

Oluteni la twaalela oimuna ihapu moshitukulwa shaMusati



Ngolonea woshitukulwa shaMusati Sophia Shaningwa.

Efano: Naupita Ashipala

OUTAPI. Ovanafaalama vahapu moshitukulwa shaMusati ova liukata ashi oimuna yavo tai pu ka kookumba .

Omaufita oimuna omayuyi mahapu , i li adjo yauxupilo wavanhu momikunda oya fya ,naai ya xupa pa oya utama nai, tashi dulika itai fiki koshilemo.

Oshitukulwa shaMusati, angashi oitukulwa ikwa yashilongo ya dengwa koluteni lancudo, oimuna ota yi eelala tai kongo cunapelo, ihapu oya fya aukumba, eembadwa namakipa okwa napakana apashesi.

Eandongi nado oda kumbala, monemidingonoko otamu Induka edimba lidjuu, noshidjuu kaovene va tongolala kutya shaye shill sha fya. Oovene voimuna ova loloka okutumba aukumba, vahapu ova uda nai makutala oimuna yavo tai fi oshita ilo ya lambafano nayuunda ihapu oi na ku idiliwa. Qwanaimuna itava dula vali ku landifa ombela, ova lulilwa komakumba taa nyika , ambelela ihe na mulyo, tai laka ashike keembwa; Epangalo ota yandja oshimaliwa shokukwafela mexupa leembala, ashike ova va peva oshinakuwanilwa shexupo lado itava wanifa pu alango peimba. Keembinga dimwe doshilongo ovonhu itava teka momatala nomamingheka.

Payeyele va yandiwa kovanambelewa ovayandjimeyele va dia kehangano laAfrica Adaptation Project, Namibia okwa faneka ku hula pu oprojekta yakwaandaneka omeva okwa ifika ka2020.

Pokafi apo ota kundana kutya, ngolonea woshitukulwa shaMusati Sophia Shaningwa, okwa pula etatululo kutya amolwashike ehangano loNamWater noNamPower a dopa ku wanifapo elombwelo lempango. Okwa pula kutya, amolwashike itaku wanifwa pu slombwelo eli, nomolwashike avakwateli komesho vashwana itava lambwelo.

Shaningwa omu pawa nakansele woshikandjaho olola shaNesi nomukwatakanifi wangudu yoSWAPO moshitukulwa ova ite kengaba daNamibia naAngola koMohenene va tale nghee ondodo yameva momulanga ya uka koshitaka . Okwa langekida evainginia va lalulule okanal nekwa longikida oshimaliwa shokulongifwa maprojekta yopaulumomhumbwa.

Pehavelo laJuli, Omuprima amundokotola Hage Gaingob pamwa nominiitafi yoshikando shOunamapya, Omeva nefiloshiso loushiwe wotwa, John Mutorwa ova ka talele onghalo yameva moshitukulwa shaMusati tava yandje elombwelo kutya, ashiwana noimuna noshi taineka ku longifa omeva omEtaKa taa pambelwa mo okudja koCalueque .

Etaka olo hali pambelwa omeva haa di koCalueque, oshali andjaneke yo omeva kuJuvudhiya nomomukangaha, ama muha na meva paife neapomba dihapu domeva momikunda,oda pata molwa aengungo da londa.

Shaningwa ota pula enyamukulo kutya amolwashike amahangano loNamWater, loNamPower a dopa ku wanifapo elombwelo lempango. Okwa pula kutya, amolwashike itaku wanifwa pu slombwelo eli, nomolwashike avakwateli komesho vashwana itava lambwelo.

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Omunambelewa omukwatakanifi kehanganano loNamWater, John Shigwedha eshi a nyamukula okwa fi, oNamWater itai kengelele epangalo, ndee oku li melongikido lakupomba omeva a uka mOlushandja/mEtaKa taa ende kanini. Omeva itaa ndoda shashi ape na omikala di na ku landulwa nangaashi sha pitikwa kovaleli. Ota fi, okwa pumbiwa alusheno lo wana okupambela omeva mahapu mOlushandja . Otaku pumbiwa vali orihete apo tapa tulwa apomba anhi-2, tai kwakwanifwa nomimono tamu pitile omeva, naithe ngea ya pu nana ashiwana otashi dula ku andjanekelwa omeva.



