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# "KUYAMBITSA M'GWIRIZANO"

Zoyenera kutsata pa maphuriziro a zaukhondo m'imadela momwe muli madzi a m'mipope



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The centre aims to ensure the availability and use of appropriate knowledge and information in the water, sanitation and environment sector in developing countries.

Activities include capacity development for information management, exchange of available knowledge and information, and development and transfer of new knowledge on priority issues. All activities take place in partnership with organizations in developing countries, United Nations organizations, bilateral donors, development banks, and non-governmental organizations.

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The multi-disciplinary staff provides support through development and demonstration projects, training and education, publications, documentation services, general information dissemination as well as through advisory services and evaluation.

For further information:

IRC  
P.O. Box 93190  
2509 AD The Hague  
The Netherlands

Telephone: +31 - (0)70-33 141 33  
Telefax : +31 - (0)70-38 140 34  
Telex 33296 irc nl  
Cable Worldwater, The Hague

**"KUYAMBITSA M'GWIRIZANO"**

**ZOYENERA KUTSATA PA  
MAPHUNZIRO A ZAUKHONDO  
M'MADELA MOMWE MULI MADZI A M'MIPOPE**

**Makamaka madzi am'mipopi  
yomwe anthu amamwa m'magulu**

**M'nkonzi:  
Marieke T. Boot  
Consultant**

**Wamasulira m'Chichewa**

**Fabiano Kwaule**

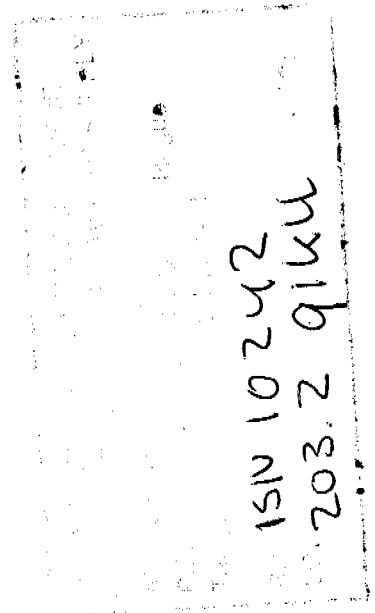
**Frank Malembetsa**

**Jennings M. Kayira**

**ndi**

**McDonald I. Kanyangale**

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# MAU OTSOGOLELA

## *Chiyambi*

Masiku ano anthu akukhala akunena za njira zabwino zofuna kutsata popeleka madzi ndikuphunzitsa ukhondo kwa anthu m'midzi : Njira zoyambitsira limodzi madzi aukhondo, maphunziro a ukhondo wapathupi ndi pakhomo. Komabe ngakhale izi zikudziwika bwino lomwe, njira imeneyi sikutsatidwabe.

Choyenela kudziwa ndi chakuti ngati tifuna kuti madzi ndi njira za ukhondo zomwe tifuna kuzipeleka kwa anthu zizagwire ntchito nthawi yaitali, tiyenera kuganizira bwino za momwe tidzayendetsere ntchitoyi, mkhalidwe ndi kupata kwaanthu amene tifuna kuwathandizawo, ndiponso kuonetsetsa ngati anthuwo angathe kuyendetsa okha madzi ndi njira za ukhondo zomwe tikuwakanzelazo. Pokha pokha ngati zonsezi taziganizila bwino lomwe, ndiye kuti chitukuko chomwe tikufuna tiwapatse anthuchi chidzawapindulira.

A ku IRC ku Holland akhala akufufuza fufuza ndi ku ganizila njira zatsopano zoyenera kutsata pa chitukuko cha miyoyo ya anthu kwa zaka za mbiri. Kudzera mu buku iri, a IRC akufuna kusonyeza za kulumikizana kumene kulipo pakati pa madzi, ukhondo ndi umoyo wa anthu. Komanso akufuna kusonyeza kulumikizana komwe kulipo pakati pa maphunziro a ukhondo ndi mbali zina zonse za chitukuko.

Maphunziro a ukhondo ndiofunikiradi monga mbali imodzi ya chitukuko. Choncho kuwathandiza anthu kuti adzindikire kulumikizana kwa madzi a m'mipope, ndi mkhalidwe wao watsiku ndi tsiku ndi umoyo, kukhoza kuthandiza kuti anthu adzindikire kuti chitukukocho ndi chawodi ndi kutinso apindule ndi chitukuko chotere.

### *Chitukuko cha mipope (Public Standpost Water Supplies Project)*

Njira ya makono yopelekera madzi a m'mipope yakhala ikupititsidwa mtsogolo kudzela mu pulojekiti ya chitukuko cha madzi a m'mipope ya Public Standpost Water Supplies, yomwe yakhala ikulandira chithandizo kuchokera ku boma la Netherlands kudzela ku IRC. Pulojekiti yotereyi yakhala ikuchitikanso ku Zambia, Sri-Lanka ndi ku Indonesia. Bukhu lino linalembedwa ndi cholinga chothandiza chitukukochi m'maiko anayiwa.

Komabe malangizowa alembedwa mwa njira yoti akhoza kugwiritsidwa ntchito ndi wina aliyense amene ali ndi chidwi ndi chitukuko cha mtundu wina uli wonse.

Bukhuli ndi limodzi mwa mabukhu angapo omwe a IRC alembapo pofuna kuthandiza kupititsa mtsogolo chitukuko cha madzi.

### *Malangizo*

Matenda ambiri amabwera chifukwa cha madzi kapena zimbudzi, choncho madzi abwino ndinso okwanila ndi zimbudzi zabwino zaukhondo ndizofunikila potukula umoyo wa anthu.

Madzi abwino paokha ndi zimbudzi pazokha sizingathandize paumoyo wa anthu, ngati anthuwo sadziwa kugwiritsa bwino ntchito madzi ndi zimbudzi. Choncho nkofunika kuti padzikhala maphunziro aukhondo. Malangizo omwe ali m'bukhu lino ndi wofuna kuthandiza anthu amene ali ndi udindo woyendetsa ntchito imeneyi.

Zolinga zeni zeni za malangizo omwe ali m'bukhu lino ndizo kulongosola momveka za:

1. Kutukula umoyo wa anthu m'mizi powalora kuti iwo wokha adzigwirile ntchito paokha.
2. Kuchepetsa matenda okhuzana ndi madzi ndi ukhondo.
3. Njira zomwe matenda okhuzana ndi madzi ndi ukhondo amafalikira.
4. Maphunziro a ukhondo ndi zipangioo zophunzitsira.

Malangizo omwe ali m'bukhuli akonzedwa kuti athandize alangizi omwe ali ndi udindo wotukula miyoyo ya anthu m'midzi (kudzanso aphunzitsi awo ndiwowayang'anira pa ntchito yao). Ndiponso anthu ena onse omwe amakhuzidwa ndi ntchito ya mipope ya m'midzi.

Malangizowa akhoza kugwiritsidwa ntchito iriyonse, makanso potukula maphunziro a za ukhondo. Tikhulupirila kuti mtsogolo muno anthu ambiri adzagwiritsa ntchito bukhuli pa ntchito zao zosiyana siyana.

Bukhuli mwachitsanzo likhoza kuthandiza anthu opanga mapulani a chitukuko, ma injiniara, amisiri ndi ena otero, kuti athe kuzindikira kufunika kwache kwa madzi abwino ndi ukhondo wabwino.

Ogwira ntchito za umoyo akhoza kupeza mu bukhu ili njira za bwino zolewera matenda okhuzana ndi madzi ndi ukhondo.

Aphunzitsi akhozanso kupeza mfundo zowathandiza pa maphunziro a zaukhondo m'masukulu mwawo.

Malangizowa tikhoza kunena kuti ndi poyambira nkhani zokhuzana ndi madzi ndi ukhondo. Aliyense akhoza kugwiritsa ntchito malinga ndi m'mene angafunire. Mfundo zonse zalongosoledwa momveka bwino kotero kuti kumasurila mudzinenero zina mkosabvuta.

Sikofunikira kupempha kwa eni olemba bukhuli, IRC ngati mufuna kumasulira kapena kugwiritsa ntchito gawo la bukhuli, chofunika ndi kufotokoza bwino bwino kuti wolemba bukhuli ndi a IRC.

Pomaliza tikufuna kunenetsa kuti chinthu chachikulu kwambiri pa nkhani ya ukhondo, simalangizo oterewa kapena zipangizo zophunzitsila ai, koma ALANGIZI eni ache. Polangiza anthu kuti asinthe mkhalidwe ndipo kuonetsetsa kuti mlatho wa pakati pa madzi abwino ndi ukhondo, zili kuthandiza kuti anthu akhale ndi umoyo wabwino.

Ife tikukhulupilira kuti bukhuli lipititsa mtsogolo ntchito yotereyi.

Michael Seager

Public Standpost Water Supplies Project

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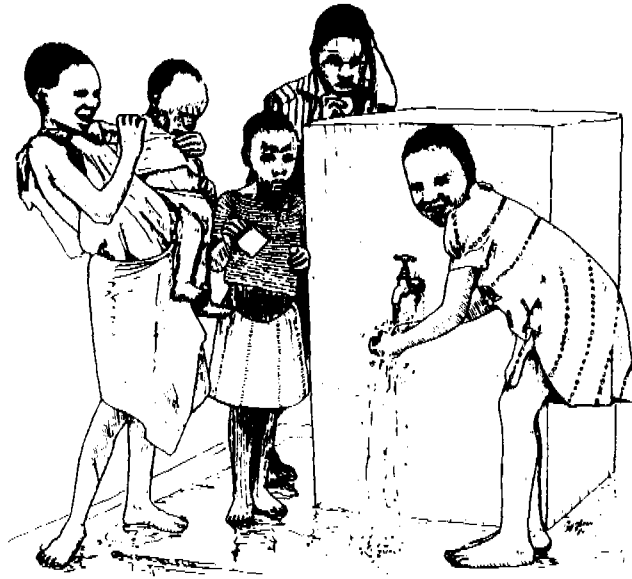


## MAU OYAMBIRIRA

Matenda ambiri amafarika ndi madzi ndiponso kusakhala aukhondo. Ena mwamatenda amtundu umenewu ndi matenda otsekula m'mimba, matenda obwera ndi nyongolotsi, matenda a pakhungu, matenda a maso ndiponso matenda obwera chifukwa chatizilombo toluma monga udzudzu.

Madzi osamalidwa bwino ndiponso zipangizo za ukhondo monga mipopi ndi zimbudzi zikhoza kuthandiza kulewa matenda amtundu umenewu. Koma kukhala ndi zipangizo zatsopano zotere sinjira yokhayo yopewela matenda obwera chifukwa cha madzi ndiponso kuchepa kwaukhondo ayi.

Matendawa angathenso kulewedwa pokhala ndi mkhalidwe wa ukhondo. Mkhalidwe waunkhondowu ndi monga; kusamba m'manja, kusamba m'thupi, kutsuka zakudya, kusamala zimbudzi ndi zina zotero.



Bukhuli likulongosola njira zomwe anthu angatsate kuti apititse mtsongolo khalidwe laukhondo. Tayesetsa kupereka dongosolo lofunika popititsa mtsogolo ukhondo m'midzi mwathu.

Poti sitikudziwa momwe mudazamila ndi maphunziro anu ndiponso momwe nzeru zanu zirili pa za ukhondo, mwina ndi mwina mupeza kuti bukhuli silonthandiza kwenikweni. Choncho powerenga sankhani zimene zingathe kukuthandizani.

Mokuthandizani kusankha zimene zikhoza kukhala zofunika kwa inu, tagawa bukhuli mu zigawo zinayi motere:

1. Kupititsa mtsogolo moyo waukhondo m'midzi.
2. Kupewa matenda amene angadze chifukwa chakumwa madzi oyipa ndiponso kukhala aubve;

3. Njira zimene matenda amene amadza pakumwa madzi woyipa ndi kukhala aubve angafalitsidwire;
4. Maphunziro azaukhondo ndizipangizo zophunzitsira anthu m'mene angalewere matenda.

Gawo loyamba likulongosola m'mene tingapititsire mtsongolo ukhondo m'midzi mwanjira yophunzitsa anthuwo maphunziro azaukhondo. Gawo limeneli ndilofunika kwambiri kotero kuti magawo enawa angophera ndemanga pagawo loyambali.

Gawo lachiwiri likukamba za njira zimene anthu angatsatire popewa matenda amene amadza chifukwa chakumwa madzi woyipa ndi kuchepa kwaukhondo.

Gawo lachitatu likufotokoza mwachidule matenda amene amafalitsidwa chifukwa cha madzi ndi kusakhala aukhondo ndinso njira zimene amafalikira. Gawo ili likupereka nzeru zokhuzana ndi matenda awa ndiponso m'mene amadzera.

Pomaliza penipeni, gawo lachinayi likupereka nzeru zotukula ndinso kupititsa mtsogolo kagwiritsidwe ntchito ka zipangizo zimene zingathe kuthandiza anthu kuti adziwe za ukhondo.

Mudongosolo ili tafotokoza kwambiri zamadzi a m'mipopi omwa magulu. Izi ziri choncho chifukwa bukhu lidalembedwa ndicholinga choti lizigwiritsidwa ntchito ndi kuthandiza anthu amene amamwa madzi m'malo amenewa.

Tikukhulupilira kuti mfundo zimene zili m'bukumu zikuthandizani mukakonzedwe ndi kayendetsedwe ka maphunziro a ukhondo m'magulu anu. Tikupemphani kuti mutidziwitse za zomwe mukuziona ndikuchita kuti zitithandize pakakonzedwe ka dongosolo lina lomwe lingakhale lothandiza.



# 1. *Kupititsa Mtsogolo Moyo Waukhondo M' midzi Mwathu*

M'gawo ili tilongosola m'mene tingapititsire mtsogolo khalidwe la ukhondo kuti madzi a mumipopi ndi zipangizo zina zaukhondo zikhale zothandiza. Mwachidule chigawo ichi tachigawa motere:

- 1.1 Momwe tingabweretsere kusintha kwa khalidwe;
- 1.2 Kuyamba kwa maphunziro aukhondo;
- 1.3 Kakonedwe ndi kayendetsedwe ka maphunziro aukhondo.

## 1.1 Momwe tingabweretsere kusintha kwa mkhalidwe

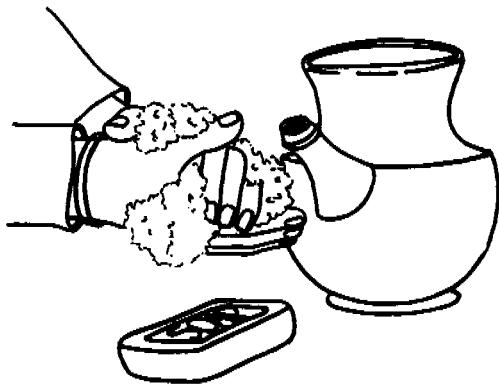
### 1.1.1 *Kutengera machitidwe atsopano*

Tiyeni tiganizire pang'ono momwe tingapititsire mtsogolo kusamba m'manja kwa anthu omwe sanazolowere machitidwe amenewa. Tingathe kuitanitsa msokhano ndikukamba nawo anthu motere:

Chonde tamverani amayi ndi abambo', matenda otsegula m'mimba amadza ndi tizirombo tating'ono ting'ono totchedwa majeremusi. Tizirombo iti timafalika kudzela m'zala zanu kotero tisaiwale kusamba m'manja ngati tachokera kuchimbudzi ndiponso tisambe m'manja tisagwire chakudya chilichonse.

Kusamba m'manja kumateteza matenda otsegula m'mimba.

Mwina kuti zimveke kwenikweni tingathe kuonetsa zithunzi zamomwe matendawa amafalikira. Tingathenso kuwaonetsa zithunzi zabanja laukhondo ndi losangalala lomwe lili ndichizolowezi chosamba m'manja.



Kodi inu mukuganiza bwanji za njira imeneyi? Kuyambira tsopano kodi anthu onse adzasamba m'manja? Sichoncho ayi, pakuti izi zaoneka kuti sizinagwire ntchito bwino.

Kwa anthu ambiri kungowalankhula chabe sikungapangitse iwo kutsatira zomwe zanedwa. Kukamba zatizirombo tating'ono ting'ono tosaoneka ndimaso ndi chinthu chachilendo kwa iwo.

Anthu angakhale ndi chilakolako chokhulupilira zomwe zakambidwazo koma sachedwa kuiwala chifukwa palibe chomwe chingawakumbutse zakuopysa kwa tiziromboti. Tisakambe zatizirombo ngati tifotokoza za momwe matenda otsegula m'mimba abwerera kwa ana athu kapena amnzathu. Koma timati:

Auje kapena wakuti wadwala matenda otsegula m'mimba chifukwa .....". Kenaka timafotokoza zina mwazifukwa zomupangitsa kuti adwale.

Tonsefe tili ndi maganizo a momwe matenda otsengula m'mimba amabwerera. Maganizowa akhoza kukhala okhoza kapena olakwika malingana ndi momwe adziwila anthu a zachipatala, koma chofunika kudziwa nchakuti maganizo awa amachokera pazomwe timachita tsiku ndi tsiku. Zimenezi ndizomwe zimatipangitsa kuti tikhale ndi khalidwe lotere.

## **NJIRA ZOFOTOKOZA M'MENE MATENDA AMAFALIKIRA: CHITSANZO\***

Amayi akumvetsera kwa mlangizi wa zaukhondo yemwe akufotokoza zomwe zabweretsa matenda otsegula m'mimba kwa mwana wake ndi m'mene iye angathe kupewela matenda. Koma iye sakumvetsa kuti ntchentche ndi zimene zabweretsa matenda kwa mwana wake.



Iye sanayambe waonapo tizirombo tating'ono ting'ono totchedwa majeremusi. Pamapeto ake mayiyo akuthokoza mlangizi wa za ukhondoyo. Koma osachita kanthu kalikonse kuti alewe ntchentchezo.

Kawiri kawiri anthu sabvomereza maganizo atsopano mpakana atazindikira kuti ndiwofunika pa moyo wawo. Anthu amamvetsa nzeru zatsopano ngati akhutitsidwa kuti zikufanana ndi zinthu zimene amazidziwa kale. Tiyeni tione chitsanzo ichi:

*"Kodi muli ndi mapazi?"*

*"Inde!" (Mapazi akusonyezedwa kwa munthuyo moseka).*

*"Ngati mwaponda zoipa, kodi zina zimakhallira kumapazi anu?"*

*"Inde!"*

*Ngati mulowa m'nyumba mutachoka pamenepo kodi zoipa zimapakika pansu m'nyumba mwanumo?"*

*"Inde, ngati zoipazo sizinali zowuma!"*

*Kodi mukuganiza kuti m'njira imene inu mumanyamulira zoipa kumapazi kwanuko ndi m'menendo ntchentche zimanyamulira zoipa kumapazi kwawo?*

*"Inde".*

....Motero kukambirana kukhoza kupitira ....

Pakulinganiza maganizo monga tachitira pa mwambapa zikhoza kuthandiza anthu kuti amvetse maganizo a tsopano. Kulinganiza maganizo kukhoza kuchitika m'njira zambiri monga nkhani, zisudzo, kanema ndi zina zotero. (Onani gawo la chinayi).

Motero ngati tifuna kuwaphunzitsa anthu za kusamba m'manja, zidzakhala zothandiza kwambiri ngati tiyamba ndi zimene amachita pamoyo wawo wa tsiku ndi tsiku ndiponso tiwaphunzitse m'chinenero chawo. Sizingakhale zothandiza kuphunzitsa anthuwo maganizo atsopano ngati anthuwo sangathe kutsatira njira zatsopano.

Komanso ngakhale anthuwo atakhulupilira kuti kusamba m'manja ndi chinthu chabwino ife sitingathe kukhulupilira kuti anthuwo atsatiladi njira zatsopanozo chifukwa chakungolankhulako ayi.

Nanga nchifukwa chiyani anthuwo sangatsatire njira zatsopanozo? Anthuwo akapita kwawo mutatha kukambilana nawo za kufunika kwake kotsatila njira zatsopano zaukhondo, angathe kupitilizabe zimene amachita masiku onse.

Anthuwo angathe kuganiza kuti ndibwinodi kusamba m'manja atachoka kuchimbuzi kapena asanagwire chakudya chilichonse, komabe pamaoneka kuti anthuwo amapitiriza machitidwe awo amasiku onse.

Izi zili choncho popeza kuti pali zifukwa zambiri zimene zimatipangitsa ife kuti tisambe m'manja ngakhale tikudziwa kuti ndibwino kutero.

Choncho palikusiyana pakati pa *KUDZIWA* zimene zili zabwino pa moyo wathu ndi *KUCHITA* zabwinozo.

Kawirikawiri timaiwala kusiyana kwa pakati pa kudziwa ndi kuchita.

Maphunziro azaukhondo ambiri amakhala ndi malingaliro akuti pamene malangizo abwino apelekedwa ndiye kuti zosatira zake zimakhalanso zabwino koma kutereku sikukhoza ayi.

Nkhani ili pamwambayi ikuonetsa kuti ife sitingathe kuwapangitsa anthu kuti adzisamba m'manja pakuwalangiza kuti azitero chabe ayi. Nanga china choyenera kuti tingachite ndichiyani?



Tiyeni tionenso chitsanzo china ndikuyesa kukambilana njira zomwe zingawathandize anthu kutsatila mkhalidwe waukhondo.

Anthu ambiri amadziwa bwino za kuwopsya kosamba kapena kuchapa zobvala m'madzi m'mene muli tizirombo talikodzo. N'chifukwa chiyani nanga anthu amalowa m'madzi oterewa pamene akudziwa za kuwopsya kwa madziwo? Pangakhale zifukwa zambiri zimene zimapangitsa izi.

Chifukwa chimodzi ndi choti anthuwo samadwala nthawi yomweyo akasamba kapena kuchapa zobvala m'madzi woipa aja.

Koma mwina chifukwa chachikulu chodziwika nchoti anthu amenewa amakhala atazolowela kusamba, kapena kuchapa zovala m'madzi amenewa ndipo amawona chapafupi ndiponso chosavuta kutero. Chifukwa china nkukhala kuti ngati tinazolowera kuchita chinthu m'njira inayake sitimachiona ngati choyipa. Mwinanso nkutheka kuti anthuwa amakhala ndi maganizo olakwika oti angathe kuyera bwino pokhapokha ngati amiza thupi lawo lonse m'madzimo, kapena zovala zawo zikhoza kuyera ngati azinyika m'madzi oterewo.

### *1.1.2 Njira zothandiza anthu kutsata machitidwe atsopano*

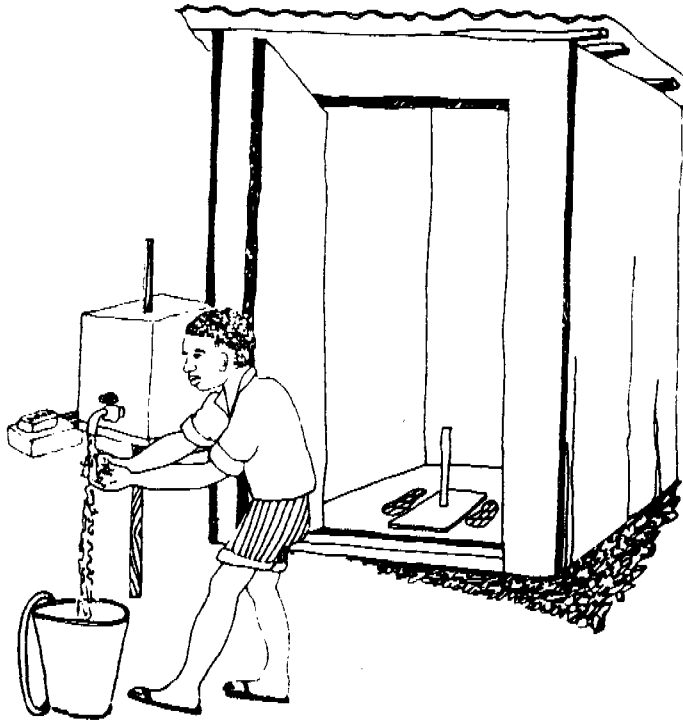
M'ndime yapitayi tinayesa kulongosola za njira zimene zingathandize anthu kutsatira malangizo aukhondo atsopano. Motero kuti *kusatangwanitsa, kusabvuta m'magwiritsidwe ndi kupezeka pafupi* kwa chinthu ndi zofunika kuti anthu athe kutengera mchitidwe watsopano.

Choncho mipopi ikhoza kugwiritsidwa ntchito ngati ndiyosabvuta kugwiritsa ntchito kwake ndiponso ngati imatulutsa madzi kosalekeza. Kusamba m'manja ndi chinthu choti anthu angathe kuchitsatira mosabvuta ngati madzi apezeka pafupi.

Kuchapa ndi kusamba pa mipopi ndi chinthu chomwe anthu angachite ngati mipopi ipezeka pafupi, ibweretsa madzi ambiri mosalekeza ndiponso anthu sachedwa poyembekeza kuti atunge madziwo.

Ndibwino kukamba za m'mene anthu angatsatire makhalidwe aukhondo atsopano kusiyana ndikungokamba zakafalikidwe ka matenda. Mwachitsanzo, ndi malo ati abwino omwe mipopi ingayikidwe kuti aliyense athe kumatunga madziwo mosabvutikira.

