

# University of Central Lancashire

## Ramadan Guidelines 2021

Our students and staff from a Muslim faith will be observing the month of Ramadan (a period of fasting) with the Covid-19 restrictions partially lifted. This Ramadan will be very similar to the previous one but with new routines being adapted as we begin to ease off from the last lockdown. Nevertheless, it is important for students and staff to continue adhering to the government guidelines during this religious month until further notice.

This document aims to raise awareness of this important month for the benefit of our staff and students during the coronavirus pandemic. It covers the following points:

- Key points
- Purpose and Significance
- Daily Prayers and Friday Prayers on Campus
- Late night prayers (Taraaweeh Salah) and Eid Prayer
- Fasting and Covid-19
- Examination in Ramadan – Fasting Tips
- Further information about Ramadan

### 1. Key points

- Ramadan 2021 will commence on Tuesday 13th April and will continue for 30 days until Thursday 13th May (subject to moonsighting).
- The date for Eid al-Fitr 2021 is Friday 14th May (subject to moonsighting).
- Muslims abstain from taking any food or drink from dawn to sunset on each individual day over this month. The times of the fast for each day will vary between 4.30am (when the fast commences) to 8.15pm (when the fast ends/fast is opened). These change daily throughout the month. In practice, this means that Muslims can fast for more than 16 hours a day.
- During this time, Muslims try to follow a normal work/study routine as far as possible but have responsibilities for devotion to extra prayers and readings to their otherwise daily religious commitments.
- Special prayers during the night known as *Taraaweeh Salah* is emphasised throughout Ramadan.

### 2. Purpose and Significance

- To attain nearness and closeness to God through devotion and commitment to fasting and prayers.
- To experience and appreciate those who are less fortunate than them.
- To give emphasis to charity and generosity - this is especially encouraged during this month.
- To harbour, discipline and harness one's free-will; thereby controlling blameworthy traits such as violence, anger, backbiting etc and avoiding all sins in general.
- Ramadan is also a time for significant community and family interaction. Many individuals and families will pray and eat together and support each other in many ways, throughout

the month. This year, many families will be having virtual iftar or within their support bubbles.

- After the completion of Ramadan, Muslims celebrate Eid al-Fitr (Holiday of Breaking the Fast).
- Because Ramadan is a month of refraining from eating and drinking during the daylight hours, Eid is about celebrating the hard work. During Eid, Muslims are prohibited from fasting and therefore must eat, drink and enjoy the day with families and friends.
- The day of Eid begins with the morning Eid prayer when is read anytime between sunrise and noon. Many staff and students request time away from the university to attend this important prayer and/or to visit families during this sacred Muslim celebration.

### 3. Daily Prayers and Friday Prayers on Campus

Oasis Faith and Spirituality Centre will be open from 6:00am to 12.00am midnight Monday to Sunday (7 days a week) with security access.

Students and staff are requested to call security on 01772 892068 who will grant them access to the centre. All the chaplains are currently working from home. They can be contacted on [oasis@uclan.ac.uk](mailto:oasis@uclan.ac.uk).

Due to building closures, there will be no Jumu'ah Salah (Friday prayers) on campus. Staff and students are encouraged to visit the local Mosques for Jumu'ah Salah. Prayer timetables for all the Preston Mosques can be found on [www.salaah-times.co.uk/preston/](http://www.salaah-times.co.uk/preston/)

Full year prayer timetable for UCLan students can be downloaded from <https://my.uclan.isoc.link/>  
Please use the April/May months for Ramadan.

### 4. Late night prayers (Taraaweeh Salah) and Eid Prayer

- Due to building closures, staff and students are encouraged to visit the local Mosques for *Taraaweeh* prayer and Eid prayer. Prayer timetables for all the Preston Mosques can be found on [www.salaah-times.co.uk/preston/](http://www.salaah-times.co.uk/preston/)
- Staff and students who cannot attend a local Mosque due to isolation or any other genuine reason, can perform Taraweeh prayer individually or in congregation in their own homes/rooms. According to current guidelines, this is permissible.
- A person is permitted to perform the Taraweeh prayer sitting down if there is a valid reason.
- Eid prayer will take place in the morning of Eid day in all the Mosques of Preston. If the weather permits, Eid prayer can also be performed in open fields. Please visit [www.salaah-times.co.uk/preston/](http://www.salaah-times.co.uk/preston/) for timings of Eid prayer.
- If a person is in isolation at home on Eid day, he can perform two or four rak'at nafl Salah individually without any extra takbeers if he wishes to do so.
- Further Ramadan and Eid guidelines can be found on this link: <https://islamicportal.co.uk/2021-ramadan-and-eid-guidelines-to-keep-you-your-family-and-masjid-safe/>

### 5. Fasting and Covid-19

- Fasting will continue as usual but collective/communal *Suhur* (pre-dawn meal) or collective/communal *Iftar* (breaking of the fast) will not take place on campus.

