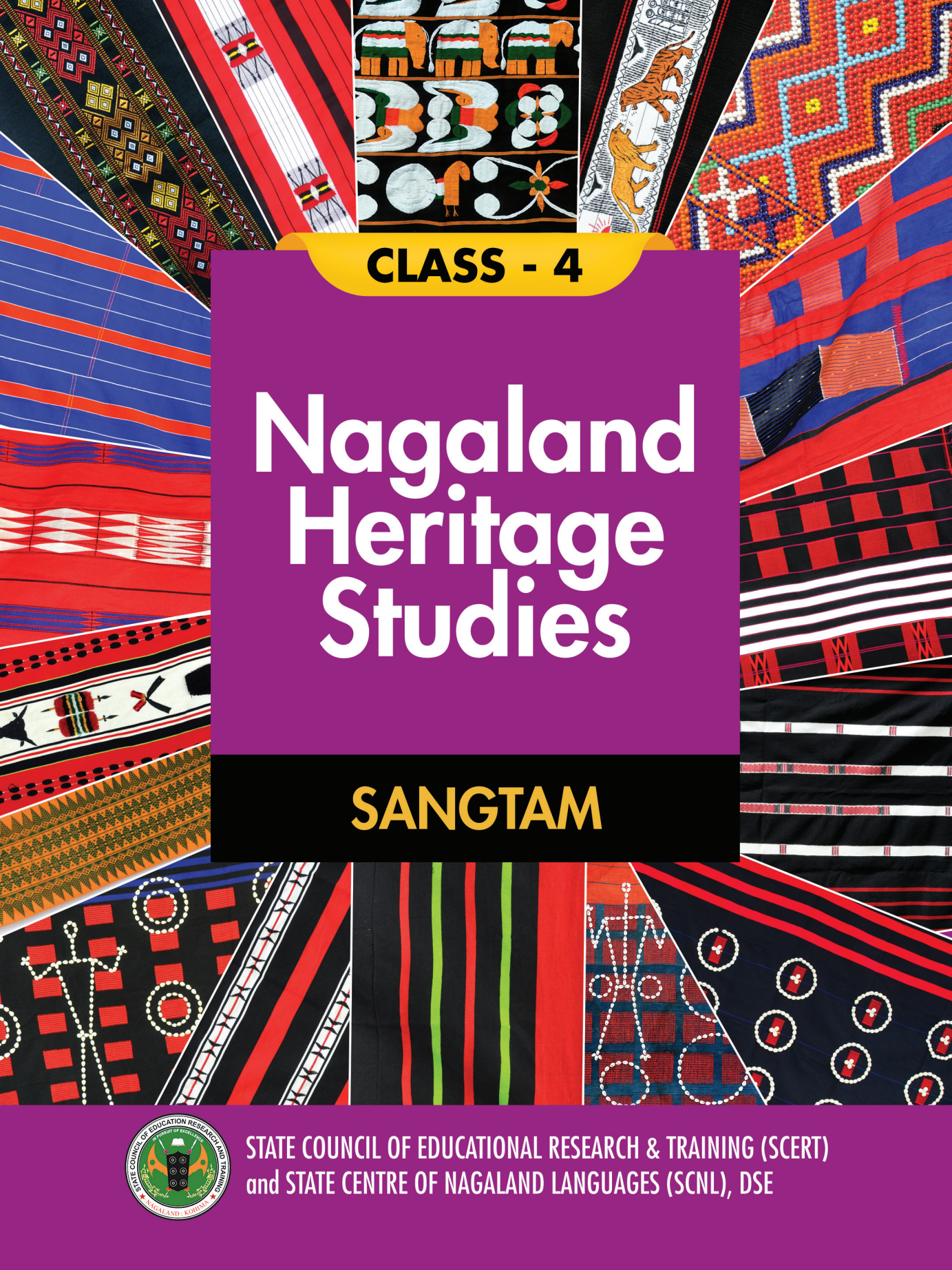




CLASS - 4

Nagaland Heritage Studies

SANGTAM



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



Nagaland Heritage Studies

CLASS - 4

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

NAGALAND HERITAGE STUDIES | CLASS 4 - SANGTAM

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Illustrators: Arien, Tsachumla Mongzar, Ruokuoselhou Miachieo

FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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



N.CHUMCHANBENI KIKON
Director,
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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 vakhatsü Nagarü jümü liliyahchah jükehpü thrahcho lile.

Hiba Class-IV vakhala atungte yunahti khürü, Nagarünü amili Müküp nguchiba, Shikhih (Hajar, lakh), Nagalandla Azong ko Yongkhiti, Anengsejühba, Sopfunuo yukheh, Nagalandla nyokhuluh, Ihsa mükang-müshü kanglungrüti, Xuh khu nguchiba, Akünyang Kuh, Kuhying, Chom-ilarü Sümüza ko Yongmüza yukheh. Hiri Khihba Khunü Ihsa Nagarü at-sidsauba nyichosohre.

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



Dr Alem Sangtam
Chairman
SLB

ZEHCHUNG

Anyichoba

Vatpah

1. Nagarünü amili Müküp nguchiba _____ 1
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3. Nagalandla Azong ko Yongkhiti _____ 8
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7. Ihsa mükangmüshü kanglungrüti _____ 23
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9. Akünyang Kuh _____ 31
10. Kuhying _____ 33
11. Chomilarü Sümüza ko Yongmüza yukheh _____ 37

ANYICHOBA 1

Nagarünü amili Müküp Nguchiba

Anyichoba nahdhingkehti:

1. Nagarünü müküp nguchiba ami-i atsa nyichoung.
2. Nanathsa müküp nguchiba michah nyichoung.
3. Tungte Nagarünü atsa riki yohpüba michah nyichoung.
4. Anyichoba shulüm thüp young ko atsingdhingba amüla laling.
5. Nyü anyüh pümnü yu chobala zikehnü thüptang.
6. Thrahtse asi nyichoung.



Nagarü liliyahla ihsa jümürütinü nanathsa nguchi roba ahi-u ko tungte khüdu tsü ami-ili müküp nguchiba tsü lile. Britishrü ko aparü axodhingrütinü Nagaland xodhingde Nagarü tsü müküp nguchiba müyurü khüdu-epü dhingchhecho. Nagarünü palu ajehcho nguchi münguchipü tsuyongnung tsü ashahnung khüdu-epü khiehchinü lichö. Ihsa Nagarü jümürüti akangla lede müküp nguchi yujecho lichö. Arühnü müküp nguchinü ko yuje cho lichö.

Ihsanü müyürü papa khu nguchi lang papa ihsa mükangmüshü nguchicho nguhre. Yujecho nguchiba müipi anengse jünü lichö. Yuje mücho nguchiba tsü amülah mahkhang azikyah thsanung kohle. Ihsa nguchi nguchicho ngang ajingcho nguhba tsü tu mah. Nguchi ihsa khyang nyümkehjühba tsü müküp ko yuje chonü nguchibae.



Ihsanü nguchinung kohba nguchi aparünü nguchisohnung tüdümbi. Ihsanü ihsa kuh ko mükangmüshü müsanü laadbü thsaba, palu dbü, shing, shü thsütohung nanathsa ngichibae. Ihsanü ihsa tpurü ko kuhrümrü khyang tronungbae.

Khodesü ihsanü nguchinung müshahre. Ihsanü Nagarü yangdongtila ashi-azirüti yahdu müpümpü müküpnü nguchi nguchicho nguhre. Hi khu lede yujecho nguchiba atsa ko anyiyah tsü mishasohre. Ihsanü Nagarü nguchi ami-i tsü jengrengjünü ko nanathsa nguchibae.

Yutse adüzü.

1. Jümürüti – tsutpurü sürü paparüde licho.
2. Liliyah – nanathsaba, jümüliyah ko müyurü amülungnü longlangba.
3. Ashahnungkeh – lang khürü khu nü khyang yonyingkehsohba/longmünyüpsohba.
4. Atrah(ahung) – palu saying kangli aichi müyurü amülung changnahba.
5. Yujechoba – jengreng jücheh saying kangli atsa nguhsobha.

ANGUCHIBA

A. Atsingdhingba laling.

1. Nagarü liliyahla nanathsa nguchi roba ahi-u ko tungte ami-ili yujecho liba tsü tuo?
2. Ihsanü khüta ihsa nguchi nguchinung?
3. Nühnü nguchikhohba khürü thrahng?
4. Paparüde Nagarü tsü khüta tsüpnü licho?
5. Paparüde ashahnungkeh tsü khüta khihchinü licho?

