Ramadan stands as a sacred period in Islam, marking the revelation of the Qur’an. Muslims fast from sunrise to sunset, fostering closeness to God and nurturing qualities like self-discipline, gratitude, and empathy for the needy. It's a time of spiritual renewal, characterized by increased Quranic recitation and prayer.

**Fasting**

During Ramadan, Muslims fast from sunrise to sunset, about 12 hours daily over 29-30 days. It's a time for spiritual and physical discipline, fostering self-reflection and moral growth. Fasting promotes God-consciousness and encourages good deeds.

- The first 6 days are typically the hardest.
- Students may be more tired than usual.
- They also may be homesick during this time.

**Key Terms**

- **Ramadan**: commemorates the revelation of the Qur’an
- **Suhoor**: pre-sunrise meal
- **Iftar**: meal to break the fast
- **Salah**: prayer (after breaking fast)
- **Wuduh**: ablutions, ritual washing before prayer
- **Eid al fitr**: Holiday to mark the end of Ramadan

**Ways to support students during Ramadan**

**Prayer Times**

During Ramadan, students may prioritize prayer times, observing the five daily prayers at various intervals throughout the day.

- Consider allowing brief breaks during class, labs, seminars, or events for prayer or iftar.
- Additionally, be aware of evening activities that may coincide with worship times.
- Respect students who may pray in quiet areas such as hallways or designated rooms.

**Academics**

Reasonable accommodations should be provided for fasting students during finals and exams, such as adjusting exam times or allowing students to eat during the exam if needed.

- It's important to minimize stress by offering support and understanding the challenges students may encounter.
- Recognize that students may adjust their sleep schedules due to late-night prayers and early morning meals during Ramadan.

For more information visit: https://ing.org/resources/for-all-groups/calendar-of-important-islamic-dates/ramadan-information-sheet/