

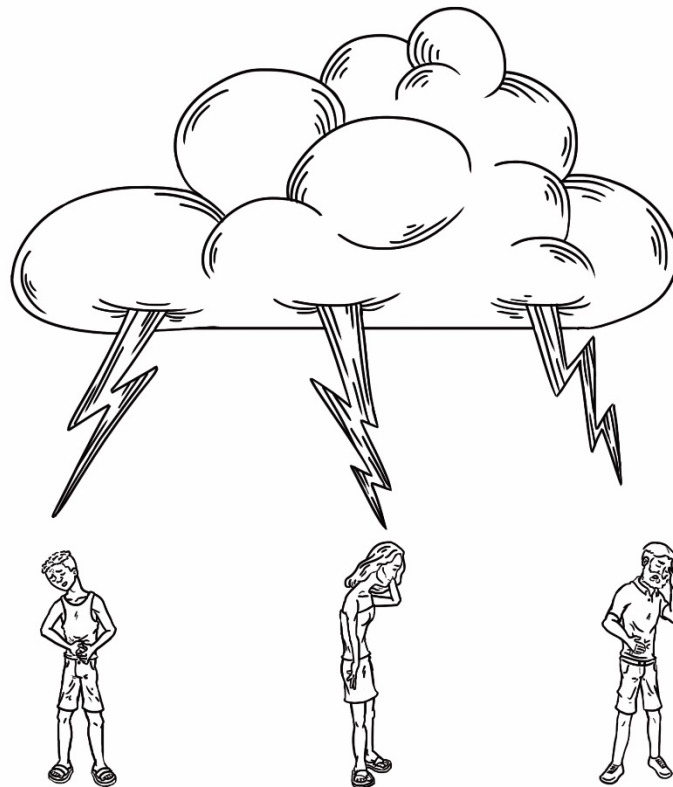
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

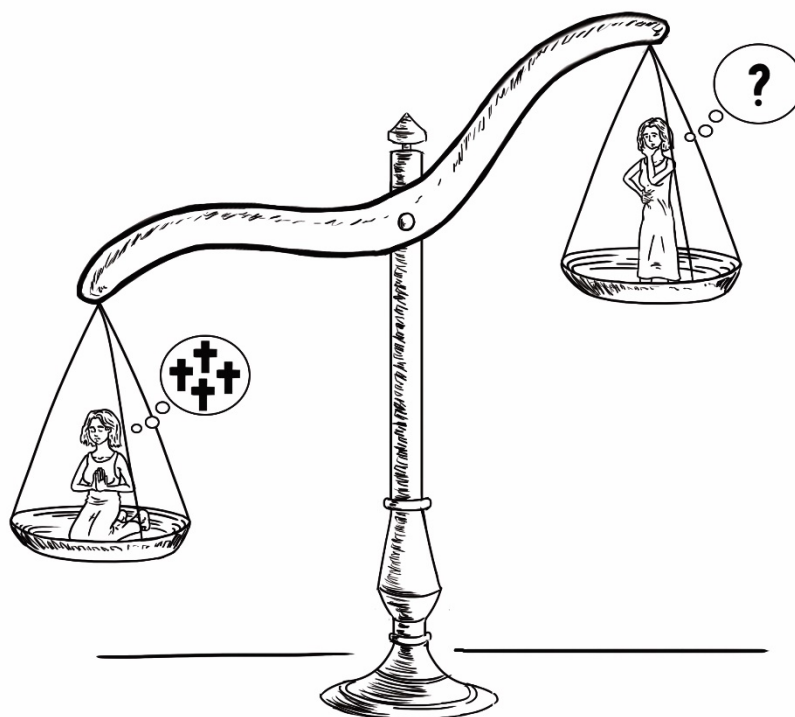


**DIRO ME YOT KOM
CAL ANYUTA**

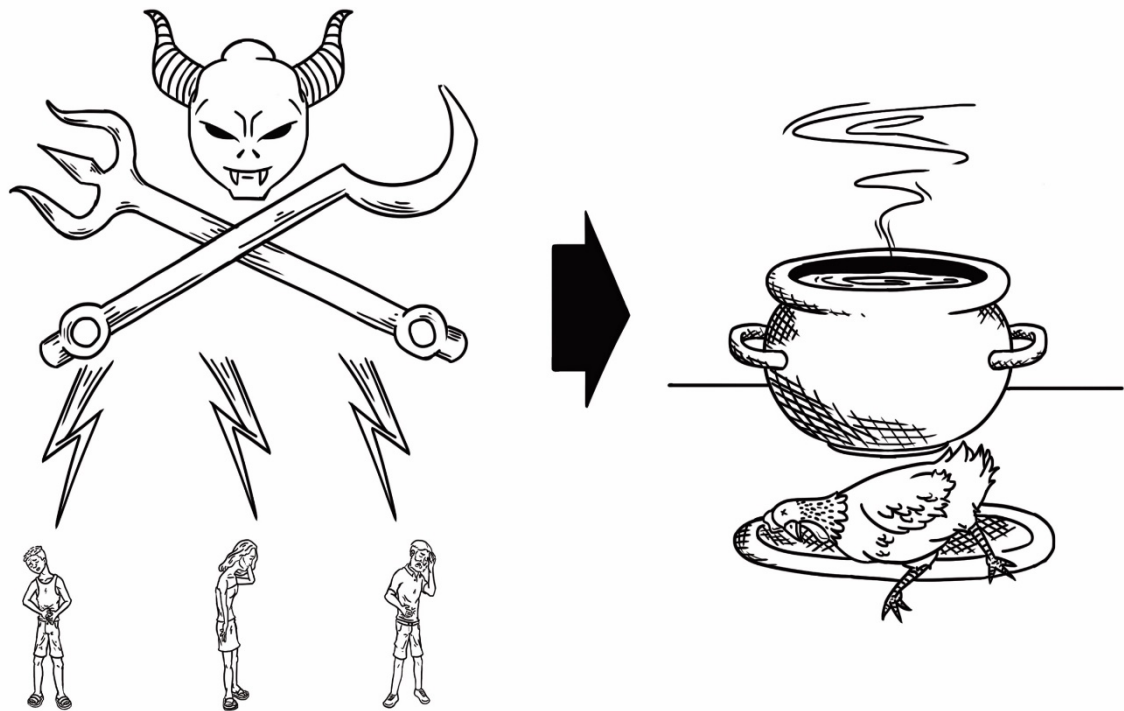
**1. Two weng obedo pwod ki bot Lubanag
(lubange)**



**2. Ka onongo watyeki niyee matek kono
ongo komwa pe lit**



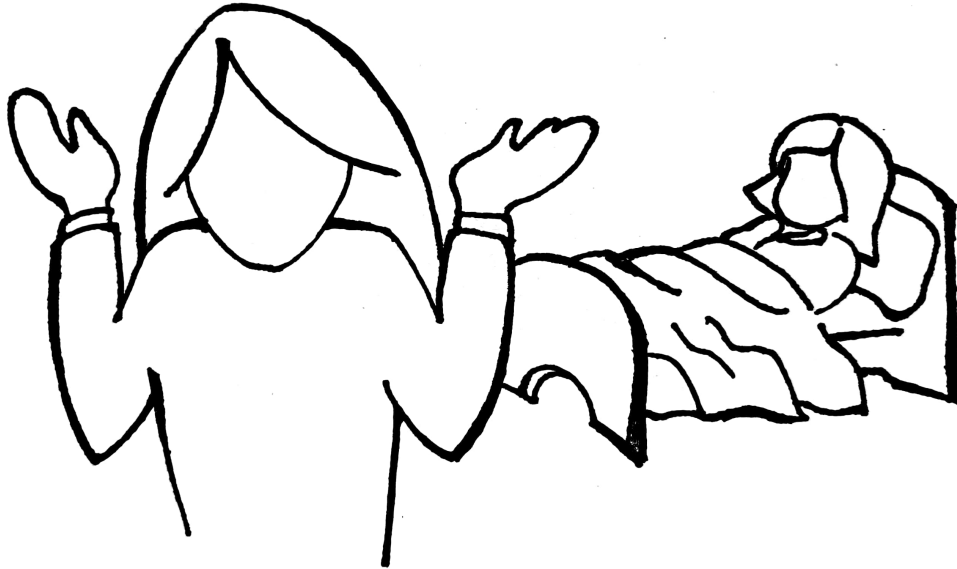
3. Two oa ki bot jogi, omyero wamii gitum



