

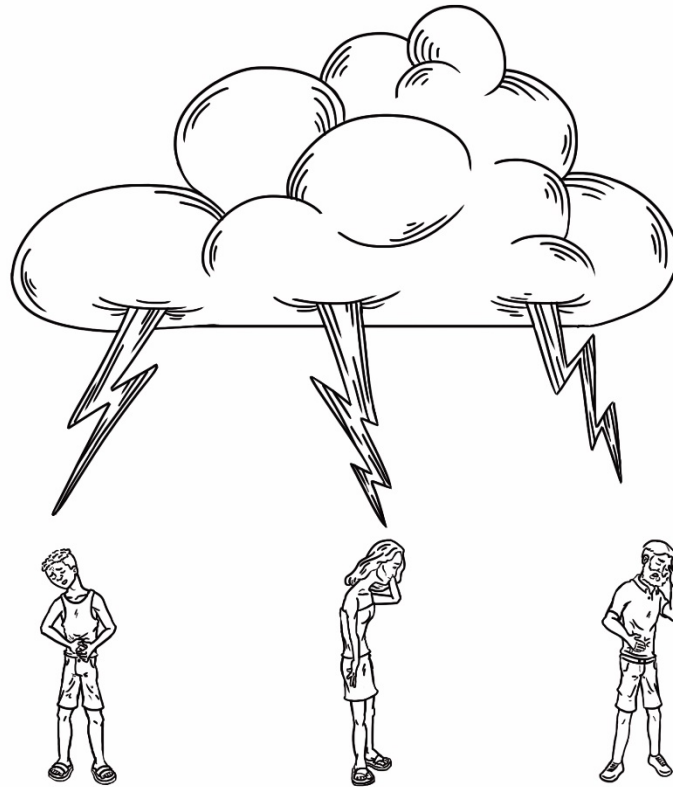
TRUTH CENTERED TRANSFORMATION

MODULE

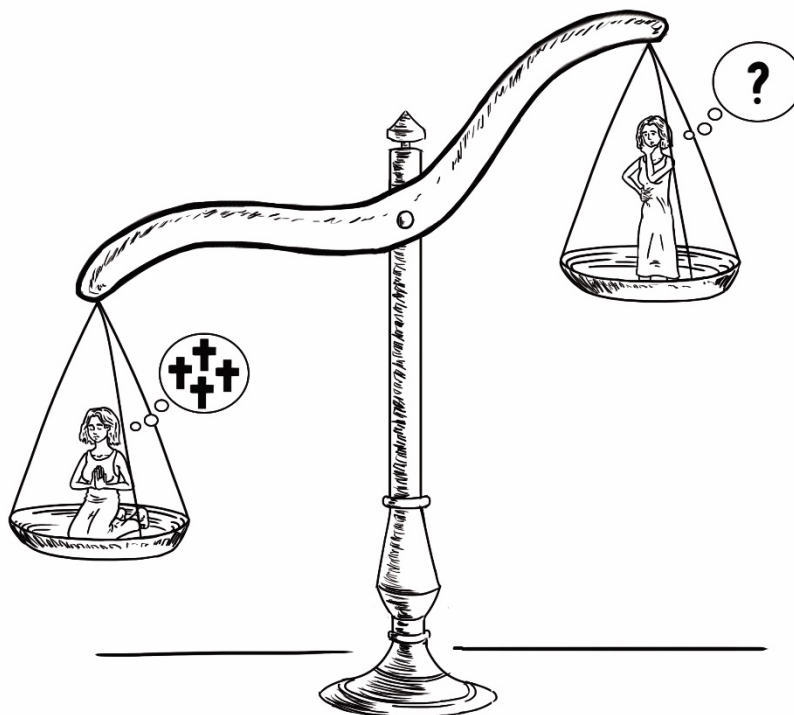


OKUGIRA AMAGARAMARUNGI
Ebishushani by'okureberaho

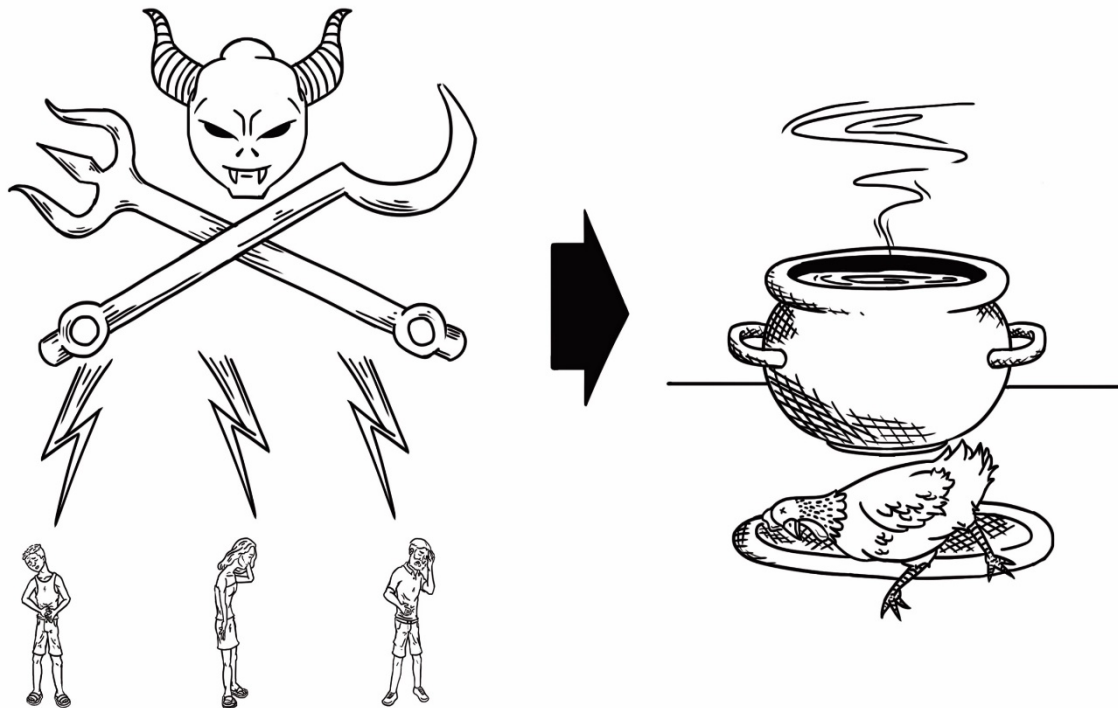
1. Endwara zoonu n'ekifubiro kuruga ahari Ruhanga (baruhanga)



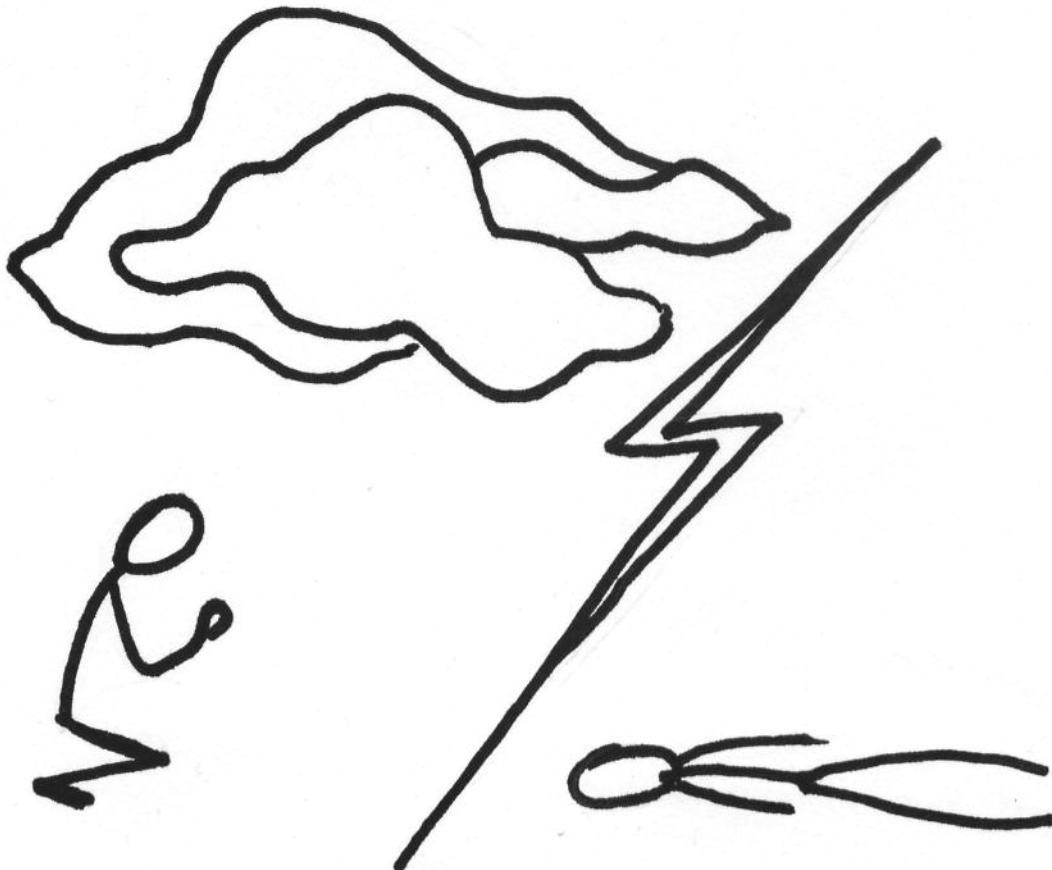
2. Kuri twabaire twine okwikiriza kwingi, titw'okurweire



