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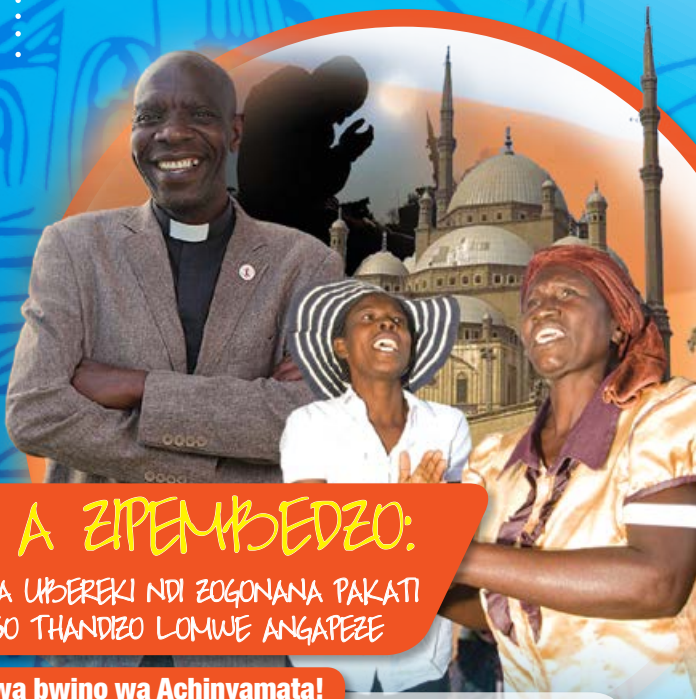

ATSOGOLERI A ZIPEMBEDZO:

DZIWANI ZAMBIRI ZOKHUDZA UBEREKI NDI ZOGONANA PAKATI PA ACHINYAMATA KOMANSO THANDIZO LOMWE ANGAPEZE

Tsogolo labwino, Umoyo wa bwino wa Achinyamata!

A tsogoleri azipembedzo amakhala otekeseka ndi zinthu zomwe anthu awo akukumana nazo. Maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana komanso ubereki pakati pa achinyamata ayenera kuperedwa potengera chikhalidwe komanso msinkhu wa achinyamata omwe tikufuna kuwampunsitsa kapena kulangiza.

Kafukufuku akuonetsa poyera kuti kuphunzitsa kapena kupereka uphungu wokhudzana ndi zomwe zimachitika ndi kuoneka pamatupi a achinyamata akamakula, komanso nkhani zokhudza kugonana zimathandiza kuti achinyamata apewe mchitidwe okhala ndi zibwezi zambiri zogonana nazo, amadziwa njira zolelera, zam'mene angapewere HIV ndi matenda ena opatsirana pogonana komanso mimba zosayembekezera.

Thandizani pa nkhani zokhudzana ndi ubereki ndi zogonana pakati pa Achinyamata: Thandizani Atsogoleri a mawa!

Kodi chifukwa chiani nkhani zokhudzana ndi ubereki ndi kugonana pakati pa achinyamata ziyenera kukhala ndi malo akeake apadera oti achinyamata azipita kukalandilako mauthenga, zida ndi zipangizo zina zofunika?

Maphunziro, mauthenga, zida zoti achinyamata atha kugwiritsa ntchito zokhudzana ndi umunthi, kugonana ndi ubereki ziyenera kuti zizipezeka mosavuta, zotsika mtengo komanso zodalirika kuti achinyamata athe kuzipeza ndi kugwiritsa ntchito.

Pali chiopsyezo pakati pa achinyamata komanso vuto lalikulu kumadera kumene kumakhala achinyamata ngati zida monga makondomu, njira zolerera, mankhwala monga ma ARV komanso ena ochiza matenda ena opatsirana pogonana, koamanso othandiza atsikana amene ali ndi minmba sapezeka mosavuta. Ichi ndi chifukwa chake maphunziro, mauthenga ndi zida zoterezi ziyenera kumapezeka mma'sukulu, ndi malo ena apaderadera kumidzi ngati njira imodzi yothetsera vutoli.

Kodi tikamati kupereka maphunziro, mauthenga, ndi zida mwapaderadera zoti achinyamata atha kugwiritsa ntchito zokhudzana ndi umuntui, kugonana ndi ubereki zimatanthauza chiani?

