

## MEANING

- “Intense, scorching heat.”
- The 9<sup>th</sup> month of the Islamic lunar calendar.

## GREETINGS

- Ramadan Kareem (“A generous Ramadan” - Arabic)
- Ramadan Mubarak (“A blessed Ramadan” - Arabic)

## WHEN

- Ramadan lasts 29 or 30 days (depending on when the new moon appears or is calculated to appear) and shifts up roughly 11 days each year relative to the Gregorian calendar.
- The start and end dates of Ramadan may vary among Muslims by a day or two, depending on how and when the new crescent moon is ascertained.
- Ramadan technically begins and ends at sunset.

## COMMON PRACTICES

- Ramadan involves fasting - abstaining from food and drink - from dawn to sunset. (It should be noted that certain practicing Muslims may not fast for various reasons, e.g. travel, illness, etc.)
- Evening meals among family and friends marking the breaking of the fast are common.
- Many practicing Muslims will also partake in special nighttime prayers and additional acts of devotion, such as reading from the Qur’an.

## QUESTIONS/COMMENTS?

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Type of Calendar:

Islamic (lunar)



# Ramadan

Arabic

Raa·muh·daan



- Muslims who are fasting may feel not just hunger and thirst but also fatigue because of late-night prayers and pre-dawn meals.
- Muslims who are fasting may find it difficult to participate in activities scheduled toward the end of the day, especially around the time of sunset, when they are ready to break their fast.

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