oklak.
2. Ngaokkek üla shinge yahlak üneo tüolan pheinang nying nyingte ngaoleng lingpu oklak.
3. Nyan e ngohpu hei ngao me ipu nyüo-e leipu kih mongte ong yahlak.
4. Tüopa süo jeang teingaopu me shingyah e meitüm yahlak.
5. Ngaoleng ütüm khakshue hüppu pheiy nyantüoh.
6. Nagaland me teilipu ükeang nyu teiha liha jeng shinge yahlak.
7. Yengkah hei phaotang kah jeng yüong mei e shinge yahlak.
8. Chingme ngohpu kakhüm palan e tüman üyin jingne jümpongpu te monghah e yahlak.

Nagaland me kakhümpu a toishao üyong ja ne ngohnang,üneyi ne chingme. Hatüo nyoi me tahwong a üjingmongpu hahying ne mengpu jingne 70% kahtok a tah teiyange kakhümnang. Hatüo nyoi me kah a ülam nyi ne hümnang. Tüolan a yengkah hei phaodang kah ngohnang.

Yengkah hümpu

Yengkah hümpu me kahdang me yaphen kih e maapu üjee shüo e ngai yange teiha liha linang. Nagaland me yengkah a kahdang nyoi te yeng peiyange hümnang.



Yengkah hümpu

Yengkah hümpu me kahdang me yaphen kih e maapu üjee shüo e ngai yange teiha liha linang. Nagaland me yengkah a kahdang nyoi te yeng pei yange hümnang. Yengkah lili a yengyin pheihüpyange ngohnang. Tüopa shüo e ngaipu kahjee lili te kahtok e yeng yetailak jingne pangnang. Nyoi ja me ngohpu kah lili te japhei me ja she yengyin ne tamnang. Hüyange üküm ne tüopa yeng a yengyin te yin e tai ne tümnang.

Tah jongpu hipak mongme yeng a ngoh ne tümnang. Hüyange aope tah yahlak hipak ngoilak eih, yeng a yin- e tai e kah- a i-e mah ne tümnang. Yengkah hümpu me tah a shüopan let hei noklüt ley me yahnang üneo tah sha-a teinang. Yengkah a Angami hei Chakhesang jatlan e sheyong she hümnang.

Phaodangkah



Phaodang kah hümpu me pe aknang üneo wan ne tümnang. Tüopa pelan wan tü pheihü me vün e jaknang. Hüyange wai kei yenge kahtok ye teilak jingne pe e tiennang. Tüoyang pheihü me teiha-liha jingne kahtok püppe khoih ngainang. Üneo teiha-liha a tepwi let hei Aoleng let me teilinang. Phaodang kah hümpu me üshang ne tah teinang, hüpoi maapu ülao teiha-lihalan o tah pheihü jam e teinang. Tah, teng, Anshao, wongli, maktik, ci, maikoh, longpheng üneo manlonglan o teinang. Kahhüm palan e phaodang kah hümpu a kah kam ja wangpeang nyi yejima-a lüm she hüm yange kahyao ngohpu kahtok yam e tainang.

Phae ngohpu ngaokekklan te leppulan shinge yahtüoh:

1. Yengkah = kahtang me yaphen kih e üjee shüo -e ngai yange yeng phe
teiha-liha linang.
2. Phaodang kah = peelan aknang üneo vün e jak yangphei me teiha liha
linang.
3. Püppu = Teiha liha lilak jingne kahtok khoih e ngaipu.
4. Kahyüo = Teiha liha mei e jong oklak kahtok.
5. Kakhüm pa = kah me teihaliha li yange pao-e tük e leipupa.

LINGLAKLAN

A. Pha-e ngohpu ngaolenglan ie yange shupupa ükhok te hüntüoh.

1. Yeng pheipu, yaphen kihpu kahji me tah teinang.
2. Tah pheijam e manlong hei cee o teinang.
3. Kakhüm palan e yeng opu khang nyoi me hümhang.
4. Teiha-liha man li pe üwangne kah a vün e jakhang .
5. Wangpeang ütam hüm yangphei me kakhüm palan e tüopa ka
hangtühnang.
6. Tah sha-a Teinang.
7. Teiha-lihalante nyüt e teilinang.
8. Yeng ye tailak jingne kahtok e tiennang.

