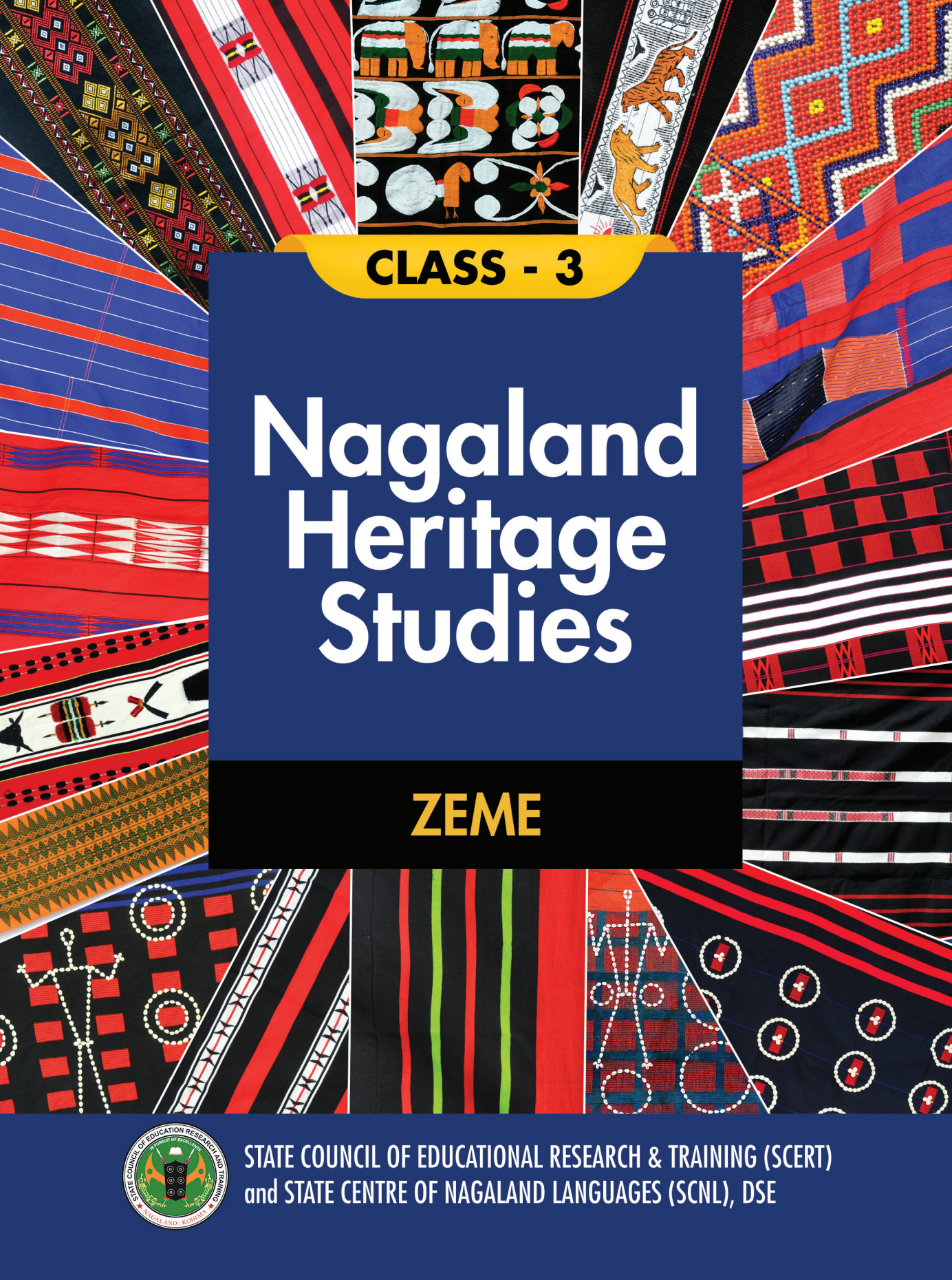


The background of the book cover is a vibrant collage of various Nagaland traditional textiles. These include patterns of red and white stripes, geometric shapes like diamonds and zig-zags, and depictions of animals such as tigers and birds. The colors are primarily red, black, white, and blue, with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

CLASS - 3

Nagaland Heritage Studies

ZEME



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



Nagaland Heritage Studies

CLASS - 3

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

NAGALAND HERITAGE STUDIES | CLASS 3 - ZEME

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Illustrator: Vineizotuo Z. Tase, Tsachumla Mongzar

FOREWORD

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

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

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

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

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

Dated: Kohima the 7th of November 2022.



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



N.CHUMCHANBENI KIKON
Director,
SCERT, Nagaland, Kohima

MRAI SAM

Zeme ze heleuh ke-nlang nah ke-mting ge tei eh Peren deukui Nagaland gage lung kera damgai. Chine ahnui zai nah ahnui let keyi gaze leisikwak peset ket gaze peset mengeu kechang Naga Mapwa ze kecu gaze puopei kera tei mpet gaila.

Ci-nzwa I Zeme Literature Committee Nagaland kelev gaze Zeme pelane dage ahnui “Zeme Let” teu maisia kebam ahnui na meze keteilia mzet lo rang gaila. Iciu eh ahnui let aize mting teu ndu nah maci pet silu kerane.

Nagame deucei sorkari ze tei keherei delei bam keraide Principal Secretary, School Education nah Director penai Additional Director SCERT penuize. Penui Zeme Let peke-ncam kebam ranggai nah chize ahnui macet ket gaze tei gaibeu. Pechaide Editing Committeeme ze de tei keherei delie penui kemui kebaa ci meizing eh nah leudi mene ahnui leuhme ziuyi ziemne heta keyi peting kedui nage gage tei mmisang kegai ziemne, Zeme Council Nagaland puisiau nah ngha gaze.

