

CLASS - 4

Nagaland Heritage Studies

YIMKHIUNG



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



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NAGALAND HERITAGE STUDIES | CLASS 4 - YIMKHIUNG

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FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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MIKHUHYU

Isa Yimkhiung yu chingnü mükhiahmütu atsütak ngükhukshihpü thsungkhiak Nagaland Government nü mülüjihkhi ayannü thrütthitjihto. Ha hüm ching azürüponü mürühte tüsho nihpeyu thülihte anyikhitpe khin tüsho susu thsüpepo akhezürü thülünnü thrütthitjih lah. Hüm khepe “Nagarü Jipü Yukhian” amütsan püpürü trükpo tüsho nihpe thrükshih lalim yakli mükhiah-a lushihpü thsüte thrütjih lah.

Lümlah, ha thrütthitjihkhi hote akhekhi tüsho mükhiahmütu limro ching alü thsüte lapah tüsho lünsozürüponü asühte mükhiah a lute alapah tüsho khin thsakham jihkhi ayannü kihinnyishito lün ching amükhiah süklakte angüpü ching alüthsüpah.

Yimkhiung Literature Board hotenü hüm thrütrüpo (SCNL) Directorate of SE tüsho Resources Persons Directorate of SCERT alala kilim Yimkhiung yu chingnü thrütthitjihkhi thsungkhiak asühchoh tüsho makshe jihchoh.



(THRONGSO YIMCHUNGER)

Chairman

Yimkhiung Literature Board

THIYANZAHKHI

Apiakpo

1. Nagarü Atünamo - Tüngying Rhimo — 1
2. Wühkhekhipo (Chithürü, Chikhe Chi Khülang) — 5
3. Nagaland Ching Atungto Müzüng Tusho Ayungpo — 8
4. Makshe Jihkhi — 13
5. Sopfünuo Rükyukhian — 15
6. Nagaland Ching Thulu Thsükhi — 19
7. Isa Mühi Shiwühpo Lakhi — 23
8. Hühnü Külüpkhitkhipo — 27
9. Mulungyu — 31
10. Khiangyam — 33
11. Rimshih Jimrü Yukhian — 36

KHIN 1

Nagarü Atünamo - Tüngying Rhimo

Anyikhitpe mükkhiahkiho:

1. Nagarü tüngying rhimo atünamo atsü tünkhiak anyikhitang.
2. Tüngying rhimo thsülukthsüri a khiahpü limropo anyikhitang.
3. Nagarü atünamo atsü atungto zokhukpe mükkhiahkhukang.
4. Anyikhityu kiokhipo athülihpe nü akheanpü tüsho alojihpü.
5. Atruachihpah atsangashukhi hote athakhukpü jakishang.
6. Thiyupüm asopo anyikhitang.



Khülangkinü awünpe tüsho khite rükri atsü atünamo isa Nagarü lalimyakli ching jipürüponü thsülukthsüri-a khiahkhi ju tüngying rhimo lakhiah. Amüyerü tüsho püpürü Nagaland ching rhuakhiahrü nü thrütkih a zojikhki ju Nagarü-a müküpte rhimorü mihtsürüpo-ah. Nagarü nü alümkhi ju nihpe jihkhi mürhimote atsühpü ju achihpe-ah. Isa Nagarü jipürüponü kim alala ching tüngyingte rhangtung lapü peto.

Arüponü müküpte rhimoto tüsho thiyuroyunü.

Isanü puhmihtsürü rhimo puhthsüthsü rhimokhi isa mühite ngüchoh. Thiyuro rhimo alala ju makshe jihpe-ah. Thiyuro mülakhi rhimo ju khite ato she yung yungsho anyinyi she yung. Isa rhimokhi tünkhiak tümü ngücho ju tümüshe yung. Isa khiak rhimo thiyikihkhi ju mulongjihte tüsho thiyuroyunü rhimope-ah.



Isanü rhimokhukpe ju püpürünü rhimoshihpü arü khiak mangükihpe-ah. Isanü isa yam mühite müsühmürate azopü anyikhitpe-ah. Shawün thsüpü, isa phuru, pung, khimmih alü alü, müsühpü thsülukthsüri a khiahpe-ah. Isanü pepuhrü tüsho yamhingrü rungpe-ah.

Isanü rhimopü küyimkishe machihpe-ah. Isanü khiakü khiungte Nagarü kiulungpo ching ashinpuhrü tüsho ashinperü akiangkiang pina müpahte müküpte rhimokhi ngüchoh. Thiyuroyu rhimokhi ju kim alala ching tsulah tüsho asühlah. Isa nü wütre jihpe-ah tüsho Nagarü atünamo ju thsülukthsüri-a khiahpe-ah.

Thiyu amütsan:

1. Jipürüpo – petsührüpo sherü kim ahang lakhianü.
2. Lalimyakli – susuyaklipo, jipüyakpo tüşho mihtsürüponü thiyuroyu kinkhi.
3. Achihpe – tümükhühnü nü amülim nangte lümshihkhi yungsho riangmükiamshihkhi.
4. Trükshih mihtsürü – mihtsürü khunung ju arü yakliako ayannü chamachih-a lakhi.
5. Tüngyingkhi – wütre jihpe mihyak lakhi.

SUSUTHSÜPE

A. Harü kiokhipo alojang

1. Khülangkinü awünpe tüşho khite rükri atsü atünamopo isa Nagarü lalimyaliching ju tümü-a?
2. Küte thsah isanü rhimope-a?
3. Nünü küte rhimo pe a nü ju limropo thrütthitang?
4. Nagarüpo ju ahokhi kim ching küte mükhiakhkia?
5. Ahokhi kim ching tümü ju achihpe-ah te alümkhia?

B. Tüktü-ah mütük thrütang

1. Isanü mulongjihte rhimope-ah.
2. Isanü rhimopü ju achihpe-ah.
3. Isanü Nagarü atünamo ju thsülukthsüri a khiahpe-ah.
4. Thiyuroyu mülakhi rhimo ju ato yungsho anyinyi she yung.
5. Isanü isa pepuhrü tüşho yamhingrüpo murungpe-ah.

C. Athsüpe lakhi

Rukhüh kherüpo ju khunung puhthsüthsü chamnakjang. Muthriakhin ayannü, khepungyam khiungshak phütpü, nanpü, pinkiupo müsühpü, khehüm zopung müsühpü, apung ripitpo tüşho khepung mühite müsühmürapü jhang.

D. Nü atrurü ki thaang. Pekih khiahang tüşho rholopah nü atrupuh ki pekih khiak rhimorhiyi tünkhiak thaang.

Hanangte:

Nü: Perüpo hah hanpah külim wüchoh-te nünü lümcho?

Atrupuh: Inü lümlah arü thulu ching yüchoh.





2



3



4



5



6

KHIN 2

Wühkhekipo (Chithürü, Chikhe Chi Khülang)

Anyikhitpe mükkhiahkiho:

1. Wühkhe mung chikhe, chikih, nüsa yutha chingnü anyikhitang.
2. Nüsa yutha chingnü chikhe, chikih ju anyimokhün thaachihte tüsho thsüru-a khihpü wühkhe mung ahoriang.
3. Wühkhe mung chikhe, chikih nüsa yutha chingnü tüsho Amüyeyu chingnü yihphülapang.
4. Thrüt-a lakhi tüsho tha-a huhkhi yangang.

Amüyeyu ching, wühkhe mung 1000 ki ju hate jichoh "one thousand" tüsho isa yutha chingnü hate jichoh _____.

Hanangte apolim jih-a lakhi kiahang.

1000 = Chikhe khülang

2000 = Chikhe mahnye

3000 = Chikhe mahsam

4000 = Chikhe phüyi

5000 = Chikhe phüngü

6000 = Chikhe thuruk

7000 = Chikhe thünye

8000 = Chikhe tüzah

9000 = Chikhe suku

10,000 = Chikhe thürüwühkhe mung akhekhi ayannü jikhi ju: khülang

20,000 = Chikhe muku

30,000 = Chikhe samrü

40,000 = Chikhe yirü

50,000 = Chikhe thünyim

60,000 = Chikhe rukrü

70,000 = Chikhe nyerü

80,000 = Chikhe zhahrü

90,000 = Chikhe kurü

Ju khin, Chikih khülang (ju ju 1, 00,000). Amüyerüyu ching lakhi nangte isa yutha ching she mung ju isanü rukhüh "Chikih khülang" ahorichoh.

SUSUTHSÜPE

A. Harü wühkhe mungpo thrütang:

1. 1500 _____
2. 2000 _____
3. 4005 _____
4. 9990 _____
5. 9, 00,000 _____

B. Harü amüyerüyu thiyurünpo ha nüsa yutha chingnü yihphülapang:

1. John has five thousand rupees. He bought a mobile phone with three thousand and 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 in the box. Now the box has eleven thousand marbles in it.

