


# Vuk'uzenzele

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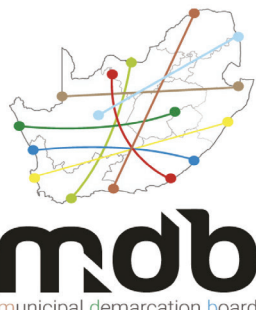
English / Tshivenda

February Edition 1 2020



**Sex education empowers learners**

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**PUBLIC CONSULTATIONS ON DRAFT ELECTORAL WARDS**

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## No registration fee for NSFAS students

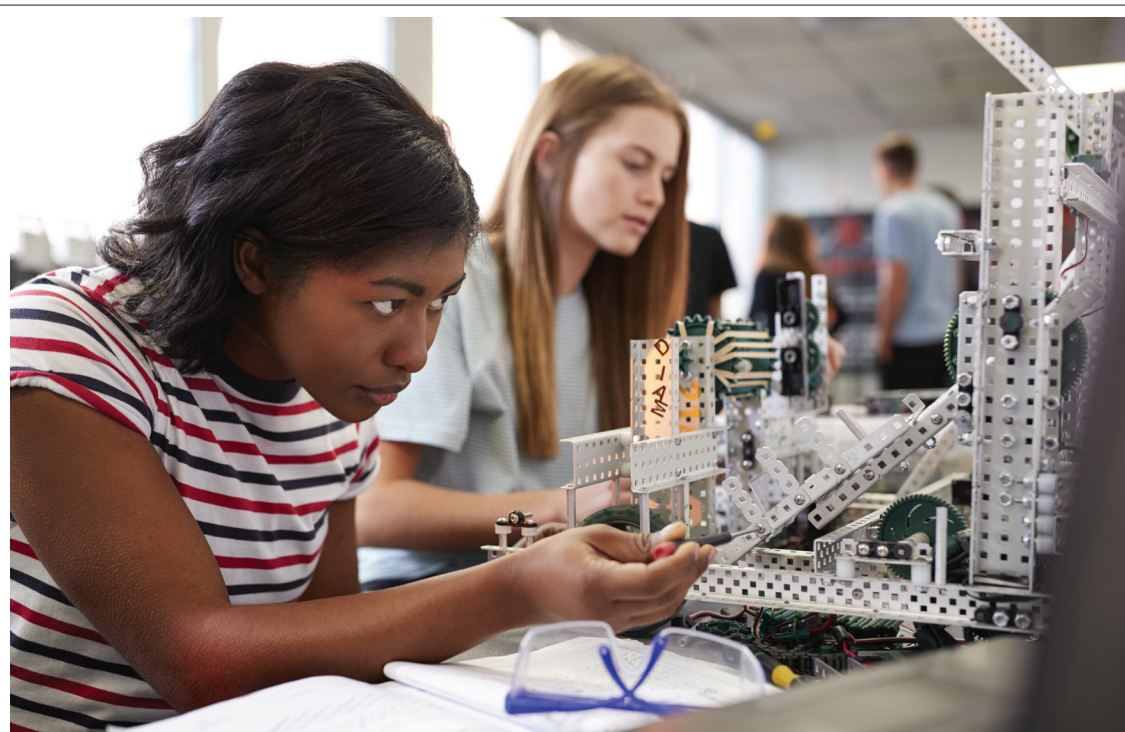
Onalenna Mhlongo and Priscilla Khumalo

**I**ndividuals qualifying for the National Student Financial Aid Scheme (NSFAS) do not have to pay upfront registration fees at universities or colleges.

Higher Education, Science and Technology Minister, Dr Blade Nzimande, made the announcement recently when he was briefing the media on the implications of matriculation results on the Post School Education and Training sector in South Africa.

“The fact that for the first time NSFAS is able to say you qualify, it means therefore, when you go to register when you’ve been accepted, you’ve got proof to say, ‘I don’t have to pay registration’.

“It is also a great improvement in the system because



■ The National Student Financial Aid Scheme (NSFAS) has approved about 430 000 applications for individuals who qualify for funding.

before, you would have a number of NSFAS qualifying students being asked to pay registration fees, that we have eliminated now [and] who ever does this is breaking the

law,” Nzimande said.

Nzimande said 430 000 applications have been approved for NSFAS funding.

NSFAS has received a record-breaking number of

applications by the closing date of 30 November 2019, with more than 543 268 first-time applications (prior year 428 929), received from applicants across the country, with


the majority of the applicants submitting applications online via the myNSFAS portal.

“Applicants include those who were in Matric in 2019, learners in Grade 10 – 11 and those intending to further studies at the TVET (Technical Vocational Education and Training) Colleges and out of school youth, returning/continuing students without NSFAS funding in prior years,” Nzimande said.


A total of 281 639 of all applications received so far are South African Social Security Agency’s (SASSA) beneficiaries.

