

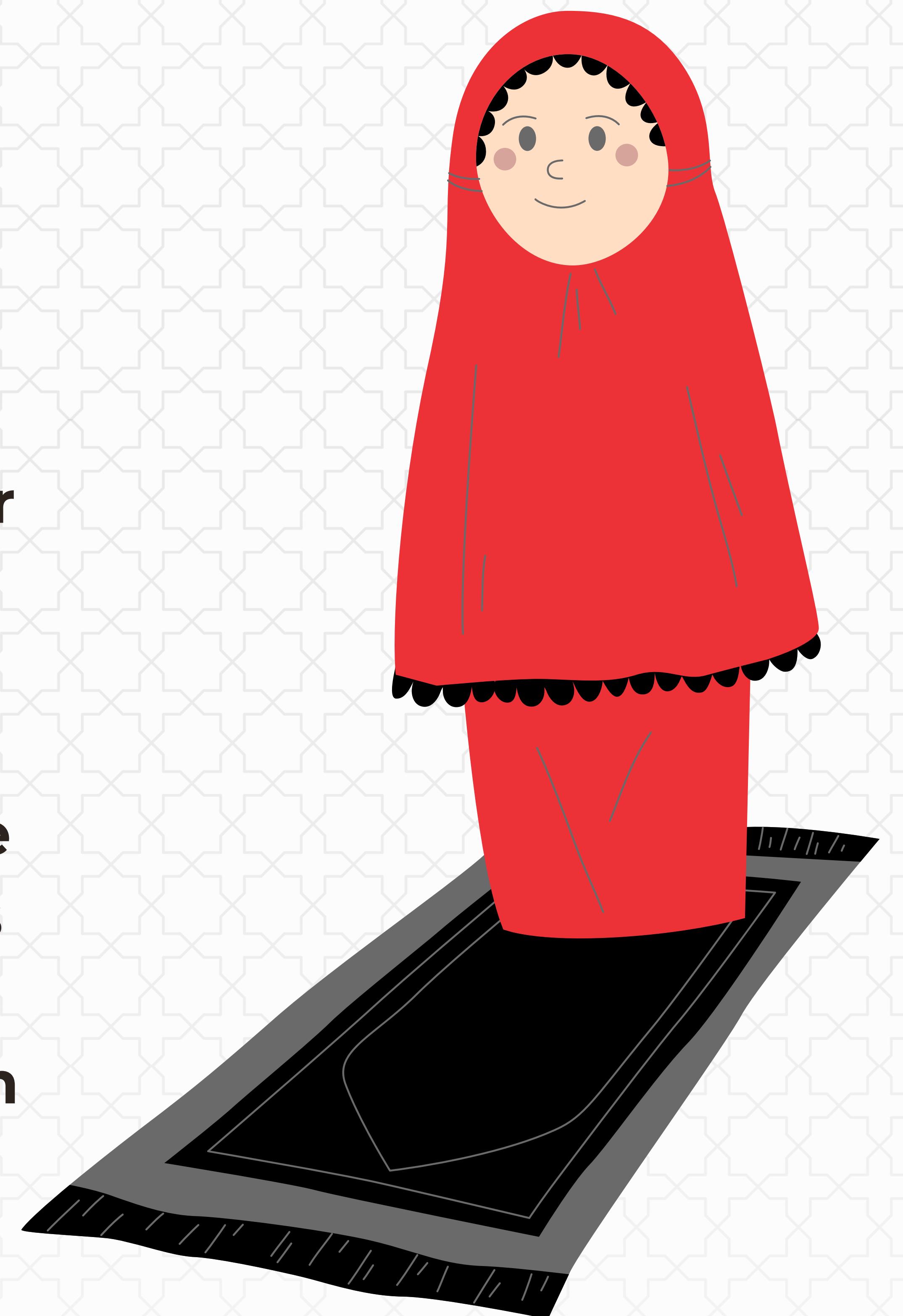
STAND UP FOR NAMAZ:

START FROM HERE



Niyyah: Before beginning Salaah,

perform Wadhu or Ghusl (Which ever is required). Your clothes and place of Salaah should also be clean. Make sure your Satr is covered. Women Satr in Salaah is to cover everything except Hands, Face and Feet. A person must face the Qiblah (direction of Prayer -Makkah). Make intention quietly or in the mind for which ever Salaah you wish to perform. During Salaah keep the eyes fixed on the spot where the head will be in Sajdah (prostration) unless otherwise mentioned. Ensure the feet point towards the direction of Qiblah. Men should keep their feet a minimum of four fingers width (**fig 1**) and women keep their feet together.



TAKBEER-E-TAHREEMA

INSTRUCTIONS:

While raising both hands to the height of the shoulders for women. Ensure the fingers are together and the palms face towards the Qibla. Remember to keep the eyes focused on the place of Sajdah (Prostration).

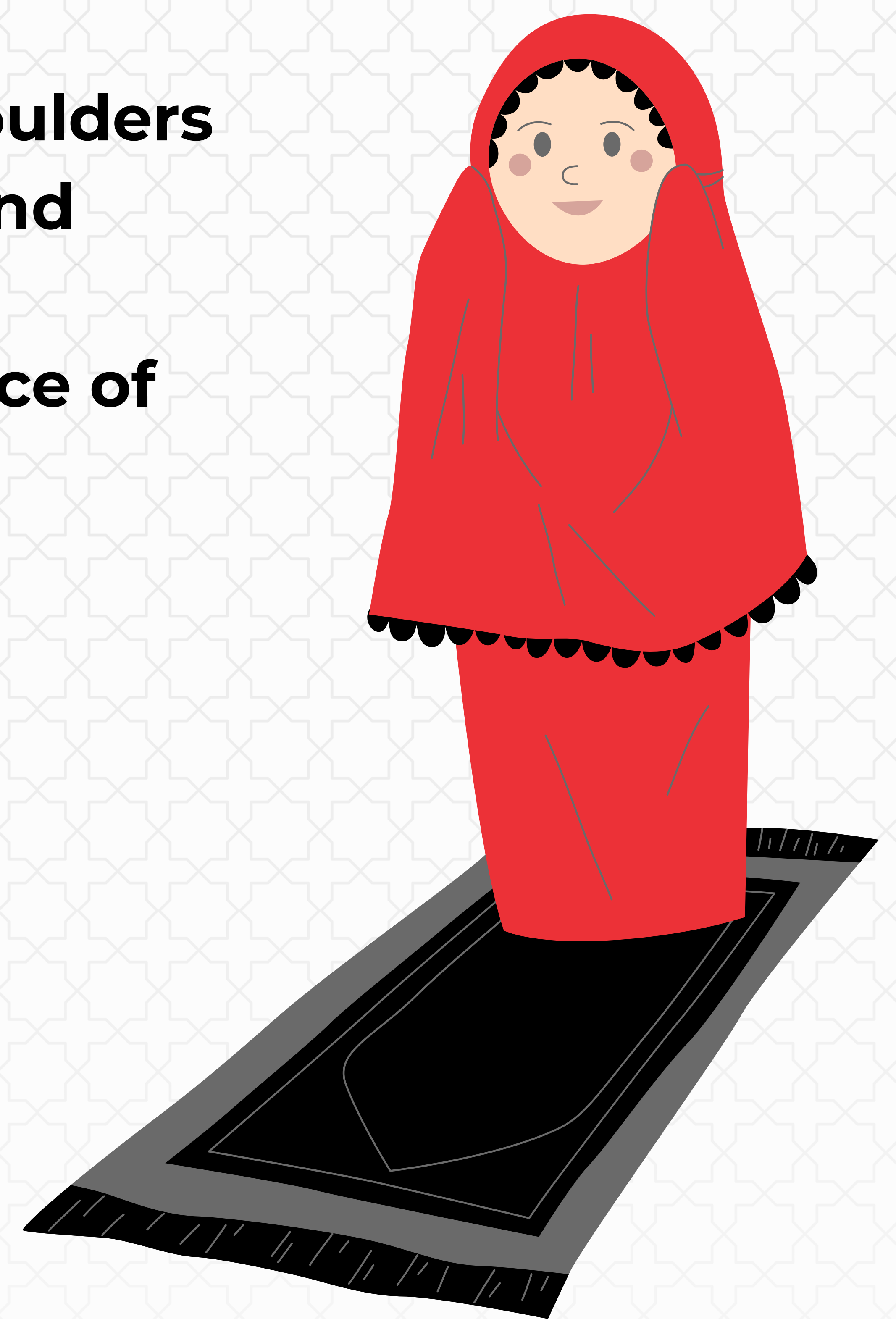
TAKBEER:

اللَّهُ أَكْبَرُ

Allaahu Akbar

Translation:

Allah is the Greatest



QIYAAM

Woman should place three hands over the chest with the right hand palm over the back of the left hand, keeping the fingers and thumb together. But make sure you do not make a ring round the wrist like men.

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ ط
Subhaanaka Allaahumma wabi hamdika wa tabaarakasmuka
wa ta'aala jadduka wa laa ilaaha ghayruka.

Translation:

Glory be to you O Allah! and Praise be to you: Blessed is your name and Exalted is your Majesty, and there is none worthy besides you.



QIYAAM

**Whilst remaining standing recite Ta'awwuz
and Tasmiyah Silently.**

Ta'awwuz:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodhu billaahi minash-Shaytaanir-rajeem

Translation:

I seek refuge in Allah from the rejected Satan

Tasmiyah:

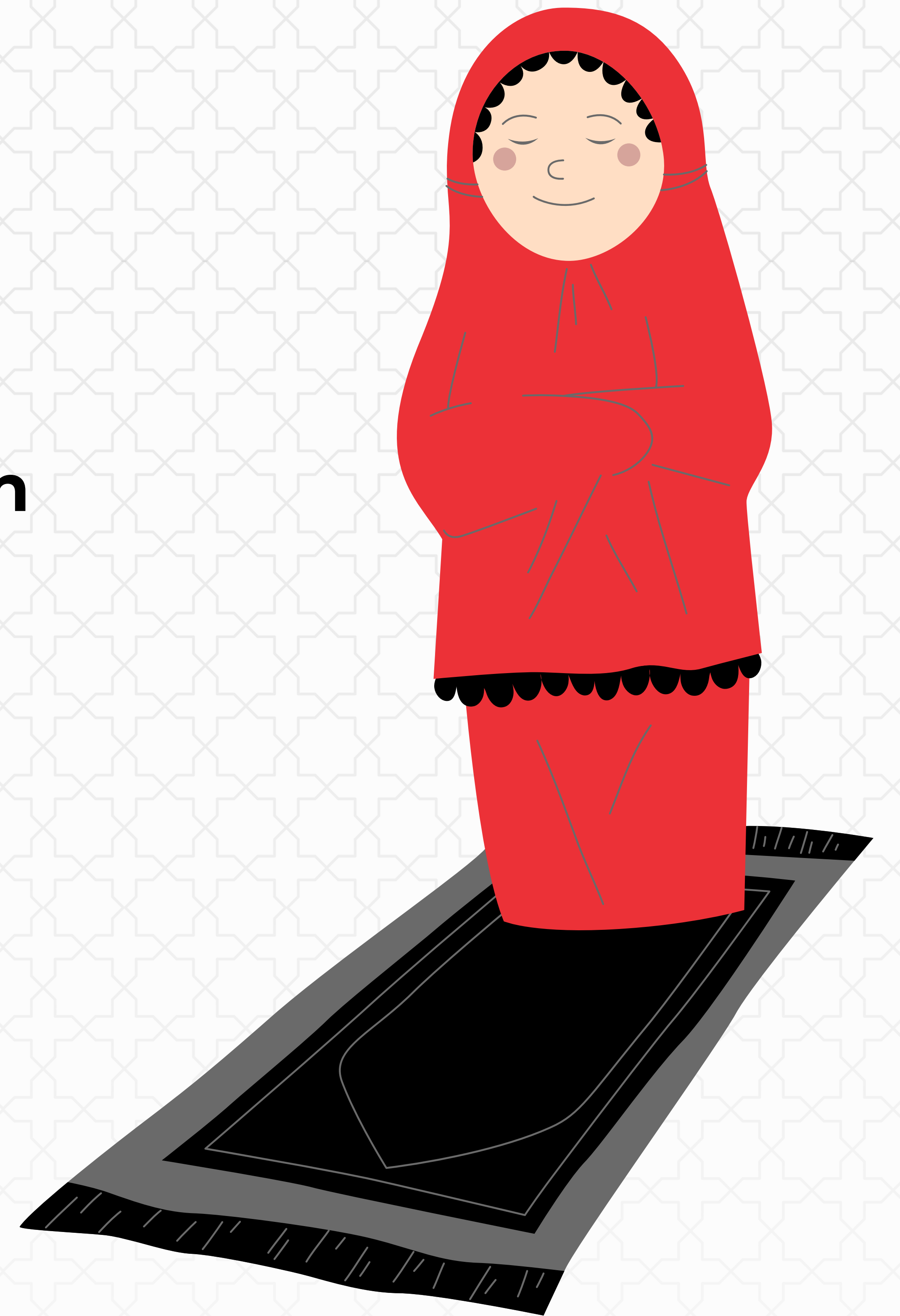
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-Rahmaanir-Raheem

Translation:

In the name of Allah, the most beneficent,
most merciful

Then recite Surah-e-Fatihah now



QIYAAM

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۝ الرَّحْمٰنِ الرَّحِيْمِ ۝

Alhamdul lillaahi rabbil 'aalameen; Ar-rahmaanir-raheem

Praise to be Allah, Lord of the worlds. The Beneficent, the Merciful.

مَلِكِ يَوْمِ الدِّيْنِ ۝ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝

Maaliki yawmiddeen; Iyyaaka na'budu wa iyyaaka nasta'een

Master of the Day of judgement. Thee alone we worship
and to Thee alone we turn for help.

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۝ صِرَاطَ الَّذِيْنَ اَنْعَمْتَ

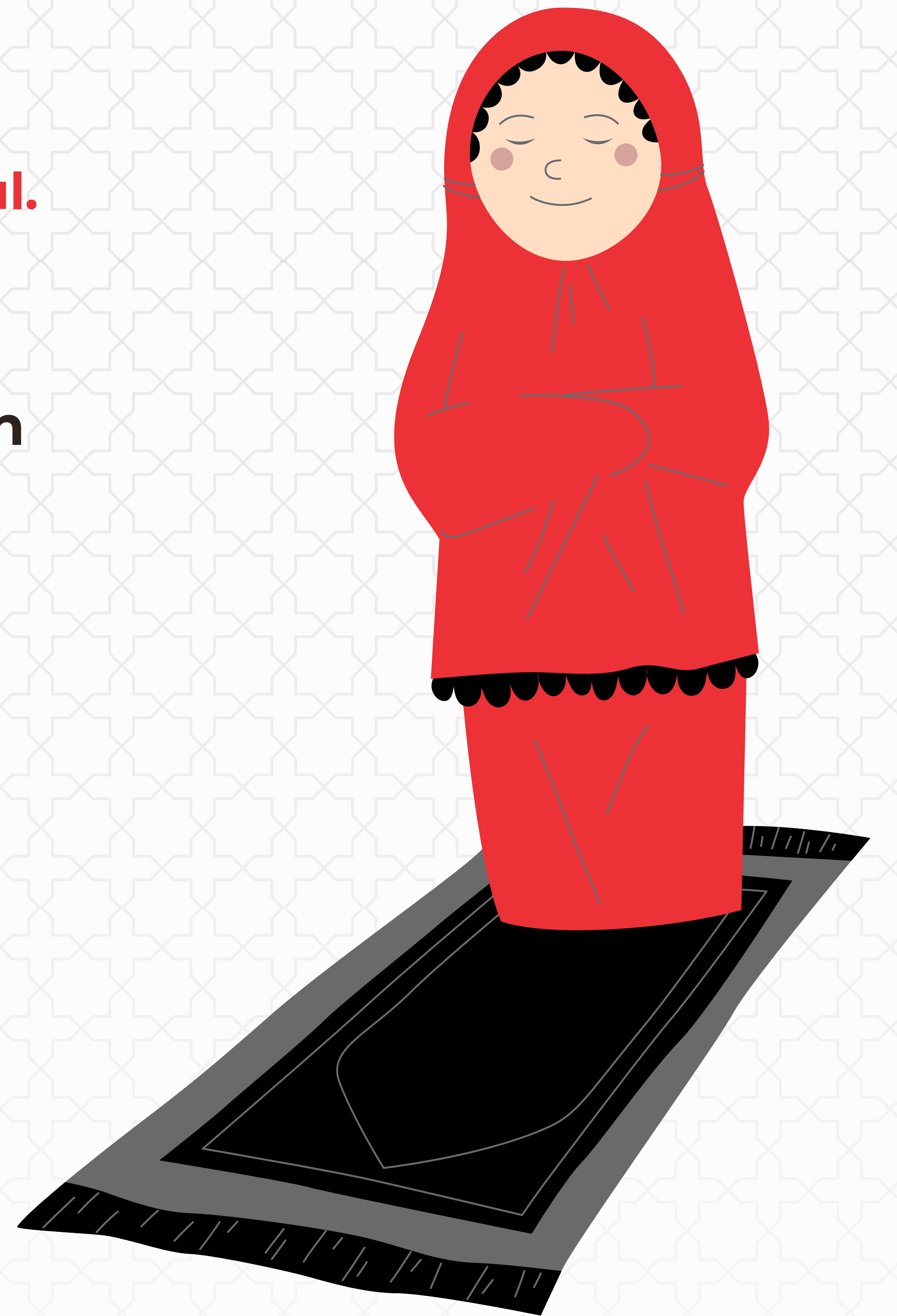
Ihdinas-siraatal mustaqeem; Siraatalladheena an'amta

Guide us to the Straight Path. The path of those whom
you favoured

عَلَيْهِمْ ۝ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّالِّيْنَ ۝

alayhim; ghayril maghdubi 'alayhim; waladdaal-leen.

Not of those who earned Your anger, nor of those who
went astray.



QIYAAM

Then recite any Surah, or a minimum of three short Aayats or one long Aayah.

Note: A Surah is read following Surah Fatihah in all units of any Sunnah and Nafl Salaah. It is only required in the First Two units of ANY Fard Salaah, i.e. in the Third and Fourth units only Surah Fatihah is recited.

Note: The Surahs read after Surah Fatihah should be read in proper sequence as in the Qur'aan in assending order, with the next Surah smaller than the previous.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

Qul huwallaahu ahad, Allaahus-Samad

Translation:

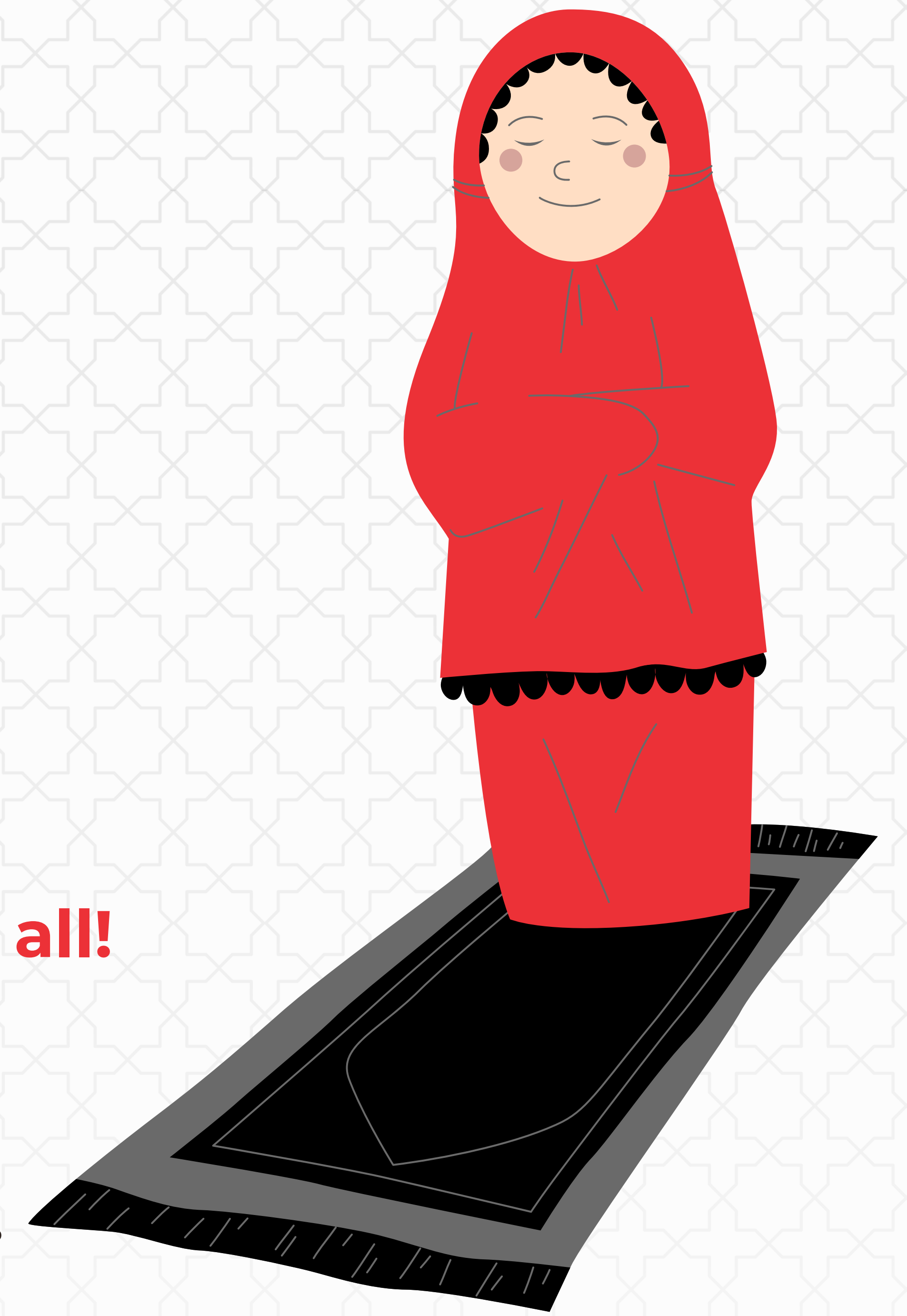
Say: He is Allah, the One! Allah, the eternally Besought of all!

لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ ۚ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

Lam yalid walam yoolad. Walam yakullahu kufuwan ahad.

Translation:

And there is none comparable unto Him. He begetteth not, Not is He begotten.



RUKU

Ruku (Bowing Down): Women should only bend over sufficiently so that the fingers can touch the knees with the fingers kept together. The knees should be bent and the back should not be straight like a man. Also ensuring the elbows touch the sides of the body. Women should focus their eyes towards the toes

Say "Allah-o-Akbar

اللَّهُ أَكْبَرُ

Allaahu Akbar

Allah is the Greatest
In Ruku recite three times →

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana Rabbi-yal Azeem

Translation:

Allah is the Greatest Glory to my Lord



QAUMAH

INSTRUCTIONS:

Qaumah is to stand up from Ruku and return to the Qiyaam position keeping your arms straight by your side [Fig 5]. Whilst standing up from Ruku recite **TASMEE** And when stood up recite **TAMHEED**.

