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Ramadan is the holy month of fasting, prayer, and reflection observed by Muslims worldwide. It is a time of spiritual growth, self-discipline, and community, marked by fasting from dawn to sunset. Celebrated in the ninth month of the Islamic calendar, Ramadan ends with the festive occasion of Eid al-Fitr. Learn more about its significance, traditions
and benefits. Ramadan QuotesWhat is Ramadan? Ram
increased devotion to Allah. Fasting during Ramadan is one of the Five Pillars of Islam, making it a fundamental part of a Muslims faith and practice. The Importance of Ramadan in IslamRamadan holds immense significance in Islam because it is believed to be the month in which the Quran, the holy book of Islam, was revealed to the Prophet
Muhammad (PBUH) through the angel Jibreel (Gabriel). The Quran serves as a guide for living a life under Allahs will, making this month particularly sacred. During Ramadan, known as Sawm, fasting is not just about abstaining from food and drink but also about purifying the soul, practicing self-control, and showing compassion to those in need. It is
a time for Muslims to focus on their faith, seek forgiveness, and grow spiritually.10 Importance of Ramadan in IslamSpiritual growth, and self-discipline. By fasting from dawn until sunset, Muslims develop patience, humility, and resilience, drawing closer to
Allah through their devotion. Increased Worship and PrayerRamadan encourages increased worship, including nightly prayers known as Taraweeh, recitation of the Quran, and personal supplication. It is an opportunity for Muslims to deepen their connection with God through concentrated acts of worship. Forgiveness and MercyRamadan is regarded
as a time of divine mercy. Muslims believe that during this holy month, God opens the doors of forgiveness. Acts of sincere repentance and charity are said to earn a greater likelihood of divine pardon. Quranic Revelation Ramadan marks the month when the Quran was revealed to Prophet Muhammad (PBUH). The Night of Decree, or Laylat al-Qadr, is
a significant night within Ramadan, during which it is believed that the blessings and mercy of Allah are abundant. Fasting as an Act of Worship Fasting during Ramadan, known as Sawm, is one of the Five Pillars of Islam. It is an obligatory act of worship that symbolizes a Muslims submission to Allah and promotes self-control, empathy, and
gratitude. Cultivation of Empathy and CharityBy fasting, Muslims experience hunger and thirst, which heightens their empathy for the less fortunate. This leads to increased acts of charity (Sadaqah) and the obligation of Zakat al-Fitr, a donation made before Eid to ensure that those in need can celebrate the festival. Community and UnityRamadan
fosters a strong sense of community among Muslims worldwide. Communal iftars (the meal to break the fast) and joint prayers help strengthen bonds within the Muslim Ummah (community), promoting unity and solidarity. Detoxification of Body and SoulFasting provides physical benefits, including detoxification and metabolic improvement. More
importantly, Ramadan serves as a detox for the soul, as Muslims strive to avoid sinful behavior and seek moral and spiritual purification. Gratitude and HumilityThe experience of fasting instills a deeper appreciation for everyday blessings, such as food, water, and family. By reflecting on these blessings, Muslims become more grateful and
humble. Celebration of Eid al-FitrThe end of Ramadan is marked by Eid al-Fitr, a festival of breaking the fast. This joyous occasion symbolizes the success of spiritual growth and self-restraint during Ramadan? Fasting during Ramadan is obligatory for all adult
Muslims, but there are exceptions for those who may face difficulty due to:IllnessPregnancy or breastfeedingTravelingMenstruationOld age or frailtyFor those who cannot fast due to valid reasons, they are encouraged to either make up the fasts at a later date or, in some cases, give fidya (charitable donations) to feed the poor in compensation. The
Daily Routine During Ramadan During Ramadan During Ramadan During Ramadan, the daily routine of a Muslim revolves around fasting and prayer. The day typically starts before dawn with a meal called Iftar. Suhoor (Pre-Dawn Meal): Muslims wake up before dawn to
eat a meal to sustain them throughout the day. Suhoor is a time for prayer and intention setting for the fast begins with the Fajr prayer, marking the start of the days spiritual and physical discipline. Fasting (Sawm): From dawn until sunset, Muslims refrain from eating, drinking, smoking, and any intimate relations. They also
focus on avoiding sinful behavior, such as lying, gossiping, or arguing. Iftar (Breaking the Fast): At sunset, the fast is traditionally broken with dates and water, followed by the Maghrib prayer and a larger meal. The Spiritual Significance of Ramadan Ramadan is a time for Muslims to strengthen their relationship with Allah through increased prayer,
reading the Quran, and performing good deeds. Fasting allows Muslims to develop tagwa (consciousness of Allah), reminding them to be thankful for what they have and empathetic towards those who are less fortunate. The last 10 days of Ramadan are particularly significant, as they include Laylat al-Qadr (the Night of Power), which is believed to be thankful for what they have and empathetic towards those who are less fortunate. The last 10 days of Ramadan are particularly significant, as they include Laylat al-Qadr (the Night of Power), which is believed to be thankful for what they have and empathetic towards those who are less fortunate.
the night the Quran was first revealed. The Quran describes this night as being better than a thousand months (Quran, 97:3), making it a night of immense spiritual reward for those who engage in worship. Zakat and Charity in RamadanRamadan is also a time of increased charity and generosity. Muslims are encouraged to give Zakat (mandatory
charity) and Sadaqah (voluntary charity) during the holy month to help those in need. Giving during Ramadan holds greater spiritual reward, and many Muslims use this time to calculate and pay their Zakat. The act of giving not only helps purify ones wealth but also serves as a reminder of the blessings in life and the importance of helping the less
fortunate. Eid al-Fitr: The Celebration After Ramadan At the end of Ramadan At the end o
emphasizes unity, gratitude, and celebration after the intense spiritual focus of Ramadan? A: While fasting is not obligatory for children until they reach puberty, many young Muslims choose to fast for part of the day or for a few days as a way to participate and
practice.Q: What is Laylat al-Qadr, and why is it important?A: Laylat al-Qadr, or the Night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually significant night of Power, is considered the most spiritually spiritually significant night night night night night night night night night nigh
should a person do if they miss a fast? A: If a person misses a fast due to illness, menstruation, or other valid reasons, they are encouraged to make up the fast after Ramadan. If they cannot fast due to long-term conditions, they are encouraged to make up the fast after Ramadan is a month of immense spiritual growth, reflection,
and devotion for Muslims. By fasting, praying, and giving charity, Muslims around the world come together to purify their souls and strengthen their connection to Allah. It is a time for gratitude, community, and deep personal transformation. References: What is Ramadan? Understanding the Holy Month. BBC Religion. Ramadan: The Month of Fasting.
