



HIMILO

NEWS LETTER



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مشروع العمر الدنيا ساعة ... فاجعلها طاعة ثماني مهمات على طريق الجنة

Mashruuca Noloshah ee Dariiqa Janada Aduunyadu waa saacadee daacada ilaahay ka yee. Sidee shaqo oo dariiqa janada loo maro mashruucani waa bandhig lagu soo bandhigaayo heerka ugu hooseeya ee laga rabo qofkasta oo muslim ah a

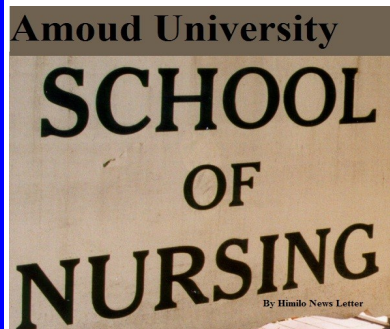
a muslimad ah ee u da-maanad qaadaya sided shaqo oo wakhtigoodu xadidan yahay abaal marintoodana la yaqaano faa'iidadooduna ay xaqiiqo tahay ilaahay idankii. **SHAQADA KOOWAAD** (12 Rakcadood oo suna ah) Inaad tukato 12 rakcadood oo suna ah oo ah sunayaa-

sunayaasha loo yaqaano (الرواتب)kuwaasoo kala ah **2 subaxa** ka horeeya iyo **4 duhurka** ka horeeya **2 maqribka** ka danbeeya iyo **2 cishaa'iga** ka danbeeya. Faa'iidada laga rajaynayayayina waa in ilaahay janada guri kaqaga dhiso. **Eeg..Bogga 2aad..**



Sh. Khadar Xuseen Warsame

Amoud university school of nursing



Drs. Faadumo Haji Abokor

Amoud university has opened a historic program in 2006, one of the most needy and rewarding careers in the healthcare system.

This program is the first of its kind (nursing degree program) in Somaliland. The aim of the nursing program is to prepare nurses with strong knowledge base in order to provide high quality care to individuals, families and the communities they serve. The Nursing Program seeks to prepare graduates who will be able to contribute to the development of nursing education, nursing administration, nursing research and address the challenges facing the healthcare system of Somali-

Bogga 2aad

Hadaf Ma Leedahay

Ugu horayn waxa muhiim ah in uu qof kasta oo inaga mid ahi fahmo HADAFKU muxuu yahay? Qofkastaa ma u baahanyahay inuu hadaf yeesho? Shuruuduudee se ku xidhan inuu

Qore: Mohamed Omer Osman



...Eeg Bogga 11aad..

Sirta Guusha: Sidee Guul Loo Gaadhaa?

Mawliid Ahmed Aadan

Guushu waa mid ka mid ah waxyaalaha ay dadwaynuhu aad u jecelyihin in ay hantaan si ay u gaadhaan farxad iyo nolol wanaagsan.



Eeg..Bogga aad ...

5 Arimood oo muhiim ka dhigaya inaad ugu yaraan labo jeer cadayato maalinkasta

Mahamoud ismaaiil aadam — fourth year dental



labo jeer xataa hadii aad isticmaasho dawooyinka casriga ah ee afka lagu lagu luqdo, iyo waxyaabaha afka uduga ku reeba?????

Rumayso ama ha rumaysan, balse waxaa jira sababo fara badan oon ahayn dawooyin kale ama waxyaabaha afka caraftiisa lagu wanaajiyo, balse farsamada cadyga oo la joogteeyo.

...Eeg Bogga 6aad ..

Ma shaki ayaa kaaga jira muhiimada inaad cadayato maalintii

Qiimaha Ay Leedahay Hooyadu
Eeg Bogga 10aad

Dilaaga Qarsoon
Eeg 6aad

Faa'idooyinka Macsarada
.....Eeg Bogga 98ad

Fadliga Iyo Qiimaha Samirku Leeyahay
Eeg..
Bogga 3aad

Qormada Diinta ISLAAMKA

Ujeedooyinka Barbaarinta Islaamka

Daliilkeeduna waa (rasuulka ilaahay wuxuu yidhi SCW qofka tukada maalintii 12 rakcadood oo suna ah ilaahay janada ayuu guri uga dhisaa) xadiika waxaa wariyay imaam muslim.

SHAQADA LABAAD (salaatu layl)

Labarakcadood oo salaatu layl ah faa'iidada laga rajaynayayayina waa ducadaada oo la aqbalo + danbigaaga oo la dhaafo + baahidaada oo lagu gudo. Daliilkeeduna waa (Rasuulka ilaahay wuxuu yidhi SCW rabigeenu tabaaraka wa tacaalaa wuxuu u soo degaa (soo degitaan waynidiisa u qalma)samada inoo soo xigta marka uu hadho habeenka sadexmeelood meesha ugu danbaqysa wuxuuna yidhaahdaa ayaa ibaryaya oon baryadiisa aqbalaa ayaa wax I waydiisanaya oon siiyaa ayaa I danbi dhaaf waydiisanaya oon danbigiisa u bdhaafaa.) xadiiska waxaa wariyay imam Bukhaari.

SHAQADQ

SADEXAAD (salaatu duxa)

Laba rakcadood ama afar rakcadood ama sid eed rakcadood.

Faa'iidada laga rajaynayayay waa inaad gudatay sadaqadii xubnaha jidhkaa-

ga lagu lahaa.

Daliilkeeduna waa (rasuulkeenu wuxuu yidhi SCW waxaa ku waabariista xubin kasta oo xubnaha banuu aadamka ka mida korkeeda sadaqad.Tasbiix kast سبحان الله - waa sadaqad Taxmiid kastaاالحمد لله -

sadaqad Tahliil kastaااله - waa sadaqad Takbiir kastaاالله اكبر - - sadaqad xumaanta oo la'iska reebaayi waa sadaqad waxaa kaaga filan laba rakcadood oo aad tukatid wakhtiga barqada oo loo yaqaano Salaatu Duxaa) xadiisaka waxaa wariyay imam Mmuslim badh ka midana imam Bukhaari.

SHAQADA AFRAAD (akhrinta suurada al mulki) -- سورة الملك

Faa'iidada laga rajaynayay waa inay kaa bad baadiso cadaabul qabriga.

Daliilkeeduna waa (Rasuulkeenu wuxuu yidhi SCW Suurad qur'aanka ka mida oo sodon aayadood ah way u ergaysaa qofkq ilaa loo danbi dhaafo waana - تبارك xadiiska waxaa wariyay Tarmiidi iyo Axmad.

SHAQADA SHANAAD (odhaahda ilaahoow ilaah kale majiro adiga mooyaane)

Faa'iidada laga rajaynayayay waxay u dhigantaa adiga oo Taban Adoon xoreeyay +boqol Wanaag oo

laguu qoro +boqol Xumaanood oo lagaa tirtiro +dayr adag ayay shaydaanka kaaga ahaanaysaa.Daliilkeeduna waa (rasuulkeenu wuxuu yidhi SCW qofka yidhaahda - لا اله الا الله وحده لا شريك له له الملك وله الحمد وهو على كل شئ قدير - ma jiro adiga mooyaane kali ayaad tahay cibaadada wax kula wadaagsadaayi ma jiro boqortooyada kaligaa ayaa iskale mahad dhamaanteedna adiga ayaa iskale wax walbana waad awoodaa) xadiiska waxaa wariyay imam Muslim

SHAQADA LIXAAD (saliga Nabiga 100 goor)

Faa'iidada laga rajaynayayay waa naxariis ilaahay iyo bakhaylnimo bari laga noqdo, Daliilkeeduna waa (Rasuulkeenu wuxuu yidhi SCW Qofka hal mar igu saliya ilaahay toban goor ayuu u naxariistaa.) xadiisks waxaa wariyay Imaam Muslim Sidookale (Rasuulkeenu Wuxuu yidhi SCW Bakhaylku waa Qofka agtiisa la'igu soo hadal qaado ee igu saliya waaya) xadiiska waxaa wariyay tarmiidi.

SHAQADA TODOBAAD (Subxaanalaahi wabixamdihi Subxaanalaahi al cadiim)

Faa'iidada laga rajaynayayay waa in janada lagaaga beero boqol geed oo timir ah.Daliilkeeduna waa (Rasuulkeenu wuxuu yidhi SCW qofka yidhaahda - سبحان الله وبحمده waxaa

janada looga beeraa Timir)Xadiiska waxaa wari-

SHAQADA SIDEED- AAD (Astagfirulaah 100 goor) الله ما نة مرة - استغفر

Faa'iidada laga rajaynayayay waa dhibaataada oo lgaa faydo+ arsaaqda oo lagu waasiciyo. Daliilkeeduna waa (Rasuulkeenu wuxuu yidhi SCW qofkq joogteeya istiqfaarta ilaahay wuxuu uyelee cidhiidhi kasta meel uu uga baxo murugo kasta oo haysatana uu ka faydaa wuxuuna ka arsaqaa meel aanu waxaba ka filanayn.) Xadiiska waxaa wariyay Abuu daa'uud iyo Ibnu Maajah iyo Xaakim .

