

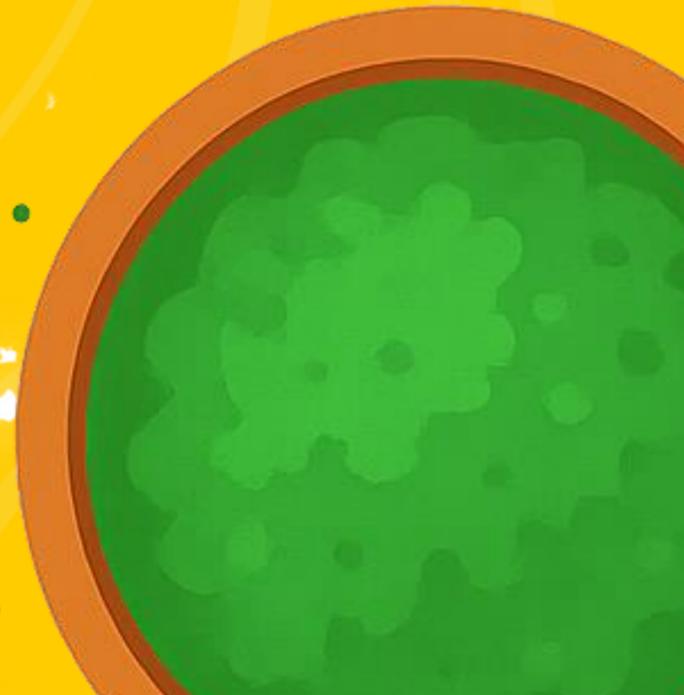
Holi

The festival of colours



1

What is Holi?



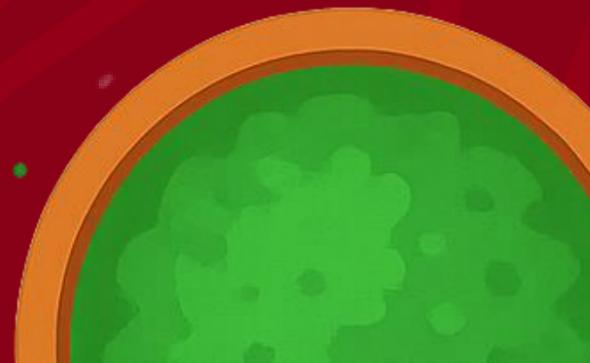


What is Holi?

Holi is the **festival of colours** which is celebrated by **Hindus** on the full moon day (usually **February or March** the Hindu calendar month Phalguna).

The festival signifies the **triumph of good over evil**.

Jains, Buddhists and Sikhs also celebrate Holi.



What is Holi?

Why do you think it might be called the **festival of colours?**

(Think about what happens in spring)





2

*Why is Holi
Celebrated?*



The two legends

A few symbolic legends to explain the celebrations of Holi.



Vishnu & Prahlad

Celebrating the triumph of good over evil. **Prahlad**, a devoted follower of Lord Vishnu.

On this day, Vishnu saved Prahlad from being burnt alive by demoness **Holika**, sister of the demon king **Hiranyakashipu**.

Krishna and Radha

When **Krishna** was a child, he used to play some pranks on his friends.

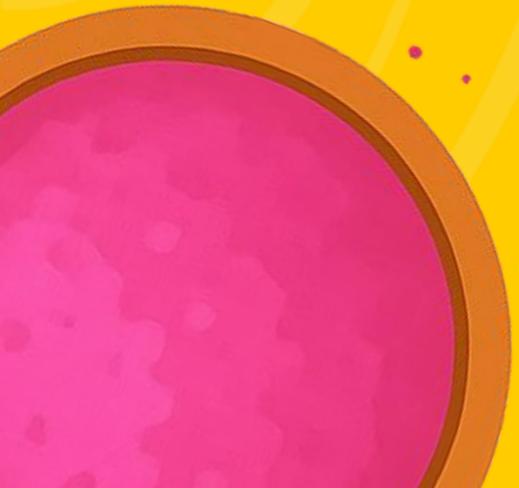
Krishna, Radha and their friends smeared **coloured powder** on each other.

