



RAMADAN



Diversity Digest - April 2021

Ramadan is the ninth month of the Islamic calendar and is also known as Ramazan, Ramzan, Ramadhan or Ramathan. Followers of the Islamic faith will celebrate Ramadan by fasting each day from dawn until dusk. No consumption of food or drink is allowed during that time frame. Many will break fast at dusk with water and a date fruit piece. These

fasting periods can range from 11-16 hours per day, and is intended to remind Muslims of the suffering of those less fortunate. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention, bringing believers closer to God (Allah, in Arabic). Fasting is one of the Five Pillars of Islam, which form the basis of how Muslims live their lives.

FIVE PILLARS OF ISLAM

SALAT: Performing ritual prayers in the proper way, five times each day

SHAHADAH: Sincerely reciting the Muslim profession of faith

ZAKAT: Paying alms (or charity) tax to benefit the poor and the needy

HAJJ: Pilgrimage to Mecca

SAWM: Fasting during the month of Ramadan

In 2021, Ramadan will start on the evening of Tuesday, April 13th, when the crescent moon is first visible over the Makkah (also spelled Mecca) Clock Tower. The observance will last 29-30 days, roughly ending on the evening of Wednesday, May 12th, when the sighting of the crescent moon occurs again. Since the Islamic calendar adheres to the lunar calendar of 12-months rather than the Gregorian calendar, a solar calendar used in the Western part of the globe, every month starts as the new crescent moon emerges. And each year, makes Ramadan start 10-12 days earlier.



RAMADAN 2021
Breaking your fast with dates
 Dates are rich in vitamins, fibre and antioxidants.

King Medjool Black Medjool Mabroom Ajwa Deglet Noor Piarom Malik

Breaking the fast with dates and water is rooted in the religious teachings of the Prophet Muhammad and has specific mention in the Quran for nutritional value.

Approximate nutritional value per date:

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|----------|-----|--------|---------------|-------|-------|---------|
| 20 | 0g | 0.14mg | 5.3g | 0.6g | 4g | 0.2g |
| CALORIES | FAT | SODIUM | CARBOHYDRATES | FIBER | SUGAR | PROTEIN |

Source: Al Jazeera, Very Well | April 13, 2021 @AJLabs ALJAZEERA