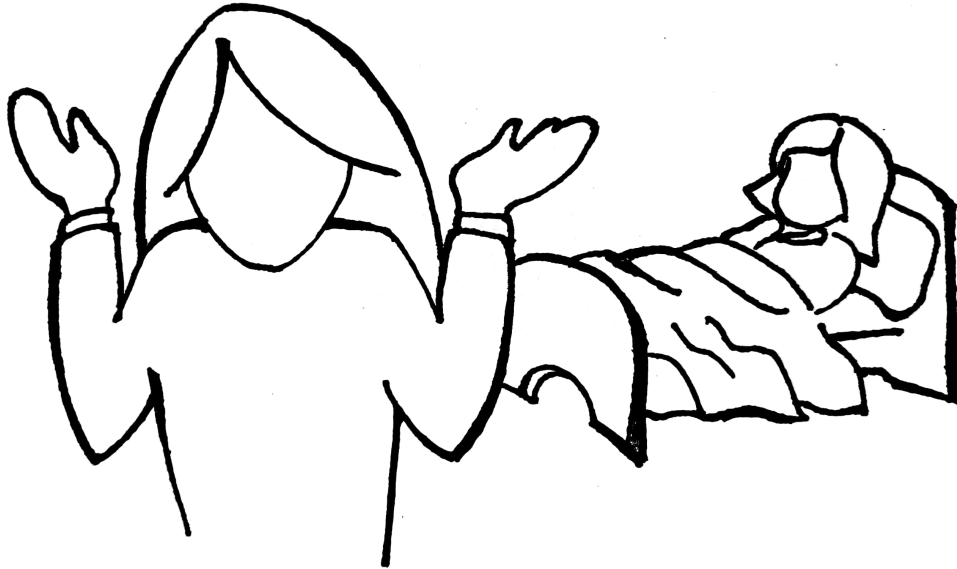
3. Endwara Nizireetwa Emyoyo mibi, Mbwenu twiine Okuhayo Ebitambo



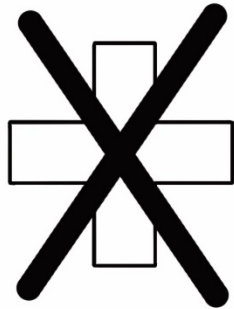
4. Ruhanga tarikufayo aha magara marungi



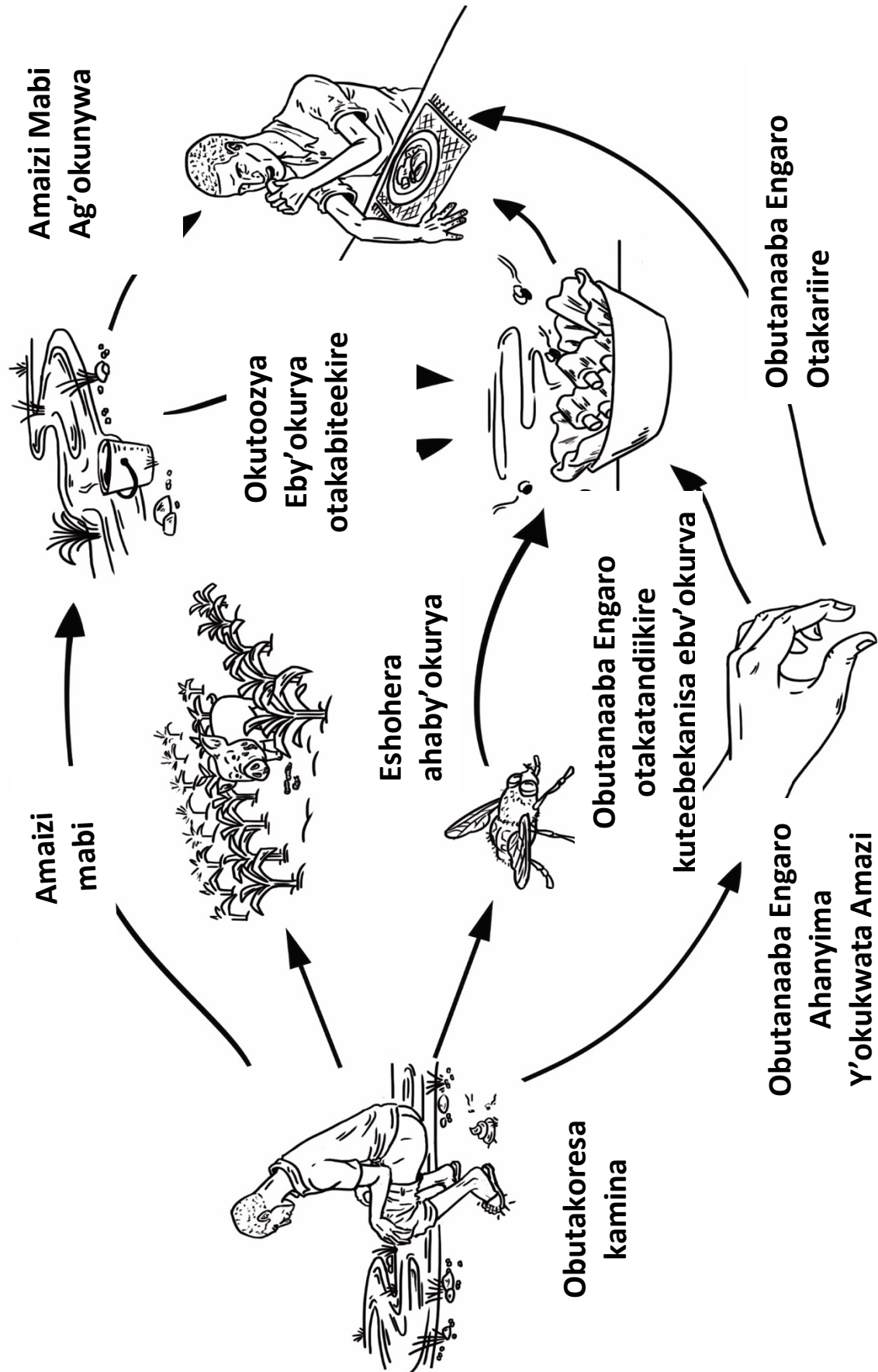
5.Tiheine Ekiturikubaasa Kukora Okwerinda Endwara



6. Twaaba Turweire,Twiine Okushaba kusha kandi Tutaza Ow'omushaho

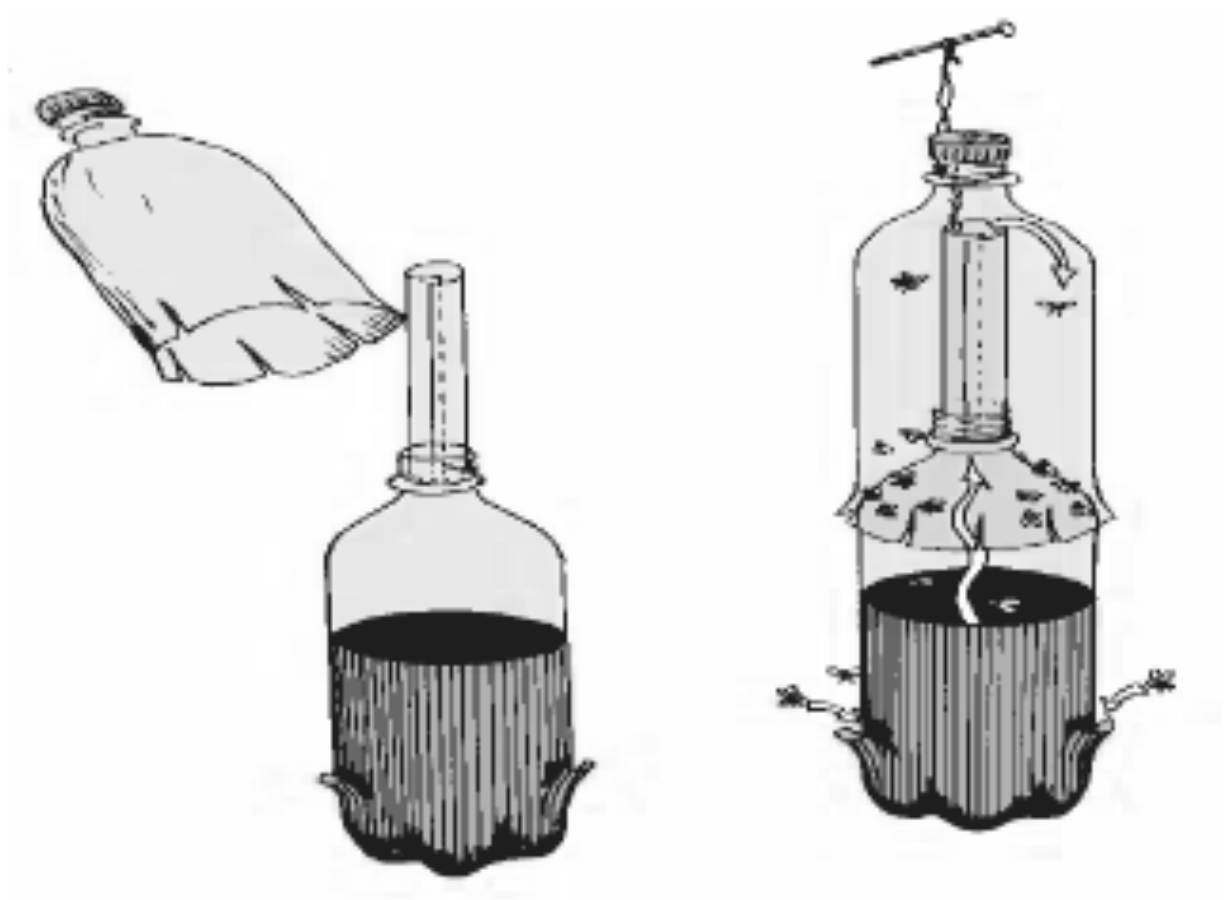


Oku endwara zirikujaanjaara



Oku orikukora omutego gw'enshohera

1. Okwaate ecuupa ekuzire, osiige erangi erikwiragura ekicweka kyaifo kandi otemu obwiina bushatu bukye bw'okutasyamu enshohera.
2. Oshare eyindi ecuupa omukicweka. Okore orushekye orikusharaho eky'ahansi reero orute omucuupa y'okubanza.
3. Ote ekicweka ky'ecuupa eky'ahaiguru ahacuupa y'okubanza.
4. Ote manyuwa/efumbire nkye ahansi omucuupa reero okihanike aheeru.