Islamic Relief Worldwide. Fasting in Ramadan: Rules and Benefits. The Muslim Vibe. The Importance of Laylat al-Qadr. Al Jazeera. Islamic Research Foundation International, Inc. (IRFI). (2023). Importance of Ramadan. Esposito, J. L. (2002). What Everyone Needs to Know About Islam. Oxford University Press. Farah, C. E. (1994). Islam: Beliefs and
Observances. Barrons Educational Series. At the heart of Ramadan lies the Quran, the holy book of Islam. Revealed over 1,400 years ago during this blessed month, the Quran is more than just a scripture; it is a guide for life, offering wisdom, comfort, and answers to lifes deepest questions. For Muslims, Ramadan is not just about fasting; its about
reconnecting with the Qurans timeless message and allowing it to renew and transform their hearts and minds. "You who believe, fasting is prescribed for you, as it was prescribed for you
reconnecting with your Creator. Ramadan is that month for over 1.8 billion Muslims worldwide. It is the ninth month of the Islamic calendar, a sacred period of fasting, prayer, and reflection. From dawn to sunset, Muslims refrain from food, drink, and sexual relations to focus on spiritual growth and self-discipline. But Ramadan is so much more than
abstaining; its about connectingto God, to ones community, and to the divine message of the Quran. God tells us in the Quran was revealed as guidance for mankind, clear messages giving guidance and distinguishing between right and wrong. So any one of you who is present that month should fast,
and anyone who is ill or on a journey should make up for the lost days by fasting on other days later. God wants ease for you, not hardship. He wants you to complete the prescribed period and to glorify Him for having guided you, so that you may be thankful."(Quran 2:185) Have you ever felt the need to pause the chaos of life and reset? Ramadan is
the perfect opportunity. This month was chosen by God to reveal the Quran, the holy book of Islam, to the Prophet Muhammad (peace be upon him). This divine connection makes Ramadan a time of heightened spirituality and purpose. Fasting during Ramadan carries many additional benefits for the heart and soul - increased empathy for those in
need, gratitude for blessings, and discipline over desires. But its not just about the physical fastits a fast of the heart and soul. What makes Ramadan unique is its intimate link with the Quran. Revealed over 1,400 years ago, the Quran is the direct word of God. Its not just a book but a
guide for life, offering wisdom, comfort, and answers to lifes deepest questions. During Ramadan, Muslims dedicate extra time to reading, reciting, and reflecting on the Quran. Special nightly prayers called Taraweeh are held, where the Quran is recited in beautiful, melodic tones. This deep immersion in the Qurans message elevates Ramadan from a
sacred observance into a profound journey of self-discovery, spiritual renewal, and reconnection with God, providing a chance to shed bad habits, realign the soul, and embrace a fresh start. Even if youre not Muslim, Ramadan holds universal lessons. Have you ever wondered what it means to live with mindfulness? To practice gratitude even in
moments of challenge? To seek clarity about your place in the world? These are the questions Ramadan invites us all to reflect upon. What would happen if you paused for moments throughout the day to express gratitude to your Creator? How might a day of fastingor even just cutting out distractions change your perspective? What could you discover
about yourself by exploring the Quran? The Quran is not just a book for Muslims; its a wellspring of wisdom and inspiration for peace, answers, or a deeper understanding of lifes purpose, the Quran speaks to the human soul in ways that transcend culture and time. As
you explore the Quran, youll encounter profound ideas about justice, mercy, patience, and the beauty of creation. The Quran challenges us to think deeply, to reflect, and to act with compassion. Could this be the message your soul has been waiting for? We invite you to take the first step on this journey. Explore Quran.com to experience the Quran for
yourself. Listen to its recitation, read its meaning, and discover how its timeless guidance can illuminate your path. Ramadan is a reminder that the souls nourishment is just as vital as the bodys. Whether youre fasting or simply curious, this month offers a chance to reflect, renew, and reconnect. What could be more powerful than a fresh start for
your soul?Let this Ramadan be your gateway to exploring the Qurans profound impact. Who knows? This moment of curiosity could be the beginning of a life-changing journey.Interested in learning more about the Quran? Visit: About The Quran Ramadan / Ramadan is the 9th month in theIslamic calendar, known as the Hijri Calendar
[Arabic language Hijri is the calendar of migration. It starts from the day the Prophet Mohammed (S.A.W.) migrated fromMakkahtoMadinah]. Millions of Muslims across the world observe fast during the whole month of Ramadan as this is the most sacred month of the year in Islamic culture. The Arabic word Ramad means heat or drought. So
Ramadan symbolizes abstinence from eating anything and drinking water from dawn till dusk. As one of Islams five pillars, fasting in Ramadanwas prescribed by Allah as an obligatory act for all thosewho are able to. Fasting, however, is more than just a simple act of worship. It has a holistic influence on our physical and mental states, offering benefit
for both. Visit our page on Ramadan 2021 Visit our Ramadan 2021 Wisit our Ramadan in which was revealed to the Prophet Mohammed (S.A.W.) during this holy month. As Allah says in Quran: The month of Ramadan in which was revealed the Quran, a guidance for
mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (Surah Al-Baqarah 2:185) Fasting is Obligatory during this month: In Arabic, the word Sawm/Siyam (Fasting)
means to abstain or refrain from something. It means to refrain from food, drink, sexual intercourse and all that which breaks the fast from dawn till dusk (sunset) with only intention to do so for obedience to Allah. The fast is intended to bring the faithful closer to Allah and to remind them of the suffering of those less fortunate. Ramadan is a time to
detach oneself from worldly pleasures and focus on one's inner self. It is seen as a way to physically and spiritually purify, refraining from habits such as smoking and caffeine etc. Muslims often donate to charities during the month and feed the hungry. Many spend more time at mosques during Ramadan and use their downtime to recite the Quran. As
Almighty Allah says in Quran:Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn piety and righteousness. (Surah Al-Baqarah: 2:183)Allah increases reward of Obligation by Seventy times: Salmaan Farsi (R.A.) says that on the last day of Shabaan, Prophet Mohammad (S.A.W.) spoke us and
said:O People, there comes to you a great month now, a most blessed month, in which is a night greater in value and goodness than a thousand months. It is a month in which Allah Has made fasting fardh (obligatory) by day and has made Sunnah the Taraweeh Salah by night. Whosoever wants to be close to Allah by doing any good deed, for such
person shall be the reward like the one who had performed a fardh in any other time and whoever performs a fardh (obligations) in any other time. This is indeed the month of showing kindness to everyone. It is
the month in which a true believers rizq (food, money, etc.) are increased. Whosoever feeds a fasting person in order to break the fast at iftaar (sunset), for him there shall be forgiveness of sins and freedom from the fire of Jahannam (hell) and he shall receive the same reward as the fasting person (whom he fed) without the fasting person losing any
reward. Thereupon, we said, O Messenger of Allah (S.A.W.), not all of us can afford to give a fasting person something to break his fast with. Prophet (S.A.W.) replied, Allah gives the same reward to the one who gives a fasting person to break his fast with. Prophet (S.A.W.) replied, Allah gives the same reward to the one who gives a fasting person to break his fast with.
1887) Prophet (S.A.W.) gave this lecture at the end of month of Shabaan because he (S.A.W.) wanted to show us the greatimportance of Ramadanso that we do not allow one second of this month to go to waste. From his Hadith, we learn that the command for Taraweeh Salah too comes from Allah Himself. Besides this, in all the Hadiths where Prophet
(S.A.W.) says, I have made it Sunnah is to stress its importance. All the Scholars are agreed upon the fact that Taraweeh is Sunnah. The entire month of Ramadan is mercy from Allah and the entire month to the exclusion of any other part,
and this is a reflection of the vastness of Allahs mercy. As narrated by Abu Hurairah (R.A.), The Messenger of Allah (S.A.W.) said: On the first night of the month of Ramadan, the Shayatin (Satan/Devil) are shackled, the Jinns are restrained, the gates of the Fires (Hell) are shut such that no gate among them would be opened. The gates of Paradise
(Jannah) are opened such that no gate among them would be closed, and a caller calls: 'O seeker of the good; come near!' and 'O seeker of evil; stop! For there are those whom Allah frees from the Fire.' And that is every night(Tirmidhi: 682)According to the Hadith, during the blessed month of Ramadan, the doors of Paradise (i-e Allahs mercy, and a caller calls).
forgiveness and kindness are opened) are specially opened and the doors of Hell (i-e punishment) are closed. This is also evident from the following Hadith: As narrated by Abu Hurairah (R.A.), The Messenger of Allah (S.A.W.) said: "Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all
his past sins will be forgiven." (Sahih Bukhari: 38) Gifts of Ramadan from Allah: As narrated by Abu Hurairah (R.A.), The Messenger of Allah (S.A.W.) said: "Allah said, 'All the deeds of Adam's sons (people) are for them, except fasting which is for Me, and I will give the reward for it.' Fasting is a shield or protection from the fire (Hell) and from
committing sins. If one of you is fasting, he should avoid sexual relation with him, he should say, 'I am fasting, he should say, 'I am fasting person is better in the sight of Allah than the smell of musk. There are
that even a bad smell from a person, whom one loves truly and sincerely, is in itself attractive to the Hadith, the reward of fasting will be given by Allah as fast is only for Allah. Allah knows best what will be the reward given by Him in the
afterlife to a fasting person. Some scholars say that it means Allah Himself will ask a fasting person what is his/her wish and whatever he/she will protect the fasting person from the fire of hellas Allah Has said in this Hadith Qudsi
that Fasting is a shield from the fire and committing sins. And we all know that freedom from the fire of hell means Paradise (Jannah) which is ultimate goal of every Muslim. The month of Ramadan and Laylat ul Qadr is better than thousand months. Allah
says in Quran: Verily! We have sent it (this Quran) down in the night of Al-Qadr (Night of Decree) is better than a thousand months, (i.e. 83 years and 4 months).
