

The Five Freedoms—Kodzera Shanu

Mhuka dzose dzine kodzero dzekugara dzakasununguka:

1. **Freedom from hunger and thirst—Kodzero yekuwana kudya nekuwana mvura yekunwa**—Dzinofanirwa kuwana kudya kwakanaka, uye kwakakwana, pamwe nekuwana mvura yekunwa yakachena nguva dzose.
2. **Freedom from discomfort—Kodzero kubva munezvakashata**—dzinofanirwa kuwana pekurara nepekugara pakanaka.
3. **Freedom from pain, injury or disease—Kusununguka kubva ku marwado, kukuvara kana zvirwere**—Munofanirwa kuva nechokwadi kuti padzinogara hapana zvinhu zvinokuvadza, vakaita seizvi: magirazi, waya yeminzwa, kana mhuka ichiratidza kuti iri kurwara munofanirwa kunoirapisa kuna chiremba we mhuka, kana kumushevedza kuti auye ku-zoon, zvimwe chetezvo kana maona kuti inoda kubaiwa jekiseni re-chimbwa mupengo.
4. **Freedom to express normal behaviour—Kodzero yekuona kamugariro**—Kudzichengetedza dzakasununguka, dzisinga tsikirirane, uye nemhando dzadzo.
5. **Freedom from fear and distress—kodzero kubva mukutyisidzirwa nemukushungurudzwa**—kuve nechokwadi kuti mhuka dzakagara zvakanaka, dzisinga shungurudzike.



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