



MANERELA+

KUMWA MANKHWALA MWA NDONDOMEKO:

MAPEMPHERO NDI CHIKHULUPIIRO PANKHANI YA HIV NDI EDZI

**Buku lophunzitsira atsogoleri
azipembedzo**





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Matanthauzo amawu

ABC	Abstain, Be faithful, use a Condom
AIDS	Acquired Immunodeficiency Syndrome
ANERELA+	African Network of Religious Leaders Living with and Personally Affected by HIV and AIDS
ART	Antiretroviral therapy
ARVs	Antiretroviral drugs
CHAM	Christian Health Association of Malawi
CDC	Centre for Disease Control and Prevention
FBOs	Faith-based organizations
GBV	Gender-based violence
HIV	Human immunodeficiency virus
INERELA+	International Network of Religious Leaders Living with or Personally Affected by HIV and AIDS
NAC	National AIDS Commission
NAPHAM	National Association of People Living With HIV and AIDS in Malawi
PEPFAR	President's Emergency Plan for AIDS Relief
PLWHIV	People Living with HIV
SAVE	Safer practice, Access to treatment, Voluntary testing and counselling, Empowerment
SRHR	Sexual and reproductive health and rights
SSDDIM	Stigma, Shame, Denial, Discrimination, Inaction, and Mis-action
UNAIDS	Joint United Nations Programme on HIV/AIDS
WCC	World Council of Churches
WCC- EHAIA	World Council of Churches-Ecumenical HIV and AIDS Initiatives and Advocacy
WHO	World Health Organization

Malonje

Bukuli likufuna kuunikila malingaliro abodza omwe amapeleka chithunzithunzi chakuti mankhwala otalikitsa moyo (ARV) ndi machiritso achikhulupiriro ndi zinthu zotsutana. Cholinga chachikulu cha bukuli ndikuphunzitsa, kumemeza komaso kudziwitsa atsogoleri achipembedzo kufunika kwa ma ARV ngati gawo lalikuli lofunikira pa njira yamachiritso a Mulungu kudzera mu chipembedzo. Komanso, kulumikizitsa atsogoleri achipembedzo kuti atenge mbali yayikulu polimbikitsa kuyezetsa HIV komaso kamwedwe ka ma ARV mwandondomeko.

Bungwe la MANERELA+ ndilothokoza kwa mabungwe komanso anthu onse omwe ayankhulapo ndikuunikila kuti magulu azipembedzo ali ndi udindo komaso gawo lalikulu pothandizila ntchito za HIV komaso kuunikila anthu za ubwino omwa ma ARV mwandondomeko muchipembedzo pogwila ntchito limodzi ndi kupeleka chilimbikitso kwa anthu omwe ali ndi HIV.

MANERELA+ ndiyothokoza kwambiri ku bungwe la CDC lomwe linapeleka thandizo la ndalama kudzera ku CHAM mu polojekiti ya "Faith Community Initiative-FCI" kuti itsindikiza bukuli lomwe linatengedwa mu buku lophunzitsira atsogoleri a chipembedzo lomwe linalembedwa ndi a World Council of Churches (WCC). MANERELA+ ikuthokozaso mabungwe ena onse komaso atsogoleri a zipembedzo omwe anatenga nawo mbali pounikila ndi kutsindikiza bukuli.

MANERELA+ imakhulupirila mgwirizano komaso kumanga ubale pakati pa achipembedzo ndi mabungwe ena pogwila ntchito yolimbana ndi mlili wa HIV.

Bukuli lithandiza kwambiri kupeleka upangili kwa atsogoleri a mipingo yosiyasiyana oti athe kufikila owatsatila awo mu chipembedzo ku nkhani ya HIV, kamwedwe ka ma ARV mwandondomeko komaso machilitso a chikhulupiriro.

Dennis Mseu
Executive Director

Mawu Oyamba

Bungwe la MANERELA+ lalemba bukulu potengera zina zomwe zinalembedwa ndi Bungwe la World Council of Churches pa nkhani za kamwedwe ka ma ARV mwandonodmekeo ndi Machilitso a chiKhulupiliro. Bukuli likubwera pozindikila kusamvetsetsana komwe kumakhalapo pa gawo la kamwedwe ka ma ARV mwandondomekeo ndi machiritso a chikhulupiliro komaso kuunikira malingaliro osayanera omwe amasokoneza kamwedwe ka ma ARV mwandondomekeo kwa anthu amene ali ndi HIV muchipembedzo. Kauniuniuni akusonyeza kuti mmaiko ambiri a ku mmwera kwa Africa kuphatikiza Malawi, pali mpungwepungwe kugawo la kamwedwe ka ma ARV ndi machiritso a chikhulupiliro. Bukuli likuzindikila kuti atsogoleri a mipingo ali ndi udindo waukulu polimbikitsa kamwedwe ka ma ARV mwa ndondomekeo mmene anthu alangizidwila ndi a za umoyo ndi kuthetsa mchitidwe wosalana ndi tsankho.

M'bukuli muli magawo othandiza ndikusonyeza atsogoleri a mipingo kuti aligwilitse ntchito mosavuta. Ndomemeko yosindikiza bukuli inaonetsetsa kuti maganizo a tsogoleri a Mipingo yosiyanasiyana mmalawi muno komaso mabungwe a zipembedzo (Malawi Interfaith AIDS Association - MIAA, Qadria Muslim Association of Malawi-QMAM, Muslim Association of Malawi - MAM, Malawi Council of Churches - MCC, Ministry of Health - MOH, Christian Health Association of Malawi - CHAM, Blantyre Synod Health and Development Commission - BSHDC, Pentecostal and Charismatic Network of Malawi - PECHANOMA) ndi National AIDS Commission (NAC) komanso nthambi zina zaboma monga Malawi Military Health Services, Malawi Defence Force Chaplaincy, ndi mabungwe omwe sali a boma (Civil Society Organisations - CSOs) aunikiridwa kukhala gawo la bukuli.

Atsogoleri a zipembedzo, mukupemphedwa kutenga nawo gawo pakugwiritsa ntchito bukuli m'madera anu ndikutidziwitsa zomwe mwakumana nazo potumiza ndemanga ku manerela@manerela.org or 0999870136

MUTU

1

Kagwiritsidwe ntchito ka bukuli

Pamenepo Yesayanati," Konzani phala lankhuyu". Iwo anakonza phalalo nalipaka pachithupsacho ndipo Hezekiya anachira" (2 Mafumu 20:7)

Bukhuli liri ndi mitu isanu ndi inayi (9). Mutu oyamba ukufotokoza za kagwiritsidwe ntchito ka bukuli ndipo mitu ina yotsatirayo kufikira mutu wachichisanu ndi chitatu (8) ikufokoza za zimene anthu amene ali ndi HIV amakumana nazo pa nkhani ya kumwa mankhwala mwandondomeko pokhudzana ndi machiritso a uzimu. Mutu omaliza ukufotokoza za kumemeza ndi kulumikizana pothandiza atsogoleri a chipembedzo komanso a m'madera kuphatikizapo anthu amene ali ndi HIV kuti akhale patsogolo pa nkhani yodzetsa machiritso. Mutu uwu ndi othandiza ophunzitsa kukonzekera ntchito yawo.

Njira zophunzitsira

Potengera zotsatira zomwe tikufuna kukwaniritsa m'bukuli, maphunzirowa akhoza kugwiritsa ntchito zosiyasiyana zophunzitsira monga izi; kulingalira, kukambirana mumagulu, kukambirana kalasi yonse, kuwerenga nkhani ndi kukambirana komanso kuphunzitsa mosonyeza.

Kulingalira

Ophunzitsa amafunsa mafunso amane amapangitsa ophunzira kulingalira mozama ndikupereka maganizo awo pa nkhaniyo.

Kukambirana m'magulu

Ophunzira amagawidwa mumagulu ang'onoang'ono a anthu okwana anayi kapena asanu ndi mmodzi. Ophunzitsa amapereka mafunso oti ophunzira akambirane m'magulumo. Akamaliza kukambirana, ophunzira m'modzi waguluyo amafotokozerana zomwe akambirana ndipo anthu ena a mugulumo amapemphedwa kupereka ndemanga. Gulu liri lonse likamaliza kufotoza, ophunzitsa amayika ndemanga ndikutsendera zonse.

Kuwerenga nkhani ndikukambirana

Njira iyi imapereka nkhani yomveka bwino kapena ma umboni amene anthu amawakamirana. Njirayi imagwiritsidwa ntchito pofuna kuthandiza ophunzira kuunika vuto kapena yankho lake. Koyambirira ophunzitsa amapereka mafunso omwe amawathandiza ophunzirawo kuunika nkhaniyo.

Kuphunzitsa mokambira

Njira iyi ndi imagwiritsidwa ntchito kwambiri. Njira imene ophunzitsa amafotokoza zinthu pogwiritsa ntchito pulojekita kapena mapepala olembapo. Phunziro limachitika mokambirana kuti aliyense atengepo mbali.

Pali zinthu zingapo zimene ophunzitsa ayenera kukumbukira kuti apangitse anthu kutenga mbali:

- Alankhule momveka bwino . Akweze ndi kutsitsa mau pa malo oyenelera.
- Alankhule chilankhulo chimene ophunzira amvetsetse.
- Mphunzitsi aziphunzitsa akuyang'ana m'maso ophunzira
- Afunse mafunso ngati njira yolimbikitsa ophunzira kutenga mbali.
- Akhale omasuka ndi odzichepetsa kwa ophunzira.
- Apewe kuwerenga buku lophunzitsira popezi izi ndi zithu zomwe ophunzira akhoza kupanga paokha.
- Aziyendayenda kuti anthe kuwona ophunzira onse m'mene akuchitira paphunziroli.

Zipangizo

Buku ili lapangidwa kuti likagwiritsidwe ntchito ndi atsogoleri a chipembedzo a madera osiyanasiyana kuphatikizapo akumudzi. Pachifukwa ichi tikupempha kuti mugwiritse zipangizo zosavuta kupezeka monga mapepala ndi zolemba.

Ndondomeko ya momwe maphunziro akuyenera kuyendela

Tsiku loyamba

NTHAWI	NTCHITO	WOCHITA
08:30am-0900am	Kulembetsa ,Kudziwana ndi Cholinga cha Mamphunziro	Maneral+
09:00am-10:00am	MUTU 1: Kagwiritse ka ntchito ka Buku ili	Maneral+
10:00am-10:15am	Health Break	Onse
10:15am-12:00pm	MUTU 2: Mutu 2: Kumvetsetsa Machiritso pa Chikhulupiro	Onse
12:00pm-01:30pm	Nkhomaliro	Manerela+
01:30pm-02:30pm	MUTU 3: Ma ARV ndi chozizwa Cha Mulungu	Onse
02:30pm-03:00pm	Ntchito za Magulu	Onse
03:30pm-03:15pm	Health Break	Manerela+
03:15pm-03:45pm	Kupeleka Zomwe akambilana mumagulu	Onse
03:15pm-03:45pm	Kuphela Mphongo zamamphunziro za tsiku loyamba	Manerela+
03:45pm-04:00pm	Kuseka ndi Pemphero	Manerela+

Tsiku la chiwiri

NTHAWI	NTCHITO	WOCHITA
08:30am-09:30am	Pemphero ndi kubweredza za tsiku loyamba	Maneral+
09:30am-10:00am	MUTU 4: Ndani akusowekera Machiritso? Kuyendera limodzi mwa u Mulungu	Maneral+
10:00am-10:15am	Health Break	Onse
10:15am-11:00am	MUTU 4: Ndani akusowekera Machiritso? Kuyendera limodzi mwa u Mulungu..kupitiriza.....	Manerela+
11:00am-12:00pm	Ntchito zamagulu Mutu 4	Onse
12:00pm-01:30pm	Nkhomaliro	Onse
01:30pm-02:30pm	MUTU 5: Kutanthauzira Machiritso achikhulupiliro pakusitha magulu a zipembedzo	Manerela+
02:30pm-02:45pm	Health Break	Onse
02:45pm-03:04:00pm	MUTU 6: Njira zothandizira machiritso. Kukhazikitsa njira yakuthandiza mmaganizidwe	Manerela+
04:00pm-04:30pm	Kuphera mphongo za tsiku lachiwiri ndi kutseka ndi pemphero	Manerela+

Tsiku la chitatu

NTHAWI	NTCHITO	WOCHITA
08:30am-09:30am	Pemphero ndi kubweredza za tsiku lachiwiri	Maneral+
09:30am-10:00am	MUTU 7: Achinyamata, Chikhulupiliro ndi Machiritso mu Nkhani za HIV	Maneral+
10:00am-10:15am	Health Break	Onse
10:15am-11:00am	MUTU 8: Maumboni: Zotsatira za Chikhulupiliro chamachiritso kudzela mmapemphero.....	Manerela+
11:00am-12:00pm	Ntchito zamagulu Mutu 8	Onse
12:00pm-01:30pm	Nkhomaliro	Onse
01:30pm-02:30pm	MUTU 9: Kumemeza ndi Kulumikizana	Manerela+
02:30pm-02:45pm	Health Break	Onse
02:45pm-03:04:00pm	Ntchito za Magulu	Onse
04:00pm-04:30pm	Kutseka maphunziro ndi pemphero	Manerela+

MUTU

Kumvetsetsa Machiritso pa Chikhulupiriro

"... Mundichitire chifundo Yehova pakuti ndalefuka ine mundichize Yehova pakuti anthunthumira mafupa anga..." (Masalimo. 6:1 -4)

"...O Ambuye wathu musatisenzetse chimene sitingachithe, tifafanizireni tikhululukireni machimo athu ndipo mutichitire chifundo..." (Quran 2 Vs 286)

Cholinga

Pamapeto pa gawoli, ophunzira amvetsetse kusiyana kwa machiritso pa chikhulupiliro ndi kuchiza.

Chiyambi

Kupita patsogolo kwa ukadaulo pankhani za Chipatala kwasintha machitidwe azinthu kuchoka ku kupeleka chisamaliro ndi kulunjika ku kupeleka chithandizo cha ma ARV.

Ntchito 1

Cholinga: Pakutha pa ntchitoyi, ophunzira athe kusiyanita kuchiza matenda ndi machiritso.

Kapangidwe: Kukhala mmagulu ang'onoang'ono; kukambirana pamodzi

Zipangizo: Mapepala olembapo, zolembera

Nthawi: Mphindi 20

Otsogolera agawa ophunzirawo m'magulu a anthu osapitirira asanu ndi mmodzi ndikuwalola maguluwo kulingalira za kusiyana pakati pa kuchiza ndi machiritso pa uzimu.

1. Kodi machiritso a uzimu ndi chiyani? Ndi mbali ziti za moyo wa munthu zomwe zimapindula ndi machiritsowa?
2. Kodi chikhulupiriro pachokha, opanda mankhwala chingachize HIV?
3. Kodi munganene chiyani kwa atsogoleri achipembedzo omwe amati atha kuchiza HIV ndi Edzi?

Machiritso pa chikhulupiliro ndi njira yachilengedwe yomwe munthu amapeza mpumulo ku mavuto kapena matenda kudzera kumphamvu yake pa chikhulupiliro pomwe kuchiza ndi ntchito yomwe achipatala amagwira pakuthana ndi matenda. Kuchiza kwa achipatala kumadzera mkuwunika/kuyeza nthendayo ndikupeleka mankhwala amene amathana ndi nthendayo kapena zizindikiro zake. Pa nkhani ya HIV, ma ARV sathetsa kapena kupha kachilomboka koma mmalo mwake amathana ndi zizindikiro za nthendayi, kutalikisa ndi kubwezera umoyo wa munthu mchimake komanso kuthandizira kuti kachilomboka kasafalikire kwa ena.

Pamene kuthana ndi matenda m'njira yachipatala kumalunjika pa nthendayo komanso kubwezelesa thupi mchimake, machiritso pa pachikhulupiliro amaposera?

apo chifukwa amabweretsa poyera kapena kuwunikira zinthu zomwe munthu amapanga zomwe zimalumikizitsa munthuyo ku matenda omwe ali nawo ndikuthana ndi nkhowa zomwe zimadza kamba ka nthendayo.

Titha kupeza machiritso kudzera mchikhulupiriro ngakhale tisanathane ndi nthenda yomwe yatigwira

Mziyankhulo zambiri ngakhaleenso m'Baibulo, nkovuta kusiyanyitsa machiritso pa chikhulupiriro ndi kuchira ku nthenda munjira ya mankhwala. Pozindikira izi, bukuli silikutsutsana ndi nkhani ya machiritso pa chikhulupiriro, koma mmalo mwake likufuna kukamba mwachindunji pa machiritso pa nkhani za HIV, omwe ngati osawamvetsa bwino zitha kupeleka uthenga oti machiritso pa chikhulupiliro amathana ndi HIV mthupi lamunthu.

**"..anadza ndikumutenga ndi dzanja ndikumukweza.
Pamenepo malungo adamleka, ndipo anayamba
kuwatumikira" (Maliko 1: 29-31)**

**"..... O inu anthu okhulupirira pewani kukayikira chifukwa kukhala
ndi chikayiko ndi tchimo....." (Quran 49 Vs 11-12)**

Njira zoyezera HIV

Kuyezetsa HIV ndi njira yokhayo yodziwira ngati munthu ali ndi HIV.

Pali njira zambiri zoyezera HIV kuphatikizapo kudzera m'magazi komanso mkamwa, kuyeza kwina amayeza ndi achipatala komanso pali ndondomeko zina zomwe munthu amaziyeza yekha.

Kudziyeza HIV wekha

Abambo ambiri sapita kukayezetsa HIV pazifukwa izi:

- Mantha akuti asalidwa ngati angapezeke ndi HIV.
- Kuopa kuululidwa ndi ogwira ntchito ku chipatala kapena kumalo omwe wayezetsa.
- Kutalikira kwa malo oyezetsera
- Kuopa kuyambitsa mapokoso m'mbanja ngati atapezeka ndi HIV.
- Amaopa kuti akawapeza ndi HIV alephera kusamalira banja lawo, komanso kuti zingawapangitse kuoneka ofowoka, odwala komanso ochimwa.

