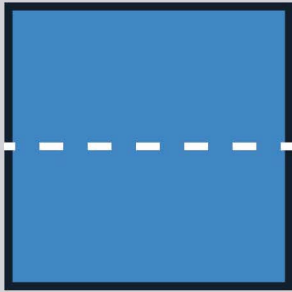
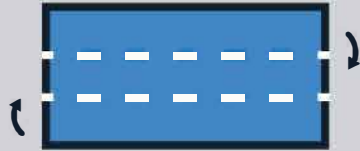


# SIDA LOO SAMEEYSTO MARADA WAJIGA LAGU DABOOLO

## SIDA LOO SAMEEYO MARADA WAJIGA LAGU DABOOLO IYADOO LA ISTICMAALAYO BANDANA:



**1**  
Bandanada nus ahaan ulaab



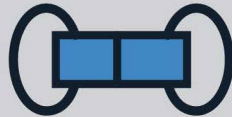
**2**  
Bandanada sadex qayb isugu alaab



**3**  
U dhaxeysii 6 inji dhamaadka laastiigii ba



**4**  
Geesaha dhexda isugu laab oo xir



**5**  
Ku dheji maaskarada laastii gyada kuna xir afka iyo sanku dushooda



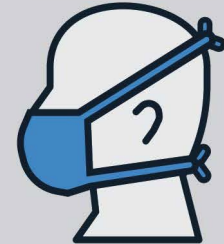
## SIDA LOO SAMEEYO MARADA WAJIGA LAGU DABOOLO IYADOO LA ISTICMAALAYO FANAANAD:



**1**  
U goo qabta hoose ee funaana da, 7-8 dheerar ahaan



**2**  
6-7 qayb u goo goo, kadibna goo xariga xiritaanka



**3**  
ku xir xariga agagaarka dusha dhuuntaada iyo madaxaaga