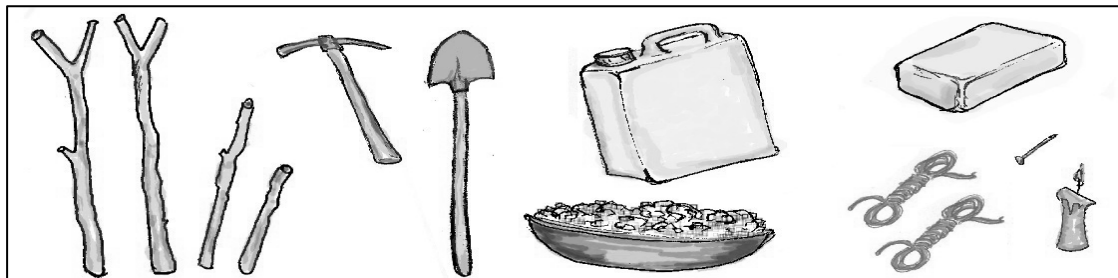
Akatapu k'ahabiti




Oyombeke akatapu k'ahabiti akaawe


Ebikozeso Ebirikwetengwa:


(2)2m ebiti byiine amahembe 2; (2)1m ebiti ebishororokire; ebitwato by'okutimbisa; akagirikani k'amaizi; enkogote; Esabundi; omugoye ; Omusimaari na kanduro.




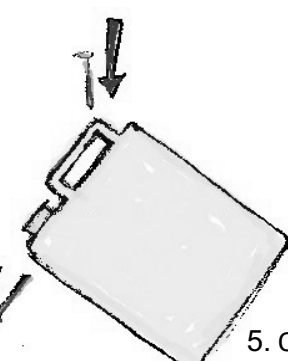
Entambwe:

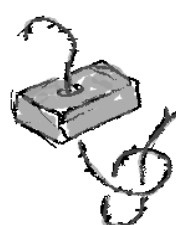
- 

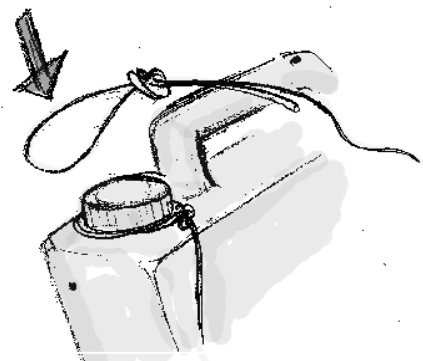
1. Otimbe ebyiina bibiri inci 18 ahansi n'ebigere 2 okutanukana
- 

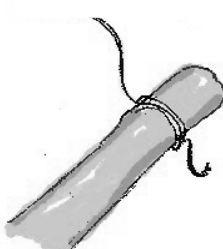
2. Otemu ebiti ebyiine amahembe, oreebe ngu byaringaanira
- 


3. Ote omubyiina eitaka n'amabaare kandi bikwaatemu gye
- 

4. Oyotsye omusimaari reero ote ebyiina omukagirikani k'amaizi
- 

5. Ote akiina omusabundi, otemu akagoye k'ehuuzi
- 

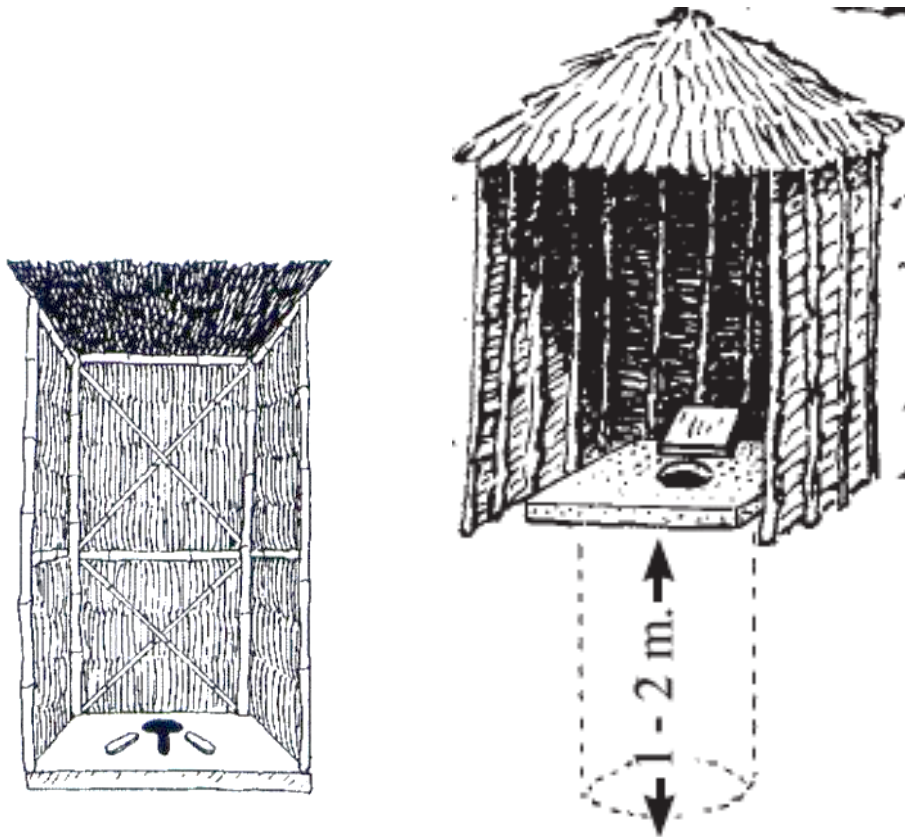
6. ohanike akagirikani k'amaizi n'esabundi
- 

