

**TRUTH
CENTERED
TRANSFORMATION**

MODULE

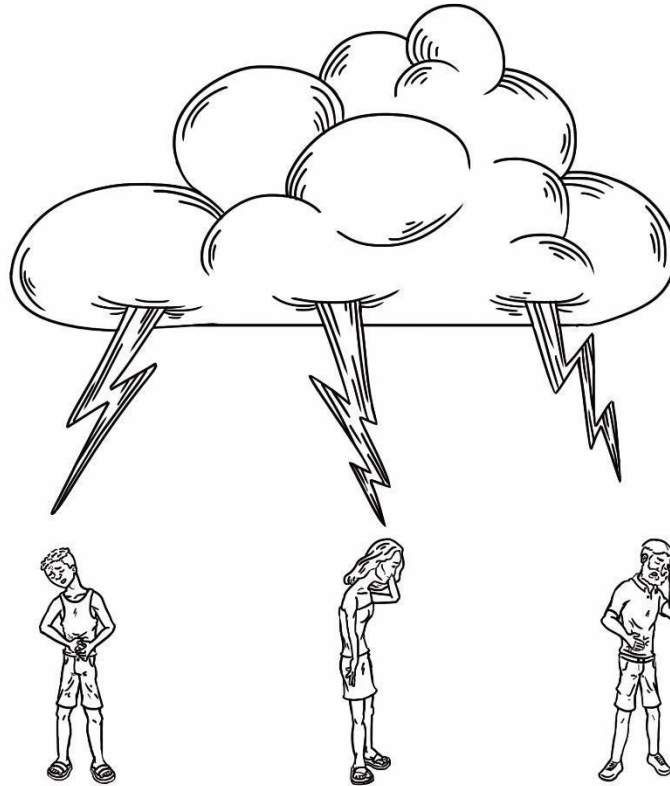


ULWAZI

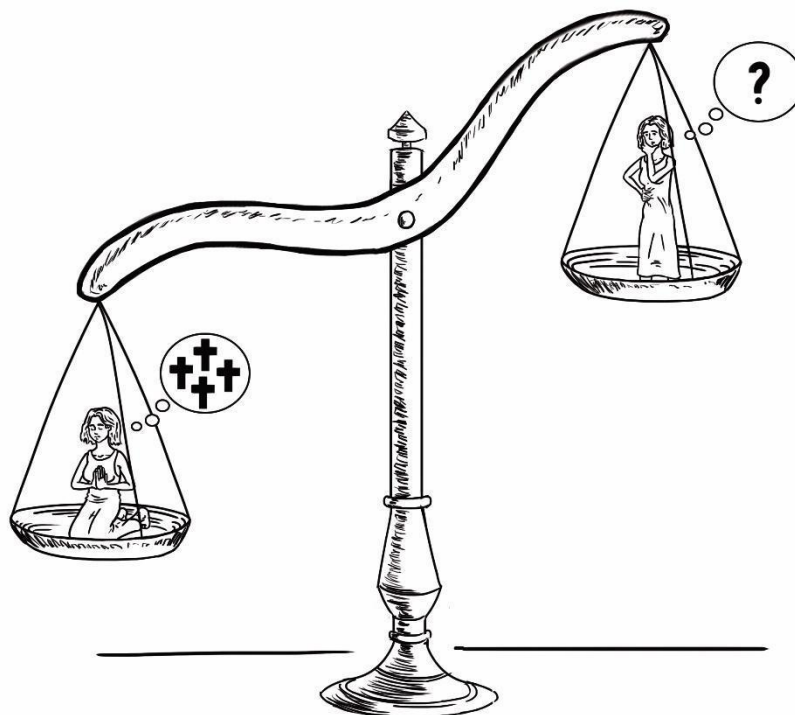
NGEZEMPILAKAHLE

INSIZA EZIBONWA NGAMEHLO

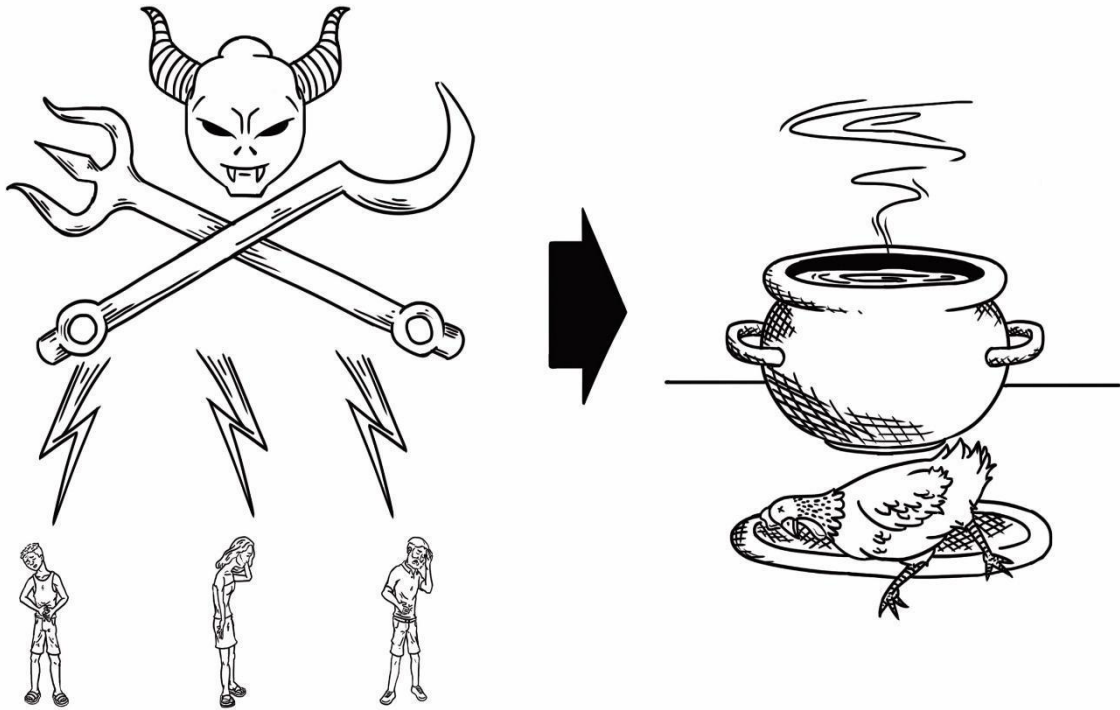
1. Ukugula konke yisijeziso esivela kuNkulunkulu



2. Ngabe besilokho olukhulu ngabe asiguli



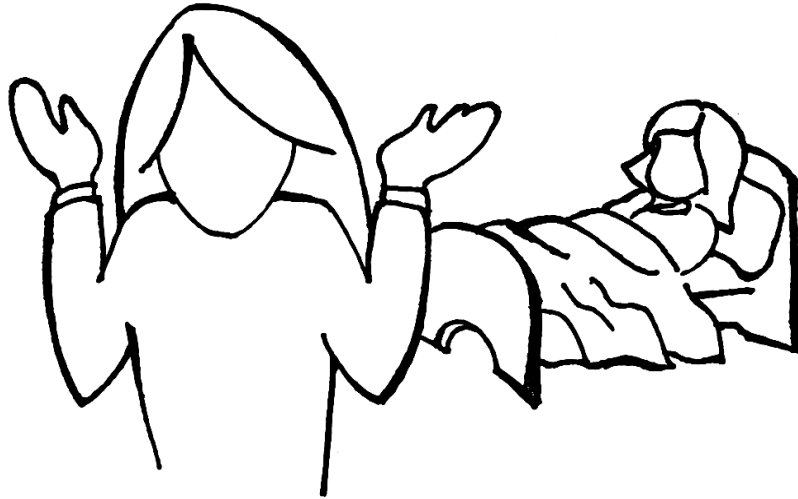
3. Ukugula kubangelwa yimimoya emibi, ngakho kumele senze imihlatshelo