Yengkah (Terrace farming)	Phaotang kah (Jhum farming)

B. Kahta nyi pong jam e shotyange kahta ja phaodang kah hümpa üneo kahta ja a yengkah hümpa ne meng e teingaotüoh. Tüophei me tüopa jeng üphang me pha e ngohpu ükeang nyoi me nyantüoh.

Name of partner : _____

C. Tongpulan te jantüoh

- 1.nang ngoh nyoi me hangkihpu lüm me kakhümnangki?
- 2.nang ngohpu nyoi me ükengnyu ne hanghi teili ngainangki?
3. Aopenang jonglakeih, kakhüm pa ne menghu ya?nang meng hupu hüya yümeng hupu müktakpu nyantüoh.
4. Yengkah hümpu me jonpu ülum nyi nyantüoh.
5. Phaotang kakhümpu me jonpu ülum nyi nyantüoh.

D. Nomching me hanghipa kakhüm yah peih tüo noksa nyantüoh.

E. Naga yoi yoi jat üiyange kakhüm wante kaksüo me lokpu hem shingyahtüoh. Shing yah yang-enang shimpalan hei laipanlan sheshüo me loktüoh.

SÜO 7

TÜMAN PHEN ME NGOHPU YINMOKLAN

Shingyahlak müktakpe:

1. nang nyupuh ngao me phao yinmok hei nokme tümpu yinmoklan min shingyah.
2. Süo üpontüo yange shinge yahne ngangtüh.
3. Ngaokek üla shing yahyang ngaoleng khak-shue lingtüh.
4. Nyanlak hei ngao me janlak jingne hüopu ülüm shingyah.
5. Süo ey yangenang nying nying te ngaoleng lingtüh.
6. Süo jengme class me teingaopu me shangnyak e meitam yahtüh.
7. nang phen me ngohpu phao yinmok hei tümpu yinmok jengme juteih ükengnyu phatüh.
8. Mongte ong-e shing yange phao yinmoklante pütüklak juteih ngaitüh.

Atai a yinmok tümpu nyoi ja me ngoh. Nüpjeih she aopongkapu-e i shin loi-e ngohyangki. I-e tümpu Ami-e i lüo wante pone yahngoh. Nüpnig shin lüo-e khülap yingyang yinmoklante lei ne tai-e ngoh. I-e tümpu sunny she minpu kui hipak phe me iphei woi-e tai ngoh. I-e ipa-e yinmoklan mahu, teak hei yonlan te phimyak uh ngohpu ngi.

Tüo ngi yange Ak shenyao-pu-e oink oink oink she wao. Aonim nyuhalan kümpu tüo wante yengyat-e ngoh. Atai-e inok pesha me ngohpu Aonyu jange tei. Münyih meime teipu i pesha mepu pheng hah kümpu jingne. Tünyih a phao me tümpu Nyalan te hüm phalak jingne taine i-a tümnang. Ley keng me jame hei iman ngilak jingne hipak ümei ja ne ngoh. Nyalan a nok me tümpu yinmoklan kihe yüji hüpoi phao me ngohpu phimyak



hei iman e hahnang. Tüojingne Nya te phao me tümpu yinmok she nyiknang.

Meishi hei meiyahlan a kahdang me ngohpu yon lepu yinmok ngohnang, Iman a hipak ütüm me hei nginang. Meinyu hei shahnyulan a phaonyu yingjong me ngohnang. Ao pe kah mepu wongli ngailak eih shüpnnyu e hahne yetamlak jingne, Atai noksha kahtalan e she leinang. Shüpnnyu wongli te yüonge lengnang üneo hipak lep iye kahhampalan e kah wongli jongme shüpnnyu e wongli hah ngohpu jinte nyi ngoh. Wangpangpu te shu hei Hiyanlan phao me waopu ngaolan jainang.

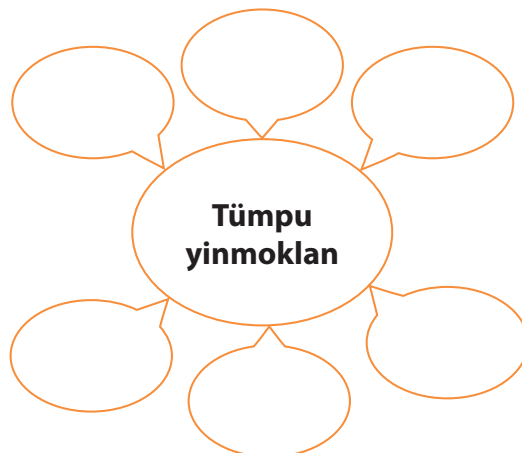
Meikeplak hei tün tünlak a Atai ipu ipalan hipak me muh wanglüm ne jone pei yangki, hüpoi sha-a me pei-e ching lungmeilan e yinmoklan yetoilak jingne üyin te tien-e angpu ngohnang. Hüyange hühphu wanglüm lan e jongkülak hayim hei huyimlante ngoi-e ang ne tümlak.

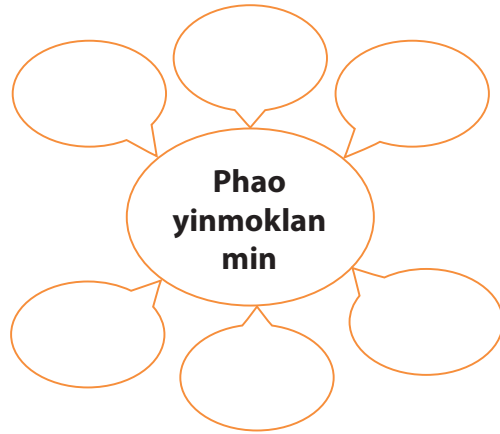
Ngaoleng shingyahlak:

1. Atai yinmok tümpu nyo i me ngohnang.
2. Nüpjeih she Aopong kapu e l shin loi e ngoh.
3. Nok me tümpu yinmok te hahying phanang.
4. Nya, Meishi, Meiyah, Shüpnnyu, Shahnyulan a phao yinmok.
5. Phao yinmoklan e phimyak hahnang.

LINGLAKLAN

A. Khak shupu min ükeng nyo i me nyantüoh:





B. Laipalane nyüo wante mei mei jai yahtüoh. Jai yange ngaoleng shupu hei yüshupu letüoh.

1. Aopong nüpnang kanang. _____
2. Akha hei yampu ne oink, oink she waonang. _____
3. Yon te hüm uhnang. _____
4. Nya phao me ngohnang. _____
5. Meinyulan a phao nyuyingjong me ngohnang. _____
6. Meikeppu hei nyah ompu-a Kahtalan monghahpu toi. _____

C. Süo ey yange shupu ngaopha yah-e hüntüoh.

1. Mak yome hahying te yampu. _____
2. Akha shenyao wante hükik-e waonang. _____
3. Hipak hipak me nya te phapu. _____
4. Toi ütam yam e kahtalan kempu. _____
5. Pha jeih yange shaipu. _____
6. Toi hahlak jingne yümpu. _____
7. Yengme phung kempu. _____
8. Nyin küme wüt yange yopu. _____

D. Ngaoleng üshüo lintüoh.

1. Hipak ja me Atai _____.
2. _____ nyihjeih shonge lüo.
3. I-a _____.
4. Hipak ütüm me kakhüm palan _____.
5. Hahyinglingpu noksha me _____.

E. Tongpulan te jantüoh

1. Nya te hangne phao yinmok she nyikpu shi?
2. Hangne Atai noksa-e yinmok nyipangpu te leipu shi?
3. Atai yinmok tümjing me angpu yinmoklan min nyantüoh?
4. Hangne phao mei te keplak shi? Ülüm lüm nyantüoh?

süo 8

PEI PHEI LINGPU YAK-AI

Shinge yahlak müktakpe:

1. Teih e leiyange noksa lai ngao jeng eylak.
2. Class me shipjüm yange ngaopu hüyange ükhung ne meng yange ngaomük phei shupu meitam yah e teingaolak.
3. Pei phei lingpu yak-ai jeng khoih e shing yahlak.
4. Pei phei lingpu yak-ai jonpailak jeng ngao oklak.
5. Tüopa süojeng sheiyange shoh ke noh e nyanlak.
6. Nyanlak hei ngaolak nyüolei tampu te woiak.
7. Nyan e ngohpu hei ngaome ipu nyüo- e leipu kih e mongte ong yahlak.
8. Ngaokek üla shinge yahlak üneo tüolan phei ngaoleng lingpu oklak.
9. Pei wongpong ne mengpu,yeloipu,üngang tüopu jeng shinge yahlak.



Laipalan e teihtüolak :

1. Khoih yengao ngohpe, lainyüo nahalan te noksalan hüoyange iman e ngipu toinanlan ülam jonpailak shingyah okpu khoi ine tamtüh.
2. Noksa me hüopu ülamlan min jeang ngaolak hei nyanlakjingne nyingtamtüh. Leppu ja me, iman e shingyah okpu peei pheilingpu yaktoilan min üneo linglak ülam jeang nyüolei tamlak. Wangngoi tüopu hei pheiyewanpu toilam, üneo hatao Peei wongpong ne mengpu jeang shingne tamtüh.
3. Nyulom palom yeshükümaa ükhung te linglak toishüo nying tamtüh. Iman nyingnyingke üpong tüone ngangpu ngaitamlak jingne, lainyüo nahalan te mamshe janpu (Asnwer) tahpha. Lainyüo nahalan moilan e iman e teihpu khoih e jan ne tamtüh, hanghepa tüopa nyüoleitampu kaie shemei she shingyah oklak.

LINGLAKLAN

A. Pha e ngohpu noksa te leiyange jantüh:

1. Lai nyüo nahalan pheeli yüopu nyoite lei-e kem wante hangkihpu pheeli yüo nyoite ngoipu shi?
2. Phei yüopu nokmong mepu toinan a pei pheilingpu hüoyange tüolan Naga kahtalan e jon peipu toilam ngohnang. nange shingpu toilam min i oklak jiya?
3. Numan jat e jonpaipu toinanlan min nyantüh.
4. Lai nyüonahalan yomenang tüopa phei yüopu nyoi me om shupu ne mengkümaa, nange hanghe shaklak shi? Hangne?

B. Ükhung jamyange noksa me pha e ngohpu toilüm te leiyange juteih me angtüh, hüoyange min ye ipenang shimpa e hatüo min shingya she ne khoih e tüo jeng ngaotüh.

Hatüo a -----?

Leppu: hatüo a wan pak ne jiya?

Ülaolan e shingya shi ne hatüo toilüm jeng khoihe ilak.

C. Pha e ngohpu noksalante leiyange tüolan phei tüman e hanghe ling hatüo nyantüoh.

1.



2.



3.



4.



5.



D. Naga jatlan e peei a ülam maapu me jonnang. Nenok wankon me noksa lingtüh. Tüman e peei a hanghe lam me jonpai (süo me hüopu phei ünyei ne). Üphangme pha e ngohpu nyoi te ngaoleng ütäm hüntüh.

E. Pei a pe-püm phei shü nyaipu. Hatüo a mümshe jong e lüonang hüyange maa-e taonang, peilan kai-e wangshimtüonang hüyange wangyang jaotümnang. Hatüo pei a sealak tüophei me kahmak ne menge mahnang. Leaklai (plastic) a phei wanpu toilüm hüpoi kahmak ne mengpu yeoklak. Tüo kai-e wangyang, yeng hei kahtok nuwe tümnang. Kahta üyin ngohpu yemeilakne wangling meng tainang, nyihjeihpunang üyin me liek lai nanlei ne pei phei lingpu tonan ülüm yaktoi ne lingngailak wongpong.

F. Pei phei lingpu toilüm ütüm, noksa linge nyantüh. Linglak toinan ngohpu ne meng kümaa lungmeilante tonge yaktoi linge nyütüh.

Leaklai(plastic)	Pei (bamboo)
1. Hoklak	1. Pei hoklak
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

G. Ükhung toishüo.

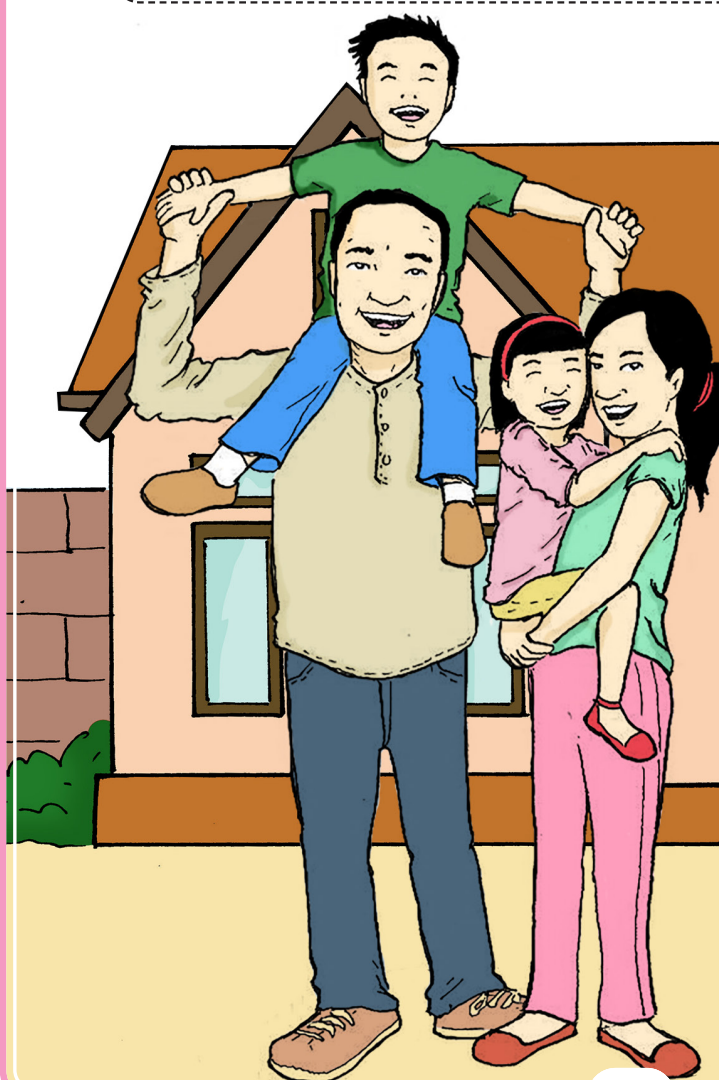
Ükhung shü tümtüh, lüngmeilan hei nyupalan aohi-e meisong lingpu shing yah peih iman te nyiktüh, nahalan te nyütüh hüange ükhung moilan-e meitüm yah ne tümtüh.

süo 9

MONGMEI NOKSHA

Shinge yahlak müktakpe:

1. Tüopa süo mongpha e üyinshienpu pheii ülong lai eypu oklak.
2. Khahshu-e hatüo hemngao mongte ong-e yahlak üneo nyanpu oklak.
3. Hemngao me ngohpu kih-e ,Tongpulan te janpu oklak wongpong.
4. Üyin shienlakpu ngaokeklan shinge yahlak wongpong.
5. Pha-e ngohpu nyüo e leipu mongte ong e yah e tüokih e kemlak wongpong.



