



CENTER FOR ISLAMIC LIFE  
AT RUTGERS UNIVERSITY

*The Muslim Chaplaincy at Rutgers*

# Ramadan Guide

RU Campus Ramadan Plan 2026

# What is Ramadan?



What do Muslims do?

Ramadan is a lunar month in the Islamic Calendar that Muslim regard as a special time of spiritual growth and rediscovery. It is a time of reflection, increased prayer, giving charity, and most notably: fasting.

This year the month will be starting **Tuesday night Feb 17, 2026**). Though for certain Muslims it may start the day after (the Muslim community at RU is diverse, some follow a slightly different jurisprudence that starts Ramadan based on a moon sighting).

Each Muslim navigates this month with their own practices. This is meant to be a guide to facilitate their practices and support them how they choose to practice.

Many Muslims will fast from dawn to dusk; from about 5am to 7pm, as a form of worship and building self discipline, abstaining from food and water. Many spend hours in the day and night in different forms of personal and congregational prayer.

Not all Muslims will take part in all the activities of the month due to their own circumstances. Just because someone does not take part in one aspect of the month does not reflect anything negative on them upholding their Muslim identity.

At the end of the month of fasting Muslims will celebrate the end of Ramadan. (**this year Friday, March 20th, 2025**). The celebration is called **Eid-ul-Fitr** (Eid for short). This a joyous day of gathering and celebration and waiting as well as engaging in charitable activities.

# What is Fasting?

Sawm in Arabic

To abstain as a form of  
worship/devotion

No food/water from dawn to  
dusk



# For Staff and Faculty

## How to support your Muslim friends and students ?

- Acknowledge the month of Ramadan has started to the class/gathering and ask how you can be helpful (do not put students on the spot to educate you or others about the month of Ramadan, that is not their responsibility) . You can use the greeting “Happy or Blessed Ramadan or Ramadan Mubarak.”
- Provide spaces to pray in case activities are being done for extended times during the day or night.
- When food and drinks are involved, be mindful.
- Be understanding when physically demanding tasks are being asked that Muslim students and colleagues might not be in top condition.
- **Avoid scheduling activities around sunset (5pm-6pm)** when the fast is to be broken, or give a few minutes break to students to eat if that time cannot be avoided.
- **Avoid scheduling activities on Eid day (March 20th)**. You can use the greeting “Happy Eid” or “Eid Mubarak.”

## Questions?

Email the Muslim Chaplain at Rutgers: [chaplain@cilru.org](mailto:chaplain@cilru.org)



NOTE: DAYLIGHT  
SAVINGS TIME  
STARTS 3/3/2026.  
Iftar will be 1 hr  
later

# General Ramadan Schedule

5 daily prayers:

- Fajr (pre-sunrise, 5am)
- Dhuhr (noon, 1pm)
- Asr (afternoon, 4pm)
- Maghrib (sunset, 6pm)
- Isha, (night, 8pm)

Morning meal (Suhur)

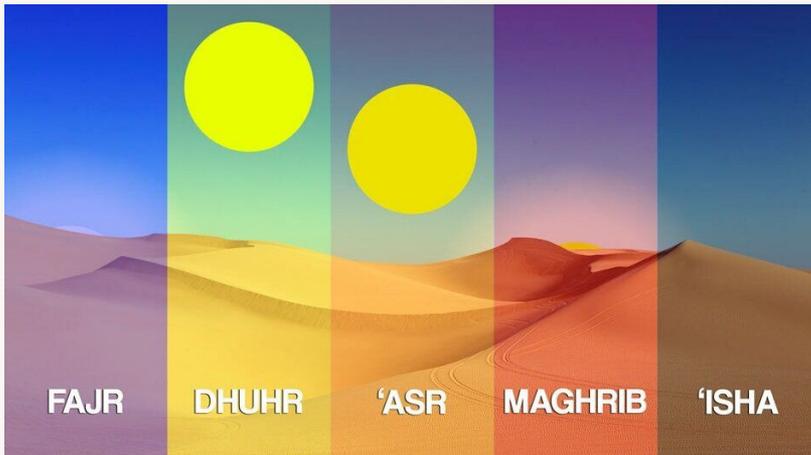
- Around 4am-5am

Evening Break Fast (Iftar)

- After Sunset prayer about 6:00pm

Voluntary Ramadan night prayers

- Taraweeh 7:30-11pm



\*It's more involved than usual, with many taking steps to reconnect with their faith

# For Muslim Students

- If you have evening classes and will be fasting, inform your professor well beforehand and ask if you can take a quick moment to break your fast at sunset and maghrib prayer. If that is not possible, let them know that you will bring a snack with you in class.
- Let your professor know **Eid is expected to be (evening of March 19th- Day of March 20th, 2026)** so that you can make arrangements for an absence.
- Coordinate with your dining hall to arrange for picking up food for suhur (pre dawn meal) and iftar (sunset meal) as they fall outside of typical dining hall hours
  - You can request to speak to the dining manager and they can put you on the list to do this daily(ask to be on the Ramadan list). If you have any issues with that, contact us:  
[chaplain@cilru.org](mailto:chaplain@cilru.org)
- NOTE: DAYLIGHT SAVINGS TIME STARTS 3/3/2026. Your Iftar will be 1 hr later

# Ramadan at Rutgers!

- Monday- Thursday
  - Iftar at sunset (around 5-6 pm)
    - Generally at the Cook Student Center, MPR
  - Taraweeh (voluntary night prayer with a focus on Qur'an recitation/reflection)
    - Generally at the Cook Student Center, MPR 7:30pm-9pm
- Lots of local communities celebrating together!
  - RU Ramadan events calendar on the next slide



# RAMADAN AT RUTGERS



## IFTAR

Free iftar every  
Monday - Thursday!

Sunset | Usually Hosted  
@ Cook MPR

## TARAWEEH

Voluntary night prayer  
with focus on Qur'an  
recitation/reflection)

7:30 - 9:30 | Usually  
@ Cook MPR

A Month of local communities celebrating together!

# RAMADAN 2026

## IFTAR SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY				
16	17 📍 COOK MPR <b>TARAWEEH ONLY</b>	18 📍 TRAYES HALL Sponsor: CILRU	19 📍 BUSCH MPR Sponsor: MSA	20
23 📍 COOK MPR Sponsor: UMR	24 📍 BUSCH MPR (sisters) 📍 Livi Gathering Lounge (Brothers) Sponsor: MSA	25 📍 COLLEGE AVE MPR Sponsor: CILRU	26 📍 BUSCH MPR Sponsor: MSA	27
MARCH				
2 📍 COOK MPR Sponsor: MPRC	3 📍 COLLEGE AVE MPR Sponsor: MSA - R2R	4 📍 COOK MPR Sponsor: CILRU	5 📍 COLLEGE AVE MPR Sponsor: MSA	6
9 📍 COOK MPR Sponsor: ABSA	10 📍 COOK MPR Sponsor: CILRU	11 📍 COOK MPR Sponsor: CILRU	12 📍 COLLEGE AVE MPR Sponsor: CILRU ✨	13
16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20

Taraweeh & Isha Prayer:

Isha will be at 7:30, in the same location as iftar, followed by Taraweeh

🌟 | Qiyaam Night - 3/12

\*DST begins on 3/8 - iftar times will change\*







[Chaplain@cilru.org](mailto:Chaplain@cilru.org)

 **CILRU**

CENTER FOR ISLAMIC LIFE  
AT RUTGERS UNIVERSITY

---

The Muslim Chaplaincy at Rutgers