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Owi iputile ngaa mibela kutya...

Otandi yi oompwangu?

Oshike mbeta sha puka kungame?

Oshike sha puka kumakula gandje/kumu-kwetwi?

Oshike sha puka komuwandje?

Tameka onkalamwenyo yoya patumwa, na jalula esiku kehe ongonkalamwenyo yi ikalela.
-Senega
Mauryini ahuhe aanlu ohaya mono uvdhigu nonkondo oku ungaunga naashoke tashi putwa koonkalamwenyo dhawo dha thindekana. Oshilenduli kinilina mbika oho shoka kutya, onkolehawa yawa, yokokutu, yopamedhiladhilo, noyo-pashigwana otayi gumwa negamuko.
Oiwidji nantu ohaya ka konga ekwalho lyopsanamili uuna taya eheme komeshu, ihe ohaya dimbwa uundjolewelo wawo wopamedhiladhilo nowopamakiyo. Ashika, omasokepeka oga kala aluha laga opole ekwatathano pokati kuwehama wopalulu nokalo yuundjolewelo wopamedhiladhilo. Omakwasno, ukwalya ahuhe wopalulu nowopamedhiladhilo, owa pumbwa okupe- ngwa oyo omuntu a kale nuundjolewelo.

Okwamaupyakadhi geni omuntu ta vulu okukonga ekwatho lyopausaikologi?

- Oshindwene otaya vulu okukonga ekwatho oku-
 - ungaunga oshindwene noshu wo momampumomu-mwe gomomangumbo, nokifanga.
 - ungaunga nekanihilo noshu wo oshindwile.
 - shindwile momakwe-gengkwangano nuumbanda.
 - ungaunga niningwanina ihilalili.
 - inziphila ehinkelano mwana, noshu wo omukumbo.
 - koloka ekwatathano lyopantu
 - ungaunga nomaupyakadhi ge na ekwatathano nelongitho lyokoloha nlinganganihilo.
 - ungaunga nomikili omidhigu.
 - ungaunga nokhodhi
 - ungaunga nomakundu dhopahulu
 - ungaunga nondjahi nononkalamkano-ngo
 - ungaunga nomadhiladhilo geshilipigo noho wo omikato dha tya ngeakwa.
 - ika twama nenge omaupyakadhi guundjolewelo.
 - aluka kevundakano lyokulya.
 - ungaunga nikonenene honcmathimiko.

Onokukala pamwa otaya vulu ya konge ekwatho oku-

- tunga pu ekwatathano tali nyanyuda
- kindulula amakwatathano gawo
- ungaunga nomipumomumu nenge okwasha uvathana.
- ungaunga ninima yopethulo.
- uvathana kombinga yomadhiladhilo pokutopawa nenge okuhangathana.

Omafili otadhi vulu okukonga ekwatho oku-

- Oku opaleka omushigu momkwatathano.
- Oku ungaunga nokkale ya nikshangano.
- Oku uvatoka etopoka, ehangalithano nenge okakomunono.
- oku iglita omaupyakadhi ngano haga zi moafanti dha mowangwa murwa.
- oku ungaunga nomaupyakadhi ge na sha nelongo lyeeona, okumbaba nompeandjopo.

Ehe-oo, amolwashike ndi na oku ka mona omunawino gwopausaikologi? OMADHEULO.

Aanawino gwopausaikologi ohaya mane omdheulo githwapo gotiwo hamano mo-uiveesiti, mwa kwelwela omivo mbali dha zimhwa dhokwilongela pevi uusaikologi, nomumvo gumwa la longo ta talelwa. Uunkukungu nongushu yuupondoli.
Aanawino yusaikologi oya mane omdheulo gwovina mokupekapeka, moku-nulha noshu wa mokupeka ekuyungu lyopamedhiladhilo oshu wo omaupyakadhi omakwasno gwopausaikologi. Copulana dhopangano odha kwelwela mo ompangano gimakudhi ogendji, oshu wo utengika mboka wa halala yuupondoli. Omayekulo ngaka oga na ongushu ga fe epango lyomiti, nongele oga langithwa ehimbo sha otashi vulika ga pandula shashi anulu mbano haya nu omi otashi vulika ya gabulwile komukilifi ngaka okuzwa sha ya eha pu okuwa omi.

EINKELATHANO

Oshika sha kundathano oshapinekelathano nokashi na okuholelwa yawa nupwasha na ozimino yanakupangwa tya shangwa.
LUUTHENEA WOKULONGA
Oveta oyu utra kutya, omunawino gwopausaikologi na kale a shangithwa no - Health Professional Council of Namibia (HPCNA) oyo a wape okukale ta longo. Ehilangano lyo-HPCNA oyo hali utra imakugwanitwa yaanilonga yuundjolewelo, tali shilapeka omuthika gwolonge, tya tali gamene wo ukwalya wakwashiwama.
Shono hatu zhana oshhotekwa ehanyanyu, kashi shi wa oshhotekwa shi vulithe pehato lyetu okuhogoloka onkalamwenyo.
Leo-Buscaglia.

Omuntu ota vulu okutegolela ashike?

- Oshige shotango oiwidji otashi kete ashike sha kwelwela mo ombinga yokupoya omaupyakadhi nokumona omauyelee kombinga yandjanomwa ya- nakupangwa yopausamili nomapango ngo a pawa.
- Pethimbo lyoshikando shotango opo na okukundatharwa nomuyakulwa, oompangalo dhopangano lyalongo henge nafamili.
- Omunawino guundjolewelo ata vulu wo e ku, tumine kaanawino yawa yopausamili.
- Omungwino gwopausaikologi otashi vulika wo a pula pu ningwe etsakanano niyo yitwa yomafili.
- Oshike vulika nakupangwa a pulwe a gwanitha pu omekonakono gontumba gwopausaikologi, nenge a yamukule ombepa yomapulo.
- Omunawino gwopausaikologi ata vulu okutengeneka omwaali gwikando moyoka nakupangwa e na okuholoka kehungomwenyo, ndyoka tashi vulika fi ka eithe sigo omizemo yashili nomaupyakadhi ganakupangwa.
- Omampela okutimwa kule, nongashi wo omikato dhopungwino gwopausaikologi ndhano la longitha, iniima mbaka oyo tuyi ulha ashikalmo shokuholoka kepango, shoka tashi vulika shi kwelwela mo onkundathano, omafeneko, inakupwanitwa nenge omayipuko gontumba.
- Conakuyakulwa otashi vulika wo ya pulwe ya ninge pu inakupwanitwa yontumba pethimbo lyetsakanano, notashi vulika wo amafili yi kulthe ombinga migangni mbika.
- Conakuyakulwa yermwe otashi vulika ya pumbwa ehungomwenyo lyethimbo efupi (likando hamano sigo ikando omulongo), ashike yermwe otashi vulika ya pumbwa ehimbo eha lyoku hingwa omwenyo, shi ikolela kutya uupyakadhi owa shike pent.
- Poomplo chirmwe oshike vulika wo ehungomwenyo lyoshikando ehimwe fi kele iye gwena, okuyakula asyakulwa nokugandja omauyelee ku ulilako noga pumbwa.

INKUKUGWANI-THWA YANAKUYAKU-LWA OYINI?

- Nakuyakulwa:
 - Na kale i hula mepango ya na holke komatsakanano agehe ngo gu utwaha.
 - Na kale u uvite ko opulana yepango, ye na holke iniima mbyoka ya pu-mbwa okuyelthwa.
 - Okwa pumbwa a kale ha gwanitha pu ihigithwa yesiku.
 - Dshu pumbwa a ketele etsakanano omanga ku na opwili 24.

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