



World PT Day 2025



LAFIYAYEN TSUFA

Tsufa ba yana nufin dole
ne ka daina ko rage yin
abin da kake jin dadi ba.



Lafiyayen tsufa
na nufin kasancewa
cikin motsi, kula da
dangantaka da
jama'a, da yin
abubuwan da kake
darajanta yayin da
kake tsufa.



World
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8 Satumba
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