B. Yuje-a arahkkeh-o thrahng.

1. Ihsanü müküp nguchibae.
2. Ihsanü nguchi nguchinung shahbae.
3. Ihsanü ami-iliba Nagarü nguchi nguchi libae.
4. Yuje mücho nguchiba tsü amülah mahkhang azikyah thsanung kohle.
5. Ihsanü ihsa tpurü ko kuhrümrü khyang mütrobae.

C. Anguchibati.

Classla amülung papa chang. Mülitanü, nyübongkhi ko school mükangmüshü müsasohng.

D. Arohnguchirüte chotang. Yahthri tsü dhing k arohnguchirüte yahthri shulüm Anguchibati young.

Adüzü:

Nüh: Bha hipü tsi yaba khingkurü tsü nühnü khüde würopü lümro?

Aroh-nguchirü: Arüh luhlang woyale pü ihnü lümre.





2



3



4



5



6

ANYICHOBA 2

Shikhih Hajar ko Lakh

Anyichoba nahdHINGKEHTI:

1. Nührü yu langnü 'hajar', lakh shikhi neng nyichoung.
2. Nyümong mükhu chotaba ko nüpkhibbala hajar, lakh shikhih neng ihsa yu langnü biching.
3. Shikhih neng hajar, lakh tsü ihsa yu langnü English ko apa yu langnü thsamulang.
4. Yunü ko athrahcho khu athulaba jühcho aichi nguching.

English yula shikhih neng 1000 te 'One thousand' dsire ko ihsa yu langnü _____ dsire.

Ajinglang adüzü jünü liba tsü dHING:

1000	=	hajar khüdu
2000	=	hajar anyü
3000	=	hajar asang
4000	=	hajar müyü
5000	=	hajar munga
6000	=	hajar dhüroh
7000	=	hajar dhünyeh
8000	=	hajar keh
9000	=	hajar dükuh
10,000	=	hajar dhüre.....shikhih neng dhüre-re kyükehbate:
20,000	=	hajar mükyü
30,000	=	hajar sangre
40,000	=	hajar yüre
50,000	=	hajar dhünyang
60,000	=	hajar rohre
70,000	=	hajar nyüre

80,000 = hajar qure

90,000 = hajar gure

Hi khanglang, lakh khüdu (100,000). Ihsa yula nüsü sakho English yula shikhih lakh dsiba tsü "lakh" pü dsire.

ANGUCHIBA

A. Jünü liba shikhih nengti thrahng:

1. 1500 = _____

2. 2000 = _____

3. 4005 = _____

4. 9990 = _____

5. 9,00,000 = _____

B. English yünü yuyung jünü liba tsü ihsa yu langnü thsamulang:

1. John has five thousand rupees. He bought a mobile phone with three thousand two hundred. Now he has only one thousand eight hundred left.
2. There are nine thousand marbles in the box. Mary added two thousand more marbles into the box. Now the box has eleven thousand marbles in it.

C. Chung A tsü chung B la müjangtang.

A	B
Shikhih	Shikhih nengti
20,00,000	Lakh asang, hajar dhünyang
40,000	Hajar dhünyeh thsih munga rohrepü asang
1020	Lakh mükyü
10,000	Hajar yüre
3,50,000	Hajar khüdupü mükyü
7563	Hajar dhüre

D. Atsingdhingba laling:

1. Nüh surocho kang neng thrahng?
2. Nüh school la thrahyohba kang neng thrahng?
3. Chükang neng thrahng?
4. Aronung kang neng thrahng ?

E: Arüp throchehng: Mülitanü hiri yuyung adhsengnü khihng:

1. Hajar sangre la hajar mükyü yohkhang hajar dhünyang.
2. Khingkurü hajar anyüh ko adhrerü hajar anyüh school la thrahyoh lile.
3. Hajar dhünyang la hajar dhünyang yohkhang lakh khüdu.
4. Covid wara tsü 2019 kang Chengyong choo la dikehcho.

F: Hiri yuyungti adhsengnü khihng ko yuje laling thrahng:

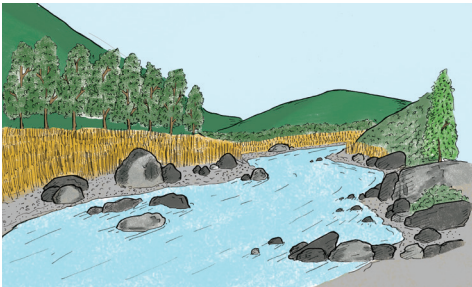
1. Mt. Japfü tsü adhsenglang kikyah 3048 ko Mt. Saramati tsü adhsenglang kikyah 3840 lile. Khüiba azong athsenguba- o ?
2. Dikhu yongkhi ashenglang lushuh 160 ko Dhansiri yongkhi ashenglang lushuh 352. Khüiba ashengu-o ?
3. Kohima lanü Delhi ashenglang lushuh 2255.3 ko Kohima lanü Mon ashenglang lushuh 327. Khüiba Sühbhüm tsü ashu-uba-o?

ANYICHOBA 3

Nagalandla Azong ko Yongkhiti

Anyichoba nahdhingkehti:

1. Anyichoba mücijo khihng ko ajeng nyichoung.
2. Yutse asiti nyichoung ko hiri bichi nülümyu lanü yuyung külüpm.
3. Amülung ko arohnguchirü thsapü yu zikehnü thüptang.
4. Athrahcho ko yu khu thülacho aichi nyichehnü nyichoung.
5. Nagalandla atungte yongkhi ko azongti müdheing.
6. Yu thüptabala nohlüm khyüang, hütsü khu nü yu chobala zikehnung.
7. Jünü liba alümchoti aichi nguching ko lümdhing nguchibala zikehng.



Zidila-nü Wokhala abükyü atpa among xodhingcho. Aka Abemo, atpa afü Areni ko akitrüm Peter arüh asang Doyang yongkhila laamungtsunung chungnü lichö.

Laamungtsu müdüm.

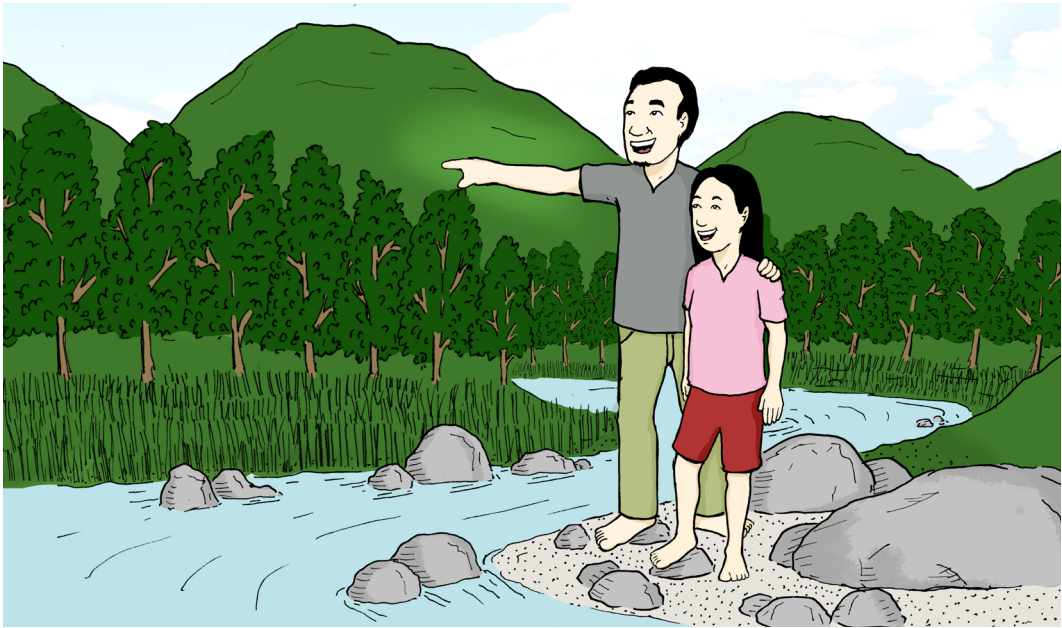
Zidila-nü yongkhi ngu dee lümsücho. Abükyünü yongkhi amünyeh shangchi rachicho. Abükyüjingnükih jüthohnülichö. Abükyünüakuteyocho, "Yongkhihideeashengmah-o?"

