



Ramadan @ IU



History of Ramadan

Ramadan is a holy month which includes fasting and prayer for all those who follow the religion of Islam. It is celebrated during the month in which the Qur'an (the Muslim holy book) was revealed to the Prophet Muhammad for the first time. The month in which Ramadan is celebrated is the ninth month of the 12-month Islamic calendar, which is based on the phases of the moon. Each day, followers of Islam restrain from eating or drinking from dawn until sunset, as fasting is one of the five pillars of the religion.

In 2022, Ramadan began at sunset on Saturday, April 2nd, and ends on Monday, May 2nd. The first meal of the day, before dawn, is called "Suhoor," and the meal with which each day's fast is broken at sunset is called "Iftar." Traditionally, the day long fast is broken by eating a date and followed by an elaborate meal which is celebrated with family and friends.

Facts & Rules

After Christianity, Islam is the second largest religion in the world and has more than 1 billion followers. The largest Muslim populations reside in the countries of Pakistan, Bangladesh, Nigeria, Egypt, Turkey, and Iran. There are about 7 million followers of Islam in the United States as well as Mosques — Islamic places of worship — in all 50 states. The five pillars of Islam are Shahada (Profession of Faith), Salat (Prayer), Zakat (Donations), Sawm (Fasting), and Hajj (Pilgrimage).

Ramadan is a time to practice self-restraint and self-reflection, and fasting is seen as a way to cleanse one's soul and have empathy for those who are hungry and less fortunate. All followers of Islam who have reached puberty and are in well health are required to fast. Exemptions include the sick and elderly, travelers, pregnant women, menstruating women, and those who are nursing. Although some are exempt, they are required to make up fasting for the days in which they were exempt.

Eid al-Fitr

The end of Ramadan is celebrated with festival called Eid al-Fitr, which is one of the two major Islamic holidays. Eid al-Fitr means “Festival of Breaking the Fast” and is celebrated during the first three days of Shawwal, the 10th month of the Islamic calendar. Eid al-Fitr, is an occasion for special prayers, family celebrations, gift-giving, and donating to charity. After a month of fasting, prayer, and self-control, followers of Islam celebrate their Ramadan accomplishments with Eid al-Fitr. During celebrations, Muslims prepare sweet dishes such as baklava or Turkish delight in Turkey, date-filled pastries in Saudi Arabia and Iraq, and bint al Kahn (honey cake) in Yemen. Muslims greet each other by said “Eid Mubarak,” which means “Have a blessed Eid.”

﴿ لا فاقدين ولا مفقودين ﴾
Ramadan Kareem

Ramadan at IU

Indiana University dining offers \$10 Ramadan meals prepared for Suhoor and Iftar, which will come chilled and ready to be reheated. These meals are offered at Wright in person and through Grubhub, as well as Forest & McNutt in person at Spice Road. All proteins in the meals are Halal and vegan options are also available.

Muslim Student Association (MSA) at IU is hosting a benefit dinner on April 22, 2022 at 7:00 pm in the Briscoe Student Activity Room. The guest speaker for this event is Ahmed Alamine, Imam & Director of Religious Affairs of the IMCA. Entry cost is \$12 or \$15 at the door, and 75% of all donations will go toward Islamic Relief Worldwide.

MSA is also hosting a sunset bonfire at Lake Monroe in partnership with the Union Board on April 23, 2022 at 8:00 pm. Iftar, food, and games will be provided.



Sources

Slide 2:

<https://www.history.com/topics/holidays/ramadan>

Slide 3:

<https://www.history.com/topics/holidays/ramadan>

<https://www.metmuseum.org/learn/educators/curriculum-resources/art-of-the-islamic-world/unit-one/the-five-pillars-of-islam>

Slide 4:

<https://www.britannica.com/topic/Eid-al-Fitr>

<https://www.history.com/topics/holidays/eid-al-fitr>

Slide 5:

<https://www.dining.indiana.edu/ramadan/index.html>