

Happy Holi!



1. The Legend of Holika and Prahlad:

1. **Prahlad**, the son of demon king **Hiranyakashipu**, was a devout worshipper of Lord Vishnu.
2. Despite his father's orders, Prahlad refused to worship Hiranyakashipu as a god.
3. In a sinister plot, Hiranyakashipu enlisted the help of his sister, **Holika**, who had a magical cloak protecting her from fire.
4. They planned to burn Prahlad alive by luring him into a bonfire.
5. However, divine intervention turned the tables: the cloak flew from Holika to Prahlad, saving him, while Holika perished in the flames.
6. This event symbolizes the victory of good (Prahlad's devotion) over evil (Holika's treachery).



The Love Story of Radha and Krishna:

1. Holi is also associated with the playful love between Lord **Krishna** and **Radha**.
2. Krishna, known for his mischievous nature, would playfully color Radha's face with vibrant hues.
3. Their playful interactions became the inspiration for the colorful festivities of Holi.



How and Why do we celebrate Holika Dehen?

Holika Dahan, also known as Chotti Holi, is a Hindu festival celebrated across India. It takes place on the night before Holi, the vibrant festival of colors. The essence of Holika Dahan lies in the symbolic victory of good over evil. Here's how it is celebrated:

Bonfire Preparation: Communities construct a sacred bonfire using wood, cow dung, and other materials. This bonfire symbolizes the triumph of righteousness over unrighteousness.

Prayers to Lord Vishnu: As the sun sets, people gather around the bonfire, offering prayers to Lord Vishnu and seeking blessings. The fire represents the burning of the demoness Holika.

Dance and Sing: With joy and enthusiasm, people dance and sing around the blazing bonfire, eagerly anticipating the colorful Holi festivities that follow.



How do we celebrate Holi

Holi, the exuberant festival celebrated across India, It is a riot of colors and joy. People gather in open spaces, streets, and courtyards as spring arrives. Armed with water balloons, water guns, and bags of gulal (colored powder), they engage in playful combat, smearing each other with vibrant hues. The air resonates with laughter, shouts, and the thrill of splashing colors. Families and friends visit each other's homes, exchange warm wishes, and share the joy of Holi. Traditional songs fill the air, and people dance to lively beats. Holi transcends social barriers, uniting people of all ages and backgrounds. It's a time to forgive, forget past grievances, and embrace each other.



Traditional Food

Here are some delightful Holi treats:

1. **Gujiya:** Fried dough pockets filled with a rich mixture of khoya, jaggery, nuts, and raisins. Soaked in sugar syrup after frying.
2. **Thandai:** Creamy, nutty drink made by grinding almonds, cashews, pistachios, seeds (melon, fennel, poppy), and spices. Infused with bhang for an adventurous twist.
3. **Dhuska:** Fragrant, crispy fritter made from rice, dal, garlic, and chilies. Pairs well with green chutney or ghungri (black chickpea curry).
4. **Bhang:** Cannabis-infused foods like bhang lassi, pakora, and thandai are enjoyed during Holi. 🌿🎉.

Gujiya



Thandai



Dhuska



Bhang Pakora Bhang Lassi





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happy

HOLI

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