GEES KU GOONI AH



Talooyin iyo fikrado dadka deggan meel ciriiri ah

Alvesta kommun

Alvesta kommun

Mashruucan ayaa waxaa la hirgeliyey
xagaagii 2015 waxana lagu hergeliyay
Maamulka shakhsiga iyo kan qoyska
dhexdiisa Qoraalkaan waxaa naqshaddeyay
Annie Hjälmefjord laguna daabacay
Lindströms Daabacaadda ee Alvesta

HORDHAC

Waxaa jira guryo la'aanta ee Iswiidhan maanta. Natiijadu waxay tahay in dad badan ayaa weli ku nool guryo yar yar.. Haddii loo fiiriyo heerka 3 meelood (taas oo ahayd 1974) waxay ku saabsan
tahay 15% ka mid ah dadka ku nool dalka Iswiidhan oo maanta yahay cidhiidhi ku nool.

"Halkii qol, wada noolahasha waa hal qof ama laba qof oo waaweyn, laga saaray xisaabinta, jikada, musqusha iyo qolka fadhiga."

Taas macnaheedu waa, tusaale ahaan, qoys ka kooban laba waalid iyo laba carruur oo u baahan tahay in ay sii joogaan ugu yaraan guri afar qol ah markas ma loo tiriyo sida dad cidhiidhi ku nool.

Waxay inta badan dhibaatada ciriiriga ku dhacadaa dadka dalka Iswiidan ku cusub, dhallinyarada, iyo waalidiinta kelida ah ee caruur hesta. Dadka ku nool cariiriga saamayn ku yeelan nolosha siyaabo badan. Hadii ay dad badan ay wada qaybsadan qolka jiifka waxey saamayn ku yeelan hurdada, oksijiin guriga uu noqdo mid xun, taas oo macnaheedu yahay in aad dareentid daal iyo aad u baahan tahay in aad daaqada furtid, taasna waxay kordhisaa tamarta korontada Qoysaska badan oo ku nool cariiri kuwas oo carruurta la wadaagto qol walaal ama qof kale oo qoyska ka mid ah.

Waxey u ekaan kartaa mid fudud iyo mid adag, lakiin marka aad nafsadaada rabto in ay sameyso ma ahan mid adag. Waxa ay ku noqoneysaa mid adag markey ay cashar aqrisanayaan ama caruurta walaalaha ah ay cayaarayaan ama telefashanka fiirsanayan. ma awoodaan inay ku sameeyaan shaqada guriga casharkoda taas oo saamay ku yeelato waxqabadka dugsiga oo ah aasaas muhiim u ah

nolosha. Waa in uu gurigu noqdo meel nabad ah, meel ay ku nastaan iyo meel soo kabasho leh. Marka nolosha waxaa saameeya sidan ay u muuqataa mid si meelaha guriga ka baxsan halkaas oo aad , la socon karto saaxiibada, waxbarasho ama keligiis ahaado iyo guriga ma ahan meel nabdoon oo intas sii dheersan.

Waxaa ka maqan meel gaar ah. Heshiiska waa heshiis caalami ah oo Qaramada Midoobay qeexday xuquuqda ay leeyihiin carruurta.mida kale oo ka mid ah, waxaa uu sheegay in carruurta ay xaq u leeyihiin in ay heer nololeed oo ku filan, guryaha, dharka, cuntada iyo biyo nadiif ah.Waxa kale oo uu sheegay in ilmo kasta uu xaq u leeyahay inuu u ciyaaro, nasasho iyo wakhtiyada firaaqada ah. Cariiri ku noolasha waa boyntiga ugu adag in lagu gudbo sidaas daraadeeda waan in aanu sameynaa wax loga dugbi karo. aan awoodin in ay helaan guri ama aan soo raaci karin saaxiib sababto oo ah ma lahan meel ku filan ama walaalaha ayaa had iyo jeer aana joogeynin mesha. degan guri ciriiri ah codsanaya in uu ugu noolado mid la mid ah sidii qof degan guri weyn. Waxad u baahantahay in aad karsato cunto,Jiif,Qabeeys, raacid saxibadaa,Nasasho. Laakiin, ku noolashaha cariiriga waa dadka u baahan qorshe, si ay u helaan sida ugu wanaagsan. iyada oo la adeegsanayo waraysiyo lala yeeshay qoysas, waalidiin, da,ayerta iyo carruurta ku nool cariiriga ayaa buuggan loo soo saaray si ay u muujiyaan sida aad u qaadan karaan dhinaca baadhitaanka xaaladda guriga.waxa ku jira talooyin iyo fikrado ku saabsan waxa adiga awoodid iyo waxa aad sameyn leheed hadad ku nooshahay guri cariiri ah. Dhammaan guryaha iyo qoysaska ay haystaan xaalado kala duwan waxaa shardi ah in aad ka fikirto gurigaaga waxa loo baahan yahay in aad ogaato fursadaha jira. Tani ma aha xalka guryo la'aanta ah, laakiin waxaa jira hab si aad u heshid dhinaca kantaroolida guriga iyo hab abuuraya si ay u helaan gees u gaar ah.

