

CLASS - 1

Nagaland Heritage Studies

SÜMI



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



Nagaland Heritage Studies

CLASS - 1

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

NAGALAND HERITAGE STUDIES | CLASS 1 - SÜMI

Copyright © SCERT & SCNL, DSE 2018

Third Edition 2023

Illustrator: Imtinungsang Longchar

FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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



N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

SHOTÜGHÜTSA

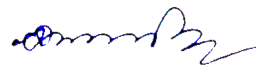
Shiaye kütsüu atsaqo vikithe eno thuwulu peni keu no India ye-pekau kimiji ke. Nagaland State ye aghulo, ikemu shiaye eno atsa ye kutomo ani.

Ike, akiphiki lo atsa kiphi pepe ape keu ye atsa likhi ithive peni keu ku mo no atsa kighithi mütsa panou mheshoghi ithi küqha peni ye ke. Ikemu Nagaland yepeka no wove keu mipeqo lo hitoi keu do kivi tsü mla no ighive. Eno akiphi kakuqo ye akichiu no tsüsümiw nakulu thime eno pebide keu kiphiqo likhi ke.

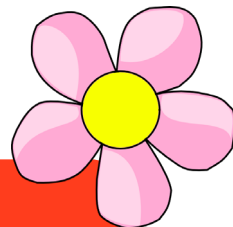
Ishi do lono Nagaland yepeka qho lo kighithi laka no Nagamiu xügho lau no NAGALAND MHEGHI KIPHI (NAGALAND HERITAGE STUDIES) ipi no itimiyo pelo phipeni ye yephe a keu ghenguno akishe kije tsü ani.

Hi vexükiphe hi pau ye qeti hukuthu likhi aphi. Eno ite dolo kaku hi paqo pe 2018 nguno hulau itimiyo pe lo phipeni ye kughu a keu hu thoghiu ye hi nguno akiviu shi mla woni a kepi pülü ani.

Itimiyo igho no akumuto shi hakite a keu ye kaku hi paqo lono kiu shika-qopheni keno azükini shi pükapütsa phi no pütütaw aza tsa eno mheshoqo ithi moayesae. Hi ithi lo; pütüta tsa eno pekishe ighi keu mhesho pühave a ye pütütau lhomichi (Identity) ghi püh-have nani.



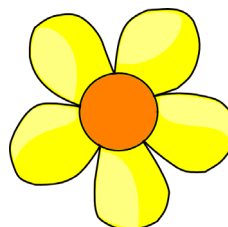
Dr. H.S. Rotokha
Akiyeu, SLB.



SÜPÜAKEQO

APA

- | | |
|------------------------------------|----|
| 1. SÜ TSA GHOLAU NO AKIYETHI KIPHI | 1 |
| 2. AKIKIHI 1(LAKHI) LONO 20 (MUKU) | 8 |
| 3. APINEDO LO ATSALAQO | 19 |
| 4. I PHIMIPI | 23 |
| 5. I KI - I | 28 |
| 6. AMPE LO AQHIQO | 31 |
| 7. NI KIBO - I | 37 |
| 8. AKHA KITITI (Leshele) | 44 |



Akiphi - 1

Sütsa gholau no Akiyethi kiphi

Ithini keu kimijiqo:

1. Sütsa lono akiyethiqo ithi lo.
2. Sütsa gholau no akiyethi kiphi ithi lo.
3. Sütsa lono akiyethi achipi lono küloji pe phuphe lo.

Sütsa gholau no akiyethi kiphi.

Aa – a
Bb – bi
Cc – ch
Dd – di
Ee – e
Ff – ef
Gg – ghu
Hh – h
Ii – i

Jj – je
Kk – ke
Ll – la
Mm – m
Nn – n
Oo – o
Pp – pi
Qq – q
Rr – r

Ss – es
Tt – ti
Uu – u
Vv – vi
Ww – wo
Xx – xü
Yy – ye
Zz – zü
Üü – ü

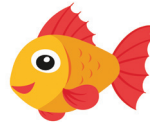
Aa



Aki



Akhü



Akha

Bb



Bilatiji



Bheri

4

Bidi

Cc



Chokibo



Chinithi



Chengu

Dd



Dokiche

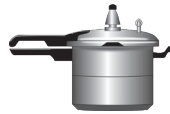


Dokuye

Ff



Fülili



Fukuchuli

Gg



Ghüka



Ghüshimi



Ghakuthi

Hh



Hukiche



Hekuwuphi



Hevülala

Ii



Ijiu



Iskos

Jj



Jiba - yithi



Jilisa

Kk



Kholeyithi



Khaumiyi



Kaku

Ll



Laliwu



Lū



Lapuxamunu

Mm



Müjothi

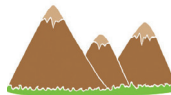


Milisü

Nn



Narto



Naghuto



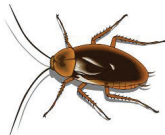
Nhekobo

Oo



Olibobo

Pp



Pūlau



Pūlakhū



Pukhothi

Qq

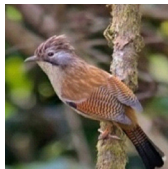


Qüqüpu



Qhikihi

Rr



Roichi

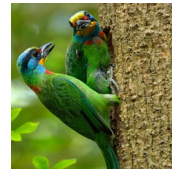
Ss



Sahubo



Shokeber



Sheqhuh

Tt



Tsükinhe



Thalaxü



Thumusü

Uu



Uchuyithi

Vv



Vesülho



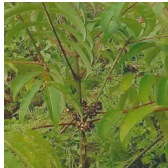
Vüyipu

Ww



Wuchobo

Xx

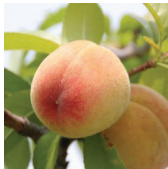


Xonesü



Xokhun

Yy



Yekuthi



Yekube

Zz



Zükilu



Zahkhemi



Zünhesü

Üü



Uhe

Qokiphe

A. Jhijiyi igha akiphi lo akiyethi eno atsathi kümütsa qhaqhaqha phisü lo.

B. Akiyethi pesü Sütsaw no pithi eno akiye shithi lo.

C. Sùtsa gholau no akiyethi pe akiye shi lo.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Ü _____

D. Achipiu pe akiyethi shi lo.

B _____

D _____

C _____

A _____

E _____

G _____

F _____

H _____

L _____

J _____

I _____

K _____

M _____

O _____

N _____

P _____

T _____

R _____

Q _____

S _____

U _____

W _____

V _____

Z _____

X _____

Y _____

Ü _____

E. Akiyethi kiki lono aje phu lo.

1. A _____

2. P _____

3. T _____

4. Ü _____

5. M _____

6. H _____

7. S _____

8. V _____

9. O _____

10. R _____

Akiphi - 2

Akikihi 1 Lakhi Lono 20 Muku

Ithini keu kimijiqo

1. Akikihi 1(lakhi) lono 20 (muku) kuto je ithi lo.
2. Akikihi je eno ti pau she lo ithi kibe lo.
3. Akikihi je achipi lono pi eno phisü lo.
4. Akikihiqo je achipi lono pi eno avehupu lo kuloji lo.

Ningu kümütsa ale hi pau phini.

Kititi lakhi, kititi kini

Kititi Sümi küthü

Kititi bidi, kititi pungu

Kititi Sümi tsügho

Kititi Tsüni, kititi tache

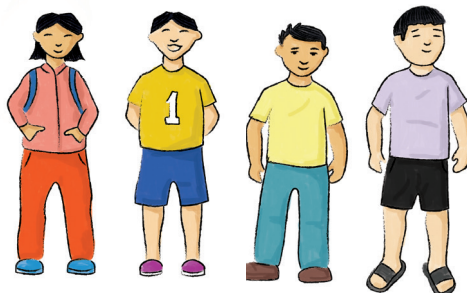
Kititi Sümi toku

Kititi Sümi kipiti chighi.

