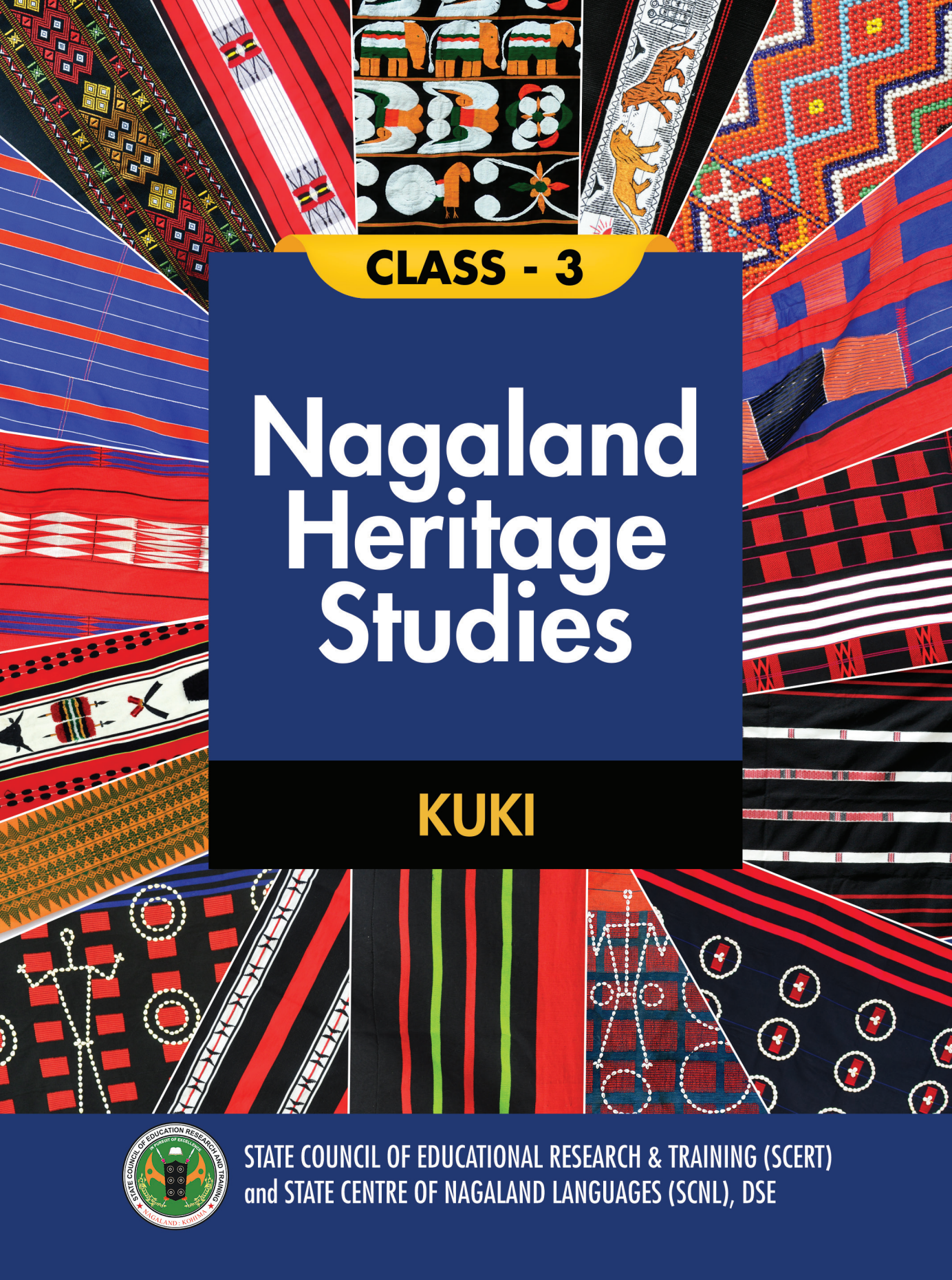


The background of the book cover is a vibrant collage of various Nagaland traditional textiles. These include patterns of red and white stripes, geometric shapes like diamonds and zig-zags, and depictions of animals such as tigers and birds. The colors are primarily red, black, white, and blue, with some green and yellow accents.

CLASS - 3

Nagaland Heritage Studies

KUKI



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



Nagaland Heritage Studies

CLASS - 3

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

NAGALAND HERITAGE STUDIES | CLASS 3 - KUKI

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Illustrators: Vineizotuo Z. Tase, Tsachumla Mongzar

FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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Principal Director (IAS)
School Education, Nagaland, Kohima



N.CHUMCHANBENI KIKON
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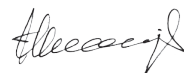
Chairman Kuki Literature Board Nagaland

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 gonpeh-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

Asunga'a umho

Phengmai

1. Simteljem (51-100)

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SIMMUN 1

Simteljem (51-100)

Adih bang'a kihil nadia akidoi:

1. Simteljem 51-100 gei amin/akoudan hen.
2. Simteljem abanneija simdan le amin hen.
3. Simteljem adih-in sim'in lang banan lan.
4. Simteljem amin le ajat adih-in goltoh-in.

Chapang ho asan dungjui jun, simteljem hohi anem pen'a pan'in lang adih-in gol toh-in.



Somnga, Somni, Somli, Som, Somthum.

51-100 chan amin le asim dan kihil'u hite.

