

**CLASS - 1**

# Nagaland Heritage Studies

**PHOM**



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





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**NAGALAND HERITAGE STUDIES | CLASS 1 - PHOM**

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**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 7<sup>th</sup> of November 2022.**



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**N.CHUMCHANBENI KIKON**  
Director,  
SCERT, Nagaland, Kohima

# SHEEHONGSHAH

India Sorkar hommei nyiübüh shah meeishi lekkei nyingei nyuhen medkü kaüpjän nyupü kü shenshi Nagaland sorkar-i yao hangkovih yah-ei jen maanpü kahmüg vailangmao shahlhem longi nyupü kahmüg kü Hashih beü-i laophü lei nyiübüh shah mhanhen ahshiüng shongnyiü shei teihtü Education Department hommei school lei iehen laaitap ngaihen shing SCERT ami mongshang longpü kotü “NAGALAND HERITAGE STUD-IES” shei mentü daoshu dhü dükpüle Naga amei vanglem dükhiliüng Mohitap, Yimpila, Bü-oo chongei leiyei yemmei dükpü, laaitapmü ngaiyei iehen, haa hommei mahdaihen nyupü yiangei tuhpü kei chongkahlen.

Pünyüvaishi, jen Phom ami laophüle nyiübüh shah ne-mhan, meheyao lekpü neshiü vangbung longi nyu-ei dainyüke. Shah-ang ngaipü laaitap hapalei nyiangkuk jaa (new spelling pattern) Phom Laaiyuong Dükliüng Ghong hommei liüngpü Spelling hapa Phom People Council-i mongei yahpü kü lahbhentü jennei hapa ielhem laaitap ngainyüpa. Kandok shah kü epükei nedükpü phiyü pheidaipü üng meibüpa, shah-ang jenni mehe dükkei dainya haa dao-aong leiyei dükshah.

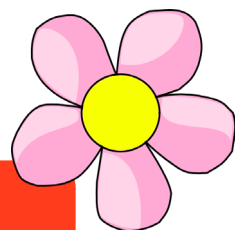
Denjaa kü nyinghen mhanhen longi nyujao, mechem-ao laophüle Nyiübüh shah kü neken-i, haa deyakphong, shejao nyiangpü iepü kü longi mongshuohtuh. Hapa-i mon niüng üpa ang ha mih-i nyinghen. Menyih thahshi hakeipü laai dhü neshiü hadü hangkovihvaishi nedük, hanangkü lhem longi peihtük, betük aamtük ha mechemmao nyokkei neleikahen.

Tohpüle hashidhü amphongi laophü nyiübüh shah mechem mhanhen-shang niüng yongpü lashopshing dongvongpü vaikahen hadü mih-i niüng üpa ha nyinghen. Hapa laai iepü ambeü Kahvangi moihimante.



**(T. IMDONG PHOM)**

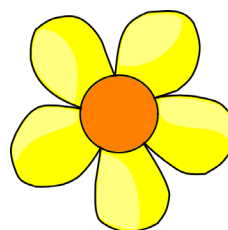
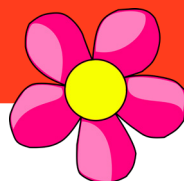
*Chairman  
Phom Literature Board*



## GOSHI NYUPÜ

Fah

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| 1. NYIANGKUK HADÜ NGEÜ    | 1  |
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# IELHEM 1

## NYIANGKUK HADÜ NGEÜ

### Nyinghen Müghung:

- A. Amei shah kü nyiangkuk nyüpeih shei nyinghen.
- B. Amei shah kü nyiangkuk ngeü nyüpeih shei nyinghen.
- C. Amei shah kü nyupü nyiangkuk ngeü jieüshangi vamtuh.

### Nyangkuk hadü ngeü:

|       |         |       |       |       |       |
|-------|---------|-------|-------|-------|-------|
| A= Aa | Ff= F   | Kk= K | Pp= P | Uu= U | Zz= Z |
| Bb= B | Gg= Kho | Ll= L | Qq= Q | Vv= V | Üü= Ü |
| Cc= C | Hh= H   | Mm= M | Rr= R | Ww= W |       |
| Dd= D | li= l   | Nn= N | Ss= S | Xx= X |       |
| Ee= E | Jj= J   | Oo= O | Tt= T | Yy= Y |       |

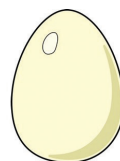
Aa



Allang



Abak



Atti

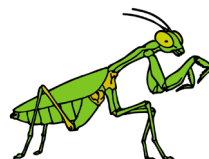
Bb



Biü



Bishok



Binong

Cc



Ching



Chingnyü



Chaüp



Dd



Dü



Dük



Det

Ee



Eta yaong



Ee

Ff



Fa



Fiü



Füshang

Gg



Gho



Gha



Ghat

Hh



Hahpüü



Hiüng

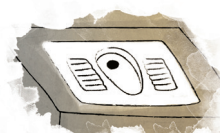


Hüm

Ii



Iy



Ihpet shoong



Inyiü

Jj



Ju



Jumom



Jiü

Kk



Kungao



Kungang



Koyei

Ll



Laai



Lug

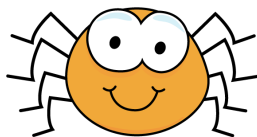


Liennyiü

Mm



Mellaü



Maak



Müg

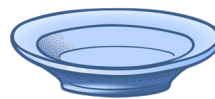
Nn



Nella



Nyah

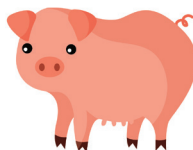


Nükshung

Oo



Ou

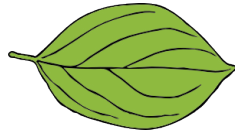


Ok

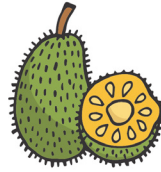


Ongpa

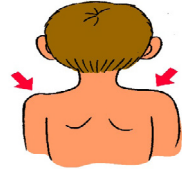
Pp



Plu



Plong



Phakjaung

Qq



Qiü

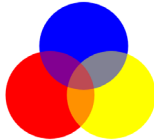


Qühpa



Quo

Rr



Rong



Romal

Ss



Shahnyü



Shaüptao



Shi

Tt



Thongyaaü



Than



Thaai

Uu



Uoshing

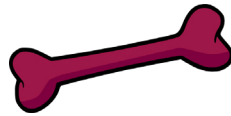


Ut

Vv



Vaong

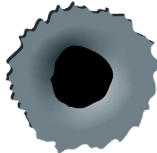


Vang



Vanghee

Ww



Wuo

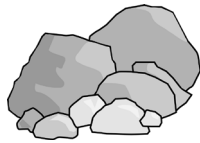


Wong

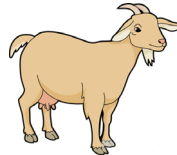


Wüpküap

Yy



Yaong



Yum



Yang

Zz



Zük

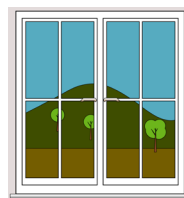


Zith

Üü



Ümow



Ümhasha



Üng

### Dükhen:

A. Laai lei nyupü nyiangkuk dhü men hommei wongmü ietuh.

B. Nyiübüh shah kü nyiangkuk dhü mongi aokkei yemtuh hadü nyiangtuh.

**C. Shingkong kü nyianguk ngeü dhü nyiangtuh.**

|          |       |          |       |
|----------|-------|----------|-------|
| <b>A</b> | _____ | <b>O</b> | _____ |
| <b>B</b> | _____ | <b>P</b> | _____ |
| <b>C</b> | _____ | <b>Q</b> | _____ |
| <b>D</b> | _____ | <b>R</b> | _____ |
| <b>E</b> | _____ | <b>S</b> | _____ |
| <b>F</b> | _____ | <b>T</b> | _____ |
| <b>G</b> | _____ | <b>U</b> | _____ |
| <b>H</b> | _____ | <b>V</b> | _____ |
| <b>I</b> | _____ | <b>W</b> | _____ |
| <b>J</b> | _____ | <b>X</b> | _____ |
| <b>K</b> | _____ | <b>Y</b> | _____ |
| <b>L</b> | _____ | <b>Z</b> | _____ |
| <b>M</b> | _____ | <b>Ü</b> | _____ |
| <b>N</b> | _____ |          |       |

**D. Nyiangkuk dhü jieüshi kengtuh.**

|         |         |
|---------|---------|
| B _____ | O _____ |
| D _____ | N _____ |
| C _____ | P _____ |
| A _____ | T _____ |
| E _____ | R _____ |
| Ü _____ | Q _____ |
| G _____ | S _____ |
| F _____ | U _____ |
| H _____ | W _____ |
| L _____ | V _____ |
| J _____ | Z _____ |
| I _____ | X _____ |
| K _____ | Y _____ |
| M _____ |         |

**E. Shuohei nyupü chongpangpü nyiangkuk dhü yahei shahjük nyiangtuh.**

|            |             |
|------------|-------------|
| 1. A _____ | 6. H _____  |
| 2. P _____ | 7. S _____  |
| 3. T _____ | 8. V _____  |
| 4. Ü _____ | 9. O _____  |
| 5. M _____ | 10. N _____ |

## IELHEM 2

### FEI-IE (1-20)

#### Nyinghen müghung:

- A. Amei shah kü fei-ie men nyüpeih shei nyinghen.
- B. Fei-ie mendhü dhennei nyüpeih shei nyinghen.
- C. Fei-ie mendhü hadü ngeü jieüshangi ietuh.
- D. Fei-ie mendhü jieüshangi nyingtuh.

