

CLASS - 4

Nagaland Heritage Studies

KUKI



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 - KUKI

Copyright © SCERT & SCNL, DSE 2018

Third Edition 2023

Illustrators: Arien, Tsachumla Mongzar, 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

PREFACE

Chairman
Kuki Literature Board
Nagaland

Hiche Nagaland Heritage Studies Simlai Bu Kigong, SCERT, Kohima, Language Officer Chule Assistant ho Kithokhom na-a kistem 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 ksimpehto 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 jatkhath 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 tampi 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

Simmun Ho

Phengmai

1. Naga te lulna/mantam _____ 1
2. Simteljem (Sangkhat, Sangja) _____ 5
3. Nagaland na mol le vadung ho _____ 8
4. Thangvahna _____ 13
5. Sopfünuo thusim _____ 15
6. Nagaland na lou kibol dan _____ 19
7. Gancha ho _____ 23
8. 'Go'Thembol _____ 26
9. Ka In-nom _____ 31
10. The Morung _____ 33
11. Humpi Le Ukeng _____ 36

SIMMUN 1

Naga te Lulna / Mantam

Adih bang'a kihil nadia akidoi:

1. Nagaten toh thaset neilouva gunchu tah-a na atoh-u aphantna he-in.
2. Gunchu tah-a na natoh theina ding lampi ho kihil'in lang he-in.
3. Nagate chonchan phaho chintup akhoh dan he-in.
4. Hiche simmun chungchang seijin lang chule thudoh baitah hohi donbutnin.
5. Akop (mini) kihoulimna-a kon'in houlim dan kihil'in.
6. Paocheng thah hohi he-in.



Nagate chon'a luipen khat le apu apa teo khang'a kon'a anachepiu achon nao pha khat hi natoh aneo alen datna nei lou hel'a gunchu tah-a thaselou hel'a atoh jing'u hi ahi. Mikangte (Britishers) le adang dang Nagaland na hung kholjin hojousen Nagate hi toh gunchu nam mite ahiuve, tin ana sei cheh-un ahi.

Eihon ikom, ivel'uva michom chom'in natoh chomchom atoh-u imu jiuvin ahi. Kitahna neija natong hojouse ikipapidiu ahi. Kitah tah-a natoh hi aneoval le alenval a-um chompoi. I natoh jeh-uva, kon ipi seijongle akhohpoi, eikinganse nao natoh hochu kitah tah le gen ngai tah-a itoh chai tei diu ahi. Eihon ikitoh theiju natoh hochu, michung'a iki ngai loudiu ahi. Eihon Insung le avel ho, ngimseh-a koije ihetnuva chule honbol, vonsop, kong le khon le adang dangho suh ngim le, toh dan iki chuh diu ahi. Eihon inu, ipate chule insah inlhang ho-jong ikithopi jidiu ahi.



Eihon itih hijongle inatoh-u ijachatpi loudiu ahi. Naga khosung ho-a nupi upa teh buh buh honjong tungeija, thaselou hel'a na atoh-u imujiuvin ahi. Gunchu le kitah tah-a natoh hin, a-itih-in gapha asojing theije. Eihon hiche, Nagate chon'a phatah hi ijabol-uva, itho jing diu ahi.

Thucheng Koudoh:

1. Pule Pate – Masang laiija miho.
2. Chon'a – Jat le nam chon'a.
3. Jachat-um – thil ibol khel ho jeh-a kijah chathei ahi.
4. Khang'ui/ Jat Khat – Jat khat hina dol'a panlah khomding angaije.
5. Mijathei umchan tho – pilhing khat hina-a mijathei umchan tho angaije.

KICHUH NA HO

A. Hiche thudoh hohi donbutnin.

1. Nagate chon'a lah-a aluipen le chon'a mantam pen ipi ham?
2. Eihon inao iti itoh diu ham?
3. Natoh theina lampi thum sun'in?
4. Masang'a Nagate chu iti ana kihet nam?
5. Mimasa hon ipi chu jachatna-a anagel'u ham?

B. Adih, adihlou vetsah-in.

1. Eihon gunchutah-a na itoh diu ahi.
2. Eihon natoh hi ijachatpi diu ahi.
3. Eihon Nagate chon'a pha-hohi ijuidiu ahi.
4. Kitah tah-a natoh hi alen val ahiloule aneoval a-um chompoi.
5. Eihon inu, ipate chule insah inlhang ho ikithopi lou diu ahi.

C. Bolding ho.

Na class chu hon chom chom'in kihop sah-in lang, class dan theh ngim, class dan not ngim, touna sao le lekha ngapna suhngim, bangkot chule sekul In velho chu kilhah sah-in lang, suh ngim sah-in.

D. Naloipa/ naloinu toh houlim'in. Lim kisim dan hi venlang naloipa toh lim chung chang thu hi sei lhon'in.

Vetsah na:

Nang : Nupi beng kipoh ho khun hoilang ajot nu, hinte tia nagel lem?

Naloipa : Ama hokhun loulang ajot nu hinte, tin kagel'e





2



3



4



5



6

SIMMUN 2

Simteljem'a Sangkhat le Sangja

Adih bang'a kihil na dia akidoi:

1. Simteljem min 'Sangkhat, Sangja' hi nangma paova hen.
2. Nangma paova simteljem min 'Sangkhat, Sangja' hi niseh houlim na le goptoh na-in mang'in.
3. Simteljem min 'Sangkhat, Sangja' hi nangma pao le sap paova le to le len.
4. Suttho le seitho-a kihilna kipe hohi juijin.

Simteljem 1000 hi sap paova "one thousand" akiti chule eiho paova Sangkhat akiti.

Anoija vetsahna kipe hohi ven.

1000 = Sangkhat

2000 = Sang ni

3000 = Sang thum

4000 = Sang li

5000 = Sang nga

6000 = Sang gup

7000 = Sang sagi

8000 = Sang get

9000 = Sang koh

10,000 = Sang som.....Simteljem min som'a kon'a kisim pan ho chu :

20,000 = Sang som ni

30,000 = Sang som thum

40,000 = Sang som li

50,000 = Sang som nga

60,000 = Sang som gup

70,000 = Sang som sagi

80,000 = Sang som get

90,000 = Sang som koh

Hiche ho jouteng hileh sangja (1,00,000) ahung hiji-e.

KICHUH NA HO

A. Anoija simteljem min hohi sun'in:

1. 1500 = Sang le janga
2. 2000 = Sangni
3. 4005 = Sang li le nga
4. 9990 = Sang koh le ja koh le som ko
5. 9, 00,000 = Sang ja ko

B. Anoija sap paova thu gol kisun hohi nangma paova ledoh-in:

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. Bom A nale bom B hi adih-in jopmatnin .

A	B
Simteljem	Simtel jem min
20,00,000	Sang ja thum, le, Sang som nga
40,000	Sang sagi le ja nga le som gup le thum
1020	Niel ni
10,000	Sang som li
3,50,000	Sang khat le som ni
7563	Sang som

D. Anoija thudoh hohi donbutnin:

1. Napen kum amin sun'in?
2. Sekul nakai kum amin sun'in?
3. Tukum min sun'in?
4. Kumkit min sun'in?

E. Naloi khat kilhenin lang anoija kipe thugol ho kilha lhon'in lang 'O'ging'in simlhon'in.

1. Sang som thum le sang somni igople sangsom nga ahiji-e.
2. Numei sangni chule pasal sangni sekul khatna akaijuve.
3. Sangsom nga le sangsom nga igople sangja ahiji-e.
4. Covid natpi hi ollha kum 2019-a kipan'a ahi.

F. Anoija kipe thugol hohi 'O'ging'in sim'in lang chule donbutna adihpen chu sun'in.

1. Mt. Jafü hi asandan meter 3048 ahin chule Mt. Saramati hi asandan meter 3840 ahi. Hoiche mol hi sang joh-am?
2. Dikhu vadung asaodan hi km 160 ahin chule Dhansiri vadung asaodan hi km 352 ahi. Hoiche vadung hi sao joh-am?
3. Kohima-a kon'a Delhi gei lampi-a kon'a ichele km 2255.3 ahin chule Kohima-a kon'a Mon gei lampi-a kon'a ichele km 327 ahi. Hoilai mun joh gamlhah-am?

SIMMUN 3

Nagaland na Mol le Vadungho

Adih bang'a kihil nadia akidoi:

1. Simmun hi hetchetna neitah le apha chom ding'in sim'in.
2. Paocheng thah hohi hen lang thugol semna-in mang'in.
3. Hon le akopma houlimna ho-a kon'in houlim dan kihil'in.
4. Sut tho le seitho-a kihilna kipe hohi hen lang juijin.
5. Nagaland sung'a mol le vadung ho athupi nao he-in.
6. Thuseidan nathepna ding'in , hon'a kihoukhom na ho-a hatah-in pang jing'in.
7. Lunggel giltah nanei theina ding'in , aban neija lungthim tam tah kipe khom hohi juijin.



Phalneilam, apute kho Wokha-a agachen ahi. Apu Abemo, ani Areni chule asopipa Peter'in amani amu-u chu athao anom thei l'heh jeng'un ahi. Amahon Doyang vadung'a kivah-a (picnic) apuijun ahi.

Akivahnao mun'a

Phalneilam chun vadung chu nom asal'heh jeng'in ahi. Ama vadung pang'a chun alhai le len, akeng phang'a twi chu alho jon jin ahi. Aman hiche vadung hi sao l'heh am? Tin apu adong'e. Heng'e, hiche hi Nagaland na vadung saopen ahi. Chujongle Nagaland na vadung dang tampi jong a-um'in ahi. Vadung ho lah-a athupi phabep hochu Dikhu vadung, hiche hin Mokokchung le Longleng l'hang teni akhokhel'a long'a ahi. Aban'a Dhansiri vadung ahin, nang man Dimapur'a na muding ahi. chule Tizu vadung hin Zunheboto le Phek l'hang teni akhokhel'a long peh-a ahi. Oh, chujongle Mokokchung l'hang hop sung'a vadung long khat jong a-um'in, hichichu Milah vadung tin



akihei. Zungki jong hi vadung chomkhat ahikitnin, hiche vadung hi Noklak, Shamator chule Kiphire lhang hop sung'a long peh-a ahi.

Phalneilam'in anahet khah lou thil tamtah ama gamkai sung'a a-um chu adatmo lheh jeng'in, ahi. Aman apu kom'a hilaija ka-um sung'a Wokha-a mun thupi igavet theiju umlou ham? Tin adong'e. Umngei hih ding ham, "Mount Tizi" kiti khat jong a-um'in, hin hiche-a khu nangni nakal jou lhon lou di ahin, naletjep lhon teng igon theiju ahi. Tizi hi Wokha gam hop sung'a din mol sangpen le athupipen ahin chule hiche mol chung chang'a thusim anakiseiji tampi jong a-um'e tin, aseipeh-e.



Chujou chun aman adong'in, "Phalneilam, Nagaland na mol sangpen chu nahet nam? Kahe-e hepu, hichechu Kiphire-a Mount Saramati ahin, asan chu meters 3840 ahi. Ka class-uva G.K lekhabu-a akisun'e. Ahile hoichipen mol chu ham anichan'a?" Phalneilam'in chomkhat alung agel'in Mount Japfü tin ahin seije". Apun, hiche chu adih ahipoi, anichan'a sang'a chu Mt. Mollen ahin asan chu meters 3066 chule Meluri- Phek lhang hop sung'a um'a ahi. Hilaija um, eiho Mount Tizi hi ajona pen/ anempen ahi. "Wow!Eihon,Nagalandgamsung'amolsangtampiinejiuvinPhalneilam'inaseije.Hichejou chun, Areni aninun an nedin ahin koupaijun, apun gam sung'a um thil tampi anahet louho aseipeh-a ahetdoh theijeh-in, Phalneilam'in apu kom'a kipa thu aseijin, thanom tah-in an nedin ache taove."

Hiche Paocheng thah hohi hen:

1. Pute - Inu sopi pasal ho chu pute ahi.
2. Sopi - Thangboi le Mimin hi ucha nu khat sung'a peng ahi lhon'e.
3. Lhang - Nagaland sung'a mol le lhang atam'e.
4. Ni - Kapa sopi nu chu kei ding'a kani ahi.
5. Pu - Kanu pa/kapa pa chu keiding'a kapu ahi.

KICHUH NA HO

A. Anoiya Vadung hohi a-um na lhang bih hoto jopmatnin.

Mol ho	Lhangbih
Mollen	Kohima
Saramati	Phek
Tiyi	Wokha
Pauna	Kiphire
Japfü	Peren

B. Simmun sim'in lang a-onglai ho sudim'in:

1. Nagaland'a vadung saopen chu _____ ahi.
2. _____ vadung hin Zunheboto le Phek akho khel'a long peh-a ahi.
3. Dhansiri vadung hin _____ akho khel'a long'a ahi.
4. Mt Saramati, hi Nagaland'a mol sangpen ahin tol'a kon'a asan hi meters _____ ahi.
5. _____ hi Nagaland'a molsang lah-a ani chan'a ahi.

C. Anoiya thudoh hohi donbutnin:

1. Nakho kom/ nachen'a kom'a vadung umho amin khat sun'in.
2. Nakho kom/ nachen'a kom'a mol/lhang/mol chungvum ho amin khat sun'in.

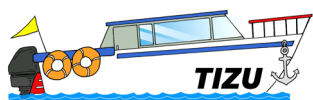
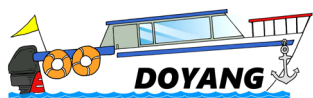
D. Chongboi te Insungmi, kivah-a (picnic) acheove. Thugol kilhonglou / adih louva kigol hohi avel'in picnic nga acheu thu chungchang'a goltoh-in.

1. Apan a-van'a (kangneo) aga thah-uve.
2. Amahon apheh-u chu vadung pang'a aphaove.
3. Ahivang'in khat cha-cha achung'a atoupouve.
4. Amahon kithehna pon chu aktive-uvn, avon'u akikhel'uve.
5. Chapang hon athil'u akisemtup muve.
6. Amanun chapang ho akaithouvin, akilhao-uva breakfast aneh diuvin aseipeh-e.
7. Abonchaovin vadung'a chun akichem'ui.
8. Jinkah matah-in anu athouvin neh ding ahon tup min ahi.
9. Akipat doh masang'un abon chaova twi hai asakhao-uva akikhet cheh nah-um tin anun a dong'uve.

E. Noija kipe molsang hokhu hoilai lhang bih-a um'a ham melchihna (Δ) penlang, Nagaland map sung'a vetsah-in.



F. Nangma kong'a, anoiya vadung ho-a khun kitol lechun hoilai lai mun napal tadem.



G. Toukhom'uvn lang, nangho hon (group) Kivah-a che ding gong'un. Nache na diu mun seijin. Nangman ipi nakichoija chule ipi nabol ding ham. Na thilgon na class ho seipeh-in.

SIMMUN 4

Thangvahna

Adih bang'a kihil nadia akidoi:

1. Lasim hi ngeitah kichehtah chule a-'o' kai ahiding bang'in sim'in.
2. Lasim hi abailam chan hen, chule seijin lang sun'in.
3. Lasim chungchang'a thudoh hohi donbut'in.
4. A-'o' kai kibang thucheng ho he-in.
5. 'O' Cheng'a kisei le suttho-a kipe kihilna ho phate chan hechen'in lang chule juijin.

THANGVAHNA

Ka khut hin phong hen
Chule vahchoi hen
Leiset Chung'a hing
Thilkidang jouse

Ka khut tenin hinsah jing hen
Akan gom'a ajung ho
Leiset chung'a goulou
Pu le Pa te akon'a eikipe son

Ka khut hin seihen
Teptena neilou hel'a
Vangbohna eipe jing'a
Nunnemtah hiche leiset.

Jungmayangla Longkumer



Thucheng hohi akoudoh he-in.

1. Thangvahna – Ka lolhin jeh-a pathen thangvahna kape.
2. Thilkidang – Ling kiho hi thilkidang tah khat ahi.
3. Pu le Pa akon'a kipeson – Lakoi la ho, gollui thusim ho chule chondan hohi athupin ahi.
4. Thilpha kipe – Kipa jal'a mi thil kipe.
5. Teptena bei – Mule ding gingcha lou teptena beija mi ding'a thil kibol.

KICHUH NA HO:

A. Hon/Akop chule changval'in lasim hi simun.

B. Thangvahna kiseina alhem'a kimang paocheng ho lasim'a kon'in ladoh-in.

Nang ding'in Vetsahna khat akipei – “Ka khut hin phong hen
Chule Vahchoihen.....”

C. A-'O'kai kibang paocheng ho sun'in.

Avetsahnan: kong : bong, sat : at, bol : kol,

1. Ahing 2. Phattheina 3. khut

D. Thudoh le donbut.

1. Lasim Thangvahna sun nu hin ipi vahchoina apeh ham?
2. Lasim sun nu hin ipi ahinjing ding adei ham?
3. “Ka Khut hin seihen.....” tia lasim'a asut hi ipi adoina ham?

SIMMUN 5

Sopfünuo Thusim

Adih bang'a kihil nadia akidoi:

1. Sim'un hi hetchetna neitah le aphachom ding'in sim'in.
2. Paocheng thah hohi hen lang thugol semna-in mang'in.
3. Akopma houlimna ho-a kon'in houlim dan kihil'in.
4. Sut tho le seitho-a kihilna kipe hohi henlang juijin.
5. Sopfünuo thusim chungchang hi hen.
6. Thusim chungchang'a thudoh hohi donbutnin.

Sopfünuo chu Rüsoma kho mi ahin,ama hi Mao gamkai sung'a cheng pasal khat toh anakicheng'e.Ajinei til'a chun kipah tah-in ana cheng'in cha khat jong ananeijin ahi. Ahivang'in ajipan numei dangkhat chenpi dia agel phatnin jankhang laitah-in amachu akho lang'a kinung le kit din anodoh tai. Sopfünuo chu ajipan abolna lhase tah le kicha pum pum'in gammang ahin jotnin akho lang'u jon ding'in jankhang laitah-in anakipatdoh tai. Acha chu akipoh-in meisel khat akidetnin a-In lhon chu ahin dalha tai. Ajipa chun amaisel det chu avephei peh-in lhang khat akhel lhon phatnin amutapoi. Lamkah-a achepetnin amaisel chu ahung thitan muthim lah-a lam ajot le amajong akisukhan amun'a chun athidentai. Anao poh pum'a kisukha ahijeh chun anahgu chun anao jong chu asut lih tha tai. Ama ni tahsa chu athina mun lhon'a chun song akisohden tai. Sopfünuo'n lam ajot na-a tenggol-a go aman jong chu don thah akisem'in goh dang ho bang'a dontou louvin adon suh-in ahi.

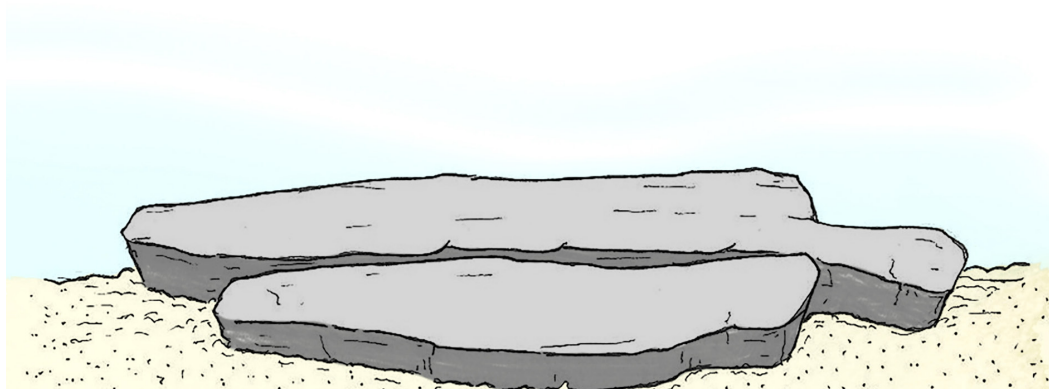




Sopfünuo inkote le ajipan jong hiche thilsoh hohi ahe pha pouvin ahi. Phat sot pi ama-a kon'a imacha thu akihet louphatnin, ajipa kho-a a-inkoten agahol taovin ahi. Aji pa kom alhun phatnun a inkote chu alung dong lheh jeng'un ahi. Ajeh chu Sopfünuo le anaovin a-In dalha ajamdoh lhon chule ajipan ji thah ananei aga mudoh-un ahi.

Sopfünuo inkoten ama le anao aga hol le naova chun mihem lim tobang'a um songpi ni aga muvin, hiche mun chu ajipan meisel kide amu khon'a mun chu ahi. Hiche song lim chu vet ding'in milhing khat le naocha lim bang'in akimun ahi. Amahon hiche chu Sopfünuo le acha hitei lhondi ahi tin agel lhaove.

Sopfünuo inkote thulhut dungjuijin Rüsoma khomite jousen hiche song chu che-a khosung'a ga pohlut ding'in kihouna anei taove. Song agah kai pat pat nu chun hui le go nasa tah ahung nung'in ahi. Song alenpa chu khosung mihon iti akai got vang'un kai jong akai chat thei louvu akimun ahi. Chu phat chun amahon song teni chu akan kop muvin akaiju va ahile hahsa louhel'in khosung gei akai lut taovin, hiche chu tuni geijin akitung nalaijin ahi.



Thucheng koudoh ho:

1. Akitopin – Paoboi chu lou lam'a ache petnin lampi-a Neneng toh akitoh lhon'in ahi.
2. Pen na mun – Lhilhing pen'a mun chu Kohima ahi.
3. Noichep lai naosen – Noi chep lai naosen hohi phatah-a vetsui angaije.
4. Hetchetlou thilsoh – Leiset na hi hetchetlou thil soh tampi a-um'e.
5. Don thah don – Hon'a muchi don thah ho.
6. Angah na – Thusim jouse hi angah na a-um'e.

