

# MAWU A ANTHU OKHULUPILIRA

NDONDOMEKO ZA ATSOGOLERI A CHISILAMU PA NKHANI  
ZA CHIWERENGERO CHA ANTHU NDI KULERA



JULY 2015

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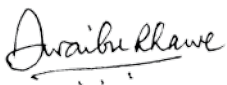
## MAU OTSOGOLERA

Malawi ndi limodzi mwa maiko amene chiwerengero chawo chikukwera kwambiri mdera lakumwera kwa chipululu cha Sahara kuno ku Africa. Chiwerengero cha anthu mdziko muno chakwera katatu kuyerekezera ndi m'mene zinalili zaka 40 zapitazo ndipo chikuyembezeka kukweranso katatu konse podzafika chaka cha 2040. Pa chifukwa ichi, zachilengedwe, chuma chatu komanso anthu ndiokhudzidwa kwambiri. Ndikovuta kupeza zosoweka pa moyo wa anthu watsiku ndi tsiku ndipo ndikovutanso kukweza miyoyo yawo ndikukwaniritsa zolinga za chitutumko cha dziko lonse.

Ife ngati atsogoleri a chisilamu, tili ndi udindo odzetsa chiyembekezo. Chiyembekezo chomwe anthu alinacho pa ife ndi udindonso waukulu woti titsogolere powonetsa zitsanzo zabwino, poyesetsa kutsata chiphunzitsa cha Mulungu komanso kusamalira moyo wauzimu ndi wathupi wa anthu omwe timawatumikira. M'njira imeneyi, tikukhulupilira kuti atsogoleri achipembedzo ali ndi udindo wodziwitsa anthu m'madera awo zotsatira zakukwera kwa chiwelengero cha anthu ndi kukambirana nawo ubwino wa kulera m'mabanja.

Chisilamu ndi chipembedzo chosavuta, chamtendere, chophweka komanso chomasuka chimene chimalemekeza umoyo wamunthu. Asilamu m'dziko lino akukumana ndi mavuto azaumoyo osiyanasiyana okhudzana ndi kulera komanso kukula kwa chiwerengero cha anthu. Kwa nthawi yayitali, kusiyana maganizo pa momwe nkhani ya umoyo imagwirizilana ndi chisilamu kwapangitsa kuti asilamu ena azilephera kupeza ntchito za kulera. Koma kunena mwachilungamo, chisilamu sichiletsa asilamu kutsatila njira zabwino zolera monga mmene Koran wopatulika ndi mau olankhulidwa ndi mtumiki Muhamad amanenera.

Buku ili likupeleka upangiri kwa atsogoleri achisilamu pammene angalimbikitsire asilamu kutengapo gawo posamalira bwino ana awo, uchembere wabwino, komanso pa nkhani ya kuchuluka kwa chiwerengelo cha anthu. Ife tikupempha atsogoleri onse a chipembedzo cha chisilamu kuti adzipeleke pothandiza anthu owatsatira pantchito yolimbana ndi mavuto amenewa.



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Mulembi Wamkulu (Ogwirizira)  
Muslim Association of Malawi (MAM)



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\* Ministry of Finance and Development Planning. 2012. "Malawi RAPID: Population and Development." PowerPoint presentation, available at <http://www.healthpolicyproject.com/index.cfm?ID=publications&get=pubID&pubID=71>.

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# KUTHOKOZA

Bukuli lapangidwa ndi Health Policy Project (HPP) ndi chithandizo chandalama chochokera ku United States Agency for International Development (USAID). Linalembedwa ndi Rebecca Mbuya-Brown ndi a Laston Mteka mothandizidwa ndi ukadaulo wa a Erin McGinn, ndi a Carol Miller, ndi a Olive Mtema. Mfundo za mkatimu zinakonzedwa mogwilizana ndi mabungwe a Muslim Association of Malawi (MAM) ndi Qadria Muslim Association of Malawi (QMAM)

A Health Policy Project ndi othokoza pakudzipeleka kwa atsogoleri onse omwe anatenga nawo gawo panthawi yolembe bukuli. Ife ndi olimbikitsidwa chifukwa cha chidwi ndikudzipeleka kwao pankhani ya kukwera kwa chiwerengero cha anthu komanso pa nkhani yakulera m'Malawi muno ndipo tili ndi chikhulupiro kuti liwathandiza pa ntchito yawo. Tikuthokozanso unduna woona za chuma ndi mapulani achitukuko-omwe kale umadziwika kuti unduna woona za mapulani achitukuko-potengaponso gawo polemba bukuli komanso pantchito imene akugwira ndi atsogoleri ampingo patchito yolimbana ndi mavuto obwera chifukwa cha kukwera kwa chiwerengero cha anthu mdziko muno.

Pomaliza, HPP ikufuna kuthokoza ntchito imene nthumwi za mabungwe a MAM ndi QMAM, potenga nawo gawo lolembe komanso kusindikiza bukuli. Zina mwa nthumwizi ndi izi: Hameed Kongwe, Sheikh Yusuf Chibwana komanso Khalid Kaminjira ochokera ku MAM; Sheikh Twaha Said, Ousmane Chunga, Saiti Jambo ndi Sheikh Ibbad ochokera ku QMAM.

## MAWU ACHIDULE NDI MATANTHAUZO AKE

EAM	Bungwe la Evangelical Association of Malawi
ECM	Bungwe la Maepiskopi a Katolika
HIV	human immunodeficiency virus
HPP	Health Policy Project
MAM	Bungwe La Muslim Association of Malawi
MCC	Bungwe la Malawi Council of Churches
SDA	Bungwe la Seventh Day Adventists
QMAM	Bungwe La Qadria Muslim Association of Malawi
USAID	United States Agency for International Development





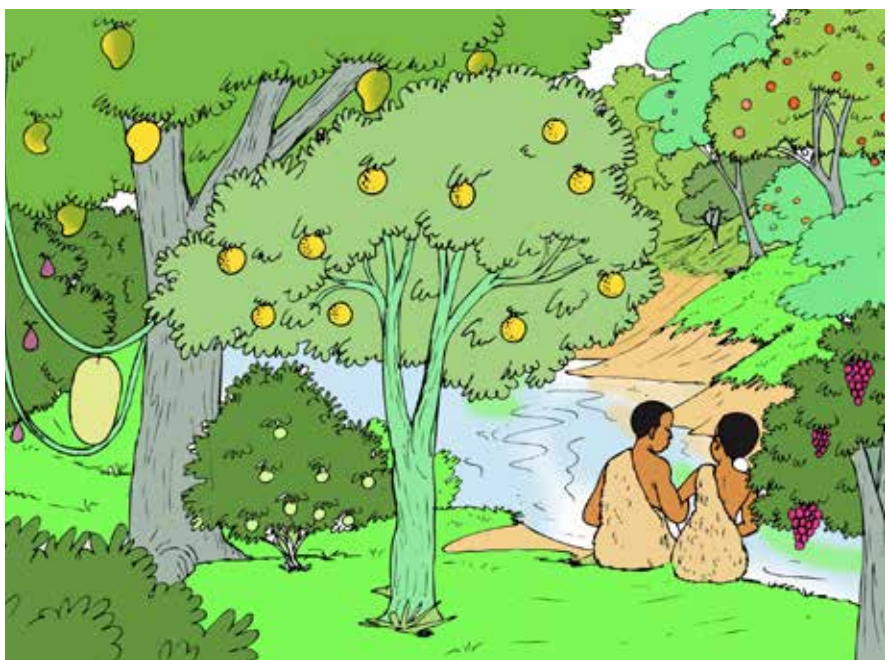
# 1 MAWU OYAMBILIRA

Kubelekana kwambiri komanso kusowekera kwa upangiri wotheadiza kuti pazikhala mpata wotalika bwino mayi asanatenge pathupi pena kukupangitsa kuti chiwerengero cha anthu chikwere kwambiri muno m'Malawi. Komatu ngakhale chiwerengero cha anthu chikukwera, zinthu zachilengedwe zomwe zimatithandiza pa moyo wa tsiku ndi tsiku sizikuchuluka nawo. Minda yolima komanso nyanja yomwe makolo athu ankaphamo nsomba ndiyomwe ija ngakhale kuti chiwelengero chathu chakwera. Izi zikupangitsa kuti zachilengedwe ziziwonongeka zomwense zikukhudza ntchito za umoyo, maphunziro ndi za chuma. Kukwera kwa chiwerengeroku kukupangitsa kuti miyoyo ya amayi, ana ndi mabanja ikhale pa chiwopsezo.

Posachedwapa atsogoleri amipingo kuchokera ku zipembezozosiyanasiyana adagwirizana kuchitapo kanthu pofuna kuchepetsa mavuto okhudzana ndi kulera, uchembere komanso kukwera kwa chiwerengero cha anthu. Mchaka cha 2012, nthumwi zochokera kumabungwe akuluakulu azipembezozosiyanasiyana a Evangelical Association of Malawi (EAM), Episcopal Conference of Malawi (ECM), Malawi Council of Churches (MCC), Muslim Association of Malawi (MAM), Seventh Day Adventists (SDA), ndi Qadria Muslim Association of Malawi (QMAM) anakumana ndi kukambirana za zomwe angachite pankhaniyi. Zotsatira zake ndi mgwirizano wa zipembezozosiyanasiyana adakwaniritsa kugwira ntchito pamodzi pa misonkhano ya sabata loganizira za kukwera kwa chiwerengero zomwe zinachitika m'maboma angapo (onani bokosi lachisanu). Misonkhano yamtunduwu imachitika ndithandizo la ndalama lochokera ku USAID kudzera m'bungwe la Health Policy Project mogwirizana ndi nthambi ya boma yowona za chiwerengero cha anthu ku Unduna Wa Za Chuma, Mapulani ndi Chitukuko. Misonkhanoyi idakwanitsa kufikira anthu ambiri, kuwazindikiritsa zotsatira za kuchuluka kwa chiwerengero cha anthu komanso kufunika kwa kulera. Mbiri yathu muntchitoyi yapangitsa kuti bukuli lilembedwe lomwe cholinga chake ndi kulimbikitsa atsogoleri azipembezozosiyanasiyana kuti azichilimika pa ntchito za kulera ndi kuchepetsa mavuto amene amabwera chifukwa cha kukwera kwa chiwerengero cha anthu.

Atsogoleri azipembezozosiyanasiyana ku Malawi ali ndi udindo waukulu pakuchepetsa mavuto amene amadza chifukwa cha kuchuluka kwa chiwerengero cha anthu. Monga atsogoleri, tili ndi udindo wodziwitsa anthu zotsatira zakukwera kwa chiwerengero cha anthu, ndikukambirana nawo momwe kulera kungapititsire patsogolo ntchito za umoyo wa anthu m'mabanja, m'madera mwathu komanso mdziko lonse.

Chisilamu chimalemekeza kwambiri ukhondo, kusamalira ndi kuteteza chilengedwe. Chisilamu chimaphunzitsa asilamu kuteteza chilengedwe kuti chisaonongeke. Pamene chiwerengero cha anthu



chikukulirakulira, chilengedwe m'dziko chimaonongeka. Anasi mwana wa Malik ananena kuti Mneneri, mtendere ukhale paiye, anati: “Ngati ola lomaliza lidza pamene muli ndi mtengo wa tende wodulidwa mmanja mwanu, ndipo ngati kuli kotheka kuubzala ola lisanadze, ubzaleni.” (Buku 27, Hadith 479).

Surah 7, verse 56 says, “*Musayipitse dziko lapansi pamene layeretsedwa kale ku zoipa*”

Pamene tikupeleka mabanja athu kwa Mulungu, kasamaliridwe ka ana kabwino kamatanthauzanso dongosolo la bwino la kutalika kwa nthawi yomwe imatenga kuti mayi achembezenso ndicholinga chopititsa patsogolo umoyo wa amayi, ana ndi mabanja. Ngati mabanja apanga chikonzero chabwino pakulera, izi zitha kuteteza miyoyo ya amayi ndi ana ndikupititsa patsogolo nthito zachuma pa banja. Kulera kumathandiza kuchepetsa kukwera kwa chiwerengero cha anthu. Chiwerengero chochepa cha anthu chimachepetsa vuto la kupereka kwa zinthu zachilengedwe zofunika pa moyo wa munthu ndipo izi zimathandiza dziko la Malawi polimbana ndi mavuto omwe amadza chifukwa cha kusintha kwa nyengo ndi kusakazika kwa chilengedwe. Chiwerengero chochepa cha anthu chimathandiza dziko la Malawi kupereka zinthu zoyenerera kwa anthu ake (monga za umoyo ndi maphunziro) komanso ntchito.

Zaka zitatu zomwe takhala tikugwira ntchitoyi limodzi ndi chiyambi chabe. Tiyenera kupitiriza pa zimene tachita bwino pofuna kuwonetsesa kuti atsogoleri ampingo sakubwelera mmbuyo ndipo akupitiriza pa zimene akwaniritsa kale pankhani ya chiwerengero cha anthu ndi kulera.

## 1.1 Cholinga cha Ndongomekozi

Cholinga cha ndongomekozi ndikuyika njira zokhazikika pakati pazipembedzo pa nkhani za kulera komanso ntchito zothetsera mavuto obwera chifukwa cha kukwera kwa chiwerengero cha anthu. Mu bukuli, atsogoleri achipembedzo chachisilamu apezamo upangili komanso mfundo zowunikira anthu pa za kulera ngati mbali imodzi imene chipembedzo cha chisilamu chiyenera kutengapo gawo.

Zochitikachitika zomwe zalembedwa mu bukuli zitengedwe ngati gawo limodzi la chiphunzitsa cha chichisilamu osati ngati ngati masewera chabe.

## 1.2 Ndani Oyenera Kugwiritsa Ntchito Ndongomekozi

Ndongomekozi zigwiritsidwe ntchito ndi:

- Atsogoleri achipembedzo (monga ma sheikh, ma Imamu, Amwalimu, aphunzitsi aku madrassah).
- Aliyense amene amatengapo gawo pa utsogoleri wa chipembedzo cha chisilamu ndipo akufuna kuchitapo kanthu pankhani ya kukwera kwa chiwerengero cha anthu komanso kulera.

## 1.3 Tigwiritse Nchito Bwanji Ndongomekozi

Ndongomekozi zigwiritsidwe ntchito pothandiza kuzindikiritsa anthu za chiwerengero cha anthu ndi nkhani ya kulera, komanso pazochitikachitika zokhudza nkhanayi mdziko lino ndi mmadera onse.

Ndongomekozi zikupereka:

- Uthenga wothondzira kuunikira za mavuto omwe amadza kamba ka kukwera kwa chiwerengero cha anthu, ubwino wokhala ndi nthawi yokwanira mimba ina isanatengedwe, komanso kufunika kwakuti atsogoleri a Chisilamu atenge gawo pa ntchito imeneyi.
- Maganizo a mmene mauthenga angaperekedwere mmipingo pa nkhani ya chiwerengero cha anthu ndi nkhani ya kulera m'banja.

- Kuwongolera ndondomeko ndi kagwiridwe ka ntchito yozindikiritsa anthu bvuto la kukwera kwa chiwerengero cha anthu ndi ubwino wa kulera m’banja pakati pa asilamu.
- Kuunika maudindo m’Chisilamu, ndikupereka maganizo a mmene maudindo omwewo anagagwiritsidwire ntchito pozindikiritsa anthu.

## 2 CHIWERENGERO CHA ANTHU, KULERA NDI CHITUKUKO

### 2.1 Kukwera Kwa Chiwerengero cha Anthu

Ngati azimayi angapitilize kubereka ana ochuluka ngati mmene akuchitira panopa, chiwerengero cha Malawi—chomwe chinali pa 13.1 million mchaka cha 2008—chikuyembekezeka kudzawonjezereka katatu pofika mchaka cha 2040.<sup>1</sup> Kukwera kwa chiwerengerochi, komanso kusowa kwa madzi ndi kuchepa kwa chakudya, zachititsa kuti anthu akafukufuku aliyike dziko la Malawi pa gulu la mayiko 15 amene ali pa chiopsezo chachikulu chokumana ndi mavuto obwera chifukwa chakusinthwa kwa nyengo.<sup>2</sup> Zotsatira za kuchulukana kwa anthu zikuonekera munjira zosiyanasiyana.

