Ƙungiyar ƙasar Japan mai ƙula ɗa hulɗar ƙasa ɗa ƙasa

Ma'aiƙatar ministan aiƙin gona

Ɓinciƙen ɗausayoyin yanƙin Sahel a jamahuriyar Nijar

Jagoran ɓada horo ɗa ƙarfafa sani ɗangance ɗa Lahiya ɗa Tsaɓta

Ɗomin unhanin mahalartan horo

Ga watan ɗisamɓa 2008

Ƙungiyar ƙasar Japan mai ƙula ɗa alɓarƙar tsanwa (J. Green)

Wallafawa ɗa ga kungiyar ADA ciƙin yarjejeniya tare ɗa sa hannun EDOS

Abuɓuwan ɗake ciƙi

Shafi

Gaɓatarwa…………………………………………………………………………………………………….1

1. Gurori tare ɗa saƙamƙon littafi………………………………………………………….….2

Hanya 1 : Taron ɓaɗa laɓari a game ɗa ƙwamitin ƙungiyar masu cin unhanin ganɗari…………………………………………………………………………….……..3

Hanya 2 : Taron ɓaɗa laɓari a game ɗa huƙumar gargajiya….……………………….3

Hanya 3 : Ɓabɓan taron ɓaɗa labari ɗa waye ma jama’a ƙai ɓisa ayyuƙƙan masu cin unhanin ganɗari ɗangance ɗa lahiya ɗa tsaɓta………………………..3

Hanya 4 : Ɓan hannu a ciƙin tsarin ƙundin bunƙasa lahiyar gari…………………17

Gaɓatarwa

Wannan littafi na ƙarfafa sani ne ɗangance ɗa lahiya ɗa tsaɓta, tamƙar ƙayan aiƙi ne ɗa an ƙa wallafawa masu cin unhanin ganɗari. Saɓoɗa haƙa ya ƙumshi wasu ɗuɓaru ɗa hanyoyin ɓi masu ɓaɗa ɗamar maimaita wa jama'a ta gari.

Wannan littafi tamƙar jagora ne ga masu cin unhani ganɗari, ɗon yana ɓasu ɗamar ƙarfafa sani ɗangance ɗa lahiya ɗa tsaɓta.

1. Gurori tare ɗa sakamkon littafi

Littafin ya ƙumshi gurori ƙamar haƙa :

- ɓa ga masu cin unhanin ganɗari ɗamar samun ƙwararerren sani ɗangance da lahiya ɗa tsaɓta;
- ɓa ga masu cin unhanin ganɗari ɗamar yin nazari ɓisa ga halin lahiya a cikin gari ;
- ƙarfafa sanin masu cin unhanin ganɗari ta hanyar nazari, tsari, ɓi-sau-ɗa-ƙafa ɗa aunin ƙundin ɓunƙasa lahiyar jama'a ta gari.

Saƙamaƙo a game ɗa littafi :

- Masu cin unhanin ganɗari sun iya ɓinciƙen matsaloli ɗa gari ya husƙanta a fannin lahiya tare ɗa ɗauƙan ɗatattun matakƙai ;
- Masu cin unhanin ganɗari sun gane sosai ayyuƙansu ɗagane ɗa lahiya ɗa tsaɓta ;
- An wallafa ƙunɗin ɓunƙasa lahiyar gari tare ɗa an soma guɗanar ɗa ayyuƙan ɗa ya ƙumsa.

Hanya ta farƙo: **Taron ɓaɗa labari a game ɗa ƙwamitin ƙungiyar masu cin unhanin ganɗari**

Ɓayan gaishe-gaishe, mahalartan horo na gwaɗi ma ƙwamitin ƙungiyar masu cin uhanin ganɗari gurorin horon ɗa suƙa samu. Mahalartan horo tare ɗa haɗin gwiwar ƙwamitin, su shirya ƙansu ɗomin wasa labari a ciƙin garuruwan ɗa ya shafa.

Hanya ta ɓiyu: **Taron ɓaɗa labari a game ɗa huƙumar gargajiya**

Ɓayan gaishe-gaishe mahalarci ƙo mahalartan taro suƙan gwaɗi ma huƙumar gargajiya (maigari ɗa ƙewanshi) gurorin horon ɗa suƙa samu. Sannan su tamɓayi huƙuma ta ƙayyaɗe ranar taron ɗa zai shafi masu cin ganɗari ɗa sauran mutanen gari.

A rika ! A zaɓi rana ɗa lokaci masu ɓa mafiyawan jama'a ɗamar halarcin taro ; tare ɗauƙan matakkan ɗa suƙa ɗace a fannin wajen zama.