Tamheed

رَبَّنَا وَلَكَ الْحَمْدُ

Rabbanaa lakal hamdu

Tasmee

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

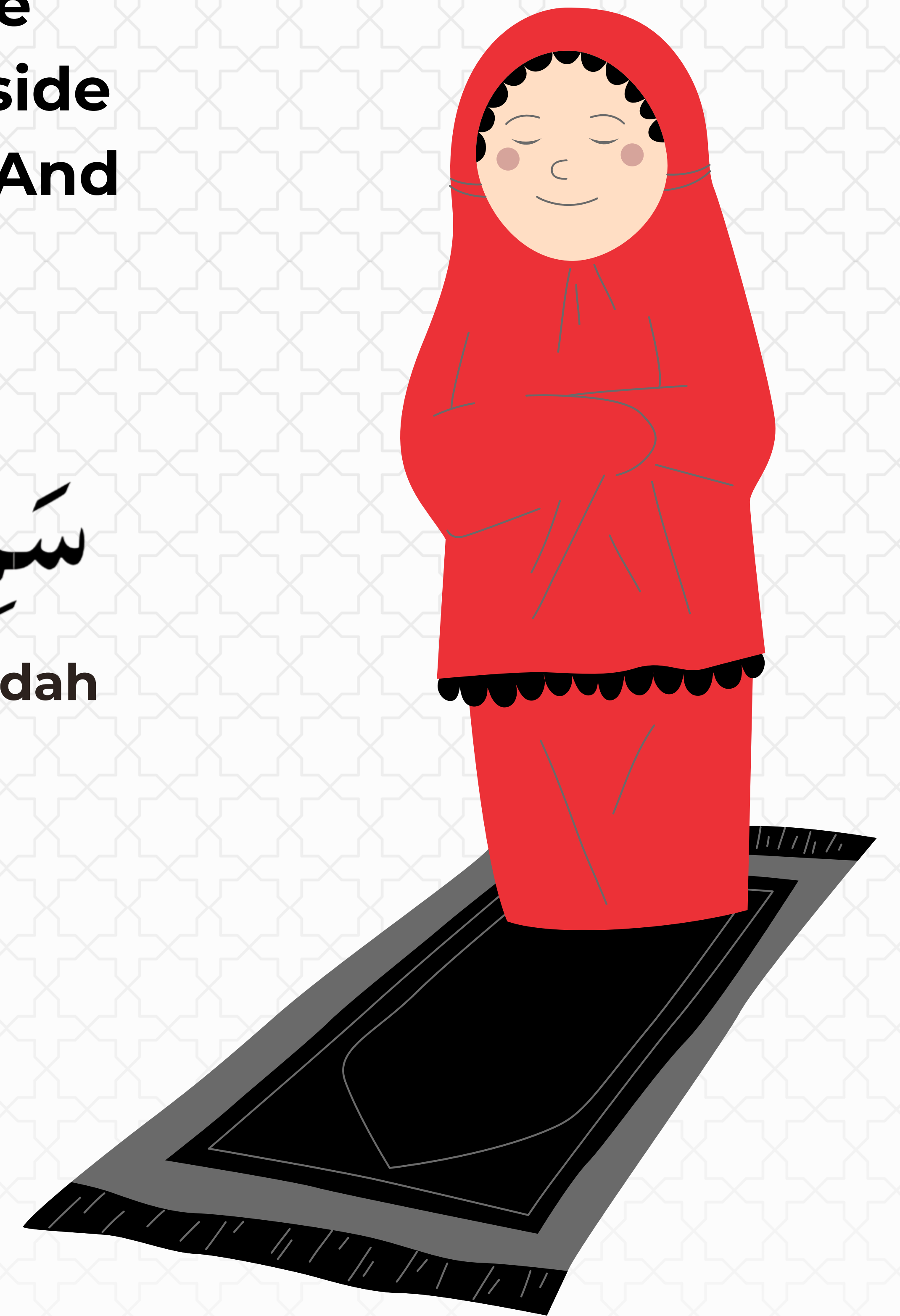
Sami'a Allaahu liman hamidah

Allah hears all those who praise Him. Our Lord! All praise be to him

Recitation: اللَّهُ أَكْبَرُ ط

Allaahu Akbar

Allah is the Greatest



SAJJDAH

Sujood (prostration): Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight but unlike men the women may bend their back going into Sajdah, then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. Women must ensure that they keep all limbs close together and close to the ground, including the arms, elbows, bottom and feet. Both feet should point out to the right and point the toes towards the Qiblah

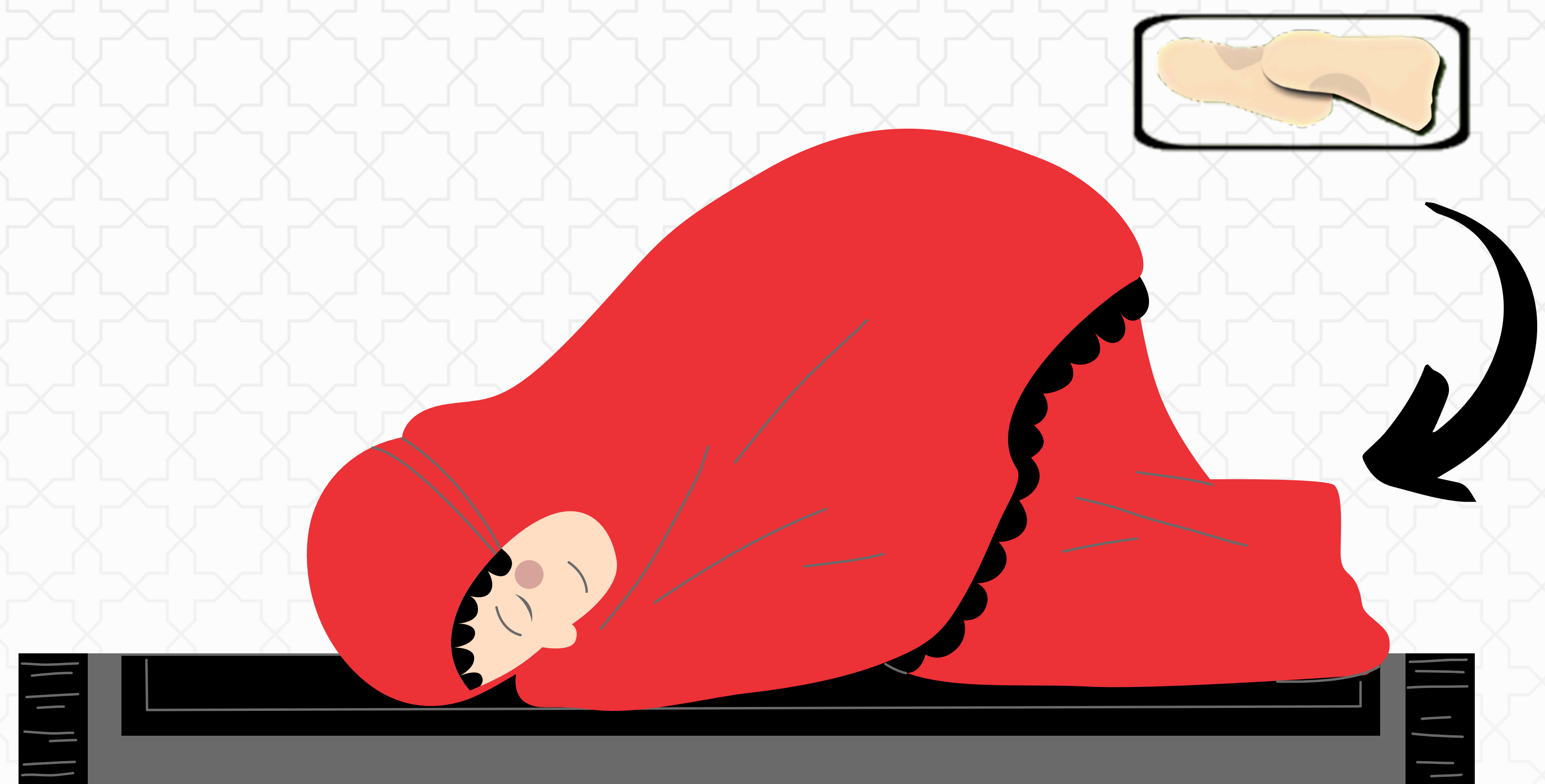
SAJJDAH:

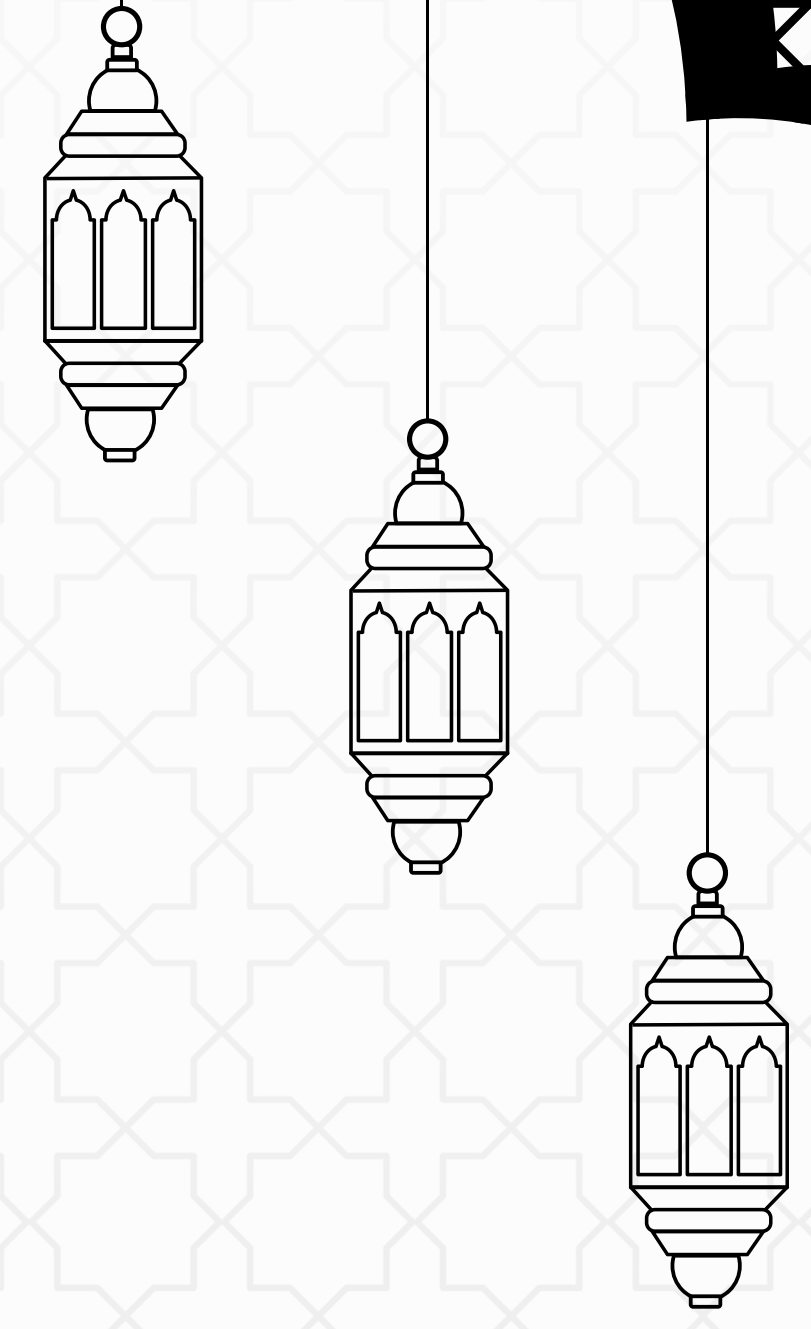
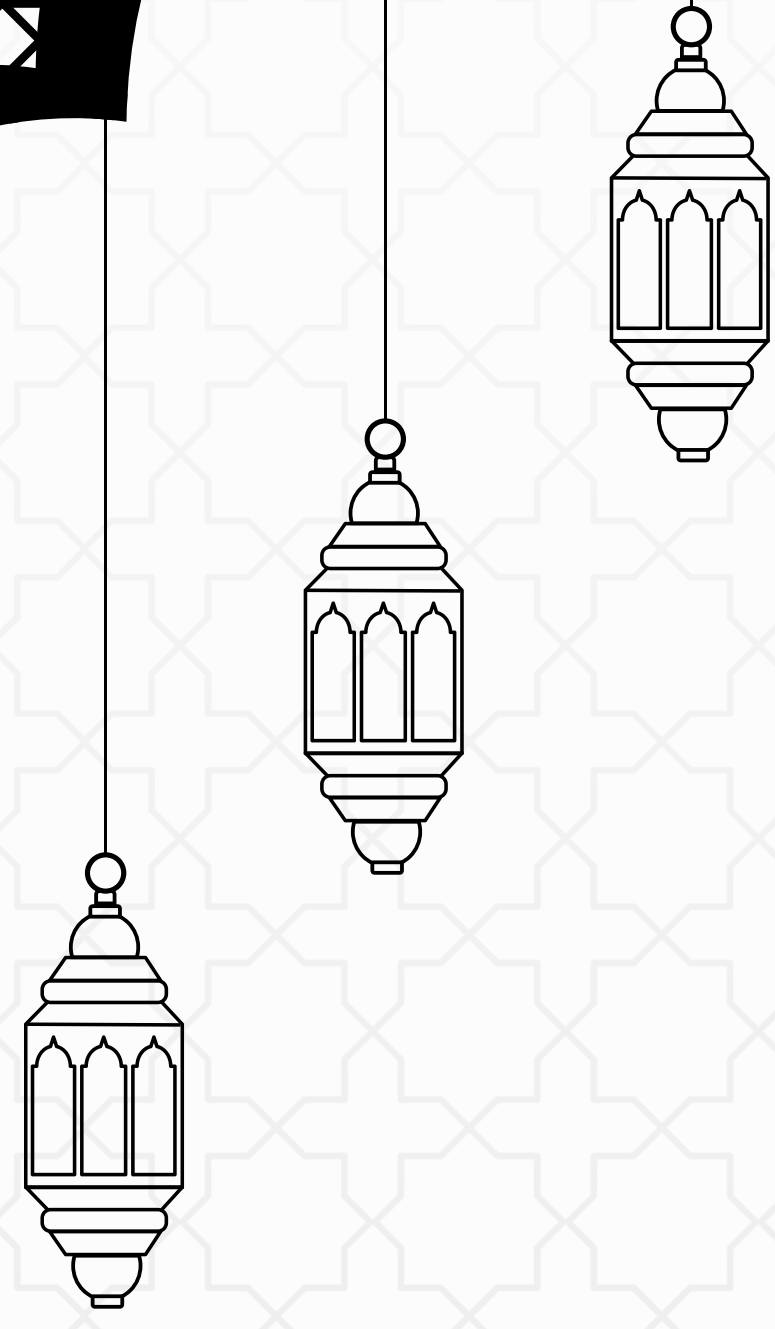
سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal A'ala

Translation:

Glory to my Lord, the Highest





Get up from the floor reciting the **TAKBEER** in order of forehead first, nose and then hands. Sit upright (Jalsa) and place the palms on the lower thigh but not on the knees. Women should sit resting on the floor with feet pointing out to the right. In Qa'dah set your eyes between the front of your hands in your lap. Rest for a moment. then say "**Allahu Akbar**" and prostrate again for a second time reciting "**TASBEEH**"

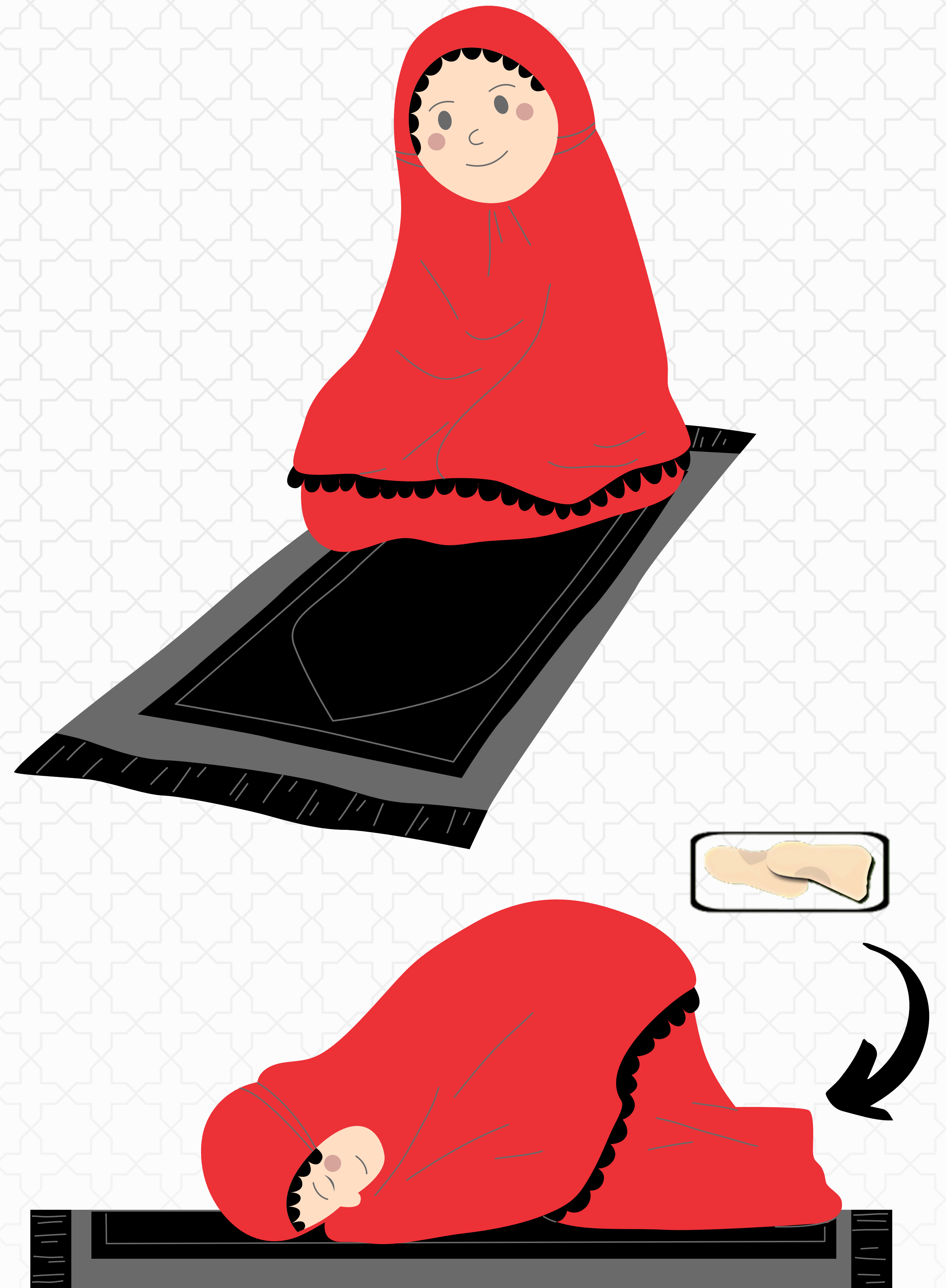
Say → **اللَّهُ أَكْبَرُ**
Allaahu Akbar