C. Chamjihkhi A nü B ayeshihang:

A	B
Wühkhe	Wühkhe mungpo
20,00,000	Chikih chi mahsam khiak chikhe thünyim
40,000	Chikhe thünye khiak chi phüngü rukrü khiak mahsam
1020	Chikih chi muku
10,000	Chikhe yirü
3,50,000	Chikhe khiak shopüm muku
7563	Chikhe thürü

D. Harü akiokhipo alojang:

1. Nü kükam züpekha?
2. Nü kükam nü rünte khemusukhia?
3. Ha kam mung thajang?
4. Arüpe kam mung thajang?

E. Nü atrurü mokhita luang. Müthriachihte harü thiyurünpo ju achangnü thaang:

1. Chikhe samrü khiak chikhe muku ajaksho chikhe thunyim.
2. Aliperü chikhe mahnye tüsho athrürü chikhe mahnye ju akhepung ching mung yukto.
3. Chikhe thünyim ching chikhe thünyim ajaksho chikih khülang.
4. Covid yo arümtukthsü jua 2019 kam Müliu khinu khiak tankihkhiah.

F. Harü thiyurünpo ju achangnü khepah tükte akhiukhipo thrütjang:

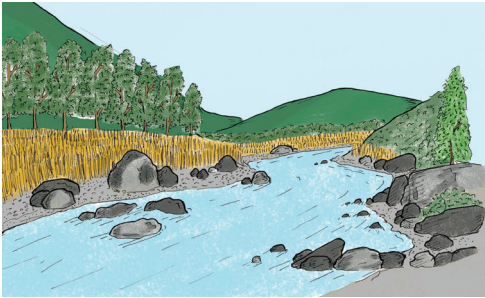
1. Japfü wung jua ashanglim meter 3048 zhipkihlah tüsho Saramati wung jua 3840 zhipkihlah. Kүpү ju ashangpe wung-a?
2. Dikhu keto ju km 160 amüyung pukchoh tüsho Dhansiri keto ju km 352 amüyung pukchoh. Kүpү ju ashangpe pukcho?
3. Kohima chingnü Delhi khiungpү ju limro yansho km 2255.3 nangte-ah tüsho Kohima chingnü Mon khiungpү ju km 327 ah. Kүpү kiuto ju ashupe-a?

KHIN 3

Nagaland Ching Atungto Müzüng Tüsho Ayungpo

Anyikhitpe mükkhiahkihpo:

1. Anyikhityu tsüte tüsho anyikhitkhukte khe-ang.
2. Thiyupüm aso anyikhitpü tüsho nü kütah thsüte thiyurün ching ahoripü.
3. Khunung ching atsangashukhi tüsho atruachihpah rhimokhi hote ayanzam thakhukpe kampü.
4. Thrüt-a lakhi tüsho tha-a huhkhi yante anyikhitkhukpü.
5. Nagaland ching atungto ayungpo tüsho müzüngpo tünkhiak mükhiahpü.
6. Atsangashukhi ching perungpü ju hote thakhukpe kampü.
7. Rük jih-a lakhi khitung yanang tüsho ayanzam lümkhukpe kampü.



Tsüyanla Wokha ching petsührü (akü) rhuakhiahpü yüto. Akü Thrimhokiu, anyi Nuktsüla tüsho anyihpe petsührü Shojimpah arü asühte ngü. Arünü Doyang ayung ching anyihpe pepah yimtsüh yüpü lümkhi thsüto.

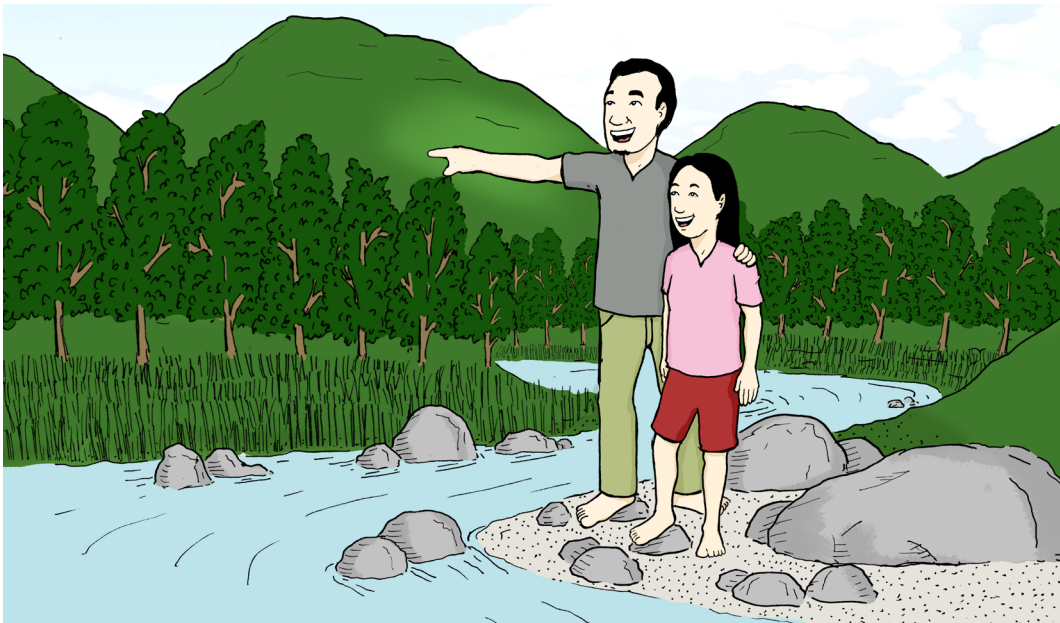
Yimtsüh yüpfung ching

Tsüyanla nü ayung khite müzho. Alipenü kemungyian shante wü, ajing khiak ke shipkih. Alipenü akü ki tha, “Ha ayung ju khite shang la te?” “Am, Ha-a Nagaland ching ayung ahangpe-ah. Tüshe Nagaland ching püpü ayungpo ahihkhüh lah. Khürü atungto khülangkhüh ju Dikhu ayung, ha Mokokchung tüsho Longleng district hote pukchoh. Khiakü she Dhansiri ayung lah, nüsanü Dimapur ching ngüchoh. Juching Tizu ayung lah, ju Zunheboto tüsho Phek districts hote pukchoh. Oh, juching püpü ayung Mokokchung hote pukchoh



juju Milak ayung te lah. Zungki ju püpü ayung khülang ah, ju-a Noklak, Shamator tüşo Kiphire hote pukchoh.

Tsüyanla ju müyinyimto tümütüşo apiyo state ching apinü mümükhiahkhi ahihkhüh lah. Jomonü, anyihpenü tha, “Akü, I haching lachokinü rhu-a khiahpü thsüte wokha ching atungto tangpungpo latei?” “lapah alapü, akünü tha”. Juching müzüng Tiyi lah. Isanü jukhiak künkihpü kuklah tüşe khisahpü lapah. Junangte, nuke zoshihpah ayüpu lümkihi thsükhuk lah. Ju-a Wokha mükhiak ching atungto tüşo achangpe müzüng ah. Ha müzüng tünkhiak rükyukhian hihtakte thato.



Jushu apinü tha, “Tsüyanla, nünü Nagaland ching achangpe müzüng mükhiah-nah?” “Inü mükhiah lah akü. Ju-a Saramati müzüng Kiphire district Pungro Sub-Division ching lah. Ju-a 3840 ahang ah. Ju poto mükhiahpe luchoki inü anyikhitto. “tsülah! Jushu mahnyepü achangpe küte?” Tsüyanla nü sühkhüh lümakhiah tüşo tha, “Japfü müzüng”. Anyihpe akünü tha, “yung”, nyakpah jang. Tahle mahnyepü achangpe ju-a “Mollen müzüng ah”, ha zhipkhi ju 3066 ahang ah. Ha a Meluri- Phek district ching ngüchoh. Mahsampü ching lang Japfü müzüng arüpah, juju nünü mükhiahkhi Kohima ching lah. Pauna müzüng ju phüyipü ching ah. Ju ju Peren district ching lah. Tüşo akhiam thsüte Tiyi müzüng she juching arüchoh.

“Wopa! isa Nagaland ching ahang müzüngpo ahihkhüh late, Tsüyanla nü tha. Jutü-choki achi Nuktsüla nü yapsu yimtsühshihpü jikhi soto. “Khite makshe akü Thrim-hokiu, kihinü nünü isa state ching lakhi ahihkhüh anyikhitshihkhi tünkhiak te, Tsüyanla nü tha jushu yimtsühpü wü-apah.

Harü thiyupümpo anyikhitang:

1. Rhuakhiahpü - Tangpung ching yüa khiahkhi.
2. Ayung - Ke pukte arükhi.
3. Kemungyan - Keto ayung thriphüh.
4. Müzüng - Awung ashang lakhi.
5. Rükhyukhian - Kim ashang chingnü rük latei rhimote arükhi yushak.
6. Soto - Mümükhiahte lakhi yu sokhi.

