



*Happy Naw-Rúz!*

# Naw-Rúz

Interfaith/Persian

[nowrooz](#) 

Naw-Rúz translates to “new day”. It is a festive celebration of the spring equinox and the beginning of a new year. Naw-Rúz is a holiday that is celebrated by people from diverse ethnic communities and religious backgrounds.

It is recognized as a secular holiday in Persian culture and also a holy day for the Bahá’ís, Zoroastrians, and some Muslim communities.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M’s Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- The date varies year to year. The Bahá’í day ends and a new one begins at sunset; consequently, the day on which a Feast or Holy Day is observed begins at sunset of the day before the Gregorian calendar dates listed.
- Link to [Bahá’í calendar](#) for year/date lookup.

## Greetings

It is appropriate to greet colleagues with a “Happy Naw-Rúz” or “Happy New Year.”

## Common Practices and Celebrations

- Naw-Rúz is the common usage for Bahá’ís, but there are multiple variations on the spelling and pronunciation among observers around the world including Noroz, Norouz, Nowruz and Norooz.
- Naw-Rúz is a feast day each year that marks the end of 19 days of fasting in the Bahá’í faith.
- Common traditions include feasts, prayer, dancing, performances, painting eggs, family picnics, and assembling a symbolic haft-sin [haft seen] table.

## Common Dietary Restrictions

- Dietary restrictions vary, but some follow a vegetarian diet of vegetables, fruits and grains; this will vary depending on the individual and/or culture.
- Baha’is are asked to abstain from alcohol.
- Many Muslims follow halal food guidelines, meaning food that is permissible by Islamic standards. Vegetarian meals prepared without alcohol meet halal standards.

## Impact to U-M Community

- Bahá’ís and Zoroastrians suspend work, so employees may request time off or a modified schedule
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Maize Pages - Bahá’í](#), U-M
- [Maize Pages - Muslim](#), U-M
- [Association of Religious Counselors](#), U-M

## Information Sources

- [International Nowruz Day](#), UN
- [Celebrating Nowruz: A Resource for Educators](#), Harvard University

## Photo credit:

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