#### ***Kuonongeka kwa zachilengedwe***

Chiwerengero cha anthu chikamakwera mofulumira, zinthu zachilengedwe zimatha kuonongeka msanga ndipo kumakhala kovuta kuzipeza. M`Malawi muno, kuonongeka kwa zachilengedwe chifukwa kuchulukana kwa anthu kukuwonekera pa kusowa kwa madzi, kutha kwa nkhalango ndi kukokoloka kwa nthaka, komanso kuchepa kwa zokolola za mminda. Pamene anthu akuchulukirachulukira, madzi aukhondo akufunikanso ambiri. Izi zikuchititsa kuti madziwo azisowanso. Kuchulukana kwa anthu kumawonongetsanso nkhalango chifukwa anthuwo amadula mitengo kuti atsegule minda ina, kuti apeze nkhu komanso zipangizo zomangira nyumba. Kudula mitengo kumachititsa kuti nthaka ikokoloke ndipo zokolola sizichita bwino.



Kusinthwa kwa nyengo kukuchititsa kuti mavutowa azikulirakulira popangitsa kusinthwa kwa kagwedwe ka mvula, kupangitsa chilala, kusefukira kwa madzi ndikusokonezeka kwa nyengo yadzinja. Kukwera kwa chiwerengero cha anthu kukuchititsa kuti dziko la Malawi lizilephera kuthana ndi zotsatira za kusinthwa kwa nyengo ndipo mavutowa akuyembekezeka kukula m`zaka zikubwerazi.

### ***Kusowa kwa malo olima***

M`Malawi, malo akusowa. Anthu pafupifupi 126 akukhala pa malo omwe kukula kwake ndi sikweya kilomita imodzi. Malo amene angakhale a munthu mmodzi ku Zambia, ku Malawi kuno malo omwewo akhoza kukhala ndi anthu asanu ndi mmodzi (6). Ngati chiwerengero chipitilire kuchuluka chonchi, kuchulukana mofulumiraku kupitilira, ndiye kuti podzafika chaka cha 2050, anthu adzakhala ali 803 pa sikweya kilomita imodzi.

Mwa anthu 100 alionse m`M`alawi, anthu 80 amakhala m`madera akumidzi ndipo ambiri mwa anthu amenewa amadalira ulimi pa moyo wawo. Pang`ono ndi pang`ono mabanja akhala akuduliranadulirana minda motero ambiri akumalima minda yaying`ono yomwe ikumawapatsa zokolera zosakwanira kudya chaka chonse. Pachifukwa ichi, iwo akumayenera kulima mbewu zawo mowilikiza zomwe zimagugitsa nthaka ndikupangitsa kuti azikolola zochepa. Kuchepa kwa malo olima ndi okhala kumayambitsanso mikangano pakati pa anthu kapena mabanja. Kukanganirana malo amakolo kukuchuluka masiku ano ndipo m`maboma ena anthu amamenyana chifukwa cha malo.



### ***Kapezekedwe ka chithandizo chimene boma limapereka kwa anthu***

Kuchulukana kwa anthu kumapangitsa kuti boma lizilephera kupeleka mokwanira ntchito zothandiza anthu ake monga za umoyo ndi maphunziro. Tikunena pano, dziko la Malawi lilibe anthu okwanira ogwira ntchito za umoyo komanso zamaphunziro makamaka kumadera a kumidzi. Poonjezera pakusowa kwa ntchito ngati zimenezi, chithandizo chakenso mchopelwera kuyelekeza ndi mmene zimafunika kukhalira. A Unduna wa za Chuma, Mapulani ndi Chitukuko kudzera ku kauniuni wawo wa RAPID, adaunikira zakukwera kwa chiwerengero cha anthu pakutha zaka 30 kuyambira 2008 kukafika 2040. Iwo akuti ngati kuchulukana kupitilire pa mlingo wapanowu, unduna wa zaumoyo udzafuna kukhala ndi anamwino ndi zipatala zochuluka mwakatatu pofika chaka cha 2040 poyelekeza ndi chaka cha 2008. Ana a sukulu za pulayimale adzakhala atawonjezekerera kuposa kawiri nambala imene ili lero kuchoka pa 3 miliyoni kufika pa 8 miliyoni. Kukadakhala kuti anthu sakuchulukana mwachangu chonchi bwenzi boma litapulumsa ndalama zokwana K166 biliyoni

pa maphunziro ndi K226 biliyoni pa zaumoyo m`zaka tatchulazi.<sup>3</sup> Chiopsyezo pankhani ya kupezeka kwa maphunziro abwino ndi vuto lalikulu pakati pa anthu achipembedzo cha chisilamu.

### **Chitukuko cha zachuma**

Kukwera kwa chiwerengero cha anthu kumakhudza kwambiri kayendedwe ka zachuma cha m`dziko. Chiwerengerochi chikadamakwera pang`onopang`ono, chuma cha dziko la Malawi chikadakwa mwachangu chifukwa, m`malo momagwiritsilira ntchito ndalama zonse popezera zofunika zalero, bwenzi zina zikusungidwa kuti zidzagwire ntchito mtsogolo. Kuchepa kwa zokolola za mminda, kuphatikizapo kuperewera kwa madzi ndi kwa ntchito za chipatala ndi zamaphunziro zidzalepheretsa chitukuko cha chuma cha dziko.

Zotsatira za kukwera msanga kwa chiwerengero cha anthu zidasautsa kwambiri achinyamata. M`Malawi muno, chiwerengero cha achinyamata osapitilira zaka 18 zakubadwa ndi choposa theka la anthu onse (52%). Amenewa akafika poti tsopano akula, adzafuna ntchito kuti azipeza zinthu zowathandiza pamoyo wao. Ngati kukwera kwa chiwerengero kupitirira kukhala kwachangu, achinyamata 4.9 miliyoni adzakhala akufunafuna ntchito pofika 2040. Vuto ndi lakuti ngakhale panopa ntchito ndi zosowa. Ofuna ntchito akulephera kuipeza.

### **Kukhudzidwa kwa chipembedzo**

Pamene chiwelengero cha anthu chikukwera, misikiti nayonso ikufunika yambiri, chifukwa anthu ofuna chithandizo nawonso akuchuluka. Ngakhale zili choncho, anthu ambiri alibe chuma chokwanira kuti athandize mipingo yawo. Nthawi zina, kuchuluka kwa anthu achipembedzo kukupangitsa mpingo kuti nthawi zonse uzikhala otanganidwa ndi ntchito yomanga misikiti basi kuti anthu onse azikwaniramo.

Kukwera kwa chiwerengeroku komanso kusowa zinthu zokwanira kukudzetsa mavuto pamiyoyo ya anthu. Komabe monga anthu okhulupilira, tiyeni tibataye chiyembekezo. Tikhulupilire Mulungu ndikubwera pamodzi pogwira ntchito yokonza tsogolo la Malawi pogwira ntchito yothana ndi mavuta a kukwera kwa chiwerengero cha anthu ndi ya chitukuko.



## **2.2 Kulera**

### **Kodi Kulera ndi Chiyani?**

Kulera ndi pamene mwamuna ndi mkazi monga banja apanga chisankho chabwino pa mmene ayenera kukhala ndi mwana, ndiponso kuti akhale ndi ana angati komanso kuti kodi ana azibadwa motalikirana bwanji.

Mwamuna ndi mkazi ayenera kukambirana za izi ngakhale asanakwatirane ndipo ayenera kupitiriza kukambirana izi pamoyo wawo wapabanja popeza kuti zisankho, ziganizo ndi zochitika zina pamoyo zimatha kusintha. Makolo aphunzitsenso ana awo zakufunika kwa kulera ngati njira ya kuwakonzekera kuti adzakhale makolo odalirika akadzakula.

Mabanja atha kusankha njira za kulera za chilengedwe kapena za chipatala. Njira zimenezi zilipo zambiri, ndizofufuzidwa bwino ndi akatswiri ndipo sizipeleka chiopsyezo kwa amayi kapena abambo. Njirazi zimasiyana magwiridwe ake a ntchito, maonekedwe ake komanso amene amayenera kuzigwiritsa ntchito.

Zina zikukhudzana ndi kulera basi pamene zinazo zikhudzana kwenikweni ndi umoyo wa munthu. Pachifukwachi anthu ayenera kufunsa alangizi azaumoyo kuti awapatse uphungu woyenera.

Njira zakulera zomwe zilipo ku Malawi kuno pakadali pano ndi monga izi:

### Njira zachilengedwe (zowelengetsela masiku)

Natural methods do not require any medical intervention, although some approaches need instructions and counselling from healthcare providers. Most natural methods are called “fertility awareness-based methods.” These methods help women and couples understand how to avoid pregnancy or how to become pregnant by recognising signs of a woman’s fertile days, when she is most likely to conceive.

Njira zachilengedwe (zowelengetsela masiku)

- Kutsata masiku akusamba kwa amayi
  - Kuwelengera masiku mwanthawi zonse
  - Kudziwa nthawi yomwe akuyembekezera kusamba
- Kuyang’ana kusintha kwa chikazi cha amayi
- Kuyang’anila kutentha thupi kwa amayi pofuna kudziwa nthawi ya chonde
- Kuyang’anira panthawi imene mayi akuyamwitsa
- Kupewa kuthira umuna mkati pogonana
- Kudziletsa



### Njira za chipatala zakulera

- Kondomu (ya abambo kapena amayi)
- Mankwala akumwa olelera (mapilitsi)
- Njira yobaya jakisoni
- Njira ya pamkono

- Lupu
- Kutseka abambo
- Kutseka amayi

Dziwani kuti chisilamu sichilora kutseka kwa abambo. Kutseka kwa amayi ndikovomerezeka pokhapokha ngati pali zifukwa zokwanira zotsimikizika ndi akuchipatala.

### **Ubwino wa kulera ndiwotani?**

Masiku ano mabanja ambiri ku Malawi kuno ali ndi ana asanu kapena asanu ndi m'modzi koma kubelekana chonchiku sikugwirizana ndizomwe mabanjawa amafuna. Kafukufuku amaonetsa kuti abambo ndi amayi amanena kuti banja labwino ndikukhala ndi ana anayi (izitu sizikugwilizana ndintchito yofalitsa uthenga wazakulera yomwe ikugwilidwa).<sup>4</sup>



- Pafupifupi theka (45 pa 100 aliwonse) la pakati potengedwa ku Malawi kuno pamakhala posakonzekera.<sup>5</sup>
- Limodzi mwa mabanja anayi amafuna kuchedwelapo kapena kulewa kukhala ndi ana ena koma sagwiritsa ntchito njira zakulera kuti apewe pathupi. Mabanja amenewa amasowekera upangiri ndi ntchito zowathandiza kudziwa ndi kukonzekera pamene akufuna kukhalanso ndi pakati.

### **Ubwino pa umoyo wamunthu**

Kutalikana bwino kwa nthawi yomwe pakati pena padzabwere kuli ndi ubwino pa umoyo wa mayi ndi ana obadwawo. Dziko la Malawi ndi limodzi mwa maiko omwe ali ndi chiwerengero chokwera cha imfa zomwe zimadza ndi uchembere (azimayi 675 amafa pa 100,000 aliwonse woyembekezera). Zina mwa zifukwa za imfazi ndi kubereka asanakhwime (amayi 35 pa 100,000 obereka ali achichepere amamwalira), kuchembeza kwambiri (5.7), komanso kufala kwa kachirobomba ka HIV pakati pa mayi omwe angathe kubereka.<sup>6</sup>

Pakati posakonzekera patha kuchulukitsa chiwopsyezo cha imfa komanso kulumala kwa amayi ndi ana makamaka pamene

- Mayi atenga pakati asanafike zaka 18 zakubadwa
- Mayi anakhalako ndi pakati pambiri m'mbuyomu
- Mayi akhala ndi pakati mochedwa kupitilira zaka 35 zakubadwa
- Ngati pakati padza moyandikana kwambiri

Ku Malawi kuno, mwana ana asanu ndi anayi aliwonse, m'modzi amamwalira asanafike zaka zisanu zobadwa. Koma kutalikitsa nthawi pakati pena pasanabwere kumachulutsa mwawi wakuti mwana wobadwayo akhale ndi moyo wawutali. Ana obadwa pasanapite zaka ziwiri kuchokera pamene mwana wina anabadwa amakhala ndi mwayi wochepa kwambiri wokhala ndi moyo asanafike zaka zisanu poyelekeza ndi ana obadwa patatha zaka zitatu kuchokela pa nthawi imene winanso anabadwa kwa mayi.



### **Ubwino wake pa banja**

Ngati mabanja ali ndi nambala ya ana okhawa amene angathe kuwasamalira bwino pali ubwino wambiri:

- Kupanikizidwa pa kasamalidwe ka ana kumakhala kochepa komanso mikangano m’banja imakhalanso yochepa.
- Makolo amakhala ndi nthawi yokwanira yakuti asalire mwana aliyense ndi kumpatsa zosowejera zake pamoyo wauzimu.
- Makolo amakhala ndi kuthekera kowapatsa ana awo zakudya zoyenelera, komanso moyo wathanzi ndi maphunziro.
- Ana amakhala ndi mwayi waukulu wakuti asamakhale odziyang’anira okha akadali achichepere.
- Mwayi wa zachuma ndi maphunziro umakhala waukulu kwa makolo ndi ana omwe.
- Mabanja achichepere amene amadikira kaye asanakhale ndi ana amatha kupitiliza maphunziro ndikupeza ntchito zabwino ndipo anyamata ndi atsikana atha kuphunzira ngati makolo ali ndi ana ochepa omwe angathe kuwasamala.

Maka amayi amakhala ndi moyo wabwino ndipo atha kukhala ndi nthawi yambiri yamaphunziro, zina ndi zina komanso atha kumatenga nawo mbali mzochitika za m’madera mwawo.

### **Kusasiyana pakati pa amayi ndi abambo**

Kuberekana kwambiri kumapangitsa kuti amayi ndi atsikana azikhala ndi mwayi wochepa wamaphunziro, wai ntchito komanso ndi zochita zina. Chiwerengero choposa theka la amayi achi Malawi (51.6%) amakhala atakwatiwa kale pomafika zaka 18 ndipo m’modzi mwa ana a zaka zapakati pa 15 ndi 19 amakhala atabereka kale mwana mzawo.<sup>7</sup> Atsikana achichepere amene amayamba kubereka msanga amataya mwayi wawo wamaphunziro ndipo miyoyo yawo imakhala pa chiwopsyeyezo chomwe chimadza chifukwa cha kukhala ndi pakati akadali achichepere.

Chimodzimodzinso pamene makolo ali ndi ana ambiri omwe sangathe kuwasamalira, nthawi zambiri ndi ana aakazi amene amakhala ndi mwayi wochepa kwambiri wa zinthu monga maphunziro, za umoyo ndi chakudya.

### **Ubwino ku Chipembedzo cha chisilamu**

Monga mabanja amapindula pa ntchito zakulera, mipingonso imapepukidwanso pantchito zomwe imagwira posamalira anthu. Mabanja achimwemwe ndi athanzi amakhala ndi mwayi waukulu kutenga nawo mbali pa moyo wampingo ndipo amakhala ndikuthekera kothandiza anzawo pa mpingo.

## **2.3 Kodi Chisilamu Chimati Chiyani pa Nkhani ya Ukwati ndi Kulera M’banja?**

Lero posunga chiphunzitso cha Chisilamu, atsogoleri a chipembdzochi akutha kuzindikira zizindikiro za nthawi pa nkhani ya kuonongeka kwa chilengedwe, kusowa kwa zinthu za chilengedwe ndi kusintha kwa nyengo. Tikuzindikira kufunika kwakuti anthu m’banja azilingalira ndikupanga chiganizo ndi zisankho zabwino za nthawi yomwe angakhalire ndi ana, kutalika kwa nthawi pakati pakutenga mimba ndi mimba ina, ndi chiwerengero cha ana chomwe akuganiza kuti angabereke. Pali mfundo zambiri zokhudza ukwati ndi nkhani ya kulera m’banja zomwe zikufunika kuzifotokozera bwino potsatira ndondomeko ya Malembo a Chisilamu.

## **Nsanamira za banja**

*“Ndipo zina mwa zizindikiro zake ndi zoti, Mulungu adalenga akazi kuchokera mwa inu kuti muzipeza mpumulo mwa iwo, ndipo adaika pakati panu chikondi ndi chisoni. Ndithudi, mu izi muli zizindikiro kwa anthu amene amalingalira.”* (Qur’an, Surah 30, Ndime 21)

Monga mmene Surah yapamwmbayi ikulongosolera, ndi poonekeratu kuti Chisilamu chimaphunzitsa za chikondi ndi chisoni.

## **Kugwirizana ndi kumvana**

Mu chisilamu, kumvana ndi gawo limodzi lamoyo ndipo kumawilikizidwa mmbanja. Pamene mwamuna ndi mkazi mbanja ayamba kugona limodzi, aliyense waiwo amakhala ndi udindo watsopano. Udindowo umakhala wofanana, wozindikira ufulu wao ndi zomwe iwo ayembekezeka kuchita. Muzonsenzi, kumverana ndikofunika.

Chisilamu chimalimbikitsa kugwirizana ndi kumvana. Chimalimbikitsa mabanja kuti azikambilana momasuka ndikupangila limodzi ndondomeko ndi maganizo awo ngati amodzi. Kumvetsetsana kumapangitsa kuti banja likhale lokondana. Ngakhale Mtumiki ananena kuti msilamu wabwino ndi amene amasamala banja lake, ndipo kuti chinthu chosangalatsa choposa zonse ndi pamene mamuna kapena mkazi akhala okhulupilika kwa wina ndi mzake ndipo akhala omasukilana kwathunthu ndikukambilana chilichonse panyumba pawo (*Hadith* yolembedwa ndi Muslim ndi Tirmidhi).

## **Kugonana**

Ukwati umakhudza gawo lathupi ndi zilakolako. M’banja, mwamuna ndi mkazi amasonyeza chikondi chawo pamene agonana. Kukwanilitsana pogonana, kumvetsetsana mmaganizo/kuthandizana komanso kumasukilana ndi zofunika kuti chikondi chikule ndikukhala champhamvu.

## **Kubereka mwanzeru**

Pokonzekera kukhala ndi mtundu wa anthu abwino ndi wokhulupirika, bambo ndi mai ndi amene amausenza udindo, chifukwa mwana amadalira bambo ndi mai mu zofuna zake zonse.

Makolo ali ndi udindo wosamalira ana akabadwa, kuwakwaniritsira zofuna zawo (monga chithandizo cha makhwala, chakudya ndi maphunziro), zilakolako ndi kukhala amakhalidwe a uzimu, ndikuonetsetsa kuti ali ndi moyo wolemekezeka. Izi ndi zotheka ngati chiwerengero cha ana m’banja ndi chochepa, choti nkutha kuwakwaniritsa kuwasamalira.

Ena anafunsa, “N’chifukwa ninji kutaya nthawi kuganizira za nkhani ya kulera m’banja, ngati Allah amatha kusamalira anawo?” Allah amapereka ndipo amawasamalira ana kudzera mwa makolo awo. Kulephera kuwasamalira ana anu sikumasangalatsa Allah.

Ana amabadwa ndi chikhumbokhumbo, amatsekula maso awo ndi kuona mai ndi bambo awo ali kuwasamalira iwo ku chili chonse. Amaliwona dziko kudzera mwa makolo awo ndi kuchiyang’ana chilengedwe chonse kudzera mmaso a makolo awo. Chimakhazikika mozama mmitima mwawo choti abambo awo ndi amai awo ali nacho chili chonse chimene angakhumbe. Amapeza chisoni ndi chikondi chochokera kwa makolo awo, amapeza chitetezo ndi chisamaliro kuchokera kwa iwo, ndikumapempha chithandizo mu china chili chonse, cha chikulu ngakhale chaching’ono kuchokerae kwa iwo. Pa chifukwa chimenechi, makolo akusenza udindo wa maphunziro, kukonzekera, ndi kuwaongolera ana awo ku zomwe zikondweretsa Allah wamphamvu yonse.

*“Pomwepo Zakariya adampempha Mbuye wake pakunena kuti: Mbuye wanga! Ndipatseni kuchokera kwa Inu mwana wabwino. Ndithidi, Inu ndinu akumva pempho”* (Surah 3, Imran, Ndime 38)

Chisilamu chimayika patsogolo kukhala ndi moyo wabwino osati kuchuluka kwa miyoyo. Ngati mmene ikunenera Surah pamwambapa. Ndi ntchito ya banja la chisilamu kuonetsetsa kuti kukhala ndi moyo wabwino kukukwaniritsidwa.

Ngati bambo ndi mai akusiya udindo wosamalira ana awo ndi banja lawo, akuchita tchimo lalikulu pakunyalanyaza udindo umene Allah anaika mmanja mwawo. Motero Koran yolemekezeka idawachenjeza abambo ndi amai pa kusiya udindo umenewu, ndikuwakumbutsa iwo kuti ali ndi udindo wa mabanja awo, ngati momwe ali nao udindo wodzisamalira okha. (Qur’an 66:6).

### **Kulera m’Banja**

*“Dzisamalireni nokha. Palibe matenda amene Allah sanawapezere mankhwala ake. Ngati mankhwala akumana ndi matenda, amachiza matendawo, ngati Allah wafuna.”*—Al-Bukhari

Chisilamu ndi njira ya mmene munthu ayenera kukhalira ndi moyo m’dziko (moyo wakuchita zimene Mulungu walamula). Mogwirizana ndi umboni umene watchulidwa mu Hadith yomwe ili pamwambayi, banja la thanzi ndiye lofunika m’chisilamu. Kulera m’banja ndiye mfundo yofunika yotetezera moyo, ndipo atsogoleri a chisilamu ali ndi ntchito yayikulu yofotokozera mfundo zimenezi kudzera m’ziphunzitso zawo pa mkumano wao.

Muzokambirana za Asilamu za posachedwapa zomwe zinachitikira m’ Maboma a Balaka ndi Mangochi, kunapezeka kuti amai, abambo ndi achinyamata anali ndi chikhulupiriro choti kubereka mopereka mpata sikoloredwa m’Chisilamu. Chonsecho chisilamu chimaphunzitsa kuti kulera kukhoza kuchitidwa pa zifukwa zina.

Mu Chisilamu kubereka mopereka mpata kumalimbikitsidwa kuti mwana akule ndi moyo wa thanzi popeza amakhala ndi nthawi yokwanira yoyamwa yosachepera zaka ziwiri.

Mu Chisilamu kubereka mopereka mpata kumaloledwa mu pfundo izi:

- Mkatikati mwa ukwati.
- Poteteza moyo wa mai, pamene pali zisonyezo zoti moyo utha kukhala pa chiopsyezo akamabereka pafupipafupi.
- Pamene moyo wa ana ukuoneka kuti siuli wathanzi.

### **Kuyamwitsa mwana mabere ngati njira yopereka mpata pobereka**

*“Amayi adzayamwitsa ana awo zaka ziwiri za thunthu kwa iwo (makolo) ofuna kukwaniritsa nyengo yoyamwitsira.”* (Surah 2, Ndime 233)

*“Ndipo Tidamulamulira munthu kuonetsa chikondi kwa makolo ake, adamsenza iye mai ake ali wofooka pamwamba pakufooka ndipo adamyamwitsa iye zaka ziwiri. Motero ndithokozeni Ine ndi makolo anu, kwa Ine nkumene mudzabwerere.”* (Surah 31, Ndime 14)

Monga zanenedwera pamwambapa, Koran ikumulangiza mai kuyamwitsa mwana zaka ziwiri zathunthu, ndipo mu nthawi imeneyi asatengenso mimba. Choncho Koran ikulamulira za kupereka mpata pa uchembere kuti mphamvu za amayi zithe kubwelera asanaberekenso mwana wina, ndi kuti ateteze moyo wa ana poonetsetsa kuti akuyamwa mokwanira.

### **Kutayira umuna padera**

*“Mu nthawi ya Mtumiki wa Allah, mtendere ukhale pa iye, mchitidwe wotayira padera umuna umachitika. Ukadakhala kuti mchitidwe umenewu unali woletsedwa, Quran ikadanena, chifukwa nthawi imene umachitika mchitidwe umenewu ndi nthawi yakubvumbulutsidwa kwa Koran.”*

—Al-Bukhari, Muslim, Tirmidh, Ibn Majah, and Ahmad

Hadith iyi ikunena kuti kutayira padera umuna ndi kololedwa ngati njira yolera m’banja, pakakhala kuti bambo ndi mai agwirizana.

### **Njira za makono zotetezera kuti mimba isatengedwe**

Ophunzira akuluakulu m’chisilamu anapeza kuti njira za makono zakulera ndi zobvomerezedwa ngati cholinga chake chikufanana ndi njira yotayira padera umuna. Koma chisilamu chimaletsa njira zokhazo zomwe ndi zamuyaya kutanthauza kuti sichilora kutenga njira yotseka mzimayi kapena bambo kwa moyo wake wonse.

### **Udindo wa abambo mu nkhani yolera**

*“Amuna ndiye atetezi a akazi.”* (Surah 4:34)

*“Wokhulupirira, wa chikhulupiriro chenicheni ndi amene ali ndi chikhaliidwe chabwino, ndipo abwino kwambiri pakati panu ndi iwo amene achita ubwino kwa akazi awo, ndipo ine ndine wabwino ku banja langa.”*—Al-Bukhari

Amuna a Chisilamu amagwira ntchito yotamandika pa kulera m’banja. Chiphunzitso chaperekedwa pamwambapa, Hadith yakeyo ikuwalimbikitsa amuna a Chisilamu kuteteza akazi – onetsetsani kuti amayi ali ndi moyo wabwino, kulimbikitsa chuma chawo ndi zina zotero. Nkhani ya kulera m’banja monga mmene yafotokozedwa pamwambapa itha kukhala njira yotetezera moyo ndikufunira zabwino akazi ndi ana. Malembowa akuwauza amuna a chisilamu za kulera m’banja awo, ndikuti akazi asamapwanyiridwe ufulu wao.

Chiphunzitso chili mmwambachi chikuonetsa kuti mwamuna ndi mkazi akuyenera kugwirizana kuti kulera m’banja kutheke. Payenera kuti mwamuna ndi mkazi amvetsetse kufunikira kwa nkhani ya kulera ndi ntchito yomwe kulera kungathandize m’chisilamu, ndipo azitha kumakambirana ndikugwirizana pa zolinga za kulera m’banja ndi njira zoyenera kuzitsatira.

Ndikofunika kuti mabanja azikonzera limodzi ndondomeko za banja lawo ndikuti anagakhale ndi ana angati. Pokambirana pafunika kulolerana, kukhulupirirana ndi kudzipereka. Mapeto ake ndiye woti zonse ziri mmanja mwa Allah. Ngati anthu m’banja akulephera kukhala ndi mwana, ayenera kubvomereza momwe zinthu ziliri ndi kupitirira kukondana wina ndi mnzake.

Nkhani yoti ana ndi mpatso yoperekedwa ndi Mulungu yalembedwa pa Surah 39, ndime 40 yomwe ikulumikizana ndi ukulu wake kumwamba ndi dziko lapansi-kuchita nawo monga iye afunira. Ngati pa nyumba palibe mpatso ya mwana sizatathauza kuti anthu m’banjamo sakonedwa ndi Allah, ndipo ichi chisakhale chifukwa chothetsera ukwati- pakuti Allah amachita chili chonse chimene wafuna, ndipo chili chonse chochokera kwa Allah ndi chabwino.

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### 3 KUMEMA ANTHU

Pamene kukwera kwa chiwerengero cha anthu ndi nkhani zakulera zili nkhani zazikulu mdziko la Malawi, atsogoleri achipembedzo chachisilamu m'magawo onse, kuchokera kulikulu kufikira m'madera ayenera kukhudzidwa pakupeza njira yothetsela mavuto omwe amadza chifukwa cha kuchulukana. Titha kugwiritsa ntchito ziphunzitso tafotokozazi pofuna kuthandiza anthu kumvetsa zotsatira za kukwera kwa chiwerengero cha anthu komanso kufunika kopanga ziganizo zokhazikika pa mfundo zolongosoka zakukhala ndi ana. Komabe gawo lathu kusakhale kongokambirana zinthu ndi anthu m'mizikiti mwathu. Koma cholinga chathu chikhale kuonetsetsa kuti nkhani za chiwerengero cha anthu ndi kulera zikhale gawo la moyo wathu wa tsiku ndi tsiku m'mchipembedzo chathu.

#### **Bokosi 1. Kodi kumema anthu kukutanthauza chiyani?**

Kumema anthu kutanthauza ndondomeko zakathithi zokonzedwa bwino ndi cholinga chothandizira adindo kuti athe kumvetsetsa ndikupanga ziganizo zosintha ndondomeko zina za malamulo, nchito zofikira ku anthu ndiponso zipangizo zogwirira ntchito kuti zikhale m'malo mwake. Kumema adindo poyamba timayang'anira anthu amene ali ndi ulamuliro (amene ali ndi mphamvu) ndikuthekera kosintha zinthu.

Kudzera mu zokambirana za anthu azipembedzo zosiyanasiyana kumayambiro a chaka cha 2015, tidasankha zochitikachitika zisanu ndi ziwiri zomwe tingapange pofuna kukwanilitsa cholinga chathu:

1. Kudziwitsa atsogoleri azipembedzo anzathu pa mgwirizano wa kulera, kukwera kwa chiwerengero cha anthu ndi chitukuko.
2. Kubweretsa pamodzi nkhani za chiwerengero cha anthu ndi kulera ku miyambo yathu ya mapemphero ndi zokambirana za anthu muchipembedzo, komanso kulimbikitsa atsogoleri ena achisilamu kuchita chimodzimodzi.
3. Kuchilikiza nkhani za chiwerengero cha anthu ndi kulera mu ndondomeko zathu ndi mu mfundo zathu za maphunziro ndi zipangizo zophunzitsira.
4. Nkhani za chiwerengero cha anthu ndi kulera kuti zikhale gawo la zokambirana zathu, m'magulu, zochitika ndi m'misonkhano.
5. Kukonza zochitikachitika zomwe cholinga chake ndikuphunzitsa ndi kudziwitsa anthu m'madera pa za mgwirizano wa pakati pa kukwera kwa chiwerengero cha anthu, kulera ndi chitukuko.
6. Kugwira ntchito limodzi ndi ofalitsa nkhani pofuna kuti anthu ambiri adziwe za chiwerengero cha anthu ndi kulera ndi kuonetsetsa kuti zinthu zina zimene zimaunikiridwa kudzera m'chikhulupiliro cha anthu zikuphatikizidwa mu nkhani zazikulu zimene dziko limakhala likuziunikira.
7. Kufalitsa uthenga

Gawo lino labukuli lithandiza kuunikira zinthu zomwe tingathe kuchita.

- Mugawo 3.1, tikugawana ziphunzitso m'chisilamu zomwe zikuonetsa chifukwa chomwe ife atsogoleri tili ndi udindo otengapo mbali..

- Mugawo 3.2, tikuunikira mwachidule za njira yodziwitsira anthu, yomwe ndiyofunika kwambiri kuti tithe kukwaniritsa mfundo zanedwa m’mwambazi.
- Mugawo 3.3, tikupereka uphungu wa mmene ophunzitsira anthu mfundo 7 tazitchula kale m’mwambamu, pogwiritsa ntchitopo njira ndi zitsanzo zochoka mu ntchito yathu yatsiku ndi tsiku.

### 3.1 N’chifukwa Chiyani Tiyenera Kumema Ena?

*“Ndipo pakati panu likhalepo gulu la anthu loyitaniraku zabwino, lolamulira za chilungamo ndi kuletsa zoipa. oterewa ndiye opambana.”* (Qur’an, Surah 3, Ndime 104).

Chisilamu ndi njira ya mmene munthu ayenera kukhalira ndi moyo m’dziko (moyo wakuchita zimene Mulungu walamula). Ngati momwe ikunenera Surah yatchulidwayi, chisilamu chimalimbikitsa umoyo wabwino. Atsogoleri a chisilamu m’Malawi akuyenera kudziwitsa, kuphunzitsa, ndi kuunikira anthu awo pa za umoyo wa thanzi ndi mfundo za chiwerengerero cha anthu. Kulera ndikofunika pofuna kuteteza moyo, kotero kuti atsogoleri a chipembedzo ali ndi ntchito yayikulu yowafotokozera anthu awo mfundozi mwatsatanetsatane kudzera mu ziphunzitsa za chikhalidwe cha anthu.

Ngati atsogoleri a chisilamu, tiyenera kuteteza ndi kuwongolera anthu athu opemphera. Pa nkhanu ya kulera ndi bvuto la kukwera kwa chiwerengerero cha anthu m’dziko, atsogoleri a chisilamu atha kuthandiza mabanja kuti akhale ndi moyo wabwino powapatsa uphungu wothandiza kupanga chisankho cholondola. Komakuti anthu opembedza apeze phindu lenileni, tiyenera kugwira ntchito molimbika – osati ndi a mdera mwathu okha, komanso ngakhale atsogoleri ena a chisilamu ndi mabungwe a chioembedzochi – pofuna kuonetsetsa kuti nkhanu ya ubwinowa kulera ndi chiwerengerero cha anthu ikukhala gawo la zochitika zathu za tsiku ndi tsiku.