SUSUTHSÜPE

A. Harü awungpo ju districtpo ching ayeshihang.

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

B. Anyikhityu khe-ang tüsho amüzahkhipo ching yukjang.

1. Nagaland ching ashangpe ayung ju _____.
2. Ha _____ ayung ju Zunheboto tüsho Phek hote pukchoh.
3. Dhansiri ayung ju hote pukchoh _____.
4. Saramati müzüng ju, Nagaland ching ahangpe-ah ju _____ ashang ke kumung lah.
5. _____ ju Nagaland ching mahnyepü ahangpe müzüng ah.

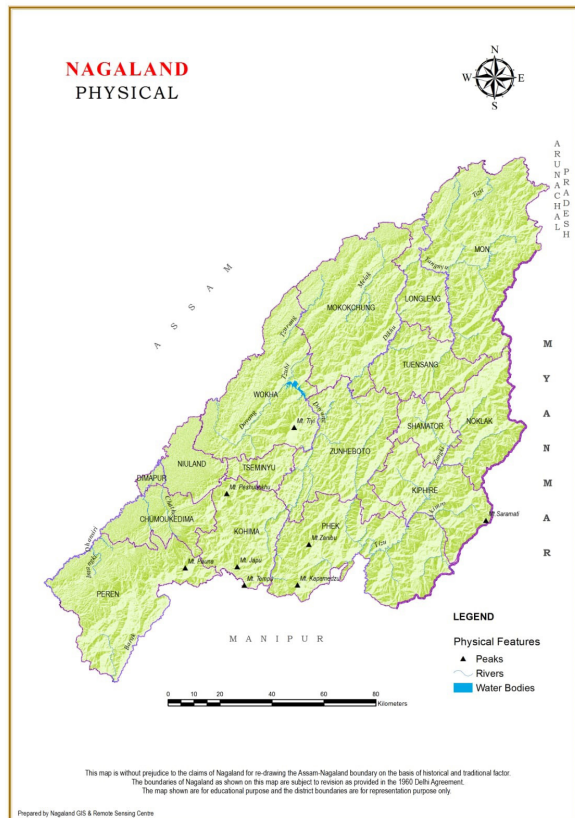
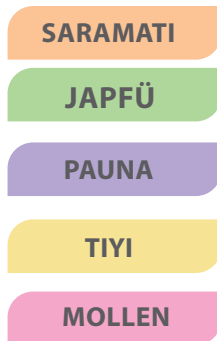
C. Harü akiokhipo alojang:

1. Nüsa kiulung/kiuto hing lakhi keto khülang mung thrütjang.
2. Nüsa kiulung/kiuto hing lakhi awung khülang mung thrütjang.

D. Mürela petsührüpo mütüm ching yimtsüh yüto. Thiyurün thsuruachih-a lakhi chingnü arü yimtsüh yūkhi yimkhitang.

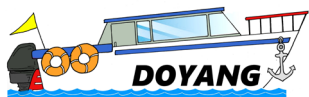
1. Apuhnü api lolungpe chingnü pe-a tükheto.
2. Arünü pheak ayung yean khim-a yapshih.
3. Tüshe jukhiak khülangnü she müpin.
4. Arünü khahnanpe khim zo tüsho jurü chingnü khimmihpo müthri-a lu.
5. Azürüponü arü khiukiupo thsakham.
6. Anihpenü azürüpo yihmusu tüsho arüki müsühmüra-a luang tüsho sangyüke yung ang te tha.
7. Alala ju ayung ching ahorite alakhiah.
8. Ape asürüto tüsho yapsu mükikte jim awo thsakham.
9. Arü mütsoyite apenü alala khiukiupo ching keluh hanlashi mühannü kioto.

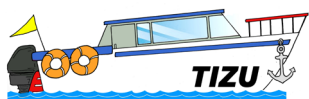
E. Nagaland lomihuh ching (Δ) districtpo kürü ching, harü achang müzüng la.



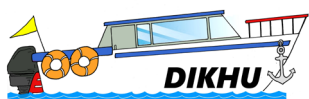
F. Harü ayungpo ching nünü sangkung chingnü tsahte yüşho, nünü kürü tangpung hote ayüpa.











G. Khunungpo ching pinang tüsho nüyo khunung thsungkhiak mütüm ching yimtsüh yüpü akeanangang. Nüsa küching yüpanü mütsanang; nüsanü tümü hanpa tüsho tümü thsüpa. Nüsa rukkhüh kherü khunung ching lümkhi akeanang hanyukang.

KHIN 4

Makshejihkhi

Anyikhitpe mükkhiahkhipo:

1. Mulungyu tüshihte alochote akhekhi, sühtsüpah, changte nyimte mulungnü khe-ang.
2. Atungto Mulungyu mükhiahkhukhi ngüpü, thapü tüsho thrütkhukpü.
3. Mulungyu khiaknü akiokhipo aloang.
4. Alochote akhekhi thiyupo tünkhiak anyikhitang.

I khah nü thashang
Tüsho liangkhishang
Khinthiyinpe arhang lakhi
lomi

I khahpo arhang zoshang
Ayingpo nü lyo
jipüyukhian
thsünru a alomi kilim
jihshang

I khahponü
müngühmühipo
tünkhiak thashang
Alomi akin lakhi hote
akiangnü jihto.

- Jungmayangla Longkumer

Thiyupo amütsan anyikhitang.

1. Makshejihkhi – mungshijihkhi yungsho makshe te huhkhukhi.
2. Khinthiyin – tümükhüh tünjikhi mükhiahkhi nüshe müyihnakkhuk .
3. Thsünrupü – liunü tümükhüh rukkhüh thsünrukhi.
4. Jipüyukhian – thüyampo,thsüsokhi, jipüyakliako, harü ju atungto-ah tümütüsho khunung ching kim ahang chingnü alakhiah.
5. Jihto – khürü khilim, rhimoatsü tünkhiak thsampah jihkhi.
6. Akiangnulang – akhua müzote yungsho nü thsungkhiak tümü mükhiangte rhimokhi yungsho ajihkhi.

SUSUTHSÜPE

A. Mulungyu khunung ching/atruachihte tüsho langzü khe-ang.

B. Mulungyu ching makshejihkhi rükkhit thakhi thiyu tümkhüh yihkhitang.

Nü thsungkhiak khulang-a rhimo jihto – “I khahnü thashang
Tüsho liangkhishang.....”

C. Alochope thiyupo ju-a tüshiak rukkhüh ching thiyupo khiamchoh.

Hanangte:

shangkhi: shangkhi, pinkiu: yapkiu, yangang: yihang.

Nüsa langzü alochope thiyupo thrütang.

1. Lakhi 2. Müngühmühipo 3. Khahpo

D. Akiokhi tüsho alojihpe.

1. Ha mulungyu ‘Makshejihkhi’ ching, thiyutsüpenü küte leangkhipü mulongjih la?
2. Thiyutsüpenü küte arhang lashihpü mulongjih la?
3. Thiyutsüpenü tümü amütsan ha thakhia, “I khahponü thashang, müngühmühi tünkhiak.....”

KHIN 5

Sopfünuo Rükyukhian (An Angami Folktale)

Anyikhitpe mükkhiahkiho:

1. Anyikhityu tsütakte khe-ang tüsho anikhitkhukte.
2. Thiyupüm asopo anyikhitang tüsho nü langzü thiyurünpo ching ahoiang.
3. Khunung ching tüsho atruachipah atsangashukhi hote yanzamte thakhukkhi jakihpü.
4. Athrütkhinü tüsho thiyunü ahuhkhi yante mükkhiahkhukpü.
5. Sopfünuo rükyukhian tünkhiak anyikhitpü.
6. Lümyukhian ching akiokhipo yante alokhi.

Sopfünuo ju-a Rüsoma kiurü-ah. Api ju-a Mao mihtsürü khiak yamkhün thsüpah julim wünü lakhiah. Alipe ju yamkhün thsükhi atan kihlim a khite tsüte khiahte lato tüsho khungarü she müngüh jihto. Jutü a lashe, anyihpe yamkhünpuh nü püpürü perü khiahpü tankih. Azhing kim khülang ching athrüpünü nü kiulung ching tsoloang te Sopfünuo ki thiyukhüm jih.

Anyihpenü khüzü shorupü tüsho alimro tükhiakpü tre-a lashe, Sopfünuo nü api yamkhünpuh nü khite amulung yurijikhki hote alipenü api kiulung yimte azhing ching tso.

Alipenü atsührü atunglim puhalu, mozhuh tsün shuhpah tsakhkit. Sopfünuo yamkhünpuhnü ayin ju khiahte lakhiah tüsho awung hotunglim-a müngütepah.

