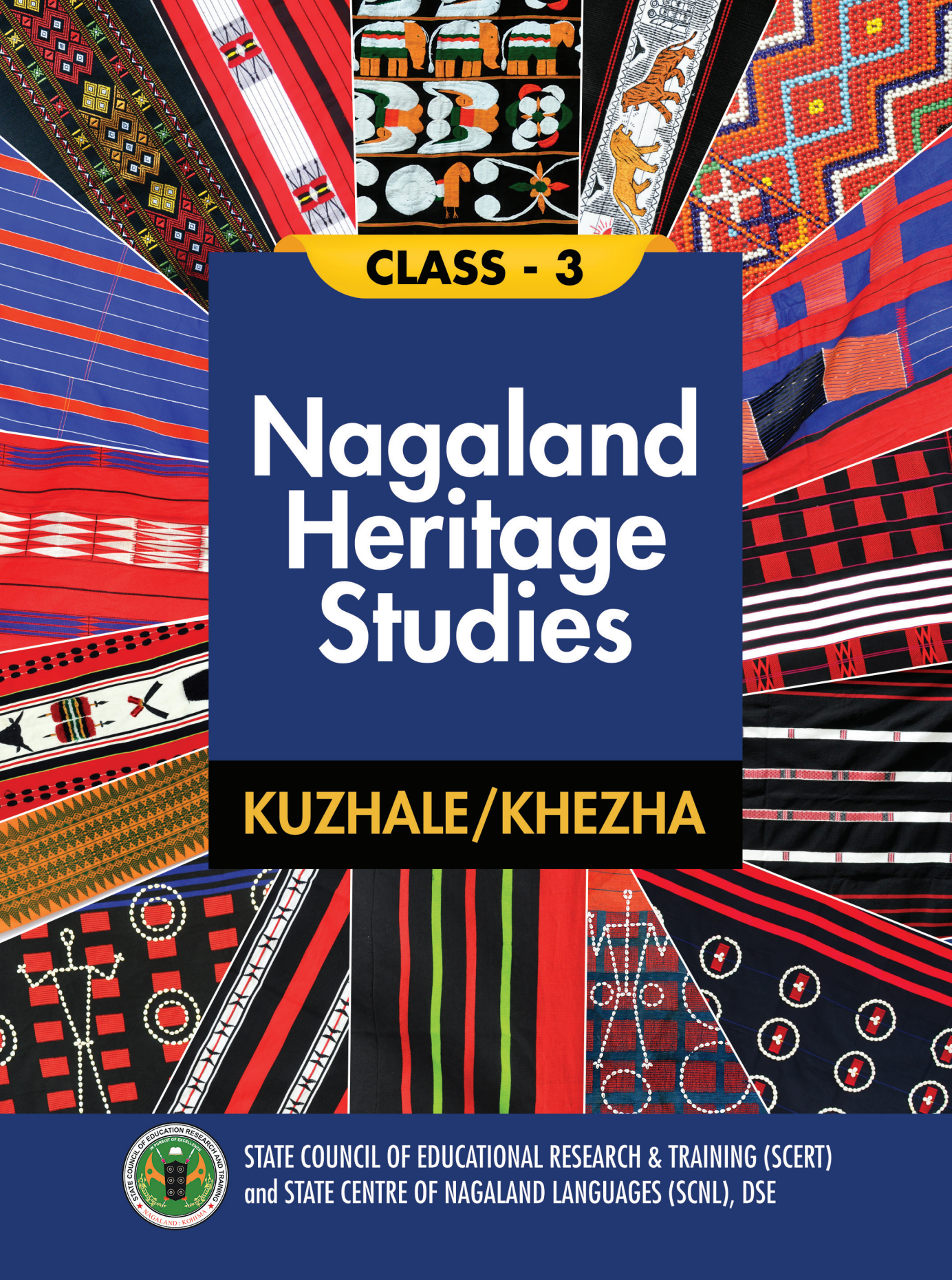




CLASS - 3

Nagaland Heritage Studies

KUZHALE/KHEZHA



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 - KHUZALE

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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)
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N.CHUMCHANBENI KIKON
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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 kephrü 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 kephrü leshidahro thsü kebeh hi thsü mewepe son thu kebeh hi ngö eny kehtsü pföh mechehiah.

Leshidah kethse' atsa thuphre kehlöro 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' pföh ledyedye lle loh khehilo son Nagaland loh leshikyero medöh leshi kephrü' dah zhe son pföh phrüh de züjeo thsü son aro kuzhale loh mecyi Eno Wekutso Tsühah L.O. le' Eli Dekule. L.A nhi nü keke' pföh aro kuzhale loh kehchi hy. Dr.Ditsolo Kapfo, Rehcie, kuzhale Lethu Lychi (Khezha Literature Committee) nü kecho ' dele kecho ' dele' hi son pföh thuphreloa.

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



Dr. DITSOLO KAPFO
Rehcie,
Kuzha Lethu Lychi

Ehlueh Kehtero

Nü

- | | |
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KepHRüdze' 1

NOMBORRO (51-100)

Ehdze' loehlo chelo kewe:

1. Nombor zeh ro 51 lo wöh 100 ketso chelo de.
2. Nombor zeh ro kerikeno chelo de.
3. Nombor zeh lee' leshikhö'ro zho'toh phrüh chelo de.
4. Nombor zeh lee' nombor khu zho' toh pfoh kehrhü chelo de.

Nöcümiro ketha'-kejuh zoh soni nombor ketseh kelee' lo wöh katrö kelee' ketso

Zho'toh loehlo pfoh khehi.



Lhapengö, Meki, Lhapedi, Cirü, Chyerü

Aro nombor 51-100 ketso' soh chelo de kheh.

