## Ramadan and Eid-Al-Fitr



### What is Ramadan?



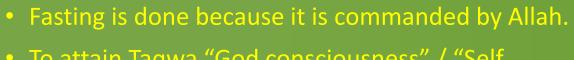
- It is the month of fasting (Sawm) for Muslims worldwide.
- The word Ramadan comes from the Arabic root *ramiḍa* or *ar-ramaḍ*, which means scorching heat or dryness.
- According to Islamic belief, it is the month in which the Holy Quran was first revealed to Prophet Muhammad.

## Significance of Ramadan

- Fasting is one of the Five Pillars of Islam. The Five Pillars of Islam are :
- 1. Faith: Shahada
- 2. Prayer : Salah
- 3. Charity: **Zakat**
- 4. Fasting : **Sawm**
- 5. Pilgrimage to Mecca: Hajj
- It begins with the sighting of the new moon.
- It is a special month of: Fasting, Repentance, Increased prayer, Increased charity.
- Fasting begins at the break of dawn and ends at sunset.
- Ends with the festival of Eid-ul-Fitr.



# Importance of Fasting

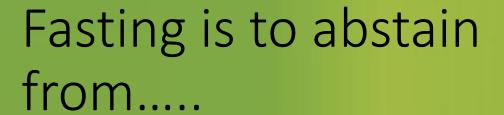


- To attain Taqwa "God consciousness" / "Self discipline ".
- It is an act of deep worship to get closer to Allah.
- It aids in increase of iman (faith) and ihsan (sincerity and righteousness).
- It helps in purifying heart/soul and improve one's character.
- It makes one aware of the blessings granted and reminds to be thankful to Allah for those blessings.
- It also makes one aware of those less-fortunate than themselves. Charity is increased during this month.



# Who all fast?

- Fasting during the month of Ramadan, is obligatory for Muslims who have reached the age of puberty, unless:
  - they have an illness
  - they are travelling
  - they are elderly
  - they are women who are pregnant, breast-feeding or menstruating.
- If a Muslim is unable to fast, they still have a duty to either make up the missed days, or to feed one needy person a day.





- Beverages
- Sexual intimacy
- Smoking
- Arguing, gossiping, foul language
- Many do not use internet or watch television. Many Muslims will be more quiet during this month. Instead, one increases prayers, reading Quran, going to the mosque and giving charity.

# Religious Practices of Ramadan



#### Suhur

Pre-fast meal had before dawn. The meal is eaten before fajr prayer. It can be had at any time of the night but it is Sunnah (tradition) to do it close to dawn.

#### Fajr

The first prayer right after dawn is called Fajr. It is a two raka at (consists of prescribed movements and words) prayer. Two Sunnah raka at prior to the two Fard raka are highly recommended and should not be missed. It is the God's most-favoured prayer since others are asleep.

#### Dhuhr

It is prayer in the afternoon (usually 1pm). On Friday the Zuhr prayer is replaced by *Jumu'ah* (Friday prayer).

#### • Asr

It is the afternoon daily prayer (usually 5pm).



#### Iftar

Iftar means to conclude a fast sunset by eating or drinking something. This is typically done with a date and some water, then offer the evening prayer, Maghrib (8pm), followed by the iftar. It is a Sunnah to make iftar soon after sunset, and it is a Makrooh (dislike) to delay in iftar after sunset without a right reason.

#### • Isha

It is the night prayer recited daily. It is a four rak'ah prayer and the first two rak'ah are prayed aloud. This is generally followed by an optional special prayer called Taraweeh. During the Taraweeh, verses or chapters from Quran are recited. So much of the Quran are recited so that we can finish the Quran by the end of Ramadan.



#### Itikaaf

It is a prayer performed particularly by men on the last ten days of Ramadan. These days are significant because, it is believed that it was during one of the last ten odd-numbered days that the first verses of the Quran were revealed. This night is considered better than one thousand months. This night s called as Laylat al-Qadr meaning "the night of power". This is a time where Muslims seclude themselves in mosque to pray and read Quran. By doing so, it is believed that one will receive more blessings from Allah.

# Health benefits of Ramadan



#### • Improves Blood Fat Levels

People choose healthier options such as dates, lentil soup, and home cooked meals. In addition, the night prayers provide an adequate level of physical activity equivalent to moderate physical activity which, for some, may be more than they usually exercise.

#### Rests Digestive System

During fasting, the digestive organs rest. The normal physiological functions continue, such production of digestive secretions, but at reduced rates. This exercise helps to maintain balance of fluids in the body.

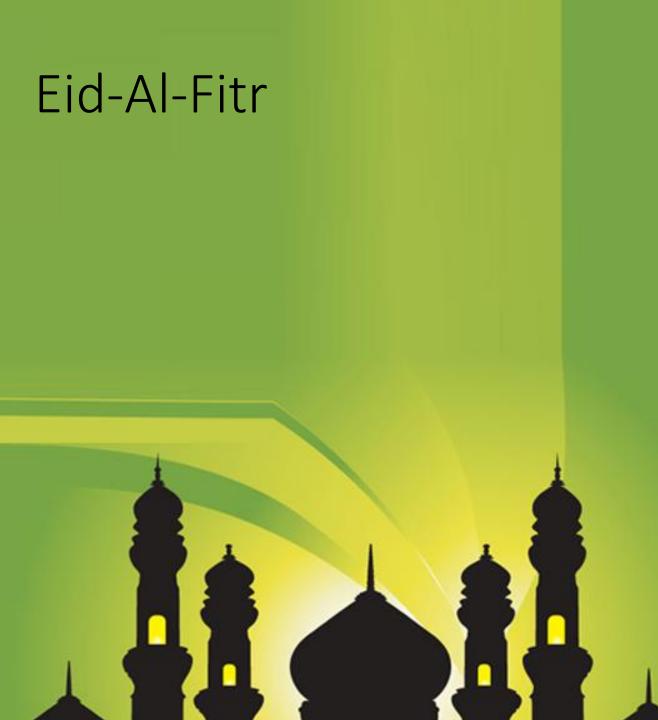
#### Helps Overcome Addictions

Ramadan teaches us self-restraint which helps us overcome our excessive cravings, especially addictions such as smoking and other unhealthy habits.

#### Fasting Promotes Weight loss

Fasting promotes rapid weight loss. It reduces the store of fats in the body.

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- It marks the end of Ramadan and the beginning of the next lunar month, Shawwal.
- It is declared after another crescent new moon has been sighted or the completion of 30 days of fasting if no visual sighting is possible due to weather conditions.
- It is celebrated for one, two or three days. It is forbidden to fast on the Day of Eid.
- As an act of charity, money is paid to the poor and the needy ( *Zakat-ul-fitr*) before performing the 'Eid prayer.
- A congregational prayer is conducted in open areas like fields or at mosques. People hug each other and greet them wishes.
- After the prayers, People visit their relatives, friends. Celebrations are held at large in homes, community centers or rented halls.
- Eid gifts, also called as Eidi, are given to children and immediate relatives.

# Greetings

- Greetings during Ramadan are "Ramadan Mubarak" or "Ramadan Kareem" meaning "blessed Ramadan " or "Generous Ramadan".
- The greeting on Eid-Al-Fitr is: Eid Mubarak