Alimro chingnü alipe ju angakpah ju tangpung chingnü apiyo tsün müt tüsho





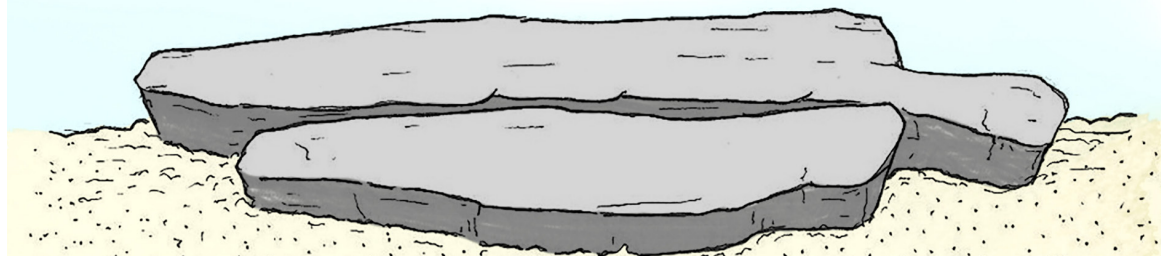
juchingnü she-apah. Anyihpe khungarü nunu ju-a ape ashemi khiak kapkih tüsho ape rhiangronü tüchipsah-a she-apah. Anye pangpo ju müthanakkhukpe thsüte anye shekhi tangpung ching lung kam-apah. Sopfünuo nü alimro ching tso shuhkhi hüh jushe atüpit aso chinkhit ju müthanakkhukpe thsüte alolunglim chinte yüzah tüshe püpü hühpo-a akulim chinte yükihchoh.

Sopfünuo pepuhrü yungsho api yamkhünpuhnü harü tünjihkhipo mümükhiah. Kim ashang anyihpe kilimnü tümüshe müsokhi hote, Sopfünuo pepuhrü nü alipe yimte api yamkhünpuh kiulung wü. Sopfünuo tüsho atsüührü pünye thüyam chingnü tso-apakhki kim ashang thsüto tüsho api yamkhünpuh she yamkhün thsülo-a lakhi sopah khite nyuknyimto.

Küyimki Sopfünuo petsüührüponü alipe tüsho atsüührü yimte ayükhia, arünü lung mahnye mütsankihkhi lakhi ngü.

Haju tangpung ha api yamkhünpuh nü akhiam thsüte tsünyin tahkhiamkhi ngükhi lakhiah. Harü mütsankihkhi ju azorü tüsho azürü nangte lakhiah. Arünü haju-a atsütsünü Sopfünuo tüsho atsüührü anye-ah te khikzhakte lüm-alu.

Sopfünuo petsüührüponü thiyushak jikhki nangte, Rüsoma kiurü nü mütsankihkhi lungpo ju kiulung ching lupah arüpah te kiupümnü pungkhi. Küyimki arünü lungpo ju athopü tankihkhia, müküpte tsünpung tsünpung arü. Kiulongrüponü küyimki lung atope thopü mürangkheanü arünü anikhüh she lung ju matrütkhi ngükhitto. Jumönü küyimki lungpo ju rhükrukhanü, arünü küpkhuk khite mülate lungpo ju kiulung thopah alungto ju khihnyi khiungte lah.



Thiyu amütsanpo.

1. Shorupü – zukliangnü khürü shoruachihpü.
2. Lapung – mihtsürü züpekhi tangpung.
3. Khungarü nunu – nyuhyungrü khungarü.
4. Müthanakkhukpe – mümükhiah yungsho müyihnakkhuk.
5. Chinkhitkhi – sangtung khürü chinshangte akhiukkhi.
6. Khikzhak – akheampü.

SUSUTHSÜPE

A. Harü akiokhipo aloang.

1. Sopfünuo ju shepü lakhia?
2. Tümü thsükhi Sopfünuo nü api kiulung alote arüpu pungkikhia?
3. Sopfünuo tüsho atsührü pünye lapung kiulung ching alote arüchoki tümü tünjikhia?
4. Sopfünuo pepuhrünü alipe tüsho atsührü yimte ayüchoki tümü ngükhia?
5. Kütethsah Rüsoma kiurünü lung mahnye ju Rüsoma kiulung lupah arükhukkhia?

B. Nünü anyikhitkhi thiyupo lupah amüzahkhipo ching yukjang.

Shoruto	lapung	khungarü nunu	müthanakkhukpe	chinkhit	khikzhak
---------	--------	---------------	----------------	----------	----------

1. Mutrong nü thulu limro yüchoki khüzü _____.
2. I _____ kiulung ju Kohima kiulung-ah.
3. Yanjila ju-a _____ ah, jumonü alipenü isa lung kim ashang` mülakhuk.
4. Kholar müjih ju _____ pü tankihchoh.
5. Arü petsührüpo hote lungpo jua Sopfünuo le atsührü-ahte_____.
6. Mürungto ju azhing ching-a _____ ngüchoh.

C. Nüsa khepungyam ching lümyukhian thapü nyimung yimmukhungang. Akherüpo kilim thsangyurünü khunung thsükhithang. Khunung apante kheshang/potoyukhian thashang.

E. Nüsa thsangyurünü thiyupo khürü achangnü kheshang. Nüsanü asokhi thiyupo mühiantoang:

Rüsoma	yuri	takkhi
Lapung	angak	awung
Rhiangro	kapkih	chinkhit
Hüh	kumunglim	lung

F. Isa nü apolim jiha lakhi ju yihnüte potojipü yukhian khianlokhukpü thsüte mükhiahänü. Nü lümkütah thsüte thiyupüm akhiukkipho Sopfünuo rükyukhian yihnüte khishakkhi 'B' ching yukjang. Nünü püpü yukhianpo chingnü she hajuju müranga akhiahpü kuklah.

A	B
<u>Khürükhüh</u> <u>Thiyukhian ching shepü ju atungtope-a?</u>	
<u>Yihnüpe</u> <u>Atungtope ju nü tümü yihnüpe la?</u>	
<u>Tüshe</u> <u>Kimlak ju tümü lakhia?</u>	
<u>Jumonü</u> <u>Kimlakki ju küte tükhiakshihto?</u>	
<u>Jushu</u> <u>Akhiam ching tümü tünjikhia?</u>	

KHIN 6

Nagaland Ching Thuluthsükhi

Anyikhitpe mükkhiahkihpo:

1. Anyikhityu tsütakte kheang tüşo anikhithukte.
2. Thiyupüm aso anyikhitang tüşo nü langzü thiyurünpo ching ahoiang.
3. Athrütkhinü tüşo thiyunü ahuhkhi yante mükkhiahkhupü.
4. Anyikhityu atsangashukhi ching mulongjihte shihcham luang.
5. Nü langzü thiyurünpo chingru jihkhi thrütang.
6. Nagaland ching akhiukkhi khahliakpo mükkhiahpü.
7. Kelu tüşo akunglu thuluthsükhi atungto mükkhiahpü.
8. Isa rhangtung ching thuluthsürünü arungjihkhi thsungkhiak asühjihpü.

Nagaland ching atungto thsüte kiulungpo ching thuluthsükhi ju ato rhimokhi khülang ah. Harü mükiak ching hi ju tsülah, shihcham 70 khiungte phanthulu thsüpe lo lah. Ha mükiak ching hi ju alimro mahnye thsüte asürüchoh. Arüpo ju kelu thsükhi tüşo akunglu thsükhi.

Kelu thsükhi

Haruk wochakkhi ju, khahliakpo ju awungpo yungsho müzüngpo ching akung kiupah yang a asürüshihchoh. Haruk ahikhüh kiuchoh, jukhin kiphahachihte kelu kung



thsüchoh. Nagaland ching nusanü mutuh, akiam ching keru limro arükhukupung ahihpe kelu thsükhü ngüpah. Kelu alala ching phünite alakhi keru yungsho ayung chingnü ke münitrupah lah. Ke yapshihpü thsungkhiaknü akung apante alonü shahwün ruk akung thsükihchoh. Keru ju akung khülang chingnü khülang ching bukshihchoh, junangte phünirüpo alala thulu ching keru chingrupah ke bukshihchoh tüşho keru chingnü bukkhitlote ayung ching tsoloshihchoh. Hi ashangpü akhiahkim amuyung ke ju pukte yapshihchoh. Yimlupü müngüh, shekhukshihpah yimlupü thsungkhiaknü keru ju yihto-a pahchoh. Yimlupü ju Khipung – Hanto khinu hing luchoh tüşho hi ju kelu ching lang wochak-a asürüshihchoh. Kelu wochakkhi ju Nagarü trük ahihpenü thsülukthsüri te lachoh.

