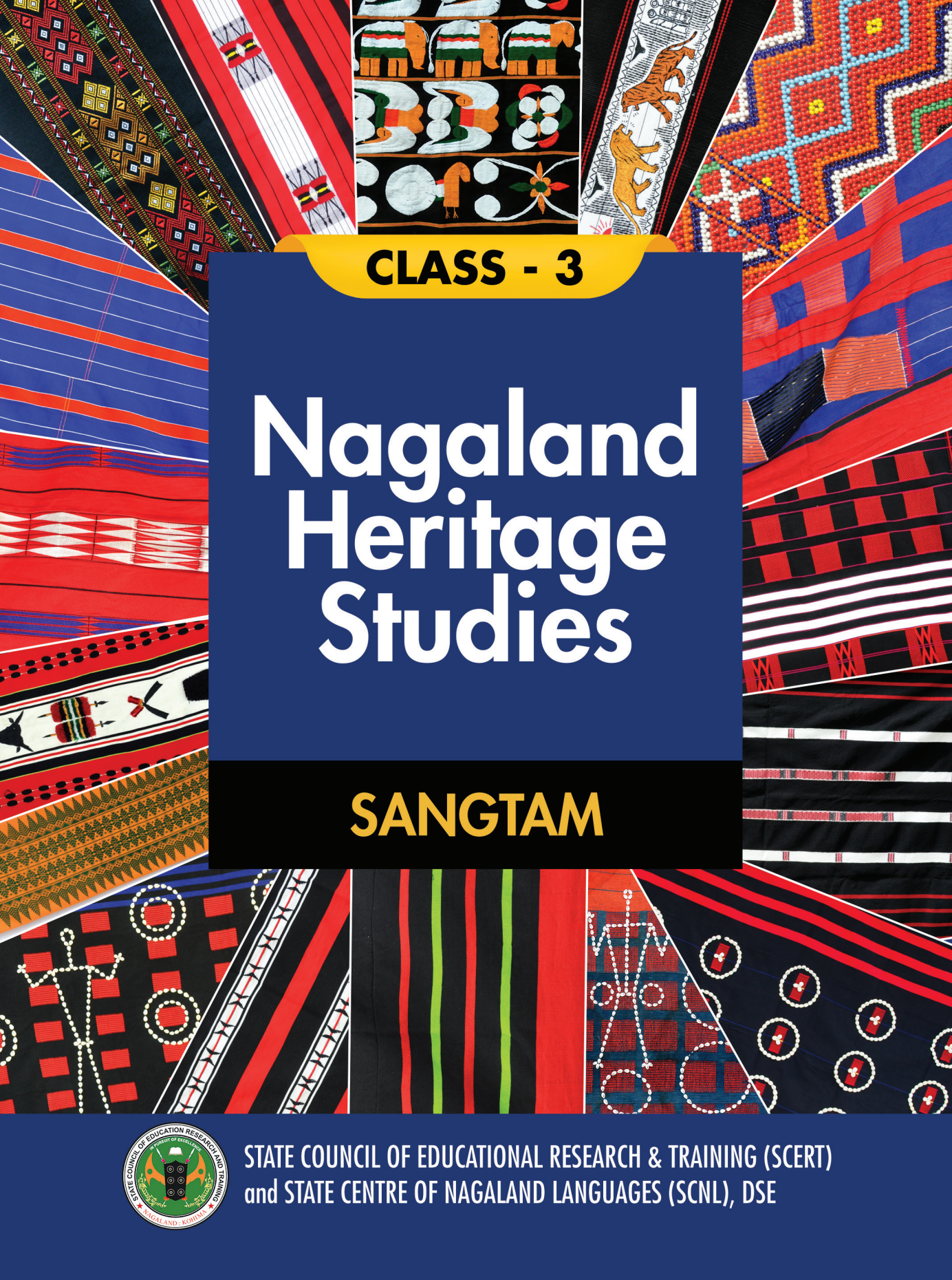


The background of the book cover is a vibrant collage of various Nagaland traditional textiles. These include patterns of red and white stripes, geometric shapes like diamonds and zig-zags, and depictions of animals such as tigers and birds. The colors are primarily red, black, white, and blue, with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

CLASS - 3

Nagaland Heritage Studies

SANGTAM



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 - SANGTAM

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Third Edition 2023

Illustrator: 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.



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



N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

BEKHU YU

Class-II 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 künyangre. Hiba vakha tsü Nagarü jümü liliyah chah jükehpü thrahcho lile.

Hiba Class-III vakhala atungte yunahti khürü, Shikhih (51-100)
Ihsa FÜ Lohlaati - II, Akyaang, Iyo Nagaland, Districtti ko Yuchoti, Dhsüro ko Tohdbü Jümü Yukheh, Ihsanü khümba Jümürü jengki, Alaa adükeh khüdu-Khitang, Ihsa mükangmüshü singdong – I, Ihsa mükangmüshü singdong – II, Azirü khyang jengreng jühba. Hiri Khihba Khunü Ihsa Nagarü atsidsauba nyichosohre.

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



Dr. Alem Sangtam
Chairman
SLB.

Zehchung

Vatpah

1. Shikhih (51-100)

1

2. Ihsa Fū Lohlaati - II

8

3. Akyaang

12

4. Iyo Nagaland, Districtti ko Yuchoti

21

5. Dhsüro ko Tohdbü Jümü Yukheh

24

6. Ihsanü khümba Jümürü jengki

28

7. Alaa adükeh khüdu- Khitang

34

8. Ihsa mükangmüshü singdong – I

36

9. Ihsa mükangmüshü singdong – II

40

10. Azirü khyang jengreng jühba

45

Anyichoba 1

SHIKHIH (51-100)

Anyichoba nahdhingkehti:

1. Shikhih neng 51-100 tashi nyichoung.
2. Shikhih neng achunglangnü nyichoung.
3. Shikhih nengti athsalangnü young ko nyichoung.
4. Shikhih neng yujeba yohrüta young.

Shikhih yujela azauba langnü dikeh azarü adhsinglang aichi chung.