Aize ahnui Zeme Let teumai kesia setket petsi kelu nah keregui gedah. Chine ahnui Zemena ke-mteu nah keningcing leune aize ahnui koalet teu mting nah teu mdu eh lung gaulie.



(N. Haisoyi Ndang)

Chairman

Zeme Literature Committee

Peren : Nagaland

Riakling

Pelim

1. Riakpei (51-100)

1

2. Ahnui Pum zi – 11

8

3. Tingkum Hi

12

4. Agu Nagaland/District nah
Heleuhme

21

5. Marasam – Hepua nah
Tinghua

24

6. Paupainia ahnui teu kela heu

28

7. Leipwak – Mpeu silu

34

8. Mahbang ahnui de twagwa
kebam – I

36

9. Mahbang ahnui de twagwa
kebam – II

40

10. Kecing meze rütlu

45

Kepei 1

Riakpeidung (51 - 100)

Kepei kahkegaidung

1. Riakpei 51-100 kechang zi chilu.
2. Riakpei zi peredwa chilu.
3. Riakpei zi rang nah pei gap delu.
4. Riakpei beze peu pezi petau siak ga bamlu.

Hename pehu rehi gaze peu sap bia lu delwe riak pei kau rau gailu.



Hename pehu rehi gaze sap kebam mie
Rengeu, Ngkai, Hedai, Kereu, Himreu

Koh ahnui riakpei zi 51 – 100 kechang sei eh pei chilugo

 	– rengeu-eket	 	– riakherokeket
 	– rengeu-ekena	 	– raikherokekena
 	– rengeu-ekecum	 	– riakherokekecum
 	– rengeu-emdai	 	– riakherokemdai
 	– rengeu-emengeu	 	– riakherokemengeu
 	– rengeu-eherok	 	– riakherokeherok
 	– rengeu-esena	 	– riakherokesena
 	– rengeu-eteset	 	– riakheroketeset
 	– rengeu-ehekui	 	– riakherokehekui
 	– riakherok	 	– riaksena

7 1 – riaksenaeket

7 2 – riaksenaekena

7 3 – riaksenaekcum

7 4 – riaksenaemdai

7 5 – riaksenaemengeu

7 6 – riaksenaetherok

7 7 – riaksenaesena

7 8 – riaksenaeteset

7 9 – riaksenaehemui

8 0 – riakteset

8 1 – riakteseteket

8 2 – riaktesetekena

8 3 – riaktesetekecum

8 4 – riaktesetemdai

8 5 – riaktesetemengei

8 6 – riakteseteherok

8 7 – riaktesetesena

8 8 – riaheseteheset

8 9 – riaktesetehekui

9 0 – riakhekui

9 1

– riakhekuieket

9 2

– riakhekuiekena

9 3

– riakhekuiekecum

9 4

– riakhekuiemdai

9 5

– riakhekuiemengei

9 6

– riakhekuieherok

9 7

– riakhekuiesena

9 8

– riakhekuieteset

9 9

– riakhekuiehekui

100

– hai

Teikereli :-

A. Riakpeidung 51 – 80 samkieh gage rau gailu.

B. Pekang kebam mamie pielu, riakpei zi rau ghailu.

1.



2.



3.



4.



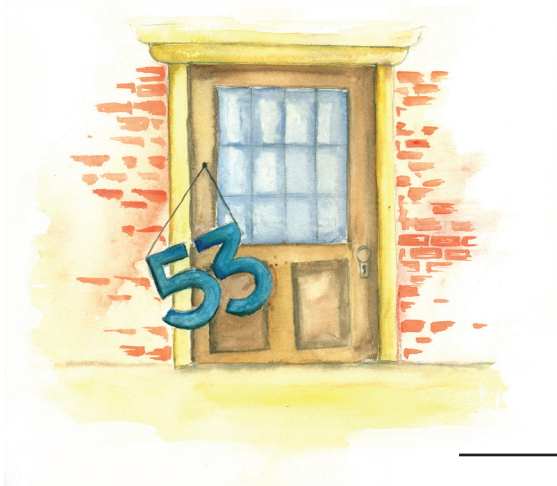
5.



6.



7.



C. Riakpeidung 81 – 100 samkieh gage rau gailu.

D. Petaube gage rietncüt gailu.

82 – riakherok-ekecum

63 – riakheset-ekena

71 – riakhekui

59 – rengeu-ekena

90 – riaksena-eket

88 – riaksena-ekecum

95 – riakheset-eteset

52 – riakhekui-emengeu

73 – riakherok-emdai

64 – rengeu-ehekui

E. Keraibe rai delwe riakpeidung petau siak gage reheu gailu.

Riakherok-emengeu
riakherok-ekena
riakherok-emdai
riakherok-eket
riakherok-ekecum