#### KESHU HAA MANTUH

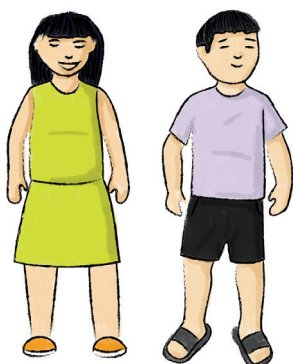
Hük maanpü, nyi maanpü  
Chem maanpü phom aüm  
Alli maanpü, nga maanpü  
Vok maanpü Phom aüm  
Nyet maanpü shet maanpü  
Shiü maanpü Phom aüm  
Ann maanpü Phom aüm ha.



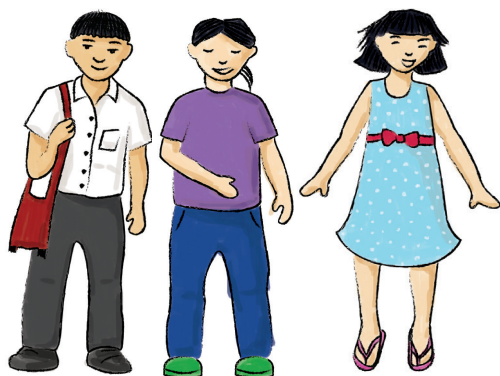
Jenni iehen mhanshah:



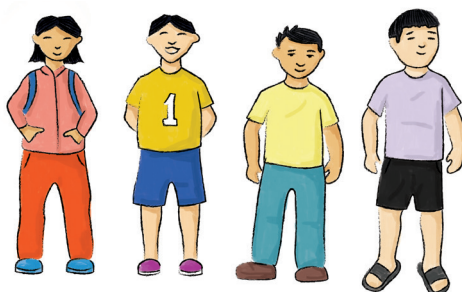
1- Hük



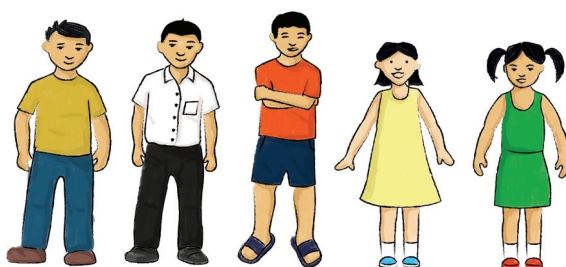
2- Nyi



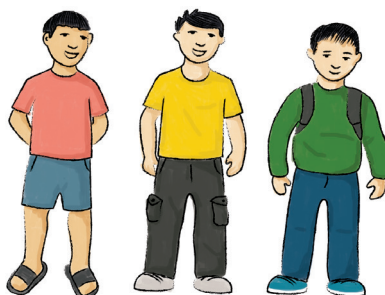
3- Chem



4- Alli



5- Nga



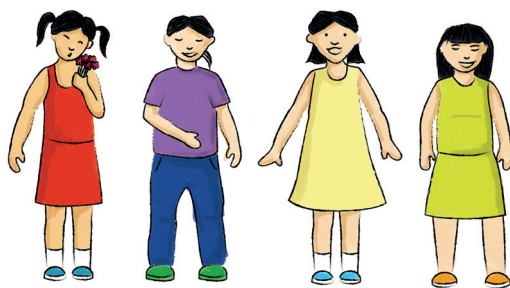
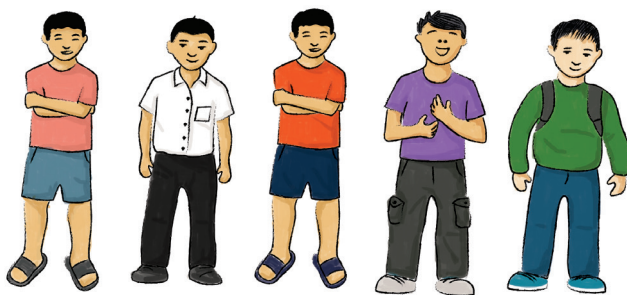
6- Vok



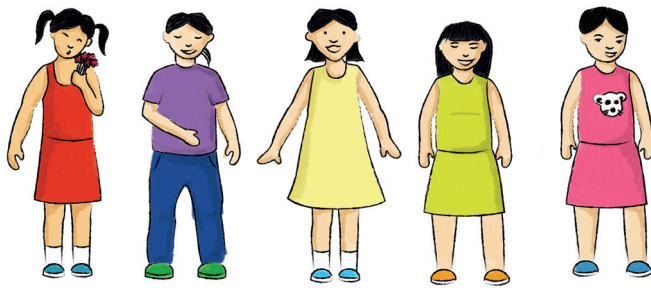
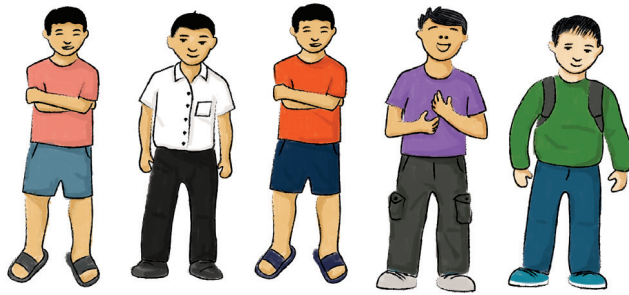
7- Nyet



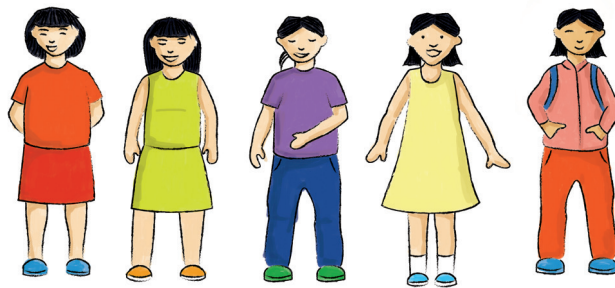
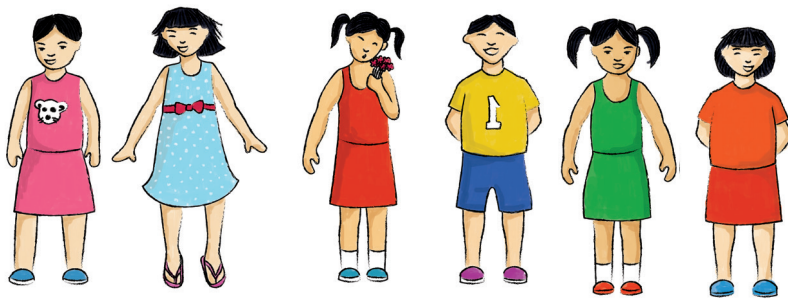
8- Shet



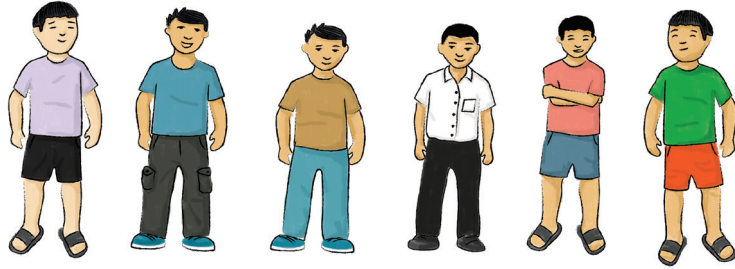
9- Shiü



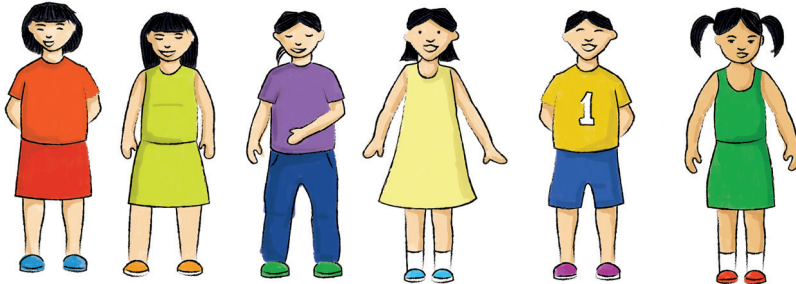
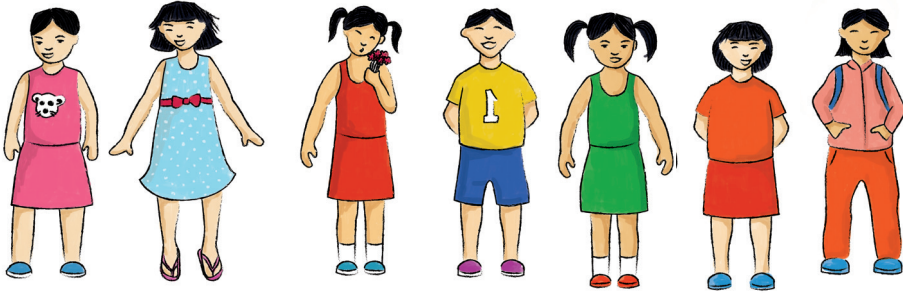
10. Ann



11- Annpühük



## 12- Annpünyi

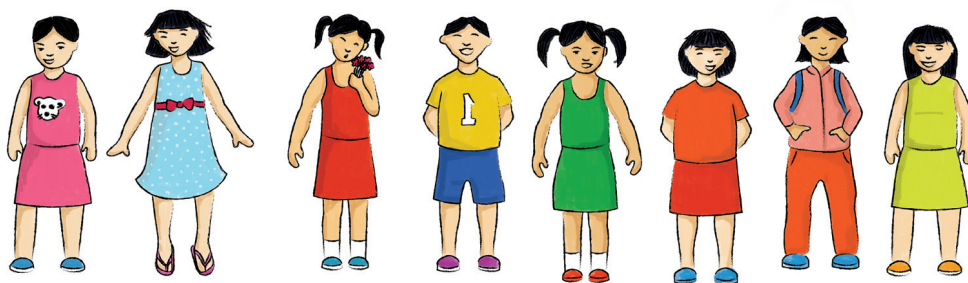


## 13- Annpüchem

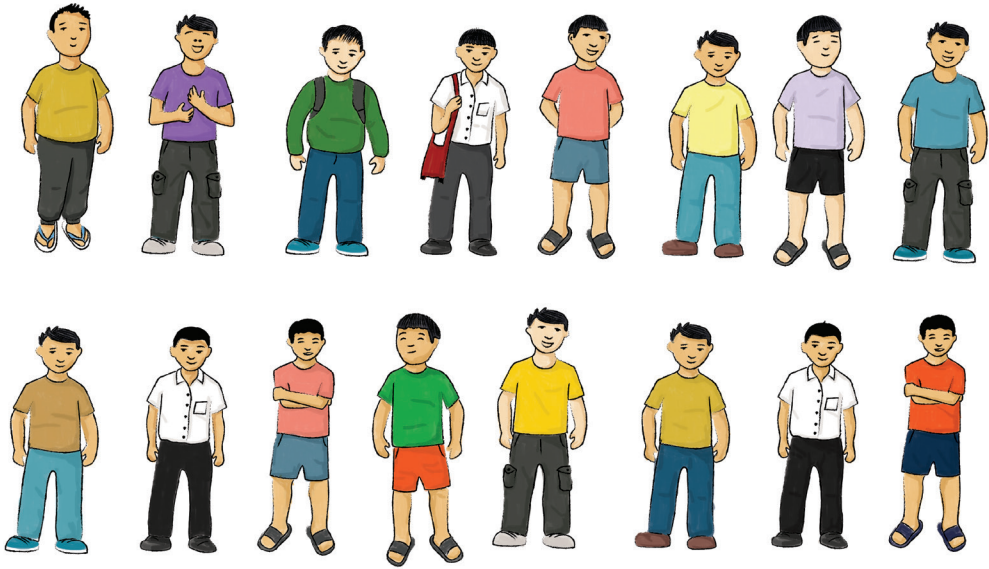




14- Annpüalli



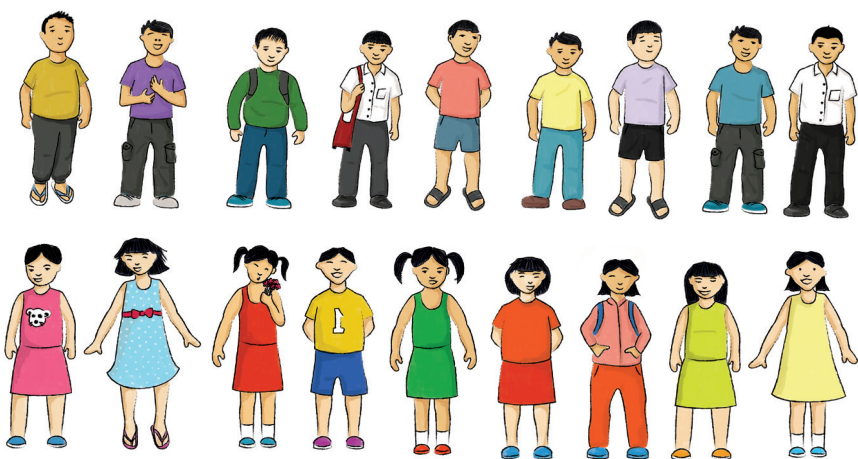
15- Annpünga



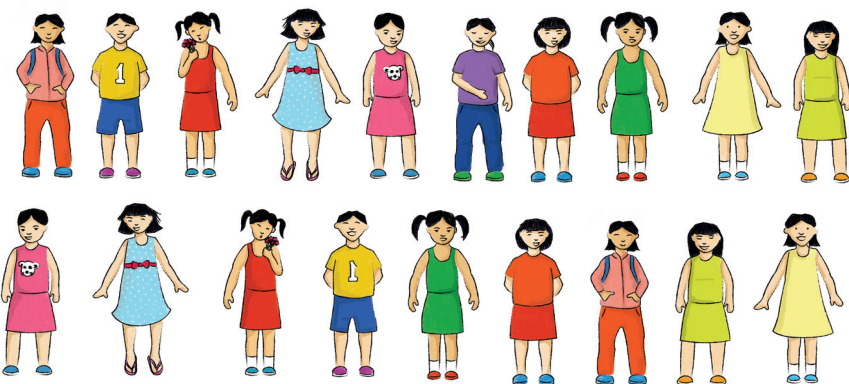
## 16- Annpüvok



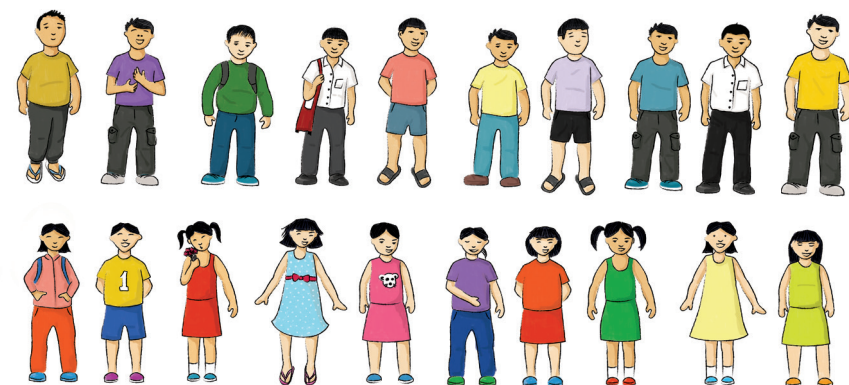
## 17- Annpünyet



18- Annpüşhet



19- Annpüşhiü



20- Kukha

## Dükhen:

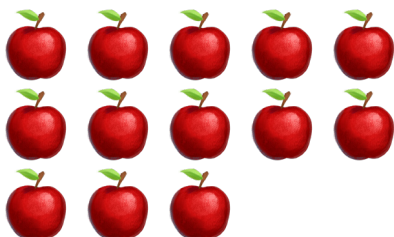
A. Phangeipü lhachei dhü kü veituh. Daodhü ietuh hadü fei-ie meshük nyüpa mendhü nyingtuh. Hük-ü dükkei shüpeih.