Hoh, Nagalandla hiba yongkhi tsü ashingubae. Ta Nagalandla yongkhi apa atrung lile. Tungte yongkhi khüdu tsü Dikhu yongkhi lile, hiba yongkhi tsü Mokokchung ko Longleng district lahkhu poh jürore. Hütsüpü Dhansiri yongkhi sü lile, nünnü hütsü Dimapurla nguhnung. Tizu yongkhi tsü Zunheboto ko Phek district lahkhu poh jürore. Oh, atesü yongkhi khüdu Mokokchung lahkhu jüroba yongkhi te Milak



yongkhi dsire. Zungki tsüsü yongkhi pa khüdu Noklak, Shamator ko Kiphire lakhu poh jürore.

Zidila tsü abükyünü mümüdheba abükyü yanglihza lanü alang atrung liba ngu nyekacho. Hütsüeko, abükyünü yocho,"Ika, lh hila püm bekhyah xodhingnung thali hütsüla wüning ta nü nengdanglüh dee kyahnunge. Ihsa Wokhala atungte müdüm müli-o?"tünü-e" abükyü akanü yocho. Tiyi azong lile. Hoh, khode nüjudeng lümjingnang hütsü khanglang du chungnung. Wokha lihmükyahla hi athsinguba



ko atungte akhang lile. Jümürühtinü hiba azong shulüm yukkeh yonü licho.

Thali abinü yocho,"Zidila, Nagalandla akhang athsinguba tsü nünnü mümüdhe-o? Ilnü hütsü müdhele, Ika. Hi Saramati azong Kiphire pohki lile. Athsinglang dringhüp 3840 lile. Hi Iyo G.K. classla nyichocho. "Tsale! Khang anyüuba azong athsing tsü tu-o? Zidilanü akhikyah chah lümdhingpü Japfü zong-epü yocho. Abükyü akanü thali yocho, mah, mülang pehjüng. Anyüuba azong athsing tsü Mollen athsinglang dringhüp 3066 lile. Hi Phek district pohki Meluri la nguhnung. Hi khanglang asanguba tsü Japfü zong lile, hi nünnü müdhe liba Kohima la lile. Azong Pauna tsü amüyü-uba Peren district la lile ko achangka thsa Tiyi azong tsü lile.

"Wow! Nagalandla azong athsing atrung lile pü Zidilanü yocho. Hütsüüpü atpa azitpü Areni-nü yangtsunung arüh dsicho. Ika Abemo chünye ihsa yanglihza shulüm lang adrong nünnü tronü nyichosohcho künyangre pü arüh yangtsunung wü yade Zidilanü yocho.

Hiri yutseti nyichoung:

1. Yongkhi = Yongkhila nguh ko apa kihzah zehre.
2. Yanglihza = Nagaland hi Indiala yanglihza khüdu lile.
3. Bekhyah = Bekhyah tsü thsidi lile.
4. Azong = Nagalandla Saramati tsü azong athsingü lile.
5. Lang = Lede nengdang lang külüpm.

ANGUCHIBA

A. Jünü liba azongti tsü palu districtla müjang choung.

Azong	District
Mollen	Kohima
Saramati	Phek
Tiyi	Wokha
Pauna	Kiphire
Japfü	Peren

B. Anyichoba khihng ko amüjengchola jengjüang.

1. Nagalandla yongkhi ashingü tsü _____ lile.
2. Zunheboto ko Phek lahkhu poh jüroba yongkhi tsü _____.
3. Dhansiri yongkhi tsü _____ lahkhu poh jürore.
4. Nagalandla azong athsingüba Saramati zong tsü kih amüjangla drenghü _____ lile.
5. Nagalandla azong anyüba athsing tsü _____ lile.

C. Atsingdhingba laling:

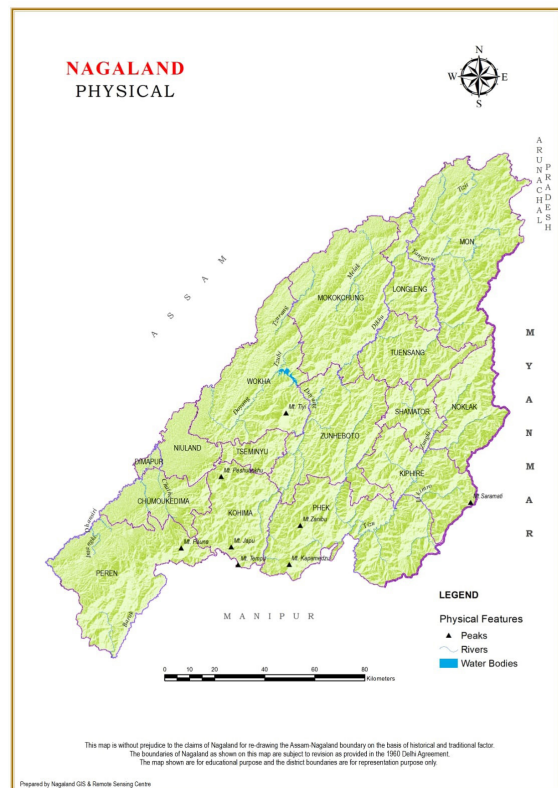
1. Nührü sühbhüm/yang amünyeh liba yongkhi khüdu neng thrahng.
2. Nührü sühbhüm/yang amünyeh liba azong/akhang/azong amüjoh khüdu neng young.

D. Mary-rü kukhi laamungtsunung wüko. Ziribarong liba yuyungti throchehpü arüh laamungtsu shulüm thali chung.

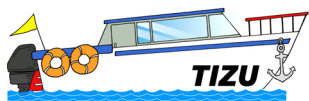
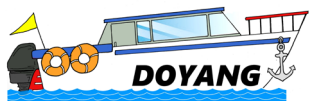
1. Aunü abi van lanü arüh chihjücho.
2. Yongkhi amünyeh arüh phah khyangcho.
3. Ta süsü hüksüla müpümcho.
4. Arüh apüm fünishü müpicho ko arüh jengki mülücho.
5. Azarütinü arüh kyüti rungnümcho.
6. Abükyünü azarü khamüsuhcho ko nyajang tsuyongnung shulüm mütsahmürhning yochö.
7. Apümnü yongkhila shajacho.
8. Anyangnyü mütohsuropü atpanü chongkyacho.
9. Arüh müshemüsuh-edeh kibhong palu kyütila yohcho müyohcho atpanü tsingdhingcho.

E. Nagaland lihtrüpthri mihlang district tila azong libala (A) thrahng.

- SARAMATI**
- JAPFÜ**
- MOLLEN**
- TIYI**
- PAUNA**



F. Jünü liba yongkhila nünnü kihtang mükang , khüiba mük Yah nünnü lahk hunung.



G. Amülungthsa püm ko nürrü amülung laamungtsu shulüm chung. Nürrü khüde wüning; tu bipü wüning ko nü tu nguchinung thrahng. Nürrü classla nüyo lümchung tsü jüang.

ANYICHOBA 4

Anengsejühba

Anyichoba nahdhingkehti:

1. Khi-itung yuva atsitsa, dengdeng ko kyücho kyükehnü khihng.
2. Khi-itung shulüm adikeh ajeng nyichehnü choung ko thrahng.
3. Khi-itung chah dümbipü atsingdHINGBA laling.
4. Yuva atsitsa yutseti nyichoung.
5. Athrahcho ko yu khu athülaba jücho aichi nyichehng.

Ikhehnü yu chosohng
Ko müzehng
Thsayahiya
Akangliba limih

Ikheh tsü akanglisohng
Arati rahrütaba
Iyo thsiking
Jünü liba alimih shulüm

Ikhehnü yosohng
Amüwanungti shulüm
Akihzahmüli amüwanungti
Longlangchehba limih khu

Jungmayangla Longkumer



Hiri yutse adüzü nyichoung.

