

# Ceremonies

## Culture Awareness

### Holding Yalda Night Online

# Yalda Night



Yalda Night is one of the ancient celebrations of Persians. It is the longest night of the year and the last day of autumn. On this night, families and friends gather to celebrate the victory of the sun over darkness. Since in the winter the days get longer and the nights get shorter, they considered this as the victory of the sun.

#### How is Yalda Celebrated?

Persians celebrate this night by eating many delights and reciting poetry. This celebration varies between the provinces; each province has its own customs. Generally on Yalda, people enjoy fruits, such as watermelons and pomegranates, and nuts.

They believe watermelons will ensure their health and they believe pomegranates are a symbol for growth and life. The foods consumed in this celebration are usually red because they believed the color red symbolized the sun at dawn and life.

Persians also recite the Divan of Hafez; they believe that at times of difficulty Hafeze Shirazi can be the [redacted] with his poems.



