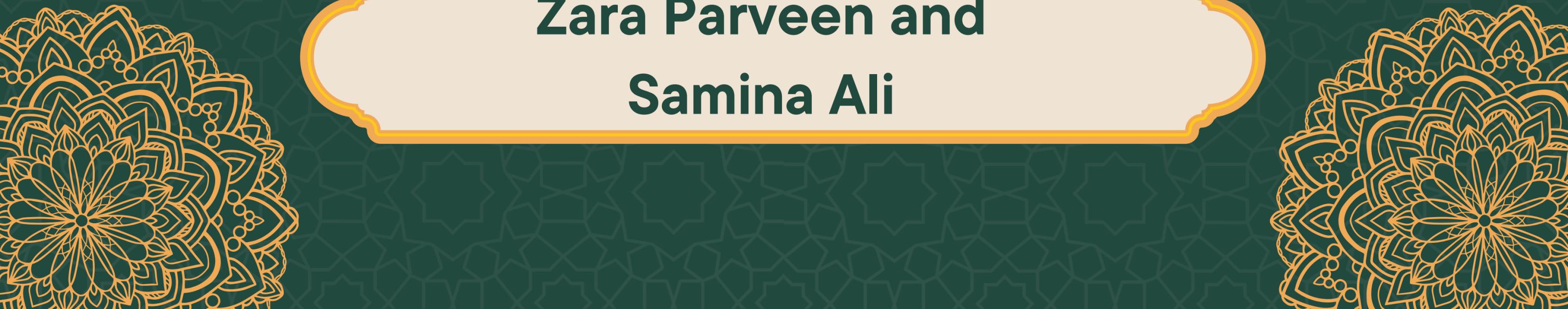




# RAMADAN



**Zara Parveen and  
Samina Ali**

# AGENDA



**5:00 PM**

**Arrival and Welcomes**

**5:05 – 5:35 PM**

**Presentation**

**5:35 – 5:45 PM**

**Prepare for Maghrib**

**5:46 PM**

**Maghrib Adhan**

**5:46 PM**

**Open Fast (Iftar) with dates and water**

**5:48 – 6:00 PM**

**Maghrib Prayer**

**6:00 PM**

**Food Buffet**

# INTRODUCTION

## What you will learn today:

- The five pillars of Islam
- What is Ramadan?
- Why do Muslims fast?
- The act of fasting
- A typical day of Ramadan
- How can you be supportive?
- Who isn't required to fast?
- Misconceptions around Ramadan and fasting
- Charity
- Laylat Al-Qadr - The Night of Power and the last 10 days of fasting
- Eid ul Fitr



# 5 Pillars of Islam

Shahada  
Faith



Salah  
Prayer



Sawm  
Fasting



Zakat  
Almsgiving



Hajj  
Pilgrimage



# WHAT IS RAMADAN?

- Ramadan is a holy month in Islam, the month in which the Quran was revealed.
- It follows the lunar calendar, so the dates change every year.
- It's a time of reflection, self-discipline, and community.



# WHY DO MUSLIMS FAST

- Ramadan helps Muslims develop patience and self-discipline.
- It encourages gratitude and appreciation for what they have.
- It builds compassion and empathy for people who struggle.
- It strengthens a person's spiritual connection.
- It promotes community, kindness, and togetherness.
- Overall, Ramadan is a time for reflection, personal growth, and becoming a better, more mindful person.



# THE ACT OF FASTING

- **No food or drink from dawn (Fajr) to sunset (Maghrib)**
- **This includes:** Water, Tea/coffee
- **Fasting is also about:** Being kind, Avoiding gossip, Managing emotions.



# A TYPICAL DAY OF RAMADAN

## Suhoor (morning)

- Our day starts early, before sunrise.
- We eat Suhoor, a pre-dawn meal.
- We drink plenty of water.
- After eating, we pray Fajr, the dawn prayer



## Daytime hours

- Go to work/school as normal
- Energy levels may dip later in the day



## Iftar – Sunset

- When the sun sets, the fast ends.
- Break fast with dates and water (a common tradition).
- Pray the Maghrib (sunset) prayer.
- Enjoy a full meal with family or friends.



## Taraweeh

- A special evening prayer.
- Both men and women can go to the mosque for these prayers, although it is not compulsory for women.
- We read the Qur'an, the holy book of Islam.



# HOW CAN YOU BE SUPPORTIVE?

- Read the RCT Supporting your Muslim colleagues during Ramadan guidance: [The Source: A to Z of Policies – Supporting Muslim Colleagues During Ramadan and Eid](#)
- Acknowledge the month with “Ramadan Mubarak” and “Ramadan Kareem”.
- Be inquisitive and ask in a respectful way.



# WHO ISN'T REQUIRED TO FAST?

Not everyone is expected to fast:

- Children
- Pregnant or breastfeeding women
- People who are unwell
- Those travelling
- Elderly people if weak.

Those who are exempt from fasting give Fidyah, which means offering food or support to someone in need. It usually covers the cost of a meal for each day they can't fast.



# MISCONCEPTIONS AROUND RAMADAN/FASTING!



- ❌ “You can’t work properly”
- ❌ “It’s unhealthy”
- ❌ “You can’t even drink water?”
- ❌ “Children are forced to fast”
- ❌ “Muslims fast for 30 days”
- ❌ “You can’t eat in front of someone fasting”



# CHARITY

- **As Muslims we give Zakat, which is a required form of charity given once a year.**
- **As Muslims we give Sadaqah, which is voluntary charity that can be given at any time. It doesn't have to be money, it can be food, help, kindness, or any good deed that supports others.**
- **Muslims often share food with neighbours, friends, and the wider community,.**
- **Ramadan encourages kindness, generosity, and connection across the whole community, so everyone is included.**





# LAYLAT AL-QADR

- Laylatul Qadr is considered the holiest night in Ramadan.
  - As Muslims we believe it's the night when the first verses of the Qur'an were revealed.
  - It falls within the last ten nights of Ramadan, usually on an odd-numbered night.
  - Many people spend this night praying, reflecting, and asking for forgiveness.
- 

# EID AL-FITR

**Eid al-Fitr is the celebration that marks the end of Ramadan, the month of fasting.**

**Muslims come together to pray, spend time with family and friends, and enjoy special meals.**

**People often wear new clothes and give and receive gifts, usually money for children.**





THANK  
YOU



Q&A

