

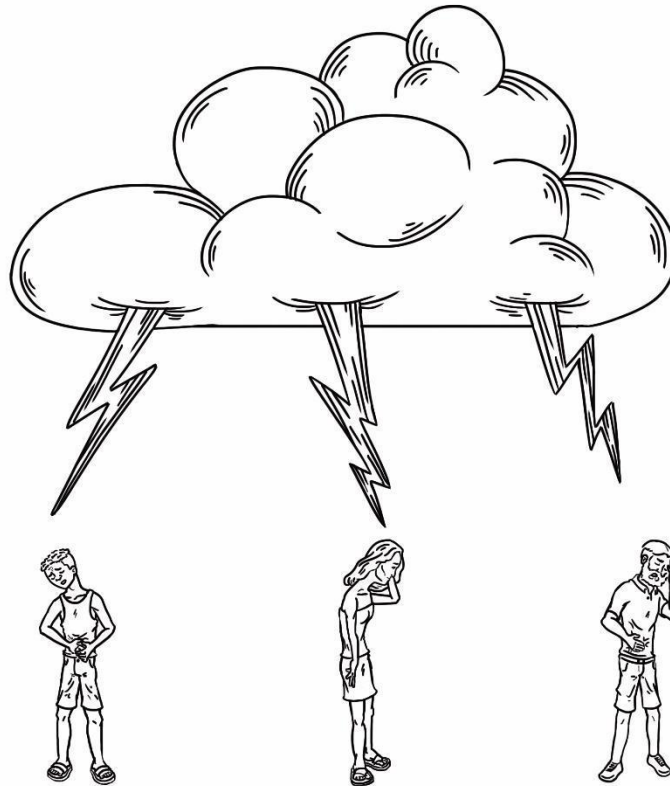
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

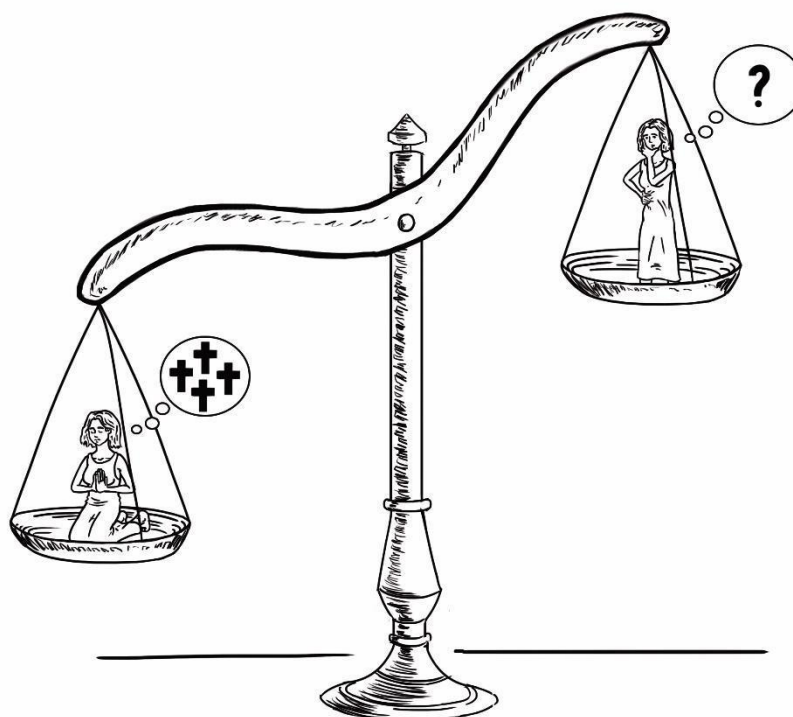


**HUNYANZVI
HWEZVEHUTANO
MIFANANIDZO INOBATSIRA**

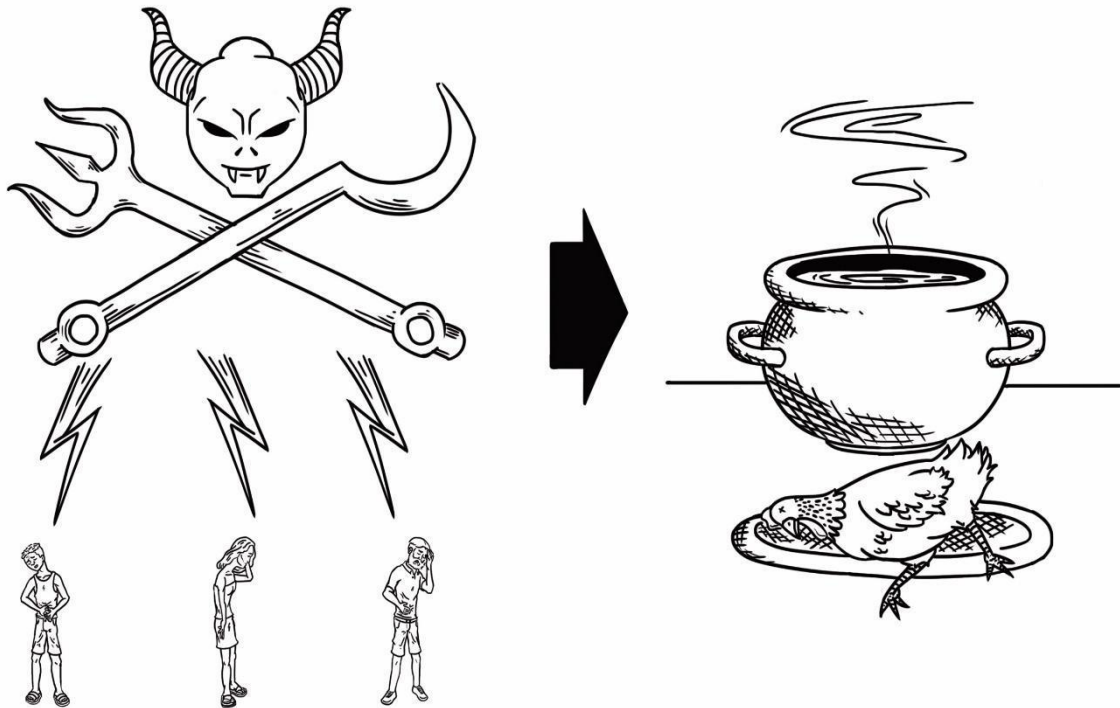
1. Kurwara kwese chirango chinobva kuna Mwari



2. Dai Taiva neKutenda Kwakawanda, Taisazorwara



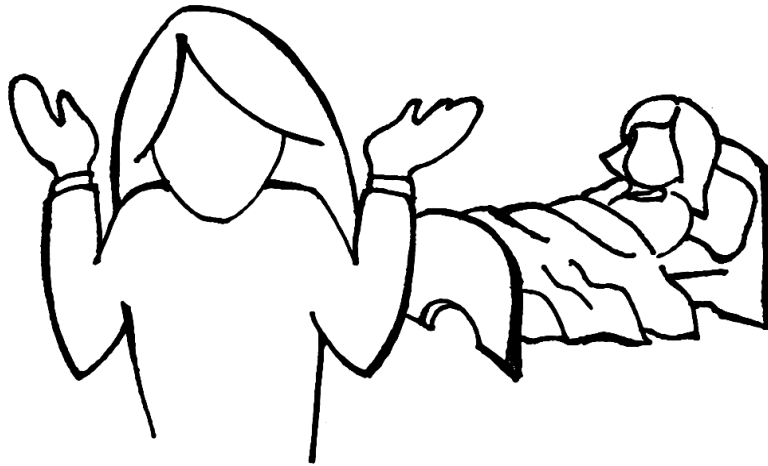
3. Hurwere Hunobva Kumweya Yakaipa saka Tinofanira Kupa Zvipiro



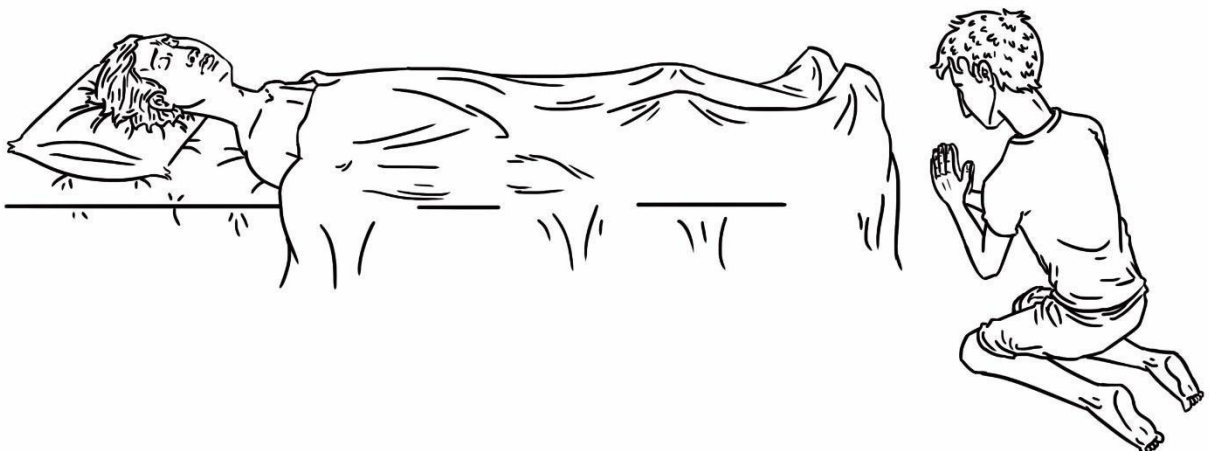
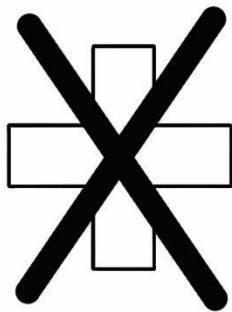
4. Mwari Havana Hanya neHutano



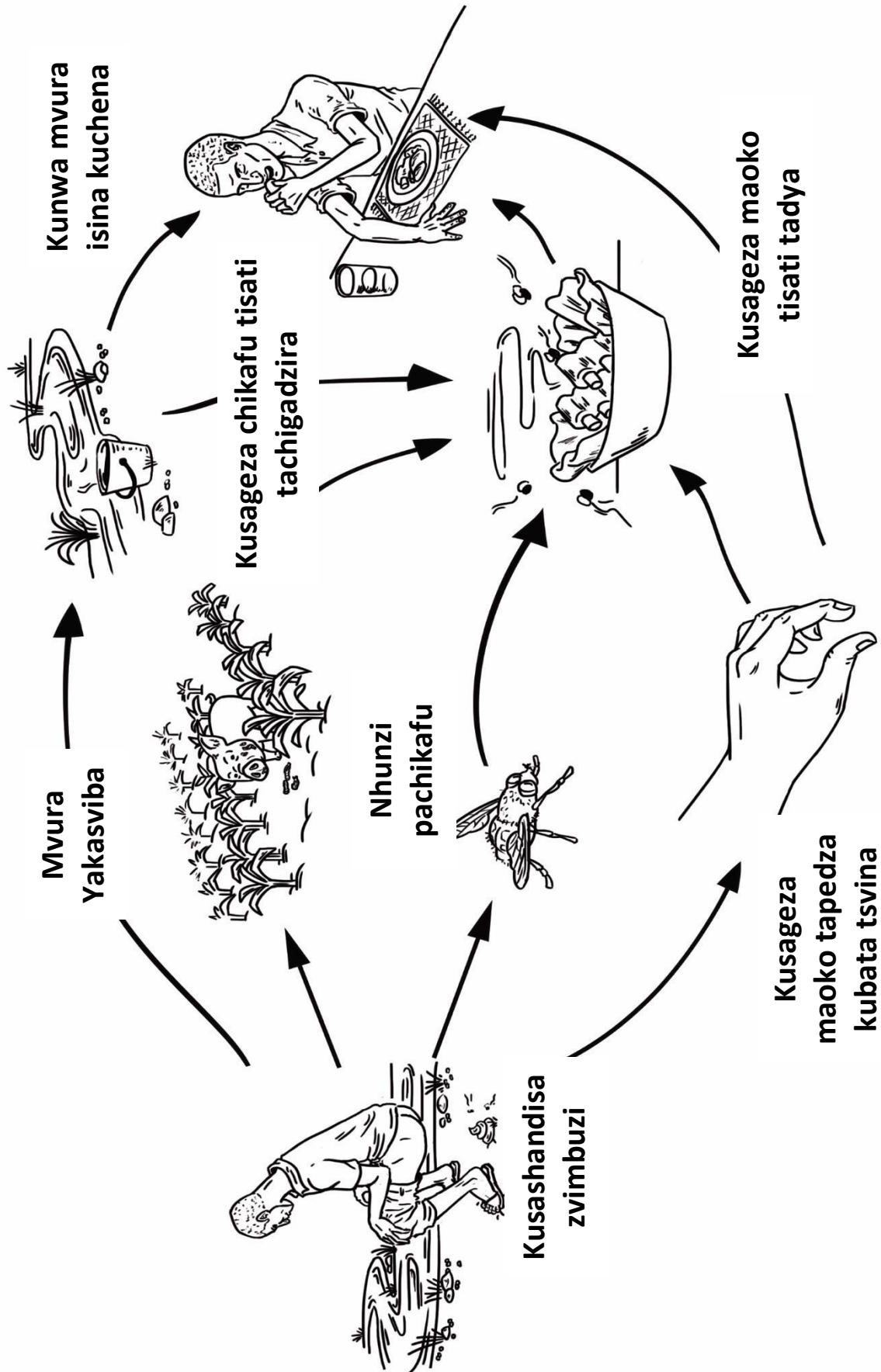
5. Hapana Zvatingaite Kudzivirira Hurwere



6. Kana Tichirwara Tinofanira Kungonamata Chete Kwete Kuenda kwaChiremba

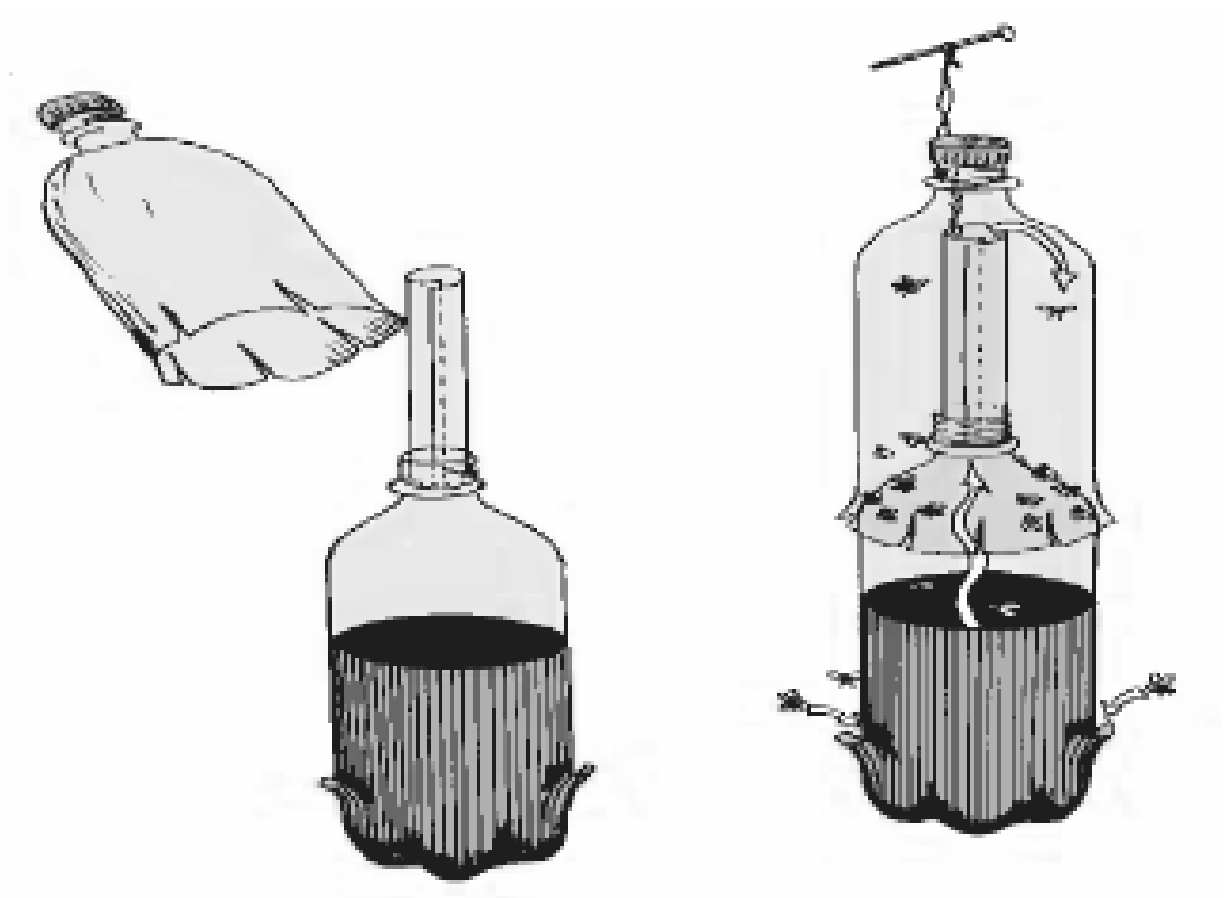


Maparariro Anoita Zvirwere



Magadzirirwo eRiva reNhunzi

1. Tora bhodhoru repurasitiki rekare, penda hafu yepazasi kuti ive nhema uye gadzira maburi madiki matatu ekuti nhunzi dzipinde.
2. Cheka rimwe bhodhoru nepakati. Gadzira chubhu(tube) nekucheka hwaro webhodhoru woiisa pakavhurika bhodhoru rekutanga.
3. Isa chikamu chepamusoro pabhodhoru rekutanga.
4. Isa manyowa mashoma mukati woturika bhodhoru panze..



