

KWALIMBA UTA NDI NTHANO ZINA

Mlembi: Dyson Gilbert Gonthi

Mtundu wankhani: Nthano Zopeka

Zolinga Za mlembi

- ✧ Kuthandiza achinyamata kuti akhale ndi chikhalidwe chabwino munjira zaho zatsiku ndi tsiku.
- ✧ Kuunikira achinyamata kuti athe kupeza njira zothetsera mavuto amene angakumane nawo pamoyo.
- ✧ Kulimbikitsa achinyamata kuti akhale ndi ntima wodzikhulupirira iwo eni.

Kumbutso: Nthano zimayimbidwa kudzera kunyama zosiyanasiyana kuphatikizapo ziweto. Nyamazi zimagwiritsidwa ntchito molingana ndi makhalidwe ake. Makhalidwe ndi maonekedwe anyamazo ndiwo amafananitsidwa ndi makhalidwe a anthu.

MUTU I: ZA CHUMA

Atengambali/ampangankhani: Chingaipē

: Mphunzitsi

: Bwatamu; m'modzi mwa ana aja

: Ana

Malo Ochitikira Nkhani: m'mudzi wina m'malire a nkhalango ya M'ndirasadza

: Kusukulu

Kusanthula nkhani yonse

Mchezo wa Chingaipē ndi ana

- ✧ Mwana wina adafunsa Chingaipē momwe makolo amayendetsera malonda awo azungu asadabwere popeza adamva kuti panthawiyi kudalibe ndalamā.
- ✧ Chingaipē adafotokozena mwanayu ndi anzakewo kuti ndalamā kudalibedi mwakuti makolo ankangosinthana zinthu. Mwachitsanzo, ngati munthu akufuna mbiya yophikamo zakudya koma iye ali ndi mafuta amsatsi, amasinthanitsa mafuta akewo ndi mbiyayo.
- ✧ Malonda amayeza ndi maso; akakhutira amasinthana malingana ndi m'mene zinthuzo zikuonekera.
- ✧ Asing'anga akachiritsa munthu amamulipiritsa molingana ndi kukula kwa matenda akewo.

Kuipa kwa malonda osinhanitsa

- ✧ Adalibe muyeso wachilungamo; adali ngati wachiona ndani.
- ✧ Anthu ankangokhutira ndi zomwe apeza.
- ✧ Amafuna munthu olimbikira ntchito; amene adalibe chilichonse choti n'kusinhanitsa ndi chinzake amavutika kuti akhale ndi kanthu.

Ubwino wogulitsa katundu wosinhanitsa ndi ndalamā

- ✧ Anthu amaona chiwerengero chandalama ndi katundu akugulitsidwayo.
- ✧ Zimakhala kwa wogulitsayo kukhutitsidwa choncho sipakhala soberana.

Kumbutso: Azungu atabwera ku Afrika adaptirizabe malonda osinhanitsa ndipo ankachita malonda osinhanitsa minyanga yanjobu ndi nsalu, mfuti ndi anthu kenako adabweretsa malonda osinhanitsa zinthu ndi makobidi. Azungu ankachitano malonda oglulitsa anthu omwe amakkhala akapolo ndipo amakawagulitsa kumaiko akutsidya la nyanya.

Malangizo a Chingaipē kwa achinyamata amene adatsiriza sukulu ndipo ankangokhala.

- ✧ Ntchito ndi kuganiza kwamunthu pa zimene angachite pamoyo wake: osamangodalira kuti udzaleembedwe ntchito mukamaliza mphunziro.
- ✧ Sukulu ndi mfungulo chabe; imangochangamutsa munthu. Cholina chamaphunziro ndicho kuthandiza anthu kuti azitha kuchita zinthu paokha zoti akhoza kumagulitsa osati kuperekā maganizo kwa anthu oti akatsiriza sukulu akalowa ntchito yakuofesi.
- ✧ Atha kuchita ntchito yosamala zachilengedwe monga kuweta njuchi, kufutsa ndiwo zamasamba, kukonza zinthu zochokera kuphwetekere, kuweta nkhangā komanso kugulitsa zipatso zamtchire.
- ✧ Zinthu zotsatirazi zingathe kutukula dziko la Malawi pachuma:
 - Kutsatira masomphenya a malemu Bingi Wa Mutharika oti, "Dziko la Malawi silosauka poti lili ndi china chilichonse chothandiza pachitukuko koma umphawi uli ndi anthu omwe safuna kudziperekā pogwira ntchito. M'mawuwa akutanthaiza izi:
 - ✓ Miyala yamtengo wapatali yomwe mayiko akunja amaifuna kwambiri imene amapangira mphete,

mikanda, laimu, fetereza ndi zinthu zina zambiri.

- ✓ Madzi a m'nyanja ya Malawi komanso mitsinje: kuchita ulimi wamthirira(ulimi wangalande) komanso kuwasunga m'maiwe nkumawetamo nsomba komanso kumawetsera ziweto.
- ✓ Luso lapadera pambewu zomwe timalima monga mpunga: mpunga titha kumapangira ice cream, mowa komanso chingwa(bread). Mbewu zina monga chimanga ndi tirigu zilinso ndi ntchito zina.
- Boma lipereke mpata kwa anthu ena kuti adzayambitse makampani mosayang'anira kuti kampani ngati zomwezo zilipo kale.
- Kutsatira malamulo azokopa alendo posamala zachilengedwe monga nyama, mapiri, mitsinje, nkhalingo ndi zina zambiri.

Maganizo a Chingaipe poomba mkota

- ✧ Palibe chifukwa chomakhalira ndi njala komanso pa umphawi popeza dziko la Malawi ili ndi madzi ochuluka komanso nthaka yachonde.
- ✧ Vuto la Amalawi ndi kusakonda kugwira ntchito limodzi: aliyense amafuna kugwira ntchito payekha.
- ✧ Amalawi amakonda kugona maola ambiri m'malo mogona maola ochepta n'kupitanso kukagwira ntchito usiku monga amachitira anzathu akunja.

Azungu ndi anthu akuda

✧ Azungu:

- ✓ Safuna anthu akuda azitukuka.
- ✓ Amapondereza anthu akuda m'njira zambiri.
- ✓ Amasowetsa mtendere anthu akuda m'maiko monga Jamaica, Amerika ndi Mangalande
- ✓ Safuna anthu akuda azikhala ozindikira n'cholinga choti aziwapondereza.
- ✓ Ndi odzikonda ndipo safuna kuyamikira zochita zamunthu wakuda.
- ✓ Amati munthu wakuda sangachite chinthu chodalirika; zochita zamunthu wachikuda ndi zachikunja.
- ✓ Amati iwo amachita zodalirika komanso zofunika.
- ✓ Amadziwa kuti anthu akuda ndi olimbika komanso anzeru mwakuti atha kuwapitirira n'chifukwa chake amafuna kuwapondereza kuti iwo azikhala pamwamba nkumawalamulira pantchito.
- ✓ Amafuna anthu akuda asiye miyambo yaho nkutenegeira khalidwe lachizungulo chonsecho zochita zaho n'zopanda pake, zolaula komanso zosagwirizana ndi chikhalidwe cha anthu akuda.

Adachenjera potizindikiritsa za sukulu nkutibisira kuti nzeru zamaphunziro timachitazo zitha kutithandiza kuti tizichita zinthu patokha. Akationa kuti munthu wakuda wayamba kuzindikira amamukankhira kukayamba ntchito mmalo moti agwiritse ntchito nzeruzo pa ulimi wabwino(kuwerengera zogwiritsa ntchito pa ulimiwo komanso kudziwa phindu lambewuzo)

- ✓ Amati anthu akuda si anthu koma nyama zakutchire choncho adalengedwa kuti azithandiza azungu.

✧ Anthu akuda:

- ✓ Ankaona azungu ngati mizimu choncho kudali kovuta kuwatsutsa.
- ✓ Ankati dziko ndi la azungu popeza katundu yemwe ankagwiritsidwa ntchito anali wochokera kwa azungu monga ku Ulaya.
- ✓ Ankaganiza kuti katundu waho ngakhalenso zovala zaho sizabwino komanso zawamba.
- ✓ Ankamatandira anzaho omwe amavala zovala zakunja.

Zomwe zimabweza chitukuko pambuyo ku Malawi.

- ✧ Kukhulupirira zachizungu kwambiri.
- ✧ Malipiro ochepta omwe anthu amalandira.
- ✧ Kusalola kukhala ndi mpikisano wantchito zikuluzikulu zofunika za makampani. Mwachitsanzo, ku Malawi tili ndi vuto lamagetsi kamba kakuti kampani ndi imodzi. Pakanakhala kampani ena opikisana nayo bwenzi anthu akusankha kampani yomwe ikuwasangalatsa. Eni kampani omwe sali pampikisano ndi makampani ena amatayirira pakagwiridwe ka ntchito zaho ndipo sadandaula popeza ali wokha.

Mfundu zazikulu m'nkhaniyi

✧ Kudzikonda kwa azungu

- ✓ Safuna anthu akuda azitukuka.

- ✓ Safuna anthu akuda azikhaLa ozindikira n'cholinga choti aziwapondereza.
- ✓ Safuna kuyamikira zochita zamunthu wakuda.
- ✓ Amati munthu wakuda sangachite chinthu chodalirika; zochita zamunthu wachikuda ndi zachikunja.
- ✓ Amati iwo amachita zodalirika komanso zofunika.
- ✓ Amafunu anthu akuda asiye miyambo yawo nkutenegeira khalidwe lachizungulo chonsecho zochita zawa n'zopanda pake, zolaula komanso zosagwirizana ndi chikhalidwe cha anthu akuda.

❖ **Kusadziwa kwa anthu akuda**

- ✓ Ankaona azungu ngati mizimu choncho kudali kovuta kuwatsutsa.
- ✓ Makolo ankati dziko ndi la azungu popeza katundu yemwe ankagwiritsidwa ntchito anali wochokera kwa azungu monga ku Ulaya.
- ✓ Ankaganiza kuti katundu wawo ngakhalenso zovala zawa sizabwino ndi zawamba.
- ✓ Ankatamandira anzawo omwe amavala zovala zakunja.

❖ **Kupondereza**

- ✓ Azungu safuna anthu akuda azikhala ozindikira n'cholinga choti aziwapondereza.
- ✓ Azungu amadziwa kuti anthu akuda ndi olimbika komanso anzeru mwakuti atha kuwapitirira n'chifukwa chake amafuna kuwapondereza kuti iwo azikhala pamwamba nkumawalamulira ndi pantchito

❖ **Kusakondana kwa anthu akuda**

- ✓ Kusagwirizana ndikuchitirana nsanje pa ntchito za malonda.
- ✓ .Kusalolera makampani ena awiri kapena atatu kugwira ntchito imodzi kuti pakhale kupkisana.
- ✓ .Kusakhudzidwa ndi mavuto a anzawo: Kulemba ana anzawo komanso anthu ndikumawapatsa malipiro ochepta m'maesiteti.

Maphunziro kapena uthenga m'nhaniyi

❖ **Anthu ena safunira anzawo zabwino.**

Azungu safunira anthu akuda zabwino.

- ✓ Safuna anthu akuda azitukuka.
- ✓ Safuna anthu akuda azikhala ozindikira n'cholinga choti aziwapondereza.
- ✓ Safuna kuyamikira zochita zamunthu wakuda.

Matanthauzo amawu ena

✓ Adziwe mfolo	:achenjere
✓ Akungotha gaga	:angokhala nkumadya basi
✓ Ogunata	:opusa/opepera
✓ Zinthu zakampeni kumphasa	:zosungirana mangawa
✓ Atchera kumwezi nkhangha zaona	:aonekera poyer
✓ Mwamvu :nthawi ya chirimwe	
✓ Kuphimba m'maso :kupusitsa	
✓ Kutengera kuntoso ngati nyama ya galu	:kunyozedwa
✓ Wamvula za zakale	:munthu wachikulire
❖ Anthu akuMalawi amakanika kutukula dziko chonsecho zoyenereza ali nazo ndithu.	

Anthuaku Malawi atha:

- ✓ Kutsatira masomphenya a malemu Bingu Wa Mutharika oti, "Dziko la Malawi silosauka poti lili ndi china chilichonse chothandiza pachitukuko koma umphawi uli ndi anthu omwe safuna kudzipereka pogwira ntchito.
- ✓ Kuchita ulimi wamthirira(ulimi wangalande)pogwiritsa ntchito nyanja komanso mitsinje yomwe ilipo m'dziko mwawo.
- ✓ Kusamala zachilengedwe n'kumatsata malamulo azokopa alendo.
- ✓ Kudzipezera chochita m'malo modikira kulembedwa ntchito yakuofesi.
- ✓ Kugwiritsa nzeru zozama zomwe aphunzira kusukulu za ukachenjede pantchito yodzilemba okha.

MUTU II: HIV/AIDS

Nthano mwachidule

HIV ndi kachilombo kamene kamayambitsa kutha kwa chitetezo chachibadwidwe mnthupi lamunthu. Ena amati kachilomboka kadachita kupangidwa ndi akatswiri aza sayansi, ena amati kadachokera kunyama ziweto nkhosa ndi ng'ombe, enanso amati munthu ndi nyani wochedwa chimpazi izi zikusonyeza kuti sikadziwika bwino komwe kadayambira. Kali ndi zizindikiro kakalowa m'thupi mwamunthu komanso nkopeweka. Kuno ku Malawi anthu adakatulukira mzaka za 1985 komabe kadali katayamba kale.

Zomwe zimachitika kachilombo ka HIV kakapezeka mnthupi lamunthu

- ✧ Chitetezo chimachepea
- ✧ Thupi limakhala lopanda mphamu
- ✧ Munthu akadwala matenda aliwonse kumakhala kovuta kuti achire.

HIV idadziwika ku Malawi nanga anthu anali ndi maganizo anji panthawiyi

- ✧ Panthawiyi anthu anali asadatulukire, ankangoti ndi matenda akanyera/kunyentchera moti amataya nthawi nkumapita kwa asing'anga mpaka ankafa nawo.
- ✧ Ena ankangoganizirana za ufti kapena kulodzana pantchito, pabizinesi, paudindo kumpingo kapena kulimbanirana ufumu.

Komwe idayambira komanso komwe idachokera HIV/AIDS

- ✧ Ena amati idayambira ku Amerika, ku Kenya komanso ku Australia kotero nkovuta kudziwa kwenikweni komwe idayambira.
- ✧ Amati akatswiri odziwa za chirengedwe chathupi lamunthu ku Amerika ndiwo adayambitsa mliriwu.
- ✧ Ena amati akatswiriaku Amerika adakapanga kuchokera ku kachirombo kam'nthupi lankhosa(bira/mberere) n'kuphatikiza ndi kachirombo kam'nthupi lang'ombe.
- ✧ Ena amati kadayambika ndi munthu wina yemwe ankachita zolaula ndi chinyama chokhala ngati nkhwere/nyani ndipo adayamba kuonetsa zizindikiro zoti m'nthupi lake muli kachirombo koononga chitetezo chachilengedwe m'nthupi.

Zizindikiro za HIV/AIDS

- ✧ Kutsekula m'mimba kawirikawiri
- ✧ Kunyozoloka kwa tsitsi ngati bweya
- ✧ Lilime limaoneka lambuu
- ✧ Kutsokomola pafupipafupi
- ✧ Kulefuka ndi kuchita thukuta nthawi iliyonse
- ✧ Kuonda ndi kusanza
- ✧ Mashingozi

Njira zotengera HIV

- ✧ Kukhudza magazi amunthu yemwe ali ndi kachilomboka
- ✧ Kubwerekana malezala
- ✧ Kugwiritsa ntchito jakisoni m'modzi anthu ambiri
- ✧ Kugonana ndi akazi kapena amuna ochuluka/ambirimbiri
- ✧ Pobereka kapena kuyamwitsa amayi atha kumpatsira mwana

Mtundu wina wa HIV

- ✧ Kachilomboka kadzafala ngati mphepo ndikumaoneka mitundumitundu monga momwe imaonekera nthenda ya khansa.

Kapewedwe ka HIV/AIDS

- ✧ Kupewa mchitidwe wachiwerewere
- ✧ Kukhulupirirana m'banja
- ✧ Kugwiritsa ntchito makondomu kwa iwo amene sanakwatirane koma sangathe kupirira
- ✧ Amayi aleke kubereka ngati adziwa kuti ali ndi HIV.

Kumbutso:

- ✓ Aliyense aziyesetsa kusamalira thupi lake potsatira malangizo a zaumoyo.
- ✓ Munthu ayenera kukayezetsa magazi kuti adziwe m'mene m'nthupi mwake muliri.
- ✓ Phukusi lamoyo sakusungira ndi mnzako, umasunga wekha.
- ✓ Pachina chilichonse pamakambidwa za HIV/AIDS popeza chilichonsegwero lake ndi moyo wathanzi.

Mfundu zazikulu m'nkhaniyi

- ❖ **Kusasamala moyo wa ena:**
 - ❖ .Akatswiri adakonza mwadala kachirombo ka HIV kamene kakuononga moyo wa anthu ena padziko lapansi.
 - . Munthu wina ankachita zolaula ndi nyama mpaka adatenga HIV.
- ❖ **Kusadziwa:**
 - ❖ .Anthu posadziwa HIV/AIDS ku Malawi, ankayesa kuti ndi nthenda ya Kanyera kapenanso kuti anthu akulodzana pamaudindo kumpingo ndi kuofesi.
- Tipewe chiwerewere**

Anthu ambiri adamwalira chifukwa cha kugonana ndi akazi kapena amuna ambiri.
- Tikayezetse magazi**

Ndibwino kuyezetsa HIV kuti udziwe m'mene mnthupi mwako muliri.
- ❖ **HIV/AIDS ndi yopeweka.**

Pali njira zambiri zopewera HIV/AIDS monga kukhulupirika m'banja, kugwiritsa ntchito makondomu ndi kudziletsa.
- Maphunziro m'nhaniyi**
 - ❖ **Anthu adaonongeka chifukwa cha kusadziwa.**

Anthu posadziwa HIV/AIDS ku Malawi, ankayesa kuti ndi nthenda ya Kanyera kapenanso kuti anthu akulodzana pamaudindo kumpingo ndi kuofesi mwakuti anthu ambiri amapita kwa asing'anga ndipo adamwalira.

MUTU III: MALANGIZO A NKHANU

Nthano mwachidule

- ❖ Njoka inali kudya ana a apumbwa pamene makolo awo apita kukasaka zakudya. Apumbwawo ankadandaula nkumalira mpaka Nkhanu idamva kulirako. Apumbwa adapempha Nkhanu kuti iwathandize ndipo Nkhanuyo idapeza njira yoika nsomba m'njira yomwe njoka imayendamo mpaka ku mphako komwe inkabisala. Nkhanu idati Sisinya zidzatsatira fungo lansomba mpaka zidzapha njokayo. Sisinya zidapha mbalame zonse mumtengomo.

- ❖ **Atengambali m'nhaniyi**
- ❖ Nkhanu
- ❖ Mbalame wa mtundu wa pumbwa
- ❖ Njoka

Malo ochitikira nkhani:

- a) **Mumtengo waMkuyu**
 - ❖ Mumamakhala a pumbwa komanso njoka yomwe imadya ana a mbalame asanaphukire ndi ubweya omwe.
- b) **Kumtsinje**
 - ❖ Komwe nkhanyu inkakhala ndipo idamva chisoni ndi kulira kwa mbalame. Nkhanuyo idacheza ndi mbalame pamalopa, idamva madandaulo ake ndipo idalonjeza kuthetsa vuto la mbalame.

Kuchenjera kwa njoka

- ❖ Imadya ana a mbalame panthawi imene mbalame zikuluzikuluzo zapita kukafuna zakudya.

Kupusa kwa apumbwa

- ❖ Sadaganizire zomwe zikadatha kuchitika kwa ana awo pamene iwo amanyamuka kukafuna zakudya.
- ❖ Amadziwa kuti njoka ikutha ana awo koma palibe chomwe adachita kuti njokayo isiye khalidwel, ankangodandaula komanso ankangolira.

Njira yomwe nkhanyu idakonza yophera njoka

- ❖ Idauza Apumbwa kuti itenga nsomba ndikuika m'njira yomwe njoka imadutsa pokalowa kumphako komwe imakhala.
- ❖ Idati Sisinya ndi zomwe zidzalondole njoka ndikukaipha kumphako komweko.
- ❖ Njirayi sidali yabwino popeza Sisinya zidapha mbalame zonse mumtengomo.

Mfundu zazikulu m'nhaniyi

- ❖ **Kuthandiza:** Nkhanu idathandiza mbalame kuti zithane ndi njoka yomwe inkadya ana awo.

- ❖ **Chikondi:** Nkhanu idasonyeza chikondi kwa mbalame pomvetsera madandaulo ake ndikupeza njira yothandiza pa zimene mbalame zimadandaula.
- ❖ **Kusakhulupirirka:** Sisinya sizidakhulupirike popeza m'malo mophia njoka zidapha mbalame zonse mumtengo wamkuyu.
- ❖ **Kuchenjera:** Njoka imadya ana a mbalame panthawi imene mbalame zikuluzikuluzo zapita kukafuna zakudya.
- ❖ **Kudalira :** Mbalame zidadalira Nkhanu kuti iwathandiza pothana ndi Njoka yomweimawadyera ana. Nkhanu idadalira
Sisinya kuti zidzalondola Njoka mpaka kukaipha kumphako komwe inkakhala.

Maphunziro m'nhaniyi

- ❖ **Ndi bwino kusamala ndi omwe tikufuna kuti atithandize pamene takumana ndi vuto.**

Nkhanu idauza Sisinya kuti ithandize kupha Njoka popeza idaona kuti Sisinya ndi zomwe zingathekupha Njokayo. Sisinyazo,
m'malo mwake, zidapha mbalame zonse mumtengo wamkuyu.

Chamwini nchamwini

Tidziganizano mozama pamalangizo omwe tapatsidwa kuti tiwatsatire. Pumbwa adadalira kwambiri nzeru za ena koma
sizinamuthandize.

MUTU IV: MALODZA A KHUNGUBWE

Nthano mwachidule

Khungubwe anali ndi chisa muntengo wina. Tsiku lina, m'Juni kukuzizira zedi, adawona Gweyani atazizidwa ndipo atasowa koti nkubisala. Gweyaniyo adali patsinde pamtengo womwe Khungubwe adamanga chisa chake. Khungubwe adamva chisoni ataona m'mene Gweyani adazizidwira ndi chisanu ndipo adadandaulira Gweyaniyo. Gweyani adauza Khungubwe kuti asavutike ndikumdandaulira iye; angotaya nthawi. Gweyani adayankhula nati Khungubweyo adangofuna kuchita matama kuti awonetse kuti ali pabwino. Pamene Khungubwe adaptiriza kumvera chisoni Gweyani, Gweyani adayankha mwaukali nati Khungubweyo achite zake. Khungubwe atapitiriza kulangiza Gweyani, Gweyaniyo adangokwera mumtengomo nkukasulakasula chisa cha Khungubweyo

Kusanthula nthano yonse

Atengambali

- ❖ Khungubwe
- ❖ Gwenyani

Malo ochitikira nhani

Mumtengo: Khungubwe adamangamo chisa chake.

Patsinde lamtengo: Gweyani adayimapo atazizidwa ndipo adaonedwa ndi Khungubwe

Mchisa: Chisa chomwe chidamangidwa ndi nhungubwe kuti adzikhalamo

Mfundu zazikulu m'nthanoyi

- ❖ **Chisoni ndi chikondi**
 - ✓ Adamvera chisoni Gweyani popeza adali atazizidwa.
 - ✓ Adalangiza Gweyani kuti adzimangire pokhala.
- ❖ **Mwano**
 - ✓ Gweyani adayankha Khungubwe kuti asavutike ndikumumvera chisoni; angotaya nthawi.
 - ✓ Gweyani adayankha mwaukali pamene Khungubwe ankamumvera chisoni kuti adazizidwa.
 - ✓ Gweyani adauza Khungubwe kuti ntchito yake n'kukamba za anthu ena basi.
 - ✓ Adamfunsa Khungubwe kuti anene chomwe anali kudziyesa.
- ❖ **Kuganiza molakwika**
 - ✓ Gweyani atamva kuti Khungubwe ali kumumvera chisoni adaganiza kuti Khungubweyo angofuna kuonetsa kuti iye adali pobisala pabwino ndipo ankangofuna kuchita matama.
- ❖ **Nkhanza**

Gweyani adakwera mumtengo n'kukakasulakasula chisa cha Khungubwe.

❖ Ulesi

Gweyani akuonetsa kuti ndi kanyama kaulesi polephera kudzimangira yekha chisa choti adzikhalamo pa nthawi yozizira kapena yetentha.

❖ Kusadzidalira

Gweyani adali nyama yosadzidalira, imazizidwa ndi chisanu koma simadzimangira yokha pokhala.

Maphunziro

❖ Chisoni chimaphetsa

✓ Khungubwe adachitira chisoni Gweyani atazizidwa namulangiza kuti adzimangire pokhala. Gweyani adayankha mwamwano komanso mwaukali kuti Khungubweyo achite zake ndipo pamene Khungubwe adapitiriza kulangiza Gweyani adamusasulira chisa.

❖ Ena akavutika safuna kuthandizidwa kamba koganiza molakwika

✓ Gweyani atazizidwa sadafune kuti Khungubwe amuthandize popeza ankaganiza kuti Khungubwe akuchita matama kuti aoneke kuti ali pabwino.

MUTU V: UDANI WA KATUNDULU NDI NJOVU

Nkhani Mwachidule

Njovu sidali kupeza bwino tsiku lina idakhala patsinde la mtengo wina osadziwa kuti mumtengomo mudali chisa cha Katundulu. Mwatsoka chitamba cha njovuyo chidatsotsola chisacho ndipo ana a Katundulu adagwa nkufera pomwepo. Atafika akatundulu adaona ana akufawo ndipo patsikuli chidani chidayambika. Katundulu wamkazi adali kudandaula nthawi zonse. Mpheta, bwenzi la Katundulu wamkazi adafunsa mzakeyo chomwe ankaririra nthawi zonse. Katundulu atafotokoza zomwe idachita njovu, Mpheta idaumuaza kuti adayenera kuyipha njovuyo. Chule ndi yemwe adapereka njira yophera njovu: adakhala pafupi ndi dzenje lalikulu nkumalira ndipo njovu idagwera m'dzenjemo pamene idalondola komwe kunali chuleko poganiza kuti kudali madzi popeza inkakhulupirira kuti chule salira popanda madzi.

Kusanthula nthano yonse

❖ Ategambali

- .Katundulu
- .Njovu
- .Chule
- .Mpheta

Malo ochitikira nkhani

- ❖ **Mumtengo:** Akalitundulu anali kukhalamo ndipo mudali chisa ana awo.
- ❖ **Patsinde pa mtengo:** Njovu idakhalapo isakupeza bwino ndipo mwatsoka idasasula chisa cha akatundulu mwakuti ana awo adagwa nkufa pomwepo.
- ❖ **Padzenje:** Chule ankarira ndipo njovu idagwera pamene inkayesa kuti pali madzi pokhulupirirakuti chule salira popanda madzi.

Kusiyana kwa Katundulu wamkazi ndi wamamuna

Katundulu wamkazi adadandaula kwambiri kamba ka imfa ya ana ake mwakuti adapitiriza kudandaula nthawi zonse mpaka mpheta idafunsa chomwe chimachititsa Katunduluyo kuti azidandaula chotero.

Maganizo oyipa ampheta

Mpheta idapereka malangizo oyipa kwa Katundulu wamkazioti njovu idayenera kuphedwa. Njovu sidayenere kuphedwa popeza sidachitire dala kupha ana a Katundulu

Mfundu zazikulu

- ❖ **Kusunga chidani:** Katundulu atazindikira kuti ana ake adafa chifukwa choti njovu idasasula chisa, adasungira njovuyo mangawa ndipo pamapeto pake adayipha.
- ❖ **Kusazindikira:** Njovu sidazindikire kuti pamane chule ankarirapo apadali dzenje lalikulu. Iyoidangokhulupirira kuti pakulira chulepo pali madzi popeza chule salira popanda madzi.