Ilaahay waxaan waydiisanaynaa hanuun iyo toosnaa .

وآخر دعوانا ان الحمد لله رب العالمين .

كنوز المستغفرين

المفتاح بيدك

هل تريد الغيث المدرار والذرية الطيبة والولد الصالح والمال الحلال؟ عليك بالاستغفار .. قال تعالى(فقلت استغفروا ربكم إنه كان غفارا يرسل السماء عليكم مدرارا ويمددكم بأموال وبنين ويجعل لكم جنات ويجعل لكم انهارا).

هل تريد راحة البال، وانسراح الصدر وسكينة النفس وطمأنينة القلب والمتاع الحسن؟ عليك بالاستغفار.. قال تعالى{وأن استغفروا ربكم ثم توبوا اليه يمتعكم متاعا حسنا}

هل تريد قوة الجسم وصحة البدن والسلامة من العاهات والآفات والامراض؟ عليك بالاستغفار .. قال تعالى {ويا قوم استغفروا ربكم ثم توبوا اليه يرسل السماء عليكم مدرارا ويزدكم قوة الى قوتكم ولا تتولوا مجرمين}

Waanooyin

Kaydso oo Kadabaa dheh.

Barbaarinta Caruurtu .. Waa Waajib Ina Saaran



Waa Qalinkii:
Saynab X.Axmad Miisaan

Ruux walba oo utaagan in uu tarbiyad

wanaagsan tarbiyeeyo caruur waxaa lagama maarmaan u ah in uu ka dhaqaaqiyo mabaadi kuqotoma siyaasad saliim ah ootarbidadeed mabaadidaas iyada ah eek u saacadaysa murabiga in uu sisax ah uguto waajibbaadkiisa tarbawiga ah waxaa kamid ah: Wada tashi joogta ah oo ka dhexeeya aabaha iyo hooyada iyo in ay isku ogaadaan qorshe midaysan oo ku wajahan ciyaalka tarbiyadooda wxaana laga

doonayaa waalidku in ay marwalba u dadaalaan adeegsiga usluubta ugu wanaagsan ee wax lau tarbiyeeyo. Waana in ay marwalba ladoodaan ilmaha oo hadalka (xiwaarka) waxdhisa labaro oo cunfi ad adayga iyo qasab laga ilaaliyo Guriga in lagu camro isjacayl iyo istixgelin lagana ilaaliyo iskahasho iyo isdhibsi, ogowna isjacaylku waa nafaqada kobciska caruurta naf ahaan iyo bulsho

ahaanba ogowna arintano maaha in ay kaareebto in lacanaanto caruurta marka ay wax khalidan ee waa in lagu cigaabaa waxyaabo uu kuheli-jiray oo laga joojiyo ilaa u kasoo laabanayo khaladka sida umuujintii kalgacaylka in lalaqoslo in laabta lasaaro in ladhunkado iyo in hadaayaadkii laga joojiyo iyadoo loo sheegayo in waxaas oo dhami ay ku xidhanyihiin oo kaliya in uu khaladkii kasoo laabto La soco Qaybaha Danbe

Fadliga iyo qiimaha samirku leeyahay



Samirku fadli iyo qiima farabadan ayuu leeyahay oo aan la soo koobikarin Qur'aankuna waxbadan ayuu kahadlay fadligaa iyo qiimahaa iyaga ah ee samirku leeyahay waxaana wax la hubo ah hadii ruux walabaa uu raaco tusaalooyinka Qur'aanku kabixiyay samirka uu ku liibaanayo aduun iyo aakharaba.

Samirka waxaa Allaah ku xiray falaaxa iyo liibaanta dadka wayoo guul iyo liibaan waxa ay timaadaa dulqaad iyo samir kadib cid

aan samrina maysan sugin guusha iyo liibaanta Allaah waa waxaa uu leeyahay:

يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا
وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ. آية ٢٠٠ من
سورة آل عمران

Kuwa Xaqa Rumeeyeenow Samra oo Samirtama Kuna negaada Dhawrista Xuduuda Kana baqa Allaah waxaad mudan tihiin in aad liibaantaane.

Sidookale waxaa Fadliga samirka kamid ah abaal gaar ah oo Allaah ugu tala galay Ruuxa saabirka ah abaalkaasna majiro cid mutaysatay oo aan ka ahayn saabirka Ruuxa ku sifoobay abaalkaas oo ah in si xisaab la'aan ah Allaah u abaal mariyo waxaana uu leeyahay Allaah:

إِنَّمَا يُوفِي الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ
حِسَابٍ. آية ١٠ من سورة الزمر

Waxaa uun loo oofiayaa oo loo dhamaystiraa kuwa samra ajarkooda xisaab la'aan Waxaa laga qaadanayaa aayadac macnaha soo arooray in ay iyaga uun yihiin waa saabiriinta'e kuwa si xisaab la'aan ah Allaah u abaal marinayo, waana bishaaro wayn in xisaab la'aan loo abaal mari-

naayo cidii samirta oo macsi ka samirta daacadana ku samirtaa, waxaana lagama maarmaan ah in cidwaliba oo iimaan leh ay dan u yeelataa abaalmarintaa iyo fadligaa ku jira samirka iyo dulqaadka ayna ka faaiidaystaan tilmaamaha iyo towjiihaadka Allaah.

Sidookale waxaa Fadliga samirka kamid ah in uu Allah lajiro ruuxa saabirka ah ee ku samra wax Allaah raali kayahay wiliba Alle waxaa uu ka dalbayaa mu'miniinta in ay kaalmo ka dhigtaan smirka iyo salaada waxaana Allaah leeyahay:

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ
وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ. آية
١٥٣ من سورة البقرة

Kuwa Xaqa rumeeyow kaalmayta Samirka iyo Slaada Eebe waxaa uu la jiraa kuwa samra'e Hadaba maciyada Allaah ama lajirka Allaah wax yar maaha wax lahelikarana maaha cid waliba oo iimaan lehna waxaa la gudboon in ay arinkaa aad u raadiso juhdi iyo dadaal dheeri ahna gelisaa sidii ay ku gaari

Fadliga samirku leeyahay lama soo koobi karo waa uu ka waasac san yahay wax hal qormo iyo wax u dhaw lagu soo kobo waxaanse ku soo gabagabaynayaa qormadaan in uu Allaah u kulmiyay ama isugu daray sadex arin oo aad u wanaagsan oo ayna jirin cid kale oo mutaysatay in la isugu daro oo aan ka ahayn saabirka waxayna yihiin sadexdaa arin Nabadgelyo iyo Naxariis iyo Hanuun waxaana uu Allaah leeyahay:

أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِنْ رَبِّهِمْ
وَرَحْمَةٌ وَأُولَئِكَ هُمُ الْمُفْتَخُونَ.
آية ١٥٧ من سورة البقرة

Kuwaas (saabiriinta) waxaa kor kooda ahaan Deeq Eebe iyo Naxariistiisa waana kuwa hanuunsan. Hadaba samirku waa sahay Qaali ah waana sumad Alla jecelayahay Ruuxii ku sifoobana wuu ku saramaraa si kastoo ay ahaataba samir waa lama huraan.

C/raxmaan cumar Ibrahim Phone no:4077370

Sirta Guusha: Sidee Guul Loo Gaadhaa ?



Guushu waa mid ka mid ah waxyaalaha ay dadwaynuhu aad u jecelyihiin in ay hantaan si ay u gaadhaan farxad iyo nolol wanaagsan. Dadyawga jecel in ay hantaan guusha waxa ay tixraac ku sameeyaan buugaagta ka waranta mawduucan si ay ugu sahlaanaanto fahanka sirta guusha loo gaadho. Sidoo kale waxa ay raadgoobaan dadyowga gaadhay guulo badan si ay uga helaan sirta guusha lagu gaadho ama ay uga qaataan darsi.

Hadaba, bulshadu waxa ay aad ugu kala duwanyihiin dawga ay u marayaan guusha. Sidaa darteed dadka qarkood waxa ay maraan dawga gaadhsiinaya guusha kuwa kalena waxa ay maraan dawga gaadhsiinaya halaaga iyaga oo filaya in uu yahay dawga guusha. Akhristow, Sirta guushu waa sobobta aan ugu xusnay mawduuca maqaaladan kooban si bulshadu ay u garato dawga ugu mudan ee loo maro.

