Happy Naw-Rúz!

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.

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.
- Bahá’ís 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

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