

# নামাজের হ্যান্ডবুক

উচ্চারণ ও অর্থসহ

KUTUBUDDIN AHMED  
ABDULLAH IBN MAHMUD

## HANDBOOK OF ISLAMIC PRAYERS

With transliteration & translation

# নামাজের হ্যান্ডবুক

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গ্রন্থসত্ত্ব © সংকলকবন্দ  
কুতুবউদ্দিন আহমেদ  
আব্দুল্লাহ ইবনে মাহমুদ

প্রথম প্রকাশ

২০২২

ঢাকা, বাংলাদেশ

কৃতজ্ঞতা স্বীকার  
মুহাম্মদ মুশফিকুর রহমান মিনার  
মুফতি জুনায়েদ আহমাদ জামী

বিক্রির জন্য নহে  
NOT FOR SALE

## উৎসর্গ

মোঃ সাঁদত আলী  
ও আন্সিয়া খাতুন

জনাব কুতুবউদ্দিন আহমেদের  
পরলোকগত পিতামাতা

## DEDICATED TO

Md. Saadat Ali  
& Ambia Khatun

Deceased parents of  
Mr. Kutubuddin Ahmed

হযরত আবু হুরাইরা (রা) থেকে বর্ণিত, তিনি বলেন- আমি রাসূল (ﷺ)-কে বলতে শুনেছি, 'তোমাদের কারো দরজায় যদি একটি নদী থাকে এবং সে তাতে দিনে পাঁচবার গোসল করে, তোমরা কি তার গায়ে কোনো ময়লা দেখতে পাবে?' তারা বলল, 'ময়লার চিহ্নও অবশিষ্ট থাকবে না।' রাসূল (ﷺ) বললেন, 'পাঁচ ওয়াক্ত নামাজ যে পড়ে, তার উদাহরণ এমনই, নামাজের দ্বারা আল্লাহ তার পাপকে মুছে দেন।'

(সহিহ বুখারি, আন্তর্জাতিক সংস্করণ, খণ্ড ১, বই ১০, হাদিস ৫০৬)

Narrated Abu Huraira: I heard Allah's Messenger (ﷺ) saying, "If there was a river at the door of anyone of you and he took a bath in it five times a day would you notice any dirt on him?" They said, "Not a trace of dirt would be left." The Prophet (ﷺ) added, "That is the example of the five prayers with which Allah blots out (annuls) evil deeds."

(Sahih al-Bukhari, Vol. 1, Book 10, Hadith 506)

## ENGLISH VERSION

\* (ﷺ) = সাল্লাল্লাহু আলাইহি ওয়া সাল্লাম = Peace Be Upon Him (PBUH)

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## FOREWORD

"I go totally absent-minded whenever I stand up for my prayer"- thus goes a common complaint of many Muslims. But why this absent-mindedness?

One of the biggest reasons behind this is the barrier of language. Arabic is not our mother tongue. Majority of the Bengali Muslims know how to read or write Arabic, but to understand? That is a big no. Reciting the verses, performing the Salah rituals- these are more from muscle memories or memorization rather than the deep understanding of the words. The distraction would have been much less, if we could understand the words which we are reciting during the prayers.

We wish to solve this problem in this book. The frequently-recited prayers and Tasbihs used inside or outside Salah can be found here with proper translation and transliteration, In Shaa Allah. Requesting your prayers for this noble initiative.

For the purpose of English translation of the Quranic verses, the Taqi Usmani (The Noble Quran) version is used, and for Bangla, the simple translation of Former Chief Justice Muhammad Habibur Rahman has been used.



-The Compilers

## THE COMPILERS

**KUTUBUDDIN AHMED**

Mr. Kutubuddin Ahmed is considered to be one of the leading businessmen in Bangladesh. He has been successfully running the conglomerates of Envoy Legacy and Sheltech Group with his visionary leadership, strong principle and self motivation. Having graduated from Bangladesh University of Engineering & Technology (BUET), Kutubuddin Ahmed commenced his business odyssey starting with Envoy back in 1984 with only a single garment manufacturing unit comprising of 44 machines. Over the years it has flourished and subsequently transformed into the thriving entity known as Envoy Legacy. In 1988 he pioneered in the real estate sector establishing Sheltech that currently has more than 12 flourishing entities which includes Sheltech (Pvt.) Ltd., Sheltech Ceramics, Platinum Hotels, Sheltech Brokerage, Sheltech Engineering, Sheltech Technology, Sheltech Consultants, Aerospeed, Sheltech Homes, Grind Tech and Bengal Meat among others.

Mr. Ahmed's proactive skills drove him towards his successful tenure as the President of Bangladesh Garment Manufacturers & Exporters Association (BGMEA) and also as the President of Metropolitan Chamber of Commerce and Industry (MCCI), Dhaka.



Mr. Ahmed's reputation transcends international boundaries as well. He has been adorned with the prestigious title of Knight Officer of the Spanish Royal Order of Merit in 2020. His passion is not confined only to business sector and philanthropy, rather he expresses his special interest in sports. He was awarded National Sports Award 2002 and also acted as the Secretary General of Bangladesh Olympic Association (BOA).

Owing to his successful and dynamic entrepreneurship, Mr. Ahmed was honored as 'The Business Person of the Year 2016' by Daily Star-DHL Business Awards. Moreover, earning LEED Platinum Certification for Envoy Textiles Limited in 2016 for Envoy Textiles was his striking success, adding another feather to the crown. Bangladesh's denim export economy owes largely to Mr. Ahmed's long term contribution.

In personal life, he dedicates his time in philanthropic work, being pious and spending time with his family.

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## ABDULLAH IBN MAHMUD

Born in 1992, Abdullah Ibn Mahmud spent his early childhood in Dubai, UAE. Upon returning to Bangladesh, he completed his education here. Passing from Notre Dame College in 2011, he graduated from Bangladesh University of Engineering & Technology (BUET) in Electrical & Electronic Engineering (EEE) in 2017, and then completed his MBA from IBA, Dhaka University. He started his writing career online in university life and so far his online writings have been read for more than 5 million times on the popular alternate medium Roar Bangla alone. He became a published author in 2020 and has been awarded with 'Rokomari Bestseller Award' for multiple years. So far, his notable books include: far his notable books include: Ihudi Jatir Itihash, The Prophet (ﷺ), Mecca Medina Jerusalem, Nikola Tesla, Otiprakriter Shondhane, Israel-er Utthan Patan, Mossad Stories, Elirin, After the Prophet, etc. He loves to read and share the knowledge with his readers.

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Just as human beings are not above errors, so is not this book. While going through this book, if the reader stumbles upon an unintended mistake, we humbly request to look at it with forgiving eyes. In Shaa Allah, we would like to continue this book in future. Hence, we look forward to your suggestions as it will enable us to amend and improve the book in future editions.

For sending your comments or corrections:  
abdullah30im@gmail.com

## 5 Waqt Prayers

### **Fajr Prayer** (صلاة الفجر)

2 Rakaat Sunnah, 2 Rakaat Fard ('obligatory'). [Rakaah is singular while Rakaat is plural.]  
'Fajr' means 'dawn'.

### **Zuhr Prayer** (صلاة الظهر)

4 Rakaat Sunnah, 4 Rakaat Fard, 2 Rakaat Sunnah.  
'Zuhr' means 'noon'.

### **Asr Prayer** (صلاة العصر)

(Optional 4 Rakaat Sunnah), 4 rakaat Fard.  
'Asr' means 'afternoon'.

### **Maghrib Prayer** (صلاة المغرب)

3 Rakaat Fard, 2 Rakaat Sunnah.  
'Maghrib' means 'sunset'.

### **Isha Prayer** (صلاة العشاء)

(Optional 4 rakaat Sunnah), 4 Rakaat Fard, 2 rakaat Sunnah,  
3 rakaat Witr is Wajib.  
'Isha' means 'night-time'. 'Witr' (رتو) means  
'odd-numbered'.

Also there are-

### **Jumu'ah Prayer** (صلاة الجمعة)

4 Rakaat Sunnah, 2 Rakaat Fard, 4 Rakaat Sunnah.  
'Jumu'ah' means 'to assemble'.

### **Eid Prayer** (صلاة العيد)

According to the Hanafi school of thought, 2 Rakaat Wajib.  
On the first day of Shawal month, it's Eid-ul-Fitr (عيد الفطر)  
and on the tenth day of Dhu al-Hijjah,  
it's Eid-ul-Adha (عيد الأضحى).  
'Eid' means 'celebration'.