1. Anengsejühba – akünyang/künyangcho changtacho.
2. Thsayahiya – Science nü changnahnung mükohba nguchi.
3. Rahrütacho– Kohro khürü düshünü rahrütacho.
4. Jümüthsiking – kuh, nguchinguyang, jümüyangthsa mütrongchehmülungla tungtethsa bekhyah anyahli bichiba.
5. Jiyü – nyü khüdu khyang nengsejiyü jühba.
6. Akihzhümüli– nguchi nguchiba/tu akihzhümüli jühba/tu mütsingdhingpü nguchiba.

ANGUCHIBA

A. Amülung/arohnguchirü ko mülengnü khi-itang khihng.

B. Anengsejühba michah changnahba yutse mülung khi-itang lanü throchehng.

Nyü khüdu khu nü nengdang nguchinung – “Ikhehnü yu chosohng
Ko müzehng.....”

C. Yuva atsitsa yutseti tsü yutse khüi khu yuva sakho thsa changkaro.

Adüzü: Tsale:pümle, Neng:sheng, Shang: shang
Nülümyu lanü hiri yutse khu yuva atsitsa thrahng:
Asela khehla shing.

D. Atsingdhingba laling.

1. Khi-itangla “anengsejühba”, khi-itangrühnü khyünyüba tsü khüta müzehsohnyüro ?
2. Khi-itangrühnü khüta akang linung khyünyüro?
3. Khi-itangrühnü, “Ikhehnü yosohng, amüwanungti,” pü yoba adüzü tsü tu-o?

ANYICHOPA 5

Sopfünuo yukheh (An Angami Folktale)

Anyichoba nahdhingkehti:

1. Anyichoba tsü nyichonü khihng.
2. Yutse asiti nyichoung ko nülümyu lanü yuyungtila bichieng.
3. Amülung ko arohnguchirü thüptaba khu yuchobala xangchehng.
4. Athrahcho ko yu khu athülaba jücho aichi nyichehng .
5. Sopfünuo Yukheh nyichoung.
6. Yukheh lanü atsingdhingba tsü laling.

Sopfünuo tsü zatpularü Rüsoma yanglanü Mao lihmükyahla adhrerü khüdu te xengcho ko abükyü hüsüla wü lichu. Kuhkangpü bekhyah akhikyah abükyü tsü dee münü lichu ko abükyü chahnü tsuzarü khüdu nümüsuhcho. Tanye, ani-inü abükyü pejüpü khangkurü khüdu te münung dikehcho. Romang khüdu yürüpla ani-inü kuhpehjüpü abükyü yanglang thali tsinung yochu.

Khühnying nü dhsakehjünung drüba ko abükyü lang thrümehnung lümdhing ani-inü lasih yurüjüba khu Sopfünuo dee vah yürüpla abükyü yanglang tsichu.

Abükyü tsurü tsü akhang chah pücho ko dsibhong bipü shemüsu tsinung dikehcho. Sopfünuo ani-inü tahkeh biba dsibhong avisa tsü dhing yacho ko akhang lahkhu tsipü khanglanglüh thali müngupehcho.

Abükyü langla tsiyade dhsürü mütöu dsibhong tsü mehcho ko hüsüba





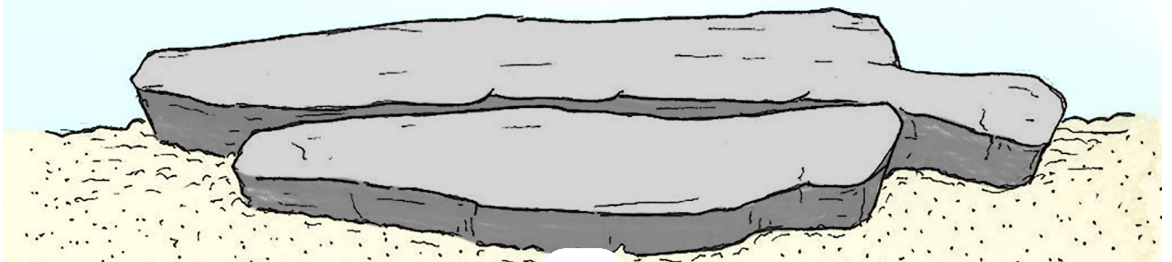
müdüm̄la abükyü tsü sücho. Abükyü tsurü tsü atpa mee chah mürakehnü abükyü thringrühtinü throhyeh sü lichö. Anyüh mee tsü anyekanungkeh hütsüba müdüm̄la lung kangnü jocho. Abükyü xuhja chahnü anyekanungkeh xuhnu asi tsü kulingnü chicho ko apa xuhti lüh müthungnü chicho.

Sopfünuo ani-i rühnü hütsüba dhsürü tikehba tsü tu mümüdhecho. Bekhyah anyahli abükyü chahnü tu yusi müyuchihcho khu Sopfünuo atpa-autinü abükyü yangchinung ani-irü yanglang wücho. Sopfünuo ko abükyü tsurü anyüh bekhyah ashenglanü kuh pehjüpü tsiba ko ani-inü aparü khingkurüte kuhthriba yusi tsü yuchi arüh dee neh vahcho.

Khode Sopfünuo tsutpurütinü abükyü ko tsuzarü yangchinung wücho, arühnü lung anyüh lahkhu khurocho. Hiba müdüm̄tsü abükyü ani-inü achangkathsa dsibhong mehba tsü thsacho. Hiri lung anyüh tsü alümjing ko azarü yahthri kyonü nguhcho. Achangkala arühnü hi

Sopfünuo ko abükyü tsurü du thsanungepü lümcho.

Sopfünuo tsutpurütinü Rüsoma yangla lirü apüm te hi tikehba shulüm müdhesohcho ko Rüsoma yangrünü hütsüba lung anyüh tsü arüh yanglang hironung adhrongchek khyücho. Arühnü wü hütsüba lung anyüh tsü xohnung dikehde tsingxihnyü bong amülah rocho. Arühnü lung adiuba tphahnung dikehde lung tsü seh mümühachicho. Ta khode arühnü lung anyüh tsü rahkehtapü xohcho, hitade lung anyüh tsü mülakhüti arüh yang chinü xohlungcho, ko hiri lung anyüh tsü chün̄ye tashi Rüsoma yangla jole.



Yutse adüzü.

1. Dhsükehba – dhrongyeng khürü shirüba.
2. Suroyang – hi nyitsarü suroba müdüm.
3. Tsuzarü rükuba – akhunga nyikih tih bekhyah.
4. Anyekanung – müchangnahchehba/mümüdheba.
5. Anu chicheh – singdong chahnü anu asi chüroba.
6. Zika – changka.

ANGUCHIBA

A. Atsingdhingbati laling.

1. Sopfünuo tsü su-o?
2. Khütacho Sopfünuonü abükyü suro yanglang thalinung dhrongchehcho?
3. Sopfünuo ko abükyü tsurü anyüh arüh yanglang rode tu tikehcho.
4. Sopfünuo tpurütinü abükyü ko atsurü yangchinung wüde tu nguhcho?
5. Khütacho Rüsoma yangrünü arüh yanglang lung anyüh tsü thali hironung kohcho?

B. Amüjengchola nührünü nyichoba yutseti bichinü jengjüang.

dhsükehtacho	suroyang	akhungarüku	chicheh	zikacho	anyekanung
--------------	----------	-------------	---------	---------	------------

1. Avise luhlang wüyade langla khühnying chah _____.
2. I _____ tsü Kohima yang lile.
3. Avila tsü _____, bekhyah lile, hütsüeko abükyü ihsa te anyahli mülichehnung.
4. Lengli jühti _____ chürole.
5. Arüh tsutpurü..... lung tsü Sopfünuo ko abükyü tsurü lile.
6. Mürong tsü amala yati pehcho.

C. Nührü classla yukheh thüptanung chechoung. Athsingyurünü akhihrüzarüti mülung khyang anguchiba jühng. Amülung müipi yukheh tsü khihng mahkhang khehyotang.

D. Nührü athsingyurünü yutse khürü yuva amulah chüro khihng. Nühnü yuchihba yutseti tsü mükangti threhngr.

Rüsoma	vahba	truyaba
suroyangdhsürü	azong	
thringrühti	mütsüpkehta	anuchicheh
Xuh	amunglang	lung

E. Ajinglang jünü liba aichi jümü yukheh tsü ihsanü thali bichinü nyichonung. Sopfünuo yukheh bichinü nüyo lümlanü Chung B la thrahyohng. Nührünü aparü yukheh sü müküp dthingnung kohle.

