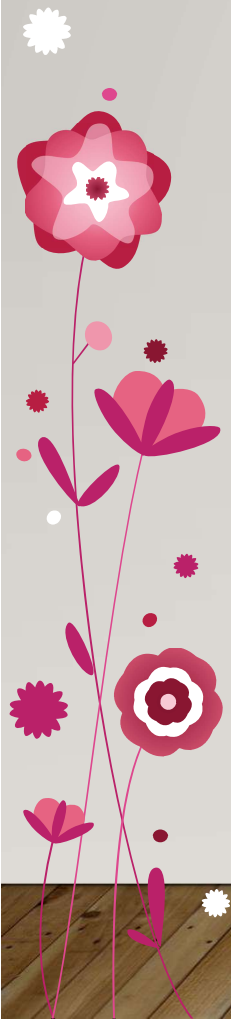


LEARNING TO PRAY DHUHR NAMAZ

FOR BEGINNERS

AGES (5YRS ONWARDS)



INFORMATION ABOUT DHUHR NAMAZ

Dhuhr namaz is one of the five wajib/obligatory prayers that must be performed everyday.

Dhuhr namaz is made up of FOUR Raka'ats or units.

It must be performed at noon and before sunset.

If the namaz is not performed at the given times, Qadha namaz must be performed later on.

Let's begin our prayer!



GETTING READY TO PRAY



Stand up straight on your prayer mat.



Keep your eyes on the sajdigah.



Hands placed by your side or in front of you.



Leave a small gap between your feet.



FIRST RAKA'A/UNIT

Let's say the
niyyah.

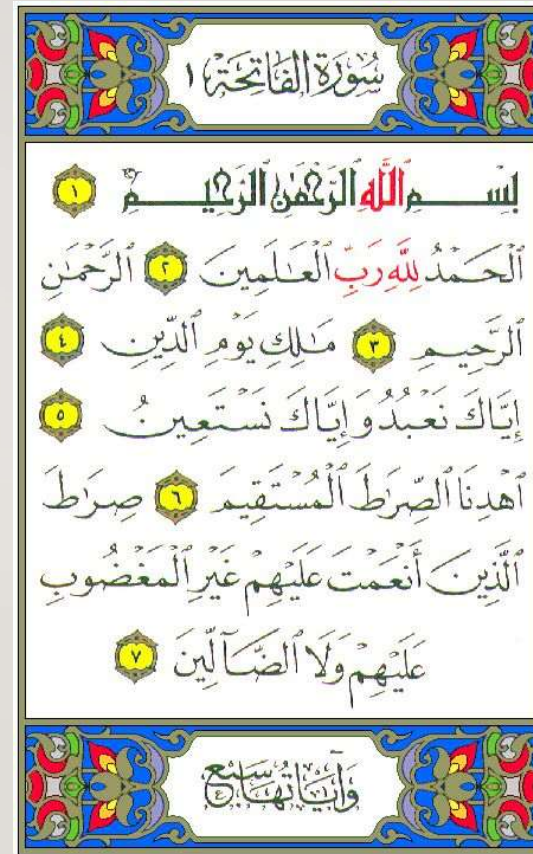
I pray Dhuhr
namaz Qurbatan
ilal-lah

Bring your hands
up and then say
Allahu Akbar

Bring your hands
down.



SURATUL FATIHA/ AL HAMD



SURATUL
IKHLAS/TAWHEED

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ۝
اللَّهُ الصَّمَدُ ۝
لَمْ يَكِلْ وَلَمْ يُولَدْ ۝
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝



RUKU

- Keep your legs straight.
- Don't bend your knees.
- Place your hands on your knees.
- Keep your back straight.
- Keep your eyes between your big toes.
- And do not move, stay still and say
- SubhanAllah, SubhanAllah, SubhanAllah





STAND UP STRAIGHT
IN QIYAAM POSITION



BRING YOUR HANDS
UP AND THEN SAY
ALLAHU AKBAR



BRING YOUR HANDS
DOWN,



AND THEN SLOWLY
GO DOWN
TOWARDS SUJOOD



HANDS FIRST THEN
YOUR KNEES SHOULD
TOUCH THE FLOOR.



SUJOOD

FIRST SAJDAH

- Place your forehead on the sajdigah.
- Hands should be placed next to your head.
- Toes are placed in the correct positin.
- And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP BETWEEN THE SUJOOD (JULOOS)

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- Bring your hands up and then say Allahu Akbar, bring them down.
- And go down again in to sujood.



SUJOOD

SECOND SAJDAH

- Place your forehead on the sajdigah.
- Hands should be placed next to your head.
- Toes are placed in the correct positin.
- And then say: SubhanAllah, SubhanAllah, SubhanAllah





SIT UP STRAIGHT IN
JULOOS POSITION



PLACE YOUR
HANDS ON YOUR
KNEES



SAY ALLAHU AKBAR



AND THEN STAND
UP STRAIGHT IN
QIYAAM POSITION

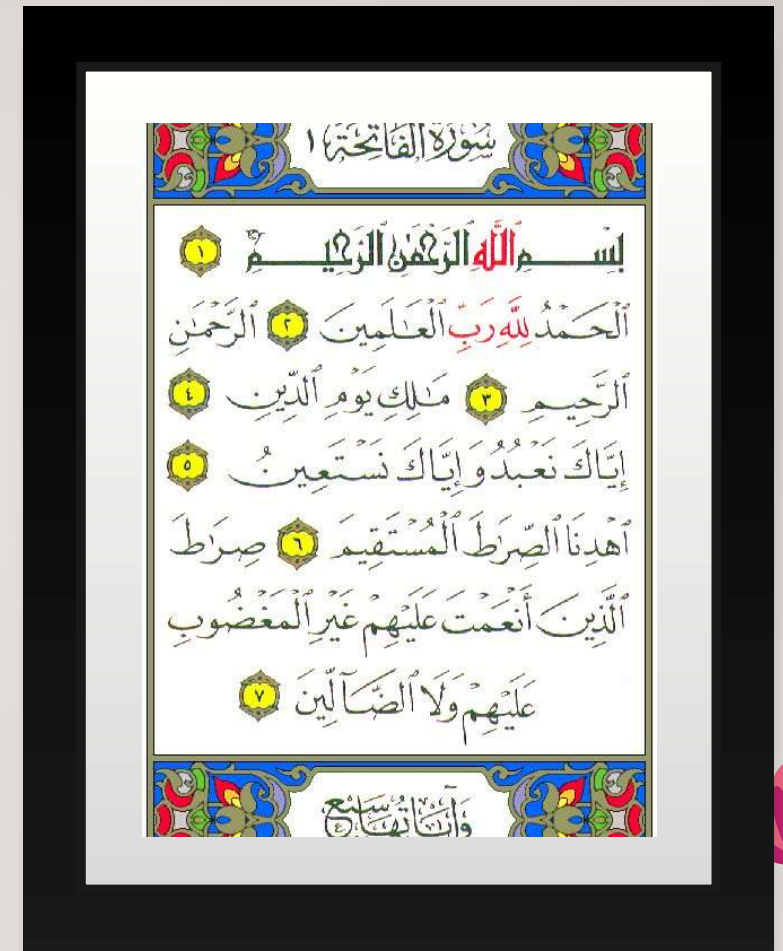


HANDS PLACED IN
FRONT OF YOU OR
BY YOUR SIDE



SECOND RAKA'A/UNIT

Suratul Fatiha/ al-Hamd



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ
فَصَلِّ لِرَبِّكَ وَأَنْحَرْ
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