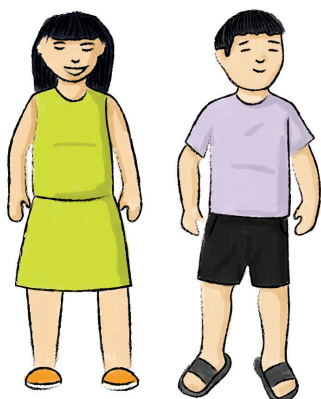
Ningu no akikihiqo ghili ithini.



1- Lakhi



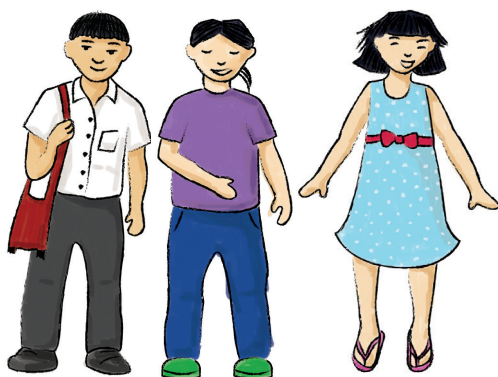
4 - Bidi



2 - Kini



5 - Pungu



3 - Küthü



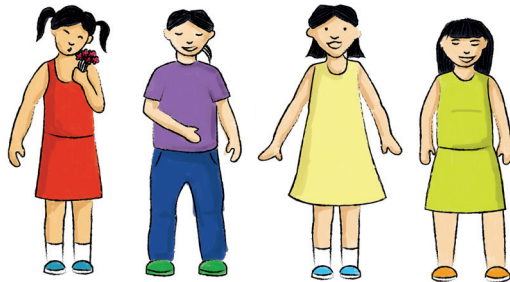
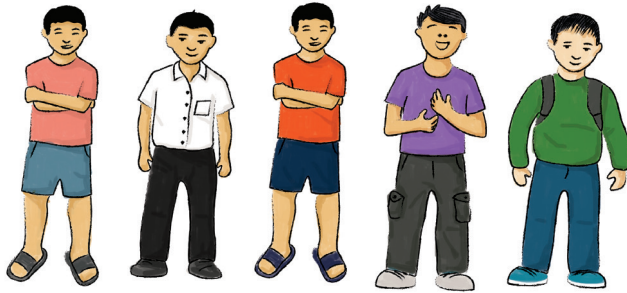
6 - Tsügho



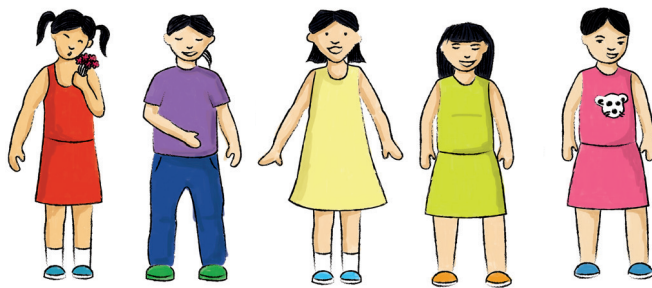
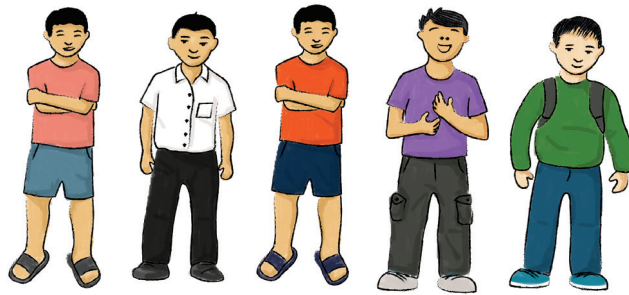
7 - Tsüni



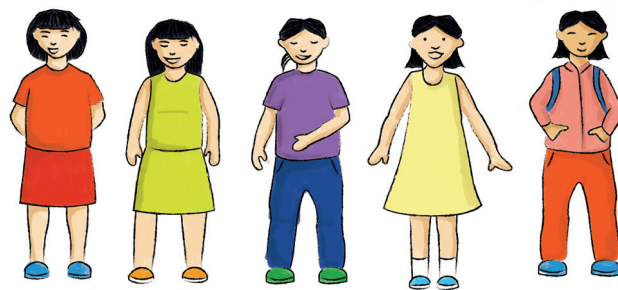
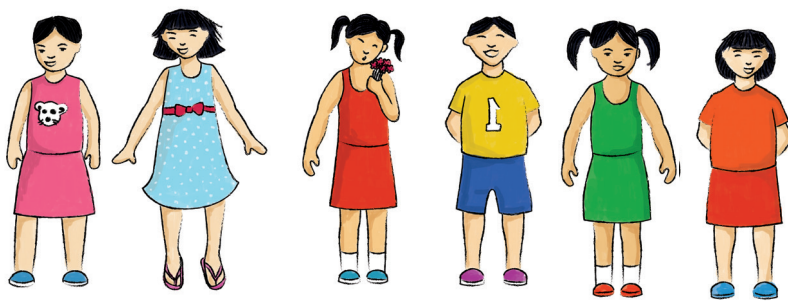
8 - Tache



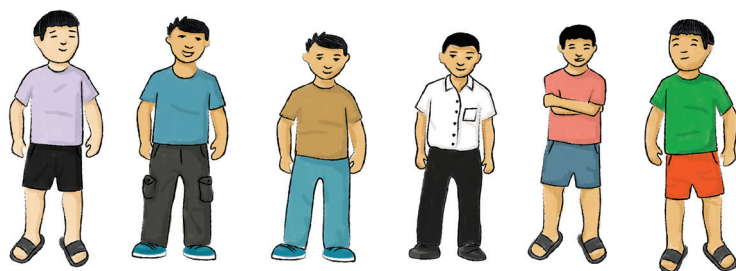
9 - Toku



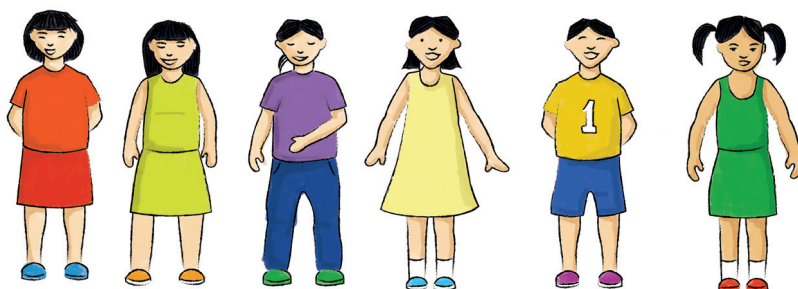
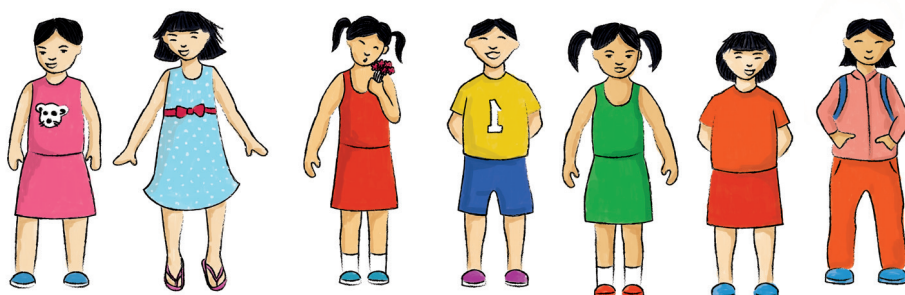
10 - Chighi



