

CLASS - 2

Nagaland Heritage Studies

KUKI



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



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NAGALAND HERITAGE STUDIES | CLASS 2 - KUKI

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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

Chairman Kuki Literature Board Nagaland

Hiche Nagaland Heritage Studies Simlai Bu Kigong, SCERT, Kohima, Language Officer Chule Assistant ho Kithokhom na-a kisem doh lekhabu phatah simlaiho khantouna thei tah, ahin sodoh thei jeh-un, department chung'a pachatna sangtah kuki Literature Board nin kahin phong'uve.

Eima paova, thusim chomchom Nagate jat (tribes) ho puchon-pachon ho, khankho thodan, chule thusimho eima pao cheh-a kisimpehto theina hin gongdoh hose chung'a pachatna akipen ahi. Hiche lekhabu asim'uva kon'a kihetto themna ahung umbe ding kinep umtah ahi.

Hiche lekhabu ahin sim'uva kon'a Naga jatkhat nin jat dangho chondan, kichen-thu, naopui-dan, khochen-thu, kivaipoh dan ho kihet pehtona ahung um doh thei ding ginchat ahi.

Hiche tohgon hi simlai te ding'a themna le hetna aban ban'a ahin gon-peh-uva, anupaova thil tapi hetdoh le mudoh aneibe cheh cheh ding'u, nam chon'a le khankho ahin het-them diu chu doi le tup hung hi penta hen.



(Haokam Singsit)
Chairman,
Kuki Literature Board,
Nagaland.

Asung'a umho

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1. Simteljem (21-50)

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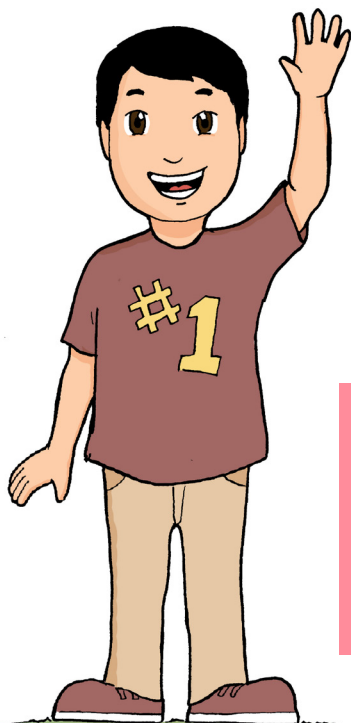
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SIMMUN 1

Simteljem (21-50)

Adih bang'a kihil nadia akidoi:

1. Simteljem 21-50 gei amin/akoudan hen.
2. Simteljem abanneija simdan hen.
3. Simteljem adih-in sim'in lang banan lan.
4. Simteljem amin le ajat adih- in gol toh-in.



lhetsao ma bang'un, anoija
kisun hohi sim'inlang
simteljem 1-20 chan, adih-in
gol toh-in.

Somle ni, Ko, Sagi, khat, Get,
Nga, Somle thum, Thum, gup,
Somle li, Ni, Somle sagi, Somle
khat, Somle ko, Somle nga,
Somni, Li, somle gup, som,
Somle get.

Simteljem 21-50 chan amin le simdan kihil'uhite

21- Somni le khat
22- Somni le ni
23- Somni le thum
24- Somni le li
25- Somni le nga
26- Somni le gup
27- Somni le sagi
28- Somni le get
29- Somni le ko
30- Som thum

31- Som thum le khat
32- Som thum le ni
33- Som thum le thum
34- Som thum le li
35- Som thum le nga
36- Som thum le gup
37- Som thum le sagi
38- Som thum le get
39- Som thum le ko
40- Somli

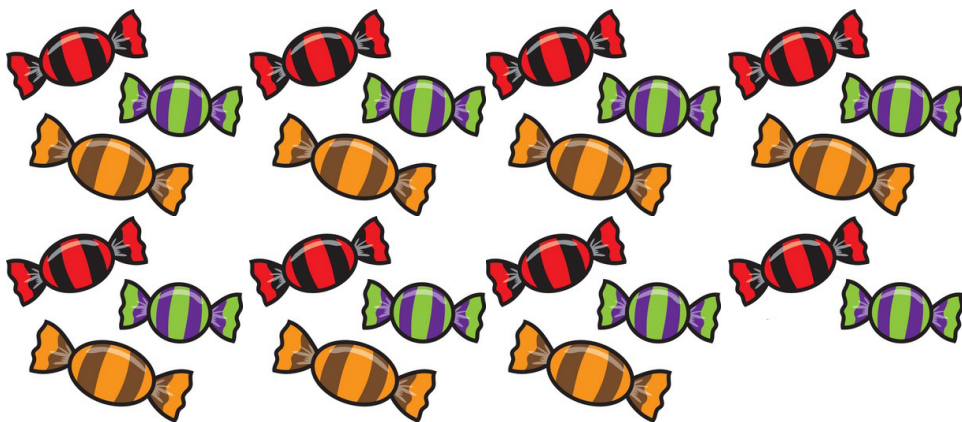
41- Somli lekhat
42- Somli le ni
43- Somli le thum
44- Somli le li
45- Somli le nga
46- Somli le gup
47- Somli le sagi
48- Somli le get
49- Somli le ko
50- Som nga.

Kichuhna:

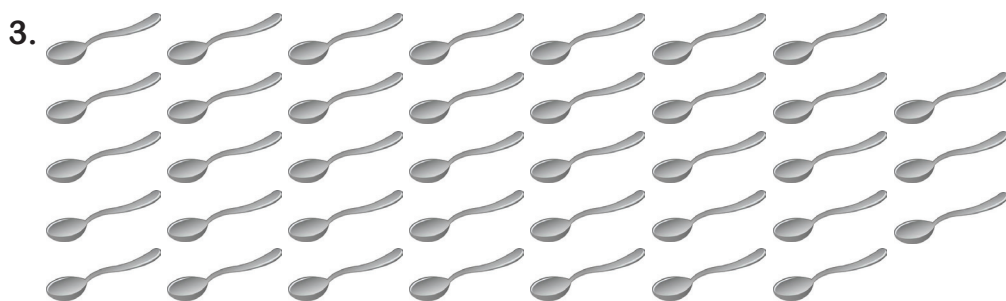
A. Simteljem 21-40 gei thucheng'in sun'in

B. Anojia lim hi ven. Ajat sim'in lang chule simteljem minho sun'in

1.



.....



5.



.....

6.



.....

C. Simteljem 41-50 chan thucheng'in sun'in..

.....

.....

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.....

.....

.....

.....

.....

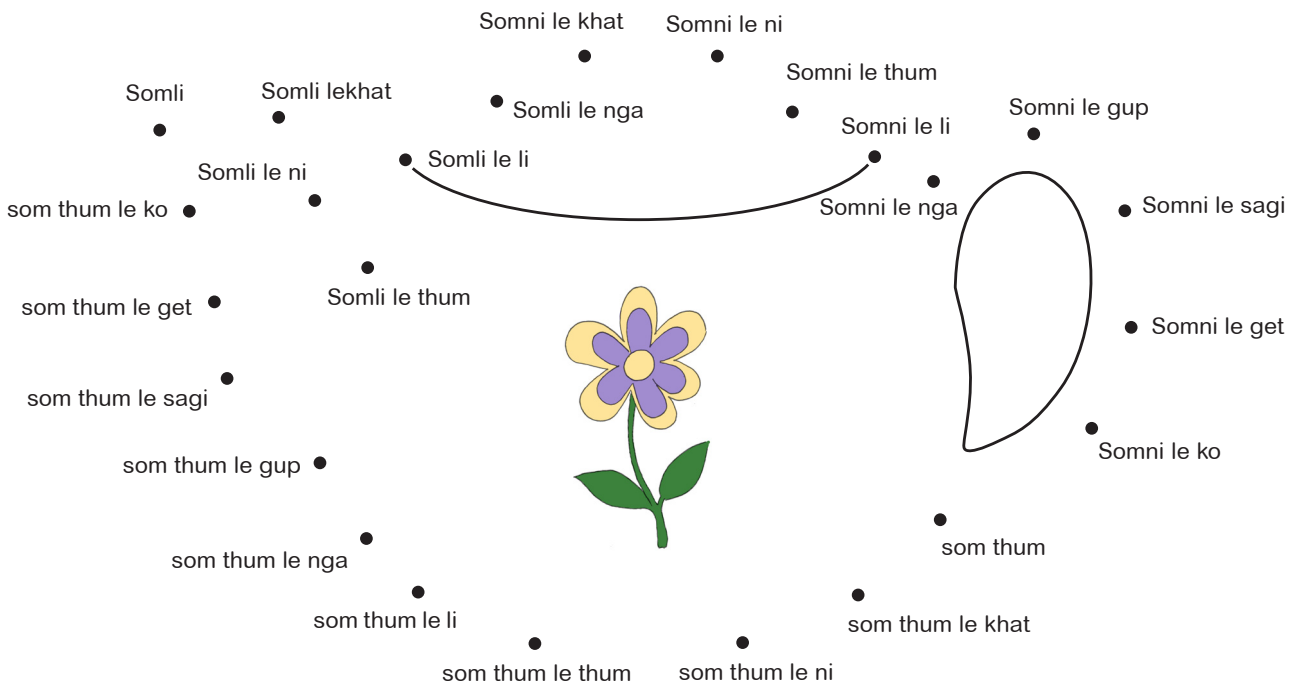
D. Simteljem adih-in goltoh kitnin.

Som ni le nga	Som thum le get	Som nga
Som ni le thum	Somli	Som li le gup
Som ni le khat	Som thum le gup	Som li le ko
Som ni le li	Som thum le ko	Som li le sagi
Som ni le ni	Som thum le sagi	Som li le get

E. Simteljem ho adih-in jop matnin

21	Somthum le thum
35	Som li le gup
46	Som ni le khat
33	Som thum le nga

**F. Milim'a akitat pol hohi simteljem hotoh kaimatnin.
Simteljem akigol ding dol'in 21 na kon'a pan'in
lang,akitat pol ho kaimatnin.**



SIMMUN 2

Ka-Insung - II

Adih bang'a kihil nadia akidoi:

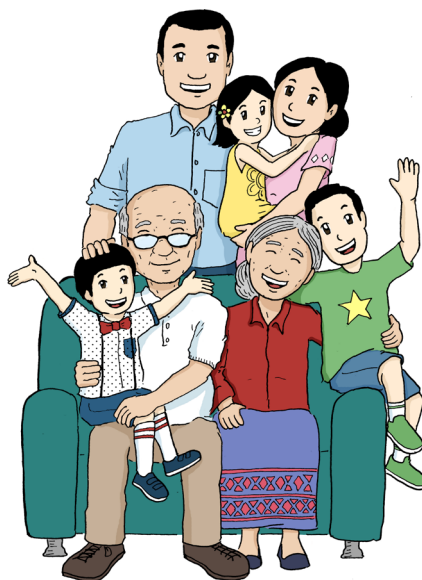
1. Simmun hi hetchetna neitah le aphachom ding'in sim'in.
2. Insung miho le Inkote achom cheh-a kikouna min ho-a nakou thei ding ahi.
3. Simmun adih-a simje nahet thei ding ahi.
4. Simmun dungjuja thudoh ho nadonbut thei ding ahi.
5. Hetbai paocheng naman'a simmun chungchang'a nahoulim thei ding ahi.
6. Akopma houlimna ho-a kon'in houlim dan kihil'in.

Kamin hi Lalboi ahi. Ka Insungmi hotoh kacheng khom'ui. Ka Insungmi kanu,kapa,kasopipa le kasopinu a-um'uve.Kapu le kapi jong keiho kom'a a-um lhon'e.

Keiman Insungmi dang jong kaneij Amaho keiho kom'a acheng pouve. Keiman pu, nulen chule nuneo kaneije.Amaho hi kanu sopipa le sopi numei teni ahiuve.

Keiman palen,paneo chule ni jong kaneije. Amaho hi kapa sopi pasal teni le numeinu ahiuve.

Amaho jouse hi ka inko ho ahiuvin,keiho kaki ngailuvin chule kakithokhom jiuve.



Kichuhna:

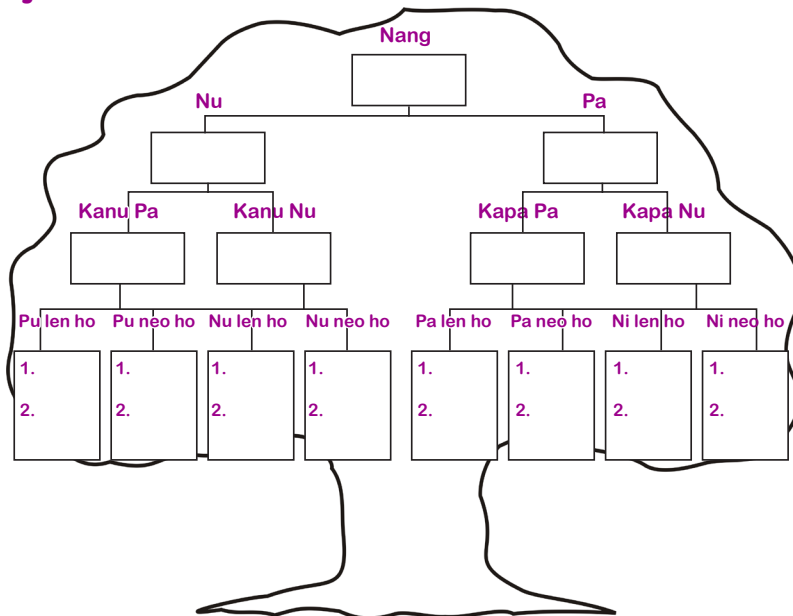
A. A-onglai hohi kikouna min/minkisah adih-in sudim'in.

1. Kapa sopinu chu _____ tin kakouji.
2. Kapa sang'a lenjo asopipa chu _____ tin kakouji.
3. Kapa sang'a neojo asopipa chu _____ tin kakouji.
4. Kapa ahiloule kanu-nu chu _____ tin kakouji.
5. Kapa ahiloule kanu-pa chu _____ tin kakouji.
6. Kanu sang'a neojo asopinu chu _____ tin kakouji.
7. Kanu sang'a lenjo asopinu chu _____ tin kakouji.
8. Kanu sopipa chu _____ tin kakouji.

B. Thudoh hohi donbutnin:

1. In'a koitoh nachen khom ji am?
2. Nangman ni chule pa ijat naneijem?
3. Nangman nu le pu ijat naneijam?
4. Insungmi tilouva, nang ding'a nakinai pipen chu koiho ham?

C. Insung bahjam'a hin na Insungmi chule na inkote ho min jih lutnin.



D. Naloikhat toh toukhom'in lang amanu/amapa insung thu-a hetdoh ding kisei hohi holdoh-in.

Jilkung hon jillai ho akopma atoukhom sah jouteng,anoija bol ding'a kisei ho lah-a khatpen pen hi abolsah/aseisah ding ahi. Amanu/amapa chun akidoi pipen chu aseidoh tei angaije.

- Amanu/Amapa In'a chu mi ijat chengkhom'uva ham? Amanu/Amapa chun pangah le ni ijat aneijem?
- Koipen khu amanu/amapan angaipen pangah ahiloule ni hija,chule ipijeh-a angaipen ham?
- Amaho a-Inkochaova akikhop khom phat teng'ule ipi abol jiuven?
- Insungmi ho akikhop khom teng'ule amahon ipi abol jiuven?

E. Akopmin touvun lang na loipa/ naloinu koma na deipen na ni/ na gang thu-a houlim in lang.Anoija thu kipe ho-a nahoulimpi thei ding.

- Hoilaija ama pa/ ama nu cheng'am.
- Ibol'a amapa/amanu na ngailut ham.
- Amapa/amanu iti na kinaipi ham.
- Amapa / Amanu toh ipi nabol kop hon ji-am.

SIMMUN 3

Aboncha (Lasim)

Adih bang'a kihil nadia akidoi:

1. Lasim hi ngeitah le kicheh tah –a chule a-‘o’ kai ahiding bang'a nasei thei ding ahi.
2. Lasim'a hetding dol ho nahetna chule thucheng le thu gol'hing'a jong nasei thei ding ahi.
3. Paocheng thah hohi he-in.

Pahcha san ho, pahcha sandang ho
Aboncha ahoisah ding.

Thingphung sang ho, thingphung
nem ho
Aboncha alim song ding.

In len ho, In neo ho
Aboncha chen'a ding.

Twikul twi, vadung twi
Aboncha kilhao ngim nading.

Solam hui, lhumlam hui
Aboncha anung ding.

Chapang thao ho, chapang gong ho
Abonchaova kichem ding.



Klchuhna:

A. Lasim hi ahon'a koptoh chule changval'a sim'in.

B. Hiche thucheng hohi akoudoh/adoi hen:

1. Athao - Mi thao ho.
2. Agong - Mi gong ho.
3. Mut - Mei chu mut kouvo.
4. Kichol na - Lou laiija kicholna ding'a lou buh a-um'e
5. Alim - Ni asat teng alim laiija aki kichol nom ji.
6. Alen - Lengthei alen len dei a-um'e
7. Aneo - Ka kengkoh aneo te.
8. Twikul - Twikul'a kaga kisil dihe.

C. Anoiija a-onglai ho sudim' in:

i. Thil thao ni min sun'in.

ii. Thil neo cha cha min ni sun'in.

iii. Thil asan ni min sun'in.

iv. Thil agong min ni sun'in.

v. Twi kiman'a min ni sun'in.

vi. Hui anun teng amutling thei thil min ni sun'in.

D. Akopma touvun lang amanu/amapa kom'a chun nagol ngaipen pa/nu thu seijin. Amanu/ amapa hina nadeipen chule nakichep nOMPI ji ho thu-in houlim'in.

SIMMUN 4

Ka-In

Adih bang'a kihil nadia akidoi.