Akhristow, waxaan go-aansaday markaan diyaarinayey maqaalkan in aan raadiyo dad gaadhay Guul iyo Horumar, aanan weydiiyo sirta Guusha ama sidee loo gaadhaa Guul?. Hadaba, waraysiyo aan ka qaaday dad guulo sare gaadhay waxaa ii soo baxday in guul lagu gaadho arimahan soo socda:

1. **Hilow**; Hilowga loo hiloobo gaaritaanka Guusha ayaa qofka ku qasba inuu shaqada qabto, oo uusan ka-seexanin, ka dib-dhicin. Dadka jecel inay Guul gaadhaana uma shaqeeyaan inay helaan lacag oo kaliya ee waxay u dadaalaan

inay shaqadooda ku raaxaystaan, kadibna waxay isla helaan Guul iyo Maal badan.

2. **Shaqo**; Guul oo dhan waxaa saldhig u ah, Shaqo loo maro dhib badan, wax bilaash iyo raaxo ku yimaadana maba jiraan, haday jiraana waa wax riqiis ah oon qiimo badan lahayn. Dadka Huromarka gaadhaa waxay qabtaan shaqo ay ku raaxaystaan, waqtigooda iyo naftoodana u huraan, waxayna u shaqeeyaan si qota dheer.

3. **Tababar iyo ku celcelin fara badan**; si aad u noqoto guulayste, billaw shaqo fiican aadna u badi taba-barashada iyo ku celcelinta, oo Riyo iyo Sixir midna ha sugin, ee ku talagal dadaal iyo taba-barsho dhab ah si aad shaqadaa master ugu noqoto.

4. **Hadafkaaga beegso**; issa-gana ku seexo kuna soo kac, hana isku dayin inaad hal jeer toban shay ka shaqayso, balse Hadafkaaga oo kaliya ah indhaha ku hay habeen iyo maalin, soojeed iyo hurdo labadaba.

5. **Cadaadinta nafta**; naftaada ku cadaadi siday hore ugu socon lahayd markasta iyo si-kastaba. Haka-shakinin hana ka-xishoonin

hadafkaaga magac dhawgiisa iyo ku celcelintiisa. Naftaada-na ha mahadinin, habsana in aanad wali gaarin meeshii u saraysay, u qiimaha badnayd, markasta sii raadi meel ka saraysa meesha aad hada joogto.

6. **Dadka u adeeg**, una qabo wax qiima leh, taasina waa jidka ugu gaaban ee Guul lagu gaadho. Kaligii noolade ama dantii raadiye meel dheer

magaadho, oo qofka naftiisa uun ka fikiraya hadafkiisu aad buu ugaaban yahay. Qofka meel dhaw ku socdaana dhakhsuu daalaa, halka qofka meel dheer ku socdaa, daalka uusan xasuu-sanayninba.7. **Raadi Fikrado cusub**; hana sugin sixir ama wax hal jeer kugu soo daga oo Guul weyn ku gaadhsiya. Guushu waa fikrado yaryar oo laysku daray, lagu celceliyay, lakobciyay, oon laga daalin. (dhbicda yar ee dhulka ugu dhacda si is daba joog ahi, God bay qodaa, lakiin Baaldi buuxa hadii haljeer dhulka lagu shubo god ma qodi karo). 8. **Haka harin**; dadaalkii aad soo waday,

xattaa haday kaa hortimaado guul darro, ama dadka shaqo la'aanta ahi ku caayaan. Waxaadna ogaataa inay guul darradu dhasho Guul qiimo badan, tahayna hor-dhicii guusha weyn, hadaad ka-hartase waxaad noqonaysaa qof cum-rigiisii khasaariyay.

Tilmaamahaasi waa kuwa Guul iyo wanaag lagu gaadho, sida ay dadyowga aqoonta iyo khibrada dheer lihi u dhigeen. Akhristow, waxaana haboon qofku inuu isagu is miisaano meesha uu ka joogo tilmaamahaas.

Waa qalinkii:
Mawlid Ahmed Adan

Sheeko



Lo'da Somalida Ee Magaalooyinka ku nool oo lagu yaqaan in ay wax walba cunto sida Xaanshiyaha, Bacda iyo Baakadaha ayaa waxaa dhacdey in nin bac Qaad ah sitey isla markaan waxaa Bacda Qaadka ugu dhex jirey Mobile wuxuuna reer sac u joogey ka codsaday in la siiyo Musqul si uu ugu soo xaajoodo waxa uuna qaadkiisii saartay meel darbi ah, dadkii guriga joogeyna wax feejignaan ah ma siin qaadka uu ninku meesha saartay, waxaana dhacday intii uu musqusha ku jiray in Sacii reerku lahaa soo galay daaraddii kadibna uu afka si fiican ula helay Qaadkii darbiga saarnaa oo uu ku dhex jiray Mobile-ku, wuxuuna Mobile-ka ahaa mid yar oo aan sidaa u weyneyn waxaana Sacii u suuragashay in uu ku liqo caleentii Qaadka.Mobile-kii Ninkii markii uu soo dhameystay xaajaddiisii Musqusha ayuu dibad-da u soo baxay, waxa uuna arkay haraadigii qaadka oo ka sii laalaada afka Saca, inta uu naxay oo afka labadii yeeray ayuu ku dha-waaqay“Ala Mobile-keygii..... Ala Qaadkeygii”. Reerkii guriga ayaa qaylo dhaantii ku soo baxay, waxa uuna ninkii u sheegay in Sacaan uu ka cunqay

iyo waliba Mobile ku dhex jiray bacda qaadka. Odeygii reerka oo yaaban ayaa yiri “Qaadka garanay laakiin maxaa caddeyn kara in Sacu uu liqay Mobile”, waxaa la wacay Mobile-kii waxa uuna yiri “Lama heli kar, Waa mashquul, Qadka ayuu ka maqan yahay iyo wixii la mid ah”, meeshiina waxaa ka bilowday muran xoogan oo u dhexeeyay ninkii socotada ahaa iyo reerkii, mid ka mid ah dadkii ku soo baxay ayaa yiri “Saca hadduu Mobile liqay si sahal aha ayaa loo helayaa waxaa la siinayaa Burgaanti oo waliba dhowr xabo ayaa la isugu darayaa” waa lagu wada qoslay waxaase ka biyo diiday ninkii lahaa saca oo isagu soo jeed-iyey in haddii uu Sacaan laqay Mobile waxaa lagu kala baxaa in Raajo la saaro Saca, mu-rankii ayaa sii dheeraaday, qolo kale ayaa soo jeedisay in saca laga qabto ilaalo gaar ah si saxaradiisa loola socdo. Mar kale waxaa la soo jeediyey in saca la qalo qarashka uu bixiyo ninka Mobile-ka leh, hase yeeshee ninkii waa uu diiday, waxay Odoyaashii meesha isugu yimid ayaa la go'aamiyey in ninkii Mobile-ka lahaa loo celiyo wax xoog-gaa lacag ah, sidaa ayaana markii dambe lagu kala baxay.

**Diyaariya : Aditor Of Himilo
News Letter Abdulahi Nour
Hussein**



Barbaarinta Ubadka

42 nurses have graduated so far and about 84 student nurses are enrolled presently. Since the opening of the program, it has attracted many applicants and is becoming quite popular at Amoud university. Bottom of Form

Choosing nursing as a career

Before discussing nursing careers in general, one must first know what nursing itself is! The ANA (American Nurses Association) defines nursing as:

“Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations.”

Nurses make up the largest workforce within the clinical healthcare industry. Nursing careers offer a wide variety of roles and a broad scope of responsibility. There are many different types of nurses, and several different ways to obtain nursing careers.

Nurses work closely with physicians as an integral part of the patient health care team. The doctor makes some key decisions about the diagnosis, treatment, and medication, and it is the nurse's role to administer that care on an ongoing basis to ensure successful recuperation of the patient. Because they may actually spend more face-to-face time with a patient than doctors, nurses must be particularly adept at interacting with patients, putting them at ease, and assisting them in their recovery, and overall well-being.

Education, Training, &

Certification for Nursing Careers:

Internationally, there are three educational paths to becoming a nurse. A diploma from an accredited nursing program or hospital, an associate's degree in nursing (ADN – a two-year program), or a bachelor's degree (Bachelor of Science in Nursing, or BSN). Finally, before becoming licensed and practicing as a nurse, one must pass the National Council Licensure Examination for Registered Nurses (NCLEX-RN), or for Practical Nurses (NCLEX-PN) in most countries of the world. In Somaliland, there are two educational paths to becoming a nurse. A diploma from an accredited nursing program (at Edna hospital, Health Institute of Hargeisa, soul health institute and Burao Health institute), and a Bachelor's degree (Bachelor's of Science of nursing at Amoud university).

Where to Work as a Nurse:

Just about anywhere doctors work, nurses do too, including but not limited to hospitals, doctor's offices, clinics, emergency rooms, intensive care, government agencies, corporations, and more. In fact, nurses also work in other areas where physicians typically do not, including home health, and schools. Over half of all nurses work in hospitals.

