

KUGEZA KWANE KWAKWAMBA



Why #menstrualhealthmatters

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Foreword by ' Real Relief '

Kasandasanda panji kuti kafukufuku walongola kuti asungwana akukumana na masuzgo ghanandi pa umo angajipwererera ku sukulu panji panyumba pa nyengo iyo ali kumwezi. Masuzgo ghanyake ni kuleka kumanya, vyamchindindindi na vigomezgo vyakukhwaskana na nyanda kweniso kuso a kwa maji na malo awo munthu uyo wali kumwezi wangakasinthiramo vyakvwala. Ivi vikuchitiska kuti asungwana atondeke kujipwererera makora panyengo yakuti ali kumwezi.

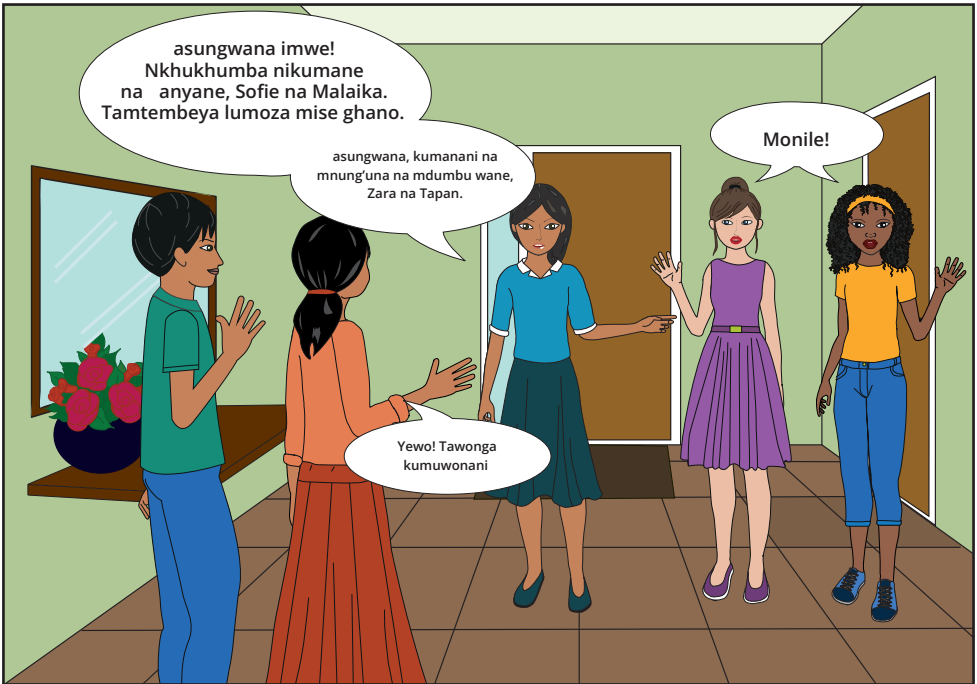
Buku la Nyanda Yane Yakwamba likukhumba kovwira asungwana kumanya umo angajipwererera apo ali kumwezi.

Ntheura, buku la Nyanda Yane Yakwamba likuperekeka kwa asungwana wose pacharo chapasi awo akutolapo lwande pakulimbana na mahumwihumwi na maboza awo ghakuyowoyeka pa nkhani za nyanda (kuluta kumwezi).

Tili na chigomezgo kuti buku la Nyanda Yane Yakwamba liwovwirenge pakumazga chisisi icho chilipo na kusambizga asungwana anandi pa nkhani ya kuluta kumwezi (nyanda). Kujipwererera pa nyengo mwanakazi wali kumwezi ni chinthu icho chikukhwaska tose ndipo ise tikukhumba kuti asungwana anothenge na nyanda yawo kweniso ajipwererenge mwakusangwa.



Anjali, Sofie na Malaika amalizga sukulu. Mhanyauno, iwo akuluta kunyumba kwa Anjali kuti akapokereko ka mphepo kawemi.



asungwana imwe!
Nkhukhumba nikumane na anyane, Sofie na Malaika. Tamtembeya lumozza mise ghano.

asungwana, kumanani na mnung'una na mdumbu wane, Zara na Tapan.

Monile!

Yewo! Tawonga kumuwonani



Awawoneni!
anyithu akuchezga
makora pamoza!

Nkhanira!
Ivi ni
vyakukondweska
chomene.

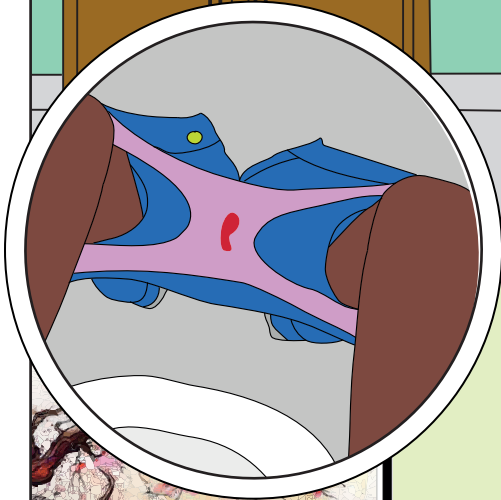


Mayooo! Munthumbo
mwane mweeee!
Nkhwenera kuluta kubafa
sono



Anjali, kasi
bafa lili nkhuhi?

Tiye
nkhakulongole



Malaika wachita soni ndipo wakumtokotoskera mkhutu Zara

Phepa! Anjali waluta kuwalo. Kasi ukukhumba kanthu kanyake? Ningakovwira, pala ungakhumba.

Nkhughanghana kuti chinthu chinyake chanangika pathupi lane. Nawona ndopa pa vyakuvwala vyane. Nili na wofi. Ichi ntchachilendo. Kwali ningachita uli?

Yayi Malaika! Leka kusinginika. Vyose vili makora waka. Gomezga ine! Ichi chikung'anamula kuti wawa umwali ndipo iyi ni nyanda yako yakwamba. Msungwana walyose wakusangana navyo vyanthe ivi.

Ooh...kasi!

