

Tingapange Bwanji Chophimba Chophweka



Alimi a njuchi a ku Kisoro, Uganda apanga zophimba zawo

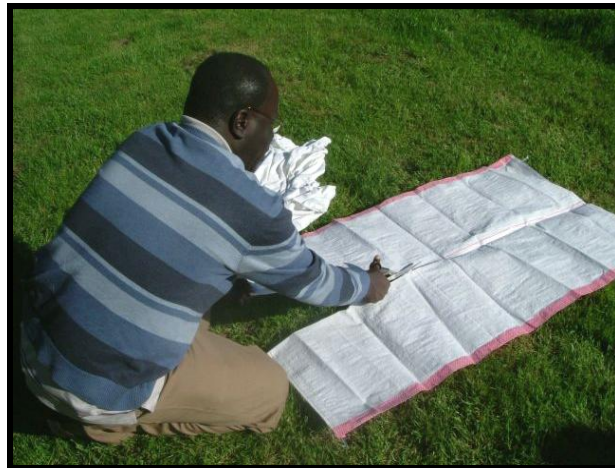
Zinthuzi zoonjezerapo zidaperekedwa ndi Dan Ngirabakuzi

TINGAPANGE BWANJI CHOPHIMBA CHOPHWEKA.

Nkonsavuta kupanga chophimba cha kumaso ndi kumutu poziteteza kulumidwa ndi njuchi. Thumba la ufa wa chimanga ndi lolimba ndiponso ndilotsika mtengo.



Dulani thumba pakati mulitali. Dulani zidutswa zitatu pa theka lililonse. Chidutswa chimodzi chipanga mbali imodzi ya chophimba.



Nkotheka kupanga zophimba zisanu ndi chimodzi kuchokera ku thumba limodzi mukalidula bwino.



Thumba silichedwa kukulumbutsuka, poteteza pindani m'mbali ndipo musoke.

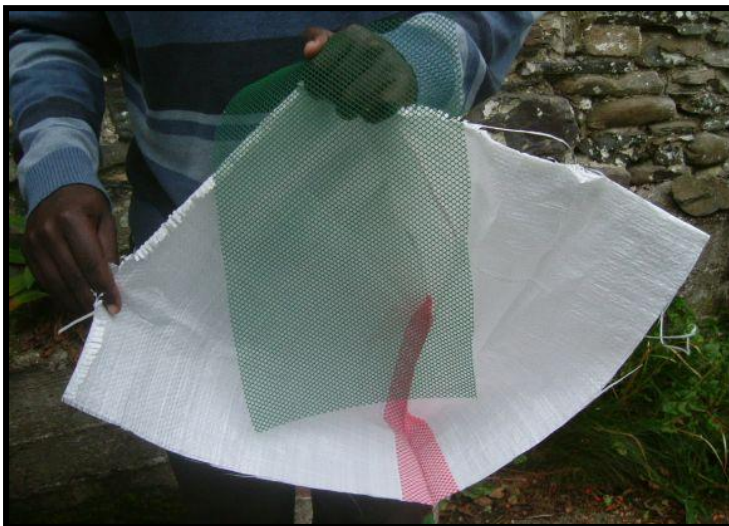
Zindikirani kukulumbutsuk a m'mbali mwa thumba.



Sokani ngodya chidutswa chilichonse.



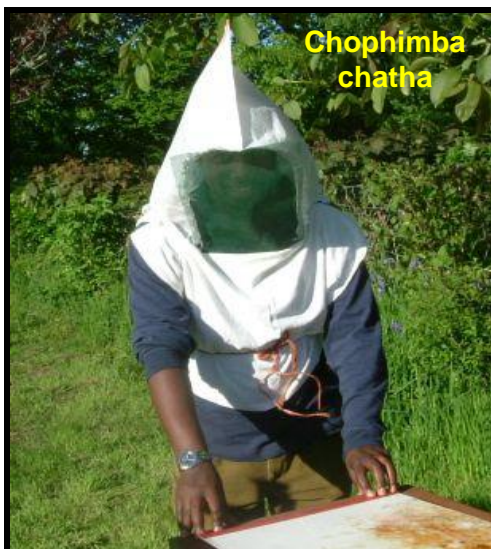
Kenaka lumikizani meshi. Ukonde wa udzudzu uli bwino.



Chioneke motero.



Sokelerani meshi pa maso pa chophimba ku maso ndi ku mutu kuti chikutchinjirizeni pa chifuwa ndi ku msana. Sokelerani zingwe zomangira mbali zonse zinayi.



Mukamavala zozitchinjiriza ku njuchi, choyamba bvalani chophimba pamene mwabvala zobvala zokhutala thupi lanu lonse. Ngati mulibe chozitetezera bvalani zoyenera zomwe zingakutetezeni ku njuchi.