Younus (AS) is mentioned in the Quran in:

S. An Nisa: 163
S. Al An'am : 86
S. Younus : 98
S. Al Anbiya : 87, 88
S. As Saffat : 139 - 148
S. Al Qalam : 48 - 50

1) Younus (AS), a Prophet who is also known by the name of Dhun Nun, or Sahibe Hoot (The companion of the fish) in the Quran.

2) Younus (AS) was a Prophet sent to the people of Nineveh, in the land of Mosul, (present day Iraq). He was sent to a nation of hundred thousand people or more as Allah (SWT) mentions in the Quran (As Saffat – 139:148)

3) Younus (AS) invited the people to the true deen of Allah, to the way of Allah but they did not listen to him. He rebuked them warned them of a torment, but the people only mocked him.

4) When nobody believed him, he got angry on them and left them without the permission of Allah, without waiting for Allah’s command. Allah had ordered him to stay there and invite but he ran away after warning the people of an oncoming adhaab in 3 days time.

5) Younus (AS) left them and went towards the sea, he embarked a ship and when the ship sailed away in the mid sea, Allah caused a huge storm. The crew and the passengers consulted as to what is to be done, so they decided to draw lots with the traveler’s names. The one whose name was drawn would be thrown in the sea, so they could lighten their loads.

6) When the people cast the lots, twice the name of Younus (AS) came, and he realized that this was a sign from Allah, so he was thrown in the sea. Then Allah sent a huge whale which swallowed him.

7) This fish was not allowed by the Command of Allah to eat his flesh or crack his bones, because he was not his provision, Younus (AS) thought he was dead, so he pinched his body and tried to move around, and so he discovered that he was not dead. He fell in prostration and said, “O my Lord! I have made a place of prayer, where no body else has ever worshipped You.”

8) At this time of distress, he heard all the things in the sea doing the tasbih of Allah. Then he started glorifying Allah himself, from the darkness of the inside of the fish, as well as the darkness of the sea and the night. He called out to Allah “La ilaha illa anta subhanaka inni kuntu minaz zalimeen.” Allah says had he not been of those who glorified Allah from before, by being obedient to him and by constantly remembering him then, he would have stayed in the belly of the whale till the day of Judgment.

9) The angels heard the call, dua, dhikr of Younus (AS) and they mentioned to Allah that ‘O Lord we hear a very weak familiar voice in a very unusual land! Allah said: ‘This is my slave Younus, who disobeyed me, so I detained him inside a fish in the depth of the sea.’ They asked: ‘Is he the pious slave from whom everyday and night a good deed ascended to you?’ He replied: ‘Yes.’ So the angels then pleaded to Allah for Younus (AS), so Allah commanded the fish to throw him out on the shore.

10) Younus (AS) was dejected on a bare shore, then Allah caused to grow marrow plant on him and Allah brought there some wild goats that ate the insects, Younus (AS) drank from their milk everyday. He was thrown out in a state of sickness, he was of a very weak body.
11) When the people Younus (AS) was sent to realized that their Prophet had left them they became sure of the coming of the punishment. They repented from their sins and showed their regret about the way they had behaved with their Prophet. They put on their death clothes, and started beseeching Allah for His Mercy and forgiveness. Every one cried, their men, women, sons and daughters.

12) Allah bestowed on them His Mercy and removed from them their punishment, which was about to fall upon them. It never happened in human history that a whole town believed in their Prophet, and the punishment was taken away from them as was done in the case of Younus (AS)’s nation.

13) The dua of Younus (AS), is known as the Dua al Karb, and our Prophet Muhammad(SAW) said: "...Yes, that call was the call of Younus inside the fish: ‘there is no God but You. Glory be to You! I was indeed wrong.’ No Muslim will make dua with this call about anything, but Allah will accept from him."