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Upwards of 100 students gather at the Student Center to rally and raise awareness of the violence happening in Gaza **DIETARY RESTRICTIONS**

- <u>Halal</u> Muslim standards of slaughter and preparation of meat and poultry (*Halal is to Muslims what kosher is to Jews*)
- The Quran **prohibits** the consumption of alcohol, pork and pork by products...
 - Pepperoni, sausage, hot dogs, or bacon
 - Animal shortening
 - Gelatin, including: Jell-O and gummy bears/worms
 - Lard
 - Ingredients containing alcohol (ex. Vanilla extract, Dijon mustard)
- <u>Consider</u> a vegetarian option when catering to our Muslim students.



Students try on hijabs at event on dispelling myths of women in Islam **PERSONAL MODESTY** IN ISLAM, THE HUMAN BODY IS SACRED

- <u>Greetings</u>– Wait until a Muslim student extends their hand, as they may place their right hand over their heart to greet you instead.
- <u>**Cross-Gender Greetings**</u>– Most Muslims do not give hugs to or physically embrace unrelated persons of the opposite sex. They may/may not co-mingle with or sit/stand in close proximity to unrelated persons of the opposite sex.
 - Muslim men practice lowering their gaze, not making direct eye contact with women.
- <u>Dress Code (Men)</u> Muslim men behave and dress modestly by wearing clothing that covers from navel to the knee.
- <u>Dress Code (Women)</u> Muslim women behave and dress modestly by wearing loose-fitting, non-revealing clothing in public, covering the whole body. Hijab refers to a headscarf and the entire clothing Muslim women wear.





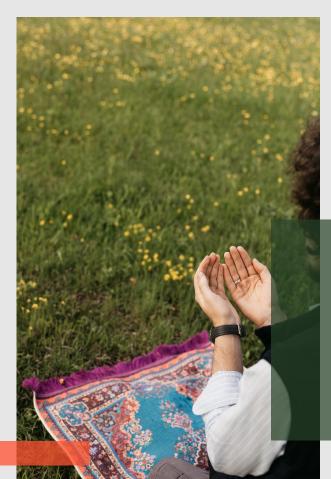
EASTERN CONNECTICUT STATE UNIVERSITY

Office of Equity & Diversity

MUSLIM STUDENT AWARENESS GUIDE

THIS GUIDE WAS CREATED TO MAKE EDUCATORS AWARE OF THE WAYS WE CAN SUPPORT OUR MUSLIM STUDENTS AS THEY PRACTICE THEIR FAITH WITHIN OUR INCLUSIVE LEARNING COMMUNITY.

PLEASE NOTE: THESE GUIDELINES OUTLINE GENERAL ISLAMIC BELIEFS & PRACTICES. INDIVIDUAL APPLICATION OF THESE OBSERVANCES MAY VARY.



PRAYER - DAILY

FIVE (5) TIMES PER DAY BEFORE SUNRISE AROUND NOON MID-AFTERNOON AT SUNSET AT NIGHT

<u>Wudhu</u>: Before prayer, Muslims are required to wash their hands, mouth, nose, face, arms, ears and feet with clean water.

<u>Duration</u>: Five (5) to Ten (10) minutes <u>Location</u>: Any quiet and clean place <u>Position</u>: Sit, stand, bow and prostrate to God, facing Mecca

<u>Avoid</u>: Do not walk in front of or interrupt Muslim students during prayer

PRAYER -WEEKLY

<u>Jumu'ah</u>: Friday congregational prayer **Required** for men and **optional** for women

<u>Duration</u>: Forty-five (45) to Ninety (90) minutes <u>Location</u>: Mosque (or Masjid) <u>Time</u>: Noontime prayer

Friday congregational prayer is to Muslims what Sunday service is to Christians.

"No two things have been combined better than knowledge and patience." - PROPHET MUHAMMAD (PEACE BE UPON HIM)

PERSONAL MODESTY

- <u>Istinja</u> If a bidet is unavailable, Muslim students may use a water vessel or bottle to wash after using the bathroom.
- <u>Islamic Finance</u> Charging/paying interest is prohibited in Islam. Payment installment plans with no interest are acceptable forms of funding.
- Islamic Pilgrimage (Hajj) Muslim students are required to make a pilgrimage to Mecca at least once in their lifetime, during the last month of the Islamic lunar calendar (Hijri). Performing the rituals of Hajj may last ten (10) days.



PLANNING - SOCIAL

Many Muslim students are reluctant to take part in social gatherings at which alcohol is served. These students should not be penalized for not participating in such functions.

PRACTICES - RELIGIOUS RAMADAN, EID AL-FITR, EID AL-ADHA

<u>RAMADAN</u> – During <u>Hijri</u>, when our Muslim students are required to fast from break of dawn to sunset. Fasting does not mean that Muslims cease to work or study, instead, the **goal of fasting is to**:

- Help teach self-restraint from eating & drinking
- Empathize with those who are poor & hungry
- Promote good manners
- Those exempt from fasting: travelers, pregnant women, ill persons

 $\underline{\rm EID}$ AL-FITR – "Festival of Breaking the Fast" - Muslim students may take time off from school to celebrate the end of Ramadan (or EID AL-FITR)

<u>EID AL-ADHA</u> – "Festival of the Sacrifice" - Muslim students may take time off from school to celebrate the end of the annual <u>Haji</u> to Mecca (or EID AL-ADHA). This Islamic holiday commemorates Prophet Abraham's willingness to sacrifice his son (peace be upon them) in obedience to God.