## Adhan

- 1 اللَّهُ أَكْبَرُ 4 times
- 2 أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ 2 times
- 3 أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ 2 times
- 4 حَيَّ عَلَى الصَّلَاةِ 2 times
- 5 حَيَّ عَلَى الْفَلَاحِ 2 times
- 6 الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ 2 times
- 7 اللَّهُ أَكْبَرُ 2 times
- 8 لَا إِلَهَ إِلَّا اللَّهُ 1 time

## Transliteration

- 1 Allahu Akbar
- 2 Ashhadu alla ilaha illallah
- 3 Ashhadu anna Muhammadar rasul Allah
- 4 Hayya 'alas-Salah
- 5 Hayya 'alal-Falah
- 6 Assalatu khayrum minan naum (Only during Fajr)
- 7 Allahu Akbar
- 8 La ilaha illallah

## Translation

- 1 Allah is the greatest
- 2 I testify that there is no God but Allah
- 3 I testify that Muhammad is Allah's Messenger
- 4 Come to prayer
- 5 Come to security/salvation
- 6 Prayer is better than sleep. (Only during Fajr)
- 7 Allah is the greatest
- 8 There is no God but Allah

## Reply to Adhan

It is Sunnah to give reply to Adhan. When Muazzin gives Adhan, it is imperative to repeat each Arabic sentence when he finishes except when he says Hayya 'alas-Salah and Hayya 'alal-Falah, in that case one is to reply with "la hawla wala quwwata illa billah" (لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ).

**Translation:** There is neither might nor power except with Allah.



## Dua of Adhan

اللَّهُمَّ رَبِّ هَذِهِ الدَّعْوَةُ التَّامَّةُ، وَالصَّلَاةُ الْقَائِمَةُ، أْتِ مُحَمَّدًا الْوَسِيلَةَ  
وَالْفَضِيلَةَ، وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ، إِنَّكَ لَا تَخْلِفُ الْمِيعَادَ

**Transliteration:** Allaahumma Rabba

haazid-da'watit-taammati wassalaatil-qaa'imati, 'aati  
Muhammadanil-waseelata walfazeelata, wab 'ath-hu  
maqaamam-mahmoodanil-hazee wa'attah, 'innaka laa  
tukhliful-mee'aad

**Translation:** O Allah, Lord of this perfect call and established  
prayer. Grant Muhammad (PBUH) the intercession and favor,  
and raise him to the honored station You have promised  
him, verily You do not neglect promises.

## Sunnah Acts Regarding Adhan

- 1) Replying to Adhan
- 2) Recite a Durood
- 3) After Adhan, recite Dua of Adhan

Prophet (ﷺ) said, "When you hear the Mu'adhhdhin, repeat what he says, then invoke a blessing on me, for everyone who invokes a blessing on me will receive ten blessings from Allah; then beg from Allah al-Wasila for me, which is a rank in Paradise fitting for only one of Allah's servants, and I hope that I may be that one. If anyone who asks that I be given the Wasila, he will be assured of my intercession." [Sahih Muslim] In another Hadith of Sahih Muslim, it is implied that whoever replies to Adhan wholeheartedly, he will enter the paradise.

## Trivia

The word 'Adhan' (أَذَان) translates to 'announcement'. It started in 1 AH (After Hijrah) in the voice of Companion Bilal (R). In the transcript above, it is mentioned which sentence has to be said how many times.

## Iqamah

The words of the Iqamah are derived from Adhan, which is performed before Fard prayers. Iqamah is only applicable for women.

- (4 times) Allahu akbar
- (2 times) Ashhadu alla ilaha illallah
- (2 times) Ashhadu anna Muhammadar rasul Allah
- (2 times) Hayya alas salah
- (2 times) Hayya alal falah
- (2 times) Qad qāmatissalāh ["The prayer has been established."]
- (2 times) Allahu akbar
- (1 time) La ilaha illallah

## Reply to Iqamah

It's Sunnah to reply to Iqamah. It is similar to the reply of Adhan. But, additionally, when "Qad qamatissalah" (قَدْ قَامَتِ الصَّلَاةُ) is said, it is to be replied with "aqamahallahu wa adaamaha" (أَقَامَهَا اللَّهُ وَأَدَامَهَا)

## Ablution

Wudu (الوضوء) or 'ablution' is mentioned in Quran's Surah Al-Ma'idah (5:6). It means washing oneself. It has been called 'half-bath'. Being a method of achieving purity, it is a prerequisite for the Muslims before Salat or prayer, and also encouraged to do so before touching Quran. There is no elementary difference between men and women's ablution system. According to Sunnah, here are the steps of ablution:

- The person will wish to do wudu, but no uttering is required.
- Afterwards, he (or she) will say Bismillah.
- He or she will do Miswak (brushing or cleaning teeth and inside of mouth).
- Then wash the hands up to the wrist thrice.
- Rinse your mouth with water thrice. Then rinse your nose three times. Using your hand, cup water and partly inhale or sniff it into your nose without taking in too much causing you to choke. Use your left hand to blow out the water and repeat this process three times.
- Wash the entire face with water. Cup water in hands and wash the face beginning with forehead bringing the water down to jawline and finishing at chin. If there is beard, then run your fingers through the beard. If the beard is thin it can be washed thoroughly. Otherwise for a thick beard, run the wet fingers through the hair to clear it of any dirt.

- Wash the arms. Begin with washing your right arm first, from the tips of your fingers to just above your elbow. The entire arm should be wet, leaving no dry parts. Repeat this three times. It is also important to remove any impediment that would obstruct water to the skin, for example, nail polish, wax or dough.
- Clean the head. This act is known as "Masah" for ritually cleaning head with small amount of water. Wet your hands, shaking any excess water away. Next, wipe the hands through your hair forwards and backwards, i.e. from your forehead, to the back of your head, back to your forehead. Clean your ears from the inside and the outside. With your index finger wipe away any dirt or wax in the groves of your ear, use your thumb to clean the back of the ear. This process of wiping the head and ear only needs to be done once. Wet hands must actually touch the head. For women, if the hair is braided it is not necessary to unbraided the hair. For men or women with long hair, it is not mandatory to wipe the entire length of the hair. Just go up to the fore-neck but no further.
- Wash the feet up to the ankles once.

Prophet (ﷺ) said, "He who performed ablution like this ablution of mine and then stood up (for prayer) and offered two Rakaat of prayer without allowing his thoughts to be distracted, all his previous sins are expiated." [Sahih Muslim]

## Importance of Ablution

As we all wish to enter the paradise, there is no alternate to praying. In the hadiths, ablution has been made compulsory as a prerequisite to Salah or prayer. It has been called 'the key to Salah'. There are quite a few points mentioned in the Hadiths regarding the importance of ablution. We are mentioning a few here. The Prophet (ﷺ) said,

"One who performs ablution completely and then pray Fard Salah behind Imam, he is forgiven." (Sahih Targeeb 407)

"When someone completes his ablution and then goes out for prayer, Allah writes down a good deed for him the moment he lifts his foot, and Allah forgives his sin the moment he touches his foot down." (Abu Dawud 563, Bayhaqi 5209)

"Completing your ablution when you are in pain, going to mosque, waiting for another prayer after finishing one- these acts wash away the sins." (Sahih Targeeb 313)

"One who performs ablution perfectly and then comes to the mosque, he is a guest of Allah. And the host's duty is to honour the guest." (Sahih Targeeb 322)

"Shall I not inform you about something that forgives sin?" The Sahabas replied, "yes". He said, "When you are in pain, perform ablution. Go to mosque more and more, wait for another prayer after one is finished." (Musnad Ahmad 5/270, Sahih Targeeb 455)

"When one of you comes to mosque after ablution, he is awarded with good deed till he returns." (Mustadrake Hakim, Sahih Ibnu Khowaimah)

## How to Pray (Salah)

In this subcontinent, most of the Muslims follow the Hanafi school of thought, so we are describing the rules of prayer according to that. At first, the Fajr's 2 rakaat Fard prayer's rules are explained in details and the rest of the prayers will build on that afterwards. There are minor differences in men and women's prayer rules, but they will be highlighted in places where they differ from one another. The main rules are described as it is for men.

- When it is the time of prayer and Adhan is finished, say Ikamat with ablution, stand on a clean platform or prayer rug facing the Qibla (Kaaba of Mecca) and express the wish (Niyyah) in mind for Salah.
- Raise both your hands up to the shoulder or ears (women will raise up to chest or shoulder) and say, "Allahu Akbar" meaning "Allah is great". It is called a Takbir, previously mentioned in the Adhan section. The Takbir used to start the Salah is known as Takbir-e-Tahrima. Men will utter loudly while women will do it silently.
- Place your right hand upon the left hand and place both hands under the navel. [Please refer to figure 1, page 104-105]
- Your glance will be directed towards the floor where Sijdah will be taking place. Read Thana, Auzubillah and Bismillah silently.

