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 iftars (breaking of the fast)

Key Terms

- Ramadan: commemorates the revelation of the Quran
- Suhoor: pre-dawn meal
- Iftar: meal to break fast
- Salah: prayer
- Nights 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 on 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
- Prepackaged/ to go options
- Extended dining hall hours
- Availability of food during iftar time
- Student awareness of on-campus iftras 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 iftras
- 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!

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For more information, visit icnyu.org/ramadan

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