

Labbaik Allah humma labbaik
Labbaik la sharika laka labbaik

Practical Guidelines for Hajjis

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FOREWORD

All Praises be to Allah and peace and blessings be upon our beloved Prophet, Muhammad (S.A.S). I am very grateful to Allah (S.W.T), who has given me this opportunity to compile and prepare these practical guidelines for the benefit of Hajjis. While working among the Hajjis for almost ten years, I have seen the problems they face due to lack of information. Based upon this experience, I have compiled these guidelines in a humble effort to educate the Hajjis to be aware of the practical situations they are most likely to face during their entire period of stay for the Haj, and tips to tackle them. This booklet does not deal with any of the religious or fiqh issues, for which the Haji is requested to refer to learned scholars (ulema) or their books which are available in plenty.

Please note that these guidelines have been prepared keeping in view Indian Haji's, and correspondingly information about the Indian Consulate/Indian Haj Mission is given. Hajjis of other nationalities are kindly requested to contact their respective Consulates and Haj Missions in case of need.

This booklet has no copyrights. Any one who feels that these guidelines are useful can photocopy/print and distribute. If some one intends to publish or translate in other languages please contact me on the e-mail given below. I appreciate receiving comments and suggestions on this booklet in order to enhance it further. I would like to thank my friends who spent time to read this manuscript and also those who helped to bring this out in an excellent format.

Finally, may Allah (S.W.T) accept your Haj and do remember us, the Muslim Ummah and Humanity in general in your Duwa's.

Wasalam

Mohammed Safiuddin
King AbdulAziz University,
Jeddah, Saudi Arabia
November 2007
E-Mail: msafiuddin@yahoo.com

Chapter-01: Before Going To the Haj (Preparations)

I offer my sincere greetings to you for being selected by ALLAH (S.W.T) as the fortunate ones to go to the two holy cities of Makkah Al-Mukarrama and Madinah Al-Munawwara for performing Haj, I pray that ALLAH (SWT) make this Haj journey of yours rewarding, memorable and easy for you (Aameen).

To facilitate your designated Haj-rituals during your holy pilgrimage, some useful tips are compiled for your guidance and safety. Kindly read this carefully and try to follow the guidelines and suggestions given below.

Haj involves a lot of physical and mental hardship (*Mashakhat*). During your stay in Makkah and Madinah it would be normal for you to walk a considerable distance on foot. Further, the rituals during the main Haj period involve multiple mass movements in the Mashaer region (Mina-Arafat-Muzadalifah) within specified timings and within the five days of Haj. Therefore it requires a strong will on the part of pilgrims to cope with the physical stress and strain of a magnitude which you may not be accustomed to previously. It is, therefore, very important to keep one's spirits high, and have patience. Never lose sight of the main goal of the visit i.e. Haj and immersing oneself in the worship of Allah.

1. Pray to Allah (S.W.T) as much as possible to make your journey easy.
2. You must show exemplary behavior and patience that is reflecting as the guests of Allah.
3. All Hajjis must exhibit the spirit of accommodation and understanding. At the end, you will InshaAllah experience a sense of supreme satisfaction and contentment.
4. You should familiarize yourself about the rituals and the living conditions in Saudi Arabia so that you are ready to face the rigors of Haj.
5. Hajjis should try to attend some orientation courses in their mother language.
6. Normally the pilgrims going through the Haj committees would be asked to report to the Haj house before 24 to 48 hours of their departure to complete the necessary formalities and arrangements.
7. If you are old, it is strongly desirable that you have a companion accompanying you.
8. Male Hajjis should keep an extra ihram with them.
9. Make two sets of photocopies of your passport, ticket and draft. Keep one copy in your hand baggage and the other in your luggage.
10. Remember by heart or make a note of the important contact phone numbers of relatives in India and Saudi Arabia.
11. Take some Indian rupees and Saudi Riyals along with you. If you have about two hundred riyals then this would save your time at the Haj terminal for draft encashment. You may get a better rate if you en-cash your draft in Makkah.
12. If you wear eye glasses then you must take an extra pair with you.

13. If you regularly use medicines on a daily basis, example: Diabetic, Blood Pressure (BP) or Heart patient then you must take enough medicines for your entire trip along with doctor's prescription. Keeping photocopies of all medical records handy would be useful.
14. If you are going through private tour operator, make sure that it is registered with the Indian Consulate in Saudi Arabia, visit the website <http://www.cgijeddah.com/Haj> section to get more information on the registered tour operators. Please cross-check and double check the claims and lucrative offers made by the tour operators, (like residence close to harm, deluxe facilities etc.). Preferably, get their offer/promise to you on paper so that you can complain to the Haj consulate or the Saudi authorities if they cheat you.
15. If you are a mobile user or want to use mobile during your stay for Haj, take the mobile set along, but the SIM card should be purchased from the Saudi Telecom Company (STC), enquiry number 902 or MOBILY enquiry number 0560101100. Only these two are officially permitted to offer mobile phone services in Saudi Arabia. These companies normally offer some good packages and discounts for the Haj season.
16. During your stay for Haj if you need to contact some one in Hyderabad you should first dial the country code (0091) for India then for the city, Hyderabad (40), and then the phone number ex: 0091-40-xxxxxx (Landline phone). If you need to contact some mobile number then you must dial 0091-xxxxxxxx (Mobile phone). If you need to contact some one in Saudi Arabia, dial, city code (01 for Riyadh, 02 for Jeddah and 03 for Dammam), and then the 7 digit phone number (land line). For mobile numbers in Saudi Arabia, you can dial them directly (example 050xxxxxx, 056xxxxxx).