Nyanda yakwamba (Kugeza kwakwamba)

asungwana akwamba kuluta kumwezi (panji kuti kugeza pachitumbuka chinyake) pakati pa vyaka 9 na 19. Pa vyaka ivi, iwo akuwona vyakusinthwa vinandi pathupi pawo nga ni kukula kwa mabere, kukula kwa viwuno, sisi pathupi na vinyake. Mwanakazi waliyose wakulutanga kumwezi mpaka kufika pa vyaka 40 na 50 apo wakuleka.

Icho mungawona pachanya pa kugeza

Wanakazi, uwo ukupambana na kugeza, ukwamba kufuma pa nyengo yeneziyo iyo msungwana wawira umwali. Wanakazi ungayamba kufuma miyezi yinkhondi na umoza (6) pambere msungwana wandawe umwali (panji kuti kukula). Iyi ni nyengo iyo thupi likwamba kusintwa mvinandi. Wanakazi uwo ungasinthwa mu nyengo ya kugeza. Pa nyengo yinyake, wanakazi unga akwakumata panji yayi. Wanakazi uwo ukufuma ku vi alo vyakubabira. Pala thupi lako lafumiska sumbi, wanakazi wake uku akwakukhoma. Kukhoma panji kupepeluka kwa wanakazi kukulongola kuti mwanakazi wangatola nthumbo panji yayi.



Wanakazi uwemi

Utwa
Wa kafungo pachoko
Pala waphakazga vyakuvwala vinu,
pakuwoneka yelo.
Ukusinthanga mtundu pala nyengo
yajumphapo



Wanakazi uwo uli na suzgo

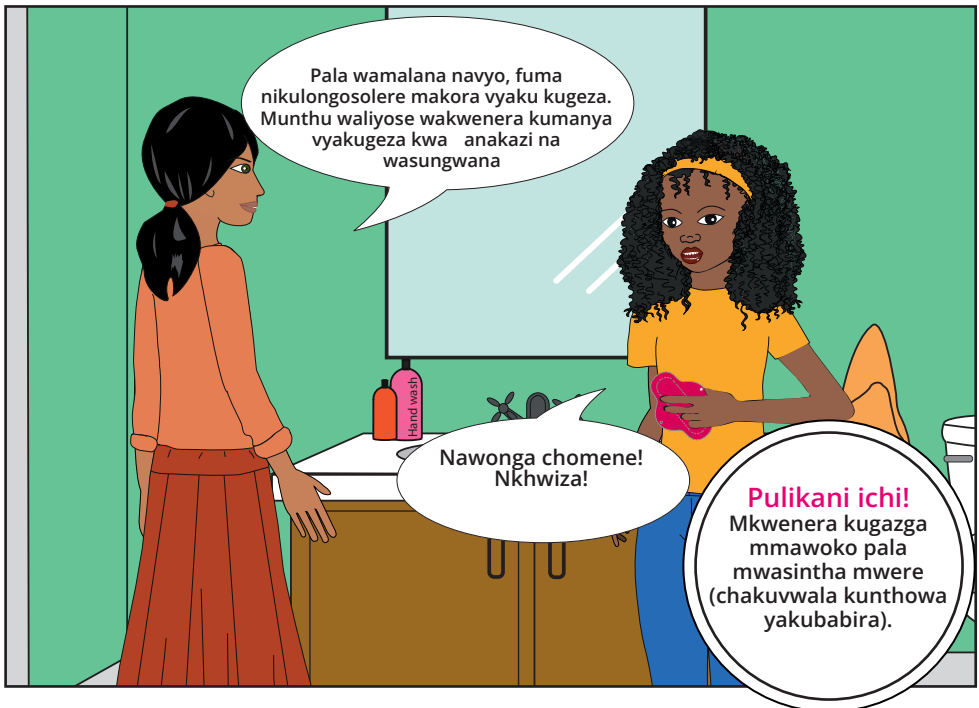
Yowoyani na dokotala pala mwawona
ivi mu wanakazi:

Mtundu wakubiri ira, utu akwakuluta
kuvyoto (gileyi) panji nga ni suzgo
lakuswa (yelo).

Pala wanakazi ukuwoneka nga ni
mphovu

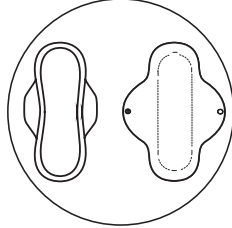
Ukununkha nga ni somba, yisiti
yakuphikira mandazi panji buledi kweni-
so ukufumiska fungo likulu.

Pala wanakazi uli na ndopa.
Panji pala kumoyo (kunthowa
yakubabira) kukunyenyerera

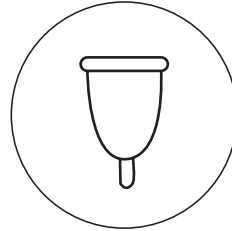


Ivyo mungavwala nyengo iyo mkugeza

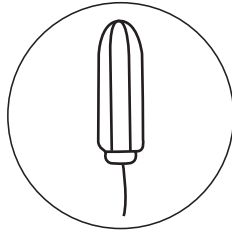
Thonje ilo mungagwiriska ntchito kamoza pera na kutaya



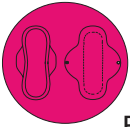
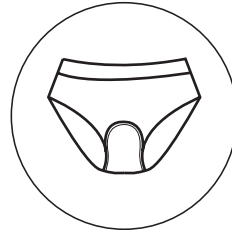
Tunkhombo



Tumasalu uto mungagwiriska ntchito kanandinandi waka chikulu



Sanitary Pad



Ivyo mungachita apo mkugeza

Pala mku gwiriska ntchito thonje panji kasalu, yikani pasi pa kabudula winu wamkati. Lekani kunjizga ku nthowa yakubabira. Kwene tunkhombo munganjizga mkati. Sinthani thonje panji kasalu pala pajumpha ma awala ghankhodi na limoza (6). Kwene pala ndopa zikufuma chomene, sinthani pafupipafupi.

Yowoyanipo na asungwana na anakazi, nga mbamama inu, mkulu winu, ankhazi, agogo, mnyinu panji achekulu mchiga a chinu.

