



News of the week

Ramadan 2025: A guide to this religious festival

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In recognition of the cultural diversity at the ACMA and eSafety, we're highlighting Ramadan, a sacred month of fasting, reflection and community in the Islamic faith. Read on to learn more about this important time observed by many around the world.

Main image: Muslims break their fast in the courtyard of the Jama Masjid in New Delhi, India, on the first night of Ramadan

What is Ramadan?

Ramadan occurs in the ninth month of the Islamic calendar and is observed by millions of Muslims worldwide. It is a time of spiritual reflection, fasting and community, fostering a sense of unity and devotion among those who participate.

When is Ramadan in 2025?

In Australia, Ramadan will begin after sunset on the evening of Thursday 27 February at the first sighting of the crescent moon. Ramadan will end on the evening of Saturday 29 March. The exact dates for Ramadan vary based on moon sightings in different regions.

The importance of Ramadan

Ramadan is a sacred month during which Muslims commemorate the first revelation of the [Quran](#) to the Prophet Muhammad. It is a period of fasting from dawn to sunset, focusing on self-discipline, prayer and acts of charity.

Fasting during Ramadan, known as [Sawm](#), is one of the Five Pillars of Islam. It is observed by abstaining from food, drink and other physical needs during daylight hours. The fast is broken each evening with [Iftar](#), a meal often shared with family and the community. The pre-dawn meal before fasting begins is called [Suhur](#).

Key values of Ramadan

- **Spiritual reflection:** Increased prayer, reading of the Quran and attending religious gatherings.
- **Charity and giving:** Emphasis on generosity, with many people donating to those in need ([Zakat](#) and [Sadaqah](#)).
- **Self-discipline:** Fasting encourages mindfulness, patience and gratitude.
- **Community and togetherness:** Families and communities gather for prayers and meals, strengthening social bonds.

Eid al-Fitr: The celebration at the end of Ramadan

At the conclusion of Ramadan, Muslims celebrate [Eid al-Fitr](#), a festive holiday marked by communal prayers, feasts and giving to the less fortunate. In Australia, Eid al-Fitr will be celebrated on Sunday 30 March.

To extend Eid greetings you can greet colleagues celebrating by saying 'Eid Mubarak!' ([pronounced EED moo-BAAH-rahk](#)) - meaning 'Blessed Eid'.

Respecting Ramadan in the workplace

Support your colleagues who are observing Ramadan by:

- Offering flexibility to accommodate fasting and prayer times.
- Being mindful of scheduling team lunches and morning or afternoon teas. Employees who are fasting will be unable to eat or drink during this time.
- Understanding that energy levels may fluctuate, particularly in the late afternoon.

Learn more about Ramadan

To learn more about the festival, you can visit the [Ramadan page on the SBS website](#) which includes videos, articles, podcasts and event details for Ramadan celebrations around Australia.

This is one of many significant cultural events that we are promoting to continually grow staff cultural awareness. You can also see [Our Diversity and Inclusion Strategy](#) to learn about other ways we promote diversity and inclusion at the ACMA and eSafety.