1. Simmun hi hetchetna neitah le aphachom ding' in sim' in.
2. In jat chom chom'a kisa ho hen.
3. In kiman chah naho hen.
4. In kisah dan jat chom chom'a thil kimang ho hen.
5. Paocheng thah hohi he-in.
6. Thudoh abai hohi simmun dungjuijin donbutnin.



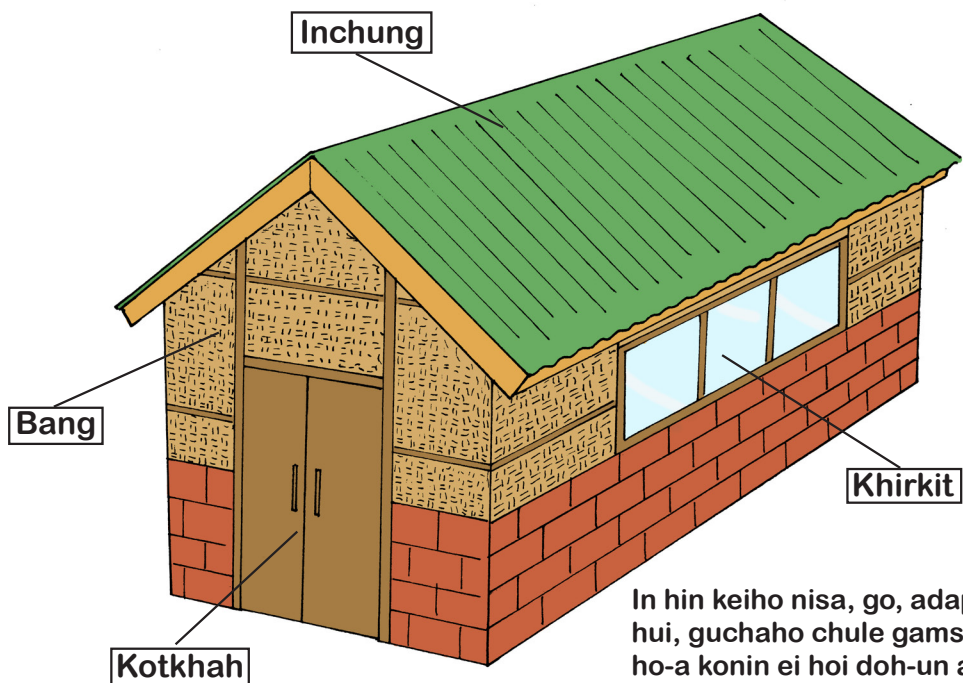
Keima Lhingboi kahi. Hiche hi
kei In ahi. Keima
Chalkot kho-a cheng kahi.



Keima Thanghao kahi. Hiche
hi kei In ahi.
Keima Ahthibung khopi-a
cheng kahi.



Ka In hou chun Inchung,
Kotkhah, khirkit, chule
bang a-um cheh-e. Hiche
ho chun keiho eihoi
bitsah-un ahi.



In hin keiho nisa, go, adap,
hui, guchaho chule gamsa
ho-a konin ei hoi doh-un ahi.



Eihon khopi
sung'a song,
thih, cement,
thing chule ita-a
In kisa iha mu
jiuve. Hiche ho
chu cheh-In akiti.

Khosung'a In
hochu thing,
CGI(tin), bi le
go ho-a kisa
ngen ahi. Hiche
hochu lhong-In
akiti.



Eihon i-In houchu, ngimseh le kitup chetna ikoiju ngaija ahi..

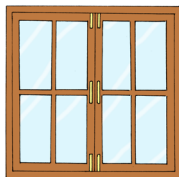
Kichuh naho:

