

Ramadan CELEBRATION



- An example of the Ramadan Mubarak Banner – displayed in the reception area of Carys Bannister Building of the University of Manchester



Ramadan AWARENESS

XceEdu

- Poster on what is Ramadan was created in collaboration with XceEdu and can be made available digitally, and physical copies as leaflets to raise awareness and to answer questions/ queries
- Optional: Dates provided alongside Ramadan poster with information about what it entails





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 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

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

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://www.Quran.com)

Created in collaboration with:
XceEdu

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What is Ramadan?

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