Nanga ndi mipopi ingati imene yikufunika pofuna kuchepetsa nthawi yodikilira kuti anthu atunge madzi? Kodi tingayike bwanji mipopi kuti anthu athe kusamba m'manja akachoka m'chimbudzi? Kodi tingamange bwanji ndiponso pamalo ati zipangizo zosambira ndi zochapira zomwe kuti anthu atengere m'khalidwe waukhondo?



*Madzi akakhala pafupi, nkwapafupi kuti anthu azolowere zosamba m,manja pochoka ku chimbudzi.*

Pali njira zambiri zimene zingathandize kuti anthu atsatile machitidwe atsopano. Patsamba la kumbuyoku tafotokoza kuti zinthu zimene anthu amaona ndi kuchita tsiku ndi tsiku ndi zomwe zimawapangitsa kuti akhale ndi khalidwe lomwe ali nalo.

Ndichifukwa chake ndikofunika kwambiri kuti maphunziro a ukhondo azigwiritsa ntchito zomwe anthu amachita ndikuona tsiku ndi tsiku kuti apite mtsongolo. Tikhoza kulimbikitsa izi powauza anthu zaubwino wamchitidwewu. Tatiyeni tione chitsanzo chopititsa mtsongolo khalidwe losamba m'manja.

Anthu ambiri amagwiritsa ntchito dzanja la kumanzere pogwira zonyasa ndinso dzanja la manja pogwira zinthu zabwino monga zakudya. Tingalimbikitse mkhalidwe wabwinowu pokambirana ndi anthu motere:

"Ndizinthu ziti zomwe mumagwira ndi dzanja lanu la manja? Nanga la manzere? Kodi simugwiritsa dzanja la manzere pokonza chakudya kapena kudya kumene?"

Njira imeneyi ikugwiritsa ntchito zomwe anthu amaziona ndi kudzychita tsiku ndi tsiku ndipo ikuthandiza kufotokoza bwino zakufunika kosamba m'manja.





.....kugawana nzeru ndi kukambilana za chitukuko.

### **Kulemekezeka**

Kulemekezeka ndi chinthu chimodzi chomwe chingathe kupangitsa anthu kuti atengere makhalidwe atsopano. Chitsanzo chodziwika bwino ndi chimbudzi.

Kawiri-kawiri anthu akamamanga chimbudzi sakhala ndicholinga chopititsa mtsongolo moyo waukhondo ayi, koma kufuna kupeza ulemu kuchokera kwa anzawo.

Ngati kufuna kupeza ulemu kuchokera kwa anthu ena ndi chifukwa chimene chimawapangitsa iwo kuti amange zimbudzi, tiyenela kuonetsetsa kuti zimbudzizo zikugwiritsidwa ntchito moyenera osati kungopereka ulemu chabe.

*Anthu ofunika kapena woonetsa chitsanzo chabwino chaukhondo (olemekezeka) akhoza kuthandiza kuti anthu atengere makhalidwe abwino. Izi zikhoza kuchitika ngati anthuwo alimbikitsa kusintha mkhalidwe ndi kupereka zitsanzo zoyenera, choncho anthu ena akhoza kukhala ndi chidwi kuti ayesere.*

Komabe pali njira zina zambiri zomwe zingathe kupititsa mtsongolo mchitidwe waukhondo. M'ndime zapitazi takambamo maganizo othandiza ndiponso ena akubwera mchigawo chachinayi pamene tidzakamba za kagwiritsidwe ntchito kazipangizo monga kanema popititsa mtsongolo khalidwe la ukhondo. *Ngakhale zili choncho njira yabwino kwambiri popititsa mtsogolo kasinthidwe ka khalidwe ndikuphunzira kuchokera kwa amnzathu m'malo momwe tikukhala.*

## **1.2 Kuyamba kwa maphunziro a ukhondo**

### **1.2.1 Kuyendetsa maphunziro a ukhondo pamodzi ndi ntchito zina za chitukuko**

Pali phindu lalikuru poyendetsa maphunziro a ukhondo pamodzi ndi ntchito zina monga za madzi ndi ukhondo. Izi zikhoza kukhala choncho maka maka pamayambiriro penipeni pa ntchito.

Ubwino wake wagona pazifukwa izi:

*Choyambilira*, njira iyi siyimatenga nthawi komanso siyidzetsa chisokonezo poti ntchitozo zimayendera pamodzi.

*Chachiwiri*, kuyendetsa ntchito pamodzi kumapangitsa anthu kuti atenge nawo mbali pakakonzedwe ndinso kayendetsedwe kake. Ichi nchofunika kwambiri popeza kuti ndi anthu omwewo amene anganene za malo oyenera kuyikapo mipopi ndi zipangizo zina zaukhondo.

Monga tanena kale, kusavuta kugwiritsa ntchito ndi kapezekedwe pafupi kwa chinthu ndi zofunika kwambiri kuti anthu atengere m'chitidwe watsopano. Izi zingapangitse anthu ambiri kuti atenge mbali m'ntchito zaukhondo ndiponso kuti agwiritse ntchito zipangizo zatsopano.

*Chachitatu*, kuyendetsa maphunziro a ukhondo pamodzi ndi ntchito zina zachitukuko kungathandize kuti anthu ogwirira ntchito limodzi athe kuthandizana pogawana nzeru zopititsira mtsogolo chitukuko.

*Chachinayi* ndichakuti ntchito yoyika mipopi kudzanso zipangizo zaukhondo imapereka mwayi wokambirana za makhalidwe aukhondo. Anthu amakhala ndi chidwi pa zimene zikuchitika ndipo atha kudzifunsa:

"Kodi chikuchitika ndi chiyani, ndipo chimene chikuchitikacho chibweretsa ubwino wanji ku moyo wathu?" Iyi ndiyo nthawi yabwino kwambiri yomwe yingapangitse anthu kuti akhale ndi chidwi pakukambirana nawo zakuwopsa kwake kwa mkhalidwe wawo waubve ndiponso njira zomwe zingapangitse kuti akhale ndi moyo waukhondo.

Chachisanu, ndichakuti pamatenga nthawi kuti anthu akopeke ndikusintha m'khalidwe wawo. Kotero ndi bwino kuti tisazengereze kuwaphunzitsa anthu maphunziro a ukhondo kutinso anthuwo atengere m'khalidwe waukhondo mwamsanga.

Koma nthawi zambiri sizikhala zotheke kuyendetsa limodzi maphunziro a ukhondo ndi ntchito zina za chitukuko. Icho ndi chifukwa chake mundime zikubwerazi ife sitikukukakamizani kuti mugwirizane ndi maganizo athu amomwe tingayendetsere ntchito koma tikusonyezani momwe mungayendetsere maphunziro a ukhondo pamodzi ndi ntchito zina zachitukuko.

## *1.2.2 Momwe tingayambire maphunziro a ukhondo*

### *(a) Kukambilana ndi atsogoleri*

Choyambilira chenicheni ndi kuwadziwitsa mafumu ndi atsogoleri achipani za inu ndi ntchito yanu. Muwauze za zimene mukufuna kuchita ndipo muwafunse ngati akugwirizana nazo ndiponso kuti ngati azakuthandizani.

Izi zimasonyeza kuti ndinu a ulemu ndiponso ndizothandiza kwambiri kuti ntchito yanu iyende mosabvuta. Atsongoleriwa akhoza kukudziwitsani za m'khalidwe ndi maganizo a anthu m'dela lawolo, zobvuta ndi zofuna zawo, za umoyo wawo ndi zobvuta zomwe mungapezane nazo.

Akhoza kukuuzaninso za maganizo awo pa madzi amipopi ndiponso njira yomwe iwo ali okonzeka kukuthandizani. Inu pamodzi ndi anthuwo mukhoza kukambirana m'mene iwowo angathe kutengako mbali pa maphunziro aukhondo.

Iwonso akhoza kukuthandizani m'mene mungapezele anthu amene angathe kuthandiza kupititsa mtsogolo ukhondo.



**(b) Kuyitanitsa Msokhano**

Chotsatira ndi chakuti muyitanitse msonkhano woti muwauze anthuwo za ntchito yachitukuko imene mukufuna kuti muchite ndiponso muwauze zonse zimene mwakonza. Msonkhano wangati umenewu ndi wofunika kwambiri powadziwitsa anthu chomwe chichitike ndi kuwafunsa iwo kuti athandizapo. Ngakhale zili choncho, pamsonkhano uwu sipamalo oti mungakambilane za ntchitoyi mwatsatane tsatane ayi.

Mumisonkhano yangati imeneyi anthu ambiri amangomvetsera zomwe zikukambidwazo chifukwa palibe nthawi yokwanira kuti aliyense akambepo maganizo ake. M'malo ena anthu ali ndi chizolowezi chosapita ku misonkhano yamtundu umenewu.

Mwina ena amapita koma safotokoza maganizo awo konse pa ntchito ngati zimenezi. Apa tikunena za anthu monga akazi, anthu amene amaziyika ngati ndi apansi ndiponso anthu amipingo yaying'ono ying'ono.

Motero tionetsetse kuti tipeze njira zina zake zimene tikhoza kuwauzila anthu awa ndikuapanga kuti atengeko mbali.

(Monga kuyitanitsa misonkhano ina yapadera, kuwayendera m'makomo mwawo, ndiponso kukambilana nawo mumisonkhano ya mipingo yawo ndi m'malo ena osonkhanapo).

Pamsonkhano woterewu tikhoza kukambirana ndi anthu za madzi a m'mipopi ndi maphunziro a zaukhondo; pemphani anthu kuti afotokoze maganizo awo pakhani ngati imeneyi ndiponso kuti iwo athandize pa ntchito yamtundu umenewu. Alongosolereni ubwino wake wa makhalidwe aukhondo. Mukambilane nawonso njira zabwino zimene mungayendetsere maphunziro a ukhondo ndipo mupeze ngati chingakhale chabwino kusankha kabungwe koyendetsa ntchito zaukhondo.

**(c) Kupanga gulu loyang'anila zaukhondo**

Nthawi zambiri zimakhala zabwino kupanga gulu la zaukhondo lomwe likhoza kukambilana, kukhonza ndikupitsa mtsogolo maphunziro a ukhondo. Izi zili choncho chifukwa sichapafupi kuti anthu onse am'mudzi atengeko mbali pazinthu ngati zimenezi.

Nthawi zina komiti yayikulu monga yam'mudzi, kapena ya chitukuko, kapenanso ya madzi ikhoza kuyendetsa ntchito yangati imeneyi. M'malo m'mene anthu alipo ochepa, ichi chikhoza kukhala chinthu chosabvuta kuchichita.

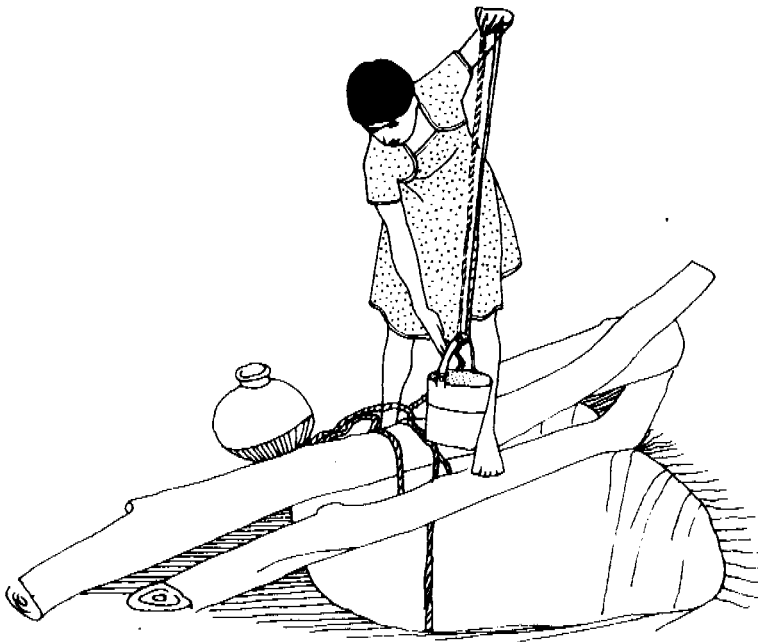
Koma m'malo m'mene muli anthu ambiri, anthu amene tingawasankhe kuti akhale mu komiti akhoza kukhalanso ndi ntchito ndiponso maudindo ena apadera amene angawalepheretse kugwira bwino ntchito yawo mukomiti imeneyi. Choncho ndibwino kupanganso kakomiti kena kapadera koyang'anira zaukhondo.

**(d) Kudziwa za m'mudzi**

Chinthu china chofunikira ndi kuyendera mudzi wonse. Pemphani anthu am'mudzimo kuti akuonetseni mudzi wonse ndipo muonetsetse kuti mwadziwa zonse zofunikira m'mudzimo monga komwe anthu amatunga madzi, ukhondo ndi m'mene anthu amasamalira m'makomo mwawo. Ngati mudziwa zonsezi ndiye kuti ntchito yanu mudzayamba bwino.

Chinanso chofunika ndi kuti inu mufotokozele anthu a m'mudzimo zonse za ntchito yanu kuti akopeke. Izi zikhoza kutheka nthawi yomwe mukuyendela mudziwo limodzi ndi anthu. Motero tingati kuyendela mudziku ndi phunziro la za umoyo pa lokha.

Yesetsani kukambilana ndi anthuwo za malo omwe iwo amatunga madzi, za mabvuto amene amawapeza, za china chirichonse chomwe chingakhuze moyo wao. Afunseni maganizo awo pa za madzi atsopano ndinso pa nkhani ya ukhondo. Onetsetsani kuti pa ulendo oyendera mudziwo mwakambilana ndi magulu onse a anthu, anyamata, akulu pamodzi ndi azimayi omwe.



*Kambilanani ndi anthu za mchitidwe wao ndi zobvuta zomwe zingapezeke pa moyo wao.*

Kawiri kawiri chimakhala cha pafupi ngati mulangizi wa zaumoyo wa chi zimayi ndi amene akuyendera mudzi limodzi ndi anthu kuti akambilane bwino bwino ndi a zimayi, atha kulowa mu nyumba zao, m'malo momwe amaphikira ndi komwe amasambira. Akakhala mlangizi wa chi zimayi mkwapafupi kuti agwirizane ndi azimayi popangitsa timisonkhano tating'ono ting'ono.

Onetsetsani kuti mwayendera mudzi wonse osasiya mbali ina. Pitani mbali imene amakhala anthu opeza bwino ndiponso mbali imene amakhala anthu osauka. Onetsetsani kusiyana kwa mkhalidwe ndipo kambilanani ndi anthu onse pomasonya malo abwino ngakhale oipa.

### ***Kuthandizana ndi anzathu ena antchito za chitukuko***

Pamayambiro peni peni pa ntchito yathu ya maphunziro a za ukhondo tionetsetse kuti tikugwira limodzi ntchito ndi anzathu ena omwe ali kale mderamo monga aphunzitsi, adotolo, anamwino, azaumoyo ndi a zachitukuko.

Anthu amenewa akhoza kutifotokozera zinthu zofunikira pamayambirilo pa ntchito yathu monga za umoyo wa anthu m'mudzimo, ana omwe amapita kusukulu ndiponso kuti ndi anthu angati amene amadziwa kuwelenga ndi kulemba. Anthuwa akhoza kutenga nawo mbali pa ntchito yathu kapena ife tikhoza kutenga nawo mbali pa ntchito yao.

Pa mwambapa talongosola njira zomwe mungatsate poyambitsa maphunziro a zaukhondo. Sitikunena kuti muchite zonsezi, maka maka osati zonse nthawi imodzi ai. Sitikunenanso kuti njira iyi ndiye ikhale yoyamba iyi yo malizira ai. Ziri ndi inu kuona poyambila ndiponso momwe mungakambilane ndi anthu kumudzi.

Chomwe ife tikukulangizani ndi chakuti nkofunikira kwambiri kuwafotokozera anthu zomwe mukufuna kupanga, kupempha ngati anthu akugwirizana nazo, kuwakopa anthu kuti agwire okha ntchitoyo. Chinanso ndi chakuti muonetsetse kuti mukudziwa bwino zonse za mkhalidwe wa m'mudzimo. Izi zidzakuthandizani kuti mukonze maphunziro anu a ukhondo malinga ndi m'mene anthu a m'mudzi akufunira.

## **1.3 Kukonza ndi kuyendetsa ntchito za maphunziro azaukhondo**

### ***1.3.1 Maphunziro a zaukhondo kwa anthu onse***

Ntchito zaukhondo zingayende bwino m'madera mwathu ngati tigwiritsa ntchito madzi a m'mipopi ndi zipangizo zaukhondo zatsopano moyenera. Kupanda kutero ndiye kuti bvuto lakufalika kwa matenda silingachepe ayi.

Izi zikutanthauza kuti ndikoyenera kuti munthu aliyense akhale ndi mwayi wogwiritsa ntchito zipangizo zatsopano. Ndiponso kuti aliyense atengeko nawo mbali popititsa mtsogolo m'chitidwe waukhondo.

Nthawi zina tikhoza kupeza mabvuto chifukwa chokambilana ndi anthu omwe ali osauka kapena onyozeka kapenanso omwe kagulu kawo kali kochepe kuti athandize poyendetsa ntchito za maphunziro aukhondo. Kawiri kawiri anthu otere amakhala m'malo aubve kotero kuti ndi omwense amene amabvutika ndi kufalika kwa matenda.

Ichi chingakhale chimodzi mwadzifukwa zimene ndizofunika kuonetsetsa kuti ena mwa anthu otere atenge nawo mbali m'ntchito za maphunziro aukhondowa.

### ***1.3.2 Kupanga Gulu la Zaukhondo***

Pali ubwino waukulu wokonza ndi kuyendetsa ntchito zaukhondo mogwirizana pakati pa anthu amukomiti ya zaukhondo ndi alangizi. Kumbuyoku takamba kale za kapangidwe ka komiti ya zaukhondo pofuna kukwaniritsa cholinga chokonza ndi kuyendetsa ntchito pamodzi.

Monga m'mene ziyenera kukhalira, anthu amagulu osiyanasiyana amayenera kukhala ndi owayimira mu gulu la zaukhondo: monga amuna ndi akazi omwe, akulu ndi ana omwe, asauka ndi olemera omwe. Ena mwa anthu amene akhoza kukhala mamembala agululi ndi aphunzitsi, alangizi azaukhondo, azamba, okumba zitsime, ogulitsa madzi, ndi ena otero.

Koma ndi kobvuta kukhala ndi gulu la zaukhondo lomwe liri ndi anthu oyimira magulu osiyanasiyana monga takambiramu. Kodi nanga chomwe tingachite ndichiyani?

Anthu oyenera kukhala mu komiti ya zaukhondo ndi omwe ali ndi chidwi ndipo ndi obvomerezeka ndi anthu ambiri mderalo. Nthawi zambiri anthu oterewa amakhala omwe sali mugulu la anthu opeza bwino kapenanso losauka. Mwanjira yina iliyonse ndikofunika kuti akazi akhale nawo mukomitiyi.

Apa sitikunena kuti akazi a anthu opeza bwino okha ndiwo atenge mbali ayi komanso azimayi omwe akugwira ntchito zonse kapena zambiri za panyumba pawo mwaiwowokha akhoza kukhala nawo mukomiti.

Kodi ndichifukwa chiyani tikulimbikira kuti azimayi atenge nawo mbali? Izi zili choncho chifukwa azimayi ndi omwe amagwiritsa ntchito madzi kwambiri. Iwo amatenga madzi kupita nawo kunyumba, amagwiritsanso madzi pophikira ndi ntchito zina za panyumba monga kuchapa zobvala, kusambitsa ana, kusamala zimbudzi ndi ntchito zina zotero.

Kuonjezera apa azimayi ndi omwe a maphunzitsa ana zaukhondo tsiku ndi tsiku. Ichi ndichifukwa chake ndikofunika kuti azimayi azitengako mbali. Madzi am'mipopi, zipangizo zaukhondo ndiponso mkhalidwe waukhondo umakhudza azimayiwa kwambiri.

China chofunika ndichakuti azimayi amachita zinthu zambiri zomwe zikhoza kugwiritsidwa ntchito m'maphunziro azaukhondo kotero kuti maganizo amene azimayi angapereke m'gulu la zaukhondo akhoza kuthandiza kwambiri popititsa mtsogolo kakonzedwe ndi kayendetsedwe ka ntchitozi.



*Kuphunzitsa ana za ukhondo wa tsiku ndi tsiku m,manja ndi ntchito ya amai.*

### **1.3.3 Ntchito za maphunziro aukhondo**

Ntchito zamitundu yosiyanasiyana zokhudzana ndi kaphunzitsidwe kazaukhondo zikhoza kukonzedwa ndi kuyendetsedwa bwino ndi mlangizi mogwirizana ndi komiti ya zaukhondo yomwe yakonzedwa.

Mwa zinthu zina zomwe komiti yingathe kuganizapo ndi izi:

#### **(a) Kodi ndi mchitidwe wotani womwe maphunziro azaukhondo angasinthe?**

Choyamba chenicheni ndikuganiza za mchitidwe wabwino womwe ungalimbikitsidwe. Polingalira za mabvuto azaukhondo, za madzi a mumipopi ndi zipangizo zake, chifuniro cha anthu, tikhoza kusankha zinthu zomwe tingasinthe ndipo zingatipindulire.

Kawirikawiri zimakhala bwino kuyambitsa zinthu zingapo zomwe ndizofunika kwambiri kuzisintha, ndikulimbikitsa anthu kuti atengele mkhalidwewu.

#### **(b) Maphunziro aukhondo a anthu monga ndani?**

Kupatulapo maphunziro azaukhondo okhudzana ndi anthu onse a m'mudzi, tikhoza kukonza maphunziro apadera okhuzana ndi magulu monga azimayi a ana omwe angosiya kuyamwa kumene; alimi, ana asukulu, ana omwe sapita kusulu ndiponso anthu omwe amaonetsa zitsanzo za bwino.

Enanso mwa anthu ofunika maphunziro angati awa ndi anthu oyang'anira ndi kukonza mipopi; anthu achikulire; anthu amene akudwala matenda ofala monga mphere; anthu amene akugwiritsa ntchito mipopi kapena chimbudzi chimodzi; oyang'anira pa banja; anthu amene ali ndi mchitidwe waubve ndi ena otero.

Ubwino waukulu wokonza maphunziro a anthu amagulu ngati amenewa ndiwoti anthuwo akhoza kukopera zomwe aphunzira poti maphunzirowo amakhudza za zosowa zawo. Tikatero tiyenera kuonetsetsa kuti sitikupatula anthu amagulu ena monga mabanja omwe ali ndi anthu odwala mphere.

#### **(c) Kodi ndi nthawi yanji yomwe tiyenera kukonza ntchito za maphunziro azaukhondo**

Tikhoza kupanga maphunziro a zaukhondo pa nthawi yina ili yonse yomwe ili yabwino kwa anthu mdera lathulo.

Kumbuyoku tafotokoza zaubwino wopanga maphunziro pafupi ndi malo omwe ntchito ya madzi a mumipopi ikuchitikira. Iyi ndi imodzi mwa ntchito zimene zingachitike panthawi yofuna malo oyikapo mipopi, poyambirira pa ntchito yokonza mipopiyi kapena pa nthawi imene ntchitoyi yatsilizika ndipo mipopi yayamba kugwiritsidwa ntchito. Panthawi iyi ndikosabvuta kuwalimbikitsa anthu kuti akhale ndi chidwi pa za kasamalidwe ka mipopi.

Ntchito zina za padera zamaphunziro azaukhondo zikhoza kukonzedwa panthawi yimene kwagwa mliri wa matenda otsegula m'mimba kapena kwagwa bvuto lalikulu lokhudzana ndi madzi ndi ukhondo. Panthawi yotereyi ndiponso nthawi yina ili yonse mabvuto amtundu wina apezeka sikobvuta kuti anthu atengepo nawo mbali pa ntchito zaukhondo.

Panthawi imene maphunziro azaukhondo akukonzedwa ndikofunika kwambiri kusankha nthawi yabwino kuti anthu ambiri atenge nawo mbali pa ntchito za chitukuko. Chikhoza kukhala chinthu chobvuta kuti anthu atenge nawo mbali m'maphunziro azaukhondo ngati

maphunzirowo achitika nthawi yolima - pamene anthu ambiri ali otangwanidwa ndi ntchito za m'munda.

Chikhozanso kukhala chobvuta kwa akazi ngati maphunziro azaukhondo akonzedwa kuti azichitika dzuwa litalowa popeza kuti akazi saloledwa kuyenda usiku popanda wowateteza.

**(d) Nanga ndi malo otani omwe tingachitireko maphunziro azaukhondo?**

Kuphatikiza njira yokambilana ndi anthu zaukhonda pa malo ena ndi ena amene tingasakhe, tikhozanso kuwayendera anthu m'makomo mwawo, tikhoza kuyitanitsa misonkhano yapadera kapena kukonza kuti maphunziro azaukhondo achitike pamodzi ndi ntchito zina zachitukuko.

Kuwayendera anthu m'makomo mwawo kukhoza kupereka mwayi kwa anthuwo kuti amvetse bwino lomwe za maphunziro azaukhondowo. M'makomomo tikhoza kuona tokha m'mene mabanja amakhalira tsiku ndi tsiku.

Ichi chimathandiza kuti pasakhale bvuto powafotokozera anthuwo za mkhalidwe wabwino waukhondo watsopano, zobvuta zimene akhoza kupezana nazo ndiponso zinthu zomwe zikhoza kuwabweretsera matenda osiyanasiyana.