Akunglu thsükhü



Akunglu wochakkhi ju püpü mungnü she mükhiahchoh, haruk 'pinkimpah tüşho atakpah' yungsho 'akhinte wochakkhi'. Haruk wochakkhi ju, alo tangpung sang tüşho sangrung mühite alakhi takchoh. Sangpo ju kiushakchoh tüşho tsüng arükhü akhiahkim ching alo lupah mütsohihpü mükihpo khiangchoh. Junangte alo ju kiunakpahle Khito tüşho Khishang khinu ching müjih yangchoh. Haching atungto khahliak asürükhi ju hi, tüşho püpü khahliakpo she thsüru-a asürüshihchoh. muthsu, phapkhiungpü, manji, ritüsüng, khümto, tanji, liuhiak, müngrhüh tüşho jimuru harüpo akunglu wochakkhi ching asürüshihchoh. Haruk thsülukthsürite wochakkhi ju, thuluthsürü nü alo ju kam 2-3 thsüchoh jushu lang mükiah aso yimte wüchoh. Haruk akhinlote pinkimchoh tüşho taklochoh.

Harü thiyupümpo anyikhitang:

1. Mükiak - Alo atsü khürü tanpung.
2. Khahliakpo - Yangpale aso asokhi tsühyungpe.
3. Shahwün - Thüyamki tsühyungpü yangyukkhi tangkhüh.
4. Pukkhitolte - Ke ayukpung ching mipahle akhiukhi.
5. Akhinte - Kimtsüh khülang tunglim khülang yüpahle thülu thsükhi.

SUSUTHSÜPE

A. Thiyurünpo kheang tüsho apukkhüp arukikhi ching akhiukte yukkhamjang.

1. Muthsu ju kelu kung ching asürüshihchoh.
2. Jimuru tüsho tanji ju she thulu ching asürüshihchoh.
3. Wochakkhi ju keru khiak thrümkihpah thsüchoh.
4. Thulu thsülokhi ju mükiuyite tüsho müyangyite takchoh.
5. Thuluthsürü nü kam sühkhüh wochakte lapah akhinte tsochoh.
6. Haruk wochakkhi ching muthsu lang asürüchoh.
7. Haruk wochakkhi ching thsüru a khakliak asürüshihchoh.
8. Alonü ke yapshihpü mühite akung thsükihchoh.

Kelu thsükhi	Akunglu thsükhi

B. Atrurü lung pinang. Khülangnü akunglu wochakrü nangte tüsho püpürünü kelu wochakrü nangte lümang. Khülangnü khülang khiak wochakkhi huhyak atsangashuang. Nüsa atsangashukhi tunglim, pinpah nüyo atrupuhnü nüki thakhi lümkhithpü mürangang. Ha pukkhüp thrütjang.

Nü atrurü mung : _____

C. Harü akiokhipo alojang:

1. Nüsa kilim thulu künangte thsücho?
2. Nüsa kilim khahliak tümüpürü yangcho?
3. Nü azoshu, thulu thsükhiju nüyo atungto rhimo lapashi? Am-ashi yungnü nü lümki jhang.
4. Kelu thsükhikhi yakli ching mungji mahnye thrütjang.
5. Akunglu thsükhikhi yakli mungji mahnye thrütjang.

D. Nüsa kiulung/kiuto ching thulu thsükhikhi yakli pekiuh khülang tokhitjang.

E. Nagarü trükshih khürünü thulu wochakchoki yingüührü apuaphuponü khüntungkhi mükhih-a luang. Jushunü müthriachihte nyihpe porü tüsho thsangyurüpo mikhiaknü khüntungang.

KHIN 7

Isa Mühi Shiwühpo Lakhi

Anyikhitpe mükkhiahkihpo:

1. Nüsa yutha chingnü akamshiwüh tüsho mütüm shiwüh mungpo anyikhitang.
2. Anyikhityu tsütakte kheang tüsho anyikhitkhukte.
3. Thiyupüm asopo anyikhitang tüsho thiyurünpo ching akhiukte ahoiang.
4. Athrütkinü tüsho thiyunü ahuhkhi yante mükhiahkhukpü.
5. Anyikhityu khiaknü nü langzü thiyurünpo chingrukhi thrütang.
6. Anyikhityu tünkhiak khepungyam khiungshak ching atsangashukhi ching shihcham sühzahte luang.
7. Nüsa mükiak ching ngükhi pokhuh yo akam shiwüh tüsho mütüm shiwüh tünkhiak mükhiahang.
8. Mütüm shiwüh akampü tünkhiak kunte jakihpü mükhiahkhukang.

Thrünso a wochakpung ching lachoh. Yapsu apan, thunupung khungkhi nü yihmusu. Athrüpü ju mothsüpfung ching akam wuyih nü peyukte lakhiah. Sangyüke yungshu, athrüpünü shiwühpo khiahpü tsakhkit. Api yihnu müksün kim alala ching api mühi yante tsah. Apuhnü moshi, nyirüpo tüsho mihnupo yimkipkhi apinü ngü.

Khümte alakhi khiaknu nü api khiahpah oink! oink! te khung. Bhatak petsührüpo-a kekung ching phungte tsah. Thrünso nü mothsüpfung shahwün kinü yanakhin-apah. Thunupo nü wonyin yangkhi tüsho kholar khürü ayitkhith-apah jih.



Khihnyi-a api ju mütüm ching chi kilim thümi kippü wü. Ha khinu ching hakim ju lang apinü chipo ngüpü kim lakhiah. Thüyam ching akam shiwüh ruk yungte, chiponü murungpo ching lapü tüşo rimrhangpo tsühte alapü lüm. Hamonü chipoju akam shiwüh khinpüte ji.

Shihmüchi tüşo müzüng mihnupo jutulang ngüte lah. Thsotopo tüşo khüzüpo-a murung asük ching lachoh. Küyimki thulu ching khahliak zampanü, Thrünso petsührü-a kuto khiahpü lakhiah. Kuto nü khahliak tsühpü müzho tüşo thuluthsürü nü thulu ching hi tsüh-apakhhi jutulang ngü. Murunglimnü alungchoki shirungpo tüşo yayipo khungkhi jutulang sotei alakhiah.

Thrünso jipürüpo-a shihjimpü tüşo azhang thsüpü arü rhangtung lakhiah tüşe khiakü-a kiulung zorüponü rihapahto. Ju arü mühite mütüm shiwüh khümtopü tüşo zokhukpü thsungkhiak thsüto. Arünü harü shiwühpo ju arü tsührü tüşo tsührü tsührü lün khiungte küm-a zojih.

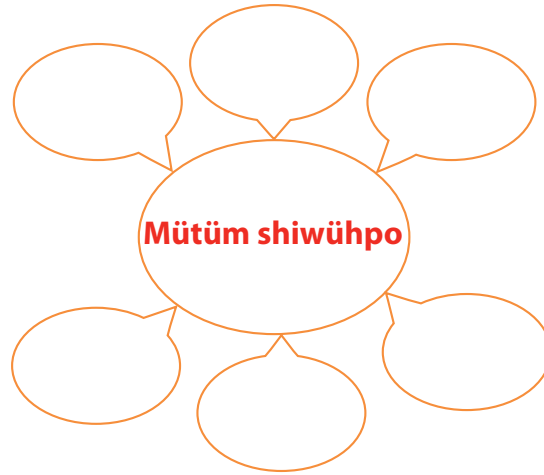
Harü thiyupümpo anyikhitang.

1. Mothsüpung - Thüyam khiungshak yimkhamnüna tsühpung.
2. Müksün - khihnu mung.
3. Phungte - Ke mi khiak yüzah tsahkhi.
4. Ayitkhita - Müjihphünü yangkhi khünkhit jihkhi.
5. Jipphih - Thülu ching tsühyungpe zampah atsühpü kim khiungkhi.
6. Shihjimpü - Mütüm ching shih laksahpü yimte wükhi.

SUSUTHSÜPE

A. Mühian-a lakhipo ching mungpo akhiukte yukjang.





B. Nüyo thsangyurünü thiyurünpo khe-a huhkhi anyiang tüsho thiyurünpo apan tüktüah yungsho mütük tükhi thrütang.

1. Thunupungnü yapsu khungchoh. _____
2. Khiaknu nü Thrünso liangkhite oink! oink! te khungchoh. _____
3. Thümi ju mihnu kilim kipchoh. _____
4. Chi ju murung ching lachoh. _____
5. Thsotopo ju murung asük ching ngüchoh. _____
6. Shihjimpü tüsho azhang thsüpü ju Thrünso yo rhimonyekhi lakhiah.

