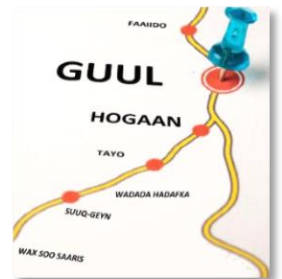


Kusoo dhawow **USHEEG** !

Wax walbo aad u baahantahay si aad u bilawdo ganacsigaaga waxaa ka heli kartaa **WADADA GUUSHA**.



① Ku bilaw wdada saxan si degdeg ah

**FURO
GANACSIGAAGA
ONLINE-KA**
HADII AADAN SAMEYN WALI

Ganacsi online gaar ah
ayuu leeyahay MGU
walba.

**KA QEEB QAADO
DHAAAN
TABABARKA
XAAFADA &
MAGAALADA KUU
FURAN**

**HEL
MACAAMIILKAAGA
UGA HOREEYA**

Fiiri qorshaha Dakhliga iyo
Gunnada USHEEG si aad u
hesho macluumaad dheeri.

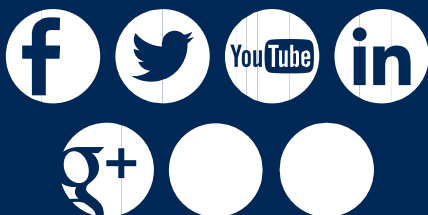
**ISKA DIIWAANGALI
HORAY U SOCO**

Waxaa heleysaa qalabka
maamulka ganacsiga,
macaamiil helis iyo
hormarinta shaqsiyada.

**IS DIWAANGALI TABABARKA USHEEG EE
CAALAMIGA AH**

“Tababarka USHEEG wuxuu ku siinayaa wax walbo aad u
baahantahay si aad u guuleysato. Adiga is diiwaangali ee diyaar
u noqo in noloshaada qeeb weyn ka badasho.”

Aasaasaha & Maaulaha sare Maxaed Axmed



**KALA SOCO USHEEG
WARBAAHINTA
BULSHADA**

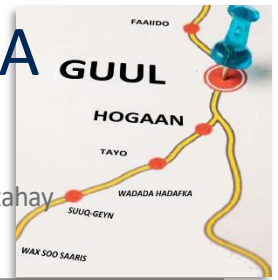
**DIB U EEG
DOCUMENTIYADA
UHIIMKA EE
DIIRADA USHEEG
DIIRADA USHEEG**

② Baro qaabka aad
u bilaabeyso
ganacsigaaga, HADDA,
sida SAXAN.
Aad page 2



② Bilaw Ganacsigaaga - HAGAHA GANACSIGA

Markaa dhameeyso is diiwaangelinta iyo talaabooyinka ku xusan page-ka 1aad, waxaa diyaar u tahay Inaa kobciso ganacsigaaga USHEEG! 4-ta talaabo hoos ku qoran waxay ku noqonayaan wax walbo aad u baahantahay Ee **BARO, RAAC, KU CELI!**



TALAABADA

1

BUUXI QORSHAHA 24-KA SAAC

1. Sameeyso Liis dadka aad Xiriirisid. wac; casuum qof kasta oo aad xusuusan karto
2. Marti qaad 5-7 qof marka koobaad si aad uga bandhigto- ka faaideyso aqoonta iyo tababarka si aad u hesho qof walbo aad u bandhigto
- . Hadafku waa in dadka kaqayb-galayaasha ah ay isu diiwaangaliyaan sida MGU, macaamiil ama labadaba.
3. Ku soo celi tallaabada 1-aad martigelinta bandhigga labaad
4. Ku soo celi tallaabada 1-aad martigelinta bandhigga sadexaad

TALAABADA

2

BUUXI GUUSHA 101

Furaha guusha ayaa ah inaad madaxaaga iyo wadnahaaga aad u hesho meel sax ah. Guusha 101 waa barnaamij 30-maalin ah. Guusha 101 wuxuu ka kooban yahay saddex tababaro oo kala duwan oo maalin kasta ah oo ku siinaya wax walba oo aad u baahan tahay si aad u bilawdo safarka horumarinta shaqsiyeed - iyo guulaha USHEEG.

TALAABADA

3

TABABAR, TABABAR IYO TABABAR KALOO BADAN

- USHEEG waxay bixisaa siyaabo kala duwan aad u hesho macluumaadka aad u baahan tahay -
- Isticmaal aqoonta iyo khibrada hoggaamiyahaaga ama tababarahaaga.
 - Gal qaybta tababarka ee ku yaal diirada MGU.
 - Eeg oo daabac dhammaan dukumintiyada taageerada ganacsiga
 - Si joogto uga qaybgal dhacdooyinka gudaha, gobolka iyo caalamiga ah si aad uga barato qaabka
 - U Isticmaal Horay U Soco, si aad u heli karto qaab aad u dhisi karto dhaqan wanaagsan ee shakhsi ahaan - dhaqan wanaagsan oo daaima, xili walba maskaxdaada ku haya hadafka.

TALAABADA

4

KU CELI, KU CELI, KU CELI

Guusha ganacsiga USHEEG sidaas aye u sahlantahay Raac tallaabooyinka kor ku xusan iyo ku celceli ilaa aad ka gaarto hadafyadaada.

3 Ka shidaal qaado wadada

Ma aha oo kaliya inaad bilowdo ganacsigaaga - waa inaa dhistaa muddo dheer, USHEEG wuxay ku siinaysaa wax kasta oo aad u baahan tahay si aad u dhiso Ganacsi guulaysta. Gal diirada MGU si aad u hesho taageero ganacsi dhameystiran - laga bilaabo maalinta koowaad ee Ganacsiga USHEEG iyo guud ahaanba safarkaaga