Hanya ta uku: **Ɓabɓan taron ɓaɗa labari ɗa waye ma jama'a ƙai ɓisa ayyukkan masu cin unhanin ganɗari ɗangance ɗa lahiya ɗa tsaɓta**

1) Mahalarci ƙo mahalartan horo su ƙasance na farƙo wajen taro ɗomin ƙyautata wajen zama ƙo tarɓen mutane.

2) Mahalarci ƙo mahalartan horo su gayyaci maigari ya ɓayyana wa jama'a gurorin taro. Su ƙawo ƙarin ɓayani in yaƙamata.

3) Mahalarci ƙo mahalartan horo ƙan gaɓatar ɗa mahawara ƙamar haƙa : Lahiya ta shafi ƙowa. Su ƙawo ciƙon ɓayani ɗa cewa :

A halin yau, yana ɗa mahimanci a ce mutanen gari ƙe nazari ƙansu ɗa ƙansu ɓisa ga matsalolin ɗa suƙa shafi fannin lahiyar gari. Wannan husa'a na shugaɓantar ɗa yan gari, ƙariyar ayyukkan ɗa matakkan ɗa suƙa ɗauƙa ɗomin ƙarfafa fannin lahiyar mutanen gari. Yana ɗa ƙyau, ɓa tare ɗa ɓamɓanci ɓa ɗuƙa wani yan gari ya ɓaɗa nashi ra'ayi ɗangance ɗa matsaloli ƙo buƙatun gari ɗomin samun ciƙekken ɓayani. Saɓoda ra'ayin na miji ya ɓamɓanta ɗa na macce ƙo na yaro.

4) Mahalarci ƙo mahalartan horo, su fa'intar ɗa jama'a, ɗa cewa aƙan iya samun ingartattan lahiya a ciƙin gari iɗan ƙowane ƙo iɗan ɗuƙa suƙa ɗauƙi matakkan ɗa ya ƙamata ɗangance ɗa lahiya ɗa tsaɓta. Saɓoɗa haƙa ƙungiyar masu cin

unhanin ganɗari, ƙungiya ce ta gari mai ɓaɗa ɗamar yaɗa ƙyauƙyawan halaye ɗa guɗanar ɗa tsaranru ayyuƙƙan ɓunƙasa lahiya a ciƙin gari.

Mahalarci ƙo mahalartan horo su ɓaɗa ciƙeƙƙen ɓayani ɓisa ga ayyuƙƙan ƙungiyar masu cin unhanin ganɗari ɗa cewa:

- ɓada laɓari na waye wa jama'a ƙai domin ɗauƙar mataƙƙai ƙowa a nashi ɓangare ƙo duƙa jama'a tare domin ƙyautata lahiyar gari;
- yin binciƙen matsaloli ɗa tsara ƙunɗin ɓunƙasa lahiyar gari tare ɗa sa hannun mutanen gari;
- ƴemar guɗummuwar mutanen gari ta hanyar tarɓace;
- ƙula ɗa guɗanar ɗa ayyuƙƙan ganɗari na bunƙasa lahiyar gari;
- tattalin arziƙin ɗa aƙa samu ta hanyar guɗanar ɗa ayyuƙƙan ƙunɗin bunƙasa lahiyar gari.

Su yi ciƙon ɓayani ɗa ce wa ayyuƙƙan ƙungiyar na masu cin unhanin ganɗari sun ƙumshi :

- yin ƙunɗin tsarin ayyuƙa;
- yin taro ƙowane wata :
    - ɗomin yin la'aƙari ciƙin tahiyar ɗa ayyuƙƙan ƙundin ɓunƙasa lahiyar gari, ɗa tsara ayyuƙƙan watan gaɓa;
    - ɗomin ɓi-sau-ɗa-ƙafa ƙuɗaɗen ɗa aƙa samu ciƙin guɗanar ɗa ayyuƙƙan ƙunɗin;
    - ɗomin tattaunawa ɓisa ga wasu ayyuƙƙa ɗa ɓa a tanaɗa ɓa ɗaƙe iya ƙawo ciƙas ɓisa lahiya ɗon ɗauƙar mattaƙƙan ɗa yaƙamata;
- ƙiran ɓaɓɓan taro na ɓaɗa laɓari ɓisa ga guɗanar ɗa ayyuƙƙan ƙunɗin ɓunƙasa lahiyar gari ɗa ciwo ƙan wata matsala ɗa gari ya husƙanta;
- ƙiran taruna na ɓaɗa taraɓiya ɗangance ɗa lahiya.

5) Mahalarci ƙo mahalartan horo su ci gaɓa ɗa cewa yana da mahimmanci ci mutanen gari su yi nazari ɗon fiɗɗowar ciƙaƙƙun ɗalillan matsalolinsu. Ɓayan haƙa, su ɓayyana ɗai ɓisa ɗai ɗuƙa ire-iren mahawarorin ɗa za su yi.