Riaksena-ehekui
riakteset
riaksena-esena
riaksena-eteset
riaksena-eherok

Riakhekui-eteset
riakhekui-eherok
riakhekui-ehekui
riakhekui-esena
hai

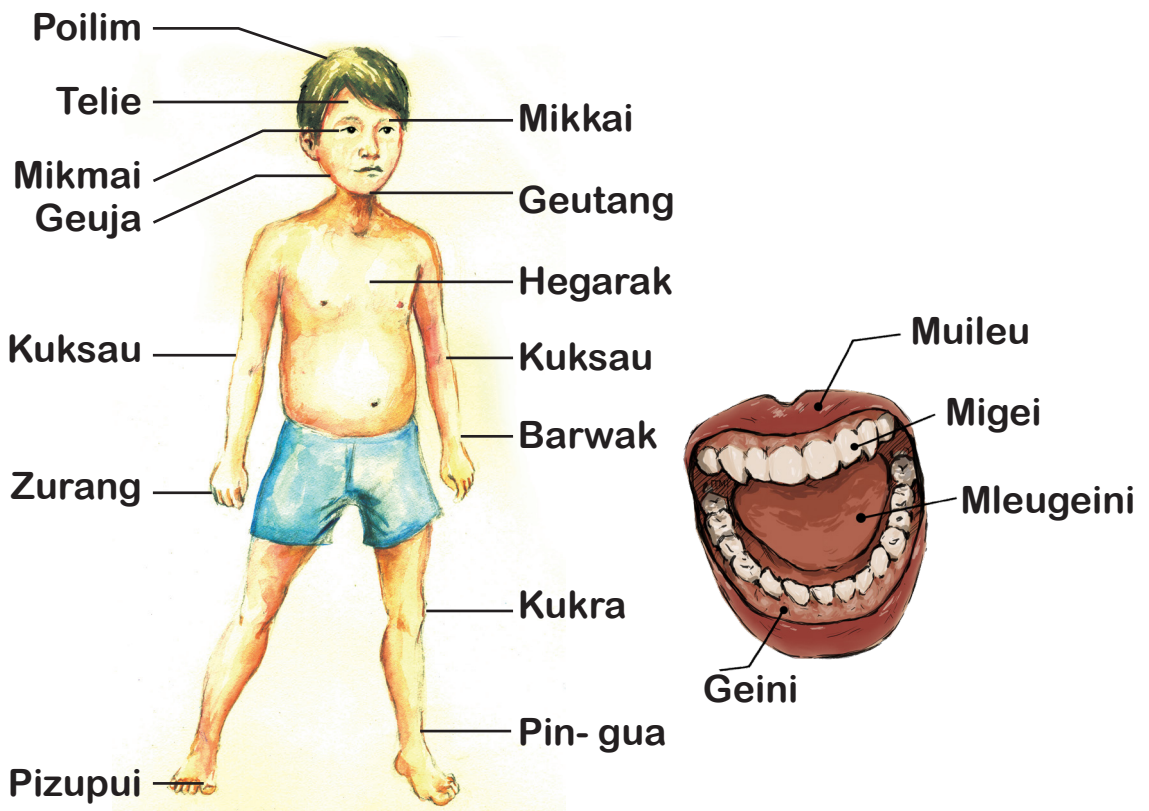
Kepei 2

AHNUI PUM ZI - II

Kepei kahkegaidung

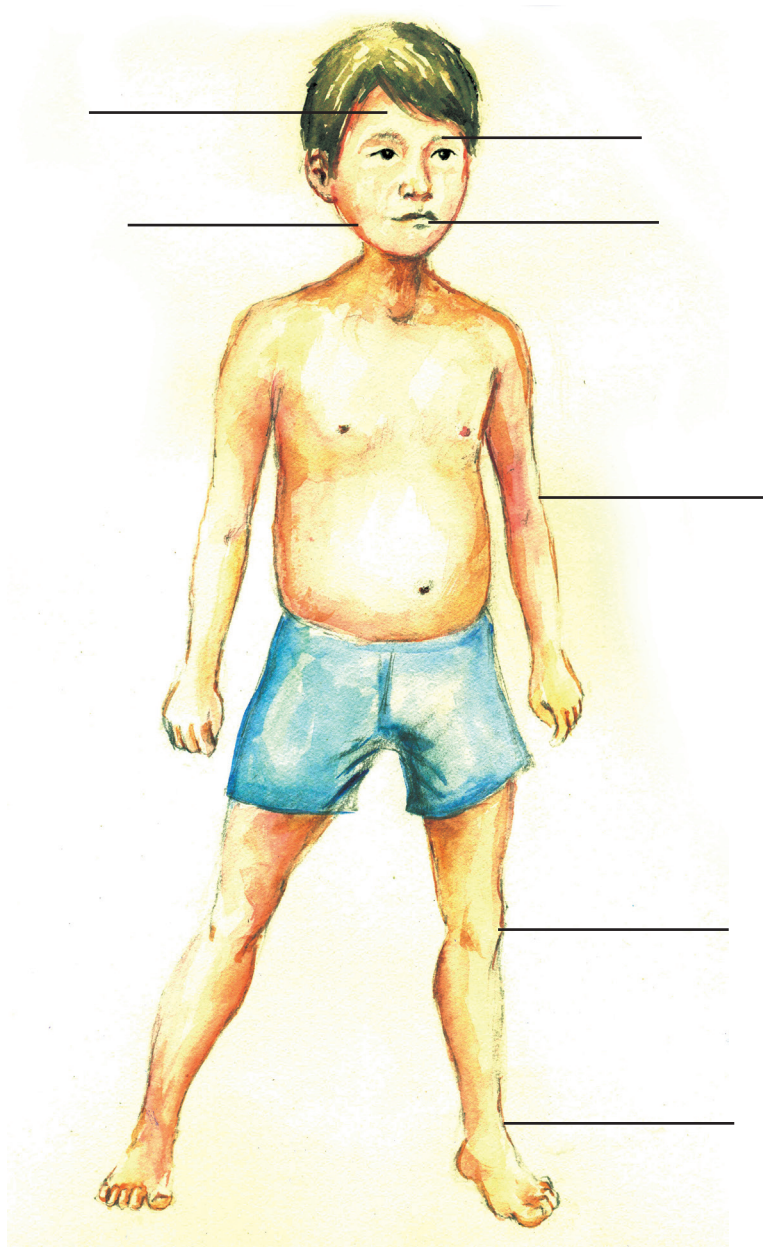
1. Mipum bega pezi ketsamtsam ze chilu.
2. Mipum zi dung chintsam lu.
3. Pezi sei eh rang gapde lu.
4. Keketeu keli gailu.