Tikhozanso kukambilana nawo momwe tingapeweke matenda powapatsa zitsanzo zomwe angaziwone ndi maso awo.

Bvuto limene limapezeka poyendera anthu mumakomo mwawo ndi lakuti timatenga nthawi yambiri. Motero chikhoza kukhala chanzeru kukonza misonkhano yaying'onoying'ono mnyumba za anthu omwe ali ndi makhalidwe abwino.



*Kuwayendera anthu kumakomo kwao kumapeleka mwayi oti adziwe ntchito za ukhondo.*



Panthawi imene tifuna kuphunzitsa zaukhondo m'magulu apadera tikhoza kuitanitsanso misonkhano yapadera. Mwachitsanzo monga kuitanitsa azimayi omwe angosiya kumene kuyamwitsa ana; mabanja amene amadwala matenda ofanana; mabanja amene amatunga pa mpopi umodzi ndi ena otere.

Njira ina ndiyoti maphunziro azaukhondowo achitikire limodzi ndi ntchito zina zachitukuko. Tikatha izi ndi pamene tikhoza kuganiza kuti tiphunzitse zaukhondo kwa ana asukulu, kusukulu za kwacha, mumakalabu a alimi, m'mipingo, m'magulu anyamata ndi ena otere.

Kukambirana mocheza ndi anthu zaukhondo ikhoza kukhala njira imene ingathandize anthu kuti amvetse ndi kukhala ndi mkhalidwe waukhondo.

Zokambilanazi zikhoza kuchitika pa malo ena ali onse monga mumakantini, malo otungilapo madzi, mumakhitchini, musitolo, pa msika, nthawi yopuma kukakhala kuntchito kapena m'malo amene timachezeramo tikaweruka ku ntchito ndi ena otere.

Kukambirina mocheza ndi anthu ndi njira imodzi imene ikhoza kuthandiza kuti anthu akhale ndi chidwi potengera khalidwe la bwino latsopano laukhondo. Izi zikufanana ndi njira yoyenda m'mudzi ndi anthu ndikumakambilana nawo zaukhondo ndiponso njira yosonkhanitsa anthu m'nyumba zawo ndikuwaphunzitsa zaukhondo. (Onani m'mene tafotokozero kumbuyoku).

***(e) Ndani angayang'anire maphunziro azaukhondo?***

Inu monga mlangizi wa zaukhondo mukhoza kuyang'anira maphunziro a zaukhondo koma zimakhala bwino ngati anthu a m'mudzimo, (abambo ndi amayi) ndi amene akuyang'anira za maphunzirowo.

Anthu oterewa akhoza kukhala anthu amukomiti ya zaukhondo, anthu odziwika m'mudzi, anthu amene amakonza kapena kuyendetsa ntchito za mipopi, aphunzitsi, kapena anthu ena amene amagwira ntchito za boma.

Mwachitsanzo, anthu odziwika akhoza kutenga mbali yofunika kwambiri potsogolera anthu kuti atengere mkhalidwe watsopano waukhondo. Izi zikhoza kukhala choncho chifukwa anthu amakhala otengeka kotero kuti amakhulupira zimene anthuwa amachita ndipo amapeza chapafupi kutsatira mkhalidwe wa anthu oterewa.

Aphunzitsinso amakhala ndi chidwi kukonzera ana asukulu maphunziro azaukhondo akafunsidwa kuti atero.

Anthu oyang'anira ndikukonza mipopi akhoza kuthandiza kuti anthu azigwiritsa bwino mipopi powasonyeza pa mipopi pomwepo m'mene angayigwiritsire bwino ntchito.

Anthuwa akhoza kukhala amuna koma ndikofunika kuti ena mwa iwo akhale akazi chifukwa nthawi zambiri ndi chapafupi kuti akazi afotokozero akazi anzawo za madzi ndi ukhondo ndiponso kuti iwo ayendere azimayi mumakomo mwawo. Ndikosabvutanso kuti amayi athe kukambilana ndi azimayi anzawo m'magulu mwawo. (Onani kumbuyoku).

Ndikofunika kwambiri kukonza maphunziro azaukhondo a anthu amene akhale mukomiti yaukhondoyo iwo asanayambe kulangiza anzawo zaukhondo. Izi sizingatenge nthawi yayikulu ndipo zikhoza kukhala ndi phindu lalikulu popititsa mtsongolo machitidwe aukhondo amene angapitilire inu mutachoka pamalopo.

*(f) Nanga tingakonze bwanji ntchito zoonza zinthu m'mene zikuyendera?*

Ngakhale ntchito za maphunziro azaukhondo zingakhale kuti zikuyenda bwino ndikofunika kukayendera ndi kuona momwe ntchito zikuyendera podziwa kuti mkwapafupi kuti anthu ena abwelere kumchitidwe ndi makhalidwe awo wonyasa akale.

Izi ndizofunika popeza kuti ana amabadwirabadwira ndikupita kusukulu kotero kuti ena mwaiwo sangadziwe za maphunziro a azaukhondo omwe adachitika m'deralo, ndiponso kukhoza kukhala kofunika kusintha mayendetsedwe antchito zotere nthawi ndi nthawi. Ichi ndichifukwa chake ndikofunika kukambirana za kuyang'anira momwe ntchito ikuyendera, ndiponso kuti ndi ndani yemwe adzatsogolera ntchitoyi, ndiponso ndi nthawi iti yomwe adzatha kumayang'anira ntchitoyo.

## 2. *Kupewa Matenda Omwe Angafalike Chifukwa Cha Madzi Ndi Kuchepa Kwa Ukhondo*

Chigawo ichi chikufotokoza njira zomwe tingapewere kapena kuchepetsa matenda amene amafalika chifukwa cha madzi ndiponso kuchepa kwa ukhondo m'madera mwathu.

Chigawochi tachigawa motere:

- 2.1 Madzi abwino;
- 2.2 Njira yabwino yotayira chimbudzi;
- 2.3 Ukhondo wapathupi ndi pakhomo;
- 2.4 Kugwira chakudya ndi m'manja mosamba;
- 2.5 Kutaya madzi oyipa m'njira yoyenera kuti asapange zithaphwi.

### 2.1 **Madzi abwino**

Matenda a kamwazi ndi a njoka za m'mimba akhoza kuchepetsedwa ngati tigwiritsa ntchito madzi abwino:

- Pakumwa
- Potsuka mano ndi mkamwa
- Posamba m'manja
- Potsuka ziwiya zophikira
- Potsuka ndiwo zamasamba ndi zipatso

Madzi akhoza kukhala abwino ngati mulibe chinthu chilichonse chimene chingabweretse matenda kwa anthu. Chobvuta ndichakuti sitingathe kuona ndi maso athu ngati madzi ndi abwino kapena oyipa. Madzi amene amaoneka abwino m'maso mwathu akhoza kukhala ndi tizirombo timene timabweretsa matenda a kamwazi ndi njoka za m'mimba.

Pofuna kutsimikiza kuti madzi amene tikugwiritsa ntchito ndi abwino, tiyenera kuteteza madziwo kuzinthu zomwe zingabweretse tizirombo tamatenda m'madzimo.

- (a) Pamalo pamene pamachokera madzi ndi m'mapayipi amene amayendamo.
- (b) Kuchokera pamalo amene timatungapo madzi kufikira kumene timagwiritsa ntchito madziwo.

#### 2.1.1 *Madzi abwino ochokera m'mipope ya ma gulu*

M'ndime iyi tifotokozamo za madzi a m'mipopi omwa gulu.

Madzi a m'mipope yamagulu akhoza kukhala akuchokera mu kasupe, pansu pa nthaka kapena mu mtsinje. Madziwa akhoza kukhala aukhondo ngati:

- Ali kuchokera kumalo komwe anthu sakhalako ndipo malo omwe madziwo ali kuchokera ndiwotetezedwa bwino;
- Madziwo ndiwotsilidwa mankhwala opha tizilombo.

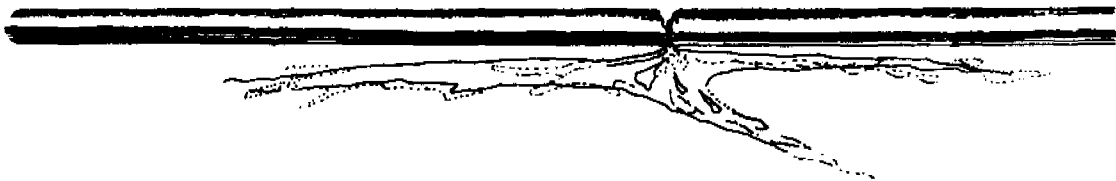


*Kambilanani ndi anthu onse chomwe angamachite powonetsetsa kuti madzi akawatunga ku mpope asaonongeke, asalowe tizilombo tamatenda.*

Mogwirizana ndi anthu onse pamodzi ndi alangizi, mukhoza kukambilana chomwe chingachitike kuti muonetsetse kuti madzi amene akubwera mu mpope ndi aukhondo. Mwachisanzo kuti mungachite chiani kuti muteteze malo amene madziwo amachokela, nanga ndi ndani amene angamatsire mankhwala opha tizilombo m'maziwo.

Madzi amayenda kapena kupopedwa kudzela mu ma paipi kuchokela komwe amatuluka kufika ku mipope yathu. Nthawi zina mathanki amamangidwa kuti madzi adzisungika ndi kukwanila bwino. M'mathanki andi m'mapaipi madzi sangaonongeke kapena kulowa tizilombo tamatenda chifukwa ndiwotsekeledwa. Pokhapokha ngati mpweya wachepa m'mapaipi ndiye madzi oipa oyenda kunja kwa ma paipi angathe kulowa mkati. Izi zikhozanso kutheka ngati mapaipi kapena ma thanki asweka.

Kusweka ndi kbooka kwa payipi kapena tanki losungiramo madzi kukhonzanso kubweretsa vuto lakusowa kwa madzi.



Pofuna kutsimikiza kuti tikhale ndi madzi abwino ndikofunika kusamala ndi kuonetsetsa kuti zipangizo zonse zili bwino. Kuyendela mapayipi, mathanki osungiramo madzi ndi mipopi kawiri kawiri nkofunika kwambiri potchinjiriza zipangizozi kuti zisaonengeke. Kuonjezera apa ndikofunika kwambiri kukonza zipangizozi mwachangu ngati zabowoka kapena kuwonongeka.

Mipopi yambiri m'matauni kapena m'malo ena ambiri imasamalidwa ndi anthu olembedwa ntchito. Kusamalira zipangizo za madzi ndi mipopi ya m'midzi ndi ntchito ya anthu a m'midzi amene amamwa madziwo. Chocho athu a m'midzi ayenera kusankha gulu (komiti) yoti iziyang'anira mipopiyo. Kupatulapo anthu amene ali mkomiti ya madzi, anthu ena onse a m'mudzi akhozanso kugwirizana kuti aliyense mwa iwo akhale ndi udindo woyang'anira zipangizo za madzi ndipo azinena kwa komiti ngati aona kuti payipi yaphwanyika pena pake kapena mipopi wawonongeka.

Anthu wamba ayeneranso kuonetsetsa kuti aliyense mwaiwo akugwiritsa ntchito zipangizo kapena mipopi bwino bwino. Ndiponso ayenera kuonetsetsanso kuti pamalo otungirapo madzi pakusamalidwa bwino. Izi ndizofunika chifukwa ngati zipangizo za madzi sizikusamalidwa bwino ndiye kuti madzi akhoza kuwonongeka ndi tizirombo tobweretsa matenda.

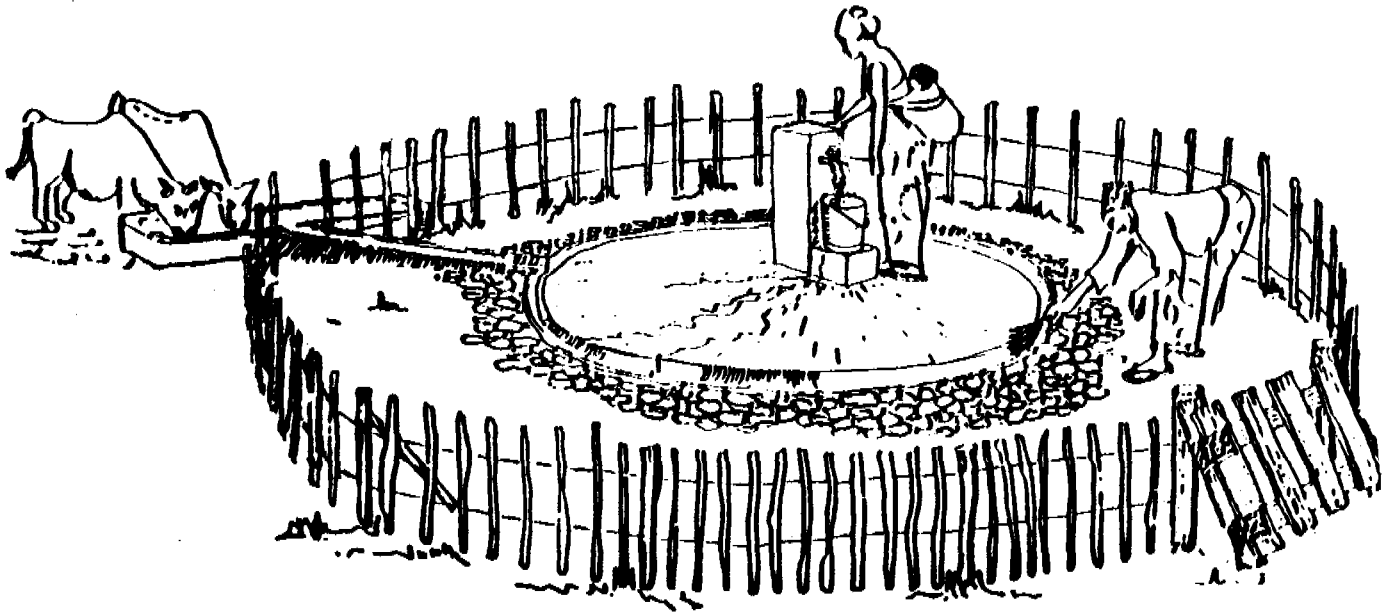
### ***2.1.2 Kuchinjiriza madzi ku tizirombo tobweretsa matenda kuchokera pamalo otungira kufikira kumene tikugwiritsa ntchito***

#### ***Kuteteza malo otungirapo madzi kutizirombo tobweretsa matenda***

Kutungwa madzi opanda tizirombo tobweretsa matenda kuchokera ku mipopi sikutanthauza kuti anthu amamwa madzi abwino ayi. Madzi akhoza kuwonongeka nthawi yina yiriyonse kuchokera pamalo omwe tawatunga kufikira ku malo kumene tingawagwiritse ntchito. Pamipopi ndi malo ozungulira mipopiyo ndi pamene madzi angayambe kuwonongeka.

Mukhoza kukambirana ndi anthu zinthu zofunika kuzitsatira powonetsetsa kuti anthu akutunga madzi abwino monga powauza izi:

- Agwire mipopi mosamala;
- Asamale mipopi ndipo aletse ana kugunditsa milomo yawo ku mipopi pomwa madzi;
- Asamale pampopi ndi malo ozungulira kuti pasakhale matope;
- Asamale ndi kutsuka ngalande kawiri kawiri kuti madzi oyipa athe kuyenda bwino bwino (onani bwino kutsogoloku);
- Konzani ming'alu yapasimenti pamalo otungapo madzi;
- Anthu asambe ndi kuchapa zobvala patali ndi pampopi;
- Ng'ombe ndi ziweto zina zonse zisamayandikire pampopipo.



Pothandiza kuteteza kufalika kwa matenda obwera ndi madzi, gulu likhoza kuganiza:

- Zopempha munthu amene amakhala pafupi ndi m’popewo kuti aziyang’anirako zipangizo zomwe zili pamalopo.
- Zomanga zipangizo zapadela zosambiramo ndi kuchapirapo patali ndi pa malo pomwe pali mipopi.
- Zokonza mpanda kuzungulira mpopi kuti nyama zisayandikire pampopiwo.
- Zomanga ngalande zapadera patali ndi pampopi pomwe ng’ombe ndi ziweto zina zikhoza kumwerapo madzi.

***Kutchinjiriza kuwonongeka kwa madzi kuchokera pa mpopi kufikira nthawi imene timagwiritsira ntchito***

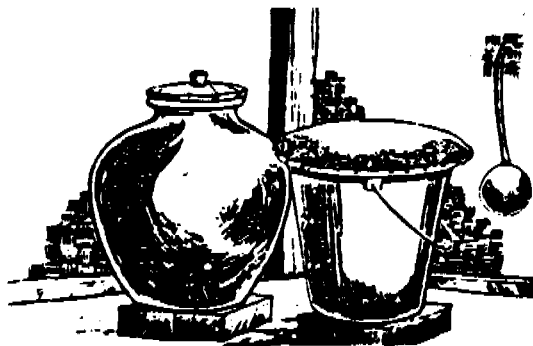
Madzi abwino angathe kuonongeka ngati tapisamo manja athu; ngati tayika muchidebe chimene sichili chabwino; ngati fumbi ligwera m’madzimo, ngati tigwiritsa ntchito makapu osatsuka ndi zina zotero.

Tikhoza kukambirana ndi anthu njira za bwino za ukhondo, am’mene angatungire ndi kusunga madzi kuti madziwo asanonongeke.

Mfundo zomwe tikhoza kuziganizira kuti tichinjirize kuonongeka kwa madzi kuchokera pa mpopi kufikira kumene tingagwiritse ntchito ndi izi:

- Sambani m’manja musanatunge ndi kunyamula madzi makamaka ngati manja anu akhudza madzi amene mwatungawo pamene mukupita nawo kunyumba.
- Tsukani chidebe musanatungiremo madzi kupita nawo kunyumba.

- Tungani madzi muchidebe kapena chinthu chomwe chiri ndi chibvindikiro. Ichi chikhoza kuthandiza kuti madzi asatayike. Tisagwiritse ntchito masamba ndi tinthambi ta mitengo kuti madzi asatayike, chifukwa tikhoza kuyipitsa madziwo;
- Khalani ndi chizolowezi chotsuka ziwiya zosungilamo madzi mnyumba mwanu nthawi iri yonse madzi akathambo;
- Bvindikirani mtsuko wosungila madzi m'nyumba mwanu bwino bwino;
- Tungani madzi kuchokera m'mene mumasunga madzi m'nyumba mwanu posawakhuza ndi zala zanu. Mukhoza kugwiritsa ntchito chikho chosamalidwa bwino chimene chili ndi chogwilira chachitali;
- Tsukani chikho chotungira madzi nthawi ndi nthawi.



*Bvindikilani bwino madzi anu, ndipo potunga madzi ogwiritse ntchito gwiritsani ntchito kapu kapena cikho chokhala ndi chogwirila chachitali.*

### **2.1.3 Mipopi ndi zitsime zakale**

Mipopi ndi zipangizo zatsopano zotungapo madzi kwa anthu am'midzi. Kuti anthu akopeke ndi kukhala ndi chidwi ndi madzi atsopano chofunika ndi kuti mpopewo ukhale pamalo oti atha kufikapo mosabvutikira ndiponso ukhale wosabvuta kugwiritsa ntchito.

M'malo momwe muli chilala ndipo madzi ndi wosowa, zipangizo zatsopanozi monga mipopi, zikhoza kubvomeredwa ndi kugwiritsidwa ntchito mosabvuta kusiyana ndi m'madera momwe muli mvula yambiri ndipo anthu angapeze madzi kuchokera m'malo ambiri.

Kusabvuta kugwiritsa ntchito kwa zipangizo ndi kumene kungathandize kupangitsa anthu kuti azigwiritsa ntchito zipangizozi m'malo momwe madzi ndiosavuta kupeza. Ichi ndi chifukwa chachikulu zedi chomwe chingapangitse anthu kuyamba kugwiritsa ntchito zipangizo monga mipopi ngakhale madzi kuti amapezeka mosabvuta.

Madzi osabvuta kupeza ndi omwe amachokera mu zipangizo zomwe zimagwira ntchito bwino lomwe pa mtengo wotsika ndiponso ndizosabvuta kuzigwiritsa ntchito ngakhale ndi ana omwe.

Izi zitanthauza kuti madzi osabvuta kupeza ndi omwe anthu ambiri angawapeze pafupi, mosabvuta ndiponso amabwera ambiri koti aliyense akhoza kutunga ngakhale pali anthu ambiri. Kuonjezera apa anthu asamachedwe poyembekeza kuti atunge madziwo. Mipopi yosabvuta kugwiritsa ntchito ndi imene imakhazikidwa pa malo pamene anthu asankha.

Zifukwa zina zimene zingachititse kuti mipopi izigwiritsidwa ntchito kwambiri ndi kukhazikidwa kwa mipopi molingana ndi chifuniro cha anthu. Ichi ndichofunika kwambiri m'malo m'mene anthu sangavutike kupeza madzi.

Anthu akhoza kutunga madzi kuchokera mu mtsinje, m'madziwe, m'malo osungilamo nsomba ndi ena otero. Kaonekedwe kamadzi, kakomedwe ndi pfungo lake zikhoza kuchititsa anthu kuti asankhe malo oyenera omwe angakatungeko madzi.

Malo otungako madzi asanasankhidwe, kumafunika kuganiza bwino zamkhalidwe ndi mchitidwe wawo wa anthu. Mkhalidwe ndi m'chitidwe wa anthu ukhoza kukhala osiyana malingana ndi malo osiyanasiyana.

Kuti ntchito yoyika mipopi yikhale yopambana ndikoyenera kuti tisanyalanyaze zofuna za anthu ndiponso tiyenera kukambirana nawo ndikumvetsa zifukwa zimene iwo amasankhira zinthuzo. Tiyeneranso kukambirana nawo za kuyipa kwa kutunga madzi m'chitsime, m'madziwe, m'mitsinje ndi m'nyanja.

#### *2.1.4. Kodi tingachite chiani ngati mpope waonongeka ?*

Tikhoza kukhala ndi maganizo akuti mpopi wathu sungaonongeke, koma utati waonongeka tikhoza kutani? Choyamba tionetsetse kuti mpopiwo ukonzedwe pasanapite nthawi yayitali.



*Palibe madzi ! Nanga tipanga chiani ?*

Koma ngakhale mpopi uwonongeke choncho anthu amafunabe madzi ophikira ndi akumwa. Pamene mpopi umodzi wokha waonongeka tikhoza kukatunga madzi kuchokera kumipopi yina ngati pamalo pali mipope iwiri.



Koma ngati zonsezi sizingatheke ndiye kuti anthu angathe kubwerera ku mkhalidwe wawo wakale pokatunga madzi m'zitsime, m'mitsinje ndi malo ena otero. Madzi awa siabwino kuyelekeza ndi omwe amachokera kumipopi ndipo akhoza kukhala ndi tizirombo tambiri tobweretsa matenda.

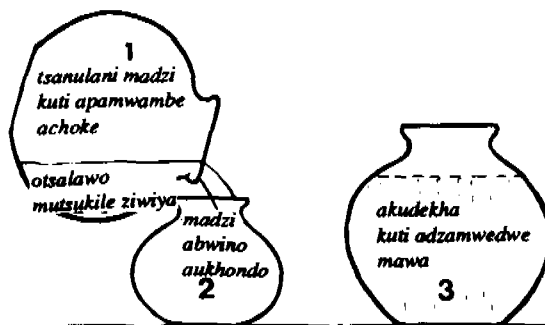
Kuti tilewe matenda amene tingatenge pakumwa madzi oyipa ngati omwe tanena pa mwambapa tikhoza kuchita izi:

- (a) Kuwiritsa madzi pa mphindi zokwanira khumi(10), madzi amabwata ngati awiritsidwa koma nthawi zina chifukwa chosowa nkhuni kuwiritsa madzi kukhoza kukhala bvuto kwa anthu ena. Ngati zinthu zili chonchi tikhoza kuwiritsa madzi oti amwe ana okha.
- (b) Kambiranani ndi anthu njira zothandiza kuti madzi asakhale ndi tizirombo tobweretsa matenda. Anthu ambiri akhoza kudziwa njira zomwe tingachepetsere tizirombo tobweretsa matenda m'madzi, mwachitsanzo, tikhoza kusefa madzi ndi nsalu yoyera kuti tipewe nyongolotsi zobweretsa matenda.

### ***Njira yothandiza kuti madzi akhale a bwino pogwiritsa ntchito mitsuko itatu***

Madzi amene ali oyipa akhoza kukhala abwino pakumwa ngati tawasunga mu mtsuko kokwanira masiku awiri. Panthawi iyi tizirombo tambiri tobweretsa matenda tikhoza kukhala titafa (chifukwa sitingakhale tamoyo m'madzi kwa nthawi yayitali). Ndiponso zoipa zambiri zimakhala zitadekha pansi pa mtsuko.

Pofuna kuti madzi oyipa akhale abwino, tikhoza kugwiritsa ntchito mitsuko itatu. Mitsuko iwiri yayikulu ikhoza kugwiritsidwa ntchito potungiramo madzi pa masiku awiri otsatizana. Mtsuko woyamba umayikidwa poteropo kokwanira masiku awiri kuti zoipa zidekhe.



Kuchoka pamenepo madzi abwino apamwamba aja amathilidwa muntsuko wina wocheperapo kuti anthu amwe madziwo. Madzi otsalawo akhoza kugwiritsidwa ntchito pochapila. Ngati mtsuko woyambawo tachotsamo madzi, uchapidwe ndikukatungiramonso madzi ena.

Kenaka muwukhazike poteropo kokwanira masiku awiri. Panthawi iyi mtsuko wachiwiri umagwiritsidwa ntchito monga m'mene timagwiritsira ntchito mtsuko woyamba. Mnjira imeneyi madzi aliwonse amene amwedwe patsiku liri lonse ayenera kukhala mum'tsuko kokwanira masiku awiri tisanawagwiritse ntchito.

**Chidziwitso:** Mugwiritse nchito njira imeneyi pokha pokha ngati anthu ali ndi mitsuko itatu (kapena ngati ali ndi ndalama zogulira mitsuko itatuyo).

## **2.2 Kutaya chimbudzi m'njira yoyenera**

Kutaya chimbudzi m'njira yoyenera ndikofunika kwambiri polewa kufalika kwa matenda. Monga m'mene tanenera kale madzi abwino ndi ofunika polewa matenda osiyanasiyana.

Ichi ndi chifukwa chake ntchito ya madzi a m'mipope ikuyendera limodzi ndi ntchito yolimbikitsa anthu kuti akhale ndi zipangizo zatsopano zaukhondo zotayiramo chimbudzi ndi zinyalala.

Kaya ntchito yathu yoyika mipopi yiyendera limodzi ndi kumanga kwa zipangizo zatsopano zotayilamo chimbudzi ndi zinyalala, chofunika nchakuti tiwaphunzitse anthu njira zabwino zatsopano zotayira chimbudzi ngati kuli kotheka.

Kuwafotokozera anthu njira zabwino zotayira chimbudzi sichinthu chapafupi ayi. Kwa anthu ambiri kukamba zotaya chimbudzi ndi chinthu chochititsa manyazi kwambiri. Anthu ambiri, choncho, sakonda kulankhula za izi.

Choncho kusintha njira zokatayidwe ka chimbudzi chingakhale chinthu chobvuta kuchichita chifukwa anthu akhoza kuona ngati kutero sichinthu chofunika kwambiri.

Pakhozanso kukhala zinthu zina zimene anthu angazione ngati ndizofunika kwambiri kuzichita kuposa kumataya nthawi yawo kuyesa kutengera m'khalidwe watsopano wotayira chimbudzi.

Ntchito yoyika mipopi yikhoza kubweretsa mwayi woti tikambirane nawo anthu: njira zabwino zotayira chimbudzi, m'mene kutaya chimbudzi paliponse kungabweretsere matenda ndiponso m'mene tingapewere matenda obwera mjira yimeneyi.

### **2.2.1 Malo abwino otayirako chimbudzi**

Malo abwino otayirako chimbudzi ndi amene chimbudzi sichingathe kufalitsa matenda. Chimbudzi chosamalidwa bwino ndi malo omwe ali wotere, koma poti zimbudzi sizipezeka pamalo ali onse pano tiyesa kulongosola za malo abwino omwe mungathe kutayako chimbudzi.

Mfundo yofunika kwambiri kukambirana ndi anthu m'mudzi siyoti aliyense akumbe chimbuzi ai, koma kuti chimbuzi chisamasiyidwe pamalo akuti chikhoza kuyambitsa matenda.

Chimbudzi sichingathe kubweretsa matenda kwa anthu pokha pokha ngati:

- (a) Chitayidwa malo amene anthu ndi ziweto sizingathe kuchiponda kapena kuchikhuza;
- (b) Tchetcha sizingathe kuterapo;
- (c) Chimbudzicho sichigwiritsidwa ntchito ngati manyowa asanachithire mankhwala;
- (d) Chimbudzicho sichingakokoloke ndi madzi kupita m'zitsime, mitsinje, ndi malo ena ambiri komwe anthu amatungako madzi;

- (e) Chimbudzi sichingathe kukokoloka ndi madzi amene angathe kulowa m'nthaka kukatulukira m'zitsime kapena m'mitsinje momwe anthu amatungamo madzi;
- (f) Anthu sakodzera m'madzi m'madera amene muli anthu ambiri odwala likodzo.

**a. *Malo amene chimbuzi sichingathe kukhudzidwa kapena kupondedwa ndi anthu***

Bvuto la kufalika kwa matenda likhoza kuchepetsedwa ngati anthu agwiritsa ntchito zimbudzi chifukwa ngati satero, matenda akhoza kufalika, makamaka kwa ana amene amasewera paliponse.

Pachifukwa chimenechi ndikofunika kufotsera chimbudzi mu mayenje ang'onong'ono. Komabe izi sizingathandize kuteteza kufalika kwa matenda anjoka za m'mimba. Njoka za m'mimba (Hook Worms) zikhozabe kutuluka kuchokera pansi ngakhale titafotsera chimbudzicho kokwanira masentimita makuni asanu ndi limodzi (60cm) pansi pa dothi.

Njoka zam'mimba zamtundu wa Huku warmu zikhoza kulewedwa potaya chimbudzi mumakwawa powopa kuti tingaponde chimbudzicho, mmalo amene muli dzuwa lowala kwambiri tingathe kusiya chimbudzi pamtunda kuti dzuwa lithe kuwumitsa ndi kupha tizirombo tobweretsa matenda tomwe tingakhale m'chimbudzicho.

M'madera ena anthu amasiya chimbudzi pamtunda kuti nkhumba zidye. M'chitidwe uwu umabweretsa zoipa kunyumba zathu. Pachifukwa ichi ndibwino kukambirana ndi anthu njira zina zabwino zodyetsera nkhumba zawo.

M'madera ena anthu amachita chimbudzi m'madzi monga m'malo osungiramo nsomba (mzithaphwi) ndi m'mitsinje. M'chitidwe umenewu siwungabweretse mabvuto azaumoyo ngati madziwo sagwiritsidwa ntchito za kunyumba ndiponso ngati mulibe likodzo.

Mwina pakhoza kukhala mabvuto ochepa ngati madzi atengedwe kutali ndikomwe anthu amachita chimbudzi mumtsinje womwe ndiwoyenda mothamanga popeza tizirombo tobweretsa matenda tikhoza kufa. Komabe ichi sichabwino kuchichita m'malo omwe muli anthu ambiri popeza kuti madzi amakhala oyipa kumusi kwa mtsinje - kotero kuti madzi abwino angathe kupezeka kumtunda kokha.

**b. *Komwe ntchentche sizingathe kufika titatayako chimbudzi***

Kutaya chimbudzi kukhoza kukhala kwabwino ngati ntchentche sizifikako. Kawiri kawiri ntchetche zimagwiritsa ntchito chimbudzi ngati malo osweranapo. Poteteza ntchentche kuti zisafike tikhoza kukwilira chimbudzicho .

Ngati tigwiritsa ntchito chimbudzi ndibwino kubvindikira chibowo kuti ntchentche zisathe kulowa ndi kutuluka.

Nkofunikanso kuti zinthu zogwiritsira ntchito ku zimbudzi monga mapepala, makoko achimanga, masamba, mitengo kapena miyala ziyenera kutayidwa bwino kuti ntchentche zisafikepo. Zinthu monga izi zikhoza kukwiliridwa, kuwotchedwa kapena kutayidwa mchimbudzi chabwino. Tikagwiritsa ntchito zinthu zotelezi ngati sizingathe kutayidwa mchimbudzi momwemo tingathe kuzisunga m'chitini chobvundikiridwa bwino kenaka ndikuziwotcha kapena kukwilira. Chifukwa zikhoza kubweretsa mabvuto amatenda ngati sizinatayidwe mnjira yabwino.

**c. Kakonedwe ka chimbudzi kuti chisakhale ndi tizirombo tobweretsa matenda**

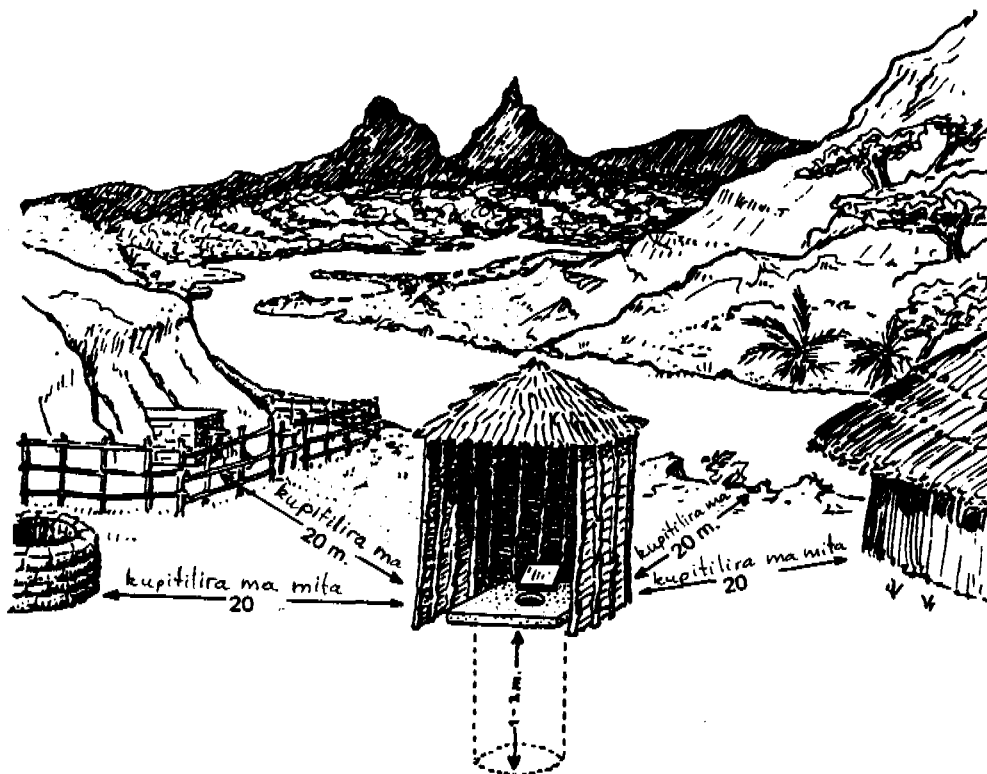
Tikhoza kugwiritsa ntchito chimbudzi ngati manyowa m'munda mwathu pokhapokha ngati chilibe tizirombo tobweretsa matenda. Chimbudzi chiyenera kuti chikhale m'dzenje kwa nthawi yayitali kuti chisabweretse matenda pamene tigwiritsa ntchito ngati manyowa. Izi zimatenga miyezi yambiri kuti tizirombo tobweretsa matendato tife.

M'madera ena anthu amagwiritsa ntchito zitini ndipo amakakhuthula kumunda kapena pamalo osungirapo nsomba ndi ena otero.

Popeza njira iyi yingathe kubweretsa matenda ndibwino kukambirana njira zina zabwino zothetsa bvutoli.

**d. Komwe chimbudzi sichingathe kukokolokera m'malo omwe timatungamo madzi**

Malo abwino ochitako chimbudzi ndi omwe sichingakokoloke ndi madzi amvula ndikulowa m'malo omwe timatungamo madzi. Bvuto loti madzi angawonongeke ngati titasiya chimbudzi pamtunda kapena osabvundikira bwino bwino lingathe kukula ngati tichita izi pafupi ndi malo omwe timatungako madzi.



**e. Komwe chimbudzi sichingathe kulowa pansi panthaka ndi kukatulukira m'malo omwe timatungamo madzi**

Chimbudzi chikhoza kutayidwa mosaopsya ngati m'malo momwe chatayidwawo sichingakokoloke ndi madzi amvula ndi kulowa pansi panthaka kukatulukira m'malo amene anthu amatungamo madzi (monga m'mitsinje kapena m'zitsime). Ichi chikutanthauza kuti chimbudzi chisamangidwe pafupi ndi malo otungako madzi monga chitsime, dilawu ndi mtsinje.

Chimbudzi chimangidwe pamtunda woposa mamitala 20. Komanso tisakumbe chimbudzi kumtunda kwa chitsime chimene amatungapo madzi.

**f. Kumene mikodzo singathe kulowa m'madzi**

M'malo omwe anthu amadwala likodzo, sibwino kutaya mikodzo m'madzi kapena pafupi ndi madzi. M'chitidwe wotere ndiwoyipa chifukwa ukhonza kufalitsa likodzo kwa anthu ena omwe amagwiritsa ntchito madzi omwewo.

**2.2.2 Zimbudzi**

**Zimbudzi zabwino**

Chimbudzi ndi malo abwino ngati chili chaukhondo. Chimbudzi chaukhondo ndi chomwe chimakhala chosedwa ndi kukolopedwa bwino tsiku ndi tsiku ndipo sichikhala ndi ntchetchi. Kupanda kutero chimbudzi chikhonza kudzetsa matenda osiyanasiyana kwa anthu amene akuchigwiritsa ntchito.

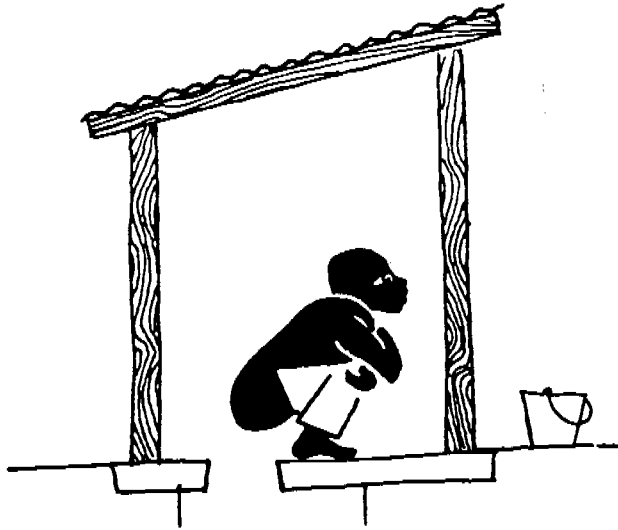
Zimbudzi zina ndi zabwino kuposa zina. Chimbudzi chomwe chili ndi chibvindikiro chokhala ndi chogwirila chachitali ndi chimbudzi cha bwino. Chibvindikiro chimateteza ntchenche kuti zisalowe ndi kutuluka m'chimbudzimo.

Chimbudzi chomwe chimalola mpweya wabwino kuti uzilowamo ndichabwino chifukwa tchentche sizisweramo ndipo mpweya woyipa umatuluka bwinobwino.

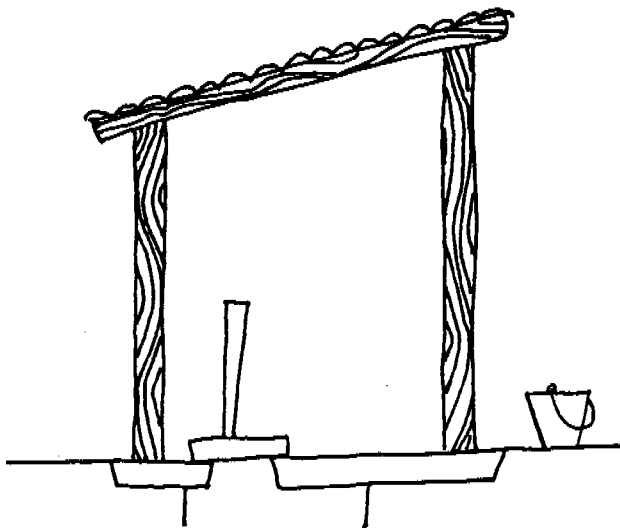
Kusamala ndikukodza chimbudzi cha banja limodzi kumakhala ndi mabvuto ochepa kusiyana ndi zimbudzi za gulu. Zimbudzi zagulu zikhoza kumatsukidwa kawiri kawiri ngati munthu wapadera wasankhidwa kuti azigwira ntchitoyi ndi kumalipidwa. Kasamalidwe ka chimbudzi chagulu ndi kobvuta kwambiri ngati anthu ayembezela kuti wina aliyense adzagwila ntchito, zotsatila zache ndi ubve.

Chimbudzi chaubve sibvuto laukhondo lokha ayi popeza kuti anthu ambiri sangakonde kugwiritsa ntchito malo otero ayi. Ngati chimbudzi chili chaubve anthu akhoza kuchita chimbudzi ku malo ena kotero kuti izi zikhoza kudzetsa bvuto lakufalika kwa matenda.

Pafunikanso kukhala ndi chidwi kuwonetsetsa kagwiritsidwe ka ntchito ndi katsukidwe kazimbudzi za sukulu. Kwa ana ambiri chimbudzi chasukulu chimakhala chimbudzi choyamba kuchigwiritsa ntchito. Mogwirizana ndi aphunzitsi, anawo akhoza kuphunzitsidwa ndikukakamizidwa kugwiritsa ntchito ndi kusamala zimbudzi moyenera.



*Chimbudzi ndi chabwino koma pokha pokha ngati chikugwiritsidwa ntchito bwino.*



*.....ndipo chopanda ntchentche.....*



*....ndipo chidzikhala chosamalidwa bwino.*

### ***Kumanga Zimbudzi Zatsopano***

Ngati gulu lili ndi chidwi chofuna kumanga zimbudzi zatsopano, ndibwino kukambirana mwatsatanetsatane zinthu zosiyanasiyana zokhudzana ndi mkhalidwe wa anthu m'deralo. Zimbudzi zatsopanozi zikhoza kugwiritsidwa ntchito ngati zikukwaniritsa zofuna za anthu ndikuthandiza pamavuto omwe ali m'deralo. Zina zofunika kuganizirapo pomanga chimbudzi chatsopano ndi izi:

- Ndindani amene angagwiritse ntchito chimbudzicho?
- Ndichimbudzi chamtundu wanji chomwe chingafunike ndipo anthu angathe kukwanitsa kumanga ?
- Nanga ndi malo ati omwe tingamangepo chimbudzi?
- Kodi ana angathe kupita kuchimbudziko ngakhale nthawi yausiku?
- Kodi m'chitidwe wabwino pochita chimbudzi ndi uti pakati pakukhala ndi kunyonyomala?
- Kodi ndi zinthu zANJI zomwe munthu angathe kugwiritsa ntchito atatha kulowa mu chimbuzimo?
- Kodi kumanga chimbudzi pamalo pamene mwasankhapo kungagwirizane ndi miyambo ndizikhulupiliro za anthu?

Pamene mkhalidwe woti anthu azikhala ndi zimbudzi ukulimbitsidwa kwa anthu ndibwino kukambirana ndi anthuwo zakuyipa kwa mkhalidwe wosakhala ndi chimbudzi ndiponso ubwino wake kuti anthu akhale ndi chidwi chomanga zimbudzi. Popanda chigwirizano cha anthu a m'mudzi ntchito zaukhondo sizingayende bwino.

Ngati zatheka kuti anthu akhoza kumazimangira okha zimbuzi zamakono, chofunika china ndi kuwathandiza mapulani omwe angagwiritse ntchito kudzanso malangizo a momwe angakonzere zimbudzizo mtsogolo zitawonongeka.

### ***2.2.3 Kusamba m'manja pamene tachoka ku chimbudzi***

Kusamba m'manja pamene tachoka kuchimbudzi kukhoza kuchepetsa kwambiri bvuto lakufalika kwa matenda. Muyenera kugwiritsa ntchito sopo posamba m'manja. Koma ngati sopo akusowa mungathe kukambirana njira zina zopititsira mtsongolo mkhalidwe umenewu monga pogwiritsa ntchito mchenga wabwino kapena phulusa.

Mumadera momwe anthu ali ndi mchitidwe wogwiritsa ntchito madzi muchimbudzi, kupititsa mtsongolo khalidwe losamba m'manja sikungabweretse mavuto ambiri kwenikweni kusiyana ndi m'madera ena. Ngati anthu amagwiritsa ntchito madzi muchimbudzi izi zitanthauza kuti madzi amapezeka ndipo anthu akhoza kutenga mkhalidwe wosamba m'manja mosabvuta.

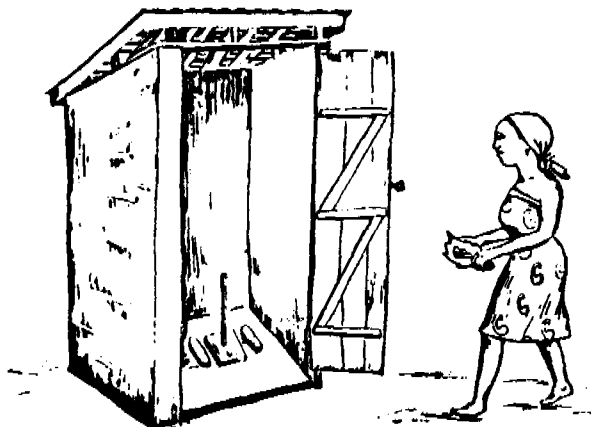
### 2.2.4 Kutaya chimbudzi cha ana moyenera

Pali chikhulupiliro pakati pa anthu ambiri chakuti chimbudzi cha ana ang'ono sichikhala ndi tizirombo tobweretsa matenda. Koma kunena zowona chimbudzi cha mwana chikhoza kukhala ndi tizirombo tobweretsa matenda monga momwe chingakhaliwe cha munthu wamkulu. Pachifukwa ichi ndibwino kutaya chimbudzi cha ana mu njira yoyenera.

Zina mwanjira zopititsira mtsongolo mkhalidwe wabwino waukhondo zomwe tingathe kukambiranapo ndi izi:-

- Kutaya chimbudzi mu njira yoyenera (m'chimbudzi kapena kukwirira);
- Kusambitsa ana pamene achoka kuchimbudzi.
- Kusamba m'manja ngati tagwira chimbudzi cha mwana
- Kuchapa zobvala zomwe zayipitsidwa pamalo omwe sizingafalitse matenda.

Kwa ana ang'ono omwe amachita mantha kulowa mu chimbuzi, mukhoza kukumba kadzenje koti athe kudzithandizirapo. Dzenjelo liyenera kukwiriridwa ndi dothi. Mchitidwe uwu umachepetsa bvuto la kufalika kwa matenda kupatulapo njoka za m'mimba za Hookworm. Ichi ndichifukwa chake ndi kwabwino kwambiri kumanga chimbudzi chapadera cha ana okha ndipo anawa ayenera kuphunzitsidwa kusamba m'manja ngati achoka m'chimbudzi.



...njira ya bwino yotayira chimbunzi cha mwana: chitsanzo...

## 2.3 Ukhondo wapathupi ndi pakhomo

### 2.3.1 Ukhondo wapathupi

Ukhondo wapathupi ndiwofunika kwambiri kuti tichepetse ndi kulewa matenda akamwazi, apakhungu, amaso ndiponso matenda amene amabwera chifukwa cha nsabwe. Njira yabwino yopititsa mtsongolo mkhalidwe waukhondo ndikukhala ndi madzi pafupi ndikugwiritsa ntchito madziwo mnjira izi:-



- Kusamba m'manja pamene mwachoka kuchimbudzi;
- Posamba m'manja musanakanze ndi kudya chakudya;
- Kusambitsa ana kumaso ndi m'manja kawiri kawiri;
- Posamba m'thupi kawiri kawiri. Ana amayenera kusambitsidwa kawiri kawiri pakuti amakhala ndi litsiro mthawi zambiri;
- Kutsuka tsitsi kawiri kawiri;
- Kusamala zikhadabu ngati zili zakuda. Izi zikhoza kukhala zosabvuta ngati zikhadabu zili zodulidwa bwino lomwe;
- Kuchapa zovala ndi zogonera.

Ngakhale kuyanika zobvala pa dzuwa ndikwabwino, koma zobvalazo zikhoza kutetezedwa kumatenda pochapidwa kawiri kawiri. Poyanika malaya padzuwa tingathe kupha tizirombo totsallira timene tikhoza kubweretsa matenda.



....kutsuka mbale ndi mapoto....

Ngati ndikotheka ndibwino kusamba mthupi ndi kuchapa zovala ndi sopo. Komanso kugwiritsa madzi ambiri posamba ndi kuchapa ndichinthu chothandiza kuchotsa tizirombo tobweretsa matenda. Mwina ngati sopo palibe, mungathe kugwiritsa ntchito m'chenga, mwala wosalala posamba m'thupi ndiponso nsalu yabwino popukutira mthupi.

Mipopi yathu ikhoza kuthandiza kuti madzi akhale pafupi ndi anthu. Koma madzi achokera mumipopiye asamangogwiritsidwa ntchito pakumwa ndi pophikira pokha ayi komanso posamba nthupi ndikuchapira zobvala. Anthu akhoza kumanga malo ochapira ndi kusambira chapatali ndi mipopi kuti asayipitse madzi akumwa.

Pampopi payeneranso kukumbidwa dzenje loti madzi otayika ndiponso ochapira athe kulowapo. Anthu ayenera kugwiritsa ntchito mipopi mosamala ndikuyikonza m'sanga msanga ngati yawonongeka.

Kumalo amene likodzo ndi bvuto lalikulu, mipopi ikhoza kubweretsa madzi ambiri woti anthu atha kugwiritsa ntchito ndipo bvuto la matenda alikodzo likhoza kuchepetsedwa. Kugwiritsa ntchito madzi amumipopi kukhoza kuchititsa anthu kuti asiye kugwiritsa ntchito madzi amu mtsinje. Koma kugwiritsa ntchito madzi amu mtsinje kapena padziwe sikungakhale kowopsya ngati anthu sakulowetsa madziwo mkamwa mwawo mwachitsanzo potsuka mkamwa ndi posambira.

Matenda a pakhungu ndi maso kudzanso obwera ndi nsabwe amafalika m'malo momwe anthu amakhuzana wina ndi mnzake, matenda oterewa angachepetsedwe pochita zinthu izi:

- Pobvala zobvala zochapidwa bwino titatha kusamba;
- Anthu onse pabanja ayenera kusamba kawirikawiri ndi kubvala zobvala zoyera;
- Posabwelekana nsalu yopukutira nthupi.

Kwa anthu ena, zomwe tafotokoza pamwambazi zikhoza kukhala zobvuta. Mwachitsanzo anthu ena saloledwa kusamba nthupi panthawi zina. Enanso sangathe kuchapa zobvala zawo kawiri kawiri popeza kuti alibe zobvala zoti angasinthire; kapena akhoza kumaopa kuti akamachapa zobvala zawo kawiri kawiri zikhoza kutha mwachangu. Mabvuto angati amenewa amafunika kuwaganizira bwino bwino.

### 2.3.2 Ukhondo wapanyumba

Takambapo kale zina mwazomwe tingachite popititsa m'tsogolo m'khalidwe waukhondo pakhomo pathu. M'khalidwe wabwinowu ndi zithu monga kutsuka zipangizo zosungiramo madzi ndi makapu kuti tilewe matenda, ndiponso ku bvindikira madzi (mnyumba).

Njira zina zomwe tikhoza kuwafotokozera anthu kuti adzitsatire kuti alewe matenda ndi izi:

- Kusamala malo ophikira;
- Kusesa m'nyumba ndi pakhomo kawiri kawiri, ndiponso kusesa zitosi ndi ndowe mmakola kuti tipewe ntchetche.
- Kutsuka miphika, mabeseni, mbale ndi zipangizo zina nthawi zonse titatha kugwiritsa ntchito; Thandala ndi chinthu chofunika kwambiri poyanikapo zipangizo zakukhitchini nthawi zonse tikazitsuka kuti ziume bwino ndi dzuwa.



Madzi amene tagwiritsira ntchito potsukila mbale, mapoto, makapu ndi zipangizo zina zonse za kukhitchini, tikhoza kuwataya m'dzenje kapena kuwagwiritsira ntchito pothilira maluwa;

Tikhoza kuchepetsa ntchetcha osati pobvindikira pachimbudzi pokha ayi, komanso pobvindikira chakudya ndi kutaya zinyalala m'njira yabwino.

### ***Kutaya zinyalala munjira yabwino***

Zinyalala ziyenera kubvindikiridwa, kukwiliridwa kapena kuwotchedwa kuti tichepetse ntchetcha ndi makoswe. Njira imodzi yotayila zinyalala pakhomo ndikuzitaya m'chitini.

Nthawi zonse tionetsetse kuti chitini chathu chili cho bvindikira. Ngati ndikobvuta kupeza chibvindikiro chapachitini, ndibwino kumawotcha zinyalala zo kawiri pamulungu uliwonse.

Njira yina yotayira zinyalala za panyumba ndikukumba dzenje lalikulu. Zinyalala zikatayidwa m'dzenjemu pamwamba pazinyalalapo tikwilire ndidothi. Tikhoza kukhala ndi dzenje lina lapadera loti tiwoletse zinyalala kuti zisanduke manyowa. Zinyalalazinsoko zikhale zobvindikilidwa nthawi zonse.

Kukwilira kapena kubvindikira zitini zomwe zikhoza kusunga madzi amvula kukhoza kuthandiza kulewa udzudzu.



*...njira yabwino yotayira dzinyalala....*

## **2.4 Kagwiridwe ka chakudya mwaukhondo**

Kugwira chakudya mwaukhondo kukhoza kuteteza kufalika kwa matenda akamwazi ndi njoka za m'mimba. Chakudya chingasamalidwe mwaukhondo ngati:

- Tisamba m'manja ndi madzi abwino tisanayambe kudya kapena kuphika chakudya. Ndipo tiwonetsetse kuti manja asade pophika ndi kudya chakudya. Kudya chakudya pamene manja ali akuda kukhoza kubweretsa matenda. Monganso kudya chakudya chomwe chakonzedwa ndi munthu amene manja ake ndi osasamba kungathe kubweretsa matenda.

- Zipatso ndi zakudya zina zimene timadya zili zaziwisi zitsukidwe ndi madzi abwino tisanadye. Iyi ndi njira yabwino chifukwa zipatso ndi zakudya zoterezi zikhoza kukhala kuti zinagwera padothi pamene munthu anachitapo chimbudzi.
- Mwina zipatso zikhoza kukhala kuti zinakhudzana ndi manyowa m'munda kapena kuti zinatcholedwa ndi munthu amene m'manja mwake munali moipa; kapena kuthilidwa madzi oipa kuti zisaume zisanagulitsidwe. Pochapa zipatso, tikhozanso kuchotsa mankhwala amene amathilidwa ku zipatsozo zidakali ku munda.



.....madzi abwino osamba m'manja....

- Kusamba m'manja ndi kuchapa zipangizo zimene timayikamo nsomba kapena nyama tisamaphike.
- Pakudya chakudya chakupsya bwino. Kuphika kumapha tizirombo tobweretsa matenda ndi mazira ake. Masamba, nyama ya nkhumba ndi ng'ombe ndi nsomba ziyenera kuphikidwa kwambiri.
- Zakudya zogona mumphika ziyenera kuphitsidwa kwambiri kuti zisakhale ndi tizirombo timene tingabweretse matenda. Ngatinkotheka ana ayenera kudyetsedwa chakudya chomwe changophikidwa kumene nthawi zonse osati chomwe chagona.
- Ziwiya zophikira ndi zodyera zitsukidwe mosamala. Izi ndi zofunika poti chakudya chabwino ngati chiyikidwa m'mbale zoyipa chakudyacho chikhoza kukhala nditizirombo tobweretsa matenda.
- Posunga chakudya chili chonse m'ziwiya zotsukidwa ndi kubvindikilidwa bwino pochiteteza ku ntchentche ndi fumbi.



....madzi abwino otsukila zakudya....

Chakudya chikhoza kukonzedwa ndi kudyedwa bwino ngati madzi ambiri ali pafupi ndi nyumba kuti azigwiritsidwa ntchito posamba m'manja, potsuka zakudya, mbale ndi ziwiya zina, kudzanso kusamalira mkhitchini.

Pamene mpopi wayikidwa pafupi ndi nyumba za anthu, uwu umakhala mwayi waukulu woti anthu atengere mkhalidwe waukhondo womwe tanenawu popanda bvuto lili lonse.

#### 2.4.1. Kudyetsa Ana

Kuyamwitsa mwana mkaka wam'mawere ndichinthu chopasa nthanzi komanso ndi njira yinanso yopewera matenda akamwazi chifukwa mkaka wochokera kumawere sungakhale ndi tizirombo tobweretsa matenda. Poteteza mkaka wakumawere kuti usakhale ndi tizirombo tobweretsa matenda ndi bwino kuti mayi azitsuka mawere ake ndi mkamwa mwa mwana asanamuyamwitse.

Ngati mwana sayamwa mkaka wa m'mawere, ndibwino kuti mayi azigwiritsa ntchito kapu yoyera kapena supuni pomuyamwitsa mwanayo. Ana oyamwa mkaka kuchokera m'mabotolo akhoza kudwala matenda akamwazi ngati botolo silisamalidwa bwino. Botolo lamwana liyenera kutetezedwa kuntchentche ndiponso botololi lisamagwiridwe ndi m'manja mwakuda.

Choncho ndibwino kukambirana ndi kuwalimbikitsa amayi kuti azigwiritsa ntchito kapu kapena supuni pomwetsa ana awo mkaka ngati mawere amayi satulutsa mkaka wokwanira.

Kawirikawiri ana ang'ono ang'ono apakati pa miyezi isanu ndi umodzi kufikira zaka ziwiri akhoza kudwala matenda akamwazi. Izi zili choncho chifukwa chakuti matupi a anawo amakhala kuti alibe mphamvu yozitetezera ku matenda akamwazi panthawi imene ayamba kudya chakudya chatsopano ndiponso amakonda kuyika chinthu chilichonse chomwe ali nacho pafupi mkamwa mwawo.



*Njira yomwetsela mwana mkaka mu kapu ndi supuni ikhoza kugwiritsidwa ntchito ngati mai sakuyamwitsa mwana.*

Kotero kuti ndibwino kukambirana mwatsatane tsatane ndi amayi njira zimene angatsate poteteza ana kumatenda akamwazi. Sitingathe kutetezerathu matenda akamwazi koma tikhoza kungochepetsa chabe.

Ndibwino kumusamala kwambiri mwana amene akudwala kamwazi pomuteteza kuti asataye madzi ambiri popanga chimbudzi. Onani kutsogoloku zinthu zomwe tingachite pothandiza mwana amene ataya madzi ambiri chifukwa cha kamwazi.

## **2.5 Kutaya madzi oyipa mu njira yoyenera**

Madzi ongoima ndi malo amatope amene ali pafupi ndi nyumba kapena malo otungapo madzi akhoza kubweretsa matenda anjoka za m'mimba ndi udzudzu. Ichi ndichifukwa chake kutaya munjira yoyenera madzi oyipa ochokera kumipopi ndi amene tagwiritsa ntchito pakhomo pathu ndichinthu chofunika kwambiri.

Nkofunika kwambiri kusamala ngalande za pamalo otungirapo madzi kuti madzi athe kumayendamo bwinobwino. Tionetsetsenso kuti m'makomo mwathu musakhale madzi am'zithaphwi.

M'malo amene ali osowa madzi tikhoza kugwiritsa ntchito madzi amene tathera kutsukila ziwiya ndikuthilira mbewu za ku dimba, mitengo ya zipatso, kumwetsa ziweto, kutsukila zimbudzi ndi zina zotere.

Anthu akhozanso kuganizapo njira zina zopindulitsa zomwe angagwiritsire ntchito madzi otsukila ziwiya pa mipopi kapena kunyumba. Mwachitsanzo madzi amenewa akhoza kugwilitsidwa ntchito pothilira zipatso ndi mbeu zakudimba. Phindu lopezeka pogulitsa mbewuzi likhoza kugwilitsidwa ntchito pokonzetsera mipopi ikawonongeka.

Mwina munthu amene amasamalira pamipopi akhoza kugwiritsa ntchito madziwa mdimba lake. Njira yinanso ndikubvala mbewu kumapeto angalande yomwe yimachotsa madzi pampopi ndipo mbewuzo zikhoza kukhala mitengo ya nkhuni, zipatso kapena ya matabwa. Madziwa akhonzanso kugwiritsidwa ntchito powumbila njerwa kapena zidina zomwe zikhoza kugwiritsidwa ntchito zina ndi zina za chitukuko.

Choncho kuti anthu apindule kwambiri ndi madzi amumipopi amene abweretsedwa mdera lawo, madzi otha kugwiritsira ntchito (woti ataye) angathenso kugwiritsila ntchito zomwe zingawapindulire. Mwanjira yimeneyi tiwonetsetse kuti asakhale anthu apang'ono pokha oti apindule.

### 3. *Matenda Obwera Chifukwa Cha Madzi Oyipa Ndi Kuchepa Kwa Ukhondo*

M'gawo limeneli tikambamo mwachidule za matenda obwera chifukwa cha madzi oyipa ndi kuchepa kwa ukhondo ndiponso *njira* zimene matendawa amafalikira kuchokera kwa munthu wina kupita kwa mnzake.

Ambiri mwa matendawa ndiwochizika ngakhale kuti njira zochizira matendawa sitingathe kuzilemba m'bukhuli. Komabe pofotokoza *m'mene matendawa amafalikira* kuchokera kwa wina ndi mnzake tafuna kuti tikupatseni nzeru za momwe mukhoza kupewera kufalika kwa matendawa.

Chingawo chonsechi chagawidwa mutizigawo totere:

- 3.1 Matenda akamwazi;
- 3.2 Matenda a njoka za m'mimba;
- 3.3 Matenda a pathupi, maso ndi obwera ndi nsabwe;
- 3.4 Matenda obwera ndi udzudzu ndi tizirombo tinatowuluka.

Matenda onse omwe tawafotokoza mtsogolomu tawalongosola m'dongosolo lili pansipa:

Dongosolo Lachiwiri:

Matenda obwela chifukwa cha madzi woipa kapena kuchepa kwaukhondo

#### ***GULU LA MATENDA***

Kutsegula m'mimba

Matenda a Njoka za M'mimba

Matenda apa khungu, a maso ndi ena obweletsedwa ndi nsabwe

Matenda obwera ndi udzudzu ndi ntchenche

#### ***MATENDA***

Kolela (Cholera)  
Kamwazi (Dysentety)  
Kutsegula m'mimba

Njoka za (Roundworm)  
Njoka za (Hookworm)  
Njoka za (Pinworm)  
Njoka za (Guinea worm)  
Likodzo la m'mimba

Mphere (Scabies)  
Chipele (Ringworm)  
Yaws

Malungo (Malaria)

Malungo opangitsa chikasu

Kawodzera (Filariasis)  
Kawodzera

### 3.1 Matenda Otsegula m'mimba

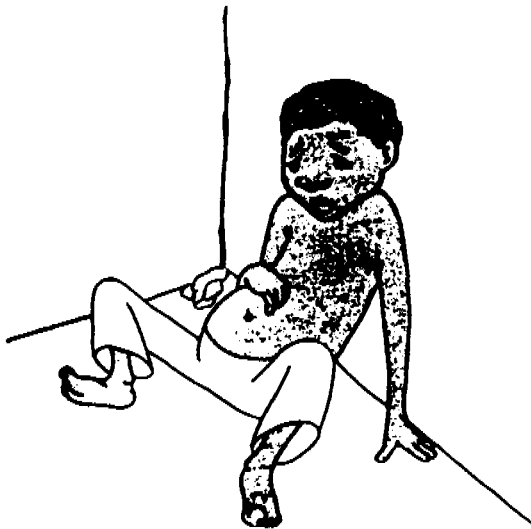
Kutsegula m'mimba ndi matenda amene munthu akadwala amachita chimbudzi cha madzi pafupi pafupi. Matenda otsegula m'mimba alipo amitundu mitundu monga kolera, kamwazi ndi ena otero.

#### *Kolera*

Munthu akamadwala kolera amachita chimbudzi cha madzi pafupi pafupi. Chimbudzichi chimawoneka ngati madzi a mpunga, ndiponso munthuyu amasanza kwambiri. Matenda akolera akabuka amagwira anthu ambiri.

#### *Kamwazi*

Munthu wodwala kamwazi amachita chimbudzi cha madzi chosakanira ndi magari. Zizindikiro zina ndiye kumva mphepo m'thupi, kusanza ndi kumva kupweteka m'mimba.



#### *Kutsegula m'mimba (kwa mitundu ina)*

Munthu wodwala matendawa amachita chimbudzi cha madzi mopitilira kasanu patsiku. Kawirikawiri pamakhalanso zizindikiro zina monga kusanza ndi kumva mphepo m'thupi.

Matenda onsewa ndi ofanana pakuti tizirombo tomwe timabweretsa matenda awa timakhala m'chimbudzi cha munthu wodwalayo. Matenda otsegula m'mimba akhoza kukhalanso njira yimodzi yomwe thupi lathu limachotsera tizirombo tobweretsa matenda m'thupi mwathu.

Anthu amatenga matenda otsegula m'mimba podzela pakamwa. Choncho kufalika kwa matendawa kumachitika pochokera kuchimbudzi.

Chimbuzi chikhoza kukhala ndi tizirombo tambiri tomwe tingabweretse matenda otsegula m'mimba. Tiziromboti nditating'ono kwambiri mwakuti sitingatiwone ndimaso pokha pokha titagwiritsa ntchito zipangizo zina. Tiziromboti timalowa m'mimba ndi m'matumbo athu podzera pakamwa. M'matumbo mwathu tiziromboti timaswana msanga msanga ndipo mosakhalitsa munthu akhoza kudwala kutsegula m'mimba.



Komasikuti aliyense amene wadya chakudya chomwe chili nditiziromboti amadwala. Anthu ena akhoza kukhala nditiziromboti m'thupi mwawo popanda kuwonetsa zizindikiro za matendawa. Anthu amenewa amtchedwa anyamuli (carriers) poti amanyamula tizirombo tobweretsa matenda popanda iwo kudwala.

Ngakhale zili choncho tiziromboti timaswana m'thupi mwawo ndikutuluka pamodzi ndi chimbuzi. Ndipo tiziromboti tikhoza kufalikira kwa anthu ena amene akhoza kudwala kwambiri.

Choncho chimbudzi cha anthu otsegula m'mimba ndi choopsa kwambiri. Pachifukwa ichi kukhoza kukhala kobvuta kuti tidziwe amene ali wodwala kapena wosadwala choncho ndibwino kuti titaye chimbudzi chathu munjira yoyenera (yaukhondo).

Matenda otsegula m'mimba amapezeka mbali zonse za dziko la pansi. Anthu amsinkhu wuliwonse akhoza kudwala matendawa. Koma ana ang'ono ang'ono amadwala amatendawa kawiri kawiri. Ndipo ana akadwala matendawa amadwala kwambiri kuposa akulu akulu.

Matenda otsegula m'mimba akhoza kukhala woopsa kwambiri makamaka kwa anthu omwe samadya chakudya chabwino, ndiponso chokwanira. Anthu oterewa akhoza kumwalira chifukwa cha matenda awa.

Anthu amamwalira akatsegula m'mimba chifukwa amataya madzi ambiri kuchokera m'thupi mwawo. Choncho ndi bwino kuonetsetsa kuti munthu wodwala nthendayi alandire madzi pafupi pafupi.

Mtsogolomu tifotokoza zomwe anthu angachite m'makomo mwawo pothandiza munthu wotsegula m'mimba kwambiri kuti asathe madzi nthupi.

### *3.1.1 Njira zomwe matenda amafalikira*

Pali njira zambiri zimene tizirombo tobweretsa matenda kuchokera m'chimbudzi tikhoza kulowera mkamwa. Izi zimachitika nthawi zambiri podzera m'mchimbuzi chimene chimakhoza kukanilira m'zala, ndinso kuchakudya kapena m'madzi akumwa.

Iyi ndi njira imene tizirombo tochokera m'mchimbuzi timanyamulidwa mu zala, chakudya ndi madzi kukalowa mkamwa.

Zala zikhoza kukhala ndi tizirombo tochokera m'mchimbuzi ngati sitisamba m'manja tikachoka kuchimbudzi. Ngati manja okhuza chimbuzi alowetsedwa mkamwa tizirombo tobweretsa matenda timalowa m'thupi.

Ana ang'ono ang'ono amadwala matenda kawiri kawiri chifukwa ambiri mwa iwo ali ndi chizolowezi choyamwa zala.

#### ***Kuchokera m'mchimbuzi- kudzera m'zala - kufikira mkamwa***

Chakudya chimakhala ndi tizirombo tobweretsa matenda akamwazi pamene chigwiridwa ndi m'manja mosasamba. Izi zimachitika ngati anthu akonza chakudya ndi m'manja mosasamba.

Izinso zimachitika pamene anthu adya chakudya ndi m'manja mosasamba. Kudya chakudya choterechi kumalowetsa tizirombo tobweretsa matenda m'thupi.



***Nthano zofotokoza njira zimene matenda angafalikire - zitsanzo***

***Nthano yoyamba***

Munthu wodwala matenda otsegula m'mimba achita chimbuzi pafupi ndi nyumba, mayi mosadziwa aponda chimbudzicho. Chimbudzicho chikanilira kumapazi kwake ndipo mayiyo alowa m'nyumba. Mwana wake akusewera m'nyumbamo namakwawa pansi. Posewerapo agwira miyendo yamayi ake. Motero anyamula tizirombo tomwe tinali m'mchimbuzi chomwe chinakanilira kumapazi amayi ake ndi pansi panyumba. Mwachizilowezi, mwanayo aika zala mkamwa mwake ndipo tizirombo tamatenda otsegula m'mimbato tilowa mkamwa mwake.

***Nthano yachiwiri***

Mlimi achita chimbudzi ndipo aiwala kusamba m'manja. Iye athyola zipatso ndi ndiwo za masamba ndipo potero tizirombo tamatenda otsegula m'mimba tikanilira pazakudyazi. Amayi ena agula zakudyazi napita nazo ku nyumba kwawo. Mayiyo akonza zakudyazo mosazitsukitsa ndi kusaziphikitsa. Banja la maiyo litya zakudya zokhala ndi tizilombozo. Onse m'banjamo ayamba kutsegula m'mimba.

***Nthano yachitatu***

Mwana wang'ono Dalitso wapanga chimbudzi pakhomo, nkhuku ya mai Nabanda iponda chimbudzichi. Nkhukuyi ilowa mukhichini ndi kuponda m'bali mwachidebe chamadzi akumwa chomwe sichinabvindikilidwe. Mai Nabanda atunga madzi mkapu namwa, ndipo ayamba kutsegula m'mimba.

Chakudya chikhozanso kuipitsidwa ndi ntchenche, zomwe kawiri kawiri zimakhala ndi chimbudzi kumapazi ache, popeza zimakonda kutela pa chimbudzi, mkuzatelanso pa chakudya. Mu njira imeneyi ntchenche zimatenga matenda kuchokera ku chimbudzi kuja kufika nao pa chakudya chija. Pamene anthu adya chakudyachi tizilombo tamatenda timalowa nthupi mwawo.

Chimbuzi -----> ntchenche -----> chakudya -----> pakamwa

M'manja mwakuda ndi ntchenche zikhoza kubweletsa tizilombo tamatenda ku zikho zomwela madzi ndi ziwiya zodyela monga mbale ndi masupuni. Ngati anthu adyela kapena kumwela ziwiya zoterezo, tizilombo tamatenda timalowa m'matupi mwao.

Chimbuzi -----> m'manja/ntchenche -----> ziwiya zodyela -----> pakamwa

Madzi amakhala ndi tizilombo tamatenda ngati akhudzidwa ndi chimbudzi. Madziwa akhoza kuoneka oyela bwino koma ali ndi tizilombo tamatenda tochokera ku chimbudzi chija. Ngati anthu amwa madziwa, tizilombo tamatenda tija timalowa m'matupi mwao.

Chimbudzi -----> madzi -----> pakamwa



Ngati anthu achita chimbudzi pamtunda ndipo mvula iyamba kugwa, chimbudzi chija chimakokoloka kunka m'madzi omwe ali pafupi. Chimbudzichi chimakhozanso kulowa pansu mpaka mudzitsime. Ngati anthu amwa madzi otere, tizilombo tamatenda timalowa m'matupi awo.

Chimbudzi -----> nthaka -----> madzi -----> pakamwa

Nthawi zina anthu amagwilitsa ntchito chimbudzi monga manyowa kumbeu zao. Ngati mbeu zotelezi zidyedwa osatsukidwa bwino kapena popanda kuphikidwa, tizilombo tamatenda timalowa m'matupi mwao.

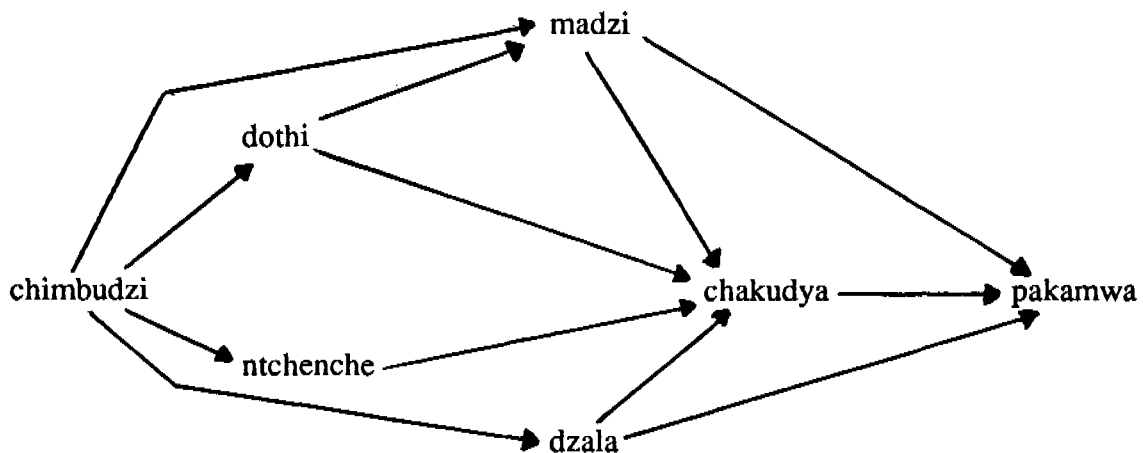
Chimbudzi ----> nthaka ----> chakudya ----> pakamwa

Ana akamasewela tizilombo tamatenda tikhoza kulowa m'matupi mwao kuchokela nthaka, kudzela m'manja mwao kapena muzida zosewelera. Choncho ngati aika zala zao kapena zosewelera zao mkamwa, tizilombo tamatendati tikhoza kulowa m'matupi mwao.

Chimbudzi ----> nthaka ----> dothi ----> pakamwa

Choncho apa taona kuti pali njira zambiri zomwe tizilombo tamatenda tochokela mchimbudzi tingalowera mkamwa.