KA KOOBAN

1 GURI

3 BAKHAAR

5 HALL

7 QOLKA JIIFKA

9 QOLAKA CARUURTA

11 KALA QEYBIN HAL QOL

13 SAMEEY ADIGA

16 SAWIRADA

17 TALOOYIN

GURI

IFTIIN Waxaan ku tiirsanahay iftiin sababto ah inta mugdiga ah ayaa badan sanadkii.Mugdiga waxaan ku noqonaa qof daalan sidaas daraadeeda waxaan u baahanahay iftiin si aan u helno firfircoonaan iyo farxad.

DHAWAAQ Haddii heerka qaylada si fudud noqon karto intey noqonlehed mid sare, waa ay fiican tahay in aad heysato dharka dunta guriga. Dhawaaqa degan waxuu abuurayaa jawi wanaagsan.

GURYAHA WADAJIRKA LOO LEEYAHAY Ka fikir anshaxa iyo ixtiraamka goobaha guud sida goobta dhar dhaqidda, goobaha wax lagu dubto, Jawiga guriga, iyo qaar kaloo badan. Carruurtu waxay kaa caawin kara qashinka, laakiin waa dadka waaweyn, kuwaas ayaa mas'uul ka ah kuna tuur weelka qashinka haku tuurin meel ka baxsan weelka qashinka. Qashinka banaanka lagu dadiyo waxaa iskugu soo aruuraya dhamaan shinbiraha iyo islamarkii waxaa bilaabmaya ur xun.

MUSQUL Sifiican ugu qalaji qoyaanka si aad iskaga taxtirto burburka iyo caaryada ama bololka. Mid ka mid ah warbixinta waa in aad soo iibsato "torrboll" suufaka waxa qalajiya ee la iibiyo qiyaastii 100 karon dukaamada tafaariiqda.Waxaa jira weel caag lo isticmalo soo jiiditanka qoyaanka iyo in la yareeyo caaryada iyo urka xun.Waxaad heysan kartaa dhowr bilood ka dibna waad iska bedeli. musqusha guriga cariiriga ah waxey la kulman qoyaan badan oo ay xirta mesha

duleelka ah, maxaa yeelay, dad badan ayaa lagu isticmaalaa. Haddii ay tahay musqusha hal keliya waxay ay abuurtaa safka dheer, waxaad samayn kartaa jadwal u joogto ah subaxdii.

AMAANKA GURIGA Xusuusnow in aad heysato alaarmiga qiiqa ee guriga iyo in si joogto ah loo hubiyo si loo ogaado haddii u shaqaynayo. Haddii uu bilawo qaylo marka aad cunto karineyso dami, waxaana muhiim ah in mar kale dib u shidid alaarmiga. Haddii uu leedahay godka korontada awood dabacsan si toos ah ula xiriir xilgaarsiinta.Hubi in guriga ku yaalo Kitka dawada qoyska alaaba ugu muhiimsan oo ah laga ma maarmaan, sida sharootada,biraha yar yar oo wax lagu qabto iyo xanuun joojiyaha.

NADAAFAD Tirtiri oo Kaliya dhulka oo ku masax qoyan. biyaha Lagu shubo waxey dhaawici karaan dhulka. Haddii aad u baahan tahay si ay hawo u soo gasho guriga -fur daaqadaha iyo albaabada si ay hawada u dhaxmarto waqti gaaban. Ha leeyihiin daaqadaha in ay furnadan waqti walba, waxaa siyaada tamarta korantada taas oo noqoto mid qaali ah. Xilliga qaboobaha, waxaa ku filan in la furo albaabada iyo daaqadaha 5 daqiiqo hawada looga saaro si taxatir leh.

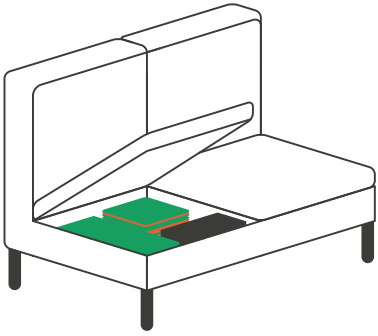
DAYACTIRID Waxaa jira fursado badan oo xataa kiraysan kartid gurigaaga, laakiin la tasho milkiilaha ama shirkadda guryaha kaa kireeysay inta aadan sameynin wax ku saabsan guriga.Waxaa laga yaabaa in ay jiraan sharciyo kala duwan iyo degmooyin kala duwan. Tusaale ahaan, warqadaha derbiga lagu dhejiyo waa in si fiican loo sameeyo, waa in ay diyaar ahaataa waqtigii la soo celiyo haddii loo baahdo.

BAKHAAR (KAYDIN)

Kaydinta waxey u wanaagsantahay guriga sida u shaqeeyo. Waa in aad saartaa ama iskugu geysaa dhinac waxa loo baahan yahay guri dadku markay u baahanyihiin si ay u isticmaalaan meel oo dhan sida ugu fiican ee suurtagal ah, iyo sidoo kale si loo fududeeyo nadiifinta waqtiga nadiifada.
Iska saar alaabta wax walba oo aan la isticmaalin. Waxay qaadan meel si fiican loo isticmaali karo.

