

Igikorwa co Gukiza ubuzima

Ivyo umuntu wese ategerezwa kumenya ku bijanye n'igikorwa co guhagarika ukuvirirana ku muntu yakomeretse



Utegerezwa kumenya ko umutekano wawe ukwiye.



Rondera **ahariko haravirirana amaraso hashobora gutuma umuntu ahasiga ubuzima.**



Hoba hari agasandugu k'ibikoresho vy'ubutabazi bw'intango?



Oya



Ego



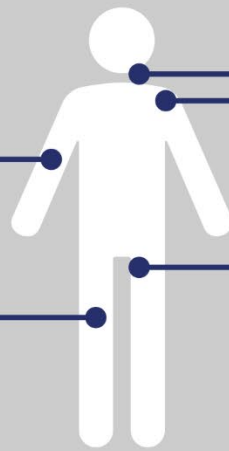
Koresha igitambara ico ari co cose gisukuye.



Tenga bukebuke
Tenga ukaze
ufatishe ku gikomere.

Mbega yakomeretse hehe?

ku kuguru
(Ku murundi)



Kw'izosi ku rutugu mu mbavu

Agakoresho ko kubuza amaraso kuva karahari?

Ego

Oya



Gatenge hejuru yahariko harava amaraso.



Tenga neza
gushika amaraso aretse kuva.



Shira ipansuma ku gikomere ukoreshe ipansuma ibuza amaraso kuva (ipansuma ibuza amaraso kuva) niyo (ikoreshya), ipansuma iyo ariyo yose, canke igitambara gisukuye.



Tenga bukebuke
Tenga ukaze