### 3.2 Kamemedwe ka Anthu

Kuchita zinthu zisanu ndi ziwiri tanenazi kuikhalenso ndi njira zake zofalitsira uthenga. Mu gawo limeneli tikupereka mfundo za momwe kuphunzitsa kungamachitikire ndi kupereka zitsanzo zomwe zingatsatidwe pakuchitapo kanthu pa za chiwelengerero cha anthu ndi kulera ngati gawo la ntchito za chipembedzo za tsiku ndi tsiku.

Gawo la kafalitsidwe ka uthenga kapena kudziwitsa liri ndi mfundo zisanu:

#### Gawo 1: Dziwani vuto lenileni

- Ndivuto lanji limene mukufuna kuthetsa?
- Nchifukwa chani vuto limeneri ndiloyenera kuliunikira?

Kufotokozera za vuto limene liripo ndi kuganizira kufunika kounikira vutolo kudzakuthandizani kusankha zomwe mukufuna kukwaniritsa, zolinga zake komanso kupeza njira zabwino zophunzitsira kuti pakhale dongosolo.

**Dziwani ichi:** Ngati mukudziwa bwino vuto lanu kudzakhalala kosavuta kudziwa zomwe mukufuna kukwaniritsa ndi zolinga zake.

#### Bokosi 2. Njira zoyenera kutsata pomema anthu

- Gawo 1: Dziwani vuto limene lilipo.
- Gawo 2: Dziwani chimene mukufuna kukwaniritsa—mfundo yayikulu ndi zochepera.
- Gawo 3: Konzani dongosolo lofalitsira uthenga wanu.
- Gawo 4: Kwaniiritsani dongosolo lanu lofalitsira uthenga.
- Gawo 5: Londolozani ndi kuwunguza ntchito yanu yofalitsa uthenga.

## Gawo 2: Pezani chomwe mukufuna kukwaniritsa ndi cholinga chake.

Kuonjezera pakupeza vuto, tikuyeneranso kulingalira njira zothetsera vutolo. Zitha kuthandiza kuganizira cholinga ngati 'mutu' wa ntchito zomwe mukuchita ndipo zolinga zake ngati 'mitu yaying'ono."

**Dziwani ichi:** Ngati zolinga zanu zili zachindunji, kukonza njira zophunzitsira sikuzavuta.

## Gawo 3: Konzani njira yomemera anthu

Kenako konzani njira yophunzitsira (ndondomeko yomwe mukufuna kutsata pofuna kukwaniritsa zolinga zanu). Kupeza njira yophunzitsira kumayenera kuganizira mozama zomwe mukufuna kukwaniritsira, zomwe mukuchita ndi komwe muyenera kuchitira zinthuzo (context), ndindani amene ayenera kukhudzidwa nanga akhudzidwe bwanji. Pali mfundo zisanu ndi imodzi zomwe zingatsatidwe.

### (1) Fufuzani momwe zinthu ziliri

Pokonza njira yabwino yophunzitsira mumayenera kufufuza kaye momwe zinthu ziliri mkati (m'gulu lanu,/bungwe) komanso kunjira kwake (anthu ena onse/mdziko). Mafunso omwe mungathe kudzifunsa ndi monga:

- Kodi mphamvu zopangira chiganizo kapena kuchitapo kanthu zili ndiyani?
- Kodi anthu opanga ziganizowa ali ndi maudindo anji? (e.g. m'dziko, chigawo, boma, ndi m'dera)
- Ndi njira yanji yomwe itsatidwe popanga chiganizochi? (mwachitsanzo ziganizo zokhudza maphunziro a ana a madrassah zimapangidwa pa komiti ya dziko lonse, kenaka komitiyo imadzapereka mphamvu ku komiti ina yapadera kuti ilingalire zoyenera kuchita)

### (2) Dziwani anthu amene mukufuna kuwafikira

Anthu amene mukufuna kuwafikira akhale amaudindo amene ali m'maganizo mwanu kuyambira pamene mukupanga mfundo zanu. Komabe muyenera kuganizira mozama kuti anthu amene mukufuna kuwafikira akhale okhawa amene ali ndi udindo ofunikira kwambiri, amene akugwirizana ndi chikonzero chanu kapenanso amene angakuthandizeni kuti mukwaniritse zolinga zanu. Nthawi zina pamafunika kupeza magulu amene akutsutsana ndi mfundo zanu. (onani mfundo nambala 6 m'munsimu). Ndipo mukawapeza pamafunika kuwabweretsa kumbali yanu kuti aleke kutsutsa mfundo zanu.

Mukadziwa anthu ofunikira kwambiri amene chithandizo chawo muchisowa, ganizirani izi:

- Kodi iwo akudziwapo zotani pa zachiweregero cha anthu ndi nkhani zakulera?
- Kodi akugwirizana ndi cholinga chanu? Kodi alibe mbali? Kodi akutsutsa?
- Kodi iwo amasamala ziti/zimene iwo amakhala nazo ndi chidwi ndi ziti? Kodi zimenezi zikugwirizana bwanji ndicholinga chanu?
- Kodi iwo ali ndi zikhulupiliro zotani pa za chilengedwe ndi kulera? (mwachitsanzo, ena atha kukhala ndi chithunzithuzi cholakwika kuti kulera kumatsutsana ndi ziphunzitsa za mu Koran).

### (3) Konzani mauthenga omemera anthu

Mukadziwa ndikuphunzira zambiri pa anthu amene mukufuna kuwafikira, muli okonzeka tsopano kupanga mauthenga anu. Mauthenga amphamvu amathandiza anthu amphamvu zolamula kuti amvetse:

- Vuto lenileni ndi chiyani?
- N'chifukwa chiyani liri vuto lofunika kuliunikira (perekani umboni pazimenezi)
- Zimene mukufuna kuti iwo achite



Mauthenga opereka uphungu akhale:

- Ogwirizana ndi anthu amene ayenera awafikire
- Omveka bwino ndi ogwira mtima
- Akuti pali umboni weniweni
- Opatsa chidwi

Gwiritsani nchito mfundo zimene zili mu Box 3 ngati poyambira pamene mukupanga mauthenga anu.

#### **Dziwani izi:**

#1—Sankhani mawu anu mosamala podziwa anthu amene mukufuna kuwafikira ndipo pewani kugwiritsa ntchito mau amene angabweretse kusamvana pamene alankhulidwa mwachisawawa. Mwachitsanzo:

- Pewani mawu akuti “kuchepetsa chiwerengero cha anthu,” ndipo m’ malo mwake tsindikani zakufunika kowonetsetsa kuti zisankho zokhudza uchembere/kulerazikupangidwa ndi eni ake anthu apabanja.
- Mungathe kugwiritsa mawu akuti “kubereka mwa nzeru” kapena “dongosolo la pabanja” m’ malo mongoti “kulera.”

#2—Gwiritsani ntchito umboni kuti mutsindike pa zomwe mukunena. Dzifunzeni nokha:

- Kodi muli ndi uthenga wokwanira/umboni omwe ungasowekere kuti mukope anthu amene mukufuna?
- Ngati mulibe, kodi umboni umenewu mungawupeze bwanji?
- Sikuti nthawi zonse umboni umayenera ukhale wa manambala ayi. Mwa chitsanzo, ngati pali ndondomeko yokhazikika imene isakugwiritsidwa bwino ntchito, payokha ndondomekoyo itha kukhala umboni wokwanira ndipo mukhonza kutsindika kuti iyambe kugwiritsidwa ntchito moyenera.

#### **(4) Dziwani njira zowafikira anthu ofunikira**

Pamene mwadziwa anthu omwe mukuyenera kuwafikira ndi kukonza uthenga owayenera, pezani njira yowafikira anthu amenewa. Dzifunzeni:

- Kodi anthu anenewa ziganizo zawo amapanga mwa njira yanji, ndipo amapangira kuti? Kodi ndingafikire bwanji njira komanso malo amenewa? Mwachitsanzo, ngati komiti kapena nthambi ya bungwe zimatenga nawo gawo popanga ziganizozi, kodi magulu amenewa amakumana liti? Ndingathe kukhalapo pa mikumano yawoyo? Ngati sichoncho, ndingapange chiyani kuti uthenga wanga akathe kukawukambirana pa mikumanoyo?
- Ngati simungathe kuwafikira anthu amene mukufuna, ndani amene angakuthandizeni kuti muwafikire?
- Kodi anthuwo mauthenga amawapeza bwanji? Kodi ndi njira zanzi zofalitsira uthenga/mapologalamu ati amene amaonera, kuwerenga kapena kumvetsera?

**Dziwani ichi:** Kusankha mneneri woyenera ndikofunika kwambiri kuti zinthu ziyende bwino.

Muganizirensa: Kodi ndi anthu ati amenenso anthu omwe mukufuna kuwafikira amawapatsa ulemu ndikuwakhulupilira? Ndindani amene angamuone kuti atha kuwalankhula zomveka mpaka iwo kumvetsa?

### **Bokosi 3. Mfundo zofunikira pokonza mauthenga anu**

Uwu ndi mndandanda wa mauthenga amene mungagwiritse ntchito (molinganiza ndi zimene zakambidwa mu gawo lachiwiri lija). Mndandandawu utha kukhala pongoyambira chabe pamene mukukonza uthenga wanu.

- Kuchulukana m'dziko kuli ndi zotsatira zazikulu ku mbali ya za chuma, umoyo, ndinso kakkhalidwe ka anthu ndi ma banja.
- Pali kusoweka kwakukulu koti atsogoleri a zipembedzo azilankhulapo pa nkhani yokhudzana ndi chiwerengero cha anthu.
- Nchito zolimbikitsa kuti azimayi azitenga pathupi mu nthawi yake, ndinso kuti pazikhala nthawi yokwanira mayiyo asanatenge pathupi pena, imathandiza kuchepetsa kuchulukana.
- Kulera kumathandiza anthu m'banja kuti athe kukwaniritsa kukhala ndi pathupi mu nthawi yake, ndinso kuti pakhale nthawi yokwanira mayiyo asanatenge pathupi pena.
- Kulera ndi kofunikira kwambiri ndipo ndi kolimbikitsidwa ndi mpingo.
- Atsogoleri ali ndi udindo olangiza mabanja pa nkhani yokhudza azimayi kutenga pathupi mu nthawi yake, ndinso kuti pakhale nthawi yokwanira mayiyo asanatenge pathupi pena.
- Kulera kumapititsa patsogolo umoyo wa anthu ndinso chuma chawo pothandiza mabanja kuti akhale a umoyo wabwino, akwaniritse maphunziro awo ndi kupeza ntchito zabwino, komanso apulumutse ndalama, zimene angathe kuzagwiritsa ntchito patsogolo.
- Poti kulera kumakhudza mamuna ndi mkazi, mpingo umalimbikitsa kupanga dongosolo lanu pamodzi ngati banja, ndipo ngati pali chikaiko chilichonse, mungathe kupita kwa alangizi.
- Ngati bambo ndi mayi abereka ana okhawa amene angathe kuwasamala, kumakhala kophweka kuwayang'anira anawo
- Kukhala ndi ana okhawa amene mungathe kuwasamala kumachepetsa kupanikizika kumene kumakhalapo m'mbanja ndipo kumakhala kosavuta kukwaniritsa udindo wanu ngati mwamuna, mkazi, komanso ngatikholo. Izi zili chonchi chifukwa mumakhala ndi mpata okwanira.
- Atsogoleri a mipingo ali olimbikitsidwa kulangiza mabanja za ubwino okhala ndi ana okhawa amene angathe kuwasamala
- Kulera kumathandiza kuchepetsa kuwonongeka kwa chilengedwe, chuma, komanso zotsatira zake pa anthu.
- Kulera kungathe kuchepetsa mikangano ya malo, kuphatikizapo ya pachiweniweni pamene mwini wake wamwalira.

#### **(5) Dziwani anthu amene angakuthandizeni komanso abwenzi**

Nthawi zambiri kuphunzitsa anthu kumayenda bwino pamene tasankha otithandiza oyenera komanso abwenzi ogwira nawo ntchito oyenera. Okuthandizani komanso abwenzi atha kutenga gawo lalikulu monga kupereka uthenga wina woonjezera, kukulangizani pa mauthenga oyenerera komanso machitidwe ake, kuthandizira kuti misonkhano ichitike mosavuta komaso kuthandiza pomanga mfundo zoti zitsatidwe. Athanso kumagwira ntchito ngati okunenerani pofuna kukuthandizani kuti mufikire anthu amene muyenera kuwafikira. Ganizirani kuti:

- Ndi atsogoleri ati kapena magulu ati komwe mukutumikira kapena mdera lanu amene akugwirizana ndi nkhani zakuchepetsa kapena kuthetsa mavuto obwera chifukwa cha kuchuluka kwa chiwerengero cha anthu; nkhani zakulera ndi chitukuko?
- Angakuthandizeni bwanji kukwaniritsa zolinga zanu?
- Mungalimbikitse bwanji chidwi chawo?
- Ndi mfundo ziti/umboni umene ungathandize kuti muthe kuchita bwino?

#### **(6) Dziwani okutsutsani komanso zovuta zomwe mungakumane nazo**

N'kofunika kuganizira za okutsutsani komanso zovuta zomwe mungathe kukumana nazo pa nthawi imene mukugwira ntchito yanu yofalitsa uthenga. Mudzatha kukwanitsa kuyankha kwa amene sakugwirizana nazo komanso kulimbana ndi zovuta zake ngati pali kukonzekera mokwanira. Ganizirani izi:

- Kodi pali anthu kapena magulu mu mpingo mwanu amene amanyinyirika pa nkhani ya chiwerengero cha anthu ndi kulera pa banja?
- Kodi mudzachita chiyani kuti anthu oterowo adzasinthe maganizo pa nkhaniyi?
- Kodi nchifukwa chiyani iwo amatsutsa? Kodi ndi uthenga wanji kapena umboni umene mungagwiritse ntchito pofuna kuti mugonjetse maganizidwe awo?
- Kodi ndi ziti zimene okuthandizani kapena abwenzi anu angathe kuchita kuti okutsutsani asinthe maganizo awo?
- Ndizovuta zina ziti zomwe munakumana nazo?
- Mungazithetse bwanji zovuta zimenezi?

#### **Gawo 4: Kwaniritsani ndondomeko yantchito yomema anthu**

Tsopano pakuti mwadziwa zolinga zanu ndipo mwakonza mfundo zoyenera kutsata kuti mugwire ntchito yanu, mukuyenera kukonza ndondomeko ina yomwe mutsate kuti itsogolere zochita zanu. N'kofunika kuganizira zotsatirazi.

- Kodi ndi zinthu ziti zomwe muli nazo kuti mugwiritse ntchito? (anthu, ndalama, zipangizo; mabuku ndi zina).
- Mudzafuna zinthu zANJI?
- Kodi mudzakwaniritsa liti ntchito zanu? Kodi pali misonkhano/zochitikachitika zimene inu eni muyenera kukhalapo?
- Nthawi: Kodi mukufuna kuyamba liti kukonzekera zochitikazi? Kodi pali tchuthi kapena zochitika zimene mungatengerepo mwayi? Kugawana ntchito moyenelera kudzakuthandizani kupewa kuchedwa pa ntchito yanu.

**Dziwani ichi:** Kuchita zinthu mu nthawi yake yoyenera komanso mwadongosolo n'kofunikira pamene mukukwaniritsa ntchito yanu. Ogwira ntchito yodziwitsa anthu asankhe ndikuganiziratu zomwe adzachite patsogolo. Izi zikutanthauza kuti muyenera kumvetsa njira zimene zimatsatidwa popanga ziganizo zosiyanasiyana. Mwachitsanzo, ngati ntchito yanu ikukhudza anthu opanga ziganizo ndi cholinga choti awonjezerepo nkhani za chiwelengero ndi kulera m'banja, pezani mfundo zina zimene amatsata kale pa mpingo. Kenaka muyenera kudziwa kuti mfundozo zimapangidwa liti ndipo motani. Zikatero, muyambiretu kusanja mfundo zanu, ndondomekoko zisanayambe kulembedwa kapena kusinthidwa.

