# AfAr Farriimood Oo MuHliM Ah

Ilmahaaga marka ugu horraysaba la hadal. Carruurtu waxay jecel yihiin inay maqlaan codkaaga iyo inay arkaan wejigaaga marka aad la hadlayso.

La hadlidda ilmahaagu runtii waa muhiim sababtoo ah adiga ayuu kaa bartaa waxa ugu badan.

La hadliddu waxay ka caawin ilmahaaga inuu faraxsanaado, samaysto saaxiibbo oo uu wax barto.

Hadliddu waa fudayd - kala sheekayso waxa aad samaynayso ama waxa uu xiisaha u qabo.

Muusiga, ciyaaraha fiidyowga iyo TV-yada ee qaylada badan waa qayb wayn oo nolosheena ka mid ah, laakiin samayso wakhti buuq la'aan ah si ilmahaagu u dhagaysto waxa aad dhahayso.

*baddalidda*
**wada sheekaysiga luuqadda kusaabsan**

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