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MINISANTE yijeje gutanga serivisi zinoze kandi zegereye abaturage

Ikinyamakuru Imena giharanira iterambere ry'umugore Florence Tel: +250780556892 Email: flo06@yahoo.com jounalimenaa1@gmail.com Website: imenanews.com

Perezida Kagame yasezeye Ambasaderi wa Portugal wasoje imirimo ye mu Rwanda

Perezida wa Repulika y'u Rwanda Paul Kagame, yasezeye kuri Ambasaderi wa Portugal, Luisa Maria Machado da Palma Fragoso, wasoje imirimo yo guhagararira igihugu cye mu Rwanda.

U Rwanda na Portugal ni ibihugu bisanzwe bifitanye umubano mu bya dipolomasi, watangiye ku wa 12 Gashyanyare 1976.

Ni amakuru yatangajwe mu ijoro ryo ku wa Gatanu, tariki ya 6 Gashyantare 2026 n'Ibiro by'Umukuru w'Igihugu mu itangazo ryanyujijwe kuri X.

Ni itangazo ryagiraga riti "Kuri iki gicamunsi, Perezida Paul Kagame yakiriye Ambasaderi wa Portugal mu Rwanda, Luisa Maria Machado da Palma Fragoso, mu nama yo kumusezera ubwo yari arangije inshingano ze ndetse baganira ku mubano ukomeye kandi utanga umusaruro hagati y'u Rwanda na Portugal".

Amb. Luisa Maria Machado da Palma Fragoso wari ufite icyicaro Addis Ababa muri

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EU yibukije Leta ya RDC ko igomba gusenya FDLR

Intumwa yihariye y'Umuryango w'Ubumwe bw'u Burayi (EU) mu karere k'Ibiyaga Bigari, Johan Borgstam, yibukije ubutegetsi bwa Repubulika Iharanira Demokarasi ya Congo ko bugomba gusenya umutwe w'iterabwoba wa FDLR urwanya Leta y'u Rwanda.

Johan yatanze ubu butumwa ubwo we n'itsinda rya EU yari ayoboye, bari bamaze kuganira na Perezida wa Angola akaba n'Umuyobozi Mukuru w'umuryango wa Afurika Yunze Ubumwe, João Lourenço, ku mutekano wo mu karere ndetse n'ubufatanye.

Yasabye ko amasezerano y'amahoro u Rwanda na RDC byasinyiye i Washington muri Kamena n'Ukuboza 2025 ndetse n'amasezerano y'ibanze yasinyiwe i Doha muri Qatar yubahirizwa na buri ruhande.

Intumwa ya EU yibukije Leta ya RDC ko igomba gusenya umutwe wa FDLR nk'uko ibisabwa n'amasezerano ya Washington, kandi igashyigikira ibiganiro bidaheza byahuza Abanye-Congo kugira ngo bashakire hamwe amahoro arambye.

Yagize ati "EU ikomeje gushyigikira ibihugu byo mu karere k'Ibiyaga Bigari ku muhate bishyira mu gushaka amahoro n'iterambere. Ubufatanye mu bukungu bwagira uruhare rukomeye mu kugera kuri iyo ntambwe."

Ubwo amasezerano y'amahoro ya Washington yasinywaga, Leta ya RDC yemeye gusenya FDLR, hanyuma u Rwanda rukabona gukuraho ingamba z'ubwirinzi rwashyize ku mupaka, ariko kugeza ubu ntitarangira kubyubahiriza.

Nubwo Leta ya RDC yakoze igisa n'ubukangurambaga busaba abarwanyi ba FDLR kurambika intwaro, raporo y'impuguke z'Umuryango w'Abibumbye yasohotse tariki ya 30 Ukuboza 2025 ihamya ko ingabo z'iki gihugu zakomeje guha uyu mutwe ubufasha burimo intwaro n'amasasu.

Byahishuwe ko Leta ya RDC yijeje FDLR ko nubwo yemereye i Washington ko izayisenya, idateze kubyubahiriza ishingiye ku kuba uyu mutwe usanzwe uyiha ubufasha bw'ingenzi mu rugamba rwo kurwanya ihuriro AFC/M23 rigenzura ibice byinshi mu ntara ya Kivu y'Amajyaruguru na Kivu y'Amajyepfo.

- Ubwanditsi

Perezida Kagame yasezeye Ambasaderi wa Portugal wasoje imirimo ye mu Rwanda

Perezida wa Portugal mushya António José Seguro.

Ethiopia yashyikirije Perezida Kagame impapuro zo guhagarira igihugu cye mu Rwanda muri Gashyantare 2023 asimbuye Amb. Helena Malcata.

U Rwanda na Portugal ni ibihugu bisanzwe bifitanye umubano mu bya dipolomasi, watangiye ku wa 12 Gashyanyare 1976.

Icyo gihe Ambasaderi wa mbere Portugal wohereje mu Rwanda yari António Baptista Martins, wari ufite ibiro i Kinshasa muri Repubulika Iharanira Demokarasi ya Congo, akaba yaratangiye inshingano zo guhagararira igihugu cye mu Rwanda ku wa 25 Mutarama 1977.

- By: Mutesa Bernard

Ubutabera bw'u Rwanda buracyategereje ko Prince Kid azanwa mu Rwanda

Ubushunjacyaha bw'u Rwanda bwavuze ko bugitegereje Ishimwe Dieudonné uzwi ku mazina ya Prince Kid ufungiye muri Leta Zunze Ubumwe za Amerika, kugira ngo arangize igifungo yakatiwe cy'imyaka itanu.

Ni ikibazo cyabajijwe n'umunyamakuru Ntabareshya Jean De Dieu wavuze ko baherutse inkuru zaciye mu bitangazamakuru mpuzamahanga bivuga ko Ishimwe yafunzwe n'igihugu cya America.

Umushinjacyaha Mukuru, Habyarimana Angélique avuga ko itabwa muri yombi rya Ishimwe Dieudonné ryaturutse ku bindi byaha yari yarakoze muri icyo gihugu.

Ariko kuko yahunze yaramaze guhamwa n'icyaha cyo gukoresha imibonano mpuzabitsina undi ku gahato u Rwanda rwahise rutangira gukorana n'ubutabera bwa America.

Ati " Ikiza nuko hatanzwe ubutabera ku mugaragaro kuko yarafashwe RIB ikora dosiye ishyikirizwa ubushinjacyaha bukuru nabwo bukora iperereza dusanze dosiye ye ifite ibimenyetso bihagije tuyiregera urukiko ku rwego rwa mbere rwaje gufata icyemezo tutishimiye butuma ubushinjacyaha bukuru bujurira".

Habyarimana avuga ko

Inteko y'ubucamanza yaciye urwo rubanza yongeye gusuzuma ibimenyetso byatanzwe isanga agomba guhamywa icyaha cyo gukoresha undi imibonano ku gahato.

Igihe inkiko zarimo zijuririra icyemezo cyo kumurekura Ishimwe Dieudonné yaje kujya hanze y'igihugu urubanza rucibwa adahari ari narwo rwa nyuma.

Ati " Iyo umuntu yaciriwe urubanza adahari urukiko ruramukurikirana kugira ngo arangize igihano aba yarahawe ni muri urwo rwego ubushinjacyaha bukuru bwakoranye n'igihugu cya America nyuma yo kumenya ko hari ibindi byaha akurikiranyweho n'icyo gihugu tubamenyesha ko natwe hari ibyaha akurikiranyweho ndetse dutangana n'umwirondor we wuzuye tunatanga n'ubusabe kugira ngo uyu muntu abe yagarurwa mu gihugu".

Umushinjacyaha Mukuru, Habyarimana Angélique yasobanuye ko iyo umuntu arimo akurikiranwa hari igihe bishobora gutinda ko yahita yoherezwa mu gihugu cye kuko hari ibyo aba agikurikiranwaho n'ubutabera bw'igihugu yakoreyemo amakosa.

Ati " U Rwanda rwasabye ko Ishimwe Dieudonné yoherezwa mu Rwanda mu kwezi ku Ukwakira 2026 bakaba bategereje igihe umwanzuro wo kumwohereza uzafatirwa".

Amakuru yashyizwe hanze n'Urwego rushinzwe iyubahirizwa ry'amategeko areba abinjira n'abasohoka n'imipaka muri Amerika (ICE) avuga ko Prince Kid yatawe muri yombi tariki 3 Werurwe 2025 mu Mujyi wa Fort Worth muri Texas.

Uru rwego rwavuze ko Prince Kid yari amaze iminsi atuye muri Fort Worth mu buryo bunyuranyije n'amategeko.

Amerika yavuze ko uyu mugabo yatawe muri yombi mu rwego rwo kubahiriza icyemezo cy'impapuro zo kumuta muri yombi zashyizweho n'Ubushinjacyaha bw'u Rwanda ku wa 29 Ukwakira 2024.

Kugeza ubu Prince Kid afungiye muri America kugeza igihe ikindi cyemezo icyo aricyo cyose mu bijyanye no kumwohereza mu Rwanda kizafatwa.

Mu Ukwakira 2023 nibwo Urukiko Rukuru rwakatiye Prince Kid, igifungo cy'imyaka itanu rumuhamije ibyaha byo gukoresha undi imibonano mpuzabitsina ku gahato no gusaba cyangwa gukora ishimishamubiri rishingiye ku gitsina.

Mu isomwa ry'uru rubanza yaba Ishimwe Dieudonné n'abamwunganira mu mategeko nta wari mu rukiko mu gihe Ubushinjacyaha bwo bwari buhagarariwe.

Umucamanza yavuze ko yagombaga guhanishwa igifungo cy'imyaka 16, icyakora bitewe n'uko ari ubwa mbere akurikiranywe n'inkiko igihano cyagabanyijwe kigirwa imyaka itanu n'ihazabu ya miliyoni 2 Frw.

- By: Gasirikare Yves

Abakozi 13 bo mu rwego rw'ubucamanza bahanwe kubera ruswa umwaka ushize

Abakozi 13 bo mu rwego rw'ubucamanza bahaniwe ruswa mu mwaka wa 2024-2025. Mu myaka 20 ishize (kuva mu mwaka wa 2005 kugera mu mwaka ushize wa 2005) abakozi 57 barirukanywe kubera ruswa.

Muri bo harimo abacamanza, abanditsi, n'abandi mu byiciro bagera ku baturage.

Iyi ni imibare yatangajwe na Perezida w'Urukiko rw'Ikirenga, Hon. Mukantaganzwa Domitilla, ubwo yatangizaga Icyumweru cyahariwe kurwanya ruswa mu nkiko kuri uyu wa Mbere tariki 9 Gashyantare 2026.

Hon Mukantaganzwa, yagize ati "Iyi ni imibare igaragaza ko ruswa itihanganirwa, ariko si na ruswa gusa, ahubwo imyitwarire yose itari myiza ntiyihanganirwa."

Yibukije abagana inkiko ko ubutabera ari uburenganzira bwabo ko butagurwa.

Icyumweru cyahariwe kurwanya ruswa mu nkiko kirizihizwa ku nshuro ya 16 ku nsanganyamatsiko igira iti "Serivisi mbi ni icyuho cya ruswa."

Kiba mu cyumweru cya kabiri cy'ukwezi kwa Gashyantare buri mwaka.

- By: Nadine

"Serivisi mbi ni icyuho cya ruswa."

Hon. Mukantaganzwa Domitilla.

RDC n'amahanga akomeje kuyikingira ikibaba mu bitambamiye amahoro mu Karere

Minisitiri w'Ububanyi n'Amahanga, Olivier Nduhungirehe yagaragaje ko hari ibisabwa byose kugira ngo amahoro ahinde mu Burasirazuba bwa Repubulika Iharanira Demokarasi ya Congo, icyakora intambamyi ikomeje kuba ab'i Kinshasa n'umuryango mpuzamahanga ukomeje kubakingira ikibaba.

Yabigarutseho ku wa 6 Gashyantare 2026 ku munsi wa kabiri w'Inama y'Igihugu y'Umushyikirano yabaga ku nshuro ya 20.

Yasubizaga ikibazo cyabajijwe na Ambasaderi wa Zimbabwe mu Rwanda, Prof. Charity Manyeruke, wibanze ku bibazo by'u Rwanda na RDC abaza ahazava igisubizo.

Minisitiri Nduhungirehe yagaragaje ko ikibazo ari RDC itubahiriza na rimwe ibyo iba yariyemeje ahubwo igakomeza kwica abaturage bayo ntacyo yitayeho.

Yibukije ko kuva mu 2000 hamaze gushyirwa umukono ku masezerano atari munsi ya 10 yiyongera ku ya Washington n'aya Doha avugwa uyu munsi ariko ikibazo kikaba kigihari.

Ibyo byiyongera ku myanzuro y'Inama y'Umuryango w'Abibumye Ishinzwe Ubutekano irenga 20 yemerejwe i New York muri Leta Zunze Ubumwe za Amerika ahari icyicaro cya Loni.

Minisitiri Nduhungirehe ati "Ayo masezerano n'iyo myanzuro bivuga ku gusenya imitwe yitwaje intwaro irimo na FDLR ndetse no gukemura ibibazo ushingiye ku mpamvu muzi zibitera. Ariko iyo myanzuro n'aya masezerano ntabwo yubahirijwe."

Amahanga, Olivier Nduhungirehe

Minisitiri Nduhungirehe yavuze ko icyabuze atari amategeko, cyangwa ingabo zo gufasha mu kubyubahiriza na cyane ko ingabo ziri mu butumwa bw'amahoro bw'Umuryango w'Abibumbye muri RDC (MONUSCO) ziri muri iki gihugu mu myaka irenga 26.

Iyi MONUSCO avuga imaze imyaka 26 iherutse kongererwa igihe n'Akanama k'Umuryango w'Abibumbye gashinzwe umutekano.

Biteganyijwe ko ubutumwa bwayo buzarangira tariki ya 20 Ukuboza 2026. Izakomeza igire abasirikare 11.500, abapolisi 443 indorerezi zo mu rwego rwa gisirikare n'abandi bakozi bo mu rwego rwa gisivili; bose hamwe bagera kuri 600.

Inyenshyamba za AFC/ M23.

RDC n'amahanga akomeje kuyikingira ikibaba mu bitambamiye amahoro mu Karere

Nubwo ibyo byose bihari ariko amahoro yarabuze muri iki gihugu kiri mu binini ku Isi.

Minisitiri Nduhungirehe yavuze ko icyabuze ari ubushake bwa politiki n'icyizere mu gukemura ibibazo ndetse biri mu byiciro bibiri.

Ati "Hari ubushake bwa politiki bw'i Kinshasa kuko buri gihe basinye amasezerano yo guhagarika imirwano ntibayubahiriza. Nahoze mvuga iby'indege z'intambara na drones zibasira abasivile, ibice bituwemo Abanyamulenge bo muri Kivu y'Amajyepfo."

