

RAMADAN

Everything you need to know about your students observing Ramadan

February 17th - March 19

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)

Wudu: 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/>

<https://oae.uic.edu/news-stories/ramadan/>