## Dua Thana

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

**Transliteration:** Subhanakallahumma, wa bihamdika wa tabarakasmuka wa ta'ala jadduka wa la ilaha ghairuk

**Translation:** Glory and praise be to You, O Allah. Blessed be Your name and exalted be Your majesty, there is none worthy of worship except You.

## A'uzubillah

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**Transliteration:** A'uzu billahi minashaitanir rajeem

**Translation:** I seek refuge with God from Satan, the accursed.

## Bismillah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Transliteration:** Bismillaahir Rahmaanir Raheem

**Translation:** In the name of Allah, Most Gracious, Most Merciful.

- After finishing A'uzubillah and Bismillah, recite Surah Faatiha silently.

## Ruku's Supplication

سُبْحَانَ رَبِّيَ الْعَظِيمِ

**Transliteration:** Subhana rabbiyal 'azeem

**Translation:** Glory be to my Lord the Most Great.

- Then stand up from Ruku and recite the following supplications.

## While Standing up

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

**Transliteration:** Sami 'Allahu liman hamidah

**Translation:** Allah hears whoever praises Him.

## After Standing up

رَبَّنَا لَكَ الْحَمْدُ

**Transliteration:** Rabbana lakal hamd

**Translation:** Oh our Lord, all praise is to You.

- Then, go to Sijdah with Takbeer. Place both knees on the ground first while going for prostration, then place both palms approximately one hand (of distance) from the knees while facing the Qibla. There should be a space equal to the face's length between both the hands. The fingers should be in normal rested position. After that, place the nose and forehead in between the palms to make the Sijdah. Both elbows should be above the floor. The upper part of your hands should stay as far away as possible from your thighs, stomach and armpits. On the other hand, women will squeeze their position by drawing their hands close to the body. Women will keep the waist down to earth, meanwhile men will keep the waist up and leave spaces between the limbs. [Please refer to figure 3, page 104-105]
- In Sijdah, recite the following Sijdah's supplication at least three times.

## Sijdah's Supplication

سُبْحَانَ رَبِّيَ الْأَعْلَى

**Transliteration:** Subhana Rabbi Al A'la

**Translation:** Glory is to my Lord, the Most High

## Supplication between the Sijdahs

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَارْزُقْنِي

**Transliteration:** Allahummaghfirli, warhamni wahdini, warzuqni

- Translation:** O Allah, forgive me, have mercy upon me guide me and grant me sustenance.
- Then say Takbir ('Allahu Akbar') and perform the second Sijdah. Say the previous tasbih at least thrice, again. You may say more than three time but in odd number. Then say the Takbir and stand up. This concludes the first Rakaah.

- Now start the second Rakaah. Do not raise your hand, do not say Thana or Auzubillah. But do recite Bismillah, Surah Faatiha and another Surah with it, and then perform Ruku-Sijdah as before.
- After finishing the second Sijdah, sit up on your right foot touching the ground perpendicularly only with the toes, which will be facing the Kibla. Place your two hands on your thighs, so that your fingers are facing the Kibla (Women will not be sitting like this, rather they will spread both the feet rightwards and sit on the ground). With your hands on your thigh, recite Tashahhud as mentioned below:

### Tashahhud

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

**Transliteration:** at-tahiyyātu li-Ilāhi, wa-s-salawātu  
wa-s-sayyibātu. as-salāmu 'alayka 'ayyuhā n-nabiyyu wa  
rahmatu -Ilāhi wa barakātuahu. as-salāmu 'alaynā wa 'alā  
'ibādi -Ilāhi s-sālīsīna. 'ashhadu 'al lā 'ilaha 'illā -Ilāhu wa  
'ashhadu 'anna muhammadan 'abduhu wa rasūluhū.

**Translation:** Salutations to God and prayers and good  
deeds. Peace be upon you, O Prophet, as well as God's  
mercy and His blessings. Peace be upon us and upon the  
righteous servants of God. I bear witness that there is no  
deity but God, and I bear witness that Muhammad is His  
servant and His messenger.

- While saying Tashahhud, when you reach the words 'Ashhadu Al-La Ilaha', lift the index finger to indicate one. Place it as before when you say 'Illallahu'.
- If the prayer is of three Rakaat like Fard of Maghrib, then do not say anything after Tashahhud. Rather say the Takbir and stand up straight.

If it is of four Rakaat like Fard of Zuhr, Asr and Isha, then follow the same method of the first two Rakaat, and sit for tashahhud on your fourth Rakaat. For the two-rakaat prayer, the rule is to just continue after Tashahhud on the second Rakaah, saying the Salawat (it also has variants)-

### Salawat

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ  
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ

**Transliteration:** Allahumma Salli 'ala Muhammadiw wa 'ala  
aali Muhammadin, kama sallaita 'ala Ibraheema wa 'ala aali  
Ibraheema innaka Hameedum-Majeed. Allahumma barik  
'ala Muhammadiw wa 'ala aali Muhammadin kama barakta  
'ala Ibraheema wa 'ala aali Ibraheema innaka  
Hameedum-Majeed.

**Translation:** Allah, sanctify Muhammad (ﷺ) and the family of Muhammad (ﷺ), as you have sanctified Ibrahim (PBUH) and the family of Ibrahim (PBUH). Truly, You are Praiseworthy and Glorious. Allah, bless Muhammad (ﷺ) and the family of Muhammad (ﷺ), as you have blessed Ibrahim (PBUH) and the family of Ibrahim (PBUH). Truly, You are Praiseworthy and Glorious.

- Then recite any prayer mentioned in the Quran or Hadith. For example, recite the following prayer, called Dua Masura.

### Dua-e-Masura

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي، إِنَّكَ أَنْتَ الْعَفُورُ الرَّحِيمُ

**Transliteration:** Allahumma inni zalamtu nafsi zulman kaseeraw walayagfiruz zunuba illa anta fagfirli magfiratam min i'ndika war hamni innaka antal gafoorur rahim

**Translation:** O Allah, I have greatly wronged myself and no one forgives sins but You. So, grant me forgiveness and have mercy on me. Surely, You are forgiving, merciful.

- While saying the words of Salam, first face right and then face left, rotating your head. Remember of the person sitting beside you praying and also of the angels around you while saying Salam. The following are the words of Salam, to be mentioned twice in total, once facing the right and then once facing the left-

### Taslim

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

**Transliteration:** As-Salamu 'Alaikum wa Rahmatullah

**Translation:** May peace and blessings of Allah be upon you.

## Men's Prayer Poses

During  
Surah  
Recitation

1



2



Ruku

3



Sijdah

4



Tashahhud

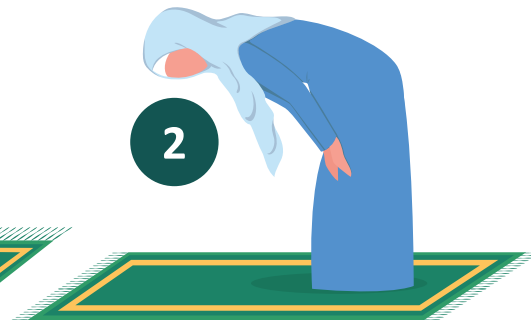
## Women's Prayer Poses

During  
Surah  
Recitation

1



2



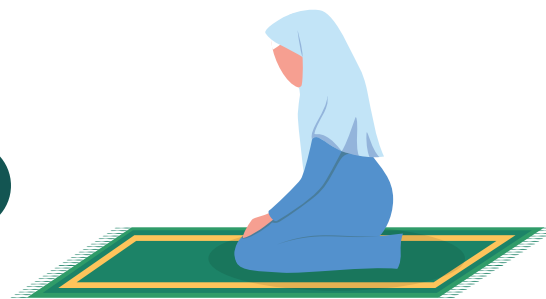
Ruku

3



Sijdah

4



Tashahhud



## 2 Rakaat of Fard

- The two Rakaat Fard prayer is only applicable for Fajr and Jumu'ah.
- The rules described so far apply for 2-Rakaat Fard prayer.

## 2 Rakaat of Sunnah

- Two Rakaat of Sunnah is applicable for Fajr, Zuhr, Maghrib and Isha. Same goes for the Taraweeh prayer of Ramadan.
- The rules so far described for two Rakaat Fard prayer of Fajr also apply for this. The only difference is, in this case both men and women will pray silently.

## 3 Rakaat of Fard

- 3 Rakaat Fard is only applicable for Maghrib.
- Pray just like 2 Rakaat Fard until you have finished Tashahhud.
- Then say Takbir 'Allahu Akbar' and stand up for the third Rakaah.
- Silently say Bismillah and Surah Faatiha.
- Then go to Ruku and say the previously mentioned Dua/Tasbih.
- Continue the rest of the prayer as usual just like the second Rakaah of 2-Rakaat Fard until you perform Taslim or Salam. That means you are required to sit for Tashahhud twice, on second and third Rakaat.

## 4 Rakaat of Fard

- 4-Rakaat Fard is applicable for Zuhr, Asr and Isha.
- Men and women both have to pray Zuhr and Asr silently.
- Pray until the Tashahhud of the second Rakaah just as usual. Then say Takbir and stand up.
- Say Bismillah and recite Surah Faatiha, then go to Ruku and finish the two Rakaat as in the same manner as the third, and continue upto Taslim/Salam. No other Surah is to be recite after Faatiha for third and fourth Rakaat.

## 4 Rakaat of Sunnah

- 4-Rakaat Sunnah is applicable for Zuhr and Jumuaah.
- The rules are almost the same as 4-Rakaat of Fard, the difference is- men and women both will say the prayers silently and add another Surah after Faatiha on third and fourth Rakaat.

## Praying Witr Prayer

- Witr prayer is of 3 Rakaat.
- Follow the general rules of prayer until you finish Tashahhud.
- Then stand up and continue till you finish saying another Suraah after Faatiha.
- After that, say the Takbir and raise your hand till your earlobes like Takbir Tahrima, and then place your hands like in the beginning of the prayer.
- Read Dua Qunut silently. After finishing the Dua, continue the prayer until Tashahhud, Salawat and Dua Masura is finished and perform Taslim (salam).
- Witr is to be prayed silently.
- Dua Qunut is given here:

## Dua-e-Qunut

اَللّٰهُمَّ اِنَّا نَسْتَعِيْنُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُنْبِئُكَ عَلَيَّكَ الْخَيْرِ  
وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرِكُ مَنْ يَّفْجُرُكَ-اَللّٰهُمَّ اِيَّاكَ نَعْبُدُ وَلَكَ نَصَلِيْ  
وَنَسْجُدُ وَاِلَيْكَ نَسْعٰى وَنَحْفِدُ وَنَرْجُو رَحْمَتَكَ وَنَخْشٰى عَذَابَكَ اِنَّ عَذَابَكَ بِالْكَفّٰرِ  
مُلْحِقٌ

**Transliteration:** Allah humma inna nasta-eenuka wa nastaghfiruka wa nu'minu bika wa natawakkalu alaika wa nusni alaikal khair, wa nashkuruka wala nakfuruka wa nakhla-oo wa natruku mai yafjuruka, Allahumma iyyaka na'budu wa laka nusalli wa nasjudu wa ilaika nas aaa wa nahfizu wa narju rahmataka wa nakhshaa 'azaabaka inna azaabaka bil kuffari mulhik

**Translation:** O Allah! We implore You for help and beg forgiveness of You and believe in You and rely on You and extol You and we are thankful to You and are not ungrateful to You and we alienate and forsake those who disobey You. O Allah! You alone do we worship and for You do we pray and prostrate and we betake to please You and present ourselves for the service in Your cause and we hope for Your mercy and fear Your chastisement. Undoubtedly, Your torment is going to overtake infidels O' Allah!

## Fards & Wajibs of Prayer

- Before starting the prayer, the must-be-obeyed rules are called 'Ahkam'. The ones to be obeyed mandatorily during the prayer are called 'Arkan'. There are 7 Ahkams and 6 Arkans.

### Fards of Prayer

- Your body needs to be clean. If required, complete your Wudu (ablution) or Gusl (bath).
- Dress needs to be clean.
- The prayer place has to be clean. The place where feet, hands, keens and face are placed must be clean.
- In case of male, at least the portion from navel to knee must be covered. In case of female, the covering portion is all of the body except wrists and face.
- Must face the Qibla.
- Pray timely as the Waqt is dictated.
- Maintain the Niyah of prayer. These seven are the Ahkams of prayer.
- Say Takbir Tahrima (Allahu Akbar)
- Unless not possible, pray while standing.
- Recite as required.
- Perform Rukus.
- Perform Sijdahs.
- Perform till the last Tashahhud. These six are the Arkans of prayer.

## Wajibs of Prayer

**There are 14 Wajibs of prayer.**

- Recite Surah Fatiha.
- Recite another Surah after Surah Fatiha.
- Maintain the serial of the steps of prayer, like Rukus and Sijdahs.
- After two Rakat, spend as much time sitting as required to finish Attahiyatu.
- Say Attahiyatu.
- For men, pray loudly when required.
- Pray silently where required.
- Pray steadily, not hurriedly.
- After finishing Ruku, stand up firmly.
- After finishing Sijdah, sit firmly.
- Finish Prayer through Salam (Taslim).
- Maintain the 'Tarteeb' (Serial) in every Rakah, that means do not perform something earlier that would come later, and vice versa.
- Recite Dua Qunut.
- Perform six extra Takbir during Eid prayer.

## Importance of Salah

Allah has talked about Salah (Prayer) in the Quran for a total of 82 times. Besides, many hadiths discuss about this which denote the importance of Salah.

Allah has created us for worshipping him. For example, Allah has said, "And I have not created the jinn and the men except that they should serve Me." (Surat Adh-Dhāriyāt, 51:56)

There are a few types of worshipping- Fard, Wazib, Sunnah, Mustahab, etc. Among these, Fard is of the highest importance. And, among the Fard acts, the most important one is Salah, as it has been declared as the key to paradise.

In the Holy Quran, Allah has discussed the characteristics of the Mumin, of which Salah comes first. He says, "Successful indeed are the believers, those who humble themselves in prayer." (Surah Al-Mu'minun, 23:1-2)

"Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do." (Surat Al-Ankabūt, 29:45)

Importance of Salah is mentioned in many hadiths. For example,

The Prophet (ﷺ) said, "Salah is the pillar of religion." (Tirmidhi 2616)

The Prophet (ﷺ) said, "Praying in congregation is 27 times better than praying alone." (Sahih Bukhari, Sahih Muslim)

The Prophet (ﷺ) said, "One who prays five times a day, his prayer will be a Noor, a proof and his escape in the day of Judgment. But one who does not pray in the right way, there will be no Noor, proof or escape for him that day. He will be a companion of the Pharaoh, Haman and Ubay ibn Khalaf". (Musnad Ahmad)

The last words of the Prophet (ﷺ) was "Salah! Salah! And beware of Allah in case of your slaves." (Abu Dawud)

Whenever someone embraced Islam, the first thing the Prophet (ﷺ) would teach him was Salah. (Sahih Muslim)

The Prophet (ﷺ) said, "One who prays in congregation continuously for 40 days with Takbir-Ula, he will be written two signs of absolution, one from Hell and another one from hypocrisy." (Tirmidhi)

The Prophet (ﷺ) said, "The coolness of my eyes lies in Salah." (Sahih Muslim)

There is a Qudsi Hadith (own words of Allah) in Sahih Bukhari and Sahih Muslim where He equates 5 waks of prayer to 50 of them.

Hence, we understand the importance of Salah from the verses of Quran and the Hadiths.

## Janazah Prayer

- Prayer of Janazah is Fard al-Kifayah, which means someone from the community must carry it out. Here are the rules of Janazah Prayer, to be prayed with extra four Takbirs-
- The corpse is to be placed in front of Imam and the congregation facing the Kibla.
- If the dead body is of a man then the Imam will stand by the head, and if woman then he will stand by the middle of the body. It is allowed to stand in front of the middle of the body for both men and women.
- The Imam will say the Takbirs loudly and the rest silently.
- The congregation members will say everything silently.
- Raise your hands and say the First Takbir 'Allahu Akbar', just like any other Waqt prayer.
- Recite Thanā.
- Then say the second Takbir and then recite Darud-Ibrahim. Do not raise hand for this Takbir.
- Say third Takbir and recite a prayer from Hadith that is recommended for the deceased. Do not raise hands for this Takbir.

## Dua of Janazah

اللَّهُمَّ اغْفِرْ لِحَيَاتِنَا وَمَمَاتِنَا وَشَاهِدِنَا ، وَعَائِبِنَا ، وَصَغِيرِنَا وَكَبِيرِنَا ، وَذَكَرِنَا  
وَأُنثَانَا . اللَّهُمَّ مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ ، وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ  
عَلَى الْإِيمَانِ ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ ، وَلَا تُضِلَّنَا بَعْدَهُ

**Transliteration:** Allahummagh-fir lihayyina wamayyitina washahidina, wagha- ibina, wasagheerina wakabeerina, wazakarina wa-oon-saana. Allahumma man ahyaytahu minna fa-ahyih alal-islam, waman tawaffaytahu minna fatawaffahu alal-eeman. Allahumma laa tahrinna azrahu wala tudhillana ba'dahu.