51 – Lhapengö kelie

61 – Lhasahrü kelie

52 – Lhapengö kenhi

62 – Lhasahrü kenhi

53 – Lhapengö kethsü

63 – Lhasahrü kethsü

54 – Lhapengö pedi

64 – Lhasahrü pedi

55 – Lhapengö pengö

65 – Lhasahrü pengö

56 – Lhapengö sahrü

66 – Lhasahrü sahrü

57 – Lhapengö sehni

67 – Lhasahrü sehni

58 – Lhapengö tehcie

68 – Lhasahrü tehcie

59 – Lhapengö teköh

69 – Lhasahrü teköh

60 – Lhasahrü

70 – Lhasehni

7 1

– Lhasehni kelie

7 2

– Lhasehni kehni

7 3

– Lhasehni kethsü

7 4

– Lhasehni pedi

7 5

– Lhasehni pengö

7 6

– Lhasehni sahrü

7 7

– Lhasehni sehni

7 8

– Lhasehni tehcie

7 9

– Lhasehni teköh

8 0

– Lhatehcie

8 1

– Lhatehcie kelie

8 2

– Lhatehcie kehni

8 3

– Lhatehcie kethsü

8 4

– Lhatehcie pedi

8 5

– Lhatehcie pengö

8 6

– Lhatehcie sahrü

8 7

– Lhatehcie sehni

8 8

– Lhatehcie tehcie

8 9

– Lhatehcie teköh

9 0

– Lhateköh

9 1

– Lhateköh kelie

9 2

– Lhateköh kenhi

9 3

– Lhateköh kethsü

9 4

– Lhateköh pedi

9 5

– Lhateköh pengö

9 6

– Lhateköh sahrü

9 7

– Lhateköh sehni

9 8

– Lhateköh tehcie

9 9

– Lhateköh teköh

1 0 0

– Tri

DAMEHDZÜ KEHTSÜ:

A. Nombor zeh 51- 80 ketso' leshikhu thui.

B. Mierhi lethro kebehro soh hi soni nombor zehro thui.

1.



2.



3.



4.



5.



6.



7.



C. Nombor zeh 81- 100 ketso leshikhu thuhi.

D. Nombor lee' nombor zeh süh kehrhöhi.

82	Lhasehni kelie
63	Lhasahrü pedi
71	Lhateköh
59	Lhapengö kenhi
90	Lhatehcie kenhi
88	Lhasehni kethsü
95	Lhatehcie tehcie
52	Lhateköh pengö
73	Lhasahrü kethsü
64	Lhapengö teköh

E. Nombor ro katrö – kelee' lo wöh ketseh kelee' thu kethsih delehi.

Lhasahrü pengö	Lhasehni teköh	Lhateköh tehcie
Lhasahrü kenhi	Lhatehcie	Lhateköh sahrü
Lhasahrü pedi	Lhasehni sehni	Lhateköh teköh
Lhasahrü kelie	Lhasehni tehcie	Lhateköh sehni
Lhasahrü kethsü	Lhasenhi sahrü	Tri

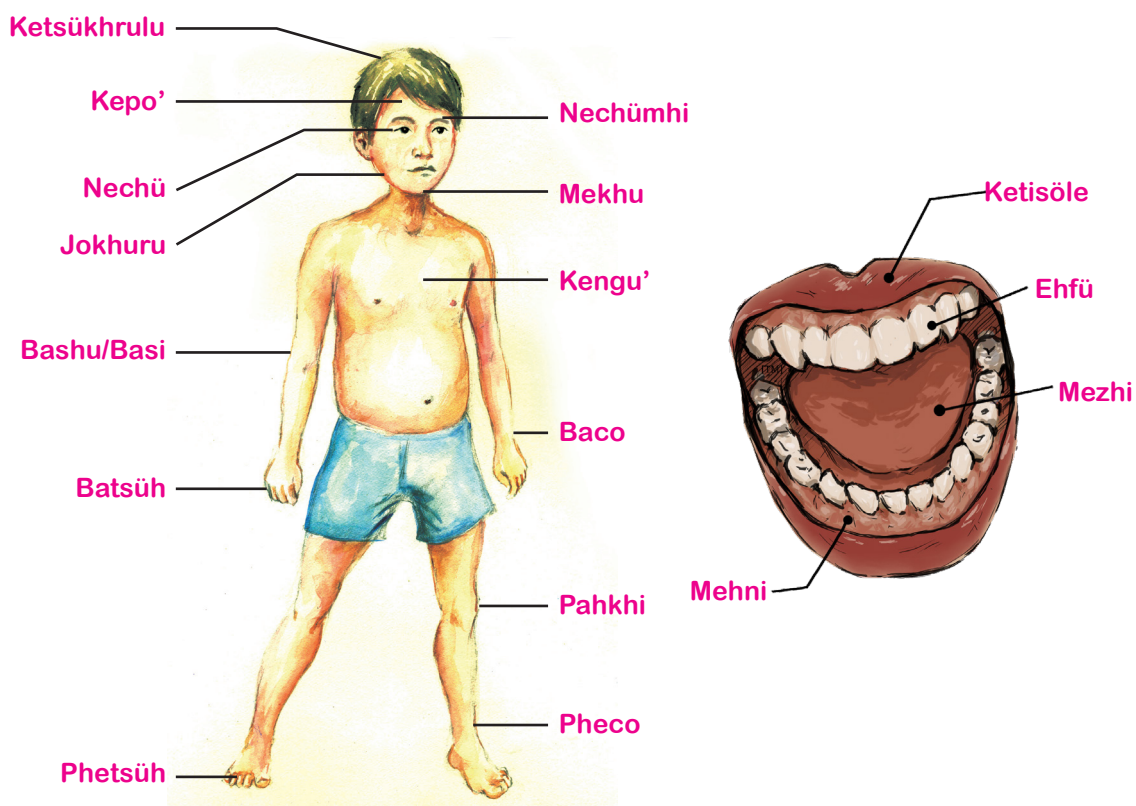
KepHRüdze' 2

ARO KUMO PHE EHZE KADYEDYERO -II

Ehdze' loehlo chelo kewe:

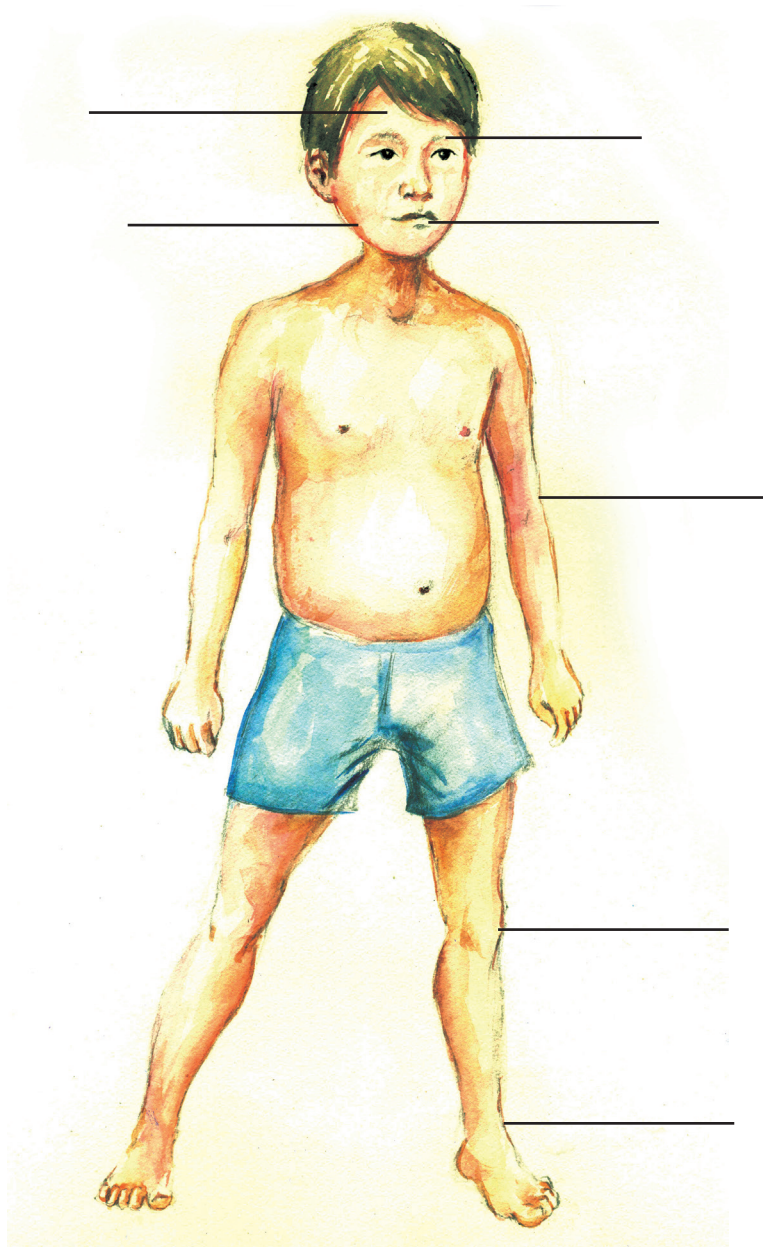
1. Aro kumo phe ehze ledyedyero chelo de.
2. Kumo phe zehtho ledyedyero kebeh shü chelo de.
3. Zehtho keko zho le' leshikhuro puh chelo de.
4. Ehdze loe kebehro mhe kechtsühi ketsünhie ehse kele' chelo de.
5. Kumo phe zehtho ro keko lee' leshikhu ro puh che lo.

Kezümiro-e, a ze ni Kote. Aro tsathiny minöh kumo phe zehtho kadyedyero chelo de kheh.

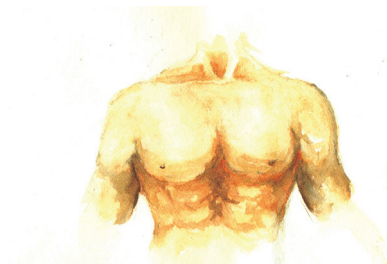


DAMEHDZÜ KEHTSÜ:

A. Ehze ledyedyero pfoh kumo phe thu metenguhi.



B. Kumo mierhiro ehze thuhi.



C. I kezü kehtelo soni kumo phe ehze kadyedye che keloro dze' ketahi.

D. Thu mebeh kehtsüro phrüh hi soni leshikhu thu leso hi.

1. Phezü hupah-hipah pa pengö beh yah.

P _ _ _ _ h

2. A ba kedih kehtsünhi phoh masü. B _ _ _ _ U

3. A ba hupah-hipah phe pa pengö beh yah.

B _ _ _ _ H

4. Nye ni tetsünyi kechü yah. _ h _ _ _ .

5. A nechü pato beh yah. N _ C _ _ M _ I

E. Kumo phe ehzero pa cierü pfhüh phe lo.

J	K	M	Y	P	Z	I	O	P
O	E	O	E	R	H	I	N	H
K	N	B	M	K	O	E	E	E
H	G	B	A	Q	H	R	C	C
U	U	P	A	C	S	U	H	O
R	S	K	E	P	O	T	U	Y
U	P	H	E	T	S	U	H	Z

F. Kumo mierhi rreh hi soni ehze ledydyero thu metengu hi.

KepHRüdze' 3

MEHPFO LOE TSÜHLORO

Ehdze' loehlo chelo kewe:

1. Mepfo loeh tsühlo kadyedero ehze chelo de.
2. Tsühlo kadyedye nhie tsühle kehde te ketsüro chelo de.
3. Ehdze' phrüh tetro' hi soni chelo.
4. Ehdze' loeh kebehro mhe kehtsühi kehtsünhie ehse kele' che lo de.

Mepfo kelie loeh tsühle pedi-Teka, Tsüli, Tehrhü, Tsühthi beh.

1. Teka tsühlo nhie tsühthsozaro ly preyah.



Menaparo epah preyah.
Parihö'ro ni ketsü'ba zho lhe teyah.

2. Tsüli nhie ni thenike wahngo' soni etsüh ly.



Tsühthsozaro thah ne' tsüzühzaro ni jüh.
Tsüli tsühlo nhie minöhro ejüh ketrü' metrö' yah.

3. Tehrhü nhie ni tsühthsozaro meki lu deyah.



Chübo nüren chyyeh soni ehri dzü deh yah.

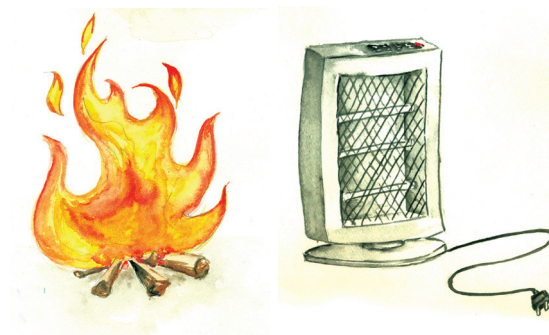
4. Tsühthi tsühlo nhie ni tsühthsozaro mekydeyah.



Tsühthsozaro ni jüh ne' tsühzühzaro ni thah.
Ehshü kemeba ni vüna dzü ketsü tshüyah.