Chitsanzo chili pansichi tiyesa kulongosola kulumikizana kwa njira zomwe tizilombo tamatenda timalowera m'thupi mwa munthu.



Matenda otsegula m'mimba amatha kuchuluka miyezi ina ndi kuchepapo miyezi ina. M'madera ena matendawa amachuluka nthawi ya chilimwe. Izi zimachitika chifukwa cha kusowa kwa madzi osamba m'manja, otsukila zakudya ndi ziwiya pakhomo. Ichi chikusonyeza kuti madzi abwino ndiponso okwanila angathe kulewa matenda otsegula m'mimba.

M'madela mwina anthu amadwala matenda a m'mimba nthawi ya dzinja. Iyi ndi nthawi yomwe chimbudzi chimakhoza kukokolokera kumalo komwe kuli madzi. Anthu akamwa madzi oterowo amatha kudwala matenda otsegula m'mimba.

Nthawi zinabe matendawa amayambika nthawi yokolola. Nthawi imeneyi anthu ambiri amakhala akugwira ntchito m'minda moti nthawi zambiri ena amachita chimbuzi nthengo. Mkwapafupi kuti tizilombo tamatenda otsegula m'mimba tifalike.

### *3.1.2 Kuthandiza kulewa matenda otsegula m' mimba*

Pothandiza kulewa matenda otsegula m' mimba ndikofunika kuti tiyese kulewa tizilombo toyambitsa matendawa kuti tisafalike kudzela kukamwa kwa anthu.

Choncho nkofunika kuti :

- tigwiritse ntchito madzi aukhondo pakumwa, kusamba m' manja, kutsuka zipatso ndi ndiwo za masamba ndiponso potsukira ziwiya zogwiritsira ntchito pakhomo;
- titaye chimbudzi mwa njira yoyenelera;
- kusamba m' manja tikachoka kuchimbudzi, tisanakonze kapena tisanadye chakudya;
- kutsuka zipatso ndi ndiwo zamasamba mokwanila tisanadye, zipatso ziyenera kusendedwa bwino;
- kuphika zakudya zathu bwino;
- kuteteza zakudya zathu ku ntchenche.

Komabe ngakhale titatsata njira zonse zofunika, mwina sitingathe kuleweratu matenda otsegula m' mimba. Chifukwa chachikulu ndi chakuti pali njira zambiri zomwe chimbudzi chimatha kufikira kukamwa kwa munthu.

Chifukwa chinanso ndi chakuti kutsegula m' mimba kumakhoza kukhala chizindikiro chabe cha matenda ena monga malungo, chikuku ndi nthenda za m' makutu.

Matendawa satsata njira tafotokozazi, choncho kulewa kwa matenda amenewa ndi kobvuta. Komabe tiyesetse kutsata njira zonse zomwe tafotokozazi kuti tiyese kuchepetsa matenda otsegula m' mimba maka maka kwa ana ang'ono.

## **3.2 Matenda obwela ndi nyongolotsi**

Anthu ochuluka amadwala matenda obwela ndi nyongolotsi. Matenda onse anyongolotsi kupatula nyongolotsi zochedwa ginewarmu (guinea worm) amafanana popeza mazira anyongolotsi amafalitsidwa kudzela mu chimbudzi cha wodwalayo.

Matenda a nyongolotsi kupatula za mtundu wa gine warmu, nthawi za mbiri saonetsa zizindikiro zodetsa nkhawa. Nthawi zina samaonetselatu konse zizindikiro zilizonse, komabe chimbuzi chamunthu yemwe sakuonetsa zizindikiro chikhoza kukhala choopsya ngati chimbuzi cha munthu yemwe akuonetsa zizindikiro zodetsa nkhawa. Ichi ndi chifukwa chake nkofunika kuti chimbuzi chizitayidwa mu njira yoyenerela. Titatsatira bwino njira zonse za ukhondo wa bwino tikhoza kulewa matenda onse a nyongolotsi.

Matenda a nyongolotsi ali ndi njira zambiri zomwe amafalikira. Njira zina tikhoza kuzimvetsa tikamafotokoza za nyongolotsi zomwe zimapezeka kawiri kawiri.

### *3.2.1 Nyongolotsi-zobulungira (round worms), Whip worm, Pinworm ndi Hook worm*

#### ***Nyongolotsi zobulungira***

Nyongolotsi izi ndi zobulungira ndipo kutalika kwache kumatha kufanana ndi kutalika kwa phazi la munthu wa mkulu. Nyongolotsizi zimakhala m'matumbo a munthu ndipo zimadya zakudya zimene munthuyo amadya. Choncho ngati munthu ali ndi nyongolotsizi amaoneka wofooka popeza zakudya zache zimatha ndi nyongolotsizo.

Choopsya china ndichakuti nyongolotsizi zimakhoza kutseka njira m'matumbo, kotero chakudya chimalephera kuti chiyende bwino, ndipo munthu amalephera kutsegula m'mimba bwino.

Mazira a nyongolotsizi amafalika kudzera mu chimbudzi cha munthu wodwalayo. Kuti munthu wina atenge nyongolotsizi, zimayenera kudzera njira ya kukamwa, monga momwe matenda otsegula m'mimba amafalikira.

Njira yoyamba yodzera ndi m'manja mosasamba. Ichi ndi chifukwa chache ana kawiri kawiri ndi amene amagwidwa ndi nyongolotsizi, kulekana ndi akulu akulu. Ana amakonda kuika dzala ndi zinthu zina zilizonse mkamwa.

Njira yina ya chiwiri ndi zipantso ndi ndiwo za masamba zosatsukidwa bwino. Izi zimakhoza kupezeka ndi mazira a nyongolotsizi ngati munthu yemwe ali ndi nyongolotsi achita chimbudzi m'munda wa zipatso kapena ndiwo za masamba. Choncho mazira a nyongolotsiwo amakhuzana ndi zipatsozo, kapena ndiwo za masamba pansu.

Mazira a nyongolotsiwa akhozanso kufalika ngati alimi agwiritsa ntchito chimbuzi chosauma monga manyowa m'munda wao.

#### ***Whip worm***

Nyongolotsi izi zimakhala ngati ulusi. Zimaoneka chimodzi- modzi ngati nyongolotsi zobulungira, kufalika kwachenso ndi chimodzimodzi. Komabe kusiyana kwache ndi kwakuti mazira a nyongolotsi za whip worm amafa nsanga ngati zipatso kapena ndiwo za masamba momwe alimo ziyanikidwa pa dzuwa.

#### ***Pin worm***

Nyongolotsi izi ndi zazing'ono ndiponso zowonda kwambiri. Zimakhala m'matumbo a munthu, usiku zimatuluka kukaikila mazira pokhalira. Mazirawo amatha kutuluka kunja pamodzi ndi chimbudzi.

Nyongolotsizi zimayabwa pokhalira. Munthu akamakanda, mazira ache amakanilira ku zikhadabo. Choncho nyongolotsizi zimafala kudzela kudzala ngati munthu sasamba m'manja kokwanila.

#### ***Hook worm***

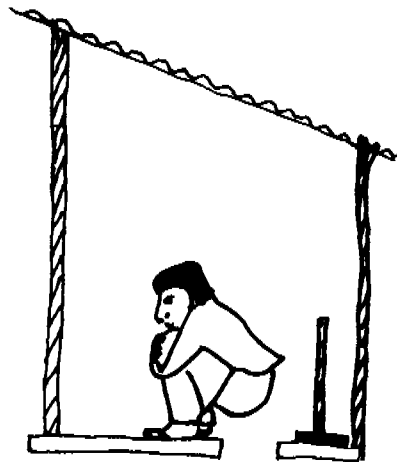
Nyongolotsi izi zimakhala zazing'ono ndipo zofiira. Zimakhala m'matumbo a munthu nkumamwa magari ache pomaboola matumbo. Nyongolotsizi zikachulukana ndi kupitilira kuyamwa magari, munthuyo amakhala wofooka.

Mazira a nyongolotsizi amafalika kudzera mu chimbuzi. Akagwera pa dothi kapena pansi pa nthaka, mazirawa amasanduka nyongolotsi. Nyongolotsizi zimalowa ku mapazi a anthu omwe amayenda opanda nsapato.

**Kuthandiza kulewa nyongolotsi za mtundu wo bulungira, za whip warmu, pini warmu ndi huku warmu.**

Kufalika kwa nyongolotsi zonsezi kukhoza kuchepetsedwa ngati chimbudzi chitayidwa mu njira yoyenelera. Njira ya bwino ndi kukhala ndi chimbudzi, komabe tiyenera kusamala chimbudzi chathu, popeza chimbuzi chosasamalika bwino chingathe kufalitsa nyongolotsi.

Izi ndi zowona, maka maka ku nyongolotsi za huku warmu. Mwa njira zina zolewera nyongolotsi ndi kusamba m' manja pochokera ku chimbudzi, tisanagwire chakudya ndiponso kutsuka zipantso ndi ndiwo za masamba. Ngati tifuna kugwilitsa ntchito chimbuzi monga manyowa ku mbeu zathu, tiyambe tachiumitsa kuti mazira a nyongolotsi afe. Izi titha kupanga pakati pa miyezi 6 kapena chaka chathunthu.



### *3.2.2 Nyongolotsi a gine warmu ndi likodzo*

Nyongolotsizi zimakhala ku mapazi a anthu. Zimayambitsa mabala kotero kuti munthu amalephera kuyenda. Pamene muthu yemwe ali ndi mabala a nyongolotsizi aponda m'madzi, mazira anyongolotsi amatsalira mommo.

M'madzimo mazira a nyongolotsiwa amalowa mu tinsomba tating'ono tomwe sitingathe kutiona ndi maso, tochedwa shellfish.

Ngati munthu wina amwa madziwa, tinsomba tomwe tili ndi madzira anyongolotsi tija, timalowa m'mimba mwache. M'mimbamo madzira a nyongolotsi aja amaswa ndi kukhala nyongolotsi zomwe zimayenda kupita kumapazi a munthuyo.

Chifukwa cha njira yofalikira yotereyi, nyongolotsi za mtundu uwu zimapezeka komwe anthu amamwa madzi mu dzitsime.

### ***Kuthandiza kulewa nyongolotsi za mtundu wa gine warmu***

Mkwapafupi kuthandiza kulewa nyongolotsi za mtundu uwu. Ngati timwa madzi a pampope sitingakhale ndi nyongolotsizi. Ngati timamwa madzi a pa chitsime, tizichedza madziwa ndi kansalu koyela bwino kuti tinsomba tokhala ndi mazira anyongolotsi tisalowe m'mimba mwathu.

### ***Likodzo***

Nyongolotsi za likodzo zimakhala m'magazi a munthu. Madzira a nyongolotsizi amatuluka kudzera mu chimbudzi kapena mikodzo ya munthu wodwalayo.

Munthu amene ali ndi likodzo amamva kupweteka m'mimba kapena mu chikhodzodzo ndipo amatulutsa magazi pochita chimbudzi kapena pokodza.

Njira zimene nyongolotsi za likodzo zimadzera ndi zobvuta. Ngati munthu amene ali ndi likodzo achita chimbudzi kapena kukodzera m'madzi, madzira a nyongolotsi amalowa m'madzimo. Mmadzimo, madzirawo amayenera kulowa mu nkono za mtundu wina wache, kuti aswe, asanduke nyongolotsi.



Ana anyongolotsiwa amatuluka mu nkonomo ndipo amatha kulowa pakhungu la munthu yemwe akhuzana ndi madziwa. Choncho anthu amatha kutenga likodzo ngati akhuzana ndi madzi momwe muli nkono zomwe zili ndi madzira a nyongolotsizi, posamba, pochapa, pogwira ntchito ina aliyonse m'madzimo, poyenda m'madzi kapena poweza nsomba.

Sikawiri kawiri kuti anthu angatenge likodzo pakumwa madzi momwe muli nkonozi.

### ***Kuthandiza kulewa likodzo***

Kuchepetsa kapena kulewa matenda a likodzo ndi kobvuta kwambiri. Mwa zina njira zimene zingathandize kuchepetsa matendawa ndi izi:

- a. Kulewa madzi kuti asakhale *ndi madzira a likodzo*. Kuonetsetsa kuti chimbudzi ndi mikodzo ya anthu onse zisakhuzane ndi madzi ponesetsa kuti aliyense ali ndi chimbudzi ndipo akuchigwiritsa ntchito.

Kungophonyetsa pang'ono njira iyi kungapeleke mpata kuti nkono zomwe zili m'madzi zipeze madzira a likodzo, zomwe zikhoza kufalitsa matenda alikodzo kwa nthawi yaitali.

- b. Kulewa kuti anthu asakhuzane *ndi madzi momwe muli nkono*.

Madzi a mipopi a khoza kuthandiza njira iyi. Koma chofunikira ndichoti tionetsetse kuti anthu asiyilatu kugwiritsa ntchito madzi a ku mitsinje ndi ku dzitsime.

Anthu agwilitse ntchito madzi a mipope pakumwa, pochapila zobvala ndi potsukila ziwiya zina zonse.

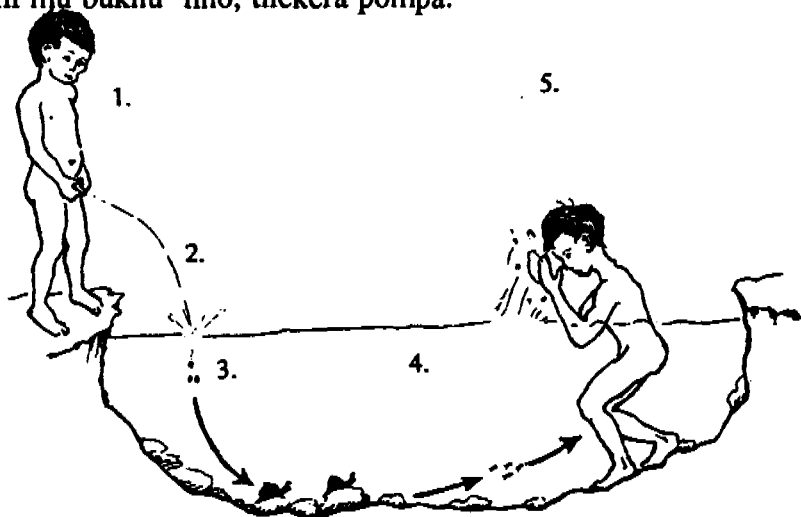


Njira zina zolewera anthu kuti asakhuzane ndi madzi oipa ndi izi:-

- Kusunga madzi (opanda nkono) kokwanila masiku awiri kuti nyongolotsi za likodzo zife.
- Kuumitsa zithaphwi zonse
- Kumanga milatho m'malo monse momwe anthu amawoloka pa madzi
- Kuumitsa zithaphwi zonse momwe muli zomera momwe nkono zingakhalemo.

### c. *Kuchepetsa nkono.*

Popeza ndikobvuta kuchepetsa nkono ndipo ndi ntchito yomwe sikukhuzana kweni kweni ndi nkhani zili mu bukhu lino, tilekera pompa.



1. Munthu amene ali ndi likodzo akodzela m, madzi.
2. Mikodzo ili ndi mazira a tizirombo ta likodzo.
3. Madzira a tizilombo talikodzo aswa nalowa mu nkono.
4. Tinyongolotsi talikodzo tituluka mu nkono ndikulowa nthupi mwa munthu wina.
5. Mwa njira iyi, munthu aliyense amene akhuzana ndi madzi momwe munthu wa likodzo uja anakodzela, atenga likodzolo.

## 3.3 Matenda apakhungu, amaso ndiponso obwera ndi nsabwe

Matenda onse amene ali m'gulu ili ali ndi chinthu chimodzi chofanana poti onse angathe kupewedwa pakusamba ndi kuchapa zobvala ndiponso zogonela kawiri kawiri. Izi tizifotokoza bwino pokamba zina mwazofunika zokhudzana ndi matenda apakhungu, amaso ndiponso matenda obwera chifukwa cha nsabwe.

### 3.3.1 Matenda apa khungu

#### *Mphere*

Mphere ndimatenda apakhungu amene amadza chifukwa chatizirombo tokhala pansipakhungu. Timatuza timaoneka pamwamba pakhungu ndipo khungu limayabwa maka maka nthawi ya usiku. Kuyabwako kumachititsa kuti munthu azikanda kotero kuti matenda ena amatha kubwera kwa munthuyo.

Mphere zimafalika ngati mukhudzana ndi khungu, kugwira zobvala kapena zogonela zogwiritsidwa ntchito ndi munthu wamphereyo. Kawiri kawiri ana ndi amene amadwala matenda a mpherewa.

### 3.3.2 Matenda amaso

#### *Matenda odzetsa khungu*

Matendawa amapezeka kawirikawiri m'malo owuma ndiponso m'mene muli fumbi. Nthenda iyi yimayamba ndi kunyerenyetsa kwa m'maso. Patatha nthawi zikope zapamwamba zimatupa. Nthendayi yikhoza kupangitsa munthu kuti akhale wakhungu. Nthendayi yimafalikira ngati madzi omwe amatuluka m'diso la munthu wodwala akhudza kapena kupaka munthu wina amene sakudwala nthendayi.

Izi zikhonza kuchitika ngati ntchentche imene inatela padiso la munthu wodwala itelanso padiso la munthu amene ali bwino. Nthendayi imafalikanso ngati munthu agwiritsa ntchito mpango umene munthu wodwala wangogwiritsa ntchito popukutira kumaso.



#### *Matenda ofiiritsa maso (conjunctivitis)*

Matendawa amapangitsa maso kuti afiire, azituluka misozi ndiponso kuti zikope zitupe. Matendawa amafalika chimodzimodzi matenda odzetsa khungu omwe akambidwa pamwambapa. Kupewa kwakenso ndi chimodzimodzi matenda odzetsa khunguwa.

### 3.3.3 Matenda obwera ndi nsabwe

Nsabwe zimapangitsa munthu kuti amve kuyabwa kwambiri ndipo amazikandakanda. Izi zimadzetsa matenda ena apadera. Nsabwe za kumutu zimapezeka makamaka ndi ana asukulu ndiponso anthu omwe ali ndi tsitsi lalitali. Kawiri kawiri nsabwe zakumutu zimabvutitsa kwambiri kusiyana ndi matenda ena.

Nsabwe zanthupi zimakhala mu zobvala kapena mkabudula wamkati. Nsabwezi zimapezeka kawiri kawiri m'malo ozizira komwe anthu sasamba ndi kusintha zobvala kawiri kawiri. Nsabwezi zimabweretsa matenda owopsya monga malungo osatha (relapsing fever) ndi matenda ena ambiri obwera ndi nsabwe.

Posamba ndi kuchapa zobvala zathu kawiri kawiri pogwiritsa ntchito sopo tingathe kupewa nsabwe ndi nyena (mazira ansabwe). Pachifukwa ichi kusamba, kuchapa zobvala ndi zogonela kawirikawiri ndi chinthu chofunika kwambiri pofuna kupewa nsabwe. Kuyanika zobvala padzuwa pamene tatha kuchapa kukhoza kupha nsabwe ndi nyena zomwe.

### *3.3.4 Zomwe tingachite pofuna kuteteza matenda amaso, apakhungu ndi obwera ndi nsabwe.*

Matenda amaso, apakhungu, obwera ndi nsabwe ndi ena amitundu yina amabwera chifukwa chakusowa madzi abwino omwe anthu angathe kugwiritsa ntchito kuti akhale aukhondo. Ichi nchifukwa chake matenda amtundu umenewu amapezeka kawirikawiri m'malo momwe madzi amabvuta ndiponso nthawi yachilimwe kapena kumalo komwe anthu amayenda mtunda wautali pokatunga madzi. Pa matenda amene tatchulawa, kuchuluka kwa madzi ndikofunika kwambiri kusiyana ndi ubwino wa madziwo.

Njira yabwino yoteteza kapena kuchepetsa matenda amtundu umenewu ndikukhala ndi madzi ambiri pafupi ndi nyumba za anthu. Madzi amumpopi akhoza kuthandiza kwambiri pochepetsa matendawo. Koma china chofunika kudziwa nchakuti madziwa sayenera kugwiritsidwa ntchito pakumwa ndi pophikira pokha ayi, komanso posamba ndi kuchapa zobvala.



Popeza matenda oterewa amafalika pokhudzana, ndikofunika kuti anthu onse apabanja asambe ndi kuchapa zovala zawo kawiri kawiri. Izi ndizofunika kwenikweni kwa ana ang'ono omwe amatha kudwala matendawa kawirikawiri.

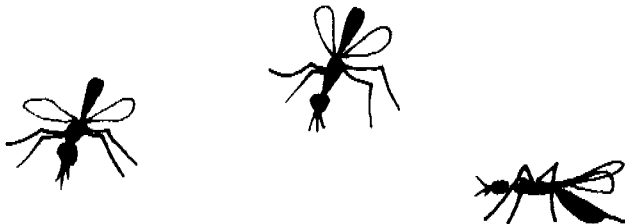
Njira yina yomwe tingatsate poteteza matendawa ndikuchita chimbudzi ndi kutaya zinthu zoyipa malo oyenera kuti titeteze kuswana kwa ntchentche. Izi zikhoza kuchepetsa bvuto loti ntchentche zithe kufalitsa matenda pakati pa anthu.

## **3.4 Matenda obwera ndi ntchentche, ndi udzudzu**

Matenda ambiri amadza chifukwa cha kulumidwa ndi udzudzu kapena ndi tizirombo timene timakhala m'madzi kapena m'malo oyandikira madziwo.

Ichi nchifukwa chake matenda oterewa ali m'gulu la matenda amene amadza chifukwa cha madzi.

Madzi amumipopi ndi mchitidwe waukhondo, paokha, sizingathe kuteteza matenda obwera ndi ntchentche kapena udzudzu. Nthawi zina bvuto lakufalika kwa matendawa likhoza kuchepetsedwa ngati tisamala m'malo omwe ntchentche ndi udzudzu zikhonza kuswerana pafupi ndi nyumba. Ndiponso pakuwonetsetsa kuti tisapange maenje atsopano pafupi ndi mipopi kapena zimbudzi pomwe ntchentche ndi udzudzu zikhonza kuswerapo.



### **Malungo**

Malungo ndi matenda owopsa kwambiri okhudzana ndi magari. Matendawa zizindikiro zache ndi kunjenjemera ndi mphepo mnthupi, mutu ndi kutsegula m'mimba. Anthu ambiri amafa ndi matendawa.

Malungo amafalika ndi udzudzu ukaluma munthu yemwe ali ndi malungo, umayamwa magari a munthu wodwalayo. Ngati udzudzu womwewo uluma munthu wina, umapereka tizirombo tamalungo m'magazi amunthuyo. Chotsatira chake munthuyo amadwala malungo.

Udzudzu waukazi wokha ndiumeme umayamwa magari. Umafuna magariwa kuti mazira, omwe umayikira m'madzi ongoyima, akule bwino. M'madzimo mazira amakula ndi kukhala udzudzu waung'ono. Izi zimatenga pakati pa masiku asanu kufikira khumi ndi awiri.

Kuteteza malungo ndi chinthu chobvuta kwambiri. M'malo amene muli mowuma zikhonza kukhala zothandiza kuchepetsa matendawa powumitsa malo omwe udzudzu ungate kuyikira mazira.

Pofuna kuteteza udzudzu kuti usaswane pafupi ndi nyumba, anthu ayenera kuchita izi:

- Chotsani zitini, mabotolo osweka, magwembe ndi zinthu zina zomwe zingasunge madzi amvula;
- Dulani udzu ndi zitsamba zonse zomwe zili pafupi ndi nyumba kuti musasunge madzi ongoyima;
- Bvundikirani zikho zamadzi, momwe mumasungilamo madzi amvula, mphako za m'mitengo ndi zina zotere;
- Umitsani kapena kwilirani tizithaphwi tonse;
- Tayani madzi mu ziwiya zomwe mumasungamo madzi patatha masiku anayi (iyi ndi nthawi imene mazira asanakhale udzudzu waukulu.

Ndichofunikanso kwambiri kuonetsetsa kuti pamalo ozungulira mipopi yanu ndi zimbuzi asakhale malo oti udzudzu udzisweranapo chifukwa cha madzi ongoima omwe sanatayidwe m'njira yoyenera.

Njira yina yomwe tingachepetsere matendawa ndi kugona muukonde wotchinjiriza ku udzudzu (ngati mungathe kugula) kuti muteteze ana ku udzudzu nthawi ya usiku.

***Matenda o tupa miyendo (elephantiasis)***

Matenda awa amafalika ndi udzudzu. Ngati udzudzu uluma munthu umatha kulabvulira malobvu okhala ndi tizirombo tating'ono ting'ono tomwe timasanduka nyongolotsi. Kulumidwa ndi tiziromboti kwa zaka zambiri kumapangitsa kutupa kwambiri kwa mwendo (matenda awa ndi amene amatchedwa Mntchetcha). Mitundu ya udzudzu imene imabweretsa matendawa imakonda kuswana m'madzi oyipa.

Ichi ndi chifukwa chake matendawa amapezeka kawirikawiri m'malo momwe madzi amadikha ndiponso malo amene anthu amachita chimbudzi mosayenera. Matendawa kawiri kawiri amapezekanso m'malo momwe muli ming'alu ndiponso m'malo monga mumatanki a zimbudzi ndi mungalande zamadzi.