**Translation:** O Allah, forgive our living and our dead, those who are present among us and those who are absent, our young and our old, our males and our females. O Allah, whoever You keep alive, keep him alive in Islam, and whoever You cause to die, cause him to die with faith. O Allah! Do not deprive us of the reward (of patience during the process of death) and do not let us be astray after that.

- Then say the fourth Takbir and then perform Taslim by giving Salam to your right and then left.

## Taraweeh Prayer

- Taraweeh prayer is an important worshipping act during the month of Ramadan. Between Isha and Witr, one has to pray in total of 20 Rakaat of Taraweeh, two Rakaat consecutively. The rule is just like two Rakaat Fard prayer of Fajr in congregation, or like two Rakaat Sunnah prayer of Fajr if praying alone.
- After every four Rakaat of Taraweeh prayer any Tasbih-Tahlil Dua-Darud can be recited silently. Even though not found in Quran-Hadith, in our community there is a conventional Dua which can be read if desired, but not required. The Dua is-

سُبْحَانَ ذِي الْمُلْكِ وَالْمَلَكُوتِ سُبْحَانَ ذِي الْعِزَّةِ وَالْعُظْمَةِ وَالْهَيْبَةِ وَالْقُدْرَةِ  
وَالْكِبْرِيَاءِ وَالْجَبْرُوتِ سُبْحَانَ الْمَلِكِ الْحَيِّ الَّذِي لَا يَنَامُ وَلَا يَمُوتُ أَبَدًا أَبَدًا سُبُّوحٌ  
قُدُّوسٌ رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ

**Transliteration:** Subhana zil mulki wal malakooti, Subhana zil izzati wal azamati wal haye bati wal qudrati wal kibriyaa wal jabaroot, Subhana malikil hayyil- lazee laa yanaamu wala yamootu subboohun quddoosun rabbuna wa rabbul malaa ekati war rooh.

**Translation:** Glorified is the Owner of the Kingdom of the earth and the heavens; Glorified is the Possessor of Honour and Magnificence and Awe, and Power and Greatness and Omnipotence. Glorified is the Sovereign, the Living, Who does neither sleep nor die O all Glorious, All Holy One, our lord and the Lord of the Angels, and the soul.

## Eid Prayer

- It is Sunnah to pray Eid Prayer under open sky, as the Prophet (ﷺ) used to do that. If there is no option for that, then it is permitted to pray the Eid Prayer in mosques.
- There is no Adhan or Ikamat for Eid Prayer. Like Jumu'ah prayer, Eid prayer is to be said loud.
- The difference between two-Rakaat Fard prayer and Eid prayer is the extra six Takbirs.

- After Niyyah, say Takbir-e-Tahrira (Allahu Akbar) and place your hands accordingly. Then finish saying Thana.
- Then say three extra Takbirs. There needs to be a time gap of three Tasbihs between two Takbirs. Raise your hands and release for the first two Takbirs. After the third one, place your hands accordingly upon one another.
- Just like two-Rakaat Fard prayer, carry on until you finish reciting Surah for the second Rakaat. After that, like the first Rakaah, say three Takbirs, raise hands and release.
- Then say regular Takbir and go to Ruku. The rest of the prayer is as per the general rules.
- On the event of Eid-ul-Adha, from the Fajr of 9th Dhul Hijjah until the Asr of 13th Dhul Hijjah, it is Wajib to say Takbir al-Tashreeq after every Fard prayer, at least once loudly. Besides it is Mustahab to say the Takbir during other activities.

## Takbir al-Tashreeq

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

**Transliteration:** Allahu Akbar, Allahu Akbar, La Ilaha Ilallahu Wallahu Akbar, Allahu Akbar, Wa Lillahil Hamd.

**Translation:** Allah is the greatest, Allah is the greatest. There is no deity besides Allah and Allah is the greatest. Allah is the greatest and all praises are for Allah only.

## Tahajjud Prayer

- Tahajjud Prayer can be prayed 2-12 Rakaat according to various reports. At least 2 rakaat and maximum 12 rakaat. Generally, the Prophet (PBUH) used to pray 8 Rakaat of Tahajjud, so it is better to pray 8 Rakaat. Point to be noted, it is Nafil (optional) and not obligatory prayer, but recommended. If someone prays waking up from sleep in night, only then is it called 'Tahajjud'.
- If possible, pray 12 Rakaat, but it is recommended to pray at least 8 Rakaat. If not 8 then 4, and if 4 is not possible then pray at least 2 Rakaat of Tahajjud.
- Tahajjud prayer is to be prayed in 2-Rakaat unit intervals. Finish praying 2 Rakaat and repeat the process. The rules of Tahajjud Prayer is the same as that of 2-Rakaat Sunnah prayer of Fajr.

## Sujood Al-Sahw

- 'Sujood Al-Sahw' means prostration of mistake. If you forget to do something Wajib in prayer, then it is Wajib to perform Sujood Al-Sahw, otherwise the prayer will not be complete.
- If it is Wajib for you, then in the last Rakaat after finishing Tashahhud, turn your head to the right and say Taslim (Salam) once.
- Then say the Takbir and perform Sijdah as usual. Do this twice and then sit.
- Finish Tashahhud, Salawat, and Dua-e-Masura and then finish the prayer with regular Taslim. This is the way of performing Sujood Al-Sahw according to Hanafi Madhhab. Other Madhhabs may have different rules.

## Duas and Zikrs Outside Salah

### Rabbana Atina (Surah Baqarah 2:201)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**Transliteration:** Rabbana atina fid dunya hasanataw wa fil Aakhirati hasanatan waqina 'adhaban-nar

**Translation:** Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

## Rabbana Taqabbal Minna

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

**Transliteration:** Rabbana taqabbal minna innaka Antas Samee'ul Aleem

**Translation:** Our Lord, accept [this] from us. Indeed You are All-Hearing, the All-Knowing.

## Kalima Shahadah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

**Transliteration:** Ashahadu alla ilaaha illallahu wahdahoo laa shareeka lahoo wa ash hadu anna Muhammadan abdu hoo wa rasooluhoo

**Translation:** I bear witness that no-one is worthy of worship but Allah, the One alone, without partner, and I bear witness that Muhammad is His servant and Messenger



## Iman-e-Mufassal

أَمَنْتُ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمِ الْآخِرِ وَالْقَدْرِ خَيْرِهِ وَشَرِّهِ مِنَ اللَّهِ  
تَعَالَى وَالْبَعْثِ بَعْدَ الْمَوْتِ

**Transliteration:** Amantu billahi wa malaikatihi wa kutubihi  
wa rusulihi wal-yawmil-akhiri wa bil-qadri khayrihi wa sharrihi  
minallahi taala wal-ba'thu ba'dal-mawti .

**Translation:** I have faith in Allah and His Angels, His Books  
and His Messengers, and the Day of Judgement and that all  
good and evil and fate is from Almighty Allah and it is sure  
that there will be resurrection after death.

## Iman-e-Mujmal

أَمَنْتُ بِاللَّهِ كَمَا هُوَ بِأَسْمَائِهِ وَصِفَاتِهِ وَقَبِلْتُ جَمِيعَ أَحْكَامِهِ وَأَرْكَانِهِ

**Transliteration:** Aamantu billahi kama hua bismaa'ih  
wasifathihi wa-qabilthu jameeha ahkaamihi

**Translation:** I have faith in Allah as He is known by His  
Names and attributes and I accept all His commands.



The frequent Zikrs, Tasbihs and Prayers  
inside and outside Salah have been  
mentioned so far. Now the most-recited  
Surahs in Salah are going to be  
mentioned with meaning and  
transliteration.



## Surah Faatiha

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ 1  
الرَّحْمَنِ الرَّحِيمِ 2  
مَالِكِ يَوْمِ الدِّينِ 3  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ 4  
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ 5  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ 6  
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ 7

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Alhamdu lillaahi Rabbil 'aalameen  
2 Ar-Rahmaanir-Raheem  
3 Maaliki Yawmid-Deen  
4 Iyyaaka na'budu wa Iyyaaka nasta'een  
5 Ihdinas-Siraatal-Mustaqeem  
6 Siraatal-lazeena an'amta 'alaihim  
7 Ghayril-maghdoobi 'alaihim wa lad-daaalleen

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Praise belongs to Allah, the Lord of all the worlds.  
2 The All-Merciful, the Very Merciful.  
3 The Master of the Day of Requitall.  
4 You alone do we worship, and from You alone do we seek help.  
5 Take us on the straight path-  
6 The path of those on whom You have bestowed Your Grace,  
7 not of those who have incurred Your wrath, nor of those who have gone astray.