Masiku ano m'malo ambiri kwabwera mwayi watsopano, anthu akumadziyeza okha HIV.

Njirayi ndiyabwino ndipo imatulutsa zotsatira zodalilika komanso ndiyosavuta. Atsogoleri azipembezo ndi boma atha kufikira anthu amene angakhale omasuka kudziyeza okha HIV.

Amene zotsatira zawo zikuonetsa kuti ali ndi HIV, apite kuchipatala kuti akatsimikize.

Ntchito 2

Cholinga: Pakutha pa ntchitoyi, ophunzira amvetsetse kulumikizana kwa machiritso auzimu ndi machiritso akumwa mankhwala.

Njira: Kukhala mmagulu, kukambirana

Zipangizo: Mapepala olembapo, zolembera

Nthawi: Mphindi 40

Otsogolera agawe ophunzirawo m'magulu a anthu osapitirira asanu ndi mmodzi ndikuwauza kuti awerenge momvesa bwino ma vesi alembedwa m'mwambawa ndikuwakambirana potsatira ndondomeko izi:

1. Kodi Baibulo limaletsa kumwa mankhwala?
2. Perekani zitsanzo za "mafuta amachiritso" kudera lanu kapena ochokera mmaiko ena.

3. Kodi kumwa mankhwala mwandondomeko ndi chizindikiro chakuchepa chikhulupiliro kapena ndi chizindikiro cha mphamvu ya Mulungu yomwe yaonekera kudzera mwa achipatala?
4. Kodi atsogoleri a dziko lanu akudziwa za machiritso a chikhulupiliro? Nanga ngati boma, akuchitapo chiyani pa nkhanayi.
5. Potengera kumvetsetsa kwanu Kwa gawoli, mulirangiza bwanji boma pa nkhanu ya atsogoleri achipembedzo omwe amalalikira ma kachisi, m'mawailesi, makanema, nyuzi pepala ndi mmasamba amchezo zowalesa anthu omwe ali ndi HIV kumwa mankhwala mwandondomeko

Kodi awa ndi machiritso kapena kuthana ndi nthenda?

Kusiyana kwa kuchira ku nthenda ndi mchikhulupiro

Chikhulupiliro choti pemphero, mphamvu ya Mulungu ndi upangiri wa anthu omwe amapemphelera anzawo zimathana ndi matenda zakhala zikunenedwa mu mbiri ya dziko lapansi. Anthu akhala akuchira kumatenda mnjira zosiyanasiyana posakhala kudzera kuchipatala zomwe anthu poomba mkota amazitcha "kuchira mchikhulupiro"

Pali chikhulupiliro choti Baibulo maka muchipangano cha tsopano komanso Quran zimaphunzitsa kuti anthu azikhulupilira ndi kutsatira chiphunzitso choti munthu umachira ku nthenda monga khungu, kugontha mkutu, khansa, HIV, kulumala mu ubongo ndi matenda ena kudzera mukupemphereredwa. Izi ndi zomwe zimaphangitsa anthu kukhulupilira kuti mapemphero amachiza (pothana ndi) matenda mthupi.

Pamene munthu wadwala kapena wagwidwa ndi nthenda amasokonezeka mmaganizidwe ndi machitidwe ake a zinthu kuphatikizirapo moyo wake wa uzimu. Mapemphero ndi chikhulupiliro cha munthuyu zimathandiza pobwezeletsa mchimake chikhalidwe, kachitidwe ndi kagwiridwe ntchito ka thupi la munthuyu zomwensozimathandizira kwambiri ku kuchira kwa munthu pamene akumwa ma ARV.

Tikanena kuti chikhulupiliro chimachiza potanthauza kuthetsa matenda mthupi la munthu, zikutanthauza kuti chikhulupiliro kapena mapemphero amathetsa matenda kapena kupha tizirombo tomwe timayambisa matenda mu thupi la munthu odwala. Mwanjira ina mapemphero kapena chikhulupiliro zikugwira ntchito ya mankhwala pothetsa matenda ndi zizindikiro zake mthupi la munthu. Izi zimabweletsa mpungwepungwe pa momwe mapemphero ndi mankhwala zimagwirira ntchito mthupi la munthu.

Kufalikira kwa HIV ndi imfa zobwera kamba ka EDZI zikuchulukira ku mmwera kwa Africa Kamba ka kuchuluka kwa mchitidwe wa atsogoleri azipembedzo omwe akumawauza anthu omwe ali ndi HIV kuti asiye kumwa mankhwala powatsimikizira kuti awapempherera ndipo achira.

Kuchuluka kwa imfa zomwe zikubwera chifukwa chakudukiza kwa kumwa ma ARV zitipangitse kuti tirimbikitse ndikuwamema atsogoleri achipembedzo kuti alimbikitse kuwapempherera ndikupeleka chilimbikitso kwa anthu omwe ali ndi HIV kuti asasiye kumwa mankhwala. Kumwa ma ARV ndi machiritso auzimu zizichitikira limodzi.

Tanthauzo la machiritso pa chipembedzo

Machiritso amakhudza magawo onse amoyo kuyambira ku thupi ndi ku uzimu. Machiritso amabwezera thupi mchimake ndikubweletsa chiyembekezo pa umoyo wa munthu. Kuchiza nthenda ndi gawo limodzi chabe la machiritso. Kotero pamene tikunena za machiritso timakhala tikunena zambiri kuposera kungomwa mankhwala omwe amangothana ndi nthenda kapena tizilombo toyambisa matendawo chabe. Kotero kuchiza nthenda ndi gawo limodzi la machiritso.

Uthenga wa Mulungu umapereka chikhulupiliro ndi machiritso kuthupi. Mwachitsanzo, Mpongozi wa Simoni Petulo anachizidwa matenda ake ndi Yesu khristu. Machiritsowa sanali mu nthenda yokhayi komanso kubwezeletsa moyo wake wauzimu (Mateyu 8:14-15) "Motero kumbutsa mwina chikumbutso chingawathandize" Quran 87:9

Pamene Yesu anapita ku Galileya, Iye anatenga nthawi kuwachiza anthu, kuwalalikira ndi kuyankhulana nawo. Izi zinali chomwecho chifukwa Yesu amafuna kuti anthuwo athandizike ku umoyo wawo ku thupi ndi kuuzimu.

Pa nkhani ya HIV tikuyenera kuvomeleza kuti mkosatheka kuchira koma tizindikire kuti Mulungu amatikondabe. Motero, kwa omwe angabwere ndi uthenga otuza kuti amachiza HIV kudzera mmapemphero, tiwauze kuti izi zimatheka ngati munthu akumwa ma ARV mwandondomeko.

Kufunika Kwa machiritso achikhulupiliro ku HIV ndi Edzi

Chikhulupiliro chimachiritisa ndikubwezeretsa umoyo wa munthu mchimake pomwe mankhwala amathandizira kuchiza nthenda kudzera mchifuniro cha Mulungu. Posayang'ana ndi kulingalira zomwe anthu ena amakhulupilira ndikuphunzitsa, kodi mawu a Mulungu akuti chiyani pa kugwirisa ntchito mankhwala? Mukumva kwanu, mawu a Mulungu amatiuza kuti ndi tchimo kugwiritsa ntchito mankhwala kapena kuchepa chikhulupiliro?

Poyamba kafukufuku wathu, tiyeni tiwone buku la Genesis 37:25 lomwe limanena kuti Aismayeli anali kuchita malonda ndi mankhwala amachiritso. Kodi

zikutanthauza chiyani pakunena kuti mankhwala amachiritso. Makhwala amachiritsowa ndichani nanga amagwiritsidwa ntchito bwanji? Ekisodo 30:34-35 akuyankhapo gawo limodzi pa nkhanayi. Timanvanso za dandaulo la Yelemia mu Yeremiya 8:22, Yesaya 38:21 pamene amafuna kuziwa chifukwa chimene amphawi ku Gileadi thanzi lawo silinali mchimake ndipo anafunsa kuti "kodi mulibe Makhwala amachiritso mu Gileadi? Mulibe asing'anga m'Gileadimu?"

Yeremiya 46:11 akunena kuti pita ku Gileadi ukatenge mankhwala amachiritso iwe msungwana/buthu la mu Aiguputo. Wagwiritsa ntchito mankhwala ambiri koma palibe machiritso pa iwe"

Pophera mphongo, onaninso Yeremiya 51:8 "pakuti msanja ya babulo yagwa ndikupasuka; mdandaulireni, mubweretsereni mafuta amachiritso kuti mwina angachizidwe.

Nzachionekere mmavesi omwe ali m'mwambawa kuti machiritso mu uzimu amathandizira ku machiritso akuthupi. Koteru mkoyenera kuwalimbikitsa anthu omwe ali ndi HIV kuti azimwa ma ARV mwachikhulupiliro ndikupemphera. Munjirayi, ngakhale kuti mankhwala ochiziratu HIV palibe, omwe ali ndi HIV amapepukidwa m'maganizo ndikukhala ndi moyo wa ngwiro.

MUTU 3

Ma ARV ndichoizwa cha Mulungu

Nati iye, Pamene mwanayo akali ndi moyo, ndinasala kudya ndikulira, pakuti ndinati, Adziwa ndani kapena Yehova adzandichitira chifundo kuti mwanayo akhala ndi moyo. (2 Samuel 12:22),

Ndipo titumiza kuchokera mu quran mankhwala ochiza ndiponso chisoni kwa onse okhulupilira, ndipo imaonjezera kwa anthu osakhulupilira chiongeko. (Quran 17:82)

Cholinga

Pamapeto pa gawoli, ophunzira azindikire ndi kuvomereza mphamvu ya Mulungu pa kufunika kwa ma ARV.

Chiyambi

kubwera kwa ma ARV kwairitsa choizwa cha Mulungu.

- Pali zikhulupiro zina zomwe atsogoleri achipembedzo ena amafooketsa anthu omwe ali ndi HIV chifukwa chogwiritsa ntchito ma ARV. Amalingarila kuti ma ARV si "a Mulungu," kapena kuti anapangidwa ndi asayansi akudziko.
- Nthawi zina, amati kusiya ma ARV kumakhala ngati chitsimikizo chachikhulupiro chawo mwa Mulungu. Motero, kusagwiritsa ntchito ma ARV kumawoneka ngati chiwonetsero kapena chitsimikiziro cha chikhulupiro mwa Mulungu.
- Mchitidwe okhazikitsa machiritso achikhulupiriro koposa ma ARV kwabweretsa imfa zomwe zikanapeweka. Nthawi zina, mchitidwewu umapangitsa thupi kupima ndikubweretsa zovuta zina.
- Mchitidwe okhazikitsa machiritso achikhulupiriro koposa ma ARV kwabweretsa imfa zomwe zikanapeweka. Nthawi zina, mchitidwewu umapangitsa thupi kupima ndikubweretsa zovuta zina.

Nchito 1

Zochita: Pakutha pa ntchitoyi, ophunzira adzakhala atapindula ndi kuyamika ubwino wama ARV mu kasamalidwe ka Edzi. Ophunzira awunika momwe Edzi yawonongera madera ndi mayiko, komanso momwe ma ARV athandizira anthu, mabanja, madera komanso mayiko.

Njira: kukambirana pagulu; gulu lonse pamodzi

Zipangizo: mapepala olemberapo, zolembera

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu a anthu osapitilira asanu ndi mmodzi ndikulola kuti maguluwo aganizire ndikukambirana momwe zinthu zinaliri ma ARV asanabwere, pogwiritsa ntchito mafunso ali pansipa ngati malangizo.

Ophunzira achichepere atha kuthandizidwa powapatsa chidziwitso pa Imfa zokhudzana ndi Edzi m'mbuyomu. Chiwerengero chamdziko ndichothandiza kuposa chiwerengero chapadziko lonse lapansi.

Ndikofunikanso kuti otsogolera adziwe kuti ntchitoyi itha kukhumudwitsa ophunzira ena, choncho, ayenera kukonzekera mokwanira pa izi, mwachitsanzo, powonetsetsa kuti aphungu oyenerera alipafupi.

1. Zotsatira zakusapezeka kwa ma ARV zinali zotani mdela lanu?
2. Fotokozani zotsatira zomwe zingabwere chifukwa chakuchuluka kwa imfa zodza kamba ka Edzi. (ngati zilipo).
3. Mukumva bwanji za anthu; abale, abwenzi, anansi omwe adamwalira chifukwa chosowa ma ARV?
4. Ganizirani momwe zinthu zikadakhallira ngati anthu akumwalirabe chifukwa cha Edzi mmene zidaliriri poyamba.

Tisaiwale: Imfa zokhudzana ndi Edzi ndondomeko ya ma ARV isanayambe

M'zaka za m'ma 1990 anthu ambiri anafa chifukwa cha Edzi. Mabanja ambiri mu Africa adamwalira chifukwa cha matenda okhudzana ndi Edzi. Izi zidabweretsa mantha ambiri, monga kupezeka ndi HIV kunali ngati "chilango chonyongedwa." Mmene kudalibe ma ARV, anthu ambiri amangodikirira kumwalira. Munthawi imeneyi, mayiko ambiri kum'mawa ndi kumwera kwa Africa chiwerengero cha anthu omwalira ndi matendawa chidali chokwera. Adindo a mizinda ina adayamba kukambirana zakuchepa kwa manda, chifukwa cha kuchuluka kwa imfa kudapangitsa kuti ana ambiri akhale amasiye ndikusiyidwa mmavuto. Ndipo zotsatira za kulephera kupeza ma ARV munthawi yake zimachitikabe kwambiri mmaiko amu Africa. M'masiku amenewo atsogolera amipingo amapemphelera machiritso, koma sitinamvepo zochiritsa mozizwitsa. Pambuyo pake, aliyense yemwe anali ndi HIV koma wopanda chithandizo adamwalira

HIV MTHUPI HIV ikalowa mthupi, imapezeka mmagazi (ndi timadzimadzi tina mthupi). Pochulukana, imaziphatikiza ku asilikali a mthupi (CD4) ndikuwaononga asilikaliwo, HIV imapanga ma HIV ena pogwiritsa asilikali a mthupiwo. Asilikali a mthupi amene agwiritsidwa ntchito ndi HIV, amaonengeka. Umu ndi mmene asilikali a mthupi amachepera pamene HIV ikuchulukana. Munthu aliyense amene wapezeka ndi HIV amayenera kuyamba kumwa ma ARV.

Kuyamba kumwa ma ARV

Munthu asanayambe kumwa ma ARV, achipatala amayamba amuyezanso kusimikiza kuti alidi ndi HIV. Kenako amamufotokozera za ma ARV, mmene amagwirira ntchito, ubwino wake komanso zobvuta zomwe zingakhalepo ndi kukonza kwake.

Ma ARV ndi chani?

Ma ARV ndi mankhwala amene amathandiza kugonjetsa HIV. Ma ARV anapangidwa mophatikiza mankhwala atatu kapena kuposa apo kuti agwire ntchito bwino. Mankhwala samapha HIV kapena kuchiritsa matenda a HIV. Komabe akamwedwa mwa ndondomeko yoyenera, mankhwalawa amathandiza kuchepetsa kuchulukana kwa HIV mthupi. HIV ikachepa mthupi, munthu sadwaladwala.

Chimene chimalepheretsa ma arv kugwira ntchito

Ngati gulu la ma ARV limodzi kapena awiri okha ndiwo akugwilitsidwa ntchito, kapena ngati ma ARV sakumwedwa mwa ndondomeko yoyenera, kachilombo ka HIV kamapima ndipo ma ARV amasiya kugwira ntchito. Sikoyenera kumwa ma ARV modukizadukiza. Ngati mitundu yosachepera itati ya ma ARV ikugwiritsidwa ntchito, HIV yosinthitka imasowa mpata wochulukana. Izi zimathandiza kuti ma ARV agwire ntchito bwino kwa nthawi yaitali. Kuyeza kuchuluka kwa kachilombo mthupi kumathandiza kudziwa mmene ma Arv akugwirira ntchito.

Mabvuto omweangapezeke ngati munthu sakumwa mankhwala mwandondomeko

- Kachilombo kamapima,
- Tizilombo timayamba kuswana ndipo chitetezo cha mthupi chimatsika.
- Chitetezo cha mthupi chikatsika, munthu amakhala chiopsyozo chodwaladwala.

Ngati munthu anasiya kumwa ma ARV

Ngati munthu anasiya kumwa ma ARV ayenera kupita kuchipatala kuti akamuyeze ndikulandira uphungu.

Zotsatira za Lazaro: ARV ndi Kubwezeretsa Moyo

Imodzi mwa nkhani zochititsa chidwi kwambiri m'Baibulo ndi ya kuwukaso kwa Lazaro (Yohane 11:1-44). Lazaro, yemwe atamwalira mwa amoyo, anaukitsidwa ndi Yesu Khristu. Pankhani ya HIV ndi Edzi, pakufunika kuzindikira zotstira zozizwa za ma ARV. Anthu ambiri omwe anali pafupi kufa, adakhudidwa ndi HIV ndi Edzi adabwereranso monga momwe adaliri kale chifukwa cha ma ARV. Imfa zambiri zomwe zimadziwika mderalo zinachepetsedwa chifukwa cha ma ARV. Zotsatira zake zakhala zopambana kwambiri kotero kuti azachipatala ndi anthu amamadera amafanizira ma ARV ndi chiukitso cha Lazaro.

Ndipo perekani njira ya Mulungu ndipomusadziponye nokhaku chionongeko. Chitani zabwinondithudi Mulungu amakonda ochita zabwino. (Quran 2 :195).

Ntchito 2

Zochita: Pakutha pa ntchitoyi, ophunzira athe kuganizira za ubwino wa ma ARV pa miyoyo ya anthu omwe ali ndi HIV; mabanja awo, madera awo, ndi mdziko. Komanso amvetsetse kuti HIV ingathe kuchepetsedwa, kulola anthu omwe ali ndi HIV kuti angathe kukhala ndi moyo wathanzi, ndi kupewa kupatsira ena HIV monga ana ndi wokonedwa awo, ndi kukhalabe olimba pachuma.

