

# RAMADAN BRIEFING

## A SIMPLE GUIDE TO RAMADAN



**Muslims  
In Rail**

Ramadan 1442 - April 2021



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)

أَسْلَامٌ عَلَيْكُمْ وَرَحْمَةٌ أَللّهِ وَبَرَكَاتُهُ

Peace be upon you and God's mercy and blessings



**Muslims  
In Rail**

[muslimsinrail.org](http://muslimsinrail.org)

# CONTENTS

---

---

---

MUSLIMS IN RAIL	4
RAMADAN FASTING	8
USEFUL INFORMATION ABOUT FASTING	20
EMPLOYEE / EMPLOYER GUIDANCE	22
GET INVOLVED	31
FREQUENTLY ASKED QUESTIONS	35

**Oh you who believe!  
Fasting is prescribed to  
you as it was prescribed  
to those before you, that  
you many learn piety and  
righteousness”  
(Quran 2:183)**

# MUSLIMS IN RAIL



**Muslims  
In Rail**



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)



## OUR VISION

Connecting, Growing and Inspiring Muslims working or seeking a career in the rail industry

## OUR MISSION

Our mission stems from our vision. Our faith inspires us towards excellence and good practice, we want to encourage this for the benefit of all.

## OUR VALUES

### Opportunities

we aspire to continually learn and capitalise on opportunities along our journey

### Relationships

we will strive to build meaningful relationships and collaborate

### Quality

we will strive for professionalism and excellence (**ihsaan**) in everything we do

### Ethics

we are guided by our faith and morals to act with integrity and respect



# OUR MEMBERS WORK FOR

7



SNC • LAVALIN

ARUP



Department  
for Transport



# RAMADAN



**Muslims  
In Rail**



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)



# WHAT IS RAMADAN

9

**4<sup>TH</sup> PILLAR OF  
ISLAM**

**9<sup>TH</sup> MONTH OF  
THE HIJRI  
CALENDAR**

**RAMADAN MEANS  
SELF-REFRAINING**

**FASTING IN  
RAMADAN IS  
COMPULSORY\***

**TAQWAA - CLOSER  
RELATIONSHIP  
WITH GOD (ALLAH)**

**ABSTINENCE  
FROM EATING &  
DRINKING**

**CONTROL OF  
THOUGHT AND  
EMOTION**

**BEST BEHAVIOUR**

**STRENGTHEN TIES**

"The month of Ramadan (is the month) in which the Qur'an has been sent down as guidance for mankind containing clear signs which lead (to the straight road) and distinguishing (the truth from falsehood).. (Q 2:185)

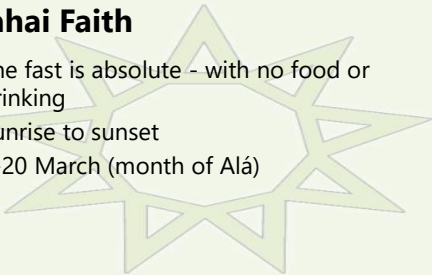
Fasting is prescribed for you as it was prescribed for those before you, that you may attain **taqwaa**." (Q2:183)

..And it is better for you that ye fast, if ye only knew." (Q 2:184)

The most honoured by Allah amongst you are those best in **taqwaa**."(Q 49:13)

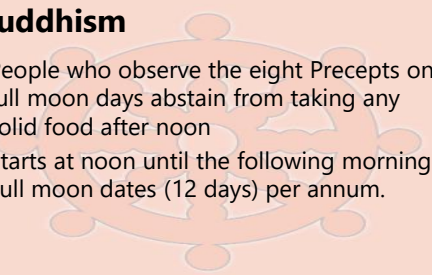
### Bahai Faith

- The fast is absolute - with no food or drinking
- Sunrise to sunset
- 2-20 March (month of Alá)



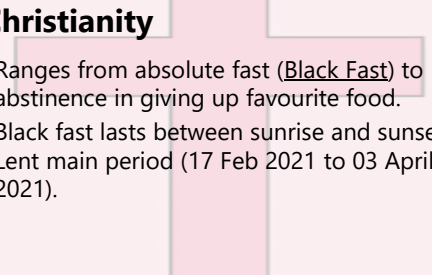
### Buddhism

- People who observe the eight Precepts on full moon days abstain from taking any solid food after noon
- Starts at noon until the following morning. Full moon dates (12 days) per annum.



