**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](http://thrive.pitt.edu)**

*Source: Islamic Center of NYU*