KICHUH NA HO:

A. Anojia thudoh hohi donbutnin.

1. Söpfünuo chu koi ham?
2. Ipi dia Söpfünuo chu akho lam'a kile kit ding'a kigo a-ham?
3. Söpfünuo le anao chu akho lam'a akile lhon petna ipi ti lhon am.
4. Söpfünuo inkoten ama le anao aga hol'uva chu ipi aga mudoh uvam?
5. Rüsoma khomite chun song teni chu iti Rüsoma kho-a ahin kai lutnu ham?

B. Thucheng nahetsa ho mang'in lang a-ong lai ho sudim'in:

Atohkha	pen na mun	noi chep lai naosen	hetchet theilou	don doh	Tahsan
---------	------------	---------------------	-----------------	---------	--------

1. Thangboi jin lou lampi-a hompi _____ in ahi.
2. Ka _____ hi Pellhang kho ahi.
3. Nengboi jin _____ anei jeh in eiho lah-a lha sot thei louding ahi.
4. Hon sung'a be kitu ho _____ pan tai.
5. Song teni, Söpfünuo chule anao ahitei ding chu insungmi ho _____ ahi.
6. Jan khang le thingpung ho alim _____ kidang tah-in akimu ji.

C. Thusim sei nikho khat gong'in lang jilkung pan jillai ho hon chomchom'a gollui thusim simsah/ atho sah di.

D. Jilkung pan paocheng gintah-a asimdoj najah ho chu kol khum'in.

Rüsoma	Nat sah	Akihal
Pen na mun	Toset	Lhang
Nahgu	Kikhen lou	Don Doh
Go Chung lam	Song	

E. Anoija bom sung'a kipe hochu mang'u hitin gollui thusim ho aseije dan kihil'ute. Sopfünuo thusim mang'in lang bom B sung'a khun nahet dungjujin donbutna pe-in. Thusim adang dang ho-a jong nabolthei ahi.

A	B
Mikhat tou Thusim'a akisei pipen pa/nu koiham?	
Ngaichat Thusim'a akisei pipen pa/nu ipi angaichat ham?	
Ahivang'a Aboina chu ipi ham?	
Hijeh-a chu Boina chu iti kisulham'am?	
Hiti chun Achaina-a ipi ti-am?	

SIMMUN 6

Nagaland na lou kibol dan

Adih bang'a kihilnadia akidoi:

1. Simmun hi het gilna neitah-in aphachom din sim'in.
2. Paocheng thah hohi henlang chule thugollhing semnan mang'in.
3. 'O'cheng'a kisei le sut tho-a kipe kihil naho phatechan hechen'in lang chule juijin.
4. Simmun chungchang thu-a kihoukhom na ho-a pontho tah-in pang'in.
5. Athu kitohchet thugollhing phabep sun'in.
6. Alhang lhon'a Nagaland na muchi kitu ho he-in.
7. Changkong le thinglhang lei boldan he-in.
8. Khosung'a louvaimi hon ihinkho-uva, pan alah naojouse kipapin.

Loubol hi Nagaland gam'a dia natosh pipen khat ahin, adeh-in khosung miho dia akivah nao ahi. Chang akivahnao pipen ahitoh lhon'in agampeh hop jakhatna hop somsagi (70 percent) tobang hi changkong leijin akibol'in ahi. Hiche gambih sung'a hin chang hi lamnin akibol'in ahi. Amaho chu changkong lei le thinglhang lei ahi.

Changkong lei

Changkong lei hi lhang cham heo/ken heo ho chule phaicham ho-a aken le acham to poh-a akham ksepma chang kiphutji-a ahi. Nagaland gamsung'a mun tamjo-a changkong kimu hohi phaicham lei twi lahna bai ho-a kibol ahi. Twi bul'a kon'a kila twi chu akong hojouse-a alut thei nadin twi lam akisem cheh-e. Chule akong jousea



twi alutna akivei thei nading'in jong akham phatechan akisepjin ahi. Twi lam twi chu, hitia chu aban ban'a akong jousea longlutna, achan soh jouteng jongle aban'a changkong ho-a kipe kit ji-a, twi ngaichatna a-um lou mong mong teng apotna/ alondoh na ding alam kitempeh-a kilondoh sah kitna ahi.

Chang akhanlai sungsen/ ahiloule aga amin'a a-at phat kahsea twi kipe ahi. Amavang chang ga amin na a-at phat teng changkong'a twi jouse chu kilha kang'a at dia kigong tup ji-a ahi. Nagaland gamsung'a changkong chang voh phat hi amun ahiloule agampoh dol'in agei le apal jep um jongle alhang lhon'a kihe chu ellha-phat sung hi ahung hiji. Hitobang'a lou kibol'a chang kiphut tho hi 'changkong' lei akiti.

Thinglhang lei



Thinglhang lei hi amin chom chom'in jong akiseijin, kivatna kihal (slash and burn) ahiloule mun kichon lele-a lou kibol (shifting cultivation) jong akiti. Thinglhang lei hi gambih khat kivat chaija, akivat lhu ho thing le go chule adang hojouse agot jouteng le kihalngim ji-a ahi. Lou akihal jouteng thing kiphuh ho chu kimang'a chang kisep ji-a ahi. Hiche chang kisep chu go ahung hat teng go twijin aleiset chu alhoh mang/ alhoh lhah lou nadia anang dia kisepji ahi. Muchi chivo hojouse chu lhakao le lhatun sung'a hi kitu ji-a ahi. Muchi kilhah hochu chang, kolbu, malcha, dahdul, mim, changmai, be kungbul chule mai hohi ahin, amavang api pen'a thinglhang lei kibol lona chu chang (Bupi) hi ahi. Thinglhang lei kibol dan hi, mun khat kivatna kum 2-3 tobang louva kibol'a, achul'a lei aphot lou teng le munchom alei phalai khat kihol'a kivat kitji ahi. Hitia chu athah kivatna kihal kitji ahi.

Paocheng thah hohi hen:

1. Kivatna kihal lha - Thinglhang lei bol nadia gambih khat kivatna kihal lhaji ahi.
2. Chang kiseppi - Chang kise na-a thing kimangji ahi.
3. Thinglhang lei - Thinglhang leija muchi chivo kitu ji-a ahi.
4. Changkong lei - Nagaland na changkong lei akhabol'in ahi.

KICHUHNA:

A. Anoiya mun kipe dungjujin thugol hohi sim'in lang adih-in sunlutnin.

1. Changkeh hochu aban neichan akong sung'a chun ahung keh dohji.
2. Mim le mai hochu changkong pang dung'a chun akituji.
3. Lou bol hi twi lam chung'a kingam ahi.
4. Lou kibolna mun chu akikal chop chule muchi aki lhah masang'in akihalji.
5. Loubol mi hochun kum phabep aboljou teng'ule alou mun'u chu adalhaji taove.
6. Hiche bang'a lou kibol ho-a hin chang keoseh bou akituji.
7. Hiche tobang'a lou kibol ho-a hin muchi chivo dang dang jong akitu thaji.
8. Twi kiveithei nading'in leija akham akiseppi.

Changkong lei	Thinglhang lei

B. Naloi khat toh toukhom'in lang khat joh joh chu thinglhang lei bol chule khat chu changkong lei bol dan'in kigel lhon'in lang, nalou boldan lhon cheh chu seikhom lhon'in. Nakihou chai lhonteng nachang'a touvin lang, naloipan naseipeh hochu anoiya hin sun'in.