La’aƙari :

Mahalarci ƙo mahalartan horo su yi unhani ɗa littafi ɗon tahiyar da aiƙinsu. Gurin aiƙi ɗa su shi ne :

- shiryaɗɗa mahawara ɗa taro zai ƙumsa;
- jan hanƙalin mutane ɓisa ga unhanin mahawarorin;
- sausauta magana tsaƙanin mutane wajen taro.

Mahawara 1: ƙwayoyin cuta

Gurin mahawarar shi ne mutane su yaɗɗa ɗa cewa ɓayan ɓinciƙe, liƙitoci sun gano da aƙwai ƙwayoyin cuta masu taɗarɗar da lahiyar mutun ɗa ɓaɗa gargaɗin ɗauƙan matakkan ƙariya ta hanyar tsaɓta.

Hoton marar lahiya a ƙwance

Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Aƙan samu wataran mutane ƙwance ciƙin gari saboda rishin lahiya?
- Wane irin rishin lahiya ne gari ƙe husƙanta?
- Wa ƙe husƙanta rishin lafiya mafiyawa? (yara, mata ƙo maza)
- Mi an lahanin waɗanga cuta ga mutane ƙo ga duƙa gari?

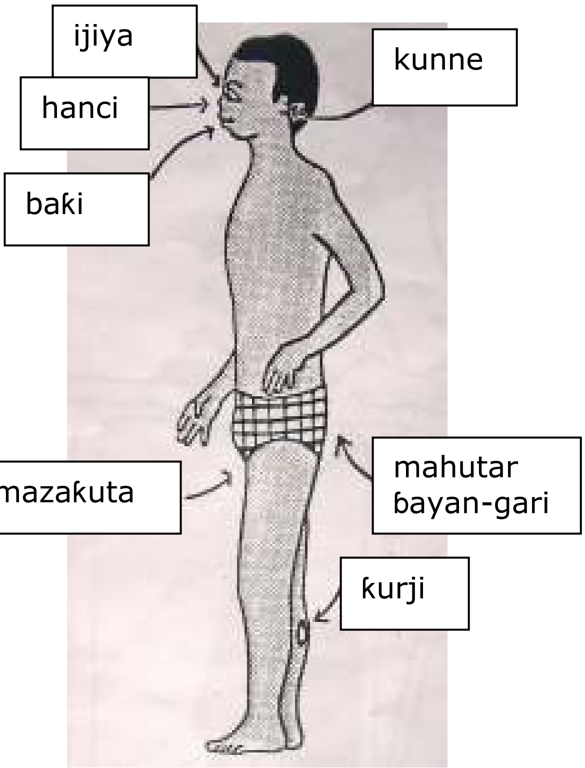
Ƙwayoyin cuta a ɗalillan ƙowane rishin lahiya. Ita ƙwayar cuta ƙaramar halitace ɗa iɗo ɓaya gani sai anyi aiki ɗa tamƙar maɗuɓin liƙita mai ɓaɗa ɗamar ganinsu (a ɗuɓu hoton ƙasa).

<u>Hoton mai aiki ɗa maɗuɓin ganin ƙwayoyin cuta</u>

Tushe: tsarin ɓan hannun ɓunkasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

Ƙwayoyin cuta suƙan shiga ciƙin ɗan aɗam ta ƙowace huɗar jiƙi. Suƙan zama a waje guɗa ɗomin su yaɗu ciƙin jiƙi. Ƙowane malati na ɗa ƙwayar cutarshi, ɗa wurin zamanshi a ciƙin jiƙin ɗan aɗam.

Hoto mai gwaɗin huɗoɗin jiƙin ɗan aɗam



Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

Aƙan samun ƙwayoyin cuta ta hanyar isƙa, ruwan ɗauɗa, ƙasa, amɓo, salte, ɗauɗar hannu, ɗaɓɓoɓi ɗa ƙwarori.

Mahawara 2 : Agana

Gurin mahawarar shi ne mutanen gari su ɓinciƙo ƙansu ɗa ƙansu ɗalillan agana tare ɗa ɗauƙan mataƙƙan riga ƙahi.

Mi ƙe sa agana ?

Saɓoro shi ne ɗalilin agana. Yaƙan sa ƙwai ciƙin guraɓen ruwa, ruwa masu ƙwanci, aɓu mai ɗauɗa, tulin shara ɗaƙe ciƙin giɗa ƙo a ƙewayen gari (a ɗuɓi hoton gurɓin ruwa a ƙasa).

Hoton gurɓin ruwa

Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Ana ganin waɗanga aɓuɓuwa cƙin gari?
- Mine ne lahanin wanga aɓu?
- Mi yaƙamata ayi ɗomin a ƙauce wagga matsalar?

