

CLASS - 1

Nagaland Heritage Studies

KUZHALE/KHEZHA



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



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NAGALAND HERITAGE STUDIES | CLASS 1 - KUZHALE

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Illustrators: Imtinungsang Longchar

FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

SE KERI

Atsa Kuzhale Leshidah class keke lohlo shühpatöro weh thu kebeh hi jadikie' leshidah thu kebehro jü thsü mewepe lodah. Hyjüba' mecyi kuzhami leshikyero loh kuzhale kepchrü leshidahro thsülo son phrühwöh, ne' mheche nü tsühlo medöh wekehe' son bedeh züjeo leshidahro mecyi thsümewepe toh mo'südah. Shüshüh zü so State Council of Education Research & Training (SCERT), Nagaland mherhü zü son Director of Education, Nagaland mecyi lyrhü son atsa Leshikye kepchrü leshidahro thsü kebeh hi thsü mewepe son thu kebeh hi ngö eny kehtsü pfoh mechehiah.

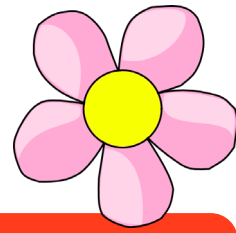
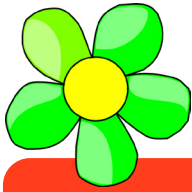
Leshidah kethse' atsa thuphre kehlora hy SCERT le' DoSE nhi nü English lohlo thu kehchio hi Nagaland leshikye medöh jeo thsülo son Nagaland loh language Officer, Assistant Language Officer le' Language Assistant ro nü keke' pfoh ledyedye lle loh khehilo son Nagaland loh leshikyero medöh leshi kepchrü' dah zhe son pfoh phrüh de züjeo thsü son aro kuzhale loh mecyi Eno Wekutso Tsühah L.O. le' Eli Dekule. L.A nhi nü keke' pfoh aro kuzhale loh kehchi hy. Dr.Ditsolo Kapfo, Rehcie, kuzhale Lethu Lychi (Khezha Literature Committee) nü kecho ' dele kecho ' dele' hi son pfoh thuphreloa.

Kuzhale kemetharo ketöh mecyi noro kewekele' khehi son kepchrü nömiro metha pfoh mheche kewe loh khehilo de züjeo rhithsü son nömiroeh metha' hileh, shyro khaweah.



Dr. DITSOLO KAPFO

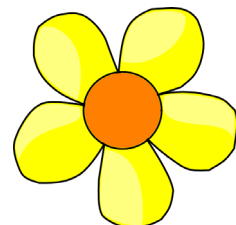
Rehcie,
Kuzha Lethu Lychi



Kephrüdzero

Nü

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1. Lishikhu Lee' Keko Zho'ro

Ehdze' hyno phrüh kehlochy:

1. Nomi lephre loeh leshikhuro chelo de.
2. Nomi lephre loeh leshikhuro ko chelo de.
3. Nomi lephre loeh leshikhu keko zho' ro puh chelo de.

ALPHABET SOUNDS

(Leshikhu keko da')

A=a	B=ba	C=ca	D=da	E=e	F=fÜ	G=ga
H=ha	I=i	J=ja	K=ka	L=la	M=ma	N=na
O=o	Ö=üw	P=pa	Q=qa	R=ra	S=sa	T=ta
U=u	Ü=ü	V=vü	W=wa	Y=ya	Z=za	

Aa

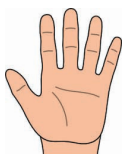


Amche



Amezö

Bb



Bazü'



Batrüh



Bethu

Cc



Cekye



Chühbo



Chehmere

Dd



Dahngoche



Dzüna



Dzühnü

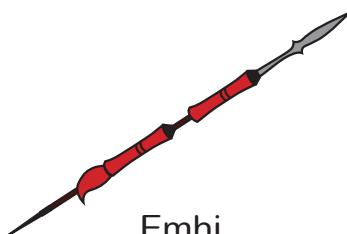
Ee



Ebuh



Ethe



Emhi

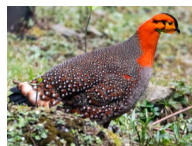
Ff



Füdzü



Füyo



Füdye

Gg



Gari



Gada



Gitar

Hh



Hasüh



Hana



Hapöha

Ii



Eli



Keti



Keni'

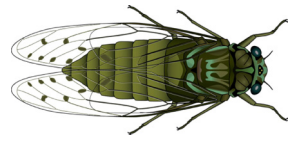
Jj



Jühkhu



Jühla



Jomü

Kk



Kavübo



Kemhö



Kahpfhü

Ll



laceh



lashe

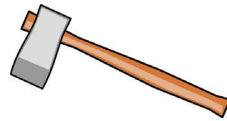


Leshida

Mm



Menapa



Meri'



Mezhü'

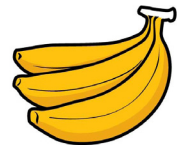
Nn



Nechü



Netho



Ngaache

Oo



Lodipa



Lehbo



Tomhi

Öö



Ketö'



Hamö'



Töka

Pp



Pahkhi



Pahyiche



Phekherü

Qq



Qahkhe



Qakie



Zhiqa

Rr



Rahna



Riha

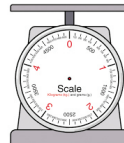


Rocükho

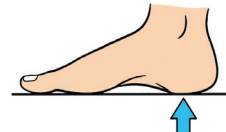
Ss



Sakhrü



Sherü



Shüdoh

Tt



Tacoh



Tephu



Torahche

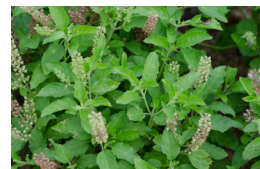
Uu



kumo'



Tekhou



Netsu'

Üü



Ehvü



Jüyifü

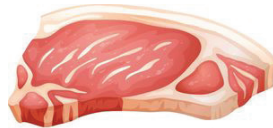


Fütsü

Vv



Vüdo'



Vothsü



Vüvü

Ww



Wanoh



Wöhjo



Wöhne

Yy



Yehprü'



Yibo'



Yiche

Zz



Zacü'



Zahtha



Zhobo

DAMEHDZÜ KEHTSÜ

A. Leshikhu lee' sekhö' thumebeh kehtsü ro phrüh tetro hi.

B. Aro lephre loeh leshikhu ro thuche lo.

C. Leshikhu' keko da' pfoh shü methuh loeh thu hi.

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

D. Leshikhu' kerik-kenö zhotoh rö thu kethsih hi.

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

E. Leshikhu'ro pföh sekhö kelie thuphre metengu hi.

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

2. Nomborro

Ehdze' hyno phrüh kehlochy

1. Nomi lephre loeh nombor zehro chelo de.
2. Nombor kerikeni ro chelo de.
3. Nombor zeh ko chelo soni leshikhuro chelo de.
4. Nombor zeh le' nombor zho'to pfoh kehrhü chelo de.

Elüh hyno tshü che lo

Numi kelie numi kenhi

Numi kethsü

Numi pedi numi pengö

Numi sahrü

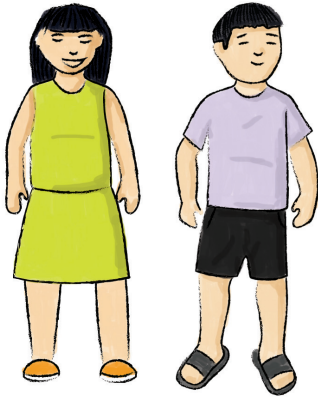
Numi sehani numi tehcie

Numi teköh

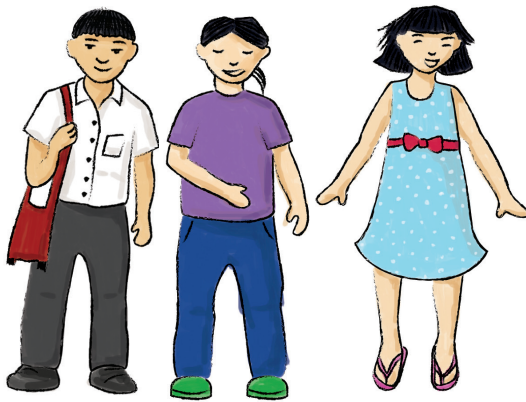
Kuzha numi cirü'



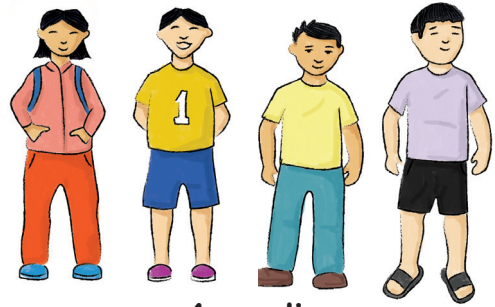
1- kelie



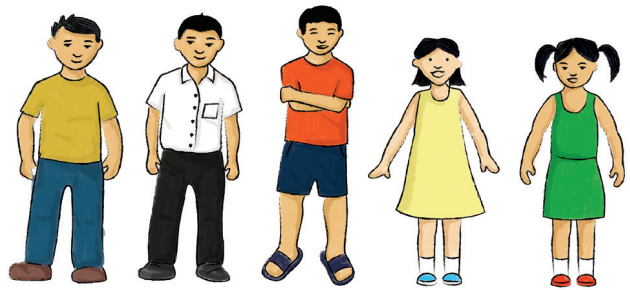
2- kenhi



3- kethsü



4- pedi



5- pengö



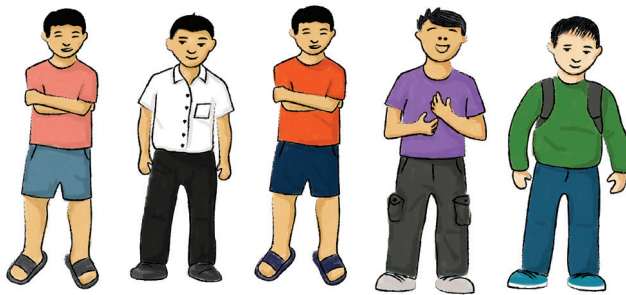
6- sahrü



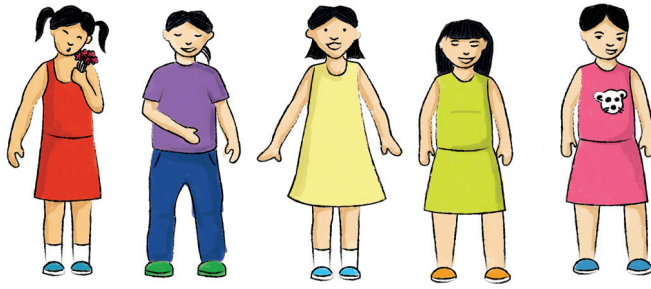
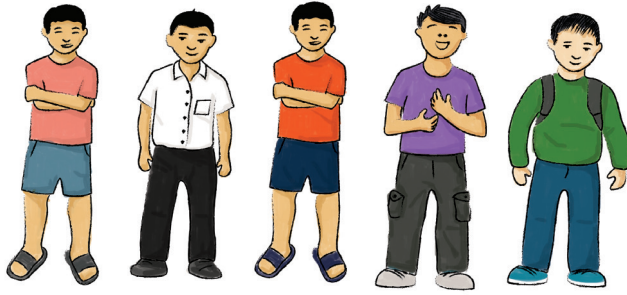
7- Sehni



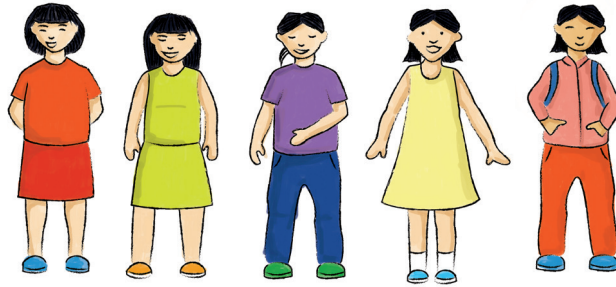
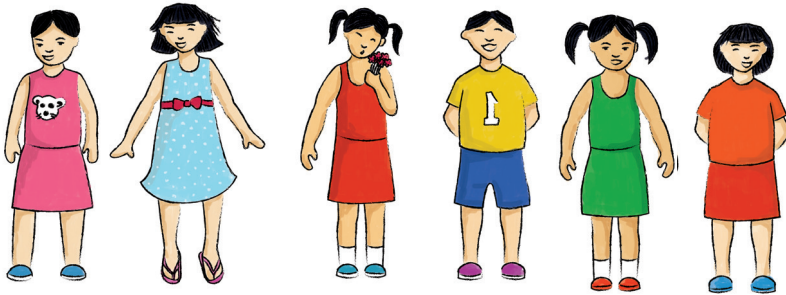
8- Tehcie



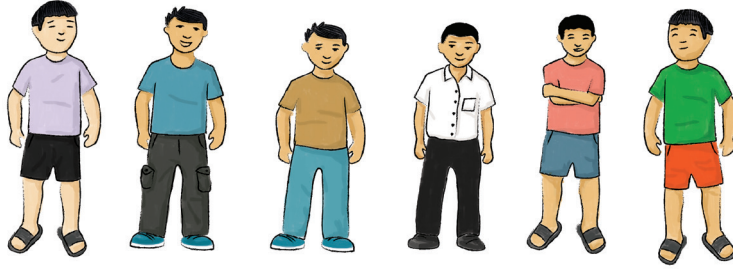
9- Teköh



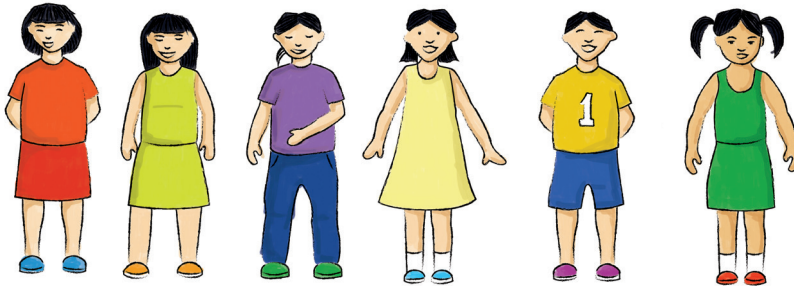
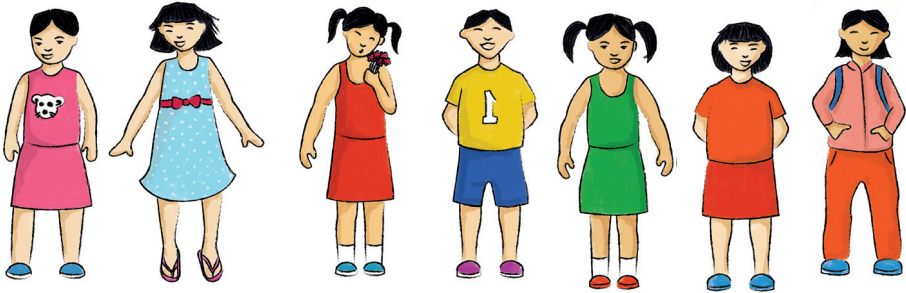
10- cirü



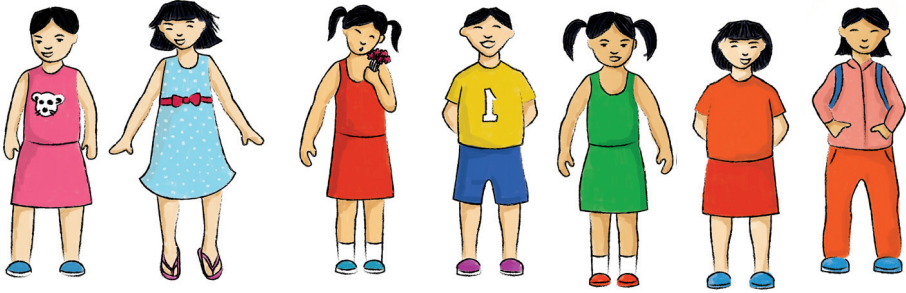
11- cirü kelie



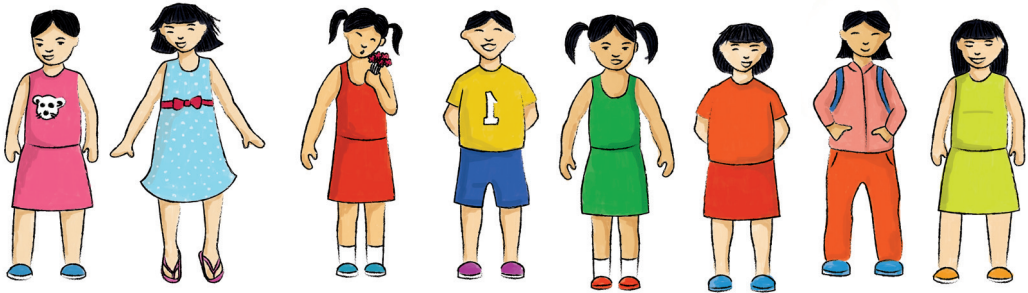
12- cirü kenhi



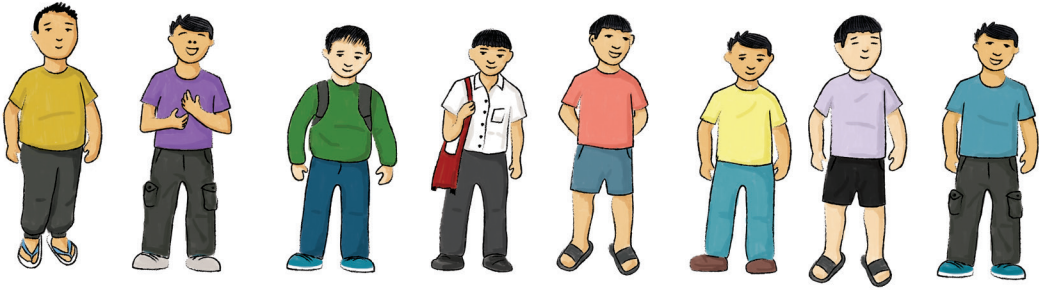
13- cirü kethsü



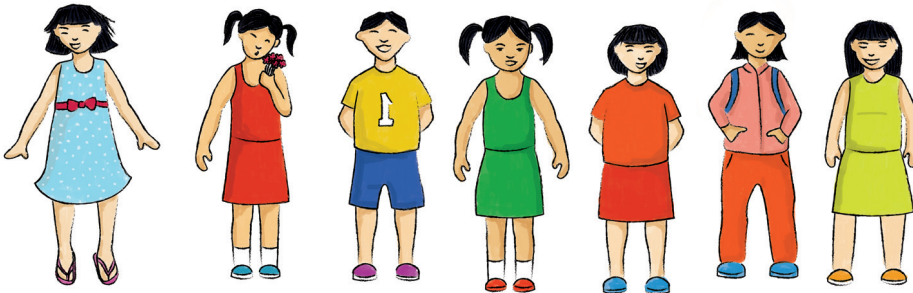
14- cirü pedi



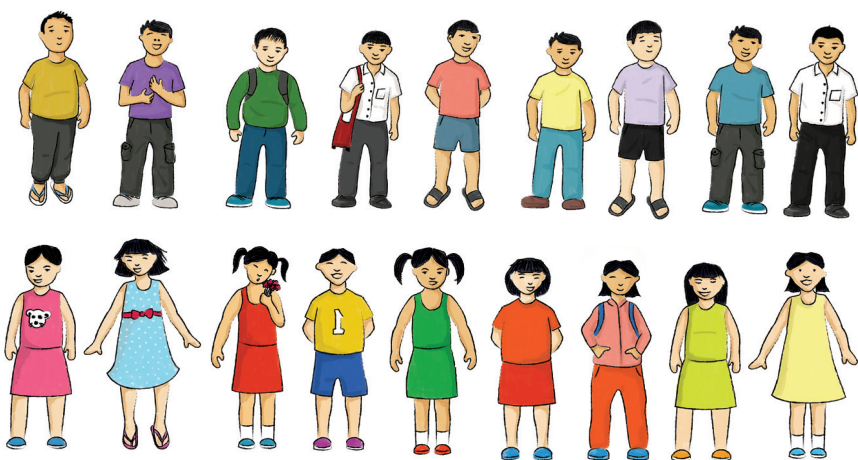
15- cirü pengö



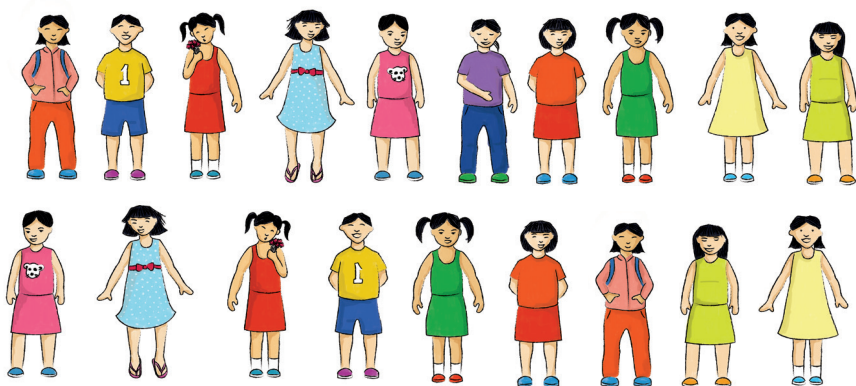
16- cirü sahrü



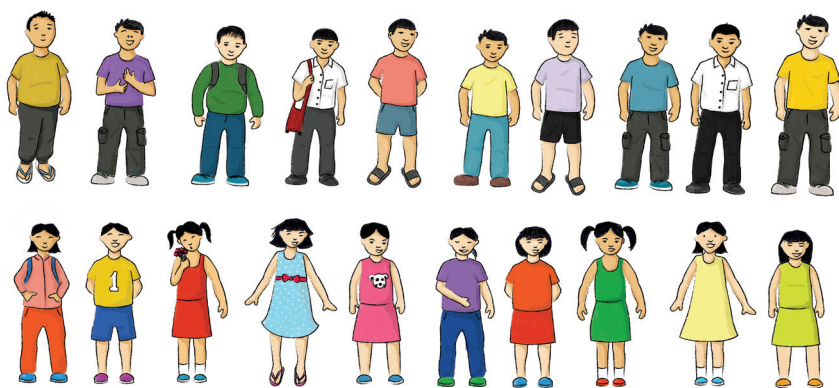
17- cirü sehni



18- cirü tehcie



19- cirü teköh



20- meki'

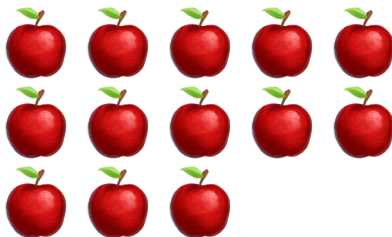
Damehdzü Kehtsü

A. Mierhi soh hi soni dizhe behla nombor zeh thu hi
Kelie noro jelo tshü mebeh:

1.



2.



3.



4.



5.



6.



B. Mierhi le' nombor ezhe kehtsü sühkerhühi soni nombor zeh thuhi. Kelie noro jelo tshü mebeh:

Nombor

Mierhi

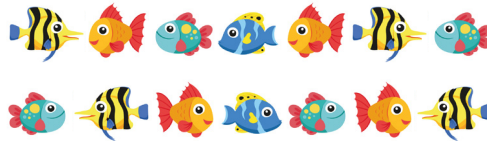
Nombor zeh

3



Kethsü'

8



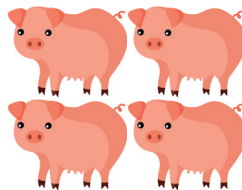
14



11



20



4



C. Nombor zeh leshikhu' ro 1-20 thuhi.

D. Nombor thu kehre mebeh kehtsüro pfoh ketseh kelee' loeh lo throh katrö kelee' thu kethsih hi.

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

E. Nombor thu kehre mebeh kehtsüro pfoh katrö kelee' loehlo dzü ketsehkelee' thu kethsih hi.

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

F. Nombor zho' kehtsü-o pfoh shü methuh loeh thu leso hi.

1		3		5
	7		9	
11		13		15
	17		19	

3. Dubazahro

Ehdze' hyno phrüh kelochy:

1. Nomi lephre loeh ezah zehro chelo de.
2. Ezah zeh ro puh soni leshikhu' ro chelo de.
3. Ezah ro kerikeni chelo de.
4. Kephürdzero kehtsü kebehnhie' ehse kele' chelo de.

Dubadoh kelie loeh ezah sehni beh.

Ezah zeh ro:

Sunday -	Mapuzah
Monday -	Zahle
Tuesday -	Zahnhi
Wednesday -	Zahtshü
Thursday -	Zahdi
Friday -	Zahngö
Saturday -	Zahnye

Aro lühzo hyno phrüh che lo de.

Azole ni zahle ny rahna' jühthu-eh

Zahnhi ny mhethri-eh

Zahthsü ny ehna therü'eh

Zahdi ny kye metsheh-eh,

Zahngö ny rahna zhüh mese 'eh

Zahnye ny ketsü' mhetho tshü-eh

Mapuzah ny etholoeh

Damehdzü Kehtsü

A. Azole mierhi zoh soni kehtsü-eh kebehro kele' hi.



1. Diby ketshünhie' Azole ni rahna jühthu eh ro?

Diby ketshü nhie Azole ni mhethri eh ro?



3. Diby ketshünhie' Azole ni ehna therü eh ro?



4. Diby ketshühnie' Azole ni ekye metsheh ro?

5. Diby ketshühnie' Azole ni rahna zhüh mese'eh ro?



6. Diby ketshühnie Azole ni ketsü' mhethe tshü eh ro?

7. Diby ketshühnie Azole ni etho- eh ro?



B. Sekah ro hi thu leso hi:

1. Zahnhi ni _____ chy wu ah.
2. Zahdi ni _____ le' _____ tenau
wu ah.
- (3) Zahnye ni _____ mhöjüba' beh.
- (4) _____ ni dubadoh loeh zah ker i kelee'
- (5) _____ ni dubadoh loeh zah ken kelee'.

**C. Dubazah zehro phrüh hi. Shisoni zah zehro i leshi loe
thulo.**

D. Dubazahro ker i-kenö thu kethsih hi.

Zahngö	
Zahle	
Mapuzah	
Zahnhi	
Zahnye	
Zahtshü	
Zahdi	

**E. Dubazahro lee' nobor zho' kehtsü-o pfoh
sühkehrhü hi.**

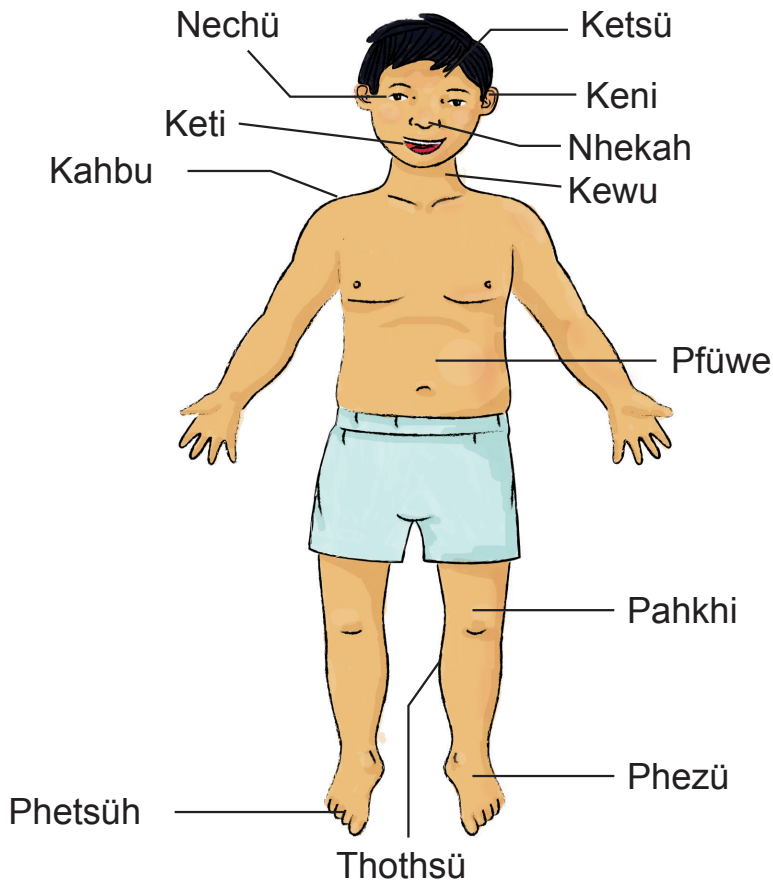
Mapuzah	4
Zahngö	1
Zahle	7
Zahdi	5
Zahnye	2
Zahnhi	6
Zahtshü	3

4. A Kumo' - I

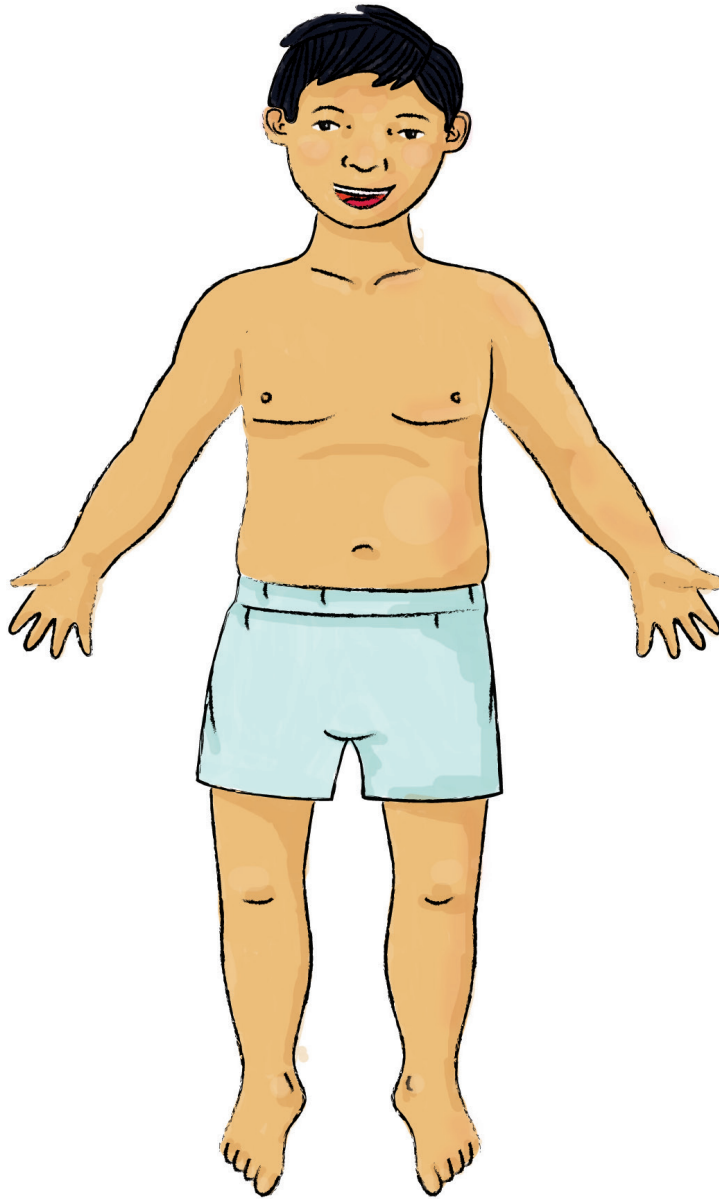
Edze hyno phrüh kehlochy

1. Kumo' loeh mhe zeh ledyedyero chelo de.
2. Kumo' mierhi dau kumo zehro thu chelo de.
3. Kumo' phreh mhe zeh ledyedyero che lo de.
4. Kephrüdze' kechtsü kebehnhie ehse kele' chelo de.
5. Thu mebeh moi kahpu hi kechtsü ro zülo.

Mierhi rreh lesahi soni ronjü i medo pfoh kehnhü hi.



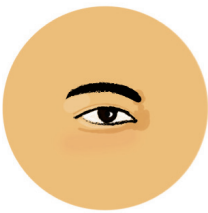
Ketsü, Kahbu, Pahkhi, Nechü, Keni, Nhekah lee' keti ro
rhe keshu' metengu hi.



