

CLASS - 1

Nagaland Heritage Studies

SANGTAM



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



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

NAGALAND HERITAGE STUDIES | CLASS 1 - SANGTAM

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FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



THAVASEELAN K
Principal Director (IAS)
School Education, Nagaland, Kohima



N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

BEKHU YU

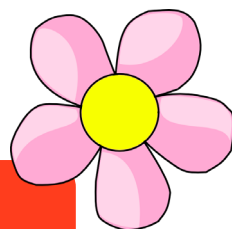
Class-I akhihba vakha hi, State Council of Educational Research and Training (SCERT) yangbe ko adorütünü chongcha khyünü; Nagarü apüm palu yu lanü külüpjuhcho. Hi nengdang arühte dee kün-yangre. Hiba vakha tsü Nagarü jümü liliyahchah jükehpü thrahcho lile.

Hiba Class-I vakhala atungte yunahti khürü, Thrahyah ko yuva, Khüdu mükyü, Nyükhichung, Kangla choonuti, Ifü, I kuh, Nguh azikyah, I kuhkhi. Hiri khihba khunü azarü atsidsauba nyichosohre.

Hiroh-isü, akhirüzarüti khyang lümlong nyichosohba khu arüh limüdüm surolili ko mülung müshü atsaubala nyichehnü nünung alongdi amulah lile.



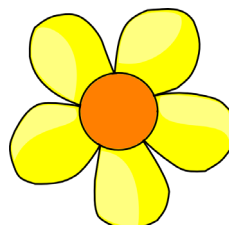
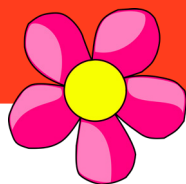
Dr. Alem Sangtam
Chairman
SLB.



Zehchung

Vatpah

- | | |
|---------------------|----|
| 1. THRAHYAH KO YUVA | 1 |
| 2. KHÜDU-MÜKYÜ | 8 |
| 3. NYÜKHIHCHUNG | 19 |
| 4. IFÜ | 24 |
| 5. I KUH | 30 |
| 6. KANGLA CHOONUTI | 35 |
| 7. I KUH KHI - I | 38 |
| 8. NGUH AZIKYAH | 42 |



ANYICHOBA - 1

THRAHYAH KO YUVA

Anyichoba Nahdhingkehti

1. Nührü yula zehba thrahyah tsü tsüpm.
2. Nührü yula zebha thrahtse yuva tsü tsüpm.
3. Nührü yula zehba thrahtse te aroh yuje yuva chochehng.

THRAHYAH YUWA

Aa – Aa

li – li

Qq – Khi-u

Yy – Wai

Ba – Bi

Jj – Je

Rr - Arü

Zz - züt

Cc – Ci

Kk – Ke

Ss – es

ÜÜ – üh

Dd - Di

Ll – el

Tt – Ti

Ee – Ee

Mm – em

Uu – UU

Ff – Af

Nn – en

Vv – Vi

Gg – Kho

Oo - Oo

Ww – Tüplo

Hh – ech

Pp – Pi

Xx - Ax

Aa



Abi



Ara



Ale

Bb



Be

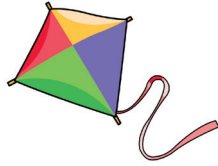


Bha



Bipüm

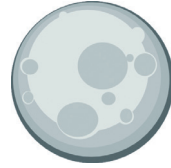
Cc



Chingyee



Chenghi



Choonu

Dd



Dongdi



Dbang

Ee



Seke



Keesing



See

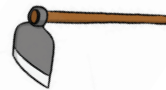
Ff



Füh



Fühza



Fühjeng

Gg



Goloreh



Golo



Lang

Hh



Ha



Hi

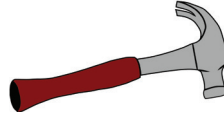


Hüna

Ii



Idhse



Ihümsing

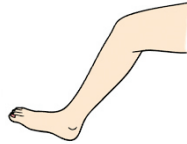


Imüşih

Jj



Ja



Jing



Jinglöp

Kk



Kuh



Kheh



Kihkong

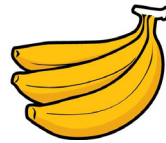
Li



Lah



Loh



Lasih

Mm



Müle



Müle



Mümtse

Nn



Noh



Nyü



Nguh

Oo



Honu



Homa

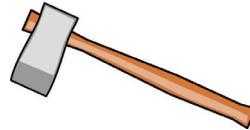


Yongmüza

Pp



Phah



Püh



Phohphu

Qq



Qure



Jüp



Phaqu

Rr



Rülih

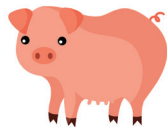


Rangshü



Rangföh

Ss



Shühka



Shühmü



Shühkong

Tt



Thsah



Thsaala

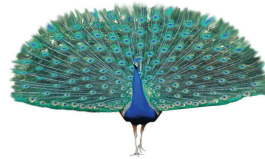


Thsuh

Uu



Uza



Upi



Luh

Vv



Vi



Vi-itse



Vakha

Ww



Wara



Wawa-müngyu



Uwa

Xx



Xuh



Xü



Axüh

Yy



Yüh



Yavih



Yüeh-u

Zz



Zanu



Zütüh



Züdong

Anguchiba

A. Anyichoba lanü thrahyah te aroh yutseti tsü athseng nü khihng.

B. Nührü atpa yula bichiba thrahyah tsü nyicho-ung ko thrahng.

C. Thrahyah yuvati amüjengchola jengjühng.

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

D. Thrahyah achunglangnü thali chung.

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

E. Thrahyah hirinü yutse adüzü jühng.

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

ANYICHOBA - 2

SHIKHIH (1 - 20)

Anyichoba Nahdhingkehti

1. Nührü yula shikhih neng tsü tsüpm.
2. Shikhih neng achunglang tsüpm.
3. Shikhih neng cho-ung ko yo-ung.
4. Shikhih ami-i ko neng aphishuh chung.

IHSANÜ HIBA KHI NYICHONUNG

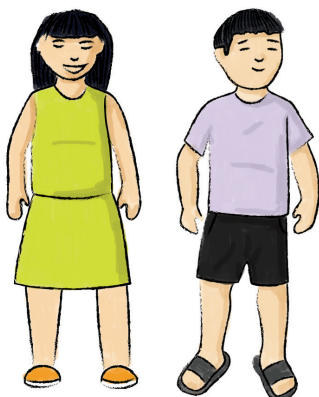
Azarü khüdu, Azarü anyü
Azarü asang Sangtamrüti
Azarü müyü, Azarü munga
Azarü dhüroh Sangtamrüti

Azarü dhünyeh, Azarü Keh
Azarü dükuh Sangtamrüti
Sangtam dhrezarü dhüre.