Dhünyang, Mükyü, Yüre, Dhüre, Sangre

Ihsanü shikhih 51-100 tashi khinü aneng nyichonung

 – Dhünyangpü khüdu

 – Rohrepü khüdu

 – Dhünyangpü anyüh

 – Rohrepü anyüh

 – Dhünyangpü asang

 – Rohrepü asang

 – Dhünyangpü müyü

 – Rohrepü müyü

 – Dhünyangpü munga

 – Rohrepü munga

 – Dhünyangpü dhüroh

 – Rohrepü dhüroh

 – Dhünyangpü dhünyeh

 – Rohrepü dhünyeh

 – Dhünyangpü keh

 – Rohrepü keh

 – Dhünyangpü dükuh

 – Rohrepü dükuh

 – Rohre

 – Nyüre

7 1 – Nyührepü
khüdu

7 2 – Nyührepü
anyüh

7 3 – Nyührepü
asang

7 4 – Nyührepü
müyü

7 5 – Nyührepü
münga

7 6 – Nyührepü
dhüroh

7 7 – Nyührepü
dhünyeh

7 8 – Nyührepü
keh

7 9 – Nyührepü
dükuh

8 0 – Qure

8 1 – Qurepü
khüdu

8 2 – Qurepü
anyüh

8 3 – Qurepü
asang

8 4 – Qurepü
müyü

8 5 – Qurepü
münga

8 6 – Qurepü
dhüroh

8 7 – Qurepü
dhünyeh

8 8 – Qurepü
keh

8 9 – Qurepü
dükuh

9 0 – Gure

9 1

– Gurepü
khüdu

9 2

– Gurepü
anyüh

9 3

– Gurepü
asang

9 4

– Gurepü
müyü

9 5

– Gurepü
münga

9 6

– Gurepü
dhüroh

9 7

– Gurepü
dhünyeh

9 8

– Gurepü
keh

9 9

– Gurepü
dükuh

1 0 0

– Thsih khüdu

ANGUCHIBA

A. Shikhi 51- 80 tashi yutse langnü thrahng.

B. Ajinglang jünü liba yahthri dhing. Shikhih neng thrahng.

1.



2.



3.



4.



5.



6.



7.



C. Shikhih 81- 100 tashi yutse langnü thrahng.

D. Shikhih chung:

82	Gure
63	Rohrepü müyü
71	Qurepü anyüh
59	Dhünyangpü anyüh
90	Nyürepü khüdu
88	Nyürepü asang
95	Qurepü keh
52	Gurepü munga
73	Rohrepü asang
64	Dhünyangpü dükuh

E. Shikhih adiu langnü chung thrahng.

Rohrepü munga	Nyürepü dükuh	Gurepü keh
Rohrepü anyüh	Qure	Gurepü dhüroh
Rohrepü müyü	Nyürepü dhünyeh	Gurepü dükuh
Rohrepü khüdu	Nyürepü keh	Gurepü dhünyeh
Rohrepü asang	Nyürepü dhüroh	Tshih khüdu

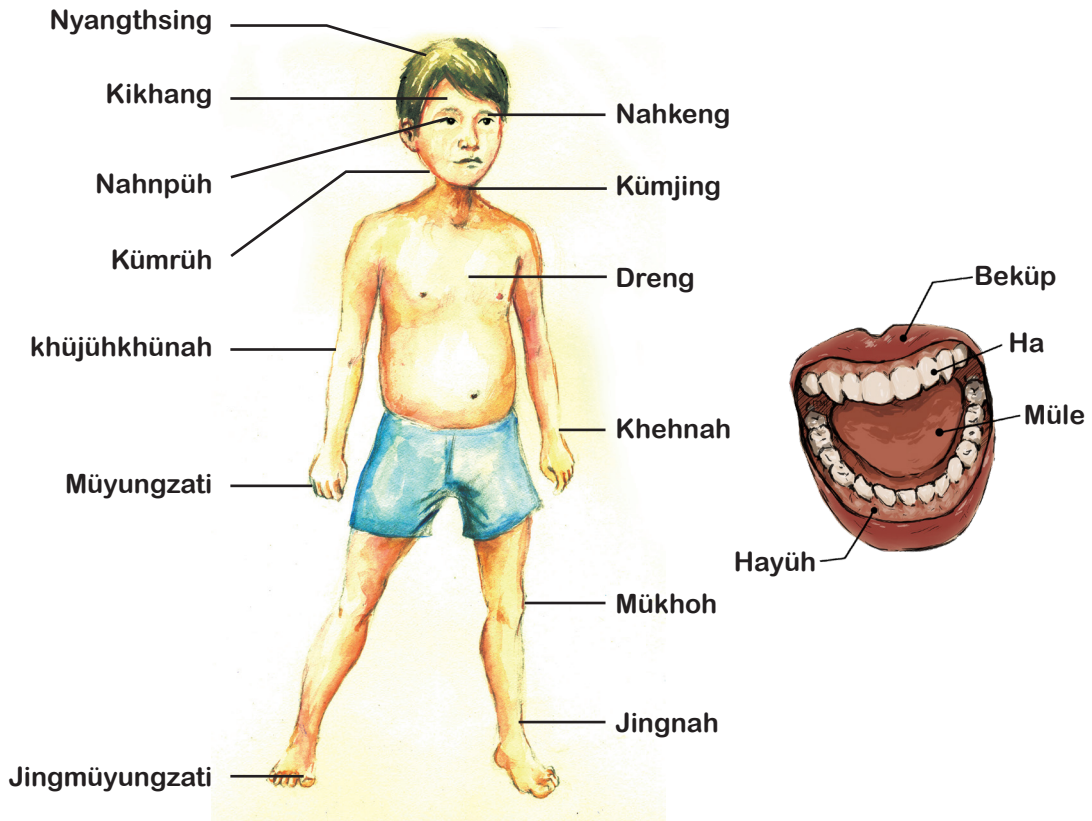
ANYICHoba 2

Ihsa FÜ Lohlaati - II

Anyichoba nahdhingkehti:

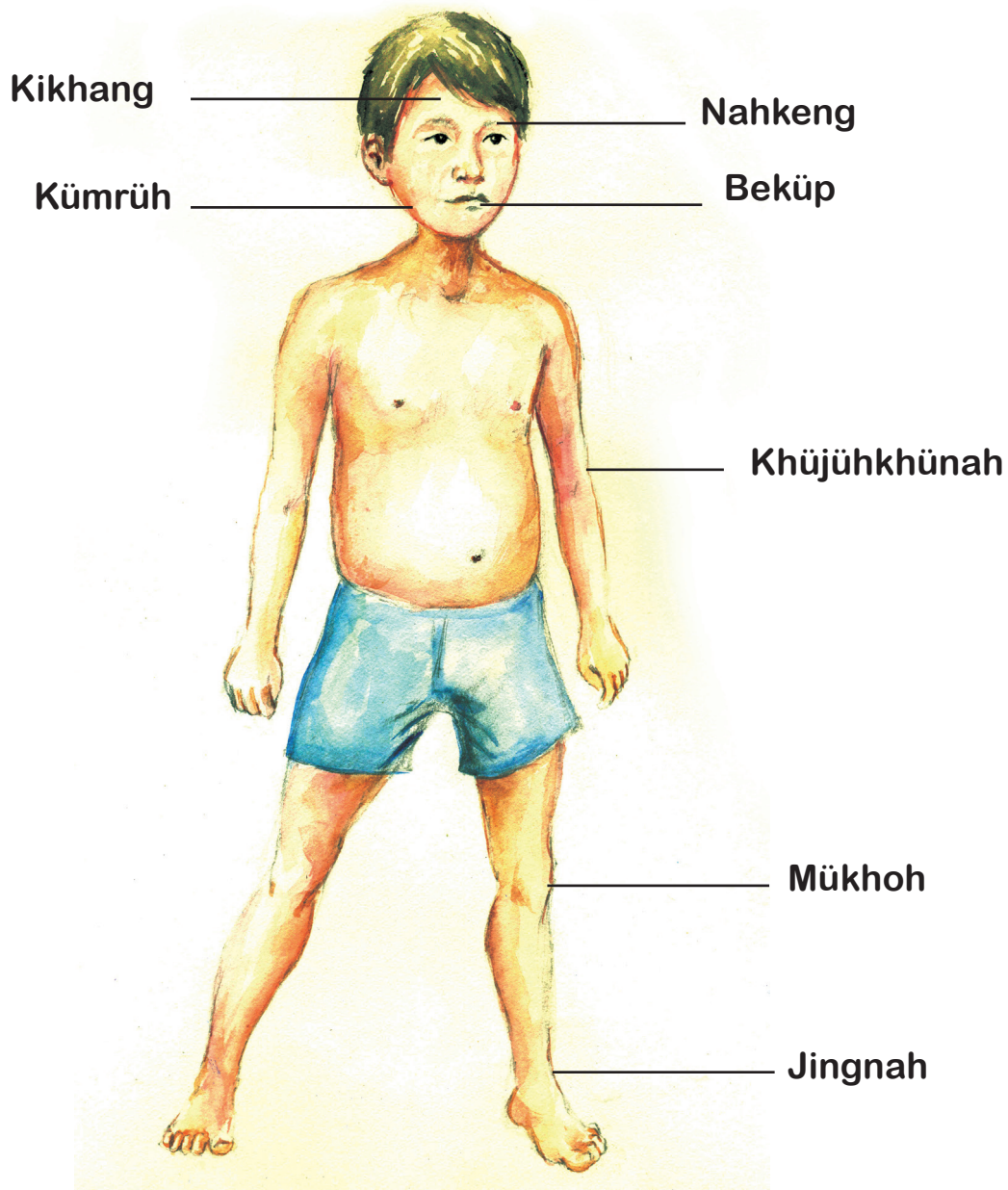
1. Fula lohlaa papa nengti nyichoung.
2. Fula lohlaa papati tsüpm.
3. Aneng yujela young ko choung.
4. Anyichoba chah jükehpü atsingdhingbati laling.

Hühae shangrüti. Ineng tsü Aseba
Ihsanü föla lohlaa papa nengti nyichonung.
Fula lohlaa papa hiri zehnü dhrezarü yahthri:

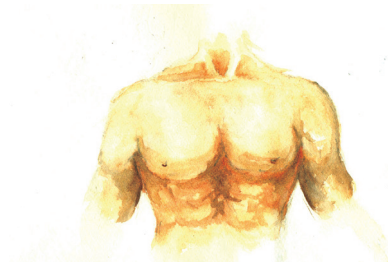
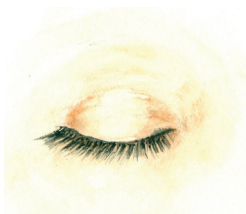


ANGUCHIBA

A. Fula lohlaa papa nengti dhingchehng.



B. Fūla lohlaati neng young.



C: Arüp throchehng ko nünnü nyichoba füla lohlaa papati michah thüptang.

D. Jünü liba khihng ko amüjengchola thrahtseti jengjühng.

1. Ijing müipi 5 lile . . JINGMÜ _ _ _ _ ZATI.
2. I nüpkehnung inü dhsütahle. KHÜ _ _ KHÜ _ _
_ TI
3. I kheh müipi 5 lile. MÜ _ _ _ _ ZATI
4. Nyümong mükhu müsare. H _
5. Arüh tsü inahntse mihlang lile. NAH _ _ HTI

E. Füla yutse 10 yangchieng.

M	Ü	Y	U	N	G	Z	A	T	I
Ü	Ü	X	O	A	B	E	K	Ü	P
K	M	L	K	H	E	H	N	A	H
H	D	R	E	N	G	A	N	Ü	P
O	A	B	E	P	U	M	Ü	H	A
H	R	E	K	Ü	M	J	I	N	G
A	E	N	A	H	K	E	N	G	X

F. Yahthri thrahng ko nünnü nyichoba füla lohlaa papati dhingchehng.

Anyichoba 3

Akyaang

Anyichoba nahdhingkehti:

1. Akyaang papa neng tsüpm ko neng young.
2. Akyaang papa yangthsa shulüm nyichoung.
3. Athsengnü tsitsa yujela khihng.
4. Anyichoba chah dümpipü atsingdhingba laling.

Kangla akyaang müyü lile. Arüh tsü Machi-mashü, Müyü, Maxa-maki ko Tsinggang.

1. Machi-mashü nyümongti tsü alangchi thsare.



Yungpiti pinung dikehre.
Thsahkunyinyitinü laadbü mükang mongchire.

2. Müyümürang bekhyah, nyü tsü avisa ko langchire.



Nyümongti tsü asheng ko romangti tsü akhikyo thsare.
Müyümürang bekhyah nyitsarütinü kih alaa yongre.

3. Maxa-mashü bekhyahla, nyümongti thsah kangre.



Singvati tsü mohmürümre ko longnung dikehre.

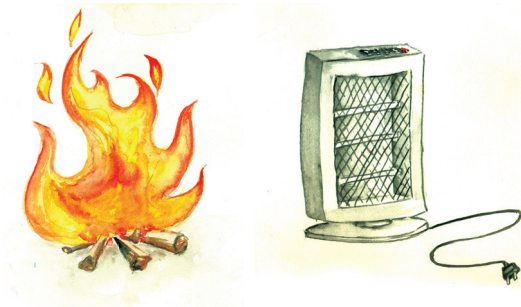
4. Tsinggang bekhyahla, nyümongti rü-ü kangre.