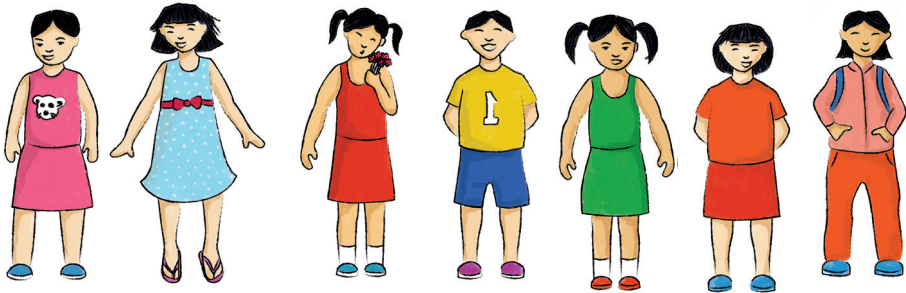
11- Chighiqhaqhi



12 - Chighikini



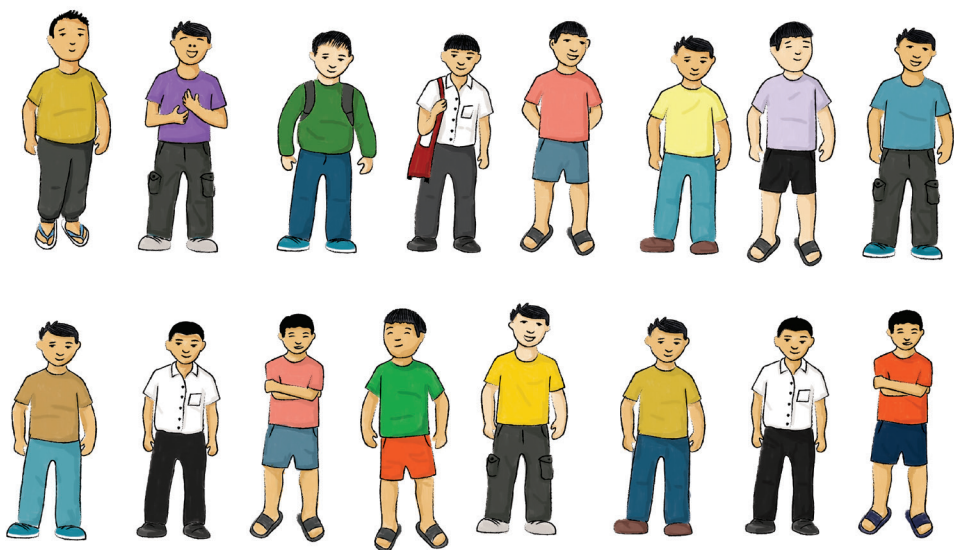
13 - Chighiküthü



14 - Chighibidi



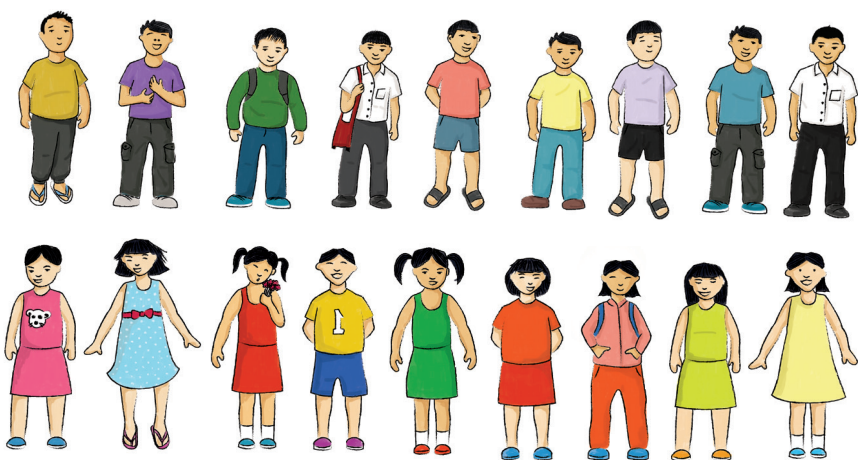
15 - Chighipungu



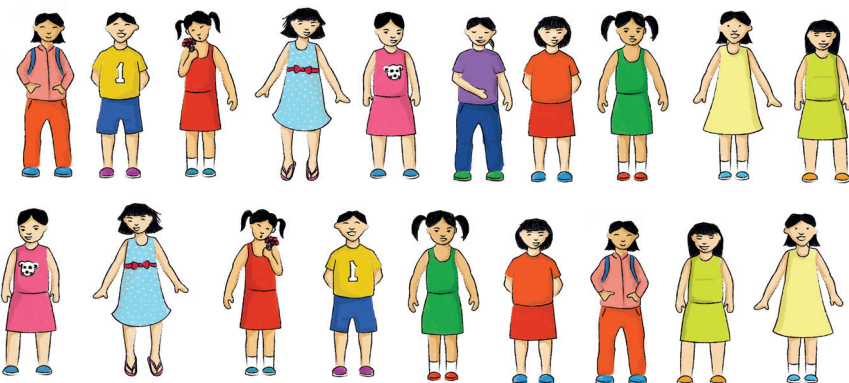
16 - Chighitsügho



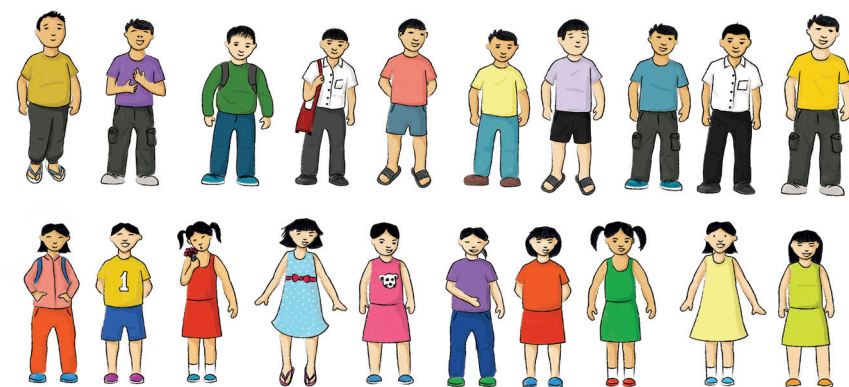
17 - Chighitsüni



18 - Chighitache



19 - Chighitoku



20 - Muku

Qokiphe

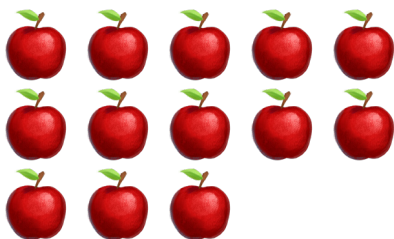
A. Aqhou ajulho shisü püa keu ju lo. Ajulhoqo kihi ju lo eno khije ani keno akikihi je akiye shi lo. Lakhi ye o ghenguno shive tsüa.

1.



Chighi

2.



3.



4.



5.



6.



B. Akikihi ngo ajutho pama kimighi no khije hi kihilu ani keno akiye shi lo. Lakhi ye o ghenguno shive tsüa.

1. Akikihi

2. Ajulho

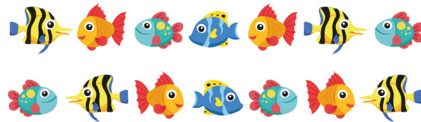
3. Akikihi

3



Küthü

8



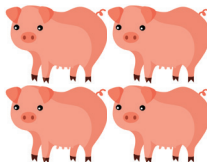
20



14



11



4



C. 1 (lakhi) lono 20 (muku) kuto atsathi lono akiye shi lo.

D. Akikihi iku keu lono kithi kithe lo.

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

E. Akikihi iqi keu lono kithi kithe lo.

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

F. Akikihi kupu mono akeu lo akikihi pe akiye shi lo.

1		3		5
	7		9	
11		13		15
	17		19	

Akiphi - 3

Apinedo Lo Atsalaqo

Ithini keu kimijiqo:

1. Apinedo lo atsalaqo je ithi lo.
2. Apinedo lo atsalaqo je pi lo eno phisü lo.
3. Apinedo lo atsalaqo je ithi lo eno ti pau she lo ithi kibe wolo.
4. Apinedo lo atsalaqo ghili iniju kela mülalei keu lono khochile lu kepu.

Apinedo lakhi lo atsala tsüni ani.

