

Lutino weng romo pwonye,

Pwonye wa me angwen: ADD ki ADHD, peko ikit me keto cwiny in jami

- **Achaki ne**

Glades: Itye ka winyo *Lutino weng pwonye Podcast (ma obedo nywako lok kare-ki-kare).*

Lutino weng pwonye Jo ma kelo botwu aye **Backup Uganda** kacel ki **Brainstud**. Itwero winyo pwonye wa ni ki wi yamu me **internet** ma tye iwang **website** wa ma ki lwongo ni

www.backupuganda.org, ka itye ka winyo wa ki Gulu, iromo gamo pwonye eni macalo dwon ma ki mako ki iMega FM, onyo iDivine Video & music library matye idye taun kany, ki bene igangi kwan magi, Highland primary school iyo Kitgum, Gulu prison primary school iyo Lacor ma opime ki ot lega Holy Cross, iGulu town primary school ma tye iyo Gulu University, onyo iMary immaculate primary school inge gang lega madit pa Katoli ma ki lwongo ni Cathedral ma tye iFor-God, St Joseph's primary school onyo Christ the king demonstration primary school inge gang kwan Sacred Heart.

Kace inongo ngec ipwonye wa ni? Bed agonya me nywakone ki lupaco nii, ki luremi, ki jirani ni bene. Ka dano madwong guwinyo pwonye ikom kit teko ma lutino nongo ikwan, ci waromo konyo lutino wa maber loyo!

- **Nyutu pwonye me angwen**

Glades: Wajolo wu ipwonye wa me angwen me *Lutino weng pwonye*. Pwonye ma neno yo me konyo latin acel acel wek obed ki kony weng ma mite pi kwan mamege- kadi bed ni tito loke iye pol.

An laloki nyinga Glades, atye macalo lapwony in dul me Backup Uganda. Tin, atye ki lawota. Beatrice, Beatrice iromo nyute bene?

Beatrice: Apwoyo Glades. An laloki nyiya Beatrice, atye larem Backup Uganda bene. In pwonye wa ma angwen ma tin ma *Lutino weng pwonye*, wa bi teru wu ipeko ma yelo lutini wa mukene in kwan ma ki lwong ni ADHD-> **peko ikit me keto cwiny ijami**. Tin, wa tye ki peki aryo ma rom. Wa bi kelo ADD-> eni tutwale neno lok ikum kit me keto cwiny ijami. Pe iwek nyucta ma wa tye ka lwongo ne wu mini lworo, piyen wa bi tiku nwoyo loki ipwonye wa ni weny, ma nyute

ni kine ma wa tyego pwonye wa ni nong dong inange ma ber. Ka ityego winyo pwonye eni, wa bi bedo ki kare me gamo lapeny keken wa, ka lutini wa tye ikin lutino eni onyo gi pe. Angeyo eni tye peko ma dwong ikin ganyi wa ma lutini wa tye ka neno ne.

- **Me poyo wic ipwonye wa me adek**

Glades: In pwonye wa me adek, wa loko matut ikum peko acel ma yelo lutino ikwan ma ki lwong ni dyscalculia-> peko icura, ma neno lok ikum number ki cura. Wa loko ikum kit ma iromo konyo kwede latin ni ka inongo tye ki peko ni. Pe dong abicero ma matut kubedi, piyen angeyo luwiny wa tye ka lubu pwonye wa ni ma ber. Ka pe winyo pwonye wa mu karo agech, chi pwodi iromo nongo wa ki wi yamu me **internet** ma tye iwang **website** wa ma ki lwongo ni www.backupuganda.org, ka itye ka winyo wa ki Gulu, iromo gamo pwonye eni macalo dwon ma ki mako ki iMega FM, onyo iDivine Video & music library matye idye taun kany, ki bene igangi kwan magi, Highland primary school iyo Kitgum, Gulu prison primary school iyo Lacor ma opime ki ot lega Holy Cross, iGulu town primary school ma tye iyo Gulu University, onyo iMary immaculate primary school inge gang lega madit pa Katoli ma ki lwongo ni Cathedral ma tye iFor-God, St Joseph's primary school onyo Christ the king demonstration primary school inge gang kwan Sacred Heart.

