

YOGA AND NAMAZ - CORRELATION

Both rejuvenate the mechanism of body and mind, substitute stress and prevent disease
Prepared by Dr Syed Zafar Mahmood - July 26, 2019 - Comments & suggestions solicited at info@zakatindia.org

S.No.	Feature	Yoga	Namaz
1	Faith	Part of faith - by and large	One of the five pillars of faith
2	Call to prayer	Not prescribed	Azaan - Precedes congregational prayer
3	Expression of intent	Not prescribed	Niyat - Commitment to complete the prescribed actions
4	Exercise	Bodily movement	Bodily movement
5		Pre-decided moves	Pre-decided moves
6		Slow speed	Slow speed
7	Thought	Divine thought	Divine thought
8	Prayer	Prayer	Prayer
9	Sajda	Sajda	Sajda
10	Rug	On bare land or rug	On bare land or rug
11	Approach	Individual & collective	Individual & collective
12	Recitation	Scriptural Recitation	Scriptural Recitation
13		Contents of Recitation optional	Contents of Recitation : Mandated to begin with first seven verses of Quran
14	View	Free sight	Eyes to remain directed to foreground where forehead will touchdown during Sajda
15	Clothing	Minimal optional clothing	Mandated neck to ankle loose clothing - preferably including headwear
16	Periodicity	Once a day by choice	5 times daily spiritually mandated
17	Congregation	Free choice	Earns greater divine pleasure
18	Standing	Standing apart	Standing - tow to tow, shoulder to shoulder
19	Bigger Congregtaion	At will	Mandated: Once a week plus much bigger twice a year
20	Sermon	No sermon	Sermon mandatory - weekly and annually
21	Facing	Facing the Sun	Facing the Kaaba
22		Sun treated as divinity	Kaaba: Not itself an object of worship - serves only as centre of habitation
23	Venue	Venues of choice	Venues: Mosques & Eidgaahs - 4.3 million on earth
24	Gender mix	Mixed congregation of men and women	Segregation of men and women - within same precincts
25	Bath	Pre-bath optional	Pre-bath mandated
26	Ablution	Ablution not required	Ablution mandated
27	Conclusion	Concluding activity: Optional	Concluding activity: Prayer of peace for divine creation

In Arabic language Namaz is also known as Salah. It consists of 'Rak'ats', each 'rak'at' being a series of 7 postures. For example, before sunrise, 2 'rak'ats' or 14 postures must be performed. Thus, the believer is under obligation to perform 119 postures per day.