Njira: kukambirana mmagulu ang'onoang'ono; gulu lonse pamodzi

Zipangizo: Mapepara, zolembera, Baibulo ndi Quran.

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi ndikuwalola kuti aunikire za ubwino wa ma ARV m'miyoyo ya anthu amene ali ndi HIV, mabanja awo, madera awo ndi m'dziko, pogwiritsa ntchito mafunso ali mmusimu.

1. Kodi kupezeka kwa ma ARV kwasintha motani miyoyo ya anthu omwe ali ndi HIV?
2. Perekani ndemanga momwe ma ARV akhudzira zaumoyo ndi zachuma (ndikuwonetsanso kuti munthu yemwe ali pa ma ARV amatha kutenga pakati ndikubereka mwana opanda HIV akatsatira upangiri woyenera wa ma ARV).
3. Kodi ma ARV amapezeka bwanji mdera lanu? Ngati pali mwayi wochepa, fotokozerani njira zothetsera mavutowo.
4. Kodi machiritso a chikhulupiro akhudza bwanji anthu omwe ali ndi HIV mdera lanu?
5. Kodi mchitidwe wosalana wakhudza bwanji anthu omwe ali ndi HIV mdela lanu? Nanga ndi ziti zomwe zakhudzidwa ndi kusalidwa kwa anthu okhala ndi HIV mdera lanu?

"Zozizwa za Mulungu zimadzera njira zosiyanasiyana": Thandizo la ma ARV ngati chozizwa cha Mulungu

M'madera ambiri m'dziko muno, atsogoleri ena achipembedzo (ochokera ku zipembedzo zamakolo, Chikhristu, Chisilamu ndi zikhulupiliro zina,) akhala akunyalanyaza chithandizo cha ma ARV ndi kunena kuti machiritso a chikhulupiliro okha ndi omwe ali ochokera kwa Mulungu. Iwo amati kusiya kugwiritsa ntchito ma ARV ndikudalira machiritso achikhulupiliro, ndichitsimikizo kuti munthuyo amadalira Mulungu. Izi zidadzetsa imfa zosayembekezera, zovuta, komanso malingaliro olakwika pa ma ARV. Izi ndi zokhumudwitsa ndinso kumvetsa chisoni, chifukwa anthu ambiri mdziko muno anatenga nawo mbali kuti ma ARV athe kupezeka.

Chifukwa chiyani atsogoleri ena achipembedzo akuletsa ma ARV, pomwe akupezeka ndikupulumutsa miyoyo?

Ntchito 3

Cholinga: Pakutha paphunziroli, ophunzira adzayamikira lingaliro loti ma ARV atha kuonedwa ngati chozizwa kuchokera kwa Mulungu. Zotsatira zake, kuchiritsa kwachikhulupiliro si njira yokhayo yomwe Mulungu amalowerera munkhani ya HIV ndi Edzi.

Njira: kuphunzira mozama za Baibulo

Zipangizo: Baibulo, mapepara, zolembera

Nthawi: Mphindi 45

Werengani 2 Mafumu 5: 1-15 kwa onse omwe atenga nawo mbali. Kenako gawani ophunzira m'magulu a osapitilira asanu ndi m'modzi ndikuwalola maguluwo kuti aganizire za kuwerenga, kugwiritsa ntchito mafunso ali pansipa ngati malangizo.

Nkhaniyi ikuphatikizapo anthu ena amphamvu kwambiri monga Namani, wamkulu wa ankhondo wa mfumu ya Aramu; ndi mfumu ya Israeli. Koma anali anthu odzichepetsa, makamaka kabuthu, komwe kanathandizira kwambiri kuchilitsidwa kwa Namani. Iye anali patsogolo pa kuvetsetsa zamachiritso. Mneneri wa Mulungu Elisa akubwera ndi machiritso amene Namani samayembekezera. Namani amayembekeza mtundu wina wa machiritso womwe ndiwodabwitsa; koma Mulungu anapereka machiritso othandiza, osavuta koma ogwira mtima.

Chimodzimodzi mu Quran 18:10 pamene anyamata anathawa ndipo adalowa ndicholinga chopezamalolo kumphanga ndipo adati Ambuye wathu! Tionetseni chisoni chochokera kwa inu ndipo tikonzereni zinthu zathu munjira yoyenera.....

Koma Mulungu anachita zozizwa, anapereka chitetezo, machiritso, mosavuta ndimogwira mtima.

Otsogolera akuyenera kutsindika kuti kupezeka kwa ma ARV kwachepetsa "Imfa" zodza ndi HIV. Ndizotheka kuti anthu akhale a thanzi kudzera mwa thandizo la chipatala ndi mapemphero kuphatikiza omwe ali ndi HIV.

Kulandira thandizo ndikosiyana ndi kuchiritsa. Pakadali pano palibe mankhwala odziwika ochiritsa HIV. Komabe zozizwa za Mulungu zimachitika m'njira zosiyanasiyana kwa anthunso osiyanasiyana.

Tapemphera kwa Mulungu kuti athandize madotolo kupeza njira yochizira Hiv .Ma ARV ndi chozizwa chochokera kwa Mulungu, chomwe chikupezeka kwa miyandamiyanda ya anthu. Machiritso onse amachokera kwa Mulungu, ndipo ndi Mulungu yemweyo amene ali kumbuyo kwa kafukufuku wa sayansi, ndipo ndi iye amene amachiritsa mwa uzimu.

1. Kodi ndimachiritso otani omwe Namani anali kuyembekezera kuchokera kwa mneneri Elisa? Chifukwa chiyani poyambirira Namani sanafune kutsatira malangizo a Elisa?
2. Kodi a ntchito a Namani adamuthandiza bwanji?
3. Kodi pali anthu pakati pathu ofanana ndi iwo m'nkhaniyi? omwe amalimbikitsa anthukupita kukayezetsa ndi kulandira chithandizo? omwe amathandiza anthu kupitiliza kutenga ma ARV?
4. Ndi chithandizo ndi machiritso otani omwe Mulungu wapereka kwa ife omwe tili ndi HIV? Chifukwa chiyani kuli kofunika kupitiriza ma ARV ndi kupemphera ngakhale tikupeza bwino?
5. Monga atsogoleri achipembedzo, kodi tiyenera kuchita chiyani kuti tilimbikitse moyo wathanzi ndi machiritso kwa amene ali ndi HIV?

MUTU 4

Ndani akusowekera machiritso? Kuyendera limodzi mwa u Mulungu

*"Ndani akusowekera machiritso? Kuyendera limodzi mwa u Mulungu
"Ndipo mmene Petro analingalira zamasomphenya, mzimu ananena
naye, tawona, amuna atatu akufuna iwe. Komatu tawuka, nutsike,
ndipo upite nawo, osakayika kayika; pakuti ndawatuma ndine."
(Machitidwe 10:19-20)*

*"Ndipo tikuyitumiza qur'an yomwe imachilitisa (matenda ammitima)
ndiponso ndi chifundo kwa okhulupilira. Komabe osalungama
sikuwaonjezela (kanthu kena)koma kuluza ndikutaika" (Qu'an 17:82)*

Cholinga

Pamapeto pa gawoli, ophunzira akhale atazindikira mozama pa zovuta zambiri za HIV ndi Edzi kwa anthu osiyanasiyana ndikukhala nako kuvomereza pa machiritso a HIV ndi Edzi.

Chiyambi

Tonse tikudziwa kuti pali anthu omwe ali ndi HIV. Zaka zingapo zapitazo, ambiri akhala akudwala matenda odza chifukwa cha Edzi. Komabe, chifukwa cha kupezeka kwa ma ARV, anthu ambiri omwe ali ndi HIV amakhala ndi thanzi labwino komanso miyoyo yabwinobwino. Pamene HIV yalowa mthupi la munthu sichoka, ngakhale itafooka. Nthawi zambiri, timaganiza kuti awa ndi anthu okhawo omwe akufunika machiritso.

- Tikudziwanso kuti anthu omwe ali ndi HIV ndi anthu am'mabanja, madera, komanso mayiko. Mmene mthupi mwawo muliri zimakhudzanso madera mu njira zosiyanasiyana. Kodi madera awa komanso anthu omwe ali ndi HIV amafunanso kuchiritsidwa?
- Mabanja amakhudziwa pamene mmodzi mwa iwo ali ndi HIV mthupi lake. Nthawi zina amayenera kumperekeza kuchipatala kuti akalandire thandizo.

Nthawi zambiri, ndi omwe amathandizira kutsatira ndondomeko ya mankhwala. Ndipo nthawi yomwe wadwala, achibale ali ndi udindo omusamalira.

- Achipembedzo amakumananso ndi zovuta zomwe zimadza chifukwa cha HIV. Achipembedzo amadziwika kuti amakhala ndi ubale wamphamvu kwambiri munthawi ya thanzi komanso mu nthawi ya matenda. Achipembedzo nthawi zina amapereka chisamaliro kwa odwala ndi okhudzidwa. M'magulu azipembedzo pali akatswiri osiyanasiyana - monga achipatala, alangizi, ndi ena ambiri- omwe nthawi zambiri amapereka ukatswiri wosamalira anthu omwe ali, komanso akhudzidwa ndi HIV
- Mabungwe azaumoyo, aboma komanso amipingo, akukhudzidwa kwambiri pa chisamaliro ndi chithandizo cha anthu omwe ali ndi HIV. A chipatala ndi atsogoleri achipembedzo amatenga gawo lofunikira kwambiri pa kuzindikiritsa kuti ntchito zaumoyo ndi zofunika pa chisamaliro cha anthu amene ali ndi HIV .
- Atsogoleri achipembedzo amakapempheleranso odwala m'zipatala. Amatenga mbali yofunikira pa chisamaliro ndi chithandizo cha anthu omwe ali ndi HIV. Mawu awo akhoza kupereka moyo - koma nthawi zina mawu awo amathanso kupha iwo omwe adakali ndi moyo.
- Mfundo zomwe zatchulidwazi zikuwonetsa kuti onse omwe ali ndi HIV komanso iwo omwe akhudzidwa ndi HIV amafunika kuchiritsidwa. Pokumana ndi chosowachi, tiyenera kuwunikiridwa kuti tithe kusiyantsa pakati pa kuchiritsidwa ndi kuthandizidwa. M'machiritso muli zambiri monga; chithandizo, kuchiritsa, chikhalidwe, malingaliro, chuma, komanso moyo wauzimu.

Nchito 1

Cholinga: Pakutha pa ntchitoyi, ophunzira akhale atazindikira magulu a anthu ofunika kuchiritsidwa ku zotsatira za HIV mmadera awo.

Njira: Magulu ang'onoang'ono; gulu lonse pamodzi

Zothandiza: Mapepala olembapo, zolembera

Nthawi: Mphindi 20

Otsogolera agawe ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira asankhe wapampando ndi mlembi yemwe adzilemba mfundo zomwe agwirizana ndikuwonetsanso

zomwe gulu lapeza. Mafunso ndi mfundo zotsatirazi zithandiza maguluwa pokambirana:

1. Pezani magulu a anthu omwe akufunikira kuchiritsidwa ku zotsatira za HIV mdera lanu.
2. Ikani mu ndondomeko magulu omwe mwapeza kutengera ndi amene akufunikira machiritso kwambiri.

Ntchito 2

Cholinga: Pakutha pa ntchitoyi, ophunzira apeze zosowa zapadera zamagulu osiyanasiyana omwe akhudzidwa ndi HIV mmadera awo.

Njira: Magulu ang'ono ang'ono; gulu lonse pamodzi

Zothandiza: Mapepala olembapo, zolembela

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira asankha wapampando ndi mlembi yemwe alembe mfundo zomwe agwirizana ndikuwonetsa mfundozo ku gulu lonse. Mafunso ndi mfundo zotsatirazi zithandiza maguluwa pokambirana:

1. Lembani mitundu yosiyanasiyana ya machiritso kwa anthu (mwachitsanzo, kupatsidwa mphamvu zachuma).
2. Unikirani mtundu wamachiritso omwe anthu mwapeza mu ntchito 1 akufuna. Maguluwa angakhale akusowa machiritso osiyanasiyana. Lembani zonse zomwe zingafunike ku gulu lililonse.
3. Ikani mitundu yosiyanasiyana ya machiritso m'magulu awiri: m'gulu 1 muli kuchiritsa komwe anthu mdera atha kugwiritsa ntchito popanda thandizo la ena; m'gulu 2 muli machiritso amene anthu angafune kuchokera kwa anthu ena.
4. Kodi atsogoleri achipembedzo angatani kuti athe kuchiritsa anthu am'madera awo komanso anthu omwe akhudzidwa ndi HIV ndi Edzi?

Kuyendera limodzi mwa u Mulungu ngati chida chofunikira pa machiritso a chikhulupiriro

Pozindikira kuti anthu ambiri mdera lathu lachipembedzo avutika ndipo awopyezedwa chifukwa cha HIV ndi Edzi, atsogoleri achipembedzo amafunsidwa kuti akhale anzawo a iwo amene ali komanso akhudzidwa ndi HIV. Awa ndiye maziko othangatira a u Mulungu owonekera mmadera mwathu.

Chiphunzitsa cha Mulungu chimatanthauza momwe timaganizira, kulingalira, ndi kuyankhulira za Mulungu. Izi zikutanthauza kuti tonsefe timaphunzitsa za Mulungu tsiku lililonse.

Kuyenda limodzi kumatanthauza kuyenda limodzi ndi munthu wina kapena ndi ena mogwirizana. Ulendo wawo umakhalanso ulendo wathu. Kudzera mu kuyendera limodzi, timakhala othandizana. Anthu omwe akukumana ndi zovuta za HIV komanso Edzi ali paulendo, ndipo magulu achipembedzo akuitanidwa kuti apite nawo limodzi paulendowu (Machitidwe 16: 1- 40 /Qur'an 49:10).

Monga okhulupirira, timakhulupirira kuti Mulungu amatitsogolera nthawi zonse. Ndipo popeza Mulungu amafuna kuti tizitsanzira iye nthawi zonse, timakhulupirira kuti Mulungu amafunanso kuti tiziperekeza ena m'maulendo awo. Izi ndizowona pa maulendo a moyo ndi imfa, ngati tiyenda tokha maulendowa amakhala owopsya (Yeremia. 1: 7-8).

Izi zimamveka bwino pa zomwe zinachitika "panjira yopita ku Emau "(Luka 24: 13-53), pamene Yesu khristu anatsagana ndi amuna awiriwo naseyama nawo pa gome. Kuyendera limodzi ndi njira yabwino yokhalira ndi kulalikira uthenga wa moyo kwa iwo osalidwa.

Monga okhulupirira, kuyendera limodzi kumawonekera mu njira zosiyanasiyana motere.

1. Kupemphera limodzi

Pemphererani iwo omwe angafune kwambiri kuthandizidwa chifukwa cha zotsatira za HIV ndi Edzi (Gen. 20: 1-18). Monga;

- Omwe ataya okondedwa awo
- Kusungulumwa
- Osalidwa
- Ochitiridwa nkhanza
- Ovutika mchikhulupiriro
- Okanidwa
- Oponderezedwa
- Ali m'malo osamalira odwala kudera
- Ofuna kufa
- Odwala
- Ali munyengo yosintha.

2. Kuphunzira limodzi

Werengani Luka 2: 1- 20.

- Kodi zikutanthauza chiyani kuti Mulungu adasandulika munthu?
- Kodi izi zikutanthauza chiyani kwa ife pa nkhani yoyendera limodzi?
- Kodi mau oti kuyenda limodzi amanthauza chiyani kwa ife?

Werengani Genesis 2-3.

- Ndani adalenga kumwamba ndi dziko lapansi?
- Kodi zochita za Mulungu zimakhala ndi mulingo otani pa kuyendera limodzi?
- Tingaphunzire chiyani kuchokera ku ntchito za Mulungu pamene tikuyang'ana zomwe tingachite kwa anthu omwe akuvutika ndi zotsatira za HIV ndi Edzi?

3. Kuyenda limodzi popembedza

Mu nkhani ya zochitika panjira ya ku Emau, Yesu amayenda ndi ophunzira ake. Kuyenda limodzi kukutanthauza kupembedza limodzi. Lingalirani kuyenda mdela lanu ndi kuwapempherera anthu am'delalo. Nyimbo yoti "Tiyende Pamodzi" ndi nyimbo yamphamvu yotanthauza ku pembedzera limodzi (apa otsogolera ayeneranso kupeza nyimbo za kumaloko zomwe zimafotokoza mgwirizano ndi umodzi). Osangopempherera amene akusowa thandizo kokha, komanso pembedzani nawo limodzi. Azindikiritsemi kuti mmawakumbukira m'mapemphero anu ngakhale iwo kulibe; Azindikiritsemi kumva kuti sali okha paulendo wachikhulupiriro popembedza nawo.

4. Kuyendera limodzi mchilimbikitso (Mat. 28: 18-20)

Anthu omwe ali komanso akhudzidwa ndi HIV ndi Edzi amatopa nawo moyo chifukwa cha zovuta zomwe akukumana nazo. Anthu oterewa amafunika kulimbikitsidwa kuti asataye mtima pa Mulungu ndi pa anthu a mdela lawo. Timayenda nawo powalimbikitsa ndi kugawana nawo zokumana nazo.

- Ndi mawu ati achilimbikitso amene tingawawuze anthu amene tikuyenda nawo?
- Nkhani yanu yoperekedza ndi iti? Ndani wakuperekedzani ndipo zakusinthani bwanji? Nkhani yanu itha kukhala chiyambi cha chilimbikitso kwa ena.
- Ndani a mchipembedzo chanu omwe akumafuna kulimbikitsidwa ndi kukumbutsidwa kuti sali okha? Kodi mungawafikire bwanji?

