**Festival of Colours**

Buying new and brightly coloured ethnic clothing that is appropriate for worshipping rituals is required in the days leading up to Deepavali. It also serves as a form of respect when traditional costumes are worn to mark the start of a new year.¹

During this festive season, the dhoti is a traditional garment worn by men. Women traditionally don the sari while complementing their outfit with costume jewellery and embellishing their hands with traditional henna. Such accessorization is seen as expressing femininity and beauty, while adding to the spirit of joy and bringing about auspicious tidings.²

The brighter and shinier, the better! The array of colours and “bling” in dressing up for Deepavali is an integral part of celebrating the triumph of light over darkness and good over evil. Dull muted shades of black and grey are often associated with death and deemed inauspicious. Hence, they are avoided and not worn during the festive season.

Food and other delicacies are prepared and laid on the day before Deepavali to welcome the Goddess. Food and other delicacies are prepared and laid on the day before Deepavali to welcome the Goddess.³

Of course, cleaning and tidying up ultimately serves as the best opportunity to upkeep one’s surroundings, and bring about a reinvigorating energy.⁴

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⁵ Saxena, M. (2013, November 1). This Diwali, bring positive energy to your home. Retrieved from Gulf News: https://gulfnews.com/lifestyle/this-diwali-bring-positive-energy-to-your-home-1.1249824
Precious metals
Purchasing gold, silver, jewellery or household items made of iron, copper or brass during this festive season is highly popular in the lead up to Deepavali. It is believed that in doing so, one is able to attract good luck and repel off negative energy. According to legend, the son of King Hima escaped certain death when visited by Yama, the God of Death. Yama was enticed by the dazzling sight of gold and jewellery and eventually left without claiming the King’s son’s life. Many therefore believe that placing torans (decorations at the entrance of the home) and buying new household items will help to ward off evil spirits and bad omen.

Sweets for joy & happiness
Sweets, sweetmeats and pastry are an essential part of the festival as these traditional delights signify good luck and prosperity for the year ahead. Making of these traditional snacks kick-start as early as a month before the occasion, and these sessions serve as bonding activities among family and friends. These sweets often are eaten together during family gatherings and are usually presented as Deepavali gifts as a token of love and well wishes for dear ones.

Artful expression
Rangoli is a traditional Indian folk art commonly drawn on the floors during Hindu festivals and events by family members. It is defined by vibrant and multi-coloured geometric designs and patterns are created by flowers, rice flour and artificial colouring. The symbols and colours drawn are meant to be auspicious, decorative and are believed to have spiritual perspectives and benefits. Nearing the day of the festival, creative and colourful rangoli designs are created at the entrance of homes to express joy in ushering the new year.

Look out for our next U.n.I Bite in 2020, where we cover the actual day celebrations of Deepavali!

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