



ISLAMIC LIFE &
EDUCATION
— ONLINE ISLAMIC ACADEMY —

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Namaz Lesson for Girls

Namaz For Women — A Step-by-Step Illustrated Guide to Salaah



Fig 1



Stand Up for Namaz

Start From Here



- 1 Purity:** Make Wudhu, or Ghusl if it is required.
- 2 Cleanliness:** Your body, clothes and place of prayer must be clean.
- 3 Satr:** Cover the whole body except the face, the hands and the feet.
- 4 Qiblah:** Face the Qiblah (the direction of the Ka'bah in Makkah).
- 5 Niyyah:** Make the intention in your heart for the Salaah you are about to pray.
- 6 Eyes:** Keep your eyes on the place of Sajdah throughout the prayer, unless told otherwise.
- 7 Feet:** Stand with your feet together, toes pointing towards the Qiblah.

Fig 2



TAKBEER-E-TAHREEMA

Instructions:

Raise both hands **up to the shoulders**, fingers together and palms facing the Qiblah. While raising them, say the Takbeer. Keep your eyes on the place of Sajdah.

اللَّهُ أَكْبَرُ

Takbeer

Translation:

Allah is the Greatest.

Fig 3



QIYAAM

Fold your hands **on the chest**: place the right palm over the back of the left hand, with the fingers and thumb kept together. **Do not** grip the wrist as men do. Now recite the Thana quietly.

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ

Sanaa

Glory be to You, O Allah, and all praise is Yours. Blessed is Your Name,

وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

and exalted is Your Majesty. There is none worthy of worship except You.



QIYAAM

Remain standing and recite the **Ta'awwuz** and the **Tasmiyah** quietly.

Recitation:

○ أَعُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

Ta'awwuz

I seek refuge in Allah from Shaitan, the rejected.

○ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

Tasmiyah

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

— ♦ ♦ ♦ —
Now recite Surah Al-Fatihah.



SURAH AL-FATIHAH

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۝ الرَّحْمٰنِ الرَّحِيْمِ ۝

All praise is for Allah, Lord of all the worlds. The Most Gracious, the Most Merciful.

مَلِكِ يَوْمِ الدِّيْنِ ۝ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝

Master of the Day of Judgement. You alone we worship, and You alone we ask for help.

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۝ صِرَاطَ الَّذِيْنَ اَنْعَمْتَ

Guide us to the Straight Path, the path of those whom You have blessed,

عَلَيْهِمْ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلَا الضَّالِّيْنَ ۝ اَمِيْنُ

not of those who earned Your anger, nor of those who went astray. Aameen.



QIYAAM

After Al-Fatihah, recite any Surah, or at least **three short verses or one long verse**.

Note 1: In Sunnah and Nafil prayers, a Surah is added after Al-Fatihah in every Rak'ah. In Fard prayers, it is added only in the first two Rak'ahs; in the third and fourth, recite Al-Fatihah only.

Note 2: Recite the Surahs in the order of the Qur'an: the Surah in the second Rak'ah should come after the one in the first.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

Al-Ikhlās

Say: He is Allah, the One. Allah, the Eternal, Absolute.

لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

He has no children, nor was He born, and there is none equal to Him.

Fig 4



RUKU

Instructions:

Say the Takbeer and bow down **only a little**, just enough for your fingertips to reach your knees. Keep the fingers together, the **knees slightly bent** and the elbows close to your sides. Your back does not need to be straight like a man's. Look towards your toes.

اللَّهُ أَكْبَرُ

Takbeer

Allah is the Greatest.

In Ruku, recite three times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Tasbeeh

Glory be to my Lord, the Most Great.

Fig 5



QAUMAH

Instructions:

Rise from Ruku and stand upright, with your arms straight by your sides (Fig 5). Say the **Tasmee'** while rising, and the **Tahmeed** once you are standing.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Tasmee'

Allah hears the one who praises Him.

رَبَّنَا لَكَ الْحَمْدُ

Tahmeed

Our Lord, all praise is Yours.

Then say the Takbeer and go down for Sajdah:

اللَّهُ أَكْبَرُ

Allah is the Greatest.