Hi paqo ye:

Sunday	-	Tüghakhani
Monday	-	Asüzani
Tuesday	-	Aghizani
Wednesday	-	Ashigheni
Thursday	-	Anighini
Friday	-	Mucholani
Saturday	-	Tupulani

Ningu leshele hi pau ithini.

Akali ye Asüzani tsala lo ye aphimini ishi,
Aghizani lo ye alhikishi a lo wu,
Ashigheni lo ye anhemugha tsüghü,
Anighini lo ye aki mithe,
Mucholani lo ye aphimini nukuda eno
nukümüzü,
Tupulani lo ye aghutu shikimithe,
Tüghakhani lo ye akulhoqhi.

Qokiphe

A. Akali jutho ju no iniju akeqo khokichile tsü lo.



1. Akali ye kiu tsala lono
aphimini ishi kea?



2. Akali ye kiu tsala lono
alhkishi a lo wu kea?



3. Akali ye kiu tsala lono
anhemügha tsüghü kea?



4. Akali ye kiu tsala lono aki mithe kea?



5. Akali ye kiu tsala lono aphimini nuküda eno nukümüzü kea?



6. Akali ye kiu tsala lono aghutu shikimithe kea?



7. Akali ye kiu tsala lono akulhoqhi kea?

B. Atsathi kupu mono akeu lo sü lo:

1. Aghizani ye _____ züwu.
2. Anighini ye _____ eno _____ pama dolo.
3. Tupulani ye _____ thiwu.
4. _____ ye apinedo lo atsala atüghiu.
5. _____ ye apinedo lo atsala ashekhau.

C. Apinedo lo atsalaqo je kümütsa qhaqha phi lo eno nonguwu kaku lo akiye shi luve lo:

D. Apinedo lo atsalaqo achipiu lono kithi kithe lo.

Mucholani	
Asüzani	
Tüghakhani	
Aghizani	
Tupulani	
Ashighani	
Anighini	

E. Apinedo eno atsala kiche lo.

Tüghakhani	4
Mucholani	1
Asüzani	7
Anighini	5
Tupulani	2
Aghizani	6
Ashigheni	3

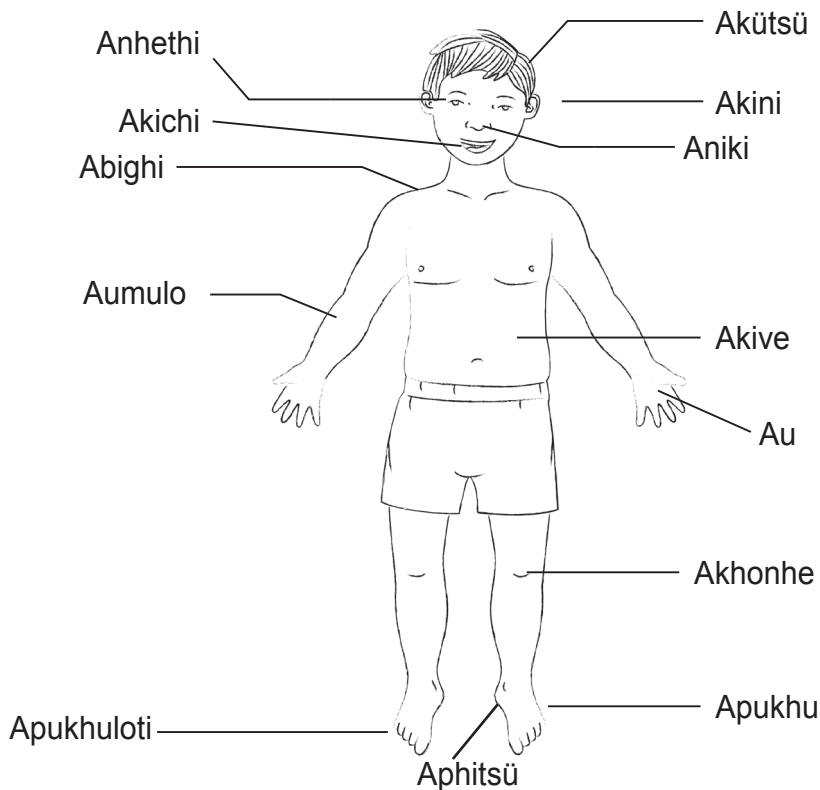
Akiphi - 4

I Phimipi

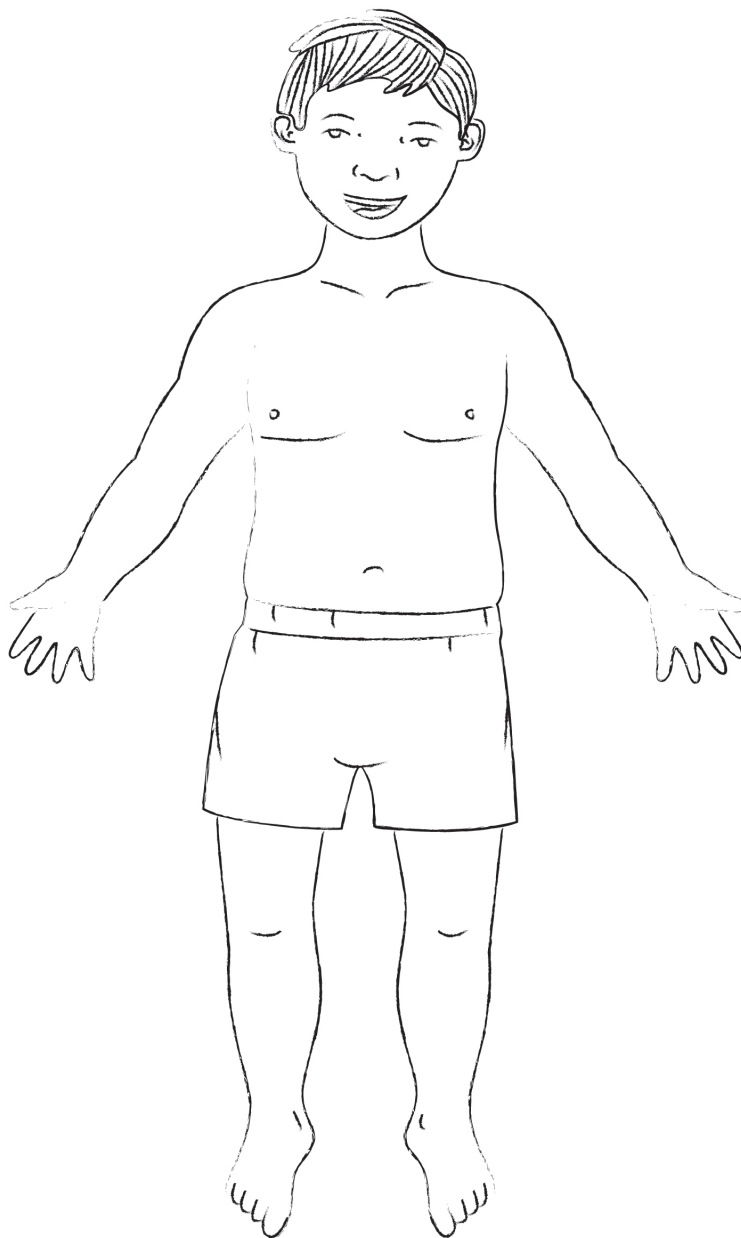
Ithini keu kimijiqo

1. Aphimipi lo ajeli kütüta akeqo ithi nani.
2. Aphimipi lo ajeli akeqo kütüta shi kimichi tsü lu nani.
3. Aphimipi lo ajeliqo kütüta akeqo je achipi lono pi eno phisü lu nani.
4. Akiphi kiqu lono inju akeuqo khochile lu nani.
5. Akipi eno akiye ghola lono ithi lo.

Aqhou akeu julho lo alebe shi lo.