Ipwonye wa ma tin, wa bi loko ikum gin ma wa lwong ni ADHD ki ADD-> peko ma yelo lutino wa ikit me keto cwiny gi ijami, la nyut te, ngo ma kelo peko eno ni ki yoo ago ma wa romo konyo gi (lutino wa) kwede ka gi tye ki peko ni. Kong dong wa ceri iyee kikome.

- **Kum Lok: ADHD-> peko ikit me keto cwiny ijami**

Beatrice: ADHD-> cung pi Attention deficit Hyperactivity Disorder, ma tere tye ni latin romo bedo ki lanyut adek ki weny.

1. Lutino eni pole gi tye ki peko ikit me keto cwiny ijami - ma tye attention deficit.
2. Gi bedo luyela ma karo lacu - ma tye hyperactivity. ■
3. Mukene tye ni ki romo bedo impulsive, ma tere gonye ni pol kare lutino eni gi timu jami labong tam nyo gi tamu lacen.

Pol lutino ma tye ki peko ni ADHD gi nyuru lanyut adek, ento lutino mukene gi nyuru hyperactivity ki impulsivity - pol kare lutino ni gi pe ki peko ikum kit ma miri gu ket cwiny gi kwede ijami.

Wa tye ki ADD, ma tere tye ni Attention Deficit disorder. Ma chalo ADHD, lutino ma tye ki ADD tye ki peko ikit me keto cwiny ijami, ma weko pol kare wii gi will, ka gimo time ma nok, tero tam gi weny ki bene cawa weny pe gi romo bedo kara cel. Ento pe gi tye luyela dak bene gi tamo jami, gi tye ki peko ikit me winyo lok. Wa bi loko ikum labole ikum lanyut idakika manok.

Myero wa bed kwede iwii wa ni pe dong kila latin acel acel ma tye layela tii ki peko ni. Tye lutino mukene ma nyuru kwo ma raju, ma romo bedo ikin lanyut ma dong wa wajo gi, ento bene kit gi romo loke ka icoko gi nyo iloko kwed gi kit ma myero ku tim kwede. Noo gi tye ki jami ma pat ma weko gi nyuru kwo eno ni. Labole, latin ma cwinye tye ka mito lok ki lawote iclass ma myero wu ket cwinye ka winyo lok pa lapwony, ki romo poyo wii ye ni wu loke wu winyo lok pa lapwony labong a yela mo keken. Lutino ma gi tye ki ADD nyo ADHD, ka gi ngenyo ni myero gu ket tek ikum gi mo, myero kong ku pwonye kit ma myero gu juk kwede, wu bu tero gi kare ma karo lutino mukene. Agenyo ngarumo ubu wachi, ento kining? lapeny maber, ene uweko wa tye kany me konyo wu nyang kakenyo.

In pwonye wa ma acel, ka ibedo ka lubu wa, wa loko igum nying ma cawa mukene wa tiyo kwede ka lwongo lutini ni. Labole, latin ni wiye dit, ki cheno, la wach kum, latim jami mot, ki mukene. Atamo ni kubedi dong wa tye ki ngech ni la kodi nying eno ni pe miyo kony mo keken bot lutini ni, ento kwanyo cwing gi ki ikwan ayee. Ci pi ngo pe wa tam ikum yoo ago ma wa twero konyo gi kwede wek gi pwonye me ngenyo kit me bedo kwede iyoo ma ber ki peko ni ki kwo gi, ischool ki gang bene.

- **Lanyut**

Glades: Kubedi kong dong wa nen matute ikum lanyut ma ineno ikum lutino ma tye ki peko ni ADD nyo ADHD. Wii wa myero upo ni lanyut ma pire tek tye gina adek ene; hyperactivity, impulsivity ki inattentiveness. Kong dong wa chak nyang ikum gi acel acel:

Hyperactivity nyange ni bedo ma kumi mit ma karo lacu nyo latin pe bedo mot. Labole, lutino ni pol kare gi weko ka bedo gi iclass kiri myero gubed mot ikabedo gi, gi gak ka nwec cawa weny kiri lapwony tye ka pwony, gi loko chawa weny labong gik kiri myero gu ling mot, chawa weny noo gi miro bedo ka wot ento noo pi ngong pa wote bene pe - ka ipenyo gi kama gi tye ka chero iyee, noo lagame pe. Kwo ma wutye kawinyo ne ni nyen i it wu? atamo ni ku, watye ki lutini ni

madwong kwed wa. Gi nonge ischool ki igany, gi chwero cwinyi chawa mukene ento bene wa nyang kiri wu winyo kwede, tutwale ka ipe ki ngech kama kwo pa latin ni tye ka aa ki iyee. Ma pwod pe wa neno yoo ago ma wa romo miyo kwede kony, kong wa mete ki layout mukene, chi wa neno ngong ma waromo timo ne lacen.

