Diwali, or Dipawali, India's biggest and most important holiday of the year, is celebrated for up to five days in either October or November. Often called the Festival of Lights, the holiday gets its name from the clay lamps that many people in and from India light to symbolize the inner light that they believe protects them from spiritual darkness. This festival is as important to Hindus as the Christmas holiday is to Christians. Hindu, Sikh, and Jain Americans, including students and teachers, celebrate the holiday as an important tradition in their communities. The importance of the holiday to many in the world and in California schools makes it an important one to learn about in the curriculum. This 3Rs article is designed to assist in that endeavor.

Celebrants light candles and oil lamps, decorate their homes, exchange gifts with loved ones, light fireworks, create beautiful rangoli designs, cook special foods (especially sweets), and perform special worship ceremonies.

Tracing its origins back to ancient times and epics such as the Ramayana, the story of how Diwali evolved into such a widely celebrated festival differs by the regions and states of India. Historically, Diwali was probably an important harvest festival. Some believe it began as a celebration of the marriage of Lakshmi with Lord Vishnu. In Bengal the festival is dedicated to the worship of Kali the Hindu goddess of strength and empowerment. The elephant-headed God Ganesh, the remover of obstacles and symbol of auspiciousness and wisdom, is also worshiped by many Hindus during Diwali.

Especially in the north of India, Diwali also commemorates the return of Lord Rama along with Sita and Lakshman from his fourteen year-long exile after defeating the
demon-king Ravana. In joyous celebration of the return of their king, the people of Ayodhya, the Capital of Rama, lit up the kingdom with earthen oil lamps and set off fire-crackers. Each day of Diwali has its own tale, legend and myth to tell.

For Jains, Deepawali (an alternate name for Diwali) has an added significance as the celebration of Lord Mahavira’s, the last Tirthankara, attainment of eternal bliss of nirvana. According to Jain philosophy, all Tirthankaras were born as human beings but they attained a state of enlightenment through meditation and self-realization. They are the Gods of Jains.

Jain Honoring Lord Mahavira

For Sikhs, Diwali is particularly important because it celebrates the release from prison of the sixth guru, Guru Hargobind, and 52 other princes with him, in 1619. The Sikh tradition holds that the Emperor Jahangir had imprisoned Guru Hargobind and 52 princes. The Emperor was asked to release Guru Hargobind, which he agreed to do. However, Guru Hargobind asked that the princes be released also. The Emperor agreed to release only those who could hold onto the Guru’s cloak. However, Guru Hargobind had a cloak made with 52 pieces of string hanging down and so each prince was able to hold onto one string and leave prison. Sikhs celebrated the return of Guru Hargobind by lighting the Golden Temple, the holiest temple of the Sikhs. This tradition continues today.

Children’s Literature

Gardeski, Christina M. Diwali (Rookie Read-About Holidays). Children’s Press, 2001. This brief introduction to the Hindu holiday of Diwali, discusses the story of the hero Rama whose deeds it commemorates, and explains how the holiday is celebrated.

Heiligman, Deborah. Celebrate Diwali: With Sweets, Lights, and Fireworks (Holidays Around the World). National Geographic, 2008 Viewed as a holiday of great joy, Diwali celebrates the triumph of good over evil, and of light over darkness. Celebrations marked by fireworks, sweets, and gifts are described and supported by recipes, a glossary, a map, and a resource list.

Hughes, Monica. My Divali (Festivals). Raintree, 2004. This simple book provides a brief introduction to Divali (Diwali) for young children.
This richly illustrated book puts the celebration of Diwali in religious, historical and cultural context. A glossary of terms is included.

The author introduces the history, customs, and practices of Diwali, an important Hindu holiday that originated from a harvest festival. Color photos and a craft section help the reader understand how Diwali is observed.

This book was edited and distilled from Wikipedia articles on the topic and provides information and background on the origins and celebration of Diwali by Hindus and Jains.

Senker, Cath. My Hindu Year. Hodder Wayland, 2003
This book about Hindu life, worship and holidays puts Diwali in the context of Hindu beliefs and practice. There is a calendar, glossary and notes for teachers.

In a questions and answer style, Torpie describes the five-day 'festival of lights' celebration, one of the most popular festivals in the Hindu calendar. Like many Hindu festivals, Diwali celebrates the triumph of good over evil.

Verma retells parts of the Hindu epic, The Ramayana, to explore the events celebrated during the festival of Divaali and celebrations. The narrative pace is based on Indian oral tradition and is best read after an introduction to the basic ideas and importance of the Ramayana.

This short book for young children describes the activities of typical families as parents and children to celebrate Diwali the Indian five-day festival of lights that welcomes in the lunar new year.

Web Resources

Diwali
http://www.religionfacts.com/hinduism/holidays/diwali.htm
Diwali is a Hindu festival of lights lasting five days. For many Hindus, Diwali is also New Year's Eve.
Diwali
http://www.bbc.co.uk/schools/religion/hinduism/diwali.shtml
This British Broadcasting Company page on Diwali is written for schools and includes resources for classroom lessons.

Diwali: Festival of Lights
http://hinduism.about.com/od/diwalifestivaloflights/a/diwali.htm
This About.com site traces the history and the reason behind many of the elements of the Diwali celebration.

Diwali, India’s Festival of Light
http://kids.nationalgeographic.com/kids/stories/peopleplaces/diwali/
This National Geographic for kids site provides an overview of the Diwali holiday in India including why and how it is celebrated and how it differs among the Hindu, Sikh, and Jain communities.

Diwali - Society for the Confluence of Festivals in India
http://www.diwalifestival.org/
This rich source of information about Diwali has lots of ads as well for food and gifts to celebrate the holiday. It provides a perspective on the holiday with stories, worship practices, history, and much more from those who follow the tradition. The traditions and practices for each of the five days are explained.

Rama
http://en.wikipedia.org/wiki/Rama
This Wikipedia article provides background information on the story of Rama’s life to show why he is central to the Diwali festival.

Rangoli
Rangoli are colorful designs made on floors and courtyards during Hindu festivals. They vary by region and festival, reflecting different folklore traditions and are created from brightly colored flour, rice, tiny rocks, etc.

Diwali Rangoli
Image Source: