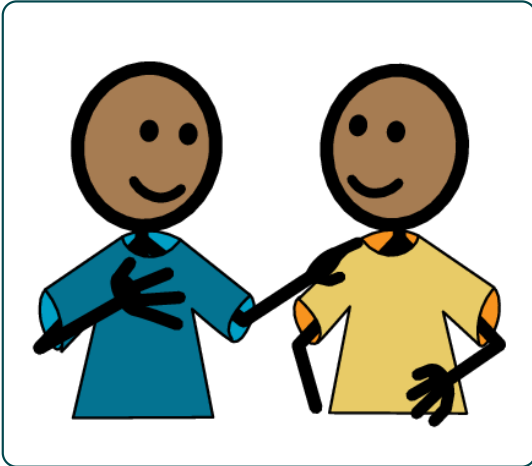
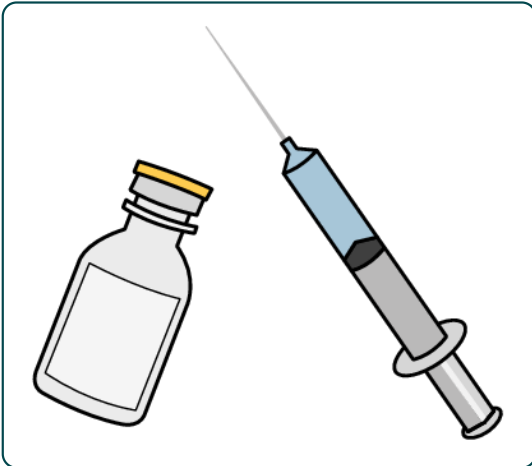


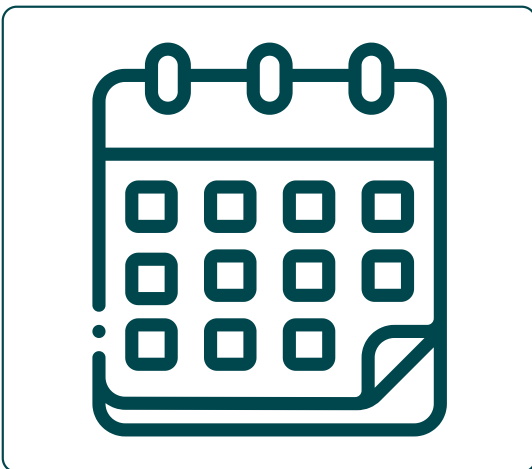
# Guhabwa urukingo rwanjye



**Ndashaka kwirinda no  
kurinda abantu bandi hafi  
kurwara.**

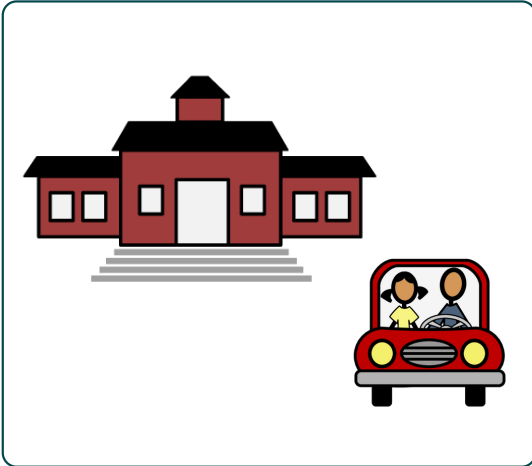


**Urukingo ni umuti urinda  
abantu kurwara.**

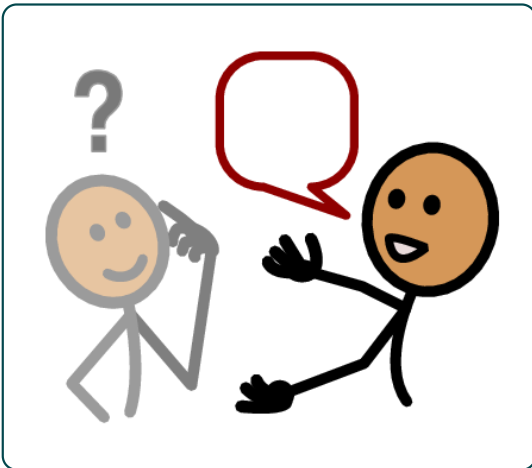


**Rimwe na rimwe ukenera  
urukingo rumwe gusa mu  
mwaka, rimwe na rimwe  
ukenera nyinshi bitewe  
n'urukingo.**

# Guhabwa urukingo rwanjye



Nshobora gukingirwa kuri kuri farumasi iyo ari yo yose, ku muganga uwo ari we wese, cyangwa ku ivuriro iryo ari ryo ryose.

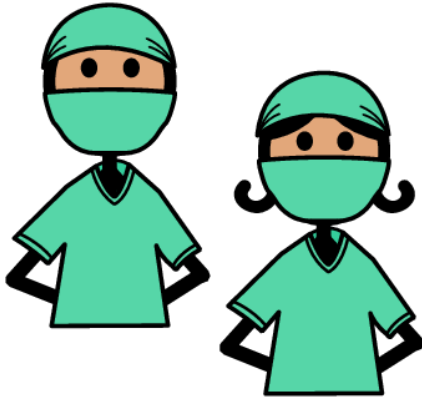


Nzinjira mu nyubako niyandikishe ntanga izina ryanjye, itariki y'amavuko, kandi nsubize ibibazo mbajijwe n'ushinzwe kumfasha.