Nyümongti akhikyo ko romangti tsü asheng thsare.
Müdüm khürüla i-i shohjore.

ANGUCHIBA

A. Jünü liba yahthriti tsü dhing. Yahthri müpi yuje akyaang tsü thrahng.



B. Atsingdhingbati laling.

1. Müyümürang bekhyahla nyümong ko romamngti chah tu tikehro?
2. Maxa-mashü bekhyahla singvatpahti chah tu tikehro?
3. Khode yungpiti pinung dikehro?
4. Tsingkang bekhyahla nyümong ko romangti chah tu tikehro?

C. Nühnü müruba akyaang yahthri thrahng ko ayah tühng.

D. Akyang yahthriti müjangnü chung.

A

B

1.



Maxa-mashü

2.



Tsingkang

3.



Müyü-mürang

4.



Machi-mashü

E. Akyang papa müpi yahthri dhingnü yutse 20-30 tashi yuchungzah thrahng.

1.



3.



4.



ANYICHOBA 4

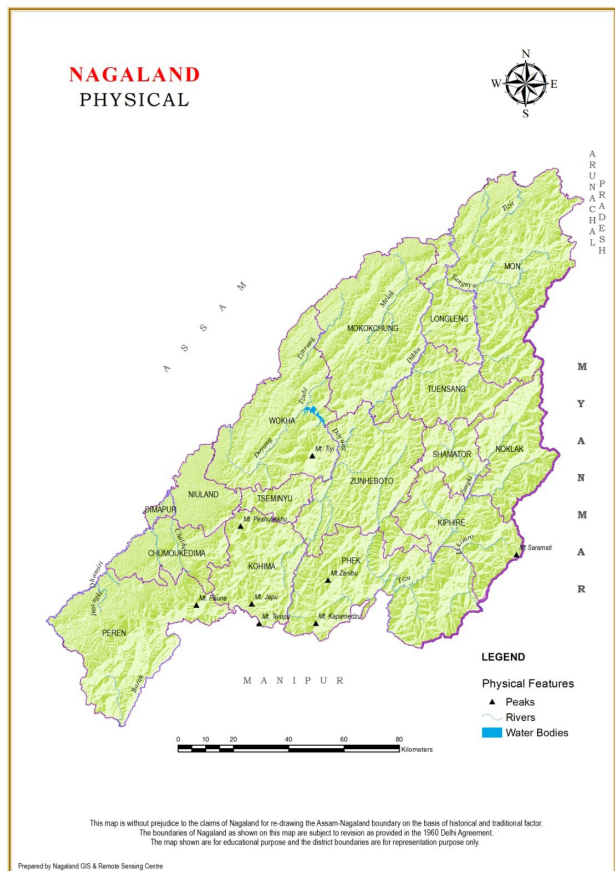
IYO NAGALAND- District KO YUCHOTI

Anyichoba nahdhingkehti:

- 1) Khode Nagaland Yanglihza kangcho ko abükyü kuhrümrü müdhenung.
- 2) District neng dhüre dhüroh müdhenung
- 3) Yucho dhüre dhünyeh neng ko arüh liba district ti müdhenung.
- 4) Palu yulangnü, kihkulang, kihjinglang, nyüchürolang ko nyüzüdulang athonguhba müdhenung.
- 5) Aparü yuchoti ala zikehsohba müdhenung.

Nagaland tsü 1963 kang Chengyong choo khüdu nyümong yanglihza kangcho. Abükyü kuhrümrüti tsü- Assam nyüzüdulang, Myanmar nyüchürolang, Arunachal Pradesh kihkulang ko Manipur kihjinglang.

Yanglihza district dhüre dhüroh lile. Arüh tsü Kohima, Dimapur, Peren, Wokha, Zunheboto, Phek, Kiphire, Mokokchung, Tuensang, Longleng, Noklak, Mon, Chümoukedima, Tsemínyu, Niuland ko



Shamator. Kohima tsü Nagaland Sühdithah lile.

Hiri district dhüre dhüroh müpi atungte yucho dhüre dhünyeh lile. Arüh tsü Angami, Ao, Chakhesang, Chang, Khiamniungan, Kuki, Konyak, Kachari, Lotha, Phom, Pochury, Rengma, Sumi, Sangtam, Yimkhiung, Tikhir ko Zeliang. Yucho müpi palu jümüliyah, yuk o jengkiti bichire.

Nagaland la lihmükyah yohrüta luhshuh mükang 16,579 lile. Kang 2011 census aichi mono yohrüta lakh 19.79 lile. Kang 2011 census aichi Nagaland la khihnung thrahnung kohba thsichang 79.55 lile.

ANGUCHIBA

A. Atsingdhingbati laling :

- 1) Nagaland tsü khode yanglihza kangcho?
- 2) Kihkulang, kihjinglang, nyüchürolang ko nyüzüdulang Nagaland kuhrümrüti tsü süsürü-o?
- 3) Nührü district kuhrümrüti, kihkulang, kihjinglang, nyüchürolang ko nyüzüdulang süsürü-o?
- 4) Nagalandla yucho khütoi liro?
- 5) Nagalandla district dhüre dhüroh neng thrahng.

B. Nagaland lihtrüpthri thrahng ko tüyah münohng. District 16 ko arüh neng yohng.

C. Nüyo athsingyurünü khihba tsü tsatsa nyeng ko Yuje (Y)/ Arahkheh (A) threhng

1. Nagaland la district 16 lile.
2. Dimapur tsü Nagaland Sühdithah lile.
3. Sangtam yucho tsü Tuensang ko Kiphire district anyütingla nguhre.
4. Tseminyu district tsü Rengma yucho dunü jeng lile.

5. Yanglihza kuhrümrü kihjinglang Nagaland lührü tsü Assam lile.

D. Amüjengchola jengjühng:

1. Nagaland la lihmükyah yohrüta _____ lile.
2. Kang 2011 census aichi mono yohrüta _____ lile.
3. Kang 2011 census aichi Nagaland la khihnung thrahnung kohba _____ lile.

E: Nyinü nguchiba

Kehtpahla thrahnü liba Nagarü yucho nengti apüm khüdu khüdunü athsingyurünü adhsengnü khihng. Akhihrütinü arühnü yuchicho aichi yucho neng thrahbülungnung longdire.

