

Plagiarism Scan Report

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<div><div><div></div></div><div>0%</div><div>Plagiarised</div></div>	<div><div><div></div></div><div>100%</div><div>Unique</div></div>	<div><div>Total Words:997</div><div>Total Characters:5928</div><div>Plagiarized Sentences:0</div><div>Unique Sentences:51 (100%)</div></div>
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Content Checked for Plagiarism

Holi Colors from Natural Sources :-

Holi is hands down my absolute favorite festival , for which I eagerly wait throughout the year. It is that magical time when fun literally fills the air.

Picture this :- people smashing colours on each other ,with lively music , enjoying sweets dancing like there's no tomorrow by saying 'holi hai'

It is the time of spring bringing people together indulging into the fantastic fun loving atmosphere.

The colorful festival of Holi is an ancient Hindu celebration, observed annually. It falls on the the full moon day (Purnima) of the Falgun month in the Hindu calendar.

Holi is not only celebration of colors, but also a symbolic calling for a successful and abundant spring harvest. We also connect with the cultural and agricultural significance.

Have you ever gave a thought about the dual significance, that Holi holds ,both scientific and mythological significance. As we have heard the religious tale of Hiranyakashyap , his sister Holika, which gave rise to the term 'Holi', and science explains how after playing with colors followed by cleansing ensures cleanliness and the traditional parikrama during 'Holi ka dahan' prevents harmful micro Organisms from the atmosphere.

When we talk about Holi, colors steal the spotlight – they're the heart of holi celebration. Ignoring them in the conversation is like missing the magic that makes Holi special.

But there is one concern arises that how we can ensure our safety amidst the use of potentially harmful chemically composed colors.

Do we ever consider what we're truly investing in – our health – when buying these ready-made, chemical-based bright colors filled with harmful substances?

=> Here are some :

- 1.These synthetically made colors often contain harmful additives that can trigger skin allergies and eye discomfort.
- 2.Moreover, these chemicals have the potential to penetrate the skin or sensory organs, posing health risks.
3. Animals can also be adversely affected.
4. Furthermore, there is a post-harmful impact on the environment, especially the soil, as these colors can lead to soil erosion and fertility loss. Additionally, chemical-based colors can contaminate water bodies, posing a threat to aquatic ecosystems.

With growing awareness of the harmful effects of such colors, there has been a shift towards using plant-based Holi .

Why to play Holi with organic or plant based colors?

=> Here are some of the reasons:

1.Safer option - these colors are either made from flower , fruits or herbs , plant leaves (turmeric , neem , aloe vera) which possess medicinal properties.

2. It does not cause harm to the ecosystem as natural colors do not remain in soil and water for long period it decomposes.

3.Also they do not harm animals , and are directly interconnected with the goal of overall health and wellbeing.

Every day, we witness a variety of colors in nature and our surroundings. Yet, we often choose artificial pigments. While there are so many natural pigments found in flowers, fruits and vegetables.

When choosing plant-based colors, we have the option to purchase organic colors or easily make them at home.

This festive Season of Holi. Why not extend a favor to yourself and raise Holi's joy by making your own natural colors and enjoy a carefree experience.

Every colour symbolizes something .Here are some simple ways to make natural colours at home :-

1. Red (Auspicious or shubh red)

The red color often used in the starting of auspicious work also in worshipping god in the form of red gulaal and kumkum .

For making red color take sources such as - Red rose , red color hibiscus , pomegranate peel , tomato etc or any red color fruit or flower.

Method 1:

Take out the extract and mix it with any kind of flour (arrowroot , corn starch, powder) used as a base ,sun dry it and separate with the help of strainer the fine powder of color.

Method 2:

Take the color sources such as flower , herbs anything which suits you then sun dry them, grind and mix them with the flour.And they are ready to use.

If you want you can add food grade colors for more brighter shades , while the addition of itra or natural essence also provides a sweet Fragrance.

Follow the above method for different colour shades you want to make.

2. Yellow (spiritual yellow)

Yellow signifies knowledge and wisdom .To create this color naturally, use sources like turmeric or marigold flowers. Extract the color, mix it with a suitable base like flour, let it dry, and grind the mixture into a fine powder.

3. Blue (Krishna's blue)

Blue holds spiritual significance and is associated with Lord Krishna. Utilize sources like butterfly pea flowers or blue food color to extract the color. Mix it with a base, let it dry, and grind it into a fine powder.

4. Green (fertile green)

Green represents growth and abundance in nature . Gather green vegetable leaves such as spinach or mint leaves.Can also use neem as it also holds antimicrobial properties. Extract the color, mix with a base, let it dry, and grind into a fine powder.

5. Orange (Mystic orange)

Orange signifies spirituality gather sources like saffron or orange marigold flowers. Extract the color, mix it with a base, let it dry, and grind into a fine powder.

6. Pink (graceful pink)

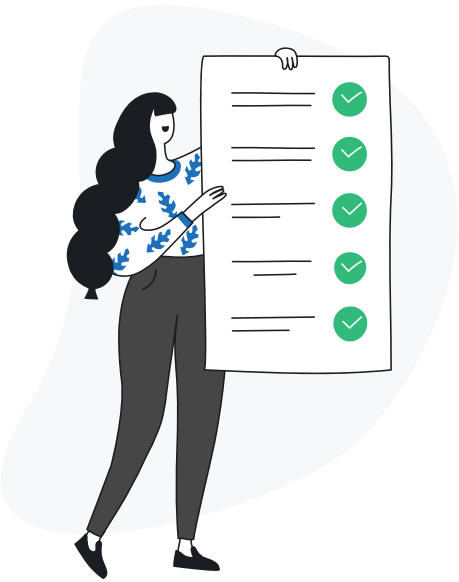
Pink signifies compassion and grace ,to make Pink color take beetroot or pink rose petals .
Extract the color add few drops of rose water for essence, mix it with a base, let it dry, and grind into a fine powder.

Using plant-based colors isn't just a trend.Its a return to nature.

Embracing these eco-friendly alternatives not only ensures a safer environment but also reconnects us with nature's abundance, and the practices of ancient times.

Enjoy creating your own organic colors this Holi and celebrate the festival carefree.

In the spirit of safety and a mindful Holi, let's play fair. As The excitement builds in the air .Happy Holi!



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