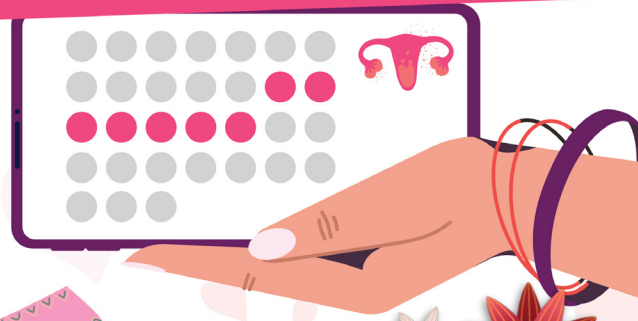
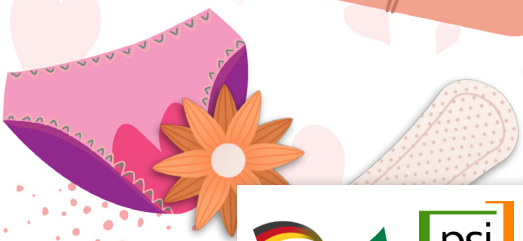
Ki bibiye shi!

Jinin Al'ada





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Nigeria

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Wallafawar: Population Services International (PSI) Nigeria

Bugu Na Farko 2025

Hakkin Mallaka.
Ba a yarda wani ya buga wannan littafi ba ko wani bangare nasa ko ya raba shi ko ya yada shi ta kowacce irin hanya kamar yin fotokwafi ko ta sauran hanyoyin sadarwa na zamani ba tare da samun rubutaccen izini daga asalin mawallafin ba.

Ki bibiye shi!

Jinin Al'ada



Game da PSI Nigeria
Population Services International (PSI) Nigeria wata shahararriyar kungiyace da ba ta gwamnati ba, kuma amintacciyar abokiyar ci gaba wadda ta himmatu wajen inganta lafiyar jama'a a fadin kasar. Muna tsara da kuma isar da hanyoyin kiwon lafiya masu tasiri sosai, da wadanda al'umma ke jagoranta, kuma suka dace da abokan ciniki, wadanda ke ba da karfin gwiwa ga mutane, karfafa tsarin kiwon lafiya, da inganta samun lafiya mai inganci a ko'ina. Tare da jagorancin bayanai, kirkire-kirkire, da kuma zurfin hadin gwiwa da al'umma, PSI Nigeria na aiki don tabbatar da cewa kowane mutum, musamman mata, matasa, da jama'a masu rauni, na iya yanke shawara cikin sani da kuma rayuwa cikin lafiya.

Godiya
An buga wannan littafin ne tare da kyakkyawar goyon bayan The German Federal Ministry of Economic Cooperation and Development (BMZ) ta hannun Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH karkashin Shirin Inganta Tattalin Arziki da Lafiya ta jinin al'ada na Mata a Najeriya (NEEMH) a Jihar Filato.

Ki bibiye shi!

Jinin Al'ada

Zagayen Jinin Al'ada

An siffanta zagayen jinin al'ada a matsayin wani yanayi da gangar jikin mace take fuskanta a kowanne wata domin zamowa cikin shirin iya daukar chiki.

Yana farawa ne daga ranar farko ta al'ada ya cigaba da gudana har zuwa kwana xaya kafin zuwan wata al'adar.

Jinin al'ada yakan tasirantu da qwayoyin halitta na astrojin da na furojestron.
Tsayinsa tsakanin kwanaki ashirin da xaya (21) ne zuwa talatin da biyar (35) tsakatsaki kuma kwanaki ashirin da takwas (28).
Jinin al'ada mai qasa da kwanaki ashirin da xaya (21) da kuma mai sama da kwanaki talatin da biyar (35) ba daidatacce ba ne, don haka a garzaya a nemi magani.


1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

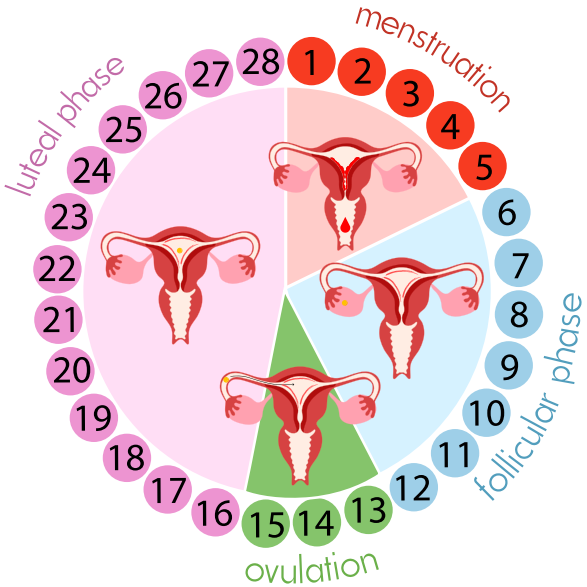
Sanin Zagayen Jinin Al'adarki

Jikinki a matsayin mace yana aiki kamar wani agogo mai kara a kowane wata.