5. Kuyendera limodzi potumikira (Mat. 23:11)

Tikuzindikira za anthu omwe sangakwanitse kuchita zinthu zonse mwa okha. Titha kukhala pa ubale ndi anthu oterewa popeza nthawi yowathandiza kuchita zinthu zimene sangathe kuchita okha. Monga okhulupirira, tidayitanidwa kutumikira, monganso Khristu adatumikira.

Ndi mwayi wanji odzipereka pakuthangatira mu mdera lanu? Zitsanzo zingaphatikizapo kuyendera nyumba zosungira okalamba kapena ndende, kuphunzitsa Sande sukulu, kugwira ntchito ndi chitsimikiziro, kudzipereka muzochitika za kusukulu, kuyendera anthu okhudzidwa m'nyumba zawo (kuthandiza kuchapa, kuphika chakudya, ndi zina zambiri). Ntchito zomwe zimawoneka ngati zopanda phindu koma zofunika powonetsera kuyendera limodzi.

6. Kuyendera limodzi pakupereka (Deut. 24: 19-22)

Zotsatira za HIV ndi Edzi zasiya anthu ambiri ali pamavuto, makamaka achikulire amene akusamala ana amasiye kamba ka imfa zomwe zimadza ndi Edzi. Ena mwa agogo amenewa ndi okalamba kwambiri moti sangathe kugwira ntchito kuti athe kusamalira adzukulu zawo. Nthawi zina ana amasamalana okhaokha.

- Mu nyengo zimenezi tikhoza kuyenda nawo limodzi powathandiza ndi zinthu monga: chakudya, zovala, ndi malo ogona. Taganizirani izi kuchitira ena mwa mabanja ovutika amene mukuyenda nawo.

7. Kuyendera limodzi pakuwapatsa mphamvu (Gen. 12: 7)

Ana amasiye, akazi amasiye, ndi agogo ndiwo omwe akhudzidwa kwambiri ndi HIV ndi Edzi, chifukwa ambiri mwa iwowa siwodzidalira pa chuma. Powapatsa mphamvu ndi imodzi mwa njira yoyendera nawo limodzi. Mwa chitsanzo, zothandizira zitha kuperekedwa kuti moyo wawo ukhale wa bwino pamodzi ndi mabanja awo. Zina mwa izo zoyendera limodzi ndi:

- Kuwalipira pamaphuziro awo
- Kupereka ndalama yoyambira bizinezi.

Ntchito 3

Cholinga: Pamapeto pa ntchitoyi, ophunzira adzamvetsetse kufunikira koyendera limodzi ndikukonza ndondomeko ya momwe angayendere limodzi ndi anthu omwe akhudzidwa ndi HIV ndi Edzi mdera lawo.

Njira: Magulu ang'ono ang'ono; gulu lonse pamodzi

Zothandizira: Mapepala olembapo, zolembela

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu osapitirira anthu asanu ndi mmodzi. M'maguluwa, ophunzira asankhe wapampando ndi mlembi yemwe alembe mfundo zomwe agwirizana ndikupereka ku gulu lonse zomwe apeza. Mafunso ndi mfundo zotsatirazi zithandiza maguluwa mu zokambirana:

1. Kodi kuyendera limodzi kukutanthauza chiyani pa nkhani ya HIV ndi Edzi?
2. Ndi magulu ati a anthu mdera lanu omwe akufunika kuyenda nawo limodzi?
3. Mungatani kuti muyendere limodzi ndi anthu omwe akhudzidwa ndi HIV ndi Edzi mu dera lanu popanda thandizo lakunja?
4. Kodi mungafune kuchita chiyani kuti muyende limodzi ndi anthu omwe akhudzidwa ndi HIV mdera lanu pofuna thandizo lakwina?

MUTU 5

Kutanthauziranso machiritso achikhulupiriro ndikusintha machitidwe a magulu a zipembedzo

".....Chifukwa chake iye andidzoza ine ndiuze anthu osauka uthenga wabwino: Anandituma ine kulalikira ansinga mamasulidwe ndi akhungu kuti apenyenso, kutulutsa ndi ufulu ophwanyika." (Luka 4:13)

"Ndipo titumiza kuchokera m'Quran mankhwala ochiza ndipo chisoni kwa onse okhulupilira" (Quran 17:82)

Cholinga

Pamapeto pa mutuwu, ophunzira amvetsetse kusintha kwa magulu azipembedzo atatha kutanthauziranso machiritso achikhulupiriro mwa mphamvu.

Chiyambi

Mutuwu upereka kumvetsetsa kwa machiritso achikhulupiriro mozama koposa kuchiritsidwa monga za fotokozeredwa kale. HIV ikalowa mnthupi siimatuluka mpaka mankhwala atadzapezeka othana nayo. Ngati anthu achikhulupiriro, timakhulupirira kuti amene ali ndi HIV akhoza kuchilitsidwa. Machiritso amenewa akutanthauza pamene munthu wafika :

- Pakudzitetedza ku HIV ndizotsatira zake
- Atha kukhala moyo wathanzi monga wina aliyense, kuphatikizapo kukhala pa banja ndi kukhala ndi ana
- Sakusalidwa komanso akutenga nawo mbali m'zochitika za mu deralo.

- Akuziimilira okha pa chuma ndi kuthandiza omwe akukhala nawo.

Mwa ichi, iwo amene ali ndi HIV atha kudzivomereza okha komanso kuvomerezedwa mu dera lawo ngati wina aliyense, pakugonjetsa kusolidwa. Anthu amenewa akuchila koma osati kuchilitsidwa. Machiritso achikhulupiro akulimbikitsa powadzithandiza athu omwe ali ndi HIV kuti athe kugwira ntchito ili yonse kuti akhale ndi moyo wathanzi. Ngati achipembedzo agwira ntchitoyi amakhala osinthika. Amagwira ntchito ndi anthu aupangiri osiyanasiyana kubweretsa machiritso kwa anthu omwe ali ndi HIV. Machiritso otere amasefukira kwa anthu okhudzidwa ndi HIV.

Kufotokozanso za machiritso achikhulupiro

Kufotokozeranso machiritso achikhulupiro kumveka ngati njira yachitatu

- yothandizira panjira zomwe zilipo kale monga zachipatala ndi zachikhalidwe.

Baibulo komanso Quran zimafotokoza momveka bwino tanthauzo la machiritso a chikhulupiro. Kubwera kwa HIV ndi Edzi kwabweretsa magawo atsopano ku uzimu ndi machiritso omwe apangitsa anthu okhulupirira kukhulupirira atumiki onyenga monga asing'anga, abusa, ndi aneneri omwe amati Mzimu Woyera amagonjetsa matenda onse. Atumiki onyengawa amagwiritsa ntchito mapemphero, mafuta, madzi oyera, ndi zinthu zina ngati njira yamachiritso; zomwe zikubwezeretsa m'mbuyo nkondo yolimbana ndi HIV ndi Edzi. Nthawi zina pokhulupirira izi amasiya kumwa mankhwala mapeto ake amafa. Awa simachiritso eni eni ndipo okhulupirira akuyenera kukana mchitidwewu kwathunthu.

- Achipembedzo m'madera awo ali ndi gawo lofunikira pomenya nawo nkondoyi, makamaka munthawi ino ya HIV ndi Edzi. Machiritso si kuthupi kokha komanso ku uzimu. Ngati anthu akhulupirira kuti achiritsidwa, komanso anthu awalandira ngati ochiritsidwa, amachiradi. Monga momwe zimakhallira ndi anthu a khate amasalidwira, HIV ndi Edzi itha kugonjetsedwa ngati tigwirana manja achipatala ndi a zipembedzo mopanda kupikisana.

- Anthu awunikiridwe kuti ma ARV ndi chikonzero cha Mulungu pogonjetsa HIV ndi Edzi, ndikuti a chipatala, aneneri, asing'anga, ma sheikh ndi abusa - ndi zotengera za Mulungu. Machiritso amabwera kudzera mu njira za uzimu komanso za kuthupi. Machiritso a Mulungu amabwera mu njira zosiyanasiyana. Chofunika kwambiri pamapeto pa zonse ndicho kuzindikira kuti machiritso athunthu ndi nkondo yofunika kugwirana manja.

- Kuchiritsa kochokera kuchipatala, [komwe ndiko kugwiritsa ntchito mankhwala amakono] kufanana ndi kwa chilengedwe monga kugwiritsa ntchito mafuta amachiritso, madzi, matope, masamba, ndi mizu; kotero zimathandizira mphamvu za uzimu osati kutsutsana nazo.

- Machiritso auzimu amatanthauza kuthekera kwa chikhulupiro pothandizira kutsetsa mavuto ndi kubwezeretsa moyo wokhazikika wachibadidwe, maganizidwe, umoyo wa za chuma, komanso wa uzimu. Machiritso auzimu amathandizira mwathunthu chithandizo chomwe chaperekedwa ndi achipatala.

- Zipembedzo zikuyenera kukumbukira kuti aneneri oona a Mulungu Amabweretsa chilimbikitso cha moyo osati imfa. Ngati munthu akudzinenera
- kuti ndi mneneri wa Mulungu koma akulengeza ndikulimbikitsa uthenga ndi machitachita omwe angabweretse imfa, ameneyo sangakhale mneneri wa Mulungu. Aneneri onyenga amalimbikitsa anthu omwe ali ndi HIV kuti asiye kumwa ma ARV, zomwe zimapangitsa kuti thanzi lawo liwonongeke komanso matenda awo akule.

Ntchito

Njira: magulu ang'ono ang'ono; gulu lonse

Zothandizira: mapepala olembapo, zolembera

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu a anthu osapitilira asanu ndi mmodzi ndikulola kuti maguluwo aganizirepo za zipembedzo zosinthika ndi machitidwe ake, pogwiritsa ntchito mfundo ndi mafunso awa:

1. Kodi mukuganiza kuti ndikofunikira kutanthauzanso machiritso a chikhulupiriro pa nkhani za HIV ndi Edzi?
2. Mukuganiza kuti tanthauzo la "machiritso achikhulupiliro" lomwe laperekedwa mu mutu umene wu ndi lokwanira? Ngati sichoncho, mungawonjezere chiyani pakatanthauzidwe katsopano ka "machiritso a chikhulupiriro"?
3. Nkuganiza kwanu, machitidwe a zikhulupiriro zosinthika ndi zoyenera?
3. Kodi malingaliro anu ndi otani pokhudzana ndi mipingo ya m'dera lanu poyerekeza ndi machitidwe a zikhulupiriro zosinthika?

Makhalidwe a magulu achipembedzo osinthika

Kuthekera kwakukulu kulipo m'magulu azipembedzo pakupereka chisamaliro, chitonthozo, ndi chithandizo chauzimu chapadera kwa omwe ali ndi HIV m'madera awo. Kuphatikiza apo, magulu azipembedzo osinthika amakhala ndi ziphunzitso zawo zabwino. Ziphunzitsozi zimalimbikitsa chikondi cha mnansi wa munthu yemwe alibe mwayi, chifundo, kuvomereza ena, ndi kulorerana ndi anthu azipembedzo, mitundu ndi zikhulupiriro zina. Chikhulupirirochi chimatsutsana ndi mchitidwe osala anthu omwe akhudzidwa ndi HIV.

Chipembedzo chosinthika chili ndi anthu azipembedzo zosiyanasiyana

Amayitanidwa ndi Mulungu kuti atsimikizire moyo wokhala ndi chiyembekezo ndi machiritso pakati pa HIV ndi Edzi. Kukula kwa mlirihu kwapangitsa kuti agwirane manja ngakhale ali osiyana chikhulupiriro. Miyambo yawo imawapangitsa kukhala ndi chiyembekezo ndikukondwerera moyo ndi machiritso pakati pamavuto. HIV ndi Edzi ndi vuto la tonse lomwe aliyense ayenera kutengapo mbali.

Chipembedzo chosinthika chimalimbikitsa chikondi

Mulungu salanga ndi matenda koma amakhala ndi anthu ake kuwapatsa mphamvu, chilimbikitso ndi chiyembekezo. Mulungu wathu ndi wamphamvu kuposa HIV ndi Edzi.

Chipembedzo chosinthika chimalimbikitsa kusamalana mwa chifundo

Ayenera kuonetsetsa kuti anthu omwe akhudzidwa ndi mliri wu (posatengera chipembedzo, mtundu, maonekedwe, msinkhu, kobadwira, kuthekera kwao, kukhala mkazi kapena amuna ndi zina, akhale ndi mwayi wothandizidwa mwachifundo, mwaulemu komanso mosawaweruzo.

Chipembedzo chosinthika chimalimbikitsa kuchitira umboni ndikuchita chilungamo

Iwo ali odzipereka kusintha maganzidwe a anthu ndi ndondomeko, kuthandizira kukhazikitsa malamulo a chikhalidwe ndi ulamuliro wa mdziko, kuti ateteze ufulu wa anthu onse omwe ali ndi HIV ndi Edzi ndi ulumali. Amadziperekanso kuyankhula momasuka pagulu za HIV ndi Edzi, kupewa, kumwa ma ARV mwandondomeko, ndi kuchitira chifundo anthu onse.

Chipembedzo chosinthika chimalimbikitsa kupewa

Mu chikhulupiriro chawo, amalimbikitsa poyera uthenga wolondola wokhudza kufala ndi kupewa kwa HIV. Akulonjeza kupanga ndondomeko zabwino zopewera HIV kwa achinyamata komanso akulu.

Chipembedzo chosinthika chimavomereza kuti ali mbali imodzi ya dziko lonse

Pamene HIV ndi Edzi ikusautsa madera ambiri, zotsatira zake ndi zazikulu kwambiri mmadera ena a dziko lapansi. Chipembedzo chosinthika chimavomereza kufunika kwa mgwirizano wao ndi ena.

Chipembedzo chosinthika chimadana ndi kusalorerana komanso tsankho

HIV ndi Edzi si mliri woti ubweretse kusalana. HIV imakhudza wina aliyense monga amuna, akazi, ndi ana a mtundu ulionse. Chipembedzo chosinthika chimakana kusalolerana ndi tsankho, limene limabweretsa kulodzana dzala, kwa iwo amene ali ndi HIV, ndikutanganidwa ndi nkhani zakugonana, maonekedwe, kapena kudalira mankhwala.

Chipembedzo chosinthika chimalimbikitsa anthu ake

Kusiyana pachuma ndi umphawi ndi zomwe zimalimbikitsa kufala kwa HIV komanso kulepheretsa kupewa ndi kulandira thandizo pa matendawa. Chipembedzo chosinthika chimalimbikitsa magulu onse kupeza njira zothanirana ndi umphawi ndikuyang'ana chitsogolo mwa chikhulupiriro ndi modzitetzeza.

Chipembedzo chosinthika chimadzipereka kuchitapo kanthu

Chimafunafuna njira zothanirana moyenera zosowa za anthu awo.

Chipembedzo chosinthika chimalimbikitsa machiritso auzimu athunthu

Pakuwerenga malemba, chipembedzo chosinthika chimathandizira anthu omwe ali ndi HIV komanso okhudzidwa mwa makhalidwe, uzimu ndi kupemphera nawo. Chimapereka chilimbikitso kwa iwo omwe akhudzidwa ndi HIV kudzera m'malemba. Kuphatikiza apo, chimawatsimikizira kuti sali okha.

Chipembedzo chosinthika chimayang'ana magawo onse a moyo pa nkhani ya machiritso

Icho chimazindikira udindo wa magulu ena monga achipatala ndi alangizi pokwaniritsa machiritso athunthu kwa iwo omwe akhudziwa ndi HIV.

Ntchito

Njira: magulu ang'ono ang'ono; gulu lonse

Zothandizira: mapepala olembapo, zolembera

Nthawi: Mphindi 30

Otsogolera agawe ophunzira m'magulu a anthu osapitilira asanu ndi mmodzi ndikulola kuti maguluwo aganizirepo za zipembedzo zosinthika ndi machitidwe ake, pogwiritsa ntchito mfundo ndi mafunso awa:

4. Kodi mukuganiza kuti ndikofunikira kutanthauzanso machiritso a chikhulupiriro pa nkhani za HIV ndi Edzi?
5. Mukuganiza kuti tanthauzo la "machiritso achikhulupiriro" lomwe laperekedwa mu mutu umene wu ndi lokwanira? Ngati sichoncho, mungawonjezere chiyani pakatanthauzidwe katsopano ka "machiritso a chikhulupiriro"?
6. Nkuganiza kwanu, machitidwe a zikhulupiriro zosinthika ndi zoyenera?
7. Kodi malingaliro anu ndi otani pokhudzana ndi mipingo ya m'dera lanu poyerekeza ndi machitidwe a zikhulupiriro zosinthika?

MUTU 6

Njira zothandizira machiritso: Kukhazikitsa njira yothandiza m'maganizidwe

Mundichitire chifundo yehova, pakuti ndalefuka ine, mundichize, yehova; pakuti anthunthumira mafupa anga. Moyo wanganso watunthumira kwakukulu; ndipo inu yehova, kufikira liti? Bwererani Yehova, landitsani moyo; ndipulumutseni chifukwa chakukoma mtima kwanu" (Sal. 6: 2-4)

Pakati panu pakuyenera kukhala gulu la anthu lomwe lidzitanirandikumalamulazabwino ndikuletsa zinthu zoipa. (Quran 3: 104)

Cholinga

Pamapeto pa gawoli, ophunzira adzamvetsetsa mavuto omwe amadza kamba ka HIV ndi AIDS ndi njira zopezera machiritso kwa omwe ali kapena akhudzidwa ndi HIV ndi AIDS. Moyo wa munthu umakumana ndi mavuto osiyana siyana omwe amabweletsa ziphyinjo zosiyanasiyana kapena kudwala kumene. Mugawo ili, tikulongosola za machiritso pa umoyo wa munthu komanso kufunika kwa kupangira zinthu limodzi. Ntchito 1

Nchito 1

Cholinga: Pakutha pa ntchitoyi, ophunzira amvetsetsa njira zosiyanasiyana za mmene HIV ndi AIDS yakhudzira mmadera awo

Njira: Magulu, zokambirana

Zipangizo: ma tchatu, zolembera

Nthawi: Mphindi 20

Otsogolera adzagawa ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira adzasankha mtsogoleri ndi mlembi omwe azatsogolele zokambirana ndikulemba mfunda zonse zomwe agwirizana ndikukazipela ku gulu lonse.