A. A-onglaija lekhajem umlou hohi jih lutnin

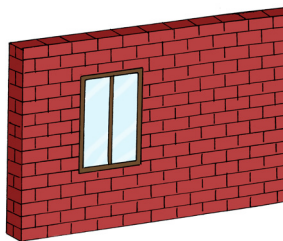
1. K _ t _ h _ h



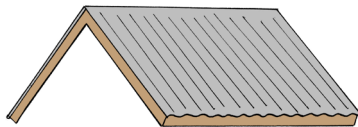
2. K _ i _ k _ t



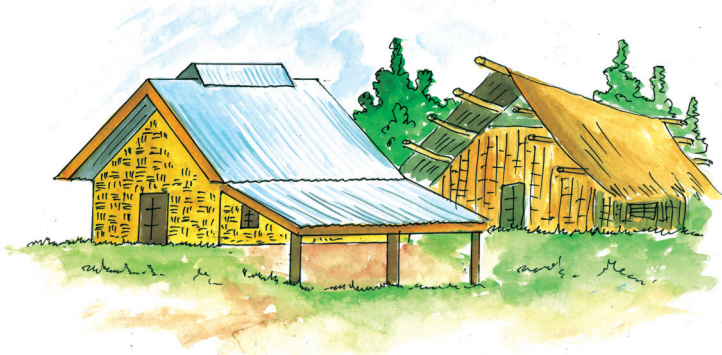
3. B _ n _



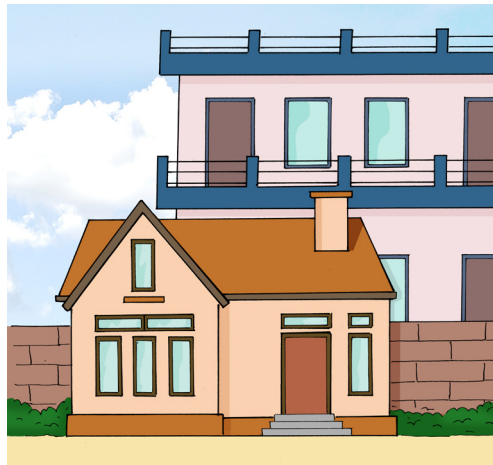
4. l _ c _ u _ g



B. Anoja In lim kitem sah na ding'a angaichat thil umho dan kitem hosung'a hin sunlutnin.



Kutcha House



Pucca House

C. Anoja thudoh hohi donbutnin.

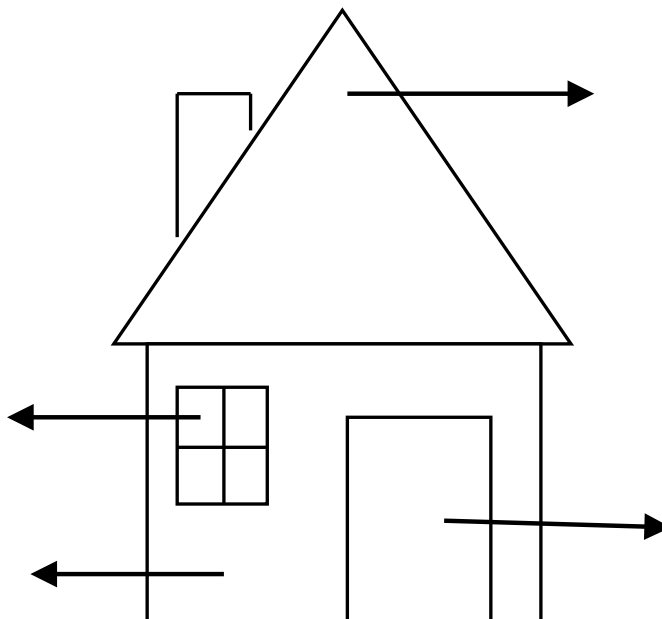
1. Ibol'a eihon In ingaichat nu ham ?
2. Khosung'a In kisa ho chu itobang thil kimang'a ham ?
3. Town sung'a In kisaho chu itobang thil kimang'a kisaji ham?
4. Iti In hin eiho eihon bitnu ham?

D. Nangma In sem'in lang chule jempah -in.

E. Donbutna dihpen, melchihna penlang vetsah-in :

1. Kutcha In hi angai dol'a :
 - a) In len ahi
 - b) In neo ahi
2. Pucca In hohi atamjo-a :
 - a) Town ho-a kimuji ahi
 - b) Khosung ho-a kimuji ahi
3. Pucca In hi :
 - a) Leija kisemji ahi
 - b) Cheh-a kisemji ahi
4. Bi- In a kisem ji hi:
 - a) Kutcha In ahi
 - b) Pucca In ahi

F. Lim hi venlang chule thil min ho amin sun'in :



SIMMUN 5

Tahsa damtheina ding'a CHON NAMHAH HO

Adih bang'a kihil nadia akidoi:

1. Itobang chonnam chu damtheina ham nasei thei ding ahi.
2. Kisuh theng na ding'a thil ajat jat kimang ho na seithei ding ahi.
3. Hiche thucheng hohi adih lam'a sei le sut je dan, nahet ding. Hiche hi...? Heng'e, Hiche hi...../ahipoi, hiche hi ahipoi.... Hiche hi....
4. Simmun sung'a thugol lhing kijih ho na simthei ding, chule nahet chet thei ding ahi.
5. Damthei nading'a chonnam ho na hinkho tah-in tho doh jon.

Eihon damtheina dia i-tahsao i-suh theng jing diu ahi .
Keima Mamang kahi.
Hiti hin kaki sutheng ji.



Keiman nikhatnin kaha nivei
kanot ji.



Niseh-in kakasil ji.



Vontheng ho kaki vonji



Anneh masang chule annen
jouteng ka khut kasop ji

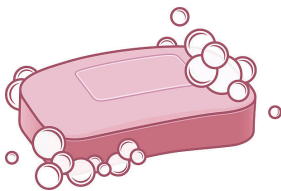


Kachit chule ka khut tengle ka muh Kamsa – a kaki sip ji – e

Kichuh naho:

A. Hiche lim hohi ven lang 'O'cheng'in donbutnin?

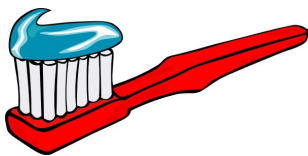
1.



Hiche hi ipi ham?

Hiche-a hi ipi nabol ji-ham?

2.



Hiche hi ipi ham?

Hiche-a hi ipi nabol ji-ham?

3.



Hiche hi ipi ham?

Hiche-a hi ipi nabol ji-ham?

4.



Hiche hi ipi ham?

Hiche-a hi ipi nabol ji-ham?

5.



Hiche hi ipi ham?

Hiche-a hi ipi nabol ji-ham?

B. Donbutna dihpen, melchihna penlang vetsah-in:

1. Jingkah katho jouteng, amasapen'a ken kabol dichu.....
 - a) Jingkah an kaneh ding ahi.
 - b) Ka kengkoh kapo ding ahi.
 - c) Ha kanot ding ahi.

2. An kaneh jouteng.....
 - a) Kakisil ji-e
 - b) Khut kasop ji-e
 - c) Khut ka theh ji-e

3. Ka damthei nadia
 - a) Hapta khat na khatvei kakisil ding angai je
 - b) Khat vei komle kakisil ding angai je
 - c) Niseh- a kakisil ding angai je

4. Damtheina ding'a ka von di chu.....
 - a) Von theng ho ahi.
 - b) Von hoi ho ahi.
 - c) Von lum ho ahi.

5. Keiman kamsa hi...
 - a) Table theh nan kamang ji
 - b) Kengkoh theh nan kamang ji
 - c) Kachit chule kakhut teng ka muh sip nan kamang ji.

C. Lim hi ven lang thu kidongho heng'e, ahi, ahiloule ahipoi tin donbutnin. Nangdin khat bolsa a-um'e.

1.



Hiche hi sabon ham?

Ahipoi, Hiche hi sabon ahipoi. Hiche hi samthi ahi.

2.



Hiche hi kitheh na ham?

3.



Hiche hi ha notna ham?

4.



Hichi hi baltin'a twi ham?

5.



Hichi hi sam sop na sabon-twi hai ham?

D. Anoja thudoh hohi donbutnin.

1. Tahsa damtheina ding'a ipi ibol jing diu ngai jam?
2. John'in ijat vei aha anot ji am?
3. Anneh ineh masang'uva ipi ibol'u ngai jam?
4. Ichit teng'ule ipi ibol'u ngai jam?
5. Ipi-a ikhut-u isuh ngim'u ngai jam?

