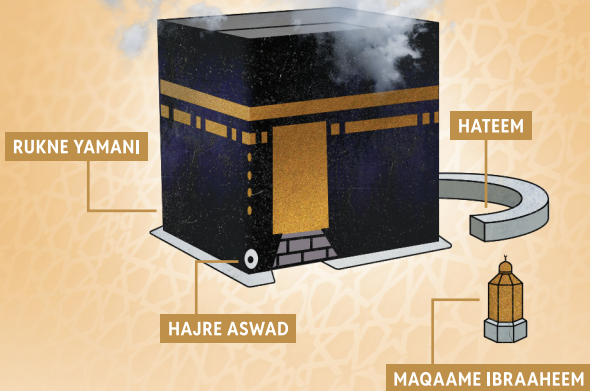


UMRAH GUIDE



UMRAH KA AASAAN TAREEQA



SALAF
ACADEMY

UMRAH KE ARKAAN



IHRAAM

TAWAAF

SA'I

HALAQ YA TAQSEER

(Baal katwana ya mundhwana)



IHRAAM

Ibaadat (Umrah) ki **niyyat** karna aur Ihraam ke kapde pahenna

Iski Sunnatain : **Ghusl** karna - Sir aur badan mein **khusbu** lagaana

NOTE: Ihraam ke kapde mein khushboo nahin lagana hain



IHRAAM KA KAPDA

Mardoun ke liye do safaid chaadar - ek izaar (lungi) aur doosri upari (qamees)



Aurat koi bhi libaas pahen sakti hain jo shari'at ke e'tibaar se manaa na ho



Lekin naqaab (nose piece) aur dastana (gloves) nahin pahen sakti, lekin gair mehrim mardoun ke saamne badi chaadar se apne chehre ka parda karegi



Agar Farz Namaaz ka waqt ho to Farz
Namaaz adaa kar le

Nahin to do rakat Tahiyyat Wudu ki
niyyat se padh le

NOTE: Ihraam ki koi khaas Namaaz nahin hain



Phir **niyyat kare** aur kahein “Labbaika
Umratan”

لَبَّيْكَ عُمرَة

Aur **Talbiyah** padhe

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ
لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ،
لَا شَرِيكَ لَكَ

Mard ke liye buland aawaaz se padhna behtar
hain, lekin **aurat** aawaaz buland na kare uske
liye aahista padhna behtar hain



Masjid Haram mein daakhil hote hue
pahle apna **daahina pair daakhil kare**
aur ye dua padhe

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ
عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ اغْفِرْ
لِي ذُنُوبِي، وَافْتَحْ لِي أَبْوَابَ
رَحْمَتِكَ، أَعُوذُ بِاللَّهِ الْعَظِيمِ،
وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ
الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ



Phir Khaanaye Ka'bah mein **Hajre Aswad** ki taraf jaaein aur wahan se **Tawaaf** start kare (Hajre Aswad ke saamne green light ki nishani hogi)

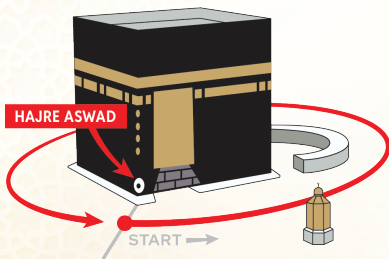


Mardoun ke liye Tawaaf ke
har chakkar mein **daahine
shoulder ko open rakhna**
Sunnat hain

Aur start ke 3 chakkar mein
Raml karna hain (qadmo ko
qareeb qareeb rakhte hue
jaldi jaldi chalna hain)



Tawaaf ke **7 chakkar** hain, Tawaaf **Hajre Aswad se start karna hain aur wahin aa kar khatam karna hain,** Ka'bah ki jaanib jo patthar ki deewar hain (hateem) uske andar se Tawaaf karna durust nahin kyun ke wo Ka'bah ka hi hissa hain



Agar bheed bhaad na ho to **Hajre Aswad** ko apne **haathon se chooey aur direct choomey,**

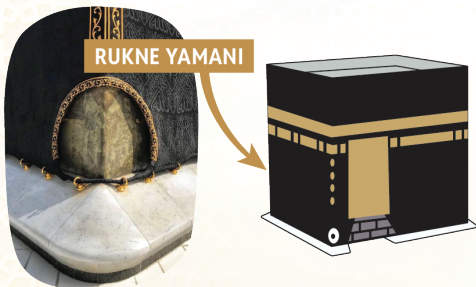
aur agar bheed bhaad ho to **haathon se chookar haathon ko hi choom le,**

aur agar aisa possible na ho to duur se Hajre Aswad ki taraf **haathon se ishara kare** aur “Allāhu akbar” kahte hue aage badh jaein