Responsibilities & Work Schedule for Nursing Careers:

Nurses are involved with nearly all aspects of a patient's care, from providing comfort and hygiene to administering injections and IV's, updating medical records, as well as minor therapeutic and diagnostic procedures and processes. Schedules and duties vary based on the type and level of nursing role. Surgical nurses assist in the OR with equipment and supplies from pre-surgical prep, to post-operative care. Nurses can be generalists or ob-

tain Master's degrees and additional certifications to specialize in a specific area such as pediatric, cardiac, neonatology, oncology, education, or just about any medical specialty. Although there are many different types of nursing careers, each with a different set of responsibilities, there is one primary consistency among all nurses of any type, which is the “nursing process”, according to the ANA. The nursing process outlines how a nurse approaches each patient encounter, and includes five steps: assessment, diagnosis, planning, implementation, and evaluation.

Advanced Practice Registered Nurses:

Advanced Practice Registered Nurses (APRN) are those who have fulfilled the general RN requirements, and then continue on to study at the Master's level or beyond. APRN's will typically focus these advanced studies in a particular medical specialty, in which they obtain a deeper level of knowledge and experience, whether it be cancer nursing, anesthesiology, pediatrics, etc. Advanced Practice Nurses are some of the highest paying nurses, and include Clinical Registered Nurse Anesthetists (CRNA), which are the most advanced of all nurses, Clinical Nurse Specialists (CNS) and Nurse Practitioners (NP). **What's to Like about nursing career:**

As with many careers in the healthcare industry, nursing offers very high job stability, as well as a wide variety of options in terms of schedules, locations, and levels of responsibility. Also, many nurses like the rewarding nature of nursing work, which allows them to truly impact the lives of

others who are most in need of assistance. Also, nursing can be very lucrative especially if you move into more specialized roles or move up into leadership and management roles.

What's Not to Like nursing career:

Due to a shortage of nurses, burn-out can be an issue, caused by stressful hours, and being stretched too thin. Also, keep in mind that as a nurse, you may be working during the hours of the week when your friends and family are off work. As a nurse you may be working nights, and weekends, so even if you have a regular 40-hour workweek, you may not see much of your family at times, if they are on different schedules such as a 9 to 5 Monday through Friday situation. Also, depending on what type of nurse you become, you could be dealing with very sick people, and their families who are under stress, so you must have the type of personality and drive to deal with serious issues on a regular basis.

Nursing may be for you if:

If you love helping others, you are truly passionate about the human spirit, and really want to make a difference in the lives of others. If you are very hard-working, have an excellent attention to detail with matters, and are able to analyze data in addition to behavioural cues, nursing may be a viable option for you.

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Amoud university,
Borama, Awdal region, Somaliland

Bogga Caafimaadka

Dilaaga qarsoon

Dadka carro-edeg kofkeeda ku nool waxay soo mareen waqti iyo waayo kala duwan ,waxa jirtay dhalasho iyo dhimasho waxan shaki ku jirin in bani aadanku war walba la diriri jiray xanuunada iyo ka hortagga dhimashada sidaa darted waxa mar walba jiray dad la yidhaa faraadin oo macnaheedu yahay kii xanuunka fardaamina-yay wax kasba halla sameeyo ha dhinto ama qofkau xanuunka haka kacee ma jirin cid ogi waxa kenaya xanuunka inta bandanna waxa lo insi-bayn jiray in qofka la

qandaabay jiri taabtay ama la dardaray , mararka qaar-na la yidhaa waxa ileeyay qof xaaalku waxa uu sidaa ahaadaba dadka aduunka ku noolona ta aka si'uaada-ba waxa bilaabantay in la fakaro oo lays weydiyo in ay jiraan waxyaalo kale oo keeni kara xanuun kana duwan waxa hadda la aaminsanyahay Tusaale :nabar qof ku dhacay oo malaxi ka socoto (Dus),dheg sidoo kale dheecaan ka socda ibta ra-ga ee dhalmada oo dheecaan ka socdo qofka oo qufacaya malaxna tafayo indhaha oo xafajo caddi qarrisay iskuna dhagaya waxyaalaha kor ku xusayna iyo kuwa kaleba waxay horsed.cilmi baadhis taas oo laga amba qaadayin la

yidhaa baroorta orgigaka weyne waxa jira wax ka duwan jirkan wax qandaabaya een la arkayuoo keenaya xanuunada badab-kooda taasina cilmi baadhis dheer ka dib waxay ku gabagabowday in la daah rogo noolaha ugu tirada badan oo ah ilma qabati (microbes) oo 90% in ka badan leh manaafacaad balse ka badan wax ka yar 10% keenaan xanuunada dhibta ku haya bani aadanka iyo noolaha kaleba xataa dhirta hadaba aan u soo degno nuxurka hadalkan oo ah sida looga hortegayo xanuun keenahaan 1-Waa inad ahaato mid cuno cunto nadiif ah isla markaana dheeli tiran 2-In hooyga aad gashaa ahaado mid nadiif ah qaabkuu dooniba haw dhisnaadee 3-In aan qoob indhihi ah oo xidhan (hawada ku yartahay dad badan lagu seexdo)

4-In la cabbo biyi nadiif ah haddii aan la hlkayu kuwa la hayno cayska kayo 5-In gacmaha la dhaqdo si fiican mar kaste oo wax la cunayo ama musqusha la galo 6-In qofka xanuunsani dadka dhawra ka daayo gacan qaadka neeftana ka-la durko gacmaha ama maro afka iyo sankaa saaro markuu hindhisayo ama qufacayo 7-Baar ahaan marka uu qofku hargab qabo waxa quman in aanu xataa la tukan dadka kale ama aanu shaqo iyo school midna tegin waayo waxa dhici karta in u qaadsiiyo qof jilicsan kaas oo la kulmi kara dhib ama dhi-mashab Aad uga digtoonaw cunto aanad hubin mudada ay taalay waayo backniyada xanuun keentadu badanaa cuntada

Qore ; Dr.Maxamed Daa'uud

5 Arimood oo muhiim ka dhigaya inaad ugu yaraan labo



Ma shaki ayaa kaaga jira muhiimada inaad cadayato maalintii laba jeer xataa hadii aad isticmaasho dawooyinka casriga ah ee afka lagu lagu luq luqdo,iyo waxyaabaha afka udu-ga ku reeba?????Rumayso ama ha rumaysan ,balse waxaa jira

sababo fara badan oon ahayn dawooyin kale ama waxyaabaha afka caraftiisa lagu wanaajiyo,balse farsamada cadyga oo la joogteeyo.In aad cadayato ilkahaaga maalntii laba jeer waxay muhiim utahay caafimaadka iyo fayd qabka afkaaga guud ahaan iyo ilka haaga sababahan soo socda awgeed.

1.isticmaalka fluoride

Inta badan dawooyinka lagu cadaydo waxaa ku jira waxyaabaha ay ka kooban tahay macdanta fluoride. Fluoride waxay door muhiim ah ka ciyaartaa ka hortaga inuu samayamaan daloolo yar yar oo ili ma qabatay ah waxay waa

oogada sare ee ilkaha kaas oo ah bilawga suuska(caries) oo keena burbur baahsan .hadaba inaad cadayato habeenkii marka aad sariirta tagayso suuro galisaa inuu samaysmo lakab (layer) difaac ah oo ka hortaga inuu samaysmaan dal daloolo (cavities) inta aad hurudo. Side ayay uga hortagtaa? Fluoride waxa y samaysaa lakab adag oo ka hortaga inuu samasmo dalool(cavity).hadaba marka aad subaxdii toosto shayga ugu horeeya ee add samaynaysaa waa inuu noqdaa in aad cadayato,taas oo mar labaad xoojinaysa lakabkii samaysmay xalay inuu sii adkaado awna adkaysi siiyo ilkahaaga maalinta oodhan.

Hadaba waa inaad is waydiisaa inaad isticmaasha toothpaste (dawada lagu cadaydo) si aad u hesho fluoride taas

oo siinaysa adkaysi ilkahaaga iyo cadaan soo jiidasho leh oo qurux ah **Ka hortaga bacteria-da???????????**

Waxaa aad u muhiim ah inaad cadayato laba jeer maalinkasta si aad meesha uga saarto in ay bacteria du ku ururto am ahoy ka a dhigato afkaaga.hadii aan la taaban ,lacadayan mudo 24 saacadood ah bacteriadu bacteria du waxa y wakhti fiican uhelaysaa inay dawwooyinka



dhaawac ,burbur iyo midab doorsoon ugaysato ilkahaaga. Hadaba inaad cadayato maal-intii laba jeer waxay udhi-gantaa adoo isticmaalaya a dagaalama bacteria da ee lagu luquqdo ama afka sifeeya (antibacterial mouthwash).tani ma keenayso oo kaliya inaad ilaaliso ilkahaaga balse si-dookale waxayka hortagtaa in ciridkaagu ka badbaado dhi-baatada bacreia da keenta inay is bedesho urta afkaagu (bad breath).Samaysanka qandhuufta

Marka aad hurudo habeen-kii waxa ay qanjidhada qandhuufta soosaaraa sameeyaan in ka yar inta caadiga ah ee ay sameeyaan maalintii .celcelis ahaan waxaa lagu qiyaasaa in qofka caafimaad qabaa aw maalintii soo saaro 500 ___ - 1500 ml .