SURATUL
KAWTHAR



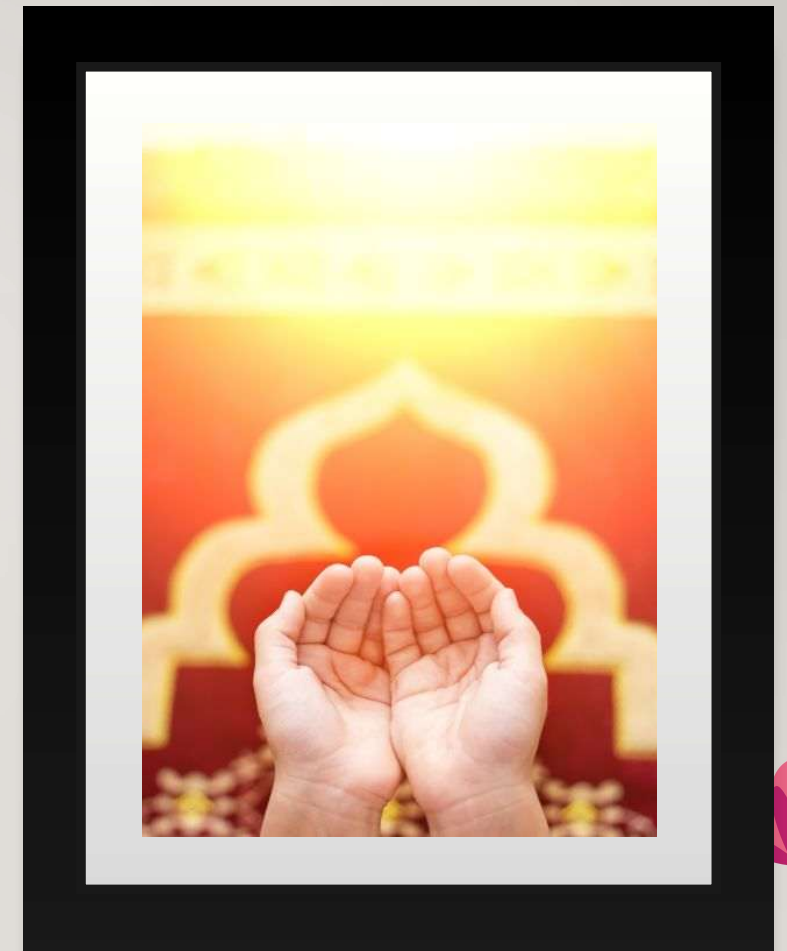
QUNOOT (MAKING DUA)

Now raise your hands in dua position and say salawat.

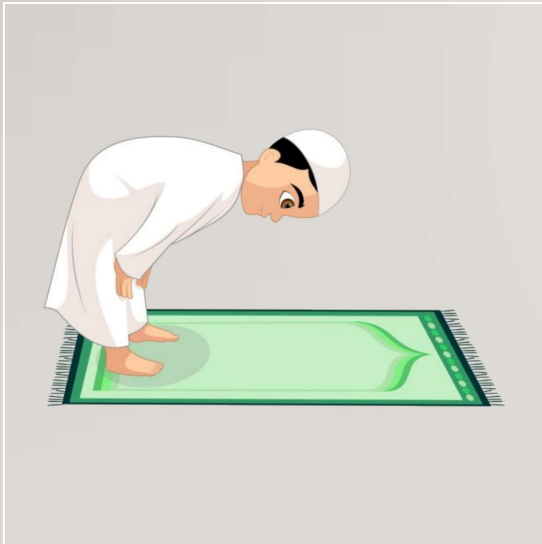
Allah humma salli aala Muhammadin wa aali Muhammad.

Bring your hands down

Say Allahu akbar and go down to ruku'



RUKU



Keep your legs straight.

Don't bend your knees.

Place your hands on your knees.

Keep your back straight.

Keep your eyes between your big toes.

And do not move, stay still and say

SubhanAllah, SubhanAllah, SubhanAllah





STAND UP STRAIGHT
IN QIYAAM POSITION



BRING YOUR HANDS
UP AND THEN SAY
ALLAHU AKBAR



BRING YOUR HANDS
DOWN,



AND THEN SLOWLY
GO DOWN
TOWARDS SUJOOD



HANDS FIRST THEN
YOUR KNEES SHOULD
TOUCH THE FLOOR.



SUJOOD

FIRST SAJDAH

- Place your forehead on the sajdigah.
- Hands should be placed next to your head.
- Toes are placed in the correct positin.
- And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP BETWEEN THE SUJOOD (JULOOS)

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- Bring your hands up and then say Allahu Akbar, bring them down.
- And go down again in to sujood.