1.



Ann

2.



3.



4.



5.



6.





B. Vukkei nyupü daodhü lei men nyiangtuh hük-ü dükkei shüpeih.

Fei-ie

Daodhü

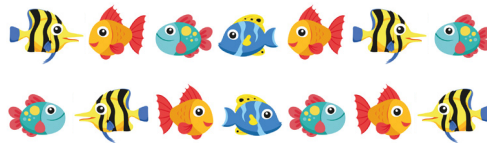
Fei-ie men

3



Chem

8



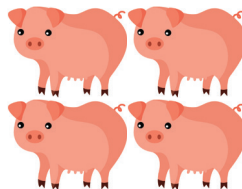
14



11



20



4



**C. Niüangi fei-ie hük küpü pahngei kukha thashi nyiangtuh.**

**D. Vukkei nyupü fei-ie dhü maanpü kübü nyiangei shantuh.**

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

**E. Vukkei nyupü fei-ie dhü longpü kübü nyiangei antuh.**

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

**F. Dow mongei nyupü shingkong kü fei-ie jieüshi shihtuh.**

|    |    |    |    |    |
|----|----|----|----|----|
| 1  |    | 3  |    | 5  |
|    | 7  |    | 9  |    |
| 11 |    | 13 |    | 15 |
|    | 17 |    | 19 |    |

## IELHEM 3

# HAPTA LEI NYIHDHÜ

### Nyinghen müghung:

- A. Amei shah küpü hapta lei nyih men nyingtuh.
- B. Ngeü vammei hapta küpü nyihdhü ietuh.
- C. Hapta küpü nyihdhü dhennei nyingtuh.
- D. Ielhem küpü pheepü kü phaja-i lahtuh.

Yingli-i hathük nyih ashak dhunyeih.

Hatnyi kü tokan-ei dainyeih.

Hatchem nyih ashak thiüngnyeih.

Hatalli nyih shem daünyeih.

Hatnga nyih ashak kü iron shihnyeih.

Hatvok nyih pee lei dao düknyeih.

Hatnyih nyiomeeinyeih.

Hapta kü nyih nyet nyunyeih.

Hapa yü:

|           |           |
|-----------|-----------|
| Sunday    | - Hat     |
| Monday    | - Hathük  |
| Tuesday   | - Hatnyih |
| Wednesday | - Hatchem |
| Thursday  | - Hatalli |
| Friday    | - Hatnga  |
| Saturday  | - Hatvok  |

**Dükhen:**

**A. Yingli lei lhachei kü veitü phangei pheepü kü lahtuh.**



**1. Yingli-i mechem ashak dhunya?**

---



**2. Yingli mechem token-ei dainya?**

---



**3. Yingli-i mechem ashak thiüngnya?**

---



4. Yingli-i mechem shem daünya?

---

5. Yingli-i mechem ashak kü iron shihnya?

---



6. Yingli-i mechem pee dao düknya?

---

7. Yingli mechem nyiomeeinya?

---



**B. Shingkong mahütuh:**

1. Hatnyi yü \_\_\_\_\_ pheï kü.
2. Hatalli yü \_\_\_\_\_ hi \_\_\_\_\_ akü.
3. Hatvok yü \_\_\_\_\_ shee kü
4. \_\_\_\_\_ yü hapta kü shongpü nyih
5. \_\_\_\_\_ yü hapta kü tohpü nyih

**C. Nyih hadü hatyang men ietü niüngei laai lei nyiangtuh.****D. Haptalei nyih dhü jieüshi kengtuh**

|         |  |
|---------|--|
| Hatnga  |  |
| Hathük  |  |
| Hat     |  |
| Hatnyi  |  |
| Hatvok  |  |
| Hatchem |  |
| Hatalli |  |

**E. Haptalei nyih dhü jieüshi häüptuh**

|         |   |
|---------|---|
| Hat     | 4 |
| Hatnga  | 1 |
| Hathük  | 7 |
| Hatalli | 5 |
| Hatvok  | 2 |
| Hatnyi  | 6 |
| Hatchem | 3 |



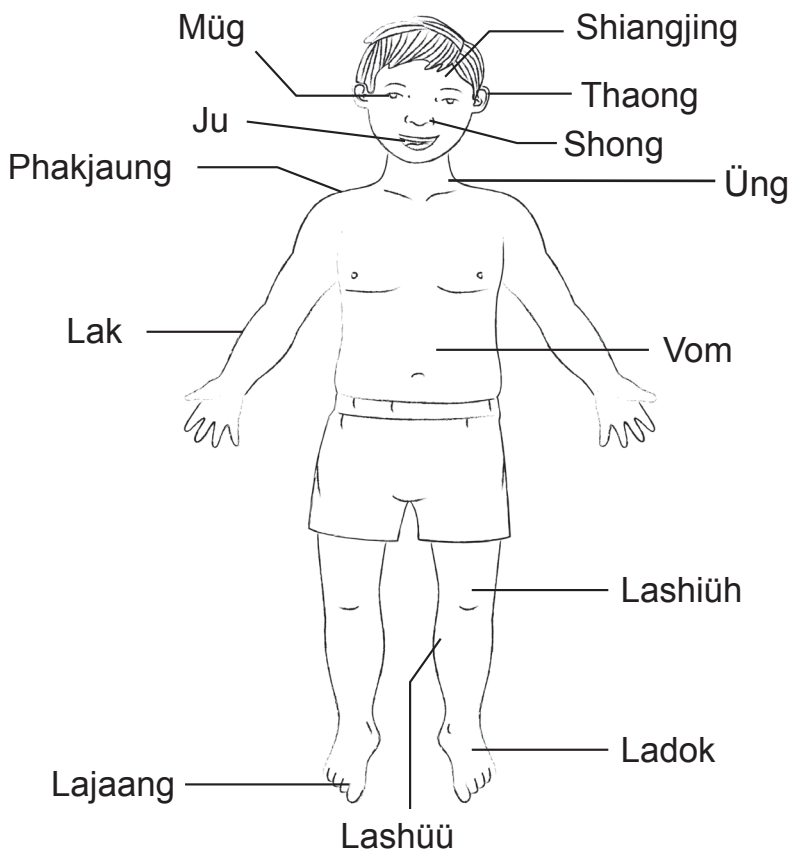
## IELHEM 4

# NGELEI BÜM - I

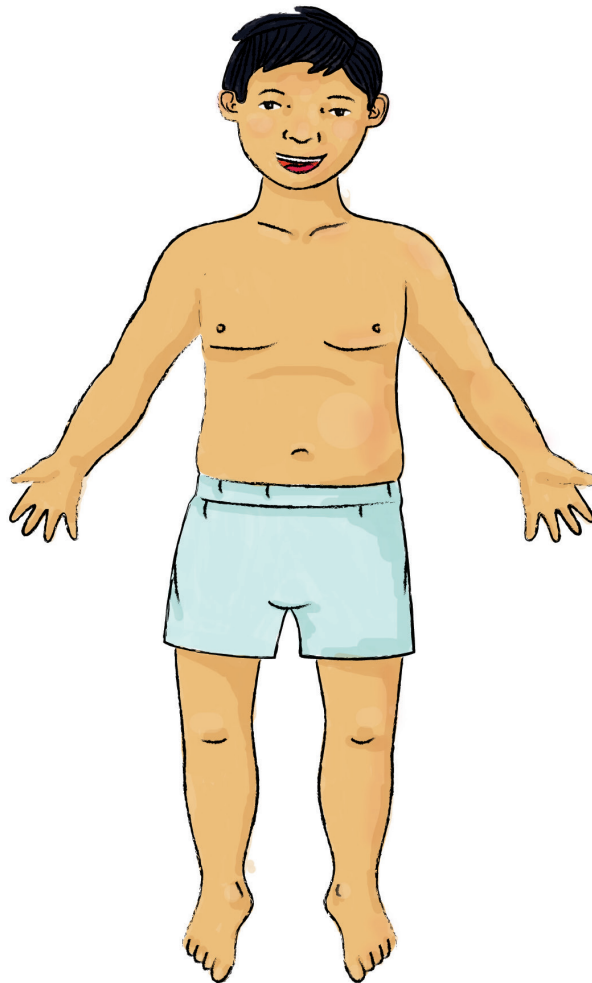
### Nyinghen müghung:

- A. Büm phaihen dhü lao lao hutuh.
- B. Büm phaihen dhü lao lao nyingtuh.
- C. Niüngei büm küpü phaihen dhü men jieüşhi nyiangtuh.
- D. Pheyei nyupü ielhem kü jieüşhingi lahtuh.
- E. Jenni nyiangei hadu iehen mhanshah.