Qandhuuftaasu waxay ka mid tahay waxyaabaha ka qayb qaata difaaca iyo ka hortaga bacteriada keenta suuska .inaad cadayato ha-beenkii inta aanad seexan waxay meesha ka saartaa hadhaagii cuntada iyo bac-teria da labdaba.

Hadaba bacteria da in teeda ku hadha afku waxa ay bilaabaysaa inay soo dayso acids habeenka oodhan,acid taas oo bur bur u horseeda ilkaha .si aad burburkaas ajoojiso amaba uyaraso waxyeeladiisa waa inaad ugu horaynba cadaytaa

subuxii isla marka aad toost Si doo kale hadii aad qaadato daawooyin saameyn ku leh in afku qalalo ama qandhuuftu yaraato,

waxa wanaagsan inaad isticmaasho xanjo macaanku ku yaryahay,sideedaba xanjadu waxa ay kordhiusaa huuufta ,waxa kale oo muhiim ah inaad isticmaasho cabitaan badansi afkaagu u qoyanaado ,waxaanad ogaataa markasta oo afkaaga ay qandhuuftu ku yaraato inaad unugu shahay suus ku dhaca ilka haaga

Ka hortaga samaysanka TARTAR

TARTAR waa walax adag oo

samaysanta marka ay huraadu aad u adkaato amaba waxaan waxaan odhan karnaa waa heerka ugu sareeya ee ay noqoto huraadu(plaque-calculus-tartar).

Nasiib daro TARTAR ma ahin shey uu cadygu gooyo ama ka saari karo meesha ,sida kaliya ee aad uga takha lusi kartaayi na waxay tahy adiga oo utaga dhakhtarkaaga ilkaha si aw u nafiyo ugana sifeeyo ilkaha dushooda iyo dhexdooda iyo xataa meelaha ay hoosta kaga jirto ciridka.

Dayacnaan kasta oo aad samaysaa waxay keenaysaa in ay sababto xanuuno ku dhaca ciridka oo dhibaato iyo ilka beel baahsan kukeenta qofka .ka hortaga ayaa ka fiican daaweynta:inaga oo ka duulayna odhaahdan caafimaad,waa inaad xidhiidh joogta ah la yeelataa dhakhtarka ilkaha(dentist),sidoo kale waa inaad cadayataa laba jeer adoo isticmaalaya dawada lagu cadaydo si ay meesha uga baxdo samaysanka iyo ururitaanka tartar iyo huraadu .

Daka qaba kaadi sonko-roowga,kuwa caba sigaarka iyo dadka iyo ku wa ay qand-

huuftu af kooga ku yartahay-ba waxay khatar ama halis uyihiin samasanka TAR-TAR(waste results from bacteria).

Ilaalinta ciridkaShaqada cadaygu kuma koobna ooqudha inaad bacteriada ka saarto ilkaha ,balse waxa ay ukeentaa afka inuu yeesho ur ama caraf fiican oo aan laga didi Karin balse la jeclaysto sidoo kale ilko qurxoon oo dhaladhalaaya Waxaad ogaataa in caafimaadka guud ee afka oo wanaagsanada . ayna ku koobnayn ilkaha oo kaliya.ciridku ayaa muhiimad balaadhan u leh caafimaadka iyo fayd qabk a guud ahaan afka,hadaba hadii aanad ka warhayn ama aanad illaalin caafimaadka ciridka waxaad si fudud oo aan la filanayn uwaayi doontaa ilkahaagaSidaa sila mid ah hadii uu xumaado caafimaadka ciridku waxa aw

seedaacuduro halis ah bsida periodontal diseases ,in qofku yeesho afeef sida marka uu isticmaalayo qabaw,kulaylka iyo xataa hadii uu afka kala fu-ro ,iyo ugu danbayn ilka la aan aan la daawayn Karin (irreversible teethloss)Si dhibaa-tadaa s oodhan looga badbaado waa inaad cadyataa laba jeer maalinkasta ,aad findhici-lataa,sidoo kale aad is

ticmaashaa antibiotic mouth-wash,aanad xidhiidh joogta ah layeelataa dhakhtarka ilkaha (dentist).

Hadii aan talaabooyinka aan sheegnay la isticmaalin qoffka waxa kaliya ee wax loogu qabankaraa waa in dawooyin badan la siiyo ugu danbayna qaliin lagu sameeyo(periodontal surgery).

Mahamoud ismaail aadam
(fourth year dental student) in
amoud school of dental medi-
cine

Ugu horeyn waxaa mahada tan gaara iyo tan guud iska leh ilaaha suura galiya wax waloo suro gala, intaa ka dib akhriste waxaan kugu salaamayaa salaanta islaam السلام عليكم ورحمة الله وبركاته
Waxaa mahadnaqa usoo jeedinayaa mahad aan la soo koobi karin intii maqaalada soo dirtay oo leh qaar maqaaladoodii la soo qoray iyo qaar kaleba runtii waan u mahadnaqaya inta aan imika ay u suuro galin inay ku so baxaana insha'alaha waxaan u balanqaadaynaa inay kuwa danbe ku soo bixi doonaan Waxaan sidoo kale si balaadhan u salaamayaa una mahadnaqayaa dhamaan inta ka qayb qaaddatay majaladani inay hirgasho oo ay kow ka yihiin xubnaha ururka Baxnaano Youth Organization oo uu horkacayo gudoomiyaha Ururka Mustafe Muumin Iyo dhamaan qaybta warbaahinta Ururka ee hoos ku xusan :

- 1-
- 2
- 3-
- 4-
- 5-

Abdulahi Nour Hussein
Himilo News Letter Aditor
Irbid - Jordan



Faa'idooyinka



Macsarada waa sali-id aad u qaali ah lehne faaidooyin qolfoofidda xididada, caafimaad oo aan la soo waxayna furtaa xidada xinni-koobi karin. Saliid ban ee wadnaha. 8- Macsarada macsarada waxaa la istic-waxay jilcisaa caloosha la-maali jiray kumanaan guna daaweeyaa saxaro-sano ka hor oo hindida adeegga. 9- Macsarada waxay daawo u isticmaali jireen daawo tahay wareerka iyo aragtida lagu daaweeyo cudurro daciifka ah. badan waxaana loo ya- 10- Macsarada waxaa lagu qaannaa saliid macsarada daaweeyaa xasaasiyadda iyo "Queen of Oils" oo ah cuncunka jirka macnaheedu "Boqoraddii 11- Macsarada waxaa lagu Saliidaha" waxayna mag-daaweeyaa kacsanaanta iyo acaas ku mutaysatay qii-isku-buuqa maskaxda. maheeda caafimaad iyo 12- Macsarada waxay nafaqo cunnno ahaanteedaba. u tahay korriinka tinta wayna Saliid macsarada waxaa dheereysaa. wadankeenna laga istic- 13- Macsarada waxay oogada maali jiray muddo fog ka ilaalisaa ileyska iyo ku-iyadoo loo adeegsan jiray leeylka qoraxda. shiididdeeda Geela. 14- Macsarada waxay daawo Haddii aan isku dayo in u tahay xanuunka cadada iya-aan ka hadlo faaidooyinka doo la mariyo caloosha qeybta ugu caansan ee leedahay xudunta ka hooseyso xilliga iyo cudurrada lagu caadada. 15- Macsarada daaweeyo ayaa waxaa ka waxay yaraysaa qalleelka iyo mid ah: xanuunka haweenka dhalmo- 1- Macsaradu waa saliid deyska ah iyadoo saxaaxa la-cunnada loo isticmaalo gu subko. lehne caraf udgoon. 16- Waxaa saliidda macsarada 2- Macsarada waxay ka ku jira borotiinno aad u badan hortagtaa cudurka kan- oo ku filnaan karo qofka had-sarka maadaama ay tahay dii cunto ka dhigto. "Antioxidant" awood leh. 17- Waxaa macsarada ku jiro 3- Waxaa macsarada ku dufanta kordhiso xasuusta iyo

jiro ugu yaraan 7 maaddo oo xifdinta.