C. Anyikhityu chingnü thiyupo thrütkhithpah harü ching yukjang.

1. Asungthulung ching jim yimkhi. _____
2. Khiaknuponü tüshak thsüki. _____
3. Kim kim ching chi kilim tümükhüh jihte alakhi. _____
4. Khürü yungsho tümükhüh khiahpü wüki. _____
5. Hünü yanchö nguhkhi tüsho müjakkhi. _____
6. Tümükhüh laksahpü thsungkhiak yimte wüki. _____
7. Kemi khiak phungte atsahpü. _____
8. Azamkhi hi tüsho arhipkhi momukhungkhi. _____

D. Thiyurünpo panjang.

1. Khülangki Thrünso nü ngükhith _____.
2. _____ yapsu apan Thrünso yihmusu.
3. Api ju juching wü _____.
4. Thuluthsürünü jutulang ngü _____.
5. Mothsüpfung ching _____.

E. Harü akiokhipo alojang:

1. Tümü thsükhichi chipo ju mütüm chingnü akamkhi shiwühte jicho?
2. Tümü thsükhichi Thrünsopürü petsührü thulu ching kuto nyakte lakhia?
3. Thrünsopürü shiwüh akampung ching tümüpürü shiwüh ngücho?
4. Shih jimzüjimtote lakhi ju nünü tümü thsükhichi azhiptope-ahte lümchonü ju tünkhiak amütsan mahsam thrütjang.

KHIN 8

Hühnü Külüpkhitkhipo

Anyikhitpe mükkhiahkhipo:

1. Mütsanruk anyikhityu tünkhiak khiahang tüsho thaang.
2. Khunung ching, atrurü lung yungsho khesakyam ching atsangashukhi yumük kiphakhki ching shihcham atsü luang.
3. Arünü mükhiahte lakhi hühnü külüpkhitkhi mung mütsanang.
4. Kukrukpo laknakkhi tüsho ngüshihpe.
5. Arünü angükhi hühnü külüpkhit-a ahorikhipo tünkhiak thaang.
6. Anyikhityu ching pekiuh khiahpah akhihkhüh thrüttkhi müjimkhitang.
7. Athrüttkhinü tüsho thiyunü ahuhkhi yanang.
8. Thiyupüm asopo anyikhitang tüsho thiyurün ching ahoriang.
9. Hüh atünamo anyikhitang- atün nükpe, suhtahte alakhi tüsho mushuhshihpe (Mühitangpo khiak müyamrü nangte lapü).



Thsangyurü thsungkhiak anyikhitpe:

1. Tümü she thanak-a mühuhtulang kukruk mungji khürü huhpah arü kütah thsüte arünü angükhi ju yihnüpe lakhipo tünkhiak mütsanshang/ thanak-a huhshang. Kukruk mungjipo tünkhiak le külüpküyikhipo tünkhiak thanakshang.
2. Jakruk huhkhi ching yo tünkhiak among tüsho künangte rhimokhitchonü jurü tünkhiak akherüpo kilim kioang. Arünü mükhiakhki hünnü akiakkhi kukruk khürü ju küte rhimokhitcho, khite atungto yihnüpe lakhi, atün athülihpe, sühtahte angükhukkhi tüsho alomi mümünyanpe lakhi tünkhiak thanaka huhang.
3. Pümzangrü yungsho khunung thsüpah thsüthsü she rhimo thiyiang. Arünü müyimkhityichoki-a tümüpürüa-nü thakhit-a tühuh. E.g. Nünü tümü thsükhi jute lümcho?- Akherüpo nü alokhipo ju yanang (amakhiukkhi lang yungte) arünü alümkipo thanaka huhkhukshihpü thsüte tüsho ju hote akherüpo kilim kim ching lümkhithlümrahukpü thsüte alü thsükhukpah. Müsomürang thsüte alü thanyete kamshihpü thsüte nahte thakhit-a tühuh.
4. Thsangyukhi kim amüyung atungto shakliakpo nangte yimkhitpah akukthürün anyikhitkhi alü thsüshihpü mürangpe-ah.

SUSUTHSÜPE

A. Pekiu khiahang tüsho aloang.

1. AKherüpo yinzüyintopung rhuakhiahchoh. Juju tümü yinzüyintopung lakhia?
2. Yinzüyintopung lunglim ju hünnü athsükhi lang alakhiah tüsho isa Nagarünü pokhuhlang ahorite lachoh. Nünü mükhiakhki khürü mung thaang?
3. Nüsa trük ching ahorikhi kuruk khürü mung mütsan jang.
4. Nüju akherüpo lung khulang thsüte yinzüyintopung ching lakhüla-a tümü thulopa? Küte?

B. Khunungpo ching pinang. Lümki chingnü pekiuh khürü mokhitang tüsho mung müthate nü müyamrü ki laknak-a huhang. Nü müyamrünü kukruk ju thiyurün tankihkhi yante mükhiashang.

Ju ju _____ ?

Hanangte: juju kekhippung-ate?

Mihtsürü alalanü khunung ching puhkim lute puhyo kukruk mokhitkhi thanakpah tüsho püpü mihtsürünü mükhiashang.

C. Pekiuh khiahang tüşho isanü arülung rhimokhi thrütang.

1.



2.



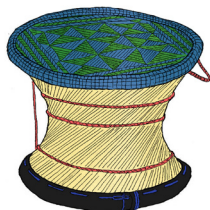
3.



4.



5.



D. Isa Nagarünü hüh ju amükhepin limro ching ahorichoh. Nüyam pekiuh tüsho ju mühite lakhipo. Isanü hüh ju küte ahoricho jurü limro lüm-a khiahang. (Anyikhityu ching mühuhkhi). Apukkhüp aru tho-a zokhi ching thrüt yukang.

E. Sang khiaknü hüh ju athühlipe-ah. Hüh ju nahnah shangchoh tüsho suhtahte lah. Hühnü isa alamtojihchoh tüsho apung müsühjihchoh. Hüh ju shuhchoh, jumonü ju ju khiam-apahchoh. Ashihzhieh ju-a chaklah tüsho mükhamchoh. Isa mühitang münyanjihchoh tüsho apungshak amütsü kamshihchoh. Ashihzhieh müthri hühnü athsükhitkhi ahoriipe nünü limro khürü lüman.

Ashihzhieh	Hüh
1. Tsappo	1. Hüh tsappo
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

F. Hühnü athsükhitpe khürü shitkhitang. Hühpo suhtahte lakhi thsüsho nüsa nüshe mihzorü arung lute mürangpü kuk lah.

G. Khunung Rhimo:

Kheshak ching pinkhipo ju anyinyi anyinyinü khunung-khunung chamang. Mihzorü yungsho pepuhrü hühtüpit thsakhama zopü mükhiahrü khürü jiyukang. Akherüpo kilim thsangyua huhang tüsho alala nü khunung-khunung akhua jihkhi yante rhimoa khiahshang.

KHIN 9

Asühpü Yam

Anyikhitpe mükkhiahkhipo:

1. Mulungyu tsüte alochote akhepe, tüşhak arihte tüşho thru wükihla akilate kheang.
2. Mulungyu atungto tünkhiak mükhiakhukhi ngüpü, thapü tüşho thrütpü.
3. Mulungyu ching akiokhipo alopü.
4. Alochote akhepe thiyupo tünkhiak anyikhitpü.
5. Athrütthinü tüşho thiyunü ahuhkhi yante mükhiakhukpü.

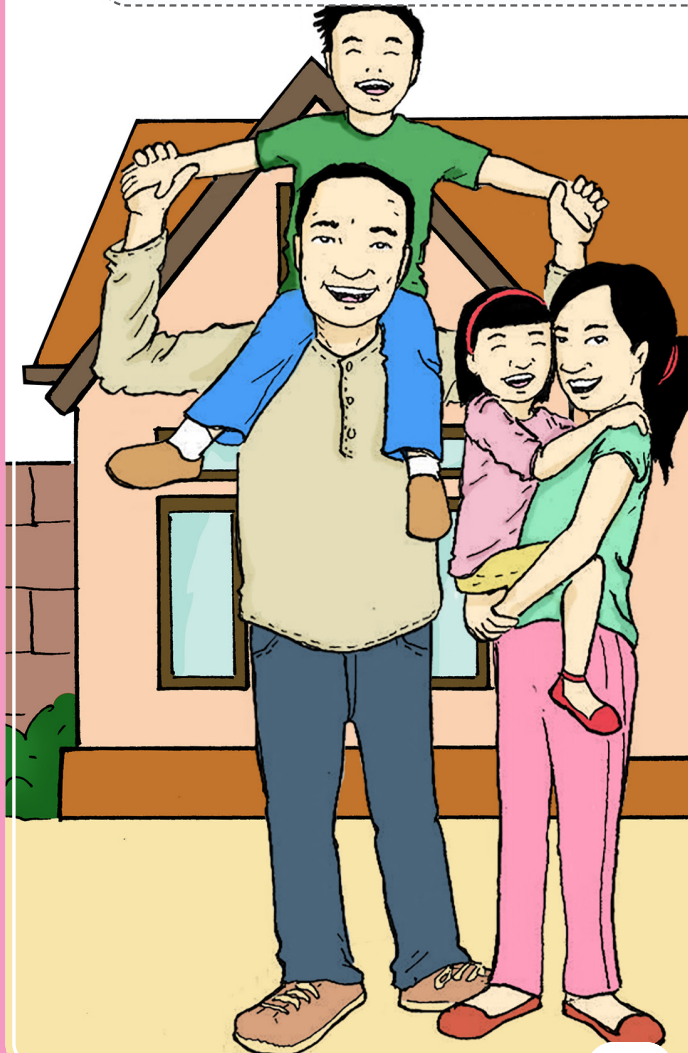
Asühpü Yam

Küching amüzho la
Küching wütre jihkhi la
Küching mihyu anyikhi la
Ju ju I asühpü yam

Küching arihako la
Küching jihchungkhi la
Küching mulonglam la
Ju ju I asühpü yam

Küching mihtsürü rukhüh rhimocho
Küching mihtsürü rukhüh tsühcho
Küching mihtsürü rukhüh ahoricho
tüşho tamkhüntamnücho
Ju ju I asühpü yam

Riangkiamte lakhi jimawo nü tümü
müyihnü
Riangkiamte lakhi yapkiuponü
tümü müyihnü
Küching asühpü lang lacho
Ju ju I asühpü yam.



