

Day	Sept	Islamic	Fajr			Zohr		Asr		Maghrib	Isha & Tarawih	
			Sehri Ends	Jamat	Sunrise	Begins	Jamat	Begins	Jamat	Iftar	Begins	Jamat
Thu	12	1*	3:13	3:45	5:40	1:10	1:30	6:11	7:15	8:34	9:51	10:00
Fri	13	2	3:16	3:45	5:41	1:09	1:30	6:10	7:15	8:32	9:49	10:00
Sat	14	3	3:19	3:45	5:43	1:09	1:30	6:08	7:00	8:30	9:48	10:00
Sun	15	4	3:22	3:45	5:45	1:09	1:30	6:07	7:00	8:28	9:46	10:00
Mon	16	5	3:25	3:45	5:46	1:09	1:30	6:05	7:00	8:26	9:45	10:00
Tue	17	6	3:28	3:45	5:48	1:09	1:30	6:04	7:00	8:24	9:43	10:00
Wed	18	7	3:30	3:45	5:49	1:08	1:30	6:03	7:00	8:22	9:42	10:00
Thu	19	8	3:34	3:45	5:50	1:08	1:30	6:01	7:00	8:20	9:40	10:00
Fri	20	9	3:37	4:05	5:53	1:08	1:30	6:00	7:00	8:18	9:39	10:00
Sat	21	10	3:40	4:05	5:54	1:08	1:30	5:58	6:45	8:15	9:37	9:45
Sun	22	11	3:42	4:05	5:56	1:08	1:30	5:57	6:45	8:13	9:36	9:45
Mon	23	12	3:45	4:05	5:57	1:07	1:30	5:55	6:45	8:11	9:34	9:45
Tue	24	13	3:48	4:05	5:59	1:07	1:30	5:54	6:45	8:09	9:33	9:45
Wed	25	14	3:50	4:05	6:01	1:07	1:30	5:52	6:45	8:07	9:31	9:45
Thu	26	15	3:53	4:05	6:02	1:06	1:30	5:50	6:45	8:05	9:29	9:45
Fri	27	16	3:55	4:05	6:04	1:06	1:30	5:49	6:45	8:03	9:28	9:45
Sat	28	17	3:58	4:20	6:05	1:06	1:30	5:47	6:30	8:00	9:26	9:45
Sun	29	18	4:00	4:20	6:07	1:06	1:30	5:45	6:30	7:58	9:24	9:45
Mon	30	19	4:03	4:20	6:09	1:06	1:30	5:44	6:30	7:56	9:23	9:45
Tue	31	20	4:05	4:20	6:10	1:05	1:30	5:42	6:30	7:54	9:21	9:45
Wed	1	21	4:08	4:20	6:12	1:05	1:30	5:40	6:30	7:52	9:19	9:45
Thu	2	22	4:10	4:20	6:13	1:04	1:30	5:39	6:30	7:49	9:18	9:45
Fri	3	23	4:12	4:45	6:15	1:04	1:30	5:37	6:30	7:47	9:16	9:45
Sat	4	24	4:15	4:45	6:16	1:04	1:30	5:35	6:15	7:45	9:14	9:30
Sun	5	25	4:17	4:45	6:18	1:03	1:30	5:33	6:15	7:43	9:13	9:30
Mon	6	26	4:19	4:45	6:20	1:03	1:30	5:32	6:15	7:40	9:11	9:30
Tue	7	27	4:22	4:45	6:21	1:03	1:30	5:30	6:15	7:38	9:09	9:30
Wed	8	28	4:24	4:45	6:23	1:02	1:30	5:28	6:15	7:36	9:07	9:30
Thu	9	29	4:26	4:45	6:24	1:02	1:30	5:26	6:15	7:34	9:06	9:30
Fri	10	30*	4:28	4:45	6:26	1:02	1:30	5:24	6:15	7:31	9:04	9:30

Suhoor is the meal one takes in the last hours of the night before the commencement of a fast. It is a *sunnah* to have *suhoor*. If someone has no appetite at that time, it is advisable for him to have something light. Even by having a few sips of water the *sunnah* of *suhoor* can be fulfilled. Niyyah (Intention for fasting):

وَبَصَوْمٍ غَدَيْتُ مِنْ شَهْرِ رَمَضَانَ

Transliteration: Wa be saume ghadin nawayto min shahre ramadhan

Translation: I resolve to keep fast tomorrow in the month of Ramadhan

Iftar means to conclude a fast after sunset by eating or drinking something. It is *sunnah* to make *Iftar* soon after sunset and it is *makrooh* to delay *Iftar* after sunset without a valid excuse. No particular meal is prescribed for *Iftar* but it is advisable to make *Iftar* using dates because the Holy Prophet ﷺ generally used dates for *Iftar*. It is also *sunnah* to recite the following *du'a* while making *Iftar*:

اَللّٰهُمَّ اِنِّيْ لَكَ صُمْتُ وَبِكَ اَمِنْتُ وَعَلَيْكَ تَوَكَّلْتُ

وَعَلَى رِزْقِكَ اَفْطَرْتُ فَتَقَبَّلْ مِنِّيْ

Transliteration: Allahuma ini laka sumtu wa bika aamantu wa alaika tawakaltu wa alaa rizqika aftartu Translation: O Allah! For You I have fasted and in you I have believed and in You I have placed my trust and with Your provision I make my Iftar

Fasting, from dawn till sunset in the days of Ramadhan is obligatory on every Muslim. The one who does not believe it to be obligatory is not a Muslim, and the one who, without a valid excuse does not fast in a day of Ramadhan is a sinner.

Acts Nullifying The Fast:

1. Deliberately eating 2. Deliberately drinking 3. Sexual intercourse. **Note:** The above three acts will make one liable to both qadha (to keep another fast in lieu of the broken one) and kaffarah (to perform an act to compensate the sin of breaking the fast). **Kaffarah may be given in two ways: a)** Constantly fasting for two months without a break. (one who is too weak to fast for such a large number of days then his Kaffarah is **b)** Feeding 60 poor people or donating the amount to feed them.

Acts Making The Fast Makrooh (undesirable):

1. Chewing or tasting with tongue without eating.
2. Using toothpaste or toothpowder. **Note:** Using a Miswak or a toothbrush without paste or powder is allowed.
3. Remaining in the state of Janabah whilst fasting.
4. Giving blood to anyone.

Acts Which Are Allowed Whilst Fasting:

1. Applying hair oil or henna to the hair.
2. Using eye drops or Kuhl.
3. Wearing perfume, using lipstick or lip balm.
4. Using medicine through injection.
5. Vomiting unintentionally
6. Entrance of smoke or dust into the throat unintentionally.
7. Ejaculation while dreaming (wet dream).
8. Bleeding from the teeth unless blood slips into the throat.

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