(Surah Al-Qadr 97:1-3) The significance of the month of Ramadan and Laylat ul Qadr is also evident from many authentic Hadiths of our Prophet (S.A.W.) said: This month has come to you, and in it there is a night that is better than a thousand
months. Whoever is deprived of it is deprived of it is deprived of it is deprived of its goodness, and no one is deprived of its goodness except one who is truly deprived. (Ibn Majah:1644) This blessed night is said to occur during the odd nights of thelast last 10 days of Ramadanas the same is evident from the following Hadith. Narrated by Aisha (R.A.), who said: Messenger of Allah's
(S.A.W.) said, Search for the Night of Qadr (Laylat ul Qadr) in the odd nights of the last ten days of Ramadan. (Sahih Bukhari: 2017) Another favour which Allah bestow upon His servants during Ramadan is that evil Shayateen (devils/satan/demons) are chained, so evil is much less. One would have expected that because of the great desire for worship
of Allah in the blessed month of Ramadan, the shayateen (devils) would try just as hard to the faithful away from the right path, so that much more evil would be committed. That is not the shayateen (devils) would try just as hard to the faithful away from the right path, so that much more evil would be committed. That is not the shayateen (devils) would try just as hard to the faithful away from the right path, so that much more evil would be committed. That is not the shayateen (devils) would try just as hard to the faithful away from the right path, so that much more evil would be committed.
other sinners we see giving up evil acts during the blessed month of Ramadan? You may wonder that, when the devils are chained, how is it that we still see sins being committed, even though in lesser amounts? The reply is that all evil may not necessarily be caused by the evil shayateen. Having for eleven months lived in obedience to the wishes of
the shayateen, the doing of evil actions caused by them becomes a habit and so evil is being done in Ramadan. For this reason, we find those who normally commit sins continue to do some of it in Ramadan. For this reason, we find those who normally commit sins continue to do some of it in Ramadan. Thus, even though shayateen have been chained, their effect on us has become so strong that we follow their ways from
our own side even in Ramadan. Unfortunate People would not get forgiveness from Allah in Ramadan: Fasting has not been prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and thirsty, rather Allah Has told us of the great wisdom behind the prescribed by Allah for the purpose of being hungry and third the purpose of being hungry and the pur
Quran:O you who believe! Observing As-Sawm (the fasting) is prescribed for you as it was prescribed for those before you, that you may become Al-Muttagoon (the pious)(Surah Al-Bagarah 2:183)Piety means doing acts of obedience and worship, and abstaining from acts of disobedience and sin. Messenger of Allah (S.A.W.) told us that in many cases,
people fast and get nothing from their fast except hunger and thirst. It was narrated by Abu Hurairah (R.A.) that The Messenger of Allah (S.A.W.) said: There may be people who fast and get nothing from their giyaam but a sleepless night. (Ibn Majah: 1690) Another
 Hadith narrated by Abu Hurairah (R.A.):The Prophet (S.A.W.) ascended the minbar (a raised platform in the front area of a mosque, from which sermons or speeches are given) and said. Ameen, Ameen, Ameen, Ameen, He (S.A.W.) said: Jibreel (A.S.) came
to me and said: If Ramadan comes and a person is not forgiven, he will enter Hell and Allah will cast him far away. Say Ameen. So I said Ameen. He said: If you
(S.A.W.) are mentioned in a persons presence and he does not send blessings upon you and he dies, he will enter Hell and Allah will cast him far away. Say Ameen. So I said Ameen. (Narrated by Ibn Hibbaan, 3/188; classed as Sahih by Al-Shaykh Al-Albaani in Saheeh Al-Targheeb: 1679). One of the persons described in the above Hadith is he who, even
in the blessed month of Ramadhan, spends the days in sin and does not worry about his duties, thus he does not get forgiveness. Ramadhan is the month of Allahs forgiveness in Ramadhan, when will he do so? The way to seek Allahs
pardon for his sins is to complete his duties in Ramadhan as ordered by Allah, such as fasting for Allahs forgiveness for past sins through dua (supplications). Supplications (Dua) of a Fasting Person is surely accepted by Allah: Abu Hurairah (R.A.) reports that Prophet Mohammad (S.A.W.) said: There are
three whose supplications are not turned back: A just ruler, and a fasting person until he breaks his fast. And, the supplication of one who has been wronged is raised by Allah up to the clouds on the Day of Resurrection, and the gates of heaven are opened for it, and Allah says, By My Might I will help you (against the wrongdoer) even if it is after a
while.(Ibn Majah: 1752)There are many other duas for breaking the fast, but no special dua is fixed. This time (at breaking the fast) is a time when duas are accepted; ask and put all your needs before Allah and also remember all Muslims brothers and sister in your dua. So Ramadan is a month of worship and contemplation. Every Muslim should
prepare themselves to receive blessings from Allah during this month by standing in prayer, asking for Allahs forgiveness, worship with sincere faith and hoping for Allahs reward (in both worlds). Click here to learn aboutRamadan DuasClick here forRamadan Ashra DuasHere you can also find our featured page of Ramadan 2021. The Muslim holy
month of Ramadan has begun. Over the next month, Muslims observing the fast will refrain from eating and drinking from dawn to dusk to achieve greater taqwa, or consciousness of God. In this visual explainer, we answer 10 common questions about Ramadan to help you better understand its significance and practices. list of 3 itemslist 1 of 3 list 2 of
the Islamic calendar is based on the lunar cycle, the start of Ramadan shifts 10-12 days earlier each year, completing a full rotation through all seasons approximately every 33 years. Ramadan is likely to conclude on March 30 or March 31, marking the beginning of the 10th Islamic month, Shawwal. 2. Why do Muslims fast during Ramadan? Ramadan and the Islamic calendar is likely to conclude on March 30 or March 31, marking the beginning of the 10th Islamic month, Shawwal. 2. Why do Muslims fast during Ramadan? Ramadan?