  – Somnga le khat

  – Somgup le khat

  – Somnga le ni

  – Somgup le ni

  – Somnga le thum

  – Somgup le thum

  – Somnga le li

  – Somgup le li

  – Somnga le nga

  – Somgup le nga

  – Somnga le gup

  – Somgup le gup

  – Somnga le sagi

  – Somgup le sagi

  – Somnga le get

  – Somgup le get

  – Somnga le ko

  – Somgup le ko

  – Somgup

  – Somsagi

7 1 – Somsagi le khat

7 2 – Somsagi le ni

7 3 – Somsagi le thum

7 4 – Somsagi le li

7 5 – Somsagi le nga

7 6 – Somsagi le gup

7 7 – Somsagi le sagi

7 8 – Somsagi le get

7 9 – Somsagi le ko

8 0 – Somget

8 1 – Somget le khat

8 2 – Somget le ni

8 3 – Somget le thum

8 4 – Somget le li

8 5 – Somget le nga

8 6 – Somget le gup

8 7 – Somget le sagi

8 8 – Somget le get

8 9 – Somget le ko

9 0 – Somko

9 1 – Somko le khat

9 2 – Somko le ni

9 3 – Somko le thum

9 4 – Somko le li

9 5 – Somko le nga

9 6 – Somko le gup

9 7 – Somko le sagi

9 8 – Somko le get

9 9 – Somko le ko

1 0 0 – Jakhat

Kichuhna:

A. Simteljem 51- 80 gei thucheng'in sun'in.

B. Anojia lim hi ven lang simteljem min ho sun'in.

1.



2.



3.



4.



5.



6.



7.



C. Simteljem 81- 100 chan thucheng'in sun'in.

D. Simteljem hohi adih-in jop matnin.

82	Somko
63	Somgup le li
71	Somget le ni
59	Somnga le ni
90	Somsagi le khat
88	Somsagi le thum
95	Somget le get
52	Somko le nga
73	Somgup le thum
64	Somnga le ko

E. Simteljem hohi asangpen'a kon'a pan'in lang adih-in gol lha kitnin.

Somgup le nga	Somsagi le ko	Somko le get
Somgup le ni	Somget	Somko le gup
Somgup le li	Somsagi le sagi	Somko le ko
Somgup le khat	Somsagi le get	Somko le sagi
Somgup le thum	Somsagi le gup	Jakhat

SIMMUN 2

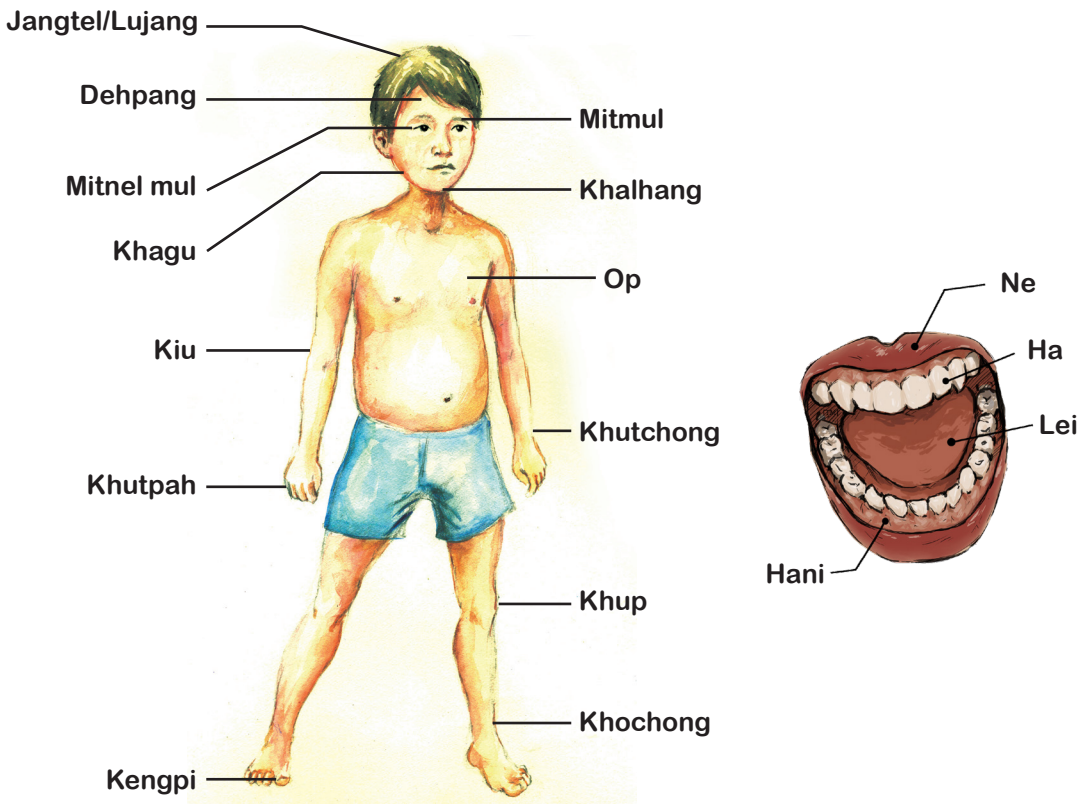
Itahsao tibah ho - II

Adih bang'a kihil nadia akidoi:

1. Tahsa tibah chomchom min ho he-in.
2. Tahsa tibah chomchom ho hilchen'in.
3. Tahsa-a tibah ho adih-in seijin lang banan lan.
4. Thudoh hohi simmun dungjuijin donbutnin.

