



University  
of Victoria

Centre for Studies in  
Religion and Society

# SCHOLARS IN THE SQUARE



Daniel Orogun

## Health Merits and Demerits of Religious Fasting

This presentation focuses on the health outcomes of fasting in African Christianity and African Traditional Religion. What are the dangers and rewards associated with this common spiritual practice, and what can be done by individuals and among religious communities to minimize the health risks of religious fasting? What role can healthcare professionals play in keeping people healthy as they practice fasting rituals? Using digital ethnography, I will consider the implications of this widespread religious phenomenon for public health in Africa.

**Daniel Orogun** is a Senior Postdoc Researcher at the University of Pretoria, with research interests in Healthcare, Religion, Economics, and Politics.

November 21 2024  
5:00–6:00pm PT

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