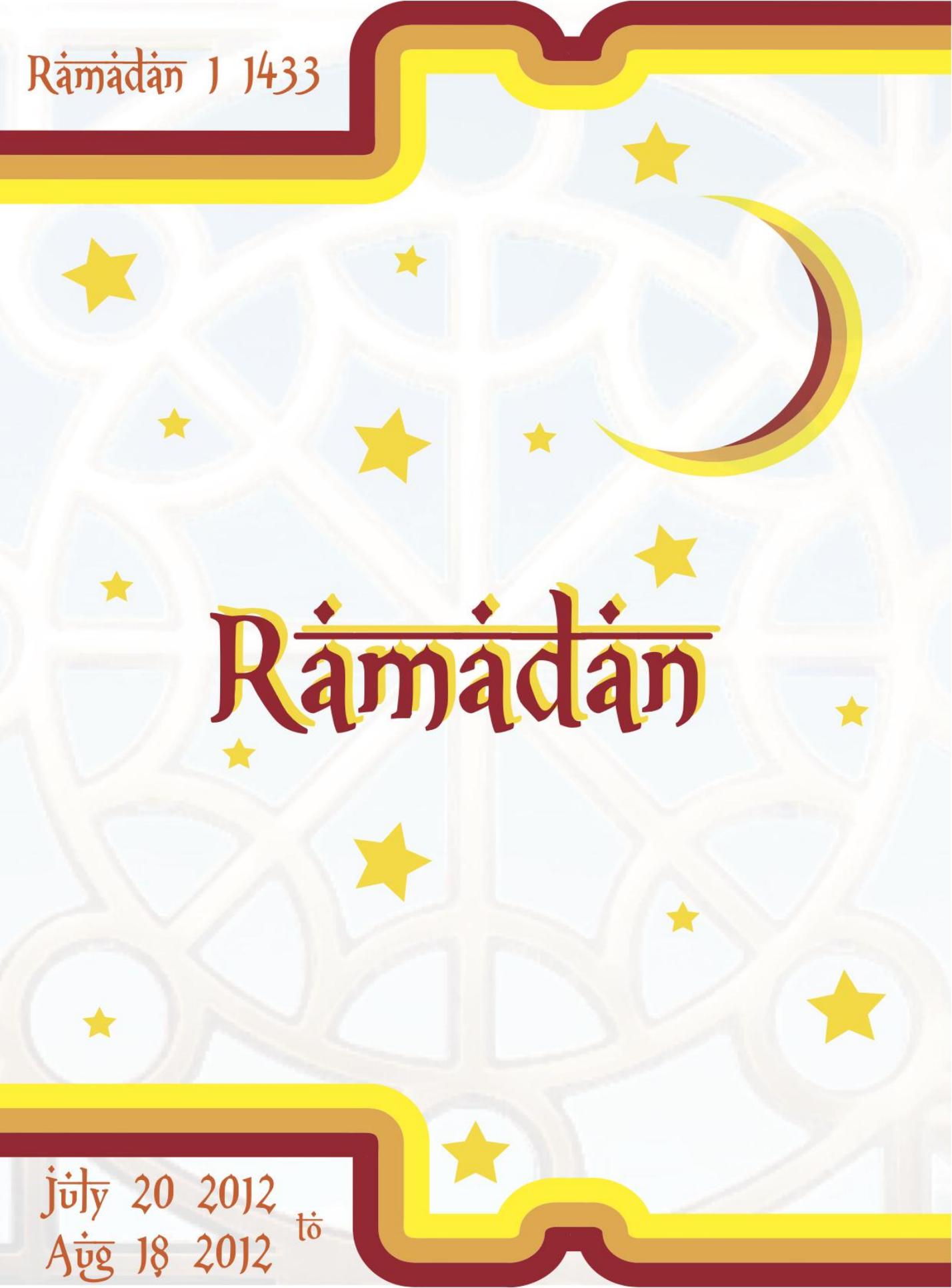


Rāmādān 1 1433



# Rāmādān

Jūly 20 2012  
Aūg 18 2012 <sup>tö</sup>

- ☾ What is Ramadan?
- ☾ The significance of Ramadan?
- ☾ Fasting: What is it? Who fasts? Why?
- ☾ Typical Ramadan Activities.
- ☾ Qarqe'an : What is it?
- ☾ Eid-ul-Fitr: Marking the End of Ramadan.
- ☾ Working with Muslim Colleagues.
- ☾ Travelling to Muslim Countries.
- ☾ Conclusions.

## What is Ramadan

Ramadan is the ninth month of the Hijri Calendar (Islamic Calendar). Islamic Calendar is based on Lunar Calendar. Because of this the month of Ramadan starts every 10 to 11 days back according to the Gregorian calendar. Ramadan is an Arabic word. This word is derived from the Arabic word Ar-Ramad; which means intense heat.

Ramadan begins at  
sighting of new moon



new moon



new crescent



first quarter



waxing gibbous



full moon



waning gibbous



last quarter



old crescent

Ramadan  
Ends

## Spot the New Moon

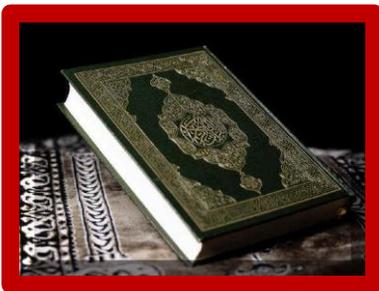
The start of Ramadan differs from location to location depending upon the geographic conditions because of the shape of Earth and the possibility of sighting the new moon which is so thin that it cannot be observed so easily.



## Significance of Ramadan

Ramadan is the 4th of the 5 pillars of Islam

- ☪ Shahadah - Declaration of faith.
- ☪ Salah - Daily (5) prayers.
- ☪ Zakat - Purification of wealth (2.5% of annual savings go to the poor) Zakah is an Arabic word, root “zaka” means to grow, to increase, or to be pure in heart.
- ☪ Siyam - Fasting during Ramadan is obligatory to all adult Muslims except those who are exempt.
- ☪ Hajj- Pilgrimage to Makkah - obligatory once in a lifetime for those who are physically and financially able.



In this month, Allah (The One God) revealed the Qur'an (the final Holy Scripture) through the angel Gabriel to the last Prophet, Muhammad. Hence Allah orders all the Muslims to observe fasting during this month.

## Fasting - What it is?

Fasting begins at the break of dawn and ends at sunset .

### ☪ Physical Aspect:

Refrain from food, drink and intimacy during fasting hours  
Depending on location and season, it can vary from 12hrs to 17 hrs.

### ☪ Spiritual Aspect:

Refrain from blameworthy thoughts and acts e.g. Foul language, vain talk, hurtful behaviour, during all hours.

### Who fasts?

☪ All Muslims except: children, unhealthy adults (mentally or physically) and those who are travelling long distances.



No Eating Or Drinking Whilst Fasting



Lower Your Gaze



No Arguing Or Fighting & Avoid Sins



No Swearing, Lying & Backbiting



No Smoking Try Quitting For Good



Don't Waste Time On Useless Activities



Do Not listen To Music



Pray All Your 5 Daily Salaah's On Time



Study & Learn Islamic Knowledge



Recite & Learn The Holy Qur'aan



Do Lots Of Dhikr



Make Lots Of Duaa



Give In Charity & Help The Poor

EARN HIGH REWARD WITH THE  
**RAMADHAAN**  
**HIGH-WAY CODE**

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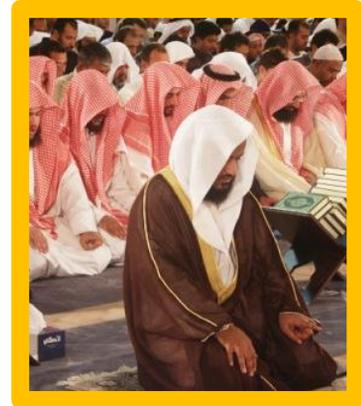