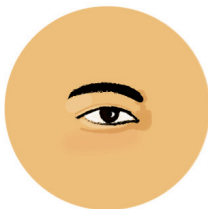
Aqhou ajulho shi pua keu juno hipaqo kichepiye lo
akütsü, abighi, akhonhe, anhethi, akini, aniki eno akichi:



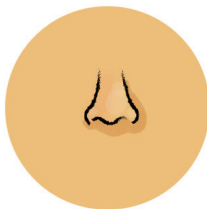
Qokiphe

A. Ajutho apa 24 lo akeu juno aphimiphi lo ajeli kütüta akeqo phisü lo.

B. Aphimipiqo je pitsü lo.



1. _____



2. _____



3. _____



4. _____

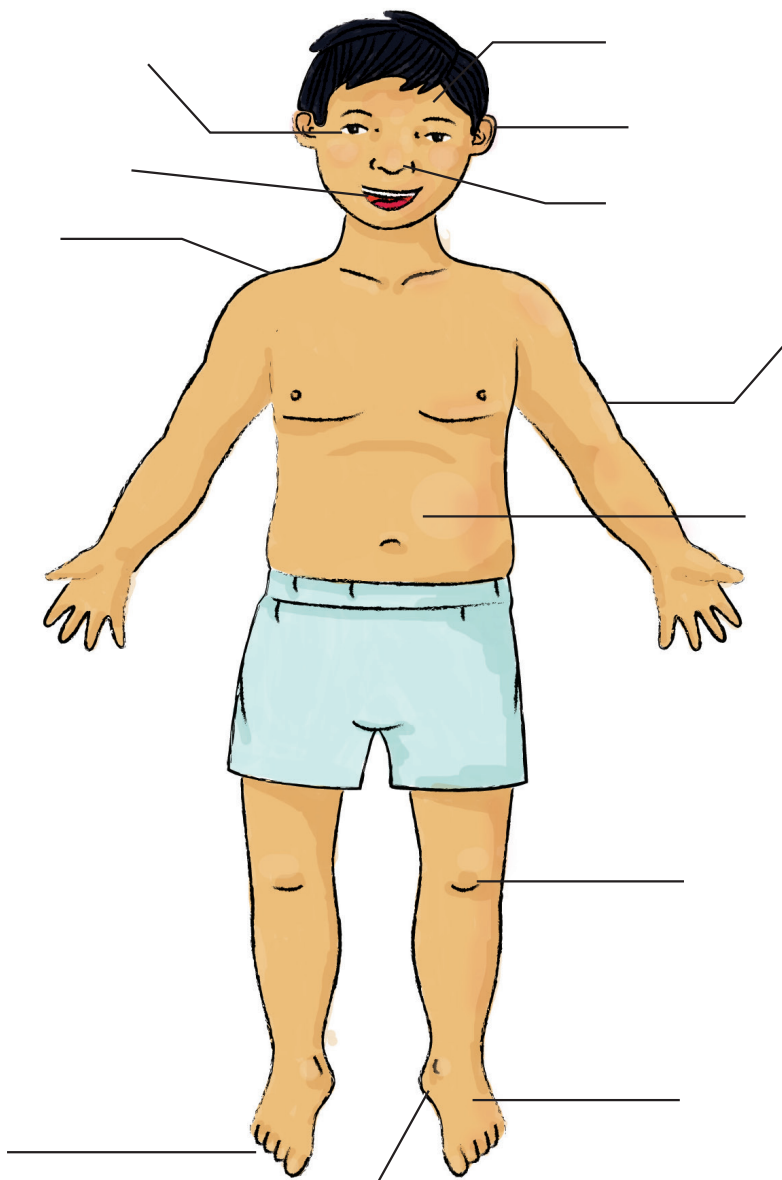


5. _____

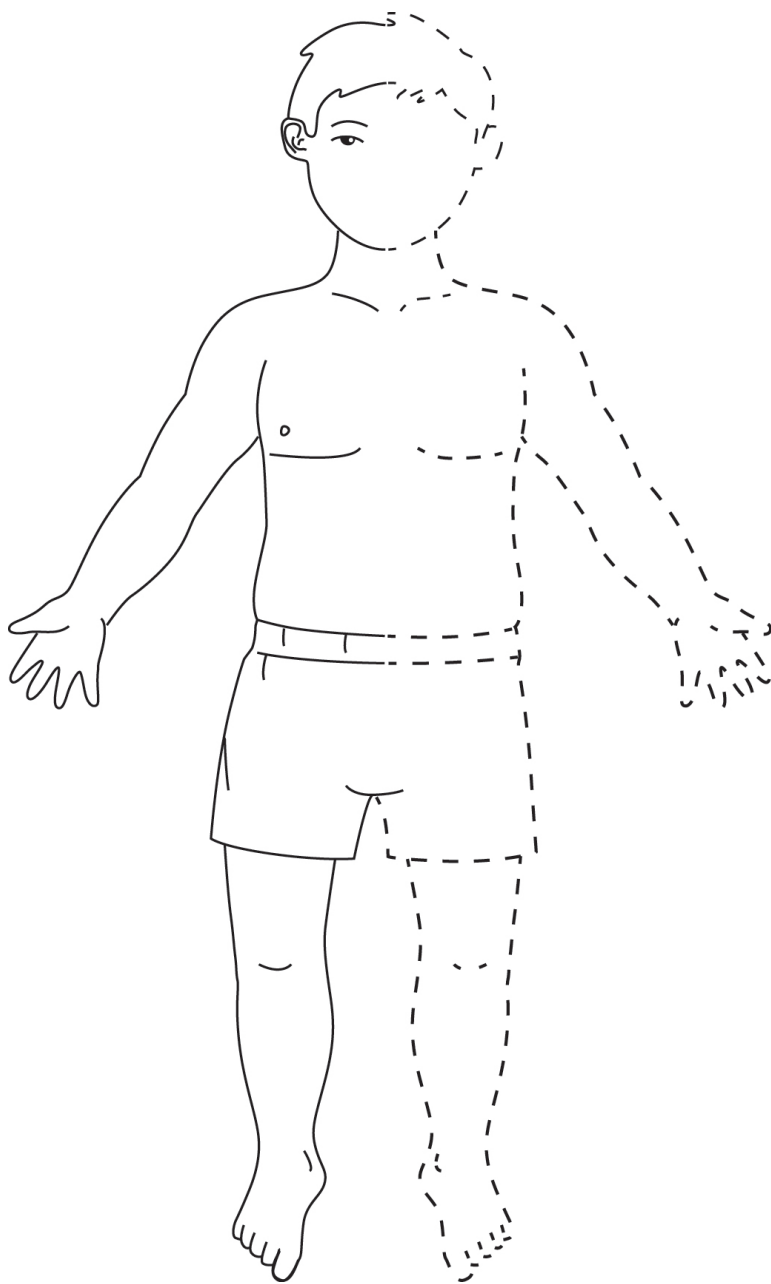


6. _____

C. Aphimipiqo jeli michida tsü lo.



D. Kupukūlai shi aphimpi julhoqo michida tsü lo:



Akiphi - 5

I KI - I

Ithini keu kimijiqo

1. Aki lo acheboqo jeli kütüta shi ithilu nani.
2. Aki lo acheboqo je achipi lono pi eno phisü lu nani.
3. Achebo lo thime jeli akeqo je achipi lono pi eno phisü lu nani.
4. Akiphi mülalei keu lono inju akeu akichi lono khochile lu nani.