4. Lubanga pe paro lok me yot kom



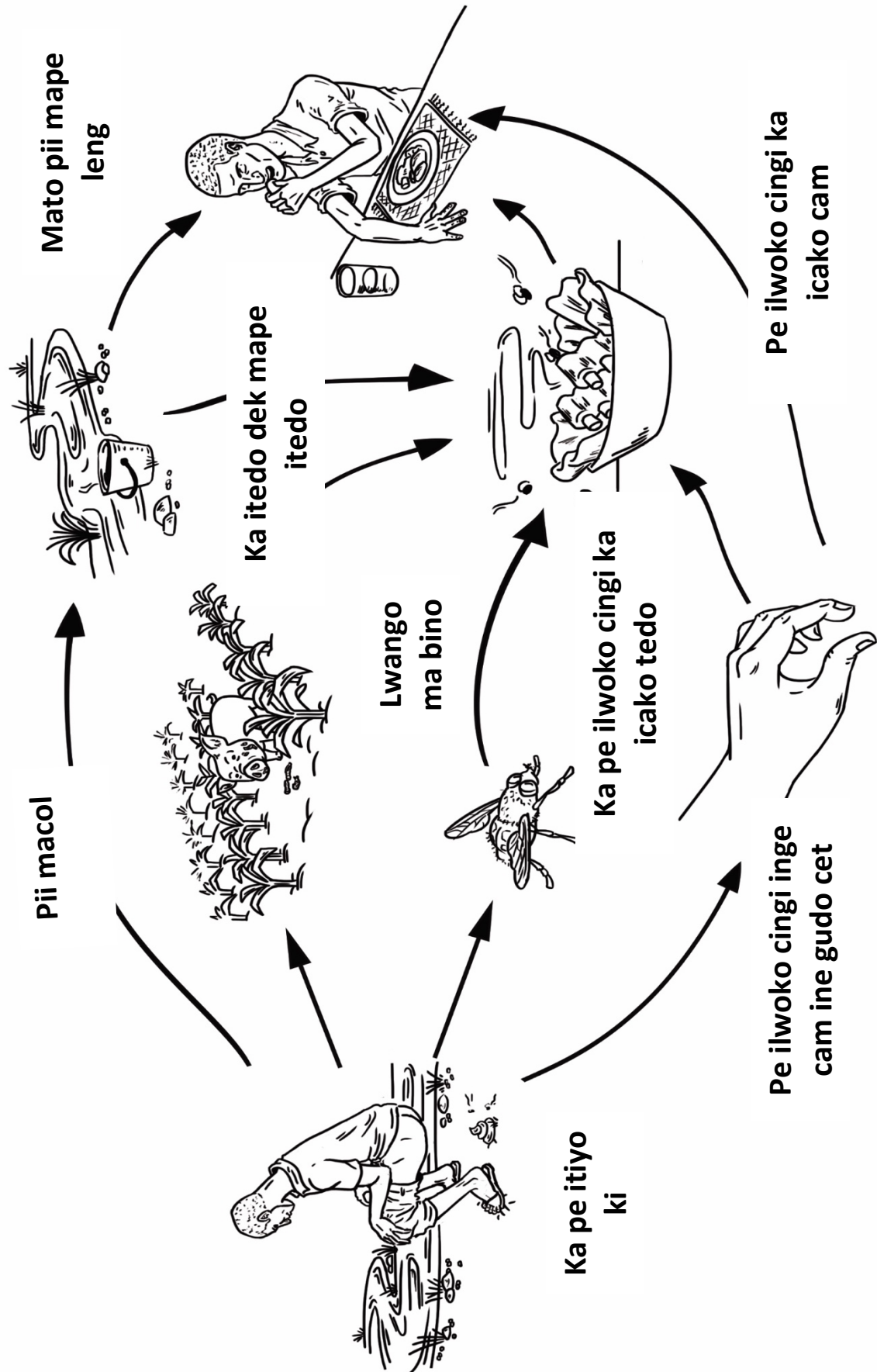
**5. petye gin moo ma watero timone me
gengo two**



**6. ka komwa lit omyero wan waleki pe wacet
bot dakta**

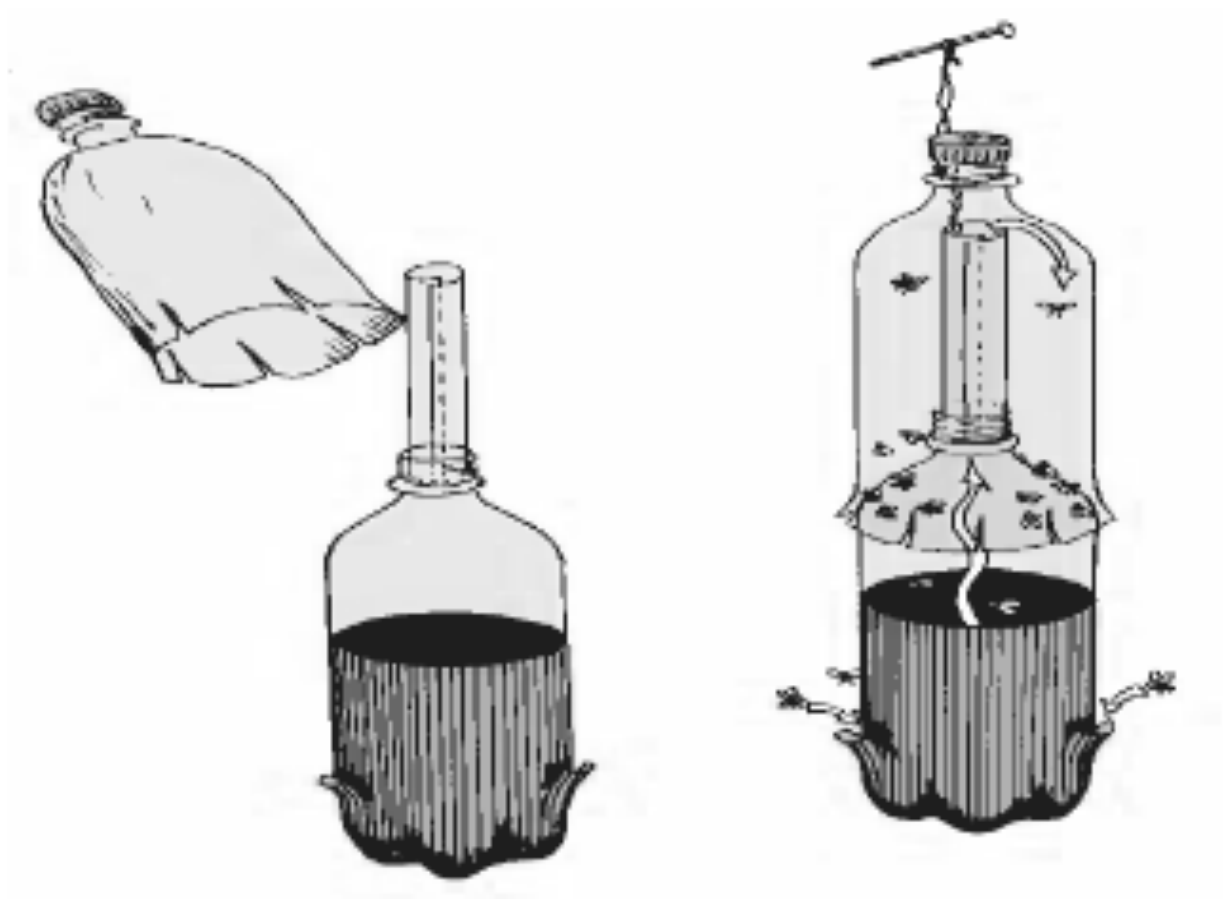


kit ma two kobo kwede



kit ma itwero yubo ki lamak lwango

1. Kwany cupa, wee kore ki piny ci ituc bur maromo kabedo 3 wek lwango odoni ki iye.
2. Ngol cupa acel nucene. Yub gin moo wek iket idok kama in ingolo iye bur ni l cupa me acel.
3. Rwak wiye ni ikom cupa me acel.
4. Ket gin moo manok l acel ci ingap woko.



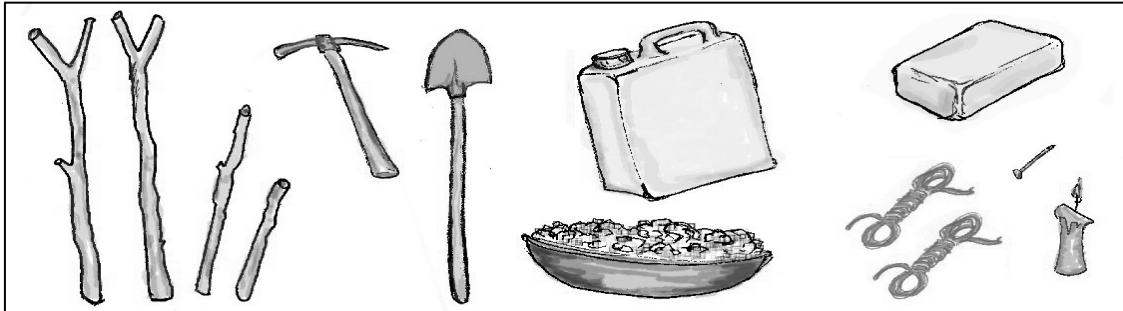
Lalwok cingTippy Tap



Ged lalwok cin mamegi Tippy Tap

Jami tic mamite:

(2) yat oka ma romo 2m ; (2) yat acel ma olute ; jami me kwinyo bure; jerican pii; gweng; cabun, tol; Cuma, ki candela



Kit me timone:



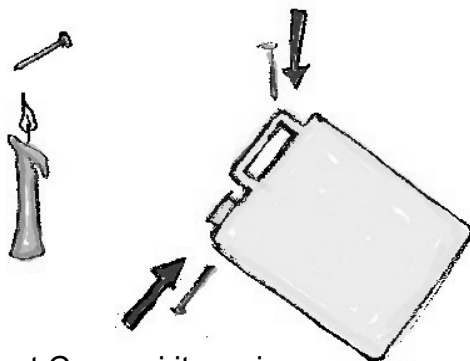
1. Kwiy bur ma tute tye 18 ma lace kine tye tyen 2



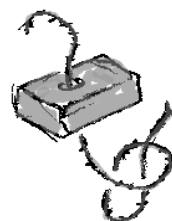
2. Ket yat oakara dok ineni kiketo gin marom



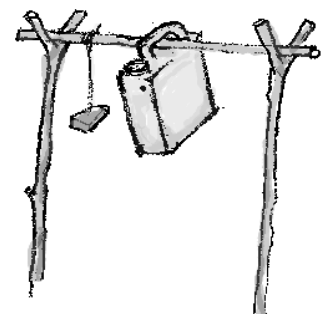
3. Ket ngom ibur ma iwkyoni dok iony gweng iye ci idin matek



