



University of Kentucky

College of Agriculture, Food, and Environment

Office of Diversity

Ramadan at UK: A Brief Guide for 2023

Beginning in late March, many UK students and employees will begin the month-long fast of Ramadan. As we work toward promoting a more inclusive community, here are some facts to consider:

- Ramadan is the ninth month of the Islamic lunar calendar and is widely considered the month in which the Qur'an (Koran), the Islamic holy book was first revealed. This year, Ramadan will begin at sunset on March 22, give or take a day (depending on when the moon is sighted), and will last 29-30 days. As the Islamic year is approximately 11 days shorter than the Gregorian year, Ramadan in 2024 will begin around March 11.
- Fasting in the month of Ramadan is one of the “five pillars” of Islam. Ramadan is widely regarded as a month of spiritual growth.
- Practicing Muslims who are able to do so are expected to abstain from eating and drinking (including water) from dawn to sunset each day of the month. Many Muslims will also perform various prayers and acts of devotion, especially at night, sometimes past midnight. And as many adherents also wake up early to predawn meals, they may experience hunger, thirst and also fatigue.
- The end of Ramadan is marked by the Islamic holiday Eid al-Fitr (“the festival of the breaking of the fast”). This year, Eid al-Fitr will begin at the sunset on April 20, and will include a prayer on the morning of April 21, give or take a day. Eid al-Fitr is one of the two major Islamic holidays, the other being Eid al-Adha (“the festival of sacrifice”), which overlaps with the annual Hajj (pilgrimage to Mecca). This year, Eid al-Adha will begin at sunset on June 27, and will include prayer on the morning of June 28, give or take a day.
- For more information on Ramadan see: <https://theconversation.com/why-ramadan-is-called-ramadan-6-questions-answered-77291>

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