### Notable Information

Surah Faatiha is the first Surah of the Quran, but not in revelation order. Revealed in Mecca, the Surah's title name 'Faatiha' means 'opening', as this is the opening of the Holy Quran. This Surah, when recited, has to be finished at one stretch and cannot be splitly recited. This is said to be the first fully revealed Surah. Surah Alaq was revealed partly. Surah Faatiha is in fact a prayer and has been called as the Mother of the Quran, Quran-e-Azim, etc.

## Surah Fil

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِأَصْحَابِ الْفِيلِ 1  
أَلَمْ يَجْعَلْ كَيْدَهُمْ فِي تَضْلِيلٍ 2  
وَأَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلَ 3  
تَرْمِيهِمْ بِحِجَارَةٍ مِّنْ سِجِّيلٍ 4  
فَجَعَلَهُمْ كَعَصْفٍ مَّأْكُولٍ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Alam tara kaifa fa'ala rabbuka bi ashaabil feel  
2 Alam yaj'al kaidahum fee tadleel  
3 Wa arsala 'alahim tairan abaabeel  
4 Tarmeehim bihijaaratim min sijjeel  
5 Faja 'alahum ka'asfim m'akool

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Have you not seen how your Lord dealt with the People of the Elephant?  
2 Has He not turned their plan into nullity?  
3 And He sent upon them flying birds in flocks  
4 throwing upon them stones of baked clay  
5 and thus He turned them into an eaten-up chaff.

### Notable Information

Surah Al-Fil was revealed in Mecca and is the 105th Surah of the Holy Quran. The word 'Fil' means 'elephant'. Abraha, the Governor of Yemen, built a cathedral in his capital Sana. But his cathedral was not getting much attention due to the immense popularity of Mecca's Kaaba. Following some incidents, he decided to invade Mecca and demolish Kaaba. Around 570AD, he approached Mecca with 60,000 soldiers and 13 elephants. But a flock of birds threw down stones and destroyed the army. Elephants were a rare animal to the Arabs, so they had remembered this extraordinary event giving it the name "Year of the Elephant". This was the year when Prophet Muhammad (ﷺ) was born in Mecca. Ababeel means flock and not bird ('Tairan').

## Surah Quraysh

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
لِإِيلَافِ قُرَيْشٍ 1  
إِلْفِهِمْ رِحْلَةَ الشِّتَاءِ وَالصَّيْفِ 2  
فَلْيَعْبُدُوا رَبَّ هَذَا الْبَيْتِ 3  
الَّذِي أَطْعَمَهُمْ مِنْ جُوعٍ 4  
وَأَمَّنَّهُمْ مِنْ خَوْفٍ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Li'lāfi quraysh  
2 lāfihim rihlata sh-shitā'i wassayf  
3 Falya'budū rabba hādha l-bayt  
4 'alladhī 'at'amahu m-min jū'i w-wa'āmanahum-min khawf

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Because of the familiarity of the Quraysh  
2 that is, their familiarity with the trips of winter and summer,  
3 they must worship the Lord of this House,  
4 who gave them food against hunger, and gave them security against fear.

### Notable Information

Surah Quraysh was revealed in Mecca and is the 106th Surah of the Quran. Agriculture was rare in the city of Mecca and there was scarcity of gardens to receive fruits from. So, foreign trading was the only option for the city's economic growth. Hashim, the great-grandfather of the Prophet (ﷺ), used to inspire the Quraysh to go abroad and do business. In the summer season, they used to visit Syria, as it was cooler. During winter, they would visit Yemen, as it was warmer. Thus in both seasons they would make profit comfortably. Moreover, being the safekeeper of Kaaba, they were respected all over Arabia, hence they were safe from any attacks on their caravan. Allah reminds them of these favors here.

## Surah Ma'un

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
أَرَأَيْتَ الَّذِي يُكَذِّبُ بِالذِّينِ 1  
فَذَلِكَ الَّذِي يَدْعُ الْيَتِيمَ 2  
وَلَا يَحْضُ عَلَى طَعَامِ الْمِسْكِينِ 3  
فَوَيْلٌ لِلْمُصَلِّينَ 4  
الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ 5  
الَّذِينَ هُمْ يُرَاءُونَ 6  
وَيَمْنَعُونَ الْمَاعُونَ 7

### Transliteration

- 0 Bismillaahir Rahmaanir Raheem  
1 'Ara'ayta I-ladhī yukadhdhibu biddīn  
2 Fadhālika I-adhi yadu'u I-yatīm  
3 Walā yahuddu 'alā ta'ami I-miskīn  
4 Fawaylu I-hilmusallīn  
4 'Al ladhīna hum 'an salātihim sāhūn  
4 'Al ladhīna hum yurā'ūn  
4 Wayamna'ūna I-mā'ūn

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Have you seen him who denies the Requital?  
2 So, he is the one who pushes away the orphan,  
3 and does not persuade (others) to feed the needy.  
4 So, woe to those performers of Salah,  
5 who are neglectful of their Salah,  
6 who (do good only to) show off,  
7 and refuse (to give even) small gifts.

### Notable Information

Revealed in Mecca, Surah Ma'un is the 107th Surah of the Quran. This has been called as Surah ad-Deen and Surah Yateem as well. The title 'Ma'un' means "act of small kindness". In this Surah, denying the judgment day, being rude to the orphans, not feeding the poor, showing off of worshipping acts, negligence towards prayer, etc. have been mentioned. It has been said, once Abu Sufyan Ibn Harb chased away an orphan with cane and the Surah was revealed reflecting upon that.

## Surah Kawthar

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ 1

فَصَلِّ لِرَبِّكَ وَأَنْحَرْ 2

إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ 3

### Transliteration

- 0 Bismillaahir Rahmanir Raheem
- 1 Inna Atayneakal kawthar
- 2 Fasalli lirabbika wanhar
- 3 Inna shani-aka huwal-abtar

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.
- 1 (O Prophet,) surely We have given to you Al-Kawthar.
- 2 So, offer Salah (prayer) to your Lord, and sacrifice.
- 3 Surely it is your enemy whose traces (legacies) are cut off.

### Notable Information

Revealed in Mecca, Surah Kawthar is the 108th Surah of the Quran and the shortest one, comprising of only 10 words and 42 letters. The title word 'Kawthar' means 'plentiful' and is used only once in the entire Quran. It is the name of a fountain of Paradise. Back in that time, if someone's son died, people would say that the father is cut off, meaning, his heritage ends here. The same happened to Prophet (ﷺ). He used to be ridiculed by people for that, "his legacy dies with him. No one will remember him." Surah Kawthar was revealed regarding this.

## Surah Al-Kafirun

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0

قُلْ يَا أَيُّهَا الْكَافِرُونَ 1

لَا أَعْبُدُ مَا تَعْبُدُونَ 2

وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ 3

وَلَا أَنَا عَابِدٌ مَّا عَبَدْتُمْ 4

وَلَا أَنْتُمْ عِبُدُونَ مَا أَعْبُدُ 5

لَكُمْ دِينُكُمْ وَلِيَ دِينِ 6

### Transliteration

- 0 Bismillaahir Rahmanir Raheem
- 1 Qul ya ayyuhalkafiroon
- 2 La aAAbudu ma taAAbudoon
- 3 Wala antum AAabidoona maaAAbud
- 3 Wala ana AAabidun maAAabadtum
- 3 Wala antum AAabidoona maaAAbud
- 3 Lakum deenukum waliya deen

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.
- 1 Say, "O disbelievers,
- 2 I do not worship that which you worship,
- 3 nor do you worship the One whom I worship.
- 4 And neither I am going to worship that which you have worshipped,
- 5 nor will you worship the One whom I worship.
- 6 For you is your faith, and for me, my faith."

### Notable Information

Revealed in Mecca, Surah Kafirun is the 109th Surah of the Quran. It was revealed at a time when Muslims were very low in number and the Prophet (ﷺ) was under great pressure. The pagans invited him to join their cult but he declined without even giving any thought. Once the elders of Mecca came to the Prophet (ﷺ) and proposed that each should take yearly turns in worshipping each other's god(s) for years. The Surah was revealed in this regard.

## Surah An-Nasr

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ 1  
وَرَأَيْتِ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ أَفْوَاجًا 2  
فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ، إِنَّهُ كَانَ تَوَّابًا 3

### Transliteration

- 0 Bismillaahir Rahmaanir Raheem  
1 Iza jaaa'a nasrul-laahi walfath  
2 Wa ra-aitan naasa yadkhuloona fee deenil laahi afwajaa  
3 Fasabbih bihamdi rabbika wastaghfirh, innahoo kaana tawwaaba

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 (O Prophet,) When there comes Allah's help and the Victory,  
2 and you see people entering Allah's (approved) religion in multitudes,  
3 then pronounce the purity and praise of your Lord, and seek forgiveness from Him. Surely He is Ever-Relenting.