Zokambirana mmaguluwa zichitike potsatira njira izi:

1. Aliyense alongosole mmene HIV ndi AIDS inakhudzira dera lakwawo kusanabwere ndondomeko ya ma ARV ndi pamene ndondomekoyi inakhazikitsidwa. Lunjikani mkulongosola kwanu pa misinkhu ya anthu omwe anatenga kachilomboka kwabiri, gulu lomwe linamwalira kwambiri, ndi mmene zimenezi zinankhudzira chiwerengero cha anthu komanso mavuto omwe dera lanu linakumana nawo chifukwa cha zimenezi.
2. Chipembedzo chanu chimakamba zotani kwa anthu omwe ali kapena akhudzidwa ndi kachirobo ka HIV ndi AIDS nthawi imeneyo, nanga chikukamba zotani lerolino pankhaniyi?

Mavuto ochuluka omwe amabwera chifukwa cha HIV ndi AIDS

Mavuto omwe amabwera chifukwa cha HIV ndi AIDS akhudza pafupifupi wina aliyese. Ngati sunakhudzike munthu pawekha, ndiye kuti pa banja kapena dera lako lakhudzika ndithu. Kotero, ndikovuta kumpeza munthu yemwe anganene mwa mtheradi kuti iye sanakhudzike kapena kukhudzidwa ndi mavuto omwe adza kamba ka HIV ndi AIDS. Ena mwa mavuto omwe anthu akukumana nawo pa nkhanu ya HIV ndi AIDS ndi awa:

- Anthu opezeka ndi HIV akuyenera kukhala nako moyo wawo onse chifukwa padakali pano palibe mankhwala othana ndi kachilomboka.
- Anthu ambiri ataya miyoyo chifukwa cha matenda omwe amabwera ngati chitetezo cha nthupi chatsika. Padakali pano anthu akumwalirabe ngakhale kuti imfazi zacheperako tsopano kutsatira kupezeka kwa ma ARV
- Anthu ena akudwala ndipo akulephera kugwira ntchito chifukwa chitetezo cha nthupi mwawo chatsika kamba ka HIV. Izi zikubweretsa mavuto pa umoyo wawo ndi mabanja awo chifukwa sangathe kepeza zofunikira pa moyo wawo.
- Anthu ena omwe anali ndi maluso osiyanasiyana amwalira ndi AIDS zomwe zapangitsa kuti luso lawo lisowekere mmagawo ambiri a mmadera awo. Izi zikuyika pa chiopsezo cha umphawi kumaderawo. Anthu aupangiri wofunika akumwalira ndikusiya achinyamata omwe sanafike pachimake pa luso ndikagwiridwe kawo kantchito ndi anthu okalamba omwe sangabweletse kusintha kwenikweni mmadera awo.

- Chifukwa cha imfa zomwe zabwera kamba ka HIV ndi AIDS, nkhasa kwa ana zachulukira monga kuwagwiritsa ntchito, kuwagwililira ndi zina zamabiri. Izi zikuchitika chifukwa chakuchulukira kwa chiwerengero cha mabanja oyang'aniridwa ndi ana omwe ataya makolo awo. Anawa chifukwa cha mavuto amakakamizika kukagwira ntchito ngakhale zisali zoyenera pa nsinkhu wawo
- Ana ena asokonezeka mmiyoyo yawo chifukwa choona makolo awo akuvitika mpaka kumwalira ndi HIV ndi AIDS. Izi zawapangisa kukhwima msanga mmaganizo ndikuvala udindo osamala mabanja awo.
- Chipembedzo nacho chakhudzidwa ndi mavuto odza kamba ka HIV ndi AIDS. Anthu ambiri ofunika pa chipembedzo ataya miyoyo yawo. Vutoli lakula kwambiri chifukwa choti kwa nthawi yayitali achipembedzo akhala okuyang'ana nkhanu ya HIV ndi AIDS ngati mavuto obwera chifukwa chopanga uchimo
- Nkhani za kusalana ndi kunyozana pa nkhanu ya kachilombo ka HIV ndi AIDS yakhala ili yokhazikika mzipembedzo zomwe zapangitsa anthu omwe ali ndi HIV and AIDS kutaya chikhulupiliro ndi chiyembekezo. Ena mwa iwo anataya chikhulupiliro chawo ndikulowelera komanso ana ndi anthu okalamba omwe akhudzidwa ndi nthendayi amakhala movutika pachikhulupiliro chawo

Powomba mkota pa zonsezi, mwachidziwikire kuti anthu omwe ali komanso kukhudzidwa ndi HIV ndi AIDS akukumana ndi mavuto osaneneka mmagawo ambiri amoyo kuyambira mukachitidwe kazinthu, mapezedwe a zinthu, maganzidwe, thanzi komanso moyo wawo wa uzimu pongokambapo magawo ochepa. Pa chifukwachi, anthuwa akuyenera machiliritso mmagawo onsewa.

Ntchito 2

Cholinga: Pakutha pa ntchitoyi, ophunzira athe kuzindikira mavuto omwe adza kamba ka HIV mdera lawo.

Njira: magulu ang'onoang'ono; zokambirana

Zipangizo: ma tchatu, zolemba

Nthawi: Mphindi 30

Otsogolera adzagawa ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira adzasankha mtsogoleri ndi mlembi omwe adzatsogolele zokambirana ndikulemba mfundo zonse zomwe agwirizana ndikukazipereka ku gulu lonse.

Zokambirana mmaguluwa zitsatire mfundo izi. Monga taonera, HIV komanso EDZI imakhudza magawo ambiri mmoyo wamunthu. Mu ntchitoyi tiwunikire ndikulongsolera mavuto amenewa.

1. Lembani zitsanzo za mavuto omwe amabwera chifukwa cha HIV ndi EDZI pamoyo wamunthu yemwe ali kapena wakhudzidwa ndi HIV ndi EDZI.
2. Lembani zitsanzo za mavuto akaganizidwe ka anthu omwe ali komanso akhudzidwa ndi HIV ndi EDZI.
3. Lembani zitsanzo za mavuto omwe anthu kapena madera omwe akhudzidwa ndi mliri wa HIV ndi EDZI akumana nawo.
4. Lembani zitsanzo za mavuto a zachuma omwe abwera kwa anthu, mabanja kapena madera omwe akhudzidwa ndi HIV komanso EDZI.
5. Lembani zitsanzo za mavuto pa umoyo wa uzimu ku anthu, mabanja ndi madera omwe akhudzidwa ndi mliriwu.

Machiritso mmagawo onse a moyo wamunthu

Nthawi zambiri timanganiza za machiritso pamene tamva za matenda chifukwa nthawi zambiri kuchilitsa kumatengedwa ngati njira yochotsera vuto kapena kuti nthenda yomwe yalowa mthupi. Mwa njira ina, kuchiza ndi kugwiritsa ntchito mankhwala pogonjetsa vuto matenda omwe alowa nthupi mwathu. Ngakhale zili chomwechi, mbukuli taonetsera mwachindunji kuti nkhani ya machiritso ndiyayikulu kuposera kungomwa mankhwala omwe amakathana ndi chomwe chabweretsa matenda mthupi mwathu. Mmalu mwake machiritso amafikila magawo ambiri pa umoyo wonse wa munthu.

Pamene tikukamba za machiritso mmagawo onse a moyo tikutanthauza kupeleka chithandizo ku magawo onse a moyo wamunthu pothana ndi nthenda komanso mavuto onse omwe amabwera pa moyo wamunthu chifukwa cha matenda omwe amugwira. Koma kuti izi zitheke pakuyenera kugwirana manja ndikuchitira zinthu limodzi pothana ndi mavutowa.

Mmagawo ambuyomu, taona kuti HIV ndi EDZI abweletsa mavuto ambiri pa miyoyo ya anthu monga matenda, umphawi, kusokonera maubale, mavuto amaganizidwe ndi kachitidwe kazinthu, umoyo wa uzimu ndi njira zopezera chuma pongonenapo zochepa. Pamene tikufuna kuthana ndi mavuto onsewa, tikuyenera kugwirana manja pa ntchitoyi. Mwachitsanzo, pamene ena akuyang'ana za kumwa mankhwala, ena akuyenera kuyang'ana magawo ena a moyo wamunthuyu ndicholinga choti umoyo wa munthu yemwe ali kapena wakhudzidwa ndi HIV ndi EDZI

Mu zokambirana zomwe zinachitika ku Kenya, mu tawuni ya Kampala, mchaka cha 2017 anthu anagwirizana ndi njira yogwirira ntchito limodzi pa nkhani ya kupeleka machiritso. Magulu oyang'ana magawo monga a zauzimu, zachipatala ndi kaganizidwe ndi machitidwe a zinthu ena akuyenera onse kupeleka chithandizo chawo pa moyo wa munthu yemwe ali kapena wakhudzika ndi kachiroambo ka HIV ndi EDZI.

Njirayi ili ndi ubwino obweretsa pamodzi anthu a zachipembedzo ndi zachipatala omwe nthawi zambiri amakhala ndi mfundo zosiyana. Kuonjezera po njirayi imalora achipatala kuzindikira ndikuvomeleza gawo lalikulu lomwe achipembedzo alinalo pa machiritso komanso kupeleka mpata kwa achipembedzo kuti azindikire kufunika kwa achipatala pa nkhani yothana ndi HIV ndi EDZI. Kotero palibe mbali yomwe imapyola malire kapena kunyatzisa inzake.

Mwachidule, pamene tikuphatikiza magawo a zauzimu, zachipatala ndi magawo ena pa ndondomeko yathu yopeleka machiritso, tikutanthauza kuti anthu onse omwe ali ndi upangiri mmagawo osiyanasiyana abwere pamodzi ndikupeleka chithandizo kwa anthu omwe ali ndi HIV ndi EDZI ndicholinga choti munthuyu athandizike mmagawo onse amoyo wake.

Zachipatala

Gawoli limaunika nkhani zaumoyo ndi kumwa makhwala ngati gawo limodzi mundondomeko ya machiritso. Anthu omwe ali ndi upangiri pa zachipatala monga ma dotolo, anamwino ndi ena ali ndi gawo lalikulu pa kupeleka machiritso kumbali ya umoyo ndi mankhwala. Pamene anthuwa akugwira ntchito imeneyi, ma gulu ena akuyenera kutenga gawo lowalimbikitsa anthu omwe ali ndi HIV kuti azipita ku chipatala komanso adzitsatira malangizo akamwedwe ka ma ARV.

Maganizidwe ndi machitidwe a munthu

Gawoli limayang'ana mmene munthu yemwe ali ndi kachilombo amaganizira ndi kupanga ziganizo za zomwe akuyenera kuchita. Kuzindikira kuti munthu ali ndi HIV kuli ndikuthekera kosokoneza mmene munthu amachitira zinthu zake. Kotero anthu omwe anaphunzira za mmene munthu amaganizira ndi kuchita zinthu amakhala ndi gawo lowapatsa umphungu omwe ali ndi HIV kuti akhale okhazikika mmaganizo ndikubwelera mchimake pakachitidwe kawo ka zinthu. Poonjezera apo anthu owona zamaganizidwe ndi machitidwe azinhuwa alinso ndi udindo waukulu powalangiza anthu omwe akhudzidwa ndi HIV ndi AIDS powapatsa uphungu.

Moyo wa munthu watsiku ndi tsiku

Gawo lina lomwe likuyenera kuyang'anidwa kwambiri ndi moyo wa munthu watsiku ndi tsiku. Gawoli limakhudza zochitika mmoyo wamunthu, maubale, zachuma ndi zina. Mulili wa HIV ndi AIDS wabweretsa mavuto azaoneni mmiyoyo ya nthu omwe ali komanso akhudzika ndi HIV ndi AIDS. Chifukwa cha matendawa, maubale asokonekera, ana ataya makolo awo ndikusenza udindo oyang'anira mabanja awo zomwe zaonjezeranso mchitidwe ogwiritsa ntchito ana ndi mavuto ena. Athu ena aluza ntchito chifukwa chakudwaladwala komanso makampani aluza anthu omwe anali ndi upangiri wa ntchito zawo. Ngakhale zili chomwechi anthu ena akweza chikhulupiliro ndi kulimbikira pa ntchito zauzimu.

Poyang'anira kukula ndi kufunikira kwa gawoli, ndikoyenera kuti pamene munthu akulandira machiritso pa nkhani ya HIV ndi AIDS, anthu omwe ali ndi ukadaulo mugawo limeneli atenge gawo pa ntchitoyi. Awalimbikitse ndi kukambirana ndi

omwe ali pa ma ARV komanso omwe akukumana ndi mavuto ena chifukwa cha HIV ndi AIDS pa mmene angathetsere nkhwawa zawo komanso kupeza mayankho pa mavuto awo.

Umoyo wa uzimu

omwe ali ndi HIV ndi AIDS. Anthu ambiri omwe ali ndi HIV awonjezera chikhulupiliro ndikulimbikisa ubale wawo ndi Mulungu. Kotero, pamene munthu ali pa ma ARV akuyenera kulandira chilimbikitso kuchokera kwa anthu omwe ali ndi upangiri pa nkhwani zauzimu. Ngati atsogoleri azipembezo atalimbikitsa komanso kuwaunikira anthu omwe ali ndi HIV pa nkhwani ya kumwa ARV, anthu ambiri atha kutsatira ndondomeko zoyenera pa kamwedwe kamankhwalawa. Kotero ndikofunika kuti atsogoleri achipembedzo alumikizitse nkhwani yakumwa ma ARV ndi chipembedzo komanso kuwunikira anthu kuti mwankhalawa ndi gawo limodzi la chifundo cha Mulungu kwa anthu ake.

Pophera mphongo, machiritso angakwanilitsike kwa munthu ngati anthu omwe ali ndi upangiri mmagulu onse ofunikira pamoyo wamunthu atatenga gawo pa ntchito yopeleka chithandizochi. Gawo lililonse limadalira linzake kuti ligwire bwino ntchito. Pamene chikhulupiliro chikupeleka chiyebekezo, ma ARV amachepesa mulingo wa fizilombo ta HIV mmagazi (viral load) zomwe zimapangisa munthu kukhala ndi moyo wathanzi.

Pophera mphongo, machiritso angakwanilitsike kwa munthu ngati anthu omwe ali ndi upangiri mmagulu onse ofunikira pamoyo wamunthu atatenga gawo pa ntchito yopeleka chithandizochi. Gawo lililonse limadalira linzake kuti ligwire bwino ntchito. Pamene chikhulupiliro chikupeleka chiyebekezo, makhwala ama ARV amachepesa mlingo wa fizilombo ta HIV mmagazi zomwe zimapangisa munthu kukhala ndi moyo wathanzi.

Ntchito 3

Cholinga: Pakutha pa ntchitoyi, ophunzira akhala atamvetsesa ndondomeko yakugwirira ntchito limodzi pa kupeleka machiritso kwa nathu omwe ali ndi HIV ndi AIDS

Njira: Magulu; zokambirana

Zipangizo: ma tchatu, zolemba

Nthawi: Mphindi 30

Otsogolera adzagawa ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira atenga mtsogoleri ndi mlembi, Yemwe alembe mfundo zomwe agwirizana ndikuwonetsanso zomwe gulu lapeza gulu lonse. Mafunso ndi mfundo zotsatirazi zithandiza maguluwa mu zokambirana:

1. Malinga ndi bukuli, ndi njira iti yomwe ikufunidwa kuti tikwaniritse zonse kuchiritsa pankhani ya HIV ndi Edzi.
2. Chifukwa chiyani kuli kofunika kugwirira ntchito limodzi kuti tithe kuchiritsidwa kwathunthu kwa anthu amene ali ndi HIV komanso anthu omwe akhudzidwa ndi HIV ndi Edzi?

Ntchito 4

Zochita: Pakutha pa ntchitoyi, ophunzira athe kupanga ndondomeko ya momwe angatengere nawo mbali pa izi. Uphungu wauzimu wokhudza maganizidwe.

Njira: magulu ang'onoang'ono; zokambirana
Zipangizo: ma tchatu, zolembera

Nthawi: Mphindi 30

Otsogolera adzagawa ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi. M'maguluwa, ophunzira adzasankha mtsogoleri ndi mlembi omwe azatsogolele zokambirana ndikulemba mfundo zonse zomwe agwirizana ndikukazipela ku gulu lonse kuti akambirane.

Zokambirana mmaguluwa zichitike potsatira mafunso ndi mfundo izi:

1. Kodi muli m'gulu kapena magulu ati a njirayi? (Ndizotheka kukhala magulu oopera limodzi.)
2. Lembani zinthu zomwe mungachite mgulu lanu kuti muthandize pa ndondomeko yopeleka machiritso kwa munthu kapena madera anu muli ndi chithandizo kapena opanda chithandizo chochokera kwa ena.
3. Lembani zinthu zomwe mungachite pothandiza magulu ena kuti akwanilitse gawo lawo pa ntchito yopeleka machiritso kwa munthu kapena madera awo pa nkhani ya HIV ndi AIDS.
4. Ndi chifukwa chiyani mukuganiza kuti njira yamachiritso imeneyi ndiyofunika?