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

F. Nguchichung:

Aparü yucholanü nyitsarü anyüh throchehng ko hiri lanü nyichoung:

- i) Arühnü khüta yoro, “Nü neng sü-o?”
ko
- ii) “Nüh khüta liro?”
(Arüh yu langnü)

ANYICHoba 5

DHSÜRO ko TPONdbÜ. (JÜMÜ YUKHEH)

Anyichoba nahdhingkehti:

1. Anyichoba tsü yuva amülah chüro yuje ko nyichehnü khhng.
2. Yutse asiti tsü tsüpkhang, yu thüptade ko thrahbala bichieng.
3. Amünyünyühba ko athsehdhsa tpohdbü yukheh tsü phishunü thali nguchieng.
4. Yukheh tsü tsüpm ko hiri shulüm alümcho yomüchieng.
5. Longphi khhnung shulüm zikehng ko apa jümü yukhehti tsüsü yangchieng.
6. Xangchehnü thüpbba shulüm zikehng.

Shikhe asheng tsiko yongna khüdula dhsüronü lede kih yongnung wücho.

Nyümong khüdu kih tsü chongbong duepü ayongnung mütsa abinü dhingchehcho. Hütsüeko abinüzi-ichüroyocho, "Akoh dhsüro kih tsü chongbong kangsohnungthsa sünü khyangchiro ? Iyo aziba mahkhang lte sakho thsarü dunü hütsüba nguchinung tsü kohle." Sünü abi kih chongbong kangsohba hütsü rangchehnungshulüm abinü amükangchehcho khünying tsünü tpohdbü müthehchücho.



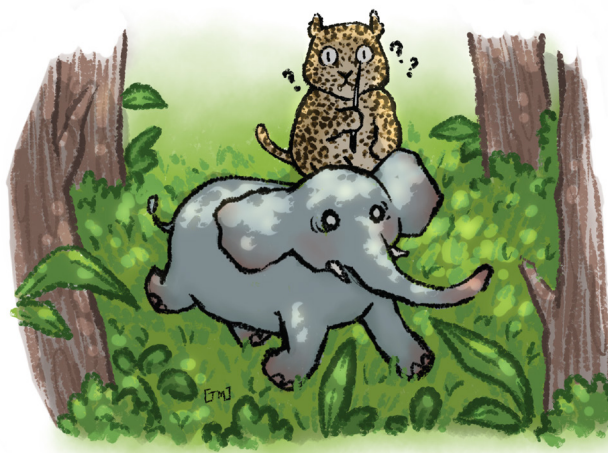
Hütsüta abinü yongkhi
 bekhümla akhi khüdula tpohdbü
 tsü müpahsehnü alih vehya
 nguhcho. Amükangchehcho
 khünying tsünü tpohdbü
 yanglang wüpu hiroh-isü
 yocho, `` Hühäe ! Akohbong
 dhsüro tsü nüte mükünyang.
 Nühnü alih vehchehba khu abi
 kih tsü chongbongdu kangsohre.
 Abite azibarü mahkhang abi
 tenü sakhothsarü dunü hütsüba
 nguchi tsü nguchinung kohlepü
 yoko.”



Tpohdbünü abinü vehchehba alih chah dhingcho ko yahdunü
 apu fü chahnü anpüh amüküp adengdeng amüxi khüdu
 rohchehcho. Abinü amükangchehcho khünying khyang
 anpüh tsü jüpu hiroh-isü yocho, `` Wüng ko akohbong dhsüro
 npüh tsü inpüh roh-isü dirü-a o müküprünang tsingdhing.”
 Amükangchehcho khünying tsü dhsüro yanglang wücho
 ko hiroh-isü yocho, `` O Akohbong dhsüro sünü nü kih

chongbong kangsohcho abi
 tsü lhnü shironü lile.” Hütsüpü
 tpohdbü npüh amüxi tsü dhsüro
 khyang jühcho ko hiroh-isü
 yocho, `` Abinü abi npüh khüdu
 mühehchünü lile. Hi nü npüh
 anyüh amüküplang ko adilang
 sakho thsarü-a mahnang, abinü
 müdhenyüle.”

Dhsüro tsünü tpohdbü npüh
 chah dhingkehcho ko abi npüh
 tsü azau ko aparau thsacho. Hi
 khu abi drümüyangcho. Abinü
 hiba kanglungrü tsü amulah
 ko adrünungkeh thsanungepü
 lümcho. Hütsüpü abi tsü
 mürongla shang tsipehcho ko
 hütsüba yongna amünyeh abi
 tsü khodesü müngupehcho.



A. Atsingdhingbati laling:

1. Hiba yukhehla sürü chah sayingti kehro?
2. Tuepü dhsüro tsü zi-i chürocho?
3. Yongkhi tsü sünü ningsohcho?
4. Amükangchehcho khünying nü tpohdbü te tu yocho?
5. Tpohdbünü Akohbong dhsüro tsü drücho mah-o?
6. Tpohdbünü Akohbong dhsüro yang alalingba tsü tu müthehcho?
7. Yukheh achangkala sünü süba tsü drücho??

B. Hiri yuyungti tsü yuje-a o arahkkeh-o thrahng:

1. Dhsüro tsü amükangchehcho khünying te zi-i chürocho. _____
2. Tpohdbünü yongna tsü ningsohcho.

3. Dhsüro tenü azibarü mahkhang sakhothsarü shangrü _____ dunü kih tsü ningsohnung kohle.
4. Tpohdbünü abi npühnü amükangchehcho khünying khyang thrarangcho. _____
5. Dhsüronü tpohdbü npüh amüxi tsü ngunü drücho.

C. Yuje adüzüti threhtieng.

I. Yongna

- | | | |
|-----|-----------------|-----|
| (a) | Yongkhi anümnüm | () |
| (b) | Changtphü | () |
| (c) | Nguhkuh | () |

II. Chongbong

- (a) Akhi ()
- (b) Anyahnü chongbong külüpre ()
- (c) Kih amüsa ()

III. Akohbong

- (a) Suhre/Amüküp ()
- (b) Atsahtsa ()
- (c) Anpüh mükeh kanglungrü ()

IV. Drüseh

- (a) Zi-i chürosohcho ()
- (b) Dee yangsehcho ()
- (c) Drüsehcho ()

V. Aparakuva

- (a) Kuva chehnü chiba ()
- (b) Kuva jahnahnü chiba ()
- (c) Kuva jengba ko shupishuzachiba ()

D. Yuyung khüdu thrahng:

(a) Yukheh adikehlang nengdang:

(b) Yukheh alongla nengdang:

(c) Yukheh achangkalang nengdang:

E. Nührü class rüte hiba yukheh tsü nülümyu lanü thüp young.

ANYICHObA 6

IHSA NÜ KHÜMBA JÜMÜRÜ jengki

Anyichoba nahdhingkehti:

1. Ihsa jümürü jengkiti neng nyichoung.
2. Nyichehnü hiri anyichobati khihng.
3. Anyichoba chah jükehnü atsingdhingbati laling.
4. Anyichobala amüla yuyungti shulüm thüptang.
5. Ihsa jümürü ko aparü yuchotinü müpiba jümü jengki ami-i shulüm sejühbae.