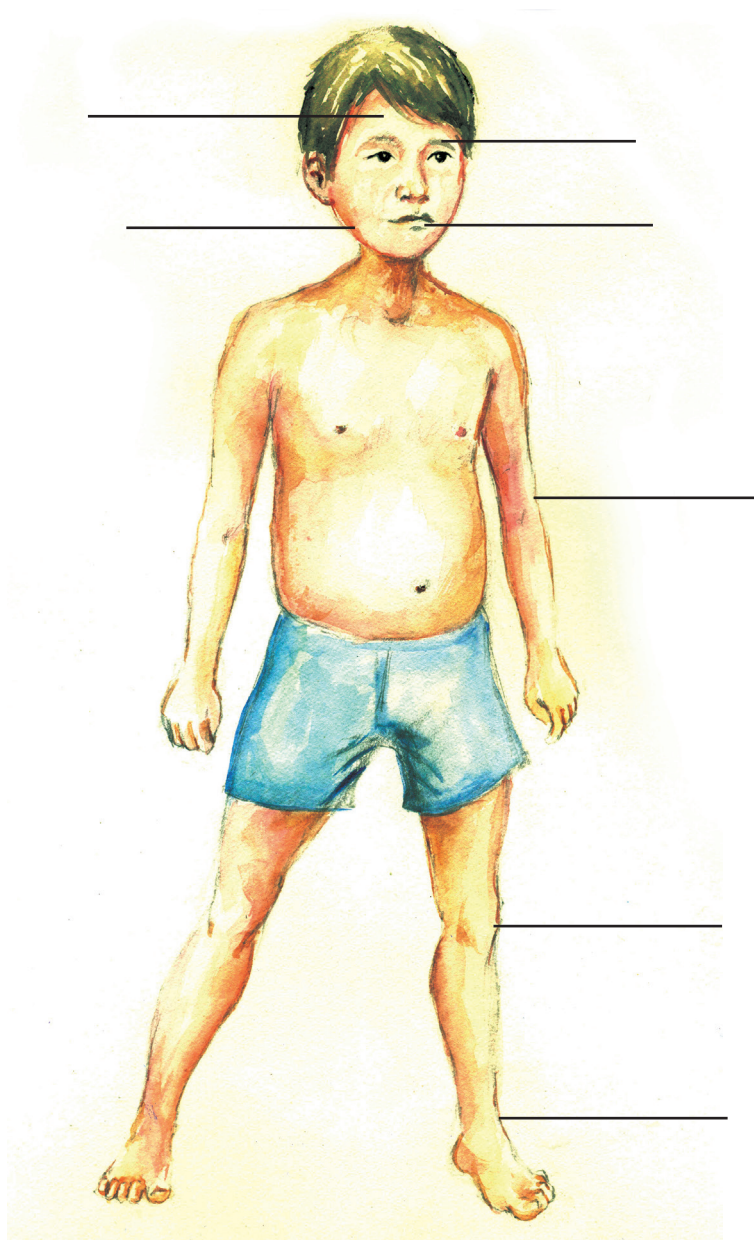
Gol ho kamin hi Jampu ahi.

Tun, tahsa tibah chom chom minho kihil'u hite.

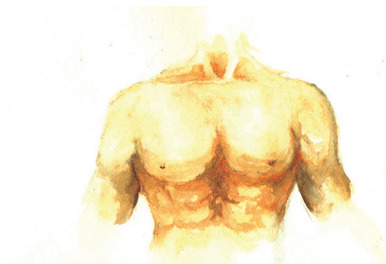
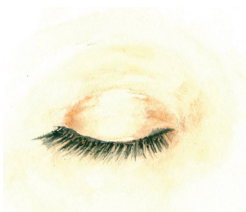


Kichuh naho:

A. Tahsa tibah chomchom ho amin sun'in lang beh-in.



B. Tahsa tibah ho min hi sun'in.



C. Mikhat kilhen'in lang chule tahsa tibah nahet ho jouse chu seikhompi-in.

D. Thugol hohi sim'in lang chule a-onglai ho sudim'in.

1. Ken kakengteni-a 5 cheh kaneije. K__p_h
2. Ken kakhutkalheptheinadiakangaicha-e. K__
3. Kakhutteni-a 5 cheh kaneije. Kh__a__
4. Niseh le kanotji-e. H__
5. Kamitchung'a a-um'e. M__m__

E. Tahsa tibah ho min bomsung'a hin holdoh-in.

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

F. Tahsa tibah nakihil ho alim sem'in lang amin ho sun'in.

SIMMUN 3

KUM KIHEI HO

Adih bang'a kihil nadia akidoi:

1. Kum kihei chomchom ho amin seijinlang hilchen'in.
2. Kum kihei chomchom hohi ahidan/a-umdan'u he-in.
3. 'O' ging'in adih-in sim'in lang hetchetna neijin.
4. Sim'un dungjuijin thudoh ho donbutnin.

Kumsung'a kum kihei chomchom li a-um'in ahi. Amaho chu chamkang, nipi/chuh, chavang chule phalbi ahi.

1. Chamkang laile ni alumjin ahi.



Pahcha ho ahung pah pan jitai.
Hon sung ho-a pengpelep te aleng le jiuvin ahi.

2. Nipi/chuh lai le nisaso ahoijin asaji.



Nikho/sun asotnin jan achomji.
Nipi/ Chuh laile gam asan twi akihadonji-e.

3. Chavang laile nikho ho ahung dap jep jitai.



Thingdo ho ahunggaojin, apulpan jitai.

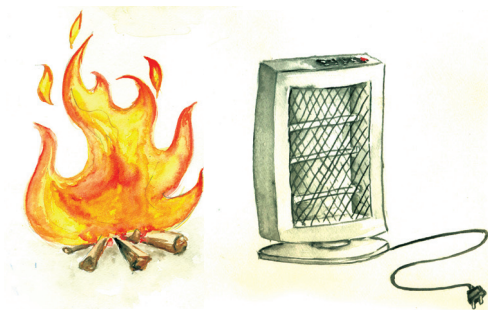
4. Phalbi laile nikho ahung dapcheh jitai.



Sun sung achom'in, jan asot jojitai.
Mun khat khatna buh jong alha ji-e.

Kichuhna:

A. Anoja lim hohi ven. Lim ho noiya hin kum kihei min dih sun'in.



B. Anoja thudoh hohi donbutnin.

1. Chuh/Nipi laile sun le jan iti umjim?
2. Chavang laile thingdo / louna hi iti jim?
3. Itih phat laileh pahcha ho hung pah pan jiuva ham?
4. Phalbi laile sun le jan iti umjim?