Saɓoro ƙe sama mutun cutar agana ɓayan ya cije mutun. Malatin na ɓayyanawa ta hanyar masassara, zafin jiƙi ɗa ƙe iya riƙitar ɗa mutun hal zuwa ga mutuwa.

Mataƙƙan rigaƙafi ɗangance ɗa agana

Aƙan iya ƙariya ƙai da ƙai ta agana iɗan mutun ya san ɗalillan ta. Ana samu hanyoyin riga ƙahi ɗa ɗama:

- ruhin guraɓɓen ruwa;
- ruhin ramuƙa na ƙorar ruwan ɗauɗa;
- ɓinnar ɗa ɗuƙa wani aɓu ɗaƙe ɓa saɓoro ɗamar ɓuwa a ciƙi;
- ɲoman haƙki ɗa yaƙe fitowa a giɗa ɗa ƙeweyen gari;
- sharar gida ɗa ƙewenshi;
- ƙunar shara ƙo a nisance ta ɗa gari;
- Liƙewar ƙayan sanya ruwa;
- ƙwana a ƙalƙashin giɗan saɓoro mai magani (a ɗuɓi hoton ƙasa);
- sanyawar tuha masu ƙare jiƙi ɗa cizon saɓoro a wajen ƙwana;

- Macce mai juna ɓiyu ta riƙa ɗaukar ƙwayar magani tsawon loƙacin ciƙinta don ƙariyar ƙan ta da ɗan da taƙe ɗauƙe ɗa shi.

Ƙarin ɓayani: ɗa zarar mutun naɗa zafin jiƙi, ciwon ƙai, ciwon gaɓoɓi, amai, jin ɗari ƙo ƙarƙarwa, ya je liƙita ɗa gaugawa.

Hoton macce tare ɗa ɗanta suna ƙwana a ciƙin giɗan saɓoro

Tushe: tsarin ɓan hannun ɓunkasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

Mahawara 3: Cutar guɗanawa

Gurin wagga mahawarar shi ne masu cin unhanin ganɗari su san ɗalillai ɗa lahanukkan guɗana, tare da iya ɗauƙan matakkan ƙariya.

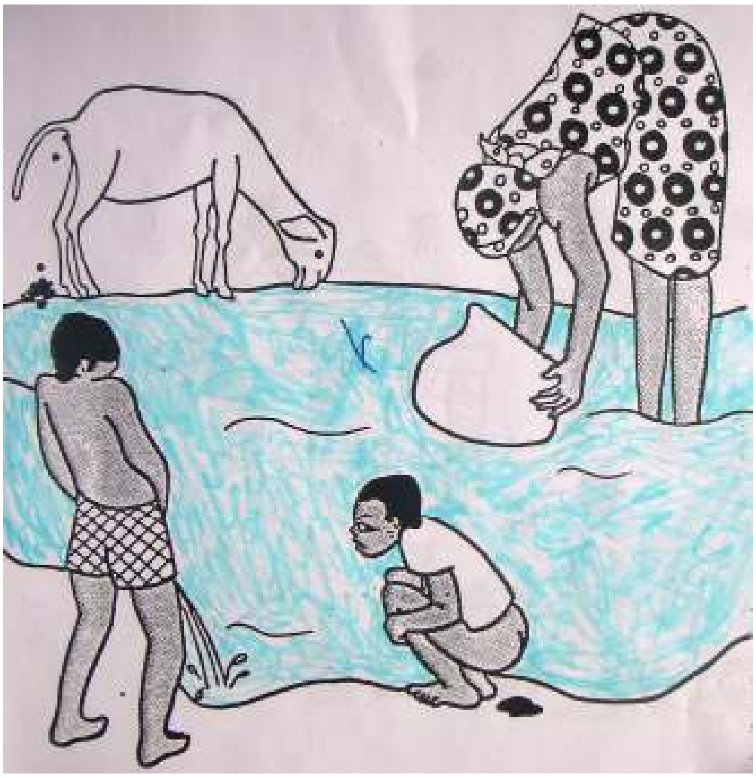
Mine ne guɗanawa ?

Ɗuka wanɗa ƙe ɓayan-gari mai ruwa-ruwa ƙo ruwa tsar so uku ga ini na ƙame da cutar guɗanawa. Mafiƙyau ya tafi ƙo a kaishi asibiti.
Guɗanawa na jawo tamowa ƙo rishin rayuwa ga mutun. Mutun na ƙama tamowa saɓoda a ɓinci na yaɗuwa a jiƙinshi ba tare da ingartattar taciya ba. Bayan haƙa mai ƙame ɗa guɗanawa na ɗaɗɗa buƙatar cin abinci.
Guɗanawa ɓaɓɓar cuta ce, taƙan ƙama mafi yawa masu ƙame ɗa ciwon tamowa.
Guɗanawa ƙan jawo mutuwa ga mai ita, saɓoda rishin ruwa ɗa gishiri ɗa jiƙi ƙe husƙanta ɓayan tahe-tahe na zuwa ɓayan-gari tahaƙa aƙe cewa mutun na da rishi ƙo ƙaramcin ruwa a jiƙi.

Ba ta hanyar maganinuƙa ƙawai aƙe magance guɗanawar yaro ba. Iɗan ya ƙamu ɗa ita a yawanta ɗa ɓashi ruwa ɗa nono uwa in ɓa a yaye shi ɓa.
Iɗan ɓayan sati ɓiyu guɗanawar ɓata tsaya ɓa a nuhi asibiti. Bayan ya samu lahiya wanɗa ya guɗana na buƙatar ƙarin abinci har tsawon sati ɓiyu.

Mi a ɗalilin guɗanawa ?

Hoto mai nuna rowan ɗauɗa



Tushe: tsarin ɓan hannun ɓunkasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Kun taɓa ganin waɗanga aɓuɓuwa wajen ganɗari?
- Aƙwai irin waɗanga tabɓuƙa ƙusan garin ƙu?
- A wane loƙaci aƙe samun waɗanga tabɓuƙa?
- Kun taɓa gani mutunen ɗa ya ƙamu ɗa guɗanawa a ciƙin wannan loƙaci?
  ƙo wata cuta ɗa aƙe ɗauƙa a ciƙin ruwa?
- Wane unhani mutanen gari ƙe yi ɗa tabɓuƙa? (mata, maza, yara)
- Aƙwai mutanen da suƙe aiƙata ayyuƙƙan ɗa muƙe gani ciƙin hoto?
- A naƙu gani ya cancanta a ce masu su canza halaye?
- Yaya yaƙamata ayi domin su yarda?

Hoto mai nuna ɗauɗa

Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Ana ganin irin wanga aɓuɓuwa cƙin gari?
- Mi an lahaninsu?
- Mi yaƙamata ayi ɗon a ƙiyaye waɗanga aɓuɓuwa ?

Wasu ƙwayoyin cuta ɗaƙe ƙamun hanjin ciƙi su a ɗalilin guɗanawa. Suna shiga ta hanyar ɓaƙi, dauɗar hannu, ruwan sha, ƙwalbar shan madara ta jariri, da wasu dauɗar ƙwanonin aɓinci. Wasu ƙwayoyin cuta suƙan fito daga jiƙin yaro a wajen ambo. Idan ba tsaɓta mutun na iya ɗauƙan cuta. Ta haƙa cutar ƙe yaɗuwa.
A taƙaice rishin tsaɓta da wasu halayen mutanen gari sune manya-manyan ɗalillan cutar guɗanawa.

Ta ƙaƙa aƙe ceton wanɗa ya ƙamu ɗa cutar guɗana, ɗa rishin ƙo ƙarancin ruwa a jiƙi ?

Ingartattan hanya ɗa aƙe iya ceton mutun ita ce a ɓashi ruwan gishiri ɗa aƙa shirya domin ya maida ruwa da gishirin ɗa ya ɓaɗɗa a wajen guɗana. Ita ce aƙe cewa husa'a ta maiƙaɗɗa ruwa a jiƙin mutun. Haɗi ne aƙe na ruwa ɗa garin gishiri ɗa aƙa shirya ciƙin leɗa ɗa cewa SRO.

Aƙan haɗa garin gishiri ɗa tsaɓtatacan ruwan lita guɗa (ruwan huwanho, dafaffe, ko na horaji). A ruhe sosai haɗin ɗa aƙa samu ɗon a nisance shi ɗa ƙuje ƙo ƙura. A aɗana shi a wuri mai sanyi. Ana iya sha ɗa zarar an gama duƙ tsawon ini.
In mutun ɓayyaɗa SRO, yaƙan haɗa siga ƙwaya taƙwas, ɗa tsaƙura gishiri yatsa uƙu har sau ɓiyu. Ya garwaya ciƙin tsaɓtatacan ruwan lita guda. In ɓa ma'aunin lita ana iya aiƙi ɗa langa ta miya.
Yanaɗa mahimmanci wajen haɗi, yawan ruwa, yawan siga ɗa gishiri su ɗaiɗaita. Iɗan ana rigaƙahi ɗangance ɗa guɗanawa, ayi unhani ɗa salanginnai, a tsaɓtacesu, a ƙaresu ɗa ƙuda. Ayi ma yara shaushawa ɗagane ɗa ciwon ɗissa, ayi unhani ɗa ƙa'iɗoɗin tsaɓta ƙamar: wanƙe hannuwa ɗa saɓuni, aiƙi ɗa rowan ƙwarai ɗa tsaɓtace yanayi.

Mahawara 4: Sauran cutuƙa ɗa aƙe samu a ruwa

Ana samun ƙwayoyin cuta ciƙin tabɓuƙa ƙo a ciƙin ganɗari. Cututuƙan ɗa aƙe iya ɗauƙa iɗan ana shan rowan ganɗari sune: hitsarin jinni, ƙurƙunu ɗa guɗanawa.
Ɗangance ɗa hitsarin jinni :

- iɗan jinni na fitowa mutun ya nuha asiɓiti;
- iɗan za a rigaƙahin hitsarin jinni :
    - a nisanci hitsari, ambo, ɗa wanƙa ciƙin ruwa masu ƙwanci;
    - a yanƙe haƙƙi ɗaƙe fitowa a ciƙin ruwa inɗa ƙomba ƙe ƙahewa;
    - a sanya ƙubuttai ɗa rigar hannu in za a shiga aiƙin faɗama;
    - a hana yara wanƙa ɗa wasa ciƙin ruwa masu ƙwanci.

Mahawara 5: Ka'iɗoɗin tsaɓta

Shan tsaɓtatacen ruwa naɗa ƙyau ɗomin su na hana a ɗauƙi ƙwayoyin cuta ɗaƙe sa rishin lahiya. ƙenan yaƙamata a ƙare rowan ɗa aƙe sha ɗangance ɗa ɗauɗa mai shiga ciƙi. Kwayar cuta taƙan yawanta ciƙin ruwa ɗa zarar ta shiga.

Hoton tsaɓtattar rijiya

Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Wagga rijiya na ƙama ɗa taƙu rijiya?
- Ina ne ɓamɓancin yaƙe?
- A naƙu gani ya ɗace a ɗauki wasu matakkai ɗa ga cikin waɗanga ga rijiyoyin garin ƙu?
- Wane matakkai akan iya ɗauka ɗa ga ciƙinsu?
- Wane matakkai ƙe son ƙarin cuƙo wajen aiƙatasu?

A riƙa tsaɓtace ranɗuna ɗa aƙe ajiya ƙo ɗauƙo ruwa a ciƙi ɗon ƙariyar ƙai ɗa cuta.

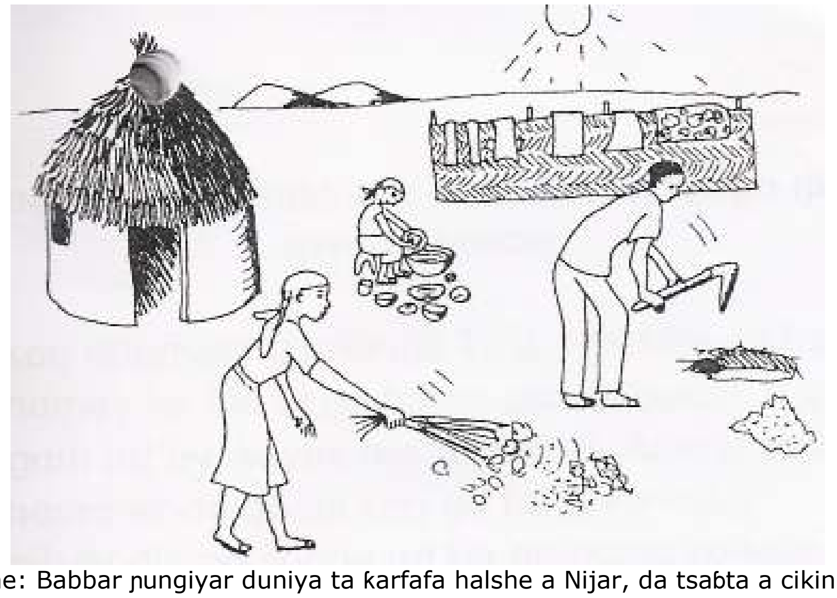
Hoton mace na wanke randa

Tushe: tsarin ɓan hannun ɓunƙasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Ana zanki gani waɗanga aɓuɓuwa ciƙin gari?
- Wa yaƙamata a waye ma ƙai ɗon ƙarfafa tsaɓta a ciƙin gari?
- Mutanen gari su na unhani ɗa saɓuni in suna wanƙe-wanƙen ranɗuna ƙo tasoshi?
- A naƙu gani yana ɗa ƙyau a riƙa unhani ɗa saɓuni in ana wanƙe-wanƙe?
- Mi yaƙamata a cewa mutane ɗomin su yarɗa?