Ihrü Sepila ko Alimong. Ihrü yuchola ihrünü hiba jümü jengki khyüre.

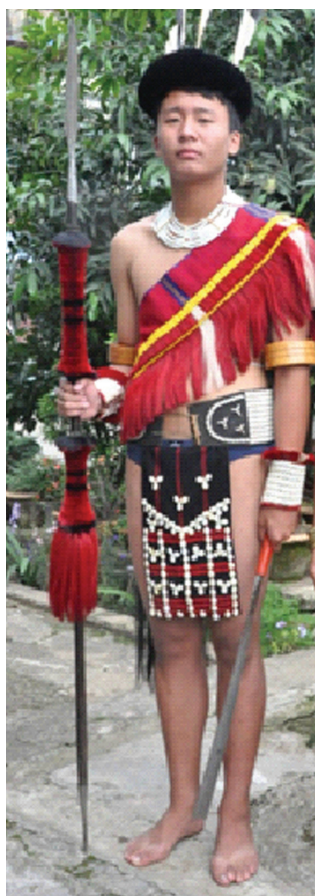
Khingkurü rongthsite Alongzehshü ko Thonglarüshü dsire ko arühnü müpiba shü te Tsingrangshü ko Longdongshü dsire. Ihrünü lah, khehmüyang ko nangsü nangre. Ihrünü khangtunglang xuhnü kyahchosü hire ko hi te Khe ko khu pü dsire.



Adhrerünü rahra tsü adrengla rare. Adhrerünü müpishü müpire ko hite Zishü ko Rongshü dsire. Nyi-i tsü afü ajinglangthring nyi-ire ko hütsü te rongnyi dsire. Adhrerünü drengla raba shü te rahra pü dsire. Adhrenrünü kikha, bikhüm, khehreng, lah, nangkula nang ko lela jingreng khyüre.



Ihsa yuchola khingkurütinü thahla kuva müjüpyehsing yohre ko hite kutsii pü dsire. Adhrerünüsü thahla kuthri thrire ko hite kikha pü dsire.



Adhrerünü Nohsheng, Rongthsuh ko Tsung bire. Arühnü hiri tsü nguchide, shuh i-ide ko arorü tsungtinung shulüm bichire.

A. Atsingdhingba laling:

- 1) Nührü yucho khingkurütinü müpiba shü anengti thrahng.
- 2) Nührü yucho adhrerütinü müpiba shü anengti thrahng.
- 3) Nührü yucho khingkurütinü rongthsiba rongthsi neng thrahng.
- 4) Nührü yucho adhrerünü afü jinglang nyi-iba nyi-i neng thrahng.
- 5) Adhrerünü drengla raba shü aneng thrahng.
- 6) Shü raba tsü tuo?
- 7) Khingkurünü thahla kuva müjüpyehsing khyüba te tsü tu yoro?
- 8) Khoderü hiri jümü jengkiti tsü khyüro?

B. Yuje alalingbati threhng:

- 1) Khingkurünü fü jinglang müpiba te.
a) Rahra b) Shürongthsi c) Nyi-i d) Lah
- 2) Adhrerünü lekha hla khümba te.
a) Nang b) Shümüpi
c) Lekha hla khümba d) Bikhüm
- 3) Adhrerünü drengla shümba te.
a) Rahra b) Kheh reng c) Noh d) Kikhaa
- 4) Khingkurü lekha hla shümba atsahtsa jengki te.
a) Shümüpi b) Khe c) Tsung d) Khehmüyang
- 5) Adhrerünü thahla thri ba atsahtsa jengki te.
a) Thsuh b) Kikhaa c) Lah d) Rahra
- 6) Khingkurünü müpiba shü te.
a) Shürongthsi b) Nang
c) Shüraba/Lah d) Shümüpi

- C. Thüptaba – Nühnü aparü yucho jümü jengkiti yolanü khüiba tsü müruro ? Tueko nühnü müruro ? Arüp yola thüptang.
- D. Nührü jümü jengki khüdu thrahng ko münakehng. (adhrerü, adhrerü jengki ko khingkurü, khingkurü jengki thrahng).
- E. Nyichi longmiba nührü class la checho khyüng. Palu jümü jengki hipü class rung. MüyangrÜ nühnü mülitanü, kohro ko tueko nühnÜ müruro hi atungte michah thüptang.

F. Yahthriti tsü dhing ko ajinglang jünü liba yucho yahthri dhingnü chung.



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


Anyichoba 7

Alaa adükeh khüdu

Anyichoba nahdhingkehti:

1. Khitang tsü achunglangnü ,dingding ko sah kyücho kyükeh khihng.
2. Khitang atungte shulüm nyichehnü chotang ko hi thrahng.

Adükeh azikyo alaa lümdhing
Adükeh azikyo alaa xüküm
Adükeh azikyo alaa müing
Ko adükeh azikyo alaa
mülangpehjüang
Adükeh azikyo alaa jüang
Adükeh azikyo alaa nyichehng
Lüpcho adükeh azikyo alaa
Hütsü adekHING, amüinungkeh
ko anyiyah

Kelhoukhrieno Savi



ANGUCHIBA

A. Khitang tsü amülung, arüp ko nabinü khihng.

B. Hiri yutseti adüzü nyichoung.

1. Lümdhingba - Lümdhingnü nguchiba te dsire.
2. Xükümba - Tpurünü tsuzarü xükümba te dsire.
3. Müiba - Tpurünü tsuzarü müiba te dsire.
4. Mülangpejhüha - Aparü khyang mülangpejhüha te dsire.
5. Anyichehba - Atsa nü nyichehba te dsire.
6. Adekhing - Lüpchola dekhing liba te dsire.

