

Ramadan 2024

Evening of March 10nd -
Evening of April 9-10th

What do Muslims do during Ramadan?



Fasting

For self-restraint and God consciousness No food or drink (not even water) from sunrise to sunset

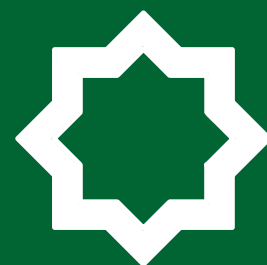
Spirituality and Worship

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

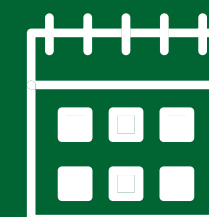
Iftar - meal to break fast

Salah - prayer

Laylatul Qadr -Night of power (overnight prayer)

Eid-Al-Fitr - holiday that marks end of Ramadan (Dusk April 9 through Dusk April 10)

A Day in the Life of a Student



4:00am-dawn - Suhoor:
pre dawn meal

4:30-5:30am - Fajr:
morning prayer

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

7:15-8:00pm - 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 GMU MUSLIM STUDENTS THIS RAMADAN

Prayer Times



Many students are more observant during Ramadan.

Allow students to leave class to pray or break fast (10-20 minutes). Be mindful of programming events that conflict with prayer times or breaking fast times.

Academics



Accommodations such as moving exam times and/or allowing more time for students to eat for Iftar, pray, or celebrate the Eid holiday (April 09 - April 12, allowing for travel)

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.

Questions?

Contact Austin A. Deray,
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Student Life
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Well Wishes



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



Graduate Student Life

This flyer was adapted from the Islamic Center at NYU and the UC Riverside Middle Eastern Student Center