Lekani kopa. Tikumanya ntchakofya kuwona ndopa pa chakuvwala chinu, kwene palije chachilendo. Pala kukula umwali panji kugeza kwinu kwakwamba kwamsangirani ku sukulu, phalirani awama awo akumpwerererani (a matironi), msambizi wachanakazi panji msungwana mnyako.

Kondwani na kusekerera chomene chifukwa thupi linu likuzgoka kufuma ku mwana kuluta ku mwanakazi wakukhoma.

Timsokeniko!

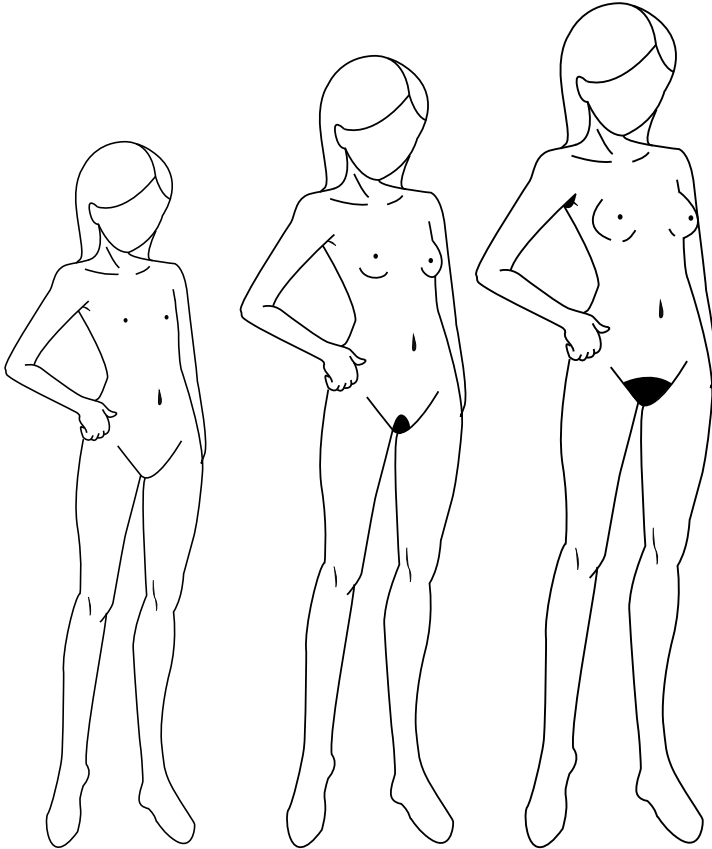
Mkwenera kusunga ivyo mkuvwala kunthowa yakubabira pa nyengo ya nyanda malo ghawemi, ghakomira makora, ghakujumpha mphepo kweniso awo kukujumpha fuvu na mankhwala chara.







Chikuchitika ntchivichi pathupi linu?



Pa vyaka 5-8

Pa vyaka
9-15zisanu(15)

Pa vyaka 15-20

Kasi ivyo vikusintha ni vivichi apo msungwana wakukula?

1.Vyakusintha pathupi

- Kutalika msinkhu
- Kukula thupi
- Kufuma nthenkhu
- kwamba kwa sisi kunkhwapa na kuchinena (malo ghakubisika)
- Kwamba kwa besi
- Kukula kwa ku nthowa yakubabira na kumera kwa mabere
- Kugeza

2.Kusintha kwa kaghanaghaniro

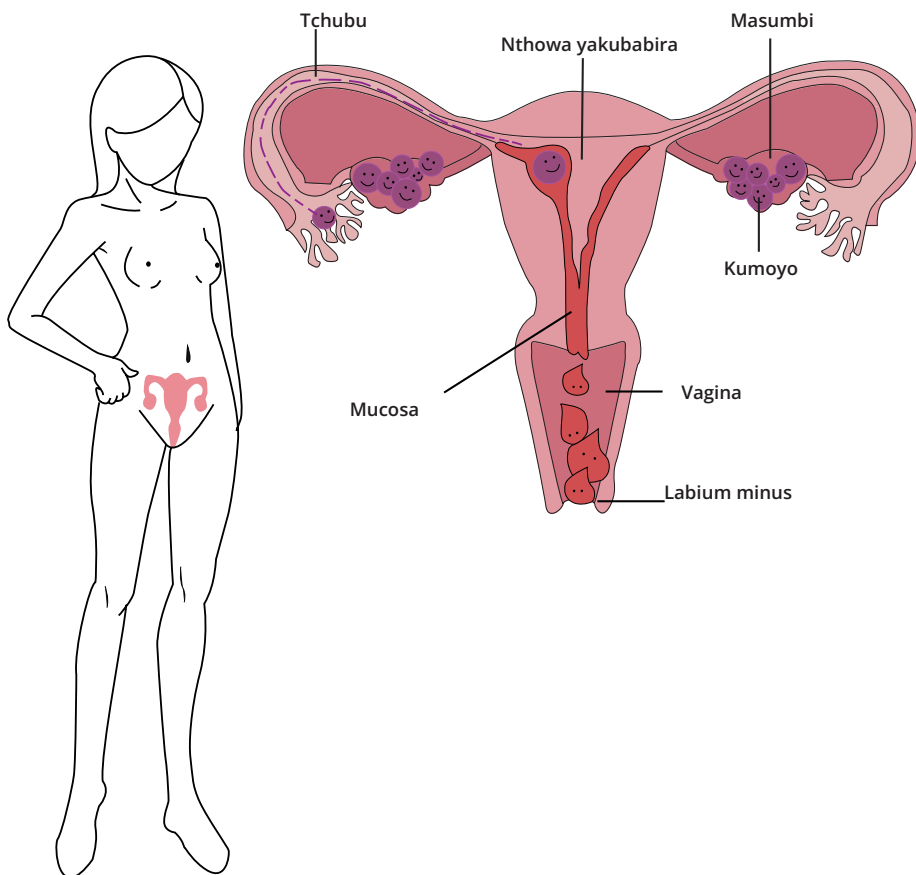
- vyakukhumba pamoyo, maloto
- Soni pa wanthu
- Kuwa na maghanoghano ghakulu.