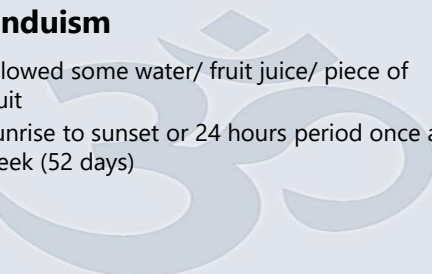
### Christianity

- Ranges from absolute fast (Black Fast) to abstinence in giving up favourite food.
- Black fast lasts between sunrise and sunset. Lent main period (17 Feb 2021 to 03 April 2021).



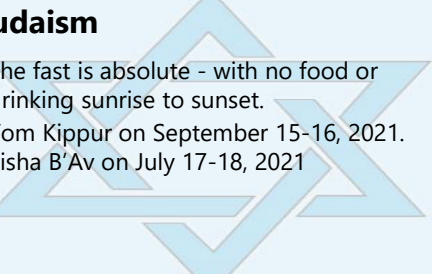
### Hinduism

- Allowed some water/ fruit juice/ piece of fruit
- Sunrise to sunset or 24 hours period once a week (52 days)



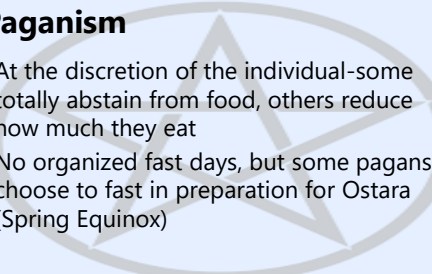
### Judaism

- The fast is absolute - with no food or drinking sunrise to sunset.
- Yom Kippur on September 15-16, 2021. Tisha B'Av on July 17-18, 2021



### Paganism

- At the discretion of the individual-some totally abstain from food, others reduce how much they eat
- No organized fast days, but some pagans choose to fast in preparation for Ostara (Spring Equinox)