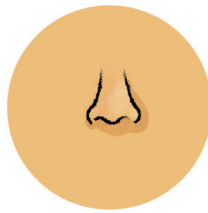
Damehdzü Kehtsü

A. Kumo mierhi zoh rö zehro thu mebeh kehtsüro phrüh hi.

B. Hyro zeh thuhi.



1. _____



2. _____



3. _____



4. _____

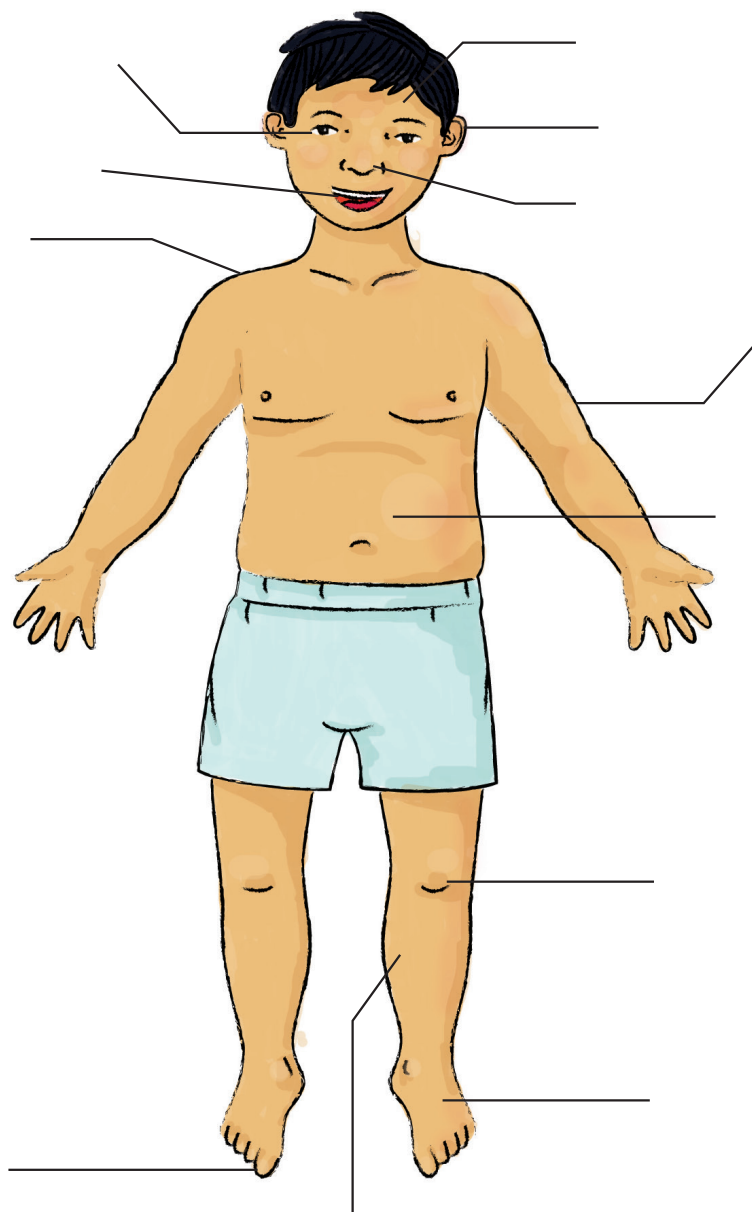


5. _____

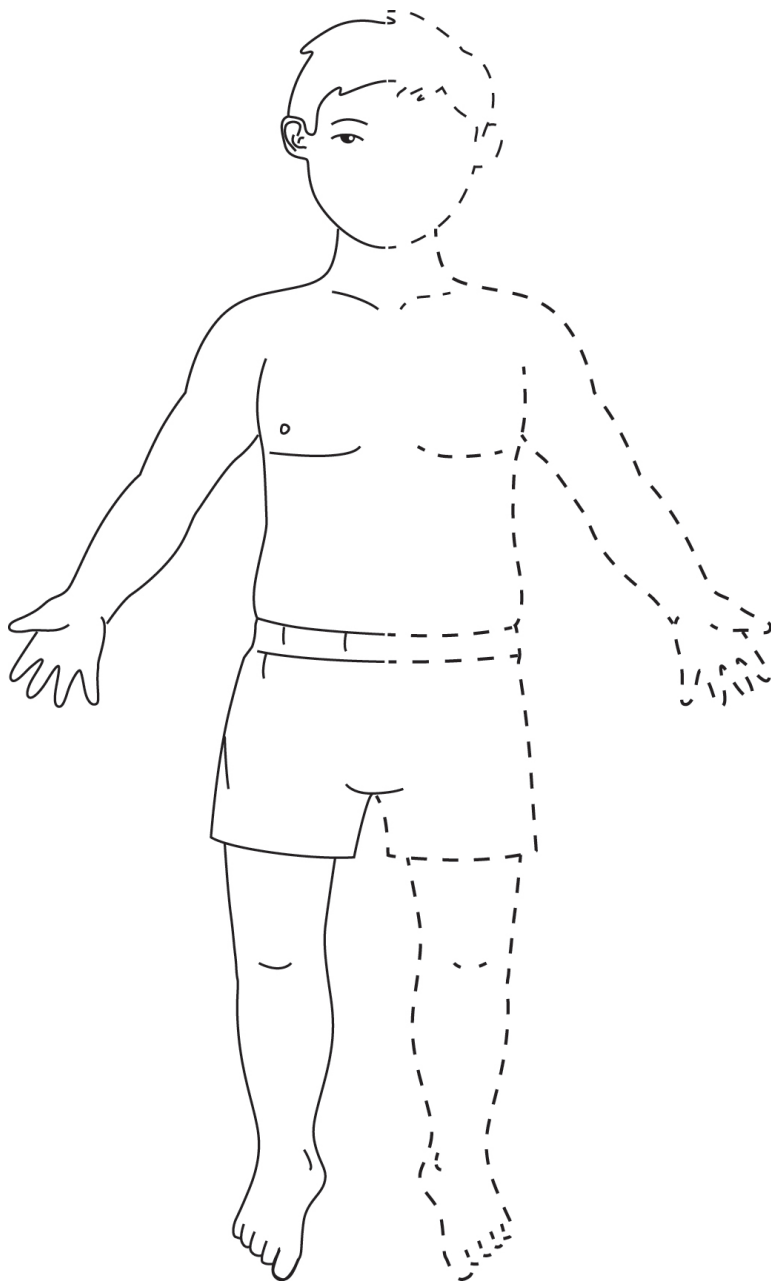


6. _____

B. Mierhi ro zoh soni ehsü methuh dau ezechro thuhi.



C. Mierhi hyno rheh lesahi soni kumo' pheh ezeh ledyedyero thuhi.



5. A Kyehu'

Ehdze' hyno phrüh kehlochy:

1. Kyehu' lo-eh ekyebu lehdyedero chelo de.
2. Ekyebu zeh lehdyedero ko chelo de.
3. Kyehu' lo-eh mhena' lehdyedero ko chelo de.
4. Kyehu dze'ro kehtsü kebehnhie ehse kele' chelo de.



Hyno ni Liekhakye



Hyno ni Rezhübu



Hyno ni jühthrükye



Hyno ni tho bu

Damehdzü Kehtsü

A. Mierhi dzero ketahi. Ebu loeh thuhi mebeh ketsü phrüh soni mhena' thsüh kehtsü dze ro puh hi.

B. Mierhiro zohi rő kyehu damese khehi kehtsü phala thuhi.



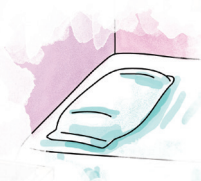
T.V



Jüthru rah



Ejübu



Ketsülakhi



Ketuli



Sabu



Bőkhǎh



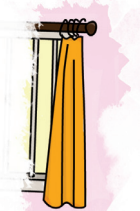
Mhe be



Lakhi



myephu'