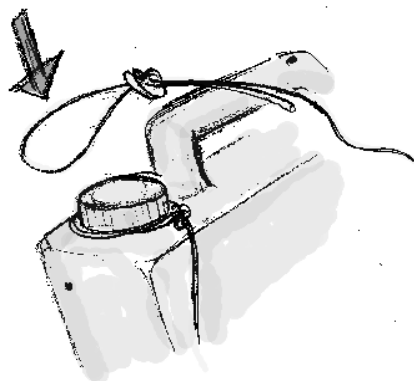
4. lyet Cuma ci ituc wi jerican



5. ket bur l cabun ci irwak itol

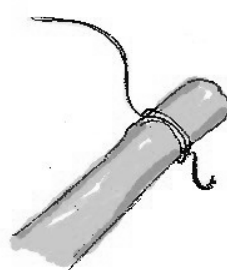


6. lye cabun ki jerican ci iony pii iye



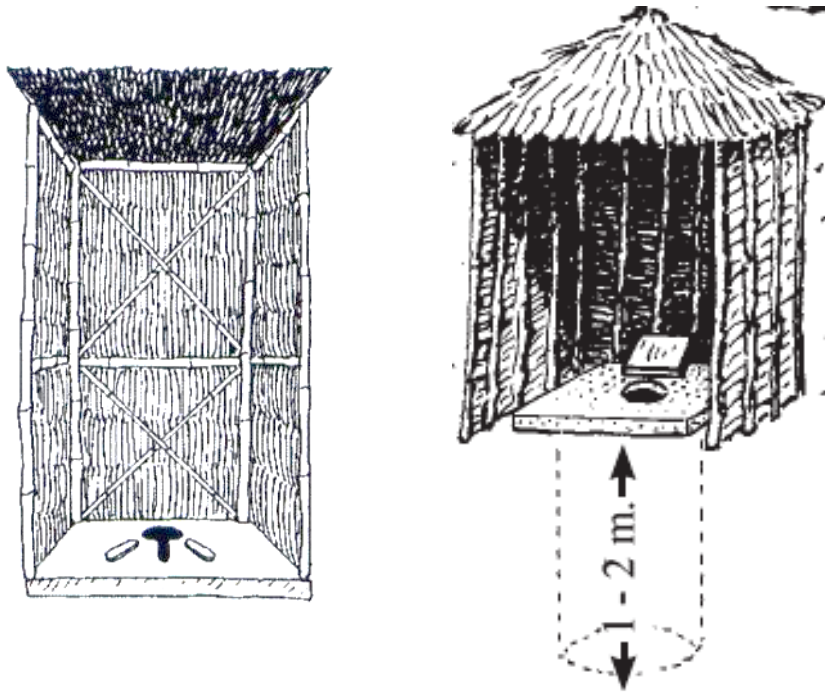
7. ket tol okat ki iwi jericam ma

8. ki Lanyon ten

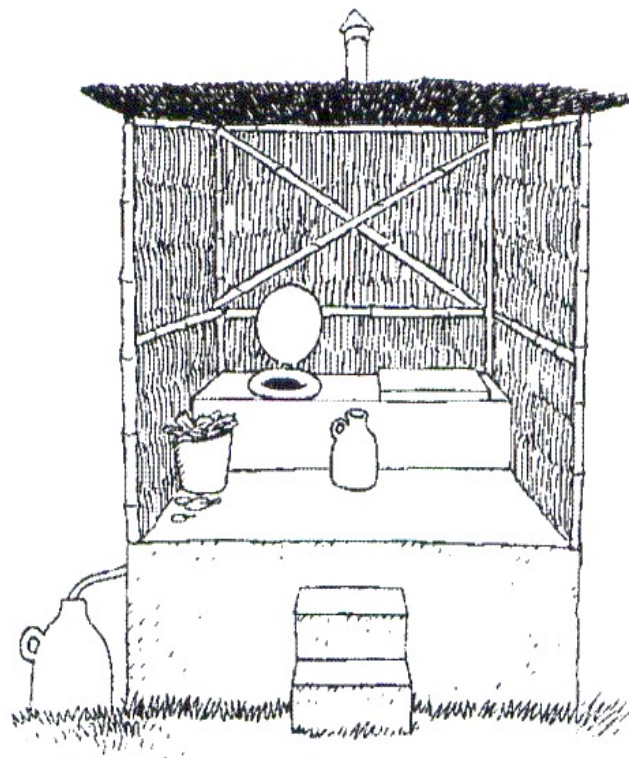


9. tii ki gweng me mato pii

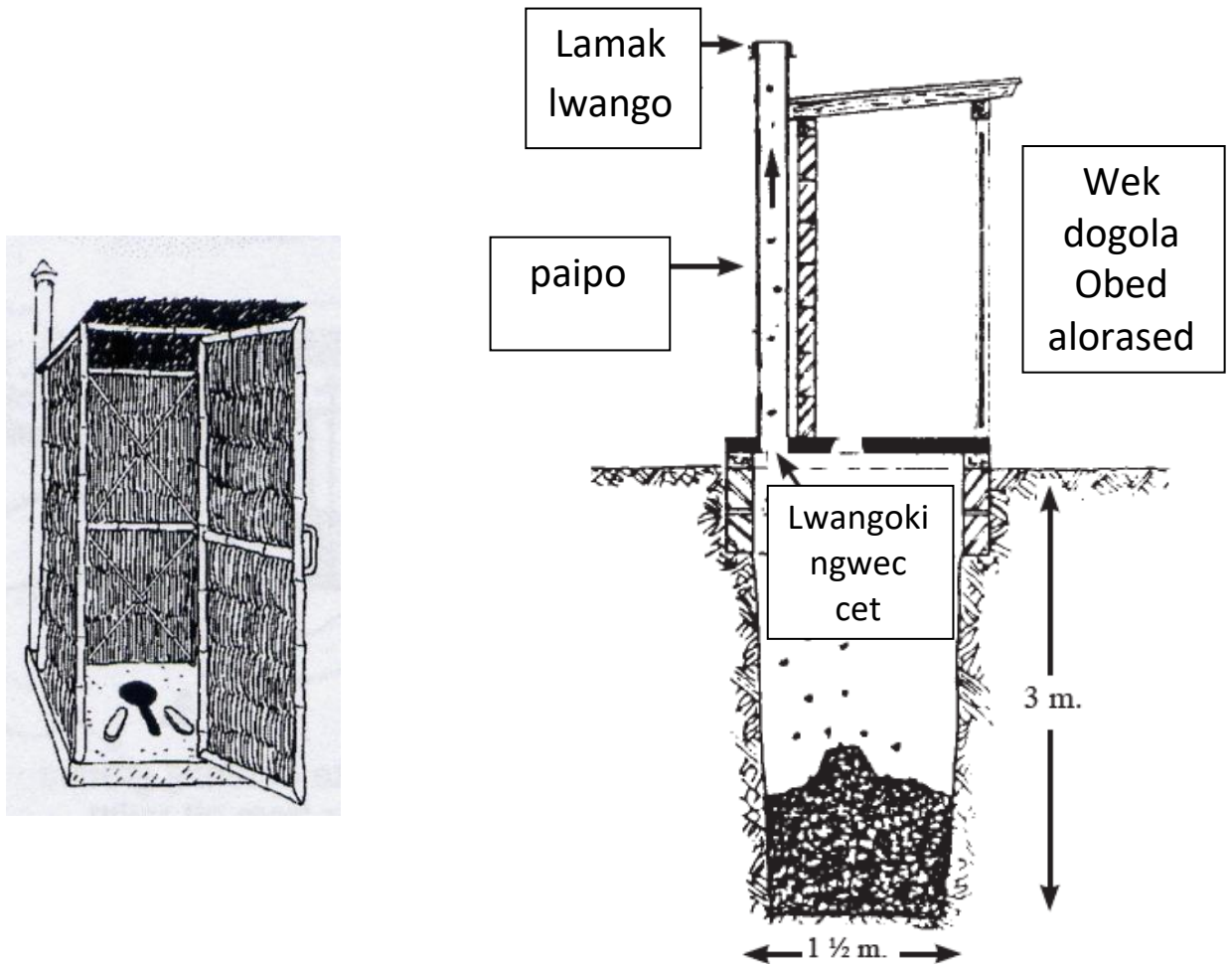
coron ma kiumo doge



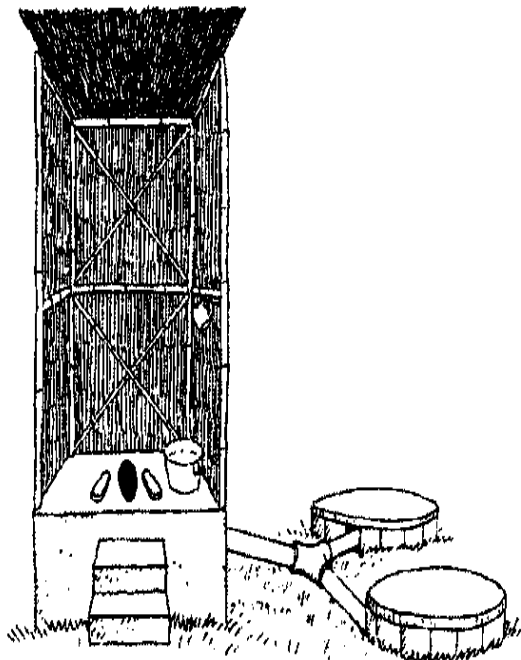
coron ma pokolac pat



Coron mtye ki paipoo me mako lwongo ki ngwec cet



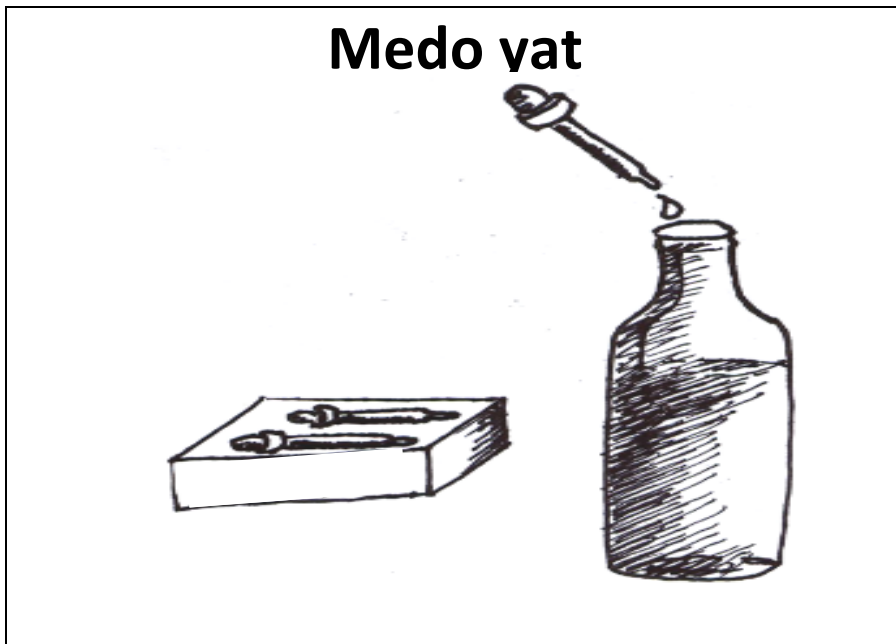
coron makitiyo ki pii



kit me tedo pii tedo pii imac



Medo vat

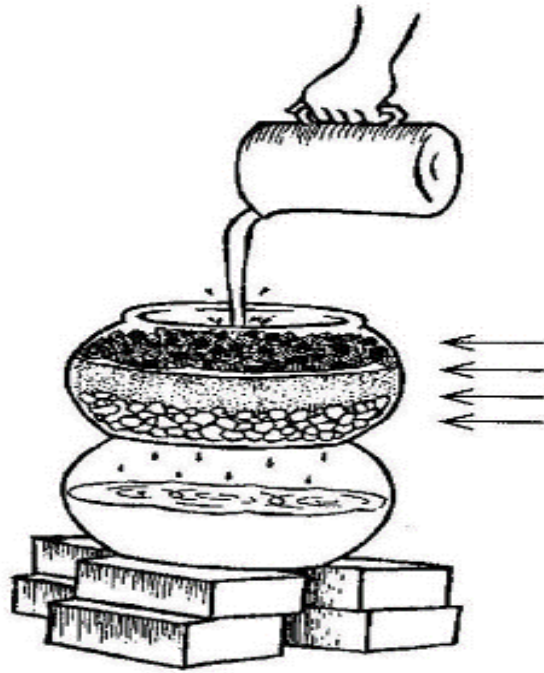


Kit me onyo yat ipii

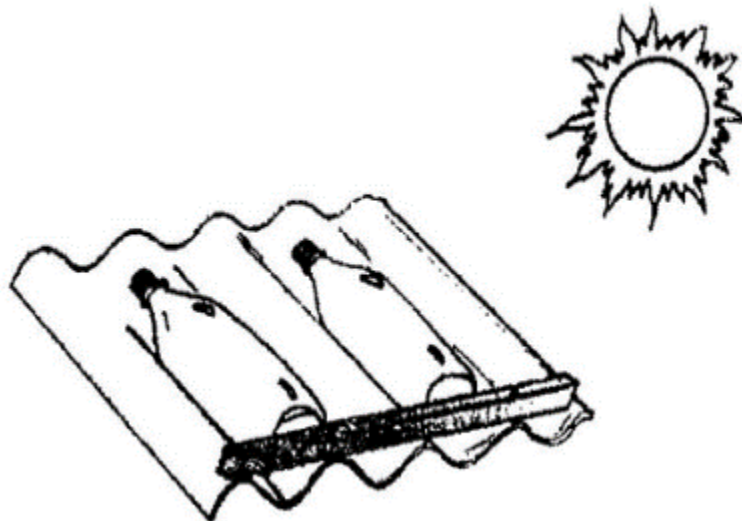
Yoo eni tiyo maber kip ii ma ocung olyeti iceng.

1. Ony yat giwiye 2 l pii ma l cupa lita 1,
2. Yeng ka iyee oloo pi dakika maromo 3o ka imati (cawa 1-2 bene ber).
3. Dok imed kit me onyo yat pi pii kulu kip ii mangic.