C. Kum kihei chinli lah-a nadeipen lim sem'in lang jem pah-in.

D. Lim kistem hohi kum kihei min dih hotoh jopmatnin.

A

B

1.



Chavang

2.



Phalbi

3.



Chuhlai

4.



Chamkang

E. Noija lim hon kum kihei chomchom ho avetsah
dungjujin paocheng 20-30 ho-in thugol lhing
sun'in.

1.



2.



3.



4.



SIMMUN 4

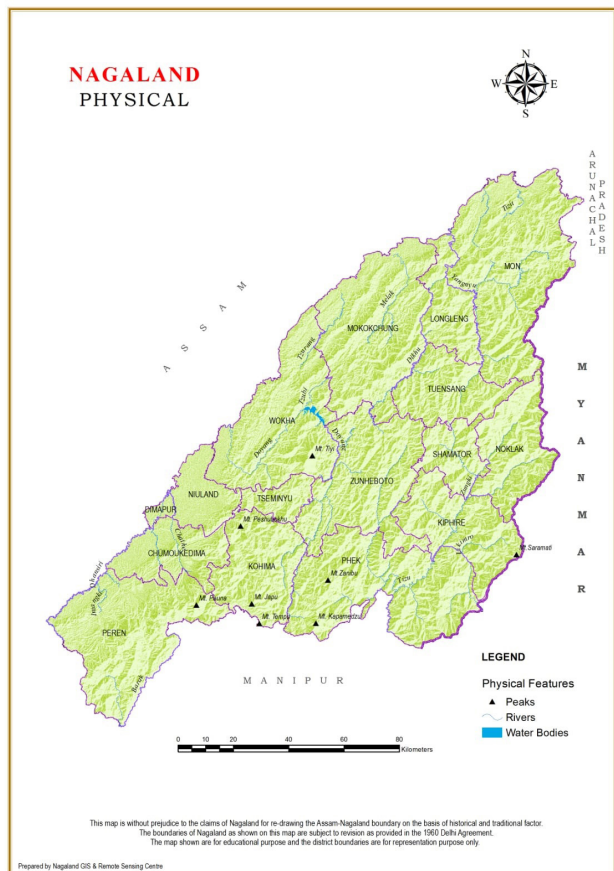
Kachen'a Nagaland Gambih Chule Namho

Adih bang'a kihil nadia akidoi:

1. Nagaland State itih-a hungkisem doh-a chule koi ho chu aheng akom hiuvaham, ti hetna ding.
2. Gambih somle ni (16) ho amin'u chule hoi pen gambih-a cheng'uva ham ti hetna di.
3. Nam somle gup (17) ho amin'u chule hoi pen gambih-a cheng'uva ham ti hetna di.
4. Nangma paova sahlang, lhanglang, solam chule lhumlam, hoilang ahi het thei na ding.
5. Nam dang ho hina hetnom na neithei nading.

Nagaland State hi Ol-lha nisim 1, 1963 kum'a ana kisem doh ahi. Nagaland nin, aki gamgit pi ho chu – lhumlam'a Assam, solang'a Myanmar, sahlang'a Arunachal Pradesh chule lhanglam'a Manipur ahiuve.

Nagaland State hin gambih somle ni (16) anei jin ahi. Amaho chu Kohima, Dimapur, Peren, Wokha, Zunheboto, Phek, Kiphire, Mokokchung, Tuensang, Longleng, Noklak, Chümoukedima,



Niuland, Tseminyu, Shamator chule Mon ahiuve. Kohima hi Nagaland munpi ahi.

Hiche nam somle gup (17) hohi gambih somle ni(16) sung'a hin acheng'ugin ahi. Amaho chu Angami, Ao, Chakhesang, Chang, Khiamniungan, Kuki, Konyak, Kachari, Lotha, Tikhir, Zeliang ho ahiuve. Namjousen amaho chondan, paocheng chule jatvon anei cheh-uve.

Gambih chule asung'a nam cheng ho.

Dimapur	Kachari and all the other tribes
Peren	Zeliang, Kuki
Wokha	Lotha
Kohima	Angami and Rengma
Tuensang	Chang, Sangtam, Yimkhiung
Zunheboto	Sümi
Mokokchung	Ao
Longleng	Phom
Kiphire	Sangtam ,Yimkhiung and Sümi
Phek	Chakhesang and Pochury
Mon	Konyak
Noklak	Khiamniungan
Chümoukedima	
Tseminyu	Rengma
Niuland	
Shamator	Tikhir, Yimkhiung

Nagaland na gam pumpi hi alet dan 16,579 sq.kms ahi.

Kum 2011 census dungjuja Nagaland na miluvom kisimdoh jat chu mi lakh 19.79 ahi. Kum 2011 census dungjuja

Nagaland na lekhasim le sunthei chu mi 79.55 % ahi.

KICHUNA:

A. Anoija thudoh hohi donbutnin:

1. Nagaland gam hi itih-a kisemdoh ham?
2. Nagaland na sahlam, lhamlam, solam chule lhumlam'a akigamgitpi ho chu koi koi hiuvam?
3. Nangma chen'a gambih sahlam, lhamlam, solam chule lhumlam'a chu koi koi cheng'uvam? (Nagaland map ve-in)
4. Nagaland sung'a nam ijat um'a ham?
5. Nagaland sung'a gambih somle ni (16) ho amin sun'in.