A riƙa sharan giɗaje ɗa ƙewayensu ɗomin a nisanci ɗauɗa uwar cuta.

Hoton macce na sharan giɗanta



Tushe: Babbar ɲungiyar duniya ta ƙarfafa halshe a Nijar, da tsaɓta a cikin gari

- Ana zanƙi gani irin wanga aɓuɓuwa ciƙin gari?
- Wa yaƙamata a waye ma ƙai ɗon ƙarfafa tsaɓta a ciƙin gari?
- A naƙu gani ya ɗace ƙo ɗa yaushe ƙowa ya riƙa share giɗanshi ɗa ƙewayenshi?
- Mi yaƙamata a ce wa mutane ɗon a samu yarɗarsu?

Ta ƙo ina ana samun ƙwayoyin cuta (ciƙin ƙasa, ga ɗaɓɓoɓi, ciƙin amɓo, ciƙin sauran aɓinci ɗa ya jima aje).
Aƙan ɗauƙa cuta mafiyawa ta hanyar hannu, jiƙi tuhahi, ƙwanonin cin aɓinci…
Saɓuni ƙo na gargajiya ne yaƙan ƙashe ƙwayoyin cuta. Ƙenan yaƙamata ayi unhani ɗa shi ƙahin ayi aɓinci, ɓayan an ƙare aɓinci ƙo in anyi amɓo. A riƙa unhani ɗa shi, in ana wanƙi na tuha, jiƙi ƙo ƙwanonin aɓinci.

<u>Hoton mace na wanƙe ma yaronta hannuwa</u>

Tushe: tsarin ɓan hannun ɓunkasa lahiya ɗangance ɗa lahiya ɗa tsabta / Tilaberi

- Yaya, ana zanƙi gani waɗanga aɓuɓuwa ciƙin gari?
- Wa ya ƙamata a waye ma ƙai ɗon ƙarfafa tsaɓta a cƙin gari?
- Yaya, mutane na unhani kullum da sabuni in suna wanƙe hannuwa? Jiƙi? ƙo tuhahi?

- Yaya, a naƙu gani yana ɗa ƙyau ƙowa ya riƙa unhani ɗa saɓuni iɗan zai yi wanƙe-wanƙe?
- Mi yaƙamata a ce wa mutane ɗon su yarɗa?

Gyaran ruwan ganɗari

Aƙwai matakkai ɗa ɗama ɗon tsaɓtata ruwan ganɗari:

- A tace ruwan

  - Aƙan ɗama farin ƙyalle a ƙan ranɗa ƙo a ɓoƙiti, sannan a tarara rowan;

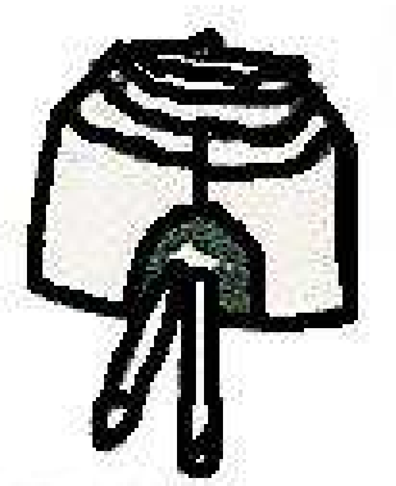
  - Ana iya unhani ɗa husa'ar tacewar ruwa ɗa husa'a mai hawa-hawa, ƙamar ta hanyar unhani da ƙasa, ƙanana ɗa manyan ɗuwatsu, ɗa gawai: aƙan azasu hawa-hawa ciƙin randa, boƙiti, ƙo ciƙin tillallar ƙwarya daƙe hana ƙwayoyin cuta hicewa wajen taciya.

  Ga yaɗɗa aƙe ajin: aji na farko, a shinhiɗa ɗaiɗaitun ɗuwatsu, na biyu, a aza ƙananan ɗuwasu, na uku, a aza ƙasa, na huɗu, a aza bakin gawai. Ɓayan haƙa a zuɓa ruwan. Amma yaƙamata a wanƙe ɗuwatsun ɗa gawai ƙafin a soma aiƙin.

- A ɗafa ruwan

A ɗafa ruwa ƙamar misali minti 30 yaƙan ƙashe ƙwayoyin cuta. A ƙan samu ta haƙa tsaɓtatacan ruwa ɗa aƙe iya sha ɓa tare ɗa ƙusƙure ɓa.