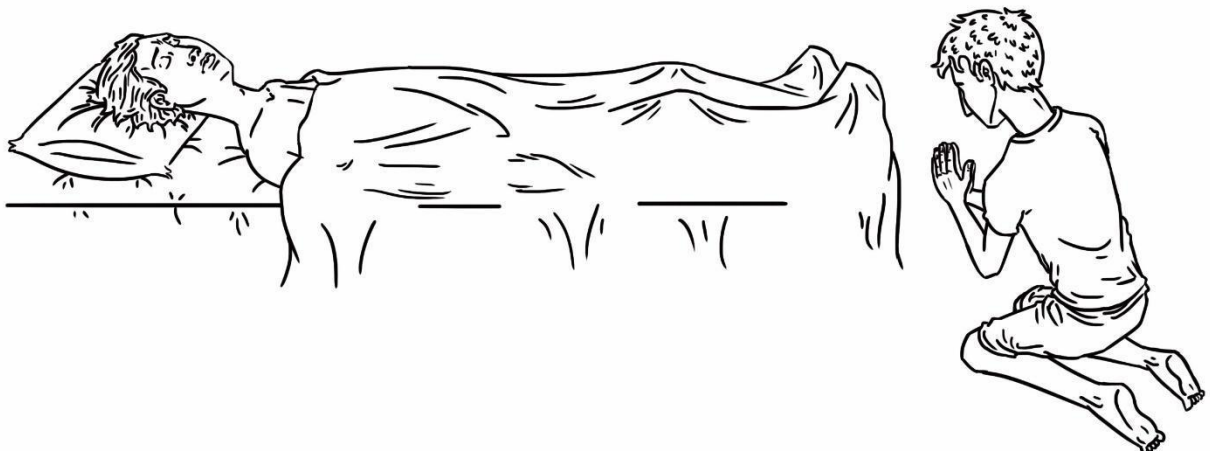
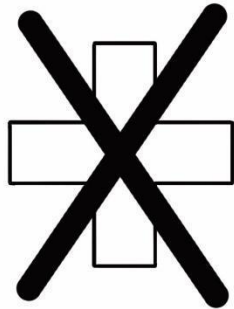
4. UNkulunkulu kazikhathazi ngempilakahle



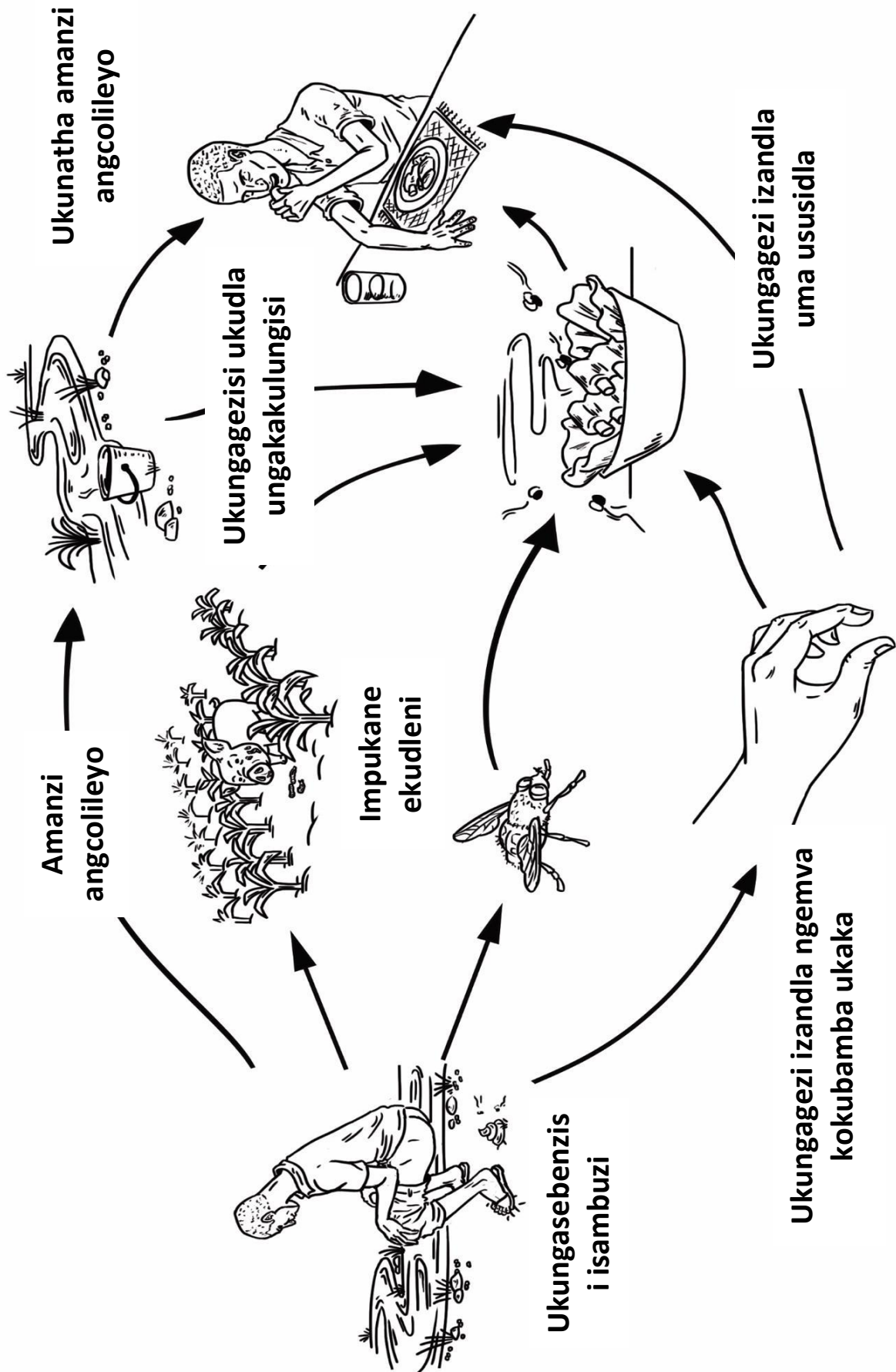
5. Akula lutho esingalwenza ukuthi sizenqabele emkhuhlaneni



6. Uma sigula, kumele sikhuleke kuphela akumelanga sihambe kudokotela

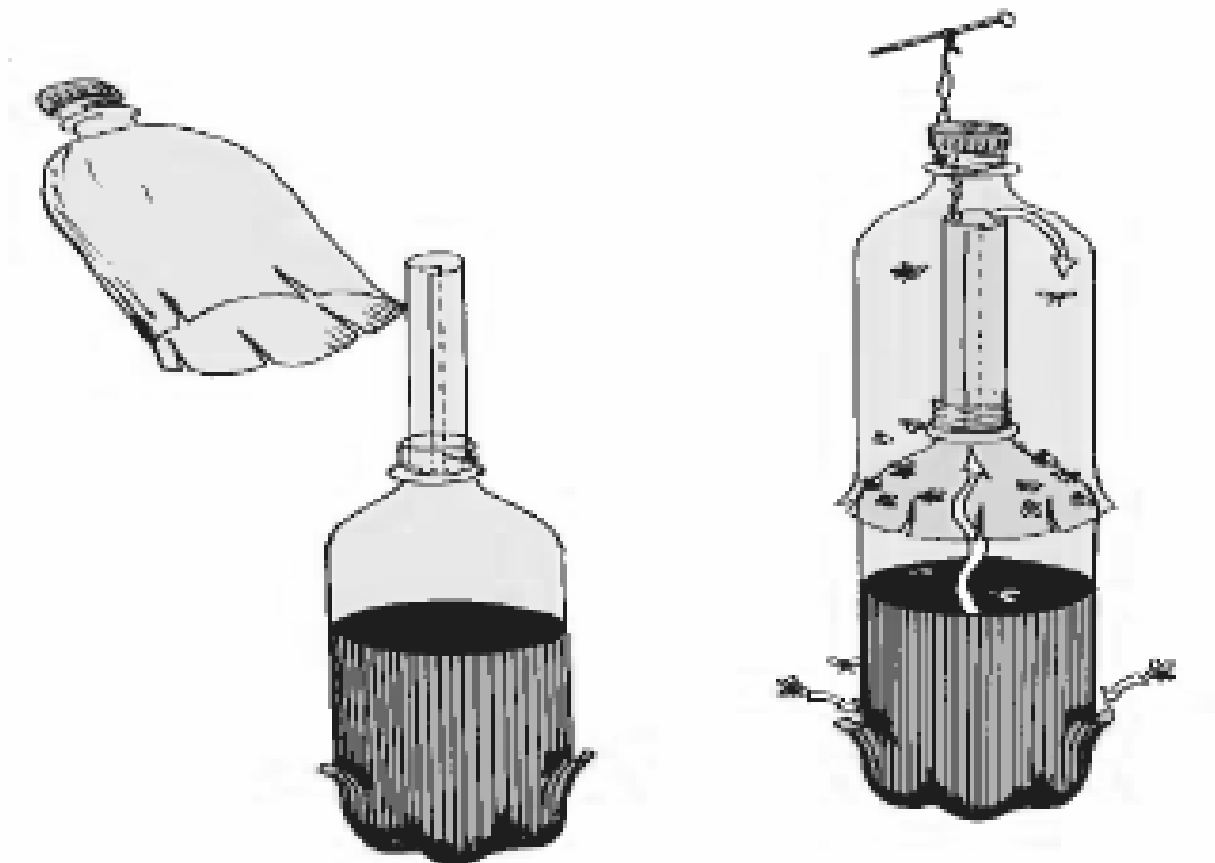


Indlela Imikhuhlane Ememetheka Ngayo



Indlela Yokwenza Umjibila Wokubamba Impukane

1. Thatha isigubhu esidala, penda ingxenye yangaphansi ibe mnyama wenze izikhala ezithathu ezokuthi impukane zingene.
2. Quma esinye isigubhu sibe yinxenye. Yenza itshubhu ngokuquma ingaphansi yesigubhu usifake emlonyeni wesigubhu sakuqala.
3. Faka ingxenye yaphezulu esigujini sakuqala.
4. Faka umqhuba omlutshwane phakathi ngaphansi kwesigubhu ube usulengisa isigubhu lesi phandle.