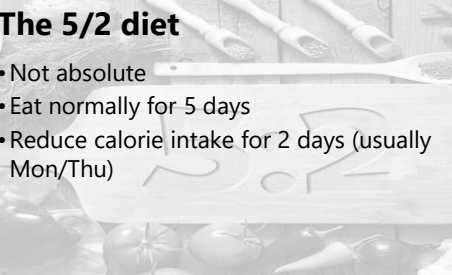
### Sikhism

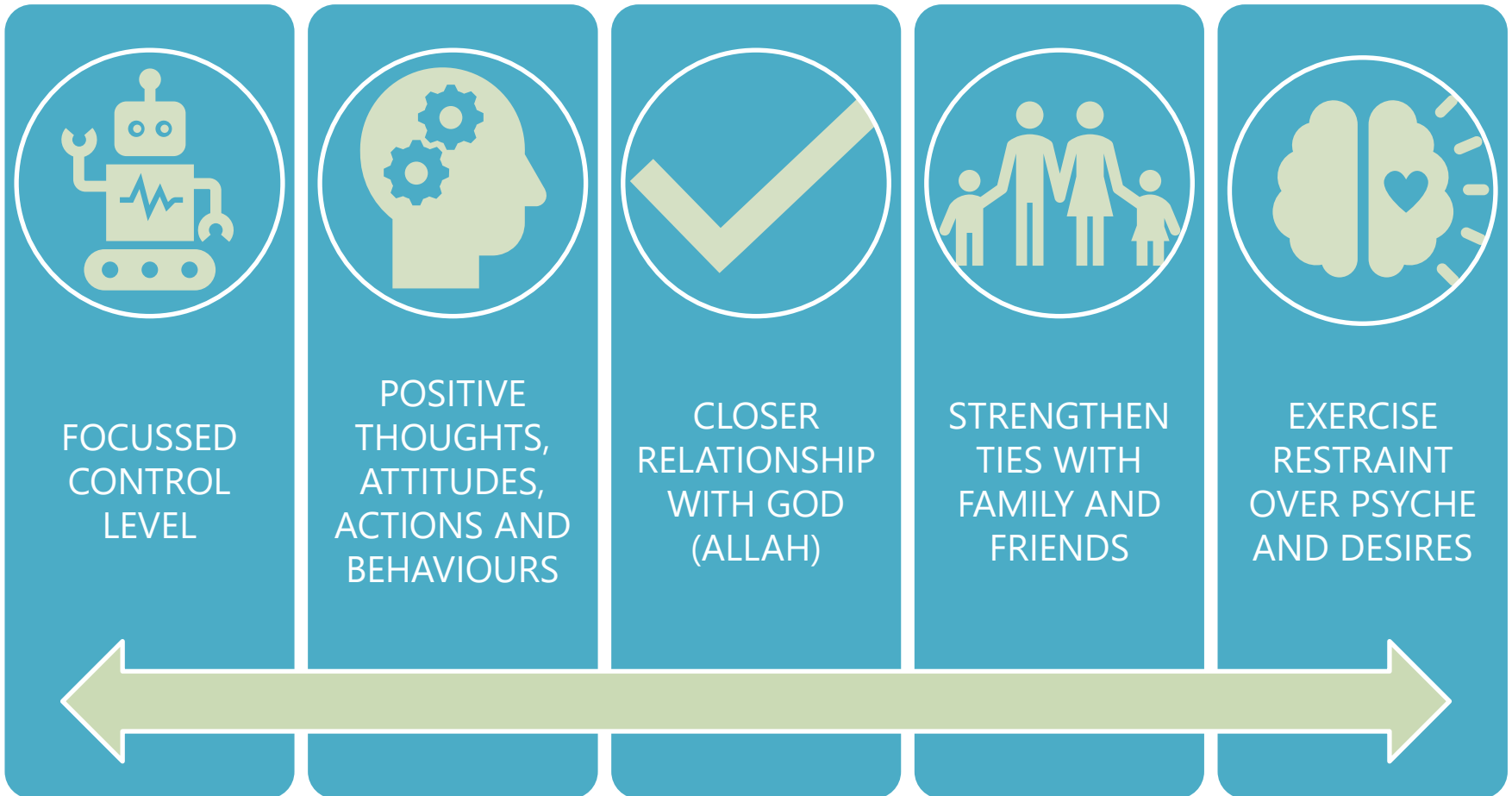
- Fasting not practiced



### The 5/2 diet

- Not absolute
- Eat normally for 5 days
- Reduce calorie intake for 2 days (usually Mon/Thu)





FOCUS ON  
DOING  
POSITIVE  
THINGS

PRAY, ON  
TIME

RECITE &  
LEARN THE  
QURAN

MAKE LOTS  
OF DUA  
(SUPPLICATI  
ON)

GIVE TO  
CHARITY

HELP THE  
POOR AND  
NEEDY

**NO** HEALTH  
GAIN  
INJECTIONS

**NO** EATING  
OR  
DRINKING  
WHILE  
FASTING

**NO**  
SMOKING

**NO** BLOOD  
TRANSFUSI  
ON

**NO**  
PHYSICAL  
INTIMACY

**NO** EAR  
DROPS

The start of Ramadan **changes** (earlier by 10-11 days each year), based on the **Lunar calendar (355 days)** which is the premise of the Islamic calendar

**Currently, between 15-17 hours** of fasting each day depending on which part of the UK you reside. (Dawn to Sunset – London Example below).

It lasts **29/30 days**, where the end date is based on the **visual sightings** of the moon (for the next Lunar calendar month)

	2020	2021	2022
Fast Start	23 April 2020 4:10 AM – 20:14 PM	12 April 2021 4:34 AM – 19:57 PM	02 April 2022 4:55 AM – 19:37 PM
Fast End	Friday 22 <sup>nd</sup> April 2020 3:08 AM – 21:00 PM	12 May 2021 3:27 AM – 20:45PM	01 May 2022 03:49 AM – 20:29 PM

3:30 **Wake | Wash | Eat meal before dawn | Pray | Sleep**

7:30 Prepare for work [during days off rest, pray, sleep, read]

13:00 Afternoon prayer

18:00 Return home from work **Refresh/Rest | Read the Qur'an** | Late afternoon prayer

20:00 **Break fast with an evening meal normally with the family** | the evening prayer

22:30 **Additional night prayer usually at a mosque**

**Note:** this schedule will differ for different people, whether it be office workers, shift workers, on call etc.

# OUR MEMBERS SAY



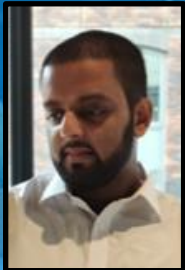
## **Sultana Pasha**, Safeguarding Manager, MTR Elizabeth line

How can I make this Ramadan more productive than the last one. I create a list of best intentions, **spirituality, self-reflection**, charity, family time and lots of prayers.