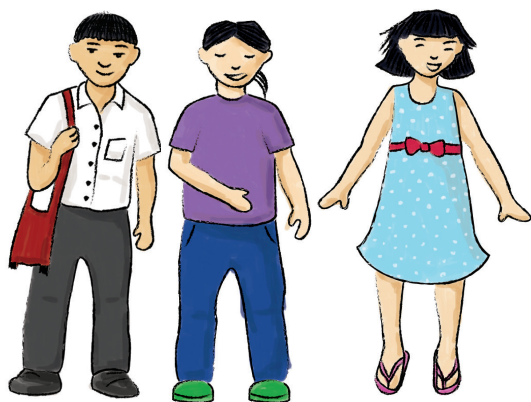
Khüta khihnung Ihsanü nyichonung:



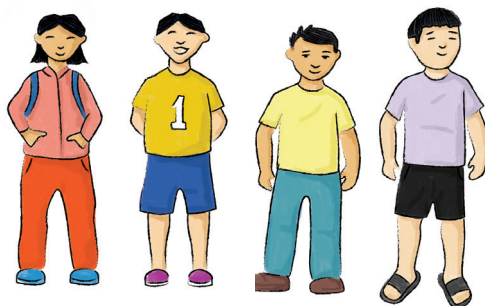
1- Khüdu



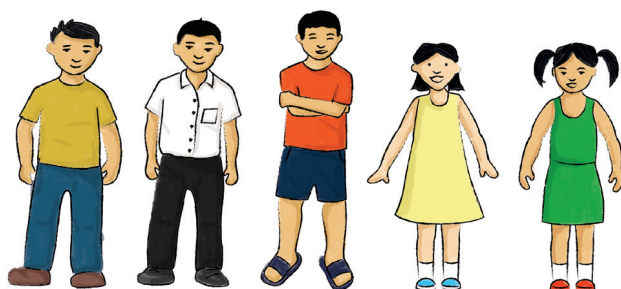
2- Anyüh



3- Asang



4- Müyü



5- Münga



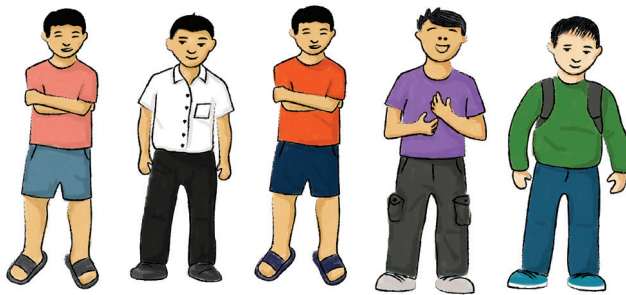
6- Dhüroh



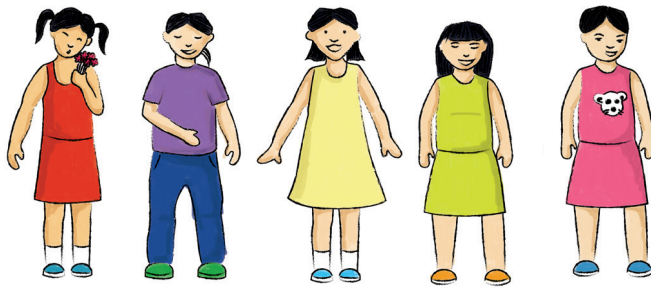
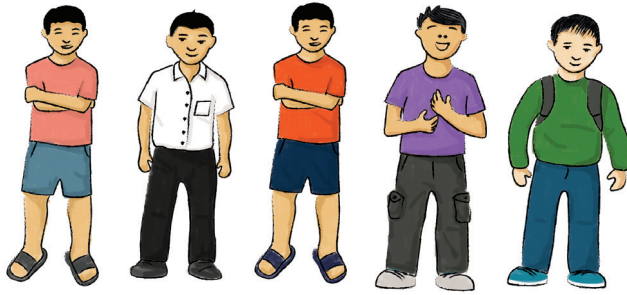
7- Dhünyeh



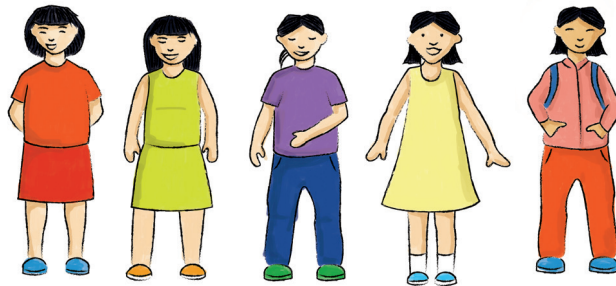
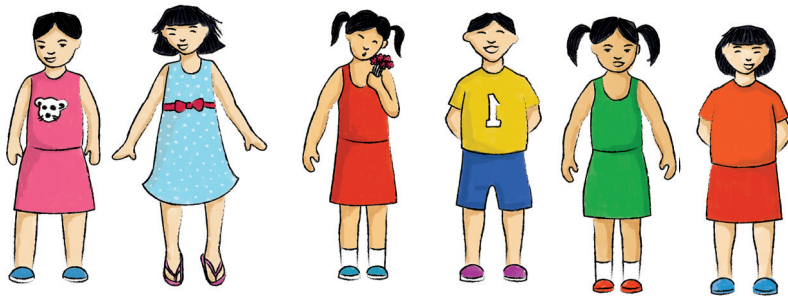
8- Keh



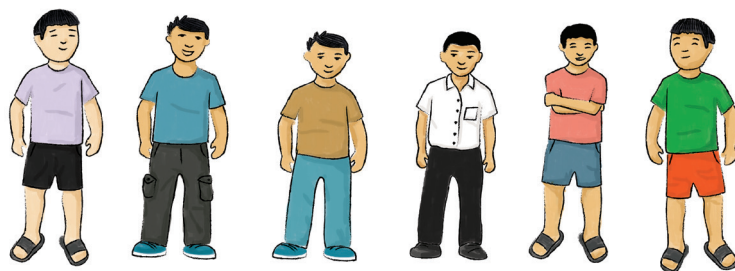
9- Dükuh



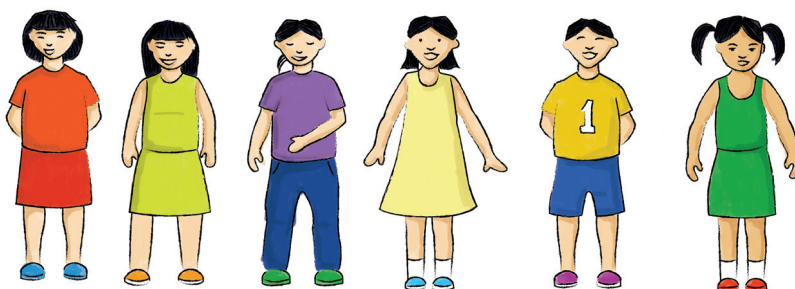
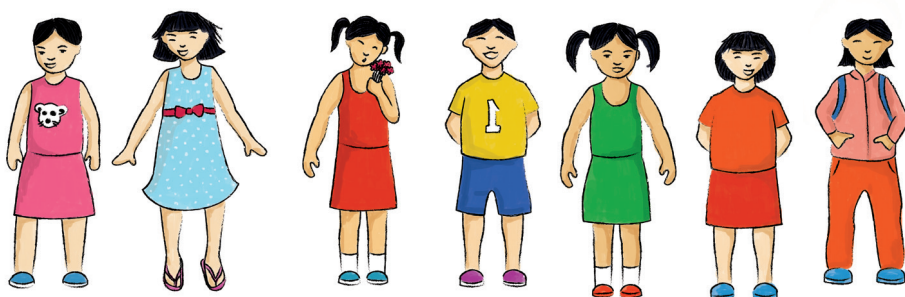
10- Dhüre