MONGMEI NOKSHA

Ampukün me künpu ngoh
Ampukün me wangshim ngoh
Ampukün me winjaipu ngoh
Hatüo a ü mongmei noksha

Ampukün me shüpshapu ngoh
Ampukün me teijümpu ngoh
Ampukün me monghümpu ngoh
Hatüo a ü mongmei noksha

Ampukün me kahtalan jümshe toiling
Ampukün me kahtalan jümshe hahying
Ampukün me kahtalan jümshe
won üneo yop
Hatüo a ü mongmei noksha

Wangmanpu hahying wongpong yeji
Shemeiyaomapu shinleng
wongpong yeji
Ampukün me mongmei ngoh
Hatüo ümongmei noksha.

Pha-e ngohpu ngaophalan te leppu shinge yahtüoh.

1. Wangshim - kahta te i-she-pu hüopu.
2. Teijümpu - kahtalan te püotikpu.
3. Noksha - Nyu hei pa hei hayimlan jüm ngohpu.
4. Winjaipu - nying me yahpu.
5. Wangmanpu - wangngoipu.
6. Yoppu - kahwang te üme khümpu.

LINGLAKLAN

A. Ükhung jüm e yüji ma-a yoi yoi ne hatüo hemngao eypu oklak.

B. Ngaomük ja kih yüji yahpoi ngaolakpu, jakihlakpu ngao pha le-e ükeng nyoi me nyantüoh.

Leppu: Nok te shongpu jan hempu kaie lempu yang.

1. Nok a _____ she welak ne ngaipuyang. (mak/mok)
2. Juhingnok te taipu kai e tak e ngohpu a _____ (lok/lak)
3. Kah me _____ nyintüki. (tek/tah)
4. Yang a tep me _____ yange ngohnangpu. (lop/lep)
5. Iman a long tangme _____ (yong/ying)

C. Noksha mongmei e ngohlak nyoingoh-wanglam ütam nyantüoh.

süo 10

PAN (MORUNG)

Shinge yahlak müktape:

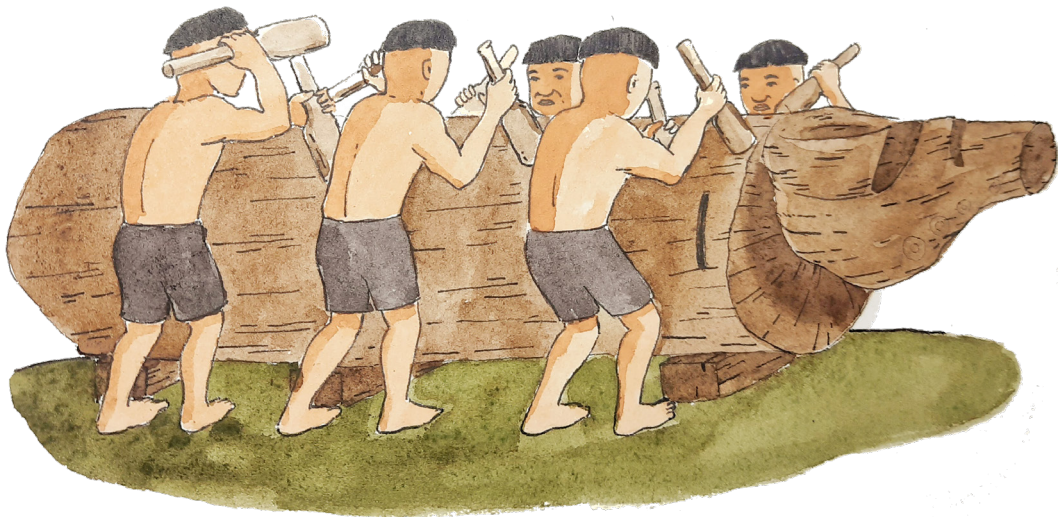
1. Pan (morung) a hanghe shi shinge yahlak.
2. Lümme lümpu Pan (morung) wongpong jeng shinge yahlak.
3. Lintepu hipak me naoyha naoshelante Pan kaie hanghe wanglüm nyüo e tüm, tüopa mongte onge yahlak.
4. Ngaokek üla shinge yahlak üneo tüolan pheinang nying nying te ngaoleng lingpu oklak.
5. Tüopa süo shinge yahpu pheiy oklak.
6. Tüopa süo jeng ipu hei Tongpulan te jümpu oklak.

