

# Significance of Holi

## Mythological Significance

Holi gets us close to our religion and our mythology as it is essentially the celebration of various legends associated with the festival. Foremost is the legend of **Prahlad and Hiranyakshyap**. The legend says



there once lived a devil and powerful king, Hiranyakshyap who considered himself a god and wanted everybody to worship him. To his great ire, his son, Prahlad began to worship, Lord Vishnu. To get rid of his son, Hiranyakshyap asked his sister, Holika to enter a blazing fire with Prahlad in her lap, as she had a boon to enter fire unscathed. Legend has it that Prahlad was saved for his extreme devotion for the lord while Holika paid a price for her sinister desire. The tradition of burning Holika or the 'Holika dahan' comes mainly from this legend.

Holi also celebrates the legend of **Radha and Krishna** which describes the extreme delight, Krishna took in applying color on Radha and other gopis. This prank of Krishna later, became a trend and a part of the Holi festivities. Mythology also states that Holi is the celebration of death of **Ogress Pootana** who tried to kill infant, Krishna by feeding poisonous milk to it.

Another legend of Holi which is extremely popular in Southern India is that of **Lord Shiva and Kaamadeva**. According to the legend, people in south celebrate the sacrifice of Lord of Passion Kaamadeva who risked his life to revoke Lord Shiva from meditation and save the world.

## Social Significance



Holi helps to bring the society together and strengthen the secular fabric of our country. For, the festival is celebrated by non-Hindus also as everybody like to be a part of such a colorful and joyous festival.

Also, the tradition of the Holi is that even the enemies turn friends on Holi and forget any feeling of hardship that may be present. Besides, on this day people do not differentiate between the rich and poor and everybody celebrate the festival together with a spirit of bonhomie and brotherhood. In the evening people visit friends and relatives and exchange gifts, sweets and greetings. This helps in revitalizing relationships and strengthening emotional bonds between people.

## Biological Significance

It is interesting to note that the festival of Holi is significant for our lives and body in many other ways than providing joy and fun. We also need to thank our forefathers who started the trend of

celebrating Holi at such a scientifically accurate time. And, also for incorporating so much fun in the festival.

As Holi comes at a time of the year when people have a tendency to feel sleepy and lazy. This is natural for the body to experiences some tardiness due to the change from the cold to the heat in the atmosphere. To counteract this tardiness of the body, people sing loudly or even speak loudly. Their movements are brisk and their music is loud. All of this helps to rejuvenate the system of the human body.

Besides, the colors when sprayed on the body have a great impact on it. Biologists believe the liquid dye or Abeer penetrates the body and enters into the pores. It has the effect of strengthening the ions in the body and adds health and beauty to it.



There is yet another scientific reason for celebrating the Holi, this however pertains to the tradition of Holika Dahan. The mutation period of winter and spring, induces

the growth of bacteria in the atmosphere as well as in the body. When Holika is burnt, temperature rises to about 145 degrees Fahrenheit. Following the tradition when people perform Parikrama (circumambulation or going around) around the fire, the heat from the fire kills the bacteria in the body thus, cleansing it.

The way Holi is celebrated in south, the festival also promotes good health. For, the day after the burning of Holika people put ash (Vibhuti) on their forehead and they would mix Chandan (sandalpaste) with the young leaves and flowers of the Mango tree and consume it to promote good health.



Some also believe that play with colors help to promote good health as colors are said to have great impact on our body and our health. Western-Physicians and doctors believe that for a healthy body, colors too have an important place besides the other vital elements. Deficiency of a particular color in our body causes ailment, which can be cured only after supplementing the body with that particular color.

People also clean-up their houses on Holi which helps in clearing up the dust and mess in the house and get rid of mosquitoes and others pests. A clean house generally makes the residents feel good and generate positive energies.

[www.holifestival.org](http://www.holifestival.org)



## Holika Dahan Muhurta

**March 15th, 2014 (Saturday)**

Timings for Lafayette, Louisiana

**Holika Dahan Muhurta = 23:32 to 25:16+**

Duration = 1 Hour 44 Mins

Bhadra Punchha = 19.03 to 20:19

Bhadra Mukha = 20:19 to 22:25

For more details please refer [DrikPanchang.com](http://DrikPanchang.com)

## LETTER FROM THE BOARD

Dear Friends,

It is my great privilege to serve you through Sanatan Hindu Sanskar Kendra. We have been fortunate to have a great supporting community in Lafayette. It's been a year to take this holy journey along with you to initiate and make progress in our efforts to bring a spiritual center right in Lafayette. With the help of volunteers and sponsors we have organized a successful membership drive in 2013, hosted [santanlft.org](http://santanlft.org) website and publishing monthly Newsletter "Vedanshi".

We also initiated the search for land and with God's blessing found a plot in close proximity to Lafayette South Regional Library. A generous sponsor came forward to purchase and donate the land to SHSK. At the same time we have contacted an architect and contractor from India to design SHSK Temple for Lafayette. We have received preliminary design and details regarding the layouts and construction requirements for the Temple.

We have planned to host our First Annual General Body Meeting on April 26<sup>th</sup> at Lafayette South Regional Library from 1.30pm to 3pm. During this meeting the board of Trustees will be elected and the executive committee will be appointed. We encourage those who haven't become members to signup for SHSK membership.

This is a great opportunity for members to take part in SHSK and lead the organization efforts in the form of a Trustee, committee member and a volunteer. It is a critical stage in the organization that requires tremendous help in planning, structuring and mentoring to lay the seeds for a strong foundation. If you would like to give a helping hand please contact the current volunteered committee members, we would be glad to share more details regarding the organization needs.

We would like to thank members who have pledged generously for the construction of the Temple along with members who came forward to become life members. Also we would like to thank all the current members for supporting SHSK through their membership.

We wish all of you a Happy Holi and a prosperous Jaya Ugadi.

Sincerely,

*Srinivasan Ambatipati*