Chapter-02: Useful Information

1. The Indian Government deutes a large number of administrative and medical staff for the welfare of Hajis. There are ten branch offices and ten dispensaries in Makkah al-Mukaramah and four branch offices and four dispensaries in Madinah al-Munawarah are located around the Masjid-e-Nabawi (S.A.S). There is also a modern hospital in the Ajyad area, near the Haram Shareef. These have been opened in such a way that they are located in the areas of buildings of Haj pilgrims around the Haram Shareef. Apart from these there is a coordination desk, general welfare desk, information center, task force, transportation cell, jamrat stoning desk, and general complaint desk. The Indian consulate task force personal wears a blue color jacket with INDIA, Al-Hind and Bharat written on it.
2. The Indian Haj Mission provides full range of Consular services i.e. issue of Emergency passport if the original passport is lost and issue of duplicate air ticket if the ticket is lost. However, it is important that some kind of identification is always retained with the pilgrim.
3. The following officials can be contacted in case of real need and if your problems are not solved by the branch offices.
 - i. H.E. Dr. Ausaf Sayeed, Consul General Phone: 02-6520072,
Fax: 02-6510725, E-mail: cg@cgijeddah.com
 - ii. Dr. Suhel Ajaz Khan, Consul (Haj), Phone: 02-6520084,
Fax: 02-6533964, E-mail: Haj@cgijeddah.com
 - iii. Mr. I.M. Hussain, Incharge Makkah Haj Mission,
Phone: 02-5761447/5758214, Fax: 02-5758216, E-mail:
Haj@cgijeddah.com
4. Never leave behind your wristband provided by the Haj Committee of India or the identity card provided by your Muallim. These two articles are very important and will prove to be of much help in times of need.
5. Do not carry unnecessary luggage, lot of spices with you. Never carry items prohibited in Saudi Arabia, not even Khash-Khash.
6. Relatives and friends who would like to know about pilgrims there is a computerized database available on the internet at the Consulate's website at <http://www.cgijeddah.com/search.asp> or <http://www.cgijeddah.com/Hajsetion> They should know the Passport Number or the Cover Number, Name and District. However this search and information is available only for those who are performing Haj through the Haj committee. The building and room numbers of pilgrims as well as telephone number/s of building can be obtained from the site. Computerized pilgrim reception centers are also set up by the Consulate in Makkah. In Madinah, the consulate office or branch offices should be contacted. In Mina and Arafat pilgrims can give their relatives the Maktab (Muallim) number where they can be reached or contacted.

7. A special medical package has been devised by the Indian Haj mission for all pilgrims over 75 years of age coming through Haj committees and others who are perceived to be in the high-risk category. The Indian consulate also has several mobile medical teams which will visit the buildings on and off and take note of your health requirements so that such old and feeble pilgrims, who are unable to visit branch and Haj office-Dispensaries, may avail of medical facilities right in their rooms.
8. All the Muallims looking after pilgrims from India and other South Asian Countries belong to the National Establishment of Mutawwifs of South Asian Hujjaj which is the largest establishment, popularly known as Moassasa Junoob Asia in Arabic. It works 24 hours a day and can be contacted in case of need, its details are as follows: Mousasa Junoob Asia, Abdullah Uraif Street, Al-Rusaifah District, Makkah Al-Mukaramah, P.O.Box : 309, Makkah Al-Mukaramah, Tel. 5344444 Fax: 5322222 WebSite: www.hujjaj-southasia.com .
9. Other useful websites are www.Hajinformation.com www.Hajgis.net www.makkahgis.net and www.madinahgis.net which have the road maps/location maps and information of hotels, offices, etc.
10. As the Haj approaches the Makkah city seems to be busting with a sea of people, pilgrims must take care of their health and keep them selves protected from the hot sun and the cold nights as well as the cool temperatures inside the rooms. They should drink plenty of water and try to eat citrus fruits such as oranges to build up body resistance. The common complaints are of dehydration, sunstroke, cold and cough, flu, stomach upset, scraped thighs and blisters on the feet. Avoid crowded places as these are the places where bacteria spread easily. The doctors and dispensaries are there to help in case medication is needed. In case of hospitalization, the consulate doctors would be regularly monitoring the progress of patients in the hospitals.
11. There are a number of natural deaths & some accidental deaths each year during Haj. The death cases are to be reported immediately to the Indian Consulate officials and doctors apart from the Muallims office, who would help in expediting the formalities concerning burial of the deceased pilgrims. NOC for burial is issued by the Coordination Desk at the Main Indian Haj Mission Office at Ajyad. Shifting of the body from the Building to Mortuary & arranging the burial of the body is done by the Moallim's Office only. However the issuance of formal death certificate takes time.
12. The cases of theft from pilgrims is increasing year by year, hence all precautions should be taken. ***Never establish friendly terms with any strangers, nor accept any edibles*** (like coffee, biscuits, medicine or other things). For the past few years a number of pilgrims have been cheated by confidence tricksters, who gain the confidence of pilgrims and then take money from them on the pretext of buying things at cheaper rates. Incase you lose your money or valuables approach the General Welfare Desk at the Main Indian Haj Mission Office at Ajyad. (Near Ajyad Hospital). Interim relief is given by the Indian Pilgrims Welfare Forum (*IPWF*) at the General Welfare Desk at the Main Indian Haj Mission Office at Ajyad.

13. As the traffic movement is fast in Saudi Arabia, pilgrims need to be very careful while crossing roads. Pilgrims should try and avoid going for 'Ziarats' (visits) to different places before the Haj in order not to subject themselves to unnecessary risks.
14. Saudi officials/ police authorities are spread out in and around the Haram Sharief area, even in the civil dress, and any unusual act is always noticed. Pilgrims should avoid picking up or even touching any unattended items anywhere. It may constitute a security risk and is considered as an attempt to stealing. In case you are picked up by the police or any other Saudi Authorities please do not argue and insist on the presence of an official from the Indian Haj Mission.
15. Cleanliness is the grace of a believer, part and parcel of your faith and symbol of a fine person. So, always try to keep your body, your clothes and your accommodation place neat and clean.
16. A sizable number of Haj Pilgrims comprise of old, simple and illiterate people. It is therefore requested that young, hail and hearty pilgrims of every room, floor or building should not miss the opportunity of offering a helping hand to these pilgrims for earning extra divine blessings.
17. December and January are the cold months in Saudi Arabia, if Haj falls in these months, then you would need to use warm woolen clothing like sweaters and blankets. Rooms in Makkah and Madinah and the tents in Mina are all air-conditioned and hence you may feel cold, especially during the night. Please note that there are no heating arrangements at any of these places.
18. Under the normal circumstances, change of flights would not be permitted. However, in cases of medical or other emergencies you can request for change of flights, subject to availability of seats.
19. In case of Saudi Arabian Airlines, the tickets will be collected and changed by the staff of the Indian Haj Office. There is absolutely no possibility of changing flights from Air India to Saudi Arabian Airlines or vice versa.
20. **LPG stoves should be used very carefully.** While leaving the stoves, please ensure that the stoves and the cylinder-connection are both switched off so that there is no chance of gas leakage and risk.
21. When you start from your home or Haj house (in India) for the flight and you are going to Jeddah first, then normally all the Hajis would wear the ihram, however the niyat of the ihram should be made after the announcement of Meqaat in the aircraft which is normally 30-45 minutes before your landing at the Jeddah airport.
22. If you get lost, please try and locate the Task Force staff; they are wearing jackets with India /Al Hind (In Arabic) written over it.
23. If you lose your baggage, report to your Mualim's Office and the Indian Consulate Branch Office .
24. Officially pilgrims are not permitted to travel outside Makkah, Madinah or the Mashaer region without the permission of their Maktab (Mualim's Office).

