

2023

Evening of March 22 - Evening of April 21

RAMADAN

RAMADAN is the 9th month of the Muslim year that commemorates the revelation of the Qur'an.

WHAT DO MUSLIMS DO DURING RAMADAN?

FASTING

For self-restraint and God consciousness, no food or drink from sunrise to sunset

SPIRITUALITY & WORSHIP

Increases prayer, worship, reflection, and recitation of Qur'an

CHARITY & COMMUNITY

Increased acts of charity, feeding others, and communal iftars

TYPICAL DAY DURING RAMADAN

4 a.m.-dawn

Suhoor (predawn meal)

4:30-5:30 a.m.

Fajr (morning prayer)

8 a.m.-10 p.m.

daily routine (classes, work, etc.)

7:30-8 p.m.

Maghrib & Iftar (dusk prayer time and meal to break fast)

10 p.m.-midnight:

Taraweeh (congregational prayers reciting entire Qur'an)

TERMS TO KNOW

Suhoor, Sehri
predawn meal

Iftar meal to break fast

Salah prayer

Zakat charity

Laylatul Qadr
Night of power (overnight prayer)

Eid-Al Fitr
Holiday that marks the end of Ramadan (April 21)

HOW TO SUPPORT MUSLIM STUDENTS DURING RAMADAN

BE MINDFUL

Be mindful of programming events or assigning due dates/exams that conflict with prayers or to break fast.

Allow students time to leave class to pray, break fast, eat for Iftar, and celebrate the Eid holiday.

SHARE WELL WISHES

"Ramadan Mubarak!"

"Ramadan Kareem!"

"Happy Ramadan!"

OFFER ACKNOWLEDGEMENT

Recognize the changes students are making to their schedules.

Acknowledge their practice by wishing them a Happy Ramadan and Eid.

Check in with students and offer your support.

Learn more about Spiritual Well-being Resources at Pitt: thrive.pitt.edu

Source: Islamic Center of NYU