Hi ye Alikhuliki



Hi ye Aküzü chebo



Hi ye Azükuchu chebo



Hi ye Akungo chebo

Qokiphe

A. Akiphi lo ajulho eno atsathi ju no tipaqo ye kiu shi ye avehupu keno ithi lo.

B. Atsathi hipaqo ithi lo eno tipau kiqu lono pithi eno akiye shi thi lo.



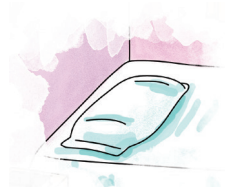
TV



Aküghüsüphi



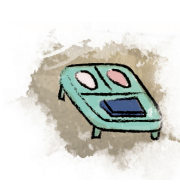
Balti



Akütsükümkhu



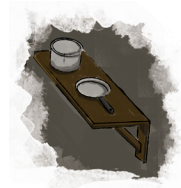
Azüküpülüli



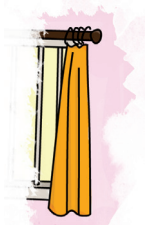
Sapuni



Baküsü bo



Alikha



Nhaqhiphi



Anguhi



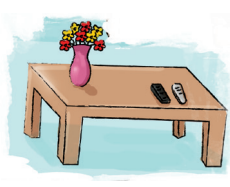
Axamunubo



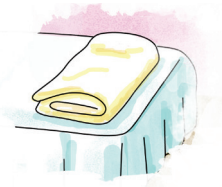
Amiphoki



Ajukuqu



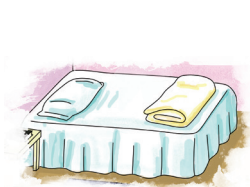
Amta kibepu



Wuküzüphi

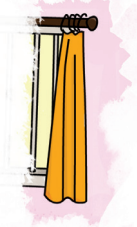
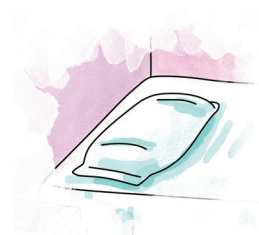
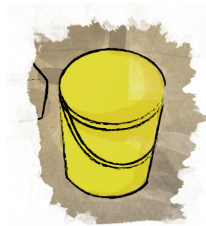
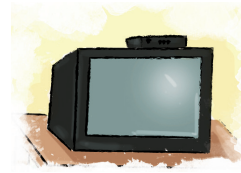
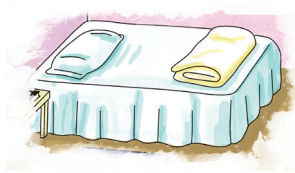


Alakhü



Alipa

C. Ajulho kümütsü jukuto kughoi lo eno achipiu pe achipiu chebo lo süve tsülo.



**Aküzü
chebo**

Akungo chebo

Alikhuliki

**Azükuchu
chebo**

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

D. Atsakupido

Itimiyo pelo aki lo achebo pa/li no alo hekeu küpütsa lu pelo.
Itimiyo pelo no pa eno li no akichebo dolo khiu lo ngo keu
pavi keno küpütsa pelo.

Akiphi - 6

AMPE LO AQHIQO

Ithini keu kimijiqo:

1. Ampe lo aqhiqo je ithi lo.
2. Aqhiqo je pi eno phisü lo.
3. Ampe lo aqhiqo je ithilo eno ti pau she kube ithi wolo.
4. Mülalei keu ye akichi lono khochilelu kepu.



CALENDAR 2023

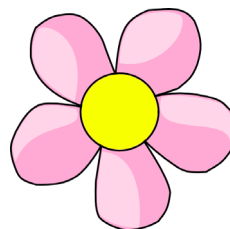
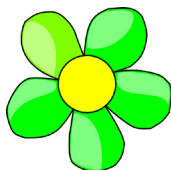
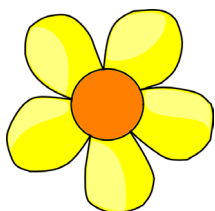
LÜ						SÜPHU						LUSA					
Asüzani	30	2	9	16	23	Asüzani		6	13	20	27	Asüzani		6	13	20	27
Aghizani	31	3	10	17	24	Aghizani		7	14	21	28	Aghizani		7	14	21	28
Ashigheni		4	11	18	25	Ashigheni	1	8	15	22		Ashigheni	1	8	15	22	29
Anighini		5	12	19	26	Anighini	2	9	16	23		Anighini	2	9	16	23	30
Mucholani		6	13	20	27	Mucholani	3	10	17	24		Mucholani	3	10	17	24	31
Tupulani		7	14	21	28	Tupulani	4	11	18	25		Tupulani	4	11	18	25	
Tüghakhani	1	8	15	22	29	Tüghakhani	5	12	19	26		Tüghakhani	5	12	19	26	

GHIXU						MOZA						AMUHA					
Asüzani		3	10	17	24	Asüzani	1	8	15	22	29	Asüzani		5	12	19	26
Aghizani		4	11	18	25	Aghizani	2	9	16	23	30	Aghizani		6	13	20	27
Ashigheni		5	12	19	26	Ashigheni	3	10	17	24	31	Ashigheni		7	14	21	28
Anighini		6	13	20	27	Anighini	4	11	18	25		Anighini	1	8	15	22	29
Mucholani		7	14	21	28	Mucholani	5	12	19	26		Mucholani	2	9	16	23	30
Tupulani	1	8	15	22	29	Tupulani	6	13	20	27		Tupulani	3	10	17	24	
Tughakhani	2	9	16	23	30	Tughakhani	7	14	21	28		Tughakhani	4	11	18	25	

ANI						SAGHI						AMUTHA					
Asüzani	31	3	10	17	24	Asüzani		7	14	21	28	Asüzani		4	11	18	25
Aghizani		4	11	18	25	Aghizani	1	8	15	22	29	Aghizani		5	12	19	26
Ashigheni		5	12	19	26	Ashigheni	2	9	16	23	30	Ashigheni		6	13	20	27
Anighini		6	13	20	27	Anighini	3	10	17	24	31	Anighini		7	14	21	28
Mucholani		7	14	21	28	Mucholani	4	11	18	25		Mucholani	1	8	15	22	29
Tupulani	1	8	15	22	29	Tupulani	5	12	19	26		Tupulani	2	9	16	23	30
Tüghakhani	2	9	16	23	30	Tüghakhani	6	13	20	27		Tüghakhani	3	10	17	24	

GHILE						AHUNA						LIPHI					
Asüzani	30	2	9	16	23	Asüzani		6	13	20	27	Asüzani		4	11	18	25
Aghizani	31	3	10	17	24	Aghizani		7	14	21	28	Aghizani		5	12	19	26
Ashigheni		4	11	18	25	Ashigheni	1	8	15	22	29	Ashigheni		6	13	20	27
Anighini		5	12	19	26	Anighini	2	9	16	23	30	Anighini		7	14	21	28
Mucholani		6	13	20	27	Mucholani	3	10	17	24		Mucholani	1	8	15	22	29
Tupulani		7	14	21	28	Tupulani	4	11	18	25		Tupulani	2	9	16	23	30
Tughakhani	1	8	15	22	29	Tughakhani	5	12	19	26		Tughakhani	3	10	17	24	31

Akiyethi huchuhui keu no yepüa keqo pesü ampe lo aqhiqo.



Ampe lo aqhi chighikini (12) ani.

Atighiu qhi - **Lu**

January

Akiniu qhi - **Süphu**

February

Aküthüu qhi - **Lusa**

March

Abidiu qhi - **Ghixu**

April

Apungu qhi - **Moza**

May

Akütsüghou qhi - **Amuha**

June

Akütsünüu qhi - **Ani**

July

Akütacheu qhi - **Saghi**

August

Akütoku qhi - **Amutha**

September

Akichighiu qhi - **Ghile**

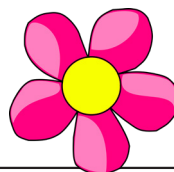
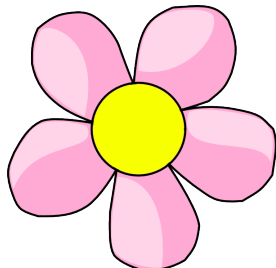
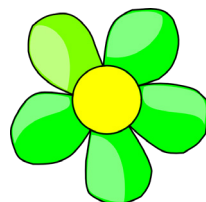
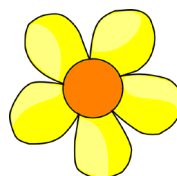
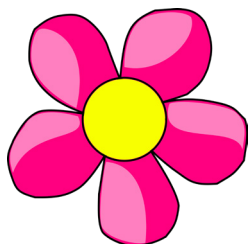
October