## **Zaid Alkateb**, Transport Economist, Atkins

You will never know the **satisfying feeling of breaking your fast** until you try it.



## **Tafazzal Rashid**, Graduate Civil Engineer Network Rail

A mixture of nervousness and excitement prior to a big challenge. I know I'll have to be **organised, patient and disciplined** in order to succeed during the month. I know I'll have to be organised, patient and disciplined in order to succeed during the month.



## **Faizza Rumani**, Project Management Graduate, Network Rail

Ramadhan is an opportunity to get 'back in touch' with my **spirituality and faith**. I mentally prepare by reflecting on how I have developed in my faith since last Ramadhan and determining what I'd like to get out of this Ramadhan to carry forward for the following year.



## What do you think when Ramadan is approaching?

- Mixture of **nervousness** and **excitement** prior to a big challenge.
- Be **organised**, patient and disciplined.
- Willingness to **succeed**.
- A month of **self reflection** and reconnecting with your faith.
- I actually really enjoy Ramadan, it helps me **focus** on what's important and I actually find it ok to concentrate at work.

## Tell us about your typical day fasting?

- Wake up 4-5 AM
- Small, healthy and nutritious breakfast with vitamins and drink lots of water
- Try and sleep (if possible) after morning prayers
- Ready for work 8-9AM
- Instead of **Lunch, break used for prayers**.
- Evening to read the Quran and sometimes a small nap!
- Health meal to break fast and lots of water
- Night prayers around 10-11 PM, and go to sleep straight after.

## When did you start fasting, tell us about your experience then and now?

- Varied responses, from the age of 6 to 10 for first Fast.
- Most people fast for the entire month from the age of **8-12**.
- Most people spoke about the urge to seek reward and the direct link with God.
- When I was younger, I thought fasting was about keeping away from food and drink. Now, I understand fasting as a means of **disciplining your body and mind**, in order to become detached from materialistic wants and needs.

## Tell us about your Ramadan experience during COVID-19?

- **Lonely**.
- Missing the community feel.
- No Ramadan parties with friends and extended family.
- Mosque closures resulted in **depression**.
- Increased family time.
- Closure relationship with children.
- Learnt and read more.
- Joined online classes.
- Felt a lot lonelier
- Disappointed not to be able to share gifts and **Eid** with friends and family.

## What advice would you give to your friends and colleagues about your fasting?

- It's sometimes difficult to work **unsociable hours** during these times – so it's really helpful when colleagues can step in to cover.
- It's great when colleagues and friends are **curious** and ask questions – I'm always happy to answer!
- It is a **spiritual training**.
- Try it out, to **experience patience**, control and behavioural therapy.



CHILDREN (BEFORE  
PUBERTY)



ILLNESS  
(INCLUDING SEVERE &  
MENTAL)



TRAVELLING (MEDIUM  
TO LONG DISTANCES)



WOMEN DURING  
PREGNANCY, POST  
BIRTH, DURING CYCLE.

## Ways to make up missed fasts:

- ❖ **Fast later** after the month of Ramadan, as soon as the cause of delay is gone
- ❖ **Give charity** for each missed day of fasting



Eid-ul-Fitr, marking the end of Ramadan



Eid begins with morning prayers in congregation



Celebrations. Eid is a very important event in the Muslim calendar.



Family Gatherings & Feasts



Gifts, Sweets, and lots of it plus eating in the day (moderately).