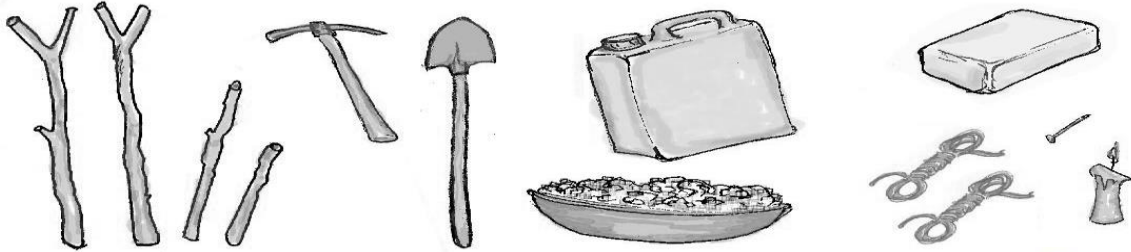
Isigubhugiya



Ukwenza esakho isgubhugiya

Impahla Edingekayo:

(2) izigodo ezenze oV ezingamamitha amabili; (2) izigodo eziqondileyo eziyimitha eyodwa; izikhali zokugebhisa; isigubhu samanzi; amatshe; isepa; intambo; isipikiri lekhandlela



Amanyathelo:



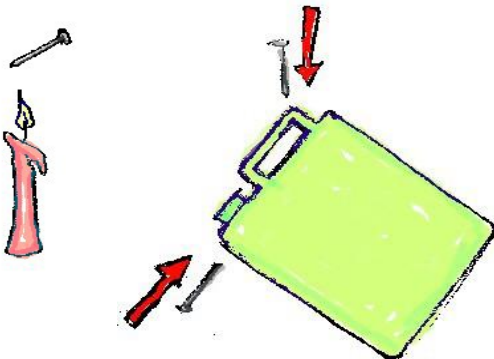
1. Gebha amagodi amabili angaba ngama intshi amabili njalo ehlukene ngamafidi amabili



2. Faka izigodo ezimbili ezenze uV, ubone ukuthi ziyalingana



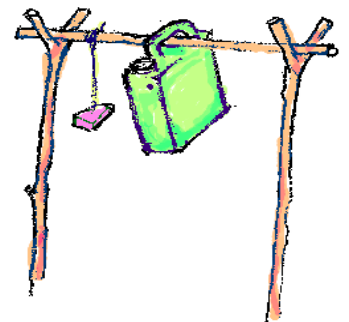
3. Gcwalisa amagodi ngenhlabathi lamatshe, ukumbambathe.



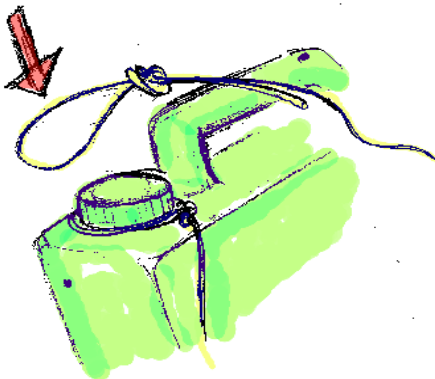
4. Tshisa isipikiri wenze izikhala esigujini samanzi



5. Yenza isikhala esepeni ungenise intambo

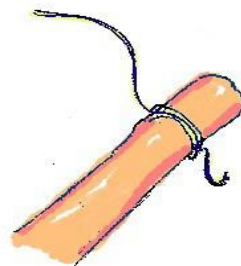


6. Lengisa isigubhu lesepa ube usugcwalisa ngamanzi



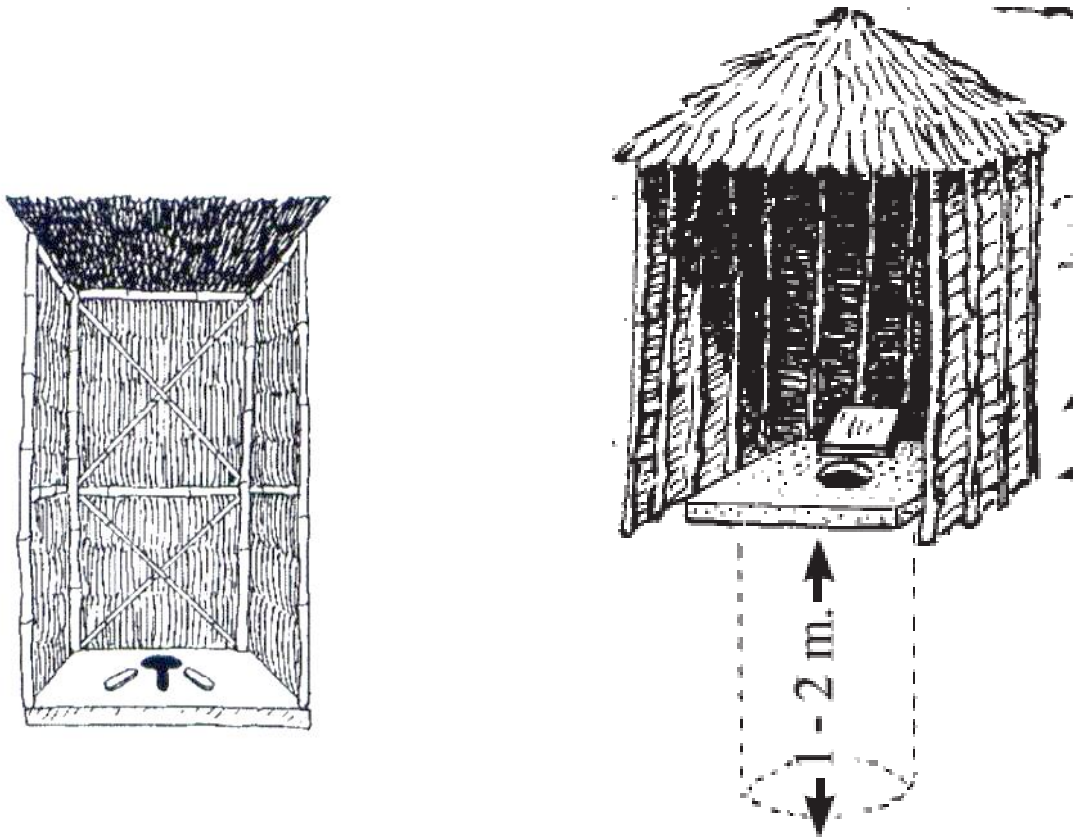
7. Bopha isigubhu samanzi ngentambo

8. Lasesigodweni sokunyathela

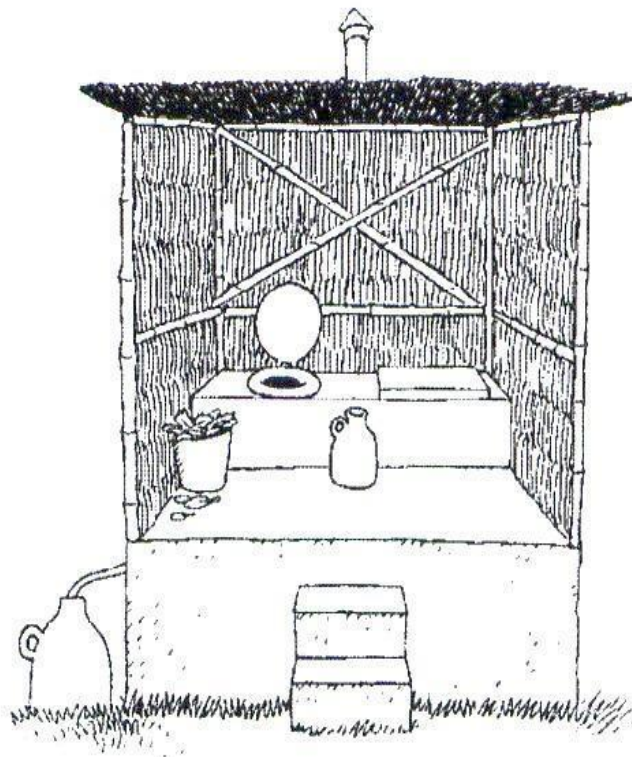


9. Sebenzisa amatshe ukuthi abambe amanzi engagelezi

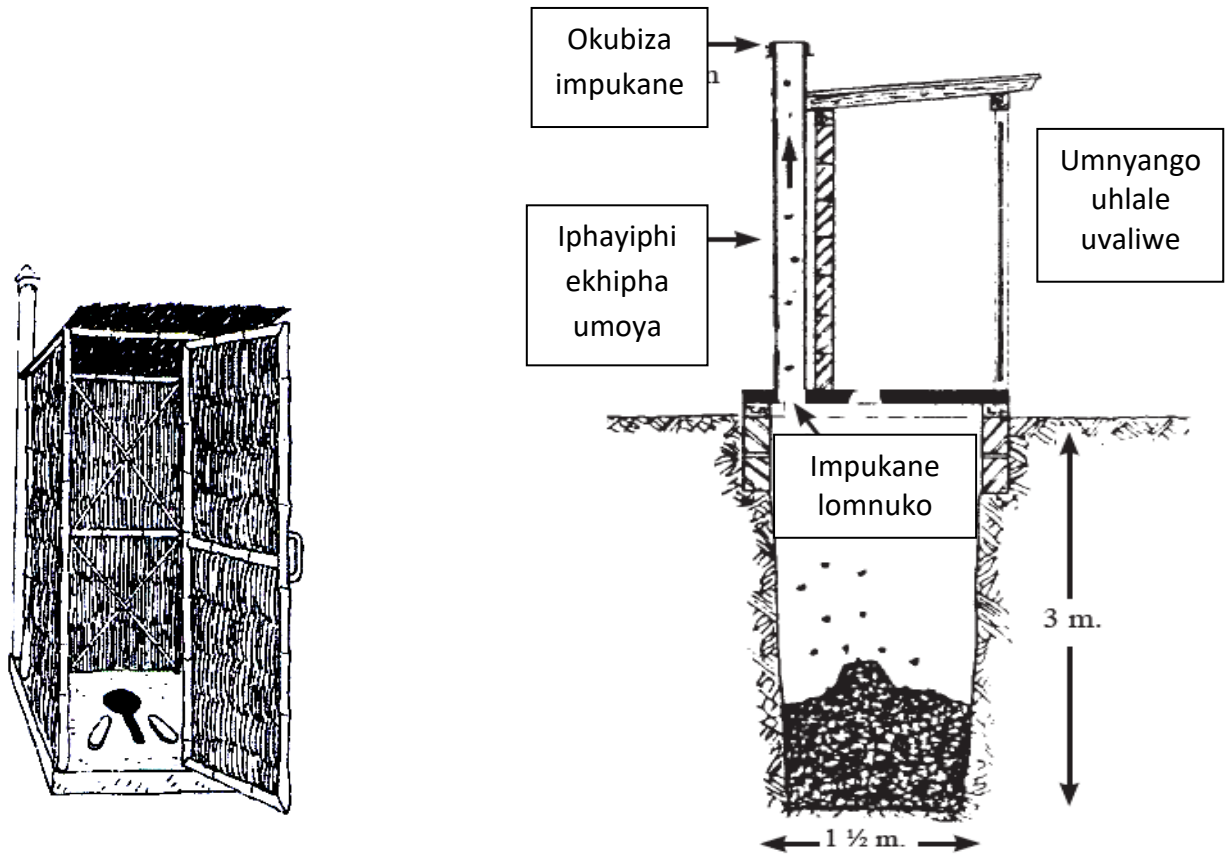
Isambuzi Esile Godi Elivalwayo



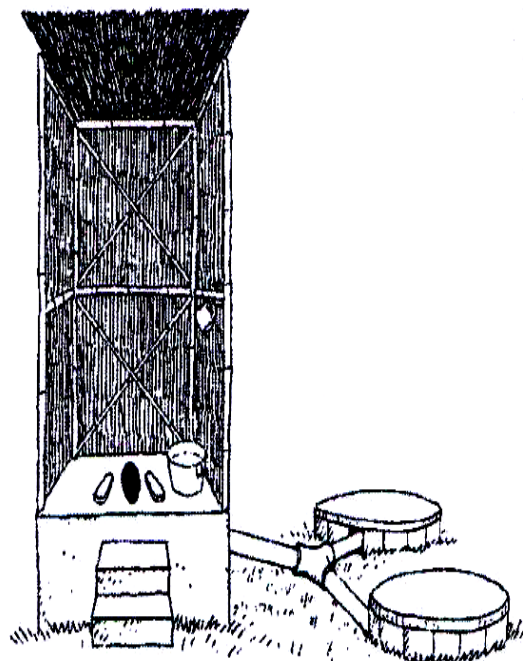
Isambuzi Esiphambukisa Umchemo



Isambuzi Esingenisa Umoya Ngendlela Engcono



Isambuzi Sokuthela Amanzi

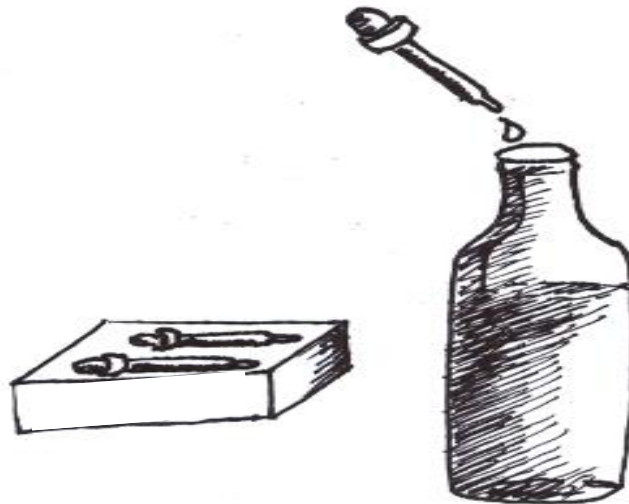


Indlela Zokuhlanza Amanzi

Bilisa amanzi



Faka iBleach



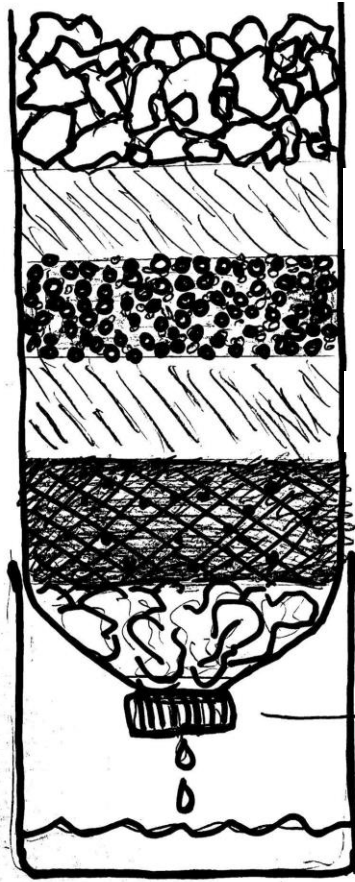
Indlela Yokusebenzisa Umuthi (ibleach) Ukuhlanza Amanzi

Indlela le isebenza kuhle emanzini ake akudunyezwa elangeni.

1. Faka amathonsi amabili awebleach kulitha eyodwa eyamanzi
2. Kutshuza amanzi uwekele azinze okwemizuzu engu30 (ihola elilodwa kumbe amabili yiwo alunge kakhulu).
3. Yengeza ibleach uma amanzi engacwebezeli kumbe eqandelela.
4. Ngemva kwemizuzu engu30, amanzi kumele aqale ukuba lomnuko wechlorine. Uma ufake umuthi omnengi , umnuko lo uyabe ulamandla, ngakho umele wengeze amanzi.