Kwanaki	Abin Da Ke Faruwa
1-5	Jinin Al'ada (kwararar jini) Gangar jiki tana zubo da dagwagwadonta na ciki saboda sinadarn furojestron ya yi qasa.
6-12	Tsoka da jinni suna kewaye bangon mahaifa/ bakin mahaifa domin shirin qyanqyashe qwai da daukarciki. A lokacin ne sinadarin astrojin yake qaruwa.
13-15	Qyanqyasa (Ana sakin qwai)
16-30	Matakin sinadaran Furojestan da Astrojin yana yin qasa. Kewayen qofar mahaifa yana kakkaryewa idan ba a kyankyashe kwan ba sai ya zamo jinin al'ada. Sai jinin al'ada na gaba ya fara.

Kewayen Jinin Al'ada



Ki laqanci zagayen al'adarki cikin sauki!

Sanin zagayen jinin al'adarki zai taimaka miki wajen yin shiri da samun qwarin gwiwa da kuma iya sarrafa shi a kowanne wata.

Akwai hanyoyi da yawa, daga abubuwa masu sauqi zuwa manhajoji masu sanyi da za ki bi wajen tabbatar da laqantar jinin al'adarki da kuma fahimtar gangar jikinki sosai.

Yin Amfani Da Kalanda

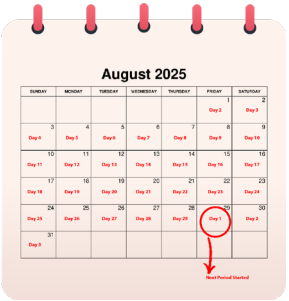
Abubuwan Da Ake Buqata Domin Lissafa Tsayin Zagayen Jinin Al'ada

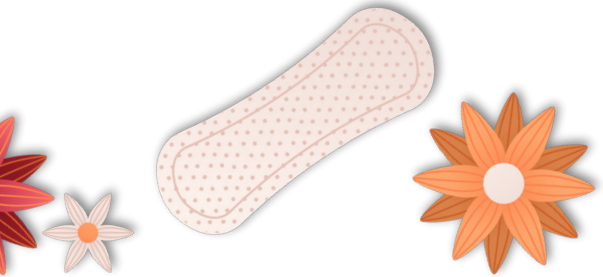
- Kalanda
- Na'urar Lissafi
- Kwanan watan san da jinin al'adarki na qarshe-qarshe suka fara (a qalla kwanan watan zagaye uku)

Mataki Na 1

Ki fara da kewaya ranar farko ta jinin al'adarki. Misali, 31 ga watan Yuli 2025 a matsayin rana ta 1 a kalandarki. Sai ki lissafa kowacce rana har zuwa ana gobe za ki fara wani jinin al'adar (idan jinin al'adarki na gaba zai fara a ranar 29 ga watan Agusta 2025, to ranarki qarshe ita ce 28 ga watan Agusta). Wannan shi ne zai ba ki kwanaki 29.

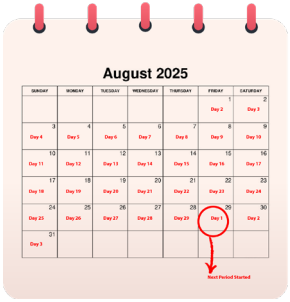






Mataki Na 2

Ki sake yin haka a zagayenki na gaba. Ki saka ranar 29 ga watan Agusta a matsayin rana ta 1, sannan sai ki lissafa kowacce rana har zuwa ana gobe zaki fara wani jinin al'adar. (idan jinin al'adarki na gaba zai fara a ranar 28 ga watan Satumba 2025, to ranarki ta qarshe ita ce 27 ga watan Satumba). Wannan shi ne zai ba ki tsawon kwanaki 30.



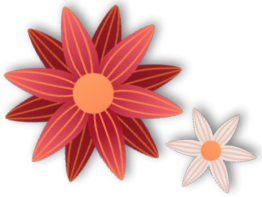


Mataki Na 3

Ki sake maimaita haka a zagayenki na uku. Ki saka ranar 28 ga watan Satumba a matsayin rana ta 1, sannan sai ki lissafa kowacce rana har zuwa ana gobe zaki fara wani jinin al'adar. (idan jinin al'adarki na gaba zai fara a ranar 27 ga watan Aktoba, to ranarki ta qarshe ita ce 26 watan Aktoba). Wannan na nufin wannan zagayen tsawon kwanaki 29 ne.











