



U tshila na vhuholefhalo

African Storybook

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Vincent ndi muvhigi wa Tshiṭitshi tsha RX Radio. U tshitudio tsha RX Radio u itela u rekhoda mbekanyamushumo yawe.

Namusi, mbekanyamushumo ya Vincent ndi ya malugana na vhana vhane vha vha na malwadze mahulwane a mutakalo.

U khou ambedzana navho nga ha tshenzhelo dzavho tshifhingani tsha dwadze la Covid-19.



“Ri a vusa vathetsheshelesi, hoyu ndi Vincent fano kha Tshitudio tsha RX Radio. Namusi vhaeni vhashu ndi Mulalo, Ashley, na Lina,” hu amba Vincent.

Vhaeni vha a digdivhadza.

Vincent u bvela phanda, “Dwadze la *Covid-19* lo itela khaedu vathu vha re na vuholefhalo. Ri humbela uri ni vhudze vathetsheshelesi vhashu nga ha zwenezwo.”



Mulalo u a thoma, “Ndi na vhulwadze vhu sa fholi vhu vhidzwaho *spinal muscular atrophy*. Vhu kwama misipha yanga, milenzhe, zwanda, na ndila ine nda fema ngayo.

Arali tshitzhili tsha *Corona* na vhulwadze hanga zwa tangana, zwo vha zwi tshi do mmbulaya. Mafhafhu anga ha na mutakalo wavhuḽi, nahone nga hetshi tshitzhili ndo vha ndi tshi do vha ndo raha bakete.”



Lina uri, “Na n̄e ndo vha ndo tshuwa nga maan̄a. Ndi na vhulwadze ha u fhelelwa nga muya (*asthma*), vhune ha kwama mafhafhu anga.

Arali nda hotola kana nda pfa u nga ndi khou kundelwa u fema, ndo vha ndi si na vhuṭanzi ha uri ndi nga n̄thani ha *asthma* kana nga tshitshili tsha Corona. Zwo vha zwi tshi kwama khana yanga nga n̄dila i si yavhudi.”



Ashley u a engedza, “Ndi na vhulwadze vhu vhidzwaho *bipolar disorder*. Vhu kwama mutakalo wanga wa muhumbulo nahone ndi fanela u nwa mishonga u itela u vhu langa.

Nga zwiñwe zwifhinga ndi dipfa ndo ṭungufhala nga maan̄ḁa, kana ndo sinyuwa nga maan̄ḁa. Nga zwiñwe zwifhinga kuḁipfhele anga a shanduka nga u ṭavhanya. Zwi a konḁa u langa maḁipfele anga.”



“Ro livhuwa nge na ri vhudza dzenedzi tshenzhemo. Naa hu na zwithu zwavhudi zwe zwa itea kha vhoiwe nga tshifhinga tsha leneli dwadze?” hu vhudzisa Vincent.

“Ndo kona u fhedza tshifhinga tshinzhi na muṭa wa hashu. Ro tamba mitambo ya i re kha gwati, nahone ndo zwi funa nga maanda,” hu amba Lina.



“Na n̄e ndo fhedza tshifhinga tshavhuḍi na muṭa wa hashu. Mashudu mavhuya, ndo kona u ḡinwisa mishonga ndi hayani,” hu fhindula Mulalo.