Hluza amanzi

quma ingaphansi yesigubhu



amatshe amancane

inhlabathi engela matshe

itshebetshebe kumbe
amatshe amancane

inhlabathi engela matshe

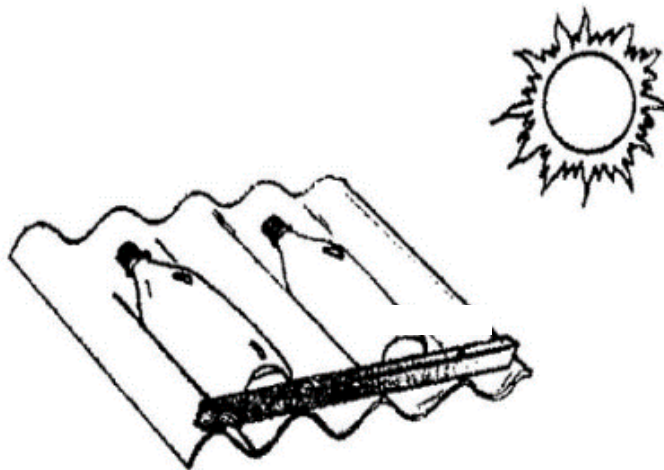
impuphu yamalahle

ilembu kumbe
okuhluka ikofi

yenza isikhala
esivalweni

ngemva kokuhluka,
abilise amanzi

Indlela yeSODIS



Indlela yokusebenzisa iSODIS ekuhlanzeni amanzi

Inyathelo 1: Sebenzisa isigubhu esingaba yi litha elilodwa kumbe amabili. Sigezise kuhle uma uqala ukusisebenzisa



Inyathelo 2: Thela amanzi acwebezelayo size siphose sigcwale ($\frac{3}{4}$)



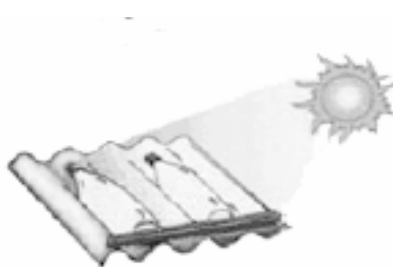
Inyathelo 3: Sikhutshuze isigubhu okwemizuzwana engamatshumi amabili.



Inyathelo 4: Gcwalisisa isigubhu ube usuvala ngesivalo.



Inyathelo 5: Fakani izigubhu ezengeni



Inyathelo 6: kumbe ephahleni olufulelwe ngamazenge



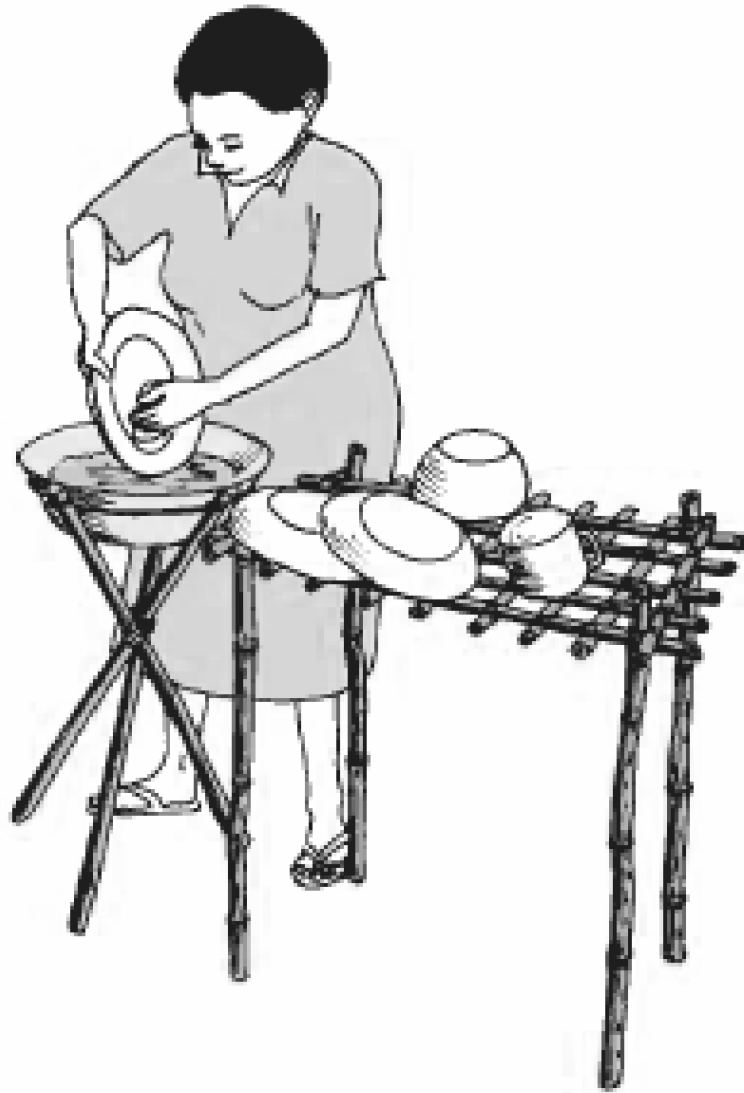
Inyathelo 7: Tshiya izigubhu lezi elangeni okwamahola ayisithupha.



Inyathelo 8: Amanzi aselungele ukunathwa asehlanzekile okwelanga elilodwa kumbe amabili alandelayo.



Ingalane



Buthanisa:

- Ingatsha ezine ezenze u'Y' ekucineni; lezi kumele ubude zilingane lengalo yakho ubuqatha zibe zikhulu ukwedlula isithupha sakho.
- Ingatsha ezine ezingaphakathi laphakathi, eziphosa zilingane.
- 10-20 ezinye ingatsha ezincane, zonke eziphosa zilingane.
- Ingxoxa, loba nguphi umhlobo wethwayini kumbe intambo olayo.

Yakha:

1. Gxumeka ingatsha ezenze u-Y phansi u-Y ekhangele phezulu esibhakabhakeni. (Khumbula ukukhetha indawo etshaya ilanga). Ingatsha kumele zenze amacele amane awesikwe kumbe irekutengu. Lezi yizo ezizakuba zinyawo zengalane.
2. Faka ingatsha ezingaphakathi laphakathi phezulu kwabo Y ukuze wenze ifremu eyesikwe kumbe eyerekutengu. Bopha amakhona wonke.
3. Yenza iphetheni ungenanisa izigodo ezincane ubophe lapho ezihlalana khona.

Masigcine ukuhlanzeka ezindlini zethu lasezigabeni zethu.



