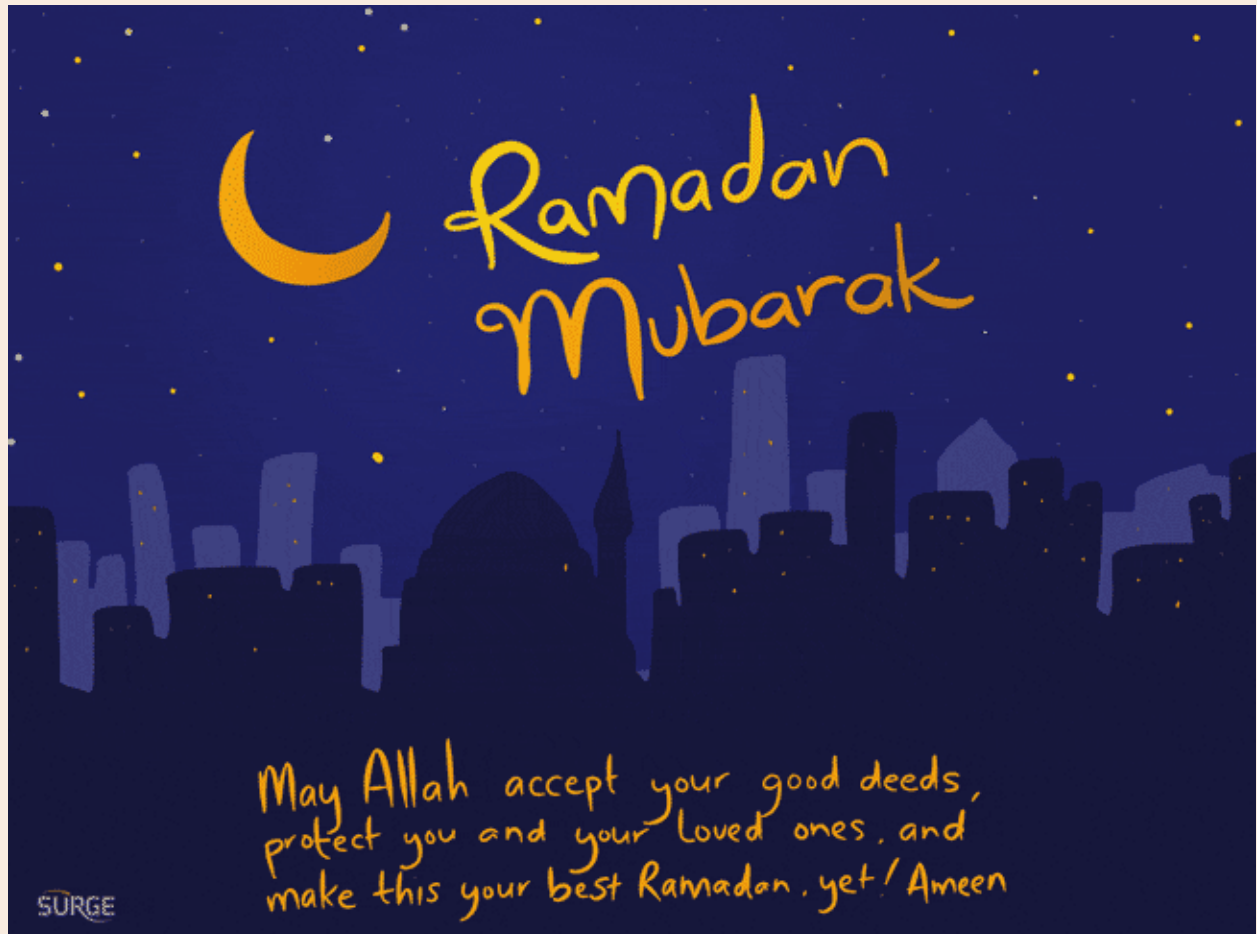


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Please feel free to share further resources that would be helpful to others!



