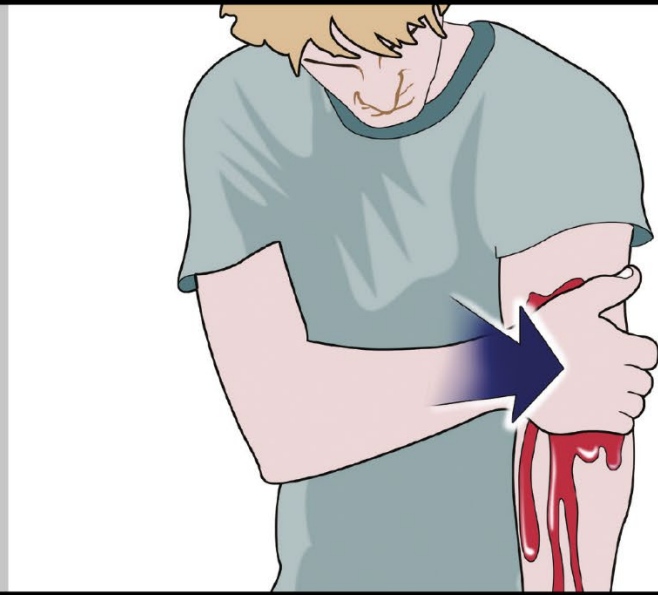
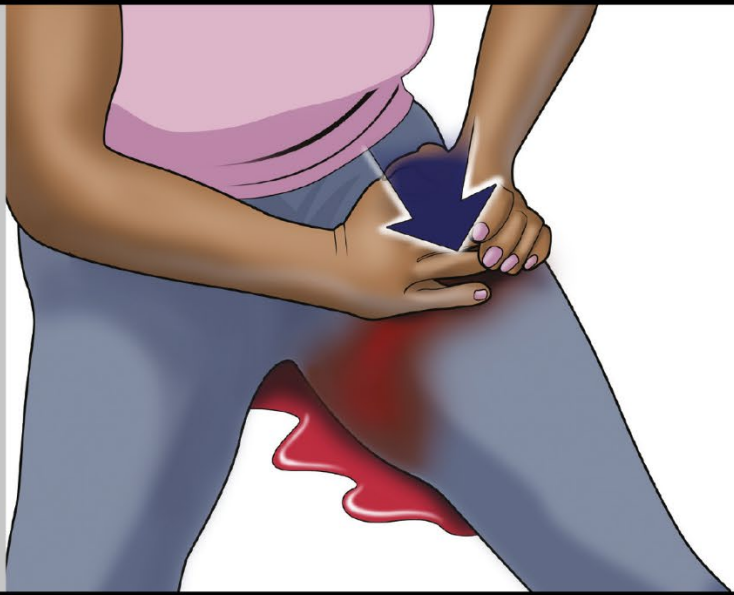
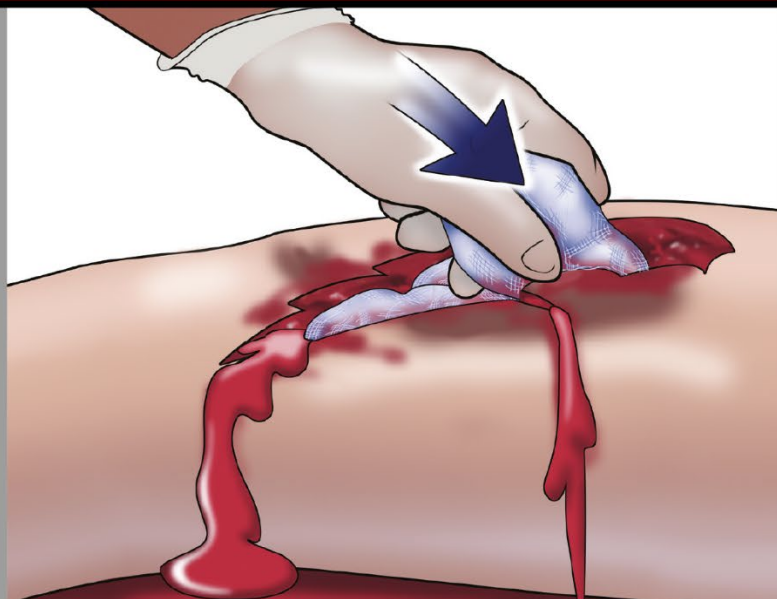
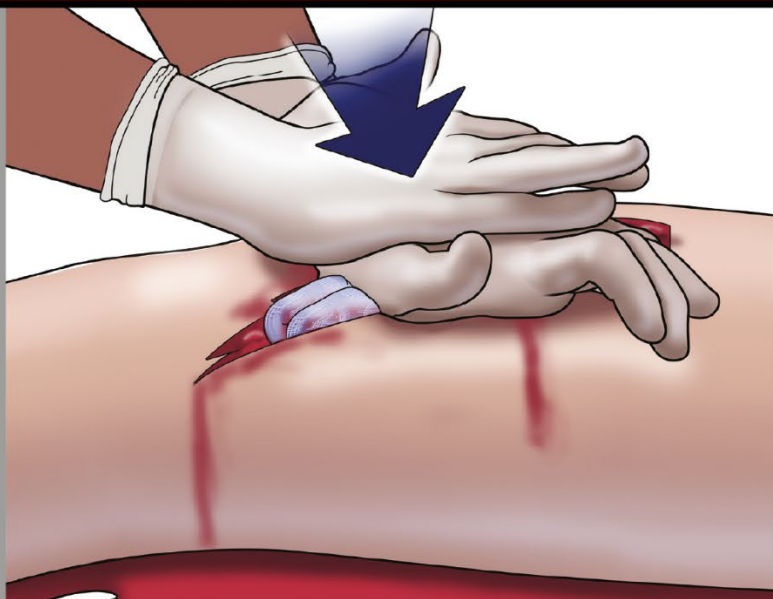