**Geza izandla ngesepa ungakalungisi ukudla,
ungakadli langemva kokwenza izenzo
“ezilamagcikwane”**



Gcina isigaba sihlanzekile



Sebenzisa isambuzi



Sebenzisa amanzi ahlanzekileyo, ukunatha, ukuwatsha, lokulungisa ukudla



Ukulungisa ukudla ngokuhlanzeka



Umnyaka wakuqala owokukhula

Engakazalwa



Esanda Kuzalwa



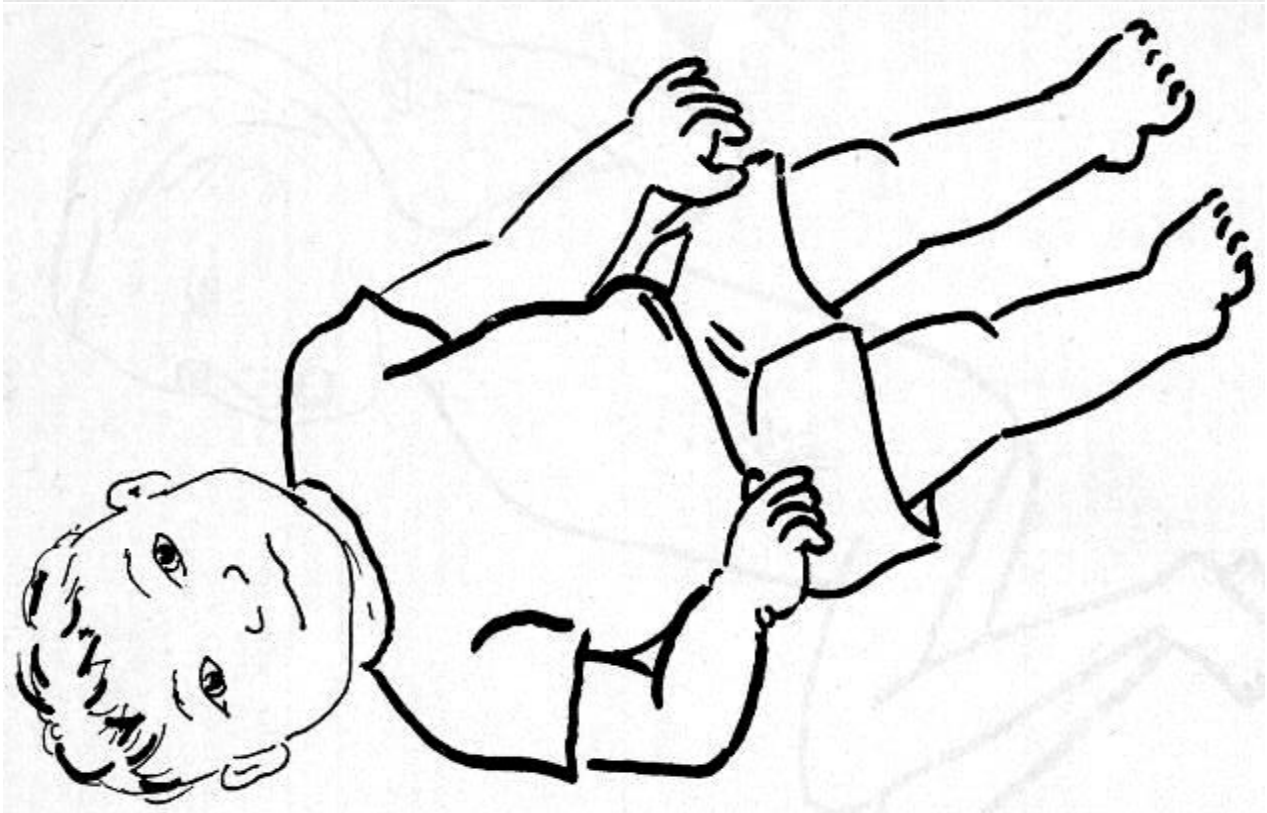
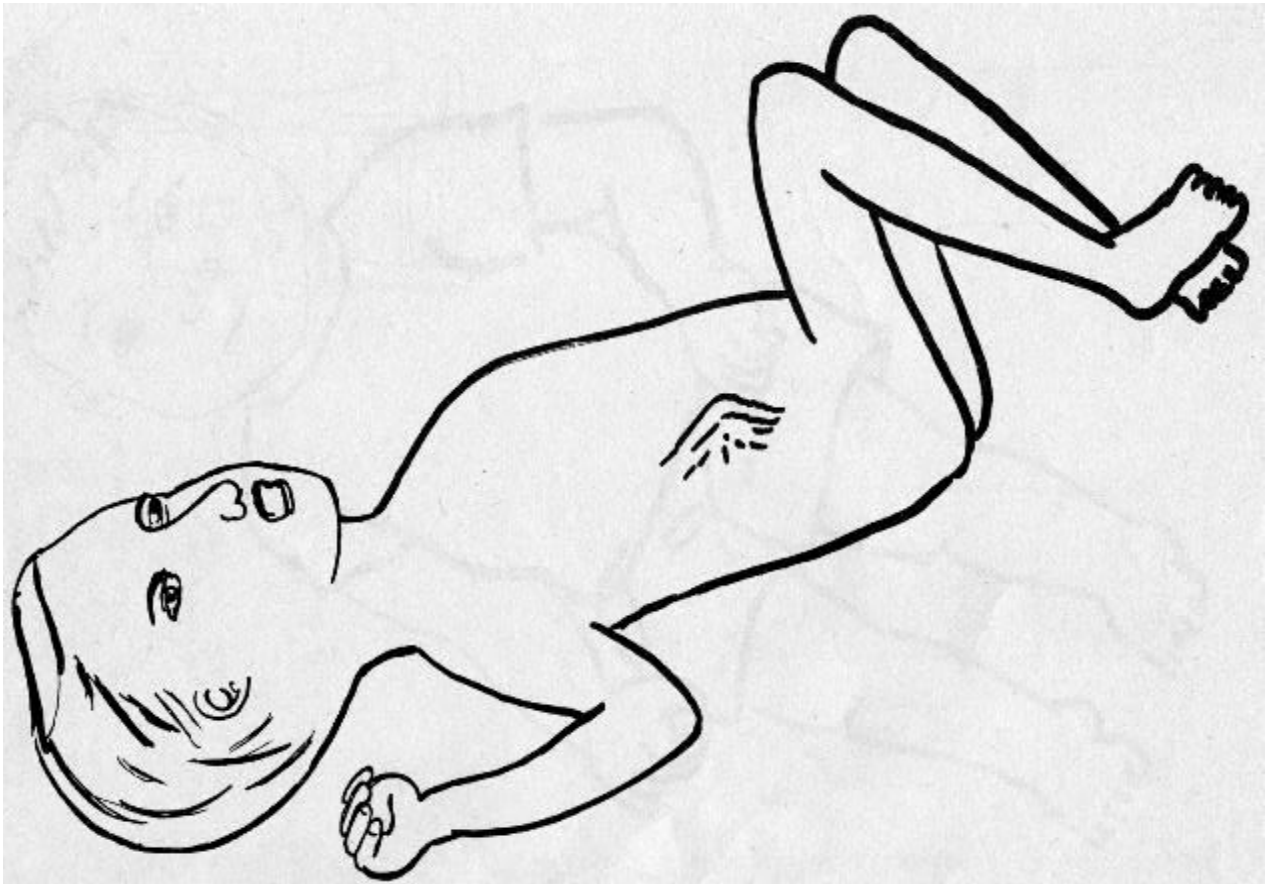
Umnyaka Owodwa



Inyanga Eziyisithupha

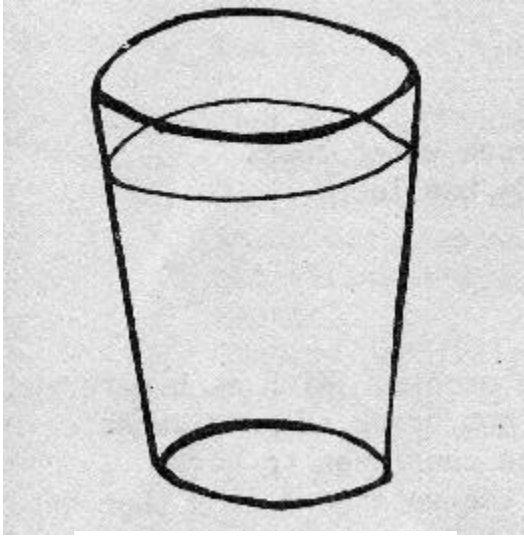


Abantwana Ababili

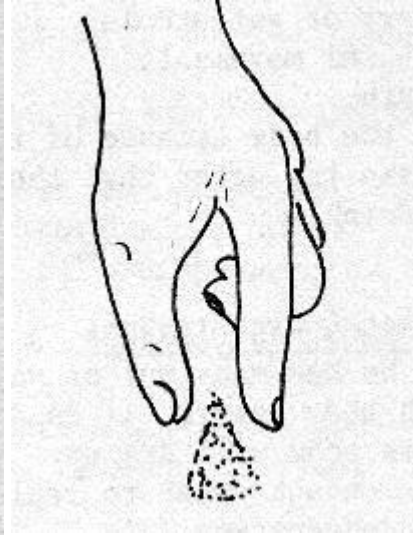


Indlela Yokwenza Amanzi Alesawudo

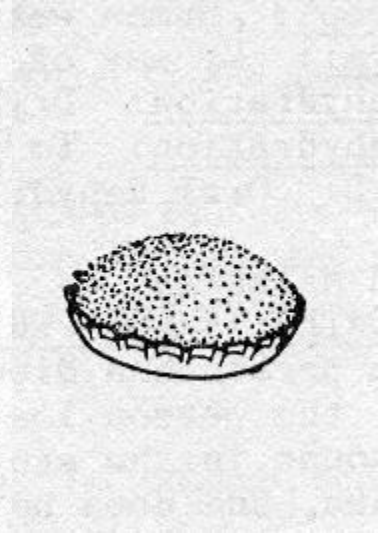
Letshukela(i-ORS)



Thatha inkomitsho
eyodwa yamanzi

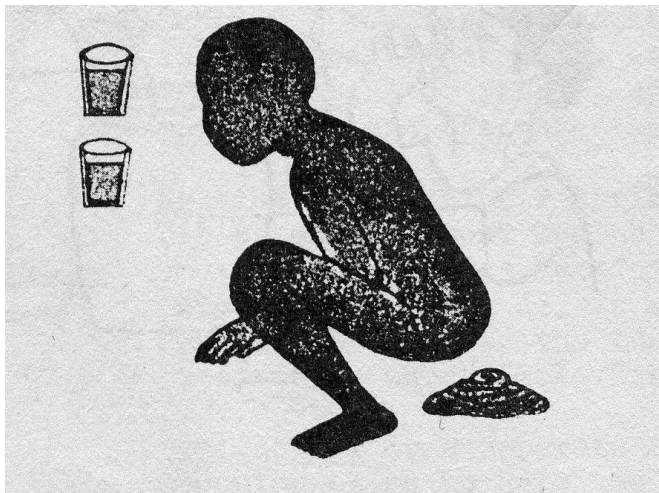


Ncweba isawudo
kabili



Faka itshukela
engagcwala

Sidinga amanzi alesawudo letshukela anganan



Omdala: natha inkomitsho eyodwa
kumbe ezimbili ezamanzi lawa
ngemva kokuhuda



Umntwana: natha inkomitsho
eyodwa eyamanzi lawa ngemva
kokuhuda

KHUMBULA: UTINGA UKUTHI UNGENISE INANI ELIFANA LELIPHUMAYO

Iposta lenani lomuthi omele uthathwe

Izixwayiso kwezinye izikhathi zibhalwa ngenxenye yephilisi kumbe iphilisi eligcweleyo.

