



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 last ten days of Ramadan hold special significance, as this is when the Prophet Mohammed [peace be upon him] indicated that Laylatul Qadr (the Night of Decree, Night of Power, and other translations) could occur, with most traditions pointing to the 23rd or 27th night as the most likely. It is on this night that the Quran, either in its entirety or a portion, was revealed to the Prophet [peace be upon him]. During these final ten days of Ramadan, the Prophet [peace be upon him] would seclude himself in the mosque, a practice known as Itikaf. It is a communal responsibility (fard kifaya) for at least one person to stay in Itikaf for ten days in every mosque. This period is marked by increased prayer, devotion, and seeking forgiveness.

The annual observance of Ramadan is one of the Five Pillars of Islam. The month-long celebration commemorates the revelation of the Qur'an, the sacred religious text of Islam that Muslims hold is the word of God to all of humanity.



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.

Date

- Ramadan is based on the lunar calendar and lasts twenty-nine to thirty days, from the morning after the first sighting of the crescent moon to the next. As a result, the month shifts back approximately 10-11 days each year. Dates are approximate and may vary by 1-2 days depending on the specific locality and method of establishing the month.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

Greetings

Wishing celebrants "Ramadan Mubarak", meaning "blessed Ramadan," "Ramadan Kareem," meaning "generous Ramadan," or "happy 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 [suhoor](#), 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.
- Taraweeh, the optional late-evening prayers of Ramadan, are commonly observed by those participating in Ramadan.

Common Dietary Restrictions

- Abstinence from food and drink from dawn to sunset for the month of Ramadan 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 the month of Ramadan) and will likely have less stamina.
- Many who observe Ramadan break their fast together in communal iftars on campus.
- 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
- [Ramadan](#), U-M

Information Sources

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

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