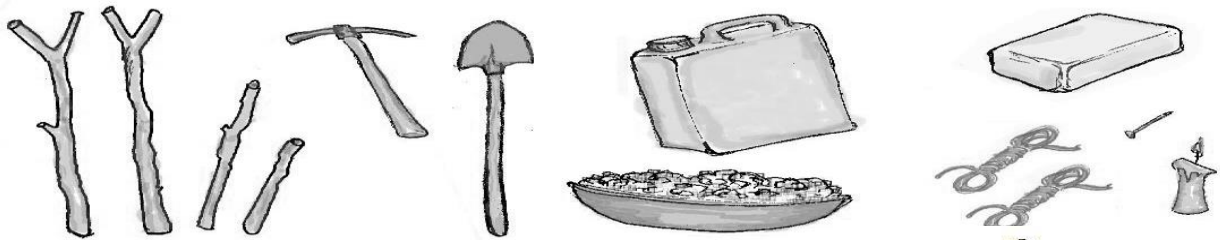
CheKuchingiridza mvura yekugeza maoko



Gadzira Wega CheKuchingiridza mvura yekugeza maoko

Zvekushandisa Zvinodiwa:

(Zviviri) zvimiti zvine mhando zvakeraba mamita maviri; (Zviviri) zvimiti zvakarurama zvakareba mita; Zvekucheresa pasi; Chigubhu chemvura; Ivhu rine matombo; Sipo; Tambo; Chipikiri nekenduro



Matanho:



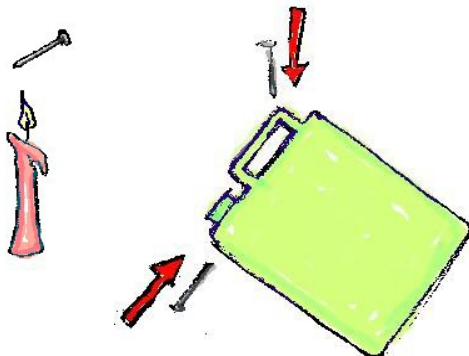
1. Chera mwana miviri yakareba kupfuura hafu yerura zvishomane uye zvakaparadzana mamita kuda kusvika pamita



2. Misa zvimiti zvine mhando zvakenzana.



3. Zadzwa mwana nevhu nematombo, uye pasimbise.



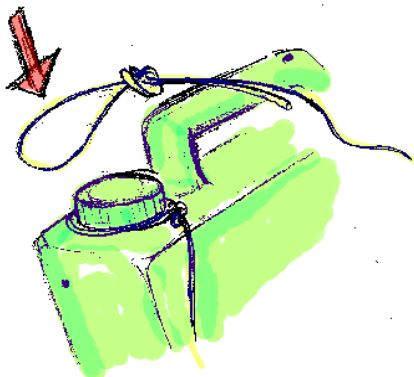
4. Pisa chipikiri woboorwa maburi muchugubhu



5. Isa buri pasipo wopinzira tambo

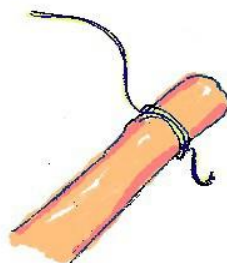


6. Turika chigubhu uye dira mvura inesipo



7. Sungirira shinda pachigubhu

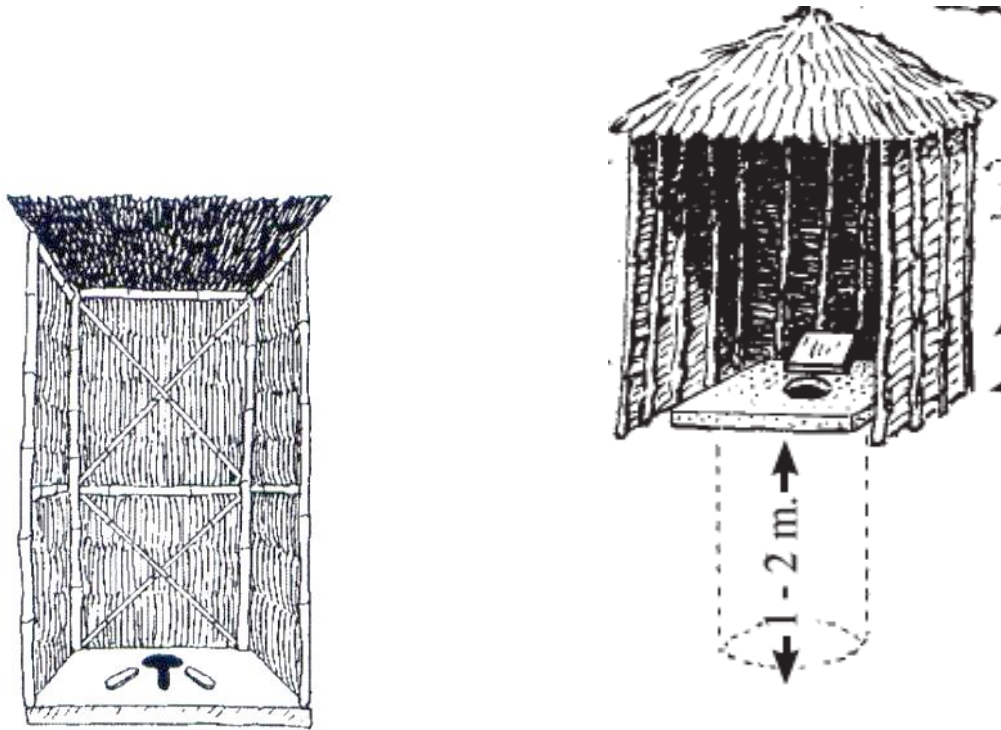
8. Isa tsoka pachimuti chinoita kuti ibude



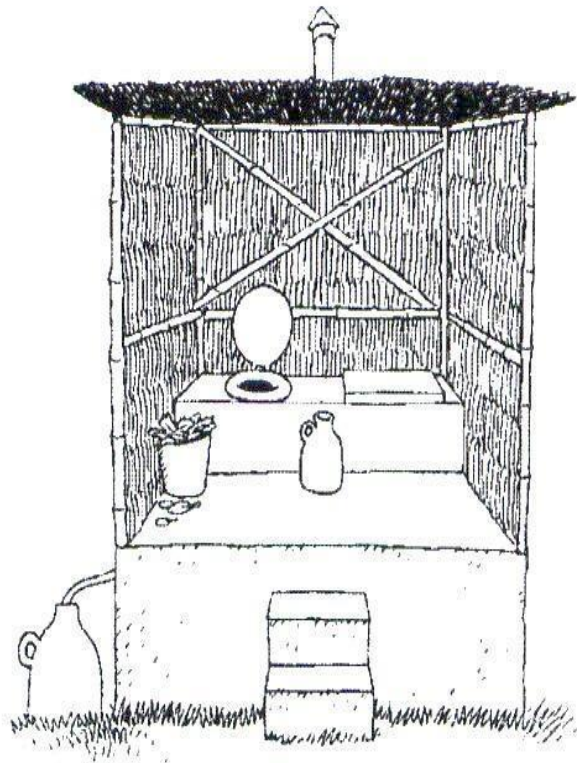
9. Shandisa ivhu rinematombo kubata mvura