A	B
<u>Khürünü</u> <u>Sü tsü tungte nohlüm khyürü-o?</u>	
<u>Khyünyüba</u> <u>Sünü tungte nohlüm khyünyücho ?</u>	
<u>Ta</u> <u>Chongcha tsü tu thsacho ?</u>	
<u>JHütsüeko</u> <u>Chongcha khüta nguchichehcho ?</u>	
<u>Hütsüpü</u> <u>Achangkala tu tikehcho ?</u>	

ANYICHIBA 6

Nagalandla nyokhuluh

Anyichoba nahdhingkehti:

1. Anyichoba tsü nyichonü khhng.
2. Yutse asiti nyichoung ko nülümyu lanü yuyungtila bichieng.
3. Athrahcho ko yu khu athülabä jücho aichi nyichehng.
4. Anyichoba michah thüptabala müsijünü nohlüm khyüang.
5. Nülümlanü athsalang achingkehta yuyungti azikyah thrahng.
6. Nagalandla chisirü ziba shulüm lümlong khürü libae.
7. Kihluh ko akungluh thsaba shulüm atungte lumlong libae.
8. Ihsa akangla luhthsarünü nguchiba shulüm anengse jühbae.

Nagalandla alathsa yangtila nyokhuluh thsaba hi atungte nguchi khüdu lile. Nagalandla matse luh thsaba lanü thsihchang 70% chürore. Nagalandla matse luh thsaba hi ayangthsa anyüh lile. Hiri tsü Kihluh thsaba ko Akungluh thsaba.

Kihluh thsaba

Hiba nyokhuluh thsaba yangthsa azongla mahkhang azongla alih junü nguchire mahkhang azongla kihluh tsü junü külüpre. Hiroh-isü alih junü akyota kihluh tsü külüpre. Nagalandla nünnü kihluhti tsü azong akulingla amülaü thsa junü kihluh tsü külüpre ko



kih tsü münyehnnü kihluh tsü thsare. Kihluh müipi yongkhilanü kih tsü noronü külüpre. Chongbongti khunü dümti kih tsü müpohtsisohre. Kihrü tsü luh khüdula nüyohnü hüksüla luhrümrü tsüsü kihrü khu chingkehtare. Hütsü roh-isü kih alaa müdhsütah tashi kihrü tsü chingkehta pohsohre ko achangkala yongkhila tsü pohyoh tsisohre.

Matse müchika tashi kih tsü matse yola tingsohre. Maxa belang luhla kih tsü kungsohre ko maxanung shulüm alih tsü kungsohre. Thsühtisümsüm ko Chola kahtala kih maxa tsü nguchire ko kihluhla matse du bichire. Alaathsa Angami ko Chakhesang yucho anyühnü kihluh thsaba tsü atungte thsa nguchire.

Akungluh thsaba



Akungluh thsaba hi rangmüh dbangre ko luh tahre, mahkhang hite luh lehli thsaba püsü dsire. Hiba luh thsade akhudi luh tsü tahre mahkhang singdongti tsü resahre. Aresahcho singti tsü khyübülungnü müyüla alih müpohtsisohnung shulüm mükyu külüpre. Luhla alih tsü dhrünahre ko Tsohsuh ko Machi chootila chisire. Matse tsü atungte thsa bichire. Hite aroh luhla, singketpangtphü, Tsesu, Mürüsih, Sheng, Titse, Nushah, Kihjingnu, Apherüh, Honyang, Lengli, khengkürasih ko panu tisü yoh chisire. Hiba luh thsade kang anyüh lanü asang tashi chisire. Hütsüpü luh tsü pehjüre ko apa alih asi yangchi luh tsü thsare. Hütsü roh-isü luh tsü lehnü dbangpü tahli lehnü thsare.

ANGUCHIBA

A. Hiri yutseti nyichoung:

1. Matse = Matse hi luhla du chire.
2. Luh = Luhla lang dhüre chisire.
3. Honyang = Honyang nü lang odrong külüp tsure.
4. Panu = Panunü hi chong tsure.
5. Kih = Kih hi khütang atungte lile.

B.. Hiri yuyungti khihng ko arüh müipi apohki jünü liba yuje kehtpahla tsü yohng.

1. Matse tsü ajunahchola mahkhang kihluhla kih tingre zire.
2. Matse chah lahkeh apherüh/kihjingnu ko litse tsüsü chisire.
3. Nyokhuluh tsü kührüti chah ngakehre.
4. Luh dhrüba ko chisiba bête luh tsü tahre.
5. Luh tsü kang akhikyo thsapü khanglang luhthsarünü ri-icheh pehjüre.
6. Hiba luh thsabala matse du tsü bichire.
7. Hiba luh thsade ayohrüta müjühti bichire.
8. Chongbongnü kih müpohtsisohnung shulüm dümti külüpre.

Kihluh	Akungluh

- C. Arohnguchirüte püm. Nyü khüdu tsü akungluh thsarü ko aparü khüdu tsü kihluh thsarü-epü lüm. Aparü luh thsaba te luhthsa yangthsa shulüm thüptang. Nüjüh yu thüpta thümpü nü müleng püm ko nümüyangba nü nüte yoba yu tsü lümchehlieng. Hi shulüm apohki thrahng.**

Nümüyang neng : _____

D. Atsingdhingba laling:

1. Nührü mük yahla tu luh thsaba yangthsa nguchiro ?
2. Nührü mük yahla tu chisirü tsü atungte thsa chüro?
3. Nüh lümjing ropü khanglang luh thsaba nguchi tsü nünnü khyünyürü mah-o? Yuje a arahkkeh o, adüzü khürü jühng.
4. Kihluh thsade atungte nguchi anyüh shulüm thrahng.
5. Akungluh thsade atungte nguchi anyüh shulüm thrahng.

E. Nührü yang/sühbhüm la nanathsa nyokhulun thsaba yahthri thrahng.

- F. Masüh Naga yucho nü nyokhuluh thsade mülung papa khu khi thsaba nyichoung. Nührü müyangrü ko athsingyurü bete thsa ngusohng.**

ANYICHOBA 7

Ihsa mükangmüshü kanglungrühti

Anyichoba nahdhingkehti:

1. Kuhkanglungrü ko rangmüh kanglungrüti neng ihsa yulangnü nyichoung.
2. Anyichoba mücijü khihng ko nyichoung.
3. Yutse asiti nyichoung ko hiri yuyung bichi tsitsa külüpm.
4. Nyichehng ko athrahcho ko yu khu thülacho aichi nyichehng.
5. Anyichoba lanü nülümyu khu yuyung khürü thrahng.
6. Anyichoba chah chingkeh liba yu classroomla nohlüm khyü thüptang.
7. Nührü lihmükyahla nguhba kuhkanglungrü ko rangmüh kanglungrü shulüm alümcho amulah libae.
8. Nyichehng ko rangmüh kanglungrü zikehnü riki yohpünung mükhyahng.

Alise tsü kanglungrü kangba müdümla licho. Nyangnyü mükhu Hüna khongchonü abi khamüsuhre. Chongkya kuhla abi khyang kuh-hünyunü künyang khyüchore. Singva yongpü khanglang abi yo kanglungrü xodhingnung würe.

Abi yo fühza Sunny nü lede abi müyangre. Aunü manying khürü bipü Misüh, Nyürü ko Mizati khyang yangtöpcho nguhre.

Yangsehnü liba shühkanü abi ngu oink! Oink! khongre. Kih-hünati tsü kihtingla dbengnü rachire. Alisenü Hünati tsü laadbü lanü ipehcho. Arühnü atü du lengcho lengli khürü thrahchehnü yohpücho.

Chünyelang abi mürong amünyeh abi yo Thsüza khyang mih tüpnung wünung. Hi choonu khüdula chünye du tsü bekhyah ngunü arüh dhingnung lile. Kuhkanglungrünü



kuhla du pümnyücho roh-i, Thsüza nüsü mürongla du linyüre ko abi mükang liba athrijungcho müyahmürah du tsunyüre. Hütsü khu Thsüza te kuhkanglungrü roh-i khilhchire.

Shühmüshü ko azong mihzati tsü bekhyah akhikyah chah du lire. Dhsüro ko khühnying tsü mürong asoh müdümla lire. Khode luhla Tsesu zirünang, Aliserü kukhinü shühmü rolang dhingre. Shühmütinü Tsesu tsunyüre ko luhthsarütinü arüh luhlanü Tsesu khungsah hitsicho ngunü lire. Shuh-hu ko Shirungti lede anaying bekhyah amünyeh mürongla hongchi tranü lire.