- ❖ **Kupereka malangizo oyipa:** Mpheta idapereka malangizo oyipa kwa Katundulu wamkazi oti njovu idayenera kuphedwa. Njovu sidayenere kuphedwa popeza sidachitire dala kupha ana a Katundulu.
 - ❖ **Kudalira:** Katundulu adadalira mpheta yomwe idapereka ganizo loti njovu iphedwe ndipo adadaliranso chule yemwe adakonza njira yophera njovu.
 - ❖ **Kuganiza mwakuya:** Chule adaganiza mwakuya pokhala pafupi ndi dzenje lalikulu nkumalira pofuna kupha njovu. Njovu idagwera m'dzenjemo pamene idalondola komwe kumalira chuleyo pogoniza kuti yapeza madzi poti inkakhulupirira kuti pamene chule akulira padayenera kukhala madzi.
- Maphunziro**
- ❖ **Ena amatha kuvulala kapena kufa kumene kamba ka zinthu zochita mwangozi**
Njovu idaphedwa pamene idapha ana akalitundulu itatsotsola chisa mwangozi.
 - ❖ **Mwana akamwalira kholo limadandaula komanso amawawidwa moyo kwambirir.**
Ana akatundulu atafa onse, katundulu wamkazi ankangodandaula nthawi zonse koteru kuti adavomereza zopha njovu yomwe idapha anawo.
 - ❖ **Ena akakhala pachisoni sakhalo ndi nthawi younguza ngati zomwe anzawo akuwauza ndi zabwino kapena zoipa.**
Katundulu anali pachisoni chachikulu mwakuti adalibe nthawi younguza ngati ganizo lampheta loti njovu iphedwe lidali labwino kapena ayi. Iye adangovomereza basi.

Matanthauzo amawu

- ❖ **Wakutsina khutu ndi mnansi.**

Wakuuza nzeru wakukonda ndithu.

Mawu ena ofuna kuwaunika bwino m'nhaniyi

- ❖ **Mnzako ndi amene amakuthandiza panthawi yamavuto.**
Mpheta idapezeka/idatulukira ndi chithandizo panthawi imene Katundulu anali pamavuto (analikulira kamba ka imfa ya ana ake). Panthawi yomweyinso chule adatulukira ndi chithandizo china: nzeru yophera njovu.
- ❖ **Kudandaula kokhakokha kusiyaniitsa abwino ndi oyipa.**
Pamene Katundulu ankangodandaula osachitapo chilichonse kwa njovu yomwe idapha ana ake pomwe idasasula chisa, njovu ikadakhala yoipa ndipo Katunduluyo akadakhala wabwino. Povomereza ganizo la mpheta loti njovu iphedwe, naye Katundulu adasanduka woipa poti adapha.

MUTU VI: IMFA YA MBALAME

Nkhani mwachidule

Nthawi ina kutagwa chisanu malingana ndi kusintha kwa nyengo, nkhwere zidavutika ndi kuzizira kwa sabata zingapo. Usiku wina nkhwerezi zidaona psipsiti(kamphanimphani) yemwe akamauluka amaoneka ngati moto ndipo zidagwira psipsitiyo pogoniza kuti adali moto. Nkhwerezi zidagwetsera pansi psipsitiyo nkumukwirira ndi udzu wouma kuti ukolele ziothe koma udzuwo sudakolele. Izo sizidadziwe kuti psipsitiyo nkachirombo chabe osati moto. Mbalame ina idafika pamalopo nkulangiza nkhwerezo kuti zidali kungovutika popeza psipsiti kadali kachirombo chabe komwe kadalibe moto. Nkhwere zinazo zidaleka kuuzira motowo koma imodzi idapitiriza. Pamene mbalameyo idasendera pafupi kuti itsimikizire nkhwereyo kuti moto padalibe, nkhwereyo idapsa mtima ndi kupha mbalameyo.

Kusanthula nthano yonse

Zomwe zimachititsa kuti nkhwere zikonde mbali ina yankhalango

Mbali yankhalango imeneyi inali yowirira kwambiri.

Khama lankhwere

Zidauzira udzu ngakhale kuti moto sudayake.

Atengambali/ampangankhani

Nkhwere

Mbalame

Malo ochitikira nkhani

Mbali ina yankhalango: Malo owirira kwambiri omwe nkhwere zinkakhala komwenso nkhwere ina idapha mbalame itapsa mtima

Mfundu zazikulu

- ✧ **Chikhulupiro chachikulu**
- ✧ :Nkhwere sizidasiye kuuzira paudzu ngakhale moto sudakolele popeza zidali ndi chikhulupiro kuti motowo uyaka basi.
- ✧ **Kusazindikira**
Nkhwere sizidazindikire kuti psipsiti kadali kachirombo chabe komwe kamaoneka ngati moto koma kadalibe moto.
- ✧ **Nkhanza**
Nkhwere idapha mbalame pamene mbalame idatsika kuti ikatsimikizire nkhwerezero kuti moto sungayake.

Maphunziro

Kuthandiza kumaphetsa

Mbalame idaphedwa/idafa pamene idasendera pafupi ndi nkhwere kuti ikatsimikizire nkhwerezero kuti moto sungayake popeza psipsiti kadali kachirombo chabe kamene kakamauluka kamaoneka ngati moto koma kalibe moto.

MUTU VII: BULU M'CHIKOPA CHA NKHALAMU

Nkhani mwachidule

Munthu wina ankagwira ntchito yochapa zovala za anthu. Adali ndi bulu koma sanali kumusamala mwakuti adali wofooka komanso sankaona bwino. Tsiku lina adatola chikopa chankhalamu wakufa naveka buluyo kuti azioneka ngati nkhalamuwo, azithawidwa ndipo azikadya m'minda mwawantha. Posakhalitsa bulu uja adanenepa nkhala ndi mphamvu. Tsiku lina buluyu adamva kulira kwa bulu wamkazi ndipo pamene adayankhira anthu adadziwa kuti sadali nkhalamu koma bulu ndipo adamupha.

Kusanthula nkhani yonse

Maonekedwe abulu

Anali woonda ndi wofooka

Chomwe chidachititsa bulu kukhala ndi maonekedwe otere

Mwiniwake sankamusala komanso sankamupatsa chakudya chokwanira.

Cholina cha mwinibulu pomuveka bulu chikopa chankhalamu

Adzionaleka ngati nkhalamu, adzithawidwa ndipo adzikadya m'minda mwa anthu kuti anenepe

Chomwe chidaululitsa bulu

Adamva kulira kwa bulu wamkazi pamtunda wautali ndithu ndipo adatengeka nkuyankhira choncho anthu adamuzindikira kuti sinali nkhalamu.

Atengambali/ampangankhani

- .. Bulu
- .. Mwinibulu
- .. Anthu am'mudzi
- .. Bulu wamkazi

Malo ochitikira nkhani

- ✧ **Ku minda ya anthu:** komwe bulu ankapita kukadya zakudya
- ✧ **M'balani:** mwinibulu amamutsekeramo buluyo m'mawa uliwonse pochokera kokudya zakudya m'minda ya anthu.

Mkhalango: Kumene munthu ankangodziyedera.

Mmudzi :Komwe anthu ankakhala

Mfundu zazikulu

- ✧ **Kuchenjera:** Mwinibulu adali wochenjera. atazindikira kuti akukanika kumpatsa bulu wake chakudya chokwanira adamuveka chikopa chankhalamu kuti adzikadya m'minda mwa anthu mosavutikira.
- ✧ **Chinyengo:** Bulu ankanyengezera kukhala nkhalamu.
- ✧ **Kudzidalira:** Mwinibulu ankagwira ntchito yochapa m'makomo mwa anthu nkumalipidwa.

- ❖ **Nkhanza** :Mwinibulu adaganiza mwankhanza pofuna kudyetsera bulu wake mminda mwa anzake.
- ❖ **Ulesi:** Mwinibulu adali walesi posamufunira bulu wake zakudya mpaka adawonda ndi kufooka.

Maphunziro

❖ **Kubisa chilengedwe ndi kovuta**

Bulu adavala chikopa chankhalamu nkumaopseza anthu, nkumadya zakudya zam'minda mwawo koma atamva kulira kwa bulu wamkazi pamtunda wautali adayankhira ndipo anthu adamuzindikira kuti ndi bulu osati nkhalamu.

❖ **Kuganiza mwakuya kumathandiza**

Mwinibulu atazindikira kuti akukanika kumusamala bulu wake mpaka kumaoneka ofoka adatola chikopa chankhalamu wokufa namuveka kuti anthu asamuzindikire, adziopedwa komanso adzikadya zakudya m'minda yawo mpaka buluyo adanenepa nakhala ndi mphamvu.

❖ **Chinyengo chimakhala ndi mathero**

Bulu adanyenga anthu kwanthawi ndithu nkumathawidwa pomaoneka ngati nkhalamu chonsecho atangovala chikopa cha nkhalamu. Nthawi idakwana, chinyengo chake chonse chidatha ndipo adaululika naphedwa.

.Kusasamala kumawonongetsa zinthu: mwinibulu adaphetsa bulu wake chifukwa cha kusamusamala pomufunira zakudya.

MUTU VIII: UDANI WA KHWANGWALA NDI KADZIDZI

Nkhani mwachidule

Mbalame zitavutika posowa mfumu zidaganiza zolonga mfumu yatsopano ndipo mwayi udagwera Kadzidzi. Pamene mbalame zinakangalika ndi chikonzekero chaphwando la ufumu, mbalame yotchedwa Chikhwangwala idadzudzula mbalamezo kamba kosankha kadzidzi yemwe adalibe maonekedwe abwino pamene padali mbalame zina zomwe zidali ndi maonekedwe abwino komanso zanzeru monga Tambala, Kakowa ndi Chiombankanga. Alangizi adaimitsa phwando ndipo mbalame zonse zidapita kukakambirana. Kadzidzi adakalipira Chikhwangwala zedi atamva zomwe adachita. Chikhwangwala chidadzitsutsa nkukonza zokapepesa kwa Kadzidzi ngakhale kuti apa nkuti chidani chitayamba mmitima mwa kadzidzi.

Kusanthula nkhani yonse

Chomwe chidachititsa kuti mbalame zisankhe mfumu

Zidalibe kopita ndi milandu yawo zikalakwirana

Mfundu za Chikhwangwala poimtsa zokonzekera ufumu

- ❖ Kadzidzi adalibe nzeru ngati mbalame zina monga Tambala, Kakowa ndi Chiombankanga.
- ❖ Kadzidzi adali wosaoneka bwino monga mbalame zatchulidwazi.
- ❖ Kadzidzi sankaona masana.

Kupusa kwa mbalame zonse

Zidasiya kukonzekera nkubwerera komwe zimakhala potsata mfundo zansanje za Chikhwangwala.

Kadzidzi adali ndi mphamvu ngakhale asadamudzodze ufumu

Adakalipira Chikhwangwala kamba koymitsa zokonzekera kumudzodza iye ufumu.

Malo ochitikira nkhani

- ❖ **Mnyumba:** momwe kadzidzi adakhala pampando akudikira zokonzekera kuti zitsirizika kenako akadzodzedwe ufumu
- ❖ **Kunyumba za mbalame zosiyanasiyana:** Mbalame zinkakhalako ndipo zidapitakonso pambuyo pa zokambira zoimtsa kulonga Kadzidzi ufumu

Mfundu zazikulu

- ❖ **Nsanje:** Chikhwangwala adachita nsanje ndi kusankhidwa kwa Kadzidzi kuti alongedwe ufumu.
- ❖ **Kuganiza bwino:** Mbalame zidaganiza bwino kuti zisankhe mfumu popeza zimasowa woweruza milandu zikalakwirana.
- ❖ **Kudzichepetsa:** Chikhwangwala adadzitsutsa powutsa chidani pakati Kadzidzi ndi iye ndipo adaganiza zokapepesa.
- ❖ **Kulemekeza ufulu wamaganizo pachisankho:** Chikhwangwala adapatsidwa mwayi

wopereka maganizo ake pa yemwe adasankhidwa kuti alongedwe ufumu ndipo maganizo ake adalemekezedwa ngakhale kuti adali ndi nsanje chabe.

Maphunziro

✧ Nsanje sipindula

Chikhwangwala adayimitsa zokonzekera polonga ufumu wa Kadzidzi kamba ka nsanje chabe komabe adakapepesa atakalipiridwa nkuzindikira kuti adalakwitsa zinthu.

MUTU IX: NJOKA YA PACHULU

Nkhani mwachidule

Njoka sinali kusamala ikamayenda makamaka ikampita kukasaka zakudya. Inali kuponda nyerere mwakuti zinali kungodzifera. Tsiku lina njoka idadzera njira yaminga ndi miyala ndipo idakhulika komanso idabayidwa ndi minga komanso miyala ija. Chifukwa cha ululu ndi kuchuluka kwa mabala aminga ndi miyala, njoka ija idafa ndipo nyerere zidabwera kudzaguza njoka. Nyerere zidapeza mpata wolipsira nkhanza zomwe njoka inali kuchita.

Kusanthula nkhani yonse

Malo ochitikira nkhani

a) Pachulu: malo amene njoka inkakhala

b) Mumkwakwalazi

✧ **Wopanda minga ndi miyala:** m'mene njoka inkadutsa nthawi zonse pokasaka zakudya ndipo sinkasamala zoti ikuponda nyerere.

✧ **Waminga ndi miyala:** m'mene njoka idadutsamo paulendo womwe sidakafike kamba koti
idakandidwa ndi minga komanso idakhulidwa ndi miyala mpaka idafa.

Mfundu zazikulu

✧ **Nkhanza:** njoka imaponda nyerere mosasamala ikamapita kosaka zakudya

✧ **Kusasamala:** njoka idasankha kudzera njira yomwe sinkadutsamo nthawi zonse mwakuti sidapitirize ulendo wake pamene idakandika ndi minga komanso kukhulika ndi miyala mpaka kufa.

✧ **Kusunga mangawa:** Nyerere zidasunga mangawa pamene njoka inkaziponda ndipo itafa njokayo izo zidapeza mpata wokalipsira.

Maphunziro

Kuchitira zinthu limodzi nkofunika

Nyerere zidakwanitsa kuguza njoka chifukwa zidali limodzi zonse.