4. Inge dakika 30 pii myero omate maber calo yat peke iye. Man lokeni dong ber me amunya. Ka inen yat chlorin dwong iye, ci ngwece pe beda mit. Med pii . dwok kit me onyo yat ma lube ki kit ma ngwece tye kwede.

Lii pii



Tic ki lyeto me ceng



Kit me tic ki lyeto me ceng me tedo pii amata

Yoo me acel: tii ki cupa ma rwate! Tii ki cupa lita 1-2. Lwok cupa pi tyen me acel ma itiyo kwede



Yoo me 2: pik pii maromo $\frac{3}{4}$ me pong ki pii



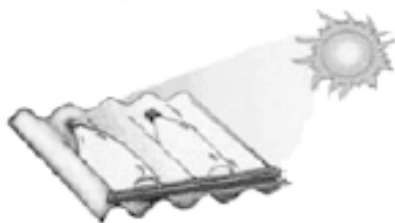
yoo me adek: yeng pii enoni pe 20 seconds



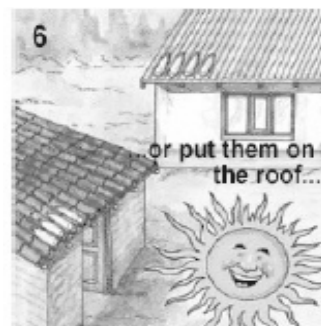
yoo me 4: pik dong pii pong cupa ci icul wiye



yoo me 5: ket cupa enoni iwi bati



yoo me 6: nyo ket iwi bati



Yoo me 7: ket cupane icing mecake odiko me oo otyeno pii cawa 6



Yoo me 8: pii dong tye atera me acata pi nino 2 days.

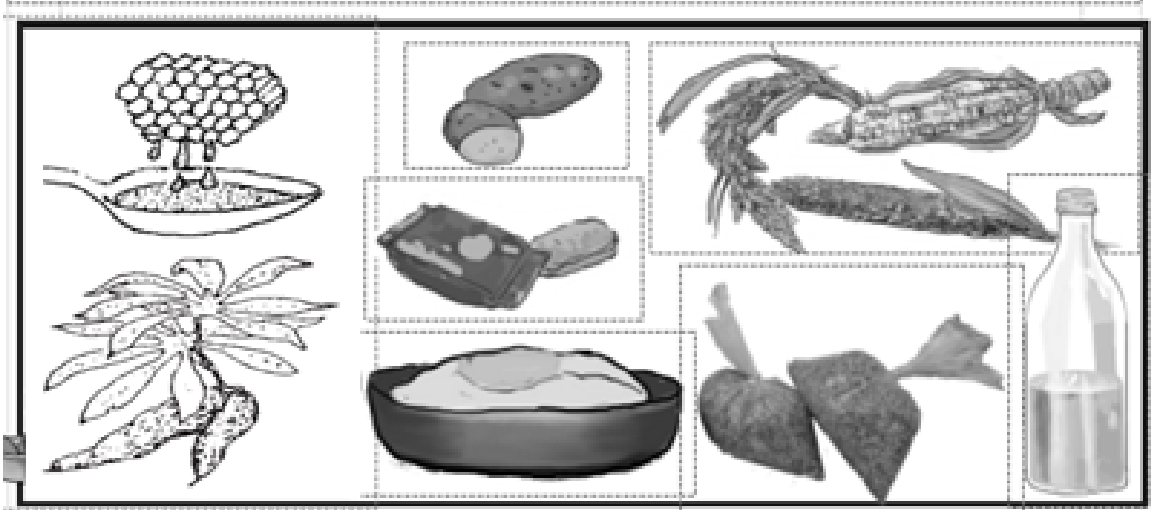


Tandaro



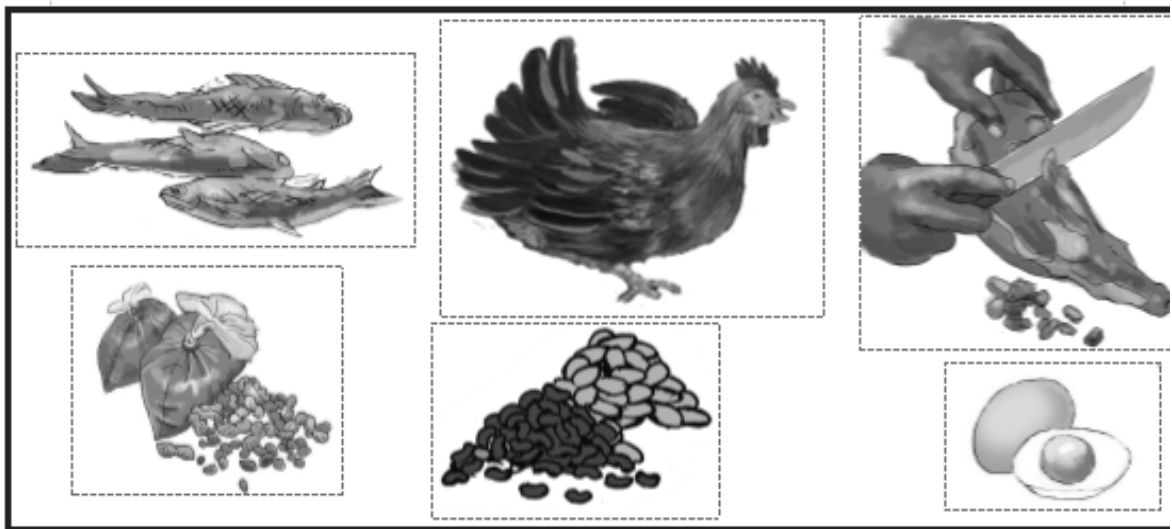
Cam matye ki kony me miyo guvu

(anyoki, moo, cukari, kic, layata , pul , nyik jami ki moo dyang)