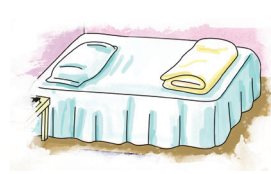
Tsükherah



Mierhi be



Menapa bu



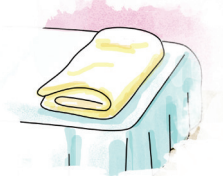
Zhüthre



Tese mizhüh

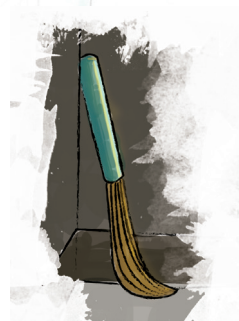
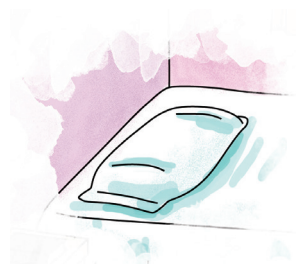
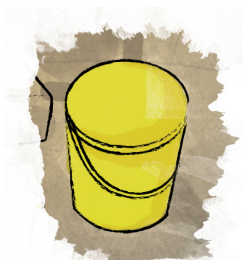
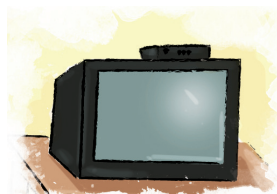
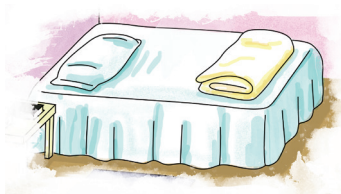


Kethiphu



Kumo'rah

C. Mhena zeh hyrohy chelo. Phrüh tetrohi- jühthrü rah, jühbu, ketsülakhi, ketuli, sabu, Bökhõh , elieh be, lakhi, myepphu, mierhi be, menapabu, rathro, mhe kebabe, kethiphu, Zhüthre



Rezhübu

Ehtho ketsü bu

Liekhakye

Jühthrübu

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

D. Se puh kehtsü.

Nomi kye dau kyehubu i medo kelee' dze sekah kelie-kenhi loehlo pfoh i kezü miro nhie puh meche hi.

6. Mehpfö Loeh Ehthrüro



Ehdze' hyno phrüh
kehlochy

1. Ehthrü zehro chelo de.
2. Ehthrü zeh puh soni
leshikhu ro ko chelo de.
3. Ehthrü kerik-kenö ro che
lo de.
4. Kephürdze' kehtsü
kebehnhe ehse kele'
chelo de.

EHTHRÜ ZAHRO 2023

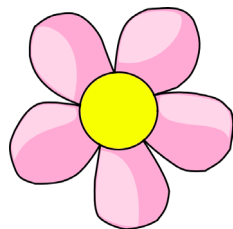
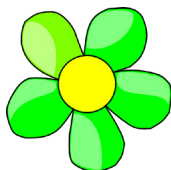
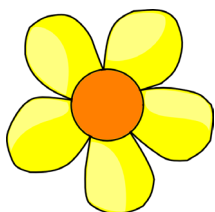
Zahtho						Chühpri						Cidie					
ZahLe	30	2	9	16	23	ZahLe		6	13	20	27	ZahLe		6	13	20	27
Zahnhi	31	3	10	17	24	Zahnhi		7	14	21	28	Zahnhi		7	14	21	28
Zahtshü		4	11	18	25	Zahtshü	1	8	15	22		Zahtshü	1	8	15	22	29
Zahdi		5	12	19	26	Zahdi	2	9	16	23		Zahdi	2	9	16	23	30
Zahngö		6	13	20	27	Zahngö	3	10	17	24		Zahngö	3	10	17	24	31
Zahnye		7	14	21	28	Zahnye	4	11	18	25		Zahnye	4	11	18	25	
Mapu zah	1	8	15	22	29	Mapu zah	5	12	19	26		Mapu zah	5	12	19	26	

Kere						Threna						Kezü					
ZahLe		3	10	17	24	ZahLe	1	8	15	22	29	ZahLe		5	12	19	26
Zahnhi		4	11	18	25	Zahnhi	2	9	16	23	30	Zahnhi		6	13	20	27
Zahtshü		5	12	19	26	Zahtshü	3	10	17	24	31	Zahtshü		7	14	21	28
Zahdi		6	13	20	27	Zahdi	4	11	18	25		Zahdi	1	8	15	22	29
Zahngö		7	14	21	28	Zahngö	5	12	19	26		Zahngö	2	9	16	23	30
Zahnye	1	8	15	22	29	Zahnye	6	13	20	27		Zahnye	3	10	17	24	
Mapu zah	2	9	16	23	30	Mapu zah	7	14	21	28		Mapu zah	4	11	18	25	

Sehlü						Ehno						Mehthsa					
ZahLe	31	3	10	17	24	ZahLe		7	14	21	28	ZahLe		4	11	18	25
Zahnhi		4	11	18	25	Zahnhi	1	8	15	22	29	Zahnhi		5	12	19	26
Zahtshü		5	12	19	26	Zahtshü	2	9	16	23	30	Zahtshü		6	13	20	27
Zahdi		6	13	20	27	Zahdi	3	10	17	24	31	Zahdi		7	14	21	28
Zahngö		7	14	21	28	Zahngö	4	11	18	25		Zahngö	1	8	15	22	29
Zahnye	1	8	15	22	29	Zahnye	5	12	19	26		Zahnye	2	9	16	23	30
Mapu zah	2	9	16	23	30	Mapu zah	6	13	20	27		Mapu zah	3	10	17	24	

Ciedie						Buhlo						Rünie					
ZahLe	30	2	9	16	23	ZahLe		6	13	20	27	ZahLe		4	11	18	25
Zahnhi	31	3	10	17	24	Zahnhi		7	14	21	28	Zahnhi		5	12	19	26
Zahtshü		4	11	18	25	Zahtshü	1	8	15	22	29	Zahtshü		6	13	20	27
Zahdi		5	12	19	26	Zahdi	2	9	16	23	30	Zahdi		7	14	21	28
Zahngö		6	13	20	27	Zahngö	3	10	17	24		Zahngö	1	8	15	22	29
Zahnye		7	14	21	28	Zahnye	4	11	18	25		Zahnye	2	9	16	23	30
Mapu zah	1	8	15	22	29	Mapu zah	5	12	19	26		Mapu zah	3	10	17	24	31

Sekhö' keha'pfo ehbu patu thumebbeh ketsüro hi Ehthrü zehro.



Mehpfo kelie lo-eh ehthrü 12 beh.
Ehthrü zehro:

Ehthrü kelie
January

- Zahtho

Ehthrü kenhi
February

- Chöhpri

Ehthrü kethsü'
March

- Cidie

Ehthrü pedi'
April

- Kere

Ehthrü pengö
May

- Threna

Ehthrü sahrü
June

- Kezö

Ehthrü senhi
July

- Sehlö

Ehthrü tehcie
August

- Ehno

Ehthrü teköh
September

- Mehthsa

Ehthrü cirü
October

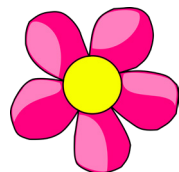
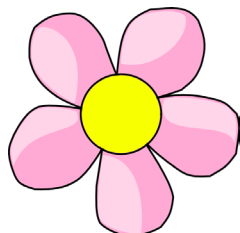
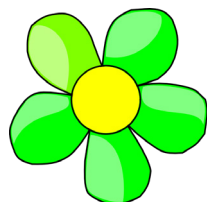
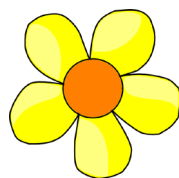
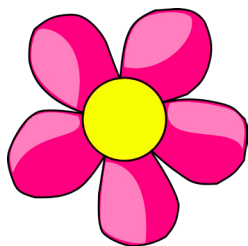
- Ciedie

