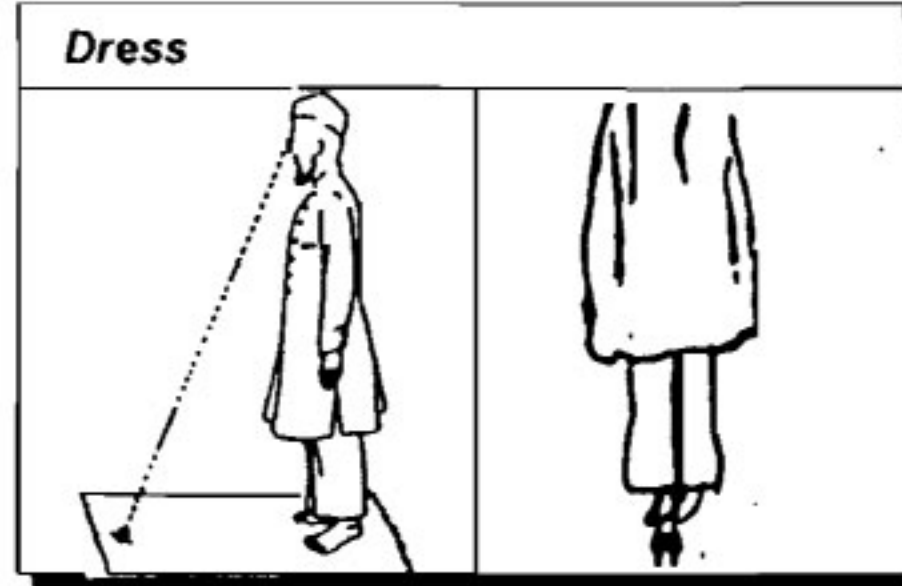


How to Pray

Salat/Prayer

- After Iman/faith, most important order of Allah is Salat. On the day of Judgement, first thing will be asked is about Salat. If someone took good care of salat, Allah will relax judgement for that person. That is why it is very important that Salat is performed correctly & on time.
- Before salat ensure clothes are clean, make wudu, stand respectfully on clean place, face qibla, keep feet parallel, submit to Allah.

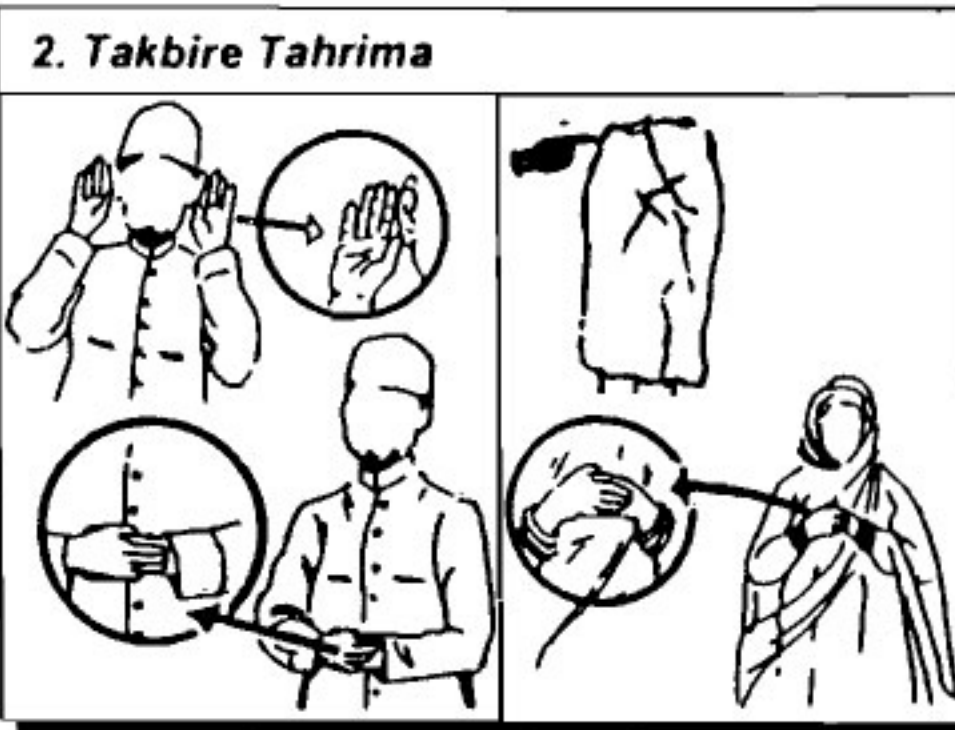


Dress

1. Niat (INTENTION)

Salat Steps:

- Niat:** Make niyat for whichever salat you are performing with number of rakats. If you pray in jamaat, say I follow imam. It is not necessary to say verbally. Niyat can be made in any language.



