



TEXAS A&M UNIVERSITY - SAN ANTONIO

President's Commission on Equity
and Inclusive Excellence



TEXAS A&M UNIVERSITY
SAN ANTONIO

Naw-Rúz

March 21st

Naw-Rúz means "New Day" it offers both a spiritual and physical renewal in preparation for Spring. It is one of the nine Baha'i holy days.

Sources:

- Naw-Ruz Festival - Baha'is of the United States (bahai.us)

During this religious holiday, Baha'i people have a fasting dietary restriction during the daytime and usually ends with a feast of meals.

Naw-Rúz is a day for prayer and introspection, as well as jumping over fires for good luck as it represents God's wisdom. Other traditions are kids banging pots with spoons as they run down neighborhoods and visiting Naw-Rúz festivals!