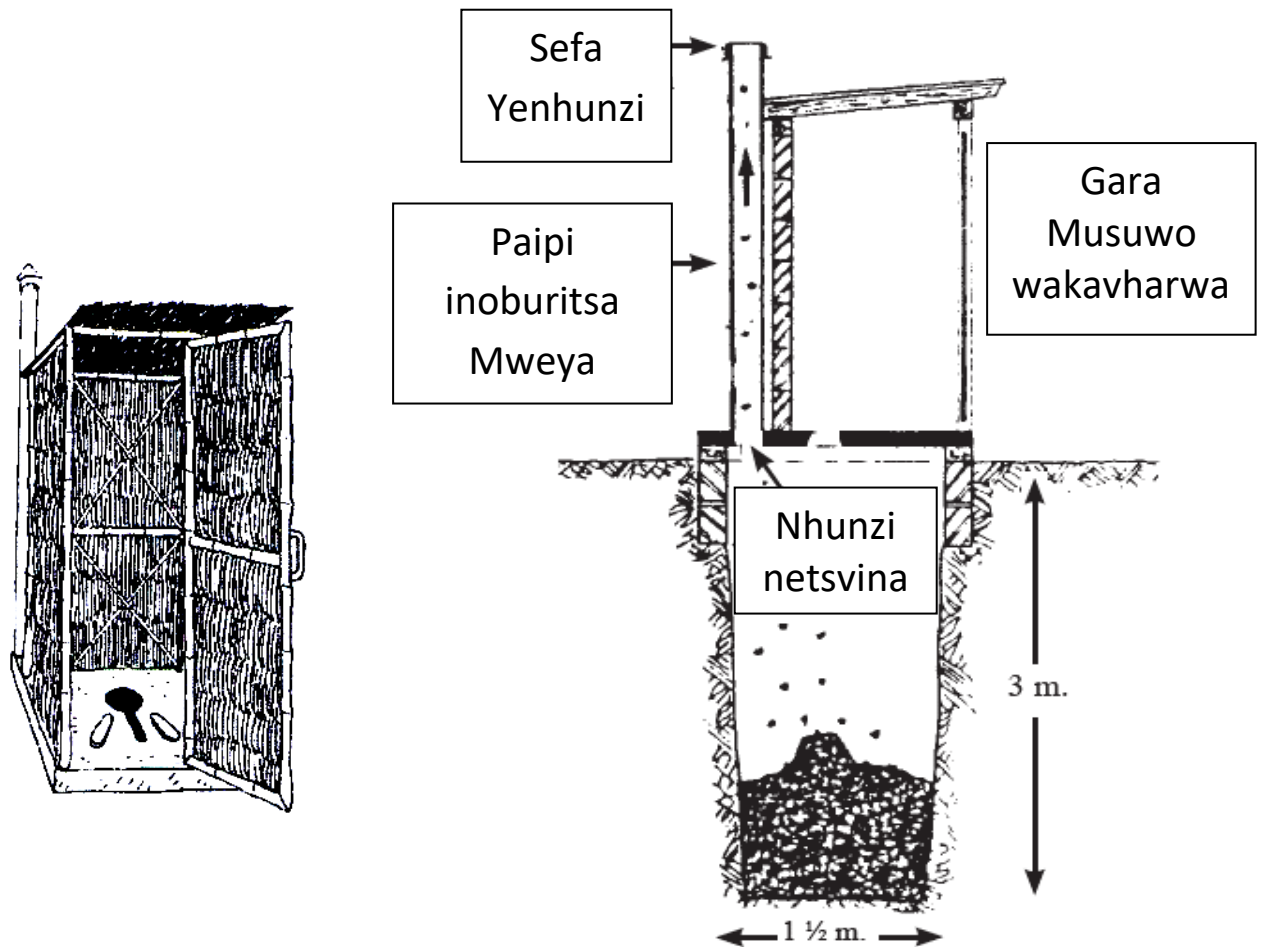
Chimbuzi Chegomba raKavharika



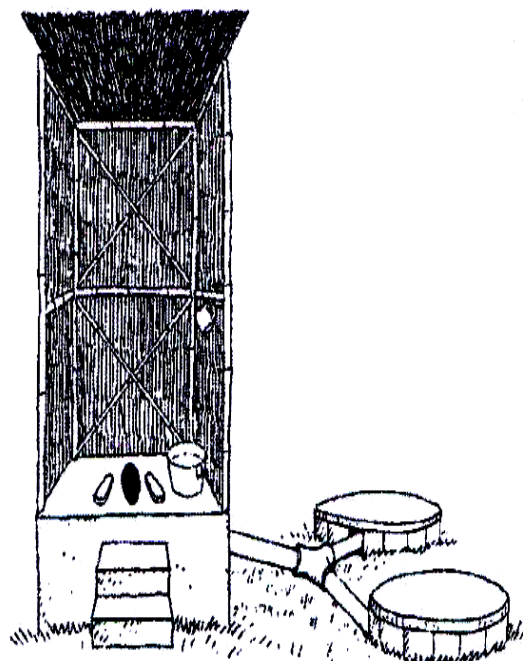
Chimbuzi Chakaoma Chewiwi



Chimbuzi Chinopinza Mhepo (VIP) Chegomba

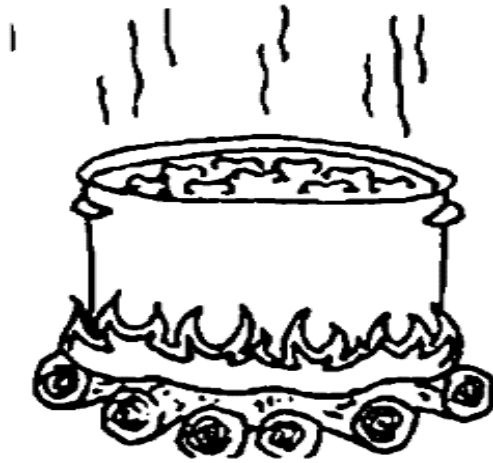


Chimbuzi Chekudira Mvura

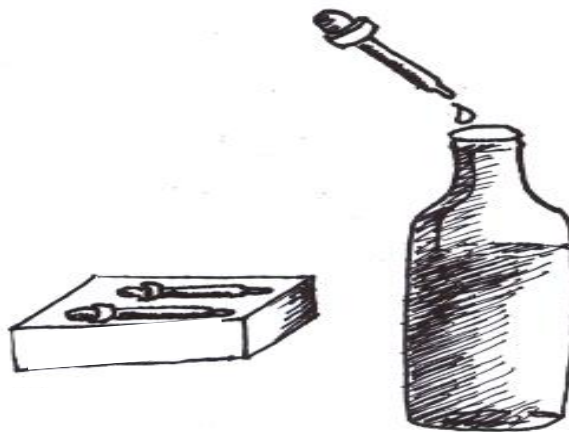


Kuchenesa Mvura

Fashaidza Mvura



Isa Mushonga Wekuchenesa Mvura



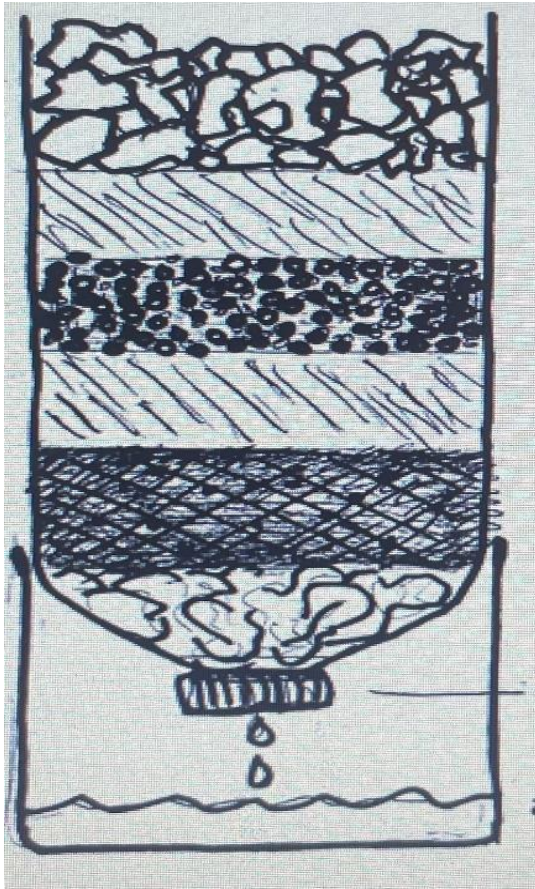
Kushandisa Mushonga wekuchenesa Mvura

Iyi nzira inoshanda zvakananyanya nemvura inenge yadziiswa muzuva.

1. Wedzera madonhwe maviri emushonga (bleach) parita yemvura (1L)
2. Zunungusa uye tendera kumira kwemaminetsi makumi matatu (rimwechete kana maviri maawa ari nani).
3. Wedzera kaviri huwandu hwemushonga pamvura yakasviba kana inotonhora.
4. Mushure memaminetsi makumi matatu, mvura inofanira kunhuwa mushonga zvisroma(chlorine). Kana mushonga wakawandisa, kunhuwa kuchave kwakasimba, uye unofanira kuwedzera imwe mvura.