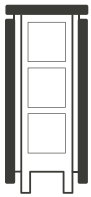


Bedelkii la isticmaalilahaa armaajo la dhigay dhulka waxad la gelin karaa derbiga oo lagu sameysankaraa armaajo. Markaas ka dib si aad u hesho meel dheeraad ah oo firaaqo sagxadda dhulka. Waxaa jira noocyo kala duwan oo ah khaanado iyo armaajooyin mid ka mid ah kaas oo u dooran Karto mid ku habboon gurigaaga. Waxaa xitaa sidoo kale jira meel alaabta lagu keydiyo oo dhuuban oo si wanaagsan oo ku haboon loo tiirin karaa fadhiga gadaashiisa.

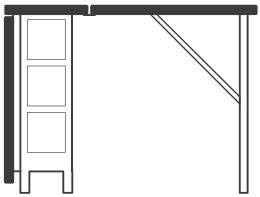


Fadlan iibso alaabta loo isticmali karo wax yaabo badan. Tusaale ahaan waxaa jira,miisas iyo kuraas ku dhex samaysan meel wax lagu kaydiyo.

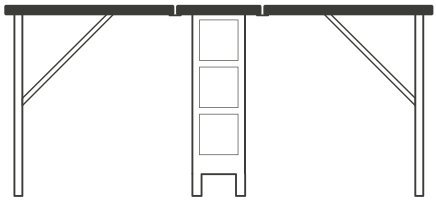
miis dhinacyo isku laabma oo kala baxa leh oo cuntada ku wanagsan waaye. Marka aan la isticmaalaynin,waad laabi karaa hoos miiska dushiisa waxaadna ku tiirinkarta derbiga. markaas waxaad ka heli nafaas ay caruurta kugu cayaaraan.



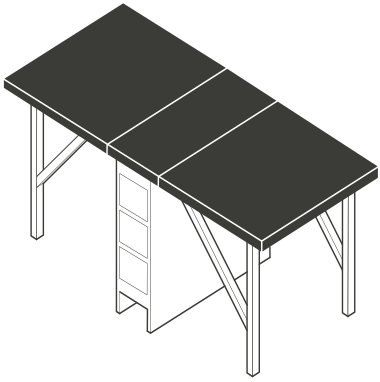
Waxa kale oo aad dooran kartaa in aad dhinac kaliya isticmaasho. Sidoo kale waxaa loo isticmaali karaa sida miiska oo kale.



Marka labada dhinac leh waa miiska la fidiyo waxaa si isku mar ah oo wareeg ah uwada fariisan kara dadbadan. Miiska dhinacyo isku laabma oo kala baxa leh waxa laga heli dukaamo badan oo iibiya alaabta guryaha.

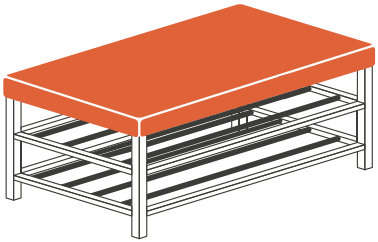


Waxaa jira noocyo badan oo kala duwan oo miiska cuntada ah. Miiska labada dhinac leh tusaale ahaan waa kan oo kale,laakiin waxa kale oo miiska aad ka dhigi kartaa miiska dheeraad ah oo derbi-dhajiyo.

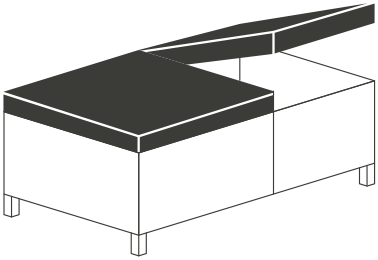


DAARADA AMA MARINKA GURIGA DHAXDISA AH (HALL)

Kabaha iyo dharka oo qaadan meel badan, taas oo soo jiidikarto wasakh iyo ur. Waxaa jira dad badan alaabta uhabeya si wanaagsan ugu shaqeeya sida labada kaydinta iyo goobta fadhiga. Inkastoo armaajooyinka badan gaar ahaan kuwa kabaha la heli karo. Haddii kaydinta la helo waxay noqon kartaa in qoyska oo dhan si fudud loo habeyo shaqsi ahaan toda.

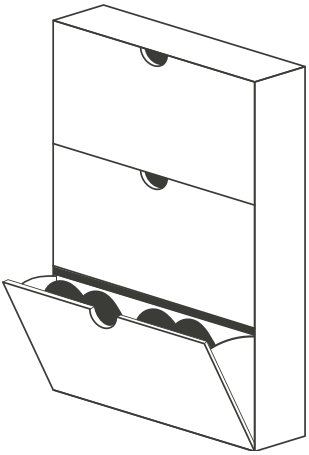


Kabadhka kabaha iyo kursi.