Shuoh-ei nyupü lhachei kü niüngi ow shihtuh.



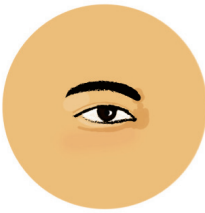
Shuoh-ei nyupü lhachei kü niüngi haadhü hutuh, shiang-jing, phakjaung, Lashiüh, müg, Thaong, shong, hadü Ju.



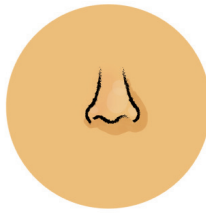
**Dükhen:**

A. Fah hapünyet (23) kü nyupü lhachei kü veyei. Büm phaihen lao lao vangmü ietuh.

B. Phangei shuoh-ei nyupü mendhü huwei nyiangtuh:



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_

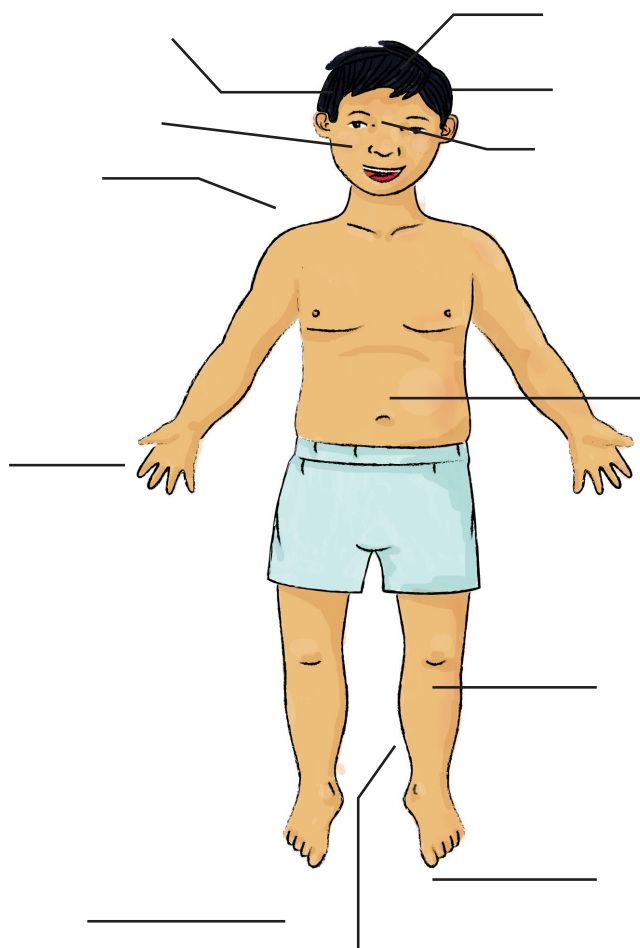


5. \_\_\_\_\_

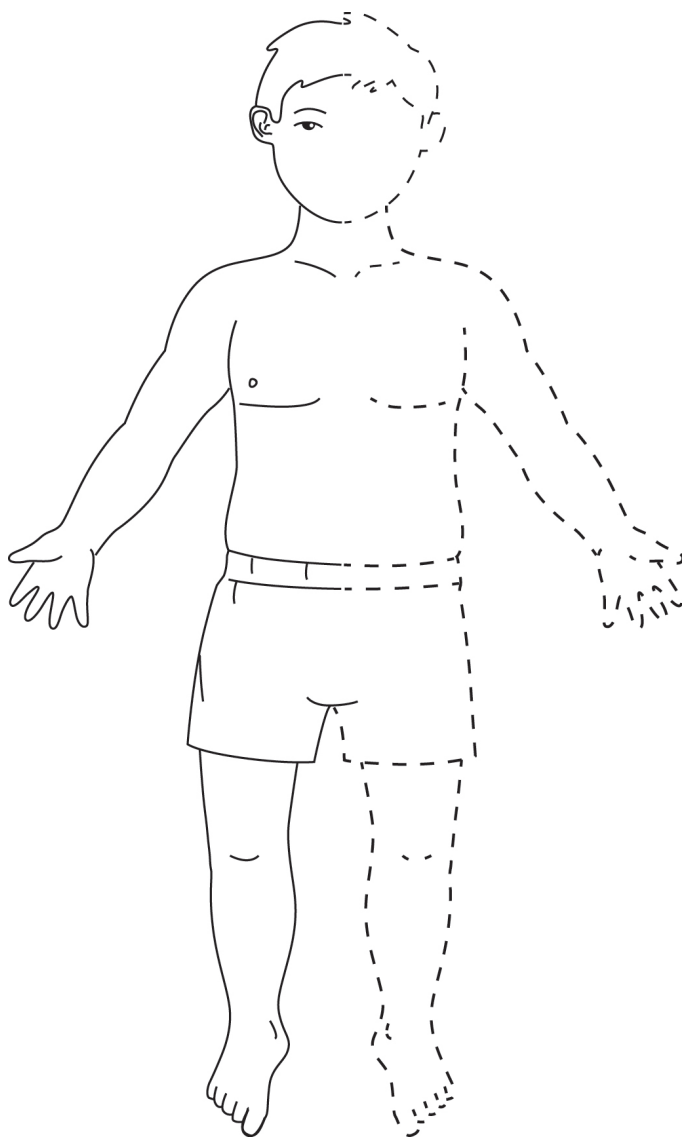


6. \_\_\_\_\_

C. Lhachei lao lao liüngtuh hadü shingkong nyupü kü men  
jieüshi nyiangtuh.



D. Hapa lhachei bakkei phaihen lao lao hutuh.



# IELHEM 5

## NGELEI SHEM

### Nyinghen müghung:

- A. Shemmei nyupü dung dhü lei men lao lao nyingtuh.
- B. Dung dhü lei men jieüshangi ngeü vammei ietuh.
- C. Dung dhü lei nyupü dao dhü lei men jieüshangi ngeü mü vammei ietuh.
- D. Ielhem pheepü kü phaja-i lahtuh.



Hapa yü phaonghuo awdep



Hapa yü shinshing



Hapa yü Hanghaa lakhen khaok



Hapa yü uoshing dung

## Dükhen:

A. Haadhü lhachei jong jaüteituh. Konnei nyupü shah jük dhü ietuh hadü jum mükkei noteinya jaüteituh.

B. Haadhü shahjük nyinghütuh hadü wongmü iehütuh hadü nyianghütuh.



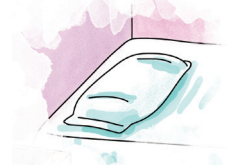
TV



Hanghadhit ashak



Yungdow



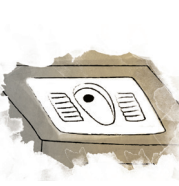
Shule



Khalep dük



Sapon



lhpet shoong



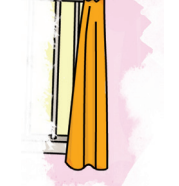
Dao tuhshing



Sofa Uoshing



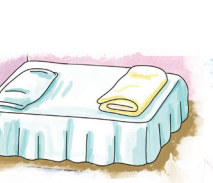
Awdep



Ashak



Lhachei



Lüüng



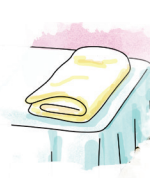
Jiü dük



Yungshung Chiam nükdük



Lüüng ashak





C. Lhachei ieyei veihütuh hadü jieüpü dung daowei tuh-hütuh.



Shinshing

Uoshing

Phonghuo  
awdep

Hanghaa  
lakhen khaok

|       |       |       |       |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

D. Ehen

Shahlhüng hük hi nyi mü niüngei shemmei niüngi lümpü shing  
jong classmate dhü kü jaüteituh.

