**Ramadan at Unitec**

Ramadan is observed by Muslims worldwide as a month of fasting (sawm), prayer (salah), reflection, and community.

The ninth month of the Islamic lunar calendar is considered one of the holiest months for Muslims. It is observed by fasting from dawn until sunset, refraining from eating, drinking, smoking while displaying humility and good conduct.

Ramadan is observed in New Zealand from the evening of Sunday, 2 March 2025 to Sunday, 30 March 2025 (subject to moon sighting).

“Breaking the fast at sunset is a requirement for the fast, so we request Unitec Kaimahi to please allow Muslim students/staff some time for breaking fast and quick prayer,” says subject librarian and Unitec Muslim Club Committee member, Norasieh Md Amin.  
  
**Ramadan activities at Unitec**

* All Unitec staff are invited to join the **One Day Fasting Challenge**. Take the Challenge: Fast for a Day! Simple Rule: No food or drink (not even water) from dawn to sunset. Share your stories with us on social media by using the hash tag **#UnitecFastingChallenge** and go into a draw to win a prize which starts at the beginning Ramadan with the winner announced after Ramadan. Please email Norasieh [namin@unitec.ac.nz](mailto:namin@unitec.ac.nz) or Mohammad [msarker@unitec.ac.nz](mailto:msarker@unitec.ac.nz) if you have any questions.
* Muslims at Unitec are also invited to **Iftar** (breaking fast) on Friday, 14 March in the Event Kitchen, Te Puna from 7:00-9:00pm. Bring food and a praying mat.

Register here <https://tinyurl.com/be4wbsh3> or scan the QR code below  
A qr code with text

AI-generated content may be incorrect.

* Join the **Unitec Eid Celebration** on 3 April 2025 in the Event Kitchen in Te Puna. Eid celebration marks the end of Ramadan.

**Reflections on Ramadan from Unitec ākonga and kaimahi**

During the recent Unitec Muslim Club Registration Day, Muslim students and staff were asked “What does Ramadan mean to me?”. Here are some insights…

*"To me, Ramadan is a spiritual reset/reminder. It is a time for me to revisit my morals and values; it reminds me to appreciate what I have, and to be kind to myself as well as to others. Every Ramadan, I try being better than the last." - HS*

*"Ramadan is about patience (Sabr) and charity" - Mohammad*

*"Ramadan can hold different meanings for every individual. For me, it is a time for spiritual growth and self-discipline…it is also a time for me to be grateful for the blessings that I have been bestowed upon and not to take them for granted. Sharing meals with friends and family and attending congregational prayer helps us strengthen the bond in the community." - AA*

*"Ramadan is about building self-discipline and resilience. Within the whole month of fasting, I build good habits which I wish to continue for the next 11 months. I may lose some habits along the way, so by the time the next Ramadan comes, I will come back to the good habits." – AM*

*"What is Ramadan to me? on a more personal level, it could mean different things depending on your beliefs, experiences, and cultural background. If you're Muslim, it might be a time for you to reconnect with your faith, show gratitude, and deepen your relationship with Allah. If you're not Muslim, Ramadan could represent an opportunity to learn about the traditions and practices of others, or it might simply remind you of the importance of self-discipline and mindfulness.” – Asma*

*“It is the time to connect and make your relationship with Allah even stronger” – SO*

*“A time to self-reflect, distance yourself from the worldly matters, focus on your relationship with Allah, and reset mentally and physically.” – ST*

*"Ramadan is a time to refresh and revitalise my connection to the Book (al-Quran) and my relationship with Allah (God). It is also a time when family and community get together for Iftar and dinner, and pray together in congregation." - N*

At Unitec, Eid celebration is becoming an annual event and is a great opportunity for our whānau to learn and share diverse cultures and perspectives.

ENDS/