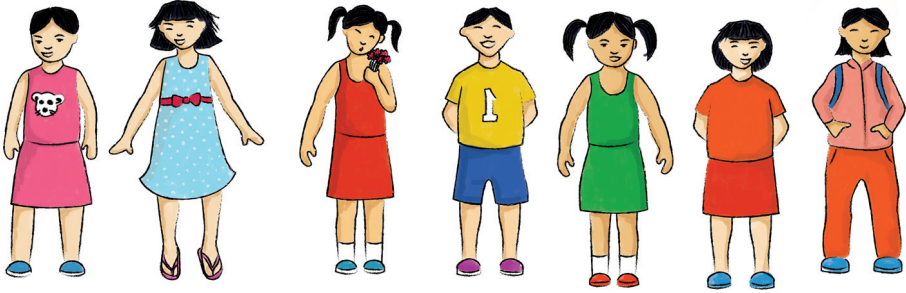
11- Dhüre kheh



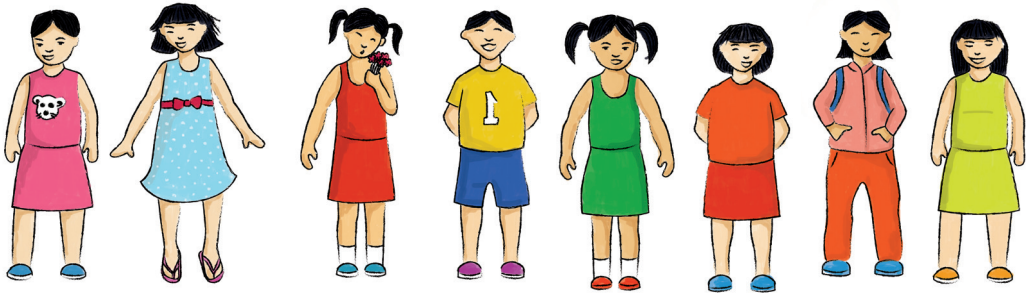
12- Dhüre anyüh



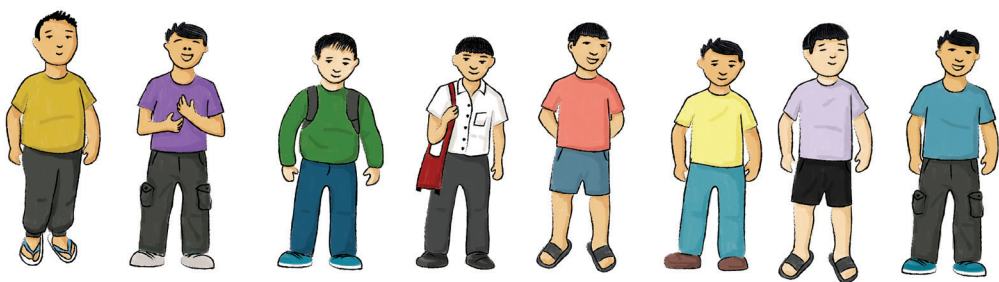
13- Dhüre asang



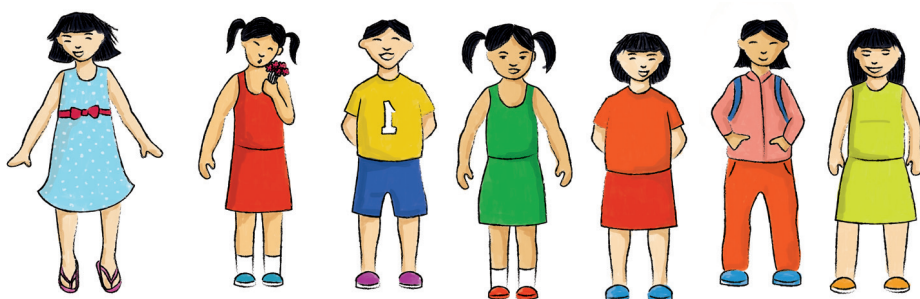
14 - Dhüre müyü



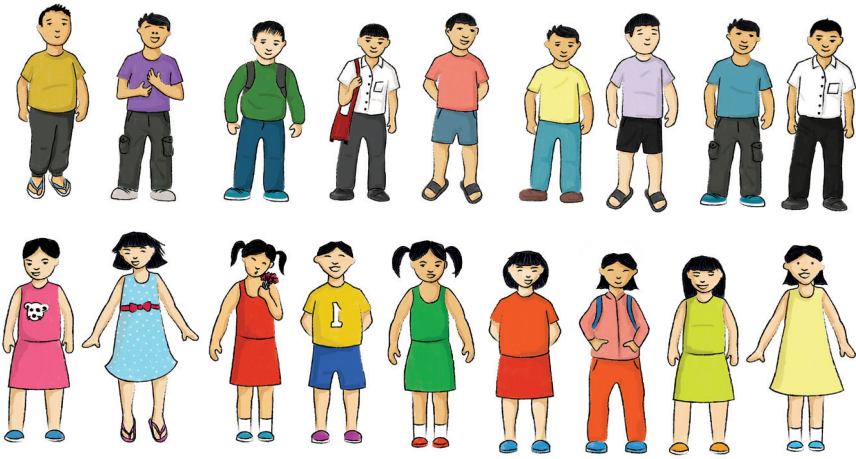
15- Dhüre munga



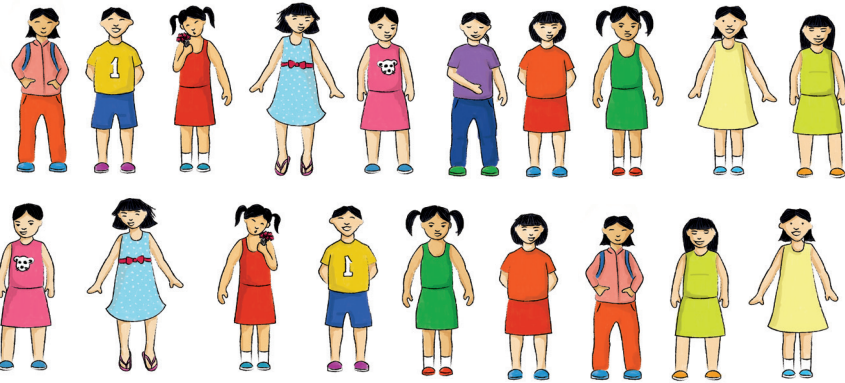
16- Dhüre dhüroh



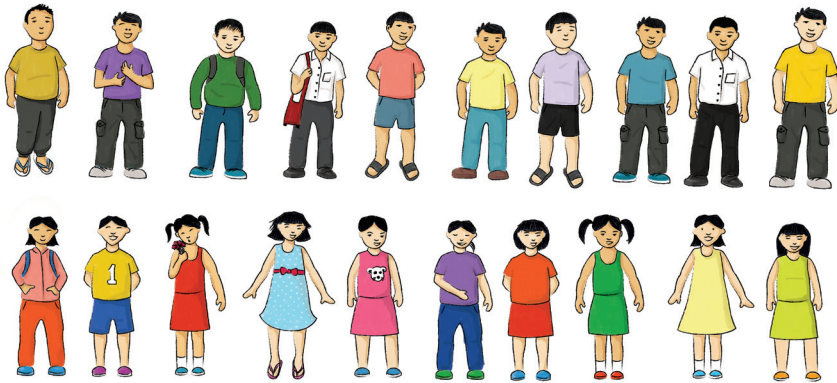
17- Dhüre dhünyeh



18- Dhüre keh



19- Dhüre dükuh



20- Mükyü

Anguchiba

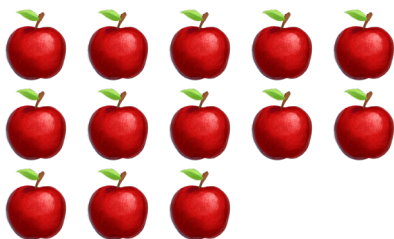
A. Apohki jünü liba yahthriti tsü dHING. Wüsü tsü khi dHING ko aneng thrahng. Nührü khyang khüdu nguchijü lile.

1.



Dhüre

2.



3.



4.



5.



6.



B. Jünü liba yahthri tsü phishuhta chungnü aneng jü-ang.
Khüdulü nguchijüko.

Shikhih

Yahthri

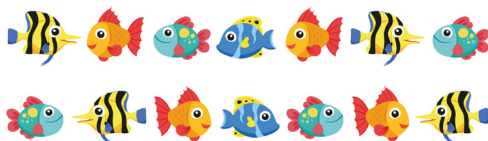
Neng chung

3



Asang

14



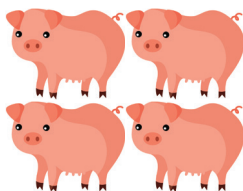
8



20



4



11



C. (Khüdu-Mükyü) tashi yutse langnü thrahng.

D. Shikhihti charüta liba tsü azau langnü thali chung.

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

E. Shikhihti charüta liba tsü adiu langnü thali chung.

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

F. Shikhih müthrahbala jengjühng.

1		3		5
	7		9	
11		13		15
	17		19	

ANYICHOBA - 3 NYÜKHIHCHUNG

Anyichoba Nahdhingkehti

1. Nührü yu langnü nyükhichung nyümong neng tsüpm.
2. Nyükhichung nyümong neng cho-ung ko yo-ung.
3. Nyükhichung nyümong neng achunglangnü tsüpm.
4. Anyichoba lanü amüla atsingdhingba yu langnü yo-ung.