MUTU

Achinyamata, Chikhulupiriro ndi Machiritso mu Nkhani za HIV

"Pakuti Inu, Ambuye, ndiye chiyembekezo changa, wokhulupirika Ine, Ambuye, kuyambira ubwana wanga....."(Sal. 71: 5-7)

"Pakati pa anthu (anthu achinyengo) amene akunena: takhulupirira mwa Mulungu ndi tsiku lomaliza, pomwe sali okhulupirira" (Quran 2:8)

Zolinga

Pamapeto pa gawoli, ophunzira athe:

- Kumvetsetsa momwe achinyamata omwe ali ndi HIV amakhudzidwira mmalingaliro pa nkhani ya machiritso kudzera mchikhulupiriro cha pemphero
- Kuphunzirani momwe achinyamata omwe ali ndi HIV angakhalire ndi moyo wa thanzi.
- Kumvetsetsa momwe nkhani za kusalana zimawakhudzira achinyamata omwe ali ndi HIV.

Chiyambi

- Achinyamata ndi amodzi mwa magulu a anthu okhudzidwa ndi HIV omwe nkhani zawo za momwe akukhalila moyo wawo watsiku ndi tsiku ndi HIV sizimabwela poyera ku kuno ku Malawi. Kupatula achinyamata omwe akupitilirabe kutenga HIV pa zifukwa zosiyanasiyana monga zokhudzana ndi zachuma, zachipembedzo, zachikhalidwe komanso ndale, palinso gulu la achinyamata ena omwe anabadwa ndi HIV. Kulimbikitsa kwa njira yothandiza kuti mayi yemwe ali ndi HIV asapatsire mwana yemwe akuyembekezela (PMTCT) zathandizira kuti ana ambiri adzibadwa opanda HIV. Koma m'buyomu, pomwe kunalibe ndondomeko ya PMTCT, ana ambiri amabadwa ndi HIV. Kotelo amaikidwa pa ndondomeko ya njira yotalikitsa moyo ya ART. Ndipo ana amenewa anakula bwinobwino popanda vuto lililonse.

- Kodi atsogoleri azipembedzo angathane bwanji ndi zopinga zomwe achinyamata amakumana nazo pankhani monga zogonana, machiritso kudzera mu pemphero ndi chikhulupiro, ndi ndondomeko ya ma ARV?
- Kwa nthawi yayitali, magulu achipembedzo akhala akunyalanyaza kusafuna kutengapo mbali pa nkhani zogonana makamaka zikamakhudza achinyamata. Nthawi zambiri nkhani zogonana pakati pa achinyamata zikati zikambidwe, zimakambidwa ndi mfundo zokhwima potsindikiza za kudziletsa mpakana atalowa m'banja.
- Kodi atsogoleri achipembedzo angathandize bwanji kuchotsa kusalana, zomwe zimakhlapo pa nkhani zokhudza achinyamata ndi HIV?
- Nkhani za kusalana ndi gwelo limene nthawi zambiri limalepheretsa kupewa HIV ndiponso chisamaliro kwa odwala. Kafukufuku wina yemwe adachitika m'buyomu, anatsimikizira za nkhanayi. Magulu achipembedzo amachedwa kuchitapo kanthu pa nkhani zokhudza HIV ndi EDZI, komanso pofulumira kuikapo chiweruzo pa anthu opezeka ndi HIV, zomwe zapangitsa kuti anthu ambiri asathe kubwera poyera kuyezetsa magazi komanso kukhala chete, nkudzibisa, posafuna kunena za momwe nthupi mwawo muliri powopa kunyozedwa.

Kusakaniza nkhani zakupezeka ndi HIV ndi mchitidwe wa chiwerewere komanso kulephera kwathu posafuna kuyankhulapo mosabisa pa momwe HIV imafalikira, zathandizira kupititsa patsogolo mchitidwe wakusala anthu omwe anapezeka ndi HIV pakati pa achipembedzo.

Ntchito

Njira: Zokambirana pagulu

Zipangizo zophuzitsira: Pepala lalikulu (flipchart), zolembera

Nthawi: Mphindi 30

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilira asanu ndi mmodzi (6). Mmagulumo ophunzira aganizire za achinyamata komanso za chikhulupiro cha machiritso pa nkhani ya HIV ndi Edzi. Awonanso ndikukambirana njira zolimbikitsa kapewedwe ka HIV maanja; Achinyamata omwe ali ndi HIV m'mabungwe achipembedzo; komanso kuzindikira za HIV ndi Edzi komanso upangiri omwe angathe kugwiritsa ntchito pozitetezela, pogwiritsa ntchito mafunso ndi mfundo zotsatirazi:

1. Monga kubanja kwanu, mmodzi mwa inu atapezeka kuti ali ndi HIV, mutha kukhala naye bwanji?
2. Kodi achinyamata omwe ali ndi HIV (ngati alipo mu mpingo wanu) mmakhala nawo bwanji?

3. Kodi achinyamata amene ali ndi HIV mu mpingo mwanu, amasalidwa?
4. Kodi achinyamata amuchipembedzo chanu ali ndi mwayi opeza thandizo la ma ARV? Ndi zovuta ziti zomwe amapezana nazo akafuna kupeza ma ARV, nanga ndi ubwino wanji omwe achinyamatawa amapeza kolandila ma ARV?
5. Kodi magulu azipembedzo angatani kuti akwanitse kufikira ophunzira (achinyamata) omwe ali ndi HIV m'masukulu, kuphatikiza sukulu zogonera konko?

Achinyamata omwe anapezeka ndi HIV komanso mabungwe a zipembezo

- Achinyamata ambiri omwe ali ndi HIV akupitilira kukumana ndi zovuta zosiyanasiyana ku malo omwe amapita kukapemphera. Nzoona kuti mmalo ambiri achipembedzo amalalikira uthenga wakufunikira kotu anthu adzitha kudziletsa, koma momwe uthengawu amufikitsira kwa anthu omwe anapezeka kale ndi HIV, zimakhala zomvetsa chisoni ndi zochititsa manyazi. Maganizo olakwika akuti HIV ndi Edzi ndi temberero lochokera kwa Mulungu zimaonetselatu momwe achipembedzo ena akutanthauzira molakwika mawu a Mulungu momwe analembela mu Baibulo ndi Quran.
- Nthawi zina achinyamata omwe ali ndi HIV amaikidwa mukaundula wa magulu osiyanasiyana azipembedzo. Koma kunena zowona iwo samawerengeredwa pazinthu zazikulu zokhudzana ndi chipembedzo. Kusolidwa ndi kusala anthu omwe ali ndi HIV kumayambira pa zinthu zazing'ono mpaka kufikira pamene atsogoleri achipembedzo akugawa uthenga kudzela mu ulaliki, ziphunzitso za mawu a Mulungu kuchokela mu baibulo kapena Quran.
- Achinyamata ena omwe ali ndi HIV amasiya kumwa ma ARV pamene awuzidwa ndi atsogoleri achipembedzo kuti ayenera kudalira machiritso kudzera mchikhulupiriro. Machiritso ndichinthu chofunikira kwambiri m'mipingo, ndipo pali chikhulupiriro chachikulu mu mphamvu ya pemphero ndi zozizwitsa. Achinyamata ambiri omwe ali ndi HIV akupitilira kusolidwa ndipo akumanamizidwa kuti ngati asiya kumwa ma ARV ndikuwonjezera chikhulupiliro chawo mmapemphero, ndiye kuti adzachiritsidwa ku HIV. Kudzera mu mchitidzewu, achinyamata ambiri amwalira. Achinyamata ena amwalira kaamba kolephera kumwa ma ARV mwandondomeko. Nthawi zina, makolo akhala akunyengereredwa kuti adzikakamiza ana awo omwe akumwa ma ARV kuti adzikhulupilira kuti atha kuchiritsidwa kudzela mu pemphero.

"Machiritso ozizwitsa"

Oliver wazaka 16 (osati dzina lake lenileni) adati adauzidwa ndi m'busa kuti asiye kumwa ma ARV m'malo mwake anamupatsa botolo la madzi wodalitsidwa (anointed water). Anati ena ambiri adakumana ndi zovuta ngati zomwe Oliver anakumana nazo: "Ndakhala ku mipingo ina kumene abusa amaimilira ndikunena kuti, 'bwerani mutenge madzi awa. . . ngati mumwa kwa masiku angapo, muchira.'" Pambuyo pake, amayi ake atakumana ndi zodabwitsa, Oliver ankakhulupirira kuti ndi machiritso ozizwa. Oliver anasiya kumwa mankhwala ake, ndipo matenda ake anafika poipa msanga. Kuyambira tsopano wabwerera ku mankhwala ake ndipo adati akukhulupirira kuti ayenera kuphatikiza ma ARV ake ndi chikhulupiriro chake mu machiritso. A zaumoyo ndi ama bungwe akuyenera kugwira ntchito limodzi ndi achipembedzo kuti akhale omvetsetsana kuti chikhulupiliro cha anthu mupemphero ndi mbali imodzi ya machiritso.

- Ndichosayenera kuti atsogoleri achipembedzo azilimbikitsa anthu awo omwe ali ndi HIV kusiya kumwa ma ARV.
- Pemphero ndi ma ARV ndi zofunika ndipo zonse ziyenera kuyendera limodzi.
- Pali kuthekera kwakukulu pamagulu azipembedzo popereka chisamaliro, chilimbikitso, ndi chithandizo chauzimu chapadera kumadera omwe akukhala.
- Ndikofunikira kuti atsogoleri achipembedzo azitha kutenga nawo mbali pankhani zokhudza HIV, kupeleka chilimbikitso chowona ndi cha mphanvu.

Mabungwe azipembedzo azitha kuthandizira pakudziwitsa anthu za HIV, kuwunikira ubwino woyezetsa magazi ndikutsatira ndondomeko yakamwedwe ka ma ARV kwa achinyamata onse omwe ali ndi HIV makamaka zikaphatikizidwa ndi pemphero ndi chikhulupiriro.

Njira zozitetezela ku nkhani za HIV ndi EDZI pakati pa achinyamata

- Atsogoleri achipembedzo aphunzitse achinyamata njira zozitetezera pogonana kuti apewa HIV ndi Edzi.
- Achinyamata omwe ali ndi HIV atha kugwiritsa ntchito pamodzi chikhulupiliro ndi mankhwala a chipatala.
- Kuyezetsa HIV ndi kulandila uphungu (HTS) zimathandizira pa nkhani yoziteteza ndi yopeleka chithandizo. Imalimbikitsa achinyamata kuti adziwe ngati ali ndi HIV ndipo imathandizira kukhala ndi moyo wathanzi ndi kuchepetsa machitidwe omwe amawonjezera kufala kwa HIV.
- Atsogoleri azipembedzo ayenera kugwira ntchito ndi azaumoyo ndi achinyamata pofuna kulimbikitsa chikhalidwe chomwe chingathandizire kukhala ndi moyo wathanzi. Mwachitsanzo, kuwalumikiza ndi ntchito zachisamaliro komanso kumwa mankhwala mwandondomeko.
- Atsogoleri achipembedzo akuyenera kupanga mgwirizano ndi achinyamata, omwe atha kukhala ophunzitsa anzawo pa nkhani yoyezetsa magazi kudziulula momwe thupi muliri ndi kumwa mankhwala mwandondomeko.

- Mpingo ulimbikitse ubale ndi achinyamata omwe ali ndi HIV.

Mpingo utha kuwalimbikitsa achinyamata kudzera mmapemphero pamene gawo la zaumoyo limapereka chithandizo chamankhwala ndi uthenga wolimbikitsa umoyo wanthanzi. Kuti izi zitheke, achinyamata ayenera kukhala ndi chiyembekezo ndi chikhulupiriro pamene akumwa ma ARV mwa ndondomeko.

MUTU 8

Maumboni: Zotsatira za Chikhulupiriro chamachiritso kudzela mmapemphero

"Koma abale, ndifuna kuti muzindikire kuti zija zakwaine zidachita makamaka kuthandizila Uthenga Wabwino". (Afilipi 1:12).

".....Ambuye wathu! tionetseni chisoni chochokera kwa inu ndipo tikonzereni zinthu zathu munjira zoyenera". (Quran 18:10)

Zolinga za gawoli

Pakutha paphunziroli, ophunzira akhala:

- Atamvera nkhani za anthu omwe ali ndi HIV ndikumvetsetsa kwawo pa nkhani ya machiritso kudzera mchikhulupiriro chawo
- AKutha kufotokozela kuopya kwa maumboni omwe anthu ena omwe anali pafupi kufa kamba kosamwa mankhwala mwa ndondomeko
- AKufotokoza mgwirizano wa pakati pa kuchiritisa kudzela nchikhulupiriro, komanso kumwa mankhwala mwandondomeko.

Chiyambi

Pa zokambirana ku Kampala mu 2017, anthu ochokera ku Nigeria, Kenya, ndi Uganda adapemphedwa kuti afotokozere anzawo za nkhani zokhudza HIV komanso zovuta za chipembedzo kapena chikhulupiriro pa moyo wawo. Gawoli, tigawana maumboni ena omwe anthu anapelekela ku Kampala pankhani yokhudza machiritso kudzela mu pemphero komanso mavuto omwe amadza kamba kosatsatila mamwedwe a ma ARV mwandondomeko. Nkhani za ku Kampala zitithandizila ife amene tikutengapo mbali pa gawo ili kuti tithe kupelekela maumboni athu.

Munthu sayenera kukakamizidwa kupelekela umboni. Opelekera umboni apeleke

mwakufuna kwawo ngati ali okonzeka kugawana maumboni awo ndi anthu ena. Ngati pakati pa ophunzira palibe omwe angapelekele umboni, ophunzira atha kugwiritsa maumboni a anthu ena omwe akuwadziwa koma asatchule maina awo kapena akhonza kutchula maina pokhapokha atalolezedwa ndi eni ake kutero.

Kutsatira maumboni omwe apelekedwa, ophunzira athe kusanthula mfundo zomwe zikukhudzana ndi nkhani yokhudza machiritso kudzela mu pemphero komanso mavuto omwe amadza kamba kosatsatila mamwedwe a ma ARV mwandondomeko.

Maumboni

Ntchito

Cholinga cha Ntchito: Pakutha paphunziroli, ophunzira akhala atamvetsetsa umboni wa Aisha, zovuta zomwe anthu omwe ali ndi HIV amakumana nazo, komanso momwe anthuwa amazinvelera nkhani zokhudzana ndi machiritso kudzela mchikhulupiro.

Njira: Zokambirana pagulu

Zipangizo zophunzitsira: Pepala larikulu (flipchart), zolembera

Nthawi: Mphindi 20

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilila asanu ndi mmodzi (6). Mmagulumo ophunzira adzawelenga nkhani ya Aisha, kuilingalila ndi kukambirana mafunso ndi mfundo zotsatirazi:

1. Lembani zinthu zoyipa zomwe Aisha adakumana nazo pamoyo wake ndikutchula yemwe adayambitsa izi?
2. Chifukwa chiyani Aisha adatsekeledwa m'chipinda? Kupatula kutsekeredwa, ndi zinthu zina ziti zomwe anthu omwe ali ndi HIV amakumana nazo mdera lanu?
3. Kodi anthu a mdera la Aisha akadapanga chiyani kuti amuthandize, m'malo momutsekera mnyumba?
4. Aisha akuti adachiritsidwa: Kodi adachiritsidwa bwanji? Kodi kumvetsetsa kwa machiritso a Aisha kumatanthauza kuti salinso kumwa a ARV?
5. Mukuganiza kwanu, kodi Aisha wachiritsidwa?

1. Umboni wa Aisha

Aisha, mayi wachisilamu, adaperekera umboni wake wokhala ndi HIV. Iye anapangitsa mdulidwe wa chizimayi. Aisha adafotokoza kuti, chifukwa cha mdulidwe wu, iye samamva kukoma akamagonana ndi mamuna wake. Anakwatiwa ali mtsikana wachichepere kwa bambo wachikulire yemwe amamuchitira nkhanza. Pambuyo pake anasudzulana ndi mwamunayo ndipo kenaka anakwatiwanso. Mavuto ake sanathe, chifukwa chake adasudzulidwanso ndikukwatiwa ndi bambo wachitatu, yemwe adali ndi HIV koma sanafotokoze zimenezi kwa Aisha. Aisha anatenga HIV kuchokera kwa mwamuna wake; ndipo atapezeka kuti ali ndi HIV, dela komaso gulu lachipembedzo kwawoko lidamutenga ngati wotayika komanso wopatsa manyazi. Atadwala, adatsekeledwa m'chipinda kwa zaka ziwiri, osatuluka kunja chifukwa anthuwa samafuna kuti anthu akunja adziwe kuti m'modzi mwa iwo ali ndi HIV. Anasiyidwa ndikukanidwa ndi gulu lachipembedzo chake ndipo ngakhale abale ake sanamupulumutse. Adatsekeledwa m'chipindacho ndicholinga choti amwalire, ndipo chinthu chokha chomwe adamupatsa chomusangalatsa chinali wayilesi yaying'ono. Komabe, wayilesi idamuzunza iye - popeza ankangokhalira kumva nkhanzi za atsogoleri achipembedzo ndi am'mudzi kumadzudzula anthu omwe ali ndi HIV - kotero adaganiza kuti asamvetserenso wailesiyo.

Mderalo munali anthu ena achikhristu. Tsiku lina Sisitere wa chikatolika adauzidwa za kutsekeledwa kwa Aisha m'chipinda. Mayi uyu, Sistele Johana, adabwera ndikutengera Aisha kutchalitchi kwawo, komwe adamusamalira ndikumugulira ma ARV. Kudzera mchikondi, chisamaliro, komanso ma ARV, Aisha pang'onopang'ono adakhalanso wathanzi. Atapeza bwino, Sisitere Johana adapempha mpingo kuti amulembe ntchito ndicholinga choti azitha kupeza zofunika pa moyo wake. Munthawi yonse yomwe Sisitere Johana amasamalira Aisha, sanamufunse kuti asinthe kukhala Mkatolika - amangosamalira munthu yemwe adapangidwa m'chifanizo cha Mulungu. Mwamuna wina adamufunsira Aisha ndipo adakwatirana mu chaka cha 2006, ndipo

adakali limodzi mpaka lero. Mwamuna watsopanoyo adavomereza momwe Aisha aliri. Tsopano, iye ndionyadira kukhala ngati mayi ndi gogo wa ana amasiye ku dela lake.

