

# **TAKBEERAT**

## **Posture 1**

### **Instructions:**

**Bring hands, palms open, up to ears,  
and place thumbs behind earlobes, and say**

**اللَّهُ أَكْبَرُ**

**Allah-o-Akbar**

**Allah is the Greatest**



## AL-QAYYAM

### Posture 2

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ  
وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ  
وَلَا إِلَهَ غَيْرُكَ ط

SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,  
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA,  
WA-LÁ ILÁHA GHAÍRUK

O Allah, Glorified, praise-worthy.  
and blessed is Thy Name and exalted Thy Majesty.  
and there is no deity worthy of worship except thee.



## AL-QAYYAM

Recitation:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM

I seek refuge in Allah for the rejected Satan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILÁHIR RAHMÁNIR RAHÍM

In the Name of Allah, the Beneficent, the Merciful

After this recite the opening Surah, Al-Fátihah:

**Recitation:**

**ALHAMDU LIL-LÁHI RAB-BIL 'ÁLAMÍN**  
Praise be to Allah, Lord of the worlds

**AR-RAHMÁ-NIR RAHÍM**  
The Beneficent, the Merciful

**MÁLIKÍ YAU-MID-DÍN**  
Master of the Day of Judgement

**IYYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN**  
Thee alone we worship and to thee alone we turn for help

**IHDI-NAS-SIRÁ-TAL MUSTAQÍM**  
Guide us in the straight path

**SIRÁ TAL-LADHÍNA AN-'AMTA 'ALÁHIM**  
The path of those whom You favored

**GHAIR-IL MAGHDUBI 'ALÁHIM**  
and who did not deserve Thy anger.

**WALAD-DÁL-LIN (AMIN)**  
Or went astray.

**Recite any other surah now**

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝

الرَّحْمَنِ الرَّحِيمِ ۝

مَلِكِ يَوْمِ الدِّينِ ۝

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَلَا الضَّالِّينَ ۝



**Recitation:**

**Recite this Surah or Any other Surah**

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

**QUL HOWALLAHU AHAD. ALLAAHUS-SAMAD**

**Say: He is God, The One and The Only. God, the Eternal, Absolute;**

**LAM YALID; WA LAM YOOLAD**

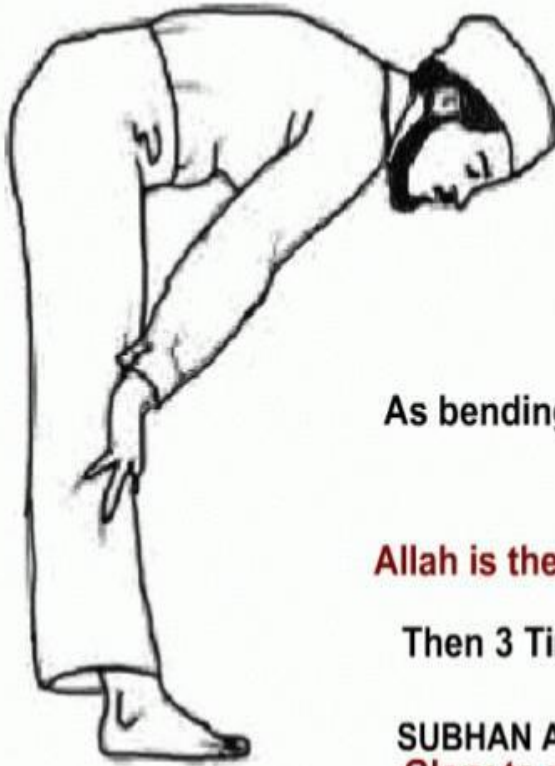
**He begetteth not, Nor is He begotten;**

**WA LAM YAKULLAHOO KUFUWAN AHAD**

**And there is none Like unto Him.**

# RUKU

## Posture 3



### Instructions:

Bend down at waist, placing palms of hands with fingers spread over knees. Back is parallel to ground, such that if a glass of water were on the back, it would not spill. Eyes looking down, directly ahead.

As bending at the waist, recite

Allah is the Greatest

Then 3 Times

SUBHAN A RABBIYAL AZEEM  
Glory to my Lord, the reatest

اللَّهُ أَكْبَرُ  
سُبْحَانَ رَبِّيَ الْعَظِيمِ



# QAYYAM

## Posture 4

### Instructions:

While rising from the bending position of Ruku', recite

**SAMI 'ALLÁHU LIMAN HAMIDAH** سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ  
Allah has heard all who praise Him

**RAB-BANÁ LAKAL HAMD** رَبَّنَا لَكَ الْعَمْدُ  
**Our Lord: Praise be to Thee**  
Then return to standing position, arms at side

### Recitation

**ALLÁH AKBAR**  
Allah is the greatest

اللَّهُ أَكْبَرُ

*and move to next position*

# SAJJDAH

## Posture 5



### Instructions:

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet

### Recitation

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high





## TASHAHHUD

### Posture 6

Reciting  
**ALLÁH AKBAR**  
**Allah is the greatest**

Rise from the SAJJDAH position, and assume the sitting posture shown to the left.