Ehthrü cirü kelie
November

- Buhlo

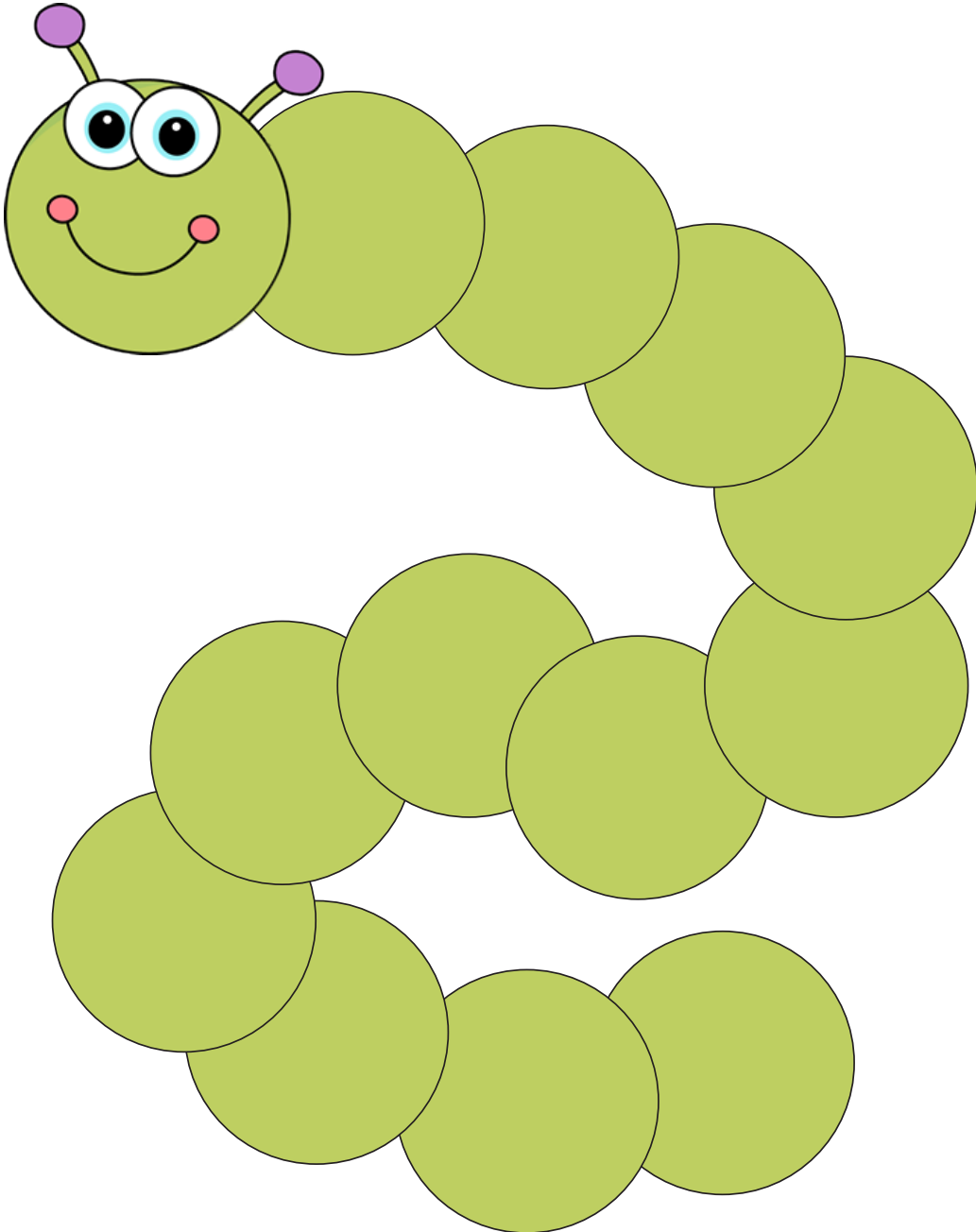
Ehthrü cirü kenhi
December

- Rönie

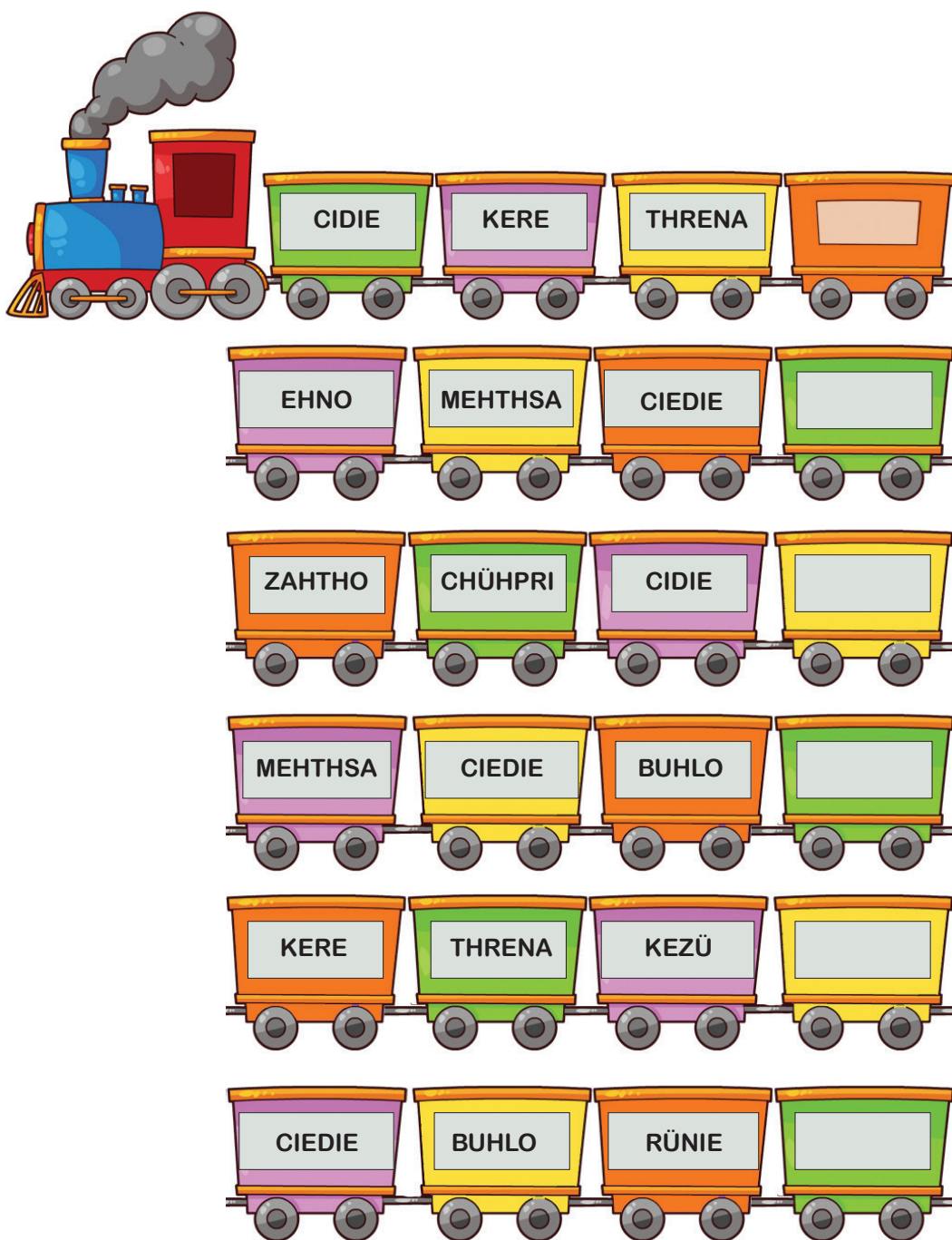


Damehdzū Kehtsü

A. Ehthrü cirü kenhi zehro rhe kewhõ mebeh kehtsü loeh thuhi.



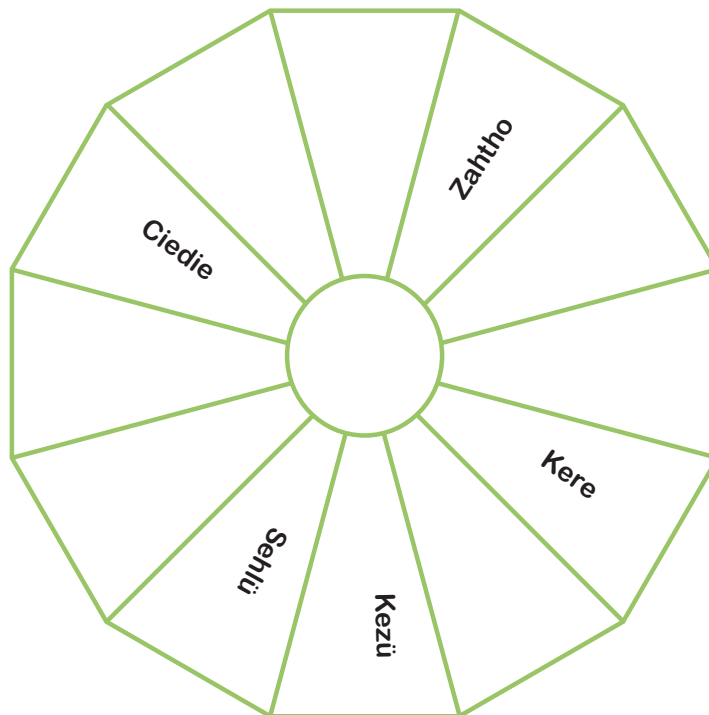
B. Ehthrü zehro thu mehte kebehro chiso zeh thuhi.