Pomaliza pa umboni wake iye anawunikira kuti magulu azipembedzo ndi nyumba zofalitsa nkhanzi- kudzera pa wailesi yomwe adamupatsa-zinawonjezera kwambiri mchitidwe wa kusalana. Adanenanso kuti kudzera mu tchalitchi cha Katolika, makamaka Sisitere Johana, iye adapeza machiritso achikhulupiriro. Anatanthauzira machiritso achikhulupiriro ngati njira yodzivomerezera yomwe idabwera kudzera mu chisamaliro, chikondi, komanso ma ARV omwe adayamba, zonsezi zidathandizira kukhala ndi moyo watsopano pa thupi lomwe linali pafupifupi kumwalira.

"Chifukwa chake sitifooka,ungakhale umunthu wathu wakunja uvunda,wankati wanthu ukukonedwa kwatsopano tsiku ndi tsiku" (2 Akorinto 4:16).

".....Ndipo Ambuye adavomera kulapa kwake. Ndituhdi iyeyo ndiwolandira kwambiri kulapa kwake, mwachisoni." (Quran 2:37).

Ntchito

Cholinga cha ntchito: Pakutha paphunziroli, ophunzira atha kumvetsera ndikuwunika zovuta zomwe miyambo ndi zikhaliidwe zina zimabweretsa kwa ana ang'ono ndi kukula kwa mavuto omwe amabwera chifukwa cha miyambo ndi machifidwe otere.

Njira: Zokambirana pagulu

Zipangizo zophuzitsila: Pepala larikulu (flipchart), zolemba

Nthawi: Mphindi 20

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilila asanu ndi mmodzi (6). Mmagulumu ophunzira adzawelenga nkhani ya Madalitso, kuilingalila ndi kukambirana mafunso ndi mfundo zotsatirazi:

1. Kodi ndi miyambo ndi chikhaliidwe chiti chomwe mukuganiza kuti chidayambitsa zovuta zomwe Madalitso ndi abale ake adakumana nazo? Nchifukwa chani mukuganiza motero?
2. Kodi makolo anathandizira bwanji kuti Madalitso atenge HIV?
3. Madalitso amadzimva kuti anachilitsidwa ngakhakle ali ndi HIV. Tchulani zinthu zomwe zikumamupangitsa kumva ngati wachiritsidwa. Kodi ndi zoono kuti Madalitso anachira?
4. Monga munthu wachipembedzo, kodi mumavomereza ndikumvetsetsa machiritso omwe amapezeka ndi anthu omwe akupitiliza kulandira chithandizo?

2. Umboni wa Madalitso

Madalitso ndi mayi wachichepere, wapabanja komanso mkhristu. Anali ndi azichimwene ake ang'ono awiri. Abambo a Madalitso anali amitala ndipo makolo awo anasudzulana akadali achichepere. Banja litatha, mayi ake adakwatiwanso ndipo Madalitso ndi abale ake adapita kukakhala ndi agogo awo akuchikazi. Moyo unakhala wovuta kwambiri chifukwa amayi ake sakanatha kuwasamalira mokwanira, popeza tsopano anali kuyang'ana pa moyo wawo watsopano. Amalume ake sanamulandire Madalitso ndi abale ake; anawakana ndipo sanawasamalire. Zinthu zinaipiraipira pomwe amayi ake adamwalira. Madalitso ndiye anali ndi udindo wosamalira abale ake ang'ono. Kuti achite izi, adayamba kugwira ntchito ndi bungwe la Young Women's Christian Association (YWCA) monga wophunzitsa achichepere anzake. Ankaganiza kuti izi zinali zabwino chifukwa amatha kusamalira abale ake ndi zomwe amapeza. Koma ntchitoyi idali yofuna kuyenda pafupipafupi kwambiri pa mapulogalamu a YWCA, zomwe zikutanthauza kuti nthawi zina samagona kunyumba. Amalume ake adamudzudzula pasagona kunyumba pakuganiza kuti anali kunama kuti chifukwa cha ntchito yake koma iwo amaganiza kuti "amayendayenda." Amalumewo anathamangitsa iye ndi abale ake kunyumba kwa agogo awo enieni. Ana amasiyewo sanatsale ndi kalikonse kapena malo oti angatche kwawo. Madalitso amayenera kupeza malo obwereka kuti azikhalabe ndi abale ake.

Kenako adagwa mchikondi ndi mnyamata wina. Chifukwa adalibe upangiri ndi luso lofufuza mnzake woyenera kapena kukambirana za chibwenzicho, kugonana asanakwatirane kunakhala chizolowezi. Chibwenzi chake chinamangidwa ndi ndikupita ku ndende kwa zaka ziwiri, koma panthawiyi anali atatenga kale pathupi pa mwana wawo woyamba. Kenako adakwatirana, ndipo atatenga pakati pa mwana wawo wachiwiri, adapeza kuti nthawi zambiri anali kudwala. Paulendo wa kusikero kuchipatala, adapezetsa HIV ndipo adapezeka kuti alinayo. Adasweka mtima. Poopa kuti mwamunayo angatani atamva nkhanayi, adachoka ku chipatala kupita kwa mnzake wodalarika, ndichikhulupiro choti sangakakanidwe. Mnzakeyo amamuthandiza kwambiri atamva izi. Ali kunyumba kwa nzakeyo, adayimbira mwamuna wake ndikumuwuza nkhani yokhudza kuyezedwa ndi zotsatila zake. Sanadziwe kuti mwamunayo amadziwa kale kuti ali ndi HIV, ndipo atamuza, anavomereza ndipo adamuthandiza.

Madalitso ndi mamuna wake adayamba kumwa ma ARV ndipo amatsatira ndondomeko yake. Chifukwa cha ma ARV, mwana wawo adabadwa wopanda HIV ndipo akuyembekezera mwana wachitatu. Atapezeka kuti ali ndi HIV, Madalitso adapeza mphamvu kudzera kwa abusa ake. Anamulimbikitsa kuti apitirize kumwa ma ARV ndikumatsatira kamwedwe kuti akhale ndi mphamvu ndikutinso asalekere kumwa ma ARV panjira. Mapemphero ochokera kwa abusa ake, komanso kumwa mwandondomeko kwa ma ARV, mathandizo ndi chisamaliro kuchokera kwa abwenzu ndi amuna ake, zinabweretsa machiritso kwa Madalitso.

"Adzandisiyanitsa ndani ndichikondi chakhiristu? Nsautso kodi, kapena kupsinjika mtima, kapena kuzunza, kapena njala, kapena usiwa, kapena zoopya kapena lupanga?....." (Aroma 8:35-39).

"E inu amene mwakhulupirira! Zithandizeni (pa zinthu zanu) popirira, ndi pophera swala. Ndthudi, mulngu ali pamodzi ndi wopirira." (Quran 2:153)

Ntchito

Cholinga: Pakutha paphunziroli, ophunzira akhala atazindikila zovuta zomwe ana omwe amabadwa ndi HIV amakumana nazo.

Njira: Zokambirana pagulu

Zida zophuzitsila: Pepala lalikulu (flipchart), zolemba

Nthawi: Mphindi 20

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilila asanu ndi mmodzi (6). Mmagulumo ophunzira adzawelenga nkhani ya Jemimah, kuilingalila ndi kukambirana mafunso ndi mfundo zotsatirazi:

1. Ndi chiyani chomwe chili chinthu chovuta kwambiri pa nkhani ya Jemimah? Nchifukwa chani mukuganiza motero??
2. Mukufotokozera kwake Jemimah adakumana ndi ndani ndipo kuti komwe adasolidwa ndikukanidwa?
3. Kodi anamulimbikitsa Jemimah ndi ndani? Nanga anamulimbikitsa motani?
4. Kale Jemimah anali kuoneka wodwala koma tsopano akuwoneka wathanzi: Kodi wachiritsidwa? Kodi mukumvetsetsa bwanji munthu akati wachilitsidwa?

3. Umboni wa Jemima

Jemima ndi mayi wachichepere yemwe ali pachibwenzi ndipo akuyembekeza kuti akwatiwe posachedwa. Jemima ndi wa m'badwo wa ana omwe adabadwa kusanafalikire ma ARV ndi ndondomeko yoti mwana asatengere HIV kuchokera kwa mai ake. Zotsatira zake, adabadwa ndi HIV. Mayi ake adatenga HIV kudzera nkulandira magazi ndipo abambo ake analibe. Bambo a Jemima atazindikira kuti mkazi wawo tsopano ali ndi HIV, sanasiye banja lake koma anali wowalimbikitsa.

Jemima anayamba kumwa ma ARV ali wachichepere koma adakumana ndi vuto lalikulu la kusalidwa ndi abwenzi atazindikira kuti anali kudwala chifukwa anali ndi HIV. Kusalidwa komwe adakumana nako kunamupangitsa kusiya kumwa ma ARV, ndipo thanzi lake linasokonekera. Amakanizidwanso chakudya ndi ophunzira anzake ena aku sukulu. Amagawana chakudya patebulo lawo mwachangu ndikubweza zomwe zimayenera kukhala gawo la Jemima kwa oyang'anira zophika, mwakutero amakhala ndi njala. Anayamba kufooka kwambiri ndipo pomwe abambo ake adadzamuchezera kusukuluko, adaganiza zomutengera kuchipatala. Tizilombo mthupi lake tidachuluka kotero kuti akanatha kumwalira akanapanda kulandira chithandizo choyenera panthawiyo. Popeza sukuluyo sinalinso malo otetezeka kwa mwana wawo wamkazi, bambu ake adamutumiza kusukulu yopanga zaluso zosoka ndi zojambulajambula. Tsopano Jemima ndi m'misiri wazosoka ndi mamangidwe.

Atamupititsa kuchipatala, Jemima adalandira chithandizo cha ma a ARV. Jemima adalimbikitsidwa ndi bambu ake kuti atsafire ndondomeko ya ma ARV. Ali sukuluko adakumana ndi mnyamata ndipo adagwa mchikondi. Mnyamatayo tsopano ndi bwenzi lake. Atakumana koyamba, zimamuvuta kumuuzwa bwenzi lake kuti anali ndi HIV. Amayenera kupeza njira yabwino yomufotokozerwa izi. Adafunsa chibwenzi chake fuso lovuta kwambiri motere: "Mukanamva kuti ndili ndi khansa, kodi mukanandikondabe?" Yankho lake linali inde. "Nanga mukanamva kuti sinditha kubereka ana, kodi mukadandikondabe?" Yankho lake linalinso inde. Izi zinamulimbitsa mtima, motero pamapeto pake adafotokoza kuti, "Mukudziwa nanga kuti ndinabadwa ndi HIV? Chibwenzi chake chidati ndimakukondabe! Ubwenzi wawo utadziwika mdera lawo, abusa a mnyamatayo adamuyimbira foni kuti amulepheretse kupitiliza chibwenzi popeza mtsikanayo anali ndi HIV pomwe iye analibe HIV. Abusa anamuuzwa kuti pakupitiriza chibwenzichi, akuvomeleza kalata yake ya imfa. Ngakhale panali zonsezi, bwenzi lake lakhala thandizo lamphamvu komanso chiyambi chamachiritso. Amaonetsetsa kuti amukumbutse Jemima tsiku lililonse kuti amwe ma ARV mosalephera. Malinga ndi Jemima, chibwenzi chake chakhala chikumuuza iye, "Tenga ma ARV ako ndipo ukhulupirire kuti wachiritsidwa!" Amakhala wochiritsidwa ndipo ali ndi moyo ndipo akuyembekezera kukayamba moyo wa banja ndikukhala ndi ana. Achibale ake adamuthandiza kwambiri ndipo amamulimbikitsa kuti amwe ma ARV mosalephera.

Vuto limodzi kwa Jemima, ndikuti banja la chibwenzi chake silinamulandire mwachikondi chifukwa cha mmene khungu lake linaliri panthawiyo. Ali ndi nkhwala kuti ngati akukanika kukhala bwino ndi khunguli, adzakwiya kwambiri atadzadziwa kuti ali ndi HIV. Iye ndi bwenzi lake akhala akuyesa kuganiza nthawi yoyenera kufotokozerwa za Jemima za HIV kubanja lake. Ngakhale izi zili chonchi, onse ali otsimikiza mtima kuti kunalembedwa kuti awiriwa adzakhala limodzi ngati banja."

"Mwaichi chose Yobu sanachimwa, kapena kunenela mulungu cholakwa." (Yobu 1:22)

*"Ndipo akumbutsenso za Ayubu pamene adakuwira Mbuye wake (kuti);
"Ndithu mavuto andikhudza, pmwe inu ndi achifundo kuposa achifundo!
(Quran 21:83)*

Nchito

Cholinga cha ntchito:

Pakutha paphunziroli, ophunzira akhala atamvetsetsa zambiri zimene zinachitika mmoyo wa Ganizani zomwe ziwathandiza kulimbana ndi HIV ndi Edzi komanso momwe anthu obwezeretsana m'buyo akuwonjezera mlirifu.

Njira: Zokambirana pagulu

Zipangizo zophunzitsira: Pepala larikulu (flipchart), zolemba

Nthawi: Mphindi 20

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilila asanu ndi mmodzi (6). Mmagulumu ophunzira adzawelenga nkhanu ya Ganizani, kuilingalila ndi kukambirana mafunso ndi mfundo zotsatirazi:

1. Lembani zomwe zidapangitsa kuti Ganizani atenge HIV.
2. Kodi ndizotheka kuti m'banja, wina atha kukhala opanda HIV wina kukhala nayo? Fotokozani?
3. Tchulani magawo osiyanasiyana omwe Ganizani adachira m'moyo wake.
4. Kodi machiritso anachokera pati potengela zomwe adakumana nazo Ganizani?

4. Umboni wa Ganizani

Ganizani ndi bambo wachichepere wochokera mdera la Blantyre yemwe adakulira muzisakasa mdera lotchedwa Ntopwa. Abambo ake anali amitala. Ganizani amaganiza kuti anali iye yekha mwana pabanjali, koma nthawi zonse amatchedwa 'wapatchile ndi bambo ake ndipo iye samamvetsetsa bwino chifukwa chake. Ali ndi zaka 10, Ganizani anathamangitsidwa pakhomopo. Anapita kukakhala ndi mchimwene wawo wa bambo ake, omwe amamuzunza pomuchita mathanyula. Adauza mayi ake, omwe adawadziwitsa bambo ake. Koma abambo ake, sadakhulupirire kuti mng'ono wawo ankamuzunza Ganizani. Bambo a Ganizani anawamangitsa akazawo pankhaniyi. Kuchitiridwa chipongwe kunapitilira mpaka pomwe amayi ake adamutengera ku tchalitchi, komwe adakumana ndi machiritso oyamba chifukwa cha nkhanza zomwe adakumana nazo. Tchalitchi chinamuthandizanso kuti akhale wolimba mtima, popeza anali wanzeru, anapitiliza maphunziro ake ndipo adapita ku sukulu yaukachenjede.

Ali ku sukulu ya ukachenjede, anazindikila mbiri ya moyo wake. Anthu omwe amawadziwa nthawi zonse kuti mayi ndi bambo ake sanali makolo ake wom'bereka: amayi ake omwe anam'beleka anali m'nzawo wapamtima wa amayi omulerawo, koma adamwalira akubereka. Maola omaliza a moyo wawo, adapempha mnzawo wapamtima kuti amulonjeze kuti adzasamalira mwana wawo. Anavomera ndipo umu ndi momwe Ganizani anapezekera

m'manja mwa mayi womulera. Ndipo amayi ake womulera atakumana ndi mwamuna wawo, adati awakwatira pokhapokha ngati ali ndi mwana m'modzi koma osati awiri, kotero adavomereza kuti alidi ndi mwana m'modzi yekha ndipo kuti Ganizani ndi mwana wongoleredwa wa mzawo wapamtima. Ichi n'chifukwa chake mwamunayo anavomera kuti amukwatire. M'malingaliro a bambo uyu, Ganizani adali mwana wa kuchigololo - makamaka akachita zoipa. Izi zidapangitsa Ganizani kuzindikila chomwe bambo ake samamulabadira ngati mwana wawo. Ali ku sukulu ya ukachenjede, Ganizani adayamba chibwenzi ndi mtsikana yemwe adagonana naye mosadziteteza. Atapita kukayezetsa, adapezeka kuti ali ndi HIV. Apa analibeso chilakolako chogonana. Koma atauza bwenzi lake, adamutsimikizira kuti sadzamusiya, mwina chifukwa amaganiza kuti nayenso ali ndi HIV. Anapita kukayezetsa limodzi onse ndipo zotsatira zake zinali zotsamwitsa: Ganizani anali ndi HIV ndipo chibwenzi chake chinalibe HIV. Pasanapite nthawi, bwenzi lake uja adauza Ganizani kuti alowe mnyengo ya kusala kwa masiku 17, zomwe zikanachititsa kuti Ganizani asiye kumwa ma ARV. Koma Ganizani adakana izi. Kenako bwezilo lidamusiya Ganizani.

Kwanthawi yayitali, Ganizani adavutika mmaganizo mmene angaululire zoti ali ndi HIV kwa abale ake. Pambuyo pake adauza mlongo wake wamng'ono, yemwe amamuthandiza kwambiri. Ndi chithandizo chake, iye adauza banjalo. M'malo mokanidwa, banja lake linamukumbatira ndikumusonyeza chikondi chachikulu. Izi zinathandizanso kuchiritsidwa kwake.

Pakuzindikira kuti achinyamata ambiri sazindikira zambiri zokhudzana ndi HIV, iye adayamba ntchito yofalitsa mauthenga okhudzana ndi HIV. Ntchitoyi sidawasangalatse bambo omusunga ndipo adamuletsa kugwiritsa ntchito dzina lawo chifukwa amaopa kuti dzina lawo lidzayamba kusolidwa. Panali Pamene Ganizani adayamba kupanga maulendo apadziko lonse lapansi pomwe bambowo adamuloleza kugwiritsa ntchito dzina la banja lawo.