Naloipa min: _____

C. Anoiya thudoh hohi donbutnin:

1. Nang ho gamkai sung'a lou iti kibol ji-am?
2. Nangho gamkai sung'a apipen'a muchi kitu ho chu ipipi ham?
3. Nangma nahung kxanlhith teng loubol mi nahi nom'em? Nanop nanoplou ajeh seijin.
4. Changkong kibolna chungchang'a na akitongji ni sun'in.
5. Thinglhang lei kibolna chungchang'a na akitongji ni sun'in.

D. Nangma khosung/ town sung ho-a jat chomchom'a lou kibol ji dan ho alim sem'in.

E. Naga jat ten lou abol petnule ahon hon'a la asah hou khat kihil'in. Jilkung ho chule naloi nagol ho masang'a lasah kilhah-uvn.

SIMMUN 7

Gancha ho

Adih bang'a kihil nadia akidoi:

1. Nangma paova, In gan ho le gamsa ho min he-in.
2. Gel gilna neitah le aphachom ding'in sim'un sim'in.
3. Paocheng thah hohi henlang chule adih-in thugol lhing semnan mang'in.
4. 'O' cheng'a kisei le sut tho-a kihil naho phatechan hechen'in lang chule juijin.
5. Nangma cham'in sim'un chungchang thugol lhing phabep sun'in.
6. Na class sung'a kihoulim naho-a sim'un chungchang'a houlim naho-in pan ha lah-in.
7. Nangma gambih sung'a kimujing gancha hole gamsa thu he-in.
8. Gamsa ho het them na le honbit nading'a lungel neibe-in.

Boithang hi gancha avah nao mun'a (farm House) acheng'in ahi. Jinkah seh leh ahchal khong ho chun asukhang jin ahi. Ama chu ameng chaovin bu In'a chun ana lamto jin ahi. Cha adon jouteng ganchaho chu agavil jin, a-uicha Sunny chun ache nalang jousea ajuile jin ahi. Apan, Bong, Loi chule Kelcha ho pol'a avah hochu agavejin ahi.

Gilkel tah-a um vocha ho chun ama amuteng'ule oink! oink! tin aham jiuvin ahi. Vatot te nuchaho chu bol'a chun anakijap jitaove. Boithang'in ahpi ho chu honsung'a kon'in anodoh-e. Jan'hi lele-a a be tu jouse chu ana thai doh peh gam taovin ahi.

Tuni tengle aman In kom'a gammang'a khu asel ho chi agapeh ding ahi. Aman lha sung'a asel ho vet na dia tunia bou hi phat amu ahi. Sel hi, In'a kivah gancha dangho



to abangpon, ama hi gammang'a lhatna akom avel'a thingna louhing ho an'a neija lhat ding anom jon ahi. Hiche jeh-a chu sel hohi semi- domesticated kiti-a ahi. Sakhi hole Sasan ho akimujap-jap jin, Saipi chule Hompi hovang gam gil lang'a bou a-um jiuvin ahi. Louva kolbu ho amin teng Boithang insung miten vomp i ahong jiuvin ahi. Vompin kolbu adu-in, loubol hon phatseh leh alou-uva kolbu ananeh pet aga toh khajiuvin ahi. Khangkim jou/ khovah masang teng Si-al hole ngei ho ong je-jun'in gam mang lang'a kon'in ahung ham jiuvin ahi. Boithang dia gamlen le thangkam hi apu apa khang'a kon'a ana boljing'u ahin, tunvang khosung upa tehse hon akhah taove. Akom avel'uva gamsa ho honbit le ventup ahithe i nadia hiche chu abol'u ahi. Amahon hiche goulutah Pathen thilsem hohi atu achateu khang geija afeh son nom'u ahi.

Hiche paocheng hohi he-in:

1. Gancha ho - Golvah akibol teng gancha akithat ji.
2. Insung mi - Akim ding'a Alal khu a-Insung mi ahi.
3. Thangkam - Tehse hon thangkam ding apha l tapouve.
4. Khangkim - Khangkim lang'in si-al aham'e.
5. Goulutah - Eiho ding'a dahpi hi goulutah ahi.

KICHUHNA:

A. Anoi ja thudoh ho hi donbutnin:

1. Ibol'a sel ho hi gammang'a kiman, In'a jong vah thei gancha kitiji-a ham?
2. Ibol'a Boithang insung miten vomp i ho ahol jiu ham?
3. Boithang te gancha kivahna mun'a gancha umho amin seijin?
4. Ibol'a gamlen hi suhtang ngaija ham afeh thum sun'in.

B. Kol bem sung'a In gan le gamsa ho adih-in sunlutnin:





C. Jilkung pan asimдох thugol ho hi phate chan ngaijin lang adih, adihlou. Athugol cheh-a sun'in.

1. Ahchal jingkah teng akhongji. _____
2. Boithang lemnan vohcha hon oink! oink! tin aham jiuve. _____
3. Chi hi kelcha ho aki lesahji. _____
4. Sel ho gamlah-a alha jiuve. _____
5. Saipi ho gam gil jep lang'a khun aki muji. _____
6. Boithang, alunglutna pen chu gamlen le thangkam ahi. _____

D. Simmun'a kon'in thucheng lanlang anoija thugol kipeho akoudoh sun'in.

1. Leivai lah-a an hol _____
2. Vohcha ho ham dan _____
3. Phat khat khat le sel ho thil khat kipeji _____
4. Mikhat ahiloule thil khat ve-a gache _____
5. Ima poh nget ngot na lhai ahiloule pe _____
6. Tha ding'a thil khat kihol _____
7. Akilet dia twi sung'a vah lut _____
8. Chang min ki-atna kikhomtup _____

E. Hiche thugol hohi sun lhing'in:

1. Boithang'in _____ amui.
2. _____ khong hon Boithang asu khang jiuvin ahi.
3. Tuni teng aman ln kom'a _____.
4. Loubol mihon phatseh-in _____.
5. Bu ln'a chun _____.

SIMMUN 8

'GO' THEMBOL

Adih bang'a kihil nadia akidoi:

1. Lim'a kon'a sim'un kiseum hi phate chan ve-in lang seijin.
2. Hon, akop ahiloule class-a sim'un chung chang thu-a kihoukhom naho-a pan halah-in.
3. Midang'a toh kilou go-a them kibolho chu amin seijin lang kohdoh-in.
4. Thil ho le lim hon avetsah ho hilchen'in.
5. Go-a kiseum thil avethou chu akiman'a seipeh-in.
6. Simmun'a lim kimu ho-a kon'in thugol lhing phabep khat sem'in.
7. 'O'cheng le suttho-a kihilna kipe hi juijin.
8. Paocheng thah hohi henlang chule thugol semnan mang'in.
9. Go alutna hi hen – mantamlou, ninglhing tah-a kimujing chule mihem hindan suse louhel'a suh mang jeng thei.