3.Kusintha pa vyakuchitika

- Udindo
- Vyakukhumba vya imwe mwene
- Kukhumba kuwa wakujiyimirira pa wekha

Kasi ndopa izo zikufuma nyengo yakugeza zikung'anamulachi ndipo zikufuma nkhuuni?

Kugeza ntchinthu icho chikuchitika mwezi na mwezi ndipo pa nyengo iyi ndopa na wanakazi ukufuma mthupi la mwanakazi kwizira ku nthowa yakubabira



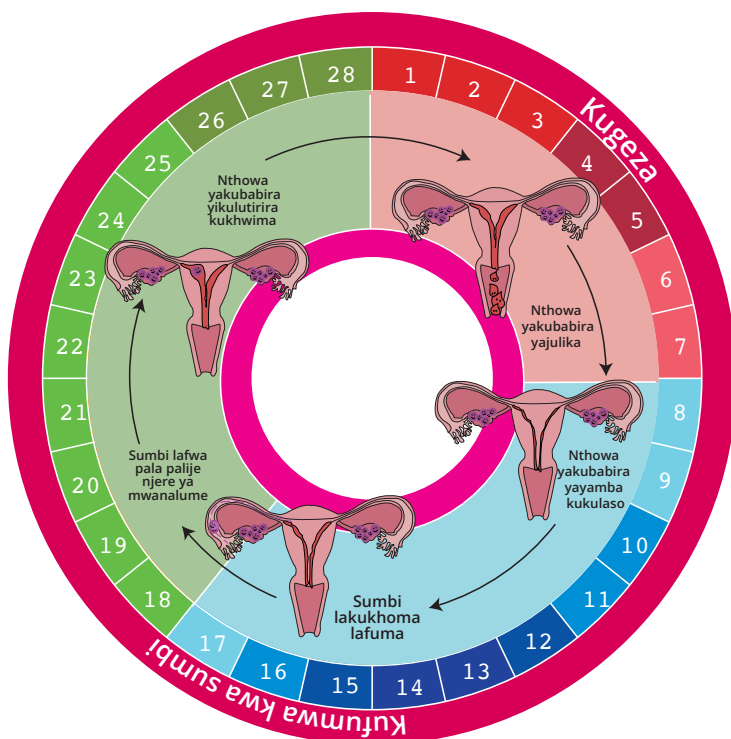


Viwalo yakubabira vya mwanakazi

Nyengo yakugezga yingatola madazi 28, kwene nyengo yinyake yingafuma pa masiku 21 mpaka 35. Mu nyengo iyi, sumbi likufuma malo ghake na kuluta uko pala lindakumane na njere ya mwanalume, likusweka. Ivi ndivyo vikuchitika kuti ndopa zifume. Ndopa izi zikutola madazi ghawiri panji 7.

Viheni vyakwiza na kugeza

Mu nyengo ya kugeza, anakazi na asungwana anandi akupulika kunyongolola mnthumbu, mseru, kuvuka, ku inya kwa mutu, msana na thupi lose kuleka kugwira ntchito makora. Nyengo zinyake angapulika vinthu vinayke nga ni chitima, kunyenjera na kukwiya chifukwa cha ivyo vikusintha pamoyo winu. Kwene vikupambana pa munthu na munthu.

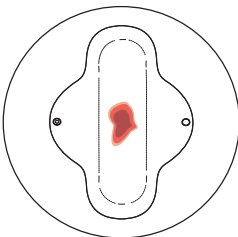


Mwanakazi wakuleka kugeza pala wakwaniska vyaka pakati pa 45 na 55.

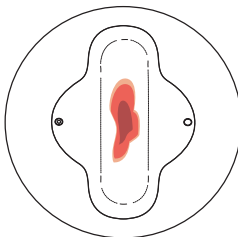


Kasi ni ndopa nadi?

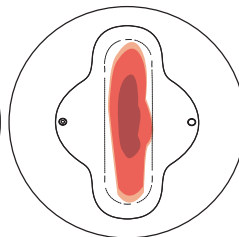
Ivyo vikufuma apo mwanakazi wakugeza ni vyakusazgikana vya ndopa na vyakufuma mu nthowa yakubabira. Unandi wa vyakufuma pa nyengo yakugeza vikukwananga sayizi ya sipuni yakuvundulira tiyi zinayi panji 12 pa mwezi. Pala vyajumpha apo, ndiko kuti pali suzgo. Ivyo vikufuma navyoso vikusinthanga mtundu kwa kanyengo



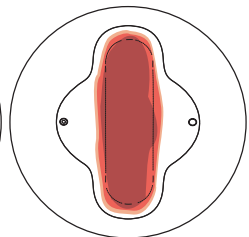
Vyakufuma vichoko
Ndopa zekha pa thonje ilo
wawla nga ni mwere.



