

Did you know that there are 52 Sunnats in Salaah?

1. To stand facing the Qibla in an upright position. The head should not be bent.
2. The toes should also be facing the Qibla.
3. The Takbeer-e-Tahreema (1st takbeer) of the Muqtadi (one following the Imam) should be said immediately after the Imam's Takbeer.
4. While saying the Takbeer-e-Tahreema both hands should be raised up to the ears.
5. While saying the Takbeer-e-Tahreema, the palms should face the Qibla.
6. The fingers should be kept normally i.e. neither too spaced out nor completely together.
7. When folding the hands the inner palm of the right hand should be placed over the palm of the left hand.
8. Males should form a ring around the wrist of the left hand by gripping it with the thumb and little finger.
9. Males should place the middle three fingers of the right hand over the forearm.
10. Males should fasten their hands below the navel.
11. Recitation of Thana.
12. After Thana, Ta'awwuz (ie a'oodhu billahi minash shaytauneer raujeem) is Sunnah in Qiraat.
13. After Ta'awwuz, the recitation of Tasmiyah (Bismillah) is Sunnah.
14. To say Ameen softly.
15. Recitation of Surahs (Sunnah Qira'at): From Surah Hujuraat(الحجرات) to Surah Inshiqaaq(الانشقاق) in Fajr and Zuhr. In Asr and Esha from Surah Buruj(البروج) to Surah Qadr(القدر) and in Maghrib from Surah Bayyinah (البيئنة) to Surah Naas.
16. Lengthen the first Rakaat of Fajr Salaah.
17. The Quraan should not be recited too fast, nor too slow, but at a medium pace.
18. Only Surah Faatiha should be read in the 3rd and 4th rakkats of the Fardh Namaazes.
19. To say Takbeer while proceeding for Ruku.
20. To grasp the knees firmly with the hands.
21. The males fingers should be spread out while grasping the knees.
22. The calves of the legs (i.e. the section from the ankles to the knees) should be kept straight.
23. The back should be kept straight.
24. The head and the lower back should be in a straight line.
25. Subhaana Rabiyyal Adhiem should be recited at least thrice.
26. For the Imam to say 'Sami Allahu Liman Hamida' and the Muqtadi to say 'Rabbanaa Lakal Hamd'. A Munfarid(person performing Salaah alone) should say both.
27. To say Takbeer while proceeding for Sajdah.
28. To place the knees, first on the ground when going into Sajdah.
29. Thereafter to place the palms on the ground.
30. Then to place the nose on the ground.
31. Thereafter to place the forehead on the ground.
32. To place the head between the hands.
33. Males should keep their stomachs away from their thighs.
34. To keep the arms separate from the sides.
35. To keep the elbows away from the ground.
36. To recite 'Subhana Rabiyyal Aa'laa' at least thrice.
37. To recite Takbeer when getting up from Sajdah.
38. When getting up from Sajdah first the forehead, then the nose, then the hands and thereafter the knees should be raised (the opposite of going into Sajdah) – and to sit with ease between the two Sajdahs {Jalsah}.
39. In Qaidah (sitting posture after Sajdahs) for males to keep their right foot upright and to let the left foot lie flat and to sit on it. The toes (of the right foot) should face Qiblah.
40. To place both hands on the thighs.
41. To raise the forefinger in Tashah-hud when reciting 'Ash hadu al-laailaaha' and to lower it when saying 'illallah'.
42. To recite Durood Shareef.
43. After Durood, to recite a Duaa from the Qur'aan or Hadeeth.
44. To make Salaam on both sides.
45. When making Salaam, to begin with the right.
46. For the Imam to make intention of Salaam to the Muqtadis, the Angels and the pious Jinn's.
47. For the Muqtadi to make intention of Salaam to the Imam, the Angels, the pious Jinn and the Mussalees on the right and left of him.
48. For a munfarid to only make intention of Salaam for the Angels.
49. For the Muqtadi to make Salaam at the same time with the Imam.
50. For the Imam to say the second Salaam in a softer tone than the first Salaam.
51. For a Masbooq (a person who has joined the Jamaat late) to wait for the Imam to complete the second Salaam before getting up to complete the missed Rakaats.
52. For Males to spread out the fingers in Ruku, and to keep the fingers completely closed while in Sajdah.

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