18- Waxaa macsarada ku xanuun baabi'iye ah. 4- Macsarada waxaa lagu jiro fitamiinka "E" kaasoo daaweeyaa diiqada, welwelka firfircooniya wareegga dhi- iyo hurdo la'aanta. igga. 5- Macsarada waxaa lagu daaweeyaa Yiridka iyo cudur- rada ku dhaco afka. 6- Macsarada waxay daawo u tahay kolestaroolka kacsan. 7- Macsarada waxay joojisaa maalo daliigidda maadaama maqaarka jirka ay si sahlan uga gudubto. 21- Macsarada waa daawada ugu fiican xanuunka loo ya- qaanno "Sciatica" oo ah xanuun neerfaha "Sciatic" oo keeno dhabar xanuun iyo lug xanuun aad u daran. 22- Macsarada waxay ka qeyb qaadataa kontoroollida cadaadiska dhiigga. 23- Macsarada waxay daawo u tahay Baabasiirta, qofkii macsaro joogteeyane baabasiir isma arkaan waa sida la xaqiijiyay. 24- Macsarada maahan sali- idaha kiciyo Gaaska ama laabjeexa keeno. 25- Saliidda macsarada waxay raagi kartaa muddo dheer iyadoo isbadalin maadaama ay ku jirto maaddo la dagaallanto bak- teeriyada iyo caabuqa 26- Macsarada waxay daawo u tahay caabuqa sanqada "Sinusitis" oo hal dhibic oo sanku lagu dhibciyo ayaa ku filan. 27- Macsarada oo lagu luqluqo subax kasto waxay ka hortagtaa caabuqa Quumanka iyo Cuno-xanuunka.

28- Macsarada waxay daawo loo bogay u tahay Kala-goysyo xanuunka. 29- Macsarada waxaa lagu daaweeyaa cudurka "Athletes Foot" oo ah caabuuq fangas oo ku dhaca faraha cagta dhexdooda oo u badan Orodada iyo Ciyaartoyda. 30- Macsarada waxaa lagu daaweeyaa faruuruca ay keento xafaayadaha loo xiro caruurta. 31- Macsarada oo ilmaha iskuulka aado loo mariyo sanku waxay ka ilaalisaa hargabka, ifilada iyo sanboorka ay ka qaadi karaan caruurta kale. 32- Macsarada waxaa lagu daaweeyaa Goon-jabka iyo madax xanuunka noocya- diisa kala duwan iyadoo madaxa lagu xirto. 33- Macsarada oo la qiiqsado ama la isku huuri- yo waxay daawo u tahay neefta iyo caburnaanta marinnaada hawada.

Prepared by:

muxiyadiin

xuseen xasan.

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Ururka baxnaano qaybta wacyi- galintu waxay idin leedahay aad ayaad ugu mahadsantahay akhriste akhrinta aad akhriinayso majaladan. Waxaan rajayna- yaa inaad noogu soo dirto email- ka wixii talo ah iyo tusaaloba Himilo012@hotmail.com mahadsanid..

**Taxanaha Wargayska Himilo..
Waa Mawduucyo Joogta Ah**

Aduunyadu waa tartan ee noqo sida Harahan si aad uguulaysato ood ugaadho hadafkaaga



Hodan Abdi Ibraahim

Sheekada Koowaad(1)

Maalin maal maha kamida ayaa looqabtay tartan aad uba-

**Dunidu Qiimo
Ma Leedahaya**



**Mohamed Ahmed Abdilaahi
Boqore
(Mahamed Cashiiiiiib)**

Dunidu qiimo ma yeelato hadduuna qofku lahayn saaxiib wanaagsan. Qof walbana wuxuu jecel yahay inuu lahaado saaxiib wanaagsan. Waayo Saaxiibka wanaagsan waa wehelka ugu qaalisan dunida. Boqore ahaan waxaan u

waxay kutartamayeen fuulitaanka buurta uugu caarada dheer, waxaa kasoo qayb galay wixii jiray hare si ay u daawadaan ciyaarta tartanka harayaasha, iyaga oo dhamaantood xamaasadaysan sugayana cida ku guulaysata tartanka fuulitaanka buurta.. waxyar kadib markay soo buuxsantay goobtii tartanku ayna gaadhay wakhtiguu bilaamayay tartanku ayaa siidhi hayihii sheegay inuu bilaamayo tartanku.. dhamaan waxay istaageen saf tartamayaashii waxaa loo garaacay saacadii inay bilaamatay tartanku..... midkasta oo kamida tartamayaashii wuxuu bilaabay

baxay safar dheer sannado ka hor. Runtii safarkaas muu ahayn ku magaalada Borama ka baxsan, mana ahayn ku cilmi korodhsi ah. Talow muxuu ahaa? Waa su'aal da' wayn oo madaxa daalinaysa. Ujeedada safarkaygu waxay ahayd inaan helo saaxiib wanaagsan. Safarkaygii waan ku guulaystay oo waxaan ogaaday in saaxiibka ugu wanaagsan uu yahay inanka aan jaarka nahay. Isaga ayaan la ciyaari jiray oo mar walba la joogi jiray. Laakiin aakhirikii wuxuu u guuray caasimadda Hargeysa. Markaas ayaan naftayda ku yidhi: "Saaxiibka wanaagsan maaha ka noqda Offline; yacni maaha ka guura". Haddana safarkii dheeraa ayaan mar labaad u baxay si aan u

inuu degdeg ufuulo buurtii isagoo doonaya inuu noqdo ka guulaysta..waxay bilaa-been daawada yaashiina inay sacabka ugaracaan iyagoo isku dayaya inay dhiiri galiyaan, tartankuna aad ayuu uxamaasad badnaa, waxaa kamid ahaa ereyada ay lahaayeen daawda yaashu (hebel dedeg... hebel gor usoco... hebel aadaa guusha le...) hase ahaatee kolba mida ayaa soo dhacayay oo ku guul daraysanayay daawada yaashuna aad ayay u dhawaaqayeen... ugudanbayntii dhamaantood way soo wada daateen ilaa mid qudha mooyaane... wuu socday oo wuu sii koray buurtii ilaa uu gaadhay bartii u saraysay.. waxaa yaabay daawda yaashii iyo wariyayaashii dhamaan wixii meesha

oo dhan ayaa mar qudha is waydiinayay siduu ku gaadhay buurta dhaladeeda iyadoo saaxiibadii oo dhani ay una dhawaan waayeen?... waxay la isku dayay in lala yeesho waraysi si loo ogaado sirta kadanbaysay inuu noqdo harihii uugu horeeyay eek u guulaysayta tartan noocanoo kale ah, waxaa la ogaaday inuu harahani DHEGALAYA AY oo marna muu maqlayn waxay ku dhawaaqayeen daawada yaashu.. bes waxaa umuuqday uun hadafkiisa!!!!

Waxaa lagaa rabaa inaad ka dhega la aatid dhamaan hadalada dadka iyo asxaabtaada markaad doonaysid inaad kaqiijsid hadaf...kaliya xasuusnaw inaad ilaahay tala saaratid markata maxaayeelay alaah wuxuu yidhi ((فإذا عزمتم فتوكل على الله...))

**Qoraalkii :
hadan abdi ibraahim**

odhanayay "Thomas Adison" inuu 999 oo jeer ku fashilmay inuu laydhka soo saaro laakiin uu aakhirikii ku guulaystay.

Alxamdulillah, aakhirikii waxaan helay saaxiibkii ugu wanaagsanaa ee noloshayda soo mara. Maalinkasta waan sii jeclaadaa waayo igama guuro, igama dhoofa, igama cadhoodo, ima naco, offline igama noqdo. Waliba markasta wax fiican ayuu ii sheegaa oo cilmigayga ayuu sii kordhiyaa. Waa saaxiib cashiiiiiib ah oo marwalba Online ah oo aan offline marnaba iga noqon. Magaca saaxiibkayga wanaagsan waa "Wax akhriska".

Aduunkana laguma arag qof ay saaxiibo noqdeen "Wax akhriska" oo khasaaray **Maxamed Ahmed Abdilaahi**

helo saaxiib wanaagsan. Waxaan ogaaday in saaxiibka ugu wanaagsan uu yahay ardayga aan isku fasalka nahay. Isaga ayaan wax la dhigan jiray oo la joog joogi jiray marwalba. Laakiin aakhirikii wuxuu u dhoofay jaamacad ku taalla dibadaha. Markaas ayaan naftayda ku yidhi: "Saaxiibka wanaagsan maaha ka noqda Offline; yacni maaha ka dhoofa". Waar safarku dheeraa... ax... ax... maxaan u heli laayahay saaxiib wanaagsan. Ha niyad jabin Boqore oo raadi saaxiib wanaagsan waad heliye. Waxaad ogaataa in wax kastoo wanaagsan dhayal lagu helin. Waxaad xasuusataa in ninkii la odhanayay "Thomas Adison" inuu 999 oo jeer ku fashilmay inuu laydhka soo saaro laakiin uu aakhirikii



Qoraalka Qoyska

Sheeko



Waxa la sheegay inuu jiray nin, kaas ooy haysatay dhibatooyin faro badan dhan walba un awaayay xal, wuxuu go'aan ku gaadhay inuu u tago waayo

arag ama odoyaasha da'da weyn leh ee waayeelka ah taasoo suuro gal tahay inuu siiyo xal, Kadib markuuu tagay ayuu ku yidhi.

NINKII : waxaan kuugu imid inaad xal isiiso oonad iga caawiso dhibaataada iyo hamigan aan ku jio?

