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\$32"% " "#%2"0"&)4%" , " "32"%)%5++ .2+%667

! "#%' +%5- -&)%8" "#+%\*%\$# , "0%" , 9%%

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**maamulaha dugsiga** \*%\$8\$\$ = - '3%# , - - & " "#%" , %1++%\* " = - '3%  
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! "%< - '#\$\$3%\$1 = " , "%\$3%) )% ( )%2)\*+%# , " " < "4' "#\$\$\* "9%

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**kalkalisada dugsiga ama maamulaha dugsiga**

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\* , "8" "1" , "%#" . \*\$. )%\$\*2\$4 = " "1+%. "& " "4\$\*2"%A\*B"3(\$3. ;9%

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D a a Ma a a

Ha a aa a Wa              G a



## Xadgudubka Galmada ee Ilmaha

Xadgudubka galmada ee ilmuhu wuxuu dhacaa marka qof weyn (ama ilme weyn) isticmaalo ama isku dayo in uu u isticmaalo, ilme ku raaxeysi galmo.

Ku xadgudubka ilmuhu wuxuu noqon karaa xadgudub jireed ama waxaa sidoo kale ka mid noqon kara xiriir aan ahayn mid jireed laakiin ah dabeecad ahaan dhanka galmada ku saabsan (ilmaha oo qaawan oo la fiirsado, qofka oo is muujiya/qaawiya, weydiisashada galmada la xiriirta, is muujinta iyada oo la isticmaalayo alaab/qalab dhanka galmada ah, ama sheekooyinka dabeecad ahaan dhanka galmada ku saabsan).

## Da'acaad

! Da'acaad aaga ca'g bada ee dagaal bka.

! Ca'aa a'aa a'aa i geli a'aa i'aa da'aca a'ka a'aa  
aa baahid da'aa a'aa iga ah la'aa i'aa .

! Da'acaad a'aa g'ida i'j'g'ah a'aa da'aa  
ahi ca'aa a'la ii :c , dha , h , da'eeel  
caafi'aad, i'fii'gaa ah la'aa adaafadda ji'ka,  
f'adaha b'lh i'aa ba'ah i'k kala c'hh k  
hab .

! Il'e'aa i'aa a'aba lagaga egi'eeel a'ihii fka  
aa'aa la'aa a'aa a'aa a'aa a'aa ba'ka'aba  
ka i' , i'ada k'ia'aa gaa i'ada il'aha.





# Ha abaa Wa G a

▶ Ha abaa Wa G a a a a a a a a a  
a a a a a c a a, a a a a, a a a a a a  
a a a a a a a a a a a a a a a a  
a a a a a a a a a a a a a a a a  
a a a a a a a a a a a a a a a a  
a : a a a a a a a a a a a a a a  
a a a a a a a a a a a a a a a a

▶ Ha abaa Wa G a a a a a a a a a  
caa a a a a a a a a a a a a a  
b .

▶ Ha abaa Wa G a a a a a a a a a  
b ba 40.7% a a a a a a a a a  
a O . (DHS, 2016 B a X a Da a  
Ca a, Ab 2017)

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**maamulaha dugsiga**

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## Sharaxaada Anshax xumada Dhanka Galmada ee Dadka waaweyn

- ! Hawlaha la xiriira galmada oo kasta (ha ahaado mid jireed ama yaanu ahaanine) oo ku aadan arday iyada oo ujeedadu tahay sameynta xiriir jacayl ama xiriir galmo.\*
- ! Sidoo kale, hab galmo raadis ah, codsiyada abaal 'favor' oo dhanka









## Haddaba maxaa caadi u ah ardayda? Hab-dhaqanka Haboon Waxaa Ka Mid Ah:

- ▶ Wax xoojin Wanaagsan
- ▶ Kaftanka Wanaagsan
- ▶ Hadalada wanaagsan ee shakhsiga ahayn
- ▶ Isdhexgalka dadweynaha oo aan qarsoonayn
- ▶



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