Jilkung ho hetding:

1. Hilchen masa louva lim vetsah-a, chuting lim chun akodoh le akiman'a jouse simlai ho adoh-a aseisah di.
2. Lim'a kivetsah chun ipi akodoh ham aseisah diu/asutsah diu ahiloule ipi akoudoh-am amin aseisahdiu. Avetsahna-a go-a kisem thil anamu khahsao ahethou chu amin aseidiu chule akisemdan le alulna, manlhomcha, phatseh-a mujing thei ahidan'u chule thanglouva bailam cha halvamthei ahidan ahetdiu.
3. Hon ahiloule changval'a aboldiu aseipehding. Tohding kiseipeh chu hilmasa louva aboldoh tokahseova abolsah diu. Avetsahna-a thil abolsah jouseo chu simlai hon aboldan'u le ageldan'u aseisah-a phate keicha angaiding, ajeh chu hiche chun simlai hochu avel'a ahiding bang'a aboldoh theina diuva lampi avetsah ahi. Hiche ho jouse a-umdoh theina dia jilkung hon simlai ho ipi nagel'uvam tia athil bolsah na chungchang'a thu adohding ahi. Jilkung hon adih pen aseipeh masang'a simlai ho ageldan'u aseisah tah di ding ahi.
4. Go-a khutthem kibolna-a akhoh ho se class sung'a phatecha aseipeh-a iti kibol'a semdoh thei ham ahilchetna aseipeh ding

KICHUH NA HO:

A. Lim venlang donbutnin:

1. Jillai ho thiljoh na-a (duka) achieve. Hiche chu ipi kijohna (dukan) ham?
2. Dukan sung'a thil umjouse chu go-a kisem cheh ahin chule Naga ten amangsoh keijuve. Hiche ho lah-a nahet ho chu amin seijin?
3. Nangho nam miten naman hou chu amin seijin lang kohdoh-in?
4. Jillai ho lah-a chun nangma jaole chun ipi nakichoh dem? Chule ibol'a nachoh ham?

B. Ahon'in toukhom'un lang lim ho lah-a thilkhat chu nalung thim'in lhengdoh-in chule nalo ho kom'a amin seidoh louvin alim dan joh seijin. Thugol pat na sun'in lang ipi ahi nalo ho seidoh sah-in.

Hiche hi -----?

Vetsahna : Hiche hi khon ham ?

Hon lah-a jao jousen amaho deicheh thilkhat alim dan aloi ho aseipeh-uva ageldoh sahdiu.

C. Lim hohi venlang ipi-a imanchah jiuva sun'in:

1.



2.



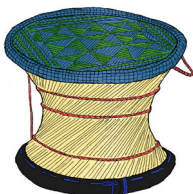
3.



4.



5.



- D. Eiho Nagaten go hi lam tamtah-in imangchaovin ahi. Na- in le akimvel lim sem'in. Go kiman'a dingho se chu nalung'a gelto chet'in lang anoiya mun ong ho ahin sun lhan.**

- E. Go hi thing sang'a manbai jo ahi. Gangtah-in akhang len jin chule ninglhing tah-in akhang len jin chule ninglhing tah-a kimu ahi. Aman lim le hui theng eipe jiuve. Mihem hindan suse louhel'a suhmang thei ahi. Alangkhatna plastic hohi aman atam'in chule mihem hinkho suse louva idei phatna suhmangthei ahipoi. Hiche hi athang'in chule hui ho asuneh-in ahi. Niseh hinkho-a nangman plastic kiman'a ho mun jousea go-a kon'a kistem thil-ho man khel ding gel'in.**

F. Ipi thil hileh go-a kon'a kiseum thei khat alim sem'in. Asemna ding thil aum'a ahile upa khat kihilsah-in lang semdoh ding go-in.

Plastic	Bamboo
1. Thihkhe ho	1. Go-a kiseum thihkhe ho
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

G. Ahon'a kimanchah naho:

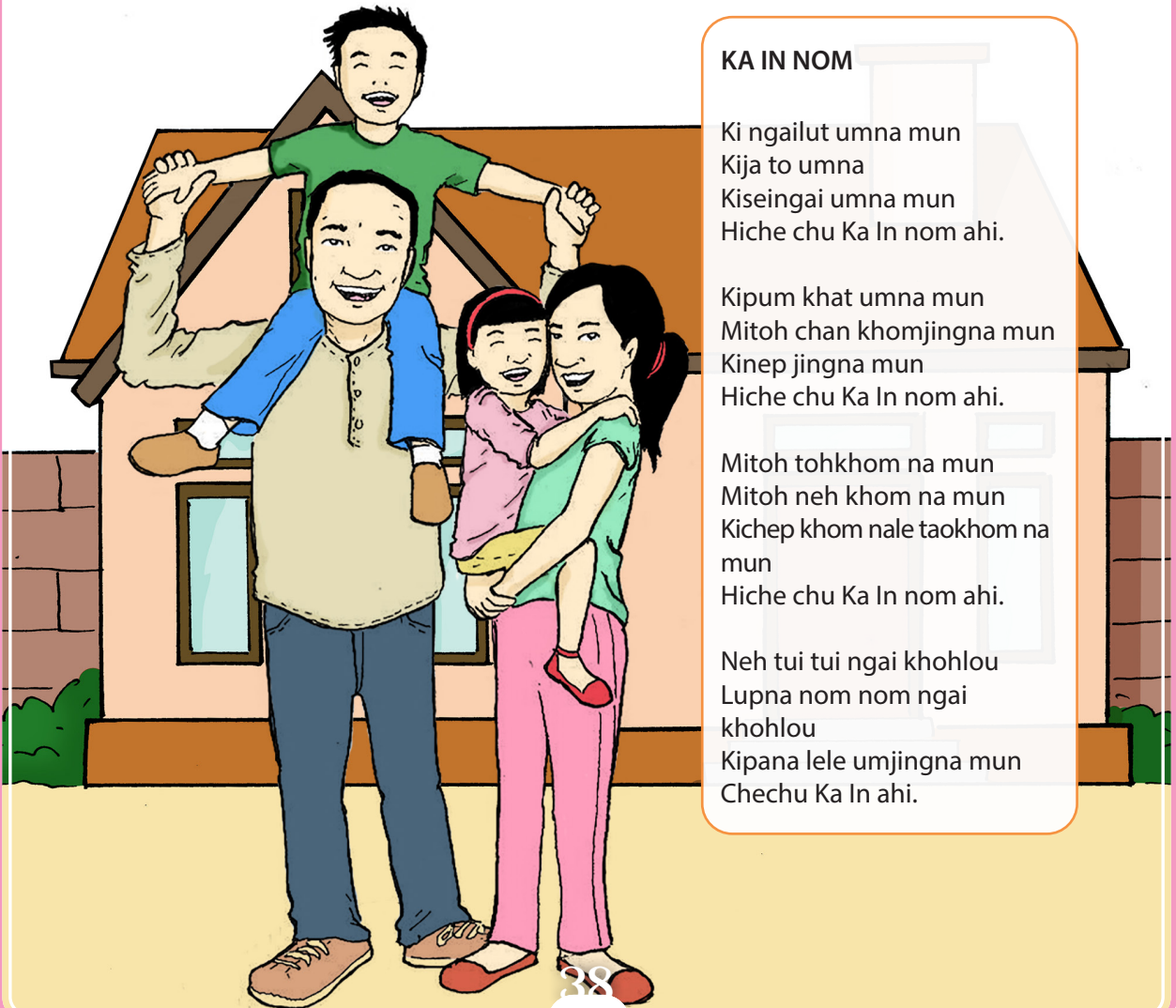
Class na simlai ho hon lhom cha cha-in hom khen'in lang , upa te ahiloule nu le pa te toithu semje ahe khat tem'in lang, akibolje dan ho simlai ho ahil'uva amahon jong abol'u ngaija ahi.

SIMMUN 9

Ka In Nom

Adih bang'a kihil nadia akidoi:

1. Lasim hi ngeitah, kicheh tah chule a-'O' kai ahiding bang'in sim'in.
2. Lasim hi abailam chan hen, chule seijin lang sun'in.
3. Lasim chung chang'a thudoh hohi donbut'in.
4. Thucheng a-'O' kai le angah na kibang hohi hen.
5. 'O' cheng'a kisei le sut tho-a kipe kihilnaho phatechan hechen'in lang chule juijin.