C. Nühnü alaa müiba, mülangpejhüha ko nyichehba alang khürü thrahng.

D. Jünü liba yutse nü yuyung amüla külüpm ko class thungjang adhsengnü khihng.

Lümdhingba Xükümba Adekheng

Anyichoba 8

Ihsa Mükangmüshü singdongti - I

Anyichoba nahdhingkehti:

- 1) Singdong khüdu chah aneng papati nyichoung.
- 2) Khihng ko anyichoba tsü nyichehnü nyichoung.
- 3) Nührü yu langnü singdong nengti tsüpm ko hiri tsü müdheng.
- 4) Singdongti ko arüh dhsütah shulüm thüptang ko yuyung amüla bichinü thrahng.
- 5) Singdongti atungte ko arüh khümcho yohpünung shulüm nyichoung.
- 6) Anyichoba yutseti bichinü yuyung amüla khürü thrahng.

Ihsa mükangliba ihsanü singdongti alang papa nguhere. Singdongti tsü akangliba khüdu lile.. Arühnü asah khyüre ko zire. Arühnüsü anu apa chire ko chürore. Singdongti tsü ihsa shulüm dee adhsütah lile. Singdong khürü amülah ko amüküp lile. Khürü azikyo ko ree müzehre.



Wongdongsing(Alder)



Keesing (Pine)



Nyengza (Banyan)

Singdong adidi:

Athseng, amülah ko amüküp singdonglihdong adidi pü dsire.

Arüh ajengzati atrong kehre.

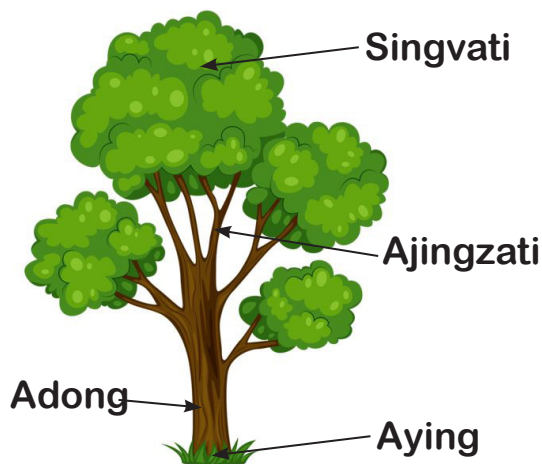
Arüh müchongkhüti yare.

Arüh adong tsü amüküp lile..

Singdong ayingte singying pü dsire.

Singdongnü ihsa khyang akhümki jühre, asih ko adong dhsütahla bichire.

Langsing(Oak), Wongdongsing(Alder), Keesing(Pine), Ngürüsih(Fig), Nyengza(Banyan), Samising(Naga Tenga), Dükha(Walnut), Ngusih(Mechinga), Kihyongsih(Gooseberry), Nareng(Orange), Münyosih(Plum), Müyüsih(Peach) ko Singxo hiri tsü ihsa mükangmüshü singdongti lile.



Anguchiba

A. Singdong khüdu thrahng ko hi chah kehba anengti thrang.

B. Atsingdhingbati laling:

1. Nührü lihmükyahla liba singdong neng khürü thrahng.
2. Nührü lihmükyahla liba singsih neng khürü thrahng.
3. Ihsa kuhthsashihthsala ko singtpah külüpchehba neng khürü thrahng.
4. Singdong khüdu chahnü tuturü dhsütahla bichichehro?
5. Khütacho singdong tsü akangliro ?
6. Ihsanü singdongti apüm resahkhang tu tikehnung

C. Jünü liba yutseti bichinü yurü müjengchola jengsohn.

Singsih, Zire, akhümüki, Dükha, Nyengza

- a) Kihyongsih tsü _____ dong lile.
- b) Singdong amulah khu akhümüki jühba tsü _____ singdong lile.
- c) _____ singdong khu asih ko singtpah ihsa khyang jühre.
- d) Singdong khu nyünü tah heeba lanü ihsa khyang _____ jühre.
- e) Singdongti tsü akanglire tunüo arüh _____

D. Yutseti hirinü yuyung külüpm:

Amulah, Azikyah, Adhseng, Zire, Singsih, Akhümüki, Singdong, Remüzeh.

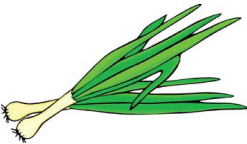
E. Nührü lihmükyahla liba singdong papa chahnü singvati khyübülung. Nüyo vakhala arüh apüm münang ko aneng thrahng.

Anyichoba 9

Ihsa mükangmüshü singdong - II

Anyichoba nahdhingkehti:

1. Khihng ko anyichoba tsü nyichehng.
2. Nührü yu langnü nührü mükyahla liba anümnüm singdongti neng tsüpm ko müdheng.
3. Nührü mükyahla liba anümnüm singdongti, anümnüm singdong alihla shübatı, ko adong chah shübatı hiri papa tsü tsüpm.
4. Singdong anümnüm dhsütahti shulüm thüptang
5. Singdong anümnüm dhsütah shulüm yu amüla bichinü thüptang.



Anümnüm singdongti tsü sing adidi tenü azau thsare.

Arüh adong tsü ajengpa ko aree müzehre.

Arüh tsü dee adhseng müthsare.

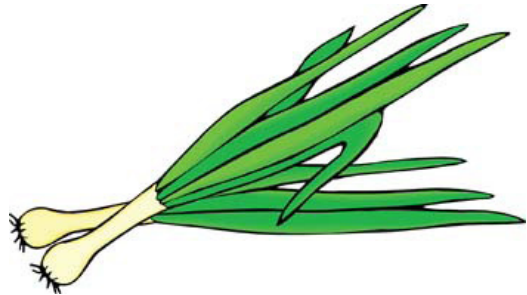
Amünyüm, anümnüm ko alihla shüba hiri tsü singdong azikyükyo pü dsire.

Amünyüm singdongti:



Hiri tsü adong azikyükyo thsare. Arüh tsü azikyükyo, ajengpa, amüküp ko ajengzatisü kehre. Amoh yungpi, dhsadhsasih, ko bhithrehsih hiri tsü ihsa mükyah lasü nguhre.

Anümnüm singdongti:



Hiri singdongtisü azikyükyo thsare. Hiri adong tsü anana ko adong tsü müyahkhüti lire. Arüh akang tsü choo akhikyah chah du lire. Nengbürang, Xo, Matse, ko Honyang hiri tsü ihsa mükangmüshü liba anümnüm singdongti lile.

Sing chah ashü shüba:



Hiri tsü adong remüzeh ko müchongkhüti müyachehre. Arüh zide ngakehnung shulüm singdong apa dhsütahre mahkhang yah dhsütahre. Arüh ashünü dhrüzethsa yachehre. Hünakyüsih, Nushah, Apherü, Zengsih, Beyanglasih, Adbasih, Lingli, Müxosih ko Shüsü hiri tsü ihsa mükyah lasü nguhre.