Shuhjümba ko zengthsaba tsü Aliserü jümürüti akangla nanathsa nguchinü rocho ta atelüh yangzirütinü khangti pehko. Hi arüh mükangmüshü rangmüh kanglungrü riki khümcho yohpünung shulüm nguchicho. Athrijungcho jümürü nahngu tsü arüh tsuzarü ko shümstürü khyang ngusohnyücho lile.

Hiri yutseti nyichoung:

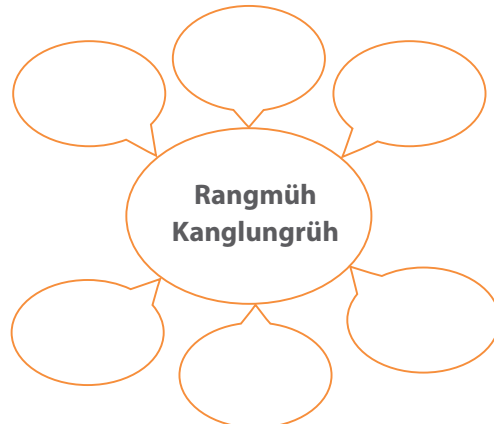
1. Mürong = Mürongla kanglungrü lire.
2. Fühza = Fühzanü kuh nyahre.
3. Manying = Misüh khyang manying tüpre.
4. Mih = Hila mih yoh chongre.
5. Lengli = Lengli tsü hitsunung atsa lile.

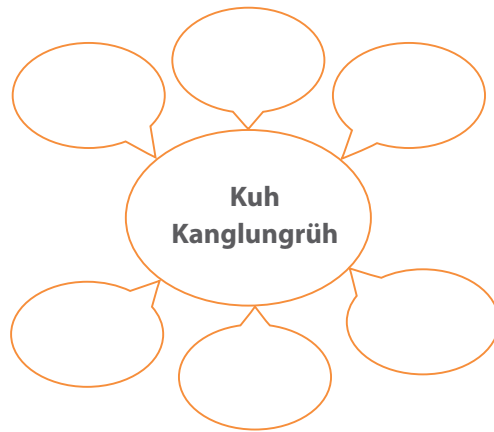
ANGUCHIBA

A. Atsingdhingba laling:

1. Khütacho Dhüza tsü kuh kanglungrü-epü dsiro ?
2. Khütapü Alise rü kukhi khu nguchi rüpri dhingnung kangcho ?
3. Alise rü kanglunggrü kangba la nguha aneng young ?
4. Shuh jümba tsü yatinung michah alang asang thrahng.

B. Yutse yohnung shütipü libala aphishuh nengtinü jengsohng:





C. Nührü athsingyurünü yuyungti khihba tsü nying ko yuyung müipi Yuje a/ Arahkkeh o thrahng.

1. Anyangnyü Hüna khongre._____
2. Alise khamüsunung shühkanü oink! oink! khongre._____
3. Mihza khyang mih tüpre._____
4. Thsüza mürohla lire._____
5. Dhsüroti tsü mürong asoh müdümla nguhre._____
6. Shuhjümba ko zengthsaba tsü Alise mürü nguchi lile._____

D. Anyichoba lanü yutse throchehpü jünü libala yohng.

1. Lihwüla tsang yangchicho.._____
2. Shühkatinü yuva amülah khu khongcho._____
3. Bekhyah bekhyahla Thsüza khyang atsuning jühcho._____
4. Khürü mahkhang lango dhingnung wücho._____
5. Hanü kako mükahnahcho._____
6. Kyüsehnung shulüm lango khürü yangchicho._____
7. Kihla rachide mülingchicho._____
8. Tsuyongnung kyüsahnü khyübülungcho._____

E. Yuyung ajeng külüpm.

1. Bekhyah khüdu Alise_____arah
kehsohcho.
2. Nyangnyü mükhu_____Alise
khamüsuhcho.
3. Abi_____würé.
4. Luhthsarütinü_____ngunü
lichö.
5. Chongkya kuhla _____

**F. Atsingdhingba laling : Tueko nünnü shuhjümba tsü yatinungbae pü lümro
adüzü asang thrahng.**

ANYICHOBA 8

Xuh khu nguchiba

Anyichoba nahdhingkehti:

1. Dhingyohng ko anyichoba yahthri shulüm chotang.
2. Amülung, nyü anyüh mahkhang classla yunah shulüm thüptade nohlüm khyüang.
3. Xuhnü külüpchehba akyotati shulüm tsüpm ko arüh nengsü müdheng.
4. Kohroti ko müdüm shulüm changnahng.
5. Xuhnü nguchichehba dhsütahti arünnü nguhba shulüm chotang.
6. Anyichobala yahthri chah jükehpü akhikyonü thrahng.
7. Athrahcho ko yu khu athülaba jücho aichi nguching.
8. Yutse asiti nyichoung ko yuyungtila biching.
9. Xuh ami-i shulüm nyichoung, ayu, thangchinü nguhba, suhnahchehba, ko kihnyü bong nyichoung.



Athsingyurüti nengdang amüdhesohba:

1. Akhihrüti khyang changnah tüyohpü yahthri ngusohng, ko arühnü tu dhingchehro/nguhro, kohroti ko hiri bichiba michah changnah young. Kohro ko nahtsenü nguhba shulüm changnahng.
2. Akhihrütite yahthri neng ko nguchi shulüm yosohng/thrahsohng. Xuhnü külüpba kohro arühnü dhingchehba ko müdheba neng, nguchi yangthsa michah changnahsohng, xuh ami-i shulüm nyichosohng – angang amüla, thangchi kükyo liba ko sünahchehba kohro, etc.
3. Nabi te aroh amülung thsapü nguchi nguchisohng. Arüh jangjang münguchicheh tashi nühnü “alalingba” tüjü. Adüzü. Nühnü hütsü khüta lümdhingro ? – Akhihrünü akhanglang lalingsohng (yuje mah cho khüdu mah) arühnü lümdhingba tsü khyangchinü changnahsohng, hütsü khu bekhyah khyü aphishuhlang lümdhing akhihrütinü nguchi müdhenung. Arühnü dee külüpnühba alalingba müjüenü masüh thonguhba tsü khyüchoung.
4. Atungte nguchi throchehng ko class ayung thsa ngusohng, akohcho nguchi yangthsa adrong nguchi ngusohng.

ANGUCHIBA

A. Yahthri tsü dhyngyohng ko laling:

1. Akhihrüzarütinü wüsü ikuh xodhing yale. Hi tu wüsü ikuh o?
2. Wüsü ikuh yonglang lüpcho tsü xuhnü külüpcho ko ihsa Nagarü atümungnü bichire. Nühnü kohro khürü müdheba aneng yonung kohrü mah-o?
3. Nührü yuchonü bichiba kohroti tsüpm ko aneng young.
4. Wüsü ikuhla nü tsü akhihrüzarü khüdu thsarelanglüh nühnü tu lihung? Khüta?

B. Amülungthsa püm. Yahthri nülümlanü kohro khüdu throchehng. Hi aneng müyopü nü shangrüti te changnah young. Yuyung adikehdi tsü bichinü nü müyangrütinü kohro tsü tsüpsohng.

Hiba hi -----?

Adüzü: Hiba hi thohmoh mah-o?

Amülungla nyitsarü müipi arüh throchehba kohro tsü lehnü changnahsohng ko aparütinü hi tsüpsohng.

C. Yahthri tsü dhing ko ihsanü arüh te tu nguchiro thrahng.

1.



2.



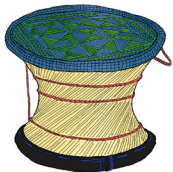
3.



4.



5.



D. Ihsa Nagarüü xuh tsü alang adrongla bichire. Nükuhla ko mükangmüshü yahthri külüpm. Apa anyichobala ngunü liba tenü ihsanü xuh khu bichire. Hiri apüm shulüm lümdhing. Apohki jünü libala hiri nengti thrahng.

