

Ramadan 2023

March 22 - April 21

What do Muslims do in 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 (April 22)

A Day in the Life of a Student



4:30am - Suhoor:
pre dawn meal

5:30am - Fajr:
morning prayer

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

7:15pm - Maghrib and Iftar:
evening prayer time and meal to break fast

10pm-12am - Taraweeh:
congregational prayers reciting entire
Qur'an during Ramadan

How to support UCR Muslim students this Ramadan

Food Availability



Premade suhoor/breakfast to-go meals
available for students with meal plans
at Glasgow for pickup during dinner the
night before.

R'Pantry available by appointment for
students experiencing food insecurity.

Academics



Accommodations such as moving
exam times and/or allowing more
time for students to eat for Iftar,
to pray, or celebrate the Eid
holiday (April 22)

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.

Prayer Times



Many students are more observant
during Ramadan.

Permission to leave class to pray or
break fast (10 minutes).

Be mindful of programming events
conflicting with worship times.

Well Wishes



"Ramadan Mubarak!"

"Ramadan Kareem!"

"Happy Ramadan!"

Questions?

Contact Omar Aziz, Director
Middle Eastern Student Center
omar.aziz@ucr.edu