SUJOOD

SECOND SAJDAH

1. Place your forehead on the sajdigah.
2. Hands should be placed next to your head.
3. Toes are placed in the correct positin.
4. And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP AFTER THE SECOND SAJDAH

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- And now we are going to read tasha-hud.



TASHA-HUD

- Ash-hadu alla ilaha illallah
- Wahdahu la shareeka lah
- Wa ash hadu anna Muhammadan abduhu
- Wa rasuloh
- Allah humma salli ala Muhammadin wa aali Muhammad

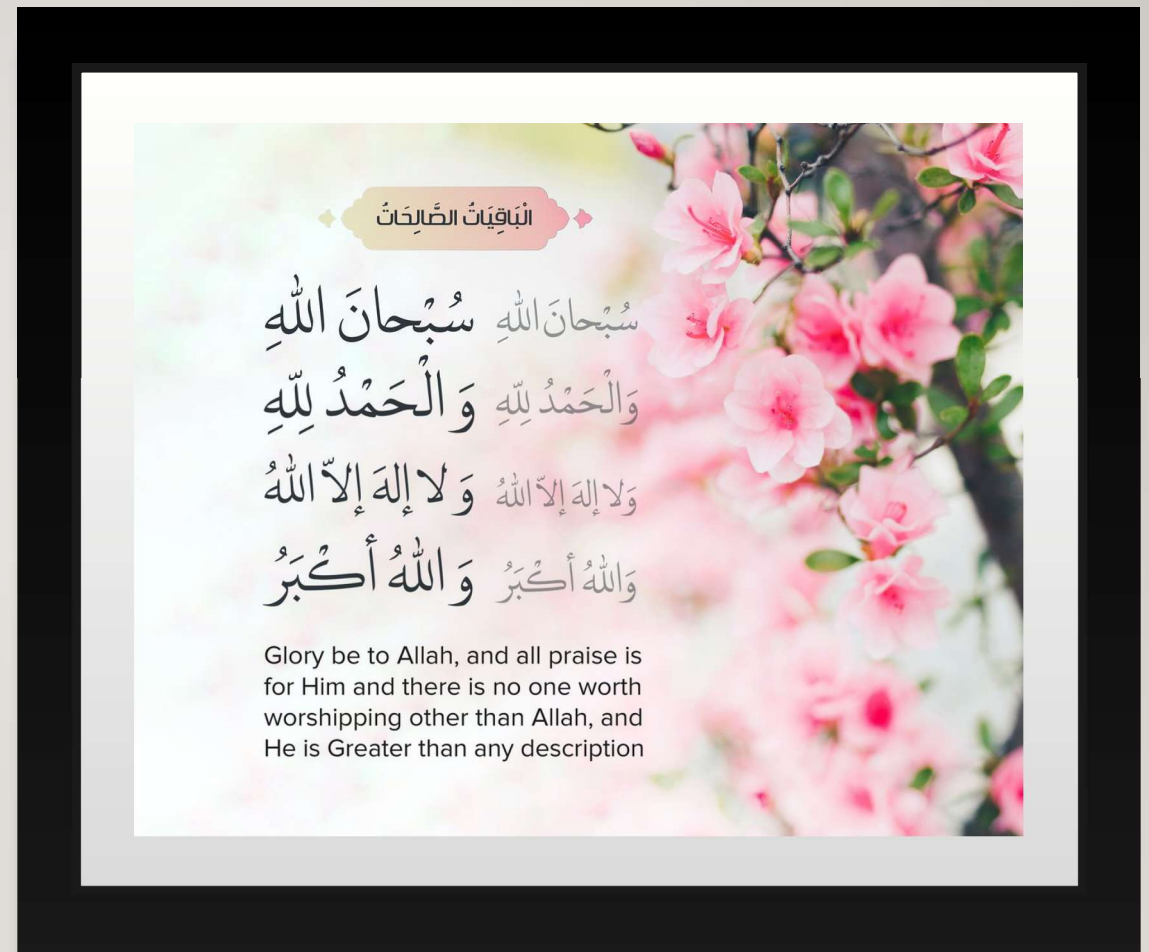
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ



THIRD RAKA'A/UN IT

TASBIHAAT AL ARBA'A

- Transliteration:
- SubhanAllah
- wal Hamdu lillah
- Wala ilaha illallah
- Wallahu Akbar
- This to be repeated 3 times.



