

FASTING (SAWM) 1) Niyyat:- qurbatan ilallah. Niyyat for fasting in Ramadan can be done each day before Fajr, or the night before each day, or can be done once for the whole month at the beginning of Ramadan.

2) Fasting on 30th Shaban (Yaumush Shak) is haram with the intention of 1st of Ramadan when you are not sure about the 1st of Ramadan. It is better to keep Mustahab fast, or any Qaza of previous Ramadan, if any, on the 30th Shaban. And if you receive the confirmation of moon sighting of 29th Shaban while fasting on 30th Shaban, you must change Niyyat to the fast of Ramadan. But if news of moon sighting of 29th Shaban comes after completion of the fast, then it will automatically be counted as fast of 1st Ramadan.

THINGS TO REFRAIN FROM DURING FASTING If you are fasting, then the following things, if done intentionally, will break your fast or will make it invalid

[1] Eating or drinking anything

[2] Vomiting

[3] Allowing thick dust reach one's throat (e.g. smoking)

[4] Taking liquid enema

[5] Ascribing lies to Allah and His Prophet and Masoomeen

[6] Sexual intercourse

[7] Masturbation (Istimna)

[8] Not Doing Wajib Ghusl Till Dawn (Fajr) Time

[9] Immersing head in water- it will be a macrooh act-1618 (but Ayatullah Seestani says fast is not affected by this act)

3) Purposely not Fasting:-Qaza and Kaffara: Not keeping fast in Ramadan without any valid reason is a great sin. For each such missed fast, one has to do a Qaza fast as well as pay a heavy penalty called Kaffara. The kaffara for each missed fast is either keeping 60 fasts or feeding 60 poor persons. The same Qaza and Kaffara will also apply if one breaks his fast intentionally in Ramadan by doing any of the above things.

If kaffara of 60 fasts is opted, then the first 31 days of these fasts must be on consecutive days (i.e. without any gap), and the remaining 29 days of fasts can be non-consecutive. If a fast is missed during the first 31 days, then you have to start all over again. For consecutive fasts, one must make sure that any date of haram fast (e.g. Eidul Adha) does not occur during these 31 fasts. For women, gaps in fasting due to monthly period are allowed.

If Kaffara of feeding 60 poor momins is opted, then either all of them should be fed to their fill, or each must receive food grains of 750 grams. The 60 persons can be of any age – even a new born baby. Their must be 60 persons. It is not allowed to feed 30 persons two times to make up the number 60. It is also not allowed to pay money instead of food to those 60 poor momins

4) Avoid Eating:-It is haram to eat or drink during daytime in the month of Ramadan even for those who are not fasting for no valid reason. But for those who have a valid reason for not fasting (such as sickness, travelling, aged person, pregnancy, breast feeding, or woman in state of Haiz), it is Ihtiyate Mustahab to avoid eating or drinking during daytime.

5) Buloog:-If a child becomes baligh (e.g. 9 lunar year for girls) at or before Fajr time during Ramadan, then fasting will become wajib on him/her from that day. If he/she

becomes baligh at or after zohr time during Ramadan, then fasting will become wajib from next day.

6) Ghusl:-If Ghusl becomes Wajib- then it is wajib to do Ghusl before the Fajr start time, otherwise Qaza and Kaffara will apply. If Ghusl is not possible or is harmful, then Tayammum must be performed instead before Fajr start time.

. 7) Heiz:-If a woman becomes free of menstruation before Fajr time during Ramadan, it is wajib on her to perform Ghusle Haiz before Fajr and keep fast. If she becomes free of menstruation during daytime, then she will start fast from next day.

8) Heiz during Daytime:-If a woman is fasting, and starts her period of menstruation at any time, then the fast of that day is invalid. She will keep Qaza after Ramadan.

9)During fasting, injection for local anaesthesia is allowed but it is better that the injections, which are given as medicine or food are avoided.

10) Attributing Lies:-During fasting, if you say some statement attributed to Allah, or Prophet, or Masoomeen, assuming it was correct, but later it was found to be false, then your fast becomes invalid, and Qaza and Kaffara will apply. (Verbally or by writing or by making a sign- even if at once says sorry he has said a lie!(1605)-if you want to quote something you are unsure about then quote the person as a

reference or the book, etc. - if you quote something you thought was true then later realized it was false - then your fast is in order!

MAKROOH (UNDESIRABLE) ACTS DURING FASTING If you are fasting, the following acts will not break your fast, but they are makrooh and will reduce the sawab (reward) of fasting:

1. Eye drops if its smell reaches throat
2. Inhaling something if it reaches throat
3. Smelling fragrance of herbs (but not perfume)
4. Getting tooth extracted
5. Wetting the dress you are wearing
6. Cleaning teeth with wet toothbrush
7. Putting water or any liquid in mouth (except for Wudu). If you put water in mouth, and if it goes into throat unintentionally, then Qaza of that fast is wajib, not kaffara.
8. Any acts which make you weaker such as going for hot bath, extracting blood etc.
9. For women, to sit in water tub