Ramadan 2019
May 5th – June 4th
Islamic Center at New York University
What Community Should Feel Like

What do Muslims do in Ramadan?

- **Fasting**: for self-restraint and God consciousness - no food or drink (not even water), sexual relations, or smoking
- **Spirituality and Worship**: increased prayers, acts of worship, reflection, contemplation and recitation of Quran
- **Charity and Community**: increased acts of charity (zakat), feeding other fasting people or the less fortunate, communal iftar (breaking of the fast)

**Key Terms**

- **Ramadan**: commemorates the revelation of the Quran
- **Suhoor**: pre-dawn meal
- **Iftar**: meal to break fast
- **Salat**: prayer
- **Night of Qadr**: overnight prayer
- **Eid al Fitr**: holiday to mark the end of Ramadan

A Day in the Life of a Fasting Student

- **3:30am**: suhoor pre-dawn meal
- **4:30am**: fajr morning prayer
- **6am-10pm**: classes, work, etc
- **8:00pm**: maghrib and iftar prayer and meal to break fast
- **10pm-12am**: taraweeh congregational prayers reciting entire Quran during the month of Ramadan.

*Times change based off geographic location and legal school*

What You Need to Know to Support Muslim Students this Ramadan

**Food Availability**

- Nutritious food available for suhoor the early morning (pre-dawn) meal pre packaged/to go options
- Extended dining hall hours
- Availability of food during iftar time
- Student awareness of on-campus iftars and suhoor availability

**Academics**

- Extensions during times of late-night prayers (especially during last nights of Ramadan- nights of qadr)
- Reasonable allowances for accommodations of finals and exams given the struggle of a changed schedule and eating habits
- Efforts to minimize student stress

**Living on Campus**

- Designated space for prayers and iftars
- Understanding of Ramadan as a time of spiritual cleansing and reflection
- Safe and comfortable living environment
- Intolerance to substance use in housing
- Altered schedule may impact roommates

**Prayer Times**

- Many students are more observant during Ramadan
- Permission to leave class to pray (10 minutes) or break their fast
- Be mindful of evening programs conflicting with worship

**Increased Safety**

- More Muslim students will be out late at night due to prayers
- Rising hate crimes on Muslims
- Increase availability for safe ride shuttles

**Compassion, Acknowledgement & Cognizance**

- Acknowledge Ramadan and Eid, wish students well
- Cultivate a spirit of appreciation and respect for this holy time and efforts of the Muslim community
- Check on students mental health and overall well-being

Questions? Feel Free to Ask!

Amira Shouman, Assistant Director
as5090@nyu.edu

Sheikh Faiyaz Jaffer
Associate Chaplain/ Research Scholar
fj490@nyu.edu

For more information, visit icnyu.org/ramadan

@nyu icnyu icnyu_official