

# RAMADAN

Ramadan is observed by Muslims throughout the world. During this holy month many engage in studying the Quran, fasting (dawn-to-sunset), reflection and prayer. Eid al-Fitr celebrations take place on the last day to mark the end of fasting.

[The Customs and Significance of Ramadan](#) (2 Min.)

[Fasting During Ramadan](#) (4 Min.)

The experience of fasting for a 14-year-old boy is shown discussed during this short video.

[Ramadan- History](#) (3 Min.)

The attached video is about the history of Ramadan and the moon cycles.

[Ramadan- a Month of Fasting](#) (about 8 min. Read)

This article describes a brief history of Ramadan, including how African Americans were first introduced to Islam and Ramadan.

[6 Ways to Support Muslim Coworkers who are Fasting During Ramadan](#) (about 2 min. Read) Being supportive of coworkers who are fasting.

[Eid al-Fitr Foods Around the World](#) (about 2 min. Read)

Descriptions of common foods across the world eaten during the feast of Eid-al-Fitr.

["Not Even Water?!": Ramadan and Work](#) (30 min. Podcast)

The attached podcast is about navigating fasting in the workplace and work life balance during Ramadan.