Harü thiyupo amütsan anyikhitang.

1. Amüzho - Khülangnü khülang mürühte lakhi.
2. Mihyu anyikhi - Khürükhünü tümükhüh athakhi ju hete anyikhi.
3. Jihchungkhi - Amülarü kilim jikhhi.
4. Rukkhüh - Khülang lang kamshihkhi.
5. Riagakete - Alükhhi nangte tsütakkhi.
6. Asühpü - Mulong asühte alakhi.

SUSUTHSÜPE

A. Khunung ching/atruachihte/langzü she mulungyu khe-ang.

B. Apukkhüp jikhhi nangte nünü mulungyu ching thiyupo lupah thiyurünpo panjang. (nü thsungkhiak khülang-a rhimo jihto).

Hanangte: Yankila nü amüyampe api lung khungarü pepah shoru. (shoru/ngü).

1. Yankila nü amüyampe api lung Khungarü pepah ngü. (shoru/ngü)
2. Küching mihzorüpo kilim _____ jikhhi la (amuzho/wüntre)
3. Zhochirüpo kilim _____ (jihchungkhi/mulonglam)
4. Riangkiamte lakhi jimawonü tümü _____ (Yapkiupo/müyihnü)
5. Küching asühpü lang lacho juju I _____ yam (asühpü/riangkiamte)

C. Tümü yakli atsüponü asühpü yam thsüchonü thrütckhitang.

KHIN 10

Khiangyam

Anyikhitpe mükkhiahkiho:

1. Khiangyam ju tümü anü anyikhitang.
2. Khiangyam yo lümkipo tünkhiak anyikhitang.
3. Ahokhi kim ching athunurü amükhiah ngüpung Khiangyam atungto mükhiahkhukang.
4. Thiyupüm aso anyikhitang tüsho nü küdah thsüte thiyurünpo ching ahoiang.
5. Anyikhityu anikhithukte kheang.
6. Kheanang tüsho anyikhityu tünkhiak akiokhipo alojang.

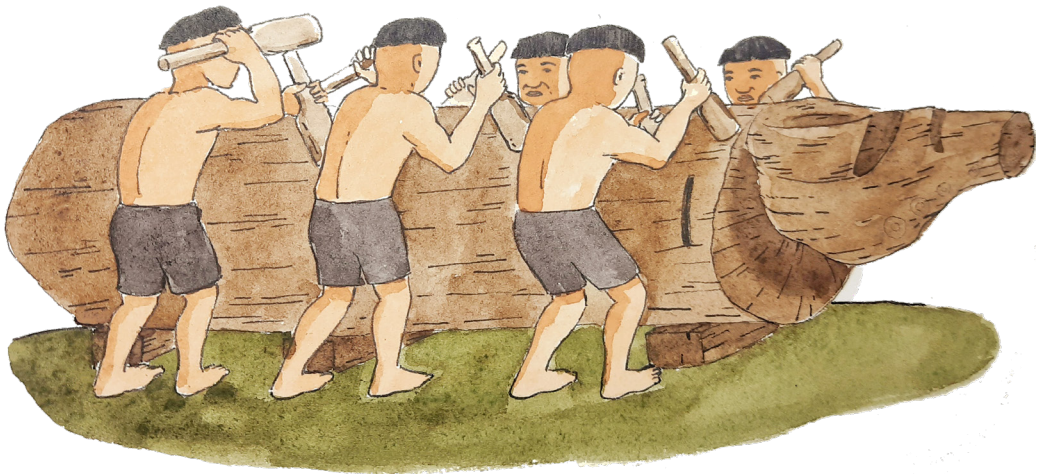
Khiangyam ha jipüyakli yante athrününgetsüng khiangyappung kim khülang Nagarü rhangtung thsungkhiak yihnüpe shihcham lakhiah. Khiangyam ha kiulung yo kükhiangkhi tüsho kim alala ching zütthsüpah thirithsüte tüsho kiulungrüpo nü sang atsütaknü shukhitkhi sangkung zote alakhiah. Khiangyam ha trükshih lapü limro yante amükhiah ngüpung tüsho tanyukkhi tangpung khülang lakhiah.

‘Khiangyam’ a aphuaphu külüppung tünjishikhhi tangpung ah. Athrününgetsüng po ha Khiangyam ching wüzahchoh tüsho arü yamkhün



thsüpu kim khiungchoki lang tsote alakhiah. Ha ching hashe kiulongrüpo aram nukpo, thsüho tüsho tsungpo kümkanza zote alakhiah. Jipüru poto khünpo, potoyukhianpo tüsho püpu yakzan thsülukthsüripepo anyikhit-a lute lakhiah. Khiangyam ha she thirithsüpu tüsho mungtsü thsüpu pungkhikhi lukhi tangpung khülang ah. Aliperüpo-a athrüru khiangyappungpo ching müpeyukte alakhiah.

Khüru trükpo ching-a aliperü thsungkhiak khiangyappung she lah. Azothsürüponü Nagarü lalimyakli, yakzanpo tüsho jipüyakli lün khülang chingnü lün khülang potokhün tüsho tsüntsakhikhi, potoyukhian tüsho jipüyakli thiyunü, sang thsüpkhitkhi, hing kiakkhi alü alü athrünungtsüng ha khiangyappung ching lachoki mühahakhinte alakhiah. Aliperüpo-a anyimung thüyam ching rhimote tüsho azhing ching khiangyappung ching jutülang ahorite lakhiah.



Khüru trükpo ching-a Khiangyam ching atungto shihcham khülang ju sangkung zote lakhiah.

Haju-a akhün pit-a lakhi sangnü thsüpkhit-a thripkhüh chi kuro yungsho mihtsüru kuro nangte kihpah thsükhikhit. Sangkung ju ashungpe sangnü athrüruponü puhthrip puhthrip zhippah shung tüsho limshu chingnü she sote lakhiah.

Kütangpo zhikhi, akuk ngükhi, kiulongrü shekhi, atrepe atünatoshihkhipo ju Khiangyam ching sangkung shungkhi hote-ah.

Kuhi mütsükhi ha lünso yaklipo arükhi hote, Khiangyam aphuyak atungto jihpepo ju müjihte pahto.

Thiyu amütsan:

1. Kükhiangkhi – tümükhüh thsungkhiak kükhiangküyangpü.
2. Khiangyappung – mihtsürü ahihkhüh yapkiu yappung ato.
3. Jipürüyo – jipürü khiaknü liangkhi.
4. Shukhitkhi kung – sang akhünpitkhi kung.
5. Shungsang– sangkung kingpe ayih nangte amün thripkhüh thripkhüh toshihpah akingpe.

SUSUTHSÜPE

A. Akiokhipo alo jang.

1. Khiangyam ju tümü-a?
2. Khiangyappung ching thsangyukhi Nagarü jipüyakliako tüsho lalimyakli ju tümü lakhia?
3. Khiangyam ching sangkung zokhi ju tümü lümkhü lakhia?
4. Khiangyappung ching Nagarü azürüpo külokhüh latei lakhia?

B. Nünü anyikhitkhi thiyupüm asopo lupah amüzahkhipo ching yukjang.

Kükheangkhi	Khiangyappung	Jipürüpo	Shukhitkhi kung	shungsang
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1. Azüpe _____ a yapkiu thürükhiak thuruk lah.
2. Sangkung ju hanü kingchoh _____.
3. Alo khiak isa yam thsükhi ju _____ lakhit kukruk.
4. Yimto nü anyihpe aniung ramjihkhi ju _____ sang khiak.
5. Atsütak amukhungyam awung kumung lakhi ju _____ kiulung yo ah.