Beatrice: Ma pat ki hyperactivity, wa tye ki lanyut ma ki lwong ni impulsivity, ma nyange ni timo jami labong tamo ne. Labole, lutino ma nyuru lanyut eni wajo gi mo keken mo bino iwii gi, gi gamo lapeny ma lapwony pwod pe utyego penyo ne. Ma calo layondo, iromo bedo ka lok ki latini, ma pwod piya ityego, latini wajo gimo ma pat. Gubedo lutino ma fare ki lok, kono gi ngenyo gin ma ki tye ka lok iyee nyo pe gi ngenyo, gi wajo gi mo keken mo bino iwii gi. Wa tye ki lutini magi kwed wa? Angeyo ni gi tye. Ci ngo ma pol kare wa timo? Ka itiyi ki pwod ma leb munu boro ni punishment, labole, pwodi ukonyo latin me loke? Kong wa tam ikum loki. Inge pwonye eni, noo inyang jami ma pol ikum ngo me iromo timo ne.

Glades: Me adeke dak bene lanyut ma giki tye inattentiveness. Eni lanyut ma nyange ni lutino pe gi kero cwinyi gi ijami nyo pe gi teru it gi me winyo lok pi cawa ma lac, labole pi dakika 30, noo nyang gi wu giko, gi tye ki gin ma wa lwong ni short concentration span. Pol kare lutino ni gimo keken ma time chok kwed gi, tero tam gi oo weny, labole dano mo keken ma tye ka wot onyo gimo keken ma tye ka time woko. Kong dong wa wachi class pa latin ni tye chok ki yoo. Gimo keken ma tye ka time woko, pol kare yelo latin ni me keto cwinye in kwan. Onyo wa wachi lapwony tye ka pwony pi dakika 30 - ikum dakika 5 ma noo lapwony utiyi kwede, noo dong tam pa latin ni tye camu kene. Onyo wa wachi layondo tye ki meeting chi utero dakika 15 ka lok ki latin ni, dakika ma nok keken, noo tam pa latin ni tye kamu kene, onyo nen chalo umine udugu gang ichawa me meeting chi uchako timo jami mukene isitting room. Agenyo eni pol kare jami ma time bot pol wan, ka woo tye woko, pe iromo keto cwinyi ka winyo lok. Tye rom ki lok pi dakika 30 onyo 40, chi dano pe ka nyang loki, pol kare dano weko meeting oo onyo pwony. Eno ni nyuru ni atye ki ADD nyo ADHD? Atam ni ku. Ento ki bot latin ma nyuru layout eguni chawa weny, pat pate moni bedo tye oo. Tam gi cero kiri igimo ma tidi utime, kiri tam gi bene, ma gi noo dugu teko igi ka dok igin ma noo gi tye ka timone. Ento pol kare tam gi cero ki jami ma tye ka yelo gi.

Neno lanyut acel onyo aryo me wa aa ka lok iyee ikum latin ni, pe tere ni latin eni tye ki ADD onyo ADHD. Wan weny chawa mukene wa tye ki guvu onyo kum wa tek, ki bene chawa mukene wan eni oo weny jami mukene tero tam wa. Ento ka ubedo ka time cawa weny ki bene tye ka gengo latin me kwan nyo bedo maber, pire tek ni ite latin eni wek ki nen peko ma tye ka yelo ne nyo tye ki peko ma wa tye ka lok iyee ni.

