



Thursday January 13 of 2022, marks Lohri. This festival is celebrated in the region of Punjab, more specifically in the northern area of India. The word Lohri is derived from the word Tilohri, til meaning sesame and rorhi meaning jaggery/gur. These ingredients are believed to cleanse the body and bring renewed energy for the New Year.

The celebration begins with the lighting of a bonfire. Participants sing, dance, eat and throw popcorn, gur, rewaries, sugar-candies and sesame seeds into the fire. This is an offering to Lord Agni (the fire-god in Hinduism) to bring prosperity, blessings and happiness to the people. On this day, traditional Punjabi dishes are served, such as sarson ka saag (mustard greens), makki ki roti (maize flour bread) and atta laddoo (traditional winter sweet snack).

Lohri marks the end of winter and the beginning of spring and the New Year for Punjabi farmers. Farmers show gratitude to their crops and pray to Lord Agni to bring abundance and prosperity to their land. While moving around the bonfire, some farms will chant “Aadar aye dilather jaye” translating to “may honour come and poverty vanish” in English.

Please join the EDI committee in wishing Happy Lohri to those who celebrate.

Resource used: <https://timesofindia.indiatimes.com/life-style/food-news/5-important-things-you-need-to-know-about-lohri/articleshow/73221361.cms>