This turned into a fun filled festival to **welcome spring**.



3

*How is Holi
Celebrated?*



The night before

Holi is celebrated all **around the world**, beginning with **Holika Dahan** the night before.

A **bonfire** is lit and offerings like grains, coconuts and dates are made that symbolise arrogance being purified by fire.

This celebration commemorates the destruction of negativity and the story of Holika.

The next day

The day after Holika Dahan is **Dhuleti**, also known as **Rangoli Holi**. Marking the joyful arrival of spring, where people throw **coloured powder** and water at each other.

The celebrations are open to everyone and take place in streets, parks and outside temples. Music, singing, dancing and drums all add to the festive spirit.



Coming Together

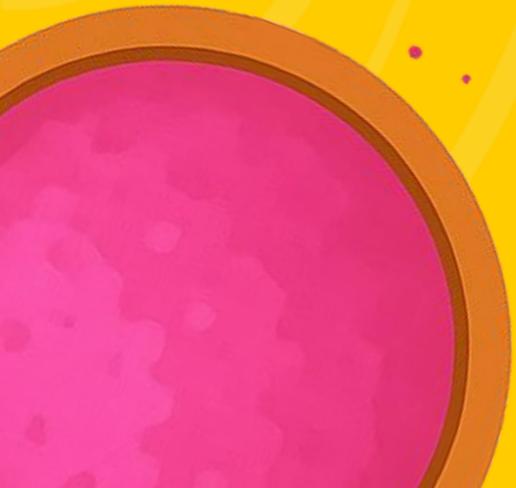
During Holi, people visit **family, friends and neighbours** to celebrate together. In some places, entire villages come together to throw coloured powders, laugh and chat.

Holi delicacies, food and drinks are shared.

The **blossoming of love and humanity** is celebrated on this day. A time to meet others, play and laugh, **forget and forgive**, and repair broken relationships.

4

*The colours
of Holi*



The colours of Holi

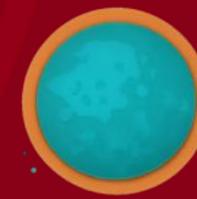
The Holi colours have various symbolic meanings, representing emotions, values, and aspects of life.



Red
Love and respect



Orange
Sacrifice, spirituality
and knowledge



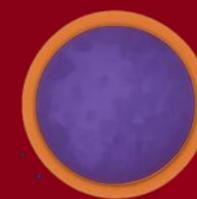
Blue
The divine and power



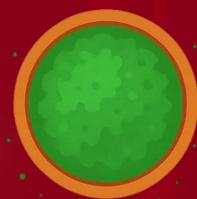
Yellow
Happiness and Health



Pink
Joy, playfulness and
friendship



Purple
Mystery and magic



Green
Life, new beginnings and
nature

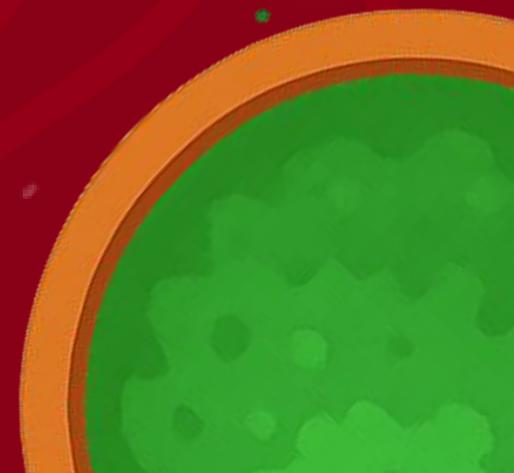


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Holi



Hand Print Art



Holi

Hand Print Art

1. Dip hands in bright Holi colours.
2. Press onto paper to make colourful handprints.
3. Layer & Mix for a vibrant effect.
4. Decorate with "Happy Holi" or glitter (optional).
5. Share & celebrate the joy of colours!