Kony wa winy ki bot ngat ma tye ki goro ni onyo ma tye ka kwo ki ADHD:

Julia: Apwoyo, an kilwonga ni Julia atye ki ADHD. Ano ni atye ki peko ni ma noo atye mwaka aparadek (13). Ki ischool abedo ki peko me keto cwinya iclass ma ukelo peko ikit me kato peny. Timo homework mega noo bene tek, piyen chawa weny gimo tye ma tero tam ma kamu kene. Ki senior, ki bene icawani ka tich, gin ma konya aa yee goyo program mega ikum jami ma bi time pi ninea eno ni nyo pi wiko weny. Labole, amaro keto jami na me atima icoc piyen weko wii yaa poo ijami ma myero atim pi nino enoni ki bene pi wiko weny bene weko wii yaa pe wil jami mo keken. Gin mukene ma bene konya pol kare ene timo jami na kama woo pe iyee, piyen tama cero kama woo tye iyee. Ene wu weko pol kare ki weko akwano ki woko ka awinyo woo tye ma dwong tutwal iclass nyo kama abedo iyee ni. ADHD ma mega ni pe tye peko bora ki kony ma noo ki bot lunyodo na, lupwonye, lurem. Atamu ni wu weku atye maber. Kwan na pe ubedo gin ma yot, ento bedo ki jo maber ki dano mukene ka ngent an, uweko tin anoo diploma na. Gin ma aromo weko wu kwede ene ayee ni ubed ki niyee ikum dano ma tye ki ADHD. Pol kare gi bedo ki lwooro ikum gi. Iromo kelo alokaloka ma dit ikwo gi ka ibedo ki niyee ikum gi, nyutu ki waco ni itye ki niyee ikum gi. pe tero kare ni ma dwong, ento bene iromo kelo alokaloka.

- **Ngo ma kelo peko ni**

Beatrice: Kit ma chalo peki mukene me wa loki iye ni, gin ma kelo ADHD ki ADD aa ki iadam wa. Ento ma cero ikum peki ni, pol kare mako tung chim wii wa ma tye iadam wa tutwale. Tung adam wa ma ku cim noo layout weny ikum jami ma tye ka time ka nget wa, chi bene cwalo layout ipart adam mukene weki umok kit me gamo ne. Bot ngat ma tye ki ADHD nyo ADD, layouti pe bedo cawa weny - gi tye chalo peko me wa noo iUmeme. kong dong wa nen kit ma Umeme cwalo kwede mach iwire. ka wire acel uchod, chut chut mach ubu rwenyo. ka yamu dwong bene chi wire mach bedo ka yenge, chi weko mach chero chi dugu, chero chi dugu. Eno ni bene gin ma time ikin tung cim adam ki tung adam mukene pa ngat ma tye ki ADHD nyo ADD. kupe eno

ni pe bedo ka cel ki bene weko tam pa dano eno ni cero ki gin ma tye ka time cok kwede nyo kama en bedo iyee ni.

Ka adam wii wa pud tye ka dong, peko eni romo cake pi noo jami ma pol utime, piyen tye jami ma dwong ma time cake ka igamo ee ki bene ka idongo. Me achaki kong, chalo peko mukene ni weny, iromo noo ne ki bot luyondo ni, nyo bene bot kwari ni. Ma nyuru ni romo bedo ni idongo ki ADD nyo ADHD ucake nino ma ngarumo ni tye ic. Ci, wa loko ikum ngo ma kelo peko ni ipwonye wa mu karo ni bene. Gimo keken ma layondo timo ikare me iye udongo ma yelo adam ki kiri ma tiyo kwede, romo weko latin noo peki ni. labole mato kong, munyu yat ma pe upore, ki bene accident. K ma latin dong ki iyee pe kelo ADHD nyo ADD, ento romo weko bedo ma rach nyo ber. ene uweko pire tek me nyang iye ma noo pwod chon, wek ma chalo layondo, iromo miyo kony ki latin ni ka twere.

- **Kit me konyo lutino ki gang ki igang kwan**

Glades: Kong dong wa chak ki kit me konyo lutini ma tye ki ADD ki ADHD igang kwan tutwale. Kit ma dong wa ngeyo ni lutini ma tye ki ADD ki ADHD pe gi bedo mot pol kare, ma chalo lapwony, iromo timo gi mo ma romo juku wot tutwal pe lutini ni. Chalo mini gi tich me poko buk iclass, dunyu blackboard, nyo bedo latela iclass. Eni weny time noo lapwony tye ka neno latin eno ni, piyen ka ku gi romo tero tela gi ni ma rach ikum luwodigi, ento bene romo bedo yoo me nyuru mit kum gi ma karo lac ni.