**Eid-ul-Fitr** is celebrated on the 01<sup>st</sup> Shawwal (10<sup>th</sup> month of the Islamic Hijri Calendar)

# USEFUL INFORMATION ABOUT FASTING



**Muslims  
In Rail**



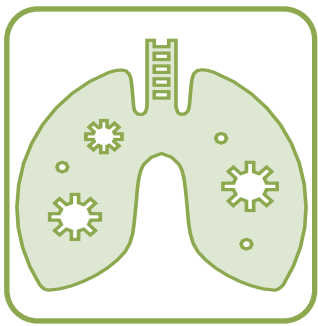
[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)



**Heart Health & Diabetes Prevention**

Lower risk of contracting coronary disease  
Lowers “bad” cholesterol levels,  
Reduce the chance of heart disease  
Decrease in blood sugar levels among people who fast.

**Weight Loss**

Weight loss is reported by most people who fast.  
Once the body has used up its reserves of glucose, it burns fat for energy, which can result in some weight loss

**Detoxification and Cleansing**

Proponents of juice fasts believe that they allow the body to cleanse itself of toxins absorbed from processed and fast foods.

**Mental Health**

Fasting may be religiously-mandated, but the social and communal traditions that accompany the practice carry just as much benefit.

**Breaking Addiction**

Fasting gives the body time to pause and reset.  
It can help to break food habits like sugar or caffeine addictions. Perfect time to quit smoking.

# RESEARCH ON HEALTH BENEFITS OF FASTING

## Flipping the Metabolic Switch: Understanding and Applying the Health Benefits of Fasting

Stephen D. Anton ✉, Keelin Moehl, William T. Donahoo, Krisztina Marosi, Stephanie A. Lee, Arch G. Mainous III, Christiaan Leeuwenburgh, Mark P. Mattson ✉

First published: 31 October 2017 | <https://doi.org/10.1002/oby.22065> | Citations: 131

**Funding agencies:** : Drs. Anton and Leeuwenburgh are supported by the University of Florida's Claude D. Pepper Older Americans Independence Center (NIH/NIA P30AG028740). Drs. Moehl, Marosi, and Mattson are supported by the National Institute on Aging Intramural Research Program.

**Disclosure:** : The authors declared no conflict of interest.

[Read the full text >](#)

 PDF  TOOLS  SHARE

### Abstract

#### Objective

Intermittent fasting (IF) is a term used to describe a variety of eating patterns in which no or few calories are consumed for time periods that can range from 12 hours to several days, on a recurring basis. This review is focused on the physiological responses of major organ systems, including the musculoskeletal system, to the onset of the metabolic switch: the point of negative energy balance at which liver glycogen stores are depleted and fatty acids are mobilized (typically beyond 12 hours after cessation of food intake).

#### Results and Conclusions

Emerging findings suggest that the metabolic switch from glucose to fatty acid-derived ketones represents an evolutionarily conserved trigger point that shifts metabolism from lipid/cholesterol synthesis and fat storage to mobilization of fat through fatty acid oxidation and fatty acid-derived ketones, which serve to preserve muscle mass and

 SpringerLink

Lifestyle Management to Reduce Diabetes/Cardiovascular Risk (B Conway and H Keenan, Section Editors)  
Published: 23 October 2017

## Health Benefits of Fasting and Caloric Restriction

Saeid Golbidi, Andreas Daiber, Bato Korac, Huige Li, M. Faadiel Essop & Ismail Laher ✉

*Current Diabetes Reports* 17, Article number: 123 (2017) | [Cite this article](#)

11k Accesses | 69 Citations | 96 Altmetric | [Metrics](#)

## Unraveling the metabolic health benefits of fasting related to religious beliefs: A narrative review

Angeliki Persynaki R.D. <sup>a</sup>✉, Spyridon Karras M.D., Ph.D. <sup>b</sup>, Claude Pichard M.D., Ph.D. <sup>a</sup>

[Show more](#) 

+ Add to Mendeley  Share  Cite

<https://doi.org/10.1016/j.nut.2016.10.005>

[Get rights and content](#)

### Highlights

- Religious fasting reflects dietary habits of millions of believers.
- Health impact of religious fasting has been documented among Buddhists, Christians, and Muslims.
- Energy and/or food item restrictions are key components of religious fasting.
- Religious fasting has potential benefits on energy balance, dyslipidemia and oxidative stress.
- Religious fasting could be integrated into health management for

