



Holi: The festival of colours, celebrated in India

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Abstract

This paper is about the festival celebrated by Hindus in various forms in various states. I chose the Holi festival as an event to study the aerosol present in the atmosphere as a result of extensive burning in the evening on the main Holi festival. Holi is a well-known ancient Hindu festival also known as the Spring Festival, the Festival of Colors, or the Festival of Love. The festival commemorates Radha Krishna's eternal and divine love. We commemorate Lord Vishnu's victory as Narasimha Narayana over Hiranyakashipu.

It is celebrated on the Indian subcontinent, but the South Asian diaspora has spread it to other parts of Asia and the Western world. Holi marks the arrival of spring, the end of winter, and the blossoming of love, and it is a festive day for many to meet others, play and laugh, forget and forgive, and repair broken relationships. It begins on the evening of Purnima and lasts for a night and a day. The first evening is known as Holika Dahan, and the following day is known as Holi Rangwali Holi. Holi is an ancient Indian religious festival that has gained popularity in countries other than India.

Holi celebrations begin the night before Holi with a Holika Dahan, in which people gather to perform religious rituals in front of a bonfire and pray that their internal evil be destroyed in the same way that Holika was destroyed. Rangwali Holi (a free-for-all colour festival) is celebrated the next morning, with people smearing and drenching each other. Water guns and water-filled balloons are also used for play and colouring. Everyone is welcome to play, whether they are a friend or a stranger, rich or poor, man or woman, children or the elderly.

This paper will discuss the significance of Holi and how it is celebrated, as well as the problems and changes that can be made to help people understand the importance of playing with colours.

Keywords: Festival, Religion, Holi, Tradition

Introduction

Among the various Hindu traditions of the Indian subcontinent, the Holi festival has cultural significance. Holi also marks the beginning of spring, a time for people to celebrate the changing seasons and make new friends. Holi is a two-day celebration. It is widely celebrated in India and other countries. It is a vibrant festival in which people of all faiths rejoice. People gather after burning the Holika and smear colours on each other. Every Indian state has its own way of playing or celebrating Holi.

Furthermore, the significance of this festival of colours and happiness varies by person or community. Holi is also a time for fun, frolic, forgiveness, and compassion. The Holi rituals last three days, beginning with a bonfire to symbolise the destruction of evil on the first day and ending with a festival of colours, prayers, music, dance, food, and blessings on the second and third days. The primary colours used in Holi represent various emotions and components, such as blue representing Lord Krishna, red representing fertility and love, and green representing new beginnings and the environment in which we live. Holika may be flame and fire resistant.

Holika is then reduced to ashes after the fire is extinguished. After a day of excitement, people spend their evenings with friends and family, sharing treats and greetings. Holi is said to instil a sense of brotherhood in everyone, and rivals are reconciled on

this day.

The best part about this day is that everyone decides to overcome his shyness and join in on the fun. They exchange hugs and wish each other a "Happy Holi." On their lawns, many housing societies hold Holi celebrations. Yellow, green, red, pink, grey, and violet are among the vibrant colours used to cover the entire lawn. Because everyone is dressed in different colours, it's difficult to tell who is who. In general, the festival consists of singing, dancing, playing with colours and pichkaris (water guns), and eating delicacies such as gujiyas and ladoos.

Furthermore, the Holi colours contain hazardous chemicals such as mercury, asbestos, silica, mica, and lead, which are toxic to the skin and eyes. On this occasion, Mathura, Lord Krishna's birthplace, is awash in a rainbow of colours. As such, it is unquestionably the location of one of India's best Holi celebrations.

Literature Study

In India, the Holi Festival of Colors celebrates the triumph of good over evil, the destruction of the Holika. Every year, it is observed on the day following the full moon in the Hindu month of Phalgun, which falls in early March. The beginning of spring and other Hindu religious events are celebrated. They march through the streets, spraying people with coloured powders while singing and dancing. Celebrate the Holi Colors Festival in India with our own India trips. Despite being a Hindu festival, it is well-known among non-Hindus.

The night before Holi, people gather to perform religious rituals and then pray for the destruction of their internal evil. People begin the real celebration the next morning by smearing each other with coloured powders. For added fun, they occasionally use water guns and water-filled balloons. People march through the streets with drums and other instruments, singing and dancing. People also get together with their families and friends to paint each other and share Holi treats. People on Holi make gujiyas and ask their guests to eat them because it is considered a Holi ritual. Furthermore, Holi colours can cause numerous skin allergies and rashes, as well as eye infections and temporary blindness. Many of the things I didn't know before came to light as a result of my research. Copper sulphate is present in some of the colours, which can be harmful to the eyes. The silver colour, which has become popular, may contain cancer-causing chemicals, leading to skin cancer. The various chemicals found in colours are harsh on the skin and can cause rashes, dryness, acne, and dermatitis. The black colour contains lead oxide, which can harm your kidneys and even cause renal failure. In terms of hair, there's a chance you'll have a dry scalp, dryness, and rough open cuticles.

It may also cause an itchy scalp and skin irritation. Colors are frequently composed of silica, glass, and other substances that can harm your skin and eyes. Pregnant women should avoid contact with colours as it can lead to a variety of complications.

In my opinion, organic colours that are skin-friendly and free of chemicals are preferable. It will not cause any damage and will not harm anyone, which is something that should not happen. Excessive use of colours can lead to irreversible skin damage, so one must always be cautious. Holi is celebrated differently in different cultures, so let's talk about them separately.

Holi is also known as Shigma or Rang Panchami in Maharashtra. The celebration begins after sunset on Purnima by lighting a firewood pyre and burning holika, symbolising the victory of good over evil as celebrated in Uttar Pradesh. The following day is Rang Panchami, which is filled with people applying colour Gulaals and spraying water (or filling entire buckets of coloured water) on each other.