Nthawi zonse Ganizani anali wakhama pantchito mu tchalitchi. Koma pomwe abusa ake adayamba kusala anthu omwe ali ndi HIV, adasiya tchalitchichi. Pozindikira kuwonongeka komwe kungachitike ngati mpingo utaziwa kuti ali ndi HIV, kuchokela kwa m'busayo, iye adadziwulula yekha momwe mthupi mwake munaliri, ndipo izi zidathandizanso ena omwe anali ndi HIV koma amakhala mobisala, kuti abwere poyera. Tchalitchicho chinakhala malo wopezerako bata komanso chitetezo.

Ganizani akuti, "Ndili moyo chifukwa ndimamwa mankhwala anga mokhulupirika. Chimenechi ndi chozizwitsa changa!

"Ganizani ndi mnyamata wodabwitsa komanso, akuwonetsa zizindikiro za kuchiritsidwa ngakhale akumwa ma ARV."

"Pakuti ndidziwa malingaliro amene ndilingalira inu, ati yehova malingaliro a mtendere, si a choipa, akukupatsani inu adzukulu ndi chiyembekezo" (Yelemiya 29:11)

Ntchito

Cholinga cha ntchitoyi: Pamapeto pa ntchitoyi, ophunzira ankhala ali ndi kuthekela kufotokoza ndi kusiyantsa machiritso.

Njira: Zokambirana pagulu

Zipangizo zophutsila: Pepala larikulu (flipchart), zolemba

Nthawi: Mphindi 30

Otsogolera adzagawa ophunzira m'magulu. Gulu lililonse likhale ndi anthu osapitilila asanu ndi mmodzi (6). Mmagulumo ophunzira adzakambilana zomwe awerenga muchigawochi. Wotsogolera? akuyenera kutsindika mfundo zotsafirazi pamene akutumiza magulu kuti agwire ntchito:

- Munkhani zonse zinayi, anthuwa akuwonetsa kuti pali kusiyana pakati pa chithandizo ndi machiritso.
- Nkhanizi zikuwonetsa kuti kuchiritsidwa sikutanthauza kuti munthu asiye kumwa mankhwala kapena kutanthauza kuchotsedwa kwa HIV mthupi la munthu.
- Nkhani zosezi zikutanthauza kuti machiritso amatheka chifukwa cha zinthu zingapo.
- Nkhani zonse zikuwonetsa kuti kumwa mankhwala mwa ndondomeko ndikofunika kwambiri pamachiritso, koma si gawo lokhalo.

Ataunikira mfundo zazikuluzikuluzi, otsogolera atha kutumizira ophunzirawa mafunso awa kudzera m'magulu:

1. Malinga ndi nkhanizi, ndi zinthu ziti zofunikila zomwe zingakwanitse machiritso ngakhale munthu ali ndi HIV?
2. Kutengera ndi zomwe takambirana, munganene kuti pali kusiyana kotani pakati pa machiritso ndi kuchiritsidwa? Kodi ma ARV angapangitse munthu kulandira machiritso kapena kuchilitsidwa?
3. Kutengera nkhanizi, atsogoleri achipembedzo angapereke uthenga wotani kwa anthu omwe ali ndi HIV?
4. Kodi ma ARV ndi chozizwa chochokera kwa Mulungu? Kodi anthu omwe ali ndi HIV ayenera kuyembekezera kuchiritsidwa mozizwitsa, monga momwe alonjezera aneneri ena?

MUTU 9

Kumemeza ndi Kulumikizana

"Kodi kumeneko sikusala kudya kumene ndinakusankha kumasula m'sinqa za oipa ndikumasula zomanga goli. Ndikuleka osendezedwa amuke mfulu. Ndikuti muthyole magoli onse. Kodi sindiko kupasa chakudya chako kwa anjala. Ndikuti ubwere nawo kunyumba kwako aumphawi otaika. Pakuona wamaliseche kuti umuveke. Ndikuti Usazibisire wekha achibale ako. Pomwepo kuwunika kwako kuzawaltea monga mmawa, ndikuchira kwakokudzaonekera msangamsanga; ndipo chilungamo chako chizakutsogolera; ulemero wa yahova udzakhala otchinjiriza pambuyo pako. pamenepo udzayitana. Ndipo Yehova azayankha; udzafuula ndipo iye adzati, ndine pano. Ngati uchotsa pakati pa iwe goli. Kukodolana moipa. Ndikulankhul moipa. Ndipo ngati upeleka kwa wanjala chimene moyo wako umakhumba. Ndikukhutisa moyo ovutidwa. Pomwepo kuwunika kwako kudzauka mundima. Ndipo usiku wako uzanga Usana; (Yesaya 58; 6-10)

Pakati panu pakuyenera kukhala gulu la anthu lomwe lidzitanirandikumalamulazabwino ndikuletsa zinthu zoipa.
(Quran 3: 104)

Chiyambi

Pamapeto pa gawoli, ophunzira amvetsetsa:

- Tanthauzo lakunenerera pa nkhani ya ma ARV ndi machiritso achikhulupiriro
- Kufunika kwa kulumikizana pankhani ya ARV ndi machiritso achikhulupiriro
- Udindo wa atsogoleri achipembedzo pakuthandizira kunenerera nkhani yakamwedwe kamankhwala motsatira ndondomeko komanso kulankhulana.

Ndikofunika kwambiri kuti atsogoleri achipembedzo azitenga nawo mbali pantchito yolimbikitsa anthu omwe ali ndi HIV kutsatira za kamwedwe koyenerera ka ma ARV. Pochita izi, atsogoleri azipembedzo ayenera kukhala ndi upangiri pa nkhani yokhudzana ndi kunererela komanso kulumikizana.

Kodi Kumemeza ndi Kuyankhulana Ndi Chiyani?

Ngakhale pali matanthauzidwe ambiri osiyana akumemeza ndi kulumikizana, mugawoli tikhala ndi matanthauzidwe osavuta amalingaliro awa. ?

Kumemeza kumbali ya atsogoleri azipembedzo kumatanthauza "kuyimilira ndikuima nawo anthu, mabanja, ndi madera omwe ali ndi zosowa powonetsetsa kuti zosowa zawo zakwaniritsidwa. M'mbuyomu, panali malingaliro oti "Anthu omwe amaimilira ena amalankhula m'malo mwa anthu omwe alibe kuthekera kodziyankhulira okha pamavuto awo. Oimilira anthu nthawi zambiri amati kwa atsogoleri achipembedzo,"sindife anthu oti sitingadzilankhulire tokha.koma samafuna kutimva.. "Chifukwa chake, kunenerela tsopano kumamveka ngati:

- Kukhala okonzeka kuphunzira kuchokera kwa iwo omwe akukhudzidwa ndimavuto kudera kwawo.?
- Kupereka mwayi kwa iwo omwe akukhudzidwa bwino ndi nkhanayi kuti afotokoze okha.
- Kuthandiza omwe akukhudzidwa ndi nkhanayi
- Kuteteza mfundo ndi mchitidwe wopondereza ndi kuponderezana
- Kugwira ntchito limodzi ndi magulu oponderezedwa pofuna kubweretsa kusintha kokhazikika mmiyoyo yawo.

Ndipo kulumikizana kumamveka ngati:

- Kupatsana ndi kugawana nzeru pakudzera mu mukalankhulidwe, malembedwe komanso kugwiritsa ntchito njira zina.
- Kuyankhulana ndi kumemeza zimayenda limodzi ndipo kuti kunenerera kutheke pakufunika pakhale kulumikizana kwathunthu. Pofuna kumemeza nkhani yakamwedwe ka ma ARV mwandondomeko pa nkhani ya HIV ndi Edzi, atsogoleri achipembedzo ayenera kulumikizana kapena kulankhula mwa tchutchutchu.

Zomwe atsogoleri azipembedzo ayenera kutsata pankhani yolimbikitsa kumwa ma ARV mwandondomeko.

Atsogoleri achipembedzo ali ndi kuthekera kwakukulu potenga mbali pankhani yolimbikitsa kamwedwe ka ma ARV mwandondomeko pogwiritsa ntchito kunenerera komanso kuyankhulana pa nkhani ya HIV ndi Edzi. Zinthu zotsatirazi ndizofunikira kwa atsogoleri achipembedzo kutsutsa ziphunzitso zoyipa zomwe zimapangitsa anthu ena kusiya kumwa ma ARV mwandondomeko kamba kamapemphero a machiritso:

- Zindikirani za malembo opatulika omwe amathandizira kulimbikitsa komanso kufunika kofotokozerana nkhani zomwe zimaika pa chiopyesezo thanzi la anthu a Mulungu pa chiopyesezo. Kumemeza monga kumwa ma ARV mwandondomeko pankhani ya HIV ndi Edzi
- Pezani mauthenga oyenerela okhudza ma ARV (kufunikira komwa ma ARV,zotsatira zomwe zimabwera kamba kosamwa mankhwala mwandondomeko ndi zina)

- Gwiritsani ntchito guwa ndi nthawi yopatulika polankhula zaubwino wa ma ARV ngati njira imodzi yamachiritso a Mulungu ku nkhani yokhudza HIV ndi Edzi. Khalani okonzeka kuuzidwa zomwe akumana nazo anthu omwe ali ndi HIV.
- Nkhalani omasuka kumva zina mwa zomwe anthu amene ali ndi HIV amakumananazo. Apatseni ulemu komanso mpata oti akhoza kufotokozera anthu mu mpingo ubwino wakumwa ma ARV mwa ndondomeko.
- Limbikitsani anthu omwe ali ndi HIV kumwa ma ARV mwandondomeko.
- Perekani mauthenga oyenerela omwe angalimbikitse anthu omwe ali ndi HIV pomereza ubwino wa ma ARV.
- Gwiritsani ntchito njira zosiyanasiyana polimbikitsa kamwedwe ka ma ARV moyenerela pa nkhanin ya HIV ndi Edzi
- Itanani akatswiri azachipatala ndi akatswiri ena kuti akalankhule zaubwino wa ma ARV mu mpingo.
- Gwiritsani ntchito njira zosiyanasiyana zomwe zimagwiritsidwa ntchito polumikizana (mwachitsanzo, ma SMS kapena masamba a mchezo) popereka mauthenga a ubwino wa ma ARV.

Mavuto omwe atsogoleri azipembedzo amakumana nawo kamba ka anthu ena omwe amazithemba kuti ali ndi mphanvu yamachiritso

Pakufunika kuti atsogoleri azipembedzo atengepo mbali polimbikitsa kumwa ma ARV mwandondomeko ndicholinga choti omwe akuyenera kupeza thandizo la ma ARV athe kulandira mosavuta. Ndizochititsa manyazi kuti miyoyo ikutayika panthawi yomwe Mulungu wapereka ma ARV omwe amatalikitsa moyo.

Choncho, atsogoleri achipembedzo ayenera kutenga mbali potsutsa anthu omwe amadzithemba kuti ali ndi mphanvu yamachiritso pankhani ya HIV ndi Edzi.

Canon Gideon Byamugisha, m'modzi mwa atsogolereli achipembedzo omwe anabwera poyera kunena za mmene aliri mthupi mwake. Byamugisha, pamodzi ndi atsogoleri ena achipembedzo monga Phumzile Mabizela ndi Rahab Kariuki, akhala akutsutsa nkhani zamachiritso a HIV ndi Edzi polimbikitsa atsogoleri azipembedzo kuti azilalikira mauthenga achilimbikitso kwa omwe ali ndi HIV kuti azimwa ma ARV mwandondomeko posanamizidwa ndi aneneri onyenga.

Pofuna kuthana ndi nkhani ya machiritso atsogoleri azipembedzo ayenera asadzipatule pogwira ntchitoyi koma agwire ntchitoyi ndi anthu ena akudera kwawo. Atsogoleri azipembedzo akuyenera kugwira ntchito ndi ma gulu ena Buku lothandizira atsogoleri azipembedzo

kumadera awo ndicholinga choti ntchitoyi ikwaniritsidwe. Vuto lalikulu lomwe atsogoleri azipembedzo alinalo ndi mchitidwe ofuna kugwira ntchito paokha. Kugwira ntchito ndi magulu ena ndi njira yokhayo yomwe ingathandize kuthana ndi nkhani ya machiritso chifukwa muumodzi muli mphanvu.

Nchito 1

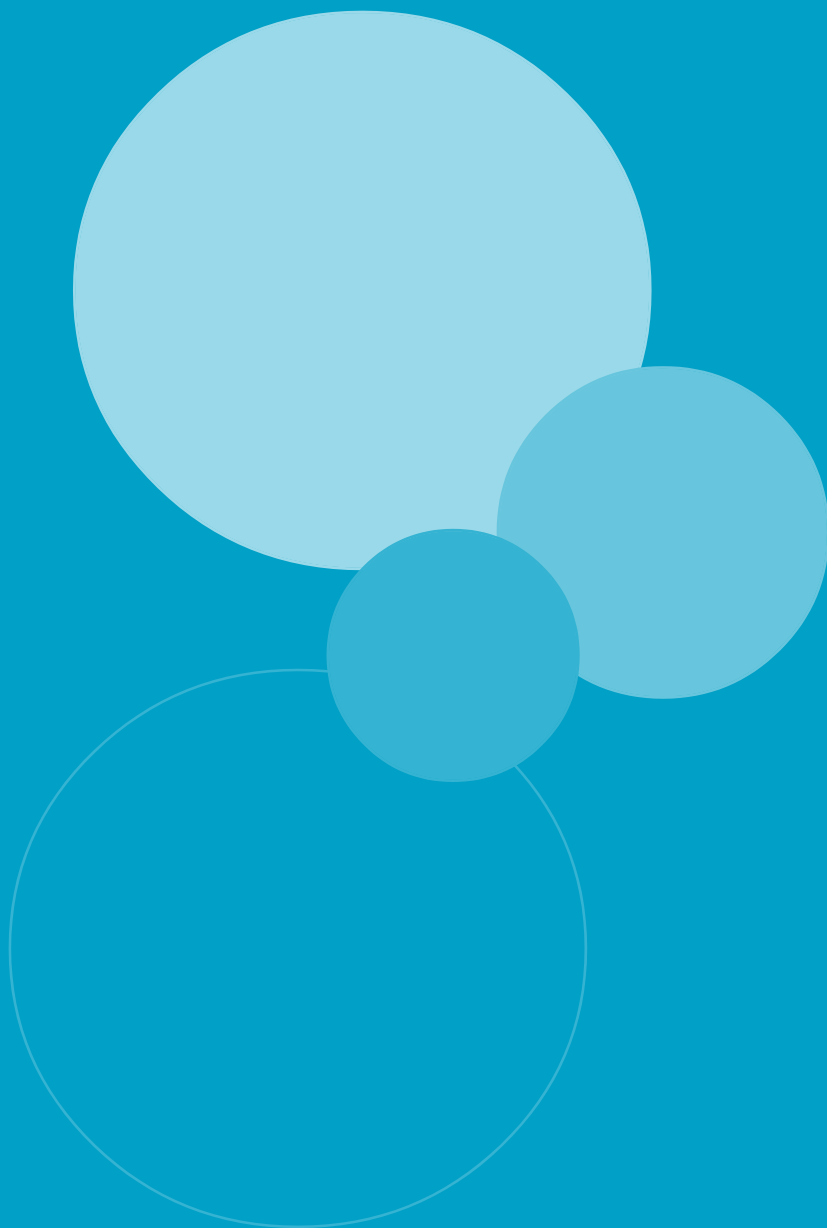
Zochita: Pakutha pa ntchitoyi, ophunzira athe kuwonetsa magulu osiyanasiyana omwe atha kugwira nawo ntchito pakuthana ndi nkhani yamachilitso mnjira zoyenera.

Njira: Kukambirana pamagulu ang'ono; gulu lonse pamodzi Zothandiza: Mapepara, zolemba

Nthawi: Mphindi 30

Otsogolera ayenera kukhala tcheru pankhani yolumikizana ndi kugwira ntchito ndimagulu monga atolankhani, nthambi za boma zoyenerera monga (azaumoyo, chitetezo cha mdziko, ndi zina zambiri), mabungwe omwe si aboma (oimirira milandu), ndi makampani azachipatala . Ayenera kuonetsetsa kuti akugwiritsa ntchito njira zolumikizana monga kugwiritsa ntchito ma mafoni, kuti athandize kupititsa patsogolo kamwedwe ka mankhwala mwandondomeko. Otsogolera adzagawa ophunzira m'magulu a anthu osapitirira asanu ndi mmodzi ndikulola kuti maguluwo aganizire za kufunika kokhala ogwirizana polimbana ndi nkhani yamachiritso pomwe kukambirana mafunso ndi mfundo zotsatirazi:

1. Ndi zovuta ziti zomwe anthu, mabanja, komanso madera ali nazo pakhani za machiritso achikhulupiriro pa nkhani ya HIV ndi Edzi?
2. (a) Kodi ndi magulu ati amene tingathe kugwira nawo ntchito ku dera lanthu pothana ndi nkhani yamachilitso achikhulupiriro pankhani ya HIV ndi Edzi.
(b) Kodi magulu amenewa akuchitapo chiyani polimbana ndi nkhani ya machiritso achikhulupiriro a HIV ndi Edzi?
3. Kodi tingatani kuti ife atsogoleri achipembedzo tigwirizane ndi ena onse omwe akutenga nawo mbali pothana ndi nkhani yamachiritso achikhulupiriro munkhani ya HIV ndi Edzi?
4. Kodi tingalimbikitse bwanji mgwirizano pakati pa zipembedzo komanso ndi njira ziti zomwe tingagwiritse ntchito pothana ndi nkhani yamachilitso achikhulupiriro a HIV ndi Edzi.
5. Ndizovuta ziti zomwe tingapeze pogwira ntchito limodzi ndi magulu ena pothana ndi nkhani yamachilitso achikhulupiriro munkhani ya HIV ndi Edzi.



Buku lophunzitsira
atsogoleri achipembedzo