DAMEHDZÜ KEHTSÜ:

A. Mierhi ro zoh soni diby tsühlo nhie la pfoh pu throe thu hi.



B. Kehtsü kebehro kele' hi.

1. Tsuli nhie ni tsühthsoza lee' tsühzüzaro diby thre'eh ro?
2. Tehrhü nhie chübonüro diby thre' ro?
3. Menaparo diby ketshünhie epah pre ro?
4. Tsühthi tsühlo nhie tsühtsoza lee' tsühzüzaro diby thre' ro?

C. Mehpfo loeh tsühlo kadyedye kebeh i medo kelee' mierhi rrehhi soni ronjü kehnü hi.

D. Mierhi le' tsühlo kadyedye kebehro zho' ketsü-o pfoh sühkerhühi.

A

B

1.



Tehrhü

2.



Tsühthi

3.



Tsüli

4.



Teka

E. Mierhi rheh mebeh kehtsüro zoh soni ehdze' thuhi.
Tsühlo ledyedye mierhi rheh mebeh kehtsüro zoh soni
sekhö' 20-30 ketso ehdze thu hi.

1.



2.



3.



4.



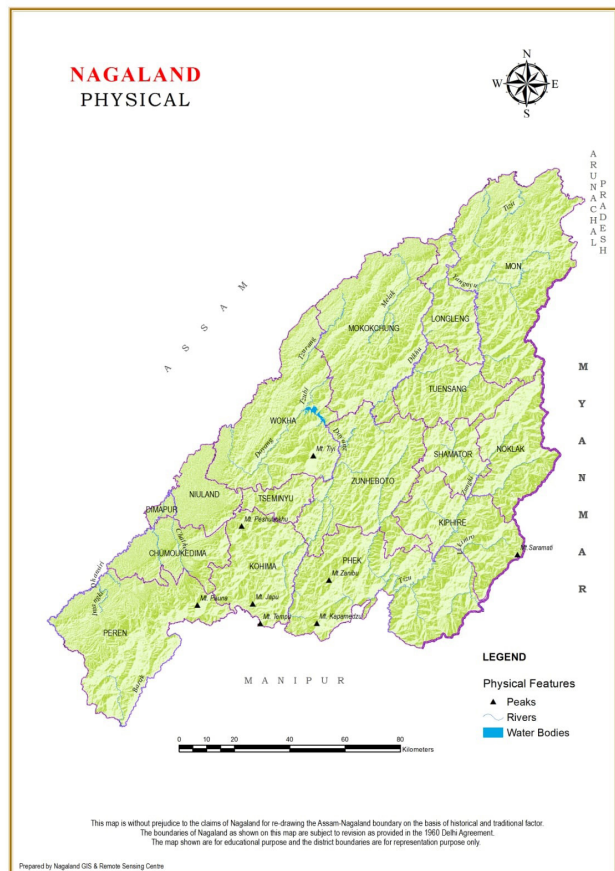
KepHRüdze' 4

ARO Nagaland (District lee' SHÜ-EHZHE TRORO)

Ehdze' loehlo chelo kewe:

1. Nagaland state metshoh kehlo lee' punhie kebeh state ro chelo.
2. State loeh District cierü sahrü zeh ro chelo de.
3. Shü-ehzhe cierü sehni zeh ro lee' puuro kebeh ehsü ro chelo de.
4. Aro lephre loehlo Leri, Lehthro Tsühboh, Tsühke'ro chelo de..
5. Shü-ehzhe kedzümiro dze' che kehe'pe ni mehlo de.

Nagaland state hi mehpfo 1963 Rüniethrü zah 1 nylo metshoh lo. Nagaland phenhie kebeh ro-As-sam ni tsühke ba beh, Myanmar ni tsüboh ba beh, Arunachal Pradesh ni leri ba beh lee' Ma-nipur ni lethroba beh. Nagaland dau district cierü sahrü beh. Shüro-shüh- Kohima, Dima-pur, Peren, Wokha, Zu-nheboto, Phek, Kiphire, Mokokchung, Tuensang, Longleng, Noklak, Mon Chümoukedima, Tse-menyu, Niuland, Noklak



lee Shamator. Kohima ni Nagaland state loeh bedie. District cirü sahrü loe shü-ezhe tro cirü sehni ro ni lhyeh. Shüroshüh Angami, Ao, Chakhesang, Chang, Khamniungan, Kuki, Kon-yak, Kachari, Lotha, Phom, Pochury, Rengma, Sümi, Sangtam, Yimkhiung, Noklak, Tikhir lee' Zeliang. Tribe ro lethre ledyedye lephre, lhikewuzho lee' thudi moi natshü ro ledyethro ketsü beh.

Nagaland kadzü pu ketha- kadie 16,579 sq. km beh. Nölhi mepfo 2011 ku kephrü 19.79 lakh beh. Phrühche – thuche kehtsü theze 79.55% beh.

DAMEHDZÜ KEHTSÜ:

A. Hirohy kele' hi:

1. Dibyketshünhie Nagaland state metshoh lo ro?
2. Nagaland state leri, lehthro, tsüboh lee' tsühke ba diby kadzü ro beh ro?
3. Nomi district leri, lehthro, tsüboh lee' tsühke' ba diby kadzü ro beh ro? (Nagaland kadzü mierhi zoh lo).
4. Nagaland lo-e shü-ehzhe tro dizhe beh ro?
5. Nagaland lo-e district cierü kenhi ro zeh puh hi.

B. Nagaland kadzü mierhi rheh hi soni bedie (district) 16 kebehro zeh thu hi soni ronjüh kehna hi.

C. Nomi kahkepuo ni phrüh hi kebehro enü lo soni sekah zho (T) zhomo (F) rheh tengu hi.

1. Nagaland loeh District 16 beh a. ()
2. Nagaland weh bedie ni Dimapur ()
3. Sangtam shü ehzhero Tuensang lee' Kiphiri District lo eh beh. ()
4. Tsemenyu District loeh ni Rengma miro beh. ()
5. Nagaland phenhie kebeh Assam ni lethroba beh ()

D. Ehsü methoh loeh thu hi:

1. Nagaland kadzü puketha-kadie _____ beh.
2. Nagaland nölhi mepfo 2011 ku kepchrü ni _____ beh.
3. Nagaland loeh phrüche – thuche kechtsü mepfo 2011 ku kepchrü ni _____ beh.

E. Mhe enü' kechtsü mhetho.

Kahkepuo ni Nagami shü-ehzhe zeh pakelie-lie phrüh tetro' hi de. Kepchrünumiro enü' menohro puro chekeloro rreh kewho' lo de.