RUKU

- Keep your legs straight.
- Don't bend your knees.
- Place your hands on your knees.
- Keep your back straight.
- Keep your eyes between your big toes.
- And do not move, stay still and say
- SubhanAllah, SubhanAllah, SubhanAllah





STAND UP STRAIGHT
IN QIYAAM POSITION



BRING YOUR HANDS
UP AND THEN SAY
ALLAHU AKBAR



BRING YOUR HANDS
DOWN,



AND THEN SLOWLY
GO DOWN
TOWARDS SUJOOD



HANDS FIRST THEN
YOUR KNEES SHOULD
TOUCH THE FLOOR.



SUJOOD

FIRST SAJDAH

- Place your forehead on the sajdigah.
- Hands should be placed next to your head.
- Toes are placed in the correct position.
- And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP BETWEEN THE SUJOOD (JULOOS)

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- Bring your hands up and then say Allahu Akbar, bring them down.
- And go down again in to sujood.



SUJOOD

SECOND SAJDAH

1. Place your forehead on the sajdigah.
2. Hands should be placed next to your head.
3. Toes are placed in the correct positin.
4. And then say: SubhanAllah, SubhanAllah, SubhanAllah





SIT UP STRAIGHT IN
JULOOS POSITION



PLACE YOUR
HANDS ON YOUR
KNEES



SAY ALLAHU AKBAR



AND THEN STAND
UP STRAIGHT IN
QIYAAM POSITION



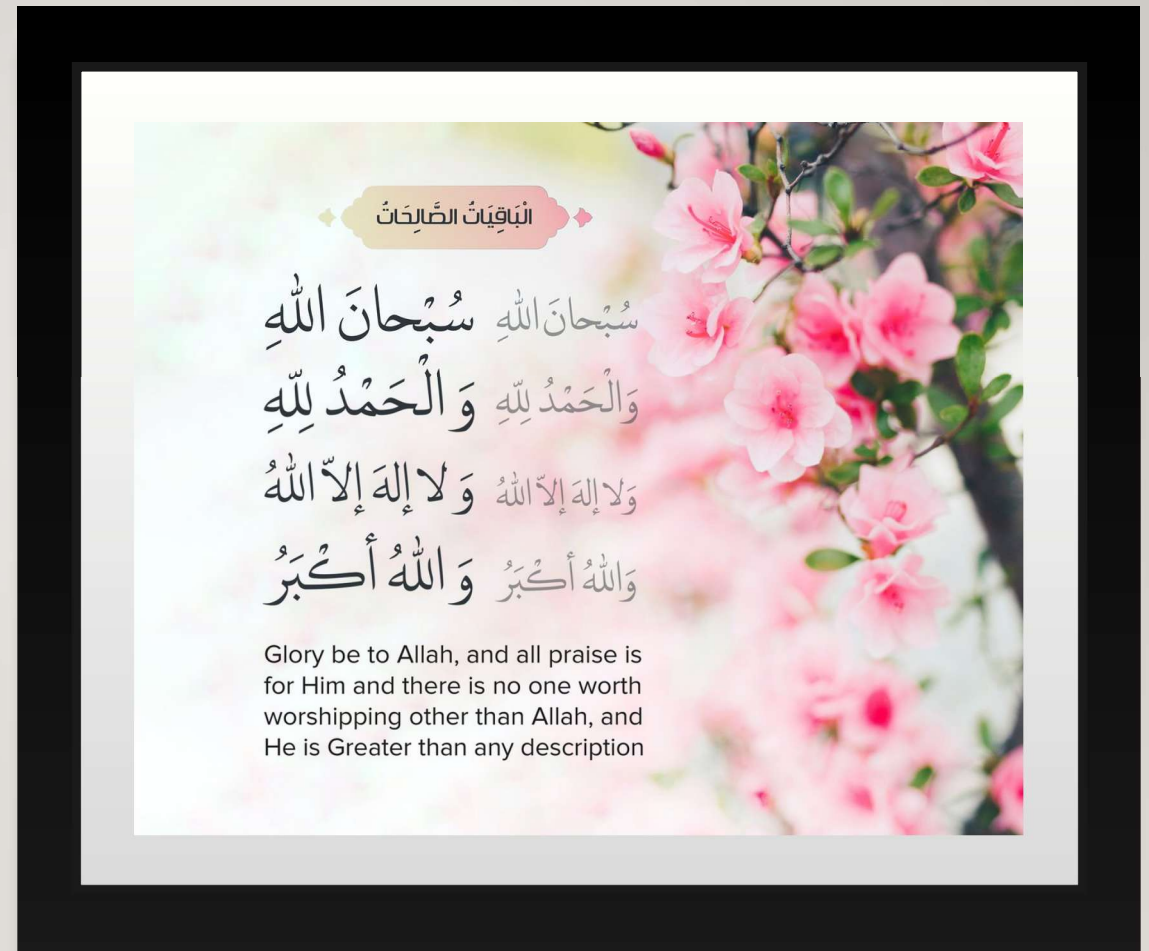
HANDS PLACED IN
FRONT OF YOU OR
BY YOUR SIDE



FOURTH RAKA'A/UN IT

TASBIHAAT AL ARBA'A

- Transliteration:
- SubhanAllah
- wal Hamdu lillah
- Wala ilaha illallah
- Wallahu Akbar
- This to be repeated 3 times.



RUKU

- Keep your legs straight.
- Don't bend your knees.
- Place your hands on your knees.
- Keep your back straight.
- Keep your eyes between your big toes.
- And do not move, stay still and say
- SubhanAllah, SubhanAllah, SubhanAllah





STAND UP STRAIGHT
IN QIYAAM POSITION



BRING YOUR HANDS
UP AND THEN SAY
ALLAHU AKBAR



BRING YOUR HANDS
DOWN,



AND THEN SLOWLY
GO DOWN
TOWARDS SUJOOD



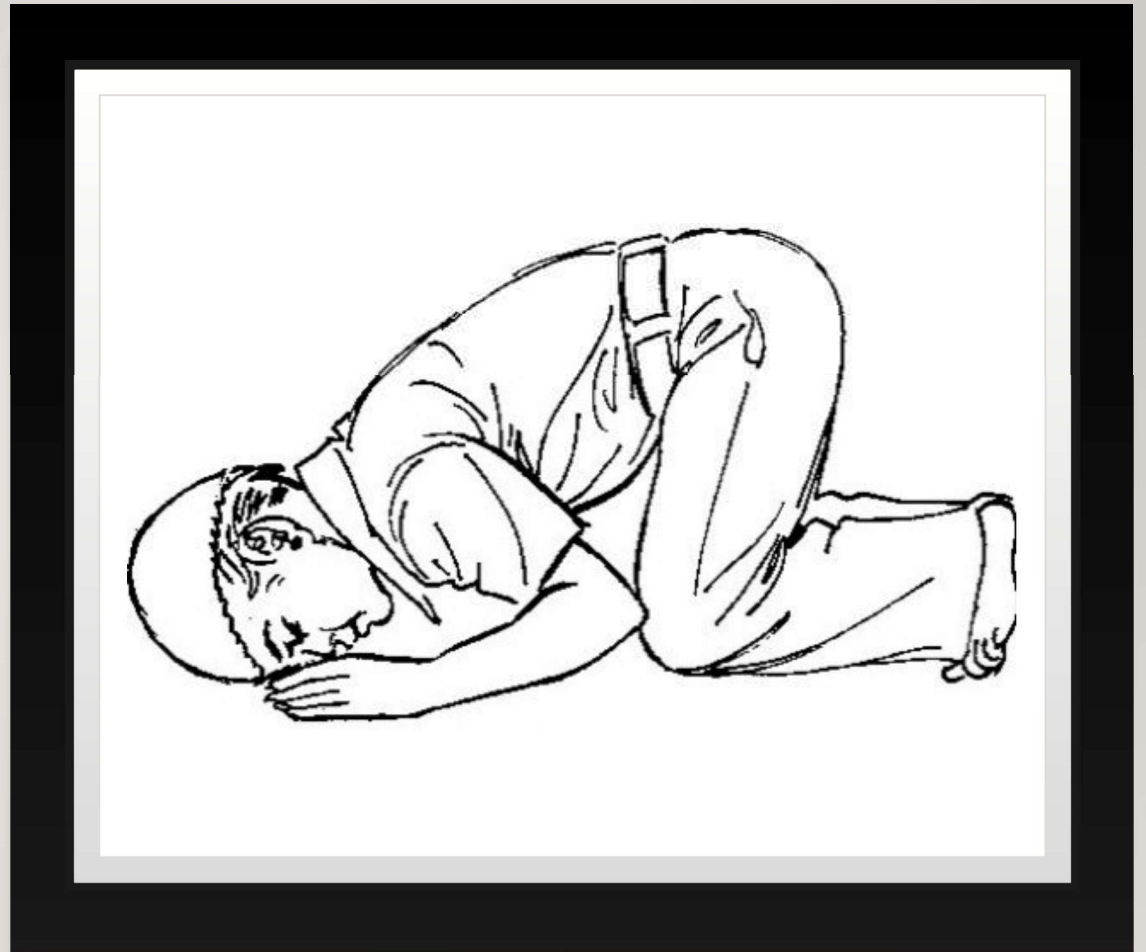
HANDS FIRST THEN
YOUR KNEES SHOULD
TOUCH THE FLOOR.