E. Sing tenü xuh tsü ayu-uba lile. Hi zahnü zire ko bholo nguhre. Hinü akhümkü jühre, ihsa nyübong müsa jüre. Hi sühnahnung kohre. Hütsüeko hi ihsa shulükiynyübong münyijüre. Lümdhing nüü nyümong mükhu akangla yüyeh-u müli khüiba xuh chüroba khu nünnü bichichehnung.

Yüyeh-u	Xuh
1. Tsakohti	1. Xuh tsakohti
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

F. Xuhnü külüpczehba kohro yahthri khüdu thrahng. Kohro, wüsüti likhang, azibarü atro-arüku khu nünnü hi müküpdhingnung kohle.

G. Amülung nguchiba:

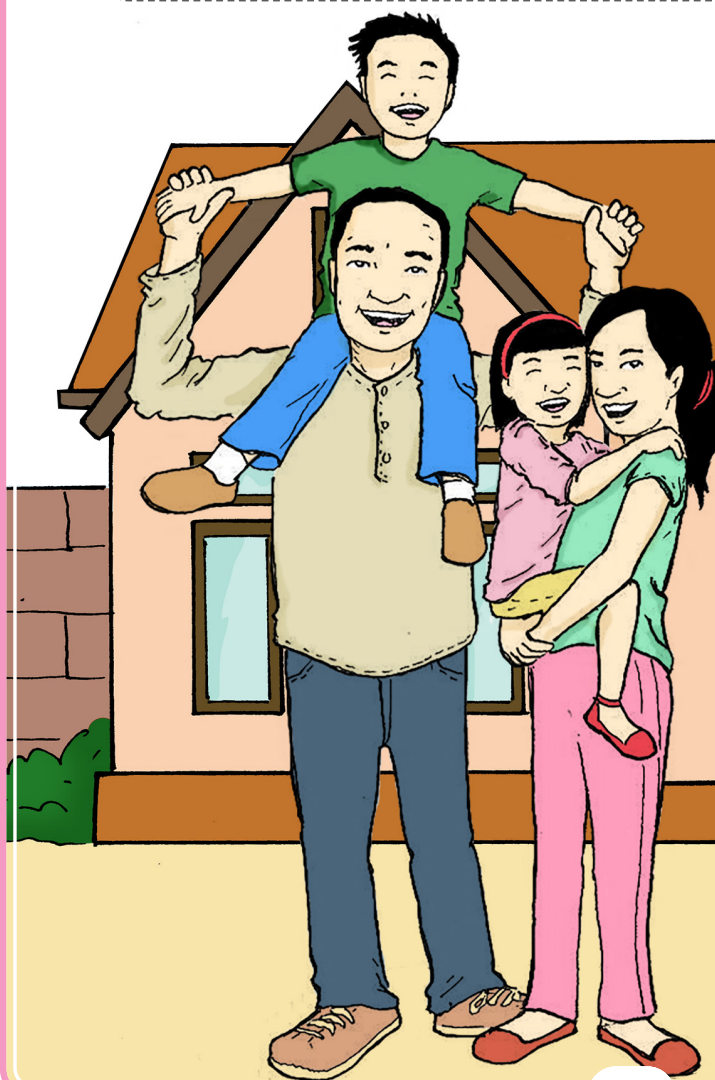
Class tsü azau thsanü amülung chang. Xuhzü khu hichongba külüprü alümjing/tpurü dsieng. Akhihrüti khyang thsingyoung ko arüh khyang nguchi nyümkehde nguchisohnung nyichosohng.

ANYICHOBA 9

Akünyang Kuh

Anyichoba nahdhingkehti:

1. Khi-itang yuva atsitsa, dengdeng ko kyücho kyükehnü khihng.
2. Khi-itang shulüm adikeh ajeng nyichehnü choung ko thrahng.
3. Thrahtseti dhingchehng.
4. Ami-iliba akünyang kuh shulüm nyichehng.
5. Yutse asiti nyichoung.



Khüde amüi liro
Khüde jengreng liro
Khüde yochonyiro
Hütsü lh akünyang kuh

Khüde akehta liro
Khüde changtachehro
Khüde alongdi liro
Hütsü lh akünyang kuh

Khüde müyurü aroh nguchiro
Khüde müyurü aroh tsuyongro
Khüde müyurü aroh shajanü ko
dangkhidangnangro
Hütsü lh akünyang kuh

Tsuyongnung thangchi liba tsü
tu mah
Chongnong thangchi liba tsü tu mah
Khüde akünyang alichah liro
Hütsü l kuh.

Hiri yutse adüzü nyichoung.

1. Amüi = Amüi shangrü kahtala müchangsohbae.
2. Jengreng = Aza-azi apüm khyang jengreng jüang.
3. Akünyang = Suro apümlla künyang.
4. Akehta = Akehta khu yangtsa chürore.
5. Alongdi = Alongdi linü müküp nguchieng.
6. Thangchi = Kehla thsi thangchi libae.

ANGUCHIBA

A. Amülung/arohnguchirü ko mülengnü khi-itang khihng.

B. Yutse threhnü liba bichinü yuyung ajeng külüpm (Nü khyang khüdu külüpjo lile)

Adüzü: Akhunga **apüh** la _____ kehle. (axüh/süpü)

1. Kehtpah **jing** tsü _____ nü külüpcho. (Sing/shing)
2. Hi chongnung nengdang **kih** ko _____ dhsütahre. (Mih/sah)
3. _____ ko **füh** tsü atungte kohro. (Püh/loh)
4. Atsala nü **vi** la _____ chongyacho. (Hi/ko)
5. **Loh** bedo _____ yohbücho. (Noh/lah)

C. Akünyang alichah müdüm ami-ili külüpnung shulüm khürü thrahng.

ANYICHoba 10

Kuhying

Anyichoba nahdhingkehti:

1. Kuhying tsü tu-o nyichoung.
2. Kuhying nahdhingkeh papa shulüm nyichoung.
3. Atsicho shikhela kunu shulüm atungte kuhying anyichoba tsü nyichoung.
4. Yutse asiti nyichoung ko nülümyu lanü yuyungtila bichieng.
5. Anyichoba tsü ajeng nyichehnü khihng.
6. Thüpm ko anyichobala atsingdhingbati shulüm laling.

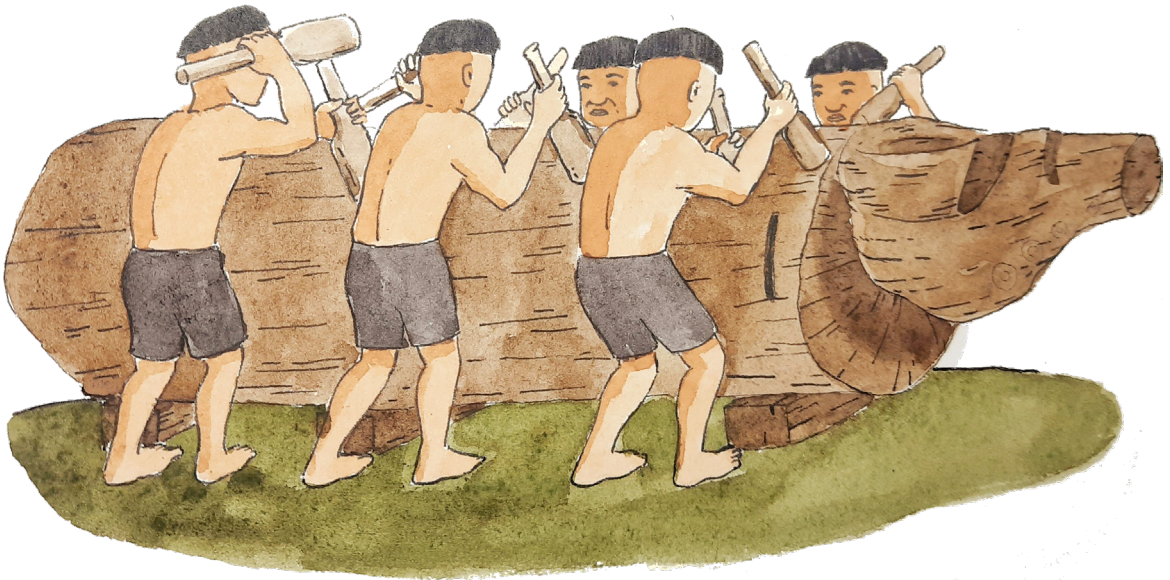
Kuhying hi jümüliyahla kunuti shulüm shikhe khüdu Nagarü akangla atungte khüdu thsa lichu. Kuhying hi yangdong shulüm akünyangnung ko hi chah athrungrü ko singnü yahthriti kyüchek külüp atsah tang thsacho. Kuhying tsü yuchola kunuti rahsehba ko lümlong nyichoba müdüm khüdu lichu. Hiba kuh khu adhangpi nguchicho. Dhrezarütinükuhyinglayüpcho ko khode arüh kuhkangnung bekhyhah chicho hitadedu kuhying tsü pehjücho. Hiba müdümla arühnü yangdong yo amüsa rangthrü kohroti, Nohti, Thsuhti ko Tsungti khümchonü yohpücho. Jümü khi, jümü yukhehti ko apa jümü nguchiti hiba müdümla nyichocho. Hiba



müdümla chitanung ko yangtsa külüpnung shulümsü adhrongchek khyücho. Khingkurüti tsü adhrerü kuhyingtila mütrahyohnung mümülachö.