2. Takbire Tahrima

- Takbir Tahrima:** Lift two hands upto earlobes (for men) or upto shoulders (for women) with both palms face Qibla, say *Allahu Akbar*. Fold both palms with right hand over the back of left hand with right thumb & little finger holding the wrist of the left hand & three middle fingers of right hand kept straight & together. Both palms should be below the navel (for men) & over the chest (for women). Eyes during standing should be on a fixed point at sejda.

3. Thana+Tawaz+Tasmia

3. Thana+Tawaz+Tasmia

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ إِلَّا أَنْتَ

Thana:
Subhanaka Allahumma Wabehumdeka Watabara Kasmuka Wataala Jadduka Walailaha Gairuka.
(All glory be to you O Allah! And praise is to you. Blessed is Your name and Exalted is Your Majesty, and there is none worthy of worship besides You).

Tawaz:
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
Auzubillaha Minas Saitaner Rajim. (I seek refuge in Allah from Satan the Accused).

Tasmia:
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Bismiaalher Rahmaner Rahim. (In the name of Allah, the Most Gracious, the Most Merciful).

First Rakat Starts.....

- Follow 4A, 4B, 4C depending on type of salat listed in Table.

4A. Sura Fateha + any Sura (loudly)

4B. Sura Fateha + any Sura (silently)

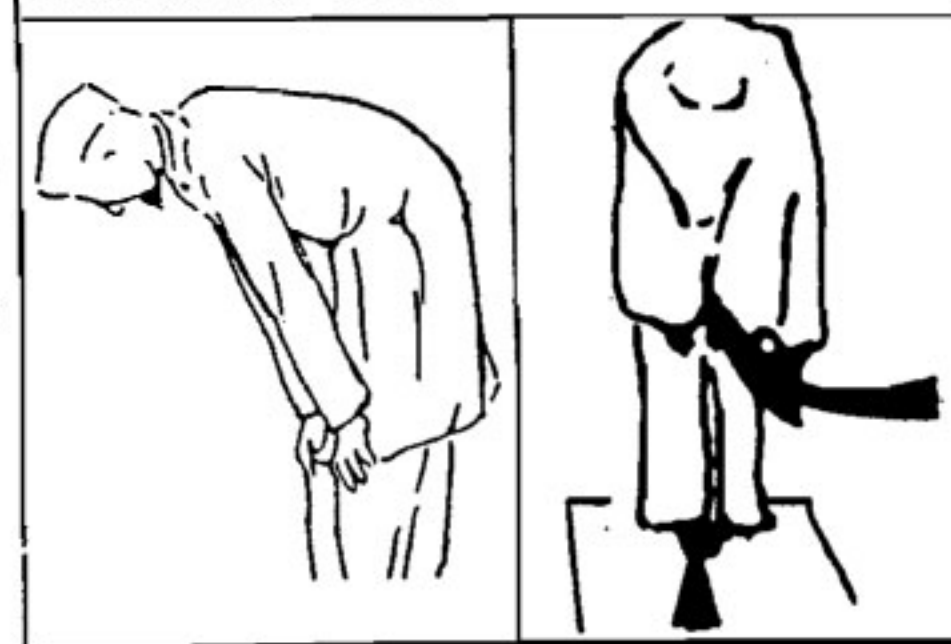
4C. Sura Fateha only (silently)

5. Ruku with Takbir: **أَللَّهُ أَكْبَرُ**

Say *Allahu Akbar* (Allah is Great) & go to Ruku.
Men: Hold both knees with fingers apart. Ensure that arms do not touch body. Keep back straight, head is neither lowered or raised.
Women: Bend sufficiently to place hands on knees, Fingers kept together. Elbows should touch sides of body & feet kept together.