7. Oteho omugoye aha kagirikani k'amaizi
- 

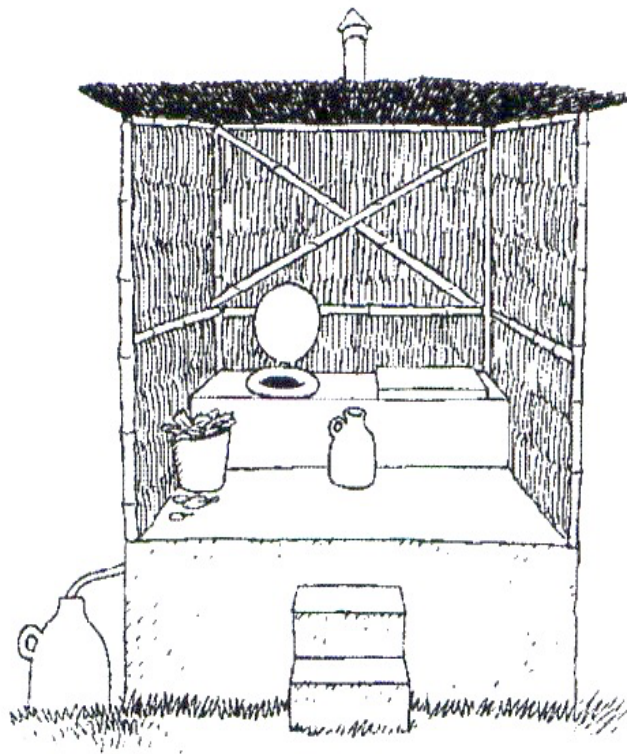
8. oyongyereho ekiti ky'okuribata
- 

9. Okozese enkogote nk'ebafu y'okukwata amaizi

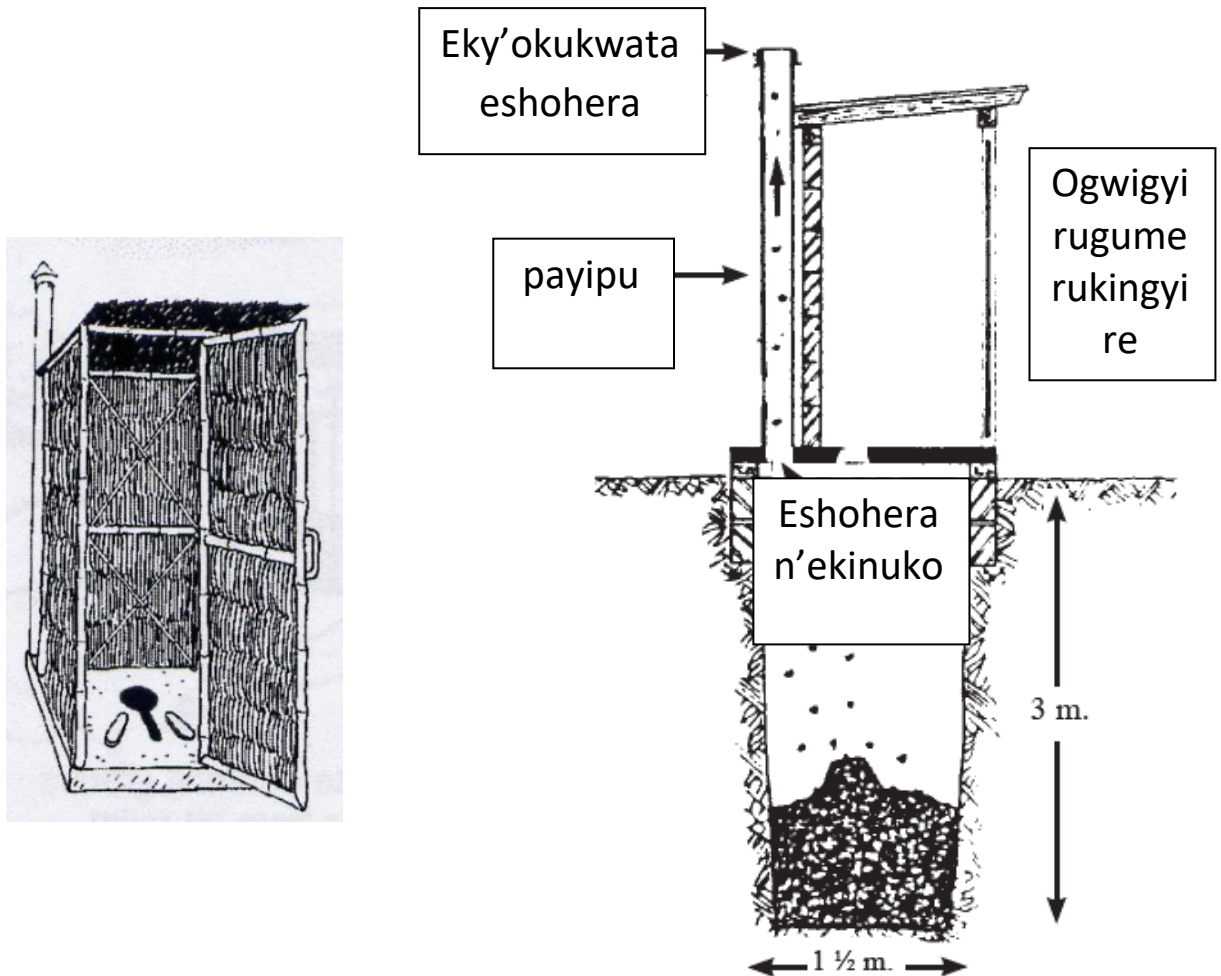
Ekaamina Eshwekire hoona



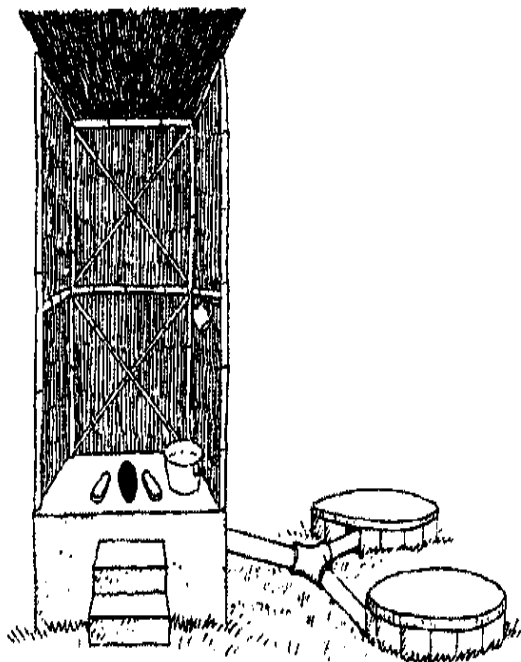
Ekaamina erikutanisa enkari n'amazi



Ekaamina eine ebirikushohoza omwika



Ekaamina erikukozesa amaizi

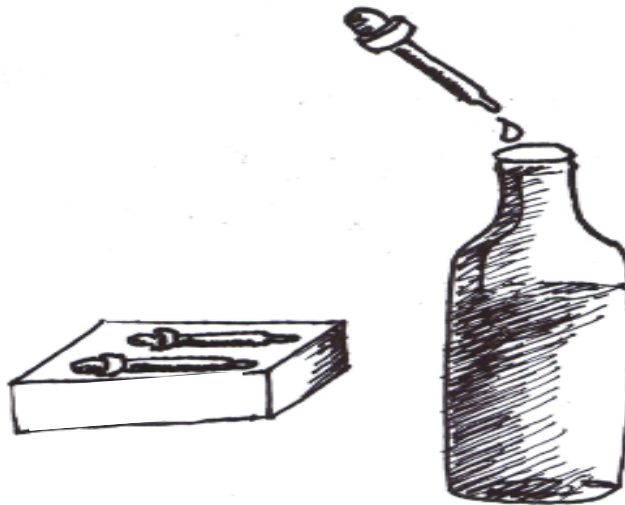


Oku orikuboneza amaizi

Oteeke amaizi



Otemu omubazi



Oku orikukozesa omubazi okuboneza amaizi

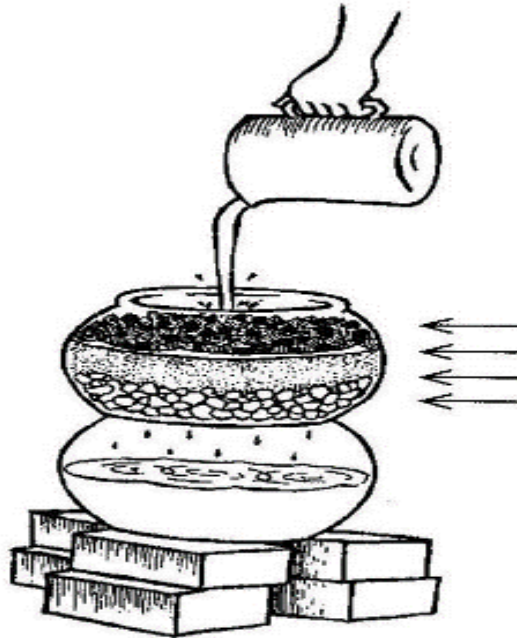
Omuringo ogu nigukora gye omumaizi agataagasibwe ahamushana

1. Ote amatondo 2 g'omubazi omu lita 1 y'amaizi,
2. Ogazunguze kandi ogareke gateebekane okumara edakiika nka 30 otakaganyweire(eshaaha 1-2 nekirayo oburungi).
3. Kandi ,obazemu amatondo g'omubazi ahabw'amaizi agarikufukirira.
4. Ahanyima y'edakiika nka 30 amaizi gashemereire kuba nigahumura kandi nigahurirwamu kakye omubazi gwa kulolini. Eki nikimanyisa ngu ni marungi g'okunywa. Kulolini yaaba nyingi,

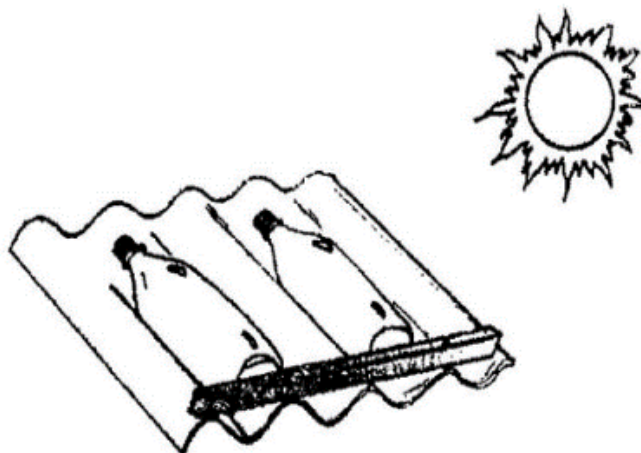
omubazi niguhumura munonga kandi gutaaba murungi. Oyongyeremu amaizi. Ohindureho ahakipimo ky'omubazi okurugirira ahakuhumura hamwe n'okugahurirwa omu

5. kanwa.

Ogyegyene amaizi

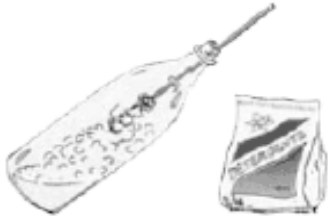


SODIS/omuringo gw'okukozesa omushana



Oku orikukozesa omushana okushemeza amaizi

Entambwe 1: Otorane ecuupa ehikire!
Okozese ecuupa ya litas 1-2. Oyozye
kurungi ecuupa ey'orikuza kukozeza



Entambwe 2: Oijuze ecuupa $\frac{3}{4}$ by'amaizi



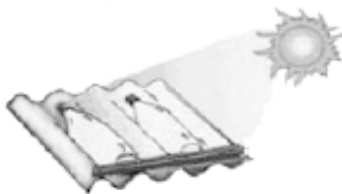
**Entambwe 3: Ozunguze ecuupa kumara
esekendi
20**



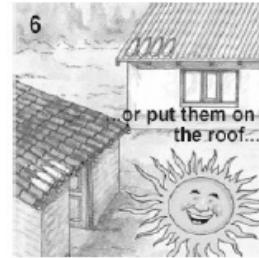
**Entambwe 4: Hati oijuze ecuupa reero
ofundikireho**



Entambwe 5: Ecuupa ozite ah'eibati



Entambwe 6: Nari ozite ahakintu ky'ekyoma



**Entambwe 7: Ecuupa ozite ahamushana
okuruga omukasheshe kuhika
omumwabazyo hakiri okumara eshaaha
mukaaga**



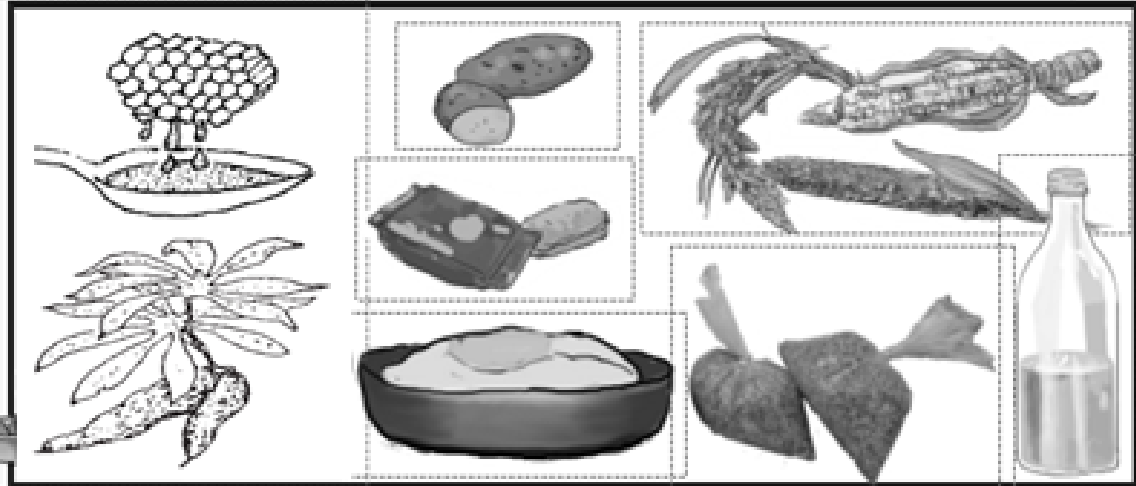
**Entambwe 8: Hati amaizi ni marungi
g'okunywa erindi eizooba nari bibiri.**