is one of the five pillars of Islam and is prescribed for Muslims as an act of worship and a form of spiritual purification through charity and good deeds. Fasting is meant to develop a persons tagwa, which means being conscious of God, being pious and self-restrained. Feeling hunger and dehydration allows people who fast to understand what the less
privileged experience and fosters greater empathy and gratitude. Fasting is one of the foremost sunnahs, which means living by the Prophet Muhammads example. It is a tradition in the long line of Abrahamic traditions. Jews and Christians also fast as a practice in their religions in different variations. 3. What are the rules of fasting? A fasting person
must refrain from eating or drinking from dawn until sunset. In addition to abstaining from food and drink, smoking of any kind and sexual relations are prohibited during fasting hours. Fasting aims to purify the soul, so anger, gossip and any inappropriate behaviour should be avoided. Unintentional eating or drinking, such as forgetting and then
stopping upon remembering, does not break the fast.4. Who is required to fast?All able-bodied adults, male and female, are required to fast. However, those with chronic or incurable illnesses are exempt from fasting. Women during their menstrual cycles, as well as pregnant women, are also exempt. For conditions like diabetes, where prolonged
fasting can be harmful or life-threatening, fasting is not required. For those missed days later in the year. Children below the age of puberty are also not required to fast, but they are encouraged to practise, especially as they grow older. Those
unable to fast may be excused but must either make up for it after Ramadan or provide compensation by feeding a poor person for each missed day, if financially able. 5. How do Muslims break their fast during Ramadan? It is recommended to break the fast immediately at sunset with dates and water, following the religious teachings of the Prophet
Muhammad.All around the world, every culture has its own rites of what to serve for the predawn meal which is called suhoor or sehri, and for iftar, the sunset meal.Dates are rich in vitamins, fibre and antioxidants and provide quick energy after fasting all day.6. What is the connection between Ramadan and the Quran was first revealed
to Prophet Muhammad in the year 609 during Laylat al-Qadr, also known as the Night of Decree or Night of Power, while he was in the cave of Mount Hira located outside the city of Mecca. This event took place during Ramadan, but its exact date remains unknown. Most scholars believe it falls within the last 10 nights of Ramadan, specifically one of
the odd-numbered nights. The Quran was revealed in Arabic and it comprises: 30 sections, 114 chapters, 6,236 verses and 77,432 words. It mentions Ramadan in the second chapter (Chapter 2, verse 185) with the prescribed rules of who can fast, and how to make up days after Ramadan. 7. What happens during the last 10 days of Ramadan? Laylat al-
Qadr is considered by Muslims to be the holiest night of the year. During the last 10 nights of Ramadan, Muslims gather in mosques and increase their worship, seeking the immense blessings of Laylat al-Qadr through prayer, Quran recitation and the remembrance of God. Worship on that night is believed to be more rewarding than 1,000 months of
devotion.8. What does the word Ramadan mean? The word Ramadan is derived from the Arabic word Ar-Ramd, which means intense heat, and also rooted in the word, Ramadan mean? The word Ramadan is derived from the Arabic word Ar-Ramd, which means sun-scorched sand. This name has come to signify the burning away of sins through fasting, purification and devotion. Some scholars also relate it to the time
when the names of the months were based on seasonal conditions, suggesting that Ramadan originally fell during an intensely hot period.9. What are some Ramadan traditions? Ramadan is a time when many families and friends come together for iftar, the evening meal that breaks the fast, gathering around the table to share food, express gratitude
Ramadan with lanterns in hand. Over time, this custom spread to cities across the Islamic world, including Damascus, Aleppo, Ramadan is marked by the three-day celebration of
Eid al-Fitr, meaning the festival of breaking the fast. During Eid al-Fitr, Muslims attend special prayers, give charity, enjoy festive meals, visit family and friends and exchange greetings and gifts. Countries that began fasting on March 2 are expected to celebrate Eid
on March 31 or April 1, depending on the sighting of the new moon. Source: Al Jazeera Ramadan is the ninth month in the Islamic calendar during which the world fast from dawn to sunset, a command given to Muslims in the Quran itself, instructing
believers to observe fasting as an act of devotion and self-discipline. In this article, we explore the history of Ramadan and dive into its significance for 2 billion Muslims worldwide. Fasting as a practice was found in ancient civilizations, including the Greeks, Romans, and Egyptians had fasting rituals to purify the body and soul. In the Arabian
Peninsula, pre-Islamic tribes also had various forms of fasting, though their significance and rules were different from those practiced by Muslims today. The history of Ramadan as we know it in Islam begins in 610 CE. This was the year when Prophet Muhammad (PBUH) received the first revelations of the Quran from Allah through their significance and rules were different from those practiced by Muslims today.
(Gabriel). This occurred during Laylat al-Qadr, or the Night of Power, which is observed during the last 10 days of Ramadan. Laylat al-Qadr is one of the most significant events in Islamic history. It is believed that this night is when the Quran, the holy book of Islam, was revealed to humanity as guidance for all time. The Quran emphasizes the
importance of this night, stating that it is better than a thousand months (Surah Al-Qadr, 97:3). Muslims believe that worship during this night carries greater rewards than worship done over an entire lifetime. Fasting during this night carries greater rewards than worship done over an entire lifetime.
(PBUH) around 624 CE, in the second year after his migration from Makkah to Madinah, known as the Hijra. This event marked the foundation for Islamic calendar and the establishment of the first Muslim community, which provided the foundation for Islamic calendar and the establishment of the Islamic calendar and the establishment of the first Muslim community, which provided the foundation for Islamic calendar and the establishment of the Islamic calendar and the establishment of the first Muslim community, which provided the foundation for Islamic calendar and the establishment of the Islamic calendar and the Islamic calendar and the Islamic calendar and the Islamic calendar and the Islamic calendar and
Quran, specifically in Surah Al-Baqarah, verse 183: O you who have believed, decreed upon you is fasting as a pillar of faith but also links it to earlier traditions of fasting in other Abrahamic religions, creating a sense of continuity and
shared devotion. The Quran outlines exceptions to fasting, acknowledging that some people may be unable to fast due to health, age, pregnancy, or travel. In Surah Al-Baqarah, verse 185, it says: But if any of you is ill or on a journey, the same number of days [are to be made up] later. For those who can only fast with difficulty, there is a ransom: the
feeding of one that is indigent. This flexibility reflects Islams emphasis on mercy and compassion, ensuring that fasting remains an accessible practice for all believers. Read More: Muslim Dietary Laws & Fasting Practices You Need to Know The most prominent practice of Ramadan is fasting from dawn until sunset. This includes abstaining from food
drinks (even water), smoking, and marital relations. Heres a breakdown of the typical daily routine: Suhoor: The pre-dawn meal consumed before fasting begins at Fajr, the first prayer of the day. Iftar: The meal at sunset, which starts with eating dates and drinking water, followed by a full meal. The fast is typically broken after the Maghrib prayer. In
addition to fasting, Muslims increase their spiritual activities by: Reading the Quran: Many Muslims aim to read the entire Quran during Ramadan. Attending Taraweeh prayers: Special evening prayers that are longer than the regular prayers. Charity: Giving Zakat (alms) to those in need, which is also one of the Five Pillars of Islam. Check out: Tips
for a spiritual and healthy Ramadan! Today, Ramadan is a unifying experience for the global Muslim community, or Ummah. Muslims in all parts of the world, from Indonesia to Morocco, from the United States to South Africa, observe this holy month with fasting, prayer, and charity. Do You Know: Consumption of dates, bread, and chicken increases
by over 60% in Muslim-majority countries. In recent years, intermittent fasting, a diet that alternates between periods of eating and fasting, has gained significant traction in the Western world for its potential health benefits of
