



CALTECH CENTER FOR
INCLUSION & DIVERSITY

Happy Ramadan

Ramadan is an important time for the Muslim community worldwide to reflect on the wisdom and guidance of their faith. Many may be fasting or abstaining from revelry between the hours of dawn and sunset and spending the evening in prayer. It is also a time for families to gather and celebrate.

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Here are ways to support our Muslim community members :

Learn more about Muslim identity, Ramadan, and raise awareness among your colleagues and students. Muslim Identity is a spiritual, faith-based identity.

Food availability: When having events or programs, have packaged and to-go options available.

Offer flexibility with schedules: Practice mindfulness around scheduled meetings for those who are fasting. Avoid scheduling meetings and exams in the late afternoon when fast crashes occur.

Provide prayer space for the community members who need it

Recognize and support community members:

Here is great advice from our colleagues at the University of California, Riverside, in the Ethnic Gender Centers and the Middle Eastern Student Center- "Recognize the changes students [and your colleagues] are making to their schedules and eating habits. Acknowledge their practice by wishing them a Happy Ramadan and Eid. Check-in on students [and your colleagues] and offer support."



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Sources Used:

Learn more about Ramadan

What is Muslim Identity:

<https://www.bbc.co.uk/bitesize/guides/zpyvxfr/revision/1>

See how almost a quarter of humanity ushered in Ramadan, their holiest month:

<https://www.npr.org/sections/pictureshow/2022/04/02/1090441601/ramadan-2022-pictures>

Everything you need to know about Ramadan

https://www.youtube.com/watch?v=FpJB1Vwcl_Q

University of California, Riverside Ethnic and Gender Centers Instagram

https://www.instagram.com/p/Cb2_KlwPZk-/?utm_source=ig_web_copy_link