C. Nüsa trük yo khiangyam shitkhitang tüsho pekiuh khiak akhiahphü yihkhang.

D. Khiangyam lalimyakli mürangpükhüh khihnyi-shito she thsülukthsürite lasho junü athunurü azürüpo alü thsünahnü ju tünkhiak thiyurünkhüh thrütang.

E. Harü thiyupümpo nü thiyurünpo thsakhamjang.

Khiangyappung, Athrününgtsüng, Thsülukthsüri, Sangkung, Shungsang

F. Nüsa kheshak ching kherüpo khunung-khunung chamang. Tüsho atüso khiangyappung ju küte ahorite lakhianü mihzorüpo khiaknü kiokhi-a luang. Phünyiphüngüm khiangyam ju lasho rhua khiahang. Tümüpürü anyikhitto tüsho ngükhittonü khunung- khunung yo aperü mokhitpah akhepung ching tha-a huhang.

KHIN 11

RIMSHIH JIMRÜ YUKHIAN

Anyikhityü mükkhiaakhipo:

1. Anyikhityü tsütakte anyikhitte kekhukpü.
2. Rimshih aphuaphu lakhi mung mütsankhukpü.
3. Shih atoto anyinyi lakhi püthsükhukpü.
4. Rimshih khümtopü tüsho alü lakhi atungto anyikhitkhukpü.
5. Thiyupüm asopo mükhiahpah lümküta thsüte thiyurünpo thsakhmakhukpü.
6. Anyikhityü ching athrütpe lakhipo lungkite athrütkhukpü.



Kim khülang ching shihjimrü arükari athsükhithki khülang kiulung ching lakhiah. Amung jua “Yimkhiungba” te alakhiah. Api züpekhi kam 27 chingnü shihjimpü wüte alakhiah. Api küyimki shihjimpü wüpanü, rimshih ju laksak-a hanpah lang alungpah, tüsho apinü phünyirü kimtsüh alala ching wüte lakhiah. Rimshih atotopo- kekhüzü, khüzü, tüz huk, kuto, shihnyak, thsotopo laksakto tüsho anyinyipe thsüte pipi harüpo laksakhinü amung ju alalanü mükhiahte lakhiah.

Yimkhiungba mülong ju kHITE mihmüzhomüyirü khülang lakhiah. Apinü sherü kimtsüh chingnü alaksahpanü jurü kiürü azopü kilim aku jihte lakhiah. Tüsho jipürü lün

khiaknü shihku athrürü mükhungpah tsühchoh. Junangte lakhinü aku tsühpü mükhunga pinchoki alalanü apiki thüyupo kiokhite alakhiah. Tüsho apinü shihjimkhi arükaripo tha-a huhte alakhiah.

Küyimki kam 37 khiungkhianü, nyimung khülang apinü kiulongrü ki thiyuchihchim thsüto, juju inü tüzhukajuh atsü akhiukkhi mülaksahchoki-a kiulung malungte thakhiah, api jimpung tüsho lühjipo thsakham-a lupah tsahmüsute wüto. Api küyimki lünnü atsahpung mütüm ching khiungkhianü, atüso tsahpung sangwü lungwüpo shekhamkhi apinü ngü. Tüsho mütüm ching wuhnu tüshak she müso, tüsho müjepo she tsahte müngü, mütüm ju khülangkinü zhikrangkhünto alakhiah. Yimkhiungba nü lümchoh, kihinü-a tümüthsü-a lakite lümto.

Rimshih jimte jutülang müzhakte shih tüshak lang anyite wüchoki kekim akhiahpü akhamte ngü, ju ke mükamte sangwülungwü khite tsüte ngü. Tüsho mütüm shihwühpö khiahpah api khite tre. Tümütüsho kikhüzü, khüzü, kuto, shihnyak, thsotoponü mükamtopah lakhiah. Yimkhiungba nü lümchoh, kip-anü mütsü mükipnü mütsü, tsüngrelolo tresachte pinto. Apinü lümchoh khüzünü api nguhsah-a tsühpah yungsho thsoto nü thrümsah-a pahpahte lüm. Jute lümchoki kekhüzü mütümshih kiulongthsüpuhnü jukte arüpah apiki hate tha; "Yimkhiungba, yishih nü küte trekhianü junangte isa she kam thürü treshihkhiah. Nünü isa müyamrüpo laksakto, tahle isanü nüju she laksahkhüla nüro she manyingshihte tsüh-a pahpah". Tüshe, ha lomi ching Thrünpuhnü alala rukkhüh asühte lashihpü thrünto. Jumonü isanü-a nüju müsheshih.

Khiakkü mütüm ching tarülote shiwüh kiulongthsüpuh (kekhüzü) nü tha, Yimkhiungba nü hoju yushak sopahle alüh tüsho lühjipo alala ke ching jipyuk-a pahpah amülong müthripah kiulonglim alote wulong.

Yimkhiungba nü wulongpahle kiulungrüpo alala ki apikhiak küte tünji khianü jurüpo alala tha-ahuh. Harü thakhi sopahle mihtsürü alalanü trete anyi, ha yushak ha sopahle shenüshe rimshihpo ju yanchoyancho mülaksahte pahto. Hoju tunglimnü rünpah mihtsürü tüsho shiwühpo alala tsüte lapü tankih.



Thiyupüm asopo:

1. Arükari : rhimo yakli.
2. Mihmüzhomüyirü : mührü kilim müzhote jihchung yungsho kiptuhkhi.
3. Thiyuchihchim : arhimopü thsüte alokhikhi.
4. Zhikrangkhünto : tüshak makhiukte malankhi.
5. Tsüngrelolo : tsüngre amüyung.
6. Yanchoyancho : atünato mülakhi chingnü.

SUSUTHSÜPE

A. Akiokhipo alo jang:

1. Yimkhiungba ju she ale?
2. Alala nü Yimkhiungba mungju küte mükhiahkhiale?
3. Mührü kimtsüh chingnü rimshih laksahchoki küte thsükhiale?
4. Shihku ju küte tsükhiale?
5. Tümü thsungkhiaknü kiurütsüührüpo pepah Yimkhiungba nü thiyuchihchim thsükhiale?
6. Yimkhiungba nü püpüki tsahpung tangpungpo ju küte kamkhiale?
7. Mütümshih kiulongthsüpuhnü Yimkhiungba ki tümü thakhiale?
8. Yimkhiungba nü kekim ching tümü pahkhiale?
9. Ha yukhian chingnü tümü anyikhitchole?

B. Tüktüah/mütük alojang:

1. Kam 10 chingnü shihjimpü wüte lakhiah.
2. Thsoto-hü hanpah alungpü kiulongrü khiak thiyuchihchimkhiah.
3. Rimshih kiulongthsüpuhnü Yimkhiungba müsheshihkhiah.
4. Yimkhiungba nü alüh tüsho lühjipo kekim ching pahkhiah.
5. Yimkhiungba alungloshu, kiulongrüpo khiak shihjim müyüpu thato.
6. Ashulim mihtsürü tüsho shiwühpo alala tsüte lakhiah.

C. Amülakhi ching mishang:

1. Yimkhiungba kam_____chingnü shihjimpü yüte lakhiah.
2. Yimkhiungba nü rimshih laksakhhi polong anyinyipeju_____ lakhiah.
3. Kam 37 lachoki kiulongrüpo khiak_____ ajuh atsü hanpah alungpü thato.
4. Kam thürü trete lang lakhi ju _____ nü thakhiah.

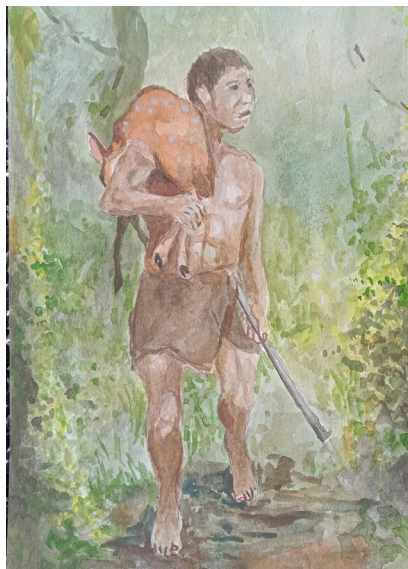
D. Thiyupüm harüpo lupah thiyurün aso thsakhamjang:

1. Arükari
2. Mihmüzhomüyirü
3. Zhikrangkhünto
4. Yanchoyancho

E. Thiyulimnü athape:

Akhepung ching lakhi akherüpo ju puhthsüthsü khunung-khunung chamang. Khunung apannü thiyukhian tünkhiak ju atsangachihang. Khunung apan chingnü aperü mokhitpahle nyihpe lümkütah thsütünü thiyukhian ju khianang.

F. Thiyurün 2-3 nü ha thsungkhiak nü thrütjang.







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

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