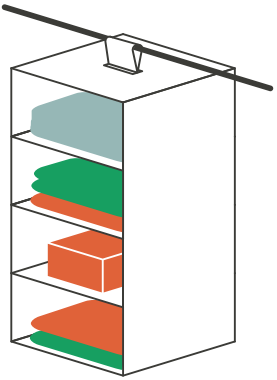


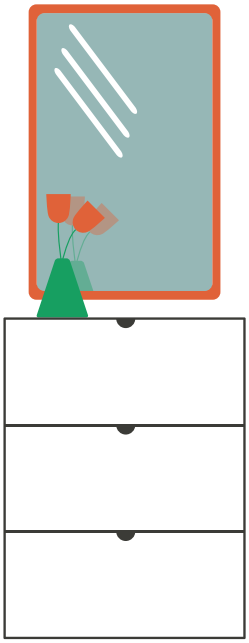
Kabadhka kabaha iyo kursi.
Daarada guriga ayaad ku sameysan kartaa keydin

Kabaha yer yer ma qataan nafaas badan hadii si fiican lagu habeeyo armaajada. Waxaa xitaa mesha ka baxaya kabahii soo urilahaa.



Waxad ka iibsan kartaa qalabka noqonkaro kabadh ama armajo.
Armaajo qiyas ahan hal mitir ah oo la sudhadh karo gaanjada hoose dharka taas ku oo siin karto fursadaha kaydinta dheeraadka ah.
Qof lahaan karo khaanad u gaar ah.





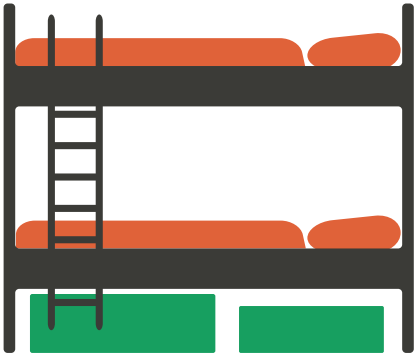
Haddii uu jiro safka dheer oo musqusha ah, waa fikrad wanaagsan in muraayad la suro hoolka ama barxada guriga. Ka dib uma baahno qofka in uu isku diyaariyo musqusha.
Intaas waxaa sii dheer waxa ay ka tarjumaysaa maalin cad in ay muraayada ay tahay lagama maarmaan.

Isticmaalida roogga la dhigo albaabka laga soo galo waxu u ka ilaalin guriga wasaqda iyo ciida cagaha keenta



QALKA JIIFKA

Sariirta waa alaabta ugu balaaran oo qaadato boos balaaran,laakiin waxaa jira noocyo kala duwan oo sariiro ah. Hadii dhowr qof lagu qeebsanayo qolka jiifa waxad u baahantahay qeeb badan oo jiif ah sidaas daraadeed waa in aad raadisaa xalka ugu fiican uu u heli karo qofkata oo guriga ka tirsan baahidiisa oo ah sida ugu wanagsan.

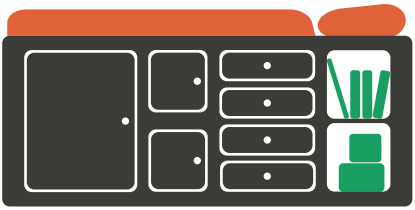


Sariiraha la is dulsaaro waxaad ka helikaraa nafaas jiif badan oo adan ka heleynin marka aad dhigo mid kaliiya dhulka. Fadlan isticmaal meesha bannaan ee sariirta hoosteeda oo kaydinta ah.

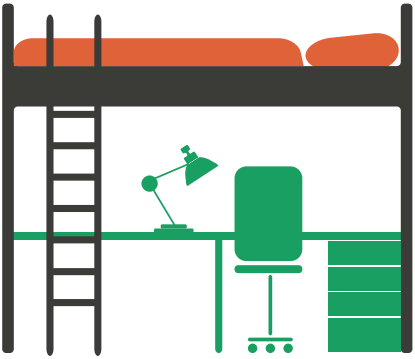


Waxaa jira noocyo kala duwan oo sariiro labanlaab ah . Tani waa sariir sidoo kale logu seexdo laba qof,laakiin halkii lagu isticmaalayay jaranjarada iska duub si aad u hesho ilaa sariirta labaad ee ka hooseysa.

Sariiro badan ayaa ku dhex samaysan kaydin fiican.



Waxaa xitaa sidoo kale jira sariiro u sameysan sidii dabaqaddii. Adigoo isticmaalaya boos bilaash ah si aad u hesho nafaas dusha sare ah tusaale ahaan,oona ku noqon kara meel shaqo oo miis dhigankarto. Qaar ka mid ah sariiraha hurdada waxey ku sameysanyihiin miis,kuwa kale na waa in aad soo iibsataa.



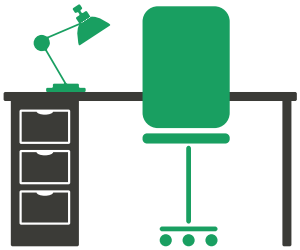
Hadii loo baahan yahay hurdo dheeraad ah waxaa jira sariiro badan oo fadhi ah. Waxay yeelan kartaa sariir dheeraad ah taas oo si hore u laallaabi kartid, ama si aad u hesho sariir habka hor ah .



