

THE 15 SUNNAH ACTS DURING SALAAH

01

Raising Both Hands And Fingers With The Palms Facing The Qiblah Up To The Earlobes For Men And Up To The Shoulders For Women Without Tilting The Head At The Time Of Reciting The Takbeer To Commence Salaah.



02

Placing the right hand over the left hand below the navel for men and on the chest for women during the standing posture of Salaah.



03

Keeping both feet spread from each other to the extent of four fingers during the standing posture of Salaah.



04

Reciting Thana' (Subhaanakallah-Hummaa-till the end), **Ta'awwuz** (Aaozoobillaahi Minashhay Thaanirrajeen), **Tasmiyah** (Bismillaahir Rahmanir Raheem), **Tahmeed** (Rabbana Lakal Hamd) after Ruku' and **Ameen** softly.



05

In the first two Rakaats of Fajr (whilst lengthening the first Rakaat of Fajr) **and Zuhr Salaah**, to recite any Surah from Surah Al-Hujuraat (49) to Surah Al-Burooj (85) (inclusive). **In the first two Rakaats of Asr and Isha Salaah**, to recite any Surah from Surah At-Taariq (86) to Surah Al-Bayyinah (98) (inclusive). **In the first two Rakaats of Maghrib Salaah**, to recite any Surah from Surah Zalzalah (99) to the last Surah of the Quran (114).



06

Reciting Surah Faatihah in the last two Rakaats of a four Rakaats Fardh Salaah.



07

Reciting the Takbeers in all the respective postures of Salaah, **Tasmee'** (Sami-Allahu- Liman- Hamidah) after Ruku' and **Salaam** (Assalaamu-Alaykum-Warahmatullah) at the end of Salaah loudly for the Imaam and softly for others.



08

In the Ruku' postures of Salaah, a man should grasp both knees with both hands whilst keeping the knees straight and the head and back at the same level. A woman should bend the knees and back slightly and place the hands on the knees.



09

Reciting the Tasbeehs in Ruku' (Subhaana Rabbiyal Azeem) and **Sajdah** (Subhaana Rabbiyal A'ala) thrice.



10

When going into Sajdah, place both knees, then both hands followed by placing the face between both hands with the fingers facing towards the Qiblah. When coming up from Sajdah, lift the face, then both hands followed by both knees.



11

In the Sajdah postures of Salaah, a man should keep his arms away from his sides above the ground and his stomach away from his thighs. A woman should contract herself and keep her stomach together with her thighs and her hands close to her sides on the ground.



12

In the sitting postures of Salaah, a man should place both hands on his thighs and sit on his left foot horizontally whilst raising his right foot vertically with his toes facing towards the Qiblah. A woman should sit on the ground with both her feet facing outwards.



13

Raising the right index finger when reciting "Ash-hadu-Allaah-Ilaaha-Ilallaah" when reciting the Tashhahhud.



14

Reciting Durood and then a Dua from Quran or Hadith after reciting Tashhahhud during the last sitting posture of Salaah.



15

Making Salaam by turning the face to the right and then to the left using the words "Assalaamu-Alaikum-Warahmatullah" on both sides.



If A Sunnah Act Is Not Observed During A Salaah, One Will Not Receive The Reward Of Observing A Sunnah Act In Salaah. However, The Salaah Performed Remains Valid.

(Ghunyatul Mutamalli 234/235 – Tahtaawi Ala Maraaqil Falaah 1/349-375)