



**GYAAN GOSHTHI**  
-O- CURIOSITY TO CLARITY -O-

## Holi

“The festival of colors and joy for everyone!”

### **Story / Significance:**

Holi, also known as the Festival of Colors, is one of the most vibrant and joyous festivals in India. It marks the arrival of spring and celebrates the triumph of good over evil. The festival has its roots in ancient Hindu mythology, particularly the story of Prahlad and Holika. Prahlad, a devout follower of Lord Vishnu, was protected from the evil plans of his father Hiranyakashipu and the demoness Holika, who had tried to burn him alive. Holi commemorates this victory of devotion and righteousness.

Another popular legend associated with Holi is that of Lord Krishna and Radha. Krishna, known for his playful nature, would smear colors on Radha and other Gopis, creating the joyful tradition of playing with colors. Today, Holi is celebrated with exuberance across India, transcending age, caste, and religion.

---

### **Traditions & Customs:**

The festival begins with Holika Dahan, where people light bonfires on the eve of Holi to symbolize the burning of evil. On the day of Holi, friends and families gather to play with colored powders and water, singing traditional songs and dancing to the beat of drums. Special delicacies like Gujiya, mathri, and thandai are prepared and shared among loved ones. Communities organize fairs, cultural programs, and folk dances, making it a time of unity, laughter, and joy.