Fig 6

SAJDAH

Instructions:

Go down in this order: first the **knees**, then the **palms**, then the **nose**, and last the **forehead**. A woman makes her Sajdah **compact and close to the ground**: keep the arms, elbows and stomach close to the body and the thighs, and the arms resting on the ground. Bring both feet out to the right side, toes towards the Qiblah. Look towards your nose.



Recite three times:

سُبْحَانَ رَبِّيَ الْأَعْلَى

Tasbeeh

Glory be to my Lord, the Most High.

Fig 7



JALSA & SECOND SAJDAH

Say the Takbeer and rise from Sajdah, lifting the **forehead** first, then the **nose**, then the **hands**. Sit upright (**Jalsa**) resting on the floor, with **both feet out to the right**. Place your hands on your thighs, not on the knees, and look at your lap.

Pause for a moment, then say the Takbeer and make the **second Sajdah** in the same way, reciting the Tasbeeh three times.

اللَّهُ أَكْبَرُ

Takbeer

Allah is the Greatest.

سُبْحَانَ رَبِّيَ الْأَعْلَى

Tasbeeh

Glory be to my Lord, the Most High.

QA'DAH

After the second Sajdah, say the Takbeer and stand up for the next Rak'ah.

This completes one Rak'ah. Pray the second Rak'ah in the same way, but do not recite the Thana or the Ta'awwuz; begin with the Tasmiyah.

Tashahhud: After the second Sajdah of the second Rak'ah, stay seated (Qa'dah) as in the picture and recite quietly:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ

Tashahhud

All greetings, prayers and good deeds are for Allah. Peace be upon you,

أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ

الصَّالِحِينَ

O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah.

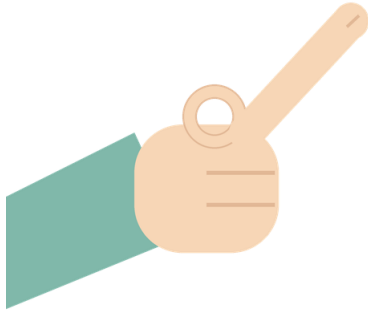


TASHAHHUD

Instructions:

When you reach the words “**Ash-hadu al-laa**”, make a ring with the thumb and middle finger of the right hand and **raise the index finger** towards the Qiblah. Lower it again at “**illallaah**”.

In a three-Rak’ah prayer (**Maghrib**) or a four-Rak’ah prayer (**Zuhr, Asr, Isha**), stand up after the Tashahhud for the remaining Rak’ahs.



أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Shahadah

I bear witness that there is no god but Allah,

وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

and I bear witness that Muhammad is His servant and His Messenger.

DUROOD-E-IBRAHEEM

In the last sitting, after the Tashahhud, recite the Durood:

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

Durood

آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ○

O Allah, send Your mercy upon Muhammad and the family of Muhammad, as You sent Your mercy upon Ibraheem and the family of Ibraheem. Indeed, You are Praiseworthy, Most Glorious.

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ

إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ○

O Allah, send Your blessings upon Muhammad and the family of Muhammad, as You sent Your blessings upon Ibraheem and the family of Ibraheem. Indeed, You are Praiseworthy, Most Glorious.



DUA

After the Durood, recite a Dua such as:



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءُ ۝

Dua

My Lord, make me steadfast in prayer, and my children too. Our Lord, accept my prayer.

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝

Our Lord, forgive me, my parents and all the believers on the Day when the Reckoning takes place.

Fig 8

SALAAM

End the prayer by turning your face **first to the right** and **then to the left**, saying the Salaam each time.

1. Turn to the Right

اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Peace be upon you and the mercy of Allah.



2. Turn to the Left

اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Peace be upon you and the mercy of Allah.



THE END



— ✦ ◆ ✦ —

- Basic Noorani Qaida
- Quran Reading with Rules of Tajweed (with Namaz, Kalimas, Duas, etc.)
- Quran Memorization (10 years to 70 years)
- Basic to Advanced Rules of Tajweed
- Islamic Studies (Hadith, Fiqh, Seerat-un-Nabi (ﷺ), Islamic History)
- Languages (Arabic & Urdu Grammar Classes)
- Quran Translation Classes (Quran Tafseer in Urdu & English)
- Basic Teaching of Islam for Kids



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