# IELHEM 6

## BUNG KÜPÜ LIEN MENDHÜ



Nyinghen müghung:

- A. Bung küpü lien mendhü nyingtuh.
- B. Lien mendhü ngeü vammei meeishi ietuh.
- C. Bung küpü lien mendhü dhennei nyingtuh.
- D. Ielhem küpü pheepü kü phaja-i lahtuh.

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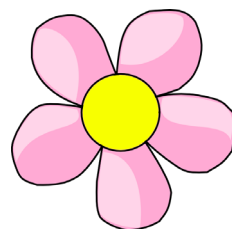
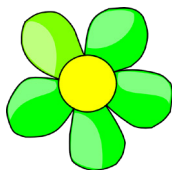
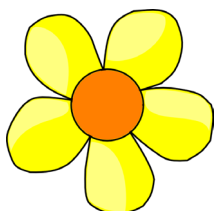
| Bung lien |    |   |    |    |    | Lii lien |   |    |    |    |    | Kakuk lien |   |    |    |    |    |
|-----------|----|---|----|----|----|----------|---|----|----|----|----|------------|---|----|----|----|----|
| Hathük    | 30 | 2 | 9  | 16 | 23 | Hathük   |   | 6  | 13 | 20 | 27 | Hathük     |   | 6  | 13 | 20 | 27 |
| Hatnyi    | 31 | 3 | 10 | 17 | 24 | Hatnyi   |   | 7  | 14 | 21 | 28 | Hatnyi     |   | 7  | 14 | 21 | 28 |
| Hatchem   |    | 4 | 11 | 18 | 25 | Hatchem  | 1 | 8  | 15 | 22 |    | Hatchem    | 1 | 8  | 15 | 22 | 29 |
| Hatalli   |    | 5 | 12 | 19 | 26 | Hatalli  | 2 | 9  | 16 | 23 |    | Hatalli    | 2 | 9  | 16 | 23 | 30 |
| Hatnga    |    | 6 | 13 | 20 | 27 | Hatnga   | 3 | 10 | 17 | 24 |    | Hatnga     | 3 | 10 | 17 | 24 | 31 |
| Hatvok    |    | 7 | 14 | 21 | 28 | Hatvok   | 4 | 11 | 18 | 25 |    | Hatvok     | 4 | 11 | 18 | 25 |    |
| Hat       | 1  | 8 | 15 | 22 | 29 | Hat      | 5 | 12 | 19 | 26 |    | Hat        | 5 | 12 | 19 | 26 |    |

| Monyü lien |   |   |    |    |    | Shiyaong lien |   |    |    |    |    | Nyionyü lien |   |    |    |    |    |
|------------|---|---|----|----|----|---------------|---|----|----|----|----|--------------|---|----|----|----|----|
| Hathük     |   | 3 | 10 | 17 | 24 | Hathük        | 1 | 8  | 15 | 22 | 29 | Hathük       |   | 5  | 12 | 19 | 26 |
| Hatnyi     |   | 4 | 11 | 18 | 25 | Hatnyi        | 2 | 9  | 16 | 23 | 30 | Hatnyi       |   | 6  | 13 | 20 | 27 |
| Hatchem    |   | 5 | 12 | 19 | 26 | Hatchem       | 3 | 10 | 17 | 24 | 31 | Hatchem      |   | 7  | 14 | 21 | 28 |
| Hatalli    |   | 6 | 13 | 20 | 27 | Hatalli       | 4 | 11 | 18 | 25 |    | Hatalli      | 1 | 8  | 15 | 22 | 29 |
| Hatnga     |   | 7 | 14 | 21 | 28 | Hatnga        | 5 | 12 | 19 | 26 |    | Hatnga       | 2 | 9  | 16 | 23 | 30 |
| Hatvok     | 1 | 8 | 15 | 22 | 29 | Hatvok        | 6 | 13 | 20 | 27 |    | Hatvok       | 3 | 10 | 17 | 24 |    |
| Hat        | 2 | 9 | 16 | 23 | 30 | Hat           | 7 | 14 | 21 | 28 |    | Hat          | 4 | 11 | 18 | 25 |    |

| Leeiha lien |    |   |    |    |    | Munyek lien |   |    |    |    |    | Tangshaüp lien |   |    |    |    |    |
|-------------|----|---|----|----|----|-------------|---|----|----|----|----|----------------|---|----|----|----|----|
| Hathük      | 31 | 3 | 10 | 17 | 24 | Hathük      |   | 7  | 14 | 21 | 28 | Hathük         |   | 4  | 11 | 18 | 25 |
| Hatnyi      |    | 4 | 11 | 18 | 25 | Hatnyi      | 1 | 8  | 15 | 22 | 29 | Hatnyi         |   | 5  | 12 | 19 | 26 |
| Hatchem     |    | 5 | 12 | 19 | 26 | Hatchem     | 2 | 9  | 16 | 23 | 30 | Hatchem        |   | 6  | 13 | 20 | 27 |
| Hatalli     |    | 6 | 13 | 20 | 27 | Hatalli     | 3 | 10 | 17 | 24 | 31 | Hatalli        |   | 7  | 14 | 21 | 28 |
| Hatnga      |    | 7 | 14 | 21 | 28 | Hatnga      | 4 | 11 | 18 | 25 |    | Hatnga         | 1 | 8  | 15 | 22 | 29 |
| Hatvok      | 1  | 8 | 15 | 22 | 29 | Hatvok      | 5 | 12 | 19 | 26 |    | Hatvok         | 2 | 9  | 16 | 23 | 30 |
| Hat         | 2  | 9 | 16 | 23 | 30 | Hat         | 6 | 13 | 20 | 27 |    | Hat            | 3 | 10 | 17 | 24 |    |

| Baang lein |    |   |    |    |    | Nyaü lien |   |    |    |    |    | Ketnyü lien |   |    |    |    |    |
|------------|----|---|----|----|----|-----------|---|----|----|----|----|-------------|---|----|----|----|----|
| Hathük     | 30 | 2 | 9  | 16 | 23 | Hathük    |   | 6  | 13 | 20 | 27 | Hathük      |   | 4  | 11 | 18 | 25 |
| Hatnyi     | 31 | 3 | 10 | 17 | 24 | Hatnyi    |   | 7  | 14 | 21 | 28 | Hatnyi      |   | 5  | 12 | 19 | 26 |
| Hatchem    |    | 4 | 11 | 18 | 25 | Hatchem   | 1 | 8  | 15 | 22 | 29 | Hatchem     |   | 6  | 13 | 20 | 27 |
| Hatalli    |    | 5 | 12 | 19 | 26 | Hatalli   | 2 | 9  | 16 | 23 | 30 | Hatalli     |   | 7  | 14 | 21 | 28 |
| Hatnga     |    | 6 | 13 | 20 | 27 | Hatnga    | 3 | 10 | 17 | 24 |    | Hatnga      | 1 | 8  | 15 | 22 | 29 |
| Hatvok     |    | 7 | 14 | 21 | 28 | Hatvok    | 4 | 11 | 18 | 25 |    | Hatvok      | 2 | 9  | 16 | 23 | 30 |
| Hat        | 1  | 8 | 15 | 22 | 29 | Hat       | 5 | 12 | 19 | 26 |    | Hat         | 3 | 10 | 17 | 24 | 31 |

Shangei hakla-i nyiangei nyupü dhü yü bung küpü lien mendhü.