اللَّهُ أَكْبَرُ

Then recite

**ALLÁH AKBAR**  
**Allah is the greatest**

*And then assume SAJJDAH position once more*

اللَّهُ أَكْبَرُ

# SAJJDAH

## Posture 7



### Instructions:

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet

### Recitation

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high

# QUOOD

## Posture 8

### Instructions:

If the required number of Rakats is but two, the Salat would proceed to the next recitation

### Recitation



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ  
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ  
وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ  
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ  
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ۝

# QUOOD

## Posture 8

### Recitation

AT-TAHI-YÁTU LIL-LÁHI WAS-SALAWÁTU WAT-TAY-YIBÁTU.

All prayers and worship through words, action and sanctity are for Allah only.

AS-SALÁMU 'ALAIKA AY-YUHAN-NABIY-YU.

Peace be on you, O Prophet.

WARAHMATUL-LÁHI WABARAKÁTUH.

And Mercy of Allah and His blessings.

AS-SALÁMU 'ALAINÁ WA'ALÁ 'IBÁDIL-LÁHIS-SÁLIHÍN.

Peace be on us and on those who are righteous servants of Allah.

ASH-HADU AL-LÁ ILÁHA IL-LAL-LAHÚ.

I bear witness to the fact that there is no deity but Allah.

WA-ASH-HADU AN-NA MUHAMMADAN 'ABDUHU WARASÚLUH

I bear witness that Muhammad is His slave and messenger



### Instructions:

In the three raka'át (i.e. Maghrib) or four raka'át (Like Zuhr, 'Asr and 'Ishá) Saláh you stand up for the remaining raka'át after Tashahhud. On the other hand if it is two raka'át (Fajr) Saláh, keep sitting and after this recite Darud (blessing for the Prophet) in these words:

# QUOOD

## Posture 8

### Recitation



اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ  
كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَعَلٰى اٰلِ اِبْرٰهِيْمَ  
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ

AL-LÁHUM-MA SAL-LI 'ALÁ MUHAMMAD-IW WA 'ALÁ ÁLI MUHAMMADIN

O Alláh, exalt Muhammad and the followers of Muhammad

KAMÁ SAL-LAITA 'ALÁ IBRÁHÍMA WA'ALÁ ÁLI IBRÁHÍMA

As thou did exalt Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED

Thou art the praised, the Glorious



# QUOOD

## Posture 8

### Recitation



اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ  
وَ عَلٰى اٰلِ مُحَمَّدٍ  
كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ وَ عَلٰى اٰلِ اِبْرٰهِيْمَ  
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ط

AL-LÁHUM-MA BÁRIK 'ALÁ MUHAMMAD-IW

O Alláh, bless Muhammad

WA 'ALÁ ÁLI MUHAMMADIN

and his followers

KAMÁBÁRAKTA 'ALÁ IBRÁHÍMA WA 'ALÁ ÁLI IBRÁHÍMA

as Thou has blest Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED

Thou art the Praised, The Glorious

# QUOOD

## Posture 8

### Recitation



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي  
رَبَّنَا وَتَقَبَّلْ دُعَاءِ ۝ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ  
لِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝

O Lord! Make me one who establishes regular Prayer,  
and also (raise such) among my offspring

O our Lord! and accept thou my Prayer

O Lord! cover (us) with Thy forgiveness - me, my parents and all believers,  
on they Day that the Reckoning will be established

## Posture 9



Instructions:

Now turn your face to the right saying

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

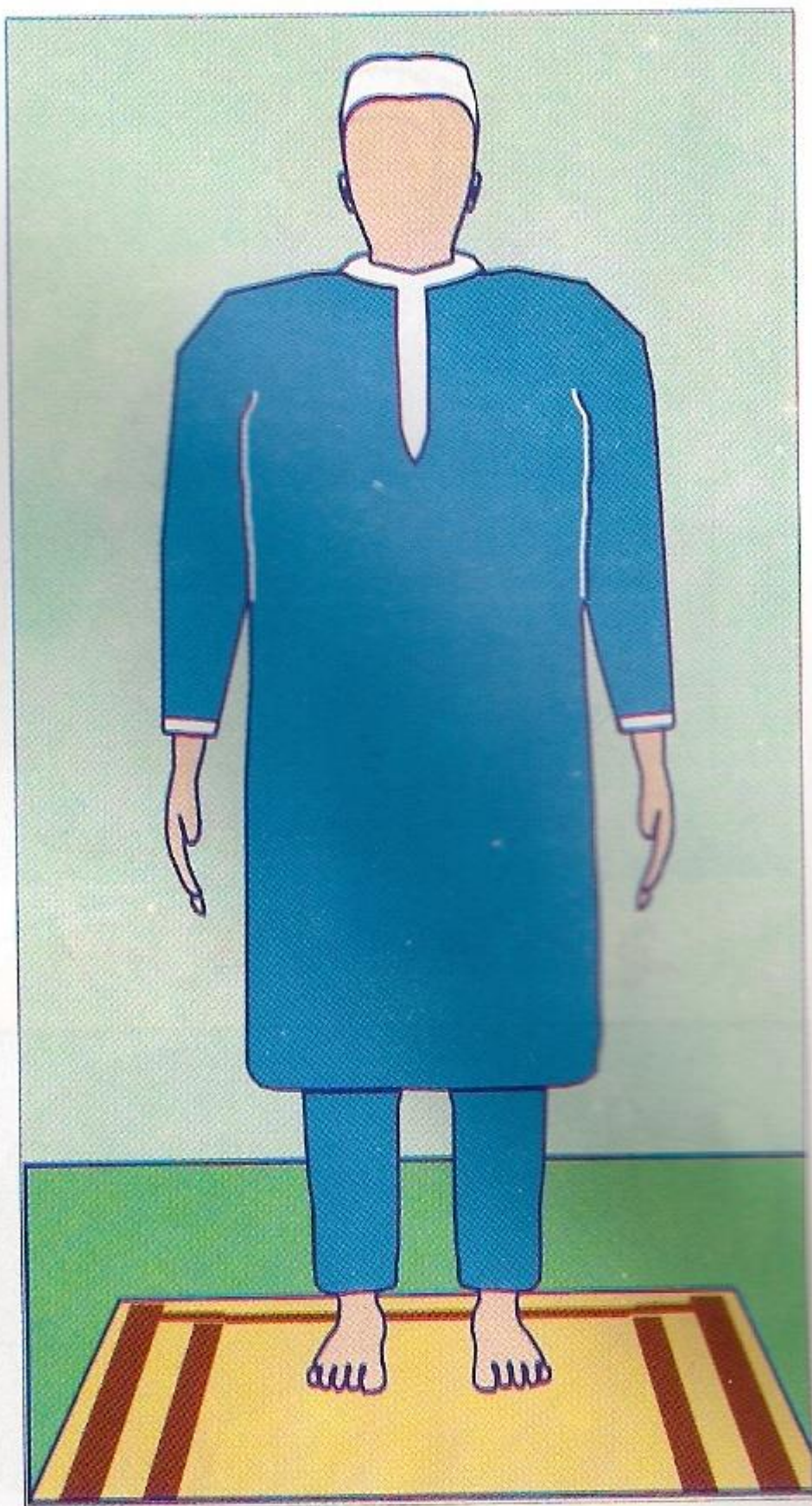
Peace be on you and Allah's blessings.

Now turn your face to the left saying

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

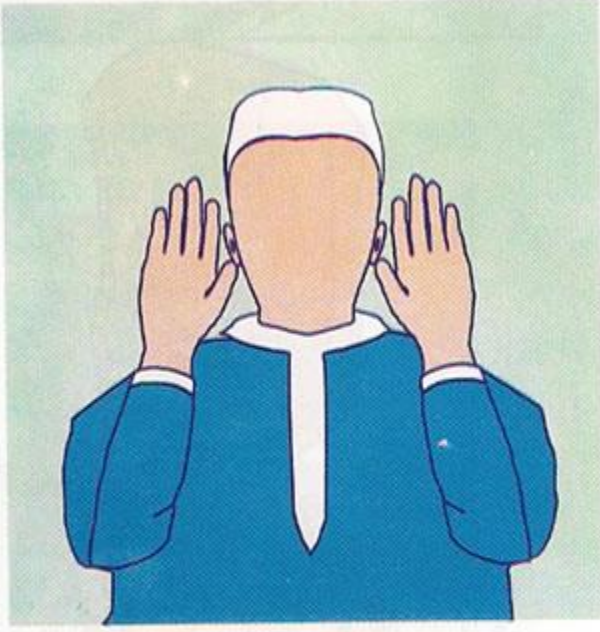
AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

Peace be on you and Allah's blessings.



نماز شروع کرتے وقت قبلہ رخ



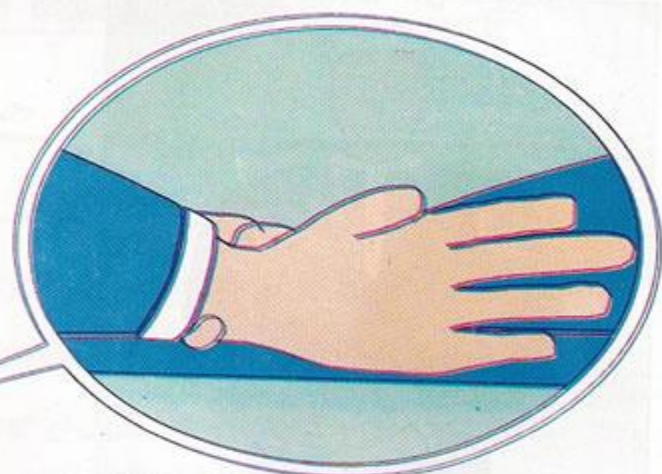
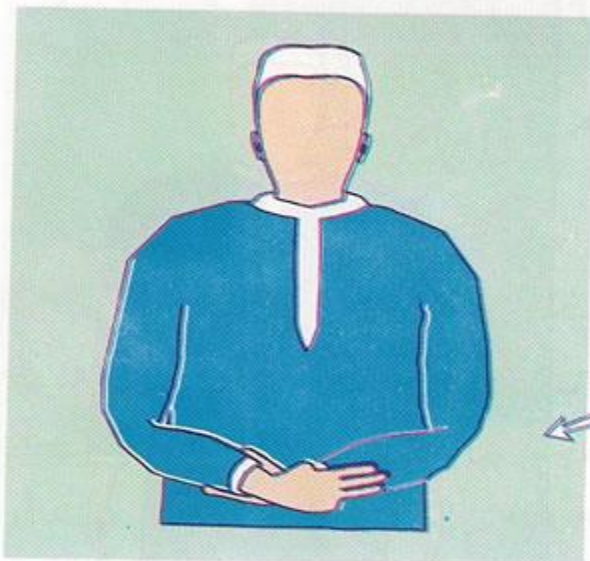


