



Bab : Aqeeda / Iman / Shirk

Fasl : Kufriyah / Shirkiyah Bate Aur Aamal

Sawal No : 278

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Topic : Yoga Karne Ka Hukm

Sawal : Kya Yoga Karne Ki Ijazat Hai ? Kuch Yoga Ki Exercise Aesi Hai, Ke Un Ka Mazhab Se Koi Talluq Nahi Hota Hai, Lekin Sehat Me Fayda Hota Hai, Baaz Exercise To Gym Wale Bhi Karate Hai.

Jawab : Wazeh Rahe Ke Yoga Ke Tareeqo Me Se Jin Ka Talluq Barah E Raast (Direct) Hindu Mazhab Ya Un Ki Ibadat Ke Kisi Tareeqe Se Hai (Jese - Surya Namaskar - Jis Me Suraj Ko Khuda Man Kar Uske Saamne Makhsus Halat Ikhtiyar Kar Ke Sajda Kiya Jata Hai) Ya Un Tariqo Me Un Ki Ibadat Ke Kisi Tareeqe Ki Mushabahat Payi Jati Hai, To Kisi Bhi Musalman Ke Liye Yoga Ke Wo Tareeqe Istemaal Karna Shariyat Ke Mutabik Jaiz Nahi Hai, Aur Jin Tareeqo Ka Talluq Hindu Mazhab Ya Un Ki Ibadat Ke Tareeqe Se Na Ho, Sirf Jismani Werzish Se Ho, Un Tareeqo Ke Mutabiq Yoga Werzish Karne Ki Gunjaish Hogi, Lekin Is Mein Bhi Islami Usoolo Ki Riayat Zaroori Hogi, Jaisa Ke Libas Me Satar Ka Hissa Nazar Na Aata Ho, Na Mahram Se Ikhtilaat (Mail - Jol) Na Ho, Aur Dusre Faraaiz Aur Ebadaat Mei Harj Lazim Na Aaye.(Makhuz Az : Online Fatawa Binori Town - Fatwa No.144512100949) Fakt - Allah Ta'ala Sabse Zyada Janne Wale Hai.

Ye Jawab Darul Ifta Wal Irshad, Shahpore, Surat Ki Official Website
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