E. Anoja a-onglai ho sudim'in:

1. Pasal pan _____ ho aki vonji-e.
2. Pasal pan _____ anot ji-e.
3. Pasal pan akhut _____ ji-e.
4. Isam'u _____ jiuve.
5. Towel hi ikisil ngim jouteng _____ got na-a kimangji ahi.

SIMMUN 6

Kichep ajat jat

Adih bang'a kihil nadia akidoi:

1. Simmun'a milimho navetna kon'a kichep golseh thu naseithei tah ding ahi.
2. Hiche kichep na ho-a bol ding'a ngaicha ho naseithei ding ahi.
3. Gollui kichep golseh ho ahet diu.



Kichuh naho:

A. Thu kidong ho 'o'-cheng'in donbutnin:

1. Hiche lim'a chapang ho kichep khu ipi kichep ham amin seijin.
2. Na kichepji, kichep na thum min seijin.
3. Gophel semna ding'a ipipi na ngaichat-em?
4. Khao chop semna ding'a ipipi na ngaichat- em?
5. Lekha leng semna ding'a ipipi na ngaichat -em?

B. Anoja kigol ho kichep na ding'a ipi na ngaichat nam.

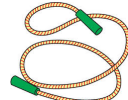
- | | |
|-----------------|------------------|
| 1. Seven stones | 2. Ludo |
| 3. Spoon race | 4. Musical chair |
| 5. Carom board | 6. Sack race |
| 7. Table tennis | 8. Hopscotch |

C. Thukipe hohi to kitoh-a bom sung'a lim kipeho koh-in.

1. Khao chop



2. Ball



3. Kang kipei



4. Marble



5. Gophel



6. Kite



D. Bolding ho

Jilkung pa/nu in kite kitem dan avetsah ding simlai jousen kite asem diuva aseid ding, simlai hon kite asem'uva chu amin'u asem diu ahiloule asut diu.

E. Kichep golseh nikho.

Class-a ding'a gollui kichep golseh nikho agon diu, chapang ho gollui kichep thum le li kihil diu chule ahon ahiloule akopma kichem diu.

F. Insung'a chule polam'a kichep golseh thum sun'in. Flash card ahiloule kichepna-a manchah ho mang'in lang hiche kichep golseh ho-a hi ipipi kingaicha am simlai ho dong'in.

SIMMUN 7

CHONCHAN PHAHO

Adih bang'a kihil nadia akidoi

1. Simmun hi adih doltah le hetchetna nei pum'in sim'in.
2. Chonchan phaho hi ipiham chule ipi ding'a thupi -a ham.
3. Chonchan phaho hi mi jana le khohsahna kivetsahna ahi tin he-in.
4. Thudoh abai hohi simmun dungjujin donbutnin.
5. 'O'-dam le umchan hoi thucheng kimang hohi ahiding doltah-in mang'in lang kihil'in.
6. Paocheng thah hohi he-in lang thugol semnan mang'in.

Boinu hi chapang neocha Lilen'a anacheng ahi. Ama khainai naocha toh akichep nom lkeh jin ahi.

Aman apa jah-a, "khainai naocha kadeije! khat neichoh peh-in tin angeh-e."

Boinu thusei chu apa athanom pon, hitheilou ding ahi tin aseipeh-e.





Aka pum'in Boinu'n anu kom ajon'e.

Boinu nun napa kom'a ngaidam thum'in lang 'o'-dam le umchan hoi tah-in khainai naocha thum'in tin ,aseipeh-e.

Apa kom'a akile kitnin hepa, nei ngaidam'o lungsetnin khainai naocha neichoh peh-o tin Boinu'n aga seije.

Apan heng'e chohpeh nang'e tin aseipeh-e.

Boinu chu akipah val'in. Hepa, "kakipah-e tin aseije."

'Nei ngaidam'in, "lungsetnin" chule "kakipah-e" ti 'o'-dam thucheng hohi chonchan phaho ahi. 'O'-dam'a chapang pao hohi mi jousen adeijun chule alungsetnun ahi.



Kichuhna:

A. Anoja thukidong hohi donbutnin.

1. Apa kom'a 'o'-dam le umchan hoi atholou ageldoh phatna Boinu'n ipi asej jem?
2. Apan khainai naocha achohpeh nading'a Boinu'n ipi thucheng aman am?
3. Apan khainai naocha chohpeh nang'e tia nopna apeh-a chu Boinu'n apa jah-a ipi asej jem?
4. Simmun nahet akon'a chonchan pha 5 lang phatseh-a naha juiding ho sun'in.

B. Anoja kisun hohi ahidi bang'in adih-a 'o'-dam le umchan hoi thucheng'in jopbe-in .

1. Na pun thilpeh napeh le ipi nasei diham
_____.
2. Nahetlouva mi cha naboh khah le ipi nasei diham
_____.
3. Na nu'n na lekha sutna-a nakithopi le ipi nasei diham
_____.
4. Nahetlouva mi kengpi nachot khah le ipi nasei diham
_____.
5. Khat touvin lekha bu eipe hen natile ipi nasei diham _____
_____.
6. Nagol ho pencil manding'a nakilah got le ipi nasei diham
_____.

C. Lim kipe dungjujin thucheng kakipah-e,nei ngaidam'in, lungsetnin/lungsetna ti hohi mang'in lang thugol sun'in.



Vetsah na:

Lungset'a 1. Hiche pahcha chi lungsetna neipeh thei ding ham?

Nei ngaidam'in 2. Na pahcha kanalo chu nei ngaidam'in.

Kakipah-e 3. Pahcha chi ho neipeh jeh-in kakipah-e.



lungsetnin /lungsetna 1. _____

Nei ngaidam'in 2. _____

Kakipah-e 3. _____



lungsetnin /lungsetna 1. _____

Nei ngaidam'in 2. _____

Kakipah-e 3. _____

D. Umchan thodohding

Nakithopi ding khat kihol'in lang anoija kisun ho khat bang'in kigel'in lang 'o'-dam le umchan hoijin kihou lhon'in.