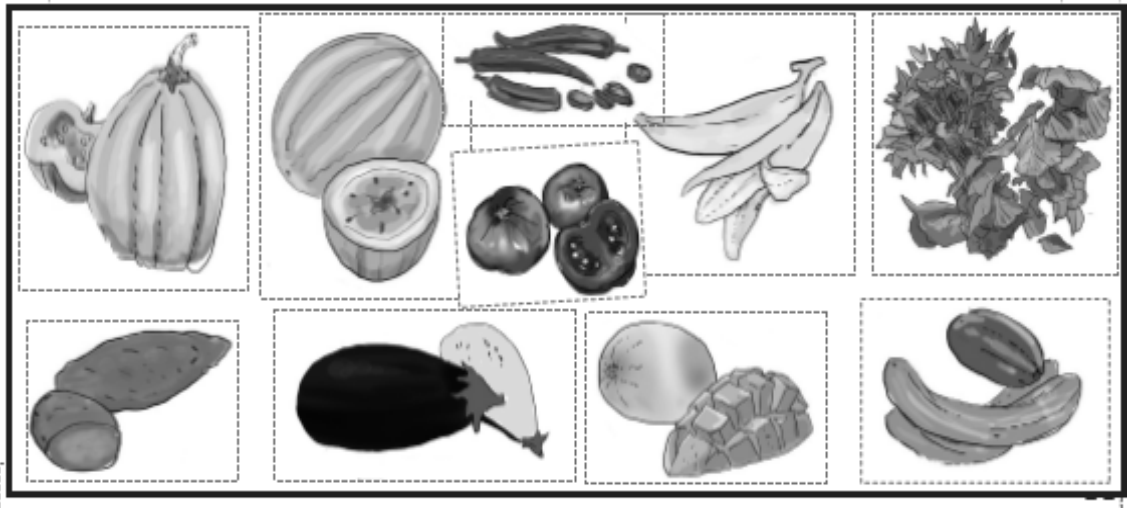
Cam makonyo fuku kom dano

(rec, gweno, pul, nyik jami calo muranga ki ton gweno)

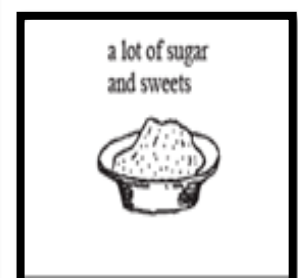
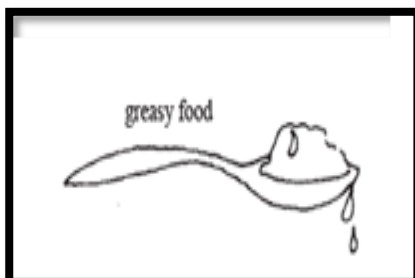


Cam ma gwoko kom dano

(nyik yen, pot dek, nyanya, ovacado karot)



Cam ma pe kelo yot kom jami amata ma cukari dwong iye)



**gwok lengo me komi , paco ki kabedo ma orumo
wan**



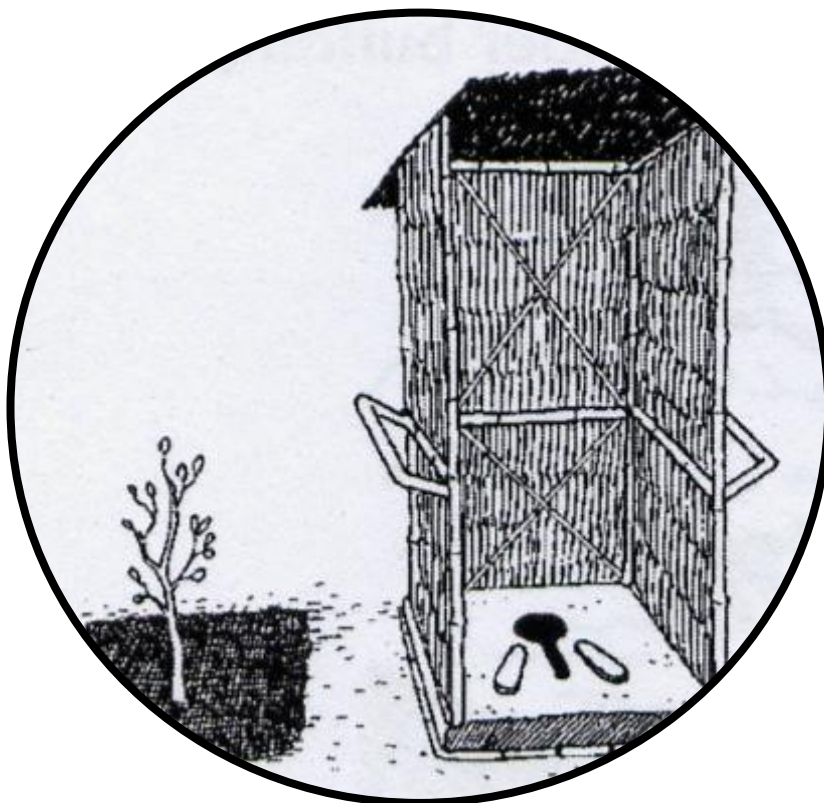
**lwpk cingi m pwod pe itedo dek ki cabun me neko
kwidi ma kelo two” activities**



gwok kabledwa obed maleng



Tii ki coron



Tii ki piimaleng me amata , tedo ki lwoko cing

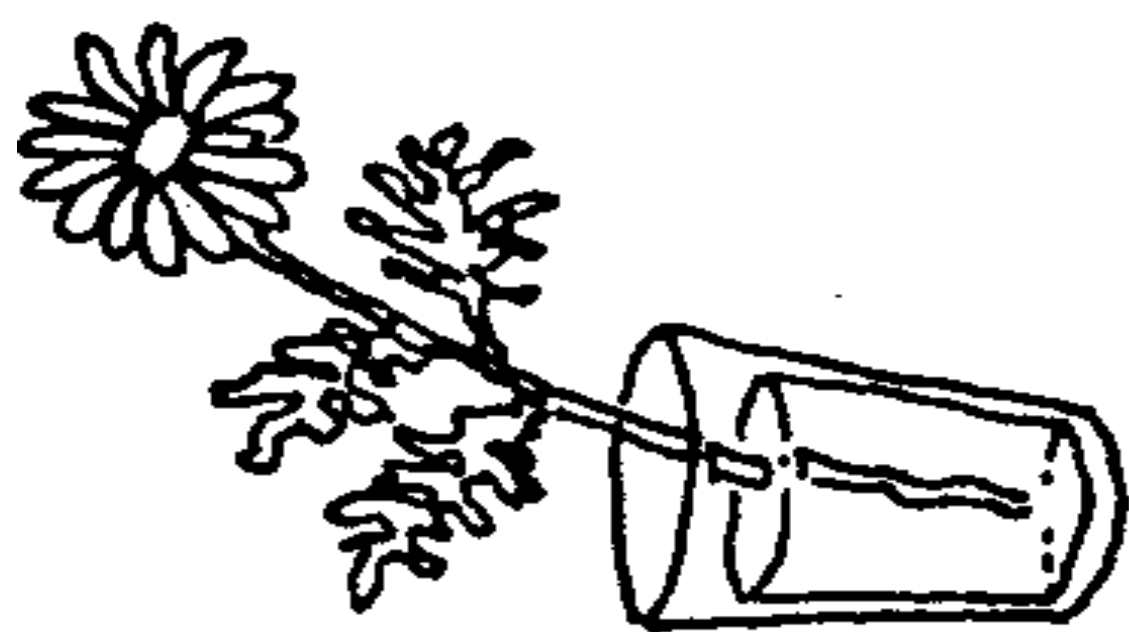


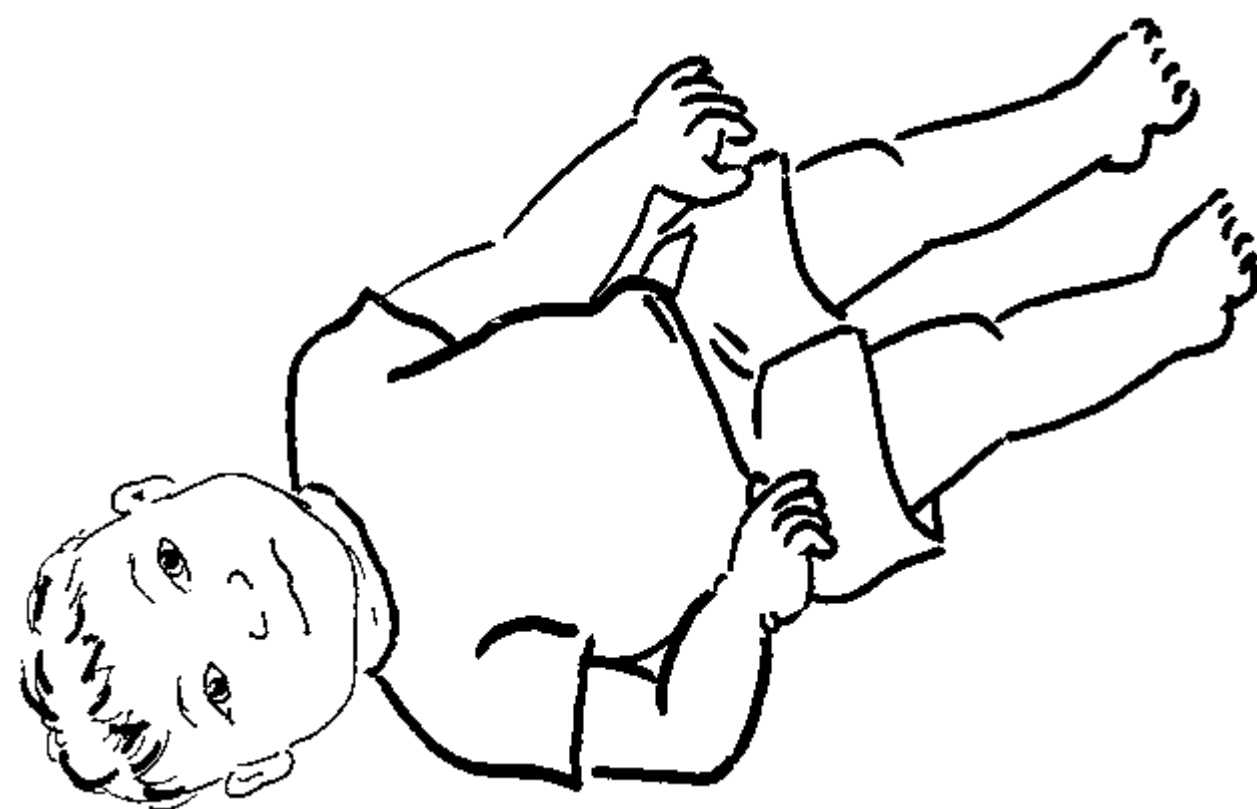
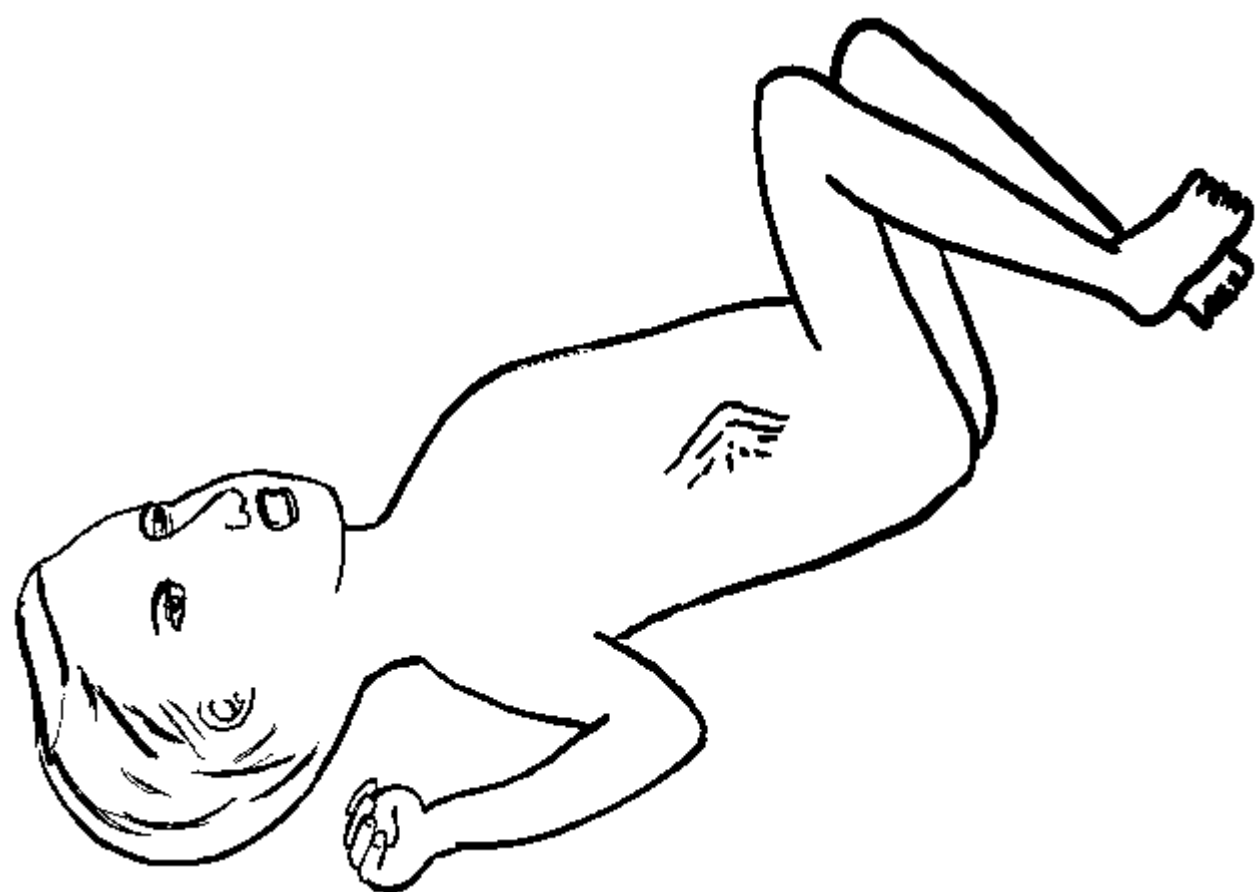
kit me tedo dek maber