***Malungo opangitsa chikasu m'manja ndi m'maso (yellow fever)***

Matenda amenewa amafalika ndi udzudzu. Matenda awa amakonda kupezeka mu Africa kwenikweni m'matauni ndipo ndioopsywa kwambiri pakuti amapangitsa munthu kunjenjemera ndi kumva mphepo mnthupi kuwonjezera pazizindikiro zina za nthendayi. Kuti tichepetse kufalika kwa matendawa njirazonse zolewera matenda amalungo zingathe kuthandizanso panthenda iyi.

***Matenda a nyangu ndi kaodzera (river blindness and sleeping sickness).***

Kawiri kawiri matenda oterewa amakambidwa mokhudzana ndi madzi ndi ukhondo. Koma ngakhale matendawa amakhudzana ndi madzi popeza tizirombo tomwe timafalitsa matendawa timakhala pafupi ndi madzi, matendawa sakhudzana kwenikweni ndi madzi atsopano ndi zipangizo za ukhondo. Njira yotetezera matendawa ndiyobvuta kotero sititha kulongosola mu bukhu lino.

Madzi amumipopi angathe kuchepetsa kufalitsa kwa matenda akaodzera ku madera akuzambwe ndi pakati mu Africa. Mumadera amenewa ntchentche zofalitsa matenda akaodzera, zimaswana pafupi ndi madzi. Ngati anthu sayendayenda m'malo momwe muli ntchentchezi, nthendayi ikhoza kupewedwa.

Malo otungako madzi monga mipopi angathandize kuchepetsa anthu kuti asama pite pite kumalo komwe kumakhala ntchentche zomwe zimapeleka tizilombo takaodzera.

## 4. Maphunziro Azaukhondo Ndi Zipangizo Zophunzitsira

Chigawo ichi tikufotokoza m'mene tingawiritsire ntchito zipangizo zophunzitsira ntchito zaukhondo.

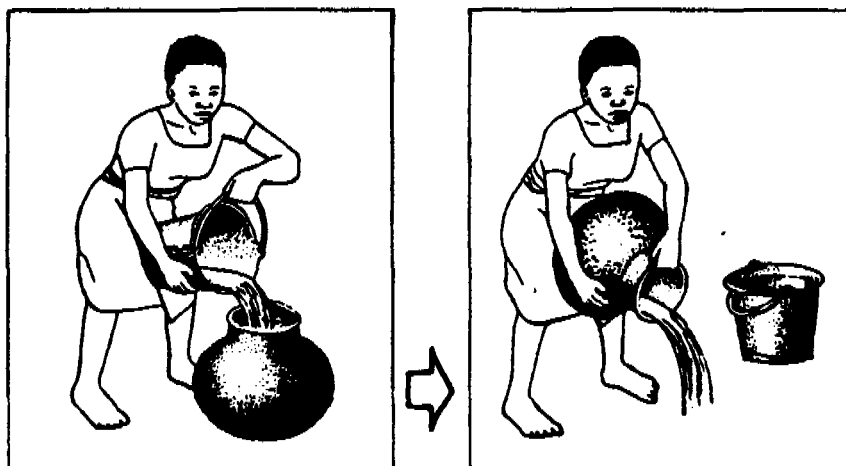
Chigawochi chagawidwa motere:

- 4.1 Kusintha mkhalidwe ndi zipangizo zophunzitsira
- 4.2 Kagwiritsidwe ntchito ka zipangizo zophunzitsira
- 4.3 Zoyenera kutsata pogwiritsa ntchito zipangizo zophunzitsira.

### 4.1 Kusintha mkhalidwe ndi zipangizo zophunzitsira

M'buyomu tafotokoza kale njira zopititsira mtsogolo mkhalidwe wa ukhondo. Talongosola bwino lomwe kuti maphunziro azaukhondo akhoza kumveka bwino kwa anthu ngati akukhuzana ndi zinthu zimene anthu amaziwona tsiku ndi tsiku. Ichi ndi chifukwa chake kuyendera anthu mumakomo mwao, kukambirana ndi anthu mocheza nawo ndiponso kukambirana ndi anthu mtimagulu, zimapereka mwayi oti maphunziro azaukhondo apite mtsogolo.

Ndi chifukwa chache talimbikira kufotokoza za kufunika kwache komaaonetsa anthu kachitidwe ka zinthu. Mwa chitsanzo tikamawafotokozera momwe angalewere madzi kuti asalowe tizilombo tamatenda pochokera kotunga kufikila komwe akugwiritsa ntchito, ngakhalenso pomwe tikukambilananawo zakuopsya kwa malo otunga madzi osiyana siyana.



*Chionetselo cheni cheni chimathandiza anthu kuti amvetse: chitsanzo.*

Chimmodzi modzinso pomwe tikukambilana nawo za kuopsya komwetsela mwana mkaka mu botolo, zikhoza kuthandiza kwambiri ngati tigwiritsa ntchito botolo lenileni.

Pazifukwa izi tilimbikire kuphunzitsa anthu pogwiritsa ntchito njira zomapeleka zitsanzo. Ndibwino kupeleka dzitsanzo kusiyana ndi kungofotokoza chabe.

Kugwiritsa ntchito zinthu zimene anthu amachita ndi kuziona tsiku ndi tsiku kukhoza kuchititsa anthu kuti atengere mkhalidwe watsopano waukhondo. Mwa chitsanzo titha kumakambilana ndi anthu nkhani ya likodzo kuntsinje:

"Dzulo ndinaona ana anayi akusambira padziwe chapafupi pompa. Kodi mukudziwa kuti ana aja akhoza kutenga likodzo akamasambira m'madzi monga awa?"

Chitsanzo ichi chikhoza kuyambitsa kukambirana pakati panu ndi anthu kuti muwafotokozere matenda amene ana angatenge posamba madzi oyipa ndiponso zobvuta zomwe akhoza kukumana nazo poletsa ana kuti asasambirensa m'madzi angati amenewa. Mukhoza kukambirana nawo zomwe angachite kuti athetse m'khalidwe woterewu.

Powonjezera kuwaphunzitsa anthu khalidwe laukhondo pogwiritsa ntchito zitsanzo tikhonzanso kugwiritsa ntchito zipangizo zophunzitsira ukhondo. Zina mwa zipangizozi ndi zinthu monga: zithunzi zoyika pakhoma, kabukhu ka zithunzi, kanema, nthano, zifaniziro, zisudzo zophunzitsira anthu ndi zina zotero.

Pachiyambi cha maphunziro azaukhondo zipangizo ngati izi zikhoza kugwiritsidwa ntchito pofuna kuti anthu akhale ndi chidwi ndiponso kuti maphunzirowo amveke bwinobwino. Pamaphunzirowa zipangizozi zikhoza kuthandiza kuti tikambirane ndi anthu momasuka ndikuwafotokozera mfundo zofunika bwinobwino. Izi zikhonza kuthandizanso kuti anthu apitirize kukhala ndi chidwi ndi maphunzirowa.

Zipangizo zophunzitsira zikhoza kuthandiza kwambiri popititsa mtsogolo maphunziro azaukhondo. Komabe zipangizo zoterezi zili ndi malire ake am'mene tingathe kuzigwiritsira ntchito.

Zina mwa zifukwa zache ndi izi:-

- Zipangizo zophunzitsira zikhoza kupereka nzeru zamkhalidwe wabwino womwe ungathe kuchepetsa matenda. Koma monga momwe takambira kale m'mbuyomu, pali kusiyana kwakukulu pakati pa kudziwa chinthu chomwe chili chabwino paukhondo wathu ndi kuchita chinthucho.
- Mwachitsanzo zipangizo zophunzitsira zikhoza kutiwonetsa momwe tingasambire m'madzi koma izi sizikutanthauza kuti titatha kuwonerera zimenezi tingathe kulowa mu nyanja ndi kuyamba kusambira bwinobwino. Ndichodziwikiratu kuti tingathe kumira.
- Zipangizo zophunzitsira zingalephere kuthandiza kwenikweni ngati sizigwiritsidwa ntchito pazokambirana ndi anthu. Mwachitsanzo tikhonza kuonetsa kanema wamomwe tingalewere ntchentche. Aliyense akhoza kusangalala ndikubwerera kukhomo kwao. Kodi zikaterere ndiye kuti anthu atsatira njira za momwe angalewere ntchentche monga awonera pakanemapo? Mwina sichoncho ayi.

- Pokhapokha ngati mfundo zomwe zakambidwa m'kanemazo zikukhudzana ndi zinthu zomwe anthu amachita tsiku ndi tsiku ndiponso ngati njira zopititsira mtsogolo ukhondo zakambidwa kale ndiye kuti zingathe kusintha.
- Kaya tikugwiritsa ntchito zipangizo zamtundu wanji chofunika ndi choti poyamba kapena pomaliza, tiyenera tikambilane ndi anthuwo m'mene tingapititsire mtsogolo mkhalidwe waukhondo.
- Zipangizo zophunzitsira zimatha kubweletsa mabvuto kusiyana ndi zipangizo zina. Choyamba ndi chakuti kawirikawiri anthu samvetsetsa bwino uthenga omwe uli mu zithunzi, kapena iwo saona uthengawo ngati ndi chinthu chokhudzana ndi mkhalidwe wawo watsiku ndi tsiku.
- Tikhoza kupewa mabvuto onga awa pogwiritsa ntchito malangizo amomwe tingakonzere zipangizo zophunzitsira omwe alembedwa ku mapeto kwa bukhu lino.
- gakhale zili choncho zinthu zowona ndi maso (zithunzi) zimakhale zinthu zobvuta kuzimvetsetsa Kawirikawiri zithunzi sizisonyeza chifukwa kapena m'mene m'chitidwe woyenera ungatsatidwe mwachitsanzo, chithunzi cha mayi akusambitsa mwana wake sichisonyeza ndikangati kamene mai azisambitsa mwana wake pa tsiku.
- Ichi ndi chifukwa chake nthawi zonse ndikofunika kufotokoza zomwe zithunzizo zikutanthauza mwatsatanetsatane. Chinthu chothandiza kwambiri muntchito za maphunziro aukhondo nthawi zonse ndi mlangizi wabwino, wodziwa ntchito yache.

**Mwa zina zomwe mungatsate pogwiritsa ntchito zipangizo zophunzitsira ndi izi:**

- Konzani ntchito yanu mosamala. Ngati mwakonzekera bwino ndiye kuti mungathenso kugwira ntchito yanu bwino.
- Konzani ntchito yanu moyenerana ndi mkhalidwe wa anthu a mu delaro, mwachitsanzo simungakonze maphunziro a ana monga momwe mungakonzere a kulu akulu.
- Musanayambe kugwiritsa ntchito zipangizo zanu zophunzitsira, yambani mwaziyesa kaye kuti mudziwe m'mene mungathe kuzigwiritsira ntchito bwino ndi mabvuto omwe mungathe kuwapeza pogwiritsa ntchito;
- Pamene mukuwonetsa zithunzi wonetsetsani kuti aliyense akuziwona;
- Chitani zinthu zonse momveka bwino ndipo muyesetse kuti zisakhale zobvuta pozitsatira. Zinthu zomwe ndi zobvuta kuzitsatira zingakhale zobvuta kuti anthu azimvetse;
- Musachite zinthu zambiri pa nthawi imodzi. Pamene muchita zinthu zambiri panthawi imodzi anthu sangathe kutsatira bwino zinthu zimene mukuphunzitsazo;
- Bwerezani zinthu zofunika m'njira zosiyanasiyana;



- Gwiritsani ntchito zipangizo zanu zophunzitsira mobwereza bwereza. Panthawi yoyamba kawirikawiri anthu amakhala ndi chidwi kwambiri mu chithu cho phunzitsiracho kuposa mfundo zomwe inu mukukamba;
- Limbikitsani anthu kuti adzikambilana mtimagulu ting'ono ting'ono ngati mungathe kutero;
- Fufuzani kawiri kawiri ngati zomwe mukuchita zikupindulira anthu. Muchite izi mothandizana ndi anthu a m'mudzimo;
- Gawanani nzeru ndi alangizi anzanu a zaukhondo, kukambirana za mabvuto amene mwakhala mukuwaona ndi momwe mungapewe mabvuto oterowo.

## **4.2 Kagwiritsidwe ntchito kazipangizo zophunzitsira**

Pali zipangizo zamitundu yambiri zophunzitsira, monga zithunzi zojambulidwa pa mapepala akulu akulu ndi kanema Zipangizozi zili ndi ubwino ndi kuyipa kwake. Zipangizo zomwe sibzovuta kugwiritsa ntchito zimakhalanso zosabvuta kuzipeza ndipo munthu satenga nthawi yambiri kuti adziwe kuzigwiritsa ntchito.

Muchigawo chowonjezera cha C, tapeleka m'ndandanda wa maadilesi amabungwe omwe amapanga zipangizo zophunzitsira.

Chikhozanso kukhala chinthu chabwino kupempha unduna wa zaumoyo kapena bungwe limene limayendetsa ntchito za madzi ndi zaukhondo m'dela lanu kuti likuthandizeni pokupatsani zida zophunzitsira maphunziro azaukhondo.

Koma chachikulu kwambiri ndi kuti inu mupange zida zanu zophunzitsira. Ubwino wache ndi wakuti ndi kwapafupi ndi kosabvuta kuti inu mugwiritse ntchito zida zimene mwakonza nokha. Chachiwiri ndi chakuti mukhoza kusankha zipangizo zomwe ndi zoyenera kuzigwiritsa ntchito m'dera lanu. Chachitatu ndi choti zida zanu mukhoza kuzipanga mogwirizana ndi anthu amene muti muziwaphunzitsawo.

Nthawi zina ndi chabwino kwambiri ngati kungakhale kotheka kulimbikitsa anthu ophunzitsidwawo kuti akonze okha zida zophunzitsira. Kupanga ndikugwiritsa ntchito zipangizozi ndi maphunziro a zaukhondo pawokha ndipo kosapeneka zikhoza kuthandiza ndithu.

Malangizo omwe tipeleke pansipa atengendwa m'mabukhu olembedwa ndi DENYS SAUNDERS, DAVID WERNER ndi BILL BOWER. [Tawonani kumapeto].

### ***Bolodi***

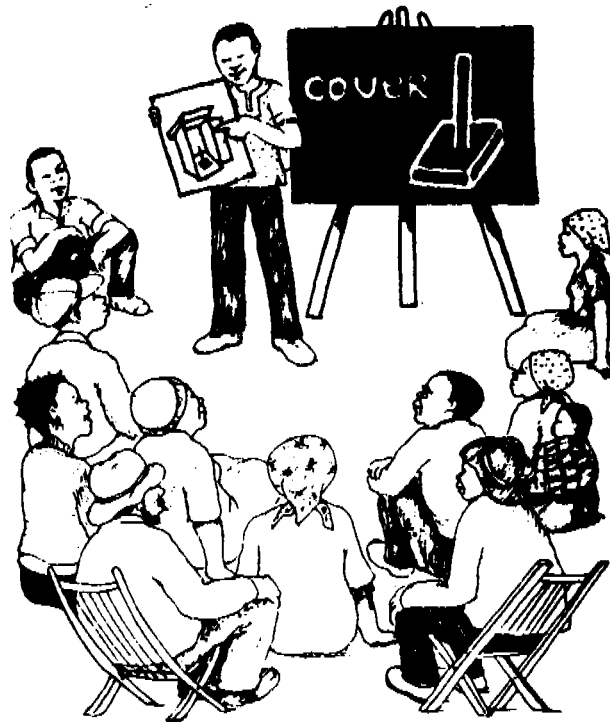
Bolodi ndi chinthu chosabvuta kugwiritsa ntchito ndiponso chosakwela mtengo. Ngati bolodi ndi laling'ono likhoza kunyamulidwa mosabvuta kupita kumalo kulikonse. Chikhoza kukhala cha nzeru kugula bolodi lomatheka kumapinda kuti lizinyamulika bwino.

Ngati mukugwiritsa ntchito bolodi liyikeni pamalo pamene simungabvutike kuligwiritsira ntchito ndiponso pamene aliyense angathe kuliwona. Musajambule zithunzi zambiri pabolodi musanafotokozere anthuwo. Ndi chinthu chosokoneza ngati mujambula zithunzi nthawi imene mukufotokoza nkhani.

Gwiritsani ntchito zithunzi kuti anthu amve zimene mukulankhula. Mukhoza kuphunzitsa momveka ngati zithunzi zimene mwajambula zikuthandiza kufotokoza zomwe mwakamba ndiponso ngati zomwe mwakamba zikuthandiza kufotokoza za zithunzizo. Koma kumbukani kuti muzilankhula momveka bwino ngati mwatembenuka ndi kuyang'ana pa bolodi.

Pamene mulankhula ndi kujambula zithunzi pa bolodipo, yesetsani kuwonetsetsa kuti anthu omwe mukuwaphunzitsawo akutenga mbali, Izi mukhoza kuchita pomafunsa mafuso.

Pafunika kuyamba mwaphunzira bwino kugwiritsa ntchito koma mukaidziwitsitsa muzadzindikira kuti ndi chipangizo chothandiza kwambiri. Bolodi likhoza kugwiritsidwa ntchito pamodzi ndi zipangizo zina.

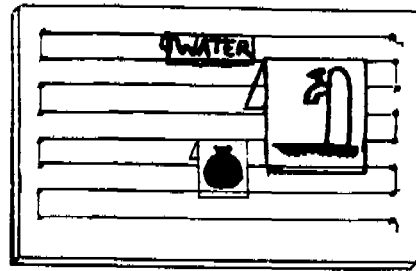
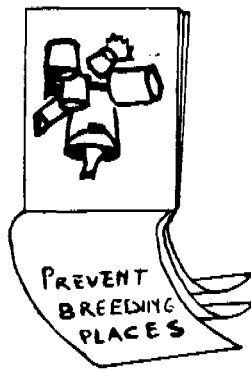


### ***Bolodi yoikapo zithunzi***

Bolodi iyi ndi yomwe tikhoza kumatapo ndi kuchotsanso zithunzi. bolodiyi ndiyopangidwa ndi zimapepala zolimba kunja kwake koyikidwa nsalu yokhakhala. Zithunzi zoyika pabolodiyi zikhoza kuchotsedwa mu magazini, kapena mabukhu ena. Mukhozanso kupanga zithunzi zanu ndikuzidula bwinobwino kuti muzipachike pa bolodiyo.

Bolodi yotereyi ndiyosabvuta kugwiritsa ntchito mukaidziwa bwino. Ikhoza kugwiritsidwa ntchito ngati bolodi la m'kalasi koma kusiyana kwake ndikwakuti zithunzi zoyika pabolodiyi simuzijambula pamene mukuphunzitsa koma mumakhala mutazikonzeratu.

Nthawi zonse sankhani zithunzi zophunzitsira mosamala ndipo muziyike mu ndondomeko yoyenera musanayambe kuphunzitsa. [Ikani zithunzi pa bolodiyi kapena matulani zithunzizi pamene mukulankhula]. Kuyenda ndikusintha kwanu kwa malo mukamaphunzitsa ndizinthu zofunika kwambiri. Koma nthawi zonse imani kumbali kwa bolodiyi kuti anthu awone zithunzi zomwe mwayika pa bolodipo. Yesetsani kuwapangitsa anthu amene mukuwaphunzitsawo kuti azitengapo mbali.



*Ikani zingwe kapena malamba pa bolodi. Mukatero mukhoza kumaika zithunzi zanu kapena mapepala opinda padzingwezo.*

Mwachitsanzo afunsi anthuwo kuti apange nthano kapena ziganizo ndi zithunzi zomwe akuziwona pa bolodipo kapena powapempha kuti akuthandizeni kupanga zithunzi zatsopano.

Mabolodi woyikapo zithunziwa alipo wosiyana siyana. Ena amagwiritsa ntchito mphavu ya magineti, ena zingwe ndi zina zotero.

#### ***Makadi a zithunzi za kamela ndi bukhu la zithunzi***

Makadi azithunzi amasonyeza zithunzi zosiyanasiyana. Akhoza kugwiritsidwa ntchito pokamba nkhanu kapena pofotokoza chinthu mwandondomeko yoyenera. Pakuti makadi awa angayikidwe mundondomeko yina iliyonse, choncho ndikotheka kuti akhonzanso kugwiritsidwa ntchito pofotokoza zinthu zambiri zosiyanasiyana.

Makadi azithunziwa akhonzanso kugwiritsidwa ntchito popanga masewero amaphunziro. Makadi amene amagwiritsidwa ntchito m'njira yotere ndi wocheperapo. Makadi azithunziwa akhoza kujambulidwa pamapepala azikatoni kapena pa nsalu. Ndiponso mukhoza kuzipanga nokha mwina mukhoza kuwalimbikitsa anthu kuti azipange ndikugwiritsa ntchito.

Mukapeza m'mdondomeko wa bwino, mukhoza kuzilumikiza zinthunzizo munjira yoti pofuna kufotokoza mukhoza kumangobvundukula chimodzi chimodzi angati zimapepala zikulu zikulu. Mwachitsanzo mukhonzanso kuzilumikiza zinthunzizo ngati kabuku (Taonani chithunzi chili m'munsichi).

Makadi ndi mabuku azithunzi ndiwosabvuta kuwagwiritsa ntchito kusiyana ndi bolodi yoyikapo zithunzi ndi bolodi ya kusukulu kwa anthu amene nkoyamba kugwiritsa ntchito zipangizo za maphunziro aukhondo.

#### ***Zithunzi zosanjidwa kuti zilongosole nkhanu***

Zithunzi zosanjidwa moti zilongosole nkhanu ndi zothandiza pofotokoza mabvuto azaukhondo. Zithunzizi ndi zojambulidwa ndi kamera. Tayesani kuika zithunzi zanu mu m'mdondomeko yoti itha kulongosola nkhanu, ndipo limbikitsani anthu onse kuti achite zomwezo.

Ichi ndi chinthu chosangalatsa kwambiri ndiponso chothandiza popititsa mtsogolo m'khalidwe waukhondo. Pogwiritsa ntchito zinthunzi mu njira imeneyi, tikhoza kupanga kabukhu kazithunzi kofotokoza nkhanu ya zaukhondo.

### ***Zithunzi za kanema ndi zithunzi zowonetsa chimodzi-chimodzi***

Izi ndi zithunzi zomwe zimawonetsedwa pa khoma kapena pa nsalu yoyera. Zithunzi za kanema ndi zithunzi zowonetsa chimodzi chimodzi ndi zipangizo zofanana kusiyana kwache ndi koti zithunzi za kanema zimawonetsedwa mosalekeza pamene zithunzi zoonetsa chimodzi chimodzi ndi zomwe zimaonetsedwa mwa m'ndondomeko yina yiliyonse.

Zithunzi zonse tafotokozazi zimapezeka m'mabungwe osiyana siyana. Zambiri mwa zithunzizi zimabwera ndi mawu ofotokoza nkhani imene zipangizozo zikufotokoza. Zipangizo izi ndizofunika kwambiri (anthu ambiri amakonda kuwonera zithunzizi) koma pakhoza kupezeka mabvuto pofuna kuti muzigwiritse ntchito.

Izi zili choncho chifukwa:

- zikhoza kukhala zodula kuti muzigule;
- pofuna kuonetsa zithunzizi pamafunika magetsi kapena mabatile zomwe mwina sizingapezeke ku mizi.
- zinthu zimene zithunzizo zikusonyeza ndi kuphunzitsa nkutheka kuti sizingakhale zofanana ndi zomwe zikuchitika m'dela lanulo.

### ***Zifaniziro***

Chifaniziro ndi chinthu chomwe chimapangidwa mofanizira chinthu chenicheni koma kuti chimakhala chaching'ono (monga chidole ngati chifaniziro cha munthu ndipo galimoto ya mawaya ngati chifaniziro cha galimoto yeni yeni.) Chifaniziro ndi chipangizo chophunzitsira. Ndichinthu chopangitsa chidwi pochiwona ndipo sichovuta pochimvetsa kusiyana ndi chithunzi.

Chovuta chimodzi ndi chakuti anthu akhoza kukhala ndi maganizo olakwika za kakulidwe ka chinthucho. Bvuto ili likhoza kuchepetsedwa powauza anthuwo ukulu wa chinthucho. Zifaniziro zikhonza kupangidwa kuchokera ku chinthu chili chonse. Chikhoza kukhala chinthu chabwino kupanga chifaniziro cha m'popi kapena chimbudzi kuti anthu akhale ndi chidwi pokambilana nawo za ntchito yakamangidwe ka zipangizo zatsopano zaukhondozi.

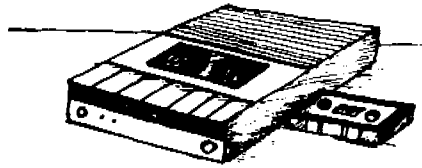
### ***Nthano***

Mpakana pano takhala tikufokoza za zipangizo zowona ndi maso zomwe zingatithandize kulongosola zaukhondo. Komanso tikhoza kukamba nthano kuti anthu akhale ndi chidwi mu zinthu zofunika zomwe tikufuna kuwauza. M'buyomu tanena kale zitsanzo za momwe nthano zingathandizire pofotokozera anthu zofunika pa moyo wawo. Chofunikira choyamba, nthano zanu zikhale zofanana ndi zomwe zimachitika m'dera lanulo. Chulani maina omwe amapezeka m'dera lanulo. Kwa anthu amene ali munkhaniyo ndipo zochita mu nkhanayi zikhale zinthu zomwe zimachitika m'dera lanulo. Onetsetsani kuti nkhanayi isakhale yobvuta kuyitsatira ndipo ikhale yomveka bwino. Pelekani mfundo imodzi kapena ziwiri pa nthawi imodzi ndipo potchula mfundozo musagwiritse ntchito mawu ambiri. Nthano ndi chinthu chothandiza kwambiri pokambirana ndi anthu pa m'chitidwe wawo wa tsiku ndi tsiku, nzeru zawo ndi zikhulupiliro zawo. Zithunzi zingathenso kugwiritsidwa ntchito pofotokoza nthanozi.

