

Ramadan 2021

April 12 - May 12*

(tentative)

Middle Eastern Student Center
University of California, Riverside

What do Muslims do in Ramadan?



Fasting

for self-restraint and God consciousness
No food or drink (not even water) from sunrise to sunset, sexual relations, and smoking

Spirituality and Worship

increased prayer, acts of worship, reflection, contemplation, and recitation of Qur'an

Charity and Community

increased acts of charity (zakat), feeding others, communal iftars (breaking of the fast)

Key Terms



Ramadan - 9th month of Muslim year, commemorates revelation of the Qur'an

Suhoor, Sehri - pre dawn meal

Iftar - meal to break fast

Salah - prayer

Laylatul Qadr - Night of power (overnight prayer)

Eid-Al-Fitr - holiday that marks end of Ramadan

A Day in the Life of a Student



4:30am - Suhoor:
pre dawn meal

5:30am - Fajr:
morning prayer

8am-10pm - Daily Routine:
classes, work, prayer, etc.

7:15pm - Maghrib and iftar:

Dusk prayer time and meal to break fast

10pm-12am - Taraweeh:

congregational prayers reciting entire Qur'an during Ramadan

How to support Muslim students this Ramadan

Food Availability



Food available from campus at Lothian & Glasgow Residential Restaurants during iftar/dinner (premade suhoor/breakfast also available at dinner time)

R'Pantry available by appointment for students experiencing food insecurity.

Academics



Extensions during Laylatul Qadr dates.
Extended testing periods during midterms to accommodate for iftar and prayer times.

Recognition



Recognize the changes students are making to their schedules and eating habits.

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

Check-in on students and offer support.

Prayer Times



Many students are more observant during Ramadan.
Permission to leave class to pray or break fast (10 minutes).
Be mindful of programming events conflicting with worship times.

Well Wishes



"Ramadan Mubarak!"
"Ramadan Kareem!"
"Happy Ramadan!"



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Questions

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Adapted from Islamic Center at NYU