MUTU X: MOYO WA MKANGO

Nkhani mwachidule

Makedzana kudali anyamata anayi okondana. Atatu mwa iwo anali ophunzira, mmodzi anali osaphunzira koma amakhulupirira nzeru zake zachibadwidwe. Tsiku lina anyamatawa adaganiza zokafuna ntchito poona kuti kumudziko sikkadawathandiza komanso sukulu yaho sikadaoneka yothandiza. Wamkulu mwa onse adati wosaphunzira uja asapite nawo popeza palibe munthu angachite naye chidwi. Akuyenda m'nhalango paulendo wawo, adapeza mkango wakufa ndipo atatu ophunzira aja adagwirizana kuti abwezeretse moyo wamkangowo pogwiritsa ntchito nzeru zakusukulu. Atabwezeretsa mafupa, minofu ndi magazi, wosaphunzira uja adawachenjeza kuti mkangowo udzapha onse akangawubwezera moyo. M'modzi mwa anyamatawa adadzudzula wosaphunzirayo kuti sadali kudziwa kalikonse. Wosaphunzirayu adachokapo nakakwera mumtengo. M'nyamata wotsiriza atangouzira moyo m'thupi lamkango, mkangowo udadzambatuka ndipo udadya anyamata onse atatu aja. Utachoka mkangowo, mnyamata wosaphunzira uja adatsika nabwerera kumudzi akulira kamba ka imfa ya anzake aja.

Kusanthula nkhani yonse

Chidachititsa anyamata kuti achoke dera lakwawo

Ankafuna kukapeza ntchito kudera kwina poganiza kuti kumudziko sikukadawathandiza.

M'mene wosaphunzira adabweretsera mkangano pagulu la anzake ophunzira

- ✧ Wamkulu pagulupo adati wosaphunzirayu asapite kunja popeza palibe amene angachite naye chidwi nkumulemba ntchito.
- ✧ Wachitatu adati umenewo sudali mkhaldwe wabwino. Iye adakumbutsa anzakewo kuti wosaphunzirayu ndi mnzawo kuyambira kuchibwana tsono padalibe chifukwa choti atsale. Adawauza anzake enawo kuti akamakapeza ndalamu kuchokera ku malipiro awo azikamugawira mnzawoyo.

Nzeru za mnyamata wosaphunzira

Adazindikira kuti mkango ukabwezeredwa moyo udzadya onse posayang'anira ntchito yabwino yomwe anyamatayo angachite choncho adalangiza anzakewo kuti mkango ndi chirombo chomwe chilibe zibwana. Anzakewo atanyozera langizo lakelo iye adawasiya nkukakwera mumtengo. Mkango utalndiranso moyo udadya anyamata atatu omwe adaupatsa moyowo.

Malo ochitikira nkhani

- ✧ **M'nhalango:** anyamata aja ali paulendo wokasaka ntchito adapeza mkango wakufa m'menemu ndipo pamene adagwirizana zobwezeretsa moyo wake mkangowo udawadya utalandira moyowo.
- ✧ **Mumtengo:** mnyamata wosaphunzira adakweramo poopa kudyedwa ndi mkango womwe anyamata anzake ankati awubwezeretsere moyo.
- ✧ **Kumudzi:** komwe anyamata anayi okondana aja ankakhala

Mfundu zazikulu

- ✧ **Chibwana:** anyamata ophunzira adaganiza zobwezeretsa moyo wamkango ndipo atatero mkangowo udawadya onse.
- ✧ **Tsankho :** anyamata ena ophunzira sankafuna kuti mnyamata mzawo wosaphunzira apite nawo kutauni poganiza kuti palibe munthu yemwe angachite naye chidwi nkumulemba ntchito kutauniko.
- ✧ **Kugwirtsia ntchito nzeru molakwika:** anyamata ophunzira aja adaganiza zobwezeretsa moyo wamkango osaganizira makhaldwe a mkango.
- ✧ **Chikondi:** m'modzi mwa anyamata ophunzira aja adalangiza anzake kuti sikunali kwabwino kuti amusiyemzawoyo paulendovo popeza adakulira naye limodzi. Iye adauza anzakewo kuti akamakapeza ntchito kutauni aliyense adayenera kumuthandiza kuchokera ku malipiro awo.

Maphunziro

- ✧ **Maphunziro okha opanda nzeru zachibadwidwe ndi chabe.** Anyamata atatu ophunzira aja adasonyeza kusowa nzeru zachibadwidwe popereka moyo kwa mkango, chilombo chomwe chidawadya chitangolandira moyowo.
- ✧ **Chirombo ndi chirombo ndithu, ngakhale mutachichitira zabwino chimabwezera ndi zoipa.** Mkango udadya anyamata omwe adaupatsano moyo.

MUTU XI: NJOVU ISANKHIDWA UFUMU

Nkhani myonse mwachidule

M'nhalango ina, Njovu idasankhidwa kukhala mfumu ya nyama zonse. Nthawi ina mudagwa njala m'nhalangomo, madzi adaphwera ndipo nyama zidayamba kufa. Mfumu Njovu idatuma njovu zonse kuti zikafune madzi. Njovu zdapeza madziwo kuvuma kwa nkhalangoyo pamalo otchedwa Nyanjamwezi. Mfumu Njovu adapita kukamwa madzi komanso kukasamba. Njovu sizidasamale tizilombo tomwe timakhala m'madzimo tomwe timachititsa kuti Nyanjamwezi

iziwoneka ngati paradizo. Tizilomboto tithyoka makosi ndipo tambiri tinafa. Nyama zomwe zidatsala ku Nyanjamwezi zidapangana kuti ziletse njovu kudzamwa madzi. Kanyama konga Kalulu kadadzipereka kuti kakayankhula ndi mfumu Njovu ndipo kadapita nkukachenjeza Njovu kuti ngati sizisintha khalidwe losasamala ndi kupha nyama ku Nyanjamwezi, padzakhala mavuto. Njovu idapepesa ndipo idalonjeza kuti m'chitidwewo sudzaonekanso.

Kusanthula nkhani yonse

- ❖ **Chomwe chidachititsa Njovu kuti isankhidwe ufumu**
 - ✓ Njovu idali khalidwe labwino lodziwa kusunga nyama zonse m'deralo.
- ❖ **Chomwe chidachititsa mfumu Njovu kuti itume njovu zonse kunka kukasaka madzi**
 - ✓ M'nhalngo mudagwa njala yayikulu.
 - ✓ Madzi m'madambo,m'mitsinje ndi m'ngalande adaphwera.
 - ✓ Nyama zazing'ono zidayamba kufa.
- ❖ **Ulemu wanjovu zomwe zidasaka madzi**
 - ✓ Zitapeza madzi pa Nyanjamwezi, zidathamanga kukauza mfumu Njovu ndipo mfumuyo idali yoyamba kukamwa madziwo ndi kusamba
- ❖ **Maonekedwe a Nyanjamwezi**
 - ✓ Imaoneka ngati paradizo kamba tizilombo tam'madzimo tomwe timaoneka mochititsa kaso.
- ❖ **Vuto lomwe lidadza njovu zitakamwa madzi ku Nyanjamwezi**
 - ✓ Nyama zam'madzi zidathyoledwa makosi ndipo zambiri zidafa.
- ❖ **Msokhano wanyama zomwe zidapulumuka ku Nyanjamwezi**
 - ✓ Zidakambirana kuti zipeze njira yoletsera njovu kuti zisadzamwenso madzi ku Nyanjamwezi.
 - ✓ Kanyama kena konga Kalulu koma kokhala m'madzi kadauza nyamazo kuti njovozo sizidzabweranso poti mngelo wake adakatsimikizira zankhani yonseyo.
 - ✓ Kanyama konga Kaluluka kadadzipereka kuti kapita kukayankhula ndi mfumu Njovu.
- ❖ **Zokambirana za mfumu Njovu ndi Nthumwi ya Nyanjamwezi**
 - ✓ Nthumwi ya Nyanjamwezi, kanyama konga Kalulu, idauza Njovu kuti njovu zidalakwa povunduwiza madzi a Nyanjamwezi ndikupha zamoyo zambirimbi.
 - ✓ Nthumwi ya Nyanjamweziyi idachenjeza njovu kuti padzakhala mavuto aakulu ngati mchitidwewo ungapitirire.
 - ✓ Njovu idapepesa ndipo idapempha momwe ikadakapepesera kwa Nyanjamwezi.

Malo ochitikira nkhani

M'khango

- ✓ momwe Njovu idasankhidwa kukhala mfumu kamba ka khalidwe lake labwino lodziwa kusunga nyama zonse.

Ku Nyanjamwezi:

- ✓ Komwe kudapezeka madzi ndipo njovu zidapita kukamwa
- ✓ Komwe njovu zidaponda ndi kupha nyama zam'madzi
- ✓ Komwe mfumu Njovu idapita kukapepesa pa imfa ya nyama zam'madzi

Mfundu zazikulu

- **Kudzichepetsa**
 - ✓ Njovu itamva dandaulo lomwe lidabwera ndi nthumwi ya Nyanjamwezi, kuti njovu zidalakwa povunduwiza madzi a Nyanjamwezi komanso popha nyama zam'madzi, idapepesa ndipo idalonjeza kuti mchitidwe umenewo sudzachitikanso.
- **Kulimba mtima**
 - ✓ Kanyama konga Kalulu kadadzipereka kuti kapita kukayankhula ndi Njovu pamene njovu zidaponda ndi kupha nyama zam'madzi ku Nyanjamwezi. Kanyamaka kadali kakang'ono koma sikadaope kupita kunkhalango komwe kudali nyama zazikulu.
- **Nkhanza**

- ✓ Njovu zidavunduwiza madzi a Nyanjamwezi mosasamala ndipo zidapha nyama zam'madzimo zomwe zimachititsa kuti Nyanjamwezi iziwoneka ngati paradizo.

➤ **Kukhulupirika/Kutumika**

- ✓ Njovu zonse zidavomera zopita kukasaka madzi m'malo mwa nyama zazing'ono.

➤ **Chikondi**

- ✓ Njovu zidakasaka madzi mwa nyama zazing'ono zimene, zina mwa izo, zidali zitayamba kale kufa.

Maphunziro

➤ **Khalidwe labwino limapindulitsa**

- ✓ Njovu idasankhidwa kukhala mfumu kamba ka khalidwe lake labwino lodziwa kusunga nyama zonse.

➤ **Kulimbamtimu ndi kwabwino**

- ✓ Kanyama konga Kalululu kadalimba mtima n'kupita kukayankhula ndi Njovu ngati nthumwi ya Nyanjamwezi pamene nyama zam'madzi zidaphedwa ndi njovu. Mfumu Njovu idapepesa ndipo idalonjeza kuti mchitidwewu supitirira.

➤ **Ndibwino kuwadzudzula ena akachitira zinthu zolakwika**

- ✓ Njovu zitavunduwiza madzi komanso zitaponda ndi kupha nyama zam'madzi ku Nyanjamwezi, nyama zotsala zidakiya ndipo zidatuma kanyama konga Kalulu kuti kakadzudzule njovu kuti zidalakwa poteropo.

➤ **Ena akaferedwa amachoka mantha nachita zinthu molimba mtima.**

- ✓ Kanyama konga Kalulu kadachoka mantha ndipo kadalimba mtima kuyankhula ndi mfumu Njovu popeza kadawawidwa mtima ndi imfa ya abale ake, achinansi, ana ndi azimayi.

MUTU XII: MALOTO A MUNTHU WOSAUKA

Nkhani yonse mwachidule

Tsokalida, mphawi wotheratu, ankakhalira kupempha mtauni ina. Akadaya nakhuta amasunga zokudya zotsalazo mumtsuko m'nyumba mwake. Tsiku lina ankachita ngati akulota uku akuyang'ana mikute yomwe adasunga mumtsuko wakewo. Adaziyankhulira kumalotoko kuti kutagwa njala atha kugulitsa mikuteyo nkuppeza ndalamu zomwe angagulire mbuzi zazikazi zomwe zingasawane pakutha pa miyezi isanu ndi iwiri. Adadziyankhuliranso kuti angathe kugulitsa mbuzizo nkugula ng'ombe zingapo zomwe atazigulitsa akadatha kugula nyama mbidzi ndi abulu ndi golide. Golide akadzagula naye nyumba yomwe ikadamuthandiza kukwatira mkazi wabwino nkubereka mwana wamamuna. M'malingaliro mwakemo adaona mwanayo atalumpha kuchoka m'manja mwa amake nakapezeka pafupi ndi abulu ndipo iye adakwiya zedi poona kuti kuti mkazi wake adatanganidwa ndi zina ndipo adamukankha. Apa adangozindikira kuti wakankha mtsuko wa mikute uja ndipo mikute yonse idagwera pansi.

Kusanthula nkhanu yonse

❖ **Tsokalida analidi mphawi wotheratu**

- ✓ Amadya chakudya chochita kupempha.
- ✓ Zakudya zotsala amasunga mumtsuko womwe amamangirira kutsindwi la nyumba yake.

❖ **Tsokalida anali wosakwatira**

- ✓ M'maloto ake adafotokoza kuti akadagula nyumba yomwe ikadamuthandiza kukwatira mkazi wabwino.

Malo ochitikira nkhanu

❖ **Mtauni**

- ✓ Momwe Tsokalida anali kukhala ndipo anali kupempha zakudya.

❖ **M'nyumba mwa Tsokalida**

- ✓ Momwe Tsokalida ankasunga mikute yake mumtsuko womwe amamangirira kutsindwi.

Mfundo zazikulu

- ❖ **Kusamala zinthu**
 - ✓ Tsokalida akakhuta, amasunga mikute yotsala mumtsuko.
- ❖ **Ulesi**
 - ✓ Tsokalida ankangopempha mtauni m'malo mopeza ntchito kwa anthu omwe amampatsa zakudyawo.

Maphunziro

- ❖ **Nthawi zina maloto ndi woyipa**
 - ✓ Tsokalida adalota akukhankha mkazi wake yemwe adatanganidwa ndi zinthu zina m'malo mosamala mwana wake, mwakuti adazindikira kuti wamenya mtsuko womwe amasunga mikute yake ndipo mikuteyo idamugwera.

