the question

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Can you please let me know if the name lara is an islamic name and what is its meaning. I have seen this name in one islamic name book.

Detailed answer

Praise be to Allah.

We could not find this name or its derivation in sources on the Arabic language. It seems that it comes from another language.

Based on that, it should not be used unless the meaning is known. If it does not have any bad meaning that goes against Islam or good morals, such as the name of a god or a permissive meaning that promotes evil, or self-praise, then there is nothing wrong with using it.

It is better to give one's sons and daughters good names whose meanings are known.

See also question no. 1692.

And Allaah knows best.