Recitation of Quran:
Quran recitation should be performed everyday, one part or more. Better to make a habit of at least half a part and without any reason it should not be left.

Kalimah Tayibah:
Recite Kalima Tayibah as much as possible, it is not necessary to recite with a loud voice as long you can hear or the person sitting next to you can hear. Recite LA ILAHA ILLALLAH (لا إِلَهَ إِلَيْهِ تَفْعَلُّ اللَّهُ وَلَا إِلَيْهِ تَفْعَلُّ اللَّهُ) 99 times, and then recite complete Kalimah Shareef once LA ILAHA ILLALLAH MUHAMMADUR RASOOL ALLAH SALLALLAH ALAIHAI WASALLAM.

It is necessary to recite at least two tasbeehs (100*2) everyday.

Durood Shareef:
As much as possible but recite at least two tasbeehs everyday and increase recitation on Fridays.

Astaghfaar:
Two tasbeehs should be recited everyday.

Tasbeeh:
Two tasbeeh Subhan allah

Night Prayer (Tahajjud):
After half of the night has passed, when one wakes up, read 8 to 12 rakah (units), depending upon one’s strength.

Silsila Aaliyah:
Silsila Aaliyah (shajrah shareef) Naqshbandia Mujadidiya Fadalia Ghaffariya Bakhshiya and prayers (munajat) should be recited before sleeping or at the time of Tahajjud prayer. It should be read in Arabic, Urdu or Sindhi, which ever language is easier for one.

Along with the above before sleeping at night the following should also be recited:

- Surah Fatiha (chapter 1)
• Initial verses of Surah Baqarah (chapter 2) from verse Alif Laam Meem (الآمِ) to Muflihoon (مُفْلِهَوْنَ)

• Ayatul Kursi (آية الكرسي) up to Khalidoon (خاليدُونَ) (this is also from surah baqrah)

• And last verses from Surah Baqarah from Aamanur Rasool ( آمَنُ الرسُولِ) up to the end of chapter

• Recite Four Qul chapters,
  - Qul ya ayuhal kaafiroon
  - Qul howalla hu ahad
  - Qul aoozo be rabil falaq and
  - Qul aoozo be rabbin naas

Recite Bismillah with each one of these.

• Recite Durood Shareef 11 times

And blow on your hands then run hands over your body. Then blow on your family members especially children.

Recite sunnah dua (bismika allah huma amooto wa ahya) before sleeping

بِسْمِ اللَّهِ الَّذِي أَحْيَا الْمَوْتَى وَأَخْيَى

and recite (Alhamdulilah hiladhi ahyani bada ma amatani wa ilah inushoor) on awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَى الْمَوْتَى بَعْدَ مَا أَمَاتُهُ وَإِلَيْهِ الْفَاتِرُ

During the blessed month of Ramadhan: Kalimah Tayabah and recitation of Quran should be performed with abundance. Salat ul tasbeeh should be offered as much as possible.

(The Tasbih to be read in Salaat-Ul-Tasbeeh: “Subhaan Allahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar”)