### Gawo 5: Londolozani ndi kufufuza kuti muone ngati ntchito yanu yophunzitsa yayendera

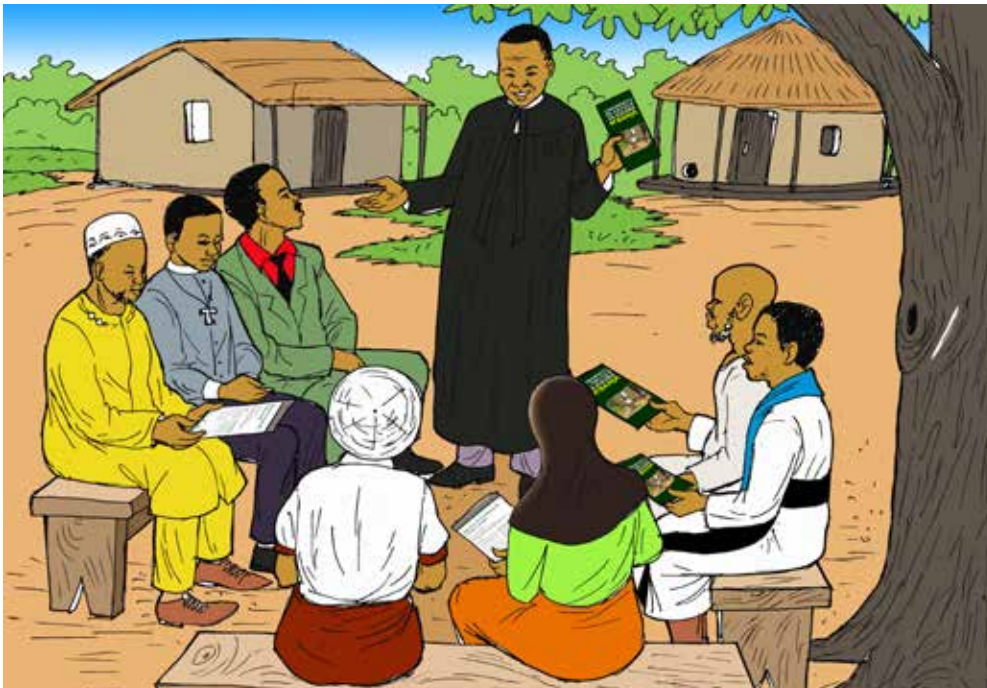
N'kofunikira kuunikira momwe ntchito yanu ikuyendera pamene mukutsata ndondomeko zomwe mudakonza. Muonetsetse ngatidi zikugwira bwino ntchito yake. Kukhala ndi zolinga zomveka bwino kudzakuthandizani pa ntchitoyi. Ndi zolinga ziti zimene mwakwaniritsa? Ndi njira ziti zimene zagwira bwino tchito? Ndi mauthenga otani amene anali amphamvu kwambiri? Kodi panali mfundo ndi mauthenga amene sanachite bwino? Mutha kusintha bwanji kuti mukonze zimene sizinachite bwino?

N'kofunikanso kuti muone kudzipereka kwa anthu amene mukugwira nawo ntchito. Mwa chitsanzo ngati mpingo wanu wavomeleza kukhazikitsa mfundo zounikira ntchito za uchembere, kodi mpingowo wachitapo chiyani kuti mfundozo zikonzedwe? Kodi ntchito yokonza mfundozo inamalizidwa? Ngati ndi choncho, kodi mfundozo zinavomeredzedwa? Ndipo ngati ntchito yokonza ndondomekozo idayima, mutha kuyesa kuona kuti n'chifukwa chiyani komanso muganizire zomwe mungachite kuti zikhale bwino.

Alangizi amakhalabe ndi gawo lalikulu pamene mfundo zavomeredzedwa. Khamandi lofunika pofuna kuonetsetsa kuti mfundozo zikukwaniritsidwa bwino mumbali zonse.

### 3.3 Kukwaniritsa Nfundo Zofunikira Kwambiri

Ntchito zomwe zalongosoledwa kumayambiliro kwa gawo la chitatu zitha kukwaniritsidwa ndi mtsogoleri m'modzi wa mpingo kapena gulu la atsogoleri amene azipereka kulimbana ndi mavuto omwe amadza chifukwa cha kukwera kwa chiwerengero cha anthu ndi nkhani za uchembere.



#### ***Ntchito Yofunikira I—Pakhale kuzindikiritsana pakati pa atsogoleri amipingo pa ubale umene ulipo pa nkhani ya kulera, kukwera kwa chiwerengero cha anthu ndi chitukuko.***

Kuphunzitsana komanso kuonetsetsa kuti pali kuthandizana pakati atsogoleri amipingo okhaokha ndikofunika kuti ntchito zamtunduwu zikhale zopitilira m'mipingo.

## Gawo 1: Dziwani mfundo yeniyeni—ndi vuto lanji lomwe mukufuna kuthetsa? Nanga n’koyenera bwanji kutero?

Zikuoneka kuti palibe chidziwitso chokwanirapa nkhani za kulera, chiwerengero cha anthu, ndi chitukuko pakati pa atsogoleri ampingo.

Njira yokhazikitsa mfundo ndi zolinga imafufuza kuti pali chidziwitso chotani pakati pa atsogoleri anzathu a mipingo. Pamafunika kudziwa bwino lomwe malingaliro ndi mfundo za atsogoleri anzathu zokhudzana ndi mutu umene ukukambidwa. Izi zingakuthandizeni kusankha atsogoleri ampingo amene mungathe kugwira nawo ntchito bwino.

- Kodi ndikuti kumene anthu sakudziwiratu za chiwerengero cha anthu ndi kulera? Mutha kusankha anthu otere kuti muwafikire ndi mauthenga anu.
- Kodi inuyo muli ndi udindo wanji pa gulu lanu? Izi zitha kukhudza magwiridwe anu antchito. Kudziwa n’kofunikira pa zonse koma mwina mungafune kusankha gawo lofunkira kwambiri ndipo mwina inu ndi amene mungakhale ndikuthekera kwakuchita bwino koposa.

**Chitsanzo 1:** Pamene utsogoleri wamabngwe akuluakulu (monga Muslim Association of Malawi ndi Qadria Muslim Association of Malawi) ukudziwa kugwirizana kwa chiwerengero cha anthu, nkhani yakulera komanso chitukuko, atsogoleri azipembedzo ambiri m’zigawo komanso m’maboma sakudziwa zakulumikizana kumeneku. Izi zimapangitsa kuti kuti ndondomeko zokonzedwa ku likulu zigwire ntchito m’madera, kapenanso kuti zifike m’madera osiyanasiyana.

**Chitsanzo 2:** Pokhala nawo pa msonkhano ndi zochitikachitika zosiyanasiyana zokambirana za chiwerengero cha anthu kumathero asabata omwe adachitikira m’boma lina, ndidakondweretsedwa ndi nkhanayi ndipo ndinapanaga chisankho choti ndikayilankhule kumzikiti omwe ndimatumikira. Koma atsogoleri ena mu mzikitiwuakuoneka kuti sakumvetsa kufunika kokambirana nkhani zimenezi.

### Bokosi 4. Anthu odziwika

Njira imodzi imene tagwiritsa ntchito kuti anthu adziwe za kulera ndi chiwerengero cha anthu kumalo kwathu ndi kusankha anthu otchuka ndi kuwaphunzitsa. Anthu otchukawa nawo amatha kukaphunzitsa ndi kuthandiza anthu ena kuti asinthe maganizo awo ndikuyamba kuchitapo kanthu pankhaniyi.

Pamene tikusankha anthu amenewa timayang’ana;

- chikoka chawo
- mbiri yawo yabwino
- chidwi chawo pa nkhanayi
- kugwira ntchito mosayang’anira malipiro

Ngati mukufuna kufikira magulu apadera – monga achinyamata – zimakhala bwino mukasankha munthu wothchuka woyenera gulu limereli.

## Gawo 2. Khalani ndi chofuna (Kodi mukufuna kusintha kotani?) ndizolinga zake (kodi chomwe mukufuna muchikwaniritse mwansanga ndi chani?)

Cholinga chake ndichakuti atsogoleri a chipembedzo adziwe zankhani imeneyi. Choncho muyenera kukhala ndi zolinga poyang’anira ndi m’mene zinthu ziliri panthawi imeneyo.

### **Chitsanzo 1:**

*Chofuna:* Onetsetsani kuti atsogoleri onse akumvetsetsa ndi kuzindikira zolinga za nkhani yakulera ndi chiwerengero cha anthu zoti zikwaniritsidwe.

#### *Zolinga*

- (1) Fikirani atsogoleri khumi m'chigawo ndi mauthenga ofunikira.
- (2) Fikirani atsogoleri makumi asanu am'maboma ndi mauthenga ofunikira.

### **Chitsanzo 2:**

*Chofuna:* Kwezani chidziwitso cha nkhani za kulerandi chiwerengero cha anthu pakati pa atsogoleri anzanu pa mzikiti.

#### *Zolinga:*

- (1) Kukhala ndi misonkhano ya chiwerengero cha anthu ndi kulera, ndi atsogoleri osachepera anayi. Kubweretsa mtsogoleri mmodzi odziwika wa ku chigawo kuti adzawalankhule atsogoleri a pa mzikiti pankhaniyi
- (2) Kufikira atsogoleri amagulu anayi a achinyamata ophunzira ku madrassah ndi mauthenga ofunikira.

### **Gawo 3. Kupanga ndondomeko yomemera anthu**

Gwiritsani ntchito mafunso omwe ali pa gawo lachiwirilo pa tsamba 16 kuti akuthandizeni pofuna kukwaniritsa zimenezi.

**Chitsanzo 1:** Ngati ofalitsa nkhanayi akufuna kupeza atsogoleri a m'chigawo kapena m'maboma koma iwo ndi atsogoleri apaboma, akuyenera kugwiritsa ntchito kufalitsa uthengawu kupyolera mu kukumana kwawo m'maboma awo ndi atsogoleri anzawowa. Koma kuti apeze atsogoleri m'maboma ena akuyenera kupeza thandizo lochokera ku likulu lawo. Mwachitsanzo atsogoleri a MAM atha kugwiritsa ntchito msonkhano wa atsogoleri pamene akumana pa boma, koma ngati akufuna kupita kwina akusowa kudziwitsa atsogoleri amdera lawo.

**Chitsanzo 2:** Pamene ofalitsa uthenga akufuna apeze mtsogoleri wa mpingo wina akuyenera kulingalira mozama za m'mene ndondomeko za mpingo wawo ziliri kuti zikhale zaphindu. Ayang'ane kuti ndi atsogoleri ati amene angawafikire. Komanso pakufunika kuwonetsetsa kaganizidwe kawo ndi zikhulupiliro zawo kuti amvetse bwino. Mwachitsanzo, mu njira yachiwiri tidawona kuti mtsogoleri wa ku chigawo atha kuyitanidwa kuti adzalankhule kwa anthu amene sangamumvere mnzawo chifukwa akuchokera mumpingo umodzi.

### **Gawo 4. Kukwaniritsa ndondomeko zofalitsira uthengawu**

Ino ndi nthawi yoyika pamodzi zinthu zonse zoti zichitike. Pitani ku tsamba 38 kuti muone momwe ndondomeko yanu ingawonekere.

### **Gawo 5. Kalondolondo ndi kuwunguza**

Ganizani njira zomwe mutsatire kuti mukwaniritse ntchitoyi. Mungadziwe bwanji kuti uthenga wanu wafikadi kwa atsogoleri anzanu achipembedzo? Cholinga chachikulu komanso zolinga zatsatanetsatane ndi zothandiza pakawuniwuni woti ntchitoyo ikuyendadi bwino.

**Ntchito Yofunika 2—Phatikizani nkhani zachiwerengero cha anthu ndi kulera m'miyambo ya chipembedzo ndi pazokambirana, alimbikitseninso atsogoleri ena achisilamu kutero.**

Njira imodzi yophweka pofuna kukwaniritsa ntchito yofalitsa uthenga wachiwerengero cha anthu komanso kulera ndi pamene tiziyika m'miyambo ya chipembedzo komanso pamene atsogoleri akambirana za nkhanayi ndi owatsatira awo.



**Gawo I. Pezani nthawi yopembedzera yomwe mungathe kucheza ndi asilamu ena pankhaniyi. Onetsetsani ulaliki umodzi pamwezi ukhale wokhudza nkhani ya chiwerengero cha anthu ndi kulera.**



Gawo 2. Ngati nkotheke pezani chilolezo kwa akulu oyang'anira gulu lanulo. (Izi ndizothandiza pamene mugwiritsa ntchito ndime 3 ndi 4 za kufalitsa uthenga ndi cholinga).

Gawo 3. Dongosolo la mauthenga kapena ulaliki wanu.

Gawo loyamba ndi lachiwiri ndilofunika kwambiri pankhani imeneyi. Koma njira yabwino kwambiri ndikulumikiza nkhani imeneyi ndi moyo wa masiku ano. Ganizani momwe kuchuluka kwa anthu kukukhudzira zosowa zapamzikiti kapena m'maderamo. Taganiziraninso za mavuto ndi mikangano yokhudza malo. N'kotheka kuti pali anthu ena amene angafune kugawana ndi anzawo zakulera komanso mavuto amene amakumana nawo ngati banjalo liri lalikulu. Anthu amenewa asakamizidwe kutero koma mwaufulu wawo.



Kuti zikhale zadongosolo ndi bwino kukhala ndi mlozo wankhani zomwe muzikambirana kapena kupempha magulu kuti azibweretsa nkhanayi pa nthawi ya mapemphero. Apo ayi bungwe lachitukuko la pamsikiti lithanso kuyankhulapo zamavuto omwe akukumana nawo chifukwa chakukula kwa chiwerengero cha anthu.

Osaiwala kuti pamene mukamba za nkhanayi ndi anthu okutsatirani, muziwadziwitsanso akuluakulu anu kuti azikulumikizanso ndi akadaulo ankhanizi.

#### Step 4. Kukwaniritsa

Gwiritsani ntchito tsamba 38 kuti likuthandizeni pakukhazikitsa ndondomeko yabwino.

#### Step 5. Kalondolondo ndi kuwunguza

Kalondolondo wake ndi kafufuzidwe kake ndikosavuta. Kodi mwakwaniritsa zoyenerera zanu zimene munakonza? Ngati ayi chinakulepheretsani ndi chiyani? Kodi muthana nazo bwanji? Kodi ndi nkhani zake ziti ndi mauthenga ati omwe anthu okutsatirani anawalandira mokondwa? Alipo anthu ena omwe anathirapo mfundo pankhani yachiwerengero cha anthu ndi kulera?



### ***Ntchito Yofunika 3—Kuphatikiza nkhani ya chiwerengero cha anthu ndi kulera mundondomeko za mabungwe athu, m'maphunziro ndi zomwe tingawiritse ntchito kumalo ophunzilirako.***

Powonjezera nkhani za chiwerengero cha anthu ndi kulera mundondomeko, maphunziro komanso zomwe timagwiritsa ntchito kungathandiza koposa kuti akhristu amvetse bwino nkhani imeneyi. Ndongomeko zabwino zomwe zingapezeke kumalo ophunzitsira zauzimu kungathandize koposa kupititsa ndi kufalitsa nkhani ya chiwerengero cha anthu ndi kulera patsogolo. Izinsu zitha kuthandiza kuti atsogoleri ampingo amenewa amvetse bwino koposa.



#### **Gawo 1: Dziwani mfundo yeniyeni -kodi ndi vuto lanji mukufuna mulithetse? Ndipo ndikofunika bwanji?**

Yambani ndi kufufuza ndondomeko zomwe zilipo ku mpingo/bungwe kwano, kuphatikizirapo zida zogwiritsira ntchito pa maphunziro osiyanasiyana. Wunguzani ngati zinthuzi zikukambapo nkhani zokhudzana ndi chiwerengero cha anthu ndi kulera. Annex I ikuthandiza kuwona m'mene ndondomeko ndi mfundo za maphunziro ziliri m'bungwe la zipembedzo. Koma sikuti zathera pomwepo ayi chifukwa izi zimasintha malingana ndi nyengo kapena nthawi.

#### **Ndongomeko**

Ndongomeko zimatha kukhala zolembedwa, kapena ayi, ndipo ntchito yake ndi kuyendetsa zochitika m'mpingo mwathu. Inu mungathe kuchitapo izi: (a) Kulemba ndondomeko zoti zizitsogolera ntchito ya za chiwerengero ndi kulera, kapena (b) kusintha mfundo zimene sizinalembedwe kuti zileke kutchinjiriza nkhani za chiwerengero ndi kulera. Ngati ndondomeko zilipozozili zopititsa ntchito imeneyi patsogolo, ikani khama lanu powonetsetsa kuti zikukwanilitsidwa bwino.