Hey zangbo, azi au Kedi
Koh mipum zi ketsamtsam pei chilu go

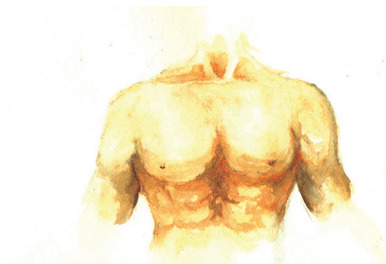
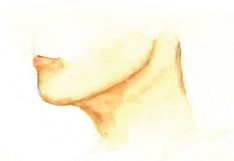


Teikereli :-

A. Mipum zi ketsamtsam riet gailu.



B. Mipum zi aidung ze raulu.



C. Nkangzangme ge kedetlu iciu eh pumzi ketsam tsam ci kelu dung de mpau lu.

D. Samriah pei lu eh lauriak kegadung tei phui gailu.

1. I api ga 5 bam P __ Z __ R __ NG

2. I ahba kezung lu kera bam mai kesia K __ K __ U

3. I ahba ga 5 bam Z __ R __ G

4. I nai nsang ne teu la M __ E __

5. Penui amik reu ga bam M __ K __ I

E. Pumzi 10 samkieh be ga de pei lu

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

Kepei 3

TINGKUM HI

Kepei kahkegaidung

1. Tingkum hi ketsamtsam zi chilu.
2. Tingkum hi zai ketsamtsam pei chilu.
3. Kepeibe pekieh cisiak eh pei lu.
4. Samkieh kehicidung pei chilu.

Mmi ge ga tingkum hi mdai bam la, penui au heriak,
hepwak, herei nah hekara.

1. Keriak tingdau lumla.



Mapa dung pa ndeu dila.
Mpingne hegurie ga lim twagwa la.

2. Hepwak tingnaimiak tau baa nah lum.



Tingbazie tie nah tingmui tingdui.
Hepwak tingdau mina dui sak kiela.

3. Herei ting dige nkung mie dila.



Manei dung hui nah nghai dila.

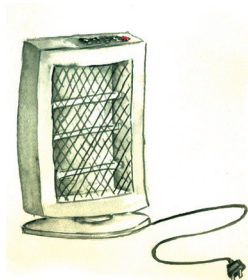
4. Hekara tingdau nkung dila.



Tingbazie dui nah tingmui ting tiela.
Pebam kesa ga au kebün kei la.

Teikereli :-

A. Mamie dung pielu, pemie kang gage tingkum hi be rau gailu.



B. Keketeu dung ze keligailu.

1. Hepwak hi dau tingba tingmui dainzwa dila no?
2. Herei dau maneidung dainzwa dila no?
3. Daidau mapadung pa ndeu dila no?
4. Hekara tingdau tingba tingmui dai nzwa dila no?

C. Tingkum hi nsui be mie herih lu delwe pegiak giak gailu.

D. Pemie be tingkum hi petau gage keuncüt gailu.

A

B

1.



Herei

2.



Hekara

3.



Hepwak

4.



Heriak

E. Mamie be pielwe tingkumhi ha samkieh 20-30 ge rau gailu.

1.



2.



3.



4.



AHGU NAGALAND District nah Heleuh

1. Daidau Nagaland deuceu ngau lu nah cau ze kida bi chilu.
2. District Kereieherok zi chilu.
3. Heleuh kereieherok zi nah dai district ga lungbam bi chilu
4. Nlet gaze saukelia, tingpoi, tingpi, tingbang nah tingtün dung ze chilu
5. Heleuh kedame ze ci neu kecu ze bam lu.

**Deucei bega district
Kerieherok bam.
Aidung de chai Kohima,
Dimapur, Peren, Wokha,
Zunheboto, Phek,
Kiphire, Mokokchung,
Tuensang, Longleng,
Noklak, Niuland,
Shamator, Tseminyu,
Chümoukedima nah**



Mon. Kohima au Nagaland gu Capital da.

District kereieherok ga heleuh kereieherok lung bam. Penui chai Angami, Ao, Chakhesang, Chang, Khamniungam, Kuki, Konyak, Kachari, Sumi, Sangtam, Yimkhiung, Tikhir nah Zeliang. Heleuh leune de pekatei pegu paupaisie, helet nah henet bam kap.

Nagaland deu area 16,579 sq. km ge bam. Mmi 2011 dau nalung peu pei 19.79 lakhs ge nah Nagaland maci riak rehi lie chai 79.55% ge bam.

Teikereli :-

A. Samkie aidung ze keligailu.

- (1) Nagaland deucei daidau ngau ludi no?
- (2) Nagaland de cau gamme tingpoi, tingpi, tingbang nah tingtün ga namda no?
- (3) Ngu district beze cau gamme tingpoi, tingpi, tingbang nah tingtün le ngngwa nam da no?
- (4) Nagaland ga heleuh dai kiego bam no?
- (5) Nagaland ga district Kereieherok zi rau gailu.

B. Pekang ga kebam samriah dung de keteiliabe ne pei gai de petau ga ge P kailu nah petau kemak gage M rau gailu.

1. Nagaland ga district 16 bam.
2. Nagaland Capital au Dimapur.
3. Sangtam leuh me Tuensang nah Kiphire District galung bam eh ngau lu zie.
4. Rengma leuh me Tsiminyu district ga lung bam.
5. Namda deuceu tingpile Assam ne Nagaland de herai

bam.

C. Kemrwa ga ge tei pui gailu.

- 1) Nagaland deucei area au_____.
- 2) Mmi 2011 dau Nagaland nalung pei au_____.
- 3) Nalung pei 2011 rehi be ga de Nagaland maci riak be au_____.

D. Kekingnei ta.

Keteiliabe Naga leuh me zi pekangbung ga kebam ket chai ket pesuibe peigaizie. Kepeimena siu kelu leuh zi riet ngngwa gailu.