MUTU XIII:NKHANDWE YOBILIWIRA

Nkhani yonse mwachidule

Nkhandwe yomwe inkhala kuphanga, tsiku lina ikusaka zakudya idatulukira pamudzi wina. Agalu adayamba kuyithamangitsa. Nkhandweyo idakabisala m'nyumba ina momwe mudali mgolo wapenti yobiliwira. Mwini nyumbayi amagwira ntchito ya zopentapenta. Nkhandweyo idagunda mgolo wapenti yobiliwira uja mwangozi ndipo penti yense adakhuthukira pathupi lonse la nkhandweyo mwakuti idasinta maonekedwe. Idatulukira khomo lakuseri kwa nyumbayo ndipo idayenda molunjika kunkhalango komwe imakhala. Nyama zitaona maonekedwe a nkhandweyo zidadabwa ndipo zidayamba kuthawa posayizindikira. Nkhandwe idauza nyamazo kuti zisathawe popeza iyo idatumidwa ndi Mlengi kuti idzakhale mfumu yawo popeza nyamazo zimasowa mfumu. Nkhandwe idalandira ulemu woyenera monga mfumu. Tsiku lina mfumu Nkhandwe akuusa adamva kulira kwa nkhandwe zinzake ndipo idayankhira. Nyama zija zidazindikira kuti nyama yobiliwira yomwe inkawalamulira idali nkhandwe chocho zidayithamangitsa ndi kuipha.

Kusanthula nkhan yonse

- ❖ **Kuchenjera kwa nkhandwe**
 - ✓ Idauza nyama zomwe zimathawa m'nhalango kamba ka maonekedwe ake obiliwira kuti Mlengi adayituma kuti idzakhale mfumu yawo popeza zidalibe mfumu.
- ❖ **Kupusa kwa nkhandwe**
 - ✓ Idyankhira itamva kulira kwa nkhandwe zinzake pamene inali kuusa poyiwala kuti idakhala mfumu itanamiza nyamazo.
- ❖ **Kupusa kwa nyama m'nhalango**
 - ✓ Zidalonga nkhandwe ufumu pamene nkhandweyo idanena kuti idatumidwa ndi mlengi m'malo mofufuza bwinobwino kuti nyamayo idali chani.

Malo ochitikira nkhan

- ❖ **Kunkhalango**
 - ✓ Komwe Nkhandwe idalongedwa ufumu pamene idanamiza nyama zonse kuti idatumidwa ndi Mlengi kuti idzalamulire nyamazo
 - ✓ Komwe kudali phanga lomwe nkhandwe inkakhala
- ❖ **Pamudzi wina**
 - ✓ Pamene Nkhandwe idatulukira ikunka nisaka zakudya
- ❖ **M'nyumba ya munthu wopenta**
 - ✓ M'mene Nkhandwe idabisala pothawa agalu amene ankayithamangitsa
 - ✓ Nkhandwe idagundamo mgolo wapenti wobiliwira yemwe adayikhuthukira nkuyisinta maonekedwe

Mfundo zazikulu

- ❖ **Kudzidalira**
 - ✓ Nkhandwe idapita yokha kukafuna zakudya

- ✓ Mwini nyumba, yomwe Nkhandwe idabisala ikuthamngitsidwa ndi agalu, ankagwira ntchito yazopentapenta.

❖ **Kudzithandiza**

- ✓ Nkhandwe idathawira m'nyumba ya munthu wazopentapenta pofuna kupulumutsa moyo wake.

❖ **Chinyengo**

- ✓ Idauza nyama zomwe zimathawa m'nkhalango kamba ka maonekedwe ake obiliwira kuti Mlengi adayituma kuti idzakhale mfumu yawo popeza zidalibe mfumu.

Maphunziro

❖ **Ndi kovuta kubisa chilengedwe**

- ✓ Nkhandwe idanamiza nyama zonse kuti idatumidwa ndi Mlengi kuti idzakhale mfumu pamene nyama zimayithawa kamba ka maonekedwe ake obiliwira. Ufumu udatheka komabe Nkhandweyo idaululika kuti ndi nkhandwe pamene idayankhira itamva kulira kwa nkhandwe zinzake ndipo idaphedwa ndi nyama zija.

❖ **Imfa sithawika**

- ✓ Nkhandwe inkathawa agalu kuti ipulumutse moyo wake. Izi zidatheka ndithu koma idaphedwa ndi nyama zinzake m'nkhalango pamene zidazindikira kuti mfumu yawoyi idangosintha maonekedwe koma ndi Nkhandwe.

❖ **Chinyengo sichikhalitsa:chimawululika**

- ✓ Nkhandwe idanamiza nyama zonse kuti idatumidwa ndi Mlengi kuti idzakhale mfumu pamene nyama zimayithawa kamba ka maonekedwe ake obiliwira. Ufumu udatheka komabe Nkhandweyo idaululika kuti ndi nkhandwe pamene idayankhira itamva kulira kwa nkhandwe zinzake ndipo idaphedwa ndi nyama zija.

❖ **Matanthauzo amawu**

- ✓ Mwantambasale; mozemba

MUTU XIV: MOONGOSE

Nkhani yonse mwachidule

Munthu wina wokwatira, wamakhalidwe owopa Mulungu komanso adali ndi mwana m'modzi ankakhala m'tauni ina. Iye ndi mkazi wake ankalera mwana wachilendo wamtundu wa Moongose yemwe adamutola kunja kwa nyumba yawo. Mwanayu adachita kutayidwa ndi makolo ake. Mkazi wamunthuyu polera mwanayu samamukhulupirira popeza amadziwa kuti mtundu wa Moongose udali wamakhalidwe ankhanza moti anali kuopa kuti angadzamumenyere mwana wakeyo. Tsiku lina mayiyu adapita kotunga madzi ndipo adasiya ana onse awiri m'manja mwa mamuna wake namuuza kuti ateteze mwana wawo kwa Moongose. Mayiyo atangochoka, mamuna wakeyo adachokanso napita kocheza. Mbuvi idatulukira kuti inkulungize mwana uja koma Moongose adaiphia njokayo natsatira mayiyo kuti akamufotokozere nkhaniyi. Mayi uja ataona magazi pa Moongose adaganiza kuti wapha mwana wake ndipo adakwiya namponyera mtsuko Moongose. Moongose adafera pompo. Atafika kunyumba adapeza mwana wake ali bwinobwino pambali pake pali magazi anjoka yomwe Moongose adapha. Mayiyo adalira kamba kokupha mwana wosalakwa yemwe adaombola mwana wawo ku imfa.

Kusanthula nkhan yonse

❖ **Maganizo aanthu pa mtundu wa Moongose**

- ✓ Udalı mtundu wamakhalidwe ankhanza

❖ **Kutsimikizira kuti Moongose adali mwana watsoka**

- ✓ Makolo ake adamutaya
- ✓ Ankaleredwa mosakhulupiridwa ndi anthu omwe adamutola
- ✓ Adaphedwa ndi mayi am'nyumba kamba koganiziridwa kuti adapha mwana

wawo pamene adatsatira mayiyo magazi ali m'manja.

❖ **Moongose adali wachikondi**

- ✓ Ankasalidwa ndipo ankakayikiridwa ndi mayi wam'nyumba momwe ankaleredwa koma adapulumutsa mwana wam'nyumbamo pamene njoka ya Mbvi inkafuna kumuzengereza.

❖ **Mkazi wamamuna woopa Mulungu**

- ✓ Mayi watsankho yemwe sankakhulupirirra Moongose kamba ka mtundu wakwawo.
- ✓ Ankangokhulupirira kuti Moongose ndi wankhanza pamene analibe umboni weniweni.
- ✓ Ankamukonda mwana wake mwakuti anali kumuteteza kwambiri.

❖ **Kufanana kwa mtundu wa Moongose ndi mkazi wamamuna woopa Mulungu**

- ✓ Onse adali ankhanza:
 - ◆ mtundu wa Moongose udali wamakhalidwe ankhanza
 - ◆ mkazi wamunthu owopa Mulungu adali wankhanza popeza adapha Moongose pongomuganizira kuti adapha mwana wake asadafufuze mokwanira.

Malo ochitikira nkhani

❖ **Mtauni ina**

- ✓ Momwe munthu wina wokwatira, wamakhalidwe owopa Mulungu komanso adali ndi mwana m'modzi ankakhala.

❖ **Kocheza**

- ✓ Komwe mamuna woopa Mulungu adapita m'malo mosamala mwana mkazi wake atamupempha kuti atero iye atapita kotunga madzi.

❖ **Panjira**

- ✓ Pamene Moongose adafera ataponyeredwa mtsuko wamadzi pamene mayi amwana amene iye adamuteteza ku njoka ya Mbvi adamuona ali ndi magazi ndipo adaganiza kuti Moongoseyo adapha mwana wawoyo.

Mfundu zazikulu

❖ **Mantha**

- ✓ Mkazi wamunthu owopa Mulungu ankangoopa kuti Moongose akadatha kumenya mwana wawo pamene sizidali chomwecho.

❖ **Kusasamala**

- ✓ Makolo a Moongose adamutaya ali wamng'ono
- ✓ Munthu wowopa Mulungu sadasamale mwana wake pamene mkazi wake adamusiyira udindo womusamala iye (mkaziyo) atapita kotunga madzi.

❖ **Kuganiza molakwika**

- ✓ Mkazi wamunthu woopa Mulungu ankaganiza molakwika kuti Moongose adali wankhanza kamba kakuti mtundu wakwawo udalinso wankhanza. Izi zidachtitsa kuti aphe Moongose pamene adamuona ndi magazi pongoganiza kuti adawaphera mwana.

❖ **Kuteteza**

- ✓ Moongose adateteza mwana wa munthu woopa Mulungu kunjoka ya mbvi yomwe ikadamuzengereza.
- ✓ Mkazi wamunthu woopa Mulungu adamusiya mwana wake m'manja mwa bamboo ake kuti amuyang'anire pamene iye ankapita kotunga madzi. Iye ankakayikira Moongose kuti akadatha kumenya mwana wakeyo.

❖ **Kudalira**

- ✓ Mkazi wamunthu woopa Mulungu adadalira mamuna wake kuti amusamalira mwawo pamene iye adapita kukatunga madzi.

❖ **Nkhanza**

- ✓ Makolo a Moongose admutaya adakali mwana
- ✓ Mayi wamunthu woopa Mulungu adapha Moongose pongomuganizira kuti adapha mwana wake kamba kakuti adali ndi magazi chonsecho Moongose adapha njoka yomwe ikadavulaza mwana wake.

Maphunziro

- ❖ **Ndibwino kufufuza nkhani tisanapereke chilango**
 - ✓ Mayi wamunthu woopa Mulungu adapha Moongose pongomuganizira kuti adapha mwana wake kamba kakuti adali ndi magazi. Pamene adathamangira kunyumba adapeza kuti mwana wakeyo ali bwinobwino popanda vuto lililonse.
- ❖ **Ena amalangidwa kamba koganiziridwa zolakwika ngakhale atachita zinthu zabwino**
 - ✓ Moongose adaphedwa kamba koti mayi yemwe ankamusunga adamuganizira kuti adapha mwana popeza adali ndi magazi m'manja chonsecho magaziwo adali anjoka yomwe inkafuna kuzengereza mwanayo ndipo Moongose adayipha.

MUTU XV: CHIWERUZO CHA VUMBWE

Nkhani yonse mwachidule

Pusi ndi Gonando adali pa ubwenzi ndipo ankakhala malo oyandikana kwambiri. Tsiku lina Pusi atachoka ndi anzake ena kukafuna zakudya nakhala nthawi asadatulukire, Changa adabwera nkudzalowa m'nyumba ya Pusi popanda chilolezo. Changa adapeza malowa pamene ankathawa anthu osaka. Gonando adada nkhawa naganiza kuti Pusi wajiva pamene Pusiyi sanali kubwera kunyumbako. Gonando atapita kukafuna zakudya tsiku lina, pobwera adapeza Changa atalowa m'nyumba mwake ndipo atamufunsa Changayo adayankha kuti nyumbayo idali yake popeza sadapezemo munthu monga mwa lamulo kuti ngati wina achoka panyumba pake kwa masiku angapo wina akalowa imakhala yake. Pusi adalangiza awiriwa kuti apite kwa Vumbwe poti ankadziwa kuweluzza mlandu. M'malo moweluza mlandu wa awiriwa, Vumbwe adawapha nawadya.

Kusanthula nkhani yonse

- ❖ **Ubwenzi wa Pusi ndi Gonondo**
 - ✓ Ankadyera limodzi.
 - ✓ Ankakhala moyandikana.
 - ✓ Ankayenderana.
- ❖ **Kuyipa mtima kwa Changa**
 - ✓ Adalowa nyumba ya Pusi mwini wake kulibe komanso popanda chilolezo.
 - ✓ Adalandi malo a Gonondo ponena kuti nyumbayo idali yake popeza sadapezemo aliyense.
- ❖ **Zochitika za Pusi**
 - ✓ Kukomedwa ndi maulendo kukabwera anzake
 - ✓ Akachoka pakhommo amakhala masiku angapo asanabwere
- ❖ **Changa ndi Gonondo anali opusa**
 - ✓ Vumbwe atakoloweka chikhatho chake paphewa la Gonondo komanso atayadzamira mano ake angowe m'khosi mwa Changa, nyama ziwarizi zidaganiza kuti Vumbwe akufuna azimvetsetsa iwo izo zikamatofokoza nkhani yawo chonsecho Vumbwe ankakonzekera kupha nyama ziwarizi.

Malo ochitikira nkhani

- ❖ **Kunyumba kwa Pusi ndi Gonondo**
 - ✓ Komwe Pusi ndi Gonondo ankakhala nkumayenderana komanso kudyera pamodzi
 - ✓ Komwe Gonondo adakangana ndi Changa, Changa atalowa mnyumba mwa Gonondo nkumati ndi yake popeza sadapezemo munthu aliyense.
- ❖ **Kunyumba kwa Vumbwe**
 - ✓ Komwe Changa ndi Gonondo adapita kuti Vumbwe akaweruze mlandu wawo

pamene Changa adalanda nyumba ya Gonondo

❖ **Kosaka zakudya**

- ✓ Komwe Pusi adapita ndi anzake ndipo adatha masiku angapo asadabwerere pakhomu mpaka Changa adalowa nkulanda nyumba ya Pusi

Mfundu zazikulu

❖ **Kuba**

- ✓ Changa adaba nyumba ya Pusi komanso ya Gonondo.

❖ **Nkhanza**

- ✓ Changa adaba nyumba ya Pusi komanso ya Gonondo ponena kuti ndi yake popeza sadapezemo munthu aliyense monga mwa lamulo.

❖ **Kupusa**

- ✓ Gonondo ndi Pusi adali opusa chifukwa Vumbwe atakoloweka chikhatho chake paphewa la Gonondo komanso atayadzamira mano ake angowe m'khosi mwa Changa, nyama ziwirizi zidaganiza kuti Vumbwe akufuna azimvetsetsa iwo izo zikamafotokoza nkhani yaho chonsecho Vumbwe ankakonzekera kupha nyama ziwirizi.