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

F. Mhethoketshü:

Shü-ehzhe kedzümi thro'kenhi pfhüh lo soni puro lehphre hyrohy chelo:

- i) "I zeh thu ro?"
- ii) "No terho leh mo ro?"

KepHRüdze' 5

Epruh Lee' Pakrö (Nagami Dumise)

Ehdze' loehlo chelo kewe:

1. Kephrüdze phrüh tetro' hi soni ehdze chelo.
2. Sekhö ketshe' ro pfoh tahse – tayi ketshünhie puh da'medzü chelo de.
3. Ehdze' dau zoh mezah ketsü le' pakrö dakewe ro chelo de.
4. Ehdze kepu-keta soni lydo pfoh keze chelo de. phrühni prelo de.
5. Dumise phrühni kehtsü wekehe pelo soni ehdze kethhsero pfüh lo de.
6. Dumise puh che pelo de.

Tsühlo ketha wödeh ketsüba, Epruh kelie ni tsühtshony ricüh lo-elo wöh ejüh ketrü-trü eh. Kenieny puni te wöh ejüh etrüh kebeh ngu lo. Shühdzelo lide soni, “zethuni mehthamo rö Epruh keku'o weh ejüh boketrüh deh ro? A jü-i kuh moi a keku' zhe kebehmi ni boketrüh zho de!” shysoni Khuhacüh ketsemha ejüh boketrüh ketsüo pfüh.

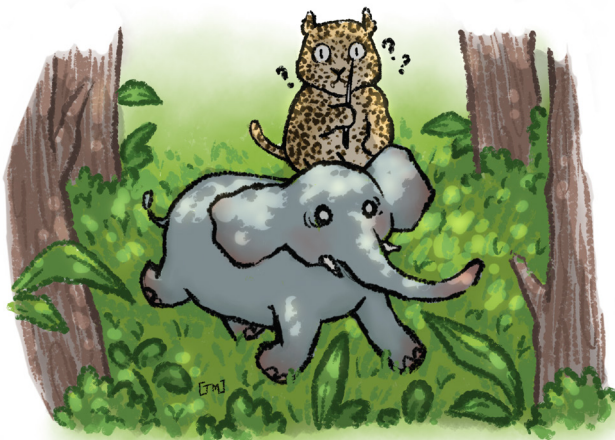


Khuhacüh ni keru leripa te throh pfhüh kebehnhie Patrö kelie ni keru yichieba kehle' röh kebeh ngu lo. Khuhacüh ni Pakrö nhie te phe "No hio, Epruh keku'-o ni i pheh enyimo dah. Noni kehle'röh kechtsüjelo pu jüh boketrüh dah. Epruh ni puh kechtsü pu jü-i keku'we moi pu keku' zhe kebeh mi ni ejüh boketrüh zhode, shirö puh ah" shyhi.



Shühnhie Pakrö ni kehle' loehlo tetro' meze soni trotreh rö pumhy etse' ethomesu' kewe kelie kethsephi pfoh Khuhacüh seh tsü. Shysoni "Epruh kekuo nhie wöh pu mhy ni a mhy thre dye moi etse' leh mo la enü hi" shyro puh hi.

Khuhacüh ni dele wöh Epruh nhie puh, "oh Epruh keku'o, nye ni i jüh boketrüh kechtsüo zü ketshüa". Pu ni emhy hynohy pfoh tsü soni i mhy ni puh we thre etse' moi dye leh mo la enü yah" shyhi.



Shühnhieshü Epruh ni Pakrö mhy meze rö pu lethre' pukumo' pheh emhy keci-ci mera-meyi vü kebeh meze dele' kechtsünhie mesü pfoh mehthadeh. Pu mesü kebeh khuniu hynohy dyepo rö thro'shü de shysoni ewö' ba teh mah deh. Shühthsi keru ricüh phenhie Epruh ngu dele pimo deh meh.

DAMEDZÜ KETSÜ:

A. Hyrohy kele' hi:

1. Dumise loe hi dibyketshü khuhniuro beh ro?
2. Dibyketshüjelo Epruh ni lide deh ro?
3. Zethuni keru boketrüh hi ro?
4. Khuhacüh ni Pakrö nhie diby puh ro?
5. Pakrö ni Epruh kekuo metha leh mo ro?
6. Pakrö ni diby sepu pfoh Epruh nhie puh kehzehehi ro?
7. Ehdze' thokhe lo-e zethu ni zethu eh mehthadeh ro?

B. Sekah phrüh ro keso/ keso mo pfoh thokhe loe thu hi:

1. Epruh ni Khuhacüh pheh lide dah. _____
2. Pakrö ni keru boketrüh dah. _____
3. Epruh jü kuh moi pu keku'zhe kebeh mi lethre ejüh boketrüh lo we. _____
4. Pakrö ni pu mhy pfoh Khuhacüh thrü dah. _____
5. Epruh ni Pakrö mhy ngu rö mehtha deh. _____

C. Pukah zho kebeh rhe metenguhi:

I. Ricüh

- (a) Keru keci ()
- (b) jühbu ()
- (c) Jühdo ()

II. Ketrüh

- (a) Kehle' ()
- (b) Ehno pfoh boketrüh ()
- (c) Ejüh metsheh ()

III. Keku'o

- (a) kuh moi kekuwe ()
- (b) zohwe ()
- (c) ehmy behkemo khuhni ()

IV. Kera'

- (a) Bo likhö' ()
- (b) mehlhü ()
- (c) Bokera' ()

V. Emhy mera' meyi

- (a) Emhy yesü ()
- (b) Emhy echü ()
- (c) Höba –hyba mewe pre ()

D. Sekah kelie thu hi:

(a) Ehdze'keri nhie:

(b) Ehdze' tesü ba:

(c) Ehdze' thokhe dau:

E. I lydo dau lo ehdze hynohi I we class lo-e puh hi:

KepHRüdze' 6

Di' pfüzöh Thudi Na' RO

Ehdze loehlo chelo kewero:

1. Di' pfüzöh thudi na' zeh chelo de.
2. Ehdze' hynohi phrüh ro pukah chelo de.
3. Ehdze' thritoh ro kehtsü kebeh ro kelelo de.
4. Ehdze' hynohi melu daulo pukah ketah lo de
5. Aro di' pfüzöh thudi na' lee' kedzü miro weh thudi na ro rhuh moi throlo de.