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Iftar and Suhoor 🍽️

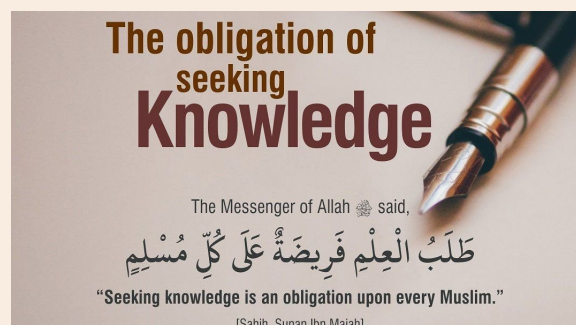
- Sign Up for Iftar & Suhoor Boxes for Pick-Up:
 - <https://docs.google.com/forms/d/e/1FAIpQLScnajw6DXDRtmDOWr6vgFzK-khyt7eNI36DdwHynl67B00aMg/viewform>
 - Iftar and Suhoor meals can be picked up in the SAAC and DCT (first years). Complete the form ASAP!
- **Catered Iftars**
 - Every Tuesday and Thursday (Location TBD)
 - Ft. Restaurants like Desta and Bismillah Cafe!

Finals Accommodations 📝

- **Muslim students who are fasting for Ramadan and want to move an exam to another time may be able to reschedule their finals. Check when your exams are!**
- **Last week of classes:** If you have concerns about any assignments that are due during the final days of class that fall during Ramadan, please contact your professor well in advance (at least two weeks) of any deadlines.
- **In-person final exams:** If you have an afternoon or evening IN-PERSON exam that you would like to move to the morning, you can ask your professor to reschedule your exam to the morning through the Office for Undergraduate Education.
- **Virtual final exams:** If you have an afternoon or evening VIRTUAL exam, work with your professor to see if there is a way to move your exam time earlier or later.
- In either case, **contact your professor at least two weeks in advance of your scheduled exam** so there is ample time to determine a plan.

Emory MSA Weekly Ramadan Reflections 📖

- **Thursdays April 15, April 22, April 29 at 5:30 - 6:30 PM**
- Zoom Link: COMING SOON
- Topics: Overcoming Hardship, Strengthening Imaan, Laylatul Qadr
 - We will discuss our experiences and relevant Islamic verses and hadiths



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Local Mosques 🕌

- **Al-Farooq Masjid**
424 14th Street, Atlanta, GA 30318
404.874.7521 or 404.892.9104
- **Atlanta Masjid of Al-Islam Inc.**
560 Fayetteville Rd. SE Atlanta, GA 30316
404.378.1600
- **Community Masjid West End**
547 West End Place, Atlanta, GA 30310
404.758.7016
- **Masjid Abu Bakr**
1775 Briarwood Rd NE, Atlanta, GA 30329
404.424.9997
- **Masjid Al-Momineen**
851 N Indian Creek Dr, Clarkston, GA 30021
404.294.4058
- **Masjid Omar Bin Abdul Aziz**
955 Harbins Rd NW, Norcross, GA 30093
770.279.8606

How to Plan For Ramadan 🌙

- **Ramadan 2021 Prep Video:** <https://www.youtube.com/watch>
- **Free Ramadan Planner:** <https://mailchi.mp/b3b5aad40750/ramadan-planner-2021>
- **Get the whole family to plan together**
- **Welcome Ramadan with a countdown and decorations**
- **Write down academic, personal, and spiritual goals for the month**
- **Start fasting early**
 - Our Prophet used to fast the most in the month of Sha'ban outside of Ramadan
- **Make A Budget for Donations Throughout Ramadan**
- **Study with Good Intentions**
 - Don't forget that revising is spiritual too!
 - Increasing our knowledge to help others is a form of worship
- **Work on Your Sleep Schedule**
- **Take Advantage of the Mornings**
 - If you get your work done early in the day, you can spend the later hours resting, worshiping, and with family.
- **Repent with a sincere heart**
- **Make up all your missed fasts before Ramadan**
- **Read Quran every day, even if it's just a few lines**
- **Make sincere repentance and dua**
- **Hasten to finish all the to-dos that could distract you during Ramadan**

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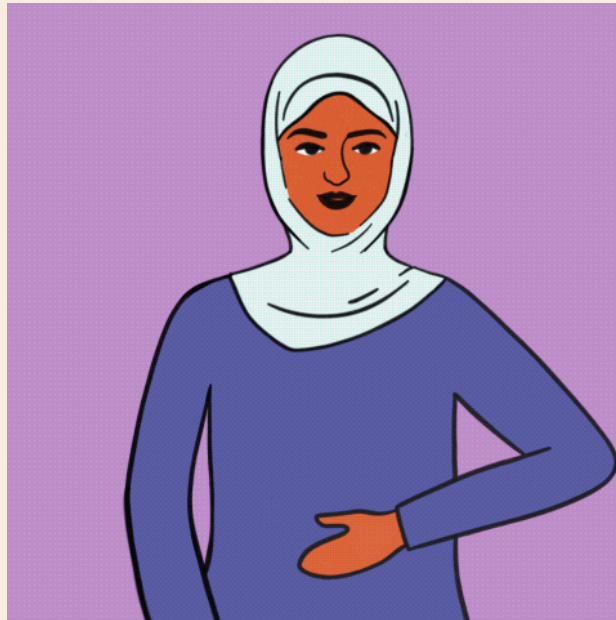
How to Study During Ramadan 📖

