



RAMADAN

YOU WHO BELIEVE, FASTING IS
PRESCRIBED FOR YOU, AS IT WAS
PRESCRIBED FOR THOSE BEFORE YOU, SO
THAT YOU MAY BE MINDFUL OF GOD.
[QURAN 2:183]



WHAT IS FASTING?

- One of the five pillars of Islamic Faith
- To abstain from food & drink during daytime (between dawn & sunset)
- Designed to increase awareness & consciousness of Allah (God) and becoming mindful
- Abstaining from swearing, lying and arguing/fighting/backbiting etc
- Starts with a pre-dawn meal (Suhoor) and ends with a meal at sunset (Iftaar) to break the fast
- The iftaar meal often begins with water & date fruits

Exemptions from fasting include:

- Age - Elderly & Children
- Illness or a health condition
- Travelling
- Pregnancy & breastfeeding
- Menstruation



WHAT IS RAMADAN?

- The 9th month of the Islamic lunar calendar
- Lasts 29 or 30 days
- A time of spiritual discipline designed to help one strengthen connection with Allah (God) and increasing consciousness of Him.
- The month in which first verses of the Quran were revealed by Allah (God) to Prophet Muhammed (peace be upon him)
- Ends with Eid-ul-Fitr, a three-day festival of celebration
- Observed by 1.9 billion Muslims around the world



HOW IS RAMADAN OBSERVED?

- Fasting = abstaining from food & drink between dawn & sunset
- Performing extra worship including Congregational Night Prayers
- Increased charity & generosity
- Increased recitation and study of the Quran



WHAT'S THE QURAN?

- Sacred text of the Islamic faith
- The word of Allah (God) revealed to Muhammad (peace be upon him) in the 7th century
- Originally in Arabic
- Free online translation in multiple languages available on [Quran.com](https://quran.com)

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