B. Anoija hohi adih-in jop mat-in:

Gambih

- A. Mokokchung
- B. Kohima
- C. Wokha
- D. Zunheboto
- E. Longleng
- F. Kiphire
- G. Mon
- H. Tuensang
- I. Dimapur
- J. Peren
- K. Phek
- L. Noklak
- M. Chümoukedima
- N. Shamator
- O. Tseminyu
- P. Niuland

Nam

- i) Angami
- ii) Ao
- iii) Chakhesang
- iv) Kachari
- v) Chang
- vi) Khamniungan
- vii) Kuki
- viii) Pochury
- ix) Rengma
- x) Sümi
- xi) Zeliang
- xii) Sangtam
- xiii) Yimkhiung
- xiv) Konyak
- xv) Phom
- xvi) Lotha
- xvii) Tikhir

C. Jilkung pa/nu-in asimdoh thugol ho ngaijin lang chule adih ahiloule adihlou sun'in.

1. Nagaland na hi gambih 16 a-um'e.
2. Dimapur hi Nagaland khopi ahi.
3. SangtamjathohiTuensang chule Kiphiregambih-a akihamu-uve.
4. Tseminyugambih-a Rengmajat ho acheng'uve.
5. Lhanglamsang'a Nagaland tohkigamgi State chu Assam ahi.

D. A-onglai ho sudim'in:

1. Nagaland gam pumpi hi alet dan _____ ahi.
2. Kum 2011 census dungjuja Nagaland na miluvom kisim jat chu mi _____ ahi.
3. Kum 2011 census dungjuja Nagaland na lekhasim le sunthei chu mi _____ ahi.

E. Ngaitho-a kimanchahna

Bom sung kipe jat min hohi jilkungpa/ nu-in adei dei 'O'ging'a asimdoh ding. Simlai hon phatah-a angaijuva jat min akiseiho chu ajihkol diu.

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

F. Jillai ho bol ding:

- (i) Amahon iti aseijum "Namin ipi ham?"
Chule
- (ii) "Nadam hinam?"
(Amaho paova)

SIMMUN 5

Saipi le Saku thusim (Nagate gollui thusim)

Adih bang'a kihil nadia akidoi:

1. Thusim hi hetchetna neitah-in 'o' ging'in sim'in.
2. Paocheng thah ho hetgilna neitah-a houlim nale thusut na-a naman ding.
3. Hiche thusim'a saku chihna hohi kicheh tah-a nahet jouteng nangman iti natho doh ding ham.
4. Hiche thusim chung chang'a hin houlim'un lang, na lung gel'u seijun.
5. Gollui thusim sim nom-na neijin lang thusim lui dang dang jong holdoh be-in.
6. 'O' cheng'a simdan le houlimdan kichuh be-in.

Masanglai peh chun saipi khat hin niseh-in vacha khatna twi agachip jin ahi. Nikhat hi twi chip dia achele vacha twi chu bon twi abang jeng'in ahi. Chuphat chun lunghang tah-in "Koiham ka twi suneh-a? kalet kibahpi hon bou abol ngam ding ahi". Aman kei-ahsi thu apen koijin a twi khuh asuh neh ham ti khol ding'in asol tai.



Kei-ahsi chun vacha chu
ajuitou tan ahi. Vacha chu
agah lhahtou le saku khatnin
vapang'a ko anagei agatoh-in
ahi. Chuphat chun Saku chu
anaipheijin "hei nangpa, saipi
nachung'a alunghang lheh
jeng'in ahi, ajeh chu nangman
ko nageija atwi neh nasuh neh
peh jeh ahi. Saipi'n kasang'a
lenjo ahiloule kalet kibahpi
hon bou hitia hi abolthei diu ahi tin, Saku chu aseipeh-e.



Saku chun thipbeh chan ahin ven , aku chang khat
abotdoh-in kei-ahsi chu ape-in chen lang kamul chu keija
sang'a len'a chule tah joh-am tin saipi chu gadong'in
atipeh-e. Saipi chun Saku chang chu aven chuphatnin ama
mul ngatcha chutoh agahvet kahle ati ajalheh tan ahi.

Aman hiche ganhing hi alet na len chule kichat umtah
ganhing hiding'in angaiton, ati ajaval'in gammang lah-a ajam
mang'in, akal kal hiche vacha vel'a chun akimukha kit tapoi.



KICHUHNA:

A. Anojia thudoh hohi donbutnin:

1. Hiche thusim'a hi koikoi jaovam?
2. Ibola Saipi chu lunghang'a ham?
3. Vacha chu kon asuh neh ham?
4. Kei- ahsi'n Saku chu ipi aseipeh am?
5. Saku chun Saipi chu akichat nam?
6. Saku'n, Saipi chu ipi donbutna thucheng agah thot nam?
7. Hiche thusim achaina-a chu koi kicha-a chule koi akichat ham?

B. Anojia thugol hohi adih/adihlou sun'in.

1. Saipi chu kei-ahsi chung'a alung ahang'e _____.
2. Saku chun vacha chu asuneh-in ahi _____.
3. Saipi sang'a lenjo ahiloule akibahpi hon bou twi chu asuhneh thei diu ahi _____.
4. Saku chun aku chang'a kei-ahsi agah dot'e _____.
5. Saipi'n Saku chang amuphat'in akichatai _____.

C. Akoudoh dih pen melchihna pen.

I. Vacha

- | | |
|-------------|-----|
| (a) Twi sam | () |
| (b) Dil | () |
| (c) Bol | () |

II. Bon nang

- | | |
|-------------------|-----|
| (a) Ko hom | () |
| (b) Bon'a kisuneh | () |
| (c) Twi theng | () |

III. Lentah pi

- (a) Thuneitah/hat tah ()
- (b) Hoitah ()
- (c) Ganhing mulbei ()

IV. Suh kichat

- (a) Lunghan sah ()
- (b) Gilkel chet ()
- (c) Kichat sah ()

V. Mul nel

- (a) Mul khoutah ()
- (b) Mul kil ()
- (c) Mul ngat cheh dih deh-a keh ()

D. Thugol lhing khat sun'in:

(a) Thusim akipat nalang:

(b) Thusim alai lung lang:

(c) Thusim achaina lang:

E. Nang kamcheng tah-in thusim hi na class-a vel seikitnin.

SIMMUN 6

GOLLUI VON IKIVON HOU

Adih bang'a kihil nadia akidoi:

1. Gollui kivon na minho hen.
2. Hetchetna neitah-a simmun simding.
3. Simmun dungjuijin thudoh hohi donbutnin.
4. Simmun chungchang thu hi hetbai thugol'in seijun.
5. Eiho gollui von chule nam dangho jat von kivon ho kipapi-a ngainat ding.

