**ISLAM**

# Month of Fasting

Ramadan is a holy month in Islam marked by fasting from dawn to dusk as an act of worship and self-discipline.

About ramadan

The holy month of fasting, reflection, and devotion.

Ramadan is the ninth month of the Islamic lunar calendar and is considered the holiest month for Muslims. It is a time for fasting, prayer, reflection, and community. During Ramadan, Muslims fast from dawn until sunset, abstaining from food, drink, and other physical needs. Fasting during this month is one of the Five Pillars of Islam, and it is seen as a way to purify the soul, develop self-discipline, and grow closer to Allah. Ramadan is also a time for increased prayer and spiritual reflection, with Muslims engaging in nightly Taraweeh prayers and reading the Quran. The month culminates in the celebration of Eid ul-Fitr, marking the end of the fasting period and a time of joyous feasting and charity.



ramadan Traditions

A time of fasting, prayer, and community.

During Ramadan, Muslims observe fasting from dawn to sunset, known as Sawm. The fast is broken each evening with the Iftar meal, often starting with dates and water, followed by a larger meal with family and friends. The pre-dawn meal is called Suhoor. Ramadan is also a time for giving to charity, with Muslims encouraged to donate to those in need, through Zakat and other charitable acts. Nightly Taraweeh prayers, performed in congregation at mosques, are an essential part of Ramadan, providing an opportunity for deeper reflection on the teachings of the Quran. Muslims also strive to increase acts of kindness, patience, and generosity, fostering a sense of unity and community. The month concludes with the celebration of Eid ul-Fitr, a joyous festival of feasting and giving thanks.

