



SHAWWAL TIMETABLE

2019 A.D (1440 A.H)

Jamiat Ittihad
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Muslimin

1440 A.H	DAY	DATE JUNE/ JULY	SEHRI ENDS	FAJAR BEGINS
2	Thu	6	2:44	2:52
3	Fri	7	2:41	2:49
4	Sat	8	2:38	2:46
5	Sun	9	2:36	2:44
6	Mon	10	2:34	2:42
7	Tue	11	2:31	2:39
8	Wed	12	2:29	2:37
9	Thu	13	2:27	2:35
10	Fri	14	2:24	2:32
11	Sat	15	2:22	2:30

1440 A.H	DAY	DATE JUNE/ JULY	SEHRI ENDS	FAJAR BEGINS
12	Sun	16	2:19	2:27
13	Mon	17	2:18	2:26
14	Tue	18	2:15	2:23
15	Wed	19	2:15	2:23
16	Thu	20	2:13	2:21
17	Fri	21	2:12	2:20
18	Sat	22	2:13	2:21
19	Sun	23	2:14	2:22
20	Mon	24	2:15	2:23
21	Tue	25	2:17	2:25

1440 A.H	DAY	DATE JUNE/ JULY	SEHRI ENDS	FAJAR BEGINS
22	Wed	26	2:19	2:27
23	Thu	27	2:24	2:32
24	Fri	28	2:26	2:34
25	Sat	29	2:29	2:37
26	Sun	30	2:32	2:40
27	Mon	1	2:34	2:42
28	Tue	2	2:36	2:44
29	Wed	3	2:38	2:46
30	Thu	4	2:40	2:48

FIQH

ACTIONS WHICH DO NOT INVALIDATE A FAST:

- Eating or drinking in forgetfulness
- Having a fit or losing consciousness
- Injections and eye drops (or kohl or surma)
- Unintentional vomiting
- Wet dreams
- Treating cuts with medicine
- Smelling perfume (sprays must not be inhaled directly)

ACTIONS WHICH INVALIDATE A FAST:

- Eating or drinking.
- Smoking or deliberately inhaling smoke.
- Swallowing medicine or inserting it into the ears or nostrils.
- Using an inhaler through the mouth or nostrils.

YOU ARE EXEMPT FROM FASTING IF YOU ARE:

- Unwell, and a muslim doctor thinks fasting may harm you.
- Travelling (48+ miles) and fasting would be burdensome.
- Breastfeeding, if fasting would be harmful to you or your baby.
- Menstruating or have postnatal bleeding.

TOOTH PASTE:

It is makrooh to use toothpaste, and if swallowed, it breaks your fast.