- **Tips from a Muslim Doctor:** <https://youtu.be/lf9TQLLIIR4> (A must-watch!)
 - Revise your Daily Schedule
 - Prioritize Worship, Studying, Sleep, and your Health!
 - Find the time when you're best able to focus
 - **Take breaks and naps as needed**
 - Break up your revision with frequent breaks that help to take your mind off how hungry you are. Don't just sit at your desk, stretch your legs and take some time completely away from books and your computer screen.
 - **Eliminate distractions around you to focus better**
 - **Eat Brain Foods:** <https://www.topuniversities.com/blog/brain-food>

How to Eat during Ramadan 😊

~ Don't skip suhoor for in suhoor there is blessing ~

- Eat Slow-Releasing Energy Meals
 - Slow-Release Carbs: fruits, sweet potatoes, rice, dates, granola, green veggies
 - Proteins: chicken, yogurt, boiled eggs, seeds, nuts, etc.
- Suhoor Recipes:
<https://tasty.co/article/emofly/foods-to-eat-at-suhoor-that-release-energy-throughout-the>
- **Eat Less to avoid Post-Iftaar Sleepiness**
- **Hydrate Throughout the Night**
 - Prevents Headaches and Thirst



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How to Engage During Ramadan 🌙

- Listen to the Holy Quran while you work. Here are some of our favorite reciters:
 - Sheikh Mishary Rashid Alfasay
 - <https://open.spotify.com/artist/>
 - 10 Hours Beautiful Quran Soothing Recitation:
 - <https://www.youtube.com/watch>
- Tune in to the following podcasts/YouTube pages to listen to Islamic content while doing daily tasks
 - Youtube
 - OnePath Network
 - Mind-Body-Spirit
 - IlmFeed
 - Yaqeen Institute
 - Spotify
 - IslamicPodcast
 - Muslim Central
 - Islamic Reminders
- Pick up an (Islamic) book! Here's a list we've curated:
 - *The Quran! (duh)*
 - Online version: <https://quran.com/>
 - *Secrets of Divine Love* - A. Halewa
 - <https://smile.amazon.com/gp/product/>
 - *Reclaim Your Heart* - Yasmin Mogahed
 - <https://smile.amazon.com/Reclaim-Your-Heart>
 - *Timeless Seeds of Advice: Sayings of the Prophet SAW* - B.B. Abdulla
 - <https://smile.amazon.com/Timeless-Seeds-Advice-Taymiyyah-al-Qayyim>
- Limit social media time to make time for acts of worship (e.g., reciting duas, making supplications)
 - Pro Tip: Use the time limit feature on Instagram to set a daily time limit for app use.
 - Use the *Flora* App to help you stay focused and off your phone while working!

Helpful Duas for Ramadan 🌙

What to say the first time you see the new crescent of Ramadan

اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

Transliteration: Allahumma ahillahu alayna bil-amni wal-iman was-salaamati wal-islam. Rabbi wa rabbuka Allah

Translation: Oh Allah, make it a start full of peace and faith, safety and Islam. My Lord and your Lord is Allah

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What to say when breaking fast at sunset every day

ذهبالظماً وابتلت العروق وثبت الأجر إن شاء الله

Transliteration: Dhahaba adh-Dhama' wabtallatil-urooq wa thabatal-ajr inshaa'Allah

Translation: Thirst is gone, the veins are wet, and the reward is confirmed by the will of God

What to say if you encounter the Night of al-Qadr

اللَّهُمَّ اكْفُؤْ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Transliteration: Allahumma innaka afuwwun tuhibbu al-afwa fa'fu anni

Translation: Oh Allah you are forgiving, and you love forgiveness, so forgive me

Helpful Duas for School 📖

What to say before studying

اللَّهُمَّ الطُّفَّ بِي فِي تَيْسِيرِ كُلِّ عَسِيرٍ فَإِنَّ تَيْسِيرَ ; كُلِّ عَسِيرٍ عَلَيْكَ
يَسِيرٌ

Transliteration: Allahumma Tufiltuf bi fi taysiri kulli 'asirin, fainna taysirra kuuli 'asirin 'alaika yassirun

Translation: "O Allah! Make easy for me every difficult thing, with Your special favour and Kindness, for it is easy for You to make every difficult thing easy."

