

Ramadan 2019

May 5th - June 4th

Humboldt State University Multicultural Center
What Community Should Feel Like

? Did you know? For the first time in 10 years Ramadan will fall within the academic school year, and will continue to do so for the next 2 decades!

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 Qur'an
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
 - 8am- 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

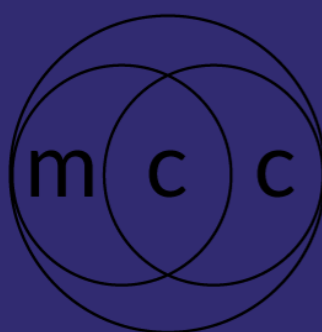
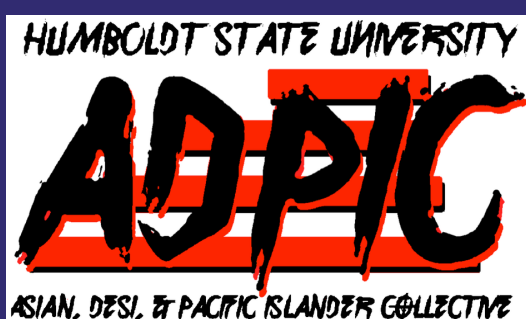
Compassion, Acknowledgement & Cognizance



- 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

PLEASE CALL HSU UNIVERSITY POLICE (707)826-5555
IF YOU DON'T FEEL SAFE AND WOULD LIKE AN ESCORT HOME

If you would like to eat with other Muslim students after sunset,
Please email us adpic@humboldt.edu



MCC
MultiCultural Center

