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[illegible]

many Muslims donate a larger portion or even all of their yearly zakat during this month.[79]Main article: TarawihTarawih (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 Chwakkabazar 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]On the island of Java, many believers bathe in holy springs to prepare for fasting, a ritual known as Padusan.[86] 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, although they are officially illegal.[88] Towards the end of 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.[98][99] Striking the bedug in IndonesiaA decorated and illuminated crescent statue in 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 (grey) and Shawwal (black) bolded, and Eid al-Adha dotted in the SVG file, hover over a spot to show its dates 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 regionsThe 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 Sydney, Australia, fasted for only about eleven hours. In areas characterized by continuous night or day, 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 sunset times in Cape Canaveral, in Florida's Eastern Time. This includes times for daily prayers, as well as sunset 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 can result in fines or incarceration in the countries of Kuwait,[107][108] Saudi Arabia,[109][110][111] Morocco,[112][113] Algeria[114] and Malaysia.[115] In the United Arab Emirates, the punishment is community service.[116]In some countries, on the contrary, the observance of Ramadan has been restricted by governments. In the USSR, the practice 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.[127] Antara News,[128] Daily Times,[129] and Pakistan Today have also brought up accounts of residents in Xinjiang fasting.[130] According to a 2024 visit to Xinjiang by a reporter from the British magazine The Economist, many Uyghurs 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 sensitivity and reducing insulin resistance.[149] It has also been shown that there is a significant improvement in 10years coronary 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 disease.[150] The fasting period is usually associated with modest 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 is adequate but those with medical conditions should seek medical advice if they encounter health problems before or during fasting.[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 (GFR