Nyükhila nyümong dhünyeh lile

Arüh tsü:

Sunday	- Mübünyü
Monday	- Kuhdrangnyü
Tuesday	- Khuhdinyü
Wednesday	- Müwanyü
Thursday	- Müsütüpanyü
Friday	- Kudbengnyü
Saturday	- Jangshikanyü

Ihsanü khitang hi nyichonung.

Asela nü Kuhdrangnyü shü müsare,
Khuhdinyü shithsabhülehre,
Shüti tsü müwanyü xüre,
Müsütüpanyü kuh müsare,
Kudbengnyü shüti nbehkyare,
Jangshikanyü laadbüla nguchire,
Mübünyü kyahshangre.

Anguchiba

A. Asela yahthri tsü dhing ko apohki atsingdHINGBA laling.



1. Khode Aselanü shü müsaro ?

2. Khode Aselanü shithsabhülethro ?



3. Khode Aselanü shü xüro ?





4. Khode Asela nü kuh Müsacho?

5. Khode Aselanü shü nbehro ?



6. Khode Aselanü Laabdüla nguchiro ?

7. Khode Asela kyahshangro ?



B. Yürü müjengchola jengjüang:

1. Khuhdinyü tsü _____ khanglang.
2. Müsütüpanyü tsü _____ ko _____ kahla.
3. Jangshika tsü belang.
4. tsü nyükhihla akhutiba nyüthro.
5. tsü nyükhihla achangka nyüthro.

C. Nyükhih chung anengti khihng ko nüyo vakhala thrahcho-ung:

D. Nyükhihla nyüthroti achunglangnü thali chung.

Kudbengnyü	
Kudrangnyü	
Mübünyü	
Khuhdinyü	
Jangshika	
Müwanyü	
Müsatüpanyü	

E. Nyükhilha nyüthroti müjangtang.

Mübünyü	4
Kudbengnyü	1
Kudrangnyü	7
Müsütüpanyü	5
Jangshika	2
Khuhdinyü	6
Müwanyü	3

ANYICHOBA - 4 KANGLA CHOOTI

Anyichoba Nahdhingkehti:

1. Kangla choonu nengti nyichoung.
2. Choonu nengti chonung ko young.
3. Kangla choonu nengti achunglangnü nyichoung.
4. Amüla atsingdhingla yunü laling.

Amüi shangrüti
ihsanü apohki
liba yahthri tsü
dhingnung.



Nyümongchung 2023

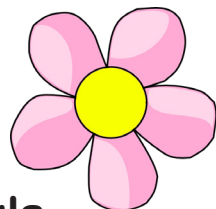
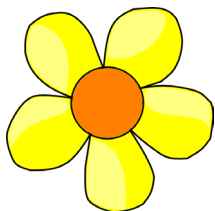
(SÜPEH)					(SEHTPHEH)					(TSOHSUH)							
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Khuhdinyü	31	3	10	17	24	Khuhdinyü		7	14	21	28	Khuhdinyü		7	14	21	28
Müwanyü		4	11	18	25	Müwanyü	1	8	15	22		Müwanyü	1	8	15	22	29
Müsütüpnü		5	12	19	26	Müsütüpnü	2	9	16	23		Müsütüpnü	2	9	16	23	30
Kudbengnyü		6	13	20	27	Kudbengnyü	3	10	17	24		Kudbengnyü	3	10	17	24	31
Jangshika		7	14	21	28	Jangshika	4	11	18	25		Jangshika	4	11	18	25	
Mübünyü	1	8	15	22	29	Mübünyü	5	12	19	26		Mübünyü	5	12	19	26	

(MACHI)					(KIHAH)						(MATSEKHYÜM)						
Kuhdrangnyü		3	10	17	24	Kuhdrangnyü	1	8	15	22	29	Kuhdrangnyü		5	12	19	26
Khuhdinyü		4	11	18	25	Khuhdinyü	2	9	16	23	30	Khuhdinyü		6	13	20	27
Müwanyü		5	12	19	26	Müwanyü	3	10	17	24	31	Müwanyü		7	14	21	28
Müsütüpnü		6	13	20	27	Müsütüpnü	4	11	18	25		Müsütüpnü	1	8	15	22	29
Kudbengnyü		7	14	21	28	Kudbengnyü	5	12	19	26		Kudbengnyü	2	9	16	23	30
Jangshika	1	8	15	22	29	Jangshika	6	13	20	27		Jangshika	3	10	17	24	
Mübünyü	2	9	16	23	30	Mübünyü	7	14	21	28		Mübünyü	4	11	18	25	

(CHENG MÜDONG)						(HÜNAPUNGBI)						(MUNG MUNG)					
Kuhdrangnyü	31	3	10	17	24	Kuhdrangnyü		7	14	21	28	Kuhdrangnyü		4	11	18	25
Khuhdinyü		4	11	18	25	Khuhdinyü	1	8	15	22	29	Khuhdinyü		5	12	19	26
Müwanyü		5	12	19	26	Müwanyü	2	9	16	23	30	Müwanyü		6	13	20	27
Müsütüpnü		6	13	20	27	Müsütüpnü	3	10	17	24	31	Müsütüpnü		7	14	21	28
Kudbengnyü		7	14	21	28	Kudbengnyü	4	11	18	25		Kudbengnyü	1	8	15	22	29
Jangshika	1	8	15	22	29	Jangshika	5	12	19	26		Jangshika	2	9	16	23	30
Mübünyü	2	9	16	23	30	Mübünyü	6	13	20	27		Mübünyü	3	10	17	24	

(THSÜHTISÜMSÜM)						(CHOLA)						(CHENGYONG)						
Kuhdrangnyü	30	2	9	16	23	Kuhdrangnyü		6	13	20	27	Kuhdrangnyü			4	11	18	25
Khuhdinyü	31	3	10	17	24	Khuhdinyü		7	14	21	28	Khuhdinyü			5	12	19	26
Müwanyü		4	11	18	25	Müwanyü	1	8	15	22	29	Müwanyü			6	13	20	27
Müsütüpnü		5	12	19	26	Müsütüpnü	2	9	16	23	30	Müsütüpnü			7	14	21	28
Kudbengnyü		6	13	20	27	Kudbengnyü	3	10	17	24		Kudbengnyü	1	8	15	22	29	
Jangshika		7	14	21	28	Jangshika	4	11	18	25		Jangshika	2	9	16	23	30	
Mübünyü	1	8	15	22	29	Mübünyü	5	12	19	26		Mübünyü	3	10	17	24	31	

Achung michah tüyah amohnü yutse thrah liba tsü kangla choonuti te dsire.



Athahlang amohnü thrah liba tsü kangla
chooti te dsire

Kangla choo dhüre anyüh lile.