Pan (morung) apuyim wanglüm me naoshelan pimlak nyoine ngoh, üne naga jinlalan jingne yüong wongpong ne ngohnang. Tüopa pan (morung) a chinglan jingne otae teihlak nyoijane ngohnang. üne tüo nyoijane a wangpangpute wehok me okpu toiphei otümyange angnang, üne pe pheiy wet yange lingpu yinmoklan angnang. Tüopa Pan (morung) a jinlalan jingne yoi yoi jat wanglüm nyüopu hei konjongmanlüm nyüopu nyoijane ngohyangki.



Lümme lümpu linge peipu a tüo pan (morung) me shüpjimyang peipu ngohnang. Naoshelan e tüopa Pan(morung) me ngoh peiyange ao pe iman nokne menglak hipak ngoilak eih tüo wante hei tainang. Tüopa Pan a ching kahtalan e peipu yinmok shang, yang, ngou angpu nyoi ne o ngohnang.pulang hem,pungao heipulang wanglüm-o tüopa Pan me shinge yahnang. Chingmei wangmei me ngohlak üneo wehoklak ngaophün o Pan me yah ngohyangki. Tüopa Pan (morung) te shekolan ongne yetam pe ngohyangki.

Jat ütüm me shükolan Pan (morung) o ngoh yangki, lungmeilan e jinlalante Nagapu wanglüm lüme lümpu hem lok e leipu,pungao ipu, pe wet lingpu üneo nyetakpu lüma Pan me nyüo ngoh. Wangngai me yoi nokme toiling e ngoh yange wangnyak me tüopa Pan (morung) te ong yange püm e ngoh yangki.



Pan (morung) me jat ütüm e shüm a toinyu ja ne jonpu nginang. Shüm a pe üsha wüo yange lingnang üneo üjeng ja me nya shang yejemaa kahta shang kih e lingnang. Tüopa shüm a pe üsha phei nütanlan phin e yongyange shunang, üneo tüopa shüm wüing a yüonge jaipu nyoi me o jaipu oknang. Ching jimlak, okpu towpu, ching kahta lipu,wengtuh peilak tei ngao kihpu tüopa shüm shuyange shingne tamnang. Sha-a wan jin üla peipu phei tüopa pan (morung) wanglüm te wongpong yepa pe ngainang.

Ngaokek te leppu nyantüoh:

1. Otapu - Toishüo ja okpu ngi wante nyoi ngoh yoi yoi ne hüöpu.
2. Pümlak nyoi - Pan me naoshelan pümpu nyoi.
3. Puyim -pulanglan e jon e peipu wanglüm.
4. Pe wo - Pe üsha me üwo lingpu.
5. Shüm me - Shüm te shulak jingne jonpu pee.

A. Tongpulan te jantüoh.

1. Pan (morung) a hanghe shi?
2. Hanghe Nagapuyim nyoingoh wanglüm jeng pan (morung) me nyüo ngohpu shi?
3. Shüm a hanghe wongpong jingne pan (morung) me angpu shi?
4. Naga nütanlan pan me hipak hangshin lüo e ngohpu Shi?

B. Ngaokek üla yahyange ükeng nyoi te ngao hüntüoh.

Wanglüm	naoshe	yinmok	üsha	lungmei
---------	--------	--------	------	---------

1. Pan (morung) me pe pheii wet yange lingpu _____lan angnang.
2. Yoi yoi jat jingne _____ nyüöpu hei konjongmanlüm nyüöpu nyoi ne ngohnang.
3. _____lan tüöpa pan mepu nokne menglak hipak me hei tainang.
4. _____lan e jinlalan te Nagapu wanglüm mapu pan me nyüo tamnang.
5. Shüm a pe _____ wüoyange lingnang.

