

Sibley Memorial Hospital Diversity and Inclusion Committee



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What is Nowruz?

- "New Day" in Farsi
- Vernal/spring equinox
 - March 19th, 2024
 - Marks a new year!
- Ancient festival from Persia at least 3000 years old
 - Originated from Zoroastrianism
 - Celebrated in the Middle East, Central Asia, the Caucasus, the Black Sea Basin, the Balkans, and even more!
 - If you see a fellow Persian or someone that celebrates Nowruz, you can say:
 - "Nowruz Mobarak!" (Happy new year!) or "Eid e Shoma Mobarak!" (Happy new year to you!)
 - Nowruz Pirouz!

Nowruz Preparation

- Good winning over evil
- Spring is back!
- Spring cleaning to prepare
- Seeing family and friends
- Giving gifts called eidy
- You can jump over fires!
 - "Chaharshanbe Suri"
- Haft-sin table



What is the Haft-sin?

- Table of 7 items that begin with the letter S
 - Haft-sin translates to 7 S's
- All items on the table setting have a significant meaning
- Signifies the start of the new year
- Begins with laying a cloth on the table that that the family likes and then...



Haft-sin Layout

- "Sabzeh" (wheat, lentil, or barley sprouts)=rebirth, growth, and good fortune
- "Samanu" (sweet wheat germ pudding)=fertility, life's sweetness, and wealth
- "Seeb" (apples)=beauty and health
- "Seer" (garlic)=good health and medicine
- "Sirkeh" (vinegar)=patience and age
- "Sumac" (dried ground berries)=sunrise, the new day and beginnings
- "Senjed" (dried oleaster fruit)=love
- "Sikkeh" (coin)=prosperity and wealth
- "Sonbol" (hyacinth flower)=nature's renewal and spring
- "Shirini" (sweets)=joy
- "Saat" (clock)=time
- "Shem'a" (candles)=happiness and light
- Also can include decorated eggs, a goldfish, a mirror, and a book representing wisdom



Everyone
has their
own style!





Actually, the celebrations continue!

- The celebrations take a total of 13 days!
 - "Sizdah Be-dar"
 - The 13th day of Nowruz
 - Celebrating in nature
 - Usually gather outdoors
- Picnic with friends and family!