Jami mukene ma iromo temo ne ma chalo lapwony, labole:

- iromo loko ka bedo pa latin wek ujuk ayela ne iclass.
- wek kama latin kwan iye ubed ma woo pe iyee.
- mini gi tich atima ma dwong wek ugu tam gi pe gu yel luwodigi.
- iromo moko ki latin sign mo acel ma noo latin eno ni ngeyo kene wek ka itye ka pwony chi tam pa latin eno ni tye kamu kene, lapwony nyuru sign chi dwoko tam pa latin iwinyo pwonye. Ki bene wek pe wu bed ka lwong nying latin eno ni chawa weny.
- ki bene ka ipwonyo, wek lutino gu bed ki chawa me yweyu bene.

Pol kare wa miyo labole ikit me konyo lutini wa iworkshop me wa timo isukul ma wa tiyo kwede ni.

Wa tye ki niyee ni lupwonye tye ki lutini ni iclass gi ki bene wu tye ka timo tek me konyo gi. Tiga wu ngeyo ni pe gu yero bedo ki peki ma gi tye ka yeke kwede ni? chi dong, lupwonye gi omyero gu nyang ki pwonyo kit me konyo gi ki kit kwo gi ni. Tek teke moni oromo bedo tye ki oolo, ento ka ibedo ki kare me nyang peki ma pat pati ikwan, kit me ngeyo ne ki konyo gi kwede, chi ibi loko kit me pwonyo ki bene keto bunyu iwang lutini ma tye ki peki ni.

Beatrice: Ki gang, tye jami ma pol ma iromo timo ne ma calo layondo nyo lakwok. Ka ikum lok, ka itye lapwony, walegu ni pe igik winyo pwonye ni, piyen pwonye eni bene romo konye kiri iclass. Me chako ne, kong dong wa ket cwiny wa ikit ma wa loko kwede ki lutini wa, ma lupe ki tich atima me wa miyo it gi. Labole, bedo ki tich atima ma noo ki coyo it gi chawa weny romo bedo gi mo ma romo konyo lutini ni tutwal ma karo miyo it gi tich atima ma dwong ma noo pol kare wii gi wil oo ingo ma ki waci gi ni gu tim. Iromo konyo latin ni ka jami ni tye ma ikero kore ki kore cawa weny, weko jami ma myero gu tim ubed iyoo ma rom pol kare nyo weko kila tich ubed ki chawa ne, chalo cham. Ka itwero, iromo coyo piny tich atima kudiku. Eni bene romo konyo lapwony iclass. Ka nino chero kwede, iromo poyo wii gi ikum tich ma myero gu tim, ki bene pwonyo gi itich ma gu timo, kiri gu timo ma ber nyo ma rach. Eno ni pe dong nyuru ni pe ki wachi gi yoo ma ber ma myero gu tim kwede, ento ka iboro tich gi chawa weny, wek gu nge ni jami ma gi timo weny pire tek. Ka iwoo bot lutini ni ka itye ka lok, nyo goyo gi pi bal ma gu timo, eno ni weny pe wu bi konyo peko pa latin. Pe gi yero me time ku meno piyen gi miro, ento myero wa konyo gi me pwonye kiri me bedo ki peki ni.

Bene konyo ma daa ka iweko gi ywee ka gu aa ka timo tich mo, nyo ka gi tye ka timo gimo, ka mite ni gu ket cwiny gi itich eno ni ento latin pwod tye ka yeke me keto cwinye igin eno ni. Eno ni konyo gi me bedo ki kero me tich ma tek, ki bene me tero gi itch mukene. Labole, ka gi tye ka timo homework gi, mini gi dakika a bich mo me yweyu inge dakika aparabich me kwan. Gin ma pire tek kany, ayee tye ni pe lutino weny ma tye ki ADD nyo ADHD tye ma rom, omyero inen lutino ni ka acel acel. Mukene bino ma rach nyo noo tek teke moni bene tye ma karo mukene.