Recite 3 Times in "Sajdah":

سُبْحَنَ رَبِّيَ الْأَعْلَى
Subhaana Rabbiyal A'laa

Translation:

Glory to my Lord, the Highest



QUOOD

INSTRUCTIONS:

Get up from second Sajdah and stand up back to the Qiyaam position. This completes one Rak'aah (unit) of prayer. The second Rak'aah is performed in the same way but do not recite Thanaa and Ta'awwuz, Start from Tasmiyah.

At-Tashahhud: In the second Rak'aah after the second prostration remain seated (Qa'dah), as the above illustrations and recite quietly.

اَلْتَّحِيَّاتُ لِلّٰهِ وَالصَّلٰوَتُ وَالطَّيِّبٰتُ ۝ اَلسَّلَامُ عَلَیْكَ

Athahiyyaatu lillaahi was-salawaatu wattayyibatu. Assalamu 'alaika

Translation :

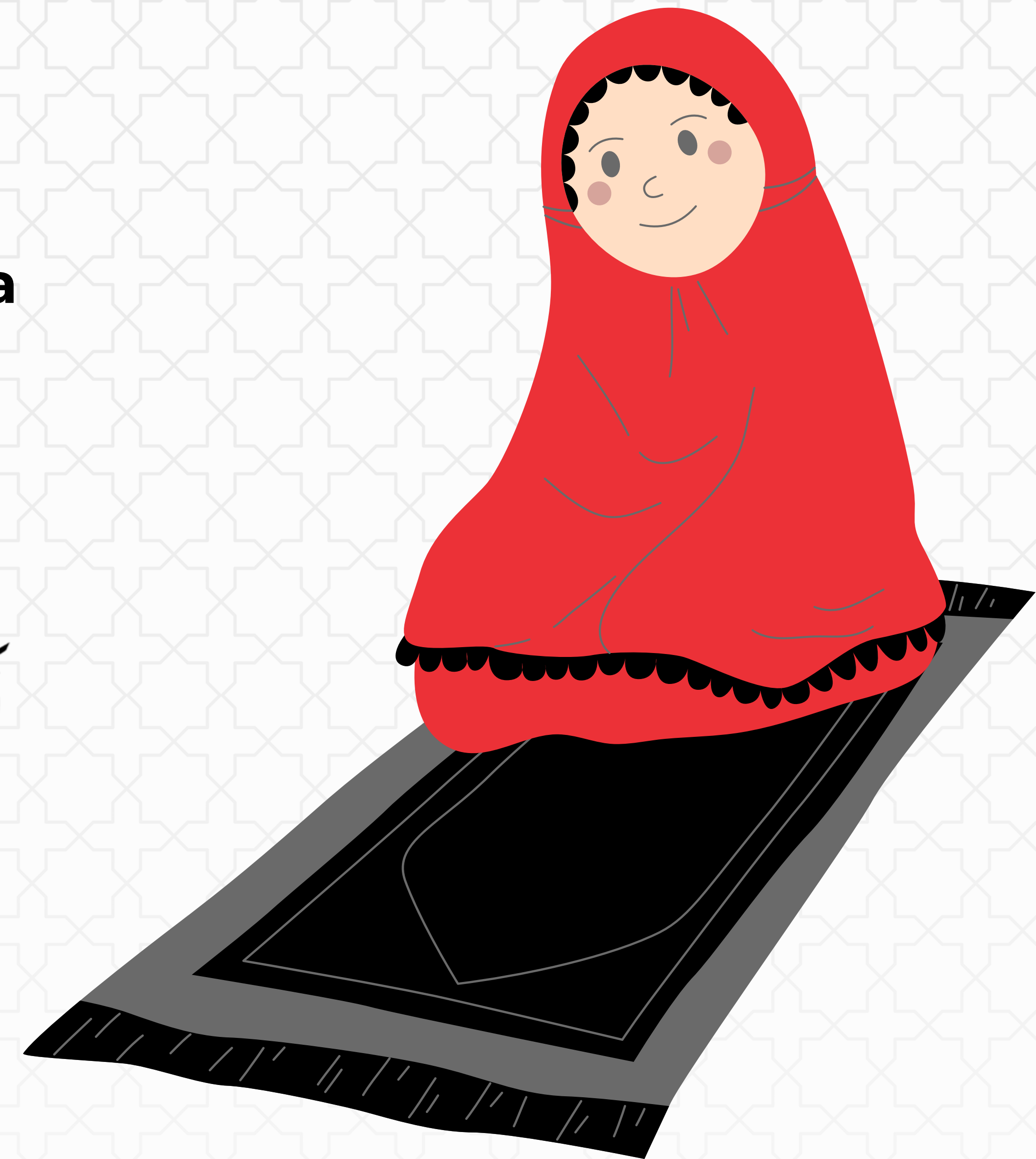
All prayers and worship through words, actions and sanctity are due to Allah only. Peace be Upon you.

اَیُّهَا النَّبِیُّ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ ۝ اَلسَّلَامُ عَلَیْنَا وَعَلٰی عِبَادِ اللّٰهِ الصّٰلِحِیْنَ ۝

ayyuhan-nabiyu warahmatullaahi wabarka'tuhu. Assalamu 'alaina wa'alaa 'ibaadillaahis saa'liheen

Translation :

O Prophet (Saww) and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah



INSTRUCTIONS:

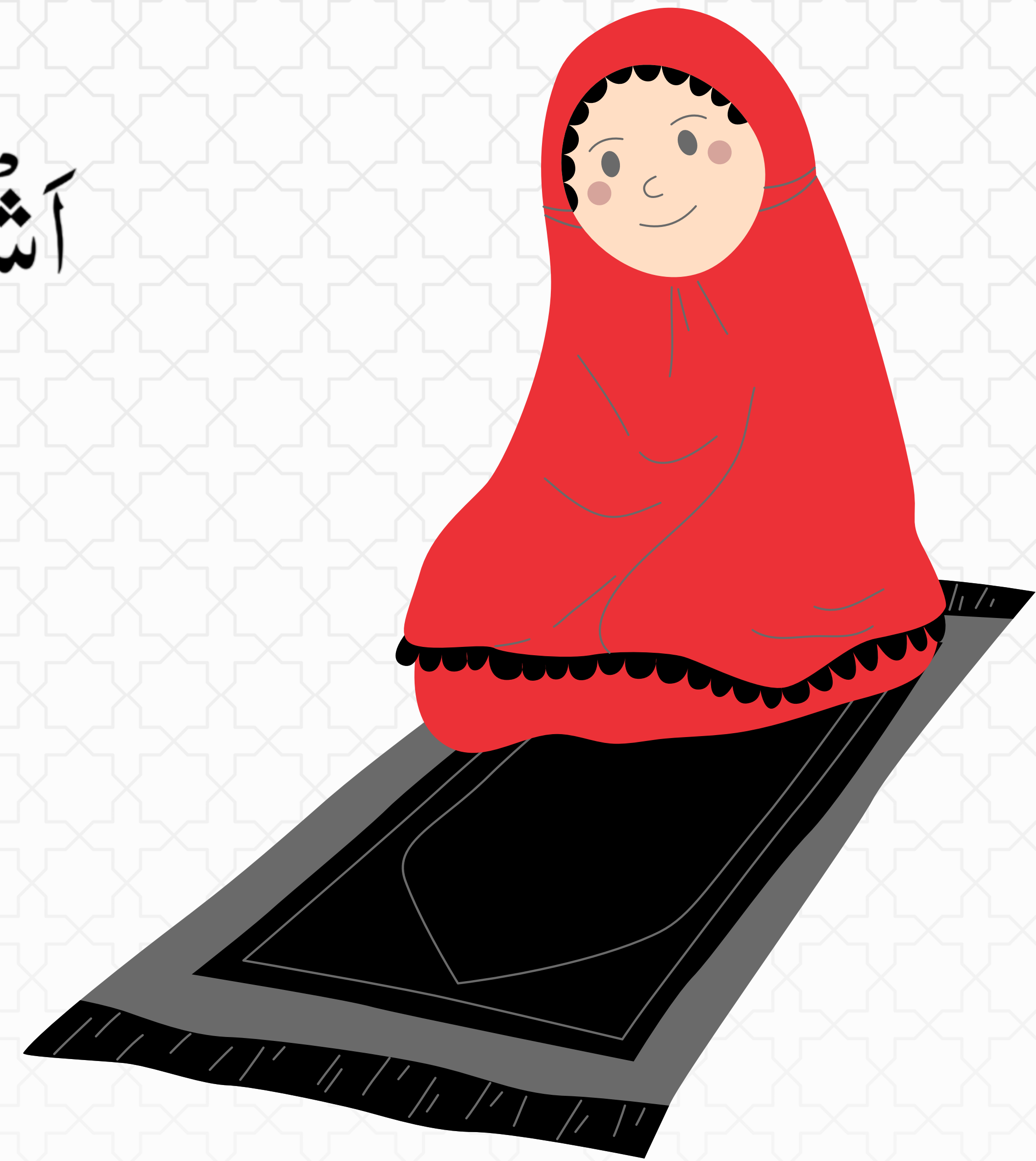
Whilst reciting "**At-Tashahhud**" when the words "Ash-hadu al-laa ilaaha" are recited, use the right hand to form a circle with the middle finger and the thumb and raise the index finger high enough for it to face the Qiblah. Drop the finger back down again after reciting "**al-laa ilaaha**" (than Allah).
If you are performing three Rak'aahs (Maghrib) or four Rak'aahs (Zuhr, Asr, Isha), then stand up after Tashahhud.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ط

Ash'had'u alla ilaha illallahu wa ash'hadu
anna Muhammadan abd'uhu ea rasooluh.

Translation:

I bear witness that Muhammad (ﷺ) is His
Servant and messenger



Durood Shareef :

اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَىٰ اِبْرٰهِيْمَ وَعَلَىٰ

Allaahumma salle 'alaa Muhammadin wa'alaa' aale Muhammadin kama
sallaiyta 'alaa Ibraheema wa 'aAlaa

Translation :

O Allah shower Thy Blessings on Muhammad (Saww) and the descendants
of Muhammad (Saww) as Thou did shower Thy Blessings on Ibrahim

اٰلِ اِبْرٰهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ۝ اَللّٰهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ

Aale Ibraheema. Innaka Hameedum Majeed. Allaahumma baarik 'alaa
Muhammadin wa 'alaa aale Muhammadin

Translation :

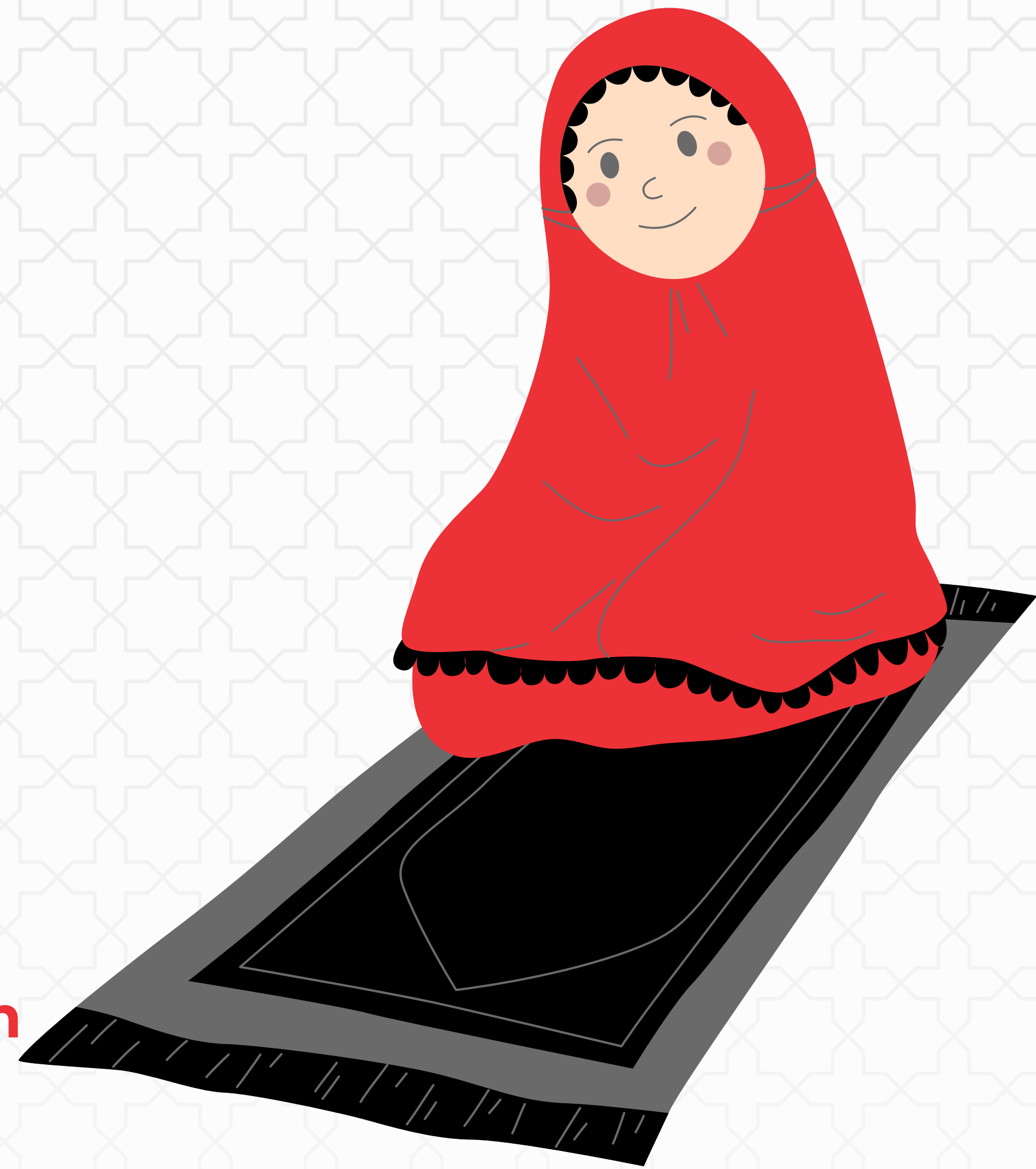
and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious.O
Allah, Glorify Muhammad and the descendants

كَمَا بَارَكْتَ عَلَىٰ اِبْرٰهِيْمَ وَعَلَىٰ اٰلِ اِبْرٰهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ۝

kama baarakta 'ala Ibraheema wa 'alaa Aale Ibraheema. Innaka
Hameedum Majeed.