ODAYGII : isagoo wajigii ninka aad ugu fiirsanaya ayuu wayiiyay labo su'aalood.

1. Dhibaatooyinka mala timiday dunida adoo wata?

NINKII : may walaahi

2. Aduunkaan maad ka tagi adoo wata dhibtooyinkan?

NINKII : may walaahi

ODAYGII : shay aanad la iman, aanadna la soconay na yuuna kaa qaadanwaxaas oo fikir iyo hami ah noqona qof u sabra dhib walba, hana kala bataan wakhtiga aad samada eegaysid ama ilaahay baryayasid iyo intaad dhulk eegaysid waxaad heli wax walbee.

Wuu ka tagay nnkii isagoo faraxsan dhibtii haysatayna iloobay isagoo maskaxdiisu soo celcelinayso "SHAY AAND LA IMAN DUNIDA KORKEEDA ANAD LA SOCONAYN OONAD IILKA LA TAGAYN WAXAAS O HAMI AH

IILKA LA TAGAYN WAXAAS O HAMI AH YUUNNA KAA QAADAN "

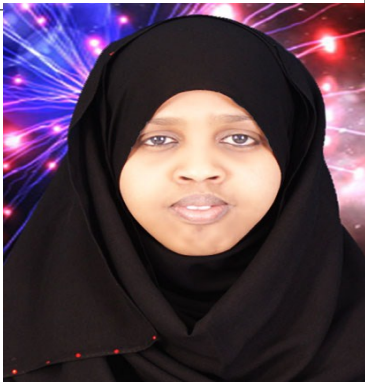
Shaafici ayaa idhi

دع الايام تفعل ما تشاء وظب نفسا ادا
حكم القضاء ولا تجزع لحادثة الليالي فما
لحوادث الدنيا بغاء

Wuxuuna ku qancay taladii ama xalkii odaygan maskaxda badan leh, ma jiro aduunkaan wax ayar ama wax wayn ilaa ay xal leyihiin xitaa haayna gacmaheena ku jirin xalku waxay ku jirtaa gacmaha ilaahay kaasoo wax walba qadaray.

Waxaa Qortay:
Hibo Cumar Axmad

Qiimaha Ay Leedahay Hooyadu



Qiimaha ay hooyo kasta leedahay ayaa ah mid aan lagu soo koobi karin maqaal iyo wixii la mid ah, waxaan dhamaanteen ogsoonahay in naxariista dhabta ah iyo jaceelka aan shuruuda ku xirneen laga heli karo hooyo oo kaliya, dhaqan kasta iyo diin kasta waxaa lagu amaanaa hooyada, mana jirto umad aan ixtiraam iyo qadarin u hayn hooyada, waa arin dabiici ah in aan qalbiyadeena ka dareeno hilow iyo jaceel aan qiyaas lahayn marwalba oo aan hooyo xasuusano. qalbiyadeena ka dareeno hilow iyo jaceel aan qiyaas lahayn marwalba oo aan hooyo xasuusano, sidi ay ku noqon lahayd hooyo guda ta waajibkeeda. Maqaalkan kooban wuxuu si gaar ah u

lafa guri doona hooyadii hore iyo kuwa maanta, markasta waxaa sharaf mudan hooyooyinka oo dhan xili kasta oo ay joogaan, waxaan ku dhaqsanaynaa in aan wax ka sheegno sida ay u fakari jirtay hooyadii hore, arinta ugu muhiimsan ee aan ka xusi karno hooyadii hore ayaa ah in ay ku dadaali jirtay sidii ay u barbaarin lahayd ubad mustaqbalka anfaca, nolosha oo dhan waxay ka lahayd hal u jeedo oo kaliya taas ah sidii ay u korin lahayd ilmaheeda, ma aysan jirin wax kale oo ay ku mashquulsaneed, sidoo kale ma ay dhici jirin in ay garan waydo waajibka ka saaran ilmaheeda, guud ahaan bulshadii hore ayaa waxay qiimo wayn u haysay hooyada, inan kastana waxaa loo carbin jiray. Hooyooyinkii hore waxay barbaariyeen fac dhan walba ka dhisan, marna ma aysan dhici jirin in ubadku ay heli waayaan daryeelkii ay xaq u lahaayeen, hooyadii hore waxay lahayd dareen fog oo ku qotoma mustaqbalka, daruuf walba iyo xaalad kasta oo timaada waxay ku wajihi jirtay dareen hooyanimada ayadoo markasta u daneenaysa ilmaheeda, si kasta oo ay u waydo waxa ay rabto waxay

ku samri jirtay korinta ilmaheeda, ubadkii hore waxay nasiib u yeesheen in ay helaan hooyo ka korisa maskaxda iyo jirka waana taas sababta dadkii hore ay uga dadnimo wanaagsanyihiin kuwa maanta jooga, hooyadii hore waxay lahayd dhaqan hooyanimada oo ku salaysan dhaqan soo jireen ah oo ay ka dhaxashay hooyadeed, wanaagii hooyadii hore ayaa keentay in la helo bulsho kala danbeesa oo qof kasta uu leeyahay waajibbaad iyo xuquuq. Marka la fiiriyo nolosha casriga ah waxaa ku soo baxaya in ay sii dhimanayso kartidii iyo dadaalkii lagu yaqiinay guud ahaan hooyada, soomalida oo ah bulso mardhow si siloon u ilbaxday ayaa waxaa ku soo food leh mustaqbal mugdi ah marka la fiiriyo sida ay u dhaqanto hooyada cusub, waxaa wax aad looga naxo ah in hooyada maanta ay aad uga fikarto nafteda oo kaliya halkii ay ka fakari lahayd mustaqbalka ubadkeeda. Inkastoo hooyada ay marwalba ka naxariis bantahay aabaha hadana waxaa batay hooyooyin aan marna fahamsanayn qiimaha hooyanimada,

hooyada maanta joogta waxay wax ka fiirisaa meel aad u dhow halka hooyadii hore hankeedu ahaa mustaqbal iyo aayotiin wacan, waana taas sababta aan u arkeeno maalin walba hooyo kaga mashquulaysa barbaarinta ubadkeeda wax aan dan u a ahayn. waa taa wanagfiicnidaa hoyadii hore ay lahayeed iyo xagwalba aye uga fikiraysaye ubadka koritiisa xa maskaxda iyo jidhka-ba, xaga hooyada danbe ee waliba cusub ugafikirto nafteda qudha iloodayna qoyskii iyo ubdaka barbaarintodi, waxaan urajaynayaa in hooyoonka imika aynoqdaan hoyenkii hore (ishala) waxankusoo khatimidoonaa gabaye kusahasann wannaga hooyada, waa tan.

Waa Qalinkii :
Raxma Cabdinaasir
X.Axmad Miisaan



Hadaf ma leedahay?

Ugu horayn waxa muhim ah in uu qof kasta oo inaga mid ahi fahmo HADAFKU muxuu yahay? Qofkastaa ma u baahanyahay inuu hadaf yeesho? Shuruuudee se ku xidhan inuu qofku hadafkiisa gaadho? Maxaase u suuro galin kara inuu gaadho hadafkiisa? Hadafku waa qimada qofka. Waa meel uu ku hamiyo ama ku himiloodo qofi. Wa rabitaanka iyo jamashada qofi janto inu gaadho meel uu ku hamiyay ama uu helo shay u imbadan ku rajo wayna. Hadafku waa shayga dhadhan u yeela nolosha, waa dhiirigaliyaha nololeed ee uu qofi yeelan karo, Hadafku wa qurxiyaha iyo macaaneeyaha nolosha. Waxa lagama maarmaar ah inuu uu qofku Hadaf iyo Himilo yeesho inta uu nool yahay. Hadaba Noloshu qiimo iyo dhadhan ma leh hadaanu qofku hadaf iyo himilo lahayn. Hadafku waa shayga macno u yeela nolosha qofka bila'aadamkaa. Hadaf la'aani waa habacsanaan iyo hanti la'aan. Qofku hadaanu himiloon ama damac yeelan waa qof u nool sida xoolaha. Waxa xaqiiqo ah in dadku kala hadaf duwanaadaan. Waxa jirta in ay dadku ku kala duwan yihiin dajinta iyo waliba xaqiijinta ahdaaftooda. Hadaba su-aashu waxay tahay: qof waliba ma gaadhaa hadafkiisa? Jawaabtu waa HAA lakin shuruuda ku xi-

