

## WHEN A WOMAN IS PREGNANT:

1. Recitation of **Sura-e-Maryam** daily makes the delivery easy and the child born will Inshallah be pious.
2. Recitation of **Sura-e-Qadr** seven times daily makes the delivery easy.
3. Recite **Dua-e-Yastashir** daily for easy delivery.
4. Recite "**Al Musavvero**" (The fashioner) as many times as possible daily. The child born will be a Handsome or a Beautiful child.
5. Try and recite at least **One Quran** during pregnancy.
6. It is very highly recommended to name the child when the woman is pregnant. When the child is born, it is not necessary to give the child the intended name. You can change the name if you wish.
7. **Read, Listen, Look and Think of Good Things.** Anything and everything you do during the pregnancy has a great effect on the child.