Arüh tsü :

Akhutiba choo - **Süpeh**

Anyü-uba choo - **Şehtpheh**

Asang-uba choo - **TsohsuH**

Müyü-uba choo - **Machi**

Münga-uba choo - **Kihshah**

Dhüroh-uba choo - **Matsekhyüm**

Dhünyeh-uba choo - **Chengmüdong**

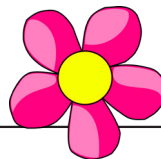
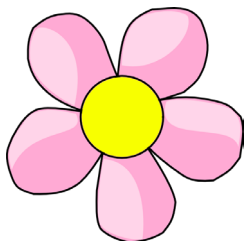
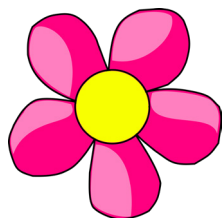
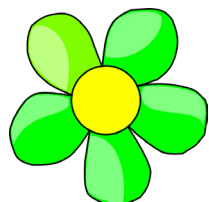
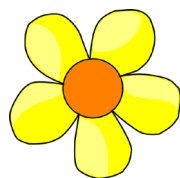
Keh-uba choo - **Hünapungbi**

Düku-uba choo - **Mungmung**

Dhüre-uba choo - **ThsüHTIsümsüm**

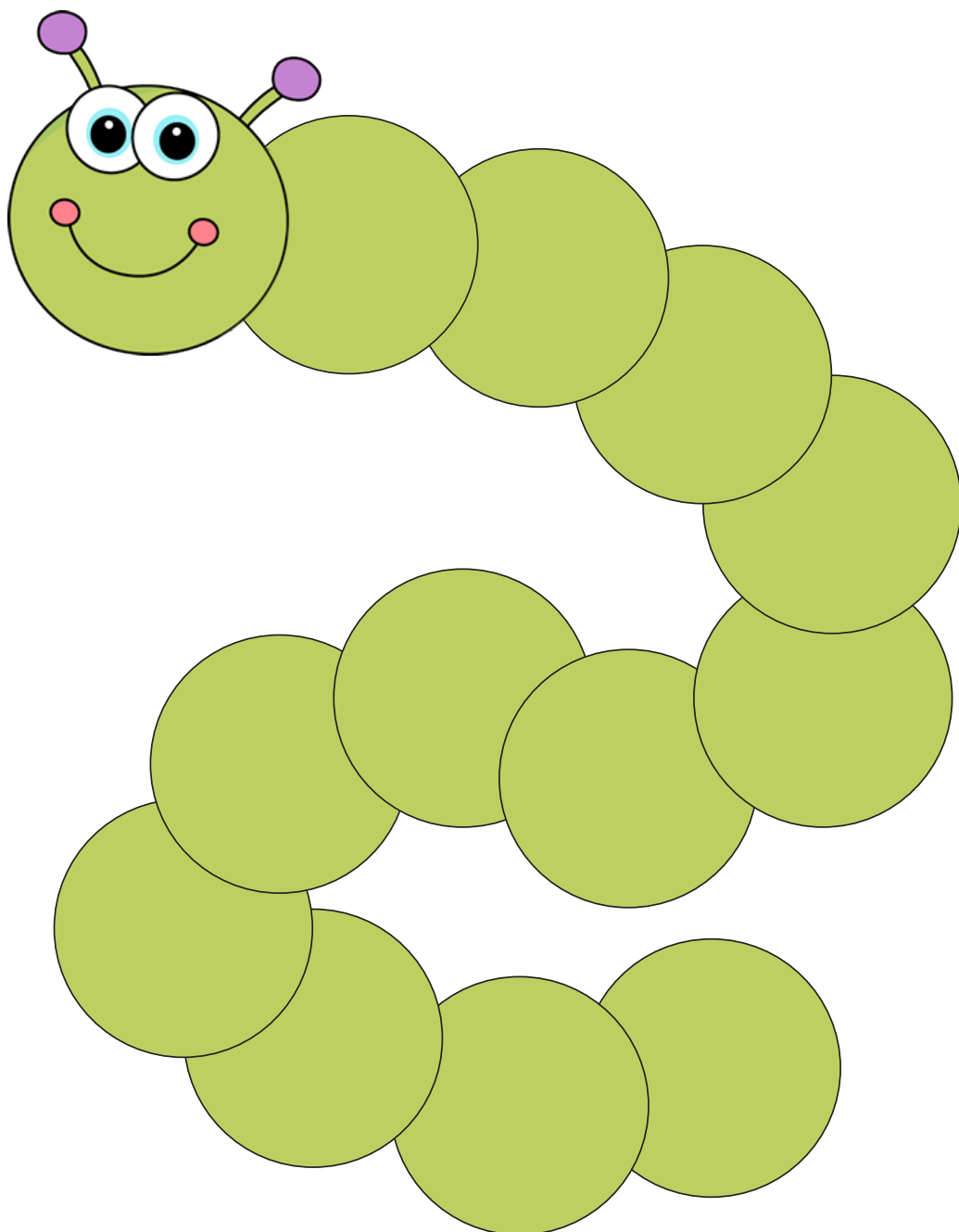
Dhüre-kheh-uba choo - **Chola**

Dhüre anyü-uba choo - **Chengyong**

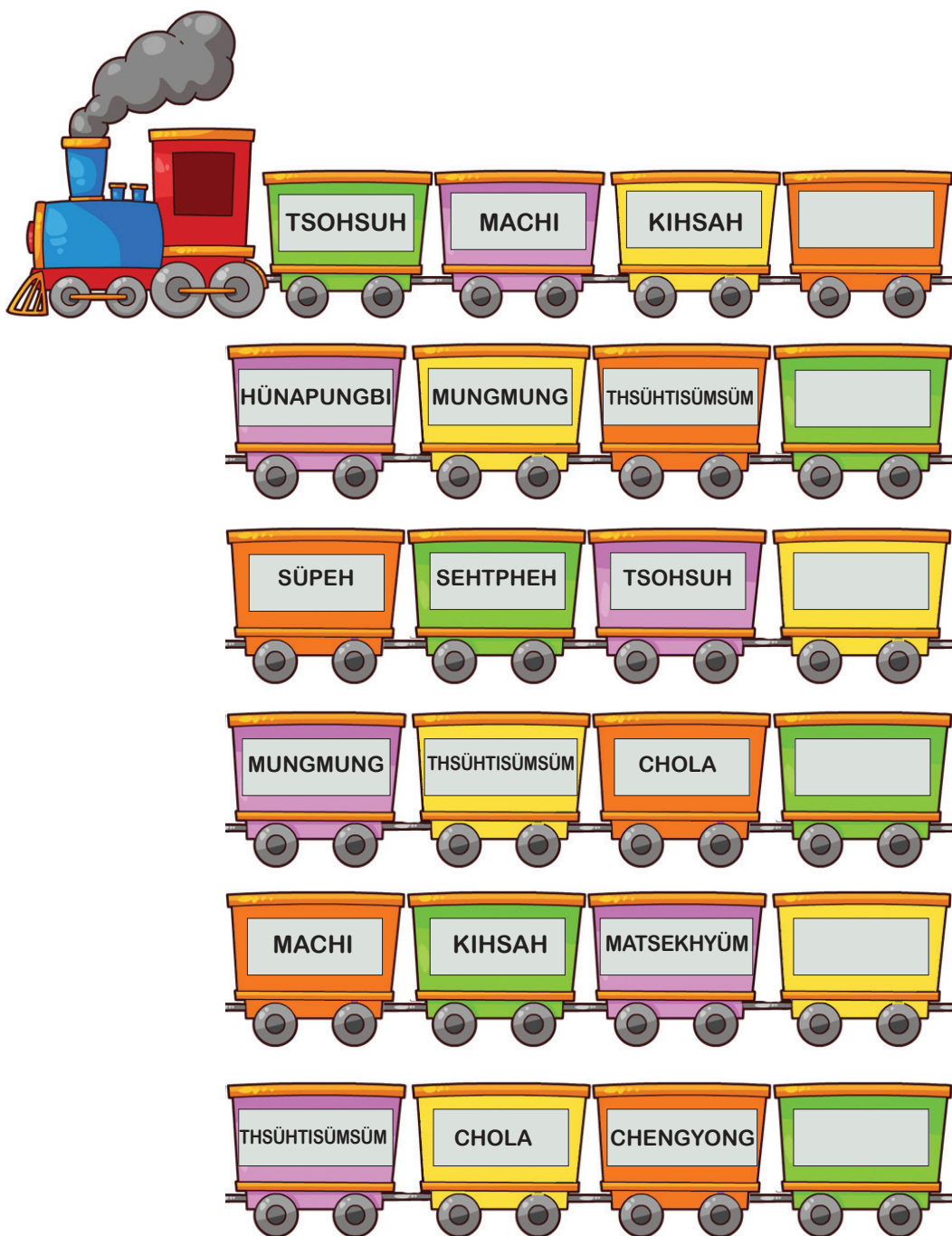


Anguchiba