The Minister attributed the success rate in applications to an extensive outreach campaign, including partnerships with both local and provincial governments; and the private sector.


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# Vhuimana ho vhumbeaho nnda ha mbumbelo vhu toda dzilafho la tshihadu

Allison Cooper

**V**hafumakadzi vho tshenzhemaho vhuimana ho vhumbeaho nnda ha mbumbelo vha ya qivha vhuṭungu vhune ha vhanga, zwo vhangwa nga mvelelo dza phosethivi dza vhuimana kha ndingo dza murundo na dza malofha.

Hezwi ndi u ya nga Vho Dokotela Bushy Mhlari, Dokotela Muhulwane are kha Vhupfumbudzi ha u vha Makone kha *Ectopic Obstetrics* na *Gynaecology* kha Sibadela tsha Akhademiki tsha Dr George Mukhari, vhe vha ṭalutshedza uri vhuimana ho vhumbeaho nnda ha mbumbelo a vhu dzuli nga ngomu ha bako la mbumbelo, hune kanzhi vhuimana ha dzula hone.

Vha ri kanzhi, nga murahu ha uṭanganana ha kumba la musadzi na vhunna/tshipeme – zwine zwa bvelela kha tshubu ya u bva kha kumba u ya kha mbumbelo, kumba lo ṭanganaho na vhunna/tshipeme li tshimbila nga kha tshubu u ya kha bako la mbumbelo lo pfumaho hune la ṭumana na mudzedze wa *endometrial* ha kona u vha na u bveledzwa ha ṛwana.

“Kha vhuimana ho vhumbeaho nnda ha mbumbelo, kumba lo ṭanganaho na vhunna/tshipeme a li dzuli nga ngomu ha mbumbelo li dzula kha zwiṛwe zwiṭiṭa zwa muvhili. Kha nyimele dzi linganaho phesenthe dza 98, vhuimana ho vhumbeaho nnda ha mbumbelo vhu dzula kha tshubu dza u bva kha kumba u ya kha mbumbelo. Fhethu hu songo ḡoweleaho hu katela ovari, nga ngomu thumbuni, mulomoni wa mbumbelo na mukala wa nga nnda ha mbumbelo,” vho ralo Vho Dokotela Mhlari.

Musi izwi zwi tshi bvelela, tshitumbuki tshi nga si sudzuluswe tsha iswa nga ngomu ha mbumbelo na uri

tsho salaho fhedzi kha mufumakadzi hu vha u fhelisa vhuimana.

Vho Dokotela Mhlari vho ri mufumakadzi u vha khomboni khulwane ya vhuimana ho vhumbeaho nnda ha mbumbelo arali;

- Tshubu dza u bva kha kumba u ya kha mbumbelo dzo tshinyala kana dzi siho kha tshiimo tshone, u fana na vhuṭwadze ha dzitshubu ha kale ho ḡaho nga kha vhuṭwadze ha vhudzekani kana sedzhari ya kha tshubu;
- o vhuya a vha na vhuimana ho vhumbeaho nnda ha mbumbelo;
- a sa bebi;
- a tshi dzekana na vhathu vho fhambanaho;
- a tshi daha fola.

“Vhuimana ho vhumbeaho nnda ha mbumbelo ho Baleaho ndi nyimelo i isaho lufuni na uri ndi tshivhanghi tshihulwane tsha mpfu dzi elanaho na vhuimana ha miṛwedzi miraru ya u thoma. Khombo ya vhuimana ho vhumbeaho nnda ha mbumbelo i toda u lingana na phesenthe mbili ya vhathu nga u angaredza,” vho ralo Vho Dokotela Mhlari.