Chapter-03: Arrival at Jeddah Airport


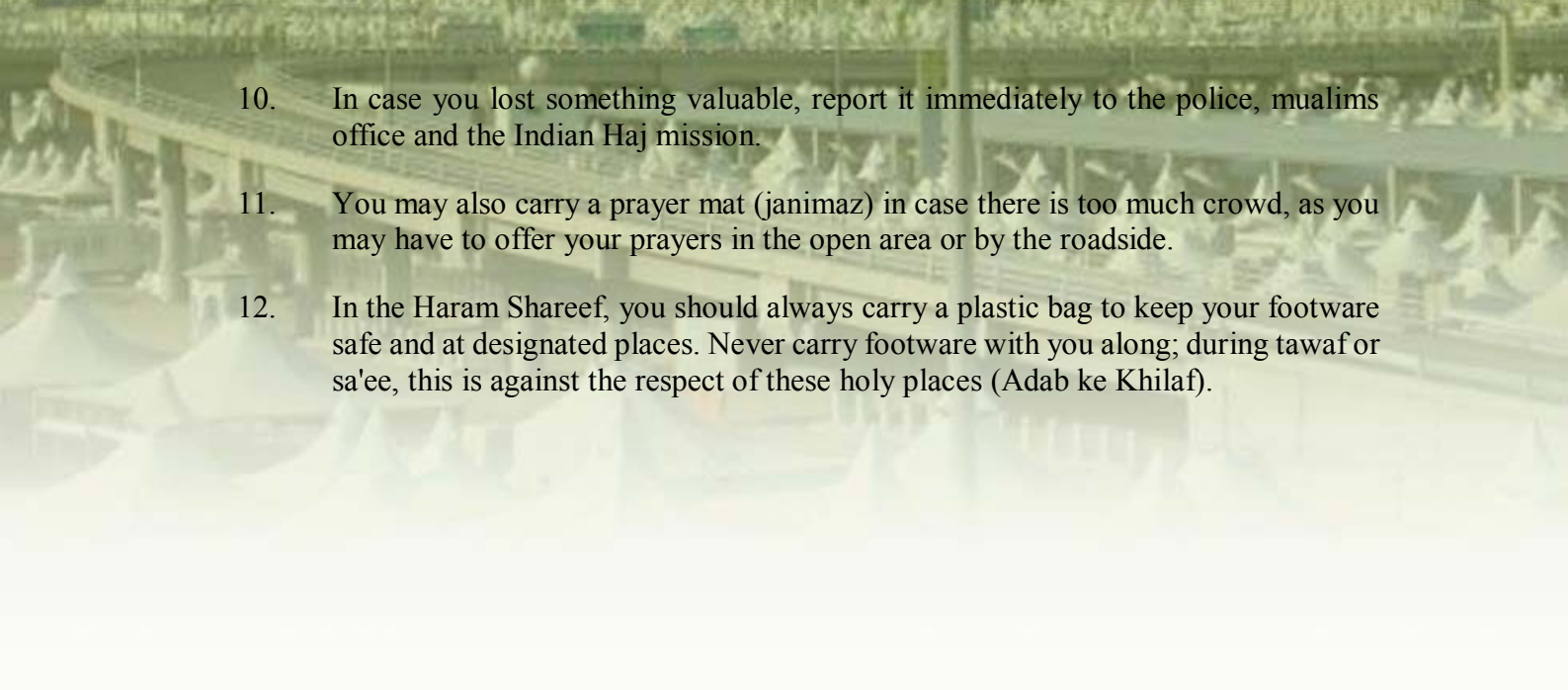
1. The framework within which the Haj is conducted is governed by the rules and regulations of the Kingdom of Saudi Arabia. It stipulates that all pilgrims on arrival in the Kingdom are allocated to “Maktabs” (Mualims Office) which provide a number of essential services like reception services at the airport, movement of pilgrims to Makkah, their transport in the Mashaer region, accommodation in Mina and ensuring that pilgrims do not stay back after the Haj.
2. On arrival at the Haj Terminal, Jeddah, make sure that your passport is stamped by the immigration department and given a Haji number. This number is very important as it contains all your information. Try to remember this or write it down at a safe place.
3. After the immigration you would be given transportation coupons. Coupons not used are refunded but you will need to present them to Maktabul Wukla office (United Agents Office) at the airport (while going back to your country) and refund claimed then and there. However the unused bus coupons for the Mashaer region, (Makkah-Mina-Arafat-Muzadalifah-Mina-Makkah) will not be refunded.
4. If your flight arrival is in the night, make sure to carry warm clothes in your hand baggage as the Haj terminal is a vast open area and it would be cold and chilly winds blowing in (December / January).
5. Normally you might need to stay at the Haj terminal for about 3-4 hours, and the journey from Haj terminal to Makkah to your accommodation (hotel) could take another 3-4 hours. Therefore keep some snacks and water with you. Normally the airlines provide some light eatables before you leave the aircraft.
6. To make your journey fast and easy, try to get one bus full of passengers (about fifty) from the same mualim (maktab) and same building to be ready and request the mousasa jounub asia people or the united agents office to arrange for the quick departure of the bus. If you have many people of different mualims in a single bus it would take time for you to reach your accommodation in Makkah.
7. If for any reason you or your relatives are allotted different mualims (maktabs), try to get it changed at the airport itself from the officials of mousasa jounub asia.
8. At the Haj terminal if you need some help, even medical, contact the Indian Haj mission officials.
9. After you reach your accommodation in Makkah. Normally the moulim people would provide you meal on arrival. He would also give you the photo ID card and wrist band. These are essential means of identification and should be kept carefully and carried throughout your journey of Haj. It should never be taken off, even during bath or *wudu*.
10. The mualim office would take your passport and ticket and return it to you only before your departure. From now onwards remember your mualim number and name, plus name of your accommodation and its location.

11. Before going to the Haram Shareef to do umrah, take some rest and make yourself fresh. Keep all your belongings safe in your allotted room.
12. It is highly recommended to have one person from the mualims office or a person who knows the way to Haram Shareef as a guide if you are performing Umrah for the first time. This will ensure that you do not lose the way.
13. Mualim's office (Maktab) also take care of cash and valuables. Make sure and insist on a proper receipt (*Fatoora in Arabic*) if you are depositing money with the Maktab
14. Zamzam is provided daily to the pilgrims free at their residence.
15. If you are paying for the food, then make sure that the food provided is clean and safe.

Chapter-04: Makkah Al-Mukarramah (Tawaf)

As per Hadith, you are GUESTS OF ALLAH (S.W.T.). Keep this very fact in your heart and mind and spend your maximum time in Namaz, Tawaf, Zikr, Tilawat of HOLY QURAN, other pious jobs and *avoid wasting your time in loitering here and there in vain*. While visiting the Holy *Haram Sharief* all the pilgrims should make conscious efforts to maintain the sanctity of the Holy Haram.

1. The *Haram Shareef* at Makkah consists of basement, ground floor, first floor and roof. When the crowd gets bigger, even the outside spaces are filled up to a long distance. You should familiarize yourself regarding the use of conveyor belts (escalators) which are used to carry people to the upper floors and the roof.
2. Losing the way in the vast Haram Shareef is common with pilgrims. All the gates of the Haram Shareef are numbered for convenience. You must remember the color, name or number of the gate which leads to your building in Makkah. This is the easiest way to remember.
3. You can also make a land mark like the green light during the sa'ee near safa, or any other place a meeting place in case you loose your way.
4. If you happen to stray/forget your way to your building, ask for Indian Haj Office in Ajyad (opposite Ajyad Makkah Hotel) and reach there, they would guide you to your accommodation. Alternatively, you can seek the help from the members of the Indian Task Force wearing blue jackets with INDIA and Al-Hind written on it. These representatives will be available at the various gates of Haram Shareef and around.
5. Try to do tawaf from the ground level itself as it would be very lengthy to do from the upper floors, however sa'ee can be done from any level as the distance would be the same.
6. Normally the lean period for doing tawaf and sa'ee would be late night and after ishraq.
7. Do not make it obligatory to kiss the black stone (Hajre-Aswad), do not give hardship to others neither put yourself in danger. This can be done if at all you want it to do at some lean time when there is little rush and the kissing of black stone is done in an orderly manner in a line.
8. After doing the tawaf you can take some rest before proceeding for sa'ee, you can take some rest between the sa'ee rounds.
9. At any crowded place, whether it is within the Holy Haram, or outside, it is your own duty to protect your currency or other valuable articles. Please do not carry any valuable articles or excess currency notes so that you do not fall prey to pick-pocketing or lose the valuables in the rush of crowd. Apart from pick pocketing, there are several reports of forced snatching of currency from pilgrims in the previous years. It should be your first priority to make suitable arrangements for the safety of these valuable articles. As mentioned earlier you are advised to deposit your extra-money in the mualim's office and get a receipt (Fatoora-in arabic) of it.

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10. In case you lost something valuable, report it immediately to the police, muslims office and the Indian Haj mission.
 11. You may also carry a prayer mat (janamaz) in case there is too much crowd, as you may have to offer your prayers in the open area or by the roadside.
 12. In the Haram Shareef, you should always carry a plastic bag to keep your footwear safe and at designated places. Never carry footwear with you along; during tawaf or sa'ee, this is against the respect of these holy places (Adab ke Khilaf).

Chapter-05: Makkah Al-Mukarramah (Accommodation)

1. All the accommodations for the Indian Haj pilgrims are hired as per the norms laid down by the Government of India in consultation with the Haj Committee of India and as per regulations of the Government of Saudi Arabia. Every effort is made to arrange the best possible accommodation for you in Makkah and Madinah. While efforts have been made to allocate accommodation in the categories preferred by you at the time of making application to the Haj Committee. There may be a possibility of your down-gradation to lower categories based on the availability of units. However, the difference in the rental money would be refunded back to you by the Haj Committee after you return back to India.
2. There would be 24 hours free transportation available from your buildings to the Haram Shareef. From the Azizia Category and the new Sheesha Category accommodations of the Haj committee pilgrims.
3. The buildings for Hajjis have been allotted through a computerized system. Therefore, kindly stay in your allotted room only.
4. All the pilgrims would have to share the bathroom and kitchen facilities. They should do this in the spirit of brotherhood and adjustment. A little patience on your part can solve a lot of hassles and problems.
5. It is possible that you might not find the Indian / Arabic /Eastern style of toilet in your accommodation, so get accustomed to the use of Western (Cupboard) style toilet also.
6. It has been mandatory that every building hired for pilgrims must have elevator (lift) facility. The proper and correct use of this facility is up to you. Usually every elevator (lift) is equipped with standard instructional notices and directions.
7. Avoid use of elevator in case of fire in the building. Do not panic, if your elevator stops in between. If it happens, use the alarm bell which is normally available inside each elevator
8. Every day each building of the Hajj committee pilgrims will be visited by a building supervisor who will check with the Haaris (Guard/Door-keeper) about any problems that need rectification. Pilgrims can either inform the Haaris about problems they face or record a complaint in the Complaint Register kept in their building for this purpose. Complaints can also be lodged with the branch office of the Indian Haj Mission which is overseeing their building. Map of the branch office & the telephone number are available on the ground floor of every building.
9. You should avoid wasting water or using too much water for washing of clothes, utensils, bathing and cooking purposes. Economic use of water is essential so that other Hajjis do not suffer.
10. Pilgrims must not allow strangers inside buildings or rooms. They should be met outside the building. Friends, relatives and extra persons are not to be kept in the rooms. The rooms should not be cluttered with excess baggage since space is at a premium.

Chapter-06: Mina

1. While leaving for Mina (at the start of Haj) please take extra Ihram, medicines, & eye glasses. If the Hajj is in the months of November, December, or January, then take two pairs of woollen clothes & one woollen brocade (Chadar) or light blanket, etc.. The nights are cold in these months especially in Muzdalifa where you have to spend the night in the open.
2. In mina the Pilgrims are housed in tents according to their Mualims (Maktab) number. They are transported from Makkah to Mina by buses arranged by the Mualim's office. The space per pilgrim in the tents in Mina is only 1 square meter (or 1 meter by 1 meter) and you need to adjust with co-Hajis with brotherly sprit. So please do not complain about shortage of space in your camps. However, make sure that no unauthorized persons occupy your camp.
3. All the mualims looking after pilgrims from India belong to South Asian Moassasa which is the largest Moassassa (Establishment). It is called as Moassasa Janoob Aasia in Arabic. The color of the South Asian Mossassa is yellow and black. In Mina and Arafat, the location of camps will be marked by tall yellow pillars that are visible from a distance.
4. The pilgrims must always carry identification cards and, if lost in Mina ask way for "Moassassa Junoob Asia" or Indian Haj Office or "Baith Al Haj Al-Hindiya". They must always remember the number of their Mualim's Maktab.
5. The Indian camp in Mina is easily identified by the large number of Indian flags. The Indian Consulate also sets up an office at Mina along with a full fledged dispensary
6. Please do not hesitate to contact the Indian Haj mission officials if you face any kind of difficulty in Mina. The Indian Haj Mission officials are spread around the whole of Mina area and can easily be identified by the blue jacket and INDIA/AL HIND markings. Some of the officials may be identified by the scarves bearing INDIA and AL HIND markings worn by them. Some would also be carrying Indian flags with them.
7. In Mina, normally you would be responsible to arrange your own food. There would be ample eateries and fast-food restaurants in Mina during the Haj days and there should not be any difficulty in arranging food or refreshments. It is a good idea to carry some dry ration with you from Makkah i.e. biscuits, cookies, fruits, juices etc. Make sure you don't buy unhealthy food. Buy it from well known food chains or clean places.
8. After you reach mina it is not obligatory to pray at Masjid-e-Khaif, you can pray in your own tent. Make a note of the location of your tent by noting down its landmarks and maktab number. Many people are likely to get lost in this biggest tent city on earth.
9. Never sleep outside your tents on the roads. Do not sit or gather on the roads and pathways. This is prohibited by the Saudi Arabian authorities because it creates a lot of problems for traffic movement as well as smooth movement of the Hajis.
10. Take special care of your health in Mina, Muzdalifah, and Arafat as the five days of actual Haj would be hectic and physically challenging.

Chapter-07: Arafat

1. ARAFAT is the crux of the Haj. You will see an ocean of people, all clad in white ihram reminding you of the day of judgment (Qiyamat). So please spend your entire time in prayers and zikr during the Wukooof e Arafat (stay at Arafat). Make dua'a for yourself, your family, relatives, for the whole Muslim Ummah and please don't forget us too.
2. While leaving for Arafat do not forget to take your warm clothes as you will need them on the way back at Muzdalifah, especially in the months of November, December, and January.
3. In Mina, everyone should be ready for departure to Arafat well before the arrival of buses. The group leader must coordinate this activity. This way much of your time can be saved. Buses are not allowed to wait for long on the road. Get into the buses in an organized and orderly manner. For your own safety, don't climb on top of the bus.
4. In Arafat, if you intend to go to *Jabl-e-Rahma* or *Masjid-e-Nimrah*, you should be aware of your camp location and directions before leaving the camp. Otherwise, there is a great possibility that you may get lost. It is also possible that you may not find a place inside the mosque. Therefore carry a prayer mat (janimaz) with you and some water. To avoid all this and to save your valuable time, it is recommended that you should pray at your own camps. In case of any difficulty, you may contact the Indian Haj Office in Arafat for assistance.
5. Wooquf-e-Arafat (stay at Arafat) is the most important part (Farz or obligatory) of Haj. It is the most precious day of your complete Haj tour. Spend the maximum possible time on this day in zikr, reading Qur'an, Namaz, and making dua'a for yourself, your family, relatives, Muslim Ummah, and the whole humanity.
6. *Remember you must leave Arafat only after the sunset – (Magrib Azaan) but have to pray Magrib namaz combined with Isha only on reaching Muzdalifa, however long it might take.*

Chapter-08: Muzdalifah

1. Due to the heavy rush it might take approximately 6-8 hours to cover the distance of 5 to 6 kms from Arafat to Muzdalifah by the buses. The Saudi authorities have constructed a long pedestrian walkway from Arafat to Muzdalifah. Strong and able-bodied Hajjis could walk from Arafat to Mina instead of taking a bus, but this could be very exhausting and challenging, they could reach Muzdalifah in about an hour.
2. At Muzdalifah, queues at the toilets sometimes can extend upto two hours.
3. As Muzdalifah is a vast open ground, you might feel cold there. Without violating the ihram restrictions, you can use your warm blankets etc., to keep yourself warm and safe here.
4. Take some rest (sleep) after praying maghrib and isha together here so as to be ready for the hectic day of 10th Zul-Hijjah. You can collect the pebbles (small stones) for rami-e-jamrat from here also.
5. As Muzdalifah and Mina are contiguous, it is advisable that those of you who are in a good state of health could walk over to their camps in Mina on 10th Zul Hijjah and then do the rituals without waiting for the buses which could be spared to transport the elderly and women pilgrims. But before walking, make sure to know the location properly and the roads that lead there.
6. You must pray fajr namaz in Muzdalifah only. Note that it is not necessary to leave the muzdalifah immediately after fajr. It does not matter if you leave late depending upon the rush.

Chapter-09: Rami-E-Jamrat

1. Please remember that no ritual is important than a human life. Learned Ulemas of several schools of Islamic jurisprudence have given clear opinions on the subject. **They have declared that Rami could lawfully be done at any time during the days of Tashreek.** You can do the rami even in the night, but care should be taken that rami should not be started before its stipulated start time, Example: The start time for rami on 10Pth Zul-Hijjah is after Fajr where as for 11Pth, 12Pth and 13Pth Zul-Hijjah is after Zawal- (start of Zuhur Namaz) time.
2. A new jamrat bridge is constructed by the Saudi Authorities. There are more than two levels from which pilgrims can perform *Rami* (stoning). You should only go to the Jamarat at times allocated for your camp by the Saudi authorities. Indian Haj officials/ Officials of the Mualims and the South Asian Moassasa will come and escort you to the Jamarat at stipulated timings.
3. You should choose the ground or the top level for stoning as per your assessment of the crowd, & as directed by the security personale (Police men) at jamrat.
4. It is not necessary that your pebble (small stone- kankri) must hit the pillar/wall (commonly called as Shaitan), it is enough that your stone fall within the circle around the pillar. Never throw things other than the small pebbles.
5. There are sign boards in many languages at the jamrat. You must follow the instructions being given by the security agencies monitoring the Jamrat Bridge.
6. If it is found that the Jamrat site is overcrowded or the movement there is very slow or stopped, it is better to turn back immediately and return to the camp. You can go back for the ritual at a better time. Do not put your lives in danger.
7. You must know that some pilgrims of certain nationalities come in bunches and batches and push their way through. Never get in their way or try to stop them. You could get harmed in the process because it is simply not possible for you to control that huge number. It will be more sensible to avoid their path and wait till they get out.
8. Never try to go against the direction of the crowd. Move with the crowd. Do not lose temper and do not fight with others. Do not carry your luggage or other heavy things with you while going for rami as this could be dangerous, even fatal and cause trouble to you and others.
9. Take advantage of the concession given by the ulemas (scholars). There is no need to hurry and in the process harm others or get yourself harmed or expose your lives to danger.

Chapter-10: Qurbani (Offering Sacrifices)


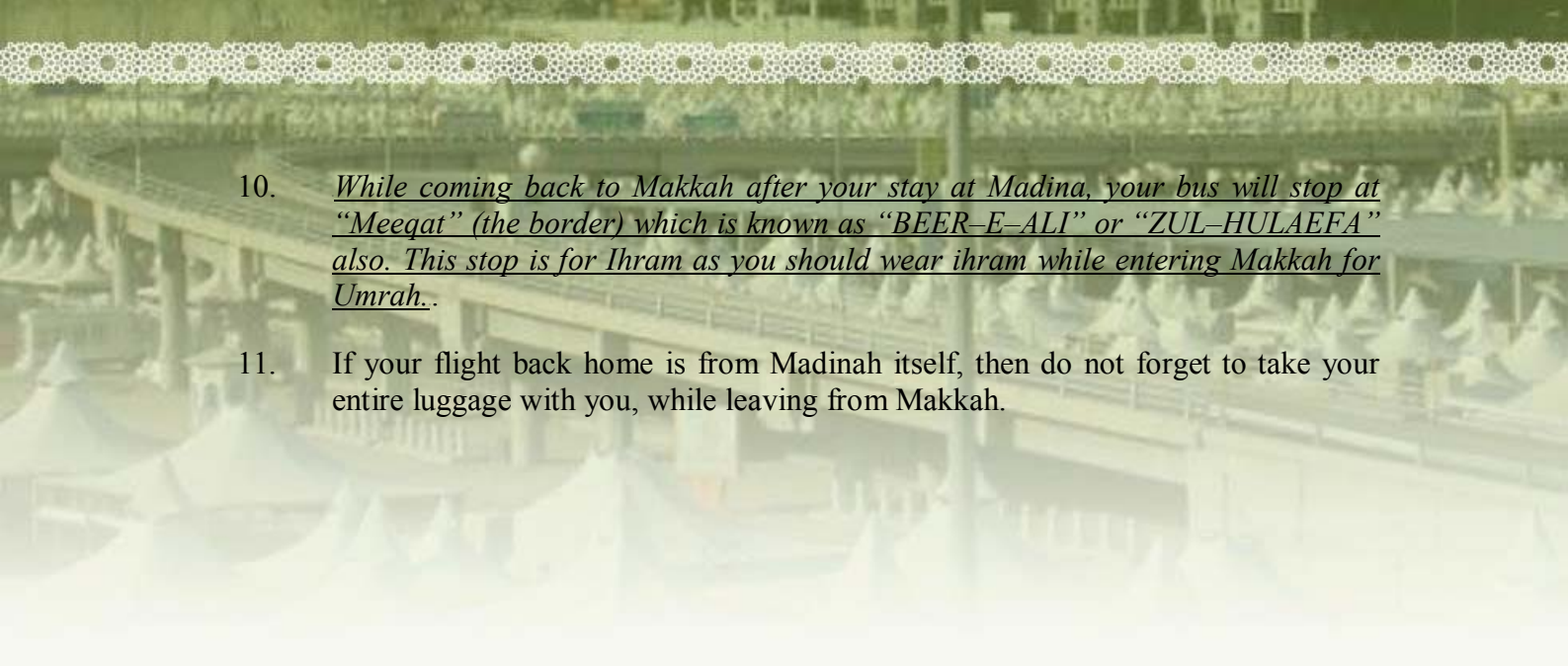
1. It has been reported that for the past few years some unscrupulous elements are cheating Haj-pilgrims in the name of cheap-Qurbani (Sacrifice), promising to provide meat at your place of stay etc. These unscrupulous elements do nothing but deceive and cheat the gullible pilgrims. Each year many people are caught either transporting the Qurbani meat or doing Qurbani at unauthorized places. Doing Qurbani at places other than those permitted by the Saudi authorities is not allowed and is punishable.
2. In view of the heavy rush during these days, several *Hanafi scholars have also declared that Qurbani through bank-coupon is valid.*
3. The Islamic Development Bank (IDB) is the only authorized agency by the Saudi Government for doing the Qurbani. It distributes the qurbani coupons through the Al-Rajhi Bank only. Every year it fixes a reasonable price for qurbani and its coupons can be purchased well in advance of the Haj. The qurbani meat is distributed through IDB to the poor people in muslim countries.
4. If you want to offer your sacrifice (Qurbani) personally by your own hands, go to the slaughter house (Maslak) with sufficient money, normally (300-400 Saudi Riyals), select the sheep, bargain on the price and slaughter with your own hands.
5. After doing qurbani you need to go to the Haram Sharief for Tawaf-e-Ziyarah (Ifadah). Normally you need to make your own travel arrangements for this trip. You should however comeback and spend the night or part of the night in mina.
6. Before you go for Tawaf-e-Ziyarah make yourself fresh and take enough rest as it is most likely that you might face heavy rush in Haram Shareef or get stuck up in traffic. Therefore, choose a suitable time for Tawaf –e- Ziyarah.

Chapter-11: Leaving Mina

1. From the year 2007 the Saudi Ministry of Haj has instructed to all the Moallims to provide the Mina Camps to the pilgrims for 13th Zul HIjj also. The Ministry is also making a plan to distribute the departure of the Pilgrims from Mina to Makkah over 12th and 13th of Zul Hijj. This will help in reducing the congestion of departing Hajis on 12th Zul-Hijjah and avoiding casualties during Rami on 12th.
2. Check your departure schedule from mina with the mualim's staff and prepare yourself well in advance. Do not make others suffer because of you if you are late etc...
3. It is most likely that the buses might arrive late or you might need to walk long distance with your luggage.
4. On reaching your accommodation after Haj take rest for a day or two. Seek immediate medical advice if you feel sick or feel weak.
5. If you need to go to Jeddah to visit your relatives / friends do not forget to inform your group leader and the mualim staff, preferably give them your contact telephone numbers and other details to contact you in case of need.

Chapter-12: Visiting Madina Al-Munawarah

1. While going to Madina Al-Munawarah before or after Haj take at least one pair of your woollen clothes with you as temperatures are quite low in Madina, especially during night and Fajr times. At the same time please don't forget your Ihram set because you will require it while coming back to Makkah when you will have to enter Makkah in Ihram only.
2. Please stick to the time schedule provided by the Indian Haj Office, moulim or your agent while leaving for Madina. Make yourself available before the arrival of bus. Please take care that others do not suffer just because of the mistakes of one or two pilgrims.
3. If the sticker pasted at the door of your room shows that some more pilgrims are supposed to take your room, after you leave, then please do not forget to hand over the key of the room to the designated guard (Haaris) of the building while leaving for Madina.
4. During the Haj days the journey to Madina Al-Munawarah could take between 7-8 hours instead of the normal 4-5 hours. In between the journey your bus would stop for namaz, food etc when you get down of the bus, do remember the colour of the bus or its number as most buses might look alike and confuse you. Come back to the seat before the end of break time and make sure that none of your co-passenger is missing
5. All pilgrims of the Haj committee are accommodated in a single category in Madina Al-Munawarah, in and around the Ring Road (Sitheen St), upto a maximum distance of 850 meters from where you have to walk all the way to Masjid-e-Nabi (S.A.S). It could take you about 10-15 minutes, so start well before the time for namaz.
6. In Masjid-e-Nabavi men and women have different areas for namaz, Women's prayer area is distinguished by the barricades (jali) near the gates. Make some meeting point if you have families with you, normally outside the women's prayer area.
7. Men can do Ziyarat of the '*Rowza-e-Aqdas*', and pray at '*Riyaz-ul-Jannah*' at any time. However women have two timings for ziyarat normally after Ishraq and after Zuhur. Make sure of the timings by asking the gate people or others who know. Women should not rush or run at the start time of the ziyarat as it is most likely that you might get hurt. It is also against the respect of the Masjid-e-Nabi (S.A.S). Take special care of your belongings as there are cases of pick-pocketing here even from ladies.
8. Please note that the Masjid-e-Nabawi (SAS) is now open 24 hours a day.
9. Do not make it obligatory to visit all the Ziyarah places in and around Madina. Some places have already been demolished. However visiting and praying two rakats in masjid -e- Qubaa is of great reward and importance. It was the first masjid built in the history of Islam by the Prophet (S.A.S) and the Sahabah (R.A.). The reward for praying two rakats here is that of an accepted Umrah.

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10. While coming back to Makkah after your stay at Madina, your bus will stop at “Meeqat” (the border) which is known as “BEER-E-ALI” or “ZUL-HULAEFA” also. This stop is for Ihram as you should wear ihram while entering Makkah for Umrah.
 11. If your flight back home is from Madinah itself, then do not forget to take your entire luggage with you, while leaving from Makkah.

Chapter-13: After Haj

1. The departure from the Kingdom is either from Jeddah or Madinah. Some pilgrims who came via Jeddah may go back from Madinah. All the pilgrims should make sure of their departure schedule well in advance so as to avoid any last minute surprises.
2. All the pilgrims should follow the advice of the Mualims and the Indian Haj Mission officials for the departure phase. It is the requirement of the Saudi Government that all the pilgrims should reach the Jeddah Airport 8 hours before the departure of their flight. Adding the travel time from Makkah to Jeddah Airport, normally all buses would leave 10-12 hours before the flight time from their respective buildings. It is essential for all the pilgrims that they are prepared and ready at least 10-15 minutes before the arrival of the bus at the building for departure. All the baggage should be packed and brought to the lobby of the building. You should ensure that the luggage has proper identification marks i.e. name, address and the pilgrim cover number. Any last minute shopping and visit to other places should be avoided. You should perform TAWAF-E-WIDA 2-3 hours in advance.
3. The free check-in baggage normally allowed to each Indian pilgrim is 45 kgs and 10 kgs of hand baggage. The Indian pilgrim is also entitled to 10 ltrs of Zam Zam.
4. Try your best to avoid excess baggage to ensure smooth departure. If you have excess baggage, please make use of the CARGO facilities made available by Air India in Makkah and Madinah. IT IS MUCH CHEAPER THAN PAYING HUGE CHARGES AT THE AIRPORT.
5. Please do not forget to fill in the Post Haj Survey Form by the Indian Consulate or Mousasa Junoob Asia, outlining your experience with various handling agencies. This will help to improve the facilities in the future.
6. In the end, I pray to Allah (S.W.T) that he accepts your Haj and give you another opportunity to visit the holy places again. You should now try to lead a life of a true Haji in word and spirit. May Allah bless us all (Aameen).

Duas

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Prayers (Duas) from Qur'an

<p>ابراهيم: رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءَ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ. 40-41</p> <p>بني اسرائيل: رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا. 25</p>	<p>الفاتحة، بقرة 10 آيات، آل عمران last of 4 قل</p> <p>بقرة: رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ . رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ. 127-128</p> <p>بقرة: رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ. 201</p> <p>بقرة: رَبَّنَا أفرغ علينا صبراً وثبت أقدامنا وانصرنا على القوم الكافرين. 250</p>
<p>طه: رَبِّ اشْرَحْ لِي صَدْرِي. وَيَسِّرْ لِي أَمْرِي. واحلل عُدَّةً مِنِّي لِسَانِي. يَفْقَهُوا قَوْلِي. 25-28</p> <p>طه: رَبِّ زِدْنِي عِلْمًا. 114</p>	<p>آل عمران: رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ. 8</p> <p>آل عمران: رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ. 16</p> <p>آل عمران: رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ. 53</p> <p>آل عمران: رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أقدامنا وانصرنا على القوم الكافرين. 147</p>
<p>مؤمنون: قل ربِّ إِمَّا تُرِيئُنِي مَا يُوعَدُونَ . رَبِّ فَلَا تَجْعَلْنِي فِي الْقَوْمِ الظَّالِمِينَ . 93-94</p> <p>مؤمنون: رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ . وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ . 97-98</p> <p>مؤمنون: رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ . 118</p>	<p>الأعراف: رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ. 23</p> <p>الأعراف: رَبَّنَا أفرغ علينا صبراً وتوفنا مسلمين. 126</p>
<p>يوسف: فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّ فِي الدُّنْيَا وَالْآخِرَةِ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ . 101</p> <p>شعراء: رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ . واجعل لي لِسَانَ صِدْقٍ فِي الْآخِرِينَ . واجعلني من ورثة جنة النعيم . 83-85</p> <p>نمل: رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ . 19</p>	<p>يونس: عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِقَوْمِ الظَّالِمِينَ . وَجِنَّا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ . 86</p> <p>كهف: رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا. 10</p> <p>مؤمنون: رَبَّنَا آمْنَا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّاحِمِينَ . 109</p>
<p>قصص: رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي. 16</p> <p>قصص: رَبِّ نَجِّنِي مِنَ الْقَوْمِ الظَّالِمِينَ . 21</p> <p>قصص: رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ. 24</p>	<p>فرقان: رَبَّنَا اصْرَفْ عَنَّا عَذَابَ جَهَنَّمَ إِنْ عَذَابُهَا كَانَ غَرَامًا . إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا . 65-66</p> <p>فرقان: رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا فِرَّةً أَعْيُنَ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا. 74</p>
<p>عنكبوت: رَبِّ انصُرْنِي عَلَى الْقَوْمِ الْمُفْسِدِينَ . 30</p> <p>كهف: عَسَى أَنْ يَهْدِيَنَّ رَبِّي لِأَقْرَبَ مِنْ هَذَا رَشَدًا. 24</p> <p>القصص: عَسَى رَبِّي أَنْ يَهْدِيَنِي سَوَاءَ السَّبِيلِ. 22</p>	<p>حشر: رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ رَحِيمٌ. 10</p> <p>ممتحنة: رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ . رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ. 4-5</p>
<p>الأنبياء: لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ. 87</p> <p>آل عمران: حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ. 173</p> <p>صافات: سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ . وَسَلَامٌ عَلَى الْمُرْسَلِينَ . وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ-180-182</p>	<p>صافات: سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ . وَسَلَامٌ عَلَى الْمُرْسَلِينَ . وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ-180-182</p>

Prayers (Duas) from Ahadeeth

1. اللهم عافيني في بدني، اللهم عافيني في سمعي، اللهم عافيني في بصري اللهم إني أعوذ بك من الكفر والفقير، اللهم إني أعوذ بك من عذاب القبر لا إله إلا أنت (د)	18. أسماء الحسنى (من أحصاها دخل الجنة، ب م)
2. اللهم عالم الغيب والشهادة، فاطر السموات والأرض رب كل شيء ومليكه، أشهد أن لا إله إلا أنت، أعوذ بك من شر نفسي، و شر شيطان وشركه (د)، اللهم آت نفسي تقواها زكها أنت خير من زكاها إنك وليها ومولاها (م)	19. إسم أعظم (ت، ...) وَالهُكْمُ إِلَهٌ وَاحِدٌ لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ
3. اللهم أحسن عاقبتنا في الأمور كلها، وأجرنا من خزي الدنيا وعذاب الآخرة (أ)	20. الم الله لا إله إلا هو الحي القيوم اللهم إني أسئلك بأنني أشهد أنك أنت الله الذي لا إله إلا أنت الأحد الصمد الذي لم يلد ولم يولد ولم يكن له كفوا أحد
4. اللهم إني أعوذ بك من جهد البلاء ودرك الشقاء وسوء القضاء وشماتة الأعداء	21. اللهم إني أسئلك بأن لك الحمد، لا إله إلا أنت، يدع السموات والأرض، يا ذا الجلال والإكرام، يا حي يا قيوم أسئلك الجنة وأعوذ بك من النار
5. اللهم إني أعوذ بك من زوال نعمتك وتحول عافيتك ومن فجأة نفيك ومن جميع سخطك (م)	22. سيّد الاستغفار (ب، Every 12 hrs, paradise entry)
6. اللهم إني أعوذ بك من قلب لا يخشع، و نفس لا تشبع، و علم لا يقع، و دعوة لا يستجاب لها (م)	23. استغفر الله الذي لا إله إلا هو الحي القيوم وأتوب إليه * 3
7. اللهم إني أعوذ بك من الشقاق والتفاق وسوء الأخلاق (د، ن)	24. درود * 10 (ط، Prophet's intercession in Qiyamah)
8. اللهم إني أسئلك العافية في الدنيا والآخرة، اللهم إني أسئلك العفو والعافية في ديني ودنياي وأهلي ومالي، اللهم استر عوراتي وآمن روعاتي، اللهم احفظني من بين يدي ومن خلفي، وعن يميني وعن شمالي، ومن فوقي وأعوذ بعظمتك أن أغتال من تحتي (ت)	25. أصبحنا وأصبح الملك لله (أمسينا وأمسى الملك لله) والحمد لله، لا إله إلا الله وحده لا شريك له، له الملك وله الحمد، وهو على كل شيء قدير ربي أسئلك خير ما في هذا اليوم (هذه الليلة) وخير ما بعده (بعدها)، وأعوذ بك من شر هذا اليوم (هذه الليلة) وشر ما بعده (بعدها)
9. اللهم أسئلك خشيتك في الغيب والشهادة، وأسئلك كلمة الحق في الغضب والرضا، وأسئلك القصد في الفقر والغنى، وأسئلك نعيماً لا ينفد، وأسئلك قرة عين لا تنقطع، وأسئلك برداً لعيش بعد الموت، وأسئلك لذة النظر إلى وجهك، وأسئلك الشوق إلى لقاءك من غير ضراء مضرة ولا فتنة مضلة (أ)	26. رب أعوذ بك من عذاب النار وعذاب القبر (م) أصبحنا (أمسينا) على فطرة الإسلام وكلمة الإخلاص، وعلى دين نبينا محمد صلى الله عليه وسلم، وعلى ملة أبينا إبراهيم حنيفاً وما كان من المشركين (د) اللهم بك أصبحنا وبك أمسينا (بك أمسينا وبك أصبحنا)
10. اللهم إني أسئلك الهدى والتقى والعفاف والغنى (م)	27. وبك تحيا وبك تموت وبك المصير (ت) اللهم ما أصبح بي من نعمة فمنك وخذك لا شريك لك، فلك الحمد ولك الشكر (د، Thanked for the day)
11. اللهم أسئلك حبك وحب من يحبك وحب عمل يبغني إلى حبك (ابن حبان)	28. رضيت بالله رباً وبالإسلام ديناً وبمحمد نبياً ورسولاً (ع) يا رب لك الحمد كما ينبغي لجلال وجهك وعظيم سلطانك * 3 (أ،)
12. لا إله إلا الله وحده لا شريك له، له الملك وله الحمد وهو على كل شيء قدير * 100 * 10	29. سبحان الله وبحمده عدد خلقه ورضا نفسه وزنة عرشه ومداد كلماته * 3 (م، Lots of Zikr)
13. سبحان الله وبحمده * 100	30. اللهم إنا نعوذ بك من أن نشرك بك شيء نعلمه، ونستغفرك لما لا نعلمه * 3 (أ، Protection from Shirk)
14. لا إله إلا الله (أفضل الذكر، ت، ج)	31. ()
15. لا حول ولا قوة إلا بالله (ب، م، Treasure of heaven)	32. بسم الله لا يضر مع اسمه شيء في الأرض ولا في السماء، وهو السميع العليم * 3 (د Nothing will Harm)
16. استغفار - (ب، more than 70 times)	33. أعوذ بكلمات الله التامات من شر ما خلق * 3 (م)
17. اللهم إني أسئلك من خير ما سألك منه نبيك محمد ﷺ وأعوذ بك من شر ما استعاذك منه نبيك محمد ﷺ وأنت المستعان وعليك البلاغ ولا حول ولا قوة إلا بالله (ت)	34. اللهم إني أعوذ بك من الهم والحزن، وأعوذ بك من العجز والكسل، وأعوذ بك من الجبن والبخل، وأعوذ بك من غلبة الدين وقهر الرجال (د،)
*****	35. (To get rid of worries & problems)

أ: أحمد، ب: بخاري، ت: ترمذي، ج: ابن ماجه، د: أبوداود، ط: طبراني، م: مسلم