- Iphilisi eligcweleyo = iphilisi elilodwa eligcweleyo



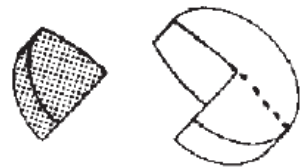
- $\frac{1}{2}$ philisi = ingxenye yephilisi



- $1 \frac{1}{2}$ philisi = iphilisi elilodwa eligcweleyo lengxenye eyodwa

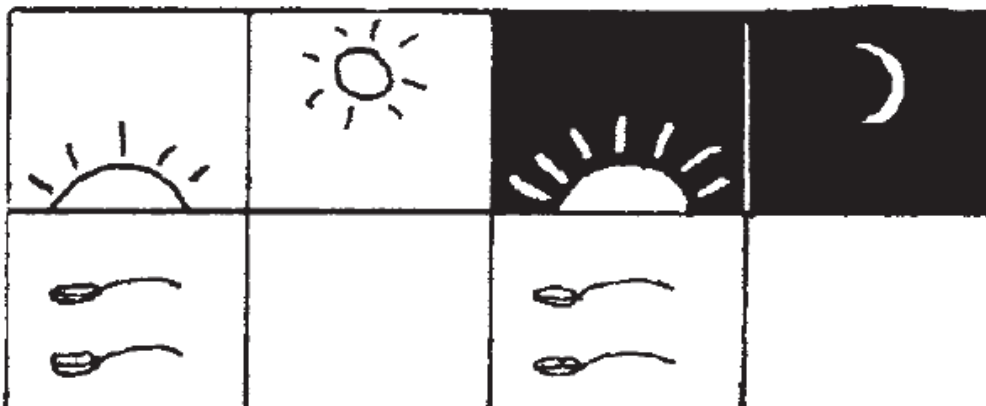
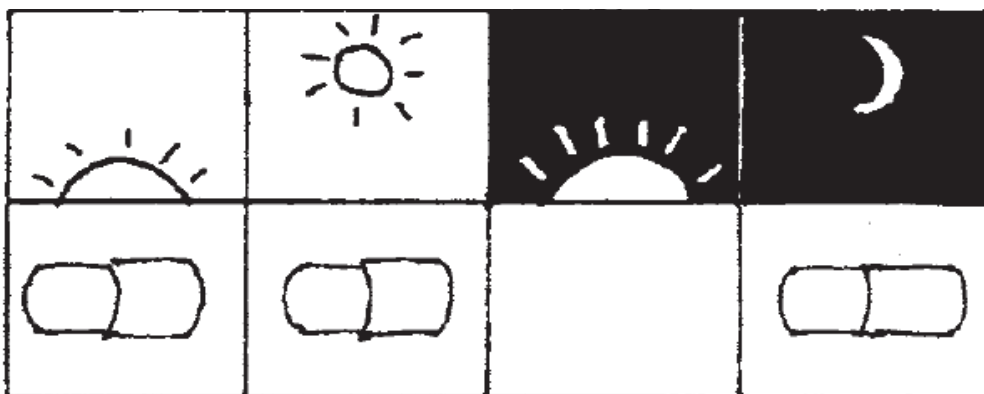
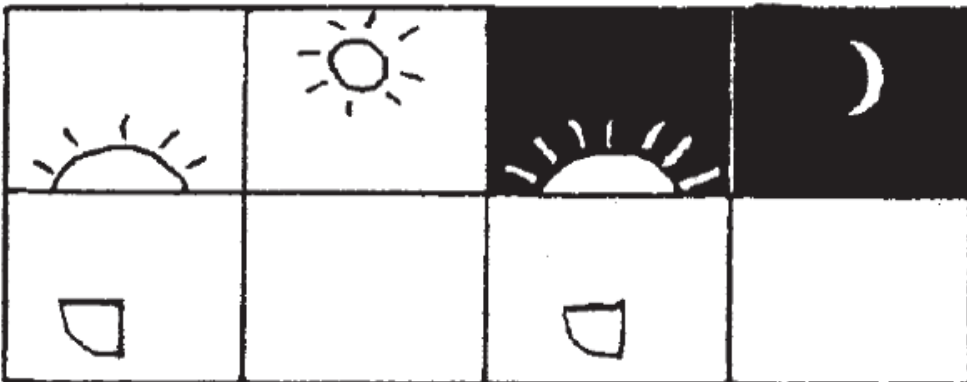
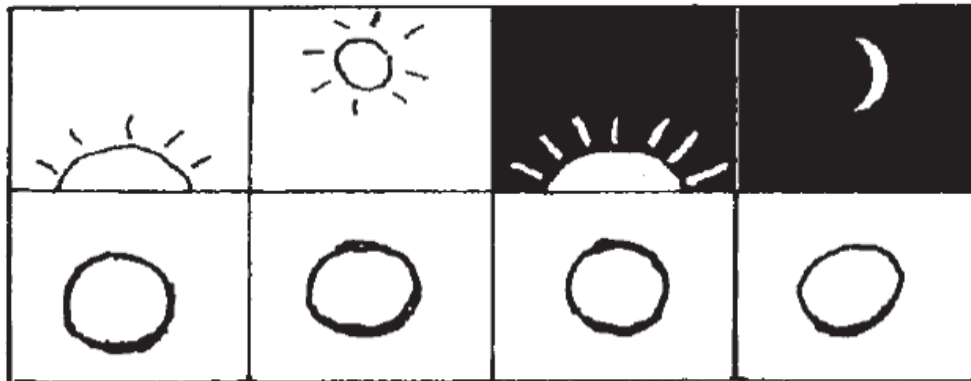


- $\frac{1}{4}$ philisi = ingxenye yengxenye, kumbe isiqephu esisodwa kwezine ezephilisi

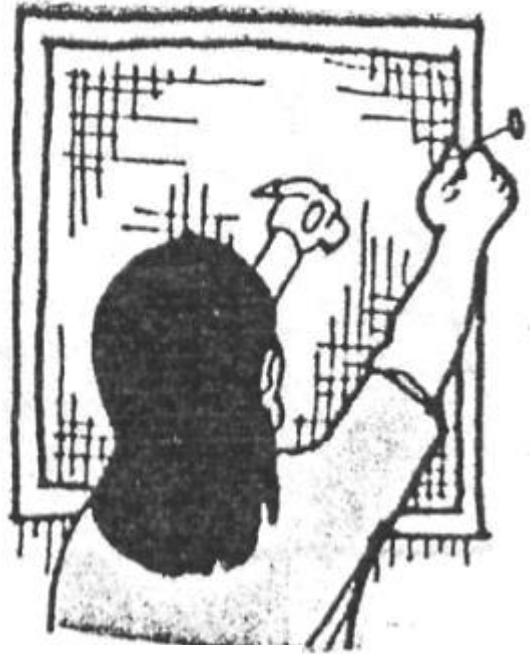
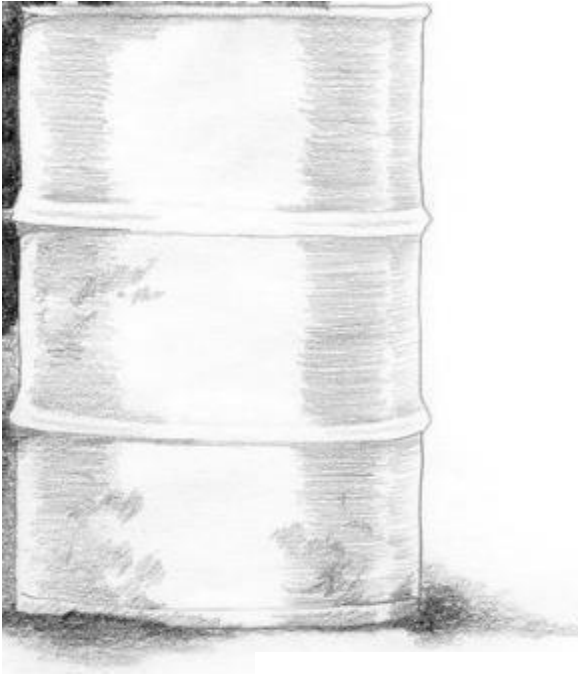


Qaphela unikeze umuthi ngenani elivunyelweyo.

Amakhadi Enani lomuthi Omele Uthathwe



IMalariya



Amawemusi Avamileyo

1. AmaPinworm

- Afanana lephini emhlophe kumbe uhali ungawabona emakakeni.
- Ayabangela ukuluma emdidini.