### Notable Information

Revealed in Medina, Surah Nasr is the 110th Surah of the Quran. Umar (RA) said, it was revealed during the final pilgrimage. The verses are directed towards the Prophet (ﷺ) and give hint to his coming victory over the Meccans and fulfilling his duty on earth. It is mentioned by Aisha (RA) that after revelation of this Surah, he used to recite "Subhanaka Allahumma Rabbana wa bihamdika Allahummag firli" dua after every Salah. During the fall of Mecca, the pagans started to convert to Islam. This Surah emphasises the importance of placing the faith in God's help to win over the opposition.



## Surah Al-Lahab

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
تَبَّتْ يَدَا أَبِي لَهَبٍ وَتَبَّ 1  
مَا أَغْنَىٰ عَنْهُ مَالُهُ وَمَا كَسَبَ 2  
سَيَصْلَىٰ نَارًا ذَاتَ لَهَبٍ 3  
وَأُمْرَأَتُهُ حَمَّالَةَ الْحَطَبِ 4  
فِي جِيدِهَا حَبْلٌ مِّن مَّسَدٍ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Tabbat yadaa abee Lahabinw-wa tabb  
2 Maa aghnaa 'anhu maaluhoo wa ma kasab  
3 Sa-yaslaa naaran zaata lahab  
4 Wamra-atuhoo hammaa latal-hatab  
5 Fee jeedihaa hablum mim-masad

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Perish the two hands of Abu Lahab, and perish he!  
2 Neither his wealth benefited him, nor what he earned.  
3 He will soon enter a Fire, full of flames,  
4 and his wife as well, the wicked carrier of firewood.  
5 Around her neck, there is (a collar of iron, like) a well-twisted rope.

### Notable Information

Revealed in Mecca, Surah Lahab is the 111th Surah of the Quran. It speaks of the damned afterlife of two enemies of the Prophet (ﷺ)- his uncle Abdul Uzza also known as Abu Lahab and his wife Umme Jamil. It is mentioned that their earthly goods would be of no avail in the afterlife where they will be fuel to hell's fire.

## Surah Al-Ikhlās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0

قُلْ هُوَ اللَّهُ أَحَدٌ 1

اللَّهُ الصَّمَدُ 2

لَمْ يَلِدْ وَلَمْ يُولَدْ 3

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ 4

### Transliteration

- 0 Bismillaahir Rahmaanir Raheem
- 1 Qul huwal laahu ahad
- 2 Allah hus-samad
- 3 Lam yalid wa lam yoolad
- 4 Wa lam yakul-lahoo kufuwan ahad

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.
- 1 Say, "The truth is that Allah is One.
- 2 Allah is Besought of all, needing none.
- 3 He neither begot anyone, nor was He begotten.
- 4 And equal to Him has never been any one."

### Notable Information

Revealed in Mecca, Surah Ikhlas is the 112th Surah of the Quran. 'Ikhlas' means 'sincerity'. The pagans asked the Prophet (ﷺ) about Allah's lineage and properties like what He is made of. To answer that question, this Surah was revealed. A different opinion says that it was actually revealed to answer the questions of some Jewish persons or Nazranite Christian representatives. Hadith says, Surah Ikhlas is one-third of the Quran. Bukhari says, once a Sahabah came to the Prophet (ﷺ) and said, "O Prophet (ﷺ)! I love Surah Ikhlas." He replied, "This love will take you to Paradise."

## Surah Al-Falaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ 1

مِنْ شَرِّ مَا خَلَقَ 2

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ 3

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ 4

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem
- 1 Qul a'oozu bi rabbil-falaq
- 2 Min sharri maa khalaq
- 3 Wa min sharri ghaasiqin izaa waqab
- 4 Wa min sharrin-naffaa-saati fil 'uqad
- 5 Wa min sharri haasidin izaa hasad

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.
- 1 Say, "I seek refuge with the Lord of the daybreak
- 2 from the evil of everything He has created,
- 3 and from the evil of the dark night when it penetrates,
- 4 and from the evil of the women who blow on the knots,
- 5 and from the evil of an envier when he envies."

### Notable Information

Revealed in Medina, Surah Falaq is the 113th Surah of the Holy Quran. 'Falaq' means 'dawn'. This surah and the 114th (and last) surah in the Qur'an, an-Nās, are collectively referred to as al-Mu'awwidhatayn "The Verses of Refuge", as both begin with "I seek refuge". In the pre-Islamic period, soothsayers claimed the power to cause various illnesses. According to soothsayers the knot had to be found and untied before the curse could be lifted. This practice is condemned here, reflecting on a specific incident of the Prophet's life.

## Surah An-Nas

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ 1  
مَلِكِ النَّاسِ 2  
إِلَهِ النَّاسِ 3  
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ 4  
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ 5  
مِنَ الْجِنَّةِ وَالنَّاسِ 6

### Transliteration

- 0 Bismillaahir Rahmaanir Raheem  
1 Qul a'oozu birabbin naas  
2 Malikin naas  
3 Ilaahin naas  
4 Min sharril waswasil khannaas  
5 Allazee yuwaswisu fee sudoorin naas  
6 Minal jinnati wannaas

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Say, "I seek refuge with the Lord of mankind,  
2 the King of mankind,  
3 the God of mankind,  
4 from the evil of the whisperer who withdraws  
(when Allah's name is pronounced),  
5 the one who whispers in the hearts of people,  
6 whether from among the Jinn or Mankind."

### Notable Information

Revealed in Medina, Surah Nas is the last (114th) Surah of the Quran. The word 'Nas' means humankind. Combined with the previous Surah, they are called al-Mu'awwidhatayn "The Verses of Refuge", as both begin with "I seek refuge". It is recommended to recite these two Surahs before falling asleep. These two Surahs were revealed together. It is said, there is no equivalent of these Surahs in the previous holy scriptures, and in the Quran itself too. (The same is said about Surah Faatiha as well.)

## Surah Alaq

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
إِقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ 1  
خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ 2  
إِقْرَأْ وَرَبُّكَ الْأَكْرَمُ 3  
الَّذِي عَلَّمَ بِالْقَلَمِ 4  
عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Iqra bi-ismi rabbika allazee khalaq  
2 Khalaqal-insana min 'Aalaq  
3 Iqra warabbuka al-akram  
4 Allazee 'Aallama bilqalam  
5 'Aallama al-insana ma lamyaa'Alam

### Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 Read with the name of your Lord who created (everything),  
2 He created man from a clot of blood.  
3 Read, and your Lord is the most gracious,  
4 who imparted knowledge by means of the pen.  
5 He taught man what he did not know.

### Notable Information

Revealed in the cave of Hira of Mecca, Surah Alaq is the 96th Surah of the Holy Quran, but the very first to be revealed. Its first five verses are the first Quranic revelation. 'Alaq' means 'clotted blood'. The Prophet (ﷺ) started his Salah with this Surah in front of Kaaba. Abu Jahl threatened him to stop and then the remaining 19 verses came down.

## Surah At-Tin

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
وَالْتَيْنِ وَالزَّيْتُونِ 1  
وَطُورِ سَيْنِينَ 2  
وَهَذَا الْبَلَدِ الْأَمِينِ 3  
لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ 4  
ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ 5  
إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ فَلَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ 6  
فَمَا يُكَذِّبُكَ بَعْدُ بِالذِّينِ 7  
أَلَيْسَ اللَّهُ بِأَحْكَمَ الْحَاكِمِينَ 8

### Transliteration

- 0 Bismillaahir Rahmaanir Raheem  
1 Watteeni wazzaytoon  
2 Watoori seeneen  
3 Wahazalbaladil ameen  
4 Laqad khalaqnal-insana fee ahsanitaqweem  
5 Thumma radadnahu asfala safileen  
6 Illa allazeena amanoowa Aamiloossalihati  
falahum ajrun ghayrumamnoon  
7 Fama yukazzibuka baAAadu biddeen  
8 Alaysallahu bi-ahkami alhakimeen

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 I swear by the Tin (Fig) and the Zaitun.  
2 and by the mount of Sinai,  
3 and by this peaceful city (Mecca),  
4 We have created man in the best composition,  
5 then We turned him into the lowest of the low,  
6 except those who believed and did righteous deeds,  
because for them there is a reward never-ending.  
7 So, what can make you, after all this, to deny the  
Requital?  
8 Is Allah not the Greatest Ruler of all the rulers?