fasting according to science today: A well-known benefit of intermittent fasting is its effectiveness for weight loss. Fasting reduces the total number of hours in which people eat, often leading to a caloric deficit. A critical health benefit of fasting is its impact on insulin sensitivity. When you eat frequently, your body continuously produces insulin to
manage blood sugar levels. However, during fasting, insulin levels drop, and the body becomes more efficient at using insulin. Intermittent fasting has also shown promising results in improving blood sugar control and reducing the risk of developing Type 2 diabetes. Fasting also initiates a process called autophagy, which is the bodys way of cleaning
out damaged cells and regenerating new, healthy ones, a process which can reduce the risk of developing neurodegenerative diseases like Alzheimers and Parkinsons. Eid al-Fitr marks the end of Ramadan and is a time for gratitude, community, and festivity. After a month of fasting from dawn to sunset, Muslims come together to celebrate their
spiritual growth, self-discipline, and closeness to Allah. Here are some key elements of this festive occasion: Eid al-Fitr begins with a special prayer called Salat al-Fitr, a special form of charity. This is an obligatory charity given
to those in need before the Eid prayer. Eid al-Fitr is a time for gathering with loved ones. Gift-giving is a central tradition and children are especially excited to receive Eidi, which is usually in the form of money. Here are some of the common questions about Ramadan answered: Its start date varies each year because the Islamic calendar is based on
the moons cycle, which is about 11 days shorter than the Gregorian calendar. The beginning of Ramadan is determined by the sighting of the new moon, so the exact date may vary depending on your location. Fasting is mandatory for all adult Muslims, but there are exceptions. Children, the elderly, pregnant or nursing women, travelers, and those
who are ill are not required to fast. Those who are unable to fast due to illness or other valid reasons can make up the fast at a later date or provide a meal to a needy person for each missed day. Fasting follows specific rules: Abstain from food and drink: Muslims must refrain from eating, drinking (even water), smoking, and engaging in marital
relations from dawn (Fajr) until sunset (Maghrib). Suhoor and Iftar: The fast begins at dawn after the Suhoor, a pre-dawn meal, and ends at sunset with Iftar, the meal to break the fast. Intentions (Niyyah): Muslims must make a sincere intention to fast each day for the sake of Allah. The duration of fasting during Ramadan varies depending on
geographic location. Muslims fast from dawn (Fajr) until sunset (Maghrib), which typically lasts between 11 to 20 hours, depending on the time of year and where they are in the world. In countries closer to the equator, fasting hours are relatively consistent, but in higher latitudes, fasting hours can become quite long during summer months. The
purpose of fasting during Ramadan is both spiritual Growth: Fasting is a way to grow closer to Allah by practicing self-discipline, patience, and mindfulness. It allows Muslims to focus on prayer, reading the Quran, and introspection. Purification: Fasting helps purify the soul and teaches empathy for those who are less
fortunate, reinforcing the importance of charity and gratitude. Self-Control: By abstaining from worldly desires to focus on their faith. Yes, Muslims are permitted to travel during Ramadan, but they are exempt from fasting on travel days if
fasting would cause hardship. This is based on the understanding that traveling can be physically taxing, and Islam allows for flexibility in such situations. Travelers who skip fasting follows the local time in the location where a Muslim resides or travels. This
means that fasting hours are based on the local dawn and sunset times. Ramadan concludes with Eid al-Fitr, a major Islamic holiday. Its a day of celebration, feasting, and giving thanks to God for the strength to complete the fast. Muslims also give a special form of charity called Zakat al-Fitr to ensure that everyone, even the less fortunate, can
celebrate the occasion. Fasting is one of the Five Pillars of Islam, making Ramadan an essential time of devotion, self-discipline, and spiritual reflection for Muslims around the world. Its a month that strengthens the connection between Muslims and their faith, encouraging acts of kindness, empathy, and charity. For more insights, visit the Halal
Consumer Blog, and be sure to follow AHF on LinkedIn for daily updates and valuable content. Azmi is a dynamic content and client development professional at the American Halal Foundation, blending his passion for the halal lifestyle, history, and travel with sharp market insights. Known for his attention to detail and strategic approach, he crafts
impactful content that drives engagement and strengthens AHFs connection with global audiences. Updated [hour]:[minute] [AMPM] [timezone], [monthFull] [day], [year] CAIRO (AP) Observant Muslims the world over will soon be united in a ritual of daily fasting from dawn to sunset as the Islamic holy month of Ramadan starts. For Muslims, its a
time of increased worship, religious reflection, charity and good deeds. Socially, it often brings families and friends together in festive gatherings around meals to break their fast. Ramadan is followed by the Islamic holiday of Eid al-Fitr. Ramadans religious rituals and spiritual essence unite diverse Muslim communities around the world. The plights of
some fellow Muslims and some issues that have resonance beyond borders including conflicts and political turmoil can become part of the focus of the months prayers, giving or advocacy for many. This year, Ramadan is approaching as the fragile ceasefire deal, which has paused over 15 months of war between Israel and Hamas, nears the end of its
first phase. Israels military offensive has killed over 48,000 Palestinians, according to Gazas Health Ministry, and destroyed vast areas of Gaza. The war was sparked by an Oct. 7, 2023 attack on Israel in which Hamas-led militants killed some 1,200 people and took about 250 hostages. For some Muslims, Ramadan also comes amid changes in their
countries. In the Middle East, for instance, this will be the first Ramadan for Syrians since the Syrian government fell in a stunning end to decades of the Assad family rule. WHEN IS RAMADAN?Ramadan is the month traditionally depends on the sighting.
of the crescent moon. This year, the first day is expected to be on or around March 1. The actual start date may vary among Muslim communities due to declarations by multiple Islamic authorities around the globe on whether the crescent has been sighted or different methodologies used to determine the start of the month. WHY AND HOW DO
MUSLIMS FAST? Fasting is one of the Five Pillars of Islam, along with the profession of faith, prayer, almsgiving, and pilgrimage. Muslims see various meanings and lessons in observing the fast. Its regarded as an act of worship to attain God-conscious piety and one of submission to God. The devout see benefits including practicing self-restraint.
growing closer to God, cultivating gratitude and empathizing with people who are poor and hungry. The daily fast in Ramadan includes abstaining from all food and drink not even a sip of water is allowed from dawn to sunset before breaking the fast in a meal known as ifter in Arabic. Those fasting are expected to also refrain from bad deeds, such as
gossiping, and to increase good deeds. Muslims typically stream into mosques for congregational prayers and dedicate more time for religious contemplation and the reading of the Quran, the Muslim holy book. Charity is a hallmark of Ramadan. Among other ways of giving, many seek to provide ifter for those in need, distributing Ramadan boxes filled
with pantry staples, handing out warm meals alongside such things as dates and juice or helping hold free communal meals. Muslims eat a pre-dawn meal, called suhoor, to hydrate and nurture their bodies ahead of the daily fast. ARE THERE EXEMPTIONS FROM FASTING? Yes. There are certain exemptions from fasting, such as for those who are
unable to because of illness or travel. Those unable to fast due to being temporarily ill or traveling need to make up for the missed days of fasting later. WHAT ARE SOME CULTURAL AND SOCIAL TRADITIONS ASSOCIATED WITH RAMADAN? Muslims are ethnically and racially diverse and not all Ramadan traditions are rooted in religion. Some