Ibi bihamywa n'uko nko kuva tariki ya 30 Mutarama kugeza tariki ya 1 Gashyantare 2026, drones zirenga 18 za FARDC zoherejwe mu kirere cya Minembwe. Ibitero byazo byateje impfu z'abasivili benshi, gusenyuka kw'ibikorwaremezo bya gisivili birimo inzu zo guturamo, amavuriro n'insengero.

Minisitiri Nduhungirehe yanavuze ko hari ubundi bushake buke bwa politiki mu gukemura ibibazo ku muryango mpuzamahanga.

Inyeshyamba za FDLR mu mashyamba ya Congo..

Ati "Ikiba cyose tumenyesha umuryango mpuzamahanga, tumenyesha Inama ya Loni ishinzwe umutekano ku Isi twamenyesheje n'amahanga."

Minisiriri Nduhungirehe yavuze ko muri RDC hari ikibazo cy'uko Leta ya RDC ikoresha ibibuga by'indege bya gisivili mu kugaba ibitero ku basivili.

Ibi bijyanye n'uko Ihuriro AFC/M23 rirwanya ubutegetsi bwa Repubulika Iharanira Demokarasi ya Congo riherutse gutangaza ko mu ijoro ryo ku wa 31 Mutarama kugeza ku ya 1 Gashyantare 2026 ryagabye igitero cya drones ku kibuga cy'indege cya Bangoka, i Kisangani mu Ntara ya Tshopo.

Ryasobanuye ko iki gice gitegurirwamo ibitero bya drones bigabwa mu Ntara ya Kivu y'Amajyaruguru na Kivu y'Amajyepfo, nyuma y'aho igisirikare cya RDC gitangaje ko cyahanuye drones nyinshi zagabwe kuri iki kibuga cy'indege.

Amakuru yemeza ko ku kibuga cy'indege cya Bangoka kiri mu ntera y'ibilometero 17 uvuye mu Mujyi wa Kisangani, hari igice cyahariwe igisirikare kibamo drones zirimo CH-4 zaguzwe mu Bushinwa na TAI Anka zaguzwe muri Turikiya.

AFC/M23 yagaragaje ko iki gitero cyari kigamije gusenya iki gice cy'ingenzi ku ngabo za RDC n'abafatanyabikorwa bazo, ishimangira ko ubu ifite ubushobozi bwo gusenyera ikibi aho cyaba gituruka hose, kandi ko Leta ya RDC atari yo yemerewe gukoresha drones n'abacanshuro gusa.

Ni ibikorwa byamaganywe n'imiryango mpuzamahanga, benshi bakagaragaza ko ari ukubogama na cyane ko batanenga imikorere ya RDC yo kutubahiriza amasezerano.

Minisitiri Nduhungirehe ati "None tubona imiryango mpuzamahanga inenga uwasubije abamugabyeho ibitero aho kunenga utubahiriza amasezerano ndetse no kwibasira abasivili hashingiwe ku moko."

"Dufite byose byadufasha kugera ku mahoro mu Burasirazuba bwa RDC ariko ikibura ni ubushake bwa politiki bw'ab'i Kinshasa n'ubw'umuryango mpuzamahanga bwo gushyira igitutu kuri Leta ya RDC mu gushyira mu bikorwa ibyo yasinye yanemeye."

- Umwanditsi Wacu

MINISANTE yijeje gutanga serivisi zinoze kandi zegereye abaturage

Minisiteri y'Ubuzima mu Rwanda (MINISANTE) yijeje Abanyarwanda serivisi zinoze kandi zegereye abaturage mu bihe bya vuba, kuko ikibazo cyari kiriho kirimo kuvugutirwa umuti.

MINISANTE igaragaza ko kimwe mu bibazo by'ingutu bari bafite byabangamiraga itangwa rya serivisi z'ubuvuzi n'ubuzima by'umwihariko ku hantu hegereye cyane abaturage, ahanini cyaterwaga n'umubare muke w'abakora mu nzego z'ubuvuzi, kubera ko mbere ya 2024, abakoraga mu buvuzi bari bake cyane ugereranyije no mu myaka ibiri ishize.

Umunyamabanga wa Leta muri Minisiteri y'Ubuzima, Dr. Yvan Butera, avuga ko mbere ya 2024, abinjiraga mu rwego rw'ubuvuzi ku mwaka bari munsi y'ibihumbi bibiri.

Ati "Ku mwaka mbere ya 2024, abinjiraga mu nzego zo kwiga iby'ubuvuzi bari 1600, umwaka ushize, twageze ku 6400, bakaba bamaze kwikuba inshuro hafi enye, ari yo gahunda twavuze yo gukuba kane abinjira mu rwego rw'ubuvuzi mu myaka ine, ariko hakaba hari ahantu hari hari imibare mike cyane, nko mu baforomo ku mwaka twigishaga abageze kuri 200, ariko ubu tukaba tugeze ku bihumbi birenga bibiri."