- If a fasting person struggles to continue their fast due to contracting Covid-19 symptoms, it is permissible to break the fast and make up for it later.
- Individuals with confirmed/suspected Covid-19 with moderate-severe symptoms or severe underlying health conditions can postpone their fasts to a later date. A strong likelihood of falling extremely ill also permits postponing the fasts.
- In the above cases, if a person thinks they may be able to fast or they are unsure, then they should attempt to fast. During the day, if they struggle, they can break the fast and make up for it later.
- A person who does not fast, or discontinues their fast due to a valid excuse, is required to make up for the fast(s) at a later date. If their condition is such that they are unable to fast perpetually, then they will be required to give *Fidyah* (charitable form of compensation for each fast missed). The price for *Fidyah* is the same as Sadaqah Al-Fitr. *Fidyah* does not discharge the obligation if a person is able to fast at a later date (e.g. in winter months when the days are shorter). Price for *Fidyah* and Sadaqah Al-Fitr can be found on <https://islamicportal.co.uk/wp-content/uploads/2017/05/Sadaqat-al-Fitr-Calculation-for-Blackburn-Poster-Version-for-2021.pdf>
- For information on what nullifies the fast and what does not, please visit: <https://islamicportal.co.uk/what-nullifies-the-fast-and-what-does-not/>
- Should you have any queries regarding your medical status, please consult your doctor in conjunction with the Muslim Chaplain who will be happy to assist.

### Exemptions

The following are exempt from fasting in the month of Ramadan:

- Travellers
- Minor children
- People with unmanageable diabetes
- People who are ill (physically or mentally)
- People with incurable diseases
- People with unmanageable chronic diseases
- Women who are menstruating or with lochia discharge
- Women who are pregnant or lactating and have credible concerns about their own or their child's health
- People who provide care to Covid-19 patients and are at real risk of dehydration due to wearing PPE for long hours

Please note that some of the people listed above will be required to make up for their fasts on other days when they regain their full health. Please consult the Imam at the University if they fall in this category. **Please also consult with your medical GP at all times if required.**

### 6. Examination in Ramadan – Fasting Tips

- Ensure you are well rested the day before.
- Prepare the night before and plan times in the day when you can rest.
- Check the examination timetable carefully and avoid rushing around in the morning.
- Have *suhur* (a pre-dawn meal) that is wholesome and filling in order to sustain energy for many hours. It is important to include slowly digested foods.
- If the examination is in the morning, take a long rest in the afternoon. If required.
- If the examination is in the afternoon, take a short rest during the morning hours.
- If you feel tired and sluggish, refresh yourself with *wudhu* (ritual ablution).
- Eat healthy when you break your fast (*Iftar*) at the end of the day.

- Drink lots of water between sunset and sunrise. It is good to sip small amounts whilst praying, doing revision, reading and other activities. This will keep you strong and hydrated for the following long fasting hours and will help prevent dehydration and headaches.
- Limit all kinds of physical activities. Take the opportunity to rest when you can and try to avoid the dehydrating effects of sitting in hot sunshine or unnecessary exertion.
- If your health is put at serious risk due to the fast, through possible dehydration or injury, you can break your fast. You can make up the broken fast at a later date when your health is better.

## 7. Further information about Ramadan

1) COVID19 – Ramadan Resources

<https://mcb.org.uk/resources/ramadan/>

2) Taraweeh and Iftar Tips

<https://mcb.org.uk/resources/coronavirus/>

3) Ramadan Diet – Recommended Food

<https://mcb.org.uk/wp-content/uploads/2014/06/Ramadan-Dietician-talk-23rd-May.pdf>

4) Covid-19 and guidelines for Ramadan and Eid

<https://islamicportal.co.uk/2021-ramadan-and-eid-guidelines-to-keep-you-your-family-and-masjid-safe/>

5) Working/Studying from home during Ramadan

<https://mcb.org.uk/resources/ramadan/>

6) Islamic guidance on Coronavirus

<https://islamicportal.co.uk/islamic-guidance-on-coronavirus/>

7) Fasting in Ramadan for Covid-19 doctors and nurses

<https://islamicportal.co.uk/fasting-in-ramadan-for-covid-19-doctors-and-nurses/>

8) Supplications for the protection from Covid19 and other diseases

<http://www.uclanisoc.com/islam-for-new-muslims/>

*Guidance prepared in consultation with Muslim students and staff at UCLan and in conjunction with UK Higher Education Muslim Chaplains.*

Students and staff are welcome to contact the Imam should they require further information on Ramadhan.

(Imam) Vasiyyullah Bhayat

Muslim Chaplain / Faith Adviser

Oasis Faith & Spirituality Centre

**Tel:** 01772 892602 / 01772 892615

**Email:** [VBhayat@uclan.ac.uk](mailto:VBhayat@uclan.ac.uk)

March 2021