- Ndi mfundo ndi ndondomeko ziti zomwe zingatithandize?
- Kodi ndi mfundo ziti zomwe zimatilepheretsa kuti ntchito yathu isamayende bwino?
- Kodi ndi mfundo ziti kapena ndondomeko ziti zomwe tingayikemo nkhani za chiwerengero cha anthu ndi kulera?
- Kodi mfundo ndi ndondomeko izi zikukambaponkhani za chiwerengero ndi kulera?
- Ngati zikukambapo, kodi zikupititsa patsogolo nkhaniyi?

Kusankha mfundo zoti mutsatire ndi bwino kuti muganizire izi:

- Kodi ndi mfundo ziti zitaunikiridwanso kuti mutakhalenso nkhani za chiwerengero cha anthu ndi kulera zingakhale zabwino koposa?
- Kodi pali kuyesa kuphatikiza mfundo zachiwelengero cha anthu ndi kulera pa mfundo zomwe zilipo kale?
- Ndi mfundo zina ziti zimene pakadali pano akuziwunikiranso?
- Kodi mungaphatikizapo bwanji nkhani za chiwerengero cha anthu ndi kulera mudongosolo lokonza mfundo?

### **Chikonzero cha maphunziro ndi zipangizo zake**

Zipangizo zophunzitsira zithakukhala monga zomwe timatsata pokonzekera ulaliki, pologalamu ya sukulu za madrassah, ndi timabuku. Mapologalamu atha kukhala monga mibindikiro ya anthu apa banja, zochitika za achinyamata, misonkhano ndi ulangizi.

- Kodi ndi zipangizo ziti zomwe mumagwiritsa ntchito ku mpingo kwanu?
- Ndiziti mwazochitika komanso zipangizo zanu zimene mungaphatikizemonso za chiwerengero cha anthu ndi kulera?
- Kodi zinthu zimenezi zimafokozapo kale pa nkhani zimenezi?
- Ngati ndi choncho ndi zodalirika?

Pakusankha zochitika kapena zipangizo zomwe zikufunika kungakhale kwabwino koposa kuganizirapo izi;

- Ndizochitika ziti zitakonzedwanso kuti mukhalenso za chiwerengero cha anthu ndi nkhani zakulera zingapindule koposa?
- Kodi pali zina zomwe zikuchitika kale pofuna kuphatikiza nkhanizi mu ndondomeko zomwe zilipozo?



- Ndi maphunziro otani amene akuwunikidwanso pakadali pano?
- Nanga mungaphatikizapo bwanji nkhani zimenezi?

## Gawo 2. Konzani chofuna chanu (Kodi mukufuna kusintha chiyani?) Nanga mudzafuna chani kuti mukwaniritse zimenezi?

Pezani zolinga ndi zomwe mukufuna kukwaniritisa potsatira mfundo zomwe zili pa sitepe yoyamba.

**Chitsanzo 1:** Mwa chitsanzo ngati mutazindikira kuti mabungwe ena akulu a mipingo ali ndi mapologalamu aza HIV/AIDS koma alibe mfundo zina zothandiza zokhudza moyo wogonana ndi ubereki. Mutha kuganiza zokonzana pologalamu yoti izithandiza kuunikiranso nkhani za kulera, chiwerengero ndi chitukuko. Khulupilirani kuti zimenezi zitha kuthandiza bungwe lalikulu ndi matchalitchi ake kuti azikambirana za kulera nthawi ndi nthawi pamagawo onse.

*Chofuna:* Kuonetsetsa kuti bungwe lalikululi lachipembedzo likuunikira nkhani zakulera ndi chiwerengero cha anthu nthawi ndi nthawi.

*Zolinga:*

1. Kukonza mapologalamu okhudza umoyo wa kugonana ndi uchembere kuti bungwe lalikulu lizitsata mogwirizana ndi ziphunzitso za chipembedzo komanso zothandiza nkhani zaumoyo.
2. Kuonetsetsa kuti mapologalamu a za nkhani yogonana ndi uchembere zikutsindikapo za chiwerengero cha anthu ndi kulera komanso chitukuko.
3. Kupeza chilolezo kuchokela kumabungwe akulu.
4. Kukwaniritisa powonetsetsa kuti mapologalamu anu akuchitika m'magawo onse.

**Chitsanzo 2:** *Jalash* imapeleka mwai obweretsa pamodzi achinyamata omwe ali pa sukulu komanso omwe sali pa sukulu ku pulayimale kuti akambilane nkhani zofunikira kwa iwo eni. mukhoza jupangitsa jalasa kudera lanu kuti mukambilane za za chiwelengero cha anthu komanso za kulera.

*Chofuna:* Kuonetsetsa kuti achinyamata mdera lanu akudziwa bwino za chiwerengero cha anthu ndi nkhani zakulera ndikuwazindikilitsa kuti chisilamu chimavomereza kulera.

*Zolinga:*

1. Kukonza uthenga wa chiwerengero cha anthu ndi kulera kuti ziphatikizidwe mundondomeko zamampherozo.
2. Kufunsa chilolezo chakuti mfundozo zidzakhale nawo m'gawo la mapempherolo kuyambira m'chaka chimene chilikudzacho.
3. Kupanga *jalash* yoti ifikile achinyamata osachepera khumi ndi asanu

**Chitsanzo 3:** Ma outgust ndi ingust amachitika pa tsiku lachitatu lililonse pamene magulu awiri – anthu asanu gulu lililonse mosogozedwa ndi a Shehe amayendera makomo a Asilamu anzawo kuti awalimbikitse kupita ku mzikiti. Gulu lina limakhala la azibambo asanu, ndipo lina amayi asanunso. Cholinga za zochitika za Outgust, ndi kufikira Asilamu amene ali kutali ndi Mzikiti wanu. Pamene muyendera Asilamu anzanu khomo ndi khomo, mungathe kupezapo mwayi ofalitsa uthenga wa chiwerengero cha anthu ndi kulera, ndinso zimene chiphunzitso cha chisilamu chimanena pa nkhanayi.

*Chofuna:* Kuonetsetsa kuti asilamu a mdera lanu akudziwa bwino za chiwerengero cha anthu ndi nkhani zakulera ndikuwazindikilitsa kuti chisilamu chimavomereza kulera.

*Zolinga*

1. Funsani chilolezo chakuti mauthenga akulera akhale nawo mgawo la mapempherolo
2. Pangani miyambo ingapo yomwe iphatikize mauthenga a zachiwelengero ndi kulera

### Gawo 3. Konzani ndondomeko yabwino yophunzitsira

Molingana ndi zolinga zanu, gwiritsani tchito mafunso amene ayalidwa mu Gawo 3 pa tsamba 16

Mukadziwa zolinga zano, n'kofunikira kwambiri kuganizira zinthu izi:

- Kodi ali ndi mphamvu zoonetsetsa kuti ndondomeko za chiwerengero cha anthu ndi kulera zizitsatidwanso m'maphunziro ndi zipangizo ndani?
- Kodi ndondomeko zimenezi zinakonzedwa motani? (Njira, nthawi, anthu ofunikila, maudindo ndi woyenera kuchita zinthu).

Anthu amene mukufuna kuwafikira komanso bwino zowafikira, zidzatengera ndi m'mene dongosolo la pa tchalitchi panu lidakonzedwera, njira yotsatidwa pomanga mfundo komanso udindo wanu pa mpingopo kapena pa gulupo.

### Gawo 4. Kwaniritsani chikonzero cha mfundo zanu.

Tsatirani ndondomeko yomwe ili pa tsamba 38.

### Gawo 5. Londolozani ndi kuwunguza.

Kodi njira ziti pofuna kukwaniritsa zochitika zanu zomwe munatsatira? Ndiziti zimene zachita bwino koposa? Zoyenera kusintha ndi ziti? Ndi mfundo zimene zaunikidwanso pofuna kuti mukhale nkhani za chiwerengero cha anthu ndi kulera? Mwapeza phunziro lotani? Chomwe mukuona chofunikira kwambiri pa nkhanayi n'chiti? Kumbukirani kuti izi zitha kukhalanso njira imodzi yolimbikitsila kakwanilitsidwe ka ndondomeko zimene zilipo kale.

### ***Ntchito Yofunikira 4—Onjezerani za chiwerengero cha anthu ndi kulera mu zokambirana zomwe mwakonza pagulu, zochitika ndi misonkhano.***



## Gawo 1. Pezani mfundo yanu - Ndi vuto liti limene mukufuna kulithetsa? Nkofunikia bwanji kutero?

Yambani ndikudziwa magulu azokambirana, zochitika ndi misonkhano zomwe zikuchitika ku gulu lanu. Ganizilaninso kuona zanthu amene (a) ali ofunikila pantchito yanu, (b) fikilani gulu lalikulu (c) ndipo inu muli ndi mwayi waukulu wakuchita zinthu bwino.

Mafunso ofunikira ndi monga;

- Ndimagulu ati azokambirana, zochitika, ndi misonkhano zimene zimachitikachitika pa tchalitchi panu (Onani Annex I kuti mupeze mfundo zina)?
- Kodi chiwerengero cha anthu ndi kulera n'zofunikira kwa magulu amenewa ndi muzochitika zawo?
- Ndi gulu liti kapena zochitika ziti zimene inu mumatenga nawo mbali?
- Ndi gulu liti kapena zochitika ziti zimene mutha kuzifikira?

## Gawo 2. Dziwani chofuna chanu (Kodi ndichani chimene mukufuna chisintho?) ndi zolinga (Kodi zomwe mudachita kale bwino ndi ziti zomwe zingakuthandizeni kukwanilitsa cholinga chanu?).

Konzani zolinga za ntchito yanu kutsatira zokambirana za m'magulu, misonkhano ndi zina zomwe tazikonza pa chiyambi.

**Chitsanzo 1:** Chiwerengero cha anthu ndi kulera sizigwiritsidwa ntchito kawirikawiri mu ndodomeko za ma'magulu azokambirana, zochitika ndi misonkhano m'mipingo mwathu.

*Chofuna:* Kuchulukitsa chidwi pa nkhani za chiwerengero cha anthu ndi kulera m'mipingo.

### Zolinga

- Kuonetsetsa kuti chiwerengero cha anthu ndi kulera zizikhalapo pa ndondomeko zimene zakonzedwa pa misonkhano yakomiti yayikulu (National Executive Committee) imene imachitika pakutha pa zaka ziwiri.
- Kuonetsetsa kuti chiwerengero cha anthu ndi kulera zikukhalapo pazokambirana zomwe zimakhalapo pakutha pamiyezi itatu pa chaka ya m'makomiti akulu a m'zigawo zitatu zonse kuno ku Malawi.

**Chitsanzo 2:** Nkhani za chiwerengero cha anthu sizinedwa m'zokambirana za azimayi athu.

*Chofuna:* Kuchulukitsa mwayi wakuti nkhanizi zizikambidwa pafupifupi m'mipingo mwathu

*Cholinga:* Pazikhalako nkhani za mtunduwu pazokambirana za magulu atatu onse amayi mchaka chikubweracho.

## **Bokosi 5. Kukonzekera zochitika kumathero a sabata pa za chiwerengero cha anthu**

Zikonzero za chiwerengero cha anthu kumathero asabata (Population weekends) ndi zochitika zimene zimazindikiritsa kulumikizana kwa zipembedzo ndi kusunghanitsa anthu pamodzi zokonzedwa kuti zipititse patsogolo kumvetsa bwino kwa dongosolo la banja, chiwerengero cha anthu, ndi nkhani zokhudza chitukuko pakati pa magulu a zipembezo za dziko la Malawi. Magulu akuluakulu a zipembezo zosiyanasiyana amalumikizana poonetsetsa kuti pa mathero a sabata omwewo, atsogoleri a zipembezo m'machalitchi ndi m'mizikiti yozungulirira dera lonse alalikire zokhudza zinthu zatchulidwazi pa nthawi ya mapemphero. Pofuna kukwaniritsa izi pamafunika kuti pakhale mgwirizano waukulu kuchokera kwa atsogoleri akulu kufikira kwa atsogoleri owatsatira a midzi yosiyanasiyana.

Lingaliro lokhala ndi 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu linabwera kudzera mu ntchito ya boma yofuna kukwaniritsa ndondomeko ya chiwerengero cha anthu m'dziko muno. Unduna wowona za Chuma, Mapulani ndi Chitukuko, molumikizana ndi a Health Policy Project, amene amalandira chithandizo cha ndalama kuchokera ku bungwe la boma la ku America lowona chitukuko cha mayiko ena (USAID), anafikira kwa magulu akuluakuluwa kuti akambirane za momwe atsogoleri a mipingo angakhudzidwire polongosola za kukwera kwa chiwerengero cha anthu, kulera ndi nkhani za chitukuko.

### ***Gawo 1: Kuvomereza kwa atsogoleri pa akuluakulu pa dziko lonse la Malawi***

Kukonzekera kwa dongosolo la 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu kumayambira atsogoleri azipendedzo a dziko lonse, chifukwa kugwirizana kwa zikhulupiriro zosiyanasiyana nthawi zonse kumakhala nkhani ya utsogoleri wa magulu a zipembezo opezeka m'dziko lonse. Pamene magulu akuluakulu agwirizana kuti apite patsogolo ndi 'mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu, gulu lotsogolera limakonzedwa kuti liyang'anire kukhadzitsidwa ndi kusankha tsiku komanso malo. \*

### ***Gawo 2: Kukhazikitsa gulu lologosola zochitika la pa boma***

Potsatira mndandanda wa bungwe (onani Annex 1), mabungwe akuluakulu owona zachipembedzo amapempha atsogoleri a pa boma kuti atenge nawo gawo pokonzekera ntchito yazochitikachitika za pabomapo. Komiti yayikulu ya MAM ndi QMAM ikagwirizana zopanga mwambo wa zochitikachitika za pa sabata, malikulu amabungwewa amadziwitsa am'khala pa pampano am'maboma za nkhanayi ndikuwapatsa udindo okonzekera mwambowu.

### ***Gawo 3: Kukonza ndondomeko ya zoyenera kuchita***

Atsogoleri amipingo amene adasankhidwa pa boma kuti akhale mgulu limeneri adzakonza ndikuona zochitika zomwe zingadzakhaleko patsiku limeneli ndikuonanso mipingo ndi mizikiti yomwe ingadzaitanidwe. Mafumu ndi akulu akulu aboma mderali ayenera kudzakhalapo makamaka omwe amawona zandondomeko za chitukuko, zaumoyo ndinso mkulu wa zakulera. Kuitana anthu amenewa ndikopindulits kwambiri chifukwa amakhala ndi ukadaulo wopambana zedi.

Zinthu zochitikazi kumkumano umenewu zitha kukhala zosiyanasiyana malingana ndi maboma ake poyang'anira chidwi ndi zipangizo zomwe mipingo ilinazo. Panthawi ya mapemphero mutha kugawanso timapepala tokhala ndi uthenga ophunzitsira anthu komanso kuitana atolankhani.

### ***Kumema mafumu***

Gulu lopanga za ndondomeko ya nkhanayi pa boma likuyeneranso kumakumana ndi mafumu kuti nawonso akhale nawo mbali yakakhazikitsidwe ka nkhanayi. Izi ndi zothandiza kuti zochitikachitikazi zifalikire m'madera onse.

\*Si nthawi zonse zimene nthambi za mabungwe akuluakulu a mipingo m'zigawo zimakhala molinganitsa ndi zigawo za malire a madera m'dziko. Nthambi imodzi ya bungwe la chipembezo ingathe kupezeka kumadera angapo oyandikana a dziko

## Box 5. Kukonzekera zochitika kumathero a sabata pa za chiwerengero cha anthu (kupitiriza)

Bungwelinso limakhazikitsa za tsiku loti lifikire atsogoleri onse pansi pa gogo chalo. Mafumu amathandiza chifukwa ndiwo eni dera ndipo amakhala ndikawundula wa mipingo yonse ndipo amadziwa malo onse. Atsogoleri a mipingo pansi pa mfumu ya ndodo atha kusankhidwa ndikugwirizana kuti zochitikachitikazi zikachitikire kutchalitchi chiti.