Jilkung nu/pa hetding: Chapang ho thusei dan athemthei nadiuva kithopi ding. Amasapen'a kihilna pa hi kipatep na/kithem chuhna phat hiding, chule ani chan'a –a kihil na pa giltah le khohtah-a kihilna hiding ahi. Nang kithopi jal'a hiche chun chapang ho nasatah-a thusei ding dan akhantousah ding ahi

1. Golcha ni: Khatnin khat pa/nu avon /asanghol aseiphat ding.
2. Golcha ni: Khatnin khat pa/nu kom'a pencil/rubber manding'a athum ding.
3. Achapa le anu: Achapan dosang chung'a neh ding asuhthang jeh-a ngaidam athum ding.
4. Jilkung le simlai : Simlai khat class ahung gei jeh-a Jilkung nu/pa heng'a ngaidam athum ding.
5. Jilkung le Simlai : Simlai khatnin jun-lin/headmistress nu dan'a che nading'a phalna akilah ding.
6. Simlai : Simlai chapang khatnin aloi pa ball apeh na-a ahatjeh-a apachat ding.

E. Anoja kipe maiso jat chomchom hohi hechen'in lang anoja bom sung'a lim hotoh akito a-umle akom'in sem'in.

Min: Anoja maiso jat chomchom hohi chonchan apha aphalou kipeho ahin sem'in.



 Class dan'a lhai lele	 Kakipah-e tia ase
 Lekhabu ho dop le na-a jilkungho akithopi	 'Jingkah pha tia ase'
 Nei ngaidam'in tia ase	 Going tah-a paova midangho asuh boi.
 Pencil nei mansah-in tia adoh masat.	 Thilnen ho phatah-a apailou.

F. Anoija kipe chonchan phaho chule chonchan phalou
ho jih-in lang hiche hi mang'in lang (✓) (X) melchihna
pen :

1. Kichep naho kisuhtheng pet.
2. Bang ajih kaopet.
3. Mikihoulim petna thukisei.
4. Midang kithopi .
5. Mitoh kikop/ penom lou.
6. Nah le kam kisiplouva chit.
7. Dan jui lou.
8. Mi thusei ngai them.
9. Umchan hoilou ahiloule mi jalou.

SIMMUN 8

Ka Sekul

Adih bang'a kihil nadia akidoi.

1. Simmun hi hetchetna neitah le aphachom ding'in sim'in.
2. Sekul ipi ham seichen'in.
3. Sekul'a umho chule atohdiu dol'u he-in.
4. Sekul thudol'a thucheng chule thugol ho he-in.
5. Thudoh abai hohi simmun dungjujin donbutnin.

Kei Lalal kahi. Hiche hi ka sekul ahi.

Sekul'a hi lekha sim le jih ding'a kache ahi. Chule hina Pha le chonnam pha ho jilding'a jong che kahi.



Ka Sekul'a mi tampi
a-um'uve.
Ama hi ka jilkung nu
nungah Nengboi ahi.
Aman kei eihilji-e.



Ama hi milun
Thangboi jilkung
ho vesui ahi.
Ama hi sekul
veng tup pipu
ahi.



Ama hi milun
Haopu, Ihong
teh ahi.
Ka Sekul'u
then'a
ding'in aman
eikithopi
jiuve.

Keiman
Sekul'a loi
le gol tapi
kaneije.
Keiho
thakhatna
class dan'a
katoukhom
jiuve.





Ka sekul'un lentol anei jin keima kaki chem ji.

Ka Sekul ka ngailu-e.

Kichuh na:

A. Anojia thukidong hohi donbutnin.

1. Sekul ipi ham?
2. Sekul'a ipi nakihil ji- am?
3. Jilkung'in ipi abol ji- am?
4. Jilkung ho vesui pa hin ipi abol ji- am?
5. Lhong theh pan ipi abol ji ham?

B. A-onglai ho sudim'in:

1. _____ ka kichem ji.
2. _____ kaloi le gol hotoh katoukhom
jiuvin kakihil jiuve.
3. Sekul'a _____ tamtah kaneije.
4. Ka sekul min hi _____ ahi.

C. Na Sekul -In sem'in lang jem pah -in.

D. A-ong lai ho sudim'in:

1. Nungah. Nengboi hi ka _____ nu ahi.
2. Milun. Thangboi hi _____ ahi.
3. Milun. Haopu _____ ahi.
4. Keiman sekul'a _____ tapi kaneije.
5. Ka sekul'un _____ aneijin keima kaki chem ji.

E. Noiia thugol kipeho hi sim'in lang adih/ adihlou bom sung'a sunlutnin.

1. Ka sekul'uva mi tapi a-um'uve. _____
2. Class dan'a kaki chem. Jiuve. _____
3. Miss Amen in ka sekul'u asuh theng ji-e. _____
4. Ka sekul ka ngailui. _____
5. Sekul'a lekha sim le jih ding'a kache ahi. _____

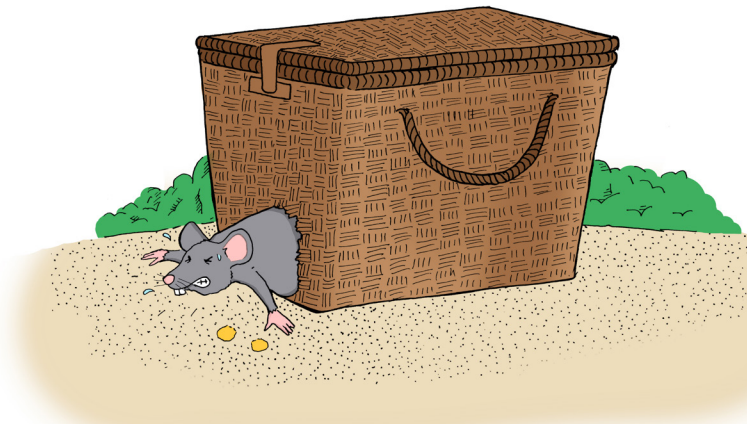
SIMMUN 9

JUCHA papse thusim

Adih bang'a kihil nadia akidoi:

1. Thusim na ngaija asung'a umjouse nahetchet thei ding ahi.
2. 'O' gingtah-a adih bang'a thusim hi nasim thei ding ahi.
3. Hetchetna nei tah-a thusim hi nasim thei ding ahi.
4. Thusim'a um thudoh hohi 'O' cheng'a nadonbut thei ding ahi.
5. Hiche thusim chungchang'a thudoh ho nadoh thei ding.
6. Thucheng thah ho akoudoh nahet-na chule sap paova naledoh thei ding ahi.