During Ruku recite softly at least 3 or 5 times.....
Subhana Rabbial Azim سُبْحَانَ رَبِّيَ الْعَظِيمِ
(How Glorious is my Lord the Great)

5. Ruku with Takbir



6. Tasme+Qawma+Tahmid: **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ**

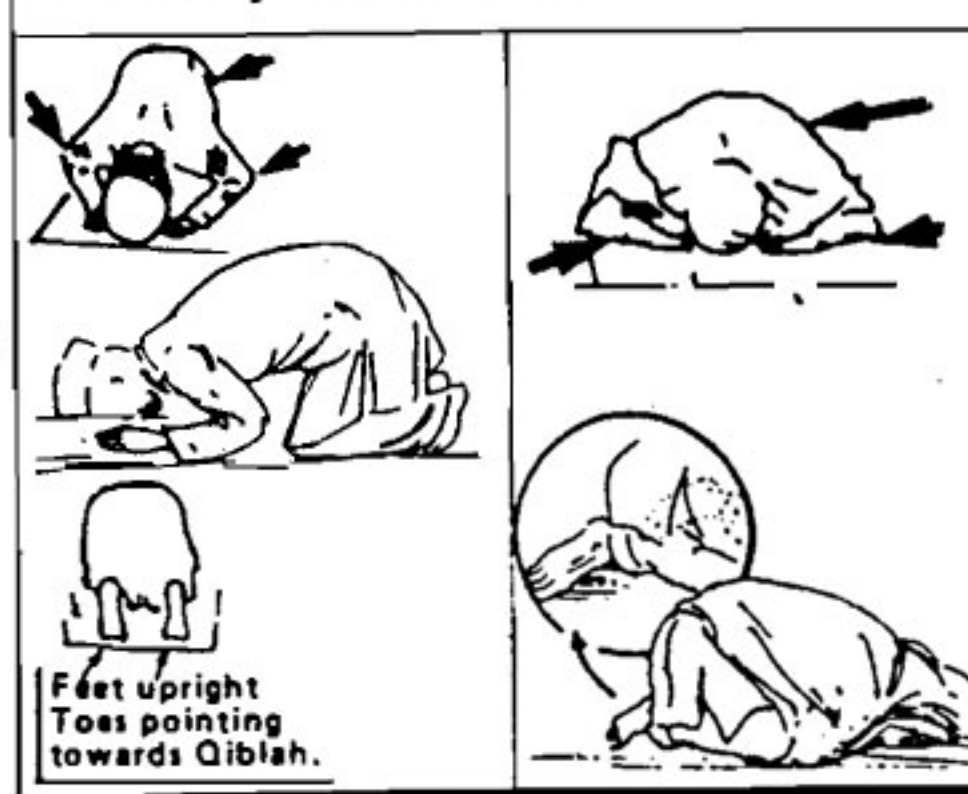
While standing up after Ruku, say
Tasme: Samiallahu Limun Hamida. (Allah has listened to him who has praised Him).
Qawma: To stand up Straight.
Tahmid: During upright position, say:
Rabbana Lakal Hamdu. (O our Lord! Praise be to You). رَبَّنَا لَكَ الْحَمْدُ

6. Tasme+Qawma+Tahmid

7. First Sejda with Takbir:

Say *Allahu Akbar* (should be completed by Sejda). Place both hands on knees, first place knees on ground, then hands on ground, then nose & then forehead to go to Sejda. Follow reverse order when getting up from Sejda. Face should rest between two hands with fingers pointing towards qibla. Feet should be upright with toes pointing towards the Qibla & touching the ground. Feet should not be lifted. Arms should not touch sides of body nor the ground. Stomach should be away from thighs.
Women: Thigh should be as flat position as possible, With feet spread towards the right. Stomach & thighs must be kept together. Forearms should be placed flat on the ground. Must not raise voice when reciting tasbih.
During Sejda, recite softly at least 3 or 5 times.....
Subhana Rabbial Aala. سُبْحَانَ رَبِّيَ الْأَعْلَى

7. First Sejda with Takbir



Feet upright
Toes pointing
towards Qiblah.

