



According to
Islamic teachings,
Ramadan, the
ninth month of the Hijrah
calendar, is the month
of fasting. All Muslims
everywhere have to fast
in this month.



In the month of Ramadan, believers take no food or drink for a fixed period each day, that is, from dawn till sunset.



They eat and drink during the night. This goes for a month.





Staying away from food and drink during the day is a sign of being willing to do without things. **Ramadan** is, basically a form of annual training for knowing and doing one's duties all the time.