Source image: Internet

Fig 1: Shigma or Rang Panchami Holi in Maharashtra

Holi is known as Lathmar Holi and Holi Milan in Uttar Pradesh. This unusual way to celebrate Holi can be found in Uttar Pradesh. In the areas of Barsana, Mathura, and Vrindavan, women chase men with lathis to hit them. During this celebration, men come with shield preparations, and lathmar holi is celebrated a week before the Holi festival. Thousands of people gather in Mathura and Vrindavan to witness the Holi version. Men and women both sing popular Holi songs and yell for Radha and Krishna.

Outside of this region, in Kanpur, Holi lasts seven days, with a grand fair called Ganga Mela or the Holi Mela on the last day. Holi begins with a special pooja in Gorakhpur, and people celebrate brotherhood throughout the day. People visit each other's houses, sing Holi songs, and express their love for each other by applying colour during Holi Milan.



Source image: Internet

Fig 2: Lathmar Holi and Holi Milan in Uttar Pradesh

Holi is known as Holla Mohalla in Punjab. Punjab observes Holla Mohalla, which resembles, sounds like, and feels like Holi for warriors. It is observed the day before Holi. The celebration includes a display of martial arts, horseback riding, and poetry recitation, primarily to honour the bravery of Sikh warriors, particularly the Nihang Sikhs. Music, dance, and colour are then introduced.



Source image: Internet

Fig 3: Holla Mohalla Holi in Punjab

Holi is known as Shigmo in Goa. Shigmo is the name of Goa's spring festival. Apart from playing with colours, it is organised as a massive carnival with traditional folk songs and street dances. Because Goa is a coastal state where fishing is the primary occupation, fishermen's boats are brightly decorated with religious and other themes. Shigmo is celebrated in two ways: Dhakto Shigmo and Vhadlo Shigmo, which mean small Shigmo and big Shigmo, respectively. The rural population, farmers, and labourers celebrate Dhakto Shigmo, while everyone else celebrates Vhadlo Shigmo.



Source image: Internet

Fig 4: Shigmo The spring festival in Goa

Holi is known as Royal Holi in Udaipur. Holi is celebrated on a grand scale in Udaipur. The Mewar royal family continues to celebrate the traditional festivities of this dynasty in what is known as the kingdom city of ancient Mewar. On the eve of Holi, the current custodian of Holika burns the bonfire. It's quite the show.



Source image: Internet

Fig 5: Royal Holi in Udaipur

Holi is known as Kumaoni in Uttarakhand. Kumaoni Holi is a month-long celebration in the Kumaon region of Uttarakhand that takes place in many towns. This festival is more about music than colours, as in the other states, and it marks the beginning of the sowing season for the farming community. People light the 'Cheer' Holika pyre (a bonfire with a green Paiya tree branch in the centre). Holi is celebrated in three ways in India: Baithaki Holi, Khadi Holi, and Mahila Holi. Locals sing songs and put on a musical performance with classical instruments during Baithaki Holi.

The songs are classically based with a fun and melodic twist. Another is Khadi Holi, where men dress in traditional attire and sing and dance to Holi songs with instruments such as the Dhol. Finally, Mahila Holi is a Baithaki Holi celebration that is only for women.



Source image: Internet

Fig 6: Kumaoni Holi in Uttarakhand

Holi is known as Manjal Kuli in Kerala. Holi is not as popular in the south as it is in other states. Around this time, Kerala celebrates its own type of festival, complete with traditional folk songs and water colours containing turmeric. The celebration takes place only in a few temples and is relatively peaceful, with locals, particularly from the Konkani and Kudumbi communities who migrated from Goa, visiting the temple on the first day and continuing with the festivities on the second. The Holi festival brings together the diverse people of India. It honours the uniqueness and relevance of each tradition, instilling pride and teaching us the value of overcoming evil with good.



Source image: Internet

Fig 7: Manjal Kuli Holi in Kerala

For the past 150 years or so, a few villages in Uttarakhand's Rudraprayag district, such as Kwili and Kurjhan, have not celebrated Holi. However, in Uttar Pradesh, each major

temple that houses Krishna and Radha idols celebrates Holi on a different day. People flock to temples to be smeared with coloured water, believing it to be a divine blessing. Holi commemorates the triumph of good over evil. Also, in my opinion, throwing dirty balloons on random people should not be done. Water balloons are fine, but any balloon that contains anything other than water-muck, mud, dirty water, paint, or soapy water should not be thrown because it can cause allergies. Also, if a person is riding a bike, he may fall due to unbalance which can lead to injury.

People in Uttar Pradesh serve many dishes and drinks to people on the road during the Holi festival. When we say for the drink on Holi, Thandai comes to mind. Dishes such as Dahi Bhalle, a perfect blend of curd and spices, are a favourite of every household and are served in homes for guests or family members. Other dishes served to guests and travellers include Rasmalai, Badam Phirni, Coconut Milks, Bhang pakoras, and Puran Poli. Holi heralds the arrival of Spring. The throwing of colours at each other is the festival's trademark. It is also known as the Festival of Colors.



Source image: Internet

Fig 8

Conclusion

As previously stated, Holi is a very rich festival in India, and we must recognise that it is a festival of joy and friendship. We should share our happiness with others. The research paper concludes that good always triumphs over evil, and those who seek to torment the faithful will be destroyed. During Holi, large bonfires are lit to commemorate the story. A dummy of Holika is burned on fire in many parts of India. Holi is known as the Color Festival. It is one of India's most important festivals. Hindus celebrate Holi with zeal and enthusiasm each year in the month of March.

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