KA IN NOM

Ki ngailut umna mun
Kija to umna
Kiseingai umna mun
Hiche chu Ka In nom ahi.

Kipum khat umna mun
Mitoh chan khomjingna mun
Kinep jingna mun
Hiche chu Ka In nom ahi.

Mitoh tohkhom na mun
Mitoh neh khom na mun
Kichep khom nale taokhom na
mun
Hiche chu Ka In nom ahi.

Neh tui tui ngai khohlou
Lupna nom nom ngai
khohlou
Kipana lele umjingna mun
Chechu Ka In ahi.

Thucheng hohi akoudoh he-in.

1. Kiseingai - Kivaipoh na-a kiseingai toding apha.
2. Kipum khat - Jat khat hina-a kipum khat ding angaije.
3. Kinep - Sekul kai chapang khatnin umchan pha athodoh ding kinep umtah ahi.
4. Kichep - Chapang ho kichep ding athanom jiuve.
5. Taokhom - Insung'a taokhomna man angaije.
6. Kipana - Mi kipana ding bol angaije.

KICHUH NA HO

A. Hon/ Akop chule changval'in lasim hi simun.

B. Anoiya kijihtan Paocheng hi nangman a-'O' kai kibahpi paocheng ho-a thugollhing nasem thei dem.

(Nang ding'in vetsahna khat akipe)

Vetsahna:

1. Bu **hon** nading'a bubel ka **son** masah angaije. (hon/son).
2. Thing _____ ho akoudoh vah thei ji poi. (ging /hing)
3. Najachat le kot chu kam'in lang _____. (nuijin/lam'in)
4. Ki da na hi ____ na jong ahi. (nui/ka)
5. Sa gu hohi Uichan a - _____ ji-e. (pu/du)

C. Insungnom semdoh/ sosah thei nadia angaicha ho phabep sun'in.

SIMMUN 10

Som-In

Adih bang'a kihil nadia akidoi:

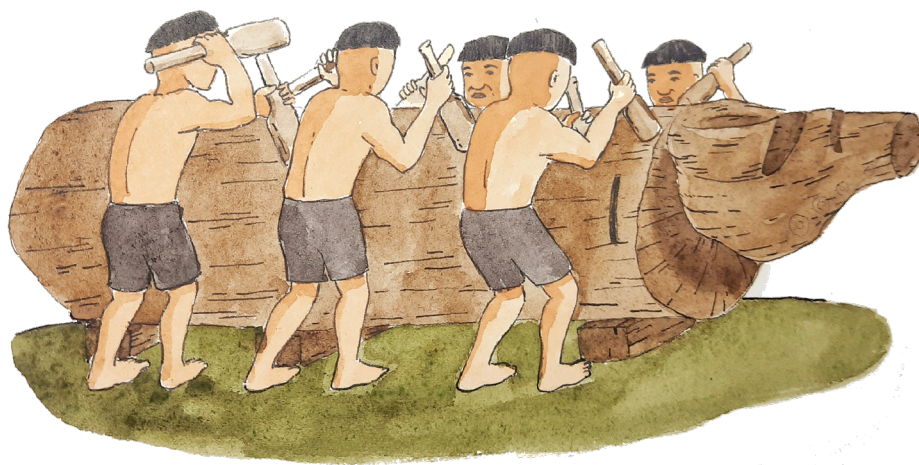
1. Morung hi ipi ham? He-in.
2. Morung akiman'a jat chomchom ho he-in.
3. Masang laija, khanglai ho themjil nadia Morung athupi dan he-in.
4. Paocheng thah hohi henlang, thugol cheng semnan mang'in.
5. Gel gilna neitah-in simmun hi sim'in.
6. Simmun chungchang seijin lang chule thudoh hohi donbutnin.

Morung hi khangdong jinei lou lai ho ge khom na/lhat khomna In ahin, chule phat khat na dia, Nagate chon'a dol'a thil khoh tah khat ana hi. Khosung dia morung hi kithang-at pi umtah ahin chule phat jousea gal'u kilaho le thing'a kisem milim ho-a chu kijem pah ji-a ahi. Morung chu khangthah ho dia themjil na le chon chanpha kihilna munpi pen khat ahi.



Lam chom chom'a thilpha tampi le natosh doh na morung'a kon'a a-um doh theijin ahi. Pasal chapang morung'a jao ho chu jinei thei ahi teng'ule adalhaovin Insung asem pan ji taove. Chule kho'n aguh-a gal'u alah ho, chemho, tengcha chule lumdal hose hi morung'a aman lou nadin akikoi tup jin ahi. Lakoi la, gol lui thusim chule chon'a khan'a dang dang ho chu morung'a akikihil jin ahi. Gal bol ding hihen lang cham na thu sei ding hijongle morung'a hin seilhah na aki nei jin ahi.

Numei ho chu pasal ho ge na /dan'a avalut diu phal ahipoi. (Nam abang khatnin numei ho morung jong aneijun ahi). Nagate chon'a, khan'a ho jouse hi tehse ho-a kon'in ahung kipe son'in ahi. Morung'a a-um sung'uva ahung kihil'u chu gol lui la, lam, thusim kisei, thing them bol, pon khon je chule adang dang ho jouse hi hung kihil jiu ahi. Numei hon sunteng In'a na atong jiuvin, jan le agena mun'a ache jiuvin ahi.



Nam phabeb khat ding'a Morung'a thil khoh pen chu log drum hi ahi. Hichechu thing hom kisuitoh-a among lang khatna mihem lugu ahilouleh Sel lu kikoi ja ahi. Hiche thingkhong (log drum) chu avoh nading thing'a Kise'm'a alang khatna miho kigol uva kikhen ji-a hichechu mile khat gam La-a jong kithong ji-a ahi. Kihou khom nading, galjo-na, kigin'a dia thupeh, khosungmi thina man'a ho a-um teng morung'a thingkhong (log drum) chu akivo/ akikhen jin ahi. Vangset umtah-in nikho le phat ho kikhel dung juijin morung khoh sah na hi ahi ding bang'in a-um jou tapon ahi.

Thucheng Koudoh:

1. Kithang-at – Nu le pate kithang-at pi theija umchan tho gotding angaije.
2. Som-In – Som-In sung'a gena ding mun a-umji.
3. Pu le Pa – Pu le pate-a kon'a eikipeson chondan ho.
4. Thing hom – Thing hom sung'a twi kivei den.
5. Mol bong – Thingkhong vohna ding'a thing kisui.

KICHUH NA HO :

A. Thudoh hohi donbut'in:

1. Morung hi ipi ham?
2. Nagate chon'a le khan'a Morung'a kihil ho chu ipi-pi ham?
3. Morung'a thingkhong chu ipi-a kimang ji ham?
4. Naga chapang ho chu itih chan gei Morung'a chu umjiuva ham?

B. Thucheng thah nahet ho mang'in lang a-ong lai su dim'in.

Kithang-at	Som-in	Pu le Pa	Thing hom	Thingkisui mol bong
------------	--------	----------	-----------	---------------------

1. Numei ho _____ na chun lupna somle gup a-ume.
2. Thingkhong chu _____ chun akivo/akikhen ji.
3. I-in'u isah na lei mun hi _____ te gou ahi.
4. Thangpu'n amom lhum _____ sung'a asel'e.
5. Lhang chung'a gilja-In hoitah kisa khu khosung ding'a _____ pi umtah ahi.