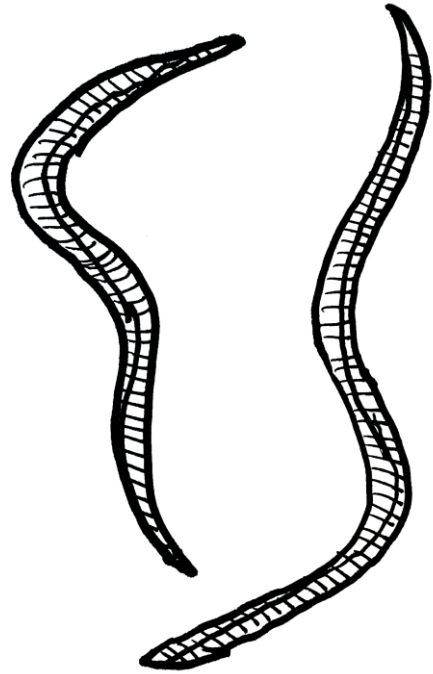
2. AmaHookworm

- Mancane ngeke uwabone ekakeni.
- Ayenza umuntu azwe edinwe kakhulu njalo ephela amandla. Ayabangela ukuthi isisu sibebuhlungu kumbe isihudo. Umuntu olamahookworm uba lensini, inzipho lezandla ezingani zisilela igazi.



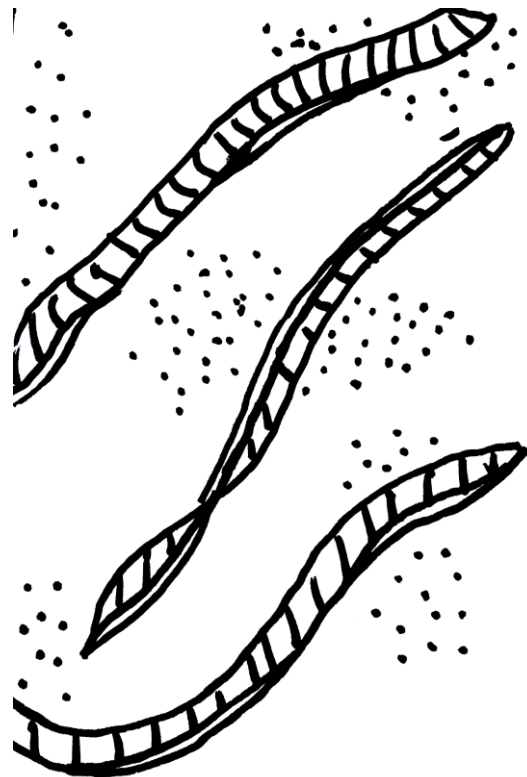
3. AmaRoundworms

- Makhulu, eyisigombolazi, alombala oyiphinki kumbe omhlophe, ubude angalingana lonyawo lwendoda, kulula ukuwabona ekakeni.
- Umuntu olamaroundworm engazwa ediniwe kumbe elunywa azwe isisu sisiba buhlungu lesikhwehlela esomileyo.



4. AmaTapeworm

- Esiswini, amatapeworm ayakhula abe made okwamamitha ambalwa, kodwa ekakeni, kuzincezu eziyisipatalala ezingalingana lozipho lomntwana omncane.
- Umuntu olamatapeworm uzwa ubuhlungu esiswini, njalo umzimba wakhe uyehla (uyacaka).



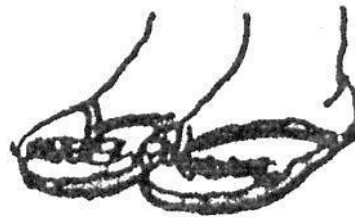
Ukuvimba Amawemusi

Singenzani ukuze sivimbe amawemusi?

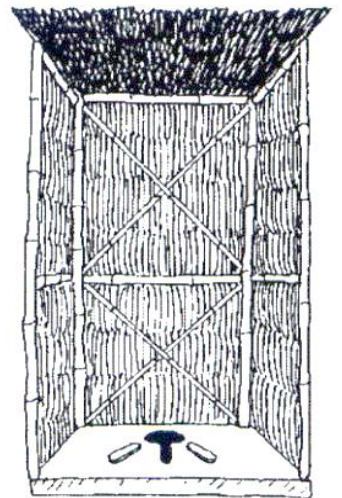
- geza izandla



- gqoka izicathulo



- sebenzisa isambuzi usigcine sihlanzekile



- lungisa ukudla ngendlela elungileyo



- natha amanzi ahlanzekileyo (sebenzisa i-SODIS, ukubilisa, ukufaka umuthi, kumbe ukuhluza)



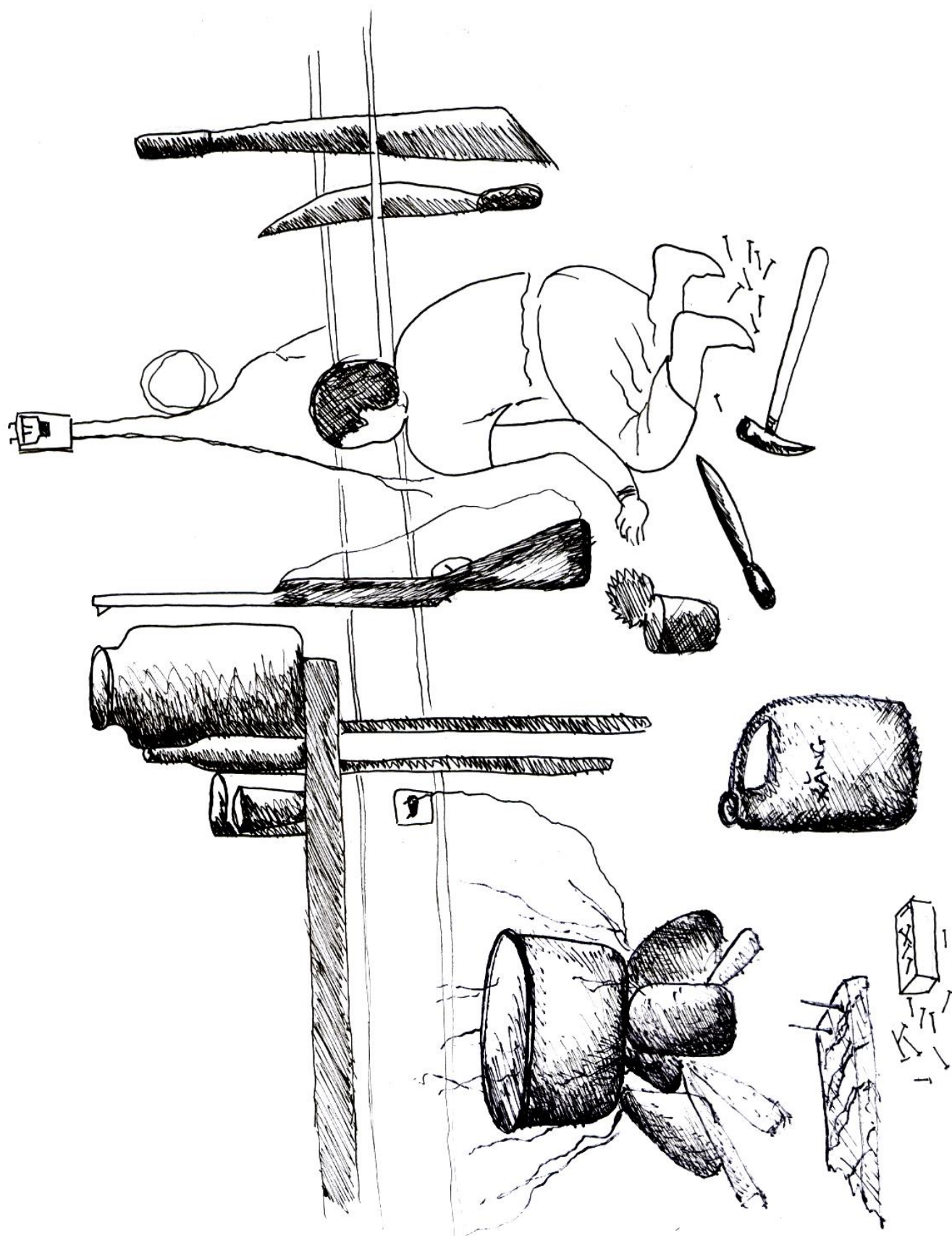
Izibonakaliso Zofuba

- Ukukhwehlela okudonsa inyanga yonke, ikakhulu uma usanda kuvuka.
- Uqhuqho oluphakathi laphakathi emini lantambama
- Ukuginqa ebusuku
- Ubuhlungi esifubeni kumbe phezulu emhlane
- Ukuzwa ungafuni ukudla, ukwehla komzimba
- Ukuphela amandla (Umuntu uyaphangisa ukudinwa)
- Iskhumba esingani sisilela igazi
- Isikhwehlela esilegazi (lokhu kuvame nxa umkhuhlane usuxwalile)
- Ilizwi elitshileyo (uyabe usuxwalile umkhuhlane)

Izibonakaliso Zeflu

- Amakhala agelezayo
- ukukhwehlela
- umphimbo obuhlungu
- uqhuqho olungaphansi
- ukuzwa udiniwe
- ubuhlungu kumajoyini

Ingozi Ezingenzakala



Ukulunywa Yinyoka