Arongera ati "Mu babyaza kugira ngo ababyeyi babashe kubyarira aho batuye, twajyaga twigisha 72 ku mwaka, ariko ubu twigisha abarenga igihumbi ku mwaka. Tukaba twiteze ko mu gihe gito, serivisi zizaba zegereye abaturage."

MINISANTE igaragaza ko habayeho kuzamura urwego rw'amavuriro n'ibitaro, aho bari bafite ahatangirwa serivisi zo kubaga no kwita ku bana ku buryo bwihariye n'indwara z'umubiri zikomeye, ibitaro bitanu gusa mu gihugu, bivura bikanigisha, ariko guhera mu mwaka ushize (2025), hongeweho ibindi icumi, ubu byose hamwe bikaba ari ibitaro 15, bifasha mu kugabanya ubucucike mu mavuriro.

Mu rwego rwo korohereza Abanyarwanda bajya kwivuriza hanze, cyane cyane abajyaga gusimbuza impyiko, bikaba bisigaye bikorerwa mu Rwanda, kuko

MINISANTE yijeje gutanga serivisi zinoze kandi zegereye abaturage

guhera umwaka ushize, abagera kuri 82, baherewe ubwo buvuzi imbere mu Gihugu, bifasha u Rwanda kuzigama agera ku bihumbi 800 by'amadolari ya Amerika.

Mu zindi ndwara zatumaga hari abajya gushakira serivisi mu maha0nga, harimo n'iz'umutima, zikaba zisigaye zitangirwa mu Rwanda, ahamaze kubagwa abarenga 500.

Abayobozi muri MINISANTE bavuga ko iyo Minisiteri ishyize imbaraga mu bijyanye no guhangana n'indwara za Kanseri, kuko zirimo kwibasira umubare w'Abanyarwanda batari bake, kandi inyinshi zikaba zivurwa hakoreshejwe ikoranabuhanga, aho imwe mu mashini ikomeye yifashishwa mu kuzivura yitwa PET Scan yamaze kugezwa mu gihugu, hakaba harimo kubakwa uruganda rutunganya imiti iyikoreshwamo, ku buryo mu gihe cy'amezi atatu iyo serivisi izaba yatangiye gutangwa.

Mu 2023 nibwo MINISANTE yatangije gahunda yo kongera umubare w'abakora mu rwego rw'ubuvuzi izwi nka kane gukuba kane (4x4), bakaba bateganya ko mu myaka mike iri imbere serivisi zose zizaba zitangirwa hafi y'umuturage kandi ku giciro gito.

Umwaka wa 2025 wasize iyi ntego igezweho ku kigero cya 43% mu gihe cy'imyaka ibiri gusa yari imaze ishyirwa mu bikorwa, aho mu bimaze gukorwa harimo kongera umubare w'abiga iby'ubuvuzi umaze kwikuba inshuro 3,7.

U Rwanda rwatangije gahunda yo gukuba kane abakora muri urwo rwego, mu rwego rwo kongera umubare wabo kuko wasangaga umuganga umwe abarirwa abantu 1.000, mu gihe intego ari abaganga bane ku baturage 1.000.

Gahunda yo kongera abakora mu rwego rw'ubuvuzi, iteganya kongeramo abantu 32.973 bitarenze 2028.

Biteganyijwe ko iyo gahunda izakoresha arenga miliyoni 395,2 z'Amadolari (agera kuri miliyari 508,1 Frw) mu kugera kuri gahunda yo kongera abakora mu rwego rw'ubuvuzi.

- By: Bonette

Salaama machines company limited

Uruganda Salaama machines company limited rwifurije Perezida wa Repubulika na Madamu we, Abagize Guverinoma bose, Abahagarariye ibihugu byabo mu Rwanda, Ingabo na Polisi n'Abanyarwanda bose umunsi mukuru w'Intwari