❖ **Kudalira**

- ✓ Gonondo ndi Changa adadalira Vumbwe kuti aweruza mlandu wawo.

❖ **Malamulo oyipa**

- ✓ M'nhalangomu mudali lamulo loti munthu akasowa malo napeza nyumba mopanda munthu aliyense, atha kolowa m'nyumbayo nkuyisandutsa yake.

❖ **Chikondi**

- ✓ Gonondo ataona kuti papita masiku koma Pusi sakubwera adapita kukaona kunyumba kwa Pusijo.

Maphunziro

❖ **Ena amagwiritsa ntchito malamulo olakwika polanda zinthu za eni.**

- ✓ Changa adalanda nyumba ya Pusi komanso ya Gonondo ponena kuti ndi yake popeza sadapezemo munthu aliyense monga mwa lamulo loti munthu akasowa malo napeza nyumba yopanda munthu aliyense, atha kolowa m'nyumbayo nkuyisandutsa yake.

MUTU XVI: MNYAMATA WOLOWERERA

Nkhani yonse mwachidule

Mu mzinda wina mutagwa njala, zomoyo zambiri kuphatikizapo agalu adasamukamo. Kanjipiti adachoka mu mzindawu pothawa njalayo nalowerera kudziko lakutali. Kanjipiti adafika pakhomu pa mayi wina amene sankasamala zakudya; amangoziyika poyer. Kanjipiti akalowa m'nyumbamo amadya zakudya zonse zomwe wazipeza. Tsiku lina atachitanso zimenezi Kanjipiti adamenyedwa ndi anzake panja pa nyumbayo mwakuti anali ndi mabala thupi lonse. Kumenyedwaku kudachititsa Kanjipiti kudandaula kuti kudali kwabwino akadakhala kwavo kusiyana ndi kwa eniku. Kanjipiti adabwerera kwavo ndipo anzake atamufunsa momwe zimakhalira kudziko linalo, iye adangowayankha kuti anthu amadya, akazi amakhala balalabalala mtauni ndipo mafumu ndi akuluakulu amakhala modzilemekeza namalandira ulemu.

Kusanthula nkhani yonse

❖ **Zotsatira za njala mumzinda**

- ✓ Zamoyo zambiri kuphatikiza agalu adathawira kudziko lakutali.
- ✓ Kanjipiti adathawira kudziko lina.

❖ **Mphotho ya kusapempha zinthu za eni**

- ✓ Kanjipiti adakunthidwa ndi anthu panyumba ya mayi wina.

❖ **Ubwino wa kwavo munthu wina aliyense**

- ✓ Aliyense amakhala mwamtendere

❖ **Zomwe anthu amamufunsa mnzawo akamachokera kuchilendo**

- ✓ M'mene kudzikolo kulili
- ✓ M'mene anthu akumeneko amakhalira
- ✓ Zomwe anthu akumeneko amadya
- ✓ Zomwe anthu akumeneko amakonda

Malo ochitikira nkhani

❖ **Mu mzinda**

- ✓ Momwe mudagwa njala ndipo zamoyo zambiri kuphatikizapo agalu adathawa
- ✓ Momwe Kanjipiti adavutika ndi njala

❖ **Kudzikola kutila**

- ✓ Komwe Kanjipiti adathawira
- ✓ Komwe Kanjipiti ankadya zakudya za mayi wina osapempha mpaka tsiku lina anzake adamukong'ontha

Mfundu zazikulu

❖ **Bodza**

- ✓ Kanjipiti atabwerera kwavo ndipo anzake atamufunsa momwe zimakhala kudzikola linalo, iye adangowayankha kuti anthu amadya, akazi amakhala balalabalala mtauni ndipo mafumu ndi akuluakulu amakhala modzilemekeza namalandira ulemu. Iye adabisa zoti adathawako popeza anthu anzake adamkong'ontha.

❖ **Nkhanza**

- ✓ Anzake a Kanjipiti adammenya mpaka kumuvulaza kamba koti adadya zakudya panyumba ya mayi wina osapempha.

Maphunziro

❖ **Sibwino kungotenga zinthu za eni osapempha**

- ✓ Kanjipitiyu adalowa m'nyumba ya mayi wina yemwe ankangosiya zakudya osasamala ndipo adadya zakudya zonse zomwe adazipeza koma sadapemphe. Tsiku lina atachitanso zimenezi Kanjipiti adamenyedwa ndi anzake panja pa nyumbayo mwakuti anali ndi mabala thupi lonse.

Mutu XVII: Phanga Loyankhula

Nkhani yonse mwachidule

Mkango wotchedwa Nkhalamu unkakhala m'nkhlangano yobiriwira ndi yamitengo yosiyanasiyana. Tsiku lina utamva njala udasakasaka chakudya koma sudachipeze. Kutada, udaganiza zabisala pa phanga lina. Iwo udaganiza kuti uwira ndiponso udyu nyama imene ingalowe kukagona m'phangamo. Nkhandwe yomwe imagona idatulukira ndipo idayamba kuyimba nyimbo isadalowe mwachizolowezi, "Phanga, phangawe mdima usaka ine ndafika!" Palibe adayankha komabe Nkhandweyo sidafooke idayimbabe. Mkango udaganiza kuti phangalo limayankhula mwini wake akafika ndipo udadzifunsa wokha m'mene zitathere pamene panthawiyo silimankhula. Mkangoyo udayesa kuti padali pangano pakati pa phangalo ndi Nkhandwe choncho udaganiza zoyankha kuti mwina ungagwire Nkhandweyo. Mkangowo udabangula mwakuti nyama zomwe zimakhala mozungulira phangalo zidadabwa ndipo zidadabwa. Nkhandwe idadziwa kuti m'phangamo mudali mdani ndipo idathawa.

Malo ochitikira nkhani

❖ **M'nkhlangano pa phanga**

- ✓ Pamene Nkhadwe inkakhala ndipo tsiku lina itafika idayamba kuyimba moyankhula ndi phangalo
- ✓ Pamene Mkango udafika ndikuganiza zogona duwa litalowa kutinso udye nyama iliyonse yomwe ingalowe m'phangamo

Mfundu zazikulu

❖ **Kuchenjera**

- ✓ Nkhandwe idali yochenjera popeza ikafika paphanga imayamba yayimba molankhula ndi phanagalo kuti idziwe ngati mwalowa mdani. Izi zidathandiza Nkhandwego popeza tsiku lina itayimba, Mkango utalowa m'phangamo, Mkangowo udabangula ndipo Nkhandwego idathawa.

❖ **Kupusa**

- ✓ Mkango udaganiza kuti pali pangano pakati pa phanga ndi nkhandwe pamene Nkhandwe idafika paphangalo nkuyamba kuyimba moyankhula phangalo. Iwo udaganiza zoyankha kuimbako kuti mwina ungagwire Nkhandwego koma utabangula, Nkhandwego idathawa.

❖ **Kuganiza mwakuya**

- ✓ Mkango utasakasaka zakudya koma osapeza kanthu kwa tsiku lonse, udalowa m'phanga lina poganiza kuti nyama yomwe ingabwere kudzagona m'phangamo uyidye.
- ✓ Nkhandwe itafika paphanga n'kuyimba koma popanda yemwe adayankhirako nyimbo yake, udayankhula ndi phangalo kuti ngati siliyankha iyo ibwerera. Mkango womwe umayembekezera kuti ugwire Nkhandwego udayankhira nyimboyi mwakuti nyama zomwe zimakhala mozungulira phangalo zidachita mantha.

Maphunziro

❖ **Nthawi zina tsoka likatsata wina silitha**

- ✓ Mkango udasakasaka chakudya tsiku lonse koma osachipeza. Utafika paphanga udalowa poganiza kuti udya nyama yomwe ingalowe m'phangamo koma Nkhandwe yomwe imakhala m'phangamo itabwera idayimba nyimbo moyankhula ndi phangalo ndipo pamene Mkango udayankhira nyimboy, Nkhandwe idadziwa kuti mwalowa mdani choncho idathawa.

Mutu XVIII: Msilikali Woumba Mbiya

Nkhani yonse mwachidule

M'misiri wina woumba mbiya adalinso chidakwa. Akatsiriza ntchito yake amapita kumowa. Tsiku lina ataledzera adaphunthwa nagwa nkutemeka pamphumi. Kuchipatala sadamusamale moyenera choncho pamphumipo padatsala chipsera(chibambi)choonetsa kuti munthuyo adavulala kwambiri. Patapita nthawi, m'dzikomo mudagwa njala ndipo atapita kutali adakalowa ntchito ya ulonda. Mfumu yakumeneko pomuona ndi chipseracho idayesa kuti adali katswiri pankhondo chonsecho chipseracho chidali chabala lomwe lidadza kamba ka kuledzera. Mfumuyo idamukweza udindo woumba mbiyayu mwakuti adapatsidwa ulemu ndi mphatso zomwe katswiri wankhondo amalandira koteru kuti anzake ankamuchitira nsanje. Poyendera perete tsiku lina komanso pofuna kudziwa zomwe msilikali aliyense adachitapo kuti akhale katsiwiri wankhondo komanso nkhondo zomwe adamenyapo, mfumuyo idazindikira kuti munthuyo sadali msilikali. Iye adanena mwachilungamo kuti adali woumba mbiya ndiponso kuti chibambi chomwe chidali pamphumi pake chidadza kamba ka ngozi. Mfumuyo idalamula kuti alangidwe koma idasinha maganizo ndikumupempha kuti athawe anzake asadazindikire kuti iye sadali msilikiali popeza akadamupha. Ngakhale iye adapempha mfumuyo kuti amulole apite kunkhondo kuti akaonetse luso lake, mfumuyo idakana ponera kuti munthu amene sadaphunzirepo zankhondo sangapite kunkhondo mpaka ataphunzira zankhondozo.

Kusanthula nkhani yonse

Makhalidwe a woumba mbiya

- ✓ Kukonda kumwa mowa
- ✓ Kudzidalira
- ✓ Kudalira
- ✓ Chilungamo

Malo ochitikira nkhani

- ❖ **Kumudzi wina:** komwe kumakhala m'misiri woumba mbiya
- ❖ **Kudiko lakutali:** komwe adapita msilikali woumba mbiya kwavo kutagwa njala ndipo adalowa ntchito yaulonda
- ❖ **Kukampu:** komwe woumba mbiya adathamangitsidwa ndi mfumu pomupulumutsa kwa asilikali anzake

Mfundu zazikulu

❖ **Chilungamo:** Woumba mbiya adauza mfumu mwachilungamo kuti iye sadali msilikali ndipo sadamenyepo nkhondo ina iliyonse. Iye ntchito yake idali youmba mbiya ndipo chipsera chomwe adali nacho (chomwe chidakopa mfumu nampatsa udindo waukulu) chidadza pamene adagwera mbiyazo.

❖ **Chisoni:** Mfumu idamvera chisoni msilikali woumba mbiya pamene adaulula mwachilungamo kuti iye si msilikali koma woumba mbiya pomuchenjeza kuti achoke mwansanga pakampupo anthu ena asadamuzindikire kuti simsilikali popeza akadamupha.

❖ **Kusazindikira:** Mfumu sidazindikire kuti munthu amene adapatsidwa ulemu waukuluyo sadali katswiri wankhondo ayi koma katswiri woumba mbiya.

❖ **Kudzidalira:** M'misiri ankaumba mbiya ndipo m'dzikomo mutagwa njala adapita kutali komwe adakalowa ntchito yaulonda.

❖ **Kudalira:** Woumba mbiya adadalira mfumu yakudziko lakutali yomwe idamulemba ntchito yaulonda.

Kusasamala:

- ✓ Mfumu sidafufuze mokwanira za woumba mbiya pamene imafuna kumulemba ntchito mpaka kumupatsa udindo waukulu pakampu ya asilikali pamene iye adalibe zomuyenereza kukhala paudindowo.
- ✓ Ogwira ntchito kuchipatala sadamusamale bwino woumba mbiya mwakuti chipsera chachikulu chidatsala pamphumi pake chomwe chinkasonyeza kuti adavulala kwambiri.

Maphunziro

❖ **Ntchito iliyonse imakhala ndi zoyenereza zake.**

Ntchito yomwe adalowa woumba mbiya idayenera munthu amene adapitapo kunkhondo kapena kuti adamenyapo nkhondo.

❖ **Ena polemba ntchito safufuza bwino makhalidwe ndi maluso a anthu.**

Mfumu sidafufuze mokwanira za woumba mbiya pamene imafuna kumulemba ntchito mpaka kumupatsa udindo waukulu pakampu ya asilikali pamene iye adalibe zomuyenereza kukhala paudindowo.

❖ **Pamavuto munthu sasankha ntchito.**

Woumba mbiya adakalowa ntchito yaulonda napatsidwa udindo waukulu pakampu ya asilikali chonsecho iye adali katswiri woumba mbiya.

❖ **Maonekedwe amapusitsa**

Mfumu idapereka udindo waukulu komanso waulemu kwa munthu woumba mbiya pamene adaona chipsera pamphumi pake pogoniza kuti adali katswiri pankhondo.

Mutu XIX: Chitosi cha Golide

Nkhani yonse mwachidule

Mumtengo wapaphiri lina munkakhala mbalame yomwe zitosi zake zinali zosakanikirana ndi golide. Mlenje wina pokapumula pamthunzi pamtengowo adadabwa poona chitosi chagolide

chomwe mbalameyo idataya. Mlenjeyo adayigwira mbalameyo itamuyandikira popeza sidadziwe cholina chamlenjeyo. Adayisunga mkachikwatu kazingwe zokhazokha naganiza zokanena kwa mfumu podera nkhawa kuti mwina kuti munthu wina akadamuona akadakamunenera. Mfumuyo idamulanda mbalameyo ndipo idalamula alonda ake kuti aziipatsa chakudya ndi madzi. Mlangizi wamfumu adauza mfumuyo kuti padalibe chifukwa chowetera mbalameyo pamene imachokera kudzira ndipo kuti zomwe amanena mlenjeyo zoti chitosi chake ndi chagolide n'zabodza komanso n'zopanda umboni. Zidali zosatheka mundowe yambalame kupeze ka golide. Mfumuyo idatsekulira mbalameyo itamva malangizowa ndipo mbalameyo idauluka nkutayira chitosi chagolide pamalopo. Kuchokera pompo sidaonekenso.