Sefa Mvura

Cheka pasi pechigubhu



Ivhu rine matombo maduku

Jecha rakatsetseka

Jecha rine matombo

Jecha rakatsetseka

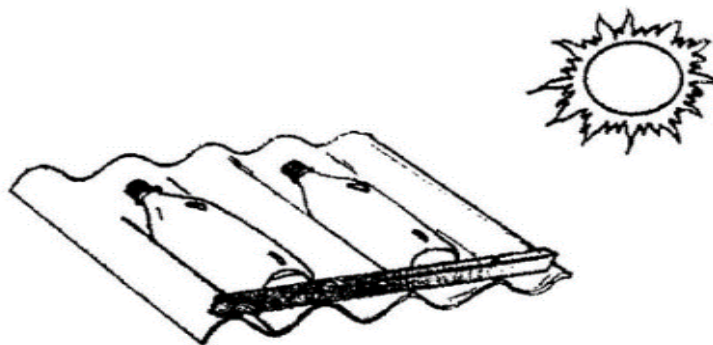
Upfu hwemazimbe

Chidende

Boora chivharo

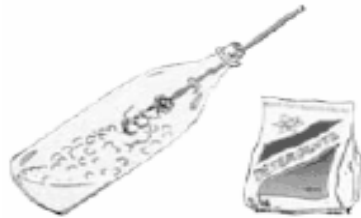
Kana wasefa fashaidza mvura

(SODIS) Kuyanika Mvura Pazuva



Mafambiro eSODIS Senzira Yekuchesa Mvura

Danho rekutanga: Shandisa bhodhoro rita rimwe kana maviri(1-2L). Geza bhodhoro zvakanaka paunotanga kurishandisa



Danho rechipiri: Zadza bhodhoro $\frac{3}{4}$ rizere nemvura



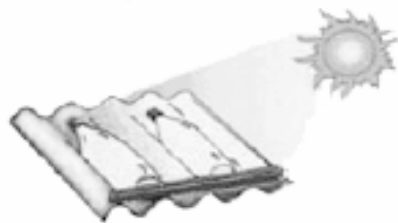
Danho rechitatu: Zunza bhodhoro kwemasekonzi makumi maviri



Danho rechina: Iye zvino zadza bhodhoro zvizere uye uvhare chivharo



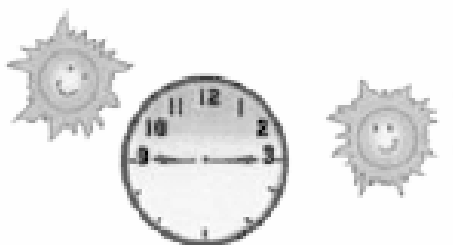
Chechishanu: Isa mabhodhoro pamusoro pamarata



Danho rechitanhatu: Kana kuti uzviise padenga resimbi



Danho rechinomwe: Siya bhodhoro pazuva kubva mangwanani kusvika manheru kweanenge maawa matanhatu



Danho rechisere: Mvura yakukwanisa kunwiwa yakachena kwezuva kana mavirianotevera.



Dhishi paDara



Unganidza:

- Matavi mana mana makuru ane mhande “Y” kumapeto; idzi dzinofanira kunge dzakareba seruoko rwako uye dzakakora kupfuura chigunwe chako chekutanaga.
- Tsvimbo ina dziri pakati nepakati, dzinenge dzakaenzana.
- Matanda matete gumi kana makumi maviri, ose anenge akaenzana kureba.
- Rwonzi, shizha rebhanana, shizha remuchindwe, kana chero mhando yeshinda kana tambo yaunayo paruoko.

Vaka:

1. Dyara matanda ane mhande “Y” zvakasimba muvhu uye Y akatarisa mudenga. (Yeuka kusarudza nzvimbo inowanzorova zuva). Zvimatanda zvinofanirwa kuita makona mana akaenzana kana ane mativi maviri akaenzana akapesana. Aya achava makumbo edara.
2. Isa zvimiti zvina pamhande kuti uite furemu yedara. Sungai makona pamwe chete.
3. Isa matanda matete akapesana pesana uye sunga majoini pamwe chete.

**Chengetedza hutsanana hwemiviri yedu, dzimba
dzedu uye nharaunda**



**Geza maoko maoko nesipo usati wagadzira kana
kudya chikafu kana wapedza kubata hutachiona**



Chengetedzai Nharaunda yakachena



Shandisai Chimbuzi



Shandisa mvura yakachena kunwa, kuwacha nekugadzira zvokudya



Kugadzira chikafu kwakachengetedzeka



Gore rekutanga reKukura

Asati Azvarwa



AchangoZvarwa



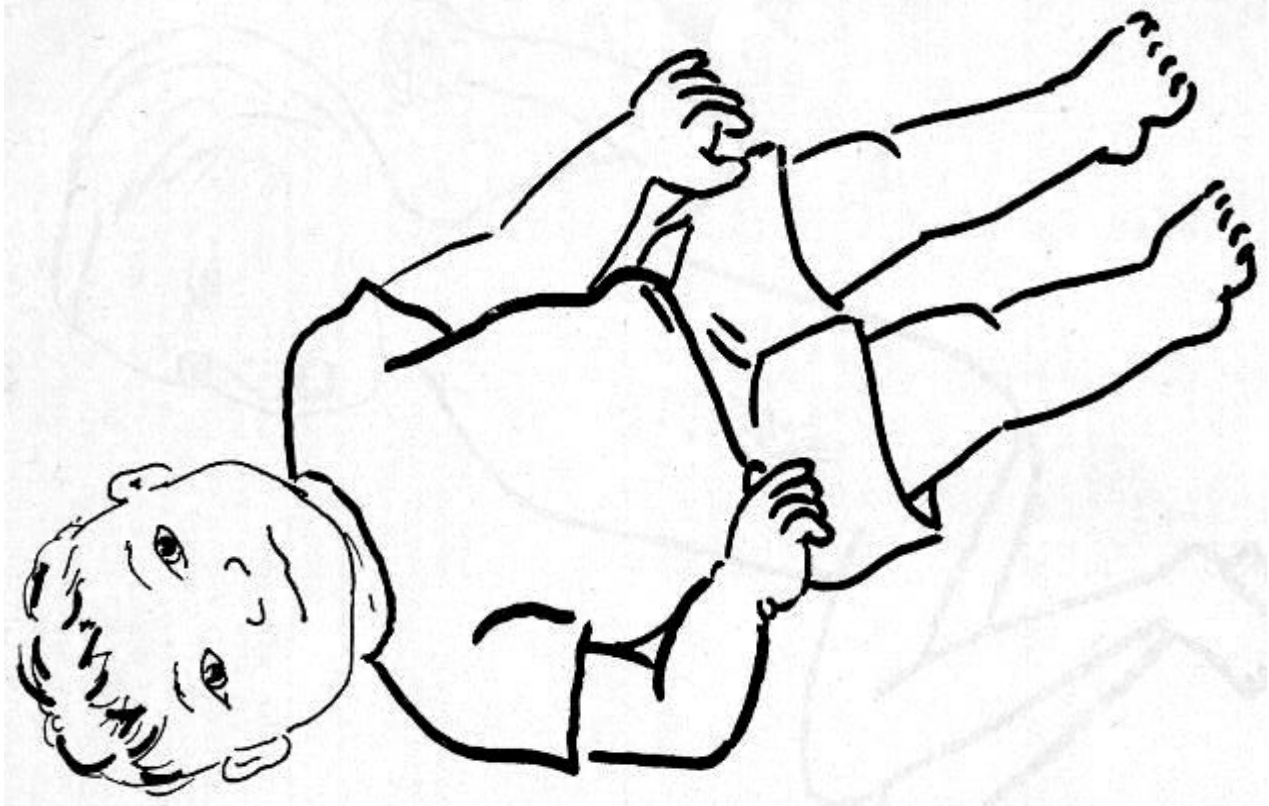
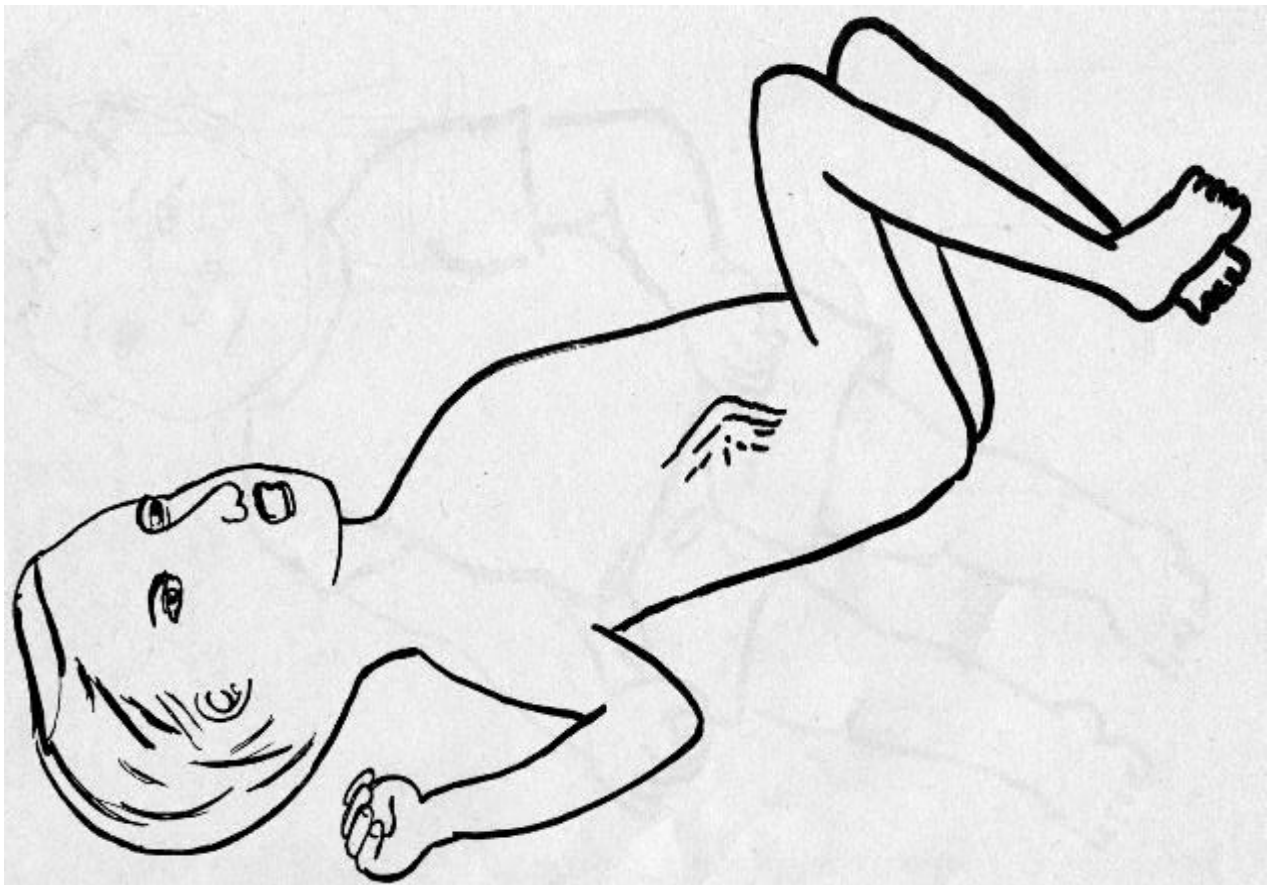
Gore Rimwechete



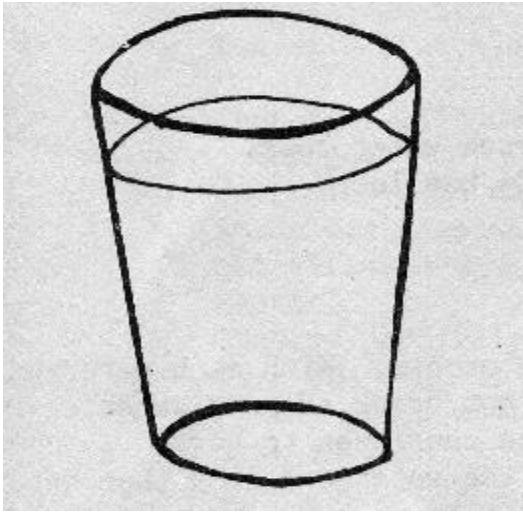
Mwedzi Mitanhatu



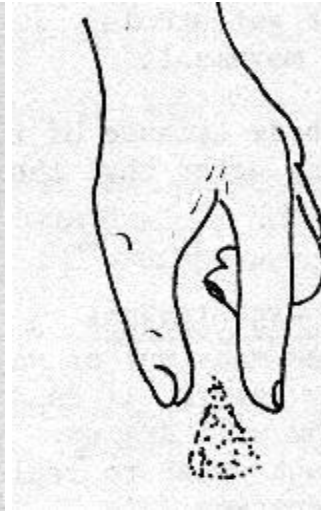
Vana Vaviri



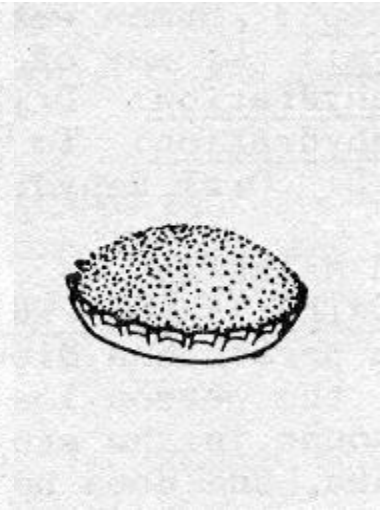
Magadzirirwo eChinwiwa chekuwedzera mvura mumuviri (musanganiswa wemvura,munyu neshuga)



Tora girazi
rimwechete
remvura

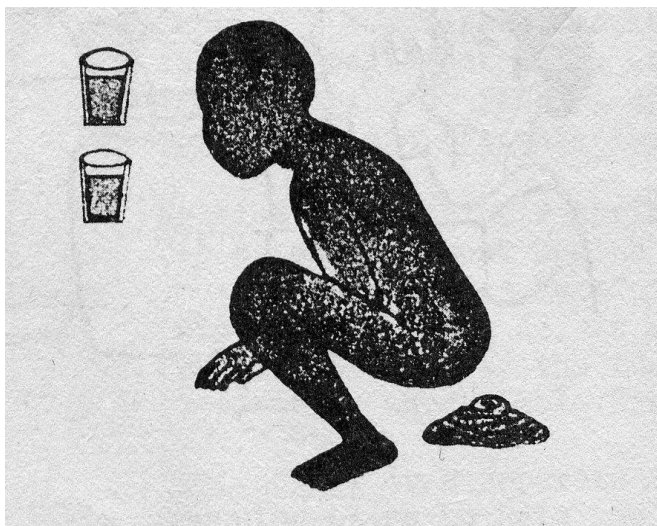


Isa tumunyu tushoma



Isa shuga
seyemuchivharo
chekoka kora

Tinoda Chinwiwa Chekuwedzera Mvura Chakawanda



Vanhu vakuru: inwa girazi
rimwechete kana maviri kana waita
manyoka



Mwana: inwa girazi rimwechete
kana waita manyoka

RANGARIRA: UNODA MVURA YAKAWANDA SEMAWANDIRA AKAITA IRIKUBUDA

Posita Remanwirwo Anofanira Kuitwa Mushonga

Mirayiro imwe nguva inonyorwa nezvikamu zvepiritsi rose kana kapusuru.

- 1 piritsi = piritsi rimwe chete



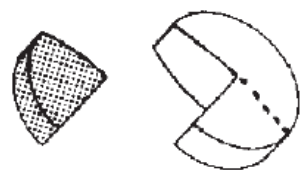
- 1/2 piritsi = hafu yepiritsi



- 1 1/2 piritsi = piritsi rimwe nehafu

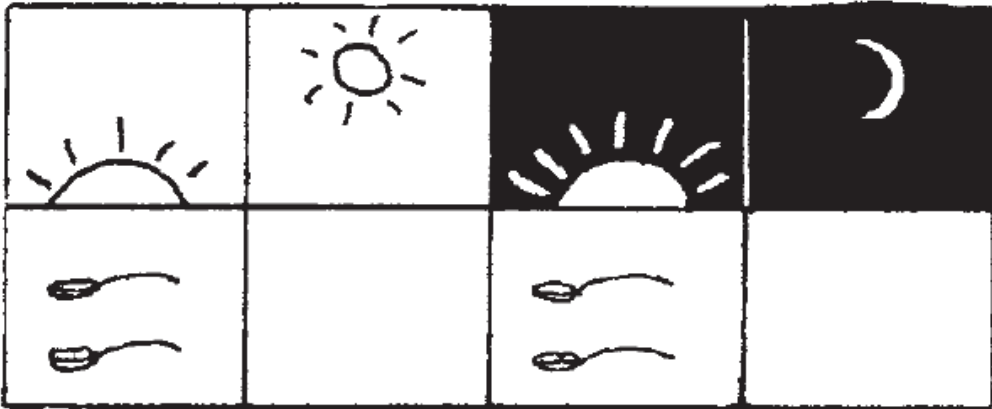
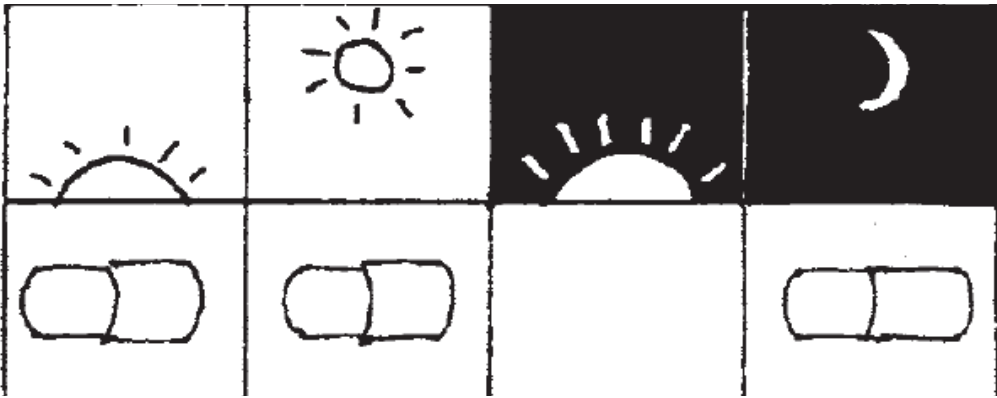
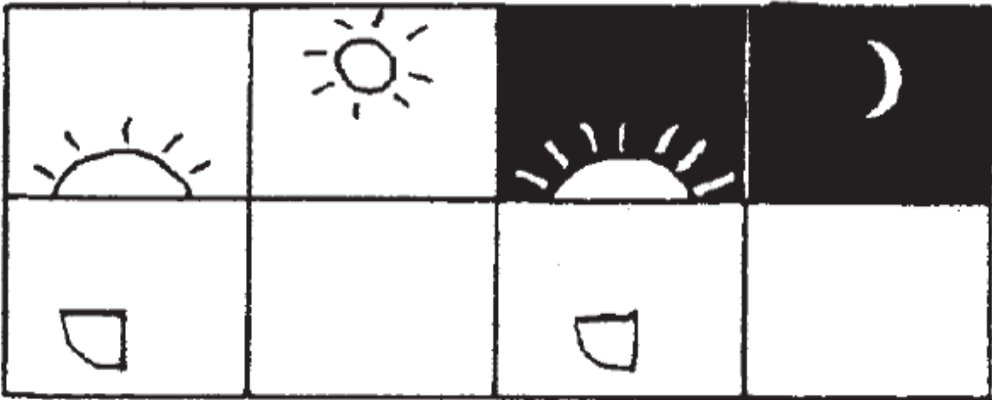
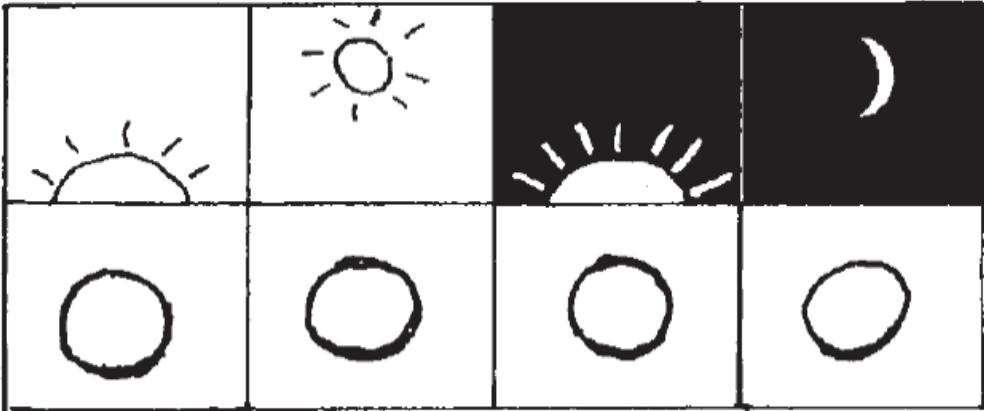


- 1/4 piritsi = chikamu chimwe muzvina chepiritsi

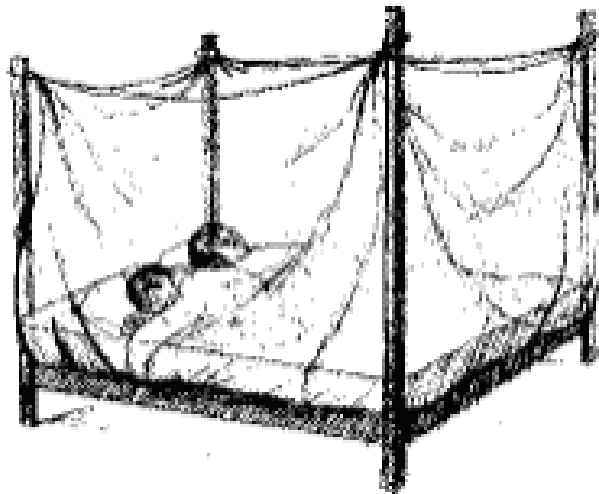
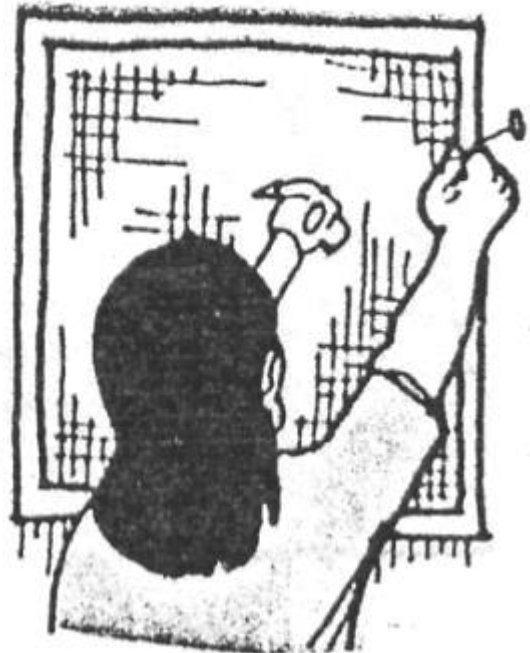
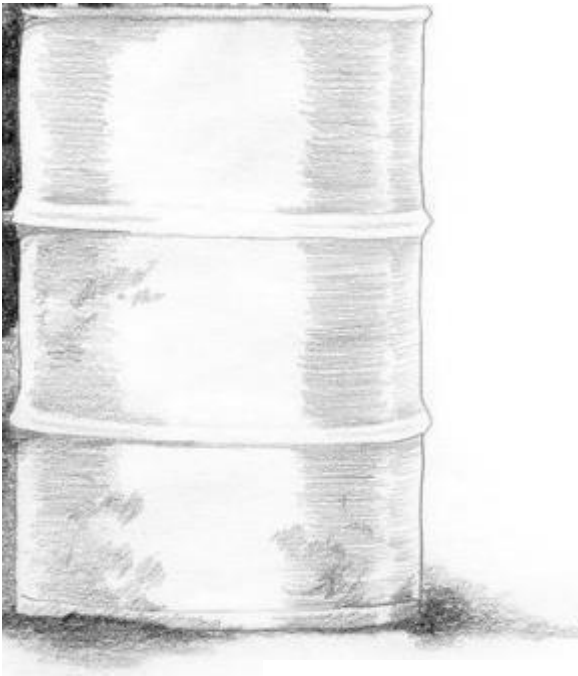


Ngwarira kupa mushonga chete muhuwandu hunokurudzirwa.

Makhadhi Emanwirwo Emushonga



Marariya



Makonye AnonyanyoZivikanwa

1. Gonye repini (Pinworm)

- Anoita sepini chena kana shinda uye anogona kuonekwa patsvina yaunoita.
- Anokonzera kukwenya kwakanyanya panobuda netsvina.



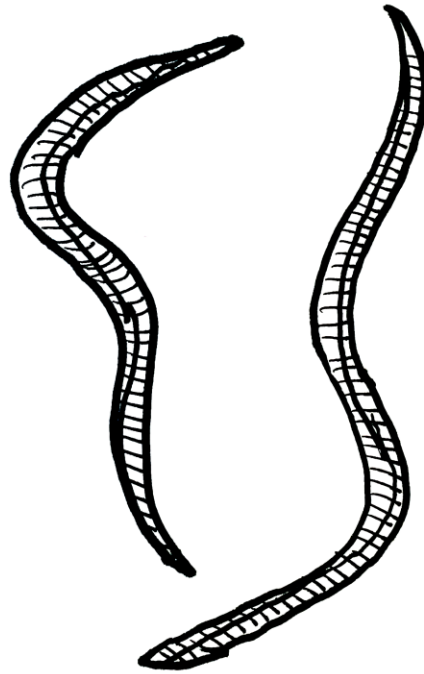
2. Gonye rehuka (hookworm)

- Madiki kuti aonekwe ari patsvina yaunoita.
- Anoita kuti munhu anzwe kuneta uye kupera simba. Anokonzera kurwadziwa nemudumbu uye manyoka. Munhu ane honye iyi anenge akacheneruka matadza, nzara uye zvanza.



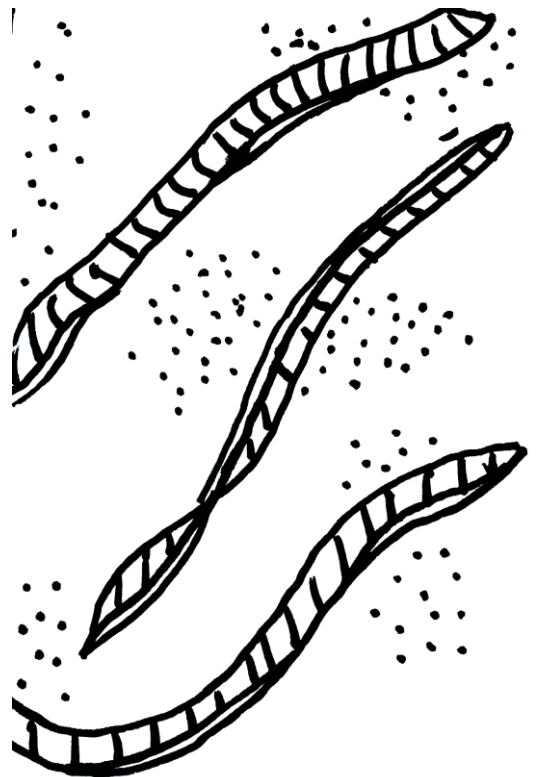
3. Gonye redenderedzwa (roundworm)

- Makonye mahombe, anenge denderedzwa, epingi kana machena anenge akareba setsoka yemunhu, anokwanisa kuonekwa zviri nyore patsvina.
- Munhu ane makonye edenderedzwa anogona kunzwa kupera simba uye/kana kuvaviwa uye kurwadziwa nemudumbu uye chikosoro chakaoma.



4. Makonye Marefu

- Mumatumbu, makonye aya anoreba mamita akawanda, asi mutsvina, achiita sezvidimbu zvakati sandarara, zvichena zvakaenzana sekukura kwemunwe wemwana.
- Munhu ane makonye anorwadziwa mudumbu uye kuonda.



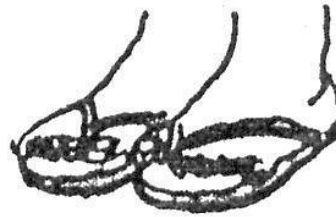
Kudzivirira Makonye

Chii chatingaita kudzivirira makonye?

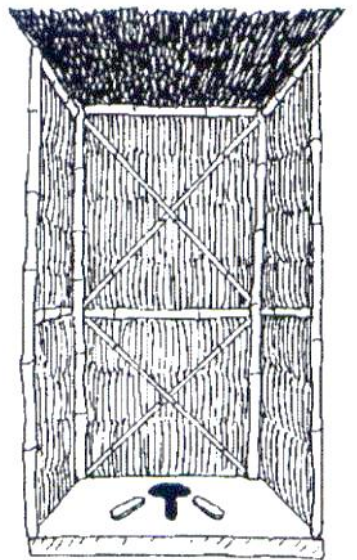
- kugeza maoko



- kupfeka shangu



- kushandisa chimbuzi uye kuchisiya chakachena

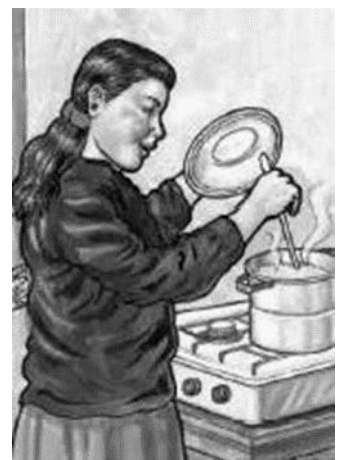


- dzidzirai
kugadzira
Zvokudya



zvachengeteka (zvaine hutsanana)

- inwai mvura yakachena,
(shandisai SODIS, kufashaidza
kana kusefa)



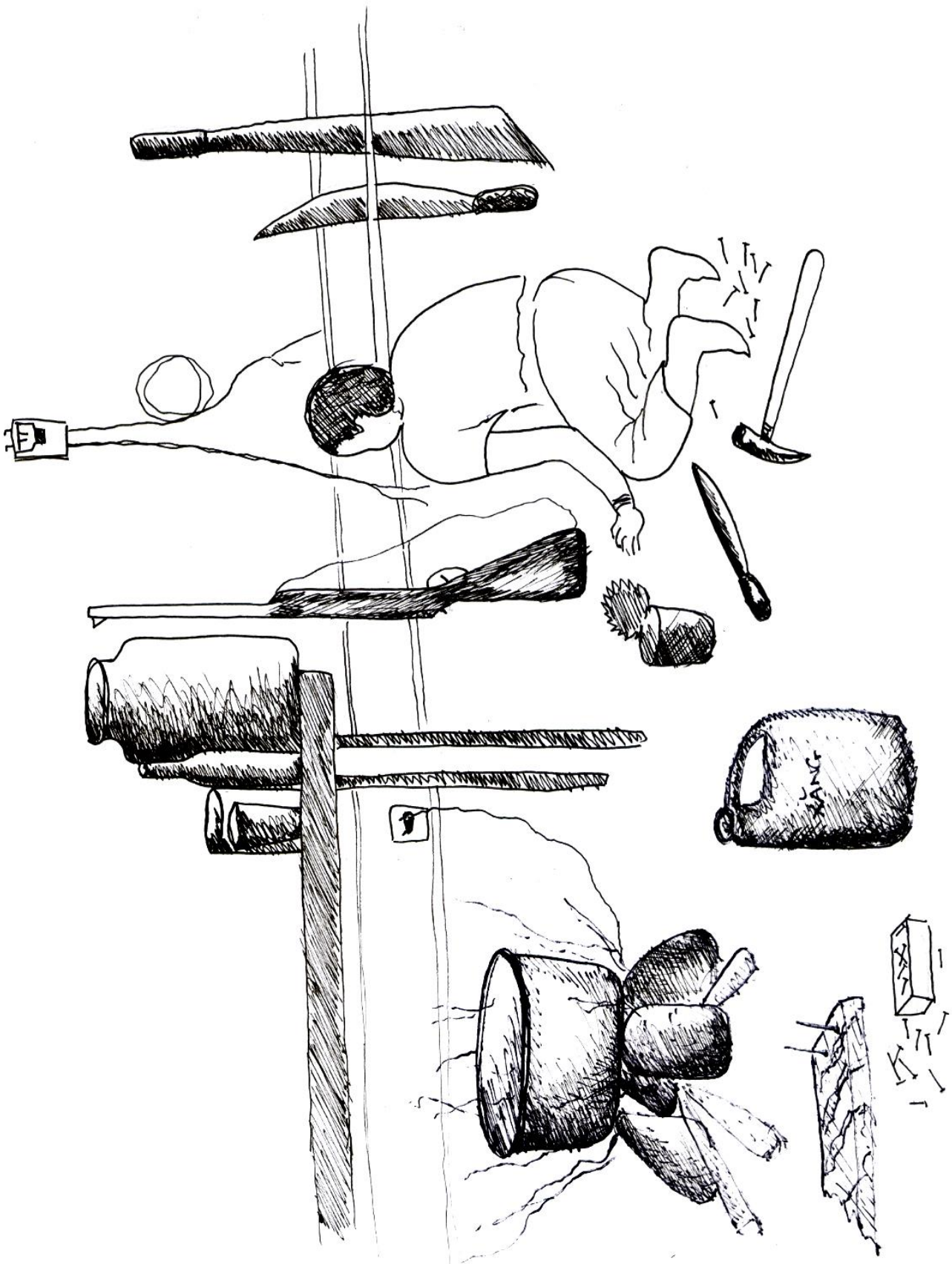
Zviratidzo zveTibhii/ Rurindi(TB)

- Chikosoro chinotora mwedzi mumwe chete, kunyanya mushure mekumuka
- Kupisa miviri masikati uye manheru
- Kudikitira usiku
- Marwadzo muchipfuva kana kumusana
- Kushaya chido chekudya uye kuonda muviri
- Utera (munhu anoneta nyore nyore)
- Ganda rakacheneruka
- Kukosora ropa (kazhinji mumatanho ekupedzisira)
- Inzwi rakakora (zvakanyanya)

Zvinoratidza Chirwere chekupindwa neChando

- Dzihwa
- Kukosora
- Huro inorwadza
- Kupisa miviri mbijana
- Kunzwa kuneta
- Kurwadza mumajoini

Njodzi Dzingangoitika



Kurumwa Nenyoka