customs may transcend borders, while others can differ across cultures. Many social rituals center on gathering and socializing after the daily fast. Some Muslims decorate their homes, put out Ramadan transcend borders, while others can differ across cultures. Many social rituals center on gathering and socializing after the daily fast. Some Muslims decorate their homes, put out Ramadan transcend borders, while others can differ across cultures. While others can differ across cultures. The daily fast is a second transcend borders, while others can differ across cultures. The daily fast is a second transcend borders, while others can differ across cultures. The daily fast is a second transcend borders, while others can differ across cultures. The daily fast is a second transcend borders and the daily fast is a second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend borders are second transcend borders. The daily fast is a second transcend border border borders are second transcend borders are second transcend borders. The daily fast is a second transcend border bord
typically a festive time. Colorful lanterns, in different shapes and sizes, dangle from childrens hands and adorn homes or the entrances of buildings and stores. Ramadan songs may be played to welcome the month. Ramadans soundscape in Egypt has traditionally included the pre-dawn banging on drums by a mesaharati who roams neighborhoods
calling out to the faithful, sometimes by name, to awake them for the suhoor meal. NEW TV SHOWS, COMMUNAL MEALSA line-up of new television series is another fixture of the month in some countries, and advertisers compete for the attention of viewers. In various regions, some Muslims worry that the month is being commercialized, and that an
 emphasis on decorations, TV shows, outings or lavish iftar banguets, especially in the social media era, can detract from Ramadans religious essence. Others feel that a balance can be struck and that, done in moderation, such rituals are part of the months festive spirit. In Indonesia, some Ramadan rituals vary across regions, reflecting the diversity of
local cultures. People in Indonesias deeply conservative Aceh province slaughter animals during Meugang festivities. The meat is cooked and shared in a communal feast with family, friends, poor people and orphans. Hundreds of residents in Tangerang, a city just outside the capital of Jakarta, flock to the Cisadane River to wash their hair with rice
straw shampoo and welcome the fasting month with a symbolic spiritual cleansing. Across Sumatra island, after evening prayers, many boys and girls parade through the streets, carrying torches and playing Islamic songs. In India, where the countrys Muslim minority encompasses more than 200 million people, stalls lining many streets sell such
things as dates, sweets and freshly cooked food. At night, some New Delhi neighborhoods become lively as Muslims head to mosques to attend prayers. Some Indian Muslims also visit Sufi shrines decorated with lights and colorful flowers. In the United States, where Muslims make up a diverse minority, gathering at mosques and Islamic centers
when possible for iftar meals and prayers provides many Muslim families with a sense of community. Some Muslims also organize or attend interfaith iftar meals. Some big U.S. retailers have started catering to Ramadan shoppers, selling such things as Ramadan-themed decor. ___Associated Press writers Niniek Karmini in Jakarta, Indonesia, and
Sheikh Saalig in New Delhi contributed. Associated Press religion coverage receives support through the APs collaboration with The Conversation US, with funding from Lilly Endowment Inc. The AP is solely responsible for this content. For nearly 2 billion Muslims around the world, Ramadan is a time of deep reflection, spiritual connection and
community. Here's what to know about the sacred Islamic month as it begins. When Does Ramadan is the ninth month of the 12-month Islamic lunar calendar. It officially begins with
the sighting of a crescent moon following the new moon. A new moon occurred Thursday, February 27, with Friday evening likely to be the first sighting of the crescent moon, with March 1 set to be the first day of Ramadan. There are often slight differences in calculations on the start date of the holy month, but based on the moon cycle, it is largely
regarded as ending on March 30. The day after the end of Ramadan is called Eid al-Fitr, the festival of breaking the fast, which take places once the new moon is seen. To wish someone well, people say "Eid Mubarak." The moon appears above The 14th of Ramadan Mosque in central Baghdad, Iraq, on April 4, 2023. The moon appears above The 14th
of Ramadan Mosque in central Baghdad, Iraq, on April 4, 2023. AP Photo/Hadi Mizban History of Ramadan Observed? The holy
month is a moment of spiritual connection, community, prayer and reflection. Muslims partake in several religious activities during fast during fast during Ramadan with "iftar," an evening meal often shared with family and
friends. Some people are exempt from fasting, such as young children, pregnant or breastfeeding women, elderly and the ill. The fast is often first broken with water and dates, following the practice of the Prophet Muhammad. Many mosques and community groups also host iften gatherings, fostering a spirit of togetherness and welcoming people
from various backgrounds. The month encourages Muslims to engage in a period of introspection and connectivity, with communal meals and prayers. Muslims are encouraged to donate to charity. How Many People Observe Ramadan? Ramadan is celebrated by nearly 2 billion Muslims across the world, with different traditions in various countries and
communities. Sunni and Shia Muslims, the two main sects of Islam, observe Ramadan. In some countries, work hours are adjusted or reduced during Ramadan shifts each year. The length of daily fasting varies depending on a country's geographic
location in either hemisphere, often ranging from 13 hours to 16 hours of fasting. Islam is the third largest religion in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S., after Christianity and Judaism, with an estimated 4.5 million people in the U.S. after Christianity and Judaism, with a the U.S. after Christianity and Judaism, with a the U.S. after Christianity and Judaism, with a the U.S. after Christianity and Judaism.
Muslims offer Eid al-Fitr prayer, marking the end of the fasting month of Ramadan, in Mumbai, India, on April 11, 2024. AP Photo/Rajanish Kakade Will There Be a White House Iftar? The first recorded presidential iftar dates to 1805, when President Thomas Jefferson hosted a dinner for Sidi Soliman Mellimelli, a Tunisian diplomat who was observing
Ramadan, However, the tradition did not take hold until the past two and a half decades, when the White House in Washington on July 22, 2015. U.S.
President Barack Obama attends an Iftar dinner celebrating Ramadan in the East Room of the White House for comment via email on Thursday, President Joe Biden canceled last year's event after several Muslim Americas declined the
invitation. Some members declined to attend amid the president's handling of the war between Israel and Hamas in Gaza. During President Donald Trump's first year in office, he did not engage with the tradition but held ifter dinners in 2018 and 2019. The White House has not officially published any plans for a 2025 ifter. Month-long fasting event in
IslamFor other uses, see Ramadan (disambiguation). Ramadan Crescent moon over Saram, TurkeyWomen reading the Quran in Bandar Torkaman, IranMen breaking their fast in Dubai Grand MosqueTarawih prayers in a mosque in West Sumatra, IndonesiaIftar mealRamadan decorations in the streets of Aden, YemenZakat donation boxes in Taipei,
TaiwanCalendarIslamic calendarMonth number9Number of days2930 (depends on actual observation of the moon's crescent)Significant daysAl-'Ashr al-AwakherLaylat al-JaizaSha'banShawwalIslamic calendarMonthsMuharramSafarRabi' al-AwwalRabi' al-ThaniJumada al-AwwalJumada al-AwakherLaylat al-JaizaSha'banShawwalIslamic calendarMonth number9Number of days2930 (depends on actual observation of the moon's crescent)Significant daysAl-'Ashr al-AwakherLaylat al-JaizaSha'banShawwalIslamic calendarMonthsMuharramSafarRabi' al-ThaniJumada al-AwwalJumada al-AwakherLaylat al-JaizaSha'banShawwalJumada al-AwakherLaylat al-JaizaSha'ban al-AwakherLaylat al-JaizaSha'ban al-AwakherLaylat al-JaizaSha'ban al-AwakherLaylat al-JaizaSha'ban al-AwakherLaylat al-JaizaSha'ban al-Awakherlaylat al-JaizaSha'ban al-Awakherlaylat al-JaizaShawa al-Awakherlaylat al-JaizaShawa al-
ThaniRajabSha'banRamadanShawwalDhu al-QadahDhu al-HijjahvteRamadan[a][note 1] is the ninth month of the Islamic calendar. It is observed by Muslims worldwide as a month of fasting (sawm), communal prayer (salah), reflection, and community [5] It is also the month in which the Quran is believed to have been revealed to the Islamic prophet
Muhammad. The annual observance of Ramadan is regarded as one of the five pillars of Islam[6] and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.[7][8]Fasting from dawn to sunset is obligatory (fard) for all adult Muslims who are not acutely or chronically ill, travelling, elderly, breastfeeding, pregnant, or
menstruating.[9] The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar.[10][11] Although rulings (fatawa) have been issued declaring that Muslims who live in regions with a midnight sun or polar night should follow the timetable of Mecca,[12] it is common practice to follow the timetable of the closest