Vyakufuma vinandiko
Vikuwoneka pachoko waka pa
awala limoza

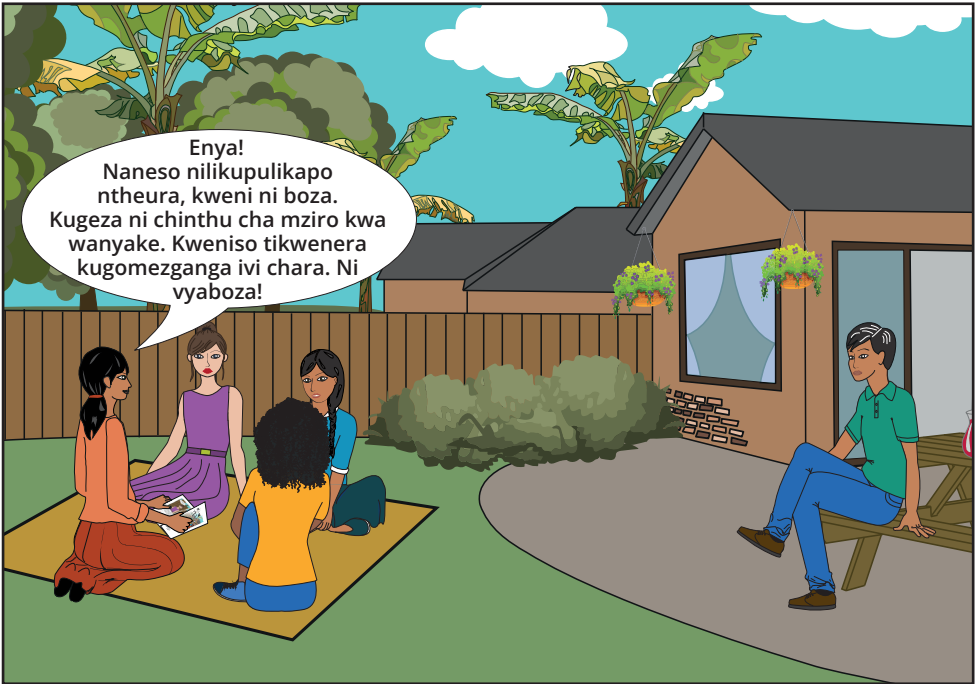


Vyakufuma vyapakatikati
Vikukwana ma inchi 6 panji ma
sentimita 15 yayi pa awala



Vyakufuma vinandi
Kuzumbwiska vyakuvwala
kwa kanyengo kachoko





Chamziro ntchivichi?

Chamziro ni icho anthu akutemwa kuchiyowoya chara, ndipo akuyezeska kuchigegeza pala akuchezgerana. Chimoza icho anthu akuchiwona pa nkhani ya kugeza ntchakuti ni chithu chakulengeska kweniso anakazi aku a akubinkhiskika. Kwene vyose ivi ni vyaboza. Kugeza ni chinthu icho chilikulengeka na Chiuta pa mwanakazai ndipo palije chifukwa chakulengesekera.

Vyaboza ivyo vikuyowoyeka pa nkhani ya kugeza

anakazi wanandi wakukhala mu uzga chifukwa cha vyaboza ivyo vikuyowoyeka pa nkhani ya kugeza. Vinyake mwa ivyo wanthu wakuyowoya ni:



Mwanakazi wangalutanga kumalo gha visop chara pala wali kumwezi (wakugeza)



Mwanakazi wangaphikanga yayi pala wali kumwezi



Wangalutanga ku sukulu yayi



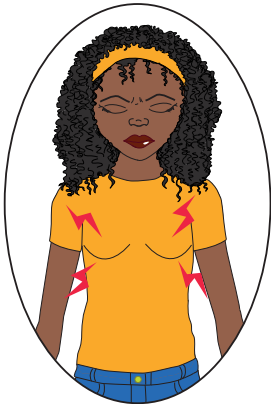
Wangakhwaskanga mwanalume yayi



Waleke kurya vyakurya vyamtundu unyake

Kasi PMS chikung'anamulachi?

PMS chikuyimilira mazgo ghakuti Pre-Menstrual Syndrome. Nyengo zinandi, madazi ghachoko pambere undayambe kugeza, ungapulika tuvilonda na uzito wa mabere kweniso nthumbo yikupulikika nga yazula. Ungapulika ku inya kwa mutu, msana, mseru kweniso mtima wakukhumba chakurya cha mtundu unyake. Nyengo zinyake unga a nga wakwiya panji wambura kukondwa nga ni umo uku ira nyengo zose.



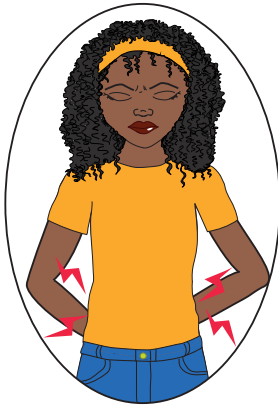
Tuvilonda ku mabere



Kuwinya kwa nthumbo



Mutu kuwawa



Msana



Nthenkhu



Kusintha kwa kawonekero.



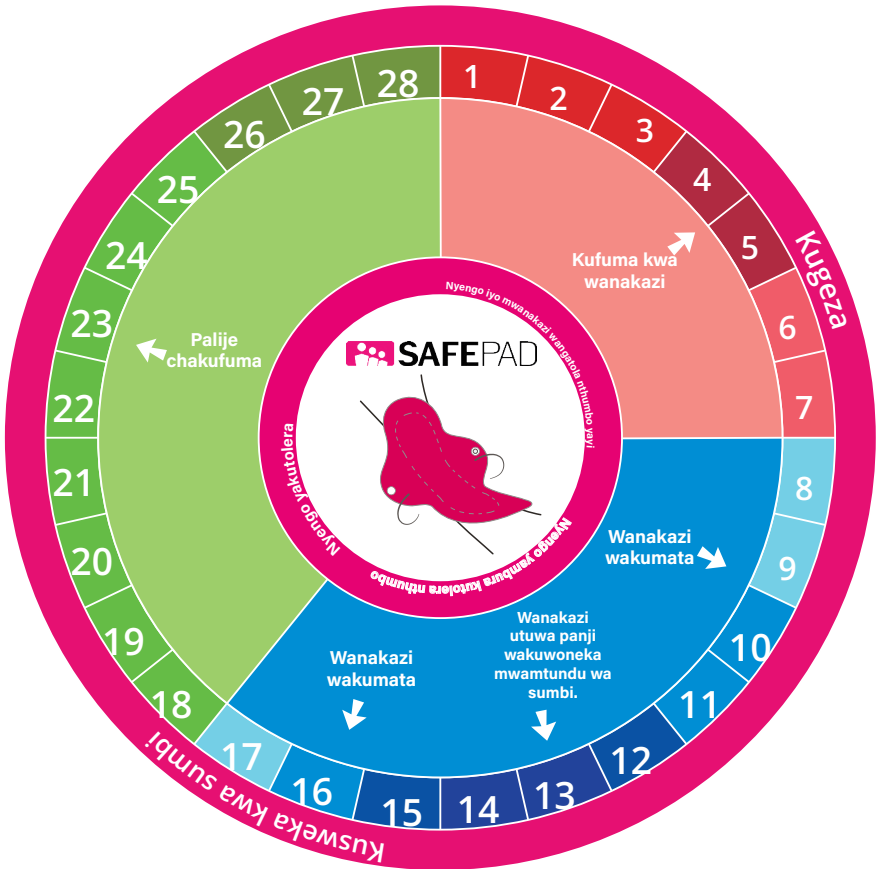
Kasi chakupendesera madazi awo ukuluta kumwezi ntchivichi ndipo kasi ntchakukhumbikira kugwiriska ntchito?