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

E. Mariem:

Heleuh keda gaze mi hangna peilu delwe pe kangga kebamdung ze chilu.

- i) Penui dainzwa rang lano – Nzi cau no?
Nah
- ii) Yi bam mi?

Kepei 5

HEPUA NAH TINGHUA (Nagame Marasam)

Kepei kahkegaidung

1. Perasam be pekieh cilwe pei bak eh pei mci gailu.
2. Samci dung teu rang nah rau eh ci mchilu.
3. Perasam be peisiak delwe eh nui keneu nah tinghua ningcing kemriak ze nsung gailu.
4. Perasam reki lu – tei kedidung rang gailu.
5. Peu paupai rasam peineu kecu lungring teibeu lu.
6. Pauswa kecu zaide peu yisi lu.

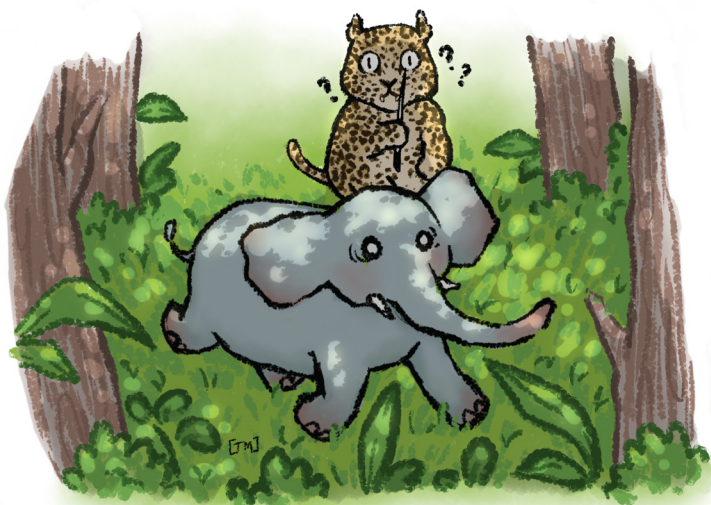
Ndaa gwang kedidau,
Hepua ge nggeunaki
ge gaze mie duisak mui
bamla. Naige dui bega
ndei pui kebam ngaulu.
Chine pa deigah eh cau
bene ngkiengtube hepua
dui gage ndei tei puigai
no ze ranggai. Aswa kedi
mede I kenzwa megene
mai aide teigai lak. Chine
pa kaudau ze langgai eh
caune duibe tei hera didi
bi mie pie lo gai.



Kaudau be nggeuki puahang.
ge tinghua be nggeuki kung
ga kideu kui eh naang bam.
Kaudau be hang tinghua daze
hey nang ngkiengtube hepua
ncu pesui meda. Nang kideu
kui kegaine pedui tei hera
dida. Pa rang kecu peswa kedi
mede pa kenzwa mene mai ai
nzwa teigai lak lie degai.



Tinghua be ndei kui kebam gaze ngngang cu nah nlei mene
tinghuabei ketak ge pepum gaze züt mpet lu. Pa kaudau beze
peugai delwe rang kecu “mie delwe ngkiengtube Hepua
daze keteu lo, pemain agu swa di nah ngkieng ni me bi.”
Kaudau be hepua da nligwang rang kecu “Oh ngkiengtube
hepua ndei kui eh ndui tei hera kebam beze l dauda, Iciu eh
pa tinghua bei be hepua de peu gai eh rang kecu, pa pemain
aide langgai eh mmai be aiswa di nah ngkieng mi mebi
chineu eh peu liegai. Hepua be tinghua bei keulwe piegai
nah pemaibe ceu reuhwak kebam ngaulu. Hepwabe hingdi.



Pa cet kecu aipau
kau de ai hekau ne
kakze di nah kerehim
kebam geda ze pak
pwa hegung ga mie
di nah madau gede
nggeuki kung ga
ngau sita di.

Teikereli :-

A. Keketeu dung keli gailu.

- (1) Marasam be ga cau ha rang no?
- (2) Dai ziemne hepua be perata di no?
- (3) Caune hereuki gage ndei kai no?
- (4) Kaudau be tinghua da dai rang no?
- (5) Tinghua be ngkiengtube hepua ze hing dini?
- (6) Dai sam ge tinghua ngkiengtube hepua sam keli no?
- (7) Herasam kekam bega cau be cau ze hingdi no?

B. Pekang ga kebam samriah peilwe petau, petauma Yeo / Ma rau gailu.

- (1) Hepua be kaudau de perata di _____
- (2) Tinghua be reuceukung ga ndei kui bam

- (3) Hepua swa kengkieng ge mechai pa kenzwa mene
mai dui gage ndei kai lak _____
- (4) Tinghua be kaudau de nghuabei pe peu _____
- (5) Hepua be tinghua bei ngau eh hingdi _____

C. Pekieh petaube gage riet gailu.

(I) Nggeuna

- (a) Nggeuki keceuna ()
- (b) Duidi ()
- (c) Zaiceu ()

(II) Teinnau

- (a) Pekuiki ()
- (b) Ndeine teihera ()
- (c) Duicing

(III) Nkiengtu

(a) Pe kengkiengdi/chi ()

(b) Hezuyi ()

(c) Maiga kau ()

(IV) Keheu

(a) Rata ()

(b) Nzeu kedi ()

(c) Hing kedi ()

D. Samriah ge rau gailu.

(a) Perasam kendeube gaze

(b) Perasam sumbe gaze

(c) Perasam penlibe gaze

E. Nbung gaze perasam be siak lia gaidai lu.

Kepei 6

PAUPAINIA AHNUI TEU KELA

Kepei kahkegaidung

1. Ahnui paupai nia zi chilu.
2. Kepeibe ci mting eh peilu.
3. Kepei rehi gaze samli peulu.
4. Kepeibe samriah duitu gaze mpaulu.
5. Paupainia keyidung nah heleuh kedame teu bah kecu suiyyi peulu.