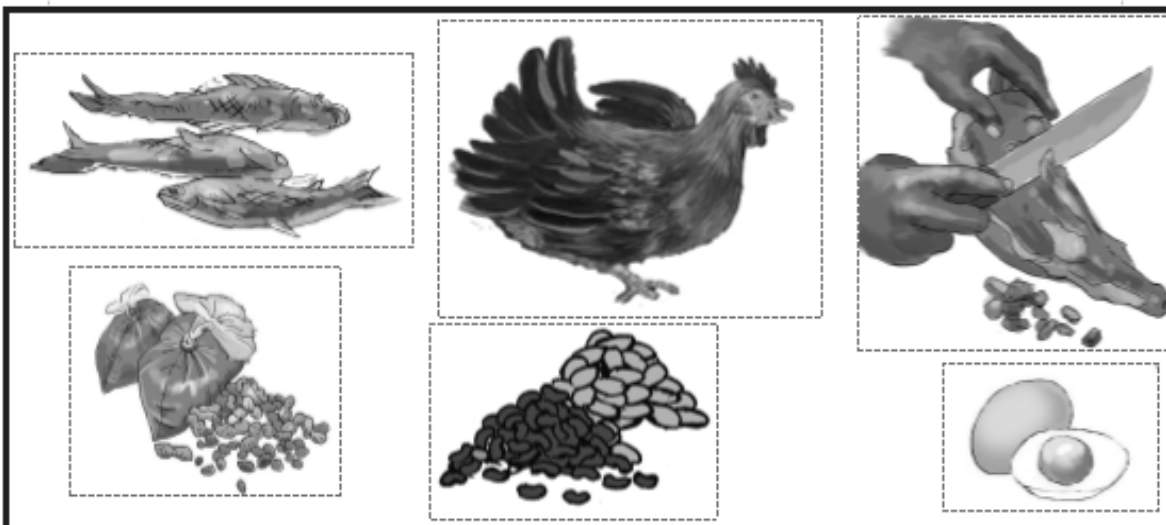
Akatandaaro k'okwanikaho



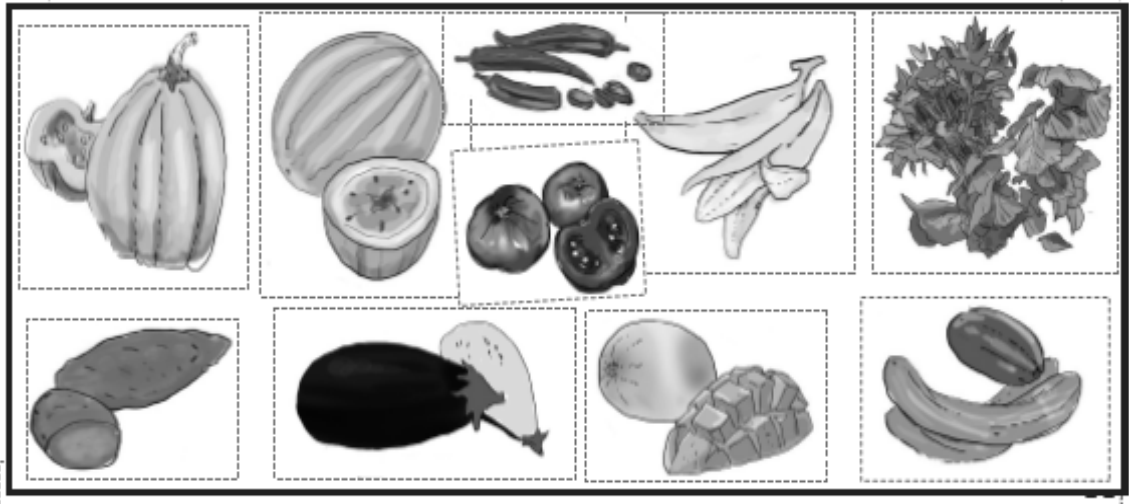
**Eby'okurya ebirikuhwera munonga omukuhereza
amaani (ebicoori, amajuta,sukaari,obwoki,ebirikwerera
omwitaka, coconati,ebinyobwa embibo,ebishaju)**



**Eby'okurya ebirikuhwera omukwombeka omubiri
(Eby'enyanya, Enkoko, ebinyobwa, embibo,amahuri ebihimba)**

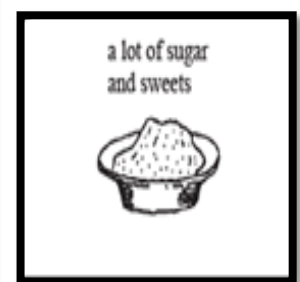
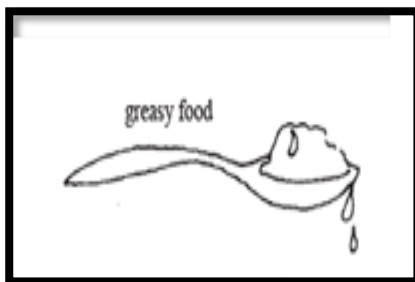


Eby'okurya ebirukhwera omukurinda omubiri (ebijuma hamwe n'emboga nka ezirikwiragura, enyaanya, avocados, karroti)



Eby'okurya ebitarimu ekirisa

(Eby'okurya ebyeine ebishaju, ebirimu kasasiro, ebirimu sukaari nyingi)



**Rinda okubonera hamwe n'obuyonjo bw'emibiri,
amaaju hamwe n'ekyanga.**



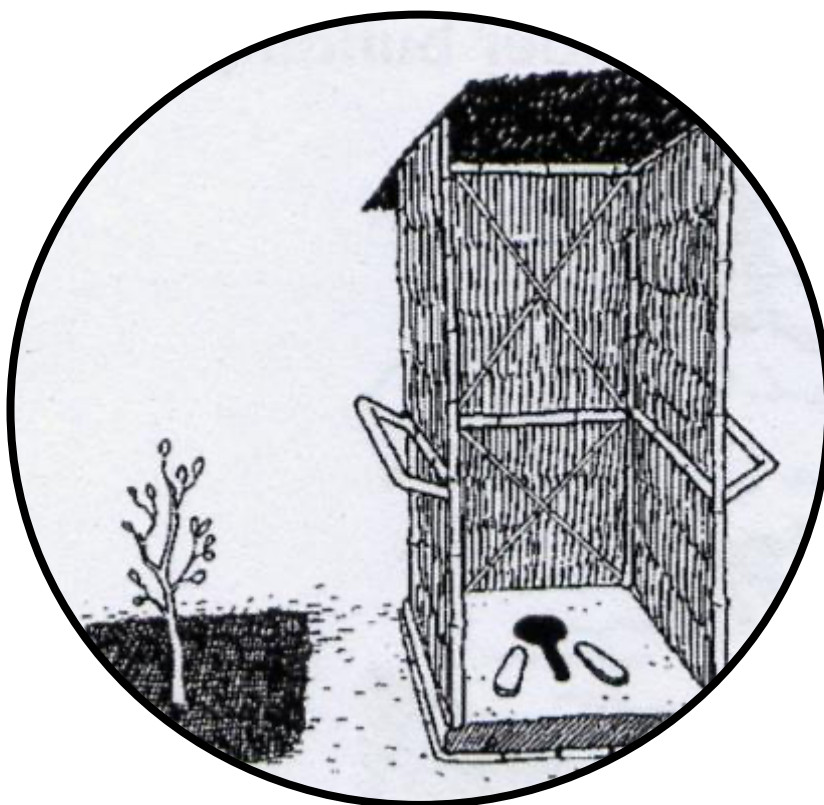
**Naaba engaro orikukozesa esabundi otaka
teebe kanisize n'okurya emere n'ahanyima
y'emirimo erimu okukwata obukooko**