Umuryango wanjye ushobora kumfasha kwiwandikisha. Ushinzwe kumfasha azanyereka aho ngomba kujya. Nzajyana n'ushinzwe kumfasha n'umuryango wanjye.

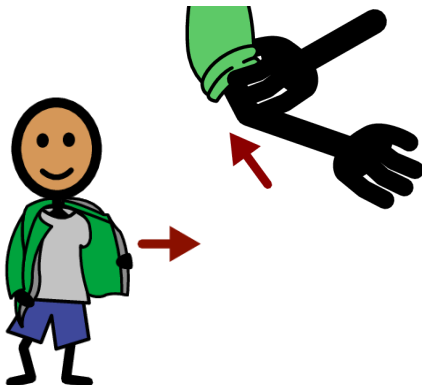
# Guhabwa urukingo rwanjye



Abashinzwe gufasha  
bashobora kuba bambaye  
amakanzu, uturindantoki,  
n'udupfukamunwa.

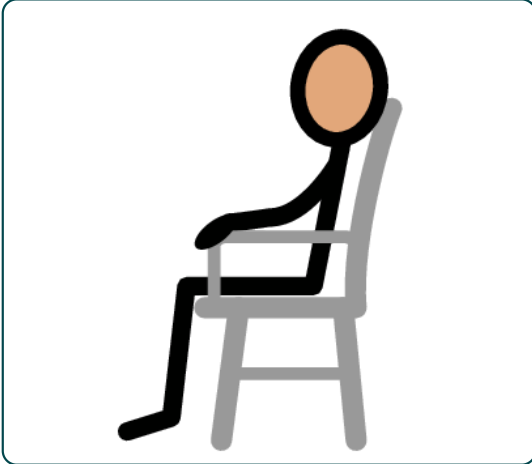


Nubwo ntashobora kubona  
amasura yabo, abashinzwe  
gufasha banejewe cyane no  
kubona.

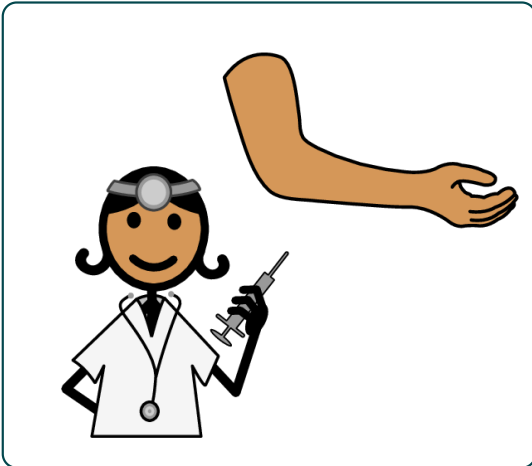


Nzahina nzamura ukuboko  
kw'ishati yanjye cyangwa  
nkuremo ikoti ryanjye igihe  
cyanjye nikigera.

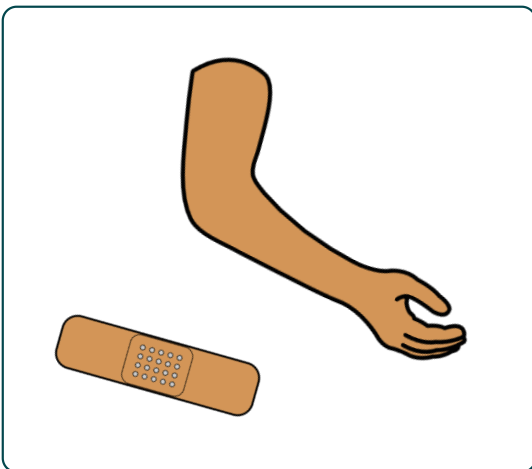
# Guhabwa urukingo rwanjye



**Nzicara mu ntebe.  
Nzagerageza kuguma hamwe.**

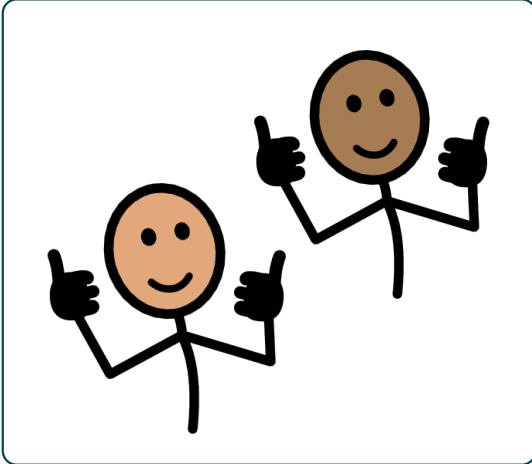


**Umuforomo azantera  
urushinge. Nshobora kumva  
uburibwe igihe urushinge  
rwinjiye mu kuboko kwanjye.**



**Umuforomo azashyira igipfuko  
ku kuboko kwanjye.**

# Guhabwa urukingo rwanjye



Umuryango wanjye uzanezwa cyane n'uko ndimo kwirinda kurwara.



Nshobora gusabwa gutegereza iminota 15 nyuma yo gukingirwa. Nshobora kubasha kugenda nyuma yo gukingirwa.



Nshobora gukomeza kwirinda no kurinda abandi nkaraba intoki. Ntewe ishema no kwikingiza.