A. Kangla choo dhüre anyüh aneng mukangliba pohki yohpnehng.



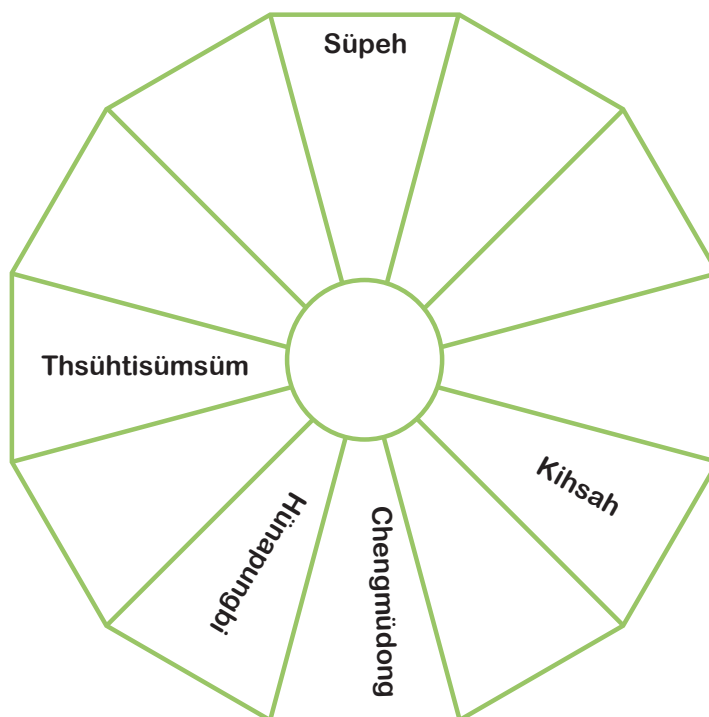
B. Khüiba akhü-uba choo roro.



C. Adeng liba tsü jingsohng.

Atsiba choo	Hiba choo	Aroba choo
Thsühtisümsüm	Chola	Chengyong
	Hünapungbi	
	Sehtpkeh	
	Matsekhyüm	
	Süpeh	
	Machi	
	Mungmung	
	Tsohsuh	
	Thsühtisümsüm	

D. Ajing mükangliba adengla tsü jengsohng.



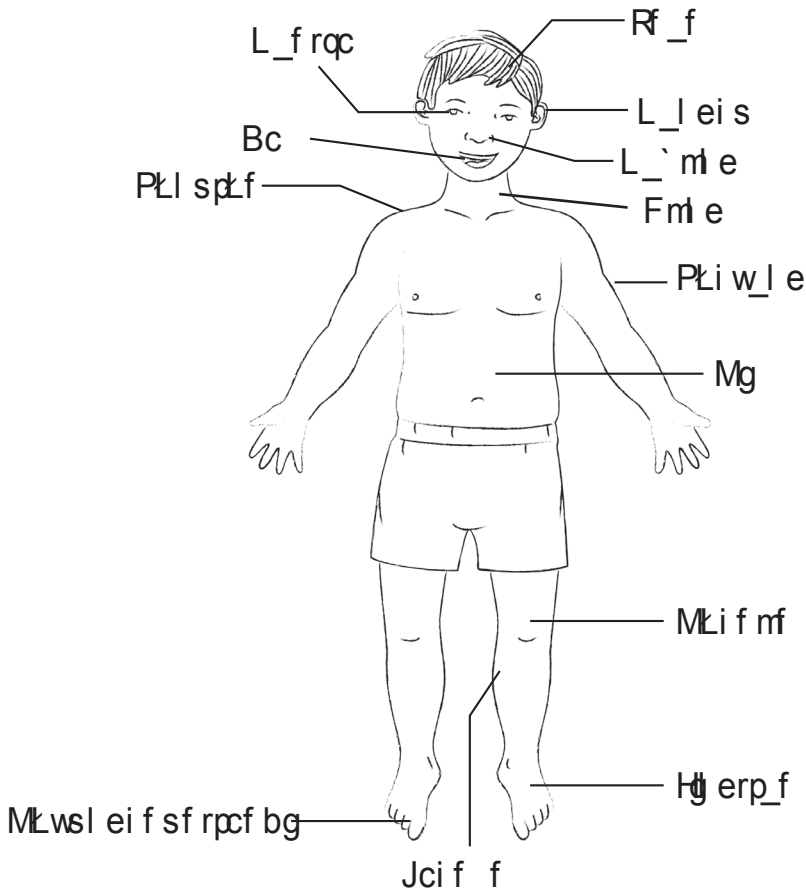
ANYICHOBA - 5

IFÜ

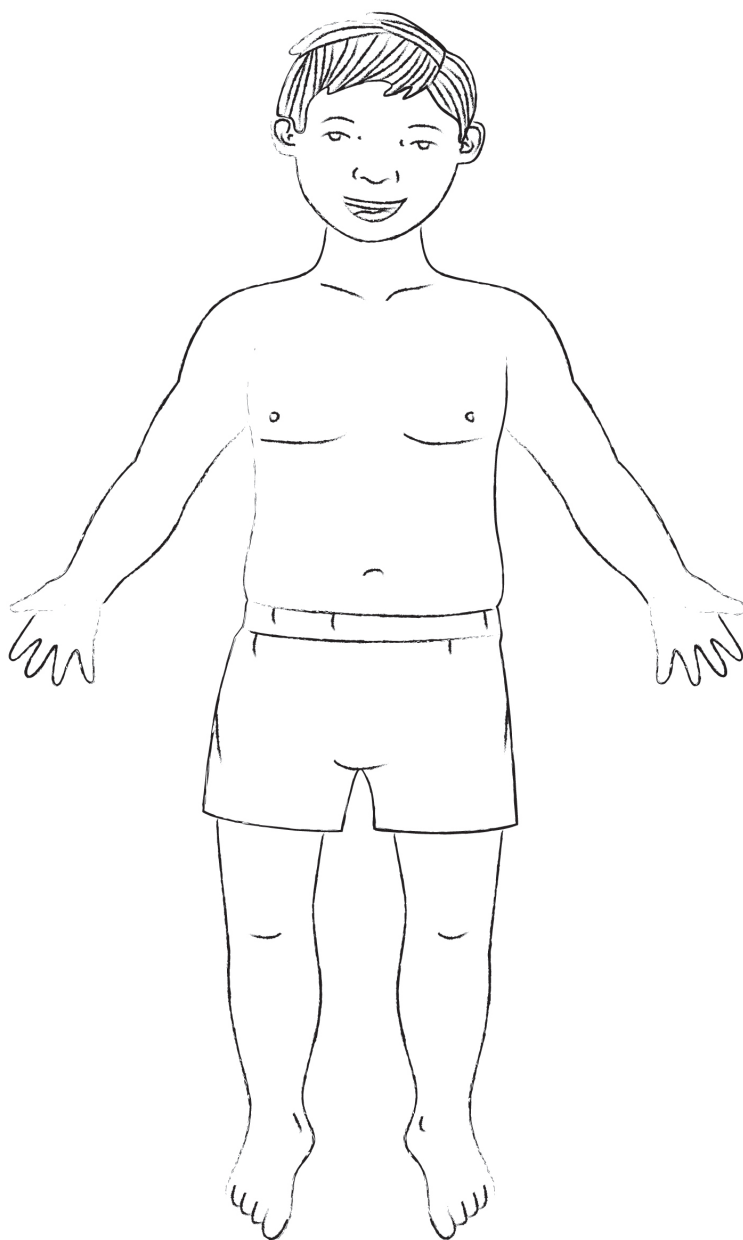
Anyichoba Nahdhingkehti

1. Afüla lohlaa papati neng nyicho-ung.
2. Afüla lohla papati dhingchehnü tsüpm.
3. Anengti tsitsa chochehnü young.
4. Anyichoba lanü atsingdhingba laling.
5. Anyichoba lanü athrahba ko yunü ajeng yonü thülaba aichi nyichoung.