مردوں کے ہاتھ اٹھانے کا طریقہ

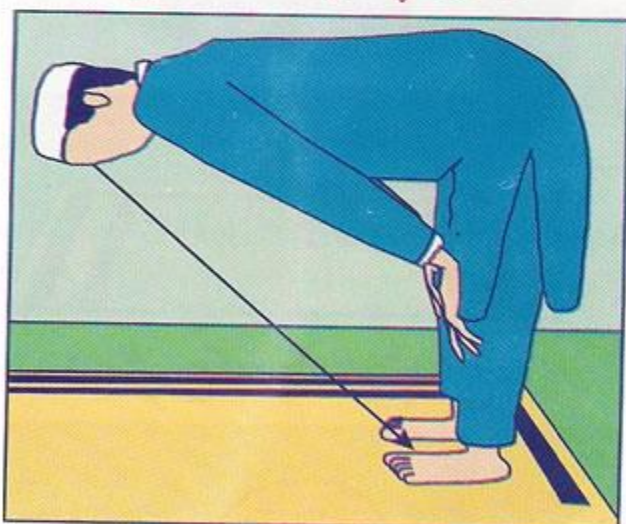


خواتین کے ہاتھ اٹھانے کا طریقہ

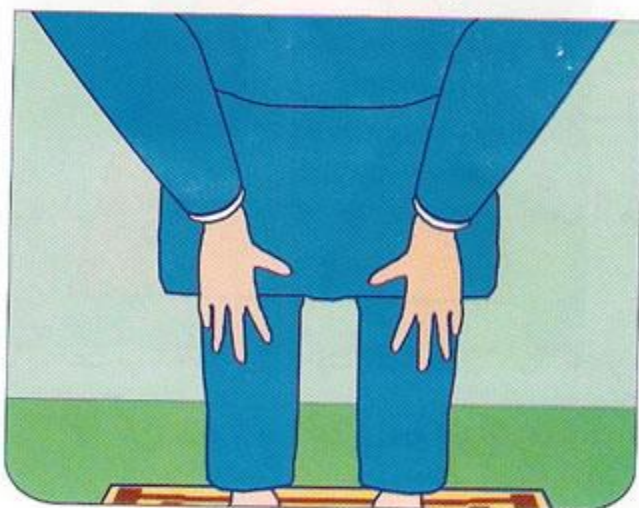