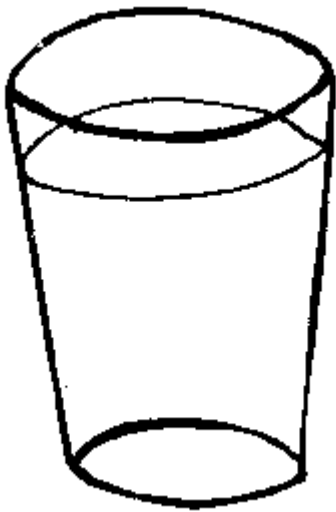
Mii dek matye ki moc cam weng ki lupaconi







Kit me rubu yat cado (ORS)



Kwany kikopo
me pii acel



Ket kato ma ikwanyo
ki nyik lweti 1-2



Ket cukari wii
peka 1

mywero wamat yat man marom mani?



Jo am dongo: mat yat kikopo acel
nyo aryo inge cado weng.



Latin: mat kikopo acel me
yat ine pyelocet cado weng.

Wi opoo: WEL MA DONYO EN AYE WEL MAKATO WOKO

um ma cwer, dwon ma onyo ki aona

Cal me1: abura ma cwer acwera ki ium

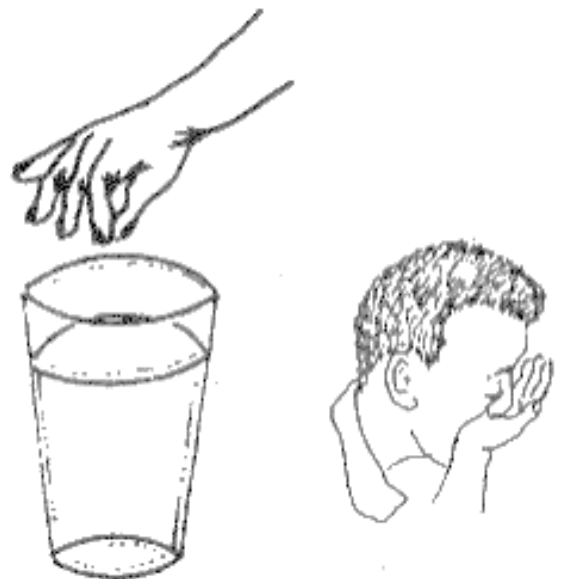
Kwan y aburu ki lakwany aburu ki ium latin.

Ka ienn ipeke kwede onyo latin ume ocule,
tii ki dogi me cwino aburu ki ium latin.



Dul me 2

Rup pii I kikopo ki kado ka iket icingi ka inwe
weko aburo ngoo weng ki iwi. Dok kati woko.



Cal me 3: Aona

Uk dwoni kip ii ma dede ma kado tye iye – 1
me kado munu wek olo ipii ma dede (in
bene iromo medo turmeric). Uk I dwoni ka
ingul pine wokoUK KICEL INGE CAWA KI
ACEL ACEL DOK BENE iromo tedo cayi ki
lemon ki yat mogo ma ki mato ki cayi ki kic .
magi weng ber pi dwon ma onyo.

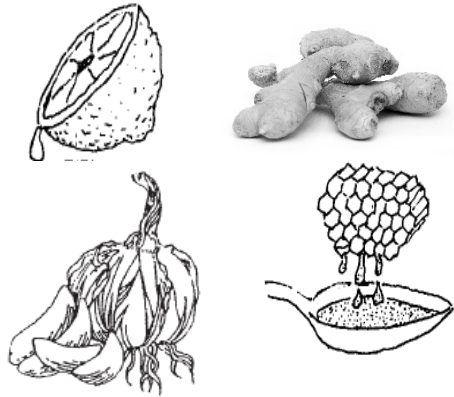


Yubo gin amata me limun ki tangauzi

Mapinyi aye yoo me aluba me yubo gin amata kin gat acel. Pi joo mapol kwany bene jamine ma rwate.

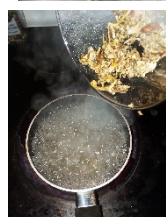
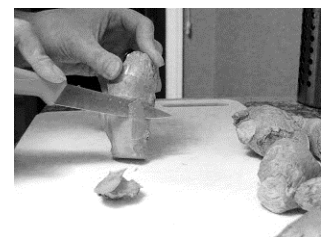
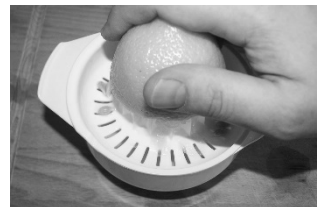
Jami me tic iye

1. limun 1 madit nyo matino tino gin 2
2. tangawizi maki ngolo 1-2
3. Garlic 1 ma ki ngido matino (dic peke iye)
4. Pii ma oyenyo (malyet adada)
5. Kic maromo malaga1-3 me yubu kit ma kwede idog dano (dic peke iye)



kit me yubone

1. Lwok kwayi jami eni weng.
2. Pii pig limun enoni (kwany nyike woko) ci iket itenge
3. ngol lemon ma odong nucu pa nucu ne
4. Wany nge tangawizi ka dong ingol tangawizine maber
5. Kwany pok nge garlic ka dong ingol garlic matino tino (dic peke iye)
6. kel pii malyet.
7. Med tangawizi, ki limun ma kingido (ki garlic ka imaro).
8. wek gin oyeny ma mac nok kun nongo iumo wi agulu woko.
9. Kwanyo ki imac ci dong iony pik limoun ma ibiyoni.
10. Ony dong ikikopo kun iliyo ki lali cayi.
11. Med moo kic wek mite obed tye, rubi kai mii ki mat ma nongo pwod lyet
12. Mat odoko ki otyeno ibiwinyo maber ine nino 2-3 .



Karatac manyuto kit me mwonyo yat

Kit me timone pol kare kicoyo ipot yat ki kare mukene ikom yat.

