

Celebrating Holi: Festival of Colours



[Source](#)

Every year, Holi, also referred to as the "Festival of Colours," is joyously celebrated across India and within Indian communities worldwide.

- This vibrant Hindu festival signifies the end of winter and the arrival of spring, taking place during the full moon in Phalgun, which falls between February and March.

[Source](#)

Holi, celebrated on March 14 this year, is a festival where people throw coloured powder at each other.

- On the first day of the festival, a bonfire is lit to symbolically burn away all negativity, paving the way for a colourful and vibrant new future. [Source](#)
- Each colour has a specific meaning: green symbolizes harmony, orange represents optimism, blue signifies vitality, and red stands for joy and love.
- For some people, washing off the dye at the end of the day symbolizes a renewed commitment to living well, as it represents cleansing oneself of evils and demons.

[Source](#)

What is the origin of Holi?

Holi, which dates back to the 4th century, is one of the most significant Hindu festivals, celebrated alongside Diwali, the festival of lights. It is renowned for the joyous throwing of coloured powders and water.

- Historically, the festival is rooted in various legends, including the story of Prahlad and Holika, which emphasizes the triumph of devotion and righteousness. A feast usually follows, with traditional foods like gujiya (a deep-fried sweet with dried fruit), dahi bhalla

(a yogurt dish garnished with savoury chutney), and lassi (a chilled, refreshing yogurt drink), to name a few. [Source](#)

Learn more about Holi

- [Windsor Hindus spread colour and joy with Holi celebrations](#) | CBC
- [Holi- Hindu Festival of Colors](#) | Hindu Canadian Foundation
- [Get ready to throw colourful powder for Holi](#) | CBC Kids

Employee Resource Groups (ERGs)

At Holland Bloorview, we recognize that empowering and elevating diversity is critical to fostering a healthy team. Creating a sense of well-being and belonging for all employees, volunteers, and students is an important part of this work. We're doing this by supporting the formation of employee resource groups (ERGs) or interest groups.

The IDEAA office has a [toolkit](#) with instructions for staff members who want to form a resource group. The IDEAA office can assist ERG leads with administrative support, such as creating internal communications, setting up meetings, and sharing information with managers to encourage employee participation in these groups with enough notice. Discretionary funds are available if any ERGs would like to organize an official learning event for their members and the organization.

This resource was developed by the Inclusion, Diversity, Equity, Accessibility and Anti-Racism Office (IDEAA). If you have any comments or would like to suggest additional resources, please e-mail ideaa@hollandbloorview.ca