AJECL asbl
Association des Jeunes de Saint Charles Lwanga
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"Mens Sana in Corpore Sano"

UKO UMUNSI WA KABIRI W'AMARUSHANWA YA GWIZAMAHORO CUP MURI PAROISSE YA RUHUHA WAGENZE 25 Kamena 2023

Hari hateganijwe imikino 4.

AMAKIPE	IKIBUGA	Uko batsindanye
Ikipe y'abakobwa ba Ruhuha – Ikipe y'abakobwa ba Mareba	Kindama	Ruhuha yatsinze Mareba igitego kimwe ku busa
Ikipe y'abahungu ya Ruhuha – Ikipe y'abahungu ya Mareba	Kindama	Ruhuha yatsinze Mareba ibitego bibiri ku busa
Ikipe y'abakobwa ya Ngenda (Nyarugenge) – Ikipe y'abakobwa ya Nziranziza (Shyara)	Warasubitswe	-
Ikipe y'abahungu ya Ngenda (Nyarugenge) – Ikipe y'abahungu ya Nziranziza (Shyara)	Warasubitswe	-

Nyuma y'umukino wo kwishyura wo kuri iyi taliki ya 25 Kamena 2023, ikipe y'abakobwa ba Ruhuha yakomeje muri ½ .

Ikipe y'abahungu ya Mareba yakomeje muri ½.

Amakipe iy'abakobwa ya Mareba n'iy'abahungu ya Ruhuha bizahura n'amakipe azatsindwa mu itsinda B (Ngenda, Nziranziza)havemo izizakomeza muri ½.

INYIGISHO YATANZWE

Inyigisho yatanzwe yibanze ku byiciro abantu ubwabo bishyiramo hagendewe ku myitwarire yabo ku muhigo w'imfura z'ikinyejana cya 21 wagizwe insanganyamatsiko y'iri rushanwa: "Imfura z'ikinyejana cya 21 tubyirukiye gukina no kubana, ntitubyirukiye guhangana no kurwana". Hagamijwe kwimakaza umuco w'ubuvandimwe n'amahoro mu rubyiruko rw'ikinyejana cya 21.

Igice cya mbere cy'inyigisho cyaranzwe no kwibukiranya inyigisho yo ku munsi wa mbere: umuco wo kuramukanya mu ndamukanyo y'umuryango wa AJECL itera inkunga iri rushanwa igira iti: Gwiza amahoro – Tuyagabe, n'umuco wo kwibwirana wimakaza umuco w'ubuvandimwe, aho uwo ndiwe n'icyo mfana n'abandi biza mbere y'icyo ndicyo mu muryango nyarwanda mu nyungu zange n'iz'abandi.

IBYICIRO ABANTU UBWABO BISHYIRAMO HAGENDEWE KU MYITWARIRE YABO KU MUHIGO W'IMFURA Z'IKINYEJANA CYA 21

Imfura z'umugisha, Imfura z'umugayo, Inshuti magara z'ikinyejana cya 21, Abahemu b'ikinyejana cya 21.

1. **Imfura z'umugisha**: Umuntu wese ubarirwa mu mfura z'ikinyejana cya 21 wiyumvamo ishyaka ryo kubana neza n'abandi niyo baba badahuje imyumvire cyangwa ibitekerezo akunva yakina nabo ariko atahangana nabo cyangwa ngo arwane nabo kuko bitabereye imfura z'ikinyejana cya 21. Akunva baganira kubyo batabona kimwe bagashaka aho bahurira bakabana.

2. **Imfura z'umugayo:** Umuntu wese ubarirwa mu mfura z'ikinyejana cya 21 ubyirukanye amashagaga yo guhangana no kurwana n'abo yakumva ko badahuje imyumvire n'ibitekerezo; ubyirukanye urwango , inzika n'umujinya byamugeza kukuba yagirira nabi abandi.

3. **Inshuti magara z'ikinyejana cya 21**: umuntu wese ubarirwa muri ba bucura b'ikinyejana cya 20, ubona ashishikajwe no kurera neza urubyiruko, ngo ruzavemo abantu bazima babana neza, bakina, bazirana no guhangana no kurwanana cyangwa kwicamo ibice.

4. **Abahemu b'ikinyejana cya 21**: umuntu wese, ubarirwa muri ba bucura b'ikinyejana cya 20, ushishikajwe no gutoza urubyiruko gukura rugira abo ruhangana nabo, ndetse akarutoza kurwana n'abo yita ko badahuje imyumvire, ibitekerezo cyangwa amateka. Uyu akaba afatwa nk'udashakira amahoro ikinyejana cyacu kuko yagikururira ibibazo nk'ibyo cyagize mu binyejana bishize!

Mu mwanzuro urubyiruko rwashishikarijwe kujya rusesengura ibyo rutozwa ruhereye kuri ayo mazina 4 maze rugafashanya kuba imfura z'umugisha zigendera ku nama nziza z'inshuti magara z'ikinyejana cyacu.

Ni muri uwo muhigo kandi bakangiriwemo gukina imikino yabo yose, kuburyo ubuvandimwe bafitanye budahungabanywa n'ishyaka ryo gutsindana. Aha basabwe kwirinda ihame ryo mu mikino isanzwe, aho ubura umupira ugatera akaguru. Bashishikarijwe gukina neza, bumvishwa ko aho kuvuna mugenzi wawe, wamureka agatsinda igitego kuko ubuzima bwe bukurutira gutsindwa igitego.

IKIGERERANYO CY'ABAGEZWEHO N'UBUTUMWA BW'UMUNSI

Abakinnyi bari hagati ya 30 na 40

Abaje kureba umupira Ku kibuga cya Kindama, haje abasaga 600

Imikino yo kwishyura iteganijwe ku cyumweru taliki 02 Nyakanga 2023

AMAKIPE	IKIBUGA	ITALIKI
Nziranziza – Ngenda	Mu Kiyovu (Nziranziza)	02 Nyakanga 2023

MUGWIZE AMAHORO TUYAGABE MU KINYEJANA CYACU

PADIRI IYAKAREMYE Theogene

Ushinzwe urubyiruko muri Paruwasi ya Ruhuha

The founder of AJECL

Amafoto: