

It has been said that if keeping fast in this month is difficult one should give one Dirham or one Mund(750 gms) Wheat or Barley as Sadqah. If one is unable to keep fast and is also poor enough that he cannot even give prescribed Sadqah then he should recite the following **100 times daily** through the month of Rajab

Glory be to Allah, the Grand. Glory which befits none but Him. Glory to the most Mighty, the Most Bountiful. Glory to Him Who reserved the power for Himself and which He deserves. Glory to Him who reserved the power for Himself and which He deserves.

سُبْحَانَ إِلَهِ الْجَلِيلِ سُبْحَانَ مَنْ لَا يَنْبَغِي

التَّسْبِيحُ إِلَّا لَهُ سُبْحَانَ الْأَعَزِّ الْأَكْرَمِ سُبْحَانَ مَنْ

لَيْسَ الْعِزُّ وَهُوَ لَهُ أَهْلٌ -

"Subhana Ilalahil Jaleele Subhana Man la Yanbaghil Tasbeeho Illa Lahoo; Subhanal A`azzinil Akrame; Subhana Man Labisal Izza wa Hova Lahoo Ahlun.