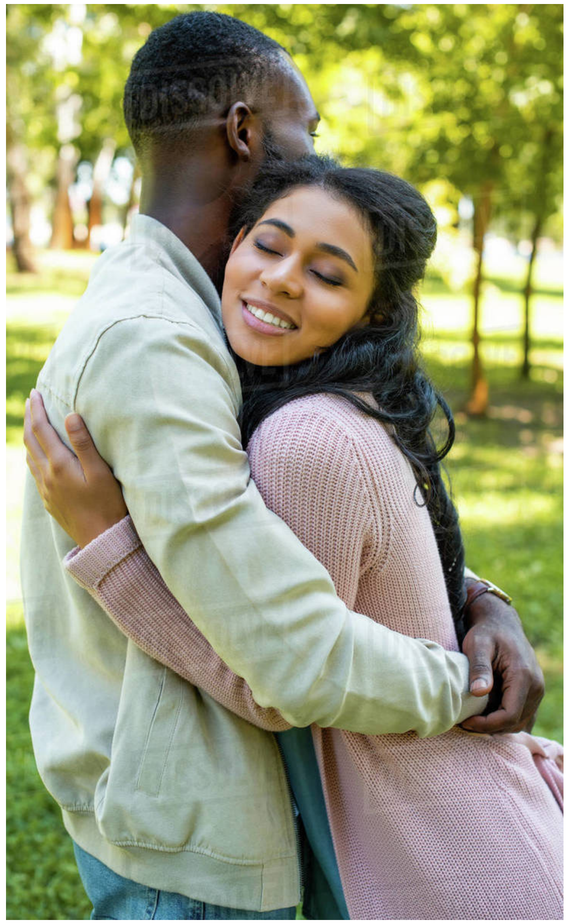
Guhoberana, umuti wo ku mutima

Buri mwaka ku wa 21 Mutarama, Isi yose yizihiza Umunsi Mpuzamahanga wo Guhoberana, umunsi ugamije kwibutsa abantu agaciro k'igikorwa cyoroshye ariko gifite imbaraga nyinshi: guhoberana. Nubwo bamwe babifata nk'ibisanzwe, abahanga mu by'imibanire n'ubuzima bw'abantu bagaragaza ko guhoberana bifite uruhare rukomeye mu kubaka amahoro yo mu mutima, gukomeza umubano no guteza imbere ubuzima rusange.

Uyu munsi watangijwe mu 1986 na Kevin Zaborney muri Leta Zunze Ubumwe za Amerika, agamije gushishikariza abantu kugaragaza urukundo n'impuhwe ku mugaragaro, cyane cyane mu bihe abantu baba bafite irungu, agahinda cyangwa igitutu cy'ubuzima bwa buri munsi. Zaborney yizeraga ko isi ikeneye kwibutswa ko kwerekana amarangamutima atari intege nke, ahubwo ari imbaraga.

Mu mico itandukanye yo ku Isi, by'umwihariko no muri Afurika, guhoberana byagiye bifatwa nk'ikimenyetso cy'urukundo, ubuvandimwe n'ubwubahane. Mu Rwanda, nubwo atari umuco wamamaye cyane mu ruhame, guhoberana biragenda byiyongera cyane cyane mu rubyiruko no mu miryango igenda yumva akamaro ko kugaragaza amarangamutima.

Abahanga mu by'ubuzima bagaragaza ko guhoberana bigira akamaro kanini ku mubiri w'umuntu. Iyo umuntu ahoberanye n'undi, umubiri usohora umusemburo witwa oxytocin, uzwi nk'umusemburo w'urukundo n'amahoro, ugabanya



stress, ugateza imbere icyizere n'umutekano w'imbere mu mutima. Ni na yo mpamvu guhoberana bifasha kugabanya umuvuduko w'amaraso, kurwanya agahinda gakabije no kongera ibyishimo.

Ku rundi ruhande, guhoberana bigira uruhare runini mu kubaka umubano mwiza mu muryango no mu muryango mugari. Mu gihe Isi ikomeje guhura n'ibibazo by'intambara, amakimbirane, indwara z'ibyorezo n'ingaruka z'ikoranabuhanga ritandukanya abantu, uyu munsi wibutsa ko ubumuntu n'impuhwe bikiri ingenzi kurusha ikindi cyose.

Umunsi Mpuzamahanga wo Guhoberana kandi uha ubutumwa bukomeye imiryango, amashuri n'inzego zose zifite aho zihuriye n'imibanire y'abantu, bwo gushyira imbere urukundo, kubahana no gufasha abafite ibibazo by'ihungabana n'irungu. Nta bisabwa byinshi: guhoberana bivuye ku mutima, mu bwubahane no mu bushake bw'impande zombi, bishobora guhindura umunsi w'umuntu.

Mu gusoza, Umunsi wo Guhoberana si umunsi wo gusetsa gusa cyangwa kwishimisha, ahubwo ni umwanya wo kwibaza uko dufata abo tubana, uko tugaragaza urukundo n'uko twakongera ubumuntu mu buzima bwa buri munsi. Mu Isi igenda irushaho kwihuta no kwigunga, guhoberana ni ururimi rusobanutse buri wese yumva—nta ndimi, nta mipaka.

By:Florence Uwamaliya

Ikinyamakuru Imena kifurije Perezida wa Repubulika na Madamu we, Abagize Guverinoma bose, Abahagarariye ibihugu byabo mu Rwanda, Ingabo na Polisi n'Abanyarwanda bose umunsi mukuru w'Intwari

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Women Deliver 2026 yatangaje abazatanga ibiganiro mbere mu nama mpuzamahanga y'uburinganire

Umuryango mpuzamahanga Women Deliver watangaje ku mugaragaro icyiciro cya mbere cy'abazavuga mu Nama Mpuzamahanga ya Women Deliver 2026 (WD2026), iteganyijwe kubera i Narrm (Melbourne) muri Ositaraliya kuva ku wa 27 kugeza ku wa 30 Mata 2026. Iyi nama izahuza abayobozi bakomeye ku isi mu rwego rwa politiki, imiryango mpuzamahanga, sosiyete sivile n'abaharanira uburinganire, mu gihe isi ikomeje guhura n'imbogamizi zikomeye mu guteza imbere uburenganzira bw'abagore n'abakobwa.