# BENEFITS AT A MOLECULAR LEVEL

Reduction in oxidative damage

Reduction in inflammation

Optimised energy metabolism

Increased cellular protection

Reprogramming metabolic and stress resistance pathways

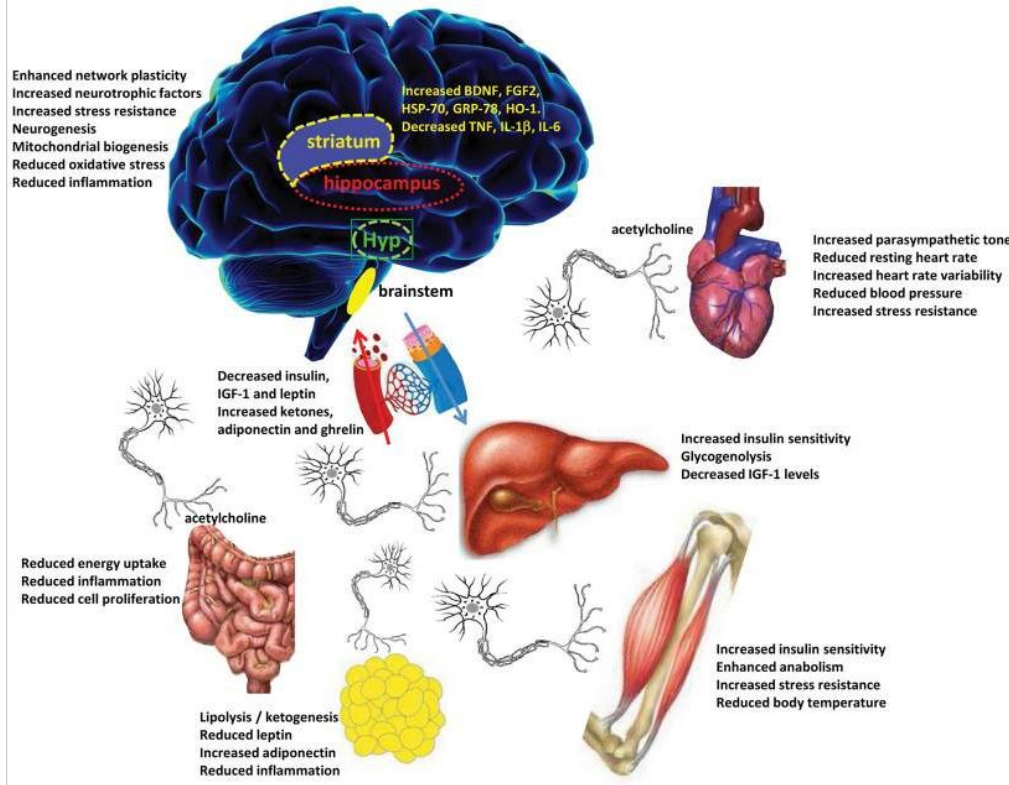
[Cell Metab.](#) Author manuscript; available in PMC 2015 Feb 4.  
Published in final edited form as:  
[Cell Metab.](#) 2014 Feb 4; 19(2): 181–192.  
Published online 2014 Jan 16. doi: [10.1016/j.cmet.2013.12.008](#)

PMCID: PMC3946160  
NIHMSID: NIHMS551820  
PMID: [24440038](#)

## Fasting: Molecular Mechanisms and Clinical Applications

[Valter D. Longo](#)<sup>1</sup> and [Mark P. Mattson](#)<sup>2,3</sup>

► Author information ► Copyright and License information ► [Disclaimer](#)





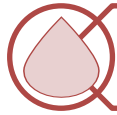
**Heartburn:** Fasting usually reduces the amount of stomach acid, which digests food and kills bacteria. However, thoughts of food, or the smell of it, make the brain tell the stomach to produce more acid, which can lead to heartburn.



**Poor control of diabetes:** Regular self-monitoring of your blood glucose is strongly advised. Low blood sugar levels (known as a "hypo") are dangerous, and may lead to fainting or fits if left untreated.



**Headache:** Headaches during a fast could be due to dehydration or hunger, poor rest, or the absence of addictive substances, such as caffeine or nicotine.



**Dehydration:** Dehydration is common during a fast. The body continues to lose water and salts through breathing, perspiring and urinating.



**Constipation:** When you are fasting, being active, drinking water regularly and eating healthily (during the times when you are not fasting) will help to keep your bowel motions regular.