Chighi aqhaqhiu qhi - **Ahuna**

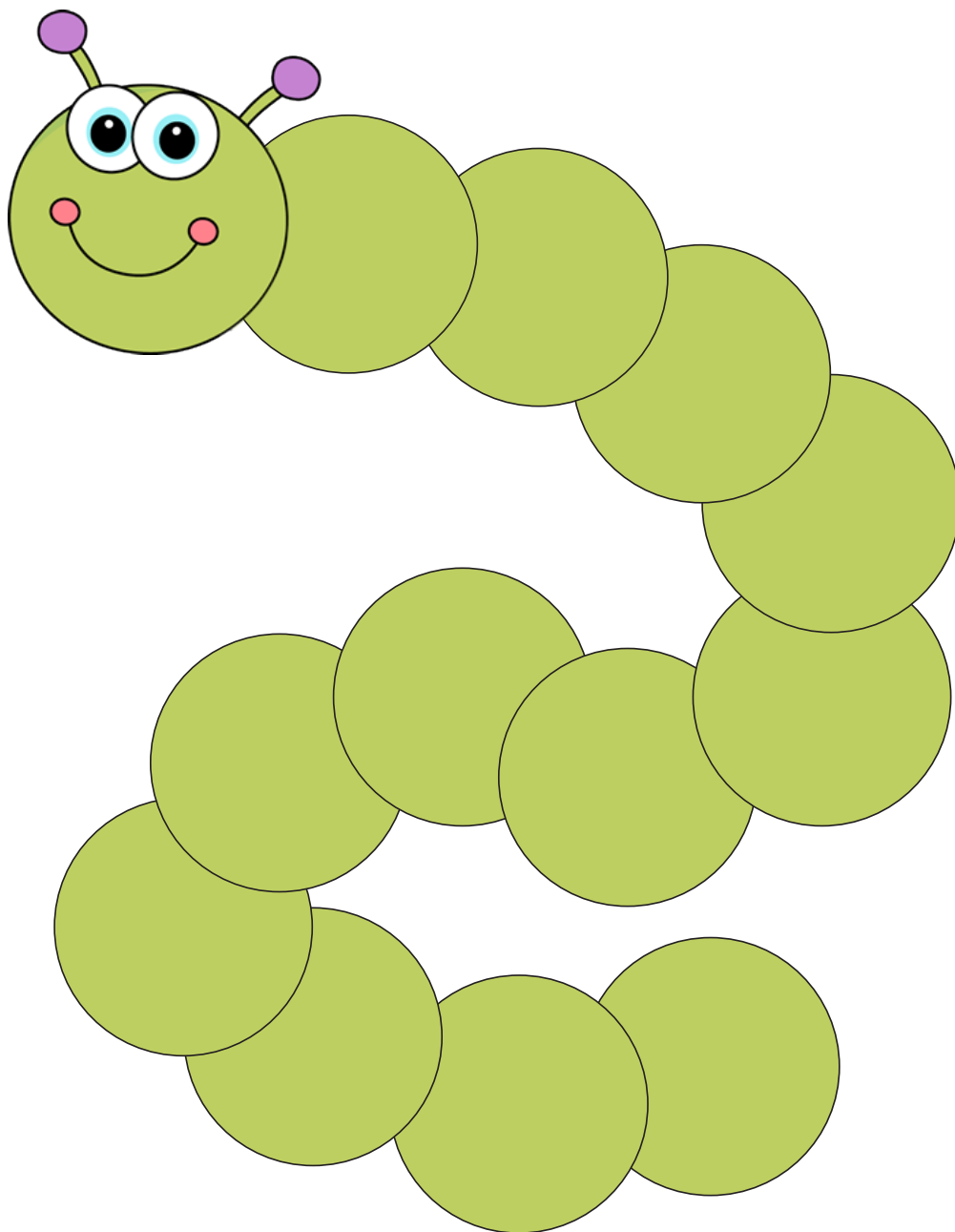
November

Ashekhau qhi - **Liphi**

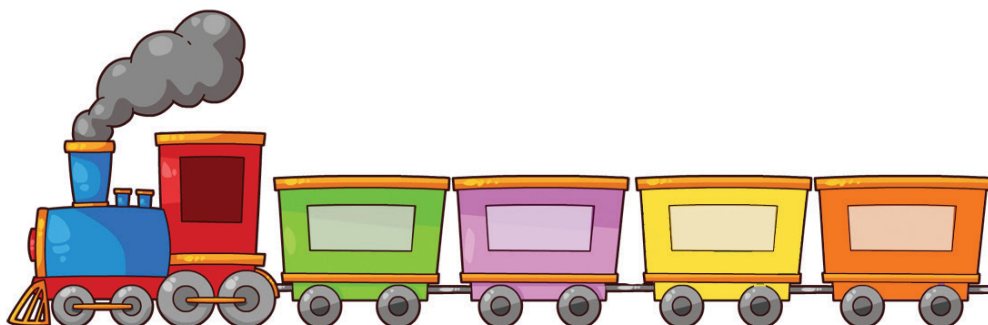
December



A. Ampe lo aqhi chighikini (12) akeu je abo lo yisüve lo.



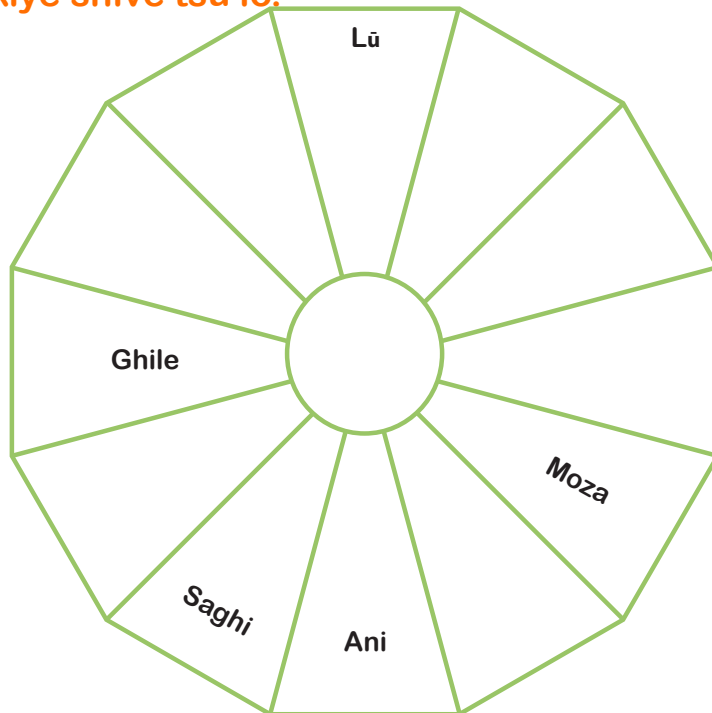
B. Aqhou aqhiqo je akiye shi püa keu ithilu ani eno hami
ye küha, küha keu qolo aqhiqo je akiye shi lo.



C. Akiyethi kupu mono akeu lo achipiu tshathi akiye shi lo.

Wove keu qhi	Hi paqhi	Ipeghini keu qhi
Ghile	Ahuna	Liphi
	Saghi	
	Süphu	
	Amüha	
	Lū	
	Ghixu	
	Amütha	
	Lusa	
	Ghile	

D. Chopumloi akeu lo akiyethi kupu mono ani ke atsathi pe akiye shive tsü lo.



Akiphi - 7

NI KIBO - 1

Ithini keu kimijiqo

1. Sùtsa lono Aza, Apu, Amu, Afo eno akibolomiqo je ithi nani.
2. Akibolomiqo je achipi lono pi eno phisùlu nani.
3. Kiu iniju ani keno achipi lono khochilelu nani.
4. Akibolomi ye kiu keno ithi nani.



I je ye Vinika.
Ni ye ni kibo lomi gholo xù acheni.