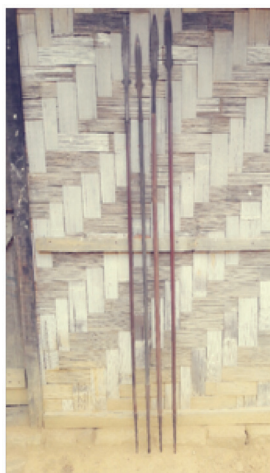


Keini Mamang le Boiting kahilhon'e. Kakivon Ihon hi gollui von ahi.

Numei hon aveu pon hi Khamtang ahin chule Thangnang asil jiuve. Pon mongvom akong'uva akhit jiuvin, khichong ka o'vin, hah, bilkam chule chaoson kakibujiuve. Chujongle nang'a kisa kongvang kapo jiuve. Numei hon asam'u apheh jiuvin akikop jiuve.



Pasal hon boitong i-ah jiuvin chule pondum isil jiuve. Del icheng jiuvin, lukop chule tuhpah jong ikikop jiuve.



Pasal hon tengcha, chempong chule lumdal achojiuvin natos, gamlen'a chule melma ho-a kon'a kivenbit nadin amang jiuve.

KICHUHNA:

A. Anoija thudoh hohi donbutnin:

1. Numei ponsil min khat sun'in?
2. Pasal ponsil min khat sun'in?
3. Numei ponve min khat sun'in?
4. Pasal hon ipi ichen jiuvm sun'in?
5. Pasal hon ipi i-ah jiuvm sun'in?
6. Numei hon akong'uva ipi pon akhi jiuvm?
7. Itih phat tengle hiche nam von hohi ikivon jiuvm?
8. Numei hon asam'u iti akan jiuvm?

B. Donbutna adih pen vetsah-in:

1. Numei hon akong noilang'uva ipi akivon jiuvam.
a) chaoson b) ponve c) hah d) khichong
2. Numei hon akhut-uva ipi akibu jiuvam.
a) Pon mongvom b) kongvang c) chaoson d) bilkam
3. Numei hon aban'uva ipi akibu jiuvam.
a) ponsil b) pocha c) lumdal d) hah
4. Pasal hon alu-uva ipi akikop jiuvam.
a) tengcha b) lukop le tuhpa c) khi d) ponsil
5. Numei hon ipi pon akisil jiuvam.
a) boitong b) thangnang c) saipikhup d) lukop
6. Numei hon ipi pon akisil jiuvam.
a) boitong b) thangnang c) sai pikhup d) lukop

C. Kihoukhomna- Jat dang ho jatvon lah-a nadei khat amin seijin ?Ipijeh-a nadei ham? Naloi khat toh seikhom'in.

D. Najat von khat sem'in lang amin sun'in. (pasal hon pasal ho von asemdu chule numei hon numei ho von asemdu)

E. Class-a chondan ho vetsahna nikho gong'in. class-a jat von ahiloule jat thil khat hin kichojin. Jat von jatthil athupina le ipijeh-a nadei ham nagol ho kom'a kilha-un lang seijun.

F. Anojia limkipe ho hi venlang chule jat min hotoh lim ho adih-in goltoh-in.



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


SIMMUN 7

Them Khat

Adih bang'a kihil nadia akidoi:

1. Lasim hi ngeitah, kicheh tah chule a-'O' kai ahiding bang'in sim'in.
2. Lasim chungchang hi hetna nei masan, chule seijin lang sun'in.

Them khat lungel them'in

Them khat hebolna neijin

Them khat ngailutna neiben

Chujongle them khat ngaidam
jouna neijin

Them khat peh nomna neijin

Them khat hetthemna neijin

Hiche ho jousea them khat
gelthemna neihi

ja-um, ngailutna chule thil hoi
ahi.

Kelhoukhrieno Savi



Kichuh naho:

A. Ahon/ akop chule changval'in hiche lasim hi lungchin'in seijun.

B. Anoja thucheng kipe hohi akoudoh hen.

- | | |
|----------------|---------------------------------------|
| 1. Lunggelthem | – Alen jo hina-a lunggelthem angaije. |
| 2. Hebol | – Isang'a neo ho hebol ding apha. |
| 3. Ngailut | – Pathen mi ngailutna. |
| 4. Ngaidamna | – Mi ngaidamna nei angaije. |
| 5. Hetthemna | – Hetthemna nei angaije. |
| 6. Ja-um | – Ja-umtah lamkai ho. |

C. Nangman ipi lampia ngailutna, ngaidamna chule hetthemna hatah-a naneibe theijam sun'in.

D. Anoja kipe thucheng ho-a kon'in thugol abai sem'in chule na class ho jouse ding'in 'O'ging'in sim'in.

Lung'el them, Ngailutna, Hebolna

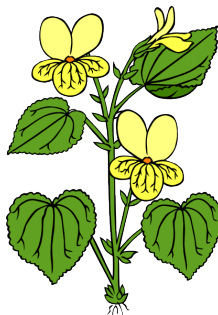
SIMMUN 8

Ivel'uva Thingna Louna Ho - I

Adih bang'a kihil nadia akidoi:

1. Thingna louna ho aphung bahkai ho hen.
2. Simmun hi sim'in lang hechen'in.
3. Nachen'a mun'a thingphung ho min nangma paova hilchen'in.
4. Thingphung ho chule akimannao abai lam'in seijin.
5. Thingphung ho ngaichat khoh ahidan chule vetsui venbit angaidan hen.
6. Simmun'a um thucheng ho mang'in lang abailam chan thu gollhing sem'in.