Kusanthula nkhani yonse

Mlenje adali wanzeru

- ✓ Adachita chotheka kuti agwire mbalame yomwe inkataya chitosi chagolide.
- ✓ Atagwira mbalame adaisunga m'chikwatu chazingwe zokhazokha kuti isathawe.

Mlenje adali wopusa

- ✓ Adaganiza zokanena kwamfumu zambalame yachitosi chagolideyo podera nkhawa kuti ena akamuona nayo akamunenera kwa mfumu. Izi zidachitsa kuti mfumu imulande mbalameyo.

Mfumu idali yanzeru komanso yosamala zinthu

- ✓ Itamulanda mlenje mbalame yachitosi chagolide, idalamula alonda ake kuti ayisamale mbalameyo poyipatsa zakudya komanso madzi akumwa.

Mfumu idali yopusa

- ✓ Idamvera zomwe mlangizi wake adayiuza kuti padalibe chifukwa chowetera mbalameyo pamene imachokera kudzira ndipo kuti zomwe amanena mlenjeyo zoti chitosi chake ndi chagolide n'zabodza komanso n'zopanda umboni. Zidali zosatheka mundowe yambalame kupeze ka golide.
- ✓ Idatsekulira ndi kupulumutsa mbalame yomwe imataya chitosi chagolide pongomvera malangizo kuchokera kwa mlangizi wake.

Malo ochitikira nkhani

- ✧ **Pamtengo:** Pamene mlenje adapita kukapumula, adagwira mbalame yomwe inali ndi chitosi chagolide komanso pamene mbalameyi inkakhala
- ✧ **Kwamfumu**
 - ✓ komwe mlenje adapita kukanena zambalame yachitosi chagolide ndipo mfumu idamulanda mbalameyo
 - ✓ Kumenenso mbalame idapulumukira pamene mfumu idatsekulira mbalameyo pamene mlangizi wake adauza mfumuyo kuti mbalame singakhale ndi chitosi chagolide popeza imachokera kudzira
- ✧ **M'chikwatu:** m'mene mlenje adasunga mbalame yachitosi chagolide kuti isathawe

Mfundu zazikulu

✧ Kuganiza molakwika komanso mopepera

- ✓ Mfumu idamvera zomwe mlangizi wake adayiuza kuti padalibe chifukwa chowetera mbalameyo pamene imachokera kudzira ndipo kuti zomwe amanena mlenjeyo zoti chitosi chake ndi chagolide n'zabodza komanso n'zopanda umboni. Zidali zosatheka mundowe yambalame kupeze ka golide.
- ✓ Mfumu idatsekulira ndi kupulumutsa mbalame yomwe imataya chitosi chagolide pongomvera malangizo kuchokera kwa mlangizi wake.
- ✓ Adaganiza zokanena kwamfumu zambalame yachitosi chagolideyo podera nkhawa kuti ena akamuona nayo akamunenera kwa mfumu. Izi zidachitsa kuti mfumu imulande mbalameyo.

✧ Kuganiza mwanzeru

- ✓ Mfumu itamulanda mlenje mbalame yachitosi chagolide, idalamula alonda ake kuti ayisamale mbalameyo poyipatsa zakudya komanso madzi akumwa.

- ✓ Mlenje adachita chotheka kuti agwire mbalame yomwe inkataya chitosi chagolide.
- ✓ Mlenje atagwira mbalame adaisunga m'chikwatu chazingwe zokhazokha kuti isathawe.

❖ Kutaya mwayi wopezapeza

- ✓ Mlenje adalandidwa mbalame yomwe adagwira yekha ndipo akadapindula nayo kamba ka golide yemwe adali m'chitosi chake. Iye adaganiza zokanena kwa mfumu podera nkhawa kuti wina akamunenera akamuona nayo. Mfumu idamulanda mbalameyo.
- ✓ Mfumu idamvera malangizo olakwika a mlangizi wake kuti padalibe chifukwa chowetera mbalameyo pamene imachokera kudzira ndipo kuti zomwe amanena mlenjeyo zoti chitosi chake ndi chagolide n'zabodza komanso n'zopanda umboni. Zidali zosatheka mundowe yambalame kupezeaka golide. Izi zidachitsa mfumu kutsekulira ndi kupulumutsa mbalame yomwe idali ndi chitosi chagolide yemwe akadapindulira mfumuyo.

❖ Kuchenjera

- ✓ Mbalame itangoona kuti yapulumuka idagwetsano chitosi chagolide kenako idauluka ndipo kuchokera apo sidaonekenso.

Maphunziro

❖ Anthu ena amachita zolakwika chifukwa choganizira kapena kumvera zonena za anthu.

- ✓ Mfumu idamvera zomwe mlangizi wake adayiuza kuti padalibe chifukwa chowetera mbalameyo pamene imachokera kudzira ndipo kuti zomwe amanena mlenjeyo zoti chitosi chake ndi chagolide n'zabodza komanso n'zopanda umboni. Zidali zosatheka mundowe yambalame kupezeaka golide. Itamva zimenezi idatsekulira mbalameyo ndipo idauluka osadzabweranso.

Mutu XX: Kutha kwa Chikondi

Nkhani yonse mwachidule

Chisesele ndi mzinda wokongola kwambiri womwe unali limwera kwa dziko lina. Njokaipuma, mkulu wazamalonda komanso wosasowa kanthu, ankakhala mumzindawu. Tsiku lina Njokaipuma adali kuganizira zachuma. Adaona kuti ndalamama sizikwana choncho ziyenera kuonjezekera. Chuma chimafunika chisamaliro. Kukhala ndi ndalamama koma osazigwiritsa ntchito n'chimodzimodzi kungokhala opanda ndalamama. Nthawi ina ali paulendo wopita kutauni pangolo, akudutsa m'nkhalango ina, ng'ombe yake imodzi idalefuka mwakuti mwendo udatitimira m'matope. Wantchito wake atamuza za ng'ombeyo yomwe idabwatikizikayo iye adakhala pamalopo kwa masiku anagapo kudikira kuti ng'ombeyo ipeze bwino. Ng'ombeyo sidapeze bwino choncho wachumayo adauza wantchito wakeyo kuti adikilire ng'ombe ija mpaka ipeze bwino. M'mawa wotsatirawo wantchito adatsala ndi ng'ombe uja adatsatira mbuye wake namunamiza kuti ng'ombeyo yafa. Wachumayo adamva chisoni nachita mwambo wonse wokhudza imfa yang'ombeyo nkupitiriza ulendo wake. Ng'ombeyo itapeza bwino idatsatira mkukuluzi wamatayala mpaka idakapeza mbuye wakeyo.

Kusanthula nkhani yonse.

Mzinda wa Chisesele

- ✓ Mzinda wokongola kwambiri kupambana mizinda ina yonse ya m'dzikomo

Nkhalango ina

- ✓ Inali yowirira zedi
- ✓ Inali ndi madzi ochuluka komanso udzu
- ✓ Inali ndi nyama zosiyanasiyana
- ✓ Inali yoopsa zedi

Njokaipuma anali olemera kwambiri

- ✓ Analu ndi antchito ambiri.
- ✓ Adanyamuka nkumapita kutauni pamodzi ndi antchito ake

- ✓ Adayenda pangolo paulendo wakutauni
- ✓ Analì ndi katundu wambiri paulendowu

Maganizo a Njokaipuma monga munthu wachuma

- ✓ Ndalamama sizikwana ngakhale zichuluke chotani.
- ✓ Ndalamama ziyanera kuonjezekera.
- ✓ Munthu akakhala ndi chuma, azichisamala chumacho pochigwiritsa ntchito mosamala.
- ✓ Kusunga ndalamama osazigwiritsa ntchito n'chimodzimodzi kungokhala opanda ndalamama.
- ✓ Ndalamama zigwiritsidwe ntchito kuti zioneke kapena kugulira zinthu zokagulitsa kuti ndalamazo zizichulukachuluka.

Zomwe zidachititsa kuti ng'ombe imodzi yokoka ngolo ilefuke

- ✓ Ngolo idasenza/idanyamula katundu wambiri.

Malo ochitikira nkhanî

❖ Chisesele

- ✓ Mzinda wokongola kuposa mizinda ina yonse m'dzikomo momwe Njokaipuma ankakhala.

❖ M'nkhâlangô ina

- ✓ Nkhâlangô yowirira ndi yoopsa m'mene wachuma ndi antchito ake adakhalamo podikira kuti ng'ombe yomwe idalefuka ndi kutitimira m'matope ipeze bwino
- ✓ Wantchito wina adatsalamo yekha atalamulidwa ndi Njokaipuma kuti ayang'anire ng'ombe yomwe idatitimira m'matope ndipo sinkapezabe bwino

Mfundu zazikulu

❖ Mantha

- ✓ Wantchito yemwe adalamulidwa ndi Njokaipuma kuti ayang'anire ng'ombe yodwala pamalo ena m'nkhâlangô, adatsatira mkuluyo tsiku lotsatiralo namunamiza kuti ng'ombeyo yafa chonsecho idakali moyo. Iye adachita izi kamba kamantha popeza m'nkhâlangomo munali moopsa.
- ✓ Wantchito wa Njokaipuma, yemwe adalamulidwa kuti atsale ayang'anire ng'ombe yodwala mpaka itapeza bwino, adavomera kamba mantha poganzira mawu omwe abwana ake adayankhula ndipo adanyamuka asadatsirize kuyankhulako.

❖ Kudalira

- ✓ Njokaipuma ankadalira antchito ake. Antchitowa ankaongolera ngolo yomwe amakwera komanso kusamala ziweto zake monga ng'ombe zokoka ngolo
- ✓ Ng'ombe idadalira wantchito wa Njokaipuma yemwe adailondera pamene sinkapezabe bwino itadikiliridwa kwa masiku angapo pamene idalefuka ndikutitimira m'matope.

❖ Nkhanza

- ✓ Wanthonito wa Njokaipuma adaisiya ng'ombe yodwala yokhayokha m'nkhâlangô yoopsa.
- ✓ Njokaipuma adalamula wantchito wake kuti atsale yekhayekha kuti ayang'anire ng'ombe yodwala m'nkhâlangô moopsa zedi.

❖ Chikondi

- ✓ Njokaipuma ndi antchito ake adayidikira ng'ombe yodwala kwa masiku angapo m'nkhâlangô moopsa kuti ipeze bwino kenako apitirize ulendo wawo.
- ✓ Wantchito wa Njokaipuma adalolera kukhala n'kumayang'anira ng'ombe yodwala m'nkhâlangô moopsa yekhayekha.
- ✓ Ng'ombe yodwala itapeza bwino yokhayokha idalondola mkukuluzi wangolo mpaka idakapeza mbuyewake ngakhale kuti adayisiya ndi wantchito panjira ndipo wantchitoyonso adayithawa.

❖ Chinyengo/bodza

- ✓ Wantchito wa Njokaipuma yemwe adamusiya kuti ayang'anire ng'ombe yodwala mpaka ipeze bwino adayisiya ng'ombeyo nakamunamiza bwana wakeyo kuti ng'ombeyo yafa chonsecho inali idakali moyo.

Maphunziro

❖ Mantha amachititsa bodza.

- ✓ Wantchito wa Njokaipuma yemwe adamusiya kuti ayang'anire ng'ombe yodwala mpaka ipeze bwino adayisiya ng'ombeyo nakamunamiza bwana wakeyo kuti ng'ombeyo yafa chonsecho inali idakali moyo. Iye adachita izi popeza ankaopa kukhala m'nkhlangomo yekha.

❖ Sibwino kungovomera zinthu tikudziwa kuti sitikwanitsa

- ✓ Wantchito wa Njokaipuma adavomera zoyang'anira ng'ombe yodwala m'nkhlangano moopsa zedi koma tsiku lotsatiralo adathawa nkuyisiya yokha ng'ombe kamba ka mantha.

Mutu XXI: Kwalimba Uta

Nkhani yonse mwachidule

Panali nkhondo yayikulu pakati pa mbalame ndi nyama kamba kolimbirana ufumu. Pena nyama zinkambana pena mbalame ndizo. Mleme adapezerapo mwayi womakhala mbali yomwe ikupambana kamba ka maonekedwe ake. Amauza mbalame kuti ndi mbale wawo kamba kakuti ali ndi mapiko. Ndipo akapita kwa nyama amati ndi mbale wawo kamba kakuti ali ndi manu ndipo thupi lake si lambalame. Mbali zonse ziwiri zidamtulukira ndipo zidagwirizana kuti zisamlandire konse. Mbalame zidatsindika kuti zikamupeza zimupha choncho Mleme, kuchokera tsiku limeneli, sayendanso masana kuopa kuphedwa ndi mbalame.

Kusanthula nkhani yonse

Gweri lankhondo pakati pa nyama ndi mbalame

- ✓ Nkhondo idabuka kamba kolimbirana ufumu.

Maonekedwe a Mleme

- ✓ Analu ndi makupe ngati mbalame.
- ✓ Analu thupi laubweya komanso analu manu ngati nyama.
- ✓ Amaoneka ngati mbewa.

Nzeru za mbalame pankhondo

- ✓ Zidaganiza zomaulukira m'maso mwa nyama nkumakolowola maso komanso kuzozoola.
- ✓ Kadzidzi adalimbikitsa nkhondo yausiku popeza saona masana.

Mfundu zazikulu

❖ Ukathyali

- ✓ Mleme analu kupusitsa mbalame ndi nyama pomakhala mbali imene ikuchita bwino(yalimba) pankhondo yambali ziwirizi. Iye amauza mbalame kuti ndi mbale wawo popeza analu ndi makupe ndipo nyama kuti ndi mbale wawo poti analu ndi manu.

❖ Mantha

- ✓ Mleme adasiya kuyenda usiku poopa kuphedwa ndi mbalame zomwe zidamukonzenza chiwembu.

❖ Kuchenjera

- ✓ Mleme analu wochenjera popeza amathawira mbali imene yalimba pankhondo.

❖ Chiwembu

- ✓ Mbalame zidagwirizana kuti ziphe Kadzidzi paliponse pamene atamupezepo pamene zidazindikira kuti ndi mthira kuwiri.

❖ Kudalira

- ✓ Mbalame zimalalira Khungubwe, Kakowa, Katema, Nkhuku, Kadzidzi, Chiombankhanga, Ngoloma, Nang'omba ndi zina pankhani yokolowola maso

anyama ndi kuzozoola.