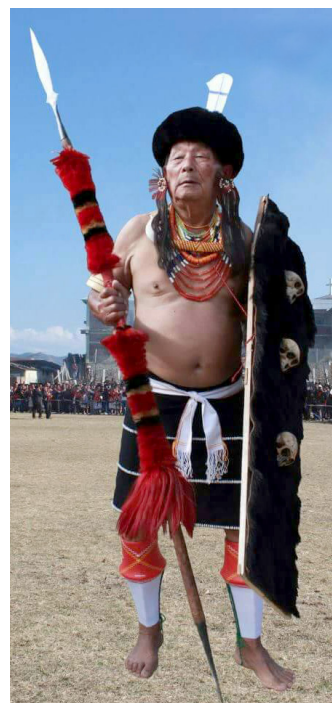
Hanhi zeh ni Cükhre lee' Zoenyi-u. Ami shü-ezhe troro edi' pfüzöh thudi na' hyrohy thsüh soni medi' yah.

Nicümiro medi' zü
nhie mena'ti', rahshe,
tsüphra, zhithu, tsühzo
lee' mahapulu ro thsüh
yah. Erah keba meyie
trokelie shi-ele rura
lee'dzüpara. Lapheh
ro dzüpamenie lee'
sesomenie thsüh ya.



Pfücümiro medi' zü nhie füyo,
ehrhe phizümena, pruhfü,
bakha, khadie, chünamenie,
kechekha lee' pekherü ro thsüh
yah. Pfücümi rah keba meyie
trokelie rira lee' chüsora ro ba
yah.

Pfücümi ro füyo lee' tsükha
 pfoh ketsü medi yah.
 Nicümi ro tsükha pfü yah.
 Pfücümiro ni ehza, ehmhi
 lee' mezhü' ro pfoh te yah.
 Mhe hyro pfoh mhetho tshü,
 tshü'fuh moi ehri kehye
 soni aro telalo yah.



DAMEHDZÜ KEHTSÜ:

A. Hyro kele'hi:

1. Aro nicümiro erah keba zeh thuhi.
2. Pfücümi ro erah keba zeh thuhi.
3. Aro nicümi lapheh zeh thuhi.
4. Pfücümi menie zeh thuhi.
5. Pfücümi ro kumo phe thsüh ketsü na' zeh thuhi.
6. Pfücümi ro diby pfoh kecheh kha-eh ro?
7. Nicümi ro ketsü kekha diby ro?
8. Dibykehtsünhie di pfüzöh thudi na' ro thsüh eh ro?

B. Ezho' ketsüo rreh (✓) hi:

1. Nicümi laphe zeh:

a) Ehrhe b) Laphe c) Mahapulu d) Tsüphra

2. Pfücümiro ephe loe pfü eh ketsü na';

a) Chüzhümena b) Rah c) Phekherü d) pruhfü

3. Pfücümi ro kumo pheh thsüh ketsü na':

a) Ehrhe b) Bakha c) Ezah d) Füyo

4. Nicümiro ebah loe thsüh ketsü na':

a) Erah b) Eche c) Mezhü d) Zhithu

5. Pfücümiro ketsü medi ketsü na':

a) Mhire b) Füyo c) Menyifü d) Ehrhe

6. Nicümiro erah keba zeh:

a) Rura b) Menaketha c) Tsüphra d) Rashe

C. Seketa kehtsü: Shü-ehzhe kedzümi ro thudi na i medo kebeh zeh kelie puh hi. Diby jelo medo ro? I kezü zü keta hi.

D. Thudi na pakelie mierhi rreh hi soni ehze thu hi.

(Thromiro pfücü thudi na lee lumiro nicüh thudi na' rreh hi)

E. Nomi class loeh di pfü zöh thudi na' thsüh kehtsü ezah kelie kesoh lo soni nomi shü-ehzhe weh thudi na' kelie thsüh ro leshikye wu soni nomi kezümiro nhie na' dze meyie kehtsü lee noh ni diby jelo medo la puh hi.

F. Mierhi zoh lo soni pfoh shüh-ehzhe zho' ketsüo zü süh kerhü hi.



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


KepHRüdze' 7

Ketseh Pehi

Lühzo lo-elo chelo kewe:

1. Lühzo lo-e sekah kekozho', tetro-tenöh, kephrü da' ro chelo de.
2. Lühzo kah chelo soni ehdze' puhlo moi thu chelo de.

Ketseh litsü pehi
Ketseh milereh pehi
Ketseh kethrodye pehi
Ketseh kejo'we pehi
Ketseh tawe pehi
Ketseh kahche pehi
Ketsetseh mhemedu lo-e pehi
Shüh ni methseh-mezhü',
zohwe soni zoh ehnyi.

Kelhoukhrieno Savi



DAMEHDZÜ KEHTSÜ:

A. Lühzo hynohi ehtrotshü, mithro' kehnhi moi mi kelie phrüh hi.

B. Sekhö' hyro pukah che lo.

- | | |
|-------------------|-----------------------|
| 1. Litsü | - emhe mesü mekhu. |
| 2. Lereh | - ehmi lenü. |
| 3. Kethrodye | - ehmi zohmehzhe che. |
| 4. Kejo'we | - ketrih kele. |
| 5. Kache | - kewe-kehsü che. |
| 6. Methseh-mezhü' | - ketry hoh. |

C. No ni diby da' tshü kethrodye, kejo'we lee' kahche lowe la' ehda' tro keme thuhi.

D. Sekhöropfoh sekah thuphe lo soni class loeh phrüh tetro hi.

Litsü

Lereh

Methseh - mezhü'

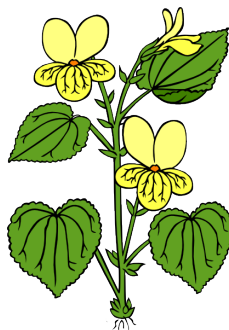
KepHRüdze' 8

CHÜH-EHPRÜ' ARO RAH HÖ KEBEHRO - I

Ehdze' loele che lo kewe:

1. Chüh-ehprü' boh phe ehze kadyedye kebeh ro chelo de.
2. Phrüh hi soni ehdze' chelo de.
3. Aro kadzüba kebeh chühbo zeh ro chelo de.
4. Chühbo pfoh mhetho ketshü dze' ro puh chelo de.
5. Chühbo ro pumehwe kebeh chelo soni kekwi-leroh rö melhi' metro' pe mo'kehsü da'ro che pelo de.
6. Ehdze' loe kebeh sekhö' ro pfoh leshi thu chelo de.