Eihon ikimvel'uva thingna louna jat chomchom imujuve. Thingna louna hohi hin'a nei ahiuve. Amahon hui ahoplutnun, akhangjiuvin chule adonthah kitjiuvin ahi. Thingna louna abang khat lentah le dettah ahin, abangkhat neocha chule aphung detlou ahiuve. Thingna louna hohi eiho dia manlutah ahiuve.





Thingna louna len ho:

Phung Sangtah, lentah chule dettah ho chu thingphung akitiue.

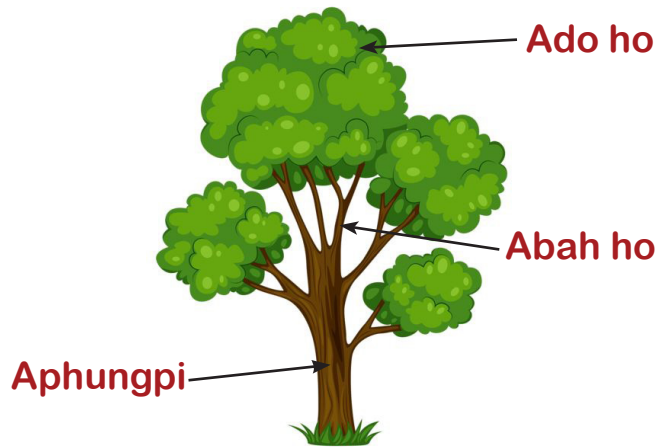
Amahon bah tam tah tah aneijuve.

Amaho jangpetnin akeh jiuve.

Amahon aphung dettah aneijuve.

Thing aphungpi chu thingtum akitiji.

Thingphung hon lim, aga chule thil chomchom'a manthei thingpeh eipejiuve.



Gangpi, haithei, gelthing, makhaga, vai suhlhu, molthei, singjol, theikha, mong phung khongma, theijon chule pang thing hohi ikimvel'uva kihamu ahiuve.

(oak, alder, naga tenga, walnut, peach, mechinga, plum, simul, gooseberry, banyan, pine, fig.)

KICHUHNA:

**A. Thingna louna ho lah-a khatpen alim sem'in lang
aphung bahkai ho min sun'in lang beh-in.**

B. Anojia thudoh hohi donbutnin:

1. Nachen'a mun'a thingphung phabeb min sun'in.
2. Nachen'a mun'a thei kimu phabep khat min sun'in.
3. Thingtum le thingpeh eipejiuva thingphung phabep khat min sun'in.
4. Thingphung ho chu ipi pi-a kimang ngam?
5. Ipijeh-a thingphung ho chu hin'a nei hiuva ham?
6. Eihon thingphung jouse phuh chaileu hen iti tantem?

C. Noija thucheng kipeho hi mang'in lang a-onglai ho sudim'in.

Thei, akhang, lim, makha, mong, hai

1. Theimi hi _____ phung ahi.
2. Lim eipeuva thingphung len chu _____ phung ahi.
3. _____ thing hin ga le thingtum eipeuvin ahi.
4. Thingphung hon nisa satna kon'in _____ eipe jiuvin ahi.
5. Thingphung hohi hin'a nei ahiuve ajeh chu amahon hui ahopmun chule _____ jiuvin ahi.
6. _____ thing hi ikimvel'uva khamu ahi.

D. Anojia thucheng hohi mang'in lang thu golhing sem'in:

Alen, aneo, asang, akhang, thei, lim, thingphung, adet, adetlou.

E. Nachen'a mun'a thingna chomchom kimu ho chomkhom'in. Na lekha bu-a thingna ho chu beh inlang amin ho sun'in.

SIMMUN 9

Ivel'uva thingna louna - II

Adih bang'a kihil nadia akidoi:

1. Sim'un hi sim'in lang hechen'in.
2. Nachen'a mun'a thingphung ho min nangma paova hilchen'in.
3. Nachen'a mun'a thingna louna kimu ho aphung nem/neo, hampa/hamhing, agui jam chule thing chung'a jam ho hi seichen'in.
4. Thingna louna aphung nem/neo ho kiman'a seijin.
5. Thingna louna aphung nem/neo ho chungchang abailam'in seijin.



Thingna louna aphung nem/neo hohi thingphung ho sang'in aneove. Adon ho angatnin chule adetpoiye.

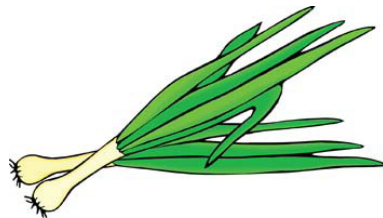
Amaho hi aphung asang pouve. Aphung nem/neo, hampa/hamhing, agui jam chule thing chung'a jam hohi thingna louna aphung nem/neo akiti.

Aphung nem/neo:



Ikomvel'uva thing aphung nem/neo umho chu rose pahcha, seh kol, ling theimi ahiuvin, amaho hin thing bang'a tah don thah asepiuue.

Hon le lousoh:



Ikomvel'uva akimujing hon le lousoh ho chu pudina, bal, louthul, chang, bekan/bekung bul ho hin aji adongset anejiuvin ahi.

Aguija thingchung'a jam ho:



Hiche hohi thingphung dang bang'a kehjang joulou agui nem ahijeh-un ajam nadiu thingphung/mol kisempeh-a jam jiuva ahi. Belthei, changmai, kolmai, be, motor, lengpi thei hohi aguija jam ahiuve.

Tol'a jam ho:



Ikomvel'uva tol'a jam honsoh ho chu mai, kol-ha lhum adang dang hohi ahiuve. Amaho hi agui anem'in amaho cham'in adingjou pouve.

