

Iftar / Aftari / Rozamat / Rojamat

During the month of Ramadan, Muslims fast from dawn until sunset. The fast is broken at sunset in a tradition known as Iftar.

Iftar may appear as simply eating food after a long day of fasting, but it is much more than that. In Pakistan, and across the larger Muslim community of the world, it is a major social and cultural activity that also carries important economic dimensions.

All Muslim communities in Pakistan practice and transmit the traditions of Iftari / Aftari / Rojamat / Rozamat from generation to generation while also adopting emerging local and global trends in the ways Iftar is organized and shared. The practice is recognized across all regions of Pakistan and involves people of all genders and ages, whether or not they observe the fast.

Iftar gatherings commonly include the preparation and sharing of traditional foods and cuisines, and it is customary to share food with neighbors, guests, travelers, and those in needs. In many places, communities organize public and free Iftar meals, reflecting values of generosity, hospitality, and social solidarity that transcend socio-economic and religious backgrounds.