Aro chüh-ehprü tsa' kadyedye aro rah kehö kehte ro meze ngu yah. Chühbo lee' prü'bohro hy meduh lo kerhi'nöh. Puro mecyi thsü-kehhe soni mewe' kadie prelo moi lhy kehye metrö' pre loyah. Aro kelhi' lo-ehi chüh-ehprü ro thsühmo'sü bi'. Chüh – ehprü' ro kemeni ketha'-kadie' pre rö etsere' ketsü tshüyah, kemeni keci'- ci' soni enobah rö rhy teyah.





Lepuchüh (Alder)



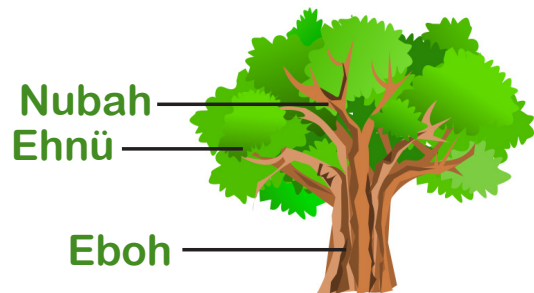
Tahuboh (pine)



Fücüfüraboh (Banyan)

Chüh-ehprü kadie ro:

Chüh-ehprü ketha'kadie' ro pfoh chühbo shysoni puh yah. Chühbo ni eboh etsere' soni mezhüpri' prelo yah. Chühboro ni nubah katrö pfüyah. Chühbo weh eboh pfoh soni ehlö shyro koyah.



Chühbo loe lo aro ethrüh, kedzü chüh lee' lechegro ngulo yah. Phochü (Oak), Lepuchüh (Alder), Tahuboh (Pine), Kadichecboh (Fig), Fücüfüraboh (Banyan), Emüboh (Naga Tenga), Lekhucceboh (Walnut), Amuthini (Mechinga), Methicheboh (Orange), Metricheboh (Peach) ro aro kadzüba lhy yah.

DAMEHDZÜ KEHTSÜ:

A. Mierhi rreh hi soni chühbo pheh ehze kadyedye kebeh ro thuhi.

B. Hyrohy kele' hi:

1. Nomi kebeh kadzü ba chühbo nguloo kewero ehze trokelie thuhi.

2. Nomi kebeh kadzü ba lechheh ngulo kewero ehze tro kelie thuhi.
3. Kedzüchüh lee' mele' pfoh lo kewe chühbo tro kelie ehze thuhi.
4. Chühboro pfoh diby metho tshü loowe ro?
5. Dibyketshü dzelo chühbo pfoh kerhinöh shyro puh-eh ro?
6. Chühboro meduh wehle che'deh ketsünhie diby thre' de-i we ro?

C. Ehbu loe kebeh sekhö' zho' ketsüo pfoh sekah ehsü methö lo-e thu lesohi.

Lechheh, Mewe', Ethrüh, Lekhucheboh,
Fücüfüraboh, Thsü-kehhe

1. Khraköluchebo ni _____ bo.
2. Chühbo kadie kelie aro ethrüh ngu lo kehtsü ni _____.
3. _____ pheh lo aro lechheh lee' mele ngu loyah.
4. Theni thsüh ketsünhie aro chühbo phelo _____ ngu loyah
5. Chühbo ro kerhi'nöh kedzüjelo mo puro _____. soni _____ pre lo yah.

D. Sekhö' hyrohy pfoh sekah thu phrehi:

Kadie', Kecy, Ketha', Mewe', Lechheh, Ethrüh, Chühbo, Enoh.

E. Nomi kebeh kadzüba chühbo nü tsa' kadyedye pfoh kengulo soni i leshe lo-e bi mebeh rö ehze ro thuhi.

KepHRüdze' 9

CHÜH-EHPRÜ' ARO RAH HÖ KEBEH RO - II

Ehdze' loehlo chelo kewe:

1. Phrüh hi soni edze' kah chelo.
2. Nomi kebeh sü ba chüh-ehprü eboh keci-ci ro zeh chelo de.
3. Chüh-ehprü ehbvü kepfü ro, yehprü-yehre ro, ekah kehte ro lee' mhe rekehtero che ledye lo de.
4. Chüh-ehprü keci-ci ro pföh mhe tshülo kewe dze' chelo de.
5. Chü-ehpri keciro dze puh chelo de.



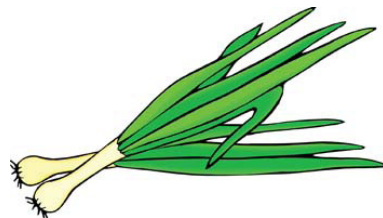
Chüh-ehprü kecici ro ni chühbo jü cy. Eboh kecici' rö etse' mezomo moi mewe' thah mezo prelo mo. Ebvü kehpfüro, yeprü'-yehre'ro, ekah moi mhe kehre' te kehtsü ro pföh soni chüh-ehprü kecici' tro shyro puh yah.

Ebvü tshü kehtsü tro:



Chüh–ehprü’ ebvü tshü kehtsü tro ro eboh etse’ soni keci-ci. Puuro eboh moi köpha katrö pre soni ehbvü tshüti rö beh yah. Roseboh, methichekethro’ lee’ lemuche’ boh ro aro kadzüba ngulo yah.

Yehprü’- yehre’ ro:



Yehprü’-yehre’ ro mecyi chüh-ehprü keci troro. Puuro eboh mejothrüh soni meneh. Yeprü’ –yehre’ ro ni tsühlo ketha’ rhy loho. Mene’prü’, Dzühnö, Rübe lee’ Erhöh Thonehapö ro aro kadzüba nguloyah.

Kehre te kehtsü yehprü'-yehre' ro:



Mhe kedzü' pheh kehre moi ra' te kebeh yehprü'- yehre' ro puuro eboh etse' mo ketsüdzelo puuro lethre' mewe' mezhüpri pre loho. Chühbo kedzü' pheh moi ehbe dze hi mebeh kehtsü phe kehre ro rhy loyah. Puuro ezükie loe kuma thre' kehtsü etsü pre soni mhe kehre te loyah. Belche, payiche, dahngöche, iskus, kotiche, kube'che ro aro kadzüba ngu loyah.