## Haadhüyü:

**Hük bapü lien**  
JANUARY

**Nyi bapü lien**  
FEBRUARY

**Chem bapü lien**  
MARCH

**Alli bapü lien**  
APRIL

**Nga bapü lien**  
MAY

**Vok bapü lien**  
JUNE

**Nyet bapü lien**  
JULY

**Shet bapü lien**  
AUGUST

**Shiü bapü lien**  
SEPTEMBER

**Ann bapü lien**  
OCTOBER

**Annpühük bapü lien**  
NOVEMBER

**Annpünyi bapü lien**  
DECEMBER

- **Bung lien**

- **Lii lien**

- **Kakuk lien**

- **Monyiü lien**

- **Shiyaong lien**

- **Nyionyiü lien**

- **Leeiha lien**

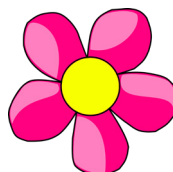
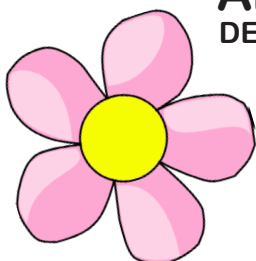
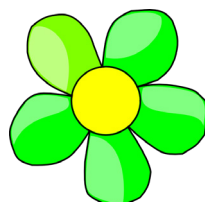
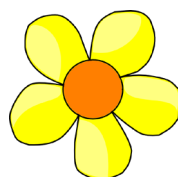
- **Munyek lien**