KICHUHNA:

A. Anoija thudoh hohi donbutnin:

- i) Anam um hon le lousoh naneh khah phabep khat min sun'in?
- ii) Aguija thing chung'a jam ado/aga naneh khah phabep khat min sun'in?
- iii) Tol'a jam honsoh aga kine ni(2) min sunin?
- iv) Nangman In mun'a hon nanei jam? Ipi pi natu am?

B. Anoija kipe hohi adih adihlou sun'in.

1. Hampa/ hamhing hohi ahingsot ji pouve.
2. Aguija jam hohi amaho cham'in ading jouvu-ve.
3. Pathikhom hi thingna louna aphungnem/neo ahi.
4. Tol'a jam honsoh hohi agui anem'in a-eng ji-e.
5. Aguija thing chung'a jam hohi ajamna ding sempeh angaije.

C. Nachen na-a kimu me ho/thei ho/louhing nanekkhah ho anoija bom sung'a hin sunlutnin:

Phung nem/ neo	Hon le lousoh	Tol'a jam ho	Aguija thing chung'a jam ho

D. Seitho-a kimanchahna:

Nakom navel'a um (thingna louna aphung nem/neo, hon le lousoh, aguija thing chung'a jam ho ahiloule tol'a jam ho) louvin lang class dan'a hinchoijin. Itobang thingna louna aphung nem/neo ahi seijin lang chule akiman'a ho thugol lhing 2 ahiloule 3 lang seijin.

E. Jillai ho bol ding:

Jilkung ho kithopi nan anoija bolding kisei hohi bol'in:

- Lei mun neo khat hol'in lang na class din melel bol'in.
- Nachen'a mun'a muchi kimu ho tu-in.
- Apat phatna na class honlei vesui ding hon chomchom sem'in.
- Honsoh ho chu na class hotoh kihomjin ahiloule class-in namanchah diuvn midang kom'a joh-un.

SIMMUN 10

Upate Jaboldan

Adih bang'a kihilna dia akidoi:

1. Inam chon'a phaho he-in.
2. Upate kija boldan hilchen'in.
3. Chonchan phaho akhoh dan he-in.
4. Gel gilna neitah-in sim'un hi sim'in.
5. Paocheng thah ho kihil'in.

Eihon chon'a le khankho hoitah tah ineijuve, hiche chon'a phaho chu ipu ipateuvin einahil'un ahi. Hiche ho lah-a khat chu sang tah-a isang'a lenjo ho jabol ding ahi.

Ichon naovin lampi
tamtah-a isang'a lenjo
ho iti jabol ding ham
eiseipeh-uve.
Isang'a lenjo ho
i-In'a ahungteng'ule
dindoh-a atouna ding
pehding ahi.



Upate ahoulimteng
jana neitah-a
athuseiju ngaiding
ahi.

Kihoukhomna-a
i-umteng upate
houlim masang'a
paolou holding ahi.



Eihon phat
jousea upate
ihou masah
diu ahi.



**Upaten thilpha eiseipeh hou, phat jousea
i-ngaijuva ijuijing diu ahi.**



Eihon imalam jousea upate ikithopi jingdiu ahi.

**Chonchan pha khang gui-a eikipe son hohi gou lutah ahi. Eihon
hiche hohi isuhmil loudiu ahiloule imansah loudiu ahi.
Upate ijaboljing nao hin ichonnao phaho ichin jing'u avetsah ahi.**

Kichuh naho:

A. Thucheng koudoh:

1. Pu son – Pu son pa son'a kon'a eikipe chondan ho.
2. Alulna – Umchan pha alutna het angaije.
3. Jana – Upate jana peh angaije.
4. Nun nem – Nun nem tah-a umchan tho ding.
5. Ngaisang – Pu le pate chondan ho hi ingaisang angaije.

B. Anoija thudoh hohi donbutnin.

1. Upate Insung'a ahung lut teng, nangman ipi nabol ngai jam?
2. Upate ahoulim teng, nangman ipi nabol ngaija, ahiloule iti na-um ding ham?
3. Ipu ipateuvin eina seipeh-u chon'a pha chu ipiham?
4. Ibol'a eihon ichonnao phaho chu isuhmil lou heldiu chule imansah loudiu ngaija ham?

C. Noija thugol kipeho hi sim'in lang adih/adihlou bom sung'a sunlutnin.

1. Eihon phat jousea upate ihou masah diu ahi _____.
2. Eihon upate ikithopi loudiu ahi _____.
3. Eihon upate thusei ingaidiu ahi _____.
4. Eihon upaten eihil nahou ijui loudiu ahi _____.

D. Bom sung'a paocheng thah nahet ho mang'in lang anoija a-onglai ho sudim'in.

Ngaisang, pu le pate akon'a akipeson chonchan ho, jana, pu le pate, anun nem'in

1. Sepai pan _____ avetsahna-in salam apeh-e.
2. Loi le gol _____ je kanu le kapan eihil'e.
3. Kakhou hi _____ anasondoh-u ahi.
4. _____ venbitna vettub ding hi athupi-in ahi.
5. Ama pa hi mijouse chung'a _____ ahi.

**E. Anojia kipeho hi umchan pha chule umchan phalou ho ahi.
Umchan pha chule umchan phalou ho bom sung'in goltoh-in.**

Midang thil kikoppi	'Lungsettah-a', 'nei ngaidam'in' 'kaki pah-e' paocheng ho manding
Nunnem tah chule paocheng pha kimang	Kisen pum'a mi kihou
Midang ahoulimteng phatah-a ngaiding	Papset
Dan kipeho isahlouna	Thil kisuthang
Anen athang ho kisutheng	Isuhkhel jeh-a min eihil petna kidonbut
Egel bang'a thil a-umlou teng kilunghang	Aphatna lhun

KIJATONA	KIJATOLOUNA

F. Kihoulimna.

Hon sem'in lang chule lam chomchom'a upate jabol dingdan 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”