

**C&P** | CHANDRAWAT  
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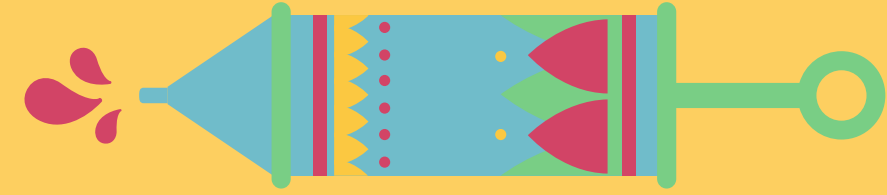
***Happy Holi!***

Celebrating the festival of colours

Explore the glory of this festival with us.



# Background



Holi, a traditional Hindu festival, also known as the "festival of love", the "festival of colors", and the "festival of spring", celebrates the beginning of spring and lasts more than two days. It is a celebration of fertility, color and love, and the triumph of good over evil. Holi is one of India's largest and well-liked festivals.

Holika Dahan happened the night before Rangwali Holi. The wood and the molded cakes are burned in a symbolic fire to symbolize good over evil (in the Hindu Vedic texts, Lord Vishnu helps burn the Devil to death). The next morning, people gathered in public places and took part in Rangwali Holi. This is a vicious act in which people run around, throwing colored powder (known as gulal) by hand, while being immersed in water.


If India was not colorful enough, you would never have experienced a much vibrant event than the Holi festival.



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"Be a free spirit to play with colors"





Have you ever thought that how Holi could be any related to science and health? If not, here are some facts which will let you to think more about wealthiness of this festival.

**Let's explore.**



# SCIENTIFIC IMPORTANCE OF HOLI

## *Bacterial Growth*

*Holi is celebrated in the Spring Season when we go through the transition phase from winter to summer which increases the bacterial growth in the body and atmosphere.*

## *So, how Holi helps?*

*When Holika Dahan is performed (burning of holy fire), temperature raises around 50-60 degree Celsius of the surrounding atmosphere which kills the bacteria in the body when people perform Parikrama (go around the holy fire as of tradition).*



# Laziness



*Changing of atmosphere from cold to hot usually encourages the feeling of laziness and tardiness in the human body.*

## *So, how Holi helps?*

*To defy this sluggishness, following tradition while playing with colours, people sing traditional songs with Dhol, Manjira and other instruments which energises and refreshes the human body.*







## ***Deficiency in human body***

*Speaking of science, deficiency of a particular colour in the human body can cause an illness.*

### ***So, how Holi helps?***

*When the Holi is celebrated with natural colours made from natural sources like turmeric, Neem, Palash etc., respective colour element is supplemented to the body which strengthens the ions in the body and improves health and beauty.*

*In some parts of the country, people put ash on their forehead and also mix Chandan (paste of sandal wood) with the flowers and young leaves of the Mango tree to consume after Holika Dahan, which is believed to promote good health.*



# Colours & their natural sources

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**Green** - Mehendi and dried leaves of Gulmohur tree, leaves of spring crops and herbs, Spinach leaves, rhododendron leaves and pine needles.

**Yellow** - Turmeric (Haldi) powder, Bael fruit, amaltas, species of chrysanthemums, and species of marigold, dandelions, sunflowers, marigolds, daffodils and dahlias, gram flour.

**Red** - Rose or the bark of crab apple trees, Red Sandal wood Powder, feels of Red Pomegranate, flowers of Tesu tree (Palash), fragrant red sandal wood, dried hibiscus flowers, madder tree, radish and pomegranate.

**Saffron** - flowers of Tesu tree (Palash), Mixing lime with turmeric powder creates an alternate source of orange powder, barberry.

**Blue** - Indigo, Indian berries, species of grapes, blue hibiscus and jacaranda flowers.

**Purple** - Beetroot.

**Brown** - Dried Tea leaves, red maple trees, Katha.

**Black** - Some species of grapes, fruit of Gooseberry (Amla)





A close-up photograph of a person's face and hands. The person's eyes are closed, and their face is covered in a mix of pink, blue, and yellow powder. Their hands are raised in front of their face, also covered in the same colorful powder. The background is a bright, slightly blurred outdoor setting. The overall mood is festive and joyful.

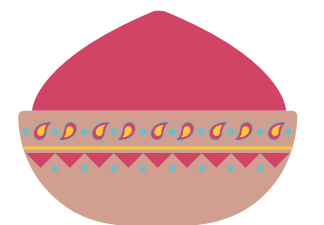
## **SOME TIPS BEFORE PLAYING HOLI**

Minimize the side effects of synthetic colours by following some simple steps.





- **Body:** Apply moisturizer on your face and other exposed parts of the body to prevent colours from coming into direct contact with your skin.
- **Hair:** Oil your hair and scalp with olive, coconut or castor oil and few drops of lemon juice to prevent dandruff and infection triggered by the chemical colours.
- **Clothing:** Wear that cover maximum parts of your body. Wear dark colour-full sleeves cotton clothes.
- **Lips and Eyes:** Don't wear lenses. Use a sun glass to protect your eyes from a misfire of colour filled darts or water jets. Apply a lip balm for your lips.
- **Water:** Drink plenty of water before you start playing Holi.
- **Bhang/Alcohol:** Don't consume bhang if you are a heart patient.



