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Namaz (Salah) for Female

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Fig 1

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 (Posture 1) and women keep their feet together.

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Fig 2



TAKBEER-E-TAHREEMA

Instructions:

Whilst raising both hands (Fig 2) 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).

اللَّهُ أَكْبَرُ



ALLAH-O-AKBAR

Translation:

اللہ بہت بڑا ہے۔

Allah is the Greatest

- BOLD READ
- GUNNAH
- QALQLA
- MAKE IKHFA

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Fig 3

QIYAAM



Woman should place their hands [Fig 3] 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

پاک ہے تو اے اللہ میں تیری حمد کرتا ہوں اور تیرا نام برکت والا ہے

Allah Glory be to you O Allah! and Praise be to you: Blessed is your name

وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

اور تیری شان بہت بلند ہے اور تیرے سوا کوئی معبود نہیں۔

and Exalted is your Majesty, and there is none worthy besides you.

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QIYAAM

Whilst remaining standing recite Ta'awwuz and Tasmiyah Silently.



Recitation:



○ اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

میں پناہ مانگتا ہوں اللہ کی شیطان مردود سے

I seek refuge in Allah from the rejected Satan.



○ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

اللہ کے نام سے شروع کرتا ہوں جو بڑا مہربان نہایت رحم والا ہے۔

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

Then recite Surah-e-Fatiha now.

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۝ الرَّحْمٰنِ الرَّحِيْمِ ۝

سب تعریف اللہ کے لئے ہے جو سارے جہاں کا پروردگار ہے بڑا مہربان نہایت رحم والا

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



مَلِكِ يَوْمِ الدِّينِ ۝ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝

قیامت کے دن کا مالک ہے (اے اللہ) ہم تیری ہی عبادت کرتے ہیں اور تجھی سے مدد مانگتے ہیں۔

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

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۝ صِرَاطَ الَّذِينَ اَنْعَمْتَ

ہم کو سیدھے راستے پر چلا اُن لوگوں کا راستہ جن پر تُو نے انعام کیا

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

عَلَيْهِمْ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝ اٰمِيْنَ

نہ کہ اُن لوگوں کا راستہ جو (تیرے) غضب میں مبتلا ہوئے اور نہ گمراہوں کا۔ آمین

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

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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 ascending order, with the next Surah smaller than the previous.

سورۃ الاخلاص
قُلْ هُوَ اللَّهُ أَحَدٌ ۝۱ اللَّهُ الصَّمَدُ ۝۲
کہہ وہ اللہ ایک ہے اللہ بے نیاز ہے

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

لَمْ يَلِدْ ۝۵ وَلَمْ يُولَدْ ۝۳ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝۴
نہ اس نے (کسی کو) جنا اور نہ وہ (کسی سے) جنا گیا اور کوئی بھی اس کا ہمسر نہیں ہے۔

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

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RUKU

Fig 4



Instructions:

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.

اللَّهُ أَكْبَرُ

اللہ بہت بڑا ہے۔

Allah is the Greatest

In Ruku recite three times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ ط

پاک ہے میرا پروردگار عظمت والا

Allah is the Greatest. Glory to my Lord,

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Fig 5

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**.



سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ  رَبَّنَا لَكَ الْحَمْدُ ط 

اللہ نے اس کی سن لی جس نے اس کی تعریف کی۔ اے ہمارے پروردگار سب تعریف تیرے ہی لئے ہے

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

Recitation: **اللَّهُ أَكْبَرُ**

اللہ بہت بڑا ہے۔

Allah is the Greatest

And move to next position



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Fig 6

SAJJDAH

Instructions:

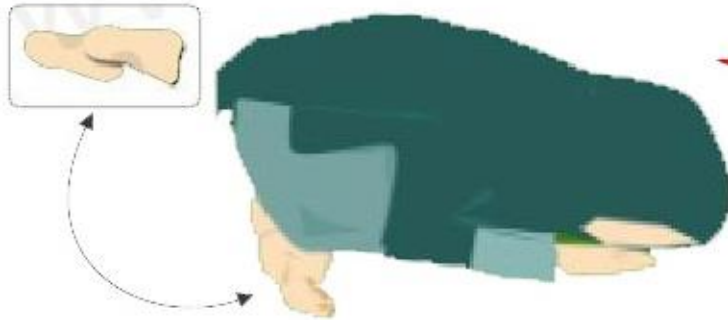
Sujood (prostration): Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight but unlike men the women may bend their back going into Sajdah, then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. Women 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.

Recite 3 Times →

سُبحَانَ رَبِّيَ الْأَعْلَى ط

پاک ہے میرا پروردگار بہت بلند۔

Glory to my Lord, the Highest.

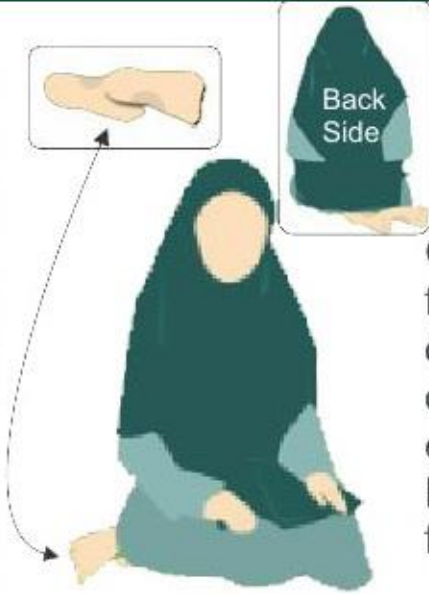


Posture 6

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TASHAHHUD

Fig 7



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**"