Rinda ekyanga kibonire



Koseza ekaamina



**Kozesa amaizi gashemeire ahabw'okunywa,
okwoza kandi n'okuteebekanisa eby'okurya**

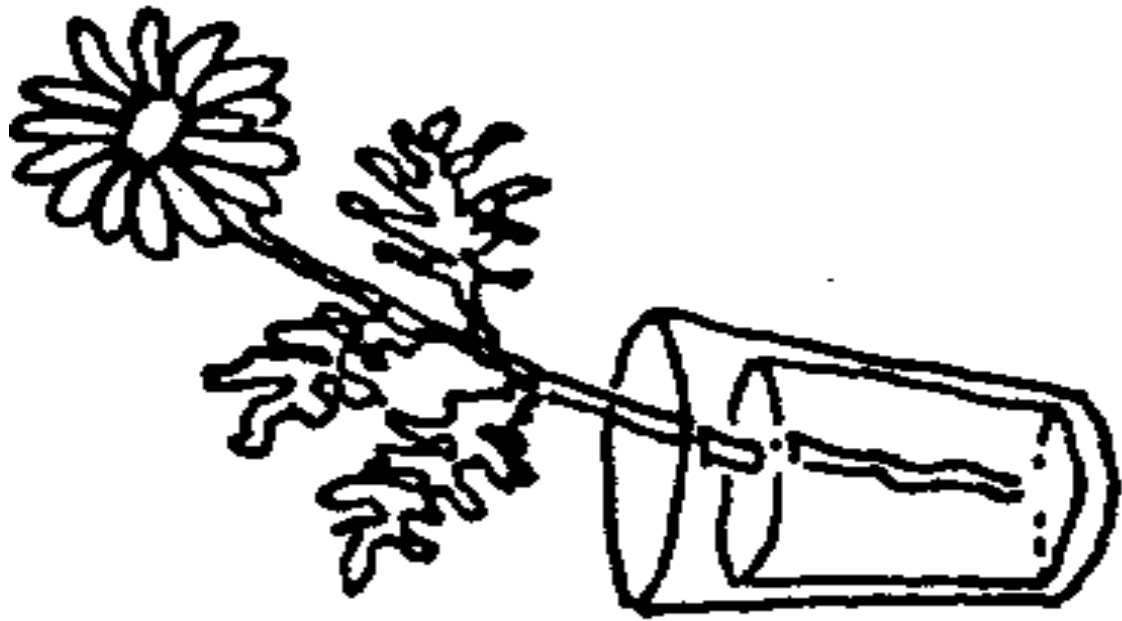


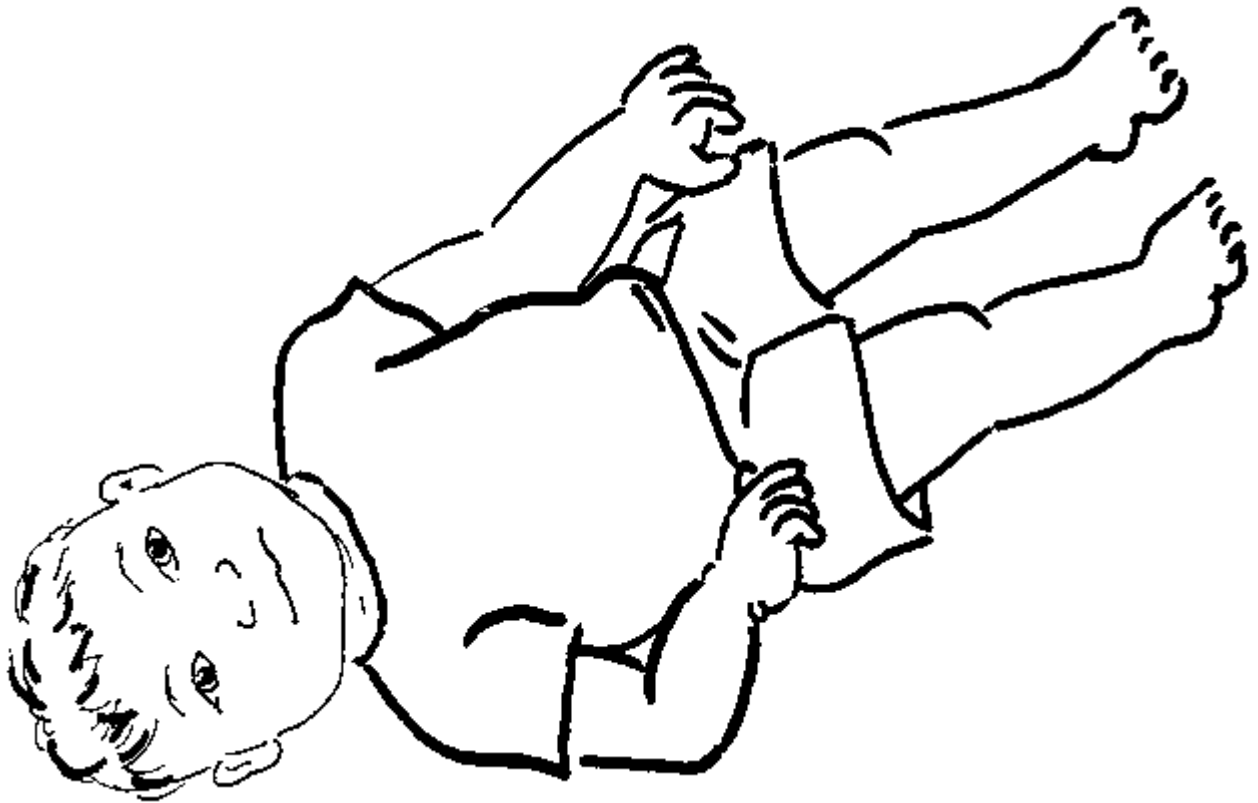
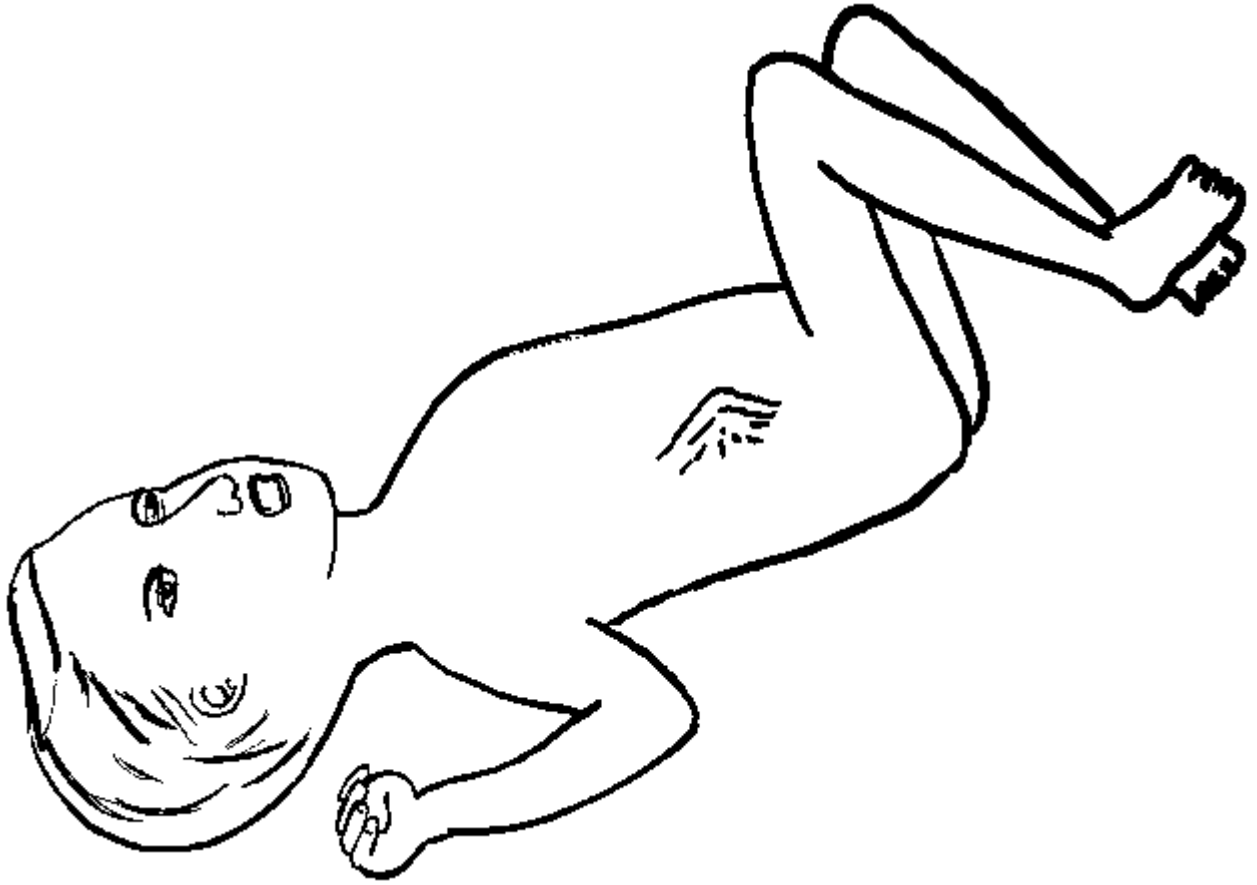
Okuteebekanisa eby'okurya biteine kabi



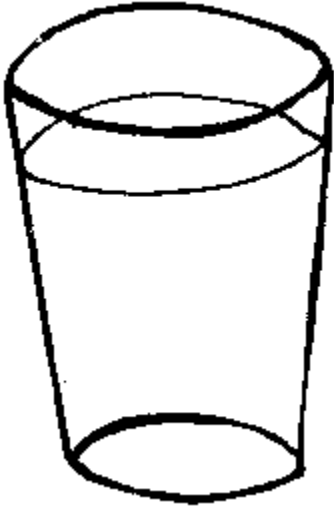
Gabirira eka yaawe n'eby'okurya ebyeine ekirisa







Oku orikukora eky'okunywa kirikugaruza amaizi omu mubiri (ORS)



Okwaate egiraasi
1 y'amaizi
g'okunywa



Oteemu engaro 1-2
z'omwonyo



Ogaitemu
akafundikizo ka coca
ka sukaari

Nitwetenga ORS erikwingana ki?



Abakuru: onywe egiraasi 1nari 2 za
ORS ahanyima y'okwirukana



Omwaana : onywe egiraasi 1
ya ORS ahanyima
y'okwirukana rehydratiodrink

OIJUKE: EKIPIMO EKIRIKUTAHAMU NIKINGANA N'EKIRIKUSHOHORA

Enyindo z'ebihinzi, Okushaasha amaraka n'Okukorora

Ekishushani 1: Okwigara nari okureeta ebihinzi

Okozese akapiira kakye okwiha ebihizi omunyindo z'omwaana.

Waaba otakeine, kandi omwaana atarikwisa gye, nobaasa kukozeza akanwa kaawe okwihamu ebihinzi.



Ekishushani 2

ojwanze engaro ibiri z'omwonyo omu girasi y'amaizi. Ote makye omungaro zaawe reero oikizemu. Eki nikituma ebihinzi byayoroba kandi byarugamu



Ekishushani 3: Okukorora

Orabye omukanwa n'amaizi garikutagata kandi garimu omwonyo nka akagiiko 1 omu giraasi 1 y'amaizi (nobaasa okwongyeramu turmeric). Orabye amaizi omukanwa, reero waheza ogacwere. **Otakamira amaizi garimu omwonyo kureka ogacwere waheza okugarabya omukanwa.** . Okikore hakiri omurundi gumwe buri shaaha.

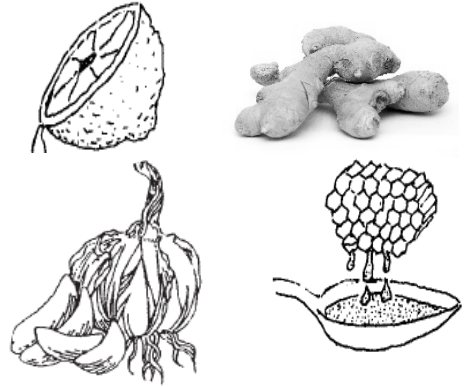


Okukora eky'okunywa ky'endimu n'etangawuzi nk'omubazi

**Ahaifo hariho engyendererwaho z'okukorera omuntu omwe.
Ahabwa baingi okozese ebipimo birikwingingana .**

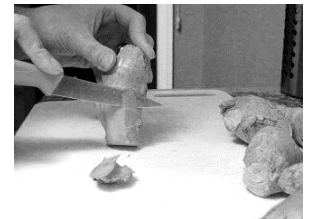
Eby'okukozesa

1. endimu 1 mpango nari 2 bukye
2. obugiiko 1-2 bw'etangawuzi esiire
3. Akagiiko1 ka katungurucumu esiire
4. Amaizi gateekire(garikwosya munonga)
5. Akagiiko 1-3 k'obwoki(ti eiteeka)



Entambwe

1. Oyozye eby'okukozesa byona
2. Oihemu eshande omu (embibo ozihemu) ozite aharubaju.
3. Endimu ogisharemu ebicweka
4. Oiheho ebishushu by'etangawuzi reero ogisharashare
5. Oiheho ebishushu bya katungurucumu reero ogisharashare(ti eiteeka)
6. Oteeke amaizi.
7. Otemu etangawuzi n'endimu eshazire(na katungurucumu waaba noyenda).
8. obifundikire kandi obiteeke kumara edakiika nkye.
9. Obyeihe ahamuriro kandi otemu eshande y'endimu
10. Obite omu giraasi orikukozesa akagyegyena.
11. Otemu obwoki nk'oku orikwenda, otabure reero obinywe birikwotsya
12. obinywe omukasheeshe n'omumwebazyo, noiija kuhurira gye omubiro 2-3 .