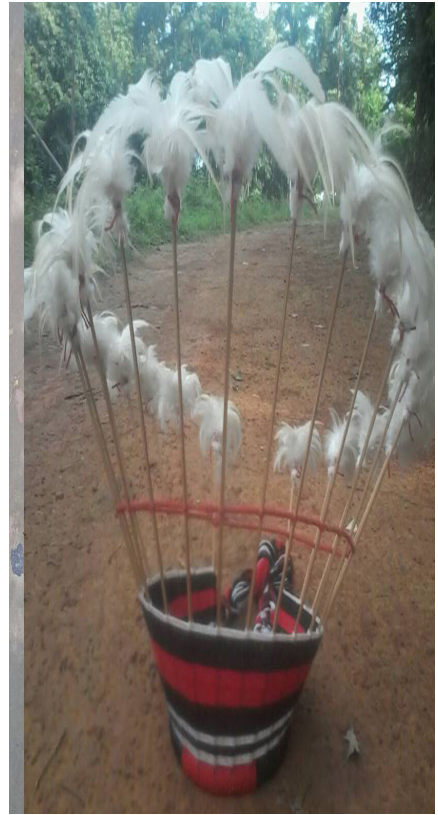
Ahnai au Samyile nah Suidi.
Ahnai leuh me gu paupainia
aize teula.

Mipui paupai nitui teu kela ze pwane giakli dela nah bah kela pai liechai paitau de qula. Ahnui hetei, taseu nah kuenli kaila. Ahnui kebei ne dak kelu ge ahnui gim gage pungla nah chize chai kerang ze rangla.



Mipeuna jakreu kaila. Mipeu ze pai bah la nah chize zi chai perenphai ze qula. Heceu ni de kaila. Mipeuna rakdi, hepuata, kiakang, heceu, kuenli nah pitangh kaila.

**Mipuina hekwengeu kaila.
Mipeuna pepeu gage kai
kelaze
pwa ne rakdi ze qu la.**



**Mipeina hekie, hengei nah hegeuh
teula. Aize teu mata tei, rehu nah
ngauraume daze ahnui ze gumkwak
lu kerane teula.**

Teikereli :-

A. Sam aidung ze keli gailu.

- (1) Nleuh mepui paibah kela zi rau gailu.
- (2) Nleuh mepei pai zi rau gailu.
- (3) Nleuh mepui nitui rau gailu.
- (4) Nleuh mepei peni kai kela zi de rau gailu.
- (5) Nleuh mepei pe hekarak gage kai kela zi de rau gailu.
- (6) Daipai ze kiakang lie la no?
- (7) Mipuina pepai gage kai kela dede dailie la no?
- (8) Daidau aipau niadung ze kaila no?

B. Petau be gage riet gailu.

- (1) Mipui taktui kela pai be pwane
(a) jakreu, (b) giakli (c) nidui (d) heteu
- (2) Mipeu pepi ga rwagai kela ze chai
(a) nli (b) pai (c) pitangh (d) hepuata
- (3) Mipeu pe hekarak gage kai kela ze au
(a) jakreu (b) kiakang (c) hekie (d) rakdi
- (4) Mipuina peba gage kai kela ze chai
(a) pai (b) kerang (c) hegeu (d) bakap
- (5) Mipeina pepoi gage kai kela nia ze chai
(a) hengei (b) rakdi (c) hetei (d) jakreu
- (6) Mipuina bah kela
(a) heli (b) kuenli (c) nkang (d) pai

- C. Kempaulu – Heleuh kedame paupainia nsui kela zi ge rang gai lu, dai ziemne nsui yi labi nzangbe de ngngwa lunglia lu.
- D. Nleuh me gu paupainia mye ge heri lu (Mipeina be mipei nia nah mipuina be mipuina nia heri lu)
- E. Nnui class me naige paupai nggwa ting ge bam lu, Nleuh me nia kai lu eh class ga gwang lu. Nzangbe da ge nang tei lai eh kela pekenlang nah dai tei nsui la bi pedage ranglia lu.

F. Pekang ga peupwa kebam pemina nah pemie petau be ga ge kai beu lu.



Konyak

☐

Zeliang

☐


Kuki

☐

Pochury

☐


Sangtam

☐

Khiamniungan

☐


Yimkhiung

☐

Rengma

☐


Kepei 7

Leipwak - Mpeu silu.

Kepei kahkegaidung

1. Leipwak be peilu pe leitei lu nah pekieh pei mcigi lu.
2. Leipwak lungcet chisiaklu iciu eh rang nah rau lu.

MPEU SILU

Lungcet kepui mpeu silu
Sünne samrang mpeu silu
Kehung be mpeu silu
Nah mmau gi kebeu mpeu silu
Mbang eh kepeu mpeu silu
Kelungci kelu mpeu silu
Ma pelane gage mpeu silu
Chize au kediria, yi nah kum.