country in which night can be distinguished from day.[13][14][15]The spiritual rewards (thawab) of fasting are believed to be multiplied during Ramadan.[16] Accordingly, during the hours of fasting, Muslims refrain not only from food and drink, but also from all behavior deemed to be sinful in Islam,[17][18] devoting themselves instead to prayer and
study of the Quran.[19][20]The word Ramadan derives from the Arabic root R-M- (--) "scorching heat",[21] which is the Classical Arabic verb "ramia ()" meaning "become intensely hot become burning; be blazing; be come intensely hot become burning; become scorching heat",[21] which is the Classical Arabic verb "ramia ()" meaning "become burning; become burning; become burning; become scorching heat",[21] which is the Classical Arabic verb "ramia ()" meaning "become burning; become burning; burn
many hadiths that it is prohibited to say only "Ramadan" in reference to the calendar month and that it is necessary to say "month of Ramadan", as reported in Sunni,[24][25][26][27][28][29] Shia[30][31][32][33][34][35] and Zaydi[36] sources. However, the report has been graded by others as Maw (fabricated)[37] and inauthentic.[24]In the Persian
language, the Arabic letter (d) is pronounced as /z/. The Muslim communities in some countries with historical Persian influence, such as Afghanistan, Azerbaijan, Iran, India, Pakistan and Turkey, use the word Ramazan or Ramzan. The word Ramazan or Ramzan is used in Bangladesh.[38]Chapter 2, Verse 185 in ArabicRamadan is the month on which the Quran
was revealed as a guide for humanity with clear proofs of guidance and the standard to distinguish between right and wrong. So whoever is ill or on a journey, then let them fast an equal number of days after Raman. Allah intends ease for you, not hardship, so that you may complete the prescribed
period and proclaim the greatness of Allah for guiding you, and perhaps you will be grateful. Surah Al-Bagara 2:185Muslims hold that all scriptures were revealed during Ramadan, the scrolls of Abraham, Torah, Psalms, Gospel, and Quran having been handed down during that month. [39] Muhammad is said to have received his first quranic revelation
on Laylat al-Qadr, one of five odd-numbered nights that fall during the last ten days of Ramadan.[40]Although Muslims were first commanded to fast in the second year of Hijra (624 CE),[39] they believe that the practice of fasting is not in fact an innovation of monotheism[41] but rather has always been necessary for believers to attain fear of God
(tagwa).[42][Quran 2:183] They point to the fact that the pre-Islamic pagans of Mecca fasted on the tenth day of Muharram to expiate sin and avoid drought.[43] Philip Jenkins argues that the pre-Islamic pagans of Mecca fasted on the tenth day of Muharram to expiate sin and avoid drought.[43] Philip Jenkins argues that the pre-Islamic pagans of Mecca fasted on the tenth day of Muharram to expiate sin and avoid drought.[43] Philip Jenkins argues that the observance of Ramadan fasting grew out of "the strict Lenten discipline of the Syrian Churches", a postulation corroborated by other scholars, including
theologian Paul-Gordon Chandler, [44] [45] but disputed by some Muslim academics. [46] The Quran itself emphasizes that the fast it prescribes had already been prescribed to earlier biblical communities (2:183), even though an explicit intertext for this pre-Islamic practice does not exist. [47] The Islamic calendar is a lunar one, where each month
begins when the first crescent of a new moon is sighted. The Islamic year consists of 12 lunar cycles, and consequently it is 10 to 11 days shorter than the solar year, and as it contains no intercalation, [c] Ramadan migrates throughout the seasons. The Islamic day starts after sunset. The estimated start and end dates for Ramadan, based on the Umm
al-Qura calendar of Saudi Arabia, are:[48]Ramadan dates between 2022 and 2026AHFirst day (CE/AD)Last day (CE/AD)Last day (CE/AD)14432 April 2022144423 March 2025[49]29 March 2025144718 February 202619 March 2026An ifter mealMany Muslims insist on the local physical
sighting of the moon to mark the beginning of Ramadan, but others use the calculated time of the new moon or the Saudi Arabian declaration to determine the start of the month. Since the new moon is not in the same state at the same time globally, the beginning and ending dates of Ramadan depend on what lunar sightings are received in each
respective location. As a result, Ramadan dates vary in different countries, but usually only by a day. This is due to the cycles of the moon; the moon may not meet the criteria to qualify as a waxing crescent, which delineates the change in months, at the time of sundown in one location while later meeting it in another location. [50] Astronomical
projections that approximate the start of Ramadan are available, [51] In Shia Islam, one of the special dates of this month is the day of the assassination of Ali, the fourth Rashidun caliph and the first Shia Imam. Ali was struck during morning prayer on the 19th day of Ramadan, 40 AH, and he died on the 21st day of the month. They engage in
mourning and prayer on these nights, especially in Iran.[52]Ramadan beginning dates between Gregorian years 1938 and 2038. Because the hill, or crescent moon, Muslims can usually estimate the beginning of Ramadan;[53] however, many Muslims prefer to confirm the opening of
Ramadan by direct visual observation of the crescent. [54] Main article: Night of Power is the night of Power 
generally believed to have occurred on an odd-numbered night during the last ten days of Ramadan; the Dawoodi Bohra believe that Laylat al-Qadr was the twenty-third night of Ramadan and the beginning of Shawwal,[59] the next
lunar month, is declared after a crescent new moon has been sighted or after completion of thirty days of fasting if no sighting of the moon is possible. Eid celebrates the return to a more natural disposition (fitra) of eating, drinking, and marital intimacy. [60] Azim Azimzade. Ramadan of the poor people. 1938The common practice is to fast from dawn
to sunset. The pre-dawn meal before the fast is called the suhur, while the meal at sunset that breaks the fast is called iftar.[61]Muslims devote more time to prayer and acts of charity, striving to improve their self-discipline, motivated by hadith:[62][63] "When Ramadan arrives, the gates of Paradise are opened and the gates of hell are locked up and
devils are put in chains."[64]Main article: Fasting during RamadanRamadan is a time of spiritual reflection, self-improvement, and heightened devotion and worship. Muslims are expected to put more effort into following the teachings of Islam. The fast (sawm) begins at dawn and ends at sunset. In addition to abstaining from eating and drinking,
Muslims abstain from sexual relations[65] and sinful speech and behaviour during Ramadan. Fasting is said to redirect the heart away from worldly activities, and to cleanse the soul by freeing it from harmful impurities. Muslims believe that Ramadan teaches them to practice self-discipline, self-control, [66] sacrifice, and empathy for those who are
less fortunate, thus encouraging actions of generosity and compulsory charity (zakat).[67] Exemptions from fasting include those traveling, menstruating, severely ill, pregnant, or breastfeeding.[61] Those unable to fast are obligated to make up the missed days later.[68] Main article: SuhurIftar at the Sultan Ahmed Mosque in Istanbul, TurkeyEach days
before dawn, Muslims observe a pre-fast meal called the suhur. After stopping a short time before dawn, Muslims begin the first prayer of the day, Fajr.[69][70]Main article: IftarSome dishes used in breaking Ramadan fast in NigeriaAt sunset, families break the fast with the iftar, traditionally opening the meal by eating dates to commemorate
Muhammad's practice of breaking the fast with three dates.[71][72] They then adjourn for Maghrib, the fourth of the five required daily prayers, after which the main meal is served.[73] Social gatherings, many times in buffet style, are frequent at iftar. Traditional dishes are often highlighted, including traditional desserts, particularly those made
only during Ramadan. [example needed] Water is usually the beverage of choice, but juice and milk are also often available, as are soft drinks and appetizers; one or more main dishes; and rich desserts, with dessert considered the most important aspect of
the meal.[75] Typical main dishes include lamb stewed with wheat berries, lamb kebabs with grilled vegetables, and roasted chicken served with chickpea-studded rice pilaf. Desserts may include lokma, baklava or knafeh.[76]Over time, the practice of iftar has evolved into banquets that may accommodate hundreds or even thousands of diners.[77]