Ekah te kehtsü tro:



Yehprü'-yehre'tro keme ni kadzü lo-e ekah teyah. Kadzü lo-e ekah soni rhy kehtero puuro eboh etse' mo ketsüjelo puuro lethre' mewe mezhüpri pre loho. Hamö lee' mekarhüh nhi ekah kehte yehprü' troro.

DAMEHDZÜ KEHTSÜ:

A. Hyrohy kele' hi:

- i) Nomi keto yehprü' – yehre' ehdi kewe trokeme zeh thuhi.
- ii) Ekah kehte yehprü' – yehre'ro eche lee' ehnü tolo kewe zeh trokeme thuhi.
- iii) Mhe kehre te kebeh yehprü zeh kehnhi thuhi .
- iv) Nomi ketsü' beh leh mo ro? Nomi ketsü' lo-e diby yehprü' kekwi-eh ro?

B. Sekahro hi zho' leh zho'mo la' puh hi

1. Prüdarü ro ketha rhi loeh mo.
2. Kehre te kehtsü yehprüro mezhü' pri pelo yah.
3. Mene'prü ni prü'darü.
4. Chüh-ehprü ebvü tshü kehtsü tro ro eboh menesh soni mejothrü yah.
5. Kehre te kehtsü yehprü-yehre' ro eboh etse' mo.

C. Nomi kebeh sü ba ngu lo kewe yehprü/lecheh/yehnü ro pfoh ebuh zho lo-e thu hi.

Ehbvü kepfüro	Yehprü'-yehre'	Kehre te kehtsüro	Ekah te kehtsü ro

D. Yehprü-yehre',prüdarü moi chüh-ehprü ketoyi pfoh class loeh wu soni sekah 2-3 dau lo ehdze' puh hi.

E. Mhethoketshü:

Nomi kahkepu kethröhi zü soni mhetho hyrohy tshü lo:

- Kadzü sü keci kelie pfhüh lo soni noro class weh ketsü' kelie tshülo.
- Chüh –ehprü nomi kebe sü ba ngulo kewe ro pfoh sheh lo.
- Tro tro keze soni nomi class weh ketsü' lereh lo.
- Nomi class miro ketsü' lo-elo ngu kelo yehprü'-yehre 'pfoh keze'moi zheh lo soni class miro kethrö lo we.

KepHRüdze' 10

KesemiRO RHUH Kehtsü

Ehdze' loehlo chelo kewe:

1. Nagami zho' tele kewero chelo de.
2. Kesemi rhuh kehtsü da'ro chelo de.
3. Zho'tele kewero pfoh tema'kesü chelo de.
4. Kephrüdze' phrühty hi soni pukah chelo de.
5. Kephrüdze' loeh sekhö' kethse'ro pukah chelo de.

Nagami zho' tele kewe katrö beh. Dumi pfüzöhro nhie lo che kehze wö. Zho'tele kewero tenao meyie' kelie' shieleh kesemiRO rhuh kehtsü.

Nagamiro edizhoru loe lo ngukehlo kesemiRO rhuh kehtsü da' katrö' beh. Kesemi ni kyehu bu telu kehtsünhie ehsü meri pfoh tsü ma'sü.



Kesemi ehse puh
kebehnhie, aro
ngumedo'rö enilo
masü.
Mepu' kebeh nhie
kesemiro lo ehse puh
meri kehtsü khwe
molesü.



Tsühlo meduh nhie aro ni kesemi mese meri kehtsü zho'.



Kesemi ni aro kapuh moi terho hi kehtsüro tshü zü lo masü.



Aro tshülo keweze kesemi thröhy masü.

Zho'tele kewero aro dzelo pume tsüh moi aro kecinie.
Aro mesümo deh moi mehu kehtsü pha' mo.
Kesemiro rhuu kehtsü ni aro zho'tele kewero tshümetse'
pelo ya.

DAMEHDZÜ KEHTSÜ:

Leshikhu pukah ro.

- | | |
|--------------|-----------------------------------|
| 1. Di pfüzöh | - Dukie lhy wöh kehtsü pfüzöh ro. |
| 2. Emereh | - Me tsüh kehtsü. |
| 3. Rhuh | - Dzürhi khepfo tsü. |
| 4. Ngumedo | - Mhöhwa rö ehmi mese che. |
| 5. Edizho'ro | - Dukie thsü wöh kehtsü zhotele. |

A. Kehtsü kebeh ro kele'hi.

1. Kesemi kyehubu lo teli zünhie, no diby tshü zü mese ro?
2. Kesemi ehse puh zünhie, no dibythri masü ro?
3. Aro Nagami zho'tele kewe kelie dipfüzöh tsühlo nhie lo che kehze wu ketsü diby ro?
4. Diby dzelo aro Nagami zho'tele kewero mesümo deh moi mehu kehtsü pha' mo ro?

B. Ezho' lee' Ezho'mo pfoh thuhi:

- | | |
|---|-------|
| 1. Aro kesemi mese meri kehtsü pha' | _____ |
| 2. Aro kesemi thruhi kehtsü zho'mo | _____ |
| 3. Aro kesemi sepu zü kehtsü mehse | _____ |
| 4. Aro kesemi kakepu zü kehtsü mehse mo | _____ |

C. Sekhö kethse' che kelo ro pfoh shü methöh loeh thu lesöhi.

Emereh, Edizho'ro, Rhuh', Dipfüzöh, Ngu'medo

1. Kesmiro _____ kehtsü ni zhotele kewe kelie.
2. Aro _____ kewero tshümetse' telo masü.
3. _____ tsülonhielo zhotele kewero che kehze wu.
4. Zhotele kewero aro dzelo _____
5. Thromi hinohi i ehmi medu nhie _____ te yah.

D. Lethro loeh zhotele kewe lee' zhotele keshü ro thu kere mebeh ah. Phrühlo soni keze' pfoh ehbu zho loeh thu hi.

Mhe keze' kehtsü	Zohmehzhi, ketry lee' iwe trela sepuro
Sepu seyi kewe puh kehtsü	Ehminhie kehwa kehtsü
Mi sepu enü' kehtsü	Tashü kehtsü
Zhoru zü mo kehtsü	Ehmi keti meli kehtsü
Mhe tshümethseh kehtsü	Tsülonhie tewu lo kehtsü
Eli ehde kehtsü	

Zhotele kewero	Zhotele keshü ro

E. Ehse keta hi.
Ehtro tshü lo rö kesemi rhuh mokesü zhoru keta hi.



STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING (SCERT)

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

“Consume only Iodized Salt”