Ekipande ky'ebipimo by'omubazi

Obumwe engyendererwaho niziba
zihandikirweho ebicweka by'akajuma koon
nari kapuso.

- Akajuma 1 =akajuma koon



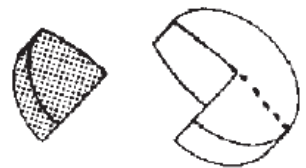
- Akajuma $1/2$ = ekicweka
ky'akajuma



- Akajuma $1 \frac{1}{2}$ = akajuma
kamwe hamwe n'ekicweka

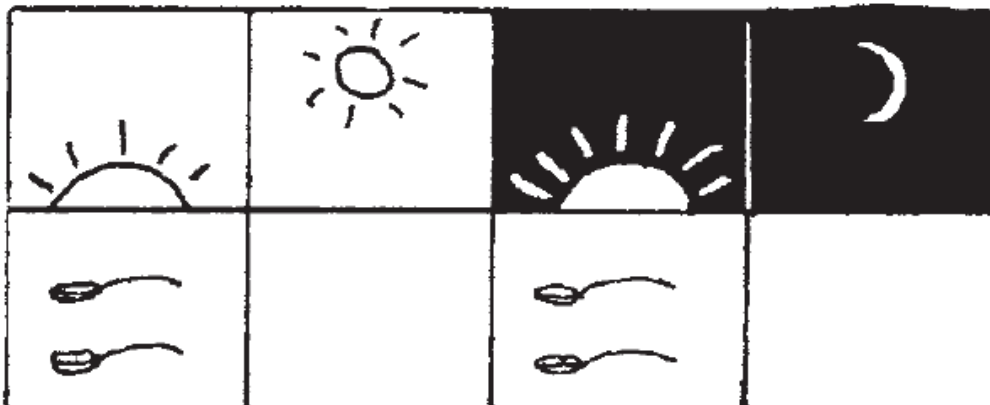
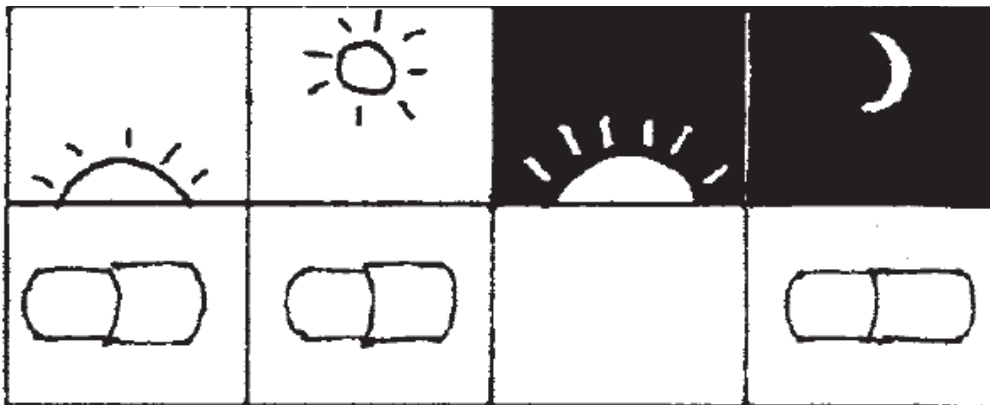
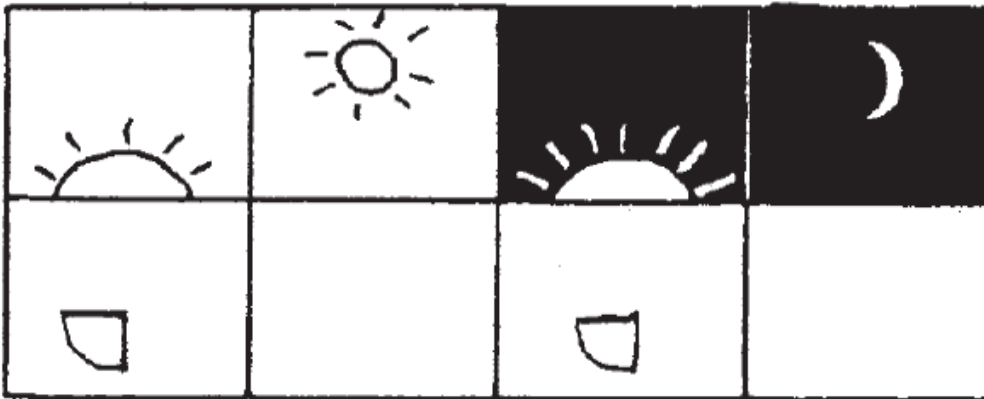
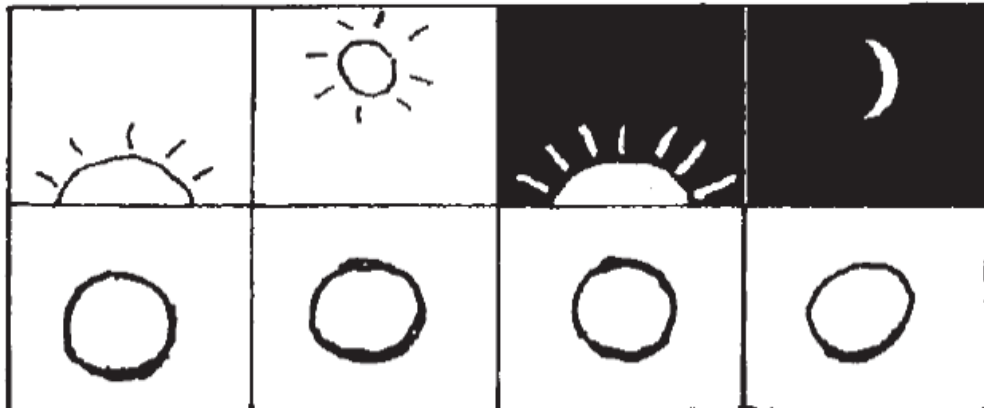


- Akajuma $1/4$ = akajuma kamwe
kahenzirwemu emirundi ena.

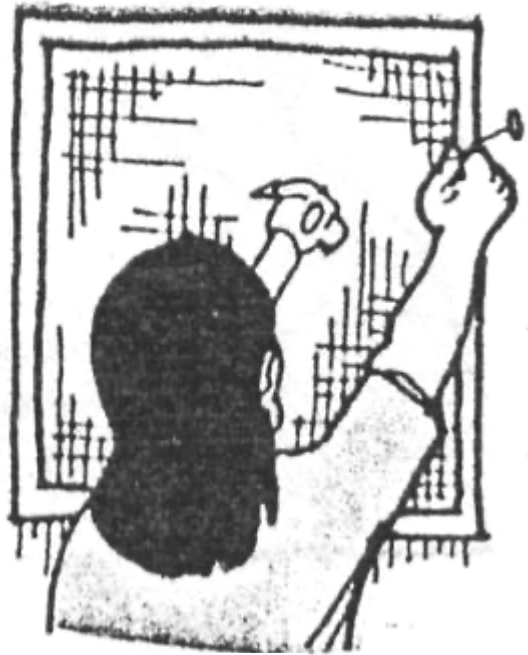
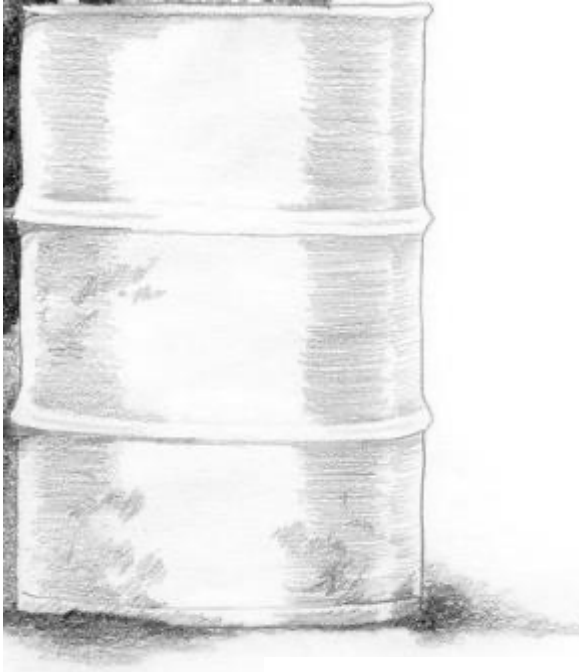


Oyegyendesereze okuhereza omubazi
omukipimo ekiragirirwe kusha.

Kaada z'ekipimo ky'omubazi



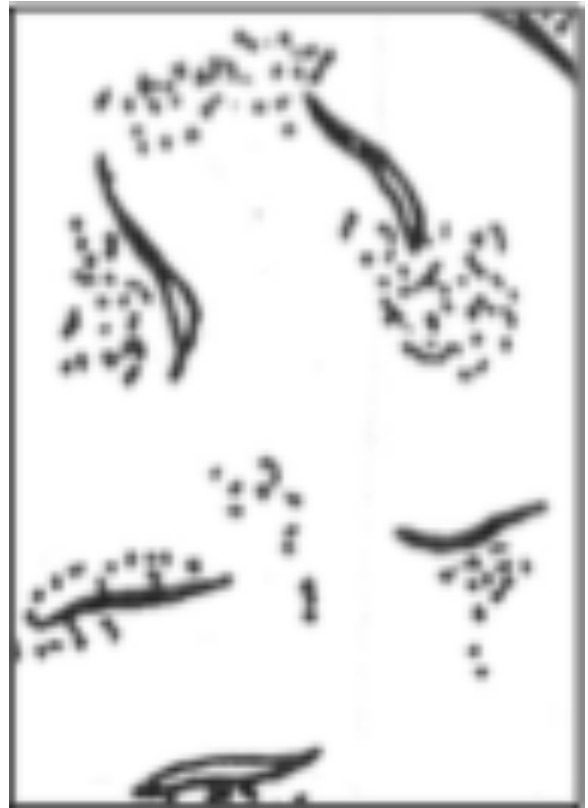
Omushwija



Enjoka z'omunda ezikaanyire

1. Enjoka ezirikuryaana

- Nizireebeka nka ka pini ka mutare nari ehuuzi kandi nizibaasa okureebeka omu mazi.
- Nizireeta okweyagura omukibunu.