QOLKA CARUURTA

Meel lagu ciyaaro,laguna nasto iyo meel wax lagu barto guriga waa lagama maarmaan si lo helo aasaas wanaagsan ee nolosha. Guriga waa meel muhiim u ah oo loogu talagalay carruurta. Guryaha cariiriga ah ayaa badanaaba caruurta wada qeyb sanayaa qol taasi oo ku adkaaneysa haduu rabo in uu keligiisa ahado. Qaar ka mid ah carruurta ayaa ku fadhista sariirta si ay wax ugu bartan taas oo dib u keeni karta dhabarka iyo qoorta sidas daradeda waxa ay jeclaan lahaayeen in ay helaan miis ay ku shaqeeystaan, laakiin waxaa ku adkaneysa in lo helo boos. Laakiin waxaa kale oo jira fursado oo aad waalid ahaan ku eegi kartid qolka carruurta in badan.

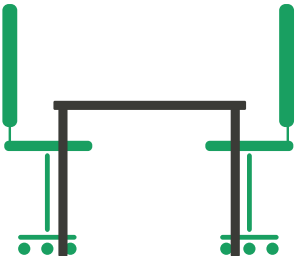




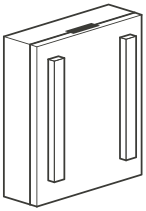
Bedelkii aad dhulka dhigi leheed armaajo, waxaad isticmaali kartaa derbiga oo armaajo ku dhisankartaa, halkaas oo aad ku kedsankarto dhar,buugaag,waraaqaha, iyo qaar kaloo badan. Meel ama boos ayuu heli miiska. Waxaa jira miisaska noocyo badan oo ku Kala duwan sida weynanta iyo kaydinta.

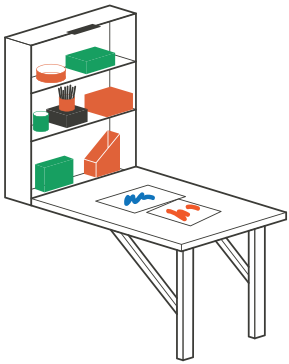


Waxa kale oo aad ku sameysan kartaa miiska meel derbiga ka baxsan. Tani waxay ku noqon kartaa laba goob oo shaqo ah.

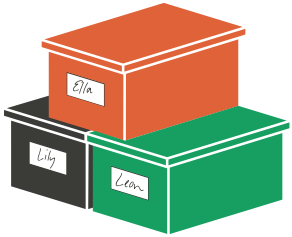


Mararka qaar kama heleysid suuqa waxa aad raadinayso. Ka soo iibso dukaamada qalabka dhismaha oo sameyso miiska derbiga u gaarka ah taas oo hoos loo dhigi karo marka loo baahdo.





Mid ka mid ah taloyinka waa in la siiyo carruurta sanduuq iyaga u gaar ah halkaas oo ay ku keydsan karaan waxyaabo ay leeyinhiin. Carruurta ayaa markaas xushmayn doonaan midba midka kale sheygiisa oo na taaban doonin sanduuqa kale.

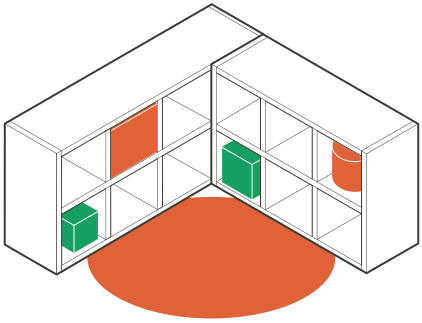


Barkimo,nalal iyo wax aad jecelshahay sariirta kugu noqon kartaa meel gaar ku ah Waxaa ka loo u isticmaali kartaa sida goobta akhriska. Marka ay Isticmaalayan midabada carruurta ay ugu jecelyihiin iyo waxa ay sameynayaan iyagoo heesta gees u gaar ah.

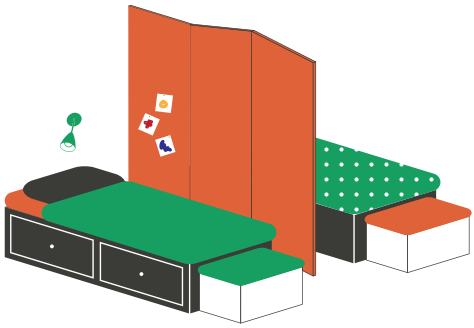


QOL QOLKA GUDIHIISA AH

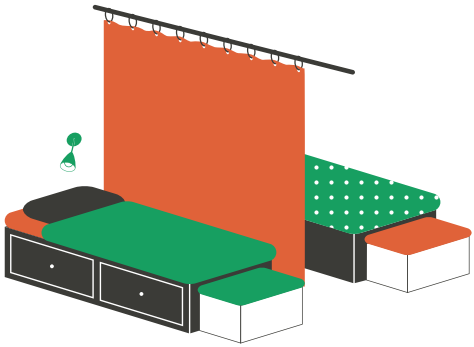
Xitaa haddii ay carruur wadaagto qol, waxaa suurtagal ah in qolka la qaybiyo. Waxaa laga yaabaa in ay dareemaan ama ay ku noqoto wax la yaab leh diyaarinta bartamaha qolka meesha qaadanayso meel,laakiin waxa ay noqon kartaa mid waxtar leh in lagu sameyo qol yar gudaha qolka.