### ***Mau ojambulidwa pa kaseti***

Pogwiritsa ntchito kaseti tikhoza kujambula mawu, nyimbo ndi mawu ena aliwonse pamatepi, kotero kuti zikhoza kuyimbidwa kapena kumvetseledwa nthawi ndi nthawi. Mukhoza kujambula nkhani kapena zokambirana ndikukazigwiritsa ntchito mtimagulu tating'onoting'ono.

Kawirikawiri anthu amakonda kumvetsera ku zinthu zomwe zojambulidwa pa kaseti, makamaka ngati zinthuzo sizachilendo kwa iwo, mwinanso ngati zinthuzo ndizoseketsa ndiponso ngati muli nyimbo.



Mobwerezanso, chofunikira ndi chakuti nkhani kapena zinthu zokambiranazo zikhale zazifupi [zisakhale zopitilira mphindi khumi] ndipo zikhale zomveka bwino. Ndikwabwino kujambula tinkhani tatifupi tifupi tingapo kusiyana ndikujambula chinkhani chachitali chimodzi.

Yesetsani kugwiritsa ntchito anthu am'mudzi momwemo amene amadziwa kulankhula ndipo gwiritsaninso ntchito zinthu zomwe zimachitika m'dera lanulo tsiku ndi tsiku kuti nkhanizo zikhale zosangalatsa.

Kugwiritsa ntchito kaseti yojambulira mawu kuli ndi ubwino wotere:

- Ndichipangizo chosavuta kuchitenga kapena kunyamula.
- Chikhoza kugwiritsidwa ntchito kuli konse koma kumbukirani kuti aliyense ayenera kumva zomwe zikukambidwazo. Mwachifukwa ichi musagwiritse ntchito chipangizochi m'malo momwe muli phokoso lambiri kapena m'malo omwe anthu ambiri asonkhana;
- Chikhoza kutsegulidwa ndi kutsekedwa m'mene mwafunila. Mwachitsanzo mukhonza kuchitseka ngati munthu wina ali ndifunso pa zomwe zakambidwazo kapena pamene anthu akufuna kuthirapo ndemanga pazinthu zomwe zakambidwazo;
- Nkhani kapena mawu ojambulidwawo akhoza kumvetseredwa nthawi ndi nthawi kawirikawiri poyambirira anthu amakhala ndi chidwi ndi mau kusiyana ndi mfundo zomwe zikukambidwazo;
- Ili sibvuto ayi chifukwa mukhoza kubwerezanso zomwe zimakambidwazo kuti anthu amvetse bwino;
- Ndichapafupi kuti anthu amvetse nkhani zokhudzana ndi zinthu zomwe zimachitika kapena kukambidwa tsiku ndi tsiku m'dera mwawo kusiyana ndikuti amve zimene zithunzi zikutanthauza;

- Nkhani zojambulidwa zikhonza kugwiritsidwa ntchito ndi anthu ena ngakhale inu mutachoka. Mwachitsanzo ngati zithunzi zigwiritsidwa ntchito ndi anthu ena akhoza kunena nkhani zolakwika kapena akhonza kutsimikiza mfundo zolakwika. Pogwiritsa ntchito kaseti yojambula mawu bvuto iri silingapezeke chifukwa nkhani kapena zokambiranazo zidajambulidwa kale;
- Ndichinthu chothandiza kuwapangitsa anthu kuti akhale ndi chidwi ndiponso kuwalimbikitsa kukambirana zamkhalidwe wabwino waukhondo, zikhulupiliro zawo ndi mabvuto azaukhondo amene amapezana nawo.

### ***Nyimbo***

Monga momwe tingagwiritsire ntchito nthano tikhoza kugwiritsa ntchito nyimbo kuti tiwauze anthu uthenga wofunika. Anthu ambiri amakonda kuyimba ndikubvina ndiponso m'malo ambiri muli anthu amene amadziwa kuyimba ndiponso kupeka nyimbo.

Tikhoza kuwapempha anthu opeka nyimbowo kuti atipekere nyimbo yokamba zaukhondo. Nyimbo yomwe ili pansiyi ndi chitsanzo chabe:

#### ***"UKHONDO"***

*Ndisambe ndi sopo ku maso kuti mayi andipsyopsyone.*

*Nditsuke tsitsi ndi sopo kuti mai andipese*

*Nditsuke ndi sopo kumutu kuti mayi apese tsitsi langa*

*M'manja mwanga ndi moyera ,moyera kwambiri mai amamusisita*

*Nditsuke mano, ndiwenge dzala.*

*Nthawi zonse sindiyiwala kuchita izi.*

*Thupi langa ndi laukhondo*

*Ndikufuna sopo ndi madzi ambiri*

*Madzi ambiri kuti ndiyeletse thupi ndi mzimu wanga womwe.*

*Ndi madzi okoma mtima*

### ***Zisudzo ndi chionetselo cha zidole***

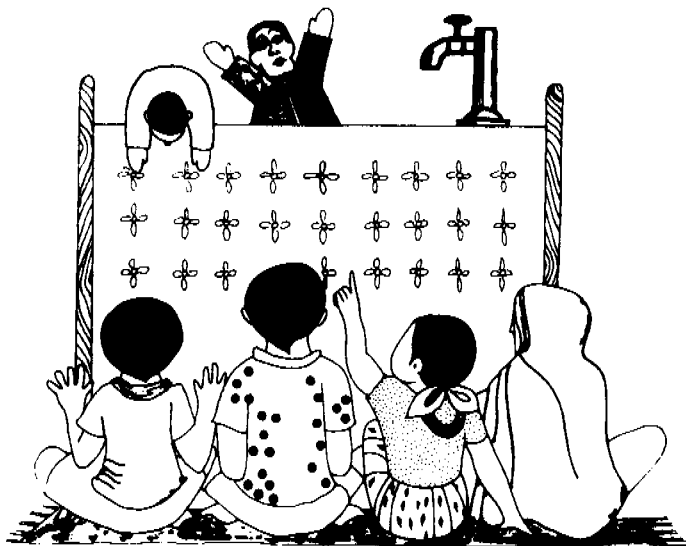
Nkhani za maphunziro a zaukhondo zikhoza kugwiritsidwa ntchito muzisudzo ndi mu zionetselo za zidole. M'midzi yambiri muli mkhalidwe wochita zisudzo kapena kuwonetsa sewelo la zidole.

Chikhoza kukhala chinthu chabwino popanga maphunziro azaukhondo kuti akhale ogwirizana ndi m'khalidwe kapena m'chitidwe wa anthu.

Njira imodzi ndiyoti tikhoza kuyitanitsa anthu ochita zisudzo kuti apange sewero lokhudzana ndi zamadzi ndi ukhondo. Mukhoza kuwapempha opanga zisudzowo litatha sewero kuti nawo atengeko mbali pa zokambirana zaukhondo.

Njira yina ndiyopempha anthu amene ali ndi chidwi popanga sewero lokhudzana ndi madzi ndi ukhondo kuti apange gulu lawo. Pamene akukonzekera zokonza sewerolo, inu mukhoza kumawafotokozera mfundo zofunika.

Sewero kapena chionetselo cha zidole zikhoza kukhala zinthu zothandiza kwambiri ngati anthu owonerawo akutenga nawo mbali muzomwe zikuchitika pokonza ndiponso pomaliza sewerolo.



### ***Kanema ndi vidiyo***

Zipangizo izi zimapangitsa chidwi kwa munthu aliyense. Ichi ndi chifukwa chake zipangizozizi zikhoza kugwiritsidwa ntchito pamayambiriro amaphunziro azaukhondo, kapena pamene mipopi yangoyamba kumene kugwiritsidwa ntchito. Koma kanema ndi vidiyo zili ndikuyipa kwake.

- Ndi zinthu zodula kwambiri;
- Zipangizo zodula ndiponso zolembera zimafunika powonetsa kanema ndi vidiyo ndiponso pamafunika magetsi ndi munthu wodziwa kugwilitsa ntchito;
- Zikhoza kukhala zobvuta kufanizira zinthu zomwe taona mukanema kapena muvidiyo ndi zinthu zomwe zimachitika m'midzi mwathu tsiku ndi tsiku.
- Anthu akhoza kukhala ndi chidwi kwambiri ndi momwe zipangizozizi zimagwiritsidwa ntchito kapena muzowonetsedwazo kusiyana ndi uthenga umene ukuperekedwa.

### ***Wayilesi ya mau ndi wailesi ya zithunzi (television)***

Zipangizo izi ndizothandiza kwambiri koma kawirikawiri sichapafupi kugwiritsa ntchito wayilesi kapena television mu maphunziro azaukhondo.

Pali zifukwa ziwiri zomwe zimapangitsa izi. Choyamba ndi chakuti sichapafupi kulinganiza maphunziro azaukhondo ndiponso kupeza nthawi yomwe angawonetsedwe pa wayilesi.

Chifukwa cha chiwiri-ndichoti simungathe kuwauza awulutsi zinthu zoti awulutse pawayilesi. Koma pamene mudziwa za mapologalamu apawayilesi ndi pa television mukhoza kupempha chithandizo choti akudziwitseni zambiri zokhudzana ndi mapologalamu awo kuti inu muthe kulinganiza maphunziro anuwo ndi mapologalamuwo.

Mwachitsanzo, inu mukhoza kuwalimbikitsa anthu kuti apange timagulu tokambirana tomwe tizimvetsera mapologalamu apa wayilesi.

### **4.3 Zoyenera kutsatira pokonza zithunzi zothandiza kuti anthu amvetse maphunziro azaukhondo**

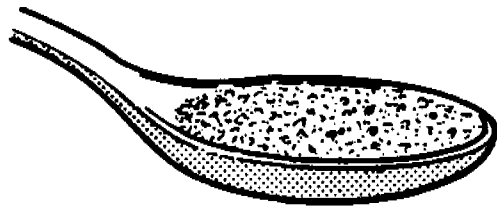
1. Zithunzi zikhale zowoneka bwino. Munthu ngati angathe kuzindikila bwino zomwe zili pachithunzi, akhozanso kumvetsa uthenga womwe uli pachithunzicho.
2. Musachulutse zoyika pachithunzicho komanso chithunzicho chisakhale chopanda zinthu zofunika zomwe zingathandize kuti anthu amve uthenga womwe ukufalitsidwa.
3. Musaonjezapo zina zilizonse zosafunika kuti chithunzi chikhale chomveka bwino ndi chowoneka bwino m'maso mwa anthu.
4. Chithunzi chimakhala chomveka bwino ngati chajambulidwa kuti chipereke uthenga umodzi wofunika kwambiri. Ngati mukufuna kufalitsa uthenga ungapo wofunika, gwiritsani ntchito zithunzi zosiyanasiyana.
5. Pamene mukuwonetsa kapena mukujambula zithunzi zingapo pa peji imodzimidzi, zithunzizo ziyikidwe mu ndondomeko yoyenera. Anthu onse samawona zithunzi momwe ife timaziwonera.
6. Ngati mukujambula chithunzi cha munthu jambulani thupi lonse osati chiwalo chimodzi chokha ayi. Ngati chiwalo chimodzi chathupi chawonetsedwa monga mutu, manja, miyendo, kawirikawiri sizikhala zomveka bwino kwa anthu.
7. Zithunzi zikhonza kukhala zomveka bwino ngati nkhope, zobvala ndi nyumba zijambulidwa momwe zimaonekera tsiku ndi tsiku.
8. Kumbukirani kuti zinthu zonga chakudya, zinyama ndi zinthu monga supuni, ziwiya zina ndi zobvuta kuti munthu azidzindikile pa chinthunzi kusiyana ndi zithunzi za nkhope za anthu.
9. Gwiritsani ntchito zinthu zomwe anthu amazidziwa. Mwachitsanzo musajambule kapena kuwonetsa ziwiya zomwe ziri zachilendo kwa anthu ayi.
10. Zithunzi zojambulidwa ndi mitundu yambili zimapereka chidwi, koma siziwoneka bwino kuposa zithunzi zojambulidwa ndi pensulo papepala loyera.
11. Ngati mufuna kugwiritsa ntchito zithunzi pophunzitsa onetsani kuti zithunzizo ndizazikulu bwino kuti munthu aliyense akhoza kuziona.
12. Pewani kujambula zithunzi mosayelekeza ndi kukula kwa chinthucho monga nyama zazin'gono musazijambule ngati zazikulu. Mwachitsanzo pamene muwonetsa udzudzu papepala musaujambule mokulitsa kwambiri chifukwa mwina anthu sangauzindikile kuti ndi udzudzu popeza iwo amadziwa kuti udzudzu umawoneka waung'ono.



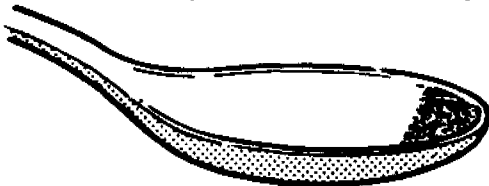
13. Musajambule chithunzi ngati kuti chikuwonekera patali kwambiri, chifukwa anthu akhoza kubvutika kuti achidzindikire chinthucho.
14. Gwiritsani ntchito malemba pofotokoza uthenga womwe zithunzi zikupereka, pokhapokha ngati anthu amene mukuwaphunzitsawo amatha kuwerenga.
15. Lembani pogwiritsa ntchito malemba akulu akulu ndi ang'ono ang'ono kuti zinthu zomwe mwalembazo zisakhale zobvuta kuziwerenga. Malemba akulu akulu okha okha amakhala obvuta kuwerenga.
16. Ngati tifuna kusonyeza zidzindikiro monga mtanda kapena mzere wosonyeza liwiro, tizifotokoza bwino matanthauzo ache chifukwa ndi zovuta kuti anthu azimvetse ngati sitinazilongosole bwino.
17. Kumbukirani kuti anthu amakhala ndi miyambo zosiyanasiyana mwachitsanzo mitundu ina ikhoza kukhala ndimatanthauzo wosiyanasiyana. Zinthu zina zikhonza kukhala zochititsa manyazi pozijambula (mwachitsanzo kujambula anthu akuchita chimbudzi m'madela ena ndi zosabvomerezeka).
18. Nthawi zonse wonetsetsani kuti zithunzi ndizowoneka bwino musanazigwiritse ntchito m'maphunziro azaukhondo. Funsani anthu ena kuti zomwe akuziwona papepalazo ndi chiyani? ndipo ali ndi maganizo anji pazomwe akuziwona? Ngati zithunzi zanzu akuti sizikuwoneka bwino kapena ngati sizikugwirizana ndi zomwe mukufuna kuwonetsa, mukhoza kuzijambulanso bwinobwino.
19. Pamene mukusonyeza zithunzi kwa anthu perekani nthawi yokwanira kuti anthu athe kuziwona bwinobwino ndipo kuti afunse mafunso okhudzana ndi zithunzizo.



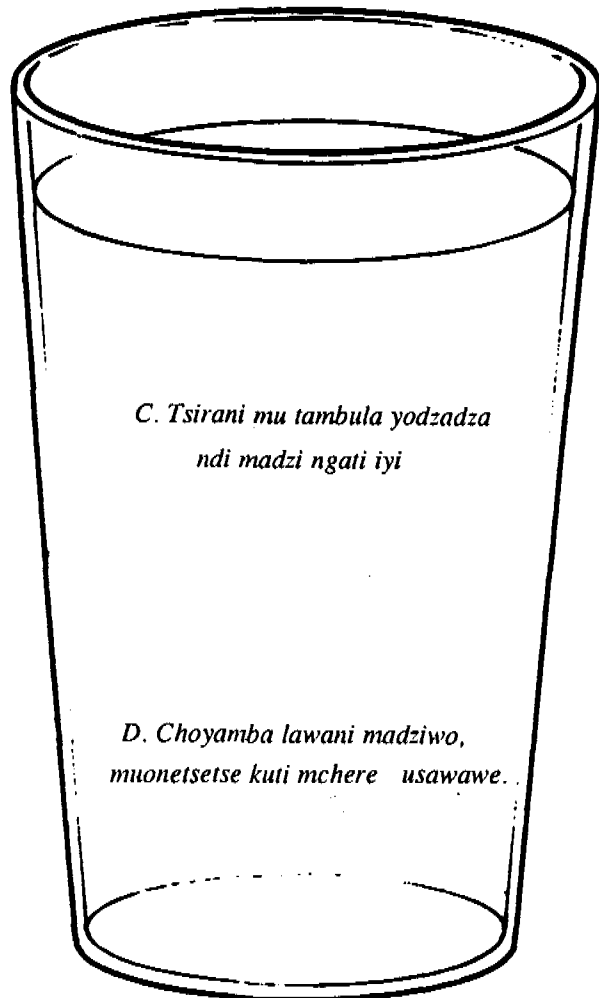
*...kaya ndi zida za mtundu wanji zomwe muphunzitsira, koma chofunuka kwambiri ndi kwa patsa mwayi anthu kuti adzikambirana okha mtimagulu tating'ono ting'ono.*



*A. Suga wodzadza supuni yaing'ono imodzi.*



*B. Kamchere pang'ono pamapeto pa supuniyo.*



*C. Tsirani mu tambula yodzadza  
ndi madzi ngati iyi*

*D. Choyamba lawani madziwo,  
muonetsetse kuti mchere usawawe.*

## ZOWONJEZERA ZOYAMBA:

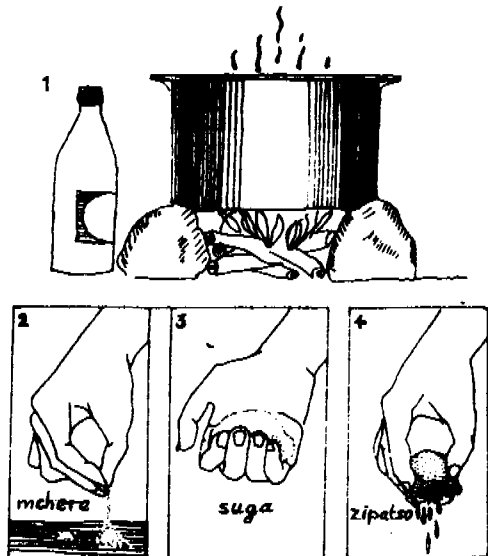
### *Momwe tingathandizile munthu wosowa madzi nthupi*

Munthu wosowa madzi nthupi amakhala ndi zizindikiro izi :

- Munthu amaoneka wodwalika kwambiri;
- Maso amalowa mkati;
- Masaya amalowanso mkati;
- Mkamwa mumakhala mowuma;
- Khungu lache mukalikanikiza limathobweka osabwelera m'malo msanga.

Bvuto lochepa madzi m'nthupi tingathe kulithetsa pomupatsa wodwalayo chakumwa chapadera. Konzani chakumwacho potsatira izi:

1. Phitsani madzi okwanira botolo limodzi la litre imodzi kokwanira mphindi khumi ndipo mupereke mpata kuti madziwo azizile.
2. Ikani m'madzimo mchere wotengedwa pakati pa zala zanu ziwiri kokwanira kawiri. Chitani izi pogwiritsa ntchito chala chanu chachikulu ndi zina zotsatira ziwiri.
3. Kenaka thiranimu suga wodzadza dzanja lanu.
4. Kenaka thiranimu madzi amalalanje ngati alipo, okwanila kapu imodzi.



### **Chidziwitso**

Muonetsetse kuti madzi, mchere ndi suga ndi zolingana ndi miyezo talongosolayi. Chinthu chofunika kwambiri kuwonetsetsa ndi choti tisathire m'chere wochulukana. Nthawi zonse tiyenera kulawa zosakanizazo ndipo m'chere udziwawila monga momwe umamvekela mu misozi.

Mumwetsa wodalayo motere :

- M'mwetsani pogwiritsa ntchito supuni;
- Ngati munthuyo akusanza dikirani kokwanira mphindi zingapo ndipo mumwetsenso.
- Mudzimwetsa wodalayo kapu imodzi kasanu ndi katatu pa ola limodzi (one hour) kufikira thekha la madziwo litatha.
- Keneka mwetsani wodalayo theka la kapu pa ola limodzi (one hour) kufikira kapu ya chiwiriyo itatha.
- Mukatha apo mwetsani munthu wodalayo madziwo momwe angafunire.
- Chitani choncho mpakana kutsekula m'mimbako kutatha.

***Chidziwitso***

Chakumwa ichi sichithetsa kapena kusiyitsa kutsekula m'mimba ayi, koma chimathandiza bvuto ka kuchepa kwa madzi m'nthupi ngati munthu akutsegula m'mimba kwambiri.

## ZOWONJEZERA ZA CHIWIRI :

Madzi aukhondo ochokera mu dzitsime ndi ma dilawo

Malo akhoza kukhala abwino kumangapo chitsime ngati ali kumtunda ndipo mamitala osachepera makumi awiri (20) masitepe makumi asanu kuchokera ku chimbudzi. Motero chimbudzi sichingathe kuyenda m'nthaka ndikukalowa m'chitsime.

Poteteza chitsime kuzonyansa ndichofunika kuchita izi :

- Mangani chipupa mozungulira chitsime ndiponso mangani malo oikapo zidebe m'phepete mwa chipupamo kudzanso ngalande yochotsa madzi otayika pa chitsimepo. Izi zimachinjiriza dothi ndi madzi oyipa kuti zisagwere m'chitsimemo;
- Gwiratsani ntchito chitini chotungira madzi chimodzi chokha pachitsime ndipo chitinicho chikhale chosamalidwa bwino nthawi zonse. Chitinicho chikhoza kusungidwa pa nthambi ya mtengo.
- Ngati anthu abweretsa ndi kugwiritsa ntchito zitini zosatsukidwa bwino, madziwo sangakhale abwino konse pakumwa; Onetsetsani kuti mwasamba bwino bwino m'manja mwanu pogwira chitini chotungira madzi ndipo musachiyike pansi ayi.
- Wonetsetsani kuti chingwe chachitini chotungira madzicho sichikusiyidwa pa dothi powopa kuti chikhoza kubweretsa tizirombo ta matenda m'madzimo. Powopa izi tikhoza kuzika mphanda ziwiri m'mabali mwachitsime ndikuyika mtengo pamwambapo. Popukusa mtengo uwu tikhoza kutunga madzi mwaukhondo ngati chingwe cha chitinicho tamangilira kumtenguwu.
- Bvindikirani pa chitsime ngati simukuchigwiritsa ntchito.
- Sambani ndi kuchapa patali ndi chitsime powopa kuti madzi oyipa angalowenso muchitsimemo.
- Chitani chimbudzi kutali ndi chitsime kotero kuti chimbudzi sichingakokolokere m'chitsime.
- Sesani pa chitsime ndiponso m'ngalande kotero kuti madzi oyipa athe kuchoka pa chitsimepo.

Mfundo zomwe za kambidwa mwambapazi polewa tizirombo tobweretsa matenda, m'zitsime, tikhonzanso kuzigwira ntchito m'madilawo.

Kuti tiwonetsetse ngati tikumwa madzi abwino ochokera m'madilawo, nkofunika kuwonetsetsa kuti tikugwiritsa ntchito bwino dilawo yathu kumaikonza ngati yawonongeka.

## ZOWONJEZERA ZA CHITATU

M'ndandanda wa mabungwe omwe ali ndi mabukhu ndi zipangizo zophunzitsira za umoyo

- Atelier de Materiel por l'Animation (AMA)  
P.O. Box 267  
Yaunde  
Cameroon
- Voluntary Health Association of India (VHAI)  
C-14 Community Centre  
Opp. 11T Main Gate, SDA  
New Delhi  
India
- African Medical and Research Foudation (AMREF)  
Health Behaviour and Education Dpt.  
Wilson Airport P.O. Box 30125  
Nairobi  
Kenya
- Appropriate Health Resources and  
Technologies Action Group Ltd (AHRTAG)  
85, Marylebone High Street  
London W1M 3DE  
United Kingdom
- Cllier Macmillan  
Visual Learning Division  
Kern House  
61/2 Lincoln's Inn Fields  
London WC2A 3XB  
United Kingdom
- Teaching Aids at Low Cost (TALC)  
P.O. Box 49  
St. Albans, Herts. AL1 4AX  
United Kingdom.
- American Public Health Association (APHA)  
1015 15th Street, N.W.  
Washington, D.C. 20005  
United States of America
- Hesperian Foundation  
P.O. Box 1692  
Palo Alto, Ca 94302  
United States of America

- Peace Corps  
Information Collection and Exchange  
Office of Programming and Training Coordination  
806 Connecticut Ave., N.W.  
Washington, D.C. 20525  
United States of America
  
- World Neighbours  
5116 North Portland Avenue  
Oklahoma 73112  
United States of America
  
- Groupe de Recherche et d'Appui pour  
l'Autopromotion Paysanne  
B.P. 785  
Bobo Dioulasso  
Upper Volta
  
- Bureau d'Etudes et Recherches  
pour la Promotion de la Sante  
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