



Learn more about the concept of Taqqa during Ramadan

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Those that are severely ill, are of an elderly age, are travelling or are mothers that are pregnant or breast feeding are exempt from fasting.

Another form of compensating missed fasts is to provide sustenance to those that do not have enough food or water themselves.

We must be conscious of our ability to fast; this is linked to the concept of Taqqa which is defined as personal governance.

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