Uku ndi kupereka maphunziro, mauthenga, zida zoti achinyamata atha kugwiritsa ntchito zokhudzana ndi umunthi, kugonana ndi ubereki mosavuta, motsika mtengo, pamalo achinsinsi komanso osavut oti achinyamata atha kupitako ndi kuthandizika malingana ndi Mavuto awo pankhani za umunthi, kugonana ndi ubereki.

Izi makamaka zimakhudza uphungu wa:

- Za umoyo.
- Zibwezi ndi zogonana.
- Nkhanza.
- Njira zolelera.
- Njira zopewera matenda opatsirana pogonana kuphatikizirapo HIV.
- Zochotsa mimba yosayembekezera potengera malamula adziko lino.
- Zauchembere makamaka atsikana akatenga mimba komanso akabereka.

Maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ndi amene amaperekedwa kwa achinyamata panthawi yoyenera ndipo amapangitsa achinyamata kukhala odzidalira, otha kupanga zisankho pamoyo wao watsikunditsiku okhudza zogonana, komanso kudziletsa pankhani zogonana.

Chifukwa chiani atsogleri a zipembedzo ayenera kumatenanga nawo mbali?

Anthu ambiri amaganiza kuti kukambirana nkhani zaumunthu, zogonana ndi ubereki pakati pa achinyata kaya ndi kusukulu, pabanja kapena pagulu kumudzi ndi kulaula ndipo ndikulakwira ziphunzitso za chipembedzo. Anthu ambiri amaganizanso kuti izi zimapangitsa kuti achinyamata aziyambadi kuchita mchiridwe ogonana ndi kutenga mimba.

Koma kafukufuku akuonetsa poyera kuti kuno Africa achinyamata ambiri amayamba zogona amayamba akadali ang'ono ndipo ambiri ayiwo amatenga mimba zosayembekera. Ndipo ngati makolo sakamba nkhani zaumunthu, zogonana ndi

ubereki ndi ana awao, dziwani kuti anawo paokha amakapeza mauthenga amthudu umenewu kwa ena komanso mnjira zina zomwe nthawi zambiri mauthenga ake amakhala olakwika.

Ngati anthu opemphera, maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ndi zofunika kwambiri pa moyo wathu watsiku ndi tsiku. Izi zimathandiza kuzamitsa zikhulupiliro zathu za chipembedzo ndi umunthu wathu. Ndipo kudziwa ndi chinthu chamtengo wapatali pankhani osati zachipembedzo zokha ayi komanso pa nkhani zokhudzana ndi umoyo.

Koma kafukufuku akuonetsa poyera kuti kuno Africa achinyamata ambiri amayamba zogona amayamba akadali ang'ono ndipo ambiri ayiwo amatenga mimba zosayembekera. Ndipo ngati makolo sakamba nkhani zaumunthu, zogonana ndi ubereki ndi ana awao, dziwani kuti anawo paokha amakapeza mauthenga amthudu umenewu kwa ena komanso mnjira zina zomwe nthawi zambiri mauthenga ake amakhala olakwika.

Kufunafuna nzeru ndi udindo wa msilamu aliyense kaya wamamuna kaya wamkazi
-Hadeeth ya Mporefet Muhammad (SAW) Monga zinafotokozeredwa ndi In Maajah (Al Albaani: Saheeh)

Popereka maphunziro, mauthenga ndi zida zoti achinyamata atha kugwiritsa ntchito zokhudzana ndi umunthu, kugonana ndi ubereki mogwiriza ndi zipembedzo zathu zimathandiza kuti:

- Aphunzitsi ndi atsogoleri osiyanasiyana azivomereza ndi kutsimikizadi kuti izi nid zofunika ndiponso zothandiza pamoyo wa achinyamata ndi zofuna zao.
- Zimathandiza kulimbikitsanso makolo kudziwa ktui zoterezi ndi zofunika ndipo kuti ana awo atha kukhala ndi moyo wabwino.
- Zimathandizanso akuluakulu ndi achinyamata kuzindikira kuti maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ndi abwino chifukwa amapangitsa achinyamata kukhala odzidalira, otha kupanga zisankho pamoyo wao watsikunditsiku pazogonana, komanso kudziletsa.