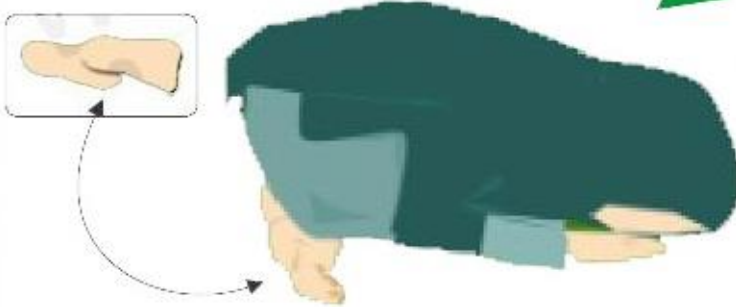
Recitation:

Recite 3 Times

اَللّٰهُ اَكْبَرُ

اللہ بہت بڑا ہے۔

Allah is the Greatest

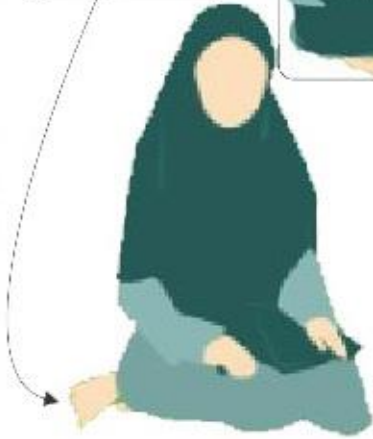
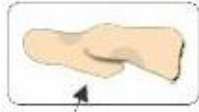


سُبْحَانَ رَبِّيَ الْأَعْلَىٰ ط

پاک ہے میرا پروردگار بہت بلند۔

Glory to my Lord, the Highest.

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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.

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ



تمام قولی عبادتیں اور تمام فعلی عبادتیں اور تمام مالی عبادتیں اللہ ہی کے لئے ہیں سلام ہو تم پر

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

أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ط السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

سلام ہے ہم پر اور اللہ کے نیک بندوں پر

اے نبی (صلی اللہ علیہ وسلم) اور اللہ کی رحمتیں اور اس کی برکتیں

O Prophet (صلی اللہ علیہ وسلم)

and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah.

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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

میں گواہی دیتا ہوں کہ اللہ کے سوا کوئی معبود نہیں اور میں گواہی دیتا ہوں کہ حضرت محمد (صلی اللہ علیہ وسلم) اللہ کے بندے اور اس کے رسول ہیں۔

I bear witness that Muhammad is His Servant and messenger.

دُرود شریف

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى

الہی حضرت محمد (صلی اللہ علیہ وسلم) پر اور حضرت محمد (صلی اللہ علیہ وسلم) کی آل پر صلوٰۃ بھیج جس طرح تُو نے صلوٰۃ بھیجی حضرت ابراہیم (علیہ السلام) اور

O Allah shower Thy Blessings on Muhammad (صلی اللہ علیہ وسلم) and the descendants of Muhammad (صلی اللہ علیہ وسلم) as Thou did shower Thy Blessings on Ibrahim

آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ ○ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ

حضرت ابراہیم (علیہ السلام) کی آل پر بیشک تو تعریف کیا گیا بزرگ ہے۔ الہی برکت دے حضرت محمد (صلی اللہ علیہ وسلم) کو اور حضرت محمد (صلی اللہ علیہ وسلم)

and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious. O Allah, Glorify Muhammad (صلی اللہ علیہ وسلم) and the descendants

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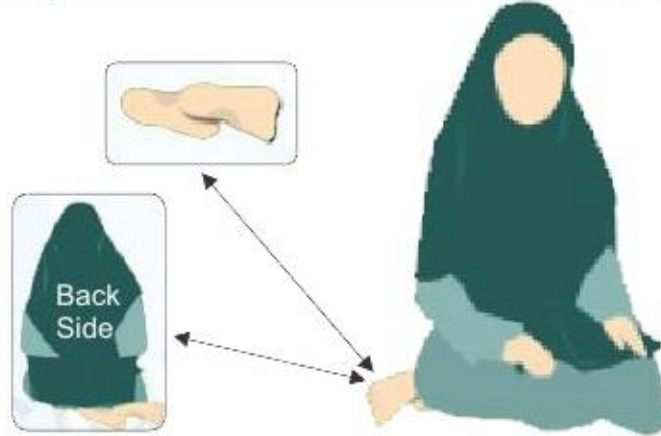
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مُحَمَّدٍ كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ ۝

کی آل کو جس طرح تُو نے برکت دی حضرت ابراہیم (علیہ السلام) کو اور حضرت ابراہیم کی آل کو بیشک تو تعریف کیا گیا بزرگ ہے۔
(سورہ بقرہ)

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



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ۝

اے میرے پروردگار مجھ کو نماز کا پابند بنادے اور میری اولاد کو بھی اور ہمارے پروردگار میری دعا قبول فرما

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

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝

اے ہمارے پروردگار مجھ کو میرے ماں باپ کو اور سارے مسلمانوں کو بخش دے اس روز جبکہ (عملوں کا) حساب ہونے لگے۔

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

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Fig 6

SALAAM



اَلسَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ ط
تم پر سلامتی ہو اور اللہ کی رحمت۔

Peace be on you and Allah's Mercy.

اَلسَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ ط
تم پر سلامتی ہو اور اللہ کی رحمت۔

Peace be on you and Allah's Mercy.



THE END



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