C. Ehsü methü loeh thuhi.

Ejah thrü	Tsathiny thrü	Thejah thrü
Ciedie'	Buhlo	Rünie
	Ehno	
	Chühpri	
	Kezü	
	Zahtho	
	Kere	
	Mehthsa	
	Cidie	
	Ciedie	

D. Mierhi pheh ehsü methuh dau ehthrü zehro thuhi.



7. A Kyebumi - I

Ehdze hyno phrüh kehlochy

1. Nomi lephre lo-eh sekhö: Epfü, Ezöh, Jükeri, Chikezü, Kyebumiro chelo de.
2. Ezech ro ko moi leshikhu'ro chelo de.
3. Ehdze' dau ehse kehtsü kebehnhie' kele' chelo de.
4. Kyebumi kah chelo de.



Nye ni Awele
Nye ni a kyebumiro zü lhi yah.
Minu thsü'ezhy kekhi-kerhü soni
kwe'kehzü lhi eh kehtsü pfo
kyebumi shisoni puh yah.



Hyro ni Apfü, Azöh, Aprüo, Atepi
lee' nye.
Aro ekye kelie loeh lhiyah
Ami kyebumiro thö-enyi soni lhiyah.



Apfü ni taketami

Azöh ni kyedi-
kyehu zoh yah.
Puro ahwe thro
soni ahwe lereh
loyah.



Damehdzü Ketsü

A. Kehtsü kebeh ro keke'hi:

1. Nomi Kyebumiro mi dizhe beh ro?
2. Awele pfü ni dibi mhetho ketshümi ro?
3. Awele zöh ni dibi mhetho ketshümi ro?
4. Awele ni tepi lee' prümi behlemo ro?
5. Kyebumiro kelielie thro soni kelielie lereh lehmo ro?

B. Mierhi zoh soni ikyebumiro puh metenguhi
Apfü, Azöh, Atepi, Aprüo

1. Hyno ni _____



2. Hyno ni _____



3. Hyno ni _____



4. Hyno ni _____

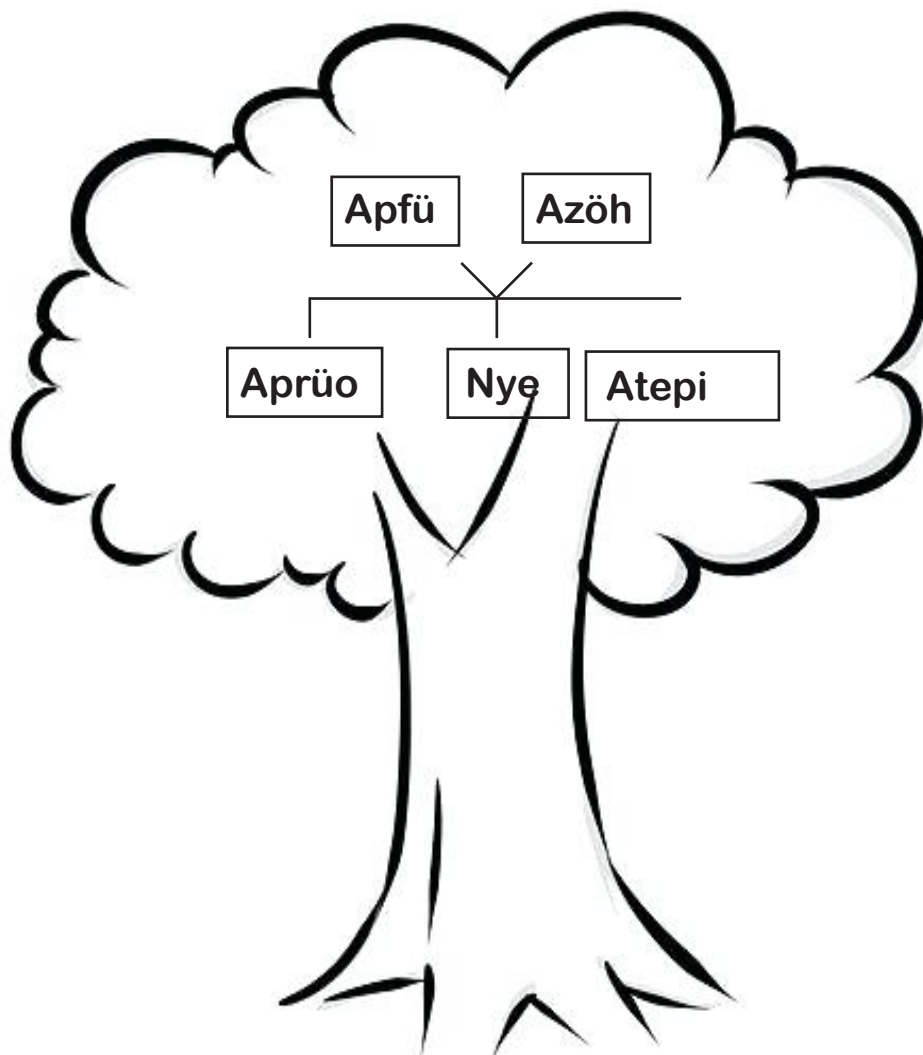


C. Se keta kehtsü

(1) I kyebumi tenau noni diby mhetho tshü-eh la ehdze pfoh class loeh keze'hi.

(2) I kezünhie i kyebumiro tenau zethu medo kelee' la ehdze puhhi.

D. I kyebumi ro pfoh kyebumi chühbo mierhi loeh thu hi



8.KERI'KHÖHRO

Ehdze' hyno phrüh kehlochy:

1. Lühzo loeh sekah keko da', tetro'-tenö le' lephre zho'ro zhoto daulo pfoh phrüh chelo de.
2. Luhzo loeh ehdze' kehtsü hi kebeh nhie ehse kele che lo de.

Ejüh thro-eh kebeh kerikhöhro
Kelie, kenhi, kethsü
Ejüh thro-eh kebeh kerikhöhro
Eka hi, eka hi, eka hi

Ejüh thro-eh kebeh kerikhöro
Ejüh edu' kehthroh kehdzü tshü
Ejüh thro-e kebeh kerikhöro
Teh lo, teh lo, teh lo.

Damehdzü Kehtsü

- A. Kwe tshü soni Lühzo phrüh hi. Mithro kenhi phrüh hi.
- B. Lühzo lo-eh thu mete kebeh mhe kenhi mierhi rhe soni ronjü pfo kehnü hi.

C. Kehtsü kebehro kele' hi.

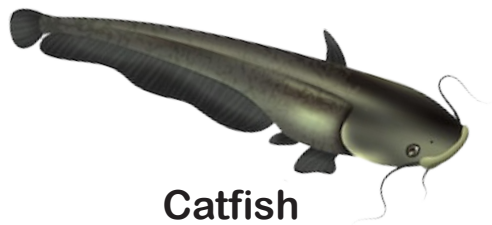
1. Lühzo dau kerikhöh pa dizhe beh ro.

2. Kerikhöhro ejuh throeh lo diby tshü-eh ro.

D. Kerikhöh tsa kadzyedye beh. Noni keso'ba ngu kehtsüro rheh kehö hi.



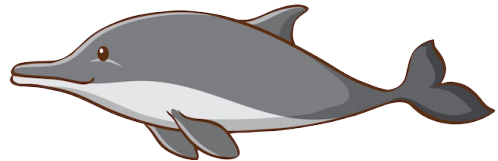
Eel



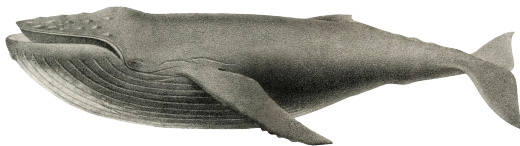
Catfish



Mackerel



Dolphin



Whale



Salmon



STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING (SCERT)

STATE CENTRE OF NAGALAND LANGUAGES (SCNL), DSE



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

"Consume only Iodized Salt"