### **Gawo 4: Kukwaniritsa ntchito**

Poyang'anira m'mene yakhalira ntchito yokhazikitsa zochitika za kumathero asabatazi, takonza mfundo izi:

- Khalani ndi nthawi yokwanira yopezera atsogoleri anzanu (pafupifupi mwezi) chifukwa ena amakhala m'midzi
- Khalani ndi ndondomeko yabwino yotumizira timapepala ta mauthenga okhudza nkhanayi (IEC materials) kumipingo yomwe idzatengepo mbali pa mkumano umenewu
- Gwiritsani ntchito ofalitsa nkhani am'dera lanu kuti uthenga umenewu ufikeponse ndi molondola
- Ngati m'kotheke chezani ndi atolankhani tsikulo lisanafike
- Khalani ndi nthawi ya msulo kwa atsogoleri amkumano umenewu kuti anthu amene adzabwere adzamve mfundo zolondola.

### **Gawo 3. Konzani ndondomeko zimene muyenera kuzitsata.**

Kupyolera muzomwe mukufuna kukwaniritsa zija, gwiritsani ntchito mafunso atatu omwe anenedwa kale m'mbuyomu kuti akuthandizeni.

Mwachidule ganizirani izi;

- Kodi magulu ndi zochitikachitikazi zikhalako liti?
- Ndani amene amatenga nawo gawo m'zochitikazi (key players)?
- Ndi liti komanso kodi zakonzedwa bwajji? Kodi mfundo zake zakonzedwa bwajji? (Nthawi ndi anthu oyenera kugwira ntchito).
- Ndi ati mwa anthu ofunikirawa akuyenera kuthandizira? Ndaninso amene angakhale othandiza pa ntchito (abwenzi)?
- Ndani amene ali ndi kuthekera kopangitsa kuti zinthu zitheke?

Mukamakonzana uthenga wanu onetsetsani kuti mukufotokoza bwino nkhani zachiverengero cha anthu ndi kukulera.

Anthu amene mukufuna kuwafikira komanso njira zina zopangitsa kuti zinthu ziyende zidzatengera ndi m'mene gulu lanu kapena mpingo wanu udasanjila machitidwe azinthu, udindo wanu, kuphatikiza apo ndondomeko yochitira zinthu mongatanena mu koyambilira m'mwambamu.

### **Gawo 4. Kwaniritsani mfundo zanu**

Worksheet 1 can help you bring everything together in a detailed action plan.

## Gawo 5. Londolozani ndi kuwunguza

Ndi magulu ati komanso, zochitika ziti komanso misonkhano imene inawunikirapo za chiwerengero cha anthu komanso nkhani zakulera? Kodi ndi njira ziti zophunzitsira zimene zinagwira ntchito bwino koposa? Nanga zimene sizinachite bwino ndi ziti? Ndi ziti zimene ziyenera kuziunkiranso bwino? Mwaphunzirapo chiyani? Powunikira za m'tsogolomo ndi chiyani chimene mukufuna kuchionanso bwino kuonjezelapo nkhani zachiwerengero ndi kulera?

### ***Ntchito Yofunikira 5—Konzani zochitachita za kamodzi ndi cholinga chofuna kuphunzitsa, ndi kudziwitsa anthu m'madera mwawo zakugwirizana pakati pa kukwera kwa chiwerengero cha anthu, kulera ndi chitukuko.***

Kukonza zochitika zapadera ndi cholinga chofuna kuphunzitsa anthu nkofunika kwa atsogoleri amipingo. Njira yokonzera zimenezi ndiyosiyana ndi ndi kuzikwaniritsa chifukwa cholinga chake kuthandizira kuti anthu adziwe zinthuzo osati atsogoleri chabe.



## Gawo 1: Pezani vuto: Ndi vuto lanji limene mukufuna kulithetsa? N'zofunikila bwanji?

**Mfundo yaikulu:** Pali kudziwa ndi kumvetsa kopelewera pa kulumikizana kwa chiwerengero cha anthu, chitukuko ndi kulera pakati pa anthu.

**Mfundo yaing'ono/yapadera:** Kwathu anthu ali ndi chithunzithunzi chakuti mpingo umatsutsana ndi kulera ndipo kuti kukhala ndi ana ambiri ndi kuchita chifuniro cha Mulungu.

## Gawo 2. Pezani chofuna ndi zolinga zanu

**Chofuna:** Kusintha maganizo ndi makhalidwe a anthu okhudza chiwerengero cha anthu ndi kulera.

**Cholinga:** Ganizirani ndi njira ziti zomwe zingakuthandizeni kuti mukwaniritse chofuna chanuchi.

### Zitsanzo

1. Kukonza zochitika zokhudza chiwerengero kumathelo asabata m'maboma 10 pakati pa mwezi wa January ndi December (Onani Bokosi 4)
2. Kukonza masiku apadera (Open days) m'maboma 10 omwe aja pakati pa January ndi December (Onani Bokosi 4)



### Gawo 3. Konzani ndondomeko ya zochitika zanu

Zikonzero za zochitikakumathero a sabata pa za chiwerengero cha anthu ndi chitsanzo cha zochitika zomwe ife atsogoleri amipingo tapeza kuti ndi zothandiza pakuphunzitsa anthu za kuchulukana kwa anthu ndi kulera. Mu Bokosi 5 muli donsosolo mu dongosolo lomwe liyenera kutsatidwa pufuna kuchita zikonzero za kumathero a sabata zimenezi.

**Dziwani ichi:** Kumbukirani kuti ‘mapeto a sabata ofalitsa uthenga wa chiwerengero cha anthu’ ndi chitsanzo chabe. Zochitikazo zimakonzedwa kuyambira ku likulu lomwe limakonzana pamodzi mgwirizano wa zipembedzo zosiyansiyana. Si zochitika zonse zimene zimasowekera ndondomeko yotere. Muyenera kukambirana ndi kuganizira chimodzi mwa zochitika zina zomwe mungachite mdera lanu.

### Gawo 4. Kwaniritsani

Ndondomeko yomwe yaperekedwa pa tsamba 38 ithakukuthanizani kuti muthe kufotokoza zomwe mudzachite.

### Gawo 5. Londolozani ndi kuwunguza

Ganizirani momwe mungadziwire kuti ntchito yanu yakhala yaphindu. Mudzadziwa bwanji kuti mwakwaniritsa cholinga chanu? Ngati zolinga zanu n’zofotokozedwa bwino zidzakhalira zosavuta popanga kafukufuku ndi kalondolondo kuti mudziwe kuti zikuyenda.

### Masiku a Zochitikachitika (zionetsero)

Motsatana ndi zikonzero za chiwerengero cha anthu zinachitika kumathero amasabata mu 2014, mabungwe akuluakulu a mipingo anabwera pamodzi ndi kukonzana msonkhano wa pabwalo. Kumeneku anthu anthu a mipingo yonse m’mbomamo amasonkhana pa bwalo limodzi ndi kumafalitsa uthenga wa chipembedzo ku mbali ya kulera ndi chitukuko. Izi zimasianirako ndi zochitika za kumathero a sabata zija poti zimene zija zimachitikira mu matchalitchi ndi mizikiti. Misonkhano ya pabwalo imathandizanso kulumikiza anthu ku zithundizo za kulera, kuyezetsa magazi ndi uphungu.

**Ntchito Yofunikira 6—Kugwira ntchito limodzi ndi nyumba zofalitsira nkhani kuti tithe kufikira anthu ambiri ndi nkhani zokhuza chiwerengero cha anthu ndi kulera komanso kuwonetsetsa kuti ziphunzitsa za chipembedzo zikukambidwa nawo.**

Kugwira ntchito ndi nyumba zofalitsira nkhani ndikofunikira kwambiri chifukwa kumabweretsa poyera maganizo a atsogoleri amipingo pankhani ya chiwerengero cha anthu ndi kulera, ndiponso zimachititsa kuti dziko lizikambirana.

Chigawo chino cha bukhuli chikupereka zoyenera kugwiritsa magulu awa a anthu: (1) Akuluakulu a zipembedzo monga anthu, ndi (2) mabungwe a mipingo. Chigawochi chikukamba za zinthu zimene magulu a anthu amenewa akuyenera kudziwa akamalankhula ndi nyumba zofalitsira uthenga pa nkhani za chiwerengero ndu kulera.

Kugwira ntchito limodzi ndi nyumba zowulutsira ndi kufalitsira nkhani ndi kofuna kusamala kwambiri. Gawo ili likutithandiza m’mene atsogoleri angagwilire ntchito limodzi ndi nyumbazi pankhani ya chiwerengero cha anthu, chitukuko ndiponso kulera.

Pali njira zomwe atsogoleri amipingo angagwiritse ntchito ndi nyumba zofalitsira nkhani.

1. Kugwira ntchito limodzi ndi nyumba zowulutsira mawu zomwe ndi sizachipembezo chilichonse kuti nkhani imeneyi ifike paliponse.
2. Kugwira limodzi ndi nyumba zowulutsira mawu zomwe zili zachipembezo kuti nkhaniyi idziphatikizidwa mu m’ndandanda wa mapologalamu awo.

## Ubwino wogwira ntchito ndi nyumbazi

Kugwira ntchito ndi nyumba zofalitsa nkhani kuli ndi ubwino wambiri monga:

- Kumachotsa maganizo olakwika omwe anthu ena amakhala nawo akuti atsogoleri amipingo amatsutsana ndi kulera.
- Kumawonetsetsa kuti nyumbazi zikuwulutsa kapena kunena zowona zokhazokha.
- Kumabweretsa poyera maligaliro a atsogoleri ndi mabungwe a chipembezo – zomwe tingathe kugwiritsa ntchito patsogolo.
- Kumabweretsa kuthekera kuti atsogoleri amipingo afikire anthu ambiri.
- Kumachepetsa ndalama zogwilira ntchitoyi.
- Kumapereka danga kuti liwu lililonse limveke.

Pogwiritsa ntchito nyumba zimenezi, n'kosavuta kupanga kalondolondo pa m'mene nkhani yimeneyi yathandizira anthu.



## M'mene tingagwirire ntchito ndi nyumba zofalitsa nkhani

Pamene tikugwira ntchito ndi ofalitsa nkhani, tiyenera kudziwa izi:

- Tsatani njira zoyenera zokhudza kufalitsa nkhani muchipembezo chanu.
- Sankhani munthu wokuyankhulirani pa gulu lilironse kupewa kusokoneza mauthenga.
- Wonetsetساني kuti mwasankha munthu oyenera. Kodi ali m'gulu loyenera? Akukwanira pa udindo umenewu? Ndi wodziwa ndipo ali ndi upangiri okwanira? Ali ndi ukadaulo otha kuyankha mafunso mwaluntha?
- Pokonzekera atolankhani ndi bwino kukonzekera pa mfundo zanu. Simuyenera kuyankha mafunso amene sakugwirizana ndi nkhaniyo.

- Gwiritsani ntchito nthawi imeneyi pofuna kufotokozera kusamvana komwe kumakhalapo ndi anthu ena pa zomwe chikhristu chimanena pa nkhani ya kulera ndi kuchulukana.
- Pangani ubwenzi wabwino ndi atolankhani, olemba/owulutsa nkhani ndinso akuluakulu a nyumba zimenezi. Izi zitha kuthandiza kuti atolankhani athe kufalitsa nkhani zolondola zokhuza chiwerengero ndi kulera.
- Pangitsani misonkhano ndi atolankhani. Izi zimakuthandizani kusankha mutu wa nkhani, kupherezera nkhani zomwe zingathe kutuluke molakwika, ndi kusankha anthu amene akuyenera kupezeka ku msonkhanowo.

#### **Pamene musankha nyumba kapena njira yofalitsira nkhani**

- Mukuyenera kuganiziranso anthu amene mukuyenera kuwafikira ndipo wunguzani kuti ndi nyumba ziti zimene zingathe kuwafikira anthu amenewa. (Ngati mukufuna kufikira anthu ambiri ndibwinonso kugwiritsa ntchito nyumba zingapo).
- Sankhani mutu woyenerera ndiponso nyumba yofalitsira yoyenerera, mtolankhani woyenerera malingana ndi nkhani yomwe mwasankha.

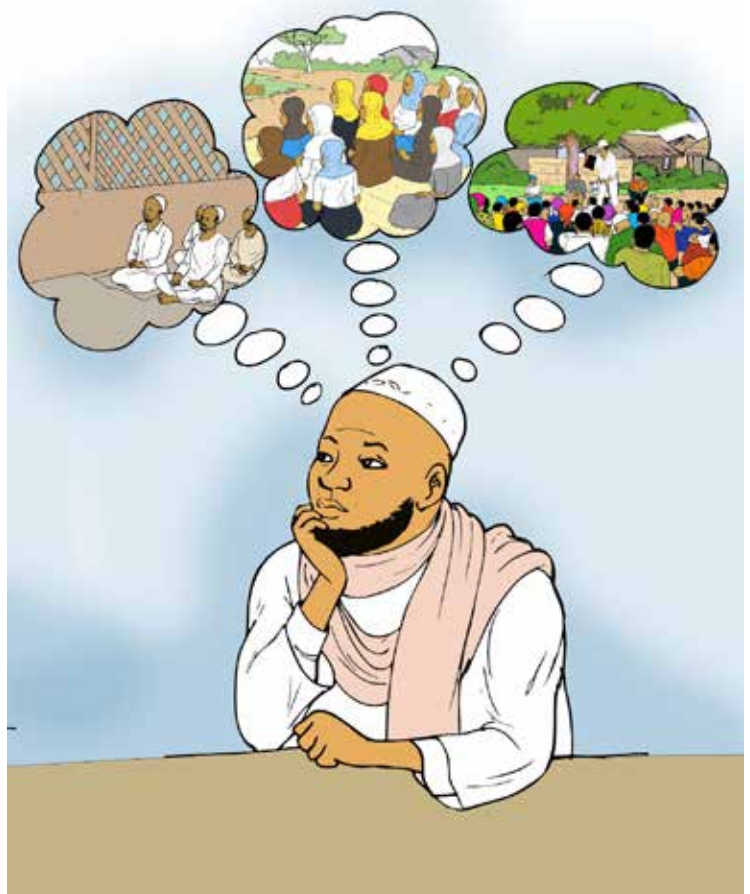
#### **Chenjezo pamene mukugwira ntchito ndi nyumba zofalitsa nkhani**

- Pamene mugwira ntchitoyi mufotokoze momveka bwino lomwe gulu lomwe mukuliyimilira mwatsatanetsatane osati mwachidule ndipo musalankhule zinthu moposera udindo umene inu mukuyimilira. Mwachitsanso, mungathe kunena kuti. “Ndikulankhula monga munthu chabe, ndipo sindikuimilira asilamu onse;” kapena “ndikulankhula ngati woyimilira bungwe la QMAM”. Mukapanda kutero, atola nkhani atha kukupatsani udindo omwe si wanu.
- Khalani osamala osaderera mphamvu za nyumba zofalitsa mawu.

#### **Ntchito Yofunikira 7—Falitsani uthenga!**

Njira yabwino yofalitsira uthenga wa chiwerengero cha anthu ndi kulera poyang’anira chikhulupiliro chatu ndi kulankhula basi. Pezani luso la momwe momwe mungafalitsire uthengawu. Kawirikawiri atsogoleri azipembedzo amapatsidwa nthawi yoti ayankhulepo. Apa patha kukhala pa mwambo wa maliro, paukwati ndi m’isonkhano yosiyanasiyana. Uwu utha kukhalanso mwayi ofalitsira uthenga umenewu. Uthengawu utha kuyankhulidwanso pamene tili pa maulendo m’basi kapena pemene ticheza ndi atsogoleri anzathu kapena akhristu athu.

Nthawi zonse ‘falitsani uthenga’ papsa tong’ola sudziwa mtima wamoto! Kodi inu mufalitsa liti wanu uthenga?



## 4 MAU OMALIZA

Ngati atsogoleri a zipembezo, athu amatikhulupilira ndi kutilemekeza ndipo tili ndi udindo waukulu pa nkhani ya chiwerengero cha anthu ndi kulera. Kukwera kwa chiwerengero chathu kukubweretsa chiopsyezo pa umoyo wathu, magulu athu ndinso dziko lonse. Kubereka mwa nzeru ndinso kulera zimapangitsa kuti banja likhale la umoyo wabwino ndi lodzidalira pachuma. Panthawi yomweyo umachepetsa kukwera kwa chiwerengero cha anthu, zomwe zimathandiza pa nkhani ya zaumoyo, chuma, chikhaliidwe ndi chilengedwe.

Tapanga bukhu ili poyang'anira zomwe takhala tikuyesetsa kupanga kwa zaka zitatu cholinga choyikizamo mu ntchito za atsogoleri a mipingo, nkhani za chiwerengero cha anthu ndi kulera. M'bukuli tafotokozanso zotsatira za kuchuluka kwa chiwerengero komanso ubwino womwe umapezeka ngati titsata njira zakulera zomwe mipingo imafuna pa umoyo wathu m'banja. Tafotokozanso ntchito zisanu ndi ziwiri zomwe atsogoleri amipingo angagwiritse ntchito pofotokoza ndi kukambirana za chiwerengero cha anthu ndi kulera m'madera athu ndi mipingo yathu.

