

Keeping up with the RAMADAN TIMETABLE

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Ramadan is something we all look forward to each year. With the holy month upon us, we are bound to become indulged in certain thoughts and activities including preparations for the month itself. These preparations are not just limited to *iftar*, *sehri*, and Eid, but include something that poses as a major issue almost every year during Ramadan. That issue is adjusting your timetable for this one month.

Keeping up with your daily routine during the month of Ramadan can be an onerous task and the fact that your family members and friends will have different routines and timetables make it even more difficult. So how can we keep up with this stringent timetable?

For the office going people:

Most office shifts that would normally kick-off at around 8 or 9 in the morning are usually shifted by an hour meaning that the Ramadan timing will plausibly be from 9 or 10 AM all the way till 4 or 5 PM in the evening. Given that your *sehri* and prayers are done by 4 AM, you'll get at least 4 hours of rest before starting your preparations for work. So, in order to make sure that you don't dose off at your workstation, you **MUST GET SOME SLEEP** before *sehri*. Staying up late is never an option unless there is no other alternative to it. Therefore, avoid staying up late and get in a comfortable slumber before *sehri*.

For those staying at home:

If you have nowhere to be and you plan on getting things done around your house, you can afford to wake up a bit late. However, it's best to wake up before noon so that you can get a head start on all your chores. Avoid over-working yourselves to exhaustion as this may take a toll on your health. If possible, get some sleep before starting preparations for *iftar*. Most importantly, **PRIORITISE YOUR CHORES**. It's a good practice to make a list of the things you need to do based on their urgency.

For those who have classes:

Luckily, some schools and colleges get the entire month off for Ramadan and hence, they don't have much to adjust or reschedule. However, if you're part of the unlucky group of students who won't be getting the entire month off, you pretty much have to set up your

routine based on your class timings. It's expected that institutions will also adjust their classes accordingly for Ramadan and for universities, class timings will also be reduced. For people who have important exams coming up after Eid, a daily routine that dances around *iftar*, *sehri* and *taraweesh* timings would work nicely. A lot of students double down with coaching classes during Ramadan, which is a good idea if you want to stay among studies, but not so good otherwise. As for the tutors, however...

For tutors:

Tailoring a perfect Ramadan routine for tutors is an intricate task. You see, tutors would normally have a wide timeline to teach their students. Mostly from afternoon to around 10 PM. Come Ramadan, they won't be able to do so. The clash between their timings and the timing of

their students is what makes it difficult for these tutors. Before *iftar*, the timing is very limited whereas after *iftar*, it becomes difficult to get your mind and body working in sync. Also, the fact that Ramadan becomes an excuse for not getting your homework done can be a nuisance to tutors and teachers alike. The solution to this problem can be achieved by tutoring them on holidays and days when tutors can give time in the morning.

It's quite a difficult task to adapt your everyday routine and lifestyle to a completely new timetable. In fact, it is not unusual for people to make a mess out of their routines during the first few days of Ramadan. However, following the aforementioned steps can be useful in making you come to terms with the Ramadan timings from day one.



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