Kelhoukhrieno Savi



Teikereli :-

A. Leipwak be ngau mene hema tei/hangna nah nlibe eh peilu.

B. Samkie aidung de chilu.

- | | |
|-------------------|---------------------------|
| (1) lungcet | - lungning. |
| (2) samrang sünne | - marang teu ne kecu. |
| (3) kehung | - mide ngau kenggia. |
| (4) gi kebeu | - teimau kedi ngga kebeu. |
| (5) kelungci | - hang gege lung ci kecu. |
| (6) kediria | - kedi kileuh. |

C. Nang mize kehung, mimau gi kebeu nah ziuyi keci sam ria dung ge rau gailu.

D. Pekang ga peupwa kebam samkieh teu samriah tei gailu nah bung gade pei sahbak gailu.

Cetsünne

Ngaugia

Nsimrim

Kepei 8

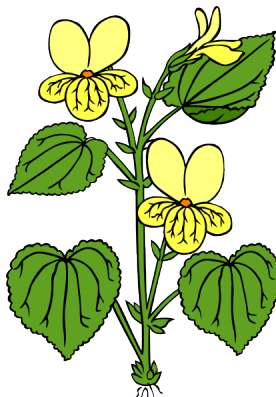
MAHbANG AHnui TAI TWAGWA KEBAM -I

Kepei kahkegaidung

1. Mahbang zi ketsamtsam chilu.
2. Kepeibe pekieh ci eh peilu.
3. Nnui let gaze kebam tsingbang zidung chilu.
4. Tsingbang teu heta tei kela rau ndui eh rau gailu.
5. Tsingbang pekeyi chilu nah ling eh kezeukwak lu.
6. Kepei gaze samkie keu lwe samriah teigailu.

Mahbang ketsamtsam ahnui tai twagwa pwa kebam ngaubam. Mahbang dung au keringria bam. Penui ngngi nah mmi la. Penui leuh teila. Mahbang au ahnui ze ngha sütla. Mahbang dungge au di nah ngkieng. Mahbang dungge au ceu nah mnei.

Bangceu:





Rampa(Alder)



Helei(Pine)



Nriem(Banyan)

Bangdi dung:

Mahbang tie, di nah ngkieng cu bede

Tsingbang ze qu la.

Penui rang kie sütla.

Penui sap mzui lu la.

Pebang ngkieng sütla.

Petün riau kedi bangde pwane tsingsu ze qula.

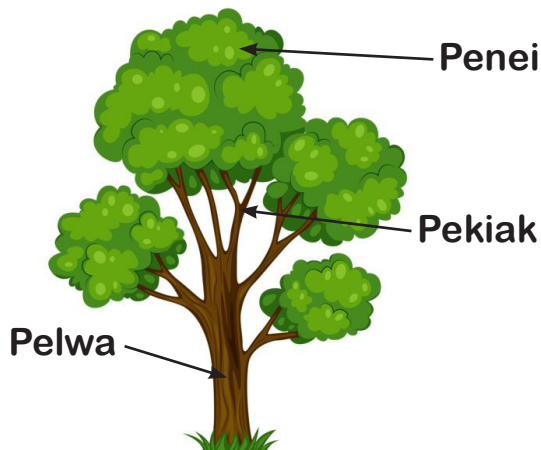
Tsingbang pesung, petsi nah tsingdiak peula.

Mhu(Oak), Rampa(Alder), Helei(Pine), Ndütsi(Fig),

Nriem(Banyan), Kehiatsi(Naga Tenga), Tekeitsi(Walnut),

Jaukatsi(Gooseberry), Pentratsi(Orange), Telautsi(Peach).

Tsingbang dung au ahnui tai twagwa pung bam.



Teikereli :-

A. Tsingbang mie herih lu eh pegiak giak gailu.

B. Sam aidung ze keli gailu.

- (1) Nnui cuikui ga ngau lu kela tsingbang dung zi rau gailu.
- (2) Nnui cuikui ga matsibang ngau lu kela zi rau gailu.
- (3) Tsingbang tsingdiak nah tsingget lu kela zi rau gailu.
- (4) Tsingbang dai teibeu la no?
- (5) Daitei tsingbang de ring kela lie rang no?
- (6) Ahnui tsingdungbi dige dai nzwa di la no?

C. Peupwa kebam samkie petau tube teu kenrwa gage kailu.

matsi, mmi, shung, tekeitsi, nrim, ngngi.

- (a) Jaukatsi au _____ bang ge.
- (b) Tsingbang kedi ahnui ze shung beu kela be au _____ bang.
- (c) _____ bang au petsi nah tsingget ahnui ze peula.
- (d) Tsingbang ahnui ze naimiak kelum gaze _____ beu la.
- (e) Tsingbang au ringla kedanemene penui _____ nah _____.

D. Peupwa kebam samkie dung ze teu samriah tei gailu.

di, ceu, tie, mmyi, matsi, shung, tsingbang, mnei

E. Nnui cuikui be gaze ngau lu kela tsingnei ketsamtsam nnui gu kepeikwak gaze dap gailu eh pezi rau gailu.

Kepei 9

MAHbANG AHNUI TAI TWAGWA KEBAM - II

Kepei kahkegaidung

1. Kepeime pekieh ci eh peilu.
2. Ahnui let gade kebam bangceuna dung zi chilu
3. Mahbang hetubang, kehimbang nah mbiet kela bangdung ci ntsam lu.
4. Mahbang teu daita tei labi kecu ha mpau lu.
5. Bangceuna hade reki mpau lu.



Bangceuna dung au tsingbang swaceu.

Penui bang au nciam nah mnei la

Penui au tie sūt ma

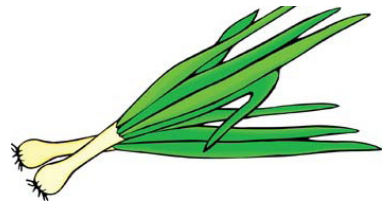
Heguriebang, hetubang, mbiet kelahbang, kehimbang dung au pebang ceula.

Heguriebang dung:



Heguriebang au pebang ceula, penui au di ma, ncim, tak, pebang au tsing nah pekiak perang kiela. Hetupa, nggatsi, temmüntsi dung au heguriebang ahnui de twagwa bam.

Pehimria:



Periahbang be pe bangceu. Pebang nie nah ndiak la. Penui tingkakge reu lung lula ma. Mipiu, rebangrei, nkimrei, herei nah reteipi ai kenzwa dung au periahbang ahnui tai twagwa bam.