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The Sheikh Zayed Grand Mosque in Abu Dhabi, the largest mosque in the UAE, feeds up to thirty thousand people every night. [78] Iftar served for people fasting in the Imam Reza shrineMain articles: Zakat and SadaqahMen praying during Ramadan at the Shrine of Ali or "Blue Mosque" in Mazar-i-Sharif, Afghanistan mass prayer during the 1996 Ramadan at the Dome of the Rock in JerusalemZakat, often translated as "the poor-rate", is the fixed percentage of income a believer is required to give to the poor; the practice is obligatory as one of the pillars of Islam. Muslims believe that good deeds are rewarded more handsomely during Ramadan than at any other time of the year; consequently,

many Muslims donate a larger portion or even all of their yearly zakat during this month. [79] Main article: Tarawih (Arabic: ) are extra nightly prayers performed during the month of Ramadan. Contrary to popular belief, they are not compulsory. [80] Muslims are encouraged to read the entire Quran, which comprises thirty juz' (sections), over the thirty days of Ramadan.[81]A Kebab seller from Chwakbazar Iftar Market in Old Dhaka. The Chowk Bazaar neighborhood of Old Dhaka is famous for its century-old Iftar Bazar. In some Islamic countries, lights (fanous) are strung up in public squares and across city streets, [82][83][84] a tradition believed to have originated during the Fatimid Caliphate, where the rule of Caliph al-Mu'izz li-Din Allah was acclaimed by people holding lanterns. [85] The city of Semarang marks the beginning of Ramadan with the Dugderan carnival, which involves parading the warak ngendog, a horse-dragon hybrid creature allegedly inspired by the Buraq.[87] In the Chinese-influenced capital city of Jakarta, firecrackers are widely used to celebrate Ramadan, most employees receive a one-month bonus known as Tunjangan Hari Raya.[89] Certain kinds of food are especially popular during Ramadan, such as large beef or buffalo in Aceh and snails in Central Java.[90] The iftar meal is announced every evening by striking the bedug, a giant drum, in the mosque.[91]Common greetings during Ramadan include Ramadan mubarak and Ramadan kareem, which mean (have a) "blessed Ramadan" and "generous Ramadan" respectively. [92] During Ramadan in the Middle East, a mesaharati beats a drum across a neighbourhood to wake people up to eat the suhoor meal. [93] Similarly in Southeast Asia, the kentongan slit drum is used for the same purpose. [94] Ramadan attracts significant increases in television viewership, as the usual prime time hours coincide with the iftar, and are commonly extended into the late-night hours to coincide with the suhur. Broadcasters in the Arab world traditionally premiere serial dramas known as musalsal during Ramadan; they are similar in style to Latin American telenovelas, and are typically around 30 episodes in length so that they run over the length of the month. [95][96][97] Advertisers in the region have considered Ramadan to be comparable to the Super Bowl on U.S. television in terms of impact and importance; the cost of a 30-second commercial in peak time during Ramadan is usually more than double than normal. JordanRamadan in the Old City of JerusalemFanous Ramadan decorations in Cairo, EgyptRamadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar, with first days of al-Muharram (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decorations in JerusalemConversion of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar (brown), Ramadan decoration of Hijri years 1343 to 1500 to the Gregorian calendar and a line to show the monthAccording to a 2012 Pew Research Centre study, there was widespread Ramadan observance, with a median of 93 percent across the thirty-nine countries and territories studied. [100] Regions with high percentages of fasting among Muslims include Southeast Asia, South Asia, Middle East and North Africa, Horn of Africa and most of Sub-Saharan Africa. [100] Percentages are lower in Central Asia and Southeast Europe. [100] Main article: Islamic views on fasting in the polar regions The length of the dawn to sunset time varies in different parts of the world according to summer or winter solstices of the Sun. Most Muslims fast for eleven to sixteen hours during Ramadan, However, in polar regions, the period between dawn and sunset may exceed twenty-two hours in summer. For example, in 2014, Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and Trondheim, Norway, fasted almost twenty-two hours, while Muslims in Reykjavik, Iceland, and some Muslims follow the fasting schedule observed in the nearest city that experiences sunrise and sunset, while others follow Mecca time. [13][14][15] As sunrise and sunset occur sixteen times each a day in low-Earth orbit, Muslim astronauts in space schedule religious practices around the time zone of the last place on Earth they were on. For example, this means an astronaut from Malaysia launching from the Kennedy Space Center in Florida would center their fast according to sunrise and sunrise for Ramadan.[101][102]In some Muslim countries, eating in public during daylight hours in Ramadan is a crime.[103][104][105] The sale of alcohol becomes prohibited during Ramadan in Egypt.[106] The penalty for publicly eating, drinking or smoking during Ramadan in Egypt.[107][108] Saudi Arabia,[107][108] Saudi Arabia In the United Arab Emirates, the punishment is community service.[116]In some countries, on the contrary, the observance of Ramadan was suppressed by officials.[117][118] In Albania, Ramadan festivities were banned during the communist period.[119] However, many Albanians continued to fast secretly during this period.[120]China is reported to have banned Ramadan fasting for officials, students, and teachers in Xinjiang since 2012.[121][122][123] Radio Free Asia alleges that residents in Kashgar Prefecture are compelled to film proof of eating for officials and are encouraged to report those who fasted to the authorities.[124][125] The ban has been denied by Chinese diplomats[126] and Muslim associations in Xinjiang fasting.[127] Antara News,[128] Daily Times,[129] and Pakistan Today have also brought up accounts of residents in Xinjiang fasting.[127] Antara News,[128] Daily Times,[129] and Pakistan Today have also brought up accounts of residents in Xinjiang fasting.[127] Antara News,[128] Daily Times,[128] Daily Daily Times,[128] Daily D do not fast during Ramadan because, according to locals, "the Chinese government guarantees freedom of religion".[131]Muslims continue to work during Ramadan;[132][133] however, in some countries, such as Oman and Lebanon, working hours are shortened.[134][135] It is often recommended that working Muslims inform their employers if they are fasting, given the potential for the observance to impact performance at work.[136] The extent to which Ramadan observers are protected by religious accommodation varies by country. Policies putting them at a disadvantage compared to other employees have been met with discrimination claims in the United Kingdom and the United States. [137][138][139] An Arab News article reported that Saudi Arabian businesses were unhappy with shorter working hours during Ramadan, some reporting a decline in productivity of 3550%.[140] The Saudi businesses proposed awarding salary bonuses in order to incentivize longer hours.[141] Despite the reduction in productivity, merchants can enjoy higher profit margins in Ramadan due to increase in demand.[142]Some countries impose modified work schedules. In the UAE, Qatar, Oman, Bahrain and Kuwait, employees may work no more than six hours per day and thirty-six hours per week.[143]There are various health effects of fasting in Ramadan. Ramadan fasting is considered safe for healthy individuals; it may pose risks for individuals with certain pre-existing conditions. Most Islamic scholars hold that fasting is not required for those who are ill. Additionally, the elderly and pre-pubertal children are exempt from fasting. [144] Pregnant or lactating women are also exempt from fasting during Ramadan. [145] There are known health risks involved in pregnant women who fast, which include the potential of induced labour and gestational diabetes. [146] [147][148] There are some health benefits of fasting in Ramadan including increasing insulin resistance. heart disease risk score and other cardiovascular risk factors such as lipids profile, systolic blood pressure, weight, BMI and waist circumference in subjects with a previous history of cardiovascular risk factors such as lipids profile, systolic blood pressure, weight loss, but weight can return afterwards.[151]In many cultures, it is associated with heavy food and water intake during Suhur and Iftar times, which may do more harm than good. [152] Ramadan fasting is safe for healthy people provided that overall food and water intake during suhur and Iftar times, which may do more harm than good. [153] The education departments of Berlin and the United Kingdom have tried to discourage students from fasting during Ramadan, as they claim that not eating or drinking can lead to concentration problems and bad grades.[154][155]A review of the literature by an Iranian group suggested fasting during Ramadan might produce renal injury in patients with moderate