Maphunziro

✧ Chinyengo chimakhala ndi mathero ndipo chimabweretsa mavuto

- ✓ Mleme ankapusitsa mbalame ndi nyama pamene zinali kumenyanira ufumu pomakhala mbali imene ikuchita bwino(yalimba) pankhondo yambali ziwirizi. Iye amauza mbalame kuti ndi mbale waho popeza anali ndi makupe ndipo nyama kuti ndi mbale waho poti anali ndi manu. Mbalame zitamtulukira zidagwirizana kuti zimuphe.

✧ Vuto lililonse limakhala ndi njira yothetsera

- ✓ Mbalame zitagwirizana kuti ziphe mleme, iye adasankha njira yosamayenda masana koma usiku wokha.

✧ Matanthauzo amawu

- ✓ Kuzozoola: kujompha ndi kuvulaza
- ✓ Kukolowola: kuchotsa ndi zala kapena mlomo monga zichitira mabalame

MUTU XXII:MAZIKO A CHIKHALIDWE

Nkhani yonse mwachidule

Banja lina ku phiri la Palango linali ndi ana awiri aamuna. Mayi a anawo atapita kukafuna zakudya, mlenje adabwera naba anawo. M'modzi adampulumuka nathawa ndipo adakaleredwa ndi munthu oopa Mulungu. Mwana amene adaleredwa ndi mlenjeyu adatengera khalidwe loipa la mlenje ndipo mfumu ina ikudutsa pakhomopo adauza mbuye wakeyo kuti ayigwire nkuipha. Mwana amene adaleredwa ndi munthu woopa Mulungu uja adatengera khalidwe la mbuye wake mwakuti ataona mfumu yomwe idathawa mlenje ija adayiuza kuti yalandiridwa ndipo adayipatsa chakudya ndi madzi akumwa. Adauza mbuye wake kuti mfumuyo ikhale pamthunzi ndipo ithandizidwe pachabwino chilichonse. Mfumuyo idadabwa ndipo idafotokoza kuti idakumana ndi mnyamata ngati yemwe adayilandira bwinoyu koma sadayilandire ndipo amafuna kuyipha. Mnyamatayo adafotokozena mfumuyo kuti mnyamata winayo ndi mbale wake koma adasiyana maleledwe.

Kusanthula nkhanu yonse

Malo ochitikira nkhanu

✧ Mbali ya phiri la Palango

- ✓ Komwe kunkakhala banja lomwe linali ndi ana awiri aamuna ndipo anawo adabedwa ndi mlenje wina nakaleredwa mosiyana: wina ndi mlenjeyo, wina ndi munthu woopa Mulungu (pamene adathawa).

✧ Pakhomo pa mlenje

- ✓ Pamene mfumu ina inkadutsa itakwera pabulu ndipo mwana amene adaleredwa ndi mlenjeyo adauza mbuye wake kuti ayigwire ndikuipha.

✧ Pakhomo pamunthu woopa Mulungu

- ✓ Pamene mfumu ina inkadutsa itakwera pabulu ndipo mnyamata amene adaleredwa ndi munthu woopa Mulungu adayilandira bwino nayipatsa zakudya ndi madzi akumwa nauza mbuye wake kuti mfumuyo ikhale pamthunzi ndipo ithandizidwe pa chabwino chilichonse.

Mfundu zazikulu

✧ Chikondi

- ✓ Munthu woopa Mulungu adalera bwino mwana amene adamutola ndipo mwanayo adalandira bwino mfumu imene inkadutsa itakwera pabulu.

✧ Kuipa mtima

- ✓ Mlenje adaba ana awiri aamuna pamene mayi awo adapita kofuna zakudya. Iye sadalere bwino m'modzi mwa anawo yemwe sadathawe mwakuti mwanayo ataona

mfumu imene inkadutsa itakwera pabulu, adauza mbuye wakeyo cuti ayigwire komanso ayiphe.

Maphunziro

- ❖ **Mwana amatengera khalidwe la amene wamulera**
- ✓ Mwana amene adaleredwa ndi mlenje adatengera khalidwe loyipa la mlenjeyo ndipo adauza mbuye wake cuti agwire ndikupha mfumu yomwe inkadutsa panyumbapo; pamene mbale wake yemwe adaleredwa ndi munthu woopa Mulungu adatengera khalidwe labwino lachikondi komanso kusamala anthu.

MUTU XXIII: UBALE WA MBEWA NDI NJOVU

Nkhani yonse mwachidule

Mbewa zinkakhala mosangalala pabwinja lina. Njovu zinkaponda mbewazo popita kukamwa madzi mwakuti maso ambewazo adathudzuka komanso makosi awo adathyokathyoka. Zina mwambewazo zidafa. Mbewa zidasonkhana nkukambirana cuti zipeze njira zoletsira njovuzo cuti zikamapita kokamwa madzi sisamadutsire kubwinjako. Mbewa zina zidatsatira njovu komwe zinkakamwa madziko nkukazipempha cuti zileke kudzera kumalo komwe zimakha mbewa pamene zikunka kukamwa madzi. mbewa zidauza njovu cuti malowo adali awo kuchokera kumakolo awo choncho zipeze kwina kodzera. Pomva dandaulolo, mkulu wanjovuzo adakhutira nalonjeza zotsatira langizo la mbewazo. Langizoli siliodatsatidwe popeza popeza mfumu italamula cuti anthu atchere misampha yoklera njovu, Njovu yoyang'anira njovu zinzake ndi njovu zina zotsatira zidagwidwa. Zitavutika zidapempha mbewa cuti ziwatchandize ndipo mbewa zidabwera nkudula zingwe zamisamphayo mwakuti njovuzo zidapulumuka.

Kusanthula nkhan yonse

Madandaulo a mbewa

- ✓ Zimafa kamba kopondedwa choncho zimapempha njovu cuti zisiye kudzera komwe izo zinkakhala.

Zomwe Njovu zidayenera kuganizira pa madandaulo a mbewa

- ✓ Kuchepa sikanthu koma khalidwe

Malo ochitikira nkhan

- ❖ **Kubwinja**
 - Komwe Mbewa zinkakhala
 - Komwe Njovu zinkadzera popita kokumwa madzi
 - Komwe mbewa zidapondedwa ndi kuphedwa
 - Komwe njovu yotsoglera ndi zinzake zidagwidwa m'misampha ndipo zidapulumutsidwa ndi Mbewa

Mfundu zazikulu

- ❖ **Nkhanza**
 - Njovu zidaponda komanso zidapha Mbewa paulendo wokamwa madzi.
- ❖ **Chisoni**
 - Mbewa zidamvera chisoni Njovu zitakodwa m'misampha yomwe anthu adatchera ndipo zidazipulumutsa.
- ❖ **Kuderera**
 - Njovu zidaderera Mbewa posatsatira pangano loti Njovuzo zisiye kudutsa ku Bwinja popeza zinkaponda komanso zinkapha Mbewazo.
- ❖ **Kudalira**
 - Mfumu idadalira anthu cuti atchere misampha yoklera Njovu.
 - Njovu zidsomboledwa ndi Mbewa pamene zidakodwa m'misampha.

Maphunziro

- ❖ **Kunyalanyaza kumapweteketsa.**
 - Njovu zidanyalanyaza pangano lomwe zidachita ndi Mbewa cuti zisiya kudzera

kubwinja mwakuti zidakodwa m'misampha.

❖ **Vuto lililonse limakhala ndi njira yolihetsera.**

- Mbewa zidakachonderera Njovu kuti zisiye kudutsa kubwinja pokamwa madzi popeza zinkaponda ndiponso zinkapha Mbewazo.
- Mfumu idalamula anthu am'mudzi mwake kuti atchere misampha yokolera Njovu.

❖ **Wina aliyense ndi wofunikira.**

- Mbewa zidapulumutsa Njovu pamene zidakodwa m'misampha.

MUTU XXIV: MWAMBI WA KALULU NDI MKANGO

Nkhani yonse mwachidule

Mkango wina wolusa komansowamatama unkapha ndi kudya nyama zosiyansiyana. Pofuna kuthana ndi Mkangowu, nyama zidagwirizana nkudandaulira Mkangowo kuti uleke kupha nyama poopa kupezeka m'mavuto. Nyamazo zidalonjeza kuti zizipereka chakudya kwa Mkangowo malingana usiye kuzipha. Mkango udavomera ganizolo koma udachenjeza nyama kuti zikapanda kukwaniritsa lonjezolo, udzaphophola nyama iliyonse mopanda chisoni. Litafika tsiku loti Kalulu akapereke chakudya kwa Mkango, iye adaganize momwe angaphere Mkangowo. Patsikuli Mkango udakwiya popeza nyama sизidakwaniritse lonjezo lomwe zinachita ndi Mkango choncho Mkango udaganiza kuti uphe nyama zonse. Kalulu atayandikira pomwe Mkangowo udagona, Mkangowo udamunyoza kuti anali kanyama kakang'ono, kopanda thanzi komanso kosachititsa nkhuli ndipo udati umudyia nkukadyanso nyama zinzake. Kalulu adauza Mkangowo kuti anzake ena asanu omwe amabwera kuti adzadyedwe, adadyedwa ndi Mkango wina womwe udati ndi mfumu yankhanlangoyo osati iwovo. Mkangowo udauza Kalulu kuti awuperekeze kwa Mkango winawo kuti pakaoneke wamphamu. Kalulu adalondolera Mkangowo pachitsime pomwe adayika mgwazo. Mkango utafika pachitsimedo udaona chithunzithunzi chake ndipo udadzigwetsera pamadzipo poyesa kuti ndi Mkango winawo. Udadziponya ndi mphamu ndipo udfa kamba ka mgwazo uja. Nyama zidakhalanso mosangalala.

Kusanthula nkhani yonse

Zochitika za Mkango

- Matama
- Nkhanza
- Kuderera
- Kunyoza

Dandaulo la nyama

- Mkango umazipha mopanda chisoni nkumazidya

Maganizo anyama pa zochitika za Mkango

- Zithane ndi Mkango
- Ziuze Mkango kuti usiye kupha nyama m'malo mwake nyamazo zizipereka zakudya tsiku lililonse

Malo ochitikira nkhani

❖ **Pachitsime:**

- Pamene Kalulu adalondolera Mkango kuti ukakumane ndi mkango womwe Kaluluyo adati udati ndi mwini deralo ndipo Mkango udadzigwetsera pofuna kupha mkango winawo mpaka udfa ndi mgwazo womwe adayika Kalulu

❖ **M'dera ina**

- Momwe nyama zambiri zinali kukhala ndipo Mkango wina wolusa komanso wamatama unkapha ndi kudya nyama

Mfundu zazikulu

❖ **Nkhanza**

- Mkango unkapha ndi kudya nyama mopanda chisoni tsiku lililonse.

❖ **Kupusa**

- Nyama zidalonjeza Mkango kuti ziziwupatsa chakudya tsiku lililonse m'malo moti zidakapeza njira yophera Mkangowo.

❖ **Kuchenjera**

- Kalulu adapeza njira yophera Mkango. Adaunamiza kuti anzake asanu adadyedwa ndi mkango wina womwe udati ndi mwini deralo. Ndipo adalondolera Mkangowo kuti ukaone mkango unzakewo. Mkangowo udfa ndi mgwazo womwe Kalulu adayika pachitsime pamene Mkango udadzigwetsera pamene udaona chithunzi chake chomwe nkuyesa mkango winawo.

❖ **Kulimba mtima**

- Kalulu adanamiza Mkango zoti kuli mkango wina woopsa kuposa iwovo ndipo adautsogolera kuti ukaone mdaniyo.

Maphunziro

❖ **Ena amphamu ndi oopedwa amagwa/amafa mopusa kwambiri.**

- Mkango unali wamphamu komanso wolusa koma udamvera bodza la Kalulu kuti kunali mkango wina woopsa. Izi zidachititsa kuti Mkangowo utsatire Kalulu kuti ukathane mdaniyo mapeto ake udfa ndi mgwazo womwe adatchera Kalulu pachitsime, utaona chithunzi chake chomwe nkudziponya mwamphamu poyesa kuti udali mkango winawo.

❖ **Vuto lingakule bwanji, limakhala ndi njira yolihetsera.**

- Mkango udasowetsa nyama mtendere koma Kalulu adapeza njira yowuphera.

Mutu XXV: Mbalame ya Kunyanja

Nkhani yonse mwachidule

Kusanthula nkhani yonse

Malo ochitikira nkhani

Mfundu zazikulu

Maphunziro

Mutu XXVI: Mkango ndi Nkhosa

Nkhani yonse mwachidule

Kusanthula nkhani yonse

Malo ochitikira nkhani

Mfundu zazikulu

Maphunziro

Mutu XXVII:Mawu a Bulu

Nkhani yonse mwachidule

Kusanthula nkhani yonse

Malo ochitikira nkhani

Mfundu zazikulu

Maphunziro

Mutu XXVIII:Munthu wa Mulungu

Nkhani yonse mwachidule

Kusanthula nkhani yonse

Malo ochitikira nkhani

Mfundu zazikulu

Maphunziro

Mutu XXIX:Nsinsonsa ndi Njovu

Nkhani yonse mwachidule

Kusanthula nkhani yonse

Malo ochitikira nkhani

Mfundu zazikulu

Maphunziro

Mutu XXX: Banja la Tambala ndi Nkhwali

**Nkhani yonse mwachidule
Kusanthula nkhan yonse
Malo ochitikira nkhan
Mfundu zazikulu
Maphunziro**

XXXI: Njovu Yakufa

**Nkhani yonse mwachidule
Kusanthula nkhan yonse
Malo ochitikira nkhan
Mfundu zazikulu
Maphunziro**

Mutu XXXII: Kusosola Mavu

**Nkhani yonse mwachidule
Kusanthula nkhan yonse
Malo ochitikira nkhan
Mfundu zazikulu
Maphunziro**

Mutu XXXIII: Owumba Nsalu

**Nkhani yonse mwachidule
Kusanthula nkhan yonse
Malo ochitikira nkhan
Mfundu zazikulu
Maphunziro**

Mutu XXXIV: Kam'dothi

**Nkhani yonse mwachidule
Kusanthula nkhan yonse
Malo ochitikira nkhan
Mfundu zazikulu
Maphunziro**