Apohki yahthri tsü tüyah münohng.

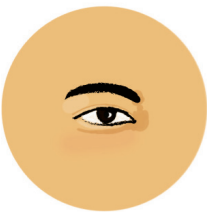


**Apohki jünü liba yahthriti tsü thonguhng:
Thah, Pünurü, Müzi, Jingmüyungza, Nahtse, Nangku,
Nabong ko be.**



Anguchiba

- A. Vatpah 30 la yahthri tsü dhing. Fula lohla papati
adhsengnü khi-ing
B. Hiri lohla aneng jü-ang.



1. _____



2. _____



3. _____



4. _____

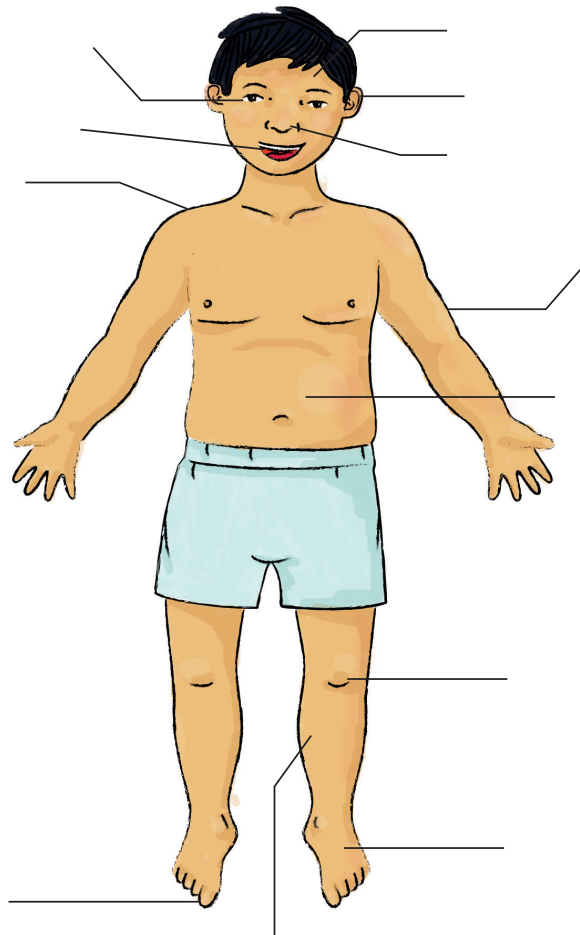


5. _____



6. _____

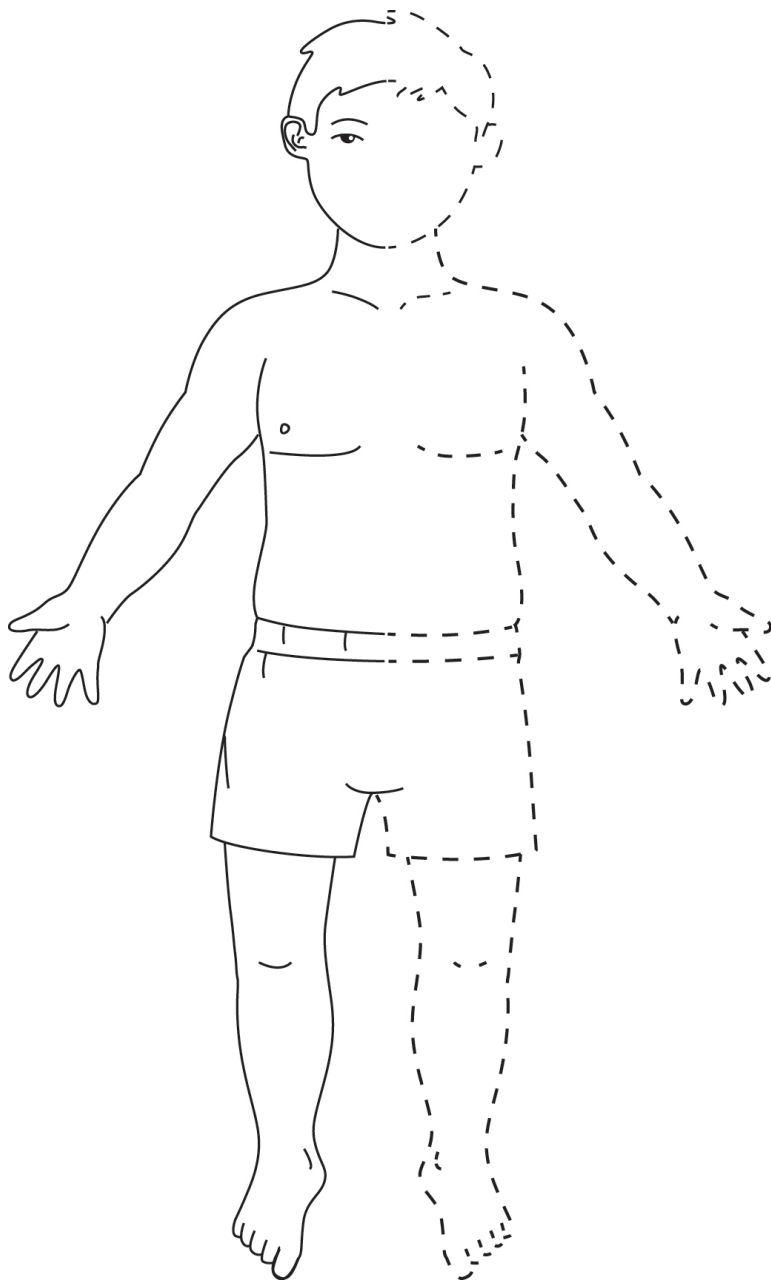
C. Thongu liba lohla papa anengti thrahng.



Dhüdbeng nü thonguhba aneng jü-ang.

Thah, Nangku, Nahtse, Nabong, Be
Pünurüh, Pükyang, Mi, Mükhoh,
Jingmüyungza, Lekhah, Müyungkhuhtrehdi

D. Yahthri ajeng thrahng ko yahthrila liba lohlati tsü pisa thonguhng:



ANYICHOBA - 6

I KUH

Anyichoba Nahdhingkehti

1. Kuhla kuhchongsah papati tsüpm.
2. Kuhchongsah neng yujela cho-ung ko yo-ung.
3. Kuhchongsah müipi kohro papa nengti yujela choung ko yo-ung.
4. Anyichoba lanü atsingdhingba laling.



Fgaf m ei w_hg



Fgw_k.phg



Fgk_lrq_f hg



Fgpk qf_l ei sf

Anguchiba

- A. Hiri yahthri shulüm yo-ung. Yutseti khi-ing ko khüta bichiro hütsü nengdang yo-ung.
- B. Yutse hiri nyichoung. Yuva amülah nü young ko thrahng.



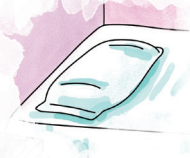
Ryg



FŁ gf Ł



Bf nk nf



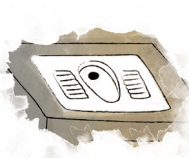
Rf_f rgg e



Qj ev_f Łf



?pf nf



Pcf w_f hg



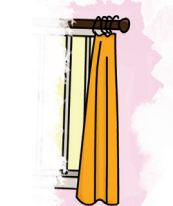
I nf pmwrf Łhg



Rf Łrf ŁpŁk hg



Rpf g



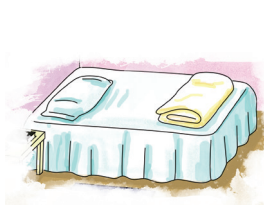
I gggf Ł



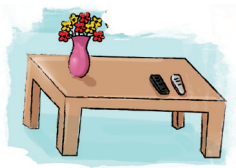
Wf rf pggŁp



VŁl epj mŁ e



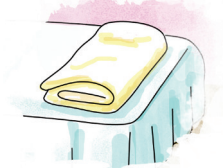
Qf Łi f w_l eqg e



I cf rp_f

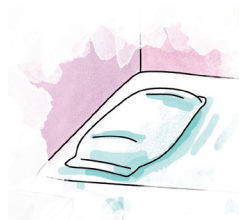
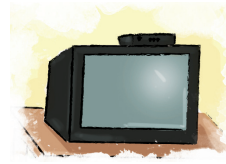
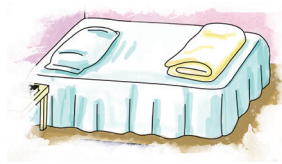


I g i f _qg e



J_l eaf gff Ł

C. Yahthri müipi khihng ko yuje ayohpüsingla zahkehng.



Yüpi

Pümshang kuh

Chongkyuji

Mütsahji

D. Yu choba

?pɾf i f ɟ ɬ ` cbcl ɬ i ɬ f ɬ i sfj\_ i ɬ f i ɬ k ɬ ps` _
 k ɬ bɬ k qf sjɬ k k ɬ jg_ i ɬ wswsl e i f ɬ bs/_ i wɬ f
 rf ɬ ɾ_ i e.

ANYICHOBA - 7

IH KUKHI

Anyichoba Nahdhingkehti

1. Nührü yu langnü ltpa, Uwa, Imung, Ifü, ko Kukhi neng müdhe-ing.
2. Anengti tsitsa chochehnü young.
3. Chingkehnü liba anyichoba lanü amüla atsingdhingba laling.
4. Kukhi adüzü tsü young.



Ih neng Alila.

Ih Irüh kuhkhila lire.



Kukhi khüdu tsü nyitsarü mülung
Sürü khüdu khüdu chingkehta liro.

Hi uwa, itpa Iya, Imung ko lhfü lile.
Ihrü kuh khüdula aroh lire.
Ihrü künyangliba kukhi khüdu lile.



Iu luhthsarü lile.



Itpa/lya tsü kukhi müshorü lile.
Arühnü lh müire ko xükümre.

Anguchiba

A. Athsingdhingba hiri tsü yunü laling:

1. Nührü kukhila nyitsarü khütoi liro?
2. Alila Au tu nguchiro?
3. Alila Aya tu nguchiro?
4. Alila amung mahkhang afü müli-o?
5. Nührü kukhila khüdunü khüdu te müi ko xükümta lirü müli-o?

B. Kukhila khiyohti tsüpm.

Uwa, Iya, Ifü, Imung.

Uwa hi _____



Itpa /Iya hi _____



Imung hi _____



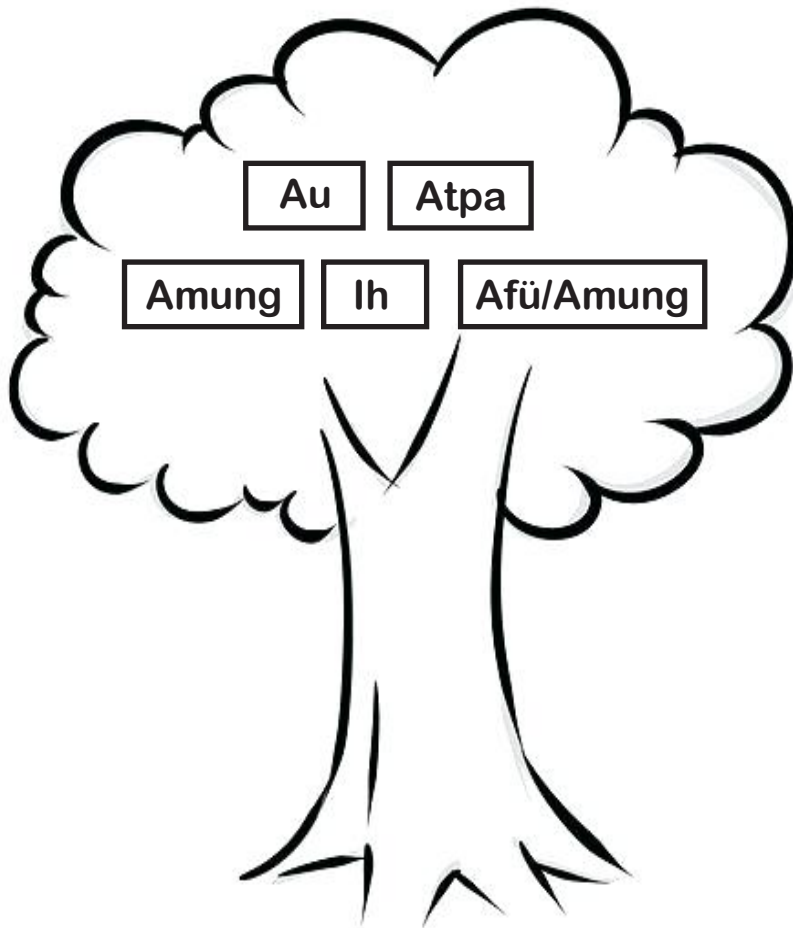
Ifü hi _____



C. Thüptaba

- i) Nührü kukhila tu nguchiro/thsaro nüyo class la chotang.
- ii) Arüp throchehng ko nümüyangrū te nührü kukhila nühnü müruba nyitsarü michah chotang.

D. Nührü kukhi singdong thrahng. Hila adüzü khürü



ANYICHOBA - 8 NGUH AZIKYAH

Anyichoba Nahdhingkehti

1. Khi-itung bemüjang yuva chüro dingding ko kyücho kyükeh nyicho-ung.
2. Khitang nyichehnü atsingdHINGBA laling.

Nguhti kihla lire
Khüdu, anyüh, asang,
Nguhti kihla lire
Thsüyoh, thsüyoh, thsüyoh.

Nguhti kihla lire
Wee wüli roli,
Nguhti kihla lire
Tsi-eng, tsi-eng, tsi-eng.

Anguchiba

- A. Khi-itung tsü amülung ko nyü anyü nü khih-ing.
- B. Khi-itungla licho roh-i yahthri thrahng ko tüyah münohng.

C. Atsingdthingbati laling.

1) I f g_l ej_l esf i f lrmgrf p_f jgm?

2) I g j_l esf rg l rs rf q_lm?

D. Nguh alang papati lile. Nühnü nguhba khüdu mükangtieng.

(L esf w_f rf p_j_l e p_p_rg) L esf bg M l p_l esf ,
Enjbf g , Bmjf g , Q_jk m , A_rf g , M_ai c p c j)



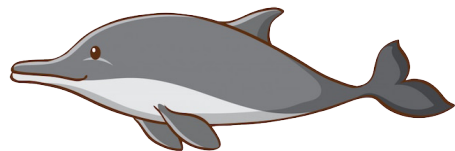
Eel



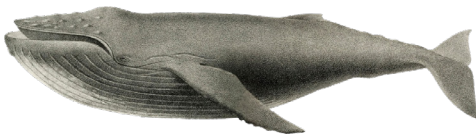
Catfish



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"