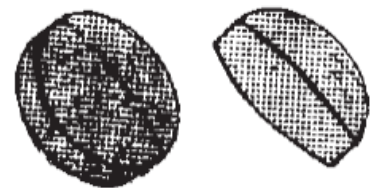
- Yat 1 = nongo yat 1 olu



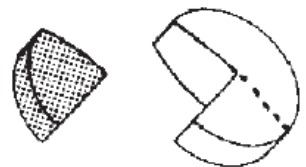
- Yat $1/2$ = nucu pa yat enoni



- Yat $1 \frac{1}{2}$ = yat 1 ki nucu

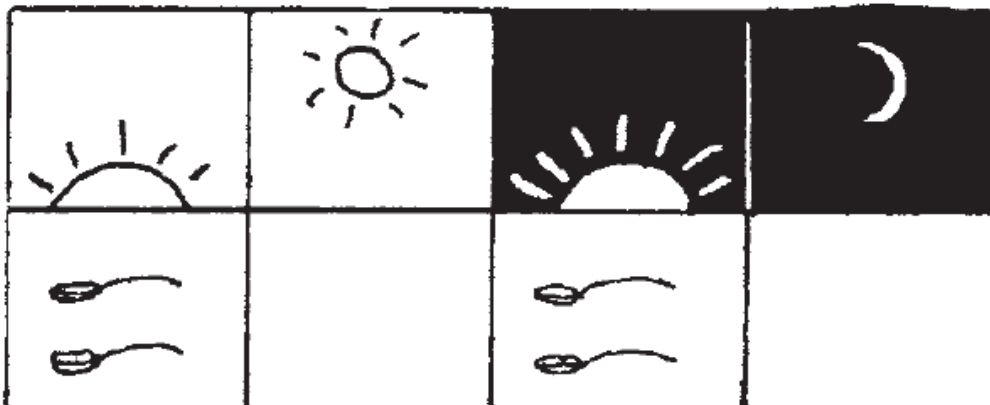
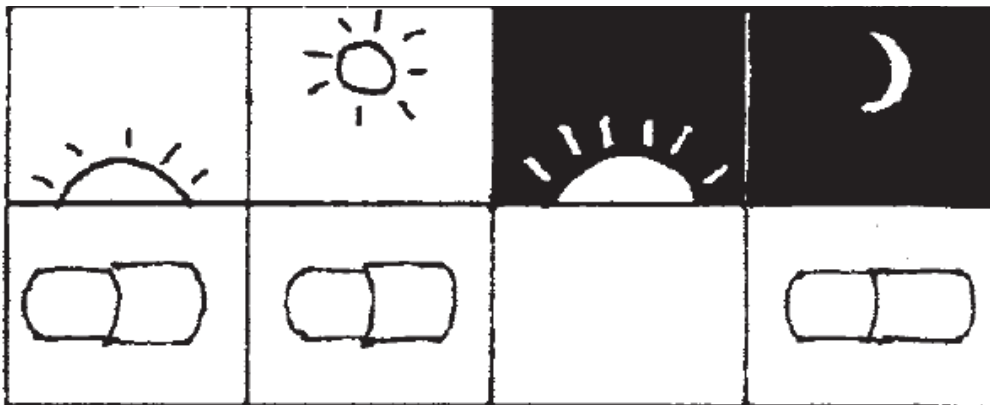
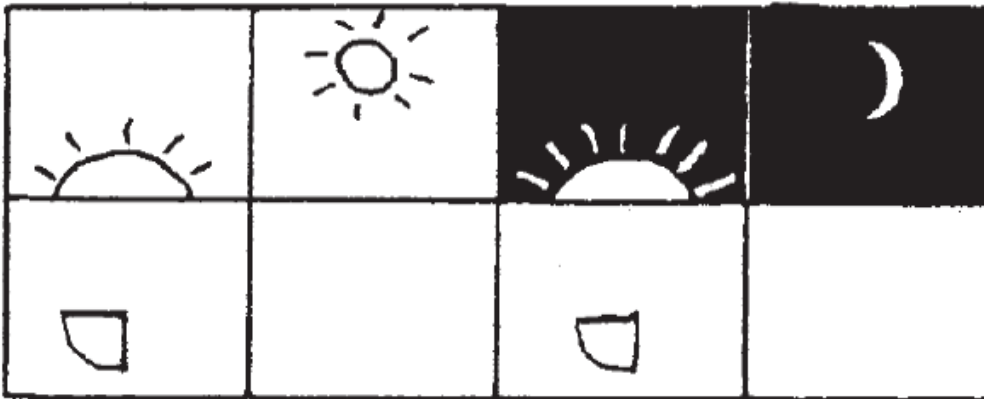
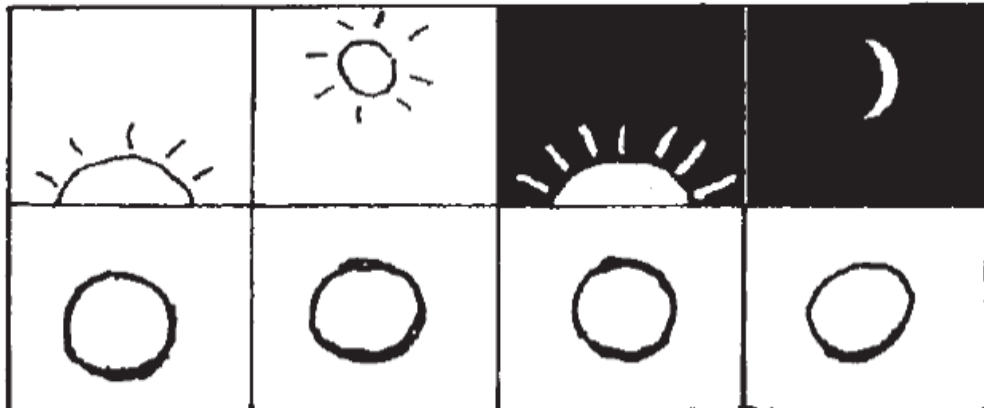


- Yat $1/4$ = nucu pa nucu pa yat

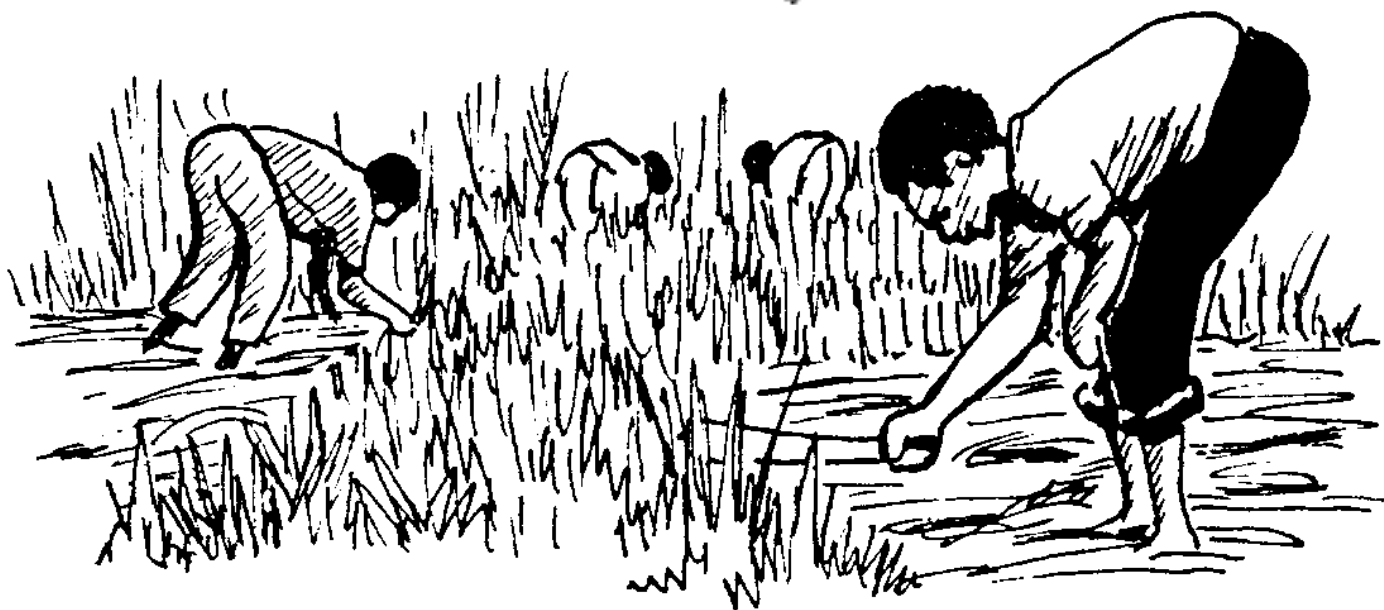
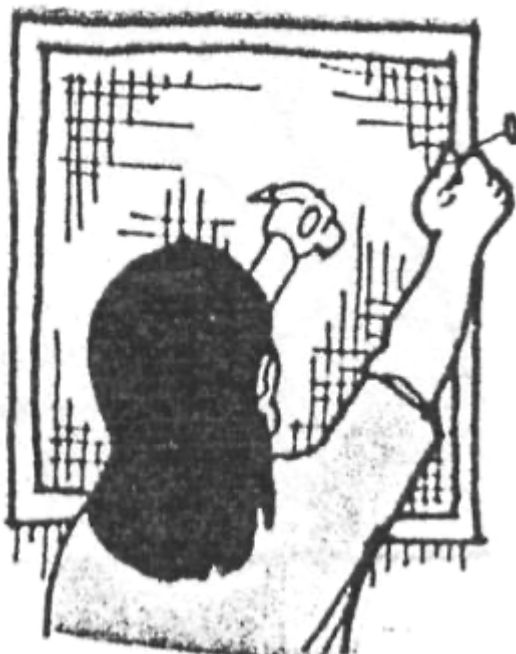
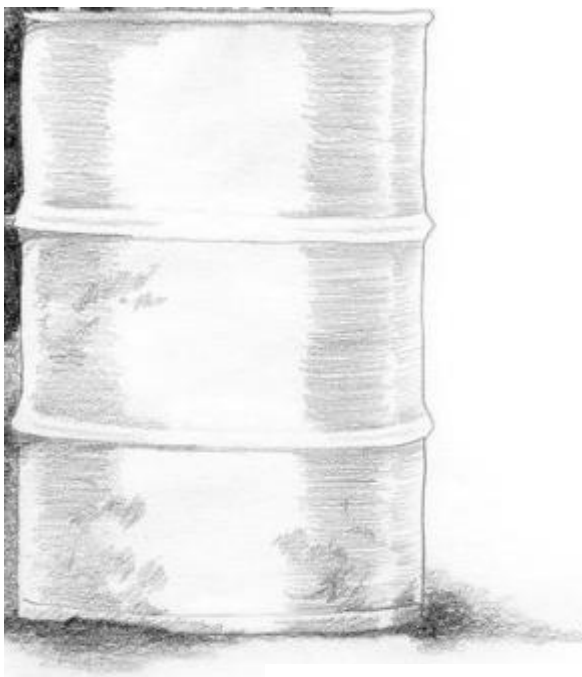


Bed kwiny me miyo yat kit ma dakta owaco kwede.

kit me miyo yat



Malaria



Kwidi mapatpat

1. kurucwaa/ Pinworm

- Gin nen calo pin mata onyo tol manen kiwoko ki icet.
- Gin kelo yilo madek tutwal idok dud / nywiny cet.



