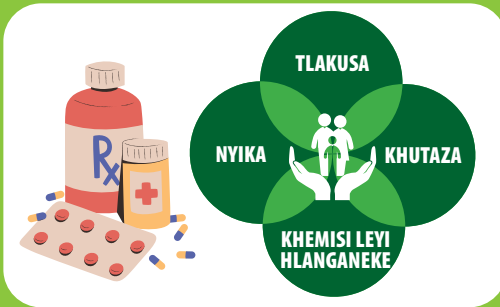


N'hweti ya Khemisi 2023

Khemisi Leyi Hlanganeke eku Tlakuseni ka Nhlaysi wa Rihanyo eka Vavabyi



TLAKUSA

DYONDZO YA RIHANYO



Vulavula na muendli wa mirhi hi mayelana na ku hlamba mavoko ya wena hi ndlela leyi faneleke naswona nkarhi na nkarhi
Ku hlaysa mavoko ya wena ya tshama ya basile swi nga sivele vuvabyi byin'we eka byin'wana na byin'wana bya nthlanu bya ku hefemula.

NYIKA

Ku Kuma Vutshunguri byo Sungula



Muendli wa mirhi ya wena a nga ku nyika vukorhokeli bya nhlaysi wa rihanyo bya xiyimo xa le henhla byo ka byi nga durhi.
Muendli wa mirhi ya wena a nga kambela mimpimo ya chukele ra ngati ya wena na tshikelelo wa ngati ya wena.

NYIKA

Mirhi ya nsawutiso



Mirhi ya nsawutiso yi hlaysikile naswona ya tirha eku siveleni mavabyi yo tala. Vulavula na muendli wa mirhi ya wena hi mayelana na leswaku hi yihi mirhi ya nsawutiso leyi wena na ndyangu wa wena mi faneleke ku yi kuma leswaku mi tshama mi hanyile kahle.

KHUTAZA

Swivutiso swa Mirhi



Vutisa muendli wa mirhi ya wena loko u ri na swivutiso swihi na swihi hi mayelana na mirhi leyi u yi tekaka. Byela muendli wa mirhi ya wena loko u hlangana na switandzaku swihi na swihi hi murhi wa wena.

KHUTAZA

Xiyaxiya Swidlaya-switsongwatsongwana



Swidlaya-switsongwatsongwana swi tshungula ntsena mintlulelo ya xitsongwatsongwana. Swidlaya-switsongwatsongwana a swi tiri ku lwisana na mavabyi lama vangiwa ka hi xivirisi ku fana na mukhuhlwana.

80%

Kwalomu ka 80% ta swidlaya-switsongwatsongwana leswi tirisihwaka eka vanhu swa nyikiwa eka vukorhokeri bya le henhla. *

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**Nhlaysi wa Rihanyo wa Xiyimo xa le Henhla eka Hinkwavo
Vutisa muendli wa mirhi ya wena ku kuma vuxokoxoko byo tala
kumbe u langutisa laha eka tluka ra xikoweto**



* http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0256-95742015000500033



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