مردوں کا ہاتھ باندھنے کا طریقہ



مردوں کے رکوع کا طریقہ

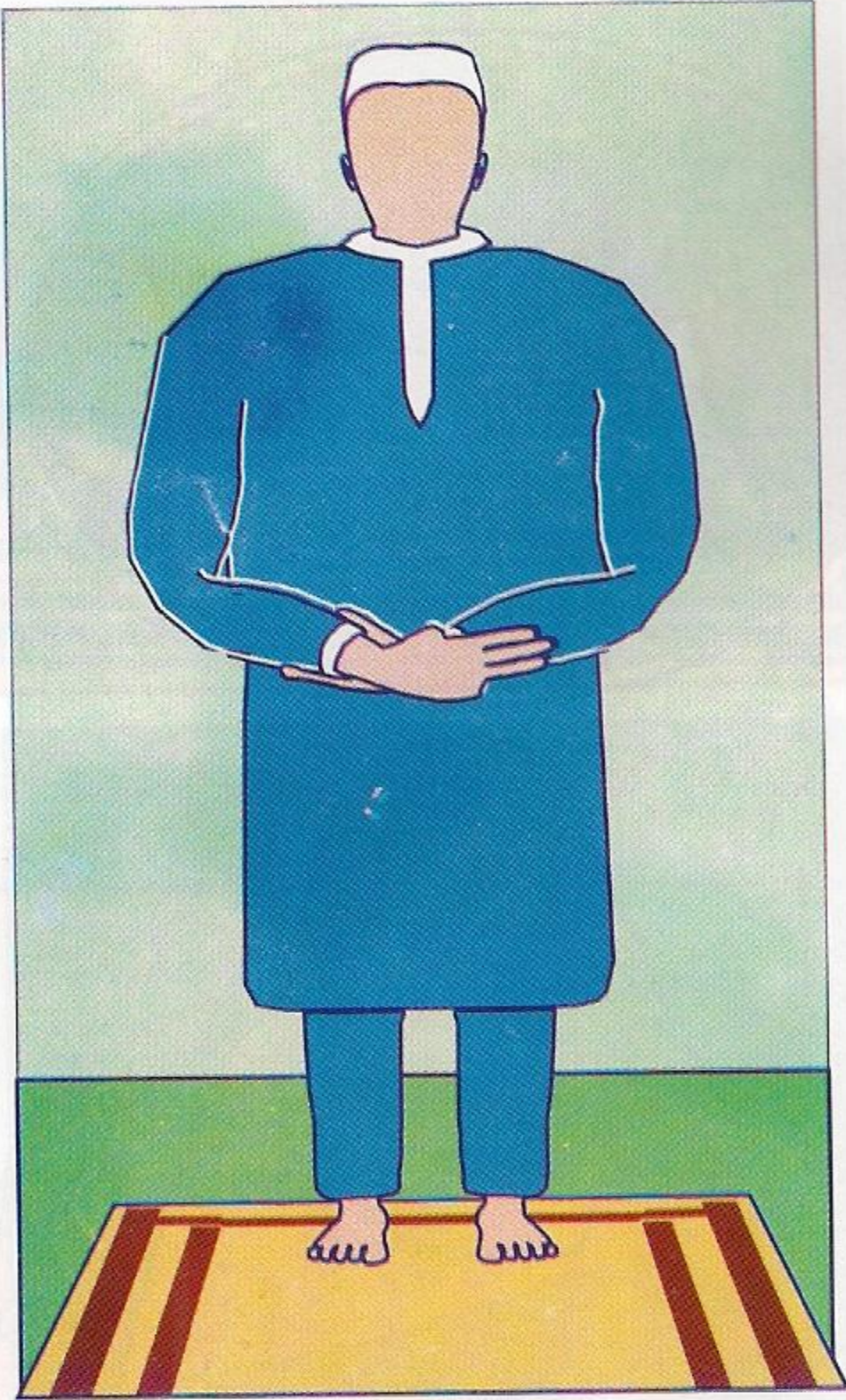


خواتین کا ہاتھ باندھنے کا طریقہ

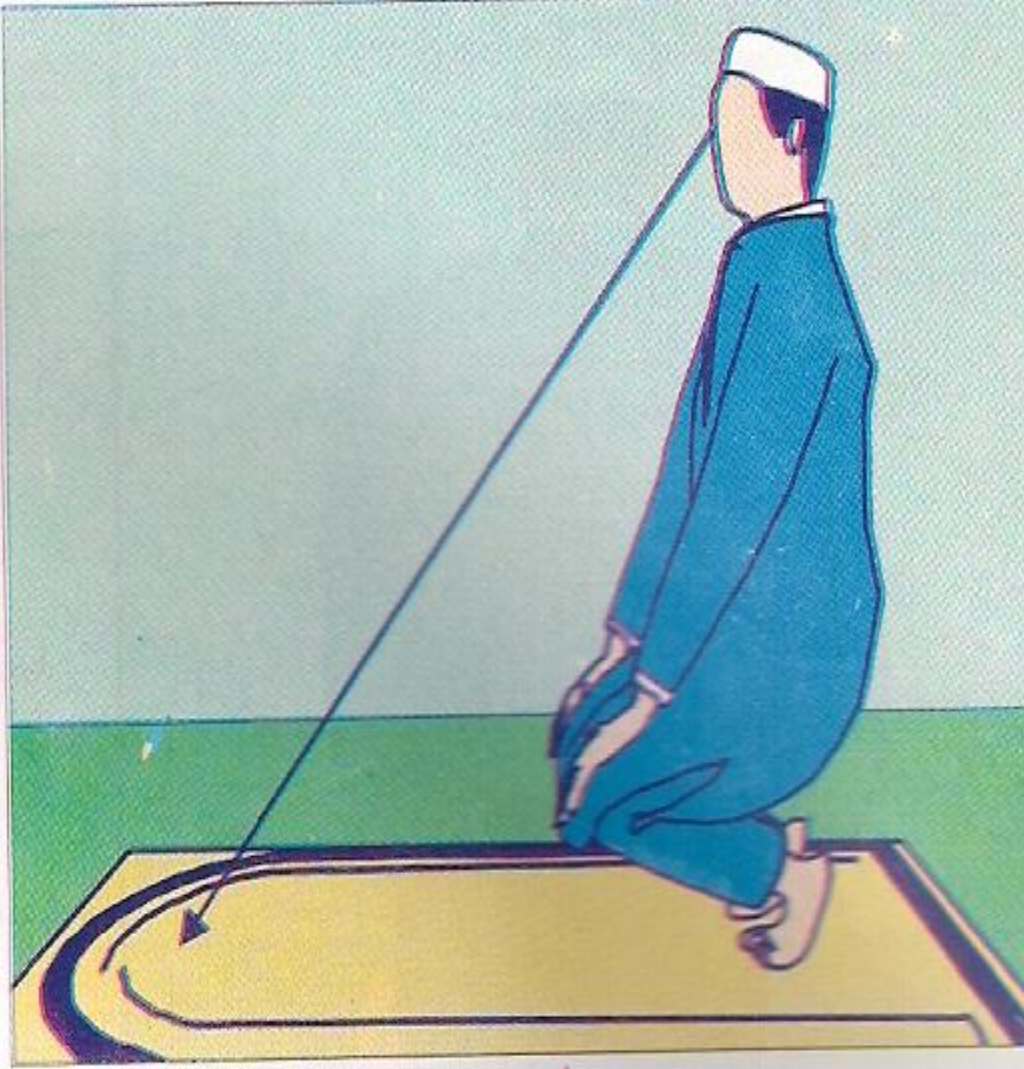


