**Ramadan Poster (Text-only version)**

*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 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 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’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.

For questions/ queries contact: fatima.malik@manchester.ac.uk

For more information visit: xceedu.com

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