Waxaa sidoo kale jira alaabta loo isticmaali karo sida kala qaybinta qolka. Waxaa la iskugu dari karaa siyaabo kala duwan khaanadaha buugaagta iyo armaajooyinka oo aanu u baahneyn inaad surto derbiga. Maxaa yeelay, si wareeg ah iskuma raacayso,waxaad isticmaali kartaa Koolo iskudhijida laba laabka armaajada.

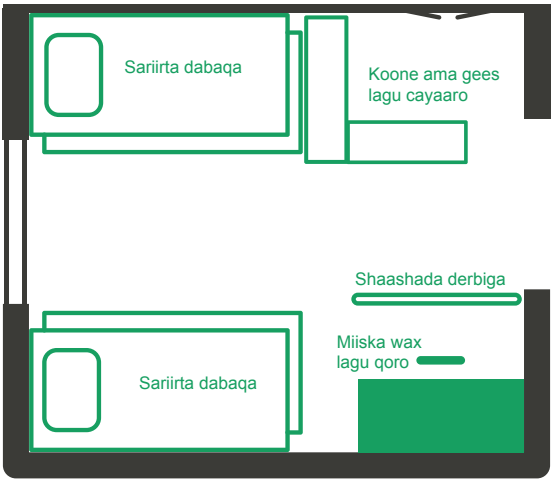


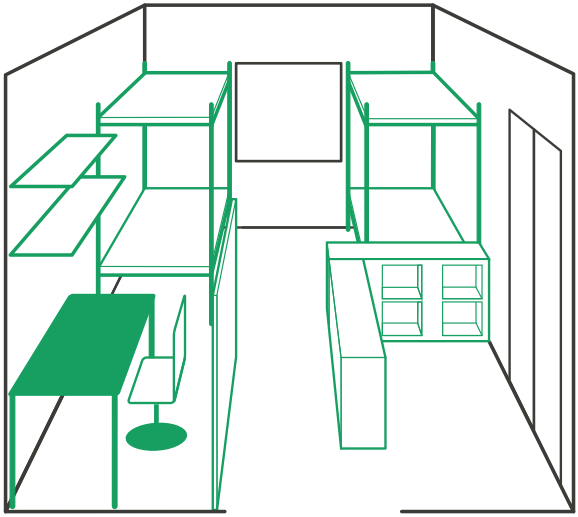
Darbiyada laab laabma waxaad ka gadan kartaa dukaamada alaabta guriga, laakiin waxaa kale oo suuragal ah Haddii ay tahay qoryo ama dhar kaloo loo isticmaali karo sida sabuuradda laga lalmiyo sawiro iyo sawir gacmeedyo. In aad sameeysan kartid.



Daaha lagu dhijiyay saqafka waxu siiyaa awood u leh inay kala socdaan sida la doonayo. Faa'iidada ay ledahay isticmaalka dharka dunta ah waa guryaha oo dhawaaqoda aad u degan.

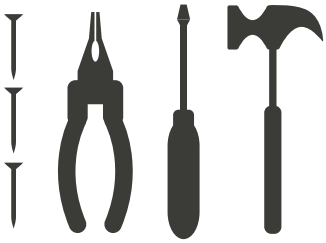
Halkan waxa aad ka arki kartaa sida qol lo wadaago ay 4 qof oo lala wadaagi karaa si uu jiro meel la dhigo sariiro, miisaska waayeyn, iyo meel lagu ciyaaro. Xagga sare miiska waa meel armaajo leh ama armaajooyinka derbiga.



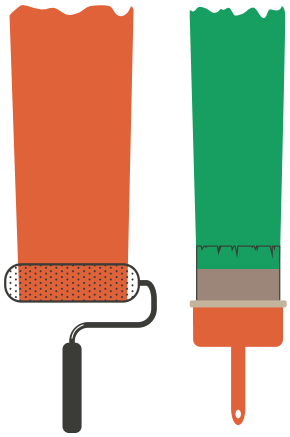


SAMEYSO SHAQSIGAAGA

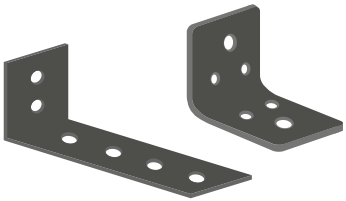
Xataa kuwa guri kiro ah ku jira sameysan karaan guriga waxii ku saabsan in allaale inta aad si taxtir leh ugu sameyn kartid in soo celin lagu sameeyo haddii loo baahdo. Hadii aadan hubin waxa aad samayneyso waxaad la xiriiri kartaa mulkiilahaaga ama daryeelaha.



Soo iibso qalabka aalada u leyahay y guriga. Waxaa jira noocyo raqiis oo lagama maarmaan ah.

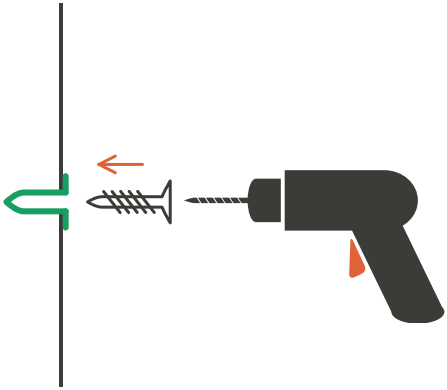


Waxaad ijaaran kartaa qof ku rinjiyeyo ama kugu dhejinaya derbiga waraaqo laakiin adiga ayaaba shameysan karo. Taas ayaa kaga raqiisan oo aadan u baahnayn in aad sugto farshaxan yaqaan /farayaamo inuu ku yimaado.