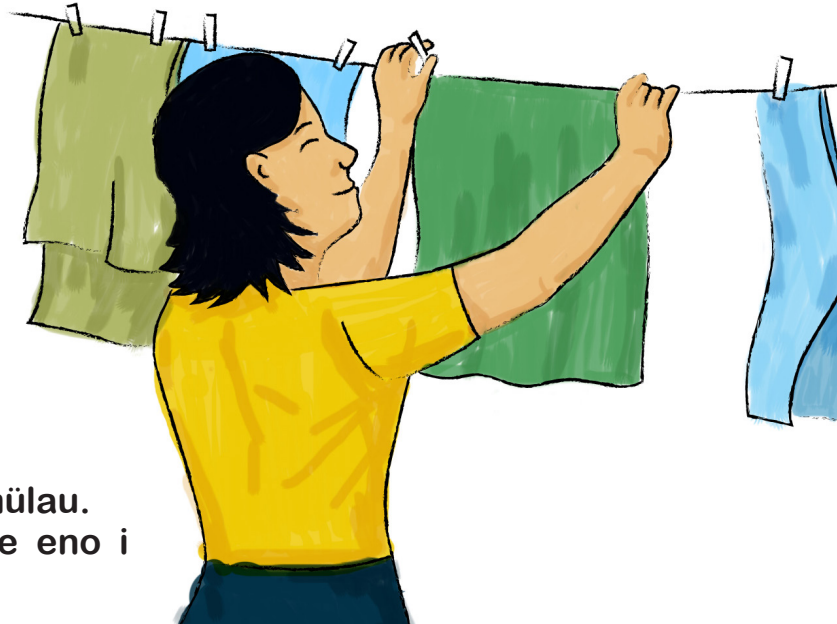
Ajikighi lakhi lono ighi kemi aqo shi
eno kùmùtsa xù ache kemi pesù
akibolomi ipi cheni.



Hi ye I pu, I za, I mu eno I tsünipu.
Ningu ye kùmùtsü aki lakhi lo xù
achenì.
Ni kibo ye alokivi kibo.



I pu ye alu kichimi.



I za ye akibo lo akümülau.
Pa kuma ye i kimiye eno i
jūkuto acheni.

A. Iniju akeqo khochile lo:

1. No kibolomi khije ani kea?
2. Vinika pa pu ye kiu shi acheni kea?
3. Vinika pa za ye kiu shi acheni kea?
4. Akibolomiqo ye kimiye eno hijukile xü cheni ke ma?
5. Vinika ye afo eno amunoqo ani ke mo kea?

B. Aqhou ajutho shisu püa kiu kiqu lono achipiu pe akiye shi lo.

Apu, Aza, Afo, Amu.

Hi ye _____



Hi ye _____



Hi ye _____



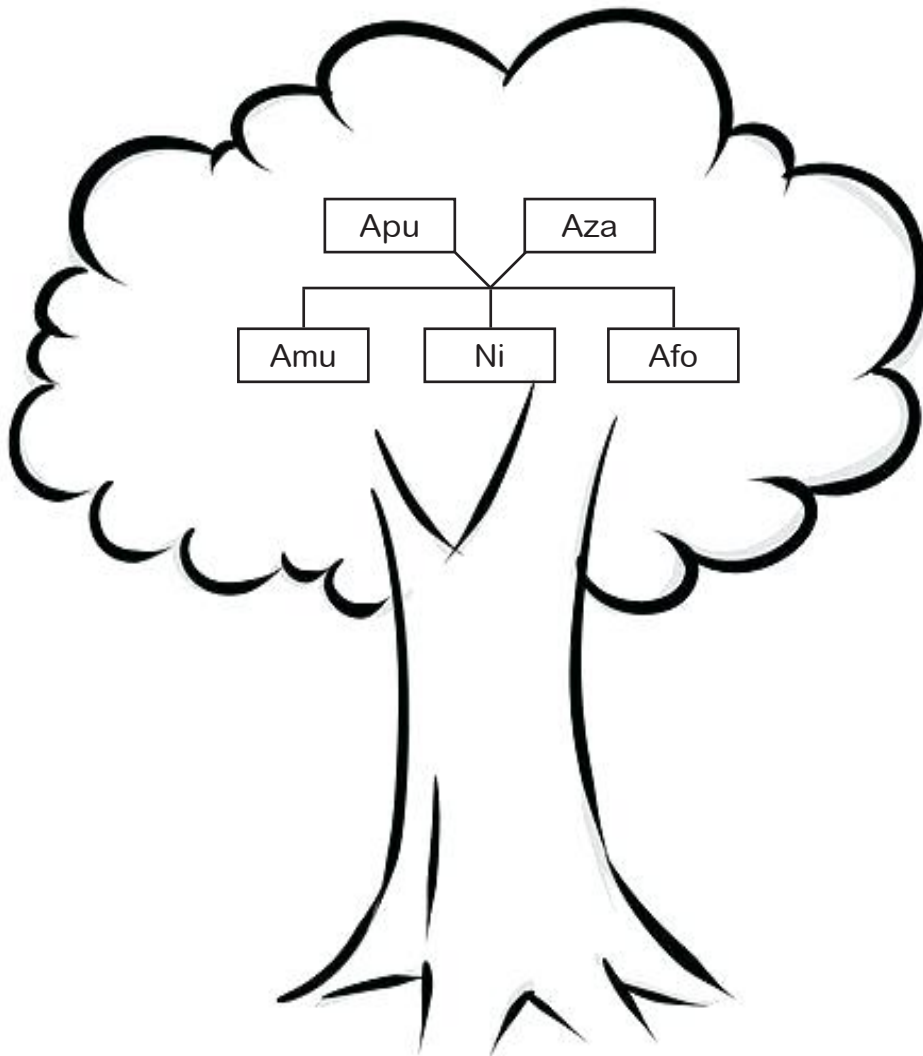
Hi ye _____



C. Aküküpütsa

- i) No kibo lono ye kiu kümüla shi cheni keno ti küpütsa lo.
- ii) No kibo lono no ighono kimiye chekeu ghili aküsami qo vilo pi lo.

D. No kibo sübo shisü lo. Kichekipiye.



Akiphi - 8 AKHA KITITI

Ithini keu kimijiqo:

1. Leshele hi pau ale kukungo ghola lono pipuku pipiqi ghi shi phi lo.
2. Leshele tsa kungo eno atsajo kümütsü vethalu lo.

Azü lo akhaqo ani
Lakhi, kini, küthü
Azü lo akhaqo ani
Yei lo, yei lo, yei lo
Azü lo akhaqo ani
Ghai qho eno ghai qi
Azü lo akhaqo ani
Wu lo, wu lo, wu lo.

Qokiphe

A. Kümütsa mulopite phi eno mikini ni no phi keu shi lo.

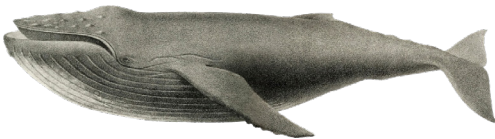
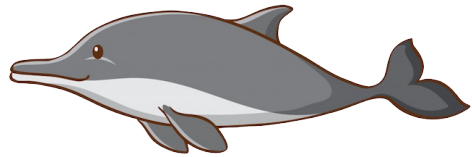
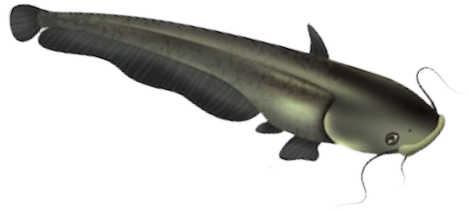
B. Ajulho ajeli kini mulopite lo akeu shisü eno alabe shi lo.

C. Hipaqo khochile lo

1) Leshale lo akha khije hi ani kea?

2) Akhaqo ye azü lo kiu shi ani kea?

D. Akha ajeli kutomo acheni.No no ithuluve keu kha shou abo shisü eno ajeqo ghi akiye shi lo.





**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"