خواتین کے رکوع کا طریقہ



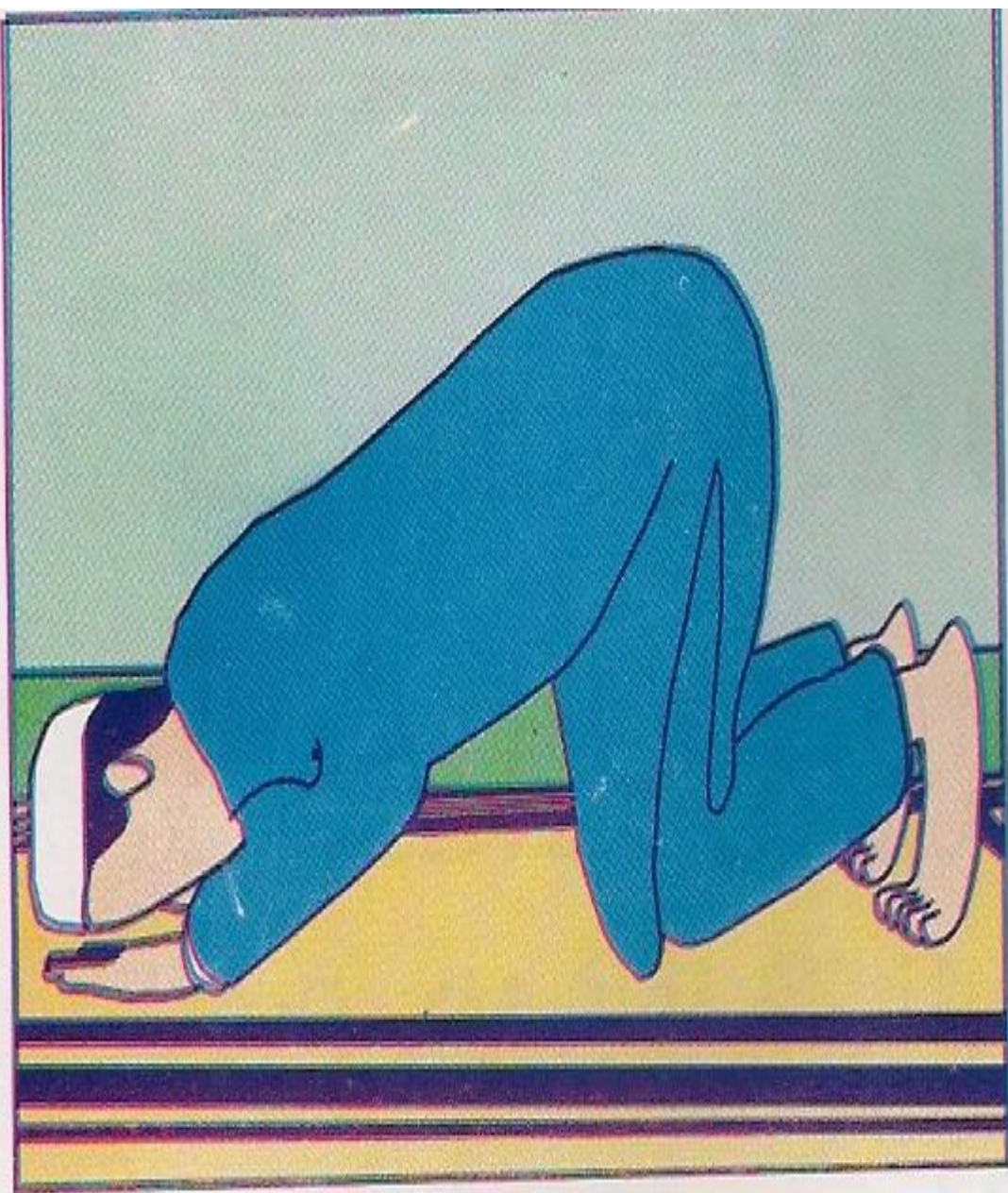


حالت قیام



مجدے کے لئے جاتے ہوئے





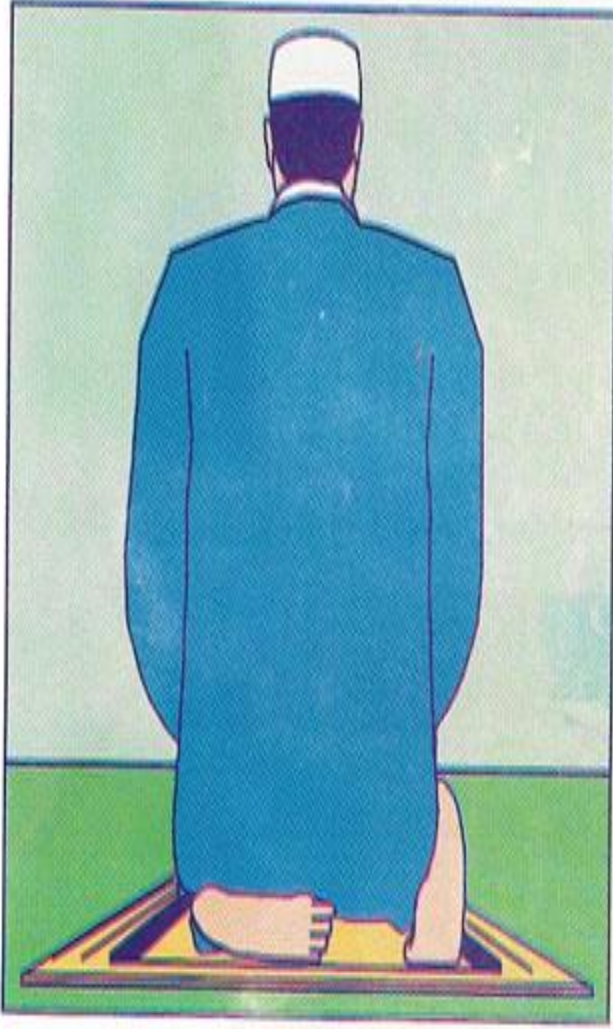
مردوں کے سجدے کی ہیئت







خاتون کرسی رکاب



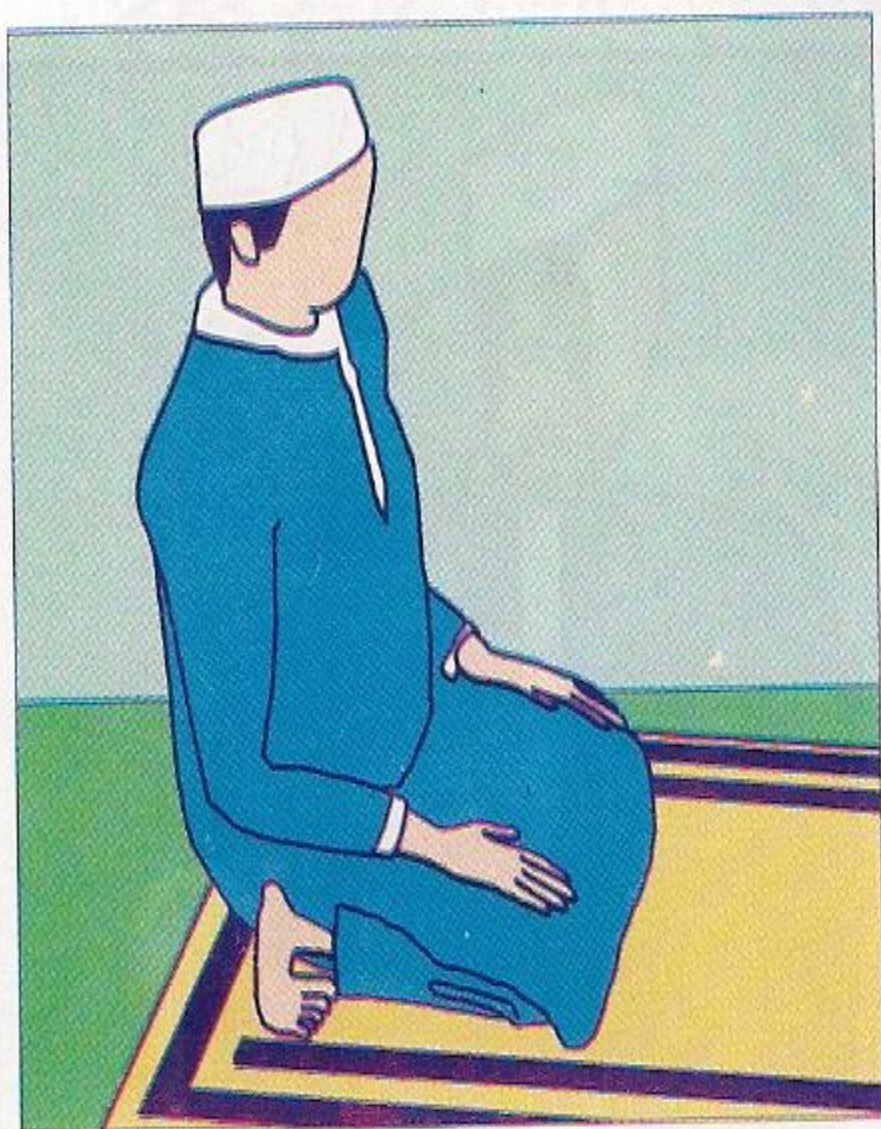
قعدہ میں پاؤں رکھنے کی ہیئت

رو میں سے بد سے روایت