Kukhazikitsidwa kwa kabukuka ndi ndondomeko yoyamba chabe. Choncho ndi udindo wathu kutenga uthengawu ndi malangizowa ndikukafalitsa kwa anthu ena.



# CHIPEPALA CHOLEMBAPO MFUNDO: NDONDOMEKO YOKWANITSIRA NTCHITO YOMEMA ANTHU

<b>Koyamba—Pezani vuto lanu</b>			
Ndiyuto lanji limene mukufuna kulithetsa?			
N'kofunika bwanji kutero?			
<b>KachiwiriKachiwiri—Pezani chofuna ndi zolinga zanu</b>			
Chofuna			
Zolinga	(1) (2) (3)		
<b>Kachitatu 3—Konzani ndondomeko yoti itsatidwe pofuna kukwaniritsa zolinga</b>			
<b>(1) Unikirani momwe zinthu ziliri</b>			
Anthu ofunikira popanga ziganizo:	Njira zoyenera popanga ziganizozo		
#1			
#2			
#3			
#4			
<b>(2) Dziwani amene mukufuna kuwafikila audience</b>	Kuchuluka kwa kadziwidwe kawo (Palibe, pang'ono, kwambiri)	Alibe mbali, amagwirizana nazo, kapena otsutsa?	Ndi chiyani chimene iwowo amachyikira ku mtima?
#1			
#2			
#3			
#4			
<b>(3) Mauthenga oyenera kuperekedwa</b>	Kodi pafunika umboni?		
#1			
#2			
#3			
#4			
<b>(4) Njira zoyenera kufikira anthu</b>			
#1			
#2			
#3			
<b>(5) Okuthandizani ndinso abwenzi</b>	Angathandize motani?	Mutani kuti iwo atenge nawo gawo?	
#1			
#2			
#3			
#4			

(6) Otsutsa ndi zovuta	Maganizo osiyana	Muthana nazo bwanji/muyankha bwanji?
#1		
#2		
#3		
#4		

### Kachinayi —Kukwaniritsa

Zochitika zofunika/misonkhano	Tsiku	Zokonzekela
#1		
#2		
#3		
#4		
#5		
#6		
#4		

Ntchito yokonzedwa	Zipangizo zosowekela	Anthu amene ayenera kuchita	Nthawi yoyambira ndi kumalizira
#1			
#2			
#3			
#4			
#5			
#6			

**Mfundo zina zowonjezera**

# Zwonjezera 1: DONGOSOLO LA MABUNGWE A CHISILAMU M'MALAWI

Kuti ntchito yanu yophatikiza mauthenga a chiwelengero cha anthu ndi zakulera muzochitika za chipembedzo iyende bwino, mufunika kumvetsetsa bwino dongosolo la mabungwe, ndondomeko komanso malamulo amene amatsogolera zochitikazi. Pofuna kuthandiza atsogoleri achisilamu pantchitoyi, magawo omalizira a bukuli ali ndi mndandanda wa dongosolo, ndondomeko komanso malamulo omwe amatsatidwa ndi mabungwe otsogolera ku chisilamu mdziko lino-Muslm Association of Malawi (MAM) komanso Qadria Muslim Association of Malawi (QMAM). Ngakhale kuti kuti siamodzi, madongosolo a MAM ndi QMAM sikuti ndi osiyana kwenikweni. Kotero mugawo lino tifotokoza za madongosolowa mosasiyanitsa kweni kweni.

## **Pa Dziko lonse la Malawi**

MAM ndi QMAM amayang'anidwa ndi utsogoleri wa anthu osankhidwa otchedwa *board ya ma trustees* kapena *committee yayikulu ya board*. Ma komiti amenewa ndiwo ali ndi udindo wopanga malamulo oyendetsera zinthu pakati pa asilamu. Komatu, mphamvu zoyendetsa ntchito za chipembedzo cha chisilamu zili mmanja mwa anthu ophinzira bwino pa nkhani yachisilamu otchedwa ma *Majilis Ulama*. Mfundo iliyonse yopangidwa ndi ma komiti akuluwa imawunikidwa ndi a *Majilis Ulama isanayambe kugwiritsidwa ntchito*. Iwowa amaunika mfundizi poganizira chiphunzitsa cha chisilamu ndipo amapeleka tsatanetsatane la dongosolo lofunika kutsatidwa pochita zinthuzi. .

Cholinga cha **MAM** ndukupeleka utsogoleri kwa anthu achisilamu pofuna kupititsa patsogolo utsogoleri wabwino, kulorerana komanso umodzi pakati pa anthu onse pothandiza kutukula dziko lino pa moyo wa anthu komanso wachuma

Cholinga cha **QMAM** ndikuthandizira kutukukakwa thunthu kwa amalawi posaganizira ntundu wao. Masomphenya ake ndi amalawi amoyo wathanzi komanso odzidalira.

## **Muzigawo**

Mumzigawo, MAM ndi QMAM amatsogoleredwa ndi ma komiti amuzigawo. MAM ndi QMAM ali ndi makomiti awiri awiri muzigawo zonse zitatu zadziko lino (kumpoto, pakat ndi kummwera)-imodzi ya abambo, ina ya amayi. Iliyonse ya ma komitiwa imatsogoleredwa ndi abambo ndi amayi kapena mnkhala pa mpando mmodzi. Mwazina, makomitiwa amagwira ntchito zotsogoleredwa ndi MAM ndi QMAM komamnsa amapeleka utsogoleri ndikuyang'anira ntchito zogwiridwa ndi makomiti akumaboma.

## **Mumaboma**

Muboma lililonse, MAM ndi QMAM amatsogoleredwa ndi komiti yabomalo. Iliyonse ya ma komitiwa imatsogoleredwa ndi abambo ndi amayi kapena mnkhala pa mpando mmodzi.

## **Komiti ya Masjid**

Mumadera, MAM ndi QMAM ali ndi ma komiti a masjid amene amayang'anira ntchito za chipembedzo. Ma komiti amenewa amakhala ndi anthu khumi kapena khumi ndi mmodzi ndipo amagwira ntchito pansa pa komiti yapaboma.



**Tebulo 1. Mndandanda wa Anthu Ofunikira Pantchitoyi**

<b>Dziko lonse</b>	<b>Ntchito ndi Maudindo</b>
Board ya ma Trustee	Amapeleka utsogoleri pazatsogolo la bungwe Amakhala ndi masomphenya a bungwe Amatsogolera asilamu pankhani zimene zikuwakhudza
Komiti yayikulu	Amawonetsetsa kuti bungwe likugwira ntchito molingana ndi zolinga zake Amaonetsetsa kuti atsogoleri akugwira ntchito mogwiriza ndi zolinga zimene bungweli analikhazikitsira
<i>Majilis Ulama</i>	Kuwunkira ndikupeleka upangiri pankhani za chisilamu
Likulu la chisilamu	Kugwira ntchito zachisilamu zokhazikitsidwa ndi QMAM/MAM
<b>Muzigawo</b>	<b>Ntchito ndi Maudindo</b>
Ma komiti a mzigawo (kumpoto, pakati, kummwera) osiyana pakati pa MAM ndi QMAM Iliyonse ya ma komitiwa imatsogoleredwa ndi abambo ndi amayi kapena mnkhala pa mpando mmodzi	Kuonetsetsa kuti nchito zachisilamu zikugwiridwa motsatira chiphunzitso cha chisilamu
Mkhala pa Mpando wa mchigawo	Mtsogoleri wa komiti ya mchigawo
Mkhala pakati wa mchigawo (kwa MAM yokha)	Otsogolera pa zochitikachitika
<b>Mumaboma</b>	<b>Ntchito ndi Maudindo</b>
Komiti yapaboma Iliyonse ya ma komitiwa imatsogoleredwa ndi abambo ndi amayi kapena mnkhala pa mpando mmodzi	Kugwira ntchito motsogoleredwa ndi akuluakulu awo
District chairman	Mtsogoleri wa komiti ya paboma
<b>Kumadera/Misikiti</b>	<b>Ntchito ndi Maudindo</b>
<i>Komiti ya masjid</i>	
Pamakhal komiti ya abambo komanso ya amayi	Kuyendetsa ntchito za tsiku ndi tsiku za pa msikiti motsogozedwa ndi a shehe. Mfundo za komitiyi zimafunika kuvomeredwa ndi shehe.
Ma komiti ang'ono ang'ono (monga oyang'anira za maphunziro, kupeza chuma, Dawa, achinyamata...)	Pamakhal komiti ya abambo komanso ya amayi
Makomiti ya amayi	Ma komiti a amayintahwi zina amakamba nkhani zakulera pogwiritsa ntchito mawu amu Koran woyera.
Ma Shehe	Ma Shehe ali ndi udindo otsogolera pa msikiti. Misikiti ina imakhala ndi ma Shehe angapo koma aliyense amakhala ndi gawo lake
Ma Imam	Ma Imam amagwira nchito pansu pa Shehe, kutsogolera kupemphera, kuyitana anthu nthawi yopemphera ikakwana komanso kuphunzitsa ana zachipembedzo

**Tebulo 2. Mndandanda wa magulu, Misonkhano ndi Zochitika Zina**

<b>Pa dziko lonse</b>	<b>Dongosolo / Maudindo</b>
Board ya ma Trustee	Kawiri pachaka
Komiti yayikulu	Katatu pachaka
Ndawala ya ziyarah	Kukumbukira kubadwa kwa mtumiki wathu Muhamad
<i>Chisangalalo cha Eid</i>	Kusangalala pa mapeto a mwezi wa Ramadan
Bungwe la achinyamata achisilamu	Msonkhano omwe achinyamata omwe anasiya sukulu panjira amakambilana nkhani zowakhudza iwo eni
Msonkhano wa achinyamata achisilamu	Msonkhano wa achinyamata onse achisilamu
<b>Muzigawo</b>	<b>Dongosolo / Maudindo</b>
Zochitika za <i>dawa</i>	Kulalikira mau a Mulungu. Anthu akhonza kuwuzidwanso uthenga wa kulera pa mwambowu
Mwambowu umakhala wosiyana: wa abambo ndi amayi ndipo umachitika muzigawo kapena mmaboma koma nthawi zina komiti yayikulu ya dziko ikhoza kupangitsa mwambowu.	
<i>Chisangalalo cha Eid</i>	Kusangalala pa mapeto a mwezi wa Ramadan
Mikumano ya achinyamata	Misonkhano ya achinyamata ochokera mmidzi ndi ma sukulu yokambirana nkhani zokhudza iwo eni. Pamsonkhanuwu mukhoza kufalitsaponso uthenga wa zakulera
<b>Pa Boma</b>	<b>Dongosolo / Maudindo</b>
Zochitika za <i>Dawa</i>	Kulalikira mau a Mulungu. Anthu akhonza kuwuzidwanso uthenga wa kulera pa mwambowu
<i>Chisangalalo cha Eid</i>	Kusangalala pa mapeto a mwezi wa Ramadan
Mikumano ya achinyamata	Misonkhano ya achichepere yokambirana nkhani zokhudza iwo eni.
<b>Masjid / Kumadera</b>	<b>Dongosolo/Maudindo</b>
<i>Khutba</i>	Iyi ndi miyambo yamapemphero yochitika pa chisanu. Ikhoza kukhala misonkhano ya achinyamata, kapena amayi, kapenanso abambo
<i>Mapemphero a Jumah</i>	Misonkhano ya mapemphero achisilamu yochitika patsiku lachisanu. A Shehe akhoza kulalikilanso za kulera pa misonkhanoyi
<i>Laila tul-qadr</i>	Zimachitika mkati mwa masiku khumi omalizira mmwezi wa Ramadan
<i>Jalash</i>	Zokhudza maphunziro a chinyamata achichepere muchisilamu. Ma <i>Jalash</i> amakonzedwa ndi komiti ya achinyamata ndipo akhonzanso kufalitsa mauthenga a zakulera kwa achinyamata
Komiti ya pa msikiti	Kamodzi kapena kawiri pamwezi

**Tebulo 3. Mndandanda wa Malamulo ndi Ndongomeko za chipembedzo cha chisilamu ku Malawi**

<p><b>(a) Imaunikira kale nkhani za chiwerengero chanthu ndi zakulera</b></p> <p><b>(b) Kungakhale koyenera kuonejezelapo nkhani za chiwerengero cha anthu ndi zakulera</b></p>	<p><b>Ndime</b></p>	<p><b>Imakambapo za nkhani chiwerengero cha anthu ndi zakulera?</b></p>	<p><b>Zimalimbikitsa?</b></p>	<p><b>Ndemanga</b></p>
<p>Malamulo achisilamu pa maphunziro asungwana</p>	<p>Dziko</p>	<p>Inde</p>	<p>Inde</p>	<p>Lamuloli ndilochokera mu Koran olemekeseka. Kumalawi kuno kuli kalikiliki ofuna kutukura ma phunziro atsikana pwamangira amsukulu awo awo. Komabe pali zovuta zingapo monga:</p> <ul style="list-style-type: none"> <li>● Kusafuna</li> <li>● Kusowa kwa zipangizo</li> <li>● Kusowa kwa njira yokakamizira adindo kuti achitepo kanthu pankhaniyi.</li> </ul>
<p>Malamulo a Koran pa nkhani yoyamwitsa ana</p>	<p>Paliponse</p>	<p>Inde</p>	<p>Inde</p>	<p>Koran imalimbikitsa amayi kuti aziyamwitsa kosachepera zaka ziwiri.</p> <p>Komabe lamuloli silikutsatidwa kwenikweni.</p> <p>Zovuta zomwe zilipo ndi monga kupelewera kwa maphunziro kwa ma Shehe ena makamaka pa nkhani yakulera zimene zimapangitsa kuti ma Shehewo asamafune kuyankhula za nkhaniyi kapena kuti azipeleka uthenga kapena kutanthauzira Koran molakwika</p>

<p>(a) Imaunikira kale nkhani za chiwerengero chanthu ndi zakulera</p> <p>(b) Kungakhale koyenera kuonejezelapo nkhani za chiwerengero cha anthu ndi zakulera</p>	Ndime	Imakambapo za nkhani chiwerengero cha anthu ndi zakulera?	Zimalimbikitsa?	Ndemanga
Curriculum ya Umoyo wa achinyamata pankhani yogonana ndi ubereki (ikulembedwabe)	Paliponse	Inde	Inde	Bukuli likulembedwabe ndi a MAM komanso QMAM. Akamaliza kulemba koyamba, bukuli lidzaperekedwa ku komiti yayikulu kuti alivomereze
Zogwirizana pankhani ya kulera komanso HIV ndi Edzi	Dziko	Inde	Inde	

**Tebulo 4. Mndandanda wa ndondomeko ndi mapologalamu a maphunziro/zipangizo**

<p>(a) Zimaunikira kale nkhani za chiwerengero chanthu ndi zakulera</p> <p>(b) Zimangakhale koyenera kuonejezelapo nkhani za chiwerengero cha anthu ndi zakulera</p>	Ndime	Imakambapo za nkhani chiwerengero cha anthu ndi zakulera??	Zimalimbikitsa?	Ndemanga
Zophunzitsa zaku <i>Madrassah</i>		Inde	Inde	A MAM komanso QMAM akugwira ntchito pamodzi yolembe ndondomeko ya maphunziro aku <i>Madrassah</i> momwe mukhalenso nkhani za Umoyo wa achinyamata pankhani yogonana ndi ubereki

### ***Kapangidwe ka mfundo ndi malamulo***

Popanga malamulo ndi mfundo zokhudza chipembedzo cha chisilamu, a MAM komanso QMAM amatsatira njira izi:

- (1) Komiti yayikulu imalemba kapena kuwunikanso malamulo. Ntchito yambiri amagwira ndi akulikulu kwa chisilamu omwe amalangiza komitiyi
- (2) Komiti yayikulu komamnsa mkhala pa mpando amavomereza malamulowa.
- (3) Malamulowa amapita kwa a Majilis Ulama kuti awunikidwe molingana ndi chiphunzitso cha chisilamu. A Majilis Ulama amavomereza kapena kukana malamulowa komanso kulongosola bwino lomwe uphungu otumizidwa ku zigawo, maboma komanso misikiti.
- (4) Malamulowa amagwiritsidwa ntchito kudzera mu ma komiti a mzigawo ndi maboma.

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