Mu bazitabira iyi nama harimo Senateri Katy Gallagher, Minisitiri wa Leta ya Ositaraliya ushinzwe Imari, Abagore, Abakozi ba Leta n'Imirimo ya Leta. Azitabira WD2026 azanye ubuyobozi bwo ku rwego rwo hejuru mu gihe iterambere ry'uburinganire riri guhura n'igitutu gikomeye hirya no hino ku isi. Katy Gallagher azwi nk'umwe mu bayobozi bagize uruhare rukomeye mu gushyira abagore mu nzego zifata ibyemezo, guteza imbere politiki zita ku buringanire no gushimangira umutekano w'ubukungu n'ubuzima bw'abagore.

Azifatanya n'abandi bayobozi barimo Ruth Cross Kwansing, Minisitiri wa Kiribati ushinzwe Abagore, Urubyiruko, Siporo n'Imibereho Myiza, akaba n'uhagarariye Ihuriro ry'Ibihugu byo mu Birwa bya Pacifique mu bijyanye

Senateri Katy Gallagher, Minisitiri wa Leta ya Ositaraliya ushinzwe Imari, Abagore, Abakozi ba Leta n'Imirimo ya Leta

Antoinette Braybrook AM, umuyobozi wa Djirra

n'Uburinganire n'Imibereho Rusange, ndetse na Michelle O'Byrne, Ambasaderi wa Ositaraliya ushinzwe Uburinganire ku rwego mpuzamahanga, uyoboye ingamba zo guteza imbere ubuyobozi bw'abagore mu karere ka Indo-Pacific.

Umunyacyubahiro Dr Fatima Maada Bio, Madamu wa Perezida wa Sierra Leone akaba na Perezida wa OAFLAD (Ihuriro ry'Abadamu ba Perezida bo muri Afurika), na we azatanga umusanzu we mu biganiro bigamije gukumira ihohoterwa rishingiye ku gitsina rikorerwa abana n'abagore, no gushakira ibisubizo abafashwe n'ingaruka zaryo ku rwego mpuzamahanga.

Iyi nama izanagaragaramo Julia Gillard AC, wahoze ari Minisitiri w'Intebe wa Ositaraliya akaba ari we mugore wa mbere wayoboye

Women Deliver 2026 yatangaje abazatanga ibiganiro mbere mu nama mpuzamahanga y'uburinganire

iki gihugu. Kwitabira kwe gufite igisobanuro gikomeye cyane, cyane ko hashize imyaka irenga icumi atanze ijambo ryamamaye ku isi ryanenze ivangura n'ihohoterwa rikorerwa abagore muri politiki. Kugaragara kwe muri WD2026 bigaragaza ko urugamba rwo kugera ku buringanire mu buyobozi no mu buzima rusange rutararangira.

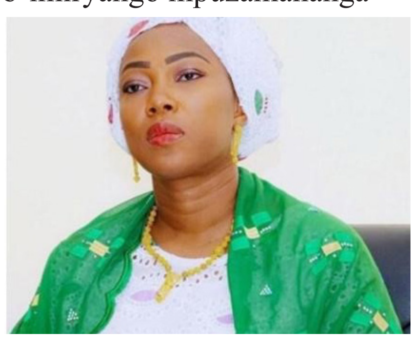
Abagize Inama y'Ubutegetsi ya Women Deliver barimo Helen Clark, wahoze ari Minisitiri w'Intebe wa Nouvelle-Zélande, Phumzile Mlambo Ngcuka wahoze ayobora UN Women, na Tulika Srivastava, impuguke mu by'uburenganzira bw'abagore ku rwego mpuzamahanga, na bo bazitabira. Aba bose bahuriye ku guharanira uburinganire, uburenganzira bwa muntu, iterambere rirambye n'ubuyobozi bw'abagore.

Ku nshuro ya mbere mu mateka y'iyi nama, akarere ka Oceanic Pacific ni ko kazaba kayakiriye ku rwego rw'akarere, kagire n'uruhare runini mu ngingo zizaganirwaho. Aka karere kari mu tugira ingaruka zikomeye z'ihindagurika ry'ikirere, ubusumbane n'ishoramari ridahagije ku bagore n'abakobwa, ariko kakaba karimo n'imbaraga zikomeye z'abaharanira uburinganire, Abasangwabutaka n'urubyiruko ruyoboye impinduka.

Abandi bazavuga barimo Antoinette Braybrook AM, umuyobozi wa Djirra uharanira kurwanya ihohoterwa rikorerwa abagore b'Abasangwabutaka, Noelene Nabulivou wo muri Fiji, umuyobozi w'umuryango DIVA for Equality, na Dr June Oscar AO, impirimbanyi ikomeye y'uburinganire ku Basangwabutaka bo muri Ositaraliya.

Dr Diene Keita wa UNFPA

Hazanitabira abayobozi b'imiryango mpuzamahanga nka Dr Diene Keita wa UNFPA, Dr Maliha Khan, Umuyobozi Mukuru wa Women Deliver, ndetse na Dr Anita Zaidi wo muri Gates Foundation, uzaganira ku ishoramari rishingiye ku bimenyetso mu guteza imbere abagore n'abakobwa.