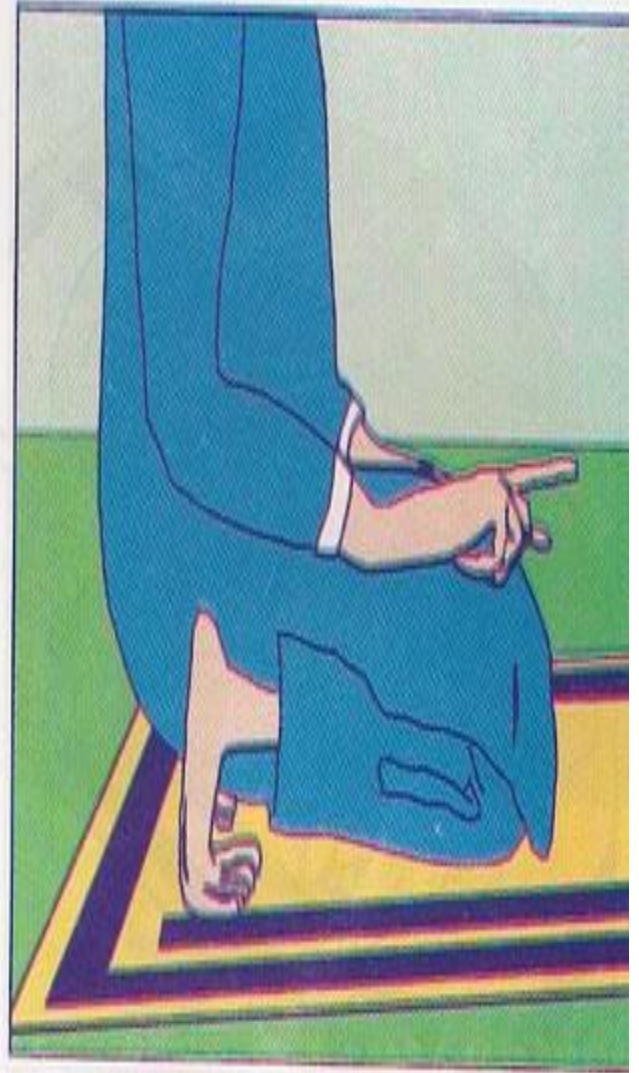
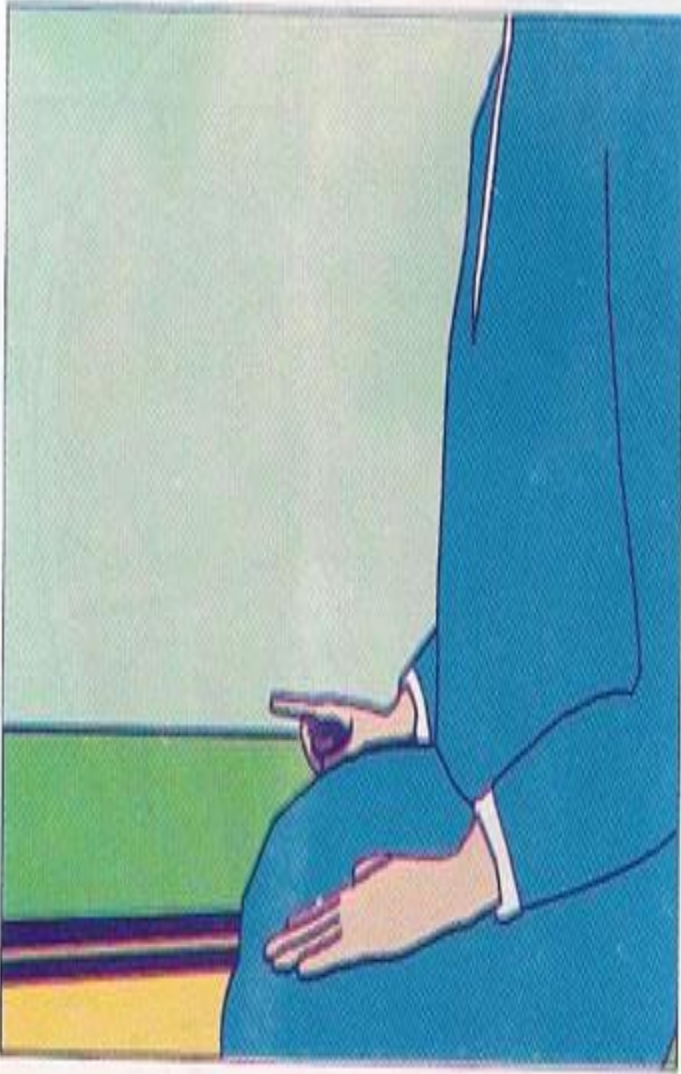


خواتین کو قہر دیکھا ہے





مکتبہ کتب خانہ



شهادت کا اشارہ



سلام پھرنے کا طریقہ