What to say for conveying knowledge

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي
يَفْقَهُوا قَوْلِي

Transliteration: Rabbishrah lee sadree Wayassir lee amree Wahlul 'uqdatan min lisanee Yafqahoo qawlee

Translation: "O my Sustainer! Open up my heart and make my task easy for me, and loosen the knot from my tongue so that they might fully understand my speech."

What to say when memorizing and analyzing

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَ أَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا.

Transliteration: Allahumma la sahla illa ma ja'altahu sahla, wa 'anta taj-alul hazna idha shi'ta sahla

Translation: "O Allah! There is nothing easy except what You make easy, and You make the difficult easy if it is Your Will."

اللَّهُمَّ إِنِّي أَسْأَلُكَ فَهْمَ النَّبِيِّينَ وَ حِفْظَ الْمُرْسَلِينَ الْمُقَرَّبِينَ

Transliteration: Allahumma inii as'aluka fahmal-nabiyyen wa hifthal mursaleen al-muqarrabeen.

Translation: "O Allah! I ask You for the understanding of the prophets and the memory of the messengers, and those nearest to You."

What to say when studying something difficult

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَ أَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Transliteration: Allahumma la sahla illa ma ja'altahu sahla, wa 'anta taj-alul hazna idha shi'ta sahla

Translation: "O Allah! Nothing is easy except what You have made easy. If You wish, You can make the difficult easy."

What to say after you have studied

اللَّهُمَّ إِنِّي أَسْتَوْدِعُكَ مَا قَرَأْتُ وَ مَا حَفَظْتُ، فَرُضُهُ عَلَيَّ عِنْدَ حَاجَتِي إِلَيْهِ، إِنَّكَ عَلَى مَا تَشَاءُ قَدِيرٌ وَ أَنْتَ حَسْبِي وَ نِعْمَ الْوَكِيلُ

Transliteration: Allahumma inni astaodeeka ma qara'tu wama hafaz-tu. Farudduhu 'allaya inda hajati elahi. Innaka 'ala ma-tasha'-u qadeer wa anta hasbeeya wa na'mal wakeel

Translation: "Oh Allah! I entrust you with what I have read and I have studied. Oh Allah! Bring it back to me when I am in need of it. Oh Allah! You do whatever you wish, you are my availer and protector and the best of aid."

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Mental Health ☀️

School and fasting can be incredibly difficult but fasting itself is also a difficult task. Being mindful of your mental health is therefore very important. Below are some helpful resources to access.

Emory Counseling and Psychological Services (CAPS)

<http://counseling.emory.edu/>

- CAPS is currently offering telehealth services via phone and HIPAA-compliant Zoom to enrolled Emory students
- Emory students are able to receive some free sessions with CAPS
- Consultation, individual therapy, support/discussion groups, therapy groups, and online workshops
- In addition to clinical services, CAPS is offering a variety of workshops focused on skill building, resilience, and support (e.g., managing stress & anxiety during COVID-19, managing loneliness, prepare for procrastination, anxiety toolkit), support groups (e.g., international student support, Black graduate student support), and our virtual Stress Clinic classes (e.g., stress & mindfulness program).

Mental & Spiritual Health App: Sabr

- On-the-go free and paid guided meditation sessions with an Islamic lens led by Shieks, Imams, and fellow Muslim therapists for gratitude, daily sabr, mindfulness, confidence, etc.
- Spiritually Uplifting Courses on paradise, having hope, taking action, staying positive, purification of the heart, mastering patience, power of dua, attitude of gratitude, etc.
- Beautiful Quran recitations and Nasheed

Supplications

Du'a that removes anxiety

[Repeat 7 times]

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Allah is enough for me. There is no true god but Him, in Him I put my trust, and He is the Lord of the Great Throne.

Source: ABU DAWUD

Du'a for protection from grief and anxiety

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَصَلْعِ الدَّبْنِ، وَغَلْبَةِ الرِّجَالِ

Oh Allah, I seek refuge in you from anxiety and grief; from inability and laziness; from stinginess and cowardice; and from the burden of debt and oppression of men.

Source: BUKHARI