Ichi ni kalendala uyo wamwene wajipangira na chakulata chakuti wakukumbuskenge madazi awo ukugezanga. Ivi vikukovwira kuti u enge wakunozgeka nyengo zose. Pala ukumanya madazi awo ukuzeranga, ukumanya chakwenera kwenda nacho kuti uleke kuchuluskika pala ndopa zayamba kufuma.

Pala madazi ghako ghakugezera ni	Ndiko kuti sumbi liswekenge pa madazi agha:
22	6-10
24	8-12
26	10-14
28	12-16
30	14-18
36	20-24
42	26-30

Kasi mungapendesera uli madazi ghakugezera?

Madazi ghanyanda ghakwamba apo wayambira kugezera (apo ndopa zayamba kufumira).

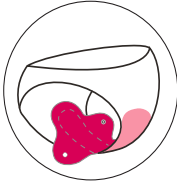


Tiyezgere kuti kugezga mwayamba pa 4 Malichi ndipo ndopa zikufuma mpaka madazi ghankhondi:

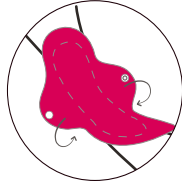
Ichi chikung'anamula kuti madazi ghinu ghakugeza ngankhondi m'mwezi wa Malichi. Ndipo pala mwezi wa Epulo wayamba pa 2 Epulo, ndiko kuti kutalika kwa nyengo ya kugeza kwako ni madazi 29. Dazi lakwambiri kugeza ungalipendanga chara chifukwa likunjira m'madazi gha mwezi ukwiza.



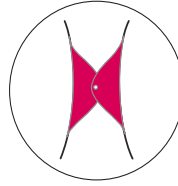
How to use a sanitary pad



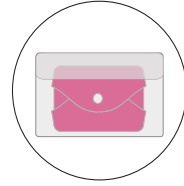
Yikani mwere winu pasi pa kabudula winu wamkati (panti)



Pindirani pasi uto tukuwoneka nga ni mapapindo

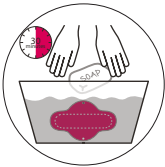


Tumangirireni pamoza

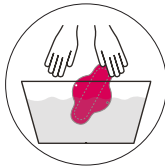


Pala mwavula, yikani umo mkuyika vyakuvwala vyakubinkha pakulindizga kuchapa

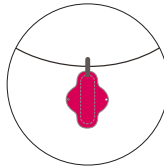
Umo mungachapira mwere winu



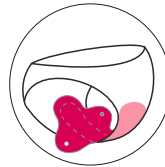
Zuwikani mmaji wazizimu awo ghali na sopo kwa ma minitsi 30. Lekani kugwiriska ntchito mankhwala ghakutu iskira panji kuyanika pazuwa.



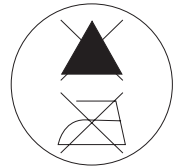
Sukuluzgani na maji ghawemi



Yanikani mkachipinda ako mkujumpha mphepo makora

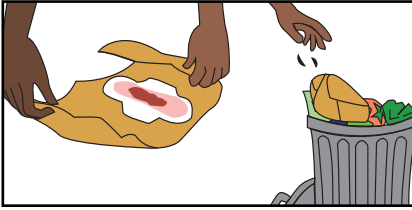


Vwalaniso pala wawomira



Lekani kusita panji kugwiriska ntchito mankhwala pa kuchapa mwere winu.

How to dispose of sanitary pads



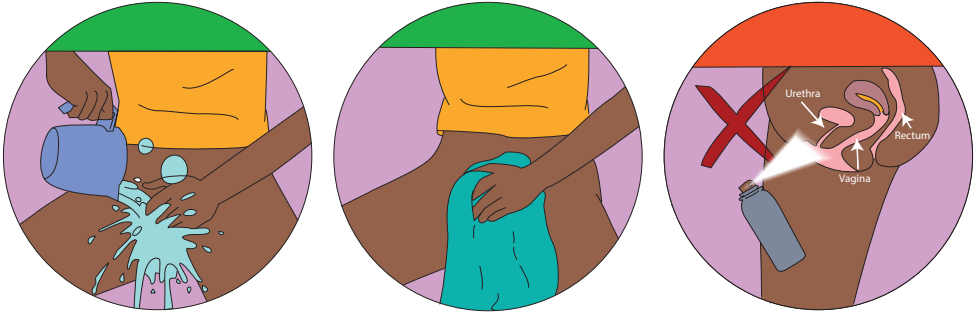
Mwere uwo mkuwala ka iri yayi watayike nga ni umo tikutayira chilichose ku nkhandu



Mwere uwo ukugwiriskika kanandi mungagwiriska ntchito mpaka ka 100



Kujipwererera pa nyengo ya kugeza (nyanda)?



1. La isiskani kuti kumalo ghakubisika mwagezako makora
2. La isiskani kuti nkhwakuwomira nyengo zose
3. Lekani kugwiriska ntchito mankhwala ghakusukira vinthu pakugeza ku malo ghakubisika
4. Mwakujumpha matuzi
5. Khomo lakubabira
6. Kwakufumira chimbuzi

Wasungwana na Wamama wakwenera kujipwererera chomene panyengo ya kugeza:

Kumalo ghakubisika kuwe kwakupwererereka

Pala uli kumwezi, ndopa zikunjira mthupi lako kwizira mtumakhululu twakumalo ghakubisika. Ntheura, ukwenera kujisuka kumalo ghakubisika. Ivi vikowwira kuti kuleke kufuma fungo liheni kumalo ghakubisika. Pala chinga a chamachitiko, jisukeni kumalo ghakubisika pambere mundavwale mwere.

Pakujisuka kumalo ghakubisika, la isiskani kuti vyakufuma kunthowa yakufumira chimbuzi vikunjira kwakubabira chara chifukwa ivi vingayambiska matenda.