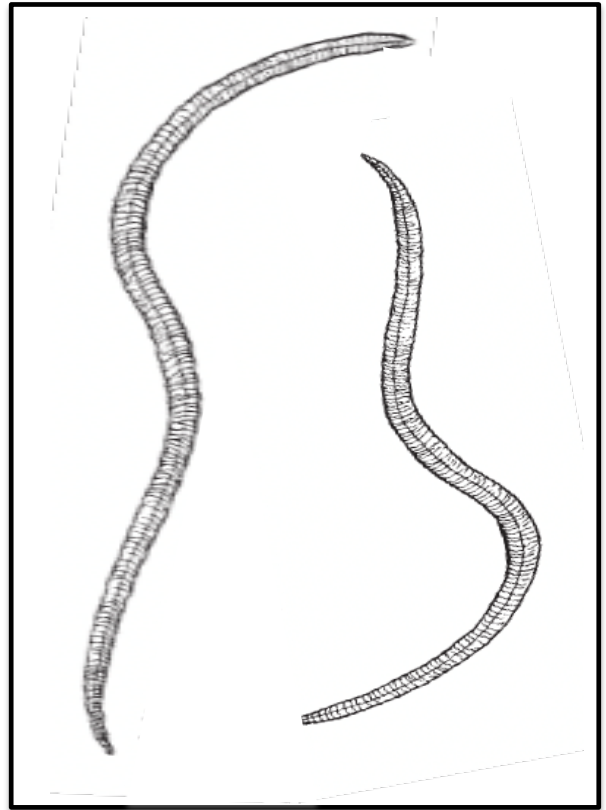
2. Enjoka ezirikushaashisa omunda

- Ninkye munonga okutareebwa omumazi
- Nizituma omuntu yahurira aruhire kandi ateine amaani. Nizireeta okushaasha omunda n'okwirukana. Omuntu oine enjoka ezi naaba aine engino, ebyara hamwe n'engaro za mutare.



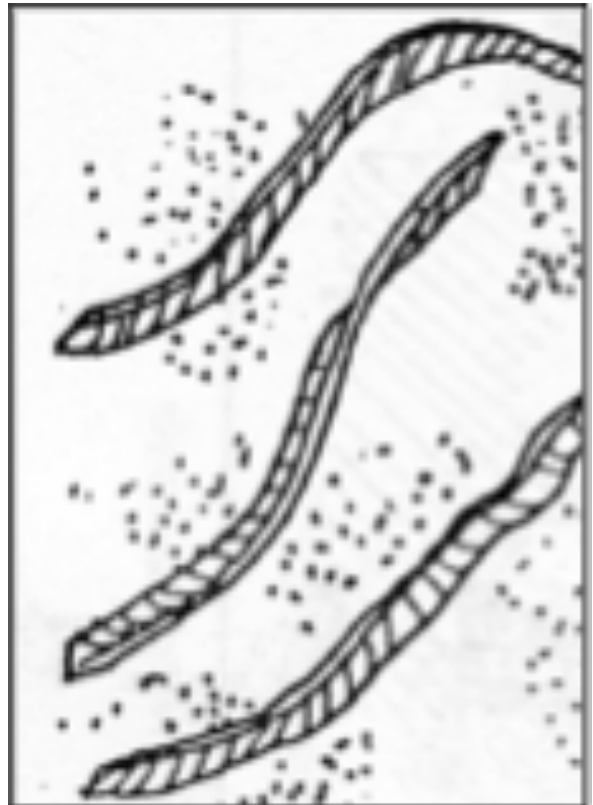
3. Enjoka ezirikukoroza

- Ezi ni mpango, za pinki nari mutare zirikwingana omuburingwa nk'ekigyere ky'omuntu, ezirikureebwa gye omumazi
- Omuntu oine enjoka ezi nahurira ateine amaani nari okweyagura kandi nashaasha omunda agire n'akakorora



4. Enjoka z'omumara

- Omumara, enjoka ezi nizikura zibe ndaingwa konka omumazi, nizireebeka nkye, za mutare zirikwingana nk'akaara k'omwaana
- Omuntu oine enjoka z'omumara nashaasha omunda kandi akoohe.



Okwerinda enjoka z'omunda

Tukakoraki okwerinda enjoka z'omunda?

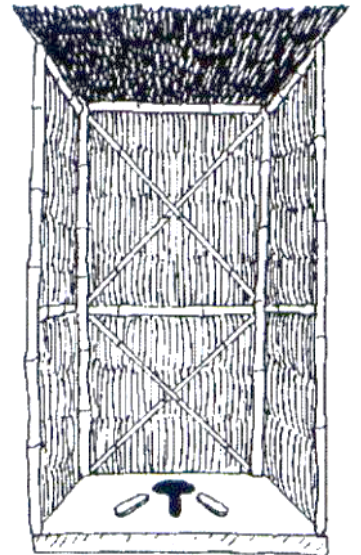
- Onaabe engaro



- ojwaare



enkaito



- Okozeseekaamina kandi ozirinde ziteine oburofa

- oteebekanise gye eby'okurya



- Onywe amaizi marungi



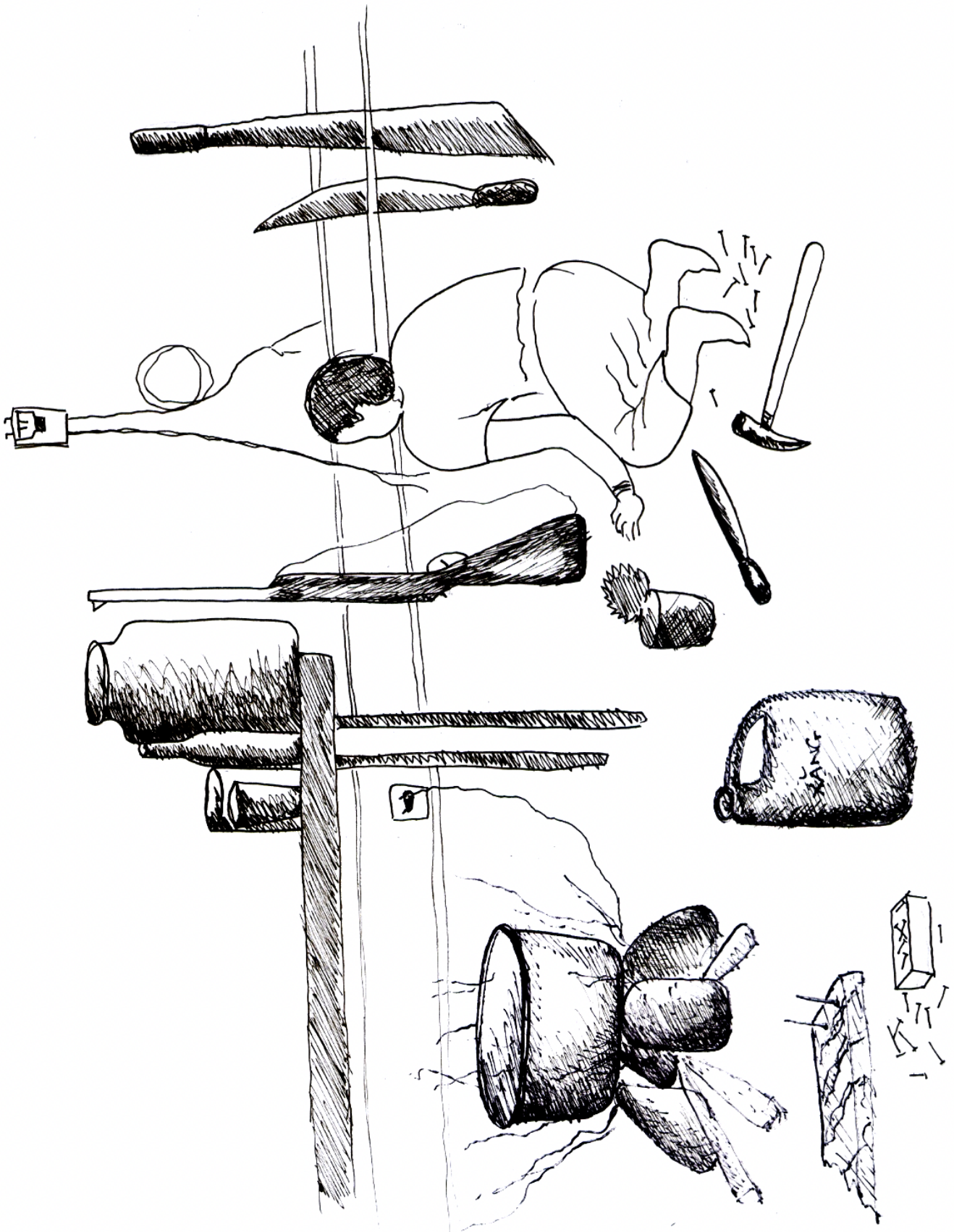
Obubonero bwa TB

- Orukorora orurikurenga okwezi kumwe, namunonga waimuka omu kasheeshe
- Omuriro mukye omwihangwe hamwe n'omumwebazo
- Okututuka nyekiro
- Okushaasha omukifuba nari enyima y'omugongo
- Okuremwa okurya hamwe n'okukoooha
- Okuhwa amaani (omuntu naaruha juba)
- Omubiri guperukire
- Okukorora eshagama (namunonga ku erikukura)
- Okuzindaara amaraka(okw'amaani)

Obubonero bwa senyiga

- Enyindo zirikureeta ebihinzi
- Enkorora
- Okushaasha amaraka
- Omuriro mukye
- Okuruha
- Okushaasha engingo

Butaandu ezirikubaasa kubaho



Okurumwa Enjoka