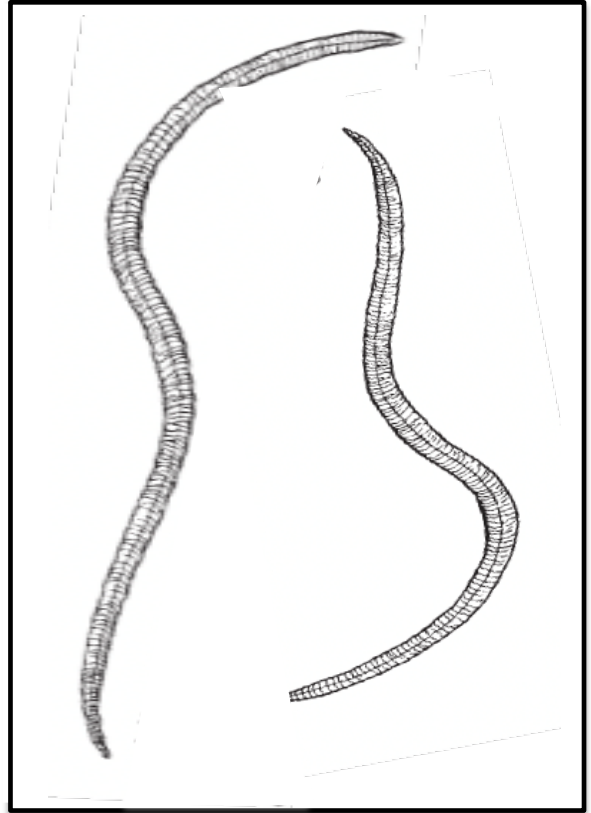
2. Kwidi Hookworm

- Tgin tino mape nen ki wang ki icet.
- Gin weko ngat moni bedo ma nongo ool tutwal. Gin kelo amwoda ic ki arem . ngat ma tye ki kwidi eni bedo ma del lake kwa , lwte kwa ki dye cine bedo ma kwa bene



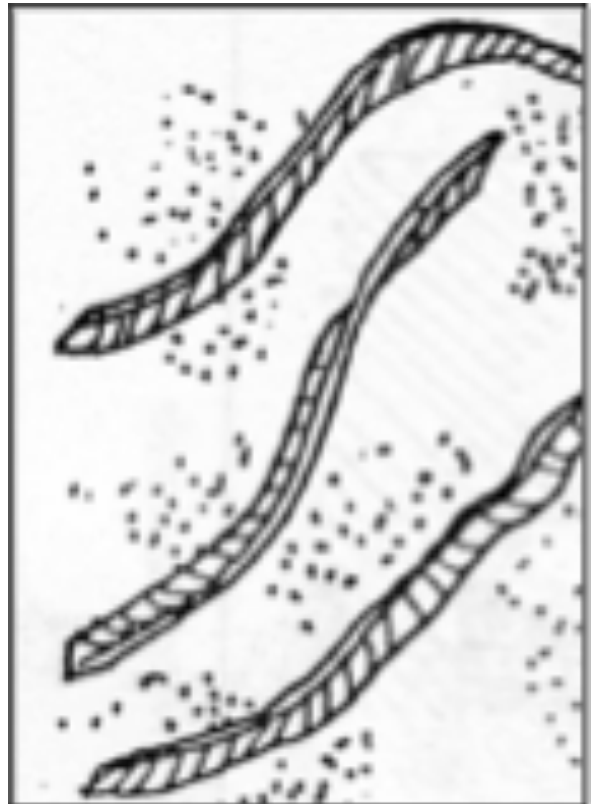
3. kwidi Roundworms

- Gin dongo, olune, pink onyo taa bore rom ki boo pa tyen dano, ma neon woko idye konye
- ngat ma tye ki kwidid man bedo ma kome goro, kome yil ki bedo ki are mic ki ono ma pe otop.



4. Kwidi Tapeworms

- I cein dano , kwidi man dongo maboco, ending o ma boco tutwal, idye cet in ineno calo gin ma obab, ki nen mata calo lwet cing latin.
- Ngat ma tye ki kwidi man bedo ma iye mwode dok bene bedo ma ojony.



gengo kwidi

ngo ma waromo timone me
gengo kwidi?

- lwok cingi

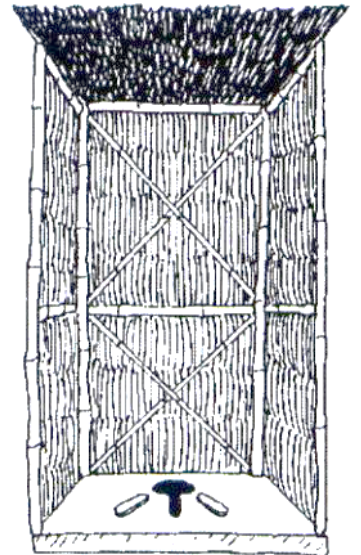


- ruk waaa

ityeni



- Tii kicoron dok ben igwok
maleng



- pwony tedom dek
iyoo maber



- Mat pii maleng (tii ki lyeto ceng
me muro pii amata, muu ikeno,
tii ki yat ki liyone)



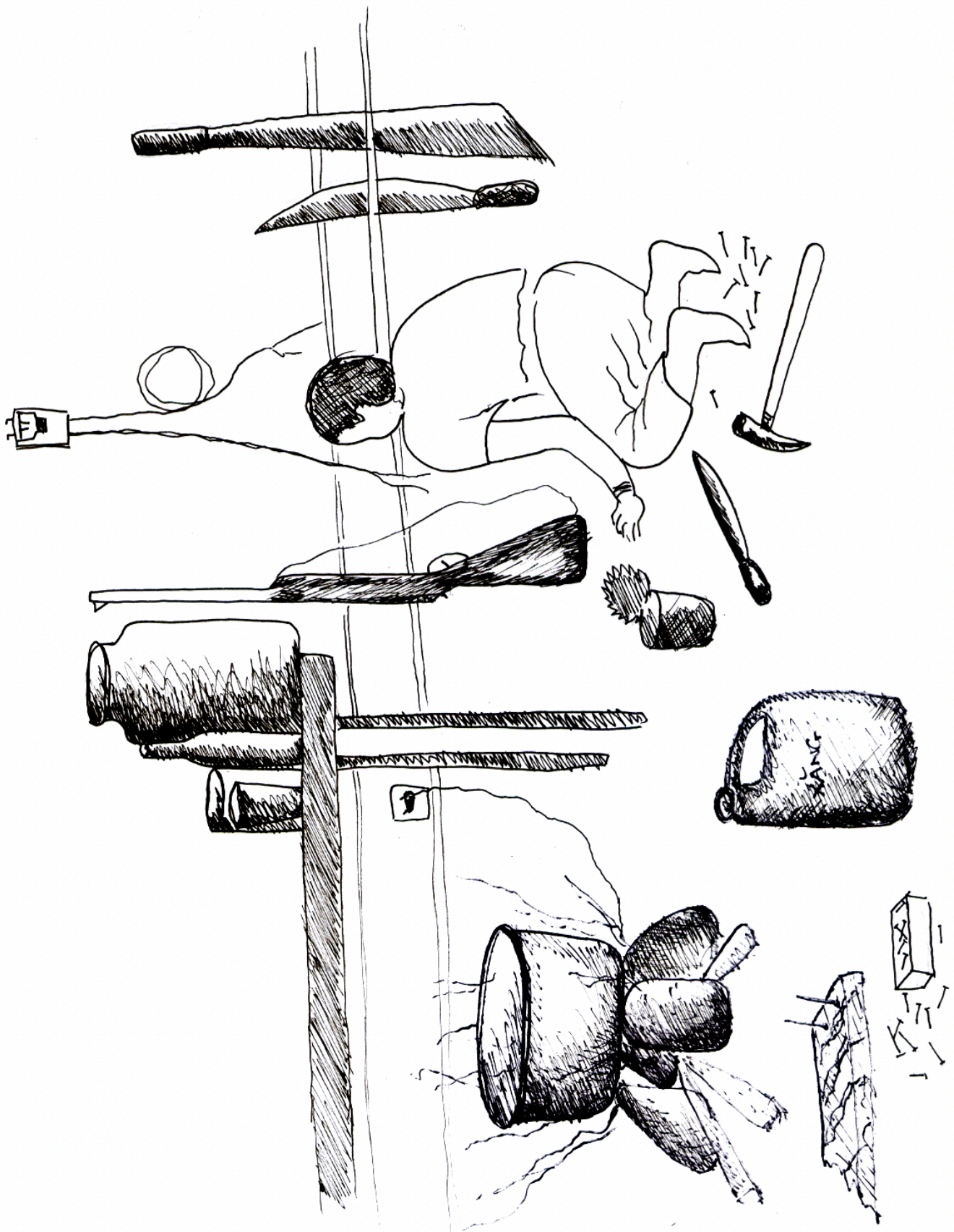
Lanyut me aona TB

- Aona ma rii kato dwe 1 tutwale ka pwod icoo acoya
- Abarawic mape tek tutwal otyeno ki odiko
- Kwok cwer kikikomi idye woo
- Arem ikori ki idye ngeyi ki malo
- Dek kwro dogi ki jonyo me kom
- Goro kom (ngat enoni nongo kome olo pi oyot oyot)
- Dale kome nen ma okwo
- Aona ma ingulo remo (tutwale ka in dong orii)
- Dwani rwe (matek adada)

Lanyut me koyo

- Cwer pa um
- Aona
- Onyo dwan
- Lyeto mape lamal
- Komi bedo ma ool
- Arem iwang mwot

Jami matwero kelo awano



Awano me twol