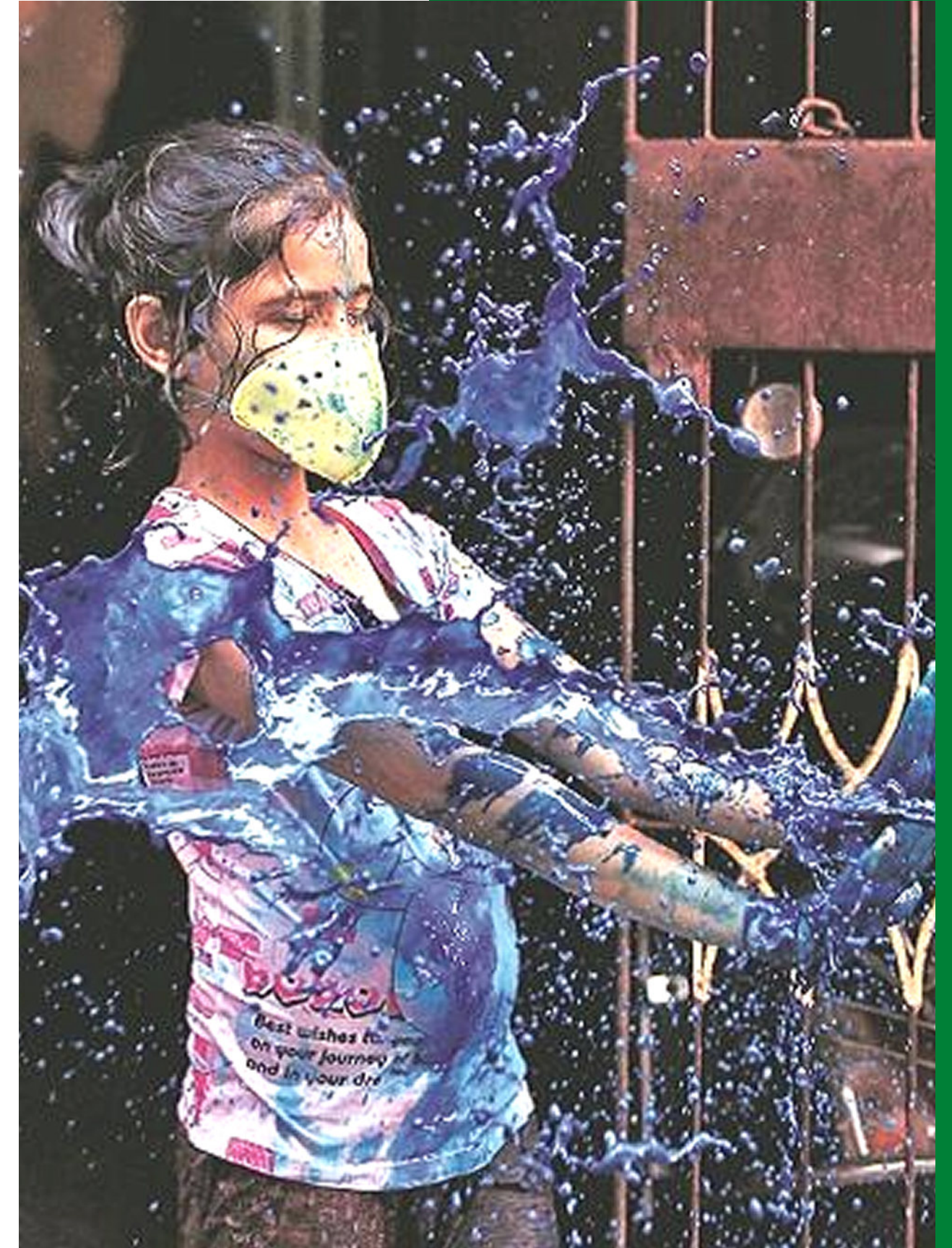


# How Holi is different in 2021?



The festival of colours, Holi, which is being marked on March 29, is also celebrated in different ways across cultures. But this year, Holi is just close at hand and the number of Covid-19 cases is on a continual rise.

Nonetheless, we can still enjoy the festival meeting our nearest and dearest ones and relishing our favorite food indoors. Most Indian festival food items are prepared keeping in mind climate conditions and immunity and are rich in nutrients. Prevention against the virus and simultaneously building immunity becomes of utmost importance at present times.







## *Wishes you a Happy & Safe Holi!*



Keeping Covid 19 in mind, do not forget to comply with following general precautions, this year:

- Try to make sure no one in the group coming shows signs of cough, cold, or fever.
- Wash your hands properly before having food.
- Keep ample distance between playing and food area.
- Play with dry color Gulal as cold water will increase the chance of catching seasonal flu.
- Keep your body hydrated.
- Keep a first aid kit ready for emergencies.
- Instead of using chemical colors, go green.

At times like these when one is conscious enough to not visit crowded places, use a sanitizer every 10 minutes and maintain a safe distance from anyone having flu-like symptoms, the safest way to celebrate Holi is to stay indoors.



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