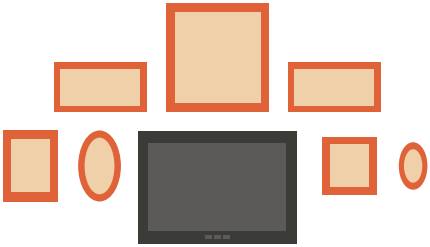


Armaajoyinka waaweyn iyo mobelarka waxad ku dhijin kartaa derbiga ama saqafka. Isticmaal qaybta xagal ka. Tusaale ahaan, hal khaanad wax wali ku yaali kartaa qolka carruurt oo ku dhejin kartaa Sharooto ama balastar Koolada hoose.

Furka meel daloosha lagu awdo aya waxa hubaal ah in uu adkeyn karo derbiga ama saqafka. Waxaa jira noocyo kala duwan oo ah furar gelanayo guryaha oo ku xiran qalab iyo miisaan. Weydii dukamada iibiya qalabka guryaha ayaga ayaa kaa caawin doona. iibsado boxiska nuuc daloolinta lagu talagalay,weydii shaqaalaha ama haddii ay jiraan saaxiibadada wax horey u isticmaalay ama ka soo qaatay.

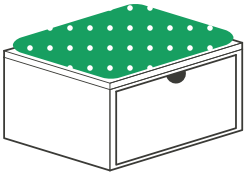


Haddii aad qabto TV flat-screen ah sidoo kale la gelin karaa derbiga sida sawirada oo kale. Habka sidan oo kale ah uma baahno alaabta guriga nafas weyn oo qadato. Hubi ugu yaraan labo ka mid ah salkoda waa in aad si fiican ugu dhejisa derbiga si adag oo taaban karo.

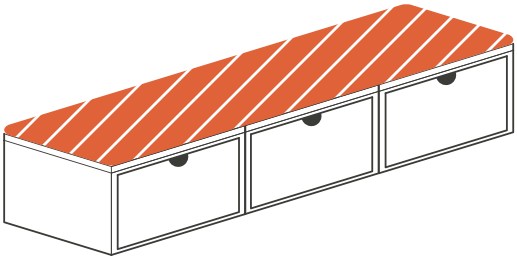


Haddii aadan helin waxad rabto,adiga ayaa dhisin karo. Derbiga shaashadda waad ku dhisin kartaa sida ugu haboon oo guriga qiyaas size ah leh iyo qalabka loo habeeyay. Waxaa laga yaabaa in aad heysato dharka logu jecel yahay in loo isticmaali karo?

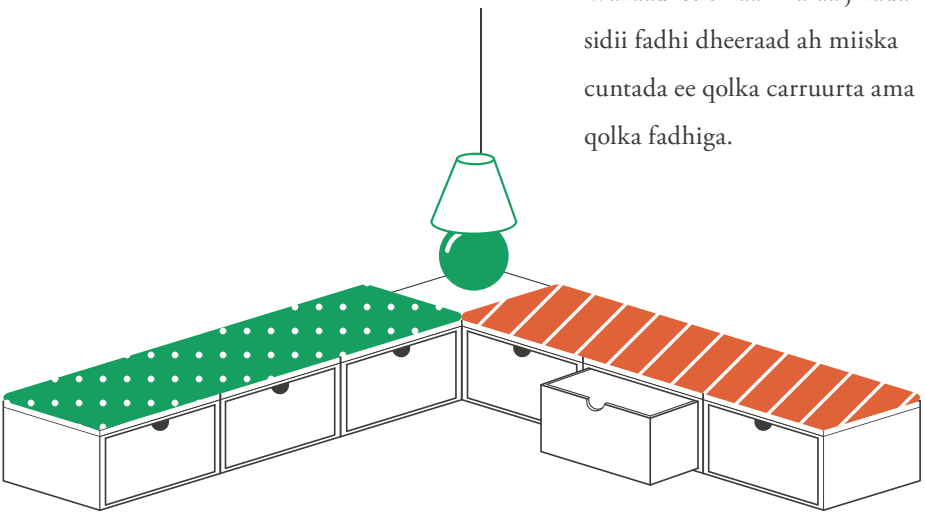




Sanduuqa fudud oo deggan Waxa kale oo loo isticmaali karaa sida alaabta guriga oo lagu fariisin karo adigoo dul saaraya barkin.