Mataki Na 4

Yanzu sai ki tara zagaye ukun duka wato:
29 + 30 + 29 = kwanaki 88.

Abu na gaba sai ki raba shi gida 3 (adadin zagayen zai kama):
88 ÷ 3 = kwanaki 29.3.

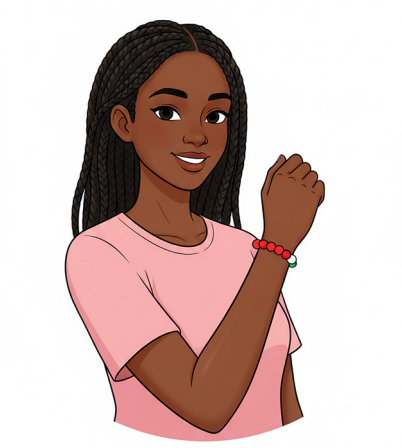
Saboda haka, matsakaicin tsayin zagayenki shi ne kusan kwanaki 29.

Za ki iya maimaita wadannan matakan a zagaye guda 6. Idan kika yi amfani da kwanakin wata da yawa zai fi! Amma watanni uku ma sun isa su nuna tsakatsakin tsayin zagayenki.

Wannan hanyar tana da matuqar amfani ga ‘yan mata da manyan mata masu yin al’ada a kai a kai su yi hasashen al’adarsu ta gaba.

Amfani da Sarqar Auna Lokacin Jinin Al'ada

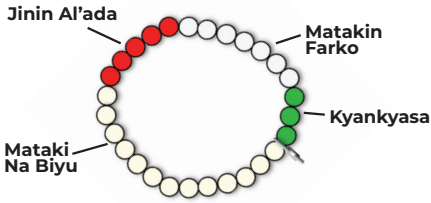
Domin yin amfani da sarkar auna lokacin jinin al'ada, ki fara da ranar farko ta al'adarki ta hanyar tura alamar zuwa daidai bangaren jan dutsen sannan ki lissafa kowacce rana ta hanyar tura alamar zuwa dutse na gaba da ke kewayen. Mabanbantan kalolin duwatsun suna wakiltar matakai mabanbanta ne: ja yana nuna lokacin jinin al'ada, farin kuma yana nuna lokacin zagayowar jinin al'ada na farko, sannan kuma wasu lokutan sauran kalolin na nuna lokacin kyankyasa, shi ya sa sarkar take aiki a matsayin hanyar gani da ido ta has ashen san da jinin al'adarki nag aba zai fara.



Yaya Za Ki Yi Amfani Da Sarkar Auna Lokacin Zuwan Jinin Al'ada

Ki fara daga ranar farko ta al'adarki ta hanyar tura alamar zuwa daidai jan dutsen – wannan shi ne yake wakiltar rana ta farko ta kewayen al'adarki. Kowacce sabuwar rana sai ki tura alamar gaba zuwa daidai dutsen gaba da ke jikin kewayen.

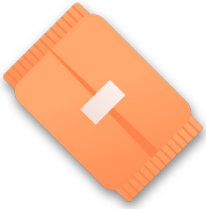
Sarkar an tsara ta ne da kaloli domin ta taimake ki wajen fahimtar abin da yake faruwa a gangar jikinki, kalolin duwatsun suna wakiltar matakai mabanbanta ne kamar haka:



Jajayen Duwatsun suna nuna kwanakin al'adarki.
Fararen Duwatsun suna alamt a kwanak in kafin da kuma bayan qyanqya sa wato (matakin farko da mataki na biyu).
Mabanbantan Kalolin Duwatsun korayen kalar na alamta tagar **kyankyasarki.**

Ta hanyar tura alamar a kullum, sarkar za ta ba ki sassaukar hanyar gani da ido ta kewayenki sannan kuma za ta taimake ki domin ki iya yin hasashen san da jinin al'adarki na gaba zai zo.





Muhimman Bayanai

Ki fahimci fuskokin zagayen

Ki lura da duk wani tasgaro

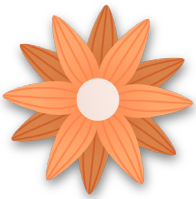
Ki dinga saka abubuwan lafiya kamar na'urar auna yanayin jiki domin lura da yanayin xumin jiki d.s.

Ki kula da yanayin lafiyarki da ta abincinki.

Ki dinga shan wadataccen ruwa









A zamo cikin sani!
A taimaki juna!!

Idan kuna da Tambayoyi?
Kwa iya kiranmu:
0707 186 0951

Ku bibiye mu a:



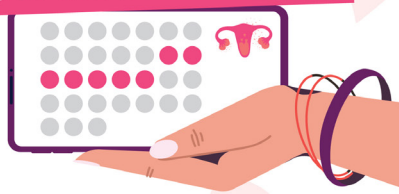
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