Alihla shüba:



Hiri tsü alihla shüre. Arüh te alihla shüba pü dsire. Hiri adong tsü are müzehre. Arühnü müchongkhüti müyachehre. Apherü, Ketphangtphü hiri ihsa mükyahla nguhre.

A. Atsingdhingbati laling:

- i) Axümlichi keh nünnü tsuba aneng khürü thrahng.
- ii) Nünnü tsuba adong chah shükehba singsih ko avati aneng khürü thrahng.
- iii) Nünnü tsuba alihlanü shüba aneng anyüh thrahng.
- iv) Laadbü nükuhte lirümah-o?Hütsüla chisicho tuturü ziyaro?

B. Jünü liba yuyungti tsü Yuje- a/ Arahkheh-o.

1. Moi külüpba rangva akang akhikyah du lire.
2. Ashü shüba dong tsü kulingdupi/müchong palu shünyücholang shüre.
3. Pudina tsü moi külüpba ava adüzü lile.
4. Sing anümnüm tsü axüxeh ko amüyah thsare.
5. Ashü shüba tsü thüyeh yasohnung dhsütahle.

C. Nünnü tsuba mütrungmüra vati, asih, avati nürrü mükyahla liba apohki jünü liba athrahbülungchola aneng jühng.

Anünyüm Singdong	Anümnüm singdongti	Alihla shüba	Adong chah shüba

D. Chotanü nyichoba: Nürrü mükangmüshü lanü moi külüpba rangva, adong anümnüm, alihla shüba/ashü shüba ngucho masüh classroom lang hirung. Khüiba adong, bichichehba yuyung 2/3 thrahng.

E. Nguchichung nguchi bekhyah:-

Nühnü athsingyurü arüku khyünü hiri nguching:

- **Müdüm azikyo throchehng ko hütsüla nührü hi-i tsuba Class laadbü kangsohng.**
- **Nührü mükyahla nguhba singtseti ko singdongti khyüm.**
- **Nührü laadbü xükümnung shulüm bekhyah bekhyahla amülungti kangchehng.**
- **Laadbü lanü chüroba chisirüti tsü nührü Class rüte chotang mahkhang nührü Class rü thsi zikehnung shulüm hiri chisirüti tsü i-ing.**

Anyichoba 10

Azirü khyang jengreng jühba

Anyichoba nahdhingkehti:

1. Nagarü chah kehba ami-i atsa shulüm nyichoung.
2. Azibarü khyang jengreng jühba alangti tsüpm.
3. Ami-i atsa khümcho yohpüba shulüm atungte nyichoung.
4. Anyichoba tsitsanü khihng.
5. Yutse asi nyichoung.

Nagarü chah ami-i atsa atrong kehle. Hiri shulüm ihsa jümürütinü yo lile. Hiri ami-i atsauti yola khüdu tsü azibarü khyang jengreng jühba tsü lile.

Ihsa Naga liyah lanü
azibarü khyang
jengreng jühnung
alang atrong
thonguhre.

Khode azibarü kuhla
züzorünang ihsanü
yamüsupü pümji jühre.





**Khode azibarü chotaro, ihsanü jengreng jünü nyire.
Khode ihsa yulümtala liro, Ihsanü azibarünü akhu chonung
shulüm lede yingre.**



Ihsanü aziba khyang akhu salüm yu yore.



Ihsanü azibarünü yu atsa thsüchiba shulüm nyinung ko nguchinung.



Ihsanü kohcho langtila ihsanü azibarüti khyang rükunungbae.

Ami-i atsa tsü ihsa jümü thsiking/sihmüngu ko kuthsi lile. Ihsanü khodesü münpühchünung mahkhang müchahsohnung.

Azibarü khyang jengreng jühba khu ihsa liyah müchahre.

Yutse adüzü.

1. Jümürüti - Tpurü jürümürü te dsire.
2. Ami-i - Kohro ami-ili rikiba te dsire.
3. Jengreng - Khüdunü khüdu khyang yanglih jünü jengreng jühba te dsire.
4. Lümlong asasa - Lümlong atsa ko axükeh müliba te dsire.
5. Jümürü thsiking/sihmüngu - Tpurü nahngu bimüchi rikibate dsire.

A. Atsingdhingbati laling.

1. Khode azibarü kuhla zürorünang ihsanü tu nguchinung?
2. Khode azibarü yu chotaro, ihsanü tu nguchinung?
3. Ihsa jümürütinü ihsa Nagarü khyang ami-i atsa thsingyuba tsü tu-o?
4. Ihsanü khütacho khodesü Nagarü ami-i tsü münpüchübae mahkhang müchahsohbae pü yoro?

B. Yuje shulüm ``Y” ko arahkkeh shulüm ``A” thrahng:

1. Ihsanü akhudi azibarü khyang salüm yu yobae. _____
2. Ihsanü azirü khyang mütronung. _____
3. Ihsanü azibarü yu nyinung. _____
4. Ihsanü azibarünü athsüchiyu atsa yoba tsü _____ münguchinung.

C. Nühnü nyichoba yutse asiti hiri bichinü amüjengchola jengjühng.

Ami-i. Jümü thsiking, Jengreng, Jümürüti, Yangthsamüdherü

1. Kuthrithrirünü adüzü thsa jühre.
2. Itpurütinü imüyangrү khyang thsingyucho.
3. Hiba yang hi ihsa nü kang asheng bekhulang thricho.
4. Tungte ihsa khümcho yohpübae.
5. Abinü lede apüm te lire.

D. Ajinglang jünü liba hiri tsü jengreng jühba ko müjüchehba saying adüzü lile. Kihng, külүpm ko adüzüti tsü yuje achungba la chung.

Changtaba	Yutseti hiri bichinü, Amüinü, Areena ko Mahso
Yangthsamüdhe ko yutse atsa bichinü	Aparü khyang khongkehjühcho.
Apümnü yu chode nyiba	Alaa münyiba
Yuzeng münyiba	Adsangnyang
Ihsa dsangnyangdsangloh müsaba	Thsamehpü mülichide akhanglang chojüba
Nühnü khyünyüba müngukhang zichürore	Bechola lichö

JENGRENG JÜHBA	JENGRENG MÜJÜHBA

E. Yu thüptaba.

Amülung külüpm ko lang khürüla ihsa azibarü jengreng jühnung shulüm thüptabae.



**STATE COUNCIL OF EDUCATIONAL
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Iodine deficiency disorder is the single most common cause of preventable mental retardation and brain damage.

“Consume only Iodized Salt”