Translation :

of Muhammad as Thou did GlorifyIbrahim and the descendants of Ibrahim
Thou art the Praiseworthy, the Glorious

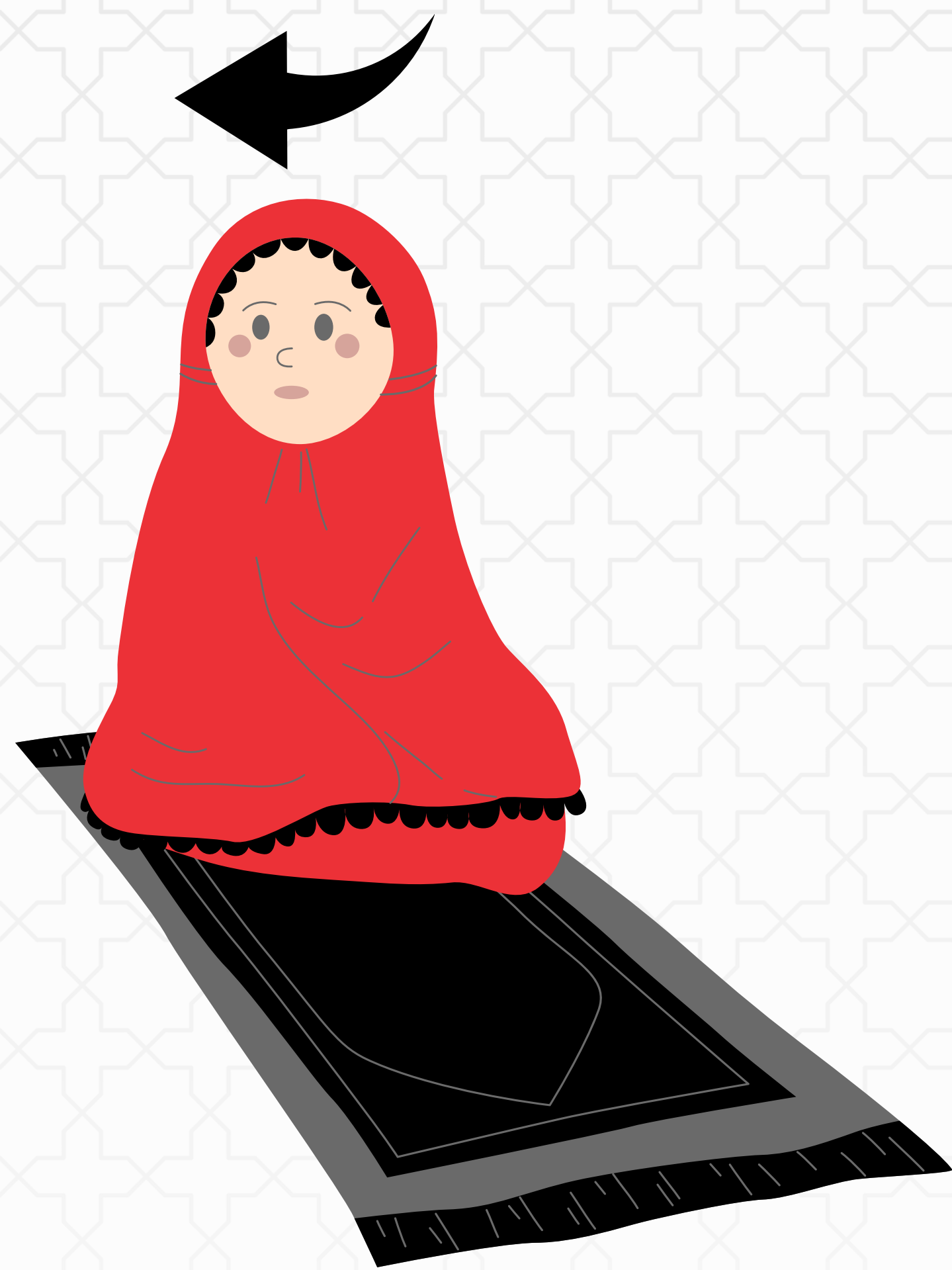


INSTRUCTIONS:

Salaam: Now turn your face to look at your right shoulder whilst saying [Fig 6]. After Salaah, it is of great blessing to make Du'aa (Asking for your needs). To lift up your hands to make Du'aa is loved by Almighty Allah, and is also Sunnah.

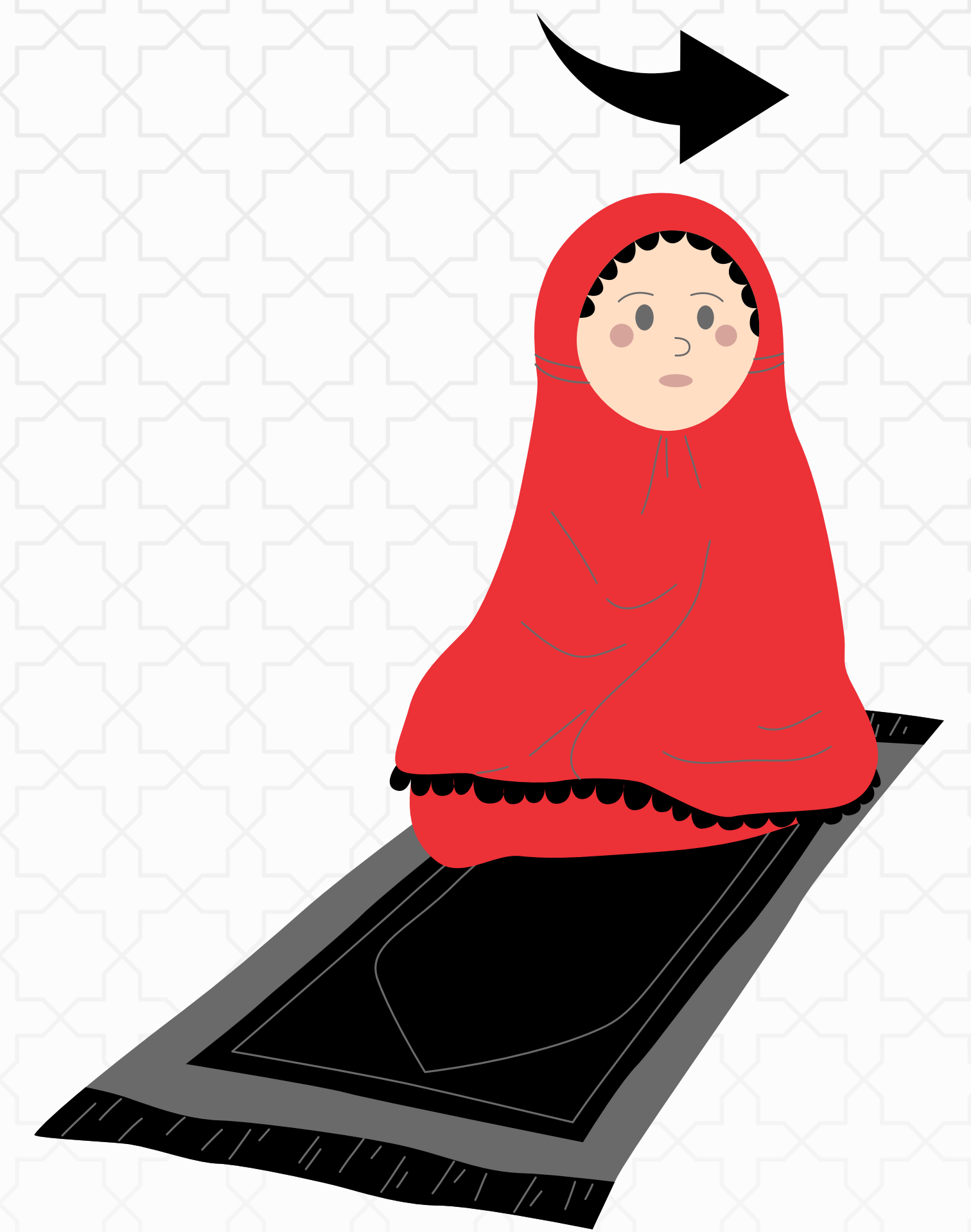
اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Assalamu 'alai'kum warah'matullaah
Peace be on you and Allah's Mercy



اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Assalamu 'alai'kum warah'matullaah
Peace be on you and Allah's Mercy



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