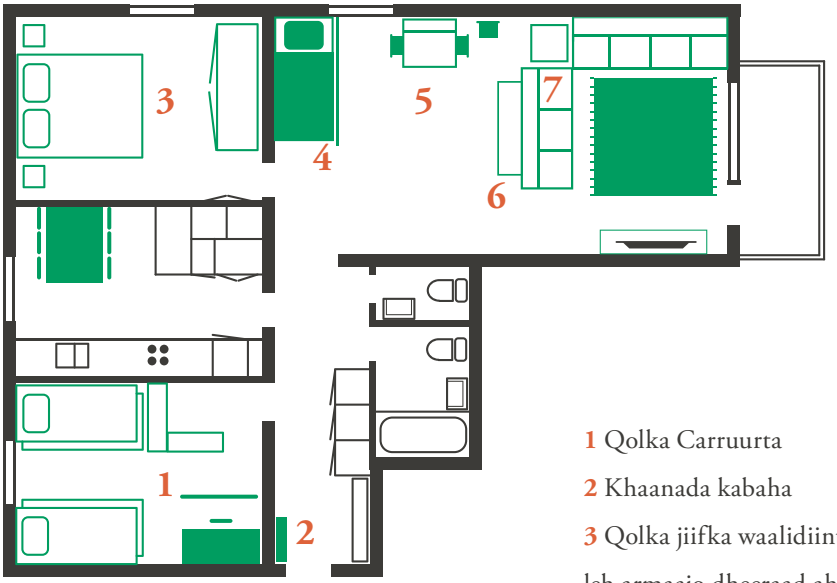
Waxaad sidoo kale dhowr meel dhigi kartaa dhowr sanduuq oo aad is dhinac dhigeysid mid kasta mid ka kale oo aad u isticmaaleysid kursi lagu faristo ado dul saraya sanduuqa barkin.



Waxaad isticmaali karaa jikada sidii fadhi dheeraad ah miiska cuntada ee qolka carruurta ama qolka fadhiga.

SAWIRIDDA NAQSHADDA LAGU SOCONAYO

Sharraxaad design qoys ka kooban lix ama toddoba qof oo ku nool guri dabaq ah oo leh labo qol iyo qolka fadhi ah.



1 Qolka Carruurta

2 Khaanada kabaha

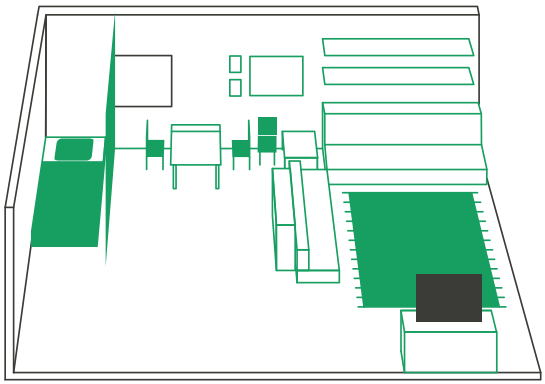
3 Qolka jiifka waalidiinta oo leh armaajo dheeraad ah

4 Sariir martida oo dheeraad ah iyo shaashadaderbiga/daah

5 Miiska dhinacyo isku laabma oo aad u adeegsaneysa sida goobta cuntada waana la iska fogeeykara marka an lo bahneyn si lo helo meel lagu ciyaaro.

6 Miiska cidhibtiisa

7 Kuraasta fadhiga oo wada socda iyo TVga



Qolka fadhiga

TIPS

Dukaamada Alaabta guryaha mararka qaarkood waxad ka heli isagoo qalabeysan halkaas oo aad ka soo ceshan karto alaabta guriga iyo faahfaahinta sharraxaad, qalabayn oo qiimo hoose ah.

Sariirta martida dheeraad ah iyo shaashadda derbiga/daah

Gacan labaad iyo suuqa iibinta waxa laso isticmalay waxad ka heli kartaa alaab badan oo wanaagsan.Waxaad xitaa rinjiyeeyn ku sameyn kartaa alaabta ku haboon gurigaaga. Waxa kale oo aad ka iibsan kartaa alaabta la isticmaalay internetka.

Adiga shaqsi ahaan ayaa wax badan samayn karo.Internetka ayaa wax badan oo wanaagsan iyo tilmaamo kuu qeexaya ka heli doontaa.

Haddii aadan hubin sida aad ku qurxin karto gurigaga,waxaa talo ku siin kara milkiilayaasha dukaanka alaabta guriga iibiya.Weydii su,al..

Haddii aad haysato gaariga caruurta oo aanad garanayn mesha aad dhigato, wax aad dhigan kartaa qolka lagu kaydiyo baaskiilada, oo waxaad ka qaadan kan jiifka gudaha ah oo ilmuhu lagu rido. ka dibna uma baahnid ilmaha in uu ku fadhiisto gaariga umana baahnid inaad hesysato gaariga caruurta guriga dhaxdiisa ama jaranjarada.

Haddii ay adag tahay si loo helo deggenaansho iyo dhaq dhaqaaq la'aan waxaa cashar lagu akhrisan karaa jikada oo loo isticmaalikaraa qolka daraasada. inta badan waxaa jira albaab kaas oo la xiriiri karo laftiisa. Go'aami waqti aan loo isticmaalin cunto karinta jikada,laakiin ay tahay xiligii waxbarashada.Fadlan isticmaal oo akhriso daraasadkan si wada jir ah dad kale oo degan guryaha cidhiidhiga.

Waxaa laga yaabaa in aad wada samayn kartaa urur?