Glades: Chi bene, mi ki latin ni yoo ma myero utim kwede jami kore ki kore. Labole, pe imii ki latin tich atima ma pol ichawa ma rom, chalo lwok jami, ywee dyakal, twom pii, lwok latin, cheri icuk, mwod yen. Wu noo romo bedo yot bot gi ka layondo gi wu wachi gi ni, me acel key lwok jami kong, ma ka utyeko chi dong imiyo tich atima mukene. Weko gi nyang ngong ma myero gu

tim, bene iromo nwoyo ne it gi ka pire tek. Eni bene romo time chawa mukene bot ngarumo ma pee ki ADD nyo ADHD, ka imini gi tich atima ma dwong ma noo iloka loka, pee itam ni gu mako jami ni weny iwii gi, kiri mere jo mukene gi tye ki adam ma tek me mako jami weko wii gi poo. Bot latin ma tye ki ADD nyo ADHD, pol kare wii gi wil jami ma ipenyo gi, piyen tam gi chero kamu kene kama woo tye ka aa ki iyee.

Bene konyo ka iweko latin ni timo homework kama woo pee iyee. Iromo weko gi bedo kama piny uling labong ayela, chalo timo homework iroom gi nyo isitting room ma noo TV nyo radio tye ma ki neko. Kama woo tye iyee, wan jo mukene wa romo timo homework iyee, ento tek teke romo bedo tye, ki bot latin ma tye ki ADD nyo ADHD, dong pe lare.

Yoo mukene me konyo lutino ki gang ene mede ki cuku cwiny gi, yubu lagam gi iyoo me upore, nyutu mar ki gwok ki bene bedo ma noo ikuru labongo ruyu gi. A geni dong wa nginyo ki labol ego ni, piyen dong wa loko iyee ipwonye wa mu karo ni ma pole ki loko iyee ma tut. Ka wa neno lutino ma tye ki peki ikwan, ino ni yoo me konyo gi pol kare weny tiyo ipeko me kwan ni weny. Cuku cwiny, mar, bedo ma imini gi kare me tyeko ne labong ruyu gi ki mukene ubu konyo gi me bedo ki yom cwiny ikum kwan ki bene kit ma giromo kwo kwede ki peko ni bene.

Me aginki ne, ADD ki ADHD ene obedo ikin peki ikwan ma ki twero nongo yate. Pire tech me ngeyo ni yat pe ubu weko peki ni aa oo, konyo mere me dwoko a rem ki layout. Labole, konyo latin ma tye ki ADD nyo ADHD wek uket cwinye itich ma tye ka timo ne maber, nyo me bedo ki kare me yubu kit me keto cwinye ma karo. Eni pe gi mo ma myero wa chak timo ne ken wa. Mite ni dacta ma ki lwo gi ni psychologist nyo psychiatrist me neno lok ke, tutwale ngat ma loyo lok ikum peki ni. Yat ma gi miyo it gi ni pol kare tye ka dwogi ne, bene pol dano ma gi munyu yati chawa mukene gi wachi pe gi winyo chalo dano adana. Romo edo rach ka imunyu yati ma noo ipe ki ADD ki ADHD, ki bene rach ka imunyu yat labong lubu dosage nyo imunyu ma rach, chi ma pire tek ujone, chawa weny myero kong inong atel ki bot dactari ma loyo peki ni ma pwod pe tamu lok me cheru munyu yat.

- **A giki ne**

Glades: Wapwoyo winyo pwonye wa ma angwen ma obedo ikum lutino weny pwonye, kama wa teme ki tek wa me konyo wu me ngang peko ma pat pat ikwan ki yoo ango me konyo gi maber.



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watamu ni ibedo ka winyo wa weki inong ngech ikum peki ni acel ka acel. Ipwonye wa ma tye ka bino ni, wa bi loko ikum peko me kwan ma tye ikit ma wa bedo kwede ki kit me wa loko kwede ki luwot wa, wa lego ni pe ikeny winyo ne. wa nen.

- **Me dolo doge**

Glades: Wapwoyo winyo **Lutino weng pwonye**. Iromo nywaku tami kwed wa!

Iromo ribe kwed wa in facebook nyo iromo cwalo lapeny inamba 0772630078. Imiro ngenyo matut ikum dul me Backup Uganda, weki ibedi ingech in kum jami ma time? iromo nongo wa ki wi yamu me **internet** ma tye iwang **website** wa ma ki lwongo ni www.backupuganda.org ki bene wu romo lubu wa ifacebook, instagram, twitter ki bene ilinkedin.