



# Ramadan Mubarak!

# Ramadan

Islam

[raa·muh·daan](#) 

“O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn to guard your souls.”  
– (The Quran, The Cow, 2:183)

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. It is celebrated as the month in which the Prophet Mohammed [peace be upon him], received the first revelations that make up the Quran.

The annual observance of Ramadan is regarded as one of the Five Pillars of Islam. The month-long celebration commemorates Allah [peace be unto him], the Arabic name for God.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- Ramadan varies each year and lasts twenty-nine to thirty days, from the morning after the first sighting of the crescent moon to the next. The holiday is calculated on a lunar calendar and is approximate.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

## Greetings

Wishing a celebrant a "[Ramadan Mubarak](#)", meaning "blessed Ramadan" or "happy Ramadan," or a "[Ramadan Kareem](#)", meaning "generous Ramadan" is welcome.

## Common Practices and Celebrations

- The common practice is to fast from dawn to sunset. The pre-dawn meal before the fast is called the [suhur](#), while the meal at sunset that breaks the fast is called [iftar](#).
- Muslims devote more time to prayer and acts of charity, striving to improve their self-discipline.

## Common Dietary Restrictions

- Abstinence from food and drink from dawn to dusk for 30 days is required.
- Many Muslims follow halal food guidelines, meaning food that is permissible by Islamic standards.
- Vegetarian meals prepared without alcohol meet halal standards.

## Impact to U-M Community

- Ramadan observers will be fasting during the day (continuously for 30 days) and will likely have less stamina as a result.
- Muslim colleagues and students may request to take the first day of the celebration off. Colleagues and remote students in Muslim countries will likely have a national holiday.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Maize Pages - Muslim](#), U-M
- [Association of Religious Counselors](#), U-M

## Information Sources

- [Vox.com](#)
- [Wikipedia](#)

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