- **Tangshaüp lien**

- **Baang lien**

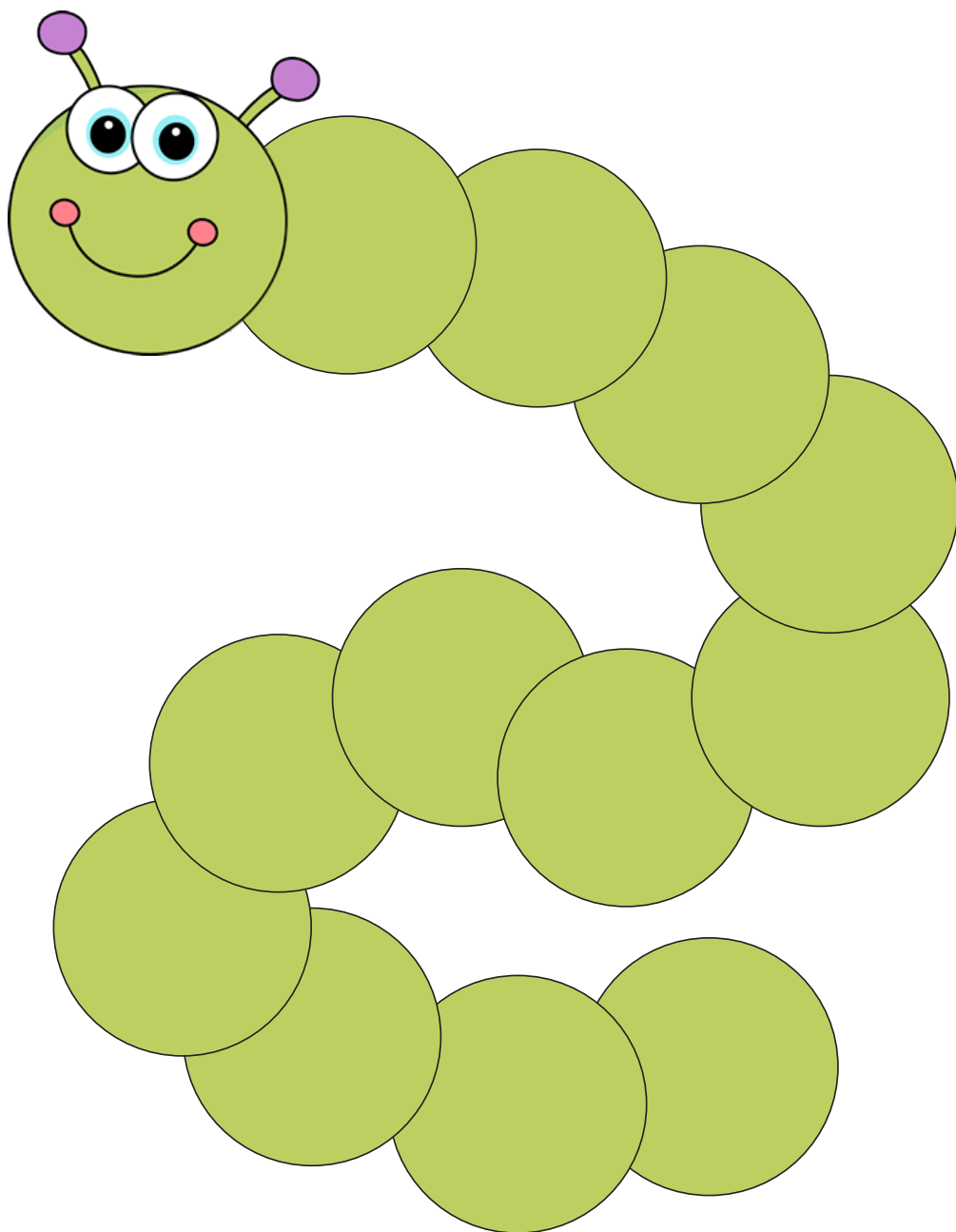
- **Nyiaü lien**

- **Ketnyiü lien**

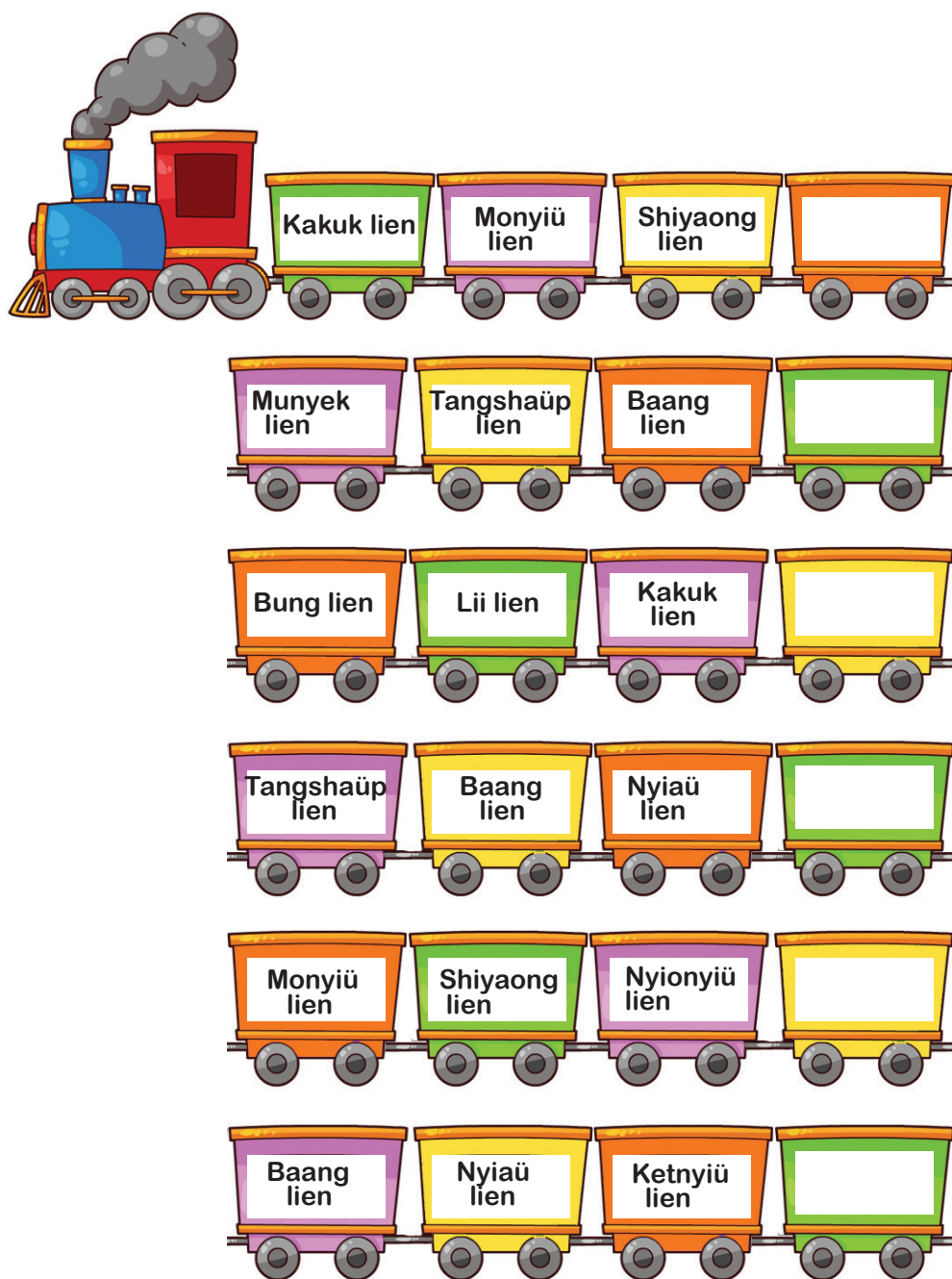


**Dükhen:**

A. Bung hük kü lienyang annpünyi lei men kon mongei  
nyiangtuh:



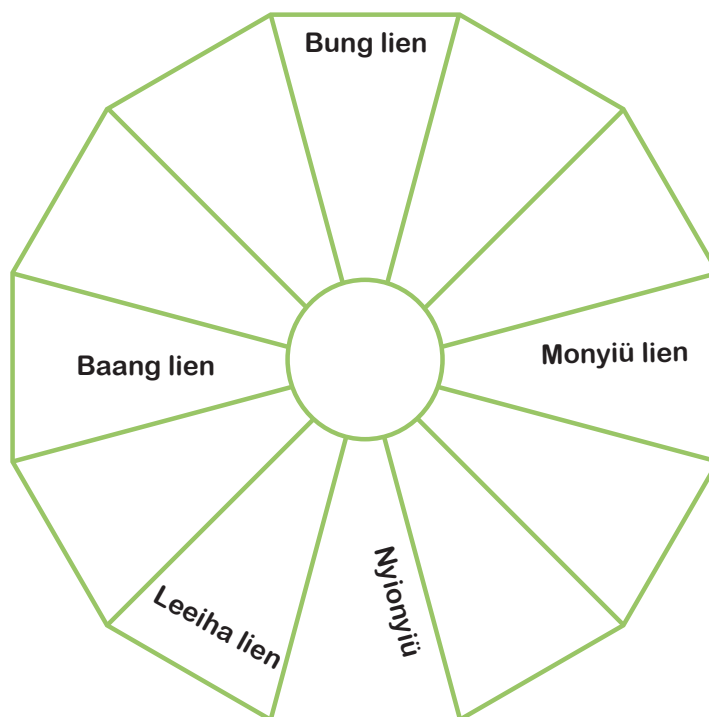
B. Mepa lien phei kü nepü lien peinya?



### C. Shingkong mahütuh

| Tohpü lien | Hapa lien      | Nepü lien   |
|------------|----------------|-------------|
| Baanglien  | Nyiaü lien     | Ketnyü lien |
|            | Munyek lien    |             |
|            | Lii lien       |             |
|            | Nyionyü        |             |
|            | Bung lien      |             |
|            | Monyü lien     |             |
|            | Tangshaüp lien |             |
|            | Kakuk lien     |             |
|            | Baang lien     |             |

### D. Kon mongei shinkong nyupü kü mahütuh.



## IELHEM 7

# HAM SHEM-AÜM - I

Nyinghen müghung:

- A. Am shahmü men nyingtuh, onyiü, opa, ojei, onyna.
- B. Nyangkuk jieüshangi ietuh.
- C. Hapa ielhem kü shenpü phaja-i lahtuh.
- D. Shemmongshaa jong nyiangtuh.



Ngei yü Moiloi.  
Ngei ham shem-aüm mü  
nyunyeih.  
Iy mü shenteipü dhü chemmi  
nyupü kü shemmongshaa  
shei nyüknyeih.



Hapa yü ngelei Opa, Onyiü,  
Jehinaü.  
Hadü nyiahinaü.  
Ham beü shemhük kü chemmi  
mongong kü nyunyeih.





Opa-i kah dao  
düknyeih.

Onyiü-i shem  
dao düknyeih.  
Jummi ngei kü  
pamnyeih,  
Hadü  
jongphünyeih.



## Dükhen:

### A. Pheepü kü lahtuh.

1. Amei shemmei shennyiak meshük nyüpa?
2. Ampa-i mepa düknya?
3. Annyiü-i mehe düknya?
4. Am shemmei jehinaü hadü nyiahinaü nyella?
5. Amei shemmei nyupü shennyiak dhü pamteipü hadü jongteipü nyunyella?

### B. Shem-aüm dhü nyinghütuh.

1. Hapa ngelei \_\_\_\_\_



2. Hapa ngelei \_\_\_\_\_



3. Hapa ngelei \_\_\_\_\_



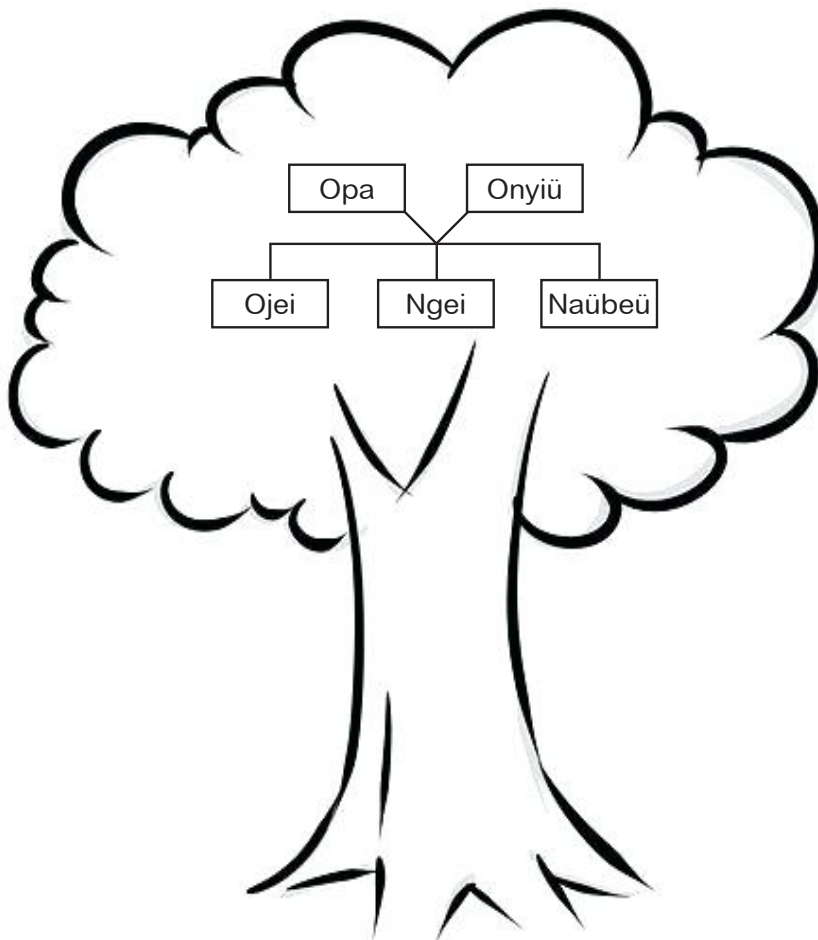
4. Hapa ngelei \_\_\_\_\_



### C. Jaüteihen

- i) Class kü niüngi shemmei mehe hean nevaijü dao düknya ha jaüteituh.
- ii) Niüngi küphü hük jeyei shem-aüm akü üpa kü niüngi longi kennei deihnya ha jong jaüteituh.

### D. Shemmongshaa püü baktuh. Labpü hapakei



## IELHEM 8

# MAANPÜ NYAH (VAANYAAÜ)

Nyinghen müghung:

- A. Hapa vaanyaaü üng kü jieü-ei ietuh.
- B. Vaanyaaü kü nyupü nyingei pheepü shah kü lahtuh

Nyah yungmongei  
Hük, nyi, chem.  
Nyah yungmongei  
Owtü, owtü, owtü.

Nyah yungmongei  
Ow-wei heihtü leei  
Nyah yungmongei  
Daitü, daitü, daitü.



**Dükhen:**

A. Hapa vaanyaaü ghongi ietuh hadü nyi nyi-i yao ietuh

B. Vaanyaaü kü nyupü daolem nyi kü ow shihtuh.

C. Pheepü shah kü lahtuh

1. Vaanyaaü kü nyah meshük jong enya?
2. Yung mongei nyah mehe düknya?

D. Nyah lem lao lao nyüpeih. Niüngi hingmei eepü dhü kü doituh(circle)



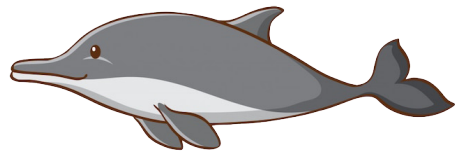
Eel



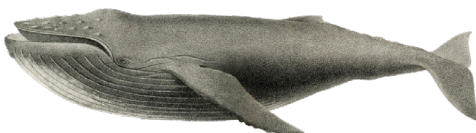
Catfish



Mackerel



Dolphin



Whale



Salmon





## 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"**