اللَّهُ أَكْبَرُ

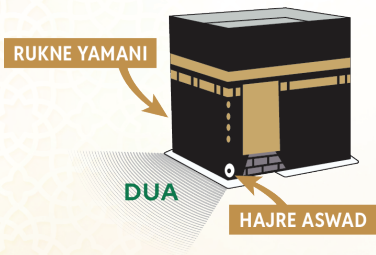


Phir agar aasani ho to **Rukne Yamani**
ko chooey (bosa na de), aur agar
bheed ho to chhod de



Rukne Yamaani aur Hajre Aswad ke
darmiyan ye dua padhe

﴿رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ﴾



Hajre Aswad se guzarte hue har baar waise hi kare jaise pehle chakkar mein kiya tha, aur Tawaaf ke dauran **Zikro Azkar** karte rahe kasrat se **Duaein** kare aur **Qur'aan ki tilawat** mein mashgool rahe

NOTE : Tawaaf ki koi makhsoos dua nahin hain, har chakkar ki alag se dua Nabi ﷺ se saabit nahin hain



Tawaaf mukammal hone ke baad
Maqaame Ibraaheem par jaaein aur
ye aayat padhe

﴿وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى﴾

Phir **do rak'at Namaaz**
Maqaame Ibraaheem
ke qareeb possible ho
to padhe ya kahin bhi
padh le, pahli rak'at
mein Surah Al-Fatihah
ke baad **Surah Al-**
Kafirun aur duusri mein
Surah Al-Ikhlās padhe



Phir Mas'aah (**Sa'i**) ki jagah ki taraf
jaaein, aur jab **Safaa se qareeb** ho to
ye aayat padhe

﴿إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ
حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ
أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ
اللَّهَ شَاكِرٌ عَلِيمٌ﴾



Phir **Safaa par chadh kar**
apna chehra Ka'bah ki taraf
kar ke jo dua chahe kare



Uske liye ye dua karna masnoon
(Sunnat) hain

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ،
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أُنْجِزْ وَعْدَهُ، وَنَصْرَ
عَبْدِهِ، وَهَزِمِ الْأَحْزَابَ وَحْدَهُ

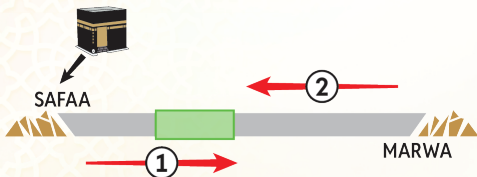
Teen martaba ise padhe aur
jo dua karni ho kare



Phir Safaa se Marwa ki taraf chalte hue utre aur dono harey khambonke darmiyan jahan **green light** lagi hain, wahan uske liye possible ho to **tezii se daude**

NOTE:

Aurat nahin daudegi balke aahista hi chalegi



SA'I AREA KA HAR EK ROUND TAQIRIBAN 0.5 KM HAI
TOTAL 7 ROUND TAQIRIBAN 3.5 KM HAI



Phir chalte rahe... jab **Marwa**
pahunche to upar chadh kar apna
chehra Ka'bah ki taraf kare aur wahi
padhe jo Safaa par padha tha



Safaa aur Marwa ki Sa'i ke darmiyan
jo Dua karna chahe kar sakte hain
aur koi makhsos dua nahin hain



Marwa se utar kar phir Safaa par aaye
isi tarah 7 chakkar mukammal kare,
ye baat yaad rahe ke **Safaa se Marwa
ek chakkar hua aur Marwa se Safaa
doosra chakkar**, aapki Sa'i Marwa par
complete hogi

Sa'i ke darmiyan khoob duaen kare
Allāh ka zikr kare, aur kasrat se Qur'an
Ki tilawat kare

NOTE: *Sa'ee ke baad koi Namaaz nahin*



Sa'i complete hone ke baad, **mard sir ke baal mundwa le** ya poore sir se baal katwa le (Mundwaana afzal hain)

Aur **auratein** apne baal ungli ke ek por ke barabar kaat le



Inhi aa'maal ke saath **Umrah complete ho gaya**, ab Umrah karne wala poore tareeqe se halal hogaya uske liye tamaam “mamnuaate Ihraam” (woh cheezein jo Ihraam ki haalat mein manaa thi) jaaiz ho gai

Allāh ta'ala hum sabko Apne Ghar Khaanaye Ka'bah ki ziyarat naseeb farmae, aur hamari ibaadaton ko sharfe qubuuliyat naseeb farmaye



Inhi aa'maal ke saath **Umrah complete ho gaya**, ab Umrah karne wala poore tareeqe se halal hogaya uske liye tamaam "mamnuaate Ihraam" (woh cheezein jo Ihraam ki haalat mein manaa thi) jaaiz ho gai

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