

**Tuesday 21 March** for countries in timezones after 23:59 GMT

Recite this **366 times** (or 52). Commence reciting approx say 30 mins before time so as to be reciting at Tahweel time, & complete thereafter.  
The EXACT time is also conducive to seek ones needs

يَا مُقَلِّبَ الْقُلُوبِ وَالْأَبْصَارِ يَا مُدَبِّرَ اللَّيْلِ وَالنَّهَارِ  
يَا مُحَوِّلَ الْحَوَالِ وَالْأَحْوَالِ حَوِّلْ حَالَنَا إِلَى أَحْسَنِ الْحَالِ

*Ya muqalliba alqulubi wal-absar, Ya mudabbira allayli walnnahar,  
Ya muhawwila alhawli wal-ahwal, hawwil halana ila ahsani alhaal*

O One who changes the hearts & visions, O One who directs the night and the day,  
O One who changes situation and circumstances, change our circumstance to the best of circumstances.

**Aamal with intention of Rija** : Perform Ghusl & Fast (on 21<sup>st</sup> if tahweel time zone is after magrib) ;

**Recite a 4(2X2) Rak-a't salaah, after the Z'uhr and A'sr prayers,-**

1<sup>st</sup> Al Faatih'ah, +Al Qadr X10 times.

2<sup>nd</sup> Rak-a't, Al Faatih'ah,+Al Kaafiroon X 10 times.

3<sup>rd</sup> Al-Faatih'ah +Al IkhlaasX10 times.

4<sup>th</sup> Rak-a't, Al Faatih'ah, +Al Falaq 10 times, Al NaasX10

More at <https://www.duas.org/nawroz.htm>