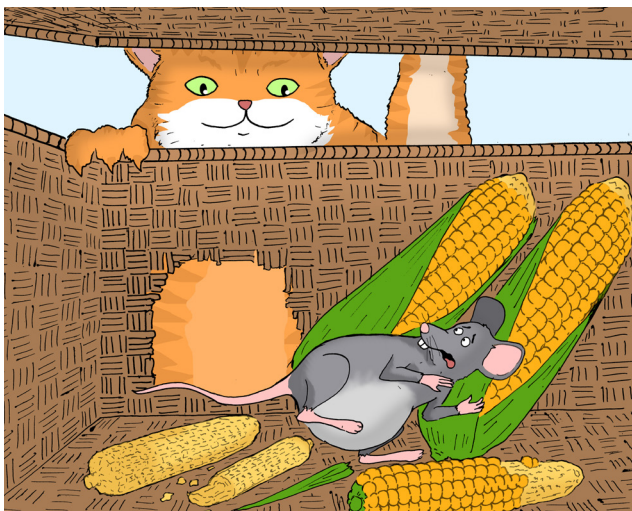
Masanglai, phat khat na hin jucha papse khatnin kolbu pocha-a kikoi anamu-in ahi. Aman kolbu chu aneh nom'in kohom'a chun aluttai. Aman kolbu chu tamtah anen, ava setnin ahi. Ama chu akipah lheh jeng'in ahi. Tun amachu pocha sung'a kon'in ahungdoh nom tai. Kohom neocha-a kon'a potdohding avel vel'in ago-in ahin ava val jeh chule a- tumpi alet phatna chun kohom'a kon'a apotdoh thei tapoi.



Jucha chu akap pantan ahi. Akom'a chun Telep khat ahung vahlen jucha ka 'o' gin ajah phatnin "Golpa ipi ding'a naka ham?" tin adong'e. "Pocha-a hi kohom neocha kasem'a kanalut ahin. Tun kahung potdoh thei tapoi" tin juchan, Telep chu aseichet peh-e. "Nang'in ba natam neh val jeh ahi. Natumpi atheplah ding ngah tan" tin Telep chun jucha heng'a aseijin chule anuisatnin avahmang tai.

Jucha chu pocha sung'a a-imu lhatan ahi. Ajing'a chun atumpi chu atheplhatan, ahin aman kolbu chu aneh nomkit tai.

Chu-in aman kolbu chu ane ne jeng'in ava val phatnin atumpi chu alenkit tai. "Kaden! Tun vang jing le bou kapotdoh thei ding ahi" tin agel'e



Ahin ajing'a chun Mengcha khat akom'a ahung vahlen ahi. Aman pocha sung'a um jucha nam chu aja tai. Aman pocha sin chu ahonle jucha chu amun chu-in photlotnin jucha chu abokhum tai. Hiti chun jucha chu anathilo tai.

Kichuh naho:

A. Anojia thucheng hohi adih-in kaimatnin:

Nangma pao

1. Jing
2. Tumpi
3. Atheplha
4. Aneo
5. Pocha
6. Papse
7. Photlotna bokhum
8. Ka
9. Imu Ihu
10. Kohom

English

1. Greedy
2. Basket
3. Small
4. Hole
5. Belly
6. Cry
7. Asleep
8. Shrunk
9. Tomorrow
10. Pounce

B. Thudoh hohi kamcheng'in donbutnin:

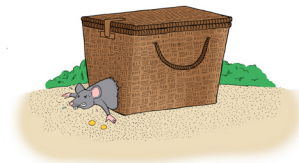
1. Thusim'a hi koi thu kisei jem?
2. Pocha sung'a chu ipi um'a ham?
3. Jucha chu pocha sung'a iti lutna ham?
4. I atile Jucha chu pocha sung'a kon'a hung potdoh thei louva ham?
5. Telep chun Jucha heng'a ipi aseï ham?
6. Ajona-a Jucha chu ipi ti-am?
7. Nang Jucha chu hile chun pocha sung'a kon'a napotdoh theina ding'a ipi nabol dem ?

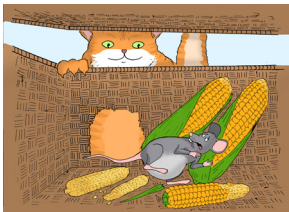
C. Thugol hohi simmin lang chule adih ahiloule adihlou sunin.

1. Pocha sung chu chang adim'in ahi.
2. Jucha chu kohom'a kon'a pocha sung'a chu ateh atom'a lutna ahi.
3. Jucha chun kolbu chu anen chule pocha-a kon'in ahung potdoh-e.
4. Jucha chun Telep ka 'o' gin ajai.
5. Ajing'a chun Jucha chun kolbu chu ane kitne.
6. Ajing'a chum Jucha oi chu atheplha tai.

D. Lim hohi ven lang chule lim chungchang'a thugol khat sun'in.







E. A-ong lai ho sudim'in:

1. Jucha papse khatnin _____ pocha-a kikoi anamu-in ahi.
2. Ahung pot doh nading _____ asem'e.
3. Telep chun atumpi _____ nga ding'in aseije.
4. Jucha pocha _____ alha lutnin ahi.
5. _____ pocha sung'a um jucha aja-in ahi.

F. Jucha hi papse hih henlang hileh le athusim che dan angahna itobang ahi dem?

Jucha hi papse hih henlang athusim che dan kipana-a akichaithei nading hi akopmin toukhom'un lang seikhom'un



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

"Consume only Iodized Salt"