SUJOOD

FIRST SAJDAH

- Place your forehead on the sajdigah.
- Hands should be placed next to your head.
- Toes are placed in the correct position.
- And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP BETWEEN THE SUJOOD (JULOOS)

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- Bring your hands up and then say Allahu Akbar, bring them down.
- And go down again in to sujood.



SUJOOD

SECOND SAJDAH

1. Place your forehead on the sajdigah.
2. Hands should be placed next to your head.
3. Toes are placed in the correct positin.
4. And then say: SubhanAllah, SubhanAllah, SubhanAllah



SITTING UP AFTER THE SECOND SAJDAH

- Now sit up
- Place your hands on your knees
- Your eyes are on your knees.
- And now we are going to read tasha-hud and salam/tasleem.



TASHA-HUD

- Ash-hadu alla ilaha illallah
- Wahdahu la shareeka lah
- Wa ash hadu anna Muhammadan abduhu
- Wa rasuloh
- Allah humma salli ala Muhammadin wa aali Muhammad

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ



SALAM/TASLEEM

- Assalamu alaika
- Ayuhan-nabiu
- Wa rahmatul lahi
- Wa barakatuh
- Assalamu aalaina
- Wa aala ebadil-lahis saliheen
- Assalamu alaikum wa rahmatul- lahi wa barakatuh.

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ
السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ





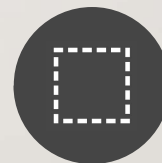
NOW SAY ALLAHU
AKBAR THREE
TIMES.



AND LETS READ
TASBIH OF BIBI
FATIMA (A.S.).



YOU CAN USE A
TASBIH OR COUNT
ON YOUR FINGERS.



ALLAHU AKBAR 34
TIMES.



ALHAMDULILLAH
33 TIMES.



SUBHANALLAH 33
TIMES.



SAJDAH-ASH-SHUKR

1. Place your forehead on the sajdigah.
2. Hands should be placed next to your head.
3. Toes are placed in the correct positin.
4. And then say: Shukran lillah, Shukran lillah, Shukran lillah



USEFUL LINKS

[Dua after namaz](#)

[Suratul Fatiha/AlHamd](#)

[Suratul Ikhlas/Tawheed](#)

[Suratul Kawthar](#)

[Suratul Ikhlas/Tawheed Story](#)

[Tafsir suratul Fatiha/ Al Hamd](#)