**Stress:** Lack of food and water, changes of routine and shorter periods of sleep can cause stress.



**Weight Control:** Food consumed during the pre-dawn and dusk meals may lead to some unintended weight gain.



Eat in moderation avoiding oily, deep-fried or very spicy food. Reducing your caffeine intake and stopping smoking can also help.



People who regularly inject insulin are advised not to fast, as the potential risk to health – both in the short and long term – of not taking insulin is too great.



A moderate and balanced diet, especially not missing the pre-dawn meal, taking in enough fluids and, if necessary, some painkillers such as paracetamol.



Balanced water intake during night and before the fast starts.



Include lots of fruit and vegetables in your diet and increase the fibre content of your food using bran.



**Do not take on more than you can handle, not playing sports in the hot Sun, controlling your anger and not smoking.**



Approach the fast with discipline, it can be an opportunity to lose weight and become healthier



# HEALTH IMPACT

There is no evidence of increased risk of Coronavirus from fasting (if you're fit and healthy). However, the Risk Table and Recommendations summary are categorized as:

**Very High Risk:** Advise **MUST NOT** fast

**High Risk:** Advise should **NOT** fast

**Low/Moderate Risk:** Decision to not fast based on discretion of medical opinion and ability of the individual to tolerate fast

For further information: <https://britishima.org/covid/>

God intends every facility for you; He does not want to put you into difficulties.  
**Quran [2:182]**



# EMPLOYEE GUIDANCE



**Muslims  
In Rail**



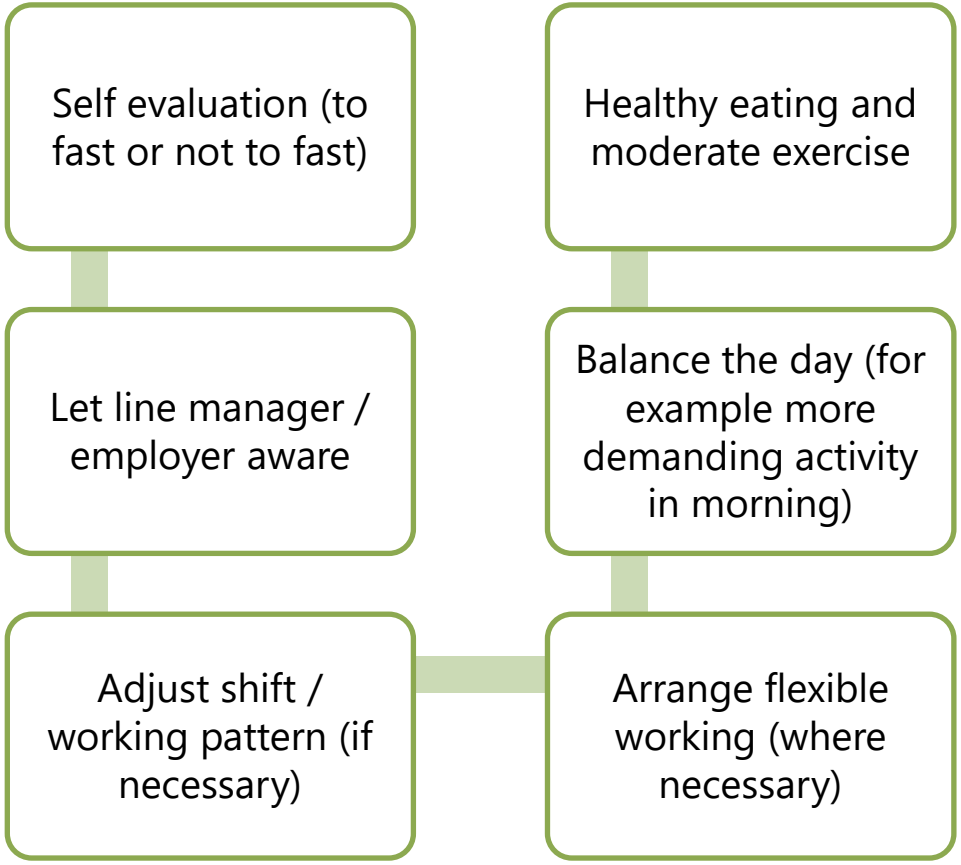
[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)



Give more charity

Speak kindly and think positively of others

Read Quran and try to follow the humbled path of the Prophet

Share food with friends, neighbours and those less fortunate

Pray five times and offer additional prayers at night

Reflect and practice mindfulness

Take the opportunity to give up bad habits

Volunteer and give *sadaqa* (charity) of time

Promote community cohesion

# EMPLOYER GUIDANCE



**Muslims  
In Rail**



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)

Provide **access** to relevant **health and well-being** guidance to employees

Establish when Ramadan is **approaching**.

**Communicate** early and **openly** with your staff, stakeholders and partners on any work schedule implications

Provide dedicated place of **worship** to avoid travelling (reduce the physical and mental burden of finding a suitable place)

Arrange flexible working, if possible. Potential of increase in **A/L** request

Make **allowances** for Muslims to take a **break at sunset** to break their fast and pray.



# HOW YOU CAN GET INVOLVED



**Muslims  
In Rail**



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](#)



[muslimsinrail](#)

# HAVE YOU TRIED FASTING?

1. My mind is stronger than I thought it was
2. I'm way more focused and productive
3. I can deal with my emotions in healthier ways
4. Fasting can cure chronic pain
5. Food and water is a luxury
6. The random act of kindness from strangers
7. Deep respect and understanding for a religion and way of life other than my own

## 7 Things I've Learnt as a Non-Muslim Fasting During Ramadan

 Victoria Marie Goulding 🌱 Jun 18, 2018 · 6 min read ★



Each year I learn a lot, not only about Islam, but also about myself and others.







Every year, MIR raises money for needy cause. Over the last 5 years we have supported several charities through our **FastMoney** campaign.

This year we have teamed up with **MUSLIM CHARITY** to build a school in **UGANDA**, our priority is to support education.

Help us by giving up your lunch money, or unspent travel expenses to help people suffering hardship from the Coronavirus in the UK.

<https://www.justgiving.com/fundraising/Muslims-In-Rail-Fast-Money-2021>



MUSLIM CHARITY



National Zakat Foundation



# WHAT YOU CAN BRING TO OUR TRAIN?



## TELL

We are all Muslims in Rail, tell others we exist! Champion us in your organisations and networks. Subscribe and follow us (Web, LinkedIn, Instagram or WhatsApp)



## THINK

Give us new ideas, knowledge, connections and constructive advice / feedback



## DO

Get onboard. Help out to deliver activities near you – start a new journey to help others



## PRAY

Ask Allah (swt) to guide us and enable our success. Not a leaf drops, nor train moves without His (swt) permission!

## **Not even water?**

Yes, abstaining from all food and drink.

## **Does Ramadan always start on the same day?**

No, it shifts by 10 days due to Lunar cycle of 365 days.

## **Is fasting a pillar of Islam?**

Yes, 4<sup>th</sup> pillar of Islam and mandatory.

## **Why do Muslims fast during Ramadan?**

To develop closer relation to God, and as prescribed in Quran (the Holy Book of Muslims)

## **When can you eat and drink?**

Before Dawn and after Sunset

## **Who is exempt from Fasting?**

Children, sick, pregnant women etc.

## **When does Ramadan end?**

This year on the 12 or 13 May.

## **How do Muslims celebrate Eid?**

Prayers, gifts, food, family and friends.

## **Is it a punishment from God?**

Absolutely not.

**BRUSHING  
TEETH\***

**COVID  
INJECTION**

**INHALERS\***

**UNINTENTIONAL EATING /  
DRINKING**

**VOMITING\***

**HAYFEVER EYE  
DROPS**

**NO HEALTH  
GAIN  
INJECTIONS**

**NO BLOOD  
TRANSFUSION**

**NO EAR  
DROPS**

**MINOR CUT  
TO SKIN (NO  
BLEEDING)**

**BLOOD TEST**

**THANK YOU!**  
**SUBSCRIBE TO OUR NEWSLETTER**  
**@MUSLIMSINRAIL.ORG**



**Muslims  
In Rail**

**RAMADAN 1442 - APRIL 2021**



[muslimsinrail.org](https://muslimsinrail.org)



[muslims inrail](https://www.linkedin.com/company/muslimsinrail)



[muslimsinrail](https://www.instagram.com/muslimsinrail)