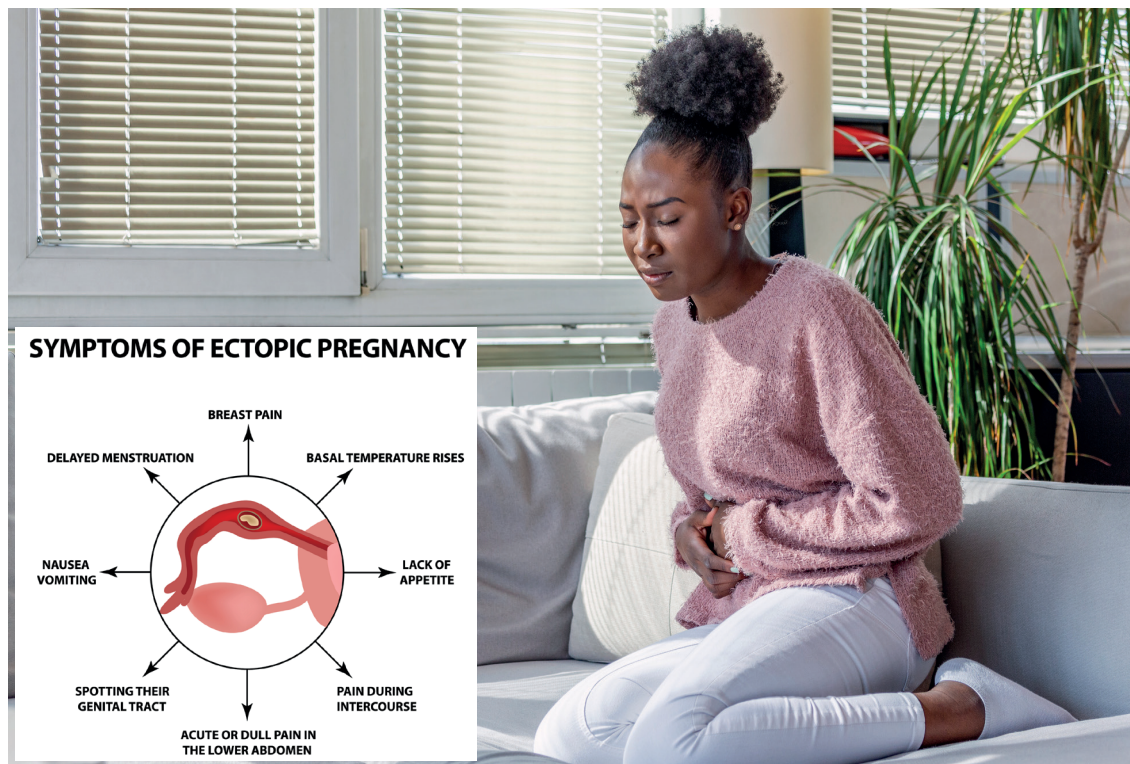
## Zwiga/tsumbo dza vhuimana ho vhumbeaho nnda ha mbumbelo

U ya nga Vho Dokotela Mhlari, tsumbadzwadze dzi vhonala mathomoni a vhuimana. Tshiṛwe tshifhinga, dzi vhonala phanda ha musu mufumakadzi a tshi limuwa uri o ḡihwala.

Tsumbadzwadze dzo ḡoweleaho dzi katela;

- vhuṭungu ha nga fhasi ha thumbu,
- u pfuka u ya maḡuvhani
- u bva malofha nga fhasi.

“Fhedziha, kha vhaṛwe vhafumakadzi a hu vhonali tsumbadzwadze u swika tshubu dza u bva kha kumba u ya kha mbumbelo dzi



tshi balea. Musi izwi zwi tshi bvelela, mufumakadzi a nga pfa vhuṭungu vuhulu na uri vhaṛwe vha ya swikelela hune vha bva malofha nga fhasi. Hezwi zwi tevhelwa nga dzungu, u tsela fhasi ha mutsiko wa malofha, u dzidzivhala, mutshuwo na u lovha arali dzilafho la lengelelwa,” vho ralo.

U tumbula vhuimana ho vhumbeaho nnda ha mbumbelo, hu itwa ndingo ya murundo kana ya malofha u itela u khwaṭhisedza uri mufumakadzi o ḡihwala. “Ha itwa *ultrasound* u khwaṭhisedza arali mbumbelo i si na tshithu na u vhona hune tshitumbuki tsha vha hone kha muvhili wa mufumakadzi,” vho ralo Vho Dokotela Mhlari.

## U alafha vhuimana ho vhumbeaho nnda ha mbumbelo

“Vhuimana ho vhumbeaho nnda ha mbumbelo ha vhuya ha tumbulwa vhu tea u alafhiwa u thivhela nyaluwo yaho, ngauri vhutshilo ha mufumakadzi vhu ya vha khomboni arali dzilafho la lengelelwa,” vho ralo Vho Dokotela Mhlari.

Vho engedza nga uri “sedzhari i kha ḡi vha dzilafho la u thoma la vhuimana ho vhumbeaho nnda ha mbumbelo, fhedziha u ṭa-

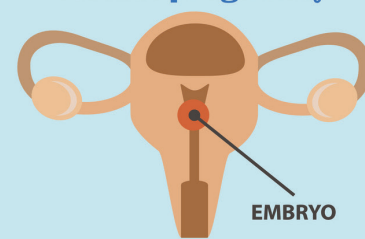
vanya u tumbula vhuṭwadze uvhu zwi tendela u shumiswa ha dzilafho la mushonga phanda ha musu vhuimana ho vhumbeaho nnda ha mbumbelo vhu tshi balea”. Vho Dokotela Mhlari vha ri mufumakadzi u ya kona u dovha a vha muimana nga murahu ha vhuimana ho

vhumbeaho nnda ha mbumbelo.

Vhafumakadzi vhane vha humbulela uri vha na vhuimana ho vhumbeaho nnda ha mbumbelo vha tea u dalela dokotela wavho, sibadela kana kiliniki nga u ṭavhanya nga hune zwa konadzea ngaho. 📌

## DISORDERS IN PREGNANCY

### Normal pregnancy



### Ectopic pregnancy