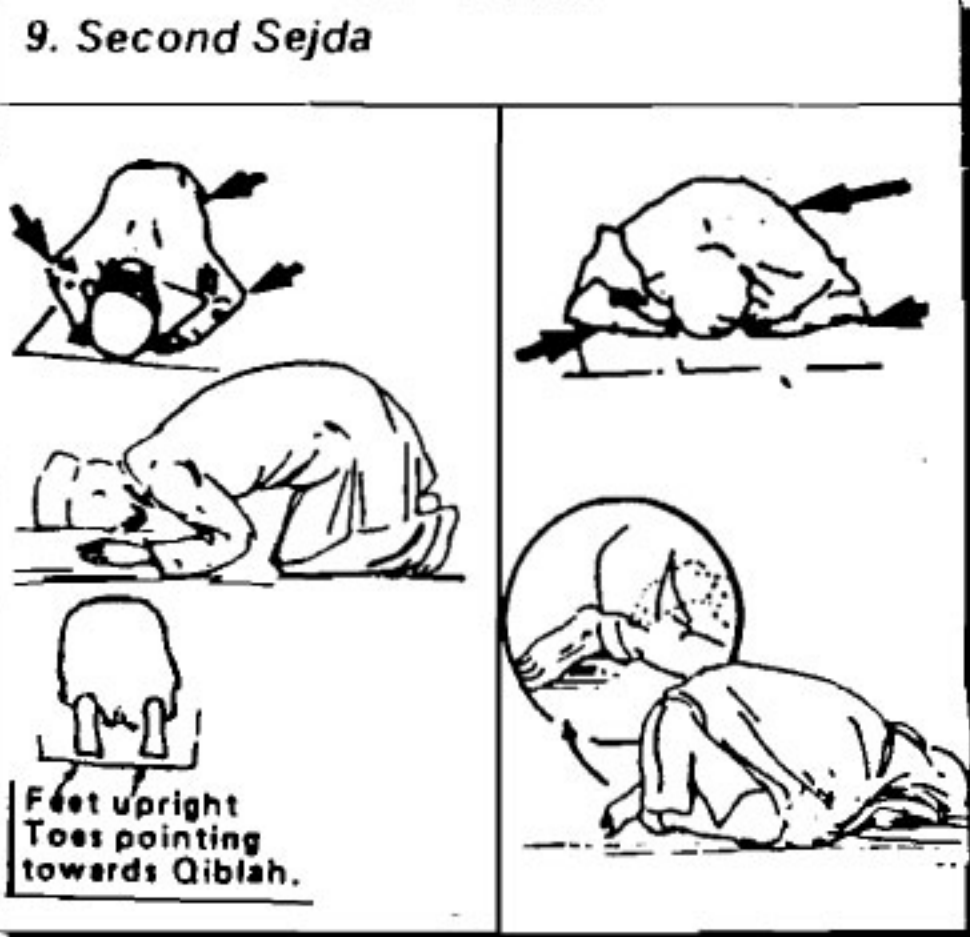
8. Jalsa (sit between 2 Sejdah): **أَللَّهُ أَكْبَرُ**

Say *Allahu Akbar* & sit up straight fully, pause after first Sejda.
Men: Sit on left foot on ground in flat position with right foot upright, toe face Qibla. Hands are placed on thighs with finger tips close together towards Qibla. Eyes are fixed on the lap.
Women: Sit on ground, both legs lay flat on side.

8. Jalsa with Takbir



9. **Second Sejda:**
 Second Sejda is performed like the First sejda.
 Say *Allahu Akbar*, go to ground, say *tasbeeh Subhana Rabbial Aala* at least 3 times.
 After Second Sejda, one rakat cycle is completed.



Feet upright
Toes pointing
towards Qiblah.

10. Stand up with Takbir:
 Say *Allahu Akbar* & stand up for next Rakat

Second Rakat Starts.....