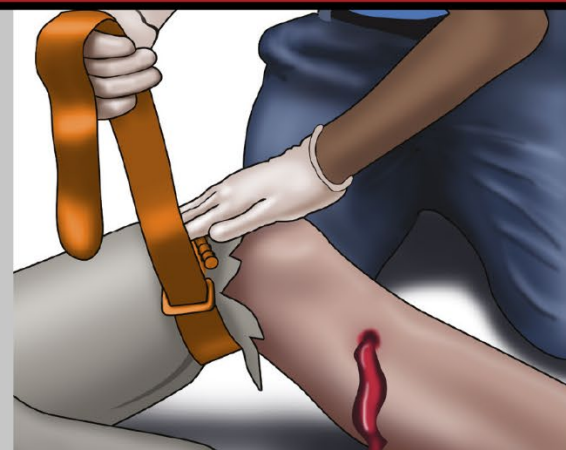
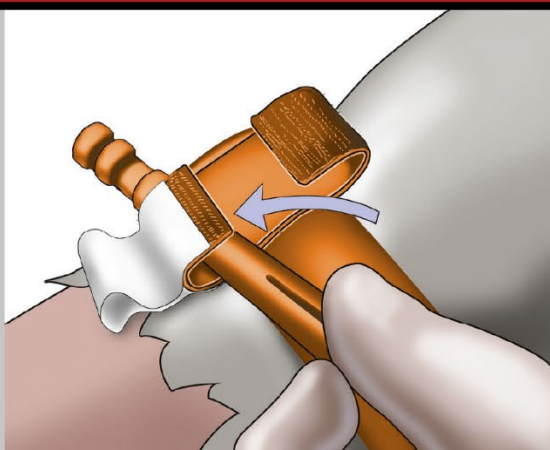
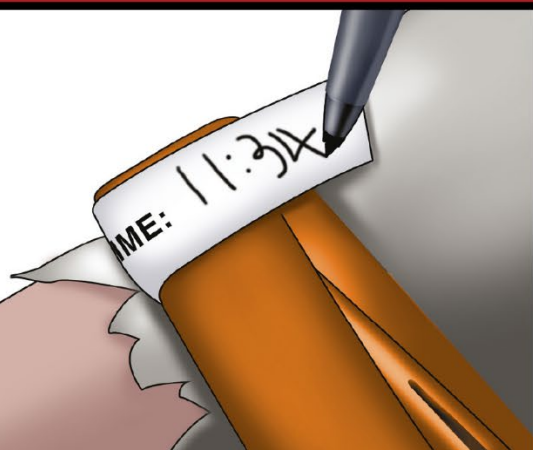
1 په لاسونو سره فشار ورکړئ



2 پوښاک پرې کيږدئ او فشار ورکړئ



3 تورنيکايي يعنی د وينې د ودرولو پټه وکاروئ



وخت

خوندي يې کړئ

تاو يې کړئ

ويې تړئ

911 تهزنګ ووهئ