What is Ramadan?

Ramadan is a very important time in the Islamic calendar, and Muslims all over the world will be preparing to take part.

Due to the coronavirus outbreak this years Ramadan will be a bit different. The corona virus means that many people will not be able to visit friends and family, or their local mosque.

During the month of Ramadan, Muslims won't eat or drink between dawn and sunset. This is called fasting.

Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah (God)

Fasting is one of the Five Pillars of Islam, which form the basis of how Muslims live their lives. The other pillars are faith, prayer, charity and making the pilgrimage to the holy city of Mecca.

Ramadan is also a specific time for spiritual reflection, prayer, doing good deeds and spending time with family and friends.

Usually, people will make a special effort to connect with their communities and reach out to people who need help.

Health benefits of fasting

- FASTING BOOSTS HEART HEALTH
- BOOSTS WEIGHT LOSS
- HELPS HEAL MUSCLES JOINTS TISSUES AND ORGANS
- BETTER SLEEP
- IMPROVED LIFE SPAN