Follow Steps 4, 5, 6, 7, 8, 9, 11

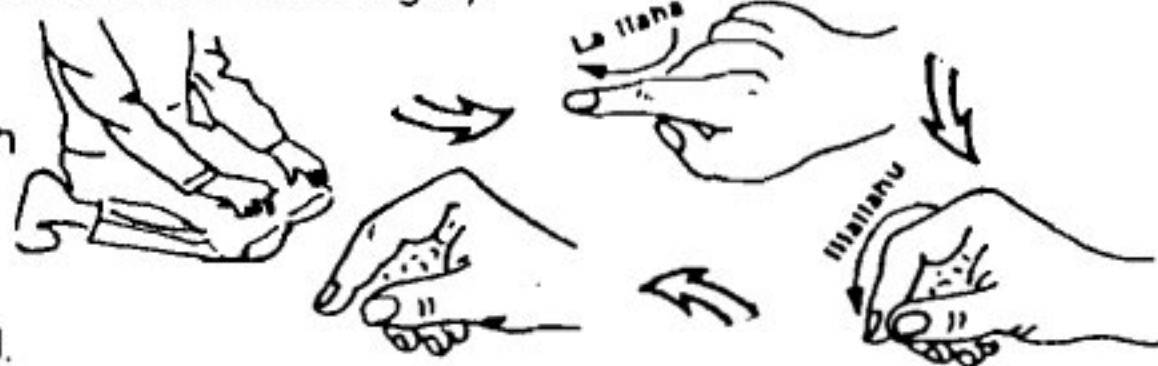
10. Stand up with Takbir

11A. **First Qaida:**
 After second Sejda of second rakat, say *Allahu Akbar* & sit for Qaida.
 Sitting positions are same as those of Jalsa. Read *Tasahud*

11A. **First Qaida/Tasahud:** اَلْحَمْدُ لِلّٰهِ وَالصَّلٰوةُ وَالطَّيْبَاتُ السَّلَامُ عَلَيْكَ اَيُّهَا النَّبِيُّ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ
 اَلسَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللّٰهِ الصّٰلِحِيْنَ اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اللّٰهُ وَاَشْهَدُ اَنْ مُحَمَّدًا عَبْدُهُ وَرَسُوْلُهُ

Attahiatu Lillahe Wassalawatu Wattaiyebatu Assalamu Alaika Ayyuhun Nabiu Warahmatullahe Wabarakatuhu. Assalamu Alaina Waala Ebadillahes Saaliheen. Ashadu Allailaha Illallahu Washaduanna Muhammadun Abduhu Warasuluhu. (All reverence, all worship, all sanctity are due to Allah. Peace be upon you O Prophet (ﷺ), and the mercy of Allah and His blessings. Peace be upon us and all the righteous servants of Allah. I bear witness that none is worthy of worship besides Allah and Muhammad (ﷺ) is His devotee and Messenger).

When reciting Kalemā **اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اللّٰهُ**
Ashadu Allailaha Illallahu, form a circle with the thumb and middle finger and lift index finger of the right hand and at *Illallahu*, drop it onto the thigh.
 The circle should be maintained to the end.



Third Rakats Follow Steps 4, 5, 6, 7, 8, 9, 10

Fourth Rakats Follow Steps 4, 5, 6, 7, 8, 9, 11

11B. **Second Qaida:**
 In the Second Qaida, after *Tasahud* read *Durude Ibrahim*

11B. **Second Qaida:**

اَللّٰهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَىٰ اِبْرٰهِيْمَ وَعَلَىٰ اٰلِ اِبْرٰهِيْمَ
 اِنَّكَ حَمِيْدٌ مُّبِيْنٌ اَللّٰهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَىٰ اِبْرٰهِيْمَ وَعَلَىٰ اٰلِ اِبْرٰهِيْمَ اِنَّكَ حَمِيْدٌ مُّبِيْنٌ

Allahumma Salleala Muhammadeu Waala Ale Muhammadin Kama Sallaita Ala Ibrahim Waala Ale Ibrahim Innaka Hamidum Majid. Allahumma Barek Alaa Muhammadeu Waala Ale Muhammadin Kama Barakta Ala Ibrahim Waala Ale Ibrahim Innaka Hamidum Majid. (O Allah! Shower Your mercy upon Muhammad (ﷺ) and the followers of Muhammad (ﷺ), as You showered Your mercy upon Ibrahim (alaihe wasallam) and the followers of Ibrahim (alaihe wasallam). Behold, You are praiseworthy, glorious, O Allah! Shower Your blessings upon Muhammad (ﷺ) and the followers of Muhammad (ﷺ), as You showered Your blessings upon Ibrahim (alaihe wasallam) and the followers of Ibrahim (alaihe wasallam). Behold, You are praiseworthy, glorious).