Kembiet ria:



Mahbang dung ge au nnei chine penui katei sap lula ma. Sap lu kerane penui kedame bang mede tsingtie ngha teusi maisia la. Ai kenzwa bangdung de pwane kembiet ria ze qula. Kembietbang au tsingnei penei kegabe ngha teu maisia la. Nruangtsi, nggaine, bingano keceu, heramn gutsi, reteipi, menpi, gumlotsi aidung de au kembiet ria ahnui tai twagwa bam.

Kehim ria:



Mahbang dungge au kideu ga him eh lungla. Penui de kehim ria de qula. Kehim ria dung au peruina nnei. Penui sap nzui lu lama. Hema, herei au kehim ria ahnui tai twagwa bam

Teikereli :-

A. Sam aidung ze keli gailu.

1. Tyei kela periahim zi dungge rau gailu.
2. Kembiet ria petsi penei tyei kela zidung ge rau gailu.
3. Nang tyei kela kehim ria zi kena rau gailu.
4. Nang hegurie tei bam la ni? Daipai bang ling la no?

B. Peupwa kebam samkieh dung petau mede petauma kecu peu gai lu.

1. Bangceuna au kelungting dui la.
2. Kembiet ria Pekatei sap mding/sap nzui lu la.
3. Heguriebang au banceu na saulia ge.
4. Hetubang au nie nah mdiak la.
5. Kembietdung au sap lu kera pe ngha teu la

C. Renam gade ngau lu kela

Heguriebang	Periahbang	Kehim ria	Kembiet ria

- D. Kerang taatei :- Bangceudung, hetubang, kembiet mede kehimbang nnui de twagwa kebam gade ngau kelube nnuibung ga teu gwang lu. Dai bang ge bi nah teu dai tei la bi kecu samriah 2 mede 3 rau gailu.

E. Tew rabe ting :-

N kelteiliabe ngha teu pekang kebam dung ze teilu.

- Kideu kecei ge peilu iciu eh chide pwa nnui bungme gu hegurie teilu.**
- Renam gaze ngau lu kela tsi leuh ling gailu.**
- Hema mzilu delwe penlia tei eh pie telei lu.**
- Hegurie gaze ngau kelube nnui bungme mzi lu mede zwalu delwe nnui bung me mahbam teilu.**

Kepei 10

HECING ME DE RÜT LU

Kepei kahkegaidung

1. Nagame zai keyi dung chilu.
2. Kecingme de kerüt zaidung chilu.
3. Hezai keyi dung ze kai kenzeu pe keyi de cet ncüt lu.
4. Kepeibe pekiek chisiak eh pei lu.
5. Samkieh kehechi dung chi lu.

Nagame da hezai keyi kekie ge bam. Ahnui paupai me ahnui dage rang nswa diakla. Aipau dung kak ze keyi ket chai ahnui swa kecingme ze kerüt ze.

Ahnui Nagame
kecingme ze kerüt zai
saulia makekie gebam.

Kecingme kibung ga
kenlüt dau henabe
cusap di eh pebam
pwa kecingme ze peu
dila.





**Kecingpau marang kebam dau ahnui nnuo nah kingnei la.
Kempau be ga kebam dau peu kecingme ze marang rai
kera ze kwa bamla.**



Keheidau de ahnui hecingme ze kelum raila.



Kecingme ahnui ze marang kelia ze mzui nah mzai la.



**Ahnui teilu kebui leu gaze kecingme ze ngha la.
Hezai keyi ze au ahnui paupai zai nah mahbam. Ahnui madau
gede nsungta mede tei ngga di daulak.**

Sam kiehdung:

- | | |
|-----------------|-----------------------|
| 1. Paupai | - Ndaa lung kerai me. |
| 2. Hezai keyi | - Sünne kecu. |
| 3. Herüt | - Mize herüt kepeu. |
| 4. Kennuo | - Koahu teu kemak. |
| 5. Paupai mapwa | - Paupai ma gum kela. |

Teikereli :-

A. Keketeu dung keli gailu.

1. Kecingbe kibung ga kenlüt dau nang daitei maisia no?
2. Kecingbe makerang dau nang daitei maisia no?
3. Ahnui paupai me rang kela Nagame zai keyi ket ze daize ?
4. Daitei eh Naga mezai keyi ze nsungta mede tei ngga di sia no?

B. Samriah petau be gage (P) kailu nah kemau gage (M) rau gailu.

1. Ahnui keheidaudehecingmeze kelumraila _____
2. Ahnui kecingme ze ngha la ma _____
3. Ahnui kecingme sam pung la _____
4. Ahnui kecingme makeyi rang kelia ze mzai la ma _____

C. Koaciu ci keludung teu kemrwah gage tei phui gailu.

Pemikebam, Mapwamaleu, Kerüt, Paupaime, Heliekeyi

1. Reugwame kelum kela rehi au _____
2. A puipeime acu rang kelia _____ ahzang me.
3. Ahnui _____ renam tum kelu tingkum kekie
4. Ahnui kwakwak kelu kenlang aide au _____
5. Pa au keheidaude _____ mi pelane dade.

D. Pekang ga peu pwa kebam saulia dung ge herüt kepeu nah herüt peu kemak zaidung bam. Pei lu delwe saulia de petau be gage kai gailu.

Lungcetkemzi

Tei kehereide, mauda nah teihereida samriah aidung de teu lu.

Heleikeyi nah kehung sam

Kedame de nuineu kecu.

Kedame sam kerang kingneilu

Makehengim.

Hezai kegileu

Kelingzang.

Taktyei teimchilu

Teikemau de rang eh tei nzui di lu.

Nang neu kelade ngau lu ta kedi
dau mrata di la

Peting siak dau.

Herüt kepeu	Herütpeu kemak

E. Kempau.

Pemaa tei lu eh ahnui kecingme ze kerüt zai dung de ngngwa mpau lu.



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”