dhan ayaa ah mida go'aan ka gaadhi karta in hadafkan lagu hamiyay uu suuro gali karo iyo in kale. Qofku waa inuu xamaasad iyo rabitaan Xad dhaaf ah u yeesha shayga uu rabo inuu helo. Rabitaanka iyo xamaasadana waxa Jiho u yeela Hadafka. Waxase wax lala yaabo ah hadii aad dadka badan kooda waydiiso Hadafka iyo qaayada ay ka leeyihiin noloshooda ama riyada ay doonayaan inay xaqiijiyaan inay kuugu jawaabaan ja-waabo aad ka dhadhansanayso jileec iyo caajis. Waxay kugu jawabayaan: "waxan doonayaa inaan guulaysto" waxan raba inan si farxad leh u nolado" "waxan donayaa inaan ku raaxaysto nolosha".. dhamaan ja-waabanahi waa kuwo riyo ah waxayna tusale cad u yihiin suurto gal la'aan iyo xaqiiqoobid la'aanta hadafka. Qofka inuu guulaysto rabaa qaybtee ama dhinecee ayuu doonaya inuu nolosha kaga guulaysto? Qofka farxad damacsan inuuku noolaada ma ka fikiray wixi sababi laha farxa-diisa? Qofkanse doonaya inuu nolosha ku raaxaystaa sidee iyo muxuu ku heli kara raaxada noloshiisa? Waxa halkaa ka muuqata in hadafka iyo himilada qofku inay u baahantahay arimo dhawr ah:- Marka ugu horaysa ee uu qofku rabo inuu hadaf dajisto waa inuu qoraa. Qoraalka hadafkaagu wuxu xasuusin iyo dhiiri-

galin u yahay naftaada. Cabdi silimoo Waakii lahaa "Wixii laqoraa quruumo hadhee muxu hadal qiimo leeyahay". takale waa inu qofku ku xisaabtamaa hadafku inuu noqdo mid cayiman isla markaana Go'an. hadafku wa inuu noqdaa mid ay macquul tahay in la gaadhi karo oon ka baxsanayn sunada nolosha iyo suurto gal ahaanshaha dabiiciga ah. Waa in la cabiri karaa hadafka iyadoo kolba laga qiyaas qaadanayo xadiga rabitaan ee qofka hadafka lihi uu leeyahay. Hadafku wa inuu yeesha wakhti uu bilaabmo iyo wakhti uu dhamaado. wa inuu yahay mid xaqiiqo ah isla markaana uu caqliga bini aadamku aqbali karo. Wa inuu noqdaa mid dhab iyo xaqiiq iyo run intaba ah. Bal sawiro ma raaci lahyd Bajaaj adoon u qasdiyin inaad tagto meel kuu cayiman? Hadaba maxay dadka ba-dankoodu u nool yihiin iyaga oon hadaf iyo himilo ka lahayn noloshoodu?.Nolosha bilaa hadafka ahi waa sida dhagax aad tuurtay adoon ula qasdiyin meelnaba. Waxa dhacda in ay mar mar ku adkaato qofka inu xaqiijiyo hadafkiisa isagoo dhamaan buuxiyay

Qofkaasi waxa u banaan inuu isticmaalo dariiqad ka duwan dariiqadii hore ee uu rabay inu ku xaqiyo hadafkiisa. Waxa uu badali kara tashkiilada hore ee ay ugu suro gali wayday xaqiijinta hadafkiisu. Ogowna shayna lagu ma helo dhayal ama sahal. Ku xisaabtan shay walba ood dubaaqaaga galisa wuxu u baahan yahay dadaalkiisa iyo tamartiisa uu u qalmo si aad u hesho. Waa kii gabayaagii lahaa "sahal laguma helo wadaadow waxan cid ku hawshoone". Hadaba maxaa sababa in ay qofka u suuro gali waydo xaqiijinta iyo rumaynta riyadiisu. Waxa sababa arimo dhawr ah:- Inuu hadafku ka baxo oo uu waayo shuruudaha aan kor ku so xusnay. In hadafku uu waayo dadaalkii uu u qalmayay si loo gaadho amaba lagu bixin wayo tamarta iyo u socodka uu ku suuro gali lahaa. Iyo waliba inuu hadafku noqdo mid lagu riyooday kaliya. Dhaman arimahani waxay sabab u yihiin fashilmida hadafka!! Hadaba Hadaf hadii aad leedahay, u socdaal u dadaal u xamaasadoo una bixi waxkasta si aad u gaadho Una xaqiijiso Himada iyo himilada naftaada. Dhimo adiguu xaqiijiyay riyooyinkaagii ama ku dhimo aduu ku sugan dariiqoogi.. Dareen fiicanaa oo farxad badana hadaf lagu hamiyay oo waliba la gaadhay!!!

HIMILO

NEWS LETTER



Jawaabaha Hal Xidhaalaha

- 1) Hurdada
- 2) Waa Xarafka (A)
- 3) Waa maqaska
- 4) Waa miisaanka
- 5) Waa sanko
- 6) Waa qaraha
- 7) Waa bada
- 8) Waa nakaadafada
- 9) Waa jaamacada carabta
- 10) Waa salaada jimcaha

Murti Iyo Maahmaah

Hal-leey:

- 1- mar I dage alaha dago, mar labaad idagase aniga is degay.
- 2- xeyn yare sabool bey eeday xididna warbuu eeday
- 3- hashu mannkeyga gadaye ma masaarbey liqday.
- 4- dharigii fara badiyaa wuu fuud xaraareeyaa.
- 5- nimaan kuu furi doonin yuusan kuu rarin.

Labaaleey:

- 1- Labo ayaa rag lagu maamulaa.
- cududoo la isku keen iyo calaf-kooda oo la kala dhowro.
- 2- labo wax ma bartaan -
- qofka kibirka badan iyo qofka xishood ka badan 3-
- taladu waa labo -
- mar aad garan weydo iyo mar aad gaare weydo.
- Sadexley
- Sadex baa rag ugu liita
- Nin maqan oo aan latabin nin jooga oo aan la tiring nin tagey oo aan la celin
- 2- Sadex ilaahay baa kugu neceb
- Slaad La'aan Soon La'aan Sa-daqa La'aan

Halxidhaale

Waxaad sheegtaa, wax aad manta oo dhan sugaysay, oo markii uu ku yimaadana aadan arkeyn?

2-waxaad sheegtaa hal qorax ku jirta labana dayax kaga jirta?

3- waa maxay waxa aan wax qaniinin waxna goynin ilaa indha-ha faraha laga galiyo

4- waxaad sheegtaa garsoore caadila wuxuu leeyahay laba caal-calood farina ma laha xukunkiisa dadka oo dhami raali ayey ka yihiin carrabna ma laha hadaba waa kee garsoorahaasi?

5- waxaad sheegtaa wax korka hilib ku leh hoosna timo ku leh?

6- waxaad sheegaa guri labo dabaq ah oo dabaqa kore uu cagaaryehay dabaqa hoosena uu guduud yahay dad madowna ay ku nool yihiin

7- waxaad sheegtaa wax markabna qaadi kara musbaarna celin karin ?

8- sheeg qofka aad dadka ugu jeceshahay oo aadan la hadli karin hadii aad la hadashana aad qof waaalan noqonayso?

9- sheeg jaamacad adduunka oo dhan laga aqqonsanyahay oo aan hadana arday dhiganin?

10- sheeg wax haddii aad ku soo gaarto aad lao ka haleysa had-dii ay kaa dhmaadaana aad afar ka helayso?

Sheekooyin

1) IMMISA SHINBIR?

Macallin xisaabta dhiga ayaa ardadiisa mid ka mid ah uu ka daalay sidii uu u fahamsiin lahaa kalagoynta.

Haddaba wuxuu isku dayay in uu tusaale u soo qaato shinbir meel joogta.

Macallinkii wuxuu ku yiri ardeygii: Cali dhageyso haddii shan shinbir oo geed saaran mid ka disho immisa ayaa soo hareysa? Cali wuxuu ku ja-waabay hal. Macallinkii oo xanaaqsan ayaa yiri: Cali waad qaldantahay af-far ayaa soo hareysa.

Cali ayaa isagana ku jawaabay macallin adigaa qaldan affar wey duulayaan. Halka shinbir ee aad dishay oo kelya ayaa soo hareysaa!

2) ISKA DHAADHICI:

Nin baa maalin dhakhtar u tegey isagoo u sheegay dhakhtarka inuu xanuunsanayo. Dhakhtarkii ayaa ninkii baritaan ku sameeyey su'aalana weydiiyey si uu u ogaado inuu ninkan cudurka haya iyo noociisa uu bal helo. Dhakhtarkiise wuxuuna dar-eemay in ninkan uu hayo wax la yiraa cuqdad nafsi ee uusan cudur kale hayn.

Wuxuuna dhakhtarkii ninkii ku yiri "Waxaan kugula talinayaa inaad iska dhaadhici-sid inaad xanuunsanayn markaas ayaad bogsan doontaa." Ninkii ayaa yiri "Waahagaag dhakhtarooow", oo inuu tago isku dayey, markaas baa dhakhtarii yiri "Warninyahow lacagtii baadhitaanka isii". Ninkii baa yiri "Dhakhtarooow, adiguna iska dhaadhici inaan lacagtii ku siiyey.

Salaama Ka dheh:.....