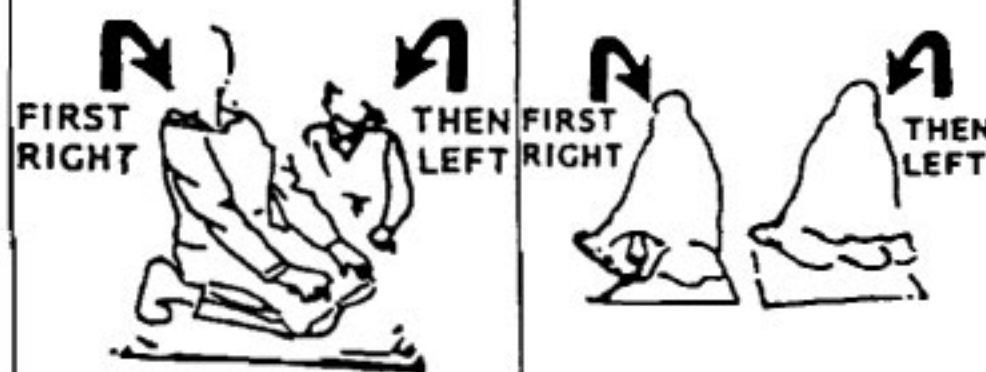
13. **Salam:**

13. **Salam**
 Turn face to RIGHT saying

اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللّٰهِ

Assalamu Alaikum Warahmatulla.
 (Peace be upon you and the mercy of Allah).

Then turn face to LEFT & repeat salam.
 Eyes should be fixed on respective shoulders



Types of Salats & Their Requirements

5 Daily Salats	Time Range *	Total Rakats	Sunnat	Fard	Sunnat	Nafil	Witr Wajib	Nafil	Comments
Fajr	From early Dawn/Subha Sadeq to before Sunrise	4	2 (Muakkada)	2					
Zohr	From Zawal/past noon to twice the shadow of object + original shadow at Zawal	12	4 (Muakkada)	4	2 (Muakkada)	2 (Optional)			
Aer	From Zohr finish time to before Sunset.	8	4	4					
Magrib	After Sunset to when redness fades on the horizon.	7		3	2 MUAKKADA	2 (Optional)			
Isha	Begins after redness after Horizon disappears (about 1.5 hours after sunset) to before Subha Sadeq.	17	4	4	2 MUAKKADA	2 (Optional)	3	2 (Optional)	It is Mustahab to perform before 1/3 rd of night has passed. It is Makroh to delay after midnight.

12. **Doa Qunut:**

12. **Doa Qunut**

اَللّٰهُمَّ اِنَّا نَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُذِنُّ عَلَيْكَ الْحَقِيْرَ

وَ نَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَعْلَمُ بِكَ مِنْ بَدْرٍ اَوْ مِنْ بَدْرٍ اَوْ اَللّٰهُمَّ اِنَّا نَعْبُدُكَ وَنَسْتَعِيْنُكَ وَنَسْتَعِيْنُكَ وَنَسْتَعِيْنُكَ

وَنَسْتَعِيْنُكَ وَنَسْتَعِيْنُكَ اِنَّ عَذَابَكَ اَلَمٌ لَّا يَنْفَكُ عَنْ اُولٰٓئِكَ

Allahumma Inna Naslaenuka Wanastug Feruka Wanumenu Beka Wanata Wakkalu Alaika Wanusneu Alaikal Khair. WanaSkuru Ka wala Nakfuruka Wanakhlau WanatrukuMaiyal Turuka. AllahummaIyaah Kanabudu Walaka Nusalli WanasJudu Wailaika NasbaWanaHedu Wanaznu Rahmataka Wanakhsa Azabaka Inna Azabaka Bilkuffare Mulhik.