C. Nangho nam Morung khat cheh sem'in lang jem pah-un.

D. Morung umdan bungkhat sun'in. Tukhang'in, hiche Morung (Som-In) chondan kijui leh naga nungah gollhang hon aphot chompi diuvem.

E. Anojia kipe thucheng hohi mang'in lang thugol sun'in. (Khangdong, tengcha, lumdal, milim, Khosung)

F. Class-a simlai ho ahon hon'in homtoh-in. Masanglaija Morung ho iti anakimang'a ham nahetdoh theina din upa khat kihoupi-in. Nachen'a vel'a morung a-um le gavi'in. Nalah-uva lamkai khat nalhendiu, ama chun thil nakihil hou chule namudoh houchu class-a aseiding.

SIMMUN 11

Humpi L e Ukeng

Adih bang'a kihil nadia akidoi:

1. Simmun hi hetchetna neitah le apha chom ding'in simmin.
2. Paocheng that hohi hen lang thugol semna-in mang'in.
3. Hon le akopma houlimna ho-a kon'in houlim dan kihil'in.
4. Simlai ho akopma toukhom'uva amaho deibang'a thusim hi aseithei diu.
5. Thusim'a kihilna ho ahetdiu.

Nikhat hi humpi le Ukeng akichop tet lhone. Ukeng chun Humpi mei leh chu apetnin Humpi iti achop vang'in Ukeng chu Humpi masang'a agachutei tei jeng ji. Ijatvei akichop tet lhon vang'in Humpi'n Ukeng chu atha jou ta poi. Chuphat nin Humpi chun ahile kiloh tet hite tin achoukit tai. Humpi aloh le sajuh, sakhi, ngalchang guho mulho alodoh doh jeng'in ahi. Chuphatnin Ukeng jong chu alo tai. Alo le Humpi mei akichop tet lhonna ape na akam'a um ho chu alo doh-e. Humpin jong avet le humpi mul jeng aloh doh chu amun akicha behseh-in ajam tai. Humpi, hajam'a ajam le jong hon khat akitopin ahi.



Jong ho jong chun, 'Humpi, ipi gin'a nahung chuti jam mongmong ham? tia adoh-ule Ukeng gin'a kahung jam ahi ati. Gaveu hite tin jong ho chun achuti tem'ule Humpi jong kichasa san ahile ibon nun kikhit matnu hitin gavenao hite tin anom'in, amaho jong abonchaovin Humpi amasa pen'in akikhit mat soh keijun Ukeng veding chun ahung taove.



Ukeng jong chu nom tah in athalnga lang tah-a ana lum'e. Humpi le jong ho kikhitmat det dot na ahung'u amu phatnin 'Humpi, nahung hitam? Nahin tam kai jep le iti em? Nanu napa kanehna mulho namun nang jong kaneh-a naban nuva kaban neh ding nahiuvé' agah ti. Humpi akichat nakah-in akicha behseh in hajam jam'a ajam le achuti lhai jeng le anung'a akikan matpi jong ho thing le song voh na'a aban nei le atel adah-in ajam gam jeng tai. Achol val phatnin athi mil'in alup jeng le Ai jin ahung mudoh-in Humpi kam sung'a achil phon anot not le ahung hai lhung'in avet le Jong ho gubong khat khaova ana kikhai amubep min, 'hat jep hih leng keijong eineh tha tei ding ahi' tin akichat lotnin ahai lhung hoi jeng tai.



Ai jin ahinkho apeh jeh chun Ai jah'a ipi kabol peh ding ham ?ati le Ai chun ima jong kangai chom poi, hin nisa lhum kon nidang san le kanam najah le nei hung ve jing tan' tin adonbut ne. Hiche jeh-a tukhang geija. Tehse upa hon nidang san le gamlah'a Ai igo le Humpi ahung jeng jeng'e tia akham'u ahi. Hiche hi tahbeh mong ahin, nidang san le gam gena gamlah dung'a Ai kigou ngai lou ahi ajeh chu Ai kigou nam ajah le Humpi hung tei tei ahi.

Paocheng thah ho

1. Kichop – Tol'a kon'a kichop khang/ sang
2. Akikhit – Bang'a khao akikhitne
3. Loh – Ka loh asoh-e
4. Gubong – Ball pehna-a a-gubong jong a-umji-e
5. Kigou – Gammang'a ai akigou jipoi

KICHUH NA HO

A. Anojia thudoh hohi donbutnin:

1. Humpi le Ukeng chu iti kichoptet lhon'am chule kojoh hatnam?
2. Humpi le Ukeng chun ipipi alohdoh lhon'am?
3. Humpi chu ibol'a jam'a ham? Ajam petna koi akitopi am chule amaho chun ipi adoh-uva aman iti adonbutnam?
4. Humpi avel'a ajamkitna chu jong ho chu ipi ti-am? Humpi chu ipi ti-a chule kon ahuhdoh ham?
5. Ai jin Humpi chu ahinkho apeh jeh-a Humpi'n ipi abolpeh dia Ai jin aseijam?
6. Tukhang geija tehse upa hon ipi ding'a gamlah-a ai go ding hi akham jiu ham?

B. Thucheng nahetsa ho mang'in lang a-ong lai ho sudim'in.

(Akichop, Guho mulho, Gin, Athimil'in, Nidang san)

1. Humpi le Ukeng _____ tet lhon'e.

2. Humpi aloh le Sajuh, sakhi, ngalchang _____ alo doh doh jeng'in ahi.
3. Jong ho chun, 'Humpi, ipi _____ na nahung chute jam mong mong ham?'
4. Humpi akhol val phatnin _____ alup jengle ai ji nahung mudoh-in ahi.
5. Tehse upa hon _____ le gamlah-a ai igo le humpi ahung jeng jeng'e tia akham'u ahi.

C. Anoja kipe hohi adih adihlou sun'in.

1. Humpi le ukeng chu akichop tet lhon'e.
2. Humpi mei leh chu ukeng'in apetnin humpi akichop tengle ukeng chu humpi nung'a agachu ji-e.
3. Humpi aloh le sajuh, sakhi, ngalchang guho mulho alodoh-e.
4. Humpi ajampetna anung'a akikan matpi jong ho jong chu ha jam'in ajam'un ahi.
5. Jong ho-in humpi hinkho apeh jeh chun ipi kabolpeh ding ham ? Tin humpi'n adong'e.
6. Gamlah-a ai igo le humpi ahung jeng ji-e tia tehse upa hon gamlah-a ai goding hi akhamjiu ahi.

D. Akop chule ahon'in toukhom'un . Khat khatnin kilhah-unlang nangho hetdol'in thusim hi seikhom'un.

E. Lim hohi ven lang achungchang'u thugol 2-3 lang sun'in.

a)

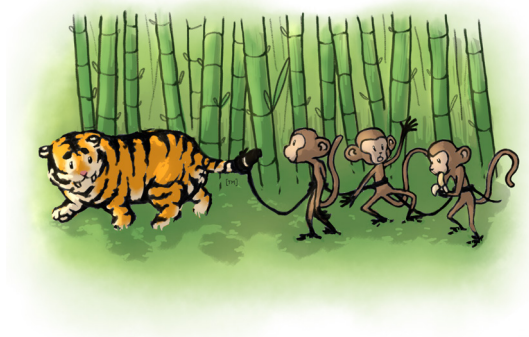


.....

.....

.....

b)



.....

.....

.....

c)



.....

.....

.....

**F. Simmun'a um thucheng ho jilkung pa/nu - in 'o' ging'a asimding.
Simmun chu ven lang thucheng najah ho jih kol'in.**



**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"