



Badbaado ku Noqo Dabka Jikada

1. Jikada joog markaad isku dayeysid in aad ku dubto ama ku kariso saliida ama dufanta.



MAYA



HAA

2. Marnaba ha karin marka aad daalantahay.



MAYA



HAA

3. Si aad u damisid digsigu dambkKu taraarixi daboolka dusha digsigu. Dami jikada iyo digsigu ha qaboobo.



MAYA



HAA



Badbaado ku Noqo Dabka Jikada

4. Haddii aad qabtid dab iyo uusan damin, ka bax guriga iyo soo wad waaxda dabka.



MAYA

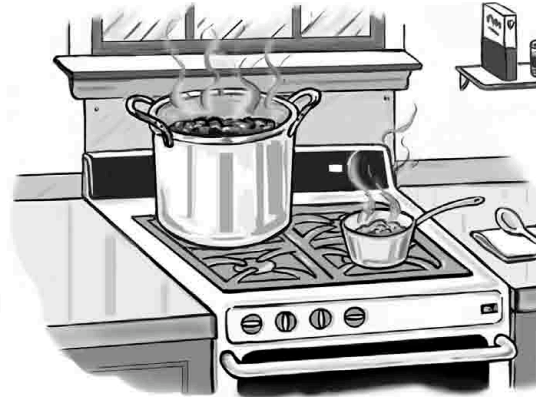


HAA

5. Ka dheerey sheeyada ku guban karo jikada.



MAYA

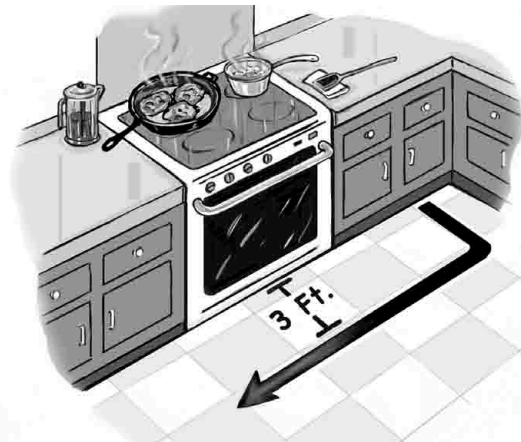


HAA

6. Ka dheerey carruurta ugu yaraan sadex fiit oo ka baxan jikada.



MAYA



HAA