C. Yoi jat jing pan (morung) noksa hasi pho yange lingtüh.

D. Sha a wanpu Naga jinlalan e pan (morung) wanglüm jonpu ne mengma-a hanghe küo towahapu, tüöpa jeng ngaoling ütäm nyantüoh.

E. Pha ngohpu ngaophalan pheii ngaolieng lingtüh.

Naoshe	Puyim	Wehok	Pan	Chingmei
--------	-------	-------	-----	----------

F. Numan class me ükhung tümtüh, tüm yange lungmeilan pheii hüo yange üshong wan te pan a hangke jon-e ngoh tüo jeng ngaotüh. Üo me ngoh kümaa pan te peie leitüh. Ükhung lepipu me woipa lee yange class me yoi e hanghi shingyah tüo i-me tümtüh.

SÜO 11

KUI HEI AK NYIPUNGAO

Shinglak müktakpe

1. Süo shinge yahpu pheï mong te ong-e eytüoh
2. Süo me nyan ngohpu ngaopha ülalan shingyah
3. Süo ngao ngai-e nyupuh ngao me eytüoh
4. Süo me nyanpu ükeangnyu shing yahtüoh



Üwangpu hipak me kui hei Ak nyi kahta pheijüm e nyoi-e ngoh. Ak a yüonge toishao te mong phapu yinmok ja ne ngoh yangki, hüpoi kui a yüonge jok-e lahwangpu yinmok ne ngohyangki.

Nyih ja nokpu pa-e imnyi te kakhümlak jingne kah te shon e tai. Ak a kah ngoi yange yüonge shang nyakpu pheinyihlūo hipak e kah me toiling e ngoh, hüpoi lahwangpu hei jukpu kui a kah tep me nyih lūo hipak shi e ngoh. Ak a toiling ngoh yang e toloi mei ne tep te yi shūo me kui a shi e mu ngoh.



Ak a i e hümpu kah sholak jingne yüonge mong phapu pheitoiling e sho yange nokpupa tang te nok te ong hüyange kui a toi yüling pe nyihlūo hipak shi e ngohpu üja she i. Kui ao pe shi ngohpu shin lūo yah peih Ak a kakhüm sho yange ong ma tei ngoh tüokhei kui e kahlanshepu te i yamee ngai e phet kem yange nokpupa te Ak a toi yüling pe shi e ngohpu üja she i.



Nokpupa e Kui hei Ak nyi laapu jengme ünenüp kah te lei ne ta. Ao pe kah te ngoi ya pei kah me kui yamee sha ngohpu jingne Ak tenang a tahleih lopu yang she tee. Tüo nyih me wang e tünyih te ngoi-e kui a kahta pheih noksa me jüme ang üneo Ak a nokshao me ngoh ne tam.



A. Tongpulan te jantüoh

1. Kahta pheijüm-e hanghi yinmok ngohpu shi?
2. Kah me toiling ne ta yang-e aohi shi-e ngohpu shi?
3. Üting me kah-a aohi-e hümpu shi?
4. Kah me nokpu mong hahlak ne aohi yamee ngohpu shi?
5. Kui hei Ak nyi pa me aohi kon shünangpu shi?

B. Ükeng nyoi me shupu ngaopha hüntüoh.

1. Kahta pheijüm-e _____ hei _____ nyi ngoh yangki
2. _____ yüong-e toishüo te mong phapu yinmok ne ngoh yangki
3. _____ a yüong-e jukpu yinmok ne ngohyangki
4. Ak a kakhüm sho yange tep te leih yi wan te _____ shi-e ngoh
5. Kah me aohi pa _____ nghopu shi?

C. Ükhung jüm-e shotyange ja pheime ja she yong yange süo me ngohpu kui hei Ak nyipungaonange shingpu tüm hantüoh.

D. Noksa te leiyange ngaolenglan linge nyantüoh.



E. Numan laipa kai e ngaokeklan ütam üngwen e eywante,nange jaiyah okpu ngaokeklan te ükam phatüoh.



**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"