

Persian New Year (Nowruz)

Iranian Student Association

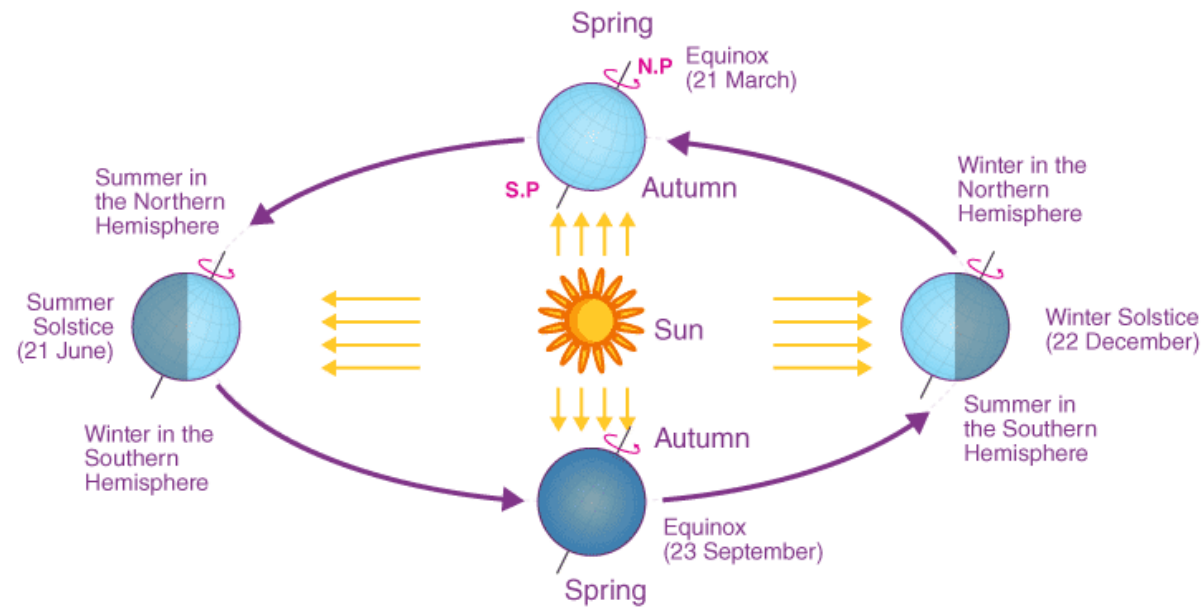
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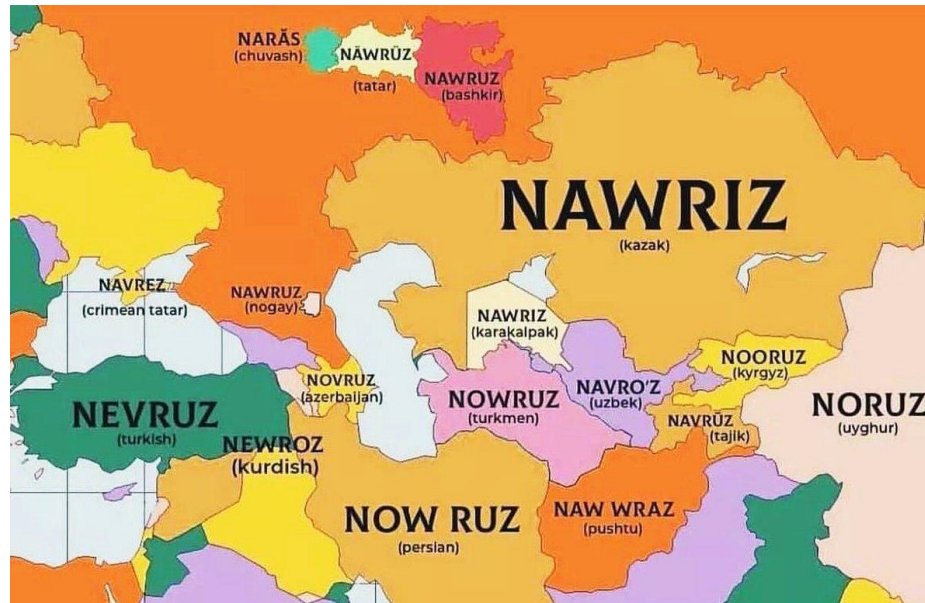
Nowruz and Solar Calendar

Nowruz marks the Persian New Year, celebrated to welcome the arrival of spring. It's based on the solar calendar, synchronized with Earth's orbit around the sun, which takes approximately 365 days and 6 hours. This precision reflects the profound understanding of astronomy in ancient Persian culture. It is deeply rooted in the solar calendar, aligning with the vernal equinox, when day and night are of equal length. This astronomical event symbolizes the rebirth and renewal of nature. Nowruz reflects the harmony between human existence and the cosmic cycles, emphasizing the interconnectedness of life with the rhythms of the universe. Through traditions like the Haft-Seen table, Iranians honor this celestial occasion, embracing hope, renewal, and the promise of a fresh start.



Countries Celebrating Nowruz

The Persian Empire was one of the most significant empires in ancient history, spanning from the 6th century BCE to the 4th century BCE. At its height, it encompassed vast territories across Western Asia, the Caucasus, Central Asia, Egypt, and parts of the Balkans. Some of the countries that were once part of the Persian Empire and continue to celebrate Nowruz include Iran, Afghanistan, Tajikistan, Azerbaijan, Communities in Iraq, Turkey, and other Central Asian countries. These countries' continued celebration of Nowruz reflects the enduring influence of Persian culture and the significance of this ancient festival in the region's cultural identity.



Haft-Seen

The Achaemenid dynasty, among other ancient Persian cultures, played a significant role in shaping Nowruz traditions, including the Haft-Seen table. Each item on the Haft-Seen represents a symbol of renewal, prosperity, and blessings for the new year:

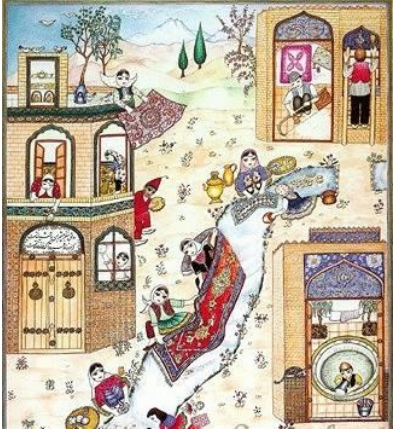
- 1- Sabzeh (Sprouts or Greenery): Symbolizes rebirth and the arrival of spring.
- 2- Samanu (Sweet Pudding): Represents affluence and the sweetness of life.
- 3- Senjed (Dried Fruit of the Lotus Tree): Signifies love, wisdom, and fertility.
- 4- Seer (Garlic): Represents medicine and good health.
- 5- Seeb (Apple): Symbolizes beauty and health.
- 6- Somāq (Sumac): Represents the sunrise and the triumph of good over evil.
- 7- Serkeh (Vinegar): Signifies patience, aging, and the wisdom that comes with time.

These items, often arranged on a decorated tablecloth, are accompanied by other symbolic elements like candles, mirrors, and painted eggs (potential for new life).



Nowruz Traditions: Rituals, Cuisine, Music, Gifts

Rituals: People engage in "khane tekani," or spring cleaning, to purify their homes and welcome the new year with a fresh start.

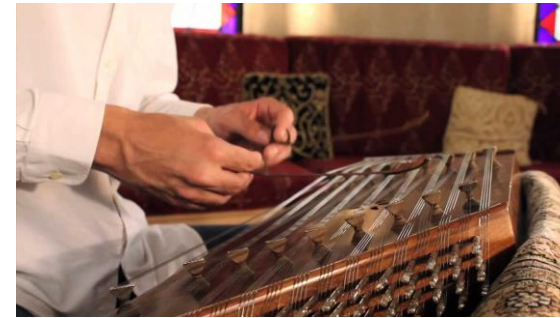


Gifts and Visits: Nowruz family visits entail reconnecting with loved ones, sharing festive meals, exchanging gifts, and enjoying the warmth of togetherness in homes adorned with traditional decorations. Exchanging gifts is a common practice during Nowruz, symbolizing goodwill and blessings for the new year.

Food: Nowruz cuisine features a variety of dishes symbolizing abundance and prosperity. Popular delicacies include "sabzi polo ba mahi" (herbed rice with fish), "kookoo sabzi" (herb frittata), and "ash-e reshteh" (noodle soup with herbs), each bursting with flavors and cultural significance.



Music: Traditional Nowruz music, often played during gatherings and festivities, includes melodies performed on instruments such as the "santur" (hammered dulcimer), "daf" (frame drum), and "ney" (flute). These instruments create a lively atmosphere, enhancing the joyous spirit of the celebrations.



Thank you for your attention.

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect against the white background.