Pachinena pa e pakomira nyengo zose

Pachinena pakwenera kuwa pakomira nyengo zose kuti mleke kutola tuvibungu twakwambiska matenda.

Lekani kugwiriska ntchito sopo wakuchapira mbale panji malaya pakugeza kumalo ghakubisika

Kugwiriska ntchito sopo wakuchapira mbale panji vyakuvwale pakujisuka malo ghakubisika kungayambiska matenda. Gwiriskani ntchito maji ghakuthukira pakujisuka kunthowa yakubabira. Sopo yakugezera mungagwiriska ntchito pakugeza m'mphepete mwa malo ghakubisika.



Kasi ku inya kukumankhu pa nyengo iyo nkugeza (nili kumwezi)? Apo nkhegeza kakwamba, nkhapulika ku inya chomene. Kwene sono palije icho nkhopulika

Palije chaminthondwe pa ku inya uko kukwiza panyengo ya kusaula (kugeza). Ku inya uku kukwamba pambere panji mkatikati mwa madazi ghakugezera. Nyengo zinyakhe mungapulika kufyenya mnthumbo.



Kwene kasi ningakase era na kuluta ku sukulu?



Zara wakumwemwetera chifukwa wapulikiska

Enya, tingakase era kweniso kuluta ku sukulu. Ivi ndiyo munthu waliyose wamoyo wakwenera kuchitanga. Nyengo zinyake, nga ni Malaika mhanyauno, tingapulika ku inya kwa mnthumbo apo tikugeza. Kwene ivi vikuchitikira waliyose chara. Kuchita mase ero kukovwira.

Kasi kuwinya kwakwiza na kugeza tingakuchepeska uli?

Pali nthowa zinandi zakumazgira suzgo laku inya kwa mnthumbo panji mthupi pa nyengo iyo uli kumwezi. Zinyake mwa nthowa izo ni izi:

Chakurya chiwemi



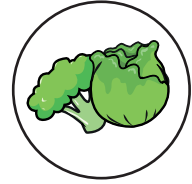
Skawa

Ska a zili na mavitamini awo ghangamovwirani kuleka kupulika ku inya nyengo ya kugeza.



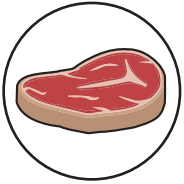
Vipaso

Lyani vipaso vinandi pambere kugeza kwinu kundafikepo. Vipaso vikovwira kuti chakurya chigayikenge makora mthupi.



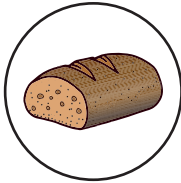
Mphangwe

Mphangwe yili na ayironi kweniso vitamini B ivyo vikovwiraso pakugaya chakurya mthupi.



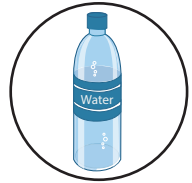
Nyama yiswesi

Pa nyengo iyo ukugeza, ntchakukhumbikira kuti uryenge vyakurya ivyo vili na ayironi munandi kuti yiwezgereske nkhangono izo zikutayika mthupi.



Vyakurya vyamtundu wa vingoma

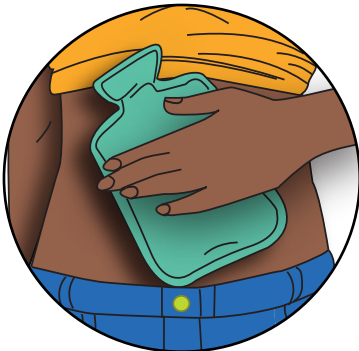
Nga ni vipaso, vyakurya ivyo vili mu mtundu wa vingoma vikovwira kuti mnthumbo meleke ku inya pa nyengo ya kugeza.



Maji

Ntchakukhumbikira kumwa majji ghanandi pa nyengo iyo uli kumwezi kuti thupi li e lakusukika.

Kuthukizga vyakuvwala malo ghakubisika (mwere)

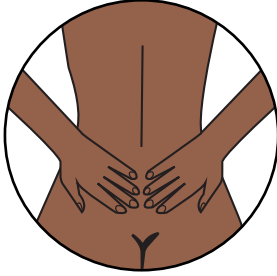


Kumbukirani!

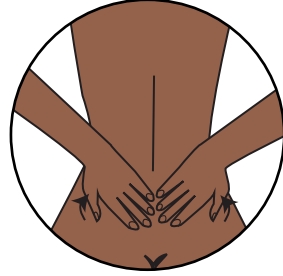
Pala mnthumbo mwalutirira ku inya, kafumbeni adokotala kuti amlambereni mankhwala ghakwenerera

Malo ghaku inya chomene pathupi lamunthu

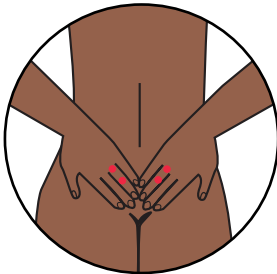
Kasi mungamanya uli malo ghaku inya chomene pathupi?



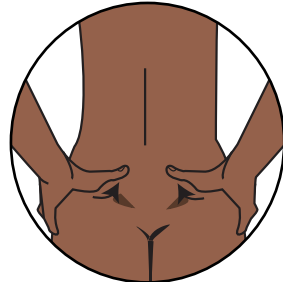
1. Kolani musu mwa kumsana kwinu ndipo njo e zinu muyike apo pakumalira kachiwangwa kakumsana



2. Lutiskani woko linu musu mpaka ngamkukhumba kukora pafupi na malo ghakufumira chimbuzi.



3. Uko musangengeko malo gha iri awo ghaku inyanga chomene.



4. Pakugwiriska ntchito minwe (njo e), tofyanipo ndipo mkolere nthura pa kanyengo. Ndipo ku inya kuchepenge pala pajumpha masekonzi 5-10.

Kumbukani!

Malo awo ghaku inya chomene ni malo awo msempha yake yikuluta kumutui. Malo agha ngatechi kupambana na malo ghanyake wose pathupi lamunthu

Masewero

Ivyo mungachita pala mkupulika kuwawa panyengo ya kugeza



Kukhala mwa somba
Kukhala uku kukunyolola misempha ya kumsana, singo, nganga na malundi. Ndipo ivi vikovwira kumazga urwirwi uwo ukwiza pala mwanakazi wali panyengo yakugeza.



Kusindama
Kusindama kukovwira kumazga urwirwi, kuvuka na wofi. Kukunyolola kunthazi kwa thupi.



Kukhala mwa kanyama ka ngamila
Kukhala uku kukovwira kumazga ku a a kwa msana na kovwira kuti thupi lako limasuke



Kukhala mwakujinyongolola
Kujinyongolola kukuwovwira kunyolola misempha na kumazga ku a a kwa msana. m'musi



Kujipeteka nakulutiska mutu ku malundi
Kukhala uku kukunyolola msana na maphewa. Kukovwiraso kuchepeska urwirwi wakumsana na vi alo vinyake



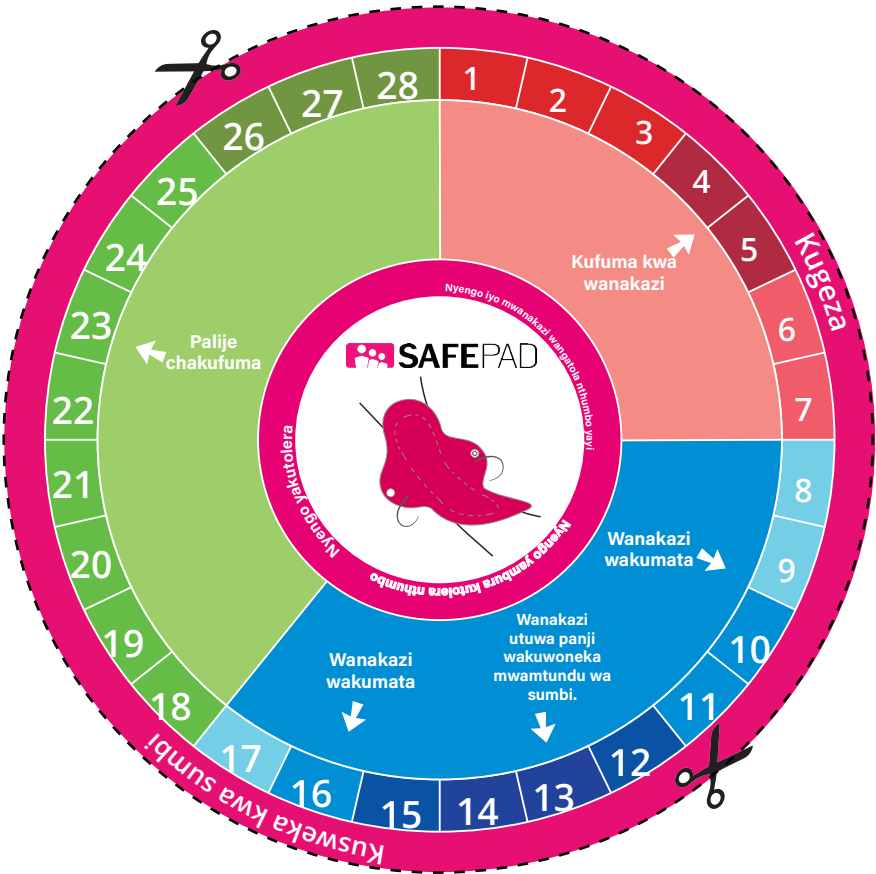


Palije chakulengeska pa kugeza!

Nangauli kugeza ntchinthu chachilengiwa, wanthu wanyake wakuchitola nga ni chinthu chaminthondwe. wanandi wakuchitola nga ntchamziro na chakulengeska. Mwachiyerezgero, weneko magolosale ghanyake ghakuyika pakweru chara thonje panji vyakuvwala ivyo wanakazi wakuvwala pala wali kumwezi. wamama nawo wakuchita soni kuywoya na wana wawo vyakukhwaskana na kugeza kweniso nkhani ya kubaba. Wasambizi nawo malo ghanyake wakuzomerezgeka chara kusambizga vya nthaura ivi ku sukulu zawo. Kumasuka pa nkhani iyi kungawovwira kumazga chisisi icho chikupwetekeska wasungwana wanandi. Tiyeni tovwire wamama na wasungwana kuti wanothe na icho Chiuta walikuwapa.

#lekenikukhalachete
#mazganivyakuzi wizga

Kupendesera nyengo yakulutira kumwezi



5 Umo mungajipwererera pa nyengo ya kugeza



5 Umo mungajipwererera pa nyengo ya kugeza

1. Vyakuvwala kumalo ghakubisika vi e vyakuchapika kweniso vyakomira nyengo zose.
2. Sinthani vyakuvwala kumalo ghakubisika pala pajumpha ma awala 6 ghaliwose).
3. Gezani kumalo ghakubisika na maji ghekha (kwambura sopo) pala mafumba kuchimbuzi. Jifyurani pakugwiriska ntchito mapepala awo ghakugwiriskika kuchimbuzi, pala mungakwaniska.
4. Mnthangalalo mwino mu e mwakomira nyengo zose.
5. Lekani kugezera sopo kunthowa yakubabira



-MASUKANI, FWASANI-

UMO NYENGO YAKUMWEZI YIKWENDERA

Chilimika: _____

Jan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Feb	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
Mar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Apr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jun	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jul	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aug	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sep	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Oct	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Nov	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Dec	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Chilimika: _____

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"Buku ili likwimirira ivyo wakuchita awo wakugwira ntchito ku Real Relief pacharo chose chapasi.

Ndine wakuwonga ku mbumba yose ya Real Relief pa ivyo wakawovwirapo.

Trine Angeline Sig, Managing Director, Real Relief

Uyo wakayambiska ntchito iyi: Trine Angeline Sig na Rachel Kerubo

wakulemba: Malgorzata Walczak, Janet Sturis na Fia Thrane

Wakuyika nkhani nai vithuzi m'mapeji: Fia Thrane

MA - 01, 12, 2022



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