Dr Fatima Maada Bio, Madamu wa Perezida wa Sierra Leone

Inama ya Women Deliver 2026 izahuza abayobozi ba guverinoma, imiryango sivile, abashakashatsi n'abaterankunga bo hirya no hino ku isi, baganire ku ntambwe imaze guterwa, ku mbogamizi zigihari no ku ngamba nshya zo kugera ku buringanire bufatika kandi burambye.

Igitunguru Gitukura: Umuti Kamere Ku Mubiri n'Igihingwa Gifasha Kurinda Ubutaka

Igitunguru gitukura ni kimwe mu bihingwa bikunze guhingwa cyane mu Rwanda no mu bindi bihugu bya Afurika, cyane cyane nko mu mboga zikoreshwa buri munsi mu mirire. Nubwo gikoreshwa cyane mu guteka, abahanga mu by'imirire n'ubuhinzi bagaragaza ko igitunguru gitukura gifite akamaro kanini ku buzima bw'umuntu no ku kubungabunga ubutaka iyo gihinzwe hakurikijwe amahame y'ubuhinzi burambye.

Igitunguru gitukura kizwiho kuba gikungahaye ku ntungamubiri n'imiti kamere ifasha umubiri. Kirimo vitamini C, ifasha kongera ubudahangarwa bw'umubiri, bigatuma umuntu adakunda kwibasirwa n'indwara zandura. Kirimo kandi antioxidants, by'umwihariko flavonoids na quercetin, bifasha kurinda umubiri ingaruka z'imisemburo mibi ishobora guteza indwara z'umutima, kanseri n'izindi ndwara z'igihe kirekire.

Abahanga mu buzima bavuga ko kurya igitunguru gitukura kenshi bifasha kugabanya umuvuduko w'amaraso,

bityo kikagira uruhare mu kurinda indwara z'umutima. Gifasha kandi kugabanya cholesterol mbi (LDL) mu mubiri, kikongera iyiza (HDL), bigatuma imitsi y'amaraso ikora neza.

Mu rwego rw'imyanya igogora, igitunguru gitukura gifasha igogorwa ry'ibiryo, kikagabanya ibibazo by'igifu n'amara. Gifite kandi ubushobozi bwo kurwanya udukoko twangiza umubiri (bacteria na fungi), bigatuma gikoreshwa nk'umuti kamere mu kuvura inkorora, ibicurane n'indwara z'uruhu iyo gitewe cyangwa kigashyirwa mu bice byarwaye.

Ku barwayi ba diabète, igitunguru gitukura gifasha kugenzura igipimo cy'isukari mu maraso, bityo kikaba imboga zifitiye akamaro kanini abafite iyo

Uretse akamaro kacyo ku buzima bw'umuntu, igitunguru gitukura gifite n'uruhare rukomeye mu kubungabunga ubutaka iyo gihinzwe neza. Gifite imizi idacukura cyane, bityo kigafasha kurinda isuri cyane cyane mu misozi no ku butaka bworoshye. Iyo ndwara gihinzwe ku mirima itondetse neza, gifasha kugumana ubutaka budatwarwa n'amazi y'imvura.

Igitunguru gitukura gikunze guhingwa mu guhinduranya ibihingwa (crop rotation), uburyo bufasha ubutaka kugarura intungamubiri bwatakaje. Iyo gihujwe n'ibindi bihingwa nk'ibinyamisogwe cyangwa ibishyimbo, gifasha kugabanya indwara z'ibihingwa n'udukoko twangiza ubutaka.

Abahinzi kandi bagaragaza ko igitunguru gitukura gishobora guhingwa hifashishijwe ifumbire y'imborera, bikagabanya ikoreshwa ry'imiti mibi ihumanya ubutaka n'amazi. Ibi bifasha kubungabunga ubutaka igihe kirekire no guteza imbere ubuhinzi burambye.

Iyo gihinzwe neza, igitunguru gitukura gifasha kunoza imiterere y'ubutaka, kikongera ubushobozi bwabwo bwo gufata amazi no gutunga ibindi bihingwa bizahingwa nyuma yacyo.

Igitunguru gitukura si imboga zisanzwe zo mu gikoni gusa, ahubwo ni umutungo w'ubuzima n'ibidukikije. Gifasha umubiri kwirinda no kurwanya indwara zitandukanye, kandi kigira uruhare rukomeye mu kurinda ubutaka iyo gihinzwe hakurikijwe amahame y'ubuhinzi burambye. Guteza imbere ubuhinzi bw'igitunguru gitukura ni intambwe iganisha ku buzima bwiza bw'abantu no ku bidukikije birambye.

By: Florence Uwamaliya

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Ikinyamakuru Giharanira Iterambere ry'Umugore

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PROPRIETAIRE &
DIRECTEUR DE PUBLICATION:
Florence Uwamariya
Umwanditsi Mukuru: Mutesa Bernard
Abanyamakuru: Gasirikare Yves, Nadine, Bonette Olivier
Tel: +250788790294/ 789799834
Email: [redacted] flo06@yahoo.com
jounalimenaa1@gmail.com/
Website: www.imenanews.com

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