Hoton ana ɗafa ruwa ɓisan murhun zamani



Tushe: Binciken dausayoyin yankin Sahel a jamahuriyar Nijar

- Unhani da ruwan jaɓel

Aƙan iya gyaran ruwan ganɗari ɗa maganin ɗa aƙe cewa ruwan jaɓel. Yaƙan ƙashe ƙwayar cuta sosai ɗaƙe ciƙin ruwa.
Ga yaɗɗa aƙe unhani ɗa shi:

- hanya ta farƙo: a garwaya raɓin lita na ruwan jaɓel ciƙin lita ɓiyu na tsaɓtatacan ruwa;
- hanya ta ɓiyu: ga ɗuka wani boƙiti mai ɗauƙan lita goma aƙan iya zuɓa aunin ƙoshiya guɗa na gyararren ruwan jaɓel. A sha ruwan ɓayan minti ɓiyar.

Ginar salanga

Mutanen gari su ƙarfafa tsaɓtar yanayinsu ɗomin su ceci ƙansu ɗa wasu cutuƙa. Saɓoɗa haƙa yaƙamata su gina salaginnai, su yi unhani ɗa su, su tsaɓtacesu, su ƙaresu ɗa ƙuɗa. Tahaƙa za a samu tsaɓtatacan yanayi ɗa ɓaɓɓar ƙariya ɗangance ɗa cutuka.

Hanya ta huɗu: Ɓan hannu a ciƙin tsarin ƙunɗin ɓunƙasa lahiyar gari

Mahalarci ƙo mahalartan horo za su rubuta ɗuƙa wata matsala ɗa za a gayi masu wajen taro. Ga ƙo wace matsala su aza tamɓaya ƙamar haƙa:

1) mine ne ɗalillan matsalar?
2) wa yaƙe iya magance wagga matsalar? (wani, ɗuƙa gari, maza, ƙo mata?)
3) wane irin ayyuƙka yaƙamata ayi ciƙin gari ɗon a magance wannan matsalar?

Ɓayan haƙa mahalartan horo za su ɗafa ma masu cin unhanin ganɗari su tsara ƙunɗin ɓunƙasa lahiyar gari ɗa ya ƙumshi aɓuɓuwa ƙamar haƙa:

- lamɓoɓin ayyuƙƙan da aƙa tanaɗa
- ayyuƙƙa ɗa aƙa tanaɗa
- ƙananan ayyuƙƙan ɗa aƙa tanaɗa
- ƙayan aiƙi
- loƙacin aiƙatawa
- shugaɓannin aiƙata ayyuƙƙa
- Kuɗi
- hanyoyin samun jalli

Misali na ƙunɗin ɓunƙasa lahiya: shekara 2008

Lamɓa	Ayyuƙƙa ɗa aƙa tanaɗa	Ƙananan ayyuƙƙa ɗa aƙa tanaɗa	Kayan aiki	Loƙacin aiƙatawa	Shugabannin aiƙata ayyuƙƙa	Ƙuɗi	Hanyoyin samun jalli
1	Sharar gari	1.1 Ɓada labari 1.2 Sharar gari so ɓiyu a ƙowane wata	Tsintsiya 50, rato 4, helu 4, ɓaro 1	Janairu Janairu zwa Disamba	Waƙilin gari	Mai shela:ɗala 40 x 2 x wata 12 = jiƙa 4 ɗa ɗala 100 ɗa 60	Tarɓacen mutanen gari
2	Ƙewaye baƙin rijiya	2.1Waye ƙan jama'a 2.2 Ginar baƙin rijiya	Ƙai na ƙaren hatsi 5, naɗin yaggiya 5, ƙaran icce 30	Fabarairu Fabarairu	Wanɗa ya samu horo	Yaggiya : ɗala 40 x 5 = jiƙa 1	Tarɓacen mutanen gari
3	Ginar salanga ta jama'a	3.1 Waye ma jama'a ƙai 3.2 Ginar salanginnai	Helu 4, ɗiga 10, ƙwalin siminti 2 itatuwan ratse 8	Maris Maris	Waƙilin gari	Siminti na jiƙa 6 x 2 = jiƙa 12	Tarɓacen mutanen gari
4	Gyaran ruwa	4.1Waye ma jama'a ƙai 4.2 Gwadin yanda aƙe gyaran ruwa	Kyalle, ruwa, randa, boƙiti ƙo tillallar ƙwarya, ƙasa, ɗutsi, gawairuwan jaɓel, ɓutali na lita 1	Janairu Janairu	Waƙilin gari	-	-
5	Taron ƙoya taraɓiya ɗangane ɗa lahiya	5.1 Ɓada labari 5.2 Tsara taro 6 na ƙoya taraɓiya ɗangane ɗa lahiya	Hoton ɓaɗa ɓayani	Janairu, maris, mayu, juli, saptamɓa, noɓamɓa	Wanɗa ya samu horo	-	-
	Jimilla					Jiƙa 17 ɗa ɗala 100 ɗa 60	