

## Method of Performing 2 Rak'ah Salah for Women

<p>Stand upright facing the Qibla. Make the intention <i>'I intend to perform the Fajr prayer, with 2 Rakaat Fardh for the sake of Allah, I am facing the Holy Kaaba.</i> Intention need not be said out loud. Saying it in the heart is sufficient.</p>
<p>Raise hands to the shoulders with palms facing the Qibla say 'Allahu Akbar'.</p>
<p>Do the Qiyam by lowering the hands down and folding them on the chest. <i>This is done by placing the right palm on the back of the left palm.</i> Read the thana, read tasmiyah, recite Fatihah, recite another surah.</p>
<p>Say 'Allahu Akbar' and go into Ruku (bowing). In ruku fingers of both hands should be together and placed on the knees. <i>The arms should be well joined to the sides and the ankles of both the feet should be together. A woman should only bow to the extent that their hands reach the knees.</i> <i>Recite Subhana rabbiyyal adheem, three times.</i></p>
<p>Afterwards, stand up in Qawmah position while reciting the Tasbeeh: Sami Allahu liman hamidah Allahumma Rabbana Lakal Hamd</p>
<p>Then say 'Allahu Akbar' and go into Sajdah. <i>First the knees should touch the ground, thereafter the hands should be placed in line with the ears and the fingers should be close together. Then place head in between both the hands. Both the forehead and the nose should touch the ground. The fingers and toes should face the qibla but the feet should not be upright (Women are not required to place both feet standing on toes). They should be taken out towards the right side. The woman should draw herself closely together and press herself firmly while in Sajdah. The stomach should be joined to both the thighs, the arms should be joined to the sides and both arms should be placed on the ground.</i> In Sajdah recite 3 times: Subhaana Rabbiyal a'ala</p>
<p>Afterwards sit upright while saying 'Allahu Akbar'</p>
<p>Then saying Allahu Akbar, do the sajdah again and say Subhaana rabbiyal a'laa three times. Sit up saying Allahu Akbar. One full rak'ah is now complete.</p>
<p>Now, stand up straight while reciting 'Allahu Akbar' and fasten the hands like position 3. Recite Fatihah, Recite another surah.</p>
<p>Say 'Allahu Akbar' and go into Ruku (bowing). <i>Recite Subhana rabbiyyal adheem, three times.</i></p>
<p>Then, stand up in Qawmah position while reciting the Tasbeeh: Sami Allahu liman hamidah, Allahumma rabbanaa wa lakal hamd.</p>
<p>Then say 'Allahu Akbar' and go into Sajdah. In Sajdah, recite subhana rabbiyal a'laa, three times.</p>
<p>After the second Sajdah, go into Jalsah while saying 'Allahu Akbar'. <i>The woman should sit leaning on her left thigh and take out both her feet towards the right side. Both her hands should be on the thighs and fingers joined together.</i> While seated recite Tashahhud, Durood Shareef and Dua. <b>In tashahhud, when reciting the word "la ilaha", join the little finger and the ring finger and form a ring with the thumb and middle finger and raise the index finger towards the sky. Lower the index finger when you reach "illallahu".</b></p>
<p>As the last step do Tasleem. Turn your head to the right and say "As salamu 'alaykum wa rahmatullah." Then turn your head to the left and say "As salamu 'alaykum wa rahmatullah." 2 rak'at salah are now complete.</p>

## Method of Performing 2 Rak'ah Salah for Men

Stand upright facing the Qibla.

Make the intention *'I intend to perform the Fajr prayer, with 2 Rakaat Fardh for the sake of Allah, I am facing the Holy Kaaba. Intention need not be said out loud. Saying it in the heart is sufficient.*

Raise hands to the ears with palms facing the Qibla say 'Allahu Akbar'.

Do the Qiyam by lowering the hands down and folding them below the navel. *[The right hand is placed on the left hand's wrist clasped, with three fingers on the top (index finger and middle finger, and third finger), and the right hand's thumb and small finger below the left hand's wrist]*

Read the thana, read tasmiyah, recite Fatihah, recite another surah.

Say 'Allahu Akbar' and go into Ruku (bowing). In ruku fingers of both hands should be splayed and placed on the knees.. *A man should bow so that his back is parallel to the ground.*

*Recite Subhana rabiyyal adheem, three times.*

Afterwards, stand up in Qawmah position while reciting the tasbeeh: Sami Allahu liman hamidah Allahumma Rabbana Lakal Hamd

Then say 'Allahu Akbar' and go into Sajdah. *First the knees should touch the ground, thereafter the hands should be placed in line with the ears and the fingers should be close together. Then place head in between both the hands. Both the forehead and the nose should touch the ground. The fingers and toes should face the qibla with the feet being upright. Keep body open with stomach apart from the thighs and arms apart from the sides and elbows should not be on the ground.*

In Sajdah recite 3 times: Subhaana Rabbiyal a'ala

Afterwards go into sitting position (Jalsa) while saying 'Allahu Akbar'. *[Sit by keeping the right foot upright (with all the toes touching the floor) and sit by resting on the left foot.]*

Then saying Allahu Akbar, do the sajdah again and say Subhaana rabiyyal a'laa three times.

Sit up saying Allahu Akbar.

One full rak'ah is now complete.

Now, stand up straight while reciting 'Allahu Akbar' and fasten the hands like position 3.

Recite Fatihah,

Recite another surah.

Say 'Allahu Akbar' and go into Ruku (bowing). *Recite Subhana rabiyyal adheem, three times.*

Then, stand up in Qawmah position while reciting the Tasbeeh: Sami Allahu liman hamidah, Allahumma rabbanaa wa lakal hamd.

Then say 'Allahu Akbar' and go into Sajdah. In Sajdah, recite subhana rabiyyal a'laa, three times.

After the second Sajdah, go into Jalsah while saying 'Allahu Akbar'.

*[Sit by keeping the right foot upright (with all the toes touching the floor) and sit by resting on the left foot.]*

While seated recite Tashahhud, Durood Shareef and Dua.

**In tashahhud, when reciting the word "la ilaha", join the little finger and the ring finger and form a ring with the thumb and middle finger and raise the index finger towards the sky. Lower the index finger when you reach "illallahu".**

As the last step do Tasleem. Turn your head to the right and say "As salamu 'alaykum wa rahmatullah."

Then turn your head to the left and say "As salamu 'alaykum wa rahmatullah."

2 rak'at salah are now complete.