### Notable Information

Revealed in Mecca, Surah At-Tin is the 95th Surah of the Quran. 'At-Tin' means fig. The Surah starts with swearing by fig, Zaitun, Mount Sinai and the holy city of Mecca. Figs and Zaitun were quite important back then as edibles and for propelling the economy in the Holy Land. Mount Sinai is related to Moses or Musa (PBUH) and the city of Mecca relates to Abraham or Ibrahim (PBUH) and Ishmael or Ismail (PBUH), as well as being the birth place of Muhammad (ﷺ).

## Surah Al-Asr

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0

وَالْعَصْرِ 1

إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ 2

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَّصُوا بِالحَقِّ وَتَوَّصُوا بِالصَّبْرِ 3

### Transliteration

- 0 Bismillaahir Rahmanir Raheem
- 1 Wal 'asr
- 2 Inna al-insana lafee khusr
- 3 Illalazeena amanoo wa'Aamiloossalihati
- 4 watawasaw bilhaqqi  
watawasaw bissabr

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.
- 1 (I swear) by the Time,
- 2 man is in a state of loss indeed,
- 3 except those who believed and did righteous deeds, and exhorted each other to follow truth, and exhorted each other to observe patience.

### Notable Information

Revealed in Mecca, Surah Asr is the 103rd Surah of the Quran. Swearing by time, Allah says that the humankind is in loss, and only those are not in loss who comply with four things- belief in God, good deeds, advising truth and asking to be patient.

## Surah Al-Qadr

- بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 0  
إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ 1  
وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ 2  
لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ 3  
تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ 4  
سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ 5

### Transliteration

- 0 Bismillaahir Rahmanir Raheem  
1 Inna anzalnahu fee laylatialqadr  
2 Wama adraka ma laylatualqadr  
3 Laylatulqadri khayrummin alfi shahr  
4 Tanazzalulmala-ikatu warroohu feeha bi-izni  
rabbihim min kulli amr  
5 Salamun hiya hatta matla'ilfajr

## Translation

- 0 In the name of Allah, Most Gracious, Most Merciful.  
1 We have sent it (the Quran) down in the Night of Qadr.  
2 And what may let you know what the Night of Qadr is?  
3 The Night of Qadr is much better than one thousand months.  
4 The angels and the Spirit descend in it, with the leave of your Lord, along with every command.  
5 Peace it is till the debut of dawn.

### Notable Information

Revealed in Mecca, Surah Al-Qadr is the 97th Surah of the Quran. It means 'power'. The night is called Lailatul Qadr or the Night of Decree. Once the Prophet (ﷺ) was describing of an Israelite warrior who kept on fighting in the way of God for thousand months relentlessly. The Sahabas were surprised to hear that. The Surah came down regarding that, ensuring that worshipping in this night can give you deeds worth thousand months.



## Ayatul Kursi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُ لَا إِلَهَ إِلَّا هُوَ، الْحَيُّ الْقَيُّومُ، لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ، لَهُ مَا فِي  
السَّمَوَاتِ وَمَا فِي الْأَرْضِ، مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ، يَعْلَمُ مَا  
بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ، وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ، وَسِعَ  
كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ، وَلَا يَئُودُهُ حِفْظُهُمَا، وَهُوَ الْعَلِيُّ الْعَظِيمُ

### Transliteration

Bismillaahir Rahmaanir Raheem

Allahu laaa ilaaha illaa Huwal Haiyul Qaiyoom; Laa  
taakhuzhoo sinatuw wa laa nawm; Lahoo maa  
fissamaawaati wa maa fil ard; Man zal lazee yashfa'u  
indahooo illaa bi-iznih; Ya'lamu maa baina aydeehim wa  
maa khalfahum Wa laa yuheetoona bishai'im min  
'ilmihee illaa bimaa Wasi'a Kursiyyuhus samaawaati wal  
ard Wa laa Ya'ooduhoo hifzuhumaa; Wa Huwal Aliyyul  
'Azeem

## Translation

In the name of Allah, Most Gracious, Most Merciful.

Allah- There is no god but He, the Living, the  
All-Sustaining. Neither dozing overtakes Him nor sleep.  
To Him belongs all that is in the heavens and all that is  
on the earth. Who can intercede with Him without His  
permission? He knows what is before them and what is  
behind them; while they encompass nothing of His  
knowledge, except what He wills. His Kursiyy (Chair)  
extends to the Heavens and to the Earth, and it does  
not weary Him to look after them. He is the All-High, the  
Supreme.

### Notable Information

Ayatul Kursi or the Throne Verse is the 255th verse of the  
Quran. Hadith says the this verse is the most honorable  
verse ever revealed. He who recites it after every Fard  
prayer will go straight to paradise after death.

## AFTERWORD

### Editor's Word

After 'Iman' (faith), the most important worship is Salat (Namaz). Hence, we all should try our best to perform this worship as accurately and perfectly as possible. There are two aspects to Salat- external and internal. We can compare this with body and soul. None of them are less important for the perfection of prayer. External means standing, Ruku, Sijdah, sitting, etc. in the Sunnah way, and internal means performing Salat with great concentration and meditation. Just as the body is of no value without the soul, so is the state of prayer without meditation. Therefore, in addition to performing the prayer in the Sunnah way, it should be performed with maximum meditation, knowledge, and attention. And this book has been written keeping this purpose in mind. In order to create concentration in prayer, the Leader of Ummah Ulamaye Keram has presented some ways to us in light of Quran-Hadith and experience.

The first and most important thing is that whatever a person recites in his prayers, such as Surah Qirat, Dua Darud, Tasbeeh, etc., he should recite every word with great care. In this book, these are mentioned with Tarjama very fluently and simply.

Secondly, in a hadith, The Messenger (PBUH) said, worship as if you could see Allah; If you can't see Him, then surely, He is seeing you (Sahih Bukhari). That is, the praying person should keep in mind that I am standing in front of Allah Rabbul 'Alamin, the owner of the entire universe, He is

observing everything about me, I will perform this prayer as beautifully as possible, and I will show it to my Lord.

Thirdly, the praying person should think that this may be the last prayer of his life. I will perform this prayer with the same care that a man prays when facing death.

Fourthly, remember this hadith at the beginning of the prayer - "Surely the first act of a servant on the Day of Resurrection will be reckoned with is his Salat. So if it is correct, then he will be saved. And if the Salat is spoiled, then he will fail. He will suffer." (Abu Dawud, Ibn Majah, Tirmidhi) A person who can account for his prayer correctly, all other accounts will be easy for him.

Fifthly, when praying in congregation, listen to the Imam's recitation with great attention and meditation. Point to be noted, in case of men, praying in congregation instead of praying alone must be given more importance.

Sixthly, when praying alone, pronounce in such a way that it can be heard in one's own ears. By doing this, the focus is on prayer.

Seventhly, during the prayer, keep your gaze restricted by observing where it is prescribed to gaze. For example, in the place of Sijdah while standing, on the front of the feet while in Ruku, etc.

I hope this book will be useful for everyone, In Shaa Allah. May Allah Rabbul 'Alameen accept all the hard work involved in this book. Ameen.

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পাঁচ ওয়াক্ত নামাজ আদায় করা প্রত্যেক মুসলিমের জন্য ফরজ। নামাজ আদায় করতে গিয়ে অধিকাংশ অনারব ব্যক্তিকে বিশেষ যে সমস্যাটির মুখোমুখি হতে হয়, সেটি হলো মাতৃভাষা বা জানা-ভাষা বাদ দিয়ে আরবিতে বিভিন্ন দোয়া ও আয়াত তিলাওয়াত করা, যার বেশিরভাগের অর্থ আসলে অজানাই থেকে যায়। এ বইয়ের মাধ্যমে আমরা যে কাজটুকু করতে চেষ্টা করেছি তা হলো- আজান, ওজু, নামাজের নিয়মাবলিসহ নামাজে সবচেয়ে বেশি যে আরবি পাঠগুলো তিলাওয়াত বা উচ্চারণ করা হয় সেগুলোর সঠিক উচ্চারণ ও অর্থ জানানো, যেন এরপর নামাজে দাঁড়ালে অর্থগুলো মনে পড়ে যায়- হোক সেটা কোনো সূরা, কিংবা কোনো দোয়া এবং এ কাজটি এখানে আপনি আরবির পাশাপাশি ইংরেজি ও বাংলা দু' ভাষাতেই পাবেন। আশা করছি, আল্লাহর রহমতে বইটি আপনার উপকারেই আসবে।

**It is obligatory for every Muslim to pray five times a day. And most non-Arabs face the obvious problem doing that- they do not understand the meaning of the recited verses or prayers, as Arabic is not their mother tongue. In this book, we have tried to bridge this gap, mentioning all the prayers and necessary verses for Salah with their proper translation and transliteration in Bangla and English. This will help people understand the recitations during Salah. We hope that this book will facilitate you by Allah's Grace.**