## Fasting - Why?

- ☺ To increase self-discipline via taqwa (God consciousness). Taqwa is an Arabic word that comes from the root “wiqaya” which means prevention/protection.
- ☺ Fasting person experiences some of the hardships of the poor and hungry.
- ☺ Improves strength, endurance and self-discipline through physical abstentions.
- ☺ Physiological effects include lowering of blood sugar, cholesterol and systolic blood pressure.
- ☺ Aids in purification of the heart/soul and helps to improve one’s character.
- ☺ Helps Muslims draw closer to God through increased recitation and reflection of the Qur’an and additional prayers/worship.
- ☺ Trains the person to do praise-worthy acts e.g. charity, kindness, generosity, patience, forgiveness.

## Typical Activities of Ramadan

- ☪ **Sahoor:** Meal before dawn and the first prayer of the day.
- ☪ **Iftar:** Breaking of the fast at Sunset normally with family and friends.
- ☪ **Qira'at Al-Qur'an:** Reading of the Holy Qur'an during free time.
- ☪ **Taraweeh:** Optional prayers at night after the last obligatory prayer.
- ☪ **Ziarat:** Social gatherings e.g. visiting relatives, sharing food with neighbours, friends, and the poor.
- ☪ **Qiam:** Optional late-night prayers in the last 10 days.
- ☪ **Zakat-ul-Fitr:** a donation of typical country food to the poor (this is given only in the last days of Ramadan and before Eid prayer to ensure that everyone has food for Eid.



## Eid-ul- El Fitr Marking the End of Ramadan

☪ Eid-ul-Fitr marks the end of the month of Ramadan.

Its activities include:

- Eid congregational prayer early in the morning
  - Visiting family, friends, neighbours, the sick, elderly, etc..
  - Modest gift-giving esp. to children (In the GCC country's money is giving to children).
- ☪ Before the festivities begin, every person must have already contributed towards Zakat-ul-Fitr to the local charities or to the needy to make sure that none is excluded from this happy occasion.



## Working with Muslim Colleagues

### Ramadan Etiquette

1. Before inviting Muslim colleagues, please ask if it is ok to:
  - ☺ Stay for meetings extending after reduced working hours.
  - ☺ Participate in department parties (or social events) during Ramadan.
2. Be understanding that it is the most special month in a Muslim's calendar.
3. It is common to take vacation during the last week of Ramadan
4. Greeting colleagues saying: "Ramadan Mubarak" (Ramadan Kareem) is a very nice way to cross cultural borders.
5. You should always be aware of your dress code when living in an Islamic country especially during the holy month of Ramadan when you are expected to dress more conservatively.
6. Non-fasting staff are expected to respect the Holy Month in their behaviour in the office.
7. If invited to share Iftar, try to make it... it will be fun!

## Travel (To/From) and Working in Muslim Countries

- 🕒 **Holiday jams** (to/from Muslim countries) may begin about a week before end of Ramadan till three days after Eid. Plan your travel before Ramadan.
- 🕒 **Congestion** can occur **on flights** to and from the Middle East during 2nd half of Ramadan (people visiting Makkah).
- 🕒 **Traffic jams** are common before Iftar (before sunset) sometimes grid-locked traffic
- 🕒 **Working hours** end earlier during Ramadan (3 hours earlier in Qatar); Please plan accordingly!
- 🕒 **Restaurants** are generally closed during daytime. Eating, drinking and smoking during the day in public is prohibited in some countries like Qatar.
- 🕒 **Eid Holiday:** Muslim countries take 3-4 days off



Ramadan evening prayer at the Holy Mosque, Makkah, Saudi Arabia. Usually, around five million people from all over the world gather there during the last 10 days of Ramadan

## Conclusion

- ☺ Ramadan is a month of fasting.
- ☺ Physical abstentions and intensification of acts of worship are a means towards attaining the spiritual objectives of self purification and improvement “Taqwa”.
- ☺ Ramadan offers Muslims training opportunity that is meant to fulfil the character-building needs for the rest of the year.
- ☺ During the Month of Ramadan;
- ☺ Be considerate of and supportive to the Muslims around you.

**Ramadan Mubarak TO ALL!**