Yucho khürüalüh khingkurüti shulümsü kuhying tsü lichö. Nagarü ashi-azirütinü shang khüdu lanü khüdu, jümüliyah ko yangtsa khi khongkhi nyichoba ko yukhehti yomüchichö. Arüh kuhyingla lide singnü kyüchekkyüyoh külüpba, she kyahbati tsüsü kunutite thsingyucho. Khingkurüzarütinü anyümong kuh nguchi nguchichö ko amala kuhyingla yüp nyichochö.

Yucho khürüla apa kuhying atungte khüdu tsü singkongti tsü lile. Singkong tsü sing akoh kang xangnü külüpre ko hi chah abelang Thsüzaku mahkhang maku nü aku külüp kyühre. Singkong te adhrerüzati anyüdinglang mükang yapü amüpsingnü tire ko hiba yuva tsü ashu lanü yuchire.



Yulümta shirütaba, arorüh kohba, yangla asürü mütohiba, arorüh roba, kuhtah shitah, hiriti shulüm kuhying lanü shirütapü singkong tsü ti-ire. Hi dee kikhang mülinü chünye limih asi roba khu kuhying lanü nyichoba yangtsa tsü atungte thsa mübichipehre.

Yutse adüzü:

1. MÜthseh – Hi akünyang khürü shulüm.
2. Kuhying – müyürü atrong aroh yüpba kuh.
3. Jümüyah – Jümürü chahnü nyichoba.
4. Singkoh – single akhi tpheh xangba.
5. Amüpsing – Hi singnü kingcho amüpchising.

ANGUCHIBA

A. Atsingdhingbati laling.

1. Kuhying tsü tu-o?
2. Kuhyingla Nagarü jümüliyah ko yangthsa tsü tuturü thsingyucho?
3. Kuhying khu singkongti shulüm tu nahdhingkeh thsacho?
4. Bekhyah khütoi khyü Naga dhrezarütinü kuhyingla yüpcho?

B. Amüjengchola hiri yutse asiti nyichonü jengsohng.

müthsehre	kuhying	jümürüyah	singkoh	amüpchising
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1. Khingkurüti _____ la chongnung dhüre dhüroh lile.
2. Singkong tsü _____ nü ti-ire.
3. Ihsa kuh thsaba alih müdüm tsü _____ kohro khu thsacho.
4. Thelipi nü anyiyahtse tsü _____ la rangcho.
5. Yangla azong chah atsahtsa amübükükh külüpba ngu _____.

C. Nührü yucho yo singkong tsü ayah tünü thrahng.

D. Kuhyingla liba yangthsa hi chünye nguchirelanglüh hi khu Naga dhrezalazarüti shulüm tu jingchonung, yuchungzah khüdu thrahng.

E. Yutse hirinü yuyungti külüpm:

- | | | |
|------------|-------------|------------|
| 1. MÜthseh | 2. Kuhying | 3. Jümüyah |
| 4. Singkoh | 5. Amüpsing | |

F. Class la amülung külüpm. Azirü te chotang ko khu tsiba bekhyah Kuhying la khüta nguchicho yangchieng. Nührü amünyeh likhang Kuhying xodhing. Nührü amülung langnürü throchehng ko nührünü tuturü nyichocho/nguhcho class la thsa nguhsöhng.

ANYICHOBA II

CHOMILARÜ SÜMÜZA KO YONGMÜZA

Anyichoba Nahdhinghehti:

- 1.Nyichehnü anyichoba tsü züzahnü khihng.
- 2.Dhsütah amüdhesohba tsü athoyoba te chingkehnü müjangtang.
- 3.Amülung ko athsingyurütinü yunahti michah thüptang.
- 4.Anyichobala anguchiba thrahnü liba tsü yujenü thrahng.
- 5.Abürü yukhehti müdheing ko arüh neng sejüang.
- 6.Abürü jümü yukhehti longphinü thüptang.
- 7.Alümcho ko yuje tikehba shulüm tsidsa changnang.

Sangtam yah lanü thsunohrü tsü adhrerü dunü zaare. Sümüza tsü khingkurü, ko chomilarü thsacho khu; abükyü noh tsü müsih zaacho. Abükyü noh tsü sünüsü müzacho khu nyümong khüdu yongmüza tsü noh zaanung shulüm abükyü kuhlang dsiyohcho. Khode yongmüza tsü abükyü kuh ro chihcho, abükyünü yongmüza te anoh zaanung shulüm kihchicho ko hi nguchicho shulüm abükyünü abi khyang jiyüh jünungepü nyengchocho. Abükyünü yongmüza te hiroh-isü yocho:



“Amüi yongmüza, ih tsü chomilarü lile. I noh zaanung shulüm adhrerü müle. Hütsüeko nühnü I noh zaajü khang hi mülih ihnü nü khyang yongkha tinung.” Yongmüzanü lalingcho: “ Akhu ihnü yongkha tsü yongnung, hütsüpü khanglang du nünoh zaajünung.” Abükyünü heepü lalingcho ko yongkha tsü yongmüza khyang ticho. Yongmüza nü hi longnyüp yongcho, hütsüpü abükyü noh tsü müzaa pü rahmütsa shang tsipehcho.



Yongmüza saying amütsa tsü ngunü ailümrü chomilarü tsü dee zii chürocho. Hütsüeko azii chüronü abükyünü abi khyang aneng “Yongmüza” dsijücho, khüi adüzü yongpü müzaajücho shulüm. Hütsüpü khanglang tinü abi te tsü yongmüzpü dsicho ko chünye tizah Sangtamrünü abite yongmüzapü dsire.

Yutse asiti nyichoung:

- | | |
|----------------|--|
| 1. Zaare | =Zaachehcho. |
| 2. Nyengchocho | =Mishacho/nyü khüdu khu nguchi
nguchinung atsüptsi jühba. |
| 3. Jiyüh | =Amükangnü jühba/Kuthsi lümcho jühba |
| 4. Longnyüp | =Müci kyangsohcho/longkyangcho |
| 5. Zichüro | =Dee soh ziichüroba/mükünyangcho |

ANGUCHIBA

A. Atsingdhingba laling:

1. Chomilarü tsü sü o ?
2. “Inoh zaanung shulüm adhrerü mule”
Sünü süte yocho ?
3. Sümüza nü yongmüza te tu nyengchocho ?
4. Ailümrü chomilarü tueko azii chürocho ?
5. Tueko abi neng “Yongmüza” dsijücho ?
6. Sangtam sakhiliyahmülung nü abi neng tu dsijücho ?

B. Jünü liba yutse tinü amüla yuyung külüpm:Jiyüh, Zaare, Nyengchocho, Longnyüp, Ziichüro

C. Amüjengchola jengjühng:

1. Sümüza tsü khingkurü ko
2. Abükyünü nyümong khüdu yongmüza abükyü
dsiyohcho.
3. Amüi yongmüza, ih lile.
4. Yongmüza nü hi yongcho.
5. Chünye tizah abi te yongmüza pü dsire.

D. Amülung nguchiti:

Class la amülung 2-3 chang ko nührünü yukheh nyichoba michah thüptang.

E. Yahthri dhing ko hi michah yuyung 2 - 3 thrahng.



F. Nührü athsing yurünü aloo lanü yutse khürü adhsengnü khihnung. Nüyo vakha khangthruong ko nühnü yuchihba yutseti mükangtieng.



**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"