Udindo wa atsogoleri a chipembedzo kaya ndi Christu kapena Chisilamu, ndi kuonetsetsa atsogoleri ena sakuweluzilatu achinyamata ngati ochimwa ndipo ngati zochita zao zochimwa; koma achinyamata ayenera kuthandizidwa, kukondedwa komanso kulimbikitsidzwa pa moyo wao wa uzimu!

Udindo wanga ndi wotani ngati mtsogoleri wa chipembedzo?

Dziwani zinthu zokhudza achinyamata - Mtsogoleri wa chipembedzo ayenera kukhala odziwa ndi kutekeseka ndi zinthu zina zaumoyo zokhudza anthu ake. Ngati mtsogoleri ndiwani kuti munthu m'modzi mwa anthu atatu aliwonse kuno ku maiko a ku m'mawa ndi kumwera kwa Africa ndi achinyamata azaka zapakati pa 10-24, ndipo achinyamata osapitilira 40 pa achinyamata 100 alionse sadziwa zambiri zokhudza HIV. Ndipo achinyamata 52 amatenga kachilombo koyambitsa matenda a Edzi ka HIV pa ola lilonse.

Thandizani achinyamata kupeza mauthenga, mankhwala komanso thandizo lina lililonse lokhudza za umoyo - Nkhani zokhudza kugonana ndi ubereki pakati pa achinyamata sizikhalilra okhao amene amachita mchitidwe ogonana ayi. Zimaimira wina aliyense popeza zimapereka uphungu za m'mene munthu angadziletsere kuti asamachite zogonana, zam'mene angapezere ndi kukhalira ndi chibwezi chodalilika choti nkumanganacho banja. Ndipo mauthenga omwe amaperekedwa kuchokera kwa alangizi a zaumoyo ndi ofunika kwambiri kwa achinyamata.

Atsogoleri ali ndi udindo oteteza munthu aliyense - Ndi udindo wanu ngati mtsogoleri wa chipembedzo kuonetsetsa kuti ufulu wa mwana ndi wachinyamata aliyense sukuphwanyidwa. Onetsetsani kuti akuphunzitsidwa bwino pazonse zokhudza moyo wao ndi cholinga choti akhale athanzi komanso othandiza pachitukuko.

Auzeni anthu – Dziwani kuti anthu anu amayang'ana kwainu kuti amve molondola za m'mene maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ayenera kuperekedwera kwa achinyamata. Ngati mtsogoleri khalani oyamba kutsogolera anthu kukambapo zakufunika kolangiza achinyamata kuipa koyamba kugonana akadali ang'ono. Athandizeni chonde.

Ngati mtsogoleri ndichite chiani kuti ndithandizepo pankhani zimenezi?

- Limbikitsani anthu anu ubwino wolangiza achinyamata pankhani za umunthu, kugonana ndi ubereki ndi kuwaunikira anthu anu mgwirizano umene ulipo pakati pa nkhani zimenezi ndi chipembedzo. Lalikirani zimenezi kudzera m'mauthenga apadera, kudzera m'makalata apedera kwa anthu anau kapenanso ulaliki waderadera.
- Afotokozereni anthu anu kuti ntchito zimenezi zimathandiza achinyamata kukhala odziletsa; ngati njira yokhawo yodalilika. Komabe kugolimbikitsa kudziletsa kokha sikuthandiza ayi, pamafunikanso kuwalimbikitsa njira zosiyansiyna zoti azitha kutsata ndi kugwiritsa ntchito.
- Limbikitsani ma makalabu kwanuko makamaka kumalo amene mumaphererako ndipo muonetsetse kuti maphunziro amenewa a za umunthu, kugonana ndi ubereki akuchitikira limodzi ndi zimphunzitso za chipembedzo chanu.
- Yambani kupereka uphungu mogwirizana ndi aphunzitsi a sukulu zoyandikana nazo komanso azachipatala kuti azidzapereka kwa achinyamata anu panthawi yomwe akuchita kalasi tsiku la Mulungu, kapana ku Madrassa, paubatizo ngakhalenso nthawi ina iliyonse yomwe pangapezeke mpata.

Ana ndi achinyamata ozindikira: Amapanga zisankho zabwino pamoyo wao: Mukhonza kukhala in oyamba!

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