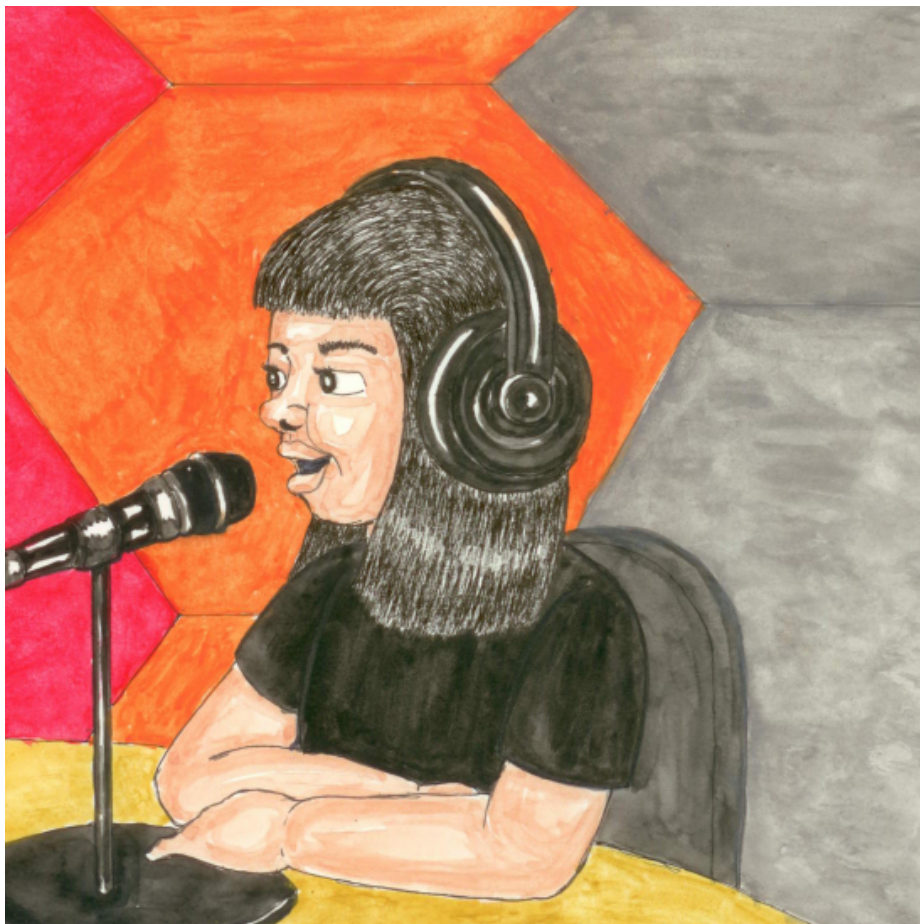
“Ndo khetha u shumisa tshifhinga sa tshibuli tsha u ita khwine. Ndo kona u khwaṭhisa vhushaka na muṭa wa hashu. Ndo dovha nda sendela kha Mudzimu, nda rabela,” hu amba Ashley.



Vincent a lavhelesa watshi i re kha luvhondo lwa tshitudio.

“Mashudu mavhi, ro no fhelelwa nga tshifhinga!” a tshi amba.

“Kha vhañwe vhana vha re na vhulwadze ha muhumbulo kana ha muvhilini, ni nga vha tšutšuwedza hani?” hu vhudzisa Vincent.



Ashley u fhindula u thoma, “Vhathu vha anzela u sasaladza vhathu vha re na vhulwadze ha muhumbulo.

Ni dzhiwa ni tshi penga kana ni khou ɽoɽa u vhonwa, ndi zwine nda ɽoɽa u zwi shandula. A hu na tsho khakheaho arali ni tshi lwala nga tshiɽwe tshifhinga.”



Lina u a tenda nahone a ri, “Zwine nda nga zwi eletshedza vhanwe ndi uri ni ñivhavhalele. Ni songo ñifhelela mbilu. Ni khou ita zwothe zwine na nga kona.”

Mulalo u a engedza, “Ni songo ñala! Hu na khaedu fhedzi ni nga kona u swikelela mīloro yañu.”

—Mbudziso

1. Nwalani zwine haya maipfhi a amba zwone: vhulwadze, vhulwadze vhu sa fholi, sasaladzwa.
2. Wanani maipfhi a re kha nganea ane a fana na: nga maanda, nyeletshedzo, khonadzeo.
3. Zwi amba mini 'u vha na vhulwadze ha muhumbulo kana ha muvhilini'?
4. Ni nga tikedza hani muthu ane a vha na vuholefhali ha muvhilini?.
5. Ni humbula uri ndi zwiimo zwifhio zwi kongaho zwine mĩta ya sedzana nazwo musi hu na murado wa mĩta ane a vha na vuholefhali?
6. Ndi madipfele afhio ane na wana zwi tshi ni kongela u a langa? Ndi ngani?
7. Mulalo u ri, "Mashudu mavhuya, ndo kona u dilafha ndi hayani." Ni humbula uri zwo tsireledzea u dilafha? Talusani.

Heyi nganea yo thewa kha mivhigo ya RX Radio. RX Radio ndi tshitiŋtshi tsha radio ya kha inthanethe, ya vhana na yo itelwaho vhana.

RX Radio i hasha i ngei Red Cross War Memorial Children's Hospital, Cape Town.

RX Radio i thusa vhana u amba zwiŋtori nga ha mafhungo a ndeme ane a vha kwama.

[Dalelani RX Radio](#)



Ulwazi Lwethu is a Zenex Foundation funded and initiated project to develop a series of graded and leisure African language readers and teacher support materials. This project is targeted at teaching and supporting learners in the Foundation Phase to improve their home language reading and understanding. The readers have been originated in nine African languages in collaboration